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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



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- 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



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

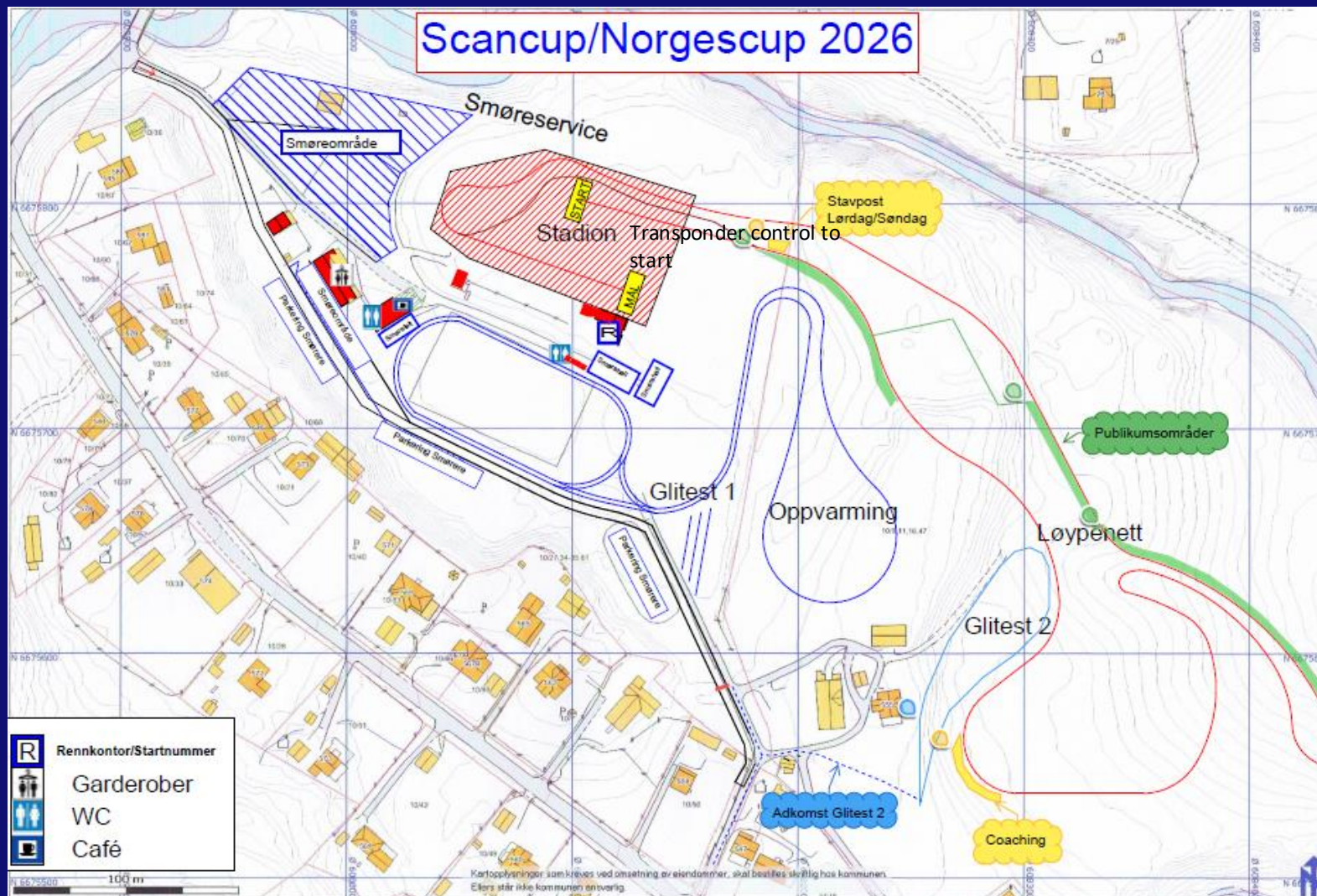
Entries: Asgeir Moberg



Venue



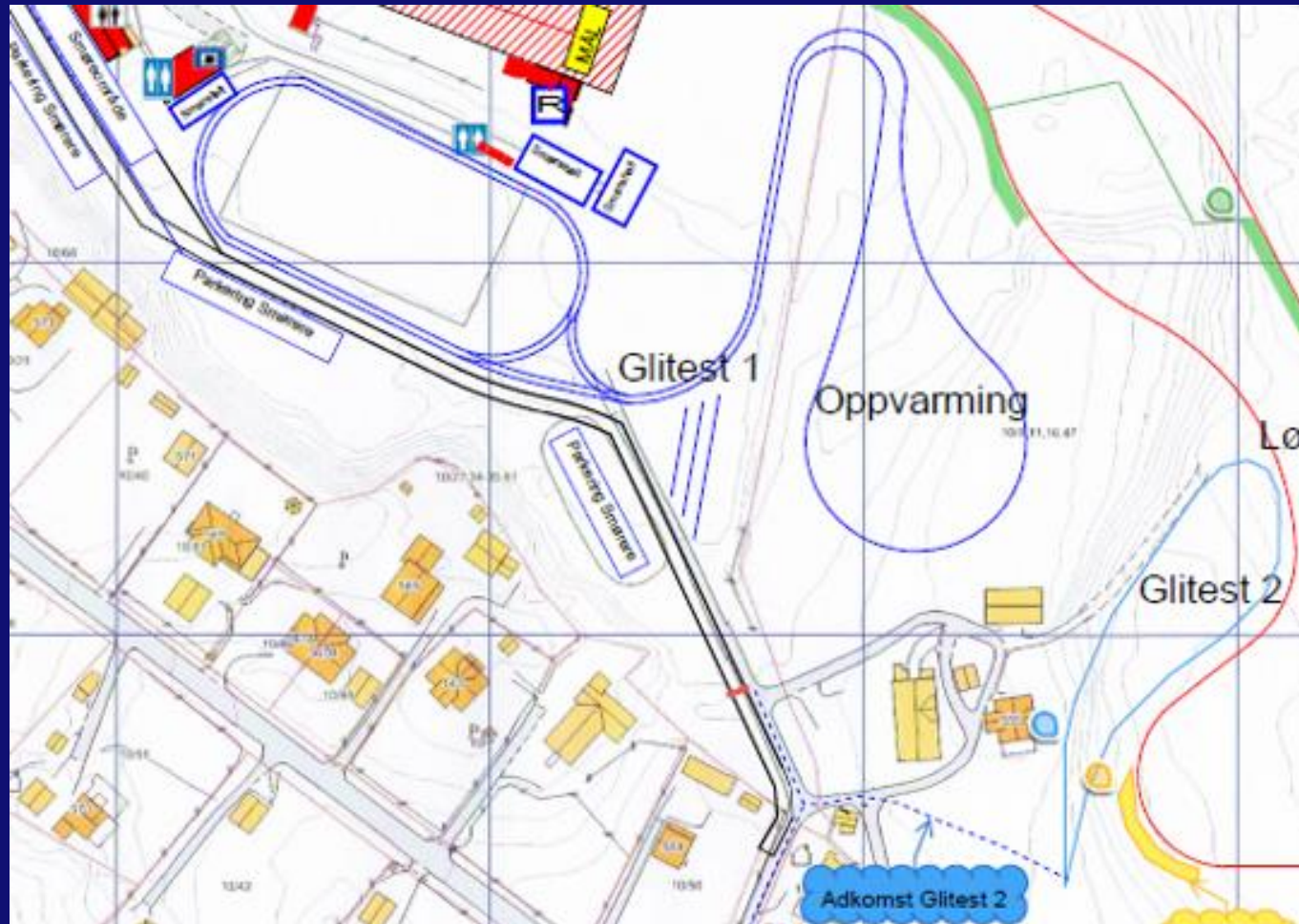
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Ski testing and warm-up courses



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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

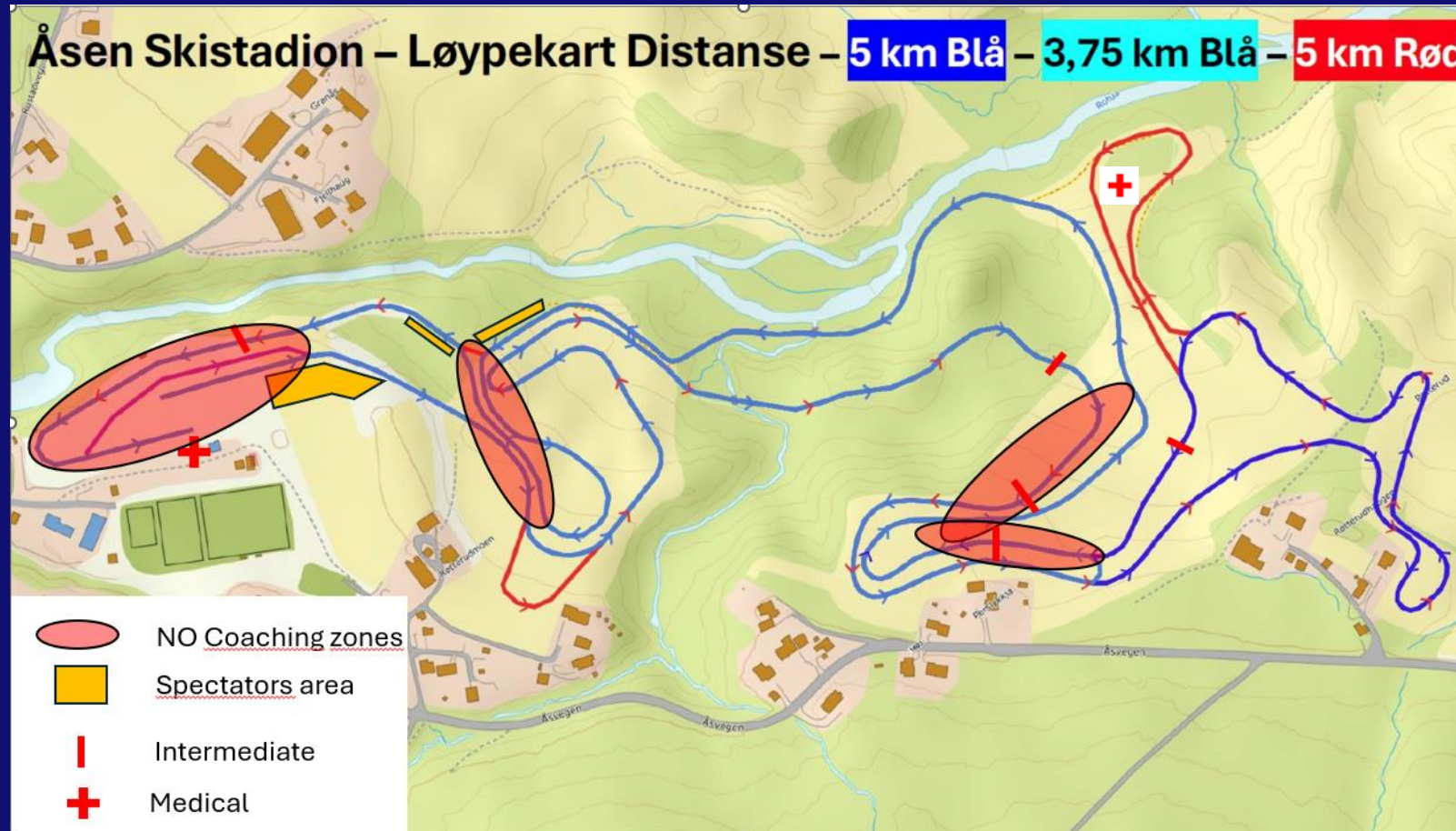
Draw according to the guidelines in the season information from NSF



