



FIS WC PARA CROSS-COUNTRY



TEAM CAPTAINS' MEETING

SPRINT C

VUOKATTI

17.12.2024





AGENDA

1. Roll Call
2. Introduction OC and the Jury
3. Event Program
4. Timetable
5. Weather Forecast
6. Entries and draw
7. Stadium
8. Courses
9. Course Preparation and Grooming
10. Information from TD
11. Information from FIS
12. Information from the OC



ENTRIES BY NATION

ROLL CALL



19 nations – 16.12.2024



INTRODUCTION OF THE LOC

Chief of OC	Ann-Mary Ähtävä
Chief of competition	Jyri Pelkonen
Chief of course	Jyrki <u>Uotila / Emma Koskenniemi</u>
Chief of stadium	Urpo Sorsa
Race secretary	Mette Leskinen
Chief of control	Topi Kiljunen
Accommodation	Minna Lukkari and Sanna Lindeman
Head of Ceremonies	Sonja Sirviö
Payment	Minna Lukkari and Sanna Lindeman
Communications and Media	Jessika Rolig and Ann-Mary Ähtävä



INTRODUCTION OF THE JURY

TD - FIS

FIS Assistant TD

TD National

Chief of Competition

FIS Race Director

Zofia Kielpinska (POL)

Jussi Prykäri (FIN)

Irina Terentejva

Jyri Pelkonen

Georg Zipfel (FIS)



TIME TABLE

17.12.2024	Sprint C
18.12.2024	Official Training F – all courses open
18.12.2024	TCM
19.12.2024	10 Km Individual F
19.12.2024	TCM
20.12.2024	10 Km Para Mass start F



TIME TABLE – FIS CROSS-COUNTRY SPRINT F

Tuesday 17th December 2024

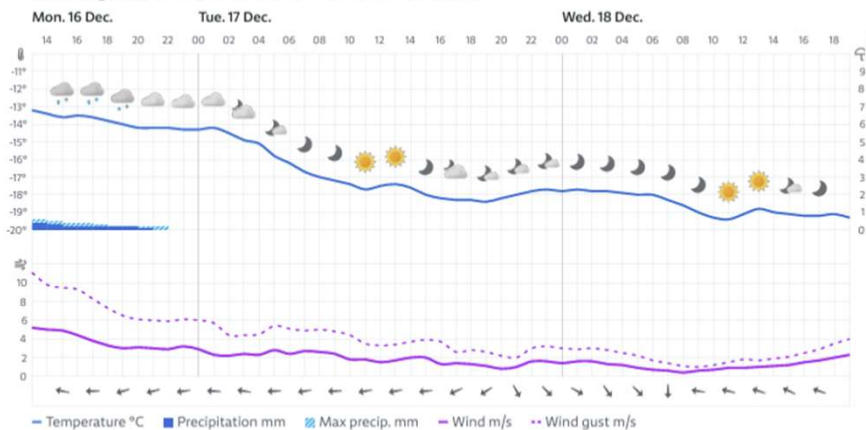
08:30 - 15:30	Race office open - Bib distribution
08:30 – 9:55	Race course open for ski technicians
09:00 – 09:55	Official ski testing and warming up on the race course
10:00 – 11:00	Qualification Sit Ski w/m – Standing w/m – VI w/m (20 seconds Start interval) – 1 lap Fluor testing for all the skis after quali
11:20 – 11:50	Race course open only for qualified athletes, and service staff.
11:30	Bib handout – Race office
12:00 – 13:37	Finals Sit Ski w/m – Standing w/m – VI w/m – 1 Lap Fluor testing after finals
Right after	Flower Ceremony in the “family club tent”
19:00	Award ceremony at the hotel



WEATHER FORECAST

Weather forecast for Vuokatti

Meteogram 16 Dec. at 13:00 - 18 Dec. at 19:00



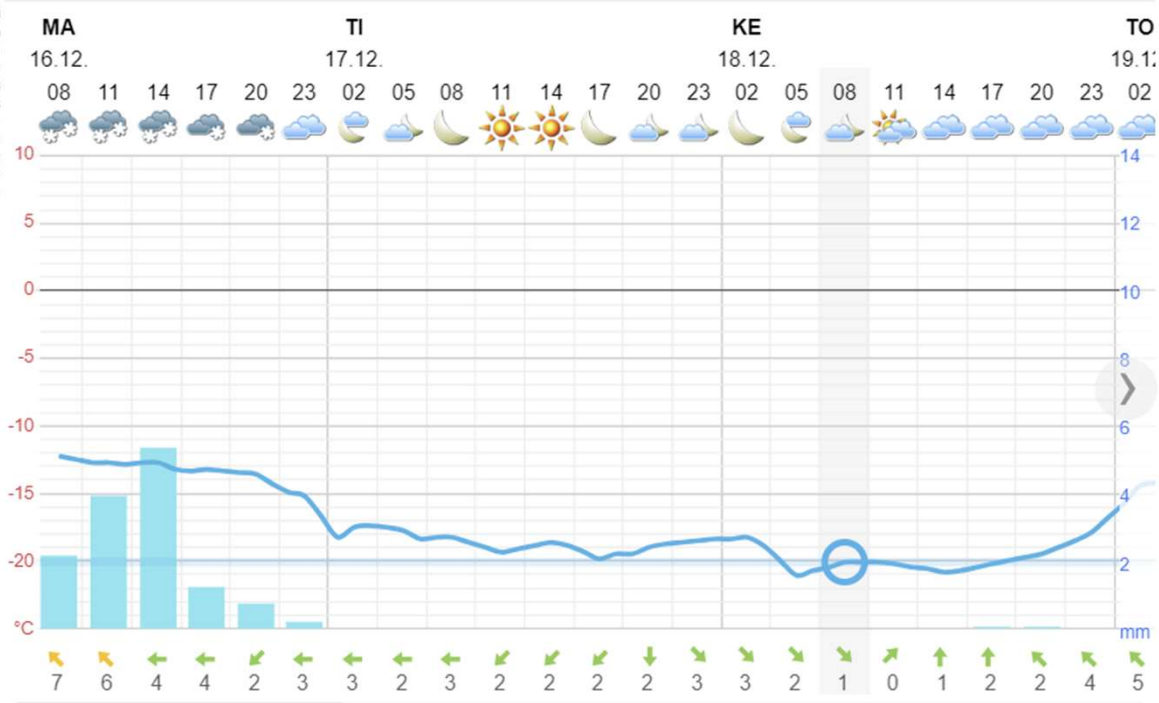
Long range forecast 16 Dec. - 23 Dec.

	00-12	12-00	Max/min temperature	Precipitation mm	Probability of precipitation	Max/min wind m/s
Mon. 16 Dec.			-13° / -14°	2.3	100%	6 / 3
Tue. 17 Dec.			-14° / -18°	0%	0%	3 / 1
Wed. 18 Dec.			-17° / -20°	60%	60%	3 / 1
Thur. 19 Dec.			-4° / -18°	90%	90%	7 / 5
Fri. 20 Dec.			-4° / -10°	60%	60%	4 / 3

Sää Vuokatti, Kajaani

TÄSMÄSÄÄ™

Aika-askel





ENTRIES AND DRAW

FIS PARA WC Vuokatti 2024 – Sprint C

Entries Women/Men		Start time qualification
Sit ski women	11	10:00,20 - 10:04:00
Sit ski men	31	10:08:20 - 10:18:40
Standing women	12	10:23:20 - 10:27:00
Standing men	34	10:31:20 - 10:43:00
VI women	10	10:47:20 - 10:50:40
VI men	16	10:54:20 – 10:59:40

20 second interval start



ENTRIES – CROSS - COUNTRY SPRINT C

Sit ski women

Semi finals

Final 6

Sit ski men

Semi finals

Final 6

Standing women

Semi finals

Final 6

Standing men

Semi finals

Final 6

VI – women/guide

Semi Finals (4)

Final 4

VI – men/guide

Semi Final (4)

Final 4



TIMETABLE SPRINT C - FINALS

category	semifinal	final A	category	semifinal	final A
Women Sit ski	1 12:00:00 5 minutes 12:05:00	2 7 minutes 13:02:00	Men Standing	1 5 minutes 12:30:00 5 minutes 12:35:00	2 7 minutes 13:23:00
Men Sit ski	5 minutes 12:10:00 5 minutes 12:15:00	7 minutes 13:09:00	Women - VI	5 minutes 12:40:00 5 minutes 12:45:00	7 minutes 13:30:00
Women Standing	5 minutes 12:20:00 5 minutes 12:25:00	7 minutes 13:16:00	Men - VI	5 minutes 12:50:00 5 minutes 12:55:00	7 minutes 13:37:00

