

Gååå SPRINTEN



26-28 November 2021

TEAM CAPTAINS MEETING

25th November





Agenda



Roll Call

OC and the Jury

Event Program



Stadium Friday / Courses Friday

Stadium Saturday / Courses Saturday

Stadium Sunday / Courses Sunday



Classical Technique zones Sunday

Weather Forecast



Entries and start list

Information from the OC



Information from the TD

Information from the NSF



Roll call

- Akershus
- Agder og Rogaland
- Buskerud
- Finnmark
- Hedmark
- Hordaland
- Nordland
- Nord-Trøndelag
- Sverige
- Andorra
- Dominica
- Canada
- Mexico
- Spania
- Poland
- Sveits
- USA
- Oppland
- Oslo
- Sogn og Fjordane
- Sør-Trøndelag
- Telemark og Vestfold
- Troms
- Østfold
- Møre og Romsdal
- Britain
- Finland
- Germany
- India
- Island
- China
- Australia
- Colombia
- Østerrike





OC and Jury



OC:

Chief of Competition: *Audun Skattebo*



Chief of Course: *Lars Wadahl*

Chief of Stadium: *Jostein Gårderløyken*



Chief of Wax Cabins: *Bjørnar Bakken*

Chief of Race Office: *Solveig O. Rønn*



JURY:

TD: *Fridtjof Rannem*

TD assistant: *Arne Otto Vedvik*

Chief of Competition: *Audun Skattebo*

Ole Flækøy (Sunday)



Event Program, Friday 26. nov.



kl 08:00 - 16:00

Race office open



kl 09:45

Para, 3(jr)/5(sr) km sitting

kl 10:00

Para, 5 km F standing

kl 10:05

Start women senior, 10 km F

kl 12:00

Start men senior, 15 km F



50 minutes open tracks between women and men for skitesting.



45 sec start interval



Ceremony ca 20 minutes after finish para/women/men - 6 best or 1/3.

Participant prize for the weekend in the race office.

Event Program, Saturday 27. nov

Saturday 27. november



kl 08:00 - 16:00 Race office open



Para, Women senior and Men senior sprint F

- | | |
|----------|--|
| kl 09:00 | Para - Prolog F |
| kl 09:10 | Women senior and men senior - Prolog F |
| kl 10:20 | Para, finale standing |
| kl 10:25 | Para, finale sitting |
| kl 10:50 | ¼ Finales women senior, 5 heat |
| kl 11:15 | ¼ Finales men senior, 5 heat |
| kl 11:40 | Semi finales, women senior, 2 heat |
| kl 11:55 | Semi finales, men senior, 2 heat |
| kl 12:05 | Finale women senior |
| kl 12:20 | Finale men senior |



Ceremony ca 20 minutes after finish para/women/men -
6 best or 1/3.

Participant prize for the weekend in the race office.



Event Program, Saturday 27 nov.



Women junior and men junior sprint F

- | | |
|----------|---------------------------------------|
| kl 12:45 | Women junior and men junior, Prolog F |
| kl 14:00 | ¼ Finales women junior, 5 heat |
| kl 14:25 | ¼ Finales men junior, 5 heat |
| kl 14:50 | Semi finales women junior, 2 heat |
| kl 15:05 | Semi finales men junior, 2 heat |
| kl 15:15 | Finale women junior |
| kl 15:30 | Finale men junior |



Courses closed until 16:00

Training in courses until 20:00

Ceremony ca 20 minutes after finish women/men -

6 best in the tent

Participant prize for the weekend in the race office.



Event Program, Sunday 28 nov.



