



**Otepää, Estonia**  
**15.-17.03.2024**



# Team Captains' Meeting

Interval Start competition



# AGENDA

- Roll Call
- Check of entries
- Organizing Committee and Jury
- Event Program
- Weather Forecast
- Stadium and courses
- Ski testing and warm-up
- Course Preparation and Grooming
- Flour testing
- Other information

# ROLL CALL

- DEN
- EST
- FIN
- LAT
- LTU
- NOR
- SWE

# CHECK OF ENTRIES

- **Interval Start competition**
  - 44 men
  - 33 women
- Please check the starting lists!
- Bibs and transponders will be given out in the morning on the stadium
- Bibs and transponders will be collected in the finish

# OC and JURY

- ORGANIZING COMMITTEE

- Chief of Competition
- Competition Secretary
- Chief of Courses
- Chief of Time keeping

Kristjan Külm

Ave Nurk

Tiit Tammemäe

Vahur Leemets

- JURY

- FIS Technical Delegate
- National Assistant TD
- Chief of Competition

Otto Riisenbeerg, EST

Vahur Leemets, EST

Kristjan Külm, EST

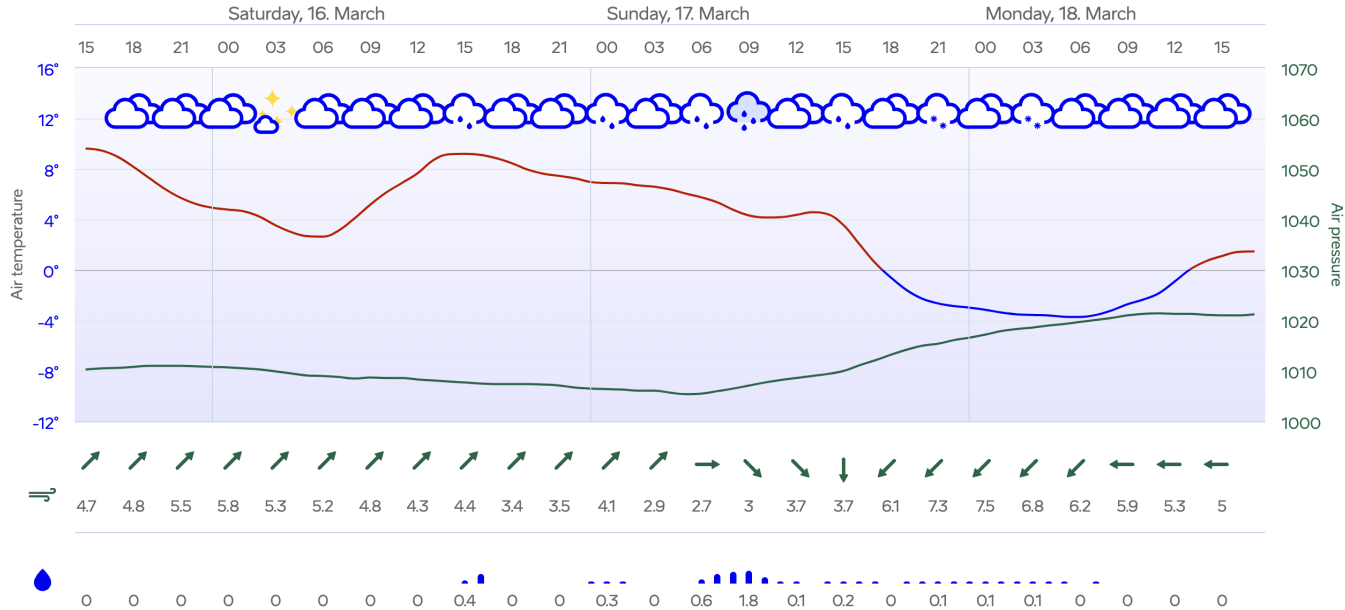
- EQUIPMENT CONTROL

Kristjan Koll, EST

# EVENT PROGRAM SATURDAY, 16.03

Time	Event	Place
8:30	Race Office open	Tehvandi Biathlon Building
9:00	Course open for warm-up	Tehvandi Sport Center tracks
<b>10:00</b>	<b>Interval start, 5km C, Women</b>	Tehvandi Sport Center tracks
<b>11:00</b>	<b>Interval start, 10km C, Men</b>	Tehvandi Sport Center tracks
12:15	Prize giving ceremony	Tehvandi Stadium
17:30 -19:00	Official training W/M on Relay track	Tehvandi Sport Center tracks
18:00	Team Captains Meeting	Tehvandi Hotel Seminar room