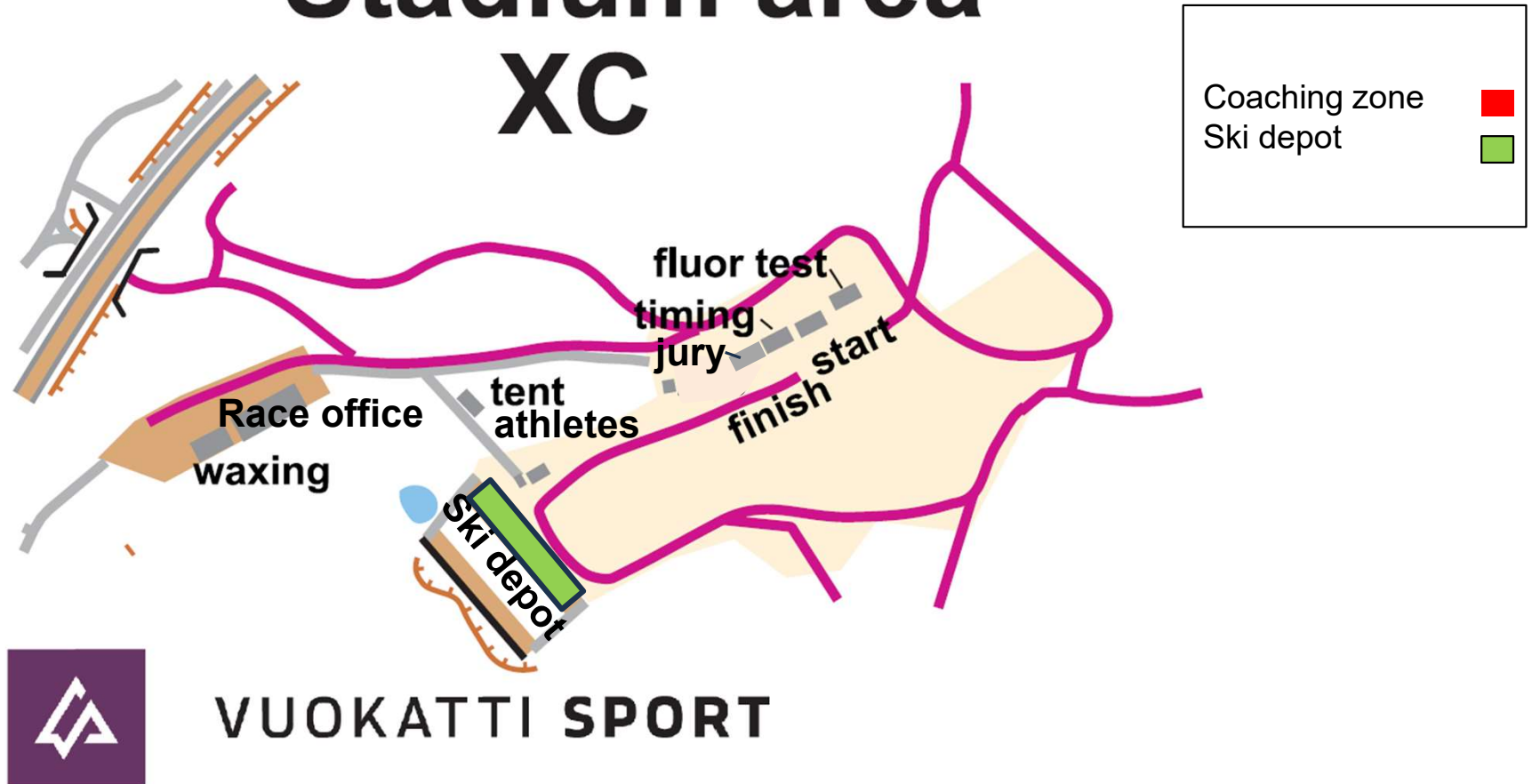


Total: 1:37 hrs



STADIUM OVERVIEW – START AND FINISH AREA

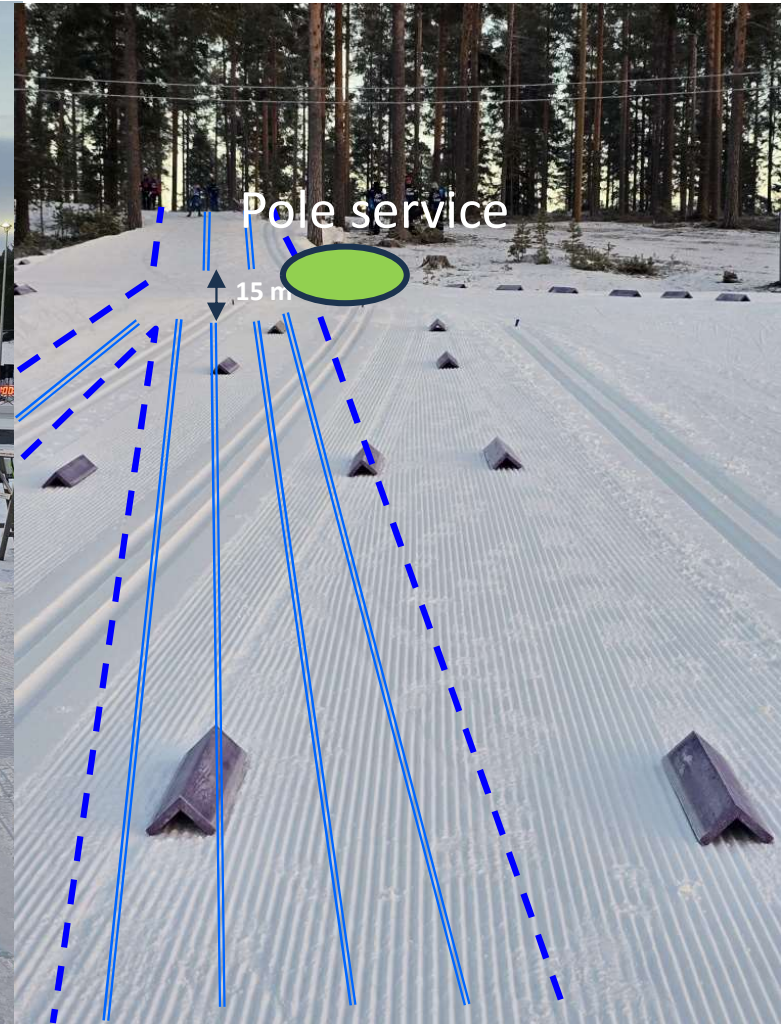
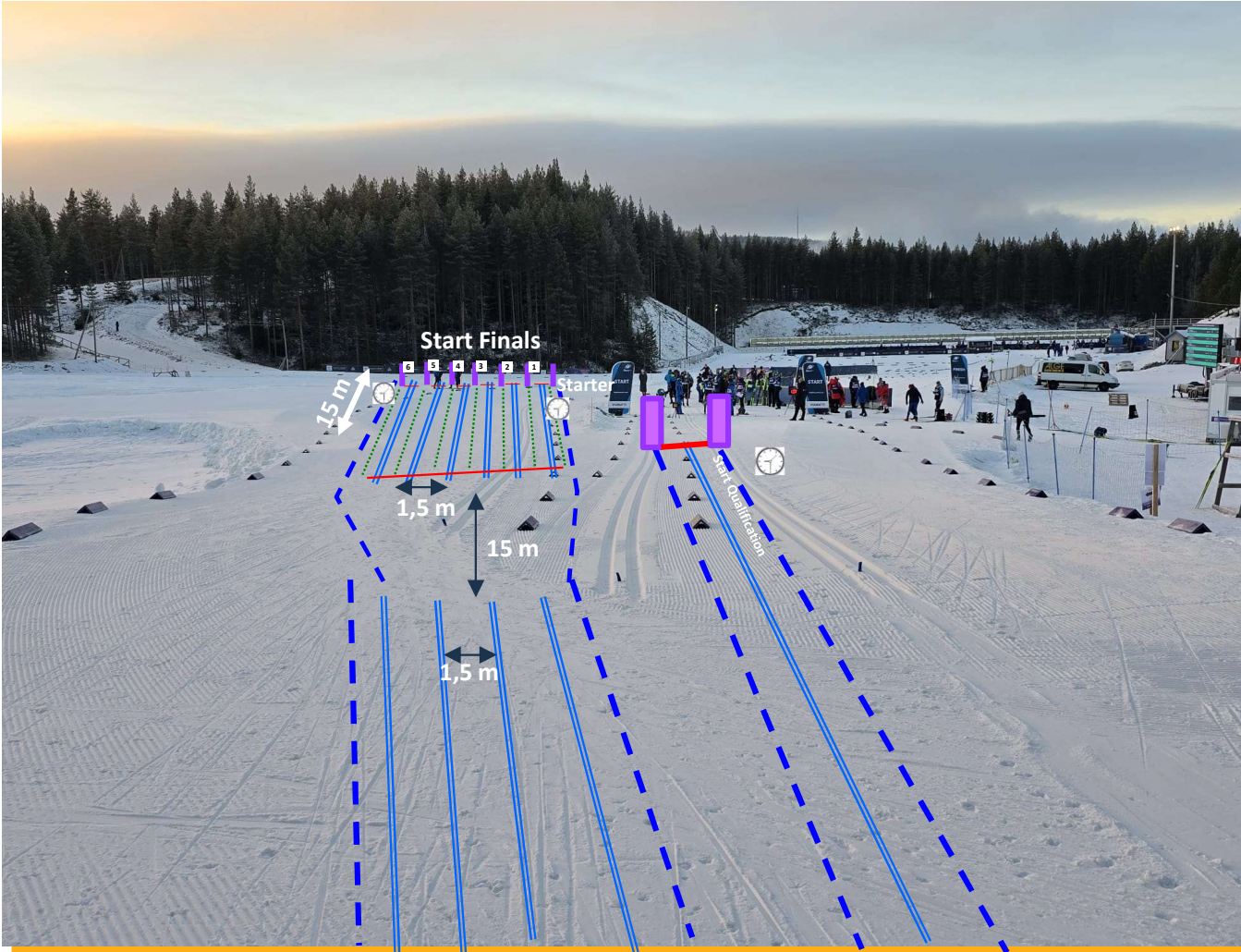
Stadium area XC



