

Para Nordic World Cup Vuokatti

09-18 DECEMBER 2022

Cross-country skiing 5km Classic

TEAM CAPTAINS' MEETING



AGENDA

Roll Call
Introduction of the OC and the Jury
Event Program
Venue Overview, Ski testing areas
Timetable
Weather Forecast
Entries and start lists
Stadium
Courses
Course Preparation and Grooming
Information from the TD
Information from FIS RD
Information from the LOC

ROLL CALL

- AUT
- BRA
- CAN
- FIN
- FRA
- GER

- GBR
- ITA
- JPN
- KAZ
- KOR
- MGL
- NOR

- POL
- SLO
- SWE
- SUI
- TUR
- UKR

INTRODUCTION OF THE LOC AND JURY

LOC

Coordinator: Ann-Mary Ähtävä

Chief of competition: Jyri Pelkonen / Jyrki Uotila

Accommodation: Sanna Lindeman / Ida Lukkaroinen

Transportation: Minna Lukkari

Race Secretary: Mette Leskinen / Riikka Rajaniemi

Jury

TD: Zofia Kielpinska POL

RD: Georg Zipfel GER

BT IR: Tip Ray USA

National TD: Glenn Lindholm FIN / Irina Terentjeva LTU

Chief of Competition: Jyri Pelkonen FIN

EVENT PROGRAMME 1/2

10 th DEC	9.30-15.00-17.00	19.00	CC 5 km (Classic) women and men Official training CC Sprint (F) TCM (Lecture room Iso-Pölly)
11 th DEC	9.30 ->11.00	15.00-16.30	CC Sprint Qualification (Free) Finals Rifle check
12 th DEC	9.00-14.50	19.00	Official training BT Individual TCM
13 th DEC	9.30	19.00	BT 12,5 km TCM
14 th DEC	9.30	18.00	CC 10 km (Classic) FIS meeting with teams (Lecture room Iso-Pölly)

