

Program



SVENSKA SKIDFÖRBUNDET®
SWEDISH SKI ASSOCIATION

FJÄLLTOPPHELGEN 6 – 9 april 2017

6/4 FJÄLLSPRINTEN

Thursday Skate Technique

Junior Ladies & Men Sprint 1200 m
Senior Ladies & Men Sprint 1200 m

Race Arena: Bruksvallarna Nordic Ski Arena

First start prologue 13.00

Finals start at 14.20

Race office: "Vinterstudion" Bruksvallarna Nordic Ski Arena

TCM: The tent at Bruksvallarna Nordic Ski Arena Thursday 6/4 11.00

Bibs: Bibs will be received at the race office from 10.00 thursday morning.

Note! Athletes who qualify pick out new bibs at Race Office, leg bib on right leg

Starting order: Startlist is created using FIS-list

Timing: Transponders will be used for timing. Note! Foreign competitors use borrowed transponders. If you loose the borrowed transponder, there will be a penalty fee, of 500 SEK

Competition: Prologue with 15 sec interval. 16 in Senior Ladies qualify. 30 best in Junior Ladies & Men, Senior Men qualify.

Price giving ceremony: Directly after the race, at stadium. Prices top 6.

Shower/Changing: Hotel Bruksvallsliden, shower area.

Medical staff: Medical staff will be at the race area. If needed please call +46(0)70-303 31 34

7/4 100 METER SPRINT

Friday Skate Technique

Senior/Junior Ladies 100 meter

Senior/Junior Men 100 meter

Race Arena: Ramundberget

First start 12.00

Finals: Knock-out-sprint approx 13.15

Race office: "Gästservice" Ramundberget

TCM: Friday 7/4 at restaurant "Rudolf" Ramundberget 11.00

Bibs: Bibs will be received at the race office from 10.00 friday morning.
Note! Athletes who qualify pick out new bibs at Race Office

Starting order: Startlist is created after ranking

Timing: Transponders will be used for timing. Note! Foreign competitors use borrowed transponders. If you loose the borrowed transponder, there will be a penalty fee, of 500 SEK

Competition: Prologue with 20 sec interval, 32 best qualify

Finals: Knockout sprint. The one with the best time in prologue pick the corridor.

Price giving ceremony: Directly after the race. Prices top 2, 10 000 SEK, 2 500 SEK.
Raffle price: one week with a BMW-car, one price in the Ladies class and one for Men.

Shower/Changing: The hotel in Ramundberget, shower area. Use bibs from prologue.

Medical staff: Medical staff will be at the race area.

8/4 FJÄLLTOPPLOPET

Saturday Skate Technique

Junior Ladies & Men 31 km

Senior Ladies & Men 35 km

Race Arena: Bruksvallarna Nordic Ski Arena

First start 11.00

Race office: "Vinterstudion" Bruksvallarna Nordic Ski Arena

TCM: Friday 7/4 17.00 Location: Hotell Bruksvallsliden (recreation room, bottom floor)

Bibs: Bibs will be received at the race office from 07.00 saturday morning.

Starting order: Masstart. FIS-ranking.

Timing: Transponders on the bib.

Price giving ceremony: At stadium, approx 14.15

Shower/Changing: Hotel Bruksvallsliden, shower area.

Medical staff: Medical staff will be at the race area. If needed please call +46(0)70-303 31 34

8/4 LILLA FJÄLLTOPPLOPPET

Saturday Skate Technique

Race Arena: Bruksvallarna Nordic Ski Arena

First start 09.00

Race office: "Vinterstudion" Bruksvallarna Nordic Ski Arena

Bibs: Bibs will be received at the race office from 07.00 saturday morning.

<u>Age</u>	<u>Start</u>	<u>Distance</u>	<u>Awards</u>
M 10	09.00	2,4 km	all
M 9	09.05	2,4 km	all
L 10	09.10	2,4 km	all
L 9	09.15	2,4 km	all
M 12	09.25	2,9 km	all
M 11	09.30	2,9 km	all
L 12	09.35	2,9 km	all
L 11	09.40	2,9 km	all
M 14	09.50	4,5 km	all
M 13	09.55	4,5 km	all
L 14	10.00	4,5 km	all
L 13	10.05	4,5 km	all
M 16	10.15	6,2 km	1/3
M 15	10 20	6,2 km	1/3
L 16	10.25	6,2 km	1/3
L 15	10.30	6,2 km	1/3
M 0-8	11:40	800 m	No timing
L 0-8	11:45	800 m	No timing

Starting order: Masstart.

Timing: Transponders on the bib.

Price giving ceremony: Approx 14.15

Shower/Changing: Hotel Bruksvallsliden, shower area.

Medical staff: Medical staff will be at the race area. If needed please call +46(0)70-303 31 34

9/4 KNALLCROSSEN

Thursday Skate Technique

Downhill and ski-cross

Race Arena: Bruksvallarna Nordic Ski Arena

First start 09.30

Down-hill at cross country skis as a prologue, mandatory helmet. The first 10 (5 junior/senior) qualify for a ski-cross.

Race office: "Vinterstudion" Bruksvallarna Nordic Ski Arena

Bibs: Bibs will be received at the race office from 07.30 Sunday morning.

Timing: Transponders will be used for timing. Note! Foreign competitors use borrowed transponders. If you loose the borrowed transponder, there will be a penalty fee, of 500 SEK

Course: Follow signs to the start, 20 minutes skiing/walking from the Nordic Ski Arena
Opportunity to try the course Saturday at 16.00

Shower/Changing: Hotel Bruksvallsliden, shower area.

Medical staff: Medical staff will be at the race area.

Chief of competition : Mikaela Sundbaum +46(0)73-040 62 00

Chief of competition Ass: Magnus Myhr +46(0)70-382 02 12

Race Office: Christina Persson +46(0)76-807 41 99