



TOPPIDRETTS- VEKA 2022

HITRA · AURE · TRONDHEIM



TEAM CAPTAINS MEETING

18:00 - 24. AUGUST 2022

TCM TEAMS

PLEASE MUTE

QUESTIONS, PLEASE TYPE THE QUESTION OR PUT UP A HAND

ROLL CALL, PLEASE TYPE LIKE THIS; «NOR-YES»

PLEASE ADD YOURSELF TO THE WHATSAPP GROUP, TIV 2022,
ALL LAST MINUTE INFORMATION WILL BE POSTED HERE

<https://chat.whatsapp.com/EMgKmkL15EO9ijoyWJoB5R>



TIV 2022

WhatsApp-gruppe



Skann eller last opp QR-koden med WhatsApp-kameraet for å bli med i gruppen

Agenda

Welcome with Daniel Myrmæl Helgestad

Roll call

Introduction of the OC and the Jury

Event program

General information and race format

Day to day information

Checking of the entries

Weather forecast

Information from the TD

Information from the OC

Roll call

CHN

CZE

FIN

FRA

IRL

NSF junior

NSF Kvinner Elite

NSF Menn Elite Sprint

NSF Menn Elite Distanse

NSF Rekrutt

SWE

USA

GBR

Team Aker Dæhlie

Team Elon Innlandet

Team Elon Midt-Norge

Team Elon Nord-Norge

Team Elon Oslofjord

Team Elon Vest

Team Engcon

NTNUI

Team Midt-Norge

Team Mjøs-produkter

Team Norconsult

Rustad IL

Lillehammer skiklub



INTRODUCTION OF THE OC AND THE JURY

LOC

Chairman/TIV-SJEF: **Daniel Myrmæl
Helgestad**

Organizer: **Harald Fladseth**

Chief of competition: **Tor-Arne Hetland**

Race Secretary: **Arnhild Skaanes**

Transportation: **Atle Helgestad**

Medical: **Wenche Thorstensen**

Accommodation/Info

Tjeldbergodden: **Jannicke Schei Stornes**

JURY

TD: **Arne Otto Vedvik**

TD Assistant: **Live Spilker**

Chief of Competition: **Tor-Arne Hetland**

COC Assistant: **Truls Torvik**

COVID

We still have COVID - take care of each other

Please contact **Wenche Thorstensen, +47 911 14 222, if you feel known covid symptoms**

People with covid can not take part in Toppidrettsveka

Wash your hands and keep distance



TOPPIDRETTS- VEKA 2022

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EVENT PROGRAM TIV 2022 Sommer-NM NC

TIV 2022

THURSDAY 25th

18:20 Hitra – Fillan 54 km masstart C

FRIDAY 26th

Aure Sprint C

15:45 Qualification women

16:20 Qualification men

18:05 ¼-final women and men

19:25 Final women and men

Saturday 27th

Granåsen

10:00 10 km women F 3 laps ind. start

10:45 15 km men F 5 laps ind. start

16:00 5 km women C 2 laps pursuit

16:45 10 km men C 3 laps pursuit

Sommer-NM NC

FRIDAY 26th

Knyken - Aure

10:00 Knyken small hill

14:30 5 km men 5 laps

15:00 3 km women 3 laps

Saturday 27th

Stjørdal – Granåsen

10:00 Stjørdal large hill

14:45 5 km women 2 laps

15:15 10 km men 3 laps

All races

Roadmap, hotel, food etc see information at Toppidrettsveka.no

Everyone is responsible for their own transport. Parking and speeding in Norway can be expensive, so follow guidelines...

TV productions, we want to see the athletes and the commercial, so please follow guideline and stand on the side of the track. Coaching zones, see map.

Pick up startbib at raceoffice no later than 60 min before start

All athletes will use rollerski handed out by the organizer, 30 min before the start. We use SWIX roller ski with standard wheels.

It is strictly forbidden to modify or manipulate the wheels in any way. This will lead to disqualification.

Technique and equipment control will be performed.

