

FIS IMATRAN KYLPYLÄ COMPETITION

8th and 9th of December 2018

Instructions for the competition:

COMPETITION CENTER (UKONNIEMI STADION)

Competition will take place at the Ukonniemi stadion (address: Ottelukatu 11, 55420 Imatra). Ski tracks will be available on the Imatran Urheilijat -website and also at the notice board at the stadion.

INFORMING

All the info will be found through the website: <http://www.imatranurheilijat.fi>

Imatran Urheilijat will reserve the right to change the ski tracks and the length of the tracks due to weather or ski track conditions.

In case of a change, it will be announced through the speakers at the stadion.

TIMETABLE (all times are local)

Friday, 7th of Dec 2018

17.00-18.00 Official training (c)

18.00 Team captains meeting, Spahotel Imatran Kylpylä

Saturday, 8th of Dec 2018

10.00 Classic: ladies 5km, ladies 20 5km, ladies 18 5km, men 10km, men 20 10km, men 18 10km

12.00 Classic: ladies 12 2km, men 12 2km, ladies 14 3km, men 14 3km, ladies 16 3km, men 16 5km

17.00-18.00 Official training (f)

18.00 Team captains meeting, Spahotel Imatran Kylpylä

Sunday, 9th of Dec 2018

10.00 Free: ladies 10km, ladies 20 10km, ladies 18 10km, men 15km, men 20 15km, men 18 15 km

12.00 Free: ladies 12 2km, men 12 2km, ladies 14 3km, men 14 5km, ladies 16 5km, men 16 10 km

RACE OFFICE

Race Office will be found at the Ukonniemi stadion.

Opening times:

Sat 8th of Dec 2018 from 8.00 to 14.00

Sun 9th of Dec 2018 from 8.00 to 14.00

Race numbers and other materials for athletes and teams will be handed out from the office. Official results can be seen at the notice board at the stadion.

SKI TRACKS AND LENGTHS

Ski tracks are located near the Ukkonniemi stadion. Start and Finish of the race are located at the stadion. Also maps of the tracks are located at the stadion.

Ski tracks in use are 2 kilometers and 2,5 kilometers.

Length of the race will be formed as follow:

2 km = 1 x 2 km track

3 km = 1 x 2,5 km track

5 km = 2 x 2,5 km track

10 km = 4 x 2,5 km track

15 km = 6 x 2,5 km track

TRAINING TIMES

Race tracks will be available to use before the competition and will be closed 10 minutes before the competition starts.

DNF

If the athlete can not finish the race, one must inform the staff of the finish area.

WAX CABINS

Wax cabins are available for rent at the race office. Price of the wax cabin is 150 euros per weekend per cabin.

ACCESSORIES

Athelets can leave their warm-up suits and other accessories at the starting area.

Dressing rooms and showers will be found at the Aviasport Arena, next to the Ukkonniemi stadion.

PRIZEGIVING CEREMONY

Prizes will be given at the stadion.

Initial timetable:

To FIS series, about 15 minutes after final results are published

To junior series, after all of the final race results are published

At the serie of 12 year olds, everyone gets a prize.

Other series, top three athletes will get a prize.

PARKING

Parking areas for athletes, teams and audience are close to the stadion. There are signs to show the parking areas.

AUDIENCE AND TICKETS

No tickets will be sold. Free entry.

FOOD AND DRINKS

There is a kiosk at the stadion and it will serve everyone.

TOILETS

Toilets are located at the stadion.

FIRST AID

First aid is found at the stadion during the competition.
Doctor Antti Jarva will be responsible for the first aid team.

ORGANIZATION

TD Toivo Vahvelainen

ATD Niklas Turku

Chief of the competition Simo Rasimus

Assistant chief of the competition Kari Ahonen

Secretary of the competition Tiina Sinkkonen

Responsible for ski tracks Jukka Rasimus

Doctor Antti Jarva

Chief of the security Kari Ojalainen

Timing and results Kari Utulahti