



# Bikarmót SKÍ

FIS Competition

## Mótsboð

Team invitation



# Reykjavík

17.1.-19.1. 2025





# Kveðja frá mótshaldara

## Greetings From The Organisers

Kæru skíðavinir

Skíðafélagið Ullur býður ykkur velkomin til Bláfjalla á FIS bikarmót SKÍ. Við vonum að þið eigið ykkar bestu göngur og tíma hér yfir helgina og hlakkið til að koma hingað aftur.

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.





# Velkomin í Bláfjöll

Welcome to Bláfjöll







# Upplýsingar

Information





### Staða / Status

Mótsstjóri / Competition chief:  
Brautarstjóri / Course chief:  
Markstjóri / Stadium chief:  
Tímavörður / Time keeping chief:  
Eftirlitsmaður / TD:  
Dómaranefnd / Competition jury:

### Starfsmenn / staff

Óskar Jakobsson  
Sveinbjörn Sigurðsson  
Egill Guðmundsson  
Málfríður Guðmundsdóttir  
Einar Ólafsson  
Einar Ólafsson, TDA, Óskar Jakobsson

### Sími / Telephone

+354 864 6433  
+354 663 7572  
+354 822 2354  
+354 894 6337  
+354 696 3699

### Mótshaldari / OC

Mótshaldari / Organiser:  
Skráning / Registration:  
Æfingar / Official training:

Ullur ski club  
Skráningarkerfi SKÍ / Foreigners: E-mail: ski@ski.is  
Miðvikudag 15.janúar frá kl. 12:00 / Wednesday 15th of  
January at 12:00 and onwards

Keppnissvæði Competition area:  
Númer / Numbers (bibs):

Bláfjöll / Bláfjöll ski area  
Vinsamalegast sækid númerin í skála Ullar einum tíma  
fyrir start / Please pick them up at Ullur ski hut in Bláfjöll  
ski area one hour prior to competition.

Fararstj.fundur / Team capt.meeting:

Föstudagur undan sprettinum / Friday before the sprint  
race at Ullur ski hut in Bláfjöll

Verðlaunaafhending / Price ceremony:  
Bílastæði / Parking:

Tilkynnt síðar / To be announced  
Við skála Ullar í Bláfjöllum / Close by Ullur ski hut at  
Bláfjöll ski area

### Frá mótsstjórn / From the OC:

Keppnisreglur: ICR. Reglurnar eru samkvæmt reglum FIS. Hver keppandi tekur þátt á sína eigin ábyrgð.

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





# Dagskrá mótsins

Competition program





**Staða / Status****Starfsmenn / staff****Sími / Telephone****Preliminary**

Friday 17th of January

Saturday 18th of January

Sunday 19th of January

**Starting time**

18:00

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 Friday.

**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 Friday (after TC meeting) 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:**

