



SVENSKA SKIDFÖRBUNDET®

SWEDISH SKI ASSOCIATION



Huvudsponsor





TEAM CAPTAIN´S MEETING FORD SMART ENERGY CUP & BAUHAUS CUP



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Östersund 2024-03-08

AGENDA

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INTRODUCTION OF THE OC, THE JURY AND NSA



OC

- Chief of competition: *Viktor Thorn*
- Competition Secretary: *Tinna Bäckman*
- Chief of Course: *Cajsa Martinsson*
- Chief of stadium: *Martin Börjesson*
- Chief of timekeeping: *Alfred Andersson, Elitetiming*
- Speaker: *Jonas Andersson*
- Media: *Markus Flinkberg*

JURY:

- TD: *Kai Samposalo*
- TDA: *Erik Björelind*
- Tävlingsledare: *Viktor Thorn*

SSF: *Jonas Braam, race director*



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EVENT PROGRAM



Saturday 9/3 Mix Relay Classical Technique

D/H17-20 Start kl. 13.00

D/H21 Start kl. 14.00

5 km – 2,5 km – 5 km

D – H – H

Ladies can replace men but not the other way around

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

Race office opens at 10:30 for collecting bibs etc.



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VENUE OVERVIEW



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ENTRIES AND DRAW



BOTH relays will be seeded/drawn as follows:

- All registered 1st teams (clubs/districts with one team registered go as 1st teams) are placed in a group that is drawn internally and these teams are first in the starting field.
- All 2nd teams are placed in a group that is drawn internally and these teams are listed as "second group" in the starting field
- All 3rd teams are placed in a group that is drawn internally and these teams are listed as the "third group" in the starting field
- 4th team, 5th team, etc. are handled in the same way until everyone has a starting position

Changing team names in case an athlete is sick is available until 2 hours before start. Only at the race office.



TIMETABLE



Race course open for SRS from 11:30

Race Course prepared and ready for test and training 12:00-12:50.

During training some areas will be closed in order to save the conditions on the tracks.

Flower ceremony directly after finish in the finish area for seniors

Prize giving ceremony approx 14:50 for both relays

6 teams in the relay for seniors

3 teams in the relay for juniors



WEATHER FORECAST



10		-2°	2 (3) ↗	Svak vind fra sørøst med vindkast på 3 m/s
11		-1°	2 (4) ↗	Svak vind fra sørøst med vindkast på 4 m/s
12		-1°	3 (5) ↗	Svak vind fra sørøst med vindkast på 5 m/s
13		-1°	2 (5) ↗	Svak vind fra sørøst med vindkast på 5 m/s
14		-1°	3 (5) ↗	Svak vind fra sørøst med vindkast på 5 m/s
15		-1°	3 (5) ↗	Svak vind fra sørøst med vindkast på 5 m/s

