

# SKI TOUR 2020 SWEDEN-N

## ORGANISATION AND CONTACT INFORMATION

Overall organisation			
TOUR 2020 AB	owned by the Swedish Ski Association and the Norwegian Ski Association		
Board	Board: Ola Strömberg (chair), Terje Lund, Johan Sares, Espen Bjervig		
CEO	Guri K. Hetland	+47 91349007	<a href="mailto:guri@trondheim2025.no">guri@trondheim2025.no</a>
Media	Sara T. Monfelt	+46 708278238	<a href="mailto:sara@skitour2020.com">sara@skitour2020.com</a>
Accommodation	Gyro Confer		<a href="mailto:accommodationskitour@gyro.no">accommodationskitour@gyro.no</a>
Transportation	Gyro Conf		<a href="mailto:transportskitour@gyro.no">transportskitour@gyro.no</a>
Finance	Gyro Conference		<a href="mailto:infoskitour@g">infoskitour@g</a>

Stages 1 & 2 ÖSTERSUND			
Function	Name	Phone	E-mail
Chief of LOC	Ante Anderss	+46 706971103	<a href="mailto:ante@sport-kompaniet.se">ante@sport-kompaniet.se</a>
Chief of competition	Mattias Persson	+46 731833588	<a href="mailto:Mattias.Persson@miun.se">Mattias.Persson@miun.se</a>
Ass. chief of competition	Henrik Ilh	+46 702374821	<a href="mailto:henrik@ilhamn.se">henrik@ilhamn.se</a>
Competition Secretary	Kent Eliasson	+46 702730391	<a href="mailto:kenteliasson@gmail.com">kenteliasson@gmail.com</a>
Wax Cabins			

Truck driving permissions			
Medical Service			

Stage 3 Åre			
Function	Name	Phone	E-mail
Chief of LOC	Ante Andersson	+46 70 697 1103	<a href="mailto:ante@sport-kompaniet.se">ante@sport-kompaniet.se</a>
Chief of competition	Henrik Ilhamn	+46 702374821	<a href="mailto:henrik@ilhamn.se">henrik@ilhamn.se</a>
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Competition Secretary	Kent Eliasson	+46 702730391	<a href="mailto:kenteliasson@gmail.com">kenteliasson@gmail.com</a>
Wax Cabins			
Truck driving permission			
Medical Servi			

Stages 4 STORLIEN - MERÅKER			
Function	Name	Phone	E-mail
Chief of LOC	Mary Ann Myhre	+47 97480922	<a href="mailto:mary.ann.myhre@meraker.kommune.no">mary.ann.myhre@meraker.kommune.no</a>
Chief of competition	Tor-Arne Hetland	+47 91799290	<a href="mailto:torarne.hetland@gmail.com">torarne.hetland@gmail.com</a>
Ass. chief of competition	Arild Overrein	+47 48254260	<a href="mailto:arild.overrein@gmail.com">arild.overrein@gmail.com</a>
Competition Secretary	Line Skjelstadås	+47 92661171	<a href="mailto:Line_ski89@hotmail.com">Line_ski89@hotmail.com</a>
Wax Cabins	Roar Stav	+47 98832170	<a href="mailto:roa-stav@online.no">roa-stav@online.no</a>
Truck driving permissions			
Medical Service	Ingvild Kjesbu	+47 90924435	

Stages 5 & 6 TRONDHEIM			
Function	Name	Phone	E-mail
Chief of LOC	Stian Eckhoff	+47 40304300	<a href="mailto:stian.eckhoff@skiforbundet.no">stian.eckhoff@skiforbundet.no</a>
Chief of competition	Arne Otto Vedvik	+47 90067657	<a href="mailto:arneotto@sylanadventure.no">arneotto@sylanadventure.no</a>
Ass. chief of competition	Vidar Undebakke	+47 47819671	<a href="mailto:vundebakke@hotmail.com">vundebakke@hotmail.com</a>
Competition Secretar			

Wax Cabins	Tomas Northug	+47 48000384	<a href="mailto:tomas.northug@hotmail.com">tomas.northug@hotmail.com</a>
Truck driving permiss			
Medical Service			

## OFFICE AND THEIR OPENING TIMES

ÖSTERSUND 13.-17.2.	LOCATION	OPENING TIMES				
		13.2.	14.2.	15.2.	16.2.	17.2.
RACE OFFICE	Stadium building	08 - 17				
TRANSPORTATION	Stadium building					
FINANCES	Stadium building					
OC OFFICE	Stadium building					
TEAM CATERING	Tent team area					

ÅRE 17.-20.2.	LOCATION	OPENING TIMES				
		17.2.	18.2.	19.2.	20.2.	
RACE OFFICE	National arena					
TRANSPORTATION						
FINANCES						
OC OFFICE						
TEAM CATERING						

MERÅKER 20.2.	LOCATION	OPENING TIMES				
		18.2.	19.2.	20.2.		