Friday : After the race in Bláfjöll

Saturday : After the race in Bláfjöll

Sunday : After the race in Bláfjöll

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





## BIKARMÓT SKÍ - FIS RACE

### Föstudagur - Friday

HEFÐBUNDIN AÐFERÐ - CLASSIC STYLE	Sprettur - Sprint	Vegalengd	Hvar	Braut	Fjöldi hringja
Tími / Time		Distance	Where	Track	Rounds
15:00	Dómarafundur / Jury meeting		Ullur ski house		
16:00	Fararstjórafundur / Team Captains meeting		Ullur ski house		
18:00	Konur undanrásir / Women - prolog FIS code	1,4	Bláfjöll ski area	1,4	1
18:05	Karlar undanrásir / Men - prolog FIS code	1,4	Bláfjöll ski area	1,4	1
18:10	Drengir undanrásir 15-16 ára / Boys prolog 15-16	0,8	Bláfjöll ski area	0,8	1
18:15	Stúlkur undanrásir 15 - 16 ára / Girls prolog 15-16	0,8	Bláfjöll ski area	0,8	1
18:20	Drengir undanrásir 13 - 14 ára / Boys 13-14 prolog (none FIS)	0,8	Bláfjöll ski area	0,8	1
18:25	Stúlkur undanrásir 13 - 14 ára / Girls prolog 13-14	0,8	Bláfjöll ski area	0,8	1
18:25	Konur úrslit / Women - Final	1,4	Bláfjöll ski area	1,4	1
18:30	Karlar riðill 1 / Men - Heat 1	1,4	Bláfjöll ski area	1,4	1
18:35	Karlar riðill 2 / Men - Heat 2	1,4	Bláfjöll ski area	1,4	1
18:40	Drengir úrslit 15-16 ára / Boys final 15-16	0,8	Bláfjöll ski area	0,8	1
18:45	Stúlkur úrslit 15 - 16 ára / Girls final 15-16	0,8	Bláfjöll ski area	0,8	1
18:50	Drengir úrslit 13 - 14 ára / Boys 13-14 final (none FIS)	0,8	Bláfjöll ski area	0,8	1
18:55	Stúlkur úrslit 13 - 14 ára / Girls final 13-14	0,8	Bláfjöll ski area	0,8	1
19:00	Karlar úrslit / Men - Final	1,4	Bláfjöll ski area	1,4	1
19:10	Verðlaunaafhending / Prize Ceremony		Bláfjöll ski area		
19:20	Dómarafundur / Jury meeting		Ullur ski house		

### Laugardagur - Saturday

FRJÁLS AÐFERÐ - FREE TECHNIC	Einstaklings start / Individual start	Vegalengd	Hvar	Braut	Fjöldi hringja
Time:		Distance	Where	Track	Rounds
10:00	Dómarafundur / Jury meeting		Ullur ski house		
11:00	Karlar / Men	7,5 km	Bláfjöll ski area	2,5 km	3
11:10	Konur / Women	7,5 km	Bláfjöll ski area	2,5 km	3
11:20	Karlar 35+ / Men Master class 35+	7,5 km	Bláfjöll ski area	2,5 km	3
11:30	Konur 35+ / Women Master class 35+	7,5 km	Bláfjöll ski area	2,5 km	3
11:40	Drengir 15-16 ára / Boys 15-16	5 km	Bláfjöll ski area	2,5 km	2
11:50	Stúlkur 15 - 16 ára / Girls 15-16	5 km	Bláfjöll ski area	2,5 km	2
12:00	Drengir 13 - 14 ára / Boys 13-14 (none FIS)	3,5 km	Bláfjöll ski area	3,5 km	1
12:10	Stúlkur 13 - 14 ára / Girls 13-14	3,5 km	Bláfjöll ski area	3,5 km	1
12:40	Verðlaunaafhending / Prize Ceremony		To be announced		
13:00	Dómarafundur / Jury meeting		Ullur ski house		

### Sunnudagur - Sunday

HEFÐBUNDIN AÐFERÐ - CLASSIC STYLE	Hópstart - Mass start	Vegalengd	Hvar	Braut	Fjöldi hringja
Time:	What:	Distance	Where	Track	Rounds
10:00	Dómarafundur / Jury meeting		Ullur ski house		
11:00	Drengir 15-16 ára / Boys 15-16	5 km	Bláfjöll ski area	2,5 km	2
11:05	Stúlkur 15 - 16 ára / Girls 15-16	5 km	Bláfjöll ski area	2,5 km	2
11:10	Drengir 13 - 14 ára / Boys 13-14 (none FIS)	3,5 km	Bláfjöll ski area	3,5 km	1
11:15	Stúlkur 13 - 14 ára / Girls 13-14	3,5 km	Bláfjöll ski area	3,5 km	1
11:40	Karlar / Men	10 km	Bláfjöll ski area	5 km	2
11:50	Konur / Women	10 km	Bláfjöll ski area	5 km	2
12:00	Karlar 35+ / Men Master class 35+	10 km	Bláfjöll ski area	5 km	2
12:10	Konur 35+ / Women Master class 35+	10 km	Bláfjöll ski area	5 km	2
13:15	Verðlaunaafhending / Prize Ceremony		Bláfjöll ski area		
13:45	Dómarafundur / Jury meeting		Ullur ski house		







