



# FIS PARA WC CROSS-COUNTRY STEINKJER/NOR

## TEAM CAPTAIN'S MEETING *SPRINT 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



 Norges  
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





# ENTRIES AND DRAW



## FIS PARA WC Steinkjer – Sprint Free

### Entries

Sit ski	Women	9
Sit ski	Men	22
Standing	Women	13
Standing	Men	22
VI	Women	10
VI	Men	16





# TIME TABLE – SPRINT F

Saturday 1<sup>th</sup> February 2025

08:30 – 14:30

Race office open - Bib distribution

08:30 – 09:50

Ski test area on course open – Coach/Wax crew

09:00 – 09:50

Course open for training and warming up - Athletes

**10:00 – 10:50**

**Qualification Sit Ski w/m – Standing w/m – VI w/m**  
(20 seconds Start interval for the VI category) – 1 lap  
**Fluor testing for all the skis after qualification**

11:20 – 11:50

Race course open only for qualified athletes and Coach/Wax crew

**12:00 – 13:37**

**Finals Sit Ski w/m – Standing w/m – VI w/m – 1 Lap**  
**Fluor testing after finals**

Right after

Award Ceremony

18:00

**TCM 5 km C Individual**





# FINALS - FIS PARA CROSS - COUNTRY SPRINT F



**Sit ski women**  
**Sit ski men**

**Semi finals**  
**Semi finals**

**Final 6**  
**Final 6**

**Standing women**  
**Standing men**

**Semi finals**  
**Semi finals**

**Final 6**  
**Final 6**

**VI – women/guide**  
**VI – men/guide**

**Semi Finals (4)**  
**Semi Final (4)**

**Final 4**  
**Final 4**





# STEINKJER - TIMETABLE SPRINT F - FINALS



category

**Women  
Sit ski**

**Men  
Sit ski**

**Women  
Standing**

semifinal

**1** 12:00:00  
5 minutes  
12:05:00

5 minutes  
12:10:00  
5 minutes  
12:15:00

5 minutes  
12:20:00  
5 minutes  
12:25:00

final A

**2** 7 minutes  
13:02:00

7 minutes  
13:09:00

7 minutes  
13:16:00

category

**Men  
Standing**

**Women - VI**

**Men - VI**

semifinal

**1** 12:30:00  
5 minutes  
12:35:00

5 minutes  
12:40:00  
5 minutes  
12:45:00

5 minutes  
12:50:00  
5 minutes  
12:55:00

STEINKJER

final A

SKIKLUBB

**2** 7 minutes  
13:23:00

7 minutes  
13:30:00

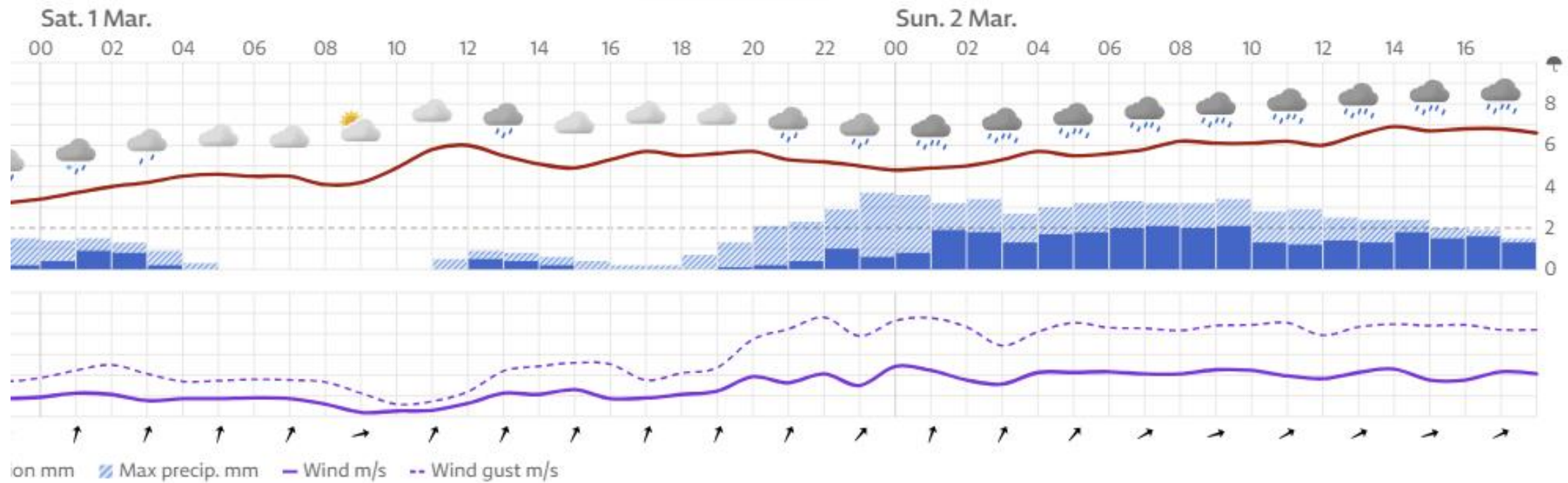
7 minutes  
13:37:00

**Total: 1:37 hrs**

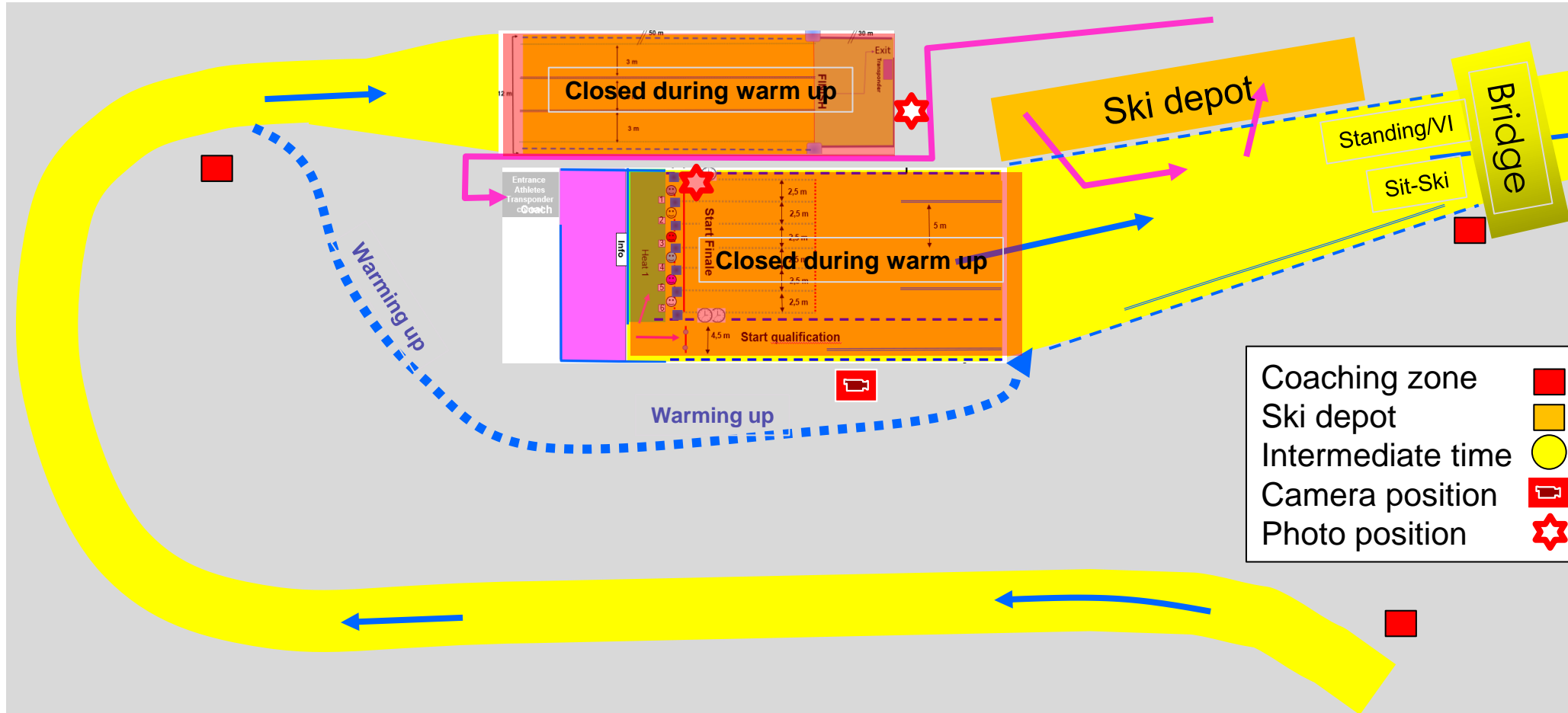


# WEATHER FORECAST STEINKJER

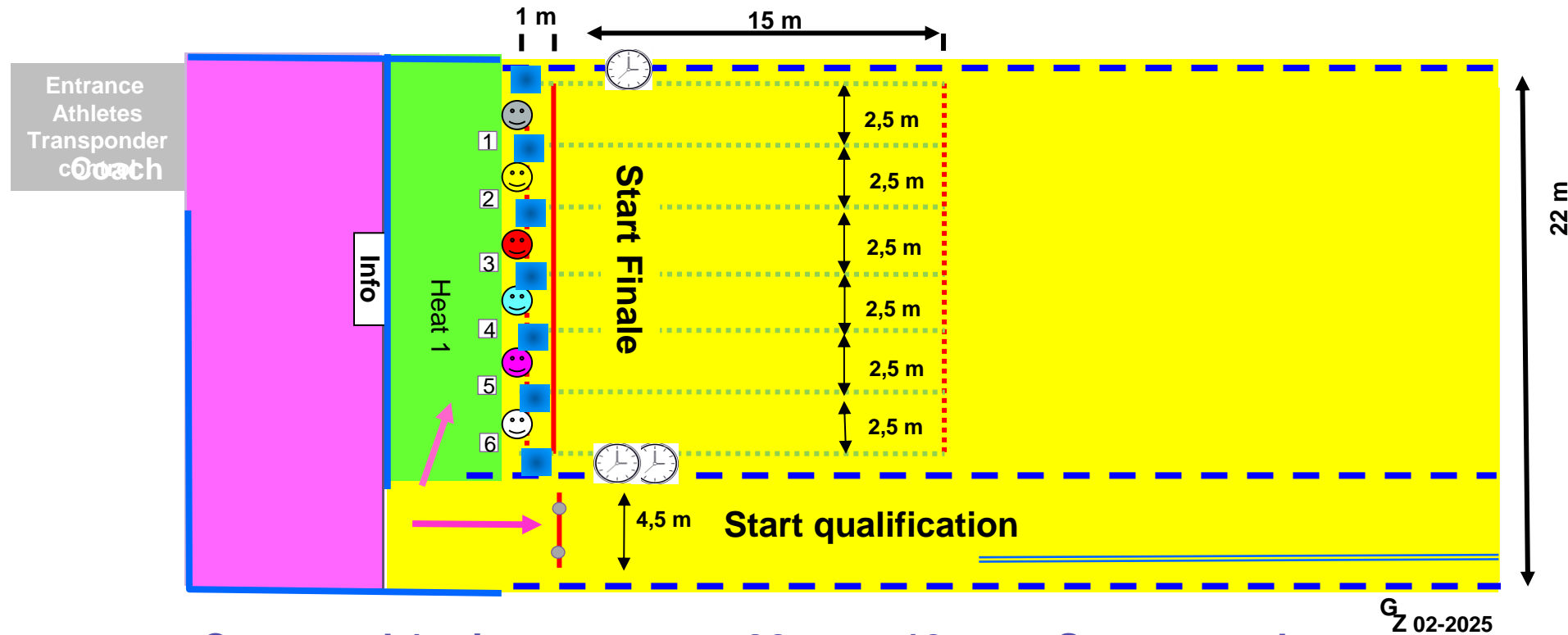
04		3°	0-0.3	3 (5) ↑	Light breeze from south west with gusts at 5 m/s
05		3°		3 (5) ↑	Light breeze from south with gusts at 5 m/s
--		3°			



# STADIUM OVERVIEW STEINKJER



# START SPRINT F – QUALIFICATION AND FINALS



Command 1 minute to start - 30 sec - 10 sec - Start procedure  
TV Introduction (30-40 sec) of the athletes at the start

Commando: Take your start positions



set .....

