



**FISU**  
WORLD  
UNIVERSITY  
GAMES  
WINTER

# **TECHNICAL HANDBOOK CROSS-COUNTRY SKIING**

**December 2022**



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## 1. WELCOME MESSAGES

*Dear Delegates,  
Dear Friends and Colleagues,*

*Thank you for your participation in the Lake Placid 2023 FISU World University Games. I would like to recognize the Organizing Committee and FISU for their hard work and dedication—without them, this event would not be possible. The past months have been very important as we put together the final touches to welcome the world's best collegiate-athletes to participate in these FISU Games.*

*The recent HoD meeting was very successful and as we get closer to the Lake Placid 2023 FISU Games it becomes even more exciting to call Lake Placid a two-time host, since they held the FISU Games in 1972. It is obvious that international events come naturally to the region, therefore, we are confident that Lake Placid is ready to welcome the world's best collegiate-athletes to their stage once again.*

*We would like to thank each and every one of you for your participation and hope you will spend the next 11 days discovering what this beautiful village in New York State and Adirondack Region has to offer. We are excited to see the result of your hard work and dedication that has gone into the preparation for these Games and are looking forward to having you with us in Lake Placid.*

*I wish you all good luck and hope you have a great stay in Lake Placid!*

*Thank you.*



*Leonz Eder  
Acting President of the  
International University Sports Federation*

*Dear Technical Delegates and Officials,*

*I look forward to welcoming you to Lake Placid, NY and the surrounding North Country region, where the Lake Placid 2023 FISU World University Games will soon be underway. It is a privilege and honor to once again the host the World in our historic village!*

*As a community known for its rich sporting history, Lake Placid is proudly home to the 1932 and 1980 Olympic Winter Games, the 1972 FISU World University Games and countless World Cup and World Championship events. In preparation for the upcoming Lake Placid 2023 FISU Games, the venues have undergone extensive modernizations to provide world class facilities for decades to come, ensuring the continuation of our sporting legacy.*

*I am pleased to welcome you to my hometown and the surrounding North Country region. This technical handbook is intended to provide you with all the information you need to guide you through your time here. I wish each of the participating collegiate-athletes success and hope everyone leaves with unforgettable memories that are shared for years to come!*

*Sincerely,*



Ashley Walden  
Chief Operating Officer of the  
Lake Placid 2023 FISU World University Games

*Dear Delegations,*

*Welcome to the Lake Placid 2023 FISU World University Games! Lake Placid, our Adirondack Region and the State of New York thank you for your dedication to University sport and we welcome you to our home with open arms.*

*As hosts of the 1972 FISU World University Games, we are excited to continue Lake Placid's legacy as a global center of international sport by again welcoming collegiate-athletes from across the globe.*

*The Organizing Committee recognizes our duty to support collegiate-athletes in their efforts to achieve excellence in their chosen disciplines by providing top-of-the-line competition venues and an unforgettable experience. With this in mind, we have worked to ensure that all participants have an opportunity to showcase their talents as they compete with cooperation and respect for one another.*

*Enjoy competition, enjoy our village, our region and our state so that you may leave Lake Placid with added and renewed feelings about the positive benefits of international University sport.*

*Please reach out to us as you may wish.*

*With all good wishes,*



*James B. McKenna  
President of the  
Lake Placid 2023 FISU World University Games*

## 2. ABBREVIATIONS

Abbreviation	Name in Full
ADAMS	Anti-Doping Administration and Management System
AMS	Athlete Medical Station
CCS	Cross-Country Skiing
CIC	FISU International Control Committee
CMI	FISU International Medical Committee
CPH	Crowne Plaza Hotel
CT	FISU Technical Committee
EC	FISU Executive Committee
FIS	International Ski Federation
FISU	International University Sports Federation
FNB	Food & Beverage
GTM	General Technical Meeting
HoD	Head of Delegation
IF	International Federation
ITC	FISU World University Games International Technical Committee
ITO	International Technical Official
LOC	Local Organizing Committee
MVH	Mt Van Hoevenberg
NADO	National Anti-Doping Organization
NF	National Federation
NTO	National Technical Official
NUSF	National University Sports Federation
OC	Organizing Committee



OCN	Olympic Center
RD	Race Director
SIC	Sport Information Center
SID	Sport Information Desk
TD	Technical Delegate
TCC	FISU Technical Committee Chair
TCM	Technical Committee Meeting
TO	Technical Official
TUE	Therapeutic Use Exemptions
VPS	Paul Smith's College
WADA	World Anti-Doping Agency

### 3. FISU INTERNATIONAL TECHNICAL COMMITTEE

Position	First Name	Last Name	Country
FISU TCC ALP	Matjaz	Kranjc	SLO
FISU TCC BTH	Ondrej	Rybar	CZE
FISU TCC CCS	Zofia Stefania	Kielpinska	POL
FISU TCC NCB	Karl	Lustenberger	SUI
FISU TCC SJP	Paul	Ganzenhuber	AUT
FISU TCC FRS	Magnus	Ferry	SWE
FISU TCC SBD	Ola	Sundekvist	SWE
FISU TCC CUR	Scott	Arnold	CAN
FISU TCC IHO	Reto	Bertolotti	SUI
FISU TCC IHO	Igor	Nemecek	SVK

FISU TCC FSK	Dingding	Liu	CHN
FISU TCC STK	So Hee	Kim	KOR
FISU TCC SSK	Moyca	Stoffel	CAN

## 4. GENERAL INFORMATION

### 4.1 Lake Placid 2023 FISU World University Games

Date: 12- 22 January 2023

Location: Lake Placid, New York

Sports Program: 12 sports, 86 Medal Events

Venues: 9 venues

### 4.2 Competition Schedule



### 4.3 Opening and Closing Ceremonies

#### Opening Ceremony

Date: 12 January 2023

Location: Olympic Center, 1980 Herb Brooks Arena

Beginning of Ceremony: 19:00

## Closing Ceremony

Date: 22 January 2023

Location: Olympic Center, 1980 Herb Brooks Arena

Beginning of Ceremony: 17:10

## 5. COMPETITION INFORMATION

### 5.1 Technical Committee

FISU Technical Committee Chair	Zofia Stefania Kielpinska (POL)
FIS Technical Delegate	Len Apedaile (CAN)
FIS Technical Delegate Ass.	Sylvi Petterson Ofstad (NOR)
Sport Manager	Allan Serrano (USA)
Chief of Competition	Allan Serrano (USA)

### 5.2 International Technical Officials

National TD Assistant	Nick Kline (USA)
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### 5.3 Competition Structural Chart

Venue Manager		FISU TCC
Rebecca Dayton		Zofia Stefania Kielpinska (POL)
Security	Sport Manager	FIS TD
Michael Ryan	Allan Serrano	Len Apedaile (CAN)
		FIS Asst. TD
		Sylvi Petterson Ofstad (NOR)

## 5.4 Technical Regulations

The Cross-Country Skiing events will be organized in accordance with the most recent technical regulations of the International Ski Federation (FIS), except when specifically amended by these regulations or by the FISU Games International Technical Committee (FISU Games ITC).

The program and duration of the competitions will be fixed by the FISU Executive Committee in agreement with the Organizing Committee and the FISU Games ITC. In principle, the program will last eight (8) days and will include the following events:

Men	Women
Sprint (F)	Sprint (F)
Individual 10 km (C)	Individual 5 km (C)
Pursuit 10 km (F)	Pursuit 5 km (F)
Mass Start 30 km (F)	Mass Start 15 km (F)
Relay 4 x 7.5 km (CCFF)	Relay 3 x 5 km (CFF)
Mixed Team Sprint (C): 1 W + 1 M (Max two (2) teams per country)	

Each country is authorized to enter a maximum of 8 athletes per gender (total 16 athletes).

In each event, each country may enter:

- Individual events: Maximum 6 athletes (per gender)
- Team events:
  - Relay Men: Maximum one (1) team per country, consisting of four (4) M.
  - Relay Women: Maximum one (1) team per country, consisting of four (4) W.
  - Mixed Team Sprint: Maximum two (2) teams per country, each team composed of one (1) M and one (1) W, who alternately ski three (3) rounds each.

