



FIS IMATRAN KYLPYLÄHIIHDOT

6.12.-7.12.2025

Team captains' meeting
5.12.2025

An aerial photograph of a large sports complex in winter. A large stadium with a blue and white checkered roof is visible on the right. To its left is a large, white, curved structure, possibly a training facility or another stadium. The surrounding area is covered in snow, with some evergreen trees visible in the background. A parking lot with several cars is located to the right of the stadium.

Agenda

- 1 Opening of the meeting
- 2 Presence
- 3 Organizer's personell
- 4 Jury
- 5 Weather forecast
- 6 Composition of competitors' startlists
- 7 Stadium map and Race track map
- 8 Track maintenance
- 9 Training times and tracks
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- 11 Fluoride testing instructions
- 12 Organizer's instructions
- 13 Other

Organizer

- Club: Imatran Urheilijat ry
- Chief of the competition: Kari Ahonen
- Assistant chief: Simo Rasimus
- Race secretary: Simo Rasimus
- Chief of stadium: Mika Karttunen
- Chief of track: Jukka Rasimus
- Race office: Satu Rasimus
- Timing and results: ExTime, Jorma Tuomimäki, Kari Utulahti
- Start lists and results to FIS: Jorma Tuomimäki

An aerial photograph of a winter sports venue, likely for luge or bobsleigh, featuring a large, snow-covered stadium with a blue and white checkered pattern on its upper tiers. The stadium is surrounded by a snowy landscape with evergreen trees in the background and a parking lot with several cars to the right. The word "Jury" is overlaid in the center of the image.

Jury

TD

TDA

Chief of Competition

Race Secretary

Esa Rajala

Jouni Harju

Kari Ahonen

Simo Rasimus

Weather forecast

<http://ilmatieteenlaitos.fi/saa/Imatra>



Composition of competitors' startlists

Sprint Free 6.12.

The starlist is composed in FIS points descending order.

Women:	60 athletes (30 best to heats)
Women U18:	16 athletes (16 best to heats)
Men:	58 athletes (30 best to heats)
Men U18:	26 athletes (16 best to heats)

Distance 7.12.

The starlist is composed in FIS points ascending order

Women:	61 athletes
Women U18:	16 athletes
Men:	78 athletes
Men U18:	30 athletes
National series:	51 athletes totally

Sprint diagram for the U18 series

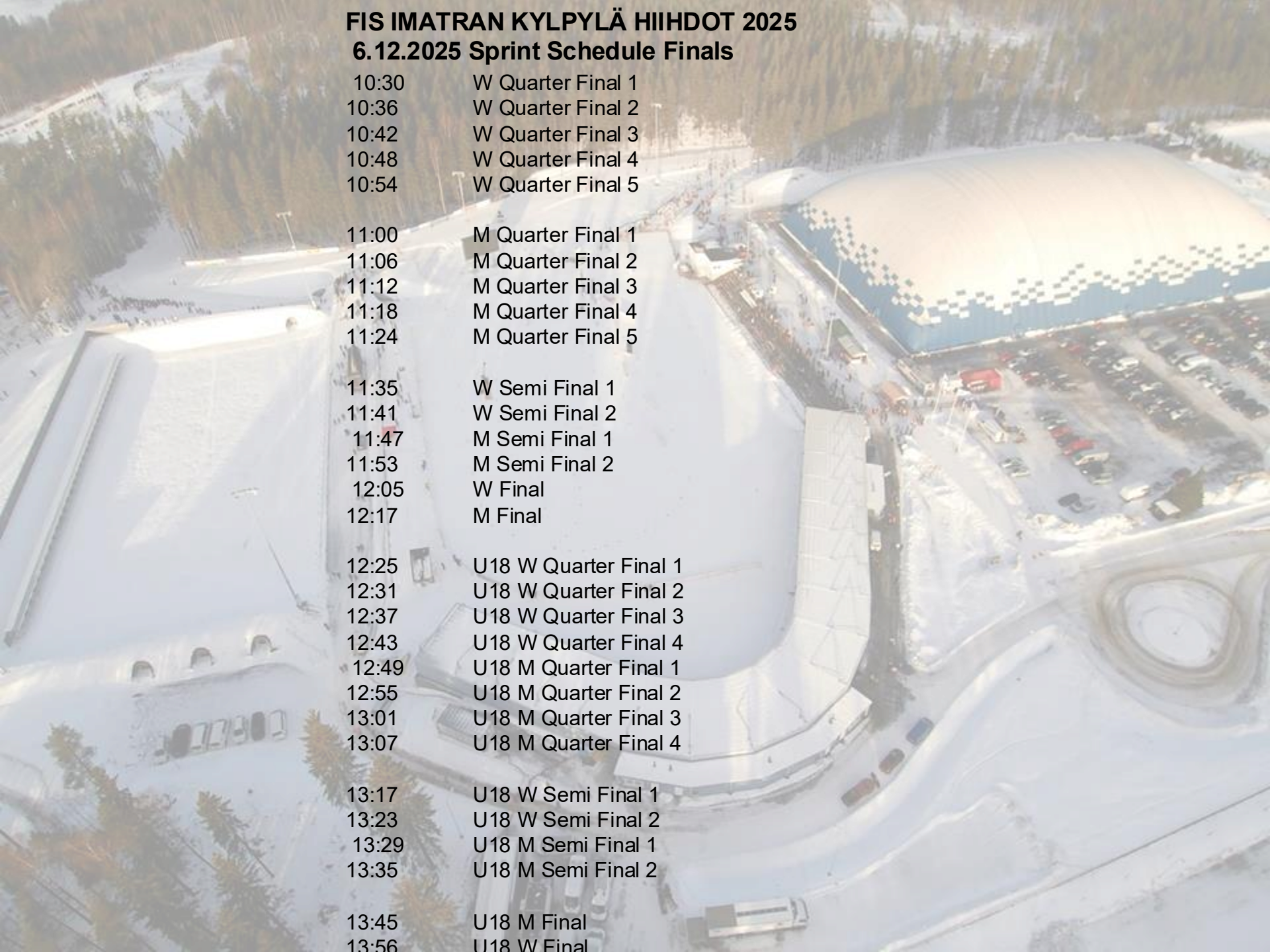
Or using Table B: quarter Finals using 4 heats

