

**PLANICA**  
FIS NORDIC WORLD SKI CHAMPIONSHIPS  
**2023** Presented by  **storaenso**

# TEAM CAPTAINS MEETING

1.3.2023

## WOMEN Relay 4x5km C/F



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

Office  
Rateče 167 a  
4283 Rateče - Planica

|        |  |
|--------|--|
| Tel.   | +386 51 61 09 44   |
| E-mail | <a href="mailto:planica@sloski.si">planica@sloski.si</a>   |
| Web    | <a href="http://www.planica2023.si">www.planica2023.si</a> |



FIS Nordic World Ski Championships 2023



# Agenda

- ROLL CALL
- COMPETITION JURY
- EVENT PROGRAM
- DETAILED SCHEDULE MAR 2<sup>ND</sup>
- 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        | <b>CZE</b> | GBR        | IRL        | KSA        | MEX        | PER        | SVK        | <b>USA</b> |
| ARG | BRA        | DMA        | <b>GER</b> | ISL        | <b>LAT</b> | MGL        | POL        | <b>SWE</b> | VEN        |
| ARM | BUL        | ECU        | GRE        | ISR        | LBN        | MKD        | POR        | THA        |            |
| AUS | <b>CAN</b> | ESP        | HAI        | <b>ITA</b> | LIE        | MNE        | ROU        | TPE        |            |
| AUT | CHI        | EST        | HUN        | JPN        | LTU        | NGR        | <b>SLO</b> | TTO        |            |
| BEL | COL        | <b>FIN</b> | IND        | <b>KAZ</b> | MAR        | <b>NOR</b> | SRB        | TUR        |            |
| BIH | CRO        | <b>FRA</b> | IRI        | KGZ        | MDA        | PAN        | <b>SUI</b> | UKR        |            |



# CC Jury

- |                               |                  |     |
|-------------------------------|------------------|-----|
| • TD FIS                      | Robert PEETS     | EST |
| • TD Assistant FIS            | Mikaela SUNDBAUM | SWE |
| • 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** | 21<sup>st</sup> February - 26<sup>th</sup> February 2023

|                                   |              |  |   |                         |                |
|-----------------------------------|--------------|--|---|-------------------------|----------------|
| <b>Tuesday,<br/>21 FEBRUARY</b>   | <b>20:23</b> | <b>MEDAL PLAZA</b><br>Opening ceremony |   |                         | KRANJSKA//GORA |
| <b>Wednesday,<br/>22 FEBRUARY</b> | 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            |                |
| <b>FESTIVAL ARENA</b>             |              | Animation, DJ                          |   |                         | <b>PLANICA</b> |
| <b>MEDAL PLAZA</b>                |              | Concert SMOOTH BAND                    |   |                         | KRANJSKA//GORA |
| <b>Thursday,<br/>23 FEBRUARY</b>  | 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            |                |
| <b>FESTIVAL ARENA</b>             |              | Animation, DJ                          |   |                         | <b>PLANICA</b> |
| <b>MEDAL PLAZA</b>                |              | Concert ŠANK ROCK                      |   |                         | KRANJSKA//GORA |
| <b>Friday,<br/>24 FEBRUARY</b>    | 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              |                |
| <b>FESTIVAL ARENA</b>             |              | Animation, VESELI BEGUNJČANI           |   |                         | <b>PLANICA</b> |
| <b>MEDAL PLAZA</b>                |              | <b>20.23</b>                           | <b>MEDAL CEREMONIES</b><br>Concert XEQUTIFZ |                         | KRANJSKA//GORA |
| <b>Saturday,<br/>25 FEBRUARY</b>  | 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              |                |
| <b>FESTIVAL ARENA</b>             |              | Animation, SMOOTH BAND                 |   |                         | <b>PLANICA</b> |
| <b>MEDAL PLAZA</b>                |              | <b>20.23</b>                           | <b>MEDAL CEREMONIES</b><br>Concert AVSENIKI |                         | KRANJSKA//GORA |
| <b>Sunday,<br/>26 FEBRUARY</b>    | 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                  |                |
| <b>FESTIVAL ARENA</b>             |              | Animation, SMOOTH BAND                 |   |                         | <b>PLANICA</b> |
| <b>MEDAL PLAZA</b>                |              | <b>20.23</b>                           | <b>MEDAL CEREMONIES</b><br>Concert TABU     |                         | KRANJSKA//GORA |

