

Welcome to BEITOSPRINTEN 2026

DHL
SPAR
RIIS BILGLASS
bilia
DAIKIN
VVS EKSPERTEN
KVALITET MESTER GRØNN SIDEN 1983
OBOS Block Watne
XPENG
frisikt

HISTORICAL VENUE

- Beitosprinten first time 1985
  - Winner: Anette Bøe
  - Winner: Gunde Svan

  (first free technique race)

- World Cup 1997
  - Winner: Bente Martinsen
  - Winner: Bjørn Dæhlie





Information from OC

Beitosprinten

- Welcome - Kjell B. Melbybråten – Chief OC

- Accreditation
  - Pick up at Race Office
- Parking at the venue
  - Parking permits at Race Office
- Financial matters
  - Have you paid your entries and wax-cabins?

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Schedule

Beitosprinten

- **Friday**
  10:00 CC, para, sitting 5km
  10:40 CC, para standing 7,5km
  11:10 CC, women, 10km C
  13:00 CC, men, 10km C

- **Saturday**
  09:00 Sprint prolog, para
  09:30 Sprint C, W prolog
  10:10 Sprint C, M prolog
  11:15 Sprint finales, para
  12:00 Sprint finaler
  14:15 NC, W, 5km IG
  14:45 NC, M, 10km IG

- **Sunday**
  09:00 NC, W, 5km compact
  09:30 NC, M, 7,5km compact
  10:00-10:20 Barnas Beitosprint
  10:30 CC, women, 10km F
  13:00 CC, men, 10km F

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Jury

Beitosprinten

- TD : Marte Aa. Trondsen
- TD ass : Ella Gjømle Berg
- TD ass : Kathrine Harsem
- Chief of Comp : Torbjørn Broks Pettersen

- Equ. Contr : Sindre Torbergsen

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Startlist

Beitosprinten

- Start list according to FIS points Friday
- Start list Sat- and Sunday: Grouping principle is used

- Withdrawals to: vigdis@idrettsforbundet.no within 16:00 Friday/Saturday
- Public on web-site and WhatsApp

















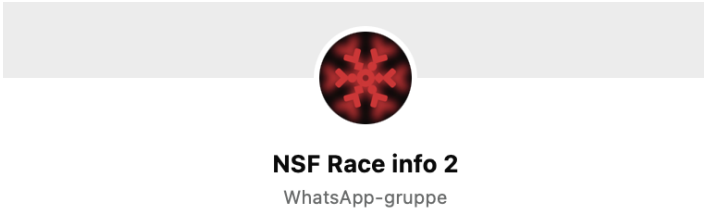




Information

Beitosprinten

One WhatsApp channel during the season.



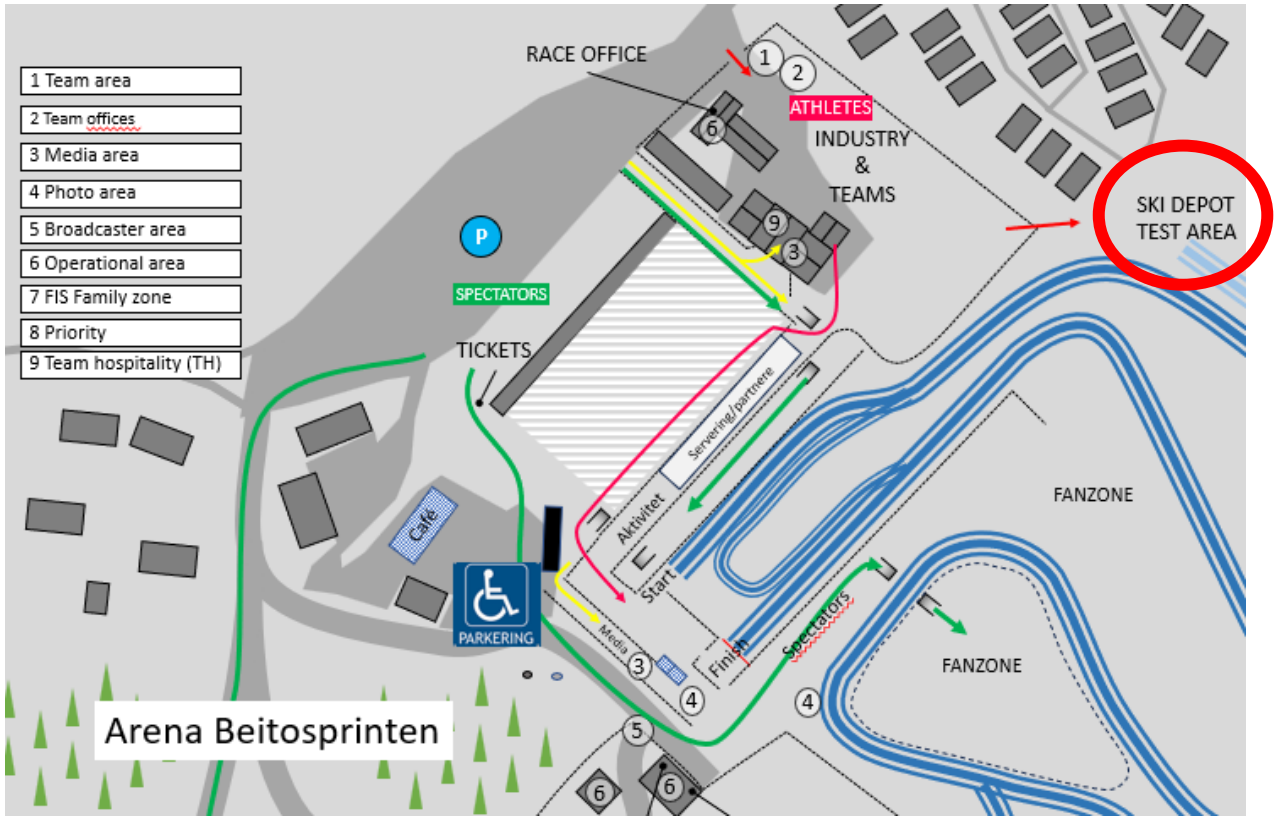
WhatsApp is the primary information channel!

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Venue

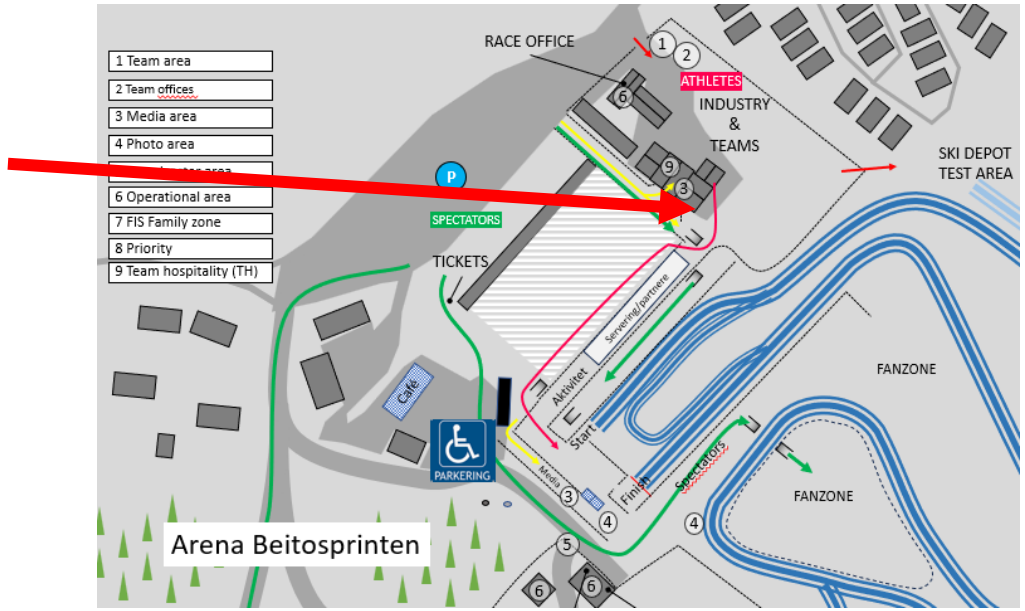
- Ski depot and test area open from 06:00 all days.



