



CONTINENTAL
CUP



FIS CROSS-COUNTRY CONTINENTAL CUPS GUIDE 2011/12



FIS CROSS-COUNTRY CONTINENTAL CUPS

FIS Cross-Country Continental Cups Series

FIS Cross-Country Continental Cup series is the most important FIS series for developing and young athletes. It features 9 series of races. Australia/New Zealand Cup, Balkan Cup, Eastern Europe Cup, Far East Cup, Noram Cup, OPA Cup, Scandinavian Cup, Slavic Cup and USA Super Tour.

Basic Rules

All events in Continental Cups are conducted under the rules and regulations of the International Ski Federation, and the Sub-Committee for World and Continental Cups and National Ski Associations.

The winners, or best placed competitor(s) from one of the Continental Cups are personally qualified to compete in World Cup races in March. The athletes have to reach the World Cup entry requirements. The Overall Winners from the previous year's COC have the right to start in the 1st WC period in the following year.

Competitors are only eligible to qualify through the Continental Cup in the geographical region of which their National Association is a member.

You can find detailed Continental Cups rules [here](#).

The aim of this booklet is to provide basic information about the FIS Cross-Country Continental Cup series.

FIS CROSS-COUNTRY CONTINENTAL CUPS

1. Australia-New Zealand Cup (ANC)

Member Nations

AUS, NZE

Basic Information

The first FIS cross country skiing races in Australia were conducted in 1994. Though the Continental Cup series officially started in 1996, it wasn't until 2005 that the first New Zealand FIS races were held and made it a true Australia – New Zealand Cup.

Over the years Australian skiers have dominated the series, with current 2011 ANC female champion Esther Bottomley holding the record of four series victories. New Zealand skiers have topped the podium twice, Samantha Bondarenko in 2006 and Katherine Calder in 2009. The only skiers from outside the region that have won the overall cup are from Switzerland – Andrew Jungen in 1996, and Thomas Diezig in 2009. The current 2011 male ANC champion Callum Watson was also the first Australian skier to contest the FIS Tour de Ski.

Since 2005 the ANC has been held at three venues – Falls Creek and Perisher Valley in Australia, and the Snow Farm in New Zealand, each of which have homologated FIS courses. ANC races have also been held at the Australian resorts Mt Hotham and Lake Mountain, however the FIS courses at these locations need to be re-homologated.

Perisher Valley is the highest of the ANC venues, with the top of the FIS 5km course climbing over 1750m. All events at Perisher start and finish outside the Sverre Kaaten Nordic Shelter. Perisher's 25km of regularly groomed trails are complimented by access trails up onto the Snowy Mountains Main Range. FIS events at the Perisher are jointly organized by the New South Wales and Australian Capital Territory Cross Country Committees. Perisher is 5 hours drive from Sydney and 2.5 hours from the Australian capital city Canberra.

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Falls Creek is the home of the Kangaroo Hoppet and the official training centre of the Australian Cross Country Ski Team. The 42km Hoppet is traditionally the closing race of the ANC series and at the same time the opening race of the Worldloppet series. FIS events at Falls Creek are normally organized by the local Birkebeiner Nordic Ski Club, which was established in 1977. Falls Creek is 5 hours drive from Melbourne and 1.5 hours from Albury, the nearest domestic airport.

Constructed on a former sheep farm by John and Mary Lee in 1990, the Snow Farm is New Zealand's only Cross-Country skiing resort. The characteristic Snow Farm Lodge sits atop 50km of trails winding through a moon-like treeless landscape. Snow Farm events are organized by the Snowsport New Zealand Cross Country Committee. The Snow Farm is situated on the Pisa Range on the New Zealand south island, 55km from the Queenstown international airport.

The Australia New Zealand Cup is conducted according to FIS Continental Cup rules. The distribution of events between the two countries is determined annually, with all competitions typically centred around the month of August. The series always concludes with the 42km Kangaroo Hoppet Worldloppet event. As with all the other FIS Continental Cup series, the winners of the ANC have their own quota places on World Cup and are reimbursed according to FIS World Cup Rule 3.1.6.

