

Official Invitation

FIS FESA Continental Cup

Cross Country Skiing Jakuszyce

20 – 21 January 2024

The Czech Ski Association and the Poland Ski Association are honored to invite all member federations of the FESA to participate in the FIS FESA Continental Cup Cross Country Skiing in Jakuszyce.

Carried out by

Jakuszyce – Poland – *Jakuszyce 8, 58-580 Szklarska Poręba*

Organizing Committee

FIS TD	Anger Christian /GER/
National TD	Ola Fundanicz /POL/
FESA Delegate	Štěpán Kaliba /CZE/
Director of OC	Wojciech Gawor /POL/
Chairman	Štěpán Kaliba /CZE/
Chief of Competition	Faustyna Malik /POL/
Competition Secretary	Barbara Krok /POL/
Chief of Course	Marek Operacz /POL/

Official Program according to FIS

DATE	CODEX	EVENT	CATEGORY	GENDER
20 January	3581	10 km Interval Start Free	OPA	M
20 January	3583	10 km Interval Start Free	OPA U20	M
20 January	3580	10 km Interval Start Free	OPA	W
20 January	3582	10 km Interval Start Free	OPA U20	W
21 January	3585	20 km Mass Start Classic	OPA	M
21 January	3587	15 km Mass Start Classic	OPA U20	M
21 January	3584	20 km Mass Start Classic	OPA	W
21 January	3586	10 km Mass Start Classic	OPA U20	W

Contact Information Race office

zgloszenia.biegi@gmail.com

+48 883 367 740

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Office Hours

Thursday 5pm - 7pm

Friday 9am – 6pm

Saturday 8am – 6pm

Competition & Entry Rules

International Ski Competition Rules,
ICR Rules for the FIS CROSS-COUNTRY CONTINENTAL CUP

FESA Cup Rules 2023/24

All athletes must have an active FIS-Code

Fluor-Ban:

ICR: 222.8 Fluorinated ski wax prohibition.

Use of fluorinated wax or tuning products containing fluorine is prohibited for all FIS disciplines and levels. Fluorinated wax can be a competitive advantage and its use in competition will result in disqualification. (see competition rules and equipment specifications.) It is the responsibility of the respective team to ensure compliance with the FIS-ICR.

Entry athletes and coaches

Provisional Entry 15.12.2023

Final Entry 17.01.2024

The entries must be done by the national Ski Association for all Athletes and Staff with the official program entry system <https://live.pflanzl.info/registrationservice/pages/de/login.php>.

For competitors from “Core” and “New” FESA nations there will be no entry fee (max. 40 per big nation / 20 per small nation). For all other competitors (including regional teams) over the quota there will be an entry fee of EUR 15,00 per competition. Non-Members FESA Nordic Commission (i.e. Basic FESA members) and Non-FESA Countries: Entry Fee EUR 25,00 per competition.

Final entries have to be made 2 hours before the team captains meetings in the race office to correct during the opening times.

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Accommodation and Accreditation

Please note:

Booking of accommodation, following the rules of FIS, has to be transacted ONLY through the Organising Committee!

Timetable

Friday

10-12:00	free training on the courses
12:00-14:00	official training
14:00-16:00	free training
15:00-16:00	Control of Entries
18:00	TCM

Saturday

08:25-09:25	Official Training
09:30	Individual Start
	Prize giving ceremony
14:00-16:00	free training
16:00-17:00	Control of Entries
19:30	TCM

Sunday

08:25-09:25	Official Training
09:30	Mass Start
12:30	Prize giving ceremony

Subject to Changes, exact start times for each categorie will be confirmed during TCM

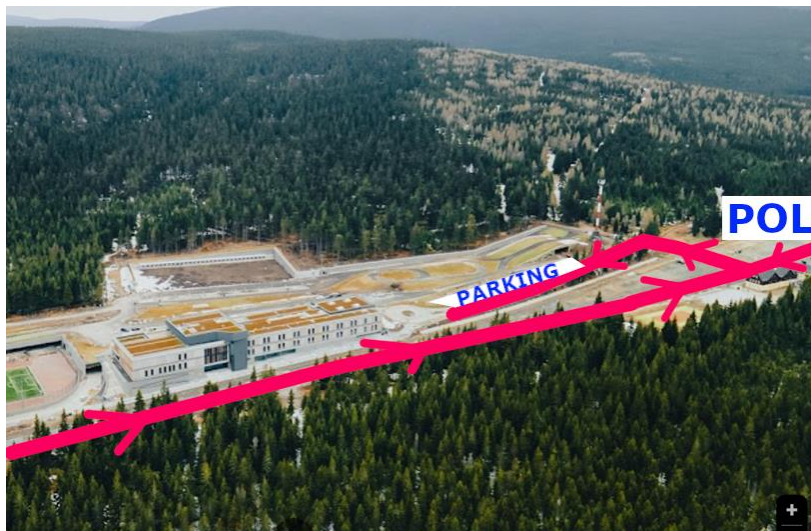
Official Invitation

FIS FESA Continental Cup

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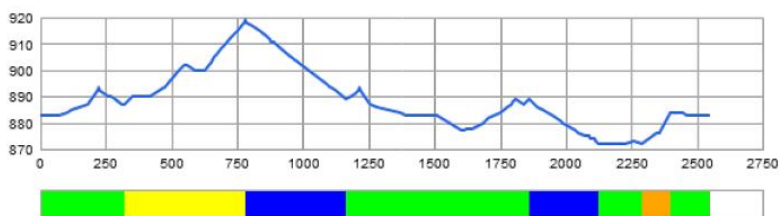
Parking



Czech
Republic
direction

Courses

Course length:	2,547m	Height difference (HD):	47m	Lowest point:	872m
Course category:	C	Maximum climb (MC):	34m	Highest point:	919m
		Total climb (TC):	75m		



A-climb B-climb C-climb descent undulated terrain



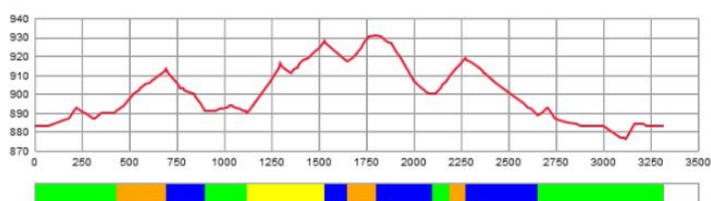
Official Invitation

FIS FESA Continental Cup

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Course length:	3,315m	Height difference (HD):	55m	Lowest point:	876m
Course category:	C	Maximum climb (MC):	43m	Highest point:	931m
		Total climb (TC):	127m		



A-climb B-climb C-climb descent undulated terrain