# Brautir

Courses



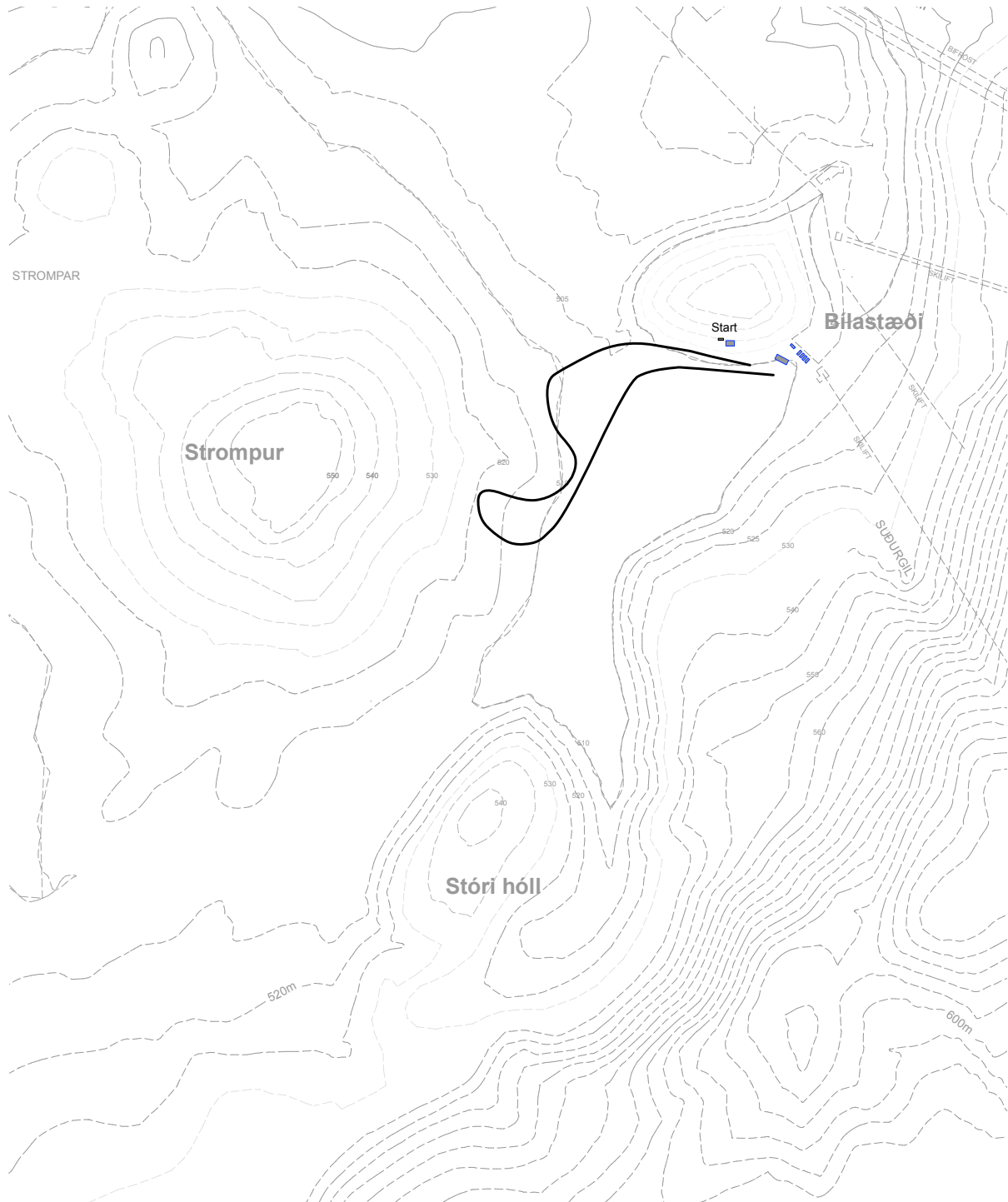


# BLÁFJÖLL Reykjavík ski area

Cross country ski tracks



