

GålaSPRINTEN



25-27 November 2022

TEAM CAPTAINS MEETING

24th 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
- Estland
- Tsjekkia
- Italia
- Japan
- Sør-Korea
- Sveits
- Slovakia
- Frankrike
- Oppland
- Oslo
- Sogn og Fjordane
- Sør-Trøndelag
- Telemark og Vestfold
- Troms
- Østfold
- Møre og Romsdal
- Britain
- Finland
- Germany
- Island
- Australia
- Colombia
- Østerrike
- Danmark



OC and Jury



OC:

Chief of Competition: *Audun Skattebo*



Chief of Course: *Lars Wadahl*

Chief of Stadium: *Ola Holmestad*

Chief of Wax Cabins: *Bjørnar Bakken*

Chief of Race Office: *Solveig O. Rønn*



JURY:

TD: *Fridtjof Rannem*

TD assistant: *Daniel Myrmæl Helgestad*

Chief of Competition: *Audun Skattebo*





Event Program, Friday 25. nov

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 10:10	Para, finale standing
kl 10:15	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.



Event Program, Saturday 26. nov



kl 08:00 - 16:00 Race office open

Para, Women senior and Men senior



kl 08:45 Para, sitting 5 km

kl 09:00 Men senior, 10 km F

kl 12:20 Start Para standing / women senior, 10 km F



NB! Prolog junior between men senior and women senior.



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





Event Program, Saturday 26 nov.

Women junior and men junior sprint F

kl 11:05	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

NB! Women senior and para prolog and ¼ finales.

Courses closed until 16:00

Training in courses until 20:00

Ceremony ca 20 minutes after finish women/men -

6 best in the tent



Event Program, Sunday 27 nov.



kl 08:00 Race office open

Mass start



kl 08:45 Start Para, sitting 5/10 km

kl 09:30 Start men senior, 20 km C

kl 10:40 Start women senior, 20 km(C) and para standing C

kl 12:00 Start women K17 og K18, 10 km (C)

kl 12:35 Start women K19 og K20, 10 km (C)

kl 13:10 Start men M17 og M18, 10 km (C)

kl 13:45 Start men M19 og M20, 10 km (C)



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

Gålå
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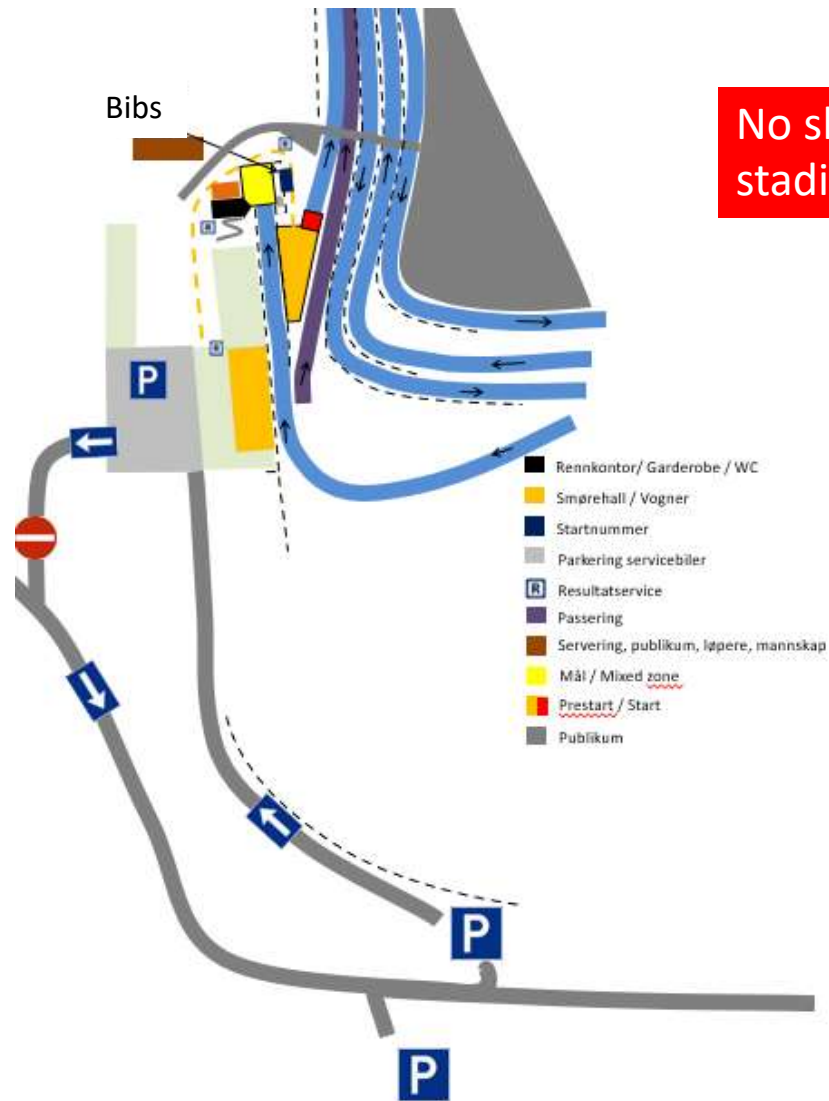
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Stadium, overview



