



**Eesti Pagar**

## ESL KARIKASARI KAHEVÖISTLUSES JA SUUSAHÜPETES 2022/2023 VIII ETAPP NÕMME

**Date:** 25. February 2023

**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)

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 jump accounts for ski jumping and second jump for ski jumping and 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 45 minutes after the last jumper near the Hiiu staadion (address Harku 69).**

### **Distances:**

M8, N8 – 500 m

M10, N10 – 1 km

N12 – 1,5 km

M12 – 2 km

N14 – 2 km

M14 and open class – 3 km



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**Competitors:**

Competition is in individual ski jumping and Nordic combined (MN8 – MN14 and Open class). Overall competitors make 2 jumps: **1. jump accounts for ski jumping and 2. jump for ski jumping and 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 23. February 2023, at 18:00.  
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 Nõmme suusaklubi.

**Info:**

Karl Mustjõgi  
Chief Organizer  
+372 5627 5604

[karl.mustjogi@gmail.com](mailto:karl.mustjogi@gmail.com)