



# FIS & Icelandic National Championship **Team invitation**



## Reykjavík

23.3. - 26.3. 2023



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ALPARNIR





# Greetings From The Organisers

Dear skiing friends,

It is an honor to welcome you to Bláfjöll ski area. Ullur cross country ski club is a very young club but at the same time the biggest cross country ski club in Iceland. The club has been focusing mostly on teaching newcomers to the sport, since over the years there has been a boom in cross country skiing in Iceland and hundreds of people every year try out this fantastic sport.

Our racing team include the olympic participants Snorri Einarsson who joined our club in 2016. He lives and trains in Isafjordur, Iceland for most part when he is not in training camps with the national team all around Europe.

Another very good club member of Ullur is Kristrún Guðnadóttir who is also in the national cross country skiing team with Snorri, and lives currently also in Iceland, but travels a lot to training camps and competitions in Europe mostly. Both of them will be at the FIS and Icelandic National Championship in Bláfjöll. Another great athlete, but fairly newcomber in the sport, Andrea Kolbeinsdottir will be at the Championship. She and Snorri were elected as the sportspeople of Reykjavik for 2022. She was the winner of Fossvatn Ski Marathon in 2022. So, there will be a strong competitors at the Championship this year.

All our tracks are all FIS homologated and as such quite demanding. Since we don't have any trees at our ski arena, you can almost see the whole ski course from start to finish which makes it a unique experience and very easy to navigate.

All our best cross country skiers will be in Bláfjöll in March and we welcome all other cross country skiers from around the world. We hope you will have a great time and the overall experience will be memorable.







# Welcome to Bláfjöll





# Information from the organiser







|                        |  |
|------------------------|--|
| Organiser:             | Ullur ski club   |
| Registration:          | E-mail: malfridur@gmail.com  |
| Official training:     | Wednesday 22nd of March at 12:00 and onwards   |
| Competition are:       | Bláfjöll ski area  |
| Numbers:               | Please pick them up at Ullur ski hut in Bláfjöll ski area one hour prior to competition. |
| Team captains meeting: | Thursday 23rd of March at 16:00 at Ullur ski hut in Bláfjöll                             |
| Price ceremony:        | 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:     | Einar Ólafsson +354 696 3699   |
| Race/course chief:     | Sveinbjörn Sigurðsson +354 663 7572  |
| Stadium chief:         | Ari Wendel   |
| Time keeping chief:    | Málfríður Guðmundsdóttir +354 894 6337   |
| TD:                    | Arnek Adeele   |
| Competition jury:      | Arnek Adeele, Einar Ólafsson, TDA  |

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**

Thursday 23rd of March

Friday 24th of March

Saturday 25th of March

Sunday 26th of March

**Starting time**

18:00

16:00

11:00

11:00

**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 Thursday.

**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: Einar at +354 696 3699

**Price ceremony:**

Thursday 23rd :

After the race in Bláfjöll

Friday 24th :

After the race in Bláfjöll

Saturday 25th :

After the race in Bláfjöll or in a saloon downtown

Sunday 26th :

After the race in Bláfjöll

Timeschedule may change due to weather and/or other factors.

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## SMÍ - ICELANDIC NATIONAL CHAMPIONSHIP IN CROSS COUNTRY SKIING 2023

MARCH 23 - MARCH 26.

### Thursday 23rd

| FREE TECHNIC | Sprint                | FIS | Distance | Where             | Track | Rounds |
|--------------|-----------------------|-----|----------|-------------------|-------|--------|
| Time:        |                       |     |          |                   |       |        |
| 15:00        | Jury meeting          |     |          | Ullur ski house   |       |        |
| 16:00        | Team Captains meeting |     |          | Ullur ski house   |       |        |
| 18:00        | Women - prolog        | FIS | 1,4      | Bláfjöll ski area | 1,4   | 1      |
| 18:05        | Men - prolog          | FIS | 1,4      | Bláfjöll ski area | 1,4   | 1      |
| 18:20        | Women - FINAL         | FIS | 1,4      | Bláfjöll ski area | 1,4   | 1      |
| 18:25        | Men - Heat 1          | FIS | 1,4      | Bláfjöll ski area | 1,4   | 1      |
| 18:30        | Men - Heat 2          | FIS | 1,4      | Bláfjöll ski area | 1,4   | 1      |
| 18:55        | Men - FINAL           | FIS | 1,4      | Bláfjöll ski area | 1,4   | 1      |
| 19:10        | Prize Ceremony        |     |          | Bláfjöll ski area |       |        |
| 19:20        | Jury meeting          |     |          | Ullur ski house   |       |        |

