My dear friends of ski,

I know as well as you what the memory of a well-organized competition feels, a competition in which the athletes only concern is to reach the top of their form for which they worked hard all year. As an athlete, I wandered all around the world at all the major competitions where for many times I experienced the joy of supreme triumph. But beyond medals and awards, places and people I’ve met always remained in my soul. And so, now, as Minister of Sport in Romania, I accepted the Presidency of the FIS NORDIC JUNIOR & CROSS-COUNTRY U23 SKI WORLD CHAMPIONSHIPS 2016. I accepted it because I want our name recognition, the Romanians fame, to be linked not only to our athletic world level performances that we achieved in many disciplines, but also by what we can do in the organizational department, hosting high level competitions. In 2013 we were praised for organizing EYOF in Brasov. Last year, the same words of appreciation where received from IBU on organizing for the first time the IBU Summer biathlon World Championships, but, you know, we were the host of FIS Ski Jumping World Cup Ladies in 2014 and 2015, to refer only at high level competition. I am also convinced that at Rasnov, Cheile Gradistei and Predeal, where we will organize this year’s edition of the FIS Nordic Junior & Cross-Country U23 World Championships you will feel great, and this is because we, Romanians are recognized as very good hosts.

I am sure many of you will return to Romania, at Rasnov and Predeal or Cheile Gradistei, not only for the beauty of places, not just to visit again the famous Bran Castle, Rasnov Citadel or Dino Park, but you will find here, in the heart of the mountains, an excellent base for training, competition and recovery for both summer and especially for winter, as there are not many in the world.

We welcome you and wish you great success!

Gabriela Szabo
OC President
Ministry of Youth & Sports
On behalf of the International Ski Federation and the Romanian Ski Biathlon Federation, the Organizing Committee is pleased to invite the FIS affiliated associations to participate in the FIS Nordic Junior World Ski Championships and FIS U23 World Ski Championships Cross Country, from February 22nd – 28th, 2015, in Rasnov, Cheile Gradistei and Predeal.

NOTE:
Please note that because of weekend tourists, all teams are advised to avoid as much as possible arrival or departure on Friday or Sunday after 12:00 o’clock.
## ORGANIZING COMMITTEE

**Address**: NN, Ion Luca Caragiale Str., Rasnov, Brasov, Romania  
**Phone number**: +40724303388 – Constantin ANDREI  
**Email**: info@skirasnov.ro  
**Website**: [www.skirasnov.ro](http://www.skirasnov.ro)  

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vice - Chairman</td>
<td>Adrian Vestea</td>
</tr>
<tr>
<td>Mayor of Rasnov</td>
<td></td>
</tr>
<tr>
<td>Vice - Chairman</td>
<td>Gabriel Szabo</td>
</tr>
<tr>
<td>Mayor of Predeal City</td>
<td>Liviu Chisca</td>
</tr>
<tr>
<td>Vice – Chairman</td>
<td>Dan Mihoc</td>
</tr>
<tr>
<td>Cheile Gradistei Owner</td>
<td>Ovidiu Garbacea</td>
</tr>
<tr>
<td>Secretary General</td>
<td>Puiu Gaspar</td>
</tr>
<tr>
<td>Executive Director</td>
<td>Constantin Andrei</td>
</tr>
<tr>
<td>Finance</td>
<td>Oana Popescu</td>
</tr>
<tr>
<td>Head of Volunteers</td>
<td>Lucian Cazacu</td>
</tr>
<tr>
<td>Special Projects</td>
<td>Pepene Nicolae</td>
</tr>
<tr>
<td>Communication &amp; Marketing</td>
<td>Inocentiu Voinea</td>
</tr>
</tbody>
</table>

### CROSS COUNTRY

- **Chief of Competition**: Emil Hecico  
- **TD Nat. ass**: Florin Ercuș  
- **Ass.Chief of Competition**: Ibu Nicoleta  
- **Race Secretary**: Cristina Bejenaru  
- **Chief of Course**: Eftrimie Pop  
- **Chief of Stadium**: Gyula Kiss  

### SKI JUMPING

- **Chief of Competition**: Paul Ganzenhuber  
- **Ass.Chief of Competition**: Florin Spulber  
- **Race Secretary**: Adriana Nica  
- **Chief of Hill**: Liviu Chisca  

### NORDIC COMBINED

- **Chief of Competition**: Robert Krautgadner  
- **Ass.Chief of Competition**: Rosu Adrian  
- **Race Secretary**: Sabine Meinel  
- **Chief of Course**: Dan Bogdan  
- **Chief of Hill**: Liviu Chisca
FIS OFFICIALS

CROSS COUNTRY
FIS Coordinator /Press&Media Coordinator  Michal Lamplot (FIS)
Technical Delegate  Bruno Heinzer (SUI)
TD Assistant  Zofia Kielpinska (POL)
Jury Member  Jakub Tejchman (CZE)

SKI JUMPING
FIS Coordinator /Equipment Control M  Horst Tielmann (FIS)
Technical Delegate  Ivo Greger (CZE)
TD Assistant  Per Elias Kalfoss (NOR)
Equipment Control L  Renata Nadarkiewicz (FIS)
Chief of Distance Measurer  Hans Elvsween (NOR)
Judge  Andrei Balasz (ROU)
Judge  Pekka Tervahartiala (FIN)
Judge  Michal Lorenz (GER)
Judge  Giambattista Carli (ITA)
Judge  Eduard Suboch (RUS)

NORDIC COMBINED
FIS Coordinator /Equipment Control  Toni Guggemoos (GER)
Technical Delegate  John Heiling (CAN)
TD Assistant  Vladimir Frak (SVK)
MEDICAL/ANTIDOPING  Stanislaw Szymanik (POL)
PROGRAMME

CROSS COUNTRY – CHEILE GRADISTEI


11:00-14:00 Official Trainings (JWSC, U23)
17:00 TCM

Monday 22.02.2016

09:00 Sprint L/M (F) Qualification (U23)
11:00 Sprint L/M (F) Final (U23)
13:30 Sprint L/M (F) Qualification (JWSC)
15:30 Sprint L/M (F) Final (JWSC)
18:00 TCM

Tuesday 23.02.2016

10:00 Ladies 10 km C (U23)
12:00 Men 15 km C (U23)
14-16:30 Official Trainings (JWSC)
17:00 TCM

Wednesday 24.02.2016

10:00 Ladies 5 km C (JWSC)
12:00 Men 10 km C (JWSC)
14:00-16:30 Official Trainings (U23)
17:00 TCM

Thursday 25.02.2016

10:00 Skiathlon Ladies 7,5C/7,5F (U23)
12:00 Skiathlon Men 15C/15F (U23)
14:00-16:30 Official Trainings (JWSC)
17:00 TCM

Friday 26.02.2016

10:00 Skiathlon Ladies 5C/5F (JWSC)
12:00 Skiathlon Men 10C/10F (JWSC)
14:30-16:30 Official Trainings (JWSC)

Saturday 27.02.2016

10:00-13:00 Official Training (JWSC)
17:00 TCM


10:00 Relay Ladies 4x3, 3 km C/F (JWSC)
12:00 Relay Men 4x 5 km C/F (JWSC)
SKI JUMPING - RÂŞNOV

Monday 22.02.2016
19:00 TCM –Râşnov City Hall

Tuesday 23.02.2016
11:30 Official Trainings Ladies HS100
13:30 Official Trainings Men HS100

Wednesday 24.02.2016
11:30 Official Trainings Ladies HS100
13:30 Official Trainings Men HS100
16:00 TCM Men–Râşnov City Hall
17:00 TCM Ladies–Râşnov City Hall

Thursday 25.02.2016
08:30 Trail Round (HS100) Individual Ladies
09:30 Competition (HS100) Individual Ladies
11:45 Trail Round (HS100) Individual Men
13:00 Competition (HS100) Individual Men

Friday 26.02.2016
11:30 Official Trainings Team HS100
13:30 Official Trainings Team HS100
16:00 TCM Men–Râşnov City Hall
17:00 TCM Ladies–Râşnov City Hall

Saturday 27.02.2016
12:00 Trail Round (HS100) Team
13:00 Competition (HS100) Team
15:30 Official Trainings Mixed Team HS100-optional

12:00 Trail Round (HS100) Mixed Team
13:00 Competition (HS100) Mixed Team
NORDIC COMBINED

Sunday 21.02.2016  20:00 TCM  Hotel Piatra Craiului

Monday 22.02.2016  09:00-12:00 Official Trainings HS100 Individual - Râșnov
                    14:00-16:00 Official Trainings Cross Country - Predeal

Tuesday 23.02.2016  8:30-11:30 Official Trainings HS100 Individual - Râșnov
                    14:00-16:00 Official Trainings Cross Country - Predeal
                    18:00 TCM  Hotel Piatra Craiului

Wednesday 24.02.2016  09:00 Trail Round (HS100) Individual Gundersen
                     10:00 Competition (HS100) Individual Gundersen
                     14:00 Individual 10 km Gundersen

Thursday 25.02.2016  15:15 Official Trainings HS100 Individual - Râșnov
                     09:00-11:00 Official Trainings Cross Country 5 km - Predeal
                     18:00 TCM  Hotel Piatra Craiului

Friday 26.02.2016  09:00 Trail Round (HS100) Team Gundersen -Râșnov
                     10:00 Competition (HS100) Team Gundersen-Râșnov
                     13:30 Competition 4x5km Team Gundersen- Predeal

Saturday 27.02.2016  09:00-11:00 Official Training (HS100) Team - Râșnov
                     14:00-16:00 Official Trainings Cross Country Team - Predeal
                     18:00 TCM  Hotel Piatra Craiului

Sunday 28.02.2016  09:00 Trail Round (HS100) Individual Gundersen  - Râșnov
                    10:00 Competition (HS100) Individual Gundersen - Râșnov
                    14:00 Individual 5 km Gundersen - Predeal

CEREMONIES LOCATION

Opening Ceremony  Tuesday 23.02.2016  20:00  Râșnov
Victory Ceremony  Wednesday 24.02.2016  19:00  Cheile Grădiștei/Predeal
                     Thursday 25.02.2016  19:00  Râșnov/Cheile Grădiștei
                     Friday 26.02.2016  19:00  Cheile Grădiștei/Predeal
                     Saturday 27.02.2016  19:00  Râșnov
Closing ceremony  Sunday 28.02.2016  after competition  Râșnov/Cheile Grădiștei/Predeal
## FIS Nordic Junior & U23 World Ski Championships, Rasnov

### Sunday, 21.02.2016
- **JSWC Cross-Country**
  - Official Training: 11:00 - 14:00
- **U 23 WSC Cross-Country**
  - Official Training: 11:00 - 14:00

### Monday, 22.02.2016
- **JSWC Ski Jumping Men (HS100)**
  - Official Training: 13:30
- **JSWC Ski Jumping Ladies (HS100)**
  - Official Training: 11:30

### Tuesday, 23.02.2016
- **NORDIC COMBINED Jumping (HS100)**
  - Official Training: 9:00 - 12:00
- **NORDIC COMBINED Cross-Country**
  - Official Training CC: 14:00 - 16:00

### Wednesday, 24.02.2016
- **Cross-Country Cheile Gradistei**
  - TCM 17:00
- **Ski Jumping M Rasnov**
  - TCM 19:00
- **Ski Jumping L Rasnov**
  - TCM 19:00
- **Nordic Combined Predal**
  - TCM 20:00

### Thursday, 25.02.2016
- **NORDIC COMBINED Cross-Country**
  - Ind. Gund. 10km (F) CC: 14:00
  - Ind. Gund. 9.00 - Trial 10.00 - Competition

### Friday, 26.02.2016
- **Cross-Country Cheile Gradistei**
  - TCM 17:00
  - Opening Ceremony for CC, SJ, NC Rasnov 20:00
- **Ski Jumping Rasnov**
  - OPENING CEREMONY for CC, SJ, NC Rasnov 20:00
  - Victory Ceremony for CC at Cheile Gradistei 19:00
  - Victory Ceremony for CC at the venue, after competition
  - Victory Ceremony for NC at Predal 19:00

### Saturday, 27.02.2016
- **Cross-Country Cheile Gradistei**
  - TCM 18:00
  - Victory Ceremony for CC at Cheile Gradistei 19:00
  - Victory Ceremony for CC at the venue, after competition
  - Victory Ceremony for NC at Predal 19:00

### Sunday, 28.02.2016
- **Cross-Country Cheile Gradistei**
  - Victory Ceremony for CC at Cheile Gradistei 19:00
  - Victory Ceremony for CC at the venue, after competition
  - Victory Ceremony for NC at Predal 19:00

---

*Subject to Jury decision*
RULES

FIS Rules for the FIS Nordic Junior World Ski Championships and FIS U23 World Ski Championships Cross Country, will apply:

ENTRIES

Right to participate
All National Ski Associations are right to participate affiliated to FIS are entitled to participate.
To be eligible for participation in FIS Nordic Junior World Ski Championships and FIS U23 World Ski Championships Cross Country, the skiers:
- must be a citizen of the county entering him (article203.5 ICR)
- have a valid FIS Code
- fulfill any eligibility and qualification criteria laid down in this rules

NUMBER OF COMPETITORS AND OFFICIALS

Every National Ski Associations can send the following maximum number of competitors and officials:

A. JUNIOR WORLD SKI CHAMPIONSHIPS

<table>
<thead>
<tr>
<th>Discipline</th>
<th>Maximum Number</th>
<th>Allowed to start per event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 Cross-Country competitors Men</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>8 Cross-Country competitors Ladies</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>5 Ski Jumping competitors Men</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>5 Ski Jumping competitors Ladies</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>6 Nordic Combined competitors</td>
<td></td>
<td>4</td>
</tr>
</tbody>
</table>

In all, a national team may thus comprise maximum 32 competitors.

If participating in one discipline: 6 Officials
If participating in two disciplines: 12 Officials
If participating in three or four disciplines: 18 Officials
If participating in all disciplines: 20 Officials
B. U23 WORLD SKI CHAMPIONSHIPS CROSS COUNTRY

- 6 Men Cross-Country
- 6 Ladies Cross-Country
- 8 Officials if participating in all disciplines
- 4 Officials if participating only in one discipline (Ladies or Men)

C. Quota System for Ski Jumping competitors Men

**Athletes Quota:** 80 (maximum quota)
**NSA Quota:** up to 5 per NSA (as a maximum)  
4 allowed to start per event

**Qualification System**
- **Basic Quota:** Each participating NSA is allowed to enter up to two athletes in Ski Jumping men.
- **Host Nation:** The host nation is expected to enter (a) competitor(s) up to the maximum NSA quota of 5.
- **Allocation of Quotas:** The allocation of additional quotas per NSA is based on the COC Ranking List (CRL) composed of the results of the past and current seasons. The allocation will be made by assigning one quota place per competitor from the top of the standings downwards.
  
  Once a NSA has achieved the maximum number of 5 quota places, the next eligible NSA on the CRL will be allocated a place until the total of 80 competitors is reached (including host nation). If the number of 80 cannot be reached with the CRL, the FIS CUP standings composed of the results of the last and current season will be taken into consideration.
- **Process and Timeline:** The final quotas based on entries (see art. 10.3) and using the CRL resp. FIS Cup standings will be calculated and announced 2 weeks prior to the JWSC.

**AGE LIMITS**

The FIS competition year is 1st July – 30th June of the following year.

In order to compete in international competitions a competitor must have reached his 16th birthday before the end of the calendar year (1st January – 31st December) in question.

**Nordic Junior World Ski Championships**
Season / Age / Years of birth

**U23 World Ski Championships Cross-Country**
Season / Age / Years of birth
REGISTRATION

Preliminary entry
By DECEMBER 15TH. Each National Schi Association must make the preliminary entry with the maximum number of competitors, officials and service staff according to the point Number of competitors and officials.
FIS Online Registration system must be used.
Important: Preliminary entry are mandatory for all teams (see 11.3 of the JWSC & U23 WSC Rules)

Late entry: After the deadline the FIS online registration remain open, however, the LOC is not obliged to arrange accommodation for the NSA, which makes late entries

Entry by name
All the participating NSAs must send their entries by names through the online registration system. The system will be opened for entry by name as soon as the preliminary entry has been done. Entries by name will be used by the LOC to prepare accreditations and to prepare the final entry list.
Change of names will still be possible until the day before the first TCM-20.02.2015.

Final entries
The final entry for each competition has to be done in the race office until 2 hours before the respective Team Captains Meeting. Only competitors from the final team entry submitted according to article 10.3 of the JWSC & U23 WSC rules can be chosen.

ACCOMMODATION

Team /athletes will be accommodated in hotel *** (or ** on request if it is available) of a good standard in Rasnov, Cheile Gradistei and Predeal, from 5 to maxim 15 minutes by car from the venues.

The LOC are a good cooperation with the hotels and can assure an adequate accommodation especially adjusted to the needs of the athletes and teams.
The hotels are adapted to the needs of the athletes, especially regarding the selection of food and times for meals served at the hotel. Three meals (breakfast, lunch, dinner) per day will be served at the hotel with sufficient quantity of food and 1 soft drink per meal.

Price per night per person in double room with full board including 1 soft drink per meal:
Hotel *** 75 EUR
Hotel ** 65 EUR

Single room /double room single use supplement of 15 Euro /night (accommodation in single rooms will only be possible if accommodation in double rooms is numerically not possible).
Teams must use the FIS online registration system for accommodation reservation.

The LOC won’t be responsible for those teams wishing to take care of their own accommodation arrangements. NSAs must inform the LOC via the online registration system if they take care of the accommodation themselves.
DEADLINE FOR ENTRIES

Within December 23rd, 2015 no of double and single rooms and arrival/departure days must be communicated. Please note that OC cannot guarantee for rooms and or prices after this date. As soon the OC will receive the request will send an offer to the NSA.

Within February 12th, 2015 NSA hast to specify its final accommodation request including exact numbers, room types and arrival/departure. It is the responsibility of the NSAs and SRS to cancel rooms if they do not need them, for example if they make a change to their team entry. The preliminary entry counts as a booking.

PAYMENT

30 % Deposit by bank transfer within January 12th, 2016. The Balance will be settled after final entries in cash, card payment or bank transfer - deadline for final payment 20.02.2016

CANCELLATION FEE

The final size of the team at least 7 full days before the official Opening Ceremony (size tolerance +/-10%). If NSA changes the figures with more than 10%, the NSA in obliged to pay the difference between the effective and announced persons (changes to numbers bigger than +/-10%, no shows). This rule does not apply if the quota of athletes has changed. In case of no show no refund (100% of the reservation has to be paid).

TRANSPORTS

Transport Airport - Venue
Bus reservations can be arranged at Henri Coanda Airport. Travel arrangements and travel costs will be based on the demands of a team and will be communicated early in winter.

Transport official Hotels - Stadium
The Organising Committee has to provide to the teams a shuttle service between the official hotels and the stadiums. A suitable transport schedule will be fixed in cooperation between the teams and the OC. Teams booking their own accommodation are responsible to arrange their own transportation. The OC does not have to provide a shuttle service for these teams.
ANTI-DOPING

Anti-doping Controls and blood testing are compulsory and will be carried out according to the FIS Rules, at each venue.

INSURANCE

All athletes and team officials have to be insured by their own NSA. All participants have to be covered by an adequate insurance policy for medical costs, accidents, injury, illness and civil liability, The Organizing committee has coverage for third party liability insurance only.

ACCREDITATION OFFICE

The accreditation office will be at Rasnov 18 from 28 to February.

RACE OFFICE

Race offices will be at the respective stadiums for ski jumping in Rasnov and for cross country in Cheile Gradistei.

Opening Hours

<table>
<thead>
<tr>
<th>Venue</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rasnov</td>
<td>8:00 – 18:00</td>
</tr>
<tr>
<td>Cheile Gradistei</td>
<td>8:00 – 18:00</td>
</tr>
</tbody>
</table>

WAX CABINS

Waxing cabins are only at the venue.
COURSES

Sprint
Junior & U23 ladies: 1x1.3km free-sprint ladies course
Junior & U23 men: 1x1.5km free-sprint men course

Interval
Junior ladies: 5km classic-1x5km JWSC course
Junior men: 10km classic-2x5km JWSC course
U23 ladies: 10km classic-2x5km JWSC course
U23 men: 10km classic-3x5km JWSC course

Skiathlon
Junior ladies: 5km classic+5km free (2x2.5 RED skiathlon course+2x2.5km BLUE skiathlon course)
Junior men: 10km classic+10km free (4x2.5 RED skiathlon course+4x2.5km BLUE skiathlon course)
U23 ladies: 7.5km classic+7.5km free (3x2.5 RED skiathlon course+3x2.5km BLUE skiathlon course)
U23 men: 15km classic+15km free (6x2.5 RED skiathlon course+6x2.5km BLUE skiathlon course)

Relay (TBD)
Junior ladies: 2x3.3km classic+2x3.3km free (2x3.3km A course+2x3.3km A course)
Junior men: 2x5km classic+2x5km free (2x2x2.5km B course+2x2x2.5km B course)

Relay 2-nd option
Junior ladies: 2x3.3km classic+2x3.3km free (2x2x1.7km RED relay course+2x2x1.7km BLUE relay course)
Junior men: 2x5km classic+2x5km free (2x2x2.5km RED relay course+2x2x2.5km Blue course)
MAPS & CERTIFICATE