TABLE B Quarter Finals using 4 Heats, maximum 24 advance				
Assigned to heats	Q1	Q2	Q3	Q4
Distribution 1 – 16	1	4	2	3
	8	5	7	6
	9	12	10	11
	16	13	15	14

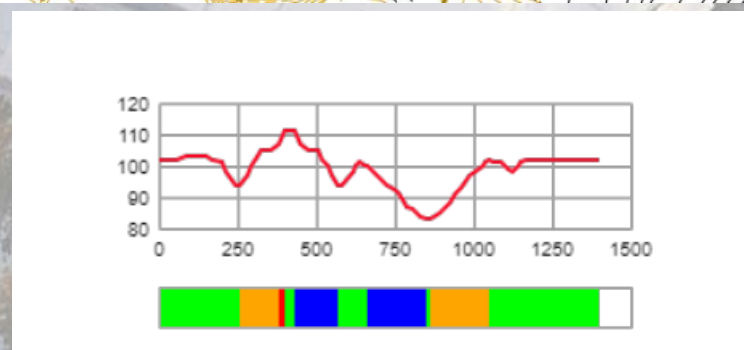
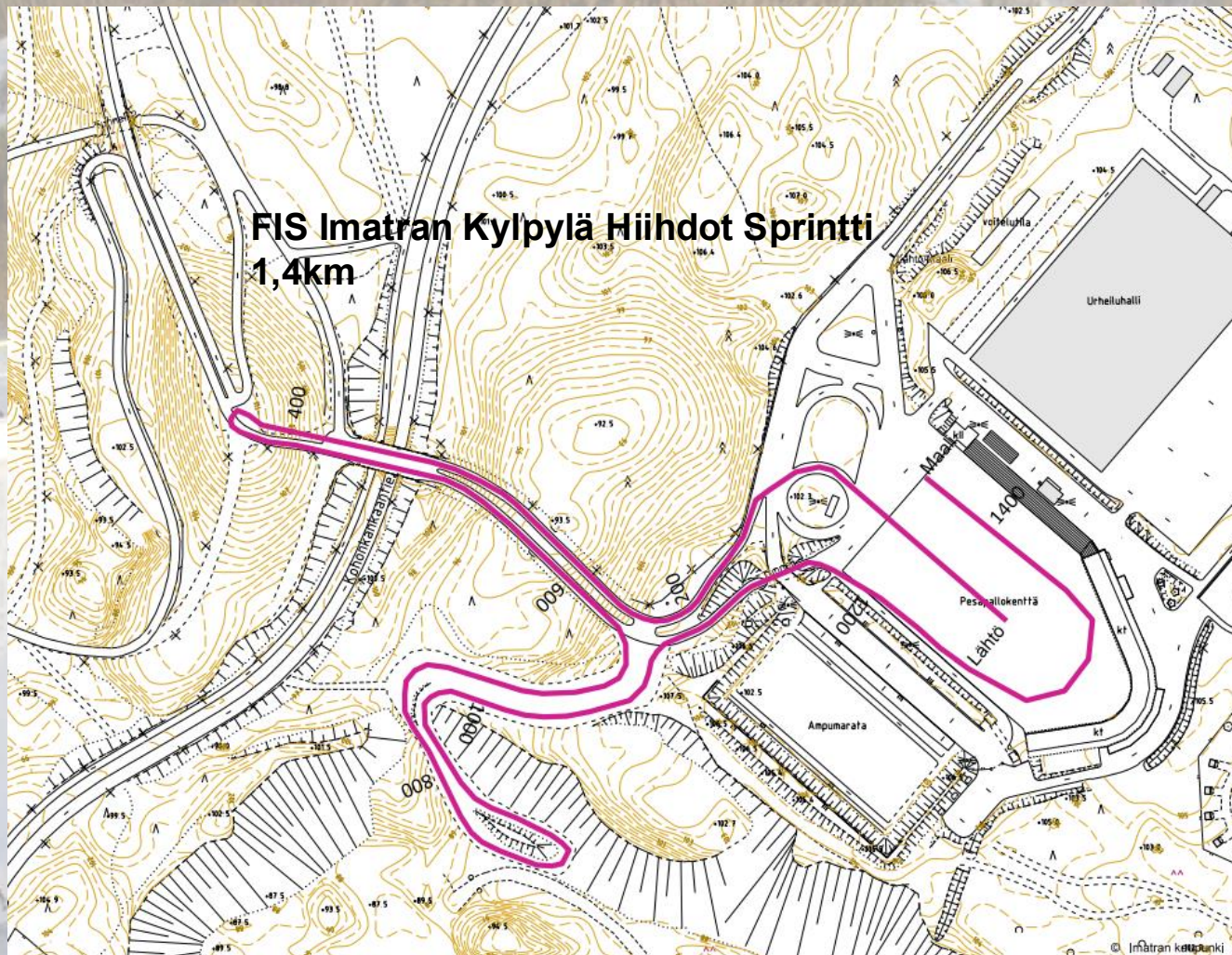
Table B continued		
Semi Finals (8)	Finals (4)	
S1	S2	A Final
Q1 #1	Q3 #1	S1 #1
Q1 #2	Q3 #2	S1 #2
Q2 #1	Q4 #1	S2 #1
Q2 #2	Q4 #2	S2 #2

