

INSTRUCTIONS FOR COMPETITORS

Nordic Junior Competition 2023, 17-19 February 2023

X-COUNTRY

Competition Venue

Laajavuori Skiing Stadium, Hikipolku 1, 40630 Jyväskylä

Program and Schedule

Thursday 16 February

- 09:00 – 12:00 All the courses open for Classic and Free technique, Laajavuori race tracks
- 12:00 – 14:00 Official training 1.3 km Sprint course, Laajavuori race tracks
- 12:00 – 17:00 3 km/5 km courses open without stadium and sprint course for Classic and Free technique, Laajavuori race tracks
- 19:00 – 20:00 Team captains' meeting, Scandic Laajavuori

Friday 17 February

- 08:00 – 14:20 3 km/5 km courses open without stadium and sprint course for Classic and Free, Laajavuori race tracks
- 08:00 – 09:50 Official training 1.3 km Sprint course, Laajavuori race tracks
- 10:00 – 11:00 Sprint qualification (classic), Laajavuori race tracks
- 11:00 – 15:00 Lunch served, Laajavuori Ski Stadium
- 11:10 – 11:50 Official training 1.3 km Sprint course for qualified athletes
- 12:00 – 14:00 Sprint finals (classic), Laajavuori race tracks
- 14:30 – 15:00 Victory ceremony, Laajavuori Ski Stadium
- 16:00 – 16:30 Team captains' meeting, Scandic Laajavuori
- 17:00 – 18:30 Dinner served, Scandic Laajavuori

Saturday 18 February

- 08:00 – 09:50 Official training 5 km/10 km (free) 5km course, Laajavuori race tracks
- 10:00 – 12:00 Free 5 km (W) and 10 km (M), Laajavuori race tracks
- 11:00 – 15:00 Lunch served, Laajavuori Ski Stadium
- 12:00 – 12:30 Victory ceremony, Laajavuori Ski stadium
- 16:00 – 16:30 Team captains' meeting, Scandic Laajavuori
- 17:00 – 18:30 Dinner served, Scandic Laajavuori

Sunday 19 February

- 08:00 – 09:55 Official training relay 3 km/5 km course
- 10:00 – 12:00 Relays (C/F) 3 x 3 km (W) + 3 x 5 km (M), Laajavuori race tracks
- 11:00 – 15:00 Lunch served, Laajavuori Ski Stadium
- 12:00 – 12:30 Victory ceremony, Laajavuori Ski stadium

Race Office / Info Desk

Race office / Info Desk is situated at Scandic Laajavuori (address Laajavuorentie 30, 40740 Jyväskylä) on Thursday and Laajavuori Ski Stadium from Friday to Sunday, and is open as follows:

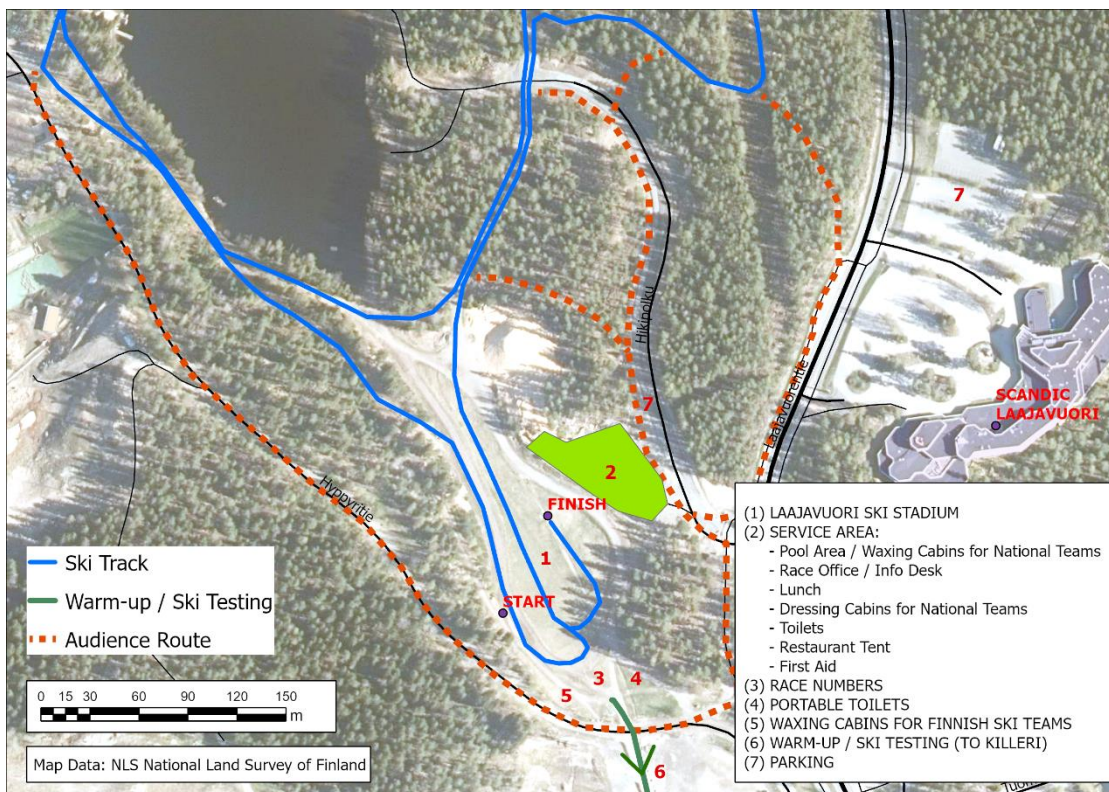
- Thursday 16 February, Scandic Laajavuori
- Friday 17 February 08:00 – 16:00, Laajavuori Ski Stadium
- Saturday 18 February 08:00 – 16:00, Laajavuori Ski Stadium
- Sunday 19 February 08:00 – 16:00, Laajavuori Ski Stadium

Changes to relay teams/teams must be announced by 15:00 on Saturday 18.2. Relay teams with less than three skiers are not allowed.

Competition numbers

The competition numbers are picked up at the number distribution point near the starting area. Transponders are not used in competitions. The number distribution point has plastic bags reserved for skiers to store their clothes. The race numbers are returned immediately after skiing to the box in the finish area. Skiers who have dropped out must return the race number to the place where the numbers are distributed. A non-returned number will be charged 80€.

Area Map



Please note! Laajavuori skiing slope parking area is not available for the competition, it is reserved for the skiing slopes's customers.

Communication and announcements

Official information about the competition (rules, instructions, results, important announcements etc.) are published at the [competition website](#). There is also a speaker at the stadium and if necessary, important information is published on a bulletin board.

Team Captains' Meetings

Team captains' meetings will be kept in Scandic Laajavuori. Guidance to the meeting room from the hotel lobby.

Thursday 16 February 19:00 – 20:00

Friday 17 February 16:00 – 16:30

Saturday 18 February 16:00 – 16:30

Ski Testing and Warm-Up

For warm-ups and ski testing, there are separately guided skiing tracks in the area of the competition center from Laajis in the direction of Killer. During the competition, testing and warm-ups on the race tracks are prohibited. The race tracks will be closed on both days 10 minutes before the first start. All other Laajavuori skiing tracks are in use all day.

Starting lists and race tracks

The starting lists will be published no later than the day before the competition on the competition website. The starting lists can also be seen at the competition venue at the race number distribution point.

The races use 1.4 km, 3 km and 5 km skiing tracks. The track maps can be found on the competition website

In the classic style races (sprint on Friday and the starting part of the relay on Sunday) there are no diagonal stride areas. Also in classic style races, the bends on the route are marked with step turning areas. The schedules for maintenance of the race tracks will be announced the night before the race at the team leaders' meetings.

Changing rooms and toilets

National team athletes have a dressing room space reserved in the Laajavuori competition centre in the stadium area. There is a space for men and women. Changing rooms are limited, so they cannot be used as storage space for equipment. There are toilets / baja huts in use at the competition venue in the stadium area and in the vicinity of the start. Shower facilities are not available in the stadium area.

Ski Service and Pool Area

Ski Service and Pool Area is located in Laajavuori Ski Stadium (see Area Map). In the pool area there are waxing cabins for the national teams that have booked them beforehand.

Safety and First Aid

A first aid team is on duty at the competition site during the competitions. A separate rescue plan (in Finnish) has been drawn up for the competitions. All situations endangering safety must be reported to the event's security manager Juha Tuikkanen tel. +358 50 3840403. In the event of an illness/accident, call the first aid officer of the event: Friday 17.2. Johanna Peltola +358 41 4566711, as well as on Saturday 18.2 and Sunday 19.2. Topi Lindeman tel. +358 40 9638422.

Victory Ceremonies

Victory ceremonies will be kept as follows:

Friday 17 February, 14:30 – 15:00, Laajavuori Ski Stadium

Saturday 18 February 12:00 – 12:30, Laajavuori Ski Stadium

Sunday 19 February 12:00 – 12:30, Laajavuori Ski Stadium

In the competitions, awards are given to the top 6 of every race. The start of the award ceremony will be announced separately at the venue on Saturday and Sunday.

Measurement of poles and monitoring of skiing style

In classic skiing style events, the measurement of the poles is monitored with random checks. There is a skiing style control along the route.

Protests

The protocol for making protests is advised at the team leader's meeting on Thursday.

Food and cafeteria services

In the competition centre, competitors, guardians and the public are served by a lunch truck and a cafeteria/sausage sales point. Lunch is available for the competition teams at the competition venue against lunch tickets from Friday to Sunday from 11:00 to 15:00. At the cafeteria / sausage sales point, you can pay with a bank card and cash.

Race Organization

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Welsome [To the Capital of Sport Jyväskylä!](#)

With best regards, race organization and Ski Jyväskylä

Further information:

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