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**ESL KARIKASARI KAHEVÖISTLUSES JA SUUSAHÜPETES 2021/2022**  
**III ETAPP NÕMME**  
**EESTI MV MN12, MN14, N16**

**Date:** 2. October 2021

**Place:** Nõmme, Tallinn

**Age groups:**

N8 - 2014.a. and youngers (hill – K5/K10)

M8 - 2014.a. and youngers (hill – K5/K10)

N10 - 2012.a. – 2013.a. born (hill – K10)

M10 - 2012.a. – 2013.a. born (hill – K18)

N12 – 2010.a. – 2011.a. born (hill – K18)

M12 – 2010.a. – 2011.a. born ( hill – K25)

N14 - 2008.a. – 2009.a. born (hill – K25)

M14 – 2008.a. – 2009.a. born (hill – K50)

N16 – 2006.a. – 2007.a. born (hill – K50)

Open class 2007.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 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 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 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 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 30. September 2021, 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.

**NB! No spectators including parents are not allowed to the competition due to COVID-19 virus.**

### **Info:**

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