Maps of Predeal / Valea Rasnoavei (Cross-Country Nordic)

CERTIFICATE
OF FIS HOMOLOGATED CROSS-COUNTRY COURSE
FIS CROSS-COUNTRY COMMITTEE

(1) Registration Number: 13/03.02/2.5
(2) Location of the competition site: Predeal, Romania
(3) Organizer: FRSB
(4) National Ski Association: Federatia Romana de Schi + Biathlon
(5) Contact person in the organizing committee: Gaspar Puiu
(6) Homologation inspector: Emil Hecico
(7) Name of course: Valea Rasnoavei 2.5 km
(8) Description of course:

Course length: 2578 m
Category: D
Competition Level: COC

Height Difference (HD): 31 m
Maximum Climb (MC): 35 m
Total Climb (TC): 97 m

Lowest point: 955 m
Highest point: 986 m

Valea Rasnoavei 2.5km course
Cross-Country venue for Nordic Combined

CROSS COUNTRY VENUE
PREDEAL - VALEA RĂŞNOAVEI

Red - 2.5 km course

LEGEND
1. Start
2. Finish
3. Ski test area
4. Warm-up track
5. Warming cabins
6. Commentator
7. Timing and data
8. Doping control
9. Spectators stand
10. Toilets
11. Ambulance
12. Flower ceremony
13. Refreshment, catering
P1. VIP parking
P2. DC, media parking
P3. Team parking
P4. Visitors parking
P5. Shuttle loop stop

Entrance
Tracks
A2. DC, Volunteers hospitality
A3. Mixed zone
A4. Media point
A5. DT, Jury
A6. VIP zone
A7. Race office
A8. Team area
A9. Volunteers
A10. Organisers
A11. DC Office

COLORED ZONE
- Spectators
- VIP
- Media
- Teams
- Sport
- Organisers
- Volunteers
Certificate of Jumping hill – Rasnov

No. 385 / ROM 2

CERTIFICATE OF JUMPING HILL
CERTIFICAT DE CONFORMITE
SCHANZENPROFILBESTÄTIGUNG

Date of issue 16.01.2013

Valid till 15.01.2018

Établi le

Valable jusqu’au

Ausgestellt am

Gültig bis

Place: Rasnov

Name: HS100

HS = 100 m  h/n = 0.540  Vo = 24.74 m/s

\[ e = 89.10 \text{ m} \]
\[ e_0 = 25.90 \text{ m} \]
\[ t = 6.41 \text{ m} \]
\[ \gamma = 35.00 ^\circ \]
\[ \alpha = 11.00 ^\circ \]
\[ r_1 = 62.04 \text{ m} \]
\[ h = 42.55 \text{ m} \]
\[ n = 78.80 \text{ m} \]
\[ s = 2.25 \text{ m} \]

Remarks / Bemerkungen

JUMPING HILL APPROVED BY THE FIS
TREMPLIN HOMOLOGUE PAR LA FIS
DURCH DIE FIS GENEHMIGTE SPRUNGSCHANZE

SUB-COMMITTEE FOR JUMPING HILLS

CHAIRMAN:
Cross-country (Cheile Grădiștei) courses

![Map of Cheile Grădiștei-Fundata area with a 1.3km sprint course marked]

<table>
<thead>
<tr>
<th>Cheile Grădiștei 1.3km Sprint</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Course length:</strong> 1274m</td>
</tr>
<tr>
<td><strong>Category:</strong> C</td>
</tr>
<tr>
<td><strong>Competition Level:</strong> JWSC</td>
</tr>
<tr>
<td><strong>Height Difference (HD):</strong> 20m</td>
</tr>
<tr>
<td><strong>Maximum Climb (MC):</strong> 20m</td>
</tr>
<tr>
<td><strong>Total Climb (TC):</strong> 39m</td>
</tr>
<tr>
<td><strong>Lowest point:</strong> 1276m</td>
</tr>
<tr>
<td><strong>Highest point:</strong> 1296m</td>
</tr>
</tbody>
</table>
Cross-country
Junior & U23 men: 1x1.5km free-sprint men course
Chile Gradistei 2.5 km B (FIS)

Course length: 2443m
Category: C
Competition Level: FIS

Height Difference (HD): 21m
Maximum Climb (MC): 24m
Total Climb (TC): 79m

Lowest point: 1276m
Highest point: 1297m