



FIS PARA WC CROSS-COUNTRY STEINKJER/NOR

TEAM CAPTAIN'S MEETING *5 KM INDIVIDUAL C*



1. Roll Call
2. Introduction OC and the Jury
3. Event Program
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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



• ESA



• KAZ



• BRA



• FIN



• MGL



• SVK



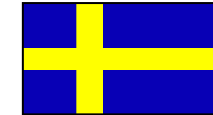
• CHN



• GEO



• KOR



• SWE



• CZE



• GER



• NOR



• UKR



• ESP



• JPN



• POL



• USA

19 Nations



INTRODUCTION OF THE LOC

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 STEINKJER
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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 |





ENTRIES AND DRAW



FIS PARA WC Steinkjer – Individual 5 km – Classic

Entries

| | | |
|----------|-------|----|
| Sit ski | Women | 7 |
| Sit ski | Men | 20 |
| Standing | Women | 11 |
| Standing | Men | 20 |
| VI | Women | 10 |
| VI | Men | 15 |





TIME TABLE –5 KM C - INDIVIDUAL



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Sunday , 2nd March 2025

Fluor test times

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| | |
|---------------|---|
| 08:00 | Bib distribution – Race office open |
| 08:30 – 09:50 | Ski test area on course open |
| 09:00 – 09:50 | Course open for sit-ski (warm up/ski test) |
| 09:00 – 10:40 | First loop on course open for standing & VI (warm up/ski test) |
| 10:00 | CC Women’s Sitting 5 Km (3 x 1,6 km sit ski course) |
| 10:10 | CC Men’s Sitting 5 Km (3 x 1,6 km sit ski course) |
| 10:40 – 11:10 | Course open for Standing & VI – warm up/ski test |
| 11:15 | CC Women’s Standing 5 Km C (3 x 2,1 km standing course) |
| 11:25 | CC Men’s Standing 5 Km C (3 x 2,1 km standing course) |
| 11:50 – 12:20 | Course open for VI – warm up/ski test |
| 12:30 | CC Women’s VI 5 Km C (3 x 2,1 km standing course) |
| 12:40 | CC Men’s VI 5 Km C (3 x 2,1 km standing course) |
| Right after | Ceremony Sitting-, Standing, - VI women/men WC Para Cross-Country - Overall winner ceremony |



