



# MEDIAGUIDE

## WSC 2025



**coop** FIS NORDIC WORLD  
SKI CHAMPIONSHIPS  
**TRONDHEIM**  
**2025**

Presented by  **storaenso**

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# WELCOME TO TRONDHEIM

## DEAR MEDIA REPRESENTATIVE

A warm welcome to the FIS Nordic World Championships Trondheim 2025. The WSC is the biggest sports event in Norway this decade. Trondheim is proudly welcoming you as host for the second time, the last time in 1997. With its 215,000 inhabitants Trondheim is the third biggest city in Norway. It was founded in 997 by Viking King Olav Tryggvason, now erected on top of a pillar at the city square. This square also being the Medal Plaza, which is a stage two meters higher than the pillar! Trondheim is a part of Trøndelag County. Trøndelag has a long and strong skiing tradition in Cross-Country, Nordic Combined and Ski Jumping. Many Norwegian skiing legends are raised in the area, such as the most decorated winter Olympian ever, Cross-Country skier Marit Bjørgen.



## SUSTAINABILITY FOR OUR FUTURE

Our overall ambition for Trondheim 2025 is to be the most sustainable WSC of all time. We live in a world where climate change is alarming. We are working hard to set a new standard being a role model for future championships to be even better than us – and better for our world. The focus on climate and our environment is central to everything we do for Trondheim 2025. Our main goal is to make sure we prepare the best conditions for all our guests and colleagues, athletes, team members, media, volunteers, and visitors – in a sustainable way. So, we constantly need to work on how to include our overall ambition. To reach this goal together with all our stakeholders we need to set a new standard on sustainability - together.

## VALUE BASED ACTIVITY

The WSC Trondheim 2025 is a value-based organization founded on our three core values inclusive, future-orientated, and actionable. By including we have equal prize money for all disciplines, for the first time in the WSC history a para sprint on the competition program and we are including manpower from different environments of our society. Our future orientation has made us braver on collaborating on new concepts. These are the likes of environmental-friendly snow production, eco-friendly transportation, and activity programs for everyone all over Norway. These are examples of how we communicate and act on how we govern our organization on reaching our main goals. We are also eager to show the world that it is possible to hold a World Championship at a facility built for everyday life.

We really look forward to welcoming you as media representatives to Trondheim. Our eager staff can't wait to get to know you and enhance relations with you. We believe in a dialogue where clarified expectations are vital to prepare our best service for you. Then you hopefully have what you need from us and can happily execute professional airing of the competitions to the world. This is also fundamental to reaching our media operations' goal which is to give you optimal working conditions, a nice stay, and service by heart.

Welcome to Trondheim 2025!

Tor Arve Hegerberg, Head of Media Operations OC Trondheim 2025

# SUSTAINABILITY

Our ambition is to host the most sustainable FIS Nordic World Ski Championships ever in 2025. Sustainability will be at the heart of everything we do.

Throughout the application process, planning phase, and implementation, the UN Sustainable Development Goals for climate, environmental, economic, and social factors have guided FIS Nordic World Ski Championships Trondheim 2025 in its commitment to inspiring and encouraging the reduction of its climate footprint.

Ski sports break down cultural barriers, inspire the next generation, and bring together millions of people of all ages and nationalities. However, hosting such an event also significantly impacts the climate.

We are working to reduce our footprint so Trondheim 2025 can serve as an inspiring hub for sustainable development.

The world championship will feature ten competition days with a dedicated sustainability theme. Together, these 10 days of sustainability highlight how we plan to achieve our goals.

## What can YOU do?

- **Travel Smart:** Choose the most direct flight routes, avoid private jets, consider bus or train options to Trondheim. In Trondheim: use the athlete's shuttle from the hotel and Granåsen.
- **Reduce, Reuse, Recycle:** Minimize your waste, sort waste correctly. Avoid single-use plastics in all forms.
- **Reduce plastic bags:** Bring your own plastic bottle, bag or rucksack to store clothes and equipment while competing.
- **Save Energy:** Turn off lights and electronics when not in use and unplug chargers when they're not needed.
- **Lead by Example:** Your actions can inspire fans, fellow athletes, and future generations. Use your social media platforms to share your sustainable practices and encourage others to follow suit.
- **Speak Up:** If you see opportunities for improvement, don't hesitate to share your suggestions with us.
- **Together for winters to come!** Let's make this a World Championships where environmental responsibility is a point of pride.

[Read more on our website on Sustainability](#)

[10 days of Sustainability – read more](#)

[Flagship projects](#)



**300 000 SPECTATORS**

**33 Gold medals**

**150 shuttle buses**

**Did you know?**

Trondheim celebrates its millenium anniversary in 2030 and the WSC is part of the celebration!

We encourage everyone to use green transportation to the two arenas. Public transport, walking, skiing and even cycling!

There will be free concerts before every medal ceremony to gather 20 000 spectators at the main square to honor the athletes!

**2300 VOLUNTEERS**

Trondheim 2025 will hand over a complete climate accounting to Falun 2027 and we hope they will beat us!

Every first friday of the month we gather hundreds of people for Early Birds. A social run and walk for everyone!

The biggest Early Birds of all time will be 06:30 7th March at the Medal Plaza!

**Two arenas: Granåsen and Medal Plaza**

## ACCOMODATION

Media Hotels are situated in the city of Trondheim. All media hotels are good-quality hotels located close to the city centre, shuttle bus stops and the Trondheim Central Station (train).

Media Hotels	Closest bus stop	Walking distance
<a href="#">Thon Hotel Nidaros</a>	<a href="#">Olav Tryggvasons gate 3</a>	1 minute
<a href="#">Scandic Solsiden</a>	<a href="#">Scandic Nidelven</a>	7 minutes
<a href="#">Scandic Bakklandet</a>	<a href="#">Olav Tryggvasons gate 3</a>	7 minutes
<a href="#">Thon Hotel Trondheim</a>	<a href="#">Nidarosdomen</a>	8 minutes
<a href="#">Home Hotel Grand Olav</a>	<a href="#">Scandic Nidelven</a>	4 minutes
<a href="#">Comfort Hotel Park</a>	<a href="#">Nidarosdomen</a>	3 minutes
<a href="#">Comfort Hotel Trondheim</a>	<a href="#">Olav Tryggvasons gate 3</a>	4 minutes
<a href="#">City Living Sentrum</a>	<a href="#">Olav Tryggvasons gate 3</a>	2 minutes
<a href="#">City Living Schøller</a>	<a href="#">Olav Tryggvasons gate 3</a>	6 minutes
Questions regarding your stay, please contact Accommodation	<a href="mailto:accommodation@trondheim2025.no">accommodation@trondheim2025.no</a>	

# ACCREDITATION

All media representatives on-site in all the venues of the Championships must be accredited with a photo ID card. The accreditation is valid for the Granåsen Venue and Medal Plaza in Trondheim City Center.