FIS IMATRAN KYLPYLÄ HIIHDOT 2025

6.12.2025 Sprint Schedule Finals

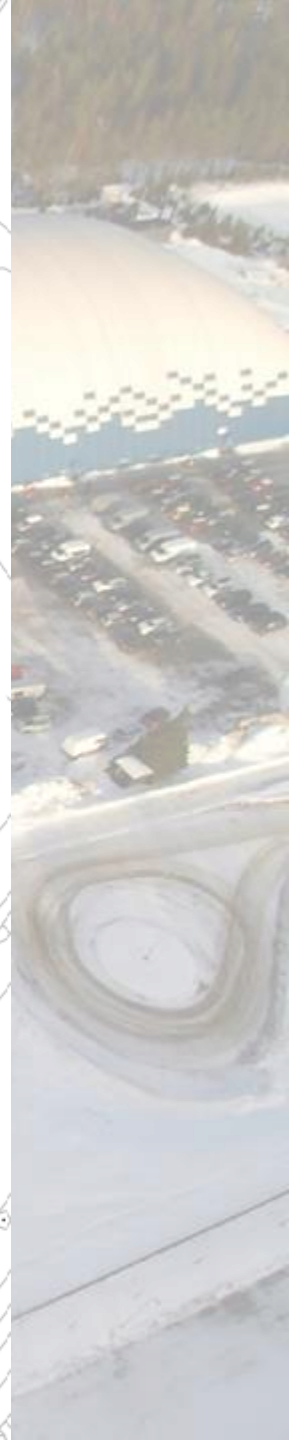
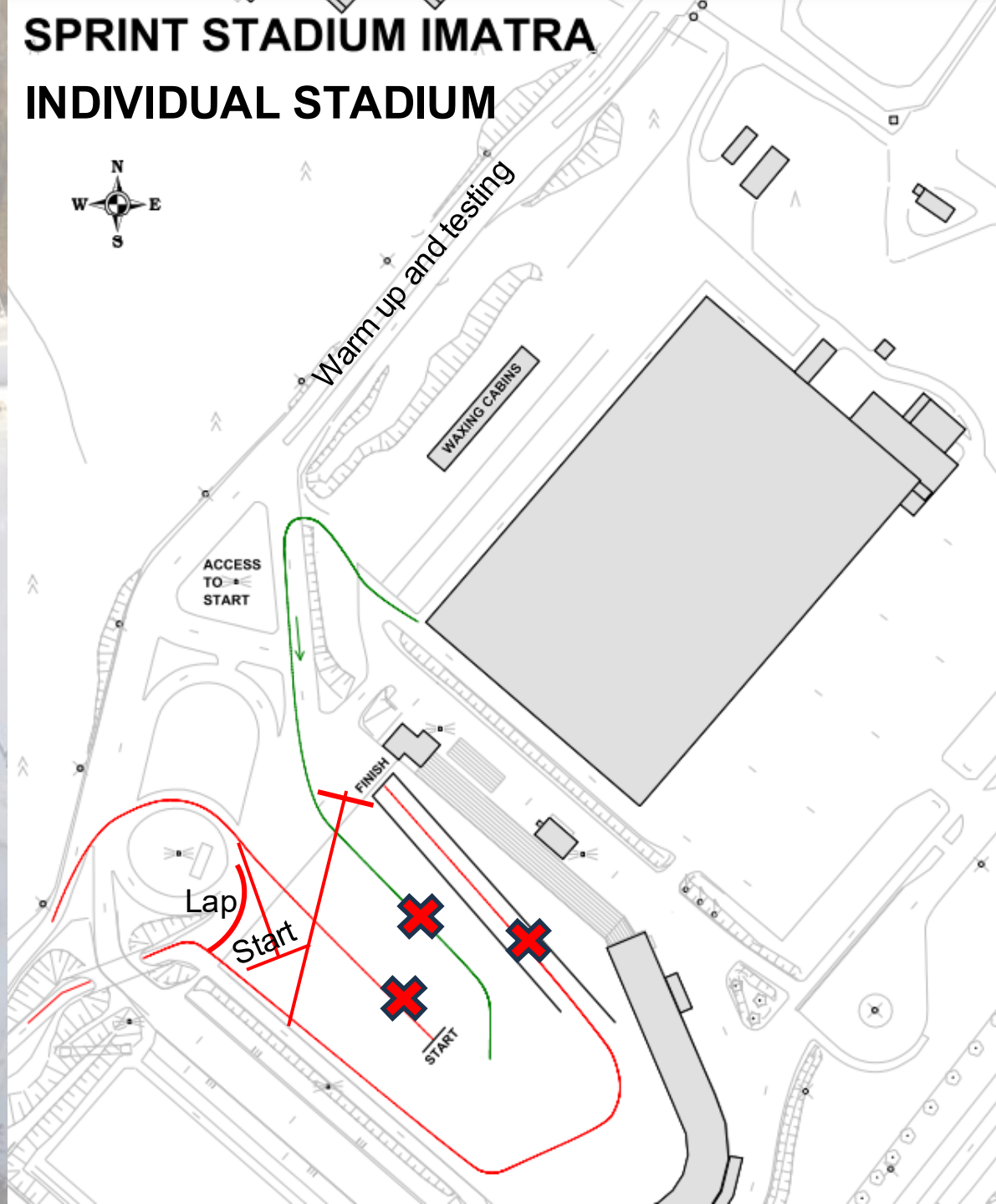


10:30	W Quarter Final 1
10:36	W Quarter Final 2
10:42	W Quarter Final 3
10:48	W Quarter Final 4
10:54	W Quarter Final 5
11:00	M Quarter Final 1
11:06	M Quarter Final 2
11:12	M Quarter Final 3
11:18	M Quarter Final 4
11:24	M Quarter Final 5
11:35	W Semi Final 1
11:41	W Semi Final 2
11:47	M Semi Final 1
11:53	M Semi Final 2
12:05	W Final
12:17	M Final
12:25	U18 W Quarter Final 1
12:31	U18 W Quarter Final 2
12:37	U18 W Quarter Final 3
12:43	U18 W Quarter Final 4
12:49	U18 M Quarter Final 1
12:55	U18 M Quarter Final 2
13:01	U18 M Quarter Final 3
13:07	U18 M Quarter Final 4
13:17	U18 W Semi Final 1
13:23	U18 W Semi Final 2
13:29	U18 M Semi Final 1
13:35	U18 M Semi Final 2
13:45	U18 M Final
13:56	U18 W Final



SPRINT STADIUM IMATRA

INDIVIDUAL STADIUM



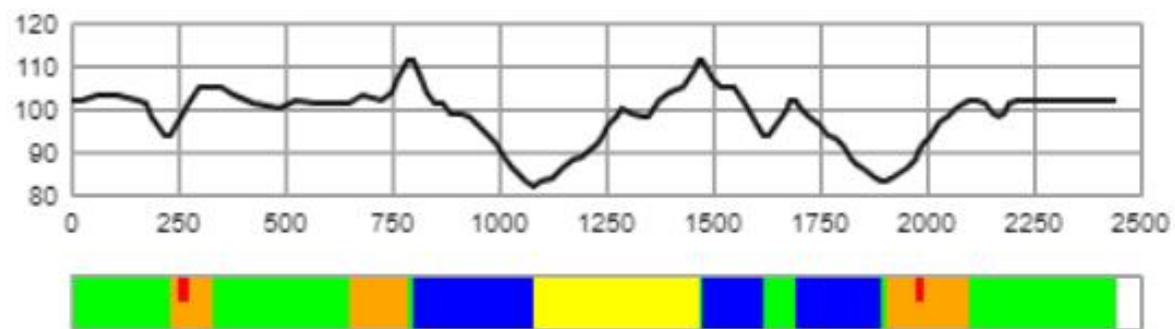


