



WELCOME TO TEAM CAPTAINS' MEETING – LYGNA 2022

23 February 2022

U23 WSC 10/15 km C



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 24 FEBRUARY

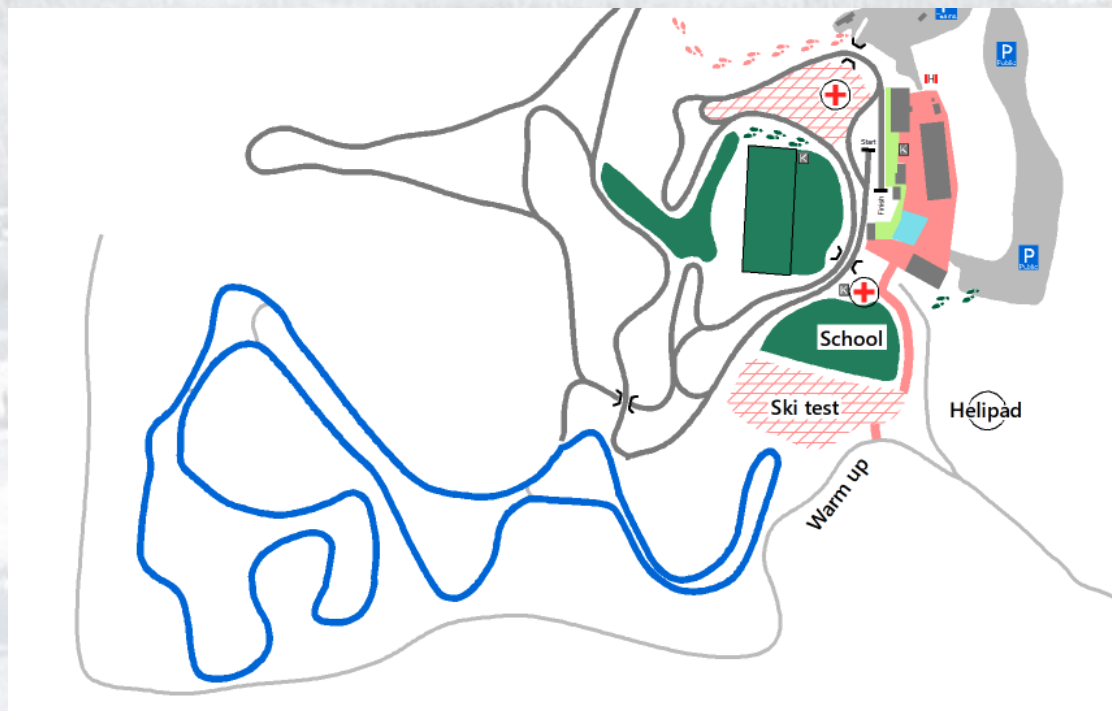


	5 km red course and stadium closed until 11:00 (blue course open) ONLY COMPETING ATHLETES AND THEIR SERVICE TEAM MAY ENTER THE COURSE AFTER 11:00
7:00	Service area opens
11:00	Course open + Race office open
12:50	Course closed
13:00	First start U23, Women 10 km C (2 x 5 km)
	Victory ceremony women in the stadium
	Course opens after last finisher (after forerunner crew)
14:50	Course closed
15:00	First start U23, Men 15 km C (3 x 5 km)
	Victory ceremony men in the stadium
17:00	Final Team entry U20 5/10 km C
17:00-18:00	Official training U20 5/10 km C – no regrooming
19:00	TCM U20 5/10 km C, women and men (Online team meeting)





