



Lans en
Vercors
2 to 6
February
2011

INAS-FID World Nordic and Alpine
skiing championships **Sport**
France championships **Adapté**



<http://sportadapte38.blog4ever.com>



Resort Information



Lans en Uercors

30 minute drive from Grenoble, 1 hour 30 minutes from Lyon, and you are at the heart of the Uercors Natural Park...

Here, everything is calm and conviviality.
You are invited to renew blissfully with nature ...

Breathe in the fresh air and let yourself be guided by your passion...
Sporting glide or action. Downhill or Nordic skiing, night ski, skating...
Lans en- Uercors offers you ski choices that can fulfill all your ambitions.

General Information

- Organization

CDSA 38 – Comité Départemental du Sport Adapté de l'Isère

- Statutes Authorized by

INAS-FID – International Sport Federation for Athletes with Intellectual Disability

- Submitted by

FFSA – Fédération Française du Sport Adapté

- Technical Support

FIS – Fédération Internationale de Ski

FFSA – Fédération Française du Sport Adapté

- Airlines

Direct flights from several world main Airports to Lyon St Exupery Airport (110km from Lans en Vercors). The Organizing Committee will provide transportation only from/to Lyon airport, as well as during the Championships.

If you are flying to another airport, please contact us and we will organize your transfer with you.

- Visa requirement

Visa to come to France might be required for some countries.

- Language

English is the official language of INAS-FID event. All information will be available in English. The Organising Committee will provide to each team a volunteer for translation.

- Insurance

The Organizing Committee ensures satisfactory arrangements in respect of public liability and professional indemnity.

Members of the participating countries are responsible for their own insurance requirement for travel, personal accident, liability and medical matters.

- Eligibility / accreditation / medical provision / doping control

Eligibility of athletes: all participants should appear on the Master List no later than the final entry deadline (15th January). There is no guest entry to Inas events.

Accreditation cards: will be issued to each athlete after he has personally proved his eligibility registration card and passport to an INAS-FID officer.

Doping control may occur. Please have orders for medical treatment of athletes

I – GENERAL INFORMATION

The Championships will take place from Wednesday 2nd February 2011 to Sunday 6th February 2011.

Competitions will start on 3rd, 4th and 5th February 2011.

If you wish to arrive earlier than those dates, please specify it on the information sheet provided.

The Alpine skiing and Nordic skiing France Championships will also take place during the World Championships.

Welcome and organization

The team welcome office will be at “la salle de l’Aigle” in Lans en Vercors (follow the arrows), on Wednesday 2nd February 2011 from 2pm to 5pm :

- Licence check-in
- Fee settlement
- Official documentation : programs start list, race numbers, ski passes,...

Please ensure that all teams attend during these opening times to confirm their registration and receive all event information.

A technical meeting, will take place on Wednesday 2nd February at 8.30pm. A team coach should be present to be informed of the competition rules and organization.

Entries closing date is 15th January 2011.

Athletes will only be officially registered once we have received their completed entry documents and the entry fees.
Please send completed entry documents to the following address :

Comité Départemental du Sport Adapté de l’Isère
7 rue de l’industrie
38 327 EYBENS Cedex
France

Tel : +33 (0)4 76 26 63 82 or +33 (0)6 33 54 79 55

Email : cda38@wanadoo.fr

Organization Chart of the Local Organizing Committee (COL) of Downhill and Nordic skiing World Championships 2011

President of the COL	Coordinator of the COL	Treasurer of COL	Administration
M. CZERNIK Thierry	Mme BOUGON Maud	M. COLOMBY Michel	Mme CAPOZZI Anne- France

Competition Equipment

If you do not have your own ski equipment, you can rent it from the following sport shops :

- Extrem’Evasion : +33 (0)4 76 27 38 67 <http://www.extrem-evasion.fr/>
- Intersport MZ sport : +33 (0)4 76 95 41 46
- Richard Sports : +33 (0)4 76 95 40 72

II COMPETITION RULES

These Championships will be open to both disciplines (Alpine and Nordic ski) in male and female categories.

