### CERTIFICATE

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



(1) Registration Number:

(2) Location of the Competition site:

(3) Organizer:

(4) National Ski Association

(5) Contact person in the Organizing Committee:

(6) Homologation Inspector:

(7) Name of Course:

00/09.02/02

Henningvola, 7711 Steinkjer

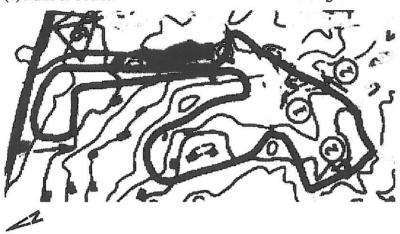
Henning IL

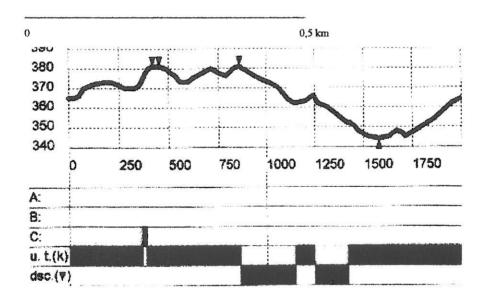
Norwegian Ski Federation

Fridtjof Rannem

Eiliv Grut

Henningvola 2 km





Comp level

Distance

Category

TC 58 m MC 11 m HD

Lowest point

381 m

Highest point

COC

2 km

D

IntEllentender Skiverbander's Homologation Responsible

37 m 344 m

Date issued

FIS Office Signature

FIS Blochstrasse 2 CH-3653 Oberhofen Thunersee

Hermod A Djørkestøl Signature /

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:                        | 00/09.02/02            |
|-----|---|------------------------|
| (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:                     | Eilif Grut             |
| (7) | Name of course:                             | Henningvola skistadior |
| (8) | Description of course:                      |                        |
|     |   |                        |

(9) Overview of different uphills

| Distance of the | La  | ps | HD | MM    | MT   | lowest | highest |
|-----------------|-----|----|----|-------|------|--------|---------|
| course          |     |    |    |       |      | point  | point   |
| m               | No. | m  | m  | m     | m    | m      | m       |
| 2000            | 0   | 0  | 37 | 811 m | D 58 | 344    | 381     |

No. L

% of MT

|   | major uphills  | 0  | 0        | 0.00   |          |   |
|---|--|--|----------|--------|----------|---|
|   | shorter uphills  | 0  | 0        | 0.00   |          |   |
|   | steep uphills plus undulated terrain   | 1 + u.t.   | 58       | 100.00 |          |   |
| fixed<br>indoo<br>enou<br>good<br>skite | stadium stadiu | temporary<br>timekeepir<br>calculatior<br>others | building |        |          |   |
| (11) Cate                               | gory of the course   | Indiv  | idual    | Relay  | Pursuit- |   |
| Com<br>Poss                             | petitions in the classical technique<br>petitions in the free technique<br>lible combination with a course for mixed relay ca<br>gory  |  |          |        |          |   |
|   | ibility of snow making<br>ium area   | Part of co                                       | urse     |        |          |   |
| (13) Subs                               | stitute course avaliable   |  |          |        |          |   |
| (14) Map<br>very                        | material accordance to art 313.2 ICR good  | sufficient.                                      |          |        |          | 4 |
| (15) Date                               | of the final inspection: o 4. 07. 9 €  |  |          |        |          |   |
| (16) Clos                               | ing of the homologation procedure:   |  |          |        |          |   |
| (17) Date                               | of the FIS-License:  |  |          |        |          |   |