Prize ceremony 1-2-3 directly after each race

1. 7 500 NOK 2. 5 000 NOK 3. 2 500 NOK

Sprints Hitra 3 x 2 500 NOK + 10 kg Salmon at the first sprint

Overall

1. 30 000 NOK 2. 20 000 NOK 3. 10 000 NOK

Total prize money 225 000 NOK



General rules

It is mandatory to wear a helmet and glasses during all rollerski competitions. ICR 396.2.7

Cross-Country ski poles should be used with cross-country skiing tips. «Alternatively poles tips must have safety rigid plastic protections with diameter ≥ 30 mm. These protections must be placed maximum 45 mm above the metallic tips.» ICR 396.2.6

Warm up, please keep right on all roads



- New security lock
- Mechanically lock the open/close mechanism
- Make sure the red mark **IS NOT** visible



General rules

Toppidrettsveka will follow the FIS ICR rules.

Toppidrettsveka consists of 3 introductory races and a final pursuit. The woman and man who crosses the finish line first in the pursuit, is the winner of Toppidrettsveka.

For each introductory race, points are awarded according to the 2022/23 World Cup points system. All competitions counts in the overall standing. 50 men and 50 women will be allowed to start the pursuit.

100-95-90-85-80-75-72-69-66-63-60-58-56-54-52-50.....3-2-1

There will be set a limitation on the number of participants in the three introductory races. The number of participants will be based on safety measures and the decision will be made by the jury.

The athlete with the most points will be starting in 1st position in the pursuit, second most points in the 2nd position.

Number 1, 2, 3 will be starting separately with 10 seconds intervals. After that the athletes will be starting in groups of 5 with 5 seconds between each groups.

Erik Husby will take care of all start-, result- and overallists.

Please send him SMS for **NO STARTERS latest 1 hour before startlists are presented.**

Startlists will be prepared;

Thursday 11:00, mass start Hitra

Friday 11:00, sprint Aure

Friday 21:00 individual start Granåsen

Saturday 13:00 pursuit Granåsen

Race coordinator Norges Skiforbund – Erik Husby

E-mail: erik.husby@skiforbundet.no

Phone: +47 454 50 297

Thursday 26th

Toppidrettsveka 54 km Mass Start C

Boat Tjeldbergodden - Hitra

Dep. Tjeldbergodden/Kjørsvikbugen **16:30** - Arv. Hitra 17:05

16:30 - Race office opens

18:20 – Start at Jøsnøya

20:30-20:45 – Finish at Fillan

20:50 – Prize Ceremony

Boat Hitra - Tjeldbergodden

Dep. Hitra **21:30** - Arv. Tjeldbergodden 22:30

RULES – COMPETITION 1 HITRA



3 sprints;
17 km - 27 km - 44 km

There are no bonus points on the sprints.

Feeding;
17 km - 22 km - 35 km - 36 km - 49 km (see F in attached map)

No feeding service other than what is provided by the organizer at designated drinking zones. Other drinking services are strictly prohibited.

Athletes who are too far behind at Fillan after **17 km** will be taken out of the race by the jury.

During the race, **2 people per team** are permitted to provide pole service by bike, **one for women and one for men**.

In order to do so, the following must be fulfilled:

The team must attend the digital (Microsoft Teams) team captains meeting Wednesday 24.08 to register the service people (1 for the women and 1 for the men).

Please type in chat who who will do service, name and phone number.

Red service-bib marked SERVICE can be collected at the race office before the race.

Bikers without a SERVICE bib will be removed from the race.

All bike/service must **stay behind** the leading group.

If pole service is necessary, the athlete must slow down to the **back of the group** to receive service from her/his serviceperson.

Bikers must keep to the **right side** of the road.

The organizer provides:

1 car (police) and 1 car (organizer) ahead of the first athlete.

1 car (police), 1 car (organizer) and 1 car (medical) behind the last athlete.

Other than this, **no cars are allowed** on the course.

Traffic information

The course will be closed for all traffic during the race. There will be security guards at all critical crossroads, as well as police ahead and behind the race.

Regardless of this, we cannot guarantee that there will be no cars, tractors or bikes from other crossroads, and we therefore ask all athletes to keep **right** during the whole race.

