

Para Nordic World Cup Vuokatti

09-18 DECEMBER 2022

Cross-country skiing Sprint Free

TEAM CAPTAINS' MEETING



AGENDA

Roll Call
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
- CRO
- FIN
- FRA
- GER
- ITA
- JPN
- KAZ
- KOR
- MGL
- NOR
- SWE
- SUI
- UKR

EVENT PROGRAMME 1/2

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

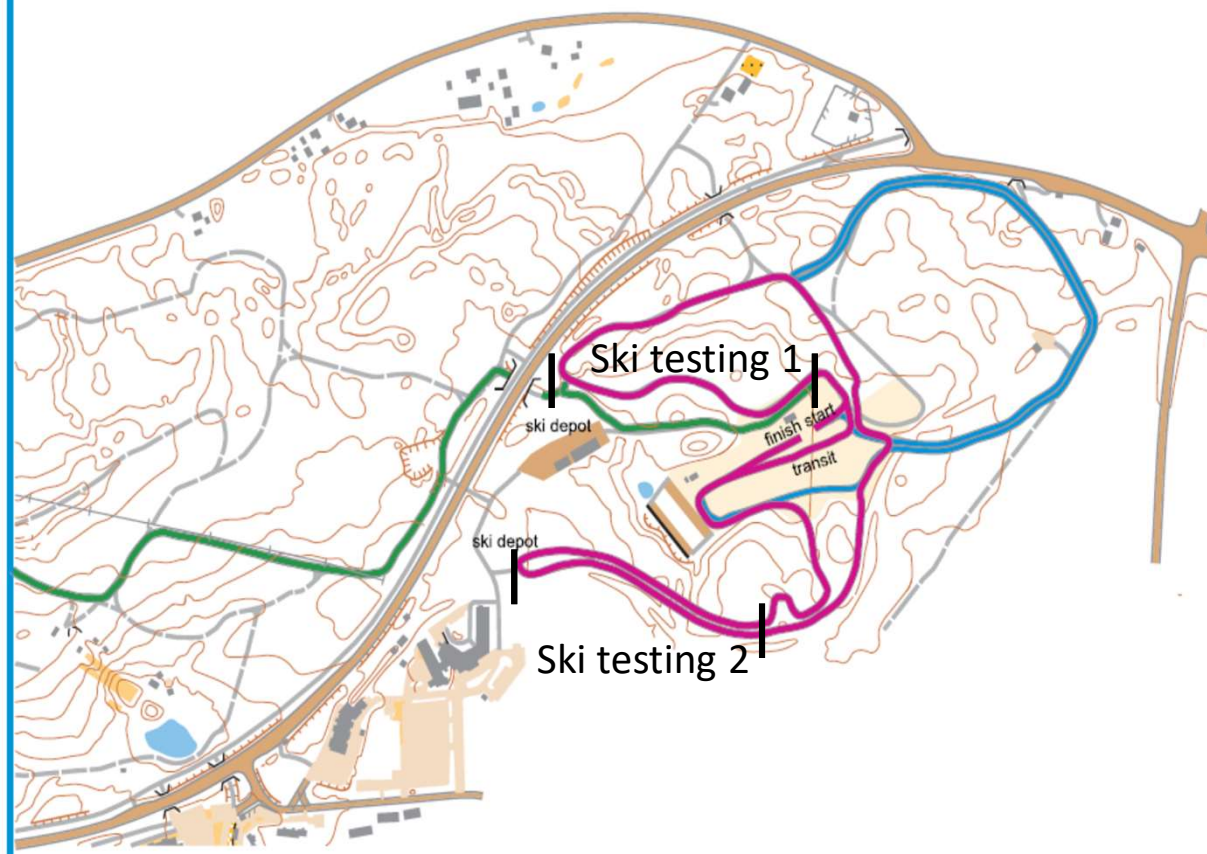
EVENT PROGRAMME 2/2

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

08:30 - 09:25 Sit Ski Sprint course open

08:00 -10:55 Ski testing areas open

09:30 Qualification Sit Skiing Men / Women 0,8 km

09:50 -10:15 Standing course open

10:20 Qualification Standing 1,2 km

10:35 Qualification Vision impaired 1,2 km

11:00 Semifinals Sit ski men

11:10 Final Sit ski women

11:25 Final Sit ski men

11:35 Semifinals Standing / Vision impaired

12:35 Finals standing / Vision impaired

13:30 Prize giving ceremony

15:00 -16:30 BT Rifle check

TIMETABLE HEATS

SIT SKI

SEMIFINAL 1 MEN	11:00
SEMIFINAL 2 MEN	11:05
FINAL WOMEN	11:10
FINAL MEN	11:25

QUICK GROOMING 200M

STANDING

SEMIFINAL 1 MEN	11:35
SEMIFINAL 2 MEN	11:42
SEMIFINAL 1 WOMEN	11:51
SEMIFINAL 2 WOMEN	11:58

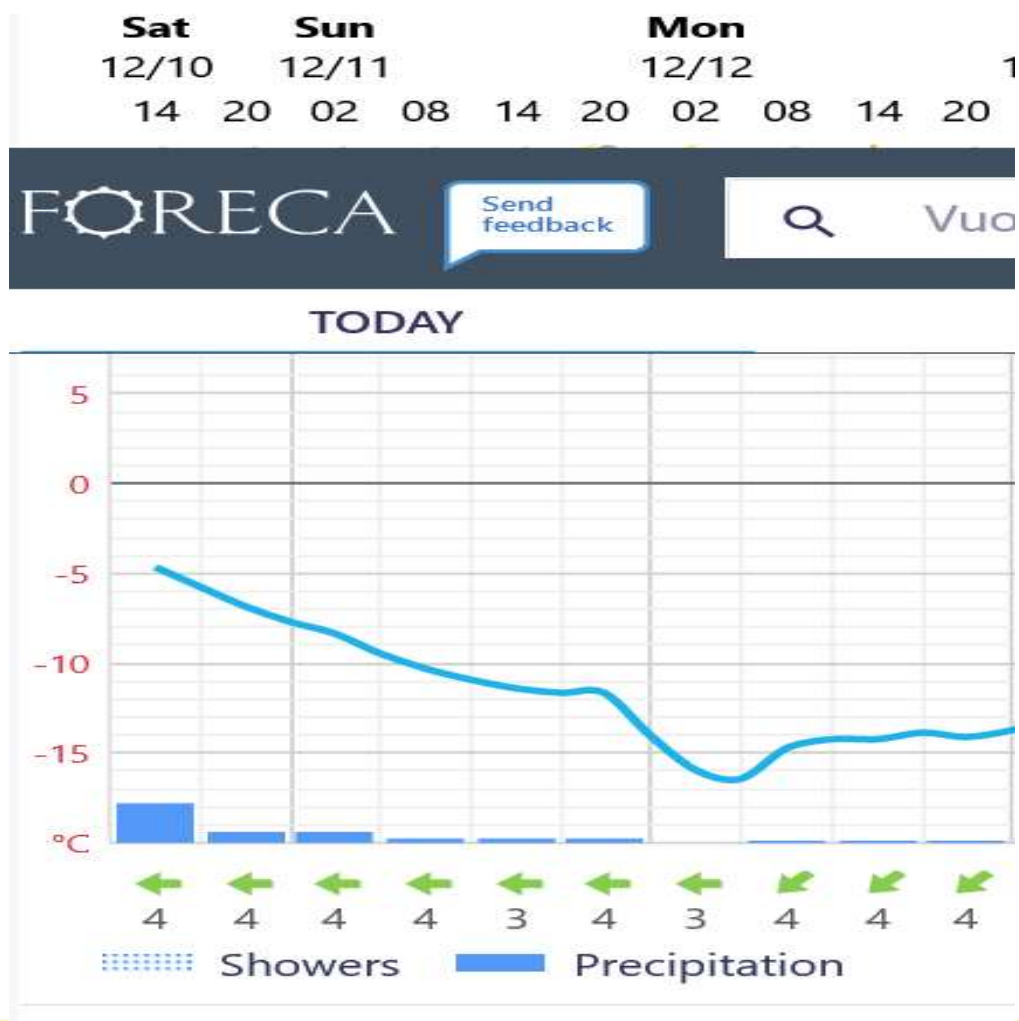
VISION IMPAIRED

SEMIFINAL 1 MEN	12:05
SEMIFINAL 2 MEN	12:12
SEMIFINAL 1 WOMEN	12:19
SEMIFINAL 2 WOMEN	12:26

FINALS

STANDING MEN	12:35
STANDING WOMEN	12:43
VISION IMPAIRED MEN	12:51
VISION IMPAIRED WOMEN	12:59

WEATHER FORECAST



ENTRIES & START LIST

Check preliminary start list.