Sunday 28. november

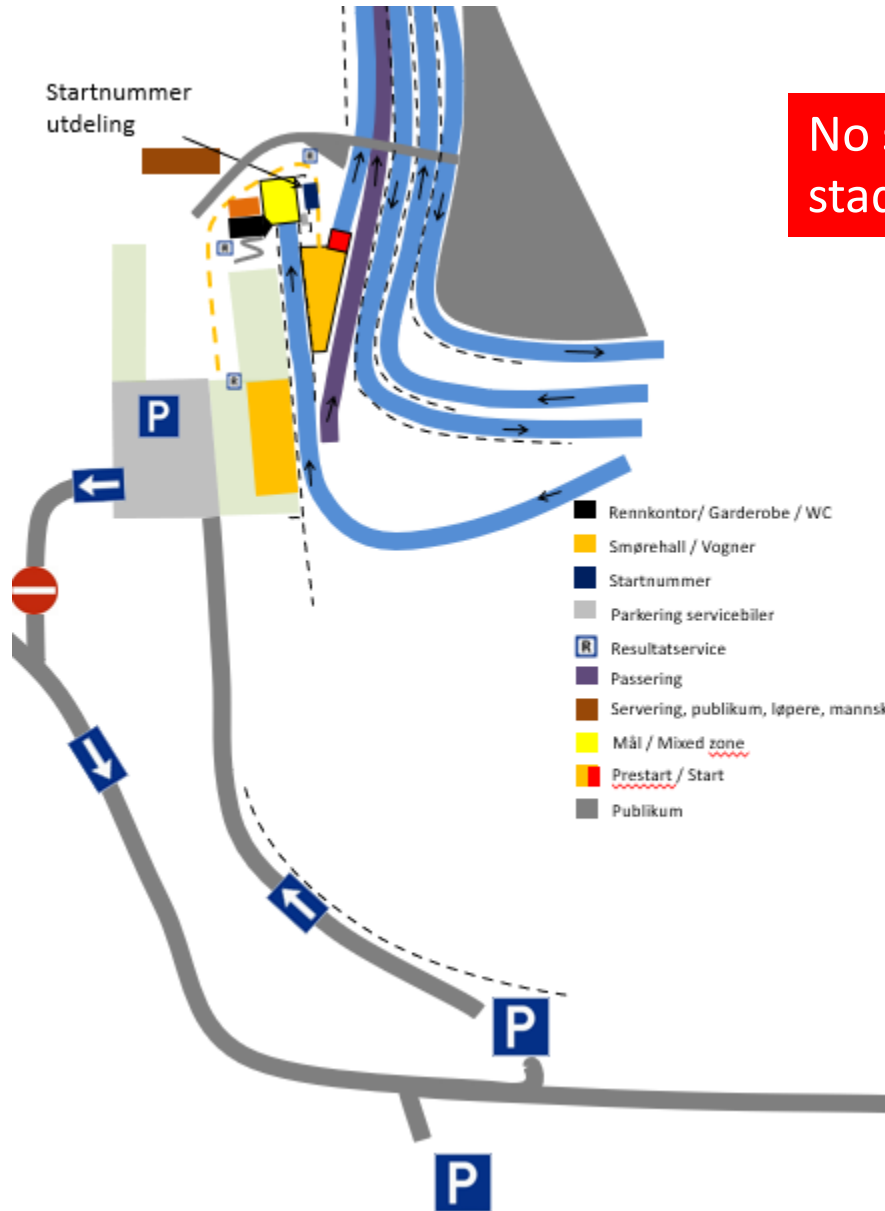
- kl 08:00 Race office open
- kl 08:45 Start Para, sitting 3 (jr) / 5 (sr) km (30 sec int.)
- kl 09:00 Start Para standing, 5 km (jr) /10 km (sr) C (30 sec int.)
- kl 09:05 Start women senior, 10 km(C) (30 sec int.)
- kl 10:15 Start men senior, 15 km (C) (30 sec int.)
- kl 12:30 Start women jr (17-18 year), 5 km (C) (15 sec int)
Start women jr (19-20 year), 5 km (C) (15 sec int)
Start men junior (17-18 year), 10 km (C) (15 sec int)
Start men junior (19-20 year), 10 km (C) (15 sec int)