RACE OFFICE	Grova Skisenter	Åre					
TRANSPORTATION							
FINANCES							
OC OFFICE							
TEAM CATERING							

TRONDHEIM 20.2.-23.2.	LOCATION	OPENING TIMES					
		21.2.	22.2.	23.2.			
RACE OFFICE							
TRANSPORTATION							
FINANCES							
OC OFFICE							
TEAM CATERING							

## COMPETITION PROGRAM

Date	Time	Competition/ event	Official training	Team Captains Meeting	Venu
13.2.20		Ski Tour general information		Clarion Hotel, Östersund at 18:00	
14.2.20		Opening/ Team presentation (Mandatory for all athletes & head coach)	Off. training Östersund	Clarion Hotel, Östersund at 18:00	Östersund
15.2.20	13:30 16:10	W: 10 km interval start F M: 15 km interval start F		Clarion Hotel, Östersund at 18:00	Östersund
16.2.20	14:00 16:00	M: 15 km pursuit C W: 10 km pursuit C			Östersund
17.2.20			Training Östersund	Holiday Club, Åre at 18:00	Östersund Åre
18.2.20	13:45 16:15	Sprint F qualification Sprint F finals			Åre

19.2.20			Off. training Storlien-Meråker	Holiday Club, Åre at 18:00	Åre
20.2.20	10:45 13:30	W: 38 km mass start F M: 38 km mass start F			Storlien-Meråker
21.2.20			Off. training Trondheim	Scandic Lerkendal, Trondheim at 18:00	
22.2.20	10:30 13:00	Sprint C qualification Sprint C finals Presentation before the finals		Scandic Lerkendal, Trondheim at 18:00	Trondheim
23.2.20	11:15 14:25	M: 30 km pursuit C W: 15 km pursuit C			Trondheim

**Deadline for preliminary entry: 04.01.2020**

**Final entry with names: 05.02.2020**

### GENERAL RULES

The competitions in FIS World Cup Ski Tour 2020 Sweden-Norway are all organized by the FIS competition rules and World Cup rules as single events, in addition to the overall tournament. Points for the overall tournament will be gained from six competition days.

### LOGISTICS IN GENERAL

As a part of the sustainability program in Ski Tour 2020, the tour company has organized a mandatory transport- and accommodation plan for the teams/athletes.

The transport is organised with train between the competition sites and shuttle busses between the hotels and the venues. Accommodation is organised with fixed teams hotels in three “hubs”; Östersund, Åre and Trondheim.

### TRANSPORTATION

Transport to Östersund		
Official airports	Östersund Airport (OSD) and Trondheim international Airport (TR)	
Departure and arrival	Bus-transport will be organized from these two airports to the hotels in Östersund on Thursday 13.2. (or when the teams arrive). Östersund Airport to the hotels = 10 - 20 minutes Trondheim Airport to the hotels = 3 hours	
Transport Östersund - Åre		
Departure	Arrival	Mode of transport
Östersund Central train station	Åre train station Monday 17.2. at	Train

Monday 17.2. at xx:xx and at xx:xx (two trains, travel nation wise)	xx:xx and at xx:xx (travel time = 1 hour, 20 minutes)	
<b>Transport Åre - Storlien</b>		
<b>Departure</b>	<b>Arrival</b>	<b>Mode of transport</b>
Women: Åre train station Thursday 20.02. at xx:	Storlien train station (10 minutes walk from the start) 20.02. at xx:xx (travel time = 40 minut	Train
Men: Åre train station Thursday 20.02. at x	Storlien train station (10 minutes walk from the start) 20.02. at xx (travel time = 40 minu	Train
<b>Transport Meråker - Trondheim</b>		
<b>Departure</b>	<b>Arrival</b>	<b>Mode of transport</b>
Meråker train station Thu 20.02. at x	Lerkendal train station, Trondheim (5 minutes walk to the hotel) 20.02. at xx:xx (travel time = 1 hour, 10 min	Tra
<b>Transport from Trondheim to the airpo</b>		
Departure and arrival	Bus-transport will be organized from the hotel to Trondheim Air (TRD) on Sunday 23.02. and Monday 24. Hotel Trondheim to Trondheim Airport = 40 minutes	

### **Mandatory train transport**

The train transport is mandatory for all the athletes and available also for team staff. Media with “train accreditation” will be allowed on the train between Östersund and Åre and between Meråker and Trondheim.