FIS IMATRAN KYLPYLÄ HIIHDOT 2024

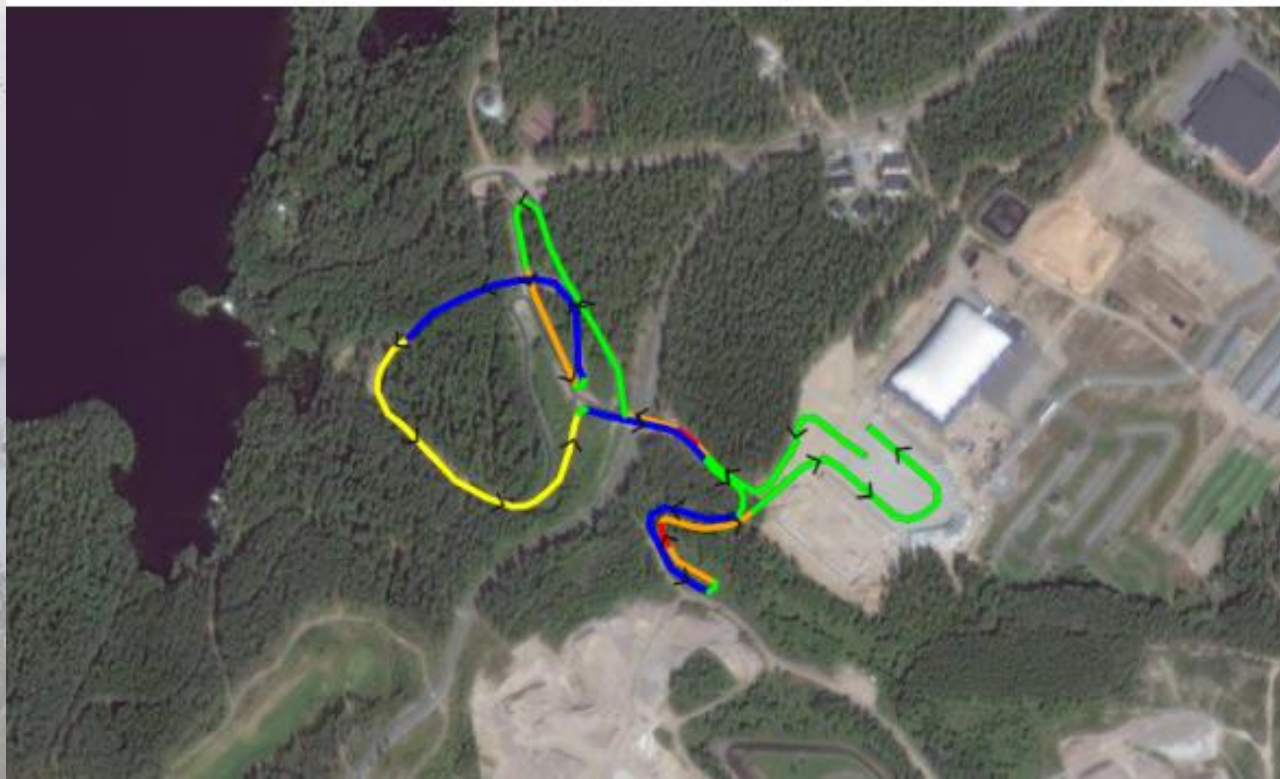
Sunday 8.12.2025 Schedule

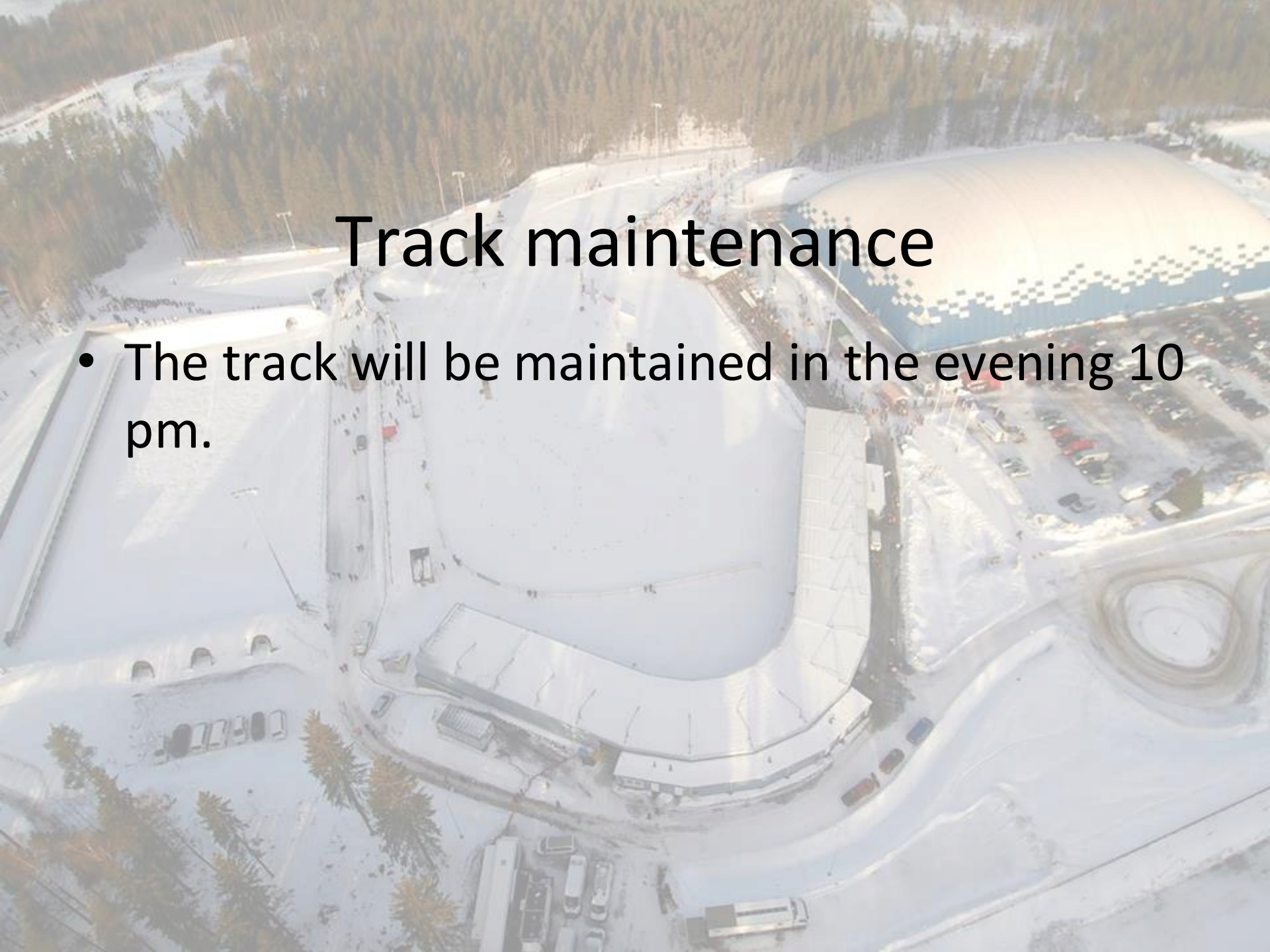
- 10:00 Women 10km C
- 10:31 Women U18 10km C
- 10:45 Men 10km C
- 11:25 Men U18 10km C
- 12:35 National Series

2,5km track and profile



escent undulated terrain



An aerial photograph of a ski resort during winter. The scene is dominated by snow-covered ground. In the center, there is a large, U-shaped building with a white roof. To the right of this building is a large arena with a blue and white checkered roof. Several parking lots are visible, filled with cars and trucks. In the background, there are dense evergreen forests. The overall atmosphere is cold and wintry.

Track maintenance

- The track will be maintained in the evening 10 pm.

