



SVENSKA SKIDFÖRBUNDET®

SWEDISH SKI ASSOCIATION



Huvudsponsor





TEAM CAPTAIN'S MEETING FOR SCANDINAVIAN CUP & SMART ENERGY CUP



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Östersund 11 december

AGENDA

- Roll call
- Introduction of the OC, the Jury and SSA
- 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 Equipment Control
- Information from SSA/FIS
- Information from the OC



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ROLL CALL

AUS

CHN

COL

DEN

EST

FIN

GBR

ISL

LAT

LTU

MEX

MLT

NOR

POR

SWE



EVENT WEEKEND PROGRAM



Friday 12.12.2025

Sprint 1,4 km Free



Saturday 13.12.2025

Mass start 20 km Classic, D21/H21 Prel. 10.00 D21, 11.30 H21

**Mass start 15 km Classic, D17-20/H17-20 Prel. 12.30 D17-20,
13.40 H17-20**



Sunday 14.12.2025

Individual start 10 km Free



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Team Captains' meetings every day at 18:00. Link on website

INTRODUCTION OF THE OC, THE JURY AND NSA REPRESENTATIVES



LOC:

Chairman:	<i>Anders Ingebrand</i>
Chief of competition:	<i>Jenny Grip</i>
Competition Secretary:	<i>Tinna Bäckman</i>
Chief of Course:	<i>Erik Melin Söderström</i>
Chief of stadium:	<i>Jens Göransson</i>
Chief of timekeeping:	<i>Alfred Andersson, Elitetiming</i>



JURY:

TD:	<i>Tor-Arne Hetland</i>
TD assistant:	<i>Mikaela Sundbaum</i>
Chief of competition:	<i>Jenny Grip</i>

Swedish Ski Association (and FIS) represented by:
Ludvig Remb, SWE NSA Race Director

National athletes' representative
Simon Stenberg: +46703876598
Ingrid Hallquist: +46725453999



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ORGANISATION



Chief of Competition	Jenny Grip
Ass chief of Competition	Markus Flinkberg
Chief of Course	Erik Melin Söderström
Chief of Stadium	Jens Göransson
Chief of Start	Thomas Andersson
Chief of Finish	Erik Lövgren
Equipment control	Gunilla Mellgren
Timing	Alfred Andersson, Elitetiming
Antidoping	Markus Flinkberg
Race office	Tinna Bäckman
Wax cabins	Martin Börjesson
Speaker	Jonas Andersson & Mattias Bångman
Prerunners	Anders Ingebrand
Medical contact	Therese Lundkvist / Eva Roos
Chief of Ceremonies	Anna Eriksson



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EVENT PROGRAM FRIDAY



Friday 12.12.2025

Venue Östersund skidstadion



08.40 Sprint Qualification (D21/H21/D17-20/H17-20) 1,4 km Free

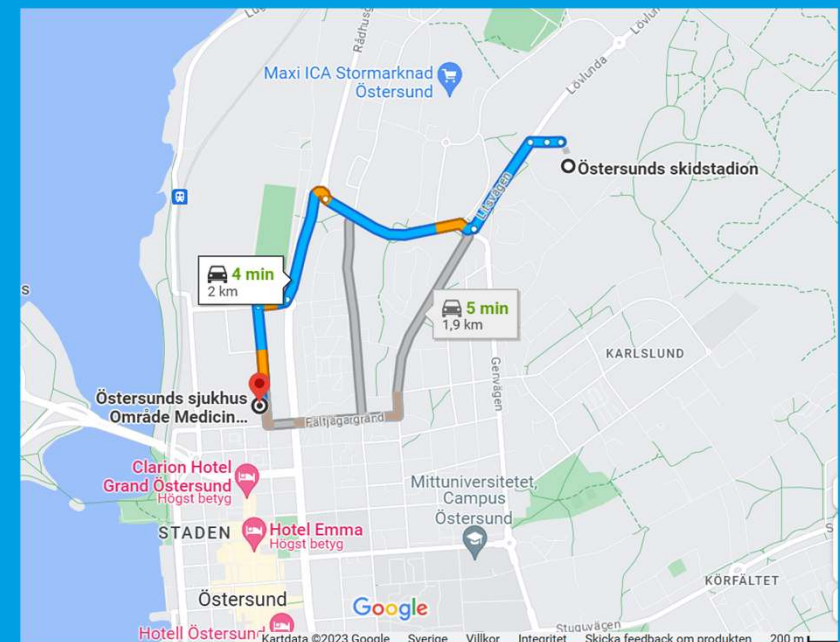
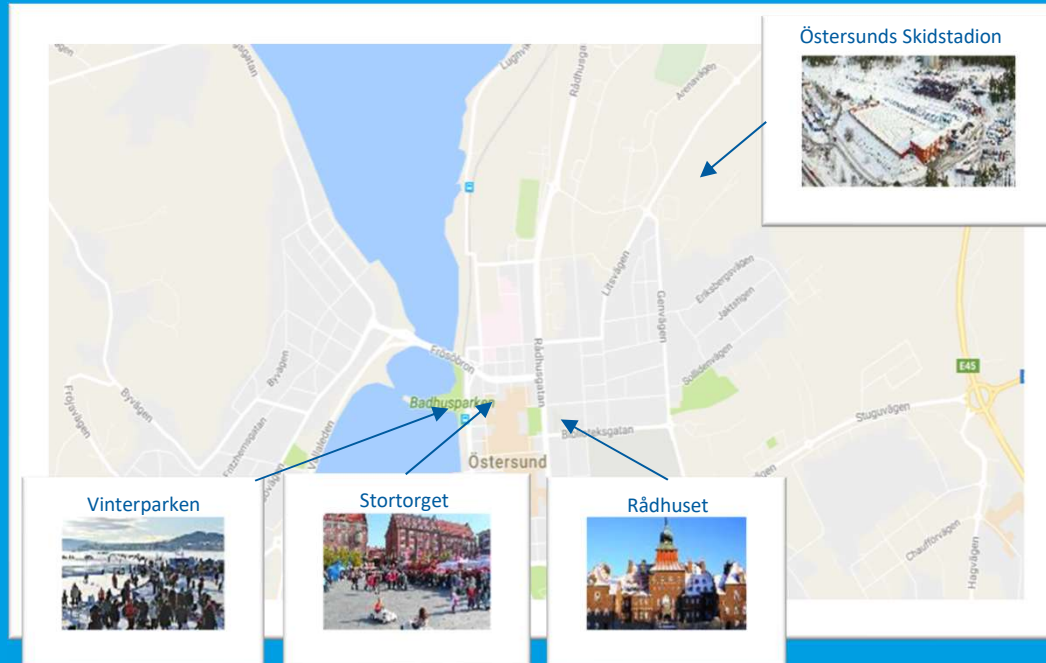
11.05 Sprint Finals (D21/H21), 1,4 km Free

