

Gålå - Peer Gynt Stadion 21-23 March 2025



TEAM CAPTAINS MEETING
20th March





Agenda

Roll Call

OC and the Jury

Friday - Event program / Stadium / Courses

Saturday – Event program / Stadium / Courses

Classical Technique zones Saturday

Sunday – Event program / Stadium / Courses

Weather Forecast

Entries and start list

Information from the OC

Information Fluor

Information from the TD

Information from the NSF



Roll call

- Akershus
- Agder og Rogaland
- Buskerud
- Finnmark
- Hedmark
- Hordaland
- Nordland
- Nord-Trøndelag
- Oppland
- Oslo
- Sogn og Fjordane
- Sør-Trøndelag
- Telemark og Vestfold
- Troms
- Østfold
- Møre og Romsdal
- Austria
- Chile
- China
- Colombia
- Denmark
- Estonia
- Finland
- GBR
- Iceland
- Latvia
- Lithuania
- Mexico
- Peru
- Portugal
- South Africa
- Slovakia
- Sweden
- Taiwan
- USA





OC and Jury



OC:

Chief of Competition: *Audun Skattebo*



Chief of Course: *Bjørnar Bakken / Jo Kjørstad*

Chief of Stadium: *Lars Tarud*

Chief of Wax Cabins: *Bjørnar Bakken*

Chief of Race Office: *Randi Myhr*



JURY:



TD: *Erland Husom*

TD assistant: *Christer Opsann*

Chief of Competition: *Audun Skattebo*

Equipment controller: *Fridtjof Rannem*

Race director: *Erik Husby*





Event Program, Friday 21. March

kl 08:00 - 19:00 Race office open

kl 06:00 – 22:00 Waxing hall open



Women senior and Men senior sprint F

kl 09:45 (New time) Women senior and men senior - Prolog F

kl 11:15 ¼ Finales women senior, 5 heat

kl 11:40 ¼ Finales men senior, 5 heat

kl 12:05 Semi finales, women senior, 2 heat

kl 12:20 Semi finales, men senior, 2 heat

kl 12:30 Finale women senior

kl 12:45 Finale men senior



Scandinavian Cup - Ceremony ca 20 minutes after finish women/men -
6 best in the stadium

Courses closed until 18:00 (regrooming)

Training in courses until 21:00





Timetable sprint finals men senior

SC Gålå Men senior



Kvartfinale				Semi Final			Finale		
Mellom heatene: 00:05:00				Fra Kv.1 til Semi 1: 00:40:00			Fra semi1 til Finale: 00:25:00		
Pl. i prolog	Startnr	11:40:00	Kv. 1	Startnr	12:20:00	S1	Startnr.	12:45:00	Finale
1									
10									
11									
20									
21									
30									
11:45:00 Kv. 2				Semifinale 1					
4									
7									
14									
17									
24									
27									
11:50:00 Kv. 3									
5									
6									
15									
16									
25									
26									
11:55:00 Kv. 4									
2									
9									
12									
19									
22									
29									
12:00:00 Kv. 5									
3									
8									
13									
18									
23									
28									

Nr. 1 og 2 i hvert heat: Direkte til semifinale, i alt 10 løpere.
 Dessuten de 2 beste på tredje- eller fjerdeplass, rangert etter tid i kvartfinalen. Den beste av disse skal i semifinale 2, den andre i semifinale 1

Timetable sprint finals women senior

SC Women Senior

Kvartfinale			Semi Final			Finale			
Mellom heatene: 00:05:00			Fra Kv.1 til Semi 1: 00:50:00			Fra semi1 til Finale: 00:25:00			
Pl. i prolog	Startnr	Kv. 1		Startnr	S1		Startnr.	12:30:00	Finale
1			► Topp 2 til S1						
10									
11									
20									
21									
30									
11:20:00 Kv. 2				Semifinale 1					
4			► Topp 2 til S1	Startnr	12:05:00	S1			
7									
14									
17									
24									
27				LL					
11:25:00 Kv. 3									
5			► 1. til S1						
6			► 2. til S2						
15									
16									
25									
26									
11:30:00 Kv. 4				Semifinale 2 (S2)					
2			► Topp 2 til S2	startnr	12:10:00				
9									
12									
19									
22									
29									
11:35:00 Kv. 5									
3			► Topp 2 til S2						
8				LL					
13									
18									
23									
28									

► 2 beste direkte til Finale

► 3 evtl. 4 til finale avhengig av tid i semifinalen

► 2 beste direkte til Finale

► Nr. 3 evtl. 4 til finale avhengig av tid i semifinalen

Nr. 1 og 2 i hvert heat: Direkte til semifinale, i alt 10 løpere.
 Dessuten de 2 beste på tredje plass eller fjerdeplass, rangert etter tid i kvartfinalen. Den beste av disse skal i semifinale 2, den andre i semifinale 1





Event Program, Friday 21. March

Women junior and men junior sprint F

kl 13:15 Women junior and men junior, Prolog F

kl 14:00 ¼ Finales women junior, 5 heat

kl 14:25 ¼ Finales men junior, 5 heat

kl 14:50 Semi finales women junior, 2 heat

kl 15:05 Semi finales men junior, 2 heat

kl 15:15 Finale women junior

kl 15:28 Finale men junior

Kl 16:15 Nordic combined (W 5km + M 7,5 km Gundersen)

Nordic Junior Competition – Ceremony Gålå Hotel 19:30 Saturday

Lucky loser in heat

Courses closed until 18:00 (regrooming)

Training in courses until 21:00





Timetable sprint finals men junior

NJC Men junior									
		Kvartfinale				Semi Final		Finale	
		Mellom heatene:		00:05:00		Fra Kv.1 til Semi 1:		00:40:00	
Fra Kv.1 til Semi 1:		00:40:00				Fra semi1 til Finale:		00:23:00	
Pl. i prolog	Startnr	14:25:00	Kv. 1						
1				▶ Topp 2 til S1					
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11									
20									
21									
30									
		14:30:00	Kv. 2						
4				▶ Topp 2 til S1					
7									
14									
17									
24									
27									
		14:35:00	Kv. 3						
5				▶ 1. til S1					
6				▶ 2. til S2					
15									
16									
25									
26									
		14:40:00	Kv. 4						
2				▶ Topp 2 til S2					
9									
12									
19									
22									
29									
		14:45:00	Kv. 5						
3				▶ Topp 2 til S2					
8									
13									
18									
23									
28									

Startnr	15:05:00	S1
LL		

▶ 2 beste direkte til Finale
▶ 3 evtl.4 til finale avhengig av tid i semifinalen

Startnr.	15:28:00	Finale
	LL	
	LL	

startnr	15:10:00	
LL		

▶ 2 beste direkte til Finale
▶ Nr. 3 evtl.4 til finale avhengig av tid i semifinalen

Nr. 1 og 2 i hvert heat: Direkte til semifinale, i alt 10 løpere.
 Dessuten de 2 beste på tredjeplass eller fjerdeplass, rangert etter tid i kvartfinalen. Den beste av disse skal i semifinale 2, den andre i semifinale 1





