

BLINK19

skifestivalen

31. JULI - 3. AUGUST

Provisional programme BLINK19

Wednesday the 31st of July

- 16.45: Official opening of the skifestival BLINK at Ålgård
- 16.00: Festivities at Lokstallen at Ålgård. Activities for children and concerts from the stage
- 18.10: Start BLINK CLASSICS 60 km, start Ålgård and finish in Sandnes
- 18.30: Start BLINK CLASSICS 50 km, start Ålgård and finish in Sandnes
- 18.45: Start BLINK CLASSICS 20 km and 14 km, start Ålgård and finish in Sandnes
Pricegiving ceremony in Sandnes after the race
- 19.30: Free grill food at Ålgård
- 21.15: Free concert in Ålgård

Thursday the 1st of August

- 10.35: 1 km race girls and boys 10 years old and younger (F)
- 10.35: 2 km race girls and boys 11-16 years old, and women 17-18 years old. (F)
- 11.50: 7,5 km race Men Junior 17-20 years old (F) and Men exercisers (C)
- 13.50: 7,5 km race Women Elite, Women Junior 17-20 years old (F), Women Exercisers (C).
- 15.30: 7,5 km race Men Elite (F)
- 15.35 7,5 km race Men Elite (Double poling)
Pricegiving ceremony in Lysebotn after finish
- 21.00 Possibilities for training in Sandnes tracks Thursday night. The tracks will be open till 22.00 hrs

Friday the 2nd of August

Kl. 06.30 - 07.00:	Training in the tracks
Kl. 07.00 - 14.30:	Biathlon: Zeroing & Qualifications Supersprint Juniors.
Kl. 07.00 - 15.00:	Cross-country: Qualifications Sprint Juniors. (F)
Kl. 12.00 - 21.00:	Kid Camp: Rollerskiing and Biathlon activities for children at Ruten.
Kl. 15.00 - 15.50:	Zeroing
Kl. 15.00 - 15.30:	Training in tracks
Kl. 15.30 - 15.50:	Cross-country: Prologue Men (F)
Kl. 16.00 - 16.50:	Biathlon: Shooting duels Women & Men
Kl. 16.30 - 17.00:	Warm up Biathlon Elite
Kl. 17.10 - 18.25:	Biathlon: Qualifications / Prologue Women & Men
Kl. 18.25 - 18.55:	Cross-country: 10 km Mass start Women (F)
Kl. 18.55 - 19.35:	Biathlon: Mass start Women
	Biathlon: Mass start Men
Kl. 19.35 - 20.15:	Cross-country: 15 km Mass start Men (F)
Kl. 20.15:	Pricegiving ceremony
Kl. 20.30:	Free concert in Sandnes
	DJ continuous playing in Vågen after the concert.

Saturday the 3rd of August 2018

Kl. 07.00 - 08.00:	Training in tracks
Kl. 08.45 - 11.55:	Biathlon: Zeroing & Finals Juniors.
Kl. 08.45 - 15.00:	Cross-country: Semifinals and Finals Juniors. (F)
Kl. 11.00 - 12.00:	Free lunch for the city, Live music.
Kl. 12.00 - 21.00:	Kid Camp: Rollerskiing and Biathlon activities for children at Ruten.
Kl. 15.00 - 16.00:	Entertainment from stage for kids and youth
Kl. 15.10 - 15.55:	Zeroing and training in tracks
Kl. 16.00 - 16.15:	Cross-country: Prolog Men (F)
Kl. 16.15 - 18.30:	Biathlon: Quarterfinals Super sprint for Women & Men
Kl. 18.30 - 19.20:	Cross-country: Quarterfinals Sprint for Women & Men (F)
Kl. 19.20 - 20.25:	Cross-country: Semifinals Sprint for Women & Men (F)
	Biathlon: Semifinals Supersprint for Women & Men
Kl. 20.25 - 21.00:	Cross-country: Finals Sprint for Women & Men (F)
	Biathlon: Finals Super sprint for Women & Men
Kl. 21.00:	Pricegiving ceremony
Kl. 21.30:	After ski party in Vågen with free concerts.

