



ESTONIAN CHAMPIONSHIPS IN ROLLER-SKIING (FIS) AUGUST 16-18, 2024 TEHVANDI SPORTS CENTER, OTEPÄÄ

DISTANCE TIMETABLE - 17.08.2024

14:30 - 16:00

15:15

15:30 - 16:00

16:15

16:40

17:10

17:45

18:25

19:15

RACE OFFICE (BIB NUMBERS)

TEAM CAPTAINS MEETING

ROLLERSKIS TESTING

ROOM 107

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10MIN PER PARTICIPANT

W16, W18 5KM CL

M16 10KM CL

M18 10KM CL

W, W20 10KM CL (FIS)

M, M20 15KM CL (FIS) 1. WAVE

M, M20 15KM CL (FIS) 2. WAVE

INTERVAL START

(ROLLERSKIS ~10MIN BEFORE START)

IMPORTANT INFORMATION

1. There will be several video referees on the track to monitor the correct usage of classical technique in skiing.

2. According to FIS rulebook :

396.2.6

Cross-Country ski poles must be used with Cross-Country skiing tips. Alternatively pole tips must have safety rigid plastic protections with diameter ≥ 30 mm. These protections must be placed maximum 45 mm above the metallic tips.

396.2.7

Safety helmets (e.g. DIN EN 1078 or equivalent) and eye protection must be worn during official training and competition.

Compliance with these rules is checked by the race technical delegate before the start.