

Gåå SPRINTEN



U23 NM

1-3 December 2023

TEAM CAPTAINS MEETING

30th 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 Saturday

Weather Forecast



Entries and start list

Information from the OC

Information Fluor



Information from the TD

Information from the NSF



Roll call

- Akershus
- Agder og Rogaland
- Buskerud
- Finnmark
- Hedmark
- Hordaland
- Nordland
- Nord-Trøndelag
- Sweden
- Estonia
- Italy
- Japan
- South Korea
- Slovakia
- Finland
- Poland
- Canada
- Argentina
- Brazil
- Oppland
- Oslo
- Sogn og Fjordane
- Sør-Trøndelag
- Telemark og Vestfold
- Troms
- Østfold
- Møre og Romsdal
- GBR
- Germany
- Iceland
- Australia
- Austria
- China
- Iceland
- Denmark
- France
- Mongolia



OC and Jury



OC:

Chief of Competition: *Audun Skattebo*

Chief of Course: *Lars Wadahl*

Chief of Stadium: *Lars Taarud*

Chief of Wax Cabins: *Bjørnar Bakken*

Chief of Race Office: *Solveig O. Rønn*



JURY:

TD: *Geir Mauseth*

TD assistant: *Hans Jørgen Kvåle*

Chief of Competition: *Audun Skattebo*

Equipment controller: *Fridtjof Rannem*



Event Program, Friday 1. dec

kl 08:00 - 16:00 Race office open



Para, Women senior and Men senior sprint F

kl 09:00 Para - Prolog F

kl 09:45 Women senior and men senior - Prolog F

kl 11:20 Para, semifinales

kl 11:55 Para, finale standing

kl 12:00 Para, finale sitting

kl 12:15 ¼ Finales women senior, 5 heat

kl 12:40 ¼ Finales men senior, 5 heat

kl 13:05 Semi finales, women senior, 2 heat

kl 13:20 Semi finales, men senior, 2 heat

kl 13:30 Finale women senior

kl 13:45 Finale men senior

Ceremony ca 20 minutes after finish

Courses closed until 15:00

Training in courses until 20:00





Event Program, Saturday 2. dec



kl 08:00 - 16:00 Race office open

Para, Women senior and Men senior



kl 08:45 Para, sitting 8 km

kl 09:30 Start Para standing C

kl 10:05 Women senior, 10 km C

kl 12:00 Men senior, 10 km C

kl 14:00 K 17 / K 18, 5 km C

kl 14:14 M17 / M 18, 10 km C



Ceremony ca 20 minutes after finish.



Courses closed until 16:00

Training in courses until 20:00

Event Program, Sunday 3 dec.



kl 08:00 Race office open



kl 08:45 Start Para, sitting 4 km

kl 09:30 Start Para standing, 10 km F

kl 09:45 Start women senior, 20 km F

kl 12:00 Start men senior, 20 km F

Kl 14:15 Start women K17 and K 18, 5 km F

kl 14:26 Start men M17 og M18, 5 km F



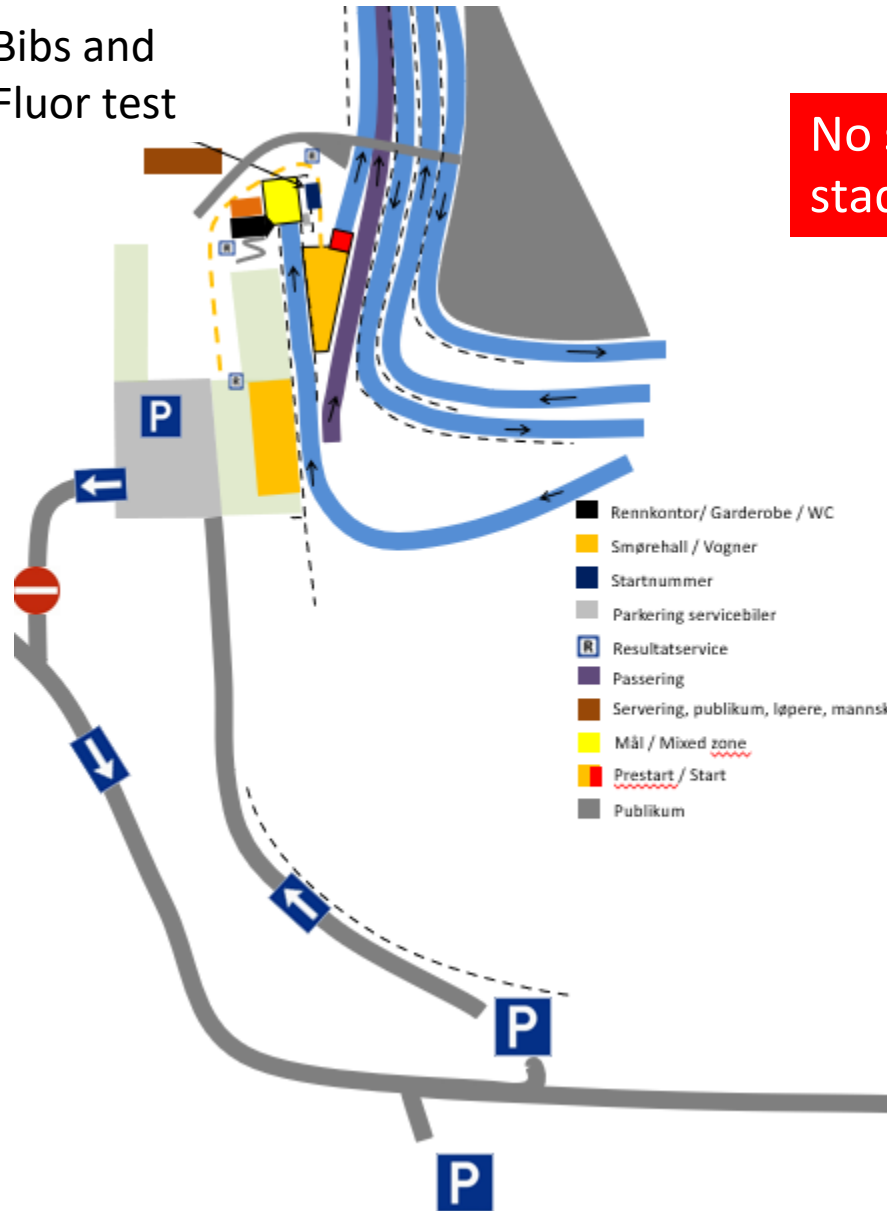
Ceremony ca 20 minutes after finish



Stadium, overview



Bibs and
Fluor test

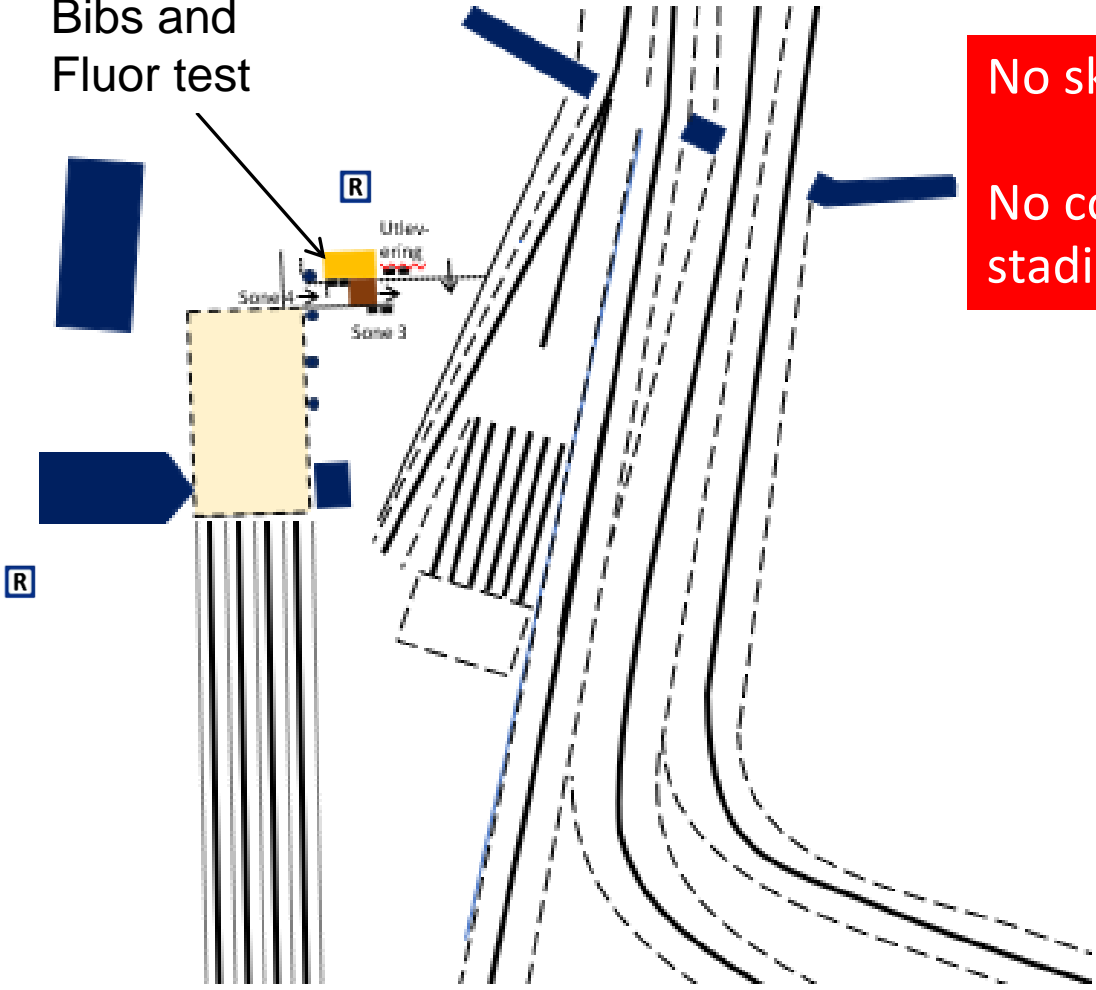


No ski-depot in stadium

Stadium, Friday



Bibs and
Fluor test



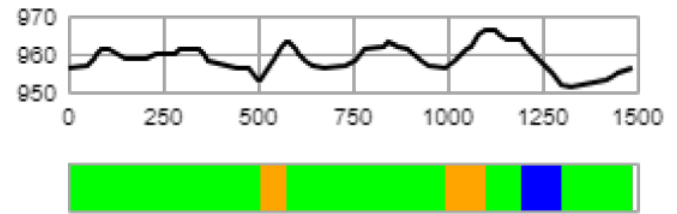
No ski-depot in stadium
No coaching zone in stadium

Courses women / men / para standing, sprint F

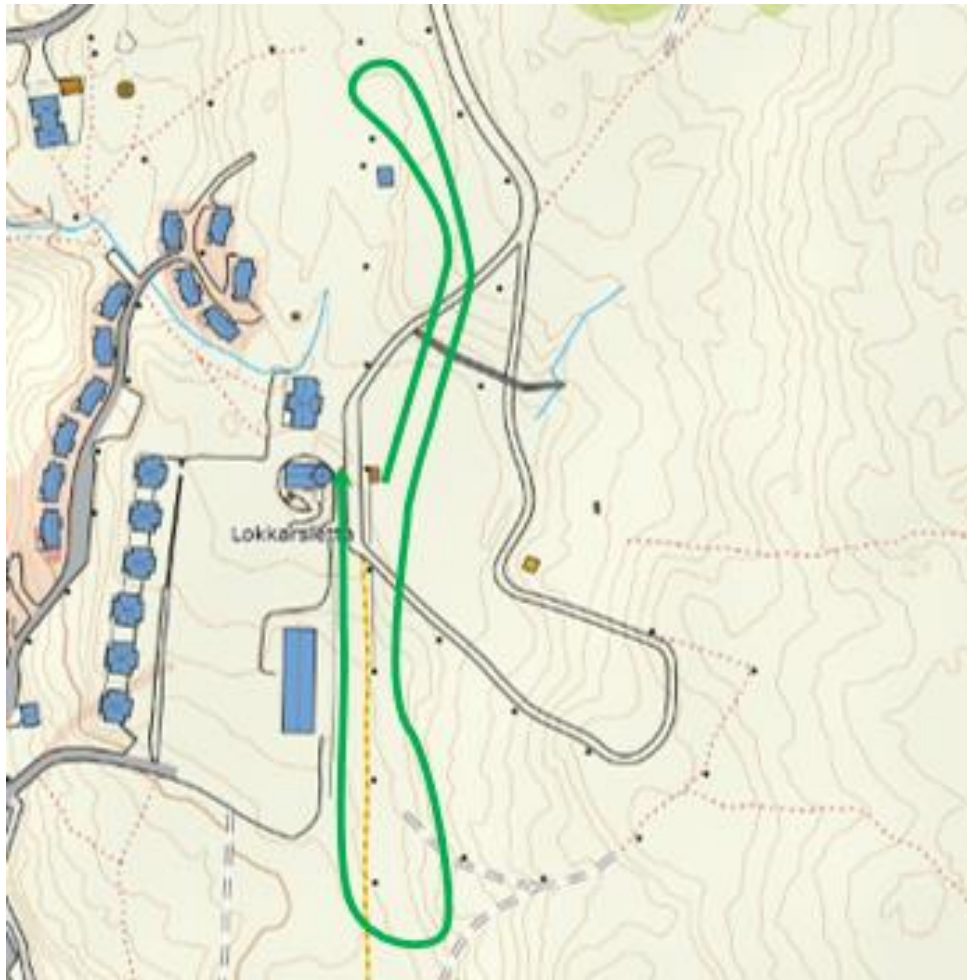


Race course closed 5 min. before start Prolog!!

Open until 5 min before heats

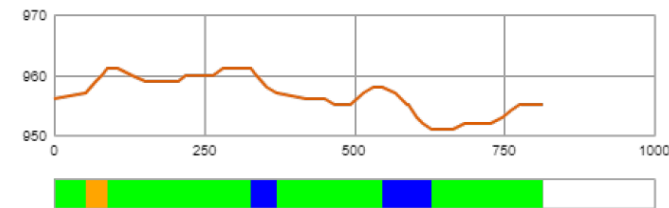


Courses para, sitting sprint



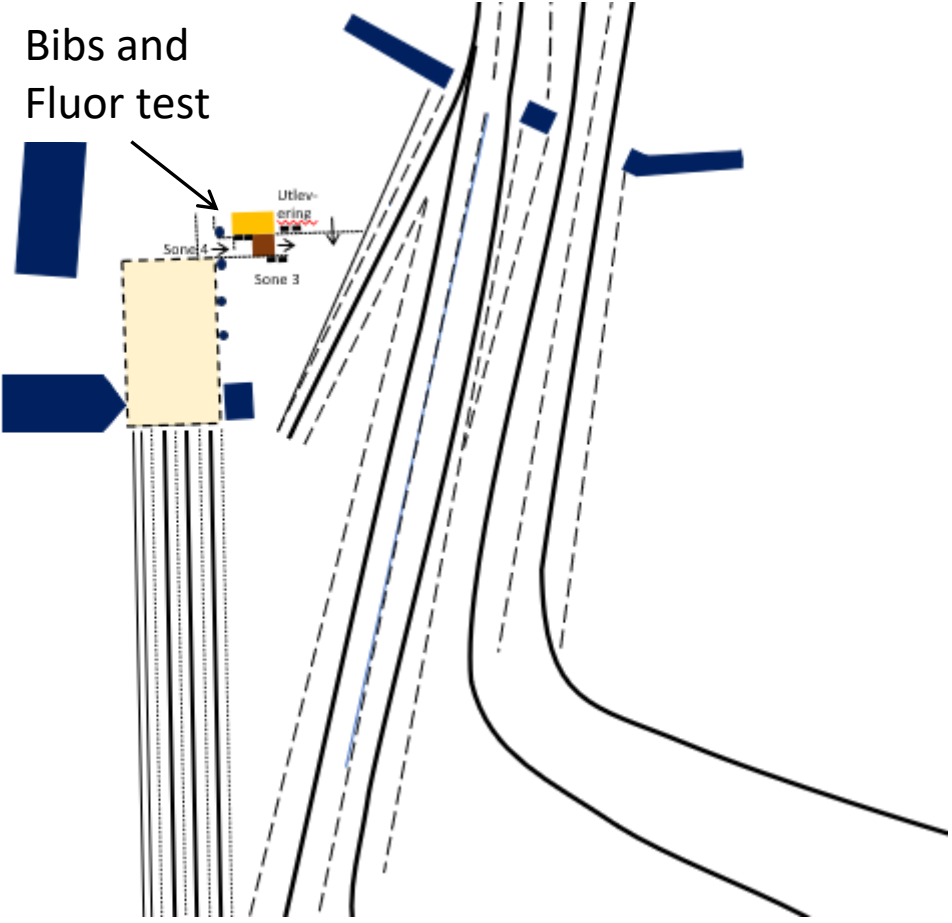
Race course closed 5 min. before start Prolog!!

Open until 5 min before heats





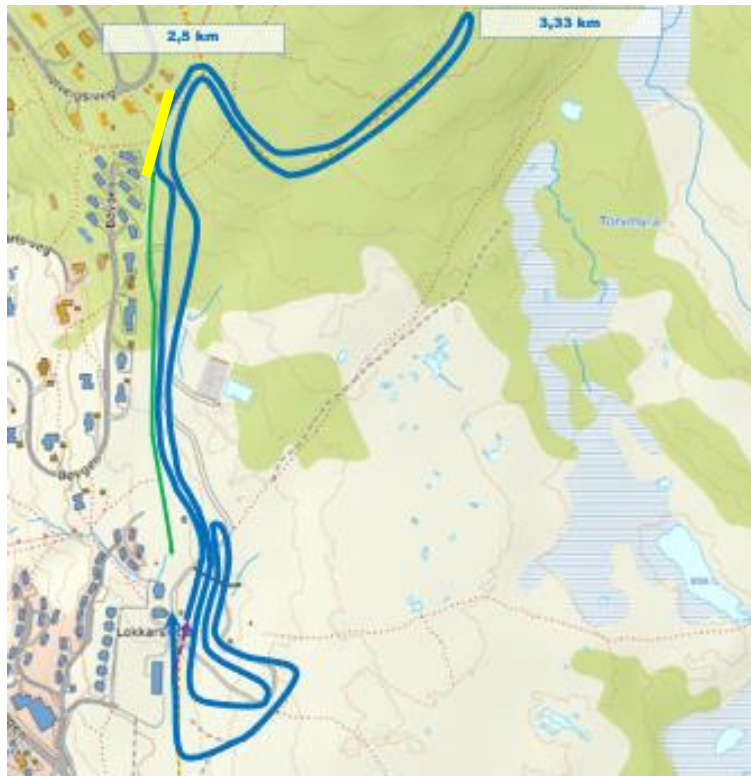
Stadium, Saturday



No ski-depot in stadium

Courses Saturday

Senior and junior



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

Senior women, 10km C (3 x 3,3 km)

