



# *TEAM CAPTAIN MEETING*

COMAPEDROSA ANDORRA

Arinsal, Andorra – 20th to 22th January

Individual and Vertical Race

Wi-fi

User: Race Office  
Password: raceoffice



# *Present at the TCM table*



- President of the LOC: **Josep Marticella**
- ISMF Official Delegate: **Jordi Canals**
- ISMF Event Director: **Roberto Cavallo**
- President of the Tech. Jury: **Oscar Fernández Gumiel**
- LOC Race Director: **Carlo Ferrari**
- ISMF Technical Delegate: **Laurent Perruchon**
- Speaker: **Catie Friend**
- Speaker: **Josep Maria Trabal**



# *The Event Jury*



- ISMF Event Director: **Roberto Cavallo**
- LOC Race Director: **Carlo Ferrari**
- ISMF Technical Delegate: **Laurent Perruchon**
- President of the Tech. Jury: **Oscar Fernández Gumiel**



# *The Technical Jury*



## Members with right to vote:

- President of the Tech. Jury: **Oscar Fernández Gumiel**
- 1° ISMF Referee: **Noverino Gianola**
- 2° ISMF Referee: **Iraklis Moisidis**

## Members without right to vote:

- ISMF Event Director: **Roberto Cavallo**
- ISMF Technical Delegate: **Laurent Perruchon**
- LOC Race Director: **Carlo Ferrari**

National referees: **Dani Ginesta – Sergi Rubio**

# *Programme of the Event*



Friday 20 January – Opening Ceremony

Saturday 21 January – Individual Race

Sunday 22 January – Vertical Race



# *Programme of the Event*

**20/01/2023**

- **09.00h – 12.00 h and 18.00 h – 21.00h: Welcome teams**  
*Location: Race Office C.I. Arinsal*
- **17 h: Opening Ceremony (Top 5 Men & Women)**  
*Location: Arinsal village (Gondola's Parking)*
- **18 h: Team Captain Meeting – Individual and Vertical Race World Cup**  
*Location: Race Office (first floor)*
- **18.00 h – 21.00 h: Individual bibs distribution WC & OPEN**  
*Location: Race Office (first floor)*



# *Programme of the Event*

**21/01/2023**

- **9h00: TCM before the race**

*Location: Xalet Igloo, finish area*

- **9:30: Start Individual Race senior women**

*Location: Xalet Igloo,*

- **10:40: Start Individual Race senior men**

*Location: Xalet Igloo, Arinsal Resort*

- **11:40: Start Individual Race Open Andorra all categories**

*Location: Xalet Igloo, Arinsal Resort*

- **13 h a 16 h: Lunch Athletes – ISMF – LOC – All**

*Location: Self Comallemple*

- **17h: Oficial Ceremony Individual Race World Cup**

*Location: Arinsal Village & Top 5 bibs distribution Vertical Men & Women*

- **18.00 h a 21.00 h: Vertical bibs distribution World Cup & Open**

# *Programme of the Event*

**22/01/2023**

- **8:10: TCM before de race**  
*Location: Terroir Restaurant, Comallemple*
- **8:50: Start Vertical Race senior women**  
*Location: Marrades, Arinsal Resort – **Streaming on RTVA***
- **9:30: Start Vertical Race senior men**  
*Location: Marrades, Arinsal Resort – **Streaming on RTVA***
- **10:05: Flower Ceremony – women and men**
- **10:30: Start Vertical Race Open Andorra all categories**  
*Location: Marrades categories seniors and U20M, Comallemple categories U14, U16, U18 i U20W, Estació d'Arinsal*
- **11h30: Awards Vertical Race Open**  
*Location: Xalet Igloo, Finish Area*
- **13h00: Oficial Ceremony Vertical Race**  
*Location: Arinsal Village*
- **12 h a 16 h: Lunch – ISMF – LOC – All**  
*Location: Self Comallemple*

