



Astana - Almaty
7th ASIAN WINTER GAMES
2011



sport technical handbook

Cross Country Skiing



Мақсаты Бірлігіт - рухы Бір![™]
Unity of purpose - unity of spirit![™]



Astana - Almaty
7th ASIAN WINTER GAMES
2011



Cross Country Skiing

Contents

General Information

– OCA Executive Board	4
– AWAGOC structure	5
– OCA Members	6
– Kazakhstan in Brief	8–9
– Host Cities in Brief	10
– The 7th Asian Winter Games in Brief	11
– General Sport Programme	12–13

Games Services

– Accreditation	14
– Transportation	14
– Accommodation & Fees	15
– Catering	15

Cross Country Skiing Technical Information

– Competition Date & Venue	16
– Sport Competition Schedule	16–17
– Trainings Schedule	17
– Competition Rules	17
– Qualification	17
– Entry by Number	17
– Application Form	17
– Competitions Organization	18
– Award	18
– Doping Control	18
– Biathlon and Cross Country Ski Complex in Brief	19
– Federation's Contacts	21

Olympic Council of Asia Executive Board

President – Sheikh Ahmad Al-Fahad Al-Sabah

Secretary General – Raja Randhir Singh

Vice Presidents: Mr. Yong Suk Shin, Mr. Timothy Tsun Ting Fok, Mr. Gafur Arslonbek Rakhimov
Lt. Gen Syed Arif Hasan, Maj. Gen Charouck Arirachakaran
HE Sheikh Isa Bin Rashed Al Khalifa, Mr. Zaiqing Yu, Mr. Temirkhan Dosmukhambetov
Prof. Dr Hoang Vinh Giang, Mr Habib Abdul Nabi Yousuf Macki

Chairman, Advisory Committee (AC) – Mr. Ser Miang Ng (Singapore)

Chairperson, Athletes Committee (ATC) – Mrs. Yuko Arakida (Japan)

Chairman, Coordination Committee (CC) – Mr. Tsunekazu Takeda (Japan)

Chairman, Culture & Education Committee (C&EC) – Mr. Hemasiri Fernando (Sri Lanka)

Chairman, Finance Committee (FC) – Dr. Feng-Shu Chang (Chinese Taipei)

Chairman, Information & Statistics Committee (I&SC) – Mr. Bahram Mohammad Afsharzadeh (Iran)

Chairperson, International Relations Committee (IR) – Mrs. Rita Sri Wahyusih Subowo (Indonesia)

Chairman, Media Committee (MEC) – Mr. Manuel Silverio (Macau)

Chairman, Medical Committee (MC) – Dr. Jegathesan Manikavasagam (Malaysia)

Chairman, Peace through Sport Committee (PTS) – HRH Prince Faisal Bin Al-Hussein (Jordan)

Chairman, Rules Committee (RC) – Sheikh Talal Fahad Ahmad J Al-Sabah (Kuwait)

Chairman, Sports Committee (SC) – Mr. Zhang Jilong (China)

Chairman, Sports & Environment Committee (SEC) – Mr. Yu Kyung-Sun (Korea)

Chairman, Sports for All Committee (SAC) – Genl. Souhail Khoury (Lebanon)

Chairperson, Women & Sport Committee (WSC) – Mrs. Natalya Sipovich (Kazakhstan)

Director General & Technical Director – Mr. Husain A H Z Al-Musallam (Kuwait)

Olympic Council of Asia

P.O. Box 6706 Hawalli

Zip Code 32042 Kuwait

Phone: +965 5717196 / 5734972

Fax: +965 5734973 / 5726622

E-mail: info@ocasia.org

Website: www.ocasia.org

AWAGOC Structure

President — Mr. Andrey Kotlov

Vice Presidents — Mr. Serik Kulmurzayev, Mr. Abzal Alibekov, Mr. Mikhail Lukin,
Mr. Andrey Tsoy, Mr. Aibek Kapakov

