

TEAM CAPTAINS MEETING 23.2.2023

MEN SKIATHLON 30 km



SKI ASSOCIATION OF SLOVENIA
Organizing Committee Planica
Podutiška 146, 1000 Ljubljana
Slovenia

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Agenda

- ROLL CALL
- COMPETITION JURY
- EVENT PROGRAM
- DETAILED SCHEDULE FEB 24TH
- WEATHER FORECAST
- ENTRIES AND DRAW
- SKI STADIUM
- COMPETITION COUSE
- COURSE PREPARATION
- COACH ZONES
- TRAINING, SKI TESTING AND WARMING UP
- INFO FIS TD
- INFO FIS RD
- INFO OC



Roll Call

AND	BOL	CZE	GBR	IRL	KSA	MEX	PER	SVK	USA
ARG	BRA	DMA	GER	ISL	LAT	MGL	POL	SWE	VEN
ARM	BUL	ECU	GRE	ISR	LBN	MKD	POR	THA	
AUS	CAN	ESP	HAI	ITA	LIE	MNE	ROU	TPE	
AUT	CHI	EST	HUN	JPN	LTU	NGR	SLO	TTO	
BEL	COL	FIN	IND	KAZ	MAR	NOR	SRB	TUR	
BIH	CRO	FRA	IRI	KGZ	MDA	PAN	SUI	UKR	



CC Jury

- | | | |
|-------------------------------|------------------|-----|
| • TD FIS | Mikaela SUNDBAUM | SWE |
| • TD Assistant FIS | Robert PEETS | EST |
| • Jury Member | Lucia JOAS | GER |
| • Jury Member | Mike NORTON | CAN |
| • Chief of Competition | Uroš PONIKVAR | SLO |
| • FIS Race Director | Michal LAMPLOT | |
| • FIS Race Director Assistant | Mathieu FORT | |



COMPETITION AND ACCOMPANYING PROGRAMME

WEEK 1 | 21st February - 26th February 2023

Tuesday, 21 FEBRUARY	20:23	MEDAL PLAZA Opening ceremony			KRANJSKA//GORA
Wednesday, 22 FEBRUARY	12.00	Cross-Country	Qualification, Free	Women 5 km	
	13.30	Cross-Country	Qualification, Free	Men 10 km	
	16.30	Ski Jumping	Qualification Individual	Women HS 100	
FESTIVAL ARENA		Animation, DJ			PLANICA
MEDAL PLAZA		Concert SMOOTH BAND			KRANJSKA//GORA
Thursday, 23 FEBRUARY	12.00	Cross-Country	Sprint Qualification, Classic	Women / Men	
	14.30	Cross-Country	Sprint Finals, Classic	Women / Men	
	17.00	Ski Jumping	Individual	Women HS 100	
FESTIVAL ARENA		Animation, DJ			PLANICA
MEDAL PLAZA		Concert ŠANK ROCK			KRANJSKA//GORA
Friday, 24 FEBRUARY	11.30	Nordic Combined	Gundersen Individual	Women HS 100	
	14.15	Nordic Combined	Gundersen Individual	Women 5 km	
	15.30	Cross-Country	Skiathlon	Men 15 / 15 km	
	17.45	Ski Jumping	Qualification Individual	Men HS 100	
FESTIVAL ARENA		Animation, VESELI BEGUNJČANI			PLANICA
MEDAL PLAZA		20.23	MEDAL CEREMONIES Concert XEQUTIFZ		KRANJSKA//GORA
Saturday, 25 FEBRUARY	10.00	Nordic Combined	Gundersen Individual	Men HS 100	
	12.15	Ski Jumping	Team	Women HS 100	
	14.00	Cross-Country	Skiathlon	Women 7,5 / 7,5 km	
	15.30	Nordic Combined	Gundersen Individual	Men 10 km	
	17.00	Ski Jumping	Individual	Men HS 100	
FESTIVAL ARENA		Animation, SMOOTH BAND			PLANICA
MEDAL PLAZA		20.23	MEDAL CEREMONIES Concert AVSENIKI		KRANJSKA//GORA
Sunday, 26 FEBRUARY	10.30	Nordic Combined	Mixed Team	HS 100	
	11.30	Cross-Country	Team Sprint Qualification, Free	Women / Men	
	13.30	Cross-Country	Team Sprint Finals, Free	Women / Men	
	15.00	Nordic Combined	Mixed Team	M 2x 5 km / W 2x 2,5 km	
	17.00	Ski Jumping	Mixed Team	HS 100	
FESTIVAL ARENA		Animation, SMOOTH BAND			PLANICA
MEDAL PLAZA		20.23	MEDAL CEREMONIES Concert TABU		KRANJSKA//GORA

COMPETITION AND ACCOMPANYING PROGRAMME

WEEK 2 | 27th February - 5th March 2023

Monday, 27 FEBRUARY		Day off		
Tuesday, 28 FEBRUARY	12.30	Cross-Country	Individual, Free	Women 10 km
	18.30	Ski Jumping	Qualification Individual	Women HS 138
FESTIVAL ARENA		Animation, DJ		PLANICA
MEDAL PLAZA		Concert SMOOTH BAND		KRANJSKA//GORA
Wednesday, 1 MARCH	11.00	Nordic Combined	Team	Men HS 138
	12.30	Cross-Country	Individual, Free	Men 15 km
	15.10	Nordic Combined	Team	Men 4 x 5 km
	17.30	Ski Jumping	Individual	Women HS 138
FESTIVAL ARENA		Animation, SMOOTH BAND		PLANICA
MEDAL PLAZA		20.23	MEDAL CEREMONIES Concert KING FOO	KRANJSKA//GORA
Thursday, 2 MARCH	12.30	Cross-Country	Relay, Classic, Free	Women 4 x 5 km
	17.30	Ski Jumping	Qualification Individual	Men HS 138
FESTIVAL ARENA		Animation, SMOOTH BAND		PLANICA
MEDAL PLAZA		Concert AVSENIKI		KRANJSKA//GORA
Friday, 3 MARCH	12.30	Cross-Country	Relay, Classic, Free	Men 4 x 10 km
	17.30	Ski Jumping	Individual	Men HS 138
FESTIVAL ARENA		Animation, SMOOTH BAND		PLANICA
MEDAL PLAZA		20.23	MEDAL CEREMONIES Concert PETER LOVŠIN & ŠPANSKI BORCI	KRANJSKA//GORA
Saturday, 4 MARCH	10.30	Nordic Combined	Individual Gundersen	Men HS 138
	12.00	Cross Country	Mass start, Classic	Women 30 km
	15.00	Nordic Combined	Individual Gundersen	Men 10 km
	16.30	Ski Jumping	Team	Men HS 138
FESTIVAL ARENA		Animation, VESELI BEGUNJČANI		PLANICA
MEDAL PLAZA		20.23	MEDAL CEREMONIES Concert SIDDHARTA	KRANJSKA//GORA
Sunday, 5 MARCH	12.00	Cross-Country	Mass start, Classic	Men 50 km
	FESTIVAL ARENA Cross country stadium		Animation, VESELI BEGUNJČANI MEDAL CEREMONIES CLOSING CEREMONY	

SCHEDULE FEBRUARY 24TH

14:15	NC Women 5 km Gundersen
15:30	CC Skiathlon Men 30 km
19:00	Team Captains Meeting



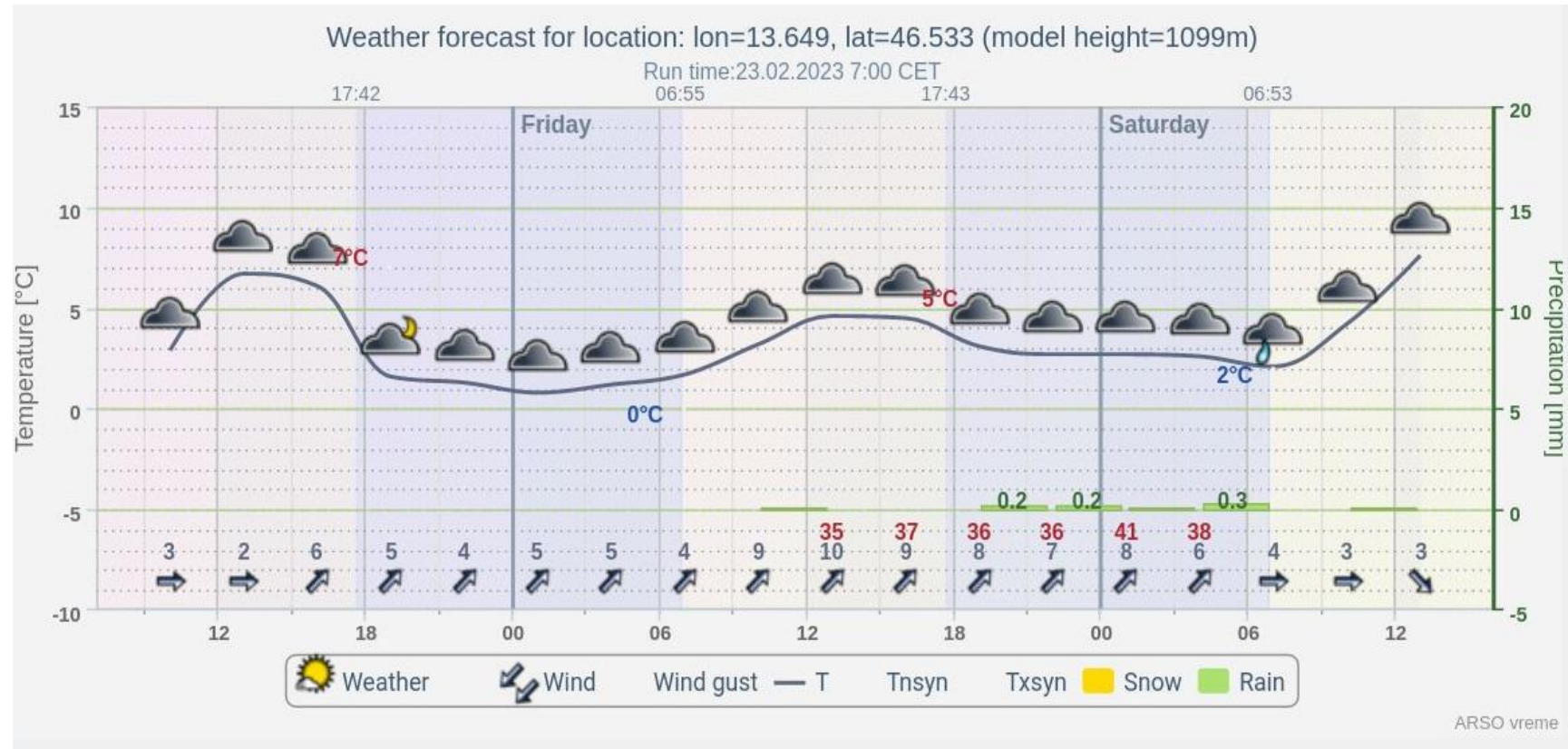
Weather forecast for Friday and Saturday

Friday :

- Mostly cloudy
- No significant wind is expected
- Tmin: +1 deg. C
- Tmax: +6 deg. C

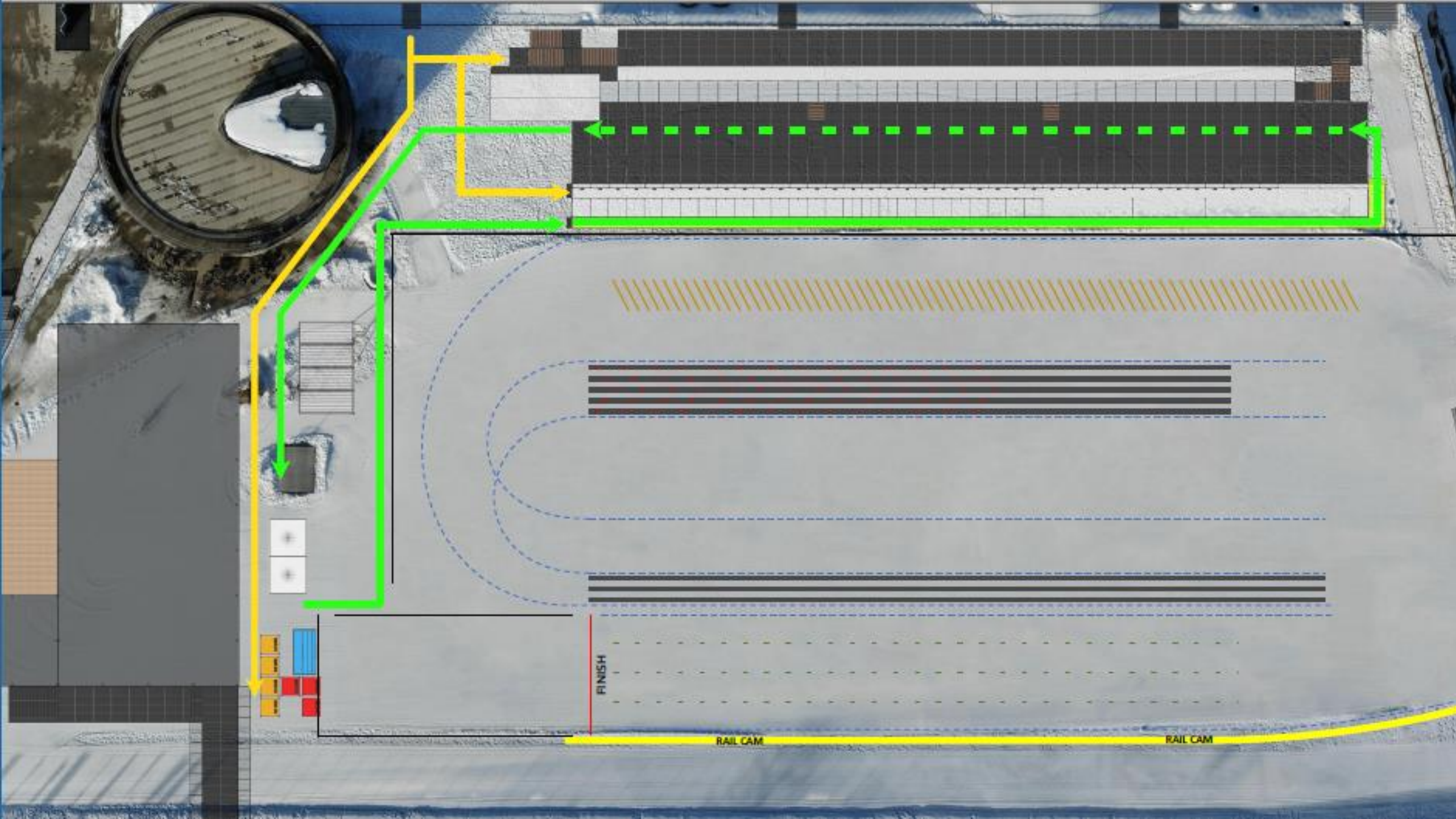
Saturday:

- Variably cloudy, partially clearing around noon, getting cloudy again towards evening.
- Morning temperature around +2 deg C, daily max. around 8 deg C, temperature will start dropping in the afternoon.
- Light snowfall in the late evening, snowing will intensify on Saturday night.
- The snow will stop on morning