Training and testing on the tracks

- Official training Friday 17 – 18 and Saturday 17 - 18
- Warm up and testing track is situated east to the stadium, about 1km long.
- Warm up and testing in the race track is allowed in the morning but closed 10min before the race start and open Saturday after qual and Sunday after FIS series
- Then again closed 5min before heats (Saturday) and national series (Sunday)
- Exception: The track is closed during the maintenance (early in the morning or late in the evening) and at night (22.00 – 7.00).
- Testing and warm up only to right skiing direction

TD's instructions

- FIS races, possible earlier sanctions are valid and FIS rules are applied.
- Time for protest is 15 min and it costs 100€, protest forms are available in the race office
- FIS kilpailu eli mahdolliset sanktiot aikaisemmista FIS kilpailuista ovat voimassa sekä noudatetaan FIS:n sääntöjä
- Protestiaika 15 min, maksu 100 € kaavakkeita kilpailutoimistossa



Sprint starting procedure (Sprintin lähtöprotokolla):

1. Take your start positions
2. Set
3. **Pam!**

In the heat first ~10m with tracks for the double poling technique

Ensimmäiset n.10m ladulla tasatyöntäen

ICR 325.4.2.10

False start in Sprint? Virhelähtö sprintissä?

- Any competitor who causes a false start will be sanctioned by a written reprimand. Following the first false start in a heat, any competitor who causes a subsequent false start in the same heat will be required to withdraw from the competition. The competitor will be ranked as the last position of the applicable final, semi-finals or quarter finals heat (rank 6, 12, 30 or 4, 8, 16).
- Virhelähdön tehneelle kilpailijalle annetaan kirjallinen varoitus. Ensimmäisen virhelähdön jälkeen kuka tahansa samassa erässä uuden virhelähdön aiheuttava kilpailija on velvollinen lopettamaan kilpailunsa. Virhelähdön tehnyt kilpailija sijoittuu oman erävaiheensa (finaali, välierä tai alkuerä) viimeiseksi (sijoitus on 6, 12, 30 tai 4, 8, 16).

Obstruction ICR 343.9

- **As a general rule applying to all competitions, competitors shall not obstruct other competitors..**
This behavior is defined as deliberately impeding, blocking, charging or pushing any competitor with any part of the body or ski equipment.
- **Estäminen on kielletty kaikissa kilpailuissa.**
Tällaiseksi käytökseksi on määritelty tahallinen estäminen, estäminen, häirintä sekä toisen urheilijan työntäminen jollakin kehon osalla tai hiihtovälineellä.

Overtaking ? Ohitustilanteet ?

ICR 343.10.1 Process of passing during Interval Starts

Competitors who are being passed **must give way on first demand**. This applies in classical technique courses even when there are two tracks and in free technique courses when the skier being overtaken may have to restrict his/her skiing movements.

ICR 343.10.1 Ohitus väliaikalähtöisessä kilpailussa

Väliaikalähtöisessä kilpailussa ohitettavan kilpailijan on annettava latua ensimmäisestä kehotuksesta. Tätä sääntöä tulee noudattaa myös sellaisissa perinteisen hiihtotavan kilpailuissa, joissa radalle on asetettu kaksi latua sekä vapaan hiihtotavan kilpailuissa, vaikka ohitettava kilpailija joutuisi rajoittamaan omia liikkeitään.

ICR 343.10.2 Process of passing during other competitions than interval starts

343.10.2.1 Competitors in front have the right to choose their best line.

343.10.2.2 Competitors in front shall not obstruct competitors coming from behind.

343.10.2.3 Competitors intending to pass shall do so without obstructing the competitor being passed.

343.10.2.4 When competitors are alongside, they have **mutual duties** not to obstruct each other's movements.

343.10.2.5 A process of passing is considered completed when the passing competitor has his/her body at the front of the ski-tips of the competitor being passed

=> OBSTRUCTION NOT ALLOWED

=> THE COMPETITOR SHALL NOT INITIATE PASSING, IF SHE/HE CAN SEE OR SHOULD SEE THAT THERE IS NO SPACE FOR THE OVERTAKING

ICR 343.10.2 Ohittaminen muissa kilpailumuodoissa kuin väliaikalähtöisissä kilpailuissa

343.10.2.1 Edellä hiihtävällä kilpailijalla on oikeus valita paras linja.

343.10.2.2 Edellä hiihtävä kilpailija ei saa estää takaa tulevaa kilpailijaa.

343.10.2.3 Ohittava kilpailija ei saa estää ohitettavaa kilpailijaa.

343.10.2.4 Kilpailijoiden hiihtäessä vierekkain heillä on jaettu vastuu olla estämättä toistensa liikkeitä.

343.10.2.5 Ohitustilanne katsotaan päättyneeksi, kun ohittavan kilpailijan keho on ohitettavan kilpailijan suksen kärkien etupuoolella.

=> ESTÄMINEN KIELLETTY

=> EI TULE LÄHTEÄ OHITUSYRITYKSEEN JOS ON NÄHTÄVISSÄ, TAI TULISI NÄHDÄ, ETTEI OHITUKSELLE OLE EDELLYTYKSIÄ/TILAA.

Sunday, Classical style competition !

Definition for the classical style:

- technique includes
- the Diagonal Stride techniques
- the double poling with or without diagonal kick,
- herringbone or half herringbone without a gliding phase
- turning techniques.

In classical technique competitions, the competitors must use classical technique only.