TRAINING POSSIBILITIES



- Blue track on the map pisted for classic training. Open all day

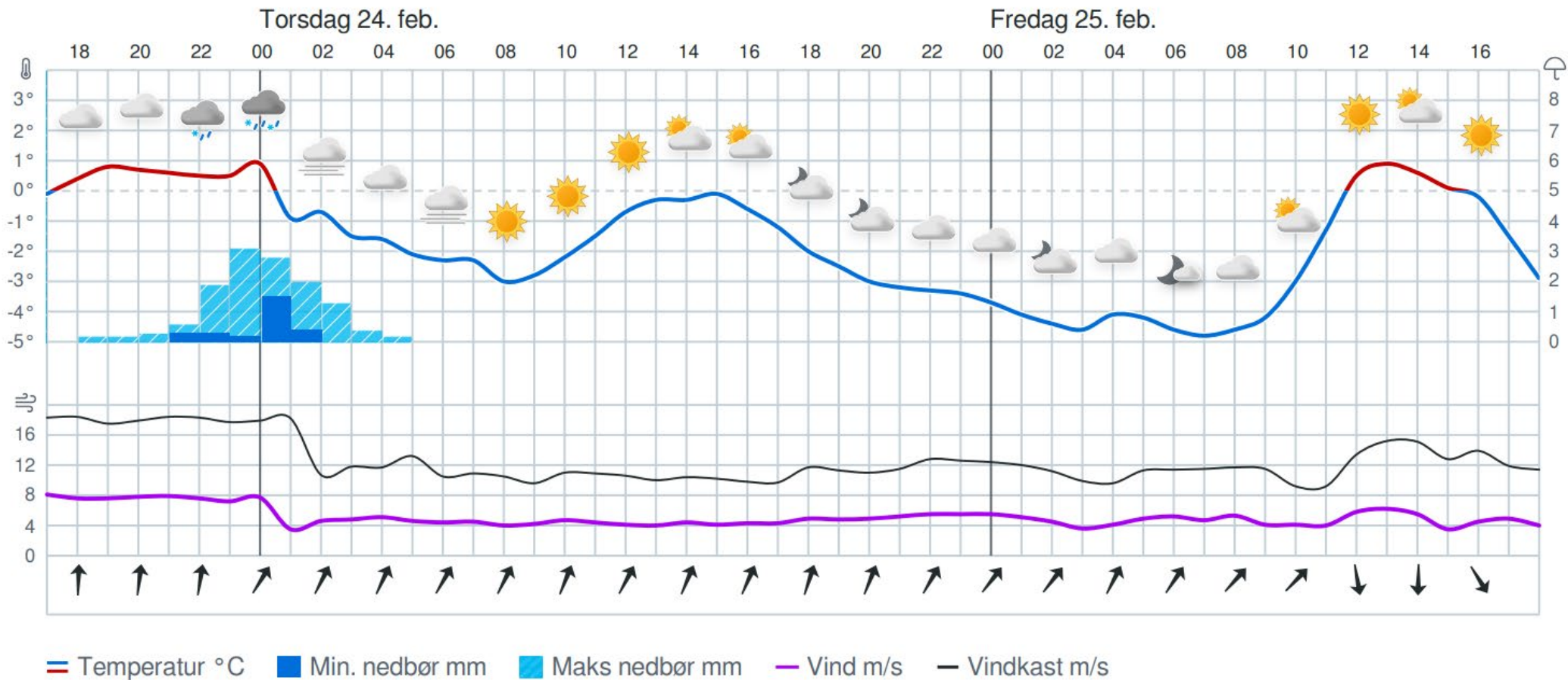
- At Lygna in all tracks outside the competition courses are open for training all day.
- Åsen skisenter – nearby Gardermoen Airport





WEATHER FORCAST 24 FEBRUARY

Meteogram 23. feb. kl. 17:00 – 25. feb. kl. 18:00





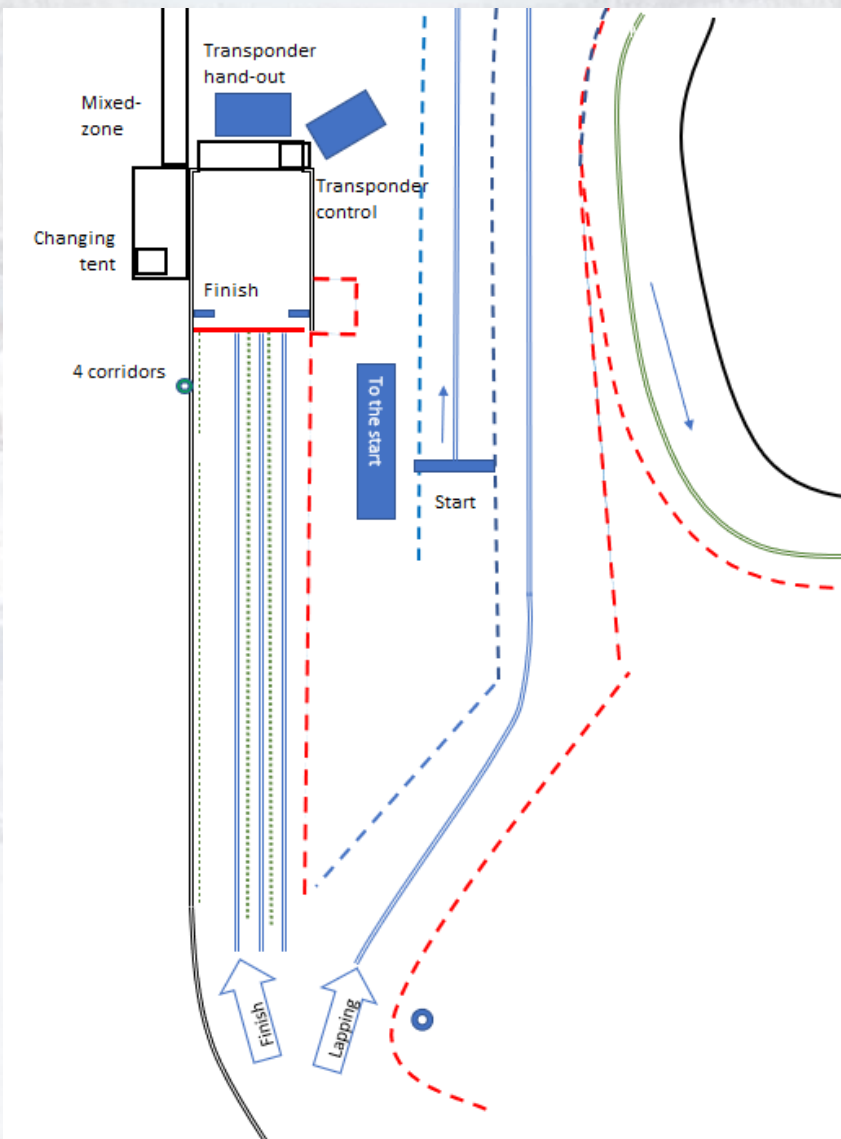
START LIST

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





STADIUM



- Transponder hand-out at entry to start from 30 min before the start
- No coaches in the start area
- 3 corridors in the finish
- Only one coach per nation allowed in the finish area





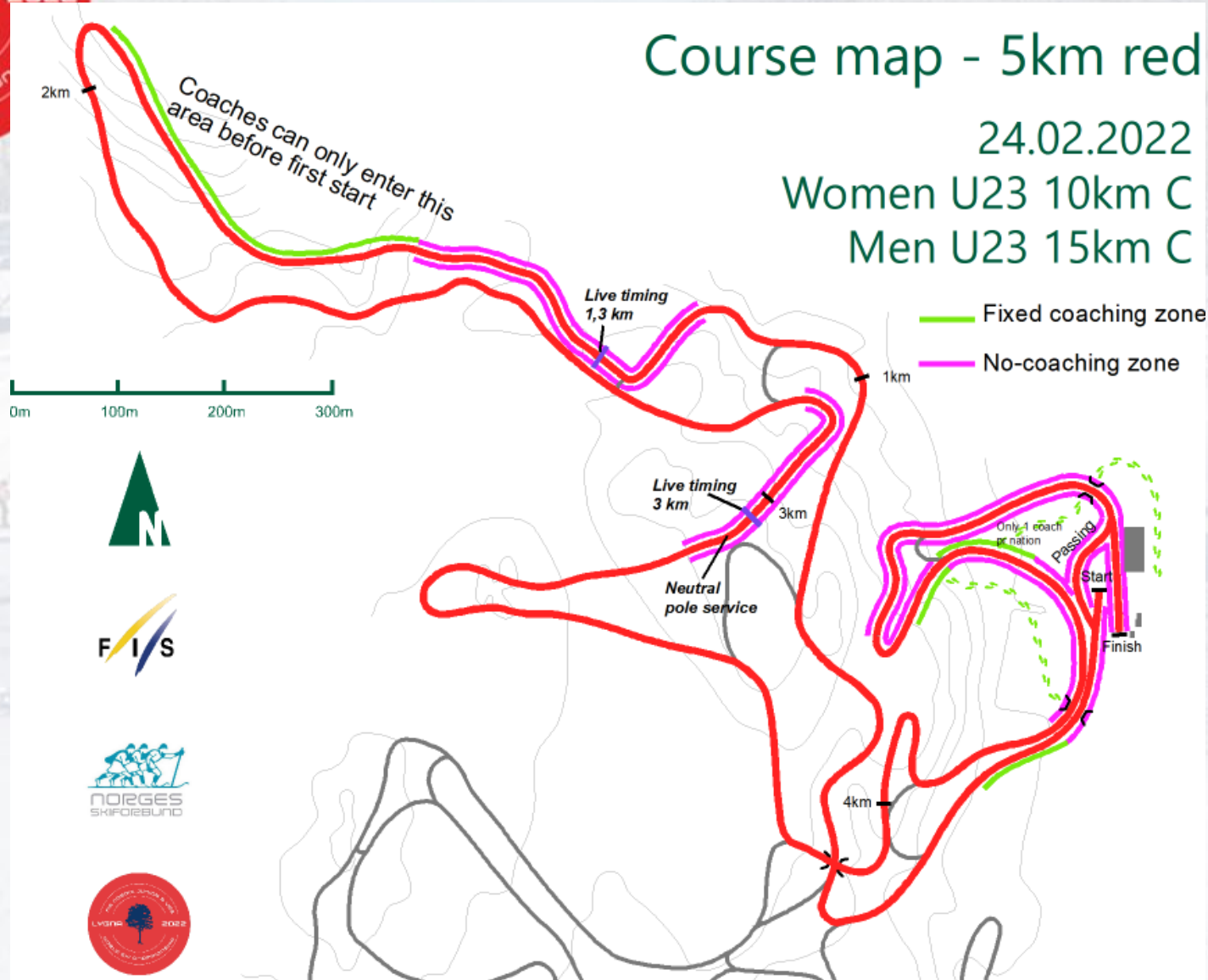
COURSE

Course map - 5km red

24.02.2022

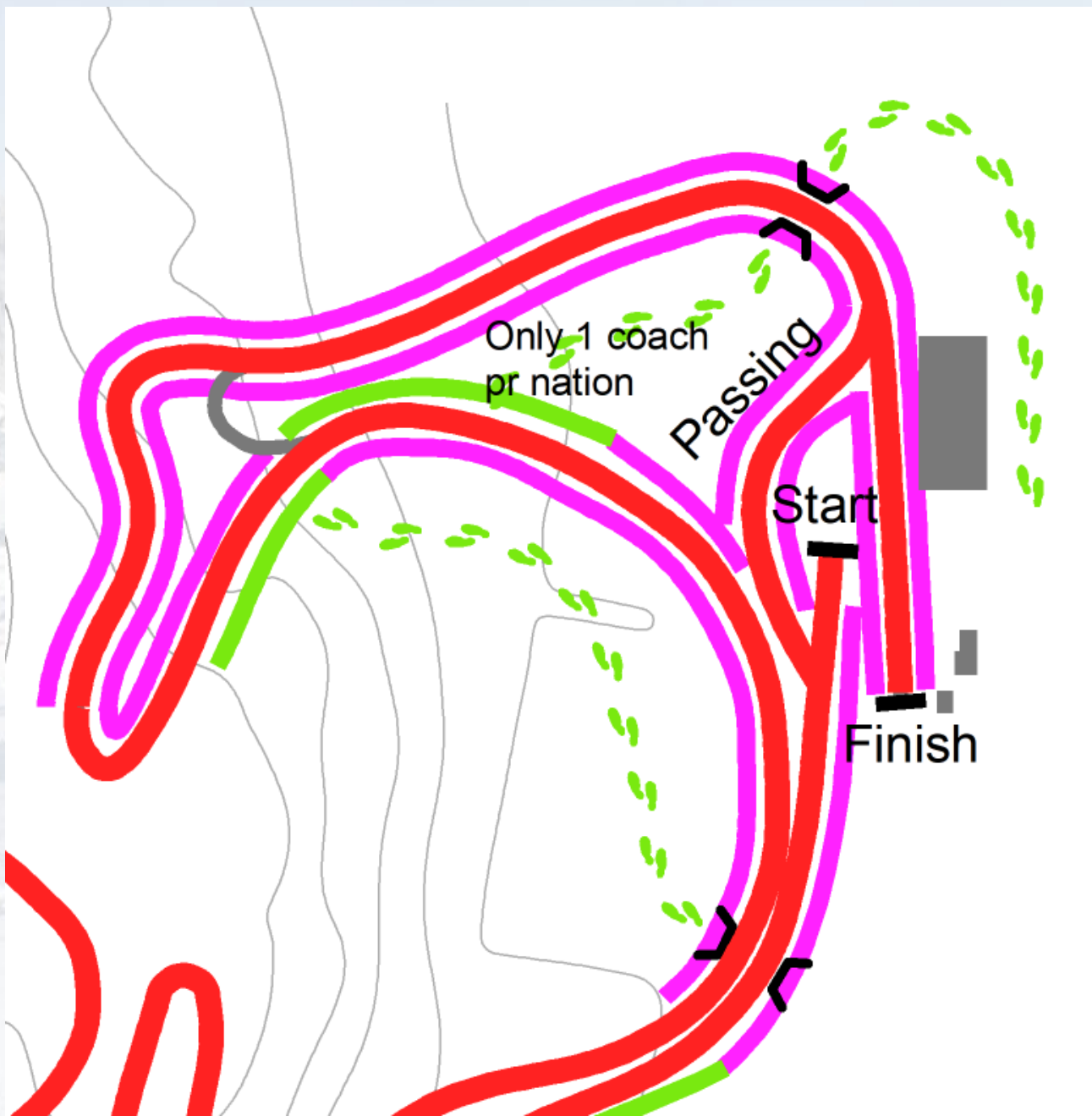
Women U23 10km C

Men U23 15km C



