



22/23
Marec
2025

Pohár ZSL **v behu na lyžiach**

FIS CC Race

Areál bežeckého lyžovania SNOW
Štrbské Pleso

www.bkopalsko.sk



Sobota/Saturday

22.03.2025

10 km Interval C M/W/U18M/U18W

Nedeľa/Sunday

23.03.2025

15 km Mass F M/W 10km Mass F U18/U18W

Ski Association of Slovakia

in partnership with



Bežecký klub OPALISKO Závažná Poruba

ORGANIZE

Name of the event:	FIS CC Race / Pohár ZSL v behu na lyžiach - finále Ski Team Slovakia Cup in cross-country skiing, Final round
Place:	Ski Stadium Štrbské Pleso, High Tatras (SVK)
Date:	22.-23. 03. 2025

EVENT SCHEDULE

General information

Organizer	Bežecký klub OPALISKO Závažná Poruba, Nová 376/94, 032 02 Závažná Poruba
Technical service	Bežecký klub OPALISKO Závažná Poruba
Date	22.-23. 03. 2025
Place	Ski Stadium Štrbské Pleso, High Tatras
Entry form address	prihlasky@bkopalisko.sk
Entry form deadline	Until 21. 03. 2025, 3:00 p.m. for race on Saturday (22. 03. 2025) Until 22. 03. 2025, 3:00 p.m. for race on Sunday (23. 03. 2025)
Information	General contact – prihlasky@bkopalisko.sk Tomáš Šefčík (SK+EN) – Chief of Competition – +421 911 521 406, tomas.tom.sefcik@gmail.com Ivan Bukas (SK) – +421 910 840 257 General info - WhatsApp group https://chat.whatsapp.com/ESkwcQ0RgiBDrOzWq4Ee3E Entry for National CC Cup Race - https://pretekaj.sk/2025zp
Presentation	Online – email: prihlasky@bkopalisko.sk
Team captain's meeting	FOR SATURDAY RACE: 21. 03. 2025, 5:00 p.m. Online meeting (Google Meet) Link to connect: https://meet.google.com/iyg-nuce-ofp FOR SUNDAY RACE: 22. 03. 2025, 5:00 p.m. Online meeting (Google Meet) Link to connect: https://meet.google.com/jcg-dnah-uxs Whatsapp group for fast communication https://chat.whatsapp.com/ESkwcQ0RgiBDrOzWq4Ee3E Whatsapp QR code

	
Accommodation, diet	not provided
Health service	Mountain Rescue Service
Prices	The first three competitors in each category regardless of the license and nationality will receive a financial prize.
Warning	Only one parking Card is allowed for every team. For more parking cards please contact organizers. Seasonal parking cards are also valid. In case of problems use e-mail contact: prihlasky@bkopalisko.sk The competition will be held due to the FIS Rules and Regulations for Cross-country Skiing. The Organizing Committee reserves the right to change the schedule of the event from those published in the program if necessary. All changes will be published on websites www.zvazslovenskeholyzovania.sk, www.fis-ski.com The Organizer will have liability insurance according to ICR art 212.1. – 212.2. All participating athletes must have a valid accident insurance according to ICR art. 212.4. All athletes compete at risk of their National Ski Association. The Organizer does not take any other responsibilities than described above. Information about National CC Cup Race can be found on www.zsl.sk

Technical information

Discipline	Cross-country Skiing 22. 03. 2025 Classic technique (Interval start) 23. 03. 2025 Free technique (Mass start)
Categories	Men (FIS), Women (FIS), Junior Women (U18W), Junior Men (U18M)
Starting fee	Start fee: 20 - € per competitor / race
Protests	FIS rules
Race	Saturday – 22. 03. 2025 – Interval starts Women Classic 10km (2 x 5 km)

