



The Organizing Committee has the pleasure of inviting the National Ski Associations of the International Ski Federation (FIS) to participate in the Viessmann FIS WORLD CUP – World Cup Cross Country “Demino” Rybinsk 22/01 – 24/01 2010

The competitions are sanctioned by the FIS
and will be held in compliance with FIS Competition Rules (ICR).

Registration

For registration of the team you should fill in a FIS standard entry application for athletes and officials – form “A”
The enclosed registration form “A” has to be returned to the Organizer until **December 12, 2009** by e-mail:

worldcup@demino.com

Please, pay attention to correct name, sex, year of birth, and FIS-number of all the athletes and officials while filling in the registration form.

You may also visit www.demino.com/worldcup/ for registration.

Restrictions

FIS rules apply in this competition.

Liability

Every participant must have an insurance of his/her Ski Association and a signed Declaration of an Athlete. The Organization Committee takes responsibility only for their own part.

Stadium and courses

Please visit www.demino.com/worldcup to see stadium map and track profiles. The programme of the Competitions is also presented at our web site.

Accommodation

To facilitate the organization of accommodation we need accurate details of each team’s arrival and departure.

Please fill Form “B” and send it by e-mail to worldcup@demino.com until **January 12, 2010**.

Please visit www.demino.com/worldcup/ for **Form B**.

Transport service

The teams are to be delivered by two charters:

19.01.2010 from Tallinn to Yaroslavl, airport “Tunoshna”

20.01.2010 from Munich to Yaroslavl, airport “Tunoshna”

Return flight to Munich on 25.01.2010 (information on flight departure, cargo requirements will be presented later), further transfer to a place of accommodation.

Waiting time at the airport since the plane arrival – 30 min maximum. Approximate time on the way from the airport to the place of accommodation – 1,5 -2 hours.

FIS WORLD CUP CROSS COUNTRY, Russia, Demino Ski Sport Center, 22.01-24.01, 2010
Tel. +7-4855-294-014, Fax +7-4855-294-050, e-mail: worldcup@demino.com



We kindly ask you not to forget about regulation concerning one free transfer for the team. Please, do not forget to inform the Organizer about your arrival till the 30th of November 2009.

Transfer from the airports of Moscow to Demino is paid (bus for 50 seats – 850 Euro, minibus for 18 seats – 400 Euro, minibus for 13 seats – 300 Euro). Transit time– 6-8 hours.

Free transport service will be offered during your stay in **Rybinsk**, including pick-up and delivery service from the place of accommodation to the stadium and back, as well as from/to Yaroslavl airport “Tunoshna” (to charter flights). Please send an application for transport service (Form “C”) by e-mail: worldcup@demino.com until **December 16, 2009**.

The teams can take vehicles on lease at the airport. Reservation of cars should be made in advance by filling in Form “C” on our web-site: worldcup@demino.com

Visa support

Visa support is provided by the Russian Cross Country Ski Federation.

You can find Visa application **Form D** on our web-site: www.demino.com/worldcup/ . The applications should be sent before **December 10, 2009** by e-mail: ski@roc.ru.

Please contact : Mrs. Anna Belyaeva, National Ski Association in Moscow

Tel. +7 495 637 0265

Fax +7 495 637 0615

e-mail: ski@roc.ru

Waxing facilities

Waxing is arranged according to FIS WC rules (2m² per each person). Places for ski preparation will be available at the stadium.

In case additional rent of tables for ski preparation is necessary (rent of one table – 100 EUR), as well as additional areas for ski servicing, we kindly ask you to inform us in advance using Form “B”.

Attachés

Each team has the opportunity to invite one attaché for the period of the competitions, whose services are offered by the organizer for free.

Please indicate in form “B” the necessity of attaché invitation.

Payment

Financial conditions apply as stated in FIS WC rules. All travel and accommodation costs will be settled in finance office with the Team Captain at Demino Ski Sport Center, Rybinsk.

January 21, 2009 – accommodation and transport service.

22.01. – 24.01.2010 – the prize fund issues.