## BLÁFJÖLL 800 m track



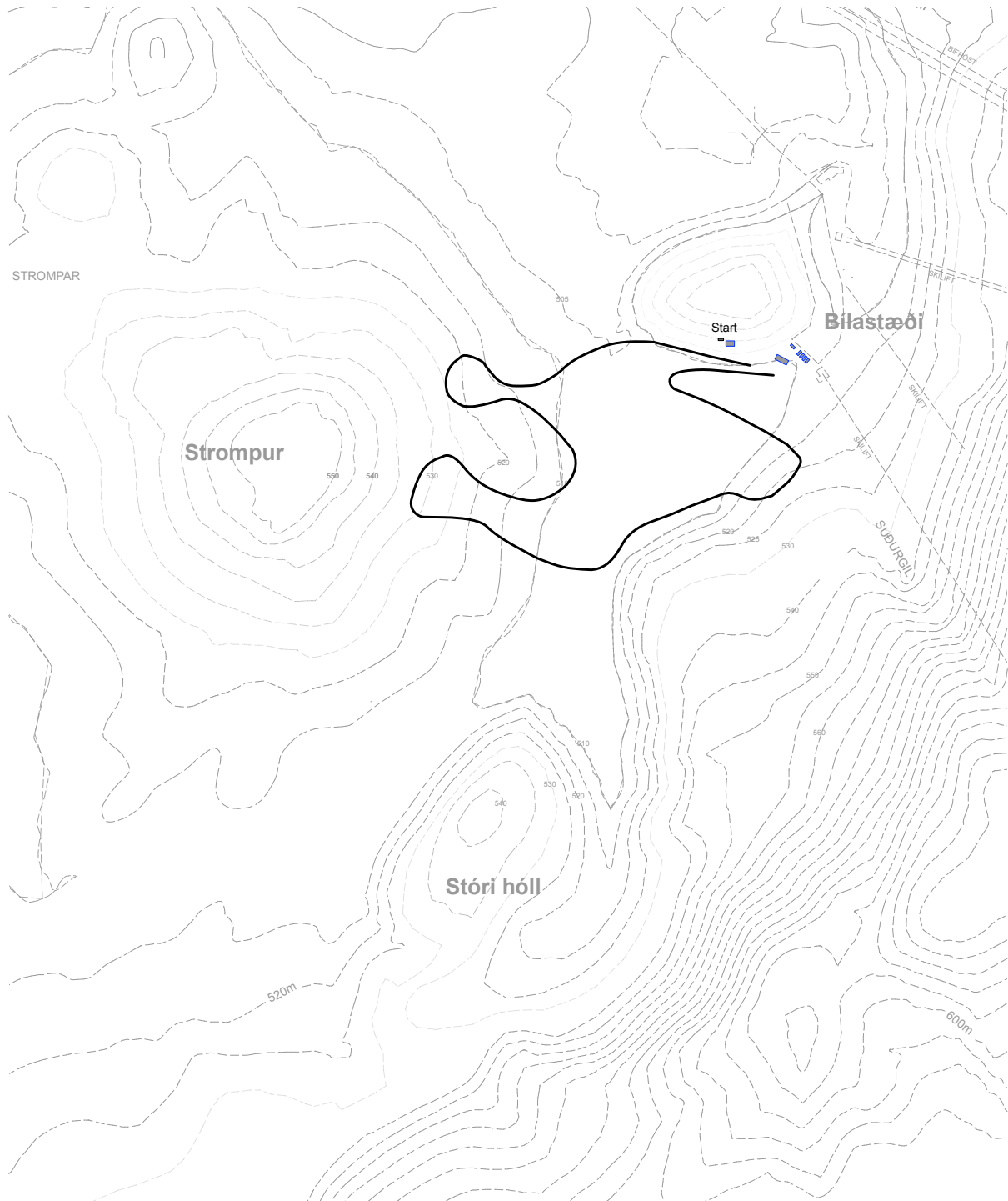


# BLÁFJÖLL Reykjavík ski area

Cross country ski tracks



## BLÁFJÖLL 1,3 km track



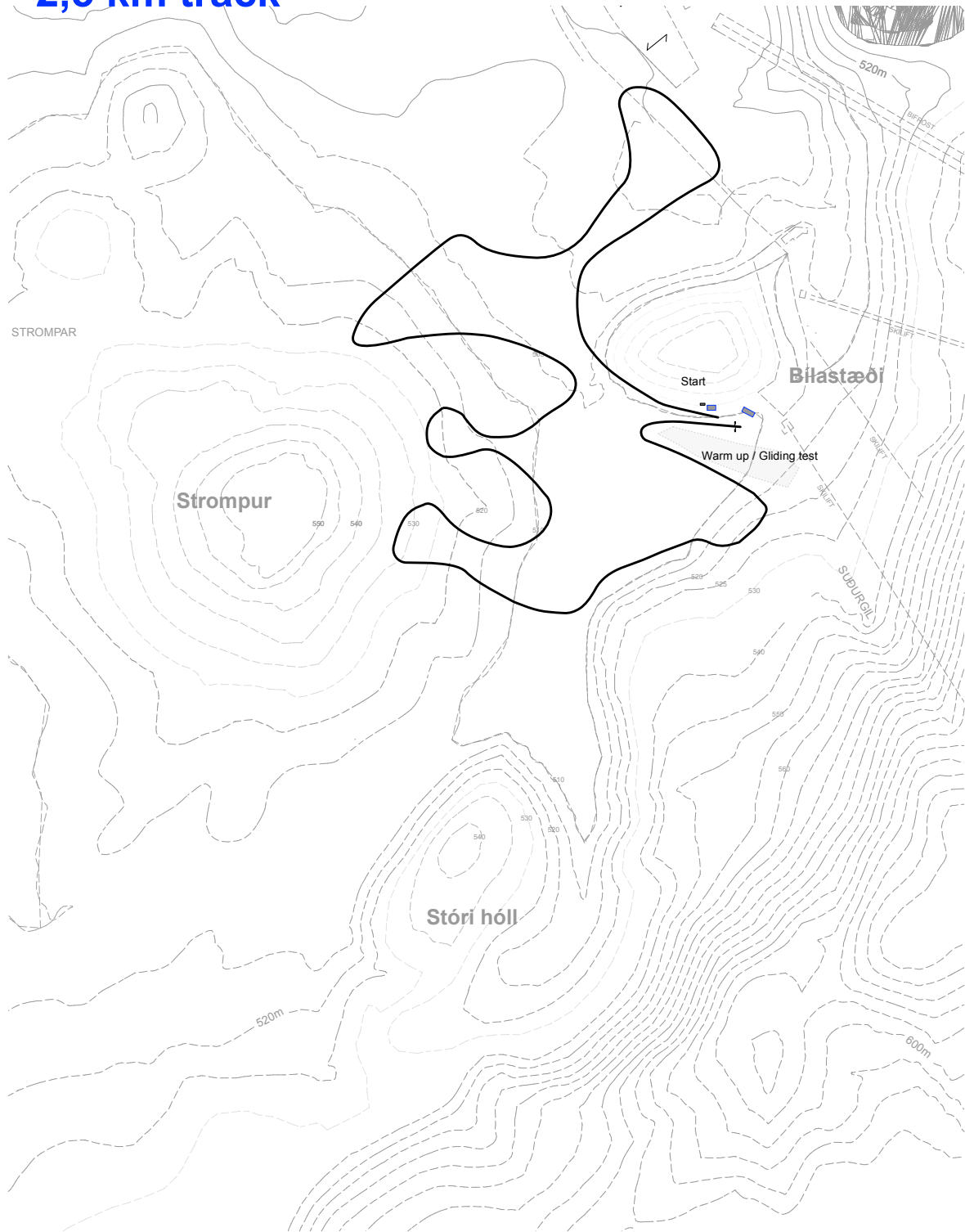
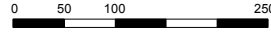