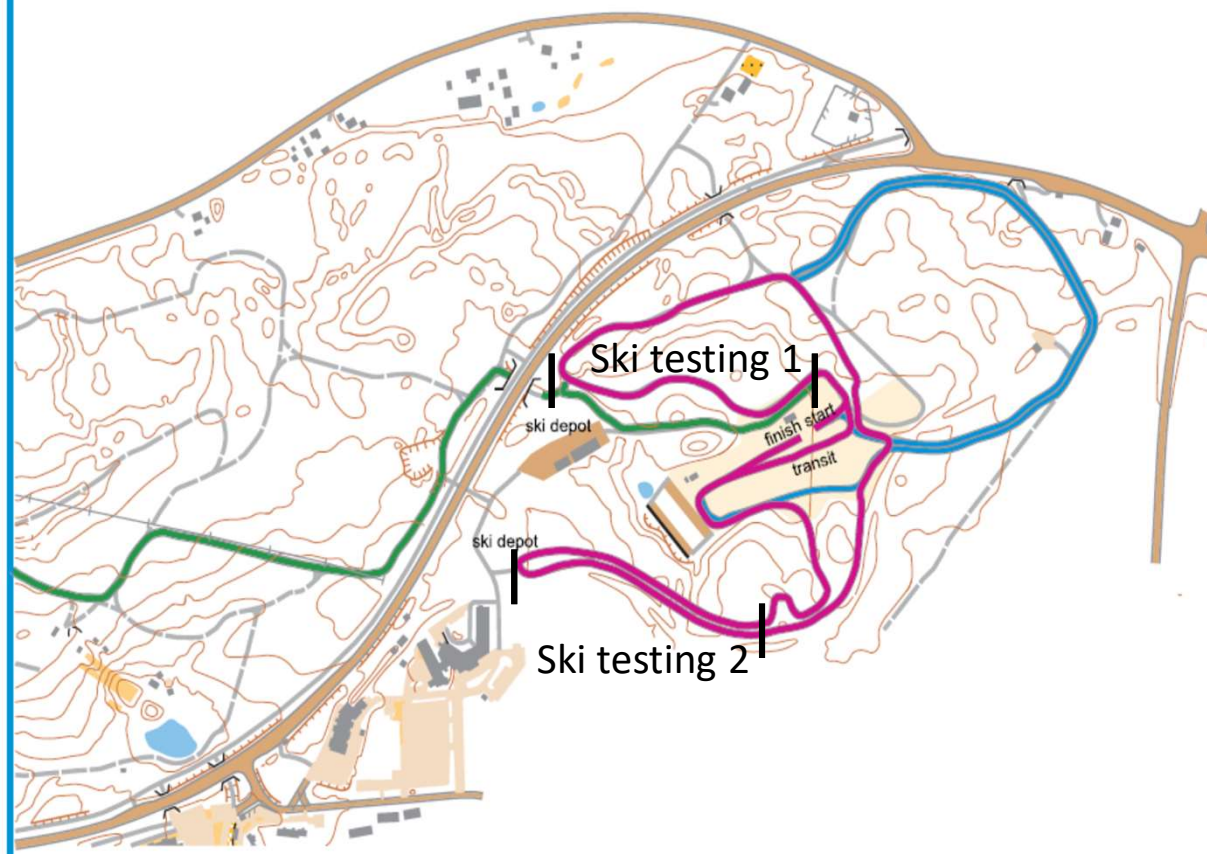
EVENT PROGRAMME 2/2

15 th DEC	9.30- 19.00	Official training BT 10km TCM (Lecture room Iso-Pölly)
16 th DEC	9.30 -> 19.00	BT 10 km TCM
17 th DEC	9.30-> 19.00	BT Team Sprint TCM
18 th DEC	9.30	BT Sprint 7,5 km

VENUE OVERVIEW



VUOKATTI SPORT



TIMETABLE

08:00 - 09:25 Sit Ski course open

