

Gåå SPRINTEN



1-3 December 2023

TEAM CAPTAINS MEETING PARA
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 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

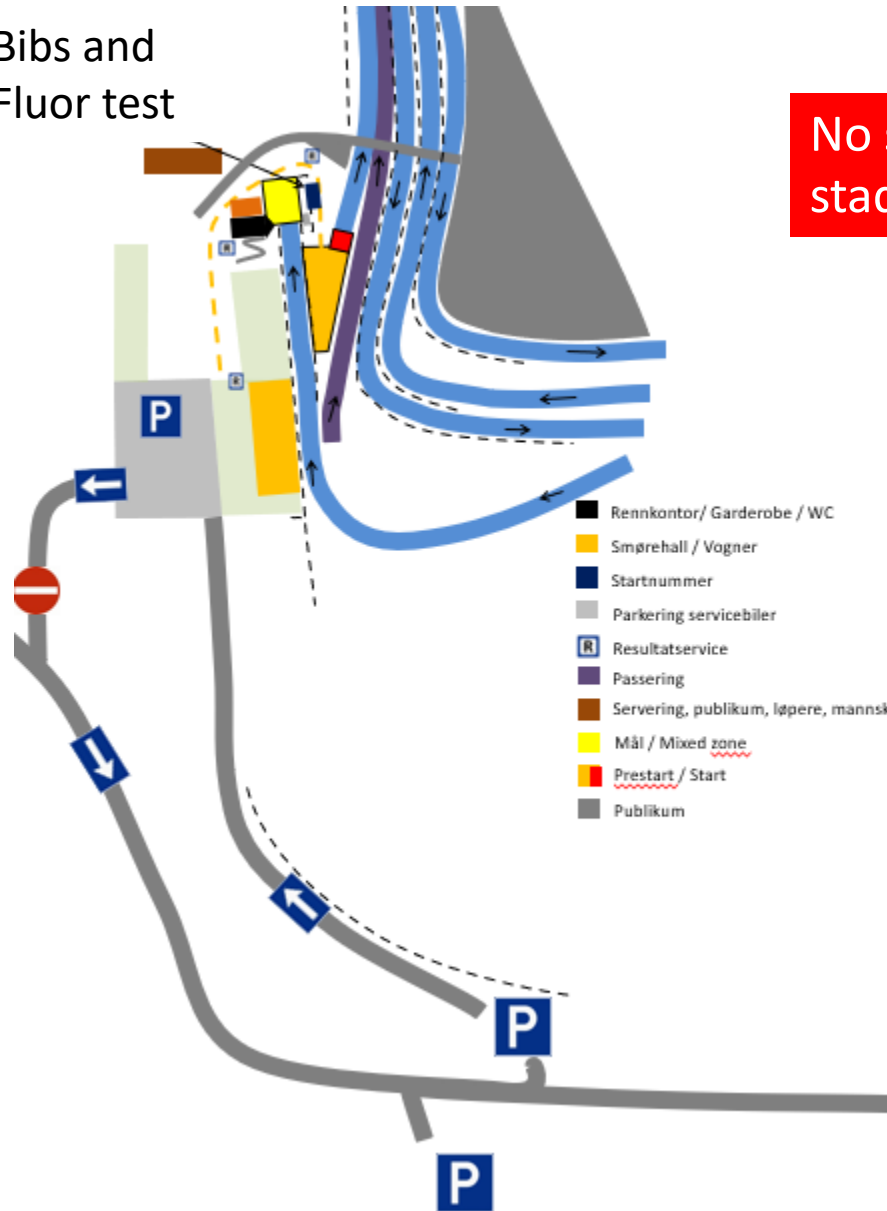


Ceremony ca 20 minutes after finish



Stadium, overview

Bibs and
Fluor test



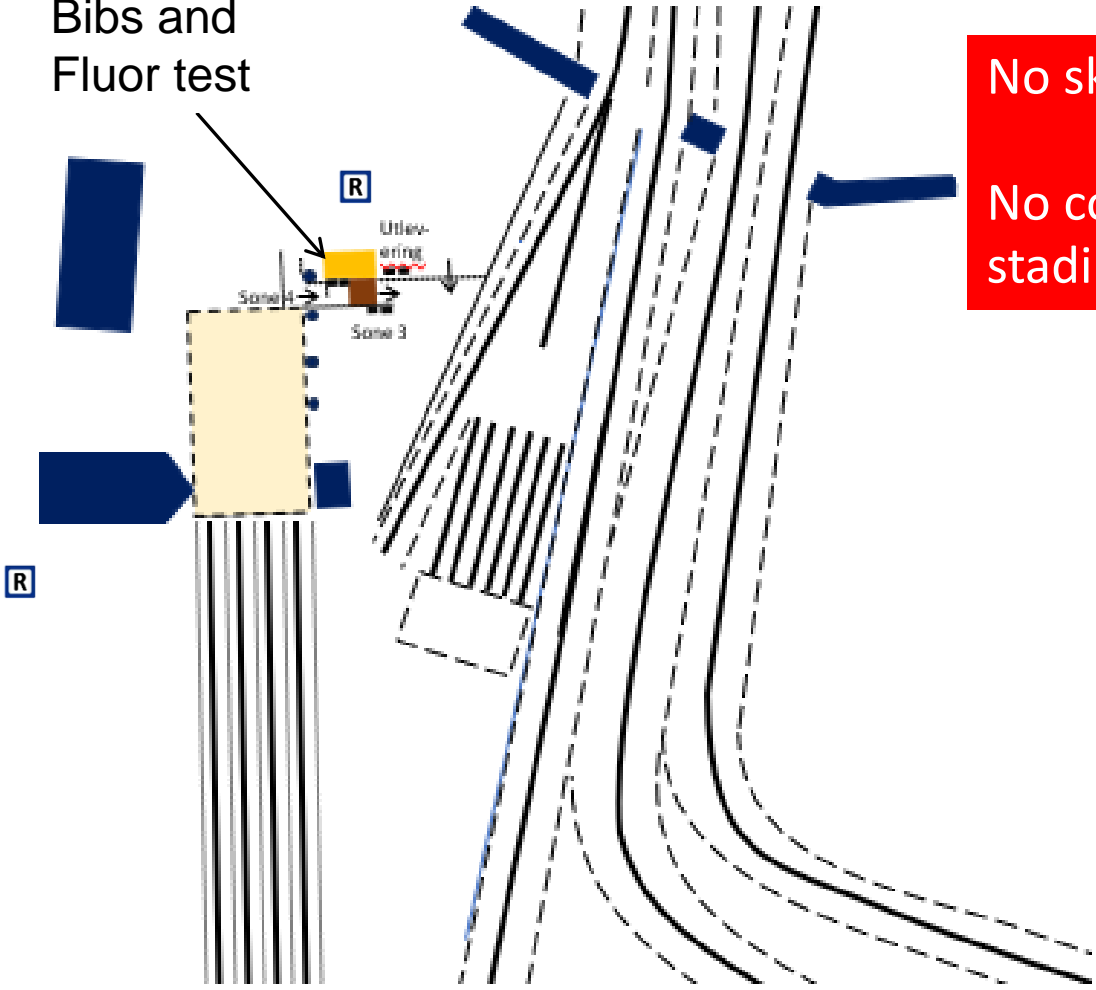
No ski-depot in stadium

- Rennkontor/ Garderobe / WC
- Smørehall / Vogner
- Startnummer
- Parkering servicebiler
- Resultatservice
- Passering
- Servering, publikum, løpere, mannskap
- Mål / Mixed zone
- Prestart / Start
- Publikum

Stadium, Friday



Bibs and
Fluor test



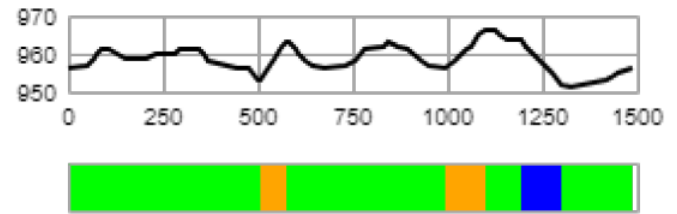
No ski-depot in stadium
No coaching zone in stadium

Courses women / men / para standing, sprint F

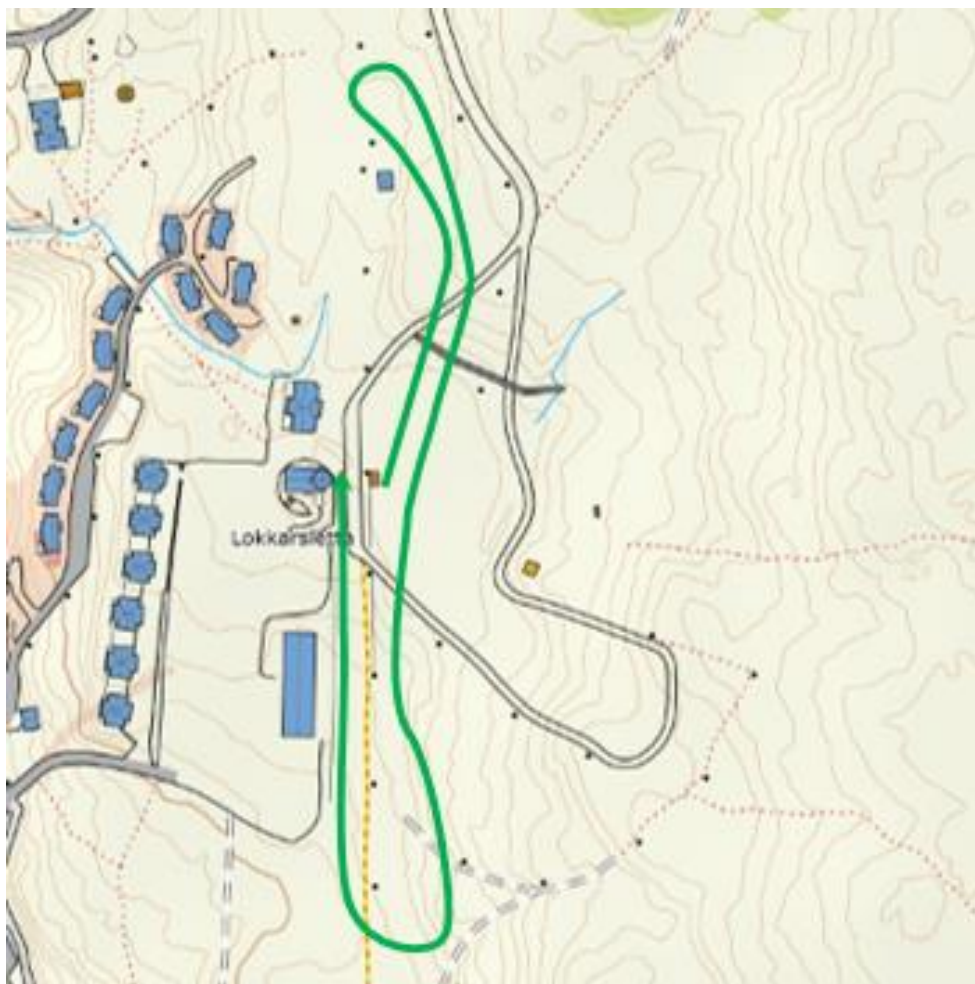


Race course closed 5 min. before start Prolog!!

