

INTERNATIONAL SKIMOUNTAINEERING YOUTH CAMP

ŠTRBSKÉ PLESO / VYSOKÉ TATRY / SLOVAKIA

PARTICIPATION FREE FOR ATHLETES AGED 12 - 20

12.- 14. 12. 2008



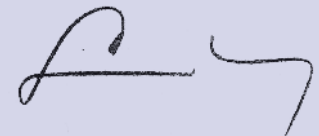
Dear sport enthusiasts!

Our pride is justified when we say that numerous sport events would not even take place if it were not for the support of towns and villages. I am also right when I say that propagation of local sport activities has always been factored into the budgets of these small places as well. In light of the current economic status, it is becoming obvious that small town support is crucial for the quality of citizen life that depends more and more on sport activities.

The High Tatras are a symbol of Slovakia not only for the natural beauty but also for the many sport events that take place there. The International ski-mountaineering competition for youth is one of the many prestigious events that took place in the High Tatras this year.

The village of Štrba has an age-old tradition of sports. Natural conditions that noticeably affect citizen life have also predestined the growth of winter sports and the success of our athletes, especially cross-country skiers. An array of clubs and associations of various sports such as football, skiing, hiking, volleyball, tennis, cycling, etc. perform their activities in Štrba. We endeavor to promote sports in every opportunity and therefore it is a great pleasure for us to give support to this event.

I wish organizers of this International ski-mountaineering competition success and smooth work in organizing. I also wish the athletes an excellent performance and good weather to allow for their personal bests. Finally, I wish all spectators an unforgettable athletic experience.



Michal Sýkora, mayor of Štrba village

HISTORY OF SPORTS IN ŠTRBSKÉ PLESO

- 15th century First settlement established – Podbanské, the forefield of miners from Kriváň
- 1565 – 1800 Beata Laská and a group of townsmen from Kežmarok took first organized mountain trip to Zelené Pleso (Green tarn)
- 1615 David Fronlilich 's, from Kežmarok, attempt to climb Kežmarský štít
- 1793 First premanent settlement established – Starý Smokovec
- 1865 Chemist Cornidesz brought first skis to High Tatras
- 1895 Operation of the railaway from Studený Potok to Tatranská Lomnica began
- 1896 Štrba and Štrbské Pleso connected by a cog-wheel railway
- 1900 Figure-skating international competition, Štrbské Pleso
- 1925 Ice hockey European Championships, Štrbské Pleso
- 1905 – 1908 Operation of tram from Poprad to Starý Smokovec and of funicular from Starý Smokovec to Hrebienok began
- 1935 12th FIS World Ski Championships in High Tatras
- 1970 28th World Ski Championships in Nordic events, Štrbské Pleso
- 1987 Winter university games, Štrbské Pleso
- 1990 23rd World Championship in ski-jumping and Nordic combination, Štrbské Pleso
- 1993 5th World Cup Final Competition in Cross-country skiing and Nordic combination
- 2003 European Championship in Skimountaineering, Starý Smokovec – Hrebienok
- 2007 – 2008 Cup of High Tatras Slovakia-Poland, High Tatras, Starý Smokovec

TIME-SCHEDULE

Friday 12th december 2008

09.00 – 18.00 arrival / welcome at Hotel FIS + rooms takeover
18.00 – 20.00 dinner
20.00 reception by Mr. Sýkora, mayor of Štrba village
glass of wine for coaches and trainers
drawing of lots for the teams; briefing for coaches; allotting of start numbers

Saturday 13th december 2008

07.30 – 9:00 breakfast
10.00 start of singles; total ascent makes app. 500 metres of altitude. Only following categories are allowed to start: "Baby Cadet" (Jg 94 to 95), „Cadet“ (Jg 91 to 93) and „Junior“ (Jg 89 to 90). All other young athletes are allowed to take part only with a permission of their crew member and parental acknowledgement.
12.00 – 13.00 lunch
13.30 all athletes with their retinue are welcome to take part in a ski mountaineering trip lead by professional mountain guides. The trip has educational purpose: lessons on putting of skins on and off, making turns, skiing safely in open space etc. French, German, Italian, Spanish, English, Slovak, Czech
15.30 **Official winning ceremony at the tribune; guests from Slovak Ministry of Education**
16.30 theoretical lessons held by athletes of World Cup Ranking, mountain guides and avalanche experts then followed by a practical demonstration and training
18.00 – 20.00 dinner, slide show, films, floorball tournament 2 x 10 min., etc.

Sunday 14th december 2008

- 07:30 – 09:00 breakfast
- 10:00 start of relays, total ascent app. 150 metres ascent per person/600 m per team. Each young athlete has to do two ascents, two descents and then one more skin changing before arriving to the start/finish area for handing over to his teammate. Final time will be determined as a sum of times of every single athlete of the team. Furthermore, each nation guesses its own mediate time. The nation that guesses the most closely its final mediate time wins the race!
- 11:30 – 13.00 lunch
- 13:00 **Official winning ceremony at the tribune; guests from Slovak Ministry of Education**
Top athletes
Photo official

REGULATIONS / EQUIPMENT

The following equipment has to be brought to the event (*just before the single events a detailed „must have“ list is made public*):

- standard skis equipped with metallic edges on at least 90 % of their length, and with a width of at least 60 mm beneath the foot. The bindings must allow heel movement when ascending or descending and must release frontal and sideways
- boots must be high enough to cover the ankles with a minimum depth of notches of 4 mm
- a pair of ski poles with non-metallic baskets
- a backpack of at least 20 liters
- a pair of skins
- a working avalanche beacon which conforms to standard frequency 457 KHz
- woolen cap or headband
- gloves, covering the entire hand
- upper body clothing: three layers of long sleeves
- lower body clothing: two long pants: a pair of longjohns
- helmet (special race helmets accompling EN12492 or cycling helmet)
- regular avalanche shovel of at least 0,04 m².

Ski mountaineering races are outdoor-events, where accidents and injuries can occur. A assurance which covers this special area is recommended.

The organizer and his helpers and assistants are relieved of civil or criminal liability in case of an accident or damage, also against third parties. By signing the registration, all regulations and rules of the organizer are presupposed.

Declaration: by my signature I declare particularly to recognize the official conditions and rules. I am at least 19 years of age and I am the official national responsible person for travel and the participation in the event itself. A written declaration of allowance from parental authorities and a written medical confirmation of health will be brought by me for each participant before the races. All active participants are healthy and able to participate in such kind of races without getting any harm. Me, all active participants and all accompanying people of my country relieve the organizer and his helpers and assistants of civil or criminal liability in case of an accident or damage. All given data may be used by the organizer but not for public use. Any photos or films made during the races and all titles may be changed.

ORGANIZERS / CONTACTS

SSA – Slovak Skimountaineering Association

Mrs. Katarína Belicová

Mail: kbelicova@stonline.sk

www.skialp4u.sk

REGISTRATION FEE

Starting fee in announced categories – free of charge

Accommodation and board (*including sauna and fitness*) – Hotel FIS

Category	Friday / Saturday 12.-13.12.2008 accommodation + full pension	Saturday / Sunday 13.-14.12.2008 accommodation	Saturday / Sunday 13.-14.12.2008 accommodation + full pension
Atlet	39 €	0 €	19 €
Trainer	39 €	39 €	in price
Atlet *	34 €	0 €	19 €

* from Slovakia, Austria, Czech, Poland, Romania, Bulgaria

Present: Each Atlet will get present

SUPPORTERS OF YOUTH CAMP

Exclusive partner	4000 €
Gold partner	2000 €
Official partner	1000 € + material in price 500 €
Partner	300 € + material in price 150 €



REGISTRATION

Prenome, sobrenome da equipe – responsável

Endereço

CEP, Cidade

País

Data de nascimento

Telefone

At least 2 persons per team must have parental authority.

If female athletes participate, at least one female person with parental authority has to be part of the team.

E-mail

Prenome, sobrenome e data de nascimento dos atletas participantes

Prenome, sobrenome e data de nascimento das pessoas acompanhantes

Assinatura, Data

OFFICIAL PARTNER

DYNARFIT



PARTNER



[www.1^{e-shop}sport.sk](http://www.1e-shop.sport.sk)



MEDIA PARTNERS

The International Skimountaineering Youth Race is a cooperation of:

SSA – Slovak Skimountaineering Association

ASKIMO – Austrian Skimountaineering Organisation for Competitions

DAV – German Alpenverein

WELCOME IN SLOVAKIA



SLOVENSKÁ SKIALPINISTICKÁ ASOCIÁCIA

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