Travel payments by the Organizer to the Competition winners will be made in cash.

Team payments can be done in cash or with credit cards.



Technical Delegates

Pierre Gay-Perret (France) - FIS Technical Delegate
Jussi Pyykari (Finland) - FIS Technical Delegate Assistant
Andrei Arseniev (Rybinsk) was nominated as Race Director.

Organizing committee

Maria Somkova (interpreter)
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 +7-905-637-0995
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Programme FIS WC 19.01.09 – 25.01.10

Tuesday	January 19, 2010 - Team's arrival day
Wednesday	January 20, 2010 - Team's arrival day
8.00 - 22.00	Meeting of the delegations in the airport. Team's delivery to the hotels. Registration and accommodation of the teams according to applications and layout.
Thursday	January 21, 2010
8.00	Technical service departure from the hotel to the stadium
9.00	Athletes departure from the hotel to the stadium
10.00 - 12.00	Official training, examination of the course
12.00	Departure from the stadium to hotels
17.00	Team captains' meeting
18.00	Departure of the Athletes to hotels
Friday	January 22, 2010
7.30	Technical service departure from the hotel to the stadium
10.00	Athletes departure (ladies) from the hotel to the stadium
10.30	Athletes departure (men) from the hotel to the stadium
12.15	Opening ceremony
12.30	Sprint/ qualification start/ ladies/ men
14.30	Quarter-finals/ semi-finals/ finals/ ladies/ men
16.30	Flower ceremony. Ladies
16.40	Flower ceremony. Men
16.50-17.30	Press-conference/ men and ladies
16.30	Departure from the stadium to the hotels
16.30-18.00	Official training
18.00	Team captains' meeting
19.00	Athletes departure from the stadium to the hotels
Saturday	January 23, 2010
7.00	Technical service departure from the hotel to the stadium
10.00	Athletes departure (ladies) from the hotel to the stadium
11.30	Athletes departure (men) from the hotel to the stadium
12.30	Pursuit/ ladies/ 7.5 + 7.5 km
13.20	Flower ceremony/ ladies
13.30-14.10	Press-conference/ ladies 1-3 prize-winning places
14.45	Pursuit / men/ 15 + 15 km
16.15	Flower ceremony/ men
16.25 - 17.00	Press-conference/ men 1-3 prize-winning places
15.00	Athletes departure (ladies) from the stadium to the hotels
17.00	Athletes departure (men) from the stadium to the hotels
16.30-17.30	Official training
17.00	Team captains' meeting
18.00	Athletes departure from the stadium to the hotels
19.00	Ceremony of Awarding the winners and prize winners of WC "Demino-2009" in Rybinsk
Sunday	January 24, 2010
7.00	Technical service departure from the hotel to the stadium
09.00	Athletes departure/ men/ ladies from the hotel to the stadium
11.00	Team sprint/ qualification start/ men/ ladies
13.30	Finals / men/ ladies
14.30	Flower ceremony/ ladies
14.40	Flower ceremony/ men
14.50-15.30	Press-conference/ men/ ladies
14.30-15.30	Athletes departure from the stadium to the hotels
Monday	January 25, 2010 Departure day
	Breakfast, departure to the airport



Form A

ENTRY FORM Cross-Country

FORMULAIRE D'INSCRIPTION Ski de fonds

ANMELDEFORMULAR Langlauf

Competition (Name/Place) <i>Manifestation (Nom/Lieu)</i> FIS WORLD CUP DEMINO, RYBINSK <i>Veranstaltung (Name/Ort)</i>					Date of race 22.01, 23.01, 24.01 2010 <i>Date de la course</i> <i>Datum des Wettkampfs</i>									
National Association <i>Fédération Nationale</i> <i>Nationaler Verband</i>					Cat.	WC	Tech- nique	F						
						COC		C						
Responsible for entry <i>Responsable de l'inscription</i> <i>Für die Meldung verantwortlich</i>					Tel									
					Fax									
					e-mail									
COMPETITORS <i>COUREURS</i> <i>WETTKÄMPFER</i>														
FIS Code <i>Code FIS</i> FIS Code	Surname, First Name <i>Nom de famille, Prénom</i> Familiennamen, Vorname	YB <i>AN</i> JG	Gender		Formats/Distances <i>Bewerbe/Distanzen</i>									
			Men	La-dies	Spr-int	Pur-suit	Re-lay	5 km	10 km	15 km	30 km	50 km		

