



Program KNALLCROSSEN 23 APRIL 2023

- Race office:** Building behind Stigmyhrs Livs
Open Sunday 07.00-10.30
- Arena:** Nordic Ski Arena Bruksvallarna
- Bibs:** Bibs will be received at Race Office sunday from 07.00
- Technique:** Free Technique
- Format:** Down-hill on cross country skis as a prologue, mandatory helmet. The first 10 (5 junior/senior) qualify for a ski-cross.
Recreational class and Kids 0-8 only down-hill event.
- First start:** 09:00
- Start order:** M 11-12, W 11-12, M 9-10, W 9-10, M 13-14, W 13-14, M 15-16, W 15-16, M 17-18, M 19-, W 17-18, W 19 -, M/W Recreational class, Kids 0-8
- Course:** Follow signs to start, 20 minutes skiing/walking from Nordic Ski Arena.
Opportunity to try the course Saturday 22/4 at 16.00
- Timing:** Foreign competitors use borrowed transponders
- Late entries:** If spots left latest friday 21/4 17.00 at Race office
- Clothes:** OC transports clothes every 15 minutes from start to finish.
- Shower Facilities** Hotel Bruksvallsliden
- Medical Staff:** Medical staff will be at the race area. If needed please call +4670-679 55 19
- Price ceremony:** Medals to all at finish.

HEAT CROSS FINAL

- Format:** The first 10 (5 junior/senior) qualify for a ski-cross.
Two semi-finals, the two best advance for final. Final winner goes to superfinal to compete against one of the worlds best skier.
- Start:** Latest 30 minutes after finish of the down-hill event. T-shirt instead of bib. T-shirt gets on the start.

Huvudsponsor:



Start order: M 9-10, W 9-10, M 11-12, W 11-12, M 13-14, W 13-14, M 15-16, W 15-16,
M 17-18, W 17-18, M 19-, W 19 –

Price ceremony: Direct after 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

Rules: Rules of Swedish Ski Association. Participate at your own risk.

Huvudsponsor:

