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FIBENOL NOORTE KARIKASARI KAHEVÕISTLUSES JA SUUSAHÜPETES 2024/2025
III ETAPP NÕMME
EMV N12, M12, N14, M14, N16, M16

DATE: 12. October 2024

PLACE: Nõmme, Tallinn

<u>AGE GROUP</u>	<u>YEAR OF BIRTH</u>	<u>HILL</u>	<u>CROSS-COUNTRY DISTANCE</u>
YOUNGSTERS	2019 and youngers	K5/K10	No cross-country
N8	2017 – 2018	K5/K10	500 m
M8	2017 – 2018	K5/K10	500 m
N10	2015 – 2016	K10	1 km
M10	2015 – 2016	K18	1 km
N12	2013 – 2014	K18	1.5 km
M12	2013 – 2014	K25	2 km
N14	2011 – 2012	K25	2 km
M14	2011 – 2012	K50	3 km
N OPEN CLASS	2010 and olders	K50	2 km
M OPEN CLASS	2010 and olders	K50	4 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 10. October 2024.
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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