Venue

- All courses closes at 22:00 for grooming

- *Bib pick-up with EMIT chip in garage* – second chip at start
- Jury decisions published in WhatsApp
- Mark ski for fluor control



Fluor testing

Beitosprinten

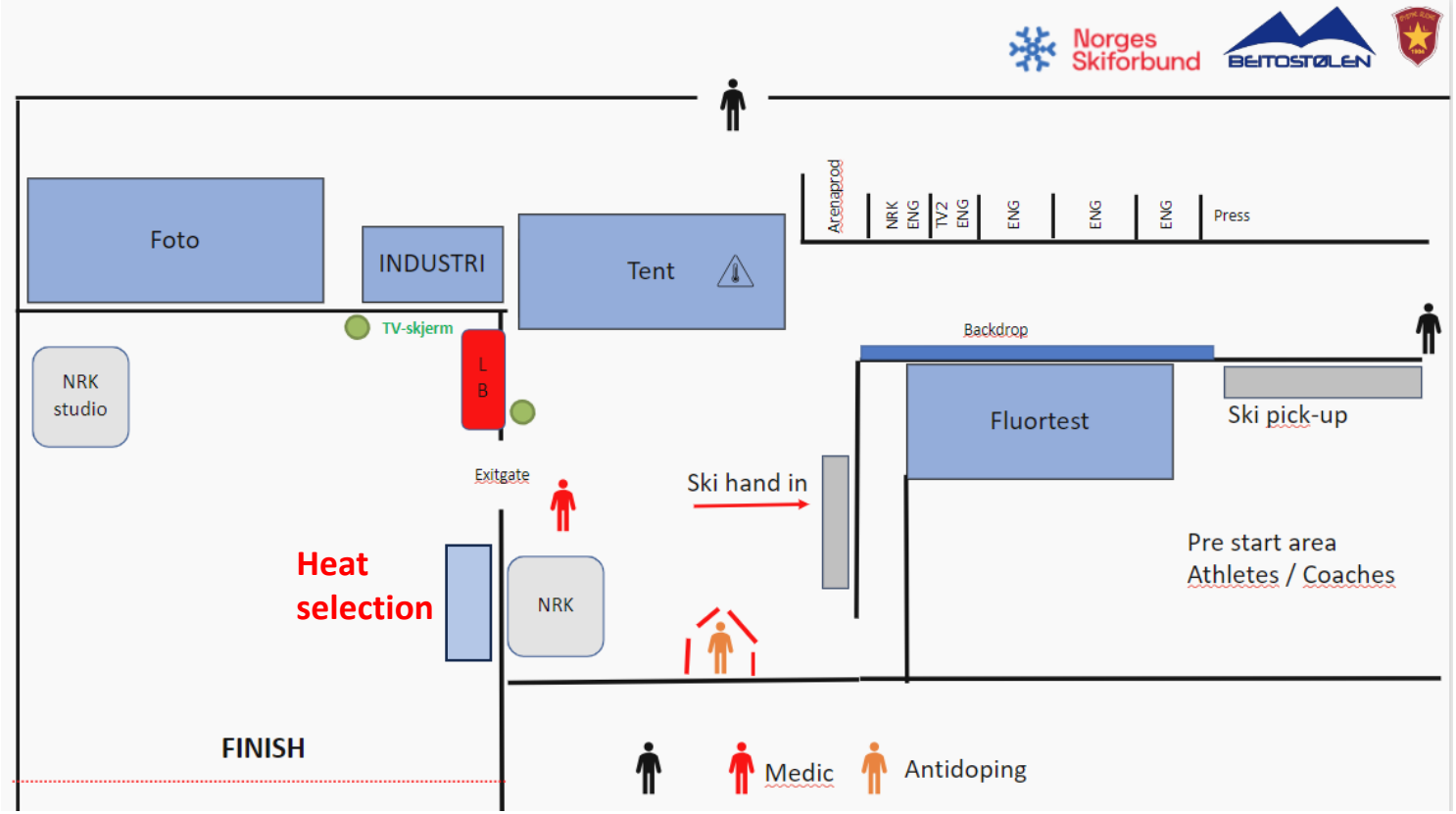
- Testing AFTER finish only!
- After finish athletes will pass a checkpoint where skies may be picked out for testing.
- **Athlete/service is responsible** to tag the ski correctly with bib number.
- Remember to change BIB number before sprint finals and next race
- SPRINT FINALS: Skies is tested for fluor after finishing each round.



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Stadium mix-zone

Beitosprinten



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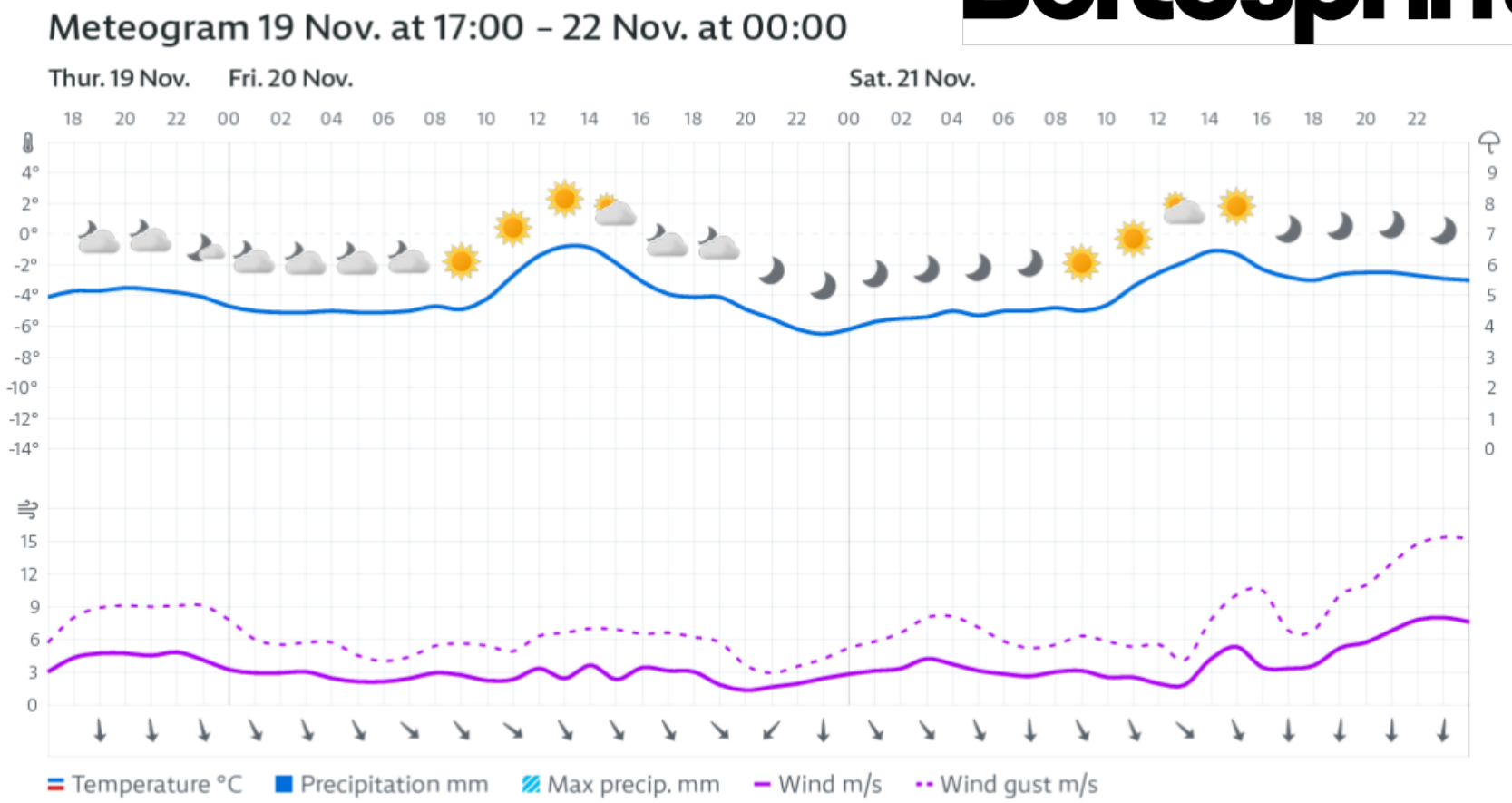
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Weather

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Grooming:

20:00 ->



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Friday

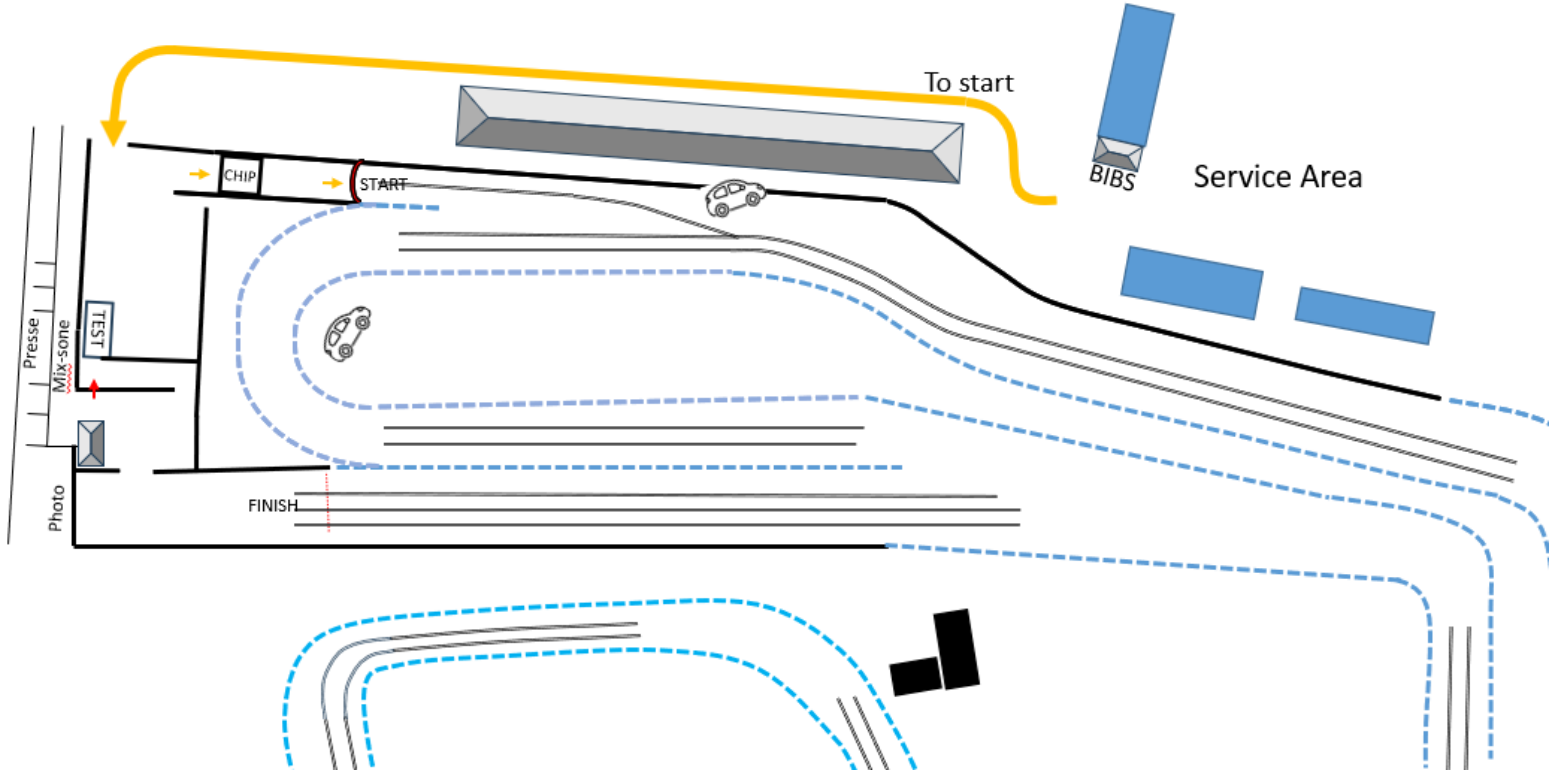
Beitosprinten

FRIDAY 20.nov		
08:00 - 16:00	Race office open	Idr.hus
08:30-09:55	Courses open	Stadion
10:00	**CC para sitski 5,0km**	**0,9km**
10:40	**CC para standing 7,5km C**	**2,5km**
11:10	**CC Women 10 km C**	**5,0km**
12:20-12:55	5,0 course open	Stadion
13:00	**CC men 10 km C**	**5,0km**
15:30	**Sponsorstafett**	Stadion
	Open course	Stadion

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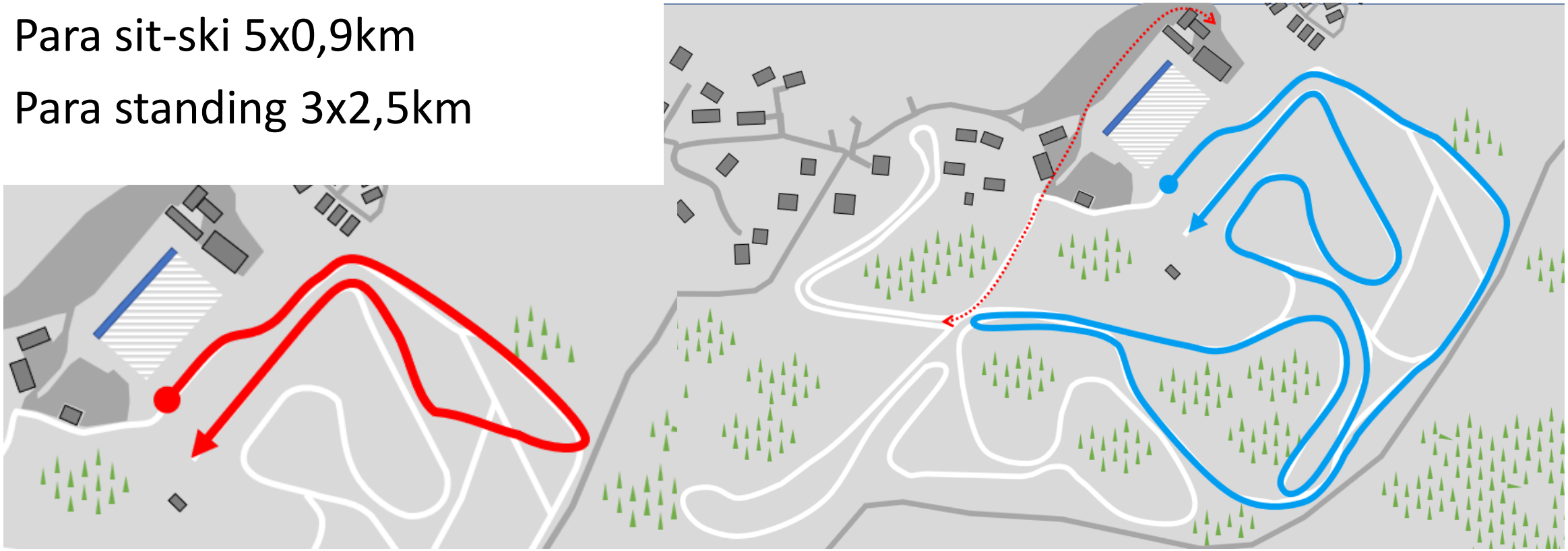
Friday

