



TOPPIDRETTSVEKA

LERØY

toppidrettsveka.no

INFORMATION

HITRA

21. AUGUST

AURE

22. AUGUST

SVERRESBORG

23. AUGUST

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COMPETITION PROGRAM

HITRA LONG DISTANCE – FRIDAY 21.08

Toppidrettsveka Men's 52 km mass start classic technique

17:35	Start men on Knarrlagsundet Bridge
19:50-19:55	Finish in Fillan
20:00	Prizegiving ceremony

Toppidrettsveka Women's 32 km mass start classic technique

17:50	Start women at Knarrlagsundet Bridge
19:50-19:55	Finish in Fillan
20:00	Prizegiving ceremony

BREKKA OPP – SATURDAY 22.08

Toppidrettsveka 10 km skate mass start

10:30	Start Men at Stemshaug church
10:35	Start Women at Stemshaug church
11:00	Finish at Brekka
11:15	Prizegiving ceremony

AURE – SATURDAY 22.08

Toppidrettsveka sprint classic technique

17:05	Start women qualification
17:40	Start men qualification
19:20	Start quarter finals
20:10	Start semi finals
20:35	Start women final
20:45	Start men final
20:50	Prizegiving ceremony

SVERRESBORG – SUNDAY 23.08

Toppidrettsveka 20 km pursuit classic technique

- 13:00 Start women
- 14:00 Finish women
- 14:10 Start men
- 15:00 Finish men
- 15:15 Prizegiving ceremony



GENERAL INFORMATION

HITRA - FRIDAY 21.08

TRANSPORTATION BY BOAT TO FROM TJELDBERGODDEN

15:00 Boat departure from the dock at Tjelbergodden to start area

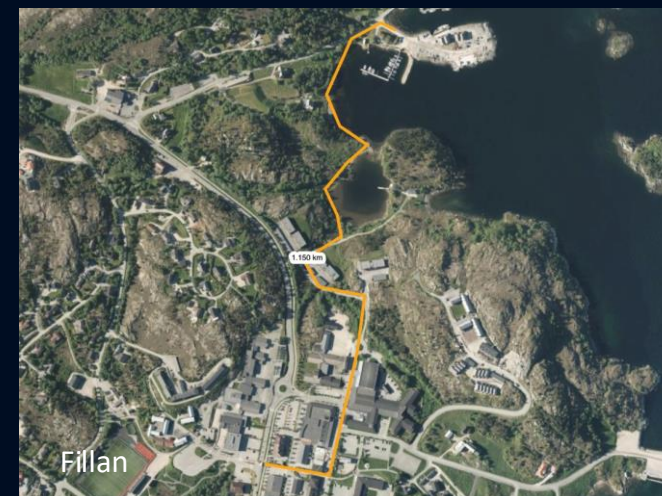
16:30 Arrival at Knarren Brygge

21:30 Boat departure from the dock at Fillan to Tjelbergodden

TRANSPORTATION BY CAR

Parking at Knarrlagsundet.

Bags will be transported by car from Knarren Brygge to the finish area in Fillan.



BREKKA & AURE - SATURDAY 22.08

BREKKA

FROM TJELBERGODDEN TO THE START

Parking at start: Area near Stemshaug Church

Parking at finish: 100 m beyond the top of Brekka

Cars with accreditation may drive directly from the start to the finish until **10:10**.

From the north: Accredited vehicles must pass the Singdalssaga bus stop no later than **09:20** to continue to Stemshaug Church.

From the south: Accredited vehicles may drive to Stemshaug until **10:00**.

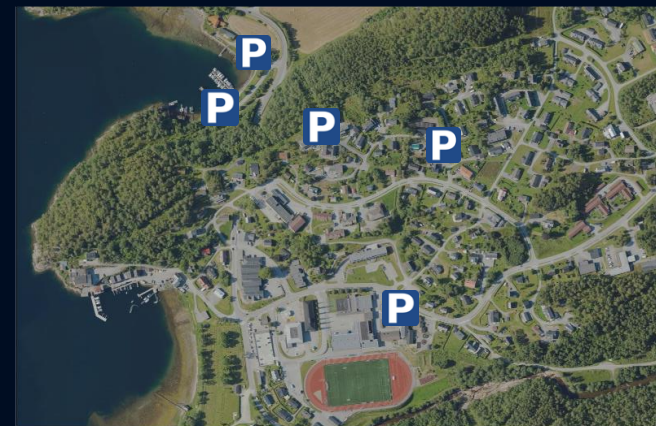
Please be aware of athletes warming up on the course and event personnel.

BAG DROP:

Bags will be transported by organizers from start to finish.