# Weather Forecasts & Snow Conditions






## 21-01-2023 SATURDAY'S FORECAST | ARINSAL

### PREDICCIÓ DISSABTE 21-01-2023 | ARINSAL

NO RISK SITUATIONS EXPECTED

| SCHEDULE      | 9                                                                                 | 10                                                                                | 11                                                                                | 12                                                                                 | 13                                                                                  | 14                                                                                  | 15                                                                                  | 16                                                                                  | 17                                                                                  | 18                                                                                  | 19                                                                                  | 20                                                                                  | 21                                                                                  | 22                                                                                  |
|---------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| SKY           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| TEMP. 1900    | -13 °C                                                                            | -12 °C                                                                            | -10 °C                                                                            | -8 °C                                                                              | -8 °C                                                                               | -9 °C                                                                               | -10 °C                                                                              | -11 °C                                                                              | -12 °C                                                                              | -12 °C                                                                              | -12 °C                                                                              | -12 °C                                                                              | -12 °C                                                                              | -12 °C                                                                              |
| TEMP. 2100    | -14 °C                                                                            | -13 °C                                                                            | -11 °C                                                                            | -9 °C                                                                              | -9 °C                                                                               | -10 °C                                                                              | -11 °C                                                                              | -12 °C                                                                              | -13 °C                                                                              | -13 °C                                                                              | -13 °C                                                                              | -13 °C                                                                              | -13 °C                                                                              | -14 °C                                                                              |
| TEMP. 2400    | -16 °C                                                                            | -15 °C                                                                            | -13 °C                                                                            | -11 °C                                                                             | -11 °C                                                                              | -12 °C                                                                              | -13 °C                                                                              | -14 °C                                                                              | -15 °C                                                                              | -15 °C                                                                              | -15 °C                                                                              | -15 °C                                                                              | -16 °C                                                                              | -16 °C                                                                              |
| WIND Km/h     | 20-50                                                                             | 20-60                                                                             | 25-65                                                                             | 25-65                                                                              | 25-65                                                                               | 25-60                                                                               | 20-55                                                                               | 20-55                                                                               | 20-55                                                                               | 20-55                                                                               | 20-55                                                                               | 20-55                                                                               | 25-60                                                                               | 25-65                                                                               |
| DIRECTION     | NNW                                                                               | NNW                                                                               | NNW                                                                               | NNW                                                                                | NNW                                                                                 | NNW                                                                                 | NNW                                                                                 | NNW                                                                                 | NNW                                                                                 | NNW                                                                                 | NNW                                                                                 | NNW                                                                                 | NNW                                                                                 | NNW                                                                                 |
| HIGH CLOUDS   | 0%                                                                                | 0%                                                                                | 0%                                                                                | 0%                                                                                 | 0%                                                                                  | 0%                                                                                  | 0%                                                                                  | 0%                                                                                  | 0%                                                                                  | 0%                                                                                  | 0%                                                                                  | 0%                                                                                  | 0%                                                                                  | 0%                                                                                  |
| MEDIUM CLOUDS | 0%                                                                                | 0%                                                                                | 0%                                                                                | 0%                                                                                 | 0%                                                                                  | 0%                                                                                  | 0%                                                                                  | 0%                                                                                  | 0%                                                                                  | 0%                                                                                  | 0%                                                                                  | 0%                                                                                  | 0%                                                                                  | 0%                                                                                  |
| LOW CLOUDS    | 10-20%                                                                            | 40-60%                                                                            | 70-90%                                                                            | 70-90%                                                                             | 75-100%                                                                             | 75-100%                                                                             | 75-100%                                                                             | 75-100%                                                                             | 75-100%                                                                             | 75-100%                                                                             | 75-100%                                                                             | 75-100%                                                                             | 70-90%                                                                              | 40-60%                                                                              |
| PRECIPITATION | 0 cm                                                                              | 0-0,2 cm                                                                          | 0-0,2 cm                                                                          | 0,2-0,6 cm                                                                         | 0,2-0,6 cm                                                                          | 0,5-1 cm                                                                            | 0,5-1 cm                                                                            | 1-1,5 cm                                                                            | 1-1,5 cm                                                                            | 1-1,5 cm                                                                            | 0,5-1 cm                                                                            | 0,5-1 cm                                                                            | 0,2-0,6 cm                                                                          | 0-0,2 cm                                                                            |
| ISO SNOW      | ALL                                                                               | ALL                                                                               | ALL                                                                               | ALL                                                                                | ALL                                                                                 | ALL                                                                                 | ALL                                                                                 | ALL                                                                                 | ALL                                                                                 | ALL                                                                                 | ALL                                                                                 | ALL                                                                                 | ALL                                                                                 | ALL                                                                                 |

**OBSERVATIONS:** Rapidly increasing cloud in the morning. Light to moderate snow. Moderate wind from the north, especially at higher altitudes. Very intense cold.

**OBSERVACIONS:** Nuvolositat en ràpid augment al llarg del matí. Nevada feble a moderada. Vent moderat del nord a cotes elevades i molt intensa sensació de fredor.

123-01-20-ISMF WORLD CUP COMAPEDROSA ANDORRA-ARINSAL

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# Weather Forecasts & Snow Conditions



## 22-01-2023 SUNDAY'S FORECAST | ARINSAL

### PREDICCIÓ DIUMENGE 22-01-2023 | ARINSAL

**HAZARD SITUATION:** Strong northerly winds  
**SITUACIÓ DE RISC:** Fort vent de nord

| SCHEDULE      | 0 to 6   | 7      | 8      | 9      | 10     | 11     | 12     |
|---------------|----------|--------|--------|--------|--------|--------|--------|
| SKY           |          |        |        |        |        |        |        |
| TEMP. 1900    | -13 °C   | -13 °C | -13 °C | -12 °C | -11 °C | -9 °C  | -7 °C  |
| TEMP. 2100    | -14 °C   | -15 °C | -14 °C | -14 °C | -13 °C | -11 °C | -9 °C  |
| TEMP. 2400    | -16 °C   | -16 °C | -16 °C | -15 °C | -14 °C | -12 °C | -10 °C |
| WIND Km/h     | 40-85    | 40-85  | 40-85  | 40-85  | 40-85  | 40-90  | 40-95  |
| DIRECTION     | N        | N      | N      | N      | NNE    | NNE    | NNE    |
| HIGH CLOUDS   | 0%       | 0%     | 0%     | 0%     | 0%     | 0%     | 0%     |
| MEDIUM CLOUDS | 0%       | 0%     | 0%     | 0%     | 0%     | 0%     | 0%     |
| LOW CLOUDS    | 40-60%   | 0-15%  | 0-15%  | 0-15%  | 0-15%  | 15-30% | 15-30% |
| PRECIPITATION | 0-0,2 cm | 0 cm   | 0 cm   | 0 cm   | 0 cm   | 0 cm   | 0 cm   |
| ISO SNOW      | ALL      | ALL    | ALL    | ALL    | ALL    | ALL    | ALL    |

**OBSERVATIONS:** Large clearings during the day. Increasing cloudiness in the afternoon. Strong northerly wind with a very intense feeling of cold. Chance of blizzards.

