



WELCOME TO TEAM CAPTAINS' MEETING – LYGNA 2022

26 February 2022

JWSC Sprint F + U23 Mixed 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	





Organizing committee

- Chief of competitions– Terje Nilsen
- Assistant chief of competitions – Hans Jørgen Kvåle
- Race secretary – Hanne Kvåle
- Chief of Stadium - Gudbrand Tingelstad
- Chief of Course - Dag Anmarkrud
- Race doctor - Calle Ihlen





Jury

- TD – Anna Rosa
- Ass. TD – Jenny Grip
- Ass. TD – Thomas Unterfrauner
- National TD – Geir Mauseth
- Chief of competitions – Terje Nilsen





START LIST

- Seeding according to FIS points
- www.jwsc22.com





TIMETABLE 27 FEBRUARY

	Sprint course closed until 08:30 ONLY COMPETING ATHLETES AND THEIR SERVICE TEAM MAY ENTER THE COURSE AFTER 08:30
06:30	Service area opens
08:00	Race office open
08:30	Course open
09:50	Course closed
10:00	First start U20 Sprint F, 1,2km (W) 1,2km (M), Qualification
	Course open after last finisher after qualification
11:15	TCM U20 Sprint Finals in front of the race office + Start number bib/leg number hand-out
11:50	Course closed
12:00	First start U20, Sprint F, Final
	Victory ceremony in the stadium
	Course open after regrooming
14:20	Course closed
14:30	U23 Mixed relay C-W, C-M, F-M, F-W
	Victory ceremony in the stadium
15:45	Closing Ceremony



Sprint Form Women (30 Athletes)

Site: JWSC & U23 WSC Lygna

Date: 2022



Quarter Final

00:05:30

12:00:00 V1	

► Top 2 to S1

Quarter Final

12:05:30 V2

12:05:30 V2	

► Top 2 to S1

Quarter Final

12:11:00 V3

12:11:00 V3	

► 1. to S1

► 2. to S2

Quarter Final

12:16:30 V4

12:16:30 V4	

► Top 2 to S2

Quarter Final

12:22:00 V5

12:22:00 V5	

► Top 2 to S2

Semi Final

00:05:30

12:55:00 S1	

► 1+2 to A

► 3 evtl. 4 accord. the time to A

Final

00:09:30

13:21:00 A	

LL

LL

Sprint Form Men (30 Athletes)

Site: JWSC & U23 WSC Lygna

Date: 2022



Quarter Final

00:05:30

12:27:30 V1	

► Top 2 to S1

Quarter Final

12:33:00 V2

12:33:00 V2	

► Top 2 to S1

Quarter Final

12:38:30 V3

12:38:30 V3	

► 1. to S1

► 2. to S2

Quarter Final

12:44:00 V4

12:44:00 V4	

► Top 2 to S2

Quarter Final

12:49:30 V5

12:49:30 V5	

► Top 2 to S2

Semi Final

00:05:30

13:06:00 S1	

► 1+2 to A

► 3 evtl. 4 accord. the time to A

Final

00:12:00

13:33:00 A	

LL

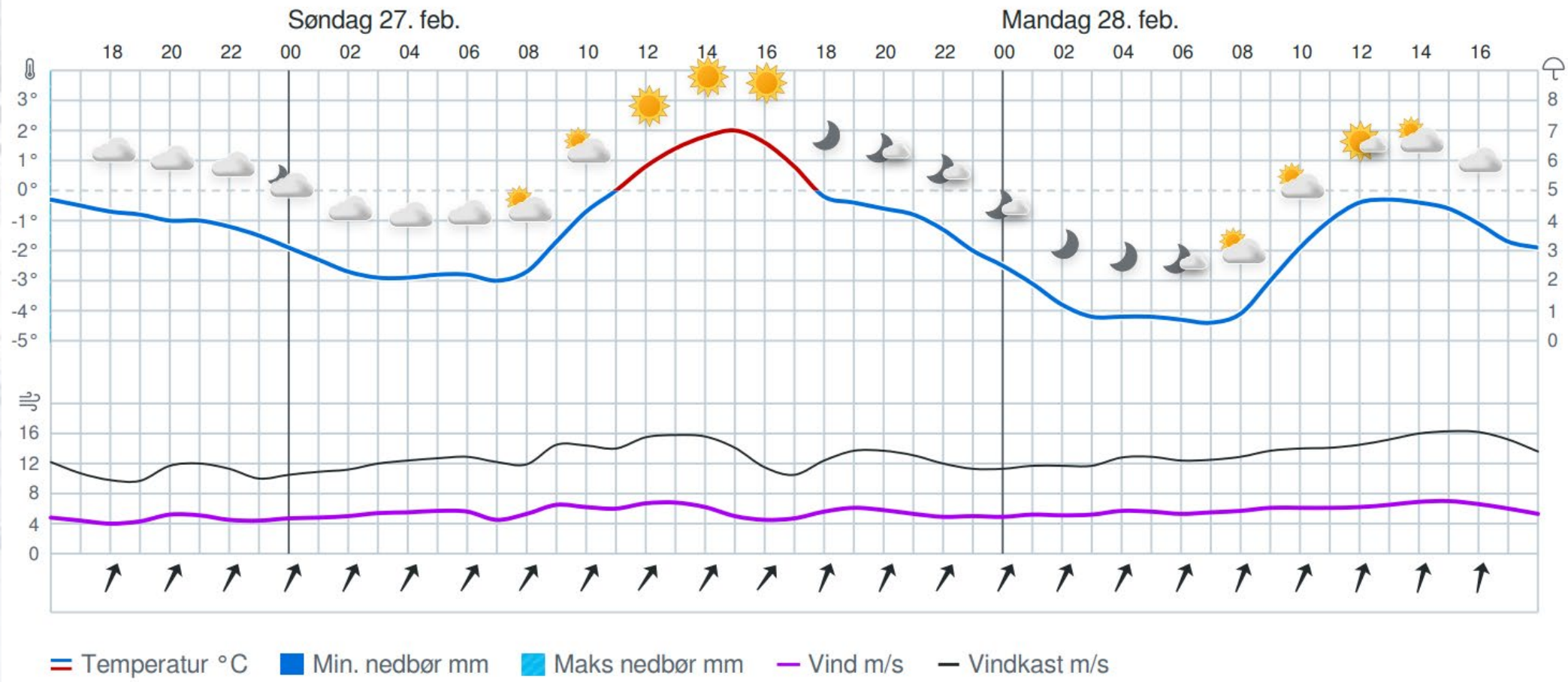
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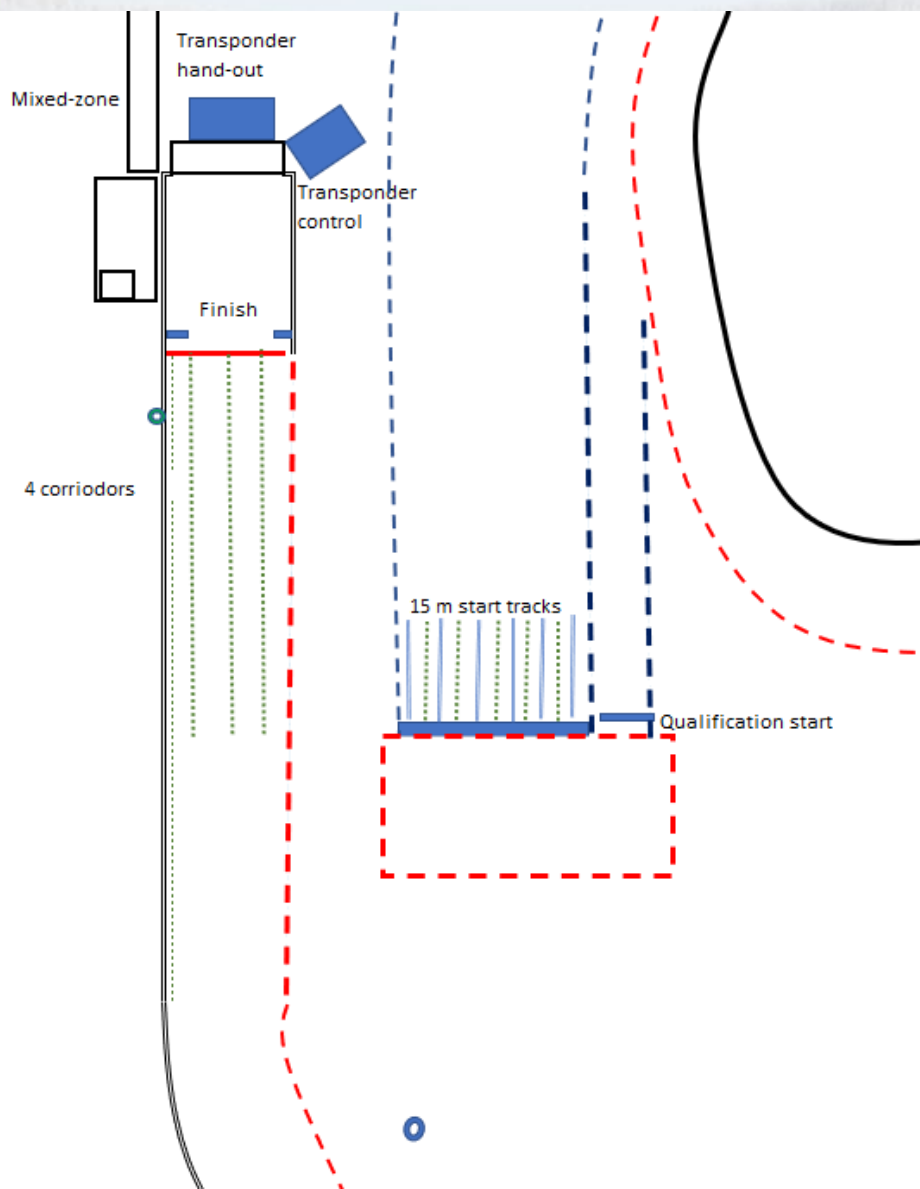
WEATHER FORCAST 27 FEBRUARY

Meteogram 26. feb. kl. 16:00 – 28. feb. kl. 18:00





STADIUM SPRINT U20

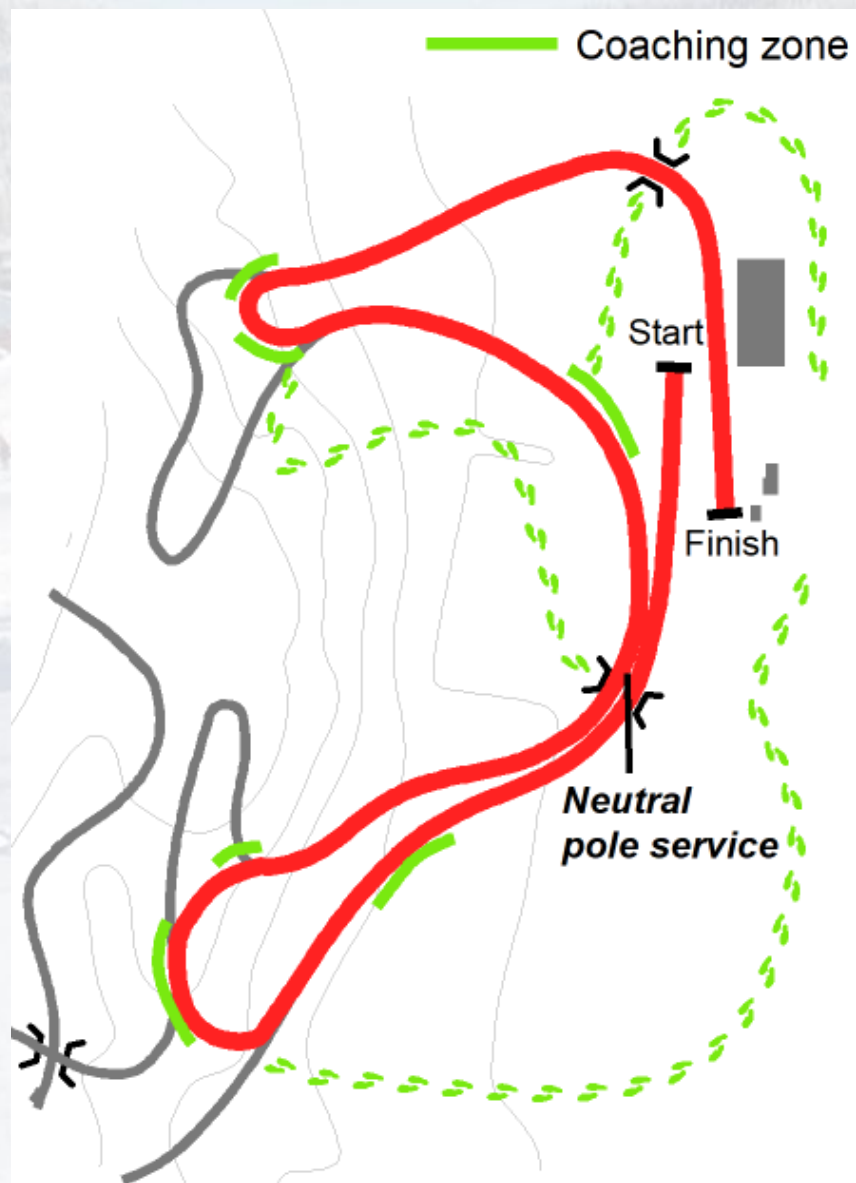


- Transponder hand-out at entry to start from 30 min before the qualification start and finals
- No coaches in the start area
- Separate track for qualification start
- 4 corridors in the finish
- Only one coach per nation allowed in the finish area