There are several checkpoints where access will be controlled, such as the Mixed Zones and the MMC - Main Media Centre. Your accreditation is also your ticket for the Media Shuttle.

The Main Accreditation Centre is located at Erling Skakkes gate 14, situated 300 meters from Medal Plaza in Trondheim City Center. Another Accreditation Centre is located at the Granåsen Venue, situated 100 meters from the MMC - Main Media Centre (Smistadvegen 6).

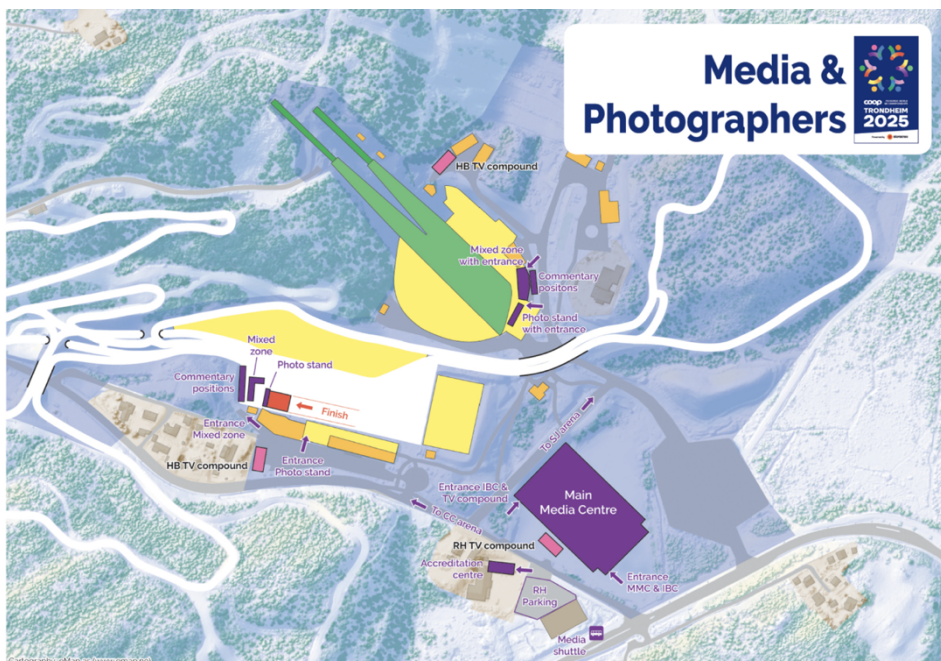
Accreditations must be picked up in person. Please bring your ID and press card. Lost or stolen accreditation cards must be reported immediately to the Accreditation Centre.

Opening hours and more info: [Accreditation Centre - info](#)

## Additional Credentials

In some areas, supplementary access devices (e.g., armbands, bibs, or additional accreditation cards) might be needed. All TV cameras, microphones, and other wireless equipment must have an accreditation sticker. The Host Broadcaster will hand these out in the IBC – International Broadcasting Center, located inside the MMC – Main Media Center. NKOM – Norwegian Communications Authority - must additionally approve wireless equipment. All these devices are valid only with the accreditation card and must be worn visible.

