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**ESL KARIKASARI KAHEVÖISTLUSES JA SUUSAHÜPETES 2018/2019**  
**VIII ETAPP NÕMME**  
**EESTI MV MN12, MN14, N16**

**Date:** 23. February 2019

**Place:** Nõmme, Tallinn

**Age groups:**

N8 - 2011.a. and youngers (hill – K10)

M8 - 2011.a. and youngers (hill – K10)

N10 - 2009.a. – 2010.a. born (hill – K10)

M10 - 2009.a. – 2010.a. born (hill – K18)

N12 – 2007.a. – 2008.a. born (hill – K18)

M12 – 2007.a. – 2008.a. born ( hill – K25)

N14 - 2005.a. – 2006.a. born (hill – K25)

M14 – 2005.a. – 2006.a. born (hill – K50)

N16 – 2003.a. – 2004.a. born (hill – K50)

Open class 2004.a. and olders (M16, Men, Women, Veterans) (hill – K50)

**Time schedule:**

**11.00 – 11.45** K-10, K-18, K-25 and K-50 training

**12.00** Competition jumps K-10 hill

Following jumps on K-18 and K-25 hill. Following jumps on K-50 hill.

First jump accounts for ski jumping, second jump accounts for ski jumping and 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 1 hour after the last jumper at Hiiu stadium (address Pidu 11, Tallinn).**

**Distances:**

M8, N8 – 500 m

M10, N10 – 1 km

M12, N12 – 2 km

M14, N14, N16 and open class – 3 km



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### **Competitors:**

Competition is in individual ski jumping and Nordic combined (MN8 – MN14, N16 and Open class). Overall competitors make 2 jumps: **1. jump accounts for ski jumping, 2. jump for ski jumping and 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. 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 Thursday evening 21. February 2019, at 18:00.  
e-mail: [urve.loit@gmail.com](mailto: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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