

# Invitation

**FIS OPA CONTINENTAL CUP-CROSS COUNTRY SKIING**

## **OPA Mini tour Izoard**

**ARVIEUX EN QUEYRAS**

**HAUTES-ALPES**

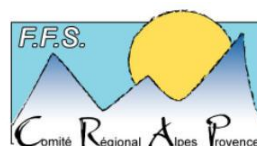
**RÉGION PROVENCE ALPES CÔTE D'AZUR-FRANCE**

**6,7,8 JANUARY 2012**

Mr le président de la Région PACA : Michel Vauzelle  
Mr le président de conseil Général des Hautes-Alpes : Jean-Yves Dusserre  
Mr le conseiller général du canton d'Aiguilles : Jean Louis Poncet  
Mr le président de la Com-Com l'Escarton du Queyras : Christian Laurens  
Monsieur le maire d'Arvieux : Alain Blanc

Mr le président de la Fédération Française de Ski : Michel Vion  
Mr le président du Comité Régional Alpes et Provence : Thierry Ravel.  
Mr le président du Ski club Queyras : Pascal Berge.

On behalf of the French Ski federation, public institutions (Region, Department),  
Organizing Comitee , Queyras Communities and Community of Arvieux,  
We cordially invite all National federations to participate in this OPA Cup event.



Provence-Alpes-Côte d'Azur



## FIS OPA Continental Cup Cross Country Skiing

Prolog Classic, Friday 6 January : Women junior/Women : 2.5Km-Men Junior/Men :3.3Km

Individual start Free,Saturday 7 January:Women junior/Women:5Km- Men Junior/Men:10Km

Handicap start Classic,Sunday 8 January: Women Junior/Women:10Km-Men Junior/Men:15Km

*Arvieux en Queyras - Hautes-Alpes - Région PACA-France*



## INVITATION

The French Ski Federation (FFS) takes pleasure in inviting all members associations of OPA and International Ski Federation (FIS) to participate at the FIS OPA Continental Cup Cross Country Skiing at Arvieux in Queyras in the French South-Alps.

The competitions will be held in Arvieux en Queyras,France

On

January 6,7 and 8 ,2012

under the auspices of the International Ski Federation (FIS).

[FIS Codex Men](#) :2383,2384,2387,2388,2391,2392  
[FIS Codex Women](#):2381,2382,2385,2386,2389,2390

In accordance with the FIS international Competition rules.

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## ORGANIZING COMITEE

FIS TD  
FIS National TD  
Coordinator of OC  
Chief of Competition  
Race Secretaries  
Chief of course  
Chief of infrastructure  
Technical Advisor

Robert German (CH)  
Mathieu Fort (F)  
Fred Lahaye-Goffart (F)  
Arnaud Barbesier (F)  
Joëlle Ocana, Anne Pougeol (F)  
Nicolas Barbesier (F)  
Guillaume Humbert(F)  
Henri Ocana (F)

## COMPETITION-ENTRY RULES

OPA regulations in accord with FIS Rules and regulations (2011-2012)

All required rules and forms can be found on the FIS Website

<http://www.fis-ski.com/uk/disciplines/cross-country/cross-country-rules.html>

## ENTRY: terms and informations

Ski club Queyras- OT ABRIES-05460 ABRIES-FRANCE

TEL:+33 (0) 4.92.46.85.77 (OC Coordinator)

### IMPORTANT PHONENUMBERS

Fred Lahaye-Goffart:+33 (0) 6.71.40.64.16

Arnaud Barbesier: +33 (0) 6.18.07.25.03

Mail: [opa.arvieux@gmail.com](mailto:opa.arvieux@gmail.com)

Website: [www.traversee-du-queyras.fr](http://www.traversee-du-queyras.fr)

## FINAL ENTRY :

DEADLINE: TUESDAY, 4, JANUARY 2012 06.00 p.m

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# COMPETITION OFFICE

Deskoffice “Izoard Animation”- middle of the village “ARVIEUX”  
Just in front of the team captains meeting at “salle des fêtes”  
pannels: RACE OFFICE and TEAM CAPTAINS MEETING

## Open office hours

Thursday: 05.01.2012:	12.00-20.00hr
Friday: 06.01.2012:	15.00-20.00hr
Saturday: 07.01.2012	15.00-20.00hr
Sunday: 08.01.2012	13.00-20.00hr

Mail: [opa-arvieux@gmail.com](mailto:opa-arvieux@gmail.com)

Website: [www.traversee-du-queyras.fr](http://www.traversee-du-queyras.fr)

# TEAM CAPTAINS MEETINGS

The team captains info and team captains meetings (TCM) will take place at “Salle des fêtes” near the COMPETITION OFFICE in the center of the town.

