



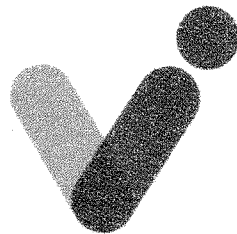
INVITATION:

Lillehammer, Norway

World Para Nordic Skiing

World Cup 10-19 December 2019

A test event for the
World Para Snow Sports Championship 2021.





A warm welcome to Lillehammer!

The Organizing Committee of the Lillehammer 2019 World Para Nordic Skiing World Cup extends our warmest invitation to participate in this event in the city of Lillehammer, December 10th to 19th, 2019. We look forward to host each and every one of you for a world class competition in biathlon and cross-country skiing.

With a population of about 28 000, Lillehammer is a mid-size Norwegian city. The city is situated between Lake Mjøsa and the surrounding mountains.

Lillehammer has its own place in the heart of many sports enthusiasts, thanks to the 1994 Winter Olympics, one of Norway's biggest and most successful sporting events. In 2016 Lillehammer also hosted the Youth Olympic Games.

As we work to prepare all aspects of what we hope will be a great event for the Nordic Para Sports Community, this temporarily invitation should help all teams to plan ahead. An updated version of this invitation will be published November 1st at the World Para Nordic web site and sent to all the teams.

The Para Nordic World Cup is a test event for the World Para Snow Sports Championship 2021.

With the World Para Snow Sports Championship and the test events, we aim to develop Lillehammer as a resort for para snow sports.

We look forward to see you in Lillehammer!

Organizing committee

The LOC of the Lillehammer Para Nordic World Cup 2019 is Lillehammer Olympic Park, on behalf of the Norwegian Ski Federation, in cooperation with local ski clubs.

Address:

Para World Snow Sports Championship 2021, Idrettens Hus, Kleivbakken 9, 2618 Lillehammer, Norway

E-mail:

paraworlds2021@skiforbundet.no

Event director Para World Snow Sports Championship 2021:

Ola Keul

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+47 913 61 916

Chief of Race:

Please direct all questions to paraworlds2021@skiforbundet.no

Website (international):

<https://www.paralympic.org/nordic-skiing/events>

Team contact:

Please direct all questions to paraworlds2021@skiforbundet.no.



IPC and World Para Nordic Skiing

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Technical Delegate:

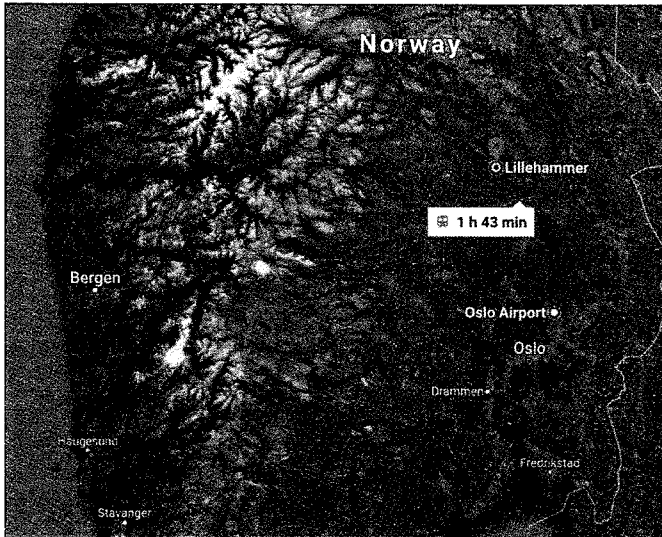
To be confirmed by IPC by November 1st.

Travel to and from Lillehammer

Lillehammer is easily accessible via Oslo International Airport (OSL). Trains run frequently between OSL and Lillehammer, and it takes 1 h 43 min. Going by car takes approximately 2 h from OSL. Going from Oslo, the capital of Norway, to Lillehammer takes 2 h 15 min by train and approximately 2 h 30 min by car.

For teams and athletes arriving at OSL, and wish to continue by train to Lillehammer, we might - on request - provide transport of the equipment from the airport to the hotel in Lillehammer. The service can be ordered when registering for accommodation. If you have any questions, please get in touch with us at paraworlds2021@skiforbundet.no.

All teams and athletes arriving by train, will be picked up at the Lillehammer train station.



Travel times by train from OSL to Lillehammer is only 1 h 43 min.

All visitors to Norway will need a valid passport. A Visa is necessary for some countries. If a Visa is required, teams are responsible to arrange Visas in a timely manner for all accredited team members. Everyone who requires a Visa must have this before boarding the plane or crossing the border into Norway. Please let us know if you have any questions at paraworlds2021@skiforbundet.no.

Hotel, accommodation packages and meals

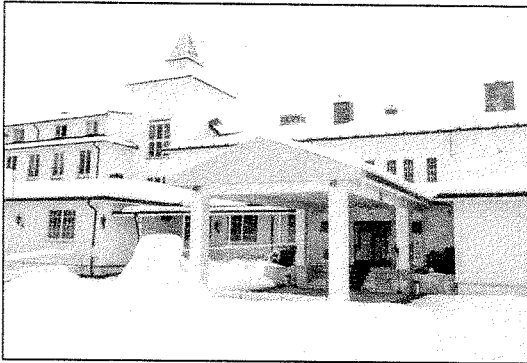
All athletes, coaches, will stay at the official event hotel, Scandic Lillehammer Hotel. An accommodation package including accommodations, meal plan, and other benefits will be shared with the teams. Accommodation can be reserved at the event website <https://www.paralympic.org/nordic-skiing/events> from November 1st.

The cost will be NOK 1200 per person per night including breakfast, lunch and dinner.

