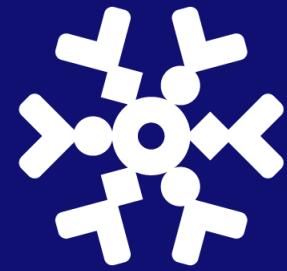




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SC/NC Åsen IL 2026



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TEAM CAPTAIN MEETING FOR Scandinavian Cup NC Junior & Senior Åsen IL

Åsen Stadion Nannestad

20-22/2 2026



AGENDA

- Presentation of the organization, jury and NSF representatives
- Race program
- Arena and area map
- Timetable
- Information about starting numbers and draw
- Weather forecast
- Presentation of the arena for the competitions
- Presentation of competition trails
- Ski test and warm-up
- Preparation of trails
- Information from TD
- Information from NSF
- Information from the organizer



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Presentation by organizer, jury and NSF representative



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Organizer:

Chief of competition: Rolf Hauger

Race Secretary: Gry Lamøy

Chief of courses: Bjørn Haga

Timekeeping: Svein Ove Lamøy

Speaker: Bjørn Helge Røtterud

Jury:

TD: Torbjørn Brooks

TDA: Akseli Vuorinen (FIN)

TDA: Leo Mignerey (FRA)

Chief of competition: Rolf Hauger

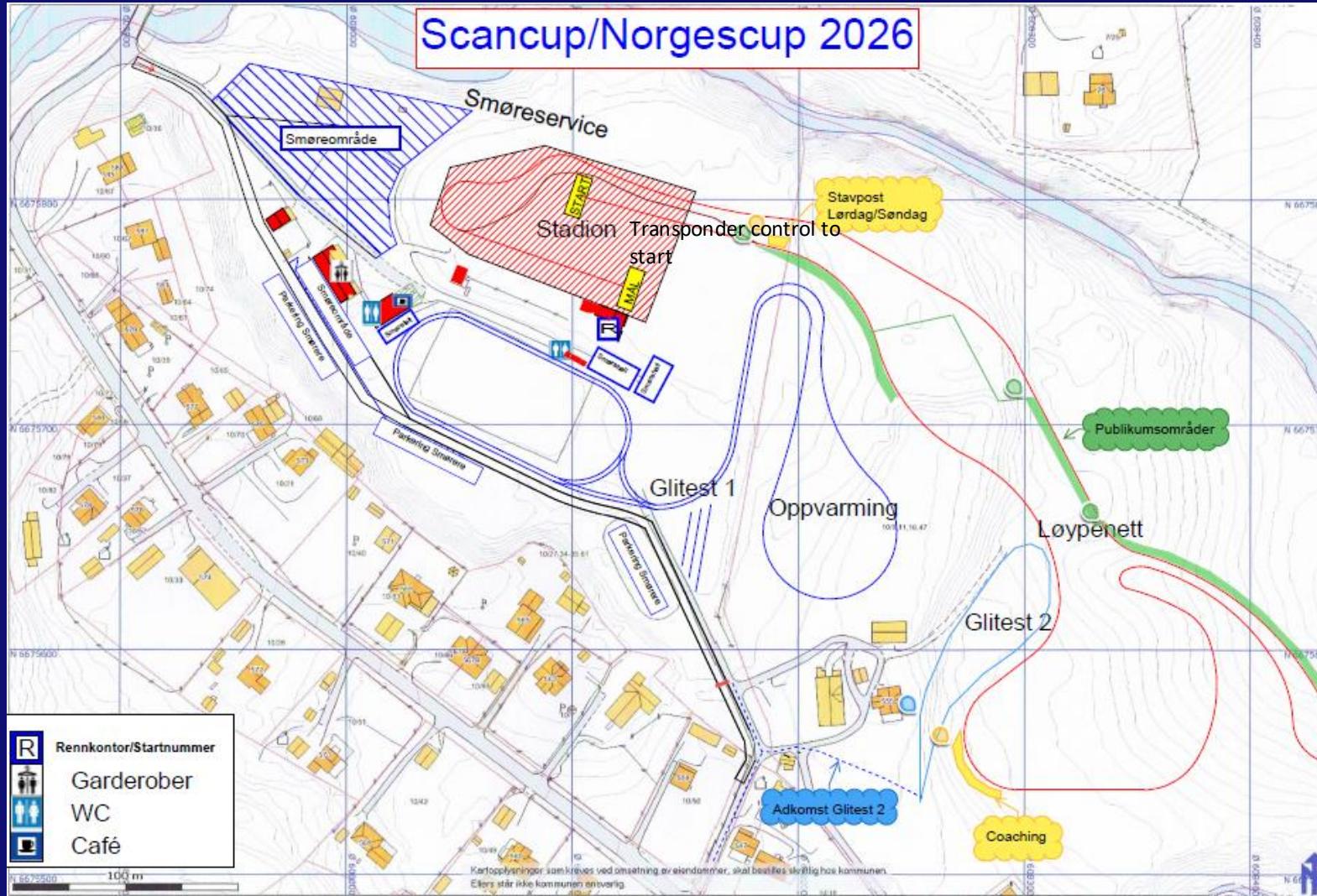
NSF:

National race director: Erik Husby

Entries: Asgeir Moberg



Venue



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Ski testing and warm-up courses



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Opening hours courses



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Courses opens 07:30

Course close 10 minutes before the first start and are closed until the last racer crosses the finish line every day

Race start Friday 09:00, course closes 08:50

Race start Saturday 08:30, course closes 08:20

Race start Sunday 09:00, course closes 08:50



Prizes and ceremony



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At flagpoles outside clubhouse

Approximately 20 minutes after last racer finishes



Friday



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Fredag/Friday:

06:30 Stadion med smøreområder åpner / Wax area opens

07:30 - 16:30 Rennkontor åpent / Race office opens

09:00 K18 - 3,75km F, blå/blue 3,75 km

09:26 K17 - 3,75km F, blå/blue 3,75 km

10:10 10 km F - K sen/K19/20 (W sen/W19/20), 2 runder rød 5,0 km (2 laps red 5km)

11:55 10 km F - M sen/M19/20, 2 runder rød 5,0 km (2 laps red 5km)

14:40 M18 - 5km F, blå/blue 5,0 km

15:19 M17 - 5km F, blå/blue 5,0 km

21:00 Stadion stenger / Stadium closed



Information about bibs and transponders on Friday



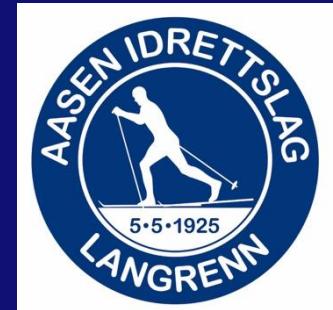
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Bibs can be collected outside the race office at the stadium from 1 hour before the first start in class.

Transponders must be brought for inspection before distribution of bibs

Start list drawn and published on website / Whatsapp early in the evening the day before the competition

