



Invitation to 34th Ingemartrofén 2026

GS, SL & PSL
Tärnaby, Sweden
April 17th to 19th, 2026

Tärna IK Fjällvinden has the pleasure to invite you to the annual Ingemartrofén FIS-Races for male and female born 2010 and 2011 U16 and 2012 and 2013 U14. We are at the same time hosting a youth competition for U12 classes born 2014 and 2015.

Disciplines:

Disciplines are Slalom, Giant Slalom, SL/GS Combined and Parallel Slalom.

The races will be held in Tärnaby, Sweden, SL and PSL in Ingemarbacken and GS in Anjabacken.

Program:

17 April:

- Day: Giant Slalom competition.
- Evening: Inauguration event and prize ceremony

18 April:

- Day: Slalom competition.
- Evening: Prize ceremony incl the overall Ingemartrofén winners

19 April:

- Day: Parallel Slalom competition + Prize ceremony immediately after competition end

Detailed programme will be shared on Team Captains Meeting on the 16th of April



Participants:

OFFICIAL TEAMS

Each National Ski Association may enter one official team. Only teams entered by each National Ski Association will be given official team status. The national team can participate with up to a total number of 10 athletes divided into maximum number of athletes per category as follows:

- 3 U16 M
- 3 U16 F
- 2 U14 M
- 2 U14 F

In addition to the athletes, the team can be supported by up to 2 team coaches according to the following schema:

- 1 to 3 athletes = 1 team coach
- 4 to 10 athletes = 2 team coaches

This means a total maximum possible team size of 12 persons that are entitled to special team hospitality benefits (see "Team hospitality information" section further down).

NON-TEAM RACERS

In addition to the official national teams, all Swedish and international racers are welcome to participate as regular competitors in all classes U12, U14 and U16.

ALL RACERS

All competitors both official team and non-team racers, must be members of their own National Ski Association.

They must be insured and hold a written consent signed by their parents (athletes declaration). Athletes' declarations can be found here:

<https://fjallvinden.com/wp-content/uploads/2022/11/athletesdeclaration.pdf>

The National Ski Association must consent to their participation and guarantee that the regulations above are observed.



Race information

Race Hill:

Anjabacken for Giant slalom & Ingemarbacken for SL and PSL

Technical Information:

Ingemarbacken
Start 671/623 m Finish 499 m
FIS Homology no 14138/11/21

Anjabacken
Start 778 m Finish 445 m
FIS Homology no 12146/11/16

Rules:

U14 and U16 competes according to FIS rules and U12 competes according to FIS rules with Swedish Ski association amendments.

Ranking:

U14 and U16:

The National Ski Associations are asked to make a list of their top 3 competitors according to their ability. The best competitor for each class in the first place, followed by the others in order of merit. Ranking list templates can be found here:

<https://fjallvinden.com/wp-content/uploads/2022/11/ranking-ingemartrofen-u14.pdf>

<https://fjallvinden.com/wp-content/uploads/2022/11/ranking-ingemartrofen-u16.pdf>

The Jury will decide the starting order groups based on this information. As the draw will be made by computer, it is absolutely essential that the correct ranking information is provided well in advance and the names of the competitors are written clearly indicating the *surname followed by first name*. **No changes will be accepted at the team captains meeting.**

Each nations team captain must provide ranking lists via email to info@fjallvinden.com **no later than 15th of April 2026.**

U12:

No ranking will be applied to the U12 competitions



Race entry process:

Official teams: All official teams must fill out the FIS Entry form (<https://fjallvinden.com/wp-content/uploads/2022/11/fis-entry-form.pdf>) and send via email to info@fjallvinden.com **no later than 30th of March 2026**

Non-team International racers: Via email to info@fjallvinden.com **no later than 30th of March 2026**

Swedish racers: Through IdrottOnline **no later than 13th of April 2026**

Race Fee:

U16 and U14:

- 300 SEK/day GS and SL
- 200 SEK PSL.

U12:

- 200 SEK/day GS, SL and PSL.

For international racers the fee will be paid either on arrival in Tärnaby before the first race at the TIK Fjällvinden office or via IBAN bank transaction. For Swedish racers the fee will be invoiced to their ski-club after the race.

Parallel slalom

All racers have to make an entry for the parallel slalom together with the entries for GS and SL.

- There will be no qualification from the GS and SL races
- All registered racers will start with 2 qualification races in the PSL course, one race in blue course and one race in red course
- The top 16 racers (best total time) in each category will qualify to the PSL final races, with an 8-pair layout.

More information about how the parallel competition works will be shared at the team captains meeting on the evening before the competition day.



