



FIS WC PARA CROSS-COUNTRY



TEAM CAPTAINS' MEETING

10 KM INDIVIDUAL F

VUOKATTI

19.12.2024





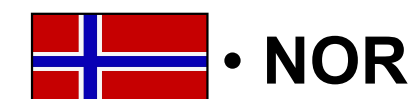
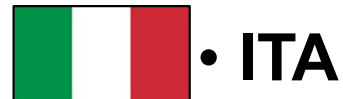
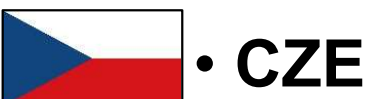
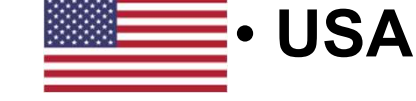
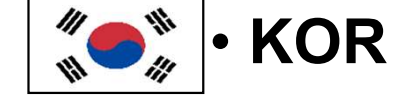
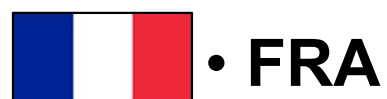
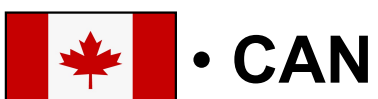
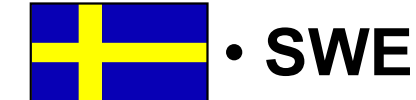
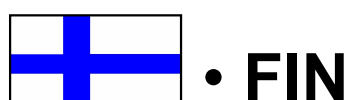
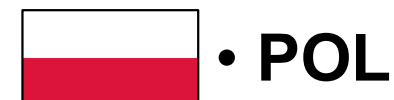
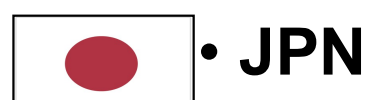
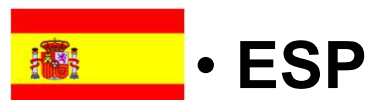
AGENDA

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



ENTRIES BY NATION

ROLL CALL



19 nations – 18.12.2024



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)



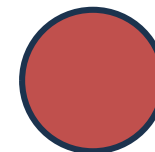
TIME TABLE

16.12.2024	Official Training C – Sprint and (all courses open)
17.12.2024	Sprint C
18.12.2024	Official Training F – all courses open
19.12.2024	10 Km Individual F
20.12.2024	10 Km Para Mass start F



TIME TABLE – FIS CROSS-COUNTRY 10 KM F - INDIVIDUAL

Thursday , 19th of January



08:30 – 15:00	Bib distribution – Race office open
08:30 – 09:55	Course open official ski testing and training
09:00 – 09:55	Course open for training and warming up
10:00 – 10:45	CC Men's Sitting 10 Km (4 x 2,5 km sit ski course)
10:20 – 11:05	CC Women's Sitting 10 Km (4 x 2,5 km sit ski course)
All day	Public course open for training /warming up. Ski testing are open.
11:05 – 11:25	Course open for warming up.
11:30 – 12:16	CC Men's Standing 10 Km F (4 x 2,5 km standing course)
12:00 – 12:40	CC Women's Standing 10 Km F (4 x 2,5 km standing course)
12:35 – 12:55	Course open for warming up
13:00 – 13:40	CC Men's VI 10 Km F (4 x 2,5 km standing course)
13:30 – 14:10	CC Women's VI 10 Km F (4 x 2,5 km standing course)
18:00	TCM Para Mass start

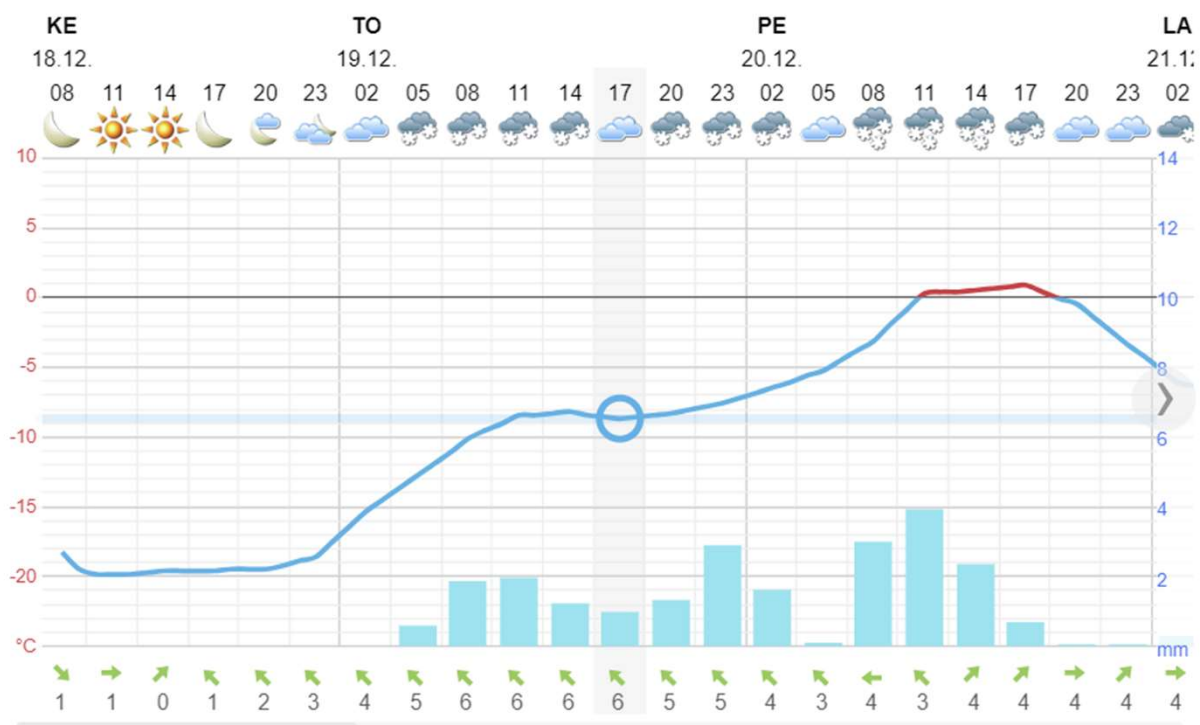


WEATHER FORECAST

Sää Vuokatti, Sotkamo

TÄSMÄSÄÄ™

Aika-askel 1h 3h 6h



Torstai 19.12.

17.00



-9 °C

Tuntuu kuin -16°

Tuuli **6 m/s** ↖

Puuskat **13 m/s**

Lumikertymä klo 14–17: **1,0 cm**



ENTRIES AND DRAW

FIS PARA WC Vuokatti 2024 – Individual F

Sitting Men 32

Sitting Women 12

Standing Men 37

Standing Women 12

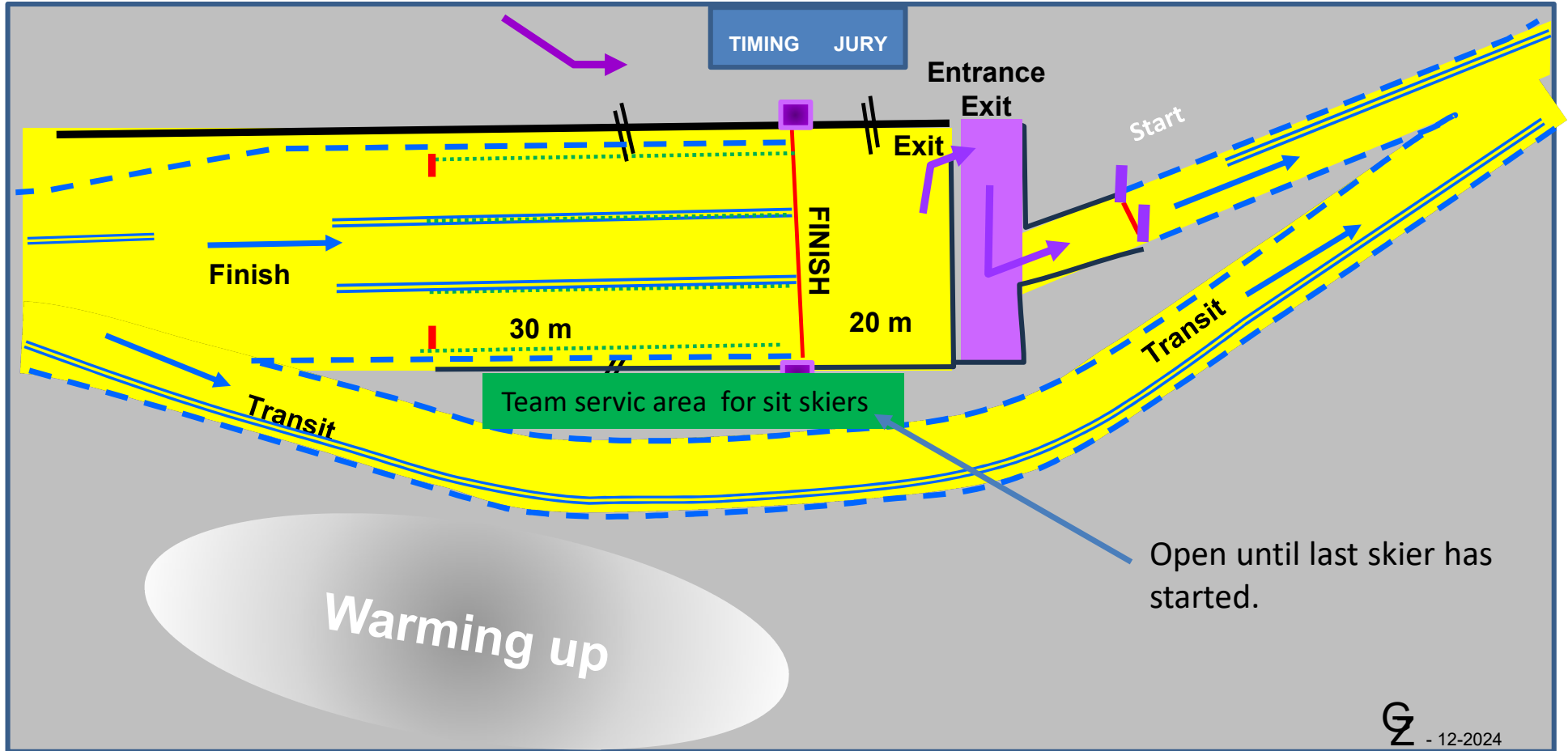
VI Men 19

VI Women 10

Start lists, check please!

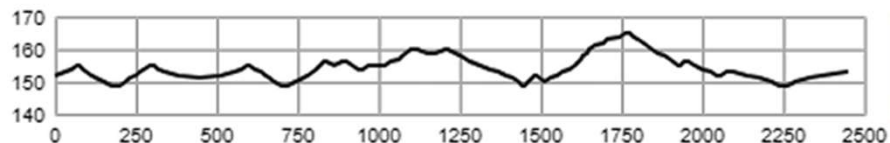


VUOKATTI - STADIUM AREA INDIVIDUAL F





COURSE – 2,5 KM SIT-SKI



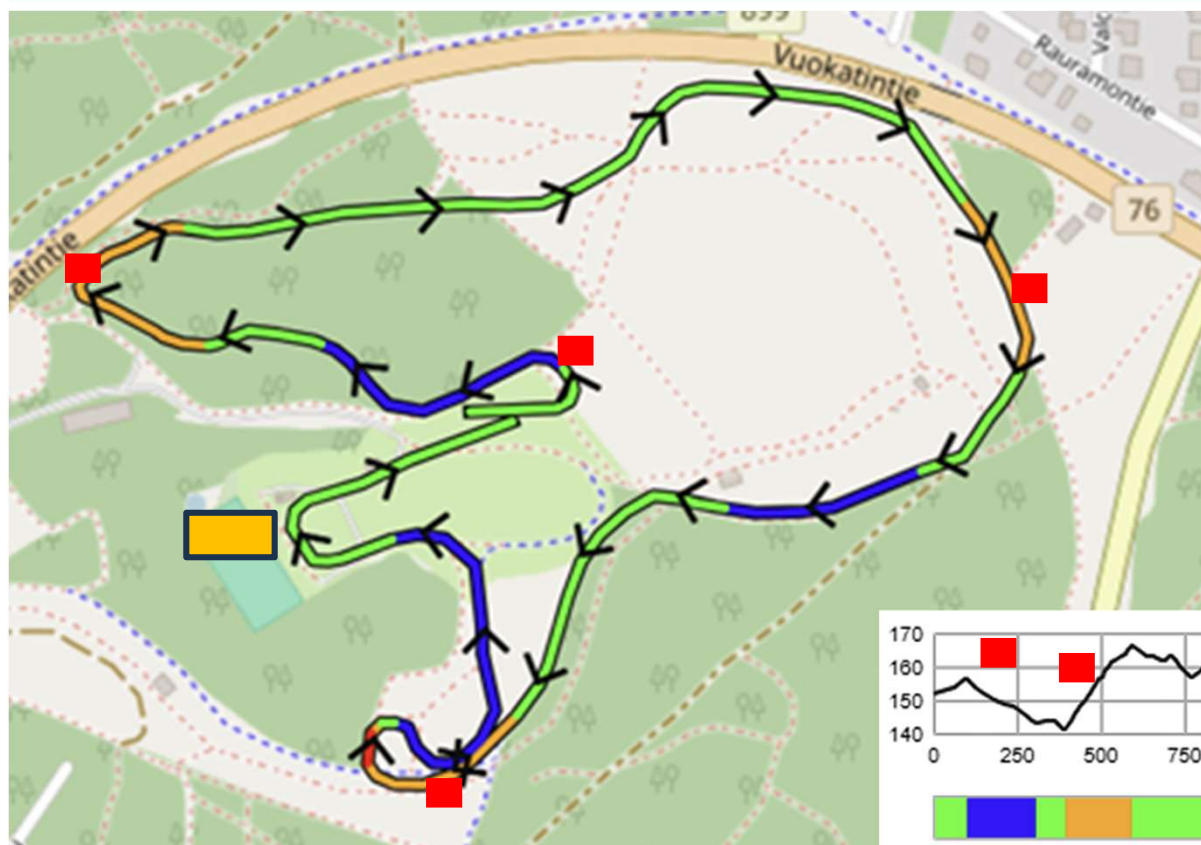
Coaching zone



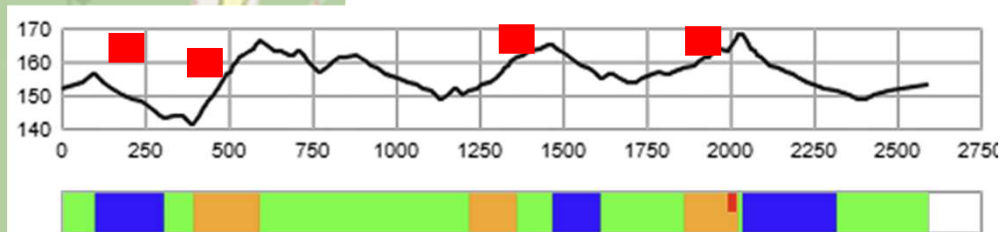
Course length:	2,448m	Height difference (HD):	16m	Lowest point:	149m
Course category:	D	Maximum climb (MC):	15m	Highest point:	165m
		Total climb (TC):	52m		



COURSE – 2,5 KM STANDING - VI



Coaching zone ■
Ski depot ■



Course length:	2,593m	Height difference (HD):	27m	Lowest point:	141m
Course category:	C	Maximum climb (MC):	25m	Highest point:	168m
		Total climb (TC):	75m		



SKITEST – AND WARMING UP



Public course for warming up

Ski testing area



PREPARATION OF THE COURSE

Grooming of the course during the night!

Turning point for sit skiers as it was during biathlon, close to the tunnel.

Tracks for sit skiers with 22-23 cm width.

One track on the right side along the sit ski course. Two tracks on the last downhill.



GENERAL INFORMATION FROM THE TD

<https://www.fis-ski.com/para-cross-country/documents>

International Competition Rules (ICR) Para Cross-Country

https://assets.fis-ski.com/f/252177/x/6d13948521/2024_11_13-fis-para-cross-country-icr-2024_2025_clean.pdf

Para Snowsports Equipment Specifications

https://assets.fis-ski.com/f/252177/x/1b3be204e0/2024_11_05-fis-para-cross-country-points_rules.pdf

SPECIFICATIONS FOR COMMERCIAL MARKINGS ON EQUIPMENT

<https://assets.fis-ski.com/f/252177/x/38e033c8b9/specifications-commercial-markings-on-equipment-2024-25.pdf>

Commercial Markings on Equipment Visual Guide (valid from September 2024)

https://assets.fis-ski.com/f/252177/x/a897d1df0b/commercial-markings-visual-guide-2024-25_update-3-1.pdf

GENERAL INFORMATION FROM THE 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**.

An offence for which a sanction may apply and a penalty be imposed is defined as conduct that is in violation or non – observance of competition rules.



GENERAL INFORMATION FROM THE 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).

12332.2. In all training and competitions situations the athletes must always ski in the competition course direction.



GENERAL INFORMATION FROM THE TD

art. 12334 Guides

art.12334.6

The guide is treated the same as a competitor with respect to all rules governing the sport.

art.12338.1.5

The consequences of a sanction assessed on a guide during a competition automatically applies to the athlete/guide team. This includes the consequences of a second written reprimand regardless of team composition.

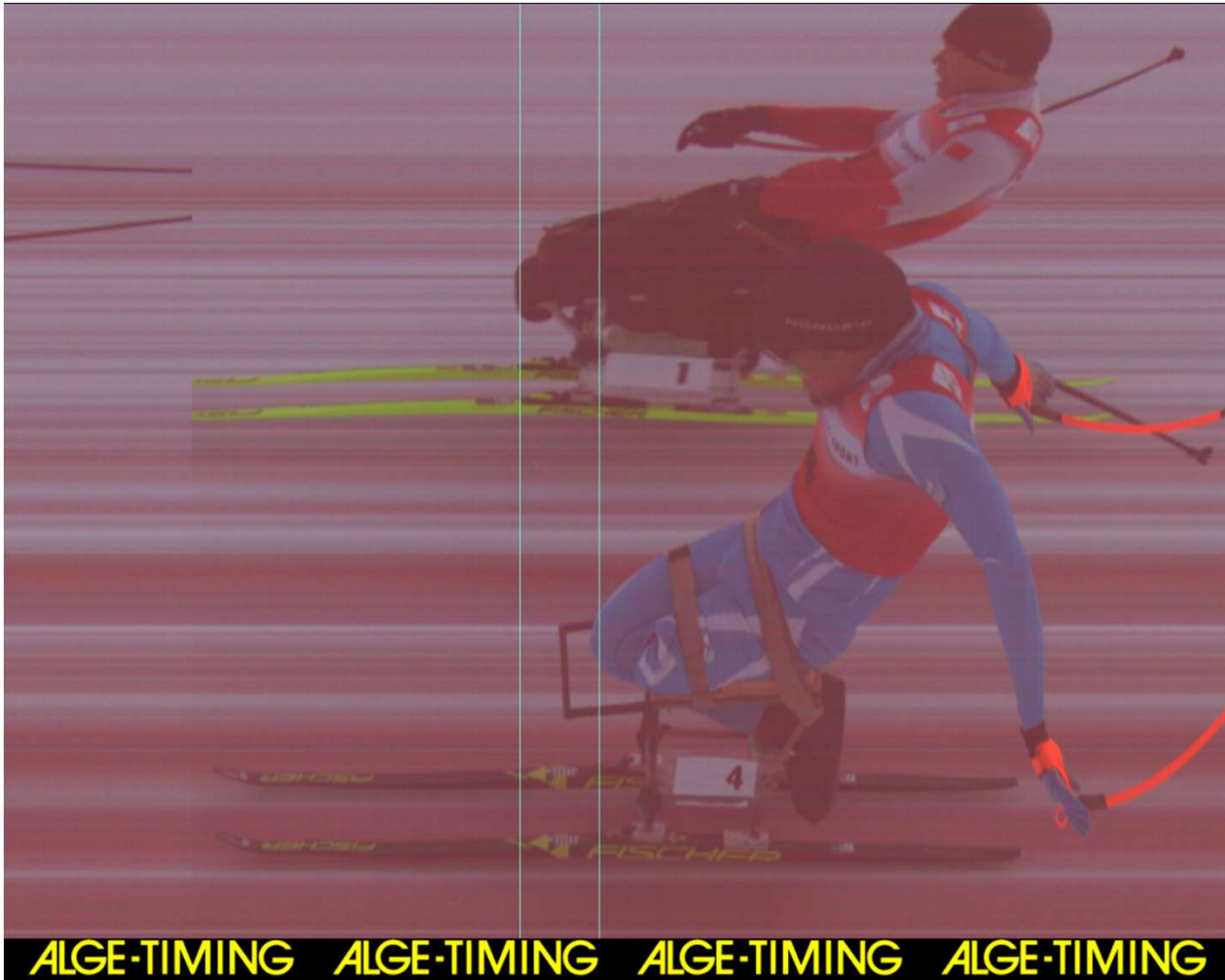
12335 Responsibilities of the competitors (including guides) BIBS for OT must be worn !!!!

art. 12335.9

In all competitions obstruction is not allowed. This behavior is defined as deliberately: impeding, blocking (by not following best line), skiing between an athlete and their guide, charging or pushing any competitor with any part of the body or ski equipment.



INFORMATION FROM THE FIS



**Photo finish Sprint
Sitting Men**

INFORMATION FROM THE FIS

- FIS stickers will be distributed together with the bibs.
 - Different colours for both genders.
 - Bib number and nationality must be marked.
 - Guide's skis must be marked with G-letter (119 G)
- Pre race ski testing:
 - Ski delivery at latest 20min before individual's start time.
 - After test skis can be picked up from ski racks at fluor control area for the start area only.
- After race ski testing:
 - Skis will be collected by volunteers at finish.
 - Skis can be picked up from ski racks app. 20min later.



INFORMATION FROM THE OC

Information from the OC

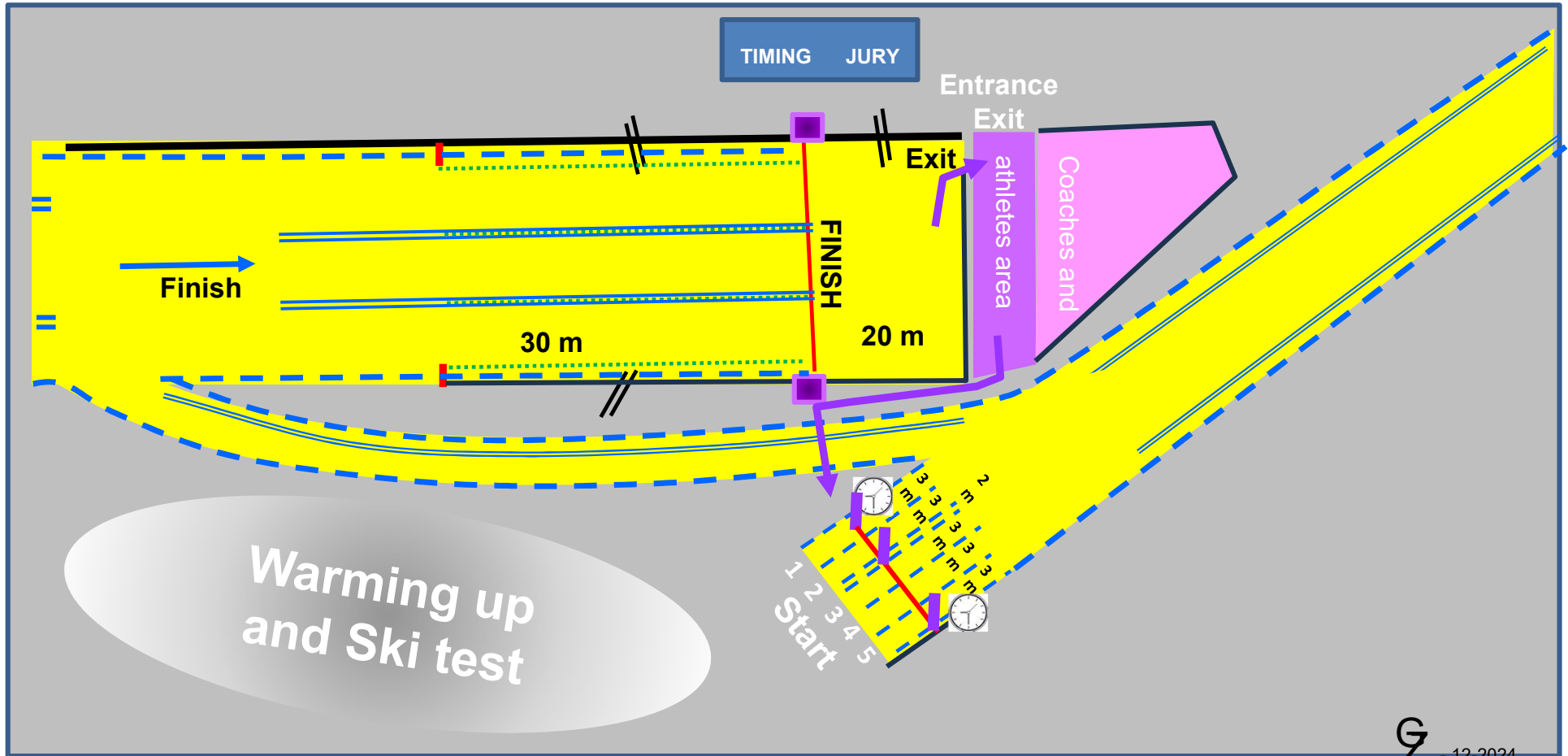
- Flower ceremonies 15min after each category in the tent.
 - 11:20, 12:55, 14:25

- Prize giving ceremony at 19:00 hours at restaurant.

- Stadium layout for Para mass start



VUOKATTI - STADIUM AREA PARA MASS START



G 12-2024

DO YOU HAVE ANY QUESTIONS?

**GOOD LUCK FOR THE
COMPETITIONS**