

COMPETITION PROGRAM FIS ROLLERSKI LATVIAN CHAMPIONSHIP

Stage 1 | 1-2.08.2020.

PLACE

Priekuli, Cesis – skiing and biathlon centre “Cēsis”

ORGANIZER

Race is organized by Latvian Ski Federation (LSF) in cooperation with SIA “Cēsu Olimpiskais centrs”

Race is organized according to FIS Rollerski rules, taking into consideration exceptions mentioned in the championship rules and this program.

COMPETITION SCHEDULE

1.08.2020.

Short distance in Classical technique with interval start

- 13:30 Bib distribution
- 14:30 Team Captains' meeting
- 15:00 Start S10, V10, S12, V12 (1,2 km course)
- 15:45 Start S14, V14, S16 (1,8 km course)
- 16:30 Start V16, S40, V40 (2,6 km course)
- 17:30 Start S18, V18, S20, V20, S, V (2,6 km course) – FIS category
- 18:30 Prize Giving Ceremony

2.08.2020.

Short distance in Free technique with interval start

- 9:30 Bib distribution
- 10:30 Team Captains' meeting
- 11:00 Start S10, V10, S12, V12 (1,2 km course)
- 11:45 Start S14, V14, S16 (1,8 km course)
- 12:30 Start V16, S40, V40 (2,6 km course)
- 13:30 Start S18, V18, S20, V20, S, V (2,6 km course) – FIS category
- 14:30 Prize Giving Ceremony

AGE GROUPS AND DISTANCES

Group		Year of birth	1st stage 1.-2.08.2020. Priekuli	
			Īsā distance C	Īsā distance F
Men	V	1999. year and older	10,4 km (FIS) (4x2,6km)	10,4 km (FIS) (4x2,6km)
Men	V20	2000.-2001. year	10,4 km (FIS) (4x2,6km)	10,4 km (FIS) (4x2,6km)
Women	S	1999. year and older	5,2 km (FIS) (2x2,6km)	5,2 km (FIS) (2x2,6km)
Women	S20	2000 -2001. year	5.2 km (FIS) (2x2,6km)	5.2 km (FIS) (2x2,6km)
Men	V18	2002.-2003. year	10,4 km (FIS) (4x2,6km)	10,4 km (FIS) (4x2,6km)
Women	S18	2002.-2003. year	5,2 km (FIS) (2x2,6km)	5,2 km (FIS) (2x2,6km)
Youth	V16	2004.-2005. year	5,2 km (2x2,6km)	5,2 km (2x2,6km)
Youth	S16	2004.-2005. year	3,6 km (2x1,8km)	3,6 km (2x1,8km)
Youth	V14	2006.-2007. year	3,6 km (2x1,8km)	3,6 km (2x1,8km)
Youth	S14	2006.-2007. year	1,8 km	1,8 km
Youth	V12	2008.-2009. year	1,2 km	1,2 km
Youth	S12	2008.-2009. year	1,2 km	1,2 km
Children	V10	2010. year and younger	1,2 km	1,2 km
Children	S10	2010. year and younger	1,2 km	1,2 km
Masters	V40	1980. year and older	10,4 km (4x2,6km)	10,4 km (4x2,6km)
Masters	S40	1980. year and older	5,2 km (2x2,6km)	5,2 km (2x2,6km)

COMPETITION RULES

1. FIS race according to FIS rules.
2. To conquer FIS points, athlete has to have active FIS code.
3. Athletes without active FIS code can compete in age groups S18-S and V18-V, but will be taken out of the results before publishing.
4. V10 to V20 and S10 to S20 age group athletes can participate 1 age group higher.
5. Every participant has to use **fastened safety helmet and eye protection**. Youth, children and masters groups must use fastened safety helmet and eye protection is advisable. If athlete finishes without or unfastened safety helmet, he/she gets disqualified. Option not to use eye protection will be declared by the Jury. Such a decision might occur in cases, when due to the weather eye sight is limited using eye protection.
6. **In Free technique race** it is allowed to participate with rollerskis, which parameters are following:
 - V10-V16 and S10-S16 age group *START SKATING 71* rollerskis: wheel diameter ≤ 71mm; width ≥ 30mm;
 - V18, V20, V, V40, S18, S20, S, S40 age group: wheel diameter ≤ 100mm; wheel material – black rubber with hardness ≤ 80A (shore); frame length ≥ 530mm.
7. **In Classical technique race** it is allowed to participate with rollerskis, which has rubber wheels with diameter ≤ 80mm. Each rollerski has to have 1 wheel with ratchet mechanism.
8. During an Interval Start competition a competitor who is being overtaken must give way on the first demand.
9. Track will be closed 5 minutes before the race and during this time is open only for competing athletes.
10. In case of losing or damaging transponders or racing bibs a monetary fine will be applied – 20 € for bib, 70 € for transponder.

