

# Cross-Country Skiing

January 8, 9, & 10, 2019

## 1. TECHNICAL COMMITTEE

The technical committee will be composed of the:

<b>Jim Rodrigues</b>	Technical Director	jimrodrigues3@gmail.com
<b>Kris Seymour</b>	Assistant Technical Director	kcheneyseymour@orda.org
<b>Chris Frielinghaus</b>	Head Referee	CFrielingh@aol.com
<b>Mike Battisti</b>	Chief of Course	<a href="mailto:mbattisti@orda.org">mbattisti@orda.org</a>
<b>Avi Benbenisti</b>	Member of ICG TC	avi-benb@inter.net.il

## 2. VENUE

Olympic Jumping Complex (5486 Cascade Rd, Lake Placid, NY)

## 3. EVENTS AND QUOTAS

- Classic boys, 2\*1.75km – Each city may enter a maximum of 4 boys
- Classic girls, 2\*1.75km – Each city may enter a maximum of 4 girls
- Sprint free technique boys (1.00km) – Each city may enter a maximum of 4 boys
- Sprint free technique girls (1.00km) – Each city may enter a maximum of 4 girls
- Relay Mixed Team free technique 4\*1.75km (Each team ideally consists of 2 boys and 2 girls from different delegations. There is at least one female competitor in each team.) – Each city may enter a maximum of 2 boys and 2 girls. The teams will be mixed by gender and cities and will be chosen by a random algorithm.

## 4. COMPETITION INFORMATION

- All Cross-Country Skiing competitions are held in accordance with the international ski competition rules (ICR). Detailed rules are available at [www.fis-ski.com](http://www.fis-ski.com)
- Automatic timekeeping for all competitions will be provided with transponders.

## 5. COMPETITION REGULATION

### 5.1 Classic (Tuesday, January 8, 2019)

- The competition will be held as interval start competition in the classic technique with a starting interval of 30 sec.
- Classic technique includes the diagonal technique, the double poling technique, herringbone technique without a gliding phase, downhill technique and turning techniques. Single or double-skating is not allowed. Turning techniques comprise steps and pushes in order to change directions. Where there is a set track, turning techniques with pushing are not allowed. This will also apply to competitors skiing outside the set track.

### 5.2 Sprint (Wednesday, January 10, 2019)

- The individual Sprint competitions are composed of one qualification run with interval start and the final heats (quarter-finals, semi-finals and final). The best 30 athletes from the qualification will advance to the quarter-finals.

### 5.3 Relay Mixed Team (Wednesday, January 11, 2019)

- The Relay Mixed Team competition will be conducted in the free technique and mass start.
- Each team ideally consists of 2 boys and 2 girls from different delegations. There is at least one female competitor in each team. The start sequence in the Relay Mixed Team is girl(s) first followed by boys.

## 6. EQUIPMENT

Athletes are responsible for providing their own equipment.

## 7. DISPUTES

Any disputes will be resolved in compliance with FIS rules and the clauses included in the ICG Sports Rules.

## **8. MEDICAL**

A First Aid Service will be available on site. Full Medical Service will be available at the Adirondack Medical Center  
Church Street, Lake Placid  
518-523-3311  
Offers medical and emergency services 8am-11pm and walk-ins are welcome

Adirondack Medical Center  
Lake Colby Drive, Saranac Lake  
518-891-4141  
Offers 24-hour medical and emergency services.

A full medical plan will be shared at the Technical meeting.

## **9. TECHNICAL MEETING**

The FIS website [www.fis-ski.com](http://www.fis-ski.com) provides a copy of the latest FIS constitution, Laws and regulations for competition.

Joint Technical meeting for all disciplines will be held on Sunday, January 6, 2019 20:00 – 21:00 at the Conference Center @ Lake Placid.

Cross Country Technical meetings will take place at the Olympic Jumping Complex Pool Building on the following days:  
Monday, January 7, 2019 from 13:00 – 14:00  
Tuesday, January 8, 2019 from 14:00 – 14:30  
Wednesday, January 9, 2019 from 13:30 – 14:00

## **10. TRAINING SCHEDULE**

Training times are available at the Olympic Jumping Complex on January 6 and 7 from 09:00 to 12:00.  
Additional unofficial training is available at Mt Van Hoevenberg Cross Country Center from 09:00 to 16:00 daily.

## **11. PRESENTATION OF MEDALS**

The medal ceremonies will take place at the Olympic Jumping Complex in the designated medals plaza outside the Intervales Loj.

The following medals will be awarded:  
GOLD – For the individual/team ranking first in the competition  
SILVER - For the individual/team ranking second in the competition  
BRONZE - For the individual/team ranking third in the competition

**12. TIMETABLE  
CROSS  
COUNTRY  
SCHEDULE**

Team Finding	Technical Meeting	Training	Competition	Awards
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	DATE	TIME	EVENT
<b>Arrival</b>	Sunday, January 6, 2019	20:00 - 21:00	Coaches Joint Technical Meeting - All Disciplines
<b>DAY 1</b>	Monday, January 7, 2019	09:00 - 12:00	Girls/Boys Training
		13:00 - 14:00	Coaches Technical Meeting
<b>DAY 2</b>	Tuesday, January 8, 2019	08:30 - 09:00	Boys Training
		09:00 - 10:30	Boys Distance Classic
		10:30 - 11:00	Girls Training
		11:00 - 12:30	Girls Distance Classic
		12:45 - 13:00	Girls/Boys Awards Ceremony - Distance Classic
		14:00 - 14:30	Coaches Technical Meeting
<b>DAY 3</b>	Wednesday, January 9, 2019	08:30 - 09:00	Girls/Boys Training
		09:00 - 10:00	Girls/Boys Sprint Free - Qualifications
		10:00 - 12:00	Girls/Boys Sprint Free - Heats
		12:15 - 12:30	Girls/Boys Awards Ceremony - Sprint Free
		13:30 - 14:00	Coaches Technical Meeting
<b>DAY 4</b>	Thursday, January 10, 2019	08:00 - 09:00	Mixed Delegations Team Finding
		09:00 - 09:30	Mixed Teams Warm-up
		09:30 - 11:00	Mixed Teams Relay
		11:15 - 11:30	Mixed Teams Awards Ceremony - Relay