



Program FJÄLLTOPPLOPPET 22 APRIL 2023

Race office:	Building behind Stigmyhrs Livs	
Arena:	Nordic Ski Arena Bruksvallarna	
Bibs:	Bibs will be received at Race Office from 07.00 saturday	
TCM:	Online Friday 21/4 kl.17.00 Use this link >	
Technique:	Free Technique	
Format:	Mass start	
Start times:	M 19-20	31 km start 11.00
	M 17-18	31 km start 11.05
	W 19-20	31 km start 11.10
	W 17-18	31 km start 11.15
	M 21	35 km start 11.20
	W 21	35 km start 11.25
	M/W Recreational class	31 km start 11.40

Note! Course may change due to bad weather. Last decision of jury saturday morning 09.00.

Info Recreational class: Last passage at Ramundberget 13:30

Ski test/warm up:	Warm up course.
Start:	FIS-ranking. FIS-code is mandatory for junior/seniors
Timing:	Foreign competitors use borrowed transponders
Late entries:	If spots left latest saturday 22/4 09.30 at Race office
Feeding	31 km-course after 10 km, 15 km and 22 km.
	35 km-course after 14 km, 19 km and 26 km.
Clothes:	Athletes care for their own clothes
Cross country ski pass: Included Thursday-Sunday	
Shower Facilities	Hotel Bruksvallsliden

Huvudsponsor:



- Safety:** Course may be affected by weather, dress appropriately.
Call Race office if DNF.
- Medical Staff:** Medical staff will be at the race area. If needed please call +4670-679 55 19
- Price ceremony:** Finish area 15.00 a clock
- Prices:**
- | | |
|---------------|---------|
| 1:st W21/M21 | 5.000:- |
| 2:nd W21/M21 | 3.000:- |
| 3:rd W21/M 21 | 2.000:- |
- M/W 17-18, M/W 19-20, M/W 21, 20 % get prices
Bonus Sprint at the top of ski lift in Ramundberget
M/W-Recreational class raffle prices at finish
- OC:**
- | | | |
|----------------------|------------------|-----------------|
| Chief of Competition | Mikaela Sundbaum | +4673-040 62 00 |
| Chief of Comp. ass | Sigyn Janskog | +4670-679 17 67 |
| Race office: | Henrik Nylund | +4676-883 64 32 |
| Chief of course: | Jens Wilhelmsson | +4676-146 22 42 |
| Chief of Stadium | Lars Sundmark | +4670-513 59 24 |
| Time keeping: | Alfred Andersson | +4670-674 07 51 |
- Jury:** Erik Björelind, Gudrun Ekblom, Mikaela Sundbaum
- Rules:** FIS ICR. Participate at your own risk.

Huvudsponsor:

