



2022 FIS  
CROSS-COUNTRY  
JUNIOR & U23  
WORLD SKI  
CHAMPIONSHIP

TEAM INVITATION





## **Welcome to Norway and to Lygna Ski center!**

On behalf of the Norwegian Ski Association, it is a great pleasure to welcome you all to FIS Nordic Junior and U23 World Ski Championships in Cross Country skiing.

Since Zakopane did not have the opportunity to organize the cross-country part of the Junior and U23 World Ski Championships, we are happy that Lygna was chosen as the host.

Lygna Ski center is an experienced organizer in a very snow-safe place, very close to both Oslo and the airport. We are therefore happy that Lygna with its 7 owner clubs, said yes to this great event for the next generation of cross-country skiers.

I can promise you that we will do our very best that the championship will be a good experience for all of you. TV pictures from the championship will be produced. We hope that many TV stations will use these TV signals to give both the cross-country sport, the championships and you as athletes and coaches a good promotion.

I believe that during the championships we are going to see future stars coming up.

I wish you all welcome to fabulous and exciting days in Norway and good luck with the upcoming season!

**Yours Sincerely**  
**Norwegian Ski Association**

**Erik Røste**  
**President**



## **Welcome to FIS Nordic Junior og U23 World Ski Championships 2022 in Lygna.**

It is with great pleasure that Lygna ski center welcomes you to the WC junior and U23 during the last week of February 2022. We are humble and filled with joy and excitement to host the world's best juniors and U23 skiers here at Lygna.

Since 2015, the venue has been upgraded with new tracks, a new stadium and other infrastructure that is necessary to be able to carry out large events. Lygna ski center has in recent years been the host of many major national cross-country competitions. These include the Norwegian Championships part 1 in 2017, National Championships for 15- and 16-year olds in 2018, the Norwegian Championships part 2 in 2019 and the National Cup for both juniors and seniors in 2020.

Establishing a modern ski venue is not possible without great partners. Public gambling has been the main source of funding. In addition, Gran municipality, which is now the host municipality for the WC, has been a very positive partner. It still wouldn't be possible without other local contributors. We would especially like to mention Brandbu and Tingelstad Almanning, which is the landowner, Sparebankstiftelsen Gran and Varigfondet Hadeland. Lygnasæter Hotel, located 600 meters from the stadium, has also always been a loyal supporter and contributor. In addition, the collaboration with our neighbors at the shooting range is important during large events.

Lygna is located at 620m above sea level, and is a very snow safe area. As such, there is in addition to competition tracks, a fantastic ski trail network on the entire Hadelandsåsen that starts from Lygna. From Oslo in the south to Gjøvik in the North, over 200km of trails are available and widely used by Hadeland's residents, along with visitors from the Oslo area and those who have cabins at Lygna.

Hosting a World Cross-Country Championship will be a huge team effort, and it would not be possible without all the volunteers who show up year after year. There will be about 400 volunteers in action during the World Championships in February, and they all deserve a big thank you!

Once again, we would like to give everyone a warm welcome to the World Championships at Lygna! We hope it will be an excellent week with great competitions and equal conditions for all. It is important to us that you have a wonderful time here and we will do our best to make sure you leave Lygna with good memories.

**Best regards**

**Lygna skisenter  
Terje Nilsen  
Manager**



Information: [www.jwsc22.com](http://www.jwsc22.com)

### **Organizing Committee**

Chief of Competition	Terje Nilsen (Lygna)
Project manager	Brit Baldishol (NSF)
TV and Contracts	Terje Lund (NSF)
Marketing	Peder Nævestad (NSF)
Finance	Mats Nysæter (NSF)

### **Technical organizer Lygna**

Chief of Competition	Terje Nilsen
Ass Chief of Competition	Hans Jørgen Kvåle
Chief of Course	Hans Jørgen Kvåle
Chief of Stadium	Gudbrand Ingelstad
Race Secretariat	Hanne Kvåle

### **FIS Officials**

FIS Coordinator	Michael Lamplot (FIS)
Technical Delegate	Anna Rosa (ITA)
TD Assistant	Jenny Grip (SWE)
Jury Member	Mike Norton (CAN)
National TD Assistant	TBC



## IMPORTANT INFORMATION FOR TEAMS PARTICIPATING TO JWSC 2022 IN LYGNA:

### Competition program

Please note the times of official trainings may change and are subject to Jury decision.