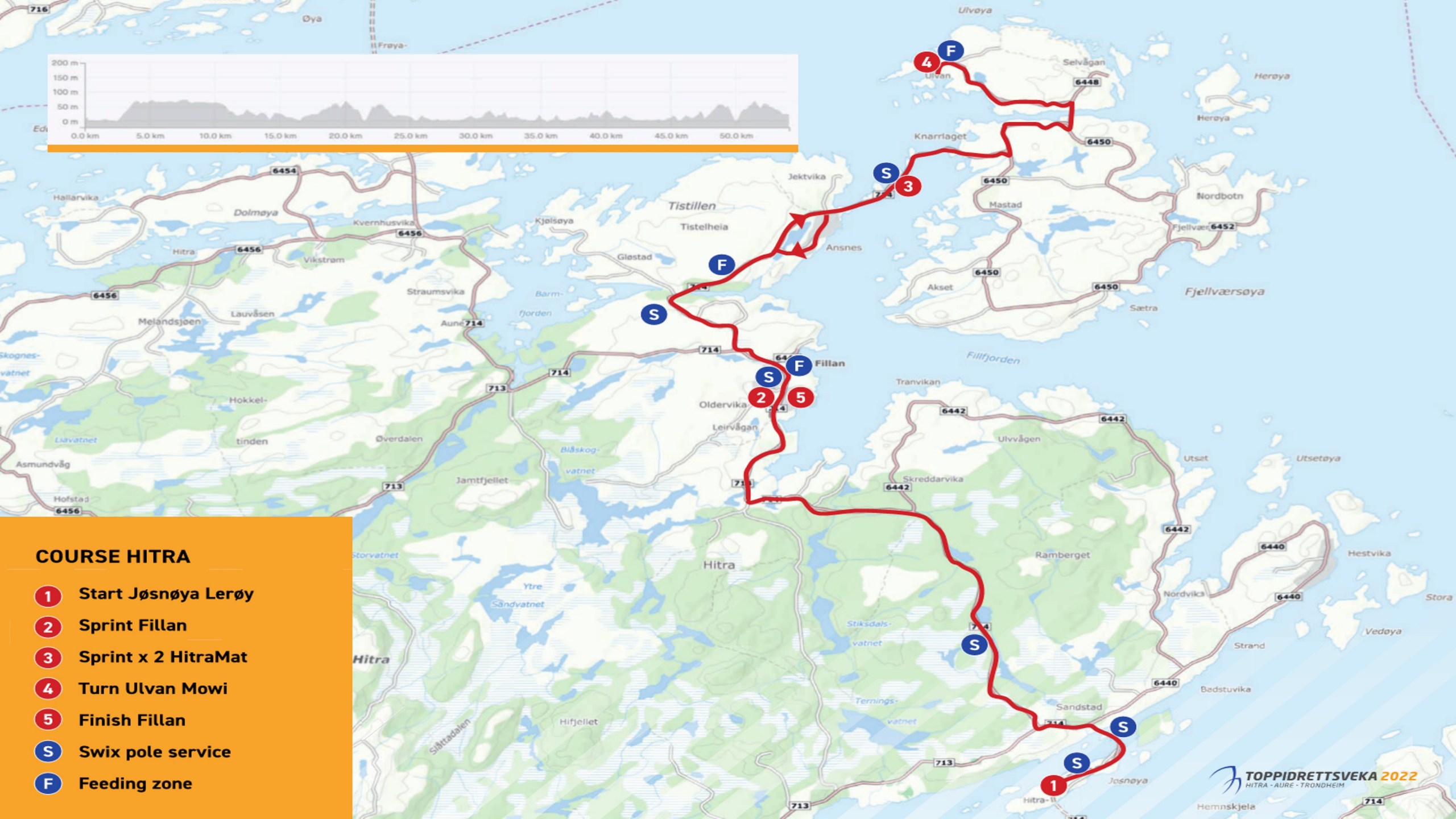
From Knarrlagsund to Ulvan, 32 km - 38 km, there will be athletes in different directions on the same course. Keep right!

IMPORTANT INFORMATION ABOUT CLOSED ROADS

The tunnel to the start at Jøsnøya (Hitratunnelen) will close at 18:00.

The stretch from the start at Jøsnøya to the finish at Fillan will be closed 18:00-19:10.

Therefore, everyone who wants to drive to the finish before the race have to drive before 18:00



COURSE HITRA

- 1** Start Jøsnøya Lerøy
- 2** Sprint Fillan
- 3** Sprint x 2 HitraMat
- 4** Turn Ulvan Mowi
- 5** Finish Fillan
- S** Swix pole service
- F** Feeding zone

Warm up at Jøsnøya



Start

P

P





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AURE Friday 26th

9:00 Race office open

11:00-13:00 TIV for kids

13:00-14:25 Track open

14:30 NC men 5km 5 laps

15:00 NC women 3km 3 laps

15:15-15:40 Track open

15:20 Prize ceremony NC

15:45 Prolog sprint C women

16:10-16:15 Track open

16:20 Prolog sprint C men

17:50-18:00 Track open

18:05 ¼-finals

18:55 ½-finals

19:25 Finals

19:50 Prize ceremony

Women

Q1 18:05 - S1 18:55 (LL2) - Final 19:25

Q2 18:10 - S2 19:00 (LL1)

Q3 18:15

Q4 18:20

Q5 18:25

Men

Q1 18:30 - S1 19:05 (LL2) - Final 19:35

Q2 18:35 - S2 19:10 (LL1)

Q3 18:40

Q4 18:45

Q5 18:50

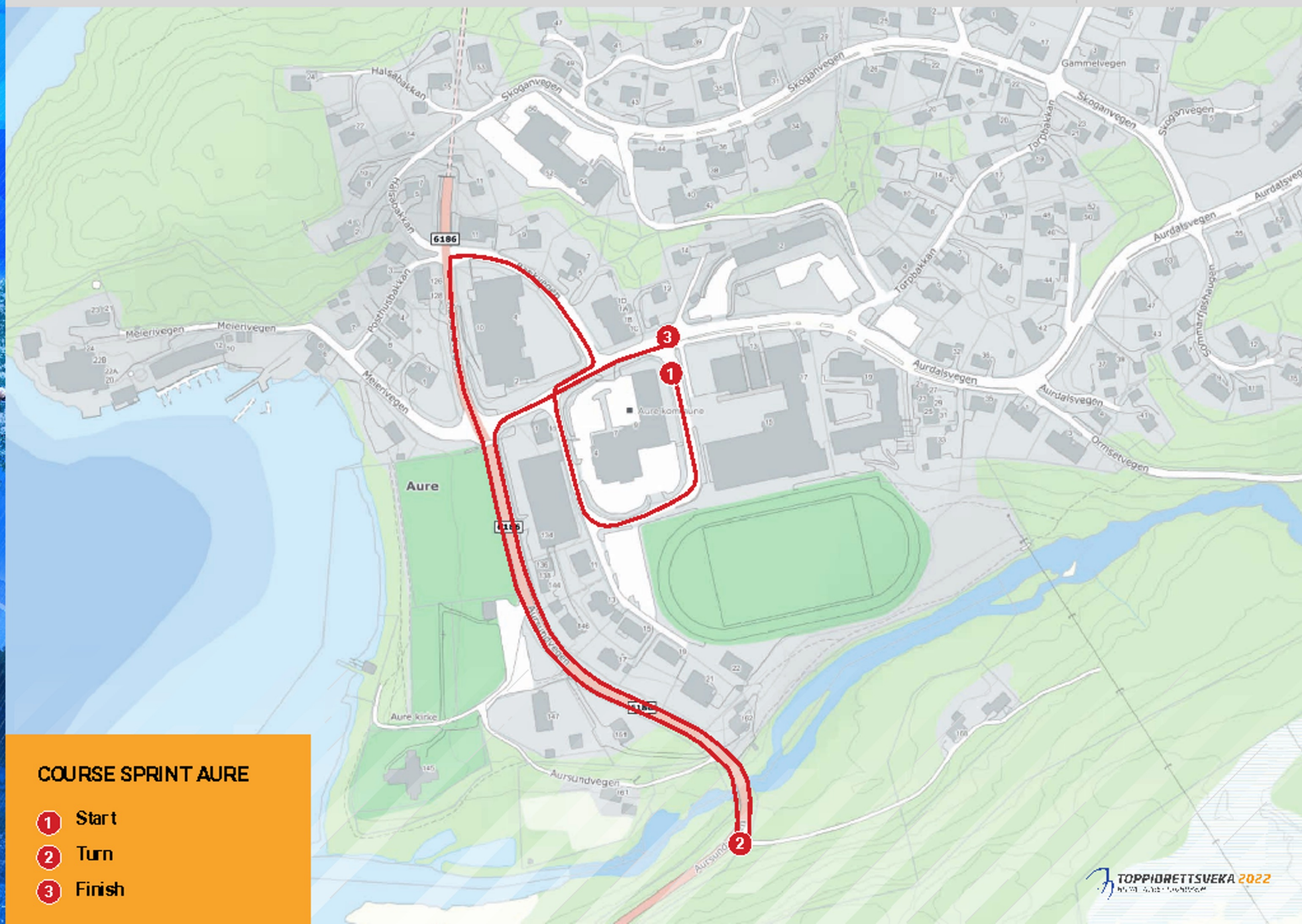
Starting order prolog, after FIS sprint points, lowest first

New bibs for heats, new bibs can be pick upped at race office 30 min before the heats



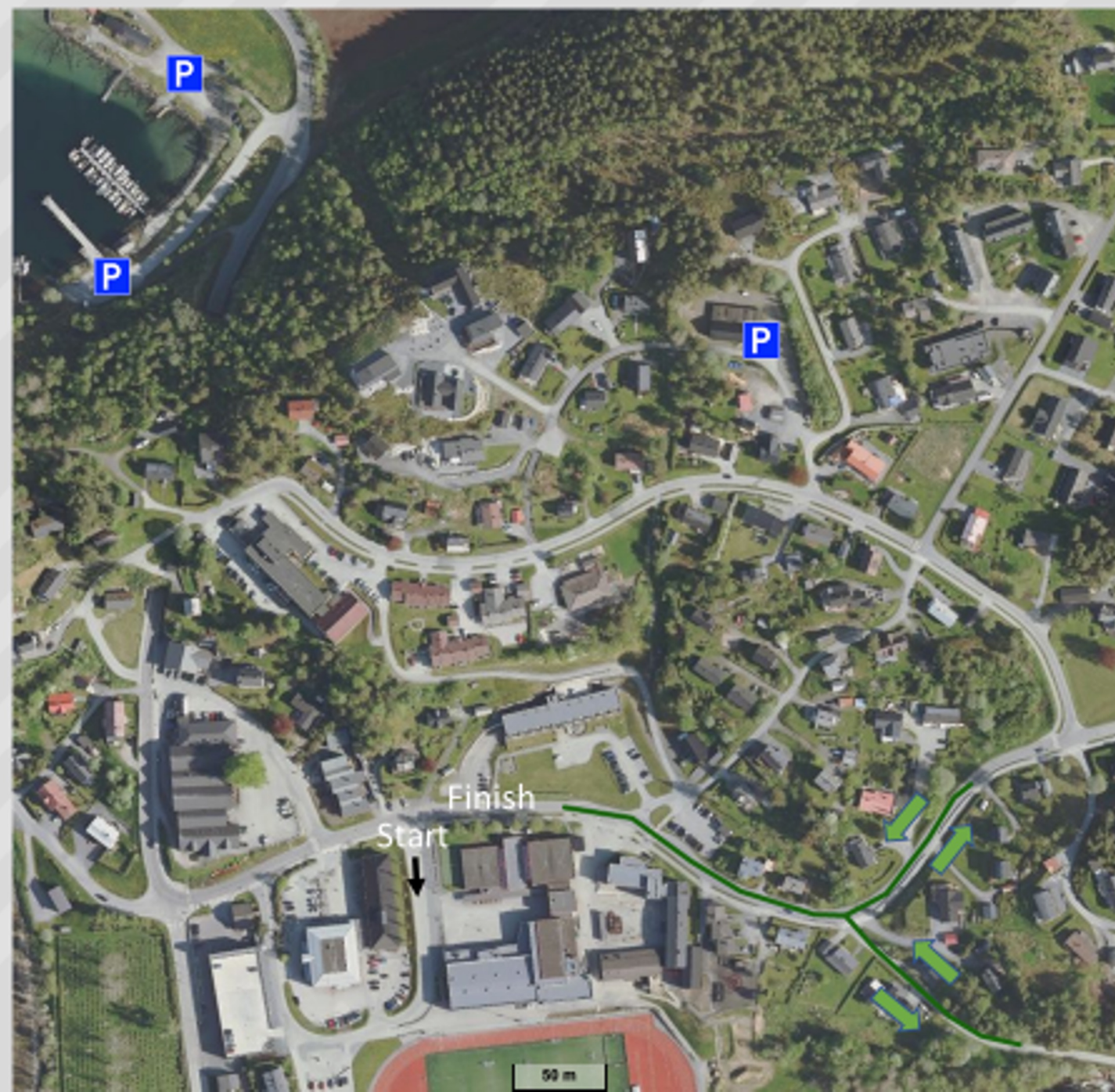
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COURSE MAP – COMPETITION 2 AURE





