

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

TEAM CAPTAINS MEETING

4.3.2023
MEN 50km C



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 planica@sloski.si
Web www.planica2023.si



FIS Nordic World Ski Championships 2023



Agenda

- ROLL CALL
- COMPETITION JURY
- EVENT PROGRAM
- DETAILED SCHEDULE MAR 5TH
- 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 5th

12:00 MEN 50 km C, MASS START

After the race

MEDAL CEREMONY – AT CC STADIUM

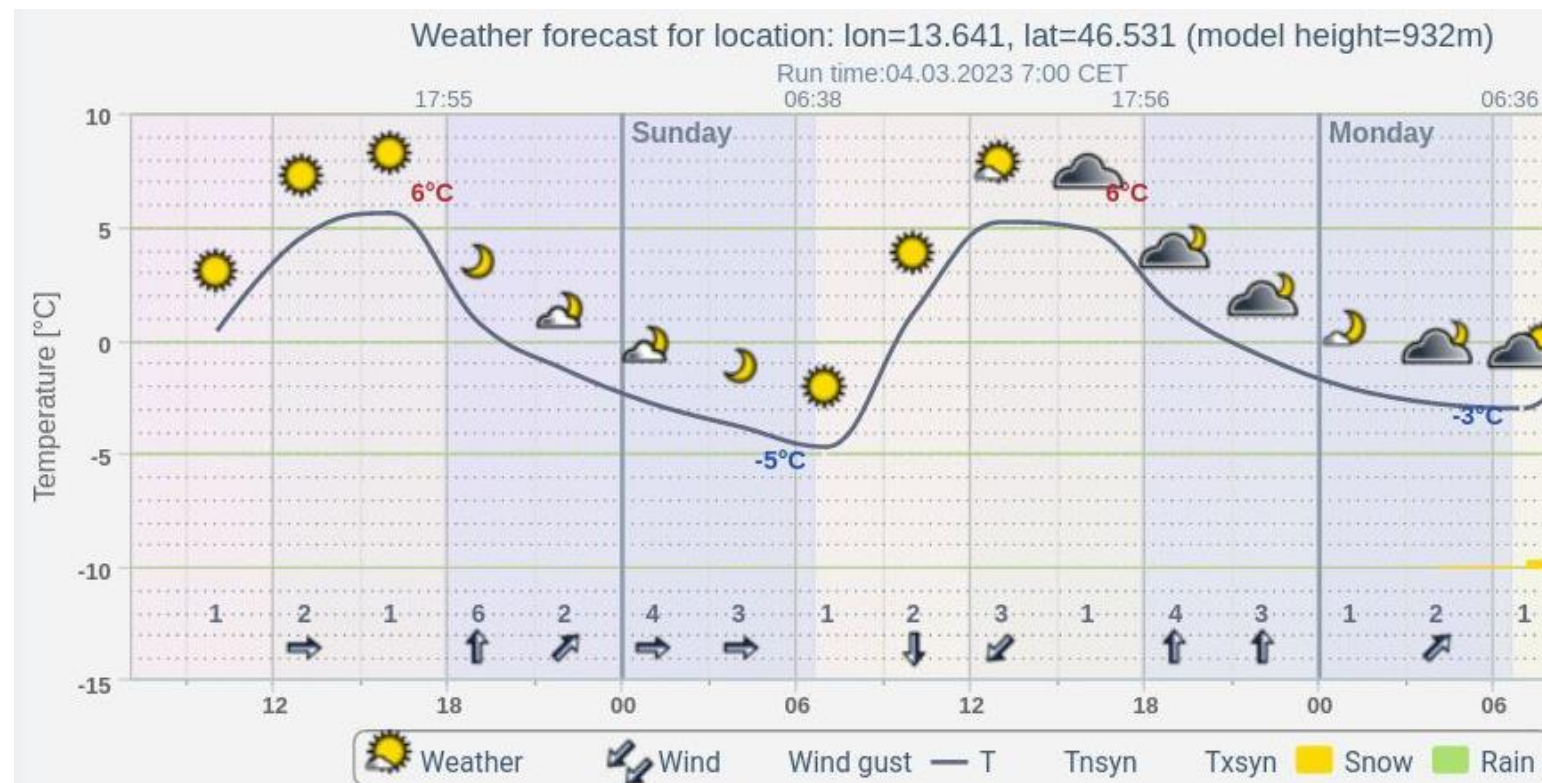
CLOSING CEREMONY – AT CC STADIUM



Weather forecast for Sunday

Sunday:

- Clear skies in the morning, cloudiness will increase in the afternoon.
- Similar temperatures as today:
 - -4 deg C in the morning
 - +10 deg. C daily max
- No significant wind is expected.