#### **Sunday 20.02.2022**

16:00 Team info meeting

18.00 Opening Ceremonies

#### **Monday 21.02.2022**

10:00 -15.00 Official training U20, Cross Country 15/30 km Mass start F

10:00 -15:00 Unofficial training U23

19.00 TCM 15/30 km Mass start F, Cross Country, women and men (Online team meeting)

#### **Tuesday 22.02.2022**

13.00 Cross Country U20, 15 km Mass start F women

Victory ceremony women at the stadium

15:00 Cross Country U20, 30 km Mass start F men

Victory ceremony men at the stadium

17:00 – 18:30 Official training U20 relay

17:00 – 18:30 Unofficial training U23, 10 km/15 km

19:00 TCM Relay U20, women and men (Online team meeting)

#### **Wednesday 23.02.2022**

13.00 Cross Country U20, Women relay 4 x 3,3 km

Victory ceremony women at the stadium

15.00 Cross Country U20, Men relay 4 x 5 km (2 x 2,5km)

Victory ceremony men at the stadium

17:00 – 18:30 Official training U23 10/15 km

19:00 TCM U23 10/15 km C, women and men (Online team meeting)



**Thursday 24.02.2022**

13.00 Cross Country U23, Women 10 km C  
Victory ceremony women at the stadium  
15.00 Cross Country U23, Men 15 km C  
Victory ceremony men at the stadium  
17:00 -18.30 Official training  
19:00 TCM U20 5/10 km C

**Friday 25.02.2022**

13:00 Cross Country U20, Women 5 km C  
Victory ceremony women at the stadium  
15:00 Cross Country U20, Men 10 km C  
Victory ceremony men at the stadium  
17:00 - 18:30 Official training U23, Sprint  
19:00 TCM U23 Sprint, women and men (Online team meeting)

**Saturday 26.02.2022**

10:00 Cross Country U23 Sprint F, 1,2km (W) 1,2km (M), Qualification  
12:00 Cross Country U23, Sprint C, Final  
Victory ceremonies at the stadium  
15:00 -17:00 Official training U20, 5 km/10 km F  
18.00 TCM, U20 Individual F, Cross Country, men and women

**Sunday 27.02.2022**

10:00 Cross Country U20 Sprint F, 1,2km (W) 1,2km (M), Qualification  
12:00 Cross Country U20, Sprint C, Final  
Victory ceremonies at the stadium  
14.30 Mixed relay U23  
Victory ceremony at the stadium  
15:45 Closing ceremony



## Courses Cross-Country

All information about tracks and maps will be available at [www.jwsc22.com](http://www.jwsc22.com)

<b>Event</b>	<b>Competition course</b>
U20 and U23 Sprint Women and Men	1.2 km
U20 5 km Women	5 km red
U20 10 km Men	5 km red
U23 10 km Women	5 km red
U23 15 km Men	5 km red
U20 15 km Women	TBC - Depending on TV production
U20 30 Km Men	TBC - Depending on TV production
U20 Relay women	3,3 km red + 3,3 km blue
U20 Relay Men	2,5 km red + 2,5 km blue
U23 Mix Relay	2,5 km red + 2,5 km blue

## Entries

FIS rules will apply (International Ski Competition Rules, rules for the FIS Nordic Junior World Ski Championships and FIS U23 World Ski Championships Cross-Country).

[https://assets.fis-ski.com/image/upload/v1591709295/fis-prod/assets/Rules\\_JWSC-U23E-2022.pdf](https://assets.fis-ski.com/image/upload/v1591709295/fis-prod/assets/Rules_JWSC-U23E-2022.pdf)

Should you need access to or information about the FIS Online Registration System please send your request to [nordics@fisski.com](mailto:nordics@fisski.com)

### **Preliminary entry:**

Each National Ski Association must make the preliminary entry with the number of competitors, coaches and service staff according 6.1, FIS online registration system must be used.

Preliminary entries are mandatory for all the teams latest 30. December 2021. (see 11.3 for accommodation rules).