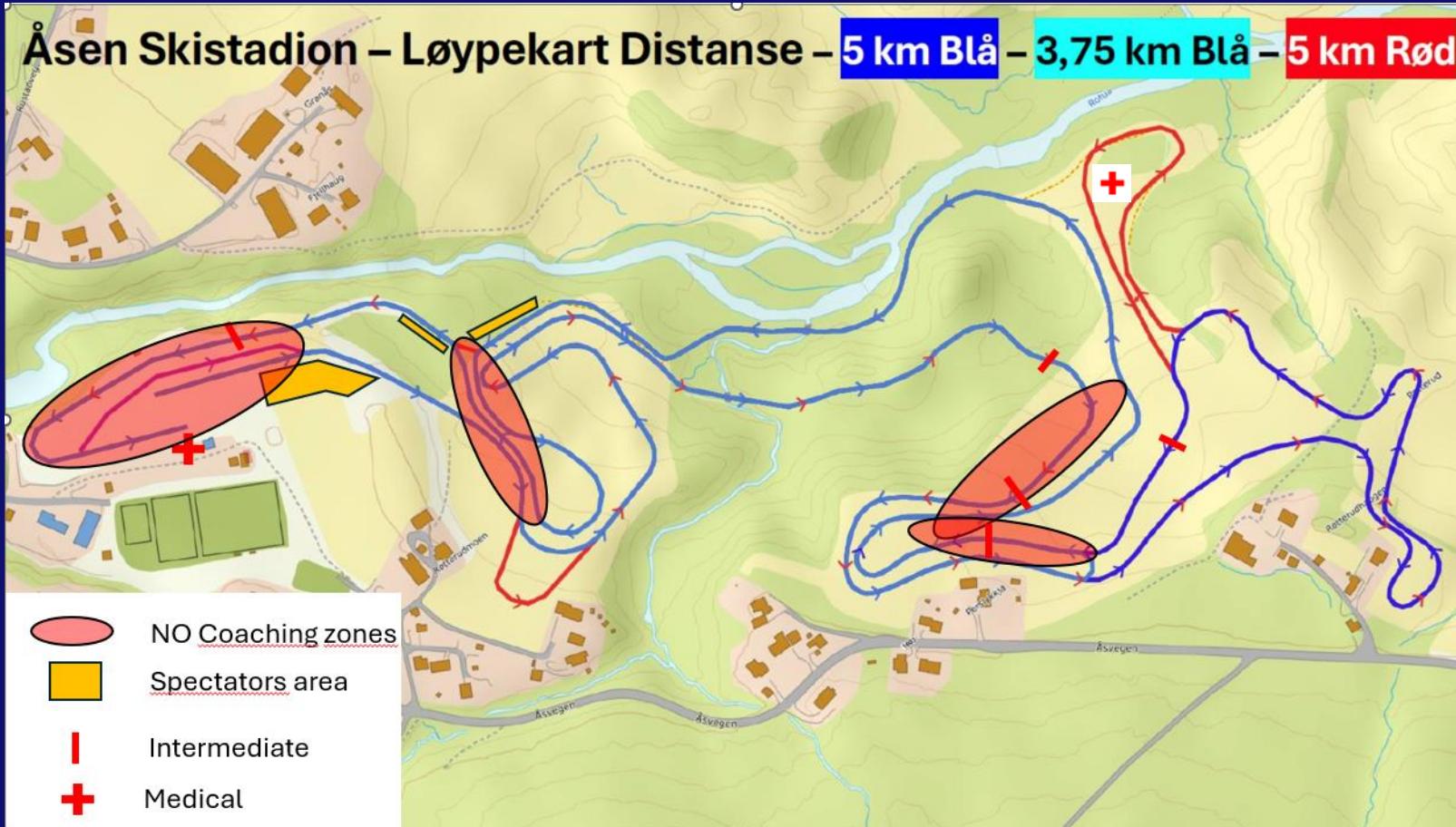
Draw according to the guidelines in the season information from
NSF



Courses Friday



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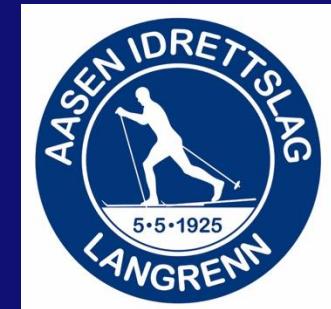
Saturday



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06:30	Stadion med smøreområder åpner / Wax area opens
07:30 - 17:00	Rennkontor åpent / Race office open
08:30	K19/20 sprint F prolog -1,0km grønn løype
08:50	K18 sprint F prolog -1,0km grønn løype
09:06	K17 sprint F prolog -1,0km grønn løype
09:35	K19/20, K18, K17 - sprint F finaler
11:30	W sen sprint prolog F, rød/red course
11:45	M sen sprint prolog F, rød/red course
14:00	W/M sen sprint F finals
12:20	M19/20 sprint F prolog -1,2km blå løype
12:50	M18 sprint F prolog -1,2km blå løype
13:15	M17 sprint F prolog -1,2km blå løype
15:40	M19/20, M18, M17 - sprint F finaler
21:00	Stadion stenger / Stadium closed

Detailed schedule for sprint
finals published in
WhatsApp



Information about bibs and transponders on Saturday



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Bibs can be collected outside the race office at the stadium from 1 hour before the first start in class.

Transponders must be brought for inspection before bib distribution

Sprint finals:

No heat selection

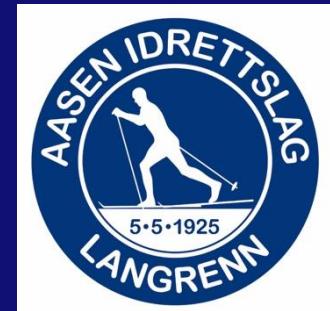
Senior gets a new bibs (1-30)

Junior uses the same bib as in the prologue

Everyone gets a leg bib distributed in the same place as the start bib, attached to the **RIGHT** leg

