

PROGRAM



SVENSKA SKIDFÖRBUNDET®
SWEDISH SKI ASSOCIATION

FJÄLLTOPPHELGEN

13-15 april 2018

13 April 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 at 13.30

Race office: "Brasrummet" Ramundberget

TCM: Wednesday 11th of April at 17.00 **Place:** Hotel Bruksvallsliden (recreation room, bottom floor)

Bibs: Bibs will be received at the race office from 10.30 friday morning.

Note! Athletes who qualify to final race pick out new bibs at Race Office

Starting order: Start list is created after FIS-ranking sprint

Timing: Transponders will be used for timing. Note! Foreign competitors use borrowed transponders. If you lose 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. Prizes top 2, 10 000 SEK, 2 500 SEK.

Raffle price: one week with a VW-car.

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

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

14 April FJÄLLTOPPLOPPE

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 13th of April at 17.00 Location: Hotell Bruksvallsliden (recreation room, bottom floor)

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

H 19-20	31 km start kl. 11.00
H 17-18	31 km start kl. 11.05
D 19-20	31 km start kl. 11.10
D 17-18	31 km start kl. 11.15
H 21	35 km start kl. 11.20
D 21	35 km start kl. 11.25
H/D motion	31 km start kl. 11.40



Starting order: Masstart. FIS-ranking.

Timing: Transponders on the bib.

Price giving ceremony: At stadium, approx at 15.00

Shower/Changing: Hotel Bruksvallsliden, shower area.

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

14 April LILLA FJÄLLTOPPLOPET

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.

Age	Start	Distance	Awards
M10	09.00	2,4 km	all
M9	09.05	2,4 km	all
L10	09.10	2,4 km	all
L9	09.15	2,4 km	all
M12	09.25	2,9 km	all
M11	09.30	2,9 km	all
L12	09.35	2,9 km	all
L11	09.40	2,9 km	all
M14	09.50	4,5 km	all
M13	09.55	4,5 km	all
L14	10.00	4,5 km	all
L13	10.05	4,5 km	all
M16	10.15	6,2 km	1/3
M15	10.20	6,2 km	1/3
L16	10.25	6,2 km	1/3
L15	10.30	6,2 km	1/3
M0-8	11:45	800 m	No timing all
L0-8	11:50	800 m	No timing all

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.

15 April KNALLCROSSEN

Skate Technique
Downhill and ski-cross

Race Arena: Bruksvallarna Nordic Ski Arena

First start 09.00

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 07.00 Sunday morning.

Timing: Transponders on the bib.

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.

Organisation 13-15 April 2018

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