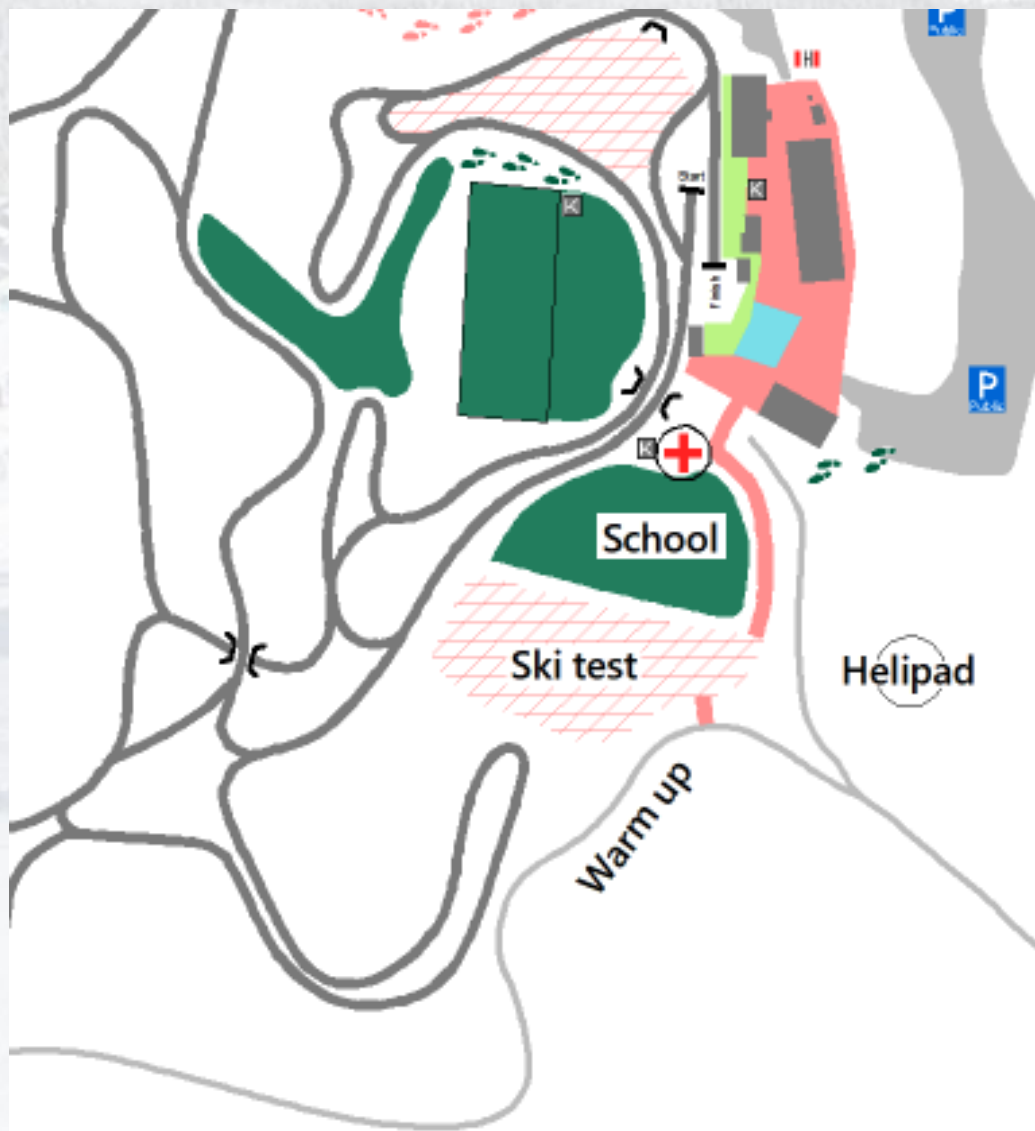
- Women: 2 x 5 km red
- Men: 3 x 5 km red
- Only 1 track in the course
- Overtaken athletes must give way to on first demand
- No-coaching zones
- Coaching zone 1,6-2 km **no entry** after first start
- Coaching zone on skiers right in the arena – only 1 coach per nation
- Download full map at jwsc22.com