ENTRIES AND DRAW





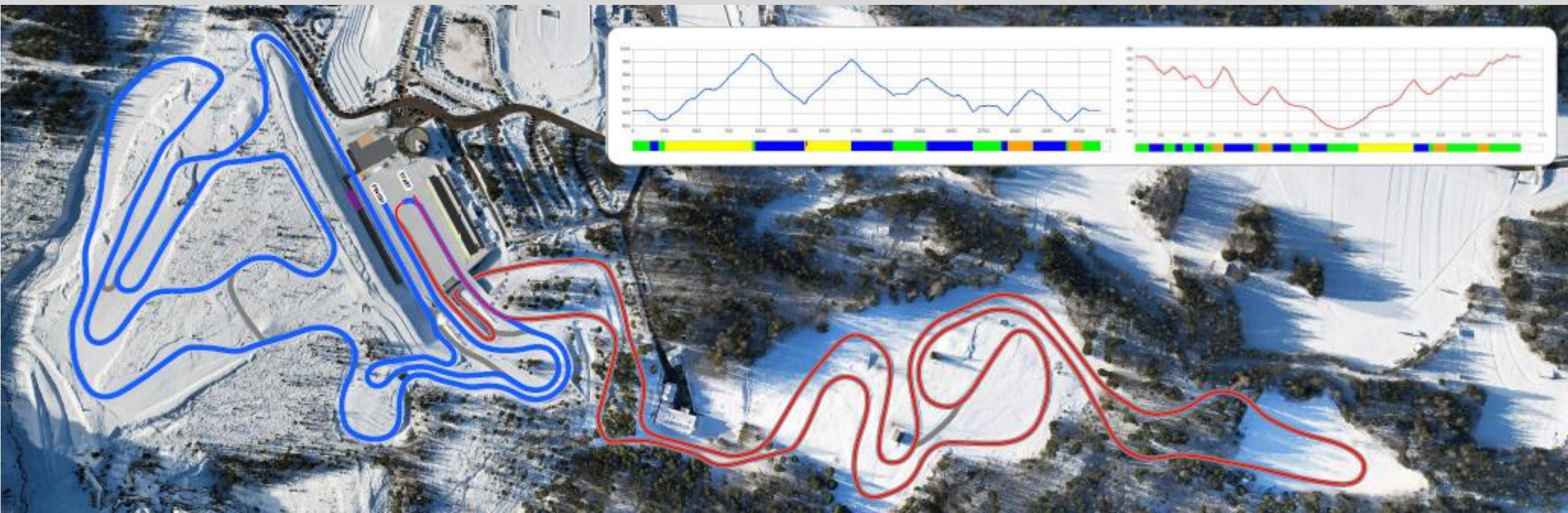
Access to stadium

- Please use one of the tunnels and NOT path around the VIP tent
- Start – Finish Bib (Coaches & SRS)
- Competitors
- Armbands – Please return:



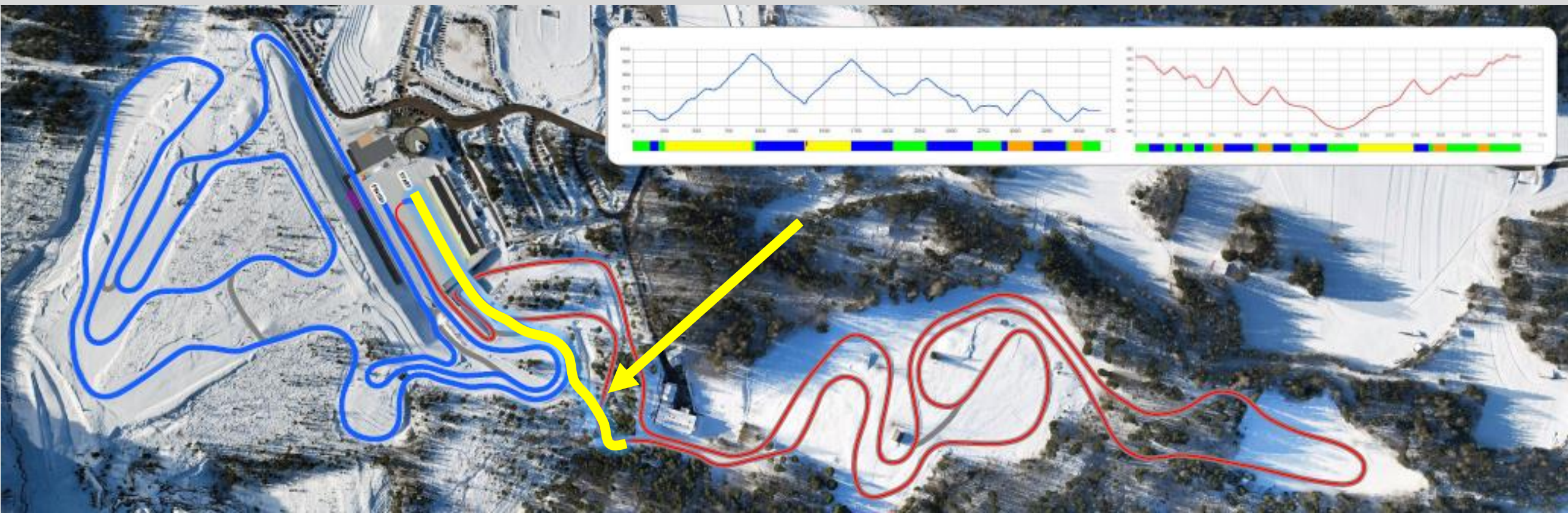
COMPETITION COURSE:

4 x 3.75 km Red (C) + 4 x 3.75 km Blue (F)