## [Map Media & Photographers](#)



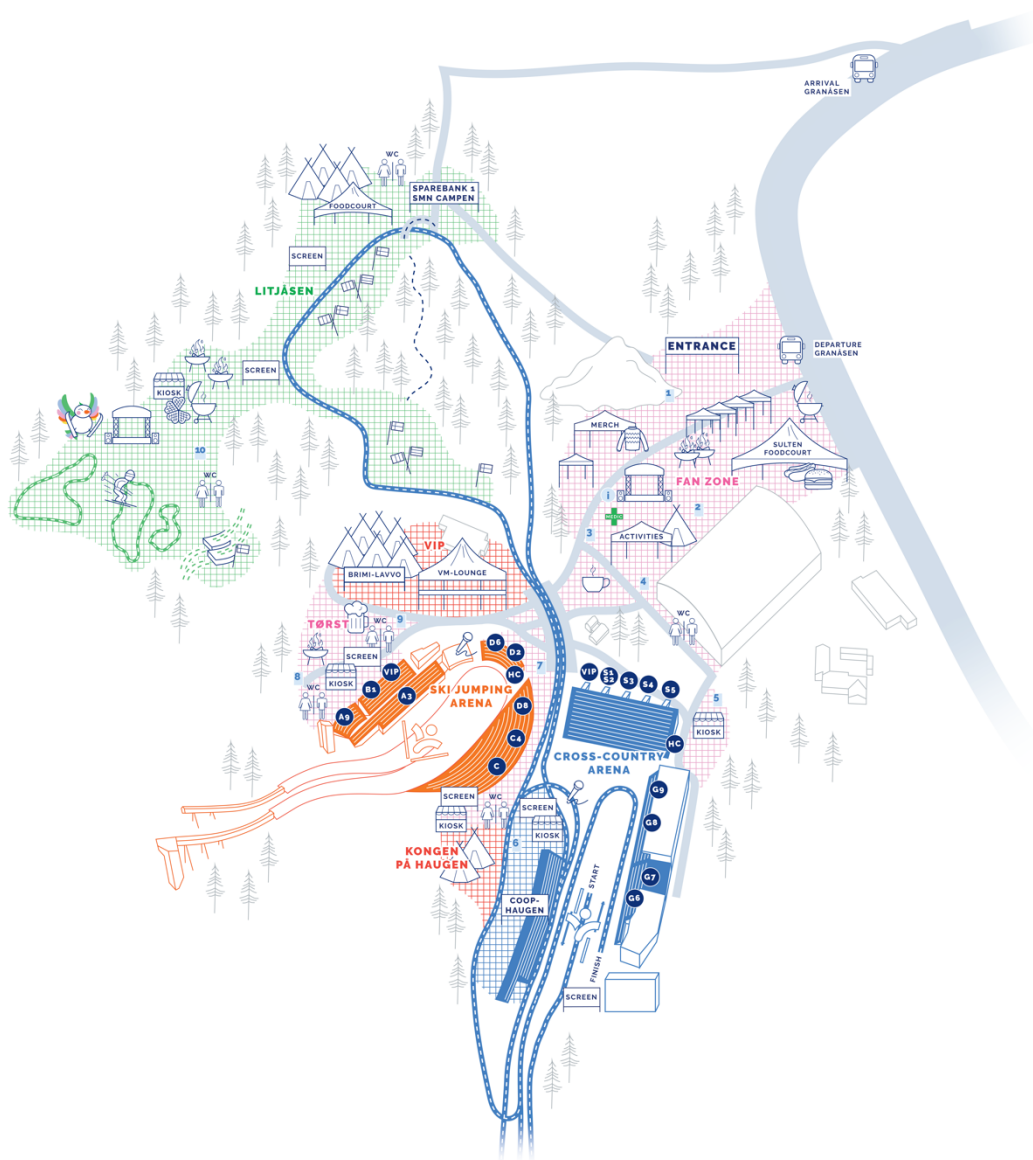
# ARENA GRANÅSEN SPORTS VENUE

Trondheim also hosted the WSC in 1997 at the city's millennial anniversary. The Granåsen Arena is being profoundly upgraded in 2023, in time for the WSC in 2025 – a venue built for everyday use, the future and good enough for a World Championship.

Granåsen is Trondheim's main venue for all winter sports related to ski jumping, cross-country skiing, and Nordic combined. You will find information about the various features of the arena at [www.trondheim2025.no](http://www.trondheim2025.no)

Trondheim and its regions have a long and strong sports tradition with great achievements over history. Legendary athletes have made us very proud. The likes of our cross-country skiers Marit Bjørgen, Petter Northug and Johannes Høsflot Klæbo, Nordic combined skier Jørgen Graabak and ski jumper Bjørn Wirkola are some of our heroes. World Champion Bjørn Wirkola had his era in the sixties and has a saying named after him, still in use all over Norway: "To jump after Wirkola", then you really have a challenge. We look forward to seeing the role models for our future from all over the world competing in Granåsen in 2025.

[Course maps links](#)



# ARENA MEDAL PLAZA – TRONDHEIM CITY SQUARE

The WSC Trondheim 2025 will present the Opening and Medal Ceremonies at the very city centre. Just at the Trondheim City Square, a 20 minutes' drive from the Granåsen Arena. The City Square is the "home" of Trondheim's founder, Viking King Olav Tryggvason, where he is erected on an 18 meters pillar, just a couple of meters shorter than the Medal Plaza stage. Its surroundings will be the place for up to 25.000 of spectators and others joining the "folk party" including the "VM Fest" with lots of cultural events and food courts placed around the very city centre. The Opening Ceremony 26<sup>th</sup> February at 20:00 at Medal Plaza Trondheim City Square. Medal Ceremonies every night will also start at 20:00 at Medal Plaza. The exception is Sunday 9<sup>th</sup> March where the Medal & Closing Ceremony will be held in Granåsen after the women's 50 km CC. Before every Medal Ceremony there will be live concerts presenting both local and national well-known artist starting from 18:30.

[Artists performing at Medal Plaza before Medal Ceremonies](#)

## The "VM-fest"

In addition to Medal Ceremonies & Concerts, our Medal Plaza Fan Zone with Food Market will present typical and delicious Norwegian specialties both for eating and drinking. The entire city centre will be filled with hundreds of public activities attracting thousands of people every night.

## WINNER PRESENTATIONS - SEEDLING CEREMONIES

The winner presentations during the "Seedling Ceremonies" will take place as soon as practical possible after each competition at the Ski Jumping and Cross-Country venues in Granåsen. At the Ski Jumping venue, the podium will be in the centre of the outrun. At the Cross-Country venue, it will be placed in the finish area.

During the seedling ceremony it will be handed out two seedlings, one for the athlete and one to be left behind for the WSC Trondheim 2025. With a sustainable ambition and future-orientated focus, the trees will be planted somewhere in the Trondheim area in the spring. The seedlings are delivered by presenting sponsor [Stora Enso](#).



# Medal Ceremony Schedule

Day	Medal Ceremony
27 <sup>th</sup> February	CC Sprint Men CC Sprint Women
28 <sup>th</sup> February	NC Mixed Team SJ NH Women NC NH/5KM Women
1 <sup>st</sup> March	NC NH/7,5KM Compact Men CC Skiathlon Men
2 <sup>nd</sup> March	NC NH/5KM Gundersen Women SJ Team Women CC Skiathlon Women
4 <sup>th</sup> March	CC 10KM Men SJ NH Men CC 10KM Women
5 <sup>th</sup> March	CC Team Sprint Men PCC Sitting Women PCC Sitting Men CC Team Sprint Women PCC Vision Impaired Women PCC Vision Impaired Men PCC Standing Women PCC Standing Men SJ LH Mixed Team
6 <sup>th</sup> March	NC LH/5KM Team Men CC Relay Men
7 <sup>th</sup> March	CC Relay Women SJ LH Team Men
8 <sup>th</sup> March	NC LH/10KM Gundersen Men SJ LH Women CC 50KM Men SJ LH Men
9 <sup>th</sup> March	CC 50 KM Women



# COMMUNICATIONS, WHATSAPP & SOME CHANNELS

WhatsApp is the preferred communications channel for the WSC Trondheim 2025 guest.

Please join the WhatsApp-group for media representatives to stay updated here: [WSC 2025 Media Accredited](#)

## Follow on our main SoMe-channels!

- [WEBSITE](#)
- [FACEBOOK](#)
- [INSTAGRAM](#)
- [LINKEDIN](#)
- [TIKTOK](#)
- [YOUTUBE](#)

Official hashtag: [#trondheim2025](#)

Feel free to invite [@trondheim2025](#) to collaborative post on Instagram.

# IBC – INTERNATIONAL BROADCASTING CENTER

The IBC is located inside the MMC. Cleaning, janitorial services and general security will be provided between the official operating times. The IBC opens from 19<sup>th</sup> of February, though with reduced services. Catering between 19<sup>th</sup> of February and 23<sup>rd</sup> of February may be ordered. (More info on F&B at the Media catering chapter above). IBC service desk is located inside the IBC and will be staffed during opening hours of MMC.

# KNOWING TRONDHEIM

Trondheim and the Trøndelag region have a lot to offer! You can explore our nature, culture, history, gastronomy, taste, winning awards and surprising entertainment activities in the region! Explore Trøndelag will be located and staffed just inside the MMC – Main Media Center where you can find your possible feature story.

[Visit Trondheim & Explore Trøndelag](#)

# MAIN MEDIA CENTRE

The MMC - Main Media Centre is located at the premises of Granåsen Venue, just by the shuttle bus stop. More than 7.000 square meters will be used for MPC - Main Press Centre, IBC - International Broadcast Centre, TVC - TV-Compound, Press Conference Room, Media Lounge and Media Restaurant. Our Service Desk is located just inside the entrance, and we also offer a photo service by Sony.

### **MMC – Opening hours**

The MMC will be operational from Sunday 23<sup>rd</sup> February 09:00-16:00. Except from 24<sup>th</sup> February (09:00-16:00), 25<sup>th</sup> February (09:00-19:00) and 3<sup>rd</sup> March (08:00-18:00) the MMC is open every day from 08:00-23:00 until the last day 9<sup>th</sup> March 2025.



# MEDIA TRANSPORTATION

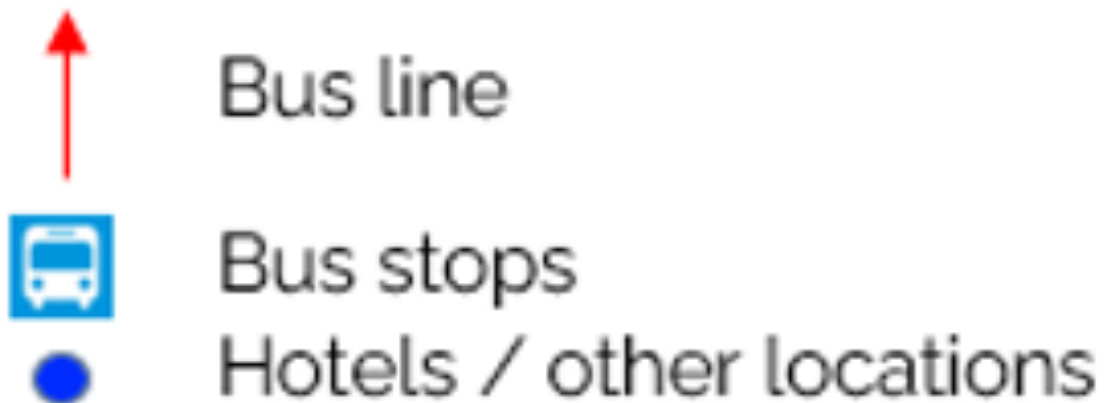
Shuttle buses are provided for accredited media and will depart regularly from Trondheim City Center from 26<sup>th</sup> of February throughout the Championships. From 21<sup>st</sup> of February some media shuttles will be available from the morning. Your accreditation gives you access to the media shuttles. A reduced shuttle schedule will be offered 21<sup>st</sup> February – 25<sup>th</sup> February and 10<sup>th</sup> – 11<sup>th</sup> March.

Bus stop for the media shuttle is located just outside the entrance of the MMC – Main Media Center. The bus stop is for both arrivals and departures. The media shuttle will serve all stops on the departures from Granåsen venue down to the city center. The stop for reaching Medal Plaza at Trondheim City Square will be the Nidaros Cathedral.

[Media Shuttle](#)

## AIRPORT TRANSFERS

Two daily shuttles free of charge from the airport to the city centre is available. Additional transfers from the airport to accommodation can be provided by the LOC and it is a payable service, rates are available upon request, to place a booking, please contact [transport@trondheim2025.no](mailto:transport@trondheim2025.no)





Your accreditation is your shuttle bus ticket. [The timetable for shuttle buses can be found in this Media Guide as well as at the MMC.](#) During peak hours, the transportation time between the city center and Granåsen Venue is approximately 40 minutes.

[Media Shuttle](#)

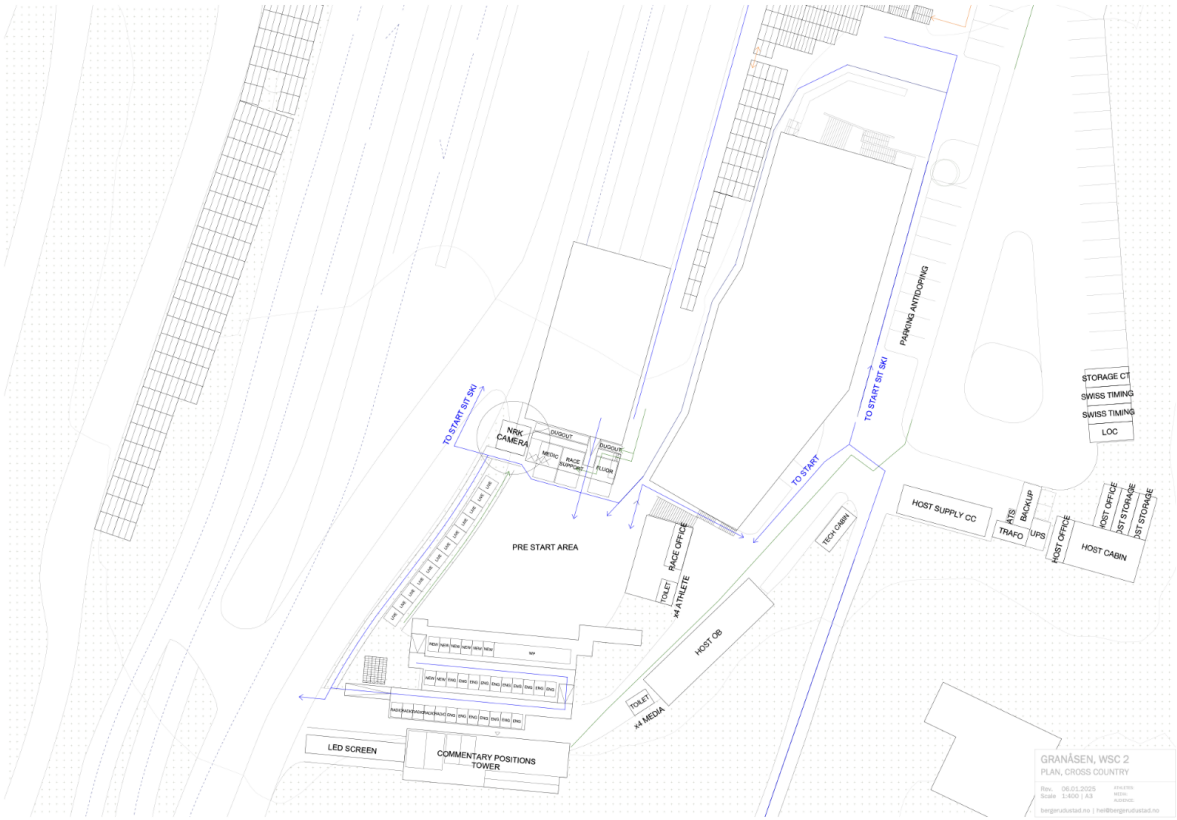
### **Public Transportation**

The media accreditation card is not valid for public transportation. [Find AtB public buses schedule here.](#)

