



FIS OPA CONTINENTAL CUP & COPPA ITALIA ALTA BADIA – ITALY 12./13. DECEMBER 2009

A friendly welcome to the
FIS OPA Cross Country Continental Cup in Alta Badia

Dear Ladies and Gentlemen,
Dear Sport friends

The organisation committee Alta Badia Nordicski is pleased to invite for the 2nd time to the Cross Country Continental Cup in Alta Badia.

According to the FIS OPA's calendar following races will take place at the Cross Country Centre Sarè/Armentarola - San Cassiano:

- **Saturday, 12th December 2009**
FIS OPA Continental Cup Ladies and Men,
classic technique/single start, 5, 10 and 15 km
- **Sunday, 13th December 2009**
FIS OPA Continental Cup Ladies and Men,
free technique/mass start, 10 km and 15 km

We are pleased to greet the Europe's best young cross-country athletes, the technicians, the functionaries of the federations, the referees and our friends of the media. We wish all successful competitions and a good stay in the heart of the Dolomites.

With best regards

**Ski Club Ladinia
Alta Badia Nordicski**

Carlo Mellauner
OC-President

Raimund Soraru
President Ski Club Ladinia

ALTABADIA NORDICKSKI | Str.Ninz, 74 I-39030 LA VILLA | ALTABADIANORDICKSKI@GMAIL.COM

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PROGRAM

Changes possible!

Thursday, 10th December 2009

09:00–15:00 h	Training and inspection of the race courses	Cross Country Centre Sarè/Armentarola
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Friday, 11th December 2009

09:00–15:00 h	Official training and inspection of the race courses	Cross Country Centre Sarè/Armentarola
18:00 h	Team captains meeting and draw	Race office „Kulturhaus“ in La Villa

Saturday, 12th December 2009

09:30 h	JUN COC Ladies 5 km, classic technique/single start	Cross Country Centre Sarè/Armentarola CONTURINES 1 x 5,00 km
	OPA COC Ladies 10 km, classic technique/single start	Cross Country Centre Sarè/Armentarola CONTURINES 2 x 5,00 km
	JUN COC Men 10 km, classic technique/single start	Cross Country Centre Sarè/Armentarola CONTURINES 2 x 5,00 km
	FIS OPA COC Men 15 km, classic technique/single start	Cross Country Centre Sarè/Armentarola CONTURINES 3 x 5,00 km
13:00 h	prize-giving ceremony, Ladies and Men	Cross Country Centre Sarè/Armentarola
18:00 h	Team captains meeting and draw	Race office „Kulturhaus“ in La Villa

Sunday, 13th December 2009

09:30 h	FIS OPA COC Ladies 10 km, free technique/mass start	Cross Country Centre Sarè/Armentarola SETSASS 3 x 3,33 km
11:00 h	FIS OPA COC Men 15 km, free technique/mass start	Cross Country Centre Sarè/Armentarola STÖRES 4 x 3,75 km
13:00 h	prize-giving ceremony, Ladies and Men	Cross Country Centre Sarè/Armentarola

Further Infos: www.altabadia.org/nordicski

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ENTRY AND INFORMATION

Enrolment

Start permission is given to all athletes, according to the regulations for the FIS OPA Cross country Continental Cup season 2009/2010

The entry only can take place with the official FIS entry form, including information about the athletes name, first name, sex, year of birth, FIS code and FIS points.

Deadline for entry Tuesday, 1st December 2009, 18:00 h

Address of enrolment Ski Club Ladinia
ALTA BADIA NORDICSKI
Str.Ninz, 74
I 39030 LA VILLA
altabadianordicski@gmail.com
Fax +39 0471 847433

Race office c/o SKI WORLD CUP CENTER
Kulturhaus
Str.Colz, 56
I 39030 LA VILLA
altabadianordicski@gmail.com
Tel. +39 349 5413368
Fax +39 0471 847433

Opening hours race office :
Friday, 11th December and
Saturday, 12th December 2009
09:00 – 18:00 h
Sunday, 13th December 2009
09:00 – 14:00 h

Accommodation

The prices are given per person and night in double rooms including full board.

3* or 4* Hotel : 55 to 60 €

The accommodation costs (also such as telephone calls, drinks, garage, etc.) have to be paid directly at the hotel.

The OC assumes accommodation costs according to the regulations for the FIS OPA Cross country Continental Cup season 2009/2010.

Please send your **requests for hotel bookings** including arrival- and departure dates by e-mail altabadianordicski@gmail.com **until Tuesday, 1st December 2009** to the OC!

Prize money

The prize money will be handed to the athletes at the official prize distribution ceremony according to the regulations for the FIS OPA Cross country Continental Cup season 2009/2010.

Athletes who do not attend the prize distributions ceremony personally lose their right to receive the prize money!

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Getting to Alta Badia

Due to the vicinity to some of the main European routes Alta Badia is easy to reach by car. If you are planning to drive to Alta Badia, these are the more convenient routes:

Arriving from North

* Brennero motorway A22 - exit Bressanone/Varna, road SS49 (Val Pusteria road) until San Lorenzo then Val Badia road SS244 until La Villa - Alta Badia

Arriving from South

* Motorway A27 to Ponte nelle Alpi, road SS203 (Agordino road) to Arabba, Passo Campolongo, La Villa - Alta Badia.

* Motorway A27 to Belluno, road SS51 to Cortina d'Ampezzo, Passo Falzarego, La Villa - Alta Badia
* Brennero motorway A22 exit - Chiusa, road SS242 (Val Gardena road), Passo Gardena, La Villa - Alta Badia

http://www.altabadia.org/en-US/alta_badia_by_car.html



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