

PARA Information English

INVITATION EQUINOR NCh PARA – FIS PARA NORDIC

Gåsbu, Hamar 15-16th January 2025

(This is the Norwegian Championship)

🌟 **Competition Venue Information**

Gåsbu Ski stadium, Gåsbuveien, 2323 Hamar

The ski stadium is located 98 km from Oslo Airport Gardermoen.

Travel time with car from the airport is ca 1hr 20 min

Scandic Hamar Hotel – stadium 16 km, ca 20 min by car

👉 Weather at Gåsbu Ski stadium

👉 Simple Cafe where you can buy something to eat at the stadium

👉 There is no opportunities for wardrobe or shower at the stadium

🌟 **Local Transport**

We recommend having a rental car during the competition period.

🌟 **Accommodation**

You will have to arrange food and accommodation on your own.

Contact the hotels and make your own accommodation booking

The LOC has made a deal for accommodation with Scandic Hamar Hotel

Use the reference: "NM Gåsbu" when you make the booking to get the negotiated prize.

Accommodation hos Scandic Hamar

«Full board Sport»:

This Package includes

Accommodation with breakfast, lunch and dinner

Single room: 1890 NOK pr. night

Double room: 2940 NOK pr night pr room

Room for three persons 3990 NOK pr. Night pr room

Room for four persons: 5040 pr night pr room

Accommodation hos Vikingskipet Hotell og Vandrerhjem:

single room full board: 1495 NOK pr. night

Two beds room full board: 1990 NOK pr night pr room (995 NOK pr night/pers)

Three persons in appartement full board: 3300 NOK pr night (1100 NOK pr

🌟 **Practical Information;**

👉 Question can be addressed to Anne Ragnhild Kroken,

E-mail: anne.kroken@skiforbundet.no

👉 During the competition period there will be an WhatsApp group for the event. [Link WhatsApp group](#)

[The events web page](#) (in Norwegian)

👉 Test for fluor will be carried out, so make sure that you have done the right thing for cleaning all

your skis for flour.

Link to Guide for Cleaning Methods;

<https://assets.fis-ski.com/image/upload/fis-prod/assets/CleaningMethodsGuidelines.pdf>

✨ **Entries**

Entries for foreigner's need to be done by the FIS FPDMS system

Payment for entry fee/rental fee for timing chips will be organized on site at the race office.

Deadline for entries: 11th January 2025

✨ **Race office is open;**

Race Office at Gåsbu ski stadium

Saturday 11th and Sunday 12th: 10.00 -14.00

Monday 13th and Tuesday 14th: 09.00-15.00

Race days: kl. 08.00 – one hour after last competition.

👉 Entry fee and rental fee for timer chip can be paid at the race office

Entry fee: 220 Nok pr race

Rental fee for timer chip: 100 NOK pr race.

✨ **TCM**

Tuesday 14th January kl. 16.30-17.30,

Hotel Scandic Hamar

(for races Wednesday and Thursday)

[WhatsApp group for the event](#)

✨ **Wax Cabins/Wax place**

Waxcabin (16A): kr 8.000,- eks. mva.

Contact: Helge Andreas Nordli han@glommen-mjosen.no

✨ **Parking**

Parking will be in connection to the stadium

There will be some reserved places near the start area for the Para athletes. Cars with sitting athletes will have the priority

✨ **Course map**

✨ **Competition Schedule**

This event is an integrated event with abled bodied

Full competition schedule for the whole event, you find [here](#)

✨ **COMPETITION SCHEDULE PARA**

👉 **Tuesday 14th January**

kl 10:00 -13:30 Official Training

👉 Wednesday 15th January

Kl. 09.00 Para sitting 10 km

Kl. 10.20 Para standing/VI, 10 km – is starting first in Women Able-bodied class

👉 Thursday 16th January

Kl. 09.45 Sprint para qualification

Kl. 11.30 Sprint para final – Standing/VI

Kl. 11.40 Sprint para Final – Sitting

Prize ceremonies

✳️ Opening Ceremony - CC Stadion, Hamar, Tuesday 14th January kl. 18.00

✳️ Flower ceremonies, at finish area immediately after the race.

✳️ Prize ceremony at public tent at ski stadium.

✳️ Participants Prize for all, pick up at race office

✳️ Start and Result lists

Will be published on the [LOC website](#)

✳️ **Medical and Anti-Doping Information**

AntiDoping

According to the [FIS Anti-Doping Rules](#)

Medical Service at the venue

According to ICR art. 221.

✳️ **Participant Insurance**

With the issuance of a license to participate in FIS competitions and entry, the National Ski Association confirms that valid and sufficient accident insurance for training and competition is in place for the competitor and assumes full responsibility.

For more information please see art. 204.2 and 212 of the ICR

✳️ **Jury;**

Chief of Competition; Atle Roaldstveit, rennleder, [e-post](#),

Ass Chief of Competition; Jan Ulrik Baksjøberget, ass. rennleder, [e-post](#),

TD; Torbjørn Broks Pettersen - broks@olympiaparken.no

AssTD; Erlend Husom - erlend.husom@gmail.com