Open until 5 min before heats

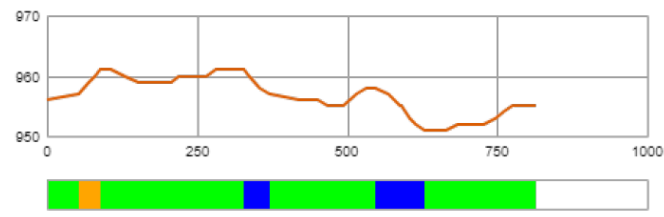


Courses para, sitting sprint



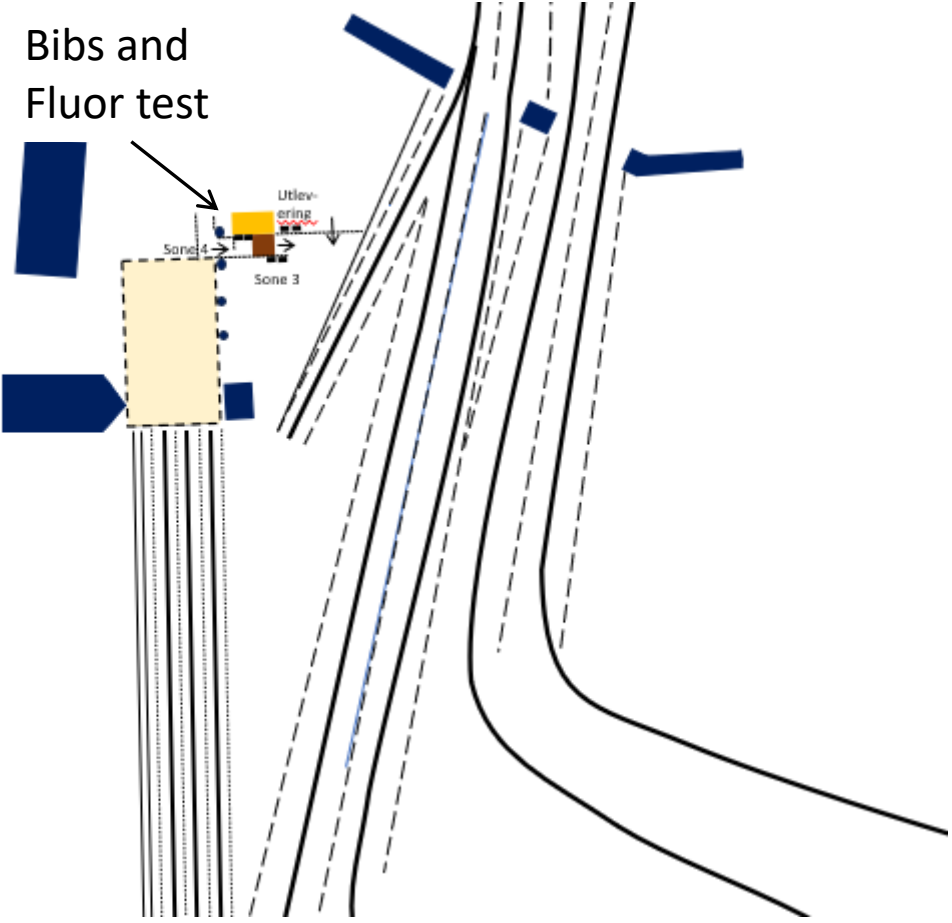
Race course closed 5 min. before start Prolog!!

Open until 5 min before heats





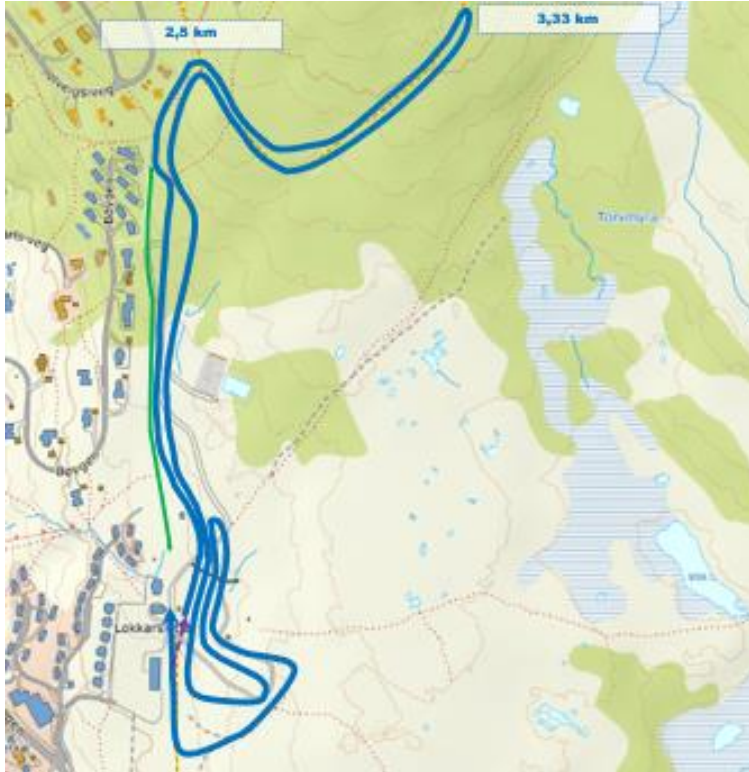
Stadium, Saturday



No ski-depot in stadium

Courses Saturday

Para standing



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

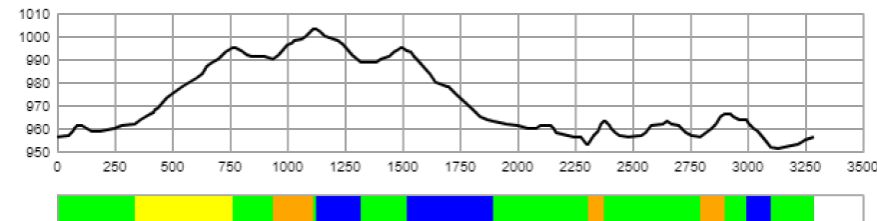
Para , 10km C (3 x 3,3 km)

