

















# **COMPETITION PM**

**ORGANIZER** Östersunds SK

PLACE OF COMPETITION Östersunds Ski Stadium

#### **COMPETITION PROGRAM**

Date	Class Race	Technic	Length	Start time
14/12	Ladies Sprint, Qaulification Men Sprint, Qualification	Cl.style Cl.style	1,4 km 1,6 km	09.30
	Ladies Finals Men Finals	,	,	12.30
15/12	Ladies ind.start	Cl.style	10 km	09.30
	Men ind.start	Cl.style	15 km	11.30
16/12	Ladies ind.start	Free.style	10 km	09.00
	Men ind.start	Free.style	15 km	11.00

Tracks close for training 5 min before first start every day.

### **COMPETITION PM**

All the racing days included in this PM

### **TRACKS AND PROFILES**

Tracks and profiles on the webpage <a href="http://www.scostersund.se">http://www.scostersund.se</a> Information about ski test area during Team Captains' Meeting (TCM). Thursday – Official training – 14.00 - 15.00 Friday and Saturday – Official training - 16.00 - 17.00

### **START**

To reach start area follow signs. Only athletes and one leader is allowed in the start area.

### **RACE OFFICE**

Race office at second floor ski-stadium. Opening hours:

Wednesday 15.00 - 21.00 Thursday – Saturday 08.00 - 17.00

Sunday 07 .00 - end of race day

#### **BIBS**

Collected by a representative for a whole team at the Race Office in the morning for every race.

When so, the representative must sign by name, mobile number and mail.

If bib is not returned your team will be charged 500 SEK.

If the entry fee is not paid in advance, it must be paid at race office to collect the bibs.

### NOTE! Receipt for paid entry fee must be shown.

For sprint finals leg bibs are used, it should be put on the left leg.

**DELETIONS** have to be submitted in writing to the Race Office.

#### **CHIP**

Personal chip at all races. Have you forgot it, you can rent for 150 SEK/day. Please visit the Race Office. Athletes not from Sweden and Norway borrow their chip at the Race Office, the same chip in all races. Computer to test the chip will be available.

### **TEAM CAPTAINS MEETING**

Team Captains' Meeting will be held Thursday, Friday and Saturday at 18.00 on the second floor in Media Center, Östersunds Ski Stadium.

### **STARTLIST AND RESULTS**

Startlist and results will be posted in bottom floor of Race Office and outside east side of Race Office. PM and courses at the same places. All information is also on homepage <a href="http://www.scostersund.se">http://www.scostersund.se</a>

#### **WAXING CABINS & TRUCKS**

Keys to wax cabins will be at Race Office, see opening hours. **NOTE! Bring receipt for payment.** If it's not paid in advance, payment at Race Office directly to get key to wax cabin.

**NOTE! Key deposit will be collected** 200 SEK /20 EUR in cash that will be returned when handing back the key.

Trucks will be placed near to wax cabins.

Contact Peter Lodén phone no: +46 70-334 70 25 to be shown were to park.

#### **PRIZE CEREMONY**

Friday 14.30 both ladies and men.

Saturday 11.15 ladies, 14.30 men.

**Sunday** 10.45 ladies, 14.00 men.

Prizes to top 10 in all races. The prize winners have to personally attend otherwise the prizes stay with the organizers.

### **HEALTH CARE**

Event Health Care Jämtland, for more information: <a href="www.deltaeventsjukvard.se">www.deltaeventsjukvard.se</a> Jörgen Nilsson +46 768059754

### **ATHLETES ROOMS/SHOWER**

Media Center in the bottom floor.

#### **PARKING**

At waxcabin area we advise you to only load skiis out and in and then park at the area between Race office and Mediacenter due to little space in waxcabin area. In addition there is parking above ski stadium behind the big stand. Follow directions.

### **FOOD/MEALS**

**Lunch:** Between 11-14.30 on **Arctura Restaurang & Skybar** which is close to Stadium and has Östersunds best view. Menu on <a href="https://www.jamtkraft.se/arctura/">https://www.jamtkraft.se/arctura/</a>

All participants in the arrangement (competitor, waxers, leaders, parents etc.) can buy lunch at a reduced price of SEK 100 per person, (regular price is SEK 130). To be able to get that price you have to collect attendance note (which you can get at Race Office) to be shown at restaurant. You can also get lunch boxes at the same price.

**Cafeteria**: Between 8 -17 at the bottom floor of the Race Office. There you can buy coffee, tea, sandwiches etc.

# **RACE RULES**

FIS and Swedish Ski Federation competition rules apply Competitors, officials and spectators attending and participating at your own risk

#### **PHOTOGRAPHING**

By your participation in the arrangement you agree to let Östersunds SK publish photos from the competitions on the webpage and in marketing purpose.

### **CONTACT PERSONS**

Chief of Competition:	Tommie Jirhed	+46 70-372 52 68
Ass. chief of competition:	Anders Edvinsson	+46 70-222 66 48
Competitions Secretary:	Christina Persson	+46 70-254 72 22
Chief of Course:	Bertil Nordkvist	+46 70-266 55 77
Chief of Stadium:	Thomas Johansson	+46 70-535 20 00
Responsible for waxing area	+46 70-334 70 25	

#### **JURY**

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Chief of Competition:	Tommie Jirhed	+46 70-372 52 68

# Welcome to Östersund and Östersunds SK

