



SVENSKA SKIDFÖRBUNDET®

SWEDISH SKI ASSOCIATION



Huvudsponsor





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



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Östersund 12 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

ESP

FIN

GBR

ISL

LAT

LTU

MEX

MLT

NOR

POR

SWE



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 WEEKEND PROGRAM

Friday 12.12.2025

Sprint 1,4 km Free

Saturday 13.12.2025

Mass start 20 km Classic, D21/H21

D21 start 10.00, H21 start 11.30

D17-20 start 12.45, H17-20 start 13.45

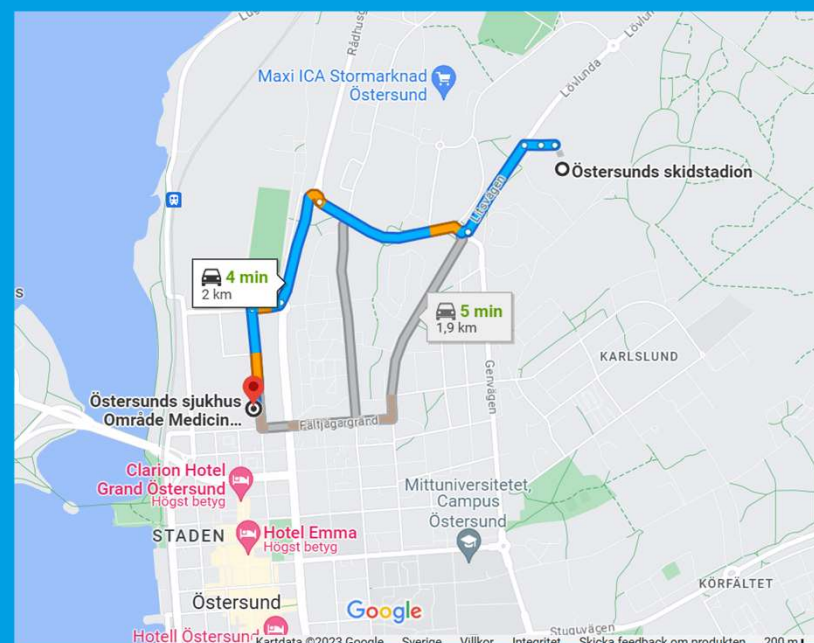
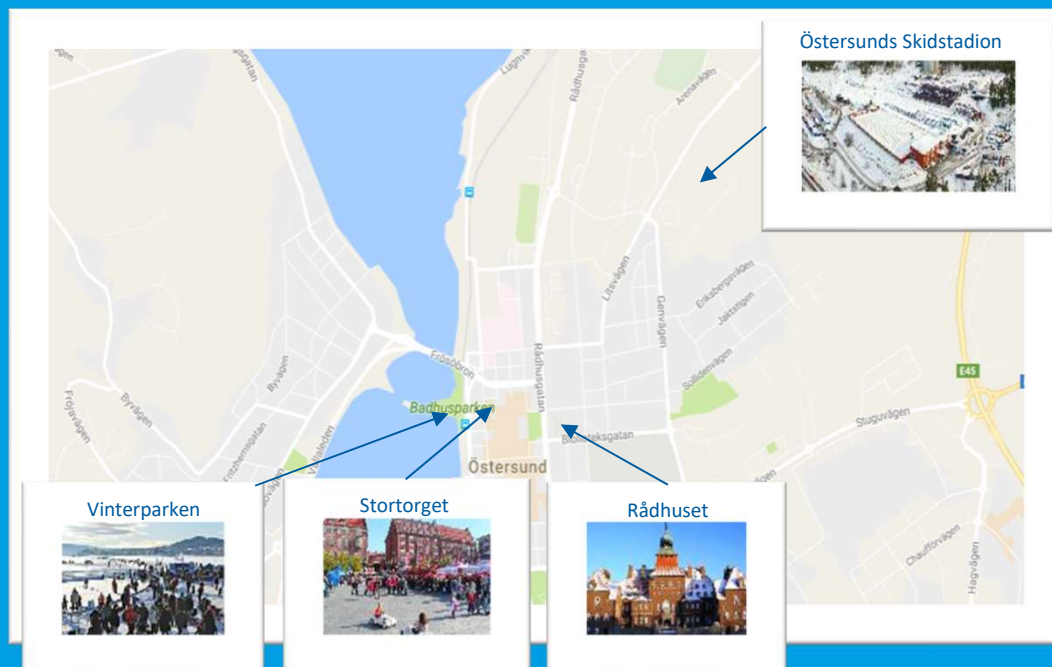
Sunday 14.12.2025

Individual start 10 km Free

D21 prel. 09.00, H21 prel. 10.40, D17-20 prel. 13.00, H17-20 prel. 13.45



VENUE OVERVIEW



EVENT PROGRAM SATURDAY



Saturday 13.12.2025

Venue Östersund skidstadion



- 00 Mass start 20 km Classic D21 (Start loop + 5*3,75 km)**
- 30 Mass start 20 km Classic H21 (Start loop + 5*3,75 km)**
- 45 Mass start 15 km Classic D17-20 (Start loop + 4*3,3 km)**
- 45 Mass start 15 km Classic H17-20 (Start loop + 4*3,3 km)**

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



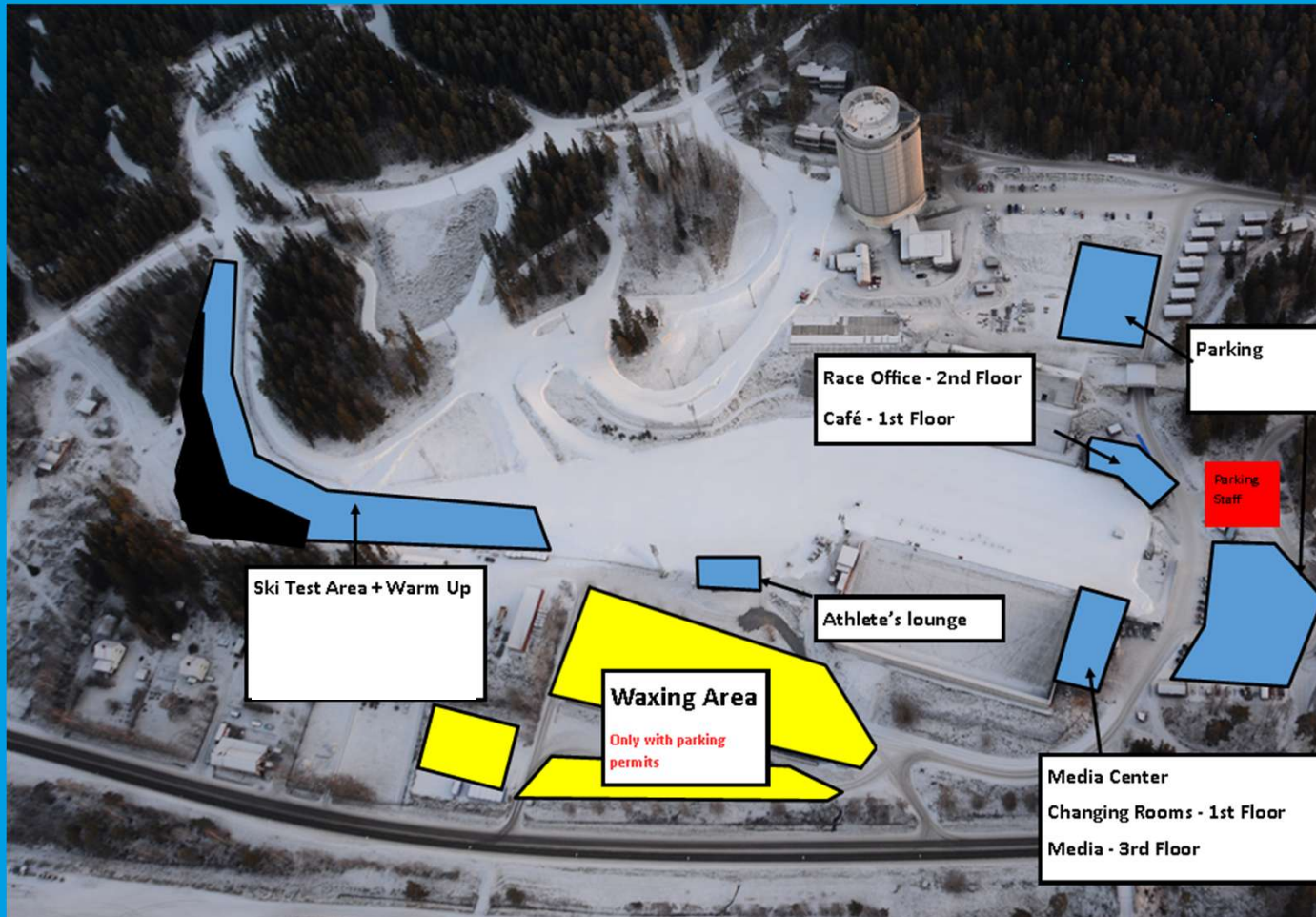
TIMETABLE - SATURDAY



07:00	Stadium lights on
06:00	Skitest area open
08:00 – 18:00	Race Office open
08:00 – 09:55	Race Course prepared and ready for test and training. OBS! Closes 5 min before competition start
10:00	Mass start 20 km Classic (Start loop + 5*3,75 km), D21
11:30	Mass start 20 km Classic (Start loop + 5*3,75 km), H21
	Flower ceremony directly after finish in the finish area
	Prize giving ceremony
12:45	Mass start 15 km Classic (Start loop + 4*3,3 km), D17-20
13:45	Mass start 15 km Classic (Start loop + 4*3,3 km), H17-20
15:00	Prize giving ceremony
15:30 – 17:00	OFFICIAL TRAINING
18:00	TEAM CAPTAINS MEETING (ONLINE)
21:00	Stadium light closes



VENUE OVERVIEW



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ENTRIES AND DRAW

BIBS

Bibs will be picked up at the building next to the start,
ONLY personal pick up by the athlete.

Leg bibs must be worn on left leg. Only seniors

Remember ski marking

Saturday

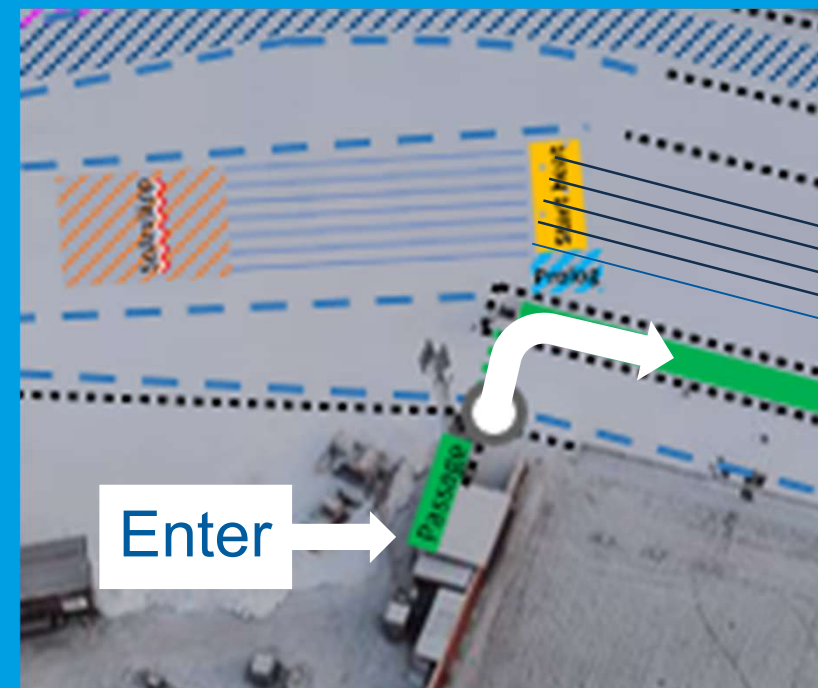
D21 from 08:30-09:50

H21 from 10:00-11:20

D17-20 from 11:30-12:35

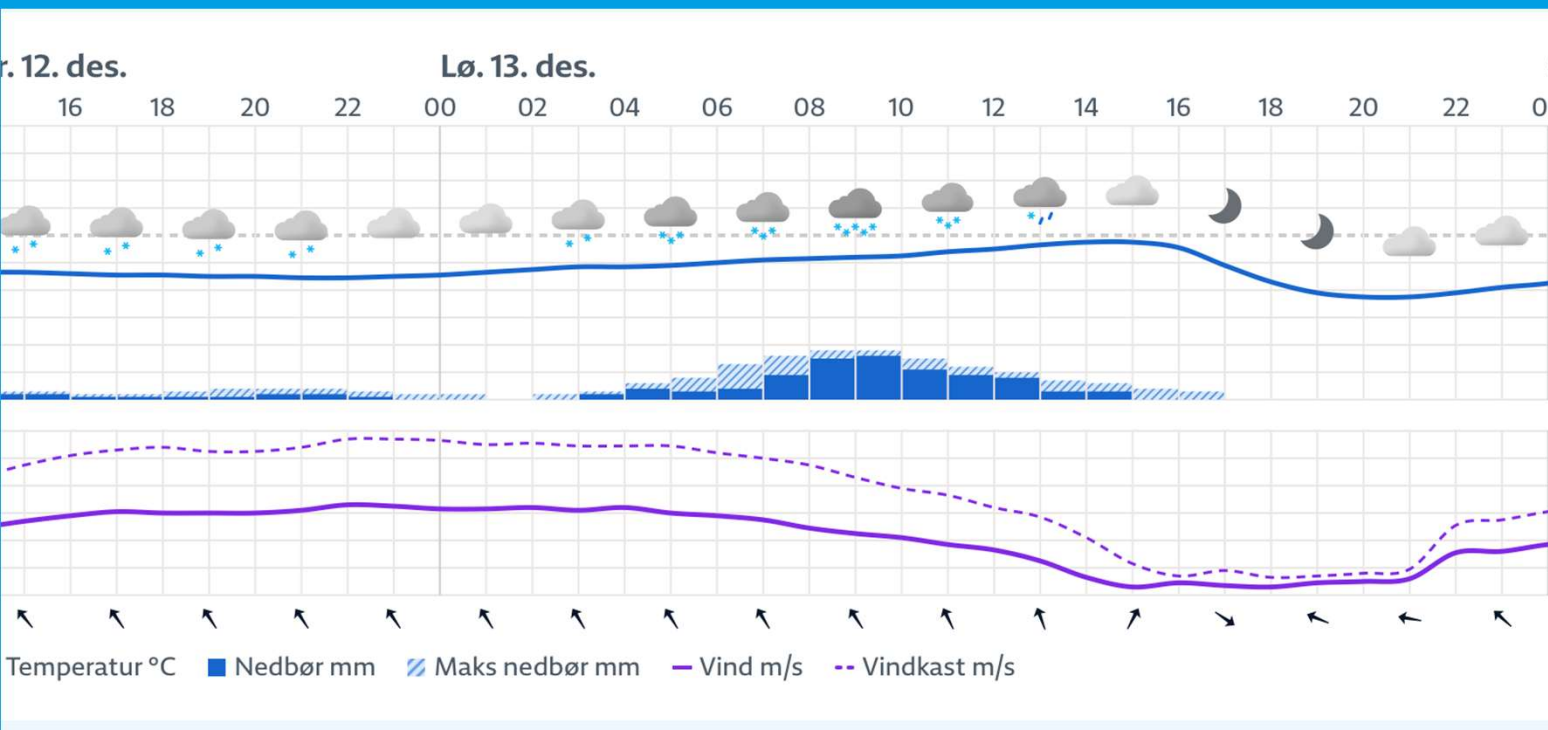
H 17-20 from 12:20-13:35

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

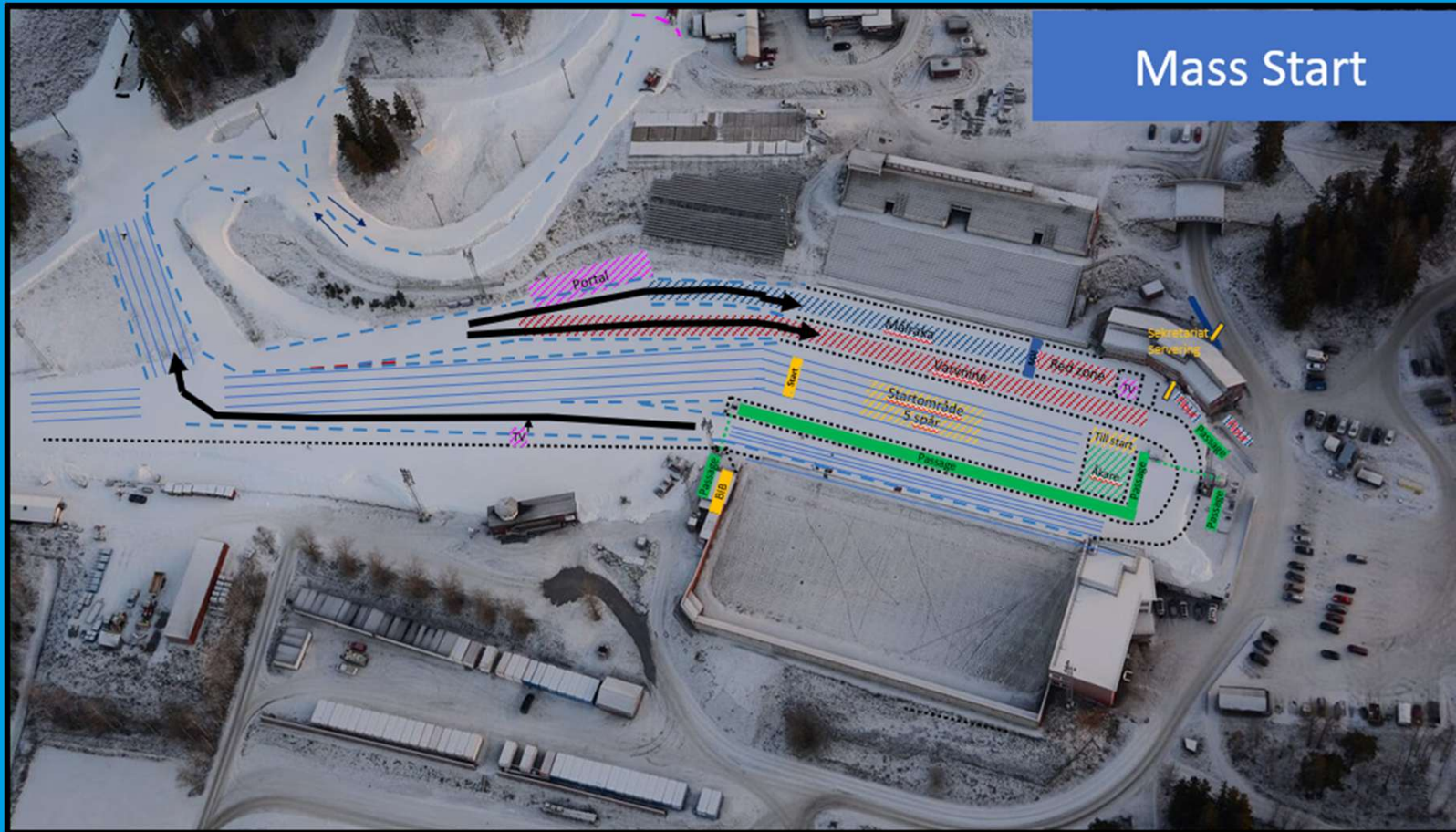


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WEATHER FORECAST