### Friday 24th

| CLASSIC STYLE | Team sprint               | Distance | Where             | Track | Rounds |
|---------------|---------------------------|----------|-------------------|-------|--------|
| Time:         | What:                     |          |                   |       |        |
| 15:00         | Jury meeting              |          | Ullur ski house   |       |        |
| 16:00         | Boys and girls 13-16 year | 1 km     | Bláfjöll ski area | 1     | 2      |
| 16:20         | Women                     | 1,4 km   | Bláfjöll ski area | 1,4   | 2x3    |
| 16:30         | Men                       | 1,4 km   | Bláfjöll ski area | 1,4   | 2x3    |
| 17:00         | Prize Ceremony            |          | Bláfjöll ski area |       |        |

### Saturday 25th

| CLASSIC STYLE | Individual start                  | FIS | Distance | Where             | Track  | Rounds |
|---------------|-----------------------------------|-----|----------|-------------------|--------|--------|
| Time:         | What:                             |     |          |                   |        |        |
| 10:00         | Jury meeting                      |     |          | Ullur ski house   |        |        |
| 11:00         | Men                               |     | 10 km    | Bláfjöll ski area | 5 km   | 2      |
| 11:10         | Women                             |     | 5 km     | Bláfjöll ski area | 5 km   | 1      |
| 11:20         | Men Master class 35+ (none FIS)   |     | 10 km    | Bláfjöll ski area | 5 km   | 2      |
| 11:30         | Women Master class 35+ (none FIS) |     | 5 km     | Bláfjöll ski area | 5 km   | 1      |
| 11:40         | Boys 15-16 (none FIS)             |     | 5 km     | Bláfjöll ski area | 2,5 km | 2      |
| 11:50         | Girls 15-16 (none FIS)            |     | 5 km     | Bláfjöll ski area | 2,5 km | 2      |
| 12:00         | Boys 13-14 (none FIS)             |     | 3,5 km   | Bláfjöll ski area | 3,5 km | 1      |
| 12:10         | Girls 13-14 (none FIS)            |     | 3,5 km   | Bláfjöll ski area | 3,5 km | 1      |
| 12:40         | Prize Ceremony                    |     |          | To be announced   |        |        |
| 13:00         | Jury meeting                      |     |          | Ullur ski house   |        |        |

### Sunday 26th

| FREE TECHNIC | Mass start                        | FIS | Distance | Where             | Track  | Rounds |
|--------------|-----------------------------------|-----|----------|-------------------|--------|--------|
| Time:        | What:                             |     |          |                   |        |        |
| 10:00        | Jury meeting                      |     |          | Ullur ski house   |        |        |
| 11:00        | Boys 15-16 (none FIS)             |     | 5 km     | Bláfjöll ski area | 2,5 km | 2      |
| 11:05        | Girls 15-16 (none FIS)            |     | 5 km     | Bláfjöll ski area | 2,5 km | 2      |
| 11:10        | Boys 13-14 (none FIS)             |     | 3,5 km   | Bláfjöll ski area | 3,5 km | 1      |
| 11:15        | Girls 13-14 (none FIS)            |     | 3,5 km   | Bláfjöll ski area | 3,5 km | 1      |
| 11:40        | Men                               |     | 15 km    | Bláfjöll ski area | 5 km   | 3      |
| 11:50        | Women                             |     | 10 km    | Bláfjöll ski area | 5 km   | 2      |
| 12:00        | Men Master class 35+ (none FIS)   |     | 15 km    | Bláfjöll ski area | 5 km   | 3      |
| 12:10        | Women Master class 35+ (none FIS) |     | 10 km    | Bláfjöll ski area | 5 km   | 2      |
| 13:15        | Prize Ceremony                    |     |          | Bláfjöll ski area |        |        |
| 13:45        | Jury meeting                      |     |          | Ullur ski house   |        |        |







# Overview of courses





## BLÁFJÖLL Reykjavík ski area

Cross country ski tracks

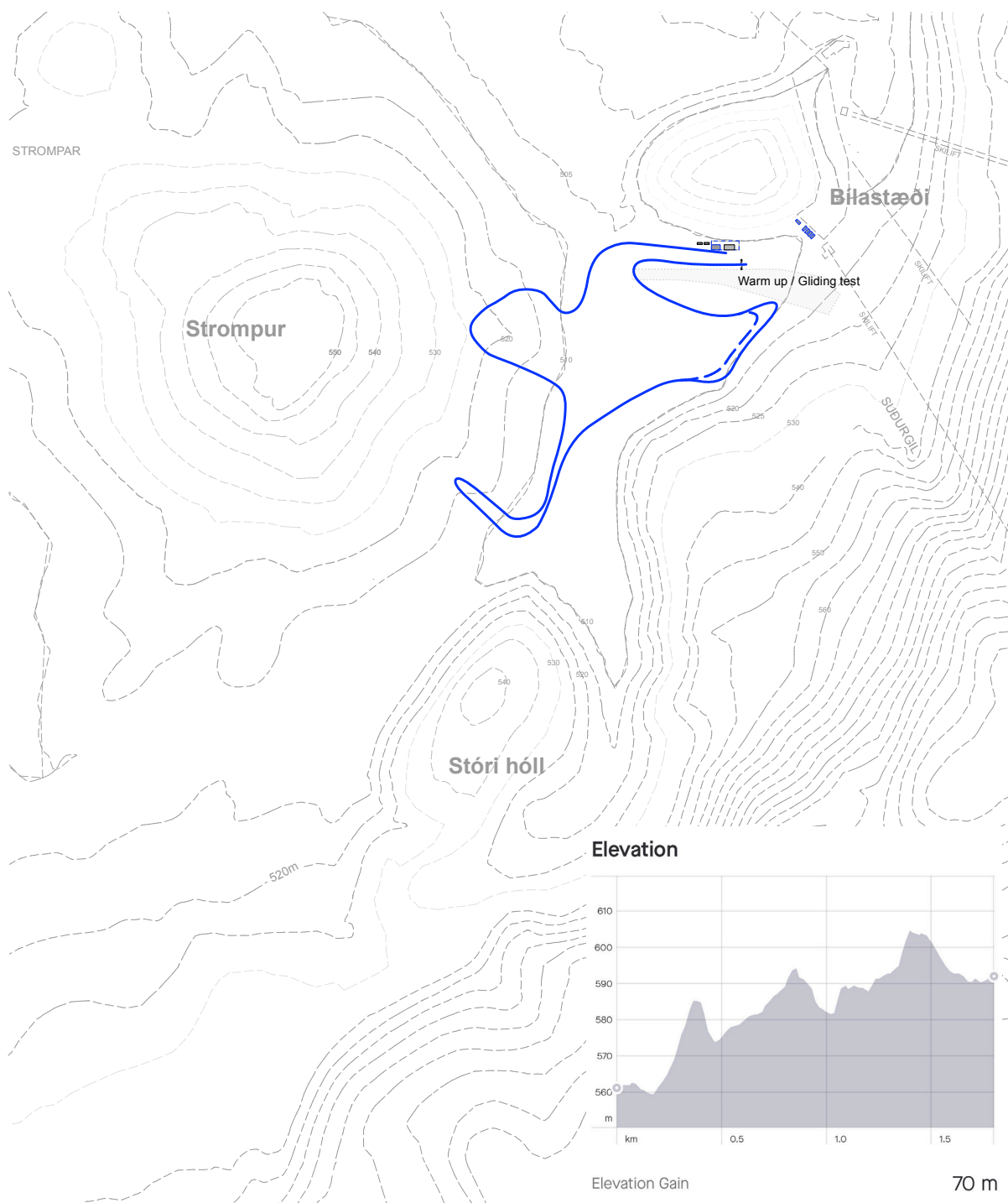


### Skíðamót Íslands 2023

1,5 km



0 50 100 250



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## BLAÐJÖLL Reykjavík SKI area

