

PROGRAM, INFORMATION AND RULES

(updated 20th of May 2026)

PROGRAM BLINK26:

TUESDAY 4TH OF AUGUST: ARRIVAL DAY

Arrival day for the athletes and teams

WEDNESDAY 5TH OF AUGUST: THE LYSEBOTN UP-HILL RACE

11.00	Start 1 and 2 km kids' free technique
11.45	Start 7,5 km free technique women elite and junior women
13.30	Start 7,5 km Double poling race men and women
15.00	Start 7,5 km free technique men elite and junior men
	Price giving ceremony at the finish after each race

THURSDAY 6TH OF AUGUST: BLINK Classics, 50 km classic mass start

18.45	Start in the city centre of Ålgård, 20 km from Sandnes
18.45	Start men senior Elite 50 km
18.47	Start women senior Elite 37,5 km
18.54	Start men / women 19-20 years and men 17-18 years + amateur class 25 km
18.57	Start men / women 15-16 years and women 17-18 years 25 km
20.45	Estimated finish in Ålgård
	Price giving ceremony at Ålgård after the finish

FRIDAY 7TH OF AUGUST: RACES IN THE CITY CENTRE OF SANDNES

06.45 – 14.30	Competitions for kids and juniors. Biathlon and Cross country
14.30 – 15.15	Biathlon: - Zeroing women/men
15.30 – 15.50	Cross Country: - Prologue for mass start, free technique, women/men
15.55 – 16.40	Biathlon: - Shooting duels for elite women/men
17.10 – 18.25	Biathlon: - Qualification Supersprint, women/men
18.25 – 18.55	Cross Country: - 10 km Mass start free technique, women
18.55 – 19.35	Cross Country: - 15 km Mass start free technique, men
19.35 – 20.25	Biathlon: - Supersprint, women/men
20.45	Biathlon/Cross Country price giving sermonises

SATURDAY 8TH OF AUGUST: RACES IN THE CITY CENTRE OF SANDNES

07.30 – 14.30	Competitions for kids and juniors. Biathlon and Cross country
07.50 – 08.15	Cross Country: - Prologue sprint for women / men 19-20 years
13.05 – 13.20	Biathlon: - zeroing women / men 20-21 years
13.00 – 13.20	Cross Country: - Semifinals sprint women / men 19-20 years
13.40 – 13.57	Biathlon - Final women 20-21 mass start
13.57 – 14.14	Biathlon - Final men 20-21 mass start
14.14 – 14.22	Cross Country - Final women 19-20 sprint, free technique

14.22 – 14.26	Cross Country	- Finals men 19-20 sprint, free technique
14.30 – 15.15	Biathlon:	- Zeroing women/men senior
15.30 – 15.44	Cross Country:	- Prologue free technique, women/men senior
16.05 – 17.42	Biathlon:	- Quarterfinals mass start women/men
17.44 – 19.20	Cross Country:	- Quarterfinals/semifinals free technique, women/men
19.22 – 20.08	Biathlon:	- Semifinals mass start women/men
20.10 – 20.23	Cross Country:	- Finals free technique, women/men
20.25 – 21.05	Biathlon:	- Finals mass start women/men
21.25	Biathlon/Cross Country	price giving ceremonies

INFORMATION AND RULES

IN GENERAL:

- **All bindings distributed from OC are Rottefella NNN bindings. Rottefella Skate X bindings will not be available!**
- All races will be held in free technique (except Blink Classics and the double poling competition in Lysebotn Opp).
- All athletes must bring their own helmet and goggles and wear this in **ALL** races.
- All athletes must use the new type of pole spikes. According to new FIS rule from 1st of August 2022.
- Due to the athletes own safety and according to the Norwegian rules for rollerskiing in the traffic all athletes have to use clothing of visibility. If you do training in conditions with reduced visibility such as darkness or in tunnel you also have to wear reflex on the clothing.
- The organizer will provide rollerskis from IDT to all athletes in the following competitions:
 - BLINK Lysebotn Opp: All 7,5 km races
 - BLINK Classics:
 - Elite men 50 km
 - Elite women 37,5 km
 - Junior women and men 19/20 years, 25 km.
 - BLINK Sandnes: All athletes except for athletes 10 years and younger
- Team Captain Meetings (TCM) will be held as a Microsoft Teams Meeting at the following dates:
 - Senior: **Tuesday the 4th of August at 13.00 hrs. – Lysebotn Opp, and BLINK Classics**
 - Youth and junior: Tuesday the 5th of August at 14.00 hrs. – Lysebotn Opp, and BLINK Classics
 - Senior: **Thursday the 6th of August at 13.00 hrs. – BLINK Sandnes (Cross country and biathlon)**
 - Youth and junior: Thursday the 6th of August at 14.00 hrs. – BLINK Sandnes (Cross country and biathlon)
- A summary of the TCM will be published at www.blinkfestivalen.no after the meeting