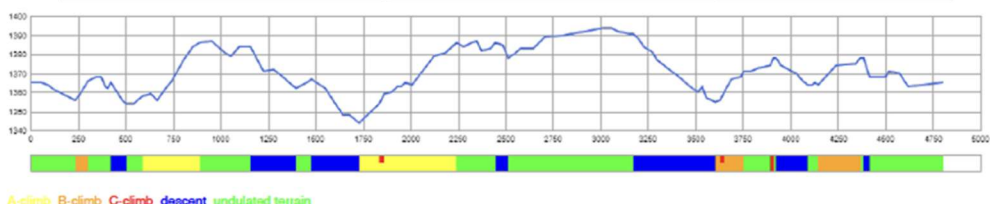
	Men Classic 10km (2 x 5 km) Junior Women (U18W) Classic 10km (2 x 5 km) Junior Men (U18M) Classic 10km (2 x 5 km) Sunday – 23. 03. 2025 – Mass starts Women Free 15km (3 x 5 km) Men Free 15km (3 x 5 km) Junior Women (U18W) Free 10km (2 x 5 km) Junior Men (U18M) Free 10km (2 x 5 km) Course homologation number: 22/31.06/5.0 In case of bad snow conditions course change will be announced in advance.
Head of timing and results	Dušan Richter (VOS-TPK) - live.casomiera.sk
Wax cabins	Can be booked by the Manager of Resort - Jaroslav Chalúpka, chalupkaj@gmail.com , 0903 651 451



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

(1) Registration number:	22/31.06/5.0
(2) Name of the competition site:	Strbské Pleso
(3) Name of city/region:	Strba, Slovakia
(4) Organizer:	Sport club STRBA
(5) National ski association:	Slovak Ski Association
(6) Contact person in the organizing committee:	Michal Serfel
(7) Homologation inspector:	Jakub Vodrazka
(8) Name of course:	5km
(9) Competition level for course:	COC

Course length:	4,804m	Height difference (HD):	50m	Lowest point:	1,344m
Course category:	C	Maximum climb (MC):	42m	Highest point:	1,394m
		Total climb (TC):	174m		



A-climb B-climb C-climb descent undulating terrain



Preliminary program

Friday, 21. 03.2025	
until 3:00 p.m.	Registration for Saturday Race (22. 03. 2025) - Online - email - prihlasky@bkopalisko.sk
1:00 - 2:30 p.m.	Official Training
5:00 p.m.	Team captain's meeting (Video meeting - Google Meet)
Saturday, 22. 03.2025	
8:00 - 9:15 a.m.	Pickup of the race numbers
8:30 - 9:30 a.m.	Official Training – in case of bad conditions appropriate decision can be made by JURY to preserve course
9:45 a.m.	Start Women + Junior Women (U18W) Classic 10 km
10:45 a.m.	Start Men + Junior Men (U18M) Classic 10 km
approx. 12:15 p.m.	Prize giving ceremony FIS CC Race
1:00 p.m.	Start of National Ski Team Slovakia CC Cup – Children (U10, U12, U14, U16) – interval start – Classic technique
until 3:00 p.m.	Registration for Sunday Race (23. 03. 2025) - Online - email - prihlasky@bkopalisko.sk
Approx. 4:00 p.m.	Prize giving ceremony National CC Cup
5:00 p.m.	Team captain's meeting (Video meeting - Google Meet)
Sunday, 23. 03.2025	
8:00 - 9:30 a.m.	Pickup of the race numbers
8:30 - 9:30 a.m.	Official Training – in case of bad conditions appropriate decision can be made by JURY to preserve course
9:45 a.m.	Start Men 15 km + Junior Men (U18M) 10 km
11:00 a.m.	Start Women 15km + Junior Women (U18W) 10km
approx. 12:15 p.m.	Prize giving ceremony
1:00 p.m.	Start of National Ski Team Slovakia CC Cup – Children (U10, U12, U14, U16), Masters Categories – Mass start – Classic technique
Approx. 4:15 p.m.	Prize giving ceremony National CC Cup

Jury – Saturday

Technical delegate FIS	Zofia Stefania Kielpinska
National TD Assistant	Matúš Jančík
Chief of Competition	Tomáš Šefčík

Jury – Sunday

Technical delegate FIS	Zofia Stefania Kielpinska
National TD Assistant	Jana Sedláková
Chief of Competition	Tomáš Šefčík

Organising committee

Chairman of the OC	Ivan Bukas
Chief of Competition	Tomáš Šefčík
Competition secretary	Katarína Piatková
Chief of course	Veronika Bukasová
Chief of stadium	Richard Piatka
Chief of control and competition security	Jaromír Cút
Chief of timekeeping and data processing	Ján Duda

PARTNERS OF SAS



PARTNERS OF ORGANIZATOR