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

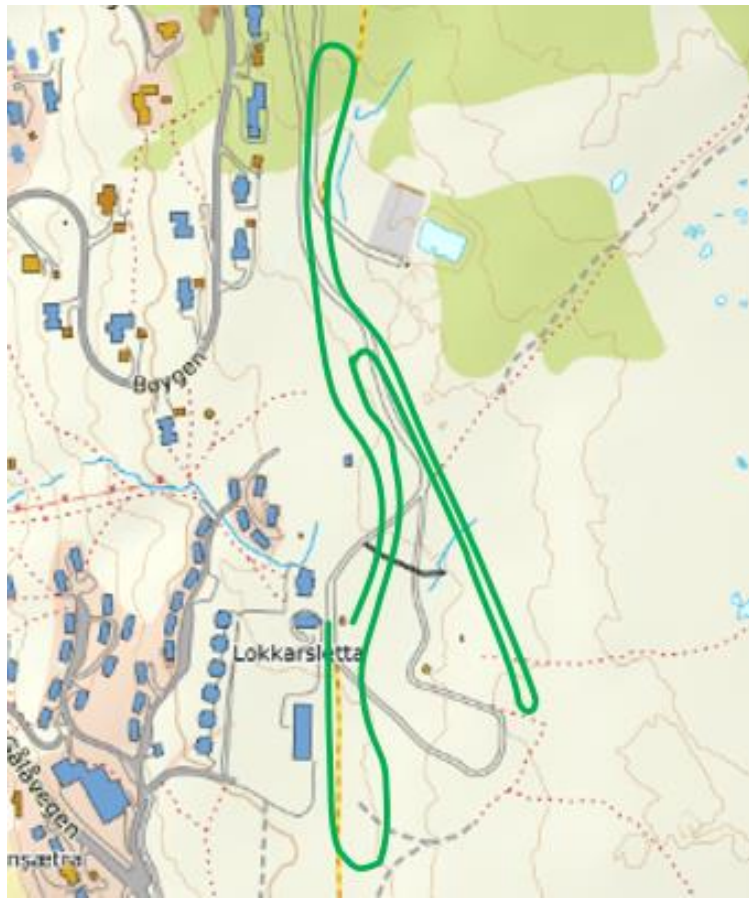




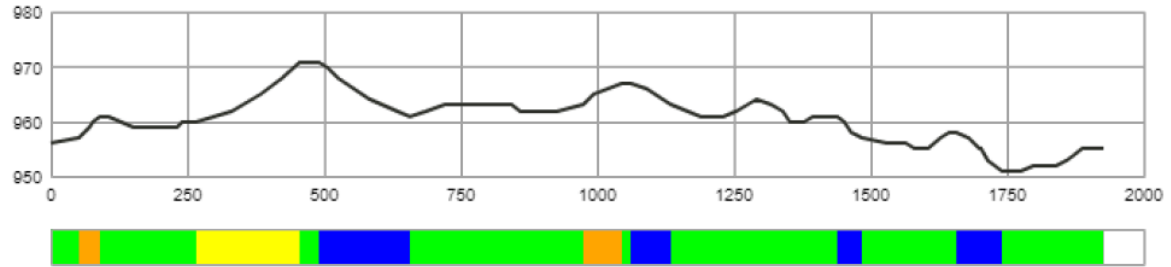
Courses Saturday

Para sitting

Race course stadium area closed 5 min. before start!!
Para , 8 km (4 x 2,0 km)
No coaching zone in stadium



