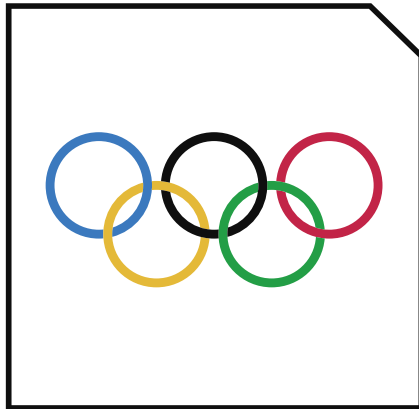


LAUSANNE 2020



YOUTH
OLYMPIC
GAMES

SPORTS E-GUIDE

WINTER YOUTH
OLYMPIC GAMES
JANUARY 9TH – 22ND, 2020

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1. INTRODUCTION

From January 9th to January 22nd, Switzerland will welcome the 3rd Winter Youth Olympic Games. True to its five commitments (Youth, Sport, Olympism, Innovation and Partnerships), Lausanne 2020 will be able to deliver new, innovative and smart Games, generating impact and sustainability in terms of economic and social development.

To deliver on its promise, Lausanne 2020 will bring innovation to the format of the Games. It will be the first binational Winter Youth Olympic Games with events taking place in two countries: Switzerland and neighbouring France - resulting from a decision made on the determination to make the most of regional expertise and experience and to maximise the use of existing venues.

Lausanne 2020 will also be the first gender equal Winter Youth Olympic Games, comprising 1'880 athletes made of 940 young women and 940 young men.

Additionally, Lausanne 2020 will be the debut of ski mountaineering which has been added as a new Winter Youth Olympic sport and will be held in the mountain resort of Villars where the Ski Mountaineering World Championships were held in March 2019.

Another key example of innovation is that Lausanne 2020 will introduce a new two-wave approach for welcoming athletes and NOC team delegations. This concept is a solution suggested and developed by the IOC following a request from the NOCs to allow their delegations to attend the YOG for a shorter period of time.

This Sports E-Guide contains the most up-to-date information about the sports disciplines and events, as well as about the Competition Venues, and has been created in order to support the NOC Team Officials during Lausanne 2020.

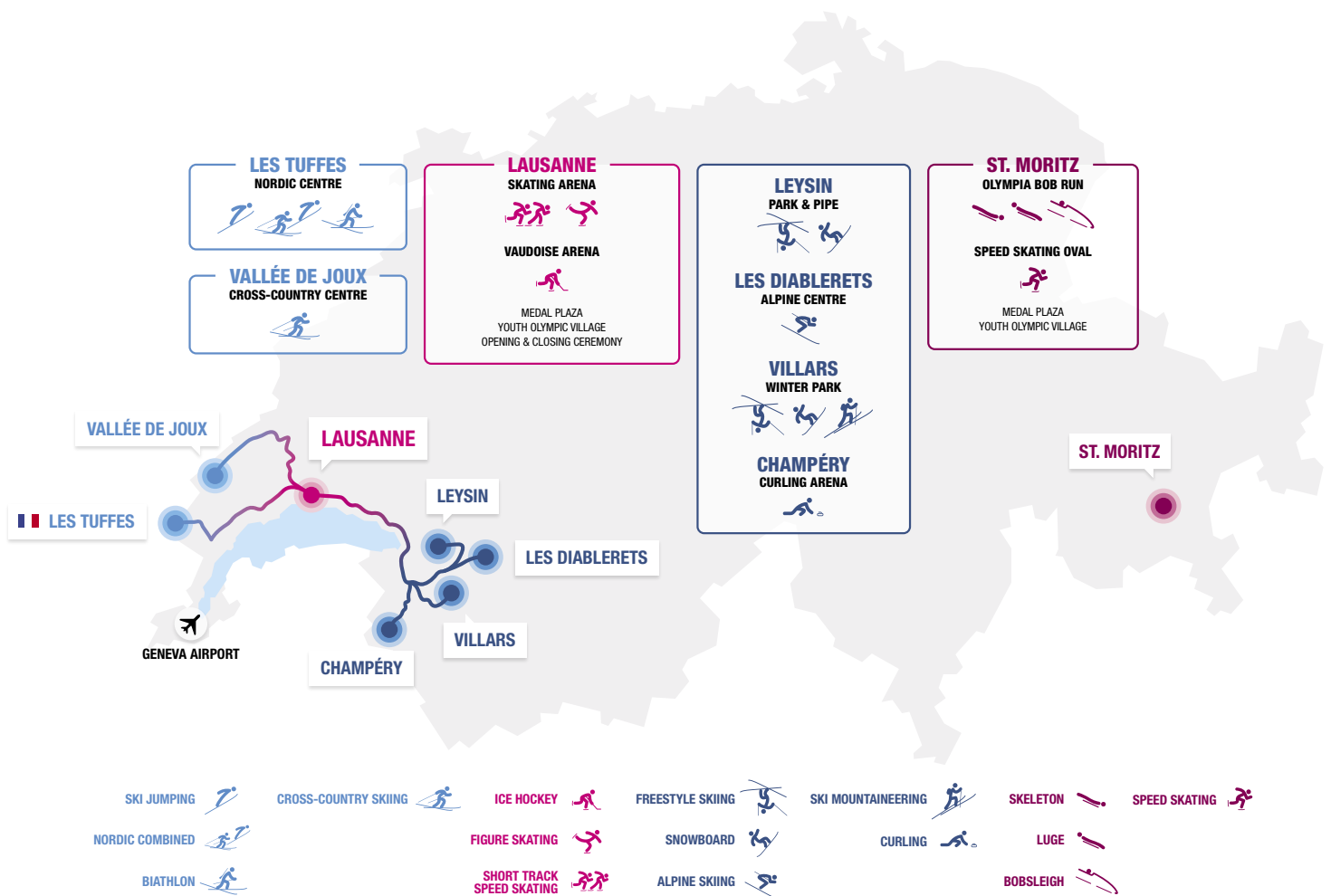
#STARTNOW



2. KEY DATES

DATES	TOPIC	ACTIVITY
2020		
5 JANUARY	Youth Olympic Village (YOV)	Soft Opening of YOV Lausanne
7 JANUARY	Youth Olympic Village (YOV)	Official Opening of YOV Lausanne and YOV St. Moritz
8 JANUARY	Ceremonies (CER)	Welcome Session in Lausanne (Wave 1)
9 JANUARY	Ceremonies (CER)	Welcome Session in St. Moritz
9 JANUARY	Ceremonies (CER)	Opening Ceremony
15 JANUARY	Ceremonies (CER)	Farewell Party in Lausanne (Wave 1)
17 JANUARY	Ceremonies (CER)	Welcome Session in Lausanne (Wave 2)
20 JANUARY	Ceremonies (CER)	Farewell Party in St. Moritz
22 JANUARY	Ceremonies (CER)	Closing Ceremony and Farewell Party (Wave 2)
22 JANUARY	Youth Olympic Village (YOV)	Closing of the Youth Olympic Village St. Moritz
24 JANUARY	Youth Olympic Village (YOV)	Closing of the Youth Olympic Village Lausanne

3. VENUE MASTER PLAN



4. TRANSPORT SYSTEM

4.1. TRANSPORT SERVICES OVERVIEW

The Lausanne 2020 transport system will mainly consist in Public Transport services (PTS), supported by a Common Shuttle Service (CSS) and Pre-planned transport services (PPS) to certain venues. The transport system will help to ensure that all accredited clients are able to travel safely and efficiently between the YOV and the Competition Venues, as well as the Lausanne 2020 official locations. It will be free of charge for all accredited clients, by presenting the Youth Olympic Accreditation Card (YOAC).

PUBLIC TRANSPORT SERVICE (PTS)

Switzerland in general is well known for its high-performance public transport system. Lausanne is one of the smallest cities in the world to have an automatic metro (every 2 minutes in peak hour) and a light rail system (every 5 minutes in peak hour) connecting YOV, Lausanne Venues and hotels downtown. St. Moritz also benefits from a public transport line connecting YOV to the city centre in less than 5 minutes. Public transport inside the city typically operates from 5:30 to 24:00 in Lausanne and from 07:00 to 19:00 in St. Moritz. The frequency will be adapted in certain areas of the city, in order to better serve the Competition Venues.

COMMON SHUTTLE SERVICE (CSS)

A CSS will be implemented to complement the PTS in order to connect the YOV Lausanne to the Lausanne train station (duration 20 Minutes), where trains will depart to most Competition Venues. The CSS will run from 05h30 to 22h00, at different frequencies and reinforced during peak hours. Pick up and drop off point at YOV will be at the Transport Mall. CSS can be used by all accredited clients. Priority will be given to competing athletes and their team officials. Additionally, on site shuttles will also be used as part of the route to the following venues:

- Leysin Park & Pipe; between Leysin Feydey train station and the gondola of the resort.
- Vallée de Joux Cross-Country Centre ; between Le Sentier-Orient train station and the competition venue.

PRE-PLANNED SERVICES (PPS)

The pre-planned transport service is designed to complement the Public Transport services in transporting athletes and team officials to certain Venues less accessible by PTS and will operate based on pre-determined schedules between designated points at designated times. The PPS will serve Les Tuffes Nordic Centre as well as a part of the route to Champéry Curling Arena.

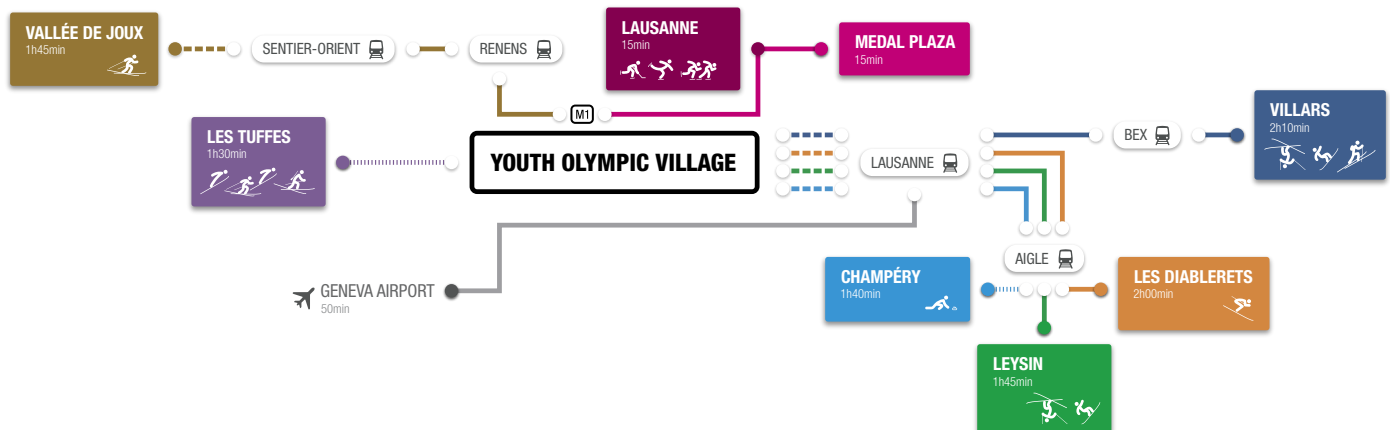
4.2. ACCESS TO THE TRANSPORT SYSTEM

All accredited individuals will be entitled to use the public transports in Lausanne and St. Moritz, including all the Lausanne 2020 Public Transport System, free of charge by presenting their YOAC:

- Between 5 and 24 January 2020 in the Lausanne area.
- Between 7 and 22 January 2020 in St. Moritz.

4.3. TRANSPORT MASTER PLAN

YOUTH OLYMPIC VILLAGE LAUSANNE



YOUTH OLYMPIC VILLAGE ST. MORITZ

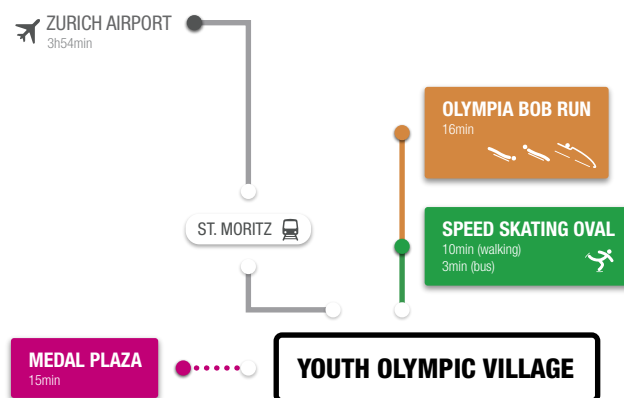
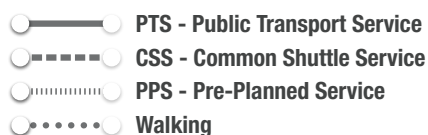


CHART LEGEND



4.4. TRANSPORT SCHEDULES

In partnership with its partner tl (Transport publics Lausanne), Lausanne 2020 has developed a user-friendly app called “Guide Me Yodli”, with all information, maps and routes available at all time.

The app consists of 2 interfaces:

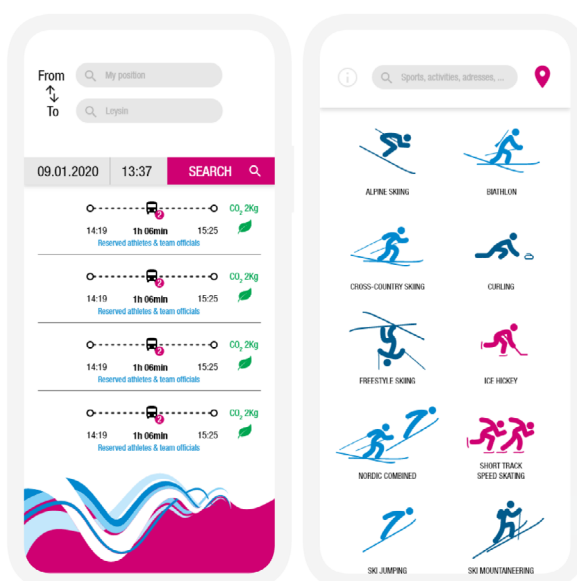
- **Spectator:** open interface for all public users.
- **Athlete:** private interface dedicated to Athletes and Team Officials.

As opposed to the Spectator interface, the Athlete interface will provide detailed and live information regarding the Athlete’s journey to the Venues, such as official times and routes to be used.

Athletes, TOs and ATOs are recommended to use the Athlete interface, which is protected by a password. The

password will be communicated to NOCs prior to their arrival in Lausanne.

The Guide Me Yodli app will be launched in mid-December, and can be downloaded with this QR code:



HOST SITES	VENUES	DISCIPLINES	ROUTES	ESTIMATED TRAVEL TIMES
LAUSANNE	Lausanne Vaudoise Arena	6-Teams Tournament Mixed NOC 3-on-3 Tournament	YOV → PTS → Walking → LAUSANNE VAUDOISE ARENA Metro m1 Metro Stop Malley	15min
	Lausanne Skating Arena	Figure Skating Short Track Speed Skating	YOV → PTS → MEDAL PLAZA LAUSANNE Metro m1 Metro Stop Flan	15min
	Medal Plaza Lausanne			
LES DIABLERETS	Diablerets Alpine Centre	Alpine Skiing ¹	YOV → CSS → LAUSANNE → PTS → AIGLE → PTS → LES DIABLERETS → Walking → DIABLERETS ALPINE CENTRE Train Train	2h00
VILLARS	Villars Winter Park	Freestyle Skiing & Snowboard (Cross) Ski Mountaineering	YOV → CSS → LAUSANNE → PTS → BEX → PTS → VILLARS WINTER PARK (BRETAYE) Train Train	2h10
LEYSIN	Leysin Park & Pipe	Freestyle Skiing & Snowboard ² (Slopestyle, Big Air, Halfpipe)	YOV → CSS → LAUSANNE → PTS → AIGLE → PTS → LEYSIN → CSS → LEYSIN PARK & PIPE Train Train	1h45
CHAMPÉRY	Champéry Curling Arena	Curling	YOV → CSS → LAUSANNE → PTS → AIGLE → PPS → CHAMPÉRY CURLING ARENA Train Train	1h40
VALLEE DE JOUX	Vallée de Joux Cross-Country Centre	Cross-Country Skiing	YOV → PTS → RENENS → PTS → SENTIER-ORIENT → CSS → VALLÉE DE JOUX CROSS-COUNTRY CENTRE Metro m1 Train	1h40
LES TUFFES	Les Tuffes Nordic Centre	Ski Jumping Nordic Combined Biathlon	YOV → PPS → LES TUFFES NORDIC CENTRE	1h30
ST MORITZ	St. Moritz Speed Skating Oval	Speed Skating	YOV → PTS → ST. MORITZ SPEED SKATING OVAL Bus	5min
	St. Moritz Olympia Bob Run	Luge Monobob Skeleton	YOV → PTS → ST. MORITZ OLYMPIA BOB RUN Bus	15min
	Medal Plaza St. Moritz		YOV → Walking → MEDAL PLAZA ST. MORITZ	15min

¹Upon their arrival at Les Diablerets train station, athletes will pick up their sport equipment on the way to the Diablerets Alpine Skiing venue.

²Upon their arrival at Leysin Park&Pipe venue, athletes will pick up their sport equipment and take a gondola to the Field of Play, located up in the mountain.

5. CEREMONIES

5.1. OPENING AND CLOSING CEREMONIES

The Opening Ceremony of the Winter Youth Olympic Games Lausanne 2020 will take place on 9 January, in the Lausanne Hockey Arena. The Opening Ceremony will start with a pre-show at 19h30, followed by the official show at 20h00, including the athletes' parade, and will end at 21h30. The Opening Ceremony will be a ticketed event.

The Closing Ceremony will take place on 22 January, in the Lausanne 2020 Medal Plaza. It will be an event open to the public happening in one of the main squares of the city and symbolising the official goodbye from the city to the athletes. This ceremony will start at 19h00, will last for 45 minutes and will mainly consist of protocol elements. It will be followed by the Farewell party in the Swiss Tech Convention Centre (STCC), exclusively for the athletes

5.2. OPENING NIGHT IN ST. MORITZ

The Opening Night in St. Moritz will start off with a procession of the athletes from the YOV to the Medal Plaza where the Welcome Session will be held.

A dedicated standing area will be reserved for Athletes and Team Officials. Right after the Welcome Session, the live streaming of the Lausanne Opening Ceremony will begin at the Medals Plaza on a big screen. It will include some protocol elements involving the Athletes staying in St. Moritz.

5.3. WELCOME SESSIONS

The Welcome Sessions are the opportunity to welcome YOV residents in their respective villages. They will reveal everything the athletes are going to experience, creating positive energy and euphoria for all the participants.

The Welcome Session typically consist of a 10-minute Pre-show and a 30-minute Main show, that will be a mix of entertainment and information about the village, the culture and education programme and other activities available for the athletes.

WELCOME SESSION IN LAUSANNE FOR WAVE 1

Athletes and team officials of Wave 1 in YOV Lausanne are invited to the Welcome Session on 8 January 2020 at 19:00. The Welcome Session will take place at the YOV in the Amphimax building.

WELCOME SESSION IN LAUSANNE FOR WAVE 2

Athletes and team officials of Wave 2 in YOV Lausanne are invited to the Welcome Session on 17 January 2020 at 19:00. The Welcome Session will take place at the YOV in the Amphimax building.

WELCOME SESSION IN ST. MORITZ

Athletes and team officials competing in St. Moritz are invited to a special Welcome Session taking place at the Medal Plaza St. Moritz and fully integrated into the Opening Night on 9 January.

All participants must wear their YOAC to access the Welcome Sessions. This event will be open to the public and followed by the live broadcasting of the Opening Ceremony in Lausanne on a central big screen

5.4. FAREWELL PARTIES

Similarly to the Welcome Sessions, there will also be three Farewell Parties held at different Venues and dates in relation to the stay of the athletes. Each Farewell Party will have a different theme and concept. All athletes and Team Officials attending must come with their YOAC.

FAREWELL PARTY IN LAUSANNE FOR WAVE 1

Athletes and team officials of Wave 1 in YOY Lausanne are invited to their Farewell Party, exclusively for them, on 15 January 2020 at 19:30, at the YOY in the Amphimax building. The Farewell will have a small music stage and be held under the general theme of goodbye Switzerland. Athletes will be able to try local delicacies and international cuisine. A DJ will play Music on stage. The Farewell will last for 2 hours.

FAREWELL PARTY IN LAUSANNE FOR WAVE 2

Athletes and team officials of Wave 2 in YOY Lausanne are invited to their Farewell Party, exclusively for them, on 22 January 2020 at 20:00, in continuation of the Closing Ceremony. Athletes and team officials will transfer from the Closing Ceremony at the Medals Plaza to the SwissTech Convention Centre (10 minutes walking away from YOY Lausanne), where a warm buffet and beverages will await them.

FAREWELL PARTY IN ST. MORITZ

Athletes and team officials competing in St. Moritz are invited to a special Farewell party taking place at the St. Moritz Medals Plaza on 20 January at 19:00. The Farewell will be open to the public so the athletes and team officials can celebrate together with the locals and the volunteers. Under the theme "See you soon, Switzerland!" the athletes will be able to try local delicacies and international cuisine. A DJ will play Music on the local stage of the Medal Plaza. The Farewell will last for 2 hours.

