



# FIS PARA WC CROSS-COUNTRY STEINKJER/NOR

TEAM CAPTAIN'S MEETING  
*10 KM INDIVIDUAL F*



1. Roll Call
2. Introduction OC and the Jury
3. Event Program
4. Venue Overview
5. Timetable
6. Weather Forecast
7. Entries and draw
8. Stadium
9. Courses
10. Ski testing and warming up
11. Course Preparation and Grooming
12. Information from TD
13. Information from FIS
14. Information from the OC

## ROLL CALL



• AUT



• BRA



• CHN



• CZE



• ESP



• ESA



• FIN



• GEO



• GER



• JPN



• KAZ



• MGL



• KOR



• NOR



• POL



• SVK



• SWE



• UKR



• USA

19 Nations



# INTRODUCTION OF THE LOC

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Skiforbund  
Langrenn

 STEINKJER  
18 85  
SKIKLUBB

**Chief of OC**

**Chief of competition**

**Chief of course**

**Chief of stadium**

**Race secretary**

**Chief of control**

**Accommodation**

**Payment**

**Benthe Asp**

**Morten Vannebo**

**Espen Skrattalsrud**

**Jens Ole Holtan**

**Stian Ludvigsen**

**Marius Møller Schiefloe**

**Kristel Knutsdatter**

**Morten Vannebo**



# INTRODUCTION OF THE JURY



**TD - FIS**

**TD - FIS Assistant**

**Nat. TD**

**Chief of Competition**

**FIS Race Director**

**Ingela Kälvedal/SWE**

**Laurence Roux (FRA)**

**Fridtjof Rannem/NOR**

**Morten Vannebo/NOR**

**Georg Zipfel (FIS)**

**Adaptive Equipment Controller**

**Dia Pernot**





# GENERAL TIME TABLE - WC PARA CROSS-COUNTRY



## WC Para Cross-Country - Steinkjer

27.02.2025	10:00 - 13:00	Official Training Sprint Course (all courses open for skiing)
28.02.2025	10:00	10 Km Individual F
01.03.2025	10:00	Sprint F
02.02.2025	10:00	5 Km Individual C





# STADIUM OVERVIEW STEINKJER

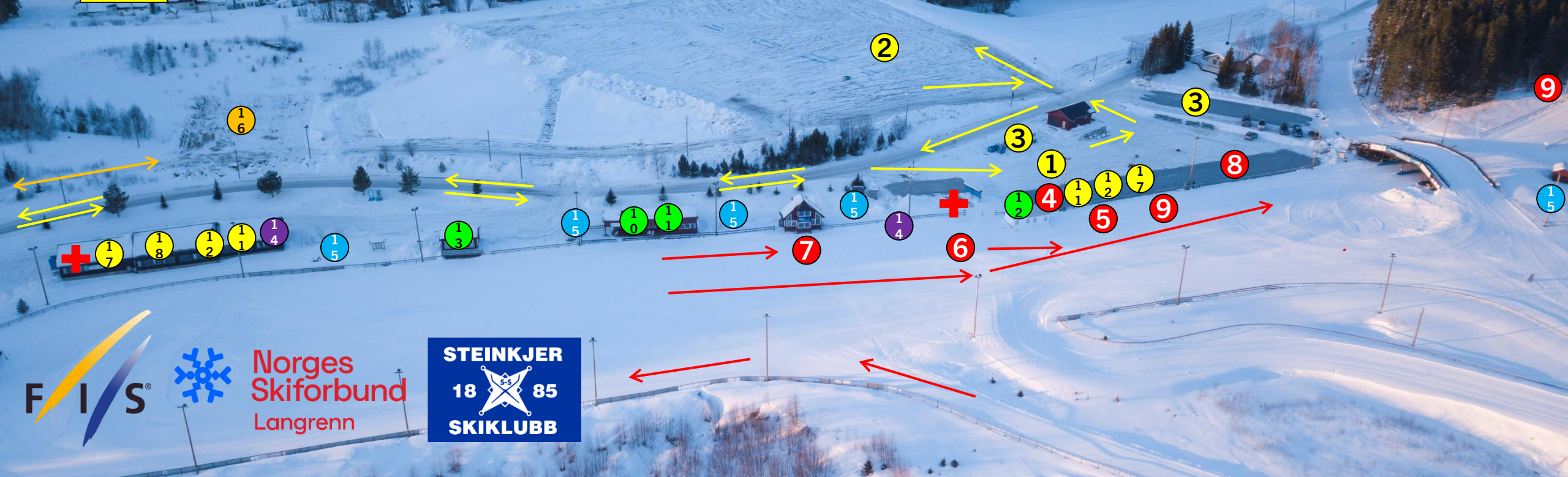
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STEINKJER  
18 85  
SKIKLUBB