Ceremony ca 20 minutes after finish women/men -
6 best or 1/3

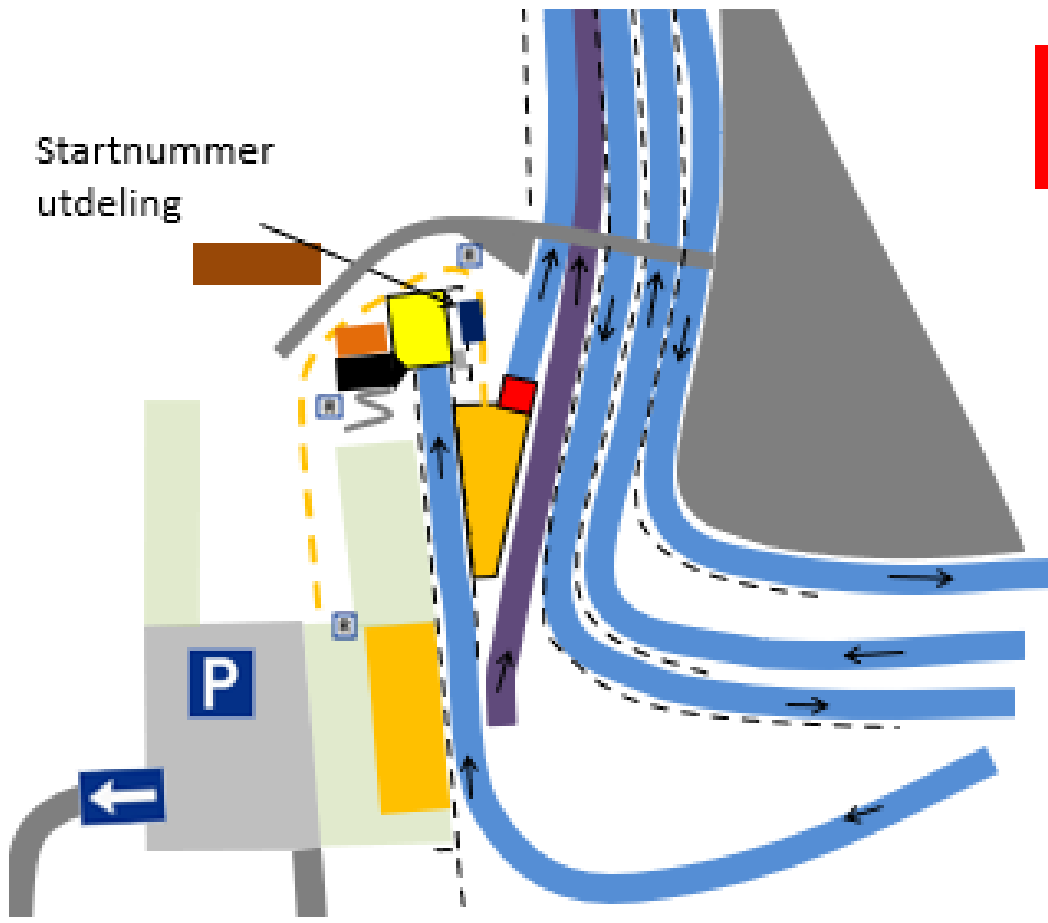
Participant prize for the weekend in the race office (new).

Stadium, overview



No ski-depot in stadium

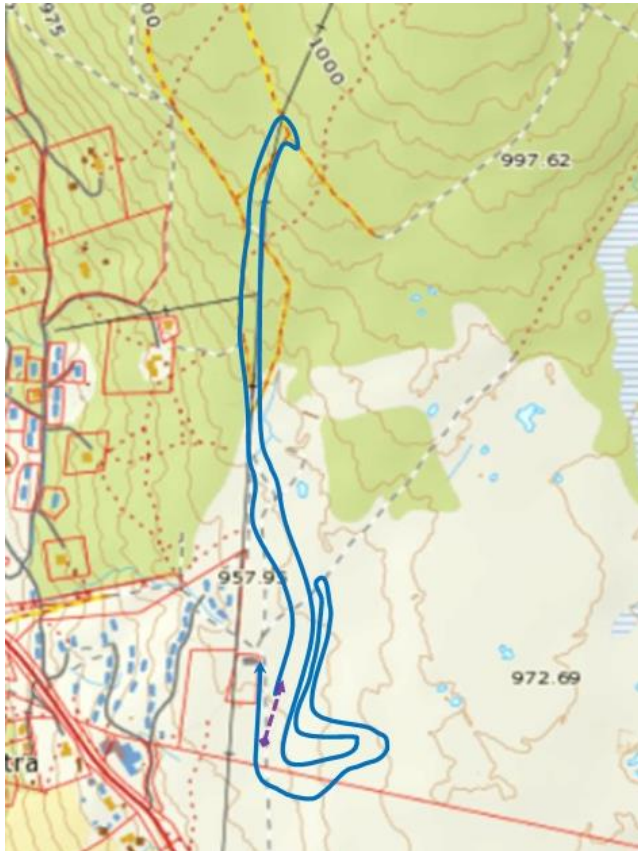
Stadium, Friday



No ski-depot in stadium



Courses Friday



Race course stadium area closed 5 min. before start!!

No warm up

Senior women, 10km F (4 x 2,5km)

Senior men, 15 km F (6 x 2,5km)

Para standing jr/sr, 5 km F (2x2,5km)

Para sitting sr, 5 km (8 rep) – jr 3km (5 rep)

No coaching zone in stadium

Sorry, no ski test after start.

