

Special permissions for truck driving (Sunday- and night, other days with special regulations)

- Teams must give information when they will arrive to stadium and parking area. Send messages by email to inscriptions.fis.ski@gestev.com
No Sunday or night driving permission needed.

Special advices for the route and roads

(from the previous World Cup stage and to the next one): no special comments

Maps and Courses

Race	Course	Length
Saturday, March 14	Sprint classic	1650m
Sunday, March 15	Sprint free style	1650m

MINNEAPOLIS (USA)

Program

Date	Competition	TCM	Other
Monday 16/03/2020	16:00 - 18:00 Course Inspection/Official Training	19:30 Doubletree Hote	
Tuesday 17/03/2020	14:15 Sprint Qualification F 16:45 Sprint Finals		Prize giving ceremony after the race

Contacts

Position	Name	Phone	Email
General Secretary	Michael Bono	+1 612 741-0314	mnwc.info@loppet.org
Accommodation	Jane DeKraay	+1 612 202-4663	mnwc.teams@loppet.org
Transportation	Janine Sieja	+1 505 470-2413	mnwc.teams@loppet.org
Finances	Niina Haaslahti	+358-44-9927561	mnwc.teams@loppet.org
Sport	Doug Debold	+1 612 554-3947	mnwc.competition@loppet.o
Wax Cabins	Tom Ajax	+1 763-656-7166	mnwc.teams@loppet.org
Truck driving permissions	N/A		
Medical Service	Mark Bixby	+1 612 867-4687	mbixby52@gmail.com

Offices and their opening times

Office	Location	Opening times
Race office	The Trailhead Wirth Park	Sunday – 7am – 7 pm Monday – 7 am – 7 pm Tuesday – 7am - 9 p Wednesday – 7am – 4 pm
	Summer Room Doubletree Hote	Sunday – 10 am - 8 pm Monday – 8 am – 8 pm Tuesday – 8 am – 8 pm Wednesday – 8 am – 4 pm
Transportation	Summer Room Doubletree Hotel	Sunday -10 am – 8 pm Monday – 8 am – 8 pm Tuesday – 8 am – 8 Wednesday – 8 am – 4 pm

Finances	Summer Room Doubletree Hotel	Sunday – 10 am - 8 pm Monday – 8 am – 8 pm Tuesday – 8 am – 8 pm Wednesday – 8 am – 4
OC Office	The Trailhead Wirth Park	Sunday – 7am – 7 pm Monday – 7 am – 7 pm Tuesday – 7am - 9 pm Wednesday – 7am – 4 pm

