



# FIS WC PARA CROSS-COUNTRY



## TEAM CAPTAINS' MEETING 10 KM PARA MASS START F

VUOKATTI  
20.12.2024





# AGENDA

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

# ENTRIES BY NATION

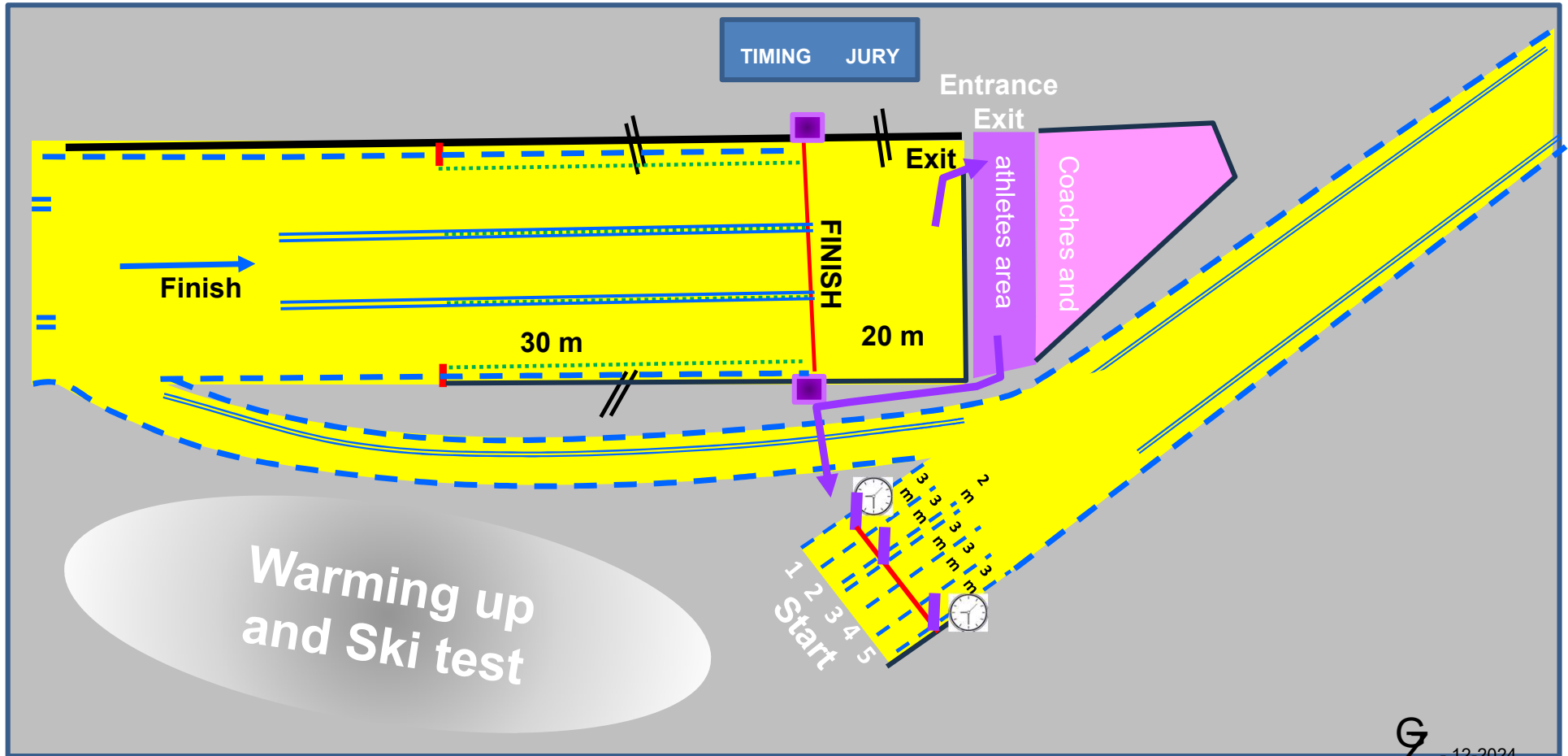
## ROLL CALL



19 nations – 20.12.2024



# VUOKATTI - STADIUM AREA PARA MASS START





# TIME TABLE – FIS CC 10 KM C/F – PARA MASS START

## Friday, 20<sup>th</sup> of January

08:30 – 13:30

Bib distribution – Race office open

08:30 - 09:55

Course open official ski testing and training

08:30 - 09:55

Course open for training and warming up

**10:00**

**CC – Men’s sitting 10 Km (4 x 2,5 km)**

**CC – Women’s sitting 10 km (4 x 2,5 km)**

Warming up on the warming up and tourist courses

**10:50**

**CC – Men’s standing 10 km F (4 x 2,5 km)**

**CC – Women’s standing 10 km F (4 x 2,5 km)**

Warming up on the warming up and tourist courses

**11:40**

**CC – Men’s VI 10 km F (4 x 2,5 km)**

**CC – Women’s VI 10 km F (4 x 2,5 km)**

Right after each competition prize giving ceremonies in the “family tent”



# WEATHER FORECAST

Thu		Fri					
18	21	00	03	06	09	15	21
-8°	-8°	-7°	-6°	-5°	-5°	-7°	-9°
-14°	-13°	-11°	-10°	-9°	-8°	-13°	-15°
<b>Wind (gusts) m/s</b>							
4	4	3	3	2	2	4	4
(9)	(7)	(6)	(5)	(4)	(4)	(7)	(7)
<b>Rainfall probability %</b>							
>90%	>90%	>90%	>90%	>90%	>90%	80%	60%
<b>Precipitation amount mm</b>							
0.3	0.7	0.6	0.8	0.8	0.4	3.8	0.5
(1h)	(3h)	(3h)	(3h)	(3h)	(3h)	(6h)	(6h)



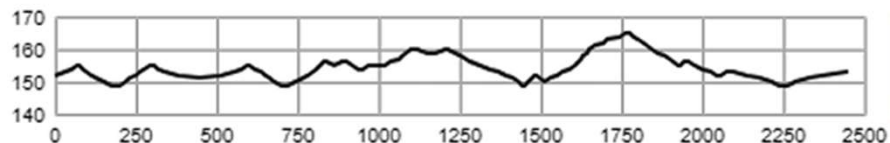
# ENTRIES AND DRAW

## FIS PARA WC Vuokatti 2024 – Para Mass start F


Entries		Start time
Sit ski	Men	10:00
Sit ski	Women	10:00
Standing	Men	10:50
Standing	Women	10:50
VI	Men	11:40
VI	Women	11:40



# COURSE – 2,5 KM PARA MASS START - SIT-SKI



One track on the right side

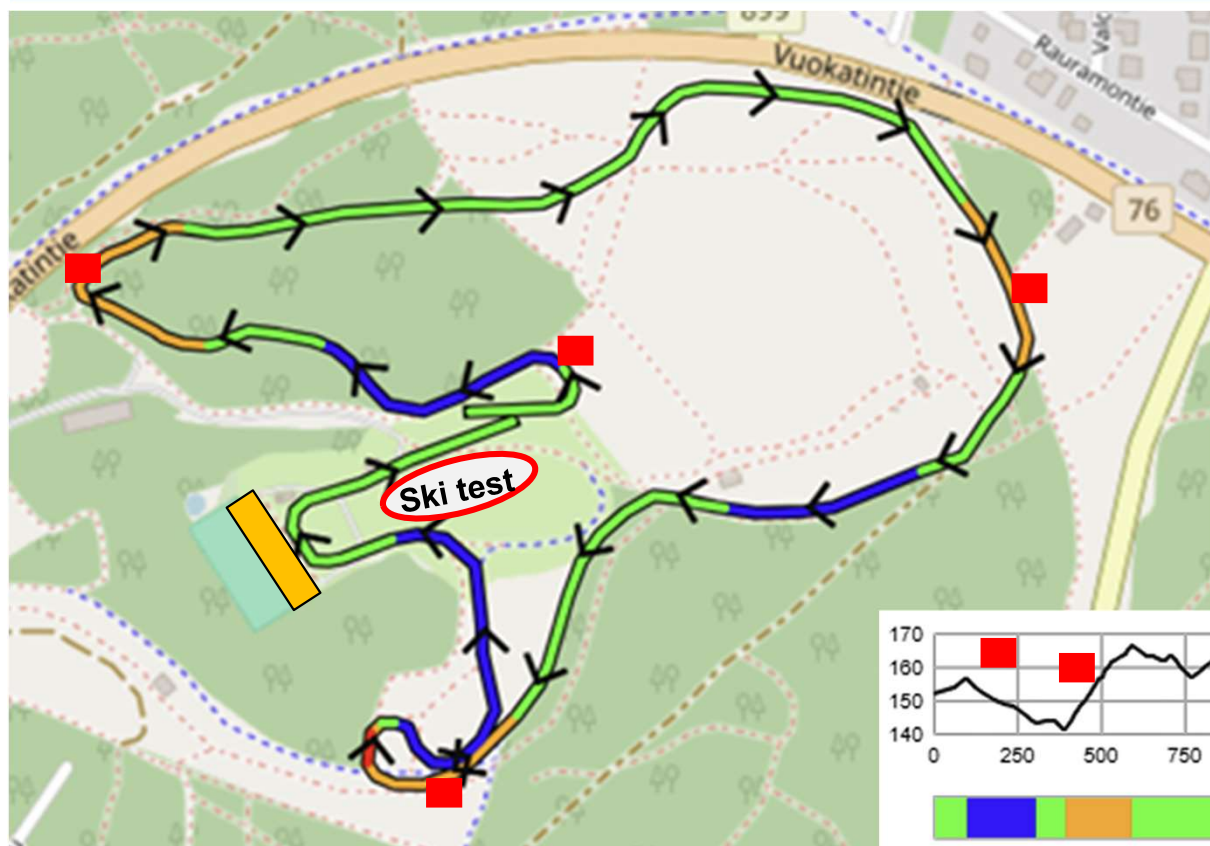
Coaching zone 

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		

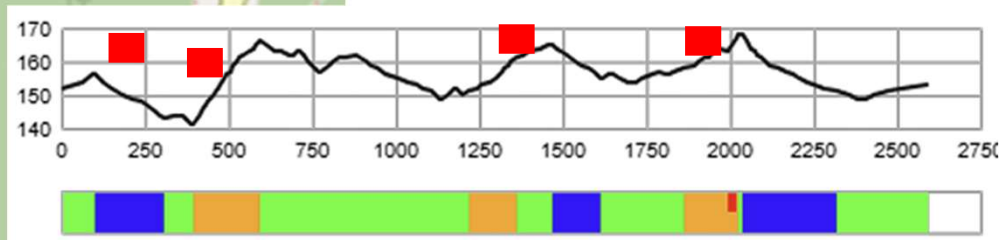




# COURSE – 2,5 KM PARA MASS START STANDING - VI



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		



# PREPARATION OF THE COURSE

**Grooming the course during the night !**



# GENERAL INFORMATION FROM THE TD

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## **12332 Responsibilities of the competitors (including guides)**

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

**12332.3** Competitors must follow the instructions (course opening times, wearing bibs, training, ski testing, etc.) issued by the Jury or OC in order to ensure order on the course, in the stadium and in the team preparation area before, during and after the competition.

**12332.4** The competitor is responsible for arriving at the start and starting at the correct time.

**2335.6.1.2** In competitions with Pursuit start, early start infractions should be sanctioned by a time penalty equal to the time gained (posted start time minus actual start time) + 30 seconds minimum penalty.



# GENERAL INFORMATION FROM THE TD

## 12321 Para Mass Start Competitions

### 12321.1 Definition

Para Mass Start competitions are carried out based on a previous interval race (Race 1) where starting times of Race 2 (Para Mass Start) athletes are determined by the percentage according to the athlete's classification class and calculated winner result of the previous interval competition (see art. 12316.6.2). The result is determined by finish arrival order (in real time).

**12321.4.1** Pursuit start procedure must be used (see ICR art. 12315.4).

**12335.6.1.2** In competitions with Pursuit start, **early start infractions** should be sanctioned by a time penalty equal to the time gained (posted start time minus actual start time) + **30 seconds minimum penalty**.



# GENERAL INFORMATION FROM THE TD

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## **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.

# GENERAL INFORMATION FROM THE TD

## 12314.7.3

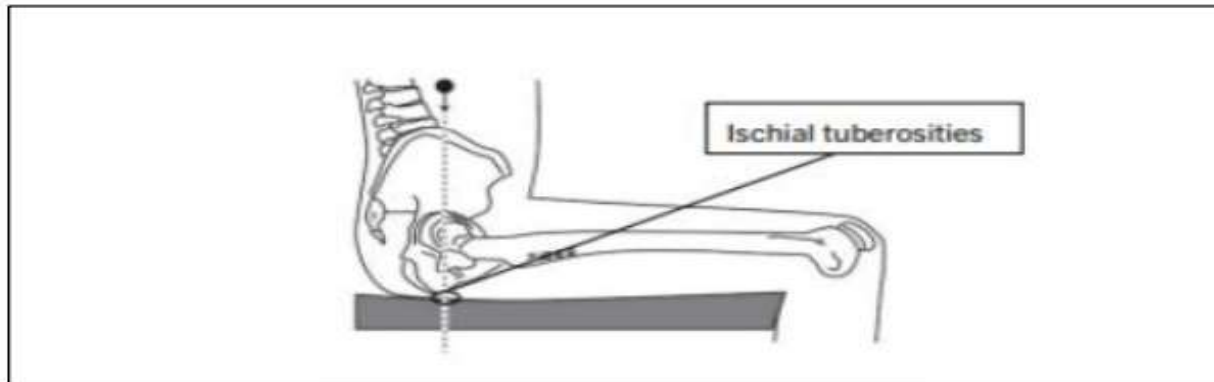
Sit-skiers must display start numbers on both sides of the sit ski. On both sides of the sit ski must be a flat part of 15 x 15cm where the start bib sticker can be fixed.



# GENERAL 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

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- EQ:

Pre race tests:

- at latests by 9.30 for sit skiers (men, women)
- at latests by 10.20 for standing
- at latest by 11.10 for VI

Post race test: Random selection at finish.





# INFORMATION FROM THE OC

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## Information from the OC

- Leg bibs on the left leg / left side of the sledge.
- Remember to return transponder, bib and leg bib after the race.

**Have a safe trip back home!**

**MERRY CHRISTMAS**