

# Welcome to Fossum

ASKO CUP / IBU Regional event 23-25 February 2024



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# Agenda

1. Official opening
2. Election of jury
3. Technical briefing
4. TD commentary
5. Weather forecast
6. Other
7. Official closing



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# Official opening

## Race committee

Chief of Competition: Lise Dybwad  
Dept Chief of Competition : Peder Pedersen  
Competition secretary: Mads Eliassen  
Chief of Stadium: Johann Rud  
Chief of Range: Christian Vold  
Chief of Course: Amund Lundegaard  
Chief of Timing: Øyvind Hopsnes

## Technical Delegates

Knut Aas  
Morten Hage  
Bjørn Tore Arevik

## Norwegian Biathlon Association board representative

Toril Nygård

## Organizational committee

Lead: Gry Lundin  
Financials: Andreas Brunvoll  
Sponsors and communications:  
Roar Hernes, Per Gunnar Haugen

## Other

Food and beverage: Anne Grete Haugen  
Price ceremony: Turid Williksen

## Norwegian Biathlon Association admin representative

Tobias Lund



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# Election of the jury

**Technical Delegate**  
(RACE JURY LEAD)

Knut Aas

**Technical Delegate**

Morten Hage

**(Technical Delegate)**

Bjørn Tore Årevik

**Chief of Competition**

Lise Dybwad

**Nominated team lead**

**Nominated team lead**

**Norw Biathlon Association**  
(adm rep)

(Tobias Lund)



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# Election of the jury

**Technical Delegate**  
(RACE JURY LEAD)

Knut Aas

**Technical Delegate**

Morten Hage

**(Technical Delegate)**

Bjørn Tore Årevik

**Chief of Competition**

Lise Dybwad

**Nominated team lead**

Jens Petter Furunes (Team Meråker)

**Nominated team lead**

Halvor Taalesen (Team Kongsberg)

**Norw Biathlon Association**  
(adm rep)

(Tobias Lund)



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# Technical briefing

## Schedule training day

Race office opens: 11:30 am

Pre-training equipment control and handout of training bibs : 11:30 am – 17:00 pm

Group 1

Official training: 13:00 – 15:30

Group 2

Official training: 16:00 – 18.:30

### PLEASE NOTE

Safety check at Shooting lane 1 after training end

Zeroing on paper only first 15 minutes after opening of Official training



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# Technical briefing

## Schedule Saturday SHORT INDIVIDUAL

Race office opens: 07:00 am

Pre race equipment control with rifle control and bib collection

Group 1 07:15 – 08:50

Group 2 11:45 – 13:35

### Group 1

Zeroing: 07:45 – 08:50

- Men senior: 09:00:00
- Men 20-22: 09:18:30
- Women senior: 09:53:30
- Women 20-22: 10:09:30

### Group 2

Zeroing: 12:15 – 13:35

- M19: 13:45:00
- M18: 14:13:00
- M17: 14:35:30
- K19: 15:12:30
- K18: 15:31:00
- K17: 15:48:30

### PLEASE NOTE

Safety check at  
Shooting lane 1  
after Zeroing end



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# Technical briefing

## Schedule Sunday SPRINT

Race office opens: 07:15 am

Pre race equipment control with rifle control and bib collection

Group 1 07:45 – 09:20

Group 2 11:15 – 13:05

### Group 1

Zeroing: 08:15 – 09:20

- Men senior: 09:30:00
- Men 20-22: 09:42:40
- Women senior: 10:05:20
- Women 20-22: 10:16:00

### Group 2

Zeroing: 11:45 – 13.05

- M19: 13:15:00
- M18: 13:32:40
- M17: 13:47:20
- K19: 14:15:00
- K18: 14:26:40
- K17: 14:38:20

### PLEASE NOTE

Pre-race rifle control only for those that did not participate in race Day 1

safety check at Shooting lane 1 after Zeroing end



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# Fluor skitest

- Norwegian Biathlon Association bring labels
- Racer places this on own skis (see picture) at delivery of skis
- The race event organizer brings skis from waxing to start
- For those waxing own skis, the race event organizer will store skis safely overnight
- Random tests after competition end. For those that are selected, you will find your skis at Fluor test delivery point.



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# Fluor skitest

## DAY OF TRAINING

Delivery of skis for testing Group 1:	12:30 – 15:00
Delivery of skis for testing Group 2:	15:30 – 17:30

## COMPETITION DAY

Delivery of skis for testing Group 1:	10:30 - 13:30
Delivery of skis for testing Group 2:	15:00 - 18:30

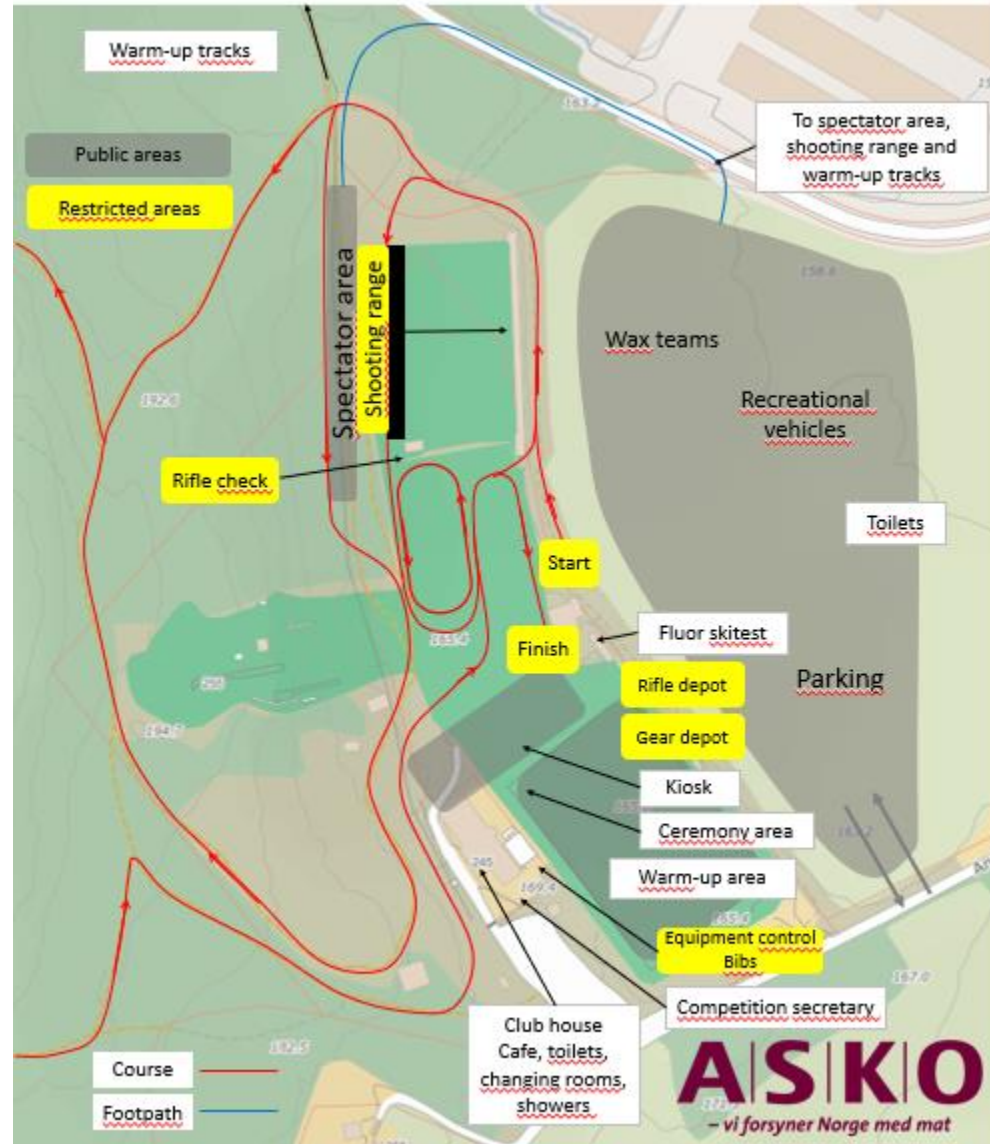


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# Arena map



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# Race course maps

## PLEASE NOTE

Warm up in competition course closes 5 minutes before start

Please note the direction of competition course – it is not allowed to ski in opposite direction

Preparation of courses will happen late Thursday evening, late Friday evening, late Saturday evening

[Fossum Idrettsanlegg \(skiskyting.no\)](http://skiskyting.no)



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# Fossum Norgescup & IBU Regional Event Distances



## Lørdag/Saturday 24.02.2024 Kort Normal/Short Individual

### Pulje/Group 1

M Sr - 15km - 5xGul/Yellow	3,0	3,0	3,0	3,0	3,0
M 20-22 - 12,5km - 5xGrønn/Green	2,5	2,5	2,5	2,5	2,5
W Sr - 12,5km - 5xGrønn/Green	2,5	2,5	2,5	2,5	2,5
W 20-22 - 10km - 5xRød/Red	2,0	2,0	2,0	2,0	2,0

### Pulje/Group 2

M 17-19 - 10km - 5xRød/Red	2,0	2,0	2,0	2,0	2,0
W 17-19 - 7,5km - 5xOransje/Orange	1,5	1,5	1,5	1,5	1,5

## Søndag/Sunday 25.02.2024 Sprint

### Pulje/Group 1

M Sr - 10km - 3xBlå/Blue	3,3	3,3	3,3
M 20-22 - 10km - 3xBlå /Blue	3,3	3,3	3,3
W Sr - 7,5km - 3xGrønn/Green	2,5	2,5	2,5
W 20-22 - 7,5km - 3xGrønn/Green	2,5	2,5	2,5

### Pulje/Group 2

M 17-19 - 7,5km - 3xGrønn/Green	2,5	2,5	2,5
W 17-19 - 6km - 3xRød/Red	2,0	2,0	2,0

# Oransje/Orange – 1,5km



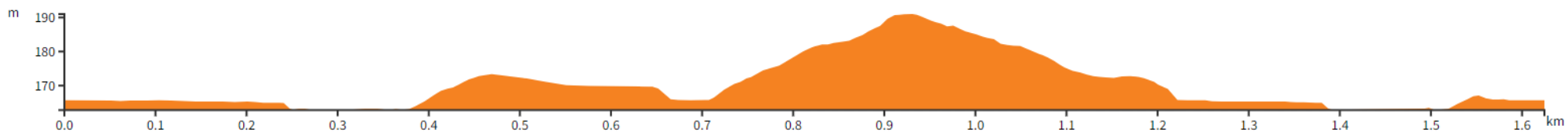
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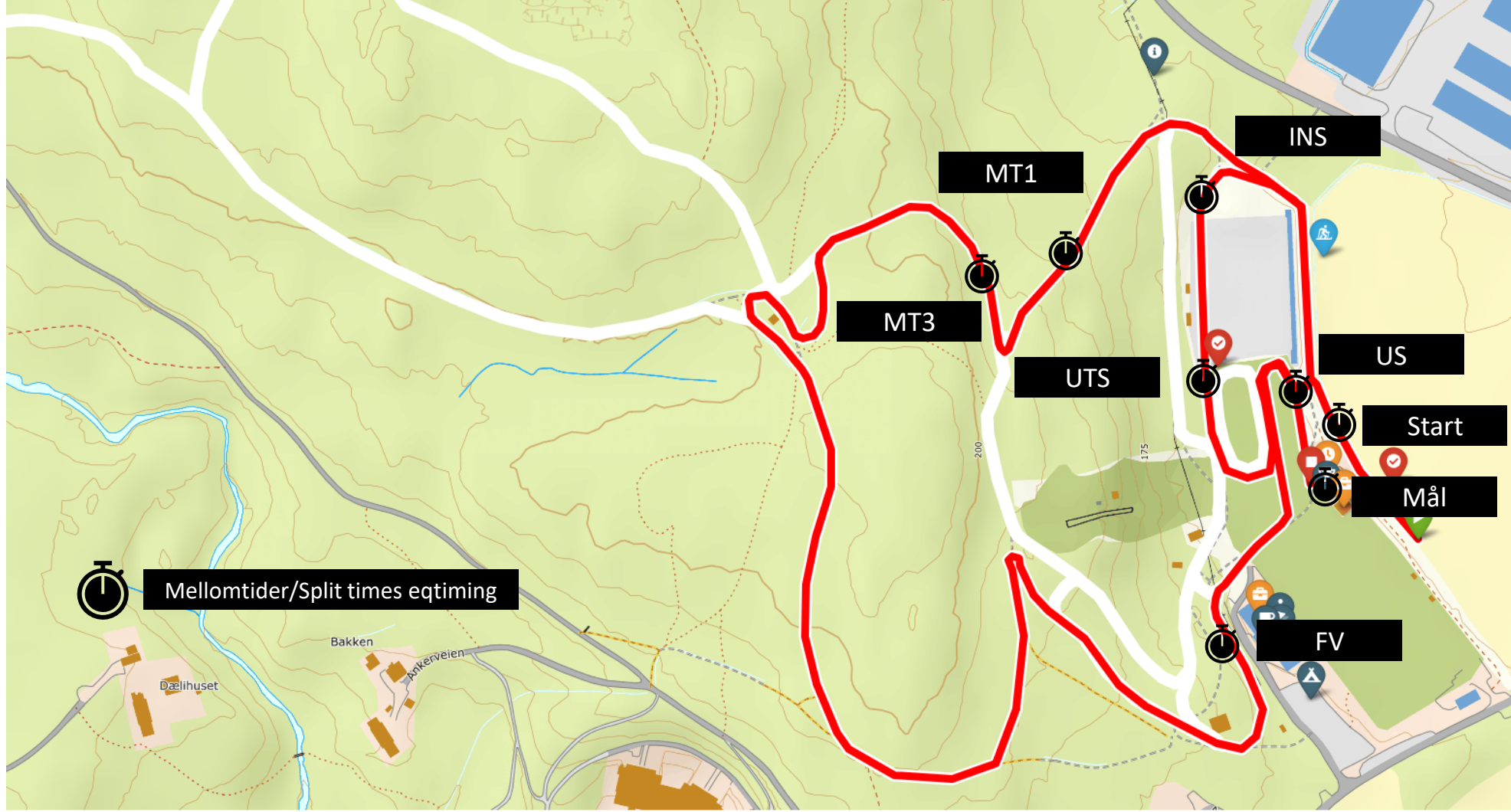
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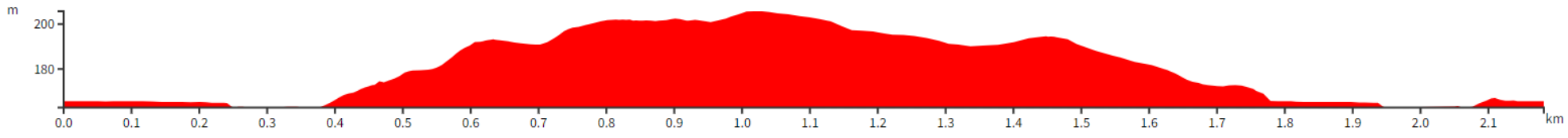




# Rød/Red – 2,0km

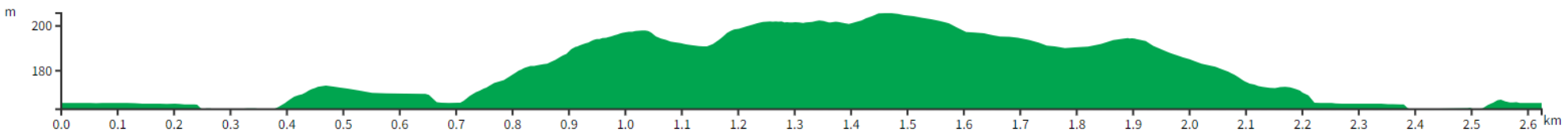
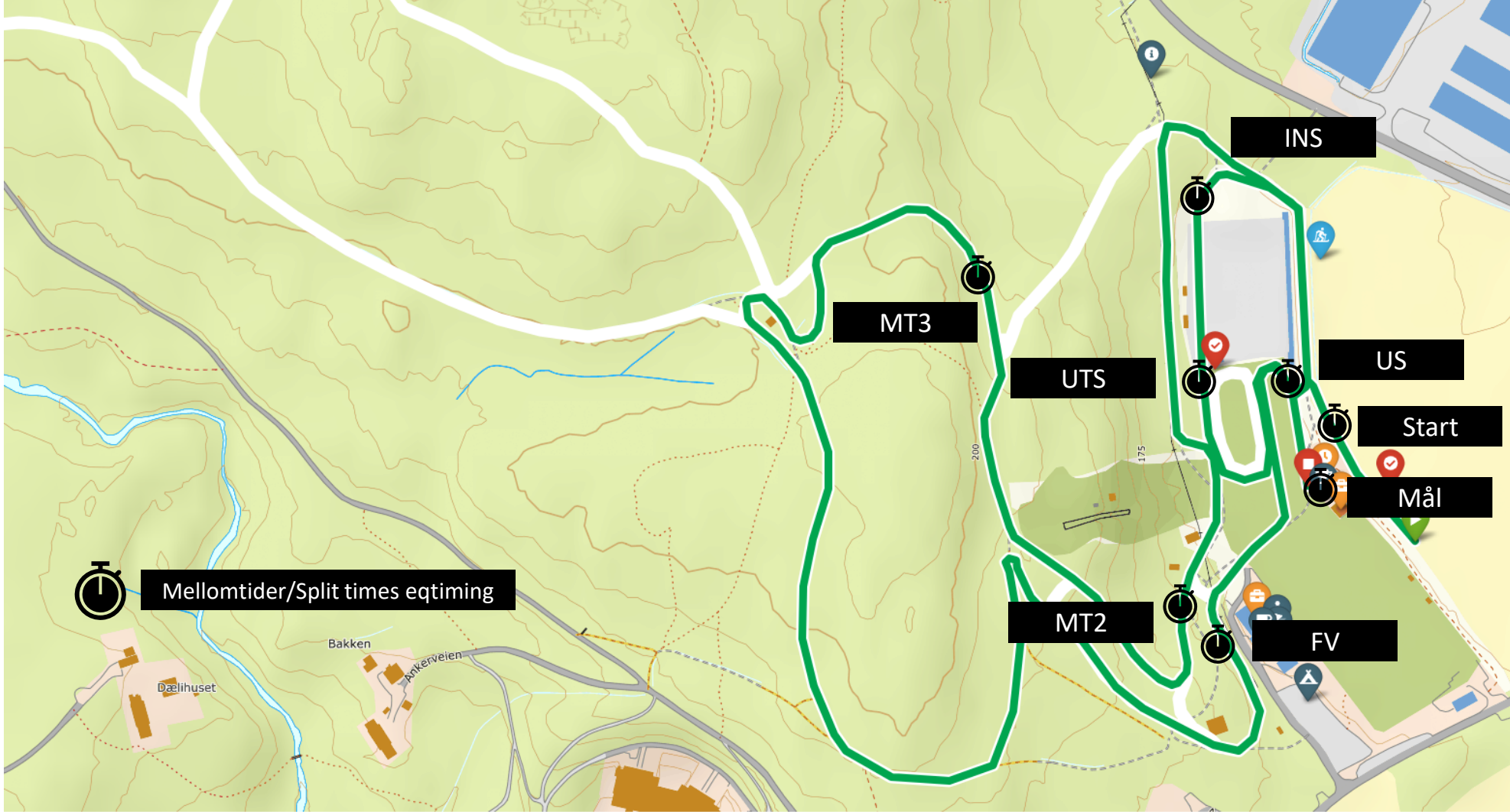


