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Postimees

Competition:	ESTONIAN CHAMPIONSHIPS IN CROSS-COUNTRY SKIING SPRINT F & 10km/15km C			
Venue:	February 11th & 12th, 2017 Otepää/Tehvandi			
<b><u>COMPETITION INSTRUCTIONS</u></b>				
<b>1. ORGANIZER:</b>	KARUPESA TEAM SKI CLUB			
	<b>Responsibility</b>	<b>Name</b>	<b>E-mail</b>	<b>Phone</b>
<b>2. :Organizing committee:</b>	<b>Chief of competition:</b>	Tanel Ojaste	<a href="mailto:tanel@ojaste.ee">tanel@ojaste.ee</a>	+3725125893
	<b>Secretary:</b>	Marju Külm	<a href="mailto:marju65@hotmail.ee">marju65@hotmail.ee</a>	+37255608911
	<b>Head of tracks:</b>	Tiit Tammemäe	<a href="mailto:tiit@tehvandi.ee">tiit@tehvandi.ee</a>	+3725268656
	<b>Chief of timing:</b>	Vahur Leemets	<a href="mailto:vahur@nelson.ee">vahur@nelson.ee</a>	+37256495439
	<b>Estonian Ski Accociation Technical Delegate:</b>	Tiit Tammemäe	<a href="mailto:tiit@tehvandi.ee">tiit@tehvandi.ee</a>	+3725268656
	<b>ESL (TD assistant)</b>	Adeele Arnek	<a href="mailto:adeelearnek@gmail.com">adeelearnek@gmail.com</a>	+37253465337
<b>3.Program</b>	<b>Date</b>	<b>Time</b>	<b>Characteristics; place of competition</b>	
<b>3.1. Race office</b>	11.02.2017 12.02.2017	8.00-15.00 8.00-15.00	RACE OFFICE – competition bibs Tehvandi stadium building room nr. 208	
<b>3.2 TCM meeting</b>	11.02.2017 12.02.2017	10.00 9.30	Tehvandi stadium building second floor – room nr. 208	
<b>3.3 Events program</b>	11.02.2017	10.30-10.55 13.00-13.25	Competition track opened for warm-up	
	12.02.2017	9.30 – 10.25		
	11.02.2017	11.00 – 11.30	<b>Ladies Sprint F – 1,3km qual.</b> <b>Men Sprint F – 1,6km qual.</b>	
		13.30 – 15.00	<b>Sprint Finals</b>	
	12.02.2017	10.30 – 12.30	<b>Ladies 10km C (3 x 3,3km)</b> <b>Men 15km C (4 x 3,75km)</b>	
		15 minutes after the last finisher	Winners ceremony	
<b>4. Participants</b>	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 Estonian competitors Estonian Ski Association licence obligatory			
<b>5. Participation fee</b>	<b>All competitors - 15,00 €</b> Start fee has to be transfered latest at 18.00, 9.02.2017 <b>MTÜ Karupesa Team</b> <b>IBAN: EE332200221051487639 / BIC: HABAE2X</b> • Information or invoice applications: <a href="mailto:tanel@ojaste.ee">tanel@ojaste.ee</a>			



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<b>6. Registration</b>	<b>Registration of individual competitors by 16.00, 8.02.2017</b> e-mail: <a href="mailto:registreerumine@nelson.ee">registreerumine@nelson.ee</a> (copy: <a href="mailto:tanel@ojaste.ee">tanel@ojaste.ee</a> )  ESL registration list -> <a href="http://www.suusaliit.ee">www.suusaliit.ee</a> -> Murdmaasuusatamine -> Dokumendid -> Muud dokumendid > ESL registreerimisleht.xls			
<b>7. Awards</b>	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.			
<b>8. Track and ski stadium</b>	Start-finish: Tehvandi ski stadium Sprint tracks: 1,3km for Ladies and 1,6km for Men 10km C for Ladies (3 x 3,3km) 15km C for Men (4x 3,75km)			
<b>9. Warm-up and relaxing</b>	<b>11.02 (SPRINT):</b> 8.00-10.30 warm-up allowed only backside of Tehvandi tracks (3,3km/3,75km). 10.30-10.55 warm-up allowed on sprint track. 11.30-13.00 warm-up allowed only backside of Tehvandi tracks (3,3km/3,75km). 13.00 – 13.25 warm-up allowed on sprint track. <i>* During the competition all sprint tracks are closed for warm-up!</i>  <b>12.02 (10km/15km C):</b> 8.00 – 10.25 all tracks are opened for warm-up 10.30 – 12.30 warm-up allowed on the track only with competitor bib turned outside in.			
<b>10. Service rooms</b>	Ski service rooms can be booked on phone +372 7669500			
<b>11. Protests</b>	According to the FIS competition instructions 2015/2016 and EMV 2015/2016 general instructions. Protest deposit 30 EUR.			
<b>12. Other</b>	Cases not regulated by instructions above are solved by the organising committee or jury.			
<b>14. Jury</b>				
	<b>responsibility</b>	<b>name</b>	<b>e-mail</b>	<b>telefoni nr</b>
1.	TD	Tiit Tammemäe	<a href="mailto:tiit@tehvandi.ee">tiit@tehvandi.ee</a>	+3725268656
2.	Chief of competition	Tanel Ojaste	<a href="mailto:tanel@ojaste.ee">tanel@ojaste.ee</a>	+3725125893
3.	ESL (TD assistant)	Vahur Leemets	<a href="mailto:vahur@nelson.ee">vahur@nelson.ee</a>	+37256495439
<b>15. Instructions compiled</b>	<b>name</b>	<b>e-mail</b>	<b>phone nr</b>	
	Tanel Ojaste	<a href="mailto:tanel@ojaste.ee">tanel@ojaste.ee</a>	+3725125893	