



## **COC-L and FC-L/M Competitions 2016 Tveitanbakken, Notodden, Norway 14. to 17. December 2016**

*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 Ladies and Men in Tveitanbakken, Notodden.*

**Jumping hill:** Tveitanbakken, Heddal/ Notodden HS 98m

### **Organizing Committee – Notodden**

Olav Forberg	Chief of Notodden Organizing Committee
Håkon Hartvedt	Chief of Race- Ladies and Men
Kim R Bjørndalen	Chief of Technical Competition – Ladies and Men
Morten Lein	Norwegian Ski Association
Kim R Bjørndalen	Chief of Press
Sven Håkon Kulbeck	Secretary: Entries, Accommodation
Geir Olaf Oterholt	Secretary: Entries, Accommodation
Håvard Natadal	Transport

### **FIS, TD, TDA**

Aga Baczkowska, FIS, Continental Cup Coordinator - Ladies

Ueli Forrer, FIS, FIS Cup Coordinator- Men

Pekka Hyvärinen, FIN, Technical Delegate COC Ladies and FIS Cup Ladies and Men

Nadya Bozhko, RUS, Assistant Technical Delegate COC Ladies and FIS Cup Ladies and Men

### **Judges**

Aalto Asko, FIN

Blair Tomten, USA

Tom Normann, NOR

Martin Rønningen NOR

Kjersti Haugen Espelid, NOR

### **Chief of Measuring:**

Trond Bysveen, NOR

## **Race program 14. to 17. December 2016**

### **Wednesday 14. December**

Team`s arrival

17:30 Team Captains' Meeting **FC LADIES/MEN at Tveitanbakken**

20:00 Official Training FC LADIES/MEN (2 rounds)

### **Thursday 15. December**

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

20:15 Official Training COC ladies (2 rounds)

22:00 distribution of start numbers on Tuvensenteret

17.00 Trial Round FC Ladies/Men

17.45 1st Competition Round FC

Ladies/Men

After 20 minutes Final Round

Prize giving ceremony immediately after competition

### **Friday 16. December**

15.00 Trial Round FC Men

15.45 1st Competition Round FC Men

After 30 minutes Final Round

18.00 Trial Round COC Ladies

18.45 1st Competition Round COC Ladies

After 30 minutes Final Round

Prize giving ceremony immediately after each competition

### **Saturday 17. December**

12.00 Trial Round COC Ladies

12.45 1st Competition Round COC Ladies

After 30 minutes Final Round

Prize giving ceremony immediately after competition

**VENUE**

Tveitanbakken Ski Jumping Hill in Notodden

<https://www.heddalhopp.no/hvor-ligger-tveitanbakken/>

**INFORMATION OFFICE**

The Information office is located in the Hill

**Opening hours:**

Wednesday 14 December 16:00 - 22:00

Thursday 15 December 11:30 - 22:00

Friday 16 December 12:00 – 21:00

Saturday 17 December 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: [SvenHakon.Kulbeck@skiforbundet.no](mailto:SvenHakon.Kulbeck@skiforbundet.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 5<sup>th</sup> of December. For entries arriving later than the deadline, the organizing committee cannot 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:**

[COC Ladies:](#)

[Notodden Hotell](#)

[FC Ladies/Men:](#)

[Notodden Hotell](#)

**Accommodation:**

All booking according to COC Ladies will be arranged by the Organizing Committee. The ladies will stay at Notodden Hotell  
Details with name, phone number, addresses etc. will be found on our website [www.heddalhopp.no](http://www.heddalhopp.no)

FIS jumpers Ladies and Men must book their own accommodation and arrange their transportation. See [www.heddalhopp.no](http://www.heddalhopp.no) for hotel.

**Participation Right:**

FIS COCJ rules for ladies 2016 – 2017.

**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.

**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 to FIS rules. You can read about the decision on our website; [www.heddalhopp.no](http://www.heddalhopp.no)

WELCOME TO HEDDAL, NOTODDEN.

Organizing committee FIS COC and FIS Cup Heddal Idrettslag, hopp 2016.