



INVITATION

On behalf of the Organizing Committee of the Telemark Swiss Cup in Melchsee-Frutt, Switzerland we would like to invite all Telemark athletes, trainers and officials to the FIS Telemark World Cup at the Cheselen lift in the central of Switzerland.

Do you like traveling earlier to Melchsee-Frutt? No problem! You are welcome also some days before the World Cup – and we will organize accommodation and a training area for all Telemark Swiss Cup racers. Please ask Mr. Stefan Matter from the Organizing Committee for more details (contact details below).

We are looking forward to sharing this event with you! Below you can find all basic details about the place, important dates, the schedule, your arrival, and so on.

CORONA: For special COVID-19 regulations, see separate page at the end of the invitation.

THE REGION – Welcome to Melchsee-Frutt!

Situated in the Swiss Alps – to be more precise, in the beautiful region lake lucerne – you will find a true winter paradise between lakes and mountains. The area is located at an altitude between 1080 (Stöckalp) and 2255 meters (Balmeregghorn). The holiday paradise canton of Obwalden has got 7 subdivisions: Alpnach, Engelberg, Giswil, Kerns, Lungern, Sachseln and the capitol Sarnen. Melchsee-Frutt is a part of Kerns. Together they offer a world of unspoiled natural beauty, health, alpine views, sporting adventures and family holiday fun – in Spring, Summer, Autumn and Winter. Situated in the centre of Switzerland, Kerns is also not far from the famous cultural attractions in the Alps. Lucerne, the world's steepest cogwheel railway Pilatus, the cabriO Stanserhorn, Hergiswil glassworks and the lake lucerne (Vierwaldstättersee), everything can be reached within a day trip.

More information: www.obwalden-tourismus.ch



ARRIVAL

INTERNATIONAL AIRPORTS:

Zurich International Airport (ZRH), approximately 100 km south of Zurich.

RAIL CONNECTIONS:

The railway infrastructure is well developed in Switzerland. Coming from Zurich direct connections to the train station Lucerne (Luzern). Take the train which goes to Interlaken or Giswil. Get out at the station Sarnen. From Sarnen to Stöckalp (Melchsee-Frutt) there is a bus, it runs every hour.

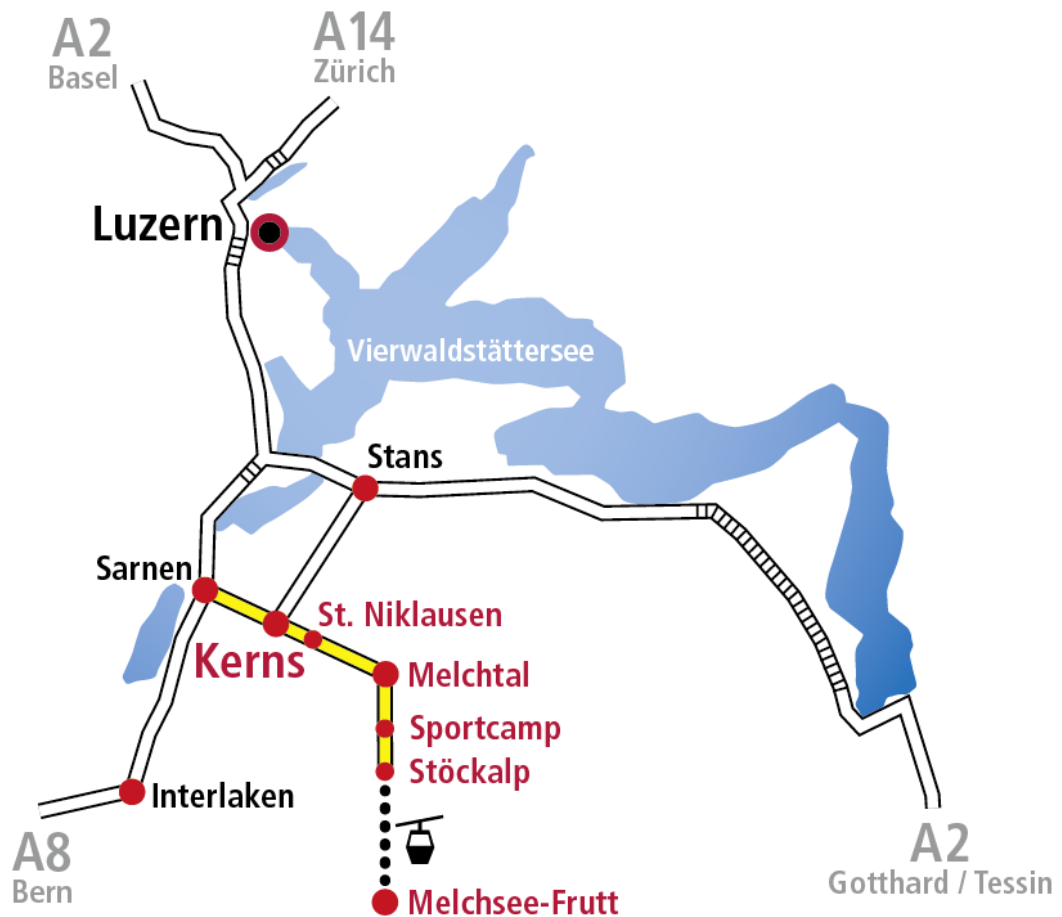
PRIVATE TRANSPORT/BY ROAD: Coming from Zürich or Interlaken take the motorway exit Sarnen-Nord and follow the signs «Kerns / Melchsee-Frutt».

REGISTRATION AND ACCOMMODATION

Registration will be at Sportcamp Melchtal.
Accommodation will be at Sportcamp Melchtal.

Sportcamp Melchtal
Fruttstrasse 36
6067 Melchtal

Tel. +41 41 669 72 00
Fax +41 41 669 72 01
info@sportcamp.ch



INFORMATION / HOTEL / WORLD CUP PACKAGE

| price 110 CHF per person per night | The package includes:

- Accommodation
- Full board on the race days, half board on the other days.
- Lift ticket
- Access to the internet
- Ski room in the hotel
- Welcome Special
- Gym and cross country

REGISTRATION DEADLINE FOR THE TEAMS:

20.12.2021

PAYMENT:

1. Prepayment via bank transfer
2. Payment at Hotel Sport Camp at check-in

Please send the full Team list to info@telemark-laif.ch

BANK :

Raiffeisenbank Obwalden
Geschäftsstelle Kerns
Dorfstrasse 9
6064 Kerns
IBAN: CH32 8080 8001 9339 6622 5
BIC: RAIFCH22XXX

For questions regarding the accommodation (and any other questions) please contact our person in charge on the address below:

Stefan Matter
Oertigen 8
6390 Engelberg
+41 (0) 79 368 55 35
stefanmatter@hotmail.com

ACCREDITATION & RACE OFFICE SCHEDULE

The Race Office is located in the Sportcamp Melchtal. You will find us at the team captains meeting.

TEAM CAPTAINS MEETING

The first team captains meeting will be held on Thursday 27.1.2022, at 18:00 at the Sportcamp Melchtal.

BIBS

Start numbers for all will be drawn and distributed at the team captains meeting. They must be returned immediately after each race.

RULES & INSURANCE

This event will be conducted according to the rules of the FIS. Every participant is responsible for her/his insurance. The Telemark Swiss Cup Organizing Committee cannot be held liable in any form.

OFFICIAL NOTICE BOARDS

All changes of the program will be posted on the main board at the Race Office. Participants, trainers and officials are responsible for informing themselves. Please also check our website <http://www.telemark-laif.ch> for news and details on upcoming events. The website will be refreshed on a daily basis and covers news, eventual changes of the program etc.

We look forward to hearing from you and hope to welcome you here in Switzerland!

COORDINATION OF THE FIS TELEMARK SWISS CUP

Stefan Matter (Telemark Läif, [telemark-laif.ch](http://www.telemark-laif.ch))

Mobil: +41 (0) 79 368 55 35

Mail: info@telemark-laif.ch / stefanmatter@hotmail.com

Parallel Sprint: yellow line
Classic: green line

[Map skiresort Melchsee-Frutt](#) / [lifts winter](#)



Programm Telemark WC Melchsee-Frutt 2022

	FR 28.01.	SA 29.01.	SO 30.01.
Programm	CL	PS	PS
Inspection	08:45 - 10:15	8:45 - 9:30	
Start Classic / Sprint Quali	11:00	10:00	
PS Finals	X		12:00
Winner presentation	directly after the race	after the final	

CORONA SPECIAL 2022:

Please note the valid Corona rules for entering Switzerland.
The protection concept is adapted to the current situation.
You can find the test requirements of the RKI under the following link:

Current situation in Switzerland:

<https://www.bag.admin.ch/bag/de/home/krankheiten/ausbrueche-epidemien-pandemien/aktuelle-ausbrueche-epidemien/novel-cov.html> (GER)

<https://www.bag.admin.ch/bag/en/home/krankheiten/ausbrueche-epidemien-pandemien/aktuelle-ausbrueche-epidemien/novel-cov.html> (ENG)

Current situation in the canton of Obwalden:

https://www.ow.ch/de/verwaltung/dienstleistungen/?dienst_id=5962 (GER)

Currently, both PCR and antigen rapid tests are allowed for entry from risk areas.

In addition, the registration for the digital entry must be completed at:

<https://www.bag.admin.ch/bag/de/home/krankheiten/ausbrueche-epidemien-pandemien/aktuelle-ausbrueche-epidemien/novel-cov/empfehlungen-fuer-reisende/quarantaene-einreisende.html>

when registering.

Unfortunately, in this system it cannot be stated that you belong to a group of people who have been released from the quarantine. Therefore, you may receive an automatically generated e-mail from the health department, in which the quarantine obligation is indicated. This is not valid for invited persons for the Telemark Swiss Cup.

If there are any changes to the regulations, we will inform you via WhatsApp (SC 2021 COMMS)

ENTRY FORM Telemark
FORMULAIRE D'INSCRIPTION Telemark
ANMELDEFORMULAR Telemark

Competition (Name/Place) <i>Manifestation (Nom/Lieu)</i> Veranstaltung (Name/Ort)			
Responsible for entry <i>Responsable de l'inscription</i> Für die Meldung verantwortlich		Date of race <i>Date de la course</i> Datum des Wettkampfs	
National Association <i>Fédération Nationale</i> Nationaler Verband		Cat.	WC FIS NC
		<i>Cat.</i>	
		<i>Kat.</i>	

COMPETITORS
COUREURS
WETTKÄMPFER

Code No. <i>N. de code</i> Code Nr.	Surname, First Name <i>Nom de famille, Prénom</i> Familiename, Vorname	YB AN JG	Gender		CL	SP	PS	TPS	GS	Arrival <i>Arrivée</i> Anreise	Departure <i>Départ</i> Abreise
			W	M							

Site/Lieu/Ort

Date/Date/Datum

Signature/Unterschrift

Entry with FIS points / *Inscription avec points FIS* / Anmeldung mit FIS-Punkten

Entry without FIS points / *Inscription sans points FIS* / Anmeldung ohne FIS-Punkte

No entry / *Pas de participation* / Keine Teilnahme

00.00
X
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OFFICIALS
OFFICIELS
OFFIZIELLE

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