 Mellomtider/Split times eqtining





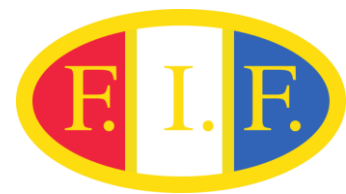
# Grønn/Green – 2,5km



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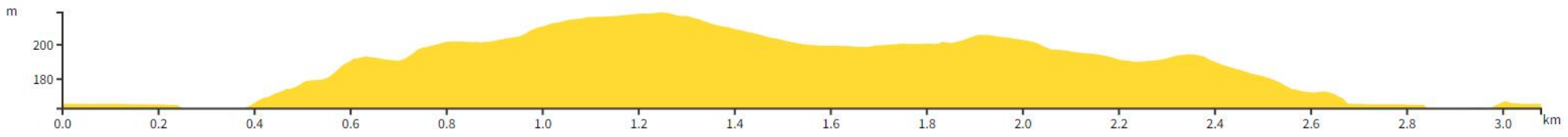
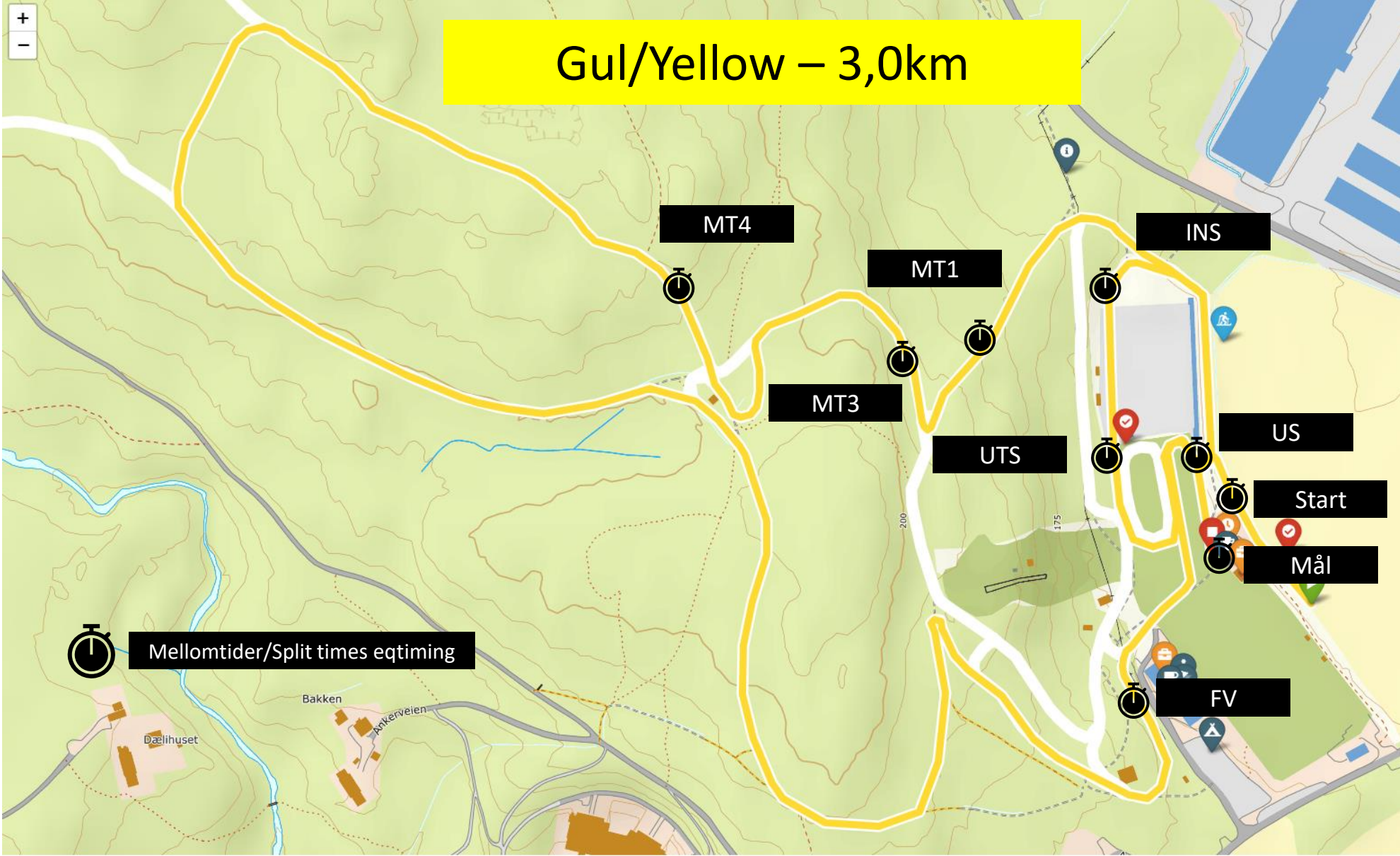