DISTANCES

CROSS COUNTRY

Blink Classics Wednesday:

- 60 km Elite women and men
 - 20 km youth/juniors from 15 years (born in 2005) and older
 - 14 km, 20 km or 50 km for recreational skiers / exercisers / amateurs
- The Elite classes get rollerskis from the brand IDT before start
All others athletes use their own classic training rollerski with resistance 2 or slower.
No limits on number of contenders.
The startlist will be set according to both placement in Visma Ski Classics 2018/19 and FIS ranking.
All athletes have to wear helmet and sunglasses.

Lysebotn Up Thursday:

- Elite classes and juniors who ski the 7,4 km get rollerskis from the brand IDT before start
- The race is an uphillrace in free technique with mass start.
- The race contains athletes from cross country and biathlon.
- The start positions are based on FIS points, IBU World Cup, IBU Cup and Norwegian cup biathlon.
- The double poling race is new for this year. The race is only for Elite men. The athletes get IDT classic rollerskis with only front wheels (no kick resistance).

Cross country Mass start Friday:

- **Women 10 km:**
- 12 laps / rounds 800 meter
- Sprint prizes 4th, 7th, 10th leg. Finish on 12th (first athlete to cross the finish line)
- Athletes who is caught with 1 leg will be lapped (taken out of the competition)
- Start list is based on FIS distance points

- **Men 15 km Friday:**
- 18 laps / rounds 800 meter
- Sprint prizes 4th, 8th, 12th and 16th leg. Finish on 18th (first athlete to cross the finish line)
- Athletes who is caught with 1 leg will be lapped (taken out of the competition)
- Start list is based on FIS distance points

Qualification to all round competition/mass start:

Based on the athletes safety max 32 athletes will be allowed to start in the cross country mass start for Men, and max 40 athletes in the mass start for women.

The athletes in the mass start for men will be qualified based on these criteria:

- 1 The 10 best athletes from the Up-hill race in Lysebotn on Thursday**
 - 2 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 till we reach the maximum of athletes**

If there are more than 40 women attending, it will be arranged a women's prologue. This decision will be made Thursday 2nd of July. The following will then be the qualification criteria for the mass start for women:

- 1 The 20 best athletes from the Up-hill race in Lysebotn on Thursday**
 - 2 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 till we reach the maximum of athletes**

Kids, youth and juniors have prologue and quarterfinals on Friday. The organizer provide rollerskis from IDT to all athletes in the sprint competitions.

Cross country Sprint Saturday:

Women:

- Start list is based on FIS sprint points
- Quarter finals 1 round (800) meter
- Semi finals and final 2 rounds (1600 meters)

Men:

- Start list is based on FIS sprint points
- Quarter finals, semi finals and final 2 rounds (1600) meter

Qualification to sprint competition:

Based on the FIS rules max 30 athletes will be allowed to start in the cross country sprint competition for men, and up to 35 athletes for women. These athletes will be qualified based on these criteria:

- 14 athletes will be selected based on current FIS points. (7athletes with FIS sprint points and 7 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. The qualification criteria above is the same for women.

All cross country races will be held in free technique (Except Blink Classics)

Kids, youth and juniors have semifinals and finals on Saturday. The organizer provide rollerskis from IDT to all athletes in the sprint competitions.

BIATHLON

Biathlon Shooting Duel Friday:

1. quarterfinal Women	11 athletes	8 to semi
2. quarterfinal Women	11 athletes	8 to semi
3. quarterfinal Women	11 athletes	8 to semi
1. quarterfinal Men	11 athletes	6 to semi
2. quarterfinal Men	11 athletes	6 to semi
3. quarterfinal Men	11 athletes	6 to semi
4. quarterfinal Men	11 athletes	6 to semi
5. quarterfinal Men	11 athletes	6 to semi
1. semifinal Women	8 athletes	3 to final
2. semifinal Women	8 athletes	3 to final
3. semifinal Women	8 athletes	3 to final
1. semifinal Men	10 athletes	3 to final
2. semifinal Men	10 athletes	3 to final
3. semifinal Men	10 athletes	3 to final
FINAL Women	9 athletes	1 to superfinal
FINAL Men	9 athletes	1 to superfinal
Superfinal 1 Women / 1 Man	2 athletes	

