



## **TECHNICAL HANDBOOK**

# GENERAL TECHNICAL RULES

**This document cannot be changed without the prior approval of the ICG Technical Commission"**

## 1. TIME AND DURATION

The 8th International Children's Winter Games will take place from January 6-11, 2019 in Lake Placid, New York, USA.

## 2. PROGRAM

The programme of the 8<sup>th</sup> International Children's Winter Games includes the following disciplines: Alpine Skiing, Biathlon, Cross Country, Figure Skating, Freestyle Skiing, Ice Hockey, Snowboard, Short Track, Speed Skating.

## 3. PARTICIPANTS

- Delegations without ice hockey team up to 24 = 18 athletes + 4 coaches + 1 head of delegation + 1 city rep
- Delegations that bring an ice hockey team up to 29 = 17 hockey players + up to 5 other athletes + 3 hockey coaches + max. 2 other sport coaches + 1 head of delegation + 1 city rep.
- Participating athletes must reside or attend school in the city in which they represent.
- *Athletes must be 12 years old by January 1 the year of the Games and must still be 15 years old, on December 31 the year of the Games.*

	Delegations without an ice hockey team	Delegations with boys ice hockey team	Delegations with girls ice hockey team
Ice Hockey Players - Boys	0	13-17	0
Ice Hockey Players - Girls	0	0	13-17
Athletes other sports	18	5	5
Coaches Ice Hockey - Boys	0	3	0
Coaches Ice Hockey - Girls	0	0	3
Coaches Other Sports	4	2	2
Head of Delegation	1	1	1
City Delegation	1	1	1
Max Delegation size	24	25-29	25-29

## 4. IDENTITY CARD, CONTROL AND SANCTIONS

- All participants of the Games (athletes, coaches, other participants) need to have identification cards, made by the organizer of the Games. The ID card has to include the Participant's photo, sports, the First and last name, City and Country.
- The Head of the delegation is obliged to give the accurate data for the ID cards.  
The Head of the Delegation needs to assure the insight into the legal documents of the participants in the case of any complaint, therefore it is advisable to bring the copy of the documents to the Games.
- In the case of fraud, the City will be obliged to pay all penalty expenses and fines imposed by the Executive Committee of ICG.
- The Referee of appointed discipline as well as the Head of Competition must inspect the athlete's ID card before commencing the competition.

## 5. TECHNICAL MEETINGS

- Joint technical meeting for all disciplines will take place on Sunday, January 6, 2019 before the technical meeting of individual disciplines. At the meeting the Heads of Competition and the members of ICG TC will take part.
- Before the beginning of competition, the technical meeting of individual disciplines is summoned. At the meeting the Heads of Competition and the members of ICG TC as well as the coaches will take part.

## 6. AUTHORITY AND JURISDICTION

- A Head of Delegation may file a Sports Protest
- Challenges made to sports officials, referees, umpires or judges in matters of competition, will be judged by them.
- To launch an appeal, the protest must be initiated in writing (in English) immediately (or as soon as possible) after the incident or decision occurred.
- The Protest must provide details necessary for the Protest Committee's review.
- The Protest should be submitted to the Head Referee of the given sport or the Technical Director of that sport or a member of the ICG TC.
- All Protests require a 100 USD protest fee to be paid to ICG before a protest is heard and are non-refundable.
- Only one Protest can be filed per sport incident, by the city's Head of Delegation.
- All Protests will be heard and either denied or investigated by the ICG Protest Committee.
- All decisions by the Protest Committee are final and binding.
- Protest Committee
  - \* The Vice-President of ICG/Chair of Technical Committee
  - \* A member of ICG Technical Commission
  - \* The Head Referee of the sport
  - \* The Referee/judge/umpire of the sport
  - \* A representative of the Host City

## 7. OTHERS

- No changes can be made to any part of the ICG THs without the consent of the Technical Commission

	DISCIPLINES	EVENTS		MAX. DELEGATION	
				Boys	Girls
SNOW SPORTS	Alpine Skiing	Giant Slalom (B/G)	2	3	3
		Parallel Slalom Mixed Team (2B/2G)	1		
	Free Skiing	Ski Cross Mixed Team (2B/2G)	1	Mixed Delegations Alpine & Freestyle	
		Ski Slopestyle (B/G)	2	2	2
	Snowboard	Snowboard Cross (B/G)	2	2	2
		Snowboard Slopestyle (B & G)	2	2	2
	Cross Country	Classic (B & G)	2	2	2
		Sprint Free Technique (B & G)	2		
		Mixed Team Relay 2B/2G)	1	Mixed Delegations	
	Biathlon	Sprint (B & G)	2	2	2
		Elimination Sprint (B & G)	2		
		Mixed Team Relay (2B/2G)	1	Mixed Delegations	
ICE SPORTS	Ice Hockey	Boys - 8 Team Tournament	1	17	
		Girls - 8 Team Tournament	1		17
	Figure Skating	Single (Short/Free) (B & G)	2	1	1
	Speed Skating	500m (B & G)	2	2	2
		1000m (B & G)	2		
		Mass Start (B & G)	2		
		Mixed Team Sprints	1	Mixed Delegations	
	Short Track	500m (B & G)	2	2	2
		1000m (B & G)	2		
		Mixed Team Relay (B & G)	2	Mixed Delegations	
			37	limited to 18*	

# Alpine Skiing

## January 7 – 10, 2019

### 1. TECHNICAL COMMITTEE

The technical committee will be composed of the:

Paul Van Slyke	Technical Delegate	518-946-7001
John Norton	Chief of Race	518-946-7001
Royce Van Evera	Referee	518-946-7001
Zlatko Kauran	Member of ICG TC	zlatko@kauran.com

### 2. VENUE

Whiteface Mountain will host the Alpine Skiing events of the Lake Placid 2019 International Children's Games. Situated in upstate New York in the town of Wilmington, Whiteface hosts many national and international events annually and was the site of the 1932 and 1980 Olympic Games.

Whiteface Mountain, 5021 State Route 86, Wilmington, NY 12997 USA  
[www.whiteface.com](http://www.whiteface.com)

### 3. EVENTS AND QUOTAS

- Giant Slalom, boys – Each city may enter a maximum of 3 boys;
- Giant Slalom, girls – Each city may enter a maximum of 3 girls;
- Parallel Slalom, Mixed Team (Each team ideally consists of 2 boys and 2 girls from different delegations. There is at least one female competitor in each team.) – Each city may enter a maximum of 3 boys and 3 girls. The teams will be mixed by gender and cities and will be chosen by a random algorithm.

### 4. COMPETITION INFORMATION

- All Alpine Skiing competitions are held in accordance with the international ski competition rules (ICR). Detailed rules are available at: [www.fis-ski.com](http://www.fis-ski.com)

#### **Giant Slalom** (Tuesday, January 8, 2019)

- Name of Course: "Upper Thruway / Draper's Drop" (10237-11-11)
- Start: 765m
- Finish: 497m
- Vertical Drop: 268m
- Length: 895m
- Gates: Approximately 32

#### **Parallel Slalom, Mixed Team** (Wednesday, January 9, 2019)

- Name of Course: "Draper's Drop" (10238-11-11)
- Start: 590m
- Finish: 490m
- Vertical Drop: 100m
- Length: 260m
- Gates: Approximately 20

### 5. COMPETITION REGULATION

#### 5.1 Giant slalom

- The Giant Slalom will be decided by two runs. All competitors that finished the first run will be qualified for the second run. The right is reserved to decide that only the top 30 competitors from the first run will qualify for the second run if the length of the race does not allow a start of all competitors in both runs. The starting order of the top 30 competitors for the second run is determined by the result of the first run in inverted order (the 30th in the result list starts 1st, the 29th in the result list starts 2nd, etc.).
- Athletes outside the top 30 will start in ascending order according to the result of the first run (the 31st in the result list starts 31st, the 32nd in the result list starts 32nd etc.).

- To secure equal competition conditions for all delegations the starting order is conducted in three groups. Each athlete from a delegation will be allocated to in a different group.

## 5.2 Parallel slalom

- The Parallel Slalom Mixed Team is conducted as a parallel event using giant slalom gates and panels.
- The team size is limited to a maximum of 4 competitors. Each team ideally consists of 2 boys and 2 girls from different delegations. There is at least one female competitor in each team.
- The maximum number of teams allowed is 35. If 16 teams or more are registered, a qualification round will be conducted to determine the final 16 teams. The ranking is determined by the combined time of the two fastest times per team.
- The qualified teams will be seeded into heats based on their ranking (heat 1: team ranked 1 vs team ranked 16 (last). The best team, according to the qualification, starts first and the last nation, according to the qualification will start last.
- Each individual leg between two opponents consists of one run. The start order will be as follows (as an example for Heat 1):
  - “Red Course” Team 1 – athlete 1 against “Blue Course” Team 16 – athlete 1
  - “Red Course” Team 1 – athlete 2 against “Blue Course” Team 16 – athlete 2
  - “Blue Course” Team 1 – athlete 1 against “Red Course” Team 16 – athlete 1
  - “Blue Course” Team 1 – athlete 2 against “Red Course” Team 16 – athlete 2
- The winner of each individual leg scores 1 point for his team. In case of a tie of an individual leg, both teams are awarded 1 point.
- If there is a tie at the end of the heat (2:2) the team with the lowest combined time of the two fastest times will win the heat.
- If both competitors fall in any leg, the first competitor to reach the finish successfully will be the winner. If both competitors fail to finish, the competitor who successfully skied the furthest distance will be the leg winner.
- In addition to the final the losers of the semi-final will compete against each other for places 3 and 4

## 6. EQUIPMENT

Helmets are mandatory for all FIS ski events during inspection, training and competition. FIS approved helmets manufactured for ski racing or helmets that meet appropriate standards such as the European Standard (CEE 1077:2007) or the US Standard 2040 (ASTM 2040) are required. It is also strongly recommended that competitors consider using back protection.

## 7. DISPUTES

Any disputes will be resolved in compliance with FIS rules and the clauses included in the ICG Sports Rules.

The FIS website [www.fis-ski.com](http://www.fis-ski.com) provides a copy of the latest FIS constitution, Laws and regulations for competition

## 8. MEDICAL

A First Aid Service will be available on site. Full Medical Service will be available at the Adirondack Medical Center  
Church Street, Lake Placid  
518-523-3311

Offers medical and emergency services 8am-11pm and walk-ins are welcome

Adirondack Medical Center  
Lake Colby Drive, Saranac Lake  
518-891-4141

Offers 24-hour medical and emergency services.

