

2017 AUSTRALIAN CROSS COUNTRY

SPRINT AND DISTANCE SKI CHAMPIONSHIPS

Falls Creek - Victoria

PROGRAM OF EVENTS

Courses for both days will be on display at the Falls Creek Nordic Shelter, Windy Corner.

Saturday 19th of August – 9.30am SPRINT – CLASSIC

Sunday 20th of August – 10.00am DISTANCE 10/15km FREESTYLE

Emergency Services Numbers:

Falls Creek Police: 57 583 424

Falls Creek Medical Centre: 57 583 238

Falls Creek Ski Patrol: 57 5758 1234



Organised by Birkebeiner Nordic Ski Club on behalf of Ski and Snowboard Australia

RACE OFFICIALS

Chief of Race	Ronice Goebel
Race Secretary	Marg Trnka
Chief of Course	Finn Marsland
Chief of Timing/ Results	Michal Trnka
Volunteer Coordinator	Paul L'Huiller
Technical Delegates	Saturday: Ben Derrick, Andrew Walker Sunday: Ben Derrick, Andrew Walker

Jury: T.D., A.T.D., Chief of Race.

Responsibilities of the competitors

343.1 In all training and competition situations the athlete must act with due care taking into account the course conditions, visibility and competitor congestion.

343.2 In all training and competition situations the athletes must always ski in the competition course direction

343.4 The competitor is responsible for arriving at the start and starting at the correct time.

343.6 Competitors must follow the marked course in correct sequence from start to finish and must pass all control points.

343.8.1. In classical technique competitions, the maximum pole length must not exceed 83% of the competitor's body height. In free technique competitions, the maximum pole length must not exceed 100% of the competitor's height. The body height is measured with ski boots on from a flat surface, to the top of the uncovered head. The pole length is measured from the bottom of the pole to the highest attachment of the strap. All measurements will be rounded to the nearest centimetre as follows: less than 0.5 cm will be rounded down and 0.5 cm and above will be rounded up.

343.9 In all competitions obstruction is not allowed. This behaviour is defined as deliberately impeding, blocking, charging or pushing any competitor with any part of the body or ski equipment.

343.10.1 During an interval start competition a competitor who is being overtaken must give way on the first demand.

343.10.2 For all other competitions, when overtaking occurs, competitors must not cause any obstruction. The responsibility for a correct passing without obstruction is on the overtaking skier. The overtaking skier must have his/her skis in front of the skis of the overtaken skier before skiing his/her best line.

343.11 Once the competitors enter a zone where corridors are marked they must remain in their chosen corridor unless they are overtaking another competitor in the same corridor.

343.12.1 In all competitions poles may be changed. Pole exchange is only allowed in the case that a pole is broken or damaged. In classical technique competitions, if both poles are exchanged, they must comply with ICR 343.8.1. It is however permitted to exchange poles in equipment exchange boxes during ski exchange in skiathlon competitions.

343.12.2 Skis may be changed only if: 1. A ski or binding is broken or damaged. The equipment failure must be proven to the Jury after the competition. 2. Equipment exchange boxes are in place at the competition.

343.12.3 In the case of any ski exchange, the competitor must do it outside of the track without help from any other person

343.12.6 Waxing, scraping or cleaning of the competitor's skis during the competition are forbidden. Exception: In classical technique competitions competitors may scrape their skis to remove snow and ice, and add wax if necessary.

Officials and Others during the Competition

344.1 If required, the TD will issue special regulations for officials, media and service people and any other non-competitors, to ensure order on the course, in the stadium and in the team preparation area before, during and after the competition.

344.2 For order and control on the courses the following principles apply: • from 5 minutes before the start until the time the course closers have passed, all officials, coaches, non-competitors and other accredited persons, are not permitted to ski on the course. During the competition, these persons must take fixed locations beside the course and must stand without skis on. • while giving intermediate times and information to competitors, officials, coaches and others are not allowed to run more than 30 meters beside the competitors.

Classical Sprint

310.2.1 The jury may ban or enforce the use of specific techniques on marked sections of the course

CLASSIC SPRINT

Senior and Masters

2017

Falls Creek

Program of Events

Saturday 19th of August

Times for heats are approximate only and heats may change depending on entry numbers. It is the athlete's responsibility to be at the start near the time. Top 16 are automatic entry to the finals. Ranking finals will be held if required. B finals will be held to determine Australian Championship medals if required. Please return your bib after the time trial, but retain your chip for the heats. You will be issued a seeding bib for the heats.

Approximate Start times:

9.30 am	<u>Timetrial</u> W Open/U20, M Open/U20,
11.00	<u>Quarter Finals</u> MOpen
11.30	<u>Ranking Finals</u>
11.45	<u>Semi Finals</u> WOpen MOpen
12.10	Possible B Finals
12.20	<u>Finals</u> WOpen Final M Open Final
1 pm	Presentations in Nordic Bowl weather permitting, otherwise at Windy Corner Day Shelter

Live provisional results from SPRINTS: <http://alpinetiming.com.au/r35>



FREESTYLE DISTANCE
Senior and Masters
2017
Falls Creek

Program of Events

Sunday 20th of August

10.00 am All Women (Open & Masters) (10 km)

10.45 am All Men (Open and Masters) (15 km)

12.30 pm **Presentations in Nordic Bowl weather permitting, otherwise at Windy Corner Day Shelter.**

Live provisional results from DISTANCE races: <http://alpinetiming.com.au/r36>

