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MORGENDAGENS
HELTEN



OLYMPIAPARKEN

Magiske øyeblikk



SCANDINAVIAN CUP OG JUNIOR-VM MØNSTRING 13.-15.12.2024

Agenda:

- Rollcall
- Introduction of the organization
- Event Program
- Venue overview
- Weather forecast
- Entries and draw
- Stadium
- Courses
- Skitesting and warming up
- Course Preparation and grooming
- Information from TD
- Information from NSA



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SKIKRETSER:

- Agder og Rogaland
- Akershus
- Buskerud
- Finnmark
- Hedmark
- Hordaland
- Møre og Romsdal
- Nordland
- Nord-Trøndelag
- Oppland
- Oslo
- Sogn og Fjordane
- Sør-Trøndelag
- Troms
- Vestfold og Telemark
- Østfold

NASJONER:

- Australia
- Belgium
- Denmark
- Finland
- Estonia
- Germany
- Great Britain
- Island
- Latvia
- Norway
- Sweden
- Switzerland



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Organizer committee:	Bjørn Horten	Chief of competition	Søre Ål IL	472 57 814
	Håvard Selbæk	Ass. Chief of comp.	Søre Ål IL	413 22 521
	Geir Evensen	Chief of courses	Søre Ål IL	916 29 122
	Erik Stange	Chief of stadium	Søre Ål IL	458 72 737
	Torbjørn Broks Pettersen	Chief event manager	Olympiaparken	911 56 471
Jury:	Björn Westerström	TD	SWE	+46 706 992 114
	Ivar Moen	ATD	NOR	900 21 639
	Geir Mauseth	ATD	NOR	911 48 587
	Jan Olav Andersen	Equipment controller	NOR	482 98 805
	Erik Husby	National race director	Norges Skiforbund	454 50 297

Raceprogram

Raceprogram 13 - 15. th December 2024. All times may be adjusted.

Thursday 12. th December

10:00-11:30	Official training - sprint
12:00 -13:30	Official training - Normal distance
15:00-17:00	Fluortest open
18:00	TCM, Fridays race
21:00	All courses closed for training

Friday 13. th December

09:20 - 09:45	Sprint Qualification C, W senior
09:45 - 10:25	Sprint Qualification C, M senior
10:45 - 12:20	Sprint finals W/M senior
12:30 - 12:55	Sprint Qualification C, W junior
12:57 - 13:37	Sprint Qualification C, M junior
13:45 - 15:10	Sprint finals W/M junior
18:00	TCM, Saturdays race

Saturday 14. th December

09:30	20km C Mass, W senior
10:45	20km C Mass, M senior
12:00	20km C Mass, W junior
13:20	20km C Mass, M junior
14:30	Natrudstilrennet (Youth race)
18:00	TCM, Sundays race

