

FIS Puijon Ensilumenhiihdot
Kuopio 3.1.2021

TCM:

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Information from the TD

TCM:

INTRODUCTION OF THE OC AND JURY

OC

General Secretary: Kati Happonen

Chief of competition: Esko Valikainen

Race Secretary: Anu Korhonen

Jury

TD: Jonna Haapamäki-Syrjälä

TD Assistant: Riikka Sirviö

Chief of Competition: Esko Valikainen

TCM:

TIMETABLE

Course opening times (ski testing and warming up)

Ski testing and warm-up on race track:

From 8:30 to 9:30.

From 10:45 (after all competitors are finished) to 11:30.

From 12:15 (after all competitors are finished) to 12:40.

From 13:55 (after all competitors are finished) to 14:25.

9:30 Competition start

Prize Giving Ceremonies times and location: Prizes can be collected from the "vending window" on the first floor of the stadium building right in front of the finish. On sunday 16 year old and under six best and in FIS-classess three best.

TCM:

ENTRIES & START LISTS

Link to the start lists <http://puijonhiihtoseura.fi/online/fis3.1.2021.htm>

Each athlete collects his or her's bib by themselves. Athlete is responsible to take right bib.
If you don't find your bib, call +358 50 5404624.

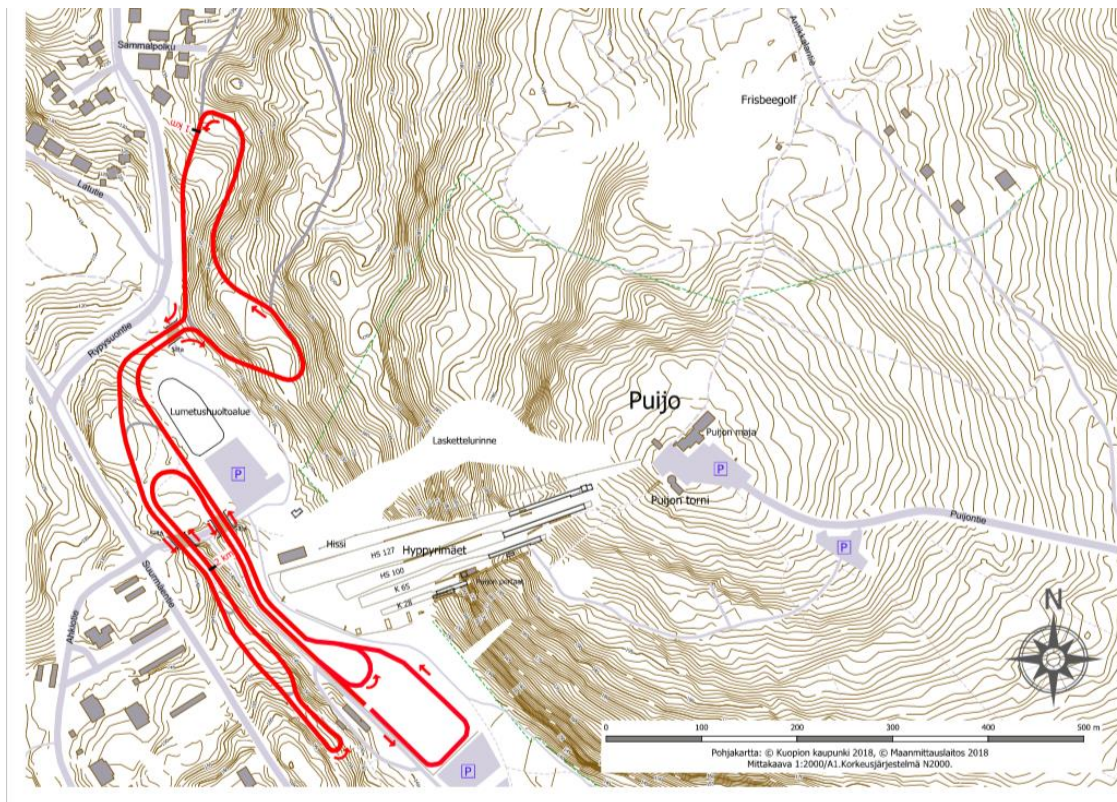
TCM:

STADIUM

VENUE OVERVIEW

Note! Track is 1,75 km or 2,5 km. Last decision about track will be done latest at 8:00 on Sunday morning.

