



IMC 2023

Oslo



KOLLENHOPP

INVITATION FOR THE

IMC 2023

INTERNATIONAL

MASTERS

CHAMPIONSHIPS

September 20th – 24th

2023

Holmenkollen

OSLO (NORWAY)

Welcome to Holmenkollen Midtstulia rekruttanlegg



Oslo is an idyllic capital in south-east of Norway and the 4th largest city in Scandinavia with a population of 1 043 168. Holmenkollen with a unique location at the rooftop of Oslo is Holmenkollbakken a landmark in Oslo, Norway's most visited tourist attraction, and is probably one of the world's most famous ski jumping hill.

Holmenkollbakken and Midtstuebakkene is ski jumping hills that is part of the Holmenkollen national facility at Holmenkollen in Oslo. With a history dating back to 1892, it is also one of the world's oldest ski jumps that is still in use. After the latest reconstruction, Holmenkollbakken has a K-point of 120 meters and a hill size of 134 metres. It was used during the Olympics in 1952 and the World Cup in 1930, 1966, 1982 and 2011. The ground is also used annually in the World Cup in special jumping and nordic combined.

There are six segments of ski jumping hills at Holmenkollen: K-10 (HS11), K-20 (HS22), K-40 (HS44) and K-60 (HS66) than is a part of Midtstulia recruitment facility, Midtstuebakken K-95 (HS106) and Holmenkollbakken K120 (HS134).

Every hills are connected through transport devices. Chairlift and drag lifts, making all the ski jumping hills easily accessible.

And after a long training session, you can refresh you self with a nice swim in the pond just 50 meters from the hils.

IMC 2023 COMPETITION GUIDE LINES

International Masters Championships 2023 in Oslo for ski jumping 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 can participate in two competitions on two different hills (HS44, HS66 or HS 106) plus King of Hill and Team Competition.
- Following hills are available: HS 44, HS 66 and HS 106.
- Participants in official competitions compete in following age groups: 20-29, 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.
- All athletes 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 groups.
- Rules for the distribution of Points: 3 -5 judges with style points.

Team event

- Entries will be made at 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.

KING OF HILL – COMPETITION RULES

King of Hill competition will be held on HS 106. All jumpers are in one group with gate and age compensation. Only distance is calculated – no style points. Prize Money is provided by IMC: 1st place 300EUR, 2nd place 200EUR, 3rd place 100EUR, 4th-5th-6th 50 EUR. Price for the competition: 250NOK/person

ACCOMMODATION & TRANSPORT

General information for assistance on accommodation, transport and for further information on touristic infrastructure/events please contact: imcoslo2023@gmail.com

Accommodation

The main hotel will be Scandic Holmenkollen Park.

Contact:

Hotel Email: holmenkollenpark@scandichotels.com

Phone: +47 22 20 00

Hotel Address: Kongeveien 26

0787 Oslo

(Booking information will be announced soon)

Accommodation is also possible at Hostel Haraldsheimen ungdoms herberge

Contact:

Hostel Email: oslo.haraldsheim@hihostels.no

Phone: +47 22 22 29 65

Hostel address: HI Oslo Haraldsheim

Haraldsheimveien 4, 0587 Oslo

There is also possible to camp with Recreational vehicle or caravan at the jumping hill area.

REGISTRATION

Please register for IMC 2023 latest by the July 31st 2023 deadline. Use the electronic entry link for registration.

(Registration link will be announced soon.)

The IMC board has decided that Russia and Belarus is not allowed to participate due to the ongoing war in Ukraine.

ENTRY FEES & PAYMENTS

The competition fee should be paid before your arrival (July 31st) The payment can only be made transfer to account before the event. For registration made until 31st July: 500 NOK per race. For registration made after 31st July: 600 NOK per race. Please be aware that there will be no refund of entry fees, travel, accommodation, etc. cost in case the event cannot take place by bad weather conditions. Team event is free of charge (sponsored by Kollenhopp and Midtstulia recruitment facility).

TRAINING FEES

- Training fee includes the use of lift and changing room. Training fee (Monday – Tuesday – Wednesday - Thursday): HS 11/22/44/66/: 75NOK / training unit HS 106: 100NOK / training unit
- Training times is 10:00-14:00, 18:00-20:30 Monday-Wednesday
- Thursday 10:00-14:00
- Training fees need to be paid directly at the jumping hill or in the registration while you pay for the competitions.

COMMUNICATION

Please address all competition related questions to:
imcoslo2023@gmail.com

For any non-competition related questions (availability of jumping hills for training), please address to
erlend.munkeby@kollenhopp.no

Throughout the event, we will use information board to show results or program changes.

IMC communication through Facebook

LIABILITY AND INSURANCE

Competitors of the IMC 2023 in Oslo are 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, 18th September 2023

- 10:00 – 14:00 and 1800 - 20:00 Training session (HS 11/22/44/66 and HS 106, please book your training in advance) on email: imcoslo2023@gmail.com

• Tuesday, 19th September 2023

- 10:00 – 14:00 and 1800 - 20:00 Training session (HS 11/22/44/66 and HS 106, please book your training in advance) on email: imcoslo2023@gmail.com

• Wednesday, 20th September 2023

- 10:00 – 14:00 and 1800 - 20:00 Training session (HS 11/22/44/66 and HS 106, please book your training in advance) on email: imcoslo2023@gmail.com

• Thursday, 21th Septebmer 2023

- 10:00 – 14:00 Training session (HS 11/22/44/66 and HS 106, please book your training in advance) on email: imcoslo2023@gmail.com
- 16:00-18:00 IMC Meeting (location: Conference room at judge tower HS106)
- 20:00 Opening ceremony, followed by the Welcome Party (location: Scandic Holmenkollen Park)

• Friday, 22th September 2023

- 10:00 Competition on HS 66
- 15:00 Competition on HS 44 Following by Prize Giving Ceremony

• Saturday, 23th September 2023

- 10:00 Competition on HS 106
- 14:00 Team Competition on HS 66 Following by Prize Giving Ceremony
 - 18:00 IMC Meeting
- 20:00 GoodBye Party (location: Scandic Holmenkollen Park)

• Sunday, 24th September 2023

- 10:00 “King of the hill” competition HS 106
- 14:00 Following by Prize Giving Ceremony
 - Departure from Oslo

