



# TEAM CAPTAIN'S MEETING FOR *BRUKSVALLSLOPPET* 10 KM CLASSIC



Bruksvallarna 19 November 2022

# AGENDA



- Introduction of the OC, the Jury and SSA
- Withdrawals
- Event Program
- Venue Overview
- Timetable
- Weather Forecast
- Entries and draw
- Stadium
- Courses
- Ski testing and warming up
- Course Preparation and Grooming
- Information from the TD
- Information from SSF/FIS
- Information from the OC



# INTRODUCTION OF THE OC, THE JURY AND NSA



## OC:

Chairman: *Sandra landen*  
Chief of competition: *Tomas Jons*  
Competition Secretary: *Cristina Persson*  
Chief of Course: *Jens Wilhelmsson*  
Chief of stadium: *Lars Sundmark*  
Chief of timekeeping: *Alfred Andersson*

## JURY:

TD: *Björn Westerström*  
TD assistant: *Magnus Elmkvist*  
Chief of competition: *Tomas Jons*

Swedish Ski Association represented by:  
*Ludvig Remb, Tävlingskoordinator Längd*



# ENTRIES



- Presentation of entry list  
Ludwig Remb SSF
- Any withdrawals right now:  
Write in Teams chat of this meeting.
- Withdrawals for Sunday's races can be sent via  
e-mail to [funasdalens.if@telia.com](mailto:funasdalens.if@telia.com) until Saturday  
19th at 15.00



# EVENT PROGRAM

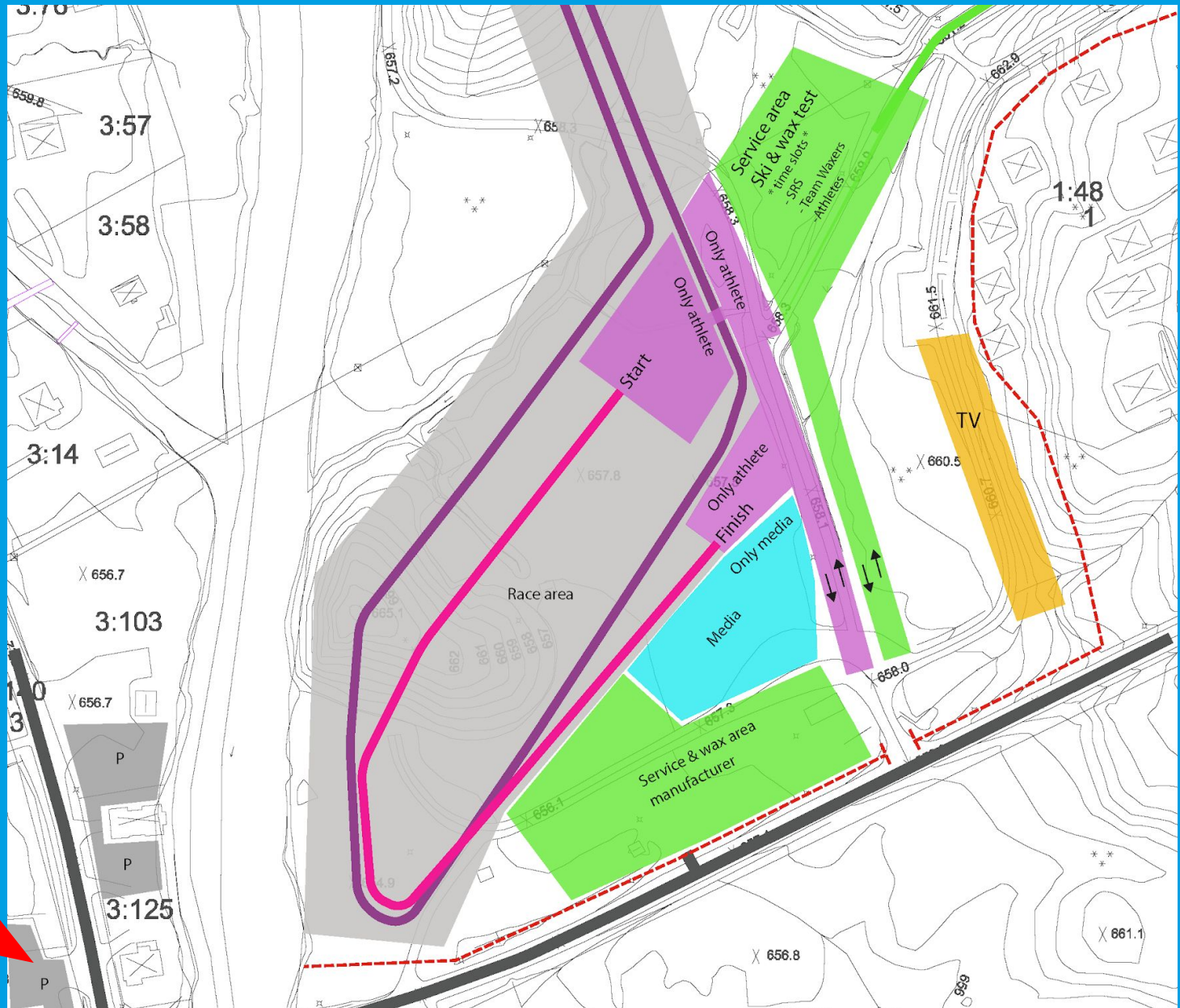


Sunday November 20th – 15km Free technique individual start:

- Men juniors (20sec start interval)
- Women juniors (20sec start interval)
- Men seniors - Live TV broadcast
- Women seniors - Live TV broadcast



# VENUE OVERVIEW



Race Office



# TIMETABLE SATURDAY



07.00 - 15.00	Race office open
07.30 - 09.15	Course open
<b>09.20</b>	<b>Men junior 10km C ind start</b>
<b>11.00</b>	<b>Men senior 10km C ind start</b>
<b>12.35</b>	<b>Women senior 10km C ind start</b>
<b>13.50</b>	<b>Women junior 10km C ind start</b>
15.00	Course open for training
15.30 - 16.30	Official training 15km F no regrooming
17.30	TCM 15km F via Teams
20.00	Course closed for grooming



# ENTRIES AND SEEDING



## Start list seniors

- Seeding will apply, - swedish “SM-lottning”
- None seeded group according to FIS points.

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

## Start list juniors

- FIS points





# BIBS



## Bibs

- Bibs at Race Office. Signed by coach
- Penalty fee of 500 SEK for lost bib
- Bib in designated box after finish



# RESULTS



Results will be published digitally at:

- FIS Live
- SSF Live
- Bruksvallsloppetets website

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

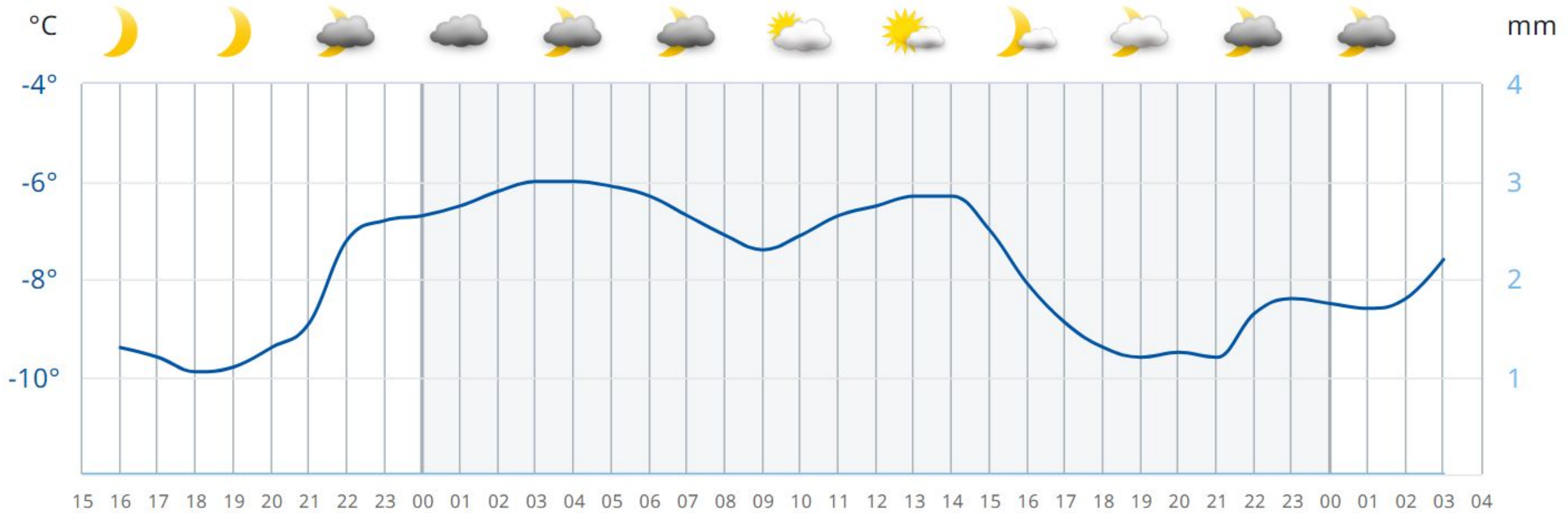


# WEATHER FORECAST



lör  
19/11

sön  
20/11



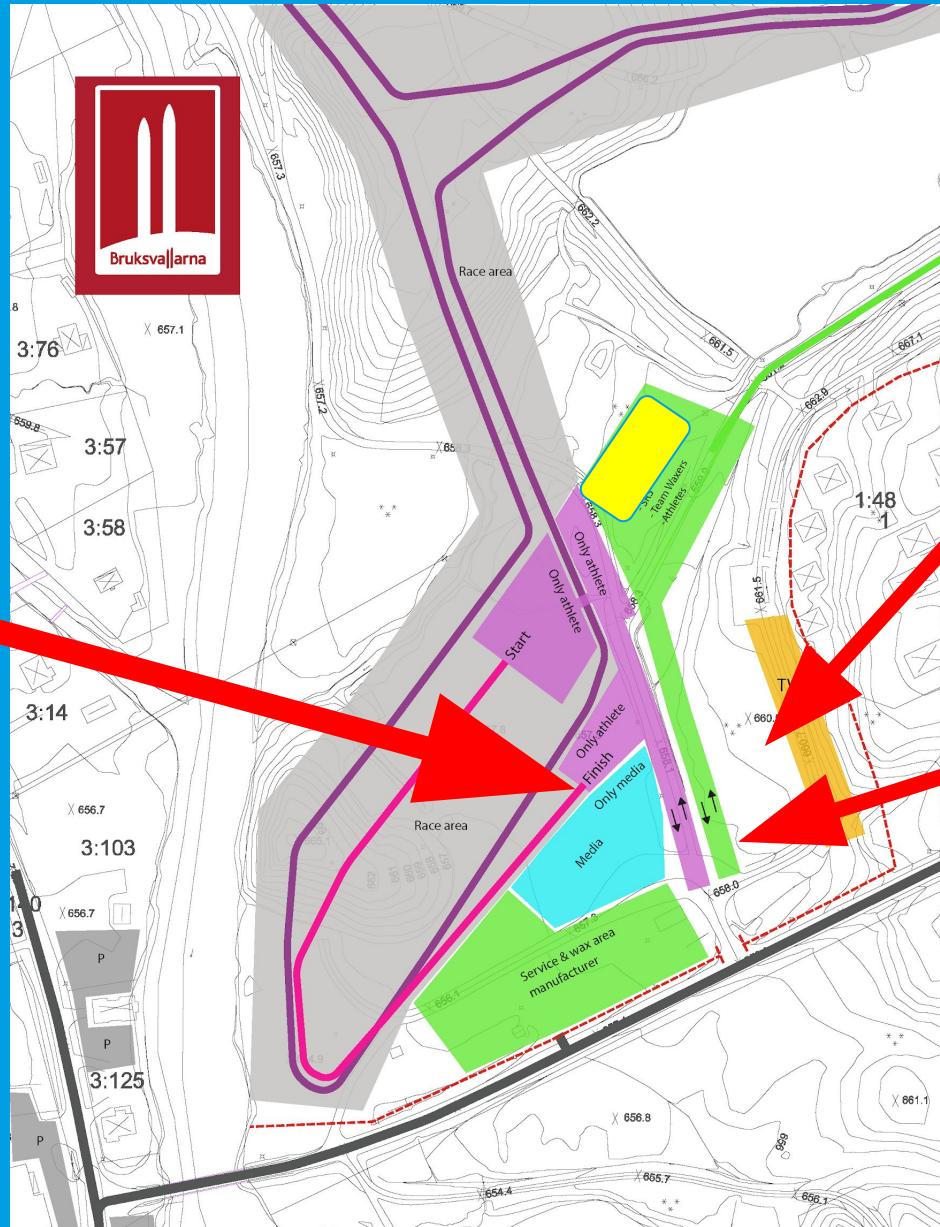
# STADIUM



Ski wax area

Official Scoreboard

Developed mixed zone



Catering

Prize giving



# TRANSPONDER/CHIP



## Seniors

- SWE-skiers use personal transponder
- SWE-skiers two transponder, one borrowed
- Borrowed transponder with bib
- INT-skiers use 2 borrowed transponder.
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## Juniors

- SWE-skiers use personal transponder
- INT-skiers use borrowed transponder.
- Return borrowed chip after finish
- Penalty fee of 1000 SEK for lost transponder.



