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Competition:	ESTONIAN CHAMPIONSHIPS IN CROSS-COUNTRY SKIING SKIATHLON 7.5/7.5km C/F - 15/15km C/F			
Venue:	December 12, 2016 Otepää/Tehvandi			
<u>COMPETITION INSTRUCTIONS</u>				
1. ORGANIZER:	KARUPESA TEAM SKI CLUB			
	Responsibility	Name	E-mail	Phone
2. :Organizing committee:	Chief of competition:	Tanel Ojaste	tanel@ojaste.ee	+3725125893
	Secretary:	Marju Külm	marju65@hotmail.ee	+37255608911
	Head of tracks:	Tiit Tammemäe	tiit@tehvandi.ee	+3725268656
	Chief of timing:	Vahur Leemets	vahur@nelson.ee	+37256495439
	Estonian Ski Accociation Technical Delegate:	Otto Riisenberg	otto.riisenberg@gmail.com	+3725066002
3.Program	Date	Time	Characteristics; place of competition	
3.1. Race office	23.12.2016	8.00-14.30	Secretary – competition bibs Tehvandi stadium building room nr. 202	
3.2 TCM meeting	23.12.2016	9.00	Tehvandi stadium building second floor – seminar room	
3.3 Events program	23.12.2016	8.00 – 9.55	Ski track opened for warm-up	
		10.00	Ladies W – C 7,5km + F 7,5km Ladies U23 – C 7,5km + F 7,5km Ladies U20 – C 5km + VF5km <i>* Only one 2,5km lap for both techniques</i>	
		12.00	Men – C 15km + F 15km M23 – C 15km + F 15km M20 – C 10km + F 10KM <i>* 3x 3,3km lap + 2 x 2,5km lap</i> <i>* Only one 2,5km and 3,3km lap for both techniques</i>	
		15 minutes after the last finisher	Winners ceremony	
4. Participants	Estonian open championships can be participated by the athletes undergone healthcheck, the state of health and preparation is in accordance with racing the distance. Competitors participate at their own risk (under aged – parents or persons authorised). For all Estionian competitors Estonian Ski Association licence obligatory			
5. Participation fee	All competitors - 15,00 €			



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	<p>Start fee has to be transferred latest at 18.00, 21.12.2016 MTÜ Karupesa Team IBAN: EE332200221051487639 / BIC: HABAE2X <i>* Information or invoice applications: tanel@ojaste.ee</i></p>			
6. Registration	<p>Registration of individual competitors by 16.00, 20.12.2016 e-mail: registreerumine@nelson.ee (copy: tanel@ojaste.ee)</p> <p>ESL registration list -> www.suusaliit.ee -> Murdmaasuusatamine -> Dokumendid -> Muud dokumendid > ESL registreerimisleht.xls</p>			
7. Awards	<p>Three best of each group according to the instructions of EMV. Three first of FIS group – extra presents. Winners ceremony – all age groups - 15 minutes after the last competitor's finish.</p>			
8. Track and ski stadium	<p>Start-finiš: Tehvandi ski stadium Only one 2,5km and 3,3km track for both techniques.</p>			
9. Warm-up and relaxing	<p>Race track closed for warm-up and relaxation 5 minutes before first start. Warm-up after start is possible on the track only with competition bib turned outside in.</p>			
10. Service rooms	<p>Ski service rooms can be booked on phone +372 7669500</p>			
11. Protests	<p>According to the FIS competition instructions 2015/2016 AND EMV 2015/2016 general instructions. Protest deposit 30 EUR.</p>			
12. Other	<p>Cases not regulated by instructions above are solved by the organising committee or jury.</p>			
14. Jury				
	responsibility	name	e-mail	telefoni nr
1.	TD (esimees)	Otto Riisenberg	otto.riisenberg@gmail.com	+372506 6002
2.	võistl. juhataja	Tanel Ojaste	tanel@ojaste.ee	+3725125893
3.	Ajavõtu ülem	Vahur Leemets	vahur@nelson.ee	+37256495439
15. Instructions compiled	name	e-mail	phone nr	
	Tanel Ojaste	tanel@ojaste.ee	+3725125893	