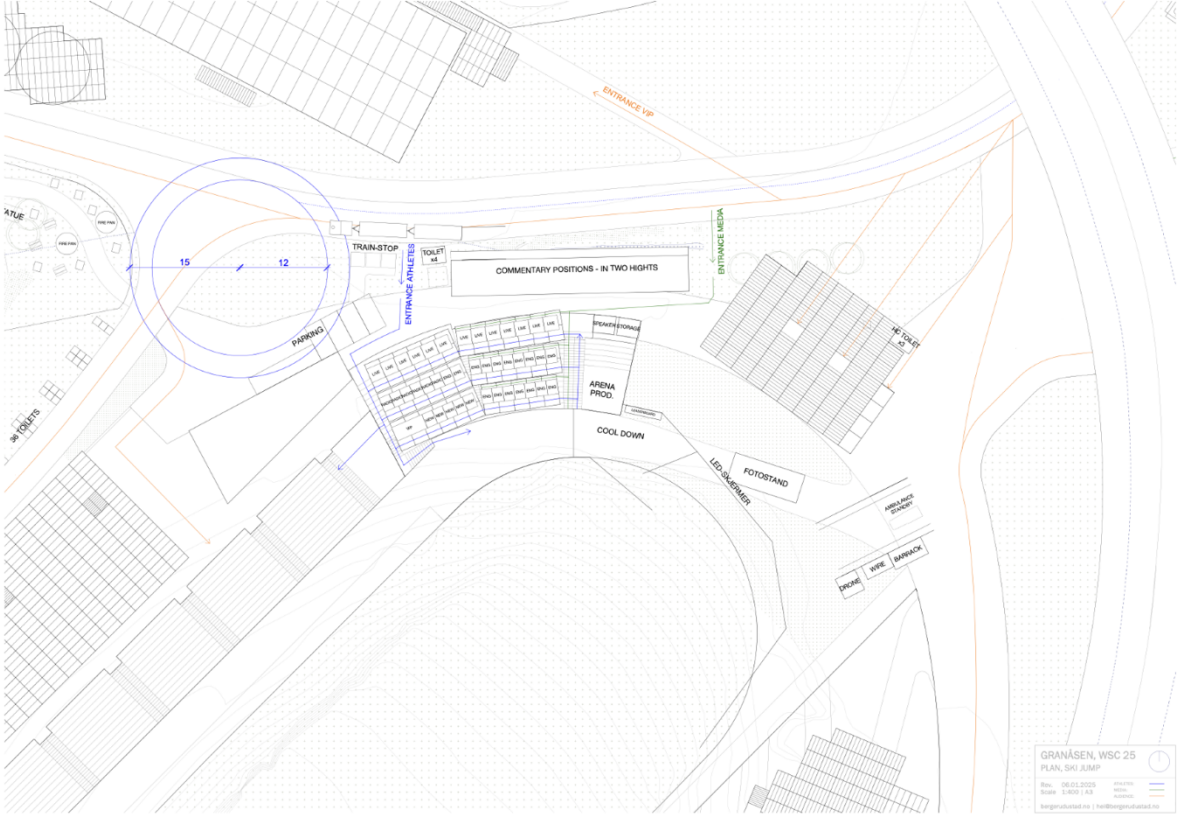
If you have questions regarding transportation, please contact our Transportation Centre: [transport@trondheim2025.no](mailto:transport@trondheim2025.no)



# MIXED ZONE CROSS-COUNTRY



# MIXED ZONE SKI JUMPING



# OFFICIALS FIS

## OFFICIALS – CROSS COUNTRY PARA

Race Director Georg Zipfel  
Para Nordic Coordinator Elke Gundermann  
Technical Delegate Ingela Kalvedal  
Assistant Technical Delegate Laurence Roux  
Adaptive Equipment Controller (Classification) Dia Pernot

## OFFICIALS – CROSS COUNTRY

Race Director Michal Lamplot, FIS  
Race Director Assistant Simon Caprini, FIS  
Technical Delegate 1<sup>st</sup> week Anna Rosa, ITA  
Assistant Technical Delegate 1<sup>st</sup> week Thomas Unterfrauner, AUT  
Technical Delegate 2<sup>nd</sup> week Thomas Unterfrauner, AUT  
Assistant Technical Delegate 2<sup>nd</sup> week Anna Rosa, ITA  
Jury Member Seraina Mischol, SUI  
Jury Member Martins Niklass, LAT  
Equipment Controller 1<sup>st</sup> week Mikko Rantanen, FIN  
Equipment Controller 2<sup>nd</sup> week Robert Peets, EST

## OFFICIALS – SKI JUMPING

Race Director Men Sandro Pertile, FIS  
Assistant Race Director Men Borek Sedlak, FIS  
Race Director Women Chika Yoshida, FIS  
Assistant Race Director Women Miran Tepes, FIS  
Technical Delegate Aljosa Dolhar, SLO  
Assistant Technical Delegate Andi Bauer, GER  
Assistant Technical Delegate Suzanne Tahk, EST  
Equipment Control Men Christian Kathol, FIS  
Equipment Control Women Agnieszka Baczkowska, FIS  
Judge Ole Walseth, NOR  
Judge Jiri Parma, CZE  
Judge Olaf Beyer, GER  
Judge Sandro Sambugaro, ITA  
Judge Fabrice Piazzini, ITA  
Judge Steve Sydow, USA

## OFFICIALS – NORDIC COMBINED

Race Director Lasse Ottesen, FIS  
Assistant Race Director Jan Rune Grave, FIS  
Technical Delegate Matija Stegnar, SLO  
Assistant Technical Delegate Jana Koziskova, CZE  
Equipment Control Men Guntram Kraus, FIS  
Equipment Control Women Kerstin Löscher, FIS

## MEDIA COORDINATORS

Communications Manager Bruno Sassi, FIS  
Cross Country Synne Dyrhaug, FIS  
Ski Jumping Horst Nilgen, FIS  
Nordic Combined Sophie Hargesheimer, FIS

