



**SVENSKA
SKIDFÖRBUNDET®**
SWEDISH SKI ASSOCIATION



PM

Bruksvallsloppet 2020

Sunday 20 November 2020 - 10 & 15 km F

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:

- Saturday 21/11 kl: 07.00 – 15.00.
- Sunday 22/11 kl: 07.00 – 15.00

Official Training Saturday 21 november at 15.00-16.00

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

TCM Saturday 21 November at 17.30
TCM is digitalt at Microsoft Teams. Connection via link:
[Länk lagledarmöte 10&15km F för 21 november](#)

	Distance	Number of laps	Start time Sunday
Ladies 21	10 km	3 x 3 km + final lap	08:40
Men 21	15 km	5 x 3 km	11:10
Technique	Free Technique		
Start	Individual start	Start interval	1 minute



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- Bibs** Bibs will be received at the Race Office on race day by the Coach.
- 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 (distance list)
25% of the best FIS-ranked competitors are seeded and drawn among themselves and are placed in the end of Start list
The ones without FIS-points are placed at the beginning of Start list.
- Start List** Start list will be published Saturday 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 Saturday 21/11 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
- Result** Result will only be published digitally at FIS Live, SSF Live and Bruksvallsloppet's website
<https://www.bruksvallsloppet.se/startlistorresultat/>



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Ski testing

Limited opportunities for ski testing:

- 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

No warm-up or cool down for skiing is offered.

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

Parking

Near the Ski Stadium, 50 SEK. Cash or Swish



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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



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Lycka till!

Bruksvallarna & Funäsdalens IF

