



The NORDIC JUNIOR SKI COMPETITION

January 25th-27th 2019 in Otepää, Estonia

Organizers: Estonian Ski Association and Karupesa Team Club

Place: Cross-Country and Nordic Combined ski tracks at Otepää Tehvandi Sports Center, Ski Jumping and Nordic Combined jumping on HS100 Jumping Hill at Otepää Tehvandi Sports Center (<http://bit.ly/2IH0oOg>)

Rules: Nordic Junior Ski Competition in Nordic Events

Closing date for Entries:

- Preliminary entry with the number of athletes and officials and request of hotel reservation – **latest December 28th, 2018**
- Official entry with names, birthday, FIS-code and gender – **latest January 14th, 2019**
- Participants outside the national team entry with names, birthday, FIS-code and gender – **latest January 15th, 2019**

Entry fee: 20€ athlete per race and 45€ per relay team. Entry fees needs to be paid before competition **latest January 23rd**, to the bank account MTÜ Eesti Suusaliit, EE442200221002100473 SWIFT HABAE2X

Entries Cross-country

Estonian Ski Association
Sõjakooli 10, 11316
Tallinn, Estonia
Tel: +372 5563 3635
ergo@suusaliit.ee

Entries Nordic Combined and Ski Jumping

Estonian Ski Association
Sõjakooli 10, 11316
Tallinn, Estonia
Tel: +372 514 8705
urve.loit@gmail.com

Accommodation: Tehvandi Sports Hotel and Hotel Karupesa located in Otepää next to the competition ski tracks (no transportation to and from the tracks/jumping hill necessary). 75€/per person for triple room, 85€/per person in twin room and 100€/per person for a single room per night with full board. NB! There is possibility to use credit cards for payments.

Waxing Facilities: The wax cabins will be available from Wednesday, January 23rd until Monday, January 28th. Every nation gets one free wax cabin. There is possible to get extra wax cabins and the price for the entire stay for extra 18m2 wax cabin at Tehvandi Ski Stadium is 400€. Please notify us about your extra need of wax cabin with the first preliminary entry.



Teams: Each of the Nordic nations (DEN-EST-FIN-ISL-LAT-LIT-NOR-SWE) may enter an unlimited number of participants. For the nations competition of the Nordic Junior Ski Competition only a limited number of competitors from each nation DEN-EST-FIN-ISL-LAT-LIT-NOR-SWE will count (see description below). These competitors must be clearly designed in the entry.

Each nation can enter:

Ski jumping boys	Ski jumping ladies	Nordic Combined	Cross Country	Other nations
Athletes born in 2001 and younger	Athletes born in 2001 and younger	4 athletes born 2001 and Younger - Up to 18 years during the competition year, national team, equipments ICR rules, crosscountry race 8 km	6 women and 6 men born 2001, 2002, 2003	These and additional athletes from the Nordic countries do not participate in the nations competition, only in the races.

Ski Jumping boys: Athletes born in 2001 and younger FIS rules/BMI Counting in competition.

Ski Jumping ladies: Athletes born in 2001 and younger FIS rules/BMI Counting in competition.

Nordic Combined: Athletes born 2001 and Younger - Up to 18 years during the competition year, national team, equipments ICR rules, cross country race 8 km

Cross Country: 6 women and 6 men born 2001 or 2002.

It is also permitted to enter up to 2 substitutes in each discipline, in case any of the selected athletes can not start due to illness.

Beyond the Nordic countries several European nation are invited: These and additional athletes from the Nordic countries do not participate in the nations competition, only in the races.

Additional athletes in Cross-Country can be born from 2001 to 2003.

Competiton groups: Jumping and Nordic Combined should be seeded in 4 groups. The athletes in Cross Country should be seeded in 3 groups. Two athletes in each group. Other national and/or international participants will be seeded in the C-group.



Event Program for Cross-Country

DATE	COMPETITION	TRAININGS	MEETINGS	OTHER
Wed, 23.01		15.00-18.00 free training		14.00-22.00 arrival of the teams
Thu, 24.01		10.00-12.00 official training 16.00-19.00 official training	19.30 TCM (Tehvandi Ski Stadium 2 nd floor)	09.00-19.30 race office open (Tehvandi Ski Stadium 3 rd floor)
Fri, 25.01	10.30 XC-sprint qualification 1 km (CL) girl and 1,3 km (CL) boys 12.30 XC-sprint ¼finals girls and boys (CL) 13.45 XC-sprint ½finals girls and boys (CL) 14.15 XC-sprint final girls and boys (CL)	18.30-20.00 official training	11.30 TCM (Tehvandi Ski Stadium 2 nd floor) 16.00 TCM (Tehvandi Ski Stadium 2 nd floor)	08.30-19.00 race office open (Tehvandi Ski Stadium 3 rd floor) 15.00 flower ceremony at Tehvandi Ski Stadium
Sat, 26.01	11.00 XC ladies 5 km (F) 12.30 XC men 10 km (F)		17.00 TCM (Tehvandi Ski Stadium 2 nd floor)	8.30-18.00 race office open (Tehvandi Ski Stadium 3 rd floor) 19.30 banquet and prize giving ceremony
Sun, 27.01	10.00 XC girls relay 3x3 km (C, F, F) 11.00 XC boys relay 3x5 km (C, F, F)			12.30 prize giving ceremony at Tehvandi Ski Stadium

NB! This is a preliminary timetable and changes may occur!



Event Program for Nordic Combined and Ski Jumping

DATE	COMPETITION	TRAININGS	MEETINGS	OTHER
Wed, 23.01		15.00-18.00 ski jumping HS100		14.00-22.00 arrival of the teams
Thu, 24.01		10.00-12.00 NC XC-free training 16.00 official training NC (3 trial rounds) 17.30 official training SJ (3 trial rounds) 17.30-19.00 XC-official training NC	15.00 TCM (Tehvandi Ski Stadium 2 nd floor)	09.00-19.30 race office open (Tehvandi Ski Jumping Hill 2 nd floor)
Fri, 25.01	10.00 NC trial round girls HS100 10.30 NC competition girls HS100 11.00 SJ trial round girls HS100 11.30 SJ competition girls HS100 12.30 NC trial round boys HS100 13.00 NC competition boys HS100 17.00 NC 5km XC-race girls Tehvandi Stadium 17.45 NC 8km XC-race boys Tehvandi Stadium 19.30 SJ trial round boys HS100 20.00 SJ competition boys HS100			08.30-19.00 race office open (Tehvandi Ski Jumping Hill 2 nd floor) 18.30 NC flower ceremony at Tehvandi Ski Stadium



DATE	COMPETITION	TRAININGS	MEETINGS	OTHER
Sat, 26.01	<p>10.00 NC team sprint girls trial round HS100</p> <p>10.30 NC team sprint girlscompetition HS100</p> <p>11.00 NC team sprint boys trial round HS100</p> <p>11.30 NC team sprint boys competition HS100</p> <p>13.30 SJ team trial round girls HS100</p> <p>14.00 SJ team competitiongirls HS100</p> <p>15.00 SJ team trial round boys HS100</p> <p>15.30 SJ team competition boys HS100</p> <p>15.30 NC team sprint girls (2ath x 1 km x 3 rounds)</p> <p>16.15 NC team sprint boys (2ath x 1 km x 5 rounds)</p>			<p>08.30-18.00 race office open (Tehvandi Ski Jumping Hill 2nd floor)</p> <p>19.30 banquet and prize giving ceremony</p>

NB! This is a preliminary timetable and changes may occur!