5.5. VICTORY CEREMONIES

Victory Ceremonies will consist of a Mascot Ceremony at Competition sites, followed by a Victory Ceremony at the Medal Plaza along with the raising of flags and playing of the national anthem. In some cases, a complete Victory Ceremony will be held at the venue awarding both Mascot and Victory Ceremonies. This will be the case for:

- All the Competitions finishing on the 22 January 2020.
- All the Ice Hockey Tournaments.
- Both Curling Tournaments.

MASCOT CEREMONIES AT THE COMPETITION SITE

The Mascot Ceremonies will be held at the sport Venues and completed after the competition has finished. Athletes should go to the Mascot Ceremony staging area after the competition has been completed. Mascots will be presented in the following order: third, second and first place. Athletes will wear the correct uniform as described in the IOC guidelines for Athletes' uniform at Victory Ceremonies and in line with Rule 50.

VICTORY CEREMONIES AT THE COMPETITION SITE

Unique Victory Ceremonies will be held at the competition Venues for all the disciplines that finish on 22 January. The only four events that will have unique Victory Ceremonies at the competition venue and that do not end on 22 January are the following: Men's Mixed NOC 3-on-3 Tournament, Women's Mixed NOC 3-on-3 Tournament, Women's 6-Team Tournament for Ice Hockey, as well as the Mixed Team event in Curling.

as well as for the Ice Hockey Tournaments. Mascots and medals will be presented in the following order: bronze, silver, gold. Athletes will wear the correct uniform as described in the IOC guidelines for Athletes' uniform at Victory Ceremonies and in line with Rule 50.

5.6. VICTORY CEREMONIES AT MEDAL PLAZA

MEDAL PLAZA LAUSANNE

The Victory Ceremonies for the competitions in the Lausanne area will be held at the Medal Plaza in Lausanne and completed every night if there is a medal event that day or the day before. In principle, medal-winning athletes will regroup at the Youth Olympic Village defined meeting point and escorted via public transportation to Medals Plaza Lausanne.

The ceremony will start at 19h00 and medals will be presented in the following order: bronze, silver, gold. The national flags of the medalists' NOCs will be raised as the national anthem of the gold medalist is played. For Mixed - NOC Team Events, the Olympic Flag will be raised for each medal-winning team and the Olympic Hymn will be played.

The detailed schedule of Victory Ceremonies will be available later in December under the Ceremonies section of the Lausanne 2020 Extranet.

MEDAL PLAZA ST. MORITZ

The Victory Ceremonies for the competitions in St. Moritz will be held at the Medal Plaza in St. Moritz on 13th, 16th, 18th and 20th January. The same principles apply as for the Victory Ceremonies at the Lausanne Medal Plaza.

6. TRAINING

6.1. SPORT-SPECIFIC TRAINING

With the implementation of the 2-wave model, the Lausanne 2020 Competition Schedule is composed of a compact competition programme with a shorter period of stay than in previous Winter YOG. In general, Lausanne 2020 offers training possibilities for the athletes from 07 January to 23 January 2020. Sport Specific Training dates and timings will be aligned with the Sport Competition Schedule.

6.1.1. TRAINING SCHEDULE

Please refer to the Lausanne 2020 Competition and Training Schedule on the Lausanne 2020 extranet or in the relative discipline chapter below.

6.1.2. BOOKING OF TRAINING OPPORTUNITIES

Certain Training Opportunities, for example in the Nordic Sports disciplines, require pre-booking. Please refer to the chapters below and the description of the various disciplines for more detailed information about the booking procedures for each discipline.

6.2. NON-SPORT-SPECIFIC TRAINING

Non-Sport Specific Training Opportunities represent training opportunities in the designated fitness and gym facilities for athletes staying at the YOV Lausanne and the YOV St. Moritz. This type of training is available according to opening hours of the fitness centres and does not require any booking.

YOV LAUSANNE FITNESS CENTRE

The YOV Lausanne (YOL) Fitness Centre is easily accessible from the YOL Residential Area in 14 minutes' walking. The Fitness Centre is totally equipped with static equipment, free weights room, stretching room, spinning bikes, cardio equipment among other things. Clean towels, showers and toilets are available on site.

Opening hours (7-23 January)	07:00 - 22:00
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The Residential Building of the YOL will also have fitness and recovery room on the 8th floor. It will be equipped with stretching mats, spinning bikes and bodyweight training material. This space is intended to serve for recovery and light training. No booking is required and it will be open from 06:00 to 22:00.

YOV ST. MORITZ FITNESS CENTRE

In St. Moritz, NOC Delegations will have access to a full fitness facility outside Youth Olympic Village St. Moritz (YOS), located next to the St. Moritz Medal Plaza. From YOS it can be reached in less than 15-minutes walking. No specific transport service will be provided. This modern fitness centre is totally equipped and supervised with a weight room, a stretching room and spinning cycles.

Opening hours (7-21 January)

07:00 - 21:00

The Residential Building of the YOS will also have small fitness and recovery room and it will be open from 07:00 to 21:00.

7. TECHNOLOGY

7.1. RESULT SERVICES

Results Services, including the competition schedule, participation lists, start lists, results, medallists, etc... will be published on the Lausanne 2020 website (www.lausanne2020.sport). Results will be available nearly real-time and official results pdf will be available for download.

7.2. MOBILE NETWORK

Switzerland uses diverse mobile telephone systems:

TECHNOLOGY	FREQUENCY (MHZ)
2G / GSM	900 (E-GSM) and 1800 (DCS)
3G / UMTS	900 (B8) and 2100 (B1)
4G / LTE & LTE+	800 DD (B20) and 1800+ (B3) and 2600 (B7)

Before travelling to Switzerland, NOCs are advised to check with their home country mobile network service provider if their mobile telephones are compatible with the above frequencies. NOCs should contact their home country mobile network service provider(s) should any difficulties arise. Lausanne 2020 recommend checking with the home country mobile network service provider whether roaming charges apply when using a home country international SIM card in Switzerland and in France (for events in Les Tuffes).

Lausanne 2020 recommend using Swisscom, the official telecommunication partner for the Winter Youth Olympic Games Lausanne 2020. Alternatively, there are other mobile network providers in Switzerland: Salt, Sunrise, M-Budget, Coop Mobile, Wingo, etc. Prepaid SIM cards may be purchased at mobile network providers' official stores, supermarkets and electronic stores. Personal identification such as a passport is required. Normally, "top-ups" may also be purchased. Lausanne 2020 do not guarantee the quality of mobile phone service provided by any network provider at any Lausanne 2020 site.

INFORMATION FOR SWITZERLAND

- The country code for Switzerland is +41.
- Most Swiss telephone numbers have 7 digits preceded by a 2-digit area code.
- For calls within Switzerland, 0 must be dialed before the 2-digit area code. The 0 is not required for calls from international locations.
- To make a local call use:
 - The local format (0 before the area code) e.g. 021 123 45 67, or
 - The international format: +41 21 123 45 67.

Both solutions work and do not occur any additional costs. It is advisable to communicate and store phone numbers in the international format.

INFORMATION FOR THE SITE “LES TUFFES” (FRANCE)

- Les Tuffes is in France.
- Mobile telephone networks in France are technically very similar to those in Switzerland (2G / 3G / 4G).
- Lausanne 2020 recommend checking with the home country mobile network service provider whether roaming charges apply when using a home country international SIM card during events at Les Tuffes).

7.3. INTERNET SERVICES

A dedicated free WiFi network will be available for accredited people in various selected areas like:

- YOVs: residential Building and some selected common/shared areas.
- Competition Venues: some selected common/shared areas.
- Non-Competition Venues: some selected areas.
- Official Hotels: WiFi access will be provided by the hotel/venue owners and not by Lausanne 2020. Fees may apply.
- Free public WiFi networks are available in various non-Lausanne 2020 areas: shopping centres, airports, restaurants, etc. Such networks require registration before use. Geneva and Zurich airports have free WiFi for one hour.

Please note that for security reasons, the Lausanne 2020 WiFi network will be monitored and access restrictions may be applied to non-compliant sites and content.

7.4. RADIO FREQUENCIES

The Swiss Federal Office of Communications (OFCOM, Zukunftstrasse 44, 2501 Biel / Switzerland) is responsible for issuing temporary radio licences for radio communication, wireless cameras, SNG Satellite News Gathering etc. and for the management of the radio frequency spectrum. A specific Lausanne 2020 page has been created in the OFCOM website with all the necessary information. The process to request radio frequency has ended on November 7th, all information is available on the [Radio Frequency Request Guide](#). Any questions related to radio frequencies shall be addressed to NOC Relations.



8. CLIMATE AND WEATHER SERVICES

Lausanne area weather in January is cold with average temperatures between -2° and 5° degrees, as a result gloves and warm clothes are recommended.

St. Moritz, which is in the Upper Engadin, at elevation of 1,856m, boasts plenty of sunny days. Weather is usually dry, typical winter temperatures are from -2° to -16° degrees. On average, the coolest month is January.

For information about the weather, please refer to the MeteoSwiss website, under the following link for St. Moritz or Lausanne.

The updated weather forecast will be provided twice a day (early morning and late afternoon) at the Sport Information Desks (SID) on the Competition Venues, as well as at the Sport Information Centre (SIC) in the Youth Olympic Villages.

9. SPORTS INFORMATION CENTER (SIC)

The SIC will provide information such as General sports information about the sports/disciplines at the different venues, Communications from IFs and competition management, Competition and training schedules, Booking and monitoring official training, Official start lists, Provision of official results, Schedule updates.

9.1. SIC AT YOV LAUSANNE

The SIC is located within the NOC Service Centre in the residential building of the Youth Olympic Village Lausanne. Access to the SIC is limited to Chefs de Mission, Team Officials, Additional Team Officials, and NOC Assistants. Accredited clients who do not have access to the SIC will be redirected accordingly.

The dates and hours of operation of the SIC at YOV Lausanne are as follows:

DATES	OPENING HOURS
5 January (YOV opening)	9:00 - 20:00
6– 23 January	7:00 - 21:00
24 January	8:00-12:00

9.2. SIC AT YOV ST. MORITZ

The SIC is located within the NOC Service Centre in the residential building of the Youth Olympic Village St Moritz. Access to the SIC is limited to Chefs de Mission, Team Officials, Additional Team Officials, and NOC Assistants. Accredited clients who do not have access to the SIC will be redirected accordingly.

The dates and hours of operation of the SIC at YOV St. Moritz are as follows:

DATES	OPENING HOURS
7– 21 January	7:00 - 21:00
22 January (YOV closing)	7:00 - 12:00

10. TEAM CAPTAIN MEETINGS

There will be two types of Team Captain Meetings: The Initial Team Captain Meeting and the Technical Team Captain Meetings. In general (except for Curling), only the team coaches shall represent the NOCs during the Team Captain Meetings. Athletes do not take part in these meetings.

10.1. INITIAL TEAM CAPTAIN MEETINGS

The purpose of those meetings is to help NOC Team Officials understand the services within the Winter Youth Olympic Games Lausanne 2020, like the Youth Olympic Village, transportation system, food and beverage, waxing services, competition and training schedules, bibs distribution, equipment storage, weather forecast etc., as well as to provide other general information about the competition to come. It is basically a welcoming meeting, where the Competition Venue's Sport Manager and the International Federation's Event Delegate inform the NOCs of how the competition will be run and where NOC Team Officials can ask their questions.

10.2. TECHNICAL TEAM CAPTAIN MEETINGS

The Technical Team Captain Meetings are held per discipline and usually take place on the evening before every competition day, as planned with every International Federation. They take place in an office on the Competition Venue. Exact time and location of each meeting will be found in the discipline's chapter below.

Technical TCMs, but depend on competition time and may be subject to change. The SID and SIC will communicate any change as soon as known.

10.3. LOGISTICS

Sport equipment will be collected at the official ports of entry, consolidated at the Lausanne 2020 Main Logistics Centre and then transported to all competition Venues to be stored at the venues.

Depending of the arrival time of the delegation, its sport equipment can be stored overnight, either at the airport or at the Lausanne 2020 Main Logistics Centre, to be then transported the next morning to the Competition Venue.

Upon arrival at the Competition Venue, the sport equipment will be placed directly inside the lockable containers, locker room or equipment storage areas assigned to the respective NOCs. Assignment process of storage spaces and lockers, where available, for sport equipment at each Competition Venue is explained in the following chapters (Venues) and will also be reminded during the Initial Team Captain Meetings.

Storage spaces at the Competition Venues for NOCs can be dedicated or shared based on space availability. In the case where the storage spaces are dedicated, the Venue Sport Manager will hand over the keys for the sport equipment storage facilities to each NOC, who will be responsible for their own storage. In the case where the storage space is shared, Lausanne 2020 will bear responsibility, determine opening and closing hours and provide security.

All Sport Equipment needs to be tagged by NOC prior to shipment/arrival at airport. **Please refer to Arrival and Departure Guide** – Tags have been distributed by Lausanne 2020, – please see below Color-Codes by Venue and Sport.

DISCIPLINES	VENUE NAMES	ACRONYMS	TAG COLOR
Alpine Skiing	Les Diablerets Alpine Centre	DAC	GREEN
Freestyle Skiing (Halfpipe, Slopestyle, Big Air) Snowboard (Halfpipe, Slopestyle, Big Air)	Leysin Park & Pipe	LPP	BLACK
Freestyle Skiing (Ski Cross) Snowboard (Snowboard Cross) Ski Mountaineering	Villars Winter Park	VWP	YELLOW
Ice Hockey	Lausanne Vaudoise Arena	LHA	BLUE
Figure Skating Short Track Speed Skating	Lausanne Skating Arena	LSA	ORANGE
Cross-Country Skiing	Vallée de Joux Cross-Country Centre	VJC	RED
Biathlon Ski Jumping Nordic Combined	Les Tuffes Nordic Centre	TNC	LIGHT BLUE
Speed Skating	St. Moritz Speed Skating Oval	SSO	LIME
Bobsleigh Skeleton Luge	St. Moritz Olympia Bob Run	SOB	GRAPPE/LILA
Curling	Champéry Curling Arena	CCA	WHITE
RIFLES ONLY		TNC	PINK

Note:

- Sport equipment that is not tagged may remain in the storage room.
- Sport equipment wrongly tagged will be delivered to the wrong place.

NOC may request to directly deliver their sport equipment to the Venues, however this will be considered on an exceptional basis only therefore all NOC must write to Lausanne 2020 Logistics team at: logistics@lausanne2020.sport. Lausanne 2020 Logistics team will then provide a written confirmation for each individual request. Nevertheless, this will remain an exception, and will have to be handled one by one with the Venue Managers to ensure that self-deliveries will be feasible.

For more information about the transport of sports equipment to the Competition Venues, **please refer to sections 3.6 and 4.7 of the Lausanne 2020 “Freight Forwarding and Customs Guide”**.

11. RULE 50

One of the key factors that differentiates the Youth Olympic Games from other sporting events is the visual presentation of the Games, which includes the “look” of the venues, the field of play and the athlete’s equipment.

Rule 50 of the Olympic Charter must be respected. For more information please refer to Rule 50 in the Olympic Charter on the NOCnet.

In January 2019, the IOC published the General and Sport specific Guidelines Regarding Authorised Identifications for the Winter Youth Olympic Games Lausanne 2020, which can be downloaded from the NOCnet.

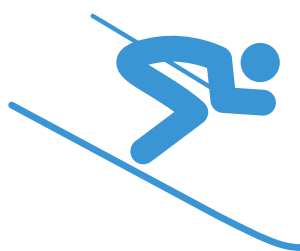
During training sessions an equipment control will take place. Short before Competition starts, Competition management will check every athlete and his equipment in order to ensure Rule 50 compliance. To avoid a last-minute intervention that could disturb the athlete in his preparation, please make sure all equipment respect the mentioned guidelines.

SPORTS EVENTS AND COMPETITION VENUES

COMPETITION VENUES	ACRONYMS	DISCIPLINES	IF
CHAMPÉRY CURLING ARENA	CCA	Curling	WCF
LAUSANNE SKATING ARENA	LSA	Figure Skating	ISU
		Short Track Speed Skating	
LAUSANNE VAUDOISE ARENA	LHA	Ice Hockey	IIHF
LES DIABLERETS ALPINE CENTRE	DAC	Alpine Skiing	FIS
LES TUFFES NORDIC CENTRE	TNC	Biathlon	IBU
		Nordic Combined	FIS
		Ski Jumping	
LEYSIN PARK & PIPE	LPP	Freestyle (Park & Pipe)	FIS
		Snowboard (Park & Pipe)	
ST. MORITZ OLYMPIA BOB RUN	SOB	Bobsleigh	IBSF
		Skeleton	
		Luge	FIL
ST. MORITZ SPEED SKATING OVAL	SSO	Speed Skating	ISU
VALLÉE DE JOUX CROSS-COUNTRY CENTRE	VCC	Cross-Country Skiing	FIS
VILLARS WINTER PARK	VMP	Freestyle Skiing (Cross)	FIS
		Snowboard (Cross)	
		Ski Mountaineering	ISMF

12. LES DIABLERETS ALPINE CENTER (DAC)

Les Diablerets Alpine Centre (DAC) will host all Alpine Skiing competitions during Lausanne 2020.

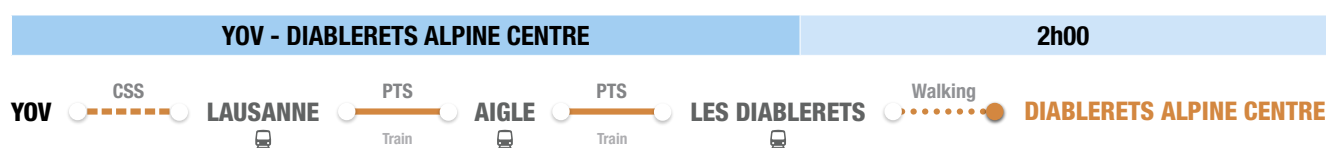


12.1. VENUE INFRASTRUCTURE

ATHLETE'S LOUNGE

All athletes competing in the Alpine Skiing events will have access to the Athlete's Lounge at Diablerets Alpine Centre. On Official Training days and Competition days, the lounge will open approximately 1 to 2 hours before the Training or Competition begins, depending on the athletes' planned arrival on the Venue using official transportation. Please check the Lausanne 2020 Transport Plan for more detailed information about athletes' arrival times on the Competition Venue.

TRANSPORT



SPORT EQUIPMENT STORAGE AND WORKING SPACES

The sport equipment storage and the waxing spaces will be in one common shared space for all NOC. It is located in a building close to the train station. A shuttle service will support equipment logistic from the space to the actual Venue (skis must be packed in a bag). Security, opening and closing hours are managed by Lausanne 2020.

Opening and Closing hours of the storage and waxing spaces:

DAY	OPENING TIME	CLOSING TIME
07.01.2020	06:00	19:00
08.01.2020	06:00	19:00
09.01.2020	06:00	19:00
10.01.2020	06:00	19:00

DAY	OPENING TIME	CLOSING TIME
11.01.2020	06:00	19:00
12.01.2020	06:00	19:00
13.01.2020	06:00	19:00
14.01.2020	06:00	19:00
15.01.2020	06:00	19:00

The waxing rooms are equipped with normal tables, 230V power (NOCs bring their own adapters if needed) and a waste bin. NOCs can bring their own waxing tables to the Competition Venues.

12.2. ALPINE SKIING

EVENTS DESCRIPTION

AGE GROUP	QUOTAS	
	MEN	WOMEN
17 - 18 years old	80	80

There will be nine (9) events in total in Alpine Skiing:

MEN'S EVENTS	WOMEN'S EVENTS	MIXED EVENTS
Super G	Super G	Parallel Mixed Team
Alpine Combined	Alpine Combined	
Giant slalom	Giant slalom	
Slalom	Slalom	

SUPER G

- The competition consists of a single run.
- The Super-G competition is run in an «against the clock» format, with the competitors attempting to cross the finish line in the fastest time. Races are timed to 0.01 of a second.
- No tiebreak rules or procedures exist. Competitors who have identical finish times share their rank, but they are ordered by descending bib numbers.

GIANT SLALOM, SLALOM, ALPINE COMBINED

- Giant Slalom, Slalom and Alpine Combined events consist of two runs, and the competitor with the fastest total time wins.
- The competitions are run in an «against the clock» format, with the competitors attempting to cross the finish line in the fastest time. Races are timed to 0.01 of a second.
- No tiebreak rules or procedures exist. Competitors who have identical total times share their rank, but they are ordered by descending bib numbers.

PARALLEL MIXED TEAM EVENT

- A team consists of two competitors (one man and one lady) from the same NOC.
- There are four phases: 1/8 Finals, 1/4 Finals, 1/2 Finals and Finals.

- The team event is conducted as a parallel event.
- After completing four runs (two runs for each competitor), the team with the most points will advance to the next phase. The team of the winning competitor is awarded 1 point, the team of the losing competitor is awarded 0 points. In case of a tie of an individual leg, both NOCs are awarded 1 point.
- If there is a tie at the end of the heat (example 2:2) the NOC with the lowest combined time of the lady's best individual run and the man's best individual run will win the heat.
- If the tie remains, the lowest combined time of the lady's second best run and the man's second best run will win the heat.
- If the teams cannot be separated by combined times, the team with the fastest single time (lady's or man's) will win the heat.
- If the teams cannot be separated by fastest time, the NOC with the lowest bib number is declared the winner of the heat.