Only athletes with an active FIS code are allowed to participate in each Cross-Country Skiing event. Entries are controlled by the Organizing Committee and the FIS Technical Delegate. Only with an accreditation card approved by the CIC can an athlete be considered for the draw of a starting list and be entitled to participate in any of the competitions.

At the 1st General Technical Meeting, the Head of Delegation or his/her representative shall confirm and sign the official entry list of athletes.



#### 5.4.1 JURY COMPOSITION

The competition Jury will consist of the following members:

- The TD, who is chair of the Jury (appointed by FIS)
- The Assistant TD (appointed by FIS)
- Race Director (FISU Technical Committee Chair appointed by FISU)
- The Chief of Competition
- The National TD Assistant (appointed by the host National Ski Association in cooperation with the regional TD coordinator)

#### 5.4.2 PROTEST AND APPEAL

Any protest of a sport or disciplinary nature must reach the Jury according to the regulations laid down by the FIS. Such protest must be accompanied by a deposit, in cash, of CHF 100, or equivalent in the currency of the Organizing Committee. This deposit will be returned if the protest is upheld.

Each Head of Delegation or his/her deputy is authorized to lodge an appeal against the decision of the Jury. This appeal must be submitted in writing to the Jury of Appeal or competent authority in accordance with the FIS regulations. Any decision of the Jury of Appeal or equivalent authority of a sport is final and must be reported immediately to the Head of Delegation of the country concerned.

Any sport disciplinary situation which cannot be satisfactorily resolved by the Sport Technical Committee (TC) and the sport-specific disciplinary regulations will be reported to the FISU Disciplinary Committee for further action to be taken. Where appropriate, a report will also be sent to FIS.

### 5.5 Competition Format

#### 5.5.1 SPRINT (F)

Individual sprint competitions begin with a qualification round, organized as an Interval Start competition. After the qualification round, qualified athletes compete in the sprint finals using elimination rounds (sprint heats).

- Qualification
- Heats (six (6) competitors)
- Quarterfinals: Five (5) quarter-finals with (six (6) competitors)
- Semi-Finals: Two (2) semi-finals (six (6) competitors)
- Final A (six (6) competitors)
- Heats will be timed during Sprint competitions

The 1st & 2nd place competitors, as well as the next fastest 3rd or 4th place competitors in each heat, will advance to the next round.

#### 5.5.2 INDIVIDUAL (C) (10 KM – MEN, 5 KM – WOMEN)

Individual race with 30-second start intervals. Each competitor starts at his/her designated starting time and final result is determined by calculating the difference between finish time and start time.

#### 5.5.3 PURSUIT (F) (10 KM – MEN, 5 KM – WOMEN)

Pursuit competitions are carried out as combined competitions where athlete's start times are determined by the result(s) of previous competition(s) and the final result is determined by finish arrival order of the last competition.

#### 5.5.4 MASS START (F) (30 KM – MEN, 15 KM – WOMEN)

At the mass start, all competitors start at the same time. Athletes with the highest ranking have the most favorable places at the start and final results are determined by finish arrival order.

#### 5.5.5 RELAY (4X7,5 KM M (CC+FF) /3X5 KM W (C+FF))

The Relay teams consist of three (3) athletes for women and four (4) athletes for men, each of whom run only one (1) leg. In the Men's Relay, the first two (2) legs will be raced using the classical technique. In the Women's Relay, the first (1st) leg will be raced using the classical technique, the second (2nd) and third (3rd) using the free technique. Relay begins with a mass start, whereas the best places at the start are given by draw or to the teams that have taken higher rankings on previous same competitions. Relay is passed by touch with any part of the body of the starting athlete of its team, while both athletes are at the zone of relay pass. The order in which athletes cross the finish line at the last stage of the relay, will define their ranking in final relay results protocol.

#### 5.5.6 MIXED TEAM SPRINT (C)

Mixed Team Sprint is a competition carried out as a relay with 2 athletes who alternately ski 3 legs each. Mass Start procedure must be used. Arrow start grid.

1 M + 1 W – (Maximum 2 teams per nation). Each athlete skis alternately 3 legs 2 x 3 x 1.3 km.

## 5.6 Competition and Training Venue Information

### 5.6.1 GENERAL INFORMATION

OC VENUE MANAGER		Rebecca Dayton	
Venue	Function	Location	Distance from accommodation to venue
Mt Van Hoevenberg (MVH)	Training/ Competition	Mt Van Hoevenberg 220 Bobsled Run Lane Lake Placid, NY 12946	29 miles (46.7 km)

## 5.6.2 VENUE LAYOUTS

See Appendix, Section 8.2.

## 5.6.3 COURSE LAYOUTS AND TECHNICAL DATA

See Appendix, Section 8.2.2

## 5.7 Day-by-Day Schedule

*“For all televised events, the competition session begins at the stated time, but the actual competition/play will begin five (5) minutes afterwards for broadcast purposes.”*

Key	
Training	Light Blue
Competition	Dark Blue
Reserve Days	White
Meeting Days/Additional Information	Yellow
Ceremonies/Social Events	Red

SPORT	DATE	DAY	START TIME	FINISH TIME	EVENT NAME	VENUE
Cross Country Skiing	8-Jan-23	SUN	TBD		Venue Inspection Visit	MVH
Cross Country Skiing	9-Jan-23	MON	17:00	19:00	FISU International Technical Committee (ITC) Meeting	CPH
Cross Country Skiing	11-Jan-23	WED	09:00	11:00	Open Training W/M	MVH
Cross Country Skiing	11-Jan-23	WED	14:00	15:00	General Technical Meeting (1st TCM)	Pine Room VPS
Cross Country Skiing	12-Jan-23	THU	09:00	11:00	Official Training Mixed Team Sprint (C)	MVH
Cross Country Skiing	12-Jan-23	THU	14:00		Entry Deadline Mixed Team Sprint (C)	MVH

Cross Country Skiing	12-Jan-23	THU	16:00	17:00	Team Captain's Meeting	Virtual
Cross Country Skiing	12-Jan-23	THU	19:00	20:30	Opening Ceremony	OCN
Cross Country Skiing	13-Jan-23	FRI	08:00	08:55	Official Training Mixed Team Sprint (C)	MVH
Cross Country Skiing	13-Jan-23	FRI	09:00	10:00	Mixed Team Sprint (C) Semi-Finals	MVH
Cross Country Skiing	13-Jan-23	FRI	10:00	10:30	Mixed Team Sprint (C) Finals	MVH
Cross Country Skiing	13-Jan-23	FRI	10:35		Mascot Ceremony - Mixed Team Sprint (C)	MVH
Cross Country Skiing	13-Jan-23	FRI	18:30		Medal Ceremony - Mixed Team Sprint (C)	Mid's Park
Cross Country Skiing	14-Jan-23	SAT	09:00	11:00	Official Training Sprint (F) W/M	MVH
Cross Country Skiing	14-Jan-23	SAT	14:00		Entry Deadline Sprint (F) W/M	MVH
Cross Country Skiing	14-Jan-23	SAT	16:00		Team Captain's Meeting	Virtual
Cross Country Skiing	15-Jan-23	SUN	08:00	08:55	Official Training Sprint (F) W/M	MVH
Cross Country Skiing	15-Jan-23	SUN	09:00	09:55	Sprint (F) Qualification W/M	MVH
Cross Country Skiing	15-Jan-23	SUN	11:00	12:30	Sprint (F) Finals W/M	MVH