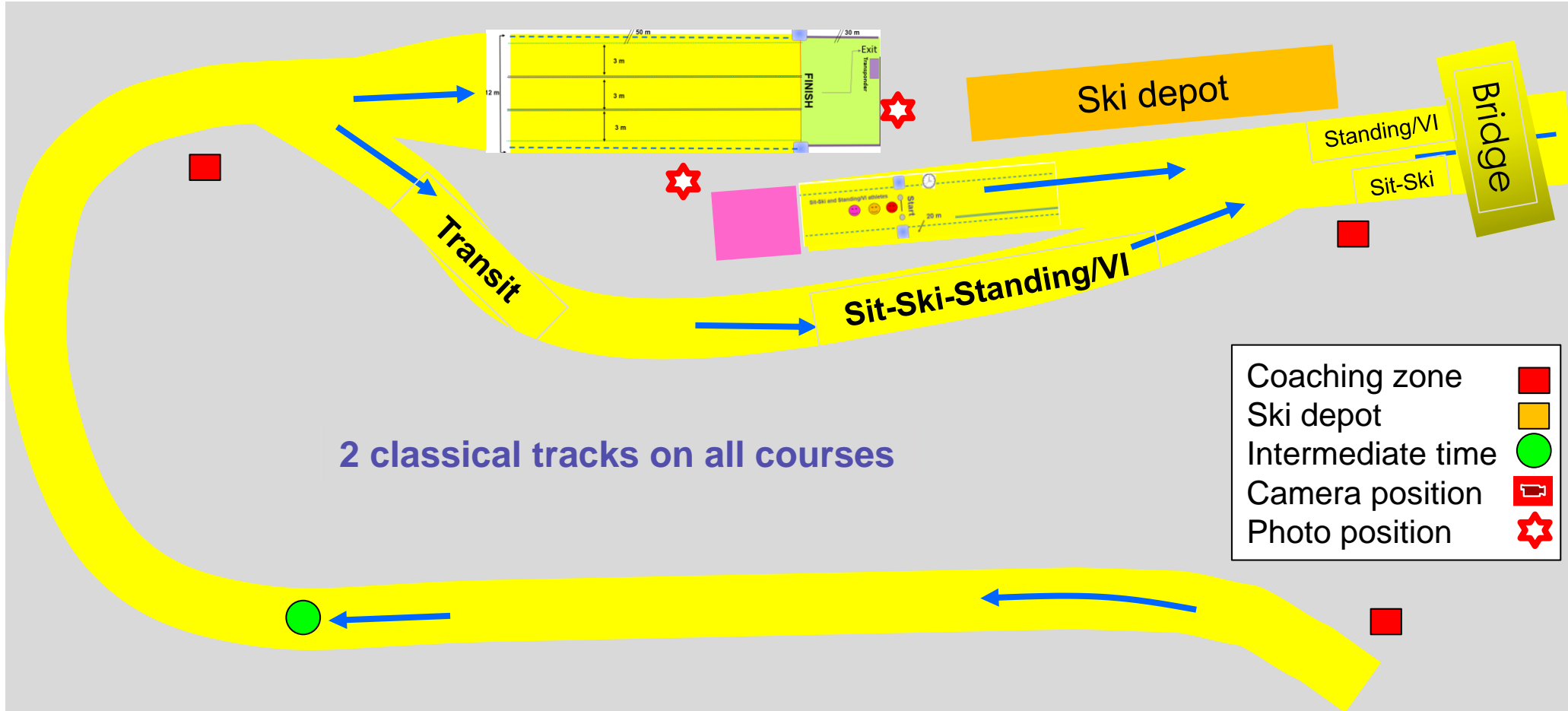


WEATHER FORECAST STEINKJER



| | | | | |
|----|--|----|---------|----------|
| 03 | | 3° | 1,1-4 | 6 (14) ↗ |
| 04 | | 3° | 1,3-4,3 | 7 (14) ↗ |
| 05 | | 3° | 1,1-3,9 | 6 (14) ↗ |
| 06 | | 4° | 0,7-3,5 | 7 (13) → |
| 07 | | 4° | 0,6-3,3 | 6 (14) → |
| 08 | | 4° | 0,8-3,3 | 6 (14) → |
| 09 | | 3° | 1,2-3,6 | 4 (11) ↘ |
| 10 | | 3° | 1,5-3,8 | 3 (7) ↘ |
| 11 | | 2° | 1,5-3,7 | 2 (5) ↗ |
| 12 | | 1° | 1,6-3,5 | 2 (4) ↗ |
| 13 | | 2° | 1,1-3,3 | 1 (4) ← |
| 14 | | 3° | 0,6-2,8 | 3 (5) ↗ |

