ISMF

International Ski Mountaineering Federation

International Ski Mountaineering Federation

Instructions for Race Track, Start & Arrival

Version V06 12/2022

Instructions to set up a race track

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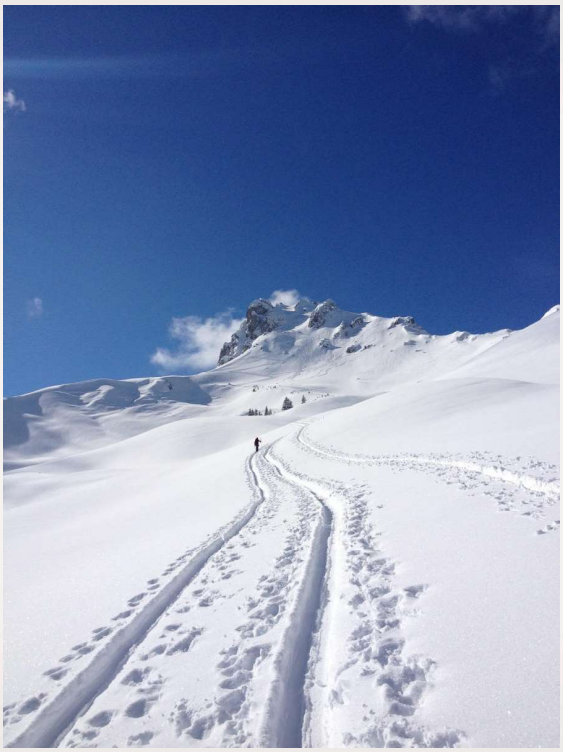
ISMF Technical Group V06 12/2022

Instructions to set up a race track



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Corridors for athletes to go to the start

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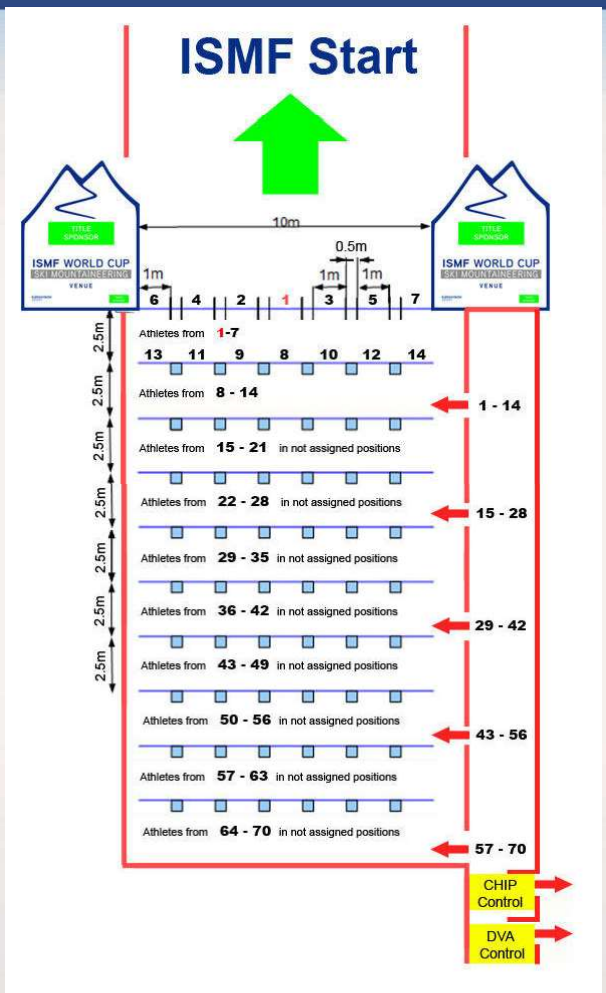
ISMF Start
10m
0.5m
1m
1m
1m
6
4
2
1
3
5
7
ISMF WORLD CUP
ISMF WORLD CUP
2.5m
Athletes from 1-7
13 11 9 8 10 12 14
Athletes from 8 - 14
1 - 14
Athletes from 15 - 21 in not assigned positions
Athletes from 22 - 28 in not assigned positions
15 - 28
Athletes from 29 - 35 in not assigned positions
Athletes from 36 - 42 in not assigned positions
29 - 42
Athletes from 43 - 49 in not assigned positions
Athletes from 50 - 56 in not assigned positions
43 - 56
Athletes from 57 - 63 in not assigned positions
Athletes from 64 - 70 in not assigned positions
57 - 70
CHIP Control
DVA Control

Entry gates at the start based on bib numbers

Start with Covid distancing

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Start with Covid distancing

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Start and Finish in sequence

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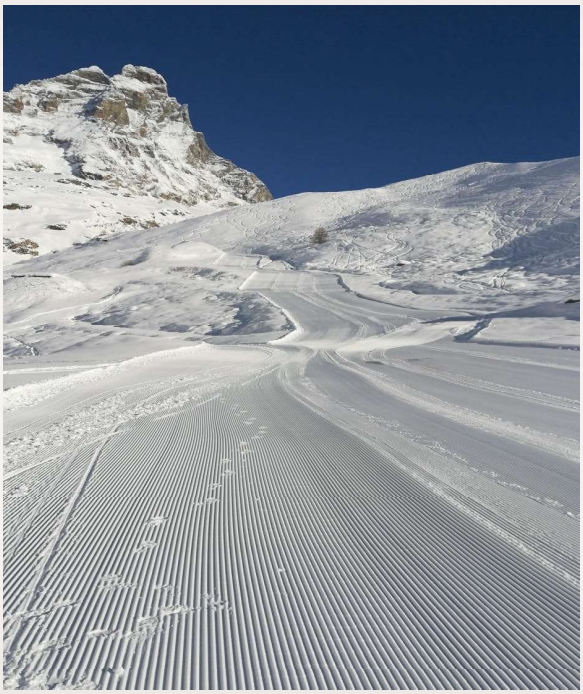
After the start you need a lot of space



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After the start you need a lot of space

Distance between one track and another
Length of a skipole +/ – 1.30 m

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Just after start it's recommended to do more than two tracks

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Just after start it's recommended to do more than two tracks

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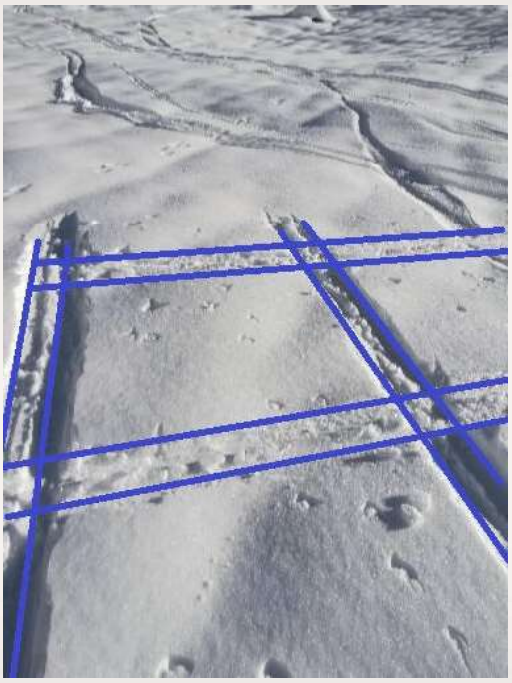
Kickturn with double track



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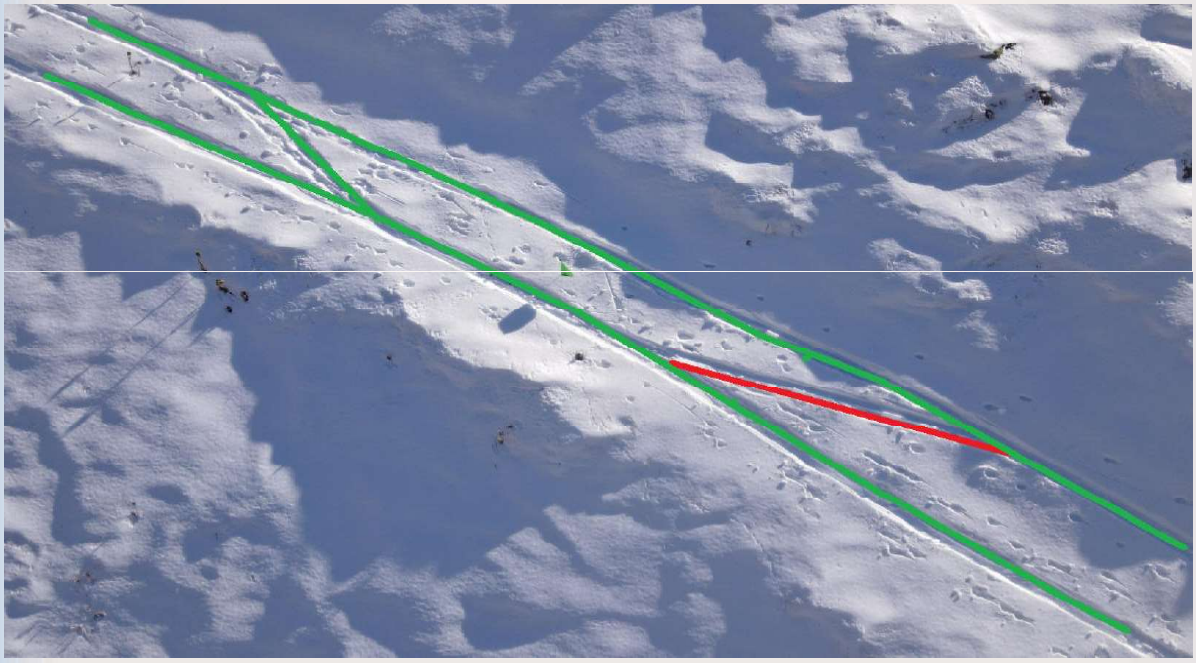
Link between two tracks