Senior men, 10 km C (3 x 3,3 km)

K17 / K 18, 5 km C (2x2,5km)

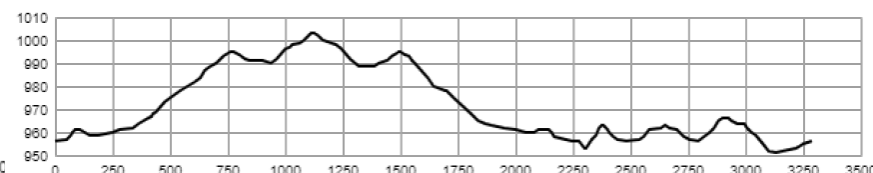
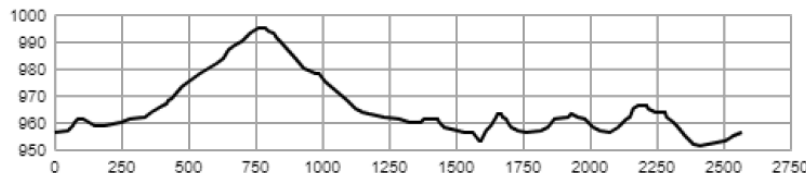
M17 / M 18, 10 km C (3x3,3 km)

No coaching zone in stadium

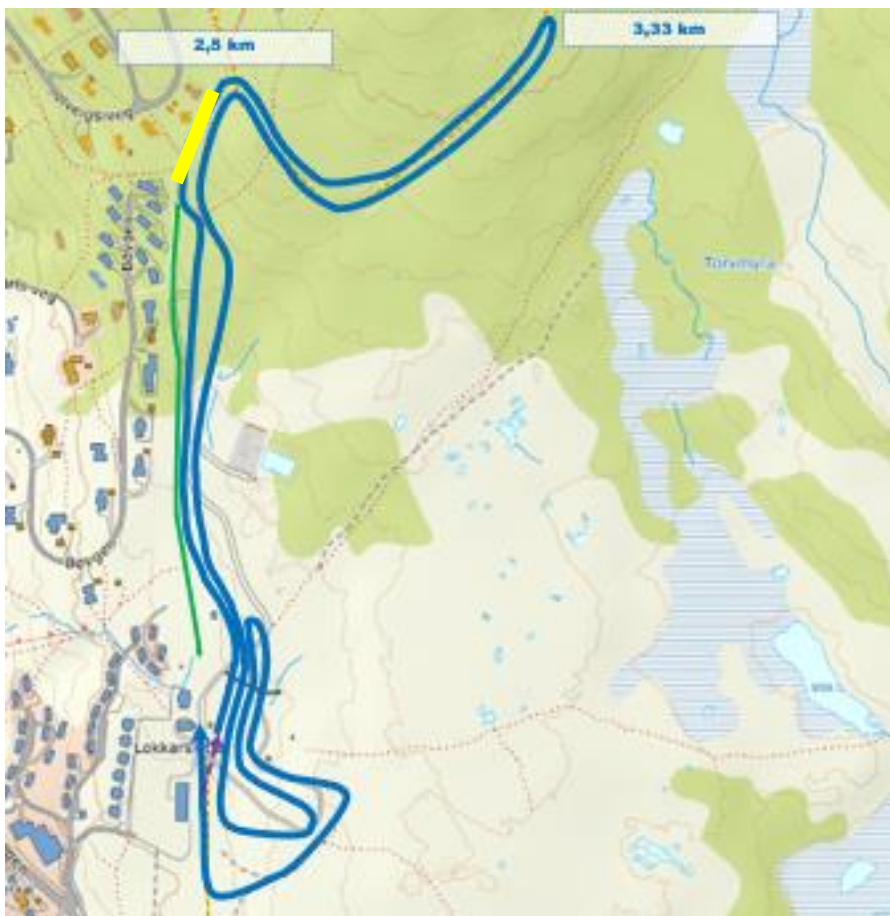
Jury considers whether 5 km should be used on Friday afternoon.

Technique zone

Ski test and warm up left side, first hill



Classical Technique zones, distance saturday



1 Classical technique zones,
distance

Marked yellow

In the courses marked with:

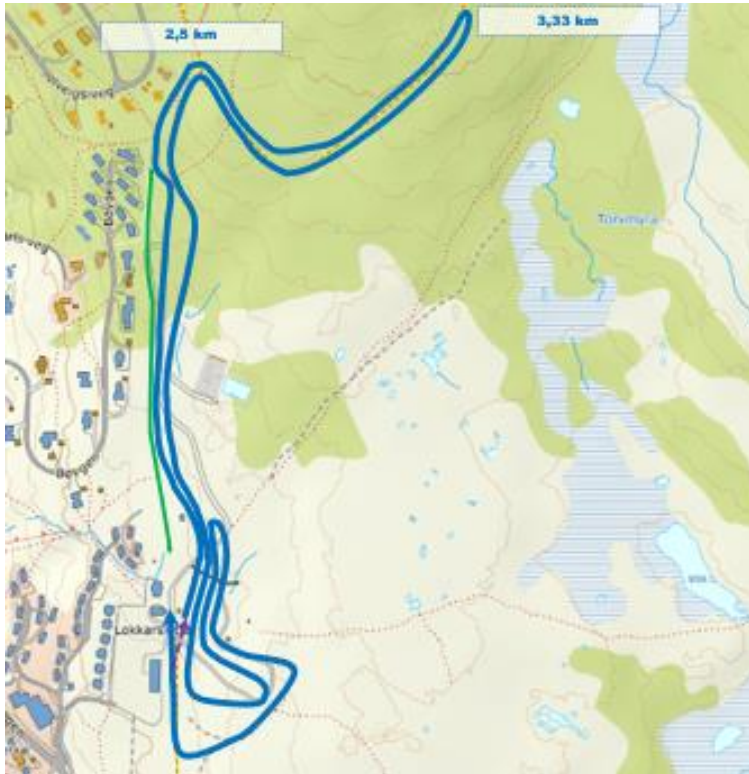
Start
Zone

End
Zone

Video control

Courses Saturday

Para standing



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

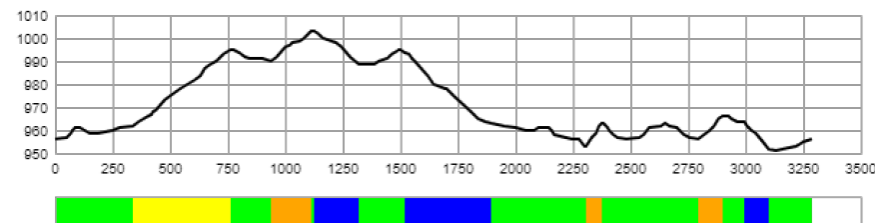
Para , 10km C (3 x 3,3 km)

No coaching zone in stadium

Jury considers whether 5 km should be used on Friday afternoon.



