



SVENSKA SKIDFÖRBUNDET®

SWEDISH SKI ASSOCIATION



Huvudsponsor





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

Östersund 2024-03-09



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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*



EVENT PROGRAM



Sunday 10/3 MASSTART FREE STYLE

D/H 17-18, D/H 19/20 15 km

D/H 21: 20 km

Starting order:

D17-18 kl. 09.00

D19-20 kl. 10.10

H17-18 kl. 11.05

H19-20 kl. 12.00

H21 kl. 13.00

D21 kl. 14.20

Race office opens at 7:30 for collecting bibs etc.



VENUE OVERVIEW



BAUHAUS



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ENTRIES AND DRAW



According to FIS no 7

No leg bibs



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TIMETABLE



Race course open for SRS from 07:00

Race Course prepared and ready for test and training 07:30-08:50.

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

Flower ceremony directly after finish for seniors

Prize giving ceremony

D17-18, D19-20 approx 11:10

H17-18, H19-20 approx 13:10

D21, H21 approx 15:30



WEATHER FORECAST



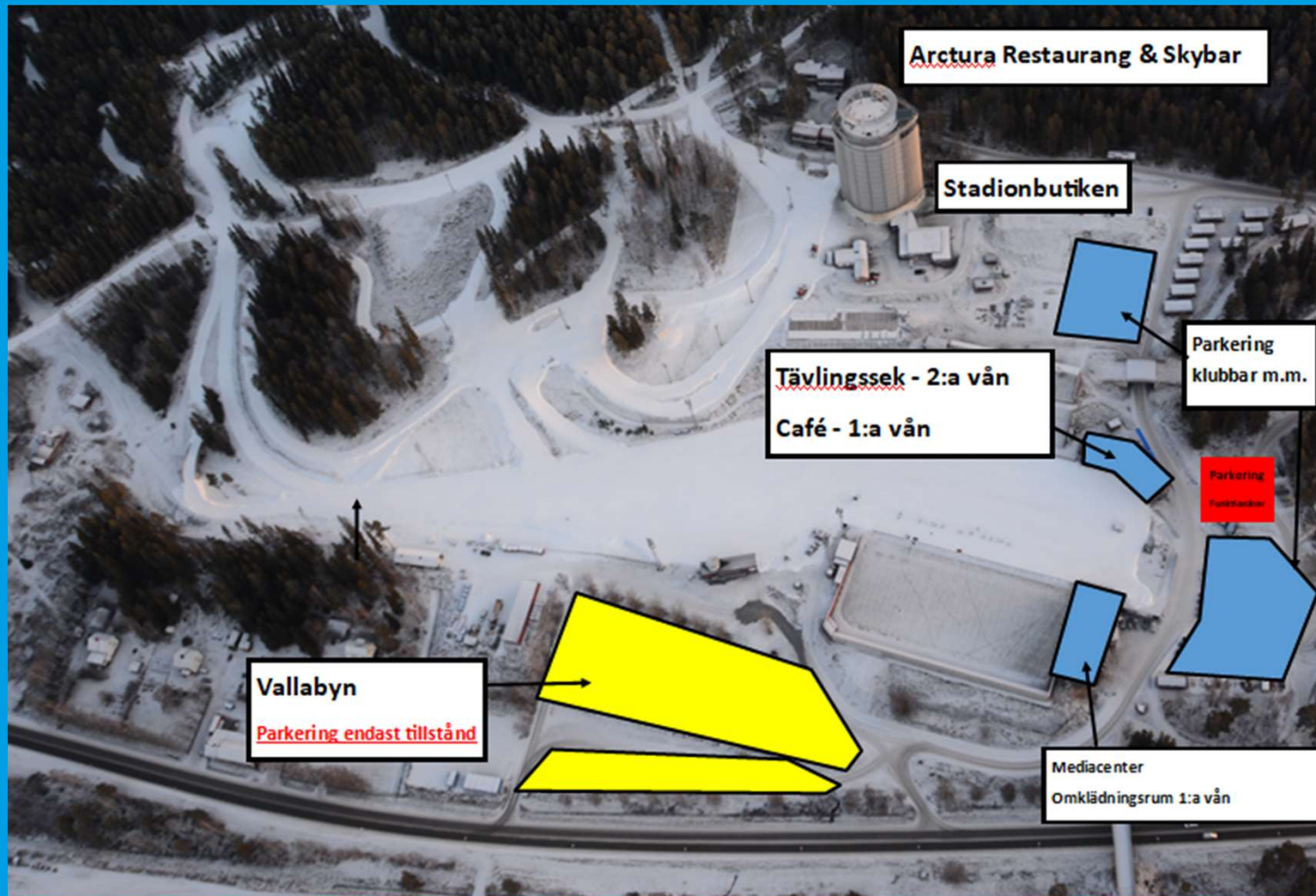
07		-7°	3 (4) ↖	Svak vind fra sørøst med vindkast på 4 m/s
08		-6°	3 (5) ↖	Svak vind fra sørøst med vindkast på 5 m/s
09		-5°	3 (5) ↖	Svak vind fra sørøst med vindkast på 5 m/s
10		-4°	3 (6) ↖	Svak vind fra sørøst med vindkast på 6 m/s
11		-3°	3 (6) ↖	Svak vind fra sørøst med vindkast på 6 m/s
12		-2°	3 (6) ↖	Svak vind fra sørøst med vindkast på 6 m/s
13		-2°	3 (6) ↖	Svak vind fra sørøst med vindkast på 6 m/s
14		-1°	3 (6) ↖	Svak vind fra sørøst med vindkast på 6 m/s
15		-1°	4 (7) ↖	Lett bris fra sørøst med vindkast på 7 m/s
16		-1°	4 (7) ↖	Lett bris fra sørøst med vindkast på 7 m/s



BAUHAUS



PRESENTATION OF THE ARENA



COURSES

NO COACHING AND FEEDING ZONES



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NO COACHING AND FEEDING ZONES

- STADIUM
- FIRST UPHILL AND LAST DOWNHILL
- IN FRONT OF COMMERCIAL AND CAMERAS

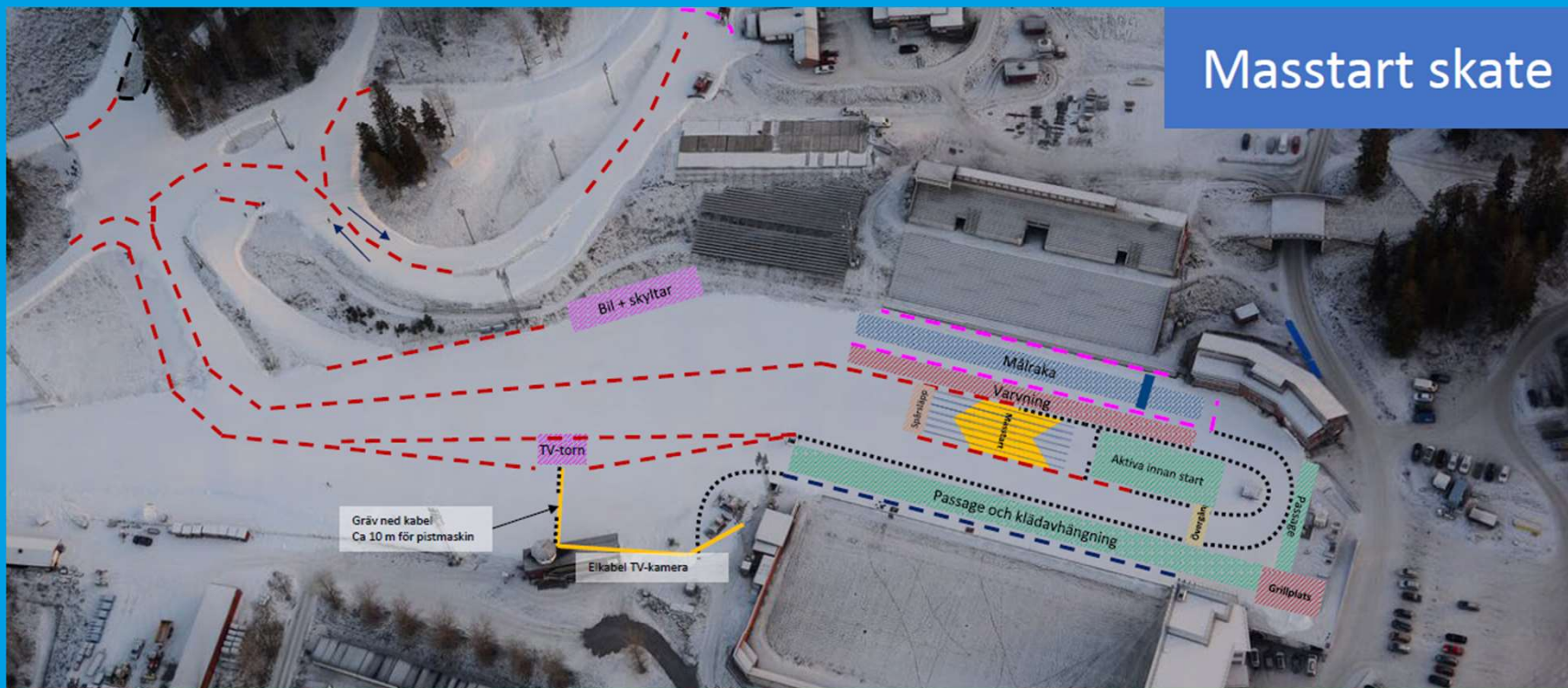


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STADIUM



Masstart skate



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 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.

Due to problems with the ski marking labels, we intend to use masking tape during the mass start tomorrow. We will provide this to some extent but urge everyone to try to get this for tomorrow. Marking with a start number is sufficient. Placement just behind the heel.



SKI TEST AND WARM UP



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COURSE PREPARATION AND GROOMING



Around midnight



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INFORMATION FROM TD

- Congratulation to todays winners
- Tomorrow free technique
- Masstart – 7 classical tracks with number markings and tracks after start for approx. 40 m
- Obstruction is not allowed during the course
- GOOD LUCK FOR TOMORROW!



GENERAL INFORMATION FROM SSA/FIS

- Presentation SSA representative



- Thank you Östersunds SK!



- Hejapriset presented by Svenska Spel
 - In masstart women Ford Smart Energy Cup Östersund
 - rules on skidor.com, FSEC Hejapris Svenska Spel



ÖTALANDSMÄSTERSKAPEN

6-17 MARS

Vårkänslor och
Skidfest
för hela föreningen

Ordinarie anmälningstopp
sön 10 mars

YOUNG STARS

OLD STARS



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 the starting tracks do not cross the ski tracks when training

Remember to return all the bibs, coach bibs etc

Clean out your wax cabins and return the key.



THANKS TO ALL PARTNERS



Scandic

POLARIS

wangeskog



Bilbolaget.com^{PI}

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Gärdin **GP** Persson
www.gardinpersson.se

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WELCOME BACK TO ÖSTERSUND FOR JUNIOR SM 2025



We recommend that you stay at Scandic Östersund Syd. Booking

Stay comfortably a few minutes south of the city center at Scandic Östersund Syd. By car, you can easily reach the city centre, the Lillänge shopping centre, and the beautifully situated Östersund Ski Stadium. There is also a good gym with a sauna and relaxation area where you can unwind after a long day of competition.



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**THANK YOU AND
GOOD LUCK!**



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