

2017 AUSTRALIAN CROSS COUNTRY



SPRINT AND DISTANCE JUNIOR 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 29th of July – 9.30am SPRINT – CLASSIC

Saturday 29th of July – 2.00pm XCX – FREESTYLE

(Afternoon heats will be based on sprint time trial)

Sunday 30th of July – 10.00am DISTANCE - FREESTYLE

1.5km for boys and girls born in 2006 or later (U12),
2.5km for boys and girls born in 2004 or 2005 (U14),
3.5km (2.5km + 1km) for girls born in 2002 or 2003 (U16)
5km(2* 2.5km) for boys born in 2002 or 2003 (U16),
5km (2* 2.5km) for girls born in 2000 or 2001 (U18) and 1998 or 1999 (U20)
7.5km (3* 2.5km) for boys born in 2000 or 2001 (U18) and in 1998 or 1999 (U20)

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 Jowitt

Chief of Course

Finn Marsland

Chief of Timing/ Results

Michal Trnka

Volunteer Coordinator

Ewan Silvester

Technical Delegates

Saturday Sprint: T.D Andrew Walker,

A.T.D Matt Flanagan

Saturday XCX: T.D. Andrew Walker

A.T.D Matt Flanagan

Sunday Distance: T.D. Andrew Walker

A.T.D Matt Flanagan

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.