



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**

**05. – 07. March 2010**

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

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### **RACE PROGRAM - COC NORDIC COMBINED**

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Friday	05 Mar	12.00 - 16.00	Training Cross Country
		12.00	Training ski jumping - (HS94)
		18.00 – 21.00	Dinner - Morgedal hotel
		18.00	Team Captains' meeting – Morgedal
Saturday	06 Mar	07.00	Breakfast – Morgedal hotel
		10.00	Official training ski jumping 2 rounds - (HS94)
		11.00 – 13.00	Lunch – Huka ski jumping arena
		<b>12.00</b>	<b>Trial round - (HS94)</b>
		<b>13.00</b>	<b>1<sup>st</sup> round - (HS94)</b>
		14.00 – 15.00	Lunch – Cross country arena
		<b>16.00</b>	<b>Cross Country</b>
		17.00	Prize giving ceremony
		18.00 – 21.00	Dinner - Morgedal hotel
Sunday	07 Dec	19.00	Team Captains' meeting – Morgedal hotel
		06.00	Breakfast – Morgedal hotel
		<b>09.00</b>	<b>Trial round - (HS94)</b>
		<b>10.00</b>	<b>1<sup>st</sup> round - (HS94)</b>
		11.00 – 12.30	Lunch - Cross country arena
		<b>13.00</b>	<b>Cross Country</b>
		14.00	Prize giving ceremony
		15.00	Dinner - Morgedal hotel
		16.00	Departure Oslo airport Gardermoen

#### **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](http://www.morgedal.no)) about 15 km. before Hoydalsmo skistadium.

Accommodation costs to be paid at the team captains' meeting 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 Oslo airport Gardermoen Friday the 05. March at 12.00 p.m. The bus trip will take about 3,5 hours.

To be able to pick up the teams at the airport, and to order room at the hotel, ***we ask you please to fill in the enclosed transportation and accommodation form carefully and return this together with the entries!*** E-mail: [post@hoydalsmo.no](mailto:post@hoydalsmo.no)

Return transportation from Hoydalsmo Sunday 07. March at 04.00 p.m., arrival at Oslo airport Gardermoen about 7.30 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 form to Thor Arne Heggveit** (Competitions officer)

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

## Entries within 01.03.2010

Chief of Competition: Jan Rune Grave (NOR)

Chief of course: Sverre Bakke (NOR)

FIS TD: Matt Laue (USA)

FIS TD-assistant: Anders Lindquist (SVE)

## For more information, please contact:

Hoydalsmo ski club

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Internet: [www.hoydalsmo.no](http://www.hoydalsmo.no)

Best regards

Hoydalsmo Ski Club – COC Nordic Combined

Signe Bjørg Krog

(Chairman of the Organizing Committee)