Timetable sprint finals women junior

NJC Women junior																														
		Kvartfinale				Semi Final		Finale																						
		Mellom heatene:	00:05:00			Fra Kv.1 til Semi 1:	00:50:00	Fra semi1 til Finale: 00:25:00																						
Pl. I prolog	Startnr	14:00:00	Kv. 1																											
1				▶ Topp 2 til S1																										
10																														
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21																														
30																														
		14:05:00	Kv. 2			Semifinale 1																								
4				▶ Topp 2 til S1		Startnr	14:50:00	S1																						
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17																														
24																														
27																														
		14:10:00	Kv. 3																											
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6				▶ 2. til S2																										
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26																														
		14:15:00	Kv. 4																											
2				▶ Topp 2 til S2																										
9																														
12																														
19																														
22																														
29																														
		14:20:00	Kv. 5			Semifinale 2 (S2)																								
3				▶ Topp 2 til S2		startnr	14:55:00																							
8									▶ 2 beste direkte til Finale																					
13									▶ Nr. 3 evtl. 4 til finale avhengig av tid i semifinalen																					
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28																														
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Startnr.	15:15:00	Finale																												
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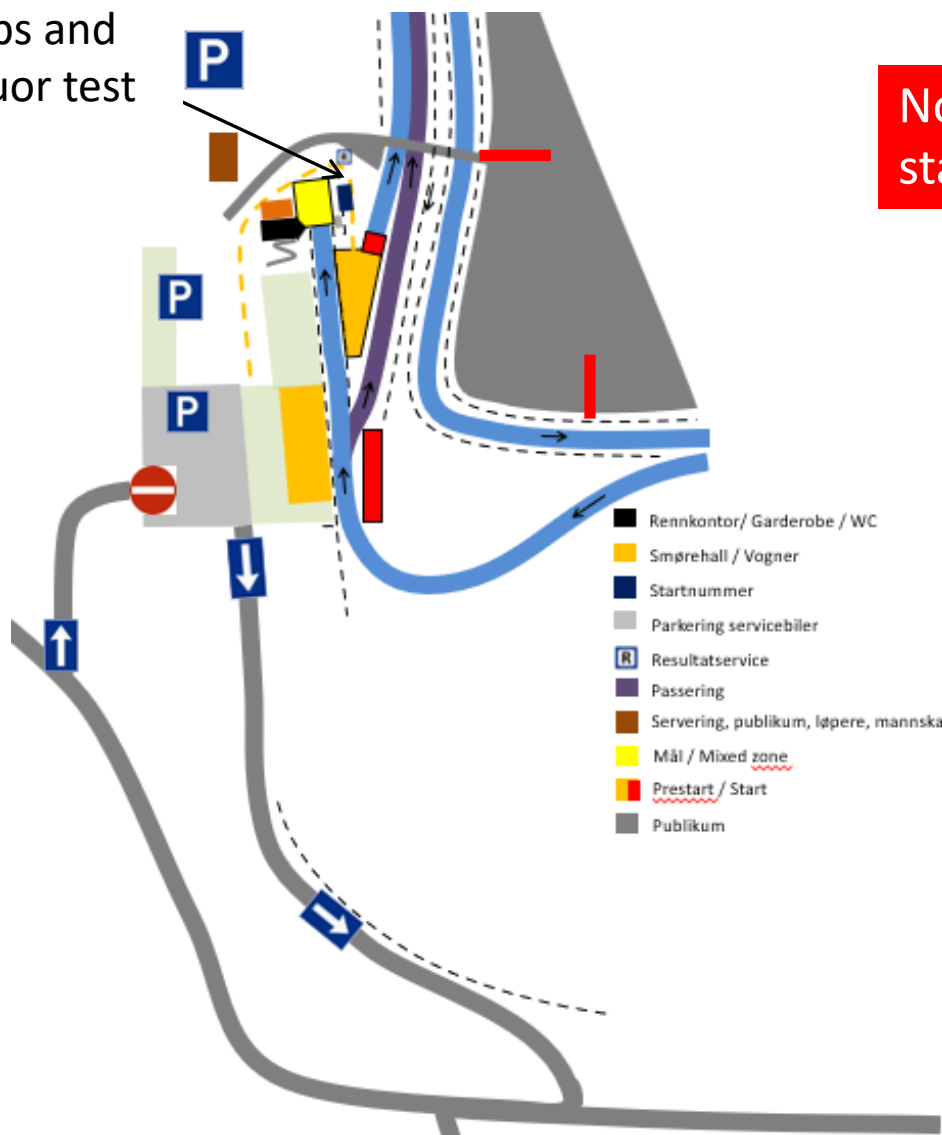
Nr. 1 og 2 i hvert heat: Direkte til semifinale, i alt 10 løpere.
 Dessuten de 2 beste på tredje- eller fjerdeplass, rangert etter tid i kvartfinalen. Den beste av disse skal i semifinale 2, den andre i semifinale 1





Stadium, overview

Bibs and
Fluor test



No coaching zone in stadium (marked)

SpareBank 1
GUDBRANDSDAL

FEIR CVHYS RIKE
GÅLÅ EIENDOM

TINDE HYTTER
BYGGER VARIGE VERDIER

FEIR CVHYS RIKE
GÅLÅ HANDEL

Gålå
IDRETTSSANLEGG AS



Stadium, Friday

SpareBank 1
GUDBRANDSDAL

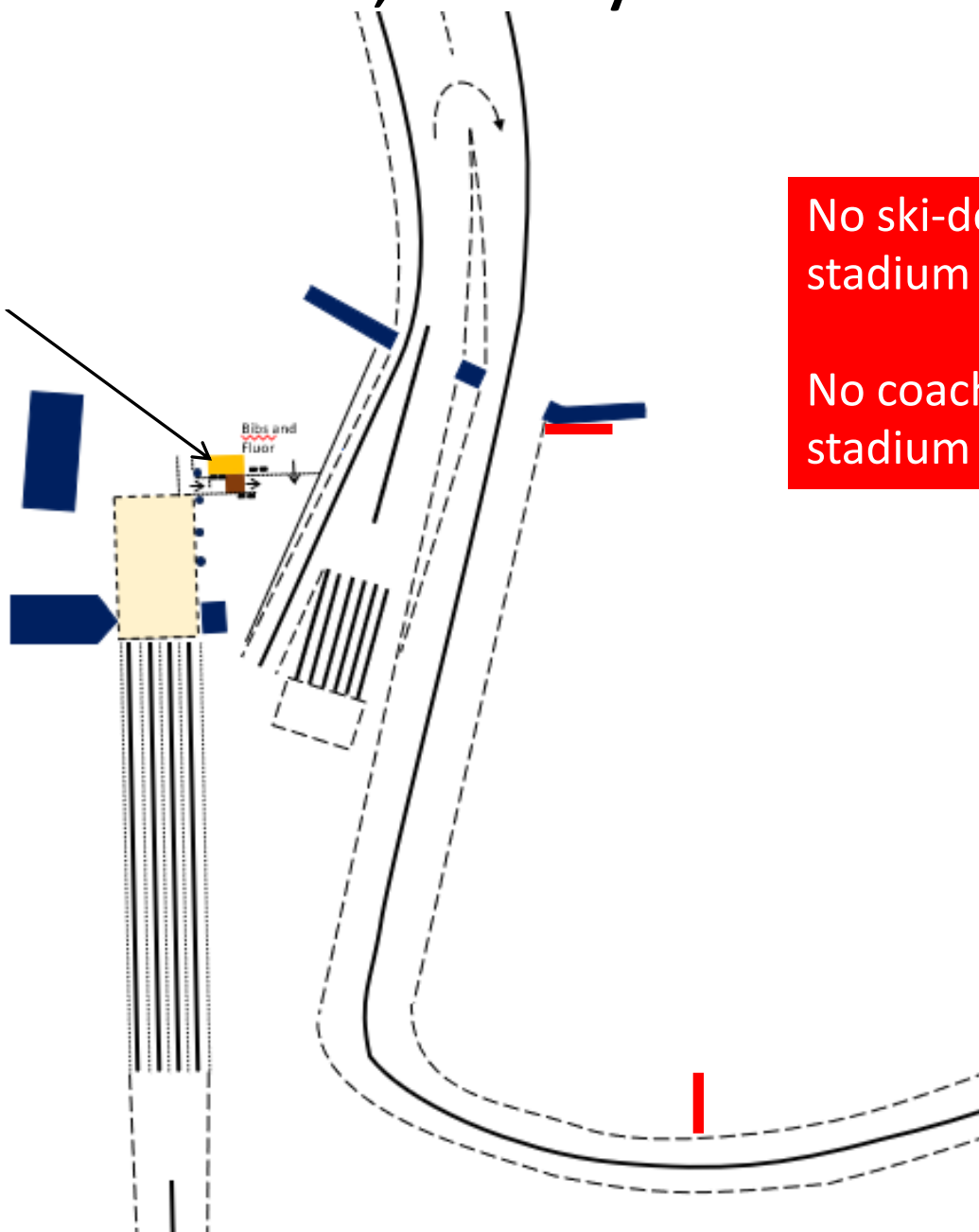
FEIR CVHTS RIKE
Gålå EIENDOM

TINDE HYTTER
BYGGER VARIGE VERDIER

FEIR CVHTS RIKE
Gålå HANDEL

Gålå
IDRETTSSANLEGG AS

Bibs and
Fluor test

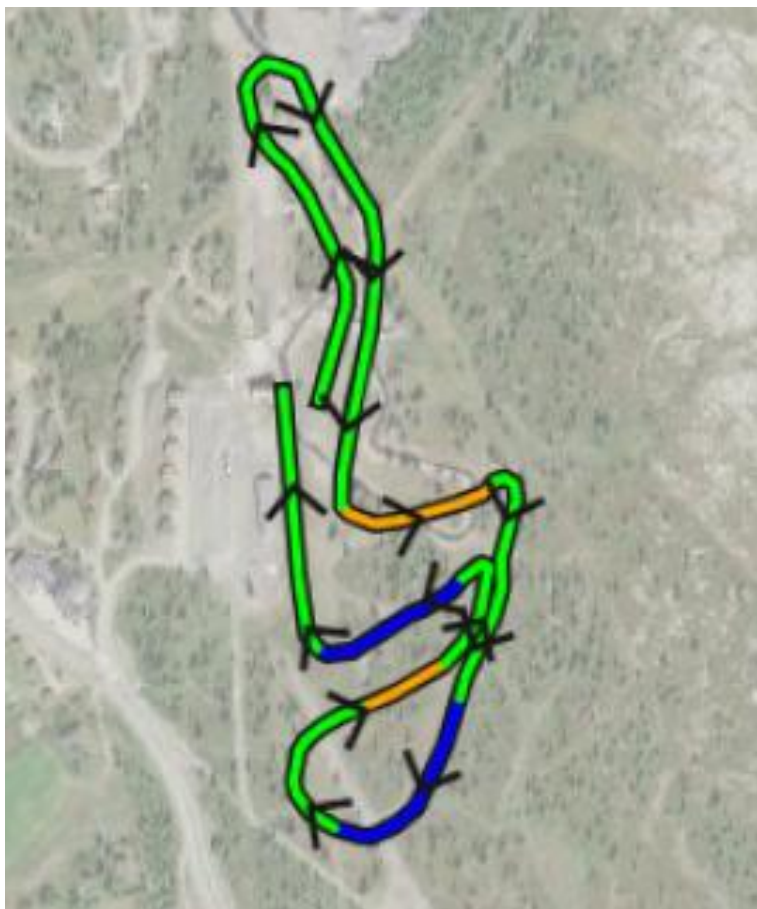


No ski-depot in
stadium

No coaching zone in
stadium (marked)



Courses Friday Sprint F Men senior

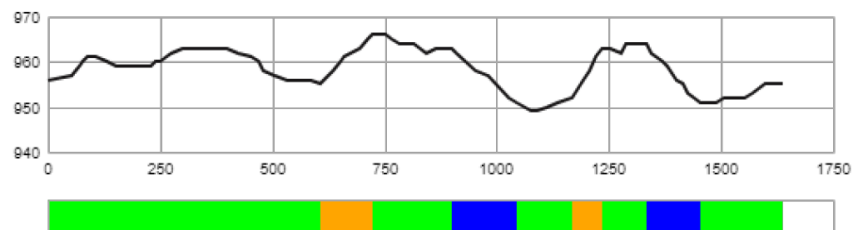


Race course closed 5 min. before
start Prolog – 09:40!

Closed before/between heats

Course closed until 18:00
(regrooming)

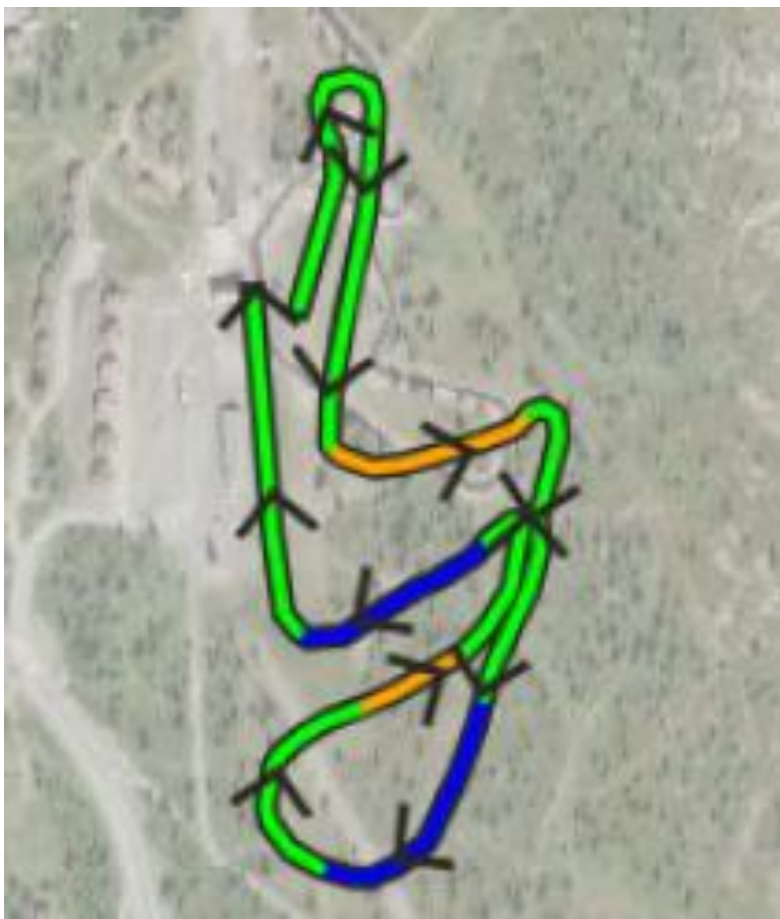
Course length:	1,637m	Height difference (HD):	17m	Lowest point:	949m
Course category:	D	Maximum climb (MC):	11m	Highest point:	966m
		Total climb (TC):	41m		





Courses friday Sprint F

Women sr / Women jr / Men jr

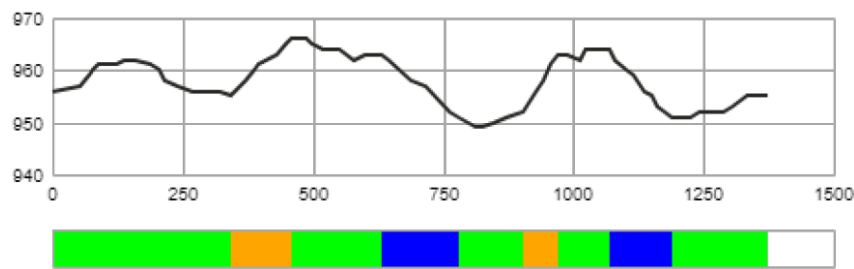


Race course closed 5 min. before start Prolog – 09:40!

Closed before/between heats

Course closed until 18:00 (regrooming)

Course length:	1,372m	Height difference (HD):	17m	Lowest point:	949m
Course category:	D	Maximum climb (MC):	11m	Highest point:	966m
		Total climb (TC):	38m		





Ski test and warm up Friday

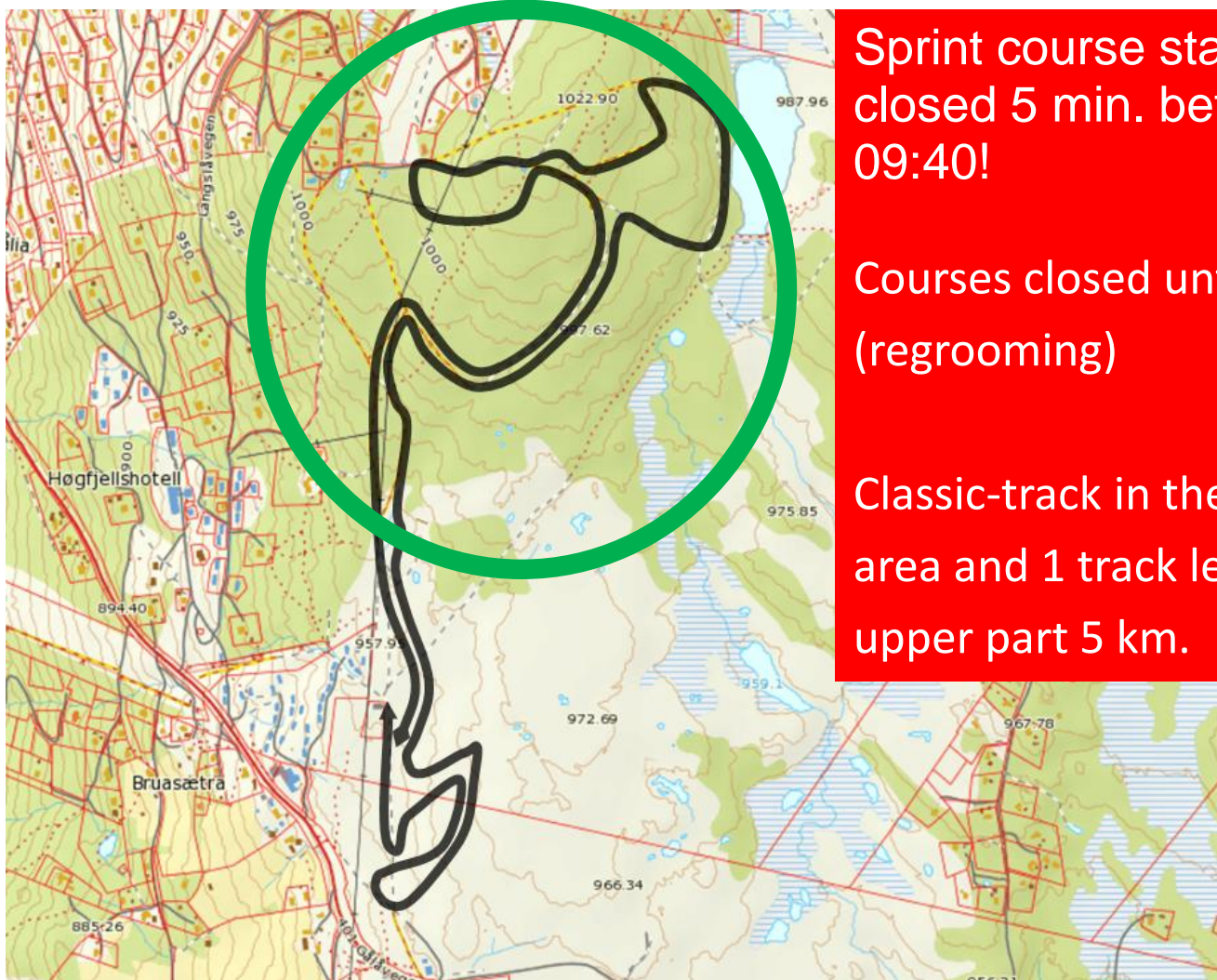
SpareBank 1
GUDBRANDSDAL

FEIR CVHTS RIKE
GÅLÅ EIENDOM

TINDE HYTTER
BYGGER VARIGE VERDIER

FEIR CVHTS RIKE
GÅLÅ HANDEL

Gålå
IDRETTSSANLEGG AS



Sprint course stadium area
closed 5 min. before start –
09:40!

Courses closed until 18:00
(regrooming)

Classic-track in the warm up
area and 1 track left side in the
upper part 5 km.



Event Program, Saturday 22. March.

kl 08:00 - 19:00

Race office open

kl 06:00 – 22:00

Waxing hall open



kl 09:00

Start women senior, 10 km C

kl 10:10

Start men senior, 10 km C

kl 12:00

Start women junior, 5 km C

kl 12:25

Start men junior, 10 km C



kl 13:45

Gålå competition (8-16 years)

kl 16:00

Nordic combined Team sprint

Nordic combined RC cup



Courses closed until 18:00 - Training in courses until 21:00

30 sec start interval



Scandinavian Cup - Ceremony ca 20 minutes after finish women/men -
6 best in the stadium Saturday

