



ESTONIAN CHAMPIONSHIPS IN ROLLER-SKIING (FIS)

AUGUST 16-17, 2025

TEHVANDI SPORTS CENTER, OTEPÄÄ

SPRINT TIMETABLE - 16.08.2025

10:00 - 11:00
10:30

RACE OFFICE (BIB NUMBERS)
TEAM CAPTAINS MEETING

ROOM 107
ROOM 107

11:00 - 11:25

QUALIFICATION W16, W18, W20,
WOMEN

ROLLERSKIS MAX 10MIN BEFORE START

11:30 - 12:00

QUALIFICATION M16, M18, M20, MEN

APPROXIMATE TIMES

13:00
13:04
13:08
13:12
13:16
13:20
13:24
13:28
13:32
13:36
13:40
13:44
13:48
13:52
13:56
14:00
14:04
14:08
14:12
14:16
14:20
14:24
14:28
14:32
14:36
14:40
14:44
14:48
14:52
14:56
15:00
15:04
15:08
15:12
15:16
15:20
15:24
15:28

15:45

FINALS

W16 PLACES 19-...
W16 PLACES 13-18
W16 SEMIFINAL 1
W16 SEMIFINAL 2
M16 PLACES 19-...
M16 PLACES 13-18
M16 SEMIFINAL 1
M16 SEMIFINAL 2

M18 FINAL

M18 HEAT 1
M18 HEAT 2
M18 HEAT 3
M18 HEAT 4
M18 HEAT 5
W18 SEMIFINAL 1
W18 SEMIFINAL 2

W16 FINAL

M16 FINAL

W, W20 HEAT 1
W, W20 HEAT 2
W, W20 HEAT 3
W, W20 HEAT 4
W, W20 HEAT 5
M, M20 HEAT 1
M, M20 HEAT 2
M, M20 HEAT 3
M, M20 HEAT 4
M, M20 HEAT 5
M18 SEMIFINAL 1
M18 SEMIFINAL 2
W, W20 SEMIFINAL 1
W, W20 SEMIFINAL 2
M, M20 SEMIFINAL 1
M, M20 SEMIFINAL 2

W18 FINAL

M18 FINAL

W, W20 FINAL

M, M20 FINAL

AWARD CEREMONY

ROLLERSKIS ONLY FOR COMPETITION

**IMPORTANT
INFORMATION**

According to FIS rulebook :

396.2.6

Cross-Country ski poles must be used with Cross-Country skiing tips. Alternatively pole tips must have safety rigid plastic protections with diameter ≥ 30 mm. These protections must be placed maximum 45 mm above the metallic tips.

396.2.7

Safety helmets (e.g. DIN EN 1078 or equivalent) and eye protection must be worn during official training and competition.

Compliance with these rules is checked by the race technical delegate before the start.

