

NORDIC TRACK CHAMPIONSHIPS 2022

Vår Energi Arena Sola

Friday Nov. 4th - Sunday Nov. 6th 2022

trackcycling.no



SANDNES
KOMMUNE



Rogaland
fylkeskommune



SHIMANO
SERVICE CENTER





FRIDAY 4th november				
START	Discipline	Category	# participants	Comments
12:00	TRAINING on track until 16:30	All		Open hours on track, participants on Nordic has priority
16:00	Technical meeting for team representatives	All		
17:00	200m ITT - Sprint qualifying	M-elite	6	#1 og #2 to 1/2 finals #3, #4, #5, og #6 to 1/4 finals
	200m ITT - Sprint qualifying	W-junior	1	Final with #3 in W-elite (race for gold in W-elite)
	200m ITT - Sprint qualifying	M-junior	2	For final
	200m ITT - Sprint qualifying	W-elite	3	#1 and #2 to race gold #3 bronze in final with W-junior
	200m ITT - Sprint qualifying	M30-34 (1) M35-39 (2)	3	For finals in 3-up heat
	200m ITT - Sprint qualifying	M40-44 (1)	1	Final with #3 in M45-49 (race for gold in M40-44)
	200m ITT - Sprint qualifying	M45-49 (3)	3	#1 and #2 to race gold #3 in final with M40-44 (race for bronze)
	200m ITT - Sprint qualifying	M50-54 (2)	2	Final One participant is a German citizen
	200m ITT - Sprint qualifying	M55-59 (5)	5	#1 and #2 to race for gold #3 and #4 race for bronze
	200m ITT - Sprint qualifying	M60-64 (2)	2	For final
17:56	Sprint 1/4 final (Heat 1)	M-elite	2	#3 and #6 from 200m ITT sprint qualifying heats winner to 1/2 finals
	Sprint 1/4 final (Heat 2)	M-elite	2	#4 and #5 from 200m ITT sprint qualifying heats winner to 1/2 finals
18:02	Break			
18:22	Sprint 1/2 final (Heat 1)	M-elite	2	#2 from 200m ITT against 1/4 finals heat winner (rider with best rank in 200m ITT)
	Sprint 1/2 final (Heat 2)	M-elite	2	#1 from 200m ITT against 1/4 finals heat winner (rider with lowest rank in 200m ITT)
18:28	Sprint race for gold W-jr (Heat 1/3)	W-junior (1) W-elite (2)	2	W-junior against #3 W-elite from 200m ITT (in 2 heats, 3 if required)
	Sprint for gold (Heat 1/3)	W-elite (2)	2	Finals (in 2 heats, 3 if required)
	Sprint race for gold (Heat 1/3)	M-junior	2	Finals (in 2 heats, 3 if required)
	Sprint race for gold (Heat 1/3)	M30-34 (1) M35-39 (2)	3	Finals in 3-up heat (in 2 heats, 3 if required) Awards for M30-34 and M35-39 separate
	Sprint race for gold (Heat 1/3)	M40-44 (1) M45-49 (1)	2	Final with #3 in M45-49 (race for gold in M40-44 and race for bronze M45-49) (in 2 heats, 3 if required)
	Sprint race for gold (Heat 1/3)	M45-49 (2)	2	#1 and #2 from qualifying - race for gold (in 2 heats, 3 if required)
	Sprint race for gold (Heat 1/3)	M50-54 (2)	2	Finals (in 2 heats, 3 if required) One participant is a German citizen
	Sprint race for bronze (Heat 1/3)	M55-59 (2)	2	Finals (in 2 heats, 3 if required)
	Sprint race for gold (Heat 1/3)	M55-59 (2)	2	Finals (in 2 heats, 3 if required)
	Sprint race for gold (Heat 1/3)	M60-64 (2)	2	Finals (in 2 heats, 3 if required)
	Sprint race for bronze (Heat 1/3)	M-elite	2	#2 from 1/2 final heat 1 and heat 2 (in 2 heats, 3 if required)
	Sprint race for gold (Heat 1/3)	M-elite	2	#1 from 1/2 final heat 1 and heat 2 (in 2 heats, 3 if required)
19:04	Sprint race for gold (Heat 2/3)	W-junior (1) W-elite (1)	2	
	Sprint race for gold (Heat 2/3)	W-elite (2)	2	
	Sprint race for gold (Heat 2/3)	M-junior	2	
	Sprint race for gold (Heat 2/3)	M30-34 (1) M35-39 (2)	3	
	Sprint race for gold (Heat 2/3)	M40-44 (1) M45-49 (1)	2	
	Sprint race for gold (Heat 2/3)	M45-49 (2)	2	
	Sprint race for gold (Heat 2/3)	M50-54 (2)	2	One participant is a German citizen
	Sprint race for bronze (Heat 2/3)	M55-59 (2)	2	
	Sprint race for gold (Heat 2/3)	M55-59 (2)	2	
	Sprint race for gold (Heat 2/3)	M60-64 (2)	2	
	Sprint race for bronze (Heat 2/3)	M-elite	2	
	Sprint race for gold (Heat 2/3)	M-elite	2	
19:40	Sprint race for gold (Heat 3/3 if required)	W-junior (1) W-elite (2)	2	
	Sprint race for gold (Heat 3/3)	W-elite (2)	2	
	Sprint race for gold (Heat 3/3 if required)	M-junior	2	
	Sprint race for gold (Heat 3/3 if required)	M30-34 (1) M35-39 (2)	3	
	Sprint race for gold (Heat 3/3 if required)	M40-44 (1) M45-49 (1)	2	
	Sprint race for gold (Heat 3/3 if required)	M45-49 (2)	2	
	Sprint race for gold (Heat 3/3 if required)	M50-54 (2)	2	One participant is a German citizen
	Sprint race for bronze (Heat 3/3)	M55-59 (2)	2	
	Sprint race for gold (Heat 3/3)	M55-59 (2)	2	
	Sprint race for gold (Heat 3/3 if required)	M60-64 (2)	2	
	Sprint race for bronze (Heat 3/3 if required)	M-elite	2	
	Sprint race for gold (Heat 3/3 if required)	M-elite	2	
20:16	Break and Award ceremony - Sprint	All		
20:30	Scratch 7,5km (30 laps)	W-junior (1) U17 women (3) U17 men (15)	19	Awards pr category
	Scratch 10km (40 laps)	M30-34 (1) M35-39 (2) M45-49 (3) M50-54 (3) M55-59 (6) M60-64 (2)	17	Awards pr category
	Scratch 10km (40 laps)	M-junior (5) W-elite (3) M-elite (10)	18	Awards pr category
21:25	Award ceremony - Scratch			
21:45	END OF DAY			