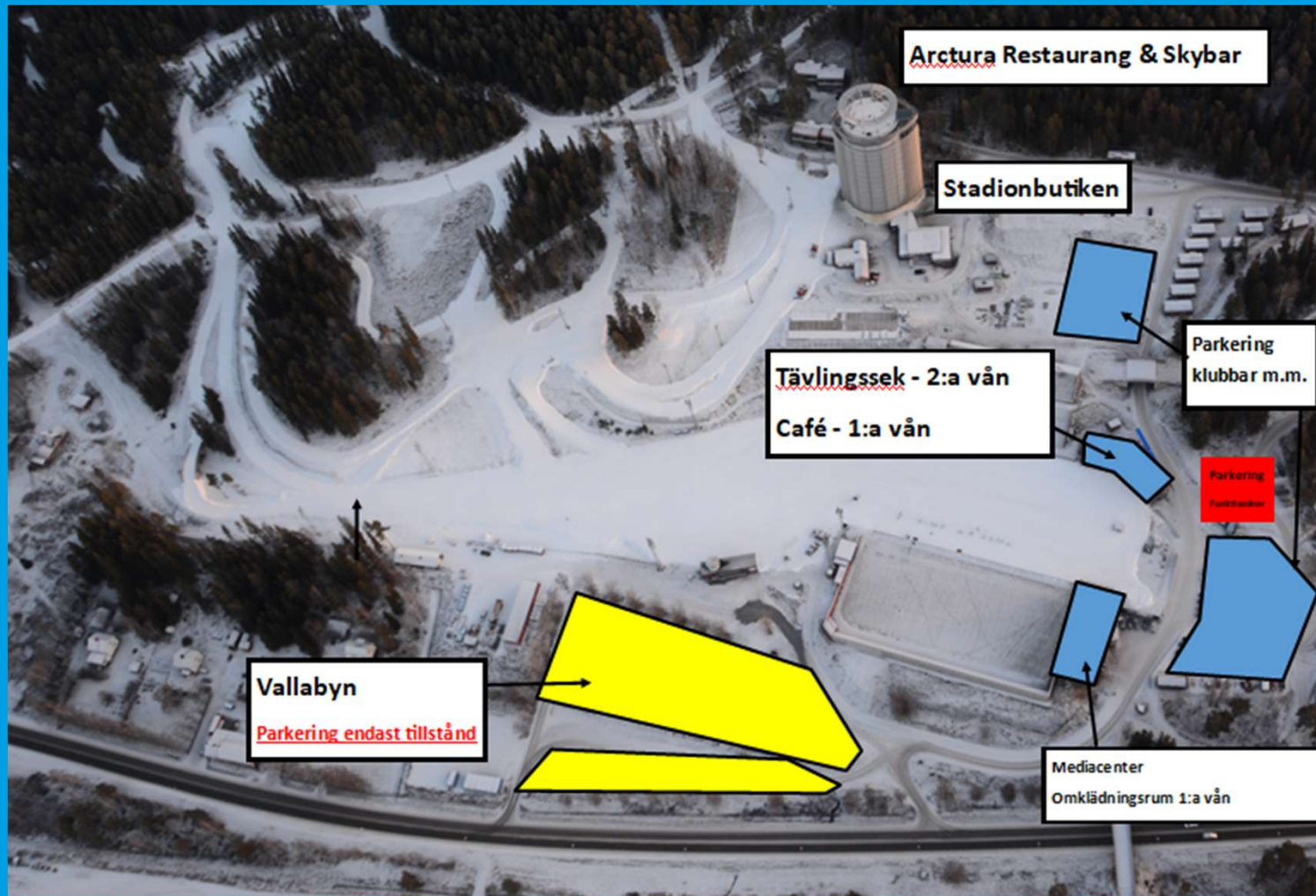


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PRESENTATION OF THE ARENA



COURSES



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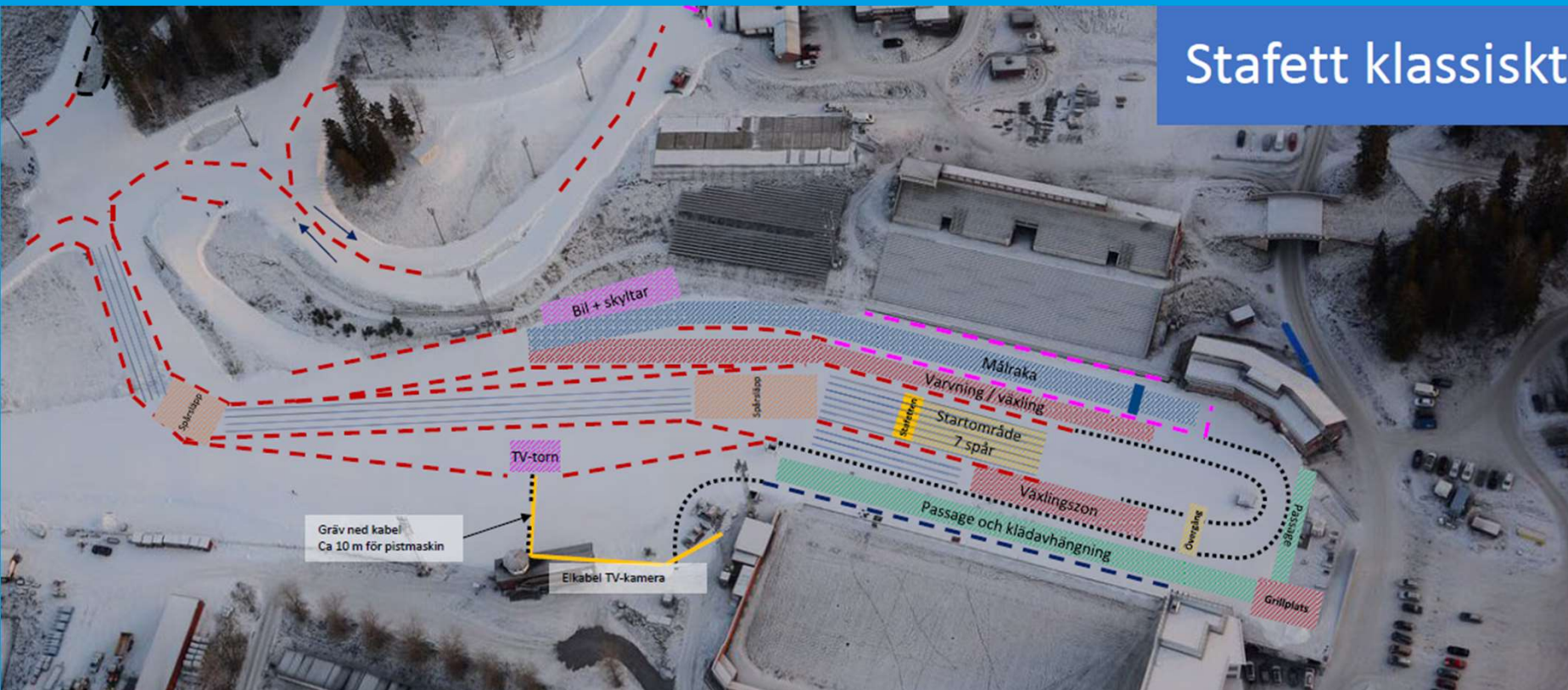


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STADIUM



Stafett klassiskt



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FLUOR TESTING



All athletes put their skis in the ski racks after finish

Located just behind the finish area

Skis should be marked with bib number, ski number (last three numbers of the serial number), date and name.

Ski pick-up after the testing outside the garage of the race office.

Put stickers on the skis a good time before the race on clean and dry skis and in warm conditions.



SKI TEST AND WARM UP



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COURSE PREPARATION AND GROOMING



Around midnight



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INFORMATION FROM TD



Thanks for today's competition, and congratulations to all winners

Fare and square, but a lot of reprimands anyway.

- Tomorrow classical technique again
- Mixed relay, with masstart
- 7 tracks in the start
- Seeding according to decision from "Tävlingsprogramgruppen"
- **GOOD LUCK FOR TOMORROW**



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GENERAL INFORMATION FROM SSA/FIS

- Presentation SSA representative



- Thank you Östersunds SK!



- Klubbkampen presented by Expressen Skidsnack
 - All competitions this weekend counts, except the junior relay on Saturday



ALLMÄN INFORMATION FROM SSF/FIS

- Postgymnasiala utbildningar och elitmiljöer
 - Ansökan längd öppen 1 feb – 22 mars, se [Postgymnasial verksamhet](#)
- Förslaget till stomprogram för nästa säsong presenteras inom några veckor, pågående arbete
 - Och då öppnar också ansökan till cuperna för säsong 2025/26 och SM 2027
- Utbildning lönar sig!
 - <https://www.skidor.com/idrotter/langdakning/utbildning/folkbildning-i-forening>



[Competition info](#)
[whats app](#)



PISTMASKINSUTBILDNING

LÄNGD PLATSER KVAR 21-23 MARS



VÅLÅDALEN, LATTI ÖSTLUND
Maskinkörning med tips och tricks

ÖTEORI MED PEAK63 som
par förändrat beteende och strategi

ERFARENHETSUTBYTEN
med andra anläggningar

<https://www.skidor.com/Grenar/langdakning/anlaggning/Pistmaskinsutbildning/>



INFORMATION FROM LOC



Please respect do not cross the ski tracks when training



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**THANK YOU AND
GOOD LUCK!**



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