Calendar 2011

Date	Nation	Place	Discipline Ladies/Men
23.07.2011	AUS	Falls Creek	Sprint Classic
24.07.2011	AUS	Falls Creek	5/10 km Free
13.08.2011	NZL	Snow Farm	10/15 km Classic
14.08.2011	NZL	Snow Farm	Sprint Free
20.08.2011	AUS	Perisher Valley	Sprint Free
21.08.2011	AUS	Perisher Valley	5/10 km Classic
27.08.2011	AUS	Falls Creek	42 km Mass Start

FIS CROSS-COUNTRY CONTINENTAL CUPS

Winners 2011

Men

Rank	Name	Nation	Points
1	Callum Watson	AUS	386
2	Ben Sim	AUS	360
3	Chris Darlington	AUS	293

Ladies

Rank	Name	Nation	Points
1	Esther Bottomley	AUS	590
2	Aimee Watson	AUS	340
3	Belinda Phillips	AUS	248

Contacts

LOC	Email	Website
Falls Creek	info@hoppet.com.au	www.ausxc.com
Snow Farm	mags@wintergamesnz.com	www.wintergamesnz.com
Perisher Valley	peter.cunningham@countryenergy.com.au	www.ausxc.com

FIS CROSS-COUNTRY CONTINENTAL CUPS

2. Balkan Cup (BC)

Member Nations

ALB, BIH, BUL, CRO, MKD, MNE, GRE, MDA, ROU, SRB, TUR

Basic Information

The history of FIS Balkan Cup goes back to 1970s. It was organized as “Balkan Ski Championships” at that time. It was organized for the regional countries of Bulgaria, Greece, Romania, Turkey and countries of former Yugoslavia.

After 1990, the organization has lost its importance and identity. Some countries started to organize independent “Balkan Open Cup” competitions. During the FIS Congress 2002 in Portoroz (SLO) negotiations between Turkish Ski Association the regional countries and FIS Cross Country Committee took place. It was proposed to organize “Balkan Cup” competitions within the regional countries under the FIS umbrella. The idea was strongly supported by the regional countries.

The first Balkan Ski Meeting took place during the FIS Nordic WSC 2003 in Val di Fiemme (ITA) with the support of FIS Cross-Country Race Director Bengt Erik Bentsson and the participation of Chairman of FIS Cross-Country Committee Peter Petricek.

FIS decided to establish Cross-Country Continental Cup series during the Congress 2004 in Miami and Balkan Cup (BC) was one of those nine COCs.

Balkan Cup is not only important regional competition series for the member countries. It also represents means of close cooperation and development of Cross-Country skiing in the region. The representatives of the member countries meet annually under the coordination of Balkan Cup Coordinator.

After first couple of years, Balkan Cup has helped to increase the level of Cross-Country skiing in the Balkan area. Number of youth athletes and number of the international Cross-Country skiing competitions has grown in the region as well as number of the FIS homologated Cross-Country courses.

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The level of organization and sport level of the Balkan Cup events have increased year by year. Balkan Cup countries have experienced some individual successes in last couple of years. Especially at junior and U23 levels. FIS points of some athletes have significantly dropped and podiums at FIS events came afterwards.

Balkan Cup countries have been searching for the appropriate way to increase the number of young athletes and give them opportunity to compete on international level. In the future Balkan Cup competition program will feature new youth category.

After several years of experience Balkan Cup countries decided to re-launch the “Balkan Ski Championships” for all the FIS disciplines. First Balkan Ski Championships will be held in Romania this winter with CC,AL,SB and SJ competitions.

