

10 th ALBU JAAK MAE CUP SKI RACE GENERAL INSTRUCTIONS

1. OBJECTIVES

- 1.1. To organize an international skiing competition that is listed in the FIS Calendar.
- 1.2. To promote the Valgehobusemäe Skiing and Holiday Centre, developed by Albu Municipal Government.
- 1.3. To increase the popularity of skiing among young people.

2. PLACE AND TIME OF COMPETITION

- 2.1. The competition takes place in the Valgehobusemäe Skiing and Holiday Centre, Albu Municipality, Järva County, Estonia, on 3rd of January 2010

3. ORGANISATION AND MANAGEMENT

- 3.1. The race organizers are Albu Municipal Government and the Sports Club Vargamäe.
- 3.2. The Technical Delegate (FIS TD) is Robert Peets.
- 3.3. The Chief of Competition is Kalju Kertsmik.
- 3.4. The Chief of Course is Raivo Pellja
- 3.5. The Secretary of Race is Ene Ott
- 3.6. The Chief of Timing is Vahur Leemets
- 3.7. The official name of the competition is the 10th Albu Jaak Mae Cup Ski Race.

4. GENERAL RULES

- 4.1. The competition will be held in accordance with the ESA and FIS cross-country skiing rules and regulations.
- 4.2. For the competition, electronic timing will be used. Intermediate times will be taken after each 2.5 km lap.
- 4.3. The Chief of Competition shall inform the public of the cancellation or postponement at least five days before the date of the competition, using the websites of the Estonian Ski Association, FIS and Albu Rural Municipality for this purpose.
- 4.4. The unofficial results will be available at the competition site on the same day after the finish and electronically on the website of the Estonian Ski Association on the Monday following the competition.

5. PARTICIPANTS, DISTANCES

- 5.1. All athletes who have a valid FIS license and whose state of health is sufficiently good may take part in the competition. Each competitor is responsible for his or her own health.
- 5.2. The organizers will also send invitations to competitors abroad to participate in the competition.
- 5.3. The competition will be held in classical technique. Starting method: interval start in pairs with 20-second intervals
- 5.4. There will be 1 start group for both women and men. The competitors will start in pairs. The starting order will be determined by the current FIS Distance Points List, starting with the competitors with the highest points.

Start group 1 - women 5,0 km
Start group 2 – men 10,0 km

The race will be held on the 2.5 km course at Valgehobusemäe.

6. REGISTRATION

6.1. Competitors should register by e-mail on albu.vald@albu.ee, stating their name, sex, distance, year of birth, club and address (phone, e-mail) by 5 p.m., 29th of December 2009 at the latest.

6.2. There will be no registration by names at the competition site.

7. ENTRY FEES

7.1. The entry fee for the competitors at the FIS distance will be 7 Euros or 100 Estonian kroons (EEK). The entry fee shall be paid by 29th of December 2009 at the latest onto account no 1120082871 of the Albu Vallavalitsus (Albu Municipality) in Swedbank or in cash at the competition site.

8. PROGRAMME

8.1. The competitors will be given the opportunity to train and inspect the course from 1 p.m. to 3 p.m. on 2nd of January 2010.

8.2. The competition will start at 13 a.m. on 3rd of January 2010. The exact start times for the groups will be scheduled one week before the competition and will be published on the addresses www.suusaliit.ee and www.albu.ee.

8.3. The hand-out of the start numbers will finish 30 minutes before the start on the competition day.

9. PROTESTS

9.1. Protests should be submitted to the Jury in accordance with the cross-country competition rules of the Estonian Ski Association.

9.2. 250 EEK must be deposited with the submittal of the protest. The deposit will be returned if the protest is upheld.

10. TD AND JURY

10.1. The organization of the competition will be supervised by the FIS TD . The Jury will consist of the TD, the Assistant TD and the Chief of Competition.

10.2. All protest must be delivered to jury in 15 minutes after the unofficial result are shown on official information board.

10.3. The Jury shall decide on the changes proceeding from the weather conditions as well as other aspects of the competition which are the competence of the Jury.

11. AWARDING OF PRIZES

11.1. The award for both the first male and the first female winner is a Jaak Mae Cup, a diploma and a prize. The 2nd to the 6th placing will be awarded a diploma and a prize.

11.2. The prize-giving will start 25 minutes after the finish of the last FIS competitor at the competition site.

12. INFORMATION AND ACCOMMODATION

The information will be available on www.albu.ee and www.suusaliit.ee, starting from 1st of December 2009.

Accommodation may be found in holiday homes with all conveniences
Valgehobusemäe Skiing and Holiday Centre

Contact info:

Chief of Competition Kalju Kertsmik +372 382 0500, +372 521 4270, email kertsmik@albu.ee

TD Robert Peets +372 55681084 email robertpeets@gmail.com

PROGRAMME

Saturday, 2nd of January 2010

9.00 - 15.00 Race Office is open Valgehobusemägi

13.00 – 15.00 Official training

Sunday, 3rd of January 2010

10.00 – 16.00 Race Office is open Valgehobusemägi

10.00 – 16.00 Press Centre is open Valgehobusemägi Visitor's Centre

9.30-10.00 Team Captains meeting Valgehobusemägi Visitor's Centre

10.00 – 10.30 Opening ceremony Valgehobusemägi

10.00 – 12.45 Track open for warm up and testing Valgehobusemägi

13.00 WOMEN 5,0 km (CL), start in pairs Valgehobusemägi

13.30 MEN 10 km (CL), start in pairs Valgehobusemägi

14.45 W, M award ceremony Valgehobusemägi

15.00 W, M press conference Valgehobusemägi Visitor's Centre