Ski test and warm up left side, first hill



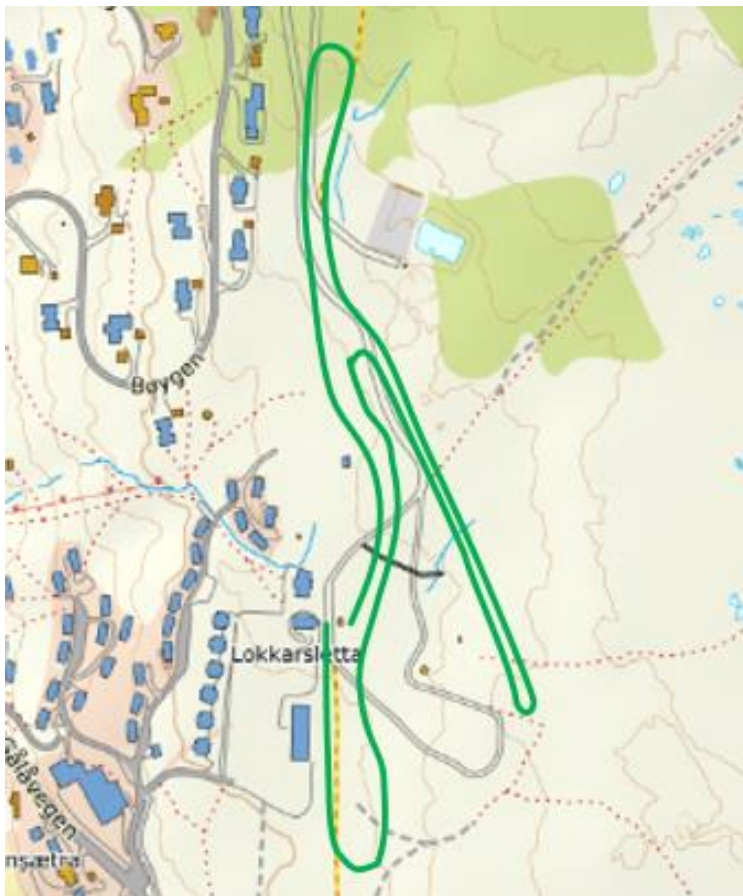
Courses Saturday

Para sitting

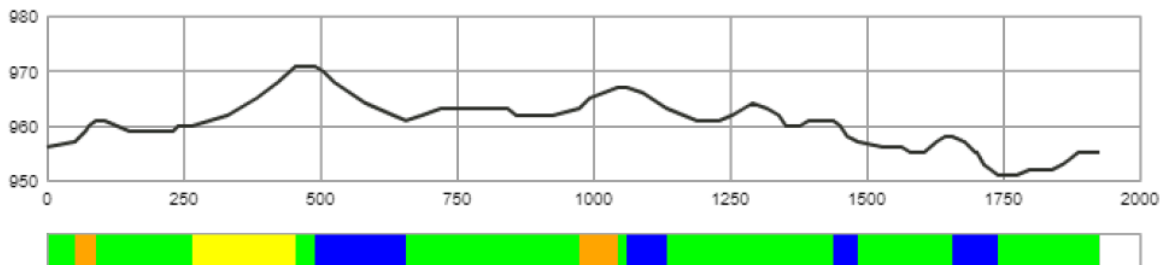
Race course stadium area closed 5 min. before start!!

Para , 8 km (4 x 2,0 km)

No coaching zone in stadium

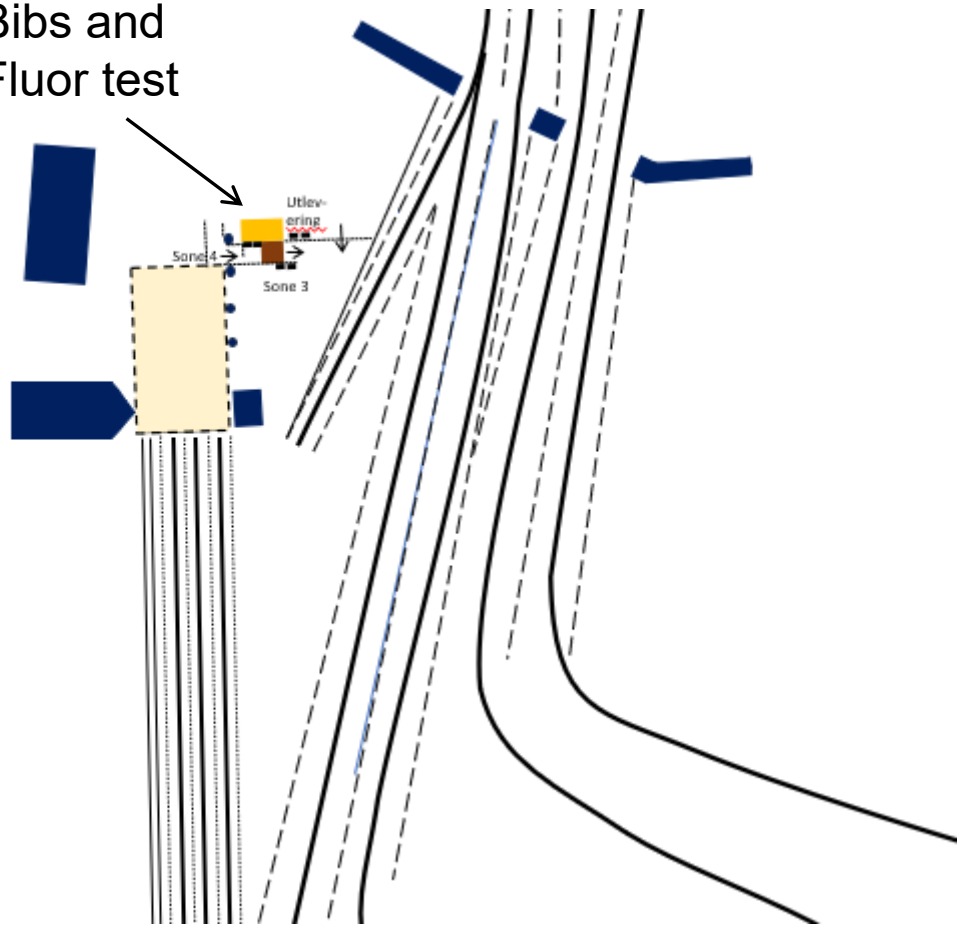


Ski test and warm up left side, first hill



Stadium, Sunday

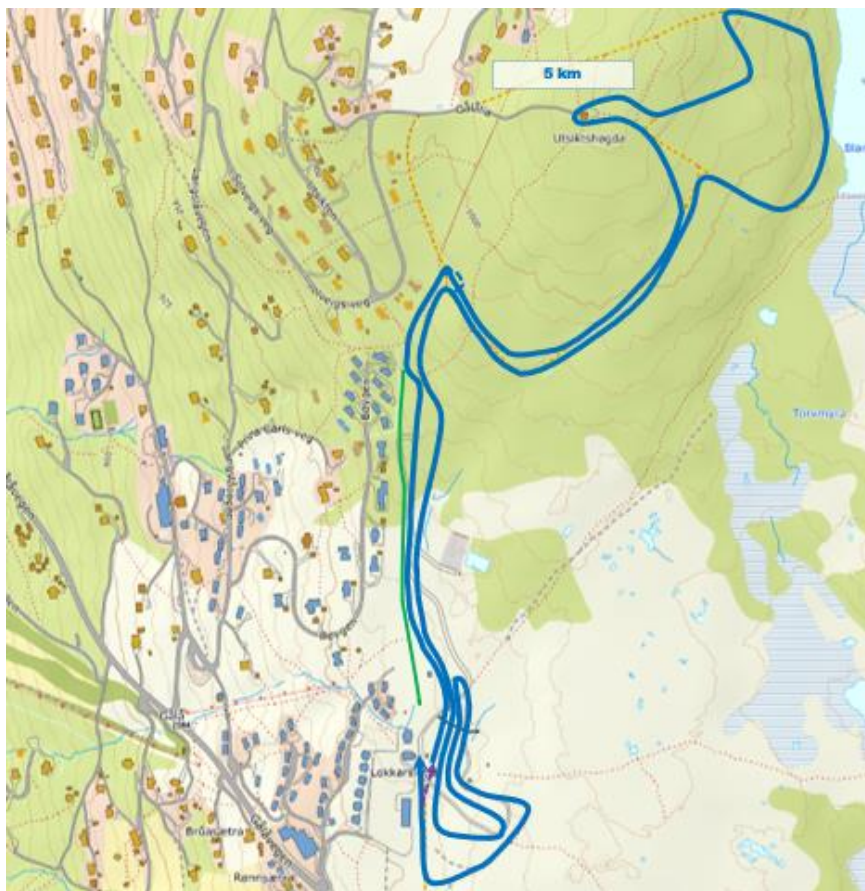
Bibs and Fluor test



No ski-depot in stadium

Courses Sunday

Senior and junior



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

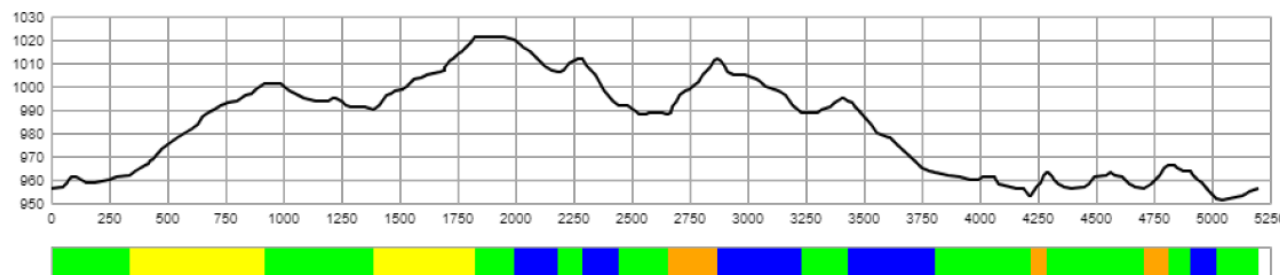
Senior women, 20 km F (4 x 5 km)

Senior men, 20 km F (4 x 5 km)

K17 / K 18, 5 km F (1 x 5 km)

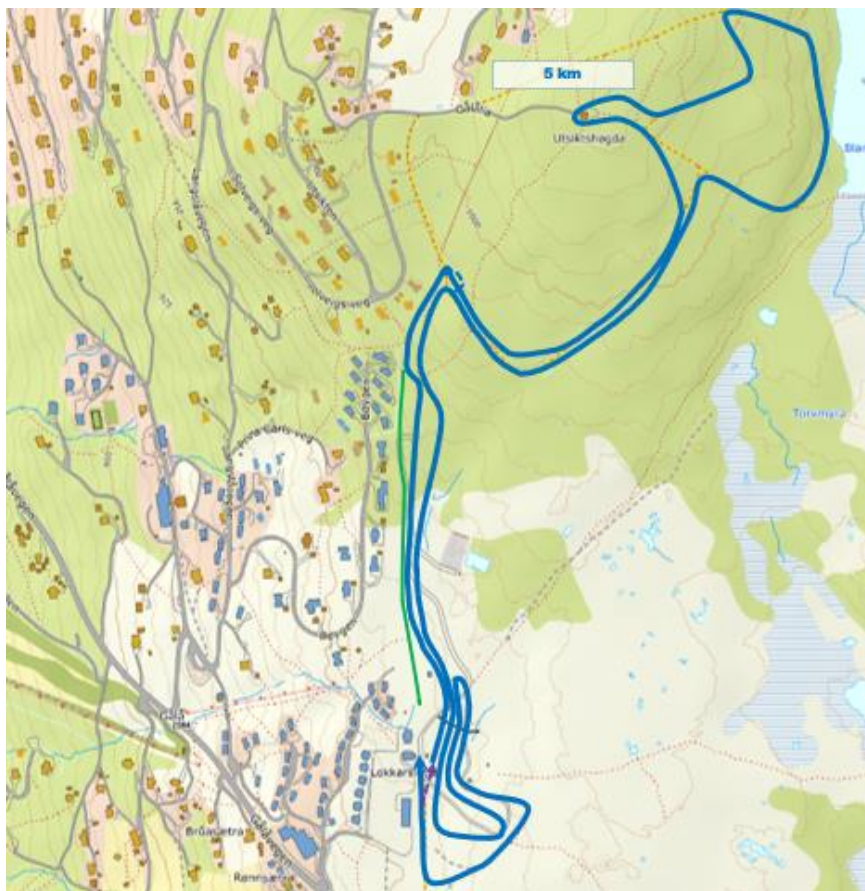
M17 / M 18, 5 km F (1 x 5 km)

