



FIS Continental Cup Scandinavian Cup Cross Country 2009/2010 18-21. February 2010

We welcome you to TOUR DE SKI NORWAY !

Organizer: Tour de Ski Norway

Web site: www.tourdeskinorway.no

Race director: Hanne Rischmann

TD: Mattias Berglund

TD national: Geir Dalvik og Terje Skansen

<i>Race</i>	<i>Race Distance</i>		<i>Distance from Oslo</i>	<i>Race opening hours</i>	<i>Race start</i>	<i>Team leaders meeting</i>
Ringkollen	M 5 km/W 3 km	C Prolog	70 km	0900-1700	1500	1200
Lygna		F Sprint	80 km	0900-1700	1500	1200 for Lygna and Vind
Vind	M 30 m/ W 15 km	C Mass	112 km	0730-1500	M:1100/ W:1230	
Spåtind	M 15 km/ W10 km	F Handicap	185 km	0730 -1400 and sat 17-20	1000	0800

Rules: According to the FIS-rules and Rules for the FIS Continental Cup Cross-Country 2009/10, the start list for seniors will be organized without draw According to the ICR Cross-Country 2010.

Closing dates for entries:

Preliminary entry with number of athletes and officials (NB! When arrival and departure) – latest **10th February 2010**.

Entries : Send Official entry with names, contry, birth date and FIS codes – at latest **12th February 2010**.

Entry-fee Eur 15,- must be transferred to our account IBAN: NO5993651681780, BBAN 3651681780 within 15. February 2010.

Ordering of waxing facilities: Send your entry to e-mail: Smoring.tdsnorway@gmail.com

Accommodation and transfer transport: See additional information on web.

Showers: Clothing rooms and showers available at the ski stadiums

Transport: Transport between accommodation and ski stadium by own transport or by special agreement

Waxing: Waxing facilities at the ski stadium or hotel.

Prize giving ceremonies: As soon as possible after the race for each class.

Program:

Thursday, 18th February 2010

07.00 – 14.00 unofficial training

Friday, 19th February 2010

07.00 – 14.00 unofficial training

Saturday, 20th February 2010

07.00 – 10.00 unofficial training

Sunday, 21st February 2010

07.00 – 09.00 unofficial training

12.30 Prize giving ceremony at Spåtind Hotel

Norwegian Ski association

Adr: 0840 Oslo, Norway

Contact: Per Nymoen Head of CC Department

Mail: per.nymoen@skiforbundet.no

+47 91398200

ACCOMMODATION OPTIONS:

Please make your reservations straight to service provider.

1. Lygnasæter-Phone: 47 613 28 613, e-mail: lygna@lygna.no

Home page: www.lygna.no

2. Sanner Hotel – Phone; +47 61 33 33 00, e-mail: post@sanner-hotell.no

Home page: sanner-hotell.no

3. Spåtind – Phone: +47 61119506, e-mail: post@spaatind.no

Home page: spaatind.no

TRANSPORT:

Transfer from Oslo Airport-Gardermoen to hotel can be arranged by Cup organizers by request within 11th February. Info at www.tourdeskinorway.no

Tour organizers will organize transfer buses from hotels to stadium depending upon your request within 11th February..

Price will depend of number of clients (more passengers' lower price).