Cross country ski tracks

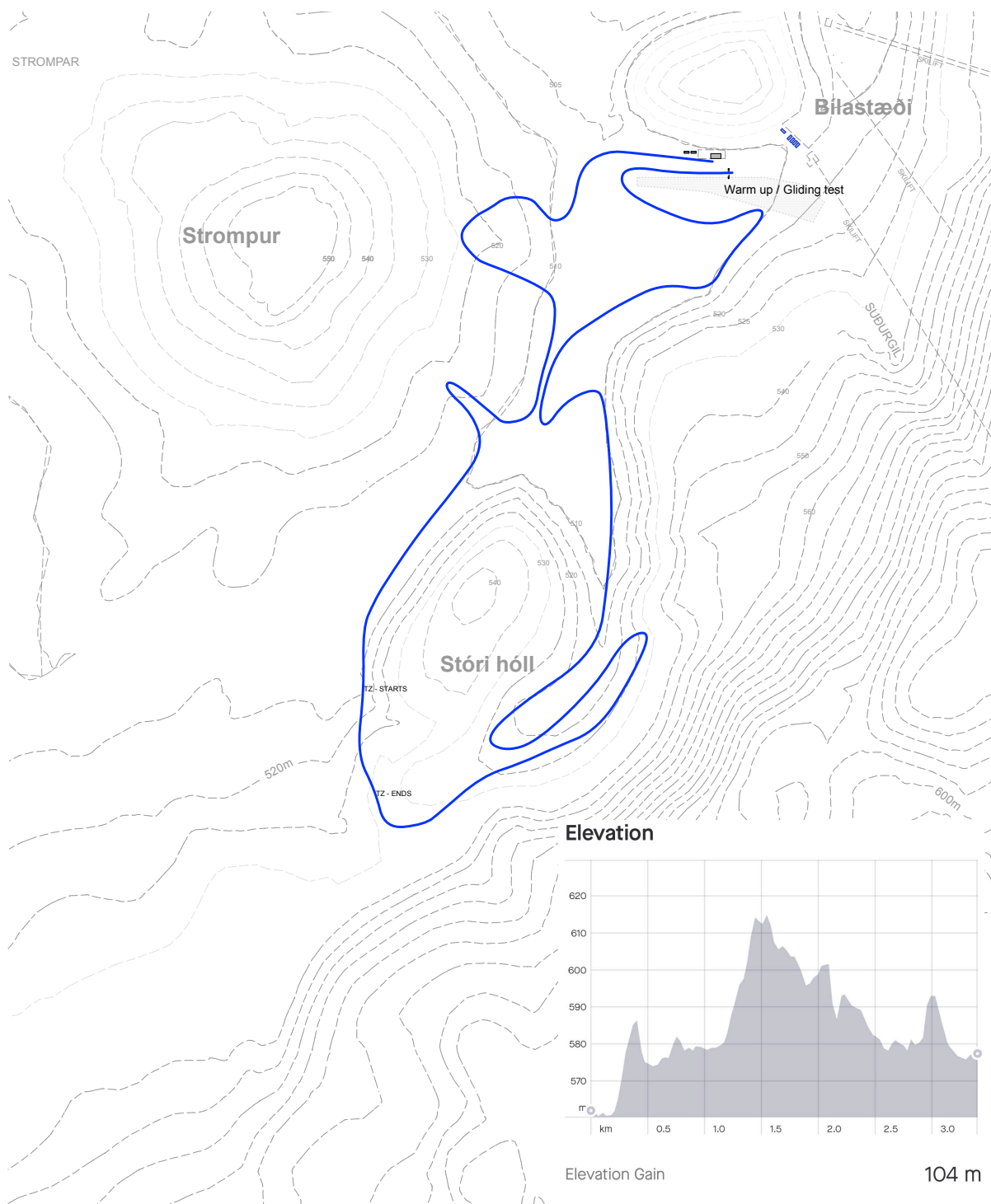


## Skíðamót Íslands 2023

3,5 km



0 50 100 250



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## BLÁFJÖLL Reykjavík ski area

