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FIBENOL NOORTE KARIKASARI KAHEVÖISTLUSES JA SUUSAHÜPETES 2023/2024 III ETAPP NÕMME EMV MN12, MN14, MN16

DATE: 7. October 2023

PLACE: Nõmme, Tallinn

<u>AGE GROUP</u>	<u>YEAR OF BIRTH</u>	<u>HILL</u>	<u>CROSS-COUNTRY DISTANCE</u>
YOUNGSTERS	2018 and younger	K5/K10	No cross-country
N8	2016 – 2017	K10	500 m
M8	2016 – 2017	K10	500 m
N10	2014 – 2015	K10	1 km
M10	2014 – 2015	K18	1 km
N12	2012 – 2013	K18	1.5 km
M12	2012 – 2013	K25	2 km
N14	2010 – 2011	K25	2 km
M14	2010 – 2011	K50	3 km
N OPEN CLASS	2009 and older	K50	2 km
M OPEN CLASS	2009 and older	K50	3 km

TIME SCHEDULE:

11.00 - 11.50 Training

12.00 Competition jumps K-10.

Following jumps on K-18 and K-25 hill.

Following jumps on K-50 hill.

Both jumps account for ski jumping and the best jump accounts 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 K-50 hill.





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COMPETITORS:

The competition is in individual ski jumping and Nordic combined (MN8 – MN14 and Open class). Overall competitors make 2 jumps: **both jumps account for ski jumping and the best jump accounts 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. According to the general Youth Cup guide, an athlete can compete on a smaller hill than his/her age group but the points are accounted as if he/she had jumped on his/her designated hill. 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 5. October 2023.
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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