Chief of Staff — Mr. Timur Yedenbayev

Security Service

Medical and Doping Control Service

Press Service

Logistics Service

Marketing Service

Legal, Personnel and Documentation Department

Economics and Finances Department

Asian Games Operations Department

Asian Games Information Services Department

Image Projects Department

Public Procurement Department

Administrative Supplies Department

Protocol Management

Accounting Management

AWAGOC

13, Imanov str; Business-center "Nursaulet", block B

Zip Code 010000 Astana, Kazakhstan

Phone: +7 7172 738738 / 502008

Fax: +7 7172 901525

E-mail: spm@astana-almaty2011.kz

Website: www.astana-almaty2011.kz

www.astana-almaty2011.com

Olympic Council of Asia Members

NOC	Code
Afghanistan	AFG
Bahrain	BRN
Bangladesh	BAN
Bhutan	BHU
Brunei	BRU
Cambodia	CAM
China	CHN
Democratic People's Republic of Korea	PRK
Hong Kong	HKG
India	IND
Indonesia	INA
Iraq	IRQ
Iran	IRI
Japan	JPN
Jordan	JOR
Kazakhstan	KAZ
Korea	KOR
Kuwait	KUW
Kyrgyzstan	KGZ
Laos	LAO
Lebanon	LIB
Malaysia	MAS
Macau, China	MAC

NOC	Code
Maldives	MDV
Mongolia	MGL
Myanmar	MYA
Nepal	NEP
Oman	OMA
Pakistan	PAK
Palestine	PLE
Philippines	PHI
Qatar	QAT
Saudi Arabia	KSA
Singapore	SIN
Sri Lanka	SRI
Chinese Taipei	TPE
Syrian Arab Republic	SYR
Tajikistan	TJK
Thailand	THA
Timor-Leste	TLS
Turkmenistan	TKM
United Arab Emirates	UAE
Uzbekistan	UZB
Vietnam	VIE
Yemen	YEM



Kazakhstan in Brief

Area: 2,724,900 km²

Population: 16,196,800

Administrative Divisions: The Republic is composed of 14 regions and three cities of republican subordination.

Currency: Kazakh tenge (100 tiyn).

Geographical Location: Kazakhstan is a state in Central Asia. In the south-west it is washed by the Caspian Sea. It borders with Russia, China, Kyrgyzstan, Uzbekistan and Turkmenistan. In the West - a part of the Caspian, and Turan lowlands, in the central part - Kazakh hills, in the north - the southern edge of the West Siberian Plain, in the East and South-East - Mountains of Altai, Tarbagatay, Jungar Alat, Tien-Shan.

Climate: The climate is continental. The average temperatures in January are from -18 C in the north to -3 C in the south, in July +19C in the north and +30C in the South. Annual precipitation in the north is from 300 mm in the desert and less than 100 mm in the mountains up to 1,600 mm.

The state language is Kazakh. In state institutions and local self-administrative bodies the Russian language is officially used on equal grounds along with the Kazakh language.

Public Holidays:

01–02 January — New Year's days	09 May — Victory Day
07 January — Eastern Orthodox Christmas	06 July — Capital City Day
08 March — International Women's Day	30 August — Constitution Day
21–23 March — Feast of Nauryz	16 November (2010) — Kurban Ait
01 May — Kazakhstan People's Unity Day	16–17 December — Independence Day

Useful Information:

Time Zone: GMT+6

Voltage: 220 V (50 Hz)

Emergency: Telephone Number Inquiry: 169; Fire: 101; Police: 102; Ambulance: 103.

Banking: the following foreign credit cards can be used in Kazakhstan: Master Card, Visa Card, American Express Card etc.

Host Cities in Brief

ASTANA

1832 — Date of foundation. Before 1961 — City of Akmolinsk

1961–1992 — City of Tselinograd

1993–1998 — City of Akmola

By the edict of the President of the Republic of Kazakhstan the city of Akmola is declared Capital of the Republic of Kazakhstan on October 20th, 1997 and by the decree of the President of the Republic of Kazakhstan Akmola is renamed into the Astana on May 6th, 1998.

Geographical position: 51° 10' 00" of North latitude and 71° 25' 00" of East longitude.

Local time: Astana is in Time Zone 5. Local time in relation to the Prime Meridian is GMT +06.00

Population: 683,939 people.

The climate of Astana is the second coldest capital in the world (after Ulaanbaatar, Mongolia), with temperatures of -35 to -40 °C common in early winter. The city is also known for regular frosts for around six months every year.