Please note ! Each team captain should be aware of the specific rules for Alpine and/or Nordic ski events that apply to World Championships (please see enclosed).

Events :

Alpin Ski :

- Special Slalom : Combined results of two rounds
- Giant Slalom : Combined results of two rounds
- Super Giant : The time result of one single competition
- A combined classification will also be made.

Please note ! Athletes are obliged to wear **SKI HELMETS** during training and competition.

NordicSki :

- 10 Km Classic
- 10 Km Free style
- 5 Km Classic or Free Style
- Relay : 3 X 1 (depending on weather)

Composition of jury :

Jury will consist of:

- D.S.F. of FFSA Ski Commission, or representing.
- D.T.N, or representing.
- A representative of the Organizing Committee sport Commission.
- A representative of the International Ski Federation

Prizes

Each event winner will be officially announced as " World Champion " for it's category and discipline.

Miscellaneous

Team captains will need to attend any technical meetings organized.

III – ACCOMMODATION – FOOD – PRICES :

The Entry fee is 350€.

This price includes:

- Registration to the competition
- Full board accommodation (breakfast included)
- Ski pass for the duration of the Championships
- Airport transfer to the event resort, and on-site transport

Accommodation types: 2* hotel (single or twin room, depending on availability).

IU Registration

- 1st Entry (number) – before 19th December 2010
- Final Entry (nominative) – closing date is 15th January 2011

An athlete registration or accompanying person reservation will be confirmed once the balance of the stay is fully settled.

In case of cancellations, the following rules apply:

- Cancellation before 14th January 2011 : the C.O.L. will retain 25% of the payment.
- Cancellation after 15th January and until the event : the C.O.L. will retain the full payment.

For all situations, a cancellation letter must be sent by mail. The postmark will apply to calculate the cancellation fee.



Event forecast Program

Wednesday 2	Thursday 3	Friday 4	Saturday 5	Sunday 6
	9:00 am - 1:00 pm Alpin Super G (CM / CF)	9:00 am - 1:00 pm Alpin Giant (CM / CF)	9:00 am - 1:00 pm Alpin slalom (CM / CF)	9h-11h Delegations departure
	10:00 am DII / DIII (CF) Divisionning	9:00 - 11:00 am Nordic CF Reception		
2:00 - 5:00 pm Delegations reception (CF / CM)	4:00 pm Nordic 10km classic (CM / CF)	1:30 pm Nordic Technical Meeting	2:30 pm 5km Nordic free technic or classic	
6:00 pm Opening Ceremony	6:30 pm Podium	3:00 pm Nordic 10km free technic (CM / CF) 1km DIII (CF) 3km DII (CF)	3x1km relay (CM / CF)	
8:30 pm Technical Meeting		7:15 pm Podium CF	6:00pm CF & CM Podiums	
			8:30 pm Gala dinner and CM & CF closing ceremony	

CM – World Championship CF – French Championship

INFORMATION DETAILS – ASSOCIATION

Please return before 19th December 2010

Country	
Address	
Postal Code	
Telephone	
Fax	
E-mail	
Contact person	
Position	

Team Members

1st Entry (Number)	Male	Female	Total
Numbers of Alpine skiers			
Number of Nordic skiers			
Number of Coaches / Team Officials			
Team Total			

PAYMENT

Entry fee

Participants	Number	Price per person	Total
Alpine skier		350 €	
Nordic skier		350 €	
Coach team officials		350 €	
		Total	

The 50% of the Entry Fee must be paid at the same time of the 1st Entry no later than 19th December 2010 to :
Payments should be sent the following bank account.