**OBSERVACIONS:** Grans clarianes durant el dia. Augment de la nuvolositat a la tarda. Vent fort del nord amb sensació de fred molt intensa.

# *Race Location*

how to reach it and the main important areas

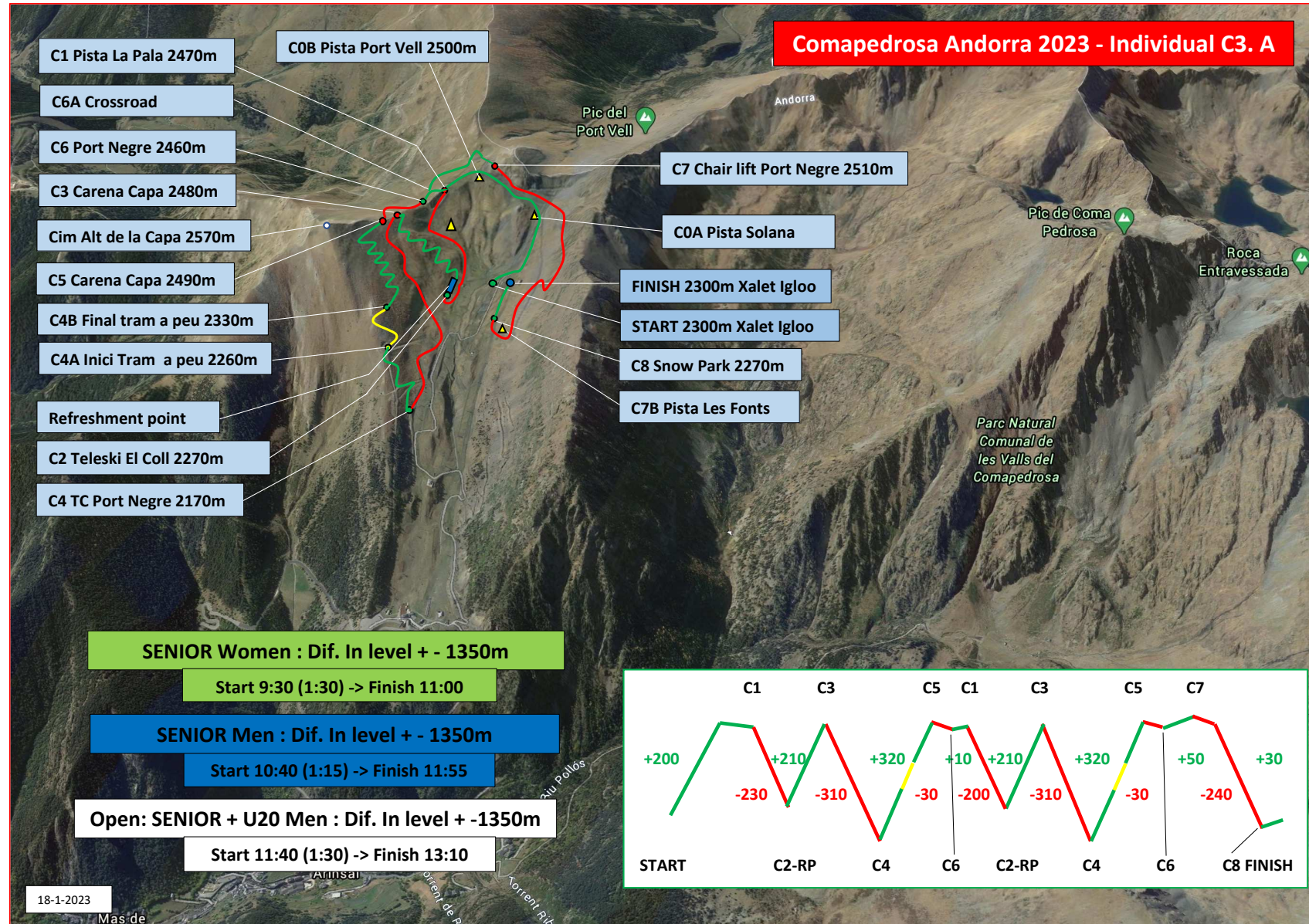


# Race Tracks

## MAP + RACE PROFILE

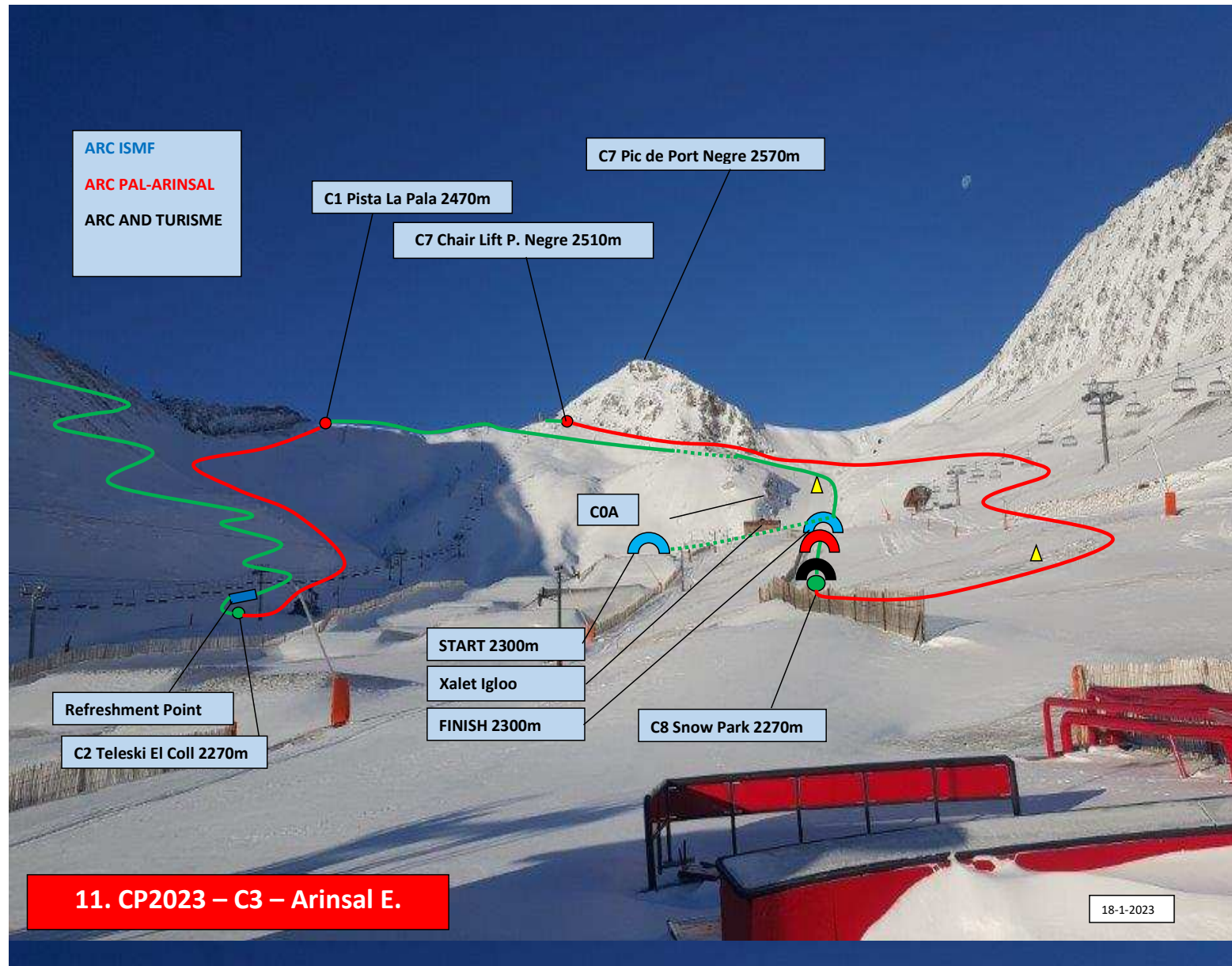
INDIVIDUAL RACE

21/01/23



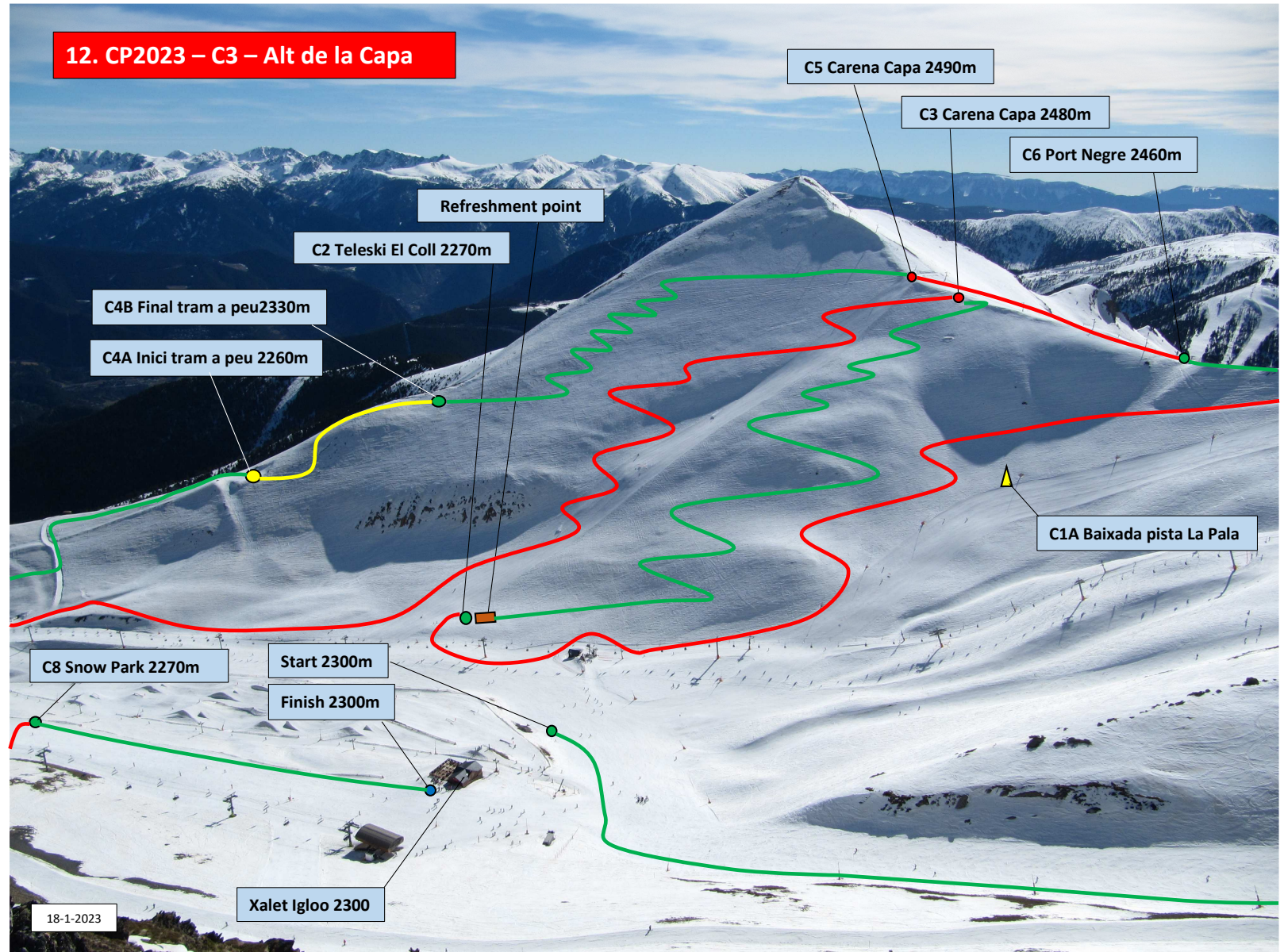
# Race Tracks

## ITINERARIES



# Race Tracks

## ITINERARIES



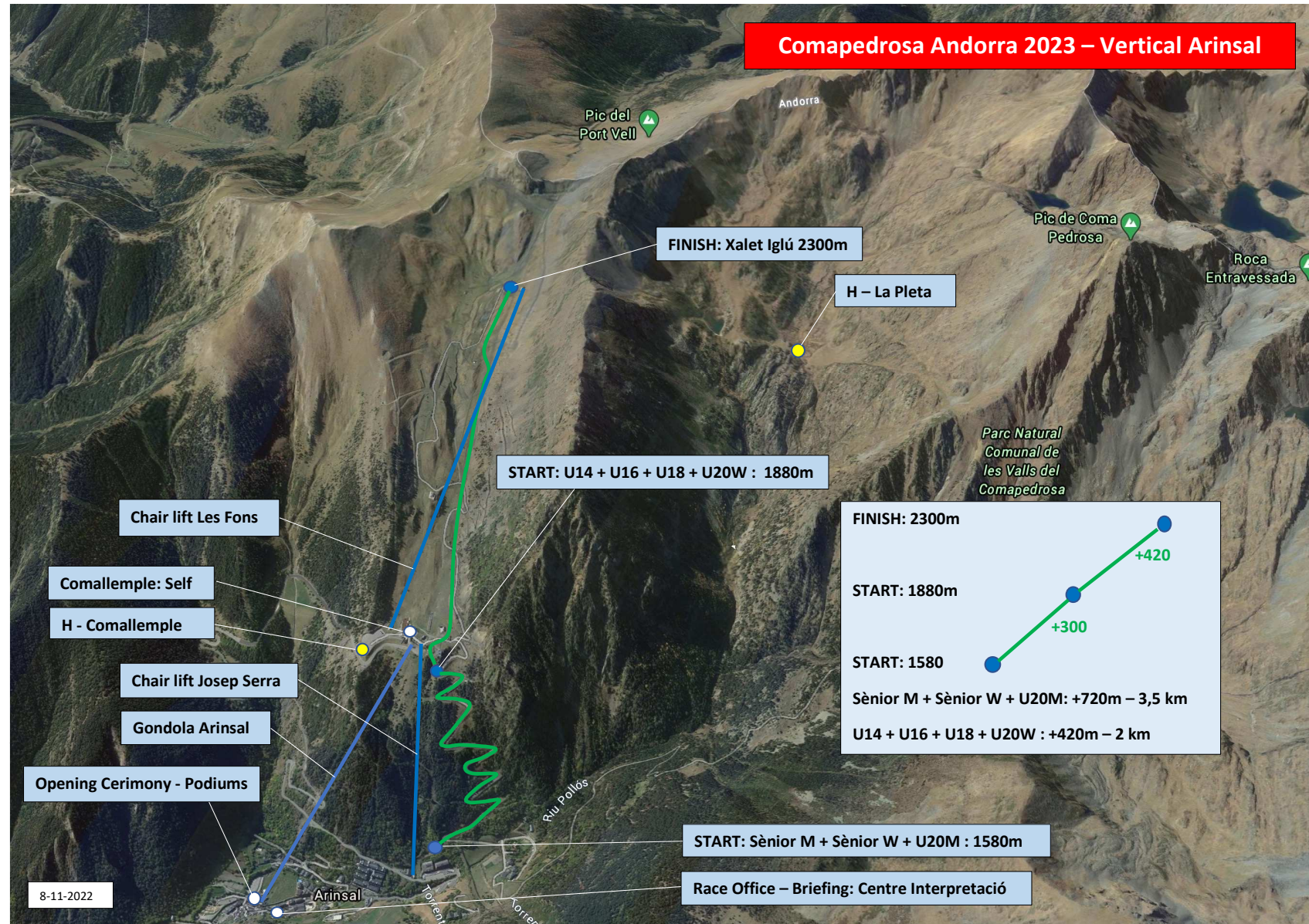


# Race Tracks

## MAP

VERTICAL RACE

22/01/23

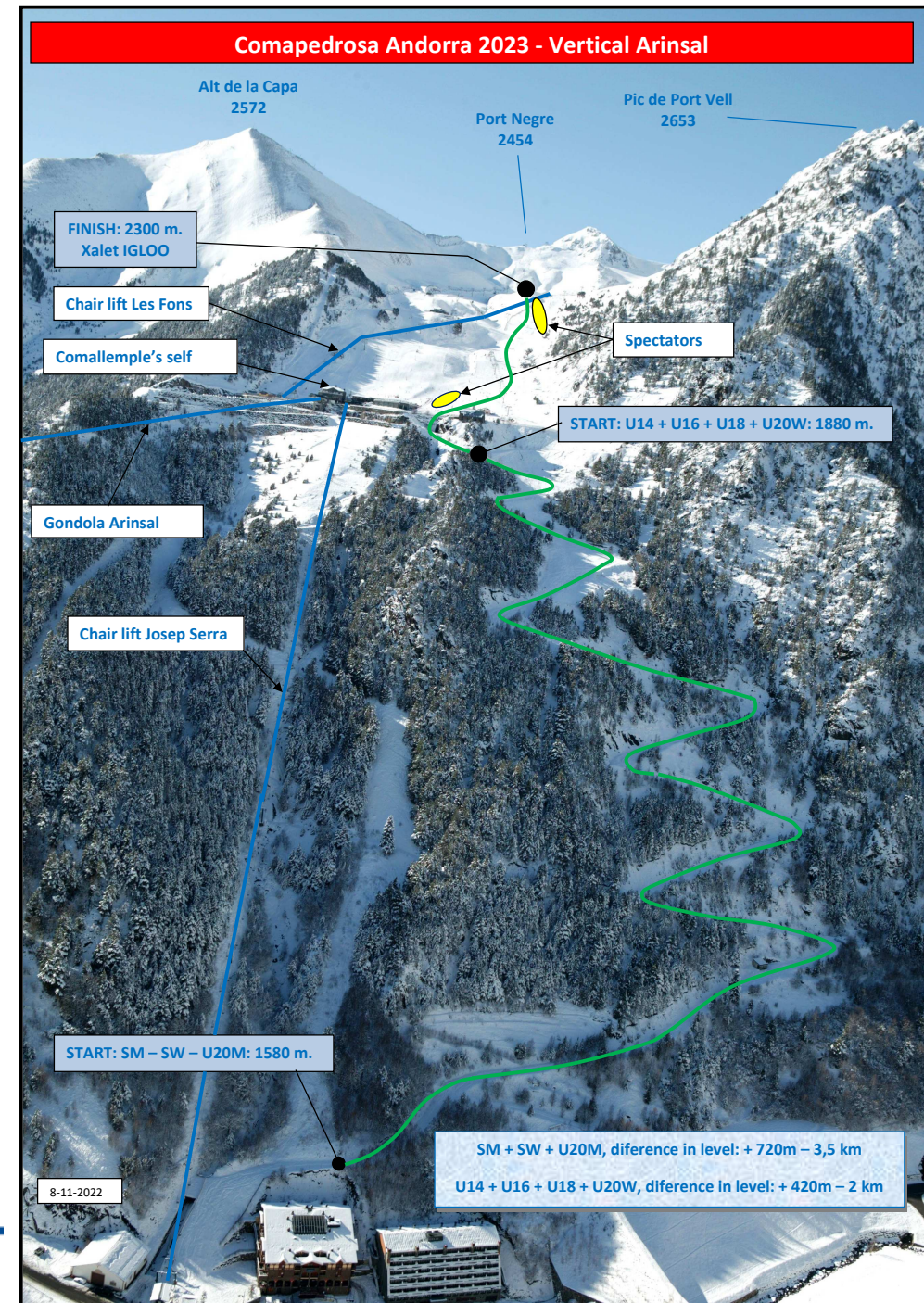


# Race Tracks

## ITINERARIES

VERTICAL RACE

22/01/23



# Compulsory Equipment

| <b>COMPULSORY EQUIPMENT</b>                                        |  | <b>INDIVIDUAL</b> | <b>VERTICAL</b> |
|--------------------------------------------------------------------|--|-------------------|-----------------|