### **Entry by name:**

All the participating NSAs must send their entries by names through the online registration system. The system will be opened for entry by name as soon as the preliminary entry has been done. Entries by name will be used by the LOC to prepare accreditations and to prepare the final entry list. Change of names will still be possible until the day before the first TCM (23:59 CET). After the deadline the system will be closed, and any changes of the names are only possible after the approval from the respective Jury.

Final size of the team at least 7 days before: **14.2.2022**

Change of names will still be possible until the day before the first TCM (23:59 CET). After the deadline the system will be closed and any changes of the names are only possible after the approval from the respective Jury.

### **Age Limits**

The FIS competition year is 1st July – 30th June of the following year. In order to compete in international competitions a competitor must have reached their 16th birthday before the end of the calendar year (1st January – 31st December) in question.

Nordic Junior World Ski Championships Season: 2021/2022

Ages: 16-20 Years of birth: 2002, 2003, 2004, 2005, 2006

U23 World Ski Championships Cross-Country Season: 2021/2022

Ages: 21-23 Years of birth: 1999, 2000, 2001

### **Wax Cabins**

**Important:** FIS online preliminary serves as a base for wax cabins booking. Please make the preliminary entry ASAP, so that the LOC can order the right number of cabins and allocate them to teams. As a basic rule for number of cabins for teams, 2 m<sup>2</sup> should be calculated per participating athlete. Number of wax cabins for each team will be communicated by the LOC. Teams can order additional wax cabin at a charge of CHF900.

### **SRS**

Each SRS company has the right to 1 waxing container (15 m<sup>2</sup>) free of charge. If a company needs more capacity, additional cabin/s must be ordered. The price for an extra container is CHF 900 (independent of duration). ASAP - SRS companies must use the FIS Online Entry System to order the cabins.



## Number of competitors and officials

Every National Ski Associations can send the following maximum number of competitors and officials:

### Junior World Ski Championship

8 Cross-Country competitors

Men 4 allowed to start per event

8 Cross-Country competitors

Women 4 allowed to start per event

### U23 World Ski Championship

8 Cross-Country competitors

Men 4 allowed to start per event

8 Cross-Country competitors

Women 4 allowed to start per event

## Accommodation

Registration via the FIS Online Entry System is mandatory and will be used as preliminary accommodation booking. Accommodation will be provided according to the FIS JWSC and U23 Rules. The official hotel is for cross country is Scandic Gardermoen Airport Hotel. The FIS Council **exceptionally and only for the 2021/22 season** approved to increase the maximum price for accommodation to CHF 125 person/full board.

Team must request accommodation through the OC in order to receive full board and other services (e.g. shuttle service, etc.).

The Local organizer won't be responsible for those team wishing to take care of their own accommodation arrangements.

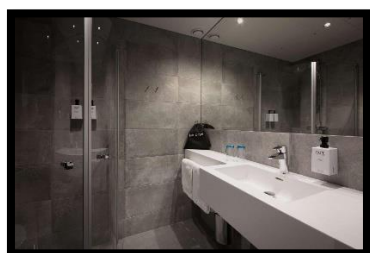
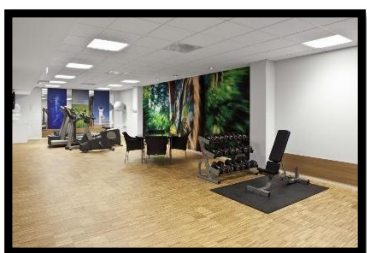
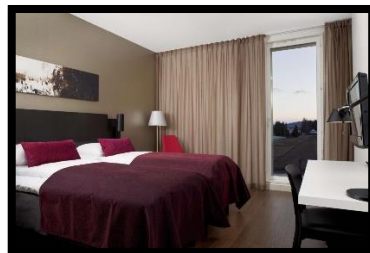
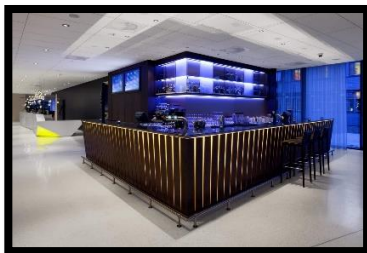
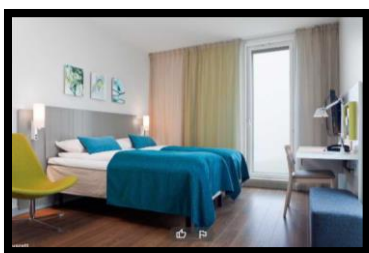
### Scandic Gardermoen (40 minutes to the Venue)

Scandic Gardermoen Airport hotel is the official Junior and U23 World Ski Championship Cross-Country hotel.

The hotel is a 4 \*\*\*\* hotel.

The hotel has 309 rooms with a total capacity of 549 people





Full board is included in the accommodation.

Breakfast, lunch, and dinner is always served at the hotel.

You also have the possibility to take a lunch-package with you, if you don't have time to eat at the hotel during lunch time.

### **Cabins in Lygna**

If some team technicians would like to stay at cabins in Lygna area, please contact directly [brit@skiforbundet.no](mailto:brit@skiforbundet.no). Based on the requested number of beds, teams will get an offer.

Accommodation in Lygna will be provided without board.

Available cabins will be distributed by LOC (after consultation with FIS) so that all teams have a fair chance to accommodate some service staff close to the competition venue.

### **Payment and booking**

Please note that the preliminary entry count as a booking.

If NSA changes the figures (preliminary entry versus the final entry by name) after the deadline 30.12.2021 with more than 10 %, the NSA's is obliged to pay the difference between the effective and announced persons (changes to numbers bigger than +/- 10%, no shows).

LOC will send invoice of all booked service in advance by e-mail to team contact person.

If the team wish to have the final invoice in other address, please send billing address to [brit@Skiforbundet.no](mailto:brit@Skiforbundet.no) before January 20st



Based on the preliminary entry or final entry the payment will be sent to each NSA no later than February 10<sup>th</sup>.

All payment must be done electronically by bank transfer before first competition

## Transportation

Official airport: Oslo Airport Gardermoen (53 km from Lygna).

### **Airport transfer:**

OC can offer airport – official hotel – airport transportation

The price will be announced on the website [www.jwsc22.com](http://www.jwsc22.com)

Please book your airport - hotel – airport transfer via FIS-online entry and all changes and other request at: [brit@skiforbundet.no](mailto:brit@skiforbundet.no)

Please book early in advance, deadline 4 weeks before arrival day.

### **Shuttle service during the event.**

Shuttle- bus service from official hotels to venue (and back) are provided free-of charge from 21.02.2022 - 27.02.2022 .

Time schedules for the shuttle buses will be informed later in the beginning of February 2022 at [www.jwsc22.com](http://www.jwsc22.com)

There will be transportation office available for teams at the venue.

Preliminary information needed from teams before final entry:

### **Baggage information:**

Please inform OC via FIS-Online entry in advance (4 weeks before your teams arrival date) estimated amount of luggage and ski bags that your total team is carrying.

This way OC can arrange and prepare in advance for the right size and amount of transfers needed at the right time to the airport (if your team has booked airport-transfer in advance from OC).

## Waxing cabins

Waxing cabins are only at the venues. Waxing cabins will be provided according to FIS rules.

Waxing is not allowed at the hotels. Equipment storage is not allowed at the hotels.

Additional wax cabins are available for CHF 900 for the duration of the event. Requests for additional wax cabins must be submitted by December 30, 2022. Additional wax cabins may be granted depending on availability. Ski companies may request one cabin for free.

Additional cabins for ski companies are available for CHF 900 for the duration of the event.

## C-19 testing protocol

FIS C19 testing protocol will be followed. More details can be found [HERE](#).



Details about the JWSC & U23 WSC testing protocol will be announced in due time. Teams will be invited for an online information meeting, which will take place in January 2022. Exact date and time will be communicated in early January 2022.

### **FIS Passport**

All participants of the JWSC & U23 WSC Cross-Country must use the FIS Passport. FIS Passport User Guide is [HERE](#).

### **Course information**

All information about tracks and maps will be available at [www.jwsc22.com](http://www.jwsc22.com)

### **General information**

For more information regarding accommodation and transportation contact [brit@skiforbundet.no](mailto:brit@skiforbundet.no)

# WELCOME TO LYGNA