Calendar 2011/12

Date	Nation	Place	Discipline Ladies/Men
07.01.2012	BUL	Bansko	5/10 km Classic
08.01.2012	BUL	Bansko	10/15 km Free
21.01.2012	SRB	Zlatibor	5/10 km Free
22.01.2012	SRB	Zlatibor	5/5 km Free
28.01.2012	BIH	Sarajevo-Dvorista	10/15 km Free
29.01.2012	BIH	Sarajevo-Dvorista	10/15 km Free
04.02.2012	GRE	Pigadia	Classic Sprint
05.02.2012	GRE	Pigadia	10/15 km Free
09.02.2012	ROU	Rasnov	10/15 km Free
10.02.2012	ROU	Rasnov	5/10 km Classic
11.02.2012	ROU	Rasnov	Free Sprint
17.03.2012	TUR	Kandili/Erzurum	5/10 km Classic
18.03.2012	TUR	Kandili/Erzurum	5/10 km Free

FIS CROSS-COUNTRY CONTINENTAL CUPS

Winners 2010/11

Men

Rank	Name	Nation	Points
1	Veselin Tzinzov	BUL	600
2	Ivan Burgov	BUL	460
3	Mladen Plakalovic	BIH	329

Ladies

Rank	Name	Nation	Points
1	Teodora Malcheva	BUL	600
2	Maria Boumpa	GRE	241
3	Kameliya Ilieva	BUL	218

Contacts

LOC	Email	Website
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Rasnov	goiceanu@frschibiatlon.ro	www.frschibiatlon.ro
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3. Eastern Europe Cup

Member Nations

RUS, BLR, KAZ, UKR

Calendar 2011/12

Date	Nation	Place	Discipline Ladies/Men
20.11.2011	RUS	Vershina Tea	5/10 km Classic
21.11.2011	RUS	Vershina Tea	Sprint Classic
23.11.2011	RUS	Vershina Tea	Sprint Free
24.11.2011	RUS	Vershina Tea	10/15 km Free
23.12.2011	RUS	Krasnogorsk	Sprint Free
24.12.2011	RUS	Krasnogorsk	10/15 km Free
26.12.2011	RUS	Krasnogorsk	Sprint Classic
27.12.2011	RUS	Krasnogorsk	10/15 km Classic
20.01.2012	UKR	Kharkov	10/15 km Classic
21.01.2012	UKR	Kharkov	Sprint Classic
22.01.2012	UKR	Kharkov	Sprint Free

FIS CROSS-COUNTRY CONTINENTAL CUPS

Winners 2010/11

Men

Rank	Name	Nation	Points
1	Anton Gafarov	RUS	510
2	Andrey Parfenov	RUS	341
3	Alexander Bessmertnykh	RUS	262

Ladies

Rank	Name	Nation	Points
1	Anastasia Kazakul	RUS	779
2	Polina Medvedeva	RUS	452
3	Olga Mikhailova	RUS	425

Contacts

LOC	Email	Website
Vershina Tea	ski@roc.ru	
Krasnogorsk	ski@roc.ru	
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FIS CROSS-COUNTRY CONTINENTAL CUPS

4. Far East Cup

Member Nations

CHI, IRA, JPN, KOR, MGL, PRK, TPE, UZB

Basic Information

Competitions of the Far East Cup have been organized in Korea, Japan and China. The first race was conducted in Sapporo in 1998. Since 2011 no Far East Cup competitions have taken place in China.

Athletes ranked 1st - 3rd in the overall Far East Cup standings are qualified to take part in FIS Cross-Country World Cup held in March. Far East Cup series is an important step for young athletes around 24 to gain good results at international level.

The possibility to take part in the FIS Cross-Country World Cup gives Far East Cup athletes to gain the experience and improve their sport skills. It is also an important motivation factor for young skiers.

Far East Cup number of participants from respective country is not limited. 1st to 3rd placed athletes are given trophies and prize money in accordance with FIS COC rule after competitions. No overall prize money and trophy are handed over.

Far East Cup in the 2011/12 season will take place in three venues. Sapporo, Otoneppu in Japan and Alpentina resort in Korea. Sapporo stadium and courses are located in the area of 45 minutes by car from the central part of Sapporo population with 1.9 million. This facility was used for the FIS Nordic World Ski Championships 2007. Nordic center in Sapporo is able to organize events from early in January to the middle of March.

Otoneppu is a small village town with the population of 1000, stadium and course. Otoneppu is the northernmost FIS homologated facility in Japan and it is able to host events from the middle of December to the middle of April.

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Alpentina Resort, Korea is a large resort area 250 km from Seoul, Korea and stadium and course will be used for the Olympics in 2018.