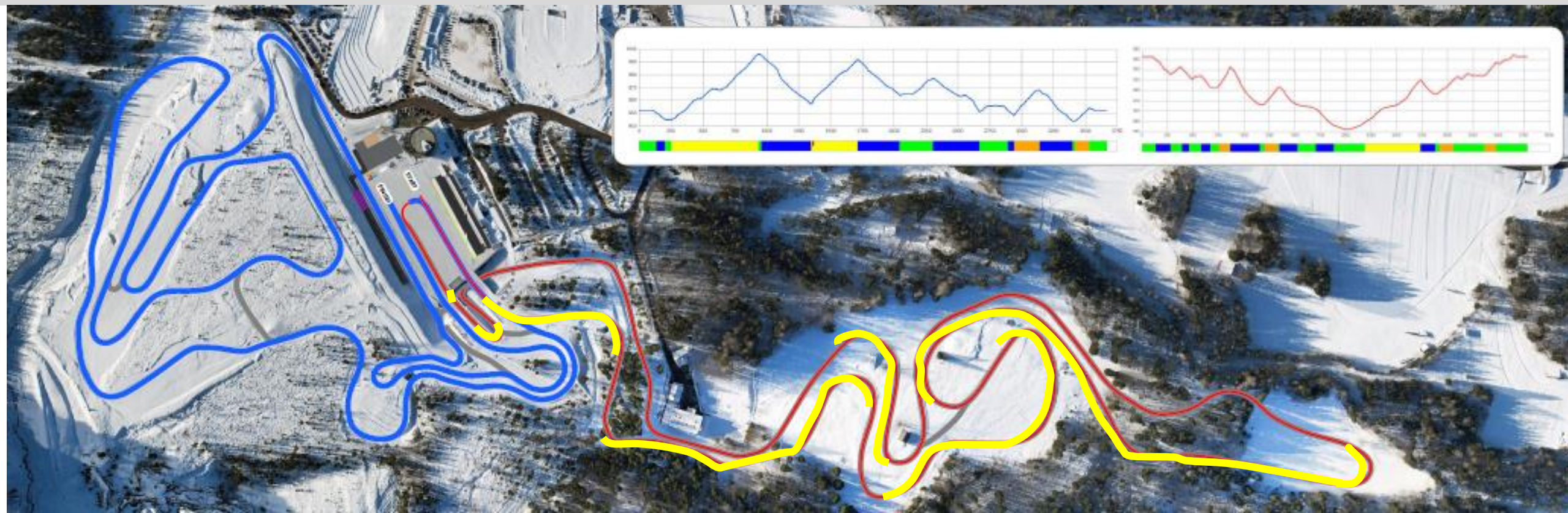
COMPETITION COURSE:

START SKIPS FIRST DOWNHILL!



COMPETITION COURSE:

Turning zones on 3.75 km Red
No Diagonal Zones



COURSE PREPARATION

- Taking place now
- Red course – grooming with no tracks first + Stadium with tracks settings
- Blue course – no tracks (exception Test 3?)
- Red course Track settings
- 8 AM decision on salting. If yes, then Blue first then red.



FEEDING ZONES

Skiathlon

Mass start

Interval start

COACH ZONES

INTERVIEW POSITION
(DISTANCE)

INTERVIEW POSITION
(SPRINT)







SKI TEST, WARMING UP, TRAINING

PLAN FOR THE COURSE OPENING TIMES

WSC PLANICA 2023

To be confirmed at each TCM

Course opening times	Courses	Remarks	CC Staff			CC Ath
						
			Course	Start/Finish	Staff	Training
Friday 24/02/2023						
10:00 - 17:00	Test area	Glide test	X	X	X	X
12:30 – 15:15	Ski Test 1	Kick wax, walk down	X	X	X	X
12:30 – 15:15	Ski Test 3	Kick wax	X			X
13:00 - 14:05	2.5 km blue	Only for NC				
14:00 – 15:00	Red course - lower part, without stadium	Only competing men	X			X
14:15 - NC GUNDERSEN Women 5 km	2.5 km blue		X			X
14:45 - 15:25	3.75 km red + 3.75 km blue	Only competing men				
15:30 – CC SKIATHLON MEN 30 km	3,75 km red + 3,75 km blue		X	X	X	X
19:00 TCM Skiathlon 15 km Women						

Do we need it?

INFORMATION FROM FIS TD

- ICR 343.14.1
Overlapping In Pursuit competitions, Skiathlon, Mass Start, Team Sprint and Relay competitions, competitors or teams, who are lapped or instructed by competition officials to stop the competition, must abandon the competition. The competitors or teams who are stopped will be ranked in the final results (no time) according to their ranking at their last intermediate timing point.
- Substitution is possible according to ICR 313.4
- Athlete is responsible for putting his own equipment in the right box
- Feeding



INFORMATION FROM FIS





Injury and illness surveillance during the 54th FIS Nordic World Ski Championships 2023 in Planica

Please inform your medical teams or responsible team delegates about this official FIS project

Registration and more information:

<https://iprevapp.emse.fr/planica/register>

contact: nordicski@medicalschooll-hamburg.de



Thank you very much for your support!

A project of FIS-ISPP conducted by commissioned medical partner organizations