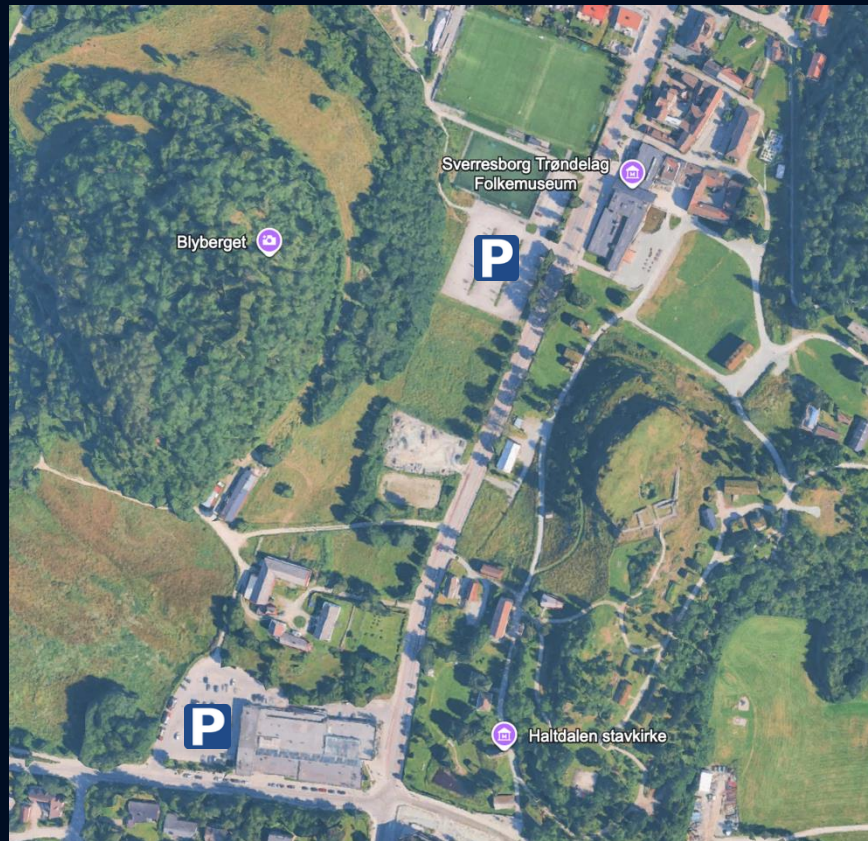
AURE

Parking: Aure town centre



PARKING SVERRESBORG

Parking at Sverresborg Museum or Byåsen Butikksenter.



TV SCHEDULE

FRIDAY 21. AUGUST - HITRA

VGTV: 17:30-20:30

SATURDAY 22. AUGUST – BREKKA OPP

VGTV: 10:25-11:20

SATURDAY 22. AUGUST - AURE

VGTV: 17:00-18:30 Qualification

VGTV: 19:15-20:55 Heat

SUNDAY 23. AUGUST – SVERRESBORG

VGTV: 12:55-15:10



COMPETITION RULES

GENERAL RULES

- Toppidrettsveka consists of 3 introductory races and a final pursuit. The first woman and man to cross the finish line in the pursuit are the winners of Toppidrettsveka.
- For each introductory race, points are awarded according to the World Cup points system (see page 16). All competitions count toward the overall standing, and no results are deleted. No bonus points are awarded on the sprints, except for a sprint in the bottom of hill up Brekka. Only the final result in each competition count toward the overall standings. The athlete with the most points will start the pursuit in 1st position, second most points in 2nd position, etc.
- There will be a new starting intervall this year. See the table below:

1.pl	10 seconds	14-18.pl	5 seconds	39-43.pl	51-55.pl	66-70.pl	81-85.pl
10.seconds	4-8.pl	5 seconds	29-33.pl	5 seconds	5 seconds	5 seconds	5 seconds
2.pl	5 seconds	19-23.pl	5 seconds	44-48.pl	56-60.pl	71-75.pl	86-90.pl
5 seconds	9-13.pl	5 seconds	34-38.pl	5 seconds	5 seconds	5 seconds	5 seconds
3.pl	10 seconds	24-28.pl	5 seconds	49-50.pl	61-65.pl	76-80.pl	91-95.pl

- Based on safety measures, the jury can set a limitation on the number of athletes who are allowed to start the pursuit. The rankings will be based on the overall standing after the 3 introductory races. Based on safety measures the jury can adjust the intervals between the groups.
- In the 3 introductory races there may be set a limitation on the number of participants. The number of participants will be based on safety measures and the decision will be made by the jury. Any rankings will be based on FIS points (1st FIS points list 2026/27 distance and sprint).
- Starting positions at Hitra on Friday and Brekka Opp Saturday will be based on FIS points distance (1st FIS points list 2026/27). In addition, athletes from Ski Classics will be taken into account in the ranking.
- Starting positions at Aure on Saturday will be based on FIS points sprint (1st FIS points list 2026/27).

Junior

- All juniors aged 17-20 years (season 2026/27) can participate in all competitions in Toppidrettsveka.
- All juniors will be classified as seniors and follow all the same rules which are described in this document.
- Exeptions may be granted to athletes after application to Toppidrettsveka, followed by a decision by the jury

GENERAL RULES

- During all roller ski competitions it is mandatory to wear a helmet and glasses.
- Cross-country ski poles must be used with cross-country ski pole tips. Alternatively pole tips must have safety rigid plastic protections with a diameter of ≥ 30 mm. These protections should be placed no more than 45 mm above the metallic tips.
- Toppidrettsveka will follow the [FIS International Ski Competiton Rules for roller ski competitions](#).
- All athletes will use roller skis distributed by the organizer. We use Swix roller skis with resistance 3. Roller skis can be picked up in the start area 30 minutes before each competition.
- It is strictly forbidden to modify or manipulate the wheels in any way. This will lead to disqualification.
- Technique and equipment control will be performed.