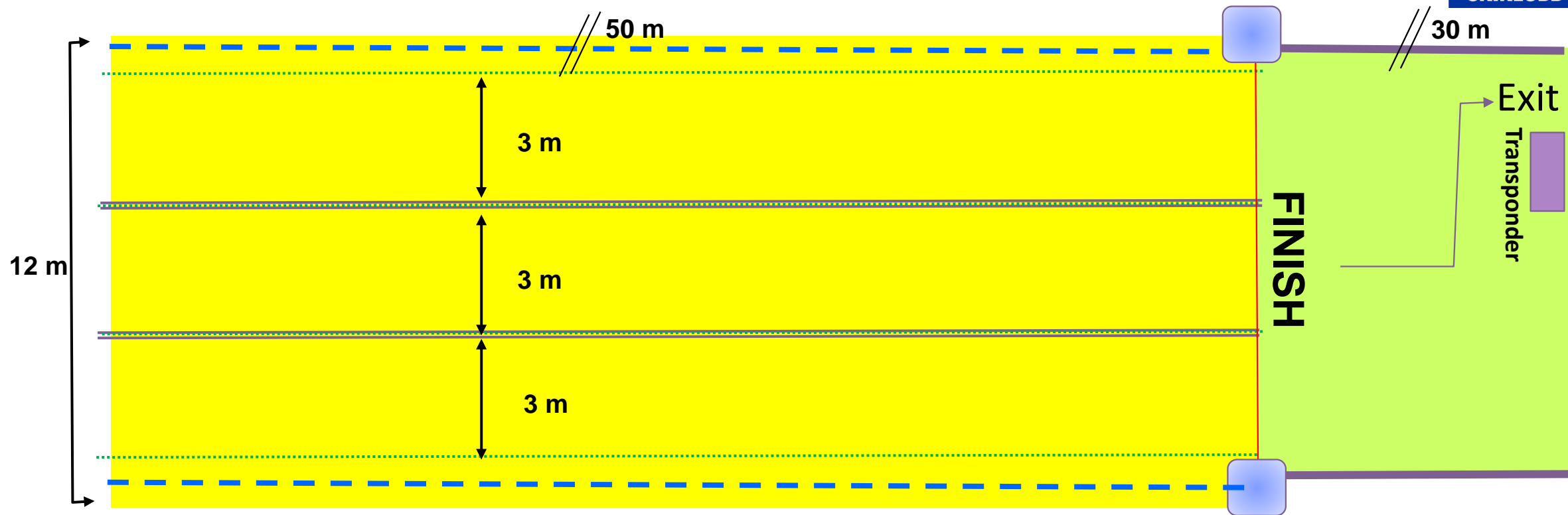


**SHOOT ON 0:00.**

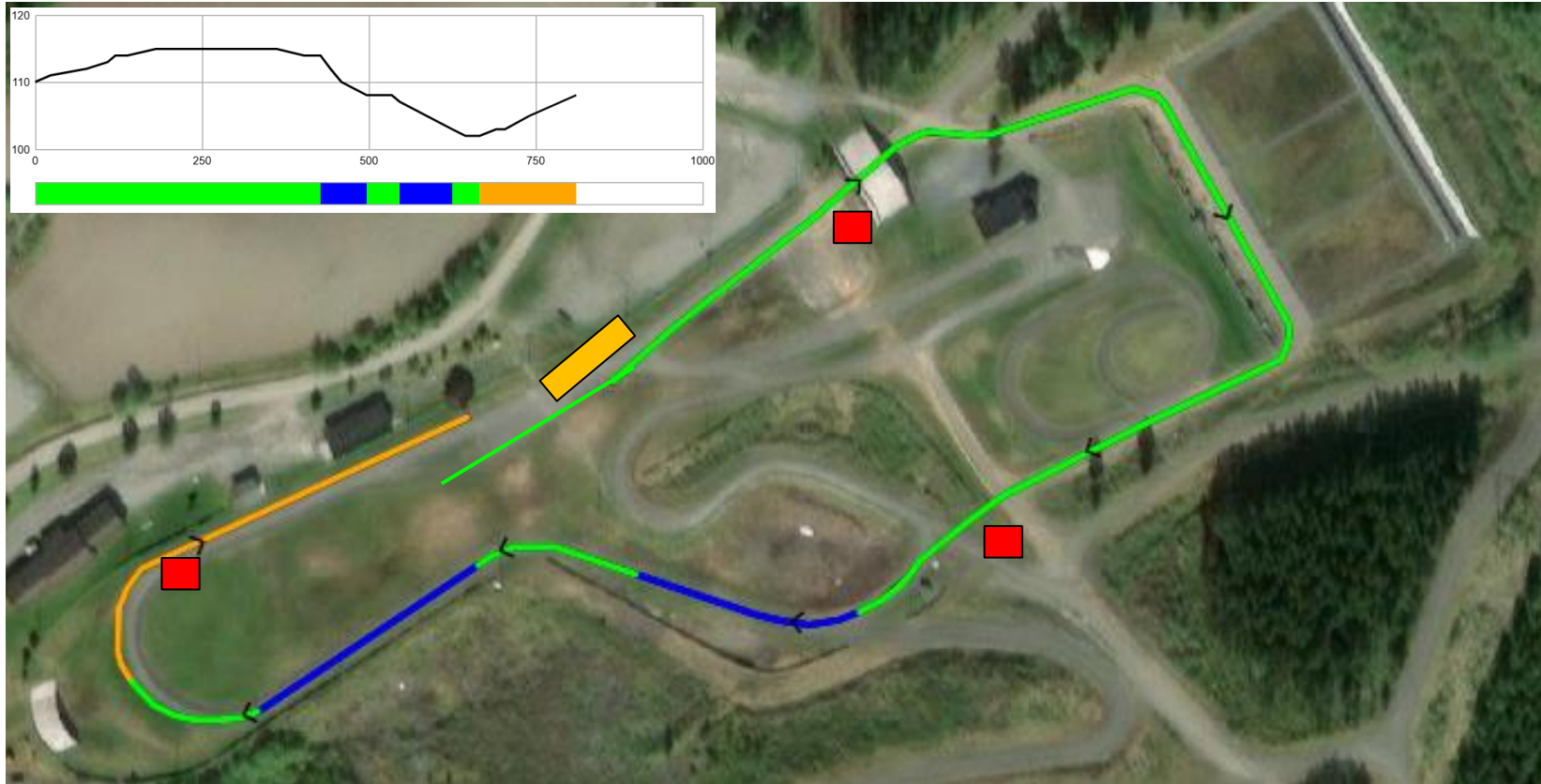
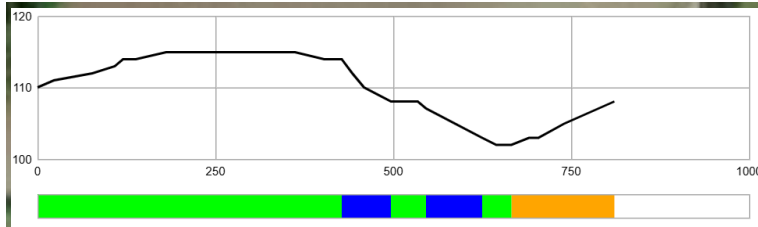




