



*On behalf of USA Bobsled & Skeleton
and the Olympic Regional Development Authority,
the Lake Placid Organizing Committee cordially invites your nation,
as a member of the International Bobsleigh & Skeleton Federation (IBSF),
to participate in the BMW IBSF World Cup Bob & Skeleton Lake Placid.*



BMW | IBSF
WORLD CUP
BOB + SKELETON
2019 LAKE PLACID
13.-15. DECEMBER

Olympic Regional Development Authority
2634 Main Street, Olympic Center, Lake Placid, NY 12946
Phone: 518-523-1655, Ext. 5312 Fax: 518-523-9275 Email: myaniro@orda.org
Website: www.whitefacelakeplacid.com





Schedule
(As of 9.19.2019)

Monday, December 9th, 2019

| | | |
|-------------|---|------------------------|
| 15:00-16:45 | Registration | OJC - Intervales Lodge |
| 17:00 | Team Captains Meeting & Welcome Reception: Skeleton | OJC - Intervales Lodge |
| 18:00 | Team Captains Meeting & Welcome Reception: Bobsled | OJC - Intervales Lodge |

Tuesday, December 10th, 2019

| | | |
|---------------|--|-----|
| 07:30 – 08:45 | Skeleton Track Walks | OSC |
| 09:00 | Skeleton Official Training: Men/Women (2 Runs) | OSC |
| 12:30 – 13:45 | Bobsled Track Walks | OSC |
| 14:00 | Bobsled Official Training: Men/Women (2 Runs) | OSC |

Wednesday, December 11th, 2019

| | | |
|---------------|--|-----|
| 07:30 – 08:45 | Skeleton Track Walks | OSC |
| 09:00 | Skeleton Official Training: Men/Women (2 Runs) | OSC |
| 12:30 – 13:45 | Bobsled Track Walks | OSC |
| 14:00 | Bobsled Official Training: Men/Women (2 Runs) | OSC |

Thursday, December 12th, 2019

| | | |
|---------------|--|------------------------|
| 07:30 – 08:45 | Skeleton Track Walks | OSC |
| 09:00 | Official Skeleton Training: Women 2 Runs | OSC |
| 10:30 | Official Skeleton Training: Men 2 Runs | OSC |
| 12:30 – 13:45 | Bobsled Track Walks | OSC |
| 14:00 | Official Bobsled Training: Men 2 Runs | OSC |
| 14:30 | Official Bobsled Training: Women 2 Runs | OSC |
| 17:00 | Team Captains Meeting Skeleton | OJC - Intervales Lodge |
| 18:00 | Team Captains Meeting Bobsled | OJC - Intervales Lodge |

Friday, December 13th, 2019

| | | |
|-------|--|-------------------|
| 09:00 | VIP Hospitality opens – 2 nd Floor | OSC - Lamy Lodge |
| 10:00 | Women’s Skeleton Race – Heat #1 | OSC |
| 11:30 | Women’s Skeleton Race – Heat #2 | OSC |
| 14:00 | Men’s Skeleton Race – Heat #1 | OSC |
| 15:45 | Men’s Skeleton Race – Heat #2 | OSC |
| 16:30 | Awards: Men’s & Women’s Skeleton | OSC - Morgan Park |
| 17:30 | VIP Hospitality closes – 2 nd Floor | OSC - Lamy Lodge |

Saturday, December 14th, 2019

| | | |
|-------|--|-------------------|
| 09:00 | VIP Hospitality opens – 2 nd Floor | OSC - Lamy Lodge |
| 10:00 | 2-man Bobsled Race - Heat #1 | OSC |
| 11:30 | 2-man Bobsled Race – Heat #2 | OSC |
| 14:00 | 2-woman Bobsled Race - Heat #1 | OSC |
| 15:30 | 2-woman Bobsled Race - Heat #2 | OSC |
| 16:30 | Bobsled Awards | OSC - Morgan Park |
| 17:30 | VIP Hospitality closes – 2 nd Floor | OSC - Lamy Lodge |