Cross country ski tracks

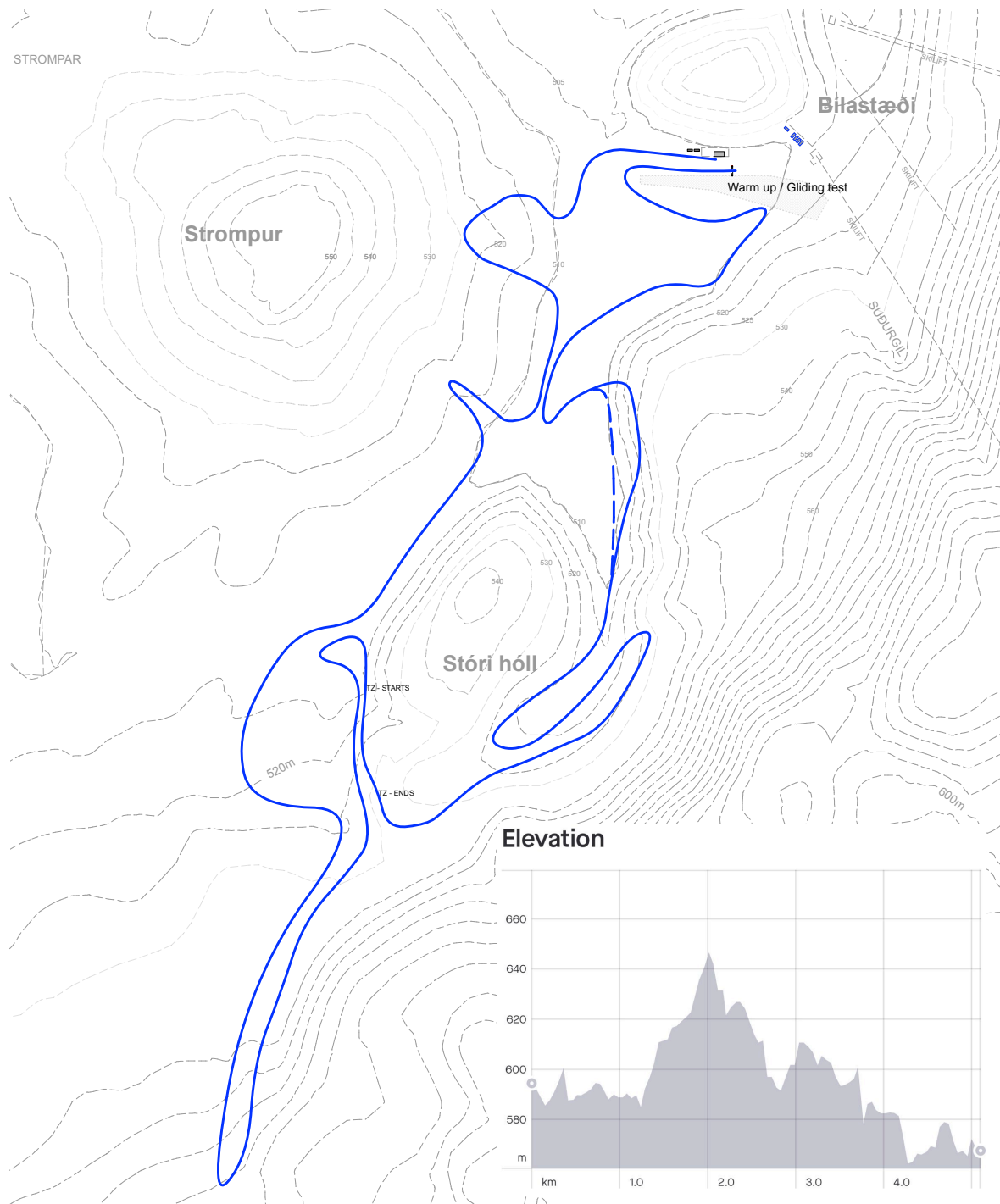


Skíðamót Íslands 2023

5 km



0 50 100 250



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