Sunday 15. th December

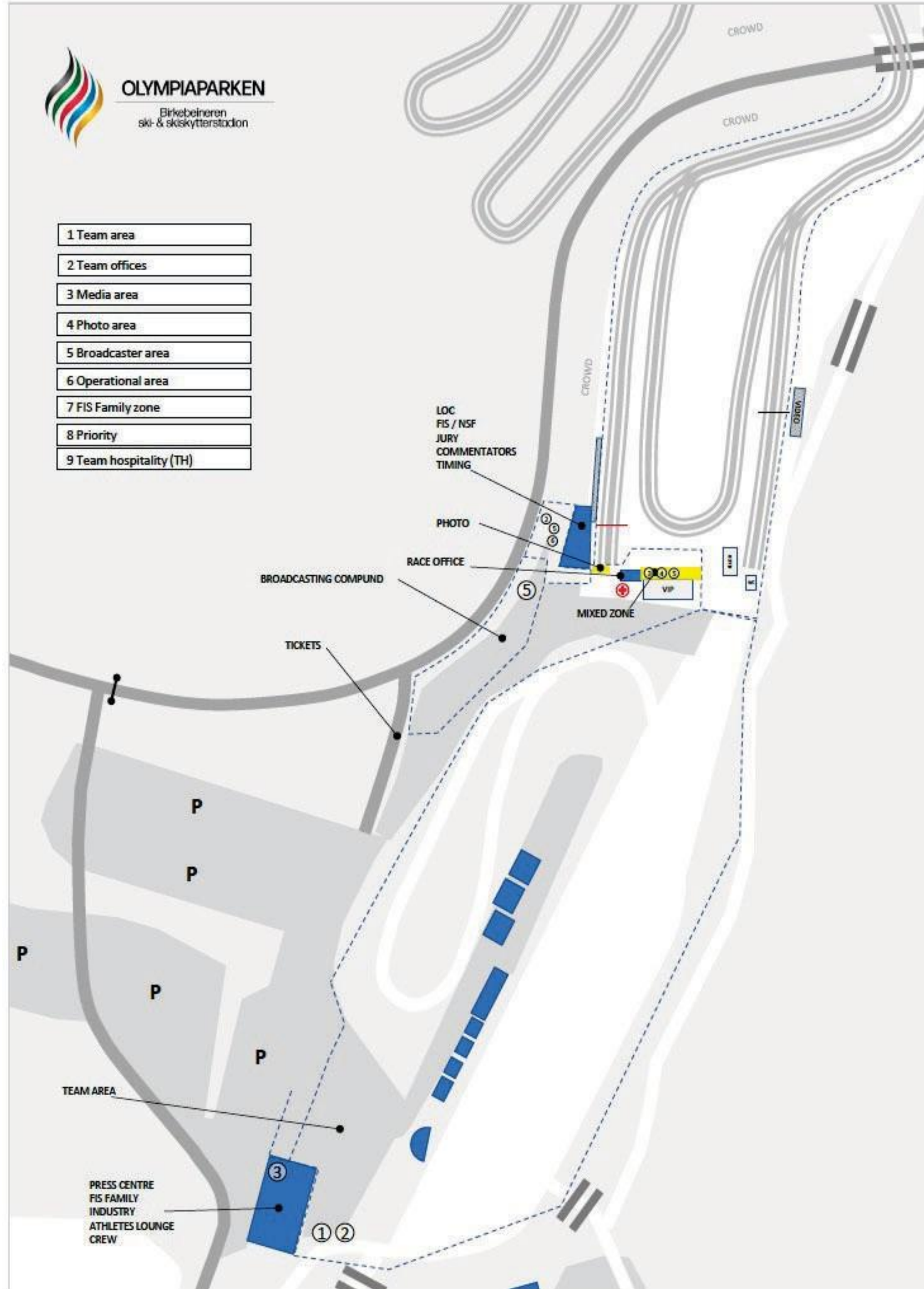
09:15	10km F interval, W senior
10:30	10km F interval, M senior
12:00	10km F interval, W junior
12:48	10km F interval, M junior
14:30	Natrudstilrennet (Youth race)



OLYMPIAPARKEN

Birkebeineren
ski- & skiskytterstadion

- 1 Team area
- 2 Team offices
- 3 Media area
- 4 Photo area
- 5 Broadcaster area
- 6 Operational area
- 7 FIS Family zone
- 8 Priority
- 9 Team hospitality (TH)





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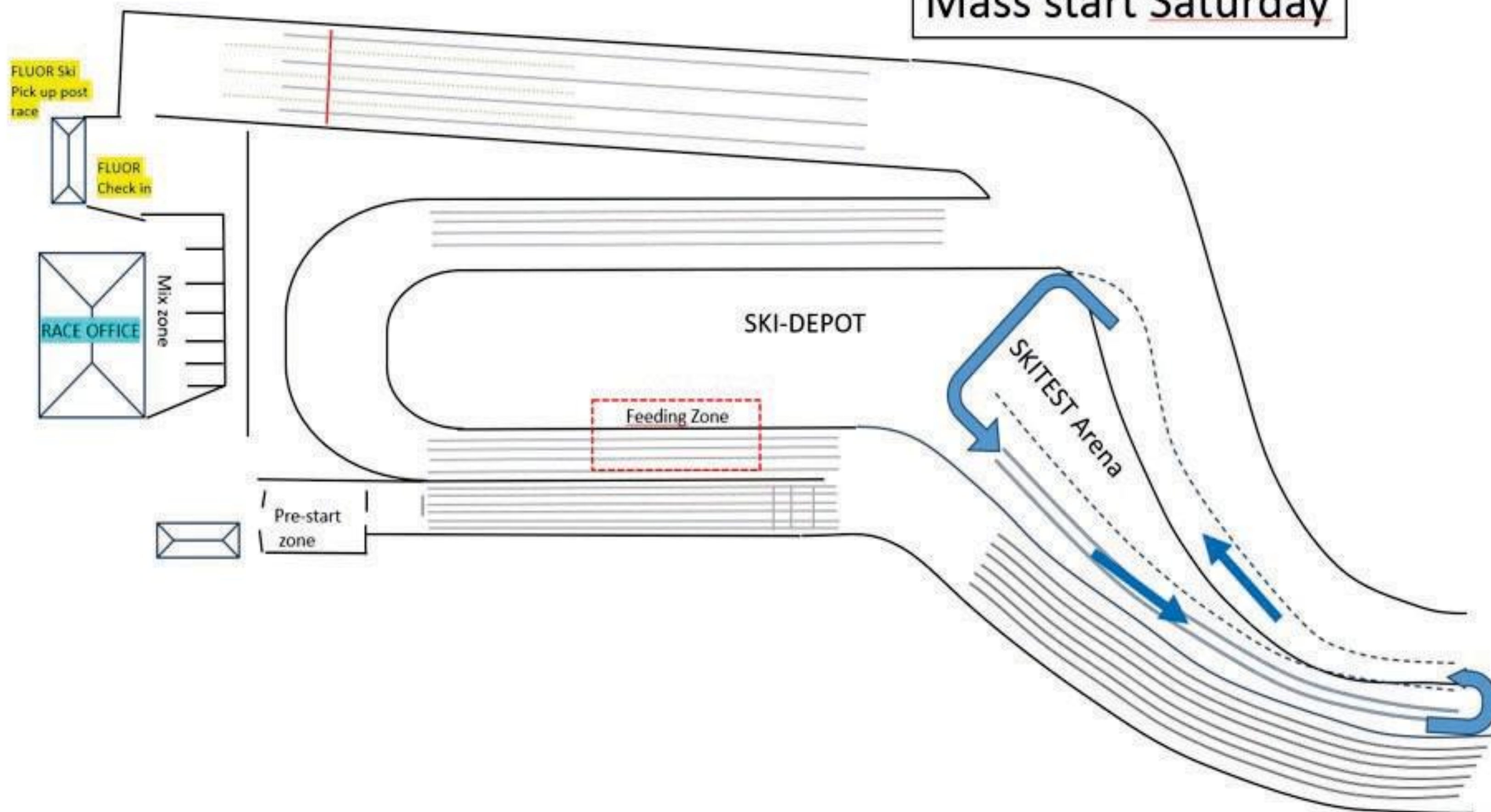
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SCANDINAVIAN CUP OG JUNIOR-VM MØNSTRING 14.12.2024: STADIUM

