



# Fibenol



## FIBENOL NOORTE KARIKASARI KAHEVÖISTLUSES JA SUUSAHÜPETES 2023/2024 VII ETAPP NÕMME

**DATE:** 2. March 2024

**PLACE:** Nõmme, Tallinn

<u>AGE GROUP</u>	<u>YEAR OF BIRTH</u>	<u>HILL</u>	<u>CROSS-COUNTRY DISTANCE</u>
<b>YOUNGSTERS</b>	2018 and younger	K5/K10	No cross-country
<b>N8</b>	2016 – 2017	K5/K10	500 m
<b>M8</b>	2016 – 2017	K5/K10	500 m
<b>N10</b>	2014 – 2015	K10	1 km
<b>M10</b>	2014 – 2015	K18	1 km
<b>N12</b>	2012 – 2013	K18	1.5 km
<b>M12</b>	2012 – 2013	K25	2 km
<b>N14</b>	2010 – 2011	K25	2 km
<b>M14</b>	2010 – 2011	K50	3 km
<b>N OPEN CLASS</b>	2009 and older	K50	2 km
<b>M OPEN CLASS</b>	2009 and older	K50	3 km

### TIME SCHEDULE:

**11.00 - 11.50** Training

**12.00** Competition jumps K-10.

Following jumps on K-18 and K-25 hill.

Following jumps on K-50 hill.

Both jumps account for ski jumping and the best jump accounts for nordic combined.

There is no trial round.

**NB! Coaches must inform any changes compared with registration sheet one hour before the competition and confirm it with a signature at the competition secretary.**

**Cross-country starts 45 minutes to 1 hour after the last jumper at Nõmme spordikeskus (address Külmallika 15).**





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## COMPETITORS:

The competition is in individual ski jumping and Nordic combined (MN8 – MN14 and Open class). Overall competitors make 2 jumps: **both jumps account for ski jumping and the best jump accounts for Nordic combined.**

**NB! Sliding only on the landing area of the hill does not account for competition jump.**

All competitors can take part in their age group. According to the general Youth Cup guide, an athlete can compete on a smaller hill than his/her age group but the points are accounted as if he/she had jumped on his/her designated hill. All athletes must have sufficient training which will be confirmed by the coach with signature on registration sheet. All competitors must wear a helmet.

## REGISTRATION:

Registration for competition to be completed for Thursday evening 29. February 2024.  
e-mail: [urve.loit@gmail.com](mailto:urve.loit@gmail.com)

**NB! Registration is filled on registration sheet.**

## AWARD CEREMONY:

Every age group is awarded.  
Award ceremony starts 15 min after the competition.

## COMPETITION ORGANIZING:

Competition is organized by Estonian ski association in cooperation with Nõmme suusaklubi.

## INFO:

Karl Mustjõgi  
Chief Organizer  
+372 5627 5604  
[karl.mustjogi@gmail.com](mailto:karl.mustjogi@gmail.com)