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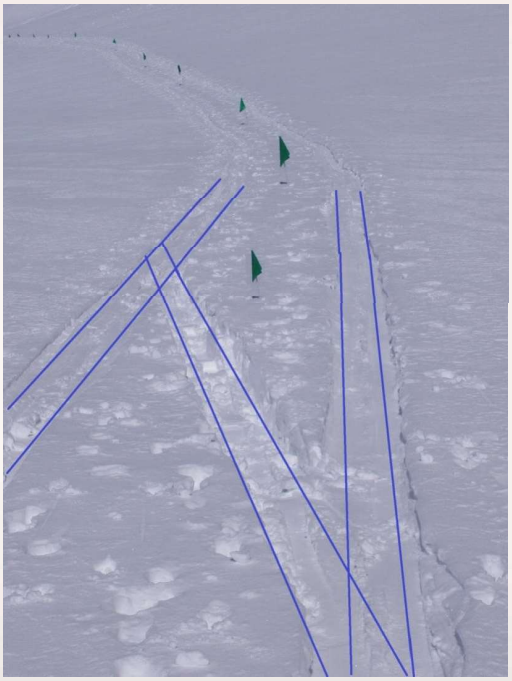
Link between two tracks



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Flags between the two tracks
Before and after the kickturn

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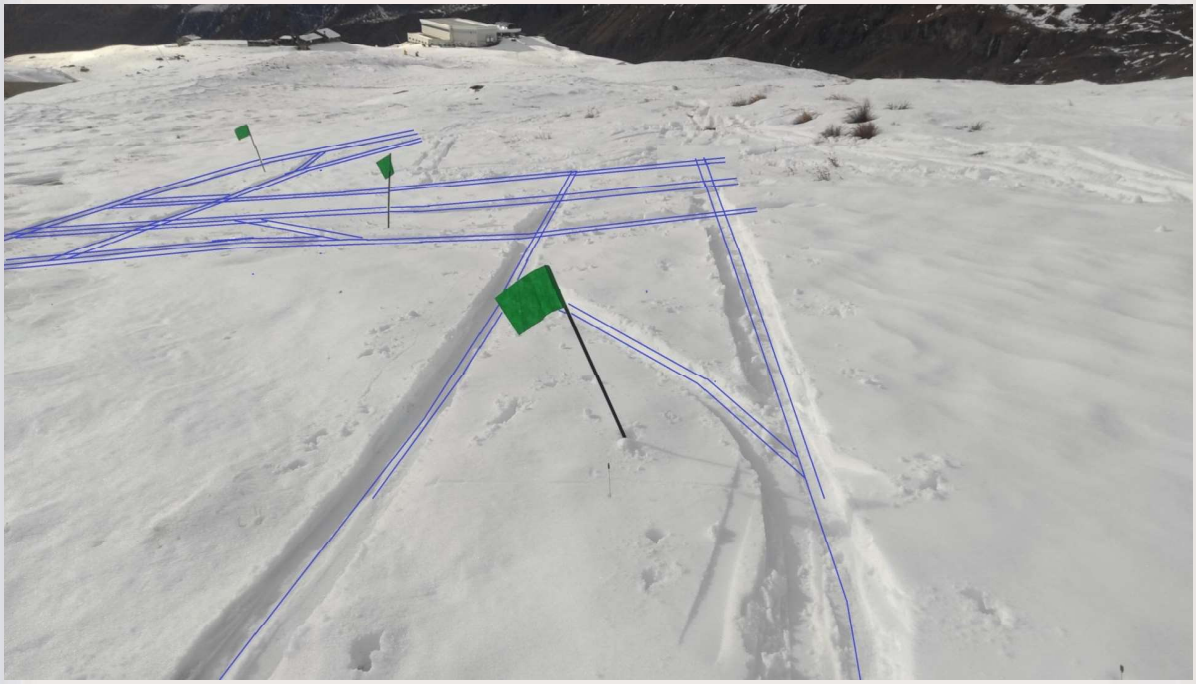
Flags between the two tracks
Before and after the kickturn



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Flags between the two tracks
Before and after the kickturn

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Merge the tracks after kickturns
From the bottom to the top

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The athletes way …

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On a very steep slope, place the flags above the tracks

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Two tracks in the wood
The road has to be wide min. 2m

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DOUBLE TRACKS FOR WORLDCUP RACES

Animated file
22th November 2022

ISMF pictograms (size A3) with the number of the changing area

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ISMF pictograms (size A3) with the number of the changing area

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Example of a changing area with a blue line at the entrance and exit

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Example of a changing area with a blue line at the entrance and exit