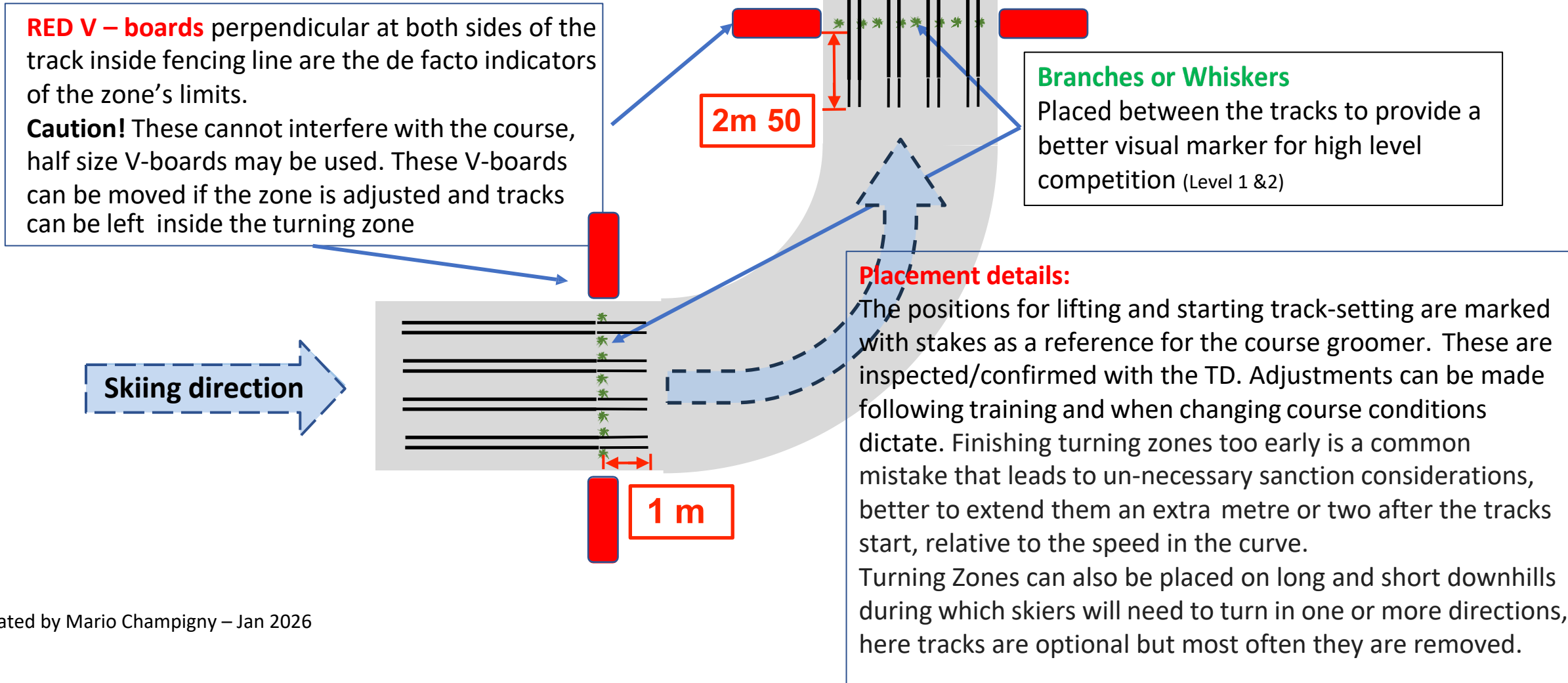


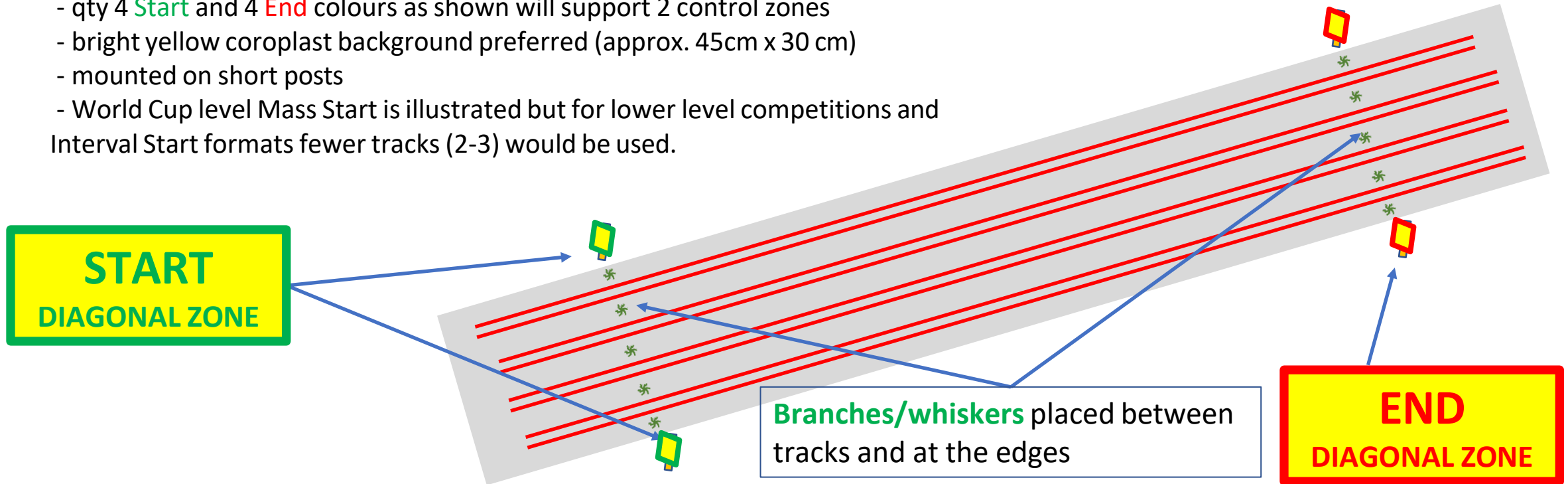
UpTurning Zone Demarcation in Classic Technique Competitions

- no signage required
- World Cup level Mass Start is illustrated but for lower level competitions and Interval Start formats fewer tracks (2-3) would be used and the branches/whiskers are eliminated.



Technique Control Zone Demarcation – Classical Technique Competitions

- signage only, no V-boards
- qty 4 **Start** and 4 **End** colours as shown will support 2 control zones
- bright yellow coroplast background preferred (approx. 45cm x 30 cm)
- mounted on short posts