CROSS COUNTRY

Updated rule for junior participation in the BLINK cross country competitions:

Junior – athletes born 2007-2010 have to start in the juniorclass in all races where the organizer has a separate class for juniors.

There is one exception from this rule:

- **Juniors can start in the senior class in competitions which is a part of the Long Distance Rollerskicup**

“Champions Tour”. In this case, Doublepoling Lysebotn Opp and BLINK Classics.

There will be no possibility to qualify from the junior-competitions to the senior-competitions during BLINK26.

05.08.26 Lysebotn Up Free Technique – 7,5 km:

- Elite classes and juniors who ski the 7,5 km get rollerskis from the brand IDT before start.
- The race is an up-hill race in free technique with mass start.
- The race contains athletes from cross country and biathlon.
- The start positions are based on FIS points, IBU World Cup, IBU Cup and Norwegian cup biathlon.
- It will be allowed for coaches to cycle in the course during the race to be able to support with poles. As an overall rule the coaches must stay at least 30m behind the athletes. The coaches shall avoid staying in the TV-zone (except when giving a new pole to an athlete). The organizer will have a referee to control that coaches follow this rule.

05.08.26 Lysebotn Up Doublepoling Classic Technique – 7,5 km:

- The race is only for elite women and elite men.
- The athletes get IDT classic rollerskis with wheels with no kick resistance.
- Race is based on FIS rules for classic technique.
- The startlist will be set according to both placement in Champions Tour total standing season 2025 and FIS ranking (If top athletes from FIS World Cup join the competition)

05.08.26 Lysebotn Up Para classes for senior. 2 km and 7,5 km:

- The Lysebotn Up event will include different para classes for seniors.
- The distances will vary between 2 km and 7,5 km
- More detailed information will come on the web page.

06.08.26 BLINK Classics at Ålgård:

NB: This year the Elite women will do 37,5 km instead of 50 km.

- 50 km Elite men.
- 37,5 km Elite women.
- 25 km junior men 17-20 years and junior women 19-20 years.
- 25 km for recreational skiers / exercisers / amateurs (seniors).
- 12,5 km youth 15 and 16 years and junior women 17-18 years.
- The Elite classes and junior 19/20 years get rollerskis from the brand IDT before start.
- Elite women and junior women 19/20 years use rollerskis with wheel resistance 3.
- Elite men use rollerskis with wheel resistance 3 + 4.
- Junior men 19/20 years use rollerskis with wheel resistance 3
- Junior men 17/18 years use their own rollerskis with wheel resistance 3
- Junior women
- All other athletes use their own classic training rollerski with resistance 2 or slower.
- No limits on number of participants.
- The startlist will be set according to both placement in World Classics Tour (Champions Tour) total standing season 2025 and FIS ranking.
- The organizer will have staff cycling after the lead and the chasing group / main field with extra poles, and it will be organized 2 zones for refreshments. All athletes will gain support from this service.
- It will be possible to give the athletes pacing, poles and refreshments from 2 coaching zones along the course.
- It will be prohibited for coaches to cycle in the course during the race. There will not be any exceptions from this rule.

- There will be 4 sprintpoints during the 50 km elite race for both the women and the men's class.
 - First loop: Sprint point number 1 – The highest point in the course
 - Second loop: Sprint point number 2 – Holen / Fjermestad
 - Third loop: Sprint point number 3 – Top of the hill Åslandsbakken / Åsland
 - Fourth loop: Sprint point number 4 – By the school in Figgjo

Para classes in BLINK Classics:

- The BLINK Classics event will include different para classes for seniors.
- The distances will vary between around 8 km and 12,5 km
- More detailed information will come on the web page.

