

LENZERHEIDE (SUI)

Program

Date	Competition	TCM	Other
Friday 27/12/2019		16:00 TCM FIS Family, Nordic House	16:00 Press Conference, Aula Lenzerheide 17:15 Opening Ceremony, Zauberwald Lenzerheide
Saturday 28/12/2019	12:45 10 km Women Mass Start F 14:15 15 km Men Mass Start F	17:00 TCM FIS Family, Nordic House	Prize giving ceremony & press conference after the race 10:30 - 12:30 Coop Mini Tour (Kids Event)
Sunday 29/12/2019	09:05 Sprint F Qualifications 11:35 Sprint F Finals		Prize giving ceremony & press conference after the race 11:00 - 13:00 Coop Mini Tour (Kids Event)

Contacts

Position	Name	Phone	Email
General Secretary	Jacqueline Odermatt	+41 81 385 58 10 +41 79 751 33 42	tourdeski@lenze rheide.com
Accommodation	Kim Osinga	+41 81 385 58 10	tourdeski@lenze rheide.com
Transportation	Jacqueline Odermatt	+41 81 385 58 10 +41 79 751 33 42	tourdeski@lenze rheide.com
Finances	Bruno Zenklusen	+41 81 385 58 10	bruno.zenklusen @puracenter.ch
Sport	Christian Heimo	+41 79 637 34 36	chheimo@bluew in.ch

Wax Cabins	Arno Pünchera	+41 78 912 75 18	tourdeski@lenzerheide.com
Truck driving permissions	Jacqueline Odermatt	+41 81 385 58 10	tourdeski@lenzerheide.com
Medical Service	Gregor Fürer		g.fuerer@hotmail.com

Offices and their opening times

Office	Location	Opening times
Race office	Race Office container next to the wax facilities in the team zone	Thursday-Sunday 8:00 -17:00
Transportation	At the race office	see race office
Finances	At the race office	see race office
OC Office	TBC	

Logistical information

Accommodation (World Cup Rules Art. 13)

- Booking according the FIS Rules via FIS Online registration system
- The OC offers following accommodation in different categories and prices (full board included):
 - Hotels: CHF 125.- per person in double room, CHF 145.- in single
 - Four star hotels in Lenzerheide: CHF 145.- per person in double rooms
- Additional information about the accommodation will be given to the teams after receiving preliminary entry and accommodation request
- Limited amount of accommodation available next to venue, mainly for quota. For outside of the quota also self-catering holiday cottages/apartments at Ruka area also possible on request.
- Price for additional accommodation or additional single rooms outside of the quota: CHF 140 - 200 per person in double room (regular hotel prices) or apartment (minimum number of persons occurs)
- We retain the right for changes.

Transport (World Cup Rules Art. 11)

- Official airport : Zurich (ZHR)
- The organizing committee recommends to travel by public transport from the airport to the venue or hotel (duration 2.5 h).
- The OC offers a shuttle service to the airport Zurich. If the teams or athletes are interested in this service they have to contact the Head Office

tourdeski@lenzerheide.com until the 30th November 2019. One shuttle service per team is free of charge, additional ones will be charged.

- There will be no transport provided by the OC from Lenzerheide to Toblach Teams have to organise this transport by themselves.
- The shuttle service within the destination can be ordered by the Head Office (shuttle service has to be ordered in advanced).
- At competition days, a Tour de Ski Shuttle drives regularly (each 10-15 min) from Valbella, Lenzerheide to the venue.

Reimbursement (World Cup Rules Art. 10 and 13)

- Accommodation costs:
Teams will have to pay directly at their hotels (persons from the pay lists will be paid by the OC directly to the hotel).
- Carrying costs/Reimbursement :
The organisers pay for the travel and living costs (accommodation, food etc.) according to the conditions mentioned in the World Cup rules art. 10.
Travel expenses will be paid once and by bank transfer by the organisers to the teams at the last resort (Val di Fiemme).

Prize money payment (World Cup Rules Art. 8)

- Due to data protection rules the data's from the athletes have to be given directly to: jacqueline.odermatt@lenzerheide.com
- Or on-site to Jacqueline Odermatt at the race office (opening times see above)
- Prize money form is available on FIS Website under: https://assets.fis-ski.com/image/upload/v1570630619/fis-prod/assets/Bank_Transfer_Form_incl._Contacts.pdf

Income tax information for prize money:

- Athletes from Switzerland and Liechtenstein are excluded from the income tax. By all other nation we have to subtract the income tax from the by bank transferred prize money. The income tax is the following:

○ Income tax for prize money until CHF 200.-	12.8 %
○ Income tax for prize money from CHF 201 to 1'000.-	14.4 %
○ Income tax for prize money from CHF 1'001 to 3'000.-	17.0 %
○ Income tax for prize money higher than CHF 3'001	19.0 %

Waxing facilities (World Cup Rules Art. 14)

- Wax cabins: available from 26/12/2019 at 09:00 or on request earlier
- Waxing trucks: teams arriving with trucks have to inform the OC before 15/10/2019
- The keys to the cabins are available at the race office. The deposit is 50 € or CHF/key. Keys return and deposit return to the race office on the day of departure.
- Parking cards can be picked up at the competition office same time with the keys.

Team Catering

- Team Catering facilities are open
 - 27th December 2019 8 am to 5 pm, warm food 11 am - 2 pm
 - 28th December 2019 8 am to 5 pm, warm food 11 am - 2 pm
 - 29th December 2019 8 am to 4 pm, warm food 11 am - 2 pm
- Do not forget to sign up on the google doc for the lunch
https://docs.google.com/spreadsheets/d/13wm5JU7RzwrUonl8AciSFEKdq4H7OTUKGDm_EnQLVfo/edit?usp=sharing
- Costs for lunch service is 10 CHF per person per day if you haven't ordered and paid full board via the Organizing Committee

Medical Service

- In case you have an emergency you can call the following number 144
- Medical facilities
 - at the venue: first aid container at the track
 - in the village:
 - Hospitals near by: Kantonsspital Chur

Regulations of radio equipment/Radio Frequencies:

- The import, export and the operation of radio equipment in Switzerland is regulated by national law. Permits for the use of radio transmission equipment must be requested according to national specifications.
Information: [Federal Office of Communications](#)
- There can be radio inspections at the venue.

Regulations of Visa:

- Remember that citizens of some countries will need visa for visiting Switzerland. Please check with your embassy if you need a visa for to enter Switzerland.
- For an official letter of invitation, please send a request to the Head Office:
tourdeski@lenzerheide.com

Please be aware that Switzerland is NOT a member of the European Custom Union.

ATA Carnet

- The ATA Carnet is an international document for the temporary, duty-free admission of goods. With the ATA Carnet Swiss and foreign customs formalities are completed using one form. The ATA Carnet can be obtained from Chambers of Commerce and Industry and releases the holder from any obligation to provide a guarantee when crossing the border. In Switzerland the Chambers of Commerce and Industry provide information on the conditions for receiving a Carnet, please see <http://www.cci.ch/>.
- The ATA Carnet may be used for several border crossings and is valid for one year. Instead of national customs documents, the ATA Carnet can be used for imports, exports and transits purposes. The advantage is the swift passage through customs. The ATA Carnet has a uniform appearance for all contracting parties to the Convention on Temporary Admission of 26 June

- 1990 (the so-called Istanbul Convention). It can be used in more than 60 countries.
- When opening the ATA Carnet, the complete description of the goods must be (cover sheet reverse) present. For the holder of the ATA Carnet, it is always possible to bring the goods back into the domestic customs territory.
 - The use of the Carnet ATA is applied to durable goods but not to nondurable goods. The most important areas of application of the ATA Carnet are as follows:
 - Goods for display or use at exhibitions and fairs
 - Professional equipment
 - Commercial samples for display purposes (watches, jewellery, clothes, etc.)
 - Sports equipment
 - http://www.ezv.admin.ch/zollinfo_firmen/04203/04308/04324/05210/index.html?lang=de
http://www.ezv.admin.ch/zollinfo_firmen/04203/04308/04324/05210/index.html?lang=en

Special permissions for truck driving (Sunday- and night, other days with special regulations)

- Teams must give information when they will arrive to stadium and parking area. Send messages by email to tourdeski@lenzerheide.com
- Switzerland has a Sunday- and Night driving prohibition for trucks: Please make sure, that you order the “Sunday and night driving allowance for trucks”, if you drive by night (22.00 – 05.00), on Sundays. The Head Office will send you the official application form and give an instruction how to fill it out. The permission fee has to be paid by the NSA.
- Trailer prohibition: During winter season, there is a trailer prohibition between Chur and Lenzerheide and also between Tiefencastel and Lenzerheide. If you arrive with trailers, please order a special allowance to drive with trailers. The head office can help you with the application.
- Snow chains, snow removal
Lenzerheide is on 1475 meters altitude. Please make sure that you bring snow chains with you. If there is a lot of snow, snow chains must be installed between Churwalden and Lenzerheide and between Tiefencastel and Lenzerheide.
- Highway Tax Sticker for all cars, vans or trucks (vignette):
In Switzerland you need a „highway tax sticker“ for every car, van or truck. You can buy the sticker on every gas station and at the border. The tax sticker costs CHF 40.00 (driving without a sticker brings along a penalty fee of CHF 200.00). The sticker is valid for one year. The tax sticker of the year 2019 is valid until the end of January 2020. So your sticker from Davos Nordic is valid
http://www.ezv.admin.ch/zollinfo_privat/04338/04340/index.html?lang=de
http://www.ezv.admin.ch/zollinfo_privat/04338/04340/index.html?lang=en

- Travel documents

http://www.ezv.admin.ch/zollinfo_firmen/04020/04204/index.html?lang=de

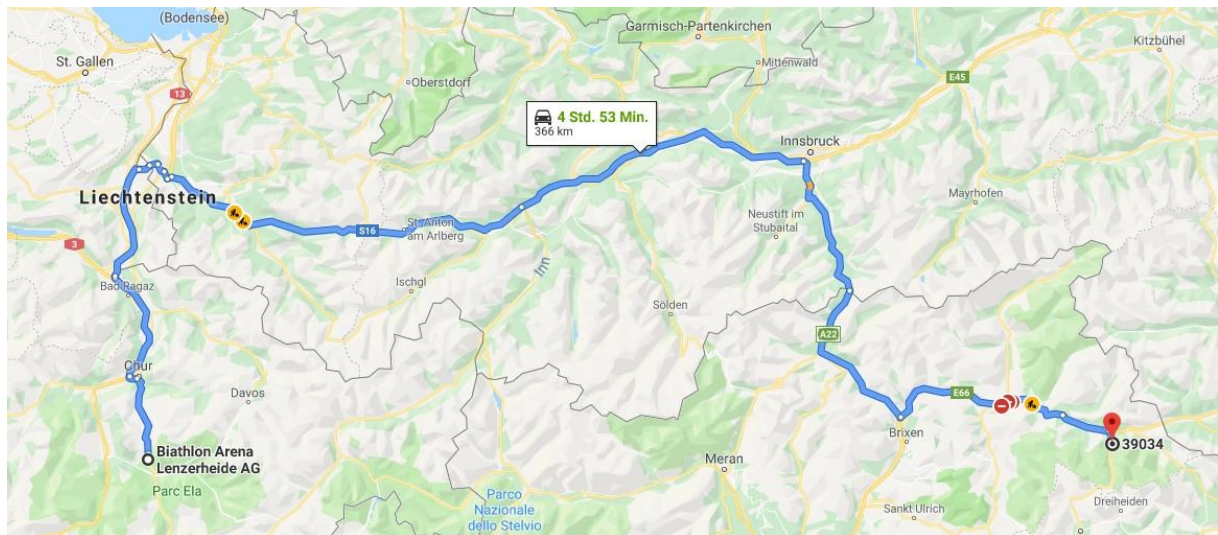
http://www.ezv.admin.ch/zollinfo_firmen/04020/04204/index.html?lang=en

Special advices for the route and roads

Road book to Lenzerheide

- There are different routes to get to the venue. The best way depends on the location of your accommodation:
- Accommodation in Passugg, Churwalden, Parpan, Valbella, Lenzerheide:
 - Highway until exit Chur Süd, then follow the signs to Lenzerheide
 - No trailers allowed from Chur – Lenzerheide (permission needed)
 - Snow chains must be on board (sometimes snow chains session between Churwalden and Lenzerheide)
- Accommodation in Lantsch/Lenz, Tiefencastel, Thusis, Sils i.D. and Filisur:
 - No trailers between Tiefencastel and Lantsch/Lenz (permission needed)
 - Highway until Thusis, then follow the signs to Tiefencastel
 - Snow chains must be on board (sometimes snow chains session between Tiefencastel and Lantsch/Lenz)
- Accommodation in Chur, Maienfeld and Untervaz:
 - To get to the venue: Please take the highway until Thusis and follow the signs to Tiefencastel, from there it takes you 5 minutes to get to the venue
 - There is a lot of tourist-traffic between Chur and Lenzerheide during these days, so the way over Thusis is easier and faster.
 - No trailers allowed from Chur – Lenzerheide and also Tiefencastel - Lenzerheide
 - Snow chains must be on board (sometimes snow chains compulsory between Churwalden and Lenzerheide resp. Tiefencastel and Lantsch/Lenz)

Road book Lenzerheide – Toblach



1. Drive from Lenzerheide to Chur
 2. Take the highway A3 in direction Zurich, St. Gallen
 3. Drive on the highway A3 until the junction Sarganserland and turn right in direction “St.Gallen/St. Margrethen / München / Feldkirch”
 4. Follow the A13 until the exit nr. 6 Sennwald, take the right side and cross the border (sign Ruggell)
 5. Follow the highway A14/E60 in direction “Innsbruck/Bludenz”
 6. Follow the S16 and A12 until Innsbruck
 7. Turn right at the junction A13/E45 in direction Bozen, Brenner
 8. Follow the signs till Bruneck (A22 and E66) and then follow the sing Toblach
- Google Maps Link: <https://goo.gl/maps/ybMhiGmfi7NJ3xuz9>

Maps and Courses



Race	Course	Length
Saturday, 28.12.19	2x 750 m	Sprint F 1.5 km (M & W)
Sunday, 29.12.19	3 x 3.3 km 4x 3.75 km	10 km F 15 km F