**PROGRAMUL CONCURSULUI**

**PROGRAMUL CAMPIONATULUI NAŢIONAL**

**DE SCHI FOND -SENIORI – JUNIORI**

**11.03 – 13.03. 2022; 14 – 16.03.2022**

**CHEILE GRADISTEI – FUNDATA**

**Vineri 11. 03. 2022**  
Orele: 09:30 – 11:30 – Antrenament Oficial toate categoriile  
Orele: 18.00 – Sedinta Tehnica - Stadion Cheile Gradistei  
**SAMBATA 12. 03.2022**  
Orele: 09:30 -Start Interval 10km Liber (Se, JeI,JeII) 7.5km Liber ; 5km Liber

11.00 - Start Interval 15km Liber (S,JI,JII;) 10km Liber; 7,5km Liber

Dupa Concurs: FESTIVITATEA DE PREMIERE

**DUMINICA 13.03. 2022**  
Orele: 09:30 -Start Interval 5km Clasic **(Se, JeI,JeII)** 5km Clasic; 5km Clasic

11.00 - Start Interval 10km Clasic **(S,JI,JII;)** 10km Clasic; 7,5km Clasic

Dupa Concurs: FESTIVITATEA DE PREMIERE

**LUNI 14. 03. 2022**  
Orele: 09:30 -Sprint Liber Calificari **(Se, JeI,JeII: S,JI,JII)**

11.00 - Sprint Liber Finale **(Se, JeI,JeII; S,JI,JII;)**

Dupa Concurs: FESTIVITATEA DE PREMIERE

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| Programul de concurs poate suferi modificari in functie de conditiile meteo si numarul de sportivi inscrisi.  Inscrierea nominala se va face pana in data de 09.03.2022 pe adresa de mail a d- ului ERCUS FLORIN [ercusf@yahoo.com](mailto:ercusf@yahoo.com)   |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | 6 |  | 11.03.. | Cupa Balkanica | C Gradistei | S M-F | Antr Of | FRSB |  | |  |  | 12.03. |  |  |  | 15/10L | C Gradistei |  | |  |  | 13.03.. |  |  |  | 10/5 CL |  |  | | 7 |  | 11.03. | Camp. National seniori | C Gradistei | S M-F | Antr Of | FRSB |  | |  |  | 12.03.. | Camp. National seniori | ~~Predeal~~ | S, M-F | Liber | C Gradistei |  | |  |  | 13.03. | Camp. National seniori | ~~Harghita~~ | S M-F | Clasic | ~~Predeal~~ |  | |  |  | ~~14.03..~~ | ~~Camp. National seniori~~ |  | ~~S, M-F~~ | ~~Antr Of~~ | ~~Harghita~~ |  | |  |  | 14.03.. | Camp. National seniori |  | S, M-F | Sprint L |  |  | |  |  | ~~16.03.~~ | ~~Camp. National seniori~~ |  | ~~S, M-F~~ | ~~Sprint E L~~ |  |  | | 8 |  | 11.03. | Camp. National | C Gradistei | J I; J II; M-F | Antr Of | FRSB |  | |  |  | 12.03.. | Juniori | Predeal |  | Liber | C Gradistei |  | |  |  | 13.03.. |  | Harghita |  | Clasic | ~~Predeal~~ |  | |  |  | ~~14.03..~~ |  |  |  | ~~Antr Of~~ | ~~Harghita~~ |  | |  |  | 14.03. |  |  |  | Sprint Liber |  |  | |

