

04.08.23 Cross country Mass start in Sandnes:

Women 10 km:

- 9 laps / rounds 1100 meter.
- Sprint prizes 3rd, 5th and 7th leg. Finish on 9th (first athlete to cross the finish line).
- **The last athlete crossing the finish line / line for intermediate time at the 3rd, 5th, and 7th leg can be taken out of the competition.**
- Athletes who are lapped will be taken out of the competition.
- Start list is based on FIS distance points.

Men 15 km Friday:

- 13 laps / rounds 1100 meter.
- Sprint prizes 3rd, 6th, 9th and 11th leg. Finish on 13th (first athlete to cross the finish line).
- **The last athlete crossing the finish line / line for intermediate time at the 3rd, 6th, 9th and 11th leg can be taken out of the competition. The TD will inform the athlete using a board with the current bib on.**
- Athletes who are lapped will be taken out of the competition.
- Start list is based on FIS distance points.

Qualification to all round competition/mass start:

- *Based on the athlete's safety max 30 athletes will be allowed to start in the cross-country mass start for men, and max 35 athletes in the mass start for women.*
- The athletes in the mass start for men will be qualified based on these criteria:
 - The 5 best athletes from the Up-hill race (skate) in Lysebotn on Wednesday.
 - Up to 12 athletes will be selected by using wild cards. These athletes will be selected by a jury with members from the organizers, The Norwegian Ski Federation and NRK.
 - The rest will be qualified through the prologue until we reach the maximum of athletes.
- The athletes in the mass start for women will be qualified based on these criteria:
 - The 5 best athletes from the Up-hill race in Lysebotn (skate) on Wednesday.
 - Up to 10 athletes will be selected by using wild cards. These athletes will be selected by a jury with members from the organizers, The Norwegian Ski Federation and NRK.
 - The rest will be qualified through the prologue until we reach the maximum of athletes.
 - If there are more than 35 women attending, it will be arranged a women's prologue. This decision will be made Thursday 3rd of August.

05.08.23 Cross country Sprint in Sandnes:

Women:

- Start list is based on FIS sprint points
- Quarter finals 1 round (1100) meter
- Semifinals and final 2 rounds (2200 meters)

Men:

- Start list is based on FIS sprint points
- Quarter finals, semifinals and final 2 rounds (2200) meter

Qualification to sprint competition:

- Max 30 athletes (men) and 35 athletes (women) will be allowed to start in the cross-country sprint competition. These athletes will be qualified based on these criteria:
 - 12 athletes will be selected based on current FIS points. (6 athletes with FIS sprint points and 4 athletes with FIS distance points.)
 - Up to 6 athletes will be selected by using wild cards. These athletes will be selected by a jury with members from the organizers, The Norwegian Ski Federation and NRK.
 - The rest will be qualified through the sprint prologue.
 - If there are more than 35 women entered to the competition it will also be arranged a prologue for women as base for the sprint competition women.

N.B.: Up to BLINK22 the organizer has used a system that top athletes / profiles could have come through from quarterfinal to semifinal based on wildcard instead of lucky losers qualified based on the best times among the non qualified from quarterfinals. For BLINK23 the qualification rules from quarterfinal to semifinal will be:

- **The qualification from quarterfinal to semifinal is based on the FIS rules WITH THIS EXCEPTION:**
 - **The organizer will have the possibility to use 1 wildcard for each semifinal. The athlete who get the wildcard will start as the 7th athlete behind the 6 qualified athletes.**
 - **The rule will only be used in exceptional cases.**

The reason for using this rule is that NRK start the broadcast from the semifinals. In some cases it is important for the TV product that the largest profiles are shown on TV. The sprint is broadcasted live on NRK1 primetime on Saturday evening.

BIATHLON

Updated rule for junior participation in the BLINK biathlon competitions:

Junior – athletes born 2002-2004 have to start in the juniorclass in all races where the organizer have a separate class for juniors.

There is one exception from this rule:

- ***Junior athletes (born 2002-2004) who are a member of the Norwegian national junior team or the national junior team he / she represent, are allowed to start in the senior class in all races.***

There will be no possibilities to qualify from the junior-competitions to the senior-competitions during BLINK23.

