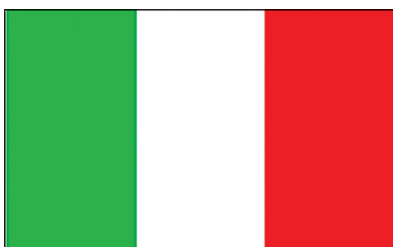
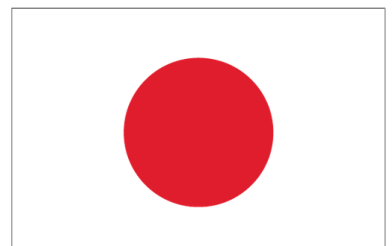
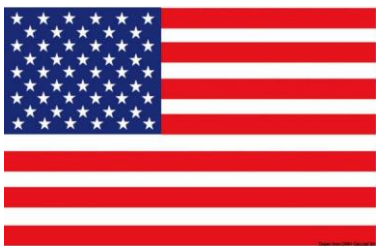
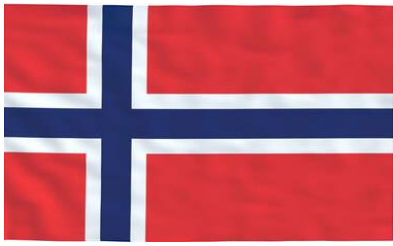


Ski-O Tour Tschierv / Val Müstair, Switzerland

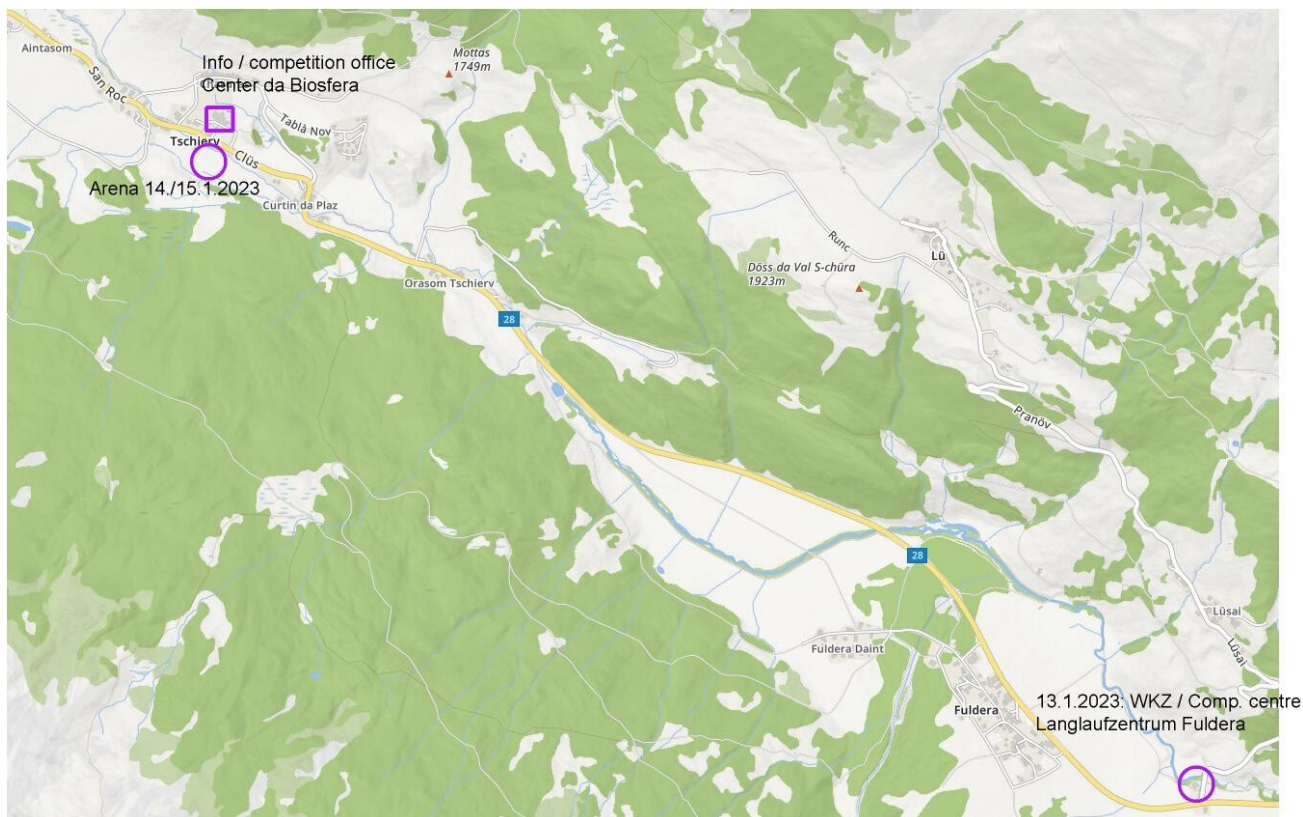
13 - 15 January 2023



WELCOME



Information



Information: at **Center da Biosfera, Tschier**, with
 Parking/busstop, information, wardrobe, shower