ENTRIES AND DRAW

- 24 Nations, 56 Athletes entered
- Competitors need to pick up transponders and GPS transponders prior to start!
- Bibs will be available at Race office from 9AM on



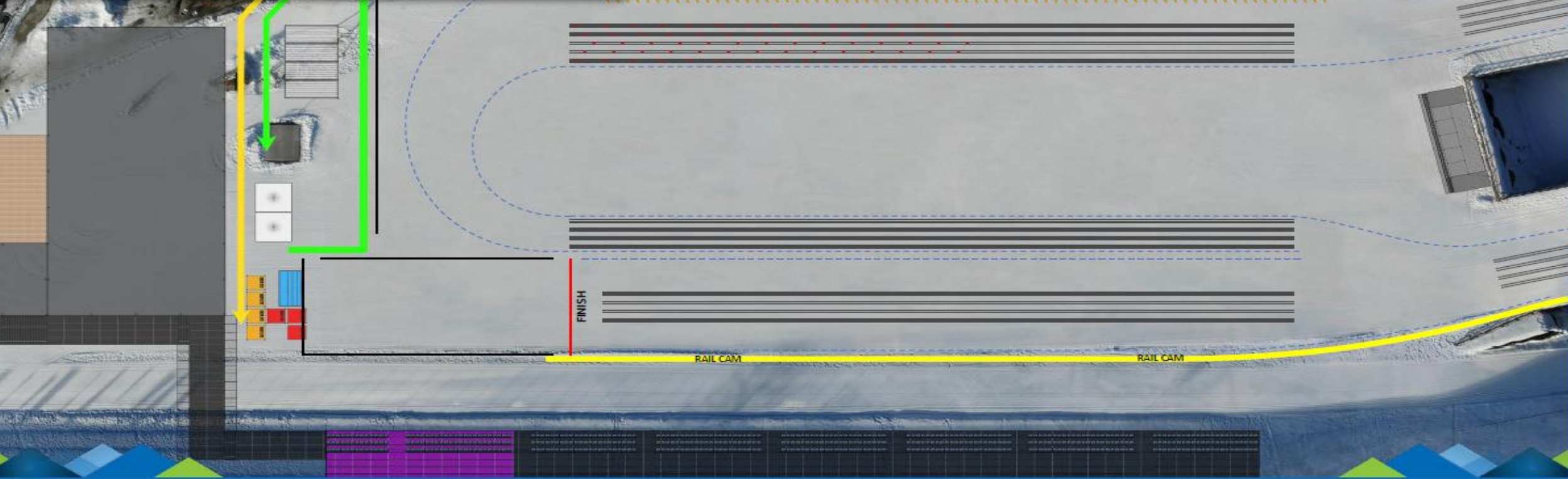


RY STADION

MASS START M 50 km C



Hint:
Use layers for measurement grid





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

PLANICA

FIS NORDIC WORLD SKI CHAMPIONSHIPS
2023

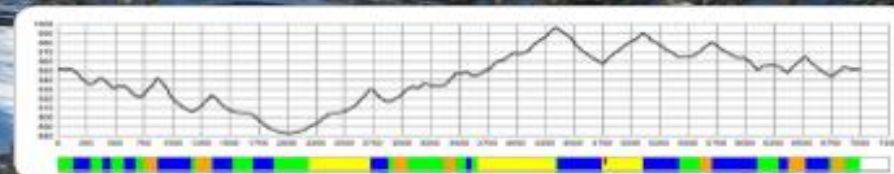
Powered by  storaenso

CROSS COUNTRY COURSE MAP 7.15 km

Course length:	7.009 m
Course category:	D
Height Difference (HD):	114 m
Maximum climb (MC):	52 m
Total Climb (TC):	267 m
Lowest point:	882 m
Highest point:	996 m

Use: CC Men 50 km Mass Start

Homologation certificate: WC22/74.14/7.14



COURSE PREPARATION

- Grooming ASAP
- Competition course 4 C tracks
- Start 5
 - First Lap we skip 1st DH
- Lapping 4 (5)
- Test Area 3 for Gliding + C tracks for grip
- Test Area 1 for grip (walking downhill)
- Test Area Gliding + C tracks for grip:
4 glide test area, 2 warm up area



FEEDING ZONES

Skiathlon

Mass start

Interval start

COACH ZONES

INTERVIEW POSITION
(DISTANCE)


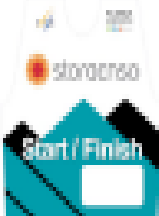

INTERVIEW POSITION
(SPRINT)



Test area + Test 3 + Test 1



SKI TEST, WARMING UP, TRAINING

Course opening times	Courses	Remarks	CC Staff		
					
			Course	Start/Finish	Staff
Sunday 05/03/2023					
09:00 -17:00	Test area	4 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 – 11:55	7.15 km	Men only	X		
12:00 – CC MASS START C 50 km Men	7.15 km				



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