VUOKATTI SPORT

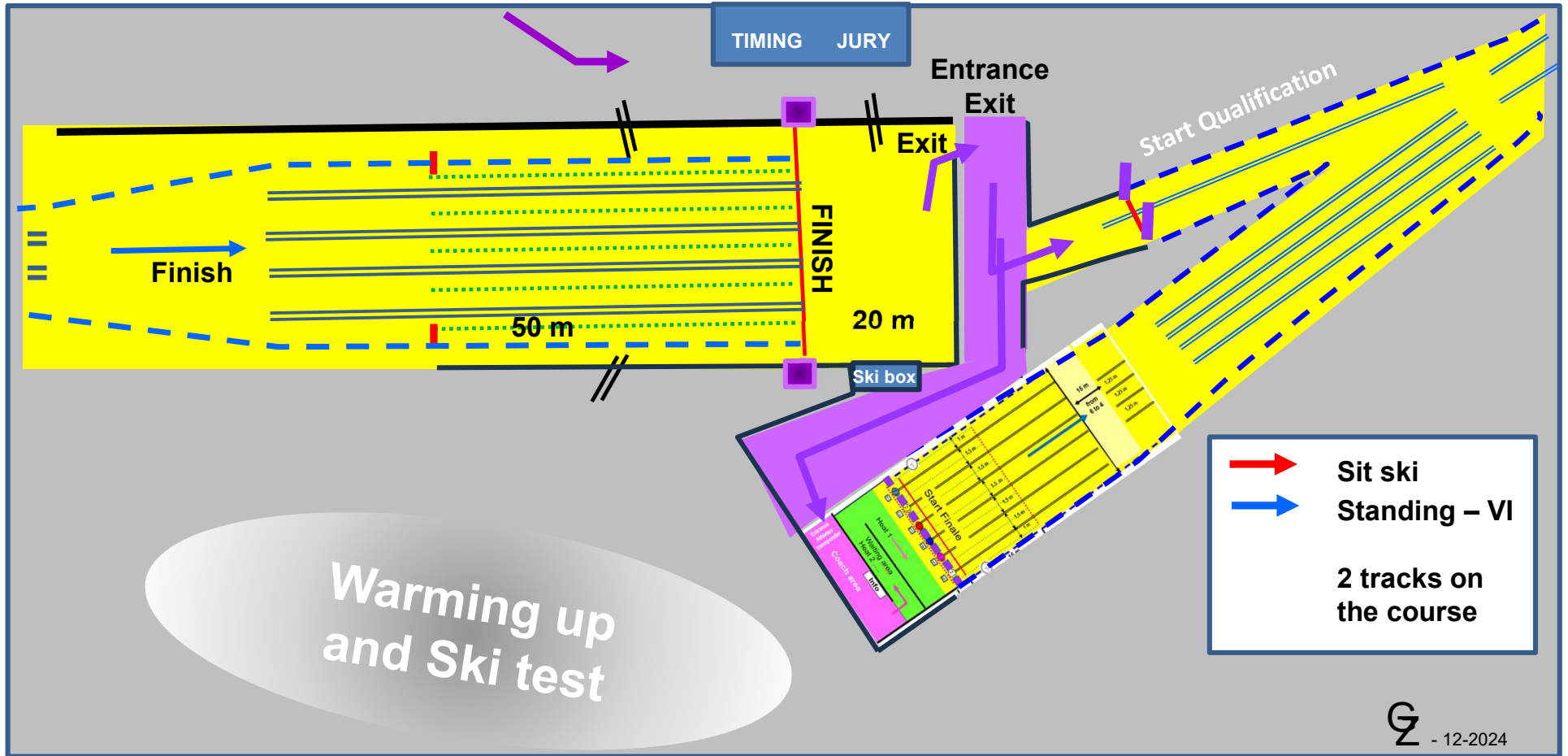


VUOKATTI - STADIUM START AREA SPRINT C





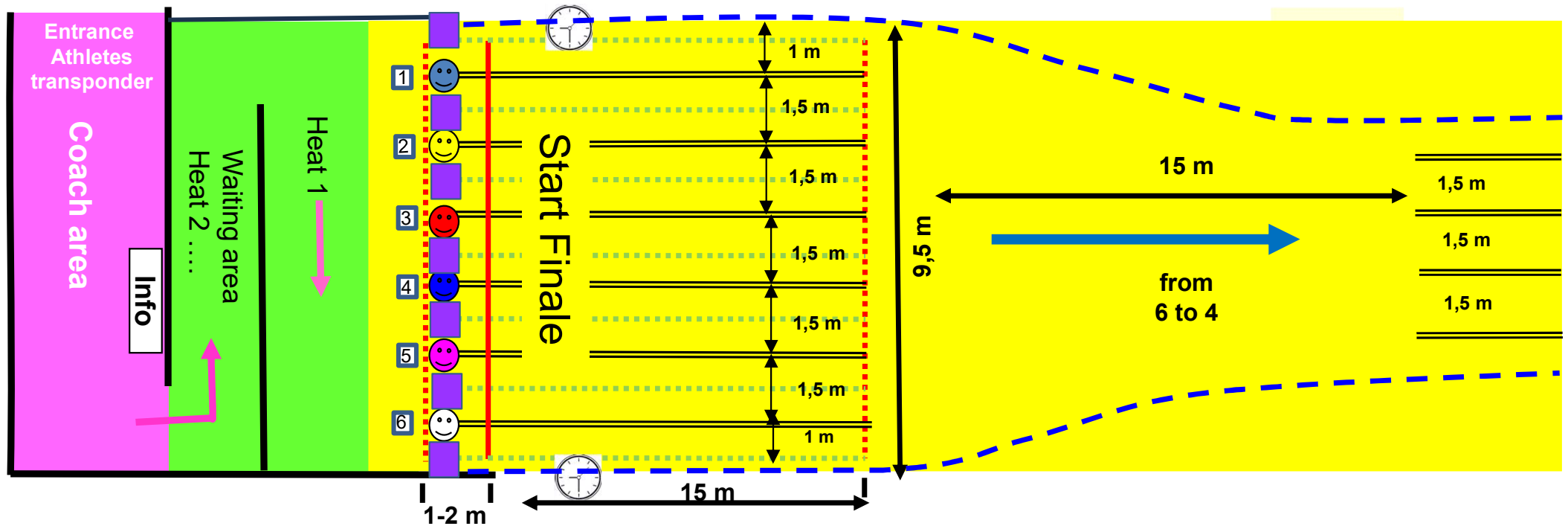
VUOKATTI - STADIUM AREA





START SPRINT C – QUALIFICATION AND FINALS

athletes/coaches/service
way to the start



Commando: Take your positions



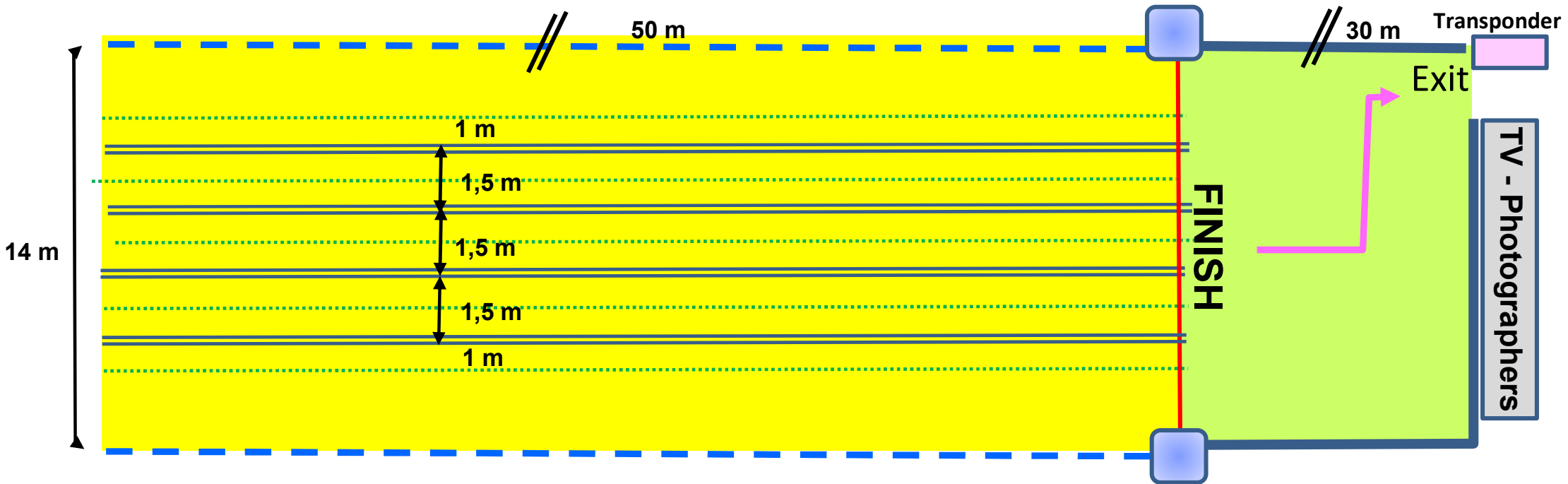
set



SHOOT !!!

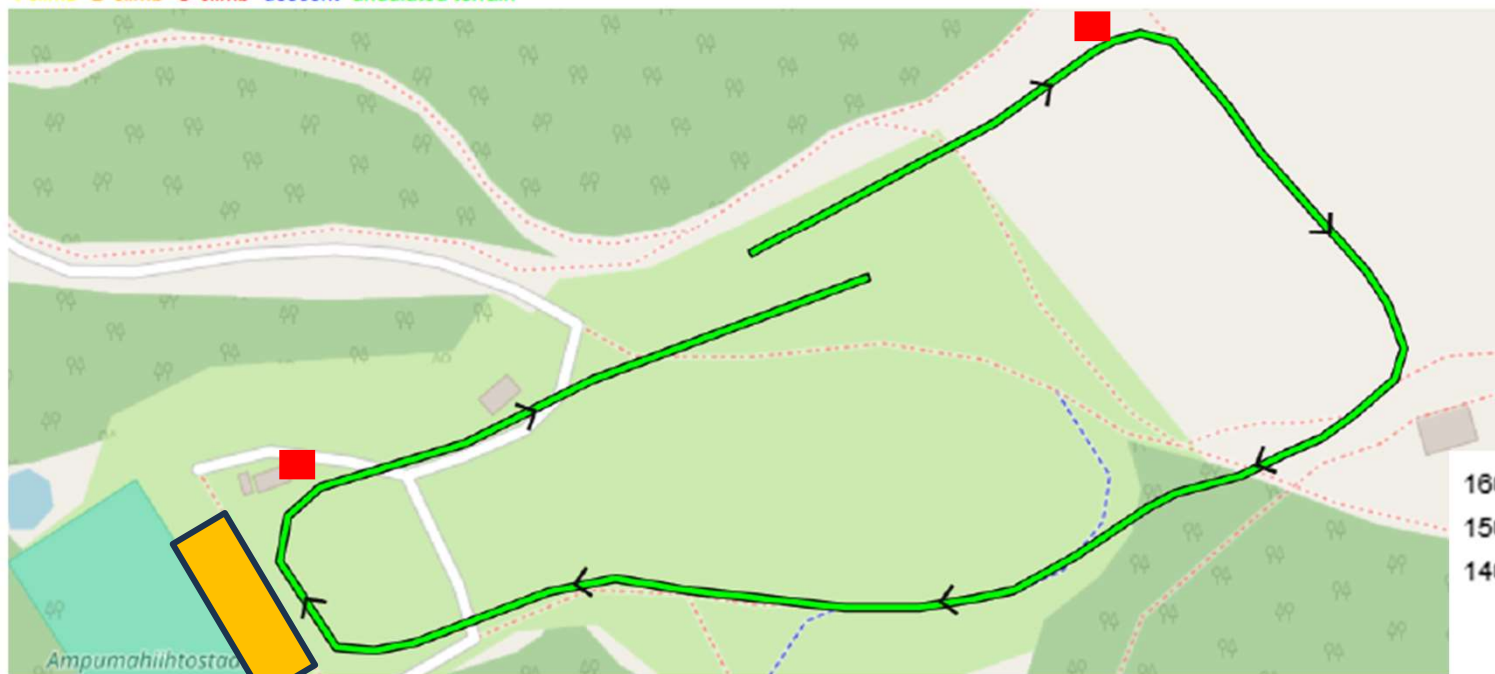


FINISH AREA SPRINT C – SIT SKI – STANDING - VI

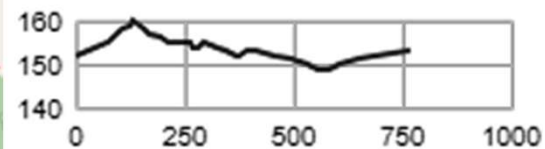


COURSES - SPRINT SIT-SKI

A-climb B-climb C-climb descent undulated terrain



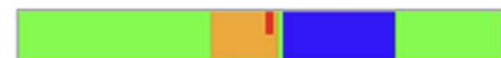
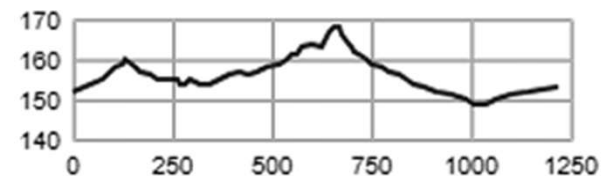
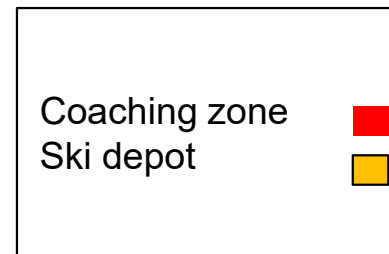
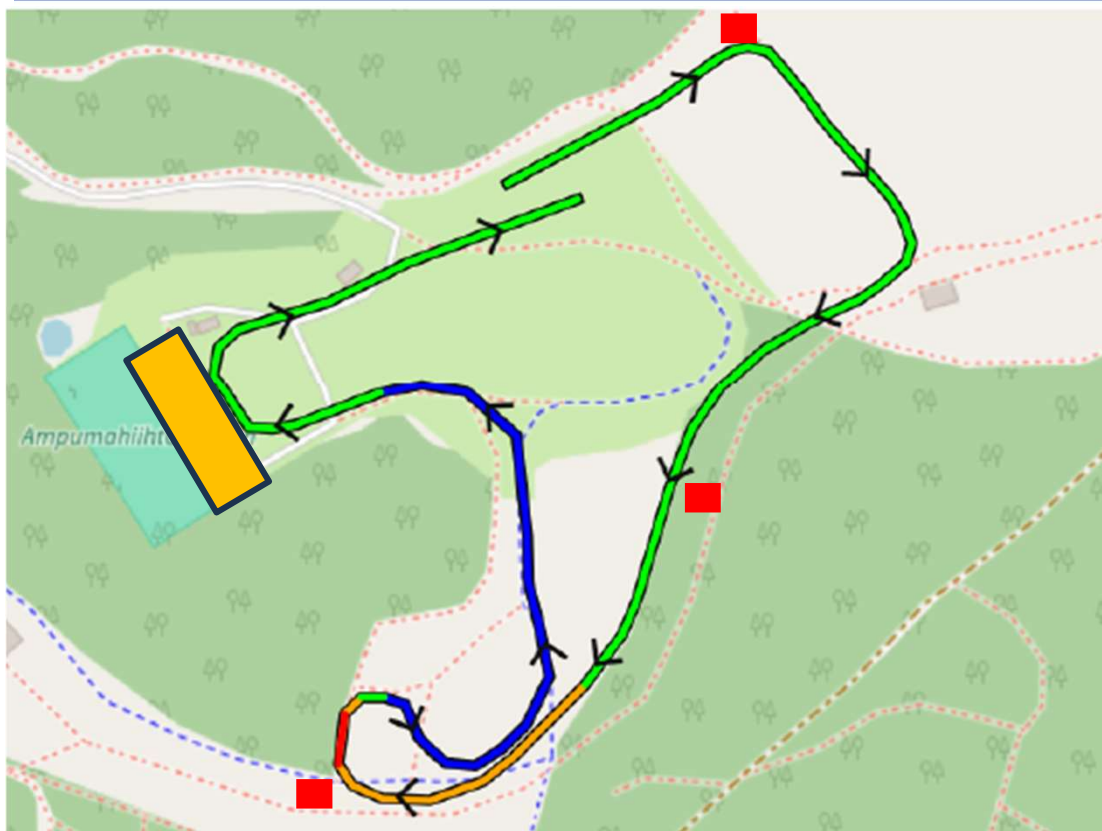
Coaching zone	■
Ski depot	■



Course length:	768m	Height difference (HD):	11m	Lowest point:	149m
Course category:	D	Maximum climb (MC):	0m	Highest point:	160m
		Total climb (TC):	14m		



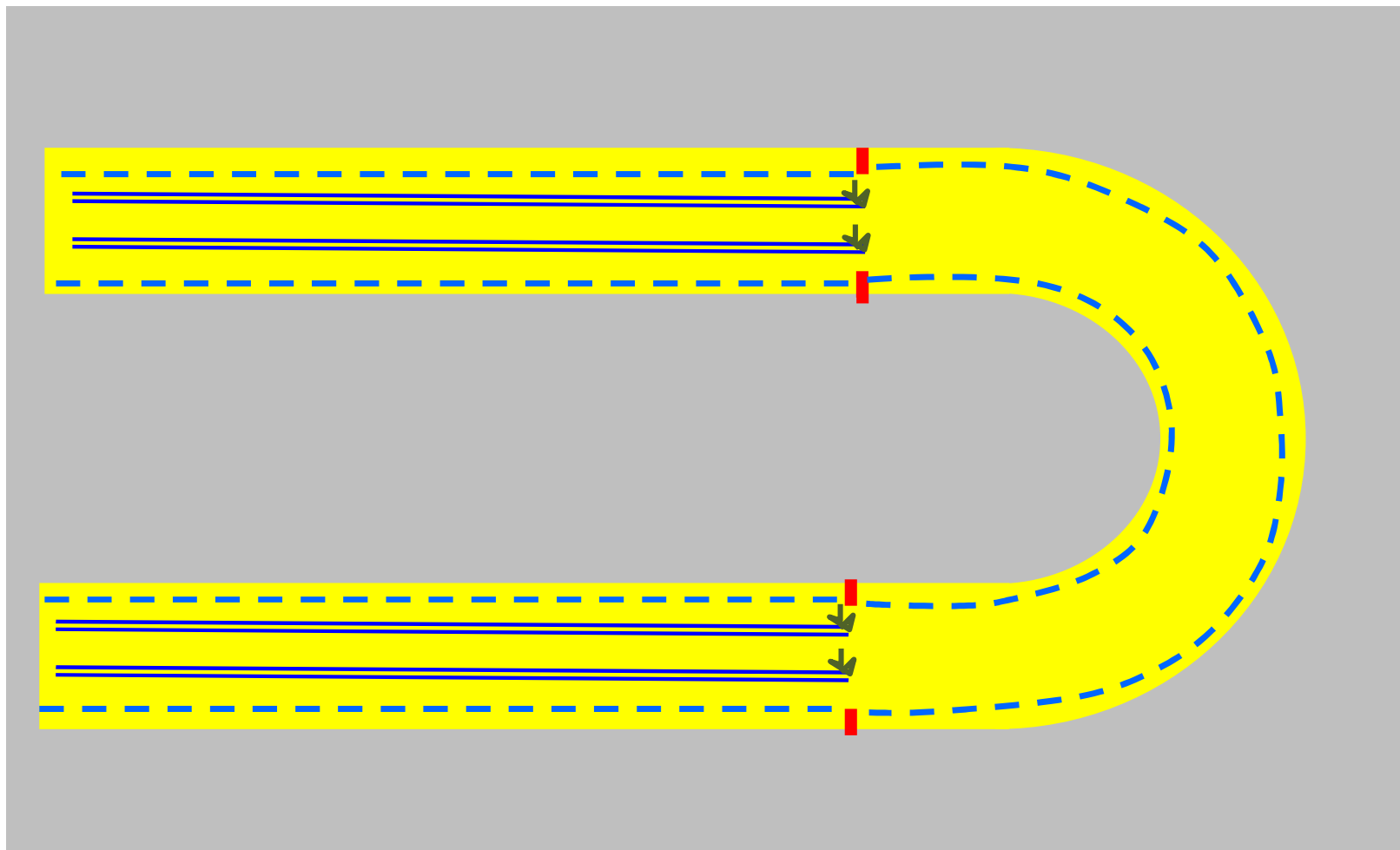
COURSES - SPRINT STANDING - VI



Course length:	1,222m	Height difference (HD):	19m	Lowest point:	149m
Course category:	D	Maximum climb (MC):	11m	Highest point:	168m
		Total climb (TC):	29m		

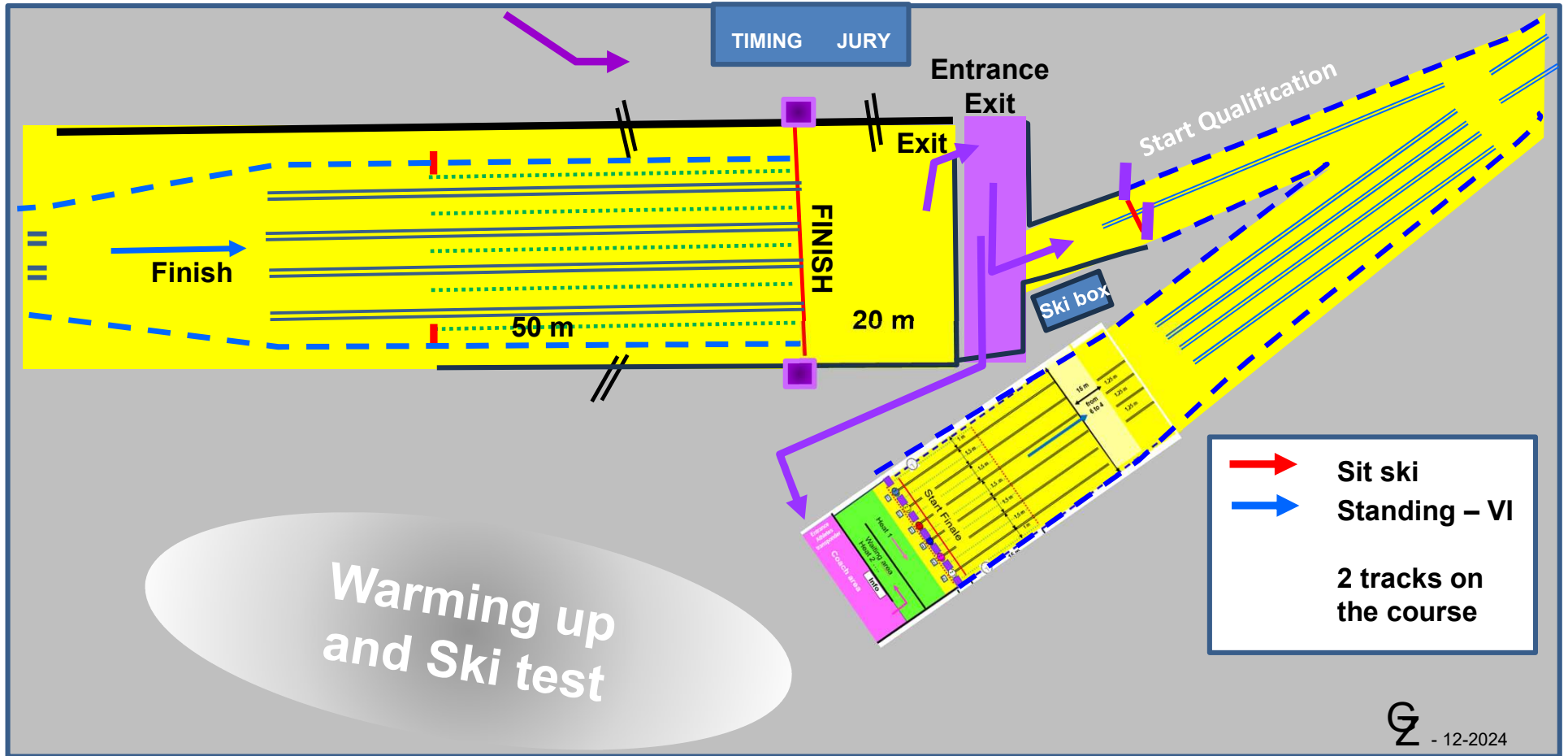


TURNING ZONE - MARKING





VUOKATTI - STADIUM AREA



GZ - 12-2024



PREPARATION OF THE COURSE

The preparation of the course during the night after snowfall.



RACE BIBS FOR FINALS



Leg bib on the left leg



INFORMATION FROM THE TD

12323.3.5 Qualification

12323.3.5.1 **Interval Start procedure** must be used (see ICR Art. 12315.2).

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**

12335.6.1.1 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).

12332.8 In classical technique competitions, the competitors must use classical technique only.

12332.8.1 In Interval Start competitions and Sprint qualification any violation of classical technique (for example skating strides to maintain or increase the speed) will be considered to affect the results (due to improved time and better points caused by the skating), and the jury will apply the appropriate sanction regardless of the time difference between skiers.



INFORMATION FROM THE TD

12334 Not Permitted to Start

Competitors will not be permitted to start in any FIS international ski competition who:

12334.2 violates the FIS rules in regard to equipment (**art. 222**) and commercial markings (art. 207);

12334.4 competitors

- whose skis have been positive at the controls of fluorinated wax before the start.
- present skis to the control of fluorinated wax later than 5 minutes after the deadline.

INFORMATION FROM THE TD

12314.7.3

Sit-skiers must display start numbers on both sides of the sit ski. On both sides of the sit ski must be a flat part of 15 x 15cm where the start bib sticker can be fixed.

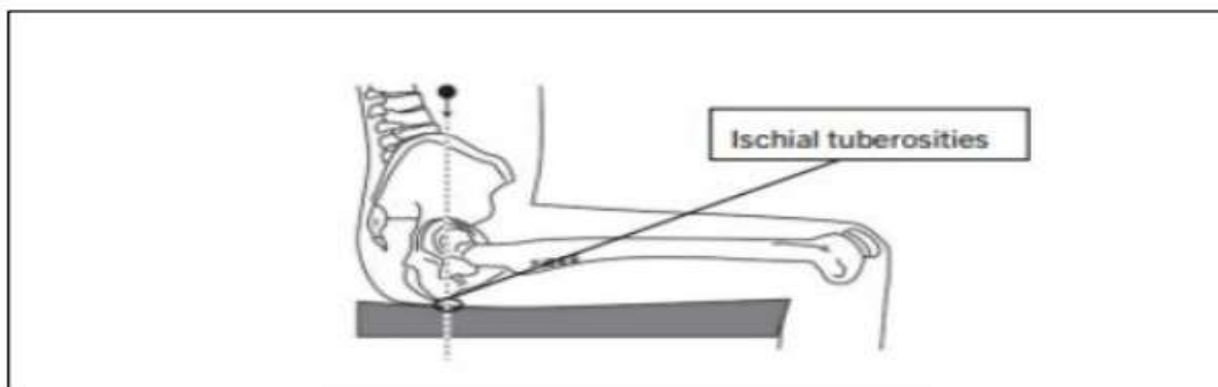


12323.3.6.10 In the case of a false start the competitor will be ranked last

INFORMATION FROM THE TD

FIS PARA SNOWSPORTS EQUIPMENT SPECIFICATIONS 2024/2025

7.2.1.4 The sit-ski athlete shall be seated on the sit-ski at all times during the race, meaning that the athlete's ischial tuberosities shall remain in contact with the seat throughout all competition.



7.2.1.5 To prevent movement of the ischial tuberosities off the seat, it is expected that the athlete's upper thigh (most proximal femur) / hip must be strapped securely to the seat at a point as proximal to the hip joint as possible, using a non-flexible material and a stable securing feature anchored posteriorly to the rear aspect of the seat frame.

INFORMATION FROM THE FIS

- EQ control Topi Kiljunen
- FIS stickers will be distributed together with the bibs.
 - Different colours for both genders.
 - Bib number and nationality must be marked.
- New bibs for finals -> remember to change right bib number for the stickers.
- Ski testing after the race (quali and finals) only.
 - Volunteers will pick up the skis from finish area.
 - After test skis can be picked up from ski racks at fluor control area.
- Kick wax zone:
 - Between semifinals and finals kick wax preparation allowed .
 - One person per qualified athlete can work at the area.



INFORMATION FROM THE OC

Information from the OC

- In case of cold weather continues until Wednesday...
- Programm:
 - Thu 19th Sprint (C), Fri 20th 10 km Individual (F)

DO YOU HAVE ANY QUESTIONS?

**GOOD LUCK FOR THE
COMPETITIONS**