



**Invitation to
Telemark skiing Norgescup (National Cup)
March 5.th - 6.th. 2016
Senior and Junior,
National races (landsrenn) for specific age groups.
Races for children 10 years and younger
Vrådal Panorama Ski center**



Morgedal Idrottslag

Organizer: Skarphedin IL Telemark and Morgedal IL

Program

Saturday (parallell)	
08.00	Race office opens, located at cafeteria at the end of the slope
08.15	Coaches meeting, cafeteria at the end of the slope
08.45-09.45	Course inspection
10.00	Start prologue
11.00 (ca)	Start recruit races (children 10 years and younger)
12.15	Start quarter finals
13.45	Start semi finals
14.15	Start finals
18.00	Dinner
19.30	Awards Ceremonies
Sunday (sprint)	
08.00	Race office opens, located at cafeteria at the end of the slope
08.15	Coaches meeting, cafeteria at the end of the slope
08.45-09.45	Course inspection 1st run
10.00	Race start 1st run
12.00-12.45	Course inspection 2nd run
13.00	Race start 2nd run
After 2. run	Awards Ceremony at the finish area

Registration:

Online registration. Deadline: March 4th 2016

Registration fee:

Senior and junior	: NKr. 150
15-16 year	: NKr. 140
11-12 and 13-14 year	: NKr. 140
Recruits (10 years and younger)	: NKr. 50

Race office: (phone: +47 98613817)

In the cafeteria at the end of the slope (near by the ski lift). Open from 08 AM, Saturday and Sunday.

Race leader

Arnstein Sunde, phone: +47 95 08 01 64, email: arnstein.sunde@hit.no

Tarjei Gjelstad, phone: + 47 95 24 13 15, email: tarjei@morgedal.com

TD: Erik Nesthorne, phone: + 47 90 09 32 19

Accommodation and dinner (booking):

Accommodation: Vrådal Apartments. 10 minutes from the ski center, 2 minutes from grocery store.

Tlf. + 47 35 06 90 00, email: booking@vraadabooking.com, www.straand.no

Prices Vrådal Apartments:

Arrival : Friday March 4th 2016

Departure : Sunday March 6th 2016

Number of apartments: 17 apartments with 2 bedrooms, 6 number of beds

11 apartments with 1 bedroom and 4 number of beds

Prices

4 bed apartment : NKr.2.080,- per apartment

6 bed apartment : NKr 3.120,- per apartment

Prices are VAT inclusive, and include the following:

- ☐ Accommodation Friday - Sunday
- ☐ Free use of swimming pool at Straand Hotel (7.AM – 19. PM)
- ☐ Free parking
- ☐ Free use of drying room and room for ski prep.

Extra:

Cleaning : NKr. 750,- per apartment

Renting bed linen : NKr. 150 per bedding sett inclusive towel

Dinner Saturday, Tex Mex buffet NKr. 155,- per person.

Lift tickets for two days (Saturday and Sunday): Junior/senior NKr. 380,-. Youth NKr. 300,- (50% off regular price)

Organizers' website: <http://www.morgedal.com>, click NC Telemark 2016

The web site will be updated continuously.

Welcome to Telemark – everyone!