FALUN

TEAM CAPTAINS' MEETING

Sprint Free

MARCH 18th 2023

FIS CROSS COUNTRY WORLD CUP

coop

FIS TITLE SPONSOR

FIS PRESENTING SPONSOR

EVENT SPONSORS

WWW.FIS-SKI.COM

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AGENDA

Roll Call
Introduction of the OC and the Jury
Event Program
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

ROLL CALL

- AUS
- AUT
- BUL
- CAN
- COL
- CZE
- ESP
- FIN
- FRA
- GBR
- GER
- HUN
- ITA
- KAZ
- LAT
- NOR
- POL
- SLO
- SUI
- SWE
- USA

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: Klara Jons

Jury

TD: Enzo Macor ITA
TD Assistant: Tor-Arne Hetland NOR
National TD: Björn Westerström
Chief of Competition: Tomas Jons
RD: Michal Lamplot

EVENT PROGRAM

08.00-18.00	Race office and transport services open
08:00	Ski test, warm up course and distance course open
08.30	Bibs pick up outside Athletes lounge
09.45-10:45	Stadium and sprintcourse open for training and ski-test
10:50	**Sprint Qualification Women/Men F**
12:00	Youth event – stadium and sprintcourse closed
12:55-13:15	Stadium opens for skitest and warm-up
13:20	**Sprint Finals Women/Men F**
15:30	Official training Relay
18:00	TCM Relay