# ARENA – FIS Para Cross-Country World Cup Final 2025 - Steinkjer

- |                               |              |                            |                            |
|-------------------------------|--------------|----------------------------|----------------------------|
| ① Drop off                    | ④ Team area  | ① <sub>0</sub> FIS/NSA     | ① <sub>4</sub> Press       |
| ② Parking                     | ⑤ Ski depot  | ① <sub>1</sub> Jury        | ① <sub>5</sub> Spectators  |
| ③ Parking HC                  | ⑥ Start      | ① <sub>2</sub> Race office | ① <sub>6</sub> Parking LOC |
| ① <sub>1</sub> WC             | ⑦ Finish     | ① <sub>3</sub> LOC         |                            |
| ① <sub>2</sub> WC HC          | ⑧ Wax Cabins |                            |                            |
| ① <sub>7</sub> Changing rooms | ⑨ Ski test   |                            |                            |
| ① <sub>8</sub> Café           |              |                            |                            |



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# ENTRIES AND DRAW



## FIS PARA WC Steinkjer – 10 km Individual F

### Entries

Sit ski	Women	3
Sit ski	Men	17
Standing	Women	10
Standing	Men	18
VI	Women	7
VI	Men	12





# TIME TABLE – 10 KM F - INDIVIDUAL

Friday , 28<sup>th</sup> February 2025

Fluor test times

08:00	Bib distribution – Race office open
08:30 – 09:55	Course open official ski testing and training – Coach/Wax crew
09:00 – 09:55	Course open for training and warming up - Athletes
<b>10:00</b>	<b>CC Women's Sitting 10 Km (6 x 1,6 km sit ski course)</b>
<b>10:10</b>	<b>CC Men's Sitting 10 Km (6 x 1,6 km sit ski course)</b>
	Warming up on the warming up course first part.
<b>11:00</b>	<b>CC Women's Standing 10 Km F (5 x 2,1 km standing course)</b>
<b>11:10</b>	<b>CC Men's Standing 10 Km F (5 x 2,1 km standing course)</b>
	Warming up on the warming up on sit-ski course.
<b>12:00</b>	<b>CC Women's VI 10 Km F (5 x 2,1 km standing course)</b>
<b>12:10</b>	<b>CC Men's VI 10 Km F (5 x 2,1 km standing course)</b>
Right after	Ceremony Sitting-, Standing, - VI women/men