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 finaler

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

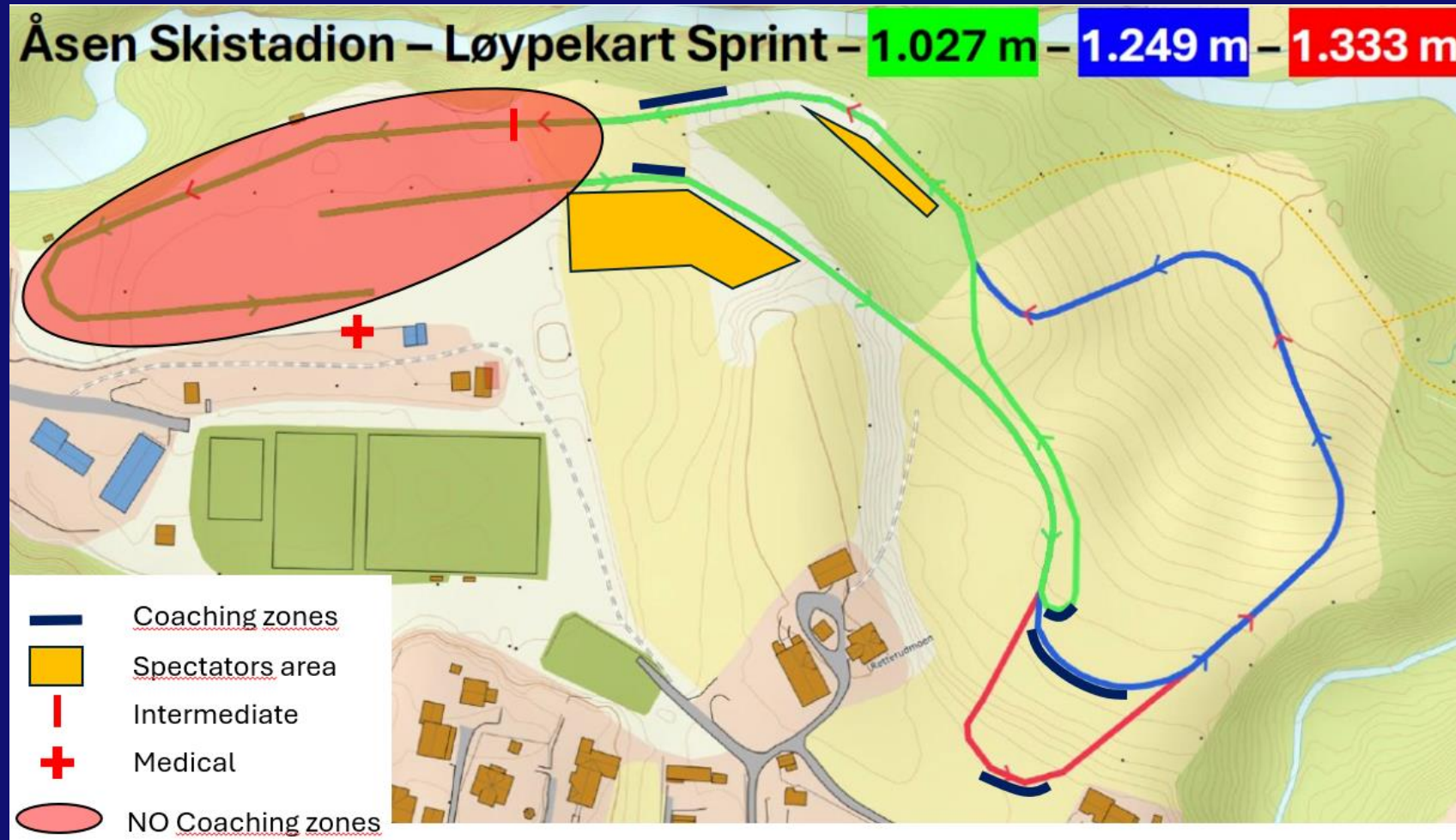
Draw according to the guidelines in the season information from NSF



Courses Saturday



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Sunday



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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

