



Dear Nordic Friends,

The 2018/2019 Nordic Combined Continental Cup season is swiftly approaching and preparations in Steamboat are well underway.

We will be hosting both Men's and Ladies' Nordic Combined competitions. Please accept this invitation to join us for the following events at historic Howelsen Hill:

Friday, December 14	-Official Jump Training -Gundersen Event HS 75 Jump 5 km and 10km Cross Country Races
Saturday, December 15	- Gundersen Event HS75 Jump 5 km and 10km Cross Country Races
Sunday, December 16	Weather Delay Day

We are looking forward to hosting these Nordic Combined Continental Cup competitions and will produce a weekend of outstanding events. These competitive events will generate a tremendous opportunity for the athletes, spectators and our local community to renew our longstanding commitment to Nordic sports.

Enclosed is the information you will need to complete your arrangements to participate in our Continental Cup. We look forward to seeing you this December and know that you will enjoy your trip to Steamboat.

Sincerely,

CONTINENTAL CUP ORGANIZING COMMITEE

Todd Wilson
Co-Chair

Kathi Meyer
Co-Chair

ENTRY FORM:

Please submit your entry, including athlete's name, date of birth and FIS code and all coaches and officials names to:

Nordic Combined Continental Cup

Attn: Jim Peterson, Competition Secretary
PO Box 883234
Steamboat Springs, CO 80488-3234
USA

TELEPHONE: Mobile +970-819-4197
 Home +970-870-8976
e-mail: jpetersonsbs@comcast.net

The Organizing Committee requests that the completed entry forms reach Steamboat Springs by **November 16, 2018**. This will enable us to complete preparations for your arrival.

Please be sure to **include the date, time and method of transportation of your arrival in Steamboat** with the enclosed form. The organizing committee is not financially responsible for either air travel or ground transportation from Denver to Steamboat Springs.

RULES AND RESTRICTIONS:

All 2018 FIS Rules for Nordic Combined Continental Cup will be in effect.

COMPETITION ELIGIBILITY & QUOTAS:

Eligibility to compete will be in accordance with current FIS rules.

FINANCIAL RESPONSIBILITIES FOR LODGING, MEALS & TRANSPORTATION:

Lodging and meals will be provided to certain competitors and trainers at no cost in accordance with the FIS Nordic Combined Continental Cup quota. **For those athletes and coaches covered under the financial quota, the Steamboat Springs Continental Cup Organizer's obligation period for meals begins with dinner on Thursday, December 13th and ends with breakfast on Sunday, December 16, 2018. Lodging will be provided for Thursday – Saturday nights.**

If you plan to arrive in Steamboat prior to Thursday, December 13th, please contact the Competition Secretary and we will assist you in arranging accommodations. Please see more detailed information under "Event Schedule and Training". We are unable to provide a meal program prior to dinner on Thursday, December 13th.

A room and board package will be available for purchase by all other eligible athletes and trainers not covered under FIS Rules. The daily cost for those individuals participating in Steamboat for the event but not covered under the financial quota is \$125 USD.

Athletes and trainers will be lodged at various hotels and condominiums in Steamboat. Housing assignments will be made shortly after the receipt of your entry form. There is limited housing available within walking distance of the competition venue.

TRANSPORTATION

Each nation should make their own airline and ground travel arrangements.

You should arrange to fly into Denver International Airport (DEN). You should rent a vehicle and drive to Steamboat Springs. The driving time from Denver is approximately 3 hours depending upon weather conditions. Following the Steamboat competition you should drive to Park City, Utah (approximately 5 hours driving time) for their competition. You should arrange to fly out of the Salt Lake City International Airport (SLC).

Local municipal bus transportation is provided free in Steamboat.

LOCATION

Steamboat Springs is located 150 miles (275 kilometers) from Denver, Colorado. Teams should plan to fly to Denver (DEN) and drive to Steamboat Springs, CO.

If you do not wish to rent a vehicle, ground shuttle service from Denver International Airport to Steamboat Springs is provided by Go Alpine. Ground shuttle costs will vary based on the number of passengers and amount of baggage. Go Alpine can be reached at:

Telephone (outside of USA) +970-879-2800

Telephone toll-free (inside of USA) 1-800-343-7433

Facsimile +970-879-0979

Internet: information@GoAlpine.com

EVENT SCHEDULE & TRAINING

The attached schedule of events begins with a Team Captains' Meeting on Thursday, December 13, 2018 at 18.00hrs (6:00 PM). Official training and competitions will begin on Friday, December 14, 2018.

The Steamboat Springs Winter Sports Club is planning to open the HS100 and HS75 by late November. On December 1st we are hosting a US National competition called the "Winter Start". After that, we plan to have the jumps prepared and open for training from Dec 4th until the COC-NC, December 14-15. If you are interested in training before the COC event, please contact the Competition Secretary, Jim Peterson, for availability and cost. Please know that our jump hills are closed on Mondays.

DOPING POLICIES AND PROCEDURES

The FIS is committed to maintaining the integrity of all ski competitions. In order to prevent the use of forbidden substances or methods, doping controls can be carried out at any FIS sanctioned event.

COMPETITION OFFICE

REGISTRATION/CHECK-IN and ACCREDITATION

The Competition Office will be located in the Howelsen Hill Lodge at the base of the ski jumps. Upon arrival **all team leaders must report to the competition office for check-in and accreditation.** Team check-in must be completed before using the competition venue.

LIABILITY/INSURANCE

The Steamboat Springs Winter Sports Club and the City of Steamboat Springs can not be held liable for any damage or accidents. All participants have to be sufficiently insured against accidents and illness by themselves or their National Federation.

FIS LICENSE

All athletes are required to have a valid FIS license in order to compete.

WE LOOK FORWARD TO YOUR PARTICIPATION!

Jim Peterson
Competition Secretary
jpetersonsbs@comcast.net
+ 970-819-4197

**FIS Nordic Combined Continental Cup
Steamboat Springs, Colorado
Event Schedule**

Thursday, December 13th

9:00 AM – 5:00 PM	Team Arrival and Registration
TBD	Open Jump Training
TBD	Open XC Training
6:00 PM	Team Captains' Meeting & Coaches Reception

Friday, December 14th

9:00 – 10:30 AM	HS75 Jump / 10K Cross Country/Gundersen Event Official Jump Training (1 jumps) Trial Round (Provisional) Flag Ceremony, National Anthem Fore Jumpers Competitive Jump Round
10:30 – 12:00 Noon	
12:05 PM	
12:10 PM	
12:15 PM	

4:00 – 5:30 PM	10K CROSS COUNTRY Official Cross Country Training Forerunners Start Time Ladies 5km Cross Country Start Time Men's 10km Cross Country Awards Ceremony (Cross Country Stadium) Team Captains' Meeting (if needed)
5:45 PM	
6:00 PM	
6:30 PM	
7:00 PM	
7:30 PM	

Saturday, December 15th

9:00 - 10:30 AM	HS75 Jump / 10K Cross Country/Gundersen Event Trial Jump Round National Anthem Fore Jumpers Competitive Jump Round
10:45 AM	
10:50 AM	
11:00 AM	

4:00 – 5:30 PM	10K CROSS COUNTRY Course Inspection Forerunners Start Time Ladies 5km Cross Country Start Time Men's 10km Cross Country Awards Ceremony (Cross Country Stadium)
5:45 PM	
6:00 PM	
6:30 PM	
7:00 PM	

Sunday, December 16th

Weather Delay Day