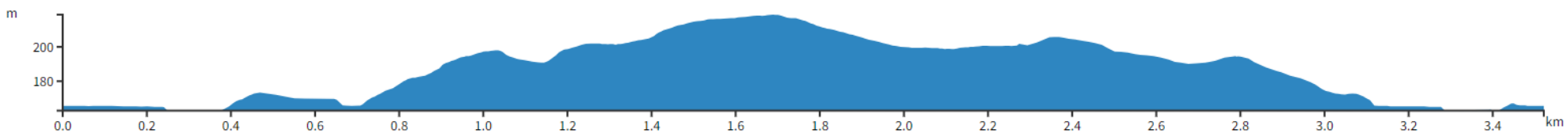
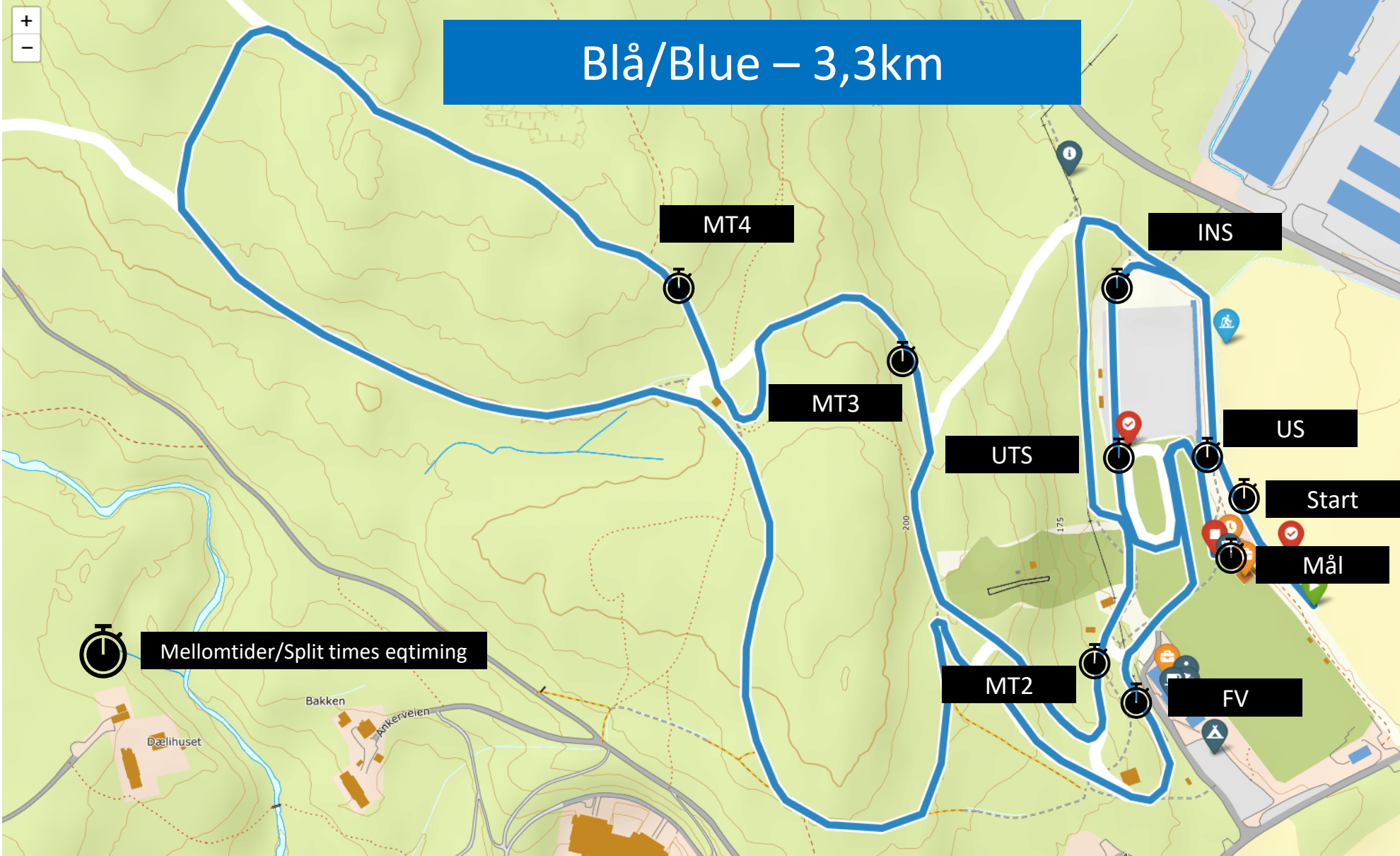
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# TD commentary

- Please pay attention in all crossings



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# Weather forecast

## Yr - Fossumbanen - Long term forecast

### Friday 23 February

11		3°	0.2-2.3	3 (9) ↙	Light breeze from east with gusts at 9 m/s
12		3°	0.2-2.3	4 (7) ↙	Gentle breeze from south east with gusts at 7 m/s
13		2°	0.1-1.8	3 (8) ↗	Light breeze from south east with gusts at 8 m/s
14		2°	0.1-1.3	3 (5) ↑	Light breeze from south with gusts at 5 m/s
15		2°	0-0.9	4 (7) ↑	Gentle breeze from south with gusts at 7 m/s
16		2°	0-0.3	4 (8) ↑	Gentle breeze from south with gusts at 8 m/s
17		3°		6 (10) ↑	Moderate breeze from south with gusts at 10 m/s

