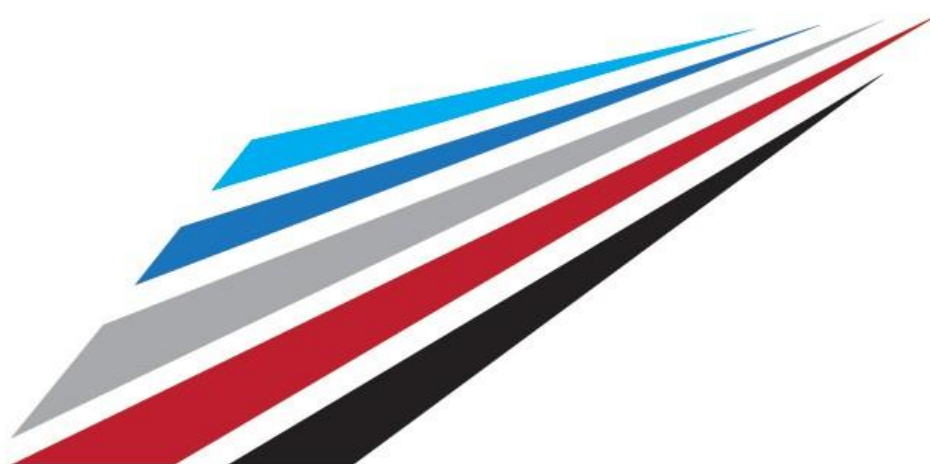




*On behalf of USA Bobsled & Skeleton  
and the Olympic Regional Development Authority,  
the Lake Placid Organizing Committee cordially invites your nation,  
as a member of the International Bobsleigh & Skeleton Federation (IBSF),  
to participate in the BMW IBSF World Cup Bob & Skeleton in Lake Placid.*



# BMW | IBSF

WORLD CUP  
BOB + SKELETON  
2022 LAKE PLACID  
16.-18. DEC

Olympic Regional Development Authority  
2634 Main Street, Olympic Center, Lake Placid, NY 12946  
Phone: 1-518-524-2117 Email: [jtrembley@orda.org](mailto:jtrembley@orda.org) Website: [www.mtvanhoevenberg.com](http://www.mtvanhoevenberg.com)



**Schedule:**

Wednesday December 7<sup>th</sup> through Friday December 9<sup>th</sup> paid training will be offered on the combined track at Mt Van Hoevenberg. These days also have either training sessions or competition slots on the push track for the Push World Championships. An overall schedule for those days is included below for your convenience. Paid Training rates are listed on page 10.

**Wednesday 7.12.2022**

8:30	Bobsleigh Group B