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Calendar 2011/12

Date	Nation	Place	Discipline Ladies/Men
21.12.2011	KOR	Alpnesia Resort	5/10 km Classic
22.12.2011	KOR	Alpnesia Resort	5/10 km Free
26.12.2011	JPN	Otoineppu	5/10 km Classic
27.12.2011	JPN	Otoineppu	5/10 km Free
06.01.2012	JPN	Sapporo	5/10 km Free
07.01.2012	JPN	Sapporo	5/10 km Classic

Winners 2010/11

Men

Rank	Name	Nation	Points
1	Akira Lenting	JPN	386
2	Kouhei Shimizu	JPN	286
3	Masaya Kimura	JPN	256

Ladies

Rank	Name	Nation	Points
1	Michiko Kashiwabara	JPN	340
2	Chae-Won Lee	KOR	300
3	Yuki Kobayashi	JPN	280

Contacts

FIS CROSS-COUNTRY CONTINENTAL CUPS

Contacts

LOC	Email	Website
Alpensia Resort	ski@sports.or.kr	
Otoineppu	kyouiku@vill.otoineppu.hokkaido.jp	
Sapporo	sas@xage.ne.jp	www.age.ne.jp/x/sas/

FIS CROSS-COUNTRY CONTINENTAL CUPS

5. Nor/Am Cup

Member Nations

CAN

Basic Information

The NorAm Cup series was first introduced in Canada during the 2001 season. The Series enables the best skiers (seniors and juniors) from Canada and guest skiers mainly from the United States to compete head-to-head generally throughout the early and later periods of the ski season. The program has grown in focus and importance as FIS has made World Cup entry possible through FIS Regional Series competitions.

In 2011 Cross Country Canada hosted 4 mini tours as part of the NorAm Cup. This created tremendous interest among the skiers and print media especially at sites providing live-streaming result services. During the 2012 competition season 2 mini tours are being planned during the middle of the season at our two regional championship events scheduled for Canmore, Alberta and Cantley, Quebec.

The rules and scoring system for the NorAm Cup are patterned after the World Cup circuit. The top skiers in the Canadian and US series are provided complimentary entry and the leader is provided accommodation by the host club.

The 2012 NorAm Cup starts again at the Sovereign Lake Nordic Centre in Vernon, BC. Host to the 2005 FIS World Cup and the 2011 Masters World Cup, Sovereign Lake has hosted the NorAm Opener for over 15 years. The club has an established set of FIS homologated trails, an excellent stadium area and is located immediately adjacent to Silver Star Resort, offering accommodation and training for racers and the touring skiers.

FIS CROSS-COUNTRY CONTINENTAL CUPS

After a successful mini tour in 2011, the Black Jack Ski Club in Rossland, BC will host the 2nd weekend of NorAm racing in late December. Home to past National Team and Olympian George Grey, the Black Jack club offers a unique ski / school program in cooperation with the local school authorities and Red Mountain Alpine facility.

Cross Country Canada is excited to return to Whistler Olympic Park in early 2012 for the World Junior and World Under 23 Trials. A legacy of the 2010 Winter Olympics, the ski facility has transformed itself into one of the most popular cross country ski resorts in Western Canada. After launching the Py ... Ski Loppet in 2010 the host Callaghan Valley Cross Country Ski Club will tackle the NorAm Cup in mid-January and is scheduled to host the 2013 Haywood Ski Nationals.

The NorAm Cup then crosses the Rocky Mountains to Canmore, Alberta for the Haywood NorAm Western Canadian Championships. The 3 day mini tour will feature a sprint, short distance interval start and a handicap mass start event at the world class Canmore Nordic Centre Provincial Park. The races will serve as a warm up for the December FIS World Cup 2012 schedule to return to the Nordic Centre. The facility now boasts "Frozen Thunder", the snow track stored during the summer and opened for skiing by Nov 1 of each season.

