



## Invitation to Senior NM (NC) Norway 2023 Downhill, AC, Super-G, GS and SSL Trysil 20-26 March 2023

On behalf of Trysil IL and Snowteam Trysil and in co-operation with Norges Skiforbund we would like to invite you to Senior NM Trysil 2023.

**The race is open for women and men with a FIS license.**

Regarding Covid-19 restrictions we need all to note the following:

- There are currently no restrictions regarding the actual races. However, we will monitor any changes in directions from the national and local authorities and inform about any implications for the races
- With regards to travel and entry restrictions, all foreign participants must check the current regulations on <https://www.regjeringen.no/en/topics/koronavirus-covid-19/travel-to-norway/id2791503/>

**Team Captain Meetings:** All Team Captain meetings will be held physically as well as on Teams. Link will be shared on [NM Alpint 2023 Trysil](#) on Facebook

Sunday March 19<sup>th</sup> 15.00  
Monday March 20<sup>th</sup> 19.30  
Tuesday March 21<sup>st</sup> 19.30  
Wednesday March 22<sup>nd</sup> 19.30  
Thursday March 23<sup>rd</sup> 19.30  
Friday March 24<sup>th</sup> 19.30  
Saturday March 25<sup>th</sup> 19.30

**FIS License:** According to FIS Rules

We maintain the right to change the schedule without prior notice, and it is up to the participants to keep themselves informed. Changes will be published on the Facebook page [of NM Alpint 2023 Trysil](#) or communicated on Team Captains Meeting.

**Race program Monday March 20<sup>th</sup>**

<b>Women Race 1</b>	Start 1 <sup>st</sup> run	13.15
TRA DH Training Codex 6081	Start 2 <sup>nd</sup> run	15.00

<b>Men Race 1</b>	Start 1 <sup>st</sup> run	08.45
TRA DH Training Codex 1120	Start 2 <sup>nd</sup> run	11.00

**Race program Tuesday March 21<sup>st</sup>**

<b>Women Race 1</b>	Start 1 <sup>st</sup> run	13.15
TRA DH Training Codex 6082	Start 2 <sup>nd</sup> run	15.00

<b>Men Race 1</b>	Start 1 <sup>st</sup> run	08.45
TRA DH Training Codex 1121	Start 2 <sup>nd</sup> run	11.00

**Race program Wednesday March 22<sup>nd</sup>**

<b>Women Race 1</b>	Start 1 <sup>st</sup> run	14.00
NC DH Sprint Race Codex 6083	Start 2 <sup>nd</sup> run	16.00

<b>Men Race 1</b>	Start 1 <sup>st</sup> run	08.30
NC DH Sprint Race Codex 1122	Start 2 <sup>nd</sup> run	11.15

**Race program Thursday March 23<sup>rd</sup>**

<b>Women Race 1</b>	Start 1 <sup>st</sup> run	09.00
NC Alpine Combined Codex 6085	Start 2 <sup>nd</sup> run	13.00

<b>Men Race 1</b>	Start 1 <sup>st</sup> run	10.00
NC Alpine Combined Codex 1124	Start 2 <sup>nd</sup> run	14.00

**Race program Friday March 24<sup>th</sup>**

<b>Women Race 1</b>	Start 1 <sup>st</sup> run	09.00
NC Super-G Codex 6086		

<b>Men Race 1</b>	Start 1 <sup>st</sup> run	11.30
NC Super-G Codex 1125		

**Race program Saturday March 25<sup>th</sup>**

<b>Women Race 1</b>	Start 1 <sup>st</sup> run	07.45
NC Giant Slalom Codex 6087	Start 2 <sup>nd</sup> run	10.00

<b>Men Race 1</b>	Start 1 <sup>st</sup> run	12.00
NC Giant Slalom Codex 1126	Start 2 <sup>nd</sup> run	14.45

**Race program Sunday March 26<sup>th</sup>**

<b>Women Race 1</b>	Start 1 <sup>st</sup> run	07.45
NC Slalom Codex 6088	Start 2 <sup>nd</sup> run	10.00

<b>Men Race 1</b>	Start 1 <sup>st</sup> run	12.05
NC Slalom Codex 1127	Start 2 <sup>nd</sup> run	15.00



**Award ceremony**

Prize ceremony and prizes for nr 1-6 in NC. Location will be presented on [NM Alpint 2023 Trysil](#) on Facebook and on TCM

Prize money for FIS (will be sent by VIPPS/Bank). Gifts for Jr.1 winner in FIS

**Technical data**

Name	Trysil Høgegga
Event	FIS Super-G (SG)
Start GS	769 m
Finish	417 m
Height difference	352 m
Homolog. number	

