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ESL KARIKASARI KAHEVÖISTLUSES JA SUUSAHÜPETES 2019/2020
III ETAPP NÕMME
EESTI MV MN12, MN14, N16

Date: 12. October 2019

Place: Nõmme, Tallinn

Age groups:

N8 - 2012.a. and youngers (hill – K10)

M8 - 2012.a. and youngers (hill – K10)

N10 - 2010.a. – 2011.a. born (hill – K10)

M10 - 2010.a. – 2011.a. born (hill – K18)

N12 – 2008.a. – 2009.a. born (hill – K18)

M12 – 2008.a. – 2009.a. born (hill – K25)

N14 - 2006.a. – 2007.a. born (hill – K25)

M14 – 2006.a. – 2007.a. born (hill – K50)

N16 – 2004.a. – 2005.a. born (hill – K50)

Open class 2005.a. and older (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 30 minutes after the last jumper near the K-50 ski jumping hill.

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 10. October 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 15 min after the competition.

Competition organizing:

Competition is organized by Estonian ski association in cooperation with Nõmme suusaklubi.

Info:

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