

Program Sunday 17/11 2019

- Race Office:** The “Winter studio”, located at the ski stadium in Bruksvallarna
Open Sunday 17/11 07.00 – 15.00
- TCM:** Saturday 16/11 17.30. Location: Hotell Bruksvallsliden
(recreation room, bottom floor/gillestugan)
- Race arena:** At the ski stadium in Bruksvallarna.
- Official training:** Saturday 16.00 – 17.00
- Bibs:** Bibs will be received at the race office from 07.00 Sunday morning.
Note! Senior and junior competitors who qualify for quarterfinals pick out new bibs at Race Office. Youth Ladies and Men 15-16 who qualify for A-final will also pick up new bibs at Race Office. If you lose the bib, there be a penalty fee, of 500 SEK
- Classes:**
- | | |
|---------------|-------|
| Senior Ladies | 21- |
| Senior Men | 21- |
| Junior Ladies | 17-20 |
| Junior Men | 17-20 |
| Youth Ladies | 15-16 |
| Youth Men | 15-16 |
- Technique:** Skate
- Distance:**
- | | |
|-------------------------------------|---------|
| Senior men: | 1450 m. |
| Senior ladies, junior men & ladies: | 1350 m. |
| Youth men and ladies: | 950 m. |
- Start:** Prologue kl. 09.00
- Starting order:** Startlist is created using FIS-list (list 2).
The competitors without FIS-points are placed at the end of startlist.
- Finals:** The senior’s quarterfinals start at 11.00, junior’s 13.00



- 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
- Competition:** Prologue with 15 sec interval, 30 best qualify for quarterfinals (6 best in youth men & ladies (15-16) qualify directly for A-final)
- Awards:** Awards (products) will be given to place 1-6.
All awards need to be collected by the athlete him/her self, otherwise the award go back to the organizer.
- Shower/Changing:** Hotel Bruksvallsliden, shower area.
- Parking:** Near ski arena, 50 kr.
- Medical staff:** Medical staff will be at the race area.
If needed please call Torbjörn Lennartsson +46 70-3957942
(Before 9.30, Jenny Alken + 46 70-7214120)
- 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.