Distribution of race bibs and timing chips

- Please report to the race office no later than **one hour** before the start to receive your race bib and timing chip. The same timing chip will be used for all competitions. Please keep your timing chip if you are going to compete the next day. If not, please return it to the race office.
- Athletes who do not return their timing chips will be fined EUR 200.
- The race office at Hitra on Friday is located close to the start and finish area at Knarrlagsundet Bridge (start) and Fillan (finish).
- The race office at Brekka Opp 10 km Skate on Saturday is at the start at Stemshaug Church.
- The race office at Aure is located at ABUS (Aure Child and Youth School), close to the start and finish area.
- The race office at Sverresborg will be in a tent close to the start area.
- Arnhild Skaanes is responsible for all start lists, result lists, and overall rankings. Please send her an SMS or email regarding any non-starters.
- Start lists will be available: Friday at 11:00 (Hitra), Saturday at 07:30 (Brekka) and 10:00 (Aure). Sunday at 08:00 (Sverresborg).
- Race Coordinator Arnhild Skaanes: arnhildh.skaanes@trondheim.kommune.no Phone: +47 98048874.

Dressing rooms, showers, resting area, etc.

- For the competitions at Hitra in "Hitrahallen" close to the finish area.
- For the competition at Sverresborg in Vestbyen Clubhouse, across the football field 100 m from the finish line.

SYSTEM OF WORLD CUP POINTS

1.pl	2.pl	3.pl	4.pl	5.pl	6.pl	7.pl	8.pl	9.pl	10.pl
100 p.	95 p.	90 p.	85 p.	80 p.	75 p.	72 p.	69 p.	66 p.	63 p.
11.pl	12.pl	13.pl	14.pl	15.pl	16.pl	17.pl	18.pl	19.pl	20.pl
60 p.	58 p.	56 p.	54 p.	52 p.	50 p.	48 p.	46 p.	44 p.	42 p.
21.pl	22.pl	23.pl	24.pl	25.pl	26.pl	27.pl	28.pl	29.pl	30.pl
40 p.	38 p.	36 p.	34 p.	32 p.	30 p.	28 p.	26 p.	24 p.	22 p.
31.pl	32.pl	33.pl	34.pl	35.pl	36.pl	37.pl	38.pl	39.pl	40.pl
20 p.	19 p.	18 p.	17 p.	16 p.	15 p.	14 p.	13 p.	12 p.	11 p.
41.pl	42.pl	43.pl	44.pl	45.pl	46.pl	47.pl	48.pl	49.pl	50.pl
10 p.	9 p.	8 p.	7 p.	6 p.	5 p.	4 p.	3 p.	2 p.	1 p.

PRIZE MONEY

Long Distance Hitra 21.08	Amount NOK	Other
Sprint 1 women	4000	10 kilo salmon from Lerøy
Sprint 1 men	2000	10 kilo salmon from Lerøy
Sprint 2 women	4000	
Sprint 2 men	2000	
Sprint 3 men	2000	
Sprint 4 men	2000	
Men 1. place	30 000	5 kilo salmon from Lerøy
Men 2. place	20 000	
Men 3. place	10 000	
Women 1. place	30 000	5 kilo salmon from Lerøy
Women 2. place	20 000	
Women 3. place	10 000	
Brekka opp 22.08	Amount NOK	Other
Men 1. place	10 000	
Men 2. place	7 500	
Men 3. place	5 000	
Women 1. place	10 000	
Women 2. place	7 500	
Women 3. place	5000	
Sprint 1		Top 6: 50-40-30-20-15-10p

Sprint Aure 22.08	Amount NOK	Other
Men 1. place	10 000	
Men 2. place	7 500	
Men 3. place	5 000	
Women 1. place	10 000	
Women 2. place	7 500	
Women 3. place	5 000	
Overall standing Toppidrettsveka	Amount NOK	Other
Men 1. place	50 000	
Men 2. place	30 000	
Men 3. place	20 000	
Women 1. place	50 000	
Women 2. place	30 000	
Women 3. place	20 000	

It is mandatory for the prize winners to attend the prize giving ceremonies. Those who do not attend the prize giving ceremony will not receive their prize money. All ceremonies will be held immediately after the finish of each competition.

TOPPIDRETTSVEKA



RULES – COMPETITION 1: HITRA

Sprints

- There are 4 sprints for men and 2 for women during the race. See the course map on page 23.

Bike service

During the race, one person per team/nation per gender is permitted to provide pole service by bike. In order to do so, the following rules apply:

- The team must attend the digital team captains' meeting on Thursday August 20th to register up to two bikers (one for women and one for men).
- All bikers must stay behind the leading pack and **must under no circumstances interfere with the race**. If pole service is necessary, the athlete must slow down to the back of the pack to receive service from their service person. No feeding from the bike is allowed. Bikers must stay on the left side of the road.
- Bikers must wear a helmet and a red or orange bib marked «Service» provided by the organizer. The bibs can be collected at the race office by the start area. Bikers without a «Service» bib will be removed from the race. Bikers who do not follow these rules, will be removed from the race and fined EUR 200.
- Pole service provided by bike is allowed during the entire race. In addition, the organizer will provide neutral pole service along the course.

Feeding zones provided by the organizer

- There are 5 feeding zones for men and 3 for women during the race.
- If teams wish to provide their own feeding, use the designated feeding zones.