Mass start Saturday

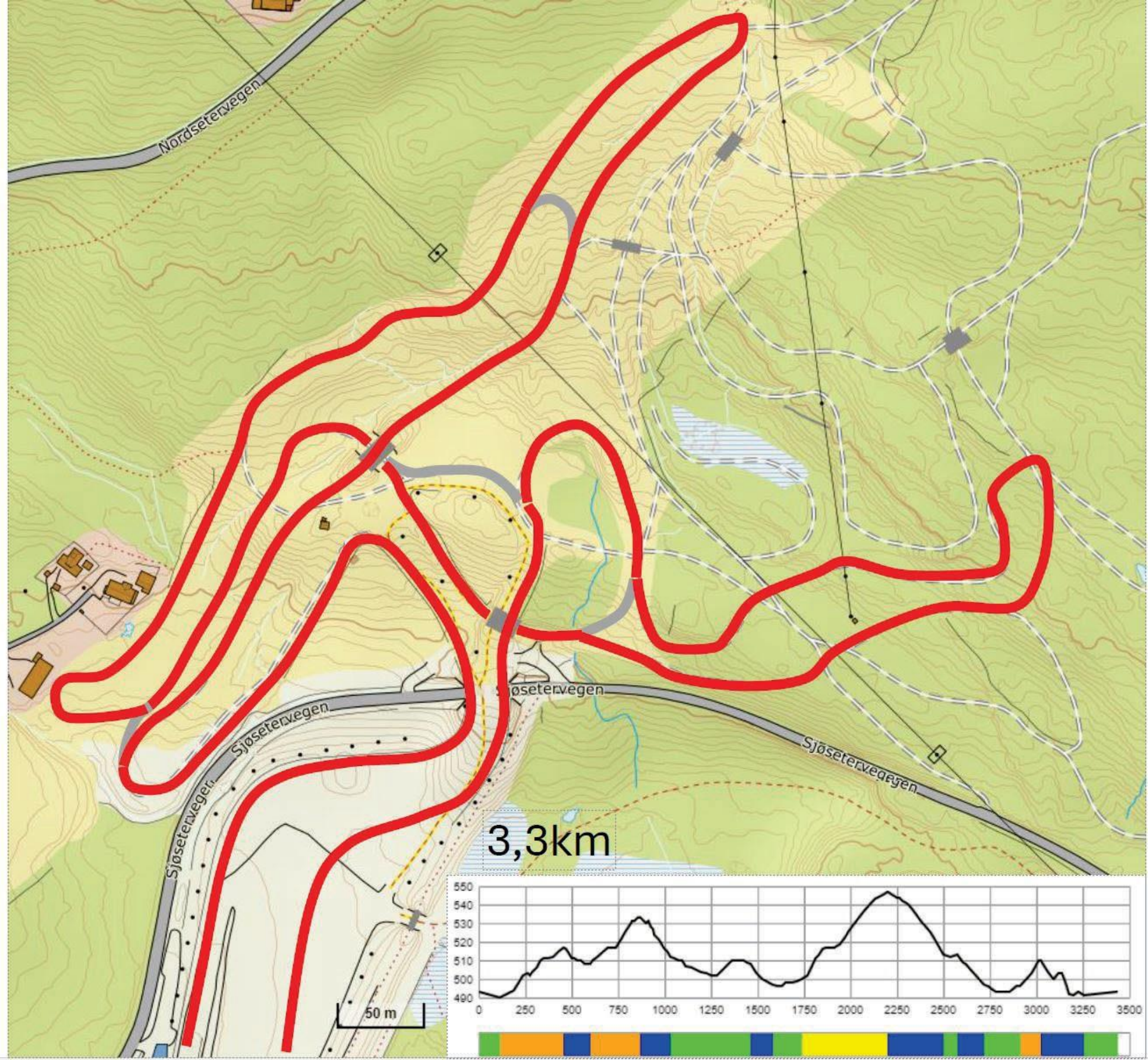


Basic 3,3km

Sat Dec 14

Women 6x3,3km C

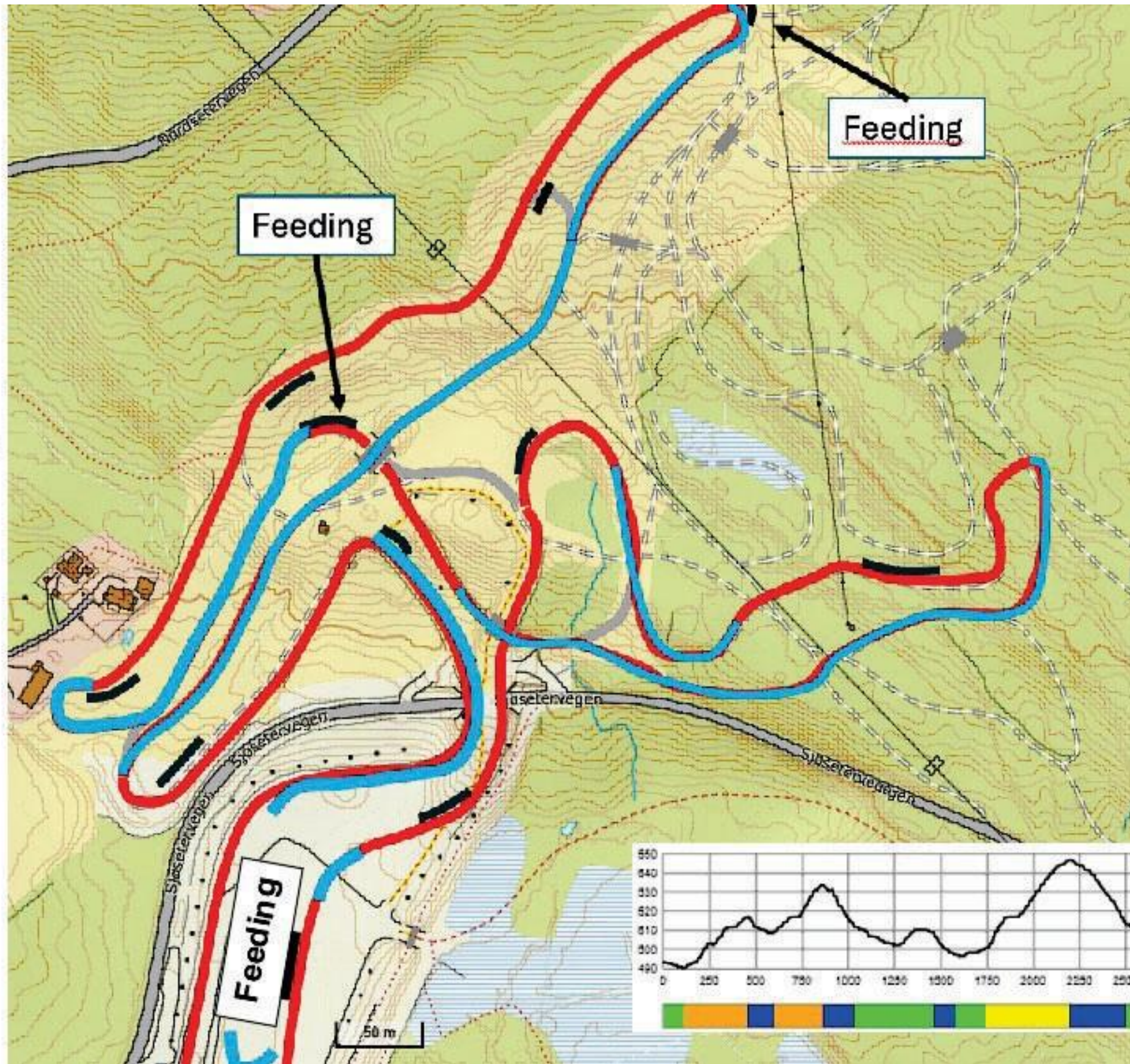
Men 6x3,3km C



Basic 3,3km