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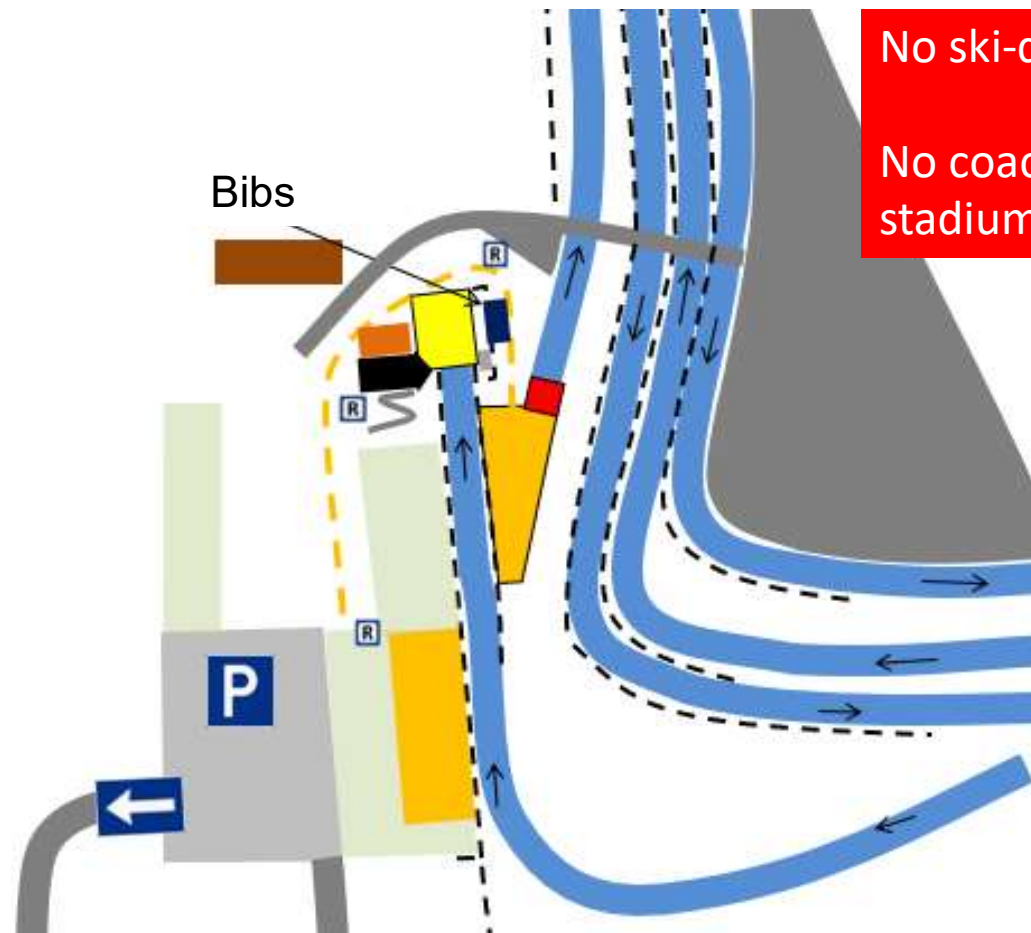
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Stadium, Friday



No ski-depot in stadium

No coaching zone in
stadium

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Courses women / para standing, sprint F



Race course closed 5 min.
before start Prolog!!

Open until 5 min before
heats



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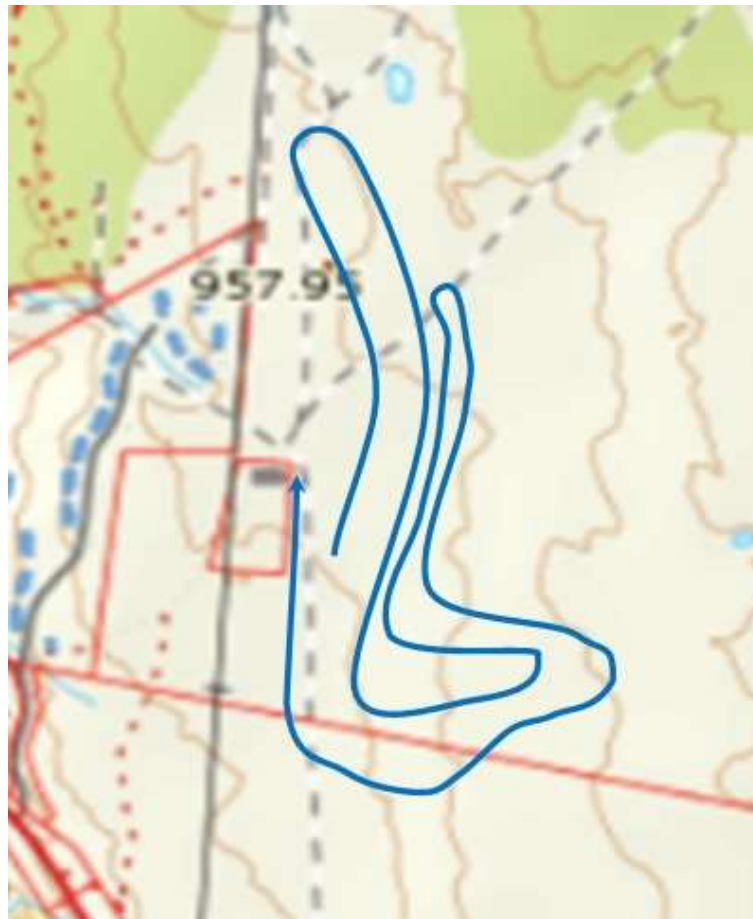
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Courses men, sprint F



Race course closed 5 min.
before start Prolog!!

Open until 5 min before
heats



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Courses para, sitting sprint



Race course closed 5 min.
before start Prolog!!