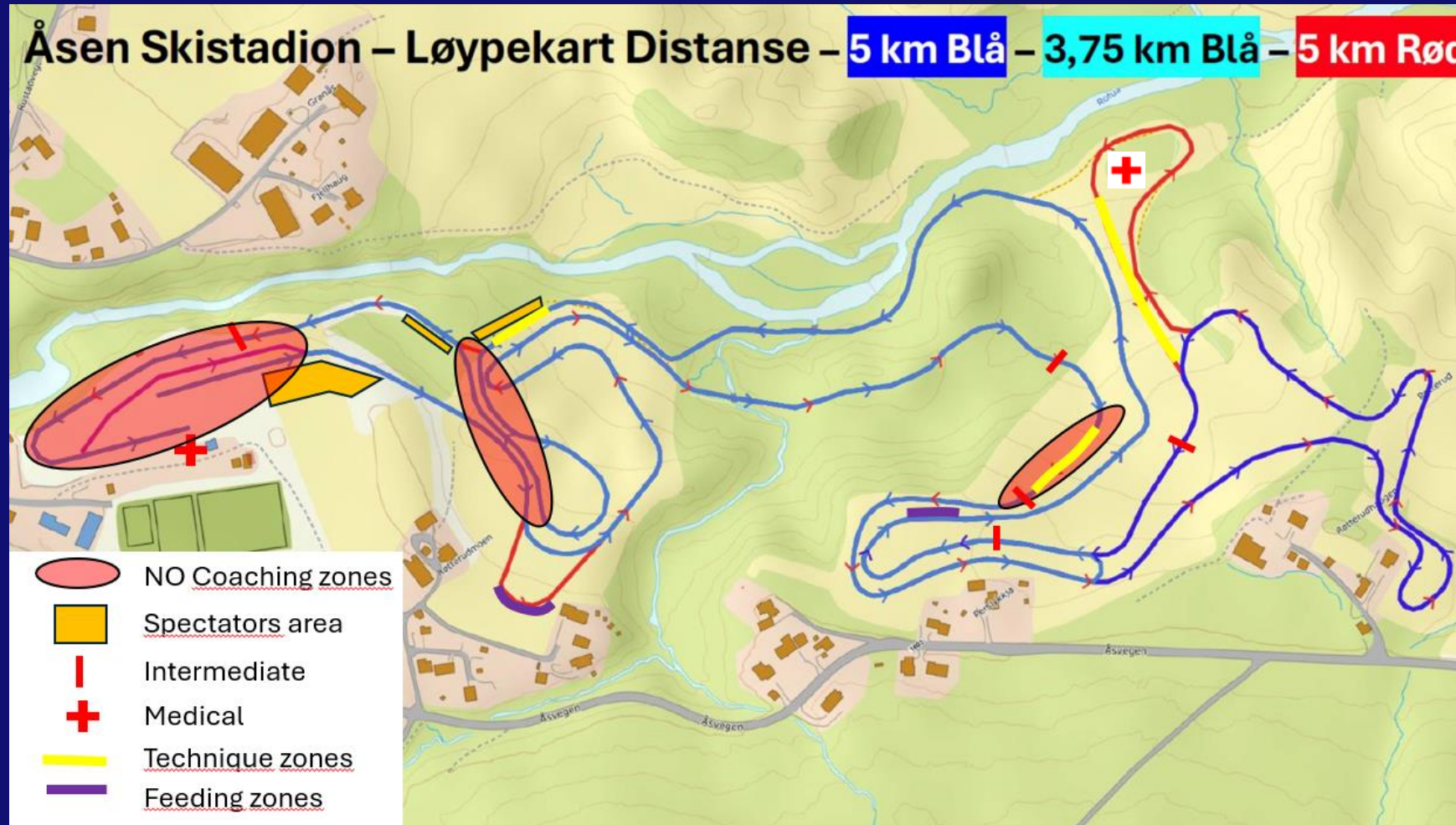
Draw according to the guidelines in the season information from NSF



Courses Sunday



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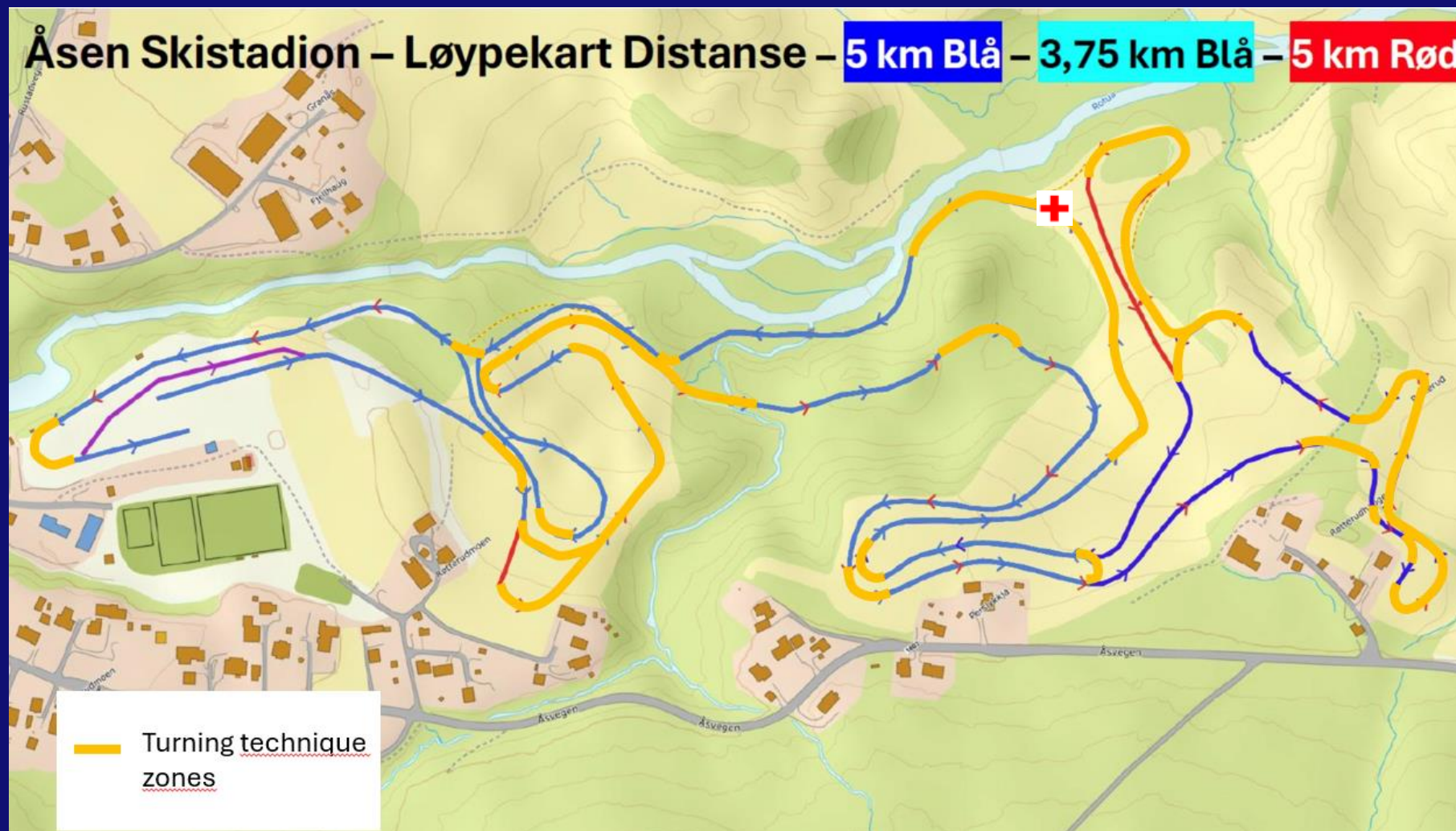
3 – 4
classic
tracks



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°	0-0,2	5 (11) ↗	Lett bris fra sør med vindkast på 11 m/s
14		-1°	0-0,4	5 (12) ↗	Lett bris fra sør med vindkast på 12 m/s
15		-2°	0-0,5	5 (12) ↗	Lett bris fra sør med vindkast på 12 m/s
16		-2°	0,1-0,5	5 (12) ↗	Lett bris fra sør med vindkast på 12 m/s
17		-2°	0,2-0,6	5 (11) ↗	Lett bris fra sør med vindkast på 11 m/s



Grooming



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Weather dependent but basically late evening/early night



Fluor



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Fluor testing

Random inspection every day

Mark skis with starting number behind the binding



Information from TD



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- 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 -> Friplass Sprint F Falun
 - Beste norske sammenlagt 10km F og 20km K fellesstart Åsen -> Friplass 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!