No coaching zone in stadium



Courses Sunday

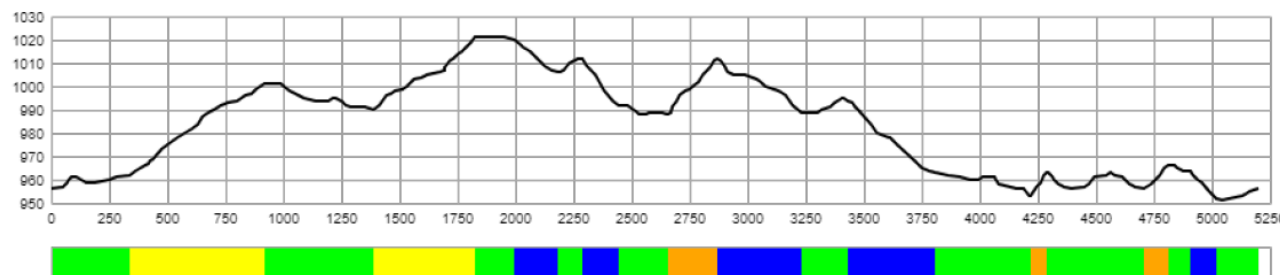
Para standing



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

Para , 10km F (2 x 5 km)

No coaching zone in stadium





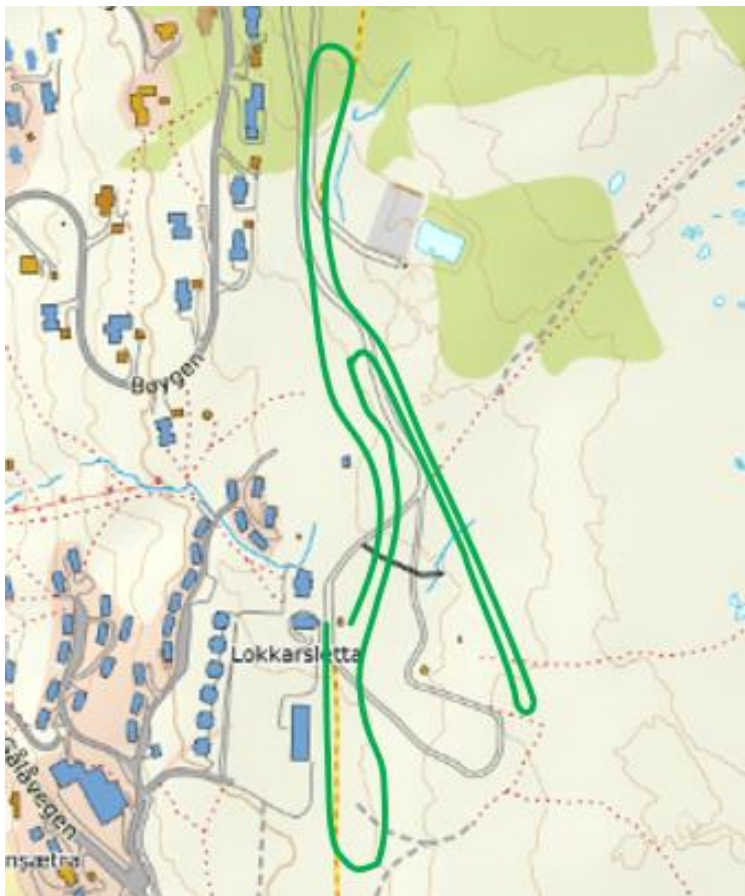
Courses Sunday

Para sitting

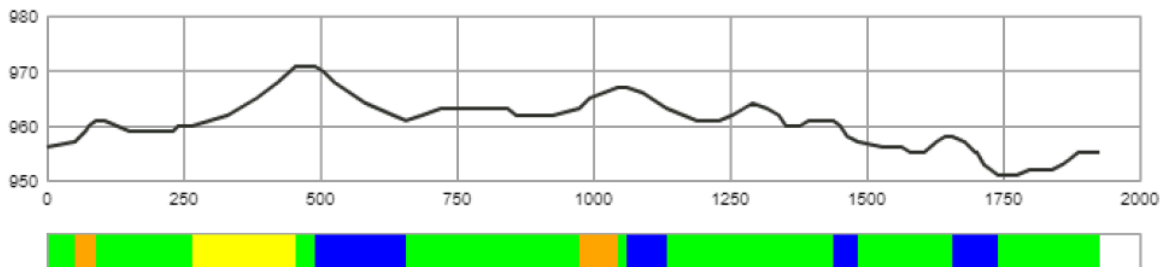
Race course stadium area closed 5 min. before start!!

Para , 4 km (2 x 2,0 km)

No coaching zone in stadium

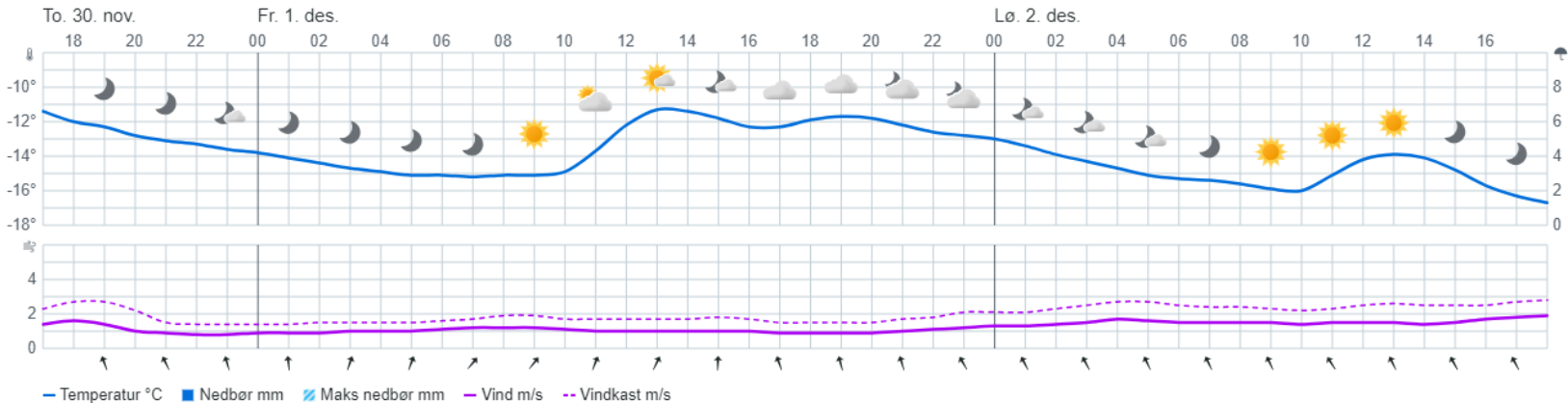


Ski test and warm up left side, first hill





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.
- It's possible to buy transponder in the race office.
- Start list – New FIS points list 23/11, no 3.
- 20 sec start interval distance senior – 15 sec junior
- 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



- Start bibs in the stadium – ready 1 hour before start



- VG TV+ production – show consideration and do not stand in the front of camera.



Information from OC



We are aware of possible actions from Greenpeace or similar.



We are taking precautions and the police will be present at the stadium friday and possible in the weekend.



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





Fluor test



1. General Information

Testing method

- According to FIS Rules
- InfraRed Spectroscopy (FTIR)
- More information about the instrument and model [HERE](#)



Location of the test

- Finish area



Testing before competition days

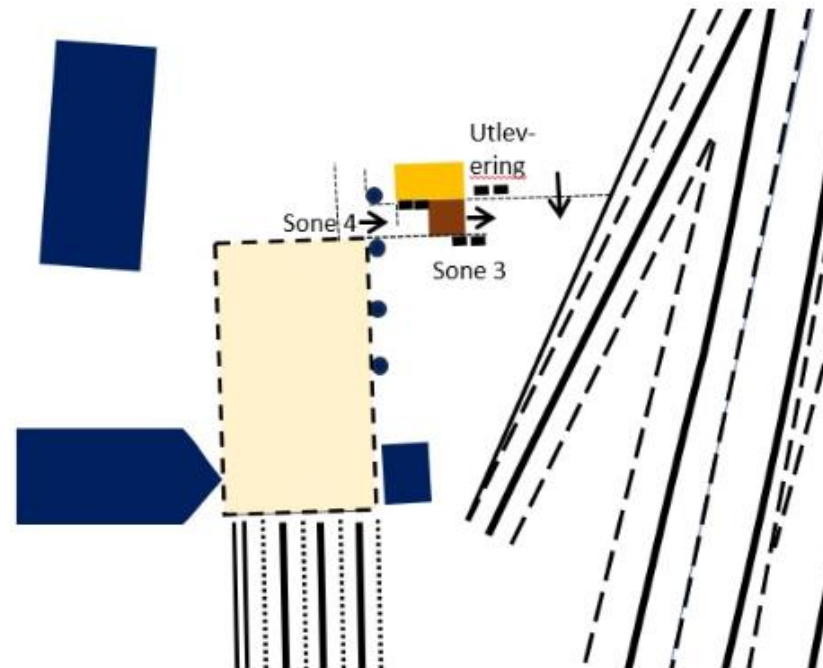
Recommend everyone to test their skies the days before competition. Test station will be open:

- Thursday (09:00-11:30 and 12:30-15:00)



Fluor test

2. Testing logistics



Testing before race

- Every skis need to be in zone 3, 15 min before start.
- Random athlete/skies will be picked to test skis before start.
- Due to time pressure, random testing of skis will be carried out.
- The amount of skis to be tested will not be communicated before the competition.

Fluor test



After Competitions

- Right after the competition skis must be delivered by the athlete, team member or SRS to the post-race ski check-in zone (Zone 4).
- The goal is to test as many skis as possible.
- Skis must be placed in the designated rack.
- Skis are tested in the tent.
- After the skis have been tested, they will be placed in the «Fluor – final check out» zone, where they can be collected by athlete or team member.

Ski marking

- All skis must be marked before race.
- The mark must contain:

- Bib number
- Name
- Club/Nation

- Without marking, the skis cannot be delivered to testing.
- Ski markings must be placed on the lower part of the skies, preferably behind the binding.
- Please put the stickers on the skies in warm conditions. Make sure that skies are dry and warm before you put the stickers on. You will find stickers/tags at the race office.

BIB	
NAVN	
KLUBB	

Blue: Men

BIB	
NAVN	
KLUBB	

Red: Women



Fluor test



Sprint finals:

- Skies need to be placed in the skiracks/boxes in zone 3, **15min** before their 1/4 finals.
- Skis will be randomly tested before finals and after the race.
- Skis must be marked with ski tag.
- Athletes' skis that have been knocked out in the ¼-final or ½-final must be delivered immediately for testing after the competition.





Information from TD



FIS ICR 343.10

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



Seeding senior

- Friday FIS points
- Saturday and Sunday:
 - 80 best athletes divided in 4 groups and start last. Drawn and placed 1 - 2 – 3 - 4. The rest of the athletes starts according to FIS points.



Temperature

- Friday and Saturday - Minus 18 C or below – cancelled
- Sunday – 20 km – Minus 15 C or below, adjust to a maximum distance of 15 km. Minus 18 C or below – cancelled.



Information from NSF

- Fra sesonginformasjon: Vinner Equinor NC Gålå Sprint F har friplass til Sprint F WC Trondheim, tilsvarende vil vinner 10K ha friplass til WC Trondheim 10K, og leder av Equinor distanse, vil ha friplass til WC Trondheim 20km Skiathlon.
- Om avlysning: Innstilling fra NSF/Jury: Sprint F og 10km K vil bli prioritert. Forslag til endring i sesonginformasjon: Vinner 10km K får friplass 10km K. For WC Trondheim Skiathlon blir uttak gjort basert på skjønn.
- Dette gjelder kun dersom det blir gjennomført bare ett distansereenn.
- Nye resultatdatabase blir lansert i løpet av desember/januar. Muligheter for å ha sin egen utøverprofil med resultater på NSF hjemmeside. Om ønskelig med bilde i denne løsningen, så er fotografering mulig på rennkontor mellom kl.15-16 hver dag på Gålå.





Good Luck!