



Holmenkollen

World Cup Nordic 14-15/3 2015



TEAM CAPTAINS MEETING

14.March 2015 - for Ungdomsstafett F

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- Roll Call
- Introduction of the OC and the Jury
- Event Program
- Venue Overview
- Timetable
- Weather Forecast
- Entries and draw
- Stadium
- Courses
- Ski testing and warming up
- Course Preparation and Grooming
- Information from the TD
- Information from FIS
- Information from the OC

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

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OC:

Chairman:	Kristin Vestgren Sæterøy
Chief of Competition:	Marte Aagesen Trondsen
Chief of Course:	Andrè Mehnert
Chief of Stadium:	Kai Egil Simenstad
Chief of Race Office:	Anita Østmoe

JURY:

TD:	Sindre Wiig Nordby	(NOR)
TD assistant:	Knut Arne Rør	(NOR)
Chief of Competition:	Marte Aagesen Trondsen	(NOR)

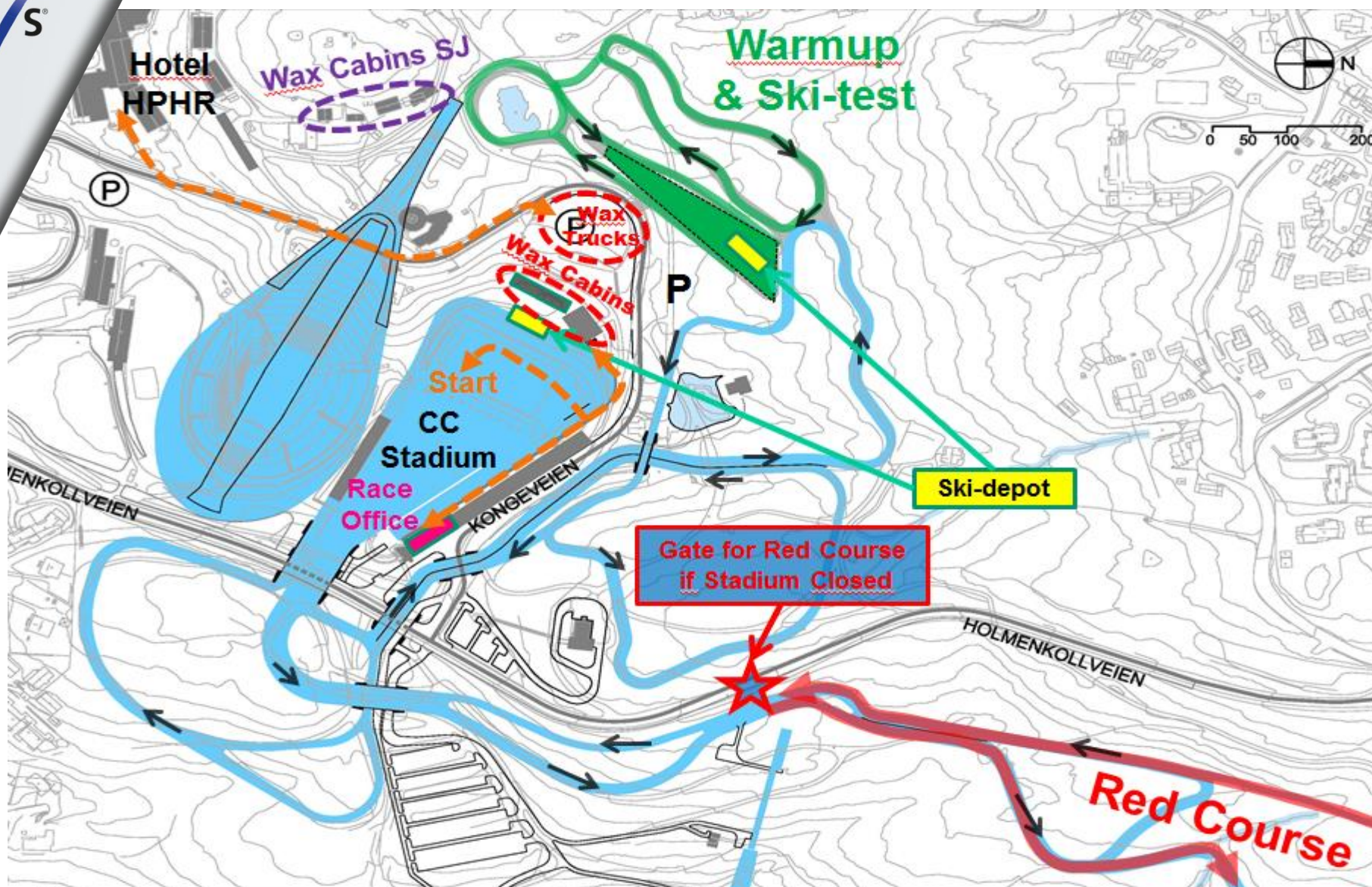
Saturday 14. March:

- 09.30 – NC SJ HS134 (2 jumps)
- 12.00 – 12.50 NC CC 15 km F Gundersen (2x 7.5km)
- 12.00 – 12.45 TCM Youth Relay
- 14.15 – 17.00 CC 50 km F MS Men (6x 8.3km)
- 17.30 – 18.15 Training for CC Youth Relay 4x 3.75km F Mix L/M
- 18.00 – Ski Jumping Men HS134

Sunday 15. March:

- 10.30 – 12.15 CC 30 km F MS Ladies (5km + 3x 8.3km)
- 13.00 – 14.00 CC Youth Relay 4x 3.75km F Mix L/M
- 14.15 – Ski Jumping Men HS134

VENUE OVERVIEW



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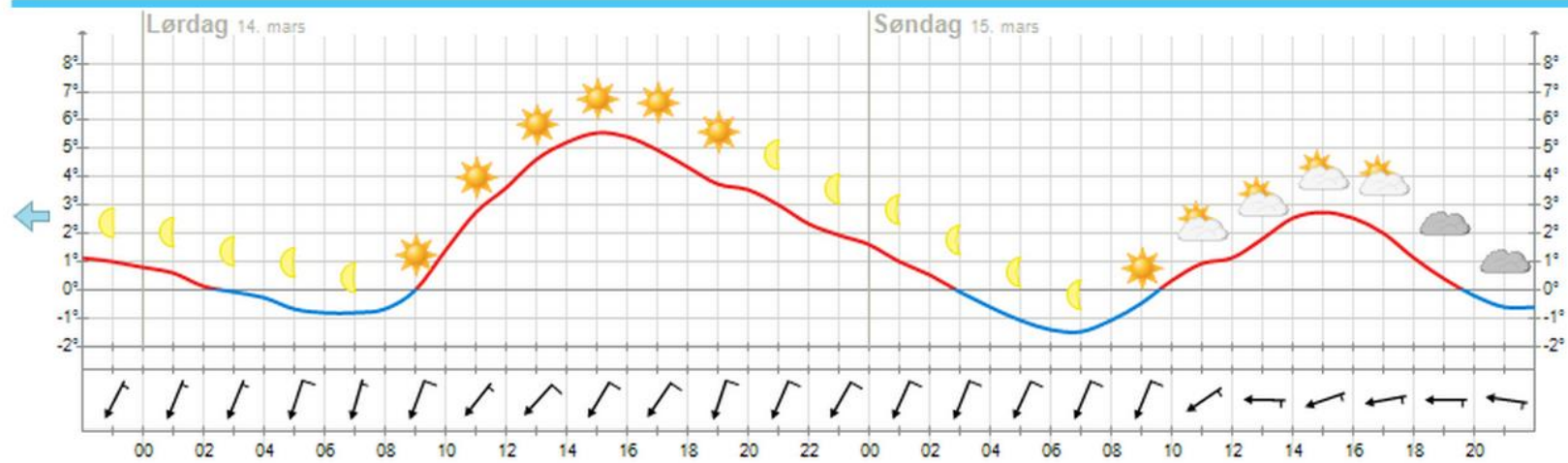
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Meteogram, neste 48 timer



søndag kl 12		1°	0 mm		Svak vind, 3 m/s fra øst
søndag kl 13		2°	0 mm		Svak vind, 3 m/s fra øst-nordøst
søndag kl 14		2°	0 mm		Svak vind, 3 m/s fra øst-nordøst