SOCIETE GENERALE **RELEVÉ D'IDENTITÉ BANCAIRE**

Titulaire du Compte : F.F.S.A

9 RUE JEAN DAUDIN
75015 PARIS
Domiciliation PARIS SEINE-AMONT (03085)

Identification nationale (RIB)
30003 03085 00037290794 86
Code Banque Code Guichet Numéro de Compte Clé RIB

Identification internationale (IBAN)
FR76 30003 03085 00037290794 86

Identifiant international de la Banque (BIC)
SOGFRPP

About your payment, thanks to precise :

Country

Payment Subject : Ski INAS-FID 2011

ATHLETE INFORMATION

Please return before 15th January 2011

ATHLETE (please complete one form per athlete)

SURNAME : First Name :

Female ☐ Male ☐ Date of birth : (day month year) / /

LICENCE N° INAS-FID :

Events :

Please tick the chosen events :

Alpine SKI	
Special Slalom	
Slalom Giant	
Super G	
Combined	

NORDIC SKI	
10 Km classic	
10 Km Free Style	
5 km Classic or Free Style	(please specify) -----
3*1 Km (depending on conditions)	

Transport

Country

Arrival / Departure

Arrival	Date	Time	Flight/Train N°	Place of arrival	Arriving from
Plane					
Train					
Car					

Departure	Date	Time	Flight/Train N°	Place of departure	Departing to
Plane					
Train					
Car					

HOW TO GET TO THE RESORT

Access :

By car

- Motorway Paris – Lyon – Grenoble.
- Exit “Vooreppe”, follow directions to Sassenage (RN 532), then Uillard de Lans.

By train

- TGV Paris – Grenoble (3 hours).
- SNCF Train station Grenoble. Tel. 36 35

By regular coach

- Coach transport Trans'Isère, direction to Lans en Vercors.
- Grenoble : Tel. 0820 833 833
- Uillard de Lans : Tel. +33 (0)4 76 95 11 24

By plane

- Grenoble-Isère Airport – St Etienne de St Geoir – (58 km).
- Lyon Saint-Exupéry Airport (110 km).
- Regular coach links to Grenoble from both Lyon and Grenoble airports.

COMPETITION REGULATIONS

A. General

The participant should know the event category.

He/she should check the course prior to the event, go to the start, be prepared and warmed up. He/she should follow the start list for his/her start position.

He/she should know where to go after the event and be potentially ready at the start for the second race.

If the participant does not understand this later rule, an organization official will take him/her to the start.

Coaches should follow the organizers arrangements regarding the participants position at the start and during the race.

B. Result announcement

Results will be posted on a notice board and then confirmed, prior to the prize giving ceremony.

C. Protests

Protest deadline will be confirmed by the organization and the National Technical Management.

D. Results

The first 3 competitors in each category and each race will be presented with a medal. In case of tied results, both participants will be offered a prize. The event will not Re-conducted and there will not be any draws.

Combined competitions will be organized (super G, giant slalom, slalom).

Individual classification will be made by adding race times of the different events:

Super G = 1 round + Giant slalom = 2 round + slalom = 2 round.

Combined results only apply if the participant started all the different races and his name is on the result list of these races.

E. Equipment

Clothing and equipment quality is a minimum and essential (winter jacket and ski trousers) ; however participants are free to use the equipment they wish (clothing, race skis or not).

Ski helmets should be worn for downhill ski events.

F. Team captain meetings (or person in charge of sport associations participants)

The first meeting is noted on the program.

Any other meetings will be decided during the first meeting.

G. Rights and obligations of team captains and coaches

Coaches should not follow or assist participants during the race.

Any derogation should be requested at the time of registration. The ski commission would deliberate prior to the event.

Any non « fair-play » behaviour by the team captain will be penalized by the organizing committee and the DTN.

Alpine SKI

"Red slope" level 3 stars

Required conditions : be satisfactory trained for race slaloms of this level.

Required competences : find it's way down a slalom (post colours).

Super G :

Required conditions : be satisfactory trained to ski fast on a Super G course.