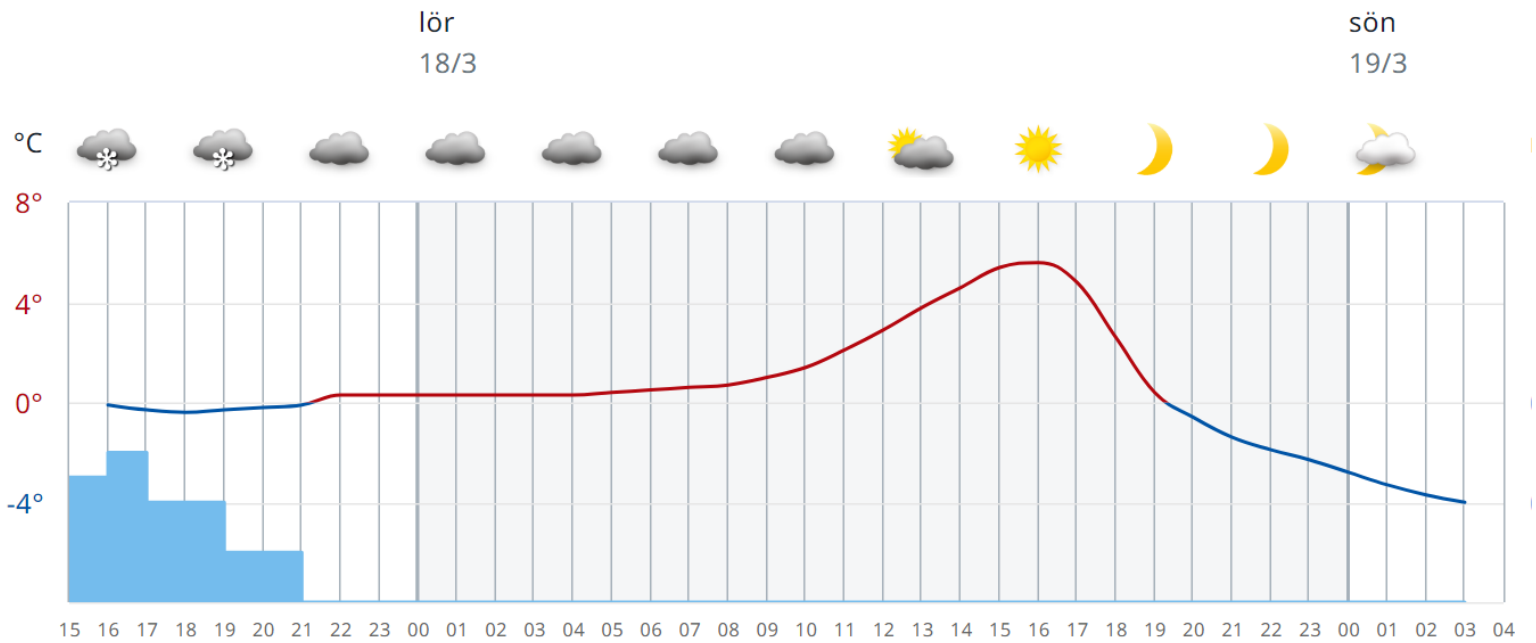
SUNDAY

11:15	Mixed Team Relay C,C,F,F

COURSE OPENING TIME

Course opening times	Courses	Remarks	Teams			Athletes	
			Course + SRS	Start/Finish	Staff CC	Training	Race bib CC
Saturday 18/03/2023							
08:00 - 10:45	Test area in the stadium		X	X	X	X	X
08:00 - 17:00	Distance course - without sprint course and stadium	Classic and Free technique	X	X	X	X	X
09:45 - 10:45	Sprint course		X				X
10:50 - Qualification Women Sprint F							X
Between women's and men's qualification		10' only for men					X
Qualification Men Sprint F							X
After the end of qualification - 13:00	Stadium closed - kids race						
12:55 - 13:15	Sprint course		X				X
12:55 - 13:15	Test area in the stadium		X	X	X	X	X
13:20 Sprint F Finals							X
After Sprint F - 18:00	All courses	Classic and Free technique	X	X	X	X	
18:00 TCM	**Admin building end of stadium**	**Hybrid**					

WEATHER FORECAST



ENTRIES & START LISTS

Start list

Start bibs outside Athletes lounge

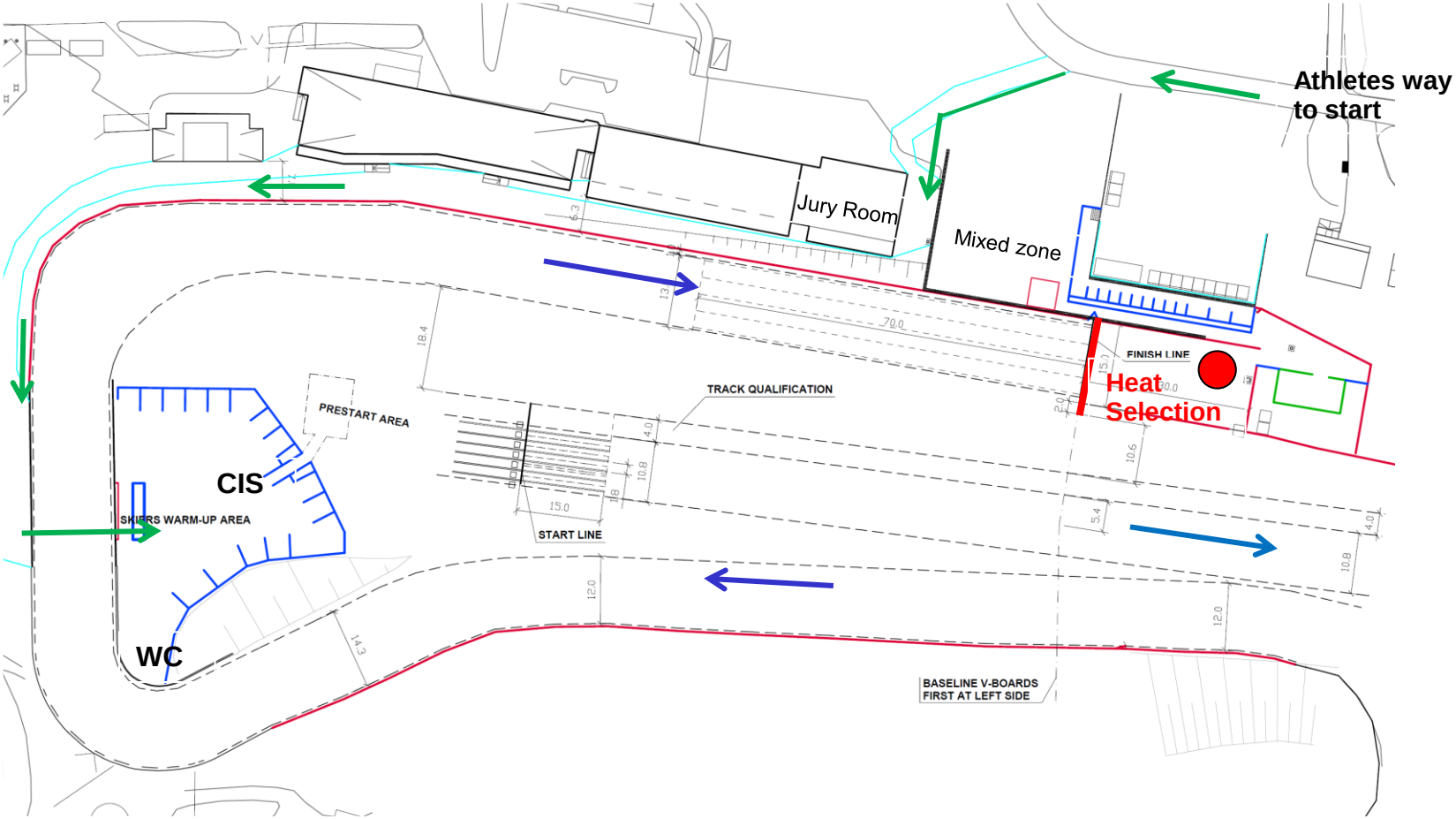
08.30 – 09.00

In bags per nation, women and men separate bag

Stickers for skis in the bag

STADIUM

- Athletes way to start in front of waxcabins – mixed zone
- Qual Lane, left side for first 300m
- 6 start tracks, 15m corridors
- 4 corridors, 50m
- Transponder pick up in pre-start area
- No clothes transportation



COURSE

Green 1,4km course

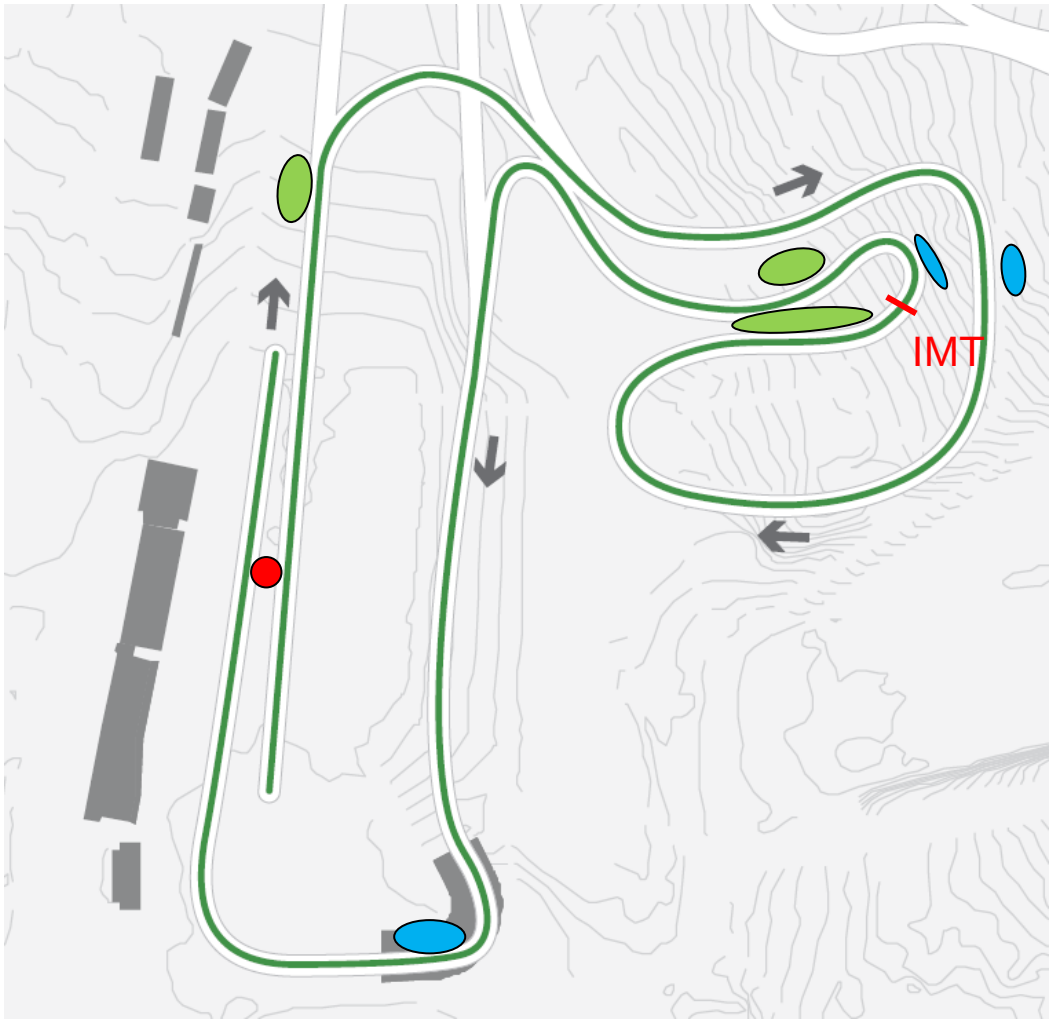
Separat qual track for first 300m

all tracks open for qualification,

Coach zone qual & heats

Coach zone qualification

Neutral pole service



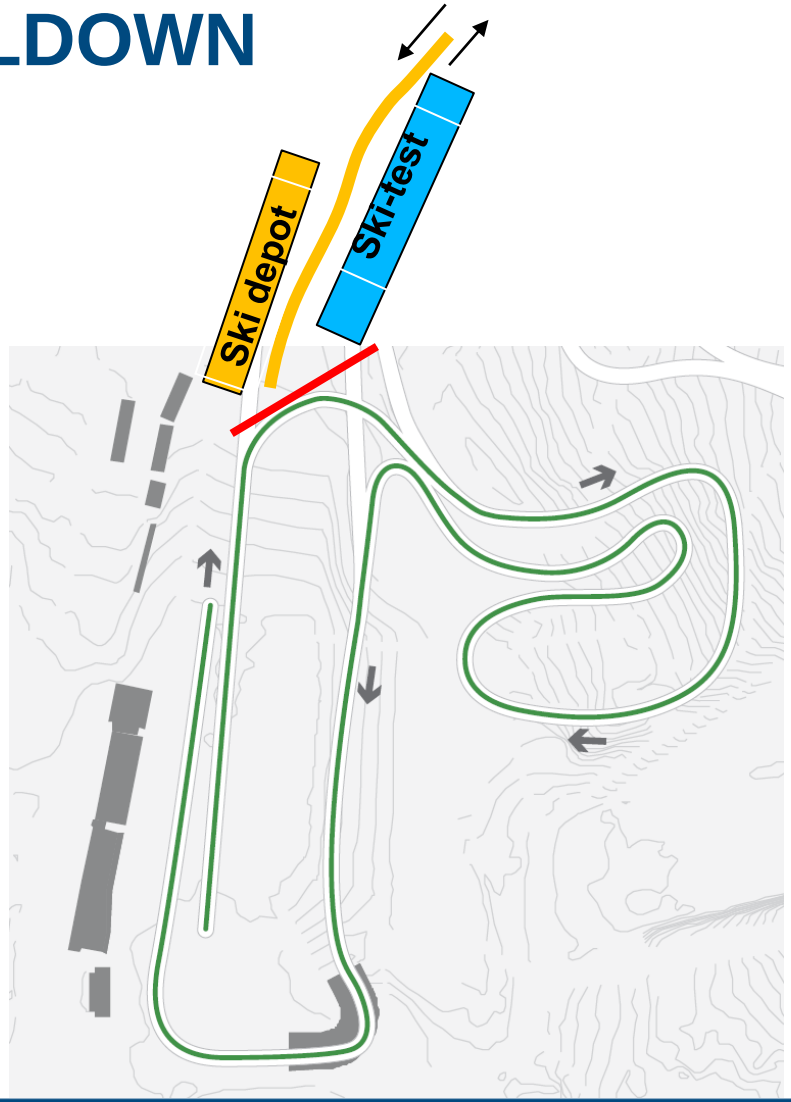
COURSE PREPARATION & GROOMING

Grooming start 22:00 tonight.

SKI TEST, WARM UP AND COOLDOWN

- Course opening times – table on page 6

- During race warm up and cool down on warm up course
- Distance courses groomed for relay. Open all day for training & warm-up Take care when coming back to stadium on red course
- Glide test on stadium ???