13.00 Sprint Finals (D17-20), 1,4 km Free

Team Captains' meetings every day at 18:00. Link on website

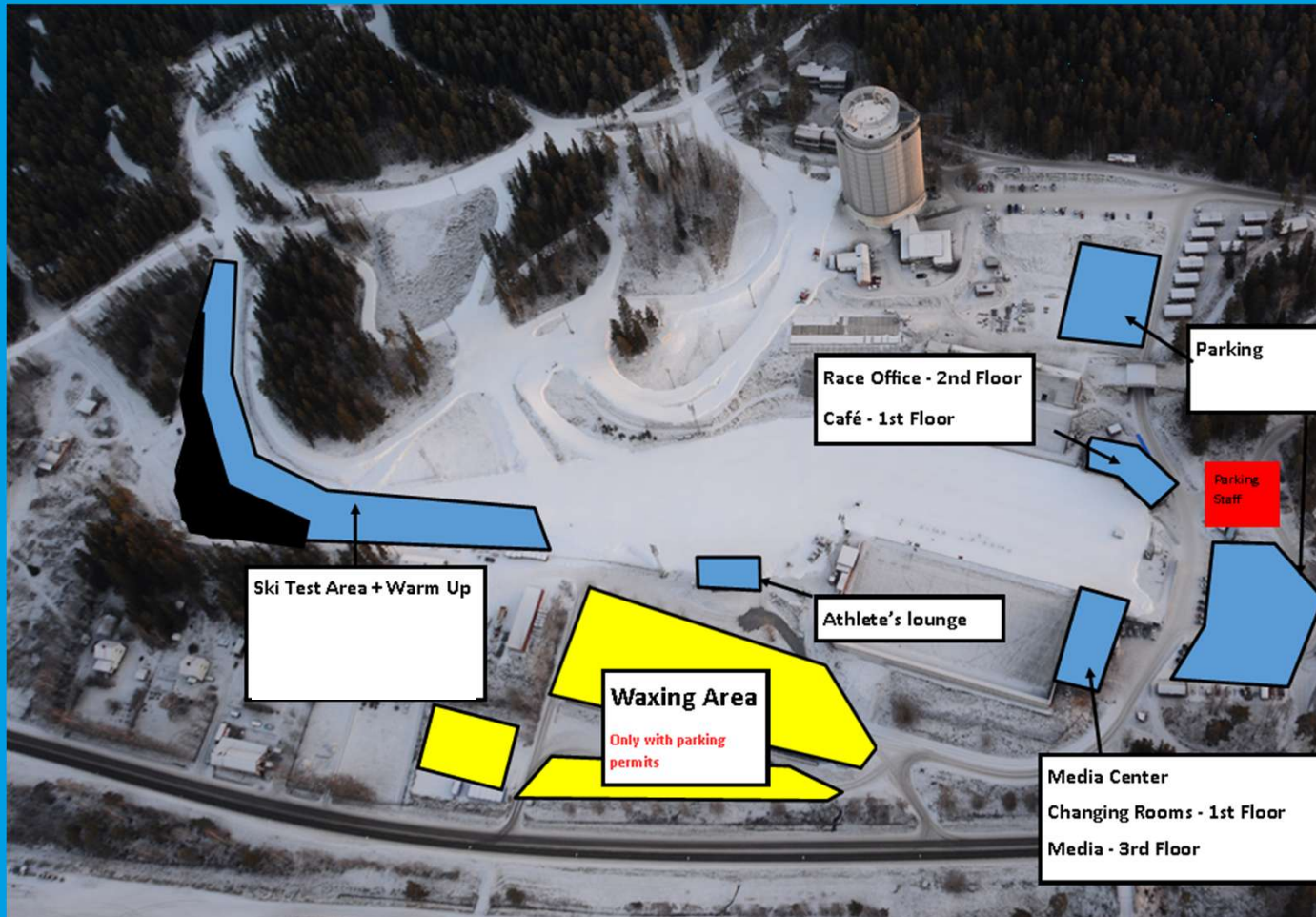


VENUE OVERVIEW



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VENUE OVERVIEW



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TIMETABLE - FRIDAY



07:00 – 18:00	Race Office open
06:00	Skitest area open
07:00	Stadium lights on
08:00 – 08:35	Race Course open. NOTE! Closes 5 min before competition start
08:40	SPRINT Free 1,4 km Qualification D21 – H21 – D17-20 – H17-20
10:10	Heatselection (seniors)
11:05	SPRINT Free 1,4 km Quarterfinals, Semifinals and finals D21 – H21 Flower ceremony directly after finish in the finish area
13:00	SPRINT Free 1,4 km Quarterfinals, Semifinals and finals D17-20 – H17-20
13:10	Prize giving ceremony D21/H21
14:45	Prize giving ceremony D17-20/H17-20 Race courses closes for preparation and grooming before official training for next days course.
15:30 – 17:00	OFFICIAL TRAINING
18:00	TEAM CAPTAINS MEETING (ONLINE)
21:00	Stadium light closes



ENTRIES AND DRAW

BIBS

Bibs will be picked up at the building next to the start,
ONLY personal pick up by the athlete.
Top 30 athletes will get their bibs during heat selection
after qualification 10:10 (Only Senior Women and Men).
Leg bibs must be worn on left leg.