A full medical plan will be shared at the Technical meeting.

## 9. TECHNICAL MEETING

Joint Technical meeting for all disciplines will be held on Sunday, January 6, 2019 20:00 – 21:00 at the Conference Center @ Lake Placid.

Alpine Technical meetings will take place at Whiteface on the following days:

Monday, January 7, 2019 | 16:00 – 17:00  
 Tuesday, January 8, 2019 | 16:00 – 17:00  
 Wednesday, January 9, 2019 | 16:00 – 17:00

## 10. TRAINING SCHEDULE

Training times will be available on Monday, January 7, 2019 from 08:30 – 14:00

## 11. PRESENTATION OF MEDALS

The medal ceremonies will take place at Whiteface in the designated medals plaza at the base of the mountain.

The following medals will be awarded:

GOLD – For the individual/team ranking first in the competition

SILVER - For the individual/team ranking second in the competition

BRONZE - For the individual/team ranking third in the competition

## 12. TIMETABLE (TIMES SUBJECT TO CHANGE)

### ALPINE SCHEDULE

		Team Finding	Technical	Training	Competition	Awards
	DATE	TIME		EVENT		
<b>Arrival</b>	Sunday, January 6, 2019	20:00 - 21:00	Coaches	Joint Technical Meeting - All Disciplines		
<b>DAY 1</b>	Monday, January 7, 2019	08:30 - 14:00	Girls/Boys	Training		
		16:00 - 17:00	Coaches	Technical Meeting		
<b>DAY 2</b>	Tuesday, January 8, 2019	08:15 - 09:00	Girls/Boys	Warm-up		
		08:45 - 09:15	Girls/Boys	Inspection		
		09:30 - 10:15	Girls	Giant Slalom - 1st Run		
		10:15 - 11:00	Boys	Giant Slalom - 1st Run		
		11:30 - 12:00	Girls/Boys	Inspection		
		12:30 - 13:15	Girls	Giant Slalom - 2nd Run		
		13:15 - 14:00	Boys	Giant Slalom - 2nd Run		
		15:00 - 15:15	Girls/Boys	Awards Ceremony - Giant Slalom		
<b>DAY 3</b>	Wednesday, January 9, 2019	16:00-17:00	Coaches	Technical Meeting		
		08:00 - 08:30	Girls/Boys	Team Finding		
		08:15 - 09:00	Girls/Boys	Warm-up		
		08:45 - 09:15	Girls/Boys	Inspection		
		09:30 - 11:00	Mixed Delegations	Parallel Slalom Mixed Team Qualifications		
		12:00 - 14:30	Mixed Delegations	Parallel Slalom Mixed Team Finals		
		15:30 - 15:45	Mixed Delegations	Awards Ceremony - Parallel Slalom		
		16:00 - 17:00	Coaches	Technical Meeting		
<b>DAY 4</b>	Thursday, January 10, 2019	08:00 - 08:30	Mixed Delegations	Team Finding		
		08:15 - 09:00	Mixed Delegations	Warm-up		
		08:45 - 09:15	Mixed Delegations	Inspection		
		12:15 - 14:35	Mixed Delegations	Ski Cross (alpine & FS Skiing Athletes)		
		15:15 - 15:30	Mixed Delegations	Awards Ceremony - Ski Cross		

# Biathlon

January 8, 9, & 10, 2019

## 1. TECHNICAL COMMITTEE

The technical committee will be composed of the:

<b>Jim Rodrigues</b>	Technical Director	jimrodrigues3@gmail.com
<b>Kris Seymour</b>	Assistant Technical Director	kcheneyseymour@orda.org
<b>Carl Klossner</b>	Head Referee	cklossner@hotmail.com
<b>Mike Battisti</b>	Chief of Course	mbattisti@orda.org
<b>Anatoliy Kolomoyets</b>	Member of ICG TC	anatoliy.kolomoyets@gmail.com

## 2. VENUE

Olympic Jumping Complex, 5486 Cascade Road, Lake Placid, NY12946 USA  
(show the location inside city map and add a photo of the venue).

## 3. EVENTS AND QUOTAS

- Sprint boys, 3\*1.00km – Each city may enter a maximum of 4 boys / Penalty loop: 80m / Shooting position: prone - prone
- Sprint girls, 3\*1.00km – Each city may enter a maximum of 4 girls / Penalty loop: 80m / Shooting position: prone - prone
- Sprint with Elimination boys, 2\*0.50km – Each city may enter a maximum of 4 boys / Penalty loop: 60m / Shooting position: prone
- Sprint with Elimination girls, 2\*0.50km – Each city may enter a maximum of 4 girls / Penalty loop: 60m / Shooting position: prone
- Relay Mixed Team, 4\*(2\*0.50km) – (Each team ideally consists of 2 boys and 2 girls from different delegations. There is at least one female competitor in each team.) – Each city may enter a maximum of 4 boys and 4 girls / Penalty loop: 80m / Shooting position: prone. The Teams will be mixed by gender and cities and will be chosen by a random algorithm.

## 4. COMPETITION INFORMATION

- All Biathlon competitions are held in accordance to the IBU event and competition rules and are held in the free technique. The shooting range will be composed of 10 shooting lanes and athletes will shoot with air pressure biathlon rifles from the lying position on the standing target. Rifles are provided on each shooting lane and supervised and maintained by officials.
- Automatic timekeeping for all competitions will be provided with transponders.
- Detailed rules are available at: [www.biathlonworld.com](http://www.biathlonworld.com).

## 5. COMPETITION REGULATION

### 5.1 Sprint with Elimination

- The Sprint with Elimination event is composed of one qualification run and the final heats (quarterfinals, semi-finals and final).
- The starting positions will be determined by the results of the Sprint competition. In each heat 5 athletes compete against each other and the first 2 advance to the next round.
- If necessary to fill up the final heats, a lucky loser rule will be applied.

### 5.2 Relay Mixed Team

- In the Relay Mixed Team competition the first competitors from each team start simultaneously.
- Subsequent starts by other team members are completed by the incoming team member tagging the next team member in the relay hand-over zone.
- Each team ideally consists of 2 boys and 2 girls from different delegations. There is at least one female competitor in each team. The start sequence in the Relay Mixed Team is girl(s) first followed by boys

## 6. EQUIPMENT

Athletes are responsible for providing their own equipment, except the rifles. Biathlon rifles will be provided by the Organizer. The organizer will not allow any other biathlon rifles at the competition.



## **7. DISPUTES**

Any disputes will be resolved in compliance with IBU rules and the clauses included in the ICG Sports Rules

## **8. MEDICAL**

A First Aid Service will be available on site. Full Medical Service will be available at the Adirondack Medical Center  
Church Street, Lake Placid  
518-523-3311  
Offers medical and emergency services 8am-11pm and walk-ins are welcome

Adirondack Medical Center  
Lake Colby Drive, Saranac Lake  
518-891-4141  
Offers 24-hour medical and emergency services.

A full medical plan will be shared at the Technical meeting.

## **9. TECHNICAL MEETING**

The FIS website [www.fis-ski.com](http://www.fis-ski.com) provides a copy of the latest FIS constitution, Laws and regulations for competition.

Joint Technical meeting for all disciplines will be held on Sunday, January 6, 2019 20:00 – 21:00 at the Conference Center @ Lake Placid.

Cross Country Technical meetings will take place at the Olympic Jumping Complex Intervales Loj on the following days:

Monday, January 7, 2019 from 17:00 – 18:00  
Tuesday, January 8, 2019 from 17:00 – 17:30  
Wednesday, January 9, 2019 from 19:00 – 20:00

## **10. TRAINING SCHEDULE**

Training times are available at the Olympic Jumping Complex on January 6 and 7 from 09:00 to 12:00. Additional unofficial training is available at Mt Van Hoevenberg Cross Country Center from 09:00 to 16:00 daily.

## **11. PRESENTATION OF MEDALS**

The medal ceremonies will take place at the Olympic Jumping Complex in the designated medals plaza located outside the Intervales Lodge

The following medals will be awarded:

GOLD – For the individual/team ranking first in the competition  
SILVER - For the individual/team ranking second in the competition  
BRONZE - For the individual/team ranking third in the competition



## 12. TIMETABLE

### BIATHLON SCHEDULE

Team Finding	Technical	Training	Competition	Awards
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	DATE	TIME		EVENT
Arrival	Sunday, January 6, 2019	20:00 - 21:00	Coaches	Joint Technical Meeting - All Disciplines
DAY 1	Monday, January 7, 2019	13:00 - 16:00	Girls/Boys	Training
		17:00 - 18:00	Coaches	Technical Meeting
DAY 2	Tuesday, January 8, 2019	13:00 - 14:00	Girls/Boys	Warm-up / Zeroing
		14:00 - 15:00	Boys	Sprint Distance
		15:00 - 16:00	Girls	Sprint Distance
		16:15 - 16:30	Girls/Boys	Awards Ceremony - Sprint Distance
		17:00-17:30	Coaches	Technical Meeting
DAY 3	Wednesday, January 9, 2019	13:00 - 14:00	Girls/Boys	Warm-up / Zeroing
		14:00 - 16:00	Girls/Boys	Sprint w/ Eliminations
		16:15 - 16:30	Girls/Boys	Awards Ceremony - Sprint
		19:00 - 20:00	Coaches	Technical Meeting
DAY 4	Thursday, January 10, 2019	12:00 - 13:00	Mixed Delegations	Team Finding
		13:00 - 14:00	Mixed Teams	Warm-up / Zeroing
		14:00 - 16:00	Mixed Teams	Relay
		16:15 - 16:30	Mixed Teams	Awards Ceremony - Relay

# Cross-Country Skiing

January 8, 9, & 10, 2019

## 1. TECHNICAL COMMITTEE

The technical committee will be composed of the:

<b>Jim Rodrigues</b>	Technical Director	jimrodrigues3@gmail.com
<b>Kris Seymour</b>	Assistant Technical Director	kcheneyseymour@orda.org
<b>Chris Frielinghaus</b>	Head Referee	CFrielingh@aol.com
<b>Mike Battisti</b>	Chief of Course	mbattisti@orda.org
<b>Avi Benbenisti</b>	Member of ICG TC	avi-benb@inter.net.il

## 2. VENUE

Olympic Jumping Complex (5486 Cascade Rd, Lake Placid, NY)

## 3. EVENTS AND QUOTAS

- Classic boys, 2\*1.75km – Each city may enter a maximum of 4 boys
- Classic girls, 2\*1.75km – Each city may enter a maximum of 4 girls
- Sprint free technique boys (1.00km) – Each city may enter a maximum of 4 boys
- Sprint free technique girls (1.00km) – Each city may enter a maximum of 4 girls
- Relay Mixed Team free technique 4\*1.75km (Each team ideally consists of 2 boys and 2 girls from different delegations. There is at least one female competitor in each team.) – Each city may enter a maximum of 4 boys and 4 girls. The teams will be mixed by gender and cities and will be chosen by a random algorithm.

