

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

TEAM CAPTAINS MEETING

3.3.2023

WOMEN 30km C



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FIS Nordic World Ski Championships 2023



Agenda

- ROLL CALL
- COMPETITION JURY
- EVENT PROGRAM
- DETAILED SCHEDULE MAR 4TH
- 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	

SCHEDULE MARCH 3RD

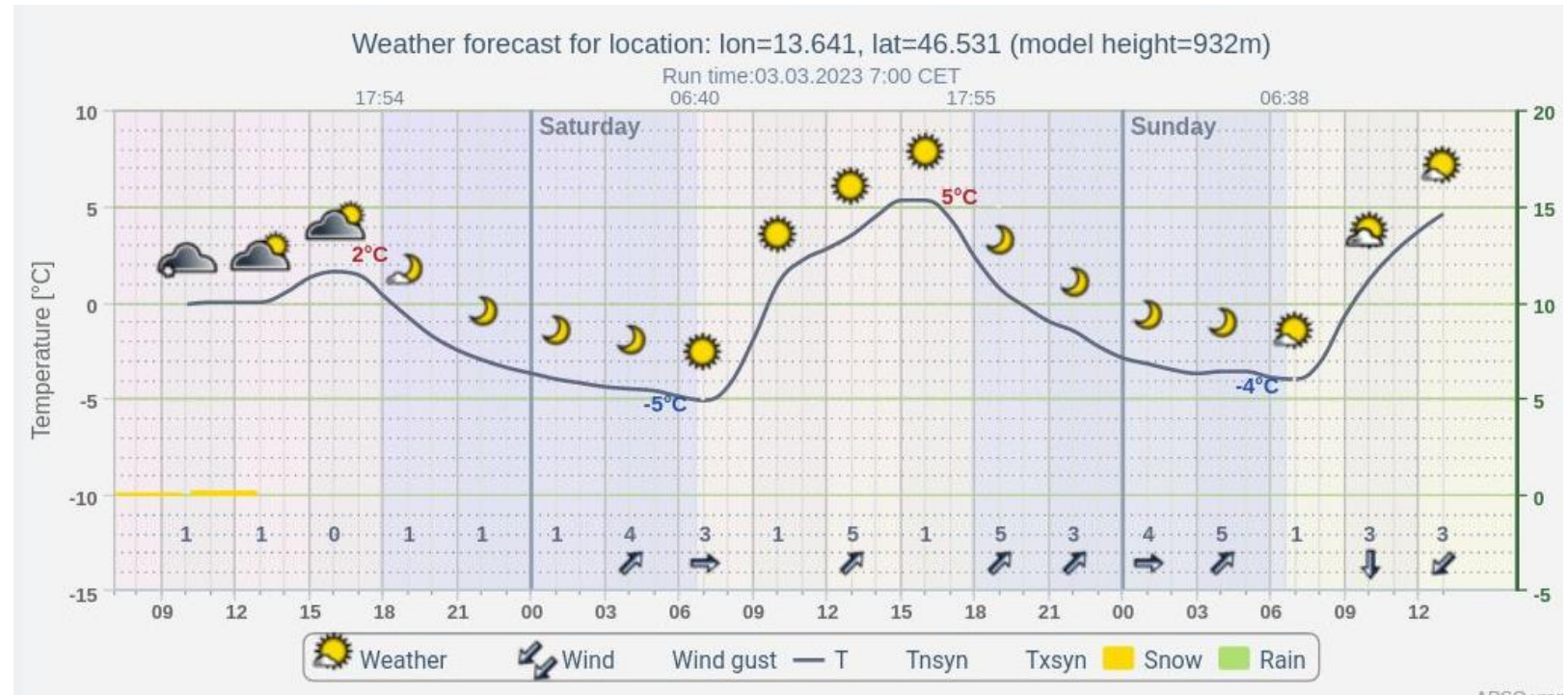
12:00	WOMEN 30 km C, MASS START
15:00	NC MEN 10 km, INDIVIDUAL GUNDERSEN
18:00	TEAM CAPTAINS MEETING



Weather forecast for Saturday

Saturday:

- Mostly clear sky
- Colder in the morning due to more clear skies during night (-5 degrees C)
- Warmer during the day (+6 degrees C)
- Weak thermal winds.