Friday

D21 from 07:30

H21 from 08:00

D17-20 from 09:00

H 17-20 from 09:15

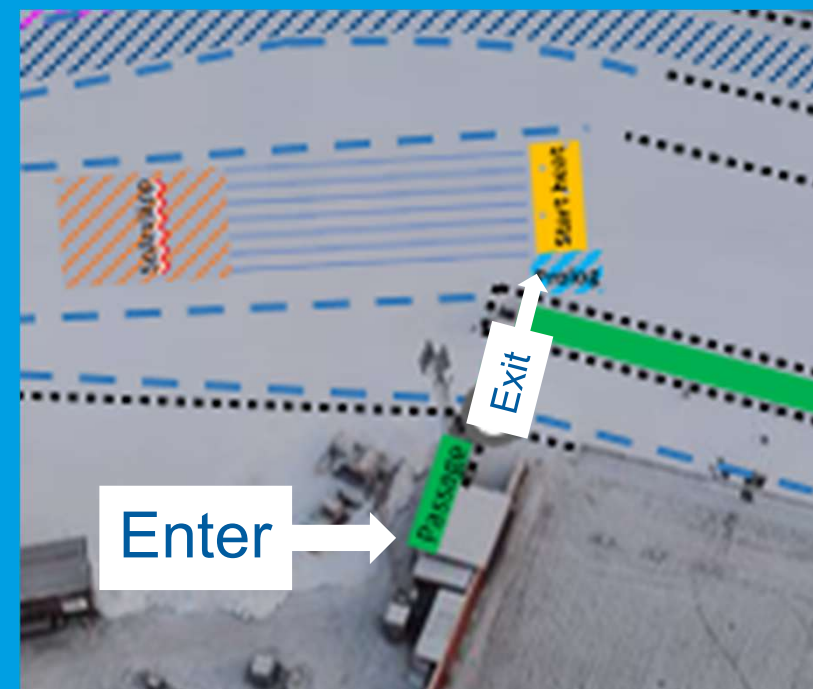
Transponders– Swedes and Norwegians go with their own
transponders. Other foreign athletes use one borrowed
transponders (same transponder all races). Will be picked
up at Race Office.

Sprint final bibs at the heat selection 10.10, **ONLY
SENIORS WOMEN AND MEN**

Junior bibs to be collected at the Race Office.



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SPRINT SCHEDULE



Kvartsfinal 1 11:05

Startno	Namn	Plac	Tid

Kvartsfinal 2 11:11

Startno	Namn	Plac	Tid

Kvartsfinal 3 11:17

Startno	Namn	Plac	Tid

Kvartsfinal 4 11:23

Startno	Namn	Plac	Tid

Kvartsfinal 5 11:29

Startno	Namn	Plac	Tid

FIS Junior Östersund - Sprint 2025-12-12 Sprint Final D 21-

Semifinal 1 12:05

Startno	Namn	Plac	Tid

Semifinal 2 12:12

Startno	Namn	Plac	Tid

A-final 12:33

Startno	Namn	Plac	Tid

Kvartsfinal 1 11:35

Startno	Namn	Plac	Tid

Kvartsfinal 2 11:41

Startno	Namn	Plac	Tid

Kvartsfinal 3 11:47

Startno	Namn	Plac	Tid

Kvartsfinal 4 11:53

Startno	Namn	Plac	Tid

Kvartsfinal 5 11:59

Startno	Namn	Plac	Tid

FIS Junior Östersund - Sprint 2025-12-12 Sprint Final H 21-

Semifinal 1 12:19

Startno	Namn	Plac	Tid

Semifinal 2 12:26

Startno	Namn	Plac	Tid

A-final

Startno	Namn



SPRINT SCHEDULE



Final 1 13:05			
Namn	Plac	Tid	

Final 2 13:09			
Namn	Plac	Tid	

Final 3 13:13			
Namn	Plac	Tid	

Final 4 13:17			
Namn	Plac	Tid	

Final 5 13:21			
Namn	Plac	Tid	

FIS Junior Östersund - Sprint 2025-12-12 Sprint Final D 17-20

Semifinal 1 13:45			
Startno	Namn	Plac	Tid

Semifinal 2 13:49			
Startno	Namn	Plac	Tid

A-final 14:10			
Startno	Namn	Plac	Tid

Kvartsfinal 1 13:25			
Startno	Namn	Plac	Tid

Kvartsfinal 2 13:29			
Startno	Namn	Plac	Tid

Kvartsfinal 3 13:33			
Startno	Namn	Plac	Tid

Kvartsfinal 4 13:37			
Startno	Namn	Plac	Tid

Kvartsfinal 5 13:41			
Startno	Namn	Plac	Tid

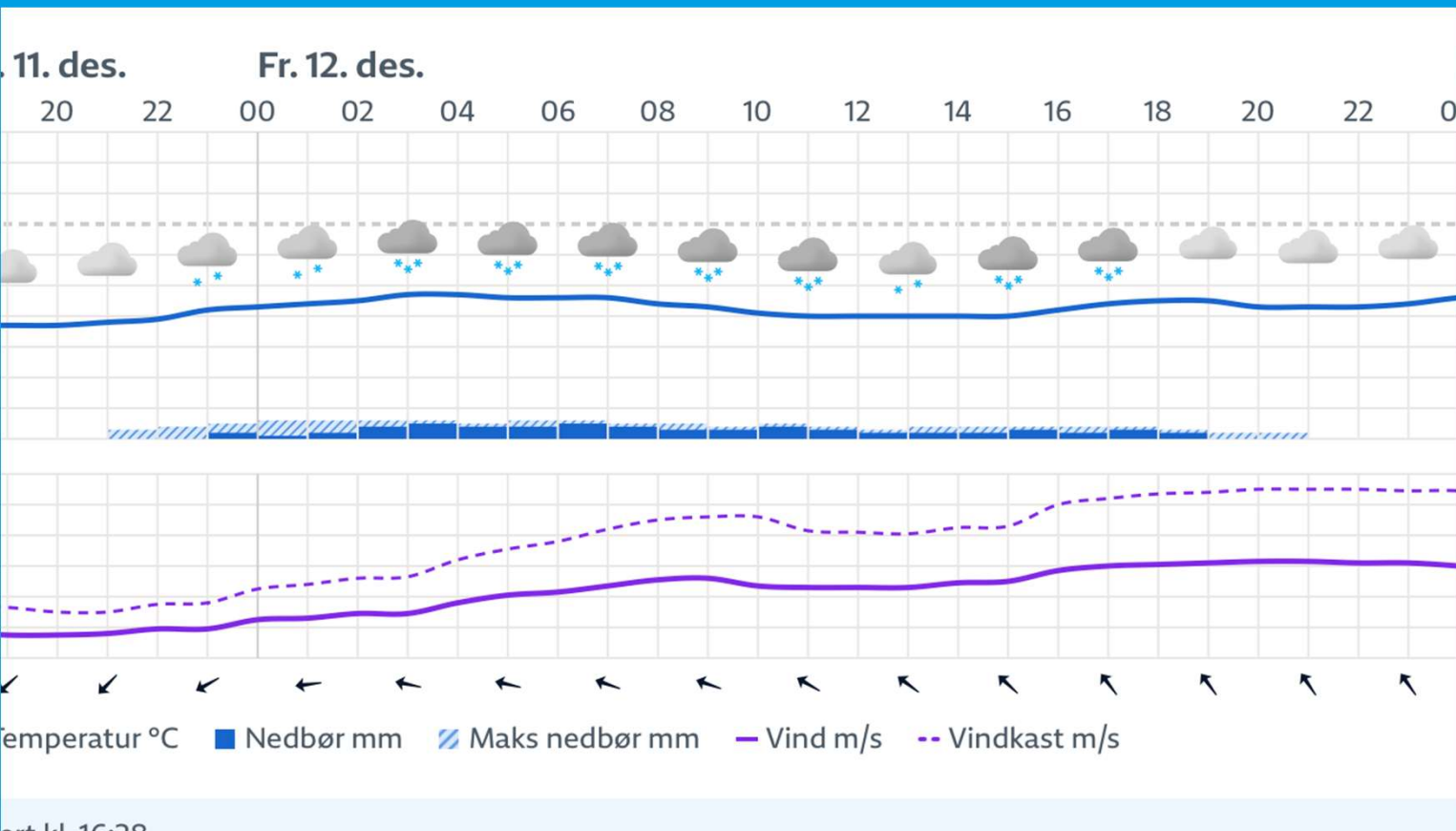
FIS Junior Östersund - Sprint 2025-12-12 Sprint Final H 17-20

