



TEAM CAPTAIN MEETING

Individual Race

Flaine, FRANCE – January 8th, 2024

TCM Table



ISMF European Council Pdt	Gunel Badalova
ISMF Sport Vice President:	Pierre Dupont
ISMF Event Coordinator:	Josef Gruber
LOC Race Director:	Olivier Mansiot
ISMF Jury President:	Monika Strojny
ISMF 1 st Referee:	Laurent Peruchon
ISMF 2 nd Referee:	Yves Ancrenaz
ISMF Technical Delegate:	Stefano Mottini
ISMF Speaker:	Christine Cavagnet

The ISMF Race Jury

Members.



LOC Race Director:

Olivier Mansiot

ISMF Jury President:

Monika Strojny

ISMF 1st Referee:

Laurent Peruchon

ISMF 2nd Referee:

Yves Ancrenaz

ISMF Technical Delegate:

Stefano Mottini

Programme



Individual Race.

UCPA breakfast 7:30 to 10:00

UCPA lunch 11:00 to 13:15

11:00	Cable car AUP DE VERAN - Ski pass mandatory (free at race office)
12:00	Pre TCM start area
12:30	U18M start
12:40	U20W start
12:50	U18W start
13:30	U20M start
13:40	Senior/U23 Women
14:45	Senior/U23 Men

Flower ceremony after each Top 3 arrivals

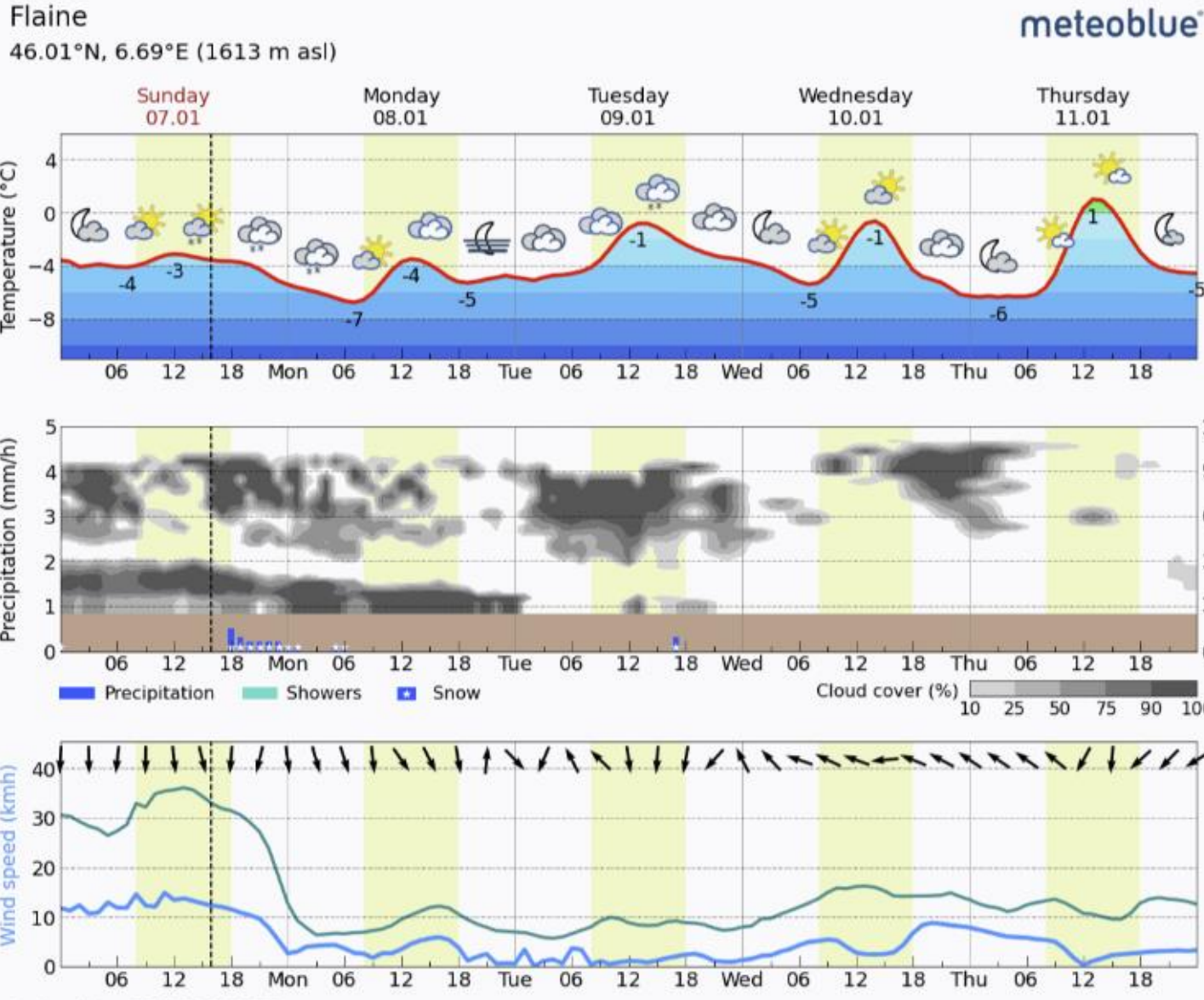
16:00	Cut off time. Bottom of C uphill.
18:00	Award Ceremonies at UCPA first floor