Leg bibs on both legs

Hente transpondere:

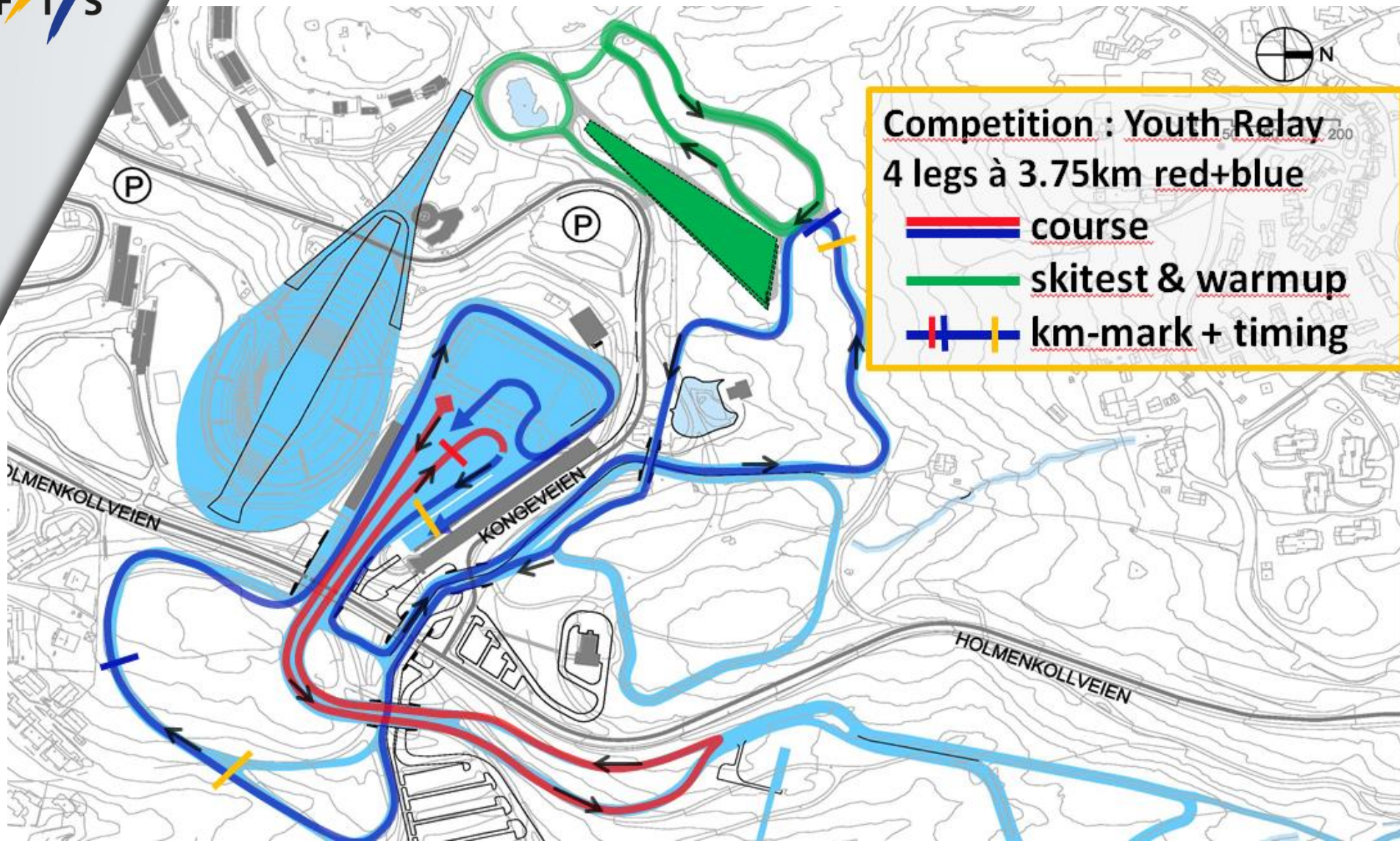
1. Etappe 1230-1240
2. Etappe 1240-1250
3. Etappe 1250-1300
4. Etappe 1305-1315

