



WELCOME TO TEAM CAPTAINS' MEETING – LYGNA 2022

22 February 2022

JWSC Relay



www.jwsc22.com





AGENDA

- Roll Call
- Timetable
- Weather Forecast
- Start List
- Stadium
- Courses
- Ski testing and Warm-up area
- Course Preparation and Grooming
- Information from the OC
- Information from the TD
- Information from FIS





ROLL-CALL



Andorra	Canada	Germany	Russia
Argentina	Chile	Italy	Slovenia
Armenia	China	Japan	Switzerland
Australia	Colombia	Kazakhstan	Slovakia
Austria	Czech Republic	Latvia	Spain
Belgium	Denmark	Liechtenstein	Sweden
Belarus	Estonia	Lithuania	Turkey
Bolivia	Finland	Norway	Ukraine
Brazil	France	Poland	United States of America
Bulgaria	Great Britain	Romania	





TIMETABLE 23 FEBRUARY

7:00	Service area opens
11:00	Course ready + Race office open
12:50	Course closed
12:55	March-in first leg U20 women
13:00	Start U20 Women relay 4 x 3,3 km
14:30	Victory ceremony U20 women relay in the stadium
	Course opens after last finisher
14:50	Course closed
14:55	March-in first leg U20 men
15:00	Start U20 Men relay 4 x 5 km (2 x 2,5 km)
17:00	Victory ceremony U20 men relay in the stadium
17:00	Final Team entry U23 10/15 km
17:00-18:30	Official training U23 10/15 km – no regrooming after the relay
19:00	TCM U23 10/15 km C, women and men (Online team meeting)





BUS SCHEDULE 23 FEBRUARY



From Scandic Oslo

Airport Hotell

07:00
07:00
08:00
08:30
09:30
10:00
10:00
10:30
11:30
12:00
12:00
12:00
12:30
16:00
16:30

Return from Lygna

11:00
12:30
14:30
15:00
15:00
15:30
17:30
17:30
18:00
18:00
18:30
19:00

Only Competing athletes



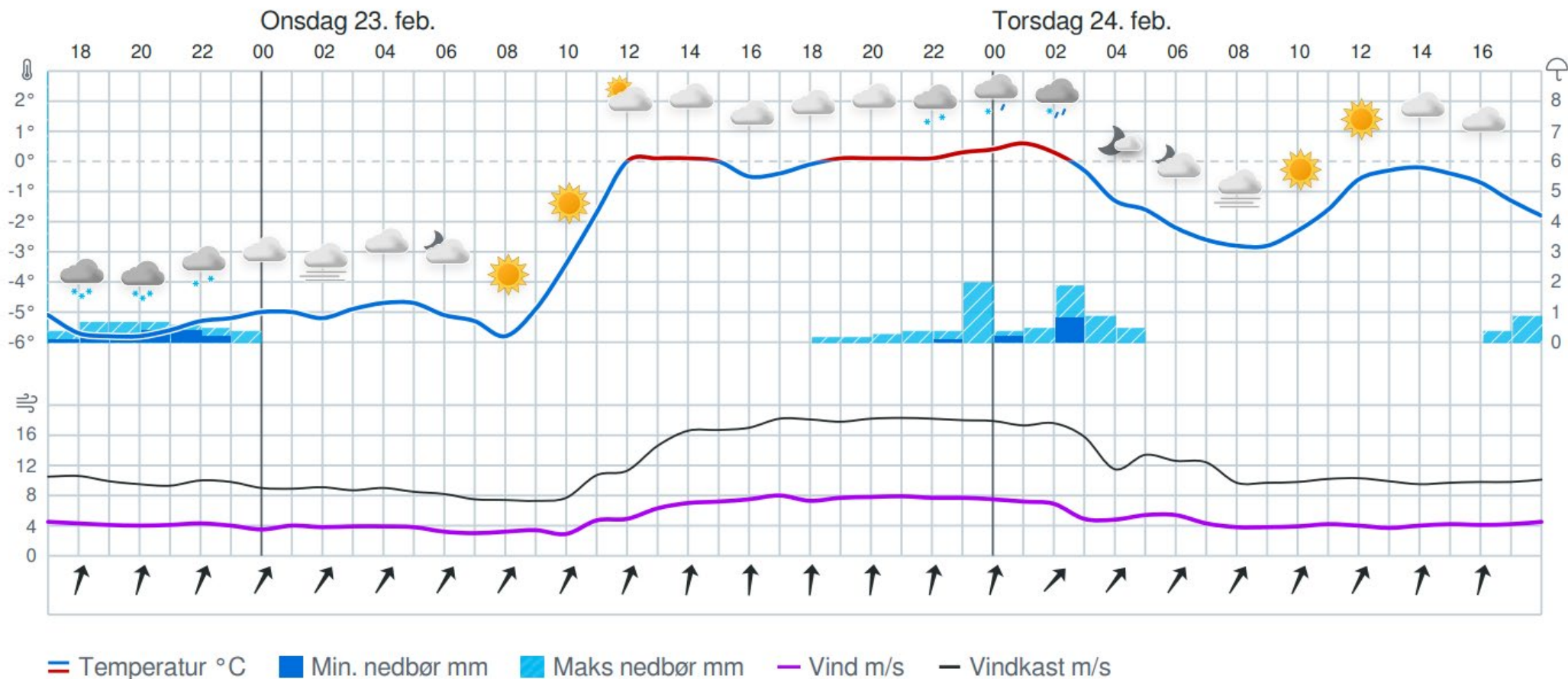
See full bus schedule at www.jwsc22.com





WEATHER FORCAST 23 FEBRUARY

Meteogram 22. feb. kl. 17:00 – 24. feb. kl. 18:00





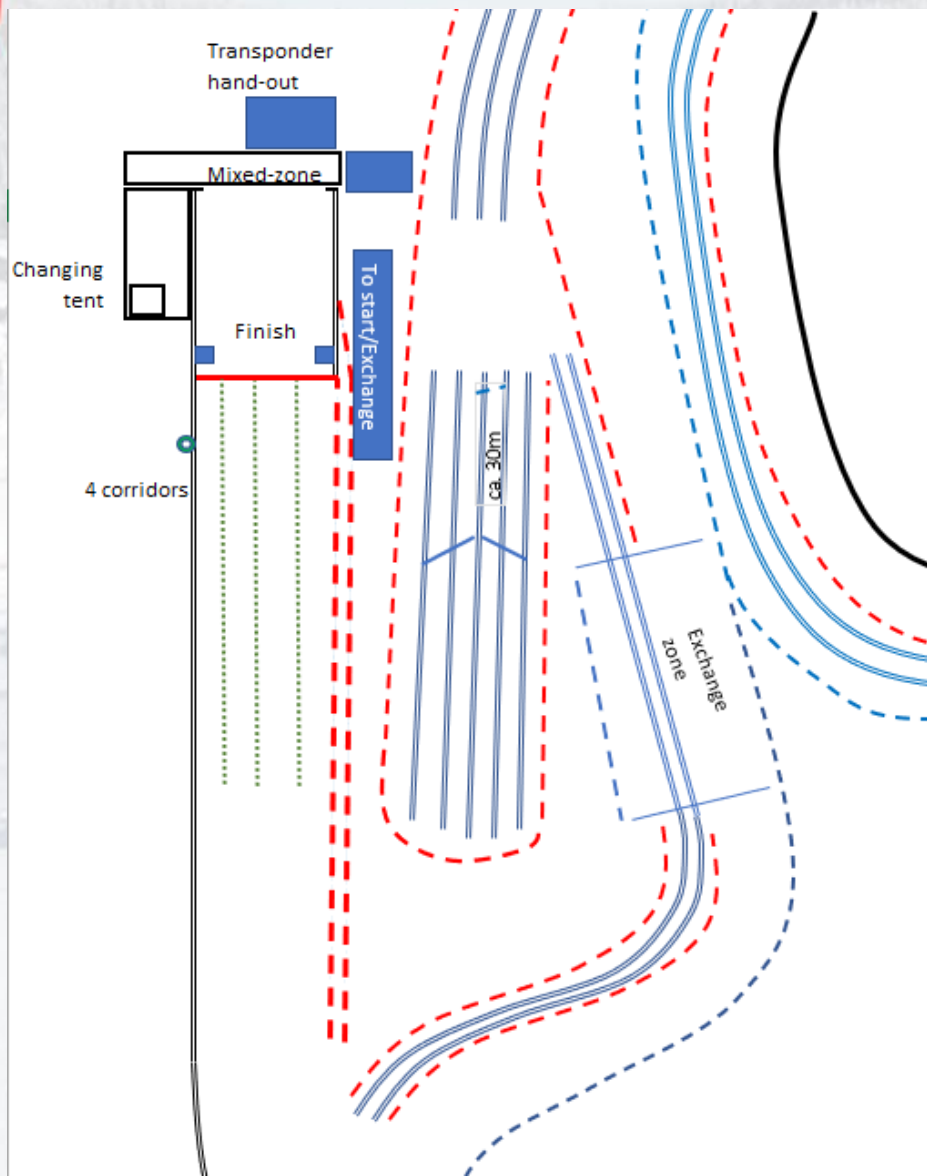
START LIST

- Seeding according to last year's results
- <https://www.skiforbundet.no/jwsc2022>