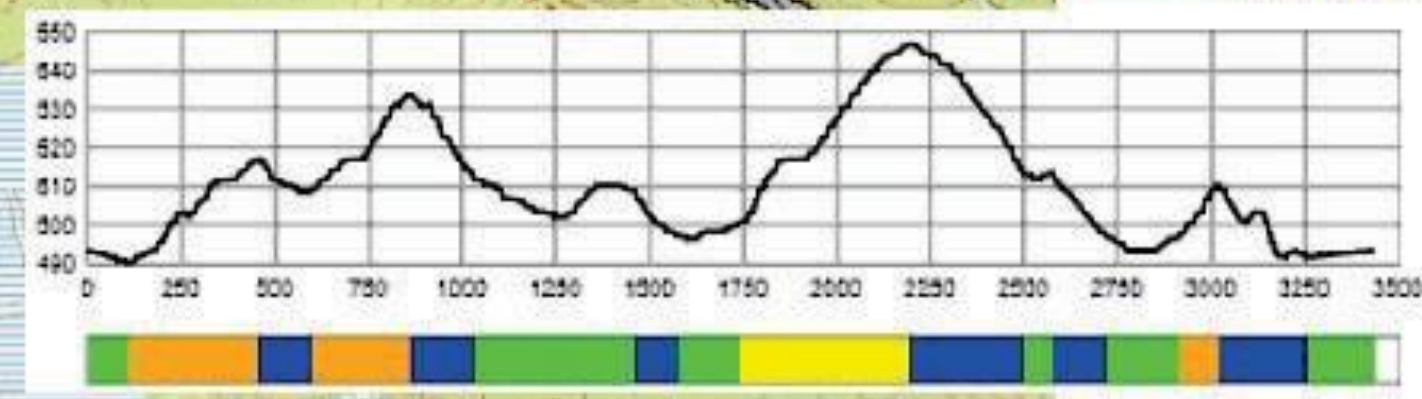
Sat Dec 14th

CC 20km C Mass start
6x3,3km F



Coaching and feeding

- COURSE**
- COACHING ZONES**
- TURNING TECHNIQUE ZONES**