**HUSK Å LEVERE TRANSPONDER ETTER
LØPET!!**





COURSE Youth Relay 3.75 km



Competition : Youth Relay 200

4 legs à 3.75km red+blue

-  **course**
-  **skitesting & warmup**
-  **km-mark + timing**

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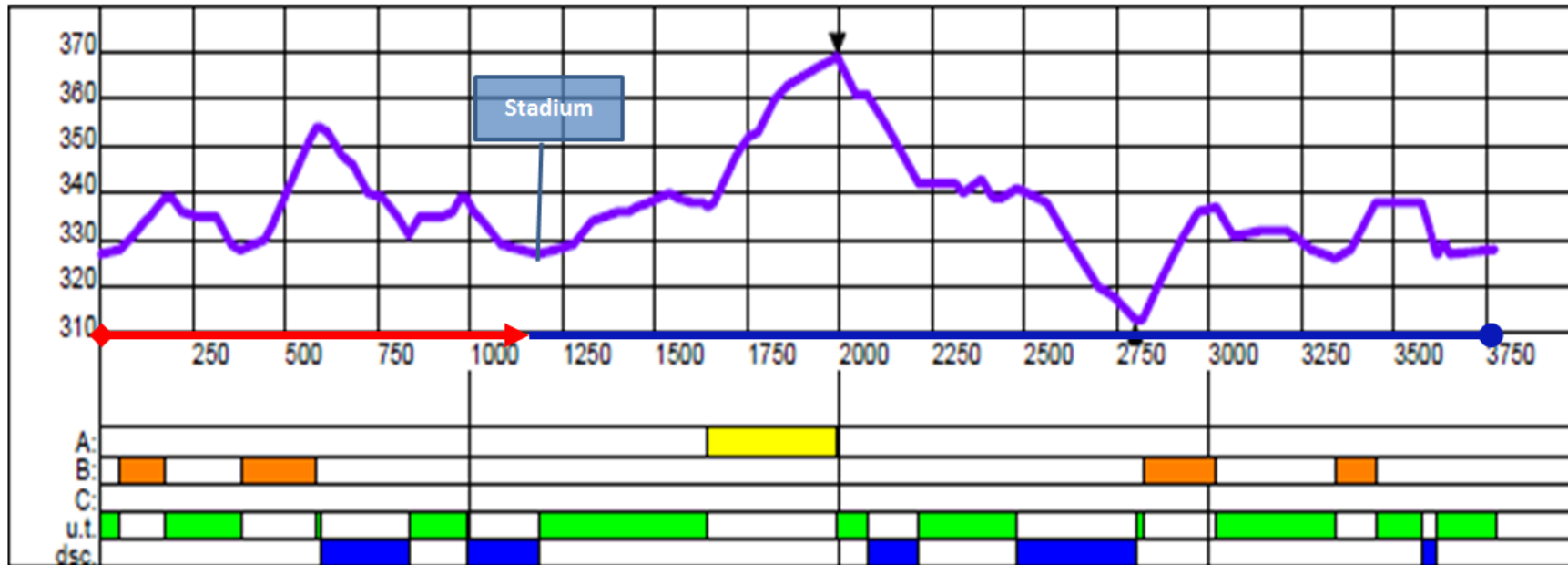
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Course Profile 3.75 km red/blue - Holmenkollen

Kollen15km NC nov-11

	Course length:	3775m	Height Difference (HD):	56m	Lowest point:	313m
	Category:	D	Maximum Climb (MC):	32m	Highest point:	369m
	Competition Level:	WC	Total Climb (TC):	136m		