STADIUM OVERVIEW STEINKJER – INDIVIDUAL C

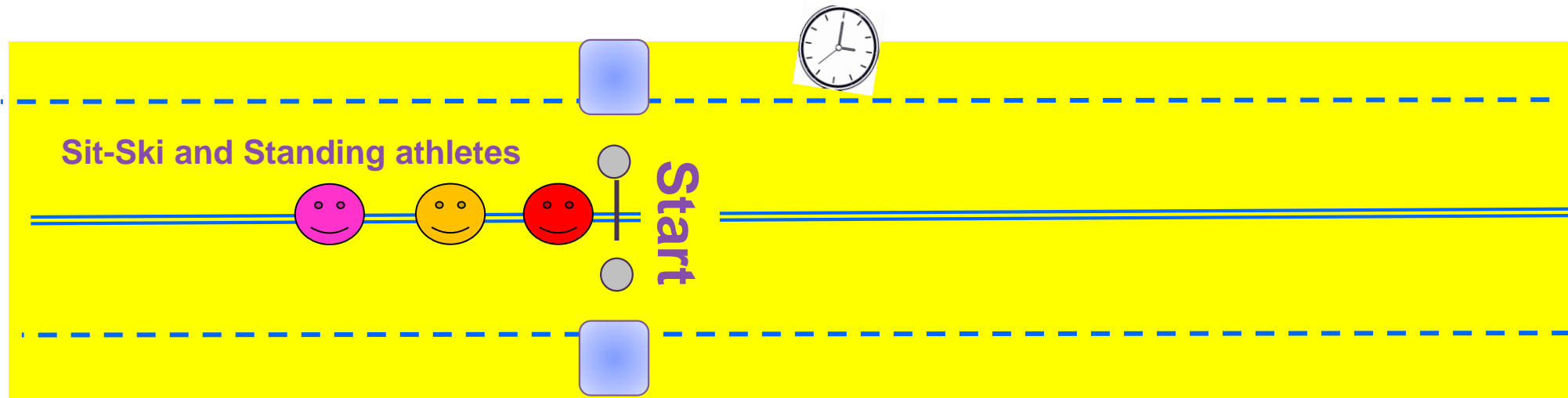




WC INDIVIDUAL – START C – SITTING/STANDING/VI

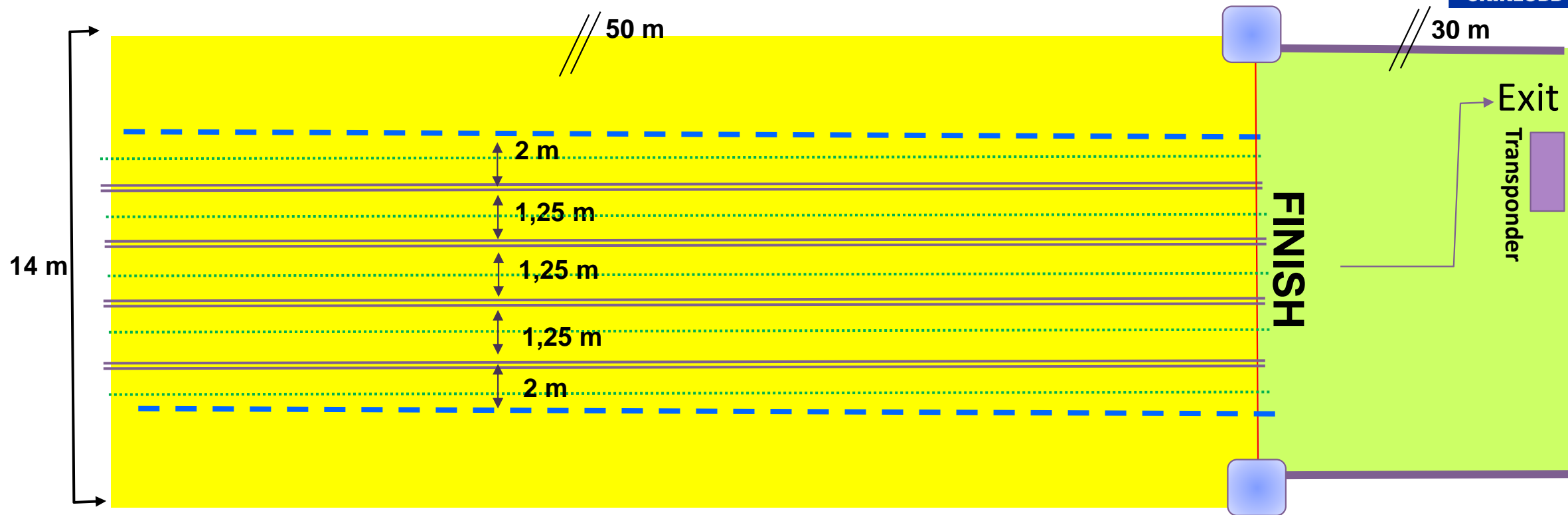
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FINISH AREA – INDIVIDUAL C



