

ISF CROSS-COUNTRY 2010

WORLD SCHOOLS' CHAMPIONSHIP



APRIL 19th-24th 2010

LIPTOVSKÝ MIKULÁŠ - SLOVAKIA

**INTERNATIONAL SCHOOL SPORT
FEDERATION**

**MINISTRY of EDUCATION of the SLOVAK
REPUBLIC.**

SLOVAK SCHOOL SPORT ASSOCIATION

ISF CROSS-COUNTRY 2010

WORLD SCHOOLS' CHAMPIONSHIP

www.sass.sk/crosscountry/

Bulletin 3

We have the pleasure in sending you Bulletin 3 for the World Schools' Cross-country Championship 2010 which will take place from Monday 19 to Saturday 24 April 2010 in Liptovsky Mikulas / Slovak Republic.

The event is organised by the Slovak School Sports Association and the Ministry of Education of the Slovak republic in agreement with the International School Sport Federation.



**Official address
of Organising Committee**

OC Cross - Country 2010
Centrum voľného času
Dr. A. Stodolu 1932
03101 Liptovsky Mikulas
Slovak republik

mobil: +421 911 641 241
mail: isf.crosscountry2010@gmail.com
web: www.sass.sk/crosscountry

REGISTERED COUNTRIES

(UPDATE 18.02.2010)

	COUNTRY	SCHOOL TEAMS		SELECTED TEAMS		ADULTS	TOTAL	DEPOSIT	ARRIVAL	NUMBER fly	TIME of arrival	TRANZIT from	DEPART
		BOYS	GIRLS	BOYS	GIRLS								
1	ALGERIA	X	X	X	X			0					
2	AUSTRALIA	6	6	6	6	8	32	2661	NO	NO	?	NO	?
3	AUSTRIA	X	X	-	-			1092					
4	BELGIUM FLANDERS	6	6	6	6	5	29	2436	WIEN	OS 358	19.4. o 09:25 am	YES WIEN	24.4. o 20:20 WIEN
5	BELGIUM F. C.	X	-	-	-			672					
6	CANADA	6	-	-	-	1	7	581	WIEN	AC9 220	!! 18.4. o 12:20 am	YES WIEN	24.4 o 13:20 WIEN
7	CONGO D.R.	6	6	6	6	6	30	3100 US	Bratislava				
8	CZECH R.	X	X					1260					
9	ENGLAND	X	X	X	X			2688					
10	CYPRUS	X	X										
11	FRANCE	X	X	-	-			1260					
12	HUNGARY	6	6	-	-	3	15	1260	NO	NO	NO	NO	BUS
13	CHINA P.R.	5	6	6	-	5	22	2688					
14	IRAN I.R.	6	6	6	6	8	32	1319	?		?		?
15	IRELAND	X	-	-	-			757 ??					
16	ISRAEL	6	6	-	-	3	15	2352	?		?		?
17	ITALY	6	6	-	-	4	16	1260					
18	LUXEMBOURG	6	6	-	-	3	15	1260	Wien	NO	19.4. o 12.45	YES WIEN	24.4. o 20.30 WIEN
19	LATVIA	X	X	X	X			672+672					
20	MOROCCO	X	X	X	X			2513					
21	MALTA	X	X										
22	NEW ZEALAND	6	6	6	6	6	30	2543	WIEN		19.4.	YES WIEN	24.4. WIEN
23	NETHERLAND	6	6	-	-	4	16	1260	WIEN	AB8 240	19.4. o 10:10 am	YES WIEN	24.4. o 16:50 WIEN
24	NIGERIA	X	X	X	X			0					
25	POLAND	X	X										
26	PORTUGAL	X	X	X	X			2520					
27	ROMANIA	6	6	6	6	6	30						
28	SLOVAKIA	X	X	X	X			3780					
29	SPAIN	6	6	6	6	6	32	2688	WIEN			Wien	Wien
30	TURKEY	X	X	-	-			1596					
31	UKRAINE	X	X	X	X			0					
	TOTAL	31	28	16	15			?					

