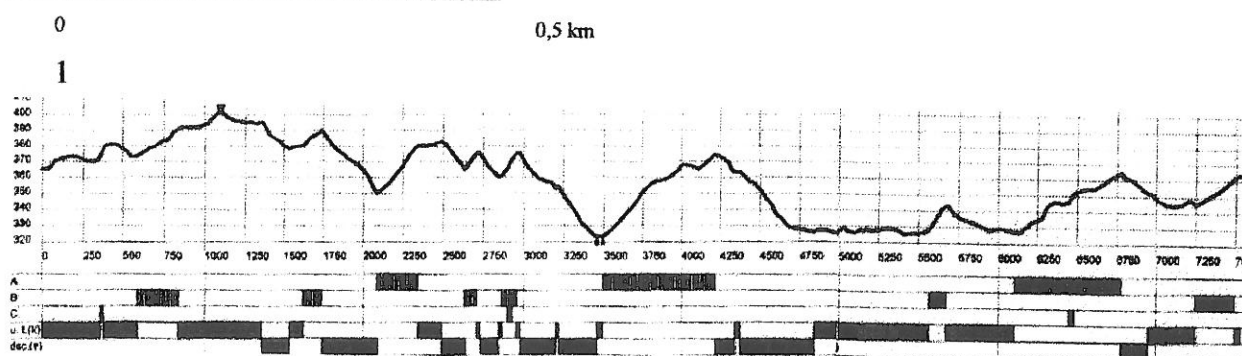


CERTIFICATE

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

FIS

- (1) Registration Number: 00/09.05/7.5
(2) Location of the Competition site: Henningvola, 7711 Steinkjer
(3) Organizer: Henning IL
(4) National Ski Association: Norwegian Ski Federation
(5) Contact person in the Organizing Committee: Fridtjof Rannem
(6) Homologation Inspector: Eiliv Grut
(7) Name of Course: Henningvola 7,5 km



Comp level	Distance	Category	TC	MC	HD	Lowest point	Highest point
COC	7,5 km	D	262 m	54 m	78 m	323 m	401 m

FIS Office
B E Bengtsson
Signature

FIS Stamp
Internationaler Skiverband
FIS
Blochstrasse 2
CH-3653 Oberhofen
Thunersee

FIS Homologation Responsible
Hermud A Bjørkestøl
Signature

Date issued
0909 2000
Valid until
30 June 2005

FIS CROSS COUNTRY COMMITTEE

Subcommittee for Rules and Control



DOCUMENTATION OF HOMOLOGATED CROSS COUNTRY COURSES

- (1) Registration Number: 00/09.05/7.5
 (2) Location of the competition site: Nord trøndelag
 (3) Organizer: Henning IL
 (4) National ski association: NSF
 (5) Contact person in the organizing committee: Fridtjof Rannem
 (6) Homologation inspector: Eilig Grut
 (7) Name of course: Henningvola skistadion
 (8) Description of course:

Distance of the course m	Laps		HD m	MM m	MT m	lowest point m	highest point m
	No.	m					
7500	0	0	78	54	9 262	323	401

- (9) Overview of different uphill
 major uphill
 shorter uphill
 steep uphill plus undulated terrain

No.	MP	% of MT
3	1240	46.79
6	84	34.70
1 + u.t.	58	21.51

- (10) Stadium area
 fixed stadium ☐ temporary stadium ☐
 fixed building ☐ temporary building ☐
 indoor working room for timekeeping ☐
 calculation ☐
 others ☐
 enough space for mass starts ☐
 good infrastructure (access, parking, media) ☐
 skitesting area near the stadium ☐
 warm up track near the stadium ☐

- (11) Category of the course
 Individual Relay Pursuit-start
 Competitions in the classical technique ☐ ☐ ☐
 Competitions in the free technique ☐ ☐ ☐
 Possible combination with a course for mixed relay category ☐
 Category ☐

- (12) Possibility of snow making ☐ Part of course ☐
 Stadium area ☐

- (13) Substitute course available ☐




- (14) Map material accordance to art 313.2 ICR
 very good ☐ sufficient ☐

- (15) Date of the final inspection: 04.07.98

- (16) Closing of the homologation procedure:

- (17) Date of the FIS-License:

2. Data of the course profile

	Data						Remarks of the inspector
Name of the course	Henningvola skistadion						
Competition distance	7500 m langs vannet						
Number and length of the laps							
Height difference (HD)	76 m						
Maximum climb (MM)	50 m						
Total climb (MT)	262 m						
Lowest point	325 m						
Highest point	401 m						
 major uphill with: 30 m - 70 m MP and Ø 5.00 - 18.00% gradient in accordance to ICR 312.5		at m	HD	MP	gradient	average gradient	Remarks of the inspector
	1.	2085	30	30	8.00-16.00	11.72	
	2.	3540	47	50	2.00-14.00	7.03	
	3.	6135	39	40	2.27-23.81	6.10	C at 6448 m 6 m MP 20.00%
total				120			45.80% part of MT
 shorter uphill with: 10 m - 29 m MP and Ø <18.00% gradient in accordance to ICR 312.5	1.	587	18	18	2.70-16.00	7.14	
	2.	1624	10	10	6.00-11.76	8.85	
	3.	2635	10	10	13.73-15.79	14.29	
	4.	2865	14	14	12.50-20.00	16.09	C at 2897 m 6 m MP 20.00%
	5.	5564	15	15	7.14-16.67	13.89	
	6.	7244	17	17	5.88-9.30	6.97	
total				84			32.06% part of MT
 steep uphill with Dist. <= 30 m and Ø > 18.00% gradient gradient	1.	357	5	5	22.73-22.73	22.73	
undulated terrain				53			
total				58			22.14% part of MT
total climb				262		100.00	12