## TEAM CAPTAINS MEETINGS

Thursday: 05.01.2012:	18.00hr
Friday: 06.01.2012:	18.00hr
Saturday: 07.01.2012	18.00hr

## OFFICIAL NOTICE BOARDS

1 board in front off race office near TCM office.  
1 board at the stadium.

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# GENERAL INFORMATION

## Liability/Insurance

The organizer can't be held liable for any damage or accident. All participants have to be sufficiently insured against accidents and illnesses by themselves or their National Federation.

## Doctor and rescue service

The doctor (competition doctor) service can be inquired at the competition office or by phone +33 (0).6.71.40.64.16

In case of emergency: rescue service by phone at 112

# ACCOMODATION

Accommodation is only announcing in according regulations of FIS Continental cup. The cost for the stay (Overnight inc: breakfast, lunch and dinner): 60€/day/pers.

Reservations for accomodations are bindingly rented by Entry form. The announcing Federation is held to be responsible for the cancelation cost of the hotels, if the cancelation hasn't been made by mail until 26th of december 2011.

In accordance with 2011-2012 FIS Continental Cups rule 7, the OC OPA Cup Arvieux 2012 assumes the costs for max 12 full- boards by OPA Nations( fully team)

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# COMPETITION INFORMATION

## Competition Program

DAY	COMPETITIONS	TRAINING	TEAM CAPTAINS MEETINGS
<b>Wednesday 04.01.2012</b>	Arrival	Inofficial training 14.00-16.00hr	
<b>Thursday 05.01.2012</b>		Official training 14.00-16.00hr	team captains meeting 18.00 hr
<b>Friday 06.01.2012</b>	09.30hr prologue women/womenU20:2.5Km men/men U20:3.3Km	Official training 14.00-16.00hr	team captains meeting 18.00 hr
<b>Saturday 07.01.2012</b>	09.30hr Individual women/women U20:5km men/men U20:10Km	Official training 14.00-16.00hr	team captains meeting 18.00 hr
<b>Sunday 08.01.2012</b>	09.30hr handicap start women/women U20:10km men/men U20:15Km		Awarding ceremony 12.30hr (Stadium)

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## Flowers Ceremony

At the end of the last daily competition, after time protest (Fri 06 and sat 07), the first 3 athletes have to be present at the flowers ceremony at the stadium.

At the end of the last competition (sunday 8 january), the first 6 athletes (W-WU20-M-M U20) have to be present for the price awarding ceremony at the stadium.

## Technical Delegates

Robert German  
Mathieu Fort

TD FIS  
TD National FIS

## OFFICIAL EVENT

Organizing Comitee are happy to invite team captains, sponsors and partners  
at  
a local specialities dinner

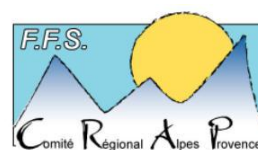
**Friday 06 january: 20.30hr at « Le Jamberoute » (stadium).**

Our dinner will be raised of the presence of,  
The Queyras councillor Mr Jean-Louis Poncet, the president of the commons  
Queyras communities Mr Christian Laurens, the Mayor of Arvieux Mr Alain Blanc and  
the president of the regional ski comitee Alpes-provence Mr Thierry Ravel .

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# HOW TO ARRIVE at OPA Cup ARVIEUX

GPS: 44° 47' 43.48"N 6° 43' 24.11" E

## From North

1: Lyon ->Grenoble-> col du Lautaret-> Briançon->Guillestre and follow "Queyras" and pannels "OPA Cup"

**!!! Do not take "Col d'Izoard" closed in winter!!!**

Or

2: Lyon -> Chambéry->tunnel du Fréjus-> Italy-> Oulx-> col du Montgenevre-> Briançon-> Guillestre and follow "Queyras" and pannels "OPA Cup"

**!!! Do not take "Col d'Izoard" closed in winter!!!**

## From East

1: Torino (Italy)-> Oulx-> Col du Montgenevre-> Briançon-> Guillestre and follow "Queyras" and pannels "OPA Cup"

