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OLYMPIAPARKEN
Magiske øyeblikk



SCANDINAVIAN CUP OG JUNIOR-VM MØNSTRING 13.-15.12.2024

Agenda:

- Rollcall
- Introduction of the organization
- Event Program
- Venue overview
- Weather forecast
- Entries and draw
- Stadium
- Courses
- Skitesting and warming up
- Course Preparation and grooming
- Information from TD
- Information from NSA



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SKIKRETSER:

- Agder og Rogaland
- Akershus
- Buskerud
- Finnmark
- Hedmark
- Hordaland
- Møre og Romsdal
- Nordland
- Nord-Trøndelag
- Oppland
- Oslo
- Sogn og Fjordane
- Sør-Trøndelag
- Troms
- Vestfold og Telemark
- Østfold

NASJONER:

- Australia
- Belgium
- Denmark
- Finland
- Estonia
- Germany
- Great Britain
- Island
- Latvia
- Norway
- Sweden
- Switzerland



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Organizer committee:	Bjørn Horten	Race director	Søre Ål IL	472 57 814
	Håvard Selbæk	Ass. Race director	Søre Ål IL	413 22 521
	Geir Evensen	Leader of courses	Søre Ål IL	916 29 122
	Erik Stange	Leader of arena	Søre Ål IL	458 72 737
	Torbjørn Broks Pettersen	Chief event manager	Olympiaparken	911 56 471
Jury:	Björn Westerström	TD	SWE	+46 706 992 114
	Ivar Moen	ATD	NOR	900 21 639
	Geir Mauseth	ATD	NOR	911 48 587
	Jan Olav Andersen	Equipment cintroller	NOR	482 98 805
	Erik Husby	Chief event manager	Norges Skiforbund	454 50 297

Raceprogram

Raceprogram 13 - 15. th December 2024. All times may be adjusted.

Thursday 12. th December

10:00-11:30	Official training - sprint
12:00 -13:30	Official training - Normal distance
15:00-17:00	Fluortest open
18:00	TCM, Fridays race
21:00	All courses closed for training

Friday 13. th December

09:20 - 09:45	Sprint Qualification C, W senior
09:45 - 10:25	Sprint Qualification C, M senior
10:45 - 12:20	Sprint finals W/M senior
12:30 - 12:55	Sprint Qualification C, W junior
12:57 - 13:37	Sprint Qualification C, M junior
13:45 - 15:10	Sprint finals W/M junior
18:00	TCM, Saturdays race

Saturday 14. th December

09:30	20km C Mass, W senior
10:45	20km C Mass, M senior
12:00	20km C Mass, W junior
13:20	20km C Mass, M junior
14:30	Natrudstilrennet (Youth race)
18:00	TCM, Sundays race

Sunday 15. th December

09:15	10km F interval, W senior
10:30	10km F interval, M senior
12:00	10km F interval, W junior
12:48	10km F interval, M junior
14:30	Natrudstilrennet (Youth race)

Course opening times

Sprint C Friday

Times	Courses	Remarks	Team	Athletes
07:00-21:00	Warm up and skitest open		X	X
07:00-08:00	Test track stadium open		X	X
08:00-09:10	Sprint course open	2 classical tracks open	X	X
09:20-10:20	Sprint Prolog	2 classical tracks open		X
10:20-10:35	Sprint course open	Only qualified athletes		X
10:45-12:20	Sprint Finals			X
12:30-13:25	Sprint prolog junior			X
13:35-15:10	Sprint Flnals junior			X
16:00-21:00	All courses open		X	X

	Start Times
FRIDAY:	
Q1 - Women	10:45:00
Q2 - Women	10:50:00
Q3 - women	10:55:00
Q4 - Women	11:00:00
Q5 - Women	11:05:00
Q1 - Men	11:10:00
Q2 - Men	11:15:00
Q3 - Men	11:20:00
Q4 - Men	11:25:00
Q5 - Men	11:30:00
Semi final1 - Women	11:35:00
Semi final2 - Women	11:40:00
Semi final1 - Men	11:50:00
Semi final2 - Men	11:55:00
Final - Women	12:00:00
Final - Men	12:15:00

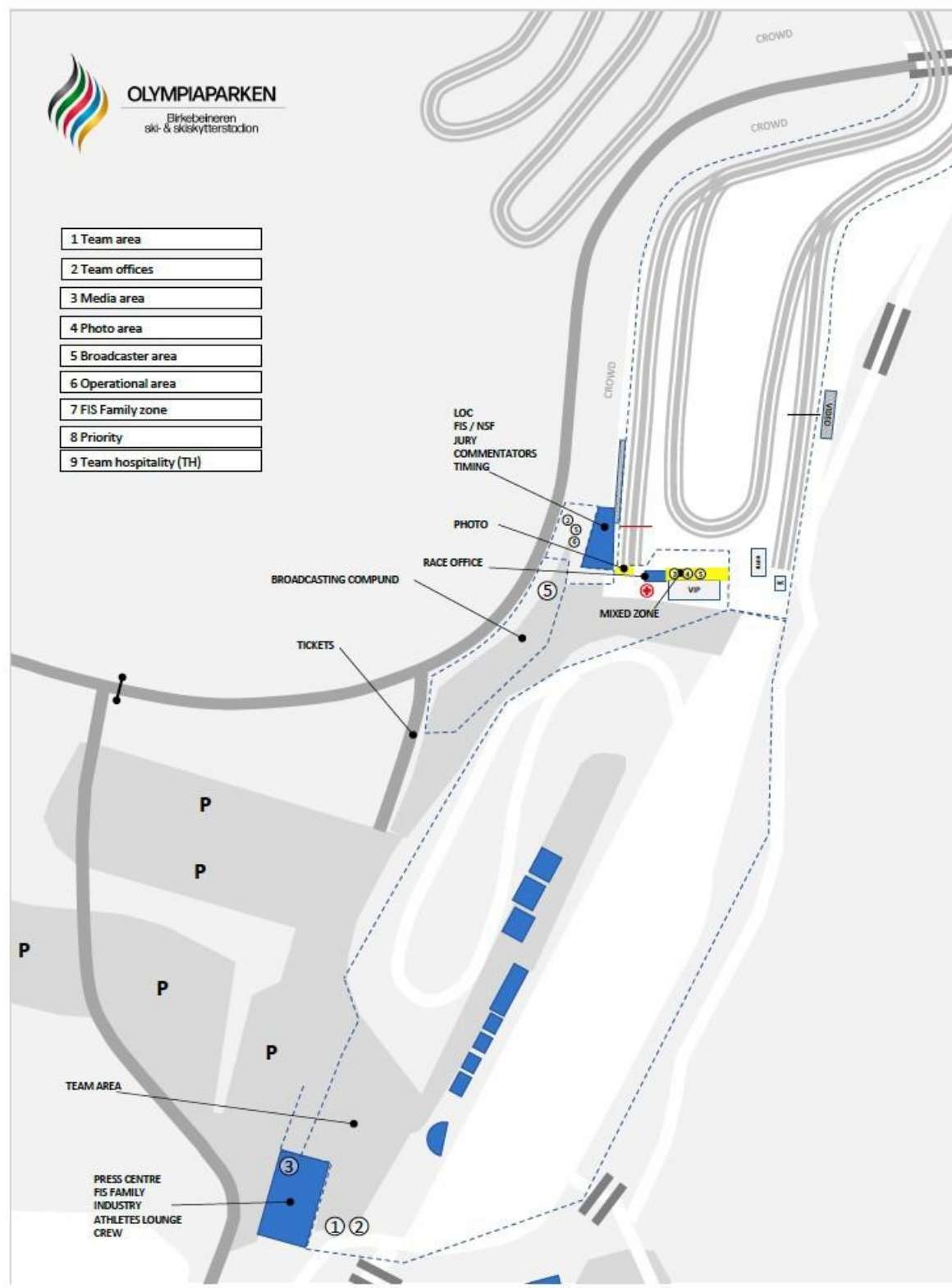
	Start Times
FRIDAY:	
Junior-VM mønstingsrenn:	
Q1 - Women	13:35:00
Q2 - Women	13:40:00
Q3 - women	13:45:00
Q4 - Women	13:50:00
Q5 - Women	13:55:00
Q1 - Men	14:00:00
Q2 - Men	14:05:00
Q3 - Men	14:10:00
Q4 - Men	14:15:00
Q5 - Men	14:20:00
Semi final1 - Women	14:25:00
Semi final2 - Women	14:30:00
Semi final1 - Men	14:40:00
Semi final2 - Men	14:45:00
Final - Women	14:50:00
Final - Men	15:03:00



OLYMPIAPARKEN

Birkebeineren
ski- & skiskytterstasjon

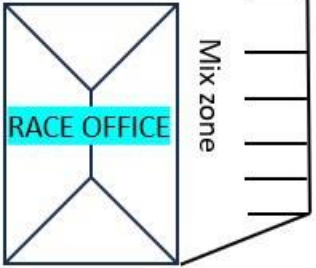
- | |
|-------------------------|
| 1 Team area |
| 2 Team offices |
| 3 Media area |
| 4 Photo area |
| 5 Broadcaster area |
| 6 Operational area |
| 7 FIS Family zone |
| 8 Priority |
| 9 Team hospitality (TH) |



Sprint layout Friday

FLUOR Ski
Pick up post
race

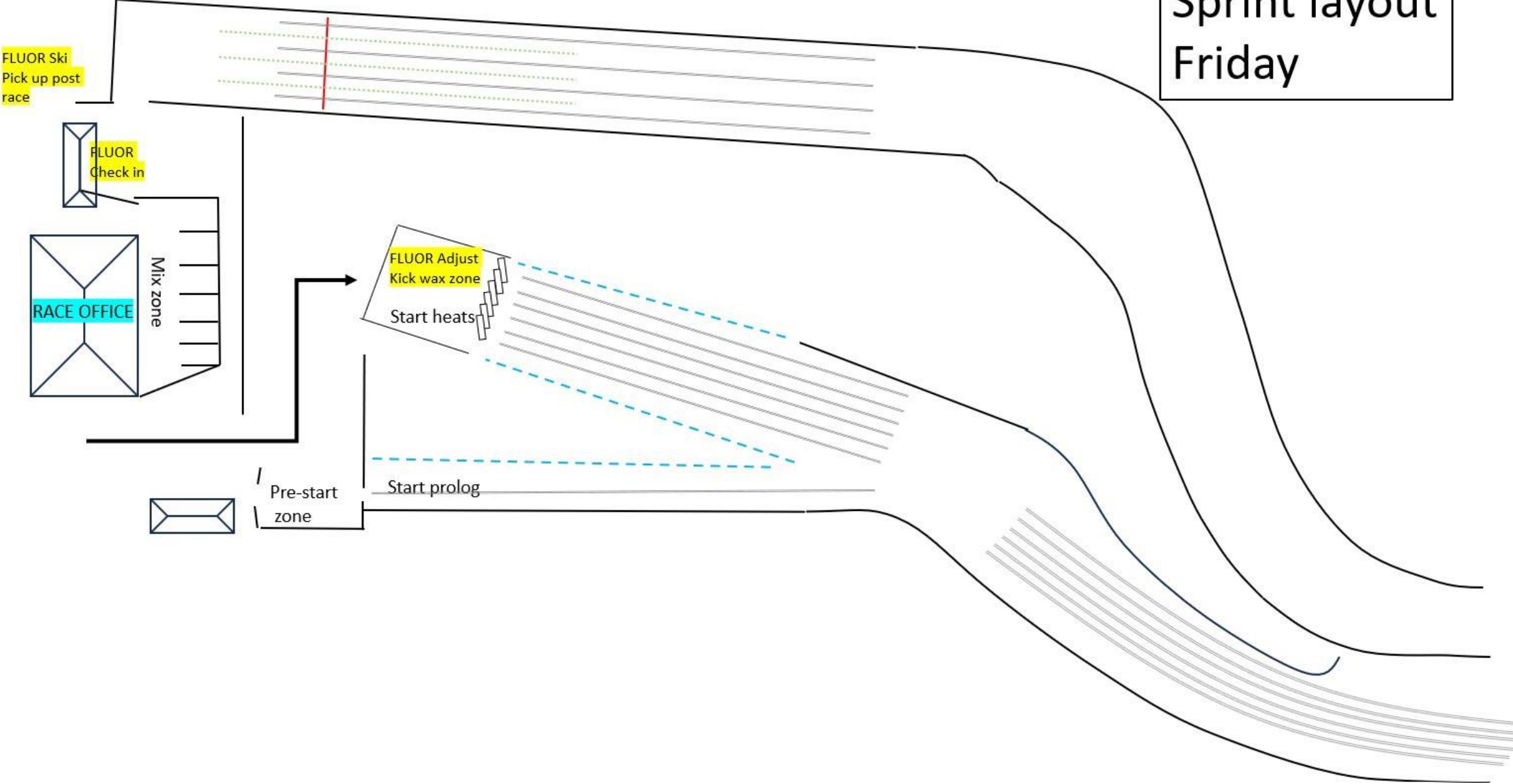
FLUOR
Check in



Pre-start
zone

FLUOR Adjust
Kick wax zone
Start heats

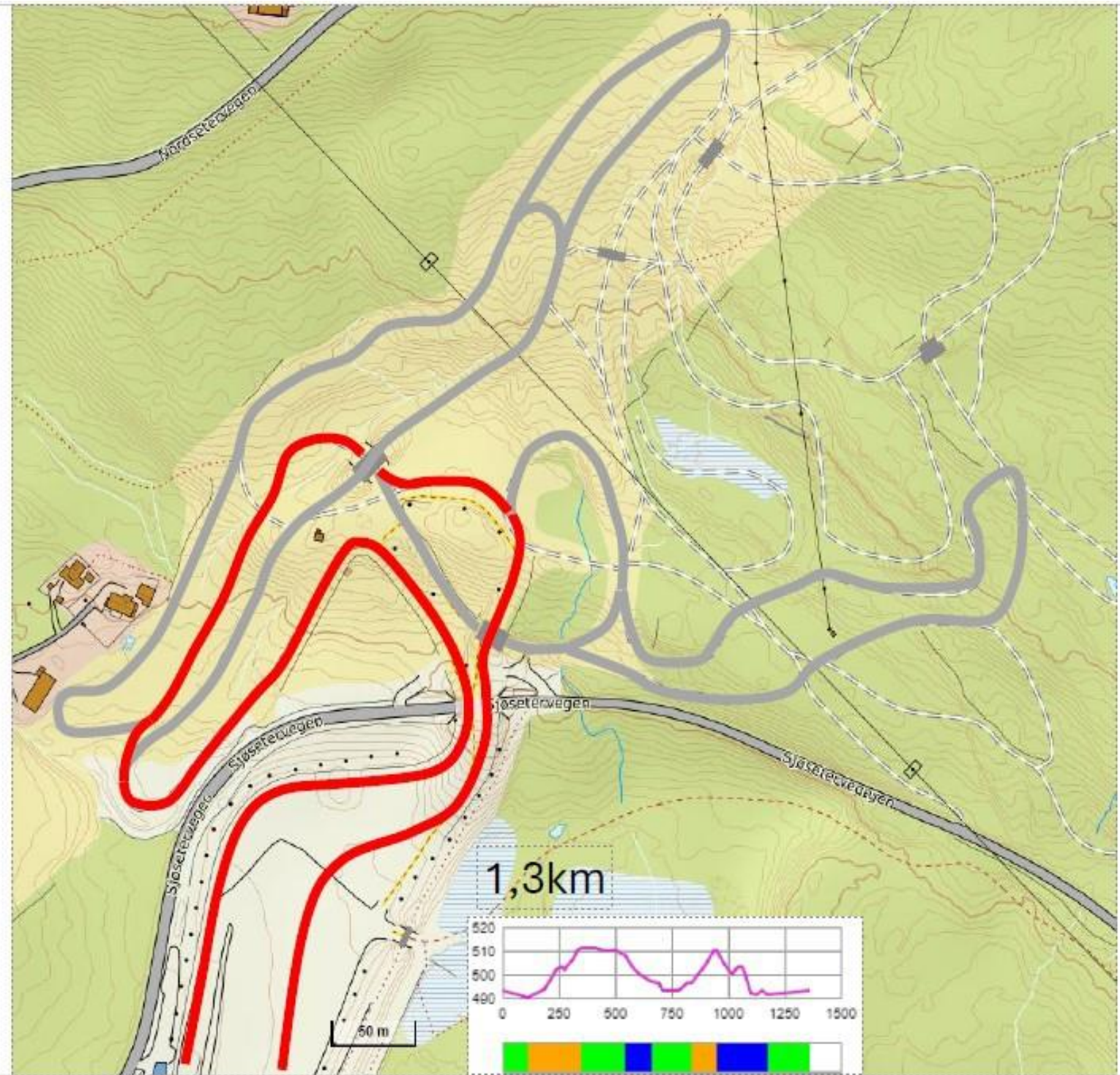
Start prolog

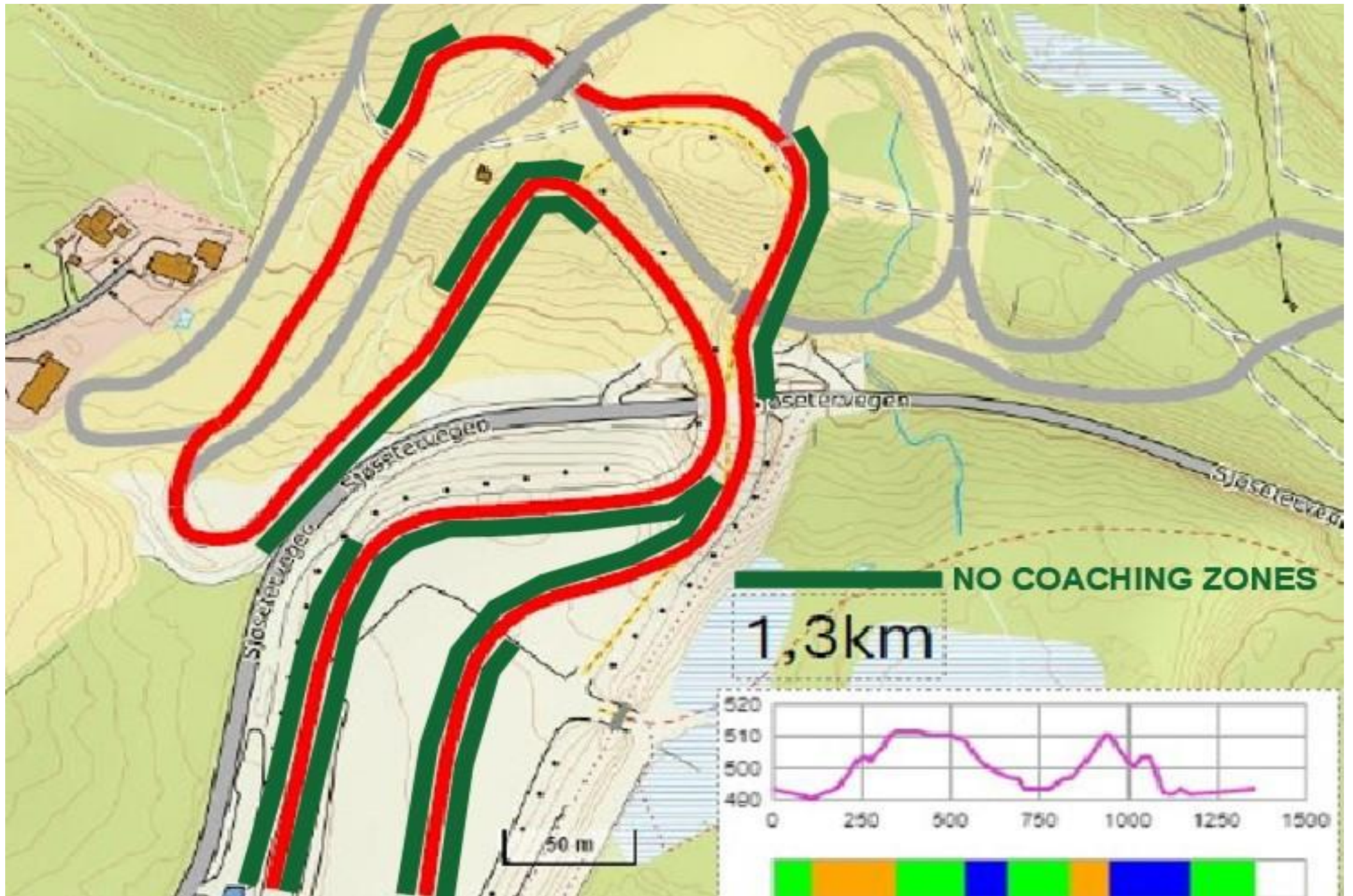


Sprint 1,3km

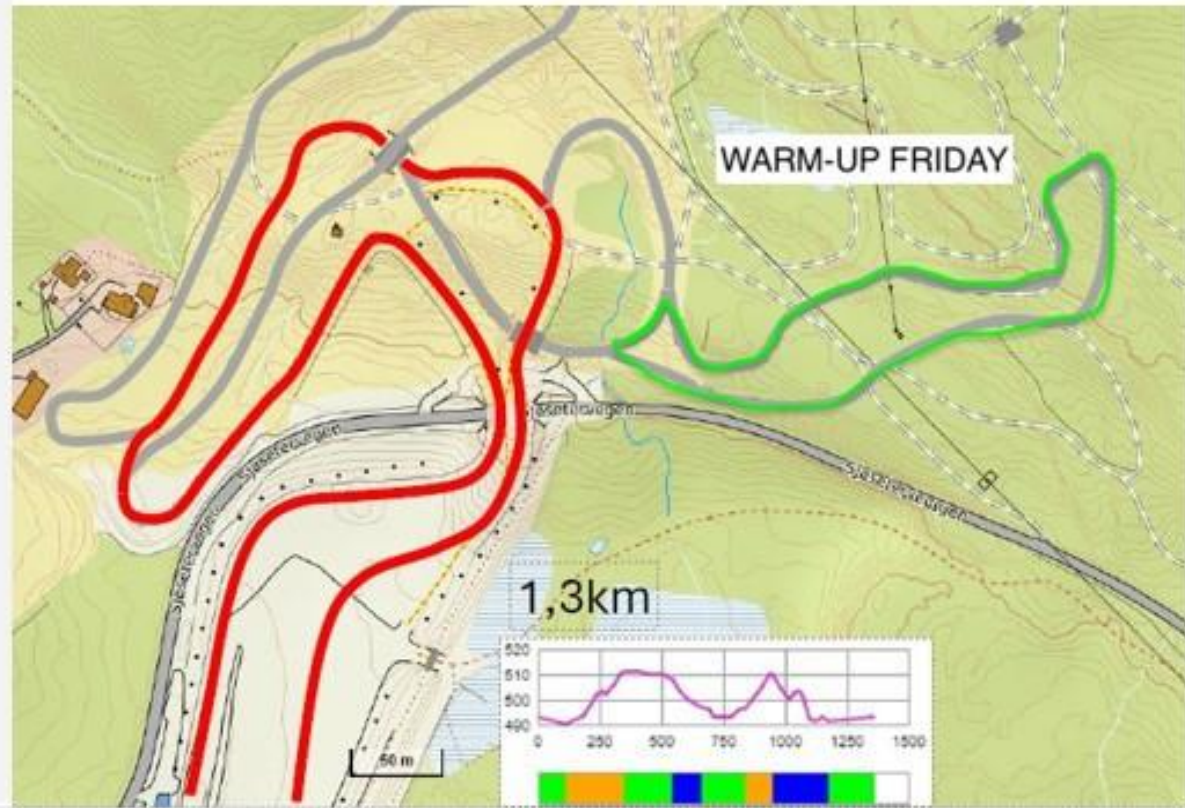
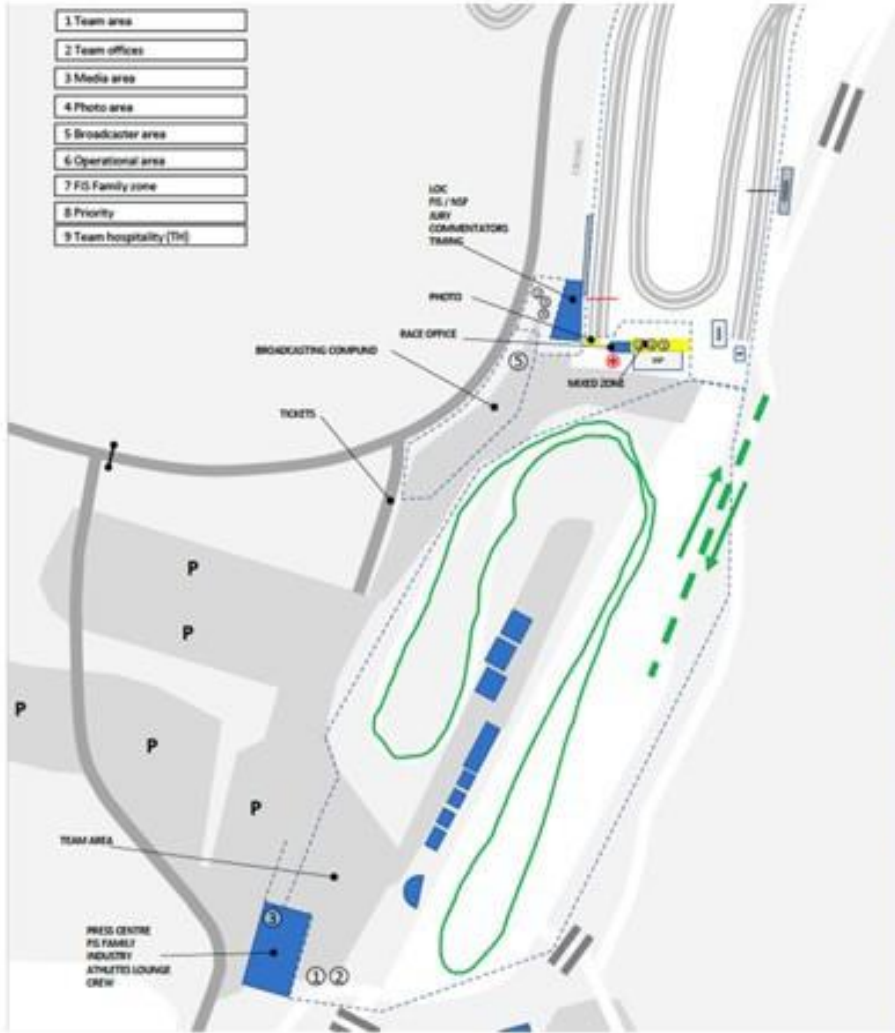
Fri Dec 13 C

sprint W + M





Skitesting and warming up





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SCANDINAVIAN CUP OG JUNIOR-VM MØNSTRING 13.-15.12.2024: Yr.no

Fredag 13. desember

Tid	Vær	Temp.	Nedbør mm	Vind(kast) m/s	Vindbeskrivelse
00		-6°		2 (5) ←	Svak vind fra øst med vindkast på 5 m/s
01		-6°		2 (5) ←	Svak vind fra øst med vindkast på 5 m/s
02		-6°		2 (4) ←	Svak vind fra øst med vindkast på 4 m/s
03		-6°		1 (4) ←	Flau vind fra øst med vindkast på 4 m/s
04		-5°		1 (3) ←	Flau vind fra øst med vindkast på 3 m/s
05		-5°		1 (2) ←	Flau vind fra øst med vindkast på 2 m/s
06		-5°		1 (2) ←	Flau vind fra sørøst med vindkast på 2 m/s
07		-5°		2 (3) ←	Svak vind fra øst med vindkast på 3 m/s
08		-4°		1 (3) ←	Flau vind fra sørøst med vindkast på 3 m/s
09		-4°		1 (3) ←	Flau vind fra øst med vindkast på 3 m/s
10		-4°		1 (3) ←	Flau vind fra øst med vindkast på 3 m/s
11		-3°		1 (2) ↖	Flau vind fra sørøst med vindkast på 2 m/s
12		-2°		1 (2) ↖	Flau vind fra sørøst med vindkast på 2 m/s
13		-2°		2 (3) ↖	Svak vind fra sørøst med vindkast på 3 m/s
14		-1°		2 (3) ←	Svak vind fra øst med vindkast på 3 m/s
15		-1°		1 (3) ←	Flau vind fra øst med vindkast på 3 m/s



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Entries and draw

Bibs at Race Office, open from 08:00 until the race ends.

Check your transponders at race-office.

LegBibs for finales will be picked up at raceoffice and has to placed at right leg.

Startlist drawn: According to FIS-points.

Best athletes first.

Withdraws for Saturdays race must be sent to

erik.husby@skiforbundet.no before latest 16:00 Friday.



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Course preparation and grooming

Tracks close between 21:00 – 08:00

Grooming starts at approx 21:00

Skitesting and warming up will be groomed at same time as courses.

There will also be two tracks at the first uphill for testing from 7:00 until 08:00.



Fluortesting

- Testing AFTER finish only!
- After finish athletes will pass a checkpoint where skis may be picked out for testing.
- **Athlete/service is responsible** to tag the ski correctly with bib number.
- Remember to change BIB number before sprint finals and next race
- SPRINT FINALS: Skies is tested for fluor after finishing each round.





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INFO FROM TD:

Responsibility for the athlete

Follow all guidelines and commands from the OC (also coaches)

Start on the correct time

Correct start position in individual start (Prologue), poles in front of the gate and stand still (flying start are not allowed)

Follow marked course

Classic Technic

ICR 310.2.2.1

In Technical Zones, ICR 310.2.2.2 Diagonal Technic

Overtake/ Obstruction

Prologue: ICR 343.10.1 (give track on first command)

Heat: ICR 343.10.2.1 – 343.10.2.5

Good Luck–Wish you all fair and safe competitions