

2010



CROSS COUNTRY SKIING TECHNICAL PACKAGE

TECHNICAL PACKAGE
2010 ARCTIC WINTER GAMES

CROSS COUNTRY SKIING

1. **RULES:** This competition will be conducted under the rules of the Fédération Internationale de Ski (FIS).

2. **CATEGORIES:**

Junior Males:	Born in 1992 and 1993
Junior Females:	Born in 1992 and 1993
Juvenile Males:	Born in 1994 and 1995
Juvenile Females:	Born in 1994 and 1995
Midget Males:	Born in 1996 and 1997
Midget Females:	Born in 1996 and 1997

3. **EVENTS:**

Junior Male & Female	<u>Technique</u>
- 750 meter	Free (qualification round interval starts followed by elimination heats)
- 5 km	Classic (interval start)
- 10 km	Free (mass start)
- 3 x 5 km relay	Classic (mass start)
Juvenile Male & Female	
- 750 meter	Free (qualification round interval starts followed by elimination heats)
- 5 km	Classic (interval start)
- 7.5 km	Free (mass start)
- 3 x 5 km relay	Classic (mass start)
Midget Male & Female	
- 500 meter	Free (qualification round interval starts followed by elimination heats)
- 2.5 km	Classic (interval start)
- 5 km	Free (mass start)
- 3 x 2.5 km relay	Classic (mass start)

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Relay teams may consist of athletes registered in a given category unless one or more of those athletes cannot compete. In that case athletes from a younger age category may be moved up to fill a team.

- 4. TEAM COMPOSITION:** Each Games Unit may enter a team comprised of a maximum of twenty-four (24) skiers plus three (3) coaches; as follows:

Junior Male	- 4
Junior Female	- 4
Juvenile Male	- 4
Juvenile Female	- 4
Midget Male	- 4
Midget Female	- 4
Coaches	- 3

Athletes who have competed in a World Junior Championship in cross-country skiing within 2 years of the Games are ineligible to compete in the Arctic Winter Games. See also other restrictions in the Arctic Winter Games Staging Manual.

One coach must be female and one male. If a coach from one gender is not available a chaperon must be substituted.

- 5. MEDALS:** Individually by event and individually by team for relay events:

GOLD	- 36
SILVER	- 36
BRONZE	- 36

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6. Arctic Winter Games Rule Modifications

- A. The FIS requirement to pay a fee when filing a sport technical protest is waved for the Arctic Winter Games. The non-sport protest procedure continues to apply.
- B. The 750 meter sprint event is to feature qualification and elimination rounds designed to allow each skier to compete a minimum of three times, see separate sprint event format.
- C. Events are to be scheduled as follows:

Day 1	Individual Classic events
Day 2	Individual Free sprint events
Day 3	Rest Day
Day 4	Individual Free longer distance events
Day 5	Relay events

7. Sprint Event Format Guidelines

Goal

To have all participants ski a minimum of three times in their respective category sprint event.

Format

Qualification Round: All skiers in all classes participate in a qualification round, held on the same course. Skiers are ranked within their classes according to their qualifying times. Skiers are seeded in the first elimination round based upon their ranking within their respective classes. There is no timing in the Sprint Event after the qualification round.

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16 or fewer competitors in a class: Two semi-final heats of up to eight competitors, with the top three finishers in each heat advancing to a six-person final that determines places 1-6. Competitors finishing in places four and higher in each semi-final would compete in a consolation final to determine places 7 and higher.