COMPETITION JURY

Jury consists of: Chief of competition, FIS technical delegate and National Technical delegate

ENTRY

Entries are done using online entry system at <https://www.infoski.lv/distancu-sleposana/sacensibu-kalendars/2020-gada-vasaras-sezona/augusts/latvijas-cempionats-rollersleposana-1-posms/>

Deadline is Thursday, July 30th, 23:59.

Every participant is responsible for their own health condition.

Entries on the race day are not accepted.

ENTRY FEE

Categories S10, V10 – without a fee.

Categories S12, V12, S14, V14, S16, V16, S18, V18 – 3 €

Categories S20, S, S40, V20, V, V40 - 8 €

PROTESTS

Protests must be submitted to the chief of competition not later than 15 minutes after unofficial results are published. Protests submissions must be accompanied with 100€ deposit.

PRIZE GIVING

In FIS category top 3 places are awarded with cups and diplomas, 4th-6th place with diplomas. Athletes must have active FIS code.

Latvian Championship groups top 3 places are awarded with medals and diplomas, International participants are awarded with diplomas only.

MEDIA AND PUBLICITY

Photos and videos taken during the race, organizers are allowed to use in self marketing materials without coordinating with persons visible in the materials.

SAFETY AND INSURANCE

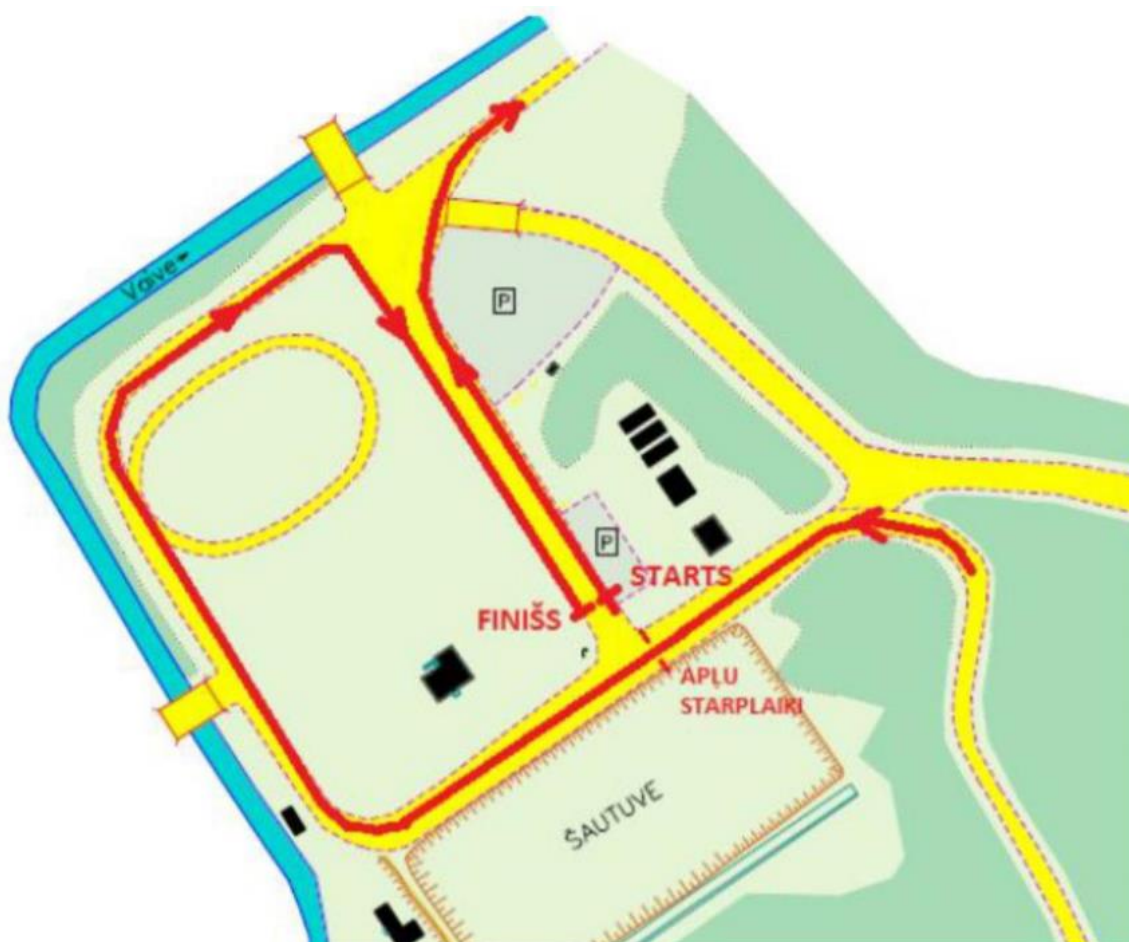
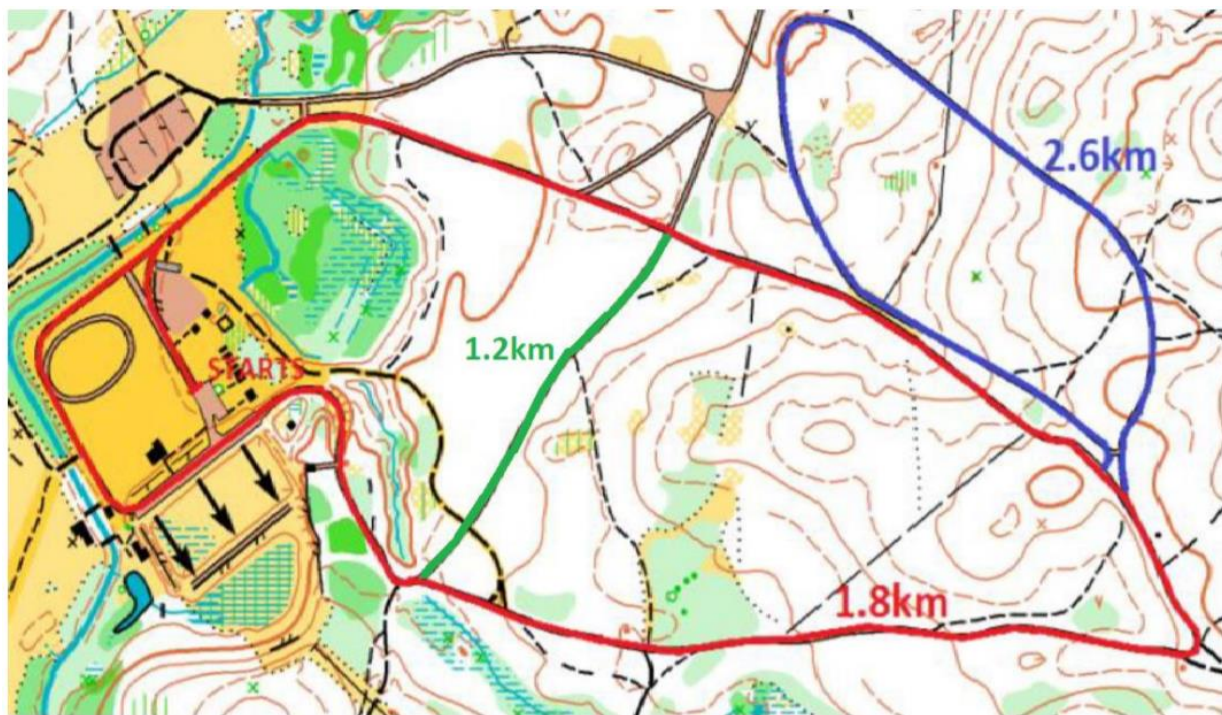
The organizers of the competition are not responsible for accidents or diseases.

Participants or the organization that has applied for a participant is responsible for insuring the participants' health and accidents.

INFORMATION

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TRACK SCHEME



 CROSS-COUNTRY.SKI.LV

