



ESL KARIKASARI KAHEVÖISTLUSES JA SUUSAHÜPETES 2018/2019 IX ETAPP OTEPÄÄ

Date: 9. March 2019

Place: Apteekrimägi, Otepää

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 – K10)

N12 – 2007.a. – 2008.a. born (hill – K10)

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

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

M14 – 2005.a. – 2006.a. born (hill – K45)

Open class 2004.a. and older (hill – K45)

Time schedule:

11.00 – 11.45 K-10, K-25 and K-45 training

12.00 Competition jumps K-10 hill

Following jumps on K-25 hill. Following jumps on K-45 hill.

First and second jump account for ski jumping and third jump for 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 30 minutes after the last jumper at Apteekrimägi.

Distances:

M8, N8 – 500 m

M10, N10 – 1 km

M12, N12 – 2 km

M14, N14 and open class – 3 km



Competitors:

Competition is in individual ski jumping and Nordic combined (MN8 – MN14 and Open class). Overall competitors make 3 jumps: **1. ja 2. jump account for ski jumping and 3. Jump for 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 7. March 2019, at 18:00.

e-mail: urve.loit@gmail.com

NB! Registration is filled on registration sheet.

Award ceremony:

Every age group is awarded.

Award ceremony starts 1 hour after the competition.

Competition organizing:

Competition is organized by Estonian ski association in cooperation with Otepää spordiklubi.

Info:

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