WARM UP AND PARKING AURE



Granåsen Saturday 27th

8:00 Race office open

9:00-9:55 track open

10:00 Women 10km F individual start, 3 laps

10:45 Men 15km F individual start, 5 laps

12:30-14:00 Summer ski school

14:00-14:40 track open

14:45 NC women 5km 2 laps

15:15 NC men 10km 3 laps

15:45 Prize ceremony NC

15:45-15:55 track open

16:00 Women 5km C pursuit, 2 laps

16:20-16:40 track open

16:45 Men 10km C pursuit, 3 laps

17:30 Prize ceremony

Starting order individual start;

30 second startintervall

Highest FIS-points start first and the 30 athletes with lowest FIS points start last

16-15-17-14-18-13-19-12-20-11-21-10-22-9-23-8-24-7-
25-6-26-5-27-4-28-3-29-2-30-1

Starting order pursuit 5-10 km C

Starting order after total points in TIV

Nr. 1 00:00

Nr. 2 00:10

Nr. 3 00:20

Nr. 4-8 00:30

Nr. 9-13 00:35

Nr. 14-18 00:40

Nr. 19-23 00:45

Nr. 24-28 00:50

Nr. 29-33 00:55

Nr. 34-38 01:00

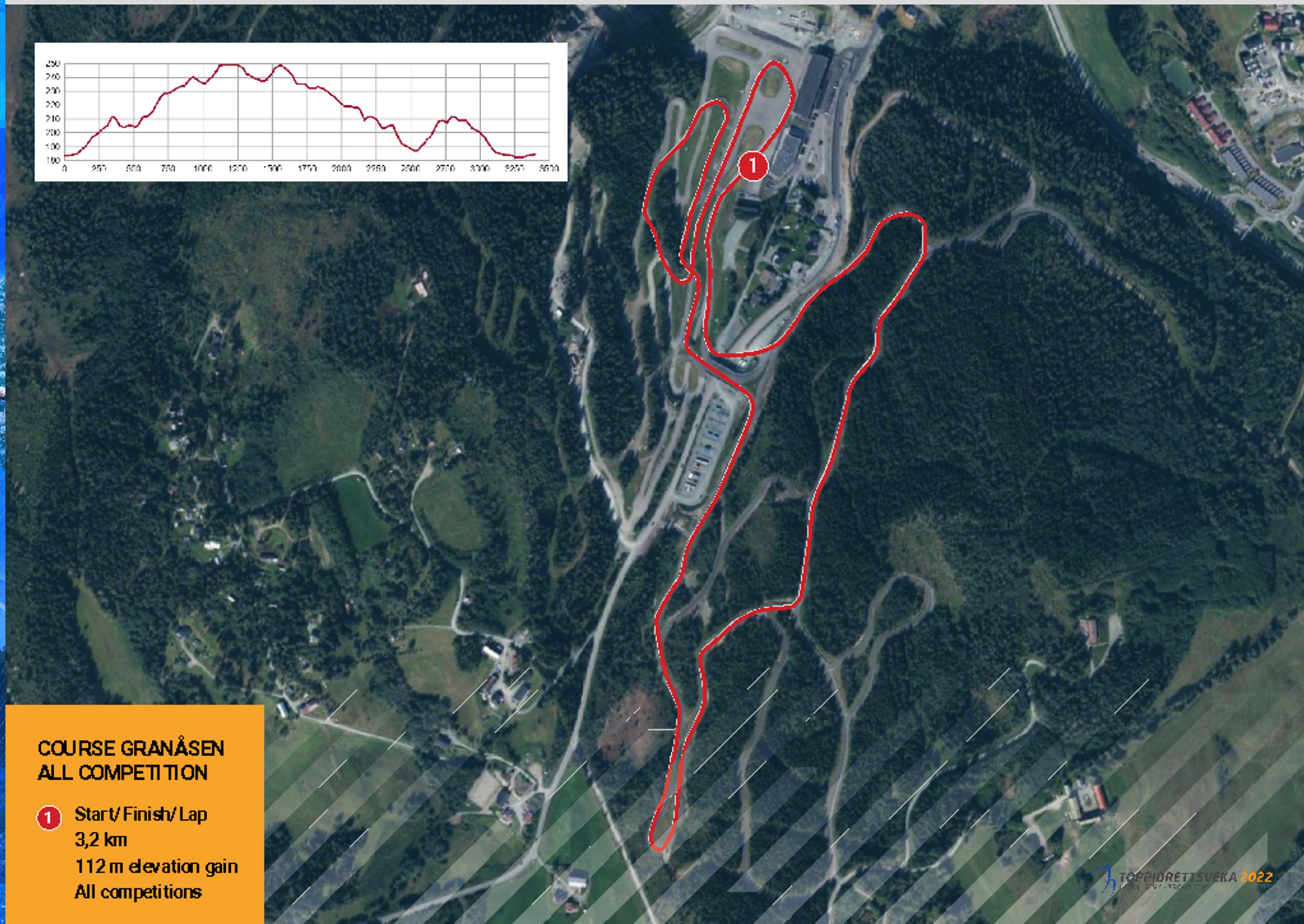
Nr. 39-43 01:05

Nr. 44-48 01:10

Nr. 49-50 01:15

The pursuit start will be filmed and a early start will be sanctioned with ICR 352.4.1.2 “In competitions with Pursuit Start, early start infractions should be sanctioned by a time penalty equal to the time gained (posted start time minus actual start time) + 30 seconds minimum penalty.”

There will be 5 corridors in the start and each 5 group will start on one line without flying/rolling start.



**COURSE GRANÅSEN
ALL COMPETITION**