Seeding for 16 or fewer competitors:

Semifinal 1: skiers ranked 1-4-5-8-9-12-13-16

Semifinal 2: skiers ranked 2-3-6-7-10-11-14-15

Finishers outside the top three in each semi-final advance to Consolation Final to determine finish positions 7 and higher. Skiers choose their own start positions in this order:

- 1st Choice: 4th place Semifinal 1
- 2nd Choice: 4th place Semifinal 2
- 3rd Choice: 5th place Semifinal 2
- 4th Choice: 5th place Semifinal 1
- 5th Choice: 6th place Semifinal 1
- 6th Choice: 6th place Semifinal 2
- 7th Choice: 7th place Semifinal 2
- 8th Choice: 7th place Semifinal 1
- 9th Choice: 8th place Semifinal 1
- 10th Choice: 8th place Semifinal 2

First three finishers in each semi-final advance to Final to determine finish positions 1 through 6. Skiers choose their own start positions in this order:

- 1st Choice: winner Semifinal 1
- 2nd Choice: winner Semifinal 2
- 3rd Choice: runner-up Semifinal 2
- 4th Choice: runner-up Semifinal 1
- 5th Choice: 3rd place Semifinal 1
- 6th Choice: 3rd place Semifinal 2

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17+ competitors in a class: Four quarter-final heats of four or more, with the top three finishers in each quarter-final advancing to two six-person semi-finals, and the top three finishers in each semi-final advancing to a six-person final to determine the top six places. The last three finishers in each semi-final would advance to a consolation final to determine places 7-12. Skiers who did not qualify for the semi-finals would advance to a Consolation Semifinal to determine places 13 and higher.

Seeding for 17 or more competitors:

Quarterfinal 1: skiers ranked 1-8-9-16-17-24-25-32

Quarterfinal 2: skiers ranked 4-5-12-13-20-21-28-29

Quarterfinal 3: skiers ranked 2-7-10-15-18-23-26-31

Quarterfinal 4: skiers ranked 3-6-11-14-19-22-27-30

First three finishers in Quarterfinal 1 and Quarterfinal 2 advance to Semifinal 1
Skiers choose start their own start positions in this order:

1st Choice: winner Quarterfinal 1

2nd Choice: winner Quarterfinal 2

3rd Choice: runner-up Quarterfinal 2

4th Choice: runner-up Quarterfinal 1

5th Choice: 3rd place Quarterfinal 1

6th Choice: 3rd place Quarterfinal 2

First three finishers in Quarterfinal 3 and Quarterfinal 4 advance to Semifinal 2
Skiers choose start their own start positions in this order:

1st Choice: winner Quarterfinal 3

2nd Choice: winner Quarterfinal 4

3rd Choice: runner-up Quarterfinal 4

4th Choice: runner-up Quarterfinal 3

5th Choice: 3rd place Quarterfinal 3

6th Choice: 3rd place Quarterfinal 4

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Finishers outside the top three in each quarter-final advance to Consolation Semi-Final to determine finish positions 13 and higher. Skiers choose their own start positions in this order:

- 1st Choice: 4th place Quarterfinal 1
- 2nd Choice: 4th place Quarterfinal 2
- 3rd Choice: 4th place Quarterfinal 3
- 4th Choice: 4th place Quarterfinal 4
- 5th Choice: 5th place Quarterfinal 4
- 6th Choice: 5th place Quarterfinal 3
- 7th Choice: 5th place Semifinal 2
- 8th Choice: 5th place Semifinal 1
- 9th Choice: 6th place Semifinal 1
- 10th Choice: 6th place Semifinal 2
- 11th Choice: 6th place Semifinal 3
- 12th Choice: 6th place Semifinal 4, etc. if necessary

Finishers outside the top three in each semi-final advance to Consolation Final to determine finish positions 7-12. Skiers choose their own start positions in this order:

- 1st Choice: 4th place Semifinal 1
- 2nd Choice: 4th place Semifinal 2
- 3rd Choice: 5th place Semifinal 2
- 4th Choice: 5th place Semifinal 1
- 5th Choice: 6th place Semifinal 1
- 6th Choice: 6th place Semifinal 2

First three finishers in each semi-final advance to Final to determine positions 1-6
Skiers choose their own start positions in this order:

- 1st Choice: winner Semifinal 1
- 2nd Choice: winner Semifinal 2
- 3rd Choice: runner-up Semifinal 2
- 4th Choice: runner-up Semifinal 1
- 5th Choice: 3rd place Semifinal 1
- 6th Choice: 3rd place Semifinal 2