# COMPETITION AND ACCOMPANYING PROGRAMME

**WEEK 2** | 27<sup>th</sup> February - 5<sup>th</sup> March 2023

|                         |   |                              |  |                |                |
|-------------------------|---|------------------------------|--|----------------|----------------|
| Monday,<br>27 FEBRUARY  |   | Day off                      |  |                |                |
| Tuesday,<br>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,<br>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<br>Concert KING FOO                                 |                | KRANJSKA//GORA |
| Thursday,<br>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,<br>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<br>Concert PETER LOVŠIN & ŠPANSKI BORCI             |                | KRANJSKA//GORA |
| Saturday,<br>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<br>Concert SIDDHARTA                                |                | KRANJSKA//GORA |
| Sunday,<br>5 MARCH      | 12.00                                   | Cross-Country                | Mass start, Classic  | Men 50 km      |                |
|                         | FESTIVAL ARENA<br>Cross country stadium |                              | Animation, VESELI BEGUNJČANI<br>MEDAL CEREMONIES<br>CLOSING CEREMONY |                | PLANICA        |

# SCHEDULE MARCH 2<sup>ND</sup>

|       |                                 |
|-------|---------------------------------|
| 12:30 | RELAY W, 4 x 5 km               |
| 15:00 | OFFICIAL TRAINING MEN RELAY C/F |
| 18:00 | TEAM CAPTAINS MEETING           |