### **Transport of personal luggage**

For all athletes, coaches and staff we offer to handle the transport of personal luggage between the destinations. The luggage must be placed in a designated area in the hotel. It will only be possible to bring a smaller bag/ backpack on the train. Detailed information will be distributed at the Team Captains Meetings and at each hotel. When arriving in Östersund, all entered athletes, coaches and staff will get luggage tags.

### **Transport of skis and waxing equipment**

All equipment for waxing and all the skis must be transported by the teams/nations. If teams want support for transport of equipment/skis, we can offer that at a low cost.

### **Shuttle transport between the hotels and the venues**

Frequent bus shuttle transport between hotels and venues will be organised on training and competition days starting from Thursday, February 13th. Ending on Sunday February 23th.

### Transportation plan - overview

Date	Time	Competition/ Training	To-from	Bus/ trai
13.02.	xx:xx-xx:x x	Training Östersund	Tour hotels in Östersund ⇌ Östersund Ski Stadium	Bus
14.02.	xx:xx-xx:x x	Off. training Östersund	Tour hotels in Östersund ⇌ Östersund Ski Stadium	Bus
15.02.	xx:xx-xx:x x	<b>13:30:</b> 10 km int. start F W <b>16:10:</b> 15 km int. start F M	Tour hotels in Östersund ⇌ Östersund Ski Stadium	Bus
16.02.	xx:xx-xx:x x	<b>14:00:</b> 15 km pursuit C M <b>16:00:</b> 10 km pursuit C W	Tour hotels in Östersund ⇌ Östersund Ski Stadium	Bus
17.02.	xx:xx-xx:x x xx:xx xx:xx xx:xx  xx:xx xx:xx xx:xx	Training Östersund Travel to Åre (tour train 1)  Travel to Åre (tour train 2)	Tour hotels in Östersund ⇌ Östersund Ski Stadium Tour hotels in Östersund → Östersund train station Tour train 1 Östersund → Åre Åre train station → Tour hotels in Åre  Tour hotels in Östersund → Östersund train station Tour train 2 Östersund → Åre Åre train station → Tour hotels in Åre	Bus Bus Train Bus  Bus Train Bus
18.02.	xx:xx-xx:x x	<b>13:45:</b> Sprint F, qualification <b>16:15:</b> Sprint F, finals	Tour hotels in Åre ⇌ National arena Åre	Bus
19.02.	xx:xx-xx:x x xx:xx-xx:x x xx:xx-xx:x x	Off. training Storlien - Meråker Off. training Storlien - Meråker Training Åre	Tour hotels in Åre ⇌ Start area in Storlien Tour hotels in Åre ⇌ Finish area in Meråker (Grova) Tour hotels in Åre ⇌ Åre Björmen (CC courses)	Bus Bus Bus
20.02.	xx:xx xx:xx xx:xx-xx:x x xx:xx  xx:xx xx:xx xx:xx-xx:x x  xx:xx	<b>10:45:</b> 38 km mass start F W  <b>13:30:</b> 38 km mass start F M  Arrival Trondheim	Tour hotels in Åre → Åre train station Tour train Åre → Storlien (start), women Grova Ski centre (finish) → Meråkerhallen (lunch) * Meråkerhallen → Meråker train station  Tour hotels in Åre → Åre train station Tour train Åre → Storlien (start), men Grova Ski centre (finish) → Meråker train station  Tour train Meråker → Trondheim, women and men Lerkendal train station → Scandic Lerkendal hotel	Bus Train Bus Bus  Bus Train Bus  Train Walk
21.02.	xx:xx-xx:x x	Off. training Trondheim	Tour hotels in Trondheim ⇌ Granåsen Ski Centre	Bus
22.02.	xx:xx-xx:x x	<b>10:30:</b> Sprint C, qualification <b>13:00:</b> Sprint C, finals	Tour hotels in Trondheim ⇌ Granåsen Ski Centre	Bus
23.02.	xx:xx-xx:x x	<b>11:15:</b> 30 km pursuit C M <b>14:25:</b> 15 km pursuit C W	Tour hotels in Trondheim ⇌ Granåsen Ski Centre	Bus

\* After the women's race, the athletes will be transported to Meråkerhallen for lunch. Dressing rooms and showers are available. After the men's race all athletes will travel on the same train from Meråker to Trondheim.

### **Transport from/to the airports before and after the tour starts**

Transport from the airports (OSD and TRD) to Östersund and from the hotel in Trondheim to the airport (TRD) will be organised free of charge under the following conditions;

- Only one free of charge transfer per team from the official airport to the hotel and one from the hotel to the airport.
- Only for the staff people included in the staff quota.
- The arriving and departing times have to be communicated to the organiser latest 10 days before the first competition.

Price for additional transport:

- EUR xxx for Östersund Airport to the hotels in Östersund (up to 15 persons = EUR xxx, 16-50 persons = EUR xxx)
- EUR xxx for Trondheim Airport to the hotels in Östersund (up to 15 persons = EUR xxx, 16-50 persons = EUR xxx)
- EUR xxx for Hotel in Trondheim to Trondheim Airport (up to 15 persons = EUR xxx, 16-50 persons = EUR xxx)

### **Prices for shuttle and train transport during the tour**

All train and bus transport is free of charge for athletes and team staff during the tour.

Transport of personal luggage is free of charge for athletes and team staff during the tour.

Transport of equipment including skis between the competition destinations can be ordered. The cost will be EUR xxx (up to 15 persons) and EUR xxx (16-50 persons).

The transport logistics is handled by Gyro Conference.

E-mail: [transportskitour@gyro.no](mailto:transportskitour@gyro.no)

## **ACCOMMODATION**

Booking of accommodation is according to the FIS rules via FIS online registration system.

### **Accommodation costs**

The organising committees will pay for persons within the quota and within the competition period according to the FIS rules. Price per person outside the quota within: CHF 125 per person per night with full board (double room).

Accommodation before the official competition period in Östersund (before February 13)

SEK xxxx per person per night (double room)

SEK xxxx per person per night (single room)

### **Hotels**



Ski Tour 2020 offers accommodation with full board for all national ski associations cross-country teams and all officials.

The organiser will distribute the rooms/ hotels to the nations and the following hotels are “Ski Tour hotels”:

Östersund	Åre	Trondheim
Clarion Hotel Grand Hotel Östersu Scandic Hotel Syd Quality Frösö Park Ho	Copperhill mountain lodge Hotel Holiday Club Köjagården Fjällsätra Vålådalen Fjällgården Åre B&B	Scandic Hotel Lerkenda

#### **Accommodation offer for waxing staff for stage 4**

For the teams waxing staff/technicians rooms will be offered in Meråker from Wednesday 19.02. to Thursday 20.02. The number of rooms per nation is limited and based on the quota.

This will give the staff easy access to the service area in Meråker for stage 4 Storlien - Meråker.

The accommodation logistics is handled by Gyro Conference.

E-mail: [accommodationskitour@gyro.no](mailto:accommodationskitour@gyro.no)

#### **PAYMENT**

##### **Accommodation costs**

Teams will pay accommodation in the Service desk after TCM to Gyro Conference. Persons from the pay list will be paid by the OC directly.

##### Prize money payment

Due to data protection rules the data's from the athletes have to be given directly to [infoskitour@gyro.no](mailto:infoskitour@gyro.no) or on-site to the tour office.

