

# Welcome to BEITOSPRINTEN 2023

Langrenn:



Kombinert:



# Information from OC

- Accreditation
  - Pick up at Race Office
- Parking at the venue
  - Parking permits at Race Office

Langrenn:



Kombinert:



# Schedule

## Thursday 16. november

09:30 - 10:30 Official training sprint C  
 11:00 - 13:00 Official training C/F 5km  
 13:00-14:00 Official training Sit-ski  
 18:00 TCM, all distances

## Friday 17. november

11:25 CC sprint para, prolog sit + stand  
 11:42 CC sprint CLA, prolog  
 13:00 CC sprint para, finale Sit-ski  
 13:05 CC sprint para, finale standing  
 13:15 CC sprint CLA, finales W/M

## Saturday 18. november

09:00 CC para sitski 5x0,8km  
 09:45 CC Women 10 km CLA + *PARA (7,5km)*  
 11:15 CC men 10 km CLA  
 13:50 NC Women 2,5km FREE  
 14:20 NC Men 5,0km FREE

## Sunday 19. november

09:30 NC Women 5,0km FREE  
 10:05 NC Men 10,0km FREE  
 11:30 CC Women 10km FREE  
 12:55 CC men 10km FREE

Langrenn:



Kombinert:



# Jury

- TD : Fred Arne Jacobsen
- TD ass : Kenneth Holth
- TD ass : Rune Tøllefsen
- Chief of Comp : Torbjørn Broks Pettersen
  
- Equ. Contr : Erik Husby

## Langrenn:



## Kombinert:



# Startlist

- Start list according to FIS points Friday
- Start list Sat- and Sunday: Grouping principle is used
- Withdrawals to: [vigdis@idrettsforbundet.no](mailto:vigdis@idrettsforbundet.no) within 16:00 Friday/Saturday
- Public on web-site and WhatsApp

< siwidata >  
[ SPORT: INFORMATION: TECHNOLOGY ]

Langrenn:

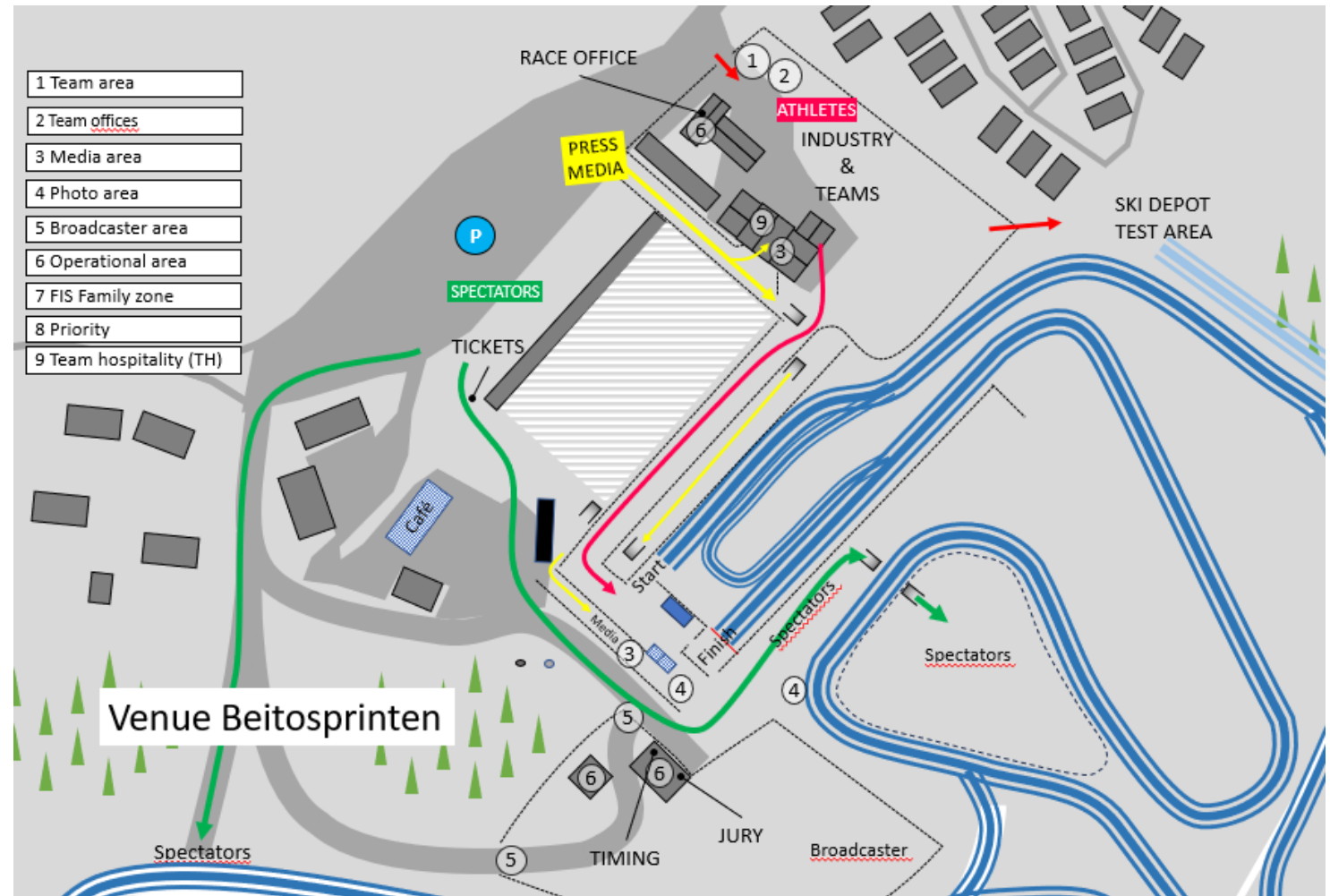


Kombinert:



# Venue

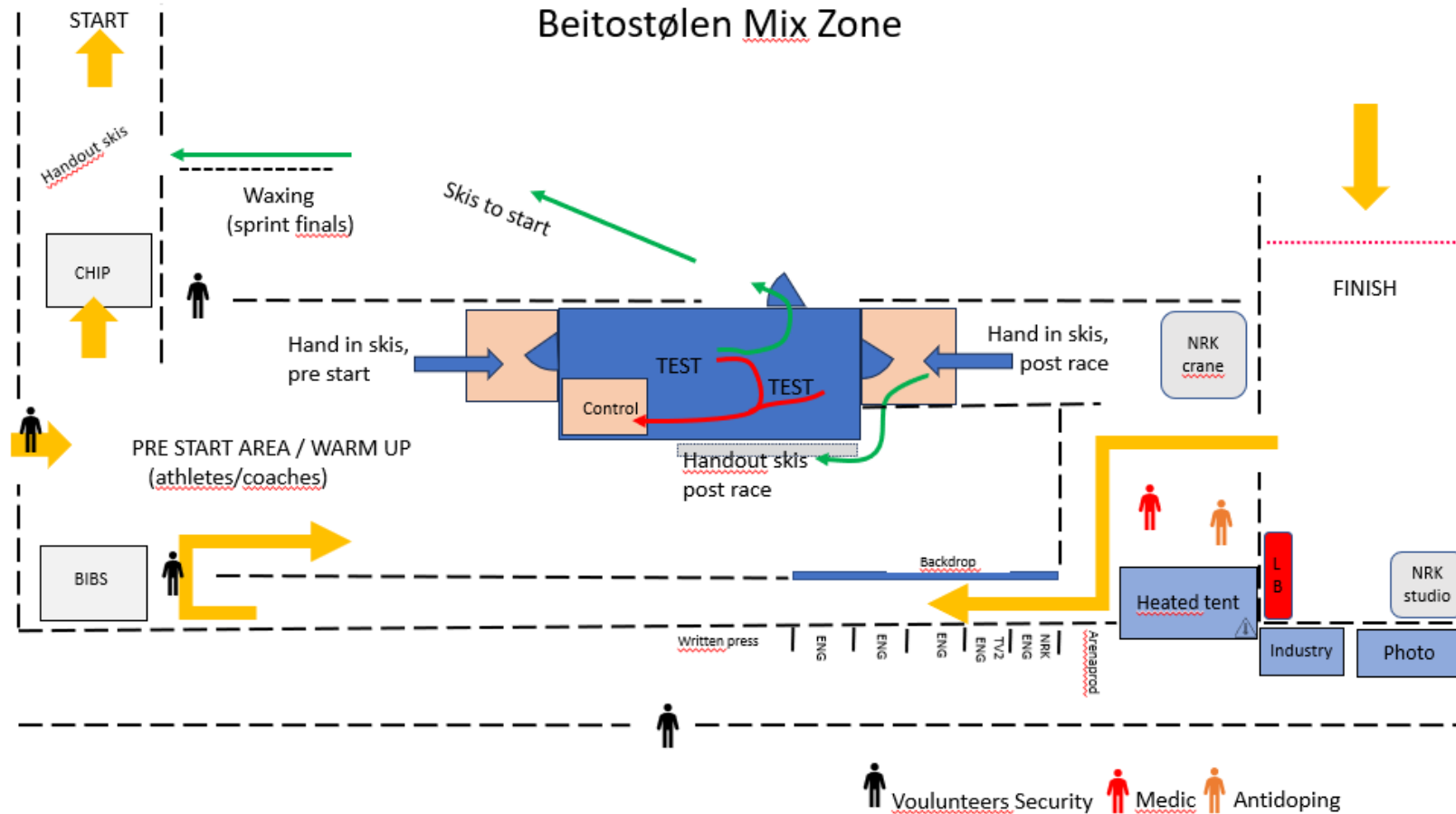
- Ski depot and test area open from 06:00



Langrenn:



# Stadium



Langrenn:




Kombinert:




# Fluor testing

- Athlete/service responsibility to tag the ski correctly with name and bib number.
- Tags are available at bib pick up tent 10:30

- Attached to the FRONT of the ski

 Norges Skiforbund	
BIB	
NAVN	
KLUBB	

Blue: Men

 Norges Skiforbund	
BIB	
NAVN	
KLUBB	

Red: Women



Langrenn:



Kombinert:





# Fluor testing

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Fluor test opens 45 minutes prior to first start of the day.</li> </ul> | <ul style="list-style-type: none"> <li>• Friday (Qual) 1 pair start -20min</li> <li>• Friday (Final) 1 pair start -15min</li> </ul> |
| <ul style="list-style-type: none"> <li>• Delay 1-5min: 250 CHF</li> <li>• Delay &gt;5min: NPS</li> </ul>         | <ul style="list-style-type: none"> <li>• Saturday 1 pair start -20min</li> <li>• Sunday 1 pair start -20min</li> </ul>              |