Logistical information

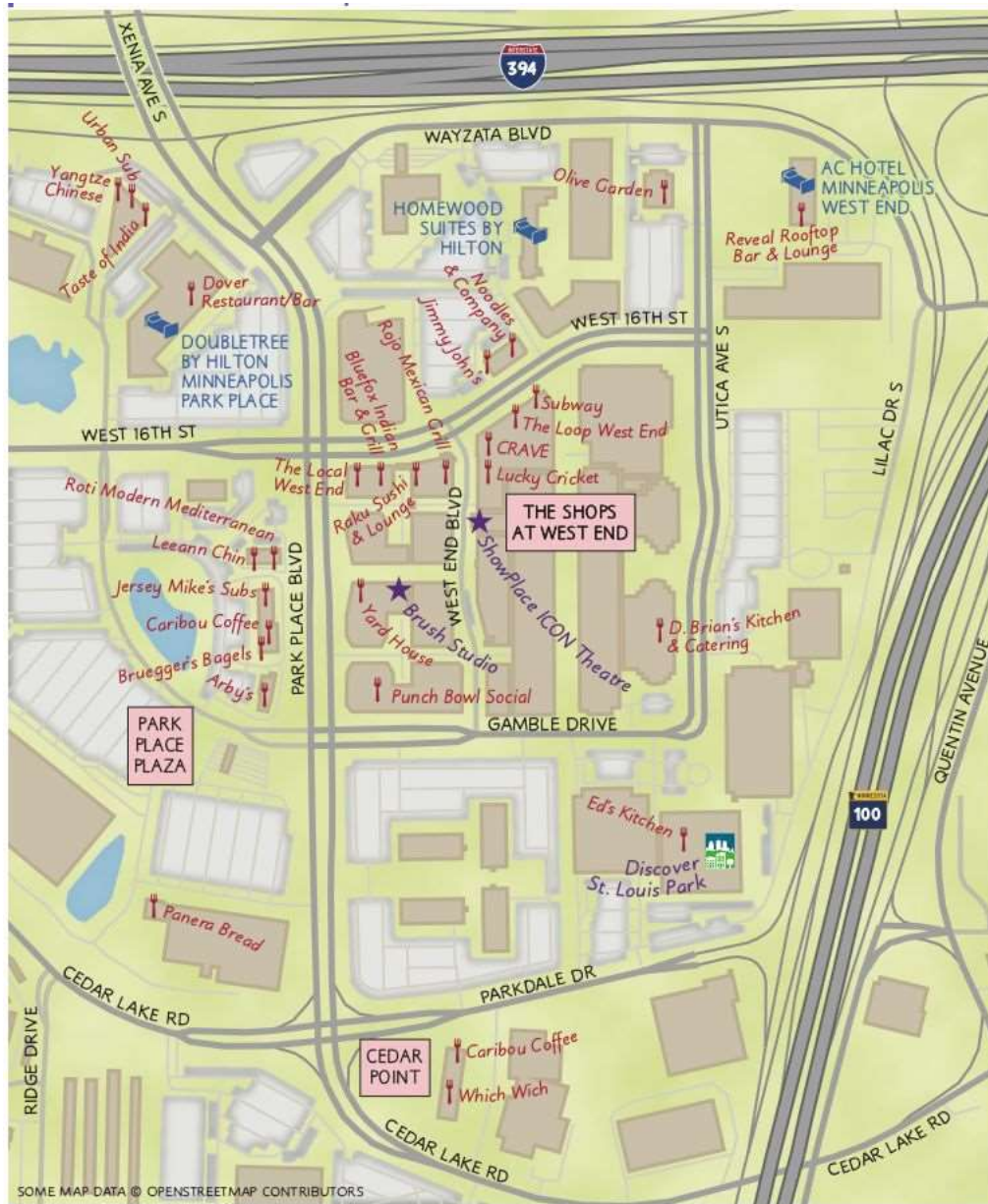
Accommodation (World Cup Rules Art. 13)

- Booking according the FIS Rules via FIS Online registration system
- The OC offers the following accommodations (full board included)
 - Three star hotel DoubleTree by Hilton Hotel Minneapolis - Park Place: USD 125 per person in in a single or double room.
- Additional information about the accommodation will be given to the teams after receiving preliminary entry and accommodation request.
- We retain the right to make changes.

Team Hotel overview:

The DoubleTree Hilton Hotel Minneapolis – Park Place is west of downtown Minneapolis, across from the [Shops at West End](#). The DoubleTree Park Place guest rooms feature Serta Suite Dreams® beds, 50-inch HDTV with premium channels complimentary internet access, a large work desk with an ergonomic chair, and refrigerator in each room.

This hotel has a heated indoor saltwater pool and whirlpool.



SOME MAP DATA © OPENSTREETMAP CONTRIBUTORS

Transport (World Cup Rules Art. 11)

- Official airport : Minneapolis-St. Paul International Airport
- The organizing committee will arrange transportation between the airport and the hotel. One (1) transport (from and to the airport) free of charge per t
- Price for additional transport: TB
- Information for the Shuttle service from hotel to venue and re
 - Shuttle buses will run from the Doubletree Hotel to the race venue.
 - Shuttle bus schedule will be posted at the hotel and at the Athlete Village.
- Customs clearance for arrival at MSP: TBD

Customs Regulations

The Organizing Committee wishes to make you aware of the restrictions on perfluorinated chemicals (PFCs) that are found in many ski waxes. These substances may be in violation of the Toxic Substances Control Act (TSCA) as regulated by the Environmental Protection Agency (EPA). Unfortunately, we are unable to advise you on US Customs and Border Protection regulations with regards to the importation of goods. We strongly encourage you to investigate and understand what goods you are allowed to bring into the USA with you.

