Welcome to Scandinavian Cup, Equinor Norgescup and Equinor NC Para (jr and sr) at Hommelvik 01.03.24-03.03.24!

Hommelvik IL, in collaboration with the Norwegian Ski Federation, is pleased to invite you to the Scandinavian Cup, Equinor Norwegian Cup Senior, and Norwegian Cup Para – Junior and Senior in cross-country skiing at Jervskogen Ski Center in Hommelvik

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@hommelvikski

Hommelvik IL Langrenn

**Program**

***Wednesday, February 28th***

6:00 PM - 8:00 PM: Race Office Open

Free training on the course

***Thursday, February 29th***

9:00 AM - 6:00 PM: Race Office Open

9:00 AM - 3:00 PM: Free training on the course/stadium

10:00 AM - 12:00 PM: Official training on the course/stadium

5:00 PM: Team Leaders' Meeting for Friday, Saturday, and Sunday competitions at the Bruket Cultural Center

6:00 PM: Lecture by ski historian Thor Gotaas

Thor Gotaas will give a lecture titled "A Lighthearted Look at Norwegian Ski History" focusing on Trøndelag athletes at Bruket Cultural Center in connection with the event.

A link for purchasing tickets will be published.

***Friday, March 1st***

**Sprint Classic**

8:00 AM - 6:00 PM: Race Office Open

09:00 AM: PARA sprint Prologue

10:00 AM: Prologue start for women

10:25 AM: Prologue start for men

11:15 AM: PARA finals

12:15 AM: Finals for women and men

A prize ceremony will be held at the stadium after the official results are available.

Training on the course until 7:00 PM

***Saturday, March 2nd***

**30 km Classic, Sit 10 km, Stand 20 km Classic**

7:30 AM - 5:00 PM: Race Office Open

08:45 AM: PARA 10 km

09:45 AM: PARA 20 km

10:00 AM: Senior women's start, 30 km Classic

11:50 AM: Senior men's start, 30 km Classic

A prize ceremony will be held at the stadium after the official results are available.

Training on the course until 7:00 PM

***Sunday, March 3rd***

**10 km skate, sit 5 km, stand 10 km freestyle**

07:00 AM - 02:00 PM: Race Office Open

08:30 AM: PARA 5 km

09:00 AM PARA 10 km

09:05 AM: Senior Women's Start, 10 km skate

10:20 AM: Senior Men's Start, 10 km skate

A prize ceremony will be held at the stadium after the official results are available.

*Please note that the program is subject to possible adjustments*

**Registration**

Online registration and payment are available for Norwegian athletes at [www.iSonen.no](http://www.isonen.no/). Athletes from other countries should register through their respective federations. For foreign participants, registration should be sent to [langrenn@jervskogen.no](mailto:langrenn@jervskogen.no) using the “Entry Form Cross Country” form.

Registration deadline is **Monday, February 25, 2024.**

Payment to the account number must be made by the registration deadline.

Account number: 4218 06 10124

IBAN: NO5242180610124

Swift code: SPTRNO22

Start lists will be drawn the day before the competition. The entry fee is €20 per event. Norwegian athletes are required to pay an additional service fee of NOK 100 to NSF (Norwegian Ski Federation).

The entry fee must be paid at the time of registration. Registrations without paid entry fees will not be accepted. Entry fees will not be refunded for registered athletes who do not participate.

**Ski License, FIS Code, and Chip Rental**

All Norwegians athletes must have a valid ski license in accordance with NSF (Norwegian Ski Federation) regulations. Valid licenses will be verified upon registration. All participants must be registered on the FIS points list with their own FIS code. To obtain a FIS code, the Athletes Declaration must be completed.

All athletes must use their own EMIT chip. Athletes who forget their EMIT chip can borrow one from the organizer. Rental chips must be returned after each race. Lost rental chips must be replaced at a cost of NOK 900.

**10+10 juniors,** Ranked by FIS Points, can participate in the Scandinavian Cup. The top 10 junior athletes per nation, as ranked on the current FIS list, can participate. This means that the top 10 registered on the FIS sprint list can compete in sprints, and the top 10 on the FIS distance list can compete in distance races.

**Note!** All Norwegian athletes participating in the Scandinavian Cup must have an approved medical certificate.

**Race Numbers**

Athletes should collect their race number at the entrance to the start area. Please arrive early. Race numbers will be available one hour before the start. In the finals of the sprint on Friday, all participants must also wear thigh numbers in addition to their race number vests. Race numbers must be returned at the finish line. Unreturned race numbers will incur a replacement fee of NOK 300.

**Start Lists and Results**

Start lists and results will be posted on [the event's website](https://www.skiforbundet.no/arrangement/2023-2024/sc2024/) and will be available on WhatsApp.

**Course Map**

Course maps, course profiles, and arena maps will be posted on [the event's website](https://www.skiforbundet.no/arrangement/2023-2024/sc2024/).

**Training Times**

The official training is on Thursday, February 29th, from 10:00 AM to 12:00 PM, and Friday and Saturday after the races end. The courses will close 5 minutes before the first start and will remain open until 7:00 PM. The warm-up course will be open until 10:00 PM.

**Accommodation**

**Accomodation at Quality Airport Hotel Værnes (Close to Trondheim Airport. 20 min to Jervskogen skiarena)** For more information on prices, reservation deadlines, etc., please visit our event website.

**Team Captains Meeting**

The team captains meeting will be held on Thursday, February 29th, at 5:00 PM at [Bruket Cultural Center](https://www.google.com/maps/place/Bruket+Kulturhus/@63.4088003,10.7920243,16.19z/data=!4m6!3m5!1s0x466d3d00a39ac289:0xa393ac5cb8340ca1!8m2!3d63.4089301!4d10.7954626!16s%2Fg%2F11bz_rj25b?entry=ttu) in Hommelvik. Parking is available at the [Hommelvik Town Hall.](https://www.google.com/maps/place/Malvik+kommune/@63.4106847,10.7913274,17z/data=!3m1!4b1!4m6!3m5!1s0x466d3daa609cf225:0x529931f9eaa9ec24!8m2!3d63.4106847!4d10.7939023!16s%2Fg%2F1tmpj411?entry=ttu)

**Waxing Stations**

Districts and teams must reserve waxing space for waxing and preparation by January 12, 2024. Waxing spaces include wagons, and stalls of approximately 12 sqm divided by netting fences in heated tents. There is lighting in the tents, and each space has access to power. It is also possible to bring your own wagon, which will have access to power. The prices for waxing spaces are:

* Heated tent waxing space, approximately 12 sqm: Price 6000 NOK (excluding VAT).
* Parking space for your own truck: Price 3000 NOK (excluding VAT).
* Parking space for your own waxing wagon/tent: 2500 NOK (excluding VAT).
* Parking space for motorhomes: Price 2000 NOK (excluding VAT).

These prices include one power outlet, 1 phase, 16A, 230V, and parking for one car. For motorhomes, it includes one power outlet, 1 phase, 16A, 230V. The deadline for orders is January 12, 2024 to: [gmo@hrpas.no](mailto:gmo@hrpas.no), and payment is due by February 1st, 2024, based on the invoice sent to you. You need to fill out [an order form](https://www.skiforbundet.no/arrangement/2023-2024/sc2024/wax-cabins/) for waxing facilities.

**Doping Control**

Please be aware that doping control may be conducted. Such control will take place in a suitable room near the ski stadium.

**Fluor Testing**

Before the start, all athletes must submit their competition skis for testing of fluorine content. Competition skis will also be tested for fluorine content after crossing the finish line.

**Awards Ceremony**

The awards ceremony will follow the regulations of the NSF (Norwegian Ski Federation) and FIS Scandinavian Cup. There will be award ceremonies at the stadium. The awards ceremony will take place immediately after each race.

* Scandinavian Cup – Men and Women
* Norwegian Cup Senior – Men and Women
* Norwegian Cup U23 – Men and Women
* Para Classes – Men and Women

Overall prizes will also be awarded on Sunday.