Start list is drawn and published on the website / Whatsapp early in the evening the day before the competition

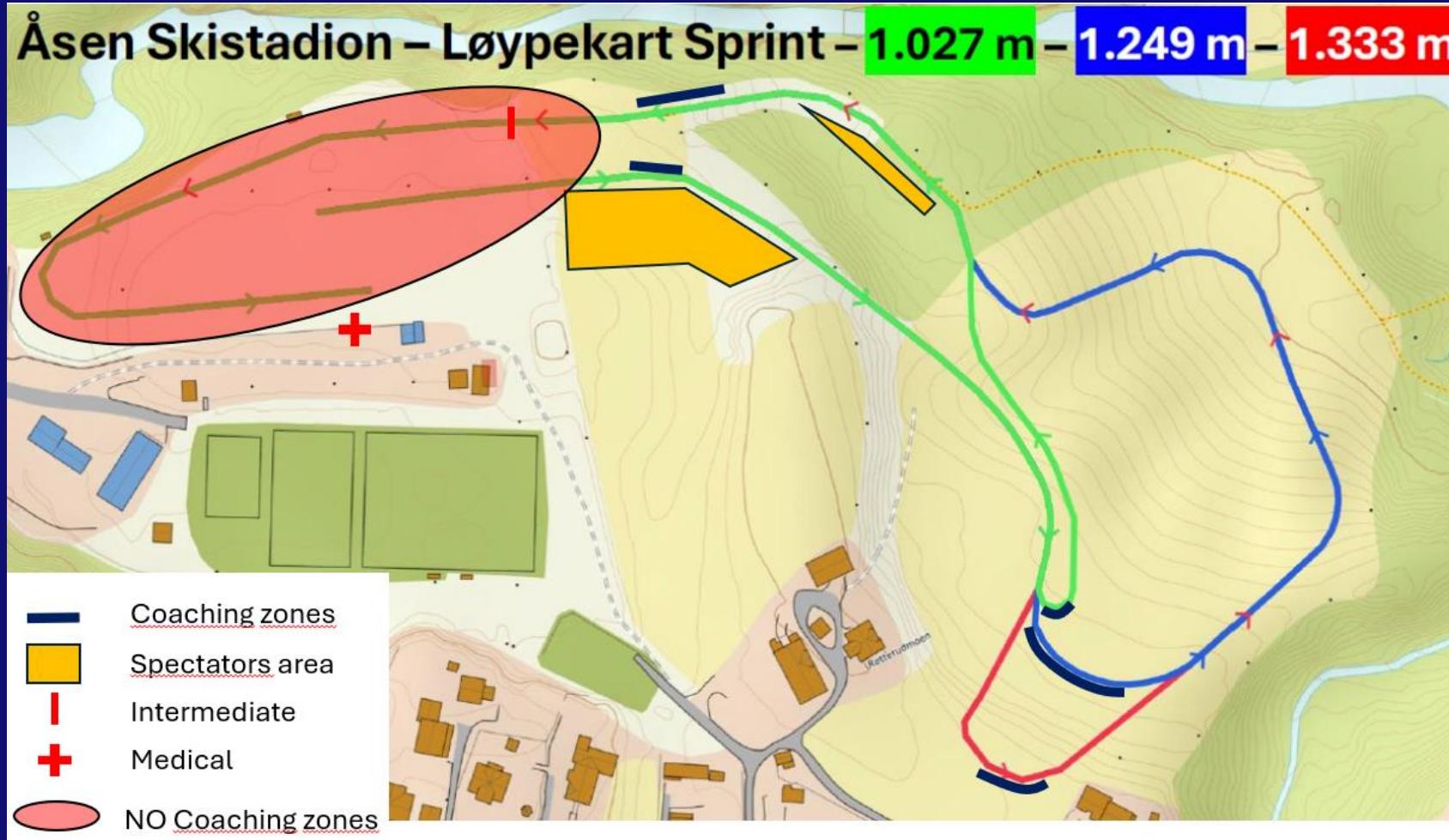
Draw according to the guidelines in the season information from NSF



Courses Saturday



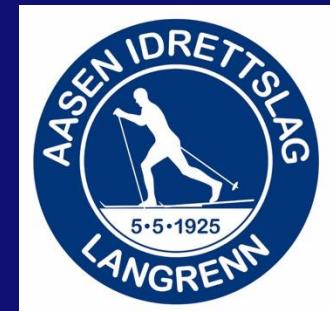
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Sunday



