

2018 AUSTRALIAN CROSS COUNTRY SPRINT AND DISTANCE CHAMPIONSHIPS

Falls Creek - Victoria

PROGRAM OF EVENTS

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

Saturday 18th of August– 9.30am SPRINT – FREESTYLE

Sunday 19th of August– 10.00am DISTANCE - CLASSIC



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

Emergency Services Numbers:

Falls Creek Police: 57 583 424

Falls Creek Medical Centre: 57 583 238

Falls Creek Ski Patrol: 57 5758 1234

Organizing Committee:

Chief of competition:	<i>Ronice Goebel</i>
Competition secretary:	<i>Ann Bellingham</i>
Chief of course:	<i>Chris Wright</i>
Chief of timing:	<i>Michal Trnka</i>
Chief of start:	<i>Brian Keeble</i>
Volunteer Coordinator	<i>Ewan Silvester</i>
Technical delegates	<i>Andrew Walker and Ben Derrick</i>

Jury: TD, Assistant TD, Chief of Competition

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.

Classic Technique

310.2.1 The Jury *may ban or enforce* the use of specific techniques on marked sections of the course.

EVENT PROGRAM

Friday August 17

9:00-10:30 Official Training Freestyle Sprint

16:00-16:30 Captains Meeting @ FCRM

Saturday August 18

9:30 Start qualification Freestyle Sprint

10:45 Start finals Freestyle Sprint

13:00 Prize ceremony @ Nordic Bowl

15:00-16:00 Official Training 5/10km Classic

No captains meeting will be held on Saturday

Sunday August 19

10:00 Start Ladies 5km Classic

10:30 Start Men 10km Classic

12:30 Prize ceremony @ Nordic Bowl

Link to results:

Sprint - <http://alpinetiming.com.au/r67>

Distance – <http://alpinetiming.com.au/r68>

FREESTYLE SPRINT

2018

Falls Creek

Saturday 18th 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.

8:30 Course open for training

9:20 Course closed

9:30 Start qualification

9:50 approx. Course open after qualification is finished

10:25 Bib distribution for finals

Quarter Finals

10:45 Quarter Final 1 – Women

Quarter Final 2 – Women

Quarter Final 3 – Women

Quarter Final 4 – Women

Quarter Final 1 – Men

Quarter Final 2 – Men

Quarter Final 3 – Men

Quarter Final 4 – Men

Semi Finals

11:20 Semi-Final 1 – Women

Semi-Final 2 – Women

Semi-Final 1 – Men

Semi-Final 2 – Men

Finals

11:45 B-Final – Women (if needed)

11:50 A-Final – Women

11:55 A-Final – Men

13:00 Prize ceremony

15:00-16:00 Official Training 5/10km Classic

Australian National Sprint Championships Qualification 2018

Start time	Bib No.	Name	DoB
		Female	
9.30.15	1	WRIGHT Casey	1994
9.30.30	2	PAUL Katerina	1996
9.30.45	3	MCDERMOTT Cambria	1993
9.31.00	4	SLATTERY Sarah	1988
9.31.15	5	CHAMPION Emily	2001
9.31.30	6	DUFFY Maysen	2001
9.31.45	7	PRICE Hannah	2001
9.32.00	8	TRNKA Anna	1994
9.32.15	9	OLDIS Brianna	2001
9.32.30	10	EVANS Zana	2004
9.32.45	11	PAMMER Leila	2002
9.33.00	12	SMITH Nicola	2002
9.33.15	13	TIMEWELL Lola	2001
9.33.30	14	FORDHAM Rosie	2002
9.33.45	15	BYGRAVE Tuva	2001
9.34.00	16	JACKSON Ella	1997
		Male	
9:40:15	41	BELLINGHAM Phillip	1991
9:40:30	42	WATSON Callum	1989
9:40:45	43	POLLOCK Mark	1992
9:41:00	44	FORSMO Ole Jacob	1998
9:41:15	45	DE CAMPO Seve	1998
9:41:30	46	BURTON Liam	1998
9:41:45	47	COOPER Dominic	1997
9:42:00	48	HOOGENRAAD Tom	1999
9:42:15	49	MIDDLEMISS Will	2000
9:42:30	50	BURKE Declan	2001
9:42:45	51	WALKER-BROOSE Bentley	2001
9:43:00	52	BLACKWELL Nicholas	1999
9:43:15	53	MCMAHON Thomas	1996
9:43:30	54	BARNETT Adam	2000
9:43:45	55	HIAM Charles	2000
9:44:00	56	MANNING Patrick	2002
9:44:15	57	MONTGOMERY Nick	1993
9:44:30	58	FLANAGAN Liam	2001
9:44:45	59	DE FREITAS Matthew	1987
9:45:00	60	TERRY Griffin	2000
9:45:15	61	INGLIS Max	2001
9:45:30	62	ANDERSON Cooper	2001
9:45:45	63	SILVESTER Tommi	2003
9:46:00	64	FORRER Ash	2003
9:46:15	65	SPRING Jayden	2005
9:46:30	66	LINDLEY Dermot	1991

CLASSIC DISTANCE
2018
Falls Creek

Sunday 19th of August

8:30 Course open for training

9:50 Course closed

10:00 Start Women's 5km Classic

10:30 Start Men's 10km Classic

12:30 Prize ceremony

Australian Distance National Championships – Sunday 19th August 2018

Start time	Bib No.	Name	DoB
Female			
10:00:30	101	BYGRAVE Tuva	2001
10:01:00	102	FORDHAM Rosie	2002
10:01:30	103	TIMEWELL Lola	2001
10:02:00	104	SMITH Nicola	2002
10:02:30	105	OLDIS Brianna	2001
10:03:00	106	PAMMER Leila	2002
10:03:30	107	EVANS Zana	2004
10:04:00	108	TRNKA Anna	1994
10:04:30	109	PRICE Hannah	2001
10:05:00	110	DUFFY Maysen	2001
10:05:30	111	CHAMPION Emily	2001
10:06:00	112	PAUL Katerina	1996
10:06:30	113	WRIGHT Casey	1994
10:07:00	114	SLATTERY Sarah	1988
10:07:30	115	PESSEY Iris	1992
10:08:00	116	MCDERMOTT Cambria	1993
10:08:30	117	WATSON Aimee	1987
10:09:00	118	DABUDYK Aurelie	1988
Male			
10:30:30	141	BYGRAVE Lee	1963
10:31:00	142	BUDGE Len	1951
10:31:30	143	BRIDGFORD Lindsay	1962
10:32:00	144	SANDERS Warren	1981
10:32:30	145	INGLIS Max	2001
10:33:00	146	ANDERSON Cooper	2001
10:33:30	147	TERRY Griffin	2000
10:34:00	148	SILVESTER Tommi	2003
10:34:30	149	FLANAGAN Liam	2001
10:35:00	150	DE FREITAS Matthew	1987
10:35:30	151	FRANZKE Ian	1976
10:36:00	152	MONTGOMERY Nick	1993
10:36:30	153	BARNETT Adam	2000
10:37:00	154	HIAM Charles	2000
10:37:30	155	MANNING Patrick	2002
10:38:00	156	MCCMAHON Tom	1996
10:38:30	157	DE CAMPO Fedele	2001
10:39:00	158	BURKE Declan	2001
10:39:30	159	COOPER Dominic	1997
10:40:00	160	MIDDLEMISS Will	2000
10:40:30	161	WALKER-BROOSE Bentley	2001
10:41:00	162	HOOGENRAAD Tom	1999
10:41:30	163	BLACKWELL Nicholas	1999
10:42:00	164	JUNGBLUTH RODRIGUEZ Klaus	1979
10:42:30	165	POLLOCK Mark	1992
10:43:00	166	BURTON Liam	1998
10:43:30	167	DE CAMPO Seve	1998
10:44:00	168	FORSMO Ole Jacob	1998
10:44:30	169	WATSON Callum	1989
10:45:00	170	BELLINGHAM Phillip	1991