## 4. COMPETITION INFORMATION

- All Cross-Country Skiing competitions are held in accordance with the international ski competition rules (ICR). Detailed rules are available at [www.fis-ski.com](http://www.fis-ski.com)
- Automatic timekeeping for all competitions will be provided with transponders.

## 5. COMPETITION REGULATION

### 5.1 Classic (Tuesday, January 8, 2019)

- The competition will be held as interval start competition in the classic technique with a starting interval of 30 sec.
- Classic technique includes the diagonal technique, the double poling technique, herringbone technique without a gliding phase, downhill technique and turning techniques. Single or double-skating is not allowed. Turning techniques comprise steps and pushes in order to change directions. Where there is a set track, turning techniques with pushing are not allowed. This will also apply to competitors skiing outside the set track.

### 5.2 Sprint (Wednesday, January 10, 2019)

- The individual Sprint competitions are composed of one qualification run with interval start and the final heats (quarter-finals, semi-finals and final). The best 30 athletes from the qualification will advance to the quarter-finals.

### 5.3 Relay Mixed Team (Wednesday, January 11, 2019)

- The Relay Mixed Team competition will be conducted in the free technique and mass start.
- Each team ideally consists of 2 boys and 2 girls from different delegations. There is at least one female competitor in each team. The start sequence in the Relay Mixed Team is girl(s) first followed by boys.

## **6. EQUIPMENT**

Athletes are responsible for providing their own equipment.

## **7. DISPUTES**

Any disputes will be resolved in compliance with FIS rules and the clauses included in the ICG Sports Rules.

## **8. MEDICAL**

A First Aid Service will be available on site. Full Medical Service will be available at the Adirondack Medical Center  
Church Street, Lake Placid  
518-523-3311  
Offers medical and emergency services 8am-11pm and walk-ins are welcome

Adirondack Medical Center  
Lake Colby Drive, Saranac Lake  
518-891-4141  
Offers 24-hour medical and emergency services.

A full medical plan will be shared at the Technical meeting.

## **9. TECHNICAL MEETING**

The FIS website [www.fis-ski.com](http://www.fis-ski.com) provides a copy of the latest FIS constitution, Laws and regulations for competition.

Joint Technical meeting for all disciplines will be held on Sunday, January 6, 2019 20:00 – 21:00 at the Conference Center @ Lake Placid.

Cross Country Technical meetings will take place at the Olympic Jumping Complex Pool Building on the following days:

Monday, January 7, 2019 from 13:00 – 14:00  
Tuesday, January 8, 2019 from 14:00 – 14:30  
Wednesday, January 9, 2019 from 13:30 – 14:00

## **10. TRAINING SCHEDULE**

Training times are available at the Olympic Jumping Complex on January 6 and 7 from 09:00 to 12:00. Additional unofficial training is available at Mt Van Hoevenberg Cross Country Center from 09:00 to 16:00 daily.

## **11. PRESENTATION OF MEDALS**

The medal ceremonies will take place at the Olympic Jumping Complex in the designated medals plaza outside the Intervales Lodge.

The following medals will be awarded:

GOLD – For the individual/team ranking first in the competition  
SILVER - For the individual/team ranking second in the competition  
BRONZE - For the individual/team ranking third in the competition

## 12. TIMETABLE

### CROSS COUNTRY SCHEDULE

		Team Finding	Technical	Training	Competition	Awards
	DATE	TIME		EVENT		
Arrival	Sunday, January 6, 2019	20:00 - 21:00	Coaches	Joint Technical Meeting - All Disciplines		
DAY 1	Monday, January 7, 2019	09:00 - 12:00	Girls/Boys	Training		
		13:00 - 14:00	Coaches	Technical Meeting		
DAY 2	Tuesday, January 8, 2019	08:30 - 09:00	Boys	Training		
		09:00-10:30	Boys	Distance Classic		
		10:30 - 11:00	Girls	Training		
		11:00 - 12:30	Girls	Distance Classic		
		12:45 - 13:00	Girls/Boys	Awards Ceremony - Distance Classic		
		14:00-14:30	Coaches	Technical Meeting		
DAY 3	Wednesday, January 9, 2019	08:30 - 09:00	Girls/Boys	Training		
		09:00 - 10:00	Girls/Boys	Sprint Free - Qualifications		
		10:00 - 12:00	Girls/Boys	Sprint Free - Heats		
		12:15 - 12:30	Girls/Boys	Awards Ceremony - Sprint Free		
		13:30 - 14:00	Coaches	Technical Meeting		
DAY 4	Thursday, January 10, 2019	08:00 - 09:00	Mixed Delegations	Team Finding		
		09:00-09:30	Mixed Teams	Warm-up		
		09:30 - 11:00	Mixed Teams	Relay		
		11:15 - 11:30	Mixed Teams	Awards Ceremony - Relay		

# Figure Skating

January 8-9 Girls

January 8-10 Boys

## 13. TECHNICAL COMMITTEE

The technical committee will be composed of the:

Mary Elizabeth Wightman	Technical Director	(617)921-1279
	Assistant Technical Director	
Kathaleen Cutone	Head Referee	(617)875-3153
Dimitris Orfanopoulos	Member of ICG TC	dimitros_1924@yahoo.gr

## 1. VENUE

Lake Placid Olympic Center  
 1980 Rink – Herb Brooks Arena  
 2634 Main Street  
 Lake Placid, NY 12946

[www.whitefacelakeplacid.com](http://www.whitefacelakeplacid.com)

## 2. EVENTS AND QUOTAS

- Single (short/free) boys – Each city may enter a maximum of 1 boy
- Single (short/free) girls – Each city may enter a maximum of 2 girls

## 3. COMPETITION INFORMATION

- Each event will be held according to the latest special regulations and technical rules published by the ISU, especially the latest rules for advanced novices (International Skating Union, especially ISU Communications 1874, 1760, 1857, 1947 advanced novice).
- Detailed rules are available at: [www.isu.org](http://www.isu.org)
- There will be team boxes for all participating teams placed in the Ice Arena, where all events will take place. All changes and important Figure Skating information will be published by competition communications.
- **Each event consists of two parts:**
  - Short program of maximum length of 2 minutes 30 seconds according to the ISU guidelines for international novice competitions published by the International Skating Union (ISU Communication 1760, 2.3. Single Skating advanced novice or the latest update of these rules published by the ISU with the changes explained below.)
  - Free Skating program of 3:00 minutes for girls, and 3:30 minutes for boys (+/- 10 seconds) according to the ISU guidelines for international novice competitions published by the International Skating Union (ISU Communication 1760, 2.3. Single Skating advanced novice or the latest update of these rules published by the ISU with the changes explained below.)

## 4. COMPETITION REGULATION

Competitions will follow the latest ISU Communication 1947 on the advanced novice program in single girls, boys and ice dance (advanced novices). In accordance with the communiqué No 1760 International Skating Union (ISU) "Guidelines for international competitions in Novice", the following changes have been made:

- Short program (girls and boys): spin combinations must include only one change of foot (minimum of five (5) revolutions on each foot) and at least two basic positions with two revolutions in each of these positions;
- Short program (boys): Camel or sit spin (minimum of six [6] revolutions) with only one change of foot, flying entrance is allowed;
- Short program (girls and boys): one (1) step sequence with full use of the ice surface
- Short program (girls): Performed spiral sequence will be evaluated in the component between features (transitions);

- Free program (girls and boys) – jump elements: only one of the jumps must be an Axel-type jump. The program can be up to two (2) combinations or sequences. Combination may consist of two (2) jumps. Only 2 jumps in two and a half (2.5) and more revolutions can be repeated in a combination or a sequence.
- Free program (girls and boys) – spins: A maximum of two (2) spins, one of which must be a combination of spins (min. ten [10] revolutions) and one – a flying spin or spin with a flying entrance (minimum of six [6] revolutions);
- Free program (girls and boys): one (1) step sequence with full use of the ice surface.

#### 4.1 Boys

Short program for boys consists of the following elements:

- Axel Paulsen or double Axel Paulsen.
- Double or triple jump immediately preceded by connecting steps, may not repeat jump in a).
- One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump in a) or b).
- Camel or sit spin (minimum of six [6] revolutions) with change of foot. Flying entrance is not allowed.
- Spin combination with only one change of foot (minimum of five [5] revolutions on each foot).
- One step sequence with full use of the ice surface.

#### 4.2 Girls

Short program for girls contains the following elements:

- Axel Paulsen or double Axel Paulsen.
- Double or triple jump immediately preceded by connecting steps, may not repeat jump in a).
- One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump in a) or b).
- Layback or sideways leaning spin (minimum of six [6] revolutions).
- Spin combination with only one change of foot (minimum of five [5] revolutions on each foot).
- One step sequence with full use of the ice surface.

#### 4.3 Boys & Girls

A well balanced free skating program must include:

- Maximum six (6) jump elements for girls and seven (7) jump elements for boys, one (1) of which must be an Axel-type jump. There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two (2) most difficult jumps will be counted. Only two (2) jumps with two and a half (2 1/2) revolutions or more can be repeated either in a jump combination or in a jump sequence.
- There must be a maximum of two (2) spins of a different nature, one (1) of which must be a spin combination (minimum of ten [10] revolutions) and one a flying spin or a spin with a flying entrance (minimum of six [6] revolutions).
- There must be a maximum of one (1) step sequence, One step sequence with full use of the ice surface.

### 5. EQUIPMENT

All participants must bring their own music on digital media (format: mp3) or CD-ROM (CD-R). All costumes and skates to be supplied by participant

### 6. DISPUTES

Any disputes will be resolved in compliance with ISU rules and the clauses included in the ICG Sports Rules.

### 7. MEDICAL

A First Aid Service will be available on site. Full Medical Service will be available at the Adirondack Medical Center  
Church Street, Lake Placid  
518-523-3311  
Offers medical and emergency services 8am-11pm and walk-ins are welcome

Adirondack Medical Center  
Lake Colby Drive, Saranac Lake  
518-891-4141  
Offers 24-hour medical and emergency services.

A full medical plan will be shared at the Technical meeting.

## 8. TECHNICAL MEETING

Joint Technical meeting for all disciplines will be held on Sunday, January 6, 2019 20:00 – 21:00 at the Conference Center @ Lake Placid.

Figure Skating Technical meetings will take place on the following days:  
Monday, January 7, 2019 from 13:30 – 14:30

The ISU website [www.isu.org](http://www.isu.org) provides a copy of the latest ISU constitution, Laws and regulations for competition.

## 9. TRAINING SCHEDULE

Training will take place in the Olympic Center – 1980 Rink-Herb Brooks Arena  
Monday, January 7 8:00-9:50 Boys  
Monday, January 7: 10:00 – 12:50 Girls

## 10. PRESENTATION OF MEDALS

The medal ceremonies will take place at the Olympic Center in the designated medals plaza.

The following medals will be awarded:

GOLD – For the individual/team ranking first in the competition

SILVER - For the individual/team ranking second in the competition

BRONZE - For the individual/team ranking third in the competition

## 11. TIMETABLE (TIMES SUBJECT TO CHANGE)

### FIGURE SKATING SCHEDULE

		Team Finding	Technical	Training	Competition	Awards
	DATE	TIME		EVENT		
Arrival	Sunday, January 6, 2019	20:00 - 21:00	Coaches	Joint Technical Meeting - All Disciplines		
DAY 1	Monday, January 7, 2019	08:00 - 09:50	Boys	Practice - 2 Groups of 9 skaters - 50 min. sessions		
		10:00 - 12:50	Girls	Practice - 3 Groups of 10 skaters - 50 min. sessions		
		13:30 - 14:30	Coaches	Technical Meeting		
DAY 2	Tuesday, January 8, 2019	08:00 - 10:45	Girls	Official Practice - 5 Groups of 6 skaters - 30 min. sessions		
		11:00 - 12:30	Boys	Official Practice - 3 Groups of 6 skaters - 30 min. sessions		
		13:00 - 18:00	Girls	Short Program		
		18:30 - 21:30	Boys	Short Program		
DAY 3	Wednesday, January 9, 2019	08:00 - 10:45	Girls	Official Practice - 5 Groups of 6 skaters - 30 min. sessions		
		11:00 - 12:30	Boys	Official Practice - 3 Groups of 6 skaters - 30 min. sessions		
		13:00 - 18:30	Girls	Free Skate		
		18:45 - 19:00	Girls	Awards Ceremony - Figure Skating		
DAY 4	Thursday, January 10, 2019	08:00 - 09:30	Boys	Official Practice - 3 Groups of 6 skaters - 30 min. sessions		
		12:00 - 15:00	Boys	Free Skate		
		15:15 - 15:30	Boys	Awards Ceremony - Figure Skating		



# Freestyle Skiing

**Slopestyle - Tuesday, January, 8, 2019**

**Ski Cross Mixed Team - Thursday, January 10, 2019**

## 1. TECHNICAL COMMITTEE

The technical committee will be composed of the:

Mike Kirchner	Technical Director	518-946-7001
Bob Witt	Assistant Technical Director	518-946-7001
	Head Referee	518-946-7001
Gerhard Peinhaupt	Member of ICG TC	gerhard.peinhaupt@stadt.graz.at

## 2. VENUE

Whiteface Mountain will host the Alpine Skiing events of the Lake Placid 2019 International Children's Games. Situated in upstate New York in the town of Wilmington, Whiteface hosts many national and international events annually and was the site of the 1932 and 1980 Olympic Games.

Whiteface Mountain, 5021 State Route 86, Wilmington, NY 12997 USA  
[www.whiteface.com](http://www.whiteface.com)

## 3. EVENTS AND QUOTAS

- Slopestyle boys – Each city may enter a maximum of 2 boys
- Slopestyle girls – Each city may enter a maximum of 2 girls
- Ski Cross Mixed Team (Each team ideally consists of 2 boys and 2 girls from different delegations. There is at least one female competitor in each team.) – Each city may enter a maximum of 5 boys and 5 girls (Alpine Skiing and Freestyle Skiing athletes). The teams will be mixed by gender and cities and will be chosen by a random algorithm.

## 4. COMPETITION INFORMATION

- All Freestyle Skiing competitions are held in accordance with the international Freestyle Skiing competition rules (ICR) – level B/C.
- Detailed rules are available at [www.fis-ski.com](http://www.fis-ski.com).

## 5. COMPETITION REGULATION

### 1. SLOPESTYLE

- The competition will be held on a course with a variety of jumps, rails, and boxes.
- The competition is based on a format with 2 runs for the qualification round and the final. The better of 2 runs counts.
- The best 12 athletes will advance to the final. The start order for the final runs will be the reverse of the ranking from the qualification. The better of 2 runs determines the winner.

### 2. Ski Cross Mixed Team

- The Ski Cross Mixed Team will be held on the ski cross slope and encompasses all elements and features but is organized as a team event. Each team consists of 4 team members which compete together on the same course.
- Each team has 1 qualification run and the aggregated time of the first 3 members crossing the finish line will determine the result in the qualification run.
- Only the top 10 teams will qualify for a final run. The starting order for the final run is determined by the result of the first run in inverted order (10th in the result list starts 1st, the 9th in the result list starts 2nd, etc.)

## 6. EQUIPMENT

Helmets are required for all FIS ski events during inspection, training and competition. i.e. - FIS approved helmets manufactured for ski racing or helmets that meet appropriate standards such as the European Standard (CEE 1077:2007) or the US Standard 2040 (ASTM 2040). It is also strongly recommended that competitors consider using back protection.

**The skiwear for the Ski Cross Mixed Team must consist of two separate clothing parts, pants and top. Speed suits are not allowed!**

## 7. DISPUTES

Any disputes will be resolved in compliance with FIS rules and the clauses included in the ICG Sports Rules.

The FIS website [www.fis-ski.com](http://www.fis-ski.com) provides a copy of the latest FIS constitution, Laws and regulations for competition

## 8. MEDICAL

A First Aid Service will be available on site. Full Medical Service will be available at the Adirondack Medical Center  
Church Street, Lake Placid  
518-523-3311  
Offers medical and emergency services 8am-11pm and walk-ins are welcome

Adirondack Medical Center  
Lake Colby Drive, Saranac Lake  
518-891-4141  
Offers 24-hour medical and emergency services.

A full medical plan will be shared at the Technical meeting.

## 9. TECHNICAL MEETING

Joint Technical meeting for all disciplines will be held on Sunday, January 6, 2019 20:00 – 21:00 at the Conference Center @ Lake Placid.

Freestyle Technical meetings will take place at Whiteface on the following days:

Monday, January 7, 2019 | 16:00 – 17:00

Tuesday, January 8, 2019 | 16:00 – 17:00

Wednesday, January 9, 2019 | 16:00 – 17:00

## 10. TRAINING SCHEDULE

Training times available at request:

Slopestyle Training(Girls/Boys) – Monday, 7 January - Brookside trail - 10:00-12:00, 13:00-15:00.

Ski Cross Inspection/Training (Mixed Team) - Thursday, 10 January - Wolf trail – 09:15-11:45

## 11. PRESENTATION OF MEDALS

The medal ceremonies will take place at Whiteface in the designated medals plaza at the base of the mountain.

The following medals will be awarded:

GOLD – For the individual/team ranking first in the competition

SILVER - For the individual/team ranking second in the competition

BRONZE - For the individual/team ranking third in the competition

## 12. TIMETABLE (TIMES SUBJECT TO CHANGE)

### FREE SKI SCHEDULE

		Team Finding	Technical	Training	Competition	Awards
	DATE	TIME		EVENT		
Arrival	Sunday, January 6, 2019	20:00 - 21:00	Coaches	Joint Technical Meeting - All Disciplines		
DAY 1	Monday, January 7, 2019	10:00 - 12:00	Girls/Boys	Slopestyle Training		
		13:00 - 15:00	Girls/Boys	Slopestyle Training		
		16:00 - 17:00	Coaches	Technical Meeting		
DAY 2	Tuesday, January 8, 2019	08:30 - 09:45	Girls/Boys	Slopestyle Training		
		10:00 - 13:00	Girls/Boys	Slopestyle Qualifications		
		14:00 - 15:30	Girls/Boys	Slopestyle Finals		
		16:00 - 16:15	Girls/Boys	Awards Ceremony - Giant Slalom		
		16:00-17:00	Coaches	Technical Meeting		
DAY 3	Wednesday, January 9, 2019	16:00 - 17:00	Coaches	Technical Meeting		
DAY 4	Thursday, January 10, 2019	08:30 - 09:00	Mixed Delegations	Team Finding		
		09:15 - 09:45	Mixed Delegations	Warm-up		
		10:15 - 11:45	Mixed Delegations	Inspection		
		12:15 - 14:35	Mixed Delegations	Ski Cross (Alpine & FS Skiing Athletes)		
		15:15 - 15:30	Mixed Delegations	Awards Ceremony - Ski Cross		

# Ice Hockey

## January 8-10, 2019

### 1. TECHNICAL COMMITTEE

The technical committee will be composed of the:

Jay Harvey	Technical Director	(518)524-3330
Keith Clark	Assistant Technical Director	(518)637-1712
Butch Martin	Head Referee	(518)572-0007
Greg Maychak	Member of ICG TC	gmaychak@hamilton.ca
Hugh Waters	Member of ICG TC	hugh.waters@hotmail.co.uk

### 2. VENUE

Lake Placid Olympic Center  
 1980 Rink – Herb Brooks Arena  
 2634 Main Street  
 Lake Placid, NY 12946

### 3. EVENTS AND QUOTAS

- Boys' 8-team tournament – Each team may enter a minimum of 13 boys and maximum of 17 boys.

### 4. COMPETITION INFORMATION

- The IIHF Sport Regulation rules will be applied (if applicable):
- Three Point System
- Tie Breaking System
- Overtime Procedure
- Game Winning Shots Procedure
- Team Entry and Departure from the Ice Surface
- Guidelines for IIHF Timekeeping and Scoreboard System
- Detailed rules are available at [www.iihf.com](http://www.iihf.com).

#### 4.1 Playing Time

- A regular game consists of three 15-minute regulation time periods and two 10-minute breaks. The teams will change ends for each period.

#### 4.2 Overtime Procedure

- In case of a tie at the end of regulation time there will be a 5-minute sudden-death overtime period (4-on-4 plus a goalkeeper), following a two-minute break. The teams will defend the same goals as in the third period. The team which scores first is the winner.
- In the bronze medal game and gold medal game there will be 5-minute sudden death overtime period (4-on-4 plus a goalkeeper), following a full break during which the ice will be resurfaced. The teams will change ends. The team which scores first is the winner.

#### 4.3 Game Winning Shots (GWS)

If no goal is scored in the overtime period then the Game Winning Shots procedure will apply. The following procedure will be used:

- Three different shooters from each team will take alternate shots until a decisive goal is scored.
- If the game is still tied after three shots by each team, the GWS will continue with a tie-break shoot-out by one player of each team, in a reversed shooting order.
- The same or new players can take the tie-break shots.
- The same player can also be used for each shot by a team in the tie-break shoot-out.
- Only the decisive goal will count in the result of the game.

#### 4.4 Penalties

- If a player receives a match penalty or second game misconduct, he is automatically

suspended from the next game of the tournament.

## 5. COMPETITION REGULATION

- All teams will be divided in two groups: group “A” and group “B”. Each group will comprise 4 teams.
- The tournament will be played in a round-robin format with the 3-point system:
  - Winner in regulation time: 3 points
  - Loser in regulation time: 0 points
  - Winner in overtime or shoot-out: 2 points
  - Loser in overtime or shoot-out: 1 point.

### 5.1 Group Standings Regulations

- Total point count
- Direct games (sub-group of more teams)
- Goal difference in goals scored and allowed
- Higher number of goals scored

### 5.2 Preliminary Round

- In the first round, each team inside its group will play against the other 3 teams

### 5.3 Semifinals (SF) & Placement Games

- Placement Games: 5th/6th, 7th/8th – Teams ranked 3rd and 4th after Preliminary Round
- Cross Games: Semifinal 1 (SF1), Semifinal 2 (SF2) – Teams ranked 1st and 2nd after Preliminary Round

### 5.4 Finals

- Bronze Medal Game: Loser SF1 against Loser SF2
- Gold/Silver Medal Game: Winner SF1 against Winner SF2

### 5.5 Referees

- A three-man system will be applied

## 6. EQUIPMENT

Participants are responsible for supplying their own equipment as per the official rule of IIHF (International Ice Hockey Federation).

The teams must bring their own jerseys. Two sets with different colours (bright and dark). Final confirmation of team colours will be made at the technical meeting. Checks on the players' and goalkeepers' equipment will follow the IIHF rules. Any services are on request

## 7. DISPUTES

Any disputes will be resolved in compliance with IIHF rules and the clauses included in the ICG Sports Rules.

## 8. SPECIAL AWARDS

- Best goalkeeper, forward and defender of the tournament
- Best player of each team.

## 9. MEDICAL

A First Aid Service will be available on site. Full Medical Service will be available at the Adirondack Medical Center  
Church Street, Lake Placid  
518-523-3311

Offers medical and emergency services 8am-11pm and walk-ins are welcome

Adirondack Medical Center  
Lake Colby Drive, Saranac Lake  
518-891-4141

Offers 24-hour medical and emergency services.

A full medical plan will be shared at the Technical meeting.

## 10. TECHNICAL MEETING

Joint Technical meeting for all disciplines will be held on Sunday, January 6, 2019 20:00 – 21:00 at the Conference Center @ Lake Placid.

Ice Hockey Technical meetings will take place on the following days:

Technical meeting will be held on Monday, January 7<sup>th</sup> 13:00 – 14:00 girls

Technical meeting will be held on Monday, January 7<sup>th</sup> 16:30 – 17:30 boys

Technical meeting will be held on Wednesday, January 9<sup>th</sup> 17:00 – 17:30 girls

Technical meeting will be held on Wednesday, January 9<sup>th</sup> 21:00 – 21:30 boys

The IIHF website [www.iihf.com](http://www.iihf.com) provides a copy of the latest IIHF constitution, Laws and regulations for competition.

## 11. TRAINING SCHEDULE

Monday, January 7<sup>th</sup>, 2019

Girls – 2 groups of 4 (50 minutes each)

Group A: 08:00 – 11:50 | USA Rink

Group B: 12:00 – 15:50 | USA Rink

Boys – 2 groups of 4 (50 minutes each)

Group A: 08:00 – 11:50 | Saranac Lake Civic Center

Group B: 12:00 – 15:50 | Saranac Lake Civic Center

## 12. PRESENTATION OF MEDALS

The medal ceremonies will take place at the Olympic Center in the designated medals plaza.

The following medals will be awarded:

GOLD – For the team ranking first in the competition

SILVER - For the team ranking second in the competition

BRONZE - For the team ranking third in the competition

### 13. TIMETABLE (TIMES SUBJECT TO CHANGE)

#### ICE HOCKEY SCHEDULE

		Team Finding	Technical	Training	Competition	Awards
DATE		TIME		EVENT		
<b>Arrival</b>	Sunday, January 6, 2019	20:00 - 21:00	Coaches	Joint Technical Meeting - All Disciplines		
<b>DAY 1</b>	Monday, January 7, 2019	08:00 - 11:50	Girls	Practice – US Rink Teams A1 - A4		
		12:00 - 15:50	Girls	Practice - US Rink Teams B1-B4		
		08:00 - 11:50	Boys	Practice – S.L. Civic Center Teams A1 - A4		
		12:00 - 13:50	Boys	Practice - S.L. Civic Center Teams B1-B4		
		13:00 - 14:00	Coaches - Girls	Technical Meeting		
		14:30 - 15:30	Coaches - Boys	Technical Meeting		
<b>DAY 2</b>	Tuesday, January 8, 2019	07:00 - 11:30	Girls	Game Set #1 (4 games - 2 1980 Rink & 2 USA Rink)		
		11:30 - 16:00	Boys	Game Set #1 (4 games - 2 1980 Rink & 2 USA Rink)		
		16:00 - 20:30	Girls	Game Set #2 (4 games - 2 1980 Rink & 2 USA Rink)		
<b>DAY 3</b>	Wednesday, January 9, 2019	07:00 - 11:30	Boys	Game Set #2 (4 games - 2 1980 Rink & 2 USA Rink)		
		11:30 - 16:00	Girls	Game Set #3 (4 games - 2 1980 Rink & 2 USA Rink)		
		16:00 - 20:30	Boys	Game Set #3 (4 games - 2 1980 Rink & 2 USA Rink)		
		17:00 - 17:30	Coaches - Girls	Technical Meeting		
		21:00 - 21:30	Coaches - Boys	Technical Meeting		
<b>DAY 4</b>	Thursday, January 10, 2019	07:00 - 09:15	Boys	Consolation Games (2 Games 1 1980 Rink & 1 USA Rink)		
		09:15 - 11:15	Girls	Bronze Medal Game (1980 Rink)		
		09:30 - 13:45	Girls	Consolation Games (2 Games USA Rink)		
		11:30 - 13:30	Boys	Bronze Medal Game (1980 Rink)		
		13:45 - 15:45	Girls	Gold Medal Game ( 1980 Rink)		
		15:45 - 16:00	Girls	Awards Ceremony - Ice Hockey		
		16:15 - 18:15	Boys	Gold Medal Game ( 1980 Rink)		
		18:15 - 18:30	Boys	Awards Ceremony - Ice Hockey		



# Short Track

January 9-10

## 1. TECHNICAL COMMITTEE

The technical committee will be composed of the:

Tom Miller	Technical Director	518 304 3039
Mike Miller	Assistant Technical Director	518 570 5229
Glenn Corso	Head Referee	
Paul Bollen	Member of ICG TC	p.bollen@alkmaarsport.nl

## 2. VENUE

Lake Placid Olympic Center  
 1932 Jack Shea Arena  
 2634 Main Street  
 Lake Placid, NY 12946

## 3. EVENTS AND QUOTAS

- 500m boys – Each city may enter a maximum of 4 boys
- 500m girls – Each city may enter a maximum of 4 girls
- 1000m boys – Each city may enter a maximum of 4 boys
- 1000m girls – Each city may enter a maximum of 4 girls
- 3000m Mixed Relays – Each city may enter a maximum of 4 boys and or girls  
 The teams, consisting of four skaters, will be mixed by gender and cities and will be chosen by an algorithm (based on prior results) so that each team is equally likely to win. Relay teams shall advance to the next round by fastest times skated by teams overall if semi-heats are needed.

## 4. COMPETITION INFORMATION

- Each event will be held following the ISU technical rules Short Track. Exceptions to the rules are mentioned below.
- Detailed rules are available at [www.isu.org](http://www.isu.org).
- There will be team boxes for all participating teams place in front of the race office near the Short Track locker rooms. All changes and important Speed Skating information will be published by competition competitors steward.
- Automatic timekeeping for all competitions will be provided with photo finish, back up timers and judges.
- The competitions will be held at the 1932 Jack Shea Arena, an artificially frozen 40mx60m hockey rink
- ISU Standard Padding doubled in high impacted areas.

## 5. COMPETITION REGULATION

### • ISU Racing Rules

- For safety purposes competitors must wear all ISU required cut proof undergarments, neck guards, gloves Ankle protection and helmets
- The competition format is a 2 round format based on 25 skaters. If there is more than 25 skaters
- The lowest ranked skaters from 22 and higher will skate a qualifying round to select positions 22, 23, 24, 25 overall then
- The top ranked 25 will skate semis with the top skater from each qualifying for the A Final
- All skaters will skate a final based on their first round times for b, c, d, e, f Finals

## 6. EQUIPMENT

Athletes are responsible for providing their own equipment.

## 7. DISPUTES

Any disputes will be resolved in compliance with ISU rules and the clauses included in the ICG Sports Rules.

## 8. MEDICAL

A First Aid Service will be available on site. Full Medical Service will be available at the Adirondack Medical Center  
 Church Street, Lake Placid

518-523-3311

Offers medical and emergency services 8am-11pm and walk-ins are welcome

Adirondack Medical Center  
Lake Colby Drive, Saranac Lake  
518-891-4141

Offers 24-hour medical and emergency services.

A full medical plan will be shared at the Technical meeting.

## 9. TECHNICAL MEETING

Joint Technical meeting for all disciplines will be held on Sunday, January 6, 2019 20:00 – 21:00 at the Conference Center @ Lake Placid.

The ISU website [www.isu.org](http://www.isu.org) provides a copy of the latest ISU constitution, Laws and regulations for competition.

## 10. TRAINING SCHEDULE

Monday, January 6: 13:30 -14:30 (Girls) & 14:45 – 14:45 (Boys)

Tuesday, January 8: 11:45 -12:45 (Girls) & 12:45 – 13:45 (Boys)

## 11. TIMETABLE

SHORT TRACK SCHEDULE		Team Finding	Technical Meeting	Training	Competition	Awards
	DATE	TIME		EVENT		
Arrival	Sunday, January 6, 2019	20:00 - 21:00	Coaches	Joint Technical Meeting - All Disciplines		
DAY 1	Monday, January 7, 2019	13:30 - 14:30	Girls	Practice		
		14:45 - 15:45	Boys	Practice		
DAY 2	Tuesday, January 8, 2019	11:45 - 12:45	Girls	Practice		
		12:45 - 13:45	Boys	Practice		
		14:30 - 15:30	Coaches	Technical Meeting		
DAY 3	Wednesday, January 9, 2019	07:00 - 07:30	Girls	Warm-up (2 groups)		
		07:30 - 08:00	Boys	Warm-up (2 groups)		
		8:15	Girls	1000m Qualifier		
		8:22	Boys	1000m Qualifier		
		8:44	Girls	1000m Semi-Final		
		9:00	Boys	1000m Semi-Final		
		9:26	Girls	1000m Finals F-A		
		9:56	Boys	1000m Finals F-A		
		10:45	Girls/Boys	Mix Relay		
		11:10	Girls & Boys	Awards Ceremony - 1000M		
DAY 4	Thursday, January 10, 2019	09:30 - 10:00	Girls	Warmup (2 groups)		
		10:00 - 10:30	Boys	Warmup (2 groups)		
		11:00	Girls	500m Qualifier		
		11:05	Boys	500m Qualifier		
		11:25	Girls	500m Semi-Final		
		11:35	Boys	500m Semi-Final		
		11:55	Girls	500m Finals F-A		
		12:20	Boys	500m Finals F-A		
		13:00	Girls/Boys	Mix Relay Final		
		13:30	Girls & Boys	Awards Ceremony - 500M & Mix Relay		

# Snowboard

Slopestyle - Tuesday, 8 January

Snowboard Cross - Wednesday, 9 January

## 1. TECHNICAL COMMITTEE

The technical committee will be composed of the:

<i>Mike Kirchner</i>	Technical Director	<i>518-946-7001</i>
<i>Insert name</i>	Assistant Technical Director	<i>Insert phone number</i>
<i>Insert name</i>	Head Referee	<i>Insert phone number</i>
<i>Branko Crepinsek</i>	Member of ICG TC	<i>Insert phone number</i>

## 2. VENUE

Whiteface Mountain, 5021 State Route 86, Wilmington, NY 12997 USA

[www.whiteface.com](http://www.whiteface.com)

## 3. EVENTS AND QUOTAS

- Slopestyle boys – Each city may enter a maximum of 2 boys
- Slopestyle girls – Each city may enter a maximum of 2 girls
- Cross boys – Each city may enter a maximum of 2 boys
- Cross girls – Each city may enter a maximum of 2 girls

## 4. COMPETITION INFORMATION

- All Snowboard competitions are held in accordance with the international snowboard competition rules (ICR) - level B/C.
- Detailed rules are available at [www.fis-ski.com](http://www.fis-ski.com).

## 5. COMPETITION REGULATION

### 1. Snowboard Slopestyle (Tuesday, January 8, 2019)

- The competition will be held on a course with a variety of hits, jumps, rails and boxes
- The competition is based on a format with 2 runs for the qualification round and the final. The better of 2 runs counts.
- The best 12 athletes will advance to the final. The start order for the final runs will be the reverse of the ranking from the qualification. The better of 2 runs determines the winner.

### 2. Snowboard Cross (Wednesday, January 9, 2019)

- The Snowboard Cross is based on a format with one qualification run to define the pairings for the final heats. The final heats will be conducted with four athletes competing in heats and consists of 1/8-finals, quarter-finals, semi-finals, consolation and a big final. The first 2 competitors advance from round to round as determined by their finishing position in each heat. Finishing position is determined by the first part of the body or snowboard that crosses the finish line

## 6. EQUIPMENT

Helmets are required for all FIS ski events during inspection, training and competition. i.e. - FIS approved helmets manufactured for ski racing or helmets that meet appropriate standards such as the European Standard (CEE 1077:2007) or the US Standard 2040 (ASTM 2040). It is also strongly recommended that competitors consider using back protection.

**The skiwear for the Snowboard Cross must consist of two separate clothing parts, pants and top. Speed suits are not allowed!**

## 7. DISPUTES

Any disputes will be resolved in compliance with FIS rules and the clauses included in the ICG Sports Rules.

## 8. MEDICAL

A First Aid Service will be available on site. Full Medical Service will be available at the Adirondack Medical Center  
Church Street, Lake Placid  
518-523-3311  
Offers medical and emergency services 8am-11pm and walk-ins are welcome

Adirondack Medical Center  
Lake Colby Drive, Saranac Lake  
518-891-4141  
Offers 24-hour medical and emergency services.

A full medical plan will be shared at the Technical meeting.

## 9. TECHNICAL MEETING

Joint Technical meeting for all disciplines will be held on Sunday, January 6, 2019 20:00 – 21:00 at the Conference Center @ Lake Placid.

Freestyle Technical meetings will take place at Whiteface on the following days:

Monday, January 7, 2019 | 16:00 – 17:00

Tuesday, January 8, 2019 | 16:00 – 17:00

Wednesday, January 9, 2019 | 16:00 - 17:00

## 10. TRAINING SCHEDULE

Slopestyle Training (Girls/Boys) – Monday, 7 January - Brookside trail - 10:00-12:00, 13:00-15:00.

Snowboard Cross Training - Tuesday, 8 January - Wolf trail – 10:00-12:00, 13:00-15:00.

## 11. PRESENTATION OF MEDALS

The medal ceremonies will take place at Whiteface in the designated medals plaza at the base of the mountain.

The following medals will be awarded:

GOLD – For the individual/team ranking first in the competition

SILVER - For the individual/team ranking second in the competition

BRONZE - For the individual/team ranking third in the competition

## 12. TIMETABLE (TIMES SUBJECT TO CHANGE)

### SNOWBOARD SCHEDULE

		Team Finding	Technical Meeting	Training	Competition	Awards
	DATE	TIME		EVENT		
Arrival	Sunday, January 6, 2019	20:00 - 21:00	Coaches	Joint Technical Meeting - All Disciplines		
DAY 1	Monday, January 7, 2019	10:00 - 12:00	Girls/Boys	Slopestyle Training		
		13:00 - 15:00	Girls/Boys	Slopestyle Training		
		16:00 - 17:00	Coaches	Technical Meeting		
DAY 2	Tuesday, January 8, 2019	08:30 - 09:45	Girls/Boys	Slopestyle Training		
		10:00 - 12:00	Girls/Boys	Snowboard Cross Training		
		13:00 - 15:00	Girls/Boys	Snowboard Cross Training		
		10:00 - 13:00	Girls/Boys	Slopestyle Qualifications		
		14:00 - 15:30	Girls/Boys	Slopestyle Finals		
		16:00 - 16:15	Girls/Boys	Awards Ceremony - Slopestyle		
DAY 3	Wednesday, January 9, 2019	16:00-17:00	Coaches	Technical Meeting		
		09:00 - 09:30	Girls/Boys	Snowboard Cross - Inspection		
		09:45 - 11:00	Girls/Boys	Snowboard Cross - Training		
		11:30 - 12:15	Girls/Boys	Snowboard Cross - Time Trials		
		13:00 - 13:30	Girls/Boys	Snowboard Cross - Finals		
		14:00 - 14:15	Girls/Boys	Awards Ceremony - Snowboard Cross		

# Speed Skating

January 8-9, 2019

## 0. TECHNICAL COMMITTEE

The technical committee will be composed of the:

Tom Miller	Technical Director	518 304 3039
Mike Miller	Assistant Technical Director	518 570 5229
Susan Shobe	Head Referee	320 267 2431
Insert name	Member of ICG TC	Insert phone number

## 1. VENUE

Lake Placid Olympic Center  
 Sheffield Olympic Speed Skating Oval  
 Main Street  
 Lake Placid, NY 12946

[www.whitefacelakeplacid.com](http://www.whitefacelakeplacid.com)

## 2. EVENTS AND QUOTAS

- 500m boys – Each city may enter a maximum of 4 boys
- 500m girls – Each city may enter a maximum of 4 girls
- 1000m boys – Each city may enter a maximum of 4 boys
- 1000m girls – Each city may enter a maximum of 4 girls
- Mass Start boys – Each city may enter a maximum of 3 boys
- Mass Start girls – Each city may enter a maximum of 3 girls
- Sprint Mixed Team (3 athletes from different delegations) – Each city may enter a maximum of 2 boys and 2 girls. The teams, consisting of three skaters, will be mixed by gender and cities and will be chosen by an algorithm (based on prior results) so that each team is equally likely to win.

## 3. COMPETITION INFORMATION

- Each event will be held following the ISU technical rules Speed Skating. Exceptions to the rules are mentioned below.
- Detailed rules are available at [www.isu.org](http://www.isu.org).
- There will be team boxes for all participating teams place in front of the race office near the speed skating locker rooms. All changes and important Speed Skating information will be published by competition communications
- Automatic timekeeping for all competitions will be provided with photocells, back up timers and judges.
- The competitions will be held at the Olympic Speed Skating Oval, an artificially frozen standard speed skating outdoor track of 400m per lap. The radii of the inner and outer competition lanes are 25m and 29m respectively. The width of the inside training lane is 4m

## 4. COMPETITION REGULATION

### 1. Mass Start

The Mass Start race will be organized based on ISU Technical Rule 253, Paragraph 4b), with the following specific rules:

- Distances are 5 laps for girls and 5 laps for boys. The warm-up lane is considered as part of the racing track.
- Start in the middle of the finishing straight (at the 1000m finishing line, rows of 6 skaters each), finish at the end of the finishing straight.
- The first lap must be skated “in one group” without fast accelerations. Before the 500m finishing line, after this first lap, a second shot or a bell signal will be given. From this moment on it is allowed to accelerate to gain a better position in the pack.

- Competitors overtaken (with one full lap) by the current leader must abandon the race immediately.
- Severe obstruction of other competitors will lead to disqualification.
- For safety purposes competitors must wear shin guards and cut resistant gloves or mitts. Further safety gear, such as cut-resistant neck protection and underwear, is strongly recommended.
- During the race there will be one intermediate sprint, which will be concluded at the finishing line after 2 laps. A bell signal will be given one lap before the sprint, i.e. when the lap counter shows 3 laps left. Another bell signal will be given when the lap counter shows 1 lap left, signalling the final sprint.
- The race points awarded for the sprints are as follows:
  - Intermediate sprint: first three (3) skaters will gain 5 – 3 – 1 points
  - Final sprint: first three (3) skaters will gain 30 – 20 – 10 points
- The result (final ranking) of the race will be determined by the accumulated race points gained at the intermediate sprint and at the final sprint. The competitors who are the first three to cross the finishing line at the final sprint will then also end up as the top three ranked competitors.
  - For competitors who do not finish the race in a regular manner, points awarded from the intermediate sprint will not be considered for their final ranking.
  - Competitors without race points will be ranked according to their order of finish at the final sprint.
  - Competitors not finishing the race may be ranked by their number of completed laps before abandoning the race..

## 2. Sprint Mixed Team

The competition leads over a total distance of 3 laps based on ISU Technical Rule 261, Paragraph 3, and Rule 265, Paragraph 8.

- The starting procedure is the same as for the Team Pursuit, with two teams starting opposite each other in the middle of the straights
- Each skater in the team must be assigned a position, No. 1, 2 or 3.
- Skaters shall wear different colored armbands for easy identification as follows: skater no. 1 in the team: no armband, skater No. 2: white armband, skater no. 3: red armband. Skater no. 3 should wear transponders to facilitate timekeeping.
- The first lap is skated with the skater assigned as no.1 leading the team, with skater no. 2 and skater no. 3 following. After one lap, skater no. 1 has to leave to the outer part of the track and skater no. 2 has to lead the team until the second lap is completed. After this lap, skater no. 2 leaves to the outer part of the track and skater no. 3 skates the last lap alone and finishes the race for the team.
- Changeover to the next assigned skater in the team must take place after the beginning of the finishing straight for the team and before the entry to the curve. The beginning and end of the changeover area will be suitably marked (e.g. by cones).
- Teams will not be allowed on the warm-up lane while other teams are racing.
- No coaching from the ice and no team officials in the infield

## 5. EQUIPMENT

Athletes are responsible for providing their own equipment.

## 6. DISPUTES

Any disputes will be resolved in compliance with ISU rules and the clauses included in the ICG Sports Rules.

## 7. MEDICAL

A First Aid Service will be available on site. Full Medical Service will be available at the Adirondack Medical Center  
Church Street, Lake Placid  
518-523-3311  
Offers medical and emergency services 8am-11pm and walk-ins are welcome

Adirondack Medical Center  
Lake Colby Drive, Saranac Lake  
518-891-4141  
Offers 24-hour medical and emergency services.

A full medical plan will be shared at the Technical meeting.

## 8. TECHNICAL MEETING

Joint Technical meeting for all disciplines will be held on Sunday, January 6, 2019 20:00 – 21:00 at the Conference Center @ Lake Placid.

Speed Skating technical meetings will take place at the Olympic Center on the following days:  
Monday, January 7, 2019 | 19:00 – 19:45

The ISU website [www.isu.org](http://www.isu.org) provides a copy of the latest ISU constitution, Laws and regulations for competition.

## 9. TRAINING SCHEDULE

Monday, January 7<sup>th</sup>, 2019  
Girls | 10:00 – 11:00 and 16:00 – 17:00  
Boys | 11:00 – 12:00 and 17:00 – 18:00

## 10. PRESENTATION OF MEDALS

The medal ceremonies will take place at the Olympic Center in the designated medals plaza.

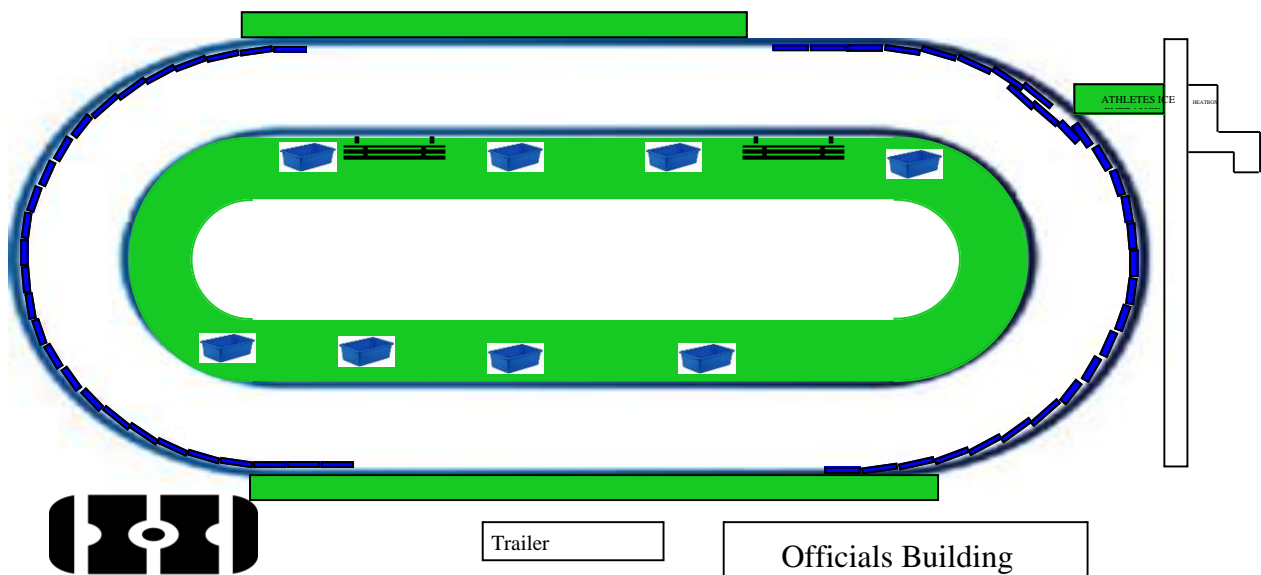
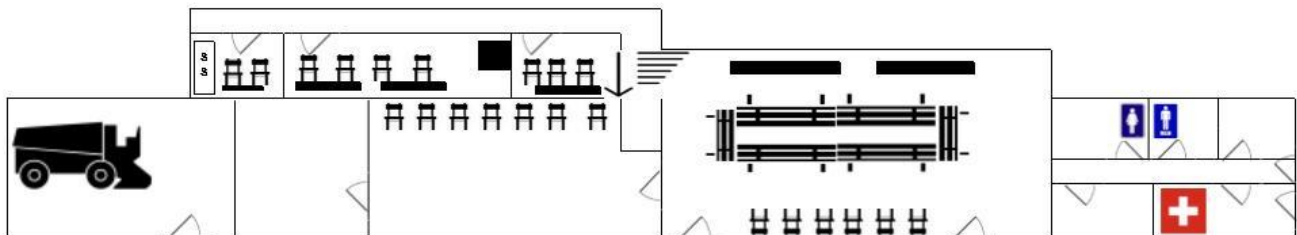
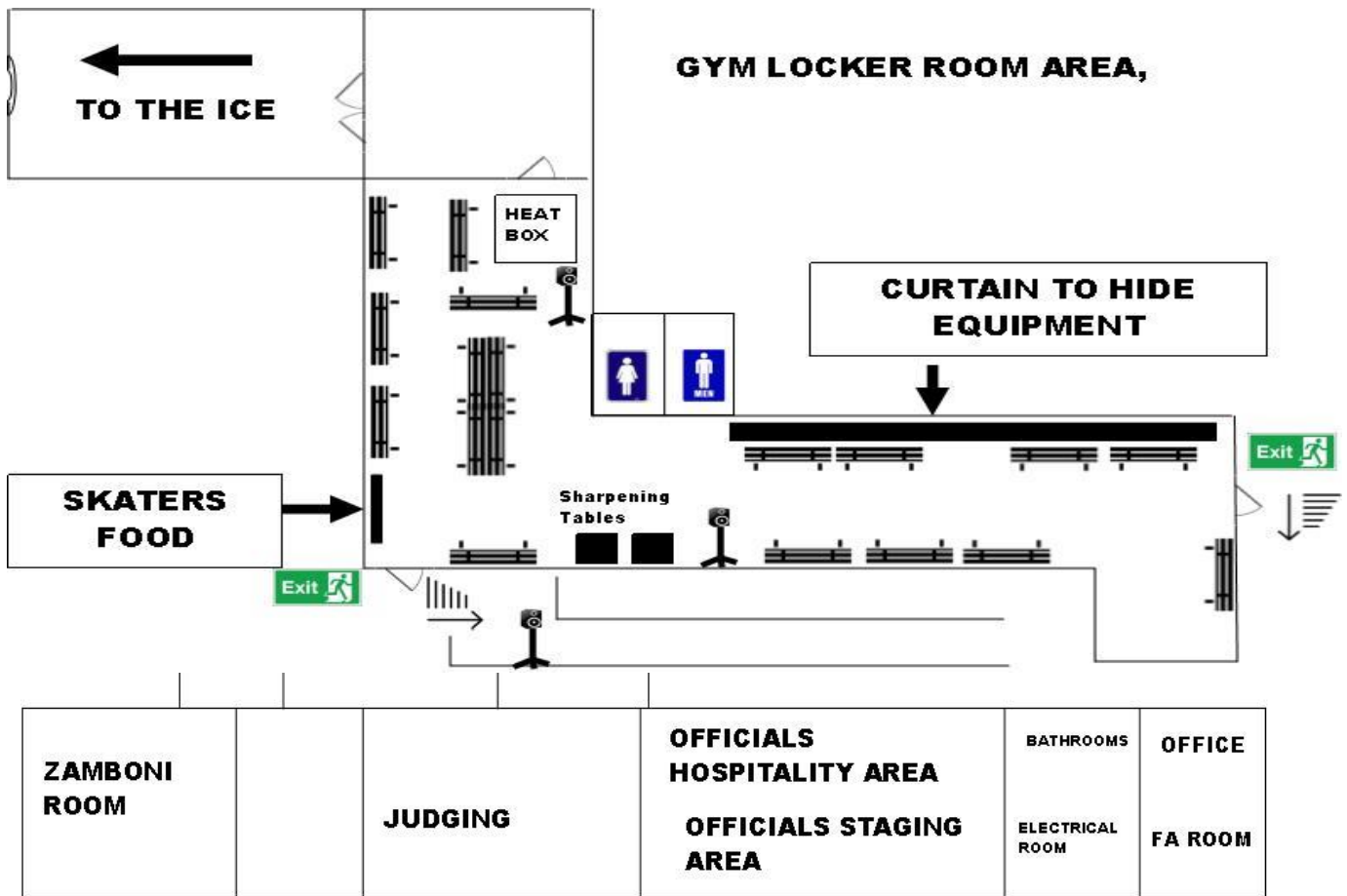
The following medals will be awarded:  
GOLD – For the team ranking first in the competition  
SILVER - For the team ranking second in the competition  
BRONZE - For the team ranking third in the competition

## 11. TIMETABLE (SCHEDULED TIMES MAY CHANGE AT THE DISCRETION OF THE CHIEF REFEREE AND TECHNICAL ADVISOR)

### SPEED SKATING SCHEDULE

	DATE	TIME	EVENT
Arrival	Sunday, January 6, 2019	20:00 - 21:00 Coaches	Joint Technical Meeting - All Disciplines
DAY 1	Monday, January 7, 2019	10:00-11:00 Girls	Practice
		11:00-12:00 Boys	Practice
		16:00-17:00 Girls	Practice
		17:00-18:00 Boys	Practice
		18:00- 18:45 Coaches	Technical Meeting
DAY 2	Tuesday, January 8, 2019	09:00 - 09:20 Girls	Warmup (2 groups)
		10:00 Girls	500M Race
		10:45-11:05 Boys	Warmup (2 groups)
		11:30 Boys	500M Race
		12:30 Girls & Boys	Mass Start
		13:00 - 13:30 Girls & Boys	Awards Ceremony - 500M/Mass Start
DAY 3	Wednesday, January 9, 2019	13:0 - 14:00 Coaches	Technical Meeting
		15:15-15:35 Girls	Warmup (2 groups)
		15:45 Girls	1000M Race
		16:45-17:05 Boys	Warmup (2 groups)
		17:15 Boys	1000M Race
		18:30 Girls & Boys	Sprint Pursuits
DAY 3	Wednesday, January 9, 2019	18:45 - 19:00 Girls & Boys	Awards Ceremony - 1000M & Sprint Pursuits





**COMPETITION SCHEDULE - INTERNATIONAL CHILDREN'S GAMES 2019 LAKE PLACID, NY USA (6 - 11 JANUARY)**

	Sport	SUN 01/6	MON 01/7	TUE 01/8	WED 01/9	THU 01/10
<b>SOCIAL / HOSPITALITY</b>	Meetings	<b>17:00- 20:00</b> ICG Committee Meeting CC@LP	Sport Coaches Meetings at venues as required	Sport Coaches Meetings at venues as required	Sport Coaches Meetings at venues as required	
	Receptions		<b>17:30</b> Mayor's Reception TBD			<b>20:00-22:00</b> Athlete Celebration <b>20:00-22:00</b> VIP Reception
	CEREMONIES		<b>19:00 - 20:30</b> Opening Ceremony (TBD)			<b>19:00 - 20:00</b> Closing Ceremony (TBD)
<b>ICE SPORTS</b>	FIGURE SKATING (OC)  1932 Rink Jack Shea Arena	<b>20:00 - 21:00</b>  Coaches Joint Technical Meeting  CC@LP	<b>08:00 - 09:50</b> Practice Ice - Girls  <b>10:00 - 12:50</b> Practice Ice - Boys	<b>07:00 - 9:45</b> Official Practice-Girls  <b>10:00 - 11:30</b> Official Practice-Boys <b>14:00 - 18:30</b> Short Program - Girls <b>18:45 - 21:45</b> Short Program - Boys	<b>07:00 - 9:45</b> Official Practice-Girls  <b>11:00 - 12:30</b> Official Practice-Boys <b>16:15 - 21:30</b> Free Skate - Girls	<b>07:30 - 09:00</b> Official Practice-Boys  <b>14:30 - 17:30</b> Free Skate - Boys
	ICE HOCKEY BOYS (OC)	<b>20:00 - 21:00</b>  Coaches Joint Technical Meeting CC@LP	<b>08:00 - 11:50</b> Practice - S.L. Ice Rink  <b>12:00 - 15:50</b> Practice -S.L. Ice Rink	<b>11:30 - 16:00</b> Game Set #1  1980 & USA Rinks	<b>07:00 - 11:30</b> Game Set #2  1980 & USA Rinks  <b>16:00 - 20:30</b> Game Set #3 1980 & USA Rinks	<b>07:00-09:15</b> Consolation Games  <b>11:30 - 13:30</b> Bronze Medal Game <b>16:00 - 18:00</b> Gold Medal Game
	ICE HOCKEY GIRLS (OC)	<b>20:00 - 21:00</b>  Coaches Joint Technical Meeting CC@LP	<b>08:00 - 11:50</b> Practice - US Rink  <b>12:00 - 15:50</b> Practice - US Rink	<b>07:00 - 11:30</b> Game Set #1  1980 & USA Rinks  <b>16:00 - 20:30</b> Game Set #2 1980 & USA Rinks	<b>11:30 - 16:00</b> Game Set #3  1980 & USA Rinks	<b>09:30-13:45</b> Consolation Games  <b>9:15 - 11:15</b> Bronze Medal Game <b>13:45 - 15:45</b> Gold Medal Game
	SPEEDSKATING SHORT TRACK (OC) 1932 Rink Jack Shea Arena	<b>20:00 - 21:00</b> Coaches Joint Technical Meeting CC@LP	<b>13:30 - 14:30</b> Practice - Girls  <b>14:45 - 15:45</b> Practice - Boys	<b>11:45 - 12:45</b> Practice - Girls  <b>12:45 - 13:45</b> Practice - Boys	<b>07:00 - 10:30</b> 1000M Race - Girls 1000M Race - Boys <b>10:30 - 11:15</b> Mixed Relay Qualify Boys & Girls	<b>09:30 - 12:45</b> 500M Race - Girls 500M Race - Boys <b>13:00 - 13:30</b> Mixed Relay Final Boys & Girls
	SPEEDSKATING LONG TRACK (OSSO)	<b>20:00 - 21:00</b> Coaches Joint Technical Meeting CC@LP	<b>10:00-11:00 &amp; 16:00-17:00</b> Practice - Girls <b>11:00-12:00 &amp; 17:00-18:00</b> Practice - Boys	<b>10:00</b> 500M Race - Girls <b>11:30</b> 500M Race - Boys <b>12:30</b> G/B Mass Start	<b>15:45</b> 1000M Race - Girls <b>17:15</b> 1000M Race - Boys <b>18:30</b> G/B Sprint Pursuits	

**COMPETITION SCHEDULE - INTERNATIONAL CHILDREN'S GAMES 2019 LAKE PLACID, NY USA (6 - 11 JANUARY)**

	Sport	SUN 01/6	MON 01/7	TUE 01/8	WED 01/9	THU 01/10
SNOW SPORTS	ALPINE SKIING (WF MT)	<b>20:00 - 21:00</b> Coaches Joint Technical Meeting CC@LP	<b>08:30 - 14:00</b> Girls/Boys  Training	<b>09:30-14:00</b> Girls/Boys  Giant Slalom	<b>09:30 - 14:30</b> Mixed Delegations  Parallel Slalom Mixed Teams	<b>12:15 - 14:35</b> Mixed Delegations  Ski Cross
	FREESTYLE SKIING (WF MT)	<b>20:00 - 21:00</b> Coaches Joint Technical Meeting CC@LP	<b>10:00 - 12:00</b> Girls Slopestyle  <b>13:00 - 15:00</b> Boys Slopestyle Training	<b>10:00 - 13:00</b> G/B Slopestyle  Qualifications <b>14:00 - 13:30</b> G/B Slopestyle Final		<b>12:15 - 14:35</b> Mixed Delegations  Ski Cross
	SNOWBOARD (WF MT)	<b>20:00 - 21:00</b> Coaches Joint Technical Meeting CC@LP	<b>10:00 - 12:00</b> Girls Slopestyle  <b>13:00 - 15:00</b> Boys Slopestyle	<b>10:00 - 13:00</b> G/B Slopestyle  Qualifications <b>14:00 - 13:30</b>	<b>09:00 - 11:00</b> Snowboard Cross Inspection & Training  <b>11:30 - 13:30</b> Girls/Boys	
		CC@LP	Training	G/B Slopestyle Final	Snowboard Cross	
	BIATHLON (MVH - OSC)	<b>20:00 - 21:00</b> Coaches Joint Technical Meeting CC@LP	<b>13:00 - 16:00</b> Girls/Boys  Training	<b>13:00 - 16:00</b> Girls/Boys  Sprint Distance	<b>13:00 - 16:00</b> Girls/Boys  Sprint	<b>13:00 - 16:00</b> Mixed Delegations  Relay
	CROSS-COUNTRY SKING (MVH - OSC)	<b>20:00 - 21:00</b> Coaches Joint Technical Meeting CC@LP	<b>09:00 - 12:00</b> Girls/Boys  Training	<b>09:00 - 10:30</b> Boys  Distance - Classic <b>11:00 - 12:30</b> Girls Distance - Classic	<b>09:00-12:00</b> Girls/Boys  Sprint - Free	<b>09:30 - 11:00</b> Mixed Delegations  Team Relay

OC - Olympic Center

OSC - Olympuc Sports Complex

OJC - Olympic Jumping Complex

OSSO - Olympic Speed Skating Oval

WF MT - Whiteface Mountain

SLIC - Saranac Lake Ice Center