SKI TESTING AND WARM-UP



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





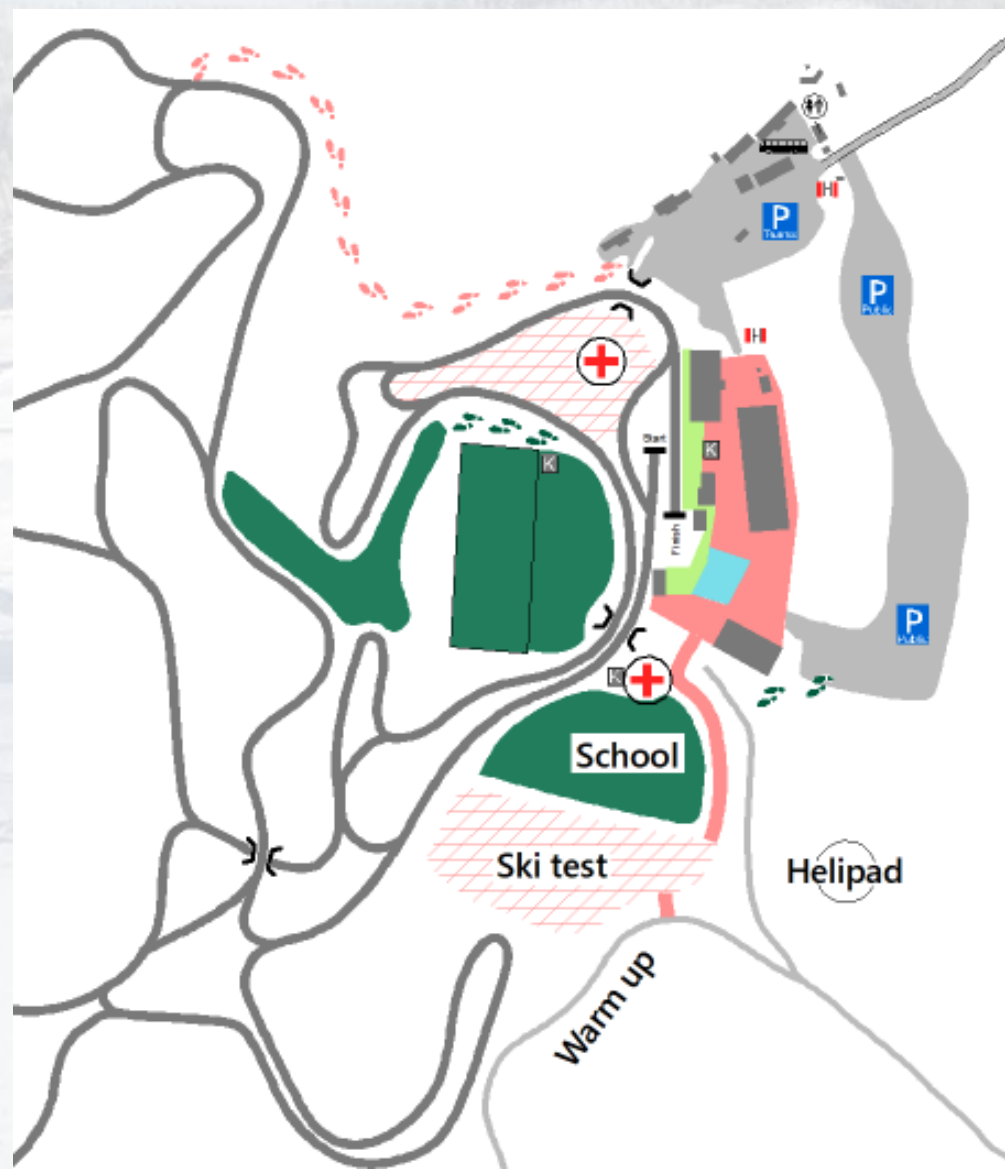
COURSE PREPARATION AND GROOMING

- Courses will be groomed when the snow fall finish (appr. at 6.00 am)
- Courses will be closed until 11:00 24 February (depending on the snowfall/weather the course might be closed longer. Teams will be informed in the WhatsApp-group)





SAFETY





AWARD CEREMONY

- Leader chair in the finish area
- Top 3 need to stay in the finish zone after finish – coaches must bring jackets, food and equipment
- Top 3: Interviews in finish area right after last finisher
- Top 3: Winner presentation 5-10 min after last finisher

- Top 6: Award Ceremony after results are official 20-25 minutes after
- Media will take photos first – then others





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 are handed out to the team leader in the race office after 11:00.
 - 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.
- No teams in the Press-center – use changing tent





INFORMATION FROM TD

- **Individual start** // competitors who are being passed must give way on first demand [343.10.1]
- Classical technique!
- **Start List** // New FIS Points list has been used
- **TV** // Please follow OC instructions
- **BULGARIA - KAZAKHSTAN** // Please stay online after the meeting





INFORMATION FROM FIS

- TV production from tomorrow on
- Current leader of Interval Start will be on Leader Chair in Finish area
- Top 3 Flash Interviews: brief your athletes!
 - In English; 1-2 questions for each Top 3 athlete
 - If translation is needed, they should be in Finish area
 - Top 3 cannot leave Finish area until after Winner's presentation: bring changing clothes there
 - Medal ceremony (Top 6) will be approx. 15 – 20 min after unofficial result is published
- Deadline for Final Entries: 2 hrs before TCM)





QUESTIONS?