Nordic Junior Competition – Ceremony Gålå Hotel 19:30 Saturday





Stadium, Saturday

SpareBank 1
GUDBRANDSDAL

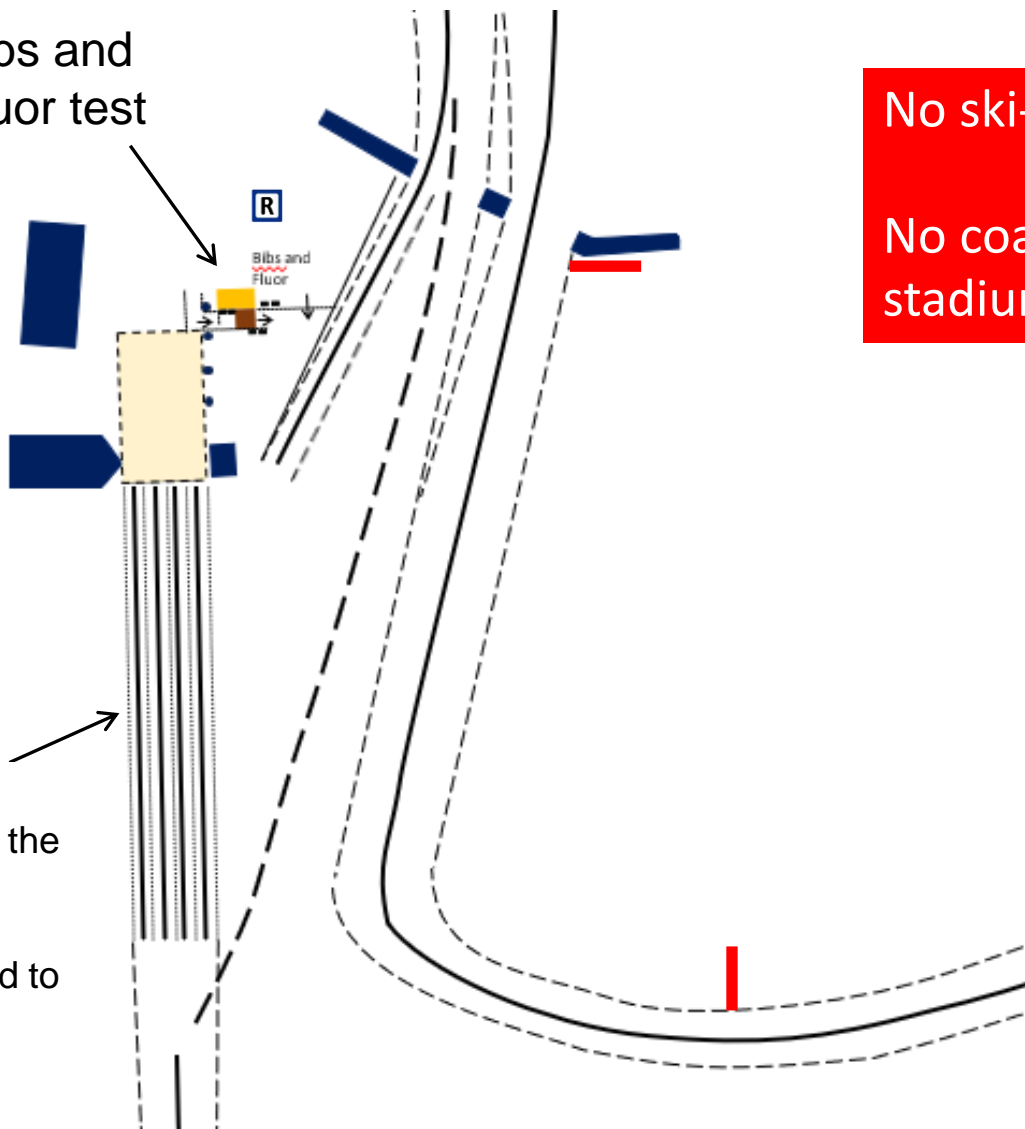
PER CYHTS RIKE
GÅLÅ EIENDOM

TINDE HYTTER
BYGGER VARIGE VERDIER

PER CYHTS RIKE
GÅLÅ HANDEL

GÅLÅ
IDRETTSSANLEGG AS

Bibs and
Fluor test



Classic
tracks to the
right.
Nordic
combined to
the left.

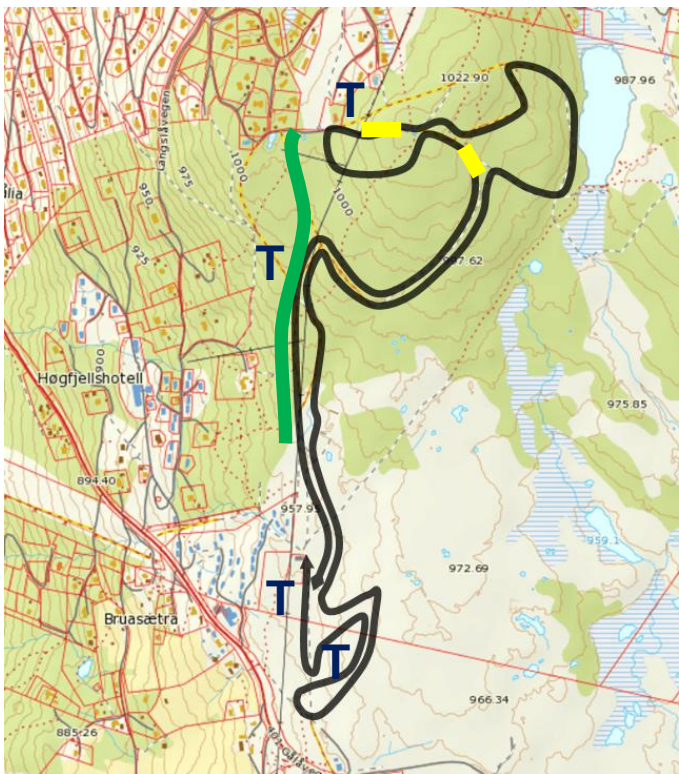
No ski-depot in stadium

No coaching zone in
stadium (marked)



Courses Saturday

Senior Women/Men, Junior Women/Men



Race course stadium area closed 5 min. before start – 08:55!

Warm up – left side (green marked) and transit to the course.

Senior women, 10 km C (2 x 5 km)

Senior men, 10 km C (2 x 5 km)

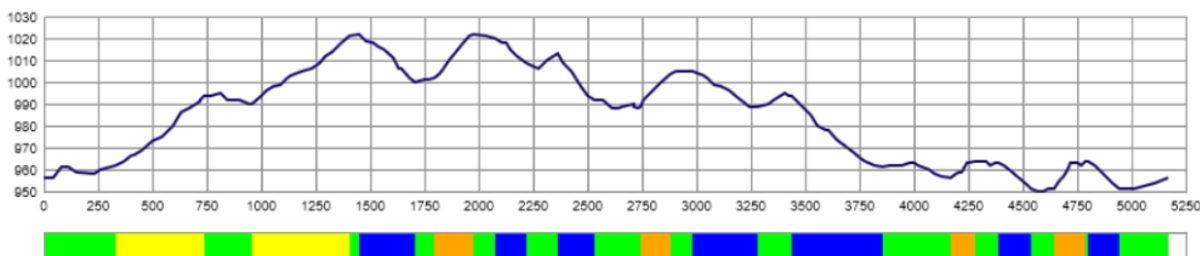
Junior women, 5 km C (1 x 5 km)

Junior men, 10 km C (2 x 5 km)

Technique zone

Intermediate times

Course length:	5,167m	Height difference (HD):	72m	Lowest point:	950m
Course category:	D	Maximum climb (MC):	32m	Highest point:	1,022m
		Total climb (TC):	159m		





Classical Technique zones, distance Saturday

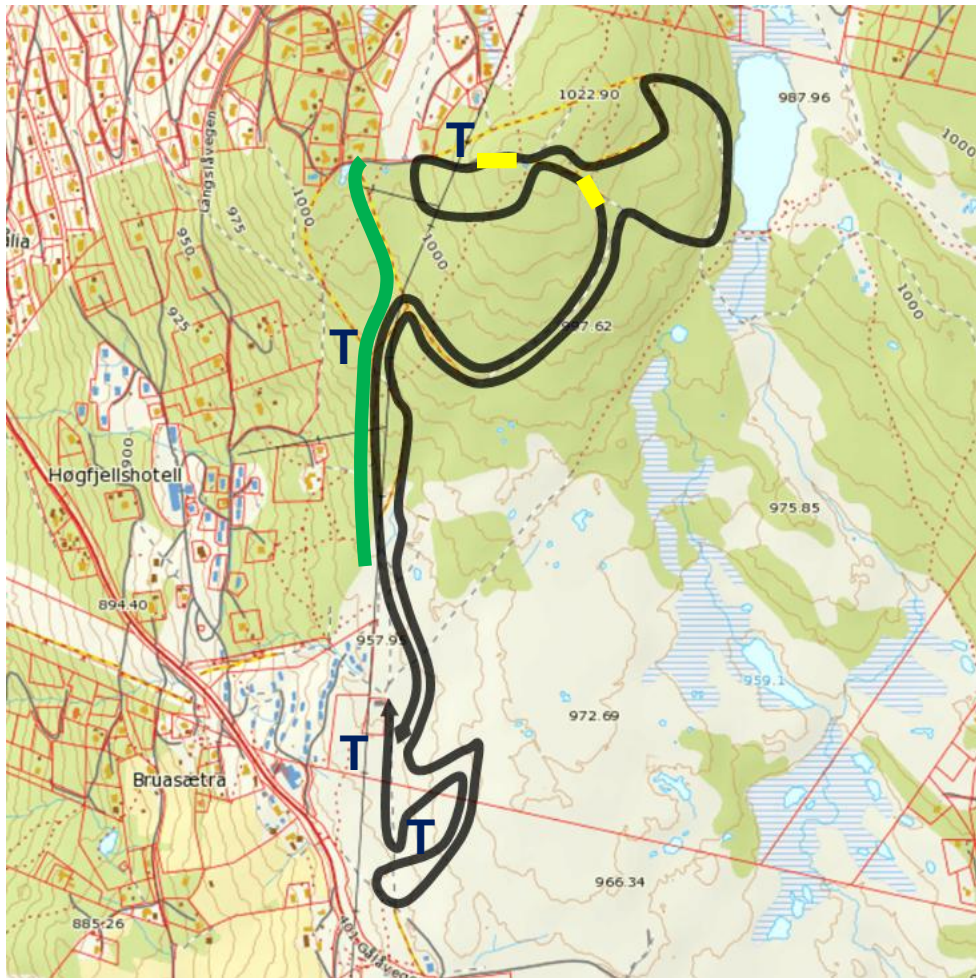
SpareBank 1
GUDBRANDSDAL

PERE CVHITS RIKE
GÅLÅ EIENDOM

TINDE HYTTER
BYGGER VARIGE VERDIER

PERE CVHITS RIKE
GÅLÅ HANDEL

GÅLÅ
IDRETTSSANLEGG AS



2 Classical technique zones,
distance

Marked yellow in map

In the courses marked with:

Start
Zone

End
Zone

Video control



Event Program, Sunday 23 March



kl 08:00 - 15:00 Race office open
kl 06:00 – 15:00 Waxing hall open



kl 09:00 Women junior relay 3 x 3 km (F-F-F)
kl 09:45 Men junior relay 3 x 5 km (F-F-F)
kl 11:15 Mass start women senior, 20 km (4x5 km)F
kl 12:30 Mass start men senior, 20 km (4x5 km)F