GENERAL INFORMATION FROM THE LOC

SuperSprint - Live betting online

Initiative from SWE athletes

- 13:00 Sunday
- 20 men, 20 women
- Heats – 4 athletes per heat Quarter-, Semi- and Finals
- Free technic
- No qualification
- Entries to Race office – top 20 qualified
  Saturday 16.00

Everyone does it for free

Betting and commercial rights – money to UKR ski federation

GENERAL INFORMATION FROM THE TD

343.10.1 Overtaking

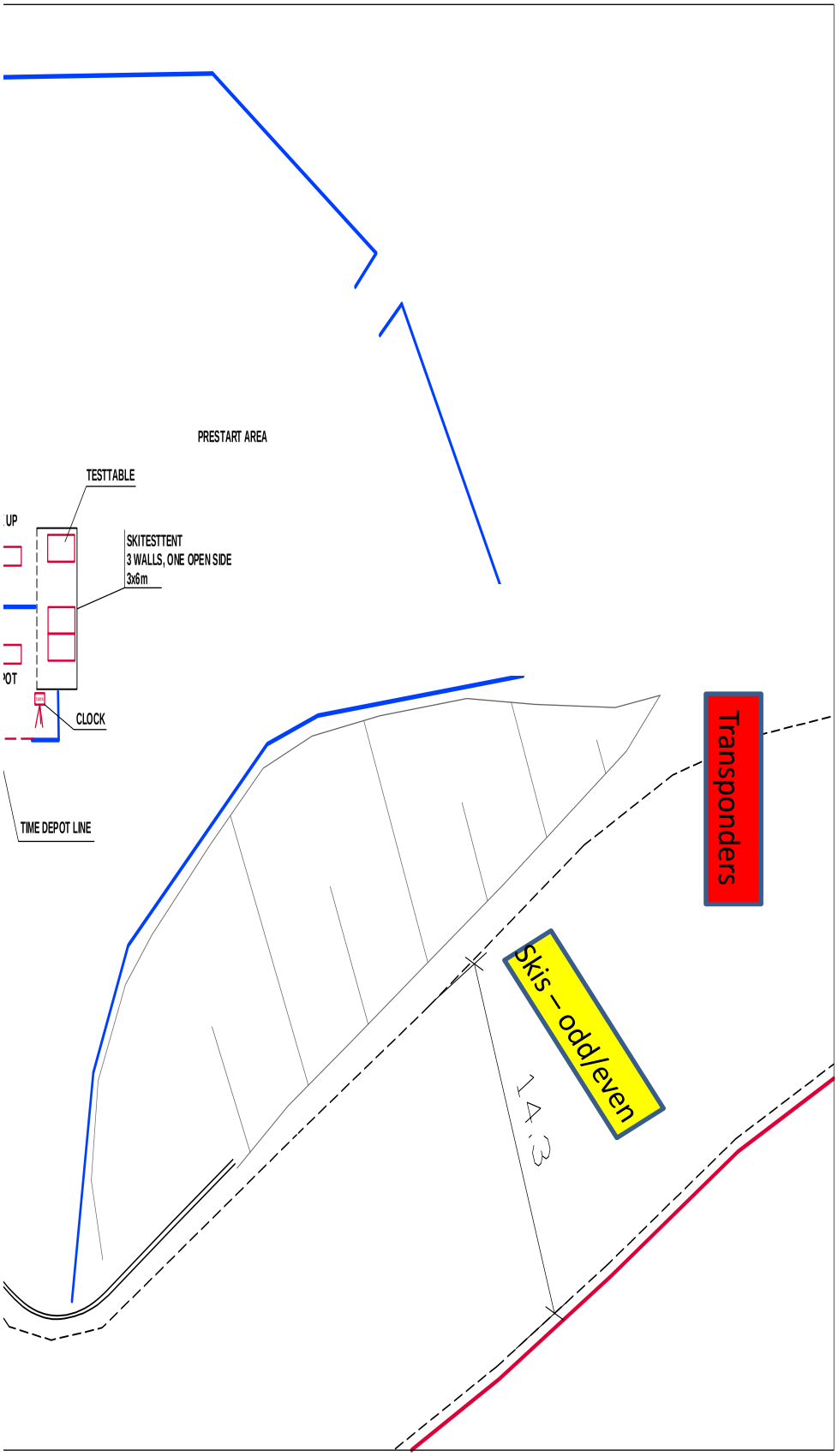
343.9 Obstruction

315.8.1 Ski marking

343.3
- time limit for ski delivery -30 mins before athletes start
- number of ski per athlete, 1 pair

