



**SVENSKA
SKIDFÖRBUNDET®**
SWEDISH SKI ASSOCIATION



PM

Bruksvallsloppet 2020

Saturday 21 November 2020 - Sprint Classic Technique

We emphasize the importance for participants, coaches and ski waxers to read news and PM carefully as conditions can be change at short notice at our official webb

<https://www.bruksvallsloppet.se/nyheter/>

The competition is an event without an audience, which means that *no one* is allowed to be at the ski stadium and the entire competition area without accreditation.

Race Arena Nordic Ski Arena, Bruksvallarna

Race Office Hotel Bruksvallslidens (bottom floor), open:

- Thursday 19/11 at:15.00 – 17.00 (no bibs)
- Friday 20/11 at: 08.00 – 15.00.

Official Training Friday November at 16.00-17.00

Race course closed for everyone except competitors, ski testers and SRS

TCM Friday 20 November at 17.30
TCM is digitalt at Microsoft Teams. Connection via link:
[Länk lagledarmöte sprint C fre 20 november](#)

	Distance	Start time Qualification	Start time Finals
Ladies 21	1350 m	08:45	11:20
Men 21	1450 m	09:15	11:45
Technique	Classic technique		
Start interval qualification	30 seconds		Top 30 qualified to Finals

Bibs Bibs will be received at the Race Office on race day by the Coach.



**SVENSKA
SKIDFÖRBUNDET®**
SWEDISH SKI ASSOCIATION



NOTE! Bibs to quarterfinals at TCM 10.30 at the Mountain Hut “Fjällkåtan” (at the Stadium Area)

If you lose your bib, there will be a penalty fee of 500 SEK

After the finish line, the competitor must remove his/her bib and leave it in the intended box in the finish area.

Transponder

Foreign competitors use borrowed transponders. Competitors keep the transponder for all 3 days. After Sunday's competition (or the competitor's last competition day), the competitor must take off the borrowed chip and sort it in the intended box in the finish area.

Note!

If you lose the borrowed transponder, there will be a penalty fee of 1000 SEK.

Starting order

Start list is created from the FIS-list (sprint list)
The ones without FIS-points are placed at the end of Start list.

Technique zon

The Jury may decide that technique zon will be used. If so, the zone will be marked on the official training

Start List

Start list will be published Friday after TCM on the website.
<https://www.bruksvallsloppet.se/startlistorresultat/>

NOTE! It is especially important that skiers who already know that they will not start will notify this as soon as possible via e-mail. Deletions are received via e-mail to funasdalens.if@telia.com until Friday 20/11 at 15.00.

Prize Ceremony

Prize ceremony will be given at the Mountain Hut “Fjällkåtan” (at the Stadium Area) directly after each race.

Note!: Only for prize winners and media.

Prize to top 3



**SVENSKA
SKIDFÖRBUNDET®**
SWEDISH SKI ASSOCIATION



Result	Result will only be published digitally at FIS Live, SSF Live and Bruksvallsloppet's website https://www.bruksvallsloppet.se/startlistorresultat/
Ski testing	Limited opportunities for ski testing <ul style="list-style-type: none">• Area limited and fenced off• Competitors, ski teams and SRS will get different times to test• Times for testing at TCM• accreditation: Competitors use their own bib; SRS's their SRS bib; Teams their bib• Team bib's will be received at the Race Office from Thursday, see link Number of bibs per team• If you lose the borrowed Team bib, there will be a penalty fee of 500 SEK.
Warm up	Warm-up (skiing) is offered at the Distance Race Course above the road and "Dammvallen" (map at TCM) Cool down at the warm up area offered only for the final competitors. The race course will be closed after the race, regrooming for official training.
Coaching	No coaching at race course A plan for handling spare poles will be presented at the TCM
Stadium map	Stadium map with zones, see link Stadionkarta med zoner
Medical Staff	Medical Staff will be at the race area. If needed please call Race Office +46 76-807 41 99
Food	No restaurants for food and coffee will be offered due to the pandemic
Shower Facilities	No dressing-/shower facilities will be offered due to the pandemic



**SVENSKA
SKIDFÖRBUNDET®**
SWEDISH SKI ASSOCIATION



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

Organization Committee

Chief of Competition: Mikaela Sundbaum +46 73-040 62 00
Ass. Chief of Comp.: Eva Nystedt +46 70-550 51 62
Race Office: Cristina Persson +46 76-807 41 99
Chief of Course: Christer Dahlgren +46 70-607 74 87
Chief of Stadium: Magnus Rydhult +46 70-109 06 70
Chief of Timing: Alfred Andersson + 46 70-674 07 51
TD: Annika Dahlman +46 72-507 70 35
TDA: Ludvig Remb +46 70-372 21 32

Jury Annika Dahlman, Ludvig Remb, Mikaela Sundbaum

Rules ICR - Participate at own risk.

Covid-19 Due to the prevailing circumstances, it is extra important that we all read PM carefully and follow Swedish Ski Association's Corona guidelines, which means that:

- There is the participants responsibility to read news and PM carefully as conditions can be changed at short notice.
- It is important that everyone with symptoms of an infection, even mild ones, stays home from the Bruksvallsloppet. This also applies when someone in your household is infected with corona.

Six ways to protect yourself and others:

- Stay home if you are ill or have mild symptoms of disease such as sore throat, cough, or runny nose. Stay home for at least 48 hours after you have recovered
- Wash your hands often with soap and warm water for at least 20 seconds
- Use hand sanitiser if soap and water are not available
- Avoid close contact with people who are ill
- Avoid touching your eyes, nose and mouth
- Cough and sneeze into your elbow or into a tissue



**SVENSKA
SKIDFÖRBUNDET®**
SWEDISH SKI ASSOCIATION



www.bruksvallsloppet.se

Lycka till!

Bruksvallarna & Funäsdalens IF