06:30	Stadion med smøreområder åpner / Wax area opens
07:30 - 14:00	Rennkontor åpent / Race office open
09:00	K18 - 7,5 km K fellesstart, 2 runder blå 3,75 km
09:20	K17 - 7,5 km K fellesstart, 2 runder blå 3,75 km
09:40	K19/20 - 10 km K fellesstart, 2 runder blå 5,0 km
10:15	M18 - 10 km K fellesstart, 2 runder blå 5,0 km
10:45	M17 - 10 km K fellesstart, 2 runder blå 5,0 km
11:15	M19/20 - 15 km K fellesstart, 3 runder blå 5,0 km
12:15	K/W sen 20 km K felles/mass - 4 runder/laps in red 5 km course
13:20	M sen 20 km K felles/mass - 4 runder/laps in red 5 km course
14:00	Takk for oss - vel hjem
14:00	It is over - drive carefully!



Information about bibs and transponders on Sunday



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Bibs can be collected outside the race office at the stadium from 1 hour before the first start in class.

Transponders must be brought for inspection before bib distribution

Everyone will receive a leg number in the same place as the start bib, attached to the **RIGHT** leg

Start list will be drawn and published on the website / Whatsapp early in the evening the day before the competition

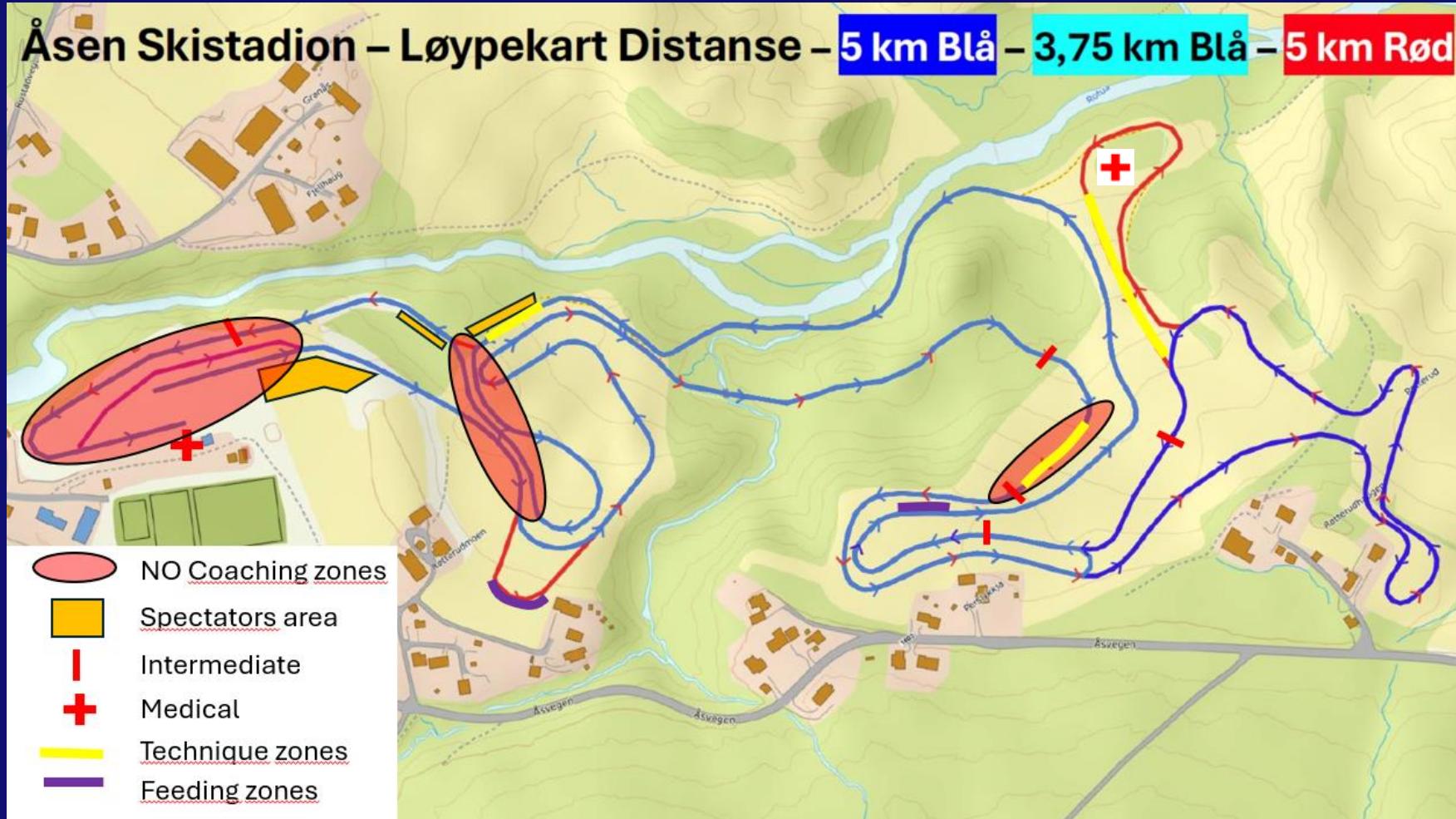
Draw according to the guidelines in the season information from NSF



Courses Sunday



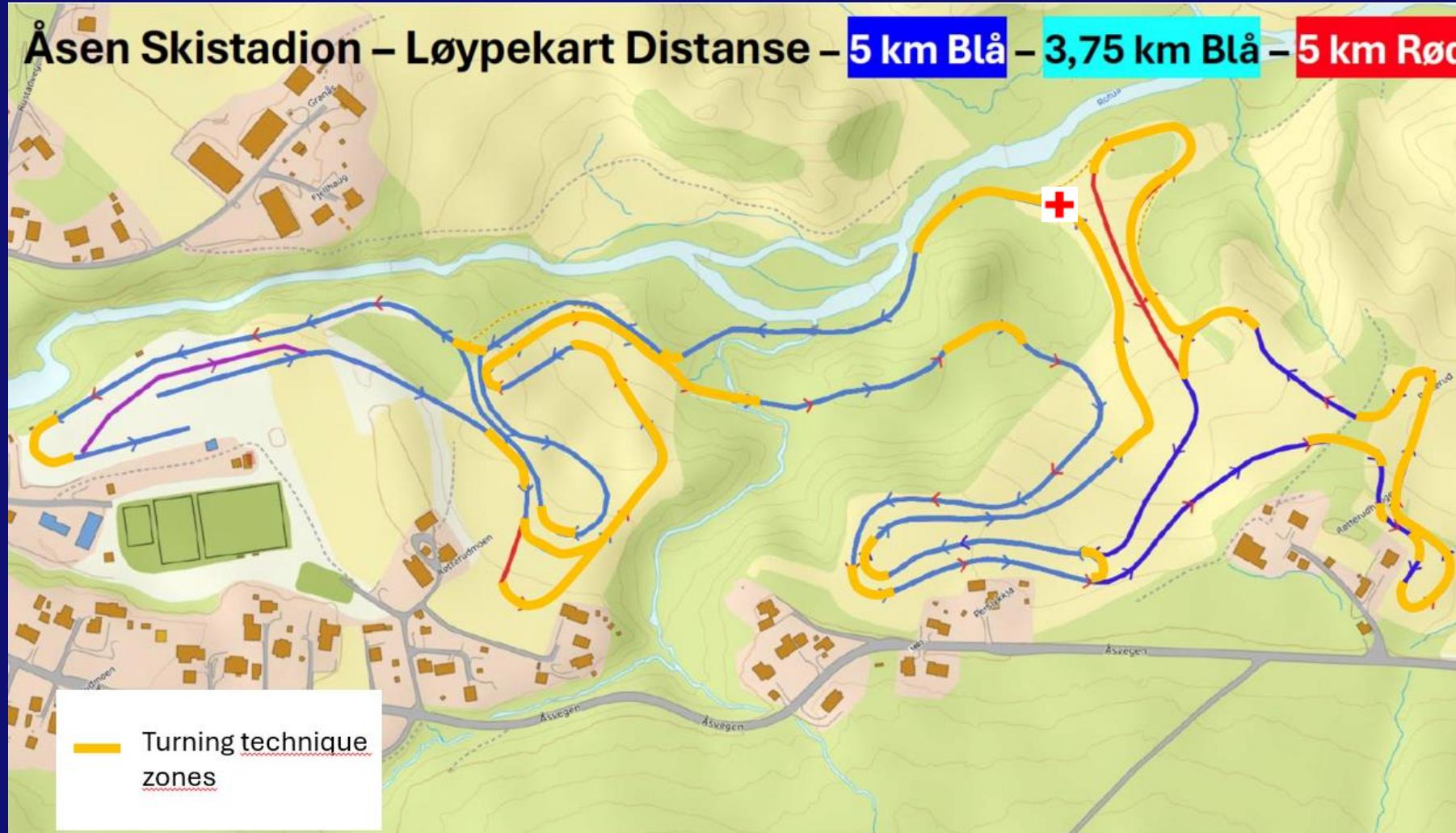
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Turning technique zones Sunday



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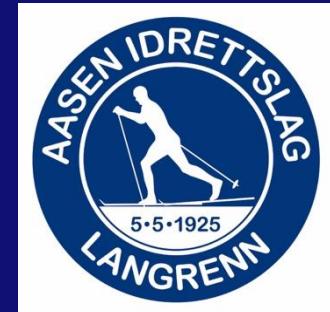


Weatherforecast Friday



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07		-11°	2 (5) ↘	Svak vind fra nordøst med vindkast på 5 m/s
08		-10°	3 (7) ↘	Svak vind fra nordvest med vindkast på 7 m/s
09		-8°	4 (10) ↗	Lett bris fra sørvest med vindkast på 10 m/s
10		-7°	4 (10) ↗	Lett bris fra sørvest med vindkast på 10 m/s
11		-5°	4 (10) ↗	Lett bris fra sørvest med vindkast på 10 m/s
12		-3°	5 (11) ↑	Lett bris fra sør med vindkast på 11 m/s
13		-2°	5 (11) ↑	Lett bris fra sør med vindkast på 11 m/s
14		-1°	5 (12) ↑	Lett bris fra sør med vindkast på 12 m/s
15		-2°	5 (12) ↑	Lett bris fra sør med vindkast på 12 m/s
16		0,1-0,5	5 (12) ↑	Lett bris fra sør med vindkast på 12 m/s
17		0,2-0,6	5 (11) ↑	Lett bris fra sør med vindkast på 11 m/s



Grooming



Weather dependent but basically late evening/early night

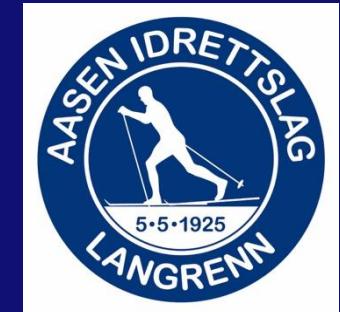




Fluor testing

Random inspection every day

Mark skis with starting number behind the binding



Information from TD



- 343.2/344.4 - always ski in the race direction
- 343.8 - classic race on Sunday
- 343.10 - passing others - do not obstruct, mutual responsibility when side-by-side
- 344.2 - fixed position when feeding
- 343.4 – start at the correct time
- 310.2.1 – technique zone: diagonal stride
- 310.2.2.3 – turning technique zone – not a “skating zone”



Informasjon fra NSF



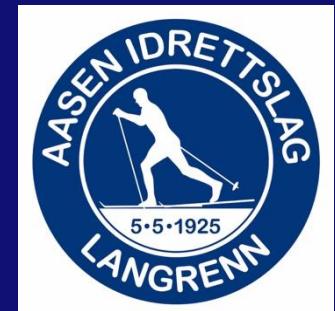
- Protest – 15min after published unofficial results in Whatsapp
- Prize money Scandinavian Cup (seniors)
 - 1.Place: 600 EUR
 - 2.Place: 400 EUR
 - 3.Place: 200EUR
- Prize money Scandinavian Cup Overall (Sunday)
 - 1.Place: 800 EUR
 - 2.Place: 600 EUR
 - 3.Place: 400 EUR



Informasjon fra NSF



- Direkte friplass til WC Falun
 - Beste norske Sprint F Åsen -> Fripass Sprint F Falun
 - Beste norske sammenlagt 10km F og 20km K fellesstart Åsen -> Fripass 20km Skiathlon Falun. Ved lik poengsum (NC) brukes beste sammenlagt tid.
- Premiepenger NC junior 19/20år – Fra NSF og Langrennssportens venner
 - 1.Plass: 3000kr
 - 2.Plass: 2000kr
 - 3.Plass: 1000kr





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TAKK FOR MØTET OG LYKKE
TIL!

