

# F.I.S. CONTINENTAL CUP

15TH - 17TH FEBRUARY 2019

## INVITATION

**Welcome to Rena and FIS Continental Cup  
Nordic Combined for Ladies and Men HS 111  
15th – 17th February 2019**

**Dear Ski Friends.**

*On behalf of Rena IL, The International Ski Federation and  
The Norwegian Ski Federation, we are pleased to invite all National Ski Federation to  
participate in FIS Continental Cup NORDIC COMBINED for Ladies and Men in  
K-99/ HS 111 in Renabakkene and at Rena Idrettspark Cross Country arena.*

### **Organizing Committee- Rena**

*Hans Petter Wahl Adolfsen  
Per Tommy Enger  
Knut Magnussen  
Morten Sundal  
Heidi Hildrum*

*Chief of Rena Organizing Committee  
Norwegian Ski Federation  
Chief of the hill  
Chief of the Cross Country  
Secretary: Entries, Accommodation, Transport*

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

*Michael Neumayer  
Mark Rolseth  
Marit Stub Nybelius*

*Continental Cup Coordinator  
Technical Delegate  
Assistant Technical Delegate*

### **Judges**

*Teppo Nieminen  
Nicolai Sebergesen  
Martin Rønningen  
Rune Hyldmo  
Kurt Børset*

*FIN  
NOR  
NOR  
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NOR*

# F.I.S. CONTINENTAL CUP

## 15TH - 17TH FEBRUARY 2019

### Thursday 14th February

The “arrival day of the teams”.

**20:00 Team Captains meeting at Østerdalen Hotel**

### Race programme 15th – 17th February 2019

#### Friday 15th february

08:00 Breakfast at the hotel  
10:30 Ladies Official Training ski jumping 2 rounds HS 111  
Men Official Training ski jumping 2 rounds HS 111  
PCR  
13:00- 15:00 Lunch in the Jumping hill arena  
14:00- 16:00 Training Cross Country  
18:00- 21:00 Dinner at the hotel

#### Saturday 16th February

07:00 Breakfast at the hotel  
10:00 Trial round- HS 111  
11:00 1<sup>st</sup> round Ladies- HS 111  
1<sup>st</sup> round Men- HS 111  
11:30- 13:00 Lunch in the Jumping hill arena  
14:00 Men Cross Country  
14:45 Ladies Cross Country  
15:15 Prize giving ceremony  
18:00- 21:00 Dinner at the hotel

#### Sunday 17th February

06:00 Breakfast at the hotel  
09:00 Trial round- HS 111  
10.00 1<sup>st</sup> round Ladies- HS 111  
1<sup>st</sup> round Men- HS 111  
10:30-12:00 Lunch in the Jumping hill arena  
13:00 Men Cross Country  
13:45 Ladies Cross Country  
14:15 Prize giving ceremony  
16:00 -17:30 Dinner at the hotel

### **VENUE**

Renabakkene, Brobergveien 15, 2450 Rena

### **INFORMATION OFFICE**

The information office is located in: Renabakkene

### **RACE OFFICE**

The race office is located next to the ski lift in 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 tents close to the Ski Jumping Hill – according to FIS rules.  
And inside the hall next to the Cross Country arena

# F.I.S. CONTINENTAL CUP

## 19TH - 21TH JANUARY 2018

### COMPETITION RULES

The Quota for NC COC ladies and men is:

Ladies - two athletes per nation and one official per nation.

Men - four athletes per nation and one official per nation.

### DOPING CONTROL

Doping control may be carried out of any FIS competition according to FIS Anti-Doping Rules.

### ECONOMY- INSURANCE

Financial conditions are according to the FIS Rules and regulations. All competitors are to be insured by their own National Ski Association and must have signed the Athletes Declaration. The Organizers have coverage for their own party liability only.

### TEAM CAPTAINS' MEETING AT ØSTERDALEN HOTEL

**Thursday 14th February 20:00**

### ACCOMODATION

Reservation of rooms for all Teams and Officials are made at **Østerdalen Hotel**.

The Organizing Committee will cover the accommodation expenses according to the FIS Continental Cup SJ Nations Quota for winter 2018/ 2019. For booked room reservations not used, the organizer has the right to demand a cancellation fee from the National Ski Associations according to FIS rules.

### TRANSPORT

Bus transfer of the Teams from Oslo Airport Gardermoen to Rena and return will be organized by the Organizing Committee, if needed, Thursday 14th February from Gardermoen 13:30 and 17:30. Return transport will be organized on Sunday 16th February, from Rena at 15:30 and Monday 17th February 05:30.

### TRANSPORT COST

Price per person for Bus transport from Oslo Airport Gardermoen to the hotel in Rena and return, is:  
**NOK 650/65Euro**

**Adress to the hotel: Østerdalen Hotell, Trondheimsveien 1654, 2450 Rena-[www.osterdalenhotell.no](http://www.osterdalenhotell.no)**

**Please send the entry form and the accommodation/ transport form to:**

**Rena IL Att: Heidi Hildrum**

**E-mail: [postmaster@renail.no](mailto:postmaster@renail.no)**

**Phone: +47 975 30 845**

**Homepage: [www.cocrena.no](http://www.cocrena.no) and [www.renail.no](http://www.renail.no)**

**Closing time for entries/ accommodation/ transport.**

Deadline for entry is **8th February 2019**. For entries arriving later than the deadline, the Organizing Committee can not guarantee smooth travel and accommodation arrangements.

**WELCOME TO RENA!**

*Organizing Committee FIS COC NORDIC COMBINED Rena*