Options to the Charter

- Monday March 16, 2020 Departures from Q
 1. Flight from Quebec (YQB) via Toronto (YYZ) to Minneapolis (MSP) on Air Canada
 - a. 5:20 am departure, arrives at MSP at 10:16 am
 - b. Later departures also available
 2. Flight from Quebec (YQB) via Newark (EWR) to Minneapolis (MSP) on United
 - a. 7 am departure, arrives at MSP at 12:17 pm
 - b. Later departures also available
 3. Flight from Quebec (YQB) via Toronto (YYZ) to Minneapolis (MSP) on Delta
 - a. 12:25 pm departure, arrives at MSP at 19:29
- Sunday March 15, 2020 Departure from Quebec

You may also consider sending some of your staff to Minneapolis prior to the race finish in Quebec on Sunday. In addition to the above morning options, some alternatives include:

1. Flight from Quebec (YQB) via Toronto (YYZ) to Minneapolis (MSP) on Air Canada
 - a. 15:45 departure, arrives at MSP at 21:46
 - b. Earlier departures also available
2. Flight from Quebec (YQB) via Newark (EWR) to Minneapolis (MSP) on United
 - a. 16:00 departure, arrives at MSP at 23:30

- b. Earlier departures also available
- 3. Flight from Quebec (YQB) via Toronto (YYZ) to Minneapolis (MSP) on Delta
 - a. 12:25 pm departure, arrives at MSP at
- Monday March 16, 2020 Departures from Montreal

Driving to Montreal on Sunday night and spending the night near the airport is a worthwhile option as there are a lot more and cheaper flights available. Note that you are responsible for payment of hotel in Montreal yourself. Some examples:

1. Direct flight from Montreal (YUL) to Minneapolis (MSP) on Delta
 - a. 5:50 am departure, arrives at MSP at 8:01 am
2. Flight from Montreal (YUL) via Detroit (DTW) to Minneapolis (MSP) on Delta
 - a. 9:25 am departure, arrives at MSP at 13:22
3. Flight from Montreal (YUL) via Toronto (YYZ) to Minneapolis (MSP) on Air Canada
 - a. 6 am departure, arrives at MSP at 10:16
4. Flight from Montreal (YUL) via Philadelphia (PHL) to Minneapolis (MSP) on American Airlines
 - a. 7 am departure, arrives at MSP at 11:12 am
5. Flight from Montreal (YUL) via Newark (EWR) to Minneapolis (MSP) on United
 - a. 6:30 am departure, arrives at MSP at 12:17 pm

Reimbursement (World Cup Rules Art. 10 and 13)

- Accommodation costs: Teams will pay directly in the accommodation office.
- Over quota costs are to be paid credit card.
- Carrying costs/Reimbursement :
 - Expenses sheets will be received in financial office by email: niina@haaslahti.net. Payments will be done by bank transfer.

Prize money payment (World Cup Rules Art. 8)

- Due to data protection rules the data's from the athletes have to be given directly to: niina@haaslahti.net
- Or on-site to Niina Haaslahti in the financial office (opening times see above)
- Prize money form is available on FIS Website under: <http://www.fis-ski.com/inside-fis/document-library/cross-country/#deeplink=forms>

Income tax information for prize money:

- Income tax of 30% will be withheld on all prize money payments
- Athletes are required to complete IRS form W8-BEN in order to claim an exemption to the income tax if a tax treaty is in force between the USA and their country of residence. The form can be found here: <https://www.irs.gov/pub/irs-pdf/fw8ben.pdf> and should be returned via email to mnwc.teams@loppet.org or in person to Finance Office at the Team Hotel.

Further details and instructions if needed are available via email at mnwc.teams@loppet.org.”

Waxing facilities (World Cup Rules Art. 14)

- Wax cabins : available from 14/03/2020 at 8:00 through 18/03/2020 at 16:
- Wax trucks : There are no facilities for wax truck
- A deposit of USD 250 is required for wax cabin keys. Deposit will be returned upon return of keys on departure day, pending acceptable condition of the wax cabin.
- Transformers: The Organizing Committee is providing power converters for rental at USD125 per converter. Specifications of the converter: 120 volt US to 220 volt European transformer for one 1,000 watt wax
reserve a power converter at mnwc.teams@loppet.org no later than February 3, 2020.
- The rental payments will need to be paid to Niina Haaslahti in the Fi Office prior to receiving the converters.

