



**VALDIDENTRO**

**21.22.23**

D E C E M B E R

**FIS CONTINENTAL CUP  
CROSS-COUNTRY**

21 dicembre: Sprint Free - 22 dicembre: 5/10/15 Km Individual Free - 23 dicembre: 10/15 Km Mass Start Classic



# FIS CONTINENTAL CUP

## Valdidentro 21.22.23 December 2018



## Team Captains' Meeting

Thursday, 20 December 2018



# Agenda

Roll Call

Introduction of the OC and the Jury

Event Program

Timetable

Weather Forecast

Entries and draw

Stadium

Courses

Information from the TD

Information from the OC



# Roll Call

AND  
AUT  
CZE  
ESP  
FRA  
GER  
ITA  
LIE  
SLO  
SUI

ARG  
AUS  
BEL  
BLR  
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CHI  
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DEN  
POL  
ROU  
SRB

CARABNIERI  
FIAMME GIALLE  
FIAMME ORO  
ALTO ADIGE  
ALPI CENTRALI  
ALPI OCCIDENTALI  
VENETO



# Introduction of the OC and the JURY

## OC

Chief of competition:	Luigi Confortola
General Secretary:	Martino Rocca
Chief of course:	Aurelio Martinelli
Race Segretary:	Maria Pietrogiovanna

## JURY

TD:	Robert Kerstajn
TD Assistant:	Michel Rainer
Chief of Competition:	Luigi Confortola
OPA National Coordinator	Marco Selle



# Event program SPRINT F

Friday 21.12.2018

08:45-09:25 Official training

09:30	SP 1.2 km F Qual	OPA Ladies
	SP 1.2 km F Qual	U20 Ladies
	SP 1.4 km F Qual	OPA Men
	SP 1.4 km F Qual	U20 Men

11:20 until 12:10 race course is OPEN

11:40 2° TCM and bibs distribution near the finish area in the tent

12:15 SP 1.4 km F Final OPA Men/U20 Men

14:00 SP 1.2 km F Final OPA Ladies/U20 Ladies



# Event program

- 16:00 Deadline for checking entries -  
Ind. Start F - Race Office “Ski Stadium Azzurri d’Italia”
- 18:00 Team Captains’ Meeting & Draw “Ski Stadium Azzurri d’Italia”





# Event program Individual F

Saturday 22.12.2018

08:45-09:25 Official training

09:30        5 km F JUN Ladies  
              10 km F OPA Ladies  
              10 km F JUN Men  
              15 km F OPA Men

16:00        Deadline for checking entries  
              Mass Start C - Race Office “Ski Stadium Azzurri d’Italia”

18:00        Team Captains’ Meeting & Draw  
              “Ski Stadium Azzurri d’Italia”





# Event program MS C

Sunday 23.12.2018

08:15-08:55	Official training	
09:00	10 km C Mst	JUN Ladies
	10 km C Mst	OPA Ladies
	15 km C Mst	JUN Men
	15 km C Mst	OPA Men



# Timetable Sprint F

CAT.	START	FINISH	HEATS			
<b>OPA Ladies</b>	09:30:15	09:43:00	<b>OPA Men</b>	<b>U20 Men</b>	<b>OPA Ladies</b>	<b>U20 Ladies</b>
15 sec	52		12:15	12:36	14:00	14:21
			12:19	12:40	14:04	14:25
<b>U20 Ladies</b>	09:45:15	10:02:15	12:23	12:44	14:08	14:29
15 sec	69		12:27	12:48	14:12	14:33
			12:31	12:52	14:16	14:37
<b>OPA Men</b>	10:06:00	10:32:15	<b>Semifinal OPA Men</b>	<b>Semifinal U20 Men</b>	<b>Semifinal OPA Ladies</b>	<b>Semifinal U20 Ladies</b>
15 sec	106		12:58	13:07	14:43	14:52
			13:02	13:11	14:47	14:56
<b>U20 Men</b>	10:35:00	10:59:15	<b>Final OPA Men</b>	<b>Final U20 Men</b>	<b>Final OPA Ladies</b>	<b>Final U20 Ladies</b>
15 sec	98		13:18	13:25	15:03	15:10

# Weather Forecast

<div>  <div> Valdidentro <div>last update on 20 December 14:30</div> </div> </div>				
<div> <div>Friday</div> <div>21</div> <div>December</div> </div>	Morning	Afternoon	Evening	Night
				
	cloudy	cloudy	cloudy	cloudy
	temperature -3°C	2°C	1°C	2°C
	perceived -7°C	-2°C	-3°C	-2°C
wind	weak 9Km/h S	weak 15Km/h SSW	weak 13Km/h SSW	weak 13Km/h WSW
freezing level	1150 m	1700 m	1900 m	2400 m
rain	-	-	-	-
humidity	59%	53%	74%	77%
<div> <div>Saturday</div> <div>22</div> <div>December</div> </div>	Morning	Afternoon	Evening	Night
				
	Scattered clouds	partly cloudy	Scattered clouds	Scattered clouds
	temperature 1°C	7°C	2°C	1°C
	perceived -3°C	4°C	-4°C	-5°C
wind	weak 15Km/h W	weak 17Km/h WNW	moderate 33Km/h NW	moderate 28Km/h NW
freezing level	2250 m	2250 m	2000 m	1750 m
rain	-	-	-	-
humidity	87%	70%	86%	89%

# Entries and draw

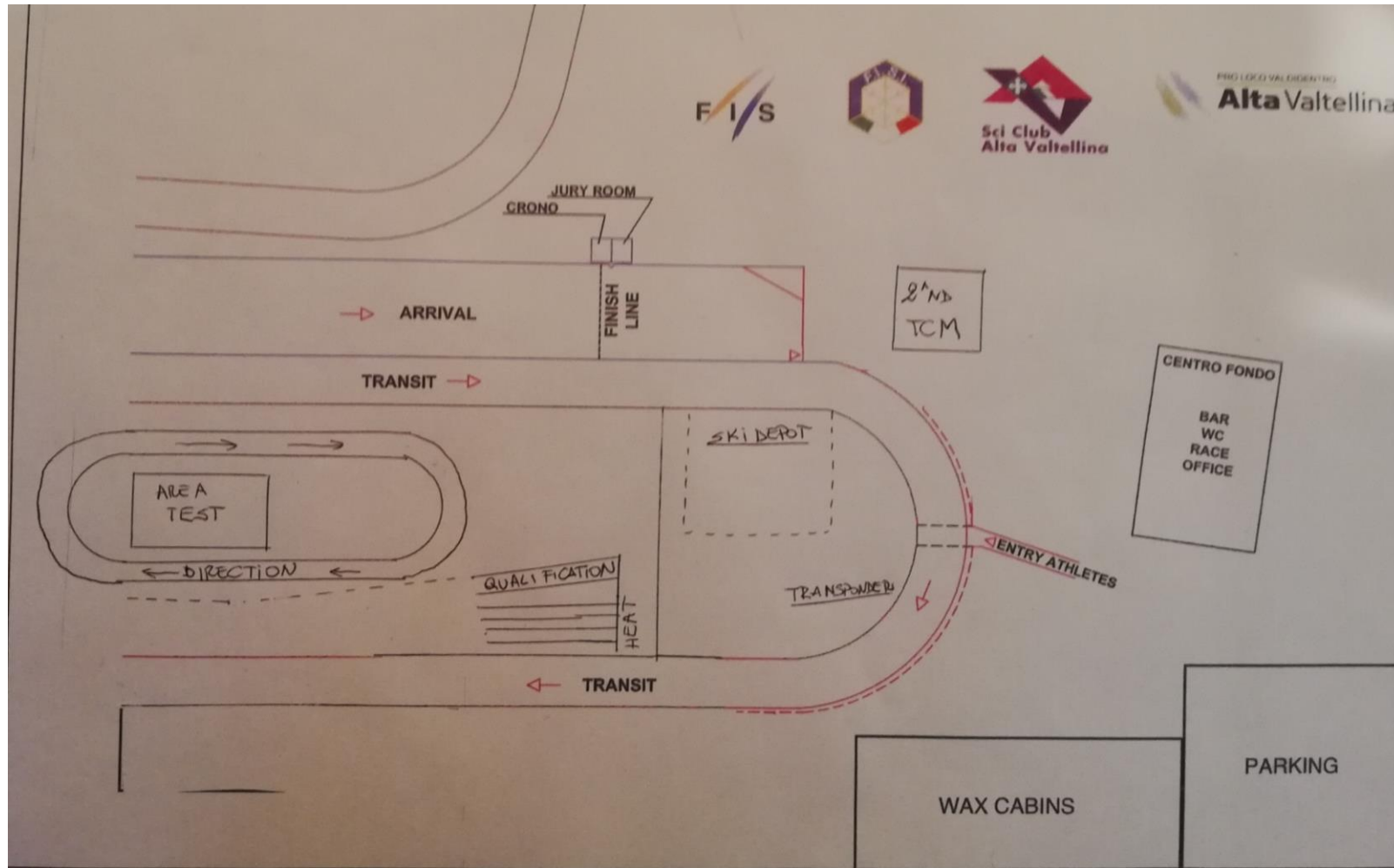
Please check your entries

Draw by Race TimePro GmbH – Mr. Erwin Pflanzl

- Art. 314.5 ICR (qualification)

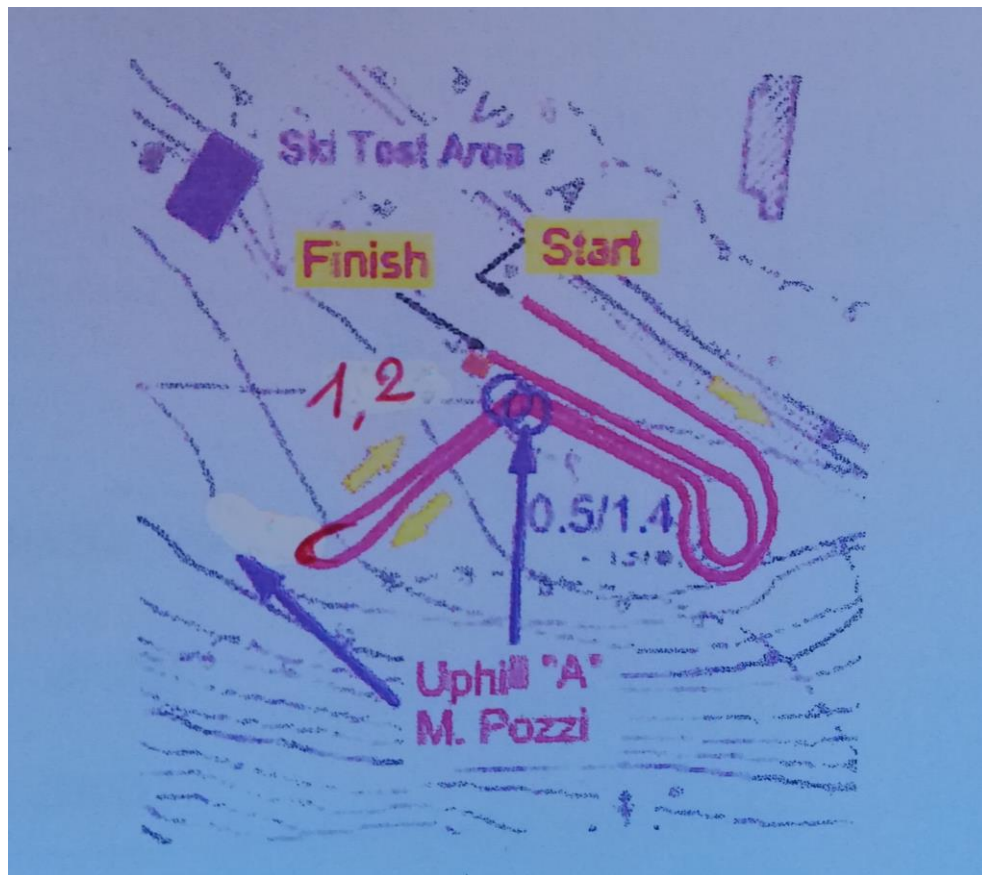


# Stadium

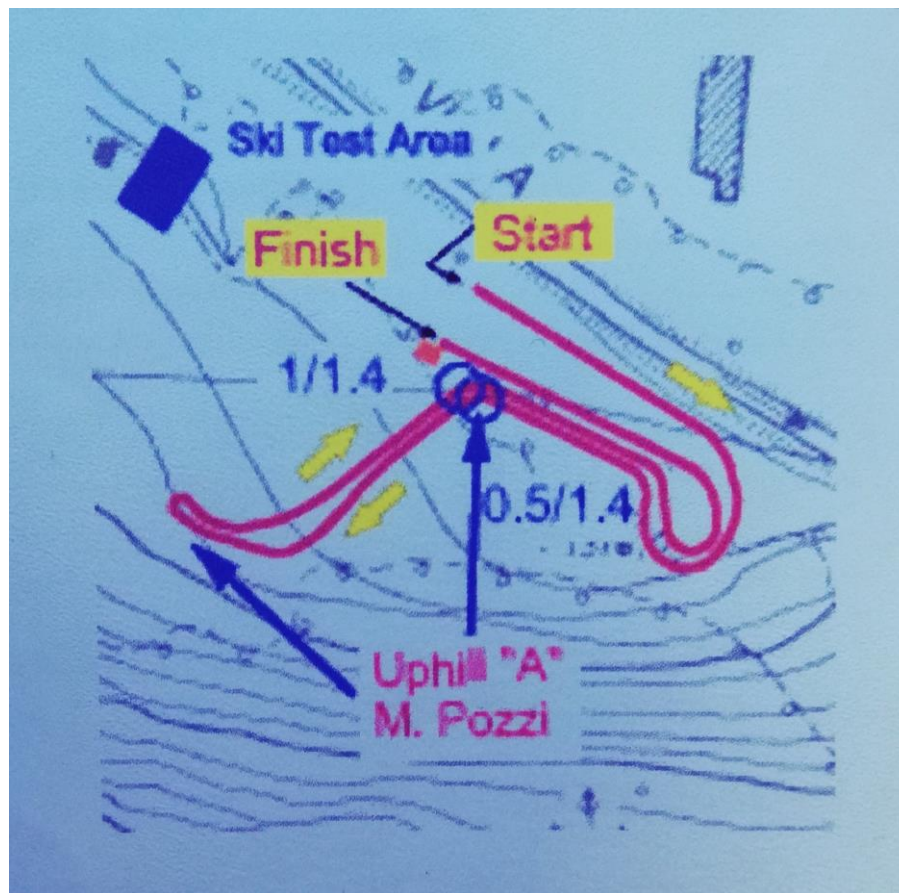




# Courses OPA & JUN Ladies 1,2km



# Courses OPA & JUN men 1,4km





# Information from the TD



# Information from the OC

- Bibs for qualifications will be distributed tomorrow after 08:00 in the race office, and withdrawn at the finish area.
- Bibs for heats will be distributed at 11:40 at the finish area in the tent and the transponder for the heats at the exit of the bridge at the entry of start area.
- Legs numbers (only for heats) on the left leg - lower part (calf).
- Transponders will be distributed at the exit of the bridge at the entry of start area.
- Official Board: outside race office, Boards for heats: in the start area.
- Official Prize Giving Ceremony will be Saturday after Individual race, top 5 athletes will be rewarded.
- Will be a NO coaching zone: on the big bridge is forbidden to stay and in the stadium.
- This presentation and the start list will be send at your mail by the race office.



# Questions...?



Con il contributo di  
 Regione  
Lombardia



# GOOD LUCK!

The OC is happy to offer a  
small refreshement  
down-stairs in the bar.

