

FALUN

TEAM CAPTAINS' MEETING

Mixed event

4x5km Relay

MARCH 19th 2023



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WWW.FIS-SKI.COM

www.skidspelen.se

AGENDA

Roll Call
Introduction of the OC and the Jury
Event Program
Venue Overview
Timetable
Weather Forecast
Entries and draw
Stadium
Courses
Ski testing and warming up
Course Preparation and Grooming
Information from the TD
Information from FIS
Information from the OC

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ROLL CALL

- AUS
- CAN
- FIN
- FRA
- GER
- ITA
- NOR
- POL
- SUI
- SWE
- USA

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INTRODUCTION OF THE LOC AND JURY

LOC

Chairman: Ulrika Back

Chief of competition: Tomas Jons

Accommodation: Agneta Andersson

Transportation: Anna Zetterström

Payment: Öyvind Karnö

Race Secretary: Susanne Martinsson

Jury

TD: Enzo Macor ITA

TD Assistant: Tor-Arne Hetland NOR

National TD: Björn Westerström

Chief of Competition: Tomas Jons

RD: Michal Lamplot

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EVENT PROGRAM

08.00-15.00	Race office and transport services open
08:00-	Ski test and warm up course open
08.30-	Bibs pick up outside Race Office
09.00-11:10	Stadium and Relay course open for training and ski-test
11:15	Relay 4x5km (M/W/M/W) C,C,F,F
13:00	SuperSprint – for UKR

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TCM: Mixed Relay



COURSE OPENING TIME

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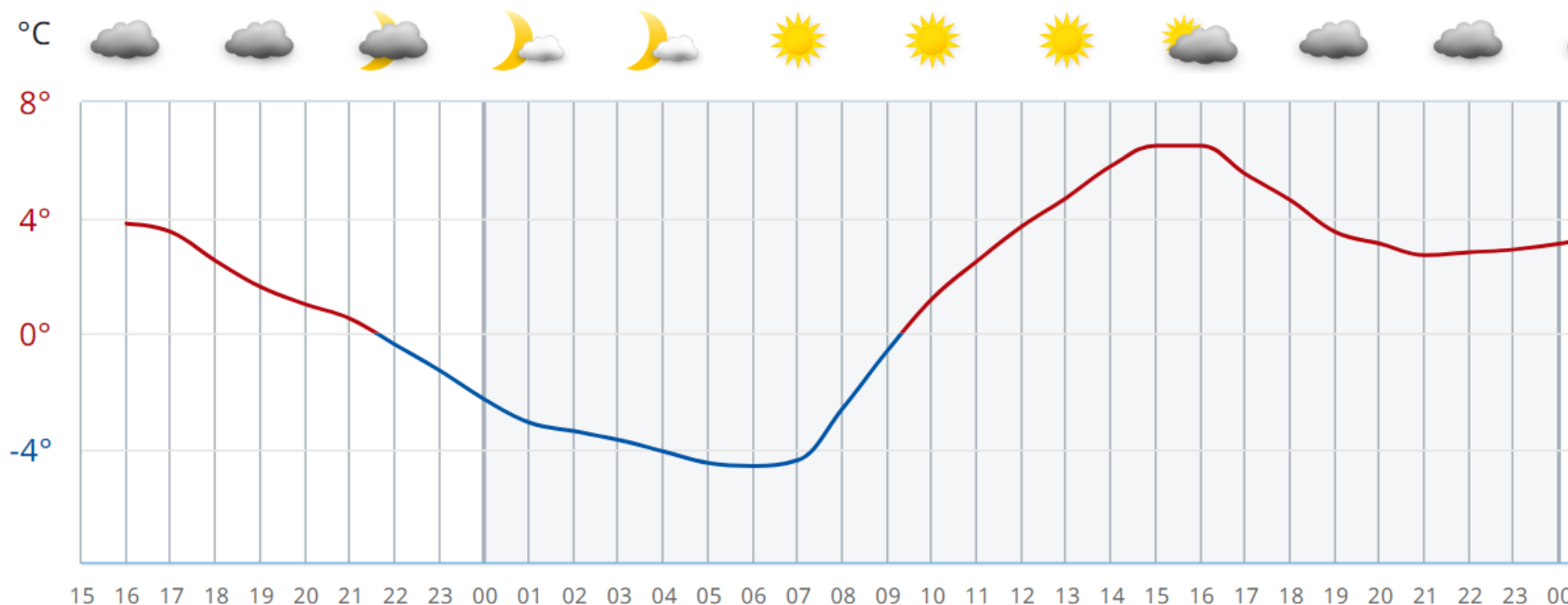