Weather Forecast

Monday - 08.01.2024

Monday

	03 ⁰⁰	06 ⁰⁰	09 ⁰⁰	12 ⁰⁰	15 ⁰⁰	18 ⁰⁰	21 ⁰⁰	00 ⁰⁰
Temperature (°C)	-6°	-7°	-6°	-4°	-4°	-5°	-5°	-5°
Temperature felt (°C)	-10°	-10°	-9°	-7°	-8°	-9°	-9°	-8°
Wind direction	↙ NNW	↙ NNW	↑ N	↙ NW	↙ NNW	↑ N	↑ S	↙ NNW
Wind speed (km/h)	4-6	4-7	2-7	3-10	6-12	4-11	3-8	1-7
Precipitation (mm/3h)	< 1	< 1	-	-	-	-	-	-
Precipitation probability	25%	25%	10%	5%	10%	10%	0%	0%
Precipitation hourly	[Bar chart showing precipitation distribution]							
rainSPOT	[Target icons for precipitation distribution]							



Overview



Difference in height

A : 60 m
B: 410m
C: 350m

Races

U18WM & U20W : ABC = 820m
Sen WM/U20M : ABBC=1230m

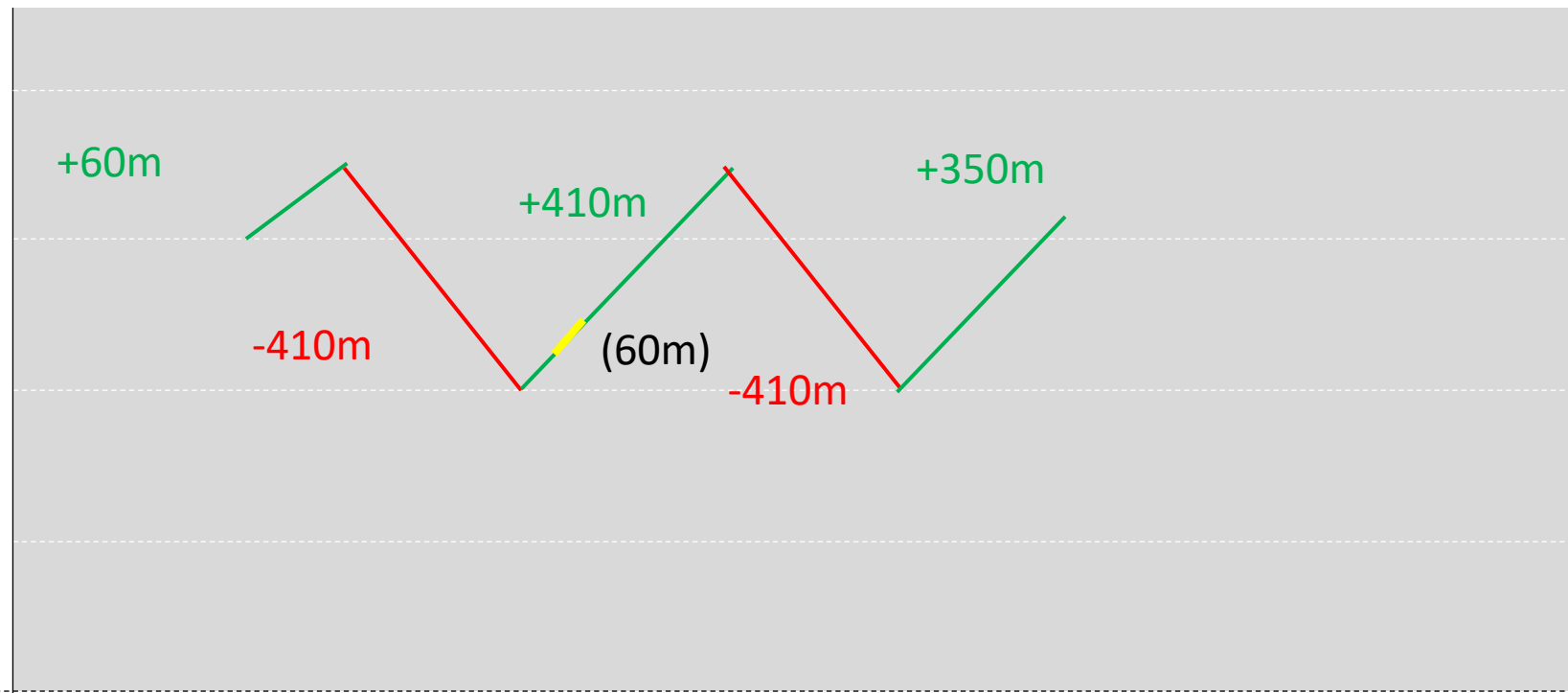
Individual Race

Height profile.