Semifinal 1 13:56			
Startno	Namn	Plac	Tid

Semifinal 2 14:00			
Startno	Namn	Plac	Tid

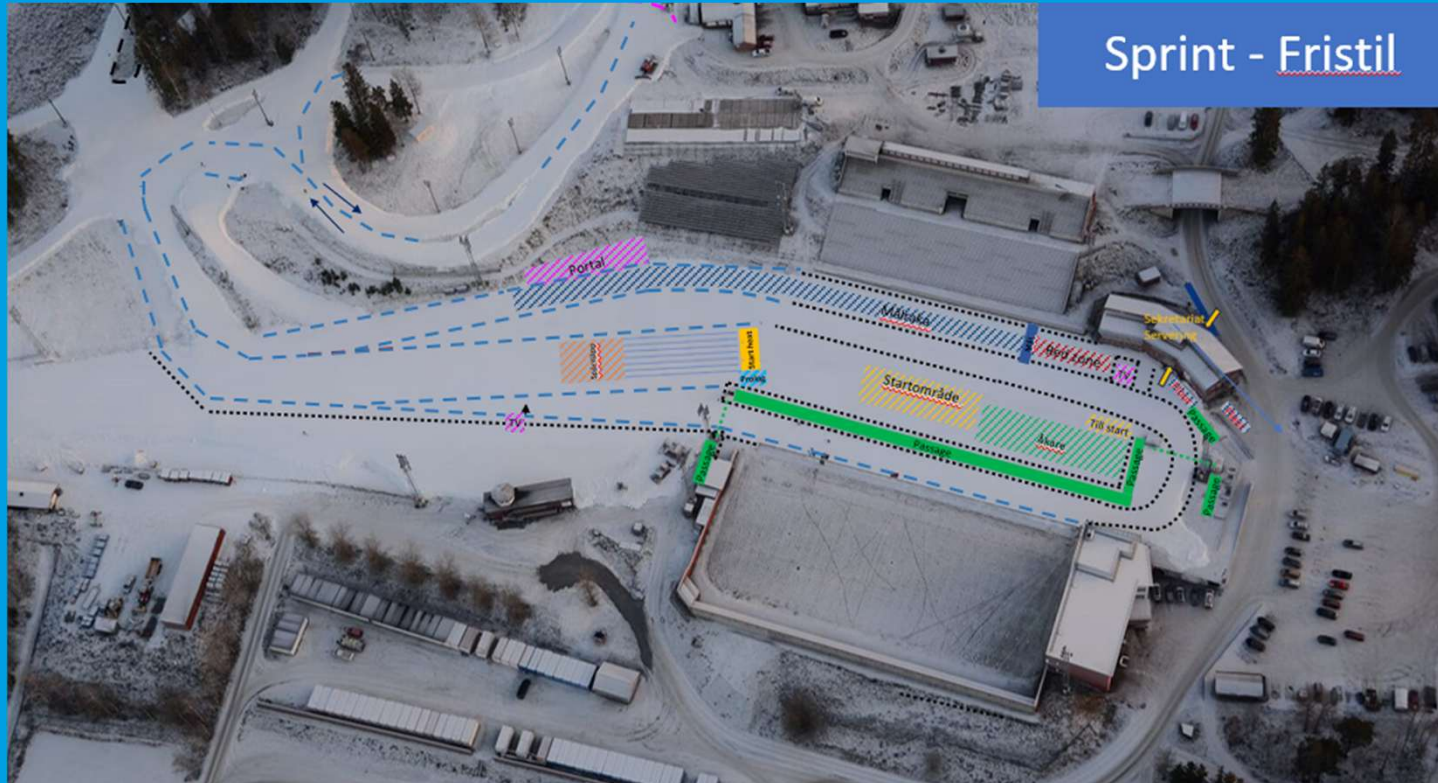
A-final	
Startno	Namn

WEATHER FORECAST



Lokala sponsorer (ta bort om ni ej har det)

STADIUM - FRIDAY



Sprint - Fristil



Start tracks 15 m
4 corridors

NOTE!