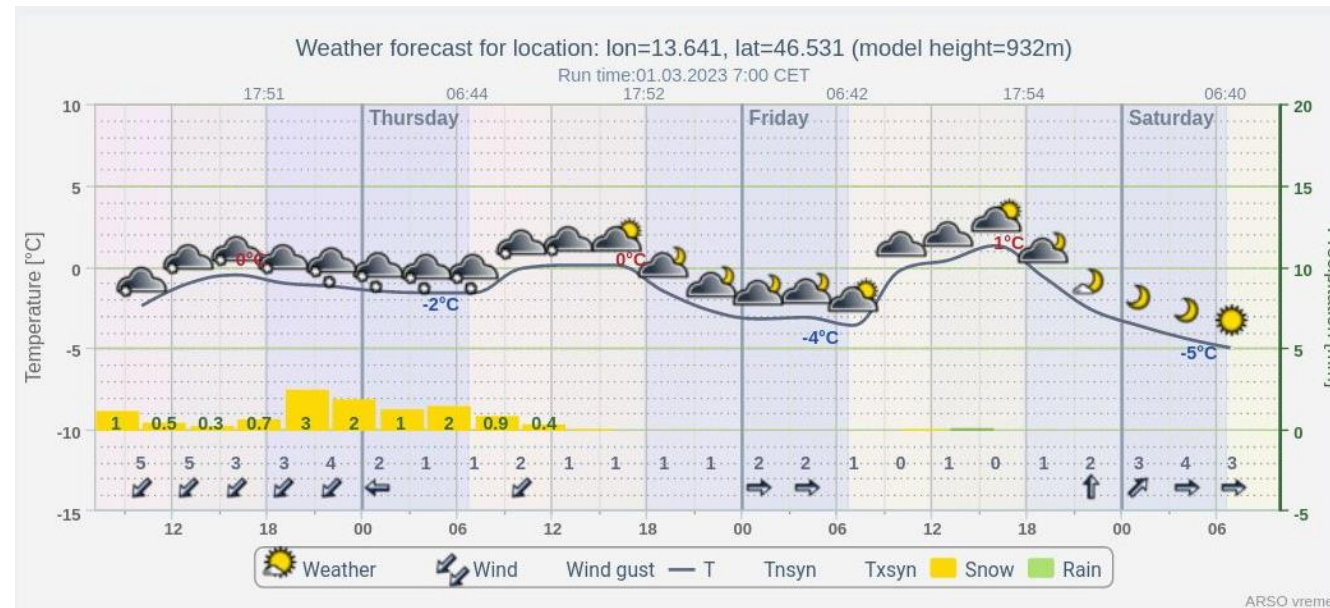


# Weather forecast Thursday/Friday

- **Thursday:**
- Some 10-15 cm of fresh snow is expected for Thursday morning.
- Occasional light snow still possible until noon
- Temperatures:
  - Morning: -4 to -2 deg.C
  - Daily: around 0 deg.C
- No significant wind

## Friday:

- Mostly cloudy
- 1-2 deg warmer during the day.
- No significant wind

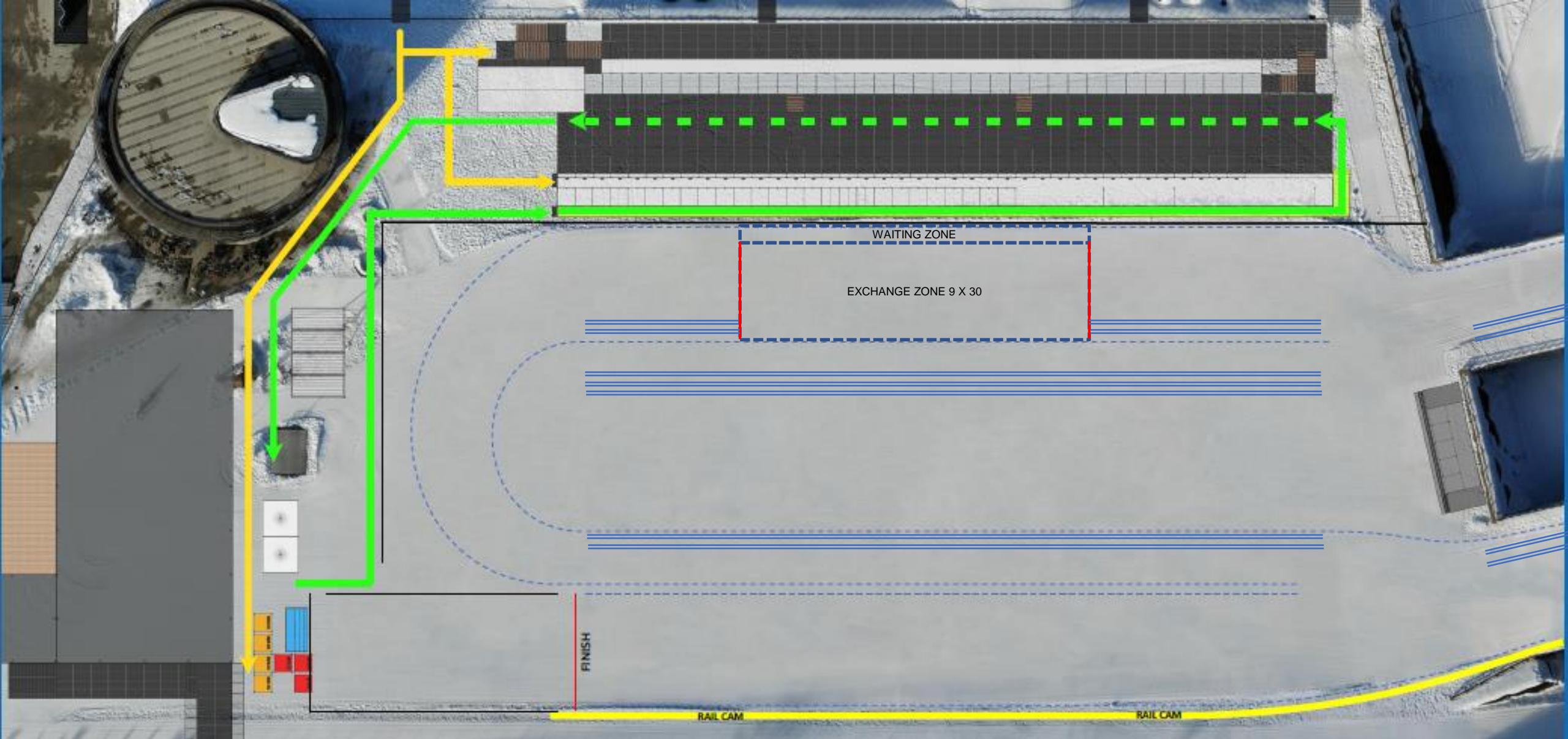


# ENTRIES AND DRAW

- Competitors need to pick up transponders and GPS transponders prior to start!
- Bibs will be available at Race office from 9AM on





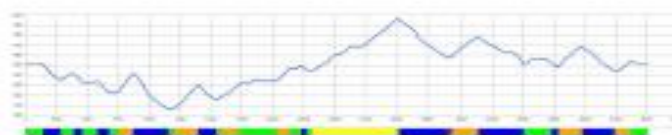




# PLANICA

FIS NORDIC WORLD SKI CHAMPIONSHIPS  
2023

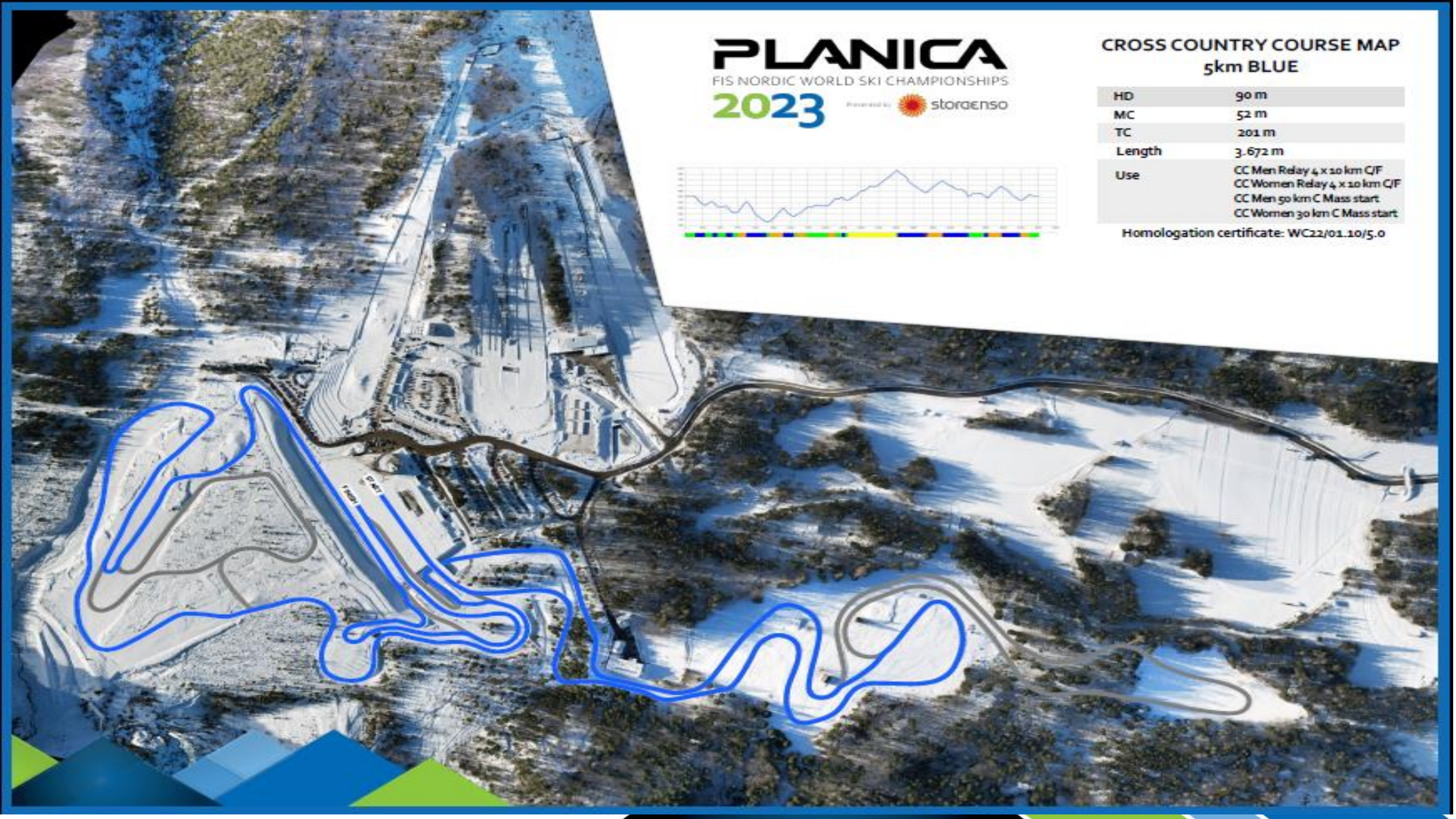
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## CROSS COUNTRY COURSE MAP 5km BLUE