SITTING M 30 / W 8

STANDING M 23 / W 11

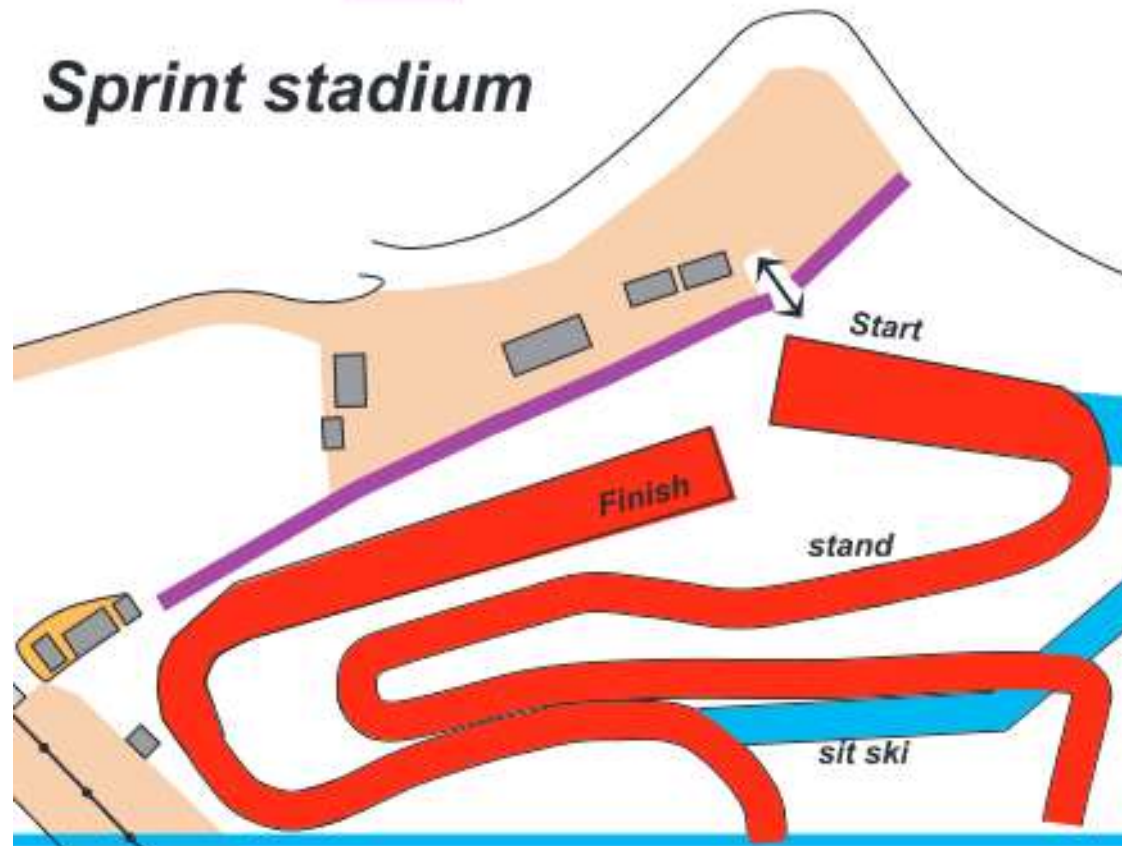
VISION IMPAIRED M 18 / W 9

STADIUM



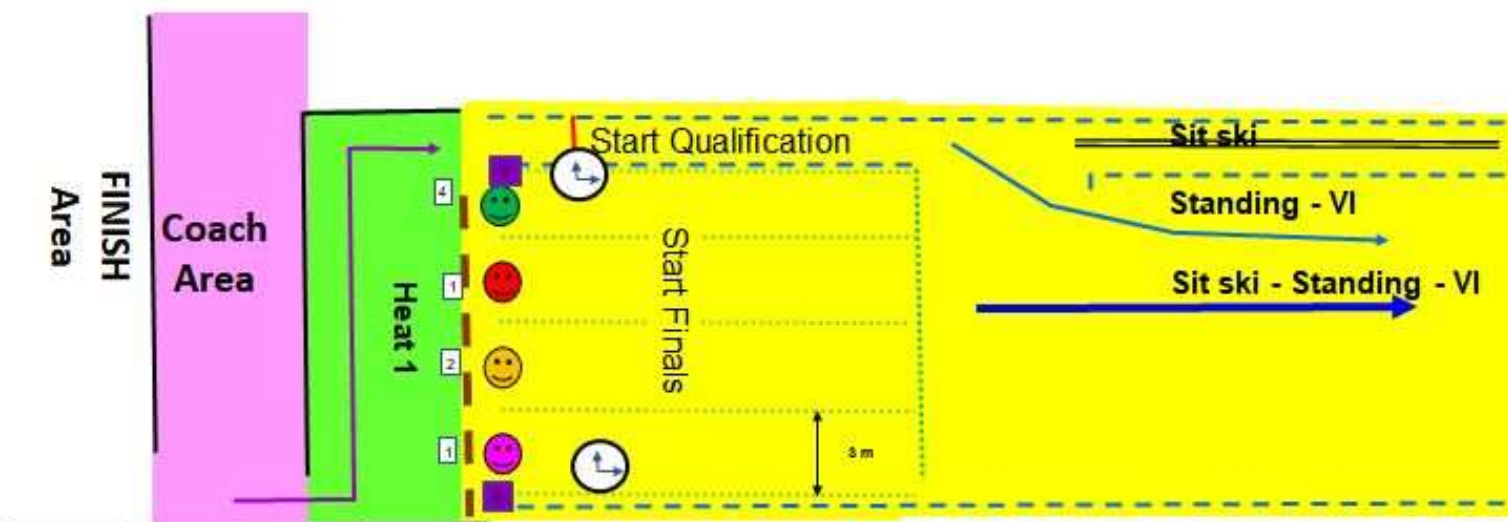
VUOKATTI SPORT

Sprint stadium



STADIUM

EXAMPLE - START QUALIFICATION AND FINALS – F SPRINT PARA NORDIC – CROSS-COUNTRY

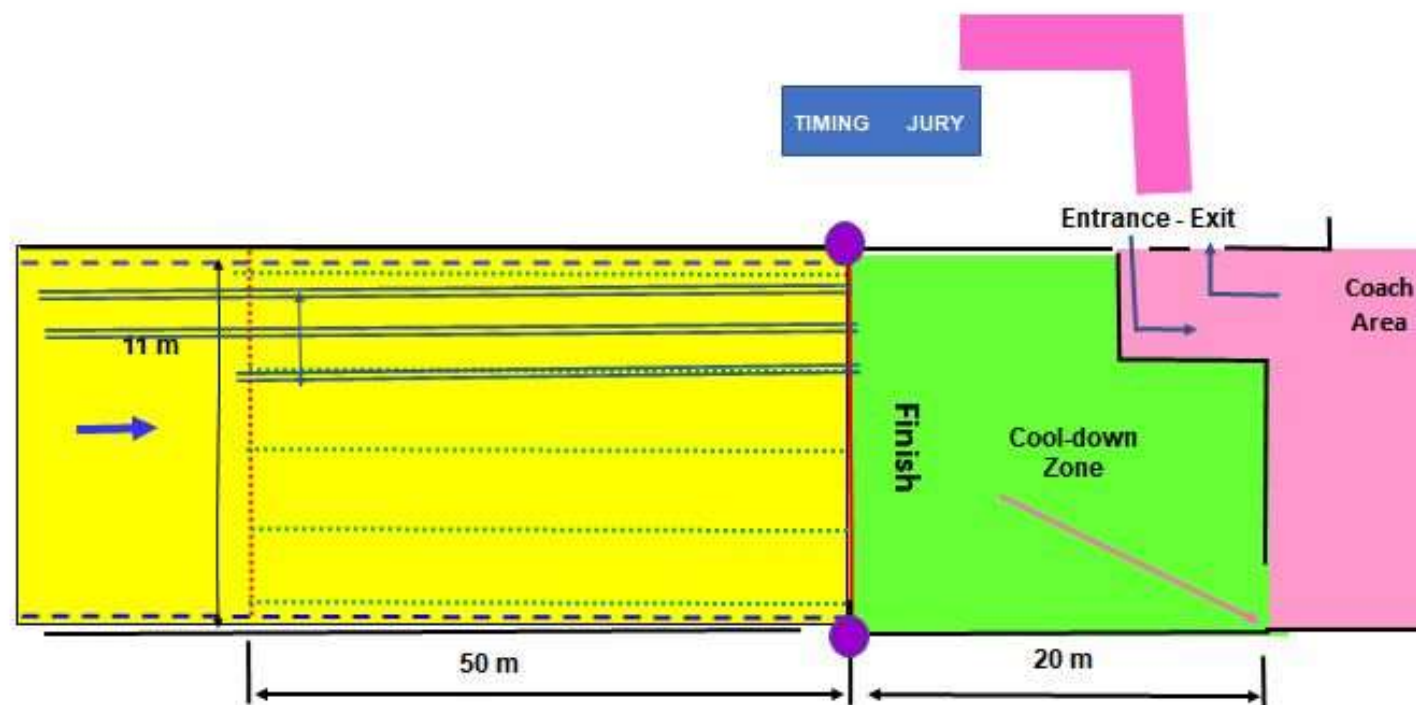


Commando: Starting by individual starting time (Pursuit)

12 - 12-2022

STADIUM

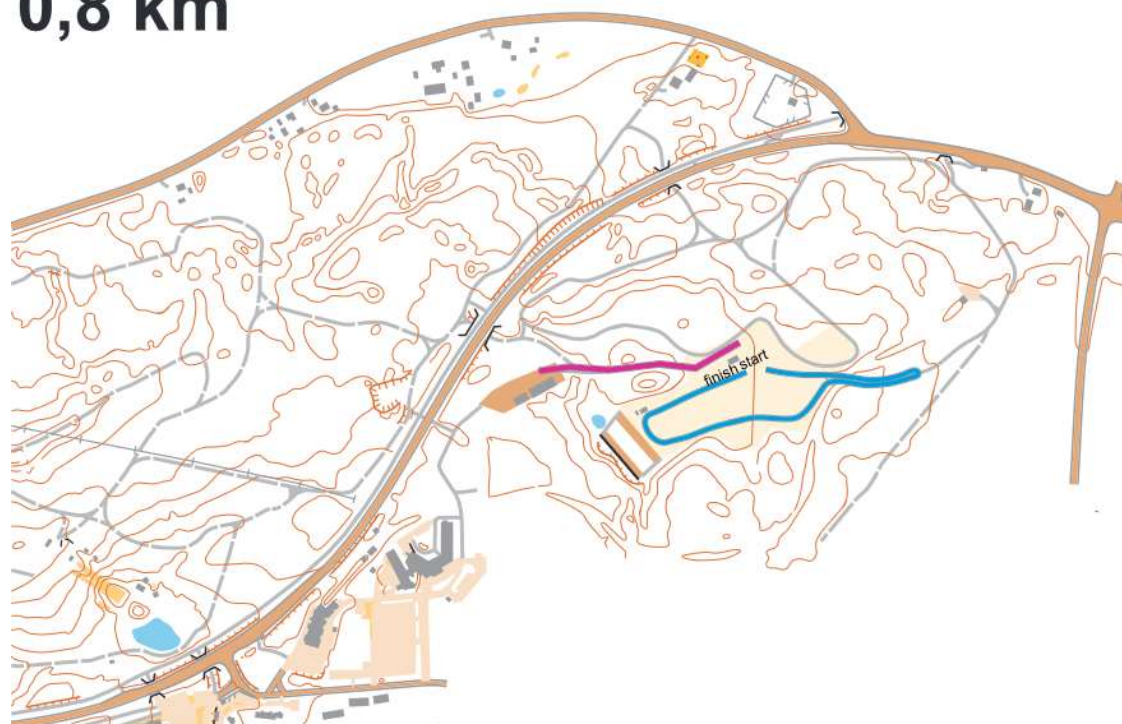
VUOKATTI - STADIUM - FINISH F



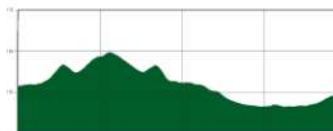
Sit ski 0,8 km



VUOKATTI SPORT



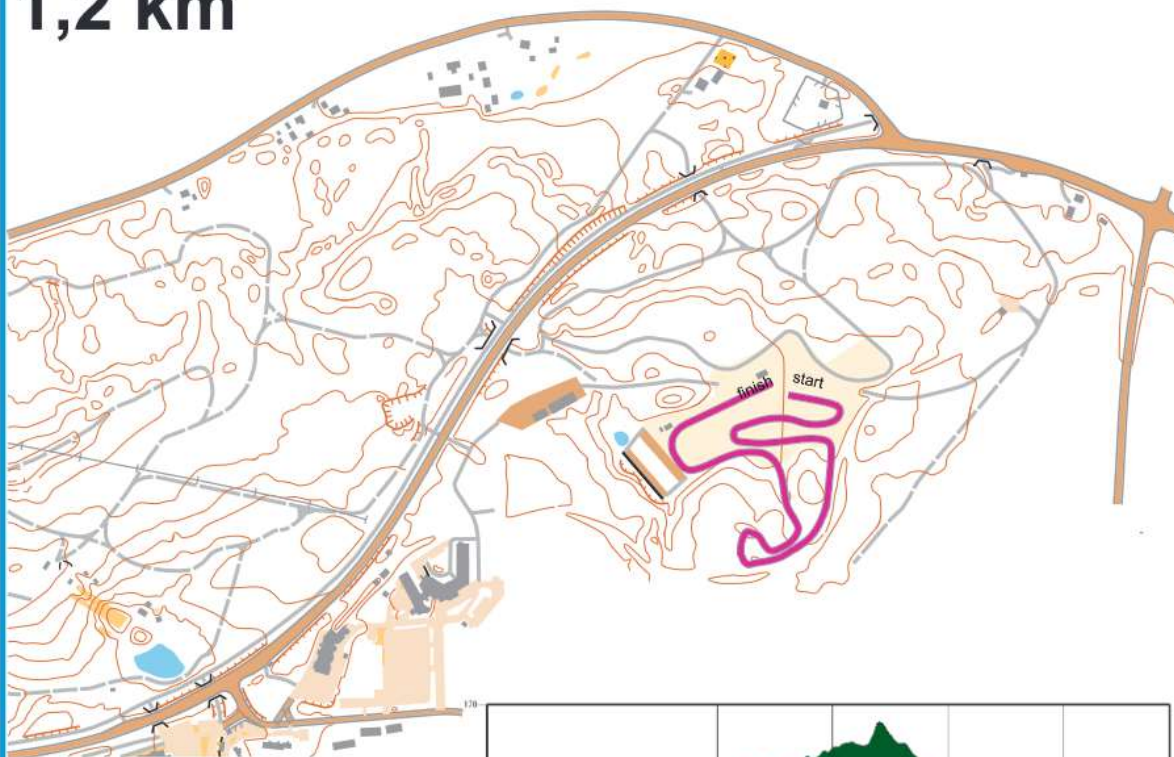
800 m
HD 13 m
MC 6m
TC 13 m



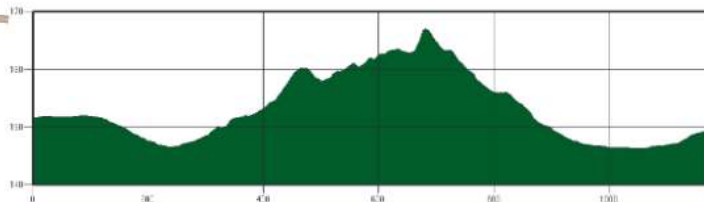
**Stand
1,2 km**



VUOKATTI SPORT



1183 m
HD 21 m
MC 16 m
TC 26 m



COURSE PREPARATION & GROOMING

One classical track for left side of standing course where possible.

2 tracks for sit skiers

3 tracks and 2-3 corridors for finish, 1 track for quali.

Larger Info board to the start area

More fencing to the start and finish area

Grooming during the night, marking starts at 07:00

Sit ski course in use from 8:30

Ski testing courses in use from 8:00

GENERAL INFORMATION FROM TD

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..**

GENERAL INFORMATION FROM TD

art.323.4 Starting Order and Start Procedure

art. 323.4.1 Qualification

art.323.4.1.1 Interval Start procedure must be used (see WPNS Art. 315.2). Start intervals can be **15** or 30 seconds.

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 TD

Semi-finals, Finals pursuit start

art.323.4.2.5

Athletes are responsible for leaving at the right time. Start times for each heat will be posted in the start area.

The starting procedure for sprint heat starts will begin one minute before the start of the heat at which point a “one minute to start” warning will be given and competitors must be standing in their start lanes at the prestart line. Next there will be a command to “Take your start positions” and the competitors will advance to the start line.

12323.3.6.7

Competitors are not allowed to change corridors/tracks within marked corridors the first 15-30m after the start line.

art.12323.3.6.10

A false start in the heats means that the competitor must stop the competition unless they return to the start and then restart the competition.

In the case of a false start the competitor will be ranked last of these final or semifinals heats.

GENERAL INFORMATION FROM BT IR

RIFLE CHECK – VUOKATTI SPORT MAIN BUILDING
Lecture room “TEERI” – entrance from the side door!

GENERAL INFORMATION FROM FIS RD



GREETINGS FROM ÖSTERSUND RESEARCH GROUP

GENERAL INFORMATION FROM OC

Breakfast daily from 06:30 am.

Prize giving ceremony – athletes can wait at heated carage hall until they will called to the ceremony by OC.

Don't forget transponders 😊

**THANK YOU FOR YOUR
ATTENTION!**