Sunday, December 15th, 2019

| | | |
|-------|--|-------------------|
| 09:00 | VIP Hospitality opens – 2 nd Floor | OSC - Lamy Lodge |
| 10:00 | 4-man Bobsled Race - Heat #1 | OSC |
| 11:30 | 4-man Bobsled Race - Heat #2 | OSC |
| 12:30 | Awards: 4-man Bobsled | OSC - Morgan Park |
| 14:00 | VIP Hospitality closes – 2 nd Floor | OSC - Lamy Lodge |

OSC = Olympic Sports Complex

Race Directors - Don Hass: Bobsled | Bob Hofbauer: Skeleton





ORGANIZATION OF THE EVENTS

*The competition is organized by the
Olympic Regional Development Authority (ORDA)
in conjunction with USA Bobsled & Skeleton*

ORDA Board of Directors

Andy Lack, Vice Chairman
Basil Seggos, Commissioner NYS Department of Environmental Conservation
Erik Kulleseid, Commissioner NYS Department of Parks, Recreation & Historic Preservation
Howard Zemsky, Empire State Development Corporation
William Beaney
Jill Broderick
Clifford Donaldson, Jr.
John Parete
Arthur Lussi

Competition Committee

| | |
|---|------------------------------|
| IBSF President | Mr. Ivo Ferriani |
| Bobsleigh Delegate & Word Cup Coordinator | Mr. Jos Mattli |
| Skeleton Delegate | Mr. Michael Gruenberger |
| Bobsleigh Jury President | Mr. Gatis Guts, LAT |
| Bobsleigh Jury Member | Mr. Dave Owens, USA |
| Bobsleigh Jury Member | Ms. Francesca Iossi, ITA |
| Bobsleigh Material Controller | Mr. Dragos Panaitescu, ROU |
| Bobsleigh Material Controller | Mr. Urs Moser, SUI |
| Skeleton Jury President | Mr. Ken DeLong, USA |
| Skeleton Jury Member | Mr. Turc Harnesynn, CAN |
| Skeleton Jury Member | Ms. Michael Gruenberger, AUT |
| Skeleton Material Controller | Mr. Bogdan Panaitescu, CAN |
| Skeleton Material Controller | Mr. Erich Mariacher, AUT |
| Race Director Bobsleigh | Mr. Don Haas, USA |
| Race Director Skeleton | Mr. Bob Hofbauer, USA |
| Race Secretary | Ms. Betsy Napier, USA |
| Chief of Medical | Dr. Eugene Byrne, USA |

Organizing Committee

| | |
|--|------------------------|
| Chairman | Mr. Jeff Potter |
| USABS Executive Director | Mr. John Rosen |
| Asst. Venue Manager—Olympic Sports Complex | Ms. Rebecca Dayton |
| Events Manager | Ms. Jenna Lute |
| Events Manager | Mr. Matt Yaniro |
| Event Logistics Coordinator | Mr. Nick Zachara |
| Athlete Services | Ms. Rebecca Dayton |
| Timing and Scoring | Mr. Zach Catillaz |
| Marketing/Promotion | Mrs. Jennifer McKeever |
| Media Information—ORDA | Mr. Jon Lundin |
| Media Information— USABS | Mrs. Amanda Bird |
| Technology | Mr. Phil Baumbach |





Important Information

ACCOMMODATIONS

Lake Placid Local Hotel Accommodations: Expenses and reservations for housing are the responsibility of each team/federation. **A wide range of local accommodations can be found at www.lakeplacid.com**

OPTC ACCOMMODATIONS

A limited number of beds are available at the Olympic & Paralympic Training Center, at a rate of \$114 per person, per night. Rooms are double occupancy with **no singles. Rooms will be secured on a first come, first serve basis.** Please out to myaniro@orda.org to make a reservation.