Perinteisen hiihtotavan määritelmä

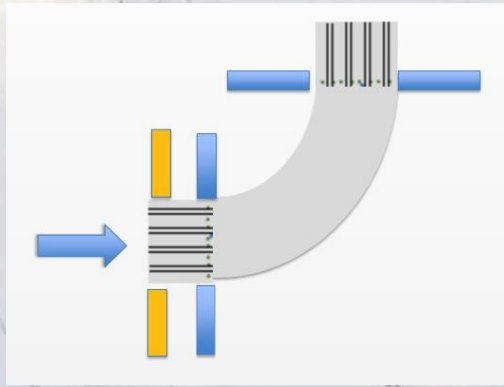
Perinteiseen hiihtotapaan kuuluu

- vuorohiihto
- tasatyöntö
- yksipotkuinen tasatyöntö
- haarakäynti ja puolihaarakäynti ilman luistovaihetta
- askelkäännökset

Perinteisen hiihtotavan kilpailuissa kilpailija saa käyttää vain perinteistä hiihtotapaa!!

Turning technique? Käännöstekniikka / alue ?

ICR 310.2.2.3 Turning techniques comprise of steps with the inner ski and pushes with the outer ski in order to change skiing direction. The sections of the course where turning techniques are allowed must be clearly marked.



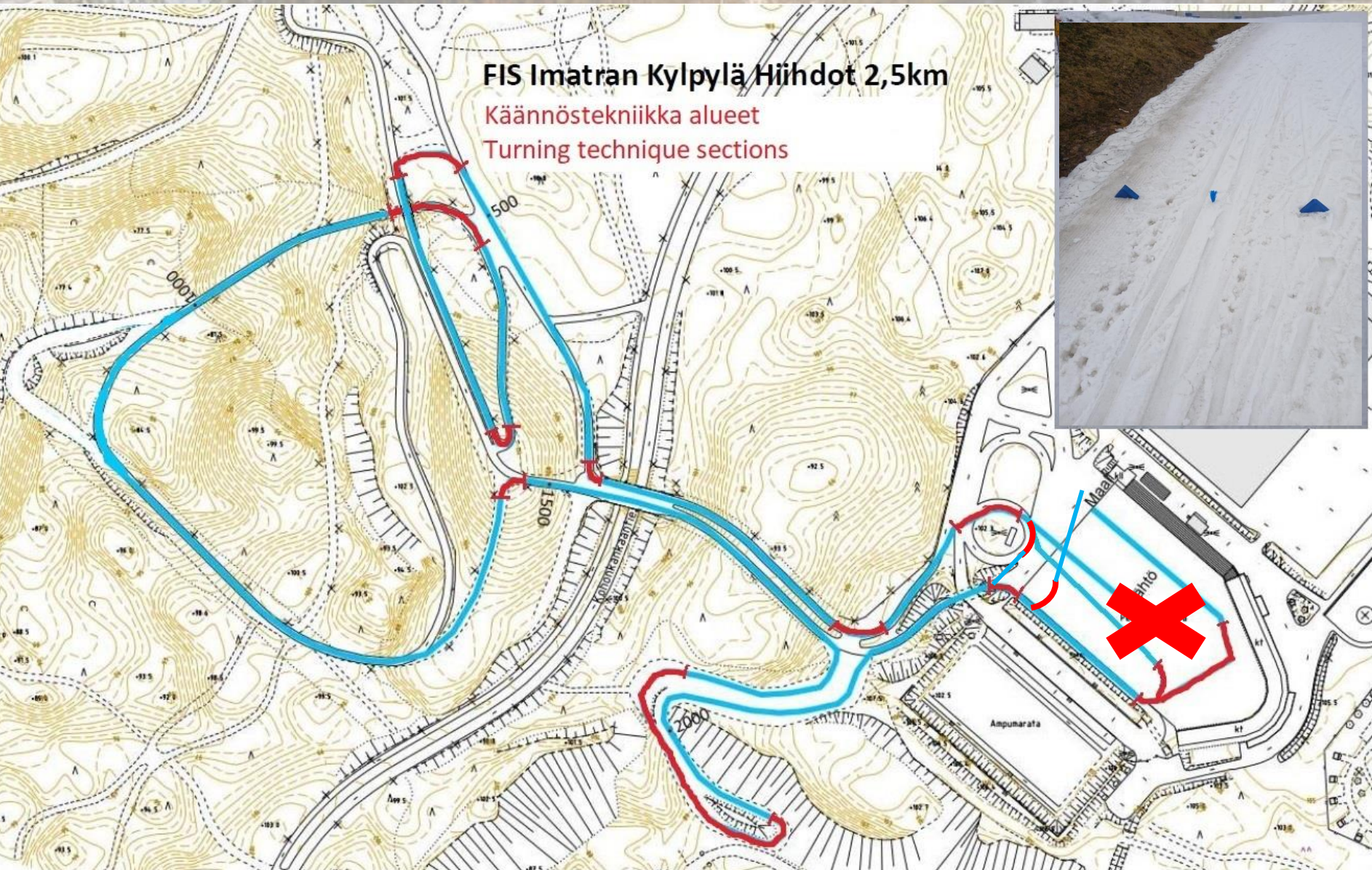
ICR 310.2.2.3 Käännöstekniikka

- Käännökset koostuvat sisäsuksen askelista ja ulkosuksella tapahtuvista työnnoista suunnan muuttamiseksi. Käännöstekniikan käyttö on sallittu sellaisissa radan kohdissa mitkä on merkinnöin osoitettu käännöstekniikka – alueeksi
- Aluetta voidaan säätää kilpailun aikana
- Merkkaus voi olla eri kohdassa kuin ladun alku ja loppu

FIS Imatran Kylpylä Hiihdot 2,5km

Käännöstekniikka alueet

Turning technique sections



Organizer's instructions

- Bib numbers are given in race office (no transponder on Saturday),
- **Open 6.12. klo 7:45 and 7.12. klo 8:30**
- Clothing in the hangars near the start and finish; athletes' own responsibility
- Coaching is allowed everywhere but not in the stadium area
- Organizers poles in the heats behind the screen

Fluor ban Implementation

The testing will be done both competition days. Athletes have further more a possibility to have an unofficial control test on Saturday immediately after the competition during one hour.

