

# Trollhättan Action Week SPRINT

Friday 29rd August 2025

## Competition information / PM

Last updated 2025-08-25

The information in this PM will be supplemented / updated regularly, so be aware of changes and read this PM closely into the race.

### 1 Registration

Registration via SSF TA from the 01/06 to 26/08 via the link below:

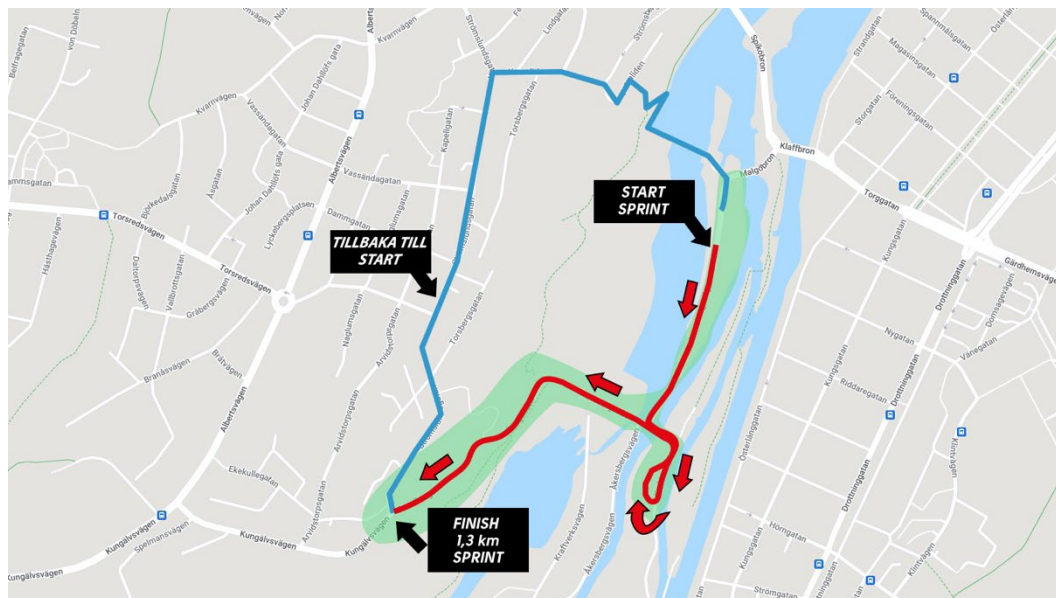
<https://ta.skidor.com/EventDetails.aspx?EventID=46814&orgid=80>

Participants registered but are not starting are asked to inform the organizer that they will not participate as soon as possible (at the latest at the team captain meeting). Registration cost of 250SEK is invoiced to the club/ team after the event.

### 2 The competition arena

The competition arena with start and finish is located around the Trollhättan falls and hydroelectric plant.

#### Overview of the competition arena



#### Overview of the start area

# TROLLHÄTTAN ACTION WEEK



## Overview of the finish area



### 3 Course

The sprint track is 1.3 km with the start place at the Alliansloppet 48 km finish area, a loop up to Trollhättans church and finish up to Landbergsliden (see map).

The course is clearly marked. Officials will be placed along the entire course.

The track is closed for traffic, but on connecting roads such as warming up north of the competition area will be busy and normal traffic rules apply. Be careful!

Both eliminated and qualified athletes are advised to take the minibuses directly to Alberts hotel from where it is only a short walk down a few stairs (see pictures above) back to the athlete's area.

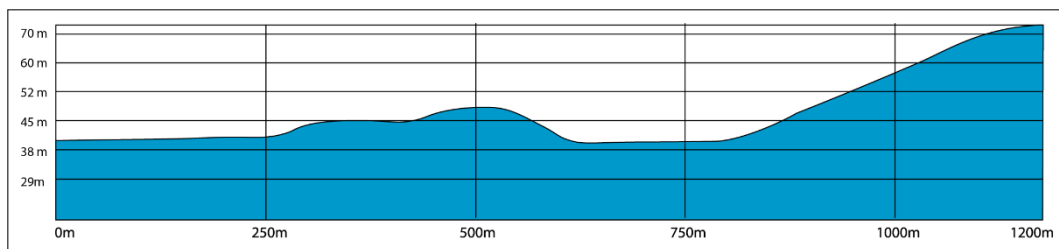
Qualified athletes will have priority access to the minibus to get back in time for the next heats.

