



## Program FJÄLLTOPPET 20 APRIL 2024

|                        |   |                   |
|------------------------|---|-------------------|
| <b>Race office:</b>    | Building behind Stigmyhrs Livs  |                   |
| <b>Arena:</b>          | Nordic Ski Arena Bruksvallarna  |                   |
| <b>Bibs/Entry Fee:</b> | Bibs will be received at Race Office from 07.00 saturday<br>Entry Fee pays by card. |                   |
| <b>TCM:</b>            | Online Friday 19/4 kl.17.00 <a href="#">Use this link &gt;</a>                      |                   |
| <b>Technique:</b>      | Free Technique  |                   |
| <b>Format:</b>         | Mass start  |                   |
| <b>Start times:</b>    | 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

|                                |  |
|--------------------------------|--|
| <b>Ski test/warm up:</b>       | Warm up course.  |
| <b>Start:</b>                  | FIS-ranking. FIS-code is mandatory for junior/seniors  |
| <b>Timing:</b>                 | Foreign competitors use borrowed transponders  |
| <b>Late entries:</b>           | If spots left latest saturday 20/4 09.30 at Race office  |
| <b>Feeding</b>                 | <b>31 km-course</b> after 10 km, 15 km and 22 km.<br><b>35 km-course</b> after 14 km, 19 km and 26 km. |
| <b>Clothes:</b>                | Athletes care for their own clothes  |
| <b>Cross country ski pass:</b> | Included Friday-Sunday   |
| <b>Shower Facilities:</b>      | Hotel Bruksvallsliden  |



- 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    | +4670-09307440  |
| Race office:         | Cristina Persson | +4676-807 41 99 |
| 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:** Robert Erixon, Gudrun Ekblom, Mikaela Sundbaum
- Rules:** FIS ICR. Participate at your own risk.