The NorAm Cup finally travels east to the National Capital region of Ottawa. The Nakkertok Ski Club located in Cantley, Quebec will host another 3 day mini-tour at the Haywood NorAm Eastern Canadian Championships. One of the largest Olympic styled competitions of the season, the Nakkertok Club is proud of its status as having the top athlete development program in the country.

The NorAm Cup wraps up in Orford, Quebec. The trails at Parc National du Mont-Orford, located just south of Montreal, are currently being re-developed and will eventually service one of the largest ski touring populations in the country. With a variety of excellent accommodation close to the ski centre Orford offers a great range of trails for the competitive and recreational skiers.

FIS CROSS-COUNTRY CONTINENTAL CUPS

Calendar 2011/12

Date	Nation	Place	Discipline Ladies/Men
10.12.2011	CAN	Sovereign Lake Nordic Ski Club	Sprint Classic
11.12.2011	CAN	Sovereign Lake Nordic Ski Club	10/15 km Classic
17.12.2011	CAN	Black Jack Ski Club	Sprint Free
18.12.2011	CAN	Black Jack Ski Club	10/15 km Mass Start Free
12.01.2012	CAN	Whistler Olympic Park	15/30 km Skiathlon
14.01.2012	CAN	Whistler Olympic Park	Sprint Free
15.01.2012	CAN	Whistler Olympic Park	10/15 km Classic
20.01.2012	CAN	Canmore Nordic Centre	Sprint Classic
21.01.2012	CAN	Canmore Nordic Centre	5/10 km Free
22.01.2012	CAN	Canmore Nordic Centre	15/20 km Mass Start Classic
03.02.2012	CAN	Nakkertok Ski Club	Sprint Free
04.02.2012	CAN	Nakkertok Ski Club	10/15 km Free
05.02.2012	CAN	Nakkertok Ski Club	15/30 km Mass Start Classic
11.02.2012	CAN	Parc National du Mont-Orford	10/15 km Classic
12.02.2012	CAN	Parc National du Mont-Orford	15/20 km Mass Start Free

FIS CROSS-COUNTRY CONTINENTAL CUPS

Winners 2010/11

Men

Rank	Name	Nation	Points
1	Graham Nishikawa	CAN	1032
2	Drew Goldsack	CAN	878
3	George Grey	CAN	844

Ladies

Rank	Name	Nation	Points
1	Perianne Jones	CAN	836
2	Emily Nishikawa	CAN	635
3	Brittany Webster	CAN	631

Contacts

LOC	Email	Website
Sovereign Lake	ddyer@cccski.com	www.sovereignlake.com
Black Jack Ski Club	ddyer@cccski.com	www.skiblackjack.ca
Whistler	office@crosscountrybc.ca	www.cccski.com/main.asp
Canmore	khewitt@albertaworldcup.com	www.albertaworldcup.com
Nakkertok Ski Club	gtomlinson115@gmail.com	www.nakkertok.ca/
Parc National du Mont-Orford	info@skidefondorford.qc.ca	www.skidefondorford.qc.ca/

FIS CROSS-COUNTRY CONTINENTAL CUPS

6. OPA Cup

Member Nations

GER, SUI, FRA, SPA, AUT, ITA, LIE, SLO

Basic Information

OPA Cup was established to offer developing young athletes collect important international racing experience so that they can later on continue on FIS Cross-Country World Cup level.

National Ski Federations of Austria, France, Germany, Italy, Lichtenstein, Slovenia, Spain and Switzerland are entitled to organize 1-3 OPA Cup competitions. Total number of competitions should not exceed 8.

Basic Rules

OPA Cup competitions are organized for Ladies, U20 Ladies, Men and U 20 Men. Only athletes from OPA countries will get OPA COC Points. Athletes from other Ski Federations can start in OPA races but will not be awarded OPA COC points.