# START



- 30 sek start interval



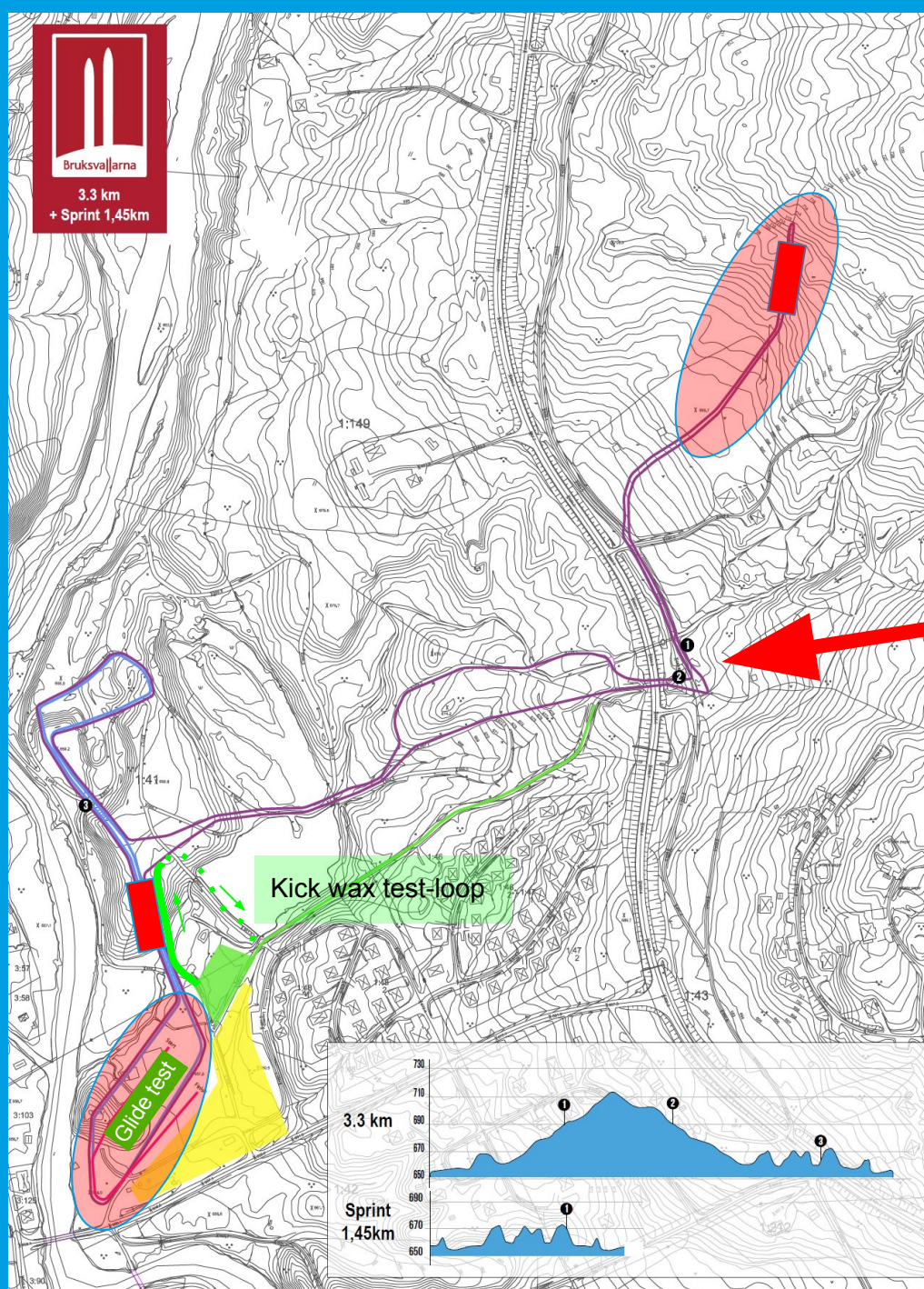
# COURSE

## Classic tracks

- 2 tracks
- 1 track in downhill

Branches between up & down in downhill after top of A-climb - course separation

-  No coach zone
-  Technic zone
-  Glide test



Sharp curve down into tunnel!



# SKI TESTING & WARM UP



**Kick wax test on course before competition start - in comp direction**

**Glide test on stadium - open until 10.50**

**Kick wax test loop on uphill out from stadium open whole day - Ski up & walk down**

**OC will try to arrange warm up loop on roller-ski course up to the tunnel**





# COACHING

No coaching on stadium and on top of A-climb  
Besides that - free coaching



# COURSE PREPARATION AND GROOMING



Stadium closed from 18:00

Course closed from 20:00

Grooming ends 22:30



# GENERAL INFORMATION FROM THE TD



- ICR 310.2.2

310.2.2.2 Diagonal Stride technique is comprised of alternating diagonal movements of both arms and legs and includes diagonal stride and herringbone techniques without a gliding phase. In diagonal technique only one or no pole is in the ground at any time.

- Random pole measurement after finish

# GENERAL INFORMATION FROM SSA/FIS



# GENERAL INFORMATION FROM OC



Live national broadcast

Prize giving ceremonies - top 6



**THANK YOU AND  
GOOD LUCK!**