Use of cars during the race

The organizer provides:

- One car (police) and one car (organizer) ahead of the first athlete (women and men).
- One police car, one organizer vehicle and one medical vehicle behind the last athletes (women and men).

Other than these vehicle, no cars are allowed on the course.

Traffic information

The course will be closed to all traffic during the race. There will be security guards at all critical crossroads. However, we cannot guarantee that there will be no traffic from other crossroads, and we therefore ask all athletes to keep to the side of the road throughout the race. At some sections of the course, athletes will be skiing in both directions on the same road. Therefore, it is highly important that all athletes and bikers keep left. At some sections of the course, the road will be divided into two lanes with markings. Athletes and bikers who do not keep left in these sections and create dangerous situations will be sanctioned by the jury. Due to safety considerations, athletes who are too far behind will be withdrawn from the race by the jury.

- The road from Fillan to the start at Knarrlaget will be closed from 17:00. This is the only access route to the start area. Those who arrive in Fillan after 17:00 will not be able to reach the start.
- The road from the start at Knarrlaget to the finish at Fillan will be closed from 17:00 until 21:15.
- Therefore, everyone who wishes to drive to the finish area before the race must leave the start area at Knarrlaget before 17:00 or straight after the women's start.

BOAT FROM TJELDBERGODDEN TO KNARREN BRYGGE

Everyone planning to take the boat from Tjeldbergodden on Friday, 21 August at 3:00 PM and back 21:30 must register [HERE](#).

For safety reasons, only passengers who have registered will be allowed on board.

Deadline: Thursday August 20th at 21:00.



RULES – COMPETITION 2: BREKKA OPP

Brekka Opp

- The race will be held in the skating technique.
- Athletes are allowed to warm up on the course.
- The course will be closed for ordinary traffic. Accredited vehicles can pass.
- 10:10 is last chance to drive from start to finish



Sprint

There is one intermediate sprint with bonus points. See the course map on page 24.

Bike service

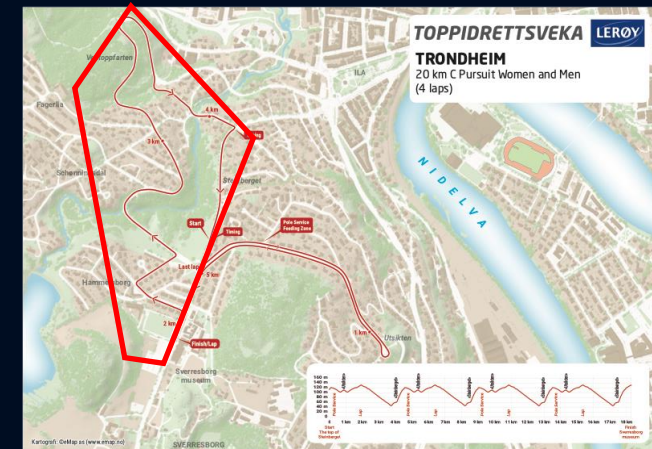
The same rules apply as for Competition 1 (Hitra).

RULES – COMPETITION 3: AURE

- The sprint in Aure will be held in classic technique and will follow the standard World Cup format, with 30 athletes qualifying for the quarterfinals. There will be no heat selection.
- The course will be closed to all vehicle traffic from 15:00. All starting athletes are allowed to warm up on the course. A children's race will take place on the course from 15:30 to 16:00.
- The course will be closed for warm-up at 17:00 and will reopen after 19:00.
- The course will close again at 19:15 before the quarterfinals.
- During the competition, athletes are not allowed to warm up on the course. All warm-up must be done outside the course.