2,5 km



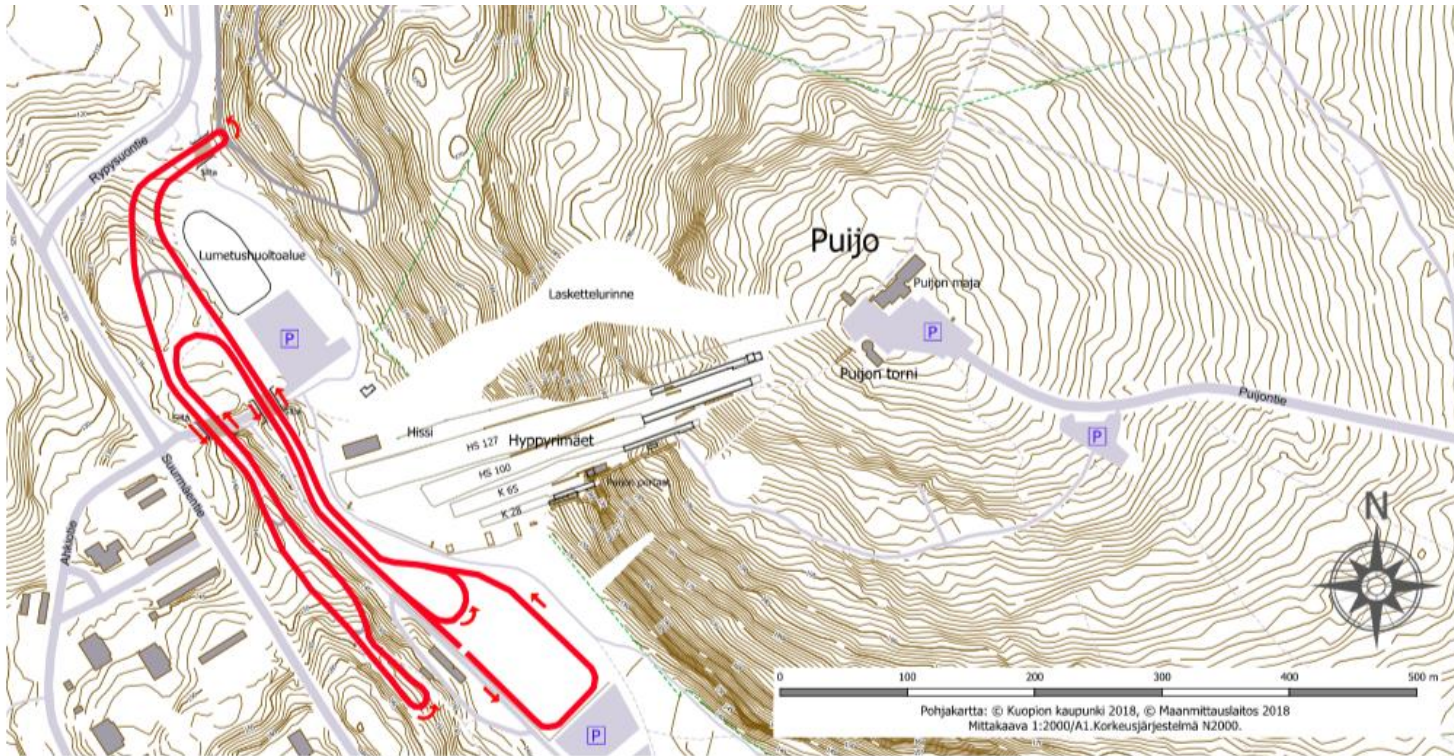
TCM:

STADIUM

VENUE OVERVIEW

Note! Track is 1,75 km or 2,5 km. Last decision about track will be done latest at 8:00 on Sunday morning.

1,75 km

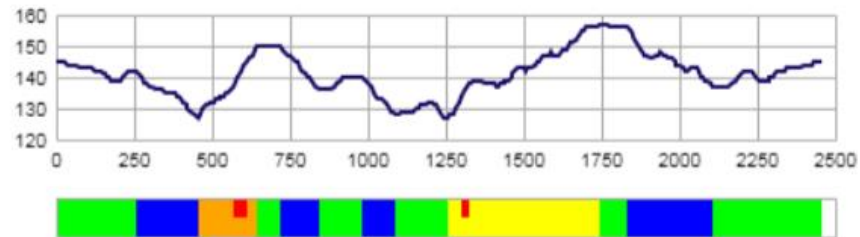


TCM:

COURSE

PROFILE OVERVIEW 2,5 km

Course length:	2,458m	Height difference (HD):	30m	Lowest point:	127m
Course category:	D	Maximum climb (MC):	34m	Highest point:	157m
		Total climb (TC):	82m		






























A-climb B-climb C-climb descent undulated terrain



TCM:

WEATHER FORECAST

<https://en.ilmatieteenlaitos.fi/weather/kuopio>

Sa	Su					
21	00	03	06	09	15	21
						
-3°	-4°	-3°	-3°	-2°	-2°	-2°
						
-7°	-8°	-7°	-7°	-7°	-7°	-7°
Wind (gusts)						
						
3	3	3	3	3	4	3
(6)	(6)	(6)	(6)	(7)	(7)	(6)
Precipitation probability and amount						
70%	90%	40%	60%	90%	80%	30%
						
0.1	0.5	0.1	0.2	0.5	1.6	0.5
(1h)	(3h)	(3h)	(3h)	(3h)	(6h)	(6h)

TCM:

COURSE PREPARATION & GROOMING

Schedule for Grooming

Track is groomed and marked on Sunday morning 8:30.

Competitions will be held on mixed snow. Track is 1,75 km or 2,5 km. Last decision about track will be done latest at 8:00 on Sunday morning. It will be updated on the web page. Track is in good condition and will provide good venue for the competitions.

3 km = 2 laps (or 1x 2,5 km)

5 km = 3 laps (or 2x 2,5 km)

7,5 km = 4 laps (or 3x 2,5 km)

10 km = 6 laps (or 4x 2,5 km)

15 km = 8 laps (or 6x 2,5km)

Classical technique competitions: Two tracks for whole course, turning technique zones will be seen on a Sunday morning, pole length control is front of stadium office.

GENERAL INFORMATION FROM THE OC

5 ESSENTIALS ON HOW TO PROTECT YOURSELF AND OTHERS FROM CORONAVIRUS:

- #1** IF YOU GET SYMPTOMS, GO GET TESTED FOR CORONAVIRUS AND OTHERWISE STAY AT HOME

- #2** KEEP A DISTANCE OF AT LEAST 1 TO 2 METRES TO OTHER PEOPLE

- #3** WASH YOUR HANDS, COUGH INTO YOUR SLEEVE

- #4** WEAR A MASK WHEN YOU CANNOT KEEP A SAFE DISTANCE

- #5** DOWNLOAD THE KORONAVILKKU APP



Because of corona pandemic, only athletes and necessary personnel are allowed to the competition venue. Spectators are not allowed to the event.

Only athletes during competition and warm-up can be without face mask.

Click here to download Koronavilkku mobile app:
<https://koronavilkku.fi/en/#koronavilkku>

TCM:

GENERAL INFORMATION FROM THE OC

Arrive to the venue as late as possible and leave as fast as possible after your race. Warm-up after race is better to do elsewhere.

Dressing rooms are not in use and there won't be any indoor facilities available. Restrooms are in the first-floor dressing rooms. Leave indoors as fast as possible.

There won't be warm-up track or ski testing place. Skiing during competitions on race track is not allowed. Warm-up and testing before competitions or in scheduled breaks only for athletes wearing starting bib inside out.

Each athlete collects his or her's bib by themselves. Athlete is responsible to take right bib. If you don't find your bib, call +358 50 5404624.

Only athletes are allowed to enter start and finish area. Area is marked by fences.

Live online-results are official results after 15 min of last finish in each class

Prizes can be collected from the "vending window" on the first floor of the stadium building right in front of the finish. On Sunday 16 year old and under also six best and in FIS-classes three best.

There won't be competition office or any other services available. You can reach competition secretary and race office from number: +358 50 3645945.

TCM:

GENERAL INFORMATION FROM THE TD

Competition is held on classical technique; technique and pole length will be controlled.

During the competition warm up and wax testing is not possible.

Snow conditions and rain may course some changes for time schedule.

Good luck and enjoy the competition!