



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

COC NORDIC COMBINED

in Høydalsmo, Telemark, Norway

06. – 08. March 2009

The events will take place at the Huka Ski Jumping Arena (HS94) and at the Høydalsmo Ski Stadium in Høydalsmo in Telemark.

RACE PROGRAM - COC NORDIC COMBINED

Thursday	05 Mar	19.00 - 21.00	Dinner – Morgedal hotel
		20.00	Team Captains' meeting – Morgedal hotel
Friday	06 Mar	08.00	Breakfast – Morgedal hotel
		09.30	Departure to Høydalsmo
		10.00 - 14.00	Official Training Cross Country
		12.00	Lunch - Høydalsmo
		15.00	Official Training ski jumping 3 rounds - (HS94)
		19.00	Dinner - Morgedal hotel
		20.00	Team Captains' meeting and a happening – Morgedal
Saturday	07 Mar	08.00	Breakfast – Morgedal hotel
		11.30	Departure to Høydalsmo
		12.00	Lunch and lunch packet - Høydalsmo
		14.00	Trial round - (HS94)
		15.00	1 st round - (HS94)
		18.00	Cross Country
		19.00	Prize giving ceremony
		20.00	Dinner - Morgedal hotel
		21.00	Team Captains' meeting – Morgedal hotel
Sunday	08 Dec	06.30	Breakfast – Morgedal hotel
		07.30	Departure to Høydalsmo
		09.00	Trial round - (HS94)
		10.00	1 st round - (HS94)
		11.00	Lunch
		12.30	Cross Country
		13.30	Prize giving ceremony
		14.30	Dinner - Morgedal hotel
		15.30	Departure Gardermoen airport

RESTRICTIONS

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

RESPONSIBILITY

All competitors are 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.

DOPING CONTROL

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

ECONOMY

FIS rules apply.

ACCOMMODATION

Reservations are made for all the Teams at Morgedal hotel (www.morgedal.no) about 15 km. before Hoydalsmo skistadium.

We ask you please to fill in the enclosed accommodation form carefully! Accommodation costs to be paid at the Information office at Morgedal hotel.

TRANSPORTATION

Bus transfer from the Oslo International Airport Gardermoen to Morgedal hotel will be organised by the COC Organising Committee. Departure from Airport Gardermoen Thursday the 05. March at 03.00 p.m. The bus trip will take about 3 and a half hours.

To be able to pick up the teams at the airport, ***we ask you please to fill in the enclosed transportation and accommodation form carefully and return this together with the entries!***

Return transportation from Hoydalsmo Sunday 08. March at 03.30 p.m., arrival at Airport Gardermoen about 7.00 p.m.

Internal transportation will be organised by the Organising committee.

RACE OFFICE

will be situated at Hoydalsmo ski stadium and Huka Ski Jumping Arena

ENTRIES

Please send the entry forms to Thor Arne Heggveit (Competitions officer)

E-mail: post@hoydalsmo.no Mobile: +47 913 94 158 Fax no.: +47 35 07 57 01

Entries within 16.02.2009

Chief of Competition: Jan Rune Grave (NOR)
Chief of course: Asbjørn Byggland (NOR)
FIS TD: Børje Staffas (SWE)
FIS TD-assistant: Sverre Rotevatn (NOR)

For more information, please contact:

Hoydalsmo ski club

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Hoydalsmo Ski Club – COC Nordic Combined

Signe Bjørg Krog

(Chairman of the Organizing Committee)