Open until 5 min before
heats

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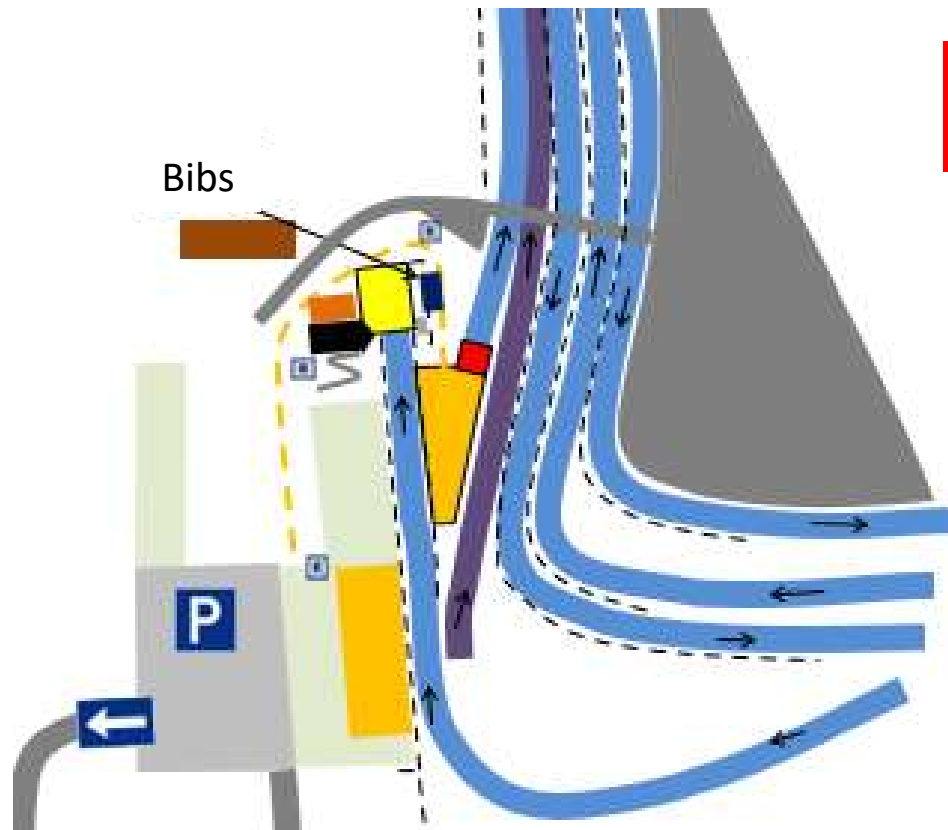
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Stadium, Saturday



No ski-depot in
stadium

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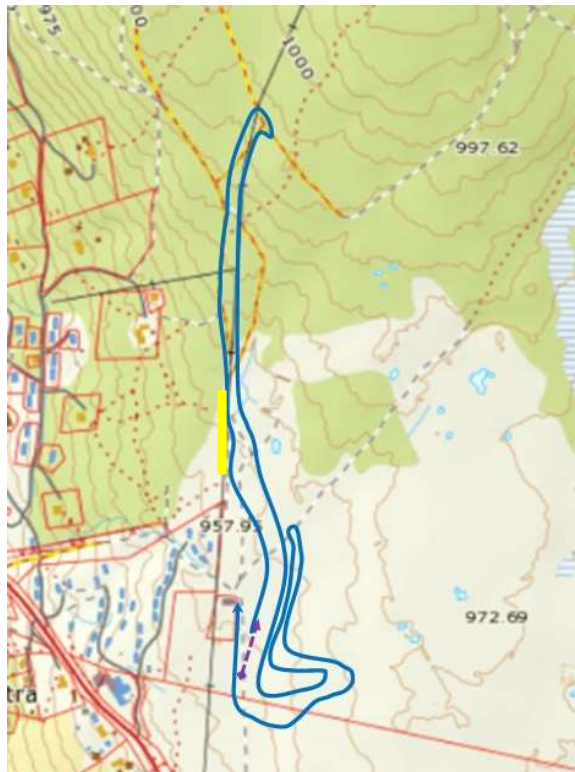
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Courses Saturday

Senior and Para standing



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

Senior women, 10km F (4 x 2,5km)
Senior men, 10 km F (4 x 2,5km)
Para standing, 10 km F (4x2,5km)
Para sitting, 5 km (8 rep)
No coaching zone in stadium

Ski test left side, first hill



Paralangrenn
Sittende



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Courses Saturday women jr, sprint F



Race course closed 5 min.
before start Prolog!!

Not open before/between
heats



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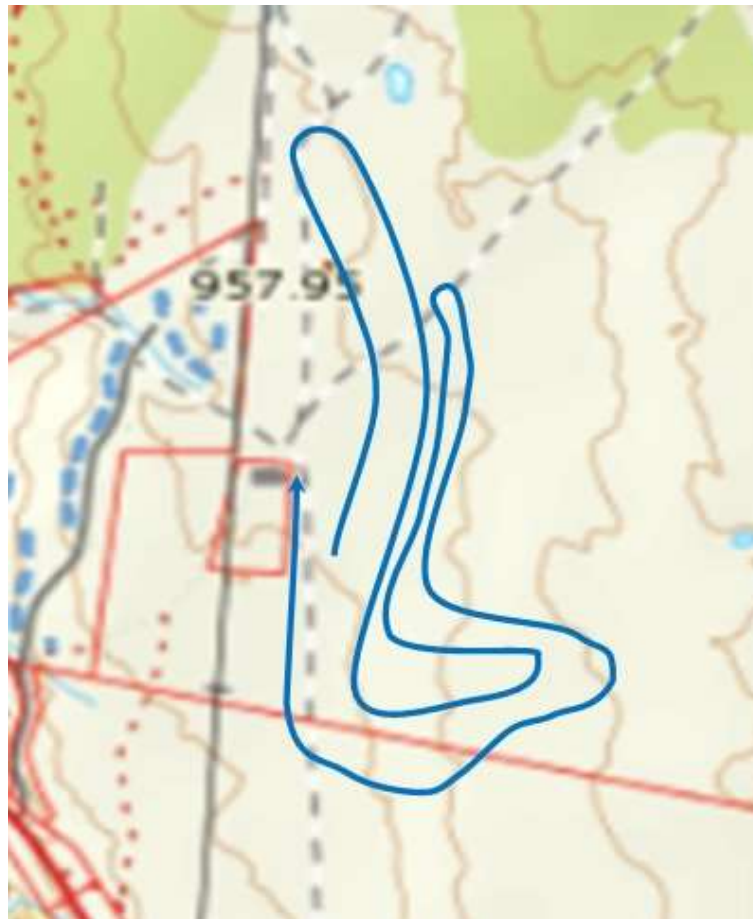
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Courses Saturday men jr, sprint F



Race course closed 5 min.
before start Prolog!!

Not open before/between
heats



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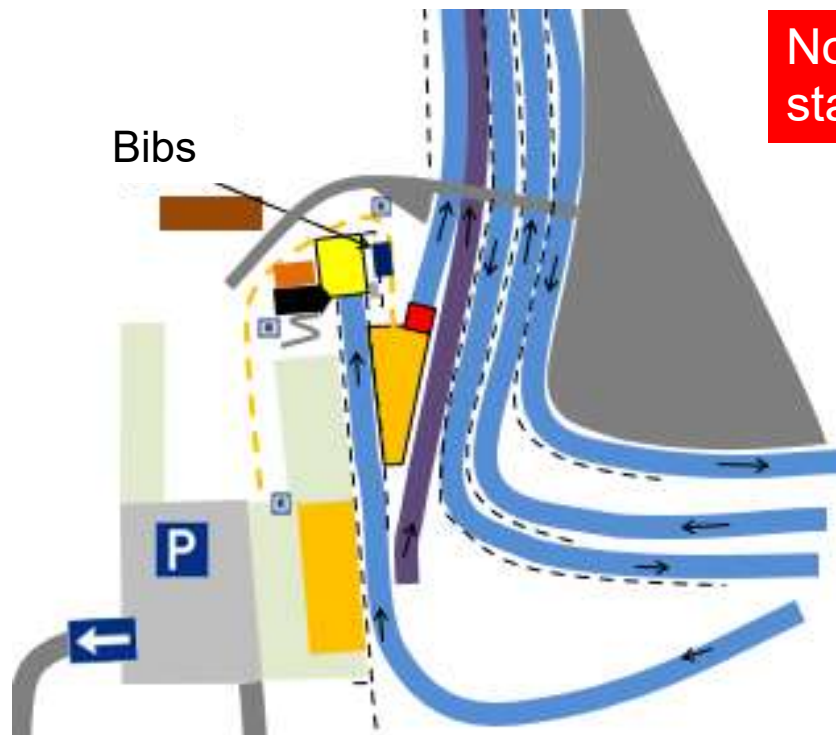
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Stadium, Sunday



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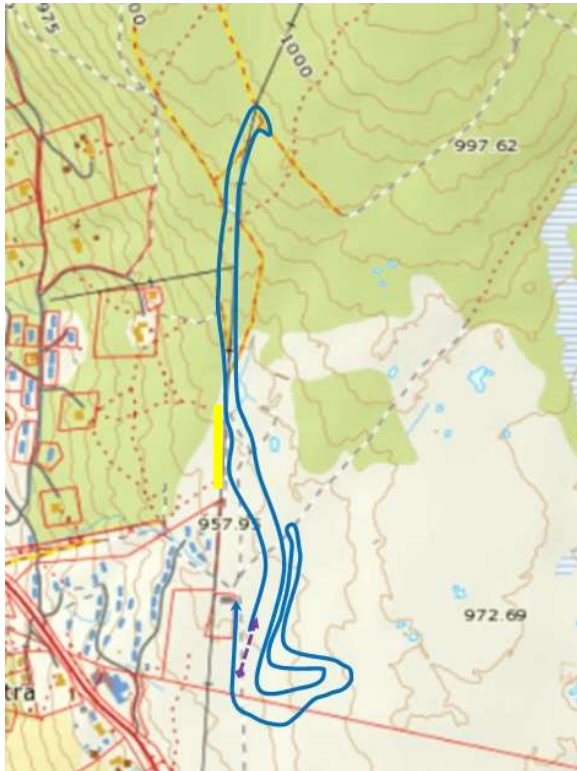
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Gålå HANDEL

Courses Sunday



No ski test

Paralangrenn
Sittende

Ski test left side, first hill

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

Race course open ca 11:45 – 12:00

Jr women(17-18), 10 km C (4 x 2,5 km)

Jr women(19-20), 10 km C (4 x 2,5km)

Senior women, 20 km C (8 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, 20 km C (8 x 2,5km)

Para sitting sr, 10 km (16 rep)

Para standing sr, 20 km C (8 x 2,5 km)

Para standing jr, 10 km C (4 x 2,5 km)

Lapped athletes senior - taken out of the race
after passpoint in stadium.

Lapped athletes junior not taken out of the
race.

No coaching zone in stadium

Video control

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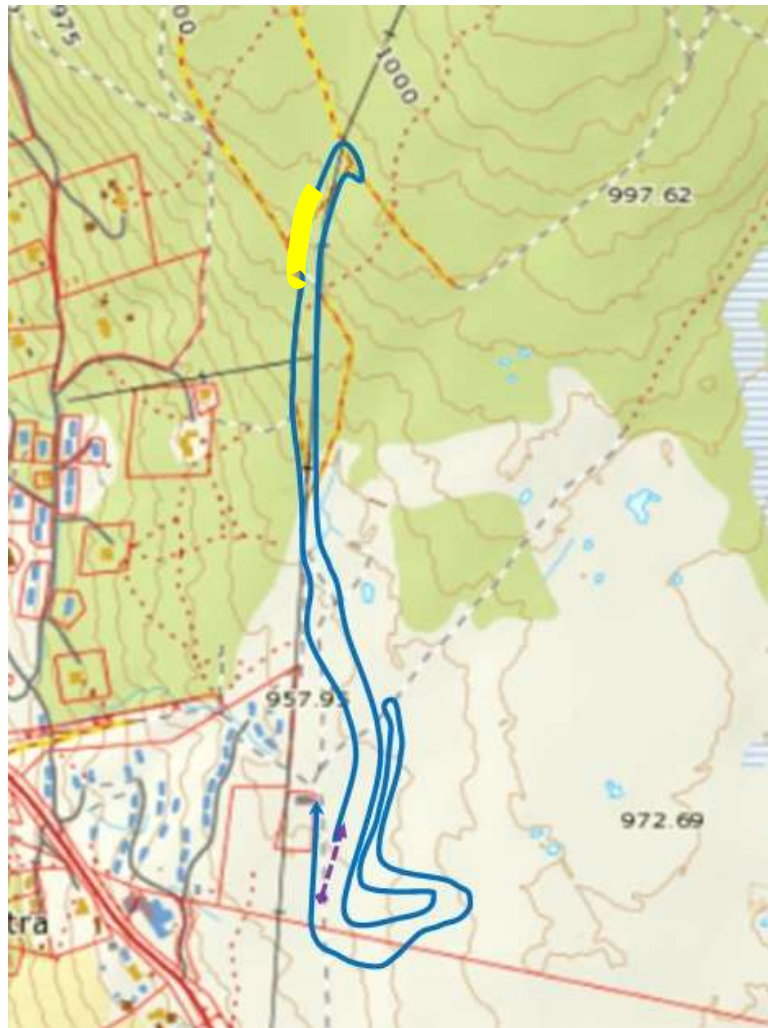
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Gålå HANDEL