FIS CROSS-COUNTRY CONTINENTAL CUPS

Calendar 2011/12

Date	Nation	Place	Discipline Ladies/Men
10.12.2011	ITA	S. Cristina Val Gardena	5/10 km Classic
11.12.2011	ITA	S. Cristina Val Gardena	10/15 km Free Handicap Start
16.12.2011	AUT	St. Ulrich am Pillersee	Sprint Free
17.12.2011	AUT	St. Ulrich am Pillersee	5/10 km Classic
18.12.2011	AUT	St. Ulrich am Pillersee	10/15 km Mass Start Free
06.01.2012	FRA	Arvieux	2.5/3.3 km Prologue Classic
07.01.2012	FRA	Arvieux	5/10 km Free
08.01.2012	FRA	Arvieux	10/15 km Classic Handicap Start
14.01.2012	GER	Zwiesel	Sprint Free
15.01.2012	GER	Zwiesel	15/20 km Skiathlon
03.02.2012	SUI	Campra	Sprint Classic
04.02.2012	SUI	Campra	5/10 km Classic
05.02.2012	SUI	Campra	10/15 km Free Handicap Start
10.03.2012	SLO	Rogla	5/10 km Free
11.03.2012	SLO	Rogla	15/30 Mass Start Classic
16.03.2012	SPA	Candanchu	2.5/3.3 km Prologue Free
17.03.2012	SPA	Candanchu	5/10 km Classic
18.03.2012	SPA	Candanchu	10/15 km Free Handicap Start

FIS CROSS-COUNTRY CONTINENTAL CUPS

Winners 2010/11

Men

Rank	Name	Nation	Points
1	Andy Kuehne	GER	885
2	Thomas Bing	GER	851
3	Luca Orlandi	ITA	584

Ladies

Rank	Name	Nation	Points
1	Monique Siegel	GER	933
2	Elodie Pin Bourgeois	FRA	876
3	Coraline Hugue	FRA	872

Contacts

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Zwiesel	harald.haase@web.de	www.deutscherskiverband.de
Campra	info@campra.ch	www.campra.ch
Rogla	cross-country-rogl@unitur.eu	www.roglaopen.eu
Candanchu	aeee@candanchu.com	

FIS CROSS-COUNTRY CONTINENTAL CUPS

7. Scandinavian Cup

Member Nations

DAN, ISL, NOR, SWE, FIN, EST, LAT, LTU

Basic Information

The Scandinavian Cup consists of one series of FIS competitions in Scandinavia (Latvia, Estonia, Finland, Norway and Sweden). The competition is for men and women, and near FIS Cross-Country World Cup level.

The cup is open for all skiers with FIS license from all nations. All participants can win points. All races count in the final standings. If at the end of all events, a number of competitors are placed equally within top six (6) positions in the overall classification, then they shall be placed accordingly to the number of their 1st places, then their 2nd places, 3rd places, etc.

At least two of the races should be sprint competitions. The sprint races are conducted according to current FIS rules and FIS Cross-Country World Cup practice. Calculation of point follows the same system as for FIS Cross-Country World Cup, where the top 30 are awarded points. Juniors principally can start in the senior class, if the number of participants does not exceed 150.

According to FIS decision the 3 best overall from the Nordic countries (men and women) on the final Scandinavian Cup list will start in the WC-races in March outside the national quota. The winner of Scandinavian Cup also gets costs carried by WC-organizer (as red group). The winner of Scandinavian Cup (or best place athlete from Nordic countries) has free place in the World Cup in November-December following year. The current leader of the Scandinavian Cup (best places from Nordic countries) before each World Cup period will have free place in World Cup in the following World Cup-period. To calculate the current leader, all races will count.

Some of the Scandinavian Cup races are organized as “Mini Tour events”.

FIS CROSS-COUNTRY CONTINENTAL CUPS

Calendar 2011/12

Date	Nation	Place	Discipline Ladies/Men
16.12.2011	FIN	Vuokatti	2.5/3.75 km Free
17.12.2011	FIN	Vuokatti	10/15 km Classic
18.12.2011	FIN	Vuokatti	10/15 km Free
07.01.2012	SWE	Hudiksvall	Sprint Free
08.01.2012	SWE	Hudiksvall	10/15 km Classic
20.01.2012	NOR	Nes	10/15 km Free
21.01.2012	NOR	Nes	Sprint Classic
08.02.2012	LAT	Madona	Sprint Free
09.02.2012	LAT	Madona	15/30 km Mass Start Free
11.02.2012	EST	Albu	Sprint Classic
12.02.2012	EST	Albu	10/15km Classic