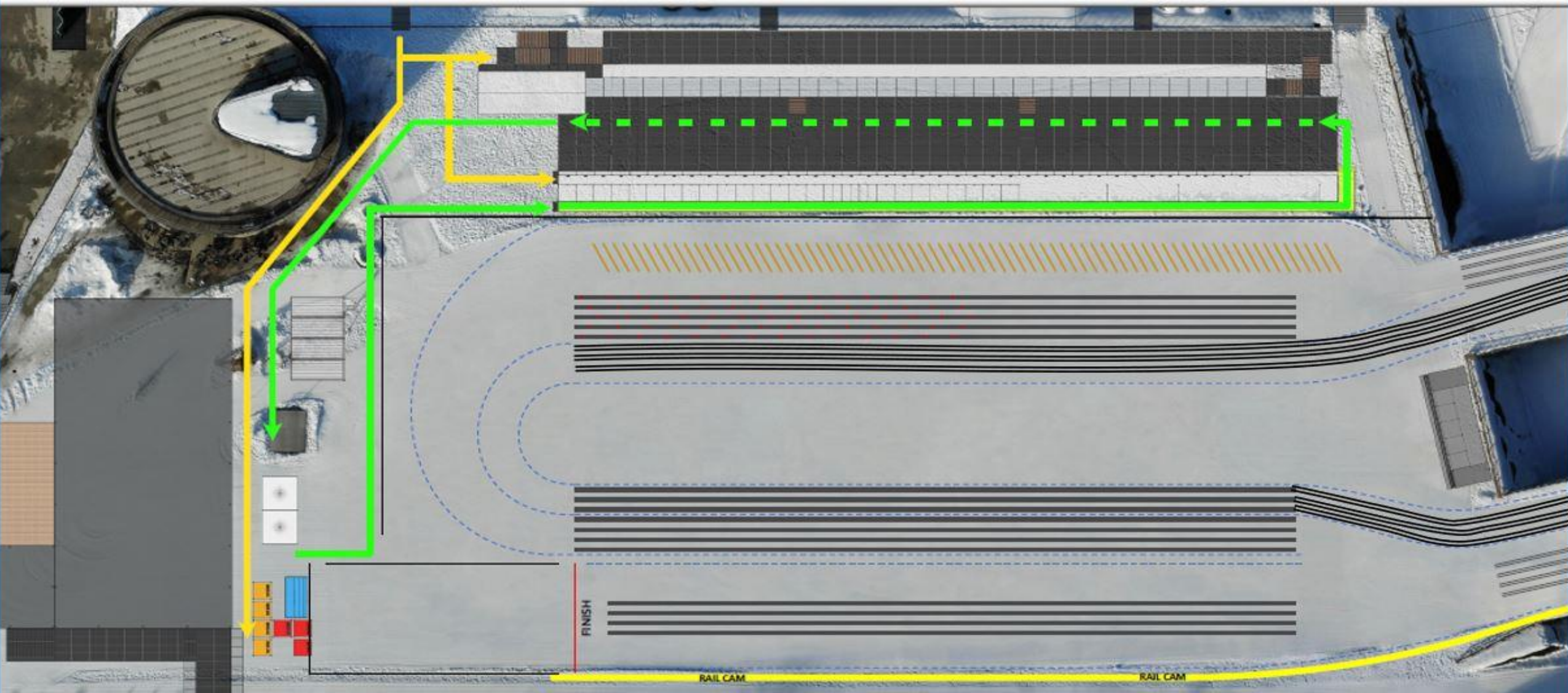
ENTRIES AND DRAW

- 20 Nations, 47 Athletes entered
- Competitors need to pick up transponders and GPS transponders prior to start!
- Bibs will be available at Race office from 9AM on



4.3.2023

CC MASS START W 30 km C





Hint:
Use layers to turn off cameras,
IMT and Preetime positions.

PLANICA

FIS NORDIC WORLD SKI CHAMPIONSHIPS
2023

Presented by  STORA ENSO

CROSS COUNTRY COURSE MAP

7.5 km = 3,75 km RED + 3,75 km BLUE

Course length:	7.417 m
Course category:	D
Height Difference (HD):	114 m
Maximum climb (MC):	52 m
Total Climb (TC):	272 m
Lowest point:	882 m
Highest point:	996 m

Use: CCWomen 30 km C Mass start

Homologation certificate: WC22/74.08/3.75
WC22/74.07/3.75



COURSE PREPARATION

- Grooming ASAP
- Competition course 4 C tracks
- Start 5
- Lapping Red → Blue 3
- Lapping Blue → Red 4 (5)
- Test Area 3 for Gliding + C tracks for grip
- Test Area Gliding + C tracks for grip



