



**INTERNATIONAL MASTER CHAMPIONSHIPS 2023**  
**SKI JUMPING & NORDIC COMBINED**

**ZAKOPANE POL**  
**30<sup>th</sup> of January – 4<sup>th</sup> of February**



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## **VENUE**

The Zakopane Średnia Krokiew Ski Jumping Center consist of five ski jumping hills :

- K-15
- K-23
- K-37
- K-65
- K-95

Equipped with artificial snow making installation and ice tracks.

Średnia Krokiew is a venue of various national and international sport events.

Zakopane is a Tourist Resort and we have the experience of tourism and hospitality and can provide with very good services your staying here in various standards of hotels and enjoying good meals making this event one to remember.

## **IMC 2023 COMPETITION GUIDE LINES**

The International Masters Championships 2023 in Zakopane for ski jumping and Nordic Combined will follow the official IMC rules and the following competition guidelines confirmed by the IMC. Please be aware, that any content might be subject to change through the organizer, the IMC officials or through arrangements in the team captains meeting.

### **Ski Jumping**

- Every competitor (male, female) can participate two (2) personal competitions organized in two different size hills.
- Following hills are available in the Średnia Krokiew Zakopane : K-37, K-65, K-95. From these you can choose 1-2 hills with a K-point next to each other (K-37 and K-65 or K-65 and K-95).
- Participants in official competitions compete in following age groups:  
30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89...
- Age prior to 1.1.2023 determinates the age group.
- If a group has less than three (3) competitors, they will compete in next younger age class. This applies to all groups.
- A special invitation junior veteran (rookie) ski jumping competition will be organized for age group 20-29 for men and women on all hills (K-37, K-65, K-95).
- Women are asked in entry form to inform the size of the hills in which they are willing to compete.
- The event will start in the following order, oldest to youngest classes.
- Rules for the distribution of Points: three (3) judges with style points. National teams can also register their own judges. A licence issued in their own country is required for the Participation. Registered judges will be drawn for each competition. If there are no judges registered until 20<sup>th</sup> of January they will be provided by the organizer.

### **Nordic Combined**

- Every competitor can register to only one (1) personal Nordic combined competition, which will be organized following the Gundersen method and free style.
- For Nordic Combined, only one (1), the first jump from ski jumping competition is counted.
- K-65, classes between 30-34, 35-39, 40-44, 45-49, 50-54 and 55-59



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- K-37, classes 60-64, 65-69, 70-74, and over 75 years.
- Master Recruiting group Nordic Combined :  
This is an invitation for Masters Rookies recruitments – women and men.
- Points are collected and converted to time difference for cross country skiing.
- Tracks are of medium difficulty. Skiing distances are:

Age Group as of 1.Jan.2023	Hill	Distance	Points/Minute
30-49	K-65	8km	15
50-59	K-65	6km	20
60-69	K-37	4km	25
70+	K-37	2km	40
Acquisition Master Recruiting 25-59	K-65	4km	25
	K-37	4km	25

- Competition starts from oldest age groups. 2 km, 4 km, 6km and will finish by 8 km races.
- CC tracks are open for trainings 8am-20pm – attend with starting bibs

#### **Team events K-65**

- Team entries will be made in team Captains meeting.
- National teams are composed of four (4) competitors
- Mixed teams can also participate, but those will compete outside of official competition.
- Team should have one (1) jumper from each following age groups: 30-39 years, 40-49 years, 50-59 years and over 60 years. Athlete can also represent his team in age group younger than athlete's own age.

## **ACCOMMODATION AND TRANSPORT**

For assistance on accommodation, transport and for further information on touristic infrastructure/events please contact: [imcszczyrk@gmail.com](mailto:imcszczyrk@gmail.com) .

Cost of pick-up from airport is 200 euro per bus (max 6 person)

## **REGISTRATION AND PAYMENTS**

As a registration please fill entry form attached to this invitation.

After registration you'll received your own number used as start number for trainings and individual competition.

All payment should be paid in Race Office located near to the hills. Payment in cash is preferable :

- for registration made until 1<sup>st</sup> of January 50 euro
- for registration made after 1<sup>st</sup> of January 60 euro
- for training session fee is 10 euro per session : each competitor should decide how many session want to take and choose morning or afternoon session, or both.

Please be aware that there will be no refund of entry fees, travel, accommodation, etc. cost in case the event can't take place by bad weather conditions.

**We will not allow jumpers from Russia and Belarus to participate due to the war in Ukraine.**



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## **LIABILITY AND INSURANCE**

Competitors participating on their own risk and declaring by the start in a competition that the condition of hills as well as existing safety measures are suitable and that there is no additional liability for the organizer. Any participant need to be registered and active in a National Ski association, and must have a sufficient accident insurance for training and competition.

## **COMPETITION PROGRAM**

### **Monday, 30.01.2023**

10:00 – 12:00      1<sup>st</sup> training session  
15:30 – 17:30      2<sup>nd</sup> training session

### **Tuesday, 31.01.2023**

10:00 – 12:00      1<sup>st</sup> training session  
15:30 – 17:30      2<sup>nd</sup> training session  
18:00                TCM – main building at the hill

### **Wednesday, 01.02.2023**

10:00 – 12:00      1<sup>st</sup> training session  
15:30 – 17:30      2<sup>nd</sup> training session  
18:00                IMC Meeting – main building at the hill  
19:30                opening ceremony

### **Thursday, 02.02.2023**

10:00                K-65 competition  
15:30 – 17:30      training session  
19:00                prize giving ceremony

### **Friday, 03.02.2023**

10:00                K-37 competition  
14:00                K-95 competition  
19:00                prize giving ceremony

### **Saturday, 04.02.2023**

10:00                K-65 Team competition  
14:00                CC race  
                         prize giving ceremony right after CC race



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# ENTRY FORM

**NAME**

\_\_\_\_\_

**NATION**

\_\_\_\_\_

**DATE OF BIRTH**

\_\_\_\_\_

**E-MAIL**

\_\_\_\_\_

**PHONE NUMBER**

\_\_\_\_\_

<b>MALE</b>	<input type="checkbox"/>	<b>FEMALE</b>	<input type="checkbox"/>
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<b>ACTIVITIES</b>	<b>COST</b> TILL 1.01/AFTER 1.01	<b>YES</b>	<b>NO</b>
Training session 30.01 10:00-12:00	10 €		
Training session 30.01 15:30-17:30	10 €		
Training session 31.01 10:00-12:00	10 €		
Training session 31.01 15:30-17:30	10 €		
Training session 01.02 10:00-12:00	10 €		
Training session 01.02 15:30-17:30	10 €		
Training session 02.02 15:30-17:30	10 €		
Individual competition K 40	50 €/60 €		
Individual competition K 70	50 €/60 €		
Individual competition K 95	50 €/60 €		
Team competition	free		
Nordic Combined competition	50 €/60 €		
Transportation from airport	200 € (bus for max 6 person)		

**REMARKS**

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