07.08.26 Cross country Mass start in Sandnes:

Women 10 km Friday:

- 9 laps / rounds 1100 meter.
- Sprint prizes 3rd, 5th and 7th leg. Finish on 9th (first athlete to cross the finish line).
- **The last athlete crossing the finshline / line for intermediate time at the 3rd, 5th, and 7th leg will be taken out of the competition. The TD will inform the athlete using a board with the current startnumber on.**
- Athletes who are lapped will be taken out of the competition.
- Start list is based on FIS distance points.

Men 15 km Friday:

- 13 laps / rounds 1100 meter.
- Sprint prizes 3rd, 6th, 9th and 11th leg. Finish on 13th (first athlete to cross the finish line).
- **The last athlete crossing the finshline / line for intermediate time at the 3rd, 6th, 9th and 11th leg will be taken out of the competition. The TD will inform the athlete using a board with the current startnumber on.**
- Athletes who are lapped will be taken out of the competition.
- Start list is based on FIS distance points.

Qualification to all round competition/mass start:

- Based on the athlete's safety max 30 athletes will be allowed to start in the cross-country mass start for men, and max 35 athletes in the mass start for women.
- The athletes in the mass start for men will be qualified based on these criteria:
 - The 5 best athletes from the Up-hill race in Lysebotn on Wednesday.
 - Up to 12 athletes will be selected by using wild cards. These athletes will be selected by a jury with members from the organizers, The Norwegian Ski Federation and NRK.
 - The rest will be qualified through the prologue until we reach the maximum of athletes.
- The athletes in the mass start for women will be qualified based on these criteria:
 - The 5 best athletes from the Up-hill race in Lysebotn on Wednesday.
 - Up to 10 athletes will be selected by using wild cards. These athletes will be selected by a jury with members from the organizers, The Norwegian Ski Federation and NRK.
 - The rest will be qualified through the prologue until we reach the maximum of athletes.
 - If there are more than 35 women attending, it will be arranged a women's prologue. This decision will be made Thursday 6th of August.

08.08.26 Cross country Sprint in Sandnes:

Women:

- Start list is based on FIS sprint points
- Quarter finals 1 round (1100) meter
- Semifinals and final 2 rounds (2200 meters)

Men:

- Start list is based on FIS sprint points
- Quarter finals, semifinals and final 2 rounds (2200) meter

Qualification for sprint competition:

- Max 30 athletes (men) and 35 athletes (women) will be allowed to start in the cross-country sprint competition. These athletes will be qualified based on these criteria:
 - 12 athletes will be selected based on current FIS points. (8 athletes with FIS sprint points and 4 athletes with FIS distance points.)
 - Up to 6 athletes will be selected by using wild cards. These athletes will be selected by a jury with members from the organizers, The Norwegian Ski Federation and NRK.
 - The rest will be qualified through the sprint prologue.
 - If there are more than 35 women entered to the competition it will also be arranged a prologue for women as base for the sprint competition women.

N.B.: Up to BLINK22 the organizer has used a system that top athletes / profiles could have come through from quarterfinal to semifinal based on wildcard instead of lucky losers qualified based on the best times among the non qualified from quarterfinals.

For BLINK26 the qualification rules from quarterfinal to semifinal will be:

- The qualification from quarterfinal to semifinal is based on the FIS rules **WITH THIS EXCEPTION:**
 - The organizer will have the possibility to use 1 wildcard for each semifinal. The athlete who get the wildcard will start as the 7th athlete behind the 6 qualified athletes.
 - The rule will only be used in exceptional cases.

The reason for using this rule is that NRK start the broadcast from the semifinals. In some cases it is important for the TV product that the largest profiles are shown on TV. The sprint is broadcasted live on NRK1 primetime on Saturday evening.

BIATHLON

Updated rule for junior participation in the BLINK biathlon competitions:

Junior – athletes born 2006-2007 have to start in the juniorclass in all races where the organizer have a separate class for juniors.

There is one exception from this rule:

- ***Junior athletes (born 2006-2007) who are a member of the Norwegian national junior team or the national junior team he / she represent, are allowed to start in the senior class in all races.***

Pre-start equipment inspection will be done Friday before zeroing. After zeroing the rifle must be checked at shooting lane nr. 1.