Ceremony ca 20 minutes after finish in stadium

Overall ceremony for the Scandinavian cup





Stadium Sunday, junior

SpareBank 1
GUDBRANDSDAL

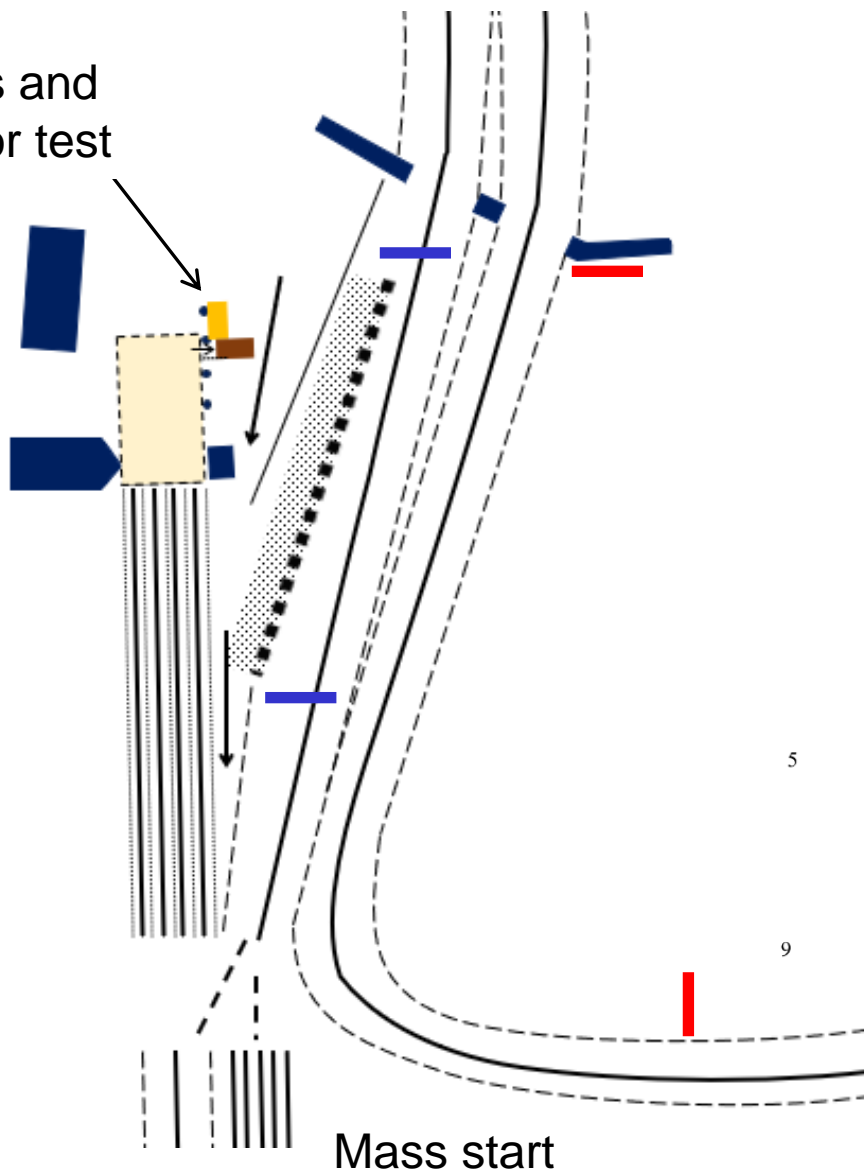
FEIR CVHTS RIKE
GÅLÅ EIENDOM

TINDE HYTTER
BYGGER VARIGE VERDIER

FEIR CVHTS RIKE
GÅLÅ HANDEL

Gålå
IDRETTSSANLEGG AS

Bibs and
Fluor test



No ski-depot in
stadium

No coaching zone
in stadium

Exchange zone

1
3 2
5 4
6
7 8
9 10

Mass start



Stadium Sunday, senior

SpareBank 1
GUDBRANDSDAL

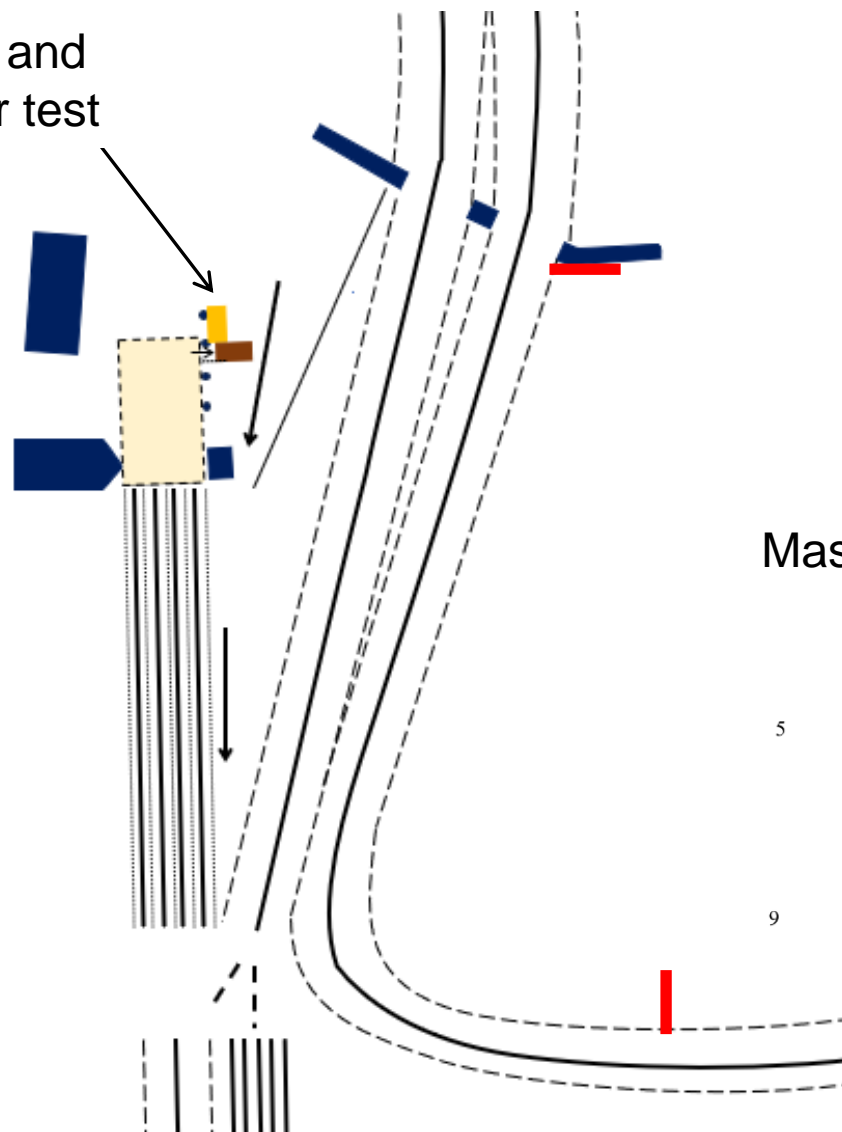
FEIR CVHTS RIKE
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IDRETTSSANLEGG AS

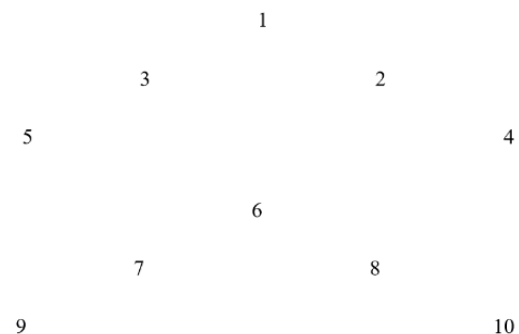
Bibs and
Fluor test



No ski-depot in
stadium

No coaching zone
in stadium

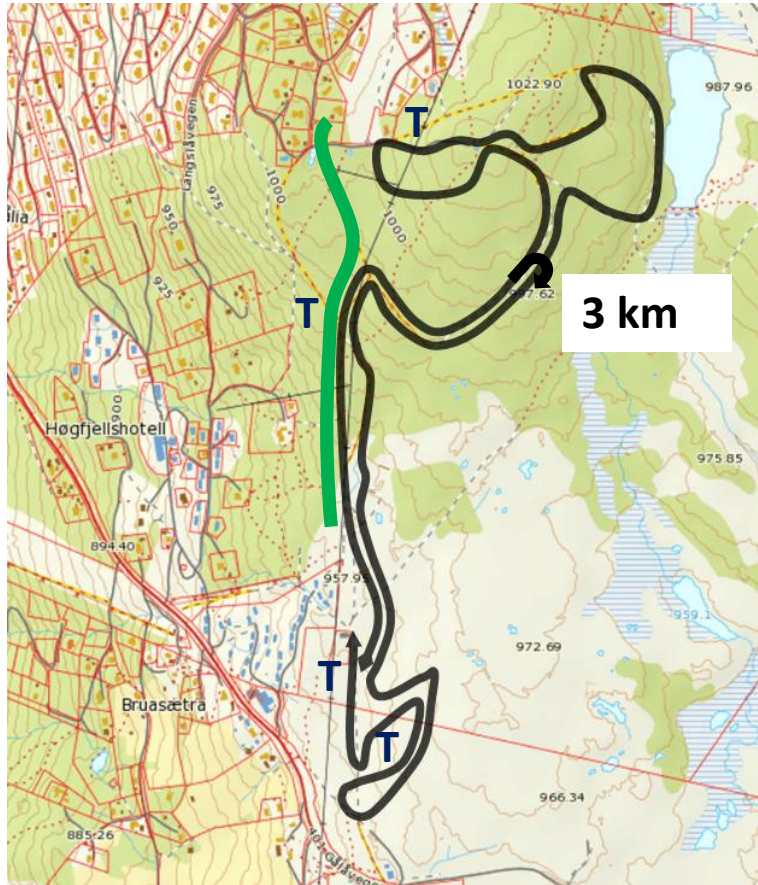
Mass start





Courses Sunday

Senior and junior



Race course stadium area closed 5 min. before start – 08:55!!

Warm up – left side (green marked)

