

F.I.S. CONTINENTAL CUP

24TH - 26TH JANUARY 2020

INVITATION

**Welcome to Rena and FIS Continental Cup
Nordic Combined for Women and Men
HS 111 24th – 26th January 2020**

Dear Ski Friends.

On behalf of Rena IL, The International Ski Federation and The Norwegian Ski Federation, we are pleased to invite all National Ski Federation to participate in FIS Continental Cup NORDIC COMBINED for Women and Men in K-99/ HS 111 in Renabakkene and at Rena Idrettspark Cross Country arena.

Organizing Committee- Rena

*Hans Petter Wahl Adolfsen
Per Tommy Enger
Knut Magnussen
Geir Mikkelsen
Heidi Hildrum*

*Chief of Rena Organizing Committee
Norwegian Ski Federation
Chief of the hill
Chief of the Cross Country
Secretary: Entries, Accommodation, Transport*

FIS, TD, TDA

*Michael Neumayer
Jarrett Moe
Marit Stub Nybelius*

*Continental Cup Coordinator
Technical Delegate
Assistant Technical Delegate*

Judges

*Pekka Tervahartiala
Nicolai Sebergesen
Geir Steinar Loeng
Tom Normann
Matt Laue*

*FIN
NOR
NOR
NOR
USA*

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Thursday 23th January

The “arrival day of the teams”.

20:30 Team Captains meeting at Østerdalen Hotel

Race programme 24th – 26th January 2020

Friday 24th January

08:00 Breakfast at the hotel
10:30 Women Official Training ski jumping 2 rounds HS 111
Men Official Training ski jumping 2 rounds HS 111
PCR
13:00- 15:00 Lunch in the Jumping hill arena
14:00- 16:00 Training Cross Country
18:00- 21:00 Dinner at the hotel

Saturday 25th January

06:30 Breakfast at the hotel
09:00 Trial round- HS 111
10:00 1st round Women- HS 111
1st round Men- HS 111
10:30- 12:00 Lunch in the Jumping hill arena
14:00 Men Cross Country
14:45 Women Cross Country
15:15 Prize giving ceremony
18:00- 20:30 Dinner at the hotel

Sunday 26th January

06:00 Breakfast at the hotel
09:00 Trial round- HS 111
10.00 1st round Women- HS 111
1st round Men- HS 111
10:30-12:00 Lunch in the Jumping hill arena
13:00 Men Cross Country
13:45 Women Cross Country
14:15 Prize giving ceremony
17:00 -19:30 Dinner at the hotel

VENUE

Renabakkene, Brobergveien 15, 2450 Rena

INFORMATION OFFICE

The information office is located in: Renabakkene

RACE OFFICE

The race office is located next to the ski lift in Ski Jumping Hill.

BIBS

Bibs for official training and the ski jumping competitions will be distributed one hour before the competition in the Race Office

WAXING FACILITIES

You will find waxing tents close to the Ski Jumping Hill – according to FIS rules.
And inside the hall next to the Cross Country arena

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COMPETITION RULES

The Quota for NC COC women and men is:

Women - two athletes per nation and one official per nation.

Men - four athletes per nation and one official per nation.

DOPING CONTROL

Doping control may be carried out of any FIS competition according to FIS Anti-Doping Rules.

ECONOMY- INSURANCE

Financial conditions are according to the FIS Rules and regulations. All competitors are to be insured by their own National Ski Association and must have signed the Athletes Declaration. The Organizers have coverage for their own party liability only.

TEAM CAPTAINS' MEETING AT ØSTERDALEN HOTEL

Thursday 23th January 20:00

ACCOMODATION

Reservation of rooms for all Teams and Officials are made at **Østerdalen Hotel**.

The Organizing Committee will cover the accommodation expenses according to the FIS Continental Cup SJ Nations Quota for winter 2019/ 2020. For booked room reservations not used, the organizer has the right to demand a cancellation fee from the National Ski Associations according to FIS rules.

TRANSPORT

Bus transfer of the Teams from Oslo Airport Gardermoen to Rena and return will be organized by the Organizing Committee, if needed, Thursday 23th January from Gardermoen 13:30 and 17:30. Return transport will be organized on Sunday 26th January, from Rena at 16:00 and 19:00, Monday 27th January 05:30. Other transportation times can be arranged upon request, at an extra cost for the team.

TRANSPORT COST

Price per person for Bus transport from Oslo Airport Gardermoen to the hotel in Rena and return, is:
NOK 700/70Euro

Adress to the hotel: Østerdalen Hotell, Trondheimsveien 1654, 2450 Rena-www.osterdalenhotell.no

Please send the entry form and the accommodation/ transport form to:

Rena IL Att: Heidi Hildrum

E-mail: postmaster@renail.no

Phone: +47 975 30 845

Homepage: www.cocrena.no and www.renail.no

Closing time for entries/ accommodation/ transport.

Deadline for entry is **17th January 2020**. For entries arriving later than the deadline, the Organizing Committee can not guarantee smooth travel and accommodation arrangements.

WELCOME TO RENA!

Organizing Committee FIS COC NORDIC COMBINED Rena