D21/H21 Start interval 15 sec

D17-20/H17-20 Start interval 10 s

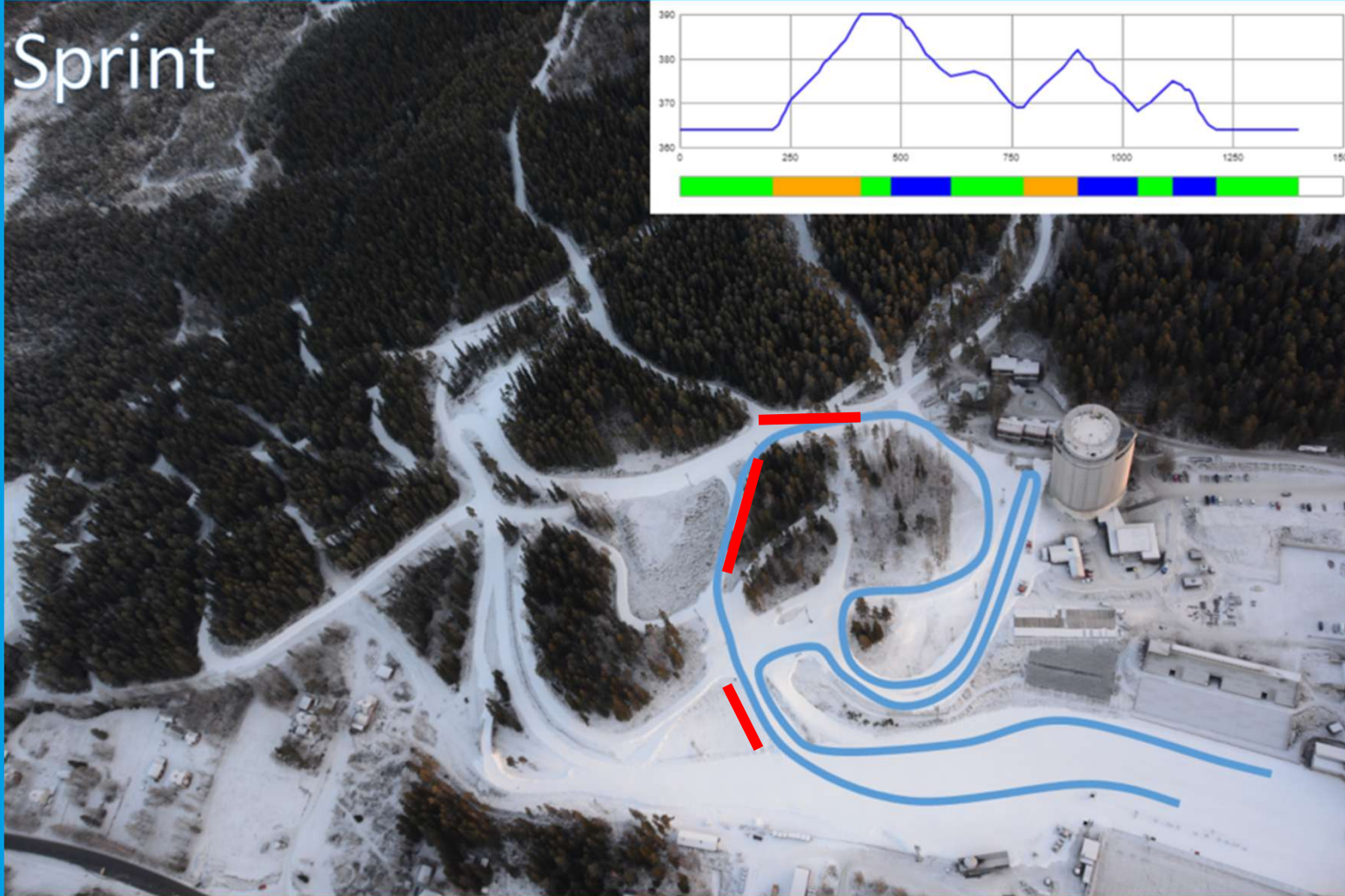
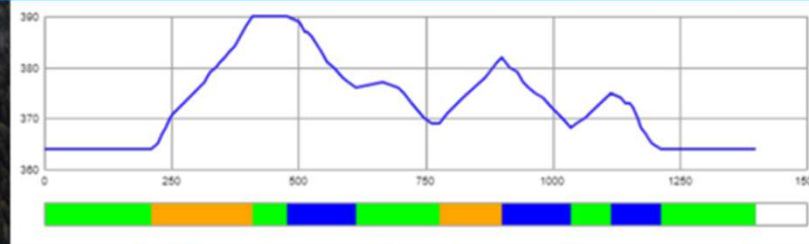


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COURSES FRIDAY – SPRINT F 1,4 KM



Sprint

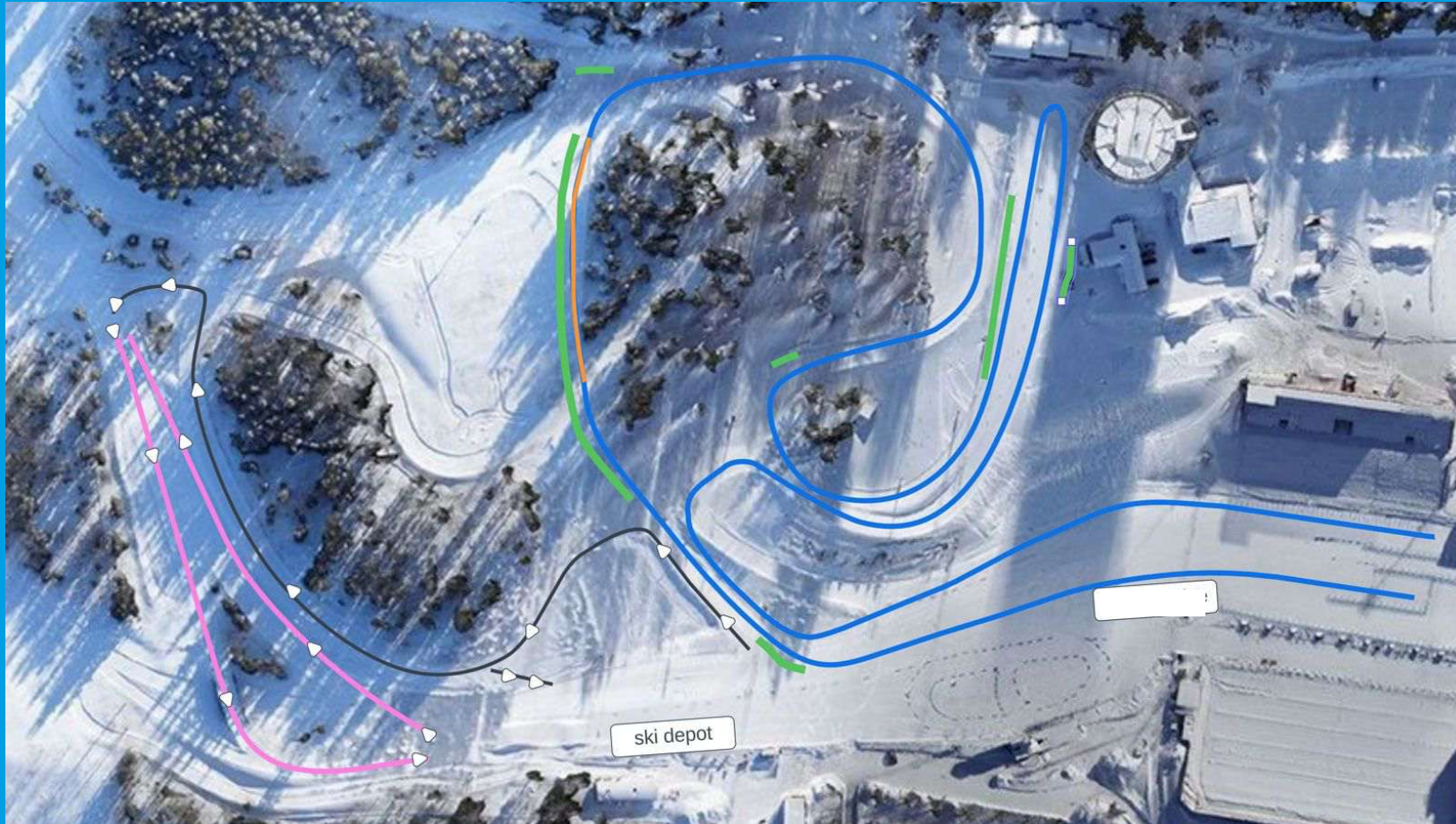


No coach zone



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SKI TESTING AND WARMING UP



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COURSE PREPARATION AND GROOMING



- Race course closed 21:00-08:00
- Test course open from 06:00, other courses open from 07:00
- Grooming from 05:00
- Snow condition on course: Mixed, artificial and natural snow
- Snow conditions on the ski test tracks: Mixed, artificial and natural snow.
- Warm Up tracks: Mixed, artificial and natural snow



If we need to prepare the course due to heavy snowfall between the qualification and finals, we will use snowmobile with light equipment.

Any comments or questions concerning the course or course preparation?



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GENERAL INFORMATION FROM THE TD



325.2.4 During the sprint finals (from 1/4 to final), no waxing of skis is allowed.



343.10.2 Process of passing during other competitions



INFORMATION EQUIPMENT CONTROL



Fluor testing, randomly, after the qualification and after all heats, close to the finish area.

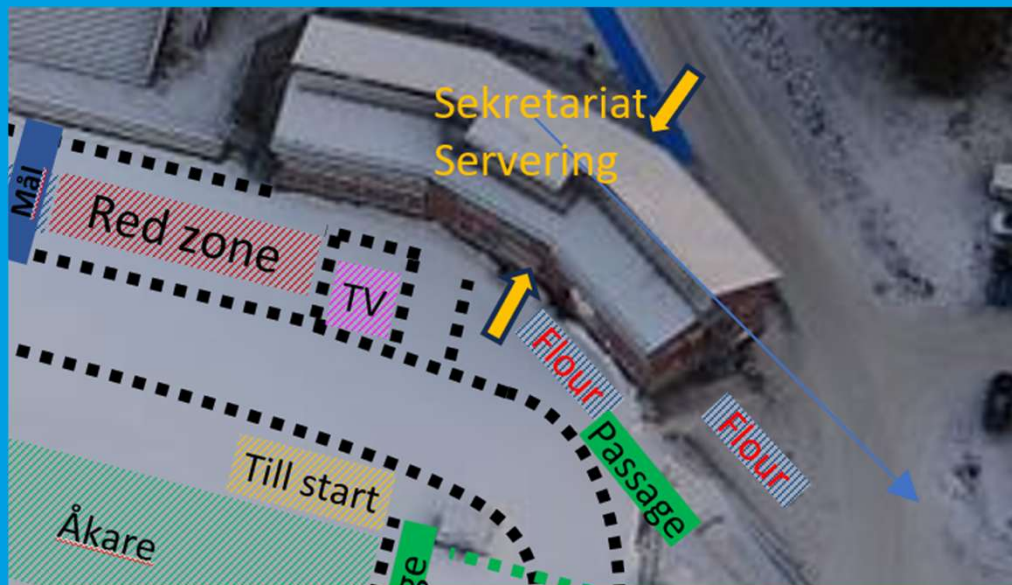


Athletes must leave their skis in the drop off zone, upon demand.

Skis will be delivered back to the athletes in the pick up zone after testing.



All skis must be marked with the date and bib number. This is the responsibility of the athlete.



GENERAL INFORMATION FROM SSA/FIS



Welcome to Östersund, thank you Östersunds Kommun and Östersunds SK!

All races are broadcasted via Bonnier News, watch here:

<https://livesport.expressen.se/skidsport> (In Norway via A Media)

All weekend, two official prizegiving ceremonies.

All weekend, flower ceremony according to the result of the actual race. Podium vests.

Scandinavian Cup i Vantaa, FIN, 2 – 4 January

In Swedish:

Viktigt före 31 december: Så blir över gången till Idrottsarenan smidig och enkel | Svenska Skidförbundet

Lisa Eriksson, Piteå Elit SK
George Ersson, Falun Borlänge SK



Information SSF 2
WhatsApp-grupp



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SKELLEFTEÅ SK SEGRARE KLIMATKAMPEN BODEN



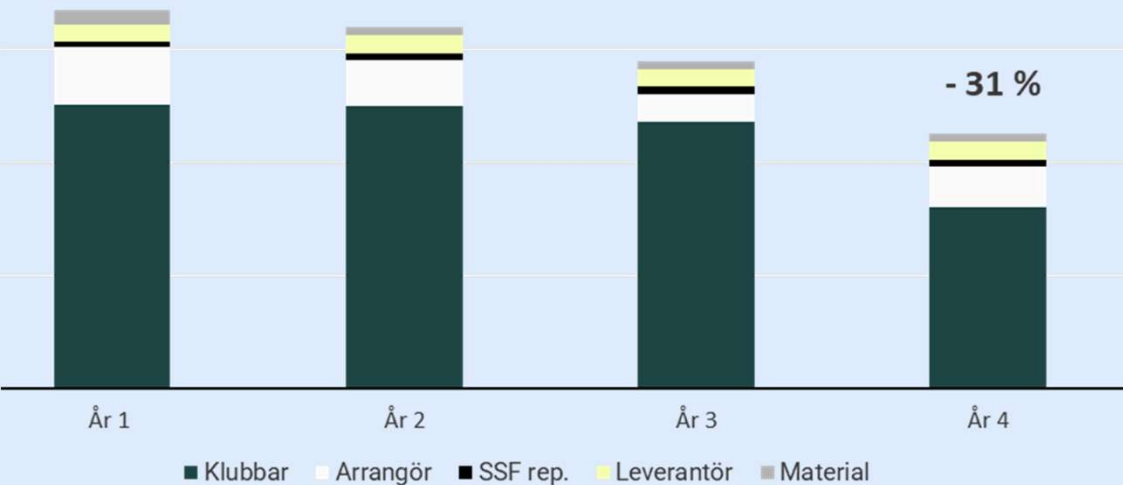
Klimatkampen Boden

1. Skellefteå SK
2. Hägglunds SK
3. Matfors SK
4. Östersunds SK
5. Gellivare SA
6. Sollefteå SK
7. Trillevallens SK
8. Hudiksvall SK
9. Kiruna Skidor
10. IFK Umeå

Framgångsfaktorer

HVO100 + vilt
få fordon, tåg
och vilt
elbil

Utsläpp för alla etapper



Målet var att minska utsläppen med 10 % per år. Efter år 4 har vi uppnått en reduktion på:

-38 %

Kg CO₂e/ startande

Tågfonden

- Registrera er klubb som "SJ-Bizkund" 10% rabatt
- Använd kampanjkoden KLIMATKAMPEN
- Björn får miljörapport från SJ i april
- Klubbarna får Kick-back från Tågfonden utifrån mängden km ni som klubb rest
- Mer km tåg → mer återbäring i april

<https://www.skidor.com/idrotter/langdakning/neder/2025/2025-11-21-ta-taget-till-smart-energy-cup---bast-for-klimatet-och-bra-for-klubbkassan>

ubbar och leverantörer!
r har ni länk till
matkampens kalkylator för
ylingarna i Östersund

♥ Fantastiskt jobbat alla dessa år!
5e och sista året och snart nära
målet om – 50% utsläpp

käten stänger:
dec kl 23:59



<https://shorturl.at/53tbp>

GENERAL INFORMATION FROM LOC



Withdrawals for all races must be done before 18.00 each race day.

Prismoney according to scandinavian cup rules.

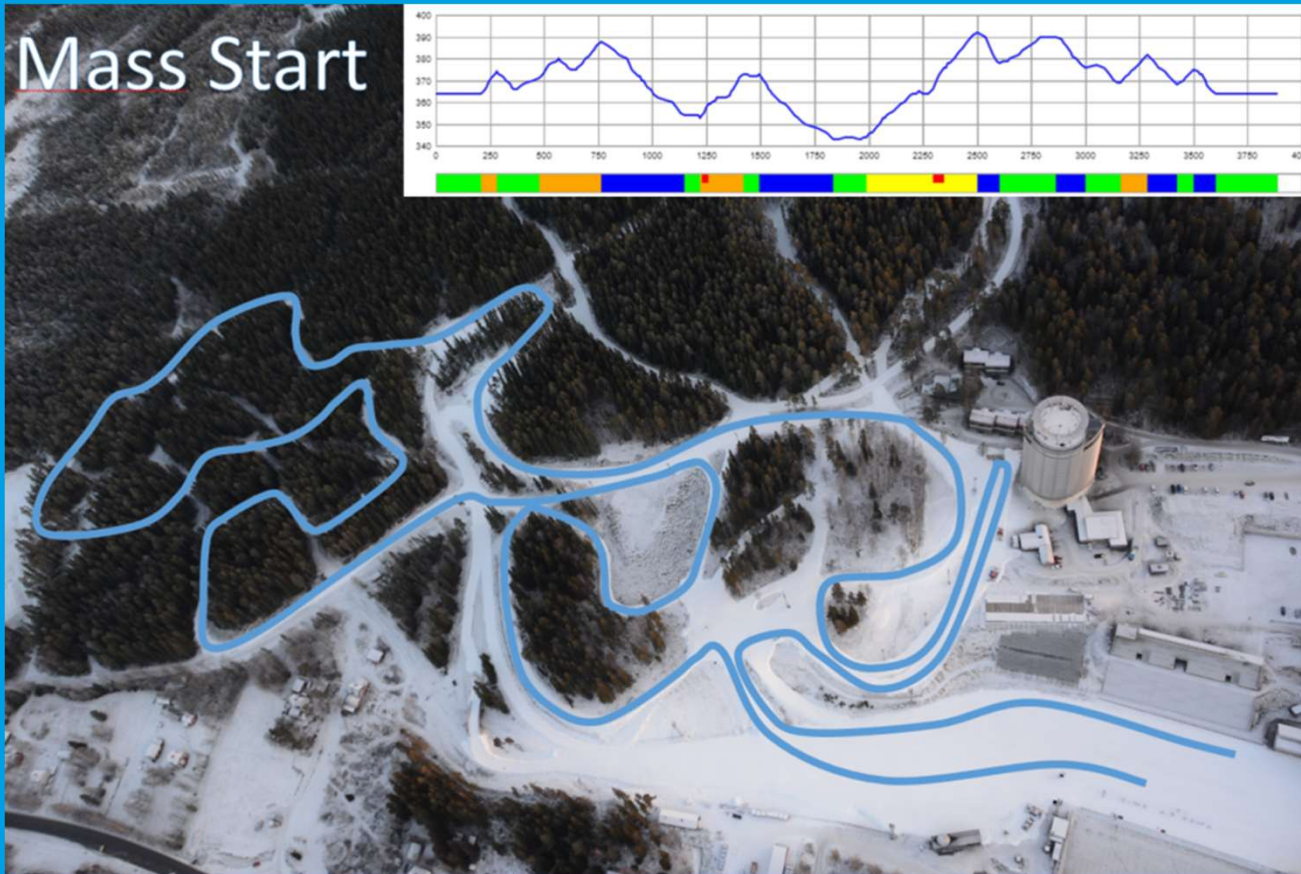
For medical services, contact the event doctor. In emergencies, call 112.