Women junior relay 3x3 km F-F-F

Men Junior relay, 3x5 km F-F-F

Mass start women senior 20 km (4 x 5 km) F

Mass start men senior 20 km (4 x 5 km) F

SpareBank 1
GUDBRANDSDAL

FEIR CVHTS RIKE
GÅLÅ EIENDOM

TINDE HYTTER
BYGGER VARIGE VERDIER















FEIR CVHTS RIKE
GÅLÅ HANDEL

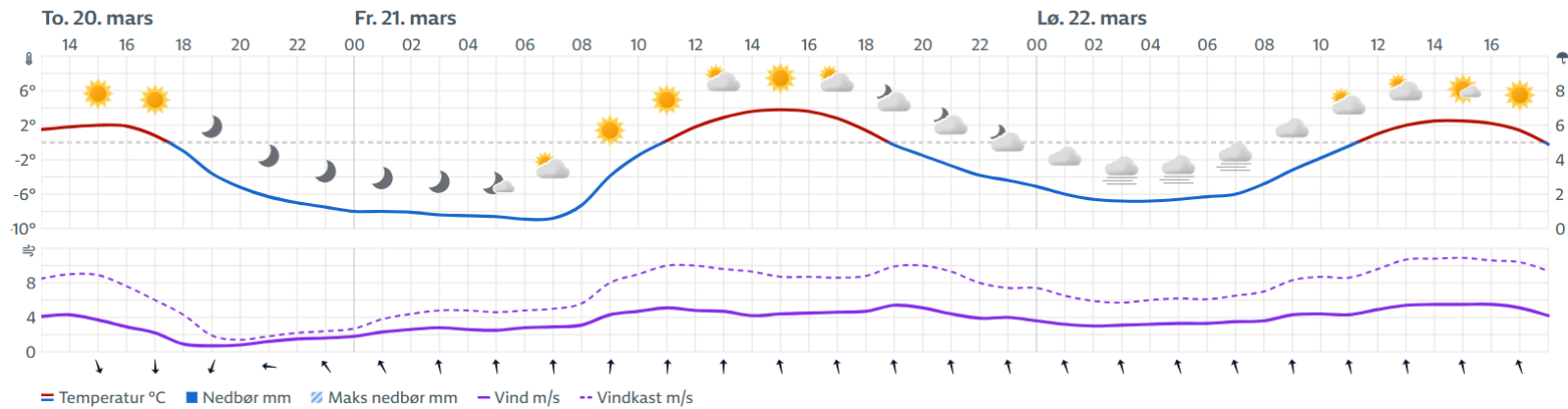
Gålå
IDRETTSANLEGG AS



Weather forecast

www.yr.no Search for; Lokkarsletta

I dag 20. mars	 	2° / -8°	4 m/s
Fredag 21. mars	   	4° / -9°	5 m/s
Lørdag 22. mars	   	3° / -7°	5 m/s
Søndag 23. mars	   	2° / -6°	4 m/s



Course grooming

- Course closed from 21:00
- Late evening / Early night





Entries and start list

- Transponder, one. **Check in good time before start.** It's possible to check transponder in the bibs tent
- Start list – New FIS points list 13/03, no 7.
- Start list according to rules for NJC and SC. More information next side.
- Deliver the start bibs in the race office. If not delivered – payment fee = 1000 NOK





Entries and start list

- Start list according to rules for NJC and SC.



In **sprint qualifications** the starting order will be according to the **FIS sprint points in reversed order**; the athlete with lowest points will start first, all other competitors will be assigned start positions according to their FIS sprint points (ordered by pts) and lastly a group for those with no FIS sprint points are drawn.



In **mass start races** the starting order will be according to the **FIS distance points**; the athlete with the lowest points will be assigned the best starting position, all other competitors will be assigned start positions according to their FIS distance points (ordered by pts) and lastly in the starting field a group for those with no FIS distance points is drawn.



In distance races the following seeding rules applies:

- **25 % of the number of entries in the starting field is seeded.**
- The seeded field is divided into two (2) groups, A (50%) and B (50%).
- The seeding always starts with a B-seeded skier, then an A-seeded, etc. A-seeded skiers are placed on an even starting minute.
- The seeded field is complemented by a C-group and a D-group.
- The C group is seeded according to FIS points immediately before the B – A seeded group.
- The D-group contains all skiers without FIS points and the starting order of these are decided by a draw. The D-Group shall usually start first in the competition.
- The jury has the jurisdiction to place the A – B seeded group first in the competition due to i.e. heavy snowfall or other circumstances.





Information from OC



- Transponder rent, NOK 100,- (cash / Visa in the Race Office)
Free renting for Nordic junior competition and foreign athletes Scandinavian cup



- If not paid entry fee, pay in race office before start



- Withdrawal, Race office



- Start bibs in the stadium – ready 1 hour before start





Fluor test

Ski Marking

All skis used must be marked by the athlete in advance.

The athlete is responsible for marking the skis using tape, ski labels, or, for example, freezer labels.

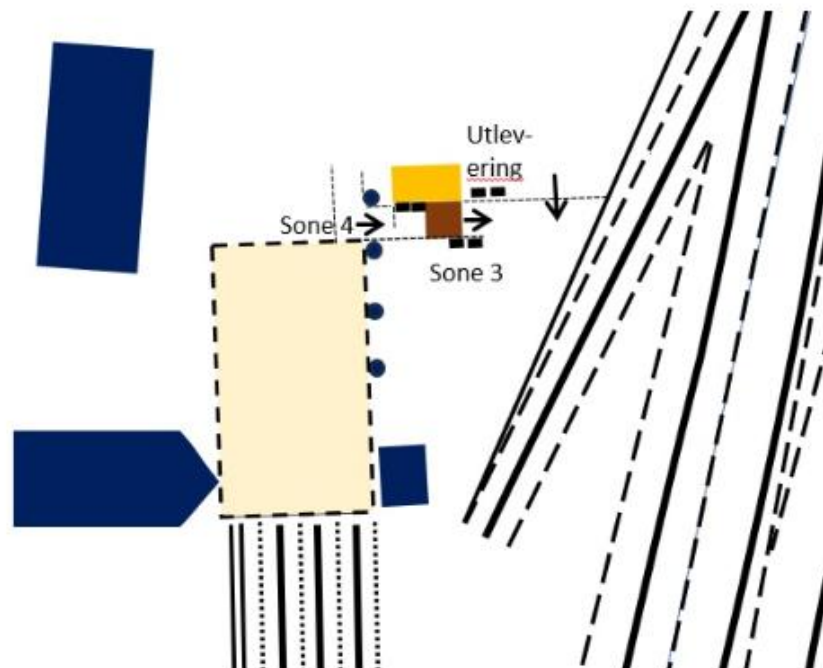
The markings must be placed at the very front of the ski, as shown in the example in the image below.





Fluor test

2. Testing logistics





Fluor test



The skis must include:

The bib number for that day

The athlete is responsible for marking their skis and will not receive markers from the organizer.



Testing Individual start / Sprint qualification

After the competition, athletes must pass a checkpoint where their skis may be selected (random) for testing. Athletes are not allowed to remove their bib number until they have passed the checkpoint.





Fluor test

Sprint Finals



All skis shall be placed in Zone 4 after each heat/final.



Competitors qualifying for Semi-finals and Finals can pick up the skis in Zone 3 in the start area before their next heat.



No waxing/treatment/adjustment to the skis between the finals are allowed.





Information from TD



Competitors shall not obstruct other competitors (ICR 343.9)



Team leaders shall follow the Organiser's instructions (ICR 344.1)



Classic technique – Not turning technique where there are classic tracks. (ICR 343.8)

Technique zone Saturday : Diagonal technique



Feeding zone – ICR 344.2 Fixed position when giving feeding





Information from NSF

NJC Relay Sunday:

Entry at Race Office

Deadline: Saturday 18:00

Maximal 2 teams x 3 athletes per nations



NJC Prizes (Only athletes competing in NJC)

Nordic junior champion (Winner of each race)

Best nation Overall (Points system according to NJC Rules)

Best nation in each discipline, Cross-Country, Nordic Combined and Ski Jumping (Points system according to NJC Rules)



SC Prize money, top 3 athletes per race and top 3 overall SC. Payment: Send to erik.husby@skiforbundet.no:

Bank account number

Personal identification number (TAX identification)

E-mail address



Entry deadline National Championships Hovden. Monday 24th March





Nordic Junior Competition

Ceremony Gålå Hotel
19:30 Saturday



Good Luck!