Winners 2010/11

Men

Rank	Name	Nation	Points
1	Finn Haagen Krogh	NOR	521
2	Hans Petter Lykkja	NOR	350
3	Oeyvind Gloersen	NOR	257

FIS CROSS-COUNTRY CONTINENTAL CUPS

Winners 2010/11

Ladies

Rank	Name	Nation	Points
1	Heidi Weng	NOR	630
2	Britt Ingunn Nydal	NOR	434
3	Astrid Oyere Slind	NOR	348

Contacts

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Albu	info@suusaliit.ee	www.suusaliit.ee

FIS CROSS-COUNTRY CONTINENTAL CUPS

8. Slavic Cup

Member Nations

CZE, SVK, POL, HUN

Basic Information

FIS Slavic Cup is competition series for athletes from the Czech Republic, Poland, Slovakia and Hungary. Competitions regularly take place in CZE, POL and SVK. Due to unfavorable weather conditions no events are scheduled in Hungary.

FIS Slavic Cup was founded based on the decision of Cross-Country Committee for World and Continental Cups. Mr. Petr Petricek from Slovenia helped to bring the idea of FIS Slavic Cup alive.

First competition that was organized under the name FIS Slavic Cup took place at Misecky, CZE from 17-18 December 2005. In the season 2005/2006 there were two more races in Poland and Slovakia. The season 2005/06 is considered as zeroth edition of the Slavic Cup.

Beginning of the series was not easy as both athletes and coaches needed some time to recognize the series and took it seriously. Rules were adopted and winners of the series got a chance to start at FIS Cross-Country World Cup outside the national quota.

Since the season 2007/08 the overall winner of the FIS Slavic Cup has been announced among men and ladies. Base FIS Slavic Cup association take care of prizes for winner that are handed over at the last race of the series.

Continental Cup competitions of the FIS Slavic Cup have been primarily organized for junior and U23 categories. Every athlete with a valid FIS code can take part in the FIS Slavic Cup. Competitions are open for all the federations. Athletes outside the four Slavic Cup nations are not taken in account in the final FIS Slavic Cup standings.

Coaches and athletes from CZE, POL, SVK and HUN get a solid chance for their athletes to win good FIS points and understand the series as an intermediate stage to FIS Cross-Country World Cup.

FIS CROSS-COUNTRY CONTINENTAL CUPS

Calendar 2011/12

Date	Nation	Place	Discipline Ladies/Men
10.12.2011	CZE	Horni Misecky	5/10 km Classic
11.12.2011	CZE	Horni Misecky	7/10 km Free
07.01.2012	POL	Zakopane	Sprint Free
08.01.2012	POL	Zakopane	10/15 km Classic
21.01.2012	SVK	Gerlachov	Sprint Classic
22.01.2012	SVK	Gerlachov	10/15 km Classic
28.01.2012	POL	Wisla	Sprint Classic
29.01.2012	POL	Wisla	10/10 km Free
10.03.2012	SVK	Kremnica Skalka	10/15 km Free
11.03.2012	SVK	Kremnica Skalka	5/10 km Classic

Winners 2010/11

Men

Rank	Name	Nation	Points
1	Peter Mlynar	SVK	409
2	Macie Starega	POL	380
3	Jan Antolec	POL	358

Ladies

Rank	Name	Nation	Points
1	Justyna Modarska	POL	496
2	Ewelina Marcisz	POL	400
3	Lucia Klimkova	SVK	387

FIS CROSS-COUNTRY CONTINENTAL CUPS

Contacts

LOC	Email	Website
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FIS CROSS-COUNTRY CONTINENTAL CUPS

9. US. Supertour

Member Nations

USA

Basic Information

The tour was founded in 1997 as the "FIS Series", and developed quickly from there into the "Nor/Am" series. It was held jointly with Canada for a number of years until about 2003, when demand from the organizers was so high that it developed into a separate series called the SuperTour.