STADIUM

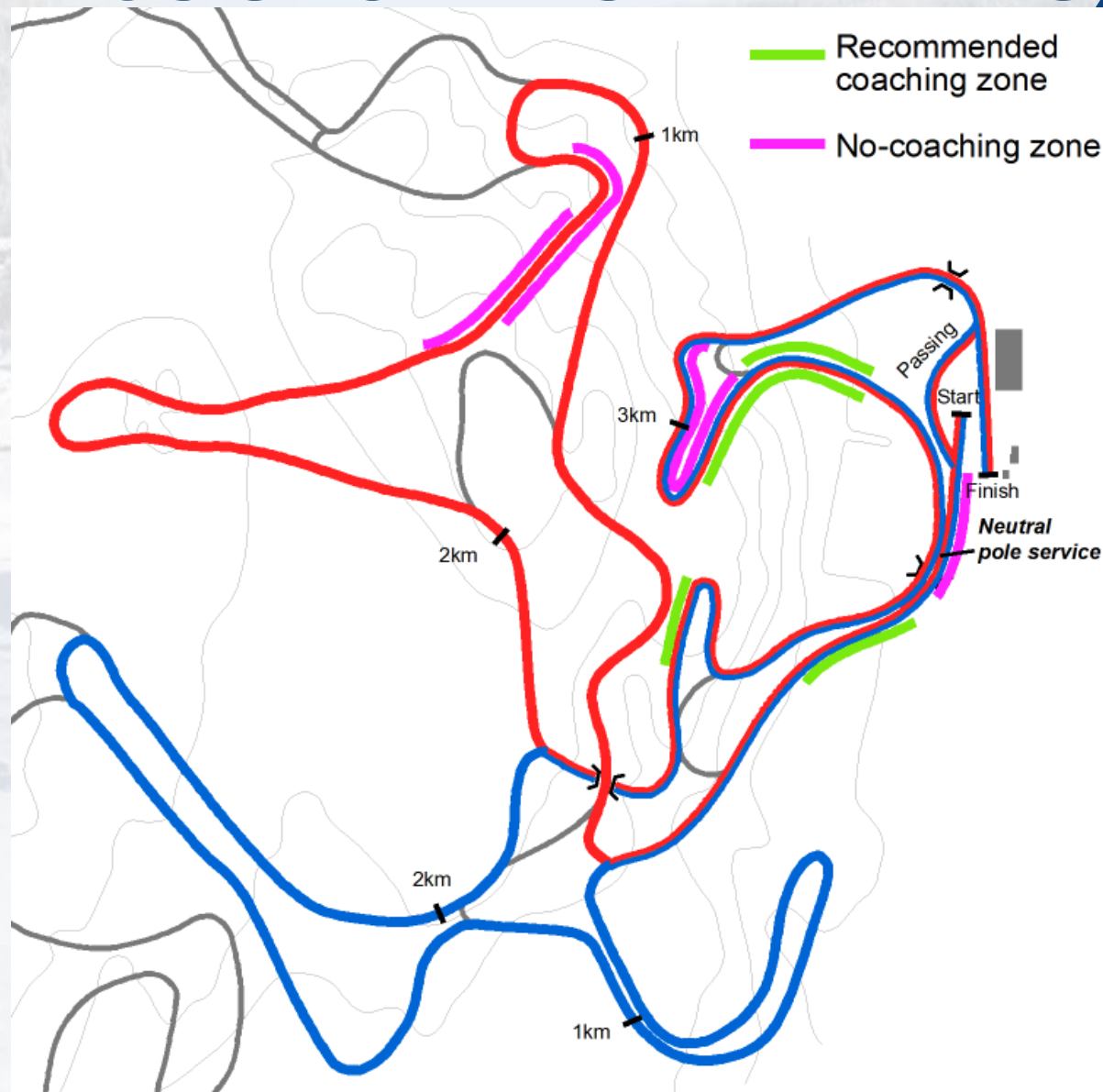


- Transponder hand-out at entry to start from 30 min before the start
- March-in first leg skiers 4 minutes before the start
- No coaches in the start area
- Plow start with gun shot
- 5 start tracks
- 30 meters from the start – no track change
- Exchange zone - 30 m
- 4 corridors in the finish
- Only one coach per nation allowed in the finish area