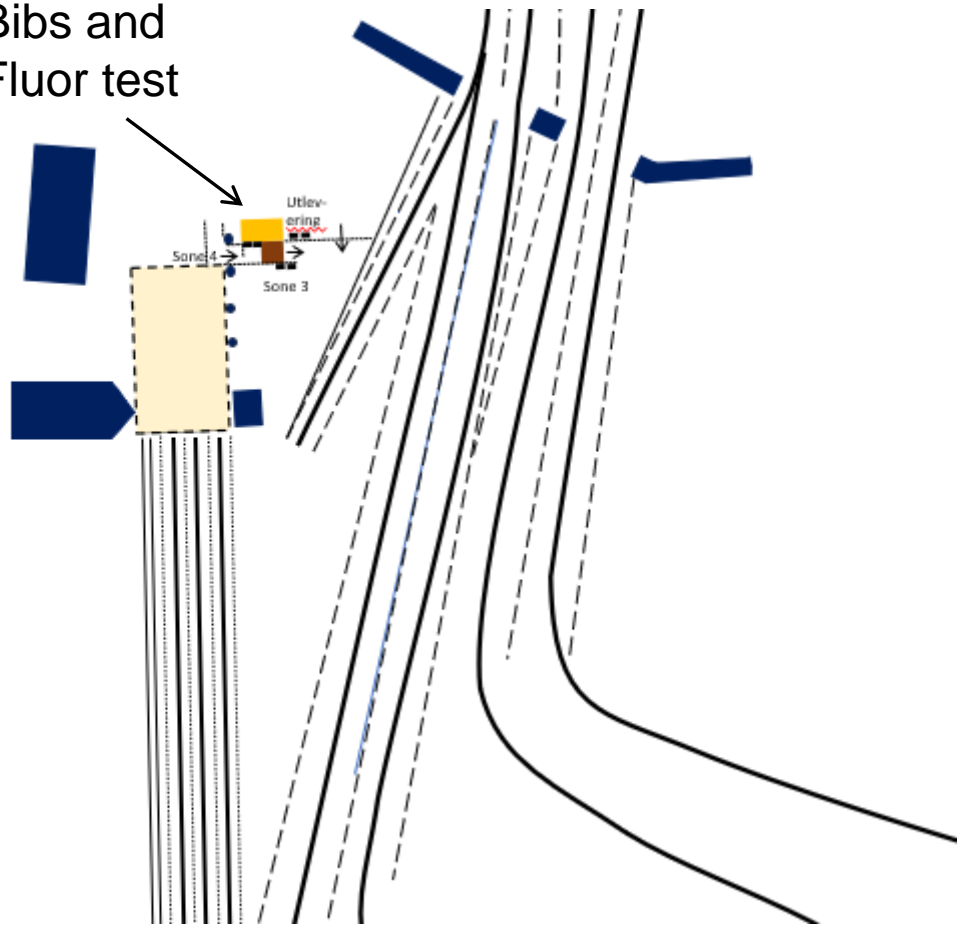
Ski test and warm up left side, first hill