07.08.26 Biathlon Shooting Duel Friday:

1. quarterfinal women	12 athletes	6 to semifinal	NO wildcards or "lucky looser"
2. quarterfinal women	12 athletes	6 to semifinal	
3. quarterfinal women	12 athletes	6 to semifinal	
4. quarterfinal women	12 athletes	6 to semifinal	
1. quarterfinal men	12 athletes	5 to semifinal	NO wildcards or "lucky looser"
2. quarterfinal men	12 athletes	5 to semifinal	
3. quarterfinal men	12 athletes	5 to semifinal	
4. quarterfinal men	12 athletes	5 to semifinal	
5. quarterfinal men	12 athletes	4 to semifinal	
1. semifinal women	12 athletes	6 to final	NO wildcards or "lucky looser"
2. semifinal women	12 athletes	6 to final	
1. semifinal men	12 athletes	6 to final	NO wildcards or "lucky looser"
2. semifinal men	12 athletes	6 to final	
FINAL women	12 athletes	1 to superfinal	
FINAL men	12 athletes	1 to superfinal	
Superfinal 1 woman / 1 man	2 athletes		

OBS: There might be changes in the number of heats in the quarterfinal and number of athletes in each heat due to the final number of athletes entered to start.

RULES:

- First athletes to shoot clean target (5 hit).
- The athlete can use as many shoots as needed. The athlete reloads with magazines.
- The athletes must put the rifle on the mat after last shot, before leaving the shooting range for security control
- Only standing position
- Up to 2 athletes of each gender can get wildcard quarterfinal to the semifinal. This is done together with NSSF and NRK.

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N.B.: Change in rules from BLINK22:

Up to BLINK22 the organizer used Siwidata timing system to make the results. Then the competition ended with crossing the finishline behind the shootingrange.

From BLINK23 and onwards the athletes will not use transponders from Siwidata in this competition. The timing will be based on Megalink electronic system. That means that the competition will be based on the 5 hit on the target. The winner, nr 2, nr 3 and som on will be based on when the athlete have a clean target (5 hit). The graphics on TV will also be based on the Megalink electronic system. **IMPORTANT:** Due to safety the athlete have to put the rifle on the mat pointing towards the shootingtargets immediately after last shot. The athlete can not move the rifle before it is empty and controlled by the organizers.

Qualification to Shooting duel:

- All senior athletes entered to BLINK26 are qualified to the shooting duel. The number of heats could change due to number of participants.
- Juniors who are member of their national team are qualified to the shooting duel.
- Local juniors (born 2006-2007) on a national high level will be offered the possibility to take part in the shootingduels

07.08.26 Biathlon Super sprint in Sandnes:

- 5 rounds x 1100 meter – 5,5 km, 4 shootings
- Shooting order: prone-prone-standing-standing
- There are only 14 targets on the shooting range, therefore only 14 athletes to start in the final
- Athletes who are caught with 1 leg will be lapped (taken out of the competition)
- There is a short penalty loop after the shooting range

Qualification to Super sprint:

- Maximum 7 athletes will be selected by using wildcards. These athletes will be selected by a jury with members from the organizers and The Norwegian Biathlon Federation.
- The last athletes must qualify through a qualification race Friday afternoon

Qualification race:

- 3 rounds x 1100 meter – 3,3 km, 2 shootings
- Shooting order: prone-standing
- There is a short penalty loop after the shooting range
- The 8 best athletes are qualified for the Super sprint

08.08.26 Biathlon Mass start in Sandnes:

Up to 42 women and 56 men to start

The number of heats could change due to number of participants.

Qualification to Mass start:

- Top 15 from Super sprint final on Friday + the rest will be qualified from the super sprint qualification (excluded the top 15 finalists) + 5 wildcards (if needed).
- Up to 5 athletes can be selected by using wild cards. These athletes will be selected by a jury with members from the organizers and The Norwegian Biathlon Federation

Quarterfinal and semifinals:

- 3 rounds x 1100 meter – 3,3 km, 2 shootings
- Shooting order: prone-standing
- There is a short penalty loop by the shooting range

Finals:

- 5 rounds x 1100 meter – 5,5 km, 4 shootings
- Shooting order: prone-prone-standing-standing
- There is a short penalty loop by the shooting range

Entry for all BLINK competitions:

Norwegian athletes use the standard web solutions for the federations (Isonen and EQ timing)