- Ceremony:
  - Para 11:20
  - Women 12:30
  - Men 15:00
- Top 3



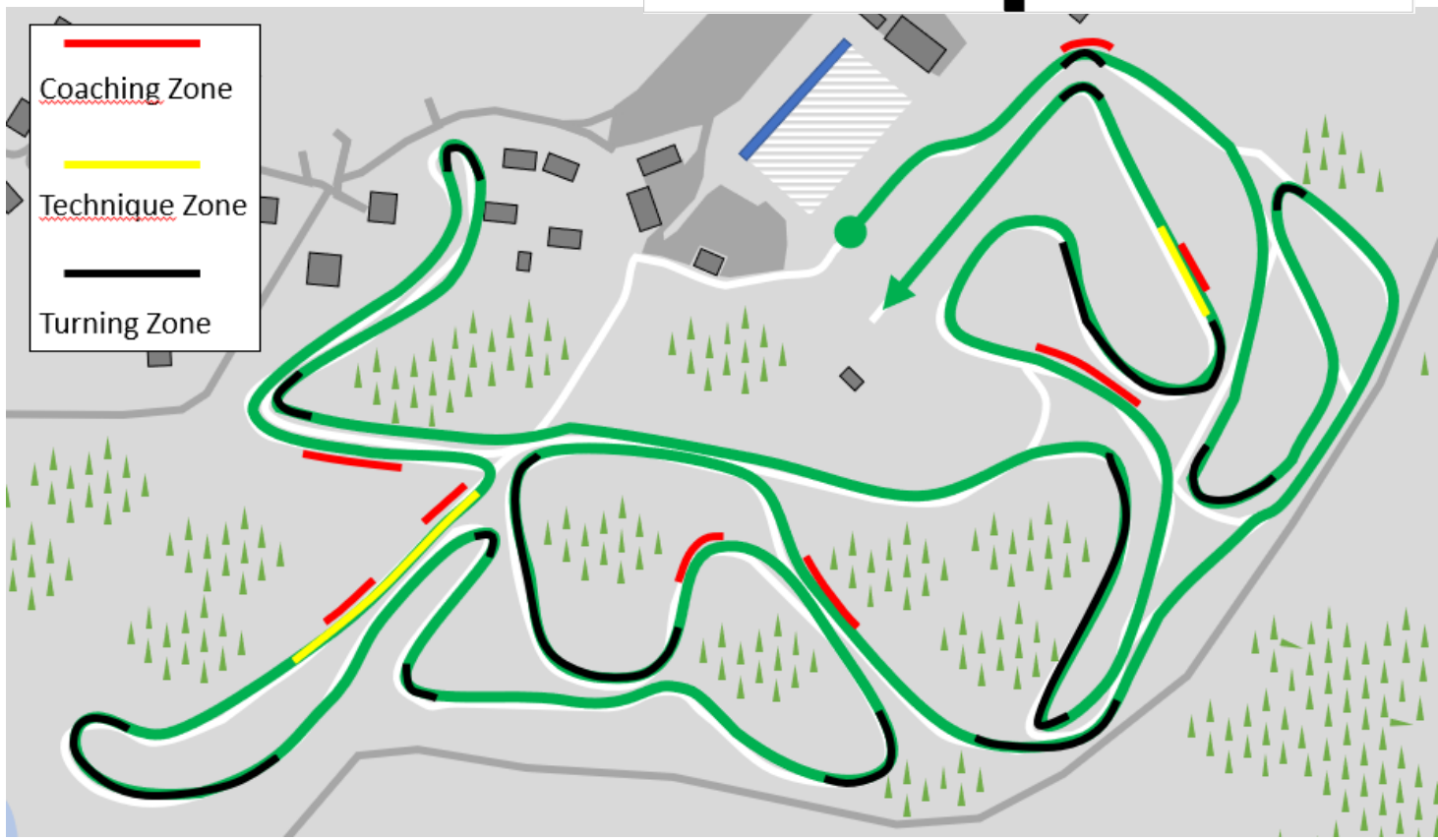
Friday

- Para sit-ski 5x0,9km
- Para standing 3x2,5km



Friday

- Women 11:10 2x5,0km
- Men 13:00 2x5,0km
- 2 tracks on the course



Saturday

Beitosprinten

Saturday 21.nov		
07:30 - 16:00	Race office open	Stadion
08:00 - 08:55	Course open	Stadion
09:00	**CC sprint para, prolog sit + stand**	**0,9/1,1km**
09:30	**CC sprint C, prolog W**	**1,3km**
10:10	**CC sprint C, prolog M**	**1,3km**
10:05	Heat selection W	
11:00	Heat selection M	
	Course open for qual. Athletes	**1,3km**
11:15	**CC sprint para, finales**	**0,9/1,1km**
12:00	**CC sprint C, finales W/M**	**1,3km**
13:40-14:00	*Re-grooming NC*	
14:15	**NC Women 5,0km IG**	**2,5km**
14:45	**NC Men 10,0km IG**	**2,5km**
18:00-20:00	Open course	Stadion

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Saturday

12:00	1/4 W				
12:05	1/4 W	12:50	1/2 W		
12:10	1/4 W			13:17	Final W
12:15	1/4 W	12:55	1/2 W		
12:20	1/4 W				

12:25	1/4 M				
12:30	1/4 M	13:05	1/2 M		
12:35	1/4 M			13:30	Final M
12:40	1/4 M	13:10	1/2 M		
12:45	1/4 M				



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Saturday

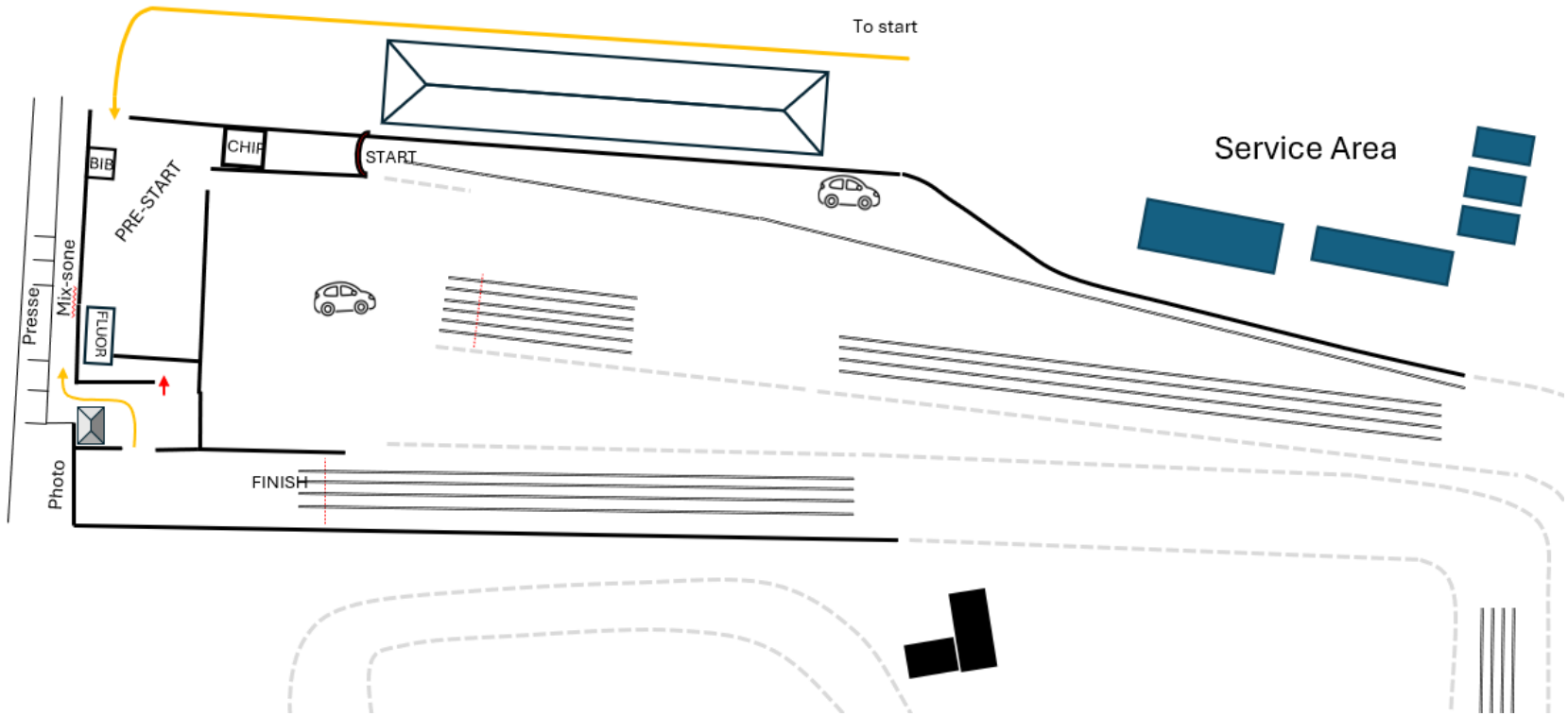
- Ceremony Para 11:45
- Ceremony CC 13:45
- Ceremony NC 15:15