GENERAL INFORMATION FROM FIS

Sprint F



SKITEST START 2023

EXPLANAITIONS

= V-BOARDS, C-DIST 6m

= PINE BRANCHES

= FENCE BLU

BET	ANT	ÄNDRINGEN AVSER	DATUM

FÖRSLAGSRITN

SKIDSPELEN
LUGNET, FALUN
STADIUM

LantByggByrån
Tvärmellansverige AB

LantByggB
Tunnbindarv. 2,
Tel 070 - 539 60 20
E-post: erik.fagerberg

UPPDRAG NR	RITAD AV	HANG
	ERIK FAGERBERG	

DATUM 2023-
ANSVARIG

SKITEST START

FÖRSLAG 2023-01-18

INTERNATIONAL SKI AND SNOWBOARD FEDERATION

Sprint F Qualification

- Skis in the pre-start 30 min before the start
- 1 pair / athlete
- Rolling deadline
- Colored stickers will be distributed

Quali W

Quali M

Sprint F Heats

- 1 pair / athlete
- Testing before each QF
- Skis in the test 15 min before the start of the heat
- No testing after QFs
- Testing after the Final
- Colored stickers will be distributed
- Stickers in the race office after heat selection

Final W

Final M

Quarter Final			Semi Final			Final		
0:05:30		Ski Delivery	0:06:00					
	13:20:00	V1			13:05:00			
1					►Top 2 to S1			
10								
11								
20								
21				14:13:45	S1			
30						►1+2 to A		
	13:25:30	V2			13:10:30	►3 evtl.4 accord. the time to A		
4					►Top 2 to S1			
7								
14				LL				
17								
24								
27								
	13:31:00	V3			13:16:00		14:41:00	A
5					►1. to S1			
6					►2. to S2			
15								
16								
25							LL	
26							LL	
	13:36:30	V4			13:21:30			
2					►Top 2 to S2			
9								
12				14:19:45	S2			
19						►1+2 to A		
22								
29						►3 evtl.4 accord. the time to A		
	13:42:00	V5			13:27:00			
3				LL	►Top 2 to S2			
8								
13								
18								
23								
28								

Quarter Final			Semi Final			Final		
0:05:15		Ski Delivery	0:06:00					
	13:47:30	V1			13:32:30			
1					►Top 2 to S1			
10								
11								
20								
21				14:25:45	S1			
30						►1+2 to A		
	13:52:45	V2			13:37:45	►3 evtl.4 accord. the time to A		
4					►Top 2 to S1			
7								
14				LL				
17								
24								
27								
	13:58:00	V3			13:43:00		14:52:00	A
5					►1. to S1			
6					►2. to S2			
15								
16								
25							LL	
26							LL	
	14:03:15	V4			13:48:15			
2					►Top 2 to S2			
9								
12				14:31:45	S2			
19						►1+2 to A		
22								
29						►3 evtl.4 accord. the time to A		
	14:08:30	V5			13:53:30			
3				LL	►Top 2 to S2			
8								
13								
18								
23								
28								

Waxing in Tallinn, EST

Key parameters

- No wax trucks
- Common waxing in a tent
- Wax provided to all by Swix/Toko
- Tools provided by Swix/Toko (see the list)
- Bring your own tables, electric tools
- Manual hand structures are allowed
- Limited number of technicians
- Only athletes can access the course on Monday and Tuesday
- 2 competition pairs + 1 warm up pair / athlete

Common waxing tent - 28 working places for wax tables for 2 persons

Monday 20th March

10:00-14:00 waxing area check-in

10:00-15:00 waxing with own waxes and tools possible

16:30-18:00 Skis check-in (2 per athlete)