All international entry must be done by sending an e-mail to: arne.idland@axelar.no

The e-mail must contain:

- ***Full name***
- ***Gender***
- ***Date of birth***
- ***FIS code (for athletes older than 16 years old)***
- ***Distances the athlete want to start in.***

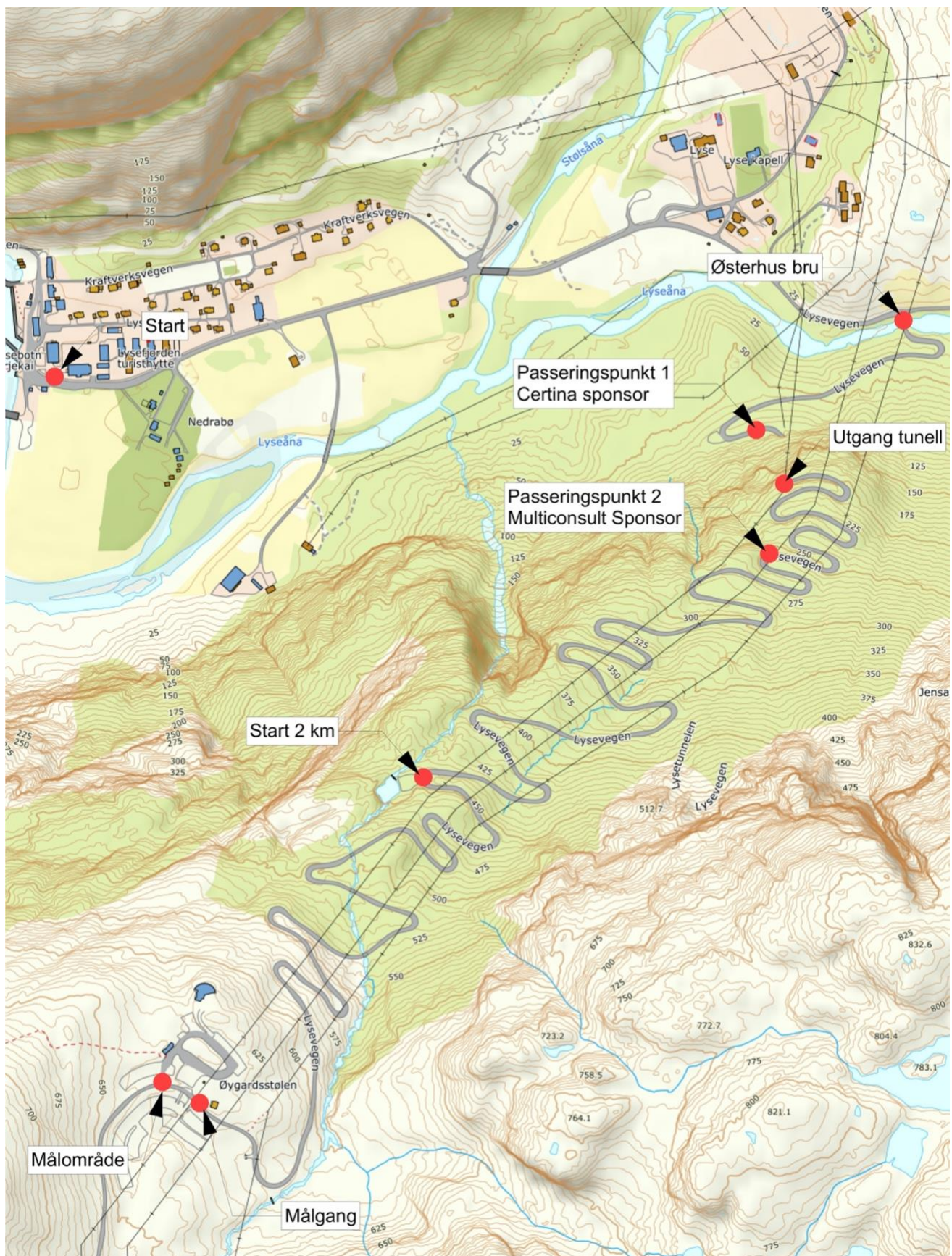
For more information see www.blinkfestivalen.no and follow us on Instagram and Facebook.

Information and contact:

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Lysebotn Up Hill Race



BLINK Classics Ålgård



BLINK Sandnes

