



**SVENSKA  
SKIDFÖRBUNDET®**  
SWEDISH SKI ASSOCIATION

# COMPETITION PM

## FSEC seniors, Bauhaus Cup juniors 8-10/3 2024

**ARRANGER:** Östersunds SK

**VENUE:** Östersund Ski Stadium, Stadionvägen 9

### COMPETITION PM

This memo contains all the information for all three days. However, all updates are made via the website: [Ford Smart Energy Cup + BAUHAUS Cup Östersund \(ostersundssk.se\)](https://ostersundssk.se)

### COMPETITION PROGRAM

**Friday 8/3 SPRINT CLASSIC STYLE 1.4 KM.**

**First start prologue: 8:30 a.m.**

**Starting order prologue** as below:

Men's 21

Women 21

Women 17–18

Women 19–20

Men 17–18

Men 19–20

**Heat selection** for seniors: Behind the goal, time approx. **09.45**. Info from the speaker about possible changed time.

**Quarterfinals start at 11.00, 13.00, 14.50**

Flower ceremony after each final for seniors.

**Saturday 9/3 DISTRICT RELAY CLASSIC TECHNIQUE Juniors Start at 13.00**

**MIXED RELAY CLASSICAL TECHNIQUE seniors Start at 14.00**

5 km – 2.5 km – 5 kmD – H – H

Ladies can replace men, but not the other way around.

The last finish is estimated at approx. 14.45

**Sunday 10/3 MASS START FREESTYLE**

Women and Men 17–20: 15 km

Women and Men 21: 20 km

**Starting order as shown below:**

Women 17 – 18                      09.00

Women 19 – 20                     10.10



Men's 17 – 18 11.05

19 – 20 12.10

21 13.00

Women 21 14.20

*The last finish is estimated to be approx. 15.30*



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Men's

Men's

Start lists are published after the team leader meeting every evening.

## TRACKS

Course maps and track profiles can be found on the website [Ford Smart Energy Cup + BAUHAUS Cup Östersund \(ostersundssk.se\)](http://Ford Smart Energy Cup + BAUHAUS Cup Östersund (ostersundssk.se)).

Information about where and how warm-up and testing may take place is provided at the team leader meeting.

The courses are closed for training 5 minutes before the first start all days.

Itinerant technical controllers along the course.

### ***The course is open for training:***

Thursday 08.00 - 15.00 + 17.00 - 21.00

Friday 07.00 – 08.20 + 16.00 - 21.00

Saturday 09.00 - 12.50 + 18.00 - 21.00

Sunday 07.00 - 08.50

## OFFICIAL TRAINING

See also the opening hours of the courses for training above, under the heading "Courses and Tracks".

Thursday 7/3: Official training at 15-17 sprint track.

Friday 8/3 No official practice but the course is open.

Saturday 9/3 Official training at 17.00-18.00

## FLUORIDE CONTROL

Fluoride control will take place. Info at each team leader meeting (at 18.00 Thursday, Friday and Saturday). Ski marking tags must be attached to the skis. Available in the number bib bag.

## COMPETITION SECRETARIAT

The competition secretariat is located on the upper floor of the ski stadium.

### **Opening hours:**

Wednesday 6/3: 14.00-20.00

Thursday 7/3: 08.00-17.00

Friday 8/3: 07.00 - 17.00

Saturday 9/3: 10.30 - 16.00

Sunday 10/3: 07.00 - End of competition

## RACE BIBS

Pick up per team on the upper floor of the secretariat, in the morning of each race day.

If you don't return your number bib, you will be charged 500 SEK.

For sprint heats, a leg number bib must be used, pasted on the **left** leg (done inside, for it to stick).



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## **DELETIONS**

At the start of the team leader meeting or by email to the competition secretary:  
[ostersundssk@gmail.com](mailto:ostersundssk@gmail.com)

## **CHIP**

Personal chips are used at all competitions.

Chips are available for rent for 150 SEK/day, for those who forgot their own chip at home.

## **TEAM CAPTAIN MEETINGS/TCM**

Team captain meetings will be held on Thursday, Friday and Saturday at 18:00 digitally via webcast, Teams.

Link to team captain meetings can be found at: [Ford Smart Energy Cup + BAUHAUS Cup Östersund \(ostersundssk.se\)](#) during team leader meetings.

## **START AND RESULT LISTS**

All publication of start and result lists during the competition days will be digital. You can find them on the competition website and they will be posted on the Competition Calendar. Live scores are available on <http://live.skidor.com/>

## **WAXING CABIN**

Keys to waxing cabins can be picked up at the competition secretariat, see opening hours above. If the fee has not been paid, payment must be made on site in the secretariat to gain access to the waxing shed. A parking permit is obtained for each cabin.

If you come with waxing buses, you have a parking space adjacent to the waxing cabins.

## **See the signs in the waxing area.**

The return of the key to the waxing cabin must be made in the wallaby to "Janken", after inspection of the cabin. If the key is not returned, SEK 1,000 will be invoiced afterwards. Non-cleaned waxing cabin will be invoiced with SEK 2,000 afterwards.

## **DRINKING AND COACHING DURING THE RACE COURSE**

No special restrictions on drinking, pole dealing and coaching, except at the TV cameras. Info at the team leader meetings. Also, leave a clear line of sight when filming for technique checks. Be considerate of each other and follow the officials' instructions if something arises.

## **COVERALLS**

Cover clothing should be left in the start area.

## **HEALTH CARE**

Ambulatory doctors are available. If necessary, contact the Secretariat. In case of emergency, call 112.

## **TOILETS**

In the changing rooms Mediahuset, outside the secretariat towards the parking lot and 2pcs. inside the café/secretariat.



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### **CHANGING ROOMS**

The ground floor of the media building. The large building next to the shooting range.

### **ATHLETE LOUNGE**

First floor of the tower building (old secretariat).

### **PARKING**

Large planes at the Secretariat/Media House. Waxing area is only for those who have booked waxing cabin and have a parking certificate visible in the windscreen.

### **SALES/SERVING**

**Catering:** On the ground floor of the secretariat, refreshments are sold.

Barbecue sale outdoors.

**Lunch service:** Restaurant Arctura can be found in the ski stadium area (thermos)

Open Thurs-Sat 11am-2pm. Price Thursday and Friday 120 SEK, Saturday 145 SEK incl. coffee and dessert.

### **PHOTOGRAPHY**

By participating in the event, you give your consent for Östersunds SK to publish Pictures from the event on the website or for other marketing purposes.

### **COMPETITION RULES**

The Swedish Ski Association's competition rules apply.

Competitors, officials and spectators participate or participate at their own risk.

### **CONTACTS**

Competition Director: Viktor Thorn 076-200 91 24

Competition secretary: Tinna Bäckman [ostersundssk@gmail.com](mailto:ostersundssk@gmail.com) 076-838 8075

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***Östersunds SK greets all athletes, leaders, spectators and media  
A warm welcome to Östersund***