| Passport/National ID card or a copy (in the backpack or race suit) |  | X                 | X               |
| Skis                                                               |  | X                 | X               |
| Bindings                                                           |  | X                 | X               |
| Boots                                                              |  | X                 | X               |
| Ski poles                                                          |  | X                 | X               |
| Skins (one pair min.)                                              |  | X                 | X               |
| Helmet                                                             |  | X                 |                 |
| Gloves                                                             |  | X                 |                 |
| Backpack                                                           |  | X                 |                 |
| Three layers up                                                    |  | X                 |                 |
| Two layers down                                                    |  | X                 |                 |
| DVA                                                                |  | X                 |                 |
| Snow shovel                                                        |  | X                 |                 |
| Snow probe                                                         |  | X                 |                 |
| Survival blanket                                                   |  | X                 |                 |
| Eyewear                                                            |  | X                 |                 |
| Whistle                                                            |  | X                 |                 |
| <b>SUPPLEMENTARY EQUIPMENT</b>                                     |  |                   |                 |
| Fourth layer                                                       |  | X                 |                 |
| Crampons                                                           |  | X                 |                 |

# *Bib's & Chip's Position*



Bib on the backpack

Bib on both thighs  
(right & left)

Chip above or below the calf



# Intermediate timing tag

## Explanation – How to wear your timing chips ▼

In this envelope you will find your race numbers, a plastic clip and two timing chips: one of them is to be worn on your ankle (see explanation VERSO), **the second one is to be attached to your backpack with the clip.**