# OFFICIALS LOC

## MANAGEMENT

CEO - Chief Executive Officer	<b>Åge Skinstad</b>	+47 480 58 057 <a href="mailto:age.skinstad@trondheim2025.no">age.skinstad@trondheim2025.no</a>
COO - Chief Operating Officer	<b>Kristin Mürer Stemland</b>	+47 930 34 542 <a href="mailto:kristin.m.stemland@trondheim2025.no">kristin.m.stemland@trondheim2025.no</a>
CFO - Chief Financial Officer	<b>Roar Munkvold</b>	+47 916 61 563 <a href="mailto:roar.munkvold@trondheim2025.no">roar.munkvold@trondheim2025.no</a>
CGRO-Chief Government & Community Relations Officer	<b>Rita Ottervik</b>	+47 916 61 563 <a href="mailto:rita.ottervik@trondheim2025.no">rita.ottervik@trondheim2025.no</a>
CCO - Chief Commercial Officer	<b>Haakon Jensen</b>	+ 47 951 03 981 <a href="mailto:haakon.jensen@trondheim2025.no">haakon.jensen@trondheim2025.no</a>
CCMO - Chief Communications & Marketing Officer	<b>Gro Eide</b>	+47 900 29 009 <a href="mailto:gro.eide@trondheim2025.no">gro.eide@trondheim2025.no</a>
CCSO - Chief Culture & Seremony Officer	<b>Endre Forbord</b>	+47 484 89 140 <a href="mailto:endre.forbord@trondheim2025.no">endre.forbord@trondheim2025.no</a>

## SPORTS ORGANIZATION

Chief of Sports & Venue Granåsen	<b>Kristin Mürer Stemland</b>	+47 930 34 542 <a href="mailto:kristin.m.stemland@trondheim2025.no">kristin.m.stemland@trondheim2025.no</a>
Chief of Competition Cross-Country	<b>Daniel Myrmæl Helgestad</b>	+47 950 21 058 <a href="mailto:daniel.helgestad@trondheim2025.no">daniel.helgestad@trondheim2025.no</a>
Chief of Competition Nordic Combined	<b>Per Tommy Enger</b>	+47 404 00 105 <a href="mailto:per.tommy.enger@trondheim2025.no">per.tommy.enger@trondheim2025.no</a>
Chief of Competition Ski Jumping	<b>Hroar Stjernen</b>	+47 909 81 878 <a href="mailto:hroar.stjernen@trondheim2025.no">hroar.stjernen@trondheim2025.no</a>
Head of Sustainability	<b>Ola Rønning</b>	+ 47 977 29 343 <a href="mailto:ola.ronning@trondheim2025.no">ola.ronning@trondheim2025.no</a>
Head of Media Operations	<b>Tor Arve Hegerberg</b>	+47 924 20 959 <a href="mailto:tor.arve.hegerberg@trondheim2025.no">tor.arve.hegerberg@trondheim2025.no</a>
Head of Transportation	<b>Kjetil Førsvoll</b>	+47 918 85 599 <a href="mailto:kjetil.forsvoll@trondheim2025.no">kjetil.forsvoll@trondheim2025.no</a>
Head of Services (Hospitality & Protocol)	<b>Truls Torvik</b>	+47 951 42 086 <a href="mailto:truls.torvik@trondheim2025.no">truls.torvik@trondheim2025.no</a>
Head of Security	<b>Gaute Karlsson</b>	+47 452 88 874 <a href="mailto:gaute.karlsson@trondheim2025.no">gaute.karlsson@trondheim2025.no</a>
Head of Medical	<b>Jon Olav Drogset</b>	+47 920 64 873 <a href="mailto:jon.drogset@trondheim2025.no">jon.drogset@trondheim2025.no</a>
Head of Volunteers Operations	<b>Anita Llapjani</b>	+47 404 97 350 <a href="mailto:anita.llapjani@trondheim2025.no">anita.llapjani@trondheim2025.no</a>
Head of Venue Operations Trondheim Municipality	<b>Bente Næverdøl</b>	+ 47 464 72 648 <a href="mailto:bente.naverdal@trondheim2025.no">bente.naverdal@trondheim2025.no</a>
Head of Venue Operations	<b>Arve Skorstad</b>	+47 922 53 511 <a href="mailto:tor.arve.hegerberg@trondheim2025.no">tor.arve.hegerberg@trondheim2025.no</a>
Technical Director Venue Granåsen	<b>Kenneth Tanem</b>	+47 930 39 902 <a href="mailto:kenneth.tanem@trondheim2025.no">kenneth.tanem@trondheim2025.no</a>



# PARKING

LOC strongly recommends media representatives to use the shuttle bus service provided. This recommendation is based both on the environmental aspect and on the limited parking possibilities. The media car park is located right outside the Main Media Centre, and approved parking permits are handed out in the Main Accreditation Office.

## Public Parking

There is no public parking in the arena.

# PHOTO SERVICES

## Photo Briefing

Wednesday, February 26, at 14:30 Photo Briefing MPC Granåsen

We will provide essential information about our services to ensure a smooth Championships experience for accredited photographers, including:

- Photo positions
- Access routes
- Our service team

Every venue, Cross-Country, Ski Jumping, and Medal Plaza at the City Square in Trondheim, will have designated areas for professional photographers taking great pictures. These areas will be easily accessible. Only photographers with the correct accreditation and armband will be allowed entry.

## Photo Services MMC – Main Media Centre

- Dedicated workspace for photographers
- Free lockers available (limited quantity)
- Sony photo services: Check & clean service and backup equipment

SONY

α  
ALPHA

Sony Imaging Pro Depot at  
FIS Nordic World Ski Championships 2025

Free sensor cleaning & Loan equipment

For any Sony Imaging related enquiries please contact:

[prosupportnordic@sony.com](mailto:prosupportnordic@sony.com)

+45 (0) 27 79 97 36 (Patrik Robertsson), +45 (0) 51 59 60 09 (Hung Tang) or +45 (0) 60 17 83 99 (Annemari Nieminen)

### Operational hours:

26.02. – 02.03.	09:00-18:00
03.03.	Closed
04.03. – 08.03.	09:00-18:00
09.03.	09:00-16:00

Sony Imaging Pro Support depot location:

Granåsen Mediacentre



Support



Check & Clean



Backup camera

Sony Imaging  
**PRO**  
SUPPORT

### **Sub Media Centers**

- Medal Plaza Trondheim City Square
  - Located at Kongens gate 7, Hornemannsgården
- Mini Sub Photo Center at Cross-Country Venue
  - Located next to the finish area
  - Tent with limited working spaces
  - Not heated – only Wi-Fi available

### **Photo Positions**

You will find designated photo areas Cross-Country and Ski Jumping

- Cross-Country: Photo grandstands head on at the finish line
- Ski Jumping: Outermost stairs (left and right) when facing the hill, plus a head-on position at the out-run
- Cross-Country photo zones may change depending on the event. Please attend the daily photo briefing one hour before competition start or check with the Photo Service team if you are unable to attend.
- Photo positions are allocated on a first-come, first-served basis. However, priority positions can be reserved for AP, AFP, Reuters, EPA, Getty, and national agencies.

### **Important Notice**

Strictly **NO ACCESS** for photographers in the following areas:

- The entire infield of the Cross-Country stadium, including the start area.
- The in-run Ski Jumping


### **Medal Plaza Photo Position**

- Head on positions in the pit, in front of the stage/podium.
- Additionally, a longer lens position by the statue of Olav Tryggvason.

For further information please visit the Photo Services office at MMC or contact:

Chief of Photographers: Arnt Folvik [aefolvik@gmail.com](mailto:aefolvik@gmail.com) +47 982 63 019

# PROGRAMME

WSC-programme - pr. 31.01.2025						
	<b>WEDNESDAY</b> 26.02.2025 <b>Cross-Country</b> 13:30 Qualification 10 C W 15:30 Qualification 10 C M  <b>Opening Ceremony</b> 20:00 Medal plaza	<b>THURSDAY</b> 27.02.2025 <b>Nordic Combined</b> 15:00 Mass start 5 km W 17:00 Individual NH W  <b>Cross-Country</b> 10:00 Sprint qual. F. W/M 12:30 Sprint finals F. W/M  <b>Ski Jumping</b> 20:30 Qualification NH W  <b>Medal Ceremony</b> 20:00 Medal plaza	<b>FRIDAY</b> 28.02.2025 <b>Nordic Combined</b> 12:00 Mixed Team NH 16:05 Mixed team CC  <b>Ski Jumping</b> 14:00 Individual NH W  <b>Medal Ceremony</b> 20:00 Medal plaza	<b>SATURDAY</b> 01.03.2025 <b>Nordic Combined</b> 12:00 Individual NH M 16:00 Compact 7,5 km M  <b>Cross-Country</b> 14:00 Skiathlon 20 km M  <b>Ski Jumping</b> 17:00 Team NH W 20:30 Qualification NH M  <b>Medal Ceremony</b> 20:00 Medal plaza	<b>SUNDAY</b> 02.03.2025 <b>Nordic Combined</b> 12:00 Individual NH W 16:00 Gundersen 5 km W  <b>Cross-Country</b> 14:00 Skiathlon 20 km W  <b>Ski Jumping</b> 17:00 Individual NH M  <b>Medal Ceremony</b> 20:00 Medal plaza	
	<b>TUESDAY</b> 04.03.2025 <b>Cross-Country</b> 10:00 Qualification Para 13:00 Sprint C. W/M 15:30 Individual 10 km C M  <b>Medal Ceremony</b> 20:00 Medal plaza	<b>WEDNESDAY</b> 05.03.2025 <b>Cross-Country</b> 08:45 Semifinals Para 11:00 Sprint C. W/M 12:20 Qualification Team 14:30 Sprint C. W/M 16:00 Finals Para Sprint C 16:00 Finals Team Sprint C  <b>Ski Jumping</b> 16:00 Mixed Team LH  <b>Medal Ceremony</b> 20:00 Medal plaza	<b>THURSDAY</b> 06.03.2025 <b>Nordic Combined</b> 11:00 Team LH M 15:00 Team 4x5 km M  <b>Cross-Country</b> 12:30 Relay 4x7,5 km M  <b>Ski Jumping</b> 16:20 Team LH M 20:30 Qualification LH W  <b>Medal Ceremony</b> 20:00 Medal plaza	<b>FRIDAY</b> 07.03.2025 <b>Cross-Country</b> 14:00 Relay 4x7,5 km W  <b>Ski Jumping</b> 12:15 Qualification LH M 16:15 Individual LH W  <b>Medal Ceremony</b> 20:00 Medal plaza	<b>SATURDAY</b> 08.03.2025 <b>Nordic Combined</b> 09:30 Individual LH M 14:30 Gundersen 10 km M  <b>Cross-Country</b> 11:30 Mass start 50 km M  <b>Ski Jumping</b> 15:45 Individual LH M  <b>Medal Ceremony</b> 20:00 Medal plaza	<b>SUNDAY</b> 09.03.2025 <b>Cross-Country</b> 11:30 Mass start 50 km W  <b>Closing Ceremony</b> 14:30 Granåsen CC Arena

## RESULTS SERVICES

Start- and results lists, news and other official information will be published on the event's website. Printouts are available at our start- and results service found in our Main Media Centre and in the mixed zones.

# RESTAURANT, FOOD & BEVERAGE

Media Restaurant is located at the MMC – Main Media Center – and offers lunch and dinner services, as well as waffles, snacks, drinks, cakes, baked goods, a salad bar, sandwiches, and kiosk items.

- Coffee, tea and waffles are served free of charge during the Main Media Center's opening hours.
- There will be several water refill stations available.
- Vegetarian and vegan food are available, as well as an option for those with lactose intolerance.

## Opening hours Media Restaurant:

Lunch hours between 10.30 - 15.00

Dinner hours between 15.00 - 21.00

- 23<sup>rd</sup> February - 24<sup>th</sup> February 09.00-16.00
- 25<sup>th</sup> February 09.00-19.00
- 26<sup>th</sup> February - 9<sup>th</sup> March 08.00-21.00
- 3<sup>rd</sup> March (exception - rest day) ☒ 08.00-18.00

## **MENU – LUNCH & DINNER (same dishes, smaller portions for lunch)**

### **Sunday 23.02.25**

- Smoked pork loin. Baked onion, Mustard sauce, Roasted small potatoes
- Vegetable stew from Grønne Folk. Tomato salad, Penne

### **Monday 24.02.25**

- Beef stew. Mushrooms, Silver onions, Beef sauce, Roasted small potatoes
- Celery rösti. Baked cauliflower, Remoulade, Boiled potatoes

### **Tuesday 25.02.25**

- Baked salmon. Baked cauliflower, Dill mayonnaise, Boiled rice
- Chicken thigh steak. Tomato salad, Chicken jus, Roasted small potatoes
- Pea soup

### **Wednesday 26.02.25**

- Fish patties. Roasted root vegetables, Remoulade, Penne
- Beef patties. Mashed peas, Remoulade, Boiled potatoes
- Cauliflower soup

### **Thursday 27.02.25**

- Chili sin carne from Grønne Folk. Whole roasted celeriac from Frost, Boiled rice
- Fish patties. Tomato salad, Remoulade, Boiled potatoes
- Chicken soup

### **Friday 28.02.25**

- Casserole with salted cod and salmon. Roasted root vegetables, Egg butter, Boiled potatoes
- Reindeer patties. Red cabbage, Creamy reindeer jus, Roasted small potatoes.
- Onion soup

### **Saturday 01.03.25**

- Baked salmon. Baked cauliflower, Dill mayonnaise, Penne
- Beef stew. Mushrooms, Silver onions, Beef sauce, Boiled potatoes

- Mushroom soup

#### **Sunday 02.03.25**

- Fish patties. Baked cabbage, Remoulade, Penne.
- Smoked pork loin. Beans and peas, Mustard sauce, Boiled potatoes from Solhus
- Orkdal meat soup

#### **Monday 03.03.25** (No dishes listed)

#### **Tuesday 04.03.25**

- Fish cakes from Rørvik Fisk. Beans, Peas, Remoulade, Penne
- Chicken thigh steak. Baked cabbage, Chicken jus, Roasted small potatoes
- Tomato soup

#### **Wednesday 05.03.25**

- Baked salmon. Baked cauliflower, Dill mayonnaise, Boiled potatoes
- Vegetable stew from Grønne Folk. Tomato salad, Boiled rice
- Inderøy meat soup

#### **Thursday 06.03.25**

- Fish patties. Roasted root vegetables, Remoulade, Boiled potatoes
- Beef patties. Mashed peas, Remoulade, Boiled potatoes
- Mussels soup

#### **Friday 07.03.25**

- Traditional Norwegian sour cream porridge (rømmegrøt). Served with cured meats, a classic pairing in Norwegian cuisine.
- Beef stew. Mushrooms, Silver onions, Beef sauce, Boiled rice
- Mountain potato soup

#### **Saturday 08.03.25**

- Casserole with salted cod and salmon
- Broccoli salad, Egg butter, Penne
- Venison stew from Dalpro. Roasted root vegetables, Creamy venison jus, Boiled potatoes
- Chicken Soup

#### **Sunday 09.03.25**

- Vegetable stew from "Grønne Folk"
- Baked beets, Penne
- Smoked pork loin. Mushrooms, Silver onions, Mustard sauce, Roasted small potatoes

<b>Prices in NOK</b>	<b>Take away</b>	<b>Restaurant</b>
Lunch	180	195
Dinner	230	250
Small salad	60	65
Large salad	115	125
Sandwich	105	115

#### **Sustainable Menu Practices**

At Trondheim 2025, sustainability is at the heart of everything we do. To support our goal of achieving less than 2 percent food waste, our menu may be adjusted based on demand. These changes allow us to reduce waste, minimize our environmental footprint, and ensure a greener future.

#### **Additional F&B-requests**

If you or your company requires additional services beyond what is available in the café, please use this form to submit your specific requests. Whether you're looking to pre-order meals, arrange invoicing, or have other special requirements for your staff, simply



follow the attached link and fill in the details. We'll get in touch with you to confirm and tailor our services to your needs.

[Media Catering Request Form here](#)

## **RIGHTS HOLDERS TV COMPOUND**

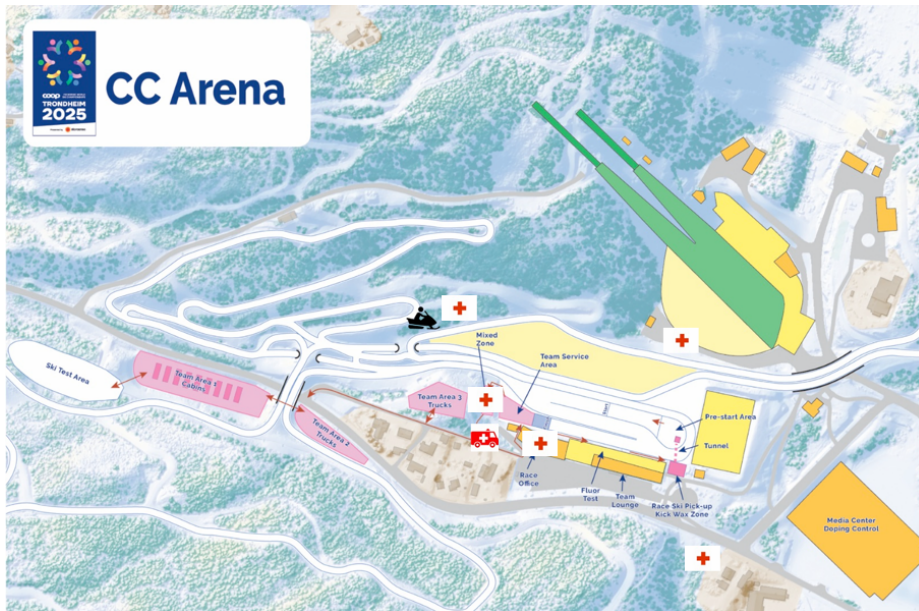
The Rights Holder's TV Compound will be located outside the IBC. Host Broadcaster will have a separate TV compound located next to the ski jumping hill and the cross-country arena. These areas will be secured and fenced, reserved for Rights Holders only.

# SECURITY & FIRST AID

Emergency phone number in Norway is **113**.

## Medical Facilities

Medical facilities are located in both Cross-Country and Ski Jumping venues.



Trondheim's hospital:

- [St. Olav's Hospital](#)

Trondheim has many pharmacies, here a few of them:

- [Pharmacy Apotek1 City Syd](#)
- [Hospital's Pharmacy Trondheim](#)
- [Boots Pharmacy Trondheim City Center](#)
- [Vitus Pharmacy Trondheim](#)

## SUB MEDIA CENTRE MEDAL PLAZA

The Sub Media Centre will be located next to Medal Plaza at Trondheim City Square where the Medal Award Ceremonies and concerts will be held. The Sub Media Centre is a smaller room in the "Hornemannsgården", the wooden, big, yellow building situated just across the stage at the City Square. The entrance is from Kongens gate.

The sub media center holds the room of approximately 30 working places (table & chair), Wi-Fi and power supply. It will be open during the evenings. Free access to Wi-Fi, coffee, tea and waffles.

Restaurant located on the ground floor, serving both cold and warm dishes.

### Opening hours

Tuesday 25<sup>th</sup> February 17:00-22:00

Wednesday 26<sup>th</sup> - Saturday 8<sup>th</sup> March 17:00 - 22:00

!! Exception Monday 3<sup>rd</sup> March 18:00 - 21:00

A pub for the media is available at the ground floor of the "Hornemannsgården" sub media center. Closing time of the pub is 23:00 every night.

## CONTACT MMC - MAIN MEDIA CENTRE

Service desk MMC +47 400 11 79

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