



# *TEAM CAPTAIN MEETING*

Sprint races

Flaine, FRANCE – January 10th, 2024

# TCM Table



ISMF European Council Pdt

Gunel Badalova

ISMF Event Coordinator:

Josef Gruber

LOC Race Director:

Olivier Mansiot

ISMF Jury President:

Oriol Montero

ISMF 1<sup>st</sup> Referee:

Monika Strojny

ISMF 2<sup>nd</sup> Referee:

Yves Ancrenaz

ISMF Technical Delegate:

Stefano Mottini

ISMF Speaker:

Christine Cavagnet

# The ISMF Race Jury

## Members.

ISMF Jury President:

Oriol Montero

ISMF 1<sup>st</sup> Referee:

Monika Strojny

ISMF 2<sup>nd</sup> Referee:

Yves Ancrenaz

LOC Race Director:

Olivier Mansiot

ISMF Technical Delegate:

Stefano Mottini



# Programme

## Youth Sprint race.

UCPA breakfast 5:45 to 9:00

UCPA lunch 11:00 to 13:15



8:00	Pre strat TCM
8:25 - 8:40	Youth recognition
8:55	Youth Qualification
9:34	U18W Semi finals
9:48	U18M Semi finals
10:02	U20W Semi finals
10:14	U20M Semi finals
10:30	U18W final
10:38	U18M final
10:46	U20W final
10:54	U20M final
11:05	Flower ceremonies
17:00	Award Ceremonies at UCPA first floor