It was developed to provide domestic-level and developing racers with consistent competitions throughout the winter, and was a strong impetus for the development of national-level clubs in the U.S. Today we see a number of clubs recruiting top US athletes and supporting them on the tour throughout the winter.

Key strategies for the SuperTour have been prize money (approx. \$150,000 is paid each season), qualification into World Cup (SuperTour has been the entry point into World Cup for a number of successful racers – Kikkan Randall, Kris Freeman, Any Newell, Carl Swenson, Ivan Babikov, etc. – and has helped to shorten the gap between domestic racing and the World Cup. Each of these racers went from SuperTour into World Cup top-15 results.

The SuperTour has also provided promotion of the sport on a consistent weekend-by-weekend basis during the winter, and has good industry engagement in the tour.

There has also been significant international participation in the tour, led mainly by international racers who are racing in US universities.

The SuperTour has also had some downtown sprint races – one on the streets of downtown Minneapolis, and one on the city block around the state capital in Madison (which is still run today). SuperTour Finals is now also run as a mini-tour format.

FIS CROSS-COUNTRY CONTINENTAL CUPS

Calendar 2011/2012

Date	Nation	Place	Discipline Ladies/Men
23.11.2011	USA	West Yellowstone	Sprint 1 Classic
25.11.2011	USA	West Yellowstone	10/15 km Free
26.11.2011	USA	West Yellowstone	5/10 km Classic
03.12.2011	USA	Bozeman	Sprint Free
03.12.2011	USA	Bozeman	5/10 km Free
04.12.2011	USA	Bozeman	15/20 km Classic
25.01.2012	USA	St. Paul	Sprint Free
28.01.2012	USA	St. Paul	5/10 km Mass Start Classic
29.01.2012	USA	St. Paul	10/15 km Pursuit Free
11.02.2012	USA	Aspen	Sprint Free
11.02.2012	USA	Aspen	5/10 km Classic
18.02.2011	USA	Madison	Sprint Classic
19.02.2012	USA	Madison	Sprint Free
24.03.2012	USA	Craftsbury	2.5km/3.5 km Free
25.03.2012	USA	Craftsbury	10/15 km Mass Start Classic
27.03.2012	USA	Craftsbury	Sprint Classic
28.03.2012	USA	Craftsbury	6 km Free Pursuit

FIS CROSS-COUNTRY CONTINENTAL CUPS

Winners 2010/11

Men

Rank	Name	Nation	Points
1	Lars Flora	USA	433
2	Michael Sinnot	USA	369
3	Brian Gregg	USA	330

Ladies

Rank	Name	Nation	Points
1	Holly Brooks	USA	534
2	Kate Fitzgerald	USA	359
3	Morgan Smyth	USA	352

Contacts

LOC	Email	Website
West Yellowstone	info@westyellowstoneskifestival.com	www.rendezvouskitrails.com
Bozeman	dragandanevski@yahoo.com	www.bridgerskifoundation.org
St. Paul	ben@sisuskiers.org	www.sisuskiers.org
Aspen	sandra.doebler@ci.aspen.co.us	www.ussa.org
Madison	yuriy.gusev@cxcskiing.org	www.capitolsquaresprints.org
Craftsbury	geerjudy@gmail.com	www.craftsbury.com



FIS CROSS-COUNTRY CONTINENTAL CUPS

10. Communication and Press Services

The press and media service is the key issue to promote the event and distribute the news of the COC.

The chief of media has to provide the following items for the FIS Cross-Country website:

- 2 press releases in English before the event (150 - 200 words in the week prior the event, e.g. number of nations, athletes, preparation of the race, etc.)
- 1 press release in English after the COC races – **Race Report** (same day of the competition/150 - 200 words) incl. quotes of the top 3
- 3 – 5 pictures from the event (high resolution pictures)
- Small videos from the event (**Interview with a winner** – 30. sec is sufficient)
- If possible, information about livestreaming

Send all the information to Sandra Spitz (spitz@fisski.com) and Michal Lamplot (lamplot@fisski.com)

FIS CROSS-COUNTRY CONTINENTAL CUPS

11. FIS Cross-Country Continental Cups Coordinators

Cup	Name	Email Address
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