STADIUM - SATURDAY



Mass Start



5 Start tracks 100
4 corridors

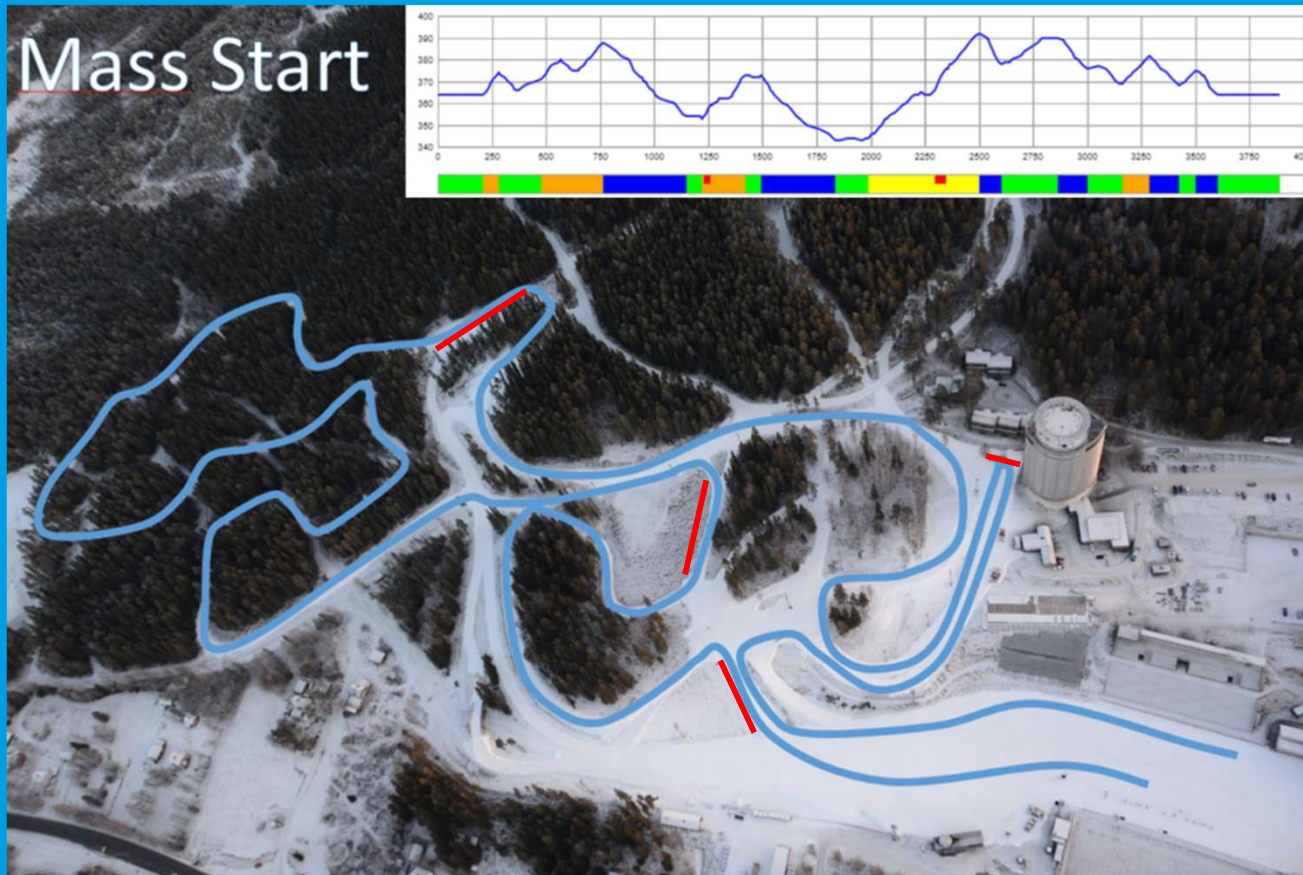


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COURSES SATURDAY – MASS START

