

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

## COC NORDIC COMBINED

in Hoydalsmo, Telemark, Norway

01. – 03. March 2013

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

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### RACE PROGRAM - COC NORDIC COMBINED

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Thursday	28 Feb	20.00	Team Captains' meeting – Morgedal
Friday	01 Mar	08.00	Breakfast – Morgedal hotel
		12.00	Official training ski jumping 2 rounds - (HS94)
		13.00 – 15.00	Lunch – Huka ski jumping arena
		14.00 - 17.00	Training Cross Country
		18.00 – 21.00	Dinner - Morgedal hotel
Saturday	02 Mar	07.00	Breakfast – Morgedal hotel
		<b>10.00</b>	<b>Trial round - (HS94)</b>
		<b>11.00</b>	<b>1<sup>st</sup> round - (HS94)</b>
		1130 – 14.00	Lunch – Cross country arena
		<b>14.00</b>	<b>Cross Country</b>
		14.45	Prize giving ceremony
		18.00 – 21.00	Dinner - Morgedal hotel
Sunday	03 Mar	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>
		10.30 – 13.00	Lunch - Cross country arena
		<b>13.00</b>	<b>Cross Country</b>
		13.45	Prize giving ceremony
		15.00	Dinner - Morgedal hotel

#### 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. The distance from Oslo Airport Gardermoen is about 230 km. Accommodation costs had to be paid at the team captains' meeting at Morgedal hotel.

## **TRANSPORTATION**

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 22.02.2013**

Chief of Competition: Knut Tore Apeland (NOR)

Chief of course: Sverre Bakke (NOR)

FIS TD: Alan Johnsen (USA)

FIS TD-assistant: Pirjo Karjalainen (FIN)

## **For more information, please contact:**

Hoydalsmo ski club

Tarjei Haugo,

Secretary General

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Best regards

Hoydalsmo Ski Club – COC Nordic Combined

Svein Bakkan

(Chairman of the Organizing Committee)