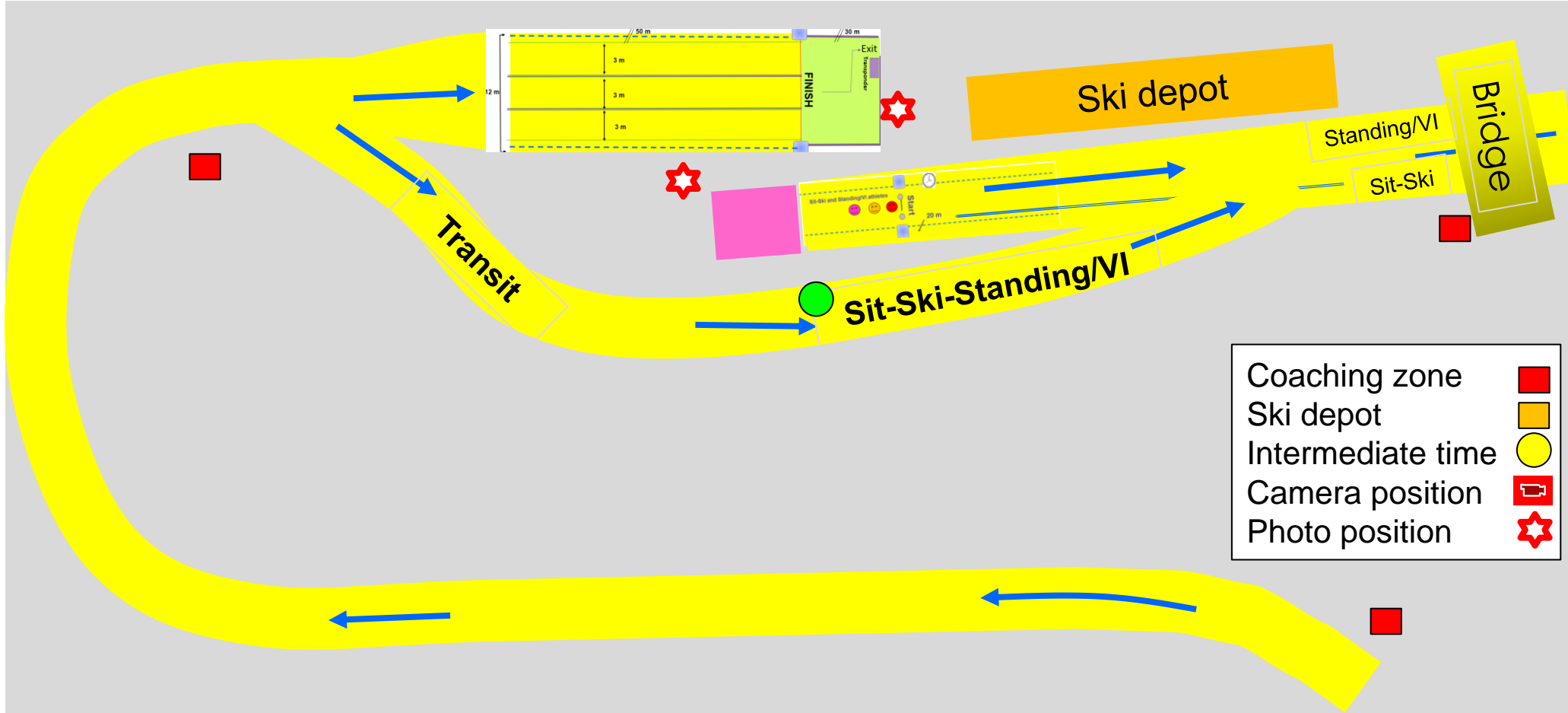
18:00

TCM Sprint

# WEATHER FORECAST STEINKJER

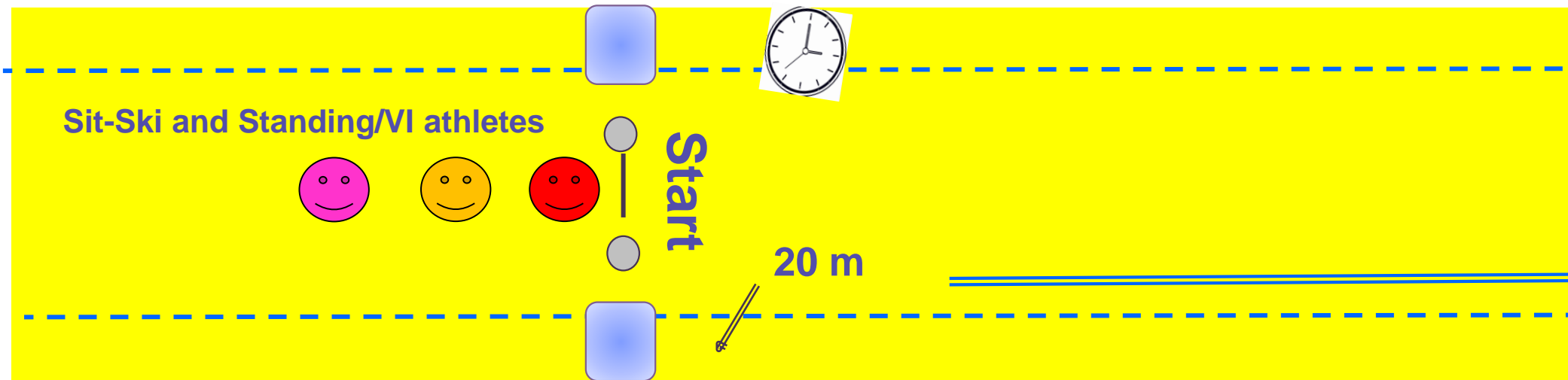
02		2°		3 (6) ↑
03		2°		3 (6) ↑
04		2°		3 (6) ↑
05		1°		3 (6) ↑
06		1°		2 (5) ↑
07		1°	0-0,6	2 (4) ↗
08		2°	0-0,8	1 (3) ↗
09		2°	0,1-0,7	3 (5) ↑
10		2°	0,1-0,9	4 (8) ↑
11		2°	0,2-1,3	4 (10) ↑
12		2°	0,1-1,3	3 (8) ↑
13		2°	0,1-1,6	1 (5) ↑