COMPETITION SCHEDULE

Please refer to the Lausanne 2020 Competition Schedule and the Lausanne 2020 Event Schedule available at the IOC NOC Net.

TRAINING OPPORTUNITY		OFFICIAL TRAINING		PRELIMINARY EVENT		MEDAL EVENT		
DAY -2	DAY -1	DAY 00	DAY 01	DAY 02	DAY 03	DAY 04	DAY 05	DAY 06
07 January	08 January	09 January	10 January	11 January	12 January	13 January	14 January	15 January
09:00 Training Opportunity	09:00 Training Opportunity	10:00 Official Training	10:15 Women's Super-G 13:30 Men's Super-G	10:30 Men's Alpine Combined SL 12:30 Women's Alpine Combined SL	10:00 Run 1 12:45 Run 2 Women's Giant Slalom	10:00 Run 1 12:45 Run 2 Men's Giant Slalom	09:30 Run 1 Women's 11:00 Run 1 Men's 13:45 Run 2 Women's 15:00 Run 2 Men's Slalom	11:00 Parallel Mixed Team Event

COMPETITION FORMAT AND RULES

Please refer to the Alpine Skiing Sports Explanatory Brochures available online at the IOC NOC Net.

OFFICIAL TRAINING

The official training for Super-G is scheduled on January 9th from 10:00 to 12:00. During the race days, an additional training slope (for GS/SL) will be prepared near the Field of Play. Training gates will be provided on site and the course setting will be arranged during the Team Captain Meeting and realised by NOC officials. The teams will have to pre-book their training slots until 18:00 (latest) the day before at the SIC. Depending on snow conditions, the jury can decide to move or cancel training times or training spots. Any changes will be communicated at the TCM.

WARM-UP ZONE AND EQUIPMENT

After the Super-G competition, the upper section of the slope will be open for training and warm-up courses, those being limited during non-competition time.

Poles will be provided, while course setting will be arranged during Team Captain Meeting and realised by NOC officials.

COMPETITION MANAGEMENT

SPORT MANAGER	Bertrand Croisier
CHIEF OF RACE	Théophile Cuche
CHIEF OF COURSE	Lionel Hanker
SID MANAGER	Stéphanie Grobety
IF EVENT DELEGATE	Janez Flere and Jordi Pujol

TEAM CAPTAINS' MEETING

DAY	TIME	PLACE
08.01.2020	17:30 - 18:30	Lausanne, Amphimax (Room 414)
09.01.2020	14:30 - 15:30	Les Diablerets, Maison des Congrès
10.01.2020	14:30 - 15:30	Les Diablerets, Maison des Congrès
11.01.2020	16:00 - 17:00	Les Diablerets, Maison des Congrès
12.01.2020	15:00 - 16:00	Les Diablerets, Maison des Congrès
13.01.2020	15:00 - 16:00	Les Diablerets, Maison des Congrès
14.01.2020	16:30 - 17:30	Les Diablerets, Maison des Congrès

BIB DISTRIBUTION

Each NOC has to pick up their Bibs in the morning before the first Official Training (for Training Bibs) and then in the morning before each Competition (for Competition Bibs) at the Race Office.

NOC Team Officials and IF Representatives will be informed about Bib and other identification device distribution procedures upon arrival and also during the Initial Team Captain Meeting.

LAUSANNE 2020 LEARN & SHARE FOCUS DAY

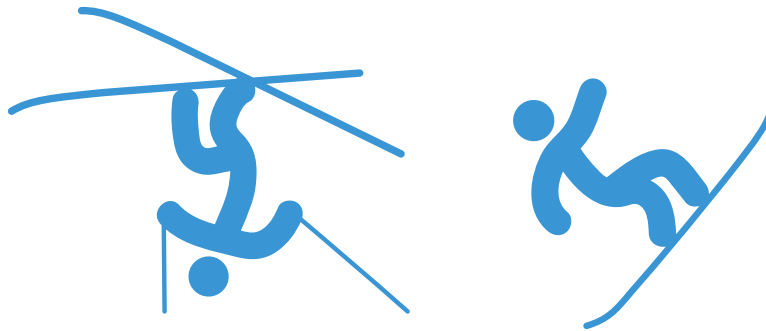
The Lausanne 2020 Alpine Skiing Learn & Share Focus Day will take place on Saturday 11th January 2020 from 18h00 to 19h00 at the Amphimax building, located in the Youth Olympic Village Lausanne. During this time there will be no competition or training sessions so that all participants will have the opportunity to attend the workshop.

This Learn & Share Focus Day proposed by the International Testing Agency (ITA) in collaboration with FIS and FIS Athlete Role Models will be called "ITA Clean Sports Lab".

The ITA Clean Sport Lab is an interactive experience that enables learning through workshop-composed simulations. The sessions will provide athletes with a first exposure of the testing process that they will inevitably experience either during the YOG or soon within their athletic career. The activity introduces all aspects of clean sport through stages designed to simulate a doping control process (notification, urine sample collection, blood sample collection and forms/declarations). The goal of the ITA Clean Sport Lab is to introduce and discuss the very important topic of anti-doping in a safe and positive environment.

13. LEYSIN PARK & PIPE (LPP)

Leysin Park & Pipe (LPP) will host the Park & Pipe competitions for Freestyle Skiing and Snowboard during Lausanne 2020.



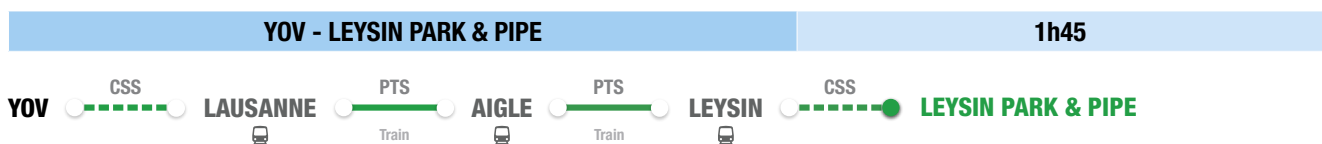
13.1. VENUE INFRASTRUCTURE

ATHLETE'S LOUNGE

All athletes competing in the Freestyle Skiing and Snowboard events will have access to the Athlete's Lounge at Leysin Park & Pipe. On Official Training days and Competition days, the lounge will open approximately 1 to 2 hours before the Training or Competition begins, depending on the athletes' planned arrival on the Venue using official transportation.

Please check the Lausanne 2020 Transport Plan for more detailed information about athletes' arrival times on the Competition Venue.

TRANSPORT



SPORT EQUIPMENT STORAGE AND WORKING SPACES

The sport equipment storage and the waxing spaces will be in one common shared space for all NOC. It is located in Leysin village in the Tourism Office building at the bottom of the ski resort (in proximity of the first gondola and CSS drop-off).

Each NOC will receive one badge to access the storage and waxing spaces. Security, opening and closing hours are managed by Lausanne 2020.

The waxing rooms are equipped with simple tables, 230V power (NOCs bring their own adapters if needed) and a waste bin. NOCs can bring their own waxing tables.

Opening and Closing hours of the storage and waxing spaces:

DAY	OPENING TIME	CLOSING TIME
15.01.2020	07:00	22:00
16.01.2020	07:00	22:00
17.01.2020	07:00	22:00
18.01.2020	07:00	22:00
19.01.2020	07:00	22:00
20.01.2020	07:00	22:00
21.01.2020	07:00	22:00
22.01.2020	07:00	17:00

13.2. FREESTYLE SKIING

EVENTS DESCRIPTION

AGE GROUP	QUOTAS	
	MEN	WOMEN
17 - 18 years old	40	40

There will be six (6) events in total in Freestyle Skiing (Park & Pipe):

MEN'S EVENTS	WOMEN'S EVENTS
Ski Halfpipe	Ski Halfpipe
Ski Slopestyle	Ski Slopestyle
Ski Big Air	Ski Big Air

FREESKI HALFPIPE AND FREESKI SLOPESTYLE

There are two events in both freeski halfpipe (HP) and freeski slopestyle (SS): men and women. The freeski halfpipe and freeski slopestyle competitions are judged sports. Each competitor performs individual runs with several tricks, spins and flips. There will be two runs in the Qualification and three runs in the Final. The best run is taken in account.

- **Qualification:**

- There may be one or two heats. All competitors take two runs and the best 12 competitors (if one heat) or six competitors (if two heats) qualify to the final.

- **Final:**

- There will be 12 competitors in the final. They will be ranked according to the best of three runs.

- **Alternate formats:**

- In the unlikely case that the event must be run faster (e.g. due to weather conditions or force majeure), alternate formats could be used (for example there will be no Qualification, the Final could be reduced to two runs, Qualification with two heats and double-up judging).

FREESKI BIG AIR

The freeski big air competition is a judged sport. The riders/competitors perform tricks on the BA jump by taking off from a kicker and aiming to attain sizable airtime, well executed tricks all while securing a clean solid landing. The BA kicker will be the exact same one as the first kicker from the Slopestyle course.

The competition format is based on two jumps in the qualification and three jumps in the final. The best jump counts in the qualification. The two best different jumps count in the finals. There are two events in freeski big air (BA): women and men.

- **Qualification:**

- There may be one or two heats. All competitors take two jumps and the best 12 competitors (if one heat) or six competitors (if two heats) qualify to the final. A competitor who is Disqualified (DSQ) in jump 1 is not permitted to start in jump 2.

- **Final:**

- There will be 12 competitors in the final. They will be ranked according to their two best (different) jumps of three.

- **Alternate formats:**

- In the unlikely case that the event must be run faster (e.g. due to weather conditions or force majeure), alternate formats could be used (for example there will be no Qualification, the Final could be reduced to two jumps, Qualification with two heats and double-up judging).

COMPETITION SCHEDULE

Please refer to the Lausanne 2020 Competition Schedule and the Lausanne 2020 Event Schedule available at the IOC NOC Net.

OFFICIAL TRAINING		PRELIMINARY EVENT		MEDAL EVENT		
DAY 07	DAY 08	DAY 09	DAY 10	DAY 11	DAY 12	DAY 13
16 January	17 January	18 January	19 January	20 January	21 January	22 January
09:15 Official Training	09:15 Official Training	09:30 Women's Freeski / Snowboard Slopestyle	09:30 Men's Freeski / Snowboard Slopestyle			
				09:30 Women's / Men's Snowboard Big Air Qualification	09:30 Women's / Men's Freeski Big Air Qualification	09:30 Women's / Men's Freeski / Snowboard Big Air Finals
		09:00 Men's Halfpipe Official Training	09:00 Women's Halfpipe Official Training	09:30 Women's / Men's Freeski Halfpipe	09:30 Women's / Men's Snowboard Halfpipe	

RULES

Please refer to the Freestyle Skiing Sports Explanatory Brochures available online at the IOC NOC Net.

OFFICIAL TRAININGS

Official Training times are set according the Competition Schedule. Any changes will be announced at the Team Captain Meeting. Bibs and helmet are mandatory for Official Trainings.

COMPETITION MANAGEMENT HALFPIPE

SPORT MANAGER	Romain Erard
CHIEF OF COMPETITION	Guido Van Meel

CHIEF OF COURSE	Emilien Schwizgebel
COURSE BUILDER	Ben Ravanel
SID MANAGER	Aline Turrian
IF EVENT DELEGATE	Martijn Oostdijk

COMPETITION MANAGEMENT SLOPESTYLE & BIG AIR

SPORT MANAGER	Romain Erard
CHIEF OF COMPETITION	Pascal Perret
CHIEF OF COURSE	Grégoire Marguet
COURSE BUILDER	Ben Ravanel
SID MANAGER	Aline Turrian
IF EVENT DELEGATE	Martijn Oostdijk

TEAM CAPTAINS' MEETING

DAY	TIME	PLACE
15.01.2020	18:00 - 19:30	Lausanne, Amphimax (Room 415)
16.01.2020	15:45 - 16:30	Leysin, Maison de Paroisse
17.01.2020	15:45 - 16:30	Leysin, Maison de Paroisse
18.01.2020	16:00 - 16:45	Leysin, Maison de Paroisse
19.01.2020	16:00 - 16:45	Leysin, Maison de Paroisse
20.01.2020	15:15 - 16:00	Leysin, Maison de Paroisse
21.01.2020	15:15 - 16:00	Leysin, Maison de Paroisse

BIB DISTRIBUTION

The Bib's for the athletes will be distributed after the TCM before the first Official Training and then after the TCM before each Competition. The athletes will keep the same Bib for all training days and will get a new Bib for each Competition event (HP, SS, BA). The NOCs are strongly encouraged to ensure that every athlete has his (right) Bib on the respective day.

NOC Team Officials and IF Representatives will be informed about bib and other identification devices distribution procedures upon arrival and also during the Initial Team Captain Meeting.

LAUSANNE 2020 LEARN & SHARE FOCUS DAY

The Lausanne 2020 Freestyle Skiing and Snowboard Learn & Share Focus Day will take place on Monday 20th January 2020 from 20h00 to 21h00 at the Amphimax building, located in the Youth Olympic Village Lausanne. During this time there will be no competition or training sessions so that all participants will have the opportunity to attend the workshop.

This Learn & Share Focus Day proposed by the International Testing Agency (ITA) in collaboration with FIS and FIS Athlete Role Models will be called "ITA Clean Sports Lab".

The ITA Clean Sport Lab is an interactive experience that enables learning through workshop-composed simulations. The sessions will provide athletes with a first exposure of the testing process that they will inevitably experience either during the YOG or soon within their athletic career. The activity introduces all aspects of clean sport through stages designed to simulate a doping control process (notification, urine sample collection, blood sample collection and forms/declarations).

The goal of the ITA Clean Sport Lab is to introduce and discuss the very important topic of anti-doping in a safe and positive environment.

13.3. SNOWBOARD

EVENTS DESCRIPTION

AGE GROUP	QUOTAS	
	MEN	WOMEN
16 - 18 years old	40	40

There will be six (6) events in total in Snowboard (Park & Pipe):

MEN'S EVENTS	WOMEN'S EVENTS
Snowboard Halfpipe	Snowboard Halfpipe
Snowboard Slopestyle	Snowboard Slopestyle
Snowboard Big Air	Snowboard Big Air

SNOWBOARD HALFPIPE AND SLOPESTYLE

There are two events in both halfpipe (HP) and slopestyle (SS): men and women. The halfpipe and slopestyle competitions are judged sports. Each competitor performs individual runs with several tricks, spins and flips.

There will be two runs in the Qualification and three runs in the Final. The best run is taken in account.

- **Qualification:**
 - There may be one or two heats. All competitors take two runs and the best 12 competitors (if one heat) or six competitors (if two heats) qualify to the final.
- **Final:**
 - There will be 12 competitors in the final. They will be ranked according to the best of three runs.
- **Alternate formats:**
 - In the unlikely case that the event must be run faster (e.g. due to weather conditions or force majeure), alternate formats could be used (for example there will be no Qualification, the Final could be reduced to two runs, Qualification with two heats and double-up judging).

SNOWBOARD BIG AIR

The big air competition is a judged sport. The competitors perform tricks on the BA jump by taking off from a kicker and aiming to attain sizable airtime, well executed tricks all while securing a clean solid landing. The BA kicker will be the exact same one as the first kicker from the Slopestyle course.

The competition format is based on two jumps in the qualification and three jumps in the final. The best jump counts in the qualification. The two best different jumps count in the finals. There are two events in big air (BA): women and men.

- **Qualification:**
 - There may be one or two heats. All competitors take two jumps and the best 12 competitors (if one heat) or six competitors (if two heats) qualify to the final. A competitor who is Disqualified (DSQ) in jump 1 is not permitted to start in jump 2.

- **Final:**

- There will be 12 competitors in the final. They will be ranked according to their two best (different) jumps of three.

- **Alternate formats:**

- In the unlikely case that the event must be run faster (e.g. due to weather conditions or force majeure), alternate formats could be used (for example there will be no Qualification, the Final could be reduced to two jumps, Qualification with two heats and double-up judging).

COMPETITION SCHEDULE

Please refer to the Lausanne 2020 Competition Schedule and the Lausanne 2020 Event Schedule available at the IOC NOC Net.

OFFICIAL TRAINING		PRELIMINARY EVENT		MEDAL EVENT		
DAY 07	DAY 08	DAY 09	DAY 10	DAY 11	DAY 12	DAY 13
16 January	17 January	18 January	19 January	20 January	21 January	22 January
09:15 Official Training	09:15 Official Training	09:30 Women's Freeski / Snowboard Slopestyle	09:30 Men's Freeski / Snowboard Slopestyle			
				09:30 Women's / Men's Snowboard Big Air Qualification	09:30 Women's / Men's Freeski Big Air Qualification	09:30 Women's / Men's Freeski / Snowboard Big Air Finals
		09:00 Men's Halfpipe Official Training	09:00 Women's Halfpipe Official Training	09:30 Women's / Men's Freeski Halfpipe	09:30 Women's / Men's Snowboard Halfpipe	

RULES

Please refer to the Snowboard Sports Explanatory Brochures available online at the IOC NOC Net.

OFFICIAL TRAININGS

Official training times according the Competition Schedule. Any changes will be announced at the TCM. Bib and helmet are mandatory for Official Trainings.

COMPETITION MANAGEMENT HALFPIPE

SPORT MANAGER	Romain Erard
CHIEF OF COMPETITION	Guido Van Meel
CHIEF OF COURSE	Emilien Schwizgebel
COURSE BUILDER	Ben Ravanel
SID MANAGER	Aline Turrian
IF EVENT DELEGATE	Peter Krogoll

COMPETITION MANAGEMENT SLOPESTYLE & BIG AIR

SPORT MANAGER	Romain Erard
CHIEF OF COMPETITION	Pascal Perret
CHIEF OF COURSE	Grégoire Marguet
COURSE BUILDER	Ben Ravanel
SID MANAGER	Aline Turrian
IF EVENT DELEGATE	Peter Krogoll

TEAM CAPTAINS' MEETING

DAY	TIME	PLACE
15.01.2020	18:00 - 19:30	Lausanne, Amphimax (Room 415)
16.01.2020	15:45 - 16:30	Leysin, Maison de Paroisse
17.01.2020	15:45 - 16:30	Leysin, Maison de Paroisse
18.01.2020	16:00 - 16:45	Leysin, Maison de Paroisse
19.01.2020	16:00 - 16:45	Leysin, Maison de Paroisse
20.01.2020	15:15 - 16:00	Leysin, Maison de Paroisse
21.01.2020	15:15 - 16:00	Leysin, Maison de Paroisse

BIB DISTRIBUTION

The Bibs for the athletes will be distributed after the TCM before the first Official Training and then after the TCM before each Competition. The athletes will keep the same Bib for all training days and will get a new Bib for each Competition event (HP, SS, BA). The NOCs are strongly encouraged to ensure that every athlete has his (right) Bib on the respective day.

NOC Team Officials and IF Representatives will be informed about bib and other identification devices distribution procedures upon arrival and also during the Initial Team Captain Meeting.

LAUSANNE 2020 LEARN & SHARE FOCUS DAY

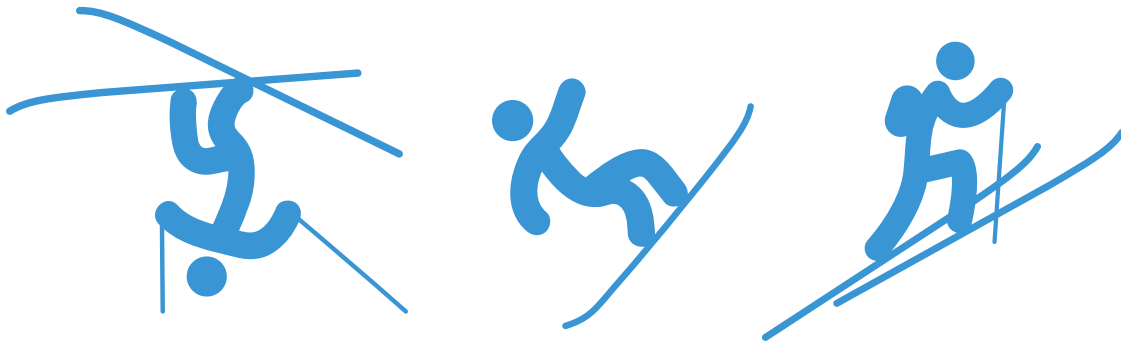
The Lausanne 2020 Freestyle Skiing and Snowboard Learn & Share Focus Day will take place on Monday 20th January 2020 from 20h00 to 21h00 at the Amphimax building, located in the Youth Olympic Village Lausanne. During this time there will be no competition or training sessions so that all participants will have the opportunity to attend the workshop.

This Learn & Share Focus Day proposed by the International Testing Agency (ITA) in collaboration with FIS and FIS Athlete Role Models will be called "ITA Clean Sports Lab".

The ITA Clean Sport Lab is an interactive experience that enables learning through workshop-composed simulations. The sessions will provide athletes with a first exposure of the testing process that they will inevitably experience either during the YOG or soon within their athletic career. The activity introduces all aspects of clean sport through stages designed to simulate a doping control process (notification, urine sample collection, blood sample collection and forms/declarations). The goal of the ITA Clean Sport Lab is to introduce and discuss the very important topic of anti-doping in a safe and positive environment.

