



Eesti Pagar

**ESL KARIKASARI KAHEVÖISTLUSES JA SUUSAHÜPETES 2022/2023
III ETAPP NÕMME
EESTI MV MN12, MN14, MN16**

Date: 15. October 2022

Place: Nõmme, Tallinn

Age groups:

Youngsters – 2017.a. and younger

N8 - 2015.a. – 2016.a. born (hill – K5/K10)

M8 - 2015.a. – 2016.a. born (hill – K5/K10)

N10 - 2013.a. – 2014.a. born (hill – K10)

M10 - 2013.a. – 2014.a. born (hill – K18)

N12 – 2011.a. – 2012.a. born (hill – K18)

M12 – 2011.a. – 2012.a. born (hill – K25)

N14 - 2009.a. – 2010.a. born (hill – K25)

M14 – 2009.a. – 2010.a. born (hill – K50)

N16 and M16 – 2007.a. – 2008.a. born (hill – K50)

Open class 2008.a. and older (hill – K50)

Time schedule:

11.00 – 11.45 K-10, K-18, K-25 and K-50 training

12.00 Competition jumps K-10 hill

Following jumps on K-18 and K-25 hill. Following jumps on K-50 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 near the K-50 ski jumping hill.

Distances:

M8, N8 – 500 m

M10, N10 – 1 km

N12 – 1,5 km

M12 – 2 km

N14 – 2 km

M14, N16, M16 and open class – 3 km



Competitors:

Competition is in individual ski jumping and Nordic combined (MN8 – MN14, N16 and Open class). Overall competitors make 3 jumps: **1. and 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. Older athletes can compete in Open class. 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 13. October 2022, at 18:00.
e-mail: 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 Nõmme suusaklubi.

Info:

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