# STADIUM OVERVIEW STEINKJER - INDIVIDUAL



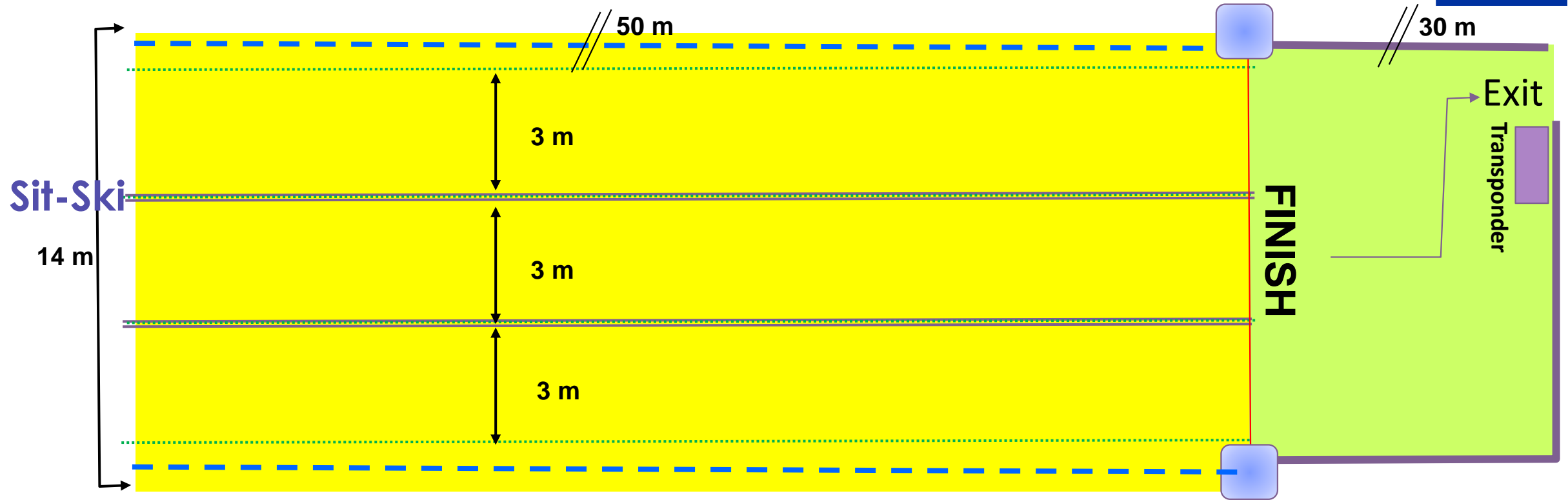


# WC INDIVIDUAL – START F – SITTING/STANDING/VI





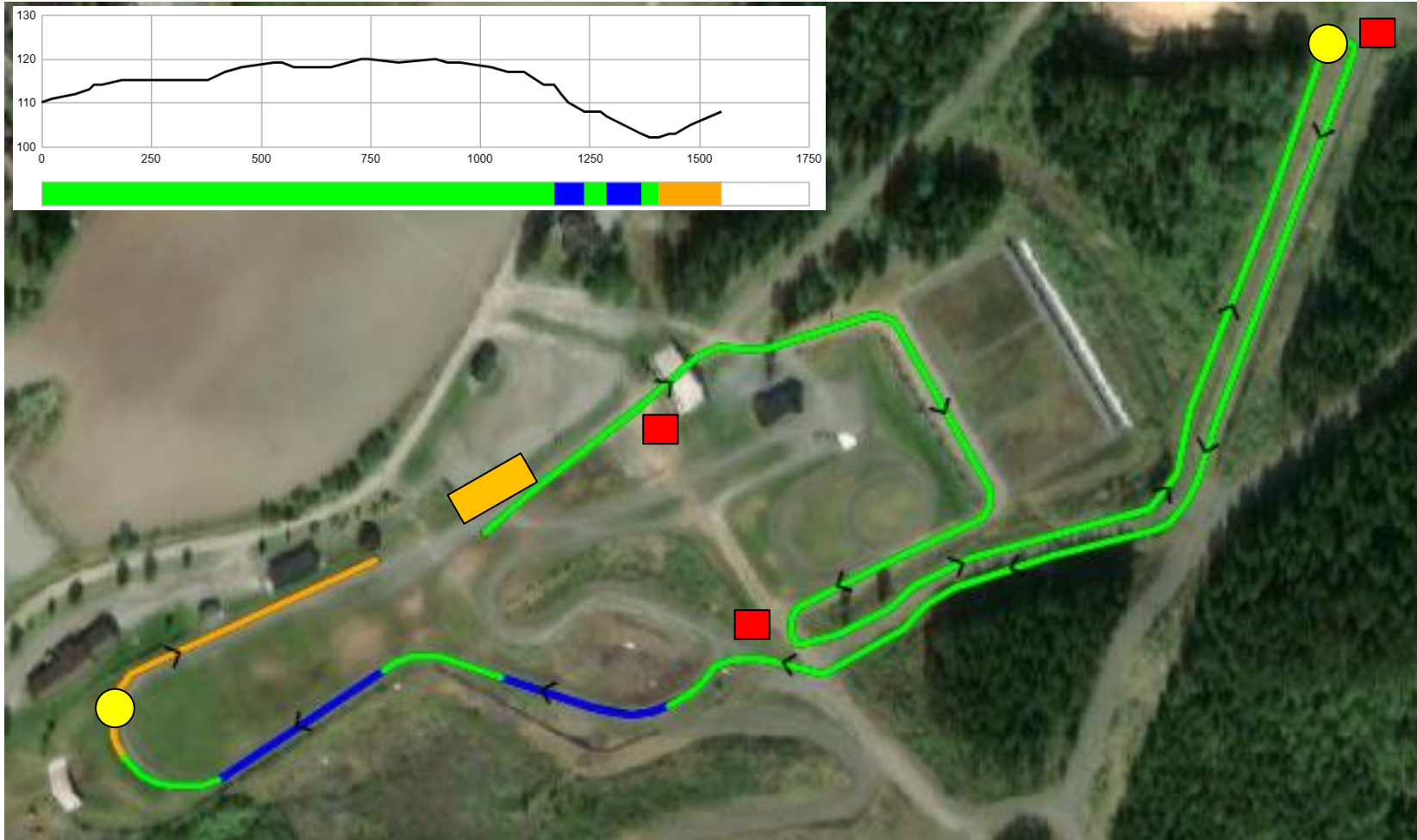
# FINISH AREA – INDIVIDUAL 10 KM F





# SIT-SKI COURSE 1,6 KM – 10 KM INDIVIDUAL F SIT-SKI

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## 1,6 km Sit-ski

(Alternative)