- 1** Start/Finish/Lap
3,2 km
112 m elevation gain
All competitions



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Weather forecast, check YR.NO

17		21°	3 (7) ↓	Svak vind fra nord med vindkast på 7 m/s
18		18°	3 (6) ↓	Svak vind fra nord med vindkast på 6 m/s
19		17°	2 (5) ↓	Svak vind fra nord med vindkast på 5 m/s
20		17°	1 (4) ↙	Flau vind fra nordøst med vindkast på 4 m/s
21		16°	1 (2) ←	Flau vind fra øst med vindkast på 2 m/s

Information from the TD, Arne Otto Vedvik

ICR 396.2.6 - New rule from 1th of July. 2022. Pole tip must have plastic protections with a diameter minimum of 30 mm. Will not be mandatory but a strong recommendation from Jury.

ICR 396.2.7. Safety helmets and eye protection. Due to weather condition as rain etc, eye protection can be skipped.

Information from OC, Daniel Mymæl Helgestad

- **Read INFORMATION 2022 at: <https://www.toppidrettsveka.no/utovere>**
- **Safety - Keep right!**
- **Accreditation**
- **Bags will be transported to the finish**
- **Red bibs marked service for everyone on bikes! Must be delivered at the finish**
- **Boat transfer Tjeldbergodden-Hitra-Tjeldbergodden**
 - Only for athletes and staff living at Tjeldbergodden
 - Time table in the information
 - Bikes are allowed on the boat
- **Food on the boat**
 - Only for athletes

Presentation will be posted at
www.toppidrettsveka.no ASAP
Good luck

CONTACT INFORMATION

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