# BLÁFJÖLL Reykjavik ski area

Cross country ski tracks

## 2,5 km track

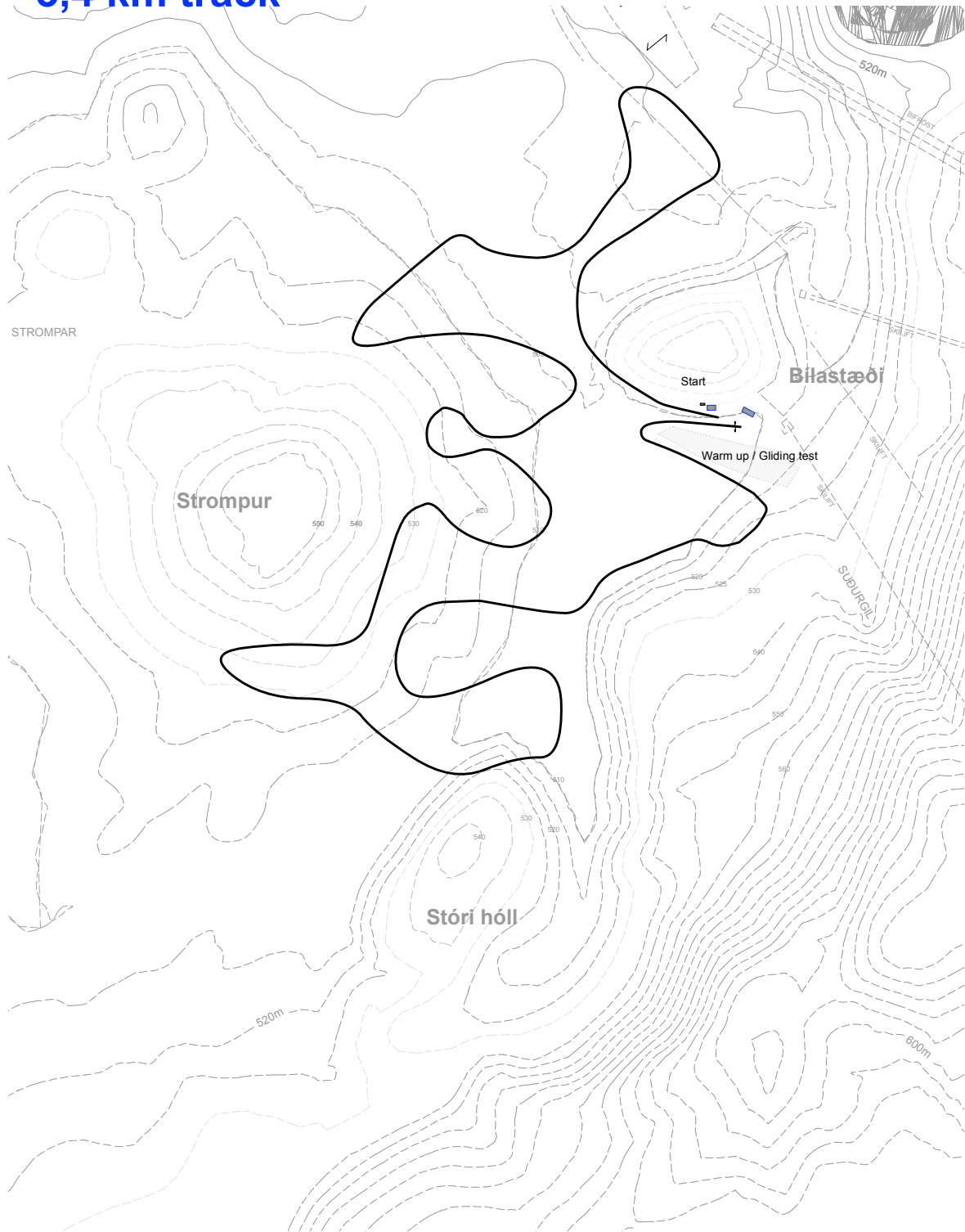
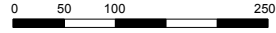




# BLÁFJÖLL Reykjavik ski area

Cross country ski tracks

## 3,4 km track





**BLÁFJÖLL Reykjavik ski area**  
Cross country ski tracks



**BLÁFJÖLL 5 km track**