# Programme

## Senior Sprint race.

UCPA breakfast 5:45 to 9:00

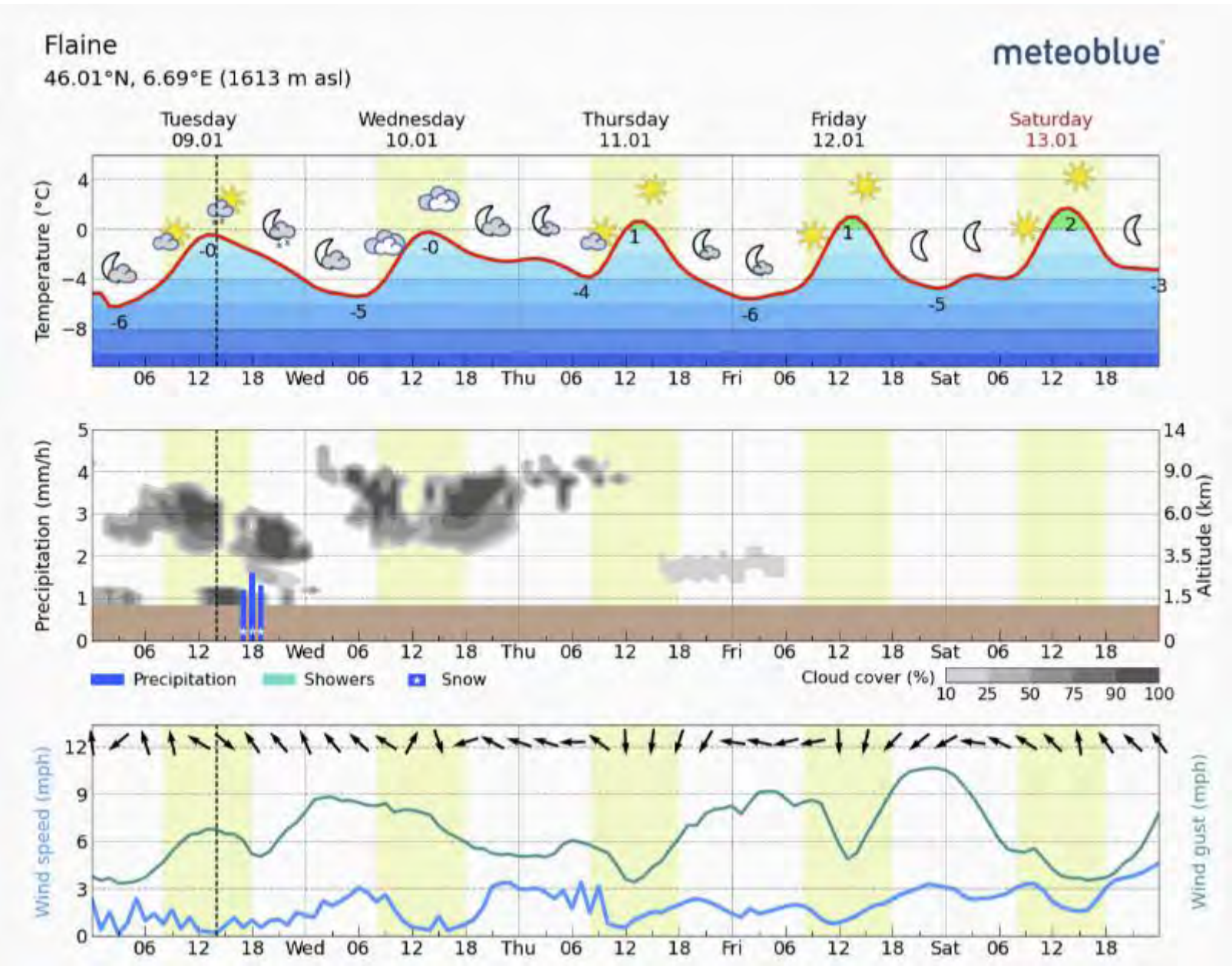
UCPA lunch 11:00 to 13:15



12:20	Pre strat TCM
12:55-13:10	Senior recognition
13:30	Senior Qualification
14:05	Start of the live streaming
14:20	Women heats
14:47	Men heats
15:17	Women Semi finals
15:34	Men Semi finals
15:53	Women final
16:06	Men final
16:15	Flower ceremonies
17:00	Award Ceremonies at UCPA first floor