The Scandic Lillehammer hotel is conveniently located between the city of Lillehammer and the competition venue.

Breakfast and dinner is served at Scandic Lillehammer Hotel. Lunch will be served at the competition venue. There will also be a lunch available at the hotel.

You will have free access to the gym facilities at the hotel, and you will have the possibility to use the hotel spa at a reduced charge.



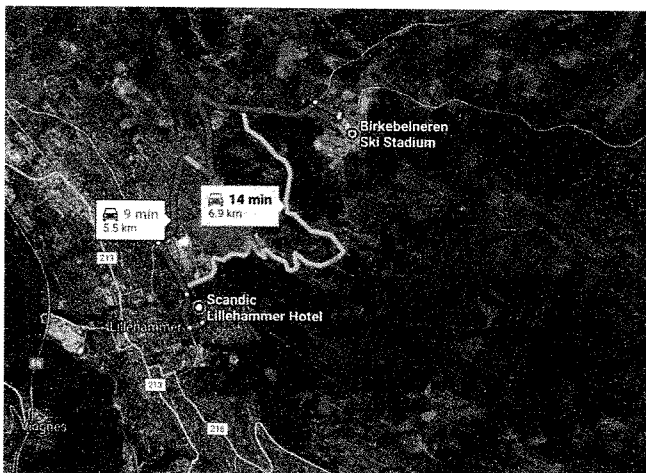
The Scandic Lillehammer Hotel. Photo: Scandic hotels

Local transportation

As mentioned above, all teams and athletes arriving by train, will be picked up at the Lillehammer train station.

When in Lillehammer, we will do our best to make the logistics for all teams and athletes as convenient as possible. Transport to and from the competition venue must be booked in advance at the event office and info desk located at the hotel.

Going by car or bus from The Scandic Lillehammer Hotel to the competition venue (Birkebeineren Ski Stadium), takes a maximum of 10 min.



It is 9 min from the Hotel to the competition venue.



Biathlon and Nordic skiing and the Birkebeineren Ski Stadium

Birkebeineren Ski stadium in Lillehammer holds international standards for both biathlon and cross-country. It is a complete cross-country ski and biathlon stadium, easily accessible at the top of Lillehammer. It was the Olympic arena for cross country skiing and biathlon, both in '94 and the Youth Olympics 2016.

For more information on the Stadium, please visit <https://olympiaparken.no/en/arenas/Birkebeineren-ski-and-biathlon-stadium/>.

Complete drawings of the competition courses will be available on the event website <https://www.paralympic.org/nordic-skiing/events> by November 1st.

Currency

The currency used in Norway is Norwegian Kroner (NOK).

Friends and Family

Wish to bring friends and family to Lillehammer?

Please let us know and we will provide you with accommodation, including meals, and transportation at reduced rates.

Social activities

A social program will be provided at The Scandic Lillehammer Hotel, including a welcome and farewell dinner. Details will be provided prior to the event.

Climate

In middle of December, we can expect stable, but cold weather with temperatures expected to range from + 0 to - 20 degrees Celsius.

There will be daylight from 09:30 to 15:00.

Team captain meetings

The team captain meetings will be held at The Scandic Lillehammer Hotel.

Race entries

For race entries, please go to www.paralympic.org/sdms.



Deadlines are:

- Entry by Number: 31 October 2019
- Entry by Name: 02 December 2019

The race entry fee is, according to WPNS Rules, 20 EUR/athlete/race.

Payment info will be provided by November 1st.

Rules

WPNS Rule Book 2019/2020 (valid until October 2020)

Age limit

According to WPNS Rules.

WPNS Point limit

According to WPNS Rules.

Rookies Race

We invite all nations to send athletes that can participate in Rookies Race's that will be integrated as part of the event.

Please let us know if you have athletes that wish to participate in Rookies Race's by confirming number of athletes/names to paraworlds2021@skiforbundet.no by November 10th.

Award Ceremonies

The award ceremonies will be held right after each category and competition at the competition venue. The three best athletes will be awarded.

Waxing facilities

The wax cabins will be located at the Birkebeineren Ski Stadium. Further details will be provided.



Anti doping

Doping control will be conducted in accordance to the IPC Anti-Doping Code. All competitors and guides must comply with and are subject to the rules and regulations outlined in the IPC Anti-Doping Code and as per WPNS rule 223.2. All athletes may be subject to Doping Control sample collection and testing throughout the Championships in accordance with IPC Anti-Doping Rules. Both in and out of competition testing will be conducted.

Medical service at the venue

Medical services will be provided at the Competition Venue. A dedicated ambulance will be onsite during all competition and training days. The Lillehammer hospital is within 10 minutes of the competition venue and includes comprehensive medical services. It is important to have a Team representative accompany all injured athletes (to identify medical history, allergies, etc).

Insurance

The NPC delegation members are obliged to have their own travel and medical insurance for the duration of their stay in Norway.

Each NPC/NSF must ensure that all the members of their delegation are appropriately insured, including coverage for travel, liability and accidents. All delegation members must have appropriate accident and health insurance in order to race in international ski competitions. For more information please contact info@WorldParaNordicSkiing.org.

World Cup dates

- 09 December 2019: Arrival
- 10 December 2019: Classification for PI and VI athletes
- 11 December 2019: Classification PI and VI athletes
- 12 December 2019: CC, short C
- 13 December 2019: CC, middle F
- 14 December 2019: ---
- 15 December 2019: CC, relay
- 16 December 2019: CC, sprint C
- 17 December 2019: ---
- 18 December 2019: BT, sprint
- 19 December 2019: BT, individual
- 20 December 2019: Departure

A detailed race program and race course illustrations will be provide on the event website (<https://www.paralympic.org/nordic-skiing/events>) by November 1st.