- Waxing during finals according to FIS rule 343.12.7
- Lucky loosers skis…



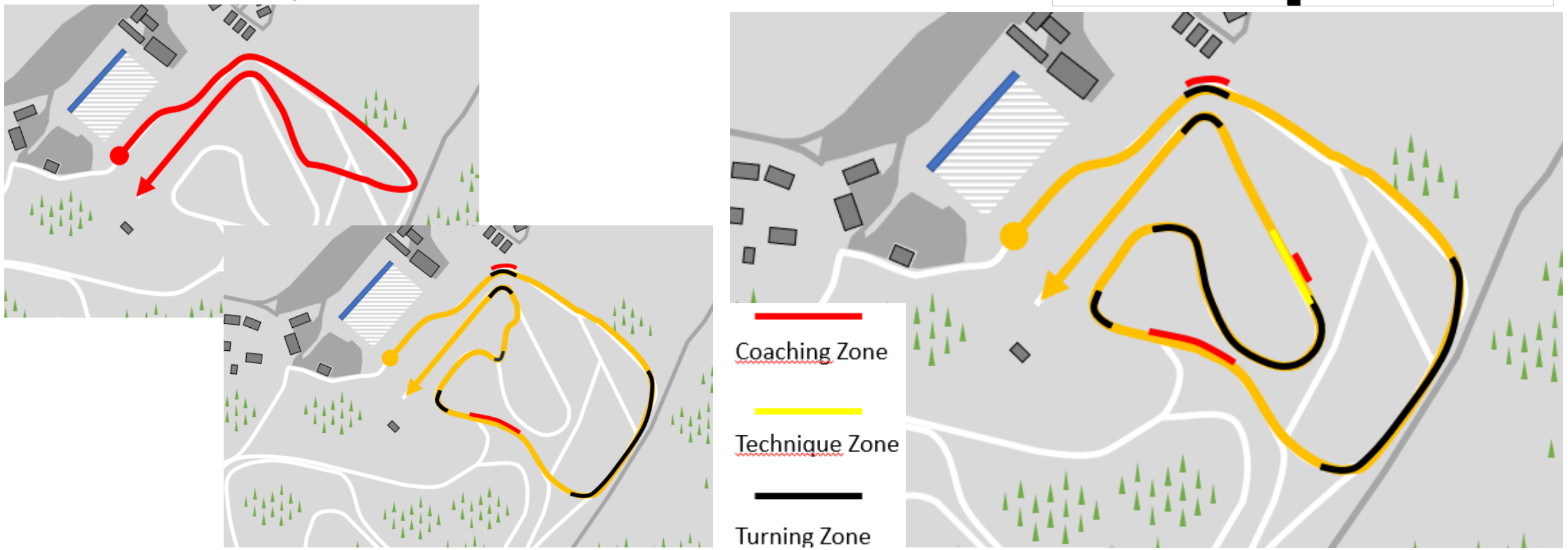
Saturday

- Ceremony:
  - Para 11:40
  - Women 13:45
- Top 3



Saturday

Beitosprinten



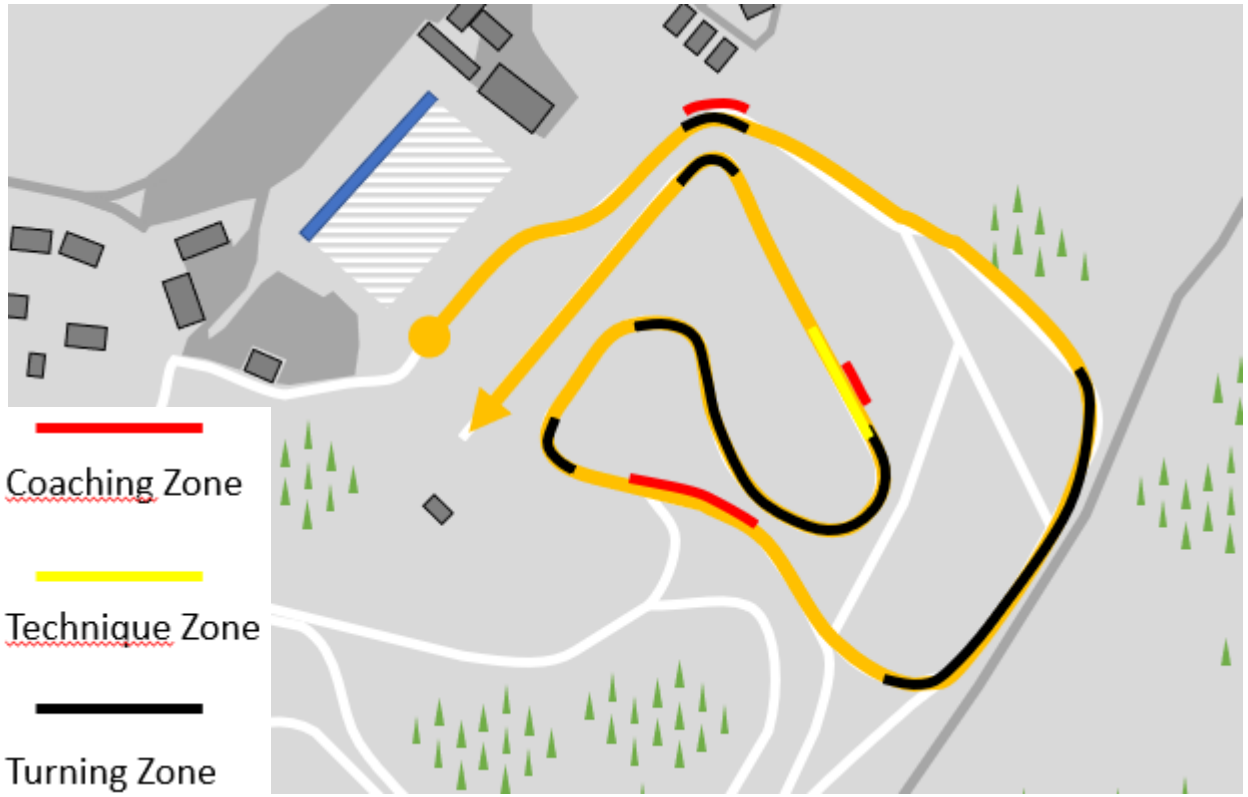
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Saturday

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- Course prep. FROM 22:00

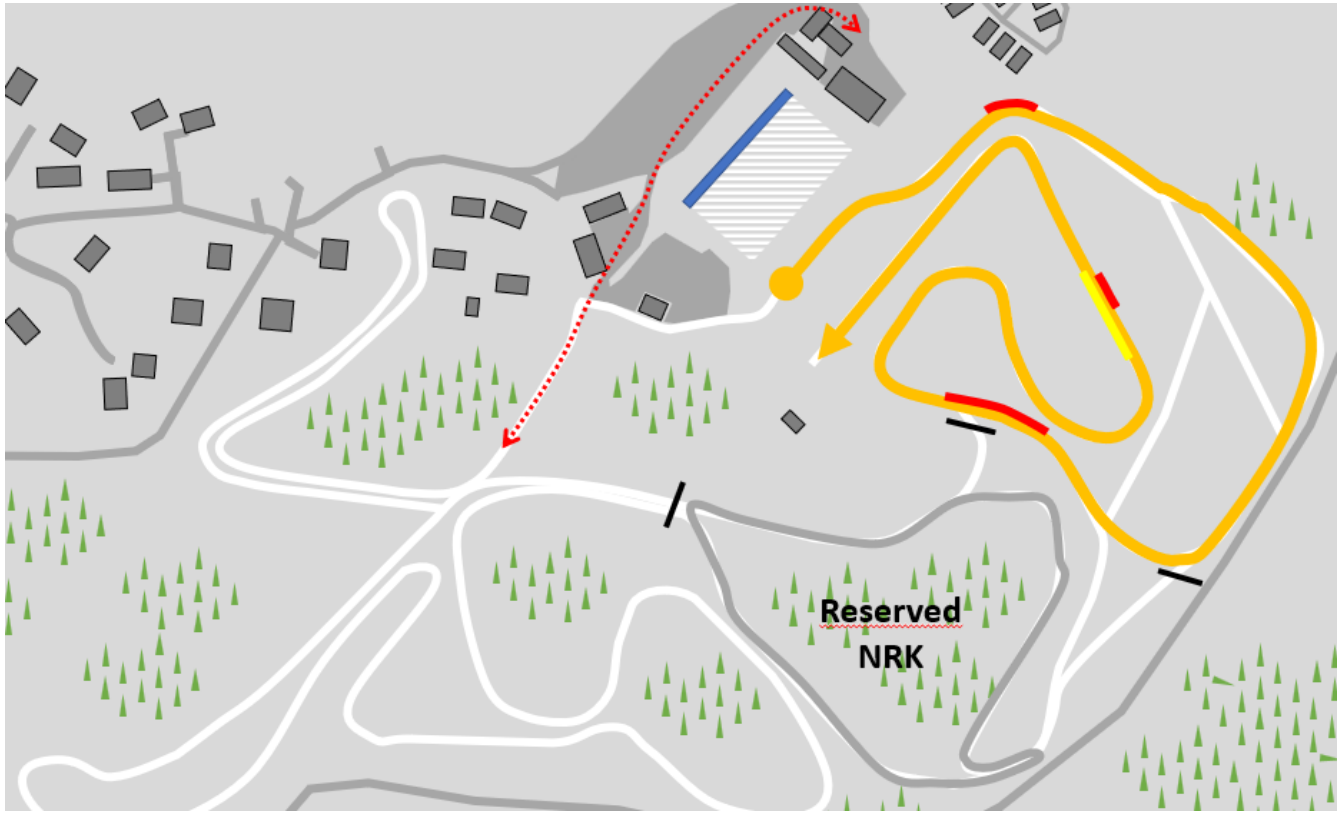
- 6 tracks on start
- 4 tracks in course (3 in final climb)
- 4 tracks to finish



