

5.-6. JANUARY 2019



On behalf of the International Ski Federation and Estonian Ski Federation, we invite all member Associations of the International Ski Federation (FIS) to participate in the

## FIS NORDIC COMBINED CONTINENTAL CUP LADIES

January 5-6th, 2019 in Otepää, Estonia

**Organiser:** Estonian Ski Association

**Place:** Nordic Combined jumping on HS97 Jumping Hill of Tehvandi Sport

Centre (Otepää)

Nordic Combined ski tracks at Tehvandi Sport Centre

**Rules:** FIS International Competition Rules Nordic Combined (ICR) and

FIS Continental Cup Rules Nordic Combined Ladies

**Closing date for entries:** 

Preliminary entry with number of athletes and officials - as soon

as possible, latest December 7th 2018

Official entry with names – latest **December 21st 2018.** 

## **Entries and accommodation:**

Estonian Ski Association Sõjakooli 10, 11415 Tallinn, Estonia Ph. +372-603 1516

Fax: +372-603 1518

info@suusaliit.ee

raguelloja@gmail.com (accomodation)

https://www.owc.ee/

Reservation for all teams and officials will be made in the hotels according to the rules.



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## Teams:

Prize per person (over quota) per day in dbl room/shared apartment incl. full board

- Double rooms 115 CHF person/night
- Single rooms 125 CHF person/night (limited availability) Payments for accommodation have to be paid at the race office latest on <u>5.01.2019</u>. NB! There is a possibility to use credit cards for payments.

## **Restrictions:**

The number of participants in the competitions must comply with official COC rules and regulations.

## **Responsibility:**

All competitors have to be insured by their own Ski Association and must have signed the Athletes Declaration. The Organisers have coverage for their own third party liability only.

### **Transportation:**

Organizers can organize transportation to and from airport/port of Tallinn. When coming with a World Cup team, the transportation is free of charge. When coming separately, please let us know as soon as possible and we will inform about the price if neccessery.

## **Radio Equipment Regulations:**

The radio frequencies need to be authorized by the regulatory authority. Please send your frequencies by <a href="mailto:10.12.2018">10.12.2018</a>
(preliminary entry deadline) to event@tja.ee for authorisation. The application form could be found on <a href="https://www.owc.ee/en/NC2019/frequency\_nc">https://www.owc.ee/en/NC2019/frequency\_nc</a>

## **Doping Control:**

Doping control during the event may be carried out by our national antidoping organisation, EAD. According to the EAD regulation, all participants shall be under an obligation to submit themselves to doping control.



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## Officials:

OC Chairman:	Ago Markvardt	(EST)
Chief of Comp.:	Suzanne Tahk	(EST)
FIS TD:	Jyri Pelkonen	(FIN)
FIS TD-assistant:	Masashi Abe	(JPN)
National TD:	Jorn Olav Bekkelund	(NOR)
FIS Race Director:	Lasse Ottessen	(FIS)
FIS Race Director Assistant:	Jan Rune Grave	(FIS)
Equipment Control Ladies:	Anja Tepeš	(FIS)

## **Judges:**

Vahur Tasane	(EST)
Wolfgang Reissner	(AUT)
Pekka Terrvahartiala	(FIN)
Jerome Gay	(FRA)
Sandro Sambugaro	(ITA)







## RACE PROGRAM

## **THURSDAY, 3rd of January**

Time	Event	Place
		Tehvandi Stadiumbuilding 2nd
19:00	Team Captains Meeting (together with World Cup)	floor

## FRIDAY, 4th of January

09:00	Training (2 rounds)	Tehvandi K90
10:15	PCR Ladies	Tehvandi K90
14:00 -16:00	Official Training Cross Country (together with WC men)	Tehvandi Stadium
19:00	Opening Ceremony	Otepää centrum

## SATURDAY, 5th of January

08:30	Trial Round Ladies, Individual Gundersen 5km	Tehvandi K90
09:15	Competition Round Ladies, Ind. Gundersen 5km	Tehvandi K90
14:30	Cross Country 5km /Ladies Ind. Gundersen	Tehvandi Stadium
	Flower Ceremony Ladies	

## **SUNDAY, 6th of January**

09:00	Trial Round /Ladies Ind. Gundersen	Tehvandi K90
09:45	Competition Round/ Ladies Ind. Gundersen	Tehvandi K90
13:45	Cross Country 5 km /Ladies Ind. Gundersen	Tehvandi Stadium
	Flower Ceremony (together with WC Men)	