

2019 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 27th of July– 9.30am SPRINT –CLASSIC

Sunday 28th of July– 10.00am DISTANCE - FREESTYLE



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

Emergency Services Numbers:

Falls Creek Police: 03 5758 3424
Falls Creek Medical Centre: 03 5758 3238
Falls Creek Ski Patrol: 03 5758 3205

Organizing Committee:

Chief of competition:	<i>Ronice Goebel</i>
Competition secretary:	<i>Ann Bellingham</i>
Chief of course:	<i>Andrew Walker</i>
Chief of timing:	<i>Michal Trnka</i>
Chief of start:	<i>Tony Keeble (Sat) / Roger Blackwell (Sun)</i>
Volunteer Coordinator	<i>Ewan Silvester</i>
Technical delegates	<i>Ben Derrick and Sandra Paul</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 July 26

9:00-10:30 Official Training Classic Sprint

15:30-16:00 Captains Meeting @ BNSC Clubhouse

Saturday July 27

9:30 Start qualification Classic Sprint

11:00 Start finals Classic Sprint

13:00 Prize ceremony @ Nordic Bowl

15:00-16:00 Official Training 10/15km Freestyle

No captains meeting will be held on Saturday

Sunday July 28

10:00 Start Women 10km Freestyle

10:45 Start Men 15km Freestyle

12:30 Prize ceremony @ Nordic Bowl

Link to results:

Sprint - <https://alpinetiming.com.au/r114>

Distance – <https://alpinetiming.com.au/r115>

CLASSIC SPRINT

2019

Falls Creek

Saturday 27th of July

- 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

9:25 Course closed

9:30 Start qualification

9:50 approx. Course open after qualification is finished

10:30 Bib distribution for finals

Quarter Finals

11:00 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

11:30 Semi-Final 1 – Women

Semi-Final 2 – Women

Semi-Final 1 – Men

Semi-Final 2 – Men

Finals

11:45 B-Final – Men (if required)

11:50 A-Final – Women

11:55 A-Final – Men

13:00 Prize ceremony

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

Australian National Sprint Championships Saturday 27th July 2019

Start time	Bib No.	Name	DoB	
FEMALE				
9:30:15	1	Paul	Katerina	1996
9:30:30	2	Wright	Casey	1994
9:30:45	3	Jackson	Ella	1997
9:31:00	4	Watson	Aimee	1987
9:31:15	5	Slattery	Sarah	1988
9:31:30	6	Lie	Ellen Sohol	1994
9:31:45	7	Price	Hannah	2001
9:32:00	8	Duffy	Maysen	2001
9:32:15	9	Oldis	Brianna	2001
9:32:30	10	Evans	Zana	2004
9:32:45	11	Murnane	Lily	2003
9:33:00	12	Thompson	Margeaux	1993
9:33:15	13	Hooker	Maddie	2005
9:33:30	14	Trnka	Anna	1994
9:33:45	15	Pammer	Leila	2002
9:34:00	16	Zwar	India	2003
9:34:15	17	Laajoki	Heli	2005
9:34:30	18	Smith	Nicola	2002
MALE				
9:40:15	31	Bellingham	Phillip	1991
9:40:30	32	Pollock	Mark	1992
9:40:45	33	de Campo	Seve	1998
9:41:00	34	Bräendli	Lauro	1997
9:41:15	35	Walker-Broose	Bentley	2001
9:41:30	36	Hoogenraad	Thomas	1999
9:41:45	37	Burke	Declan	2001
9:42:00	38	Blackwell	Nicholas	1999
9:42:15	39	Barnett	Adam	2000
9:42:30	40	Middlemiss	Will	2000
9:42:45	41	Gordon	Archie	1999
9:43:00	42	Hiam	Charlie	2000
9:43:15	43	Gasche	Christoph	1986
9:43:30	44	McMahon	Thomas	1996
9:43:45	45	Manning	Patrick	2002
9:44:00	46	Cooke	Tim	2000
9:44:15	47	Mordes	John	2003
9:44:30	48	Flanagan	Liam	2001
9:44:45	49	Britten	Cal	1988
9:45:15	50	Planke	Lars	1993
9:45:30	51	Stecher	Adam	2002
9:45:45	52	Silvester	Tommi	2003
9:46:00	53	Catto-Smith	Robert	1994
9:46:15	54	Ryan	Finn	2001

2019
Falls Creek

Sunday 28th of July

8:30 Course open for training

9:55 Course closed

10:00 Start Women's 10km Freestyle

10:45 Start Men's 15km Freestyle

12:30 Prize ceremony

Australian National Dist Championships Sunday 28th July 2019

Start time	Bib No.	Name	DoB	
FEMALE				
10:02:00	4	Pammer	Leila	2002
10:02:30	5	Trnka	Anna	1994
10:03:00	6	Hooker	Maddie	2005
10:03:30	7	Thompson	Margeaux	1993
10:04:00	8	Murnane	Lily	2003
10:04:30	9	Evans	Zana	2004
10:05:00	10	Oldis	Brianna	2001
10:05:30	11	Duffy	Maysen	2001
10:06:00	12	Price	Hannah	2001
10:06:30	13	Fordham	Rosie	2002
10:07:00	14	Lie	Ellen Sohol	1994
10:07:30	15	Jackson	Ella	1997
10:08:00	16	Watson	Aimee	1987
10:08:30	17	Slattery	Sarah	1988
10:09:00	18	Paul	Katerina	1996
10:09:30	19	Wright	Casey	1994
MALE				
10:46:00	43	Bourke	Michael	1953
10:46:30	44	Dickinson	Cameron	1980
10:47:00	45	Walker	John	1987
10:47:30	46	Hallor	Anton	1992
10:48:00	47	Walker	Andrew	1951
10:48:30	48	Planke	Lars	1993
10:49:00	49	Silvester	Tommi	2003
10:49:30	50	Stecher	Adam	2002
10:50:00	51	Britten	Cal	1988
10:50:30	52	Bridgford	Lindsay	1962
10:51:00	53	Flanagan	Liam	2001
10:51:30	54	Cooke	Tim	2000
10:52:00	55	McMahon	Thomas	1996
10:52:30	56	Mordes	John	2003
10:53:00	57	Hiam	Charlie	2000
10:53:30	58	Gasche	Christoph	1986
10:54:00	59	Manning	Patrick	2002
10:54:30	60	Gordon	Archie	1999
10:55:00	61	Middlemiss	Will	2000
10:55:30	62	Barnett	Adam	2000
10:56:00	63	Burke	Declan	2001
10:56:30	64	Hoogenraad	Thomas	1999
10:57:00	65	Walker-Broose	Bentley	2001
10:57:30	66	Blackwell	Nicholas	1999
10:58:00	67	de Campo	Seve	1998
10:58:30	68	Watson	Callum	1989
10:59:00	69	Brändli	Lauro	1997
10:59:30	70	Pollock	Mark	1992
11:00:00	71	Bellingham	Phillip	1991