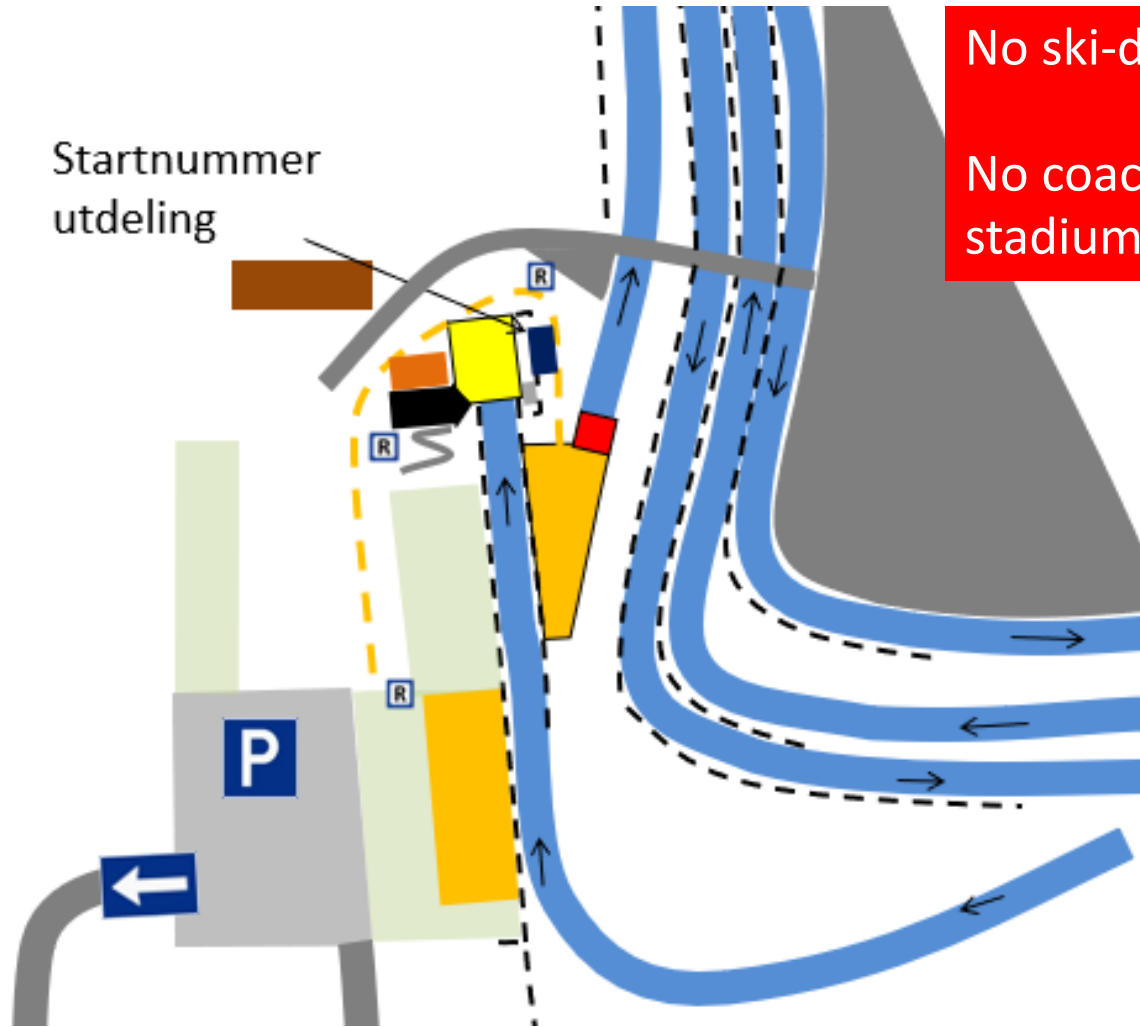
Time between women and men



Paralangrenn
Sittende

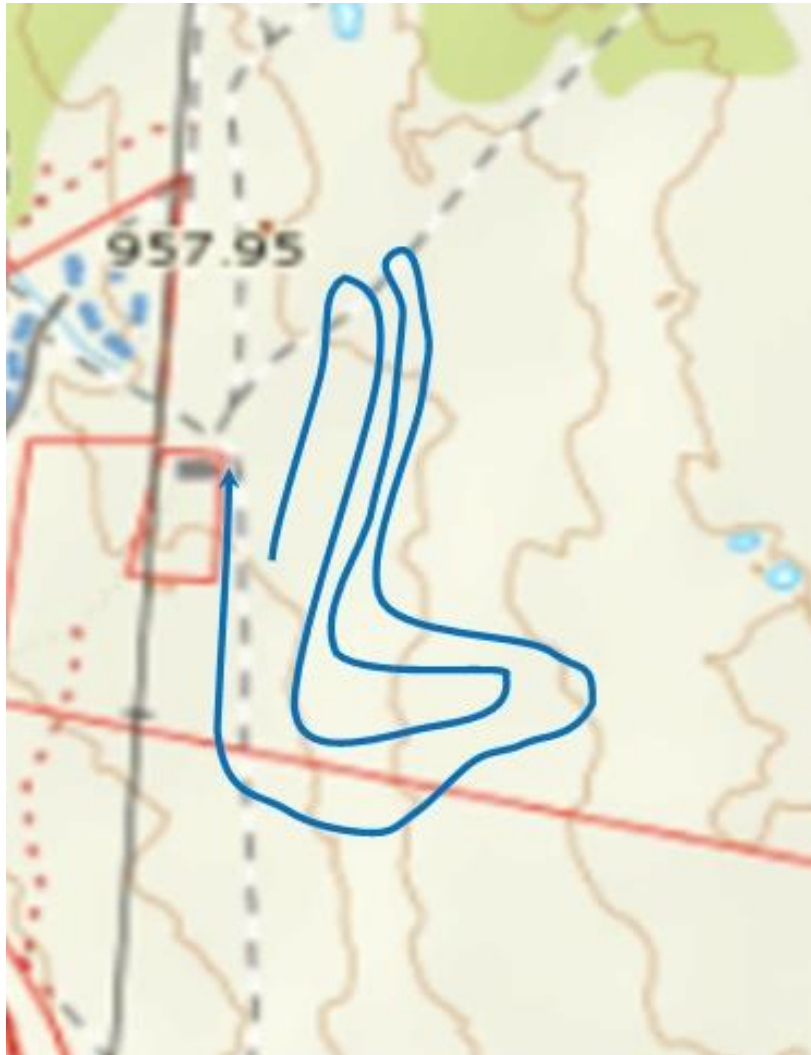


Stadium, Saturday





Courses women / para standing, sprint F

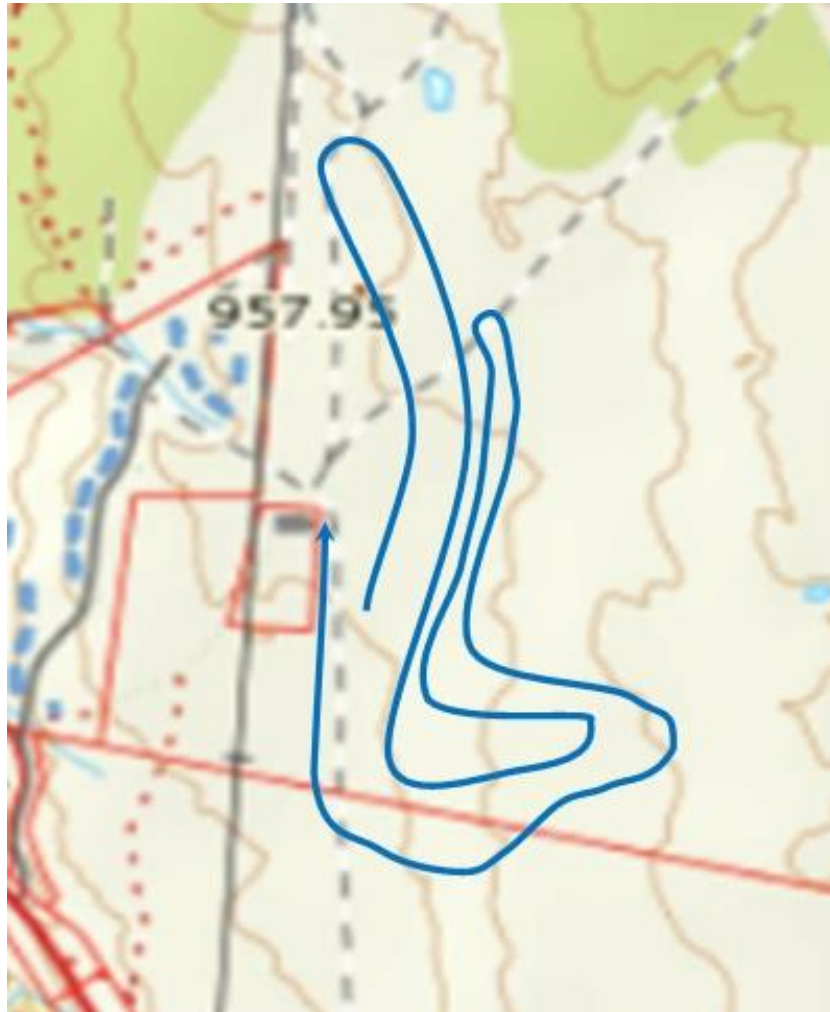


Race course closed 5 min. before start Prolog!!