RULES – COMPETITION 4: SVERRESBORG

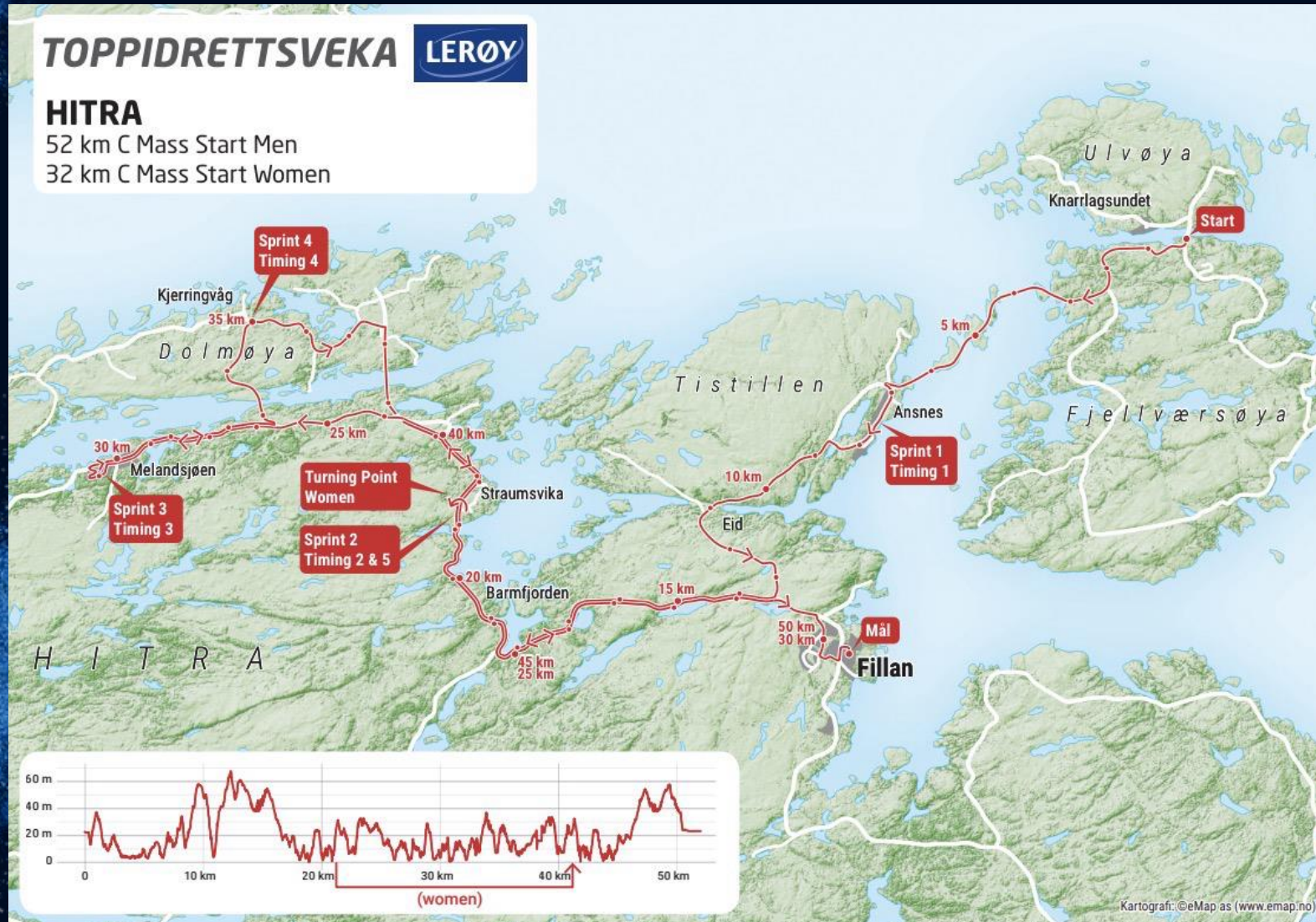
- Men and women will compete in a 20 km classic pursuit race.
- The athletes will start according to the overall standings.
- All feeding must be done in the designated feeding zone (see page 18). Feeding must be carried out while standing still at the side of the track.
- There will be four laps for both men and women.
- The course will close at 12:55 and will remain closed until the last female athlete has crossed the finish line.
 - NOTE: Men are allowed to begin warming up in the race direction on the western part of the course (see the red marking) once the last female athlete has passed the bottom of Steinberget the final time.



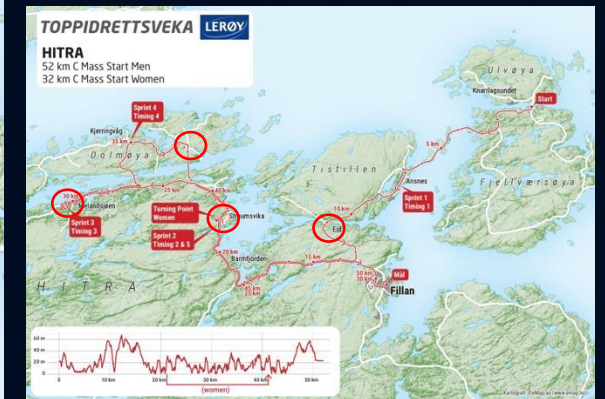


COURSE MAPS

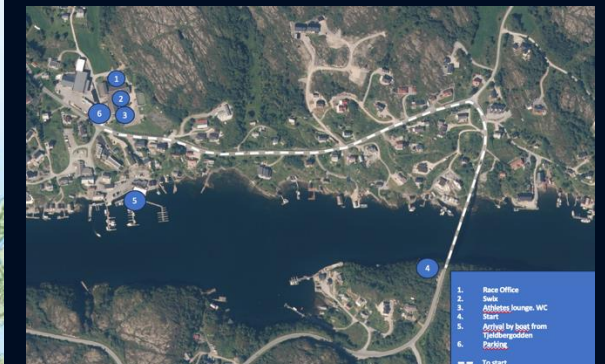
COURSE HITRA 21.08 LONG DISTANCE (C)



Feeding zones



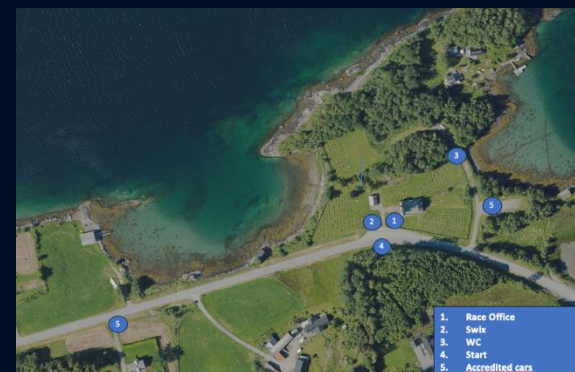
Start Knarrlagsund



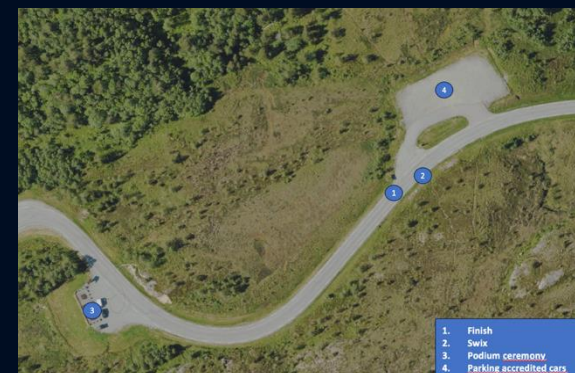
COURSE BREKKA 22.08 (F)



