



# 1st INAS Europe Winter Games

**ZAKOPANE 2016**

29 February - 5 March 2016



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Invitation to

Inas World Nordic–Alpine  
Skiing Championships 2016  
Zakopane, Poland

29<sup>th</sup> February to 5<sup>th</sup> March

Dear sport friends

The Organizing Committee supported by Polish Sport Associations Union and Inas for para-athletes with an intellectual disability have the pleasure to invite you to the 10<sup>th</sup> Inas World Nordic and Alpine Skiing Championships to be held in Zakopane – Poland.

We would be grateful for your confirmation and participation.  
We hope to see you in February 2016 in Zakopane.

Will you participate in the Inas World Nordic and Alpine Skiing Championships 2016.

Yes  No  Country .....

The estimated number of athletes nordic skiing M.....W.....  
alpine skiing M.....W.....

The estimated number of accompanying persons .....

Please send this form to Zenon Jaszczur no later than on 30<sup>th</sup> June 2015

E-mail. [sprawmirazem@o2.pl](mailto:sprawmirazem@o2.pl)

Phone/fax +48 22 837 79 87

Mobile +48 502 366 125



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## **1. ORGANIZATION**

ZSS Sprawni-Razem - Sport Associations Union for persons with an intellectual disability

## **2. STATUS – Sanctioned by**

INAS – for para-athletes with an intellectual disability

## **3. TECHNICAL SUPPORT**

PZN – Polish Ski Federation

## **4. DATE – 29.02.-5.03.2016**

## **5. SPONSORED BY**

The city of Zakopane

The city of Zakopane is situated in the southernmost region of Poland near the border with Slovakia.

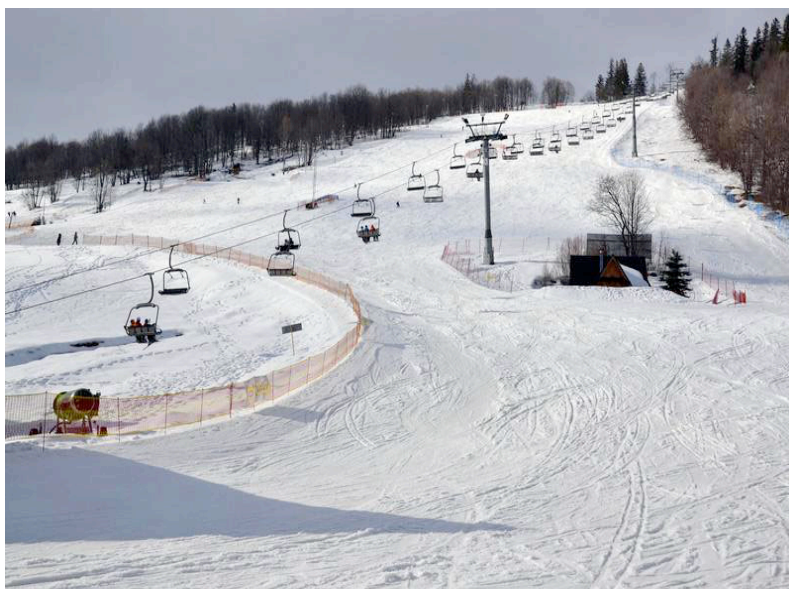
It lies in a valley between the Tatra Mountains and Gubałówka Hill. It can be reached by train or by bus from the district capital, Kraków, which is about two hours away. It takes one hour and thirty minutes to travel there from Balice Airport.

Zakopane has an elevation of 800-1000 metres above sea level. Zakopane is a centre of Highlander Culture and is known informally as “the winter capital of Poland”

29.02-5.03.2016

## **6. VENUE**

Alpine skiing –Harenda Zakopane [www.harendazakopane.pl](http://www.harendazakopane.pl)



Nordic skiing –COS Zakopane [www.zakopane.cos.pl](http://www.zakopane.cos.pl)



## **8. AIRLINES**

Direct fly from several European main Airports to the Balice (Krakow) International Airport. The organizing Committee will provide transportation from and to the Balice Airport, as well as during the championships. The road trip from Balice to Zakopane lasts 90 minutes.

## **9. ACCOMODATION**

All teams will be accommodated at a guest-house Maria 5.  
All meals will be served at the hotel, in which a free Wi-Fi service is provided.  
Link to the hotel [www.mariazakopane.pl](http://www.mariazakopane.pl)



## 10. PROVISIONAL PROGRAMME

February 29 <sup>th</sup> Monday	Arrival of the Delegations Unofficial training Accreditation Opening ceremony
March 1 <sup>st</sup> Tuesday	5km Women 10 km Men free Technical Alpine Ski –Slalom Men/Women
March 2 <sup>nd</sup> Wednesday	Sprint Women/Men classic Alpine ski GS Women/Men
March 3 <sup>th</sup> Thursday	Relay 3x 2,5km Women classic Relay 3x 2,5km Men classic Social programme
March 4 <sup>th</sup> Friday	10 km Women, 15km Men free Alpine ski Super GW/M Closing Ceremony
March 5 <sup>th</sup> Saturday	Departure of the Delegations

## 11. SPORTS RULES AND REGULATIONS

The events will be conducted in accordance with the current rules of INAS and the FIS-

International Ski Federation rules.

## **12. ELIGIBILITY/ACCREDITATION**

All athletes entering the event must appear on the INAS Classification Master List no later than the final entry deadline. Applications for new athletes must be submitted to INAS as soon as possible. Athletes who do not meet the qualifying criteria or do not appear on the INAS Classification Master list are not eligible for this event. There is no guest entry. Accreditation cards will be issued to each athlete after she/he has personally proved her/his eligibility registration card and passport to an INAS officer.

## **13. PARTICIPANTS**

No limit number of participants per country.  
For the team competition (relay) a country has to register a minimum of 3 competitors of men and/or women.

## **14. MEDICAL SERVICE**

The sports medical staff will be present during each training and competition day.

## **15. INSURANCE**

The Organizing Committee ensures satisfactory arrangements in respect of public liability and professional indemnity.  
Members of the participating teams are responsible for meeting their own insurance requirements for travel, personal accidents, liabilities and medical matters.

## **16. VISA REQUIREMENTS**

Visa to come to Poland might be required for some countries. You can find information about Visas between Poland and others countries through the following link:

<http://www.msz.gov.pl/visa,requirements,2345.html>

## **17. LANGUAGE**

English is the official language of INAS event – all materials and information will be available in English.

## **18. VOLUNTARY SERVICE**

The Organizing Committee will provide to each team a volunteer who will also be able to assist with interpretation.

## **19. WEATHER CONDITIONS**

The weather in Zakopane is usually cloudy and windy, and temperature is around 2 degrees Celsius.

## **20. CEREMONIES**

The opening ceremony will be conducted on Monday February 29<sup>th</sup> in the evening.  
The closing ceremony will be held on Friday March 5<sup>th</sup>. All participating countries are required to bring three national flags (80X120) and CD with their national anthem.

## **21. SOCIAL PROGRAMME**

Leisure and recreational activities are available – Zakopane sightseeing and visits to the regional museum.

## **22. ENTRY FEE**

The entry fee is 500 Euro per person for double room for all members of the delegation (athletes, coaches and staff). It included accommodation, full board, transport from and to the airport, local transportation, social programme, and all ceremonies are included in the whole package.

**INAS tax.** The entry fee must include 45 € INAS capitation tax per person for all athletes (does not apply to team staff)

## **REGISTRATION FORMS**

-Intention of Participation (estimated number of athletes – Nordic/alpine skiing and staff) – before 30<sup>th</sup> June 2015

-1<sup>st</sup> entry form (by name) – before 30<sup>th</sup> November 2015

-2<sup>nd</sup> form (of arrival details) – before 31<sup>st</sup> January 2016

## **PAYMENT**

The entry fee must be paid to:

BANK	BANK ZACHODNI WBK
IBAN	PL73 1500 1911 1219 1034 6586 0000
BIC	WBKPPLPP
ADDRESS BANK	ul. CIOLKA 10 01-402 WARSZAWA
OWNER	ZSS SPRAWNI-RAZEM ul. BOLECHA 34 01-419 WARSZAWA

Organization and information office

ZSS „Sprawni-Razem”

ul. Bolecha 34

01-419 WARSZAWA, Poland

Tel/fax:0048 22 837 79 87

e-mail: [sprawnirazem@o2.pl](mailto:sprawnirazem@o2.pl)



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## STAFF INFORMATION FORM 2016 INAS Alpine and Nordic World Skiing Championships

Zakopane Poland

Country

Please provide  
digital  
Pass photo in  
jpg.-format

Family Name: \_\_\_\_\_

Given Name(s): \_\_\_\_\_

Title/Responsibility: \_\_\_\_\_

Male /Female      Date of Birth(dd/mm/yyyy): \_\_\_\_\_

Special requirements, vegetarian , diet restrictions: \_\_\_\_\_

Please return this form to [sprawnirazem@o2.pl](mailto:sprawnirazem@o2.pl) and [nick.parr@inas.org](mailto:nick.parr@inas.org)  
No later than 30<sup>th</sup> December 2015





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Recognized INAS members country representative signature /stamp/data:

## ATHLETE INFORMATION FORM 2016 INAS World Nordic and Alpine Skiing Championships

Zakopane Poland

Country

Please provide  
digital  
Pass photo in  
jpg.-format

Family Name: \_\_\_\_\_

Given Name(s): \_\_\_\_\_

Title/Responsibility: \_\_\_\_\_

Male /Female      Date of Birth(dd/mm/yyyy): \_\_\_\_\_

Nordic: 5k, female free 10k, female free 10k, male free 15k men free  
Sprint 1k men and women classic , relay 3x2,5 km W/M classic

Alpine: Slalom    Giant slalom    Downhill/Super-G

Special requirements, vegetarian, diet restrictions: \_\_\_\_\_

Please return this form to [sprawnirazem@o2.pl](mailto:sprawnirazem@o2.pl) and [nick.parr@inas.org](mailto:nick.parr@inas.org)  
No later than on 30<sup>th</sup> December 2015

Recognized INAS members country representative signature/stamp/date: