

Program saturday 16/11 2019

Race Office: The "Winter studio", located at the ski stadium in Bruksvallarna.
Open Friday 15/11 kl. 17.00 - 20.00
Open Saturday 16/11 kl. 07.00 - 15.00

Official training: Friday 09.00-11.00

Race arena: At the ski stadium in Bruksvallarna.

Bibs: Bibs will be received at the race office race day.
Payments for the race will be done with creditcard.
If you lose the bib, there be a penalty fee, of 500 SEK

Team captain meeting: Friday 15/11 17.30. Location: Hotell Bruksvallsliden
(recreation room, bottom floor/gillestugan)

PRELIMINARY	Distance	Number of laps	Starting time Saturday (prel.)
Ladies 21	10 km	2*5 km	09.00
Men 21	15 km	3*5 km	09.35
Ladies 17-20	5 km	1*5 km	10.35
Men 17-20	10 km	2*5 km	11.10
Ladies 15-16	5 km	1*5 km	12.20
Men 15-16	5 km	1*5 km	12.30
Technique	Skate		
Start	Individual start		
Start interval	30 sek		

Starting order: Startlist will be created after FIS-list (list 2).
The ones without FIS-points are placed at the beginning of startlist.



Timing: Transponders will be used for timing.
Note! Foreign competitors and participants without FIS-code will use borrowed transponders, offered when collecting the bib.
If you lose the borrowed transponder, there will be a penalty fee, of 500 SEK

Startlist: Startlist will be published Friday afternoon.

Medical staff: Medical staff will be at the race area. If needed please call
Andreas Hedenfalk +46 70-5432640
Jenny Bern +46 70-2884035

Price giving ceremony: Saturday 15/11 directly after the race at stadium.

Awards: Awards (products) will be given to place 1-6.
All awards need to be collected by the athlete with him/her self,
otherwise the award go back to the organizer.

Shower/Changing: Hotel Bruksvallsliden, shower area.

Parking: Near ski arena, 50 kr.

OC:
Chief of competition: Henrik Granström +46 70-3695964
Race office: Cristina Persson +46 76-8074199
Chief of course: Lars Sundmark +46 70-5135924
Chief of stadium: Lars Sundmark +46 70-5135924
Chief of timing: Staffan Lidén + 46 70-3480956

Jury: Henrik Granström, Annlouise Almqvist, Eva Nystedt

Rules: SSF National rules. Participation at your own risk.