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WEATHER FORECAST



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ENTRIES & START LISTS

Start bibs outside Race office from 08:30
In bags per nation

Leg bibs on last leg in Relay

Stickers for skis in the bag

Start list

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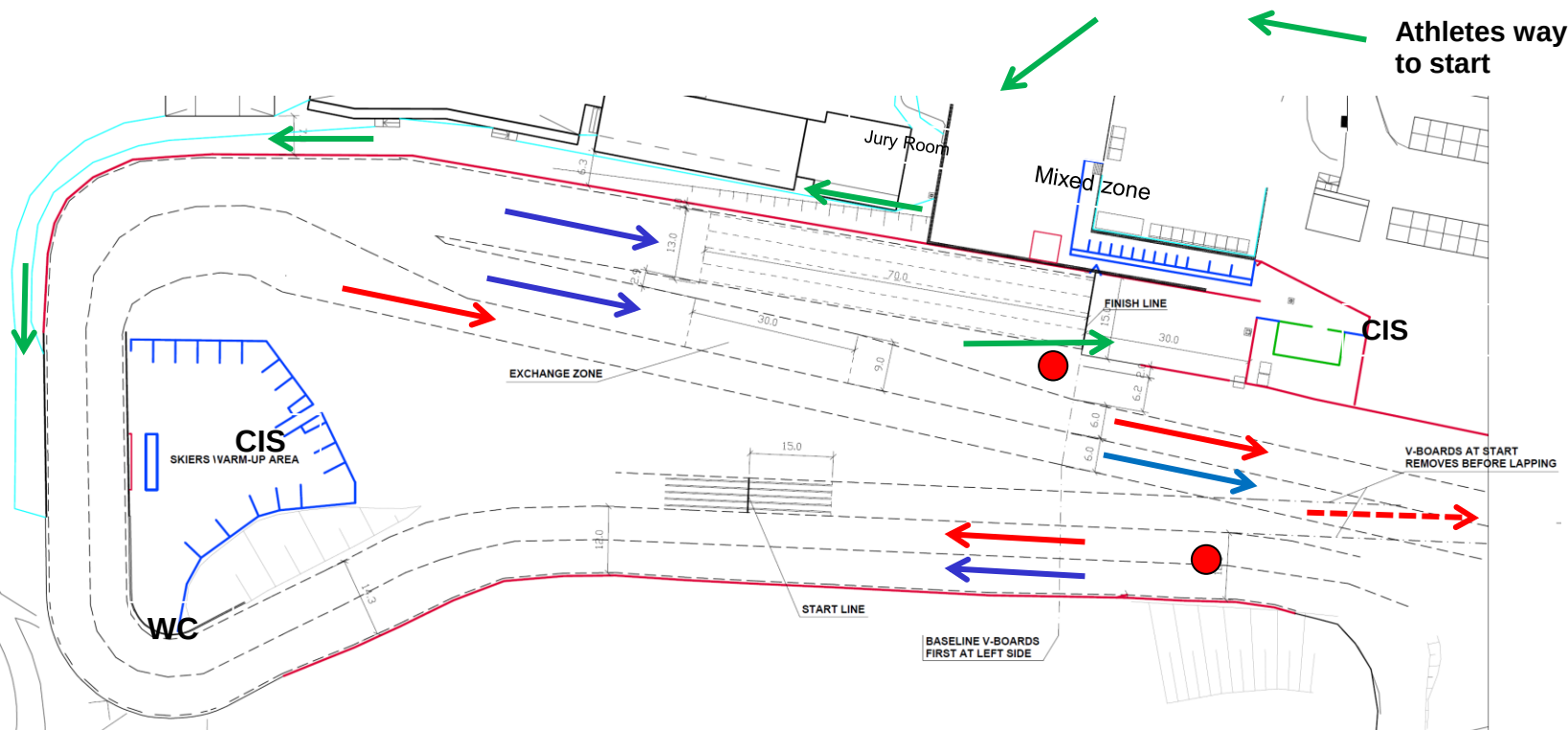
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- **Athletes way to start**
- **Transponder pick up**
in pre-start area
- **3 start tracks**
15m corridors
- **March in 3mins before**
start
- **Athletes go to mixed**
zone after exchange
- **4 finish corridors**
- **Neutral pole service** ●