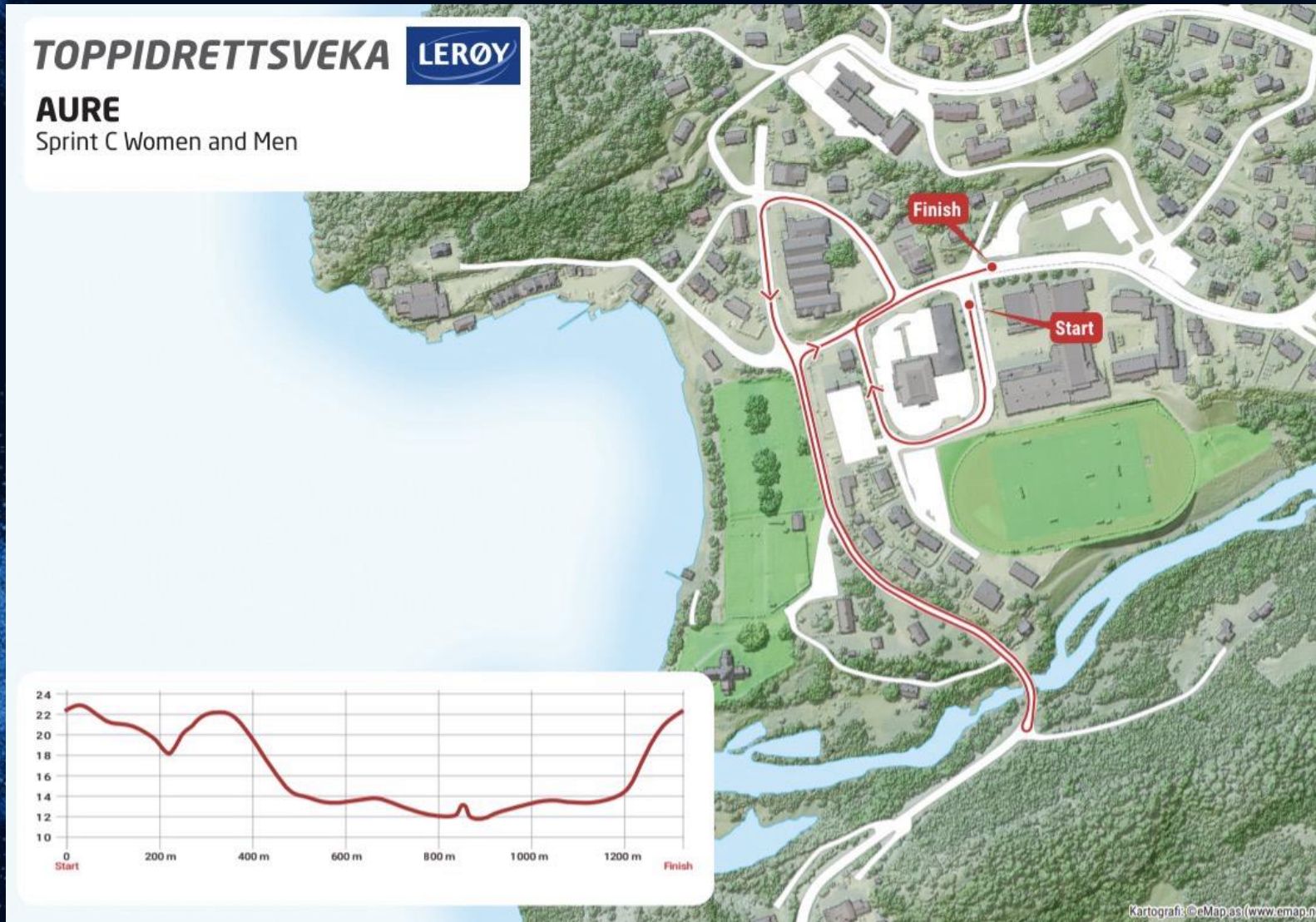
START STEMSHAUG



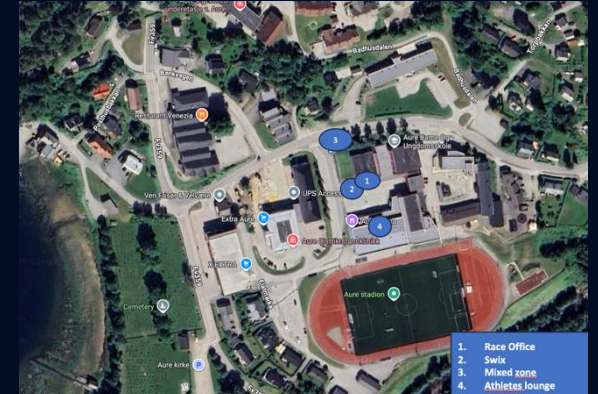
FINISH BREKKA



COURSE AURE 22.08 SPRINT (C)



