



Invitation & Official Announcement

Östersund, Sweden

World Para Nordic Skiing

World Cup 12-19th January 2019



Biathl●●●●●n
Östersund



Organizing Committee

		Address:
General Management Chairperson	Jan Bergström	Phone: +46702039855
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		Address:
Chief of competition	Tommie Jirhed	Phone: +46703725268
		E-mail: tommie.jirhed@jamtland.nu
WPNS TD	Marita Kaipainen, FIN	Phone: +358 (0)50 570 7778
		E-mail: marita.kaipainen@windowslive.com
WPNS Biathlon IR	Joe Bajan, CAN	
WPNS IR Timing & Results	Tor Undheim, NOR	
Rescue/ Medical Service	TBD	Phone:
		E-mail:
Team Captain's Meeting	Competition Hotel	Address: Quality Hotel Frösö Park
Official Notice Board Location	At the Ski stadium in Media House and at the hotel	Other information

Rules:	WPNS Rule Book 2018/2019 (valid until October 2019)
Doping:	According to the IPC Doping Control Agreement
Participant Insurance:	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
Age Limit:	According to WPNS Rules
WPNS Point limit:	According to WPNS Rules
Race entry:	IPC Online Entry System
Race entry fee:	Competition fee is 20 € / athlete / race. This will be paid to LOC upon arrival to Östersund. It can also be paid beforehand to the Bank Account of Parasport Jämtland-Härjedalen – See Bank Account data and mark it Name and nation in case if that is more suitable.
Accommodation Fee	120€ / night including taxes. This rate is per person for double occupancy and the local transport between airport, hotel and ski stadium. For single room it will be 150€.

Final Payment for Race & Accommodation Fees deadline	29/12-2018	Please pay the full Race Entry and Accommodation Fees. The race entry and accommodation fees are NOT REFUNDABLE	
Bank Account data:	Payments should cover bank transfer charges	Bank:	Swedbank
		Account:	5728-1248
		IBAN:	SE7980000814710433770237
		BIC (SWIFT)	SWEDSESS
Official Webpage for the event	www.winterparasport.com	Please refer to it frequently for information including course maps, changes and other updated news.	
Liability:		The organizers do not accept liability for any injury/damage to persons/belongings	



Welcome to Östersund,

The Organizing Committee of the Östersund 2019 World Para Nordic Skiing World Cup extends our warmest invitation to participate in this event in Östersund, January 12th – 19th, 2019.

With a population of about 63 000, Östersund is the only city in the county of Jämtland. It is situated by the Lake Storsjön, in line with the coastal cities of Sundsvall and Trondheim (Norway). The mountain resort Åre is about an hour away, by car, while you get to Stockholm in 50 minutes, by air, and in less than five hours, by express train. The love of winter - enjoying it, as well as benefiting from it. The long, cold winter is the city's greatest asset, along with the freshest air and the cleanest water of Europe. Additional to the Biathlon World Championships 2008 and the annual Biathlon World Cup premiere, Östersund is also host of many other national and international winter sports events as Word Para Ice Hockey. And of course, the 2019 Biathlon World Championships.

Biathlon and Nordic skiing Stadium

City of Östersund continues to make many upgrades to the Ski stadium more than 89 kilometers of World class biathlon and cross-country racing trails at an average elevation. The Östersund World Para Nordic Skiing World Cup held at the Östersund Ski Stadium will be following a tradition of international Nordic events in the future hosted at this historic venue.

Climate

In middle of January we can expect nice but cold weather with sun and temperature from -5 to -30 degrees Celsius and there will be daylight from 09:30 to 15:00.

Arrival

At your arrival to Östersund/Åre Airport you will be meet by volunteers that will help you with the luggage and the transportation to the Hotel, a short bus ride for about maximum 5 minutes from the airport.

Visas

For those who need visa for entering Sweden, please do not forget to apply for it in advance. We will be glad to assist you. Just send the completed name list (with dates of birth) for visa to the organizing committee.