Cross Country Skiing	15-Jan-23	SUN	12:35		Mascot Ceremony - Sprint (F) Finals W/M	MVH
Cross Country Skiing	15-Jan-23	SUN	18:45		Medal Ceremony - Sprint (F) Finals W/M	Mid's Park
Cross Country Skiing	16-Jan-23	MON	09:00	11:30	Official Training Individual Start (C) W/M	MVH
Cross Country Skiing	16-Jan-23	MON	14:00		Entry Deadline Sprint (F) W/M	MVH
Cross Country Skiing	16-Jan-23	MON	16:00		Team Captain's Meeting	Virtual
Cross Country Skiing	17-Jan-23	TUE	08:00	08:55	Official Training Individual Start (C) W	MVH
Cross Country Skiing	17-Jan-23	TUE	09:00	10:00	5km Individual Start (C) W	MVH
Cross Country Skiing	17-Jan-23	TUE	10:05		Mascot Ceremony - 5 km Individual Start (C) W	MVH
Cross Country Skiing	17-Jan-23	TUE	10:00	10:25	Official Training Individual Start (C) M	MVH
Cross Country Skiing	17-Jan-23	TUE	10:30	12:00	10 km Individual (C) M	MVH
Cross Country Skiing	17-Jan-23	TUE	12:05		Mascot Ceremony - 10 km Individual (C) M	MVH
Cross Country Skiing	17-Jan-23	TUE	16:00		Team Captain's Meeting	Virtual

Cross Country Skiing	17-Jan-23	TUE	18:30	19:00	Medal Ceremony – 5 km W & 10 km M Individual (C)	Mid's Park
Cross Country Skiing	18-Jan-23	WED	08:00	08:55	Official Training 5 km Pursuit (F) W	MVH
Cross Country Skiing	18-Jan-23	WED	09:00	09:30	5 km Pursuit (F) W	MVH
Cross Country Skiing	18-Jan-23	WED	09:35		Mascot Ceremony 5 km Pursuit (F) W	MVH
Cross Country Skiing	18-Jan-23	WED	09:30	10:10	Official Training 10 km Pursuit (F) M	MVH
Cross Country Skiing	18-Jan-23	WED	10:15	11:00	10 km Pursuit (F) M	MVH
Cross Country Skiing	18-Jan-23	WED	11:05		Mascot Ceremony 10 km Pursuit (F) M	MVH
Cross Country Skiing	18-Jan-23	WED	18:30	19:00	Medal Ceremony – 5 km W & 10 km M Pursuit	Mid's Park
Cross Country Skiing	19-Jan-23	THU	09:00	11:00	Official Training Relay (C+F) W/M	MVH
Cross Country Skiing	19-Jan-23	THU	14:00		Entry Deadline Relay (C+F) W/M	MVH
Cross Country Skiing	19-Jan-23	THU	16:00		Team Captain's Meeting	Virtual
Cross Country Skiing	20-Jan-23	FRI	08:00	08:55	Official Training Relay (C+F)	MVH
Cross Country Skiing	20-Jan-23	FRI	09:00	10:00	3x5 km Relay W (CFF)	MVH

Cross Country Skiing	20-Jan-23	FRI	10:05		Mascot Ceremony - 3x5 km Relay W	MVH
Cross Country Skiing	20-Jan-23	FRI	10:05	10:55	Official Training Relay (C+F)	MVH
Cross Country Skiing	20-Jan-23	FRI	11:00	12:45	4x7.5 km Relay M (CCFF)	MVH
Cross Country Skiing	20-Jan-23	FRI	12:50		Mascot Ceremony - 4x7.5 km Relay M	MVH
Cross Country Skiing	20-Jan-23	FRI	18:30	19:00	Medal Ceremony - Relays W/M	Mid's Park
Cross Country Skiing	21-Jan-23	SAT	09:00	12:00	Official Training Mass Start (F)	MVH
Cross Country Skiing	21-Jan-23	SAT	14:00		Entry Deadline Mass Start	MVH
Cross Country Skiing	21-Jan-23	SAT	16:00		Team Captain's Meeting	Virtual
Cross Country Skiing	22-Jan-23	SUN	09:00	09:55	Official Training Mass Start (F) M	MVH
Cross Country Skiing	22-Jan-23	SUN	10:00	12:00	30 km Mass Start (F) M	MVH
Cross Country Skiing	22-Jan-23	SUN	12:05		Mascot Ceremony - 30 km Mass Start M	MVH
Cross Country Skiing	22-Jan-23	SUN	12:15	12:30	Medal Ceremony - 30 km Mass Start M	MVH
Cross Country Skiing	22-Jan-23	SUN	12:00	12:55	Official Training Mass (F) W	MVH

Cross Country Skiing	22-Jan-23	SUN	13:00	14:00	15 km Mass Start (F) W	MVH
Cross Country Skiing	22-Jan-23	SUN	14:05		Mascot Ceremony – 15 km Mass Start W	MVH
Cross Country Skiing	22-Jan-23	SUN	14:15	14:30	Medal Ceremony – 15 km Mass Start W	MVH
Cross Country Skiing	22-Jan-23	SUN	17:10		Closing Ceremony	OCN

#### 5.7.1 CEREMONIES

Mascot Ceremonies will be held immediately following the conclusion of the competition. Medal Ceremonies for men and women will be held at Mids-Park – Medals Plaza, except for the last competition, which will be at Mt Van Hoevenberg Medals Plaza as designated above. For more information, see Section 5.10.

#### 5.7.2 TRAINING

Unofficial training at the Nordic Center starts on 11 January 2023. Unofficial training is available 8-11 January, with transportation provided by the OC. Exact times for those training windows are still being finalized with OC Transportation, along with any applicable training booking process, and this will be communicated to all Delegations as soon as possible.

#### 5.7.3 RESERVE DAY

The OC will do its best to hold all competitions on the scheduled days. However, under exceptional weather conditions the competitions may have to be postponed/rescheduled/advanced.

#### 5.7.4 GENERAL TECHNICAL MEETING

The 1st General Technical Meeting will be held on 11 January 2023 at 14:00 at Paul Smith's College. At the 1st General Technical Meeting, the Head of Delegation or his/her representative shall confirm and sign the official entry list of athletes.

Only athletes with an active FIS code are allowed to participate in each Cross-Country Skiing event. Entries are controlled by the Organizing Committee and the FIS Technical Delegate.

Only with an accreditation card approved by the CIC can an athlete be considered for the draw of a starting list and be entitled to participate in any of the competitions.



#### 5.7.5 TEAM CAPTAIN'S MEETINGS

Any further details and clarifications which are not yet described in the Technical Handbook will be communicated at the respective virtual Team Captain's Meetings which will be held virtually following the day-by-day schedule above.

### 5.8 Equipment

Clothing and equipment control will in principle follow FIS rules. The equipment control will be carried out in respect to the recent technical FIS regulations if no additional FISU rule is determined. Each competitor is responsible for the equipment that he/she uses (skis, bindings, poles, ski boots, suit, waxing, according to FIS ICR control form 2022/2023 etc.). The term competition equipment encompasses all items of equipment which the competitor uses in competition. This includes clothing as well as apparatus with technical functions.

The entire competition equipment forms a functional unit. All equipment used by athletes is governed by the FIS Specifications for Competition Equipment. The current version of FIS regulations can be found here: <https://www.fis-ski.com/en/inside-fis/document-library/marketing>

#### 5.8.1 STORAGE AND WAX ROOMS

The Lake Placid 2023 FISU World University Games will provide sport equipment storage and waxing rooms for the teams. All facilities are built and organized according to all international requirements. Waxing rooms and cabins Cross-Country Skiing will be provided on site at the competition venue. Sections will be allocated to the respective nations and shared among their sports.

The wax rooms are equipped with special tables and equipment for preparing skis with lighting, several electric outlets, adequate heating and ventilation, ski racks and waste bins.

The LOC is planning on providing two (2) Swix waxing benches (tentatively model TOO754 – Swix World Cup Waxing and Tuning Platform Table) in each waxing cabin/area. Each waxing area (for all relevant sports) will have an ample supply of U.S. 110v/220v power, plug-ins and extensions.

The LOC will NOT be providing power converters/transformers, waxing irons, profiles, vises, etc. However, Swix will offer online shopping options for each delegation. The offering is summarized as follows:

- In late November 2022, the LOC sent each Delegation an invitation, instructions and custom access code for setting up their own Swix/Toko online shop for ordering discounted waxing and tuning equipment. Delegation or Team Managers must register and set up their team Swix/Toko website. Once properly registered, they are granted access to all Swix and Toko waxing and tuning supplies at special Lake Placid 2023 FISU Games pricing.

