



CONTINENTAL CUP

FIS Continental Cup - Lahti 7.-8.3.2020 INVITATION TO ALL SKI ASSOCIATIONS Ski Jumping / Nordic Combined

We cordially invite all member associations of the FIS to participate in FIS CONTINENTAL CUP on 7.-8.3.2020 in Lahti, Finland. The competitions will be held in compliance with FIS Continental Cup and Competition Rules (ICR).

Thursday 5.3.2020 Arrival of Nordic Combined teams

Friday 6.3.2020 Arrival of Ski Jumping teams

14.30 Nordic Combined Team Captains' meeting
16.00 Nordic Combined official training HS 130 (2 rounds)
18.00 Nordic Combined Provisional Competition round HS 130
19.30-20.30 Nordic Combined Official Cross Country training 2,5 km (South)

Saturday 7.3.2020

10.00 Nordic Combined Trial Round HS 130
11.00 Nordic Combined Ski Jumping HS 130
13.30 Ski Jumping Team Captains' meeting
14.00 Nordic Combined Individual Gundersen 4 x 2,5 km (South)
Prizegiving ceremony right after competition
15.00 Ski Jumping Official Training HS 130 (1 round)
16.00 Ski Jumping Trial Round HS 130
17.15 Ski Jumping HS 130
Prizegiving ceremony right after competition

Sunday 8.3.2020

09.00 Nordic Combined Trial Round HS 130
10.00 Nordic Combined Ski Jumping HS 130
11.30 Ski Jumping Trial Round HS 130
12.30 Ski Jumping HS 130
Prizegiving ceremony right after competition
15.00 Nordic Combined Individual Gundersen 4 x 2,5 km (South)
Prizegiving ceremony right after competition

Team Captains' Meetings will be held at Athlete's Lounge (building under HS 130)

Address

FIS Continental Cup, Lahti Ski Club, Salpausselänkatu 8, FI-15110 LAHTI, FINLAND
Email: teamservice@lhs.fi

Contents

Each Ski Association shall send its entry on the enclosed entry form to Organizing Committee.

Entry

Preliminary national entries must send to the organizer not later than

24.1.2020 Nordic Combined

25.1.2020 Ski Jumping

Final entries by name not later than

25.2.2020 Nordic Combined

26.2.2020 Ski Jumping

Email your entries to LOC: entry@lhs.fi, using official FIS Entry form.

Please, notice that accommodation should be booked until 23rd January 2020.

Restrictions:

FIS rules will apply. The number of participants must comply with Continental Cup rules and regulations.

Accommodation: Accommodation is arranged in Lahti City center.

Ski Jumping Teams:

Accommodation is arranged in **Scandic Lahti City Hotel**

Prize per person (over quota) per day incl. full board

Double rooms 99,50 €/person/night, single rooms 139 €/person/night

Nordic Combined Teams:

Accommodation is arranged in **GreenStar Hotel Lahti**

Prize per person (over quota) per day incl. full board

Double rooms 95,50 €/person/night, single rooms 144 €/person/night

Fis staff, Ewoxx:

Hotel Scandic Lahti City

Further information about the accommodation and reservations:

Lahti Region Ltd., Johanna Karhu

e-mail: johanna.karhu@lahtiregion.fi, mobile. +358 400 813 903

Reservations should be made until 23rd January.

After that we can't guarantee accommodation.

Transportation from Helsinki-Vantaa Airport to Lahti will be arranged by organizer **on request** at a rate of 30 € per person **single way** (if there is a minimum of 15 passengers per bus).

Airport transportations timetable:

Thursday 5.3.2020 12.00, 16.00 and 19.00

Friday 6.3.2020 12.00, 16.00 and 19.00

Sunday 8.3.2020 15.00, 18.00 and 21.00 (to the airport)

Monday 9.3.2020 09.00 (to the airport)

Reservations for airport transportation must be done beforehand with a form that can be found at

<http://www.lahdenhihtoseura.fi/coc2020/teamservice/>

The teams have to send the number of arriving persons and luggage **latest at 23rd January 2020**. LOC will then send the teams an invoice which has to be paid by February 14th 2020.

Hotel shuttle service (free of charge) as follows:

Scandic Lahti City Hotel (Ski jumping teams)

Saturday 7.3.2020 from hotel 13.00 and 13.30

Saturday 7.3.2020 to hotel 20.00

Sunday 8.3.2020 from hotel 10.30 and 11.00

Sunday 8.3.2020 to hotel/airport 15.00, 18.00 and 21.00

GreenStar Hotel Lahti (Nordic Combined teams)

Friday 6.3.2020 from hotel 12.30 and 13.00

Friday 6.3.2020 to hotel 20.00 and 21.00

Saturday 7.3.2020 from hotel 8.00 and 8.30

Saturday 7.3.2020 to hotel 16.00

Sunday 8.3.2020 from hotel 7.00 and 7.30

Sunday 8.3.2020 to hotel/airport 15.00, 18.00 and 21.00

Venues are at Lahti Sports Center using jumping HS 130 and cross country Ind. Gundersen 4 x 2,5 km (South course).

Waxing facilities for Ski Jumping/Cross Country are situated under the HS 130 hill.

Ski jumping and Nordic Combined (CC) race office is situated at Info Center near to HS 130 hill. Bibs for competitions will be distributed one hour before the competition in race office.

Prize money will be given to 6 best athletes. The prize money will be paid by electronically. Please note, that from January 2019 the law in Finland does not allow any prize money transfer without a TIN (tax identification number) code. You can find an instruction where you find your personal TIN code here: <http://www.oecd.org/tax/automatic-exchange/crs-implementation-and-assistance/tax-identification-numbers/>

Use the official prize money form which can be found: https://assets.fis-ski.com/image/upload/v1573724228/fis-prod/assets/Bank-Account_incl-JPContacts_2019-20.pdf and send it via email to finance@hiihtoliitto.fi or laura.hamalainen@hiihtoliitto.fi.

Prize giving ceremonies will take place right after each competition.

Information:

Competition manager

Hannu Lehman

Email: hannu.lehman@lahtiskigames.com

Mobile: +358 45 6313210

Officials and staff:

Secretary General

Hannu Lehman

Finnish Ski Association

Marleena Valtasola

Executive director Lahti Ski Club

Janne Marvaila

Chief of competition SJ

Pekka Tervahartiala

Chief of competition NC

Asko Aalto

FIS COC Coordinator SJ

Toni Guggemoos

TD

Matija Stegnar (SLO)

TD ass.

Stanislav Slavik (CZE)

FIS Coordinator NC

Robert Krautgartner

TD

Stefan Wolf (AUT)

TD ass.

Robert Meglic (SLO)

Jumping judges

Tom Normann (NOR)

Janne Karjalainen (FIN)

Aino Marttinen (FIN)

Mika Jukkara (FIN)

Steve Sydow (USA)

All information at www.lahdenhihtoseura.fi/coc2020

Welcome to Lahti!

ORGANIZING COMMITTEE LAHTI SKI CLUB and FINNISH SKI ASSOCIATION