COURSE SPRINT U20

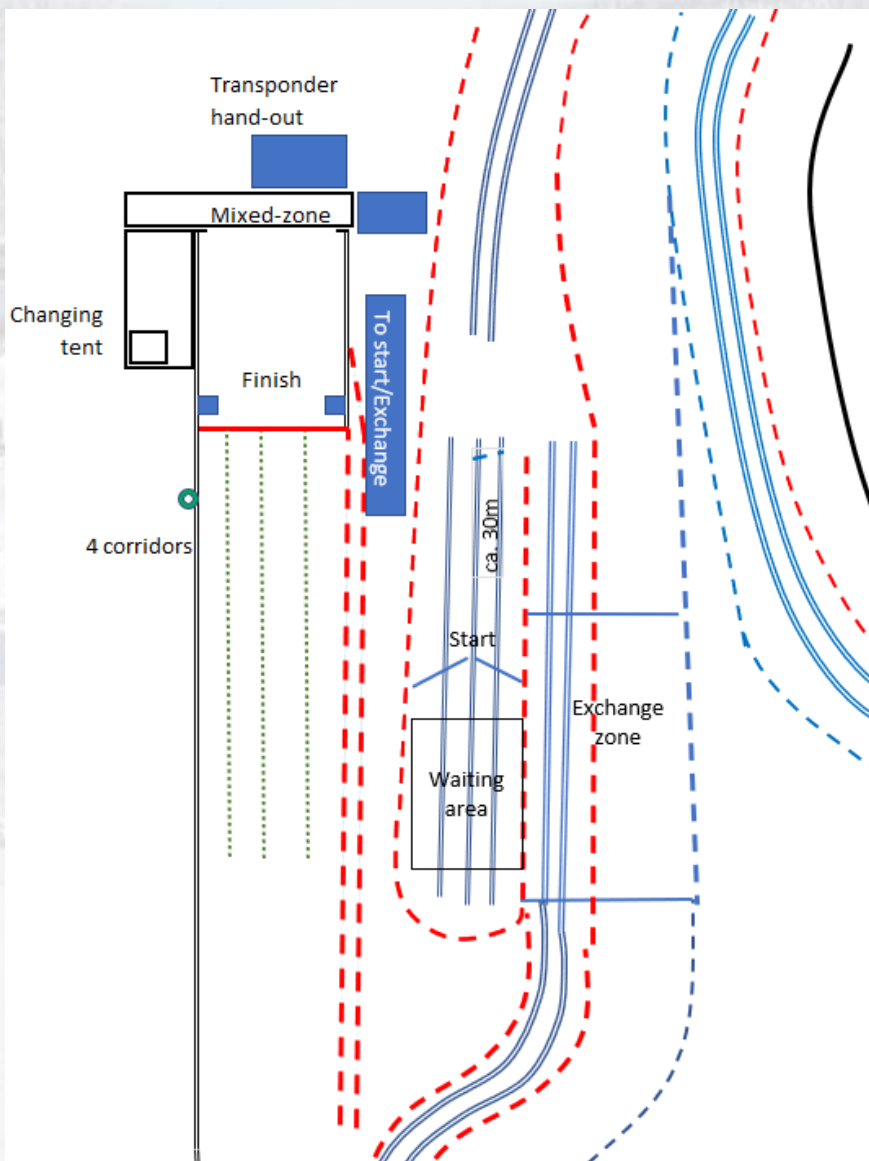


- Course: 1,2 km
- **COACHING ONLY IN COACHING ZONES**
- Neutral pole service
- **COACHES MUST NOT WALK/STAND IN CLASSIC TRACKS FOR THE RELAY**
- **NO COACHING IN THE PRE-START AFTER TRANSPONDER CONTROL**
- **NO WAXING IN THE STADIUM**
- Download full map at jwsc22.com