COURSE WOMEN 4 x 3,3km

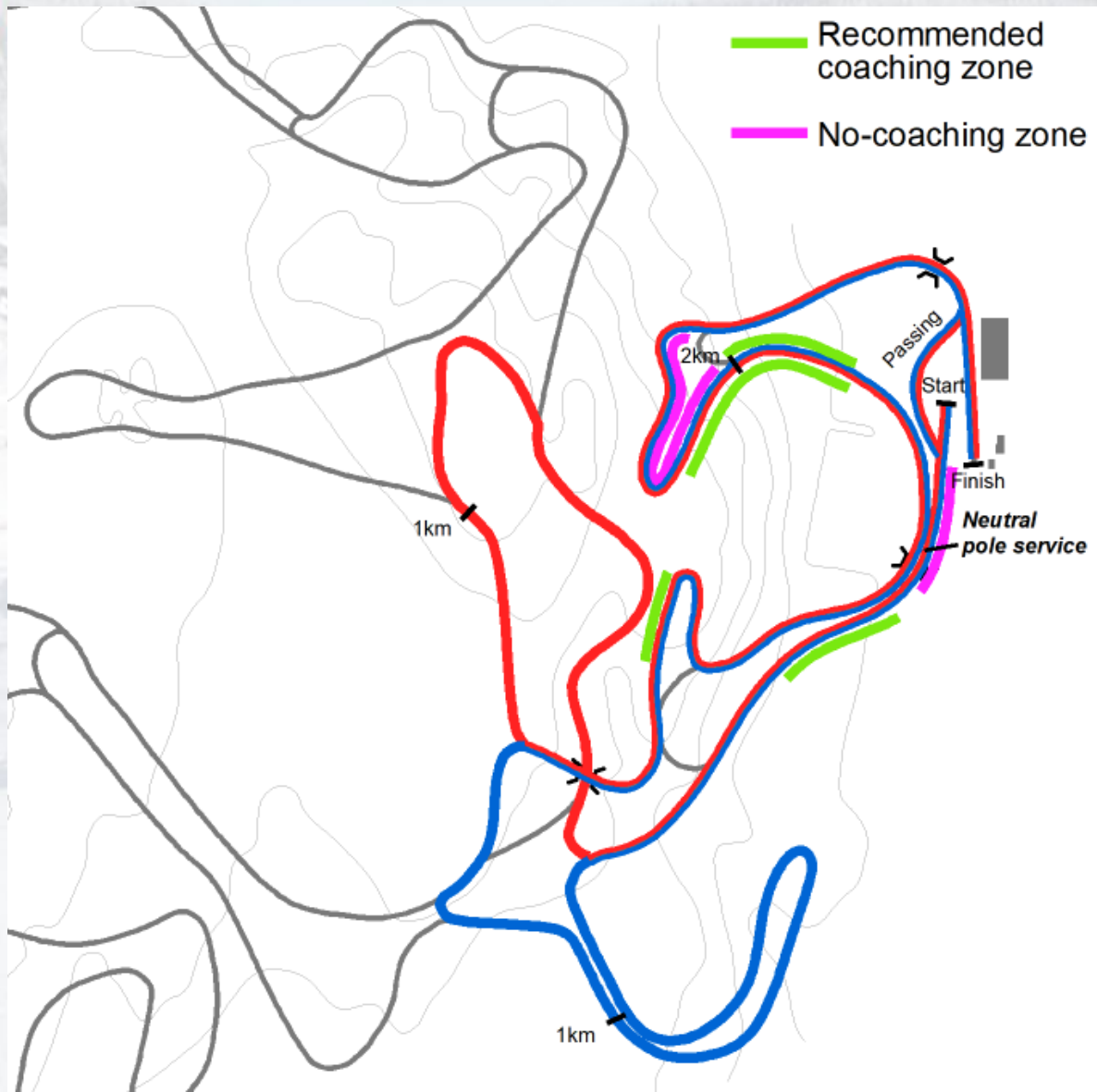


- **Red 3,3 km** - Classic
- **Blue 3,3 km** - Free technique
- 3 tracks until 500 m
- 2 tracks the rest of the course
- Organizer will have neutral pole service in the stadium
- No-coaching zones – same all days until Friday
- Download full map at jwsc22.com