FEEDING ZONES

Skiathlon

Mass start

Interval start

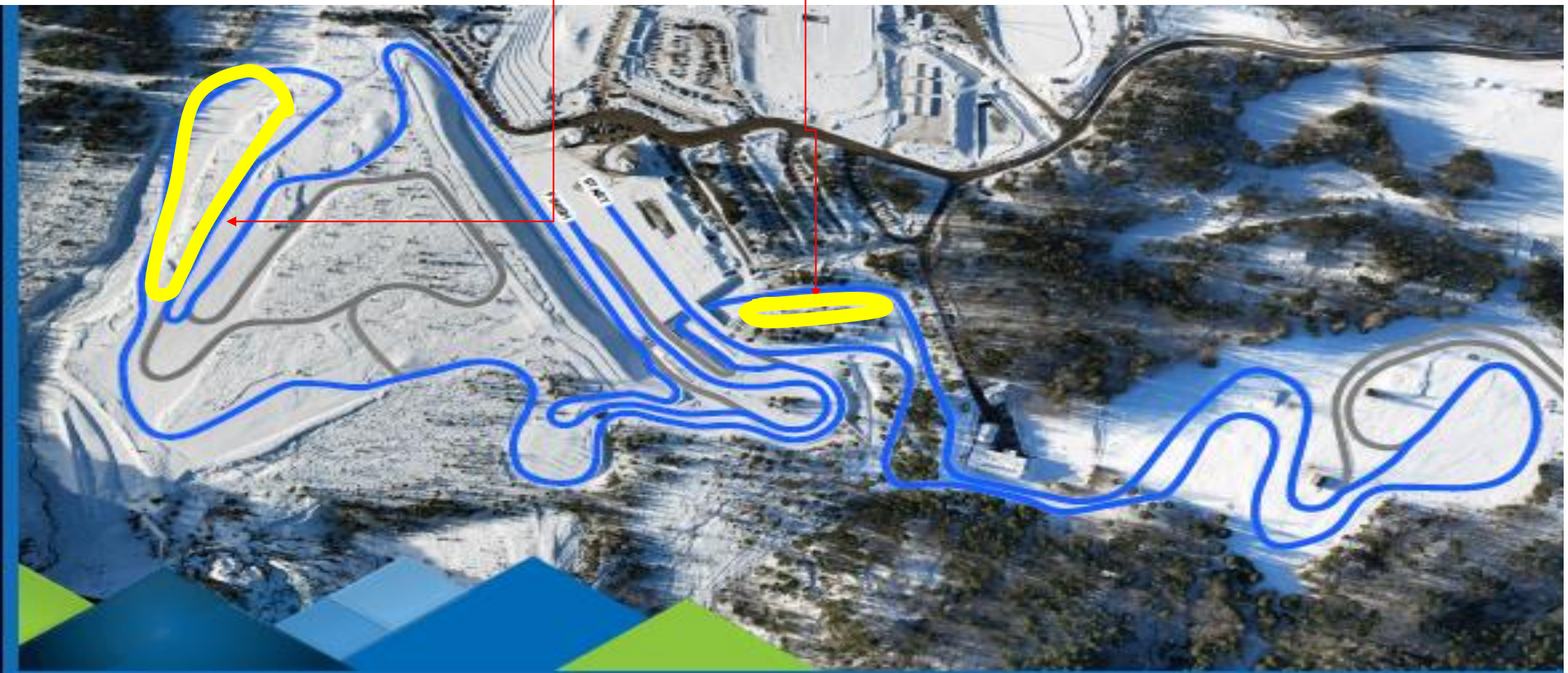
COACH ZONES

INTERVIEW POSITION
(DISTANCE)




INTERVIEW POSITION
(SPRINT)



Test area + Test 3 + Test 1



SKI TEST, WARMING UP, TRAINING

Course opening times	Courses	Remarks	CC Staff		
					
			Course	Start/Finish	Staff
Saturday 04/03/2023					
09:00 - 17:00	Test area	2 classic tracks	X	X	X
9:00 – 11:45	Ski Test 1	Kick	X	X	X
9:00 – 11:45	Ski Test 3	Kick and Glide	X	X	X
9:00 – 11:00	All courses classic	Men	X		
9:00 – 11:55	All courses classic	Women	X		
12:00 - CC MASS START C 30 km Women	3.75 km red + 3.75 km blue				
14:30 – 14:55 NC	2.5 km blue course	NC only. Regrooming of test area during 30 kms			
15:00 - NC GUNDERSEN 10 km	2.5 km blue				
18:00 TCM Mass start C 50 km Men					

INFORMATION FROM FIS TD

- Sanctions today
- 343.12.4 When ski exchange boxes (pit boxes) are provided for long distance or Skiathlon competitions, the competitor is permitted to change skis inside the pit box. All equipment exchanges must be done by the competitor within the assigned box without any assistance. Number of ski exchanges is limited to maximum 1 time. The replacement skis must be placed in exchange box before the competition.
- 343.12.5 When ski exchange boxes (pit boxes) are provided, overtaking along the access corridors to the boxes is only allowed on the side that is farthest from the boxes.



INFORMATION FROM FIS