Stadium, Sunday



Bibs and
Fluor test

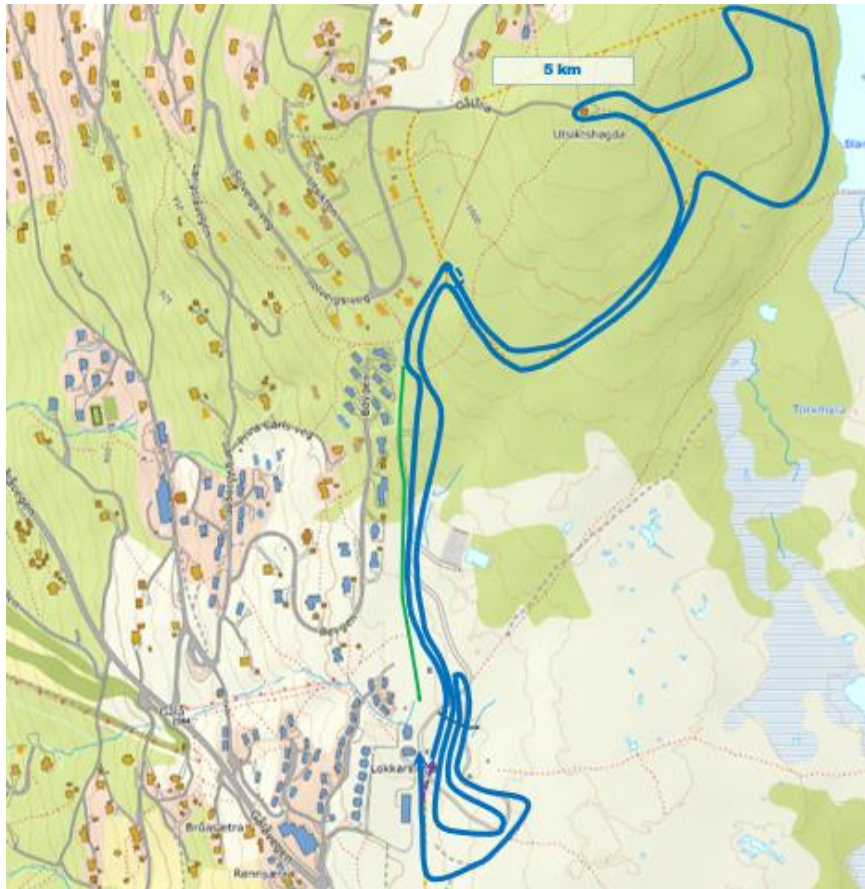


No ski-depot in
stadium



Courses Sunday

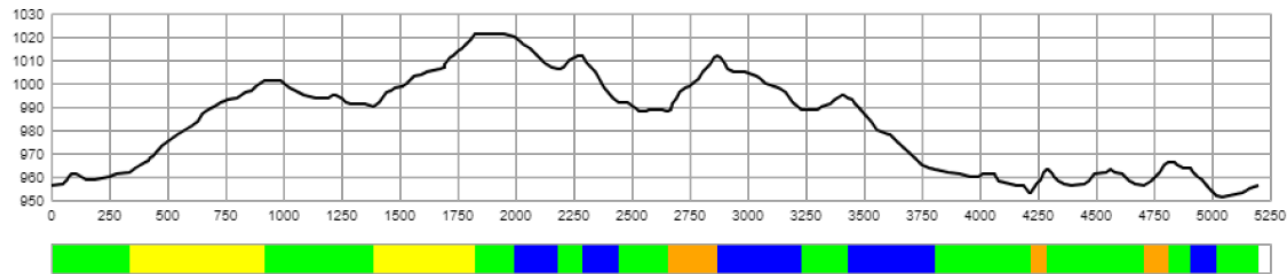
Para standing



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

Para , 10km F (2 x 5 km)

No coaching zone in stadium



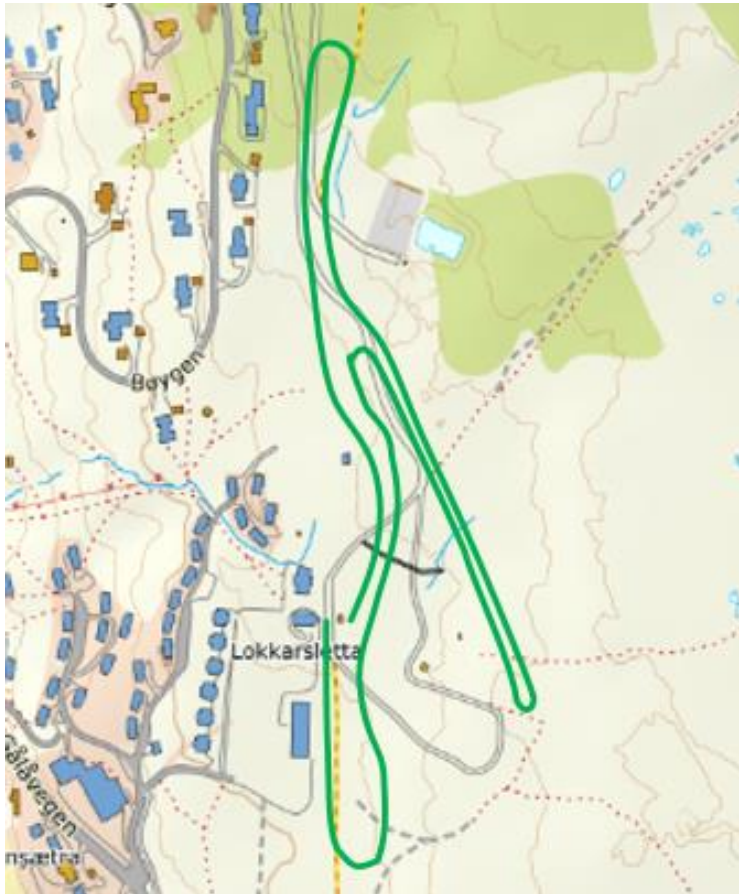
Courses Sunday

Para sitting

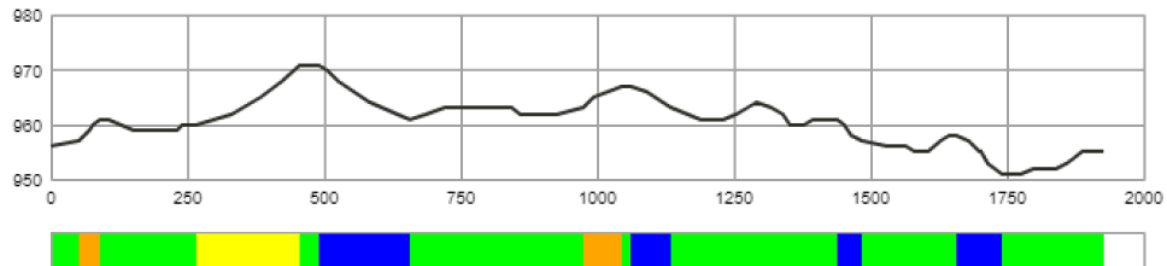
Race course stadium area closed 5 min. before start!!