Team Catering

- Team Catering facilities operating hours:
 - Official Training day - Monday 16/03/20
 - Open 8:00 am to 18:
 - Lunch served 11:00 - 15:00
 - Food and beverages available all day.
 - Official Race day - Tuesday 17
 - Open 8:00 - 20:00
 - Lunch served 11:00 - 15:
 - Hot food available until 17:00
 - Food and beverages available all day.
- Do not forget to sign up on the google doc for the lunch
https://docs.google.com/spreadsheets/d/13wm5JU7RzwrUonl8AciSFEKdq4H7OTUKGDm_EnQLVfo/edit?usp=sharing
- Costs for lunch service is USD10 per person per day if you haven't ordered and paid full board via the Organizing Committee.

Medical Se

- In case you have an emergency you can call the following number +1 612 867- 4687.
- Medical facilities
 - At the venue: The medical staff is located in The Trailhead building
The first aid tent is located in the Festival Village at the venue.

- Hospitals near by: North Memorial Hospital is located 3 kms. from Wirth Park at 3300 Oakdale Ave. North, Robbinsdale, MN 55422, Teleph +1 763 520-5

Regulations of radio equipment/Radio Frequencies:

- The import, export and the operation of radio equipment in the United States is regulated by national law. The Federal Communications Commission (FCC) controls the use of radio frequencies in the United States.
- Per FCC regulation, licenses are not needed for personal radio services including Citizens Band Radio Service (CB), Multi-Use Radio Service (MURS), or Family Radio Service (FRS). A General Mobile Radio Service (GMRS) license is needed to operate a two-way radio with more than 2 watts ERP; to operate on frequencies 467.5500, 467.5750, 467.6000, 467.6250, 467.6500, 467.6750, 467.7000, and 467.7250 MHz; or to use a detachable antenna. More details can be found at <https://www.fcc.gov/general-mobile-radio-service-gmrs>
- If required, permits for the use of radio transmission equipment must be requested according to national specifications. More details at <https://www.ecfr.gov/cgi-bin/text-idx?SID=302887458205ab0abf910c7fa6ec5e76&mc=true&node=sp47.5.95.e&rgn=div6>
- There will not be radio inspections at the venue.
- Each user of a General Mobile Radio Service (GMRS) radio transmitter must obtain a license granted by the FCC. The FCC assigns the frequencies to be used. It is prohibited to use any other frequencies than the ones mentioned on the license.

Regulations of Visa:

- Remember that citizens of some countries will need a visa for visiting the USA.
- Please check with your embassy if you need a visa for the USA. For an official letter of invitation, please send a request to jill.sonnensyn@comcast.net.

Visa Waiver Program for USA

If you are a citizen or eligible national of a Visa Waiver Program country, you must apply for an ESTA (Electronic System for Travel Authorization) before entering the USA. Be sure to do this well in advance of your travel through this website: <https://esta.cbp.dhs.gov/esta/>.

Special permissions for truck driving (Sunday- and night, other days with special regulations)

- There are no facilities for wax trucks.

Special advices for the route and roads -

(from the previous World Cup stage and to the next one):

Arrival by air via Minneapolis-St. Paul International Airport (MSP).
 MSP Airport is approximately 30 kms. from the hotel and venue.

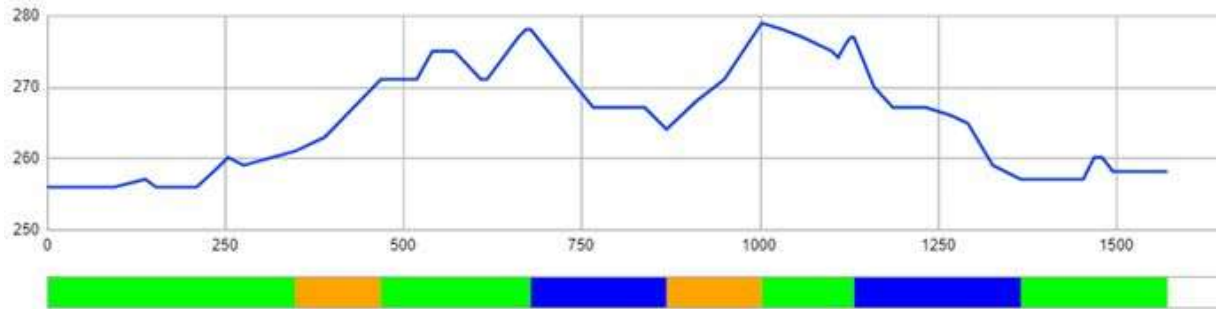
Maps and Courses

Race	Course	Length
Tuesday 17/03/2020	Sprint	1600m M 1300m W

Course Maps

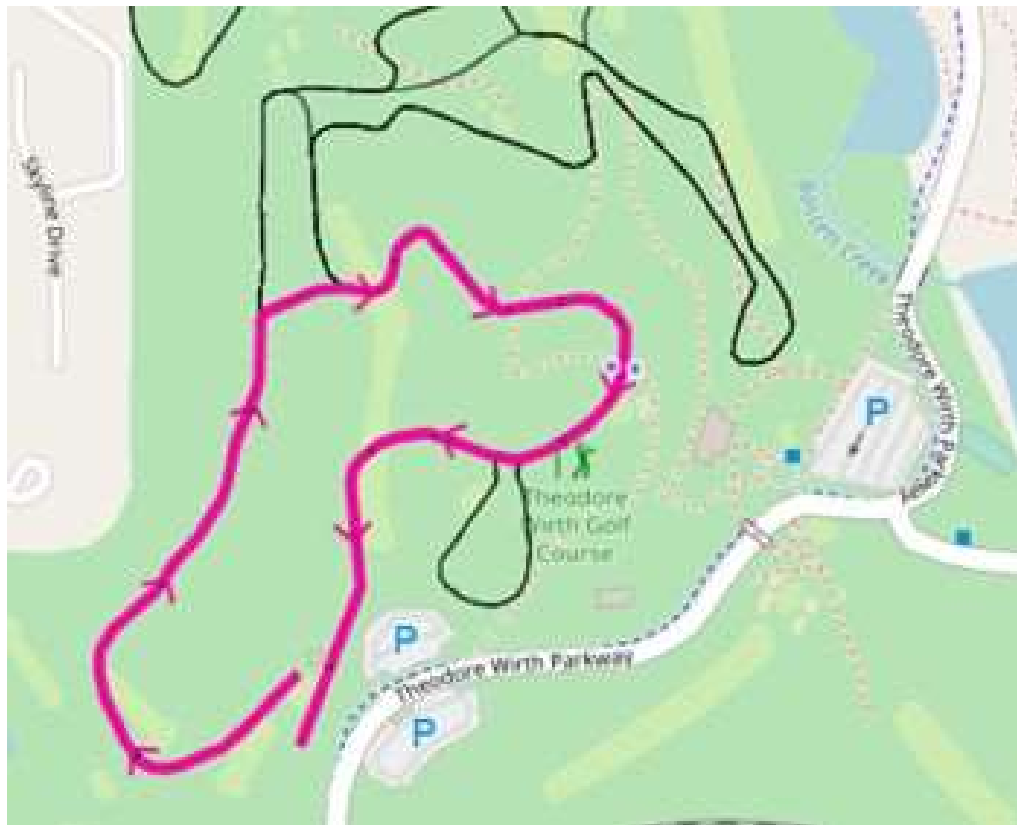
Men's 1600m Sprint





Sprint 1600							
Course length:	1,573m		Height difference (HD):		23m	Lowest point: 256m	
			Maximum climb (MC):		15m	Highest point: 279m	
			Total climb (TC):		49m		
A-climb	#	at m	PHD (m)	PTC (m)	grad. (%)	avg. grad. (%)	
	total				0		0.0% part of TC
B-climb	1	349	10	10	4.9 - 10.0	8.3	
	2	869	15	15	7.6 - 15.5	11.3	
	total			25			51.0% part of TC
C-climb	total			0			0.0% part of TC
undulated terrain	total			24			49.0% part of TC
	total climb			49			

Women's 1300m Sprint





Sprint 1300							
Course length:	1,304m		Height difference (HD):	23m		Lowest point:	256m
			Maximum climb (MC):	15m		Highest point:	279m
			Total climb (TC):	38m			
A-climb	#	at m	PHD (m)	PTC (m)	grad. (%)	avg. grad. (%)	
	total			0			0.0% part of TC
B-climb	1	349	10	10	4.9 - 10.0	8.3	
	2	600	15	15	7.6 - 15.5	11.3	
	total			25			65.8% part of TC
C-climb	total			0			0.0% part of TC
undulated terrain	total			13			34.2% part of TC
	total climb			38			

Wirth Park Venue Map



2020 COOP FIS CROSS COUNTRY WORLD CUP ATHLETE MAP