- The deadline for orders is 31 December 2022. All orders for each delegation will be shipped to a designated onsite location at Mt Van Hoevenberg. Each team order will have the delegation's name and contact person on the package for easy identification.
- The Swix/Toko online shops will close 1 January 2023, giving us the necessary time to receive the products in Lake Placid and get them to the team waxing area locations.

## 5.9 Doping Control

Doping Control will be carried out in accordance with the WADA World Anti-Doping Code and FISU regulations. Conditions for doping control procedures will be provided during the competitions at all sports venues.

### 5.9.1 LIST OF PROHIBITED SUBSTANCES

The actual list of prohibited substances and methods is defined in accordance with WADA international standards. National University Sports Federations will be responsible for ensuring that their delegations, namely athletes, are made aware of the actual copy of the prohibited list. Ignorance of the prohibited list contents will in no way constitute a valid excuse for any participant of the Lake Placid 2023 FISU World University Games violating valid FISU Anti-Doping Rules. For the current WADA list of prohibited substances and methods, please refer to the following website: [www.wada-ama.org](http://www.wada-ama.org)

### 5.9.2 TESTING

The required number of samples will be selected during the "in-competition" and "out-of-competition" periods in accordance with the Test Distribution Plan. "In-competition" is defined as the period commencing 12 hours before a competition in which the athlete is scheduled to participate through to the end of such competition, and the sample collection process related to such competition. "Out-of-competition" is defined as any doping control which is not "in-competition." During the Lake Placid 2023 FISU Games, athletes can be tested at any time without prior notice. Urine and/or blood samples will be collected in compliance with the WADA International Standard for Testing and Investigations (ISTI). A paperless system will be used for the sample collection. The testing will be conducted by Doping Control Officers (DCO) from the U.S. Anti-Doping Agency (USADA), an anti-doping organization accredited by WADA. Testing will be conducted under the supervision of the FISU International Medical Committee. Doping samples will be sent to the WADA-accredited anti-doping laboratory (LAD) in Montreal, Canada. All results will be sent to the Chairman of the FISU International Medical Committee and entered into the ADAMS system. In the event of a violation of FISU Anti-Doping rules, the responsibility of processing the results lies with the FISU International Medical Committee.

In the event of setting a national record, doping testing of the athlete is carried out at the expense of his/her National University Sports Federation.

### 5.9.3 DOPING CONTROL STATIONS

Doping control stations are located at each sports venue or in close proximity. The main doping control station is located in the Host City of Lake Placid. All doping control stations will be marked with signs, including signage directing athletes to the stations. After the completion of the doping control procedure, all samples collected at each doping control station will be delivered to the central doping control station together with the necessary support documentation (doping control protocols) for further registration in the ADAMS system. All samples will be packaged and sent to the WADA accredited anti-doping laboratory in accordance with international standards. All information concerning the doping control program during the Lake Placid 2023 FISU World University Games is confidential according to WADA and FISU requirements. When visiting a doping control station, athletes are required to have accreditation cards.

- The doping control station for Cross-Country Skiing athletes will be located in the Mt Van Hoevenberg lodge, on the first (1st) floor, next to the athlete medical station.
- Doping control stations for out of competition controls and outside venue operating hours will be located at medical stations in various locations, including Knowles Hall, Great Escape, Paul Smith's College (the Health Center) and Lake Placid Sports Medicine. If testing outside of competition, athletes may be required to test at the medical station nearest them.

### 5.9.4 THERAPEUTIC USE EXEMPTIONS (TUE)

Lake Placid 2023 FISU World University Games participants who require Therapeutic Use Exemption (TUE) must make an appropriate request to the National Anti-Doping Organization or International Federation before participation in the Lake Placid 2023 FISU Games. The World Anti-Doping Agency International Standard for TUE will be applied in this case. Every athlete who uses a substance or a method included in the list of prohibited substances is obliged to be in possession of a completed TUE form of the established standard from the moment of arrival until the departure from the Village after the Closing Ceremony of the Lake Placid 2023 FISU World University Games.

If there is a need for the use of a prohibited substance or a prohibited method for medical reasons after the opening of the Lake Placid 2023 FISU World University Games, an athlete must submit a request for TUE to the FISU International Medical Committee as a matter of urgency. The responsibility for completing the TUE form and submitting an application to the FISU International Medical Committee lies with the delegation physician.

If the delegation does not have its own physician, the athlete shall submit a request for TUE with the attachment of medical documentation confirming the fact of providing him/her with emergency medical treatment to the FISU International Medical Committee.

#### 5.9.5 STRUCTURE

Chair of FISU International Medical Committee	<b>Dr. Dusan Hamar</b>
OC Head of Medical Services & Doping Control	<b>Dr. Tracey Viola</b>

### 5.10 Mascot and Medals

#### 5.10.1 MASCOT CEREMONY

Mascot Ceremonies will take place following the completion of each competition in the immediate vicinity of the Field of Play.

#### 5.10.2 MEDAL CEREMONY

- The Medal Ceremonies will be held at either the Medals Plaza at Mt Van Hoevenberg or the Medals Plaza at Mid's Park according to the detailed day-by-day schedule in Section 5.7.
- The official language for the Medal Ceremony will be English.
- The medalists of each event must attend the Medal Ceremony. In the event that a medalist is unable to attend, the medal is delivered to an official of the relevant delegation. He/she must be dressed in the delegation's official outfit. He/she must not mount the podium but stand behind it. The awarders will hand the medal and mascot over the podium. During the FISU Anthem, the delegation official stands behind the podium.
- In the event that all medalists cannot be present, the Medal Ceremony will be postponed.
- If an athlete or team is disqualified, the medal(s) shall be returned to FISU.

#### During the Medal Ceremony:

- The athletes are not allowed to bring any national flag or any other national, cultural or religious symbol on the podium.
- The national flags of the first three (3) medalists will be raised and the only anthem played will be the FISU Anthem, the Gaudeamus Igitur.
- During the playing of the FISU Anthem and the raising of the flags, athletes shall face the flags and always conduct themselves in a dignified manner. No national anthem is played during the ceremony.
- Athletes are expected to take off their caps and sunglasses when receiving their medal and keep items in hand throughout the ceremony (i.e., playing of the FISU Anthem and raising of the flags).
- Athletes, authorities and accompanying persons are required to face the flags while they are being raised and the FISU Anthem is being played.
- The medalists are expected to attend the ceremony in the uniforms they wore at the Opening Ceremony but are also allowed to attend the official ceremony wearing sport uniforms when the ceremony takes place immediately following the competition.



- After the medals are awarded, athletes must remain in the awarding area for photos on the podium with medals.
- In order to get the best photos, athletes should follow the recommendations of photographers.

#### **5.10.3 DIPLOMA OF HONOR**

- The athletes ranked one (1) to eight (8) will receive a Diploma of Honor.
- For team events, each team member, from teams ranked one (1) to six (6), will receive a personal Diploma of Honor mentioning his/her name and the team ranking.
- Diplomas of Honor are not distributed at the Medal Ceremony. They are handed to the Head of Delegation or an appointed representative of each delegation prior to departure.
- If an athlete or team is disqualified, the diploma(s) shall be returned to FISU.

### **5.11 Media Interviews**

Venue Media Centers for media representatives are organized at all Lake Placid 2023 FISU World University Games competition sites.

At the conclusion of a competition, all athletes must leave the Field of Play through the mixed zone, where brief interviews will be held. Every athlete/coach should be ready to communicate with media representatives upon their request. Team representatives should be prepared to provide their athletes with a warm jacket or a blanket prior to entering the mixed zone.

A volunteer from the Venue Media Center will coordinate the exchanges between athletes/coaches and media. Support for translation in English will be provided during the mixed zone interviews. If an athlete/coach does not speak this language, they should invite their team interpreter to the mixed zone.

