

HAWAII EXPRESS YOUTH XC SKIING CUP

1st STAGE / STADIUM RUNS

October 15, 2023, Kääriku Sports Center

**COMPETITION GUIDELINES**

ORGANIZER:	Estonian Ski Association			
ORGANIZING COMMITTEE:	Competition Director	Tanel Ojaste	+372 5125893	
	Competition Secretary	Kristel Villipuu		
	Stadium Manager	Jarmo Kaasiku		
	Head of Timing	Jaak Teppan	+372 5153557	

PROGRAM			
Secretariat:	15.10.2023	9:00 – 17:00	Kääriku stadium
Delegate Meeting:	15.10.2023	10:30	Kääriku stadium
Agenda:	15.10.2023	11:00 A more detailed agenda will be provided at the end of the stage guidelines. 11:00 - 13:00	Mass-starts Distances: NM10 – 1000m NM12; NM14 – 2000m NM16; NM18; NM20 – 3000m NM23 – 3000m Limpa Ski School Activities for Children up to 8 years old, Children's Run
	15.10.2023	The awards ceremony will take place in two parts: NM10 – NM14; NM16 – NM23.	AWARD CEREMONY

PARTICIPANTS:	The Youth XC Ski Series is open to all individuals who wish to participate and whose health and athletic preparation allow them to complete the distance of their respective age category. Participants compete at their own risk (for underage competitors, their parents or authorized escorts assume responsibility).
PARTICIPATION FEE:	The participation fee is €5 per participant (there are two payment options): Via online banking on the ESL e-store (epood.suusaliit.ee). An invoice will be automatically provided upon payment. For larger clubs, based on an invoice from ESL. The participation fee must be paid no later than October 14, 2023, at 23:59.
REGISTRATION:	Named registration must be completed no later than October 13, 2023, at 23:59, through the ESL online registration form or through www.noortemk.eu online registration form.
AWARDS:	Awards will be given to the top five participants in the NM10 – NM20 age categories and the top three participants in the NM23 age category, following the Youth XC Skiing Cup general guidelines. In the NM8 age category (Children's Run), all participants will receive gifts from the sponsors.



STADIUM:	All distances will take place at Kääriku Stadium (1 lap = 400m).
WARM-UP & COOL-DOWN:	The race course (stadium running tracks) will be closed 5 minutes before the start of the race and will remain closed until the end of the race. During the competition, warm-up and cool-down runs can be done on the forest paths near the stadium.

PROTESTS:	In accordance with the Youth XC Skiing Cup 2023/2024 general guidelines.
IMPORTANT INFORMATION:	<ul style="list-style-type: none"> ☒ Participants are not allowed to use spikes (cleats)!!! ☒ Incidents not regulated by the Youth XC Skiing Cup guidelines will be resolved according to the competence of the organizing committee or the jury; ☒ Each race will have a maximum of 24 participants; ☒ If there are more than 24 runners in an age category, participants will be divided into multiple races based on the previous season's youth series results. <p>Number of starts in an age category: Up to 24 participants (1 race) 25-48 participants (2 races) 49+ participants (3 races)</p> <p>Organizers reserve the right to make format changes as necessary for a smoother schedule.</p>

CATERING & ENVIRONMENT:	<p>Organizers provide free catering to all participants and spectators, courtesy of our series partners (NŌO and SALVEST). We kindly ask participants to bring their own reusable utensils (fork, knife, plate/bowl, mug/cup). In case you forget them for the first time, you can obtain the necessary utensils from the organizers.</p> <p>Note: Disposable utensils are not allowed!</p> <p>For more detailed information regarding environmental initiatives, please refer to our website.</p>
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Competition JURY:	Race director	Tanel Ojaste	
	Head of Timing	Jaak Teppan	
	ESL representative	Vahur Teppan	
CONTACT	info@noortemk.eu / +372 5125893		

www.noortemk.eu

**SCHEDULE:**

*The exact schedule will be determined after registration ends.

Start times are approximate.

10:45 – 13:00 Limpa Ski School skill courses and games for children up to 8 years old (NM8)

11:00 N10 1000m (1-2 races)

11:15 M10 1000m (1-2 races)

11:30 N12 2000m (1 race)

11:45 M12 2000m (2 races)

12:15 N14 2000m (1 race)

12:30 M14 2000m (2 races)

13:00 Limpa Children's Run NM8 400m (1 race)

13:05 PRESS CONFERENCE WITH THE ESTONIAN CROSS-COUNTRY SKI TEAM (30 minutes)

13:30 AWARDS CEREMONY FOR NM10 – NM14 AGE CATEGORIES

14:00 N16 3000m (2 races)

14:35 M16 3000m (2 races)

15:10 N18 3000m (1 race)

15:25 M18 3000m (2 races)

16:00 N20; N23 3000m (1 race)

16:20 M20; M23 3000m (1 race)

16:40 AWARDS CEREMONY FOR NM16 – NM23 AGE CATEGORIES