SATURDAY 5th novembre				
START	Discipline	Category	# participants	Comments
07:30	TRAINING on track until 08:50	All		
08:00	Technical meeting for team representatives	All		
09:00	500m ITT	W-junior (1) U17-women (3)	4	Finals W-junior Nordic championship
	500m ITT	U17 -men	15	Finals
	500m ITT	K35-39 (1) K50-54 (1)	2	Finals Awards for K35-39 and K50-54 separate
	500m ITT	M60-64 (2)	2	Final
	500m ITT	M50-54 (3)	3	Final - (One participant is a German citizen)
	500m ITT	M55-59 (5)	5	Final
	500m ITT	W-elite	3	Final
	750m ITT	M45-49 (3)	3	Final
	1000m ITT	M30-34 (1)	1	Final
	1000m ITT	M35-39 (2)	2	Final
	1000m ITT	M-junior	4	Final
	1000m ITT	M-elite	7	Final
10:16	Break and Award ceremony - ITT			
10:40	Omnium 1 - scratch 5km (20 laps)	W-junior (1) K40-44 (1) U17 women (3) U17 men (14)	19	Points according to standing in the race independent of category Awards pr category after 4 races
	Omnium 1 - scratch 7,5km (30 laps)	M30-34 (1) M35-39 (2) M40-44 (2) M45-49 (2) M50-54 (3) M55-59 (5) M60-64 (1)	16	Points according to standing in the race independent of category Awards pr category after 4 races
	Omnium 1 - scratch 7,5km (30 laps)	M-junior (5) W-elite (2) M-elite (13)	20	Points according to standing in the race independent of category Awards pr category after 4 races
11:30	Omnium 2 - tempo race 5km (20 laps)	W-junior (1) K40-44 (1) U17 women (3) U17 men (14)	19	Points according to standing in the race independent of category Awards pr category after 4 races
	Omnium 2 - tempo race 7,5km (30 laps)	M30-34 (1) M35-39 (2) M40-44 (2) M45-49 (2) M50-54 (3) M55-59 (5) M60-64 (1)	16	Points according to standing in the race independent of category Awards pr category after 4 races
	Omnium 2 - tempo race 7,5km (30 laps)	M-junior (5) W-elite (2) M-elite (13)	20	Points according to standing in the race independent of category Awards pr category after 4 races
12:25	Break			
13:00	Omnium 3 - Elimination	W-junior (1) K40-44 (1) U17 women (3) U17 men (14)	19	Points according to standing in the race independent of category Awards pr category after 4 races
	Omnium 3 - Elimination	M30-34 (1) M35-39 (2) M40-44 (2) M45-49 (2) M50-54 (3) M55-59 (5) M60-64 (1)	16	Points according to standing in the race independent of category Awards pr category after 4 races
	Omnium 3 - Elimination	M-junior (5) W-elite (2) M-elite (13)	20	Points according to standing in the race independent of category Awards pr category after 4 races
14:00	Omnium 4 - Points race 10km (40 laps, 4 sprints every 10 laps)	W-junior (1) K40-44 (1) U17 women (3) U17 men (14)	19	Points according to standing in the race independent of category Awards pr category after 4 races
	Omnium 4 - Points race 15km (60 laps, 6 sprints every 10 laps)	M30-34 (1) M35-39 (2) M40-44 (2) M45-49 (2) M50-54 (3) M55-59 (5) M60-64 (1)	16	Points according to standing in the race independent of category Awards pr category after 4 races
	Omnium 4 - Points race 20km (80 laps, 8 sprints every 10 laps)	M-junior (5) W-elite (2) M-elite (13)	20	Points according to standing in the race independent of category Awards pr category after 4 races
15:30	Break and Award ceremony - Omnium	All categories		
16:05	TEAM SPRINT	All categories		3 pers. pr team – teams can be: mix of men/women - mix of clubs – mix of nations)
17:30	Award ceremony - Team Sprint			
17:45	END OF DAY			





SUNDAY 6th novembre					
START	Discipline	Category	# participants	# heats	Comments
07:30	TRAINING on track until 08:50				All
08:00	Technical meeting for team representatives				
09:00	Points race 10km (40 laps, 4 sprints every 10 laps)	W-junior (1) U17 women (3) U17 men (14)	18	1	Points according to standing in the race independent of category Awards pr category
	Points race 15km (60 laps, 6 sprints every 10 laps)	M30-34 (1) M35-39 (2) M40-44 (2) M45-49 (1) M50-54 (2) M55-59 (3) M60-64 (2)	12	1	Points according to standing in the race independent of category Awards pr category
	Points race 20km (80 laps, 8 sprints every 10 laps)	M-junior (5) W-elite (2) M-elite (10)	17	1	Points according to standing in the race independent of category Awards pr category
10:30	Award ceremony - Points race				
10:45	2000m IP qualifying round	U17 - women	3	2	1st and 2nd best time to gold final, 3rd bronze medal
	2000m IP qualifying round	U17 - men	14	8	1st and 2nd best time to gold final, 3rd and 4th best time to bronze finals
	2000m IP qualifying round	M55-59 (3)	3	2	1st and 2nd best time to gold final, 3rd bronze medal
	3000m IP qualifying round	M45-49 (3)	3	2	1st and 2nd best time to gold final, 3rd bronze medal
	3000m IP qualifying rounds	M-junior	3	2	1st and 2nd best time to gold final, 3rd bronze medal
	4000m IP qualifying rounds	M-elite	7	4	1st and 2nd best time to gold final, 3rd and 4th best time to bronze finals
12:13	Break				
12:40	2000m IP race for gold	W-junior (1) K50-54 (1)	2	1	Gold final Awards for W-junior and K50-54 separate
	2000m IP race for gold	M50-54 (2)	2	1	Gold final
	2000m IP race for gold	M60-64 (2)	2	1	Gold final
	3000m IP race for gold	M30-34 (1) M40-44 (1)	2	1	Gold final M30-34 and M40-44 Awards for M30-34 and M40-44 separate
	3000m IP race for gold	M35-39 (2)	2	1	Gold final
	2000m IP race for gold	U17 - women	2	1	Gold final: 1st and 2nd best time from qualifying heats
	2000m IP race for bronze	U17 - men	2	1	Bronze final: 3rd and 4th best time from qualifying heats
	2000m IP race for gold	U17 - men	2	1	Gold final: 1st and 2nd best time from qualifying heats
	2000m IP race for gold	M55-59 (2)	2	1	Gold final: 1st and 2nd best time from qualifying heats
	3000m IP race for gold	M45-49 (2)	2	1	Gold final: 1st and 2nd best time from qualifying heats
	3000m IP race for gold	W-elite	1	1	Gold final
	3000m IP race for gold	M-junior	2	1	Gold final: 1st and 2nd best time from qualifying heats
	4000m IP race for bronze	M-elite	2	1	Bronze final: 3rd and 4th best time from qualifying heats
	4000m IP race for gold	M-elite	2	1	Gold final: 1st and 2nd best time from qualifying heats
13:41	Award ceremony - Individual Pursuit				
14:11	END OF DAY				