## -2. Data of the course profile

|                               | Data       | Data Remarks of the inspector |         |    |             |                     |                    |            |          |           |
|-------------------------------|------------|-------------------------------|---------|----|-------------|---------------------|--------------------|------------|----------|-----------|
| Name of the course            | Henn       | Henningvola skistadion        |         |    |             |                     |                    |            |          |           |
| Competition distance          |            | 2000 m                        |         |    |             |                     |                    |            |          |           |
| Number and length of the laps |            |                               |         |    |             |                     |                    |            |          |           |
| Height difference (HD)        | 37 m       |                               |         |    |             |                     |                    |            |          |           |
| Maximum climb (MM)            | <b>₽</b> m |                               |         |    |             |                     |                    |            |          |           |
| Total climb (MT)              | 58 m       |                               |         |    |             |                     |                    |            | Anna St. |           |
| Lowest point                  | 344 n      | 344 m                         |         |    |             |                     |                    |            |          |           |
| Highest point                 |            | 381 m                         |         |    |             |                     |                    |            |          |           |
| A                             |            | at m                          | HD      | MP | gradient    | average<br>gradient | Remarks            | of the ins | pector   |           |
| major uphills with:           |            | -                             | _       | -  | -           | gradient            |                    |            |          |           |
| 30 m - 50 m MP                |            | <del> </del>                  | -       |    | -           |                     |                    |            |          |           |
| and Ø                         |            | <del> </del>                  |         |    |             |                     |                    |            |          |           |
| 6.00 - 12.00% gradient        |            |                               |         | -  | <del></del> |                     |                    |            |          |           |
| in accordance to ICR 312.5    |            |                               | -       |    | +           | -                   |                    |            |          |           |
|                               |            |                               | -       | -  | -           |                     |                    |            | * **     |           |
|                               |            | <u> </u>                      | _       | -  | 1           | -                   |                    |            |          | NA FARRAN |
|                               |            | -                             | -       |    |             | -                   |                    |            |          |           |
|                               |            |                               |         |    |             |                     | 0.0004             |            |          |           |
| total                         |            |                               |         | 0  |             |                     | 0.00%              | part of M  | 1        |           |
| [3]                           |            | -                             |         |    | -           |                     |                    |            | *        |           |
| shorter uphills with:         |            | ļ                             |         |    |             |                     |                    |            |          |           |
| 10 m - 29 m MP                |            | ļ                             |         | ļ  |             | ļ                   |                    |            |          |           |
| and Ø                         |            | ļ                             |         |    | -           | -                   |                    |            |          |           |
| <18.00% gradient              |            |                               |         | -  | -           |                     |                    |            |          |           |
| in accordance to ICR 312.5    |            |                               | _       |    |             |                     |                    |            |          |           |
|                               | -          |                               |         |    |             |                     |                    |            |          |           |
|                               |            | -                             |         |    |             | 1                   |                    |            |          |           |
|                               |            |                               |         | -  |             | ļ                   |                    |            |          |           |
|                               |            |                               |         |    |             |                     |                    | <b>3</b>   |          |           |
| _ (al                         |            |                               | <b></b> | 0  |             | <b>—</b>            | 0.00%              | part of M  | Γ        |           |
| 9                             | 1.         | 363                           | 5       | 5  | 22.73-22.73 | 22.73               |                    |            | -        |           |
| steep uphills with            |            |                               |         |    |             | -                   |                    |            |          |           |
| Dist. <= 30 m                 |            |                               |         |    |             |                     |                    |            |          |           |
| and Ø                         |            |                               |         |    |             |                     |                    | -          |          |           |
| > 18,00% gradient             |            |                               |         |    |             |                     |                    |            |          |           |
| gradient                      |            |                               |         |    |             |                     |                    |            |          |           |
|                               |            |                               |         |    |             |                     |                    |            |          |           |
| undulated terrain             |            |                               |         | 53 |             |                     |                    | •          |          |           |
| total                         |            |                               |         | 58 |             |                     | 100.00% part of MT |            |          |           |
|                               |            |                               |         |    |             |                     |                    |            |          |           |
| total climb                   |            |                               | 4       | 58 |             | -                   | 100.00             |            | 0        |           |