

Gååå SPRINTEN

29. November – 1. December 2024

TEAM CAPTAINS MEETING

28th November

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Gååå SPRINTEN

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 Fluor
- Information from the TD
- Information from the NSF

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Roll call

- Akershus
- Agder og Rogaland
- Buskerud
- Finnmark
- Hedmark
- Hordaland
- Nordland
- Nord-Trøndelag
- Armenia
- Australia
- Austria
- Belgium
- Brazil
- Chile
- China
- Colombia
- Denmark
- El Salvador
- Estonia
- France
- GBR
- Germany
- Hungary
- Oppland
- Oslo
- Sogn og Fjordane
- Sør-Trøndelag
- Telemark og Vestfold
- Troms
- Østfold
- Møre og Romsdal
- Italy
- Lithuania
- Japan
- Kazakhstan
- Mexico
- Mongolia
- Peru
- Poland
- South Korea
- Spain
- Sweden
- Slovakia
- Turkey
- Ukraine
- USA

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OC and Jury

OC:

Chief of Competition: *Audun Skattebo*

Chief of Course: *Bjørnar Bakken / Jo Kjørstad*

Chief of Stadium: *Lars Tarud*

Chief of Wax Cabins: *Bjørnar Bakken*

Chief of Race Office: *Randi Myhr*

JURY:

TD: *Hans Jørgen Kvåle*

TD assistant: *Arne Sandvold*

Chief of Competition: *Audun Skattebo*

Equipment controller: *Fridtjof Rannem*

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GÅLÅ SPRINTEN

Event Program, Friday 29. nov.

kl 08:00 - 16:00 Race office open

kl 09:30 Para, 4,8 km sitting
 kl 09:45 Para, 10 km F standing
 kl 10:30 Start women senior, 10 km F
 kl 12:10 Start men senior, 10 km F

Courses closed until 14:15
 Training in courses until 20:00

30 sec start interval

Ceremony ca 20 minutes after finish para/women/men - 6 best or 1/3 in stadium.
 Participant prize for the weekend in the race office.

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Stadium, overview

Bibs and Fluor test

No ski-depot in stadium

- Rennkontor/ Garderobe / WC
- Smørehall / Vognier
- Startnummer
- Parkering servicabilier
- Resultatervice
- Passering
- Servering, publikum, løpere, mannskap
- Mål / Mixed zone
- Prestart / Start
- Publikum

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Stadium, Friday

Bibs and Fluor test

No ski-depot in stadium

No coaching zone in stadium

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GÅLÅ SPRINTEN

Courses Friday

Senior Men, Women and Para standing

Race course stadium area closed 5 min. before start – 09:25!
 Open race course 11:50 til 12:05

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

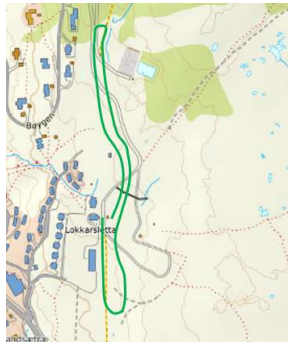
No coaching zone in stadium
 No warm up

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GÅLÅ SPRINTEN

Courses Friday

Para sitting



Race course stadium area closed 5 min. before start – 09:25!!

Para sitting, 4,8 km (4 x 1,2 km)

No coaching zone in stadium

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Event Program, Saturday 30. nov

kl 08:00 - 16:00 Race office open

Para, Women senior and Men senior sprint F

kl 09:00 Para - Prolog F
kl 09:30 Women senior and men senior - Prolog F
kl 10:25 Para, semifinales
kl 11:00 Para, finale standing
kl 11:05 Para, finale sitting
kl 11:15 ¼ Finales women senior, 5 heat
kl 11:40 ¼ Finales men senior, 5 heat
kl 12:05 Semi finales, women senior, 2 heat
kl 12:20 Semi finales, men senior, 2 heat
kl 12:30 Finale women senior
kl 12:45 Finale men senior

Ceremony ca 20 minutes after finish
Courses closed until 16:30
Training in courses until 20:00

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Event Program, Saturday 30 nov.

Women junior and men junior sprint F

kl 13:00 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 15:03 Semi finales men junior, 2 heat
kl 15:13 Finale women junior
kl 15:26 Finale men junior

Lucky loser in heat
Courses closed until 16:30
Training in courses until 20:00
Ceremony ca 20 minutes after finish women/men - 6 best in the stadium

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Stadium, Saturday



Bibs and Fluor test

No ski-depot in stadium

No coaching zone in stadium

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**Courses Saturday Sprint F
Women sr / Men sr / Men jr / para standing**

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Race course closed 5 min. before start Prolog - 08:55!!

Closed before/between heats

Course closed until 16:30 (regrooming)

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Courses Saturday - Para, sitting sprint

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Race course closed 5 min. before start Prolog 08:55!!

Closed before/between heats

Course closed until 16:30 (regrooming)

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**Courses Saturday Sprint F
Women jr**

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Race course closed 5 min. before start Prolog - 08:55!!

Closed before/between heats

Course closed until 16:30 (regrooming)

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Ski test and warm up Saturday

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GÅLÅ HANDEL

Sprint course stadium area closed 5 min. before start - 08:55!!

Ski test and warm up are allowed in the designated area of the course up to 5 minutes before first start.