**!!! Do not take "Col d'Izoard" closed in winter!!!**

## From South.

1: Marseille->Aix en Provence-> Gap-> Embrun-> Guillestre and follow "Queyras" and **panels** "OPA Cup"

## AIRPORT :

->NICE (4h by car)

->MARSEILLE (3h by car)

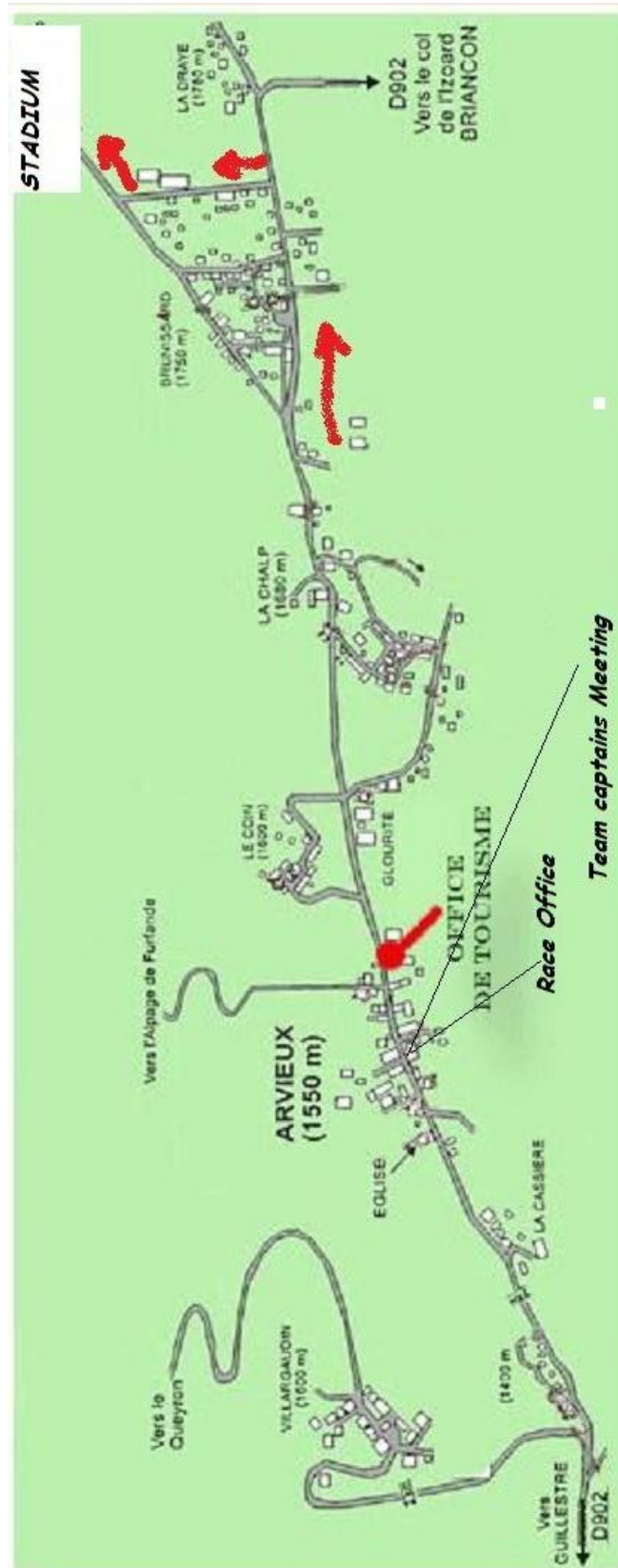
->TORINO (2h30 by car)

->LYON (3h30 by car)



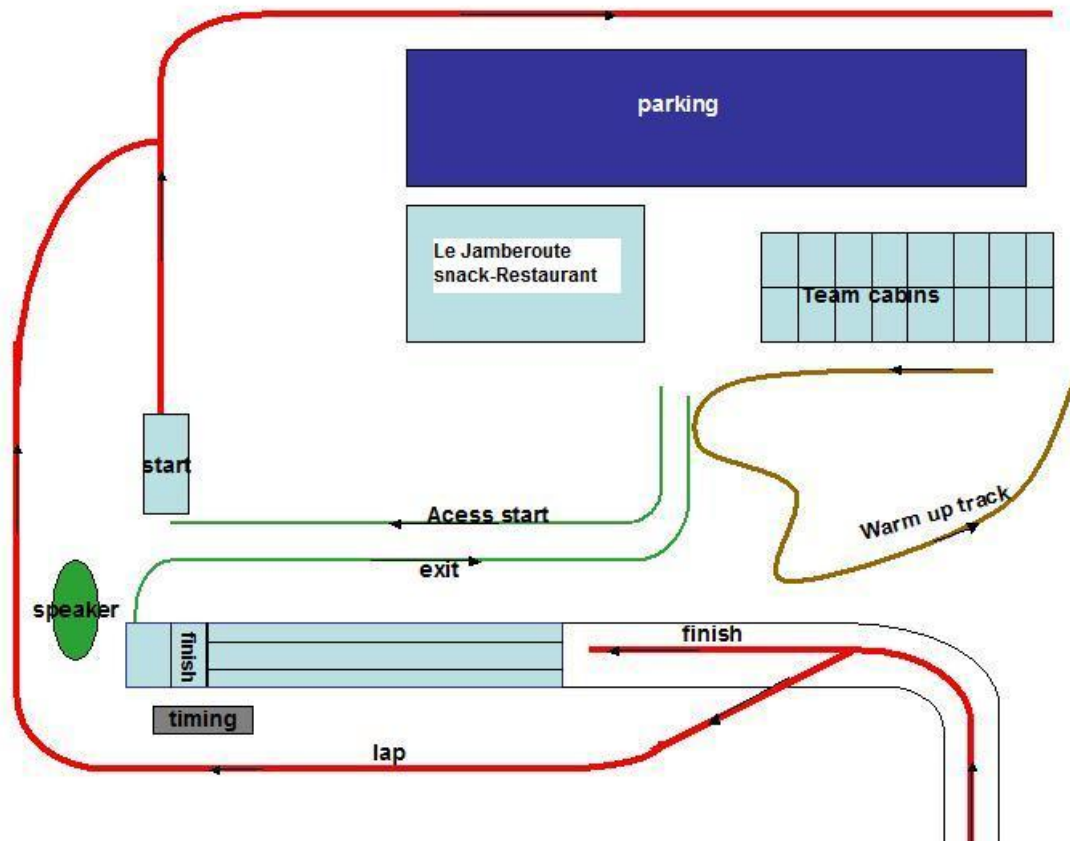
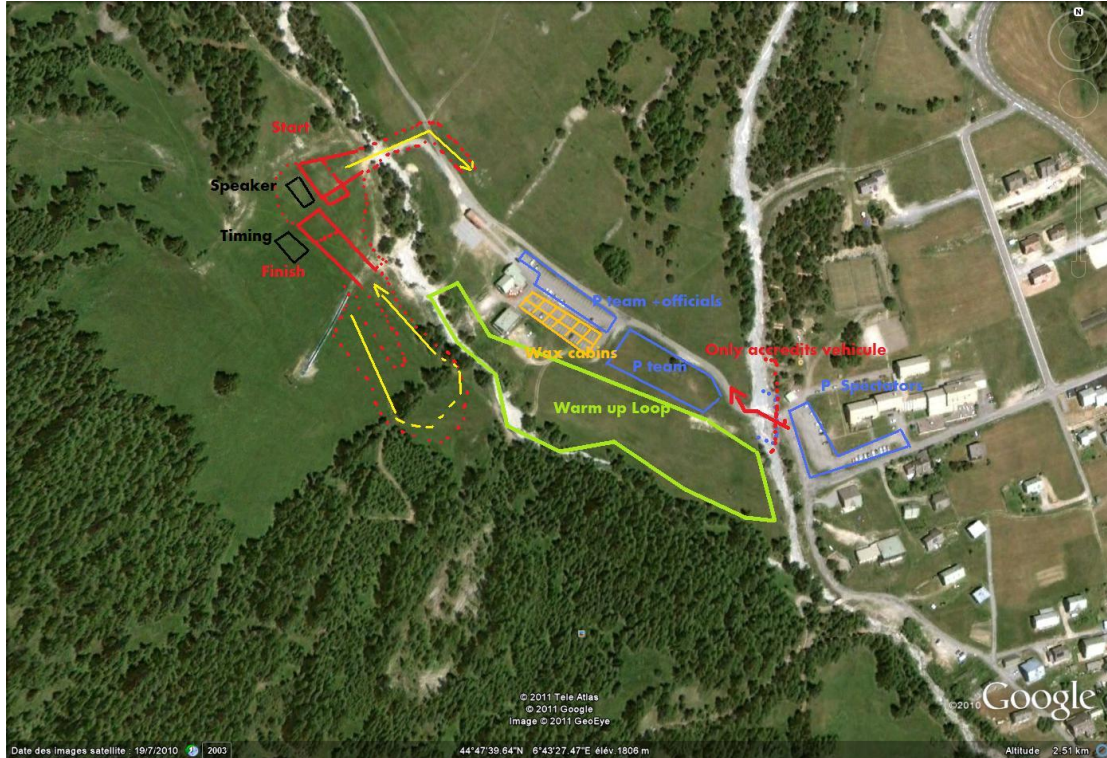


