



## Contact information

Organiser contact information	
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Address	Valgehobusemaa Sports Centre, Valgehobuse, Magede kula, Jarva vald Jarvamaa, 73412 Mägede,

Offices and their opening hours		Officials	
Race office	22nd March 9.00 - 15.00 Valgehobusemägi	FIS Technical Delegate	Vahur Leemets (EST)
Race office	23rd March 10.00 - 16.00 Valgehobusemägi		

## Event schedule

Event schedule (LOC times)			
22.03.2024	Event	Location	Races
15:00	Training	Valgehobusemäe Skiing and Holiday Centre	23 Mar - FIS Women's 5k 23 Mar - FIS Men's 10k
23.03.2024	Event	Location	Races
09:00	Team Captains' Meeting	Valgehobusemägi Visitor's Centre	23 Mar - FIS Women's 5k 23 Mar - FIS Men's 10k
12:00	Competition start	Valgehobusemägi	23 Mar - FIS Women's 5k
12:30	Competition start	Valgehobusemägi	23 Mar - FIS Men's 10k
14:00	Prize Giving Ceremony	W, M award ceremony, 15 min after last competitor finishes	23 Mar - FIS Women's 5k 23 Mar - FIS Men's 10k

### Friday, 22. March 2024

9.00 - 15.00 Race Office is open Valgehobusemägi

15.00 – 17.00 Official training

### Saturday, 23. March 2024

10.00 – 16.00 Race Office is open Valgehobusemägi

10.00 – 16.00 Press Centre is open Valgehobusemägi Visitor's Centre

9.00-9.30 Team Captains meeting Valgehobusemägi Visitor's Centre

9.45 Opening ceremony Valgehobusemägi

**12.00 WOMEN 5 km (classic technique) Valgehobusemägi**

**12.30 MEN 10 km (classic technique) Valgehobusemägi**

**W, M award ceremony, 15 min after last competitor finishes Valgehobusemägi**

23rd ALBU JAAK MAE CUP SKI RACE

GENERAL INSTRUCTIONS



## 1. OBJECTIVES

- 1.1. To organize an international skiing competition that is listed in the FIS Calendar.
- 1.2. To promote the Valgehobusemäe Ski and Recreation Centre.
- 1.3. To increase the popularity of skiing among young people.

## 2. PLACE AND TIME OF COMPETITION

- 2.1. The competition takes place in the Valgehobusemäe Ski and Recreation Centre, Jarva Municipality, Järva County, Estonia, on 23.March 2024

## 3. ORGANISATION AND MANAGEMENT

- 3.1. The race organizers are Foundation of Valgehobusemäe Ski and Recreation Centre
- 3.2. The Technical Delegate (FIS TD) is Vahur Leemets
- 3.3. The Chief of Competition is Kalju Kertsmik.
- 3.4. The Chief of Course is Raivo Pellja
- 3.5. The official name of the competition is the 23 th Albu Jaak Mae Cup Ski Race.

## 4. GENERAL RULES

- 4.1. The competition will be held in accordance with the ESA and FIS cross-country skiing rules and regulations.
- 4.2. For the competition, electronic timing will be used. Intermediate times will be taken after every lap.
- 4.3. The Chief of Competition shall inform the public of the cancellation or postponement at least five days before the date of the competition, using the websites of the Estonian Ski Association, FIS and Valgehobusemäe Skiing and Recreation Centre for this purpose.
- 4.4. The unofficial results will be available at the competition site on the same day after the finish and electronically on the website of the Estonian Ski Association on the Monday following the competition.

## 5. PARTICIPANTS, DISTANCES

- 5.1. All athletes who have a valid FIS license and whose state of health is sufficiently good may take part in the competition. Each competitor is responsible for his or her own health.
- 5.2. The organizers will also send invitations to competitors abroad to participate in the competition.
- 5.3. The competition will be held in classic technique. Starting method: pair start with 20-second intervals
- 5.4. There will be 1 start group for both women and men. The starting order will be determined by the current FIS Distance Points List, starting with the competitors with the highest points.

Start group 1 – women 5 km

Start group 2 – men 10 km

## 6. REGISTRATION

- 6.1. Competitors should register by e-mail on [info@valgehobuse.ee](mailto:info@valgehobuse.ee), stating their name, starting gender, distance, year of birth, club and address (phone, e-mail) by 3 p.m 20. March 2024 at the latest.
- 6.2. There will be no registration by names at the competition site.

## 7. ENTRY FEES

- 7.1. The entry fee for the competitors at the FIS distance will be 10 Euros .The entry fee shall be paid by 20. March 2024 at the latest onto account no EE502200221065753317 in Swedbank or in cash at the competition site.

## 8. PROGRAMME

- 8.1. The competitors will be given the opportunity to train and inspect the course from 3 p.m. to 5 p.m. on 22. March 2024.
- 8.2. The competition will start at 12.00 a.m. on 23. March 2024. The exact start times for the groups will be scheduled one week before



# 23rd Jaak Mae Cup

Valgehobusemäe, Albu (EST)  
23.03.2024



the competition and will be published on the addresses [www.suusaliit.ee](http://www.suusaliit.ee) and [www.valgehobuse.ee](http://www.valgehobuse.ee).

8.3. The hand-out of the start numbers will finish 30 minutes before the start on the competition day.

## 9. PROTESTS

9.1. Protests should be submitted to the Jury in accordance with the cross-country competition rules of the Estonian Ski Association.

9.2. 16 Euros must be deposited with the submittal of the protest. The deposit will be returned if the protest is upheld.

## 10. TD AND JURY

10.1. The organization of the competition will be supervised by the FIS TD . The Jury will consist of the TD, the Assistant TD and the Chief of Competition.

10.2. All protest must be delivered to jury in 15 minutes after the unofficial result are shown on official information board.

10.3. The Jury shall decide on the changes proceeding from the weather conditions as well as other aspects of the competition which are the competence of the Jury.

## 11. AWARDING OF PRIZES

11.1. The award for both the first male and the first female winner is a Jaak Mae Cup, a diploma, medal and a prize. The 2nd to the 6th placing will be awarded a diploma, medal and a prize.

11.2. The prize-giving will start 25 minutes after the finish of the last FIS competitor at the competition site.

## 12. INFORMATION AND ACCOMMODATION

The information will be available on [www.valgehobuse.ee](http://www.valgehobuse.ee) and [www.suusaliit.ee](http://www.suusaliit.ee), starting from 1st of February 2024.

Accommodation may be found in holiday homes with all conveniences Valgehobusemäe Skiing and Holiday Centre

Contact info:

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