



**FIS & Icelandic National Competition**

# **Team invitation**



# **Reykjavík**

**1 . 2 . - 3 . 2 . 2 0 1 9**



# Welcome to Bláfjöll





# Information from the organiser

Organiser:	Ullur ski club
Competition office:	ÍSí Laugardag
Registration:	E-mail: malfridur@gmail.com
Official training:	Thursday 12:00 and onwards
Competition are:	Bláfjöll ski area
Numbers:	Please pick them up at Ullur ski hut at Bláfjöll ski area one hour prior to competition.
Team captains meeting:	Thursday 21:00 pm at ÍSí in Laugardalur, Reykjavik
Pricegiving:	To be announced
Shower:	At your hotel or at local swimmingpools in Reykjavik or nearby towns.
Parking:	Close by Ullur ski hut at Bláfjöll ski area
OC:	
Competition chief:	Póroddur Póroddsson +354 861 9561
Assist. Comp. chief:	Hugrún Hannesdóttir +354 847 1520
Race chief:	Ingólfur Magnússon
Station chief:	Ari Wendel + 354 820 6485
Time keeping chief:	Málfríður Guðmunds. +354 894 6337
TD:	Tomas Jöns
Assitant TD:	Daníel Jakobsson +354 820 6827
Competition jury:	Tomas Jöns, Daníel Jakobsson, Póroddur Póroddsson

Competition rules: ICR. The jury is, in all competitions in classical technique, enforcing the use of diagonal technique on marked sections of the course. Diagonal technique means the use of alternating diagonal movements of both arms and legs and includes diagonal stride and herring-bone techniques. In diagonal technique only one (or none) pole is in the ground at any time. Every competitors race on his/hers own risk.



# Competition program

Preliminary	Distance/Style	Rounds	Starting time
Men	1 km / C	1	Friday at 18:00
Women	1 km / C	1	Friday at 18:10
Women	5 km / F	1	Saturday at 11:00
Men	10 km / F	2	Saturday at 11:15
Men	15 km / C	3	Sunday at 11:00
Women	10 km / C	2	Sunday at 11:10

**Startseeding:** For the interval start on Saturday, seeding will be according to the last FIS points. Those who don't have FIS points will be drawn in the first group. Seeding will be done for all races on team captains meeting on Wednesday.

**Timekeeping:** Will be done with bib. The OC will provide the bib. Not returning bib will be fined by 50 US.

**Starting list:** Will be presented on Thursday at Ullur ski hut in Bláfjöll ski area.

**Medical:** Medical staff will be presented at Bláfjöll ski area.

Please contact: Þóroddur at +354 861 9561

**Price ceremony:** Friday: 20:10 at Ullur skihouse  
Saturday: 13:00 at Ullur skihouse  
Sunday: 13:00 at Ullur skihouse





## FIS / National cross country skiing race 2019

Bláfjöll ski area

February 1st. - 3.rd. 2019

### Thursday January 31st.

What:	Time:	Where
Training time	From 12:00	Bláfjöll ski area
Team Captains meeting	21:00	ISI, Laugardalur, Reykjavik

### Friday February 1st

#### SPRINT C

#### Classical style

What:	Time:	Distance	Where	Track	Rounds
Jury meeting	17:30		Ullur ski house		
Men, interval 15 sec.	18:00	1	Bláfjöll ski area	1	1
Women, interval 15 sec.	18:10	1	Bláfjöll ski area	1	1
Boys/Girls 14/15 , interval 15 sec.	18:20	0,8	Bláfjöll ski area	0,8	1
Semi final	19:00		Bláfjöll ski area		
Final	19:45		Bláfjöll ski area		
Prize ceremony	20:10		Bláfjöll ski area		
Training time	20:30 +		Bláfjöll ski area		
Jury meeting	20:20		Ullur ski house		

### Saturday February 2nd

#### Distance F

#### Free technique

What:	Time:	Distance	Where	Track	Rounds
Jury meeting	10:00		Ullur ski house		
Women	11:00	5 km	Bláfjöll ski area	5 km	1
Men	11:10	10 km	Bláfjöll ski area	5 km	2
Girls 14/15	12:00	2,5 km	Bláfjöll ski area	2, 5 km	1
Boys 14/15	12:10	2,5 km	Bláfjöll ski area	2,5 km	1
Prize ceremony	13:00		Bláfjöll ski area		
Training time	13:15 - 14:15		Bláfjöll ski area		
Jury meeting	13:30		Ullur ski house		