14. VILLARS WINTER PARK (VWP)

Villars Winter Park (VWP) will host the Cross competitions for Freestyle Skiing and Snowboard, as well as all the Ski Mountaineering competitions during Lausanne 2020.

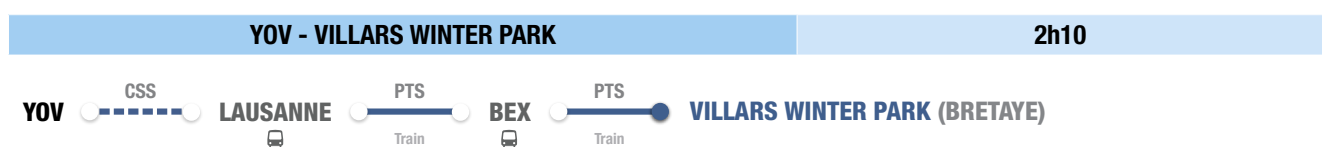


14.1. VENUE INFRASTRUCTURE

ATHLETE'S LOUNGE

All athletes competing in the Ski Mountaineering, Freestyle Skiing and Snowboard events will have access to the Athlete's Lounge at Villars Winter Park. On Official Training days and Competition days, the lounge will open approximately 1 to 2 hours before the Training or Competition begins, depending on the athletes' planned arrival on the Venue using official transportation. Please check the Lausanne 2020 Transport Plan for more detailed information about athletes' arrival times on the Competition Venue.

TRANSPORT



SPORT EQUIPMENT STORAGE AND WORKING SPACES

The sport equipment storage and the waxing spaces will be in one common shared space for all NOCs. It will be located in Bretaye, right next to the Field of Play, and is only accessible during daytime.

Security, opening and closing hours during the first week (Ski Mountaineering) are managed by Lausanne 2020 according to the table below.

Opening and Closing hours of the storage and waxing spaces:

DAY	OPENING TIME	CLOSING TIME
08.01.2020	08:00	16:30
09.01.2020	08:00	16:30
10.01.2020	08:00	16:30
11.01.2020	08:00	16:30
12.01.2020	08:00	16:30
13.01.2020	08:00	16:30
14.01.2020	08:00	16:30

For the second week (Ski Cross and Snowboard Cross), each NOC will get a key and bears responsibility for that key. The last NOC leaving the room has to lock by key.

The waxing rooms are equipped with simple tables, 230V power (NOCs bring their own adapters if needed) and a waste bin. NOCs can bring their own waxing tables to the Competition Venues.

14.2. FREESTYLE SKIING

EVENTS DESCRIPTION

AGE GROUP	QUOTAS	
	MEN	WOMEN
16 - 18 years old	24	24

There will be three (3) events in total in Freestyle Skiing (Cross):

MEN'S EVENTS	WOMEN'S EVENTS	MIXED EVENTS
Ski Cross	Ski Cross	Ski Snowboard Cross Mixed Team

SKI CROSS

There are two events in ski cross (SX): men and women. Each event consists of one phase: the final. A specially prepared course of jumps, turns, roller sections and banks test the competitors' skills. Bib numbers are assigned based upon the FIS Seeding List. A start gate is used to allow the competitors to enter the course.

The final consists of Group Heats (two panels), Semi-finals, Small Final and the Big Final, divided into heats of up to four competitors. In the group heats each competitor in the same pool competes against all others in a round robin scheme. Points are awarded in each heat based upon rank as follows: 1st=4 pts, 2nd=3 pts, 3rd=2 pts, 4th=1 pt.

The top four competitors from each panel of group heats qualify to the semi-finals. The top two competitors from each semi-final advance to the Big Final and the other competitors advance to the Small Final.

Ranking at the finish of a heat is determined by the order of crossing the finish line. If more than one competitor fails to complete the course by crossing the finish line, the competitor who made it further down the course will receive the better rank. If two or more competitors cross the finish line simultaneously, the ranking will be determined by the first part of the body or ski that crosses the finish line.

FREESKI BIG AIR

Each team has four members. They will run in the following order: Female snowboarder, female skier, male snowboarder, male skier.

The Team Ski-Snowboard Cross (XT) consists of Finals only. The Pre-heats, Quarterfinals, Semi-finals, Big Final and Small Final are divided into heats of up to four teams. The bib numbers correspond to the teams' seeding rank (based on the sum of the FIS points of each team member).

Each team member will make one run - following each other as a relay. For the 2nd, 3rd and 4th starters in a team, the starting gate will automatically open when their previous team mate crosses the finish line. If a competitor cannot finish or finishes in a time exceeding the penalty time, the gate will open when the penalty time is reached (one competitor can never start more than the penalty time behind in any run of the entire heat).

The top two teams from each heat advance to the next phase. If there are more than 16 teams, pre-heats will be organised with 2 teams progressing from each pre-heat to the Quarterfinal (e.g. if 20 teams are entered, 8 teams will go through pre-heats and 4 qualify to the Quarterfinals).

The penalty time will be announced to the teams during the Team Captains' meeting.

COMPETITION SCHEDULE

Please refer to the Lausanne 2020 Competition Schedule and the Lausanne 2020 Event Schedule available at the IOC NOC Net.

TRAINING OPPORTUNITY		OFFICIAL TRAINING	PRELIMINARY EVENT	MEDAL EVENT
DAY 08	DAY 09	DAY 10	DAY 11	DAY 12
17 January	18 January	19 January	20 January	21 January
10:00 Ski Cross Training Opportunity	13:00 Ski Cross Official Training	11:00 Women's / Men's Ski Cross	10:00 Ski Cross Training Opportunities	11:00 Ski-Snowboard Cross Mixed Team
13:00 Snowboard Cross Training Opportunity	10:00 Snowboard Cross Official Training	10:00 Snowboard Cross Training Opportunity	11:00 Women's / Men's Snowboard Cross	

RULES

Please refer to the Freestyle Skiing Sports Explanatory Brochures available online at the IOC NOC Net.

BOOKING OF SLOTS AT TRAINING OPPORTUNITIES

Attendance at the first TCM before the Official Training (which takes place at 10:00 on January 17th) is mandatory to take part in the Official Training on that day.

During the beginning (10:00 – 12:00) of the Snowboard Cross race on January 20th, a start-training is offered to the Ski Cross teams. Training Bibs are mandatory.

COMPETITION MANAGEMENT

SPORT MANAGER	Dieter Waldspurger
CHIEF OF COMPETITION	Dieter Waldspurger
CHIEF OF COURSE	Vivian Mottet
CHIEF OF START	Marc Waldspurger
COURSE BUILDER	Nicolas Vaudroz
HEAD SHAPER	Reto Kestenholz
SID MANAGER	Christine Griessen
IF EVENT DELEGATE	Martijn Oostdijk

TEAM CAPTAINS' MEETING

DAY	TIME	PLACE
17.01.2020	09:50 - 10:00	Start Cross Course VWP
17.01.2020	17:00 - 18:00	Lausanne, Amphimax (Room 415)
18.01.2020	15:30 - 16:15	Villars-Bretaye (Room "Guests")
19.01.2020	15:30 - 16:15	Villars-Bretaye (Room "Guests")
20.01.2020	15:30 - 16:15	Villars-Bretaye (Room "Guests")

BIB DISTRIBUTION

Athletes Bibs will be distributed at the start before the first Training and then again at the start before each Competition. The athletes will keep the same Bib for all Training days and will get a new Bib for each Competition event.

NOC Team Officials and IF Representatives will be informed about Bib and other identification device distribution procedures upon arrival and also during the Initial Team Captain Meeting.

LAUSANNE 2020 LEARN & SHARE FOCUS DAY

The Lausanne 2020 Freestyle Skiing and Snowboard Learn & Share Focus Day will take place on Monday 20th January 2020 from 20h00 to 21h00 at the Amphimax building, located in the Youth Olympic Village Lausanne. During this time there will be no competition or training sessions so that all participants will have the opportunity to attend the workshop.

This Learn & Share Focus Day proposed by the International Testing Agency (ITA) in collaboration with FIS and FIS Athlete Role Models will be called "ITA Clean Sports Lab".

The ITA Clean Sport Lab is an interactive experience that enables learning through workshop-composed simulations. The sessions will provide athletes with a first exposure of the testing process that they will inevitably experience either during the YOG or soon within their athletic career. The activity introduces all aspects of clean sport through stages designed to simulate a doping control process (notification, urine sample collection, blood sample collection and forms/declarations). The goal of the ITA Clean Sport Lab is to introduce and discuss the very important topic of anti-doping in a safe and positive environment.

14.3. SNOWBOARD**EVENTS DESCRIPTION**

AGE GROUP	QUOTAS	
	MEN	WOMEN
16 - 18 years old	24	24

There will be three (3) events in total in Snowboard (Cross):

MEN'S EVENTS	WOMEN'S EVENTS	MIXED EVENTS
Snowboard Cross	Snowboard Cross	Ski Snowboard Cross Mixed Team

SNOWBOARD CROSS

There are two events in snowboard cross (SBX): men and women. Each event consists of one phase: the final. A specially prepared course of jumps, turns, roller sections and banks test the competitors' skills. Bib numbers are assigned based upon the FIS Seeding List. A start gate is used to allow the competitors to enter the course.

The final consists of Group Heats (two panels), Semi-finals, Small Final and the Big Final, divided into heats of up to four competitors. In the group heats each competitor in the same pool competes against all others in a round robin scheme. Points are awarded in each heat based upon rank as follows: 1st=4 pts, 2nd=3 pts, 3rd=2 pts, 4th=1 pt.

The top four competitors from each panel of group heats qualify to the semi-finals. The top two competitors from each semi-final advance to the Big Final and the other competitors advance to the Small Final.

Ranking at the finish of a heat is determined by the order of crossing the finish line. If more than one competitor fails to complete the course by crossing the finish line, the competitor who made it further down the course will receive the better rank. If two or more competitors cross the finish line simultaneously, the ranking will be determined by the first part of the body or ski that crosses the finish line.

SKI SNOWBOARD CROSS MIXED TEAM

Each team has four members. They will run in the following order: Female snowboarder, female skier, male snowboarder, male skier.

The Team Ski-Snowboard Cross (XT) consists of Finals only. The Pre-heats, Quarterfinals, Semi-finals, Big Final and Small Final are divided into heats of up to four teams. The bib numbers correspond to the teams' seeding rank (based on the sum of the FIS points of each team member).

Each team member will make one run - following each other as a relay. For the 2nd, 3rd and 4th starters in a team, the starting gate will automatically open when their previous team mate crosses the finish line. If a competitor cannot finish or finishes in a time exceeding the penalty time, the gate will open when the penalty time is reached (one competitor can never start more than the penalty time behind in any run of the entire heat).

The top two teams from each heat advance to the next phase. If there are more than 16 teams, pre-heats will be organised with 2 teams progressing from each pre-heat to the Quarterfinal (e.g. if 20 teams are entered, 8 teams will go through pre-heats and 4 qualify to the Quarterfinals).

The penalty time will be announced to the teams during the Team Captains' meeting.

COMPETITION SCHEDULE

Please refer to the Lausanne 2020 Competition Schedule and the Lausanne 2020 Event Schedule available at the IOC NOC Net.

TRAINING OPPORTUNITY		OFFICIAL TRAINING	PRELIMINARY EVENT	MEDAL EVENT
DAY 08	DAY 09	DAY 10	DAY 11	DAY 12
17 January	18 January	19 January	20 January	21 January
10:00 Ski Cross Training Opportunity	13:00 Ski Cross Official Training	11:00 Women's / Men's Ski Cross	10:00 Ski Cross Training Opportunities	11:00 Ski-Snowboard Cross Mixed Team
13:00 Snowboard Cross Training Opportunity	10:00 Snowboard Cross Official Training	10:00 Snowboard Cross Training Opportunity	11:00 Women's / Men's Snowboard Cross	

RULES

Please refer to the Snowboard Sports Explanatory Brochures available online at the IOC NOC Net.

BOOKING OF SLOTS AT TRAINING OPPORTUNITIES

Attendance at the first TCM before the Official Training (which takes place at 13:00 on January 17th) is mandatory to take part in the Official Training on that day.

During the beginning (10:00 – 12:00) of the Ski Cross race on January 20th, a start-training is offered to the Snowboard Cross teams. Training Bibs are mandatory.

COMPETITION MANAGEMENT HALFPIPE

SPORT MANAGER	Dieter Waldspurger
CHIEF OF COMPETITION	Dieter Waldspurger

CHIEF OF COURSE	Vivian Mottet
CHIEF OF START	Marc Waldspurger
COURSE BUILDER	Nicolas Vaudroz
HEAD SHAPER	Reto Kestenholz
SID MANAGER	Christine Griessen
IF EVENT DELEGATE	Peter Krogoll

TEAM CAPTAINS' MEETING

DAY	TIME	PLACE
17.01.2020	12:50 - 13:00	Start Cross Course VWP
17.01.2020	17:00 - 18:00	Lausanne, Amphimax (Room 415)
18.01.2020	15:30 - 16:15	Villars-Bretaye (Room "Guests")
19.01.2020	15:30 - 16:15	Villars-Bretaye (Room "Guests")
20.01.2020	15:30 - 16:15	Villars-Bretaye (Room "Guests")

BIB DISTRIBUTION

Athletes Bibs will be distributed after the Team Captain Meeting before the first Official Training and then after the Team Captain Meeting before each Competition. The athletes will keep the same Bib for all Training days and will get a new Bib for each Competition event. NOC Team Officials and IF Representatives will be informed about Bib and other identification device distribution procedures upon arrival and also during the Initial Team Captain Meeting.

LAUSANNE 2020 LEARN & SHARE FOCUS DAY

The Lausanne 2020 Freestyle Skiing and Snowboard Learn & Share Focus Day will take place on Monday 20th January 2020 from 20h00 to 21h00 at the Amphimax building, located in the Youth Olympic Village Lausanne. During this time there will be no competition or training sessions so that all participants will have the opportunity to attend the workshop. This Learn & Share Focus Day proposed by the International Testing Agency (ITA) in collaboration with FIS and FIS Athlete Role Models will be called "ITA Clean Sports Lab". The ITA Clean Sport Lab is an interactive experience that enables learning through workshop-composed simulations. The sessions will provide athletes with a first exposure of the testing process that they will inevitably experience either during the YOG or soon within their athletic career. The activity introduces all aspects of clean sport through stages designed to simulate a doping control process (notification, urine sample collection, blood sample collection and forms/declarations). The goal of the ITA Clean Sport Lab is to introduce and discuss the very important topic of anti-doping in a safe and positive environment.

14.4. SKI MOUNTAINEERING

EVENTS DESCRIPTION

AGE GROUP	QUOTAS	
	MEN	WOMEN
17 - 18 years old	24	24

There will be five (5) events in total in Ski Mountaineering:

MEN'S EVENTS	WOMEN'S EVENTS	MIXED EVENTS
Sprint	Sprint	Mixed NOC Relay
Individual	Individual	

INDIVIDUAL EVENT

The individual race is based on the single individual athlete. There will be at least three ascents and descents. There is also a section on foot with the skis carried on the rucksack. The individual race normally lasts from one to one and a half hours and covers a total height gain of from 800 to 1300m. This event has a mass start; the winner is the first to cross the line.

SPRINT EVENT

A short individual race, combining the essential ski mountaineering features and techniques with an ascent on skis, part of the ascent on foot with skis on the rucksack and then, from the top, a single descent. As the title implies this is a very fast race and is based on completing the total course in approximately three minutes for the faster racers. The total ascent and descent is approximately 100m in height difference, with athletes starting and finishing at almost the same point. The first round is an individual seeding race with athletes starting one after the other every 30 seconds. After first round athletes face each other in heats of six athletes from quarterfinal to final. The three fastest from each heat qualify to the next round. In the final the winner is the first to cross the line.

MIXED RELAY EVENT

The Mixed relay race comprises teams of four athletes (two women and two men), who may be from a single NOC or multiple NOCs, who each race the «circuit» one after the other, with each athlete completing a single lap. This is quite a fast event, with each circuit lasting about 15 minutes, including two ascents and two descents, and a short section with the skis on the rucksack. The total height gain is about 150 to 180m.

The circuit is based on a similar course to the Sprint race. Participation will be in the following order: Female-Male-Female-Male.

The race begins with a mass start for the first team member from each team. Usually there is only one row/line. First participants lined up and start together, then as they complete the circuit the «baton» is then passed to the next in the team. There is no physical baton as the athletes are holding ski poles. The relay (no physical baton) is exchanged when the finishing athlete's leg reaches the hand-over zone and touches any part of the following athlete's body with his/her hand. This hand-over must take place within the relay hand-over zone. In relation to 48 athletes quota we can suppose that teams taking part in the Mixed Relay are 12 composed by 4 athletes each. Each member of the relay team runs just one relay lap; in this way the relay ends with the fourth lap.

COMPETITION SCHEDULE

Please refer to the Lausanne 2020 Competition Schedule and the Lausanne 2020 Event Schedule available at the IOC NOC Net.

TRAINING OPPORTUNITY		OFFICIAL TRAINING		PRELIMINARY EVENT		MEDAL EVENT
DAY -1	DAY 00	DAY 01	DAY 02	DAY 03	DAY 04	DAY 05
08 January	09 January	10 January	11 January	12 January	13 January	14 January
10:00 Training Opportunity	10:00 Official Training	10:30 Women's Individual 12:30 Men's Individual	10:00 Training Opportunity	10:00 Official Training	10:30 Women's Sprint Men's Sprint	11:00 Mixed NOC Relay

RULES

Please refer to the Ski Mountaineering Sports Explanatory Brochures available online at the IOC NOC Net.

BOOKING OF SLOTS AT TRAINING OPPORTUNITIES

No bookings for Official Training needed. Depending on snow conditions, the jury can decide to move or cancel Training times or Training spots.

Any changes will be communicated at the Team Captain Meeting.

COMPETITION MANAGEMENT HALFPIPE

SPORT MANAGERS	Yannick Schmalz
	Johann Tâche
RACE DIRECTOR	Johann Tâche
TRACE DIRECTOR	Yannick Schmalz
SID MANAGER	Marie Tâche
IF EVENT DELEGATE	Roberto Cavallo

TEAM CAPTAINS' MEETING

DAY	TIME	PLACE
08.01.2020	18:30 - 19:30	Lausanne, Amphimax (Room 414)
09.01.2020	12:30 - 13:15	Villars-Bretaye, Room « Guests »
10.01.2020	10:00 - 10:15	Villars-Bretaye, Athlete's Tent
12.01.2020	14:15 - 15:00	Villars-Bretaye, Room « Guests »
13.01.2020	10:00 - 10:15	Villars-Bretaye, Athlete's Tent
14.01.2020	10:30 - 10:45	Villars-Bretaye, Athlete's Tent

BIB DISTRIBUTION

Each NOC has to pick up their stickers and rucksack numbers in the morning before the first Official Training (Training Bib) and then in the morning before each Competition (Competition Bib) at the athlete's tent in Bretaye.

NOC Team Officials and IF Representatives will be informed about Bib and other identification device distribution procedures upon arrival and also during the Initial Team Captain Meeting.

LAUSANNE 2020 LEARN & SHARE FOCUS DAY

The Lausanne 2020 Ski Mountaineering Learn & Share Focus Day will take place on Sunday 12th January 2020 from 13h00 to 15h30 on the Villars Winter Park Competition Venue. During this time there will be no competition or training sessions so that all participants will have the opportunity to attend the workshop.

This Learn & Share Focus Day proposed by ISMF, in collaboration with the International Testing Agency (ITA), will be built around two workshops: An Anti-Doping workshop and a DVA workshop.

The workshop will happen as follows:

- Introduction and welcome to the Focus Day.
- Workshops on DVA and Anti-Doping.
- Feedback and end.

Athletes will be separated in two groups and will and will rotate from one workshop to the other one in order to have a better participation. Both workshops will last approximately an hour. The two main subjects that will be addressed by the ITA will be long-term negative effects of doping on an athlete's health, as well as the moral side of doping, among others.

15. LES TUFFES NORDIC CENTRE (TNC)

Les Tuffes Nordic Centre (TNC) will host all the Biathlon competitions, as well as all the Nordic Combined and Ski Jumping competitions during Lausanne 2020.



15.1. VENUE INFRASTRUCTURE

ATHLETE'S LOUNGE

All athletes competing in the Biathlon, Nordic Combined and Ski Jumping events will have access to the Athlete's Lounge at Les Tuffes Nordic Centre. On Official Training days and Competition days, the lounge will open approximately 1 to 2 hours before the Training or Competition begins, depending on the athletes' planned arrival on the Venue using official transportation. Please check the Lausanne 2020 Transport Plan for more detailed information about athletes' arrival times on the Competition Venue.

TRANSPORT

YOV - LES TUFFES NORDIC CENTRE

1h30

YOV  PPS  LES TUFFES NORDIC CENTRE

SPORT EQUIPMENT STORAGE AND WORKING SPACES

The sport equipment storage and the waxing spaces will be in one dedicated or shared (depending on the size of the NOC) space for the NOCs. It is located in Les Tuffes on the Competition Venue, next to the Field of Play.

The waxing rooms are equipped with simple tables, 230V power (NOCs bring their own adapters if needed) and a waste bin. NOCs must bring their own waxing tables and equipment to the Competition Venues.

Ski Jumping & Nordic Combined:

All NOCs will have their own waxing and storage cabin. Key distribution for storage and wax cabins will be at the Race Office with a deposit of 50 Euros per cabin. Each NOC bears responsibility for the dedicated waxing and storage cabin.

Biathlon:

NOCs composed of 1 to 3 athletes will share their storage and waxing cabin with another NOC (maximum 2 NOCs per cabin). NOCs composed of 4 athletes or more will have their own storage and waxing cabin. Key distribution for storage and wax cabins will be at the Race Office with a deposit of 50 Euros per cabin. Each NOC bears responsibility for the dedicated waxing and storage cabin.

The Biathlon rifles and the ammunition will be stored in a shared armoury, where security, opening and closing hours are also managed by Lausanne 2020. Please refer to the Biathlon Rifles and Ammunition Guide for more information.

Please be aware that for Biathlon (specially rifles and ammunition) a specific procedure is in place, due to border crossing (Les Tuffes, France) and weapons law and handling. Step by step procedure is explained in Biathlon Rifle and Ammunition Guide published last November 2019 on the Lausanne 2020 Extranet.

Opening and Closing Times of Rifle and Ammunition Storage:

DAY	OPENING TIME	CLOSING TIME
08.01.2020	08:30	16:30
09.01.2020	08:30	16:30
10.01.2020	08:30	16:30
11.01.2020	08:30	16:30
12.01.2020	08:30	16:30
13.01.2020	08:30	16:30
14.01.2020	08:30	16:30
15.01.2020	08:30	13:00

15.2. BIATHLON

EVENTS DESCRIPTION

AGE GROUP	QUOTAS	
	MEN	WOMEN
17 - 18 years old	100	100

There will be six (6) events in total in Biathlon:

MEN'S EVENTS	WOMEN'S EVENTS	MIXED EVENTS
Individual 12.5km	Individual 10km	Single Mixed Relay
Sprint 7.5km	Sprint 6km	Mixed Relay

EVENT	MEN	MEN	MEN	MEN	MEN	MEN
Individual	Men = 12.5km Women = 10km	Up to 4 athletes per NOC per event	Interval start, usually 30 sec.	Prone, Standing, Prone, Standing	5	45 seconds per missed target
Sprint	Men = 7.5km Women = 6km	Up to 4 athletes per NOC per event	Interval start, usually 30 sec.	Prone, Standing	5	One 150 loop per missed target
Single Mixed Relay	Men = 3km + 4.5km Women = 3km + 3km	One team per NOC. Each team is composed of one woman and one man from the same NOC, each of them running twice. Order: W-M- W-M	Simultaneous start	One Prone and one Standing per leg	5 + 3 spare	One 75m loop per missed target
Mixed Relay	Men = 2x7.5km Women = 2x6km	One team per NOC. Each team is composed of two women and two men from the same NOC. Order: W-W-M-M	Simultaneous start	One Prone and one Standing per leg	5 + 3 spare	One 150m loop per missed target

COMPETITION SCHEDULE

Please refer to the Lausanne 2020 Competition Schedule and the Lausanne 2020 Event Schedule available at the IOC NOC Net.

TRAINING OPPORTUNITY		OFFICIAL TRAINING		PRELIMINARY EVENT		MEDAL EVENT	
DAY -1	DAY 00	DAY 01	DAY 02	DAY 03	DAY 04	DAY 05	DAY 06
08 January	09 January	10 January	11 January	12 January	13 January	14 January	15 January
10:30 Women's Training Opportunity 13:30 Men's Training Opportunity	10:30 Women's Training Opportunity 13:30 Men's Training Opportunity	10:30 Women's Official Training 13:30 Men's Official Training	10:30 Women's Individual 10km 13:30 Men's Individual 12.5km	10:30 Single Mixed Relay	10:30 Men's Official Training 13:30 Women's Official Training	10:30 Men's Sprint 7.5km 13:30 Women's Sprint 6km	10:30 Mixed Relay

COMPETITION FORMAT AND RULES

Please refer to the Biathlon Sports Explanatory Brochures available online at the IOC NOC Net.

TRAINING

Training Sessions as planned in the Competition Schedule accordingly for women and men. Each NOC will be allocated one shooting lane for zeroing.

COMPETITION MANAGEMENT

SPORT MANAGER	Christophe Vassallo
COMPETITION MANAGER	Christophe Vassallo
CHIEF OF RANGE	Loïc Page
CHIEF OF COURSE	Stéphane Bouthiaux
SID MANAGER	Chloé Blanc
IF EVENT DELEGATE	Arne Eidam

TEAM CAPTAINS' MEETING

DAY	TIME	PLACE
08.01.2020	20:30 - 21:30	Lausanne, Amphimax (Room 414)

BIB DISTRIBUTION

Bibs will be handed out before the first Official Training (Training Bib) and then in the morning before each competition (Competition Bib and Thigh Number) from 08:30 in the Race Office.

NOC Team Officials and IF Representatives will be informed about bib and other identification devices distribution procedures upon arrival and also during the Initial Team Captain Meeting.

LAUSANNE 2020 LEARN & SHARE FOCUS DAY

The Lausanne 2020 Biathlon Learn & Share Focus Day will take place on Sunday 12th January 2020 from 13h30 to 18h00 at the Amphimax building, located in the Youth Olympic Village Lausanne. During this time there will be no competition or training sessions so that all participants will have the opportunity to attend the workshop.

This Learn & Share Focus Day proposed by IBU will be built around “Biathlon challenge circle, try and explore the different components of Biathlon”. The first part of the session will be a podium discussion with two Biathlon Athlete Role Models, followed by a Q&A with these same ARMs. The rest of the session will be composed of a quiz, as well as games where athletes get to know each other in various groups of 10 to 15 athletes.

15.3. SKI JUMPING

EVENTS DESCRIPTION

AGE GROUP	QUOTAS	
	MEN	WOMEN
16 - 18 years old	40	40

There will be four (4) events in total in Ski Jumping:

MEN'S EVENTS	WOMEN'S EVENTS	MIXED EVENTS
Individual	Individual	Mixed Team
		Nordic Mixed Team

INDIVIDUAL EVENTS

Prior to the competition, a trial jump (round) will be held, which is not mandatory for the competitors. The competition itself consists of a first round and a final round. All competitors take part in the first round.

The start interval between two competitors is approximately 45-50 seconds. The green starting signal indicates to competitors that the hill is clear, and that they must start within the next 10 seconds (start control time). A competitor who does not leave the starting gate within the 10 second period will be disqualified.

The starting order for the training, trial and first competition rounds is drawn randomly. In the final round, competitors start in reverse order of the results from the first round.

TEAM EVENT

In the team competition there are four groups for both the trial round and the two competition rounds. One competitor from each team is entered into each of the groups. Female competitors from Nordic Combined start in the first group, then male competitors from Nordic Combined in the second group, then female competitors from Ski Jumping in the third group and then male competitors from Ski Jumping in the fourth group.

The competitors must remain in the same group for the trial round and both competition rounds. If necessary, due to external conditions, the length of the in-run can be changed after each group or round. Only one specific group or round can be cancelled and restarted. The start order is drawn randomly. All teams participate in the final round. During the final round, the last group will start in reverse order of the team's rank after the third group.

NORDIC MIXED TEAM NH 4X3.3

Twenty teams are expected to take part in the event. Teams are made up on six athletes from the same NOC; one male and one female Cross-Country skier, one male and one female Ski Jumper, and one male and one female Nordic Combined athlete. The event consists of one trial and one scored ski jump on the normal hill (NH) for four team members (female ski jumper, female Nordic Combined athlete, male Nordic Combined athlete, male ski jumper), and a 4 x 3.3km Cross-Country Relay free technique race for four team members (female Cross-Country skier, female Nordic Combined athlete, male Cross-Country skier, male Nordic Combined athlete). The Ski Jumping part of the event must take place before the Cross-Country race as the Ski Jumping results (differences in points) are converted into time differences to establish the Cross-Country starting order. This last event will take place on the FOP of two different Venues, les Tuffes Nordic Centre for the Ski Jumping part, then the Valley de Joux Cross-Country Centre for the second part. An organized and escorted convoy will ensure the transfer of all participants between the two concerned Venues.

COMPETITION SCHEDULE

Please refer to the Lausanne 2020 Competition Schedule and the Lausanne 2020 Event Schedule available at the IOC NOC Net.

TRAINING OPPORTUNITY		OFFICIAL TRAINING		PRELIMINARY EVENT	MEDAL EVENT	
DAY 07	DAY 08	DAY 09	DAY 10	DAY 11	DAY 12	DAY 13
16 January	17 January	18 January	19 January	20 January	21 January	22 January
13:00 Training Opportunity	13:00 Official Training	13:00 Official Training	10:30 Women's Individual 14:00 Men's Individual	10:30 Mixed Teams		10:00 Ski Jumping (at Les Tuffes Nordic Centre) 13:30 Cross-Country (at Vallée de Joux Cross-Country Centre) Nordic Mixed Team NH 4x3.3km

COMPETITION FORMAT AND RULES

Please refer to the Ski Jumping Sports Explanatory Brochures available online at the IOC NOC Net.

BOOKING OF SLOTS AT TRAINING OPPORTUNITIES

Slots at Training Opportunities will have to be booked at the Sports Information Centre at the Youth Olympic Village Lausanne until latest 18:00 the day before.

COMPETITION MANAGEMENT

SPORT MANAGER	Geoffrey Lafarge
COMPETITION MANAGER	Geoffrey Lafarge
CHIEF OF INRUN	Nicolas Henry Michaud
45CHIEF OF HILL	Joel Pagnier
SID MANAGER	Melissa Cretin
IF EVENT DELEGATE	Aga Baczkowska

TEAM CAPTAINS' MEETING

DAY	TIME	PLACE
16.01.2020	18:00 - 19:00	Lausanne, Amphimax (Room 415)
17.01.2020	11:30 - 12:00	Tuffes Nordic Center
19.01.2020	08:30 - 09:00	Tuffes Nordic Center
19.01.2020	16:30 - 17:00	Tuffes Nordic Center
21.01.2020	18:15 - 19:15	Lausanne, Amphimax (Room 415)

BIB DISTRIBUTION

Each NOC has to pick up their Bibs in the morning before the first Official Training (Training Bib) and then in the morning before each competition (Competition Bib) at the Race Office.

NOC Team Officials and IF Representatives will be informed about bib and other identification devices distribution procedures upon arrival and also during the Initial Team Captain Meeting that will take place at the Youth Olympic Village Lausanne on 16 January from 18h00 to 19h00.

LAUSANNE 2020 LEARN & SHARE FOCUS DAY

The Lausanne 2020 Nordics Learn & Share Focus Day will take place on Tuesday 21st January 2020 from 20h00 to 21h00 at the Amphimax building, located in the Youth Olympic Village Lausanne. During this time there will be no competition or training sessions so that all participants will have the opportunity to attend the workshop.

This Learn & Share Focus Day proposed by the International Testing Agency (ITA) in collaboration with FIS and FIS Athlete Role Models will be called "ITA Clean Sports Lab".

The ITA Clean Sport Lab is an interactive experience that enables learning through workshop-composed simulations. The sessions will provide athletes with a first exposure of the testing process that they will inevitably experience either during the YOG or soon within their athletic career. The activity introduces all aspects of clean sport through stages designed to simulate a doping control process (notification, urine sample collection, blood sample collection and forms/declarations). The goal of the ITA Clean Sport Lab is to introduce and discuss the very important topic of anti-doping in a safe and positive environment.

15.4. NORDIC COMBINED

EVENTS DESCRIPTION

AGE GROUP	QUOTAS	
	MEN	WOMEN
16 - 18 years old	40	40

There will be four (4) events in total in Nordic Combined:

MEN'S EVENTS	WOMEN'S EVENTS	MIXED EVENTS
Individual NH / 6km	Individual NH / 4km	Mixed Team
		Nordic Mixed Team

WOMEN'S INDIVIDUAL NH/4KM EVENT

Consists of one trial and one scored ski jump on the normal hill (NH), and a 4km Cross-Country free technique race.

MEN'S INDIVIDUAL NH/6KM EVENT

Consists of one trial and one scored ski jump on the normal hill (NH), and a 6km Cross-Country free technique race.

TEAM EVENT (SKI JUMPING)

In the team competition there are four groups for both the trial round and the two competition rounds. One competitor from each team is entered into each of the groups. Female competitors from Nordic Combined start in the first group, then male competitors from Nordic Combined in the second group, then female competitors from Ski Jumping in the third group and then male competitors from Ski Jumping in the fourth group. The competitors must remain in the same group for the trial round and both competition rounds. If necessary, due to external conditions, the length of the in-run can be changed after each group or round. Only one specific group or round can be cancelled

and restarted. The start order is drawn randomly. All teams participate in the final round. During the final round, the last group will start in reverse order of the team's rank after the third group.

NORDIC MIXED TEAM NH 4X3.3

Twenty teams are expected to take part in the event. Teams are made up on six athletes from the same NOC; one male and one female Cross-Country skier, one male and one female Ski Jumper, and one male and one female Nordic Combined athlete.

The event consists of one trial and one scored ski jump on the normal hill (NH) for four team members (female ski jumper, female Nordic Combined athlete, male Nordic Combined athlete, male ski jumper), and a 4 x 3.3km Cross-Country Relay free technique race for four team members (female Cross-Country skier, female Nordic Combined athlete, male Cross-Country skier male Nordic Combined athlete).

The Ski Jumping part of the event must take place before the Cross-Country race as the Ski Jumping results (differences in points) are converted into time differences to establish the Cross-Country starting order.

This last event will take place on the FOP of two different Venues, les Tuffes Nordic Centre for the Ski Jumping part, then the Valley de Joux Cross-Country Centre for the second part.

An organized and escorted convoy will ensure the transfer of all participants between the two concerned Venues.

COMPETITION SCHEDULE

Please refer to the Lausanne 2020 Competition Schedule and the Lausanne 2020 Event Schedule available at the IOC NOC Net.

TRAINING OPPORTUNITY		OFFICIAL TRAINING		PRELIMINARY EVENT		MEDAL EVENT
DAY 07	DAY 08	DAY 09	DAY 10	DAY 11	DAY 12	DAY 13
16 January	17 January	18 January	19 January	20 January	21 January	22 January
10:00 Training Opportunity	10:00 Official Training	10:00 Women's Individual NH/4km Men's Individual NH/6km	14:00 Training Opportunity	10:30 Mixed Teams	15:15 Official Training (at Vallée de Joux Cross-Country Centre)	10:00 Ski Jumping (at Les Tuffes Nordic Centre) 13:30 Cross-Country (at Vallée de Joux Cross-Country Centre) Nordic Mixed Team NH 4x3.3km

COMPETITION FORMAT AND RULES

Please refer to the Nordic Combined Sports Explanatory Brochures available online at the IOC NOC Net.

BOOKING OF SLOTS AT TRAINING OPPORTUNITIES

Slots at Training Opportunities will have to be booked at the Sports Information Centre at the Youth Olympic Village Lausanne until latest 18:00 the day before.

COMPETITION MANAGEMENT

SPORT MANAGERS	Sébastien Lacroix
COMPETITION MANAGER	Sébastien Lacroix
CHIEF OF INRUN	Nicolas Henry Michaud
CHIEF OF HILL	Joel Pagnier
CHIEF OF COURSE	Philippe Grandclement
SID MANAGER	Melissa Cretin
IF EVENT DELEGATE	Michael Neumayer

TEAM CAPTAINS' MEETING

DAY	TIME	PLACE
16.01.2020	18:00 - 19:00	Lausanne, Amphimax (Room 415)
17.01.2020	08:30 - 09:00	Tuffes Nordic Center
18.01.2020	08:30 - 09:00	Tuffes Nordic Center
19.01.2020	16:30 - 17:00	Tuffes Nordic Center
21.01.2020	18:15 - 19:15	Lausanne, Amphimax (Room 415)

BIB DISTRIBUTION

NOC Team Officials and IF Representatives will be informed about bib and other identification devices distribution procedures upon arrival and also during the Initial Team Captain Meeting that will take place at the Youth Olympic Village Lausanne on 16 January from 18h00 to 19h00.

LAUSANNE 2020 LEARN & SHARE FOCUS DAY

The Lausanne 2020 Nordics Learn & Share Focus Day will take place on Tuesday 21st January 2020 from 20h00 to 21h00 at the Amphimax building, located in the Youth Olympic Village Lausanne. During this time there will be no competition or training sessions so that all participants will have the opportunity to attend the workshop.

This Learn & Share Focus Day proposed by the International Testing Agency (ITA) in collaboration with FIS and FIS Athlete Role Models will be called "ITA Clean Sports Lab".

The ITA Clean Sport Lab is an interactive experience that enables learning through workshop-composed simulations. The sessions will provide athletes with a first exposure of the testing process that they will inevitably experience either during the YOG or soon within their athletic career. The activity introduces all aspects of clean sport through stages designed to simulate a doping control process (notification, urine sample collection, blood sample collection and forms/declarations). The goal of the ITA Clean Sport Lab is to introduce and discuss the very important topic of anti-doping in a safe and positive environment.

16. VALLÉE DE JOUX CROSS-COUNTRY CENTRE (VCC)

Vallée de Joux Cross-Country Centre (VCC) will host all the Cross-Country Skiing competitions during Lausanne 2020.

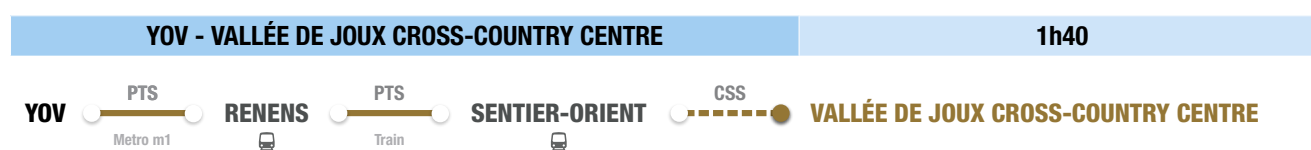


16.1. VENUE INFRASTRUCTURE

ATHLETE'S LOUNGE

All athletes competing in the Cross-Country events will have access to the Athlete's Lounge at Vallée de Joux Cross-Country Centre. On Official Training days and Competition days, the lounge will open approximately 1 to 2 hours before the Training or Competition begins, depending on the athletes' planned arrival on the Venue using official transportation. Please check the Lausanne 2020 Transport Plan for more detailed information about athletes' arrival times on the Competition Venue.

TRANSPORT



SPORT EQUIPMENT STORAGE AND WORKING SPACES

The sport equipment storage and the waxing spaces will be in one dedicated or shared (depending on the size of the NOC) space for the NOCs. It is located on the Vallée de Joux Cross Country Center Competition Venue, next to the Field of Play, next to the Field of Play. Security, opening and closing hours are managed by Lausanne 2020.

The waxing rooms are equipped with simple tables, 230V power (NOCs bring their own adapters if needed) and a waste bin. NOCs can bring their own waxing tables to the Competition Venues.

DAY	OPENING TIME	CLOSING TIME
15.01.2020	09:00	17:00
16.01.2020	07:30	17:30
17.01.2020	07:30	14:30
18.01.2020	07:30	16:30

DAY	OPENING TIME	CLOSING TIME
19.01.2020	07:30	18:00
20.01.2020	07:30	18:00
21.01.2020	07:30	17:00
22.01.2020	10:00	17:00

16.2. CROSS-COUNTRY SKIING

EVENTS DESCRIPTION

AGE GROUP	QUOTAS	
	MEN	WOMEN
16 - 18 years old	80	80

There will be seven (7) events in total in Cross-Country Skiing:

MEN'S EVENTS	WOMEN'S EVENTS	MIXED EVENTS
Sprint	Sprint	Nordic Mixed Team NH 4x3.3 km
10 km	5 km	
Cross-Country Cross	Cross-Country Cross	

COMPETITION SCHEDULE

Please refer to the Lausanne 2020 Competition Schedule and the Lausanne 2020 Event Schedule available at the IOC NOC Net.

TRAINING OPPORTUNITY		OFFICIAL TRAINING		PRELIMINARY EVENT	MEDAL EVENT	
DAY 07	DAY 08	DAY 09	DAY 10	DAY 11	DAY 12	DAY 13
16 January	17 January	18 January	19 January	20 January	21 January	22 January
10:00 Training Opportunity	10:00 Official Training	11:00 Women's / Men's Cross-Country Cross	10:00 Training Sprint 12:00 Women's / Men's Sprint	10:00 Official Training	11:00 Women's Individual 13:00 Men's Individual	10:00 Ski Jumping (at Les Tuffes Nordic Centre) 13:30 Cross-Country (at Vallée de Joux Cross-Country Centre) Nordic Mixed Team NH 4x3.3km

WOMEN'S AND MEN'S SPRINT FREE

The Sprint event begins with individual time trials (qualifications) on the competition course with a 15 second interval start. The fastest 30 competitors advance to the quarterfinals consisting of five heats of six competitors each. The top two finishers in each quarter-final heat, and the next two fastest competitors from the quarterfinals, advance to the two semi-finals of six competitors each. The top two finishers in each semi-final heat, and the next two fastest competitors from the semi-finals, advance to the final of six competitors.

WOMEN'S 5KM FREE AND MEN'S 10KM CLASSIC

The classic skiing technique is used in both events. Both events consist of a single phase only (i.e. finals). Competitors start individually at intervals of 10 to 30 seconds. The competitor with the fastest individual time wins the race.

WOMEN'S AND MEN'S CROSS-COUNTRY CROSS FREE

The Cross-Country Cross Free event is very similar to the Sprint, but the competition course features several technical elements (e.g. jumps, turns, etc.) to test the skier's abilities.

The free skiing technique is used for the Cross-Country Cross Free events. The skis are prepared with only glide wax and forward motion is created by using the edges of the skis, also called skating.

The Cross-Country Cross Free event begins with individual time trials (qualification) on the competition course with a 10- to 30-second interval start. The fastest 30 competitors advance to the three semi-finals of 10 competitors each. The top two finishers in each semi-final heat and the next four fastest competitors from the semi-finals advance to the final of 10 competitors.

NORDIC MIXED TEAM NH 4X3.3

Twenty teams are expected to take part in the event. Teams are made up of six athletes from the same NOC; one male and one female Cross-Country skier, one male and one female Ski Jumper, and one male and one female Nordic Combined athlete. The event consists of one trial and one scored ski jump on the normal hill (NH) for four team members (female ski jumper, female Nordic Combined athlete, male Nordic Combined athlete, male ski jumper), and a 4 x 3.3km Cross-Country Relay free technique race for four team members (female Cross-Country skier, female Nordic Combined athlete, male Cross-Country skier, male Nordic Combined athlete).

The Ski Jumping part of the event must take place before the Cross-Country race as the Ski Jumping results (differences in points) are converted into time differences to establish the Cross-Country starting order. This last event will take place on the FOP of two different Venues, les Tuffes Nordic Centre for the Ski Jumping part, then the Valley de Joux Cross-Country Centre for the second part.

An organized and escorted convoy will ensure the transfer of all participants between the two concerned Venues, even though Cross-Country Athletes may go directly to their Venue.

BIB DISTRIBUTION

NOC Team Officials and IF Representatives will be informed about bib and other identification devices distribution procedures upon arrival and also during the Initial Team Captain Meeting that will take place at the Youth Olympic Village Lausanne on 16 January from 18h00 to 19h00.

COMPETITION MANAGEMENT

SPORT MANAGER	Dominique Rochat
COMPETITION MANAGER	Gérald Brandt
CHIEF OF COURSE	Yves Golay
CHIEF OF STADIUM	Marc Baumgartner
SID MANAGER	Charlotte Henzi
IF EVENT DELEGATE	Michal Lamplot

TEAM CAPTAINS' MEETING

DAY	TIME	PLACE
16.01.2020	17:00 - 18:00	Lausanne, Amphimax (Room 415)
17.01.2020	13:45 - 14:15	Grandes-Roches (Tent)
18.01.2020	15:45 - 16:15	Grandes-Roches (Tent)
20.01.2020	13:45 - 14:15	Grandes-Roches (Tent)
21.01.2020	18:15 - 19:15	Lausanne, Amphimax (Room 415)

BIB DISTRIBUTION

Each NOC has to pick up their Bibs in the morning before the first Official Training (for Training Bibs) and then in the morning before each Competition (for Competition Bibs) at the Race Office. NOC Team Officials and IF Representatives will be informed about bib and other identification devices distribution procedures upon arrival and also during the Initial Team Captain Meeting.

LAUSANNE 2020 LEARN & SHARE FOCUS DAY

The Lausanne 2020 Nordics Learn & Share Focus Day will take place on Tuesday 21st January 2020 from 20h00 to 21h00 at the Amphimax building, located in the Youth Olympic Village Lausanne. During this time there will be no competition or training sessions so that all participants will have the opportunity to attend the workshop.

This Learn & Share Focus Day proposed by the International Testing Agency (ITA) in collaboration with FIS and FIS Athlete Role Models will be called "ITA Clean Sports Lab".

The ITA Clean Sport Lab is an interactive experience that enables learning through workshop-composed simulations. The sessions will provide athletes with a first exposure of the testing process that they will inevitably experience either during the YOG or soon within their athletic career. The activity introduces all aspects of clean sport through stages designed to simulate a doping control process (notification, urine sample collection, blood sample collection and forms/declarations). The goal of the ITA Clean Sport Lab is to introduce and discuss the very important topic of anti-doping in a safe and positive environment.

17. LAUSANNE SKATING ARENA (LSA)

Lausanne Skating Arena (LSA) will host all the Figure Skating and the Short Track Speed Skating competitions during Lausanne 2020.



17.1. VENUE INFRASTRUCTURE

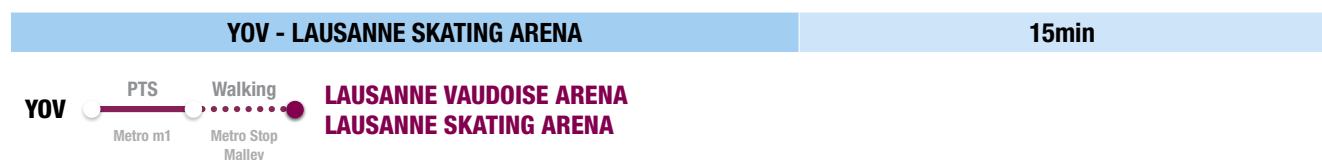
ATHLETE'S LOUNGE

The Athletes Lounge (skating lounge for Figure Skating) is located next to the athletes' entrance of the Lausanne Skating Arena.

The Athlete's Lounge will be opened on following hours:

- **Figure Skating:** Approximately 1 hour prior to the first Competition or Training and until 1 hour after the last Competition or Training.
- **Short Track:** Approximately 2 hours prior to the first Competition or Training and until 1 hour after the last Competition or Training.

TRANSPORT



SPORT EQUIPMENT STORAGE AND WORKING SPACES

The grinding spaces will be in a common shared space at the Lausanne Skating Arena Competition Venue for all NOCs. Security, opening and closing hours are managed by Lausanne 2020.

Grinding services will be available upon request through the Sport Information Desk

There will be no storage space for personal equipment, meaning athletes will bring their sport equipment back to the Village every day. Athletes can also leave their personal equipment (like helmets and suits) in the locker rooms.

WARM-UP ZONE AND EQUIPMENT

Athletes are required to wear skate guards at all time when they are not on ice. A warm-up zone is reserved for athletes to prepare. For Short Track, a limited number of spinning bikes (10) and stretching mats will be available. If NOCs want to bring their own spinning bikes for warm-up, they can. Those may be let in the warm-up zone.

VENUE OPENING HOURS

Figure Skating Opening Times:

For Figure Skating (January 7th to January 15th), the Lausanne Skating Arena will be open from approximately one (1) hour before competition or training starts to approximately one (1) hour after competition or training ends. For the competition and training times, please refer to the competition schedule in the Annexe.

DAY	OPENING TIME	CLOSING TIME
07.01.2020	08:30	15:40
08.01.2020	08:30	15:40
09.01.2020	06:00	16:10
10.01.2020	07:00	21:55
11.01.2020	07:00	22:10
12.01.2020	06:00	22:30
13.01.2020	07:00	17:40
14.01.2020	06:00	17:10
15.01.2020	06:00	22:30 (competition ends at 17:15)

Short track Opening Times:

For short track (January 16th to January 22nd), the venue will be open from approximately two (2) hours before competition or training starts to approximately one (1) hour after competition and training ends. For the competition and training times, please refer to the competition schedule in the Annexe.

DAY	OPENING TIME	CLOSING TIME
16.01.2020	12:00	22:00
17.01.2020	07:00	17:00
18.01.2020	09:00	15:30
19.01.2020	07:00	17:00
20.01.2020	11:00	17:00
21.01.2020	07:00	17:00
22.01.2020	08:00	12:15

17.2. FIGURE SKATING

EVENTS DESCRIPTION

AGE GROUP	QUOTAS	
	MEN	WOMEN
15 - 19 years old	38	38

There will be seven (7) events in total in Figure Skating:

MEN'S EVENTS	WOMEN'S EVENTS	MIXED EVENTS
Single	Single	Pairs
Sprint 7.5km	Sprint 6km	Ice Dance
		Mixed NOC Team Event

MEN SINGLE SKATING, WOMEN SINGLE SKATING AND PAIR SKATING

Men Single Skating, Women Single Skating and Pair Skating consist of the Short Program (SP) and Free Skating (FS).

All 16 single skaters and 10 pairs qualify to the Free Skating. The scores of the Short Program and Free Skating are added and the result constitutes the final score of a skater or couple in an event.

ICE DANCE

Ice Dance consists of Rhythm Dance (RD) and Free Dance (FD). The prescribed rhythms for the Rhythm Dance are decided by the ISU.

All 12 couples qualify to the Free Dance. The scores of the Rhythm Dance and Free Dance are added and the result constitutes the final score of a couple in an event.

MIXED NOC TEAM

There will be eight teams competing in the team event. Each team will be composed of one skater/pair/couple from each of the four categories Men Single Skating, Women Single Skating, Pair Skating and Ice Dance from different NOCs.

Each skater or couple will earn points for the team competing in Free Skating or Free Dance. The points are based on their ranking in the Free program. The teams will be ranked based on the sum of team points earned in all four categories.

COMPETITION SCHEDULE

Please refer to the Lausanne 2020 Competition Schedule and the Lausanne 2020 Event Schedule available at the IOC NOC Net.

TRAINING OPPORTUNITY		OFFICIAL TRAINING	PRELIMINARY EVENT	MEDAL EVENT				
DAY -2	DAY -1	DAY 00	DAY 01	DAY 02	DAY 03	DAY 04	DAY 05	DAY 06
07 January	08 January	09 January	10 January	11 January	12 January	13 January	14 January	15 January
09:30 Training Opportunity	09:30 Training Opportunity	07:00 Official Training	08:00 Official Training	08:00 Official Training	07:00 Official Training	07:00 Official Training	08:00 Official Training	07:00 Official Training 11:30 Mixed NOC Team Event
			14:00 Pairs Short Programme	14:00 Ice Dance Rythm Dance	11:30 Pairs Free Skating	11:30 Ice Dance Free Dance		
			16:00 Men's Single Short Programme	16:10 Women's Singles Short Programme	14:00 Men's Single Free Skating	14:00 Women's Single Free Skating		
			19:15 Official Training	19:15 Official Training	18:00 Official Training			

COMPETITION FORMAT AND RULES

Please refer to the Figure Skating Sports Explanatory Brochures available online at the IOC NOC Net and ISU website. Please note that the temperature in the ice rink will be approximately 14°C.

MUSIC

Delegations must provide the music upon arrival at the Competition Venue. It must be provided to the Sport Information Desk on a USB stick, no CD, and preferably in a .wav format.

TRAINING

Trainings will be offered each day from January 7th to January 15th. There will be dedicated slots for each category: Men, Ladies, Pairs and Ice Dance. Each slot is divided into groups, and NOCs are pre-allocated to one group.

The detailed Training Schedule (with all the groups) will be available at the Sport Information Centre (SIC) in the YOL upon arrival of the delegations and in the Sport Information Desk (SID) at the venue. Delegations are required to confirm their participation to the training sessions at the SID or SIC at least 24 hours before a given training session.

Figure Skating Training Times:

DAY	START TIME	END TIME
07.01.2020	09:30	14:40
08.01.2020	09:30	14:40
09.01.2020	07:00	15:10
10.01.2020	08:00 19:15	13:20 20:55
11.01.2020	08:00 19:15	13:20 21:10
12.01.2020	07:00 18:00	10:45 21:30
13.01.2020	07:00	10:45
14.01.2020	08:00	16:10
15.01.2020	07:00	10:50

COMPETITION MANAGEMENT

SPORT MANAGER	Christiane Miles
COMPETITION MANAGER	Christiane Miles
OFFICIALS MANAGER	Hans-Ulrich Lüthi
ATHLETES' MANAGER	Laure Nicodet
ICE TRACK MANAGER	Danièle Dubuis
SID MANAGER	Stéphane Liardet
IF EVENT DELEGATE	Wieland Lüders

TEAM LEADERS' MEETINGS

DAY	TIME	PLACE
08.01.2020	16:00 - 17:30	YOL, Amphimax (Room 414)
10.01.2020	09:00 - 10:15	Lausanne Skating Arena (draw room)
13.01.2020	20:00 - 21:30	Draw composition team event YOL, Amphimax (Room 415)

JUDGES MEETINGS

DAY	TIME	PLACE
09.01.2020	13:15 - 14:45	Initial Judges Meeting, Pairs + Men Lausanne Skating ArenaLausanne Skating Arena
10.01.2020	10:45 - 12:15	Initial Judges Meeting, Ladies and Ice Dance Lausanne Skating Arena

DAY	TIME	PLACE
13.01.2020	8:00 - 10:00	Draw composition team event YOL, Amphimax (Room 415)
14.01.2020	9:00 - 11:00	Round table discussions Lausanne Skating Arena
15.01.2020	18:30 - 21:30	Round table discussions Lausanne Skating Arena

LAUSANNE 2020 LEARN & SHARE FOCUS DAY

The Lausanne 2020 Figure Skating Learn & Share Focus Day will take place on Tuesday 14th January 2020 from 19h00 to 20h00 at the Amphimax building, located in the Youth Olympic Village Lausanne. During this time there will be no competition or training sessions so that all participants will have the opportunity to attend the workshop.

This Learn & Share Focus Day proposed by ISU will be built around the following topic: "Modern Technology in Education: training and communication". Figure Skating Athlete Role Models will hold an interacting presentation to the young skaters about new ways of training by using new technology as a support.

With the new tools of technology, a different approach in training and coaching can be achieved or at least be an alternative. New technology includes Social Media and the new way of communication and touching the topic can help young athletes in learning how to use social media in a correct and respectful way.

This information is important in building up a successful career besides of being on the ice.

17.3. SHORT TRACK SPEED SKATING

EVENTS DESCRIPTION

AGE GROUP	QUOTAS	
	MEN	WOMEN
16 - 18 years old	32	32

There will be five (5) events in total in Short Track Speed Skating:

MEN'S EVENTS	WOMEN'S EVENTS	MIXED EVENTS
500m	500m	Mixed NOC Relay
1000m	1000m	

Each event is organized in several phases (rounds). Each round of the competition consists of several races. The two best skaters from each race qualify for the next round. In exceptional situations the Referee can advance a skater or a team who did not finish 1st or 2nd to the next round.

INDIVIDUAL EVENTS

- Each event is organized in several phases (rounds). Each round of the competition consists of several races.
- The two best skaters from each race qualify for the next round (in heats and quarterfinals) or to Final A (in semifinals, where skaters ranked three and four qualify to Final B). In addition, the best third time may qualify for the next round (depending on the number of races and number of skaters in the race).

MIXED NOC TEAM RELAY

The team event will be a mixed NOC and gender relay. Each relay team will be composed of two men and two women from different NOCs.

- Each phase (semifinals and finals) consists of two races.
- The first and second placed teams from each race of the heats qualify for Final A, and the third and fourth placed teams from each race of the heats qualify for Final B.

COMPETITION SCHEDULE

Please refer to the Lausanne 2020 Competition Schedule and the Lausanne 2020 Event Schedule available at the IOC NOC Net.

OFFICIAL TRAINING		PRELIMINARY EVENT		MEDAL EVENT	
DAY 08	DAY 09	DAY 10	DAY 11	DAY 12	DAY 13
17 January	18 January	19 January	20 January	21 January	22 January
09:00 Official Training	11:00 Women's / Men's 1000m	09:00 Official Training	13:00 Women's / Men's 500m	09:00 Official Training	10:00 Mixed NOC Relay

COMPETITION FORMAT AND RULES

Please refer to the Short Track Speed Skating Sports Explanatory Brochures available online at the IOC NOC Net.

OFFICIAL TRAINING

There will be two Official Trainings for Short Track Speed Skating in the Lausanne Skating Arena, on January 17th and 19th from 10:00 to 16:00. and January 21st from 10:00 to 15:00.

For these sessions, groups are already defined and will be communicated at the Initial Team Leader Meeting and available at the Sport Information Centre at the Youth Olympic Village.

COMPETITION MANAGEMENT

SPORT MANAGER	Raphael Moret
COMPETITION MANAGER	Pascal Zeller
TRACK STEWARD	Bastien Jornod
COMPETITION STEWARD	Susanna Tarenga Peter Breukel
SID MANAGER	Lea Violante
IF EVENT DELEGATE	Hugo Hernhoff

TEAM CAPTAINS' MEETING

DAY	TIME	PLACE
16.01.2020	19:00 - 20:00	YOL, Amphimax (Room 415)
17.01.2020	16:30 - 17:30	Lausanne Skating Arena, Container
20.01.2020	17:00 - 17:45	Team announcement for the Team Relay Lausanne Skating Arena, Container
21.01.2020	16:30 - 17:00	Lausanne Skating Arena, Container

BIB AND HELMET COVER DISTRIBUTION

Helmet Cover distribution will take place during the Team Captain Meeting that will take place on 17 January from 16h30 to 17h30. Bibs and Helmet Cover distribution for the Team Relay will take place at the Team Captain Meeting that will take place on 21 January from 16h30 to 17h00.

LAUSANNE 2020 LEARN & SHARE FOCUS DAY

The Lausanne 2020 Short Track Speed Skating Learn & Share Focus Day will take place on Thursday 16th January 2020 from 11h00 to 13h00 at the Amphimax building, located in the Youth Olympic Village Lausanne. During this time there will be no competition or training sessions so that all participants will have the opportunity to attend the workshop.

This Learn & Share Focus Day proposed by ISU will be built around the following topic: “The road to become a top athlete and an ambassador for the sport”. ISU will give a presentation about its role – as an IF – in supporting the development of young athletes towards a competitive career at international level. Short Track Athlete Role Models will tell about their personal experiences (success factors and pitfalls) in taking the steps to become world class athletes. This will be followed by an interactive session with the athletes on opportunities, demands and challenges in their further development as athletes and at the personal level.

18. LAUSANNE VAUDOISE ARENA (LHA)

Lausanne Vaudoise Arena (LHA) will host all the Ice Hockey competitions during Lausanne 2020.



18.1. VENUE INFRASTRUCTURE

ATHLETE'S LOUNGE

There will be no athletes lounge in the Lausanne Hockey Arena. Small refreshments and snacks will be made available directly in the team's locker rooms.

TRANSPORT



VENUE OPENING HOURS FOR ATHLETES AND NOC TEAM OFFICIALS

The Lausanne Hockey Arena will be open from approximately one (1) hour before competition or training starts to approximately one (1) hour after competition or training ends.

SPORT EQUIPMENT STORAGE AND WORKING SPACES

The sport equipment will be stored in the dedicated locker rooms of every NOC and Team over night and for the whole duration of the event. NOC bears responsibility for the dedicated locker room. Hockey bags will be delivered directly at the Competition Venue and made available in the team locker room, and then stored back in Venue. 3-on-3 Teams will be formed by the IIHF late December and NOCs will be informed. Athletes are asked to tag their equipment and bags with their relative designated Team Colour and gender (ex. "Blue M", "Pink M", "Green W", ...)

Jerseys will be washed in Venue by the Lausanne 2020 team services.

Personal equipment (e.g. technical underwear) will have to be washed in the laundry services in the YOV. Therefore, athletes are required to come with the appropriate amount of personal equipment for the whole duration of the tournament. After Trainings and Games, athletes will leave their hockey equipment in the locker room.

Athletes must come with their stakes already sharpened. **Athletes are required to wear skate guards at all time when they are not on ice.**

There will be an emergency grinding and equipment repair working space in a common shared space at the Lausanne Hockey Arena for all NOCs.

Security, opening and closing hours are managed by Lausanne 2020. The opening and closing hours of the grinding spaces will be communicated during the Initial Directorate Meeting.

For the 3-on-3 Tournament, the International Ice Hockey Federation (IIHF) will provide each player with a helmet (with cage), a jersey, shell pants and socks. During Official Trainings from January 8th and January 9th, athletes have the obligation to wear this kit that they receive from the IIHF.

18.2. ICE HOCKEY

GAME DESCRIPTION

Women's / Men's 6-Team Tournament:

A 6-team Tournament game consists of three fifteen (15) minute periods of play, during which players are rotated frequently, with a fifteen (15) minute rest between periods and Penalty-Shot Shootout if the game is tied at the conclusion of the regular time.

Women's / Men's Mixed NOC 3-on-3:

A 3-on-3 game consists of three sixteen (16) minute periods of play with a two (2) minutes rest between periods. Each team has three lines; one line with three skaters and two lines with four skaters. During a game, the lines with four skaters constantly rotate turns on shifts with one always resting a shift. The three lines must be marked with color codes, e.g. by stickers on helmets. There are forty eight (48) shifts played in each game. Sixty (60) seconds after the initial puck-drop, a buzzer signals a line-change. The skaters on the ice cannot touch the puck after the buzzer and they must immediately skate to the player bench. The next line, when the buzzer signals the line-change, can immediately enter the ice and continue playing. The goaltenders change every 8 minutes. There are not any face-offs between line-changes.