08:00 -10:55 Ski testing areas open

09:30 Sit Skiing Men / Women 5 km

10:20 -10:55 Standing course open

10:35 Prize giving ceremony sit ski (top 3)

11:00 Women's 5km (Classic) Visually impaired / Standing

11.35 -12:10 Standing course open

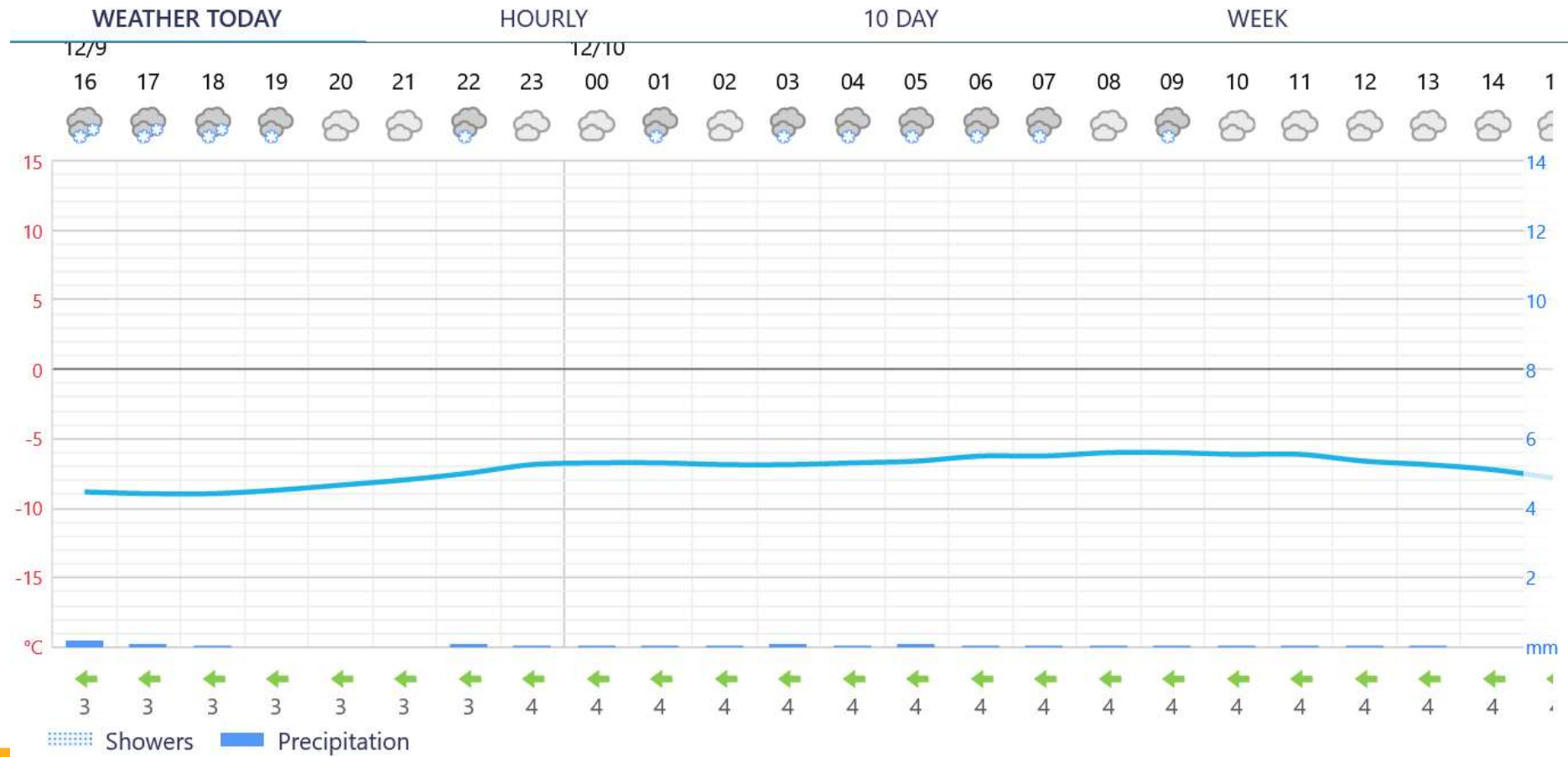
12:15 Men's 5km (Classic) Visually impaired / Standing

13:05 Prize giving ceremony VI / Standing

15:00 -17:00 Sprint (free) course open

19:00 TCM

WEATHER FORECAST



ENTRIES & START LIST

Bibs and transponders will be distributed from the start area.

Each athlete will use the same transponder through the entire event.

Please, note that the athlete is responsible of having transponder at start.

Please, give this back to OC after last race!

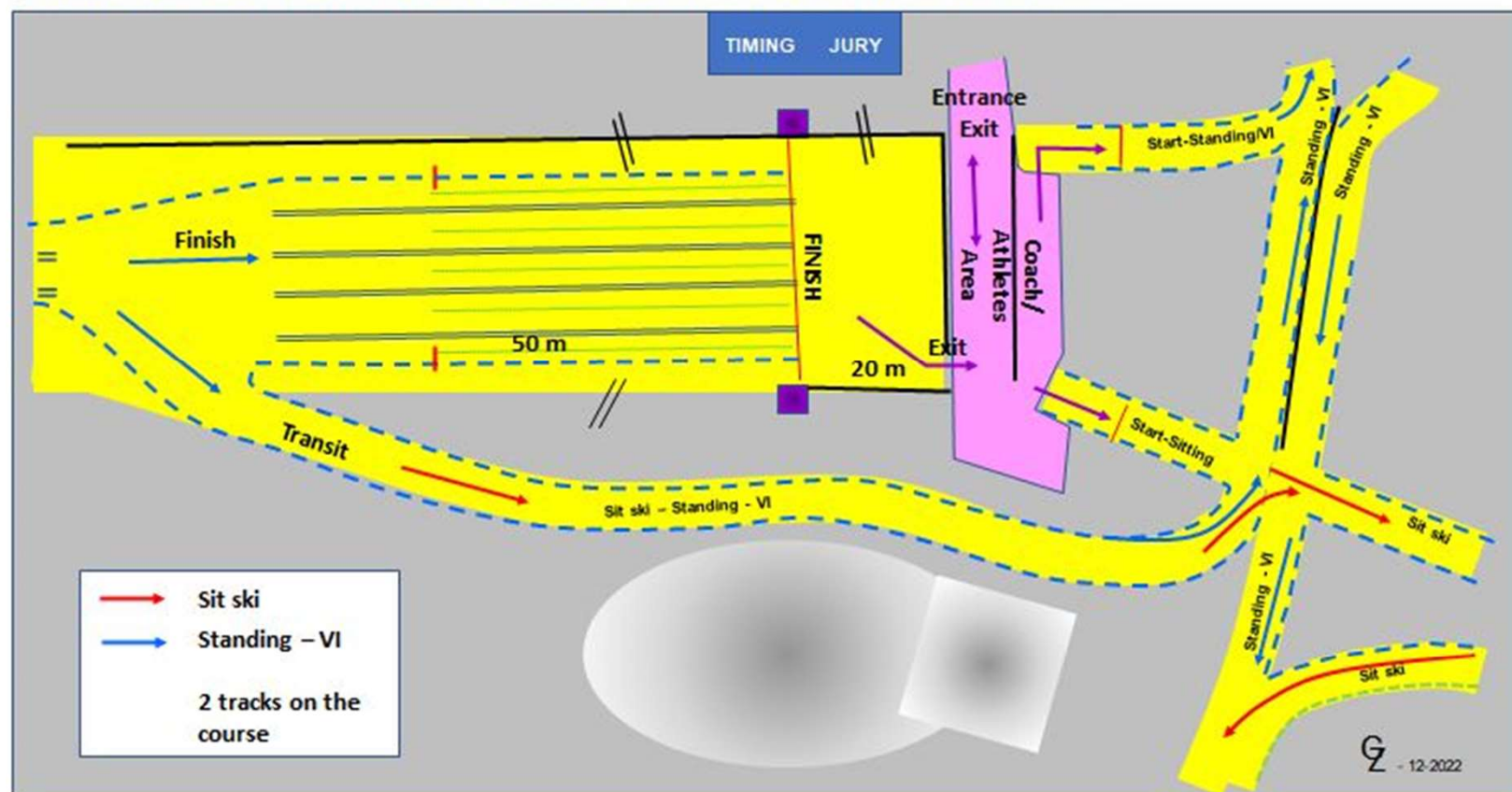
Stickers will be used for left side of ski sledges.

Check preliminary start list.

STADIUM



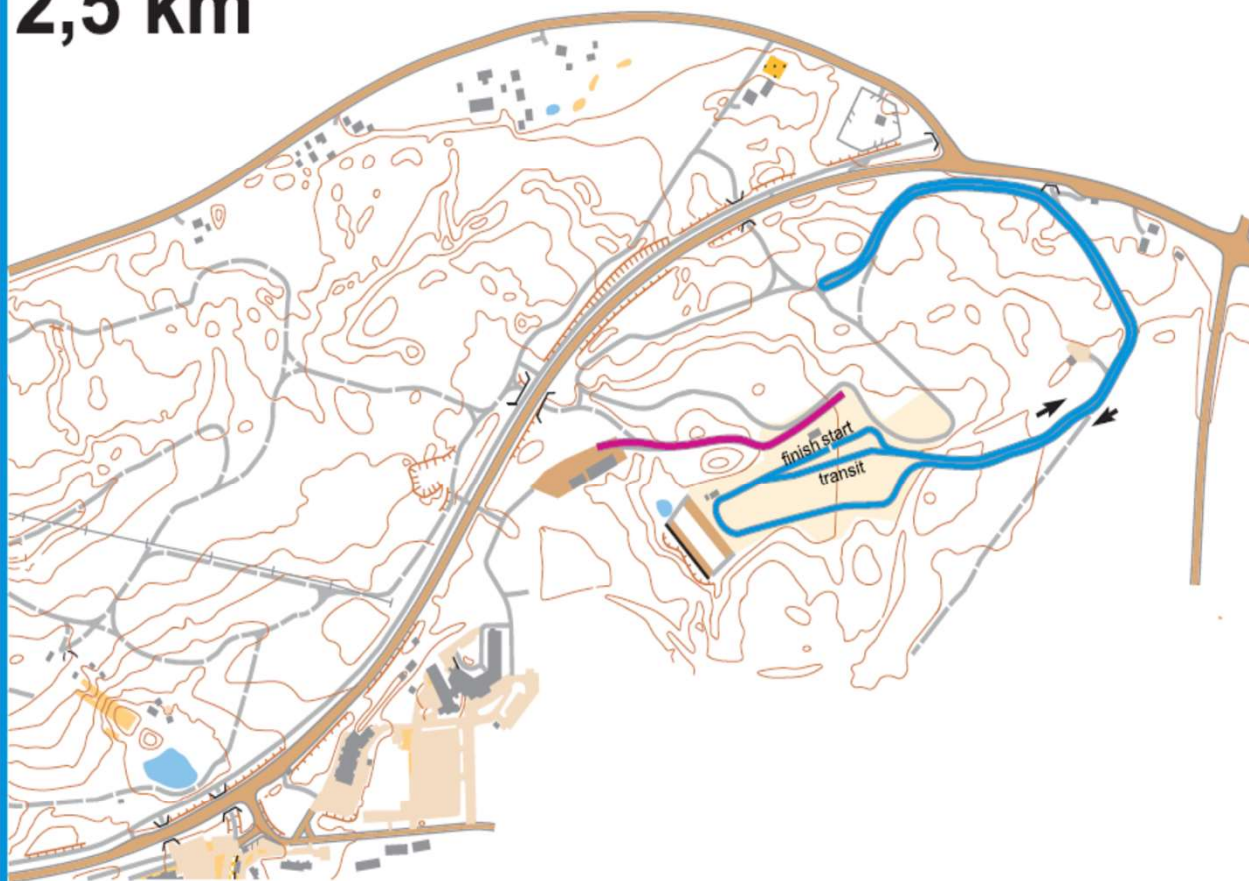
VUOKATTI - STADIUM AREA – START- TRANSIT - FINISH C