# Weather Forecast

## Wednesday - 10.01.2024





# Overview



UCPA

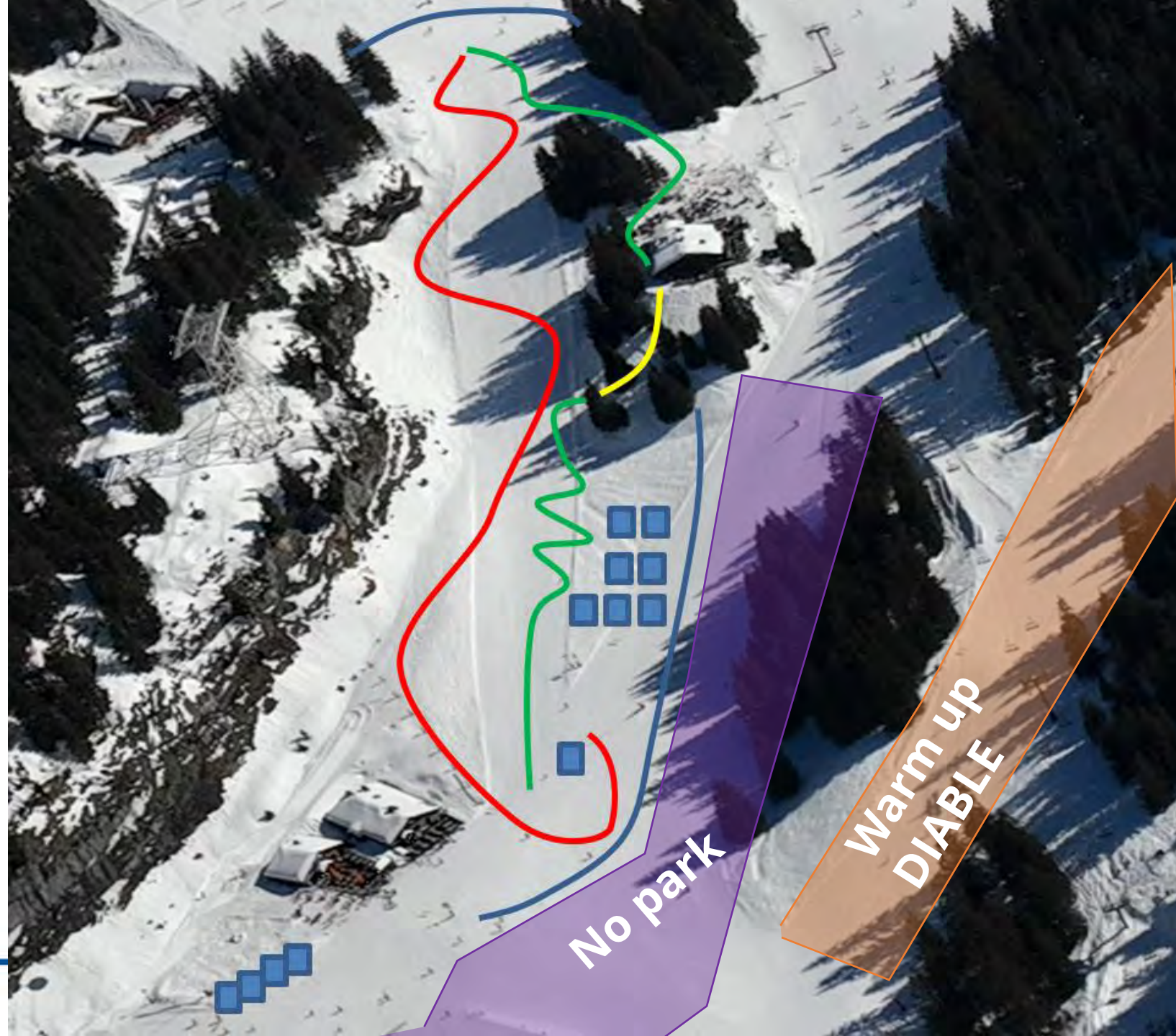
SPRINT

Warm up

VERTICAL



# Sprint





# Sprint



# Sprint Race

Height profile.



# Sprint Compulsory Equipment

Wednesday 10.01.2024



COMPULSORY EQUIPMENT	INDIVIDUAL
Passport/National ID card or a copy (in the backpack or race suit)	X
Skis	X
Bindings	X
Boots	X
Ski poles	X
Skins (one pair min.)	X
Helmet	X
Gloves	X
Backpack	X
Eyewear	X
2 layers up (long sleeves) 1 layer down	X



# Race Location

Wednesday 10.01.2024

Team Area: Tent around finish area

Warm-Up Area: **ski slopes DIABLE**

Toilets: DMC cable car



# Bib and Chips position

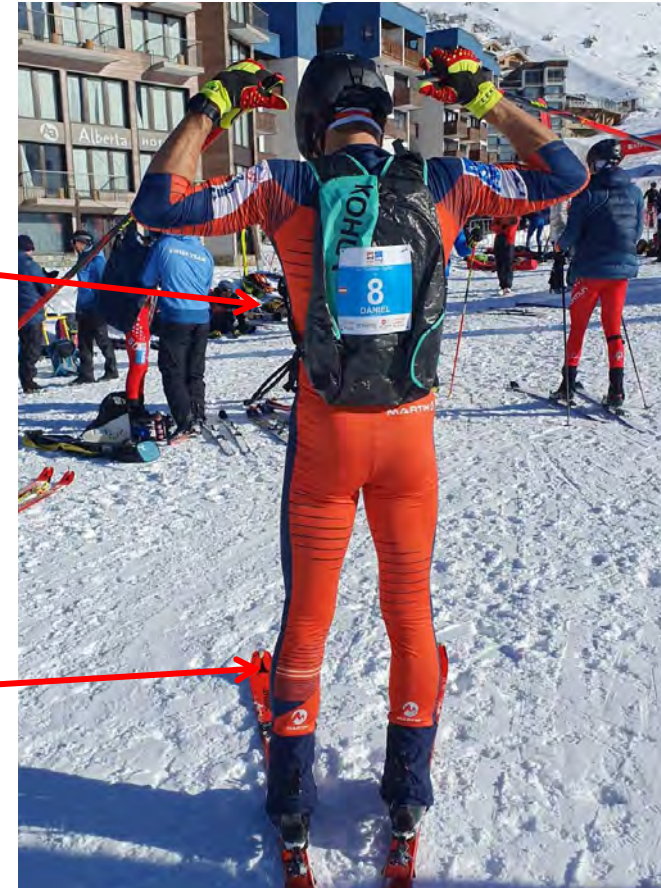
Rules and guidelines.



Bib on the  
backpack

Bib on both thighs  
(right and left)

2 chips above  
or below the calf



# Case of abandon of an athlete



## Rules and Guidelines.

### Abandon:

- An athlete having difficulties may give up on his/her own initiative or be forced to give-up by decision of the LOC Race Director or one of the doctor's present.
- Giving up (by own initiative or forced) must take place at a checkpoint or waypoint according to the procedure described during race TCM except under extreme circumstances. For team races, if one team member gives up then the other will be told to give up and must follow instructions given by the controllers. Every athlete having withdrawn MUST inform the ISMF Jury President (or his representative) upon arrival at the finish area. The athletes having withdrawn may also be subject to doping control.



# Useful links for the race

Timing and media.

[Live Result](#)

[Live streaming](#)



# Most important people

LOC contacts.



Position	Name	Contact
Race rescue manager	Jerome GUGGISBERG	+33 (0) 6 20 44 84 94
Race director	Olivier MANSIOT	+33 (0)6 76 77 31 62



# *TEAM CAPTAIN MEETING*

Vertical Race

Flaine, France – Thursday January 11th, 2024



# Programme

## Vertical race.



Bib distribution

Wednesday 18:00 at the race office (after sprint ceremony)

Race recognition

Wednesday 16:30 to 17:30

Nobody during the day on this ski slope

# Programme

Vertical race.

UCPA breakfast 5:45 to 9:00

UCPA lunch 12:00 to 13:30



**7:30-8:00**      **Bag/backpack deposit near the Picasso monument, carry to the finish area**

**8:30-9:00**      **Free access to the chairlift (Tete des Verds) for the coaches**

8:30      Pre strat TCM in the start area

9:20      U18M

9:40      U18W

10:10      U20M

10:30      U20W

11:00      SEN/U23 Women

11:30      SEN/U23 Men

Flower ceremony after each Top 3 arrivals

15:00      Award Ceremonies **outside, in front of UCPA**  
**with Combined ranking**

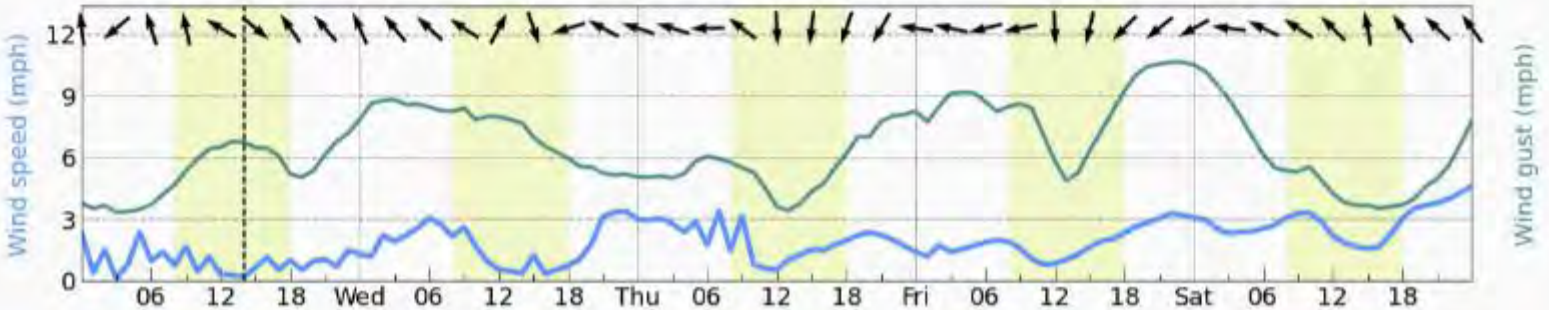
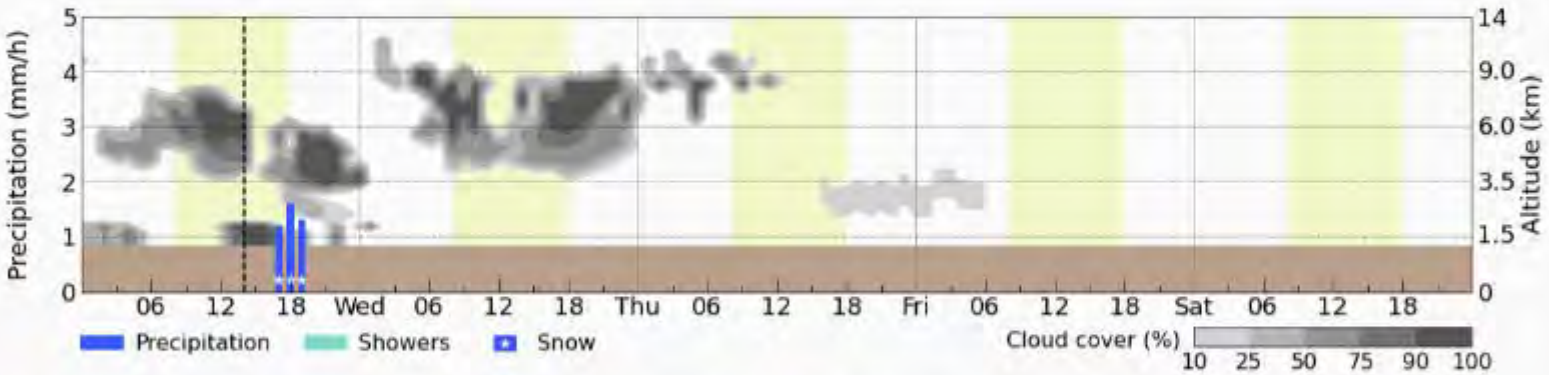
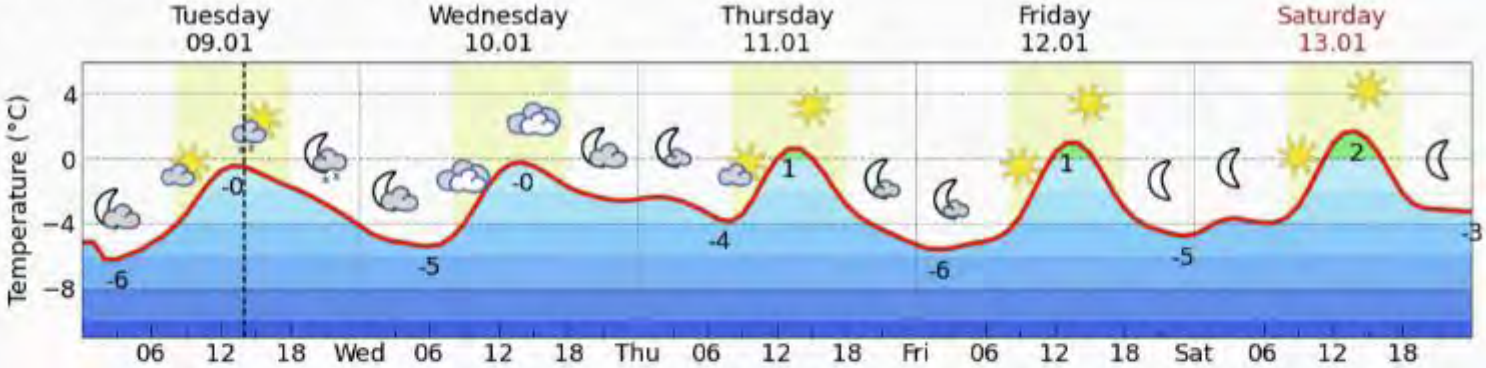
# Weather Forecast

