

SESONGSTART
SKISKYTING
●●●●●

SJUSJØEN

10-12
NOVEMBER 2023



NORGES
SKISKYTTER
FORBUND

OFFICIAL INVITATION

We have the pleasure to invite your women and men to compete in the Norwegian season start for biathlon 10th -12th of November at Sjusjøen Arena, Natrudstilen. A competition by Sjusjøen IL - Natrudstilen, in cooperation with Ringsaker Almenning and the Norwegian Biathlon Association. All competitions will be broadcasted live at NRK in Norway.

SCHEDULE

Thursday 9. nov	Team Captains Meeting	17:00
	Course open	08:00 – 21:00
	Shooting Range closed	12:00 – 21:00
Friday 10. nov	Official training – Women	09.00 – 11.00
	Official training – Men	11.30 – 13.30
	Shooting Range closed	15:00 – 21:00
Saturday 11. nov	Zeroing Sprint Women	09.10 – 10.00
	Sprint Women	10:15
	Zeroing Sprint Men	11.40 – 12.30
	Sprint Men	12:45
Sunday 12. nov	Zeroing Mass Start 80 Men	10.00 – 10.30
	Mass Start 80 Men (6 x 2,5 km)	10.45
	Zeroing Mass Start Women	11.45 – 12.15
	Mass Start Women (40+40, 5x2,5 km)	12.30
	Zeroing Mass Start Men	13.30 – 14.00
	Mass Start Men (5 x 3 km)	14.15

Due to 40 targets at Sjusjøen all mass start events will consist of 40 athletes instead of the ordinary 30 in each start group. Therefor Mass Start 60 is renamed as Mass Start 80.





HOW TO SIGN UP

To register names for this competition, please send an email to our Chief of Timing, Vigdis Thingelstad, vigdis@idrettsforbundet.no no later than **6th of November 23:59**.

If you for some reason must withdraw from the competition, please inform us by e-mail as soon as possible: vigdis@idrettsforbundet.no

REGISTRATION FEE

There will be an entry fee of NOK 250,- per competition. Every nation must pay the entry fee at the booking center (Ane Karlsen), no later than Saturday 11th of November.

TEAM CAPTAINS MEETINGS

Thursday 9th of November 17.00. [Click here to join the meeting.](#)

FLOWER AND PRICE GIVING CEREMONY

The flower and price giving ceremony will take place on the stadium right after the competition, according to Norwegian Biathlon Association regulations.

ACCOMMODATION AND TRANSPORTATION

Please contact Ane Karlsen on e-mail: ane@sjusjoen.no as soon as possible.





WAX CABIN

It will be possible to rent a wax cabin or a place to park your wax truck.
Please contact Ane Karlsen on e-mail: ane@sjusjoen.no before 4th november.

FLUOR

We remind of the fluorban, fluoride testing will be carried out.

ARENA ARRIVAL

Parking is possible at Sjusjøen Café.

COMPETITION OFFICE

Opening hours:	Thursday:	15.00 – 17.00
	Friday:	08.00 – 17.00
	Saturday:	09.00 – 16.00
	Sunday:	09.00 – until the competitions are over.

OTHER INFORMATION

The competition will be carried out according to competition rules set by the Norwegian Biathlon Association. The Norwegian competition rules are based on the current IBU rules.

Please register early to get updates as everything progresses.

For more information about the competition, please check our website:

<http://www.sesongstartskiskyting.no/en/>

TECHNICAL DELEGATES

Knut Aas	Email: knut.aas@oslofjordvarme.no	Phone: +47 909 75 727
Hans Olav Arnekleiv	Email: hans.arnekleiv@gmail.com	Phone: +47 901 97 019

CHIEF OF COMPETITION

Jens Schjerven	Email: jens.schjerven@skiskyting.no	Phone: +47 932 62 923
----------------	---	-----------------------

We hope to see you at the Norwegian Season Start!

