



Program KNALLCROSSEN APRIL 19 2026

- Race office:** Puls building behind Stigmyhrs Livs. Opens at 07.00.
- Arena:** Bruksvallarna Nordic Ski Arena
- Bibs/Entry Fee:** Bibs will be received at the Race Office on Sunday from 07.00. Entry fee 260 SEK pays by card. Foreign competitors make payments at the Race Office.
- 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. M 9-10 and W 9-10, all athletes qualify. Open class and Kids 0-8 only down-hill event.
- First start:** At 09.00
- 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, M 19-, W 17-18, W 19 -, M/W Open class, Kids 0-8.
- Course:** Follow signs to start, 20 minutes skiing/walking from Nordic Ski Arena. Opportunity to try the course Saturday April 18 at 16.00.
- Late entries:** If spots left latest Friday April 17 17.00 at the Race Office.
- Clothes:** OC transports clothes every 15 minutes from start to finish.
- Shower Facilities** Hotell 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.
- Parking:** Parking is available by the ski arena. Parking fee: 70 SEK.



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HEAT CROSS FINAL

- Format:** The first 10 (5 junior/senior) qualify for a ski-cross. M 9-10 and W 9-10, all athletes qualify.
Two semi-finals, the two best advance to the final. Final winner goes to superfinal to compete against one of the world's best skiers.
- Start:** M 9-10 starts immediately after the last finish in the down-hill event. W 9-10, direct after M 9-10. Keep the bib from the down-hill event. Heat division takes place at the Sunmaid-tent.

M 11-12 starts latest 30 minutes after the finish of the down-hill event. T-shirt is used instead of bib. T-shirt is to be received at the Sunmaid-tent.
- 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:** Directly after finish.
- OC:**
- | | | |
|-----------------------|-----------------------|-----------------|
| Chief of Competition: | Andrea Skott Dahlgren | +4673-814 40 29 |
| Chief of Comp. Ass.: | Lisa Nystedt | +4672-221 51 62 |
| Race Office: | Cristina Persson | +4676-807 41 99 |
| Chief of Course: | Jens Wilhelmsson | +4676-146 22 42 |
| Chief of Stadium: | Daniel Sköldberg | +4670-922 58 99 |
| Time keeping: | Alfred Andersson | +4670-674 07 51 |
- Rules:** Rules of the Swedish Ski Association. Participate at your own risk.



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