Nowadays Astana is getting the image of a business center of the country. All government organizations, embassies of foreign countries, joint enterprises and foreign firms are concentrated in the new capital.

Each year the city meets guests on various international industrial exhibitions, conferences and music festivals.

ALMATY

1854 — Date of foundation

1854–1921 — City of Vernyi

1921–1997 — Alma-Ata (capital of Kazakhstan)

Almaty is a former capital of the Republic of Kazakhstan and invariably remains the largest megalopolis in the country. Since independence in 1991, the city has experienced a significant transformation from its sudden exposure to western markets.

It is located in the south-east of the country.

Geographical position: 43° 15' 00" of North latitude and 76° 54' 00" East longitude.

Local time: Almaty is in Time Zone 5. Local time in relation to the Prime Meridian is GMT +06.00

Population: 1,405,456 people.

The climate of Almaty is quite mild. It is never as cold here as in the northern parts of the country and one can easily survive without a fur hat and a fur coat. However, because of higher humidity it may seem a little colder in winter than it is in fact.

Almaty remains the largest financial, economic and cultural center of Central Asia. It accommodates numerous business centers, theaters, museums, art galleries, exhibition halls and countless modern entertainment complexes (movie theaters, nightclubs, parks, restaurants, cafes etc.)

The 7th Asian Winter Games in Brief

Dates: January 30 – February 6, 2011

Place: Astana-Almaty, Kazakhstan

Sport Programme: 5 Sports, 11 Disciplines, 69 Events

Venues: 9 Competition Venues

Objectives: According the Olympic and Asian Games spirit, the aim of these Games is to support solidarity, friendship and interchange between Asian countries and regions and to enhance creation of a harmonious Asia.

Motto: Unity of purpose – unity of spirit!
Мақсаты Бірдің – рухы Бір!

Logo: The design of the logo goes back to the image of a nomadic bullock cart. In heraldic art the wheel serves as a symbol of eternal movement, both in space and in time. Reflecting the idea of constant development, the logo becomes an emblem of life and represents creative dynamism. The symbolism of the wheel is close to that of the circle and according to ancient beliefs it expresses the idea of the god of the Sun going around the Earth. Thus, the logo is a solar sign and represents the radiant power of a star that grants life and prosperity.

General Sport Programme of the 7th Asian Winter Games 2011 Astana – Almaty

Asian Games Official Opening Ceremony: January 30, 2011, Indoor Football Stadium, Astana

Sport	Discipline	Men's Event	Women's Event
Skiing (35 events)	Alpine Skiing (6 events)	<ul style="list-style-type: none"> • Downhill • Super-G • Super Combined 	<ul style="list-style-type: none"> • Downhill • Super-G • Super Combined
	Cross Country Skiing (12 events)	<ul style="list-style-type: none"> • 1.6 km Sprint Classic • 1.6 km Team Sprint Free • 10 km Classic • 15 km Free • 30 km Classic • 4x10 km Relay 	<ul style="list-style-type: none"> • 1.4 km Sprint Classic • 1.4 km Team Sprint Free • 5 km Classic • 10 km Free • 15 km Classic • 4x5 km Relay
	Ski Jumping (3 events)	<ul style="list-style-type: none"> • K-95 Individual • K-125 Individual • K-125 Team 	
	Freestyle Skiing (6 events)	<ul style="list-style-type: none"> • Moguls • Aerials • Parallel Mogul 	<ul style="list-style-type: none"> • Moguls • Aerials • Parallel Mogul
	Ski Orienteering (8 events)	<ul style="list-style-type: none"> • Sprint • Long Distance • Middle Distance • Relay 	<ul style="list-style-type: none"> • Sprint • Long Distance • Middle Distance • Relay

Sport	Discipline	Men's Event	Women's Event
Skating (24 events)	Speed Skating (12 events)	<ul style="list-style-type: none"> • 500 m • 1500 m • 5000 m • 10000 m • 3200 m Team Pursuit • 70 laps Mass Start 	<ul style="list-style-type: none"> • 500 m • 1500 m • 3000 m • 5000 m • 2800 m Team Pursuit • 50 laps Mass Start
	Figure Skating (4 events)	Men	Ladies'
		Pairs	
			Ice Dance
	Short Track Speed Skating (8 events)	<ul style="list-style-type: none"> • 500 m • 1500 m • 3000 m • 5000 m Relay 	<ul style="list-style-type: none"> • 500 m • 1000 m • 1500 m • 3000 m Relay
Biathlon (7 events)	Biathlon (7 events)	<ul style="list-style-type: none"> • 20 km • 10 km Sprint • 4x7.5 km Relay • 12.5 km Pursuit 	<ul style="list-style-type: none"> • 15 km • 7.5 km Sprint • 4x6 km Relay
Ice Hockey (2 events)	Ice Hockey (2 events)	Men's	Women's
Bandy (1 event)	Bandy (1 event)	Men's	
5 Sports	11 Disciplines	69 Events	

Asian Games Official Closing Ceremony: February 6, 2011, Baluan Sholak Sport Palace, Altmy

Games Services

Accreditation

All application forms for identification (ID) and accreditation cards (AD) will be available for on-line completion at the official web-site of the Games, www.astana-almaty2011.com, beginning June 1st, 2010. The deadline for completing or making changes to the application forms is October 30th, 2010.

Following the completion, the identification cards must be signed and stamped with the NOC of the respective country, which will ensure the right to enter and exit Kazakhstan with a valid passport from January 1st, 2011 to February 21st, 2011. The accreditation cards will be issued to delegates by accreditation centers once they arrive in Kazakhstan.

Transportation

Arrival to Airport

Transportation services will be provided at the international airports of Astana and Almaty. Designated vehicles will be available at the airport for transportation of arriving delegations to their hotels.

Transit Airport

Almaty international airport will serve as a transit-airport, where representatives of AWAGOC will assist participants to transfer to the flight to Astana.

Participants Transportation

It is planned to transport participants between the cities by air. However, the number of flights will differ depending on participants' status.

Local transportation of participants will be carried out using 30-seat buses which will be provided to the teams. Buses will be available at special bus-stops (parking lots), designed as part of the transport connection between the official hotels and competition/training venues, and will operate for 1-2 hours before and after competitions and trainings.

Transportation Service for Trainings and Competition

Transportation service will be provided to participants traveling between the competition venues and hotels. Any large and heavy luggage will be transported by designated vehicles.

Competition Equipment and Luggage Transportation

The Organizing Committee will help Games participants with transportation of competition equipment and luggage once they enter Kazakhstan. Games participants and their assistants are required to check their belongings, and attend the handling of their luggage together with AWAGOC representatives. The Organizing Committee will provide each team with Games luggage tags.

Accommodation & Fees

Athletes and officials of Cross Country Skiing competition will stay at the «Kazzhol» hotel in Almaty.

Accommodation fee for athletes and officials in quota:

50 \$ USD per person per day

Accommodation fee for extra officials:

100 \$ USD per person per day

Early registration and early arrivals:

100 \$ USD per person per day

Catering

The main Games catering places for officials and athletes will be located at accommodation places. It is planned to have 3 buffet-type meals a day to reflect different tastes and religious preferences and to feature national cuisines from all countries of Asia including the host country. Taking into account the climatic conditions of the host cities and the varying distances to be traveled to the sports venues, appropriate and category-specific catering will be organized on sports venues as well. This measure is designed to provide hot meals to the athletes, coaches, staff and official guests of the Games away from the host city sports facilities. Food will be provided according to the relevant symbol on the accreditation cards of Games participants.

Cross Country Skiing Technical Information

Date and Competition Venues

Cross Country Skiing competitions will be held at the Biathlon and Cross Country Ski Complex, Soldatskoe Valley, Talgar area, Almaty region from January 31st to February 6th, 2011.

Sport Competition Schedule

Men: 1.6 km Sprint Classic, 1.6 km Team Sprint Free, 10 km Classic, 15 km Free, 30 km Classic, 4x10 km Relay;
 Women: 1.4 km Sprint Classic, 1.4 km Team Sprint Free, 5 km Classic, 10 km Free, 15 km Classic, 4x5 km Relay;

Date	Time	Events
29.01.2011	1000–1400	Official training
31.01.2011	10.00	1.4 km Sprint Classic (women)
	12.00	1.6 km Sprint Classic (men)
01.02.2011	10.00	1.4 km Team Sprint Free (women)
	12.00	1.6 km Team Sprint Free (men)
02.02.2011	10.00	10 km Free (women)
	12.00	15 km Free (men)
03.02.2011	10.00	5 km Classic (women)
	12.00	10 km Classic (men)
04.02.2011	10.00 – 14.00	Official training-Rest day
05.02.2011	10.00	4x5 km Relay (women)
	12.00	4x10 km Relay (men)
06.02.2011	10.00	15 km Classic (women)
	12.00	30 km Classic (men)

Note: the competition schedule is subject to change according to the final entries.

Trainings Schedule

All competition venues will be available for training beginning January 15th, 2011. AWAGOC will develop a training schedule for each sport according to the arrival information for each team and teams' training requests. A reasonable fee will be charged for using the venue. Free training for Cross Country Skiing competitions will be provided from January 28th, 2011.

Competition Rules

The current rules of FIS will be adopted for the Cross Country Skiing competition. Any issues that are not covered by the rules will be dealt with in accordance with the relevant regulations of the OCA and FIS.

Qualification

All members of National Olympic Committees and Olympic Council of Asia whose national/regional associations are members of FIS can join the competition.

Participation of athletes must be in conformity with the qualification requirements of the OCA Constitution and Rules.

Entry by Number

	Events	Number of Athletes	Total
Men	1.6 km Sprint Classic	2	8
	1.6 km Team Sprint Free	2	
	10 km Classic	2	
	15 km Free	2	
	30 km Classic	2	
	4x10 km Relay	4	
Women	1.4 km Sprint Classic	2	8
	1.4 km Team Sprint Free	2	
	5 km Classic	2	
	10 km Free	2	
	15 km Classic	2	
	4x5 km Relay	4	

Application Form

First form: Entry form by number

Deadline: [October 30, 2010](#)

Second form: Entry form by name

Deadline: [December 30, 2010](#)

Organization of Competitions

Under the supervision and instructions of the OCA and FIS, the technical delegates and technical officials will work with the Competition Commission of AWAGOC, a body responsible for organizing the Cross Country Skiing competition.

Technical Delegates and Referees

FIS with OCA's approval will appoint technical officials, technical delegates, arbiters and referees. Other referees and competition officials will be designated by AWAGOC.

Timing

Electronic timing system will be customized to the competitions and it shall be operated in accordance with the regulations of FIS.

Draw

All the draws related to competitions will be conducted in conformity with the FIS regulation and under strict supervision.

Protest

All protests and appeals concerning technical aspects of the competitions will be conducted according to the FIS regulations.

Awards

The awards to be presented to athletes who rank among the first six places are as follows:

First place: gold-filled silver medal and certificate.

Second place: silver medal and certificate.

Third place: bronze medal and certificate.

Forth to sixth: certificate.

Doping Control

Doping test will be conducted under the guidance of the OCA Medical Committee and in accordance with the World Anti-Doping Code and international doping test standards. The Almaty Athletes' Anti-Doping Laboratory, which was recognized by IOC and WADA, will serve as the test lab for the Games. Test results will be issued within 72 hours. Biathlon and Cross Country Ski Complex will be the site of sample collection for athletes joining Cross Country Skiing competitions. The number of athletes to be tested and the principles of selection will be determined by the OCA Medical Committee. In the event of any positive test result, the Chairman of OCA Medical Committee will report to the OCA and take appropriate actions on the case.

Biathlon and Cross Country Ski Complex in Brief

The Biathlon and Cross Country Ski Complex, situated in Soldatskoe Valley, Talgar area, Almaty region, is an autonomous system with its own infrastructure necessary for the Asian Winter Games, which can consequently be used for World Cup and Winter Olympics competitions.

Soldatskoye Valley is located in the Talgar area, below the Almaty Nature Reserve, in the foothills of the Trans-Ili Alatau ridge, at an altitude of 1500m above sea level.

The main facilities are ski and biathlon stadium grandstands, with adjoining managers' tower on the south side. The stand of each stadium is designed for more than 3000 spectators (1300 standing places and 1800 seats). The managers' tower and the stadiums are interconnected by pedestrian passages on several floors. The general principle used in planning the stadiums is maximum use of under-stand spaces and creation of optimal conditions for all groups of people: spectators, athletes, journalists, organizers and representatives of radio and television.

The advantages and favorable aspects of the Biathlon and Cross Country Ski Complex are as follows:

- the large-territorial reserves of the area can accommodate all the necessary elements of the complex: parking, trails, places for spectators at a sufficient distance from each other to ensure a full functioning of the stadium;
- sufficient wind protection from the north and north-east, which is especially important for biathlon competitions;
- the relatively short distance to Almaty - 35-40 km and 36 km to the airport - provides easy access for spectators, athletes and organizers to the competition venue;
- the climatic conditions allow for maximum use of the stadium during winter months: the average temperature of the coldest five days is -21C, the annual precipitation is 629mm;
- the favorable terrain makes it possible to lay courses of high complexity (differences in elevation of trails is close to the upper limit set by the rules) in accordance with international standards, which makes the facility a great place for entertainment events and athlete training;
- the picturesque natural environment is very important for TV experts in determining competition locations.

Federation's Contacts

International Ski Federation (FIS)

President: Mr. Gian-Franco Kasper

General Secretary: Ms. Sarah Lewis

Address: Blochstrasse 2 CH-3653 Oberhofen/Thunersee, Switzerland

Phone: + 41 33 244 61 61

Fax: + 41 33 244 61 71

E-mail: lewis@fisski.ch

Website: www.fis-ski.com

Asian Ski Federation (ASF)

President: Dr. Sung-Won Lee

Secretary General: Mr. Li Cheng Yun

Address: 4th Fl Ssangyong Bldg, 24-1, 2-ka,

Jeo-Dong, choong-Ka, Korea 100-748 Seoul

Phone: +82 2 22705545

Fax: +82 2 22741070

Email: leeski@yongpyong.co.kr

Republican Cross Country Skiing Federation

President: Kunayev Mergeli

Vice-president: Vlassov Sergey

Address: Bukhar Zhirau avenue, 40 a, apartment 2, Almaty, Kazakhstan

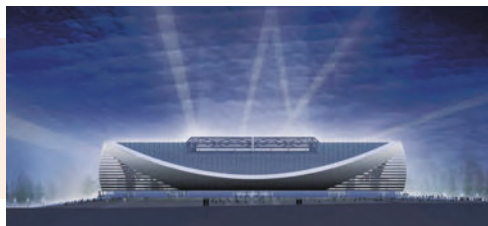
Phone/fax: +7 727 292 20 45

The Sites Included into the Infrastructure of the Asian Winter Games in Astana

Venues in Astana

Indoor Football Stadium

Opening Ceremony



Indoor Speed Skating Stadium



National Indoor Cycle Arena



Kazakhstan Sport Palace





 Railway Station

 King Hotel

 Radisson SAS Hotel

 Rixos President Hotel

 National Indoor Cycle Arena

 Indoor Football Stadium

 Indoor Speed Skating Stadium



Kazakhstan Sport Palace



Duman Hotel



Diplomat Hotel




International Airport




 Railway Station

 Baluan Sholak Sport Palace

 Hyatt Regency Hotel

 Almaty Towers.
International Broadcasting Center (IBC),
Main Media Center (MMC)

 International Ski Jump Complex

 Kazakhstan Hotel

 Dostyk Hotel

 Intercontinental Almaty Hotel

 Astana International Hotel

МР-Н САМАЛ-2


МР-Н САМАЛ-3

МР-Н ГОРНЫЙ
ГИГАНТ

БОСТА ИДЫКТАЙ



International Airport



Biathlon and Cross Country Ski Complex



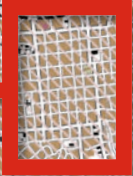
Tabagan Resort



Medeu Alpine Ice Arena



Shymbulak Alpine Sport Resort



The Sites Included into the Infrastructure of the Asian Winter Games in Almaty

Venues in Almaty

Baluan Sholak Sport Palace

**Closing
Ceremony**



Medeu Alpine Ice Arena



International Ski Jump Complex



Shymbulak Alpine Sport Resort



Biathlon and Cross Country Ski Complex



Tabagan Resort





A series of horizontal dotted lines for writing, consisting of 20 lines spaced evenly down the page.



Astana - Almaty
7th ASIAN WINTER GAMES
2011

info@astana-almaty2011.kz
www.astana-almaty2011.kz