**Length:** 1552 m

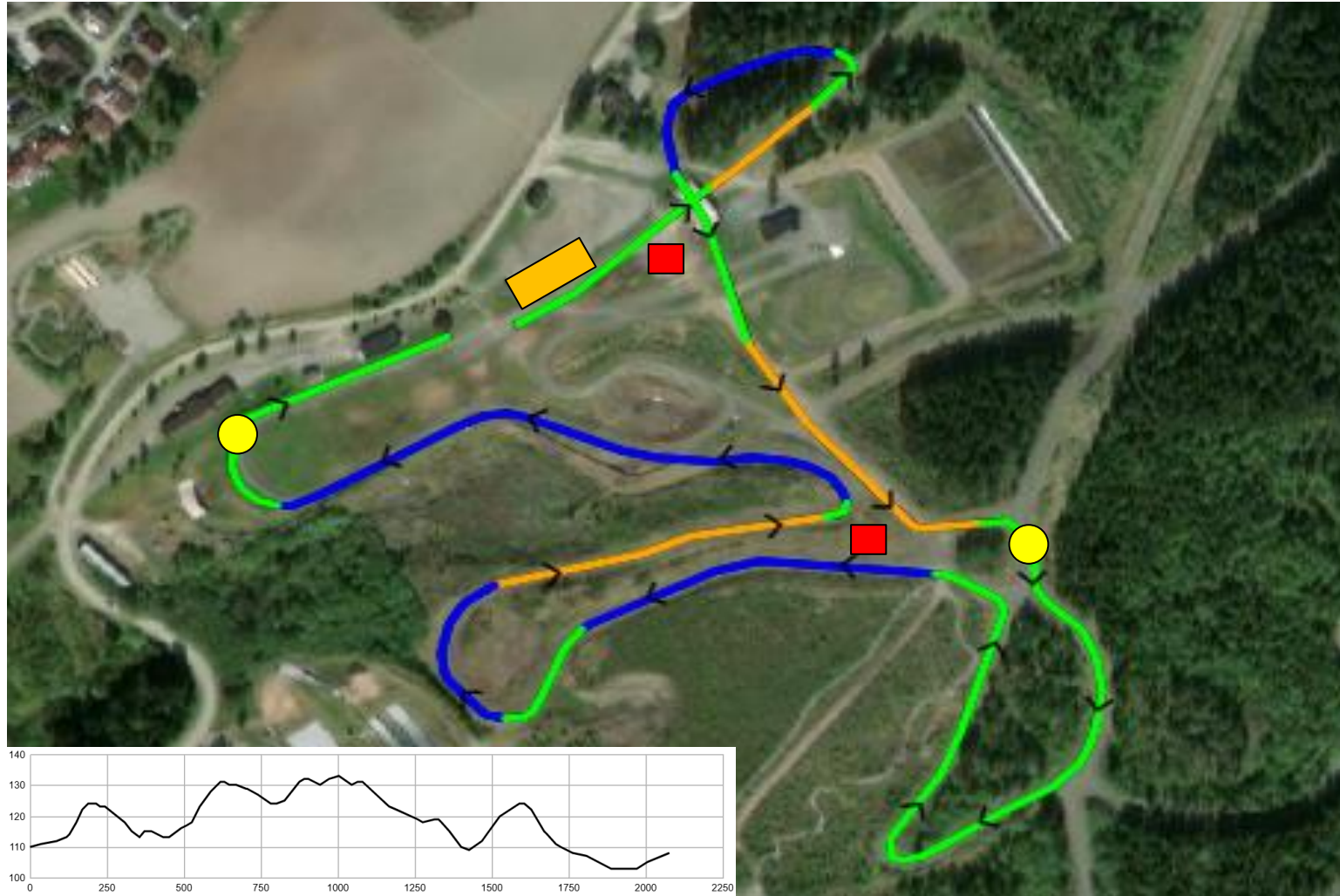
**HD:** 18 m

**MC:** 11 m

**TC:** 18 m

Coaching zone	■
Ski depot	■
Intermediate time	●
Camera position	■
Photo position	★

# SIT-SKI COURSE 2,1 KM – 10 KM INDIVIDUAL F Standing/VI



**2,1 km** Standing & VI  
*(Alternative)*

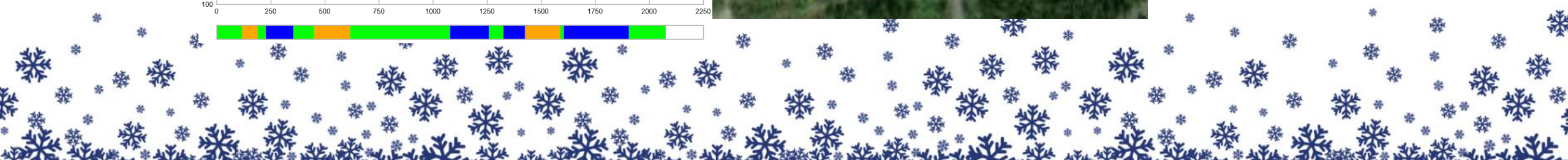
**Length:** 2078 m

**HD:** 30 m

**MC:** 18 m

**TC:** 67 m

- Coaching zone ■
- Ski depot ▭
- Intermediate time ●
- Camera position ▭
- Photo position ★







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18

85

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**SKI TEST ON COURSE  
BEFORE COMPETITION**

**Follow markings**

**Use bridge to get to  
ski-depot**

**Only skies on course**

# RACE BIBS – FIS PARA CROSS-COUNTRY STEINKJER



Sit-Ski



Standing



VI





# PREPARATION OF THE COURSE



**The preparation of the course is completed at night!**

**Do you have any comments concerning the course or course preparation...?**





## GENERAL TD INFORMATION

- **Overtaking: - Competitors who are being passed must give way on first demand (12332.10)**
- **Always ski in the competition course direction (12332.2)**
- **Course opening times - Equals to jury directives >>> Follow them!**
- **It is not allowed to have electronic equipment on the track during official training.**
- **Good luck!**





# GENERAL FIS INFORMATION

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# GENERAL OC INFORMATION



- **13:30 CET - Information FIS Para Cross-Country  
World Ski Championships 2025 – Trondheim, by Erik Husby.**



# DO YOU HAVE ANY QUESTIONS?



**GOOD LUCK WITH THE  
COMPETITIONS**

