

2024 LATVIA CHAMPIONSHIP FOR ADULTS, MASTER COMPETITION FOR JUNIORS, YOUNG PEOPLE AND VETERANS IN ROLLER SKIING STAGE 2 – COMPETITION PROGRAM

PLACE

Priekuli, skiing and biathlon center "Cēsis"

TECHNICAL MANAGER

The competition is organized by the Latvian Skiing Federation (LSF) in cooperation with SIA " Cēsu Olimpiskais centrs" and the association " Rollertour "

PROCEDURE OF COMPETITIONS

The competition is organized and takes place in accordance with the FIS rules, taking into account the deviations mentioned in the regulations and the competition program.

COMPETITION PROGRAM

August 24, 2024

Short distance in classic style with an interval start

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|-------------|--|
| 8:30 a.m | Withdrawal of start numbers of pre-registered participants |
| 9:00 a.m | Meeting of representatives of FIS competition teams |
| 9:00-9:55 | The track is open for warm-up |
| 9:30 a.m | FF Classic roller ski distribution for women's FIS group |
| 10:00 a.m | Start S18, S20, S (2.6 km circle) – FIS category |
| 10:30 a.m | FF Classic roller ski distribution for men's FIS group |
| 10:30-10:55 | The track is open for warm-up |
| 11:00 a.m | Start V18, V20, V (2.6 km circle) – FIS category |
| 11:50-12:25 | The track is open for warm-up |
| 12:00 p.m | Meeting of Latvian championship team representatives |
| 12:15 p.m | FIS group awards |
| 12:30 p.m | Start S10, V10, S12, V12 (1.2 km circle) |
| 1:00 p.m | Start S14, V14, S16 (1.8 km circle) |
| 13:35 | Start V16, S40, V40, S50, V50 (1.8 and 2.6 km circle) |
| 14:30 | Latvian Championship award ceremony |

August 25, 2024

Middle distance freestyle with interval start

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|-------------|--|
| 8:30 a.m | Withdrawal of start numbers of pre-registered participants |
| 9:00 a.m | Meeting of representatives of FIS competition teams |
| 9:00-9:55 | The track is open for warm-up |
| 10:00 a.m | Start S18, S20, S (2.6 km circle) – FIS category |
| 10:40 a.m | Start V18, V20, V (2.6 km circle) – FIS category |
| 11:35-11:55 | The track is open for warm-up |

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- 11:30 Meeting of Latvian championship team representatives
 11:40 a.m FIS group awards
 12:00 p.m Start S10, V10, S12, V12 (1.2 km circle)
 12:50 p.m Start S14, V14, S16 (1.8 km circle)
 Start V16, S40, V40, S50, V50 (1.8 lap)
 14:30 Latvian Championship award ceremony

GROUPS OF PARTICIPANTS AND LENGTHS OF DISTANCES

| Group | | Year of birth | Stage 2 Pleasures | |
|--------------|------------|--------------------------|------------------------------|------------------------------|
| | | | 24.08.2024. | 25.08.2024. |
| | | | Short distance C | Middle distance F |
| Men | V | 2004 and older | 10.4 km (4x2.6 km) (FIS)* | 15.6 km (6x2.6 km) (FIS)* |
| Juniors | V20 | 2005-2006 year | 10.4 km (4x2.6 km) (FIS)* | 15.6 km (6x2.6 km) (FIS)* |
| Young people | V18 | 2007-2008 year | 10.4 km (4x2.6 km) (FIS)* | 15.6 km (6x2.6 km) (FIS)* |
| Women | S | 2004 and older | 5.2 km (2x2.6 km) (FIS)* | 10.4 km (4x2.6 km) (FIS)* |
| Juniors | S20 | 2005-2006 year | 5.2 km (2x2.6 km) (FIS)* | 10.4 km (4x2.6 km) (FIS)* |
| Young women | S18 | 2007-2008 year | 5.2 km (2x2.6 km) (FIS)* | 10.4 km (4x2.6 km) (FIS)* |
| Young people | V16 | 2009-2010 year | 5.2 km (2x2.6 km) | 9 km (5x1.8 km) |
| Young women | S16 | 2009-2010 year | 3.6 km (2x1.8 km) | 5.4 km (3x1.8 km) |
| Young people | V14 | 2011-2012 year | 3.6 km (2x1.8 km) | 5.4 km (3x1.8 km) |
| Young women | S14 | 2011-2012 year | 1.8 km | 3.6 km (2x1.8 km) |
| Young people | V12 | 2013-2014 year | 1.2 km | 2.4 km (2x1.2 km) |
| Young women | S12 | 2013-2014 year | 1.2 km | 2.4 km (2x1.2 km) |
| Children | V10 | Born in 2015 and younger | 1.2 km | 1.2 km |
| Children | S10 | Born in 2015 and younger | 1.2 km | 1.2 km |
| Veterans | V40 | 1984-1975 year | 10.4 km (4x2.6 km) | 15.6 km (6x2.6 km) |
| Veterans | S40 | 1984-1975 year | 5.4 km (3x1.8 km) | 9 km (5x1.8 km) |
| Veterans | V50 | 1974 and parents | 10.4 km (4x2.6 km) | 15.6 km (6x2.6 km) |
| Veterans | S50 | 1974 and older | 5.4 km (3x1.8 km) | 9 km (5x1.8 km) |

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COMPETITION RULES

1. All participants in FIS competitions **must wear reinforced protective helmets and protective glasses! It is mandatory** for participants of youth, children and veteran groups **to wear reinforced safety helmets and preferably safety glasses!** If the participants finish without or with an unfastened safety helmet, he is disqualified. The competition jury announces the possibility not to use protective glasses. Such a decision may be made in cases where the weather makes it difficult to see when wearing goggles.
2. **In freestyle competitions**, it is allowed to start with roller skis , the parameters of which are as follows:
 - in V10-16 and S10-16 groups START SKATING 71 roller skis : wheel diameter ≤ 71 mm; width ≥ 30 mm;
 - In groups V18, V20, V, V40, V50, S18, S20, S, S40, S50: black **RUBBER** wheels, diameter ≤ 100 mm; frame length ≥ 530 mm.

In classical style competitions, it is allowed to start with roller skis , the parameters of which are as follows:

- In FIS competitions, classic style roller skis with black FF wheels with a V-groove, diameter ≤ 80 mm. Each roller ski must have at least one wheel with a brake mechanism ;
(we invite you to use your rollers with FF V-groove, but the rollers will be provided for the others at the FIS competition on August 24. After the competition, it will be possible to buy them for €140)



- In other LČ group competitions, roller skis with black wheels, hardness ≤ 80 A shors , diameter ≤ 80 mm. Each roller ski must have at least one wheel with a brake mechanism.

Participants must ensure that their inventory complies with the rules. The competition jury will conduct an inspection at the specified time before the start, as well as randomly after the finish

3. According to FIS ICR 396.2.6, cross-country ski poles with cross-country tips (baskets) must be used in FIS roller skiing competitions. If roller ski pole tips are used, they must have a hard plastic safety sleeve with a diameter of at least 30mm. This protective sleeve must not be higher than 45 mm above the metal tip.
4. In races with an interval start, the participant who is overtaken must give way to the faster driver at the first request.
5. Registration for the competition takes place through the LSF website no later than 2 days before the first day of the competition of the respective stage (until Wednesday 23:59). Due to technical reasons, the application can be submitted in writing (e-mail) to the LSF e-mail:

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info@ski.lv within the mentioned deadline . A participant's or team's representative can send a participant's withdrawal from the competition until the day before the competition at 20:00 to info@ski.lv

- Teams, sports schools are invoiced for participation in the competition for all registered participants.
- Individual participants must pay for their participation by bank transfer by the relevant day of the competition before arriving for registration.

The transfer should be made to:

Association "Latvian Skiing Federation"

Reg . No. 40008023069

| | | |
|---|----|--|
| Luminor Bank A/S Latvian branch Account: LV35RIKO0002013226036 Code: RIKOLV2X | or | A/S Swedbank Account: LV19HABA0551031997550 Code: HABALV22 |
|---|----|--|

The participant's Name, Surname, Group, LČ stage must be indicated in the payment order

When arriving for registration, you must present a printed payment order or a screenshot of the payment application .

The organization that submitted the application or the participant himself is responsible for the state of health of the participants, as well as their technical and physical preparation.

6. Participation fee:

In S10, V10 groups - there is no participation fee.

In S12 – S18, V12 – V18 groups – 5 euros for each competition distance.

In S20, S, S40, S50, V20, V, V40, V50 groups - 10 euros for each competition distance.

7. Competition jury:

The main judge of the competition: Mārtiņš Niklas

FIS technical delegate: Jānis Puida

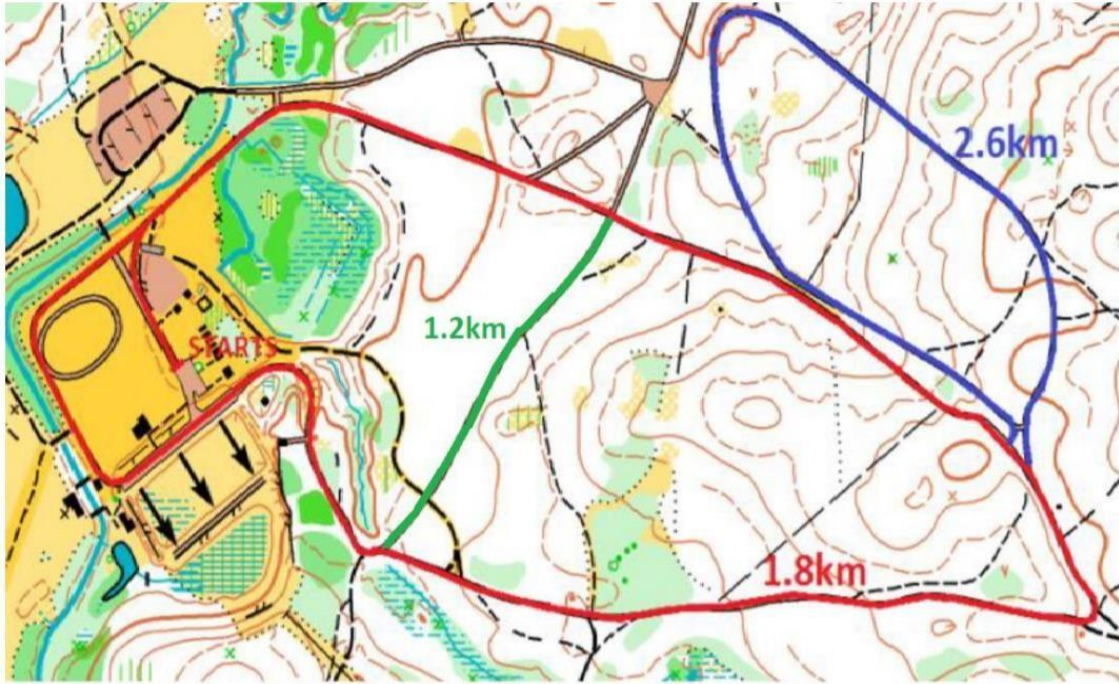
National technical delegate: Normunds Bērziņš

8. The organizers of the competition may use photos and videos taken during the competition in self-promotional materials without coordination with the people appearing in them.

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TRACK DIAGRAMS



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