



COC-L and FC-M Competitions 2013 Tveitanbakken, Notodden, Norway 12. to 14. December 2013

Dear Ski Friends,

On behalf of Heddal IL, the International Ski Federation and the Norwegian Ski Association, we are pleased to invite all National Ski Associations to participate in Continental Cup Ski Jumping for Ladies and FIS Cup for men in Tveitanbakken, Notodden.

Jumping hill: Tveitanbakken, Heddal/ Notodden HS 98m

Organising Committee – Notodden

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| Inge Eriksrød | Chief of Notodden Organising Committee |
| Håkon Hartvedt | Chief of Competition – Ladies and Men |
| Øistein Lunde | Norwegian Ski Association |
| Gry Bløchlinger | Chief of Press |
| Geir Olaf Oterholt | Secretary: Entries, Accommodation, Transport |

FIS, TD, TDA

Renata Nadarkiewicz, POL Continental Cup Coordinator - Ladies
Nikolay Korobov, KAZ, Equipment controller
Pekka Hyvärinen, FIN Technical Delegate
Nikolay Korobov, KAZ Assistant Technical Delegate COC ladies
Per Elias Kalfoss, NOR Assistant Technical Delegate FIS Cup men

Judges

Daniel Lind, SWE
Nicolai Sebergesen, NOR
Anton Dahl, NOR
Nils Livland, NOR
Reed Zuehlke, USA

Chief of Measuring:
Sjur Tveite, NOR

Race programme 11– 14 Desember 2013

Wedenstay 11 Desember

Team`s arrival

17:30 Team Captains' Meeting **FC MEN at Norlandia Hotel**

20:00 Official Training MEN (2 rounds)

Thursday 12 Desember

14:30 Team Captains Meeting **COC Ladies at Norlandia Hotel**

20:15 Official Training COC ladies (2 rounds)

17.00 Trial Round FC Men

17.45 1st Competition Round FC Men

After 20 minutes Final Round

Prize giving ceremony immediately after competition

Friday 13 Desember

15.00 Trial Round FC Men

15.45 1st Competition Round FC Men

After 20 minutes Final Round

18.00 Trial Round COC Ladies

18.45 1st Competition Round COC Ladies

After 20 minutes Final Round

Prize giving ceremony immediately after each competition

Saturday 14 Desember

12.00 Trial Round COC Ladies

12.45 1st Competition Round COC Ladies

After 20 minutes Final Round

Prize giving ceremony immediately after competition

VENUE

Tveitanbakken Ski Jumping Hill in Notodden

INFORMATION OFFICE

The Information office is located in the Hill

Opening hours:

Wednesday 11 Desember 16:00 - 22:00

Thursday 12 Desember 11:30 - 22:00

Friday 13 Desember 12:00 – 21:00

Saturday 14 Desember 09:00 – 15:00

RACE OFFICE:

The race office is located next to the ski lift in the 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 cabins close to the Ski Jumping Hill - according to FIS rules.

Entry Form:

Each Ski Association shall send its entry form by mail or fax to the organizing committee:

E-mail: geir.olaf@bluesfest.no

Use the Entry Form on FIS' website:

<http://www.fis-ski.com/uk/disciplines/ski-jumping-rules/ski-jumping-rules/forms.html>

Entry form without the FIS Code will not be accepted.

Closing time for entries:

Deadline for the entry is 25.nov. For entries arriving later than the deadline, the organizing committee can not guarantee smooth travel and accommodation arrangements.

Restrictions:

The FIS rules will apply. The number of participants must comply with FIS rules and applications.

Insurance:

All competitors are to be insured by their own Ski Association and must have signed the Athletes Declaration. The Organizers have coverage for their own third party liability only. The Organizers will ask for Insurance documents and allow their right to keep the jumpers out of competition if they do not seem to be insured.

Team Captain' Meeting Room:

In Norlandia Hotel, Torvet 8, 3674 Notodden

Accommodation:

All booking according to COC ladies will be arranged by the Organizing Committee. The ladies will stay at Norlandia Telemark Hotel in Notodden.

Details with name, phone number, addresses etc. will be found on our website www.heddalhopp.no.

FIS jumpers men must book their own accommodation and arrange their transportation. We suggest the following hotels: [see attachment](#).

Participation Right:

FIS COCJ rules for ladies 2013 – 2014.

Doping control:

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

Payment of expenses:

The organizer will cover the costs for COC ladies competitors and the foreign TD and judges according to the FIS COCJ rule 6.1.

(The quota is 4 competitors and 1 coach)

Transportation for COC ladies:

Bus transfer from Oslo Airport Gardermoen to Notodden and return will be provided by the Organizing Committee.

As regards transportation from the hotel to the jumping arena, the delegates will be informed at the hotel on Wednesday and Thursday evening. This is for COC ladies and FIS cup men.

Expences:

Financial conditions are according to the FIS Cup regulations.

COC Ladies participants are free. OC will cover the expences.

Cancellation:

The decision concerning cancellation will be taken according FIS rules. You can read about the decision on our website; www.heddalhopp.no

WELCOME TO HEDDAL, NOTODDEN.

Organizing committee FIS COC and FIS Cup Heddal Idrettslag, hopp 2013.