START LOOP + 5*3,75 KM

D21/H21



No coaching zone in the
of banner material
along the course

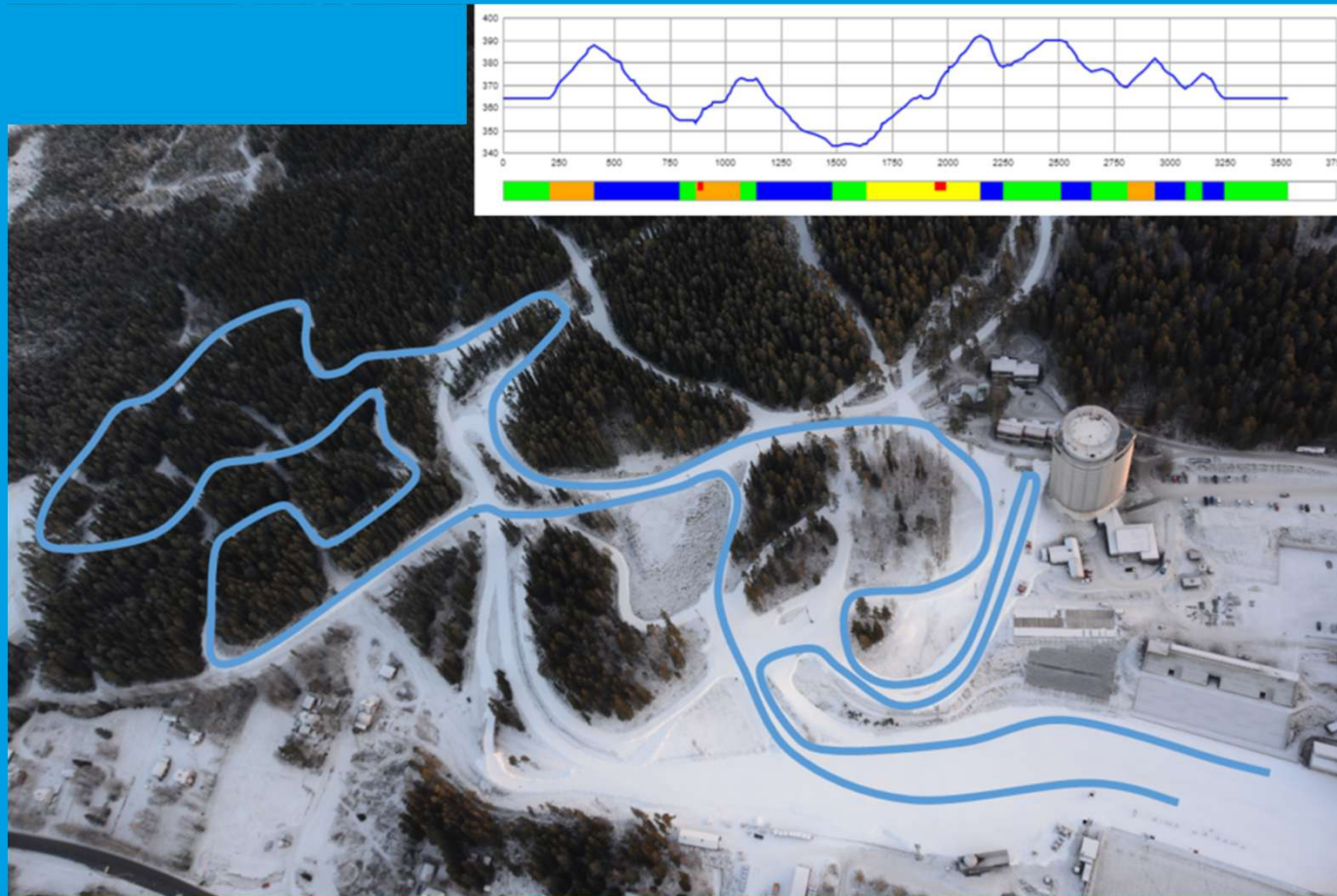
No feeding allowed in
coaching zone and
on the stadium



COURSES SATURDAY – MASS START

START LOOP + 4*3,3 KM

D 17-20/ H 17-20



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COURSES SATURDAY – MASS START START LOOP

