



PM Bruksvallsloppet – Friday 16 November 2018

Race Arena Nordic Ski Arena, Bruksvallarna.

Race Office Hotell Bruksvallsliden (Bottom floor)
 Open:
 Thursday 15/11 at 15.00 – 17.00 (no bibs)
 Friday 16/11 at 08.00 – 15.00

Official training Thursday 15/11 kl 11.00 – 12.00

Bibs Bibs will be received at the race office at the race day.
 If you lose the bib, there be a penalty fee, of 500 SEK

TCM **Thursday November 15 at 17:30**
 Location:
 Hotell Bruksvallsliden (Recreation room, bottom floor/gillestugan)

	Distance	Number of laps	Start time Friday
Ladies 21	5 km	1*3,3 km + 1 final lap	11.00
Men 21	10 km	3*3,3 km	12.15
Technique	Free technique		
Start	Individual start		
Start interval	30 sek		





- Starting order** Start list according to FIS-points (distance list 2).
The ones without Fis-points are placed at the beginning of start list.
- Timing** Transponders will be used for timing.
Note! Foreign competitors use borrowed transponder. If you lose the borrowed transponder, there will be a penalty fee, of 500 SEK
- Start List** Start list will be published Thursday after "TCM"
- Medical Staff** Medical staff will be at the race area. If needed please call:
Jenny Bern +4670-2884035
- Prize Ceremony** Friday november 16 at the Ski Stadium, for both classes directly after mens competition
- Awards** Awards will be given to place 1-6. All awards need to be received of the athlete him/herself, otherwise the award goes to the organizer.
- Food** Following restaurants serves coffee and food:
- Fjällkåtan, Ski Stadium: Hamburger, hot dog, soup and coffee.
 - Hotell Bruksvallsliden: Today's lunch at 12.00-14.00 (Friday) and at 12.00-15.00 (Saturday-Sunday)
 - Smakkompaniet (at the Gas station): Today's lunch at 11:30-14 (Thursday-Saturday)
 - Ramundbergets Fjällgård: Today's lunch at 11:30-13:30 (Thursday-Sunday)
- Shower** Hotell Bruksvallsliden, shower area.
- Course fee** For competitors the course fee are included from Thursday to Sunday.





Parking Near the Ski Stadium, 50 SEK. Cash or Swish

OC

Chief of Competition Mikaela Sundbaum +46 73-0406200

Ass. Chief of Competition Eva Nystedt +46 70-5505162

Race Office: Cristina Persson +46 76-8074199

Chief of Course: Ingar Mikkelsen +46 72-0128291

Chief of Stadium: Lars Sundmark +46 70-5135924

Chief of Timing: Staffan Lidén + 46 70-3480956

TD Tomas Jons +46 76-8159476

TDA Jenny Grip +46 73-0477467

Jury Tomas Jons, Jenny Grip, Mikaela Sundbaum

Rules **ICR** - Participate at own risk

