



MÓTSBOÐ

FIS & Skíðagöngumót Íslands

Hlíðarfjalli 4.-6.apríl 2025





Upplýsingar:

Almennt

Dagana 4.-6.apríl nk. fer fram í Hlíðarfjalli við Akureyri Skíðagöngumót Íslands sem jafnframt er alþjóðlegt Fis-mót. Skráning er í mótakerfi SKÍ og skulu berast fyrir kl:12:00 þann 2.apríl. <https://mot.ski.is/>
Upplýsingagjöf á meðan mót stendur yfir verður í gegnum WhatsApp grúppuna „SKÍÐAGÖNGUMÓT 2025“ <https://chat.whatsapp.com/LYCDZ2sDpASEn9Aic89tUC>.

| | |
|----------------------|--|
| Keppnishaldari: | Skíðafélag Akureyrar |
| Mótsstaður: | Hlíðarfjall, Akureyri |
| Fararstjórafundur: | 4.apríl Gönguhús, Hlíðarfjalli. Kl:12:30 |
| Númeraafhending: | Gönguhúsi, 2klst fyrir keppni. |
| Eftirlitsmaður (TD): | Vahur Leemets |

Helstu starfsmenn:

| | Titill: | Sími: | E-mail: |
|-------------------------------|---------------|----------|--|
| Valbjörn Ægir Vilhjálmsson | Mótsstjóri | 825-6020 | skaformadur.ganga@gmail.com |
| Eypór Bergmannsson | Markstjóri | 863-7720 | eythorbergmanns@gmail.com |
| Guðmundur Bjarnar Guðmundsson | Tímataka | 822-4706 | gudmundur@valsmidi.is |
| Kári Jóhannesson | Brautarstjóri | 846-3475 | karij@akmennt.is |

Aldursflokkar veturinn 2024/2025

13-14 ára – árg. 2011 og 2012
15-16 ára – árg. 2009 og 2010
17-18 ára – árg. 2007 og 2008
19-20 ára – árg. 2005 og 2006
Fullorðins flokkur eru allir 17 ára og eldri – árg. 2008 og eldri





Dagskrá -fyrrri hluti

Föstudagur 4.apríl

SPRETTGANGA - FRJÁLS AÐFERÐ

| Tími | Hvað: | Vegal. | Braut | Hringir | Hvar: |
|-------|--------------------|--------|-------|---------|--------------|
| 12:00 | Dómarafundur | | | | Gönguhús SKA |
| 12:30 | Fararstjórafundur | | | | Gönguhús SKA |
| 15:00 | Tímataka – Konur | 1,2km | 1,2km | 1 | Hlíðarfjall |
| 15:05 | Tímataka - Karlar | 1,2km | 1,2km | 1 | Hlíðarfjall |
| 15:15 | Tímataka 15-16 ára | 1,0km | 1,0km | 1 | Hlíðarfjall |
| 15:20 | Tímataka 13-14 ára | 0,8km | 0,8km | 1 | Hlíðarfjall |
| 15:30 | Riðlar Konur | 1,2km | 1,2km | 1 | Hlíðarfjall |
| 15:40 | Riðlar -Karlar | 1,2km | 1,2km | 1 | Hlíðarfjall |
| 15:50 | Úrslit 15-16 ára | 1,0km | 1,0 | 1 | Hlíðarfjall |
| 16:10 | Úrslit 13-14 ára | 0,8km | 0,8km | 1 | Hlíðarfjall |
| 16:30 | Úrslit -Konur | 1,2km | 1,2km | 1 | Hlíðarfjall |
| 16:40 | Úrslit – Karlar | 1,2km | 1,2km | 1 | Hlíðarfjall |
| | Verðlaunaafhending | | | | Laugardagur |

Laugardagur 5.apríl

EINSTAKLINGSSTART - HEFÐBUNDIN AÐFERÐ

| Tími | Hvað: | Vegal. | Braut | Hringir | Hvar: |
|-------|-------------------------------------|--------|-------|---------|--------------|
| 10:00 | Dómarafundur | | | | Gönguhús SKA |
| 11:00 | Drengir 13-14 ára | 3,5km | 3,5km | 1 | Hlíðarfjall |
| 11:05 | Stúlkur 13-14 ára | 3,5km | 3,5km | 1 | Hlíðarfjall |
| 11:15 | Drengir 15-16 ára | 5,0km | 5,0km | 1 | Hlíðarfjall |
| 11:20 | Stúlkur 15-16 ára | 5,0km | 5,0km | 1 | Hlíðarfjall |
| 12:00 | Karlar | 10km | 5km | 2 | Hlíðarfjall |
| 12:10 | Konur | 10km | 5km | 2 | Hlíðarfjall |
| 15:00 | Verðlaunaafhending og veitingar | | | | Lundarskóli |
| 17:30 | Bíóferð (valkvætt). Minecraft Movie | | | | Sambíó |





Dagskrá -seinni hluti

Sunnudagur 6.apríl

HÓPSTART - FRJÁLS AÐFERÐ

| Tími | Hvað: | Vegal. | Braut | Hringir | Hvar: |
|-------|--------------------|--------|-------|---------|--------------|
| 10:00 | Dómarafundur | | | | Gönguhús SKA |
| 11:00 | Drengir 13-14 ára | 3,5km | 3,5km | 1 | Hlíðarfjall |
| 11:05 | Stúlkur 13-14 ára | 3,5km | 3,5km | 1 | Hlíðarfjall |
| 11:15 | Drengir 15-16 ára | 5,0km | 5,0km | 1 | Hlíðarfjall |
| 11:20 | Stúlkur 15-16 ára | 5,0km | 5,0km | 1 | Hlíðarfjall |
| 12:00 | Karlar | 15km | 5km | 3 | Hlíðarfjall |
| 12:05 | Konur | 15km | 5km | 3 | Hlíðarfjall |
| 13:30 | Verðlaunaafhending | | | | Gönguhús SKA |





Brautarkort

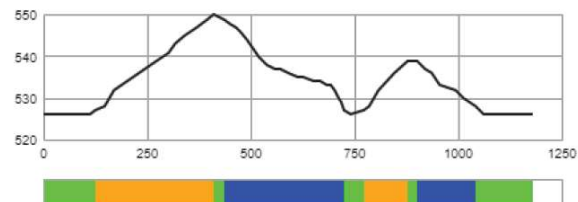
1,2km



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

| | |
|---|------------------------------|
| (1) Registration number: | 22/18.01/1.2 |
| (2) Name of the competition site: | Hlíðarfjell Akureyri |
| (3) Name of city/region: | Akureyri |
| (4) Organizer: | Skidafelag Akureirar |
| (5) National ski association: | The Icelandic Ski Federation |
| (6) Contact person in the organizing committee: | Olafur Björnsson |
| (7) Homologation inspector: | Torbjörn Broks Pettersen |
| (8) Name of course: | FIS 1,2km |
| (9) Competition level for course: | COC |

| | | | | | |
|------------------|--------|-------------------------|-----|----------------|------|
| Course length: | 1,179m | Height difference (HD): | 24m | Lowest point: | 526m |
| Course category: | D | Maximum climb (MC): | 23m | Highest point: | 550m |
| | | Total climb (TC): | 37m | | |



A-climb B-climb C-climb descent undulated terrain





3,5km

CERTIFICATE

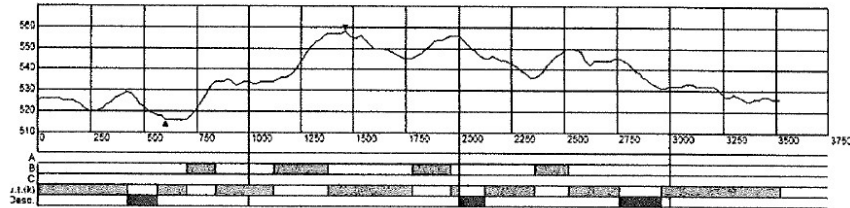


OF FIS HOMOLOGATED CROSS-COUNTRY COURSE
FIS CROSS-COUNTRY COMMITTEE

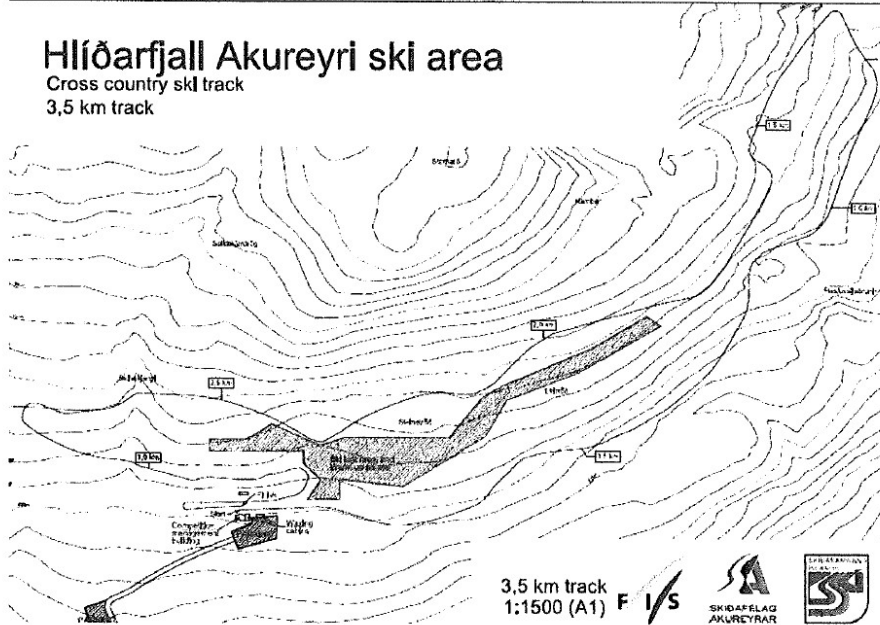


- (1) Registration Number: 17/09.05/3,5
- (2) Location of the competition site: Hlíðarfjall Akureyri
- (3) Organizer: Skidafélag Akureyrar - Hlíðarfjall
- (4) National Ski Association: The Icelandic Ski Association
- (5) Contact person in the organizing committee: Johannes Karason
- (6) Homologation inspector: Hermod Bjørkestøl
- (7) Name of course: Hlíðarfjall 3,5 km
- (8) Description of course:

| | | | | | |
|--------------------|--------|-------------------------|------|----------------|-------|
| Course length: | 3520 m | Height Difference (HD): | 42 m | Lowest point: | 516 m |
| Category: | D | Maximum Climb (MC): | 23 m | Highest point: | 558 m |
| Competition Level: | COC | Total Climb (TC): | 91 m | | |



Hlíðarfjall Akureyri ski area
Cross country ski track
3,5 km track

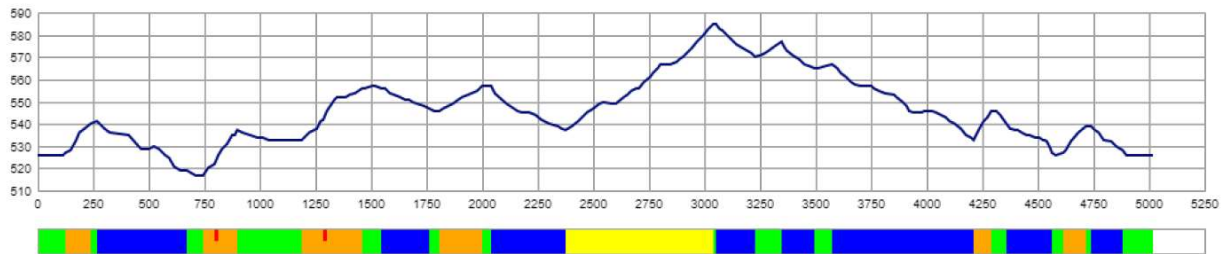




CERTIFICATE
OF FIS HOMOLOGATED CROSS-COUNTRY COURSE
FIS CROSS-COUNTRY COMMITTEE

- | | |
|---|------------------------------|
| (1) Registration number: | 22/18.03/5.0 |
| (2) Name of the competition site: | Hlíðarfjell Akureyri |
| (3) Name of city/region: | Akureyri |
| (4) Organizer: | Skidafelag Akureirar |
| (5) National ski association: | The Icelandic Ski Federation |
| (6) Contact person in the organizing committee: | Olafur Björnsson |
| (7) Homologation inspector: | Torbjörn Broks Pettersen |
| (8) Name of course: | FIS 5,0km |
| (9) Competition level for course | COC |

| | | | | | |
|------------------|--------|-------------------------|------|----------------|------|
| Course length: | 5,016m | Height difference (HD): | 68m | Lowest point: | 517m |
| Course category: | D | Maximum climb (MC): | 49m | Highest point: | 585m |
| | | Total climb (TC): | 156m | | |



A-climb B-climb C-climb descent undulated terrain