Attention: Effective June 23rd, 2019- All individuals 18 years of age or older, including athletes and international participants, who are part of an OPTC program are responsible for completing the US Center for SafeSport training. This training must be completed before you check in at the OPTC. You may find the link for this training at www.teamusa.org

LOCAL HEALTH & FITNESS CLUBS

Athletes staying at the U.S. OPTC have full access to the fitness facilities on site. Athletes staying at other local hotel properties, please make your reservations directly with the facility upon your arrival.

The Olympic Center Fitness Center

Olympic Center, 2634 Main Street
Mary Catherine Spinelli- 518-523-1655 ext. 5348
Email: mcspinelli@orda.org

CrossFit Lake Placid

2192 Saranac Ave
518-350-4056

Adirondack Medical Fitness Center

203 Old Military Rd
Lake Placid, NY 12946
518-523-1717

VISA/FOREIGN ATHLETES ENTERING USA

Each person traveling into the United States must have an American Visa. At the border crossing each person is required to pay a fee of \$6.00 (USD) and complete an I-94 registration card. A new visa is required each time you enter the United States.

CURRENCY EXCHANGE

Teams are encouraged to exchange foreign currency to U.S. Dollars prior to arrival. The best location for currency exchange is at an airport.

LIABILITY/INSURANCE

The organizer cannot be held liable for any damage or accident. All participants must be sufficiently insured against accidents/illness by self or National Federation.

REGISTRATION/CHECK-IN/ACCREDITATION

Registration will be held at the Olympic Jumping Complex, in the intervals Lodge. The Olympic Jumping Complex is located at 5486 Cascade Rd. Please see schedule for registration times. All Team Leaders must report to registration before sliding.

RACE ENTRY FEES

All race fees (U.S. Dollars only) will be collected at registration.

Men's Bobsled €20 per athlete per race (\$24.00 USD)
Women's Bobsled €20 per athlete per race (\$24.00 USD)
Skeleton €25 per athlete per race (\$30.00 USD)

COMPETITION OFFICE

The competition office will be located in the finish building at the Olympic Sports Complex.

TEAM CAPTAINS MEETINGS

All Team Captains meetings will be held at the Olympic Jumping Complex, in the Intervals Lodge. See schedule for times.

DOPING CONTROL

Doping control testing may be conducted in accordance with the rules and regulations set forth by IBSF.

IBSF LICENSE

All athletes are required to have a valid electronic IBSF license.

PRESS CENTER

The press center will be located at the Olympic Sports Complex.





CEREMONIES

The flower ceremony will take place on the finish deck immediately following the end of the competition. The medal ceremony will take place approximately 30 minutes after the end of the competition at the base awards stage.

SLED STORAGE/RENTAL

The Olympic Sports Complex offers limited sled storage at the track. Reservations can be made by contacting Rebecca Dayton, rdayton@orda.org, 518.523.8821.

MEDICAL FACILITIES ACCORDING TO IBSF RULES

A fully equipped first aid center is on site. A full-time medical officer will be on site at all times and a physician will be on site on Official Training/Competition days. An ambulance with re-animation capabilities is available.

WELCOME RECEPTION

After the initial Team Captains meeting, please join us for a Welcome Reception at the Olympic Jumping Complex Intervalles Lodge.

PAID TRAINING

Please email Zach Catillaz at osctiming@orda.org to confirm your sliders participation in paid training.

TRANSPORTATION

Automobile Rentals

For teams arriving at Pierre Trudeau (formerly Dorval) International Airport in Montreal, Canada or Albany International Airport in Albany, NY rental vehicles are available through many national car rental agencies.

Arrangements can be made directly at the following North American telephone numbers:

Albany Airport Car Rentals

Avis - 800 331-1212
Budget - 800 527-0700
Enterprise - 800 Rent-A-Car
Hertz - 800 654-3131
National/Alamo - 800 227-7368
Thrifty (office off premises) - 800 THRIFTY

Saranac Lake/Lake Placid Car Rentals

Priceless Rent A Car
(6176 Sentinel Rd. Lake Placid, NY) – 518-523-4838

Hertz Rent A Car
(96 Airport Rd, Saranac Lake, NY) - 518-891-9044 or
Hertz.com

CARNETS

It is required that all teams provide official documentation with their sleds upon arrival.

REGISTRATION DEADLINE

It is the National Federation's responsibility to enter its athletes through the IBSF's online system at <http://ibsf.sportresult.com>. The deadline for submission is five days before the first team captain's meeting.

Questions:

Matthew Yaniro
myaniro@orda.org
ORDA 2634 Main Street
Lake Placid, New York 12946
Phone: 518-523-1655 ext. 5312 Fax: 518-523-9275





The Olympic Sports Complex

The Combined Track, built in 1999-2000 in time for the 2000 Inaugural Winter Goodwill Games, is a state of the art track that offers challenges to athletes of all three sliding sports. The Combined Track at the Olympic Sports Complex is one of the most technical and challenging in the world for drivers, integrating all three components of bobsledding: start, equipment, and driving. The home track for the US Bobsled & Skeleton teams, this outstanding facility continues to improve as it upgrades its timing, communication, lighting, building and refrigeration systems. The track provides scales as well.

TECHNICAL INFORMATION

| | | |
|-----------------------|---------------------------|--------------|
| Length: | Start to Finish Bobsled: | 1,480 meters |
| | Start to Finish Skeleton: | 1,400 meters |
| | Curves: | 20 |
| | Average Grade: | 9.8% |
| Vertical Drop: | | |
| | Start to Low point: | 128 meters |
| | Start to finish: | 107 meters |
| G Forces (estimated): | | |
| | Maximum: | 5.1 |
| | Minimum: | 0.7 |
| | Speed: | 130 k/h |

ATHLETES

The Olympic Sports Complex offers athletes a large warming building at the Start. At the base of the complex are two additional facilities: a lodge, which offers hot and cold beverages, snacks, merchandise, rest rooms and a viewing area.

TIMING AND SCORING

The full-time timing and scoring staff operate the universally used ST Timing System. The venue is equipped with a permanent Public Announcement system.

MEDICAL

Two Emergency Technicians staff a fully equipped first aid center at all times. Ambulance response time to the venue is 15 minutes, during which time the injured person is stabilized on-site in preparation for transport. For major events, an ambulance is on-site.

The venue has access to four area hospitals. The Olympic Sports Complex is located 15 minutes from the Adirondack Medical Center in Lake Placid and 30 minutes from the Adirondack Medical Center in Saranac Lake. The hospitals serviced by LifeFlight are Champlain Valley Physicians' Hospital in Plattsburgh, NY and the Fletcher-Allen Hospital in Burlington, VT. Flight times from the venue are 20 and 30 minutes, respectively. The helicopter response time is 15 minutes, and, for major events, a helicopter is on-site.

MAJOR EVENTS SINCE THE 1980 OLYMPICS

| | |
|------------------|---|
| 1983 | World 2-Man & 4-Man Bobsled Championships |
| 1982-1988 & 1990 | US National Bobsled Championships |
| 1986 & 1987 | World Cup Bobsled |
| 1994-1996 | US 2-Man & 4-Man Bobsled National Championships and World Team Trials |
| 1994-1996 | World Cup Skeleton |
| 1995-1996 | Women's Bobsled National Championships |

MAJOR EVENTS ON THE COMBINED TRACK

| | |
|-------------------|---|
| 1999 | World Cup Bobsled |
| 2000 | Inaugural Winter Goodwill Games (Bobsled, Skeleton, Luge) |
| 2001-2003 | World Cup Skeleton |
| 2002 | World Cup Bobsled |
| 2004-2019 | World Cup Bobsled & Skeleton |
| 2003, 2009 & 2012 | World Championships Bobsled & Skeleton |

