



LAMB LUMBER
FIS WORLD CUP
**NORDIC
COMBINED 'B'**

LAKE PLACID

Lake Placid, New York USA
December 18-21, 2006



OLYMPIC REGIONAL DEVELOPMENT AUTHORITY
2634 MAIN STREET, OLYMPIC CENTER
LAKE PLACID, NEW YORK 12946 USA

PHONE: 518.523.1655 EXT. 248 FAX: 518.523.9275 E-MAIL: hroland@orda.org www.orda.org



*On behalf of the United States Ski & Snowboard Association,
the Olympic Regional Development Authority and the Lake Placid Organizing Committee,
your nation, as a member of the Federation Internationale de Ski,
is cordially invited to participate on December 18-21, 2006 in the*

**2006 LAMB LUMBER
FIS WORLD CUP NORDIC COMBINED "B"
LAKE PLACID, NY USA**

COMPETITION RULES

FIS Rules will be applied to this competition.
All athletes are required to have a signed FIS Athlete Declaration in order to compete.

ENTRY REQUIREMENTS

Entry Form #1 – Registration

The final number of your competition team (including all competitors and officials) and the names of all participants must be sent to the organizing committee no later than November 20, 2006.

Entry Form #2 – Accommodations Application for the U.S. Olympic Training Center (OTC)
*Please note that OTC Accommodations are available only for
arrival December 18 and departure December 22, 2006.*

The Application for OTC Accommodations (including a complete rooming list) must be sent to the organizing committee no later than November 20, 2006.

It is essential that full names, date of birth, birthplace (city & country), passport # for all athletes, coaches and officials be included on the accommodations application form.

Entry Form #3 – Transportation Application

The organizers will provide round-trip transportation only from Albany, NY or Montreal, CAN airports and training/competition transportation in Lake Placid at the cost of \$300 (US) per person. The Transportation Application must be completed and sent to the organizing committee no later than November 20, 2006.

ENTRY INFORMATION SHOULD BE SENT TO:

**OLYMPIC REGIONAL DEVELOPMENT AUTHORITY
HEIDI ROLAND, EVENTS DEPARTMENT
2634 MAIN STREET, OLYMPIC CENTER
LAKE PLACID, NEW YORK 12946 USA**

PHONE: 518.523.1655 EXT. 248 FAX: 518.523.9275 E-MAIL: hroland@orda.org www.orda.org

ACCOMMODATIONS

The U.S. Olympic Training Center (OTC) 196 Old Military Road, Lake Placid, NY 12946

Accommodations will be available at the OTC in Lake Placid for the official program dates with arrival Monday, 12/18 and departure on Friday, 12/22. The organizers will provide room and board for all team members within the FIS World Cup "B" quota. Early arrivals cannot be accommodated at the OTC. Please contact the organizers if you require assistance in securing accommodations in the village prior to 12/18. Please note that early arrivals will be the financial responsibility of each team. Additional persons to the quota will be accommodated based on availability and FIS rules. The rooms are double and triple occupancy only, no single rooms. Coaches and staff may be housed in double (2) or triple (3) occupancy per room. All athletes will be housed in triple (3) rooms when possible.

Please complete Form #2 – OTC Accommodations Application and send to the organizers no later than Monday, November 20, 2006. Upon confirmation of your accommodations request, you will be forwarded additional forms for completion as required by the OTC.

VISA/FOREIGN ATHLETES ENTERING THE UNITED STATES

American Visas may be required for each person traveling in to the United States. At the border crossing each person will be required to pay a fee (\$6.00 US) and complete an I-94 registration card. Please remember that you will need a new visa each time you enter the United States.

REGISTRATION/CHECK-IN

Registration will be held in the Event Registration Room at the U.S. Olympic Training Center (OTC), Lake Placid. Please see the schedule for hours of operation. All team leaders must report to the registration upon arrival.

COMPETITION OFFICE

The competition Office will be located at the U.S. Olympic Training Center (OTC). Mailboxes will be provided for each team and officials for daily updates and results.

TEAM LEADER MEETINGS

Team Leader meetings will be held in the Adirondack Room at the U.S. Olympic Training Center (OTC).

CEREMONIES

Award ceremonies will take place immediately following each competition.

EQUIPMENT CONTROL

Equipment Control Testing will be conducted in accordance with the rules and regulations set forth by the FIS.

CURRENCY EXCHANGE

Your team is encouraged to exchange foreign currency to U.S. Dollars prior to your arrival. The best location for currency exchange is at the airport.

LIABILITY/INSURANCE

The organizer cannot be held liable for any damage or accident. All participants must be sufficiently insured against accidents and illness by themselves or their National Federation.

TRANSPORTATION

Automobile Rentals

For teams arriving at Pierre Trudeau (formerly Dorval) International Airport in Montreal, Canada or Albany International Airport in Albany, NY rental vehicles are available through many national car rental agencies. Arrangements can be made directly at the following North American telephone numbers:

Thrifty	1-800-367-2277	www.thrifty.com
Hertz	1-800-654-3131	www.hertz.com
Avis	1-800-331-1212	www.avis.com
Dollar	1-800-800-4000	www.dollar.com
National	1-800-227-7368	www.nationalcar.com

Cargo Vans:

Budget	1-800-527-0700	www.budget.com
Ryder	1-800-467-9337	www.ryder.com

Automobile rental is available locally:

Hertz	(518) 891-9044	1-800-654-3131
Enterprise	(518) 891-9216	1-800-325-8007
Priceless	(518) 523-483	
Ford	(518) 891-5560,	highpeaksrental@adelphia.net

Transportation from Airports

The organizers will provide round-trip transportation only from Albany, NY or Montreal, CAN airports and training/competition transportation in Lake Placid at the cost of \$300 (US) per person. Reservations for transportation are required.

The Form #3 - Transportation Application must be completed and sent to the organizing committee no later than November 20, 2006.



Olympic Jumping Complex

The Olympic Jumping Complex features the Olympic 90 and 120 meter ski jumps as well as 40 and 15 meter training hills. Landing hills on the K90 & K120 were redesigned in 1999 to meet the current FIS specifications. The site is fully equipped with a permanent snow making system, and integrated scoring system with display scoreboard and permanent speed meter.

Technical Information

	90 Meter Jump	120 Meter Jump
In-Run Length	96.5 meters	118 meters
In-Run Angle	35°	35°
Speed	55 mph	62 mph
Length of Landing Hill	90 meters	120 meters
Degree of Take Off Hang	10.5°	11°
Steepest Angle of Landing	37°	37°
Height of Tower	47 meters	77 meters
Vertical Distance	107 meters	137 meters
Horizontal Distance	1064 meters	1201 meters
Hill Record	100 meters	120 meters

The Olympic Jumping Complex in Lake Placid meets all FIS specifications and is FIS certified.

Athlete Facilities

A large wax room is available for jumpers to prepare their equipment before and during the competition. To eat and watch the competition there is a lodge with a cafeteria at the base of the jump.

Officials Facilities

The three story judge's tower was designed to provide the judges with the best view possible. The first floor is used for jumps from the 90 meter tower, and the third floor for judging the 120 meter tower. The second floor is designed to handle all the scoring and communication needs during the event.

Major Events at the Olympic Jumping Complex

1982-1989	World Cup Ski Jumping (70 and 90 Meter Events)
1986	World Junior Nordic Championships
1989	World Cup Nordic Combined
1984, 1988 & 1994	USA Olympic Trials, Intercontinental Cup Nordic Combined
1997-1999	World Cup "B" Nordic Combined
1995-1996	Continental Ski Jump series site
1996 & 1999	US Ski Jumping National Championships
1998	USSA Gold Cup
2000	Winter Goodwill Games (Ski Jumping, Nordic Combined, XC)
2002, 2004, 2005	World Cup "B" Nordic Combined



The Olympic Sports Complex Cross Country & Biathlon Center

Constructed for the 1980 Olympic Games the Verizon Sports Complex Cross Country Center offers some of the finest Nordic skiing available.

Technical Information

Start/Finish Altitude	620 meters above sea level	Low Point of Trail System	578 meters above sea level
High Point of Trail System	762 meters above sea level	Average trail width	6 meters
Total length of trails	50 kilometers	Average Snow Base	packed base of 25.4cm
Average snowfall	3.05 meters		
Average Temperature	7°C (from December-March)		

Athlete Facilities

There are Lodges located near start/finish areas equipped with bathrooms, wax and first aid facilities.

Wax Rooms & Wax Testing

Dedicated team wax rooms are in the Biathlon Building and a wax testing area is located 50 yards from the wax rooms.

Officials Facilities

Office space for meetings is available on site. A room in the timing building will be dedicated to the Jury.

Major events held at Olympic Sports Complex

1991, 1995 & 1996	U.S. Cross-Country National Championships
1995-1996	U.S. Biathlon National Championships
1998	USSA Gold Cup & World Masters Cross-Country Championships
1999	World Cup Biathlon
2000	Winter Goodwill Games (Cross Country), Winter National Senior Games (Cross Country)
2001	World Cup Biathlon
2001, 2002, 2004, 2005	World Cup B Nordic Combined
2003	U.S. Biathlon National Championships
2004	World Cup Biathlon



**December 18 – 21, 2006
LAKE PLACID, NEW YORK USA**

SCHEDULE

Monday, December 18 - Arrival

Registration	3:00 – 7:00 pm	OTC
Team Leader Meeting	5:00 pm	OTC

Tuesday, December 19 – Official Training

Registration	7:30 am – 8:30 am	OTC
X/C Official Training	9:30 am	OSC
Jump Official Training	12:00 NOON	OJC
Team Leader Meeting	5:00 pm	OTC

Wednesday, December 20 – Competition

Mass Start X/C (10km)	9:30 am	OSC
Mass Start Trial Round	12:00 NOON	OJC
Mass Start Jump Competition	1:00 pm	OJC
<i>Award Ceremony immediately following competition</i>		
Team Leader Meeting	5:00 pm	OTC

Thursday, December 21 – Competition

Mass Start Team Sprint (2x7.5km)	9:30 am	OSC
Mass Start Team Trial Round	12:00 NOON	OJC
Mass Start Team Sprint Jump Competition	1:00 pm	OJC
<i>Award Ceremony immediately following competition</i>		
NC "B" World Cup Celebration	TBD	TBD

Friday, December 22 – Departure

HAPPY HOLIDAYS TO ALL!

OTC = U.S. Olympic Training Center
 OSC = Olympic Sports Complex (Biathlon X/C Center)
 OJC = Olympic Jump Complex

