



On behalf of the Swedish Ski Association and Norwegian Ski Association

Holmens IF cordially invites to

**Norwegian Cup, FIS competition Nordic Combined Ladies and the Norwegian Championships Nordic Combined (jumping)**

**16-17 November 2019**

**Lugnet K90/HS100**



## Welcome to FIS competition Nordic Combined Ladies

### Competition Program:

#### Thursday November 15

10:00 – 18:00 Hill open for training

#### Friday November 16

10:00 – 18:00 Hill open for training

19:00 Team Captain's meeting, Scandic Hotel

#### Saturday November 17 FIS Competition Ladies and Norges Cup Nordic Combined

09:00 Trial round

10:00 Competition round

14:30 Cross Country

Prize ceremony will be held after the end of the competition

#### Sunday November 18 Norwegian championships Nordic Combined (jump)

09:00 Trial round

09:50 Competition round 1

10:45 Competition round 2

The cross country event of the Norwegian Championships will take place in Beitostölen, Norway  
November 23-24

Starting bibs can be collected at the Race Office 1 hour before the start

Questions about the competition can be forwarded:

Marit Stub Nybelius

Mobil +46 707 586 620

Organisation coordinator

Epost: [mny@du.se](mailto:mny@du.se)

Per Busk

Mobil +46 705 810 192

Chief of Competition

Epost: [dalaljud@gmail.com](mailto:dalaljud@gmail.com)

## Registration

Registration for the Norwegian Cup goes through sportsadmin, registration for non-Norwegian athletes goes to [Johanna.nybelius@gmail.com](mailto:Johanna.nybelius@gmail.com). Since the FIS competition and Norwegian Cup are integrated we strongly recommend that you register for both competitions. To register for the FIS competition the athlete needs a FIS code.

Registration fee Norwegian Cup, €17

Registration fee Norwegian championships € 220 ,-

### Bank information:

BIC: NDEASESS

IBAN: SE2495000099602601130822

Holmens IF, c/o Carina Arén, Stora Hälla Gård 110, S-791 91 Falun

Delayed registration will result in a double registration fee

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## **General Information**

### **Competition Rules**

The competition will use the official FIS rules regarding equipment and advertising

There will be equipment control and doping control

### **Changing area/ski waxing/café/training**

There will be changing facilities for ladies and men at the top of the hill

There will be power outlets at the top of the hill

There will be a kiosk open and there is a restaurant in the sporting arena close by

The race office will be in the judges tower.

Training Thursday and Friday requires a training fee, book through

<https://www.lugnet.se/lugnet/evenemang--bokning.html>

### **Competition accomodation:**

Scandic Hotel, Lugnet

Camping cabins, Lugnet

### **Accomodation**

Booking of accomodation and training gos through -

<https://www.lugnet.se/lugnet/evenemang--bokning.html>

**Welcome to the competitions in Falun**