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

No coaching zone in stadium

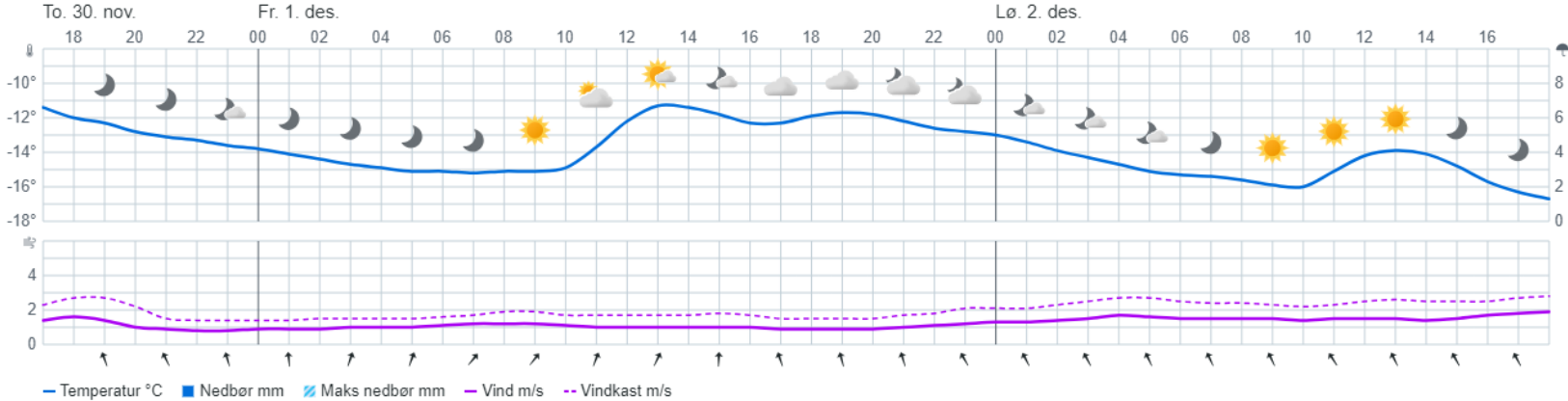


Ski test and warm up left side, first hill





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.



- Transponder rent, NOK 100,- (cash / Visa in the Race Office)



- Deliver the start bibs in the race office. If not delivered – payment fee = 1000 NOK





Information from OC



- 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

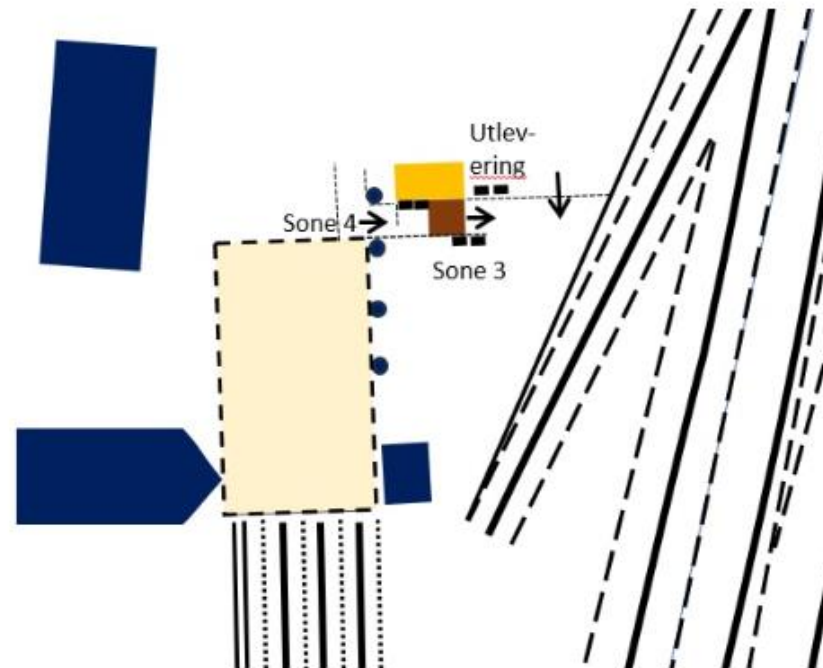
Recommend everyone to test their skies the days before competition. Test station will be open:

- 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.

Norges Skiforbund	
BIB	
NAVN	
KLUBB	

Blue: Men

Norges Skiforbund	
BIB	
NAVN	
KLUBB	

Red: Women



Fluor test



Sprint finals:

- Skis 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

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.





Good Luck!