Not open before/between heats



Courses men, sprint F

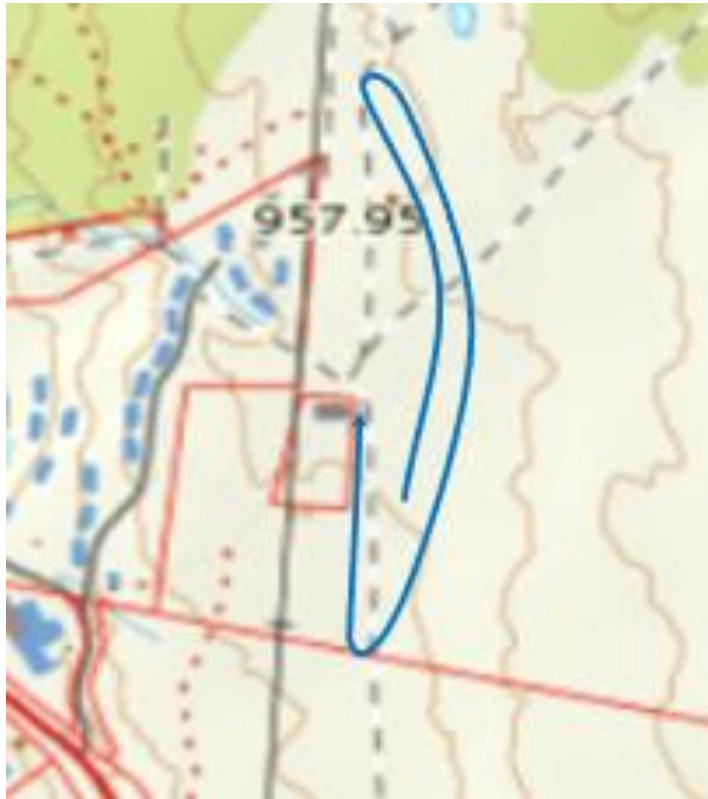


Race course closed 5 min.
before start Prolog!!

