



**ESL KARIKASARI KAHEVÖISTLUSES JA SUUSAHÜPETES 2017/2018
X ETAPP OTEPÄÄ
ESTONIAN NATIONAL CHAMPIONSHIPS MN12 AND MN14**

Date: 17. March 2018

Place: Apteekrimägi, Otepää

Age groups:

N8 - 2010.a. and youngers (hill – K10)

M8 - 2010.a. and youngers (hill – K10)

N10 - 2008.a. – 2009.a. (hill – K10)

M10 - 2008.a. - 2009.a. born (hill – K15)

N12 – 2006.a. – 2007.a. born (hill – K15)

M12 – 2006.a. - 2007.a. born (hill – K25)

N14 - 2004.a. - 2005.a. born (hill – K25)

M14 – 2004.a. – 2005.a. born (hill – K45)

Open class 2003.a. and older (hill – K45)

Time schedule:

11.00 – 11.45 Training

12.00 Competition jumps K-10, following jumps on K-15, K-25 and K-45 hill.

First and second jump account for ski jumping and third jump for nordic combined.

There is no trial round.

Cross-country starts 1 hour after the last jumper at Tehvandi stadium.

Distances:

M8, N8 – 500 m

M10, N10 - 1 km

M12, N12 – 2 km

M14, N14 and free class – 3 km



Competitors:

Competition is in individual ski jumping and Nordic combined (MN8 – MN14 and Free class). Overall competitors make 3 jumps: **1. ja 2. jump account for ski jumping and 3. Jump for Nordic combined.**

All competitors can take part in their age group. Older athletes can compete outside their age group or in Open class. 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 Wednesday evening 14th March 2018.

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 Põhjakotkas Otepää suusaklubi.

Info:

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