COURSE MEN 4 x 5 km (2x2,5 km)

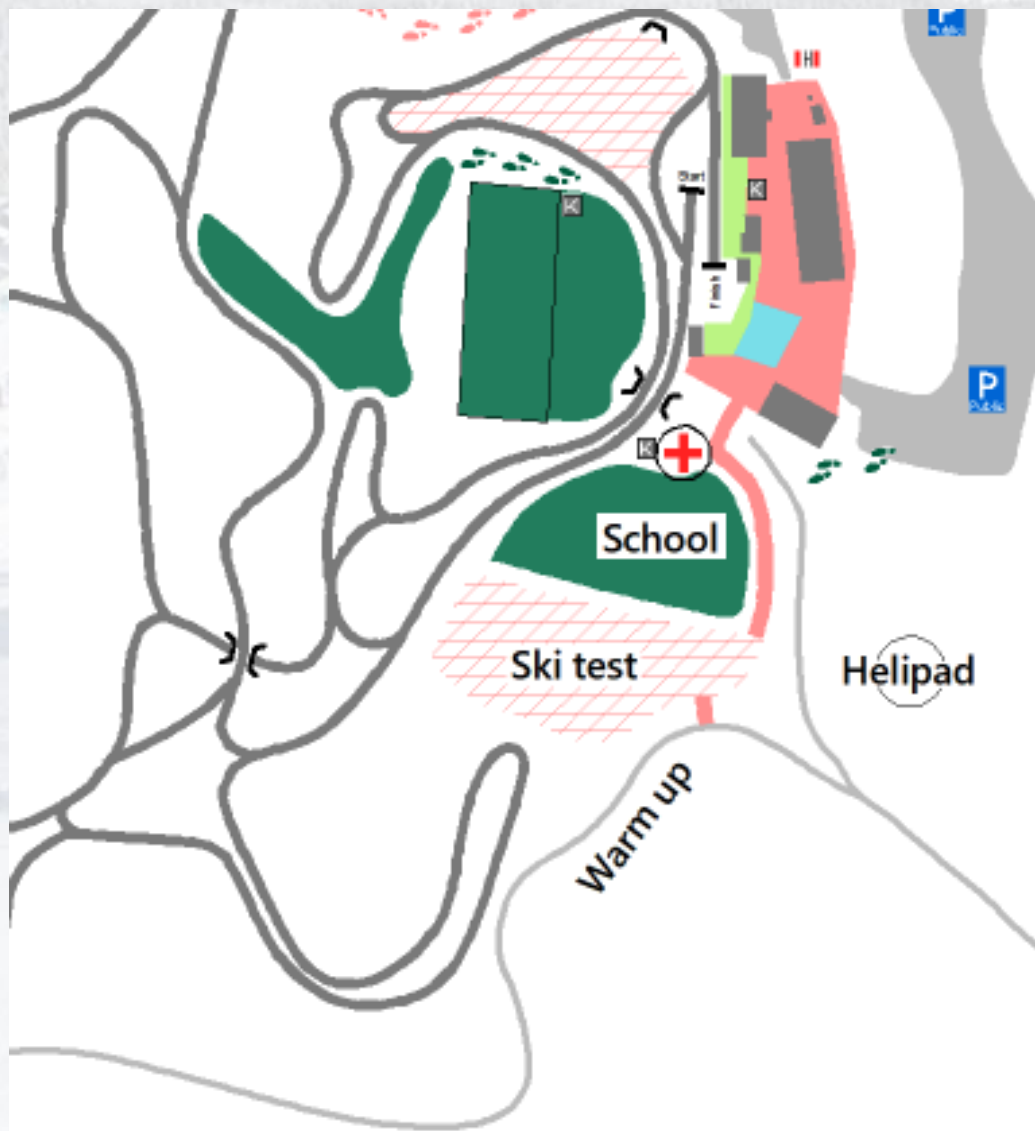


- **Red 2,5 km** - Classic
- **Blue 2,5 km** – Free technique
- 3 tracks until 500 m
- 2 tracks the rest of the course
- Organizer will have neutral pole service in the stadium
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SKI TESTING AND WARM-UP