Relay COURSE

2,5km red + 2,5km blue => 5km course

Passing stadium after 2,5km

Coach zone 

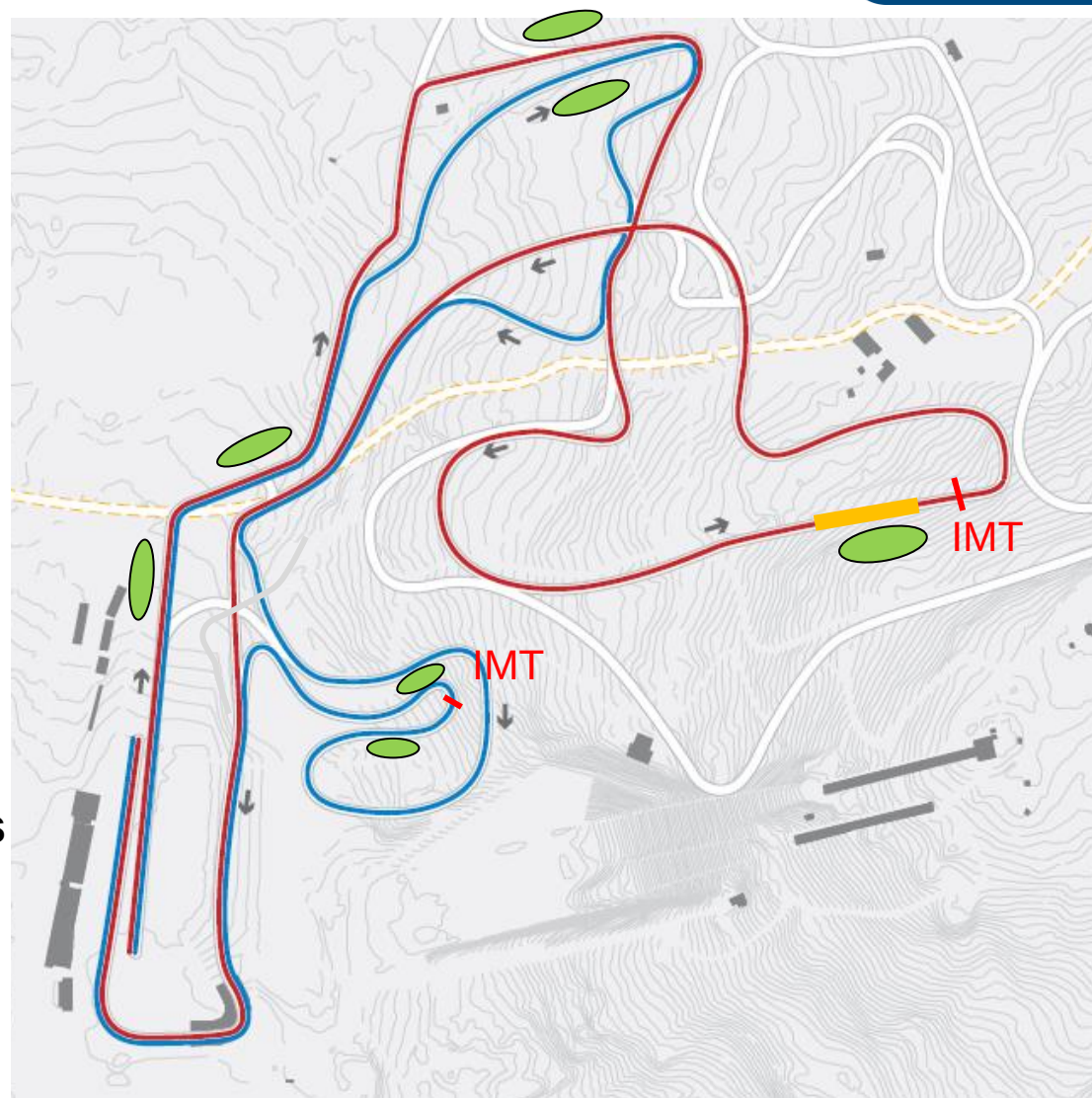
Diagonal zone 

2 classic tracks on left side + F on right

Classic and free separated by branches,
except right-curve with v-boards.

