

22 th ALBU JAAK MAE CUP SKI RACE GENERAL INSTRUCTIONS

1. OBJECTIVES

- 1.1. To organize an international skiing competition that is listed in the FIS Calendar.
- 1.2. To promote the Valgehobusemäe Ski and Recreation Centre.
- 1.3. To increase the popularity of skiing among young people.

2. PLACE AND TIME OF COMPETITION

- 2.1. The competition takes place in the Valgehobusemäe Ski and Recreation Centre, Jarva Municipality, Järva County, Estonia, on 19.March 2023

3. ORGANISATION AND MANAGEMENT

- 3.1. The race organizers are Foundation of Valgehobusemäe Ski and Recreation Centre
- 3.2. The Technical Delegate (FIS TD) is
- 3.3. The Chief of Competition is Kalju Kertsmik.
- 3.4. The Chief of Course is Raivo Pellja
- 3.5. The official name of the competition is the 22 th Albu Jaak Mae Cup Ski Race.

4. GENERAL RULES

- 4.1. The competition will be held in accordance with the ESA and FIS cross-country skiing rules and regulations.
- 4.2. For the competition, electronic timing will be used. Intermediate times will be taken after every lap.
- 4.3. The Chief of Competition shall inform the public of the cancellation or postponement at least five days before the date of the competition, using the websites of the Estonian Ski Association, FIS and Valgehobusemäe Skiing and Recreation Centre for this purpose.
- 4.4. The unofficial results will be available at the competition site on the same day after the finish and electronically on the website of the Estonian Ski Association on the Monday following the competition.

5. PARTICIPANTS, DISTANCES

- 5.1. All athletes who have a valid FIS license and whose state of health is sufficiently good may take part in the competition. Each competitor is responsible for his or her own health.
- 5.2. The organizers will also send invitations to competitors abroad to participate in the competition.
- 5.3. The competition will be held in classic technique. Starting method: pair start with 20-second intervals
- 5.4. There will be 1 start group for both women and men. The starting order will be determined by the current FIS Distance Points List, starting with the competitors with the highest points.

Start group 1 – women	5 km
Start group 2 – men	10 km

6. REGISTRATION

- 6.1. Competitors should register by e-mail on info@valgehobuse.ee, stating their name, starting gender, distance, year of birth, club and address (phone, e-mail) by 3 p.m 16. March 2023 at the latest.
- 6.2. There will be no registration by names at the competition site.

7. ENTRY FEES

- 7.1. The entry fee for the competitors at the FIS distance will be 10 Euros .The entry fee shall be paid by 16. March 2023 at the latest onto account no EE502200221065753317 in Swedbank or in cash at the competition site.

8. PROGRAMME

- 8.1. The competitors will be given the opportunity to train and inspect the course from 3 p.m. to 5 p.m. on 18. March 2023.
- 8.2. The competition will start at 12.00 a.m. on 19. March 2023. The exact start times for the groups will be scheduled one week before the competition and will be published on the addresses www.suusaliit.ee and www.valgehobuse.ee.
- 8.3. The hand-out of the start numbers will finish 30 minutes before the start on the competition day.

9. PROTESTS

- 9.1. Protests should be submitted to the Jury in accordance with the cross-country competition rules of the Estonian Ski Association.
- 9.2. 16 Euros must be deposited with the submittal of the protest. The deposit will be returned if the protest is upheld.

10. TD AND JURY

- 10.1. The organization of the competition will be supervised by the FIS TD . The Jury will consist of the TD, the Assistant TD and the Chief of Competition.
- 10.2. All protest must be delivered to jury in 15 minutes after the unofficial result are shown on official information board.
- 10.3. The Jury shall decide on the changes proceeding from the weather conditions as well as other aspects of the competition which are the competence of the Jury.

11. AWARDING OF PRIZES

- 11.1. The award for both the first male and the first female winner is a Jaak Mae Cup, a diploma, medal and a prize. The 2nd to the 6th placing will be awarded a diploma, medal and a prize.
- 11.2. The prize-giving will start 25 minutes after the finish of the last FIS competitor at the competition site.

12. INFORMATION AND ACCOMMODATION

The information will be available on www.valgehobuse.ee and www.suusaliit.ee, starting from 1st of February 2023.

Accommodation may be found in holiday homes with all conveniences

Valgehobusemäe Skiing and Holiday Centre

Contact info:

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