



## ESL KARIKASARI KAHEVÖISTLUSES JA SUUSAHÜPETES 2022/2023 I ETAPP VÕRU

**Date:** 18. September 2022

**Place:** Andsumäe, Võru

### **Age groups:**

Youngsters – 2017.a. and younger

N8 - 2015.a. – 2016.a. born (hill – K10)

M8 - 2015.a. – 2016.a. born (hill – K10)

N10 - 2013.a. – 2014.a. born (hill – K15)

M10 - 2013.a. – 2014.a. born (hill – K15)

N12 – 2011.a. – 2012.a. born (hill – K15)

M12 – 2011.a. – 2012.a. born ( hill – K30)

N14 - 2009.a. – 2010.a. born (hill – K30)

M14 – 2009.a. – 2010.a. born (hill – K30)

Open class 2008.a. and older (hill – K30)

### **Time schedule:**

**11.00 - 11.50** Training

**12.00** Competition jumps K-10 hill and K-15 hill.

Following jumps on K-30 hill.

First and second jump account for ski jumping and third jump for nordic combined.

There is no trial round.

**NB! Coaches must inform any changes compared with registration sheet one hour before the competition and confirm it with a signature at the competition secretary.**

**Cross-country starts 30 minutes after the last jumper at Andsumäe.**

### **Distances:**

N8, M8 – 500 m (1 x 500 m)

N10, M10 – 1 km (2 x 500 m)

N12 – 1,5 km (3 x 500 m)

M12 – 2 km (4 x 500 m)

N14 – 2 km (4 x 500 m)

M14 and open class – 3 km (6 x 500 m)



### **Competitors:**

Competition is in individual ski jumping and Nordic combined (MN8 – MN14 and Open class). Overall competitors make 3 jumps: **1. ja 2. jump account for ski jumping and 3. Jump for Nordic combined.**

**NB! Sliding only on the landing area of the hill does not account for competition jump.**

All competitors can take part in their age group. All athletes must have sufficient training which will be confirmed by the coach with signature on registration sheet. All competitors must wear a helmet.

### **Registration:**

Registration for competition to be completed for Thursday evening 15. September 2022.

e-mail: [urve.loit@gmail.com](mailto:urve.loit@gmail.com)

**NB! Registration is filled on registration sheet.**

### **Award ceremony:**

Every age group is awarded.

Award ceremony starts 15 min after the competition.

### **Competition organizing:**

Competition is organized by Estonian ski association in cooperation with Andsumäe suusaklubi and Võru Spordikool.

### **Info:**

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