Skis must be marked with a sticker! (use the old stickers if you have some)

No start testing → skis will not be tested before the start.

After finishing, leave the skis to staff or on the rack in the finish area

Collect the skis from the rack next to the building after the test

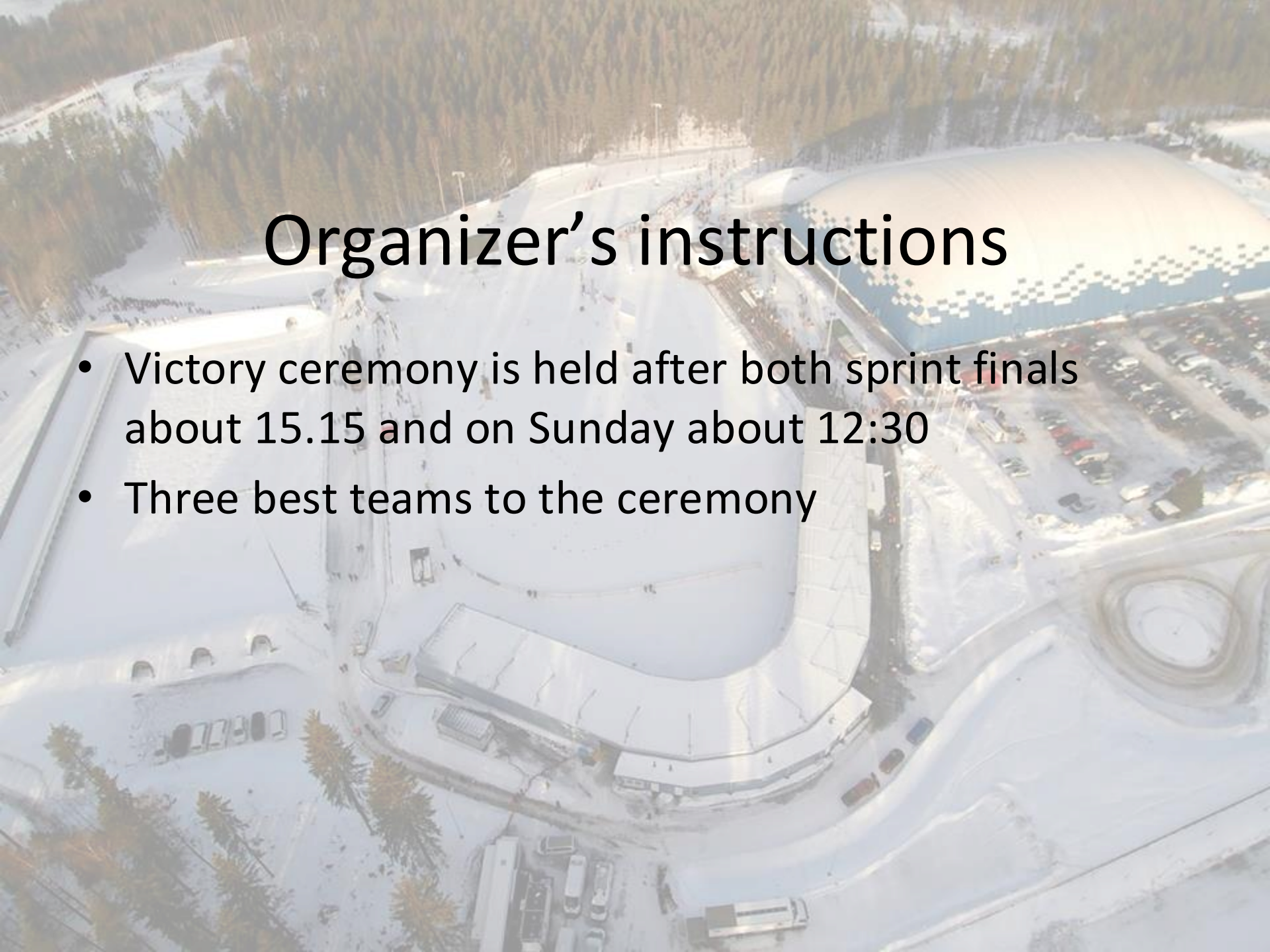
The skis must be handed over for testing. Refusal will result in DSQ

The above applies to the sprint qualifying and Sunday's competition.

Sprint heats: After the initial heat, those who qualify for the next heat leave their skis in the supervised area at the finish.

The skis of those who will be eliminated of the next heat will be tested and the skis will be collected from the rack next to the building after the test.

The skis of the lucky losers are waiting for information about their qualification.

An aerial photograph of a large sports complex in winter. The central feature is a large, U-shaped stadium with a white roof. To the right of the stadium is a large parking lot filled with cars. Further right, there's a circular track or arena. The entire area is covered in snow, and the background shows a dense forest of evergreen trees.

Organizer's instructions

- Victory ceremony is held after both sprint finals about 15.15 and on Sunday about 12:30
- Three best teams to the ceremony