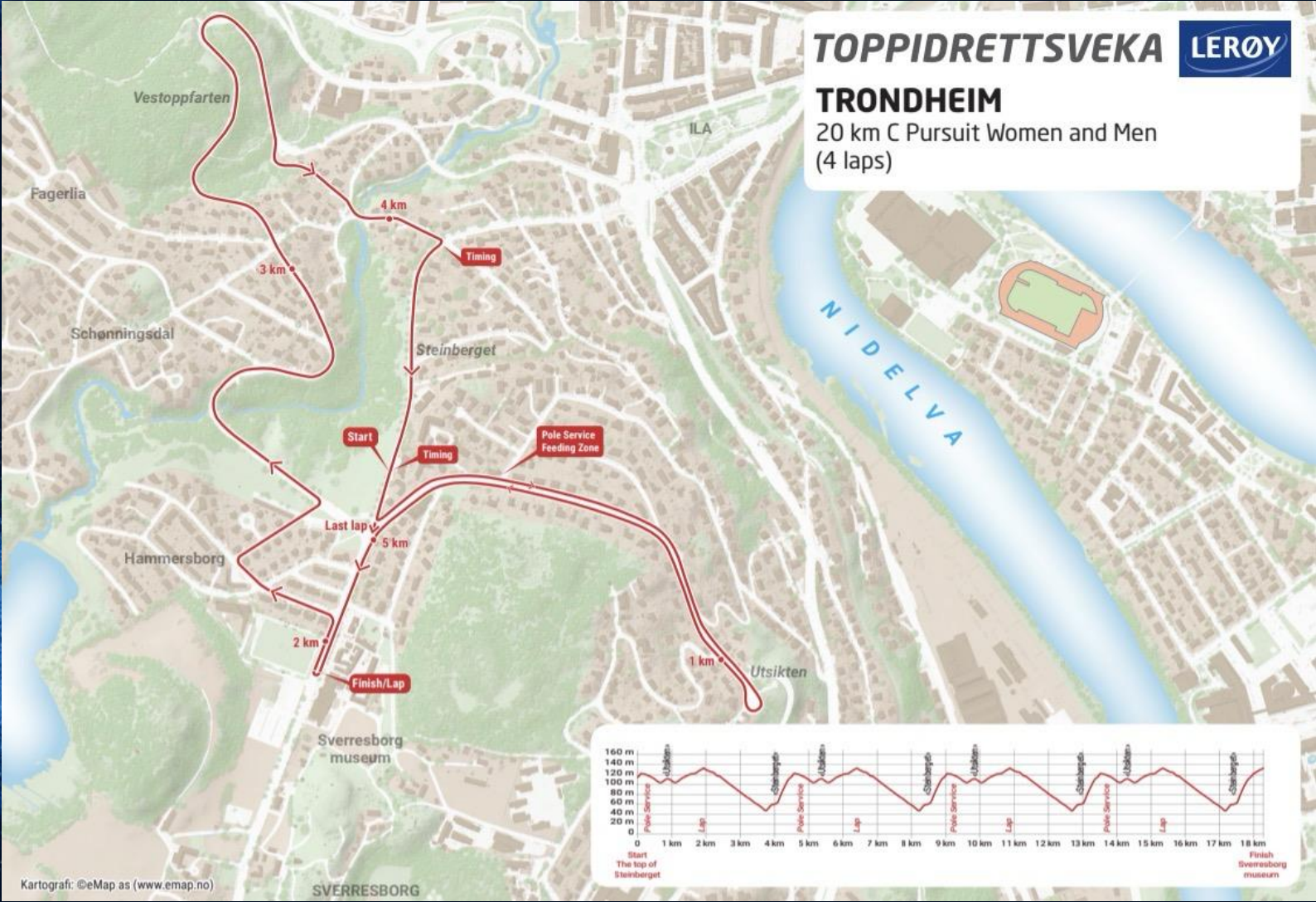
AURE SENTRUM



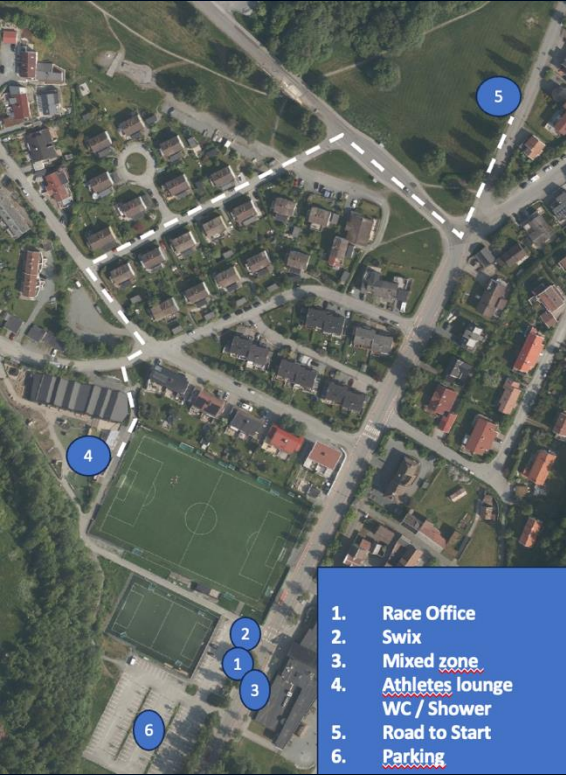
TOPPIDRETTSVEKA

LERØY

COURSE SVERRESBORG 23.08 PURSUIT (C)



SVERRESBORG



A decorative blue particle trail or smoke effect on the left side of the slide.

TEAM CAPTAINS' MEETING

TEAM CAPTAINS' MEETING

- The Team Captains' Meeting for all competitions will take place on Thursday, August 20th, at 18:00.
- The meeting will be held online via Microsoft Teams.
- A link to the meeting will be distributed in advance on <https://www.toppidrettsveka.no/english>.

Please join the [WhatsApp](#) group to receive updates from the Jury throughout Toppidrettsveka.





ACCOMODATION AND MEAL SCHEDULE

HOTEL ADDRESSES

Tjeldbergodden

- E-mail: elisabeth.ronningen@coor.com
- Phone: +47 46 85 29 80
- Address: Equinor Tjeldbergodden industripark, 6699 Kjoersvikbugen

Quality hotel Panorama

- E-mail: booking.q.panorama@strawberry.no
- Phone: +47 72 90 05 00
- Address: Ivar Lykkes veg 1A, 7075 Tiller

Dolmsundet hotel Hitra

- E-mail: post@dolmsundet.no
- Phone: +47 72 44 04 40
- Address: Dolmsundveien 1, 7250 Melandsjø

Hjorten hotel Hitra

- E-mail: post@hjortenhotell.no
- Phone: +47 40 44 50 10
- Address: Skolegata 10, 7240 Hitra

CHECK IN AND OUT

Tjeldbergodden

- Check in all day
- Check out by 15:00

Quality hotel Panorama

- Check in from 15:00
- Check out by 11:00

Dolmsundet hotel Hitra

- Check in from 15:00
- Check out by 11:00

Hjorten hotel Hitra

- Check in from 15:00
- Check out by 11:00

MEAL SCHEDULE TJELDBERGODDEN

Friday 21.08

Breakfast	06:00-08:00
Lunch	10:30-14:30
Dinner	18:00-20:00
Night meal	22:30-23:30

Saturday 22.08

Breakfast	06:00-08:00
Lunch	10:30-15:00
Dinner	18:00-20:00

All other days

Breakfast	06:00-08:00
Lunch	10:30-12:30
Dinner	18:00-20:00

Bread, cold cuts, yogurt, and fruit will be available at all times.

MEAL SCHEDULE HJORTEN HOTEL

Thursday 20.08

Dinner	18:00-21:00
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Friday 21.08

Breakfast	06:00-09:30
Lunch	11:00-13:00
Dinner	14:00-17:00
Night meal	20:00-22:00

MEAL SCHEDULE QUALITY HOTEL PANORAMA

Friday 21.08

Breakfast	06:00-09:00
Lunch	11:00-14:00
Dinner	22:00-00:00

Saturday 22.08

Breakfast	06:00-09:00
Lunch	11:00-14:00
Dinner	22:00-00:00

All other days

Breakfast	06:00-08:00
Lunch	11:30-13:00
Dinner	18:00-20:00
Night meal	21:00-22:00

MEAL SCHEDULE DOLMSUNDET HOTEL

Thursday 20.08

Dinner	17:00-20:00
Night meal	21:00-22:00

Friday 21.08

Breakfast	06:00-09:30
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All other meals are ordered in the restaurant

*Allergies must be reported at least 7 days before arrival.



TRANSPORT AND RENTAL CARS

TRANSPORT AND RENTAL CARS

- Everyone is responsible for their own transportation.
- Everyone who rents a car from Toppidrettsveka needs to sign a liability document and return the car as it was when handed out.
- Any questions about rental cars, contact Atle Helgestad: +47 90 54 92 50.
- Everyone are responsible for parking correctly at the hotels. Please ask the hotel reception.
- If anyone needs transportation during Toppidrettsveka, please contact:
Daniel Myrmæl Helgestad: +47 95 02 10 58 / Didrik Tønseth +47 97 64 56 68



MEDICAL

TOPPIDRETTSVEKA



MEDICAL

- If anyone involved in Toppidrettsveka, including both athletes and organizers, experiences symptoms of illness, they are encouraged not to participate in Toppidrettsveka.
- Hand sanitizer will be available at all relevant locations.
- There will be a physician on site at every location. The Red Cross will also be present at every location.
- At Hitra, an ambulance will follow the race.

Any questions, please contact the doctor at Toppidrettsveka:

- Edvard Andersen +47 922 37 790



CONTACT INFORMATION

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Organizer - Daniel Myrmæl Helgestad

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Phone: +47 950 21 058

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Organizer – Didrik Toenseth

E-mail: didrik@norwayevents.no

Phone: +47 976 45 668

Organizer – Lisa Nystedt

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Phone: +46 72 221 51 62

Chief of Competition – Erik Husby

E-mail: erik.husby@skiforbundet.no

Phone: +47 907 90 385

TD – Morten Vannebo

E-mail: mortenvannebo@hotmail.com

Phone: +47 971 55 330

Race Office - Arnhild Skaanes

E-mail: arnhildh.skaanes@trondheim.kommune.no

Phone: +47 980 48 874