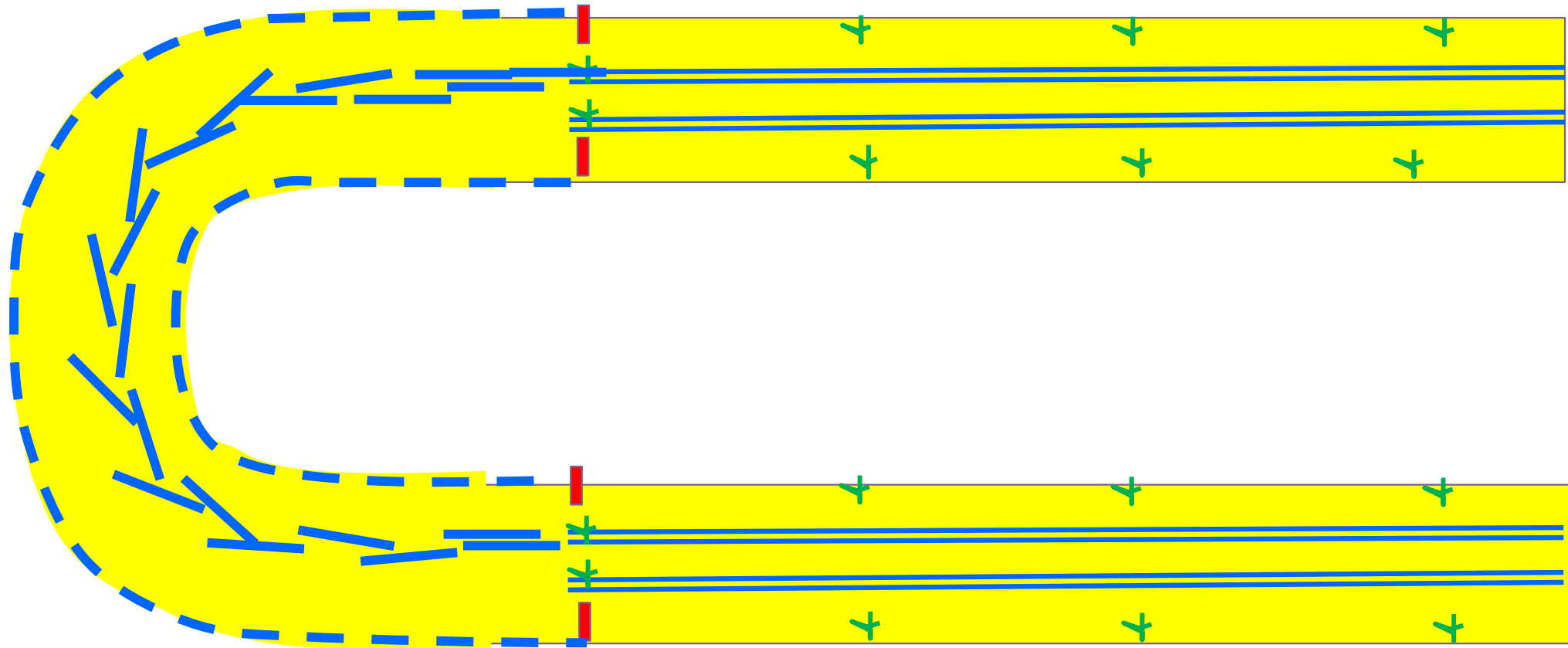


TURNING TECHNIQUES

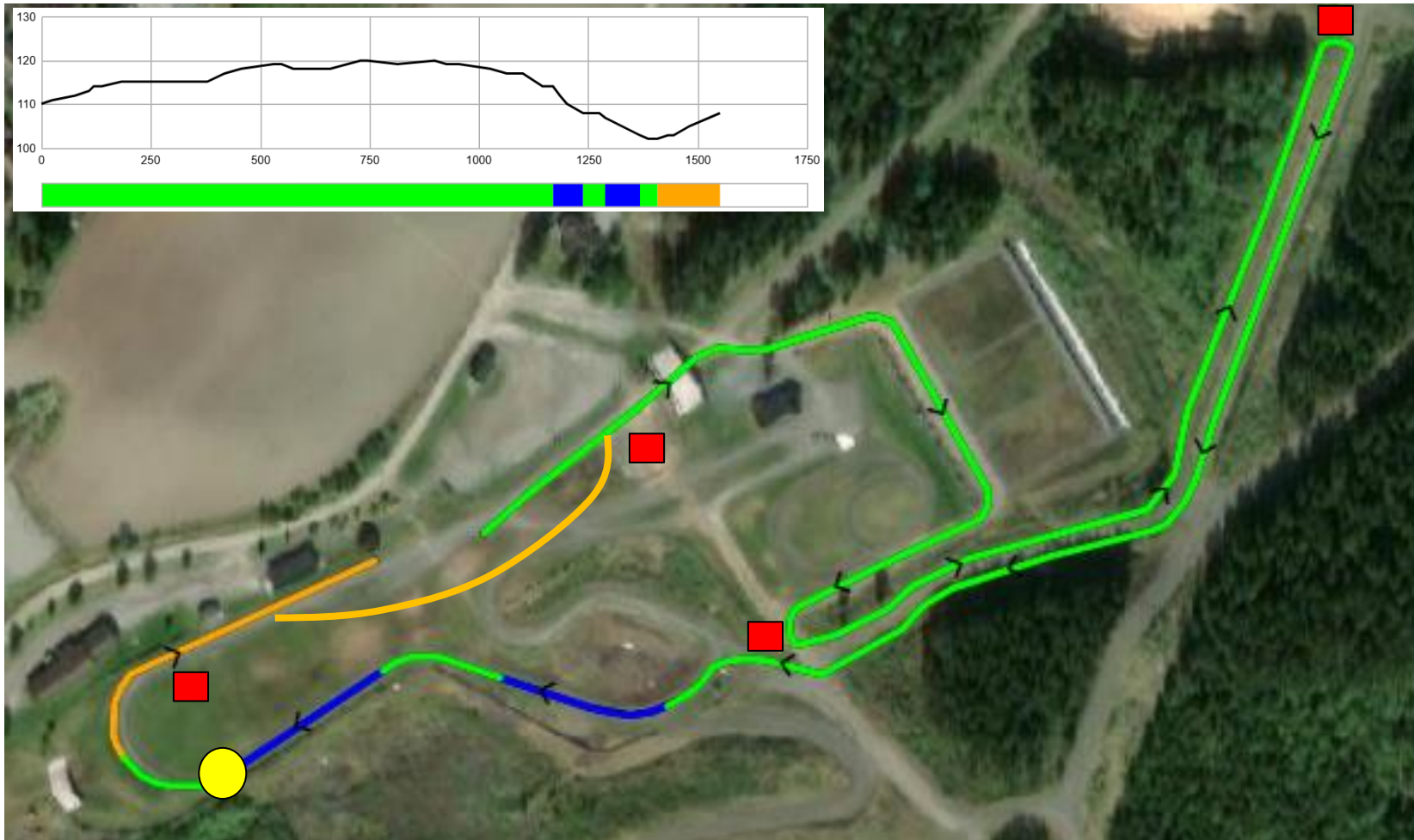


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SIT-SKI COURSE – 5 KM INDIVIDUAL C SIT-SKI



1,6 km Sit-ski

(Alternative)

Length: 1552 m

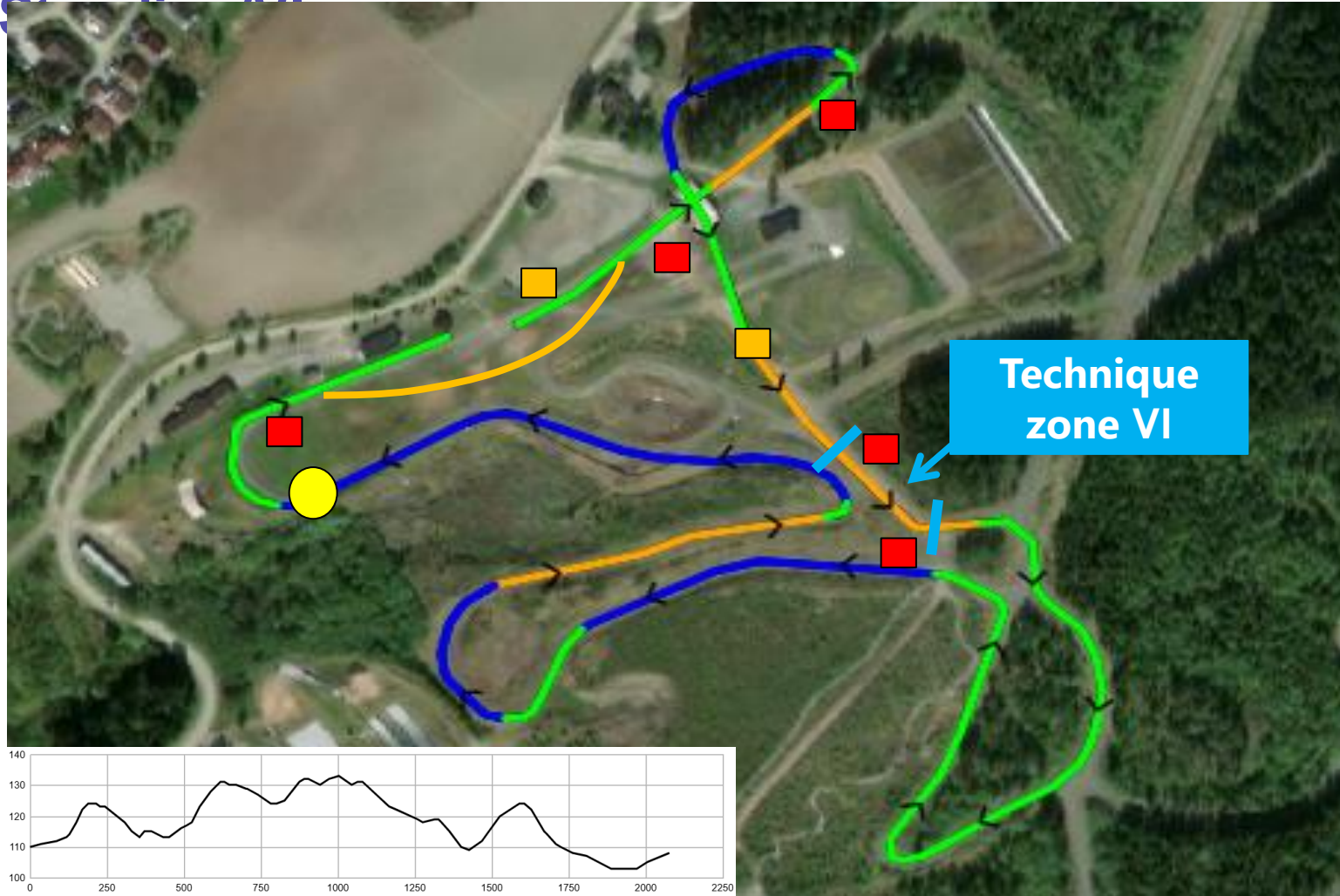
HD: 18 m

MC: 11 m

TC: 18 m

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

STANDING/VI COURSE 2,1 KM – 5 KM INDIVIDUAL C



2,1 km Standing & VI
(Alternative)

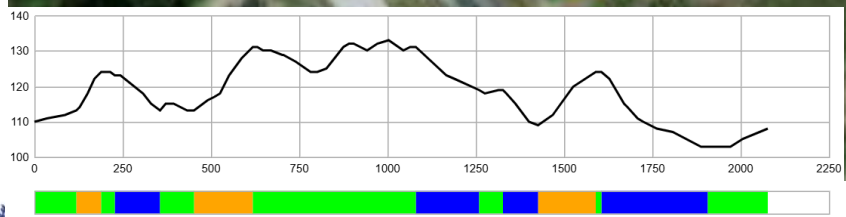
Length: 2078 m

HD: 30 m

MC: 18 m

TC: 67 m

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





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

- **Congratulations to today's winner. And thanks to the organizer for a good job today.**
- **Overtaking: Competitors who are being passed must give way on first demand (12332.10)**
- **It is not allowed for the guide to pull an athlete when they are alone on the course. The guide is only allowed to lead the athlete at that moment.**
- **Always ski in the competition course direction (12332.2)**
- **Course opening times - Equals to jury directives >>> Follow them!**
- **Good luck!**





GENERAL FIS INFORMATION

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GENERAL OC INFORMATION



- Payments to the OC
- Thank you for some fantastic days!
 - One more day left 😊





DO YOU HAVE ANY QUESTIONS?

GOOD LUCK WITH THE COMPETITIONS