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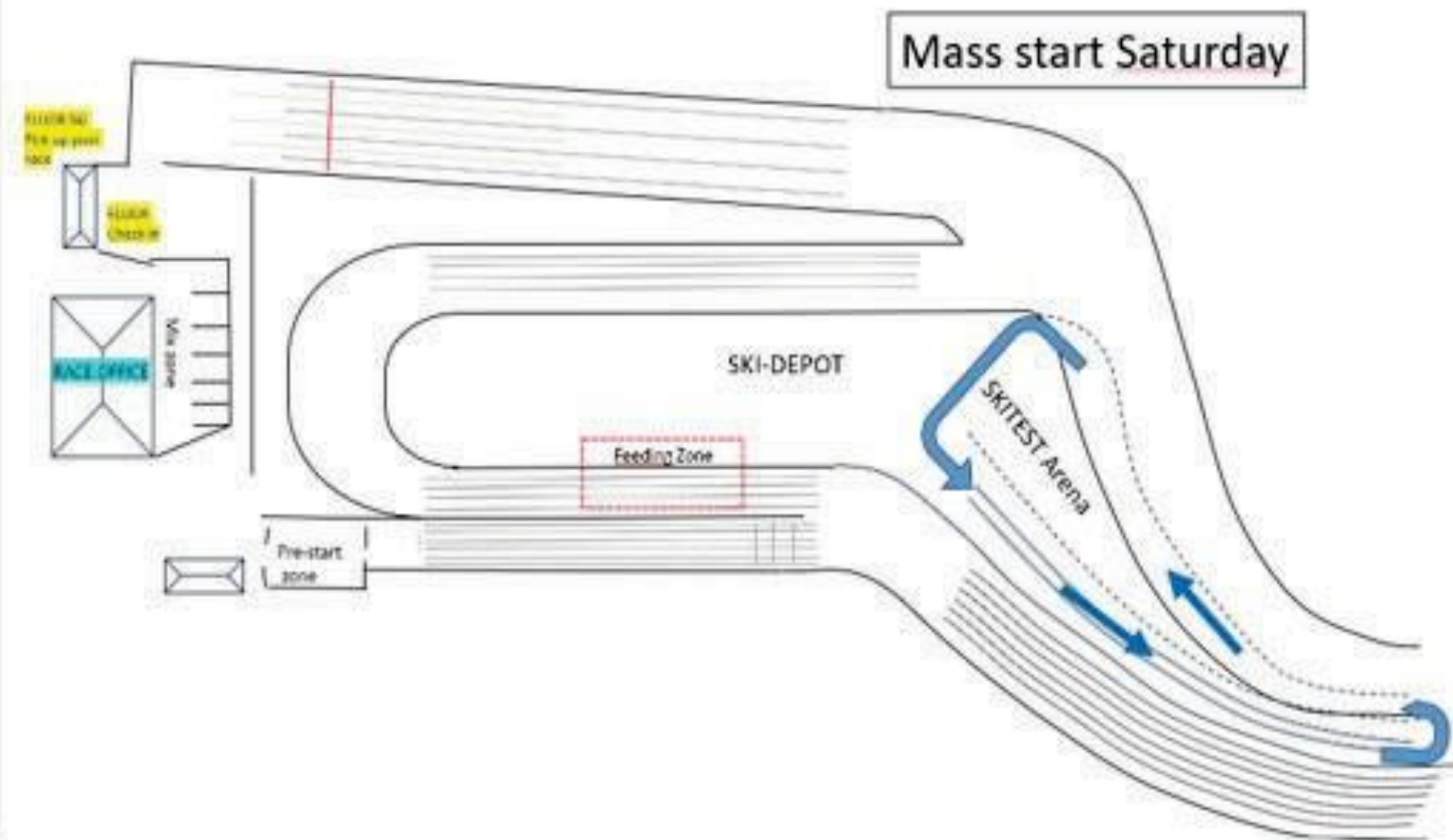
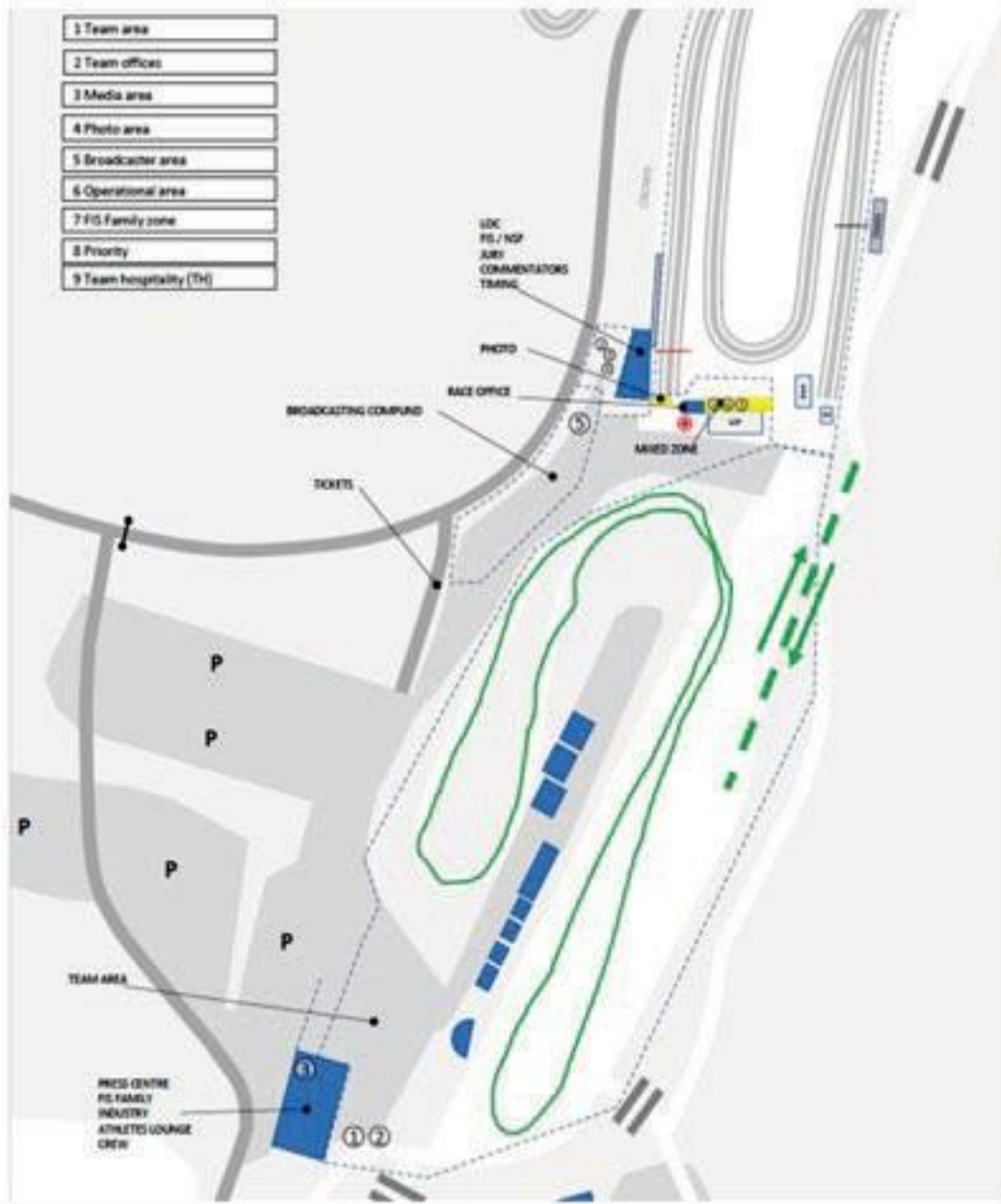
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Skitesting and warming up Saturday 14.12





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SCANDINAVIAN CUP OG JUNIOR-VM MØNSTRING 13.-15.12.2024: Yr.no

