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## Lithuanian National Championship. I stage

7-8<sup>th</sup> of January 2023. Cesis cross-country skiing and biathlon center, Priekuli, Latvia

Lithuanian national skiing association in cooperation with Cesis cross-country skiing and biathlon center invites you to Lithuanian National Championship I stage competition.

### The aim of competitions:

Make more popular skiing sport by organizing international competition and inviting athletes from foreign countries.

### Date and place of competitions:

Competitions will be held in Cesis cross-country skiing and biathlon center, at 7-8<sup>th</sup> of January 2023.

### Competition jury:

FIS TD Jaunius Drūsysis (Lithuania)  
Chief of the competition Mārtiņš Niklass (Latvia)

### Organizing committee:

Competition secretary (Lithuania)  
Timing Janis Lazdanš (Latvia)

### Participants:

Sprint and Distance event:

1. Men – M21 and Women – W21 (Born from 2004 Y.B. and older).
2. Men – M19 and Women – W19 (2005 – 2007 Y.B)

All **FIS** athletes will participate and be rewarded in one Men - **M21** and one Women - **W21** group. Results for Lithuanian championship athletes will be excluded into two age groups and published after the competition. Athletes from all countries can participate in the competitions. All FIS athletes must have a valid insurance and valid FIS code.

### Competition program:

**Saturday, 7<sup>th</sup> January 2023**

**11:00 – 11:50** Official training

**10:30 – 11:50** Distribution of starting bibs

**11:00** Team Captains Meeting

**12:00** Qualification Sprint F Women

**12:05** Qualification Sprint F Men

**13:00** Quarterfinal, Semifinal, Final

**14:00** Official prize giving ceremony

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After qualification only Top16 athletes will participate in quarterfinals. In each heat will be 4 athletes and only 2 fastest go to next stage. In finals 4 competitors will race for podium places.

**Sunday, 8<sup>th</sup> January 2023**

**08:30 – 09:50** Official training

**09:00 – 09:45** Distribution of starting bibs

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**09:30** Team Captains Meeting

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**10:00** 5 kilometers Distance C Women

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**11:00** 10 kilometers Distance C Men

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**11:45** Official prize giving ceremony

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**Entry fee:**

Entry fee – no entry fee.

**Team entries:**

Registration can be done online here: <https://forms.gle/OH4K5WeHQZHftQ3N9> or official team entries can be sent to [petrovas.d.j@gmail.com](mailto:petrovas.d.j@gmail.com) **no later than January 4<sup>th</sup>, 2022 21:00 o'clock.**

**Only athletes with active FIS code can participate in these competitions.**

**For a late entries there will be applied an additional entry fee.**

**Entry list:**

<https://docs.google.com/spreadsheets/d/1SJSm5yAuHvEQniUveighdHNYpj0cIX93Wu5CrQ1Okcs/edit?usp=sharing>

Coaches are responsible for their children safety during the competition. Adults are responsible for their own safety.

For any information, please contact us by phone +370 601 83946 or email: [petrovas.d.j@gmail.com](mailto:petrovas.d.j@gmail.com)