It is important that the chip is attached to the bottom of your bag, on your back. In case of doubt, please refer to the pictures on this explanation.

This chip must not be folded or cut.



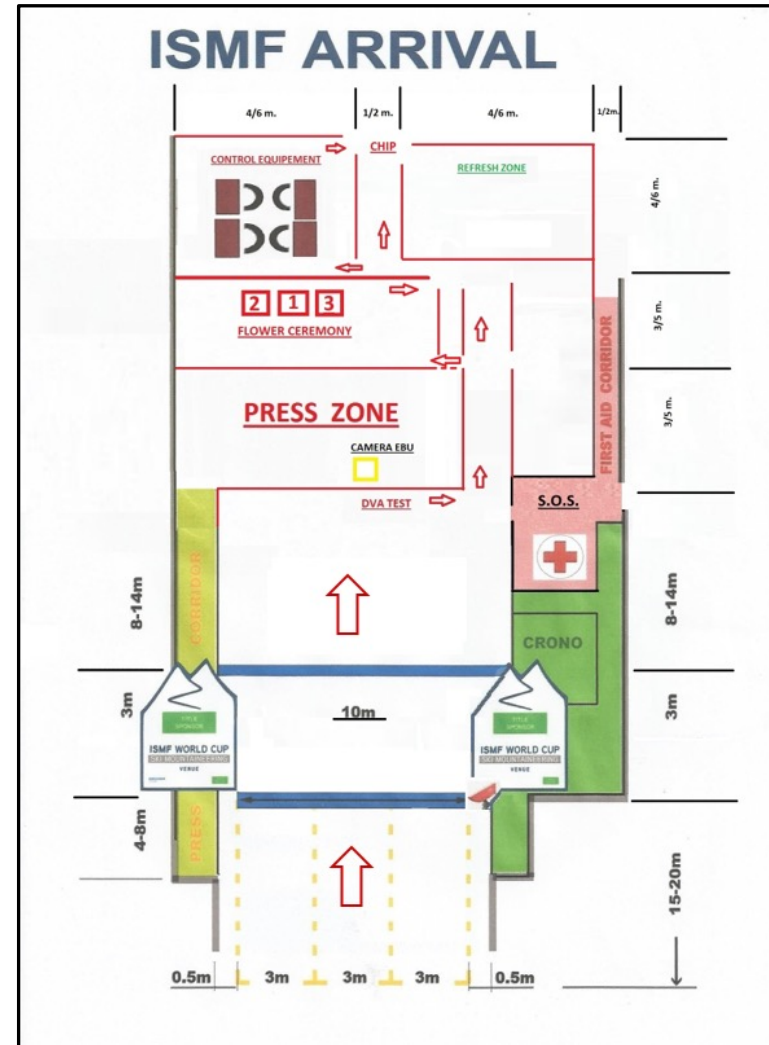
# *Case of abandon of an athlete*

*ISMF Sporting Rules & Regulations (point 4.6)*

## Abandon

- A competitor having difficulties may give up on his/her own initiative or be forced to give-up by decision of the 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 Team Captain Meeting 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 competitor having withdrawn MUST inform the President of Technical Jury (or his representative) upon arrival at the finish area, and especially the Anti-Doping Delegate. The competitors having withdrawn may also be subject to doping control.