## Langrenn:

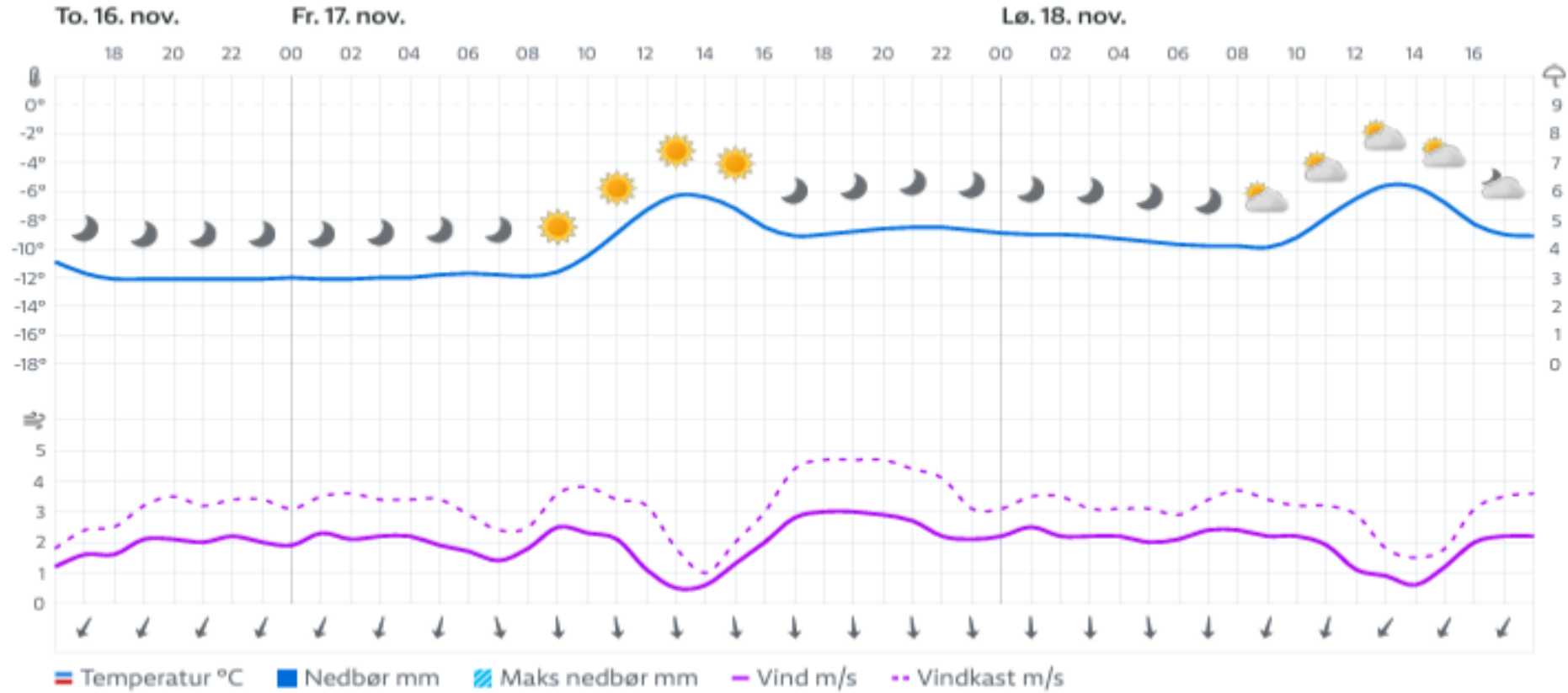


## Kombinert:



# Weather

Meteogram 16. nov. kl. 15:00 – 25. nov. kl. 00:00



Langrenn:



# Friday

## Friday 17. november

09:00 - 16:00	Race Office open	Idr.hus
10:30 - 11:15	Courses open	Stadion
10:45	Fluor-test open	Stadion
<b>11:25</b>	<b>CC sprint para, prolog stand+sit</b>	<b>1,1km + 0,8km</b>
<b>11:42</b>	<b>CC sprint CLA, prolog</b>	<b>1,3km</b>
12:40 - 12:55	Courses open	Stadion
<b>13:00</b>	<b>CC sprint para, finale Sit-ski</b>	<b>0,8km</b>
<b>13:05</b>	<b>CC sprint para, finale stående</b>	<b>1,1km</b>
12:45	Hand out bibs women	Startarea
13:00	Hand out bibs men	Startarea
<b>13:15</b>	<b>CC sprint CLA, finales W/M</b>	<b>1,3km</b>
<b>15:30</b>	<b>Sponsor relay</b>	<b>1,3km</b>
16:00-18:00	Courses open for NC + service	
18:00-20:00	All courses open for training	Stadion

13:15	1/4 K		
13:20	1/4 K	14:05	1/2 K
13:25	1/4 K		14:32 Final K
13:30	1/4 K	14:10	1/2 K
13:35	1/4 K		
13:40	1/4 M		
13:45	1/4 M	14:20	1/2 M
13:50	1/4 M		14:45 Final M
13:55	1/4 M	14:25	1/2 M
14:00	1/4 M		

### Langrenn:



### Kombinert:

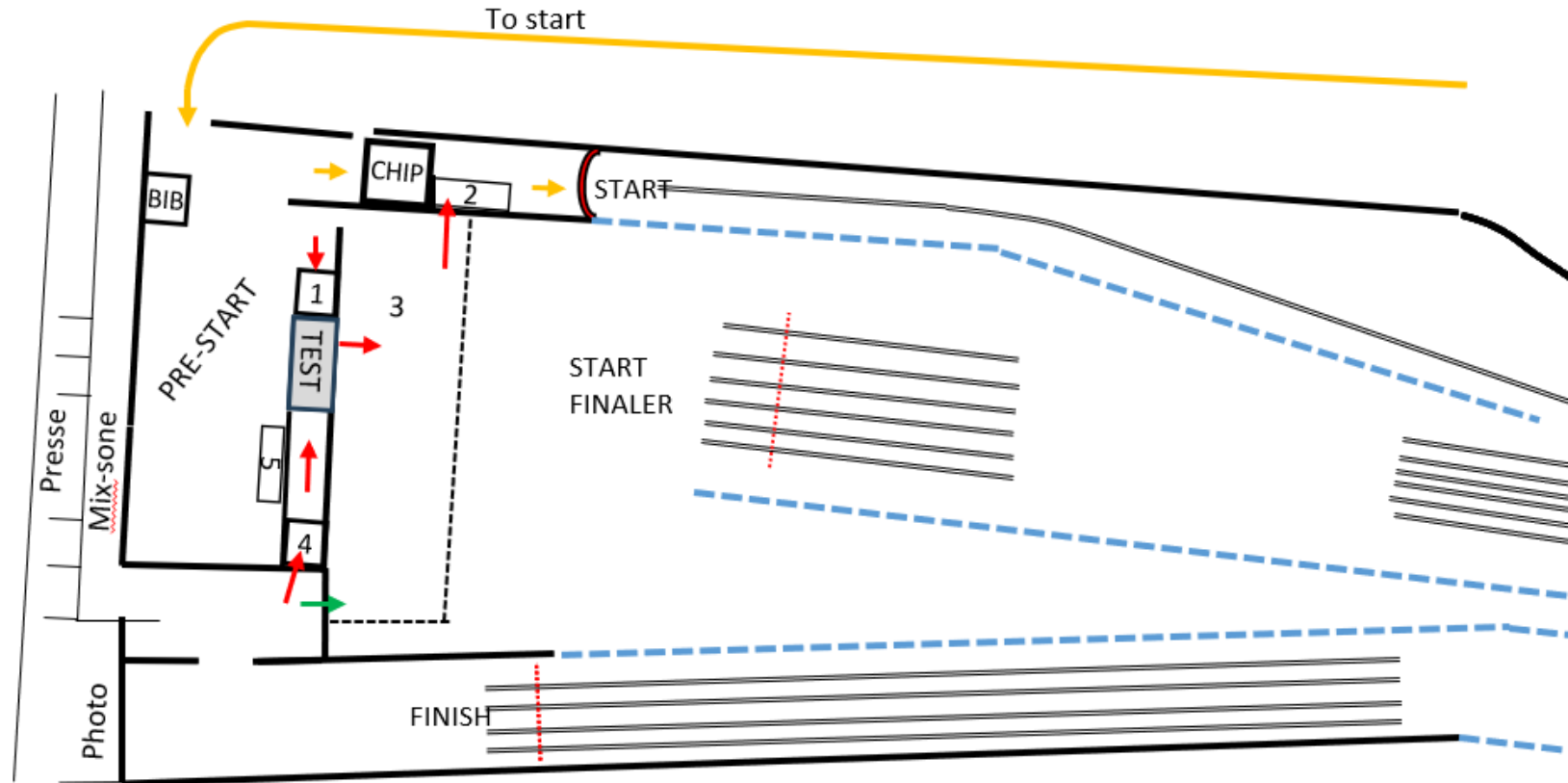


13:15	1/4 K		
13:20	1/4 K	14:05	1/2 K
13:25	1/4 K		14:32 Final K
13:30	1/4 K	14:10	1/2 K
13:35	1/4 K		

13:40	1/4 M		
13:45	1/4 M	14:20	1/2 M
13:50	1/4 M		14:45 Final M
13:55	1/4 M	14:25	1/2 M
14:00	1/4 M		

# Friday

- Seremony 15:00
- Waxing during finals according to FIS rule 343.12.7
- Lucky losers skis...



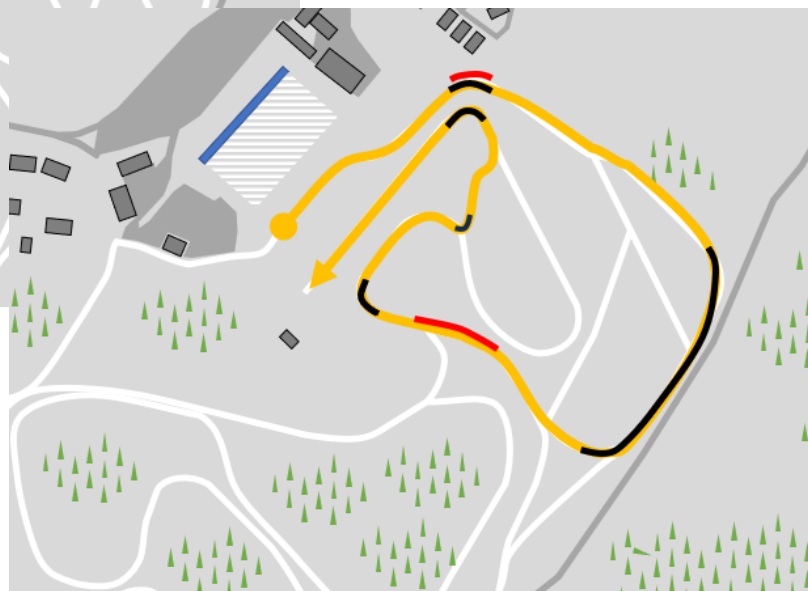
Langrenn:






Kombinert:



# Friday



-  Coaching Zone
-  Technique Zone
-  Turning Zone

Langrenn:

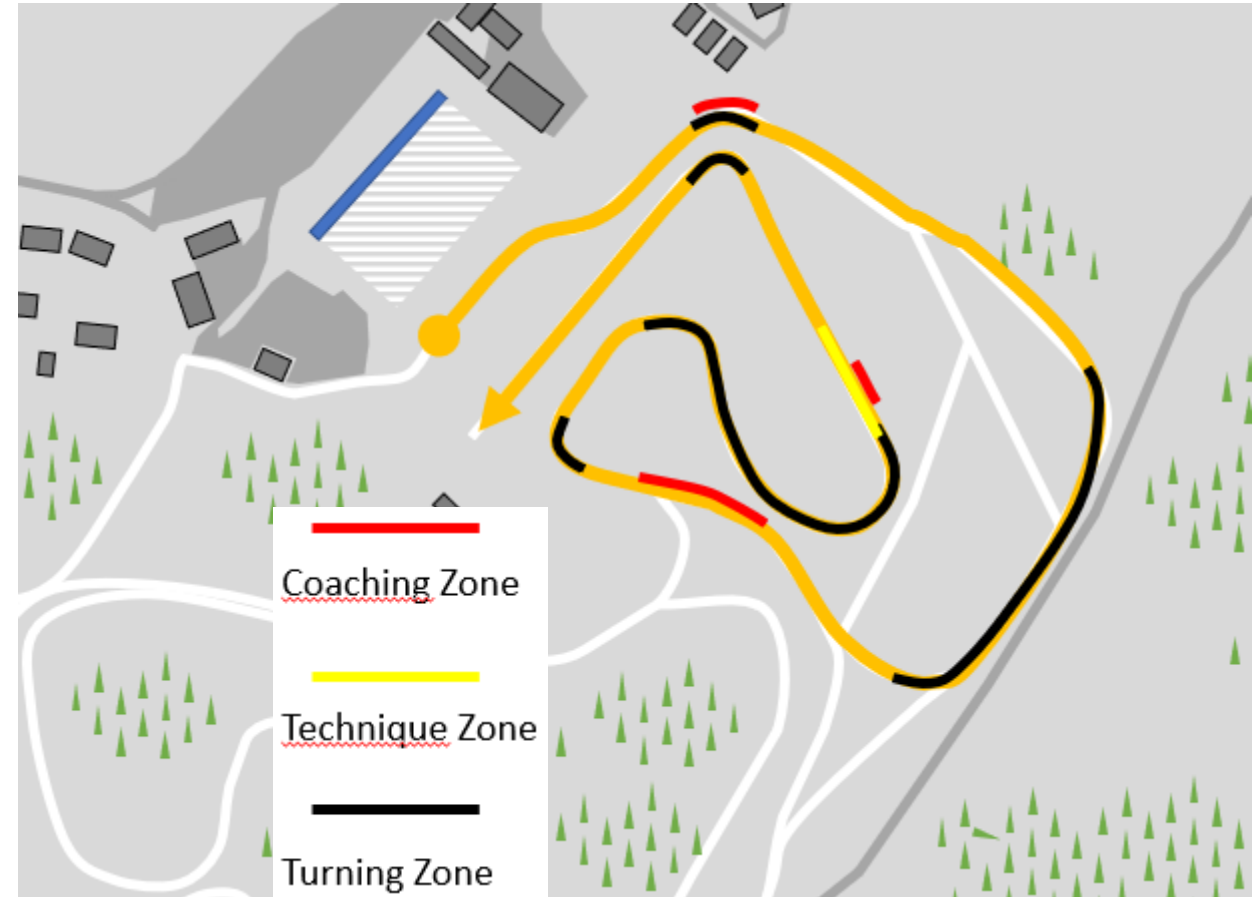


Kombinert:



# Friday

- Course prep. at midnight
- 6 tracks on start
- 4 tracks in course
- 6 tracks to finish



Langrenn:

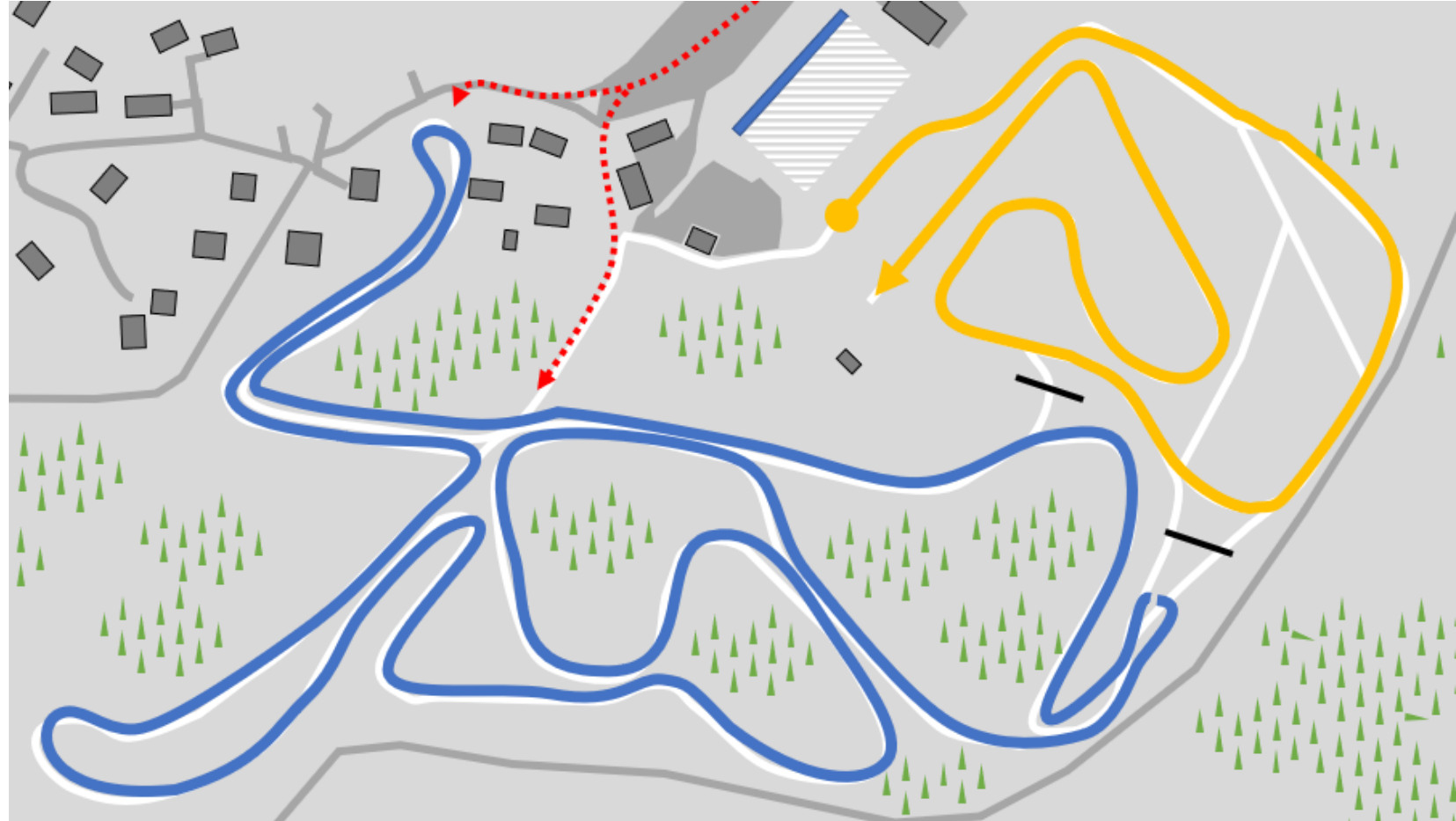


Kombinert:



# Friday

- Sprint courses open 10:30 – 11:15
- Training course is rest of 5km all day
- Access from highest point



Langrenn:



Kombinert:





# Saturday

## Saturday 18. november

07:30 - 16:00	Race Office open	Stadion
08:00 - 08:55	Courses open for CC + service	Stadion
08:15	Fluor test open	Stadion
<b>09:00</b>	<b>CC para sitski 5x0,8km</b>	<b>0,8km</b>
<b>09:45</b>	<b>CC Women 10 km CLA + <i>PARA (7,5km)</i></b>	<b>2,5km + 5,0km</b>
<b>11:15</b>	<b>CC men 10 km CLA</b>	<b>5,0km</b>
13:15 - 13:40	Courses re-prep for NC	
<b>13:50</b>	<b>NC Women 5,0km FREE</b>	<b>2,5km</b>
<b>14:20</b>	<b>NC Men 7,5km FREE</b>	<b>2,5km</b>

Langrenn:

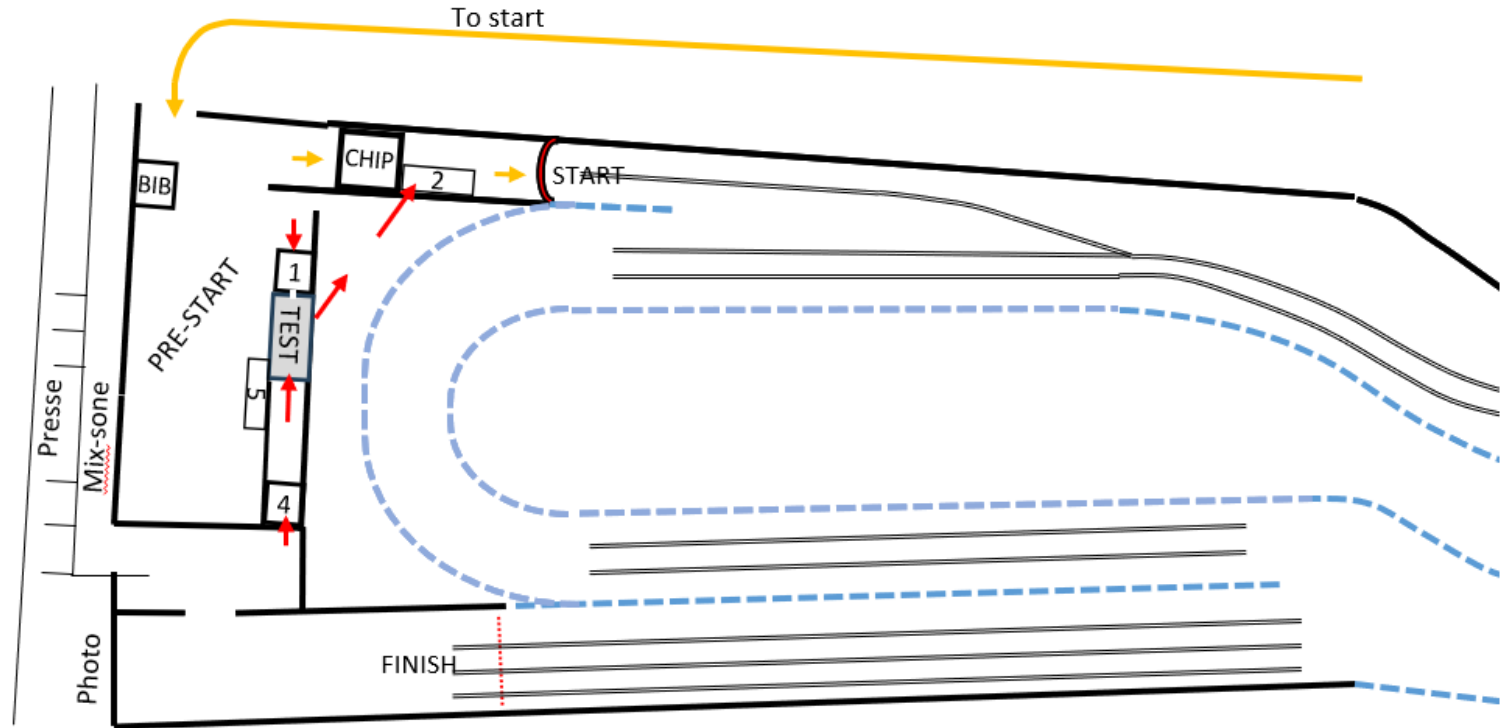


Kombinert:



# Saturday

- Seremony:
  - Para 09:40
  - Women 11:10
  - Men 13:10
- Re-grooming NC



Langrenn:

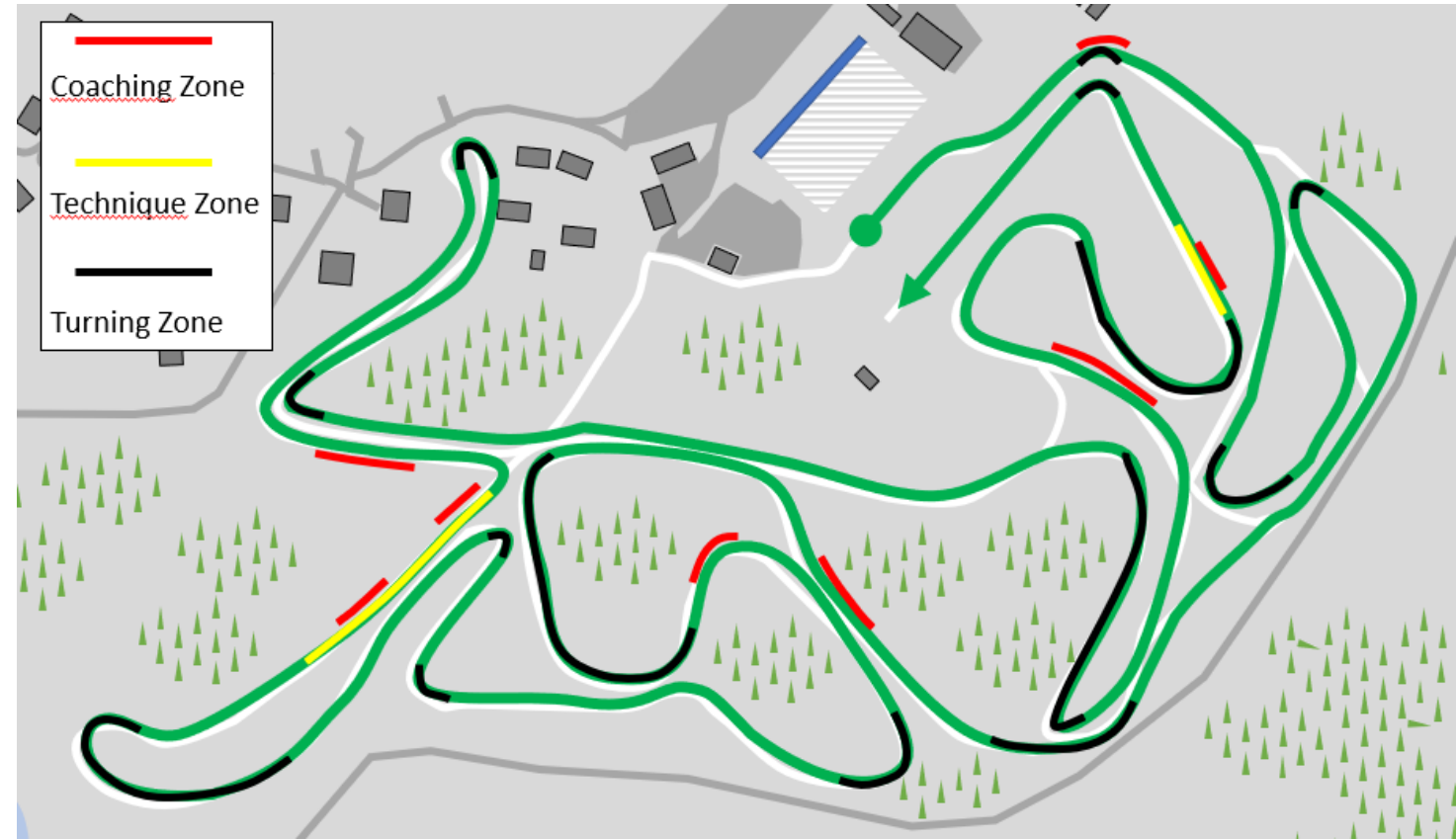


Kombinert:



# Saturday

- Course prep. at midnight
- 2 tracks on course



Langrenn:

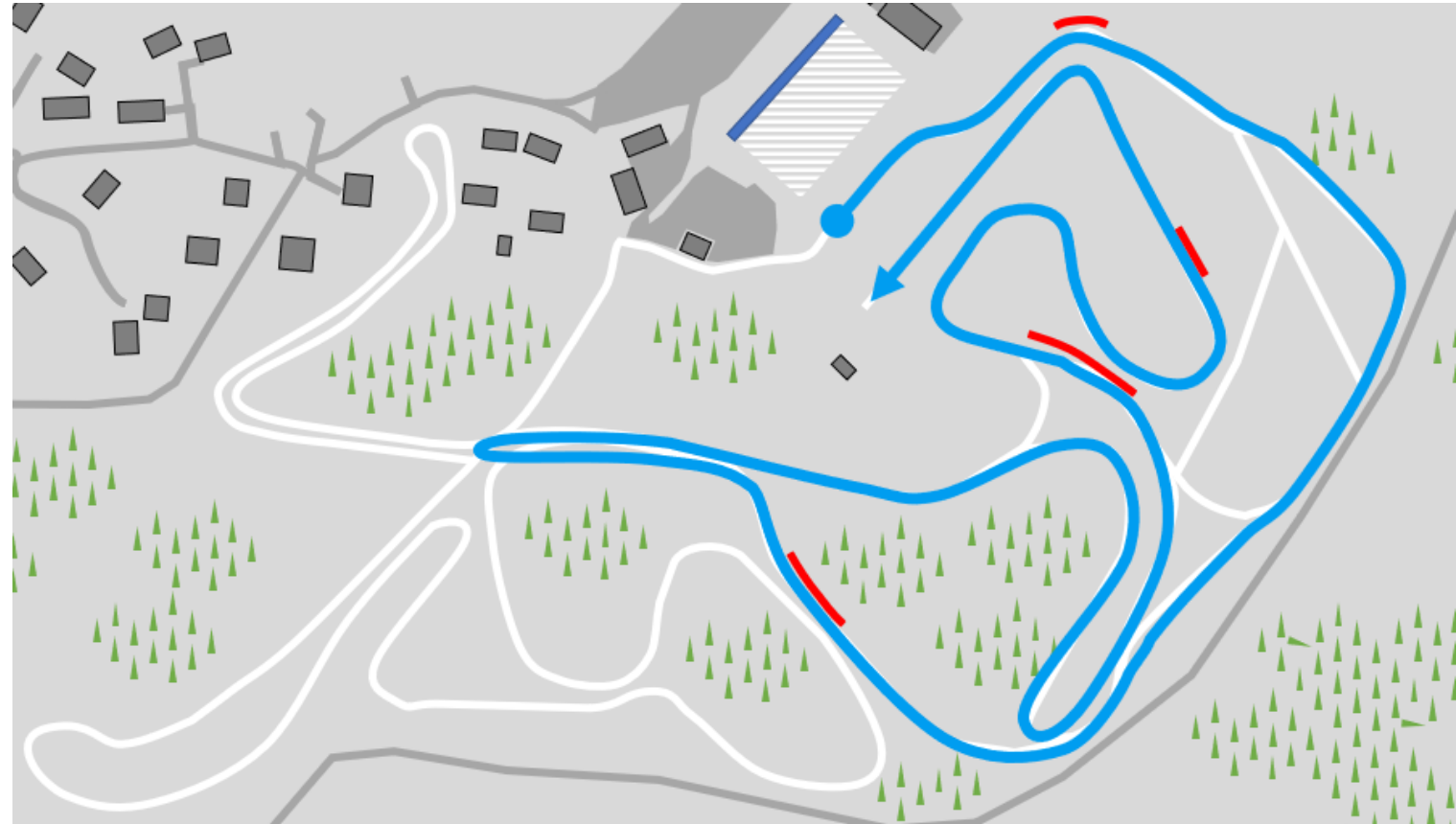


Kombinert:



# Saturday

- Para standing athletes turn around at “Asbjørn peak”
- Re grooming 13:15 for Nordic Comb.



Langrenn:



Kombinert:



# Sunday

## Sunday 19. november

08:00-16:00	Race Office open	Stadion
08:00-08:55	Courses open for NC + service	Stadion
08:45	Fluor test open	Stadion
<b>09:30</b>	<b>NC Women 5,0km FREE</b>	<b>2,5km</b>
<b>10:05</b>	<b>NC Men 10,0km FREE</b>	<b>2,5km</b>
10:15-10:45	Kids Beitosprint	Stadion
10:40 - 10:55	Courses open for CC + service	Stadion
<b>11:30</b>	<b>CC Women 10km FREE</b>	<b>5,0km</b>
12:30-12:50	Courses open for CC + service	
<b>12:55</b>	<b>CC men 10km FREE</b>	<b>5,0km</b>

### Langrenn:

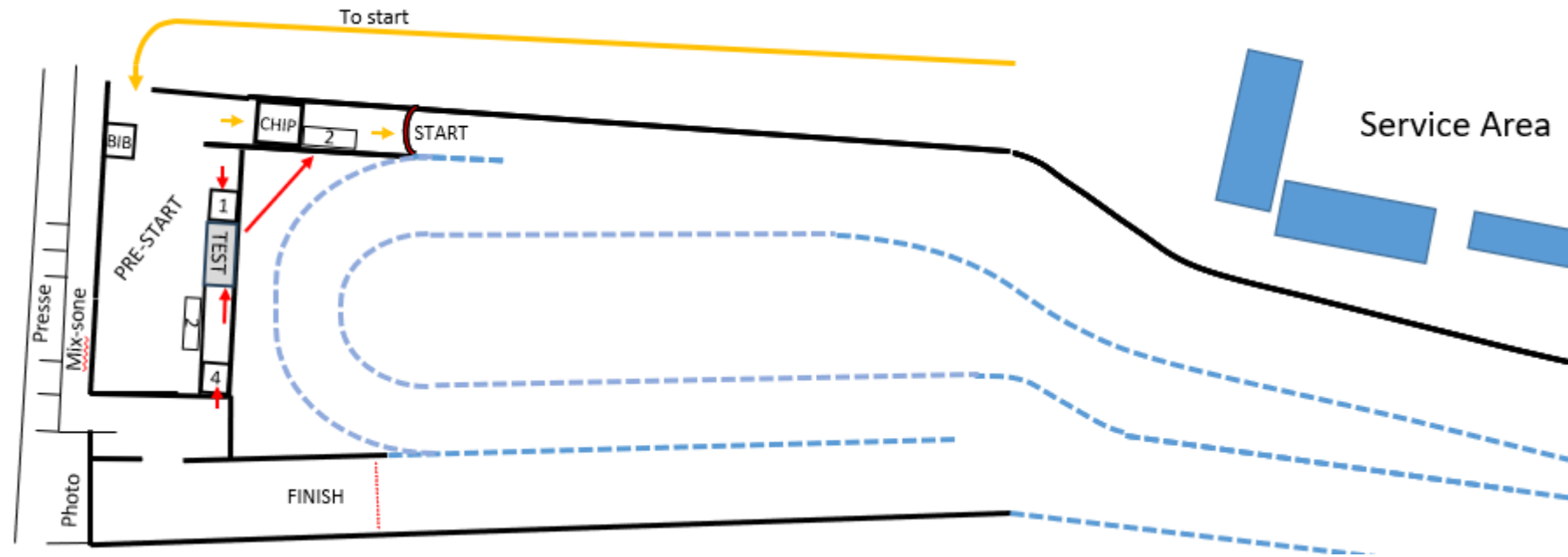


### Kombinert:



# Sunday

- Seremony:
  - NC 10:50
  - Women 12:50
  - Men 14:50



## Langrenn:

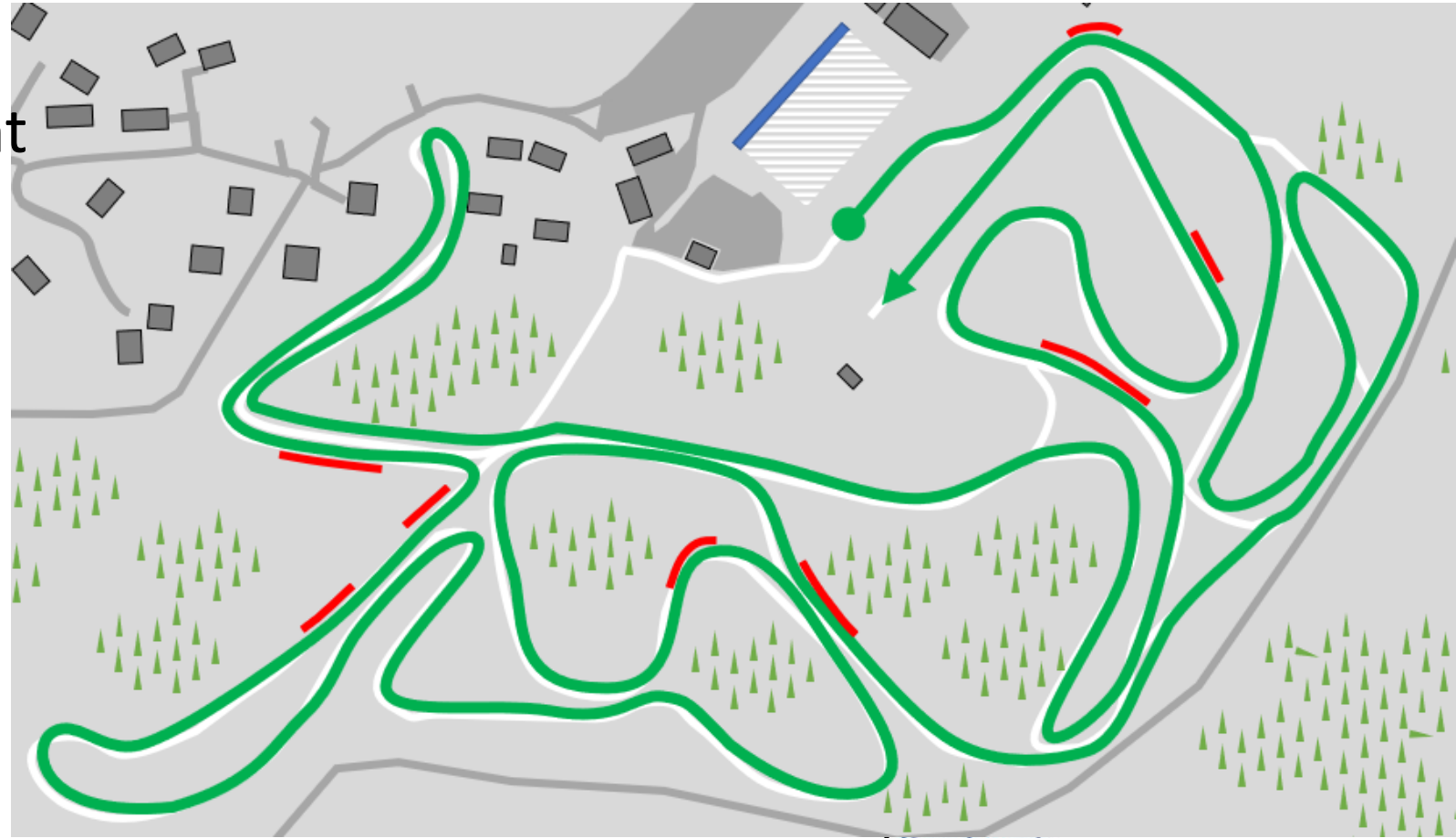


## Kombinert:



# Sunday

- Course prep. at midnight



Langrenn:



Kombinert:



# Information from TD/Jury

- ICR 310.2.1 : Technique Zone
  - ICR 343.2/344.4 : Follow course direction
  - ICR 343.10 : Overtaking rules
- 
- Updated information from OC and Jury in WhatsApp every afternoon

Langrenn:



Kombinert:





**Results:**  
**[fis-ski.com](http://fis-ski.com)**  
**[beitoworldcup.com](http://beitoworldcup.com)**  
**WhatsApp**

**Lykke til !**