Site/Lieu/Ort _____ Date/Date/Datum _____ Signature/Unterschrift _____
FIS WORLD CUP CROSS COUNTRY, Russia, Demino Ski Sport Center, 22.01-24.01, 2010
 Tel. +7-4855-294-014, Fax +7-4855-294-050, e-mail: worldcup@demino.com



Demino
FIS WORLD CUP CROSS COUNTRY - 2010



OFFICIALS OFFICIELS OFFIZIELLE

Surname, First Name <i>Nom de famille, Prénom</i> Familiennamen, Vorname	Function <i>Fonction</i> Funktion	Arrival <i>Arrivée</i> Anreise	Departure <i>Départ</i> Abreise
	Team Captain / <i>Chef d'équipe</i> / Mannschaftsführer		
	Trainer / <i>Entraîneur</i> /Trainer		
	Doctor / <i>Médecin</i> /Arzt		
	Physiotherapist / <i>Masseur</i> /Masseur		
	Technicians / <i>Techniciens</i> /Techniker		
	Service personnel / <i>Personnel de service</i> /Servicepersonal		
Place, Date <i>Lieu, Date</i> Ort, Datum	Signature: <i>Signature:</i> Unterschrift:		
<p>Block letters please! <i>Ecrire en majuscules s.v.p.</i> Bitte in Blockschrift schreiben!</p>			



ACCOMODATION

Form B

Competition (name/site) <i>FIS WORLD CUP DEMINO, Rybinsk, Russia</i>	Date 22.01, 23.01, 24.01 2010 (19-20.01.2010 – days of arrival, 25.01.2010 – day of departure)
National association	

Hotels/ Cottages	Person	Arrival date	Departure date
Accommodation in SSC "Demino" (starting point)			
Sport Hotel in "Demino" (starting point)			
Double room, 3-meals per day included			
Accommodation in Rybinsk hotels (18 km from the starting point)			
Double room, 3-meals per day included			
Single room, 3-meals per day included			

Special wishes:

ATTACHE

- Yes, we need an assistance of the attaché. Language
- No, we do not need an assistance of the attaché
- We need additional areas for ski servicing
- We need to rent tables for ski servicing

Site _____ **Date** _____ **Signature** _____

Please fill Form B and send a mail to worldcup@demino.com before **January 20th 2009**.



Form C

Transport service

Competition (name/site) <i>FIS WORLD CUP DEMINO, Rybinsk, Russia</i>	Date 22.01, 23.01, 24.01 2010 (19-20.01.2010 – days of arrival, 25.01.2010 – day of departure)
National association	

INFORMATION ON THE TEAM ARRIVAL

Airport	
Arrival date	
Number of people	
Flight number	
Time of Arrival	
Load amount, kg	

In accordance with the FIS rules for the World Cup Cross Country events (par. 8.4), the teams are planned to be transferred by motor transport from Yaroslavl airport to the place of accommodation.

Waiting time in the airport from the moment of the plane arrival is 0.5 hour maximum.
Approximate time on the way from the airport to the accommodation place is 1.5 hours.

Ordered transfer from Moscow to "Demino" is paid (bus for 50 seats – 850 Euro, minibus for 18 seats – 400 Euro, minibus for 13 seats – 300 Euro). Approximate time of journey from the Moscow airport to the place of accommodation is 6 hours.

Please inform us on the necessity of organization of additional trips for you (place, time, and number of people) and your plans to rent a motor transport.

TEAM DEPARTURE INFORMATION

Departure airport	
Departure date	
Number of people	
Issuing Airline	
Departure time	

Site _____ Date _____ Signature _____

Please fill Form C and send a mail to worldcup@demino.com before **December 24, 2008**.