

Race instructions January 11th, 2020 FIS Competition



Address: Laajavuorentie 15, 40740 Jyväskylä

Entry: Entries must be done before Tuesday 7th at 11.59 pm by e-mail: skijyvaskyla@gmail.com. Use "Entry form". No late entries!

Starting lists: Ready by Thursday 9th at 9 am.

Parking: Parking lot by the stadium and road parking at Hikipolku, watch the track map for P-area.

Race Office and numbers: The office is located at Laajavuori Skiing center at the cabinet behind the cafeteria. The office is opened 11th of January at 8 am. You can get your racing number from the office and you need to return it to the finishing area right after the finish line. There will be a charge of 50 € for unreturned number.

The racetrack and style: The racetrack will be ring around 2,5 km (watch the track map). Classic style, skate skiing is forbidden! There will be inspectors by the track to watch the skiing style.

Area of diagonal stride style: There will be a track area where skiers can use only diagonal stride. The beginning of the area is signed as "Vuorohiihtoalue alkaa" and in the end there is a sign that says "Vuorohiihtoalue päätty". Watch the track map, the area is located at the uphill of the red track. The length of it will be around 30-40 meters.

Distances and groups

Para skiers 1 km

M8 P 1km.

W8 P 1 km

M10 P 1,7 km,

W10 P 1,7 km,

M12 P 2,5 km,

W12 P 2,5 km,

M13 P 2,5 km,

W13 P 2,5 km

W14 P 2,5 km

M14 P 5 km,

M15 P 5 km,
W15 P 5 km
W16 P 5 km,
W40 P 5km
W50 P 5 km,
M55 P 5 km,
M60 P 5 km,
M16 P 7,5 km,
M45 P 10 km,
W18 P 10 km,
W20 P 10 km,
W P 10 km,
M18 P 15 km,
M20 P 15 km,
M P 15 km,

Warming up and testing the skis: Warming up and testing the skis whilst the competition is forbidden! The racetrack will be closed at 10.55 am, after that the track is no longer open for skiing. There is aimed to arrange a break when the testing of skis is possible. You need to pay attention to the announcements about the break!

There will be a longer break between M45 and FIS series. The track is in use FIS skiers for testing the skis around 12.35, after the last skier of M45 has started the final lap. The track will be closed again at 12.55 pm.

There is a track for warming up, called "rallipolku", that starts in front of Laajari and heads towards Killeri.

Dropping out: Skiers who have quit the race need to sign up at the area of the finish line.

Protest: Protest need to be signed 15 mins after the race is over, at the timing stand. Doing a protest will cost 100 €.

WC and dressing rooms: Located at Laajavuori Skiing center, opening hours from 8am to 6pm.

Cafeteria: Cafeteria at the race area and in Laajavuori Skiing center, where is also possibility for eating.

Time schedule

08.00 The race office is opened

10:00 Meeting of referee board

10:55 The tracks are closed

11:00 The competition begins

Prices: The best three will be rewarded in three different groups:

1. Groups of para skiers and 8/10
2. Groups of 12-16
3. The rest groups

WELCOME TO FIS COMPETITION IN JYVÄSKYLÄ!