



**SVENSKA
SKIDFÖRBUNDET**[®]
SWEDISH SKI ASSOCIATION



On behalf of the Swedish Ski Association and Norwegian Ski Association

Holmens IF cordially invites to

**Norwegian Cup, Norwegian Championships (jump)
and FIS competition Nordic Combined Women**

16-17 November 2019
Lugnet K90/HS100



Welcome to FIS competition Nordic Combined Women

Competition Program:

Thursday November 14

10:00 – 18:00 Hill open for training

Friday November 15

10:00 – 18:00 Hill open for training

19:00 Team Captain's meeting, Scandic Hotel

Saturday November 16 FIS Competition Women 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 17 FIS Norwegian Championships Nordic Combined

09:00 Trial round

09:50 Competition round 1

10:45 Competition round 2

The cross country event will be held 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 and Norwegian championships 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 all competitions. To register for the FIS competition the athlete needs a FIS code.

Registration fee Norwegian Cup, €17 ,-
Registration Fee Norwegian Championships €22

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