It is also possible to ski from the finish area to the top of the stairs (Alberts hotel) but we advise to take the minibuses. The road is clearly marked with some officials along the road. The road is not closed for traffic, so be careful and obey normal traffic rules!

Athlete who are qualified for the next final shall return as soon as possible to the start via the Athlete zone. Especially between the semifinals and finals, since the time between the heats is relatively short.

NOTE: For everyone's safety, it is not allowed to roller ski down Landbergsliden hill from the finish back to the start.

### 4 Elevation profile



### 5 Start times

Qualifications Juniors (Women followed by Men): First start 13:00, 15 sec start intervals.

Qualifications Seniors (Women followed by Men): First start 13:42, 15 sec start intervals.

Quarter finals Junior ~14:51-15:40

Semifinals Junior ~15:54-16:10

Finals Junior ~16:25-16:40

Quarter finals Senior ~16:53-17:55

Semifinals Senior ~18:05-18:25

Finals Senior ~18:36-18:50

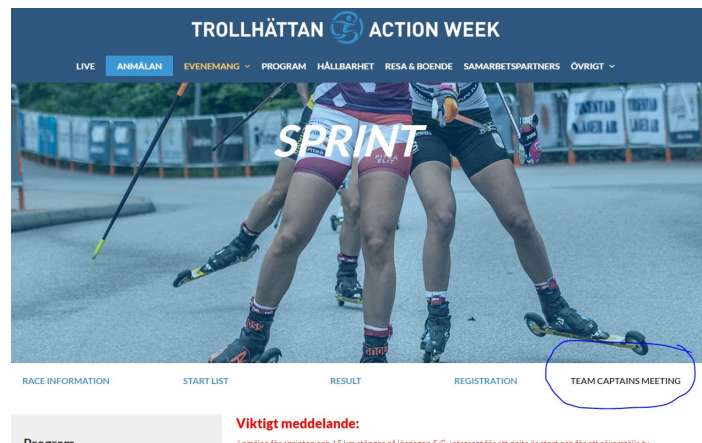
NOTE: The time between the semifinals and finals are relatively short, so qualified athletes need to have the time in focus and return to the start via the Athlete zone as soon as possible.

## 6 Team captain's meeting

By joint decision between SSF and Alliansloppet, no physical team leader meeting is held to minimize the risk of infection spreading.

The digital team captain's meeting will be held on Thur. 28<sup>th</sup> of Aug at 19:00.

Link to Teams Captain's Meeting Sprint is found on the home page under events-sprint:



The presentation will be published after the meeting at the same place/link.

## 7 Bib & Transponder distribution

Bib and timekeeping transponders (2pc) are picked up in the bibs tent on the way into the Competition Arena (next to athletes' tent).

After the qualification run the bibs and transponders are returned at the finish area.

All participants that are qualified for quarter finals will receive new bib and timekeeping transponders (2pc) at the bibs tent. After the finals they are returned at the same place as you picked them up (bibs tent).

Bib tent open from: 11:00

## 8 Provided loan skis

All skiers are provided with skate skis from Swenor – wheels number 2.

The skis are picked up outside the Athletes tent and returned on the same place after the race. The provided skis are tested on the track or the warm-up zone and can be adjusted or changed from 11:00.

Adjustments and/or possible change of skis in a limited number, are offered throughout the competition.

NOTE: It is the responsibility of each skier to pick up and keep the provided roller skis throughout the competition.

Ski hand out from 11:00.

## 9 Warm-up and official training on the track

The course is open for official training and warm-up between 11:30 -12:50, then warm-up takes place north of the start (see overview Arena / Start area). Note that it is not allowed to ski down the hill (Landbergsliden).



## 10 Toilets

Toilets are available at the competition arena at the Athlete zone and finish.

## 11 Change and bags

Athletes have access to tents at the start and finish at the Athlete zone.

Bags for change after the competition are stored at the Athlete zone at the start and handled by the respective athlete.

It is also possible to store a possible "second bag" in accessible tents at the finish zone. Handling of such a possible second bag is done by the respective athlete.

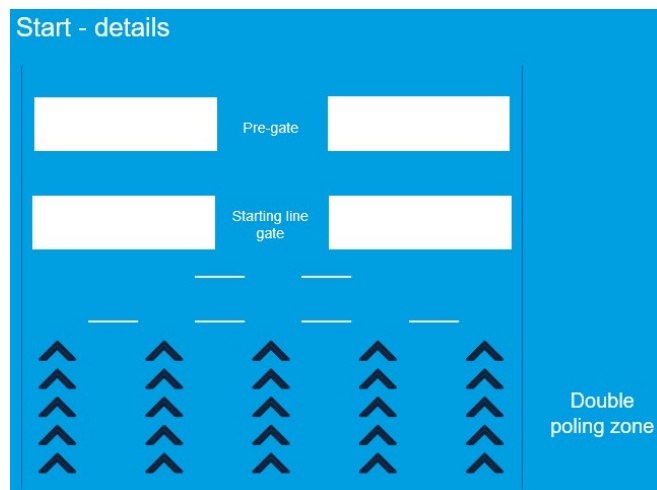
## 12 Starting procedure

Qualification: Individual start with start gate and a 15 second start gap.

Women and Men Final heats: 6 skiers per final, 5 quarterfinals (in total 30 skiers in the finals), start with starter and starting pistol, 2 best per quarterfinal plus the 2 lucky losers with best time of the quarter/ semifinal qualified for the next tour.

3 best in each semifinal is qualified for the final.

All finals have a double poling zone, see sketch:



## 13 Pole support

Pole support is allowed along the entire course. Observe security, other competitors, officials, and TV teams.

## 14 Abandon race

If you abandon the race, you must inform the officials at the arena at the finish area for safety reasons.

You must NOT cross the finish line with a transponder if you abandon the race.

## 15 Result list

The result list is posted on the competition arena and published on the website. Live results on <http://live.skidor.com/> and FIS live timing.

## 16 Protest

Any protest following ICR 261 must be submitted to a jury member not later than 15min after the results list has been published after the qualification or respective finals heats, cost 1000 SEK. Protests from finals are handled after the competition is finished.

## 17 Prize giving ceremony

Prize giving ceremony for **places 1-6 for senior men and women as well as places 1-3 for junior men and woman** takes place immediately after the finals, approximately 19:05 for both seniors and juniors on the scene at the start arena. Price money according to table below for seniors.

Position	Sprint Damer	Sprint Herrar	Alliansloppet Damer	Alliansloppet Herrar	Distans Damer	Distans Herrar	TOTAL
1	10000	10000	50000	50000	10000	10000	
2	8000	8000	20000	20000	8000	8000	
3	5000	5000	10000	10000	5000	5000	
4	3000	3000	8000	8000	3000	3000	
5	2000	2000	5000	5000	2000	2000	
6	1000	1000	2000	2000	1000	1000	
Spurtpris 1			5000	5000			
Spurtpris 2			5000	5000			
<b>TOTAL</b>	<b>29000</b>	<b>29000</b>	<b>105000</b>	<b>105000</b>	<b>29000</b>	<b>29000</b>	<b>346000</b>

## 18 Healthcare

Medical personnel are available at the competition arena in the start area with access to vehicles for a short response time throughout the course.

The medical staff can be reached via Heartbeat HLR, TEL: 0706-676959

Norra Älvsborgs Länssjukhus (NÄL) is only 6 km from the competition arena. Emergency services and officials are informed.

In case of emergency, **call 112!**

## 19 Competition form / rules and safety

The competition takes place according to the Swedish Ski Association's rules.

The competition is conducted in free technique. The competition will be televised, and the jury will follow the TV footages. Follow directives from Trollhättan Action Week officials!

Helmet and goggles are mandatory. Rain goggles may be optional after information from the jury.

Everyone ensures to maintain a high level of sportsmanship before and during the competition, we work together to avoid accidents and spread a good culture in the sport.

### Pole-tips

Pole-tips must be designed as follows:

"396.2.6 Cross-Country ski poles must be used with Cross-Country skiing tips must be used. Alternatively poles tips must have safety rigid plastic protections with diameter  $\geq 30$  mm. These protections must be placed maximum 45 mm above the metallic tips. The rule will be implemented from 01st July 2023."

## 20 Competition management

Chief of competition: Tobias Mattsson, [mtobiasmattsson@gmail.com](mailto:mtobiasmattsson@gmail.com) , +46 76 7735592

Race secretary: **TBD**

Track and security Manager: Erik Hallberg

## **21 Jury**

Technical Delegate (TD): Erik Husby (NOR)

Assistant Technical Delegate (ATD): Erik Björelind (SWE)

Chief of competition: Tobias Mattsson (SWE)