EVENTS DESCRIPTION

AGE GROUP	QUOTAS	
	MEN	WOMEN
15 - 16 years old	206	206

There will be two (2) events in total in Ice Hockey:

MEN'S EVENTS	WOMEN'S EVENTS
Mixed NOC 3-on-3 Tournament	Mixed NOC 3-on-3 Tournament
6-Team Tournament	6-Team Tournament

Women's / Men's 6-team Tournament:

In both tournaments the competition is played with six teams over two rounds; the preliminary round and the play-off round.

In the preliminary round the six teams are seeded into two groups, A and B, to play each other once within their group. There are six games in the preliminary round. Ranking in each preliminary round group is determined by game points on the following basis (three-point system):

- 3 points for the winning team at the conclusion of regulation time.
- 1 point for both teams at the conclusion of regulation time if the game is tied.

- 1 additional point earned for a team winning the game in a Penalty-Shot Shootout, if the teams are tied following conclusion of the regulation time.
- 0 points for the team losing the game in regulation time.

The top two teams in each group qualify to the semi-finals with the pairings A1-B2 and B1-A2 and the remaining teams are ranked according to the results achieved in their group (group ranking, number of points, goal difference, goals scored, Youth Ranking) The play-off-round consists of the semifinals and the medal games.

The winners of the semifinals will advance to the gold medal game and the losers to the bronze medal game. Each team is allowed a maximum of 15 players and 2 goalkeepers.

COMPETITION SCHEDULE

Please refer to the Lausanne 2020 Competition Schedule and the Lausanne 2020 Event Schedule available at the IOC NOC Net.

	TRAINING OPPORTUNITY	OFFICIAL TRAINING	PRELIMINARY EVENT	MEDAL EVENT			
	DAY 07	DAY 08	DAY 09	DAY 10	DAY 11	DAY 12	DAY 13
	16 January	17 January	18 January	19 January	20 January	21 January	22 January
MAIN RINK	07:00 Training Opportunity 09:15 Women's Official Training 17:15 Training Opportunity	07:00 Pre-Game skate 08:30 Official Training 17:00 Women's SWE-SVK 20:00 Women's CZE-SUI	07:00 Pre-Game skate 11:00 W GER-SWE 14:00 M CAN-RUS 17:00 W JPN-CZE 20:00 Men's USA-FIN	07:00 Pre-Game skate 11:00 Women's SUI-JPN 14:00 Men's DEN-CAN 17:00 Women's SVK-GER 20:00 Men's SUI-USA	07:00 Pre-Game skate 11:00 Women's Semifinal 1 14:00 Men's RUS-DEN 17:00 Women's Semifinal 2 20:00 Women's Gold Medal 20:00 Men's FIN-SUI	07:00 Pre-Game skate 11:00 Men's Semifinal 1 14:00 Men's Semifinal 2 17:00 Women's Bronze Medal 20:00 Women's Gold Medal	07:15 Pre-Game skate 08:00 Training Opportunity 08:45 Pre-Games skate 09:30 Training Opportunity 12:00 Men's Bronze Medal 15:00 Men's Gold Medal
TRAINING RINK	07:00 Training Opportunity 13:00 Training Opportunity 17:00 Training Opportunity	08:15 Pre-Game skate 13:00 Pre-Game skate 14:30 Official Training 17:00 Training Opportunity	07:00 Pre-Game skate 13:30 Pre-Game skate 15:00 Official Training 20:00 Training Opportunity	07:00 Pre-Game skate 12:30 Pre-Game skate 14:15 Official Training 19:15 Training Opportunity	07:00 Pre-Game skate 13:00 Pre-Game skate 14:30 Training Opportunity 16:00 Official Training 18:15 Training Opportunity	07:00 Pre-Game skate 13:00 Training Opportunity	07:15 Pre-Game skate 08:00 Training Opportunity 08:45 Pre-Game skate 09:30 Training Opportunity

COMPETITION FORMAT AND RULES

Please refer to the Ice Hockey Sports Explanatory Brochures available online at the IOC NOC Net.

Women's / Men's Mixed NOC 3-on-3:

In both tournaments the competition is played with eight participating teams in two rounds; the preliminary round and the play-off round.

The preliminary round consists of one group of eight teams in which all teams play against each other. There are 28 games in the preliminary round. Ranking in each preliminary round group is determined by game points on the following basis (three-point system):

- 3 points for the winning team at the conclusion of regulation time.
- 1 point for both teams at the conclusion of regulation time if the game is tied.
- 1 additional point for a team winning the game in a Penalty-Shot Shootout, if the teams are tied following conclusion of the regulation time.
- 0 points for the team losing the game in regulation time.

The top four teams qualify to the semifinals and the remaining teams are ranked based on the standings after the preliminary round (round ranking, number of points, goal difference, goals scored, players' seeding (the team with the best ranked player (National Skills Challenge, Youth Ranking (for goalkeepers only)) is ranked higher)).

The play-off-round consists of the semifinals and the medal games.

The winners of the semifinals will advance to the gold medal game and the losers to the bronze medal game. Each team is allowed a maximum of 11 players and 2 goalkeepers.

COMPETITION SCHEDULE

Please refer to the Lausanne 2020 Competition Schedule and the Lausanne 2020 Event Schedule available at the IOC NOC Net.

OFFICIAL TRAINING		PRELIMINARY EVENT		MEDAL EVENT			
DAY -1	DAY 00	DAY 01	DAY 02	DAY 03	DAY 04	DAY 05	DAY 06
08 January	09 January	10 January	11 January	12 January	13 January	14 January	15 January
08:00 Men's Welcome Session 11:00 Women's Welcome Session 13:30 Men's Scouting 16:30 Women's Scouting	09:00 Men's Official Training 13:00 Women's Official Training	16:00 Men's Round 1 19:00 Women's Round 1	09:00 Men's Round 2 12:00 Women's Round 2 16:00 Men's Round 3 19:00 Women's Round 3	09:00 Men's Round 4 12:00 Women's Round 4 16:00 Men's Round 5 19:00 Women's Round 5	09:00 Men's Round 6 12:00 Women's Round 6 16:00 Men's Round 7 19:00 Women's Round 7	12:00 Women's / Men's Semi 1 13:30 Women's / Men's Semi 2	12:00 Women's / Men's Bronze Medal 13:30 Women's / Men's Gold Medal

COMPETITION FORMAT AND RULES

Please refer to the Ice Hockey Sports Explanatory Brochures available online at the IOC NOC Net.

TRAINING OPPORTUNITIES

For the 6-teams tournament, training slots have been allocated as follows:

DAY	TIME	TEAM	LOCATION
16.01.2020	09:15 - 10:15	SVK (W)	Main Rink
	10:30 - 11:30	SWE (W)	Main Rink
	12:00 - 13:00	SUI (W)	Main Rink
	13:15 - 14:15	CZE (W)	Main Rink
	14:45 - 15:45	GER (W)	Main Rink
	16:00 - 17:00	JPN (W)	Main Rink
17.01.2020	08:30 - 09:30	RUS (M)	Main Rink
	09:45 - 10:45	CAN (M)	Main Rink
	11:00 - 12:00	FIN (M)	Main Rink
	12:15 - 13:15	USA (M)	Main Rink
	13:30 - 14:30	DEN (M)	Main Rink
	14:30 - 15:30	GER (W)	Training Rink
	14:45 - 15:45	SUI (M)	Main Rink
	15:45 - 16:45	JPN (W)	Training Rink
18.01.2020	15:00 - 16:00	DEN (M)	Training Rink
	16:15 - 17:15	SVK (W)	Training Rink
	17:30 - 18:30	SUI (M)	Training Rink
	18:45 - 19:45	SUI (W)	Training Rink
19.01.2020	14:15 - 15:15	SWE (W)	Training Rink
	15:30 - 16:30	RUS (M)	Training Rink
	16:45 - 17:45	CZE (W)	Training Rink
	18:00 - 19:00	FIN (M)	Training Rink
20.01.2020	16:00 - 17:00	CAN (M)	Training Rink
	17:15 - 18:15	USA (M)	Training Rink

There are also open Training Opportunities on the following days:

DAY	TIME	TEAM	LOCATION
16.01.2020	07:00 - 09:00	Open slot	Main Rink
	07:00 - 09:30	Open slot	Training Rink
	13:00 - 14:00	Men slot	Training Rink
	14:15 - 15:15	Men slot	Training Rink
	15:30 - 16:30	Men slot	Training Rink
	16:45 - 17:45	Men slot	Training Rink
	17:15 - 18:15	Men slot	Main Rink
	19:30 - 20:30	Men slot	Training Rink
	19:45 - 20:45	Men slot	Main Rink
	21:00 - 22:00	Men slot	Main Rink
17.01.2020	17:00 - 18:00	Women slot	Training Rink
18.01.2020	20:00 - 22:00	Open slot	Training Rink
19.01.2020	19:15 - 22:00	Open slot	Training Rink
20.01.2020	14:30 - 15:45	Open slot	Training Rink
	18:15 - 22:00	Open slot	Training Rink
21.01.2020	13:00 - 22:00	Open slot	Training Rink
22.01.2020	08:00 - 08:30	Open slot	Main Rink
	08:00 - 08:30	Open slot	Training Rink
	09:30 - 10:30	Open slot	Training Rink
	09:30 - 10:45	Open slot	Main Rink

To book a slot for an open Training Opportunity, NOCs must register at the Sport Information Desk (SID) in venue or the Sport Information Centre (SIC) at the Youth Olympic Village at least 24h before the requested slot (on a first come, first serve basis).

PRE-GAME SKATING OPPORTUNITIES

In addition to the training opportunities, pre-game skate time have been allocated as follows:

DAY	TIME	TEAM	LOCATION
17.01.2020	07:00 - 07:30	SVK (W)	Main Rink
	07:45 - 08:15	SWE (W)	Main Rink
	08:15 - 08:45	SUI (W)	Training Rink
	09:00 - 09:45	CZE (W)	Training Rink
	13:00 - 13:30	Open slot (W)	Training Rink
	13:45 - 14:15	Open slot (W)	Training Rink
18.01.2020	07:00 - 07:30	GER (W)	Main Rink
	07:00 - 07:30	SWE (W)	Training Rink
	07:45 - 08:15	CAN (M)	Main Rink
	07:45 - 08:15	RUS (M)	Training Rink
	08:30 - 09:00	JPN (W)	Main Rink
	08:30 - 09:00	CZE (W)	Training Rink
	09:15 - 09:45	USA (M)	Main Rink
	09:15 - 09:45	FIN (M)	Training Rink
	13:30 - 14:00	Open slot (M)	Training Rink
	14:15 - 14:45	Open slot (M)	Training Rink
19.01.2020	07:00 - 07:30	SUI (W)	Main Rink
	07:00 - 07:30	JPN (W)	Training Rink
	07:45 - 08:15	DEN (M)	Main Rink
	07:45 - 08:15	CAN (M)	Training Rink
	08:30 - 09:00	SVK (W)	Main Rink
	08:30 - 09:00	GER (W)	Training Rink
	09:15 - 09:45	SUI (M)	Main Rink
	09:15 - 09:45	USA (M)	Training Rink
	12:30 - 13:00	Open slot (M)	Training Rink
	13:15 - 13:45	Open slot (M)	Training Rink

20.01.2020	07:00 - 07:30	SF1 (W)	Main Rink
	07:00 - 07:30	SF1 (W)	Training Rink
	07:45 - 08:15	RUS (M)	Main Rink
	07:45 - 08:15	DEN (M)	Training Rink
	08:30 - 09:00	SF2 (W)	Main Rink
	08:30 - 09:00	SF2 (W)	Training Rink
	09:15 - 09:45	FIN (M)	Main Rink
	09:15 - 09:45	SUI (M)	Training Rink
	12:30 - 13:00	Open slot (M)	Training Rink
	13:15 - 13:45	Open slot (M)	Training Rink
21.01.2020	07:00 - 07:30	BMG (W)	Main Rink
	07:00 - 07:30	BMG (W)	Training Rink
	07:45 - 08:15	SF1 (M)	Main Rink
	07:45 - 08:15	SF1 (M)	Training Rink
	08:30 - 09:00	GMG (W)	Main Rink
	08:30 - 09:00	GMG (W)	Training Rink
	09:15 - 09:45	SF2 (M)	Main Rink
	09:15 - 09:45	SF2 (M)	Training Rink
22.01.2020	07:15 - 07:45	BMG (M)	Main Rink
	07:15 - 07:45	BMB (M)	Training Rink
	08:45 - 09:15	GMG (M)	Main Rink
	08:45 - 09:15	GMG (M)	Training Rink

COACHING AND SCOUTING SESSIONS (3-ON-3 TOURNAMENT)

There will be two Coaching and Scouting slots for the 3-on-3 Tournament: On January 8th from 08:00 to 19:00 and on January 9th from 09:00 to 16:00. Athletes have to wear the official kit that they receive from the IIHF during these training sessions.

Those official training sessions will be managed through the IIHF officials and will help in the definition of the different lines of each Mixed NOC Team. Detailed schedule will be communicated during the initial Directorate Meeting.

TEAM OFFICIALS (3-ON-3 TOURNAMENT)

Team Officials accompanying 3-on-3 athletes will be grouped in a pool to ensure the functions of coach, equipment manager and team manager for all 3-on-3 teams.

All assignments and details will be provided during the initial Directorate Meeting.

COMPETITION MANAGEMENT

SPORT MANAGER	Steve Dreyfus
ASSISTANT SPORT MANAGER	Michael Dreyfus
COMPETITION MANAGER	Kewin Orellana
SID MANAGER	Jessica Dreyfus
IF EVENT DELEGATE	Aku Nieminen

DIRECTORATE MEETINGS

3-on-3:

DAY	TIME	PLACE
07.01.2020	18:30 - 20:45	YOL, Amphimax (Room 415)

6-Team Tournament:

DAY	TIME	PLACE
16.01.2020	20:00 - 22:00	YOL, Amphimax (Room 415)
19.01.2020	19:15 - 20:00 (W)	Lausanne Vaudoise Arena
20.01.2020	19:15 - 20:00 (W)	Lausanne Vaudoise Arena
20.01.2020	22:15 - 23:00 (M)	Lausanne Vaudoise Arena
21.01.2020	16:15 - 17:00 (M)	Lausanne Vaudoise Arena

6-Team Tournament meetings:

DAY	TIME	PLACE
16.01.2020 - HCRIM W	17:00 - 18:00	Lausanne Vaudoise Arena
16.01.2020 - HCRIM M	18:15 - 19:15	Lausanne Vaudoise Arena

LAUSANNE 2020 LEARN & SHARE FOCUS DAY

The IIHF will hold three Learn & Share Focus Days during Lausanne 2020:

- The Ice Hockey 3-on-3 Tournament Focus Day will be held on Friday 10th January 2020 from 9h00 to 10h00
- The Ice Hockey Women's 6-Team Tournament Focus Day will be held on Thursday 16th January 2020
- The Ice Hockey Men's 6-Team Tournament Focus Day will be held on Friday 17th January 2020.

All three events will take place at the Amphimax building, located at the Youth Olympic Village Lausanne.

These three Learn & Share Focus Days proposed by IIHF will be built around the following topic: "Athlete's lifestyle". The content will relate to nutrition, sleep and recovery, as well as cell phones, video games etc... IIHF's goal is to address these challenges and raise the athletes' awareness on how they can damage their careers by not managing all these topics correctly. The session will be delivered by the Ice Hockey Athlete Role Models.

OLYMPIC MOVEMENT UNIT & IIHF INTEGRITY BOOTH

The Olympic Movement Unit and the IIHF will hold 30-minute educational sessions on Player Integrity. The 6-Team Tournament teams shall visit the Integrity Booth on their off-day as indicated below.

DAY	TEAM	TIME	PLACE
17.01.2020	GER & JPN	10:00 - 10:30	Amphipôle
18.01.2020	DEN & SVK SUI & SUI	10:00 - 10:30 11:00 - 11:30	Amphipôle
19.01.2020	SWE & RUS CZE & FIN	09:00 - 09:30 10:00 - 10:30	Amphipôle
20.01.2020	CAN & USA	10:00 - 10:30	Amphipôle

19. CHAMPÉRY CURLING ARENA (CCA)

Champéry Curling Arena (CCA) will host all the Curling competitions during Lausanne 2020.



19.1. VENUE INFRASTRUCTURE

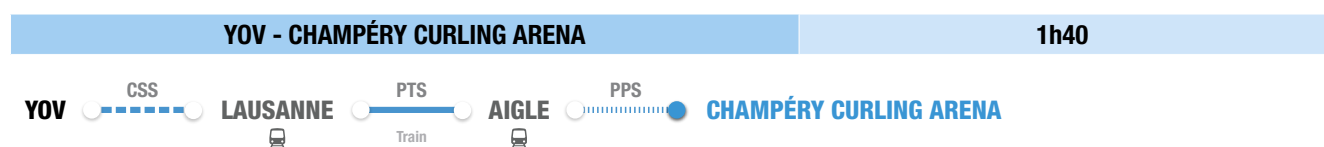
ATHLETE'S LOUNGE

All athletes competing in the Curling events will have access to the Athlete's Lounge at Champéry Curling Arena.

On Official Training days and Competition days, the lounge will open approximately 1 hour before the Training or Competition begins, depending on the athletes' planned arrival on the Venue using official transportation.

Please check the Lausanne 2020 Transport Plan for more detailed information about athletes' arrival times on the Competition Venue.

TRANSPORT



VENUE OPENING HOURS

On January 9th, 15th, 16th, 17th and 22nd, the Venue will be open from 08:00 to 20:00. On all other days, the Venue will be open from 08:00 to 22:00.

SPORT EQUIPMENT STORAGE AND WORKING SPACES

The athletes' brooms will be stored in a common shared space reserved for the athletes at the Champéry Curling Arena Competition Venue. Security, opening and closing hours managed by Lausanne 2020.

The stones will be provided by Lausanne 2020. Athletes will only have one opportunity to test the stones, on January 9th during the Official Training. Time slots will be allocated by WCF for each team for this Training Opportunity.

19.2. CURLING

EVENTS DESCRIPTION

AGE GROUP	QUOTAS	
	MEN	WOMEN
15 - 18 years old	48	48

There will be two (2) events in total in Curling:

MIXED EVENTS
Mixed Team
Mixed NOC Doubles

MIXED TEAM

There will be 24 NOC teams in the Mixed Team event. Each NOC team consists of two females and two males. The teams will be divided into four round robin groups of six teams. All teams will play each other within a group. The top two teams from each group will advance to the quarterfinals, followed by semi-finals and bronze and gold medal games, where the teams will play a single knockout tournament to determine the winner.

At the completion of the Mixed Team competition, all players will take part in the Mixed Doubles competition.

MIXED NOC DOUBLES

The teams for the Mixed Doubles competition (with one female and one male from different NOCs) will be determined by the Organising Committee based on the final rankings from the Mixed Team competition. The 48 teams will play in a direct elimination format where the winner of each game advances to the next round and the loser is eliminated. The winners of the round of 6 and the team with the best DSC score will advance to the semi-finals.

The winners of the semi-finals will play the gold medal game and the losers the bronze medal game.

COMPETITION SCHEDULE

Please refer to the Lausanne 2020 Competition Schedule and the Lausanne 2020 Event Schedule available at the IOC NOC Net.

OFFICIAL TRAINING		PRELIMINARY EVENT		MEDAL EVENT			
DAY 00	DAY 01	DAY 02	DAY 03	DAY 04	DAY 05	DAY 06	DAY 07
09 January	10 January	11 January	12 January	13 January	14 January	15 January	16 January
09:00 11:40 14:20 Official Training	10:00 14:00 18:00 Round Robin Mixed Team	10:00 14:00 18:00 Round Robin Mixed Team	10:00 14:00 18:00 Round Robin Mixed Team	10:00 14:00 18:00 Round Robin Mixed Team	10:00 14:00 18:00 Round Robin Mixed Team	10:00 Quarterfinals 14:00 Semifinals Mixed Team	12:00 Finals Mixed Teams
DAY 08	DAY 09	DAY 10	DAY 11	DAY 12	DAY 13		
17 January	18 January	19 January	20 January	21 January	22 January		
09:00 11:00 13:45 15:45 Official Training	10:00 14:00 18:00 Knock-Out Round Mixed NOC Doubles	10:00 14:00 18:00 Knock-Out Round Mixed NOC Doubles	10:00 14:00 18:00 Knock-Out Round Mixed NOC Doubles	10:00 13:30 18:00 Knock-Out Round Mixed NOC Doubles	09:30 Semi-Finals 13:30 Finals Mixed NOC Doubles		

COMPETITION FORMAT AND RULES

Please refer to the Curling Sports Explanatory Brochures available online at the IOC NOC Net.

COMPETITION MANAGEMENT

SPORT MANAGER	Hubert Grenon
COMPETITION MANAGER	Hubert Grenon
ICE CREW MANAGER	Stéphane Mariétan
SID MANAGER	Françoise Vannay Furer
IF EVENT DELEGATE	Eeva Roethlisberger

TEAM CAPTAINS' MEETING

DAY	TIME	PLACE
08.01.2020	19:30 - 20:30	YOL, Amphimax (Room 415)
09.01.2020	10:40 - 11:40	Champéry Curling Arena
14.01.2020	20:15 - 20:30	Champéry Curling Arena
16.01.2020	15:30 - 17:00	Champéry Curling Arena
21.01.2020	20:00 - 20:15	Champéry Curling Arena

LAUSANNE 2020 LEARN & SHARE FOCUS DAY

The Lausanne 2020 Curling Learn & Share Focus Day will take place on Thursday 16th January 2020 from 15h00 to 16h30 on the Competition Venue in Champéry. During this time there will be no competition or training sessions so that all participants will have the opportunity to attend the workshop.

