

F I S F a r E a s t C u p

2 0 2 4 Hakusan Shiramine CrossCountry Ski Race

Team Captain Meeting Agenda

1. Roll Call of Teams
2. Opening
3. Weather forecast and Latest Snow condirion
4. Introduction :
 Technical Delegate(Mr.Tatsuya Watanabe), Assistant TD (Mr.Eisaku Fujimoto),
 Chief of Competition(Mr.Jyunichi Takuchi) and Major Official
5. Introduction :
 OC memebres and Regional representative.
6. The Draw and Seeding process
 Starting order(list) and Group (seeded group), which made by Computerized Draw.
 It was under presence of Jury members (TD/ATD/Secretary)on Feb.3nd 9:00
7. Race Event

①Race Schedule

		Category / Interval	Course
Feb.4th	9 : 3 0	Men 1 0 k m (F) Interval start 15sec	5.0 k m
(Sun)	1 0 : 3 0	Women 1 0 k m (F) Interval start 15sec	

※Offical Course open Race day: 7:30AM

Training day 8:00am - 15:30pm

②Bibs Picking for Distribution

Race dat (Feb.4th) 7:00am at Front desk of "Kamoshika" House

Team coach (Service Official Supplier Team) : 1 pc at Team.

Additional Bibs upon Request. It will be detreminded by Offical Staff

③Warming up and Cool Down on Race day

All athletes wear the bibs **inside-out(oposite)** on the course and stadium.

Team Coach and Service man also wears all time in Stadium..

*For order and control, during the competition (See ICR344.2)

from 5 minutes before the start until the time the course closers have passed

All memebres are not permitted ski on the course.

After Mens Race, the course closer has passed,

Course will be opend until 10:25am

On race progrerss, not permitted ski for training on the course.

Ski training on sub warming up trail.

④D N S

One(1) Hour before start of race, return the Bib with declaration of DNS

⑤D N F

Declare/Notice to Official staff and need to return the bib.

⑥ Protest

See ICR 361 = check the regulations under which the race is being conducted for the time limit for filing any protests.

The protest must be in writing, be accompanied by a fee and contain the following:

- Name of the complainant;
- date and time of the protest submission;
- time of the incident being protested; Fee CHF100.00

⑦ Official information Board(1) : Weather and schedule, updated according to schedule.

⑧ Official information Board (2) : Starting list, Result and any change will be informed.

Web H P URL : <https://kamosika.goraikou.com/>

⑨ FIS point in accordance with #5 Uploaded (Active)

National SAJ point in accordance SAJ Point uploaded.

⑩ Course Map and Stadium lay-out

follow on the Official information Board.

Finish zone: four(4) corridor of 100Meter

⑪ Rule of FEC Shiramine Cross Country Race : ICR edition October '2023

The use of fluor wax is prohibited, and it is prohibited to bring it into the venue.

⑫ Other:

a) The all course, skiing backwards on the course is prohibited. (See ICR344)

b) Wax test with timing system is prohibited on the course.

c) In car parking, OC does not take responsible in any incidents.

d) No littering in stadium.

e) No smoking, no littering of cigarette in race Event Stadium.

f) Take your Litter(Trash) home

g) Toilet = 1st Floor of "Kamoshika" House

h) Dress Room : Men "Plant" House Women Second(2) Floor of "Kamoshika"House

i) Team Tent Hat : follow the place on the stadium Map.

j) Any person, Do not touch electrical wire / timing equipment.

In Security and safety reason, do not pass over fence/Net in Stadium and course.