Qualification to Shooting duel:

3 quarterfinals for women, and 5 quarterfinals for men based on:

- 1 World cup total season 2018/2019
- 2 Athletes from the Norwegian National Biathlon Team
- 3 IBU cup total season 2018/2019
- 4 Norwegian cup total season 2018/2019

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

RULES:

- First athletes to shoot clean target (5 hit) and cross the finish line
- You can use as many shoots as you need. You reload with magazines
- All athletes must lay the rifle on the mat after last shot, before they leave the shooting range for crossing the finish line
- Only stand position
- Up to 4 athletes of each sex can get wildcard to the final. This is done together with NSSF and NRK.

Biathlon Mass start Women and Men Friday:

- 9 rounds x 800 meter – 6,3 km, 4 shootings
- Shooting order: prone-prone-stand-stand
- There are only 11 targets on the shooting range, therefore only 11 athletes to start
- 7 invited top biathlon athletes + the 4(5) best from the qualification race are qualified for the Mass start
- Athletes who are caught with 1 leg will be lapped (taken out of the competition)
- There is a short penalty loop by the shooting range

Qualification to Mass start:

12 athletes to start.

- Up to 7 athletes are qualified in advance based on results from the world championships and world cup season 2018/2019
- The last athletes have to qualify through a qualification race Friday afternoon

The qualification race also give the basis for qualification to the super sprint Saturday!

Qualification race:

- 5 rounds x 800 meter – 4 km, 2 shootings
- Shooting order: prone-stand
- There is a short penalty loop by the shooting range
- The 5 best athletes are qualified for the Mass start

Kids, youth and juniors have a biathlon prologue on Friday. The organizer provide rollerskis from IDT to all athletes in the sprint competitions.

Biathlon Supersprint Saturday:

Up to 36 women and up to 48 men to start

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

Qualification to Super sprint:

- 1 Athletes from the Norwegian National Biathlon Team
- 2 10 contenders is qualified based on the World cup total season 2018/2019
- 3 The rest is qualified through the results from the prologue Friday
- 4 Up to 3 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

- Quarterfinal Women:

- 5 rounds x 800 meter - 4 km, 4 shootings
- Shooting order: prone-prone-stand-stand
- There is a short penalty loop by the shooting range

Semifinal and final Women: - 3 rounds 2 shootings

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

Quarterfinal Men:

- 5 rounds x 800 meter -4 km, 4 shootings
- Shooting order: prone-prone-stand-stand
- There is a short penalty loop by the shooting range

Semifinal Men:

- 3 rounds 2 shootings
- Shooting order: prone-stand
- There is a short penalty loop by the shooting range

Final Men:

- 5 rounds x 800 meter - 4 km, 4 shootings
- Shooting order: prone-prone-stand-stand
- There is a short penalty loop by the shooting range

All races will be held in free technique (Except Blink Classics and the double poling competition in Lysebotn Opp)

All athletes have to bring their own helmet and goggles and wear this in all races

Entry for foreign athletes, teams pluss Skifamilies going to BLINK19:

*The entry to BLINK19 open at **10.00 hrs on the 7. of May**. Norwegian athletes use the web based entry system in Sportsadmin. This is only designed for Norwegians.*

All international entry has to be done by sending an e-mail to: arne.idland@axelar.no

The e-mail has to contain:

- ***Full name***
- ***Gender***
- ***Date of birth***
- ***FIS code (for athletes older than 16 years old)***
- ***Distances the athlete want to start in.***

The entry is likely to be closed after a short while because we have a limited number of athletes we can have to start.

For more information see www.blinkfestivalen.no and follow us on Instagram and Facebook.

All athletes have to bring their own helmet and use this in all races

Information and contact:

Please contact Arne Idland for more information:

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