Classical Technique zones, distance



1 Classical technique zones,
distance

Marked yellow

In the courses marked with:

Start
Zone

End
Zone

Video control

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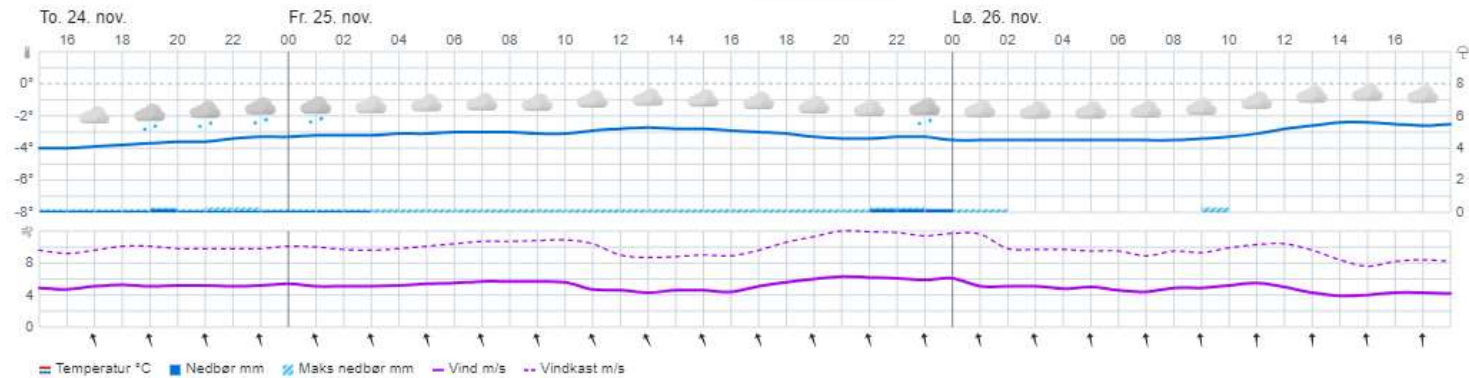
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Weather forecast



Course grooming

- Late night



Entries and start list

- Transponder, one. **Check in good time before start.** It's possible to check transponder in the race office.
- It's possible to buy transponder in the race office.
- Start list – New FIS points list 24/11, no 3.
- Deliver the start bibs in the race office. If not delivered – payment fee = 1000 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 – **Important mass start**
- Start bibs in the stadium – ready 1 hour before start
- Streaming production – show consideration and do not stand in the front of camera.



Information from TD

- **FIS ICR 343.10**
- As a general rule applying to all competitions, competitors shall not obstruct other competitions.
- Process of passing during Interval starts



Information

Greenpeace had an action at Beitosølen.

We are taking precautions and the police will be present at the stadium this weekend.

If you see anything suspicious, notify the jury or the police.



Information from NSF

Uttak Lillehammer

Vinner Equinor NC Gålå Sprint F har friplass til Sprint F WC Lillehammer, tilsvarende vil vinner 10F ha friplass til WC Lillehammer 10F, og vinner Equinor NC 20km K vil ha friplass til WC Lillehammer 20km K.

For uttak Beitostølen, se sesonginformasjon.

Helseattest Skandinavisk-cup

Alle norske som skal delta i Skandinavisk cup denne sesongen, må ha godkjent helseattest.

Les mer her:

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

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Good Luck!