- Ski test area south of stadium
- Warm up in other tracks, south of ski test area





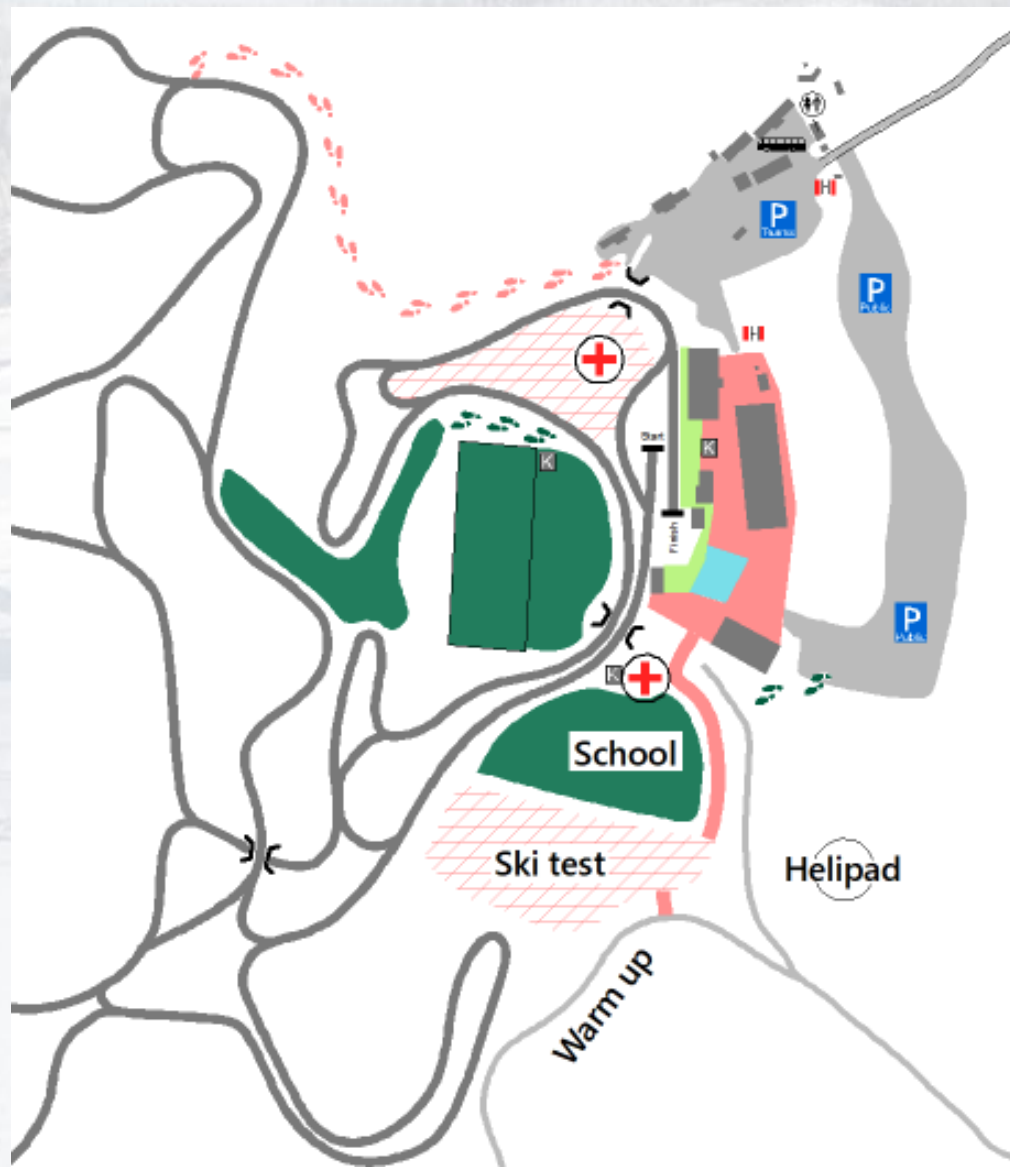
COURSE PREPARATION AND GROOMING

- Courses will be groomed when the snow fall finish (at about midnight)
- Courses will be marked by 11:00 23 February





SAFETY





AWARD CEREMONY

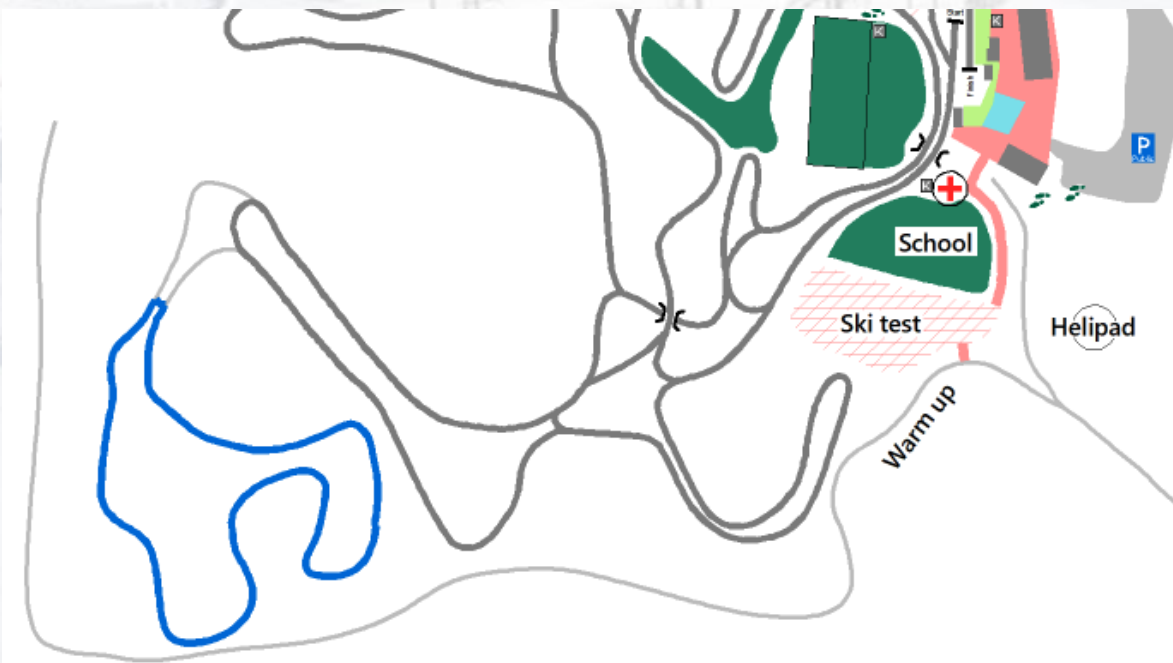
- Award ceremony for top 6 in the stadium after each competition – see time schedule
- Media will take photos first – then others





TRAINING POSSIBILITIES

- At Lygna in all tracks outside the competition courses are open for training all day.
- Åsen skisenter – nearby Gardermoen Airport



- Blue track on the map pisted for classic training





DOPING CONTROL

- Doping control may be conducted, following FIS and WADA rules.





INFORMATION FROM OC

- Training
 - Help us give you the best possible conditions. Respect the training times before the competition. Only «today's» competitors may train in the tracks before the start.
 - Only training in track direction
- Start number bibs and timing transponders:
 - Start number bibs and leg number are handed out to the team leader in the race office after 11:00. Two leg numbers for last leg - one on each leg
 - Transponders are picked up by the competitors at the entrance to the start area, earliest 30 min before the start.
 - Competitors can keep the start number after the competition.
- No-coaching zones are signposted along the track - see track map. The signs along the track marks the zone.
- Everyone who do not finish the race **MUST** notify the race office.





INFORMATION FROM TD

- **EXCHANGE** // In a team event, the exchange is achieved by the arriving competitor, with a tap of the hand on any part of the next competitor's body while both competitors are in the relay exchange zone. Any method of pushing the starting competitor is forbidden.
- **WRONG EXCHANGE** // Relay exchange infractions will be sanctioned by time penalty of minimum 30 seconds time penalty.
- **FINAL ENTRIES** // The final entry for each competition has to be done until 2 hours before the respective Team Captains Meeting. [JWSC rules 12.4]





INFORMATION FROM FIS

- The athletes must pass through the Mixed Zone after finish
- Deadline for U23 10/15km at 17:00 (2 hrs before TCM)
- Remember the follow-up Covid-19 test. Without the test the accreditation will be taken away.





QUESTIONS?