**Race Office**

The race office is located at [Jervskogen Ski Center](https://www.hommelvikski.no/). The opening hours are:

* Wednesday, February 28, 6:00 PM - 8:00 PM
* Thursday, February 29, 9:00 AM – 6:00 PM
* Friday, March 1, 7:30 AM – 6:00 PM
* Saturday, March 2, 7:30 AM – 5:00 PM
* Sunday, March 3, 7:00 AM – 2:00 PM

You can reach the race office at Jervskogen by email at [langrenn@jervskogen.no](mailto:langrenn@jervskogen.no)

**Contacts**

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| **Role** | **Name** | **Phone** | **E-post** |
| **Organizing Committee Leader** | **Jens Jensen** | **930 53 430** | [**jensjenssen@online.no**](file:///\\login.malvik.local\Apen\Brukere\Home\ROASVE\Langrenn\Skandinavisk%20cup%202024\Innbydelse\jensjenssen@online.no) |
| **Race Director** | **Gunnar Smiseth** | **916 40 120** | [**gunnar.smiseth@gmail.com**](file:///\\login.malvik.local\Apen\Brukere\Home\ROASVE\Langrenn\Skandinavisk%20cup%202024\Innbydelse\gunnar.smiseth@gmail.com) |
| **Assistant Race Director** | **Sander Øwre Haugan** | **909 60604** | [**sanderhaugan@hotmail.com**](mailto:sanderhaugan@hotmail.com) |
| **Course Manager** | **Espen Susegg** | **481 14 864** | [**espen.susegg@sintef.no**](mailto:espen.susegg@sintef.no) |
| **Waxing Station** | **Gunnar Moen** | **404 06 165** | [**gmo@hrpas.no**](mailto:gmo@hrpas.no) |
| **Race Office** | **Kolbjørn Kyllo** | **415 60 132** | [**kolbjornkyllo@gmail.com**](file:///\\login.malvik.local\Apen\Brukere\Home\ROASVE\Langrenn\Skandinavisk%20cup%202024\Innbydelse\kolbjornkyllo@gmail.com) |
| **Parking** | **Rolf I Nevermo** | **976 81 986** | [**Rolf@ruta.no**](file:///\\login.malvik.local\Apen\Brukere\Home\ROASVE\Langrenn\Skandinavisk%20cup%202024\Innbydelse\Rolf@ruta.no) |
| Secretary | **Roar Svendgård** | **990 16 052** | [**roar.svendgard@gmail.com**](file:///\\login.malvik.local\Apen\Brukere\Home\ROASVE\Langrenn\Skandinavisk%20cup%202024\Innbydelse\roar.svendgard@gmail.com) |
| Awards/ceremony | **Torill Anita Weisethaunet** | **907 77 724** | [**torill.anita@weisethaunet.no**](mailto:torill.anita@weisethaunet.no) |
| Technical support | **Eva Øksnes** | **908 36 141** | [**eva-irene-waagan.oksnes@telenor.no**](mailto:eva-irene-waagan.oksnes@telenor.no) |
| Sponsor | **Terje Sørnes** | **901 26 310** | [**terje.sornes@gmail.com**](mailto:terje.sornes@gmail.com) |

**Parking**

Parking is available near [Jervskogen Ski Center](https://www.google.com/maps/place/Jervskogen+Skisenter/@63.3636913,10.7386724,17z/data=!3m1!4b1!4m6!3m5!1s0x466d2332ed4ac18d:0x4bec0346c9cd2c09!8m2!3d63.3636913!4d10.7412473!16s%2Fg%2F11b7bwvpd3?entry=ttu). A parking ticket from Thursday to Sunday costs NOK 350, and daily parking is NOK 100. Payment can be made via a mobile app.

**Changing Rooms**

Information coming soon.

All event-related information can be found on [the event's website.](https://www.skiforbundet.no/arrangement/2023-2024/sc2024/) Useful information will also be posted on [Hommelvik IL Cross-Country Skiing's website](https://www.hommelvikski.no/) and Hommelvik IL's Facebook pages. You can also follow us on Instagram @hommelvikski.