



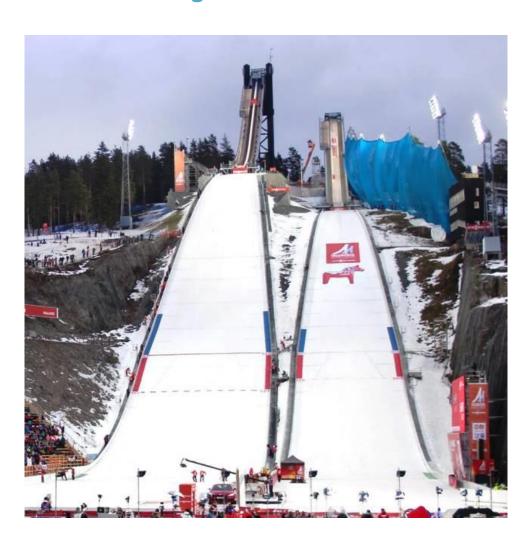


On behalf of the Swedish Ski Association and Norwegian Ski Association

Holmens IF coordially 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

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

Per Busk Mobil +46 705 810 192
Chief of Competition Epost dalaljud@gmail.com

Registration

Registration for the Norwegian Cup goes through sportsadmin, registration for non-Norwegian athletes goes to 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, $\ensuremath{\mathfrak{e}}$ 17 Registration fee Norwegian championships $\ensuremath{\mathfrak{e}}$ 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

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