Thursday - 11.01.2024

**Thursday**

	03 <sup>00</sup>	06 <sup>00</sup>	09 <sup>00</sup>	12 <sup>00</sup>	15 <sup>00</sup>	18 <sup>00</sup>	21 <sup>00</sup>	00 <sup>00</sup>
☾ Temperature (°C)	-2°	-3°	-3°	0°	0°	-3°	-4°	-5°
👤 Temperature felt (°C)	-6°	-7°	-8°	-3°	-3°	-6°	-8°	-9°
🌀 Wind direction	↖ESE	←E	↘SE	↓N	↓N	↗NNE	↗NNE	←E
🌬 Wind speed (km/h)	4-8	3-10	5-9	1-6	2-7	3-10	4-12	2-13
💧 Precipitation (mm/3h)	-	-	-	-	-	-	-	-
📊 Precipitation probability	0%	0%	0%	0%	0%	0%	0%	0%
🕒 Precipitation hourly	No precipitation expected							
🌧 rainSPOT	Precipitation distribution within 20 km							

Flaine 46.01°N, 6.69°E (1613 m asl) meteoblue®





# Overview





ISMF SKI-MOUNTAINEERING EUROPEAN CHAMPIONSHIPS - FLAINE CHAMONIX 2024



# VR Compulsory Equipment

Thursday 11.01.2024



COMPULSORY EQUIPMENT	INDIVIDUAL
Passport/National ID card or a copy (in the backpack or race suit)	X
Skis	X
Bindings	X
Boots	X
Ski poles	X
Skins (one pair min.)	X
Helmet	X
Gloves	X

Helmet also for coaches please





# *TEAM CAPTAIN MEETING*

Mixed relay Race

Chamonix , France – Friday January 12th, 2024

# Programme

## Mixed relay race.

Team composition

Thursday 13:00 to 13:30 at the race office (Flaine)

Bib distribution

Thursday 18:00 at the race office (Flaine)

and Friday on the Planards Restaurant (Chamonix) 11:00 to 14:00

Bibs are packed separately per gender (women – men). If still mixed at the race, the team will be disqualified.