Not open before/between
heats



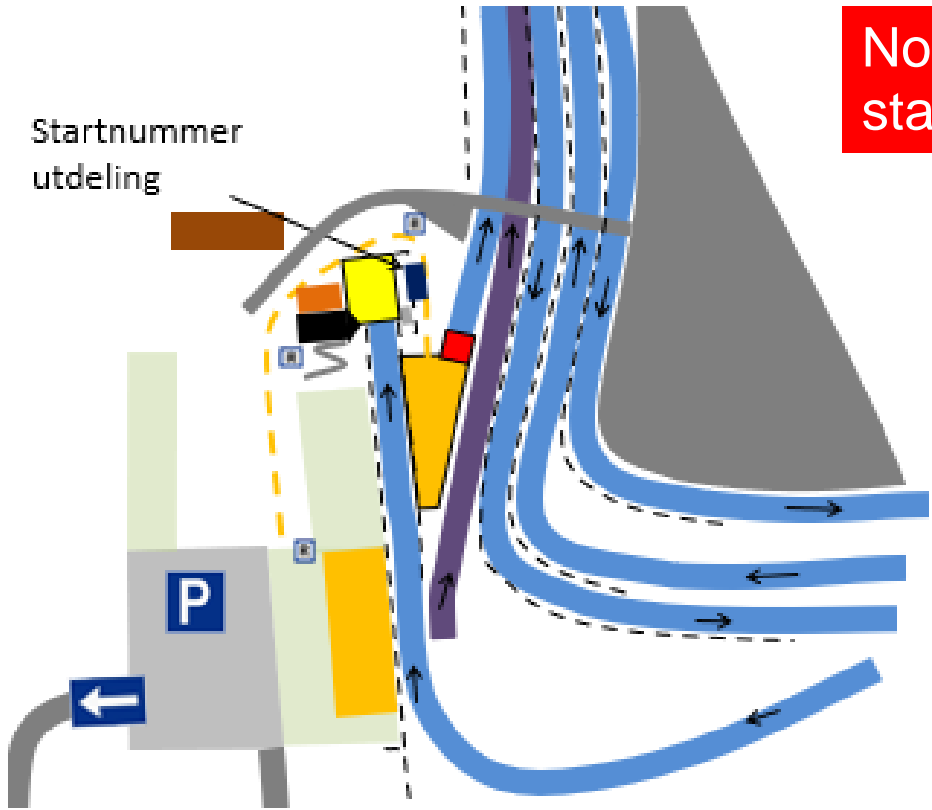
Courses para, sitting sprint



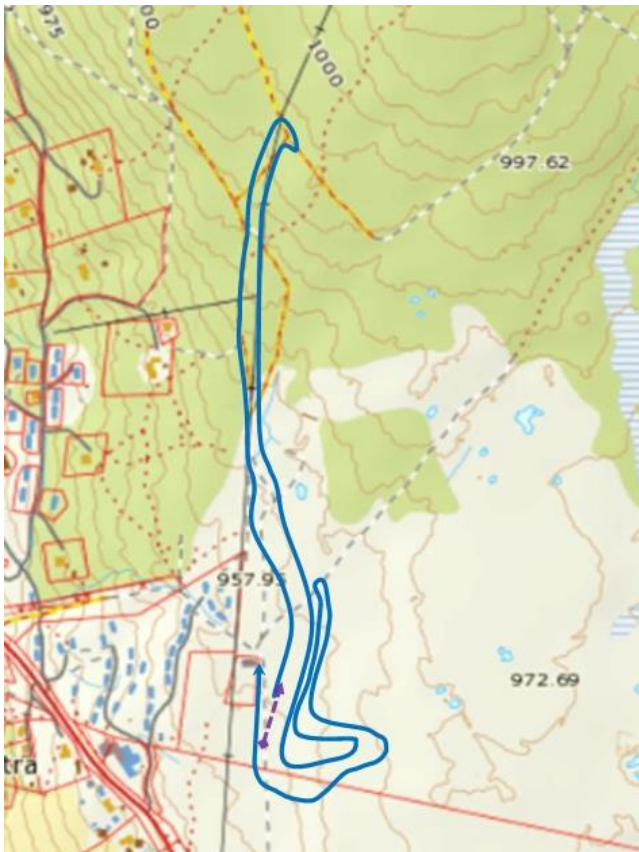
Race course closed 5 min.
before start Prolog!!

Not open before/between
heats

Stadium, Sunday



Courses Sunday



No ski test
Paralangrenn
Sittende

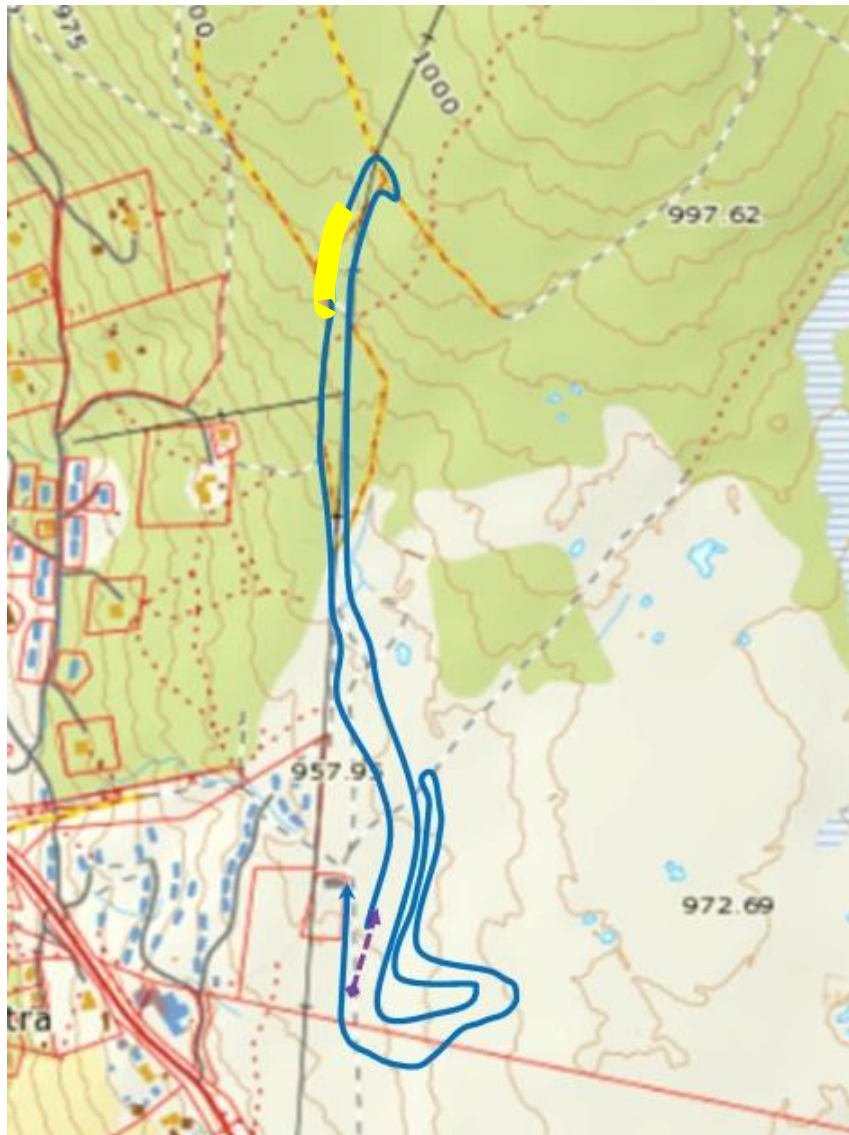
Race course stadium area closed 5 min.
before start!!
No warm up

- Jr women(17-18), 5 km C (2 x 2,5 km)
- Jr women(19-20), 5 km C (2 x 2,5km)
- Senior women, 10 km C (4 x 2,5km)
- Jr men(17-18) 10km C (4 x 2,5km)
- Jr men(19-20) 10 km C (4 x 2,5km)
- Senior men, 15 km C (6 x 2,5km)
- Para sitting sr, 5 km (8 rep) – jr 3 km (5 rep)
- Para standing sr, 10 km C (4 x 2,5 km)
- Para standing jr, 5 km C (2 x 2,5 km)

No coaching zone in stadium
Video control



Classical Technique zones, distance



1 Classical technique zones,
distance

Marked yellow

In the courses marked with:

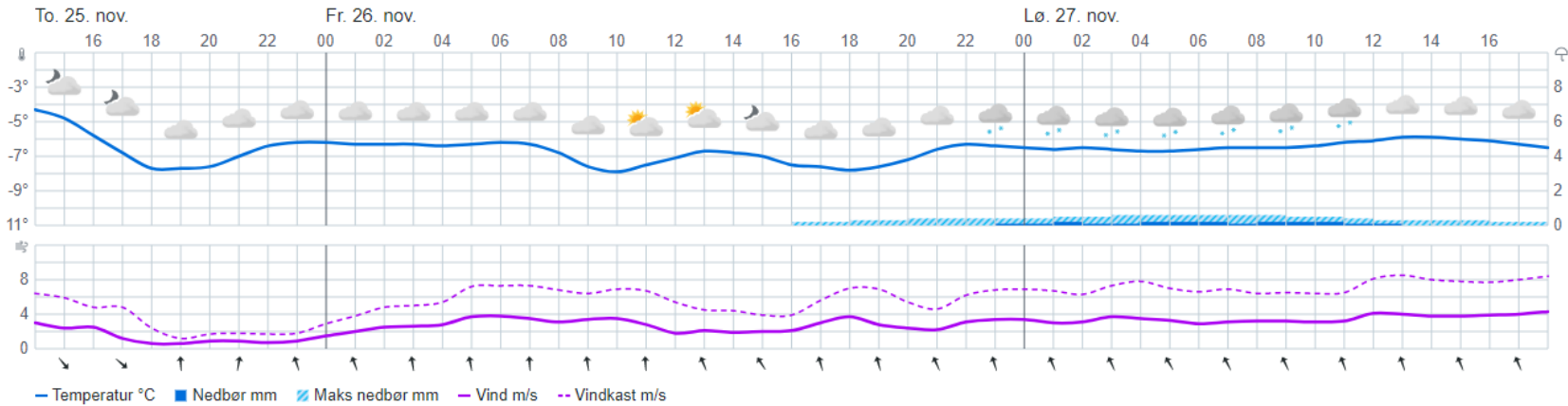
Start
Zone

End
Zone

Video control



Weather forecast



Course grooming

- Early night



Entries and start list



- Transponder, one. Check in good time before start. It's possible to check transponder in the race office.



- Start list – New FIS points list 25/11, no 3.



- Deliver the start bibs in the race office. If not delivered – payment fee = 700 NOK



Information from OC



- Transponder rent, NOK 100,- (cash / Visa in the Race Office)
- If not paid entry fee, pay in race office before start
- Deletions – Race office
- Start bibs in the stadium – ready 1 hour before start

Covid-19

- Symptoms, test and isolation
- Notify race office



Information from TD



- **FIS ICR 343.9**
- As a general rule applying to all competitions, competitors shall not obstruct other competitions.



- **FIS ICR 343.10**
- Process of passing during Interval starts



- **FIS ICR 343.10.2**
- Process of passing during other competitions



Information from NSF



Uttak Lillehammer

Da WC Lillehammer har fått endret programmet fra skiathlon til 10/15 km F, vil vinneren av 10/15km F og vinnerne av sprintene på Gålå få friplass på tilsvarende distanse under WC Lillehammer.



Helseattest Skandinavisk-cup

Alle norske som skal delta i Skandinavisk cup denne sesongen, må ha godkjent helseattest. Det gjelder også skandinavisk cup på Beitostølen i desember.

Les mer her:

<https://www.skiforbundet.no/langrenn/skirenn/regler-og-retningslinjer/helseattest/>





Good Luck!