



PM AND COMPETITION INFORMATION FOR ÖSTERSUND SKI MARATHON Saturday, January 18, 2020

Welcome to the traditional long-distance Östersund Ski Marathon 42 km with start and finish at the Östersund Ski Stadium. The event is performed in a classic style with mass start and also offers shorter distances such as 19 km, 10 km and 5 km.

From this season, Östersund Ski Marathon 42 km is part of **SKI CLASSICS CHALLENGERS** and the race is also included in **JEMTLAND SKI TOUR**, a collaboration between 7 other local long-distance events. More info at www.jemtlandskitour.se

CLASS	DISTANCE	NOTE
D / H Elite (19-34 years)	42 km	Incl. in Ski Classics Challengers and Jemtland Ski Tour.
D / H 35 (35-49 years)	42 km	Incl. in Ski Classics Challengers and Jemtland Ski
D / H 50 (50-59 years)	42 km	Ingår i Ski Classics Challengers och Jemtland Ski Tour. Seedningsgrundande för Vasaloppet
D / H 60 (60 years - over)	42 km	Ingår i Ski Classics Challengers och Jemtland Ski Tour. Seedningsgrundande för Vasaloppet
D / H (Min. age 15 years)	19 km	
D / H (Min. age 11 years)	10 km	
D / H (Min. age 11 years)	5 km	
D / H Para (Min. age 11 years)	10 km	
D / H Para (Min. age 11 years)	5 km	

COURSES

Start and finish at the ski stadium.

Course profile and course description are published on the website.

STARTING TIME OF RACE

First start will be at 09:00 for the 42 km race. Starting times for the other races will be announced later.

REGISTRATION

The registration via EQ Timing which then sends out an invoice for payment of the fee.

Registration no later than Friday 17 January 2020 at 12 noon. Please also enter your Vasa ID at the time of registration if you want to compete in Tjevvasan and Vasaloppet.



REGISTRATION FEES

Fees 42 km

EUR 40 (until Dec 15)

EUR 45 (16 Dec - 12 Jan)

EUR 50 (13 Jan - 17 Jan)

Fees 19 km

EUR 30 (until 15 Dec)

EUR 34 (16 Dec - 12 Jan)

EUR 38 (13 Jan - 17 Jan)

Fees 10 km

EUR 22 (until 15 Dec)

EUR 25 (16 Dec-12 Jan)

EUR 27 (13 Jan - 17 Jan)

Fees 5 km

EUR 20 (until 15 Dec)

EUR 22 (16 Dec - 12 Jan)

EUR 25 (13 Jan - 17 Jan)

LATE ENTRY

Late entry is possible on site at the Race Office from Friday 17 Jan at. 16:00-19:00 and Saturday 18 Jan from 07:00 up to 60 minutes before the start. When late entry, an additional fee of EUR 10 is charged and paid by credit card. Cancellation is not refundable. Change of name for participant is possible and can be done at Race Office at a cost of EUR 10. Distance changes are made on site without charge. If the competition is canceled, 50 percent of the registration fee will be refunded. Alternatively, if the race is moved to another date, the registration fee is a payment for that date.

RULES FOR THE RACE

The Swedish Ski Association's competition rules apply. Competitors who do not belong to any club or association with insurance participate at their own risk.

Participants must immediately notify race officials if the person if they choose to no finish the race and submit their number bib.

COLD LIMIT

Cold limit is -20°C for adults (21 years and up), -17°C for juniors and -14°C for younger. At a temperature lower than the specified limit values on the day of the competition, the



participants are notified at least 2 hours before the start of the advanced start time alternatively setting the competition and a new competition date via the website www.oskskidor.com.

SPECIAL INFORMATION REGARDING THE LONG DISTANCE RACE

Technical control: According to the regulations, participants are prohibited from using skate technique. During the race, only classical technique can be used which must be respected. The organizer will have technical controllers along the course. Violation of the competition rules can lead to extra time or disqualification.

Garbage: We urge all competitors not throwing any used gel and bar packaging along the course. If you need to get rid of the packaging, they should be dropped at the zones where there are garbage cans.

PRACTICAL INFORMATION

Changing rooms: Possibility to change clothes and showers are available in the ground floor of the Media Center Building. Opens at 07:30 on Saturday morning.

Parking: Located next to the stadium between the Race Office Building and the Media Center Building and at Arctura.

Café: Located on the lower floor of the Race Office Building and held open before, during and after the competition.

Bib distribution: Can be picked up on Friday 17 Jan at 16:00-19:00 in the Media Center Building, upper floor, at the ski stadium. Same place on Saturday from 07:00. It is disposable bibs with timing chips pasted to be saved to the draw of prizes.

RESULTS

Result service through live timing that participants can see on mobile, tablet or computer. Start lists are available in the race office. Result lists are stated live and final results lists are posted on the notice board in the Race Office Building and also on the website www.oskskidor.com. Seed results list is also sent to Vasaloppet.

PRIZES FOR ELITE CLASS

Prize ceremony and award ceremony takes place for D / H Elite 42 km at 13.30 at Östersund Ski Stadium. The awards consist of training scholarships

1st: EUR 500, 2nd: EUR 300, 3rd: EUR 200

4th: EUR 150, 5th: EUR 100 6th: EUR 50

LOTTERY OF PRODUCTS TO OTHER CLASSES

In addition, a number of prizes / products are awarded by lottery among other participants.

The winners will be placed on a board in the lower floor of the Race Office Building.

To win a lottery prize, completed race, attendance and presentation of the bib is required.

HEALTH & SERVICE

Eventsjukvård Jämtland AB with nurses will be along the course and at the ski stadium during the race to be able to assist with urgent help in the event of an accident. Along the course there are staffed water zones and one at the finish at the stadium. In addition, there are personnel out along the course. Distance signs indicate how far it is left to finish.



EVENT ORGANIZATION

Chief of Competition: Tommie Jirhed, +46 70-372 52 68, tavling@oskskidor.com

Competition Secretary: Christina Persson, +46 70-254 72 22, krickis66@gmail.com

Chief of Stadium: Thomas Johansson, +46 70-535 20 00, thomas.skepparn@ostersundsglas.se

Welcome with your registration to
Östersund Ski Marathon!

