



# FIS cup for men and COCJ Ladies Competitions 2009

## Tveitanbakken, Notodden, Norway

### 17. to 19. December 2009

## INVITATION

Organizer: Norges Skiforbund / Norwegian Ski Federation  
Technical organizer: Heddal Idrettslag, Notodden  
Secretary office: Tveitanbakken  
Secretary: Gry Fuglestveit Bløchlinger  
E-mail: [gryblinger@hotmail.com](mailto:gryblinger@hotmail.com)  
Phone: +47 99 03 82 07 / +47 350 20 918

Program	Thursday 17.12.2009	Friday 18.12.2009	Saturday 19.12.2009
Team Captains' Meetings	21:30 – COC 22:00 – FIS cup Norlandia Hotel Telemark		
Official training FIS CUP	17:30 3 jumps		
Official training COC Ladies	19:30 3 jumps		
Trial round FIS Cup		15:15	10:00
Start 1. Round FIS Cup		16:00	10:45
Trial round COC Ladies		18:00	12:45
Start 1. Round COC Ladies		19:15	13:30
Prize giving ceremony FIS Cup and COC Ladies		Immediately after 2. Round	Immediately after 2. Round

**Jumping hill:** Tveitanbakken, Heddal / Notodden

**Judges:**

FIS COC and FIS Cup	
Lindquist Anders	Swe
Larsen Jørn	Nor
Solbu Jarle	Nor
Rønningen Martin	Nor
Aas Dag Frode	Nor
MD: Helgesen Arne	Nor

### **Entry Form**

Each Ski Association shall send its entry form by mail or fax to the organizing committee:  
E-mail: [gryblinger@hotmail.com](mailto:gryblinger@hotmail.com) / Fax no: + 47 933 73 007

You will find the Entry Form on FIS' website:

<http://www.fis-ski.com/uk/rulesandpublications/skijumping/forms.html>

### **Closing time for entries**

Deadline for the entry is Nov.30<sup>th</sup>. For entries arriving later than the deadline, the organizing committee can not guarantee smooth travel and accommodation arrangements.

### **Restrictions**

The FIS rules will apply. The number of participants must comply with FIS rules and applications.

### **Insurance**

All competitors are to be insured by their own Ski Association and must have signed the Athletes Declaration. The Organizers have coverage for their own third party liability only.

### **Key personnel**

Chief of competition	Haakon Hartvedt Phone: + 47 91 69 13 54, E-mail: <a href="mailto:haakonhartvedt@gmail.com">haakonhartvedt@gmail.com</a>
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Technical delegate (COC and FIS cup)	Staffas Börje, SWE
Assistant Technical delegate (COC and FIS cup)	Knoll Peter, GER

### **Accommodation**

All booking will be arranged by the Organizing Committee.  
Details with name, phone number, addresses etc. will be found on our website [www.heddalhopp.no](http://www.heddalhopp.no).  
The accommodation and travel form is enclosed. Hotel costs: **NOK 600** per night, breakfast included.  
Lunch and dinner costs are to be taken directly with the hotel.

**Participation Right:** FIS COCJ rules for ladies 2007 – 2008 point 2.

**Doping control:** Doping control during the event may be carried out by our national antidoping organization. According to regulations, all participants shall be under an obligation to submit themselves to doping control.

**Payment of expenses:** The organizer will cover the costs for competitors and the foreign TD and judges according to the FIS COCJ rule 6.1.  
(the quota is 4 competitors and 1 couch)

### **Transportation**

Bus transfer from Oslo Airport Gardermoen to Notodden and return will be provided by the Organizing Committee..

Costs per delegate one way: **NOK 300,-** Further information will be given later.

As regards transportation from the hotel to the jumping arena, the delegates will be informed at the hotel on Thursday evening.

### **Expences**

Financial conditions are according to the FIS Cup regulations.

COC Ladies participants are free. OC will cover the expences.

### **Cancellation**

The decision concerning cancellation will be taken within acceptable time before the competition. You can read about the decision on our website; [www.heddalhopp.no](http://www.heddalhopp.no)

**WELCOME TO HEDDAL, NOTODDEN.**

*Organizing committee FIS COC and FIS Cup Heddal Idrettslag, hopp 2009.*