### Sunday February 3rd

#### Distance C

#### Classical style

What:	Time:	Distance	Where	Track	Rounds
Jury meeting	10:00		Ullur ski house		
Men	11:00	15 km	Bláfjöll ski area	5 km	3
Women	11:10	10 km	Bláfjöll ski area	5 km	2
Boys 14/15	11:20	5 km	Bláfjöll ski area	5 km	1
Girls 14/15	11:30	5 km	Bláfjöll ski area	5 km	1
Prize ceremony	13:00		Bláfjöll ski area		
Jury meeting	13:30		Ullur ski house		





# Overview of courses

## BLÁFJÖLL Reykjavík ski area

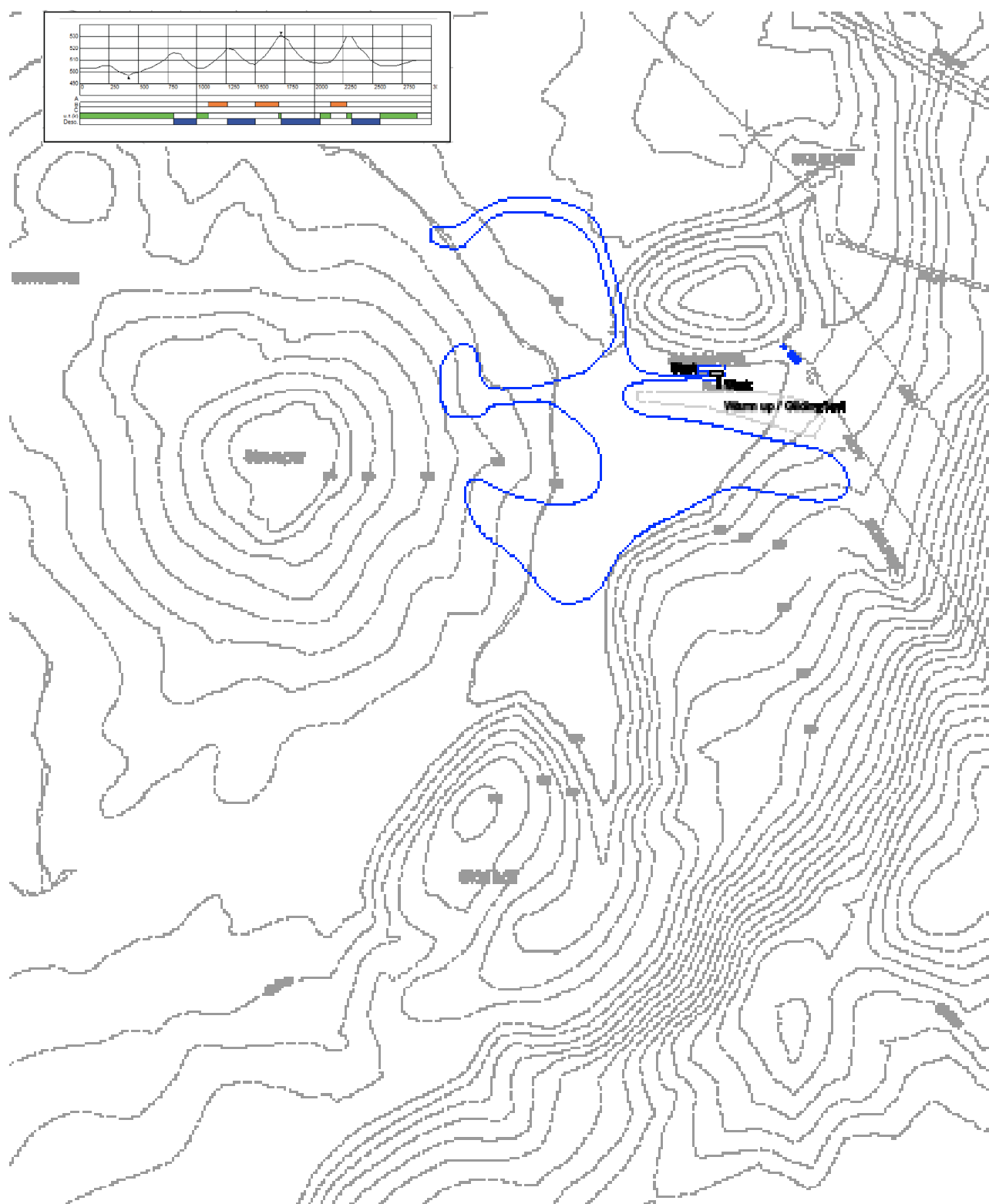
Cross country ski tracks

## SKÍÐAMÓT ÍSLANDS 2018

### BLÁFJÖLL 2,5 km track



0 50 100 150





# BLÁFJÖLL Reykjavík ski area

Cross country ski tracks



## SKÍÐAMÓT ÍSLANDS 2018

### BLÁFJÖLL 5 km track



0 50 100 250