# CITY PLAN Arvieux

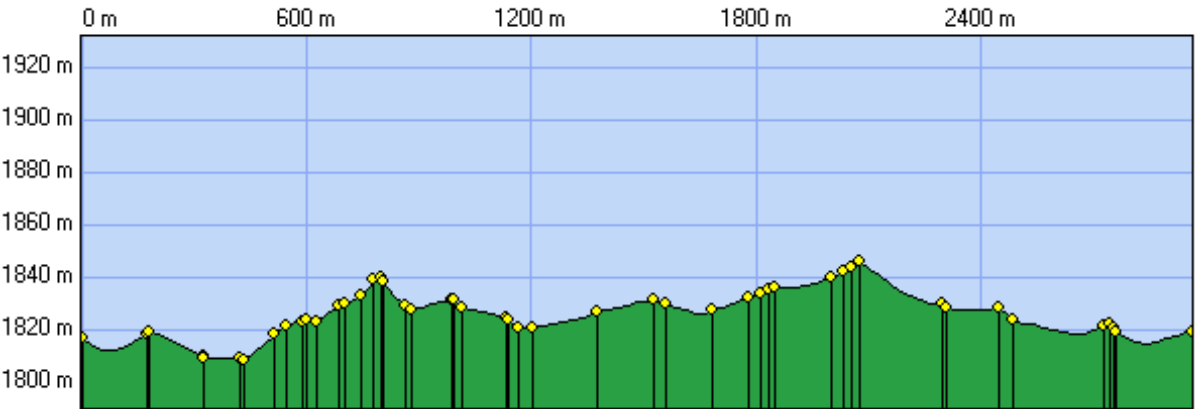
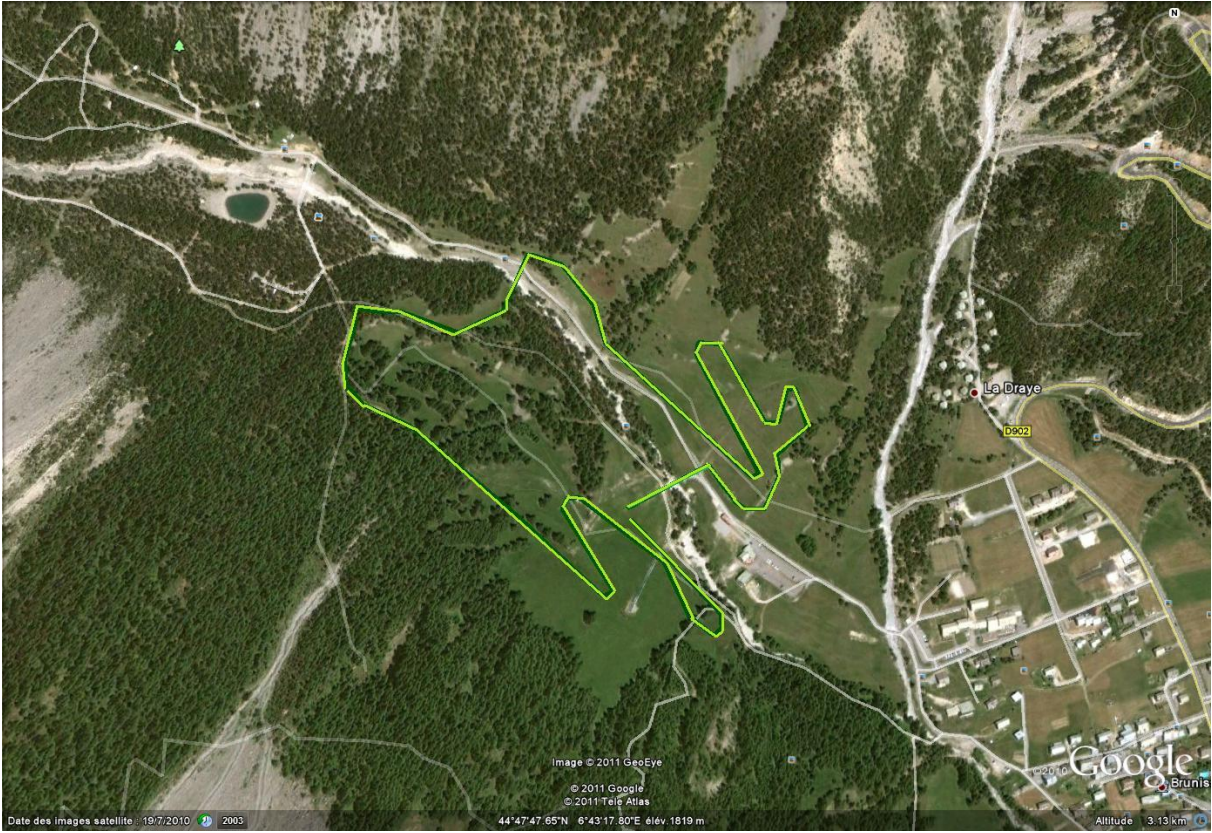