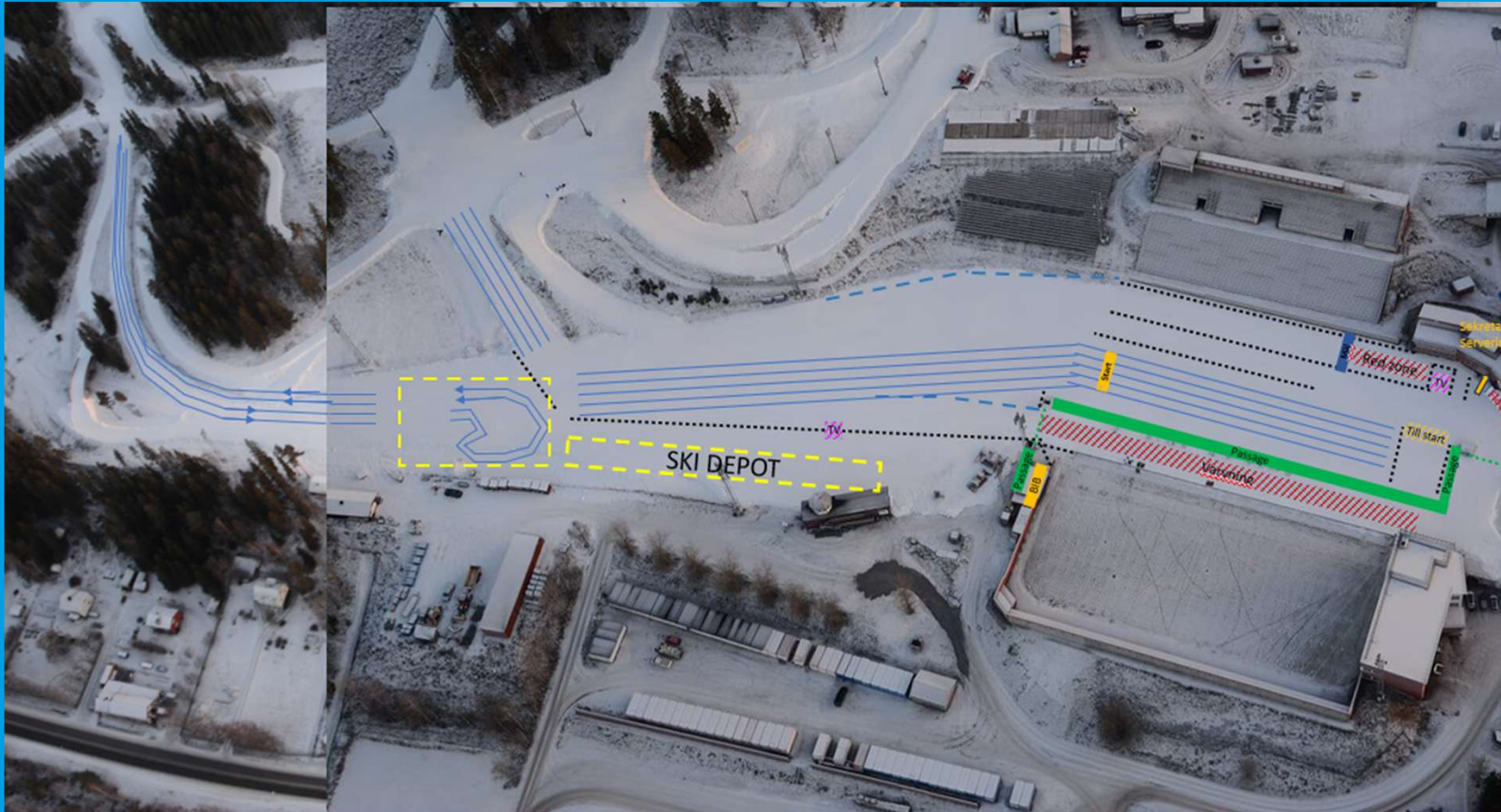


Start loop



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SKI TESTING AND WARMING UP



Ski testing area will be close 5 before and 5 m after each start



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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 08:00*
- *Grooming from 00:00*
- *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*



Any comments or questions concerning the course or course preparation?



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GENERAL INFORMATION FROM THE TD



343.10.2 Process of passing during other competitions



343.8 In classical technique competitions, the competitors must use classical technique only.



Lapping

INFORMATION EQUIPMENT CONTROL



Fluor testing, randomly, after the race, 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.

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



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GENERAL INFORMATION FROM SSA/FIS



All races are broadcasted via Bonnier News, watch here:
<https://livesport.expressen.se/skidsport> (In Norway via A Media)

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

All weekend, two official prizegiving ceremonies. Podium vests.



Scandinavian Cup:
Mattias Holbäck, NOR
Julie Myhre, NOR



Smart Energy Cup:
Lisa Eriksson, Piteå Elit SK
George Ersson, Falun Borlänge SK



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Information SSF 2
WhatsApp-grupp



GENERAL INFORMATION FROM LOC



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

Prizemoney according to scandinavian cup rules.

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





THANK YOU AND GOOD LUCK!





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