Pre-start equipment inspection will be done Friday before zeroing. After zeroing the rifle must be checked at shooting lane nr. 1.

04.08.23 Biathlon Shooting Duel Friday:

1. quarterfinal women 2. quarterfinal women 3. quarterfinal women 4. quarterfinal women	12 athletes 12 athletes 12 athletes 12 athletes	6 to semifinal 6 to semifinal 6 to semifinal 6 to semifinal	NO wildcards or "lucky loser"
1. quarterfinal men 2. quarterfinal men 3. quarterfinal men 4. quarterfinal men 5. quarterfinal men	12 athletes 12 athletes 12 athletes 12 athletes 12 athletes	5 to semifinal 5 to semifinal 5 to semifinal 5 to semifinal 4 to semifinal	NO wildcards or "lucky loser"
1. semifinal women 2. semifinal women	12 athletes 12 athletes	6 to final 6 to final	NO wildcards or "lucky loser"
1. semifinal men 2. semifinal men	12 athletes 12 athletes	6 to final 6 to final	NO wildcards or "lucky loser"
FINAL women FINAL men	12 athletes 12 athletes	1 to superfinal 1 to superfinal	
Superfinal 1 woman / 1 man	2 athletes		

OBS: There might be changes in the number of heats in the quarterfinal and number of athletes in each heat due to the final number of athletes to start.

RULES:

- First athletes to shoot clean target (5 hit).
- The athlete can use as many shoots as needed. The athlete reloads with magazines.
- The athletes must put the rifle on the mat after last shot, before leaving the shooting range for security control
- Only standing position
- No wildcards

N.B.: Change in rules from BLINK22:

Up to BLINK22 the organizer used Siwidata timing system to make the results. Then the competition ended with crossing the finishline behind the shootingrange.

From BLINK23 the athletes will not use transponders from Siwidata in this competition. The timing will be based on Megalink electronic system. That means that the competition will be based on the 5 hit on the target. The winner, nr 2, nr 3 and som on will be based on when the athlete have a clean target (5 hit). The graphics on TV will also be based on the Megalink electronic system.

IMPORTANT: Due to safety the athlete have to put the rifle on the mat pointing towards the shootingtargets immediately after last shot. The athlete can not move the rifle before it is empty and controlled by the organizers.

Qualification to Shooting duel:

- All senior athletes entered to BLINK22 are qualified to the shooting duel. The number of heats could change due to number of participants.

04.08.23 Biathlon Super sprint in Sandnes:

- 5 rounds x 1100 meter – 5,5 km, 4 shootings
- Shooting order: prone-prone-standing-standing
- There are only 14 targets on the shooting range, therefore only 14 athletes to start in the final
- Athletes who are caught with 1 leg will be lapped (taken out of the competition)
- There is a short penalty loop after the shooting range

Qualification to Super sprint:

- Maximum 7 athletes will be selected by using wildcards. These athletes will be selected by a jury with members from the organizers and The Norwegian Biathlon Federation.
- The last athletes must qualify through a qualification race Friday afternoon

The qualification race also gives the basis for qualification to the Mass start Saturday!

Qualification race:

- 3 rounds x 1100 meter – 3,3 km, 2 shootings
- Shooting order: prone-standing
- There is a short penalty loop after the shooting range
- The 8 best athletes are qualified for the Super sprint

05.08.23 Biathlon Mass start in Sandnes:

Up to 60 women and men to start

The number of heats could change due to number of participants.

Qualification to Mass start:

- Top 15 from Super sprint final on Friday + 40 best from Super Sprint Qualification (excluded the top 15 finalists) + 5 wildcards (if needed)
- Up to 5 athletes can be selected by using wild cards. These athletes will be selected by a jury with members from the organizers, The Norwegian Biathlon Federation and IBU

Quarterfinal and semifinals:

- 3 rounds x 1100 meter – 3,3 km, 2 shootings
- Shooting order: prone-standing
- There is a short penalty loop by the shooting range

Finals:

- 5 rounds x 1100 meter – 5,5 km, 4 shootings

- Shooting order: prone-prone-standing-standing
- There is a short penalty loop by the shooting range