This Learn & Share Focus Day proposed by WCF will be built around a Questions & Answers session with Curling Athlete Role Models. This Q&A session will then be followed by the Draw for the Mixed Doubles event and will be coordinated and staged as a team building event.

20. ST. MORITZ OLYMPIA BOB RUN (SOB)

St. Moritz Olympia Bob Run (SOB) will host all the Bobsleigh, Skeleton and Luge competitions during Lausanne 2020.



20.1. VENUE INFRASTRUCTURE

ATHLETE'S LOUNGE

All the athletes competing in the Bobsleigh, Skeleton and Luge events will have access to the Athlete's Lounge at St. Moritz Olympia Bob Run (SOB). This lounge will be open on Competition days as well as for Official Trainings from 08:00 to 17:00.

TRANSPORT

YOV - ST. MORITZ OLYMPIA BOB RUN		15min
YOV		

Important: Only 1 VAPP will be given to each NOC at the St. Moritz Olympia Bob Run (SOB). This VAPP is only valid for the parking of a private vehicle and not a big truck or transporter.

SPORT EQUIPMENT STORAGE AND WORKING SPACES

The Monobobs, provided by the IBSF, will be stored in a common working space at Olympia Bob Run start zone. IBSF mechanics will take care of the sledges. From 7:00-17:00 the space is controlled by volunteers and from 17:00-7:00 by a professional security company. Athletes can work on the runners from 08:00-12:00.

For Skeleton and Luge, there will be dedicated open and shared working spaces and storage at the Olympia Bob Run finish zone. 24h control system like the Monobobs, see above. All sleds have to leave the Olympia Bob Run at the last day of competition (on 20 January 2020)

VENUE OPENING HOURS FOR ATHLETES AND NOC TEAM OFFICIALS

On Competition days and Training days, the Competition Venue will be opened every day from 7:00 to 17:00.

20.2. BOBSLEIGH

EVENTS DESCRIPTION

AGE GROUP	QUOTAS	
	MEN	WOMEN
15 - 18 years old	18	18

There will be two (2) events in total in Bobsleigh:

MEN'S EVENTS	WOMEN'S EVENTS
Monobob	Monobob

Both Monobob events are held over two heats. Results are calculated by adding the times of the two heats together with the lowest aggregate time winning. Should one of the two heats be cancelled due to weather conditions, the single heat results will stand as the competition results.

The programme consists of at least six training heats to be held over three days or more (normally two per day), but there is always a risk that some of them could be cancelled, or rescheduled, due to bad weather conditions. Athletes must have completed at least two valid practice heats without incident to qualify for the competition.

START ORDER FOR TRAINING

There will be a pre-draw (by IBSF) for the training start order. The pre-draw will determine the start order of NOCs. Sled numbers will be pre-drawn for every athlete, for each day of training.

Each athlete must be pre-drawn into a different sled for every training day; an athlete cannot train in the same sled twice during the duration of the event. For racing an athlete is allocated a sled through a pre-draw, and therefore could race in a sled that they have previously trained in.

START ORDER FOR COMPETITION

The start order of sleds in both events for the first competition heat is determined by the IBSF Monobob Youth Ranking. Following the first heat of the race, the sleds will be changed between the athletes.

For the second heat the athlete ranked 1st will change sleds with the athlete ranked 18th, 2nd with 17th, etc.

COMPETITION SCHEDULE

Please refer to the Lausanne 2020 Competition Schedule and the Lausanne 2020 Event Schedule available at the IOC NOC Net.

OFFICIAL TRAINING		PRELIMINARY EVENT		MEDAL EVENT					
DAY 02	DAY 03	DAY 04	DAY 05	DAY 06	DAY 07	DAY 08	DAY 09	DAY 10	DAY 11
11 January	12 January	13 January	14 January	15 January	16 January	17 January	18 January	19 January	20 January
12:30 Official Training Women's Monobob	12:30 Official Training Men's Monobob	12:30 Official Training Women's Monobob	12:30 Official Training Men's Monobob	12:30 Official Training Women's Monobob	12:30 Official Training Men's Monobob	12:30 Official Training Women's Monobob	12:30 Official Training Men's Monobob	12:00 Women's Monobob	12:30 Men's Monobob

COMPETITION FORMAT AND RULES

Please refer to the Bobsleigh Sports Explanatory Brochures available online at the IOC NOC Net.

COMPETITION MANAGEMENT

SPORT MANAGER	Damian Gianola
COMPETITION MANAGER	Susanne Wiprächtiger

CHIEF OF START	André Wingold
CHIEF OF FINISH	Max Gyga
SID MANAGER	Alexandra Kolb
IF EVENT DELEGATE	Martin Kerbler

TEAM CAPTAINS' MEETING

DAY	TIME	PLACE
10.01.2020	15:00 - 16:00	St. Moritz, Hotel Laudinella
08.01.2020	17:30 - 18:30	St. Moritz, Hotel Laudinella

LAUSANNE 2020 LEARN & SHARE FOCUS DAY

The Lausanne 2020 Bobsleigh Learn & Share Focus Day will take place on Tuesday 14th January 2020 from 18h30 to 20h30 at the Hotel Laudinella in St. Moritz. During this time there will be no competition or training sessions so that all participants will have the opportunity to attend the workshop.

This Learn & Share Focus Day proposed by IBF (in collaboration with FIL) will be organised in two different phases. First, the topic "Goal Setting" will be addressed. Here, athletes will be exploring the way to set goals following the YOG and the steps required to achieve those goals. It will also be important for them to understand that goals are staggered and what makes up the goal structure is including the goal setting stairway concept. The second part of the session will be a presentation and a workshop organised by the International Testing Agency.

20.3. SKELETON

EVENTS DESCRIPTION

AGE GROUP	QUOTAS	
	MEN	WOMEN
15 - 18 years old	20	20

There will be two (2) events in total in Skeleton:

MEN'S EVENTS	WOMEN'S EVENTS
Individual	Individual

Men's Skeleton:

- 45kg - Maximum weight (sleds only).
- 120kg - Maximum weight (including athlete and equipment).

Women's Skeleton:

- 38kg - Maximum weight (sleds only).
- 102kg - Maximum weight (including athlete and equipment).

Both events are held over two heats. Results are calculated by adding the times of both competition heats together with the lowest aggregate time winning.

At least one heat is needed for a competition. One of the two heats may be cancelled due to weather conditions. In the programme there are six training heats to be held over three days, but some of them may be cancelled due to weather conditions. Pilots must have successfully completed at least two practice heats to qualify for the competition.

START ORDER FOR TRAINING

The start order for training heats for each training day will be pre-dawn or drawn (by the IBSF).

START ORDER FOR COMPETITION

The IBSF will, based on the IBSF Youth Ranking, determine the start order of athletes for the first competition heat. This should be done after the last training heat. In the second heat sleds will start in the ranking order after the first heat (reversed).

COMPETITION SCHEDULE

Please refer to the Lausanne 2020 Competition Schedule and the Lausanne 2020 Event Schedule available at the IOC NOC Net.

OFFICIAL TRAINING			PRELIMINARY EVENT			MEDAL EVENT			
DAY 02	DAY 03	DAY 04	DAY 05	DAY 06	DAY 07	DAY 08	DAY 09	DAY 10	DAY 11
11 January	12 January	13 January	14 January	15 January	16 January	17 January	18 January	19 January	20 January
14:30 Official Training Women's Individual	14:30 Official Training Men's Individual	14:30 Official Training Women's Individual	14:30 Official Training Men's Individual	14:30 Official Training Women's Individual	14:30 Official Training Men's Individual	14:30 Official Training Women's Individual	14:30 Official Training Men's Individual	14:00 Women's Individual	14:00 Men's Individual

COMPETITION FORMAT AND RULES

Please refer to the Skeleton Sports Explanatory Brochures available online at the IOC NOC Net.

COMPETITION MANAGEMENT

SPORT MANAGER	Damian Gianola
COMPETITION MANAGER	Susanne Wiprächtiger
CHIEF OF START	André Wingold
CHIEF OF FINISH	Max Gygax
SID MANAGER	Alexandra Kolb
IF EVENT DELEGATE	Martin Kerbler

TEAM CAPTAINS' MEETING

DAY	TIME	PLACE
10.01.2020	14:00 - 15:00	St. Moritz, Hotel Laudinella
18.01.2020	18:30 - 19:30	St. Moritz, Hotel Laudinella

BIB DISTRIBUTION

NOC Team Officials and IF Representatives will be informed about bib and other identification devices distribution procedures upon arrival and also during the Initial Team Captain Meeting that will take place at the Hotel Laudinella in St. Moritz on 10 January from 14h00 to 15h00. Nevertheless, for now it is planned that the bibs for Training will be distributed at the Team Captain Meeting on 10.01.2020 and the ones for Competition at the Team Captain Meeting on 18.01.2020.

LAUSANNE 2020 LEARN & SHARE FOCUS DAY

The Lausanne 2020 Skeleton Learn & Share Focus Day will take place on Tuesday 14th January 2020 from 18h30 to 20h30 at the Hotel Laudinella in St. Moritz. During this time there will be no competition or training sessions so that

all participants will have the opportunity to attend the workshop. This Learn & Share Focus Day proposed by IBSF (in collaboration with FIL) will be organised in two different phases. First, the topic “Goal Setting” will be addressed. Here, athletes will be exploring the way to set goals following the YOG and the steps required to achieve those goals. It will also be important for them to understand that goals are staggered and what makes up the goal structure is including the goal setting stairway concept.

The second part of the session will be a presentation and a workshop organised by the International Testing Agency.

20.4. LUGE

EVENTS DESCRIPTION

AGE GROUP	QUOTAS	
	MEN	WOMEN
15 - 18 years old	50	50

There will be five (5) events in total in Luge:

MEN'S EVENTS	WOMEN'S EVENTS	MIXED EVENTS
Singles	Singles	Team Relay
Doubles	Doubles	

START ORDER

Official Training - Singles and Doubles:

The NOC start order for training runs will either be pre-drawn (by the FIL) before the Team Captains' Meeting or drawn during the Team Captains' Meeting. Start order of sleds within NOCs is decided by the FIL. The start order by day will be:

- First training day: In the NOC start order for the first day.
- Second training day: reverse order of the the first pre-draw.
- Third training day: In the NOC start order for the third day.

Training - Team Relay:

The NOC start order for training runs will either be pre-drawn (by the FIL) before the Team Captains' Meeting or drawn during the Team Captains' Meeting.

Competition - Singles:

There is a FIL pre-draw to determine the start order of sleds. Singles will be split into seeded groups A and B. Seeded groups are decided based on the Youth World Cup Ranking provided by the FIL. A pre-draw will be held for each seeded group. The start order will be:

- Run 1: 1-10 (group A pre-draw order), 11-20 (group B pre-draw order).
- Run 2: reverse order of first run results.

Competition - Team Relay:

There is a single group of teams (single NOC teams and mixed NOC teams). The start order will be reverse order of the Nation Ranking which will be provided by the FIL. In case of a tie, the Doubles event result will determine the start

order. If the tie remains, the order will be decided by the Jury.

COMPETITION SCHEDULE

Please refer to the Lausanne 2020 Competition Schedule and the Lausanne 2020 Event Schedule available at the IOC NOC Net.

OFFICIAL TRAINING		PRELIMINARY EVENT		MEDAL EVENT							
DAY 01	DAY 02	DAY 03	DAY 04	DAY 05	DAY 06	DAY 07	DAY 08	DAY 09	DAY 10	DAY 11	
10 January	11 January	12 January	13 January	14 January	15 January	16 January	17 January	18 January	19 January	20 January	
08:30 Official Training	08:30 Official Training Women's Single	08:30 Official Training Men's Single	08:30 Official Training Women's Single	08:30 Official Training Men's Single	08:30 Official Training Women's Single	08:30 Official Training Men's Single	08:30 Women's Single	08:30 Men's Single	08:30 Official Training Team Relay	08:30 Team Relay	
13:00 Official Training	10:30 Official Training Men's Double	10:30 Official Training Women's Double	10:30 Official Training Men's Double	10:30 Official Training Women's Double	10:30 Official Training Men's Double	10:30 Official Training Women's Double	11:00 Men's Double	11:00 Women's Double			

COMPETITION FORMAT AND RULES

Please refer to the Luge Sports Explanatory Brochures available online at the IOC NOC Net.

COMPETITION MANAGEMENT

SPORT MANAGERS	Damian Gianola
COMPETITION MANAGER	Susanne Wiprächtiger
CHIEF OF START	André Wingold
CHIEF OF FINISH	Max Gygax
SID MANAGER	Alexandra Kolb
IF EVENT DELEGATE	Christoph Schweiger

TEAM CAPTAINS' MEETING

DAY	TIME	PLACE
09.01.2020	14:00 - 15:00	St. Moritz, Hotel Laudinella
16.01.2020	14:00 - 16:00	St. Moritz, Hotel Laudinella

BIB DISTRIBUTION

NOC Team Officials and IF Representatives will be informed about bib and other identification devices distribution procedures upon arrival and also during the Initial Team Captain Meeting that will take place at the Hotel Laudinella in St. Moritz on 9 January from 14h00 to 15h00. Nevertheless, for now it is planned that the bibs for Training will be distributed at the Team Captain Meeting on 09.01.2020 and the ones for Competition at the Team Captain Meeting on 16.01.2020.

LAUSANNE 2020 LEARN & SHARE FOCUS DAY

The Lausanne 2020 Luge Learn & Share Focus Day will take place on Tuesday 14th January 2020 from 18h30 to 20h30 at the Hotel Laudinella in St. Moritz. During this time there will be no competition or training sessions so that all participants will have the opportunity to attend the workshop.

This Learn & Share Focus Day proposed by FIL (in collaboration with IBSF) will be organised in two different phases. First, the topic "Goal Setting" will be addressed. Here, athletes will be exploring the way to set goals following the YOG and the steps required to achieve those goals. It will also be important for them to understand that goals are staggered and what makes up the goal structure is including the goal setting stairway concept.

The second part of the session will be a presentation and a workshop organised by the International Testing Agency.

21. ST. MORITZ SPEED SKATING OVAL (SSO)

St. Moritz Speed Skating Oval (SSO) will host all the Speed Skating competitions during Lausanne 2020.



18.1. VENUE INFRASTRUCTURE

ATHLETE'S LOUNGE

All the athletes competing in the Speed Skating events will have access to the Athlete's Lounge at St. Moritz Speed Skating Oval.

This lounge will be open on Competition days as well as for Official Trainings from 08:30 to 15:30.

TRANSPORT

YOV - ST. MORITZ SPEED SKATING OVAL

5min

YOV  **PTS**  **ST. MORITZ SPEED SKATING OVAL**
Bus

VENUE OPENING HOURS FOR ATHLETES AND NOC TEAM OFFICIALS

On Competition days and Training days, the Competition Venue will be opened every day from 08:00 to 15:00.

SPORT EQUIPMENT STORAGE AND WORKING SPACES

The grinding spaces will be in a common shared space at the St. Moritz Youth Olympic Village for all NOCs. No particular storage space will be offered for athletes' sport equipment. Lausanne 2020 will not provide a grinding machine.

WARM-UP ZONE AND EQUIPMENT

At the lake side, close to the Venue, a warm-up space will be offered in a fitness room, with spinning bikes available (open from 07:00 to 17:00).

If NOCs want to bring their own spinning bikes for warm-up, they can take them and put them inside the warm-up zone.

21.2. SPEED SKATING

EVENTS DESCRIPTION

AGE GROUP	QUOTAS	
	MEN	WOMEN
16 - 18 years old	32	32

There will be seven (7) events in total in Speed Skating:

MEN'S EVENTS	WOMEN'S EVENTS	MIXED EVENTS
500m	500m	Mixed NOC Team Sprint
1500m	1500m	
Mass Start	Mass Start	

Men's and Women's 500m and 1500m:

All these events are organised in a single race format.

Mass Start:

The competition consists of two phases: Semi-finals and Final. The International Skating Union (ISU) may change the format to a Final phase only, based on the number of competing skaters in the event. The top eight ranked skaters from each Semi-final qualify to the Final. The ISU Referee may also advance skaters to the final. The race distance is 10 laps for both Women and Men.

During the race there will be two intermediate sprints, which will be concluded at the finishing line after four (4) and seven (7) laps, and a final sprint at the finish. The ranking at the intermediate sprints and the finishing order at the final sprint will be determined by photo-finish.

Race points are awarded for the sprints as follows:

- Intermediate sprints: first three skaters will gain: 3, 2, 1 points.
- Final sprint: first six skaters will gain: 30, 20, 10, 4, 2, 1 points.
- The winners of the final sprint (places 1 to 3) will be ranked 1st, 2nd, 3rd in the race.
- The remaining skaters will be ranked according to their points in the intermediate sprint.
- For skaters that do not finish the race in a regular manner, points allocated from the intermediate sprint will not be considered for the final race result. Such intermediate sprint points will not be reallocated to other skaters.
- Skaters without race points will be ranked according to their finishing order in the final sprint.
- Skaters not finishing the race will be ranked according to the number of laps that they have completed before being lapped, or otherwise having abandoned the race.

Mixed NOC Team Sprint:

There will be a maximum of 16 teams composed of two men and two women from different NOCs.

The event is organised in a single race format. Each skater in the team must be assigned a position, numbers 1, 2, 3 or 4. Skaters wear different coloured armbands for easy identification as follows: skater number 1 in the team - white; skater number 2 - red; skater number 3 - yellow; skater number 4 - blue. All number 4 skaters should wear transponders for timekeeping.

The start procedure is the same as for the Team Pursuit event at other ISU competitions.

The first lap is skated with skater number 1 leading the team and skaters number 2, 3 and 4 following.

After one lap, skater number 1 exits to the outside part of the track before leaving by the warm-up lane.

After skater number 1 has left the team, skater number 2 leads the team until the second full lap is completed.

After this lap, skater number 2 leaves the race in the same manner.

Skater number 3 leads the team until the third full lap is completed.

After this lap, skater number 3 leaves the race in the same manner.

Skater number 4 skates the last lap alone and finishes the race for the team.

COMPETITION SCHEDULE

Please refer to the Lausanne 2020 Competition Schedule and the Lausanne 2020 Event Schedule available at the IOC NOC Net.

TRAINING OPPORTUNITY		OFFICIAL TRAINING		PRELIMINARY EVENT		MEDAL EVENT
DAY 01	DAY 02	DAY 03	DAY 04	DAY 05	DAY 06	DAY 07
10 January	11 January	12 January	13 January	14 January	15 January	16 January
11:00 Training Opportunity	11:00 Official Training	11:30 Women's / Men's 500m	11:30 Women's / Men's 1500m	11:00 Official Training	11:30 Mixed NOC Team Sprint	11:30 Women's / Men's Mass Start

COMPETITION FORMAT AND RULES

Please refer to the Speed Skating Sports Explanatory Brochures available online at the IOC NOC Net.

BOOKING OF SLOTS AT TRAINING OPPORTUNITIES

NOCs will receive all information concerning Training Opportunities at the Team Captain Meeting on January 9th at 16:30 at the Hotel Laudinella.

COMPETITION MANAGEMENT

SPORT MANAGER	Jan Caffisch
COMPETITION MANAGER	Jan Augustinus
CHIEF TRACK STEWARDS	Tamara Mathis
CHIEF MANUAL TIMEKEEPING	Gunnar Lundberg
SID MANAGER	Uschi Moos
IF EVENT DELEGATE	Roland Maillard

TEAM CAPTAINS' MEETING

DAY	TIME	PLACE
09.01.2020	16:30 - 17:30	St. Moritz, Hotel Laudinella
11.01.2020	16:30 - 17:30	St. Moritz, Hotel Laudinella
12.01.2020	16:30 - 17:30	St. Moritz, Hotel Laudinella
14.01.2020	16:30 - 17:30	St. Moritz, Hotel Laudinella
15.01.2020	16:30 - 17:30	St. Moritz, Hotel Laudinella

HELMET COVERS AND ARMBANDS DISTRIBUTION

NOC Team Officials and IF Representatives will be informed about bib and other identification devices distribution procedures upon arrival and also during the Initial Team Captain Meeting that will take place at the Hotel Laudinella in St. Moritz on January 9th from 16h30 to 17h30.

LAUSANNE 2020 LEARN & SHARE FOCUS DAY

The Lausanne 2020 Speed Skating Learn & Share Focus Day will take place on Tuesday 14th January 2020 from 16h00 to 18h00 at the Youth Olympic Village St. Moritz. During this time there will be no competition or training sessions so that all participants will have the opportunity to attend the workshop.

This Learn & Share Focus Day proposed by ISU will be built around the following topic: "The road to become a top athlete and an ambassador for the sport". ISU will give a presentation about its role – as an IF – in supporting the development of young athletes towards a competitive career at international level. Short Track Athlete Role Models will tell about their personal experiences (success factors and pitfalls) in taking the steps to become world class athletes. This will be followed by an interactive session with the athletes on opportunities, demands and challenges in their further development as athletes and at the personal level.