



TEAM INVITATION

3rd - 4th

December 2022

OPA CUP





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WELCOME



Hosting the Opa Cup Continental 2022 Cross-Country skiing competitions in Valfurva represents yet another opportunity to give prestige to the tourist resort of S. Caterina which it has done and continues to do over the years the organization of sporting events is one of its strengths.

A cordial welcome to our land to all athletes and companions and a special wish for good job to the organizing committee and to all the volunteers who will participate in an event that it will certainly be able to give strong emotions to the athletes and to all those who will be present to support them along the route of our fantastic track surrounded by the natural beauty of the Stelvio National Park.

Major of Valfurva

Luca Bellotti





Organizing Committee

Promoter

F.I.S.

Fis Internationale Ski Federations



Organizer

F.I.S.I

Federazione Italiana Sport Invernali



ORGANIZING COMMITTEE

Sci Club Alta Valtellina



Via Alessandro Manzoni, 22 - 23032 Bormio SO
sciclubaltavaltellina@gmail.com
+39 0342 901482

JURY

FIS TECHNICAL DELEGATE

Magand Guy (FRA)

ASSISTANT OF THE T.D

tbd (ITA)

CHIEF OF COMPETITION

Pizzi Andrea (ITA)





Rules and information

Dates

03 December – 04 December 2022

Competition Venue

Pista Valtellina Centro la Fonte- Santa Caterina Valfurva

Race Office

Sala Polifunzionale p.zza Magliavaca - Santa Caterina Valfurva | Opening hours:

Thursday 01st Dec, 02:00pm – 6:00pm and Friday, Saturday and Sunday 09:00 am – 06:00pm

Competitions

managed according to FIS 2022/2023 regulations.

General rules

International ski competition rules ICR -OPA COC 2022/23. All athletes must have an active FIS-CODE.

Entry rules and fee

Competitors from OPA member nations are exempt from the registration fee (max 40 per country);

for all other competitors (including regional teams) the entry fee is €15.00 each pers. for race.

Registration must be made through the National Ski Association for all athletes.

Each OPA nation has his own login code for: <https://live.pflanzl.info/registrationservice/pages/en/login.php>

Wax cabins

Preparation of the skis will take place in a structure near the crosscountry stadium and will be organized for all teams.

Awards

will be given to the six best athletes classified in each category on Saturday

and five best athletes classified in each category on Sunday





Venue and accommodation

Location

Santa Caterina Valfurva features several stunning itineraries which are just perfect for cross-country skiing enthusiasts. Valtellina track is structured along a wide plain and thick woods at an altitude of 1800 m. It is characterized by 5 and 10 km rings and ups and downs between 190 m and 390 m of altitude. The track shows original technical solutions and a demanding slope: they are much appreciated by the most experienced cross-country skiers. Of course Santa Caterina is excellence for everyone: next to the competitive track there is an easier track with 2, 3 and 5 km rings. It's just perfect and accessible for beginners too.

"La Fonte centre" is located at the start of the Valtellina track. It's run by the ski instructors of the cross-country ski school and it is a true meeting point for all cross-country skiing fans. You'll find changing rooms, waxing room, a place to store your clothes and equipment so that your skiing experience is even more comfortable.

The high altitude and the lovely position of Santa Caterina Valfurva guarantee perfect snow conditions on all tracks throughout the winter season.

Accommodation

PROLOCO TURISMO VALFURVA

p.zza Magliavaca, 4
23030 S. Caterina Valfurva (SO)

tel. +39 0342935544
www.santacaterina.it – info.valfurva@bormio.eu





Programme

Friday, 2nd December 2022

Sprint Free official training

From 09.30 to 13.00 Official training

Til 15.00 Entry confirmation, Race Office

17.30 TCM at the race headquarter, 2nd floor

18.00 Bibs distribution, Race Office

Saturday, 3rd December 2022

Sprint Free technique 1,4 km

6:00 Wax room open

8:30 - 09:20 Sprint Course open

9:30 Prologue W - 20 and W

From 10.30 Heats W - 20 and W

12.30 Prize giving ceremony W-20 and W

12.00 - 12.45 Sprint Course open

12.50 Prologue M -20 and M

From 14.30 Heats M -20 and M

15.50 Prize giving ceremony M-20 and M

Til 15.00 Registration confirmation, Race Office

17.30 TCM at the race headquarter, 2nd floor

18.00 Bibs distribution, Race Office

Sunday, 4th December 2022

Individual start Classic Technique 10 km

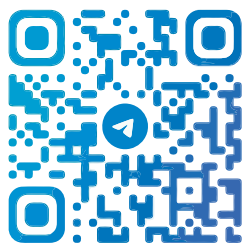
6:00 Wax room open

8:30 - 09:20 Course open

9:30 Start first athlete

12.30 Prize-giving ceremonies Individual competitions

Live Info



@OPACUP_SANTACATERINA22



Race course

Sprint Free technique 1,4 km



Individual start Classic Technique 10 km



Transportation

How to
reach us



BY CAR

S.S. 38

From south

Lecco, Colico, Sondrio,
Tirano, Bormio, S. Caterina V.

S.S. 39

Aprica: Brescia, Edolo, Aprica,
Tresenda, Bormio, S. Caterina V.

N. 27

Zernez (CH): St. Moritz, Zernez,
Livigno, Bormio, S. Caterina V.

BY TRAIN

TRENORD

From

Milano (Staz. Centrale)

Line

Milano - Sondrio/Tirano
(2 / 2.30 h.)

www.trenord.it

www.trenitalia.it

FERROVIA RETICA

From

Coira - St. Moritz (CH)

Line

Coira - St. Moritz - Tirano
(2.30 / 4 h.)

www.rhb.ch

BY BUS

BUS PEREGO

Tirano, Bormio

www.busperego.com

BUS SILVESTRI

Alta Valtellina, Zernez

Annual

www.silvestribus.it

www.rail.ch

BUS SILVESTRI

Alta Valtellina, Pontresina

Summer

www.silvestribus.it

www.rail.ch

BY PLANE

MILANO ORIO AL SERIO

AIRPORT (IT) (170 Km)

MILANO LINATE

AIRPORT (IT) (200 Km)

MILANO MALPENSA

AIRPORT (IT) (220 Km)

ZÜRICH

AIRPORT (CH) (250 Km)

INNSBRUCK

AIRPORT (AUT) (215 Km)

MUNICH

AIRPORT (GER) (400 Km)





Medical services



1x

Pronto Soccorso Bormio:

The emergency room is located in Bormio at the Azienda Ospedaliera Della Valtellina e Della Valchiavenna, Via Agoi 8a

tel. +39 0342 909001

Ospedale Morelli Sondalo:

The next hospital is located at the nearby town Sondalo, 29 km drive / 6 min. by helicopter

te l. +39 0342 808111 or 118



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SEE YOU IN S.CATERINA

CONTACT

info.valfurva@bormio.eu