- World Cup level Mass Start is illustrated but for lower level competitions and Interval Start formats fewer tracks (2-3) would be used.



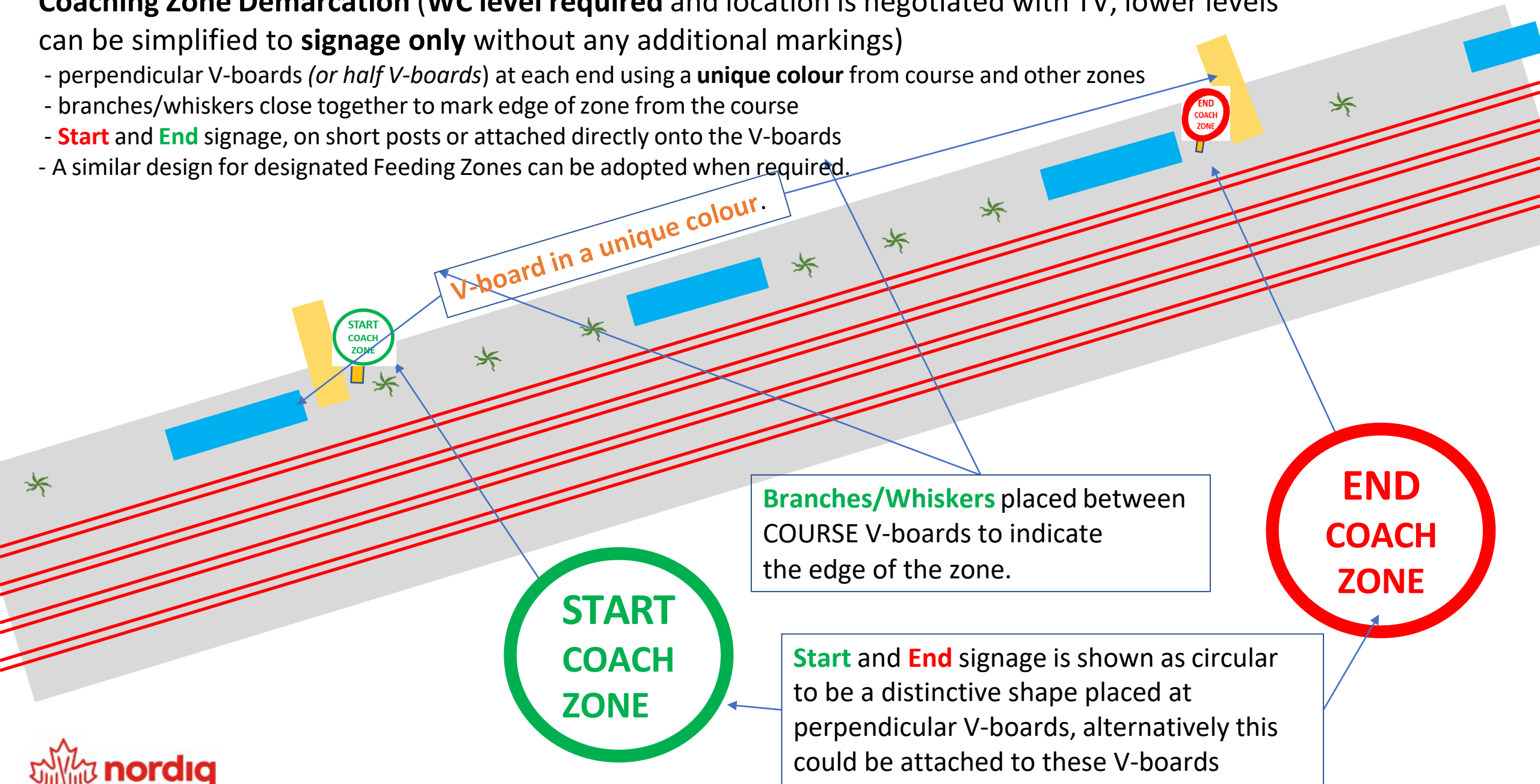
Placement Details: To be located on an uphill with **avg gradient 14-16%, zone length 50 – 70 m**, ideally straight or with slight curve and not too short. The START location must be placed part way up the hill 2-3 metres after the natural transition into Diagonal Technique, this point depends on the speed for the faster skiers in the days competition. The END should be marked just before the skier crests the top of the climb, these positions must be confirmed by the TD and observed during training.