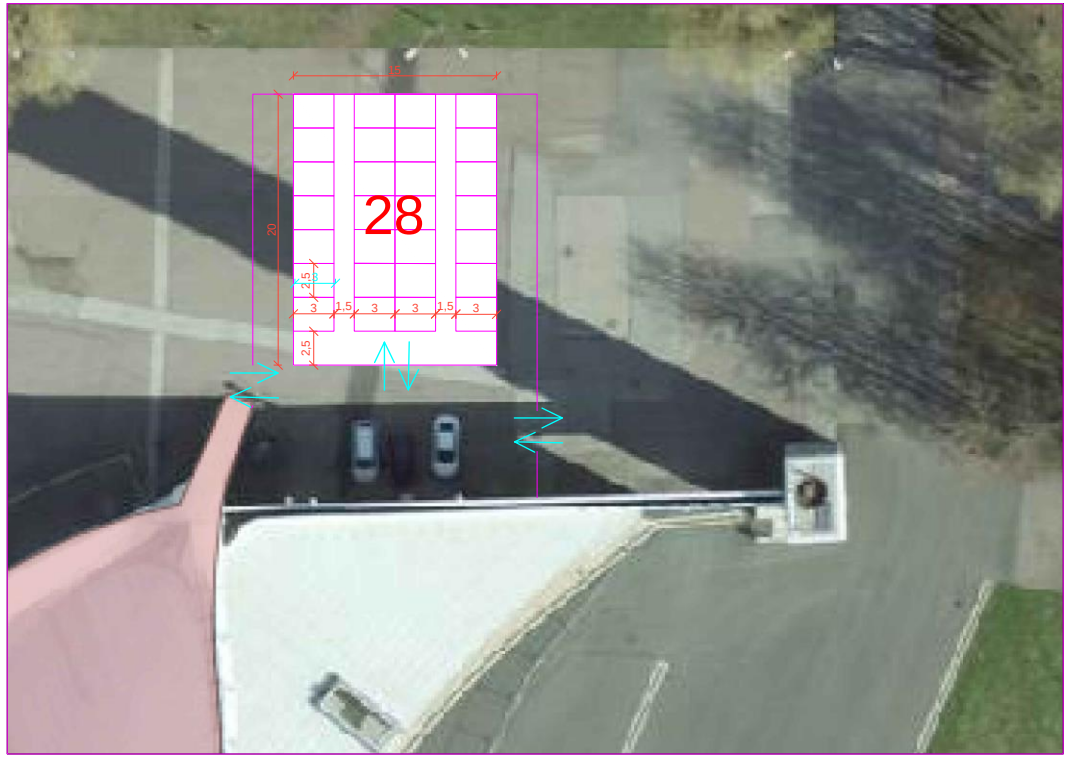
Tuesday 21st March

11:00-12:00 Ski cleaning

12:00-12:30 Waxing method introduction

12:30-15:30 Waxing with SWIX waxes

17:30-19.25 Waxing for qualified athletes



Nation	Athletes total	Staff	Working stations
AUS	1	1	1
AUT	4	2	1
CAN	5	2	1
CHI	1	1	1
CRO	1	1	1
CZE	4	2	1
ESP	1	1	1
EST	24	6	3
FIN	12	4	2
FRA	6	2	1
GBR	2	1	1
GER	7	3	2
ITA	5	2	1
LAT	6	2	1
LTU	2	1	1
NOR	15	4	2
POL	3	1	1
SLO	4	2	1
SUI	6	2	1
SWE	13	4	2
USA	11	3	2

Limited number of technicians

1-3 athletes (women + men) - 1 service member
4-6 athletes (women + men) - 2 service member
7-11 athletes (women + men) - 3 service member
12 and more (women + men) - 4 service member

Teams must bring their own – info from SWIX

- Waxing table with profile (one table can probably be shared between two waxers, agree within your team).
- Protection mask (mandatory to enter the wax room)
- Drill machine with batteries and charger, recommended rpm > 2000
- Waxing iron 220V
- Scrapers and brushes to take off the travel wax
- Structure tools
- Tools for repairing equipment (skis, poles, bindings, boots etc.)
- Other personal equipment for waxing needs to be approved by the jury.

Swix will provide:

T191B fine steel hand brush

- T823 scraper
- T87 scraper
- T88 scraper
- T15HS horse/steel roto brush
- T17W blue nylon roto brush
- T15HPS roto handle
- T179O steel hand brush
- I84N glide wax cleaner
- Glide wax depending on the conditions (e.g. PS06 or DHFF)
- T150 fiberlene
- T160B blue nylon hand brush
- T18F-2 roto fleece, only if liquid gliders will be used
- T18W-100 roto wool, only if products for roto wool application will be used
- Liquid wax or TST/DHFF depending on the conditions
- Working gloves
- Apron
- Ski racks (the teams must share the racks; we count on two pairs for each athlete).

SWIX will select the wax and tools according to the conditions. We will do testing on the racecourse.