Practical information

Team hospitality information (official teams only):

According to FCROC regulations, **official teams** will have the right to hospitality benefits, according to the following parameters:

Hospitality during race days includes:

- Race fees
- Ski passes
- Lunches

Lodging:

As a result of updated in the FCROC hospitality rules for the season 25/26. Ingemartrofen will **no longer be able to provide free lodging** for the official teams. Instead we will offer **lodging at a discounted prize** incl breakfast at apartment/hotel in close proximity to the race arena.

If official teams which to take part in the offer for discounted lodging, their delegation must book accommodation via e-mail address: info@fjallvinden.com
no later than March 20th 2026

NB: The discounted accommodation for official teams can only be booked through the race office on the above e-mail address.

Other travel costs:

Each team's national federation will pay additional travel costs.

Skipasses for racers and coaches (if not covered by hospitality):

SEK 300 each day of competition, other days normal fees SEK 605 for adults and SEK 475 each day for children to be obtained in the Ingemarbacken slope.

Please note that our ski area is equipped with "KeyCard" ski lift access system. If you have a KeyCard, bring it to Tärnaby. You can also buy your KeyCard where you get your lift ticket.



Accommodation (if not covered by hospitality):

Contact Hemavan Tärnaby +46 954 301 50 www.tarnabyalpint.se or www.hemavan.nu

Travel information:

The closest airport is in Hemavan 20 km from Tärnaby, for flight times and booking please contact the airline at <https://www.populair.com/>. MABI rental car service www.mabi.se or contact Fjällvinden at info@fjallvinden.com for further assistance with transportation to-from the airport.

Please note that there is limited capacity at Hemavan Airport which means that flights can fill up and rental cars may be rented out. Therefore its recommended to book well in advance if this is your preferred travel option.

Another alternative is to fly to Umeå which is the closest larger city located 360 km from Tärnaby. Both SAS <https://www.sas.se/> and Norwegian <https://www.norwegian.com/> operate multiple daily flights from Stockholm to Umeå. Several major rental care agencies have facilities at Umeå Airport <https://www.swedavia.com/umea/>

Training in prior to or after the event:

TIK Fjällvinden works in close cooperation with the Tärnaby Alpint ski resort to offer both official teams, clubs and individual athletes the possibility to combine the attendance at the competition with an unique opportunity for late season training.

Tärnaby Alpint offers the possibility to book both own courses and joining shared courses.

For further information contact Mr Samuel Ek at Tärnaby Alpint via email samuel@tarnabyalpint.se



Other information

Athlete safeguarding

Tärna IK Fjällvinden and the Ingemartrofén race organisation has a strong commitment to safeguarding and that competitors whatever their age, gender, race, religion or belief, sexual orientation, ability or disability have the right to participate in snow sports in a secure environment and protected from abuse.

Any observed act against these principles should be reported to the designated Competition Safeguarding Officer Mrs Lena Wiberg +46 70 683 68 83.

More information about Safeguarding and the FIS Snow Safe Policy can be found here:
<https://www.fis-ski.com/en/inside-fis/governance/snow-safe>

Reminder about flour ban

We would like to remind all participants that, as of 2023/2024 season, all use of fluorinated wax or tuning products containing fluorine is prohibited for all FIS disciplines and levels.

Fluorinated wax can be a competitive advantage and its FIS is conducting regular testing at top tier events on a random basis. Ingemartrofén is such an event.

Fluorinated wax use in competition will result in disqualification.

More information about the FIS Flour Ban can be found here:
https://assets.fis-ski.com/image/upload/fisprod/assets/Fluor_ban_Implementation_ALPINE.pdf

How to follow the competitions

U14 & U16

FIS Live timing

<https://www.fis-ski.com/DB/alpine-skiing/live.html>

U12

SSF Live timing

<https://live.skidor.com/>

U12, U14 & U16 Live video stream

Join the TIK Fjällvinden YouTube channel and press "subscribe" button

<https://www.youtube.com/@T%C3%A4rnaIKFj%C3%A4llvinden>

Important dates

20th of March 2026: Last day for official teams to book discounted lodging via email to info@fjallvinden.com.

30th of March 2026: Last day for official teams to send in FIS Entry form via email to info@fjallvinden.com.

30th of March 2026: Last day for non-team international racers to apply via email to info@fjallvinden.com.

13th of April 2026: Last day for Swedish racers to apply through IdrottOnline.

15th of April 2026: Deadline for each nations team captain to provide ranking lists via email to info@fjallvinden.com.

16th of April 2026: Last day to submit a scanned copy of signed athlete declaration via email to info@fjallvinden.com (signed physical copy can be handed in at race office before 1st race start on April 17th 2026).



We wish you a warm welcome to Tärnaby!