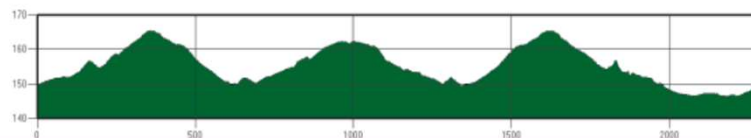
Sit ski 2,5 km



VUOKATTI SPORT



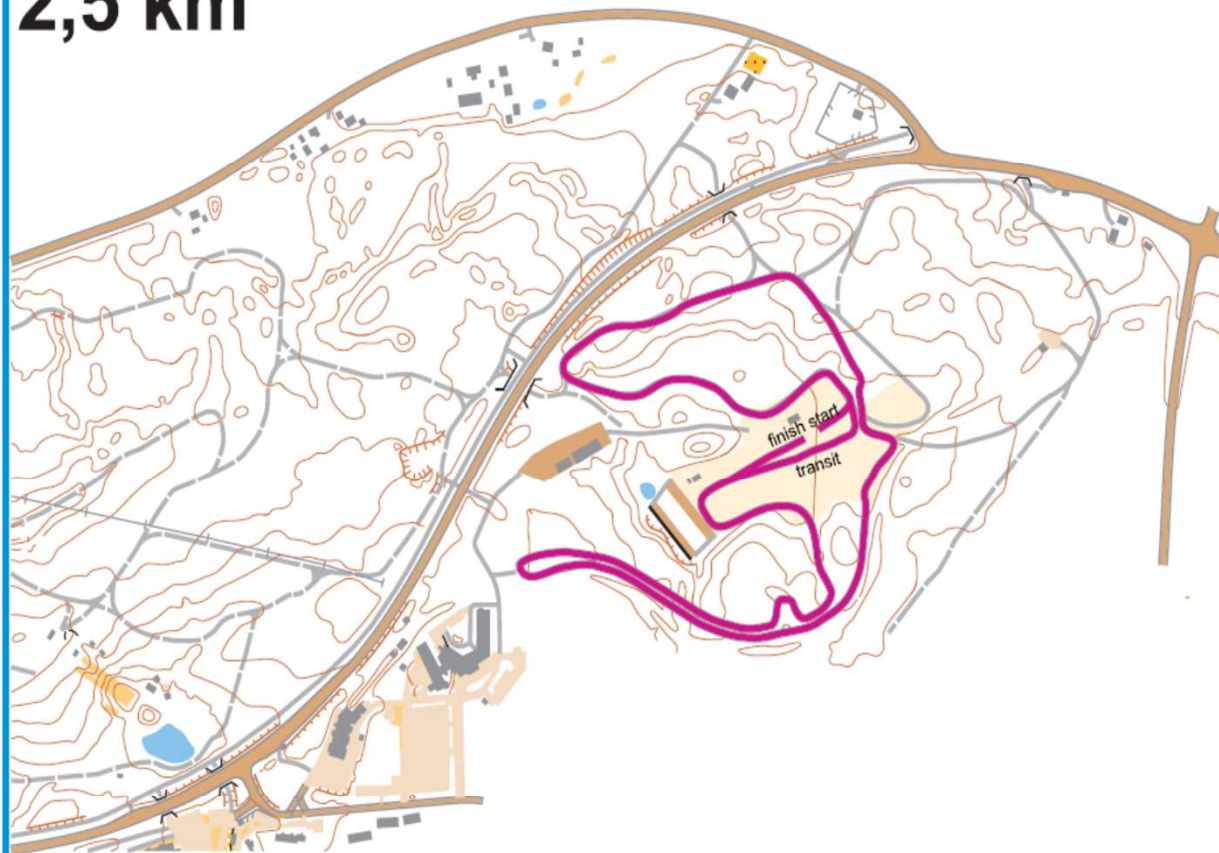
2319 m
HD 19 m
MC 19m
TC 50 m



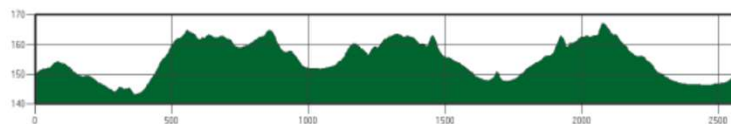
Stand 2,5 km



VUOKATTI SPORT



2590 m
HD 23 m
MC 21 m
TC 73 m



COURSE PREPARATION & GROOMING

Remarks from the official training ->small adjustment

- sit ski start, lapping of standing skiers...

Grooming during the night, marking starts at 07:00

GENERAL INFORMATION FROM TD

Management of Para Nordic lies with FIS.

<https://www.fis-ski.com/en/para-snowsports>



Art. 200 **Joint Regulations For All Competitions**

art. 205 **Competitors Obligations and Rights**

art. 205.1

The competitors are obliged to make themselves familiar with the appropriate FIS Rules and must comply with the additional instructions of the Jury. Competitors must also follow the FIS rules regulations.

art. 207.2 **Commercial Markings**

art. 207.2.2
Any competitor who breaches the advertising rules is subject to sanction, as provided for in **art. 223.1.1..**

222.8

Fluorinated ski wax prohibition.

THE INTERNATIONAL SKI COMPETITION RULES (ICR)

JOINT REGULATIONS FOR PARA NORDIC

PARA CROSS-COUNTRY SKIING
PARA BIATHLON

GENERAL INFORMATION FROM TD

Art.12200

Joint Regulations for all Para Nordic Competitions

Art.12300

Cross-Country Skiing and Biathlon Competitions

art.12310.2.1

The jury may ban or enforce the use of specific techniques on marked sections of the course.
All infractions will be reported to the jury.

art.12310.2.2 Classical Technique

art.12310.2.5

Single or double skating is not allowed

GENERAL INFORMATION FROM TD

12315.2 Interval Start Procedure

art.12315.2.4

The competitor may start any time between three seconds before and three seconds after the start signal. If he/she starts more than three seconds before the start signal, **it is a false start** and must be reported to the jury. If he/she starts more than three seconds after the start signal, it is a late start and the start list time will count.

art.12338.5 Time Penalty

art. 12338.5.1.1

In interval start competitions or sprint qualifications, early start infractions should be sanctioned by **a minimum time penalty of 15 seconds** (the competitor's calculated time + 15 seconds minimum penalty).

GENERAL INFORMATION FROM FIS RD

GENERAL INFORMATION FROM LOC

FIS fanfare starts the event on 10t Dec at 9:25.

FIS fanfare will be played also at the beginning of prize giving ceremony.

VI-Quides: Each person has to wear his/her own FIS-bib during the competition.

Clothing room: Heated garage (1and/or2) reserved for athletes during the competition days.

First Aid Patrol at venue 09.00, LOC first aid person present from 8.00.

**THANK YOU FOR YOUR
ATTENTION!**