STADIUM MIXED RELAY U23

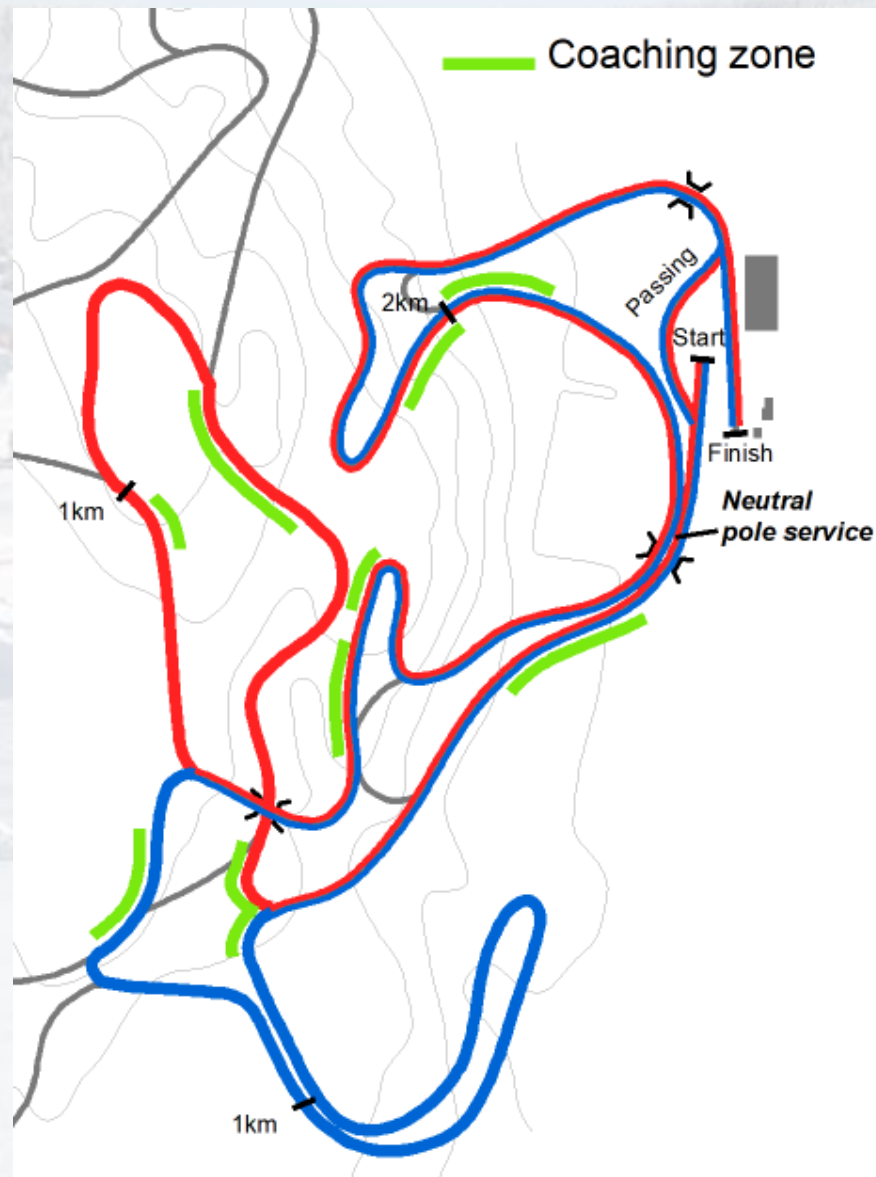


- Transponder hand-out at entry to start from 30 min before the start
- March-in first leg skiers 4 minutes before the start
- No coaches in the start/exchange area
- Plow start with electric gun shot
- 3 start tracks
- 30 meters from the start – no track change
- Exchange zone - 30 m
- 4 corridors in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