Lørdag 14. desember

Tid	Vær	Temp.	Nedbør mm	Vind(kast) m/s	Vindbeskrivelse
00		-2°		2 (5) ←	Svak vind fra øst med vindkast på 5 m/s
01		-2°		2 (5) ←	Svak vind fra øst med vindkast på 5 m/s
02		-1°		2 (5) ←	Svak vind fra øst med vindkast på 5 m/s
03		-1°		2 (5) ←	Svak vind fra øst med vindkast på 5 m/s
04		-1°		2 (5) ←	Svak vind fra øst med vindkast på 5 m/s
05		-1°		2 (4) ←	Svak vind fra øst med vindkast på 4 m/s
06		-2°		2 (4) ←	Svak vind fra øst med vindkast på 4 m/s
07		-3°		2 (4) ↙	Svak vind fra nordøst med vindkast på 4 m/s
08		-4°		2 (3) ↙	Svak vind fra nordøst med vindkast på 3 m/s
09		-4°		2 (4) ↓	Svak vind fra nord med vindkast på 4 m/s
10		-4°		3 (6) ↓	Svak vind fra nord med vindkast på 6 m/s
11		-5°		3 (6) ↓	Svak vind fra nord med vindkast på 6 m/s
12		-5°		2 (6) ↓	Svak vind fra nord med vindkast på 6 m/s
13		-5°		2 (4) ↓	Svak vind fra nord med vindkast på 4 m/s
14		-5°		2 (4) ↓	Svak vind fra nord med vindkast på 4 m/s
15		-5°		2 (5) ↓	Svak vind fra nord med vindkast på 5 m/s
16		-5°		3 (6) ↓	Svak vind fra nord med vindkast på 6 m/s



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SCANDINAVIAN CUP OG JUNIOR-VM MØNSTRING 14.12.2024:

COURSE OPENING TIME

Course opening times				
20km C Mass start Saturday				
Times	Courses	Remarks	Team	Athletes
05:30-21:00	Warm up and skitest 1 open		X	X
07:00-09:20	Test track stadium open	2 tracks on stadium	X	X
08:30-09:20	Race course open		X	X
09:30-10:30	20km C Mass start Women			X
10:20-10:35	Test track stadium open	2 tracks on stadium	X	X
10:45-11:35	20km C Mass start Men			X
11:30-11:50	Test track stadium open	2 tracks on stadium	X	X
11:35-11:50	Race course open		X	X
12:00-13:15	20km C Mass start Women junior			X
13:10-13:15	Test track stadium open	2 tracks on stadium	X	X
13:20-14:20	20km C Mass start Men junior			X
14:30-15:30	Youth race	ALL COURSES CLOSED		
15:30-16:20	Regrooming	ALL COURSES CLOSED		
16:20-21:00	All courses open		X	X



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Entries and draw

Bibs at Race Office, open from 08:00 until the race ends.

Juniors have to get their Bibs after 11:00.

Check your transponders at race-office.

LegBibs will be picked up at raceoffice and has to be placed at right leg.

Startlist drawn: According to FIS-points.

Best athletes first. |

Withdraws for Sundays race must be sent to

erik.husby@skiforbundet.no before latest 16:00 Saturday.



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Course preparation and grooming

Grooming starts at approx 21:00

Skitesting and warming up will be groomed as same time as courses.



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Fluortesting

- Testing AFTER finish only!
- After finish athletes will pass a checkpoint where skies may be picked out for testing.
- **Athlete/service is responsible** to tag the ski correctly with bib number.
- Remember to change BIB number before sprint finals and next race
- SPRINT FINALS: Skies is tested for fluor after finishing each round.





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INFO FROM TD:

Responsibility for the athlete

Follow all guidelines and commands from the OC (also coaches)

Follow marked course

Take care in start

Classic Technic

ICR 310.2.2.1

In Technical Zones, ICR 310.2.2.2 Diagonal Technic

Overtake/ Obstruction

ICR 343.10.2.1 – 343.10.2.5

Lapping

ICR 343.14.1 Skiers will stop when jury members give instruction or when they are being lapped

Good Luck–Wish you all fair and safe competitions

Info from NSF



Norges
Skiforbund

- Protest sprint
 - Not possible to allow protest during quartefinals and semifinals.
 - Protest will only be accepted after the finals.
 - + 15 minutes after the unoffical result lists is published
- Please follow course opening times