### Sunday 25 February

Time	Weather	Temp.	Precip. mm	Wind speed m/s	Wind desc.
01-07		2°	0-4.3	2 ↗	Light breeze from south
07-13		2°	0-1	2 ↗	Light breeze from south
13-19		3°		2 ↗	Light breeze from south
19-01		2°	0-3.2	2 ↙	Light breeze from north east

### Saturday 24 February

09		2°	0-0.4	2 (5) ↗	Light breeze from south east with gusts at 5 m/s
10		2°	0-0.4	2 (4) ↗	Light breeze from south east with gusts at 4 m/s
11		2°	0-0.4	2 (4) ↗	Light breeze from south east with gusts at 4 m/s
12		2°	0-0.6	3 (5) ↑	Light breeze from south with gusts at 5 m/s
13		3°	0-0.4	3 (5) ↑	Light breeze from south with gusts at 5 m/s
14		3°	0-0.4	2 (5) ↗	Light breeze from south with gusts at 5 m/s
15		3°	0-0.7	2 (5) ↑	Light breeze from south with gusts at 5 m/s
16		2°	0-0.5	2 (5) ↑	Light breeze from south with gusts at 5 m/s
17		2°	0-0.6	2 (4) ↗	Light breeze from south east with gusts at 4 m/s



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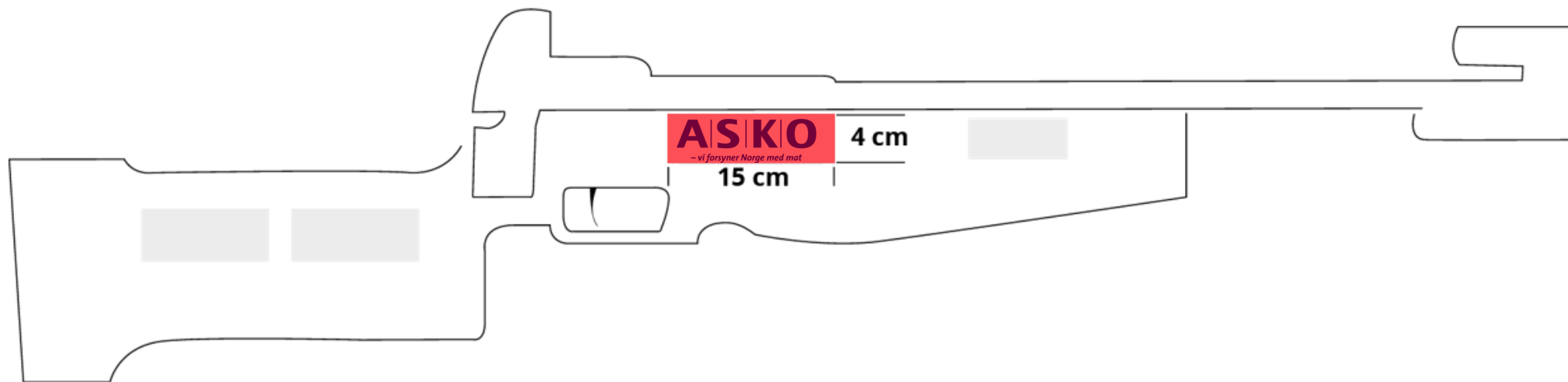
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# Control label

Control label must be fully visible at both sides of weapon

Available at Equipment control



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# Other

## WARM UP

The football court may be used for warm up –please DO NOT use poles in this area!

## ACCESS

Access to shooting range: please see area map. You are not allowed to cross stadium to access shooting range

## HSE

Rifle to be stored in dedicated area only. Please note that loading of rifle can only happen in the dedicated area OR at the mat.

Stairs leading to shooting range may be slippery

## TOILETS

Toilets for racers available in starting area – in addition to inside club house/cafe

## PARKING

Please pay in advance on VIPPS: #509354 1 day: 75NOK, 2 days: 150 NOK.  
For participants not having access to VIPPS, please pay at the cafeteria



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# Norwegian Biathlon Association Board representative: Torill Nygård



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**Thank you – and good luck!**



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# ASKO Tromsø

- Felles busstransport
- Frist for påmelding er satt 1.mars
- [Transport – ASKO Cup Tromsø 2023/24](#)  
 [\(skiskyting.no\)](http://skiskyting.no)



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