# STADIUM and RACES MAPS

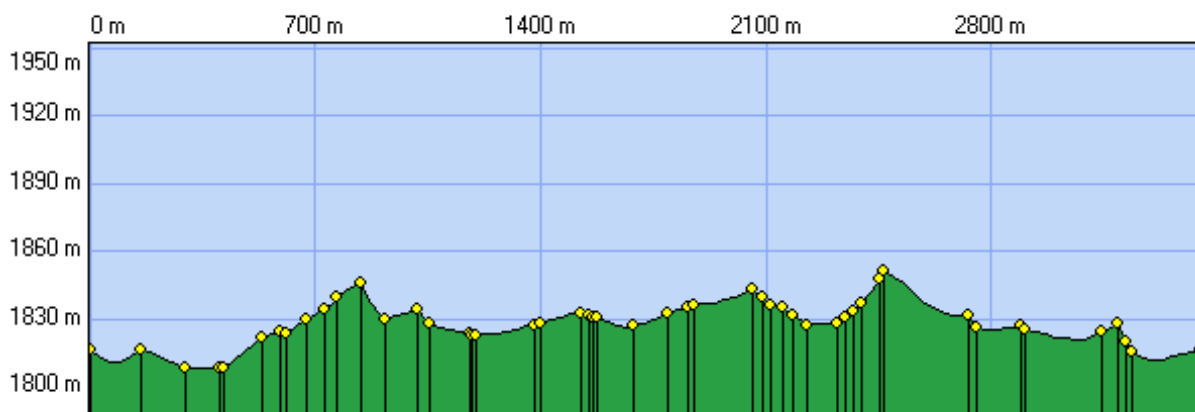
## STADIUM



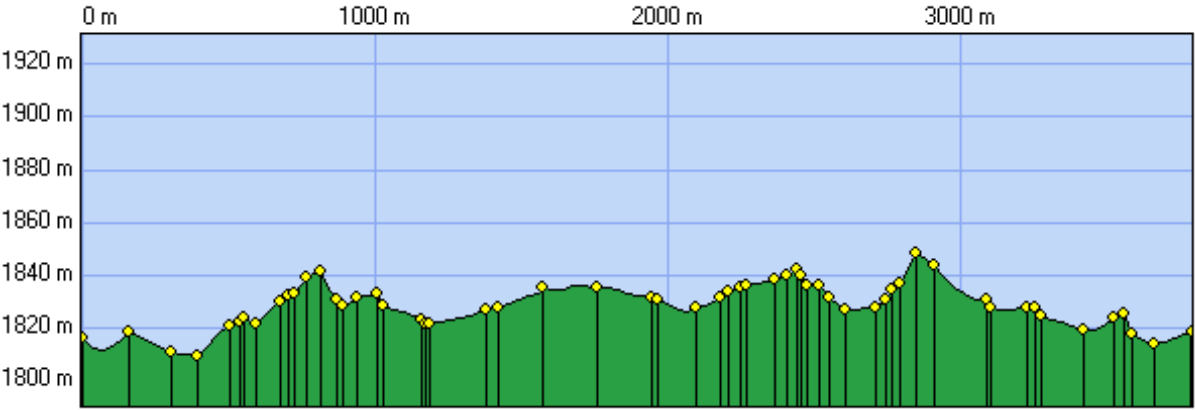
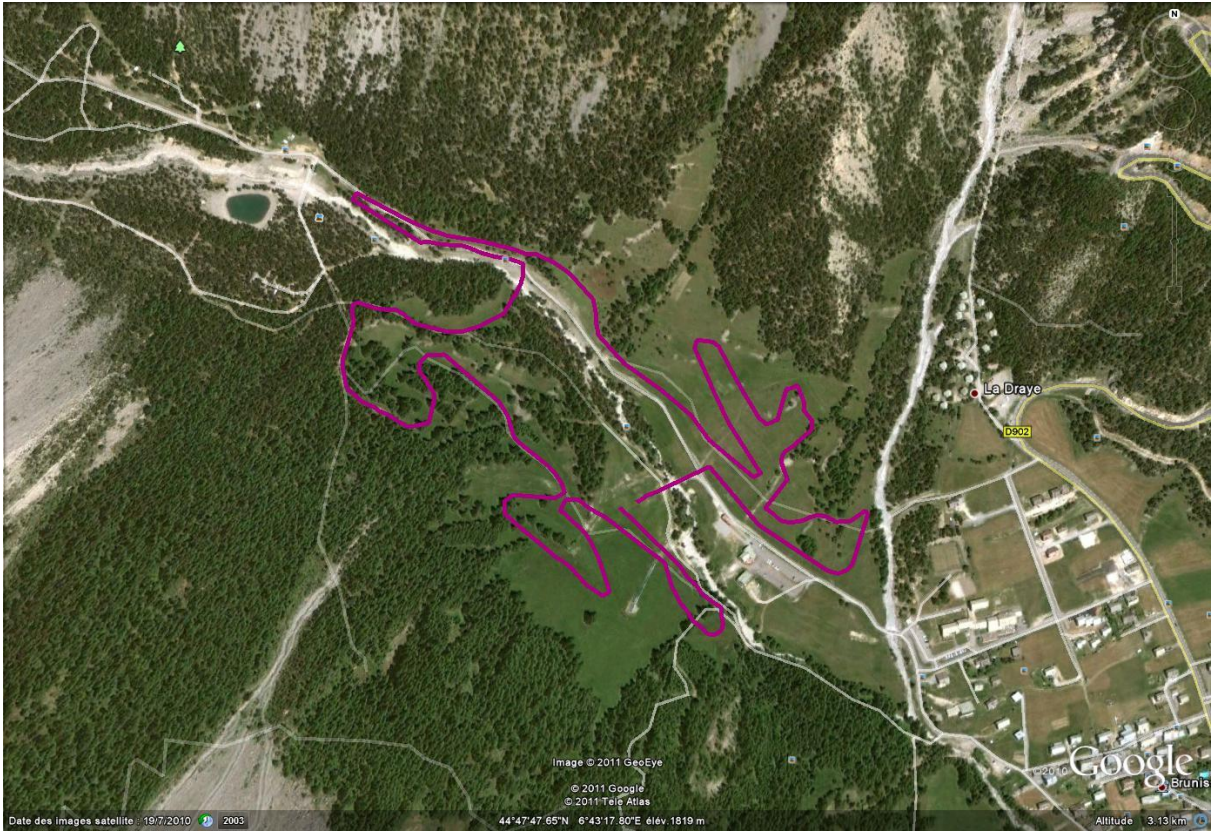
**Prolog 2.5Km WOMEN + Individual WOMEN 5Km (2 laps)**



**PROLOG 3.3Km MEN + Individual MEN 10Km (3 laps)  
+  
Handicap Start WOMEN 10 Km (3 laps)**



**Handicap Start MEN 15Km (3.75 km X 3 laps)**



# ENTRY FORM for NATIONAL TEAMS

DEADLINE: Friday 9 December, 20.00hr.

Accommodation: Booking by the Organizing Committee according FIS OPA Rules 7.

National Federation:

Responsible person:

Phone:

mail

Number of accredited officials:

Women:

Men:

Number of athletes

Women:

Men:

DATE of Arrival:

DATE of Departure:

DATE:

SIGNATURE:

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# Lodging reservation

National Federation:

Athletes women:

Athletes Men:

STAFF Men:

STAFF Women

Total Number:

Date of Arrival:

Date of departure:

Single room:

Double room:

