



***2004 Lamb Lumber
FIS World Cup Nordic Combined "B"
Lake Placid, New York USA
December 13-19, 2004***



Olympic Regional Development Authority
2634 Main Street, Olympic Center
Lake Placid, New York 12946 USA
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*On behalf of the United States Ski & Snowboard Association and
the Lake Placid Organizing Committee, your nation,
as a member of the Federation Internationale de Ski, is cordially invited
to participate in the 2004 Lamb Lumber FIS World Cup Nordic Combined "B"
on December 13-19, 2004 in Lake Placid, New York, 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.

ENTRIES

Registration Form #1 - Registration

The final number of your competition team (including competitors and officials) and the names of participants must be sent to the organizing committee *no later than November 12, 2004.*

Registration Form #2 - Olympic Training Center Accommodations

Your application for accommodations at the Olympic Training Center must be forwarded to the organizers along with a complete rooming list *no later than November 12, 2004.*

Please note: It is essential that birthplace, date of birth and passport # for all athletes, coaches and officials be included on the accommodations application form.

Registration Form #3 - Athlete Biography

Athlete Biography Form to be completed and forwarded to the organizing committee
no later than November 12, 2004.

Entry information should be sent to:

Olympic Regional Development Authority
2634 Main Street, Olympic Center, Attention Heidi Roland
Lake Placid, NY 12946 USA

Phone: (518)523-1655 ext. 248
E-Mail: hroland@orda.org

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ORGANIZATION OF THE EVENTS

***The 2004 Lamb Lumber World Cup Nordic Combined "B" competition
is organized by the Olympic Regional Development Authority (ORDA)
in conjunction with the United States Ski & Snowboard Association.***

ORDA BOARD OF DIRECTORS

	Charles A. Gargano, Chairman		
	Serge Lussi, Vice Chairman		
	Ted Blazer, President/CEO		
	Jeff Byrne, Senior Vice President		
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	Jim Shea, Jr	Arthur Spiegel	Edwin Weibrecht

COMPETITION COMMITTEE

Honorary Chief of Competition	Mr. J. Vernon Lamb, Jr.
Chief of Competition	Mr. Joseph Holland
Assistant Chief of Competition	Mr. Matt Laue
FIS Technical Delegate	Mr. Helmuth Wegscheider GER
FIS Assistant Technical Delegate	Mr. Joe Lamb USA
Jumping Judge	Mr. Mark Servold CAN
Jumping Judge	Mr. James Colby USA
Jumping Judge	Mr. Daniel Warner USA
Jumping Judge	Mr. Art Tokle USA
Jumping Judge	Mr. Mike Symalla USA
Race Secretary	Ms. Patty Clark
Medical	Dr. Brad Stephens
Timing/Scoring	Mr. Phil Baumbach

ORGANIZING COMMITTEE

CHAIRMAN	Mr. Jim Goff
VICE CHAIRMAN	Ms. Katie Million
VENUE MANAGER	Mr. Dan Warner
SPONSORSHIP	Mr. Jeff Potter
MARKETING/PROMOTION	Mr. Tim Huber
MEDIA INFORMATION	Mr. Sandy Caligiore
REGISTRATION	Ms. Heidi Roland
EVENT MANAGER	Ms. Patricia Clark
ACCREDITATION/LOGISTICS	Ms. Marilyn Kertz



2004 Lamb Lumber FIS World Cup Nordic Combined “B”

Tentative Event Schedule

Monday	Dec. 13		Team Arrival	OTC
		16:00–18:00	Registration/Check-in	OTC
Tuesday	Dec. 14	12:00–16:00	Registration/Check-in	OTC
		17:00	Team Leader Informational Meeting	OTC
Wednesday	Dec. 15	10:00	K-120 Official Training	MIJC
		14:00	X/C Official Training	VSC
		17:00	Team Leader Meeting/Draw	OTC
Thursday	Dec. 16	10:00	Gunderson K-120 Ind. Trial Round	MIJC
		11:00	Gunderson K-120 Ind. 1st Round	MIJC
		12:00	Gunderson K-120 Ind. 2nd Round	MIJC
		14:00	Gunderson 15K X/C Competition	VSC
		17:00	Team Leader Meeting/Draw	OTC
Friday	Dec. 17	12:00	K-120 Sprint Trial Round	MIJC
		13:00	K-120 Sprint Competition	MIJC
		15:00	7.5K X/C Sprint Competition	VSC
		17:00	Team Leader Meeting/Draw	OTC
Saturday	Dec. 18	10:00	10K Mass Start X/C Competition	VSC
		12:00	K-120 Trial Jump	MIJC
		13:00	K-120 Jump Competition 1 st Round	MIJC
		14:00	K-120 Jump Competition 2 nd Round	MIJC
		16:00	Awards Banquet	MIJC
Sunday	Dec. 19		Teams Depart	

MIJC = MacKenzie-Intervale Jumping Complex

VSC = Verizon Sports Complex

OTC = Olympic Training Center

ACCOMMODATIONS

The Olympic Training Center (OTC)

Accommodations will be available at the Olympic Training Center (OTC) in Lake Placid. The organizers will provide room and board for all team members within the FIS World Cup "B" quota. The official program dates begin on Monday, December 13, 2004 and end on Sunday, December 19, 2004. Early arrivals and late departures will be the financial responsibility of each team and will be subject to availability. Additional persons to the quota will be accommodated based on availability at the FIS established rate of CHF 90 *payable in US funds only* per person per night including meals. The rooms are double, triple and quad occupancy with no singles. Coaches and staff may be housed in double (2), triple (3), or quad (4) occupancy per room. Athletes must be housed in either triple (3) or quad (4) occupancy per room. Rooms will be secured on a first come, first serve basis. Birth date, birthplace and passport # are required for all athletes and officials. Please complete Form #2 and forward to the organizers no later than November 12, 2004 to apply for accommodations at the OTC. 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 into the United States. At the border crossing you will be required to pay a fee of \$6.00 (US dollars) and fill out an I-94 registration card. This is very important in facilitating your arrival to the United States. Please remember you need a new visa *each time* you enter the United States.

REGISTRATION/CHECK-IN

Registration will be held in the AuSable Room at the Olympic Training, Lake Placid, New York. Please see schedule for times. ***All Team Leaders must report to the registration area upon arrival.***

COMPETITION OFFICE

The competition offices will be located at the Olympic Training Center. Mailboxes will be set up 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 Olympic Training Center located on Old Military Road, Lake Placid.

TRANSPORTATION

Automobile Rentals

For teams arriving at 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 by calling the agency directly at one of the below North American telephone numbers:

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

Cargo Vans

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

For your convenience, the organizers have secured special rates with Hertz Car Rentals at both Albany and Montreal Airports. These special rates include unlimited mileage and can be reserved by calling Hertz directly at 1-800-654-2240 and using the Lake Placid Olympic Authority 2004/2005 Events identification **CDP# 19056**. Automobile rental is available locally:

Avis	(518) 523-3506 or 1-800-331-1212
Hertz	(518) 523-3158 or 1-800-654-3131

The organizers will provide roundtrip transportation from Albany, NY and Montreal, CAN and training/competition transportation at a cost of \$300(US) per person.

CEREMONIES

Award Ceremonies will take place at the Awards Banquet, Ski Jumps Base Lodge on Saturday, December 18, 2004.

EQUIPMENT CONTROL

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

CURRENCY EXCHANGE

You are encouraged to exchange foreign currency to US dollars prior to your arrival in the United States. We would suggest at the airport. The local banks can exchange Euros to US Dollars for a fee. Please note that the fee for this service is \$30.00 US per transaction.

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.

HEALTH & FITNESS FACILITIES

Olympic Training Center (OTC)

Athletes staying at the Olympic Training Center have full access to the Health & Fitness facilities on site. Included in the facility is a full strength area with power lifting platforms as well as a sauna for recovery training.

The Athlete's Club

The Athletes Club is a weight room and training facility located in the Olympic Center. It is designed to meet the needs of the local and visiting athletes that frequent the Olympic venues as well as athletes from other recreational sports. The Athletes Club is an open membership facility with an array of equipment geared for serious to world class athletes, which includes Olympic lifting platforms, medicine balls, squat cages, plyo boxes, heavy and speed bags to name a few. Instruction is available upon request. Team pricing is available. Call Kyle Meadows at 518-523-1655, ext.340 or email him at theathletesclub@hotmail.com.

Lake Placid Health & Fitness Club

Lake Placid Health & Fitness is Lake Placid's premier health club - a 14,000 sq. foot operation on route 86, 2 miles from Main Street (next to Price Chopper). The facility includes men's and women's sauna, two group fitness programming rooms, state-of-the-art cardiovascular machines and strength training equipment, a juice bar and tanning booths. Call Gavin Johnston, Operations Manager, for more information at 518-523-4127, ext.16 or email him at info@placidhealth.com.



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

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.

Media Facilities

The base lodge offers media personnel access to phones, fax machines and a work area.

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.

Timing and Scoring

The full time event staff has a complete set of electronic scoring equipment for the five judges. To exhibit the scores a full sized scoreboard at the base of the jump is used to display the top jumpers and their jump distances.

Technical Information

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

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
1994-1995	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	World Cup "B" Nordic Combined



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

Athlete Facilities

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

Wax Testing

A dedicated wax testing area is located 50 yards from the wax test rooms.

Officials Facilities

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

Timing and Scoring

The permanent timing building at the Verizon Sports Complex Cross Country Center is located adjacent to the start/finish line and operates a full complement of Alge timing systems, displays and communications equipment.

Safety Facilities

The Verizon Sports Complex Cross Country Center is equipped with snow machines and toboggans to remove injured skiers off the course. An on site medical room is available for further evaluation. The nearest hospital is five miles from the ski center.

Snow Making

The onsite snowmaking system is capable of covering the entire start/finish stadium and the relay start area. There is also the capacity to cover a 3K loop by transporting snow by truck and trailer.

Track Equipment

The Cross Country ski center owns and operates 4 new Bombardier Skandic snow machines as well as 3 Tidd Tech individual track setters, and one double track setter. Additional grooming equipment includes: two LMC Thiokol Imps, a Piston Bully 130 and 240 fully equipped with tillers and YTS track setters, and a wide assortment of packing and grading machines.

Parking Facilities

There is parking for 5000 automobiles within a short walk to the Lodge and race stadium.

Major Events Held at Verizon 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)
2000	Winter National Senior Games (Cross Country)
2001	World Cup Biathlon
2001, 2002	World Cup B Nordic Combined
2003	U.S. Biathlon National Championships
2004	World Cup Biathlon