Prize money form is available on FIS website under: (link)

##### Income tax information for prize money

- Income tax of European citizen is 15%
- Income tax of non-European citizen is 15%

## LOGISTIC PLAN FOR THE WAX TRUCKS

Date	Competition/ training	Venue	Information
	Arrival	Östersund	Waxing trucks arriving from Falun can enter the service area in Östersund Ski Stadium from xx.02. at xx:xx.
13.2.20	Arrival	Östersund	Waxing trucks should enter the service area in Östersund Ski Stadium at latest by xx:xx at 13.02.
14.2.20	Training	Östersund	
15.2.20	10/15 km F int. start	Östersund	
16.2.20	10/ 15 km C pursuit	Östersund	
17.2.20	Training/ travel to Åre	Östersund/ Åre	The courses in Åre will only be open at the competition day, 17.2.20 and the waxing trucks are allowed to park in the service area in Åre from xx:xx at 17.0
18.2.20	Sprint F/ travel to Meråker	Åre	After the sprint in Åre, the waxing trucks can drive to Meråker. Parking in the service area in Meråker from xx:xx at 18.02. Accommodation in Meråker for a limited number of persons from the service team from Wednesday 19.2. to Thursday 20.2. Accommodation for waxing truck drivers available in Meråker from 18.2.
19.2.20	Training	Storlien-Meråker	The service area is in Meråker (Grova Skisenter). No facilities for service in Storlien, but the start area is set up for official training. Travel distance between the finish in Meråker and the start in Storlien is 30 km.
20.2.20	38 km F mass start	Storlien-Meråker	After the race from Storlien to Meråker, waxing trucks can drive to Trondheim (Granåsen Skisenter) and access the service area from xx:xx at 20.02.
21.2.20	Training	Trondheim	
22.2.20	Sprint C	Trondheim	
23.2.20	15/ 30 km C pursuit	Trondheim	After the competitions in Trondheim, waxing trucks can leave the service area from xx:xx
24.2.20		Trondheim	All waxing trucks must leave the service area in Trondheim before xx:xx

- The key to the waxing cabins are available at the competition office in the venues. The deposit is EUR 100/ team. Keys return and deposit return to competition office on the day of departure.

- Parking cards will be handed out on the Tour information meeting on Thursday 13th of February.

### **Special permissions for truck driving (Sunday- and night, other days with special regulations)**

- There is no need of special permissions for truck driving on Swedish and Norwegian roads. No special rules and regulations, except for the normal Scandinavian weather and snow conditions and the need of snow tires.

### **TEAM CATERING**

- Team Catering facilities are open every day from 09:00 to 17:00
- Do not forget to sign up on the google doc for the lunch (link)

### **MEDICAL SERVICE**

- In case of emergency in Sweden, call 112
- In case of emergency in Norway, call 113
- Medical facilities are located in the venues in Östersund, Åre, Meråker and Trondheim.

### **REGULATIONS OF RADIO EQUIPMENT/ RADIO FREQUENCIES**

#### **Sweden**

TBC

#### **Norway**

- The import, export and the operation of radio equipment in Norway is regulated by national law. Permits for the use of radio transmission equipment must be requested according to national specifications.
- For information and application form please see <https://eng.nkom.no/technical/forms/frequency/frequencies>. Fill in the form 'Application for temporary use of radio equipment in Norway' and return it to [firmapost@nkom.no](mailto:firmapost@nkom.no).

### **REGULATIONS OF VISA**

- Remember that citizens of some countries will need visa for visiting Norway. <https://www.udi.no/en/>  
Please check with your embassy if you need a visa for Norway.
- For an official letter of invitation, please send a request to [post@skitour2020.com](mailto:post@skitour2020.com)

### **COURSES**

Date	Competition	Venue	Courses
15.2.20	W: 10 km interval start F M: 15 km interval start F	Östersund Ski Stadium	2 x 5 km 3 x 5 km
16.2.20	M: 15 km pursuit C M: 10 km pursuit C	Östersund Sk Stadium	4 x 3,75 km 3 x 3,3 km
18.2.20	W and M: Sprint F	Åre National Arena (alpine)	900 meter sprint course in the low part of the alpine piste.
20.2.20	W and M: 38 km mass start	Storlien - Grova Skisenter, Meråker	38 km course in the mountains, crossing the border between Sweden and Norway after 8 km
22.2.20	W and M: Sprint C	Granåsen Skisenter, Trondheim	1500 meter sprint course
23.2.20	W: 15 km pursuit C M: 30 km pursuit C	Granåsen Skisenter, Trondheim	3 x 5 km 6 x 5 km

## COMPETITION INFORMATION - SPECIAL PROVISIONS

### 18.2.20. Åre, sprint F

The sprint course is located in Sweden's national alpine arena. The height difference from the start to the finish is approximately xx meters. To reach the start again after the finish of a heat, the athletes have to walk down.

### 20.2.20. Storlien - Meråker, 38 km mass start F

Most of the course is unavailable from roads. To minimize the carbon footprint and the disturbance of animal life, the organiser will avoid unnecessary skidoos on the course.

#### Feeding

There will be no possibilities for feeding the first 22 km of the course. The athletes must carry their own nutrition.

After 22 km team staff can support the athletes (road access to the course).

A feeding zone after 34 km can be reached on skis on a designated course from the finish (approx. 3 km to ski)

#### Pole service

The OC will organise pole service along the entire course. The service will be given from OC skidoos and on fixed spots. The OC will ensure that the service personnel on the skidoos are familiar with Cross-Country World Cup, the speed and the athletes. Standard poles from one provider will be offered.

After 22 km and 33 km the team staff can organise their own pole service.

## Security

First aid will be organised along the entire course.

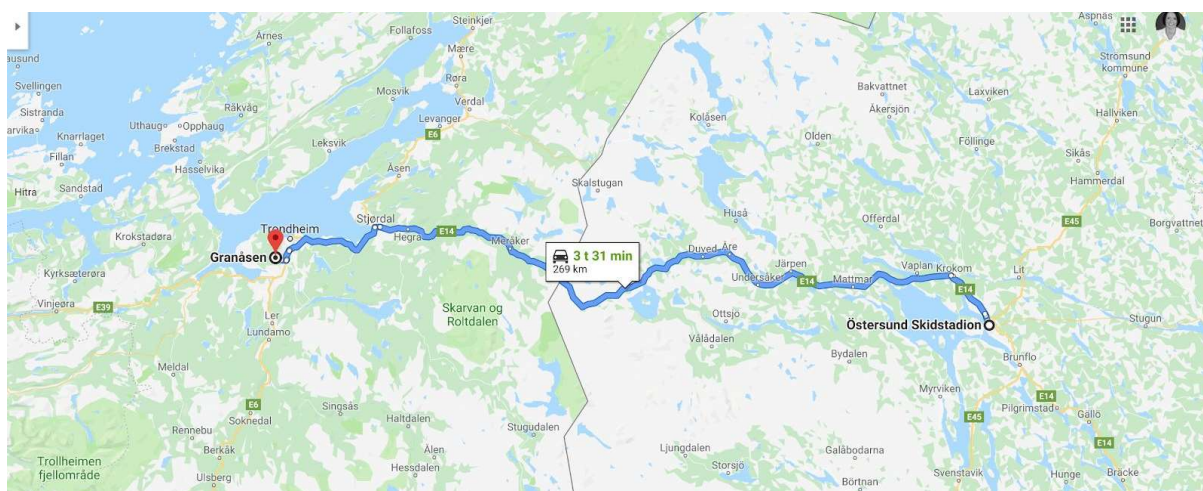
The course is in mountainous terrain. If the weather conditions are too rough, a 3,75 km course in Grova Skisenter, Meråker will be used.

## Wardrobes and lunch

After the finish, the athletes are taken by bus (7 km) to Meråker sport high school.

Wardrobes and lunch is available at the school. Towels etc. will be provided.

## ROAD MAP



## Distances:

From	To	Kilometer
Östersund Airport (OSD)	Östersund city centre (most tour hotels)	11 km
Trondheim Airport (TRD)	Östersund city centre	228 km
Trondheim city centre	Östersund city centre	260 km
Östersund city centre	Östersund Ski Stadium	3 k
Östersund	Åre	97 km
Åre	Storlien	
Åre	Grova Ski Centre, Meråker	90 km
Storlien	Grova Ski Centre, Meråker	30 km
Grova Ski Centre, Meråker	Trondheim city centre (tour hotel)	88 km
Trondheim city centre (tour hotel)	Granåsen Ski Centre, Trondheim	9 km

Trondheim city centre (tour hotel)	Trondheim Airport (TRD)	32 km
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## LAHTI (FIN)

### Program

Date	Competition	TCM	Other
Friday 28/02/2020		17.00 Ski Museum auditorium	
Saturday 29/02/2020	12:00 10 km women C 13:30 15 km men C	18.00 Ski Museum auditorium	Prize giving ceremony after the race
Sunday 01/03/2020	11:10 Relay 4x5km, Women 13:30 Relay4x7,5km, Men		Prize giving ceremony after the race

### Contacts

Position	Name	Phone	Email
FIS contact	Janne Marvaila	+358 400 600 852	janne.marvaila@lhs.fi