Media conferences are held at the beginning and the end of the Lake Placid 2023 FISU World University Games.

### **5.12 Sport Information Services**

#### **5.12.1 ONLINE SPORT INFORMATION SERVICES**

Online information will be available on the Lake Placid 2023 FISU World University Games' official website: <https://www.lakeplacid2023.com/>

In addition, more detailed information and publications for teams can be accessed under the <https://www.lakeplacid2023.com/delegation-services/publications/>

#### **5.12.2 SPORT INFORMATION CENTER (SIC)**

The Sport Information Center is located at Paul Smith's College in front of the main dining hall.

The following services will be provided during the Lake Placid 2023 FISU World University Games:

- Competition schedule
- Training schedule
- Technical meeting information
- Distribution of daily sport results

The Sport Information Center will operate between 07:00 to 23:00 from 08 to 22 January 2023.

#### 5.12.3 SPORT INFORMATION AT THE VENUE

A Sport Information Desk (SID) will be located at each venue, providing most recent information related to the competitions and receiving requests from the team representative(s). The SID for Cross-Country Skiing will be located in the Mountain Pass Lodge.

- The Sport Information Desk will operate from 11-22 January 2023 in accordance with competition and training schedules (one (1) hour before and after the events)

#### 5.12.4 SPORT INFORMATION DISTRIBUTION

Information	Online	Venue	SIC	ITO Hotel
Competition Schedule	+	+	+	+
Start List/ Result List	+	+	+	+
Change to Schedule	+	+	+	+
Special Announcements	+	+	+	+
Weather Information	+	+	+	+
Medal Table	+			
Technical Handbook	+			
FISU Regulations	+			
Other Information		+	+	+
Answer to Team Questions		+	+	+

## 6. SERVICE INFORMATION

### 6.1 Accreditation

Accreditation can be obtained at the Welcome Center (Main Accreditation Center)

**Location:** Olympic Conference Center (OCN) (third (3rd) floor)

2634 Main Street Lake Placid, NY 12946

Operating Dates: 7-23 January 2023

Operating Hours (subject to change):

- 7-14 January, 09:00 – 21:00
- 15-23 January, 09:00 – 15:00

**IMPORTANT:** A personalized accreditation card with a photo, name and function of the cardholder carries information about the access rights and privileges available to him/her. Upon arrival, the accreditation card, equipped with a QR-code, provides members of delegations a 24-hour temporary access to the Lake Placid 2023 FISU World University Games venues in accordance with access rights on the accreditation card. The temporary access does not allow participation in the competition. After CIC's approval, the accreditation card will be fully activated.

## 6.2 Transportation

### 6.2.1 TRANSPORTATION SYSTEM FOR ATHLETES AND TEAM OFFICIALS (TA)

The transportation system for athletes and team officials will provide transport services from 8-22 January 2023. Routes in the transportation system for athletes and official delegation members are marked with the abbreviation "TA" (Transport Athletes). Vehicles are being equipped with placards indicating route number for the individual and team sports and spectating athletes.

Route Number	TA VPS-MVH
Sport	Cross-Country Skiing
Route	Paul Smith's College to Mt Van Hoevenberg
Distance to the Venue	29 miles (47 km)
Time	46 min

### 6.2.2 TRANSPORTATION SERVICES FOR SPECTATING ATHLETES AND OFFICIALS (TS)

Scheduled buses are provided between Lake Placid and the competition venues for spectating athletes from 13-22 January 2023. Buses will operate in accordance with the competition schedule. All athletes and officials, regardless of their delegation and sport, will have access to the bus transportation systems TS.

Detailed information will be available in the [Transportation Guide](#) for delegations.

## 6.3 Radio Frequency Control

At all Lake Placid 2023 FISU World University Games venues, any use of frequencies (e.g., on walkie-talkies, radio stations, wireless cameras, Wi-Fi access points, wireless microphones, FM-transmitters and any other wireless equipment), will require a temporary radio license from the

Organizing Committee (OC). All Delegations have been contacted separately regarding radio frequency license requests. If anyone has not received or responded to this communication, please contact [delegations@lakeplacid2023.com](mailto:delegations@lakeplacid2023.com) immediately.

Every wireless device must be registered by the frequency-organizer before it may be used.

- License-free\*: wireless microphones and in-ear monitoring systems, frequency range: 470-694 MHz
- License obligation: walkie-talkies (two (2)-way radio) and telemetry.

\* Only a limited number of shared frequencies are available. Registration is mandatory and such equipment will not have a dedicated channel.

## 6.4 Insurance and Responsibilities

Participating countries must adhere to the insurance requirements and conditions as stipulated in Section 5.6 of the FISU Winter Games General Regulations for the Lake Placid 2023 FISU World University Games.

## 6.5 Food and Beverages

Athlete dining will be at Paul Smith's College in the Lakeside Dining Hall from 7-24 January 2023. The first meal will be provided on 7 January for lunch at 12:00. The last meal will be provided on 24 January until 10:30.

### 6.5.1 MEALTIMES

- Breakfast: 05:30-10:30
- Lunch: 11:00-16:00
- Dinner: 17:00-22:30
- Late Snack: 22:30-00:00

### 6.5.2 FNB SERVICES AT THE COMPETITION VENUES

- An athletes' lounge will be providing snacks one (1) hour prior to the competition until one (1) hour after the competition. This service is provided from the start of the first official training.
- On venue meals will also be provided for athletes and delegation officials competing in Cross-Country Skiing.

## 6.6 Weather and Climate

Lake Placid averages 102 inches (259 cm) of snow per year while the U.S. average is 28 inches (71.12 cm) of snow per year, with daily temperatures averaging 25°F to 1°F ( -3°C to -17°C).

Weather information can be picked up at Sport Information Centers at each of the Villages as well as other locations, including on the Lake Placid 2023 FISU Games website.

## 6.7 Medical Services

### 6.7.1 CONDITIONS OF MEDICAL ASSISTANCE

- During the Lake Placid 2023 FISU World University Games, in the event of life-threatening diseases and conditions, emergency medical assistance in any situation requiring urgent medical treatment is provided to all client groups.
- Immediate (except for emergencies) and planned medical care is provided based on:
  - an obligatory medical insurance agreement.
  - a paid medical service agreement.
  - a voluntary health insurance agreement.

### 6.7.2 MEDICAL SUPPORT STRUCTURE

- Medical stations for athletes and spectators at the competition venues
- Mobile medical crews in the Field of Play of the competition venues
- Ambulance crews at the competition venues
- Dedicated hospitals and specialized medical facilities

**\*Please refer to the [Medical Services Guide](#) for more details.**

### 6.7.3 MEDICAL SUPPORT IN THE ACCOMMODATION SITES

Medical services will be offered on site at Paul Smith's College. Details can be found in the Medical Services Guide.

### 6.7.4 DEDICATED HOSPITALS AND SPECIALIZED MEDICAL FACILITIES

- The Adirondack Medical Center is located at 203 Old Military Road, Lake Placid, NY 12946.
- Phone number: 518-523-3311