COURSE MIXED RELAY U23

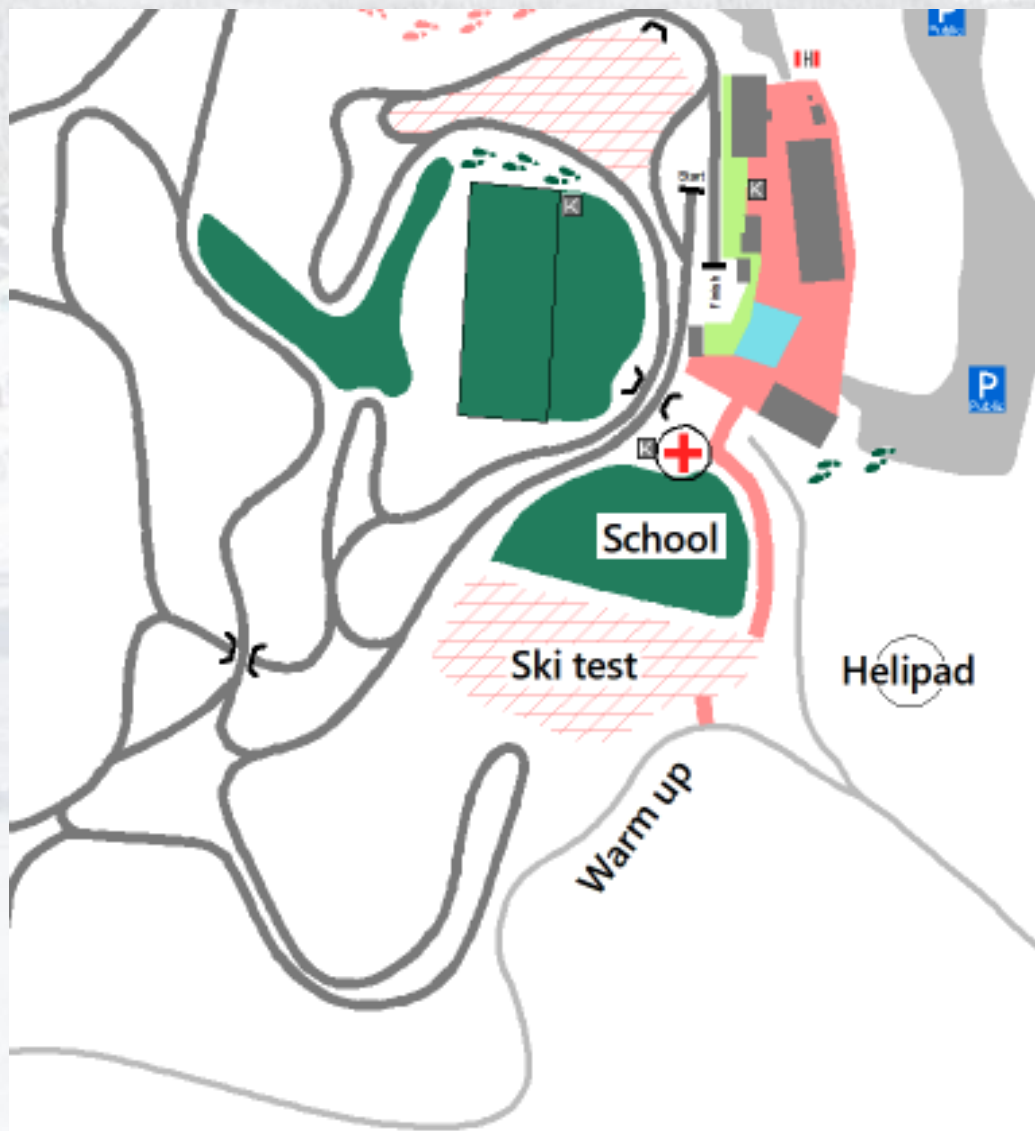


- Leg 1 Women Classic - 2x2,5 km red
- Leg 2 Men Classic - 2x2,5 km red
- Leg 3 Men Free Technique - 2x2,5 km blue
- Leg 4 Women Free Technique - 2x2,5 km blue
- **COACHING ONLY IN COACHING ZONES**
- 2 classic tracks around red course
- Organizer will have a neutral pole service in the stadium
- No-coaching zones
- Download full map at jwsc22.com





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 before 23:00
- Courses are closed until 08:30 27 February





AWARD CEREMONY

- Top 3 **must** to stay in the finish zone after the final + top 6 **must** stay in the finish area (changing tent) = **Coaches must bring jackets and equipment**
- Top 3: Winner presentation 5 min after race finish
- Top 3: Flash interviews in finish area after winner presentation
- Sprint Top 6: Award Ceremony after results are official 20-25 minutes after race finish
- Relay Top 3: Award Ceremony – 4-6 get their prizes at the race office
- Media will take photos first – then others





TRAINING POSSIBILITIES

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





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 competition course before the start.
 - Only training in course direction
- Start number bibs and timing transponders:
 - Start number bibs for qualification and relay are handed out to the team leader in the race office after 08:00.
 - Start numbers bibs and leg numbers with the finals are handed out at TCM outside the Race office at 11:15 – one leg number on each leg.
 - Leg number bib for last leg in the relay
 - 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.
- **RESPECT COACHING ZONES** - 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.
- Free pictures from each race day for free usage at jwsc22.com





INFORMATION FROM TD - 1

- FINALS // The starter will give the command “take your start positions” and the competitors advance to the start line where they must place their poles behind the start gates. When all competitors are at the start line, the starter will give the command “**Set**” and all the competitors must remain **motionless** until the starter gives the start signal.





INFORMATION FROM TD - 2

- OBSTRUCTION // see ICR 343.9 and 343.10
- 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.





INFORMATION FROM FIS

- TV production
- Top 3 Flash Interviews: brief your athletes!
 - In English; 1-2 questions for each Top 3 athlete after winners presentation
 - If translation is needed, have interpreter in Finish area
 - Medal ceremony (Top 6) will be after Mens finals (women first then men)





QUESTIONS?