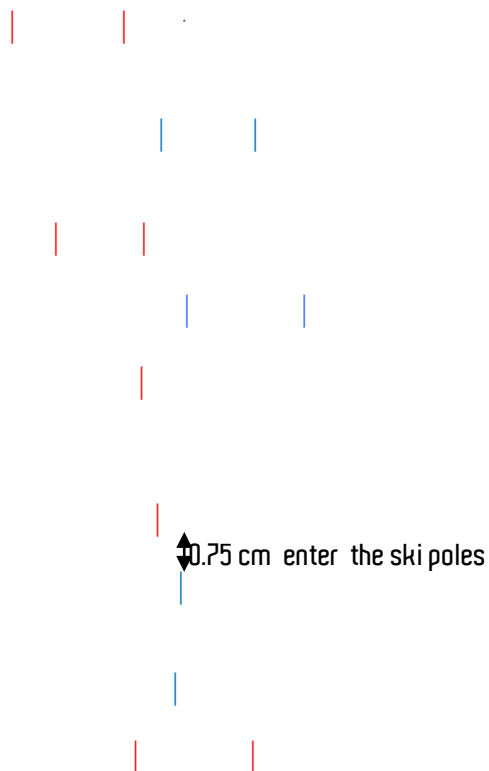
The course is adapted for the variations in rhythm of the terrain and gliding speed.

Courses technical information:

	<u>Giant Slalom giant :</u> <u>male and female</u>	<u>Special Slalom :</u> <u>male and female</u>	<u>Super G :</u> <u>male and female</u>
TIME	1 MINUTE MINIMUM	40 SECONDS MINIMUM	1 MINUTE MINIMUM
GRADIENT	Between 150 m and 350 m maxi	Between 80 m and 160 m maxi	Between 200 m and 400 m maxi
NUMBER OF GATES	20 minimum	20 minimum	15 minimum
VERTICAL DEVIATION BETWEEN GATES	about 25 meters	Between 11 and 12 meters depending on slope	30 to 40 meters depending on slope
HORIZONTAL DIFFERENCE BETWEEN GATES	Between 4 and 8 meters	Between 4 and 6 meters	Between 6 and 8 meters
VERTICAL WIDTH OF A GATE			Between 8 and 12 mètres
RESULT	Combined result for 2 rounds	Combined result for 2 rounds	Result of only one round
OBLIGATION OF STYLE		3 doubles maxi, 1 triple (3-4 portes), 3 portes retardées (banaes).	

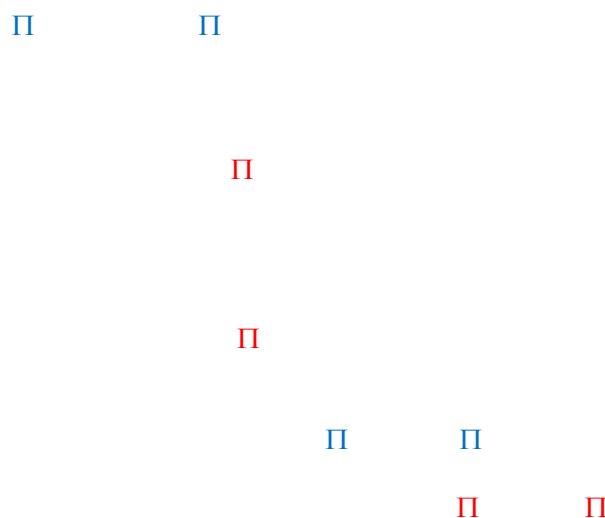
Slalom Spécial

enter 4 and 6 meters
Between 11 and 12 meters
following the slope



Slalom Géant

enter 6 and 8
about 25 meters



Super G

enter 6 and 8

enter 8 and 12 meters

Between 30 and 45 meters
following the slope



NORDIC SKI

Technical summary

- Category : Female and Male

- Level required:

Be able to adapt to relief,

Be physically able to manage it's capacities throughout the race,

Be able to find it's way on the course ; when possible this implies to go and have a recce with the coach (laps, course profile...)

Have a race tactic.

- Distance :

FREE STYLE	CLASSIC
5 km	5 km
10 km	10 km

The course distance may be between +/- 10% depending on the profile of the terrain.