Special remark

The deposit of 84 EUR per person was due to be paid by 30 November 2009. Countries that have not paid the deposit for their delegations to date are being asked to do so immediately.

(ALGERIA, CYPRUS, MALTA, POLAND, ROMANIA, UKRAINE)

IBAN : BE03 0015 2130 7984

BIC (Swift Code) : GEBABEBB

Payee: ISF, Boomgaardstraat 22 B39 2600 Berchem - Antwerp, Belgium

Name of bank: Fortis Bank

Address: Pastoor Coplaan 202, 2070 Burcht, Belgium Reference: ISF – Cross-country – 2010 (name of participating country)

1. COMPOSITION OF TEAMS AND CONDITIONS OF ENTRY

- 1.1 The competition is open both to school teams and to selected teams.
In both boys and girls categories a country must have entered a school team before being allowed to enter a selected team in the same category.

There will be a competition organised in the following categories:

School teams boys School teams girls
Selected teams boys Selected teams girls

- 1.2 All students in the boy's school team must have been enrolled at the same school.
All students in the girl's school team must have been enrolled at the same school.
- 1.3 All students of selected teams must have been enrolled at a school in the country concerned.
- 1.4 Each delegation shall nominate a Head of Delegation who shall be responsible for the team or teams in his delegation.
- 1.5 A full delegation will comprise 30 persons: a head of delegation, a deputy head of delegation, 4 teachers / trainers and 24 athletes (4 teams of 6 athletes).
- 1.6 Each participating country has the right to include a maximum of 2 additional adults whose function must be specified: doctor, physiotherapist, interpreter, security personnel, ministerial representative, journalist.....
Any other additional persons will not be considered part of the official delegation and will not be accredited by the Organising Committee (OC).
- 1.7 Athletes must be enrolled as full-time students in the country which they represent and must have been born in 1993, 1994 or 1995. Neither older nor younger athletes will be accepted!
- 1.8 School teams must provide a document certifying that each athlete of the team is enrolled at that school. Athletes of selected teams must provide a document certifying that they are enrolled in a school in the country which they represent.
- 1.9 Each participating team must be nominated officially by the school sport authority in the ISF member country.
- 1.10 Before the start of the Championship each delegation shall present to the Control Commission:
- payment of the balance owing or proof that this has been paid.
 - for each athlete, a passport or official identity card bearing photo, surname, forename, date of birth and nationality.
 - the document certifying each athlete in a school team is normally registered at that school and that each athlete of a selected team is enrolled in a school in the country which they represent.

2. DATES

- 2.1 Delegations are to arrive on Monday 19 April 2010.
- 2.2 Delegations are to depart after breakfast on Saturday 24 April 2010.
- 2.3 The organisation of an extended stay for the delegation (before or after the event) is a matter for the country concerned. It shall not be the responsibility of the OC.
- 2.4 When the distance between Liptovsky Mikulas and the capital of a participating country, coming from another continent exceeds 5000 kilometres the delegation may extend their stay by arriving one day earlier **or** leaving one day later and have to inform the OC about it latest on 31st March.
- 2.5 The organisers will be able to give you information on alternative accommodation in the area for your use outside the period of the World Championship and for those accompanying the delegation.

3. PROVISIONAL PROGRAMME

- Monday 19th April Welcome
 Payment of fees - Accreditation
 Housing of teams
- Tuesday 20th April Meeting with heads of delegation (OC and ISF delegate)
 Technical meeting (TC + OC + coaches)
 Training at the cross-country area
 Opening Ceremony
- Wednesday 21st April ISF Cross-country 2010
 Nations' Festival
- Thursday 22nd April Cultural visit
 Excursion
 Meeting with coaches and heads of delegation
 (Topic = Friendship Relay)
- Friday 23rd April Friendship Relay
 Prize-giving (medals & trophies)
 Closing Ceremony
- Saturday 24th April Delegations depart

4. TRAVEL

Travel as far as Bratislava or Kosice or Poprad international airport or Bratislava railway station is to be arranged and financed by each participating country.

Bratislava (300 km from L. Mikulas)

Košice (200 km from L. Mikulas)

Poprad (50 km from L. Mikulas)

The Organizing Committee will ensure the transport for all delegations to the lodging and return and during the whole period of the competition (19th – 24th April 2010) to the competition sites.

Warning:

In case of arriving at the international airport **Vienna-Schwechat (Austria)** the organizing committee will ensure the transport for a fee of 15 EUR per person. The distance from Vienna to Bratislava is about 60 km. The Organizing committee **must** be informed beforehand.

5. BOARD, LODGING AND SERVICES

- 5.1 Athletes will be accommodated in 2 bedded rooms. (www.tatralandia.sk)
The head of delegation, the deputy head of delegation, the ISF delegate and the members of the Technical Commission for Athletics will be accommodated in single rooms, (www.hoteljanosik.sk). The head of delegation can be accommodated nearby of his team in Tatralandia holiday village in case of his requirements. Coaches and referees will be accommodated in twin bedded rooms.
- The city Liptovsky Mikulas is only 3 km far away. There are a lot of shops, banks, post offices and a new modern hospital.
 - *PLEASE, DON'T FORGET A SWIMMING SUIT. IN THE AREA IS A VERY SPECIAL AQUAPARK (HOT SPRINGS). THE ENTRANCE WILL BE FREE.*
- 5.2 Meals will be taken at the lodging place (Bungalow Park). (www.tatralandia.sk)
Arrival day: lunch and/or dinner (according to arrival time).
Other days: breakfast – lunch – dinner.
Departure day: breakfast – lunch or packed meal (according to departure time and to meals on arrival day).
- 5.3 The competition will take place next to the lodging place.
- 5.4 A medical service will be available throughout the duration of the Championship.

6. FINANCE AND INSURANCE

- 6.1 The fees payable to the organisers of the Championship for each member of the official delegation amount to 42 EUR per person and per night for a maximum of 30 persons, as laid down in ISF rules.
In addition an ISF levy of 25 EUR per member of the delegation will be collected at the time of registration of teams.
Thus the total sum per person is 235 EUR (210 EUR+25 EUR).
- 6.2 Each participating country may include in its delegation a maximum of 2 additional persons (see 1.6). For these persons the charges are 84 EUR each in a single room, 42 EUR each for 2 additional persons sharing a double or twin-bedded room and 42 EUR for an additional person who shares a room with another adult member of the delegation (coach) ; for a double room (1 additional person + 1 teacher) at 42 EUR per night. Such requests should be made by the country concerned.
- 6.3 If the delegation travels by bus, the driver of the bus will be considered as a member of the delegation and will be charged 42 EUR per night..
- 6.4 When the distance between Liptovsky Mikulas and the capital of a participating country on another continent exceeds 5000 kilometers the delegation may extend its stay by arriving one day earlier or leaving one day later at the normal daily fee 42 EUR.

- 6.5 The deposit of 84 EUR per person will be deducted from the total to be paid. The balance in cash in EUR is to be paid on arrival in Liptovsky Mikulas (bank and credit cards will not be accepted) or may be paid by **till the 5th of April, not later** in EUR to the **Cross-country 2010** bank account.

Name of bank: VOLKSBANK SLOVENSKO, a. s.
Address: Vysoká 9, 810 00 Bratislava, SLOVAK republic
number account : *4070017834/3100
***SWIFT cod: *LUBA SKBX**
***IBAN: *SK76 3100 0000 0040 7001 7834**

Reference: ISF – Cross-country – 2010 (name of participating country)

All bank charges (for both deposit and balance) are to be met by the participating countries.

- 6.6 Each country is required to provide insurance for each member of its delegation. At a minimum the insurance is to cover civil liability, material damage and medical costs.

7. GENERAL RULES

These rules will apply to all teams and will remain fixed for the duration of the World Schools Cross-country Championship.

- 7.1 The Organising Committee will be responsible for the running and control of the Championship.
- 7.2 The World Schools Championship is organised according to the ISF rules and to current IAAF rules.
- 7.3 The head of delegation shall be the official representative of all the teams in his/her delegation. He/she may not combine the function of head of delegation with that of coach.
He/she shall be the sole intermediary between his/her delegation and the OC, the TC and the ISF Delegate.
- 7.4 All teams and all athletes are committed to take part in the sports program drawn up by the organisation and in the cultural and social activities.

8. CONTROL COMMISSION

- 8.1 In accordance with General Competition Rules the OC will designate a Control Commission composed of:
- 1) 7 representatives of the ISF Athletics Technical Commission
 - 2) 1 representative of the Organising Committee
- 8.2 At the accreditation, the head of delegation must settle with the organisers the balance to be paid including any bank charges and will present the following documents to the Control Commission:
- 1) Proof of payment of the balance including any bank charges.
 - 2) The passport (or identity card) of every athlete bearing Family name, First name, identity photograph, nationality and date of birth.

- 3) A letter from the school confirming that all athletes are full time students at the school.
- 4) Travel insurance for each member of its delegation. At a minimum the insurance is to cover civil liability, material damage and medical costs.
- 5) 1 photograph of each member of the official delegation if these were not submitted at the time requested.

When checking is complete, each participant will receive a photographic identity card which will allow him/her access to the competitions, activities and meals.

- 8.3 The Control Commission will fulfil all the obligations stated in the ISF General Competition Rules.

9. DISCIPLINARY COMMISSION

- 9.1 In accordance with the ISF General Competition Rules, the Disciplinary Commission will be composed of:

- 1) the delegate representing the ISF Executive Committee.
- 2) the President of the ISF Technical Commission for Athletics.
- 3) the President of the OC.

The Disciplinary Commission will deal with all matters relating to discipline arising during Championship matches and also during the period of the Championships where the matters are not covered by technical regulations.

- 9.3 The Disciplinary Commission's decisions are final and may not be appealed. They are passed on to the Executive Committee.
- 9.4 It should be noted that where there is a sufficiently serious lack of respect for ISF rules the Disciplinary Commission has the right to disqualify participants, teams or delegations from the competition and to require them to return home before the conclusion of the event.

10. APPEAL JURY

- 10.1 In accordance with ISF General Competition Rules, the Appeal Jury will be composed of:

- 1) a representative of the ISF Technical Commission for Athletics.
- 2) a representative of the OC.
- 3) a representative of the referees.

- 10.2 The Appeal Jury will decide on all appeals concerning the results of the Athletics competition in the light of the Athletics rules as published by the IAAF and listed in the manual of the ISF Technical Commission of Athletics.

- 10.3 The Appeal Jury will not pronounce on disciplinary matters.

- 10.4 Appeal Jury decisions are final and may not be appealed.

11. APPEALS

- 11.1 Appeals against results or any other appeal not concerning disciplinary matters will be heard by the Appeal Jury.
- 11.2 The appeal must be lodged within 30 minutes of the incident and be in writing in English, French or German.
- 11.3 The sum of 50 EUR must accompany the appeal. This sum will be refunded only if the appeal is upheld or at the discretion of the Jury of Appeals.

12. TECHNICAL RULES AND INFORMATION

12.1 All competitions will be organised in accordance with the rules of the International Association of Athletic Federations (IAAF) and specific rules of the Technical Commission (TC) of the ISF

12.2. Technical information

- Place: The competition will take place next to the lodging place. (100 metres).
- Camber line is 30 meters, running surface is grass, it is possible to run in spikes, we recommend running spikes, track profile is mostly flat with 1 steep runs and 1 rapid shrinkage down, start and finish are at an altitude of 580 meters above the sea level

12.3 Distances to run:

- Boys 5000-5500 meters (5 laps)
- Girls 3000-3300 meters (3 laps)

12.4 Teams Ranking:

- Every registered team is composed of 6 participants but only the 4 best runners will score for the ranking.
- The team with the lowest total score will be the winner.
- In case 2 or more teams score the same number of points, the winning team will be the one of which the fourth participant will be the best ranked.

School teams and selected teams will be classified separately.

13. NATIONS' MEETING:

- The Nations' Meeting should promote cultural exchanges between participants of different countries. The participants are invited to present their cultural background in an original way and so to promote their country.
- We propose to each delegation to show a small (maximum 5 minutes) performance during this cultural evening (song, dance or anything typical from your country). The Organizing Committee will give to each delegation a little stand in order to show posters or products that represent their country (i.e.: food, drinks, toys, industrial products, clothes, etc...).
- We hope the heads of delegations together with their students will contribute to fulfilling of ISF spirit through an original performance

14. PRIZE GIVING

- Each player will receive a commemorative certificate.
- The teams finishing first, second and third will be rewarded with medals and trophies.
- The ISF Fair Play Trophy will be awarded to a delegation by the Disciplinary Commission following consultation with the ISF TC, the delegations and the Organising Committee.

15. ENTRIES

The third entry form (see Appendix) duly completed and signed by the organisation responsible for school sport must be returned to the organiser **by 31st March 2010 at the latest.**

16. ACCREDITATION OF THE DELEGATIONS

- a) The accreditation will take place 10.00-24.00 on the 19th of April 2010 on the arrival of the participants at the **Akrediton centre** of the event Aquapark – Tatralandia, Liptovsky Mikulas.
- b) Upon arrival in **Akrediton center** the Head of Delegation will pay the balance of fees due to the Organisers and present the following to the Control Commission:
 - The balance of fees due.
 - The passport or any other official identity card for each competitor bearing the surname and first name of the competitor, photograph, date of birth and nationality.
 - A letter from the schools' Headmaster certifying that the competitors are registered full-time in his school.
 - For selected teams, individual documents concerning attendance at a school in the concerned country must be presented for each competitor.
 - 1 passport-type photograph for every member of the Official Delegation (**if not yet sent via e-mail or post**).
- b) The Control Commission will carry out all duties defined in ISF General Rules of Competitions 7.8
- c) The head of delegation will hand-in the CD/DVD/minidisc... with the presentation, music etc. for the Nations' Meeting.

17. CLIMATE

- Liptovsky Mikulas is situated in a basin at an altitude of 550 meters upon the sea level. Mountains are about at 50 km with a maximum altitude of 2.200 m (ski area).
- Temperature in Liptovsky Mikulas in late April ranges 5 - 15°C. It may be cold and windy maybe snow, or nice and relatively warm weather.
-

Remember to bring warm clothes and rain coats and also swimming suit!

18. SENDING OF THE DETAILED REGISTRATION FORMS AND PHOTOS :

The detailed registration forms and the identity photos must be sent **before 31st March 2010** to the following address of the Organizing Committee:

**Organising Committee
ISF Cross-Country 2010
Centrum volneho casu
Dr. A. Stodolu 1932
03101 L. Mikulas
Slovak Republic**

Telephone : +421 911 641 241

E -mail : isf.crosscountry2010@gmail.com (please use scanner)

Contact Person: Mr. Roman Kralik, Secretary General of the Organising Committee

19. OBLIGATIONS UNDERTAKEN BY DELEGATIONS

- 19.1 Each participant is required to be present throughout the duration of the event.
- 19.2 Each participant is obliged to take part in all of the non-sport activities.
- 19.3 Each team undertakes to compete against all other participating teams.
- 19.4 Each participant undertakes to compete against all other participants.
- 19.5 The absence of any member of a participating team from any part of the entire sport programme, opening-, prize-giving- and closing ceremonies and socio-cultural programme will result in the disqualification of that team..

20. DOPING

Dope testing (for use of banned substances) will take place during the competition according to current law/procedures in Slovakia.

If selected for testing a competitor may be accompanied by an adult. If a competitor is following a course of medical treatment he or she must obtain certification to that effect and inform the organisers immediately upon arrival.

21. VISA INFORMATION

The following citizens of countries registered to the World Schools' Cross-country Championship 2010 require a visa to enter in Slovak Republic: (Slovakia is member of European Union)

(China, Iran, Nigeria, Congo, Algeria, Morocco, Turkey, Ukraine)

If there is not a Slovakian Representation in your country of location then you should contact the closest Slovakian Representation. In that case it is permitted if needed to apply for a visa also by post, sending all required documents to the closest Slovakian Representation. In that case you have to pick up the visa personally. For more detailed information please contact the Representation where you plan to apply for your visas.

IMPORTANT: *Due to the official rules concerning visa to SLOVAK Republic, the organisers would like to advise all countries that need visa to SLOVAK Republic to start applying for visa as soon as possible.*

Looking forward to meet you
in Slovakia in April 2010.

Important web links:

www.sass.sk/crosscountry/ (home)

www.liptov.sk (region information's)

www.tatralandia.sk (accommodations)

ISF CROSS-COUNTRY 2010
WORLD SCHOOLS' CHAMPIONSHIP



APRIL 19th-24th 2010
LIPTOVSKÝ MIKULÁŠ - SLOVAKIA

DETAILED REGISTRATION OF DELEGATION

ISF CROSS-COUNTRY 2010

To be returned before March 31st 2010

PLEASE WRITE IN BLOCK LETTERS

COUNTRY:.....

HEAD OF DELEGATION

PREFERRED ISF LANGUAGE.....

FAMILY NAME	FIRST NAME	Date of Birth	Gender

OTHER PERSONEL (deputy, driver)

FAMILY NAME	FIRST NAME	Date of Birth	Gender	Role

Travel information – if not sent with Entry form n°2

ARRIVAL AT : (Airport / Station / Bus) _____

Date	Means transport	of	Place of arrival	Time of arrival	Flight No	Number of people

DEPARTURE FROM : _____

Date	Means transport	of	Place departure	of	Time of arrival	Flight No	Number of people

NAME AND ADDRESS OF THE SPORTS FÉDÉRATION :

.....

TEL : **FAX** **E-MAIL**

NAME OF THE PERSON IN CHARGE :

TEL : **FAX** **E-MAIL**.....

**Official address
of Organising Committee**

OC Cross - Country 2010
Centrum voľného času
Dr. A. Stodolu 1932
03101 Liptovsky Mikulas
Slovak republik

mobil: +421 911 641 241
mail: isf.crosscountry2010@gmail.com
web: www.sass.sk/crosscountry



**DETAILED REGISTRATION FORM
SCHOOL TEAM
ISF CROSS-COUNTRY 2010**

TO BE RETURNED BEFORE 31TH MARCH 2010

PLEASE WRITE IN BLOCK LETTERS

SCHOOL TEAMS

BOYS

GIRLS

Country

<i>School</i> :
<i>Address</i> :
.....
.....
Tel : Fax :
E-Mail :

PARTICIPANTS

	Family Name	First Name	Date of Birth
1			
2			
3			
4			
5			

COACH

Family Name	First Name	Date of Birth	Sex

Dietary requirements (Vegeterian, Kosher, Muslim etc.).....

I, the undersigned:

FAMILY NAMEFIRST NAME:

certify the accuracy of this information.

DatePlace Signature :

**Official address
of Organising Committee**

OC Cross - Country 2010
Centrum voľného času
Dr. A. Stodolu 1932
03101 Liptovský Mikuláš
Slovak republik

mobil: +421 911 641 241
mail: isf.crosscountry2010@gmail.com
web: www.sass.sk/crosscountry



**DETAILED REGISTRATION FORM
SELECTED
TEAM**

ISF CROSS-COUNTRY 2010

TO BE RETURNED BEFORE MARCH 31TH 2010

PLEASE WRITE IN BLOCK LETTERS

SELECTED TEAMS

BOYS

GIRLS

COUNTRY

PARTICIPANTS

	FAMILY NAME	FIRST NAME	Date of Birth
1			
2			
3			
4			
5			
6			

COACH

FAMILY NAME	FIRST NAME	Date of Birth	Gender

Dietary requirements (Vegeterian, Kosher, Muslim etc.).....

I, the undersigned:

FAMILY NAME FIRST NAME :

certify the accuracy of this information.

DatePlace Signature :

**Official address
of Organising Committee**

OC Cross - Country 2010
Centrum voľného času
Dr. A. Stodolu 1932
03101 Liptovsky Mikulas
Slovak republik

mail: scountry2010@gmail.com
www.sass.sk/crosscountry

