



Name of the event:	ESTONIAN NATIONAL CHAMPIONSHIP IN CROSS-COUNTRY SKIING INDIVIDUAL START CLASSIC (FIS)			
Time and place:	22.12.2022, Mammaste, Põlvamaa			
<u>EVENT INSTRUCTIONS</u>				
<u>1. Organizer:</u>				
	Assignment	Name	Email	Phone nr
<u>2. Organizing comitee:</u>	Chief of competition	Taavi Nagel	taavinagel@gmail.com	+3725294373
	Competition secretary:	Anneli Tilk	anneli.tilk@gmail.com	+3725286127
	Chief of course:	Toomas Treier		+3725086399
	Chief of timekeeping:	Vahur Leemets	registreerumine@nelson.ee	+37256495439
	National TD:	Otto Riisenberg	otto.riisenberg@gmail.com	+3725066002
<u>3. Rrogramme</u>	Date	Time	Explanation, place	
3.1 Race center	22.12.2022	13.00- 16.00	Mammaste Health and Sports Centre (issuance of bibs) 2nd floor	
3.2 Team captains' meeting	22.12.2022	13.30	Mammaste Health and Sports Centre 2nd floor	
3.3 Agenda	22.12.2022	12:30 – 13:55	Tracks open for warm-up	
	22.12.2022	14.00	Order of starts: Women (3x 3,3km)10 KM classic	
		15.00	Men (3x 3,3km)10 km classic	
			Winners ceremony takes places at the start-finish area approximately 15 min after the last finisher.	
<u>4. Participants</u>	<p>Everybody who has gone through an evaluation of their medical health and whose state of medical health allows them to complete the given distance of their age class are allowed to participate at the Estonian National Championship. Competitors are responsible for their participation (parents or and authorized person are responsible for competitors underage).</p> <p>All athletes with an active FIS code can participate in FIS competition. To participate in Estonian Championships the competitors have to own a valid Estonian Ski Association license.</p>			



<u>5. Race entry fee</u>	Race entry fee for adults: 20€ Race entry fees should be transferred latest by the 20.12.2022 on MTÜ Spordiklubi Serviti bank account, IBAN: EE322200001120281232 NB! If you wish to have a bill, write an email to arne.tilk@gmail.com beforehand.			
<u>6. Registration</u>	Registration must be done by 23:59 on the 20th of December 2022. Estonian athletes registration is done by Estonian Ski Association online registration form at www.suusaliit.ee Foreign athletes enter via FIS Entry Form that should be sent by mail to reg@nelson.ee By registering to the race, participants give their rights to the organizer to use their name, date of birth and results of the race on the web page of Estonian Ski Association and photos/videos to promote the event.			
<u>7. Winners ceremony</u>	Best three of every age class will be rewarded according to the general instructions of the Estonian National Championship. Winners ceremony takes place 15 min after the last competitor has finished simultaneously for all the age classes.			
<u>8. Tracks and ski stadium</u>	Start and finish are on the stadium of Mammaste Health and Sports Center. Starts are individual and the length of the lap is 3.3 km (map added).			
<u>9. Warm-up and after race recovery</u>	NB ! Race track is open for warm up from 12:30 PM Competitors are allowed to do warm-up on the race tracks with a bib shirt turned inside out until 5 min before the first start. The race tracks are also open for warm-up and testing between the starts women and men. Tracks will be closed 5 min before the start. During the race it is possible to test skies on the tracks behind the center.			
<u>10. Waxing facilities</u>				
<u>11. Protests</u>	According to the Estonian National Championship general instructions 2022/2023.			
<u>12. Other</u>	Cases that are not regulated by the general instructions of Estonian National Championships or FIS race regulations will be solved according to the competency of the organizing committee or jury. Doping controls might be carried out.			
<u>13. Covid-19 info</u>				
<u>14. Jury</u>	Assignment	Name	Email	Phone nr
	1. TD (Chair of the jury)	Otto Riisenberg	otto.riisenberg@gmail.com	+3725066002
	2. Chief of competition	Taavi Nagel	taavinagel@gmail.com	+3725294373
	3. Chief of timekeeping	Vahur Leemets	vahur@nelson.ee	+37256495439
<u>15. Composer of the instruction</u>	Name		Email	Phone nr
	Taavi Nagel		taavinagel@gmail.com	+3725294373