COURSES SATURDAY – MASS START

START LOOP + 5*3,75 KM

D21/H21

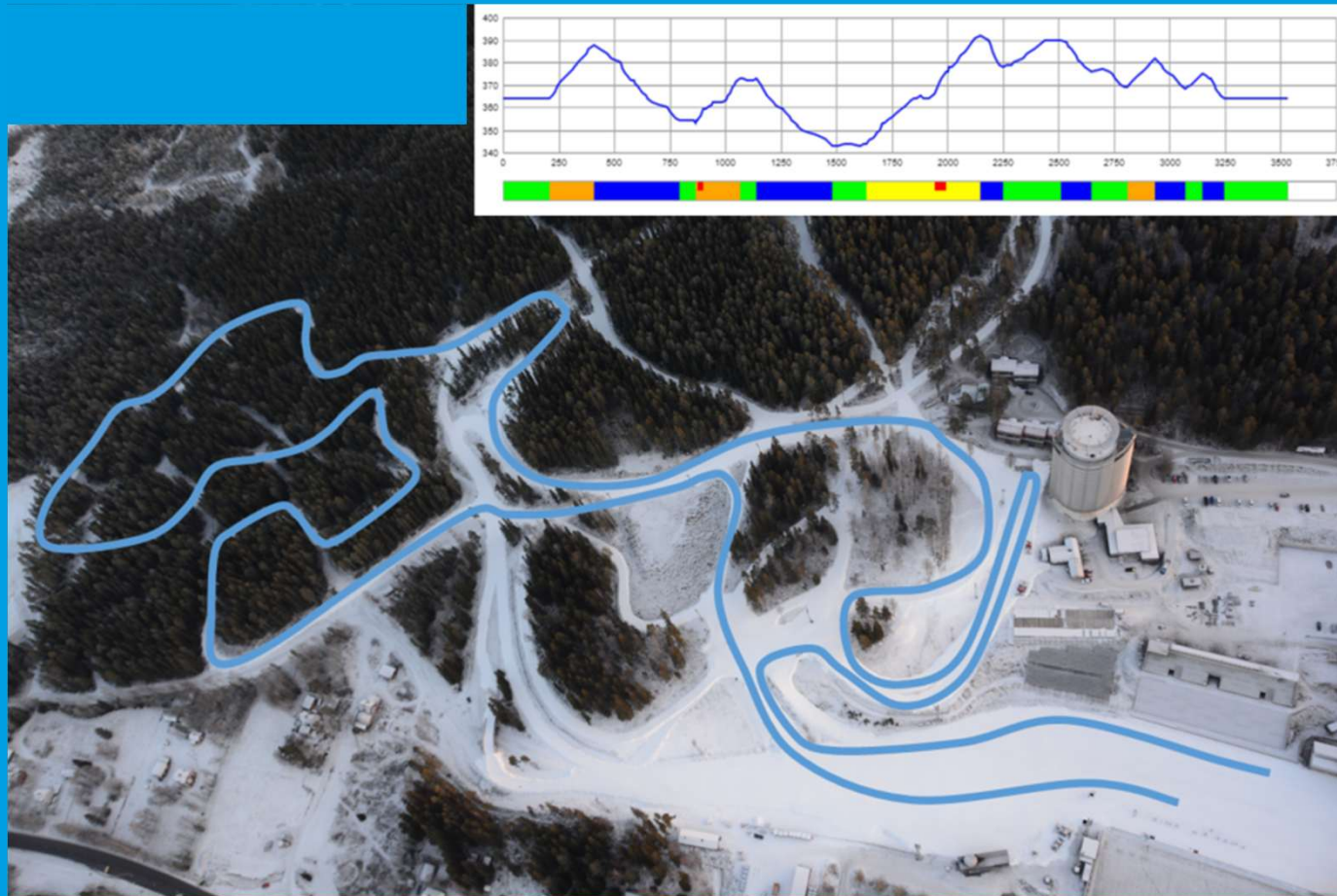


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COURSES SATURDAY – MASS START

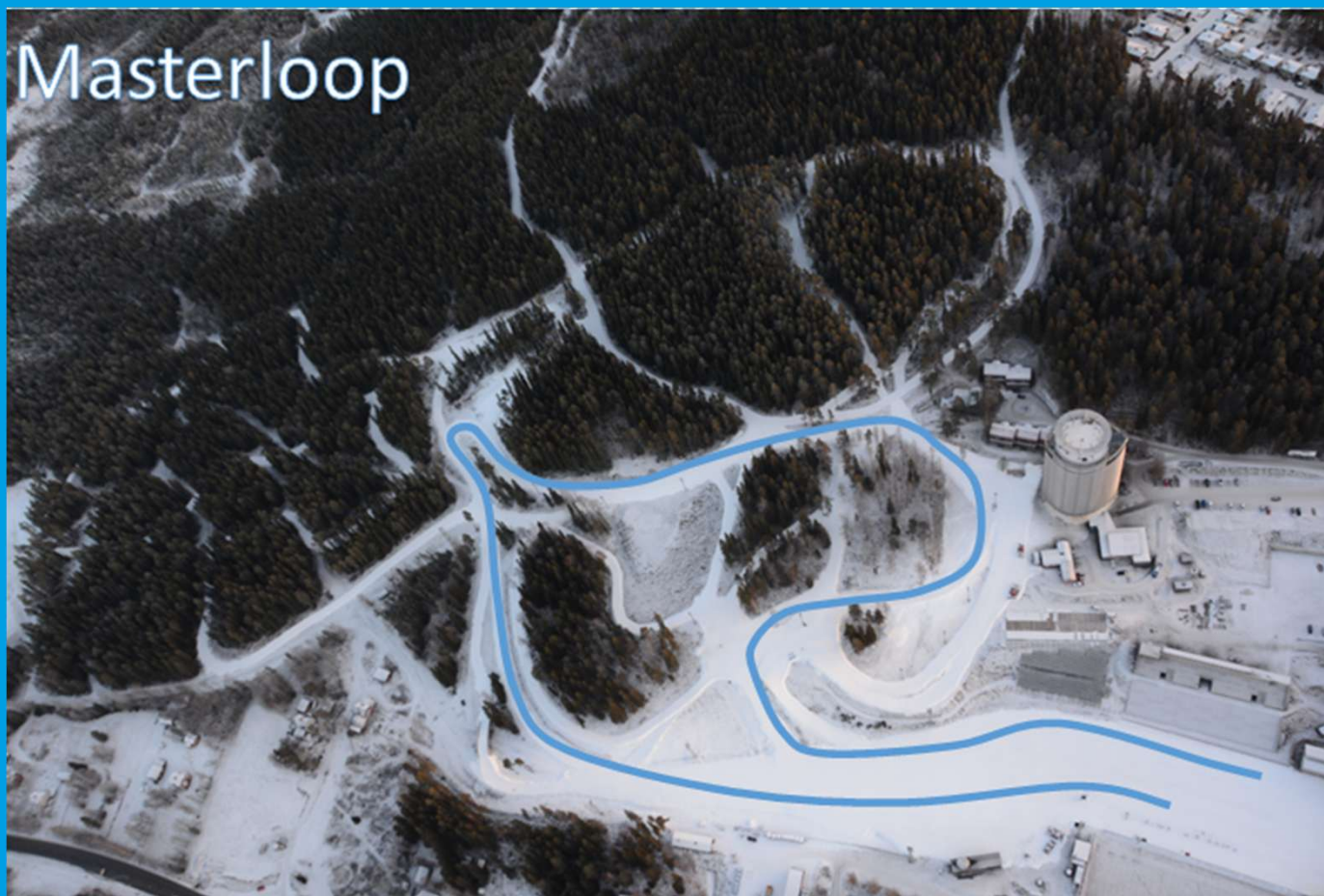
START LOOP + 4*3,3 KM

D 17-20/ H 17-20



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COURSES SATURDAY – MASS START MASTERLOOP



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THANK YOU AND GOOD LUCK!





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