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STADIUM YOUTH RELAY



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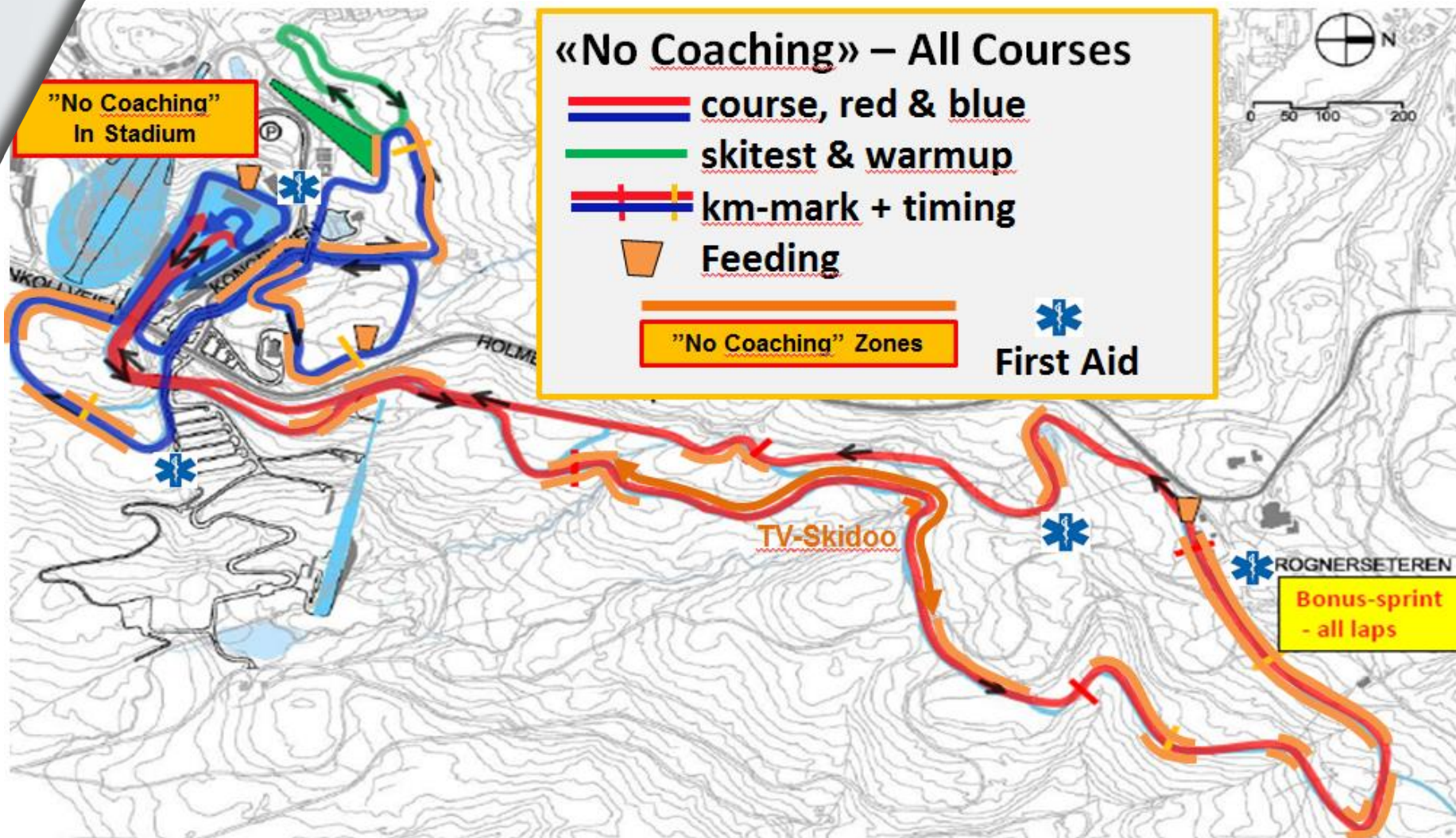
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Grooming in the night, depending on weather forecast & snow conditions

- Salting – with spreader! - depending on conditions & weather forecast

Arrowstart, 5 start tracks – no set tracks in course – 3 corridors towards Finish-line

Branches will mark edges and often both sides by TV-positions



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- Respect course opening times
- Coaches only permitted with valid Bibs
- Videocaser



- Coaches
- Bibs
- Control

GOOD LUCK FOR TOMORROW



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