No coaching zone in stadium

Test Course closed 15:30 - 16:30 (regrooming)

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Event Program, Sunday 1 dec.

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kl 08:00 Race office open

kl 08:45 Start Para, sitting 8,4 km

kl 09:15 Start Para standing, 10 km C

kl 09:34 Start women senior, 10 km C

kl 11:16 Start men senior, 10 km C

kl 13:23 Start women junior, 5 km C

kl 14:02 Start men junior, 7,5 km C

Ceremony ca 20 minutes after finish in stadium

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GALA SPRINTEN

Stadium, Sunday

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Bibs and Fluor test

No ski-depot in stadium

No coaching zone in stadium

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Courses Sunday

Senior and junior

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Race course stadium area closed 5 min. before start – 08:40!!

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

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

Senior men, 10 km C (4 x 2,5 km)

Women junior, 5 km C (2x2,5km)

Men juniorr, 7,5 km C (3x2,5 km)

No coaching zone in stadium

Technique zone

Ski test up right side, first hill

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GALA SPRINTEN

Courses Sunday

Para sitting

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Race course stadium area closed 5 min. before start – 08:40!!

Para sitting, 8,4km (7 x 1,2 km)

No coaching zone in stadium

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Classical Technique zones, distance Sunday


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1 Classical technique zones, distance
Marked yellow
In the courses marked with:

Start Zone

End Zone

Video control

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Weather forecast

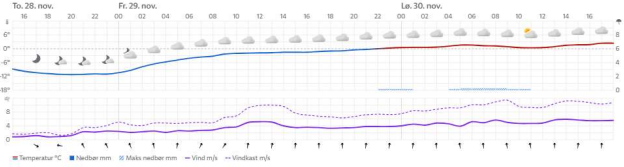
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Course grooming

- Course closed from 20:00
- Evening / Early night

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Entries and start list

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- 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 Thursday and Friday.
- Start list – New FIS points list 28/11, no 3.
- Start list according to NSF season information.
- Sunday - 30 sec start interval distance senior – 15 sec junior
- Deliver the start bibs in the race office. If not delivered – payment fee = 1000 NOK

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Information from OC

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

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Fluor test

Ski Marking
All skis used must be marked by the athlete in advance. The athlete is responsible for marking the skis using tape, ski labels, or, for example, freezer labels. The markings must be placed at the very front of the ski, as shown in the example in the image below.



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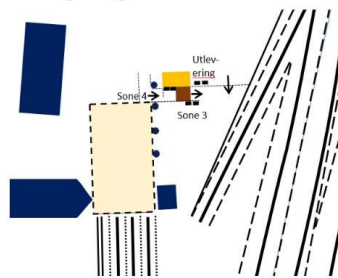
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Fluor test

2. Testing logistics



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Fluor test

The skis must include:
The bib number for that day
The athlete is responsible for marking their skis and will not receive markers from the organizer. Markers for sprint finals will be handed out at bib collection/the race office.

Testing Individial start / Sprint qualification
After the competition, athletes must pass a checkpoint where their skis may be selected for testing. Athletes are not allowed to remove their bib number until they have passed the checkpoint.

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Fluor test

Sprint Finals
All skis shall be placed in Zone 4 after each heat/final.
Competitors qualifying for Semi-finals and Finals can pick up the skis in Zone 3 in the start area before their next heat.
No waxing/treatment/adjustment to the skies between the finals are allowed.
Para sit must have extra skies in the finish area.

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SEB FOUNT BAK
GÅLÅ HANDEL

Information from TD

Competitors shall not obstruct other competitors (ICR 343.9)

Team leaders shall follow the Organiser's instructions (ICR 344.1)

Classic technique – Not turning technique where there are classic tracks. (ICR 343.8)

Technique zone Sunday : Diagonal technique

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STINGSE HVI-TILBET
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SEB FOUNT BAK
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Information from NSF

Fra sesonginformasjoner: Vinner Equinor NC Gålå Sprint F har friplass til Sprint F WC Lillehammer, tilsvarende vil vinner 10F ha friplass til WC Lillehammer 10F, og leder av Equinor distanse, vil ha friplass til WC Lillehammer på Skiathlon.

Nye resultatdatabase ble lansert forrige sesong. Fortsatt ønskelig med bilder av utøverne i denne basen. Vi vil spørre utøver om vi får ta bilde av dem på stat (med brisene oppe på hodet)

Med god støtte fra Langrennsportens Venner og NSF langrenn vil det bli sammenlagt på premiering også i U23 cupen denne sesongen

U23 NC - Sammenlagt		NC Senior - Sammenlagt	
	kr 12 000,00		kr 20 000,00
	kr 10 000,00		kr 15 000,00
NC Sammenlagt	kr 8 000,00	NC Sammenlagt	kr 10 000,00
	kr 6 000,00		kr 8 000,00
	kr 4 000,00		kr 6 000,00
	kr 2 000,00		kr 4 000,00
NC Sammenlagt	kr 12 000,00	NC Sammenlagt	kr 20 000,00
	kr 10 000,00		kr 15 000,00
	kr 8 000,00		kr 10 000,00
	kr 6 000,00		kr 8 000,00
	kr 4 000,00		kr 6 000,00
	kr 2 000,00		kr 4 000,00
Totalt	kr 84 000,00	Totalt	kr 126 000,00

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STINGSE HVI-TILBET
STIGGER FARGE VERDER

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Good Luck!

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