

Information related to Blink Lysebotn Opp on August 2, 2023

Welcome to Lysebotn Opp on Wednesday, August 2. Here is some useful information.

Program:

1 km: Free technique girls and boys 10 years and younger
2 km: Free technique girls 11-18 years (11-12 years can choose between 1 and 2 km)
2 km: Free technique boys 11-16 years (11-12 years can choose between 1 and 2 km)
7.5 km: Free technique W/M junior (17-20 years)
7.5 km: Free technique W/M senior elite (valid FIS code, NB! Not applicable for biathletes)
7.5 km: Dobbelpoling: W/M senior elite (valid FIS code, classic roller skiing without barriers, marked zones for turning technique)
Note: Women 17 and 18 years old can choose whether to ski 2 km or 7.5 km

Start: 1 km:

1 km: Starts at a small meeting point (4 loops down from the finish) and finishes at Øygardstøl.
2 km: Starts at a rest area (8 loops down from the finish) and finishes at Øygardstøl.
7.5 km: Starts at the pier in Lysebotn and finishes at Øygardstøl.

Registration: Registration opens on Wednesday, May 4th, at 10:00 in sportsadmin.

<https://www.skiforbundet.no/langrenn/terminliste/>

There will be participant limits in the different classes. For this reason, we have divided the registration into 5 different events:

Lysebotn Opp 1 and 2 km
Lysebotn Opp 7.5 km junior women
Lysebotn Opp 7.5 km junior men
Lysebotn Opp 7.5 km elite senior women and men
Lysebotn Opp 7.5 km elite senior women and men (Dobbelpoling)

We recommend registering early to secure a spot. If you have any questions about registration, please contact: lysebotn@blinkfestivalen.no

Start times in the different classes (NB! There may be adjustments):

11:30: 1 km
11:30: 2 km
12:15: 7.5 km women senior and junior
14:00: 7.5 km women and men (Dobbelpoling)
15:30: 7.5 km men senior and junior

Getting to Lysebotn by car:

There are limited parking options at the finish, so you need to park a distance before reaching Øygardstøl. Shuttle buses will be provided from the parking areas to the finish area (Øygardstøl). We encourage people to carpool. The road will be closed to regular traffic from the parking area down to Lysebotn. Buses will also be available from Øygardstøl to the start to transport participants in the long course.

Shuttle bus:

Those coming from Sirdal must take a shuttle bus from the parking areas in the valley across from Øygaardstøl. Follow the instructions from the parking attendants and the police. The buses will start running at 09:00.

Bus schedule (They will depart on time, so be there in good time)

From Lysebotn	From Øygaardstøl
09.30	09.00
10.30	10.00
12.00	11.10
13.55	13.20
15.20	16.30
17.00	17.30

1 and 2 km participants must walk down to the start or take the bus up from Lysebotn. Private cars are not allowed.

Long course:

Shuttle buses will be available both to the start from the finish area and back down to Lysebotn after the race. (Refer to a separate schedule for bus times).

Distribution of bib numbers/chips: All participants will receive their bib numbers and timing chips at their respective starts. Note: Remember to return the chip after crossing the finish line. Failure to return the chip will result in a fee of NOK 600.

Roller skiing:

1 and 2 km participants use their own skis.

Runners aged 13-16 and women aged 17/18 in the short course should use their own skis with black rubber wheels (equivalent to IDT 1 wheels).

Everyone in the long course will be provided with rental skis.

Transportation of clothing in the long course: There will be transportation of clothing from the starting area to the finish area for the long course.

Award ceremony:

1:10 PM: Women senior

1:20 PM: All classes 1 and 2 km + Women junior

3:00 PM: Women and men (skating)

4:05 PM: Men senior + men junior

Seeding:

Participants in the mass start will be seeded. Start numbers will indicate starting positions. Seeding is based on last year's results in Lysebotn Opp, FIS points, and discretion based on other races. There will be 100 assigned spots, and the remaining participants will line up behind them.

