



ESL KARIKASARI KAHEVÖISTLUSES JA SUUSAHÜPETES 2021/2022 I ETAPP OTEPÄÄ

Date: 4. September 2021

Place: Apteekrimägi, Otepää

Age groups:

- N8 - 2014.a. and youngers (hill – K7/K10)
- M8 - 2014.a. and youngers (hill – K7/K10)
- N10 - 2012.a. – 2013.a. born (hill – K7/K10)
- M10 - 2012.a. – 2013.a. born (hill – K25)
- N12 – 2010.a. – 2011.a. born (hill – K25)
- M12 – 2010.a. – 2011.a. born (hill – K25)
- N14 - 2008.a. – 2009.a. born (hill – K25)
- M14 – 2008.a. – 2009.a. born (hill – K40)
- Open class 2007.a. and older (hill – K40)

Time schedule:

11.00 - 11.50 Training

12.00 Competition jumps K-7 and K-10 hill. Following jumps on K-25 hill.

Following jumps on K-40 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 (1 x 500 m)
- M10, N10 – 1 km (1 x 1000 m)
- M12, N12 – 2 km (2 x 1000 m)
- M14, N14 and open class – 3 km (3 x 1000 m)



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 Free 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 2. September 2021.

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 Otepää Spordiklubi.

NB! Due to COVID-19 virus all over 18-year-old athletes, coaches and spectators must prove their infection safety with vaccine certificate or negative test result.

Info:

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