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| CATEGORIA | | ANUL | PROBA | | | | | | | | | |
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| NASTERII | Distanta | STIL | DISTANTA | STIL | Stafeta Mixta | STIL | Stafeta | STIL | Sprint | STIL |
| MASCULIN | Juniori IV | 2008 si mai mici | 3km | Clasic | 1,5 km Tr A | Clasic | 2x 1,5km | Clasic |  |  |  |  |
| Juniori III | 2007 -2006 | 5km | Liber | 1,5 km Tr A | Clasic | 2x3km | Clasic |  |  |  |  |
| JUNIORI II | 2005-2004 | **7,5km** | **Clasic** | 7,5 km | Liber |  |  | 3x 5km | 2Cl+1L | SP 1km | Liber |
| JUNIORI I | 2003-2002 | **10km Cl** | **Clasic** | 10 km | Liber |  |  | 3x5 km | 2Cl+1L | SP 1,4km | Liber |
| U 23 | 1999 | **15km** | **Clasic** | 15 km | Liber | Spr E 1,5km | Liber |  |  | SP 1,5km | Liber |
| SENIORI | 2001- si mai | 15 km | Clasic | 50 km MS | Liber | Spr E 1,5km | Clasic | 3x10 km | 2Cl+1L | SP 1,5km | Liber |
| mari | Skiatlon |  |  |  |  |  |  |  |  |  |
|  | **15 km D.PS** | **Clasic +** | **15 kmD. PS Liber MS** | **Liber** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| FEMININ | Junioare IV | 2008 si mai mici | 3km | Clasic | 1,5 km Tr A | Clasic | 2x 1,5km | Clasic |  |  |  |  |
| Junioare III | 2007 -2006 | 4km | Liber | 1,5 km Tr A | Clasic | 2x3km | Clasic |  |  |  |  |
| JUNIOARE II | 2005-2004 | **5km** | **Clasic** | 5 km | Liber |  |  | 3x3,3 km | 2Cl+1L | Spr 1km | Liber |
| JUNIOARE I | 2003-2002 | **5km** | **Clasic(CM5km)** | 7,5 km | Liber |  |  | 3x3,3 km | 2Cl+1L | Spr 1,4km | Liber |
| U 23 | 1999 | **10km Cl** | **Clasic** | 10 km | Liber | Spr E 1,4km | Liber |  |  | Spr 1,4km | Liber |
| SENIOARE | 2001- si mai | 10 km | Clasic | 30 km MS | Liber | Spr E 1,4km | Clasic | 3x5 km | 2Cl+1L | Spr 1,4km | Liber |
| mari | Skiatlon |  |  |  |  |  |  |  |  |  |
|  | 7,5 km D.PS | Clasic + | 7,5 kmD. PS | Liber MS |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | Stafeta Mixta 1baiat Clasic+1fata Clasic+1Baiat Liber+1Fata Liber (seniori si Juniori I;II) (Juniorii III; IV numai clasic) | | | | | | | | | | |  |
|  |  | Seniori Juniori I; M I 10km; F 5km | | |  |  |  |  |  |  |  |  |
|  |  | Juniori II M 7,5km; F 5 km | |  |  |  |  |  |  |  |  |  |
|  |  | Juniorii IV numai clasic, Juniorii III o proba de liber | | | |  |  |  |  |  |  |  |
|  |  | Juniorii IV ultimul an pot participa la Juniori III | | | |  |  |  |  |  |  |  |
|  |  | Juniorii III ultimul an 2006 pot participa la Juniori II;I si seniori | | | | |  |  |  |  |  |  |
|  |  | Juniorii II pot participa la Juniori I si seniori | | | |  |  |  |  |  |  |  |
|  | In cazul in care Campionatul National se suprapune cu o competitie internationala FIS stilul de mers si distantele se pot modifica in functie de concursul FIS | | | | | | | | | | | |
|  |  | La CM de juniori2022:10km C M; 5km Cl F; Sp L M-F; 30km L Masstart M; 15km L Masstart F | | | | | | | |  |  |  |

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| **Thursday 10.03.2022** | Arrival |
| **Friday 11.03.2022**  09:30 – 11:30 h  18:00 h | Official training-interval format FT  Team captains’ meeting  (Conference Hall/Cheile Gradistei) or Wat up |
| **Saturday 12.03.2022**  09:30-10:30 h  11:00-12:00 h  12:20  17:00-18:00 h  18:30 h | Women-interval format 10 km FT  Men-interval format 15 km FT  Prize giving ceremony  Official training-interval format CT  Team captains’ meeting  (Conference Hall/Cheile Gradistei) or Wat up |
| **Sunday 14.03.2021**  09:30-10:30 h  11:00-12:00 h  12:20  After | Women-interval format 5 km CT  Men-interval format 10 km CT  Prize giving ceremony  Departure |