The most common error in setting this zone is that it starts too early and skiers with too much speed cannot easily or naturally make the change into diagonal technique until they slow down.

It may be a fact that some courses do not offer any good possibilities, new courses [proposals should](#) consider this need in designing good uphill. These technique control zones should be controlled by video [recording](#).

Coaching Zone Demarcation (WC level required and location is negotiated with TV, lower levels can be simplified to **signage only** without any additional markings)

- perpendicular V-boards (or half V-boards) at each end using a **unique colour** from course and other zones
- branches/whiskers close together to mark edge of zone from the course
- **Start** and **End** signage, on short posts or attached directly onto the V-boards
- A similar design for designated Feeding Zones can be adopted when required.



Timing Points Demarcation – Intermediate Times and Bonus Sprint (WC only)

- FIS Marketing towers on the side
- No V-boards are required

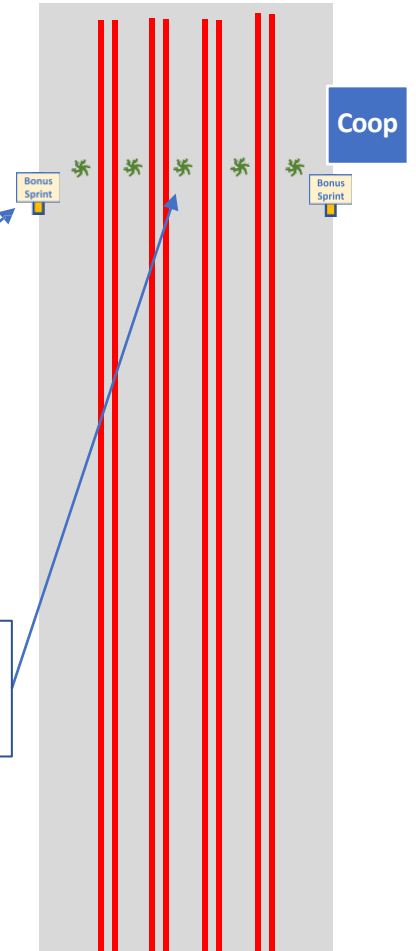
Intermediate
Timing

Coop

Branches/whiskers
only at the sides

Bonus
Sprint

Branches/whiskers placed between
Tracks (in Classic) and at the edges



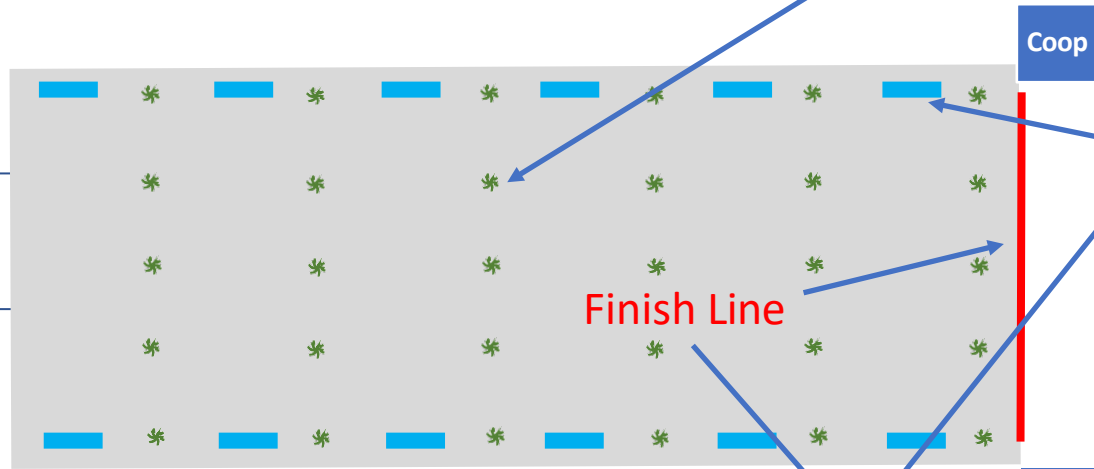
Finish Corridors & Finish Line

(fewer corridors/tracks required below WC level)

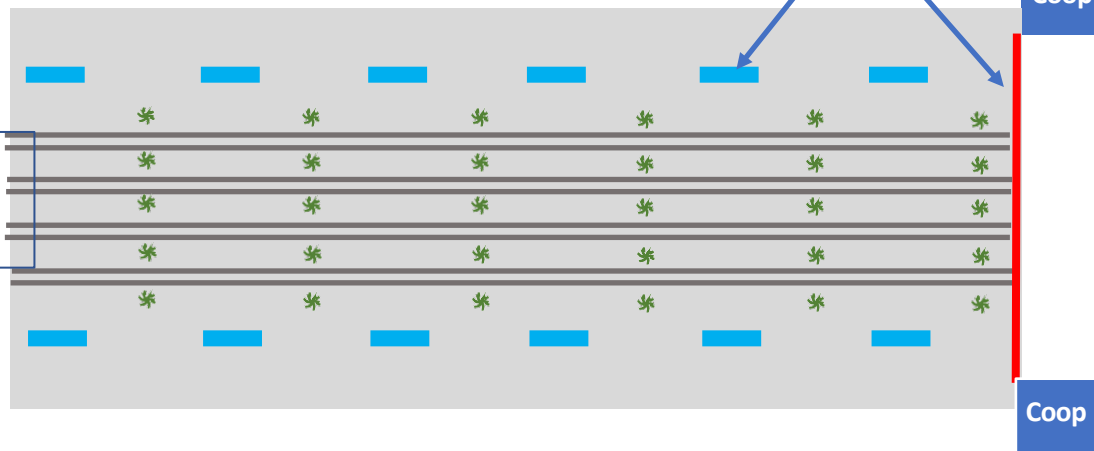
Branches/whiskers placed between tracks or corridors and at the edges
Course V-boards on the edge of defined track

V-Boards are placed to define the edge of the course. When fewer corridors or tracks are used as per ICR, the v-boards should be moved in to within .5 m from the tracks or defined corridor. This is an ideal opportunity to use 'closed ended' v-boards to reduce risk of ski snags.

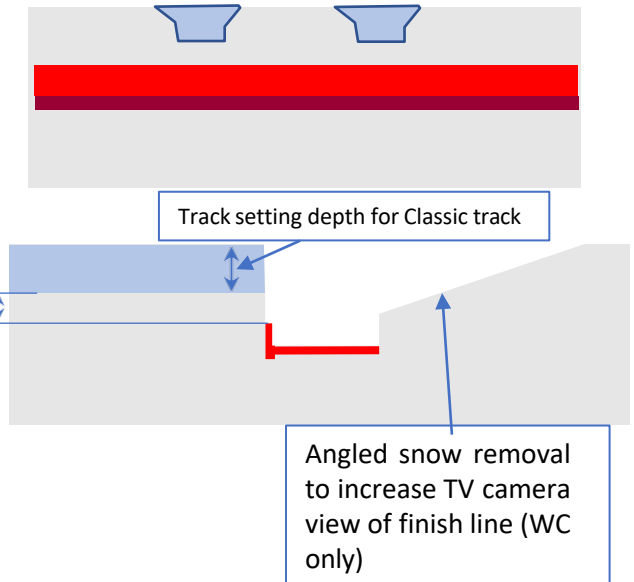
Free Technique
- marked corridors



Classic Technique
- marked corridors



Finish Line Profile (not to scale)



Relevant FIS ICR technique references:

Section 310.2 Technique Definitions

Course, Start & Finish Zone specifications

Section C. Competition Formats

321. Interval Start

322. Mass Start Comp.

323. Skiathlon Comp.

324. Pursuit Comp.

325. Individual Sprints

326. Team Sprints

327. Relay Comp.

Relevant FIS Homologation Manual references:

Sections - 4.6 Sprint Competitions

- 5.1 Uphill Terrain (last paragraph)