Open :	Thursday 12.1.:	15.00 – 18.00
	Friday 13.1.:	10.00 – 17.00
	Saturday 14.1.:	10.00 – 17.00
	Sunday 15.1.	8.45 – 14.00

Registration: Pay entry fee at the information, Gym hall near Center d.Biosfera
Everybody (without DE / HE): Receive the map in a closed envelope + take it sealed to start
 Receive ev. SPORTident – Air (SIAC) (Touch Free System)
 Ev. rent SIAC (Fr. 2.- per day)
 Ev. rent map holder (Fr. 3.-/1 day or Fr. 5.-/2 days)

Categories: Fr.: DE / HE and Open Women, Open Men, Open Beginner
 Sa. + Su.: D/H - 11, 14, 17, 20
 Sa. + Su.: D/H - E, A, B, 40, 50, 60, H70
 Sa. + Su.: Families, Open short (OK), Open long (OL)

Startprocedure: 2 min. before start – Call and SIAC clear
1 min. before start – SIAC check / activate
15 sec. before start – receive your map
activate start time

Controls: The item receipt is made with SPORTident-Air:
- SIAC must be closer than ca. 30 cm to the control
- A light flashes and a signal sounds.

Finish: Cross the finish line - SI Card registers the finish time
(Acknowledge reserve target unit in case of problems)

Insurance: Is the responsibility of the participants, the organizer declines any liability

Important:	please be considerate of pedestrians Please be considerate of other crosscountry skiers
------------	--

Ski-O Tour event 4: Supersprint 13 January 2023, Friday

Map: Ski-O map Fuldera 1:3'000, 5 m aequidistance

Startlist: DE / HE

Comp.Center: Cross country center Fuldera (5 km East of Tschier):
Parking, bistro, no wardrobe, toilets outside of the center,
Luggage can be deposited at/near the bistro.

To Start: Cross country skating track, distance ca. 300 m

Warm up: Way to Start or cross country track south of cantonal road

Clothes depot: at Start / Finish

Start: from 13.00 (Open category from ca. 13.45 to 14.15)

Last finish: at 15.00

Read out SIAC: immediately after the competition at Cross country center
Fuldera to receive the classification

Price giving ceremony: first 3 of DE + HE 14.45 at cross country center Fuldera

Track net:

70% *dashed line = scooter tracks*

30% *thick line = skating tracks (2-3 m wide)*

Ski-O Tour event 5: Nat. Ski-OL Mitteldistanz 14 January 2023, Saturday

Map: Ski-O map Val Müstair - Tschierv 1:7'500, 5 m aequidistance

Startlist: DE / HE; other categories start time at pre-start

Start/finish: 300 m from Information, at the Arena of Tour de Ski

Warm up: small area at the Arena

Clothes depot: at the Arena

Start: 1 Min. Intervall start 12.00 - 14.00

Last finish: at 15.30

Read out SIAC: immediately after the competition at the information to receive the classification

Price giving ceremony: first 3 of DE + HE 14.30 near the information

Track net:

60% *dashed line = scooter tracks*

40% *thick line = skating tracks (2-3 m wide)*

Ski-O Tour event 6: Ski-OL Schweizer Meisterschaft Langdistanz 15.1.2023

Map: Ski-O map Val Müstair – Tschierv 1:10'000, 5 m aequidistance

Startlist: DE / HE, D/H 20; other categories start time at Pre-start

Start/finish: 300 m from Information, at the Arena of Tour de Ski

Warm up: small area at the Arena

Clothes depot: at the Arena

Start: DE + HE chasing start according intermediate result list of Ski-O Tour, after events 1-5
other categories 2 Min. Intervallstart from 10.00 to 11.45

Last finish: at 14.00

Price giv.Ceremony: Ski-O Tour totalranking (1-6): 12.15 at Center da Biosfera
Ski-OL Schweizermeisterschaften (1-3): 13.15 Center d.Biosfera

Track net:

55% *dashed line = scooter tracks*

45% *thick line = skating tracks (2-3 m wide)*