# ISMF Arrival



# *Useful links for the race*

- Live streaming VERTICAL RACE: *please insert the direct link to the ISMF TV related to your event (es. <https://tv.ismf-ski.org/events/12>)*
- *Start of the live streaming:*
- Live results: *please insert the direct link provided by MSO*
- *Event feedback:* <http://www.ismf-ski.org/webpages/competitions/event-feedback/>

insert: Logo(s) of eventual local sponsor(s)

# *Most important LOC's people*

Doctor: *Maite Verdú* +376 331 132

Contact person: *Ignacio González* +34 628 311 713

Others:  
116 (Medical Emergency Service)  
112 (Mountain Rescue)



# *Eventual Extra Information*

## **Gondola Els Orriols**

- 21.1 Individual 07:30
- 22.1 Vertical 07:30

## **Chair lift: Josep Serra**

- 21.1 Individual 07:30
- 22.1 Vertical 07:30

## **Chair lift: Les Fonts**

- 21.1 Individual 07:00
- 22.1 Vertical 07:00

**Mandatory accreditation**



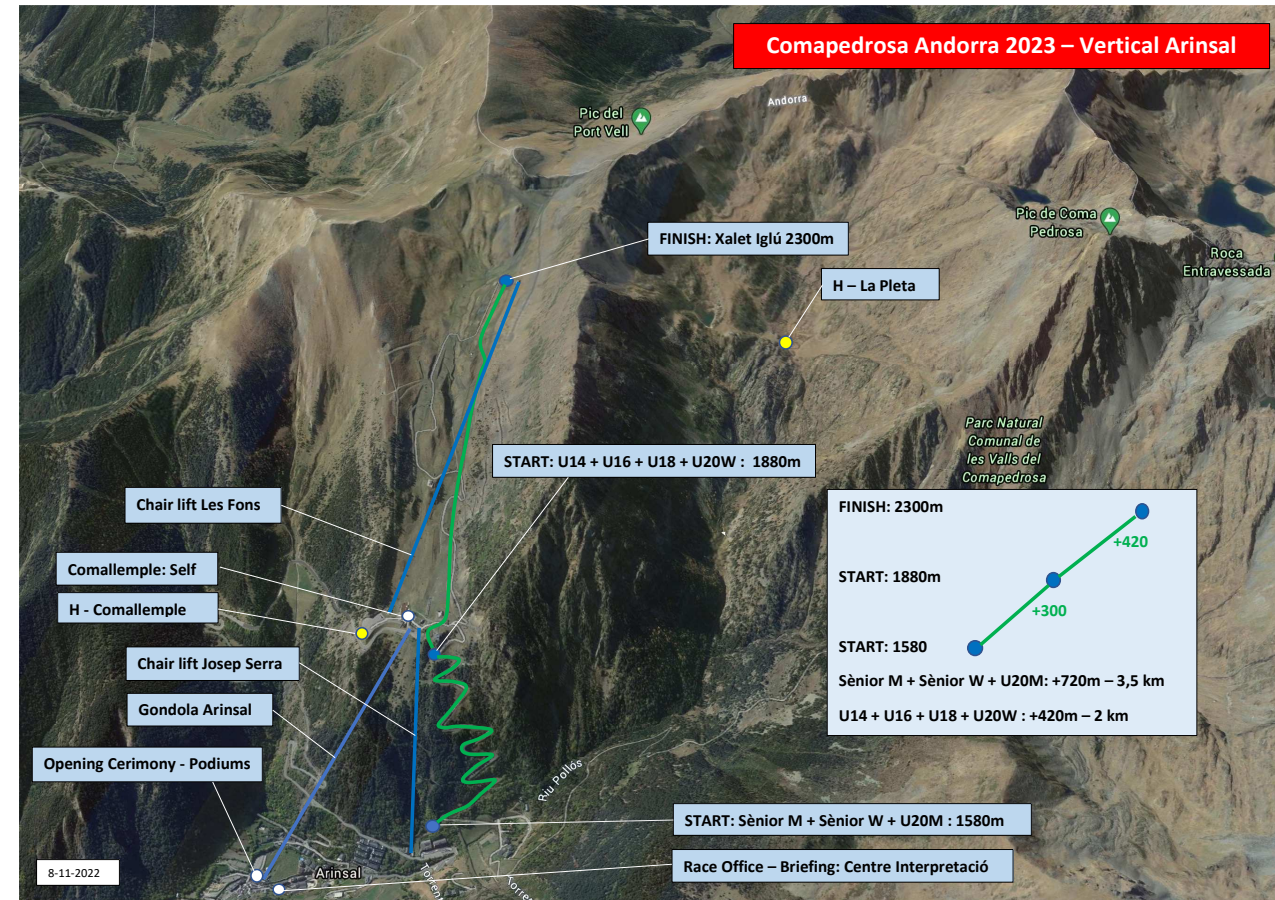
# Eventual Extra Information

## Vertical Race – Material Transfers

For racers who need it, we have planned to transport the bags of the vertical racers, from the start to the arrival at the Xalet Igloo.

Transportation will be by chairlift with the organization's volunteers after the start.

Each bag must indicate: Vertical Bib, country, racer name and phone number.



# Streaming Vertical Race 22/01/2023

<https://www.andorradifusio.ad/>  
& [comapedrosaandorra.com](https://comapedrosaandorra.com)



# Any questions?



# Thank you!