**Technical data**

Name	Trysil Høgegga
Event	FIS Super-G (SG)
Start GS	769 m
Finish	417 m
Height difference	352 m
Homolog. number	14502/03/22

**Technical data**

Name	Trysil Høgegga
Event	FIS Giant Slalom (GS)
Start GS	705 m
Finish	415 m
Height difference	290 m
Homolog. number	12875/10/18

**Technical data**

Name	Trysil Høgegga
Event	FIS Slalom (SL)
Start SL	585 m
Finish	415 m
Height difference	170 m
Homolog. number	12876/10/18

**FIS TD**

Wickmann Urban mob



<b>Race director</b>	Arild Olsen	mob (+47) 46500915
<b>Entries</b>	<a href="http://www.minidrett.no">www.minidrett.no</a> (Norwegian athletes) <a href="mailto:alpintrysil@gmail.com">alpintrysil@gmail.com</a> (Foreign athletes)	
<b>Entry deadline</b>	Thursday, March 16th 2023	
<b>Entry fee</b>	<p><b>Norway:</b> NOK 320,-/465,- per race, NOK 225,- DH training. Payment with entry in minidrett.no</p> <p><b>Other countries:</b> EUR 20,-/NOK 200,- per race (Also for all Nordic entries inside the quota and for all entries outside Nordic)</p> <p>Payment IBAN NO5718134107401 BIC/SWIFT SHEDNO22 Norway</p>	
<b>Lift ticket</b>	<p>Order lift ticket in groups per Ski gymnasium from this email address <a href="mailto:support.trysil@skistar.com">support.trysil@skistar.com</a>. Lift tickets must be picked up at "Velkomstsenteret" (not in Høgegga). Price adults: 357 NOK, Youth: 285 NOK. Skipass card 55 NOK</p> <p>All Nordic and outside Nordic Racers inside and outside FIS Quota will have to pay lift tickets, and it is not included in the entry fees.</p> <p>1 free coach ticket when more than 10 racers</p>	
<b>Race office</b>	Høgegga 2 <sup>nd</sup> floor of "Målhus"	
<b>Race secretary</b>	Marit Steinmoen Haugen	mob +47 90526201
<b>Race office open</b>	Opens 1 hour before inspection	
<b>Accommodation</b>	<p>See attachment for more information. Booking through email: <a href="mailto:sales.trysil@radissonblu.com">sales.trysil@radissonblu.com</a></p> <p><b>Deadline for booking is February 20<sup>th</sup> 2023</b></p>	
<b>Training:</b>	<p>Training can be booked through Trysil Race Academy – David Hansson</p> <p><a href="mailto:David.hansson@trysilraceacademy.no">David.hansson@trysilraceacademy.no</a></p>	
<b>Social Media:</b>	<a href="#">Facebook</a>	

We wish all racers and officials welcome to Trysil!

**Trysil, November 15<sup>th</sup> 2022**

Best regards  
Trysil IL / Snowteam Trysil



#### [ NM ALPINE ]

##### Address

Radisson Blu Mountain Resort Trysil  
Fageråsen  
2420, Trysil

#### [ ACCOMONDATIONS ]

Single rom, double rom, 4 persons apartment or 6 persons apartment

**Price:** NOK **1590** per person in single occupancy per night  
NOK **1090** per person in double occupancy per night  
NOK **890** per person in shared apartment (Based on 4-6 persons apartment)

**Included:** Accommodation  
Super breakfast buffet  
Sandwich box from breakfast hall - Self service  
Alpine dinner  
Free Wifi  
Ski storage and preparations facilities in garage  
Access to conference rooms  
All prices include tax and surcharges.

Bookings are done individually by the clubs and all request shall be sent directly to the hotel by email [sales.trysil@radisson.com](mailto:sales.trysil@radisson.com).

**All reservations need to be confirmed before 20<sup>th</sup> of February.**

##### General information about the hotel

Check in: From 16:00  
Check out: 11:00

##### Breakfast is served:

20-24<sup>th</sup> of March 06:00-08:00  
25-26<sup>th</sup> of March 05:30-07:30

##### Dinner is served:

20-22<sup>th</sup> 18:00-20:00  
23-25<sup>th</sup> 20:00-22:00

SPA entrance and Gym access cost extra



[ ROMKATEGORIER ]

Enkelt og dobbeltrom



Leilighet / 6-senger



Leilighet / 4-senger