U18 W - U18 M - U20 W

D+ 820 m



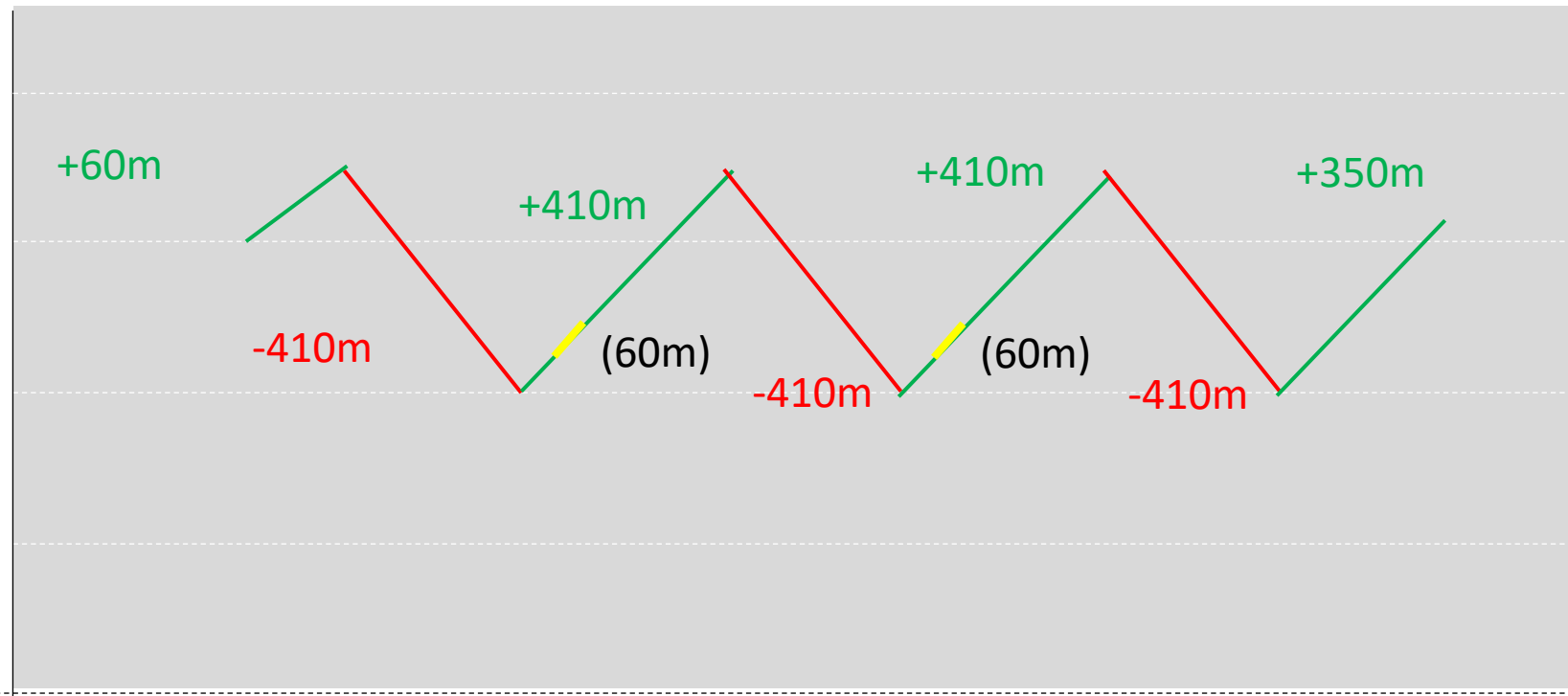
Individual Race

Height profile.



U20 M Senior/U23 Men and Women

D+ 1230 m



Compulsory Equipment

Monday 08.01.2024



COMPULSORY EQUIPMENT	INDIVIDUAL
Passport/National ID card or a copy (in the backpack or race suit)	X
Skis	X
Bindings	X
Boots	X
Ski poles	X
Skins (one pair min.)	X
Helmet	X
Gloves	X
Backpack	X
DVA	X
Snow shovel	X
Snow probe	X
Survival blanket	X
Eyewear	X
Whistle	X
1st, 2nd, 3rd upper layer 1st and 2nd lower layer 4th upper layer (thermal layer min 300 gr. In back pack)	X

Race Location

Monday 08.01.2024

Team Area: Tent around finish area

Warm-Up Area: around start area and ski slope

Toilets: inside the Ski patrol house

Technical and refreshment areas : bottom of downill



Bib and Chips position

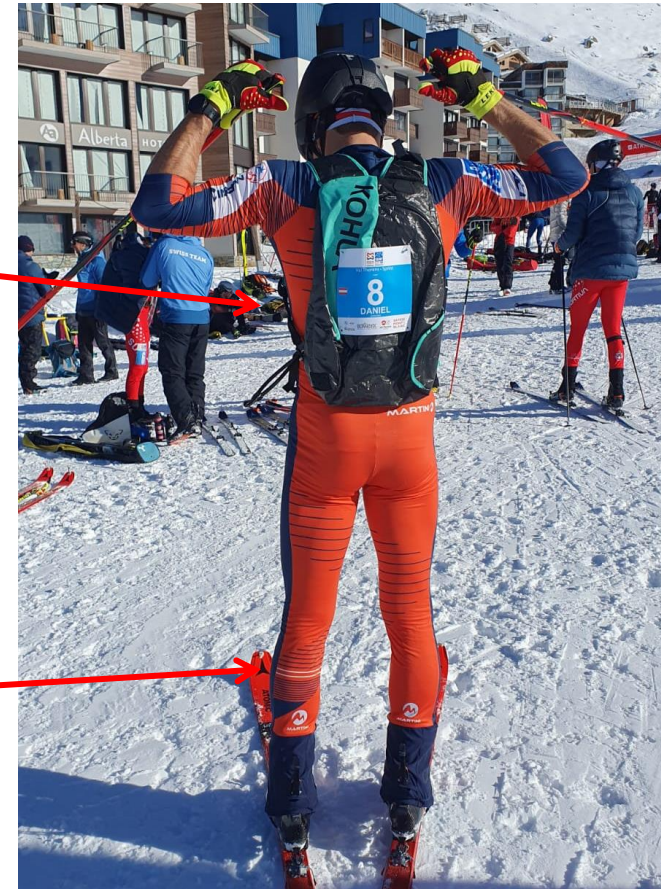
Rules and guidelines.



Bib on the backpack

Bib on both thighs (right and left)

1 chip above or below the calf



Case of abandon of an athlete



Rules and Guidelines.

Abandon:

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

Useful links for the race

Timing and media.

Live Result

https://live.mso-chrono.ch/live/glive_live/g-live.html?f=../2024/ismf-euch-flaine-chamonix-individual/Flaine-Individual.clax

Live streaming



Most important people

LOC contacts.



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



TEAM CAPTAIN MEETING

Individual Race

Flaine, France – Monday January 8th, 2024