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Saturday

- Sprint courses opens 09:00
- Training course in parts of 5km all day
- Access from highest points

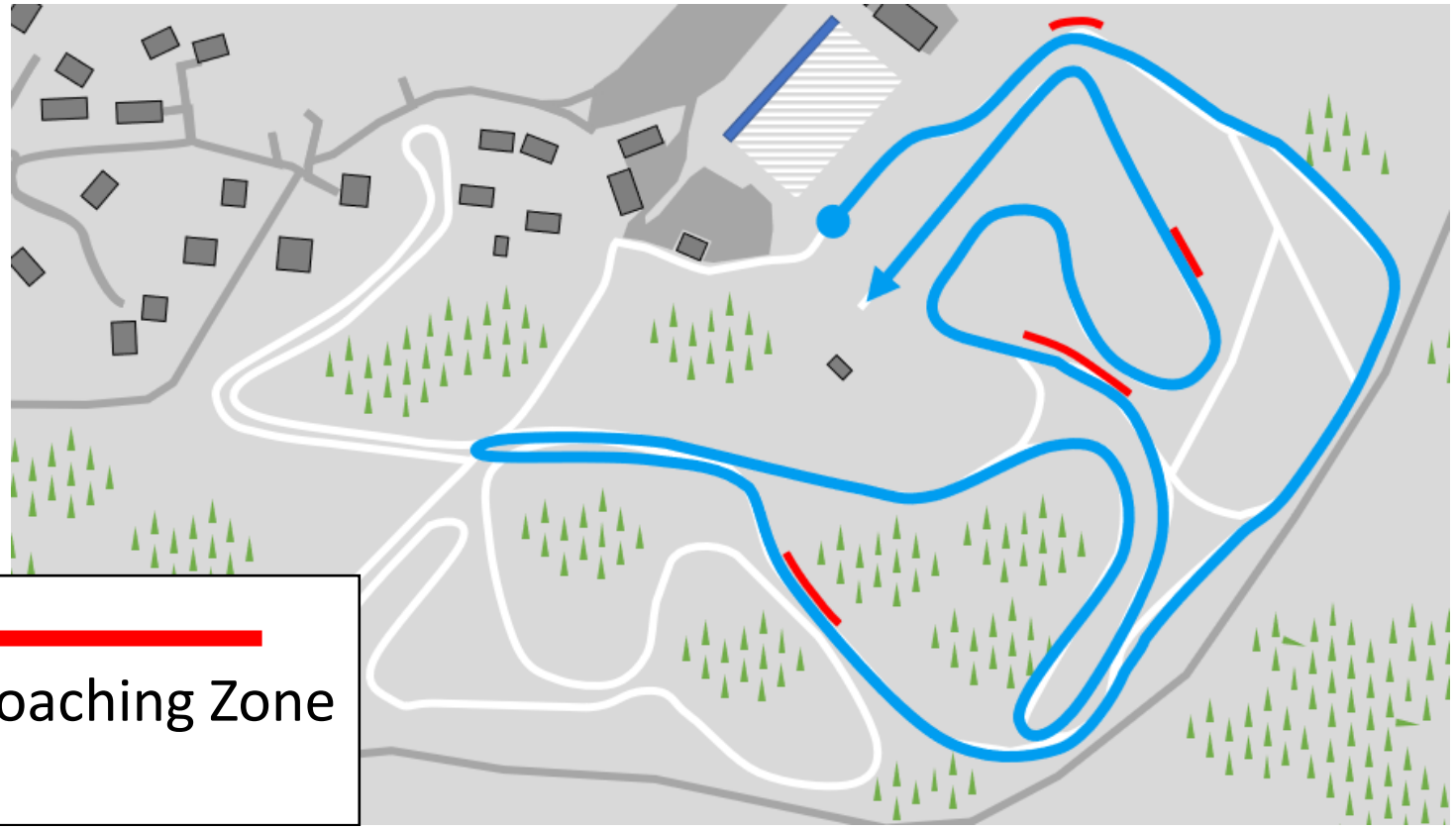


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Saturday

- Nordic Combined athletes turn around at "Asbjørn peak"

- Women 14:15
- Men 14:45



Sunday

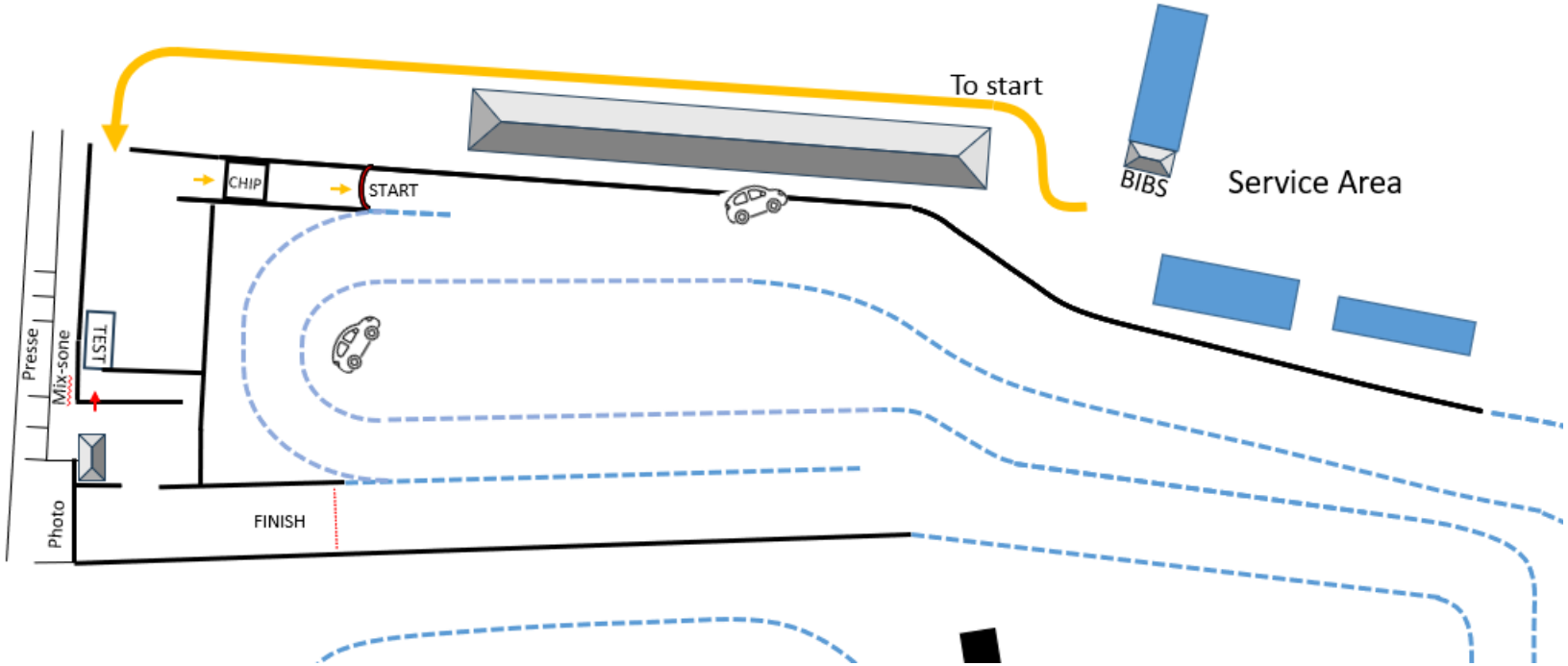
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Sunday 22.nov		
08:00 - 16:00	Race office open	Stadion
08:00 - 08:55	Course open	Stadion
09:00	**NC Women 5,0km Compact**	**2,5km**
09:30	**NC Men 7,5km Compact**	**2,5km**
10:00-10:20	**PEPPES Barnas Beitosprint**	Stadion
10:00-10:25	Course open	
10:30	**CC Women 15km FREE**	**5,0km**
12:00-12:55	Course open	
13:00	**CC men 15km FREE**	**5,0km**
16:00-20:00	Course open	Stadion

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Sunday

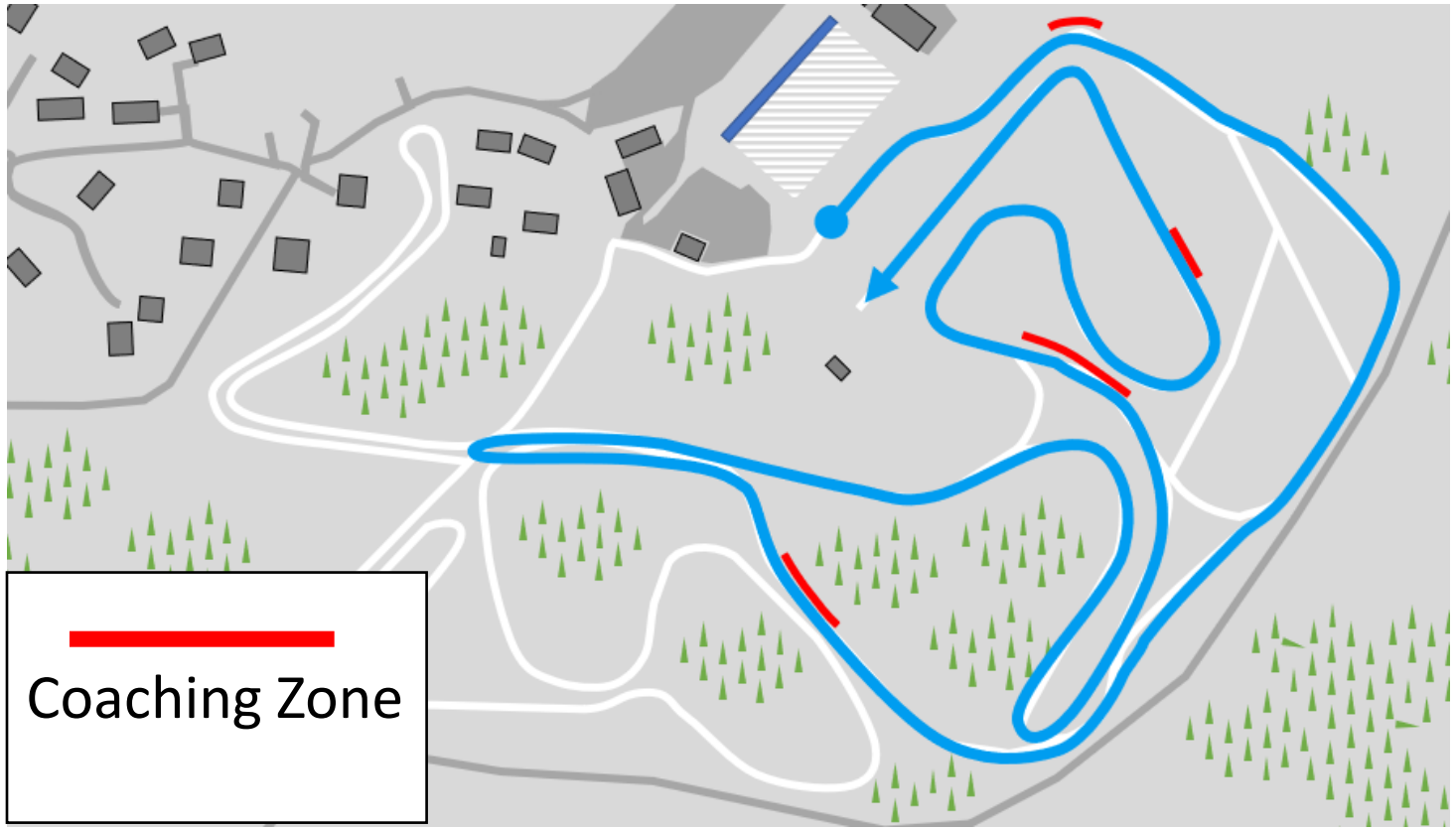
- Ceremony:
  - NC 10:10
  - Women 12:10
  - Men 15:20
- Top 3



Sunday

- Nordic Combined athletes turn around at "Asbjørn peak"

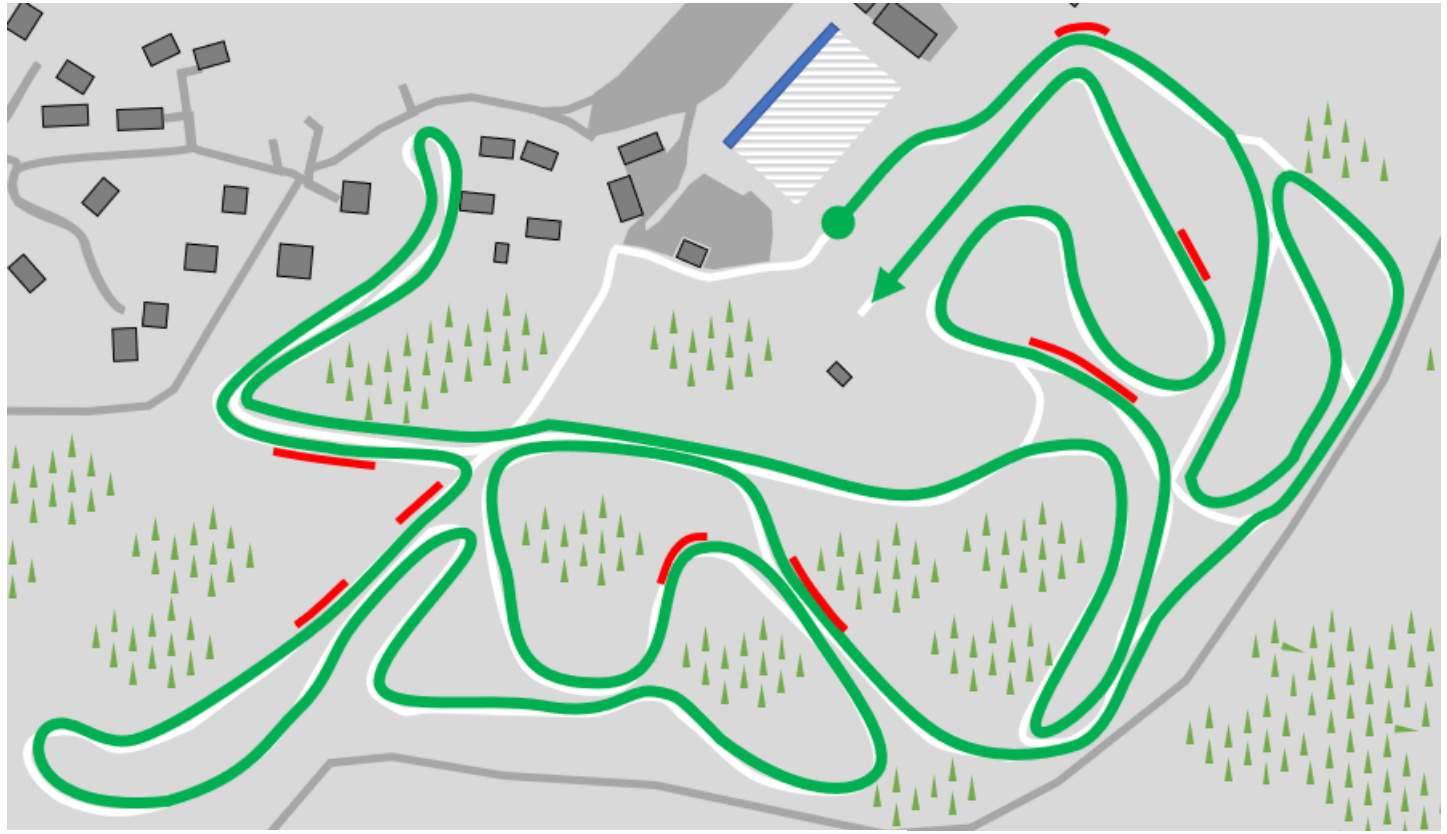
- Courses open:
  10:00 – 10:25
  12:00 – 12:55



Sunday

- Grooming starts 22:00

Coaching Zone



Beitosprinten

Sunday

- NB!
- Kids race on the stadium
  10:00 – 10:20
- Course is open
  – keep away from stadium.



Information from TD/Jury

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- ICR 310.2.1 : Technique Zone
- ICR 343.2/344.4 : Follow course direction
- ICR 343.10 : Overtaking rules

- Updated information from OC and Jury in WhatsApp every afternoon

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Info from NSF

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SPAR NC Gålå 27.-29. November:

- Competitions as planned (3,3km and sprint)
- Courses open for training from Monday
- Entry deadline on Monday

Scandinavian Cup Trondheim

- Husk helseattest for norske løpere!

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Introduction FIS ScorePlay

Beitosprinten





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What is ScorePlay?

ScorePlay is the FIS Content Exchange Platform

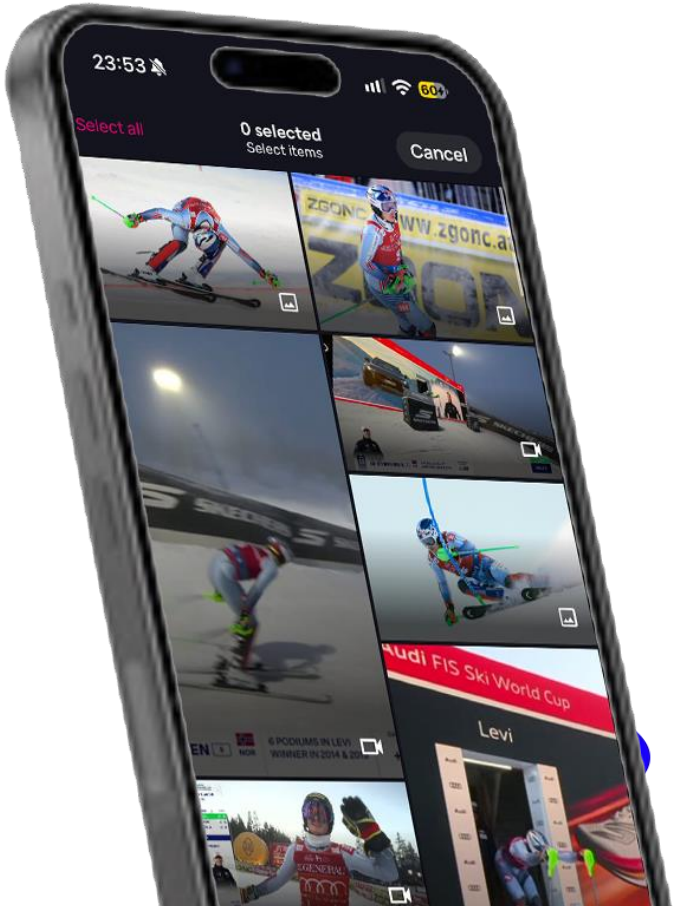
- It provides video clips for athletes and sports clubs from NRK´s official broadcast of all competitions at Beitosprinten 2026
- This has been accomplished through a good cooperation between NSF, FIS and NRK

Scoreplay opens the following opportunities:

- You can browse and download your personal clips from the competitions
- Share all clips on your personal and club´s social media accounts
- Increase your own and your club´s visibility and the visibility of cross country skiing

How to use ScorePlay?

Beitosprinten



Step 1 – Find the application

- Download the app ScorePlay to your telephone

Step 2 – Find your QR kode

- Follow the link you will find on **skiforbundet.no/scoreplay**
- Search for your name and download your QR-kode

Step 3 – Add your QR code to the app

- In the app, add the QR-code you just downloaded

Step 4 – Download clips

- Choose the clip you like and download it to your unit

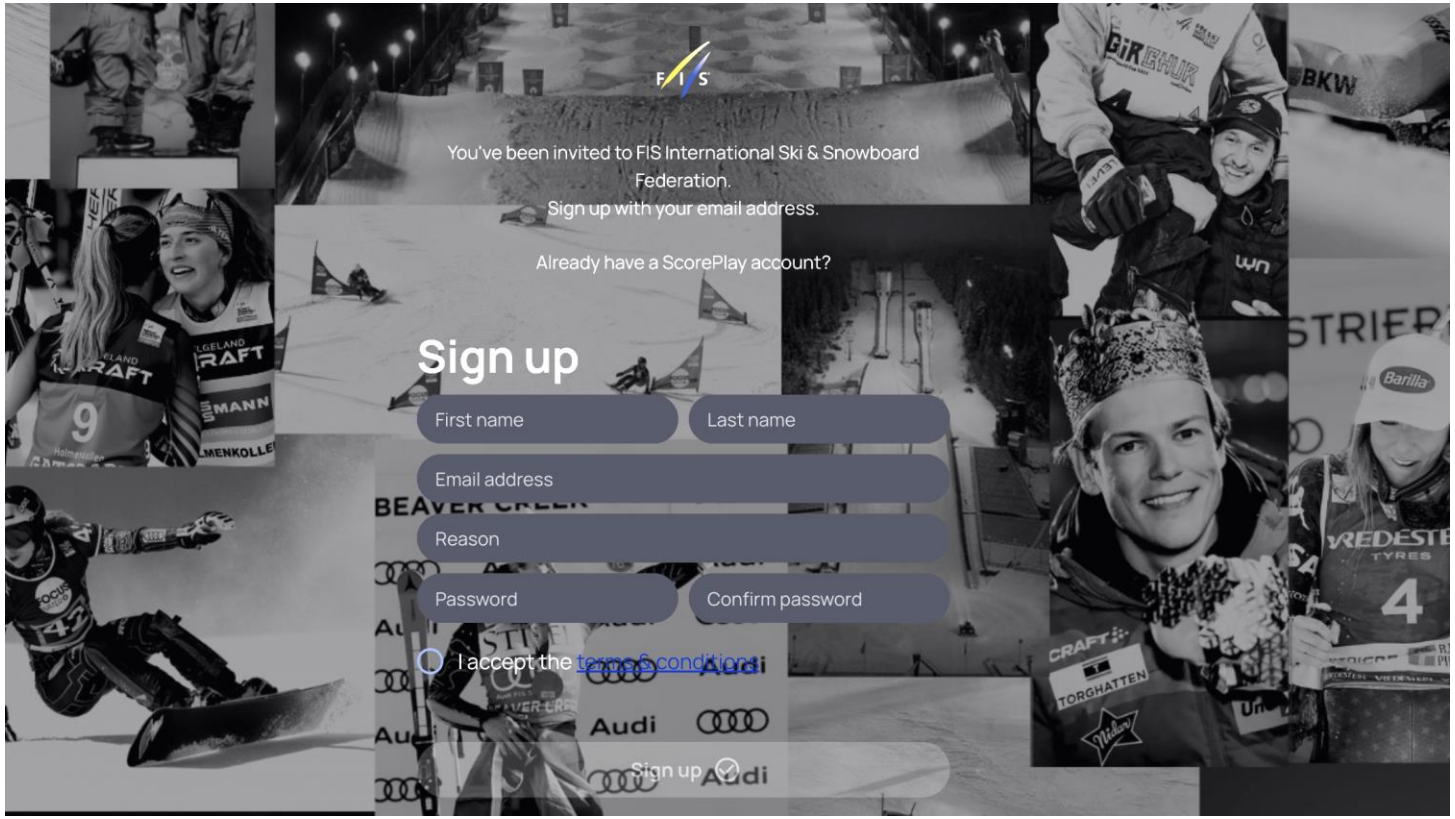
Search for athletes QR-codes

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Club accounts on ScorePlay

Beitosprinten



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Results:

fis-ski.com
beitoworldcup.com
WhatsApp

Good luck!

Foto: Terje Pedersen/NTB