



## **COC-W and FC-M Competitions 2019 Tveitanbakken, Notodden, Norway 12. to 14. December 2019**

*Dear Ski Friends,*

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

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

### **Organizing Committee – Notodden**

Inge Eriksrød	Chief of Notodden Organizing Committee
Håkon Hartvedt	Chief of Competition – Women and Men
Ståle Villumstad	Norwegian Ski Federation
Geir Olaf Oterholt	Secretary: Entries, Accommodation Transport

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

- Renata Nadarkiewicz, FIS, Continental Cup Coordinator Women
- Ueli Forrer, FIS, FIS Cup Coordinator- Men
- Thomas Hasselberger, GER, Technical Delegate COC Women and FIS Cup Men
- Kristian Brenden, NOR, Assistant Technical Delegate COC Women and FIS Cup Men

### **Judges**

Lars-Erik Eriksson (SWE)  
Mark Levasseur (USA)  
Kjersti E Haugen (NOR)  
Marit Gulbrandsen (NOR)  
Tom Normann (NOR)

## **Race program 12. to 14. December 2019**

**Wednesday 11. December**

**Teams arrival**

**Thursday 12. December**

16:00 Team Captains' Meeting COC W / FC M at Notodden Hotell

18:15 Official Training COC W (2 rounds)

20:00 Official Training FC M (2 rounds)

21:30 Distribution of start numbers on Tuvensenteret COC W

**Friday 13. December**

14:45 Trial Round FC M

16:00 1st Competition Round FC M

After 20 minutes Final Round

18.30 Trial Round COC W

19:15 1st Competition Round COC W

After 30 minutes Final Round

Prize giving ceremony immediately after each competition

**Saturday 14. December**

11:00 Trial Round COC W

11:45 1st Competition Round COC W

After 30 minutes Final Round

13:45 Trial Round FC M

15:00 1st Competition Round FC M

After 20 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 11 December 18:00 - 20:00

Thursday 12 December 11:30 - 22:00

Friday 13 December 12:00 – 21:00

Saturday 14 December 09:00 – 15:00

**RACE OFFICE:**

The race office is located 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 to the organizing committee: E-mail: [geir.olaf@bluesfest.no](mailto:geir.olaf@bluesfest.no)

**Use the Entry Form on FIS' website:**

[https://res.cloudinary.com/fis-production/raw/upload/v1536927543/fis-prod/assets/Entry\\_Form\\_Ski\\_Jumping.docx](https://res.cloudinary.com/fis-production/raw/upload/v1536927543/fis-prod/assets/Entry_Form_Ski_Jumping.docx)

Entry form without the FIS Code will not be accepted.

**Closing time for entries:**

Deadline for the entry is Desember 3<sup>rd</sup>. For entries arriving later than the deadline, the organizing committee cannot guarantee smooth travel and accommodation arrangements.

**Competition rules:**

The FIS rules will apply. The number of participants must comply with official FIS competition rules and regulations.

**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 Women:

Notodden Hotell

FIS Men:

Notodden Hotell

**Accommodation:**

All booking according to COC Women will be arranged by the Organizing Committee. The women and FIS members will stay at Notodden Hotell. Teams arrival Wednesday 11 dec. 2019

Details with name, phone number, addresses etc. will be found on our website [www.heddalhopp.no](http://www.heddalhopp.no)

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

**Payment of expenses:**

The Organising Committee will cover the accommodation expenses for COC Women competitors and the foreign TD and judges according the FIS COCJ rule 6.1.

**(The quota is 4 competitors and 1 coach)**

**Transportation for COC Women:**

Train transfer from Oslo Airport Gardermoen to Kongsberg, and bus from Kongsberg to Notodden. Return with bus to Kongsberg, and Train to Oslo Airport Gardermoen. Bus will be provided by the Organizing Committee.

**Transport cost:**

Price per person for **Train and Bus transport** organised of the OC from Oslo Airport to the hotel in Notodden and return is: **NOK 500 / 50 Euro**

The costs for transport must be paid to the OC in the OC Finance Office at the race office in the hill during the weekend.

Regarding transportation from the hotel to the jumping arena, the delegates will be informed at the hotel on Thursday and Friday evening. This is for COC Women.

**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.

**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 2019.