

Information related to Blink Lysebotn Opp on July 31. 2024

Welcome to Lysebotn Opp on Wednesday, July 31. 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: Doublepoling: W/M senior elite (valid FIS code, classic roller skiing without barriers, marked zones for turning technique)

Note:

11/12- year-olds can choose between 1 and 2 km. (They then use their own optional skis)

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 turns down from the finish) and finishes at Øygaardstøl.

2 km: Starts at a rest area (8 turns down from the finish) and finishes at Øygaardstøl.

7.5 km: Starts at the pier in Lysebotn and finishes at Øygaardstøl.

Registration: Registration opens on May 7th, at 10:00 in isonen.no
<https://isonen.no/finder/?sfName=Norges+Skiforbund&offset=0>

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 (Doublepoling)

If you have any questions about registration, please contact: Arne.idland@axelar.no

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

11:00: 1 km

11:00: 2 km

11:45: 7.5 km women senior and junior

13:30: 7.5 km women and men (Doublepoling)

15:00: 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 and all the way down to Lysebotn. (start)

Shuttle bus: (They will depart on time, so be there in good time)

Those coming from Sirdal must take a shuttle bus from the parking areas in the valley across from Øygardstøl. Follow the instructions from the parking attendants and the police. The buses will start running at 08:30.

From Lysebotn	From Øygardstøl
09.00	08.30
10.00	09.30
11.30	10.40
13.25	12.50
14.50	16.00
16.40	16.10
17.10	17.15
	17.40

How to get to the starting area?

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 routes).

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:

12:40: Women senior

12:50: All classes 1 and 2 km + Women junior

14.30: Women and men (skating)

15:50: 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.