|        |  |
|--------|--|
| HD     | 90 m   |
| MC     | 52 m   |
| TC     | 201 m  |
| Length | 3.672 m  |
| Use    | CC Men Relay 4 x 10 km Q/F<br>CC Women Relay 4 x 10 km Q/F<br>CC Men 50 km C Mass start<br>CC Women 30 km C Mass start |

Homologation certificate: WC22/01.10/5.0





# COURSE PREPARATION

- Tonight → packing only
- Between 5 AM and 7:30 AM → packing + track settings
- Competition course 2 C tracks on right, V boards on some sections
- Test Area 3 for Gliding + C tracks for grip
- Test Area Gliding + C tracks for grip





**COACH ZONES**

INTERVIEW POSITION  
(DISTANCE)

INTERVIEW POSITION  
(SPRINT)


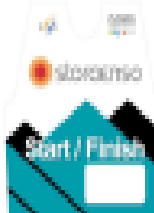
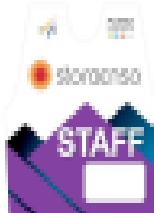




Test area + Test 3



# SKI TEST, WARMING UP, TRAINING

| Course opening times                           | Courses    | Remarks       | CC Staff  |   |   |
|--|------------|---------------|---|---|---|
|  |            |               |  |  |  |
|  |            |               | Course  | Start/Finish  | Staff   |
| <b>Thursday 02/03/2023</b>                     |            |               |   |   |   |
| 09:00 - 17:00                                  | Test area  |               | X   | X   | X   |
| 10:30 – 12:15                                  | Ski Test 3 | Glide + Kick  | X   | X   | X   |
| 10:30 – 12:25                                  | 5 km blue  | Women and men | X   |   |   |
| <b>12:30 - Relay 4 X 5 km Women C+F</b>        | 5 km blue  |               |   |   |   |
| 15 :00 – 17:00 Official Training 4 x 10 km Men | 5 km blue  |               | X   | X   | X   |
| 18:00 TCM Relay 4 X 10 km Men                  |            |               |   |   |   |

# INFORMATION FROM FIS TD

- Sanctions today
- Substitution is possible according to ICR art. 313.4.
- 343.13.1 In a team event, the exchange is achieved by the arriving competitor, with a tap of the hand on any part of the next competitor's body while both competitors are in the relay exchange zone.



# INFORMATION FROM FIS