Hotel

You will be accommodated in twin rooms at Quality Hotel Frösö Park www.frosoparkhotel.se At the arrival to the Hotel your Team Manger will get the teams accreditation cards and room keys to hand out. Breakfast is served at the hotel, lunch will be served at the Ski stadium. Dinner will be served at the competition hotel. You will have free access to the gym facilitations and you will also have the possibility to use the Hotels own SPA for a reduced charge. **Accommodation form will be open for booking from 8 of November, on the official event website www.Winterparasport.com** Enquiries and bookings for accommodation: hakan.ryholt@telia.com and fredrik.andersson@parasport.se



Entries

Biathlon and Cross-Country World Cup in Östersund Sweden entry (e-mail) shall be sent to the Organizing

Committee astridaslin@hotmail.com and marianne.nilsson@jamtlandsjuridiska.se. Preliminary entry info (accommodation & team size) by 30 November 2018. Race Entries by 2th January 2019 Online entries system www.paralympic.org/entries

Award Ceremony

The Award Ceremonies will be held straight after each category and competition at the competition area after official results are published. Three best will be awarded.

Facilities and Waxing

Cabins, the Competition Office and the Wax-cabins will be located next to the stadium. Waxing Rooms for rent during the competition period 15m2 waxing rooms, price 500€ / event, reservations from website and waxing cabin keys from the reception of Hotel Frösö Park. Team Captains' Meetings Auditorium will be located at the hotel. **Booking form for waxing cabins will be open for booking from 8 of November, on the official event website www.winterparasport.com**

Volunteers

Each nation will have at least one volunteer that will make your stay memorable in Östersund.

Currency

The currency used in Sweden is Swedish Krona. You can exchange your own currency in the City center in a bank or at Forex Exchange. It is very common to use credit and debit cards in most of the stores in the city.

Local transports

Transport to and from the arena must be ordered 24 hours in advance at the transport desk at the Hotel. It will take maximum 15 min to the Arena from the Hotel. To City center about 15 minutes. The local transportation between airport, hotel and Ski stadium is included to the accommodation fee.

Supporters/Family

For supporter and family we recommend Hotel Clarion:

<https://www.nordicchoic-hotels.se/clarion/clarion-hotel-grand-ostersund/>.

Another alternative is Hotel Östersund and Scandic Syd:

<https://www.hotellostersund.se/>

<https://www.scandichotels.se/hotell/sverige/ostersund/scandic-ostersund-syd>

From city center it takes about 20 min to walk to the Ski stadium.

Contact during your travel to Östersund

If there are any delays or other problems during your travel to Östersund please contact the event coordinator: Fredrik Andersson, mobile: +46 70 253 04 24, or email: fredrik.andersson@parasport.se

PROGRAMME

Day of the week, Thur	Until 16:00	Arrival	Place
10.01.2019		Tracks Open	Ski Stadium
Day of the week, Fri		Tracks Open	
11.01.2019	18:00	1 st Team captain meeting	Hotel
Day of the week, Sat		Cross Country – Middle distance	
		Tracks Open	
	10:00 – 14:00	CC Middle Distance Classic Technique	
	After competition	Award winner's ceremony	Finish area
	18:00	2 nd Team captain meeting	
Day of the week, Sun		Cross Country – Long Distance	
		Tracks Open	
	10:00 – 14:00	CC Long Free Technique	
	After competition	Award winner's ceremony	Finish area
Day of the week, Mon		Training	
		Tracks Open	
	18:00	3 th Team captain meeting	Hotel
Day of the week, Tue		Biathlon Sprint	
		Tracks Open	
	16:00 - 20:00	Biathlon Sprint	Evening Race
	After competition	Award winner's ceremony	Finish area
	11:00	4 th Team captain meeting	

Day of the week, Wed 16.01.2019		Cross Country - Sprint	
		Tracks open	
	16:00 – 20:00	CC Sprint Classic Technique	Evening Race
	After competition	Award winner's ceremony	Finish area
Day of the week, Thur 17.01.2019		Training	
		Tracks Open	
	18:00	^{5th} Team captain meeting	Hotel
Day of the week, Fri 18.01.2019		Biathlon – Individual	
		Tracks open	
		Zeroing LW10 - 12	
		Zeroing LW2-9 and B1-B3	
	10:30 – 14:00	Biathlon Individual	
	After competition	Award winner's ceremony	Finish area
	18:00	^{6th} Team captain meeting	
Day of the week, Sat 19.01.2019		Biathlon – Relay	
		Tracks open	
		Zeroing LW10 - 12	
		Zeroing LW2-9 and B1-B3	
	10:30 – 14:00	Biathlon Relay	
	After competition	Award winner's ceremony	Finish area
Day of the week, Sun 20.01.2019		Departure	

Changes to the programme can be made by the Organization