All v-boards are taken away before F-legs

Free techn legs allowed to skate over
tracks



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COURSE PREPARATION & GROOMING

Grooming start at 20:00

Final round on course aprox 23:30

Forerunners in case of icy conditions

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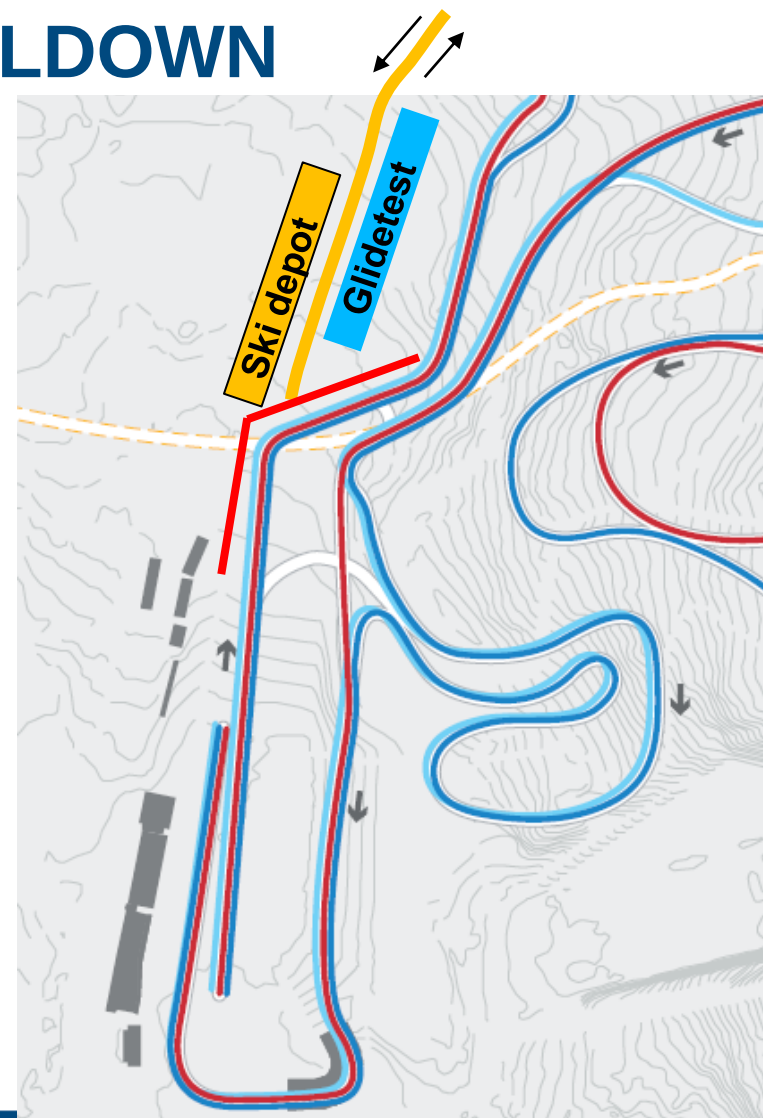


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SKI TEST, WARM UP AND COOLDOWN

- Course opening times – table on page 6
- During race warm up and cool down on warm up course 
- Ski depot per nation
- Corridor from Ski depot to test area on stadium.



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GENERAL INFORMATION FROM THE LOC

SuperSprint - Live betting online

Initiative from SWE athletes

- 13:00 Sunday Startbibs in pre-start area 12:45
- 20 men, 12 women
- Heats – 4 athletes per heat Quarter-, Semi- and Finals
Winner + 3 LL in Quarter to Semi;
#1 & #2 in semifinal to final
- Free technic

Everyone does it for free

Betting and commercial rights – money to UKR ski federation

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GENERAL INFORMATION FROM THE TD

343.10.1 Overtaking

343.9 Obstruction

343.8 Classic technique

315.8.1 Ski marking

343.3

- time limit for ski delivery -30 mins before athletes start
- number of ski per athlete, 2 pairs for C, 1 for F

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Mixed Relay

- **Classic legs – 2 pairs/athlete**
 - Leg 1: 10:55
 - Leg 2: 11:05
 - Technicians pick up skis after test
- **Skate legs – 1 pair/athlete**
 - 11:15
 - 11:25
 - Athlete pick up skis going to exchange



FIS CROSS COUNTRY WORLD CUP

coop

NSA

BIB

LEG

PAIR /SKI

MURDMAASUUSATAMISE MK ETAPP TALLINNAS 21. märts 2023

TALLINN
NORDIC

Program

Monday 20th March

14:00-17:00 Official training

18:00 TCM

Tuesday 21st March

15:30-16.55 Warm-up on course TBC

17:00 Qualification W

17:30 Qualification M

19:30 Finals W/M



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Thank you for this year!

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