# FINISH AREA – SPRINT F



# SIT-SKI COURSE – 811 m SPRINT SIT-SKI



**800 m Sit-ski**  
*(Alternative)*

**Length: 811 m**

**HD: 13 m**

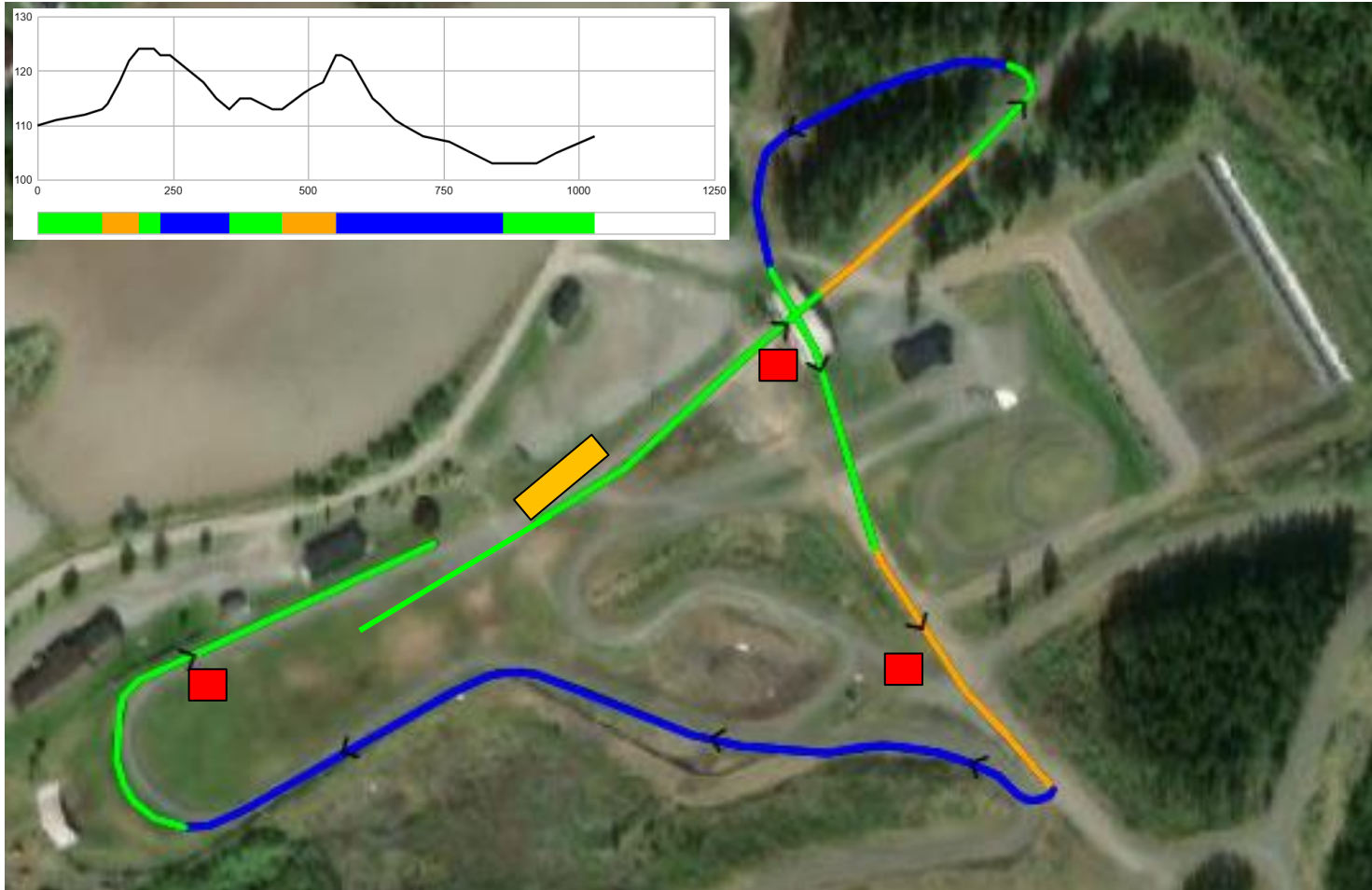
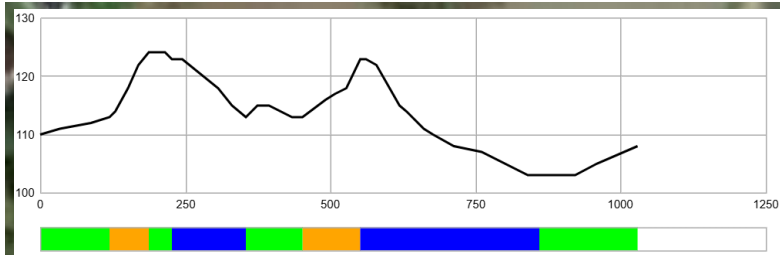
**MC: 6 m**

**TC: 11 m**

Coaching zone	
Ski depot	
Intermediate time	
Camera position	
Photo position	



# STANDING/VI COURSE 1000 m SPRINT F



## 1 km Standing & VI






(Alternative)

**Length:** 1029 m

**HD:** 21 m

**MC:** 11 m

**TC:** 31 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...?**



# RACE BIBS – FIS PARA CROSS-COUNTRY STEINKJER



Sit-Ski

Standing

VI

**SAME BIB IN SEMI FINAL AND FINAL**

**LEG BIBS ON THE LEFT LEG**

## GENERAL TD INFORMATION

- **Congratulations to today's winners. And thanks to the organizer for a good job today.**
- **General remember 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!**





# GENERAL FIS INFORMATION

 **Norges  
Skiforbund**  
Langrenn





# GENERAL OC INFORMATION





**DO YOU HAVE ANY QUESTIONS?**

**GOOD LUCK WITH THE  
COMPETITIONS**