## 7. OC CONTACTS

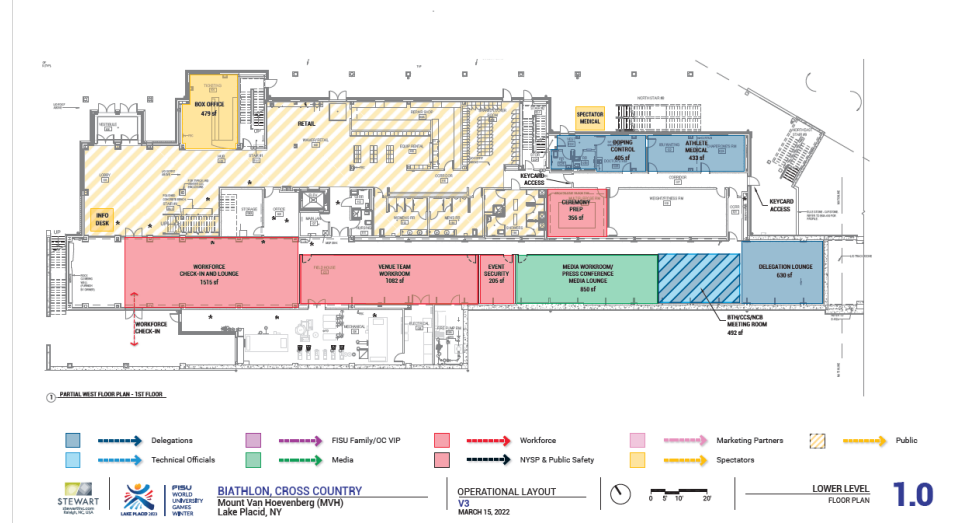
Title	Email
Accreditation	<a href="mailto:accreditation@lakeplacid2023.com">accreditation@lakeplacid2023.com</a>
Sport Entries	<a href="mailto:sportentries@lakeplacid2023.com">sportentries@lakeplacid2023.com</a>
Delegation Services	<a href="mailto:delegations@lakeplacid2023.com">delegations@lakeplacid2023.com</a>
ITO Service Desk	<a href="mailto:itoservices@lakeplacid2023.com">itoservices@lakeplacid2023.com</a>



## 8.2 Venue Layouts

### 8.2.1 VENUE PLANS

MVH  
BTH  
CCS

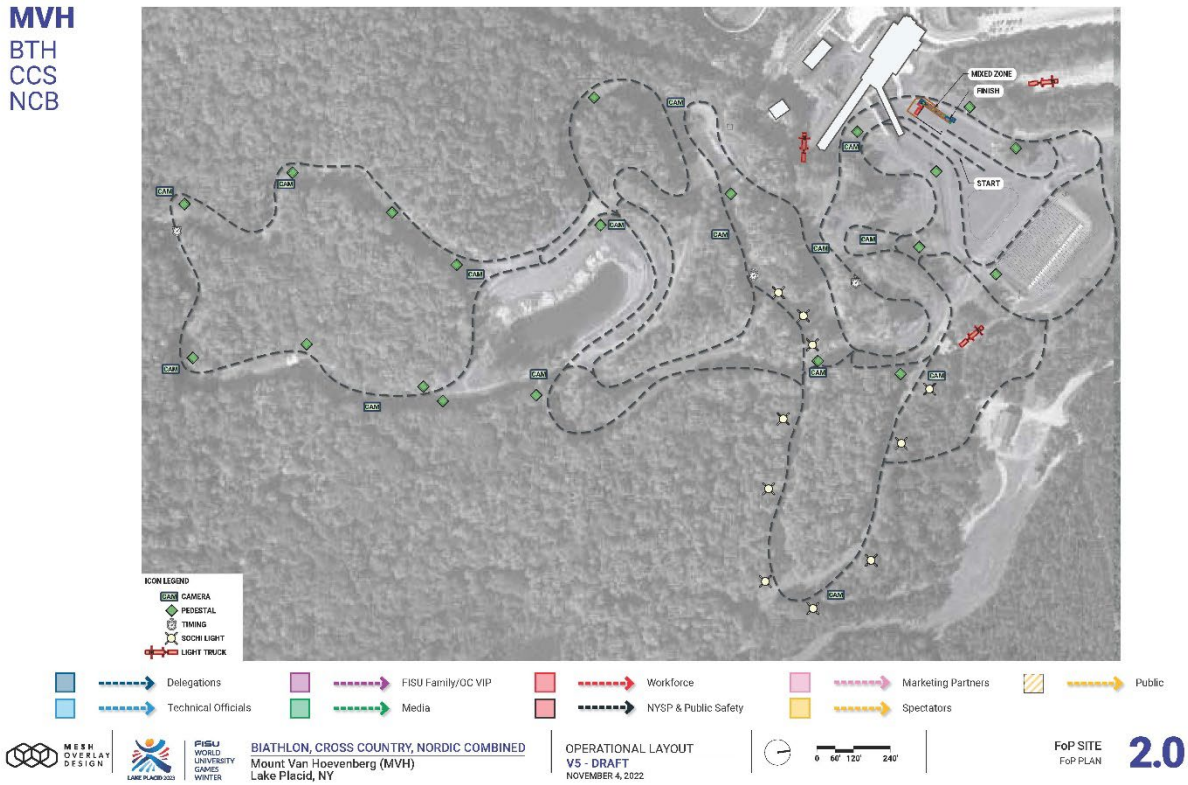


MVH  
BTH  
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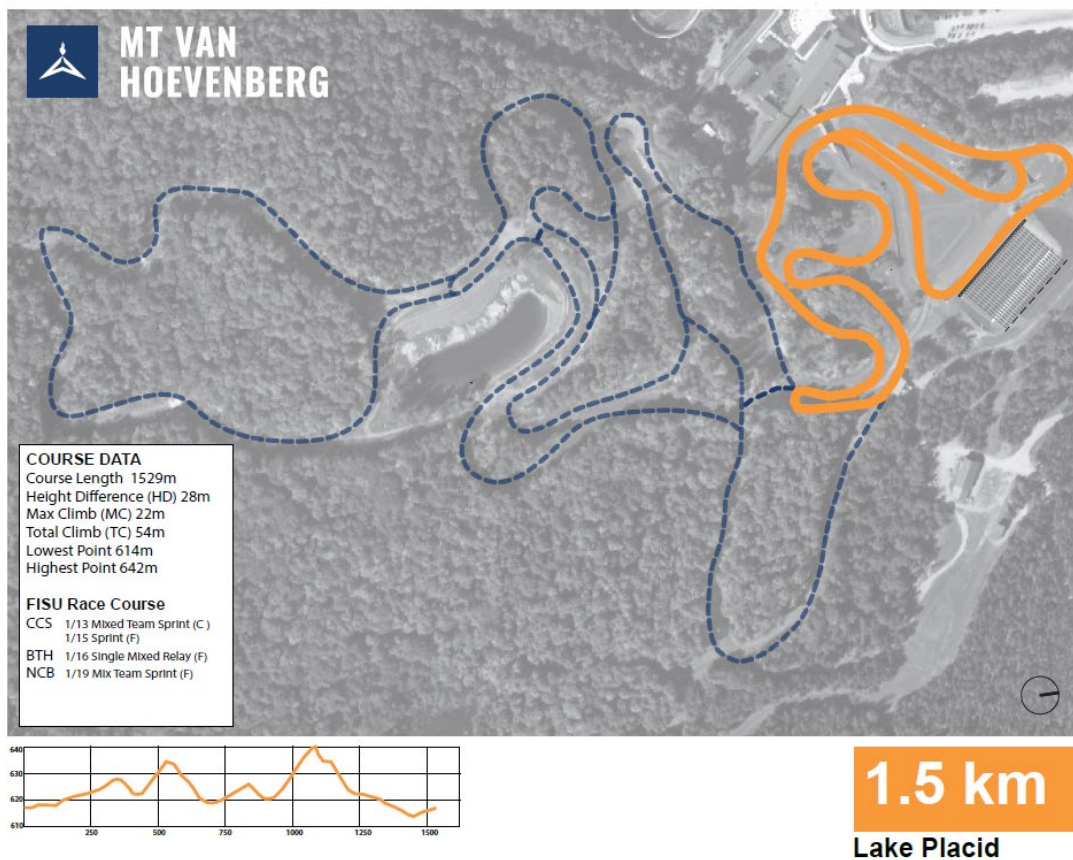


## 8.2.2 OVERVIEW OF TRAILS

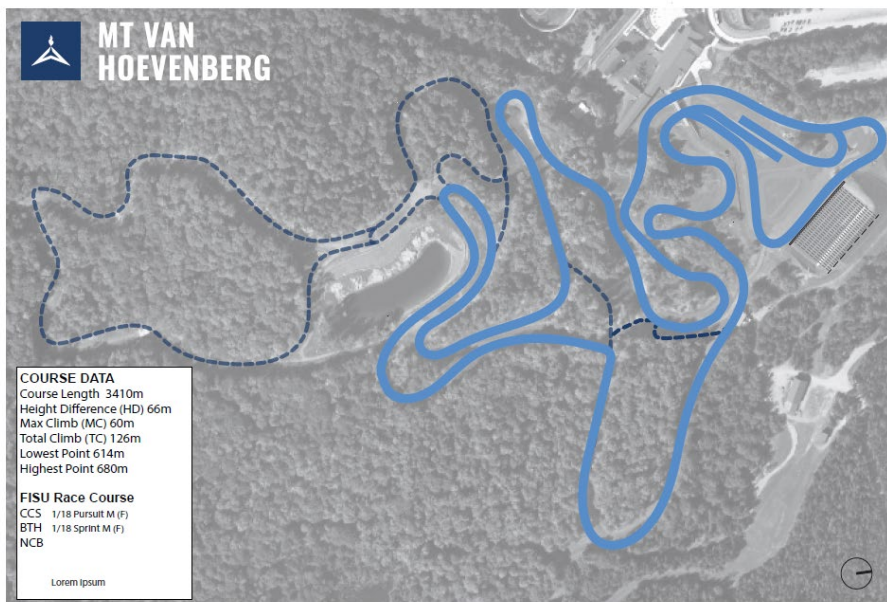
**MVH**  
BTH  
CCS  
NCB





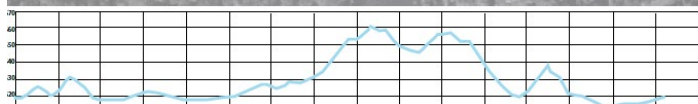
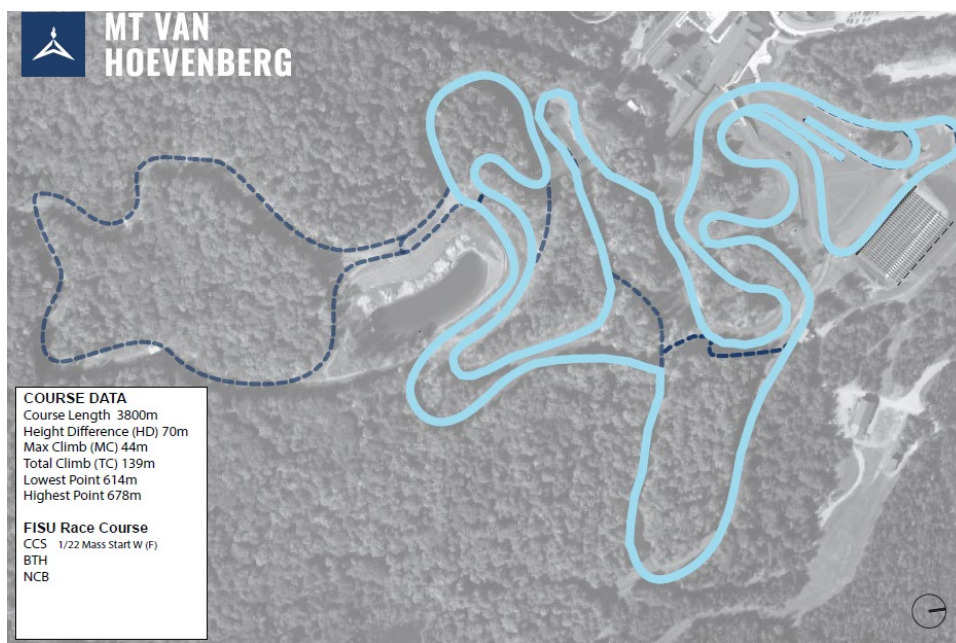






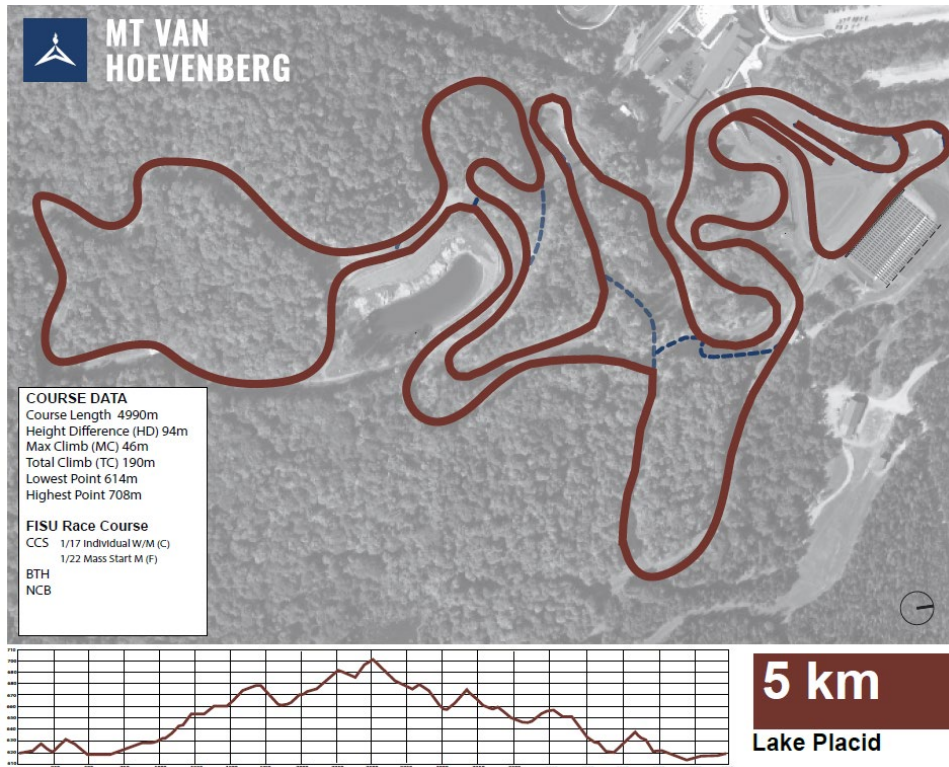
**3.3 km**

Lake Placid



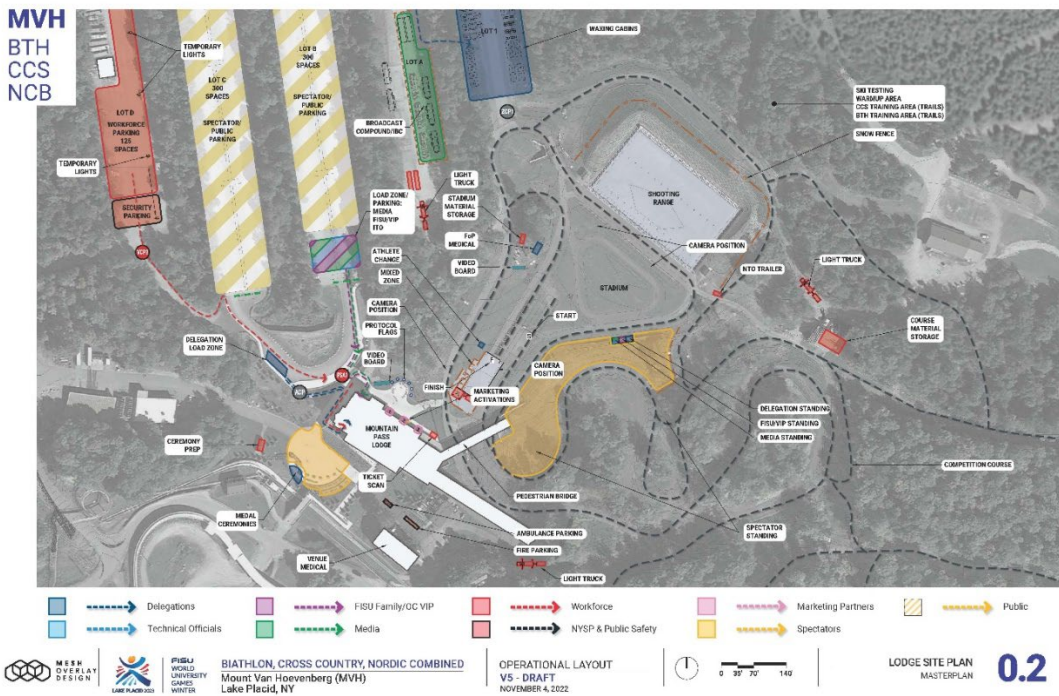
**3.75 km**

Lake Placid

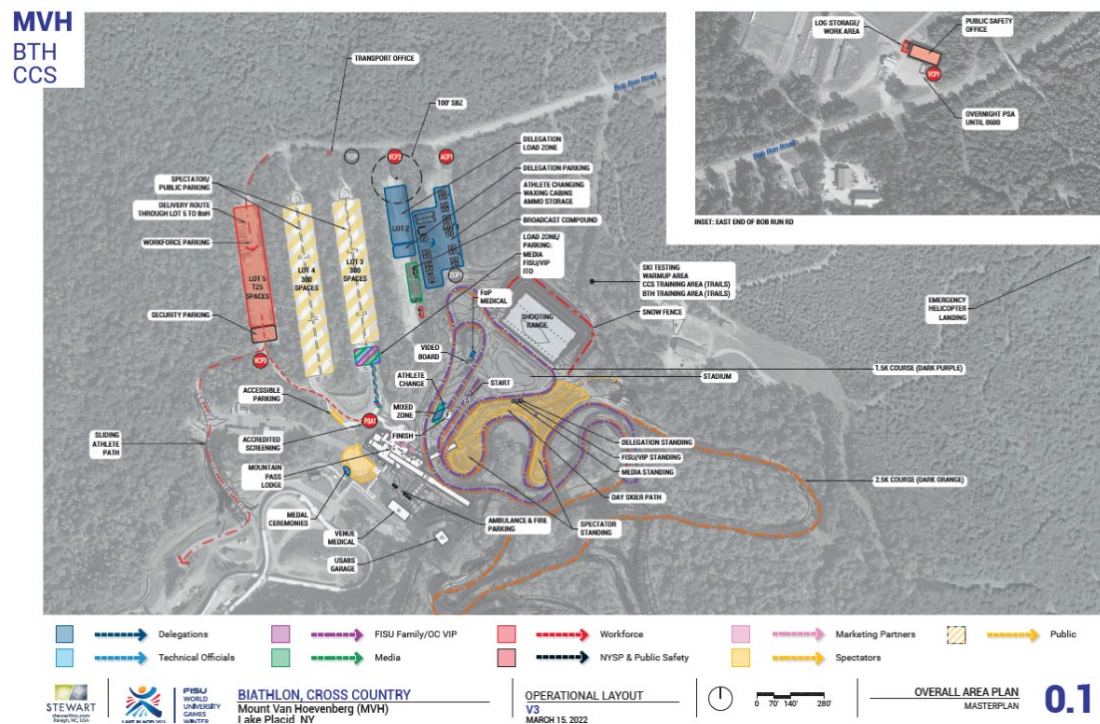


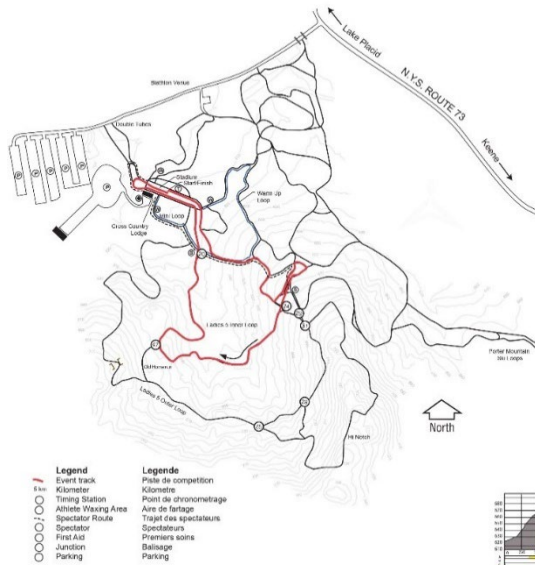


## 8.2.3 VENUE LAYOUTS



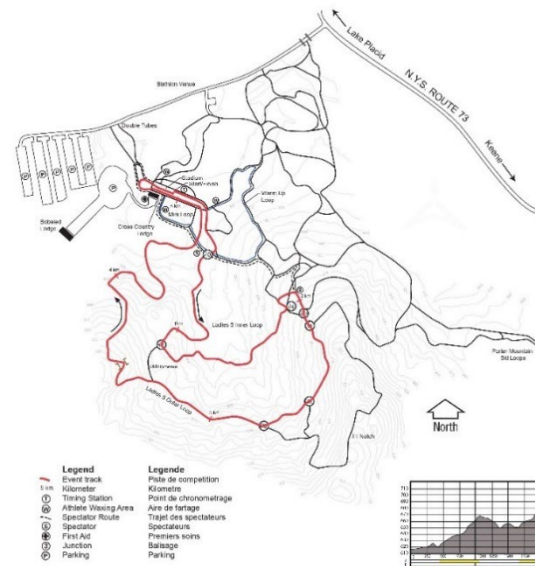
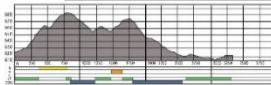
## 8.3 Geographical Overview Venues





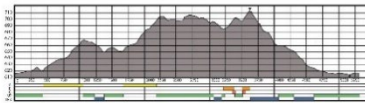
### Mt. Van Hoevenberg Lake Placid New York U.S.A.

**Technical Specifications**  
Course Length: 3383m  
Height Difference (HD): 64m  
Max Climb (MC): 55m  
Total Climb (TC): 98m  
Lowest Point: 611m  
Highest Point: 675m



### Mt. Van Hoevenberg Lake Placid New York U.S.A.

**Technical Specifications**  
Course Length: 5314m  
Height Difference (HD): 100m  
Max Climb (MC): 48m  
Total Climb (TC): 185m  
Lowest Point: 613m  
Highest Point: 713m

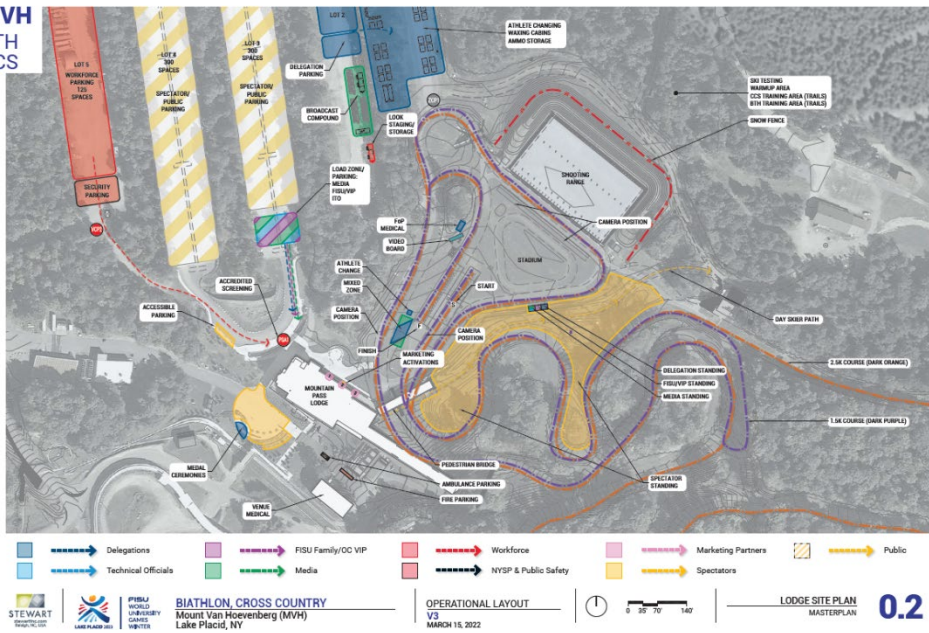








MVH  
BTH  
CCS







**FISU**  
WORLD  
UNIVERSITY  
GAMES  
WINTER