# Programme

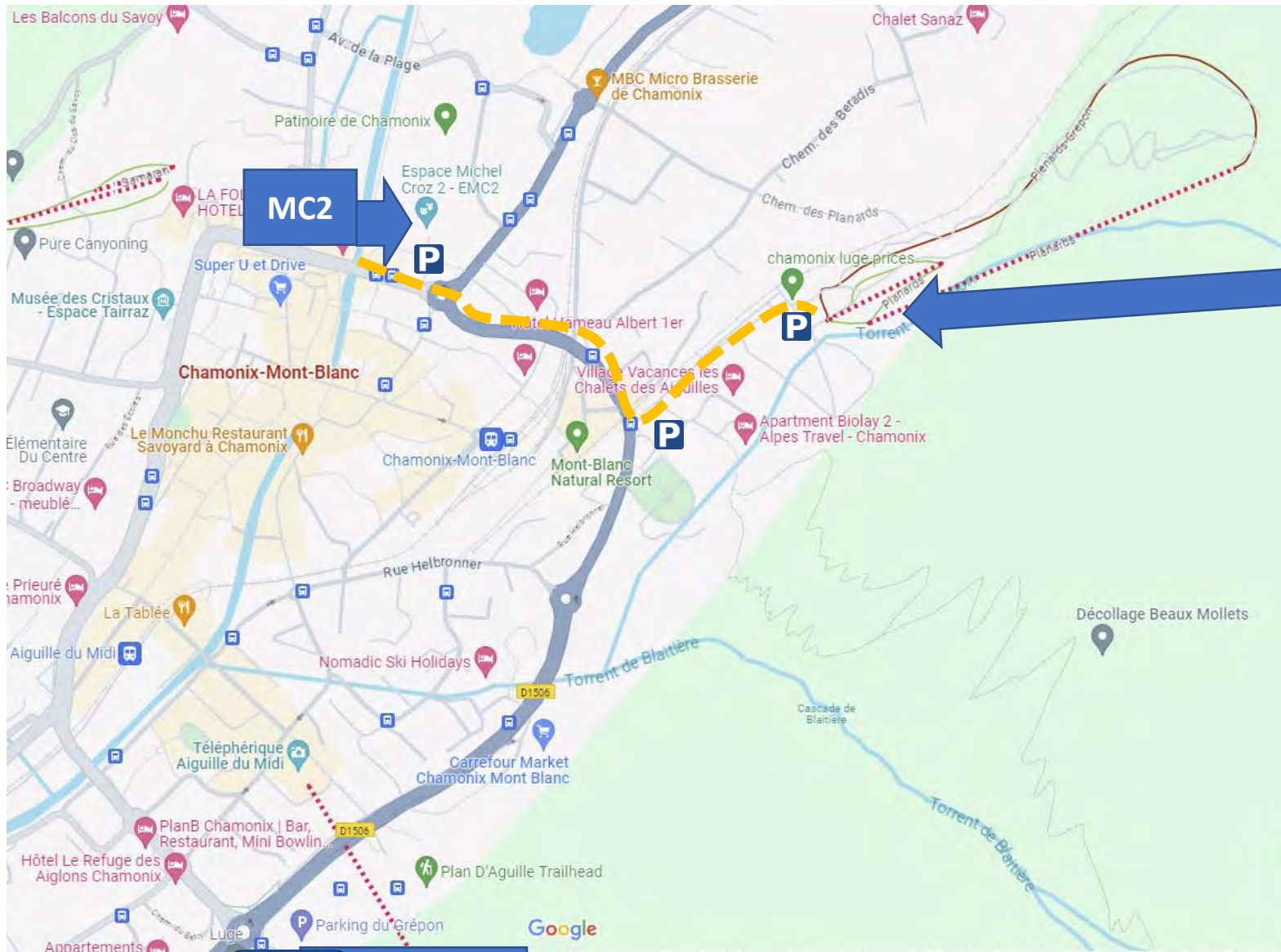
Mixed relay.

UCPA breakfast 7:30 to 9:30

UCPA lunch 11:00 to 13:30



11:50	Pre start TCM on the start area
12:25-12:45	Recognition
13:00	Qualification Youth
14:00	Final B Youth
15:00	Final A Youth
15:50	Youth Flower Ceremony
15:55-16:15	Recognition
16:30	Qualification Senior
17:30	Final B Senior
18:30	Final A Senior
19:20	Senior Flower ceremony
20:00	Award Ceremonies <b>MC2</b> , then buffet



**Planards**

**Planards : Race Area**  
**🅑 kiss and fly...**

**MC2 : Closing ceremony**  
**🅑 1 car per nation (TBC)**

**Parking Grepon**  
**🅑 Main parking**





Change

Start

Hand over

F

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