# WEATHER FORECAST



<https://www.ilmateenistus.ee/ilm/prwognoosid/locality-forecast/?lang=en&coordinates=58.057457;26.497551>

# STADIUM

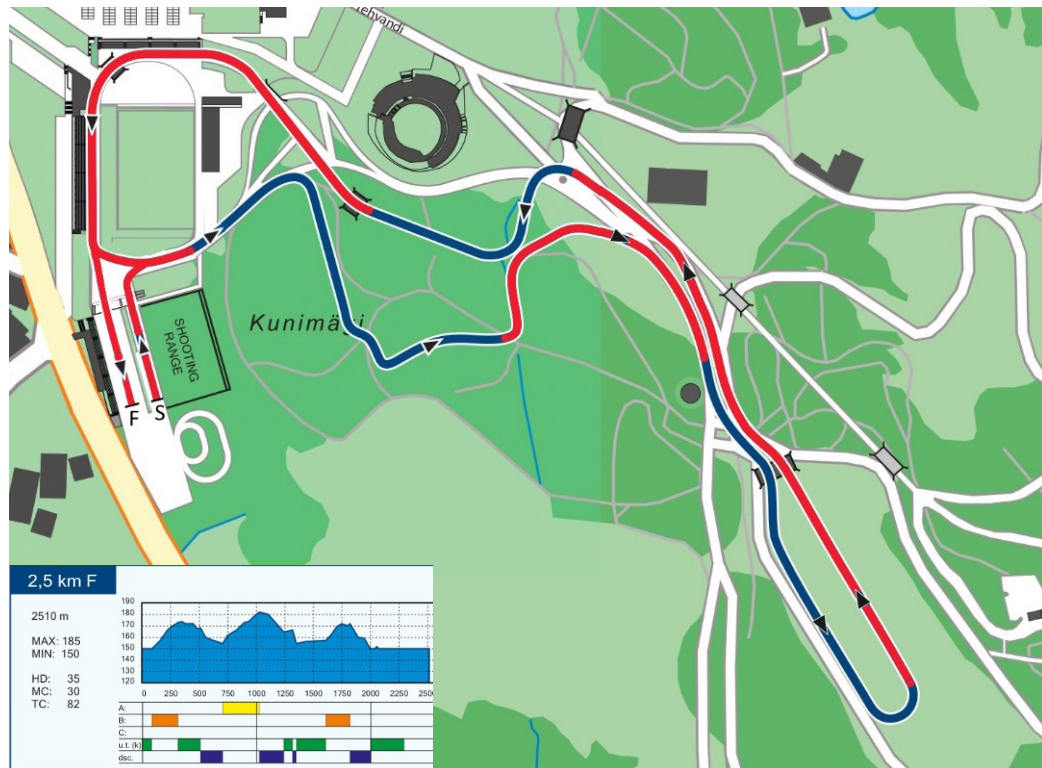
- Access to Race office is thru service tunnel





# COURSE

- START: 1 track on the course
- FINISH: 4 corridors
- No coaching on the stadium and downhills
- No diagonal zone
- Classical technique control



## SKI TESTING and WARM-UP

- Competition course is open at 9.00 in the morning for warm-up.
- Course will be closed 5 minutes before first start.
- **Ski testing** is allowed **only** on testing course



# FLOUR TESTING

- There is flour testing after competition
- **No ski testing** before race
- One sticker for one ski

## MEN



EMAJÖE  
SUUSAKLUBI

NSA

BIB

PAIR  
/SKI

## WOMEN



EMAJÖE  
SUUSAKLUBI

NSA

BIB

PAIR  
/SKI

# COURSE PREPARATION AND GROOMING

- The course will be prepared for the competition early in morning
- Any questions? Comments?

# GENERAL INFORMATION FROM TD

- Classical technique includes the Diagonal Stride techniques, the double poling with or without diagonal kick, herringbone or half herringbone without a gliding phase and turning techniques. (ICR 310.2.2.1 )
- Turning techniques comprise of steps with the inner ski and pushes with the outer ski in order to change skiing direction. The sections of the course where turning techniques are allowed must be clearly marked. (ICR 310.2.2.3)
- Competitors who are being passed must give way on first demand. (ICR 343.10.1)

# GENERAL INFORMATION FROM OC

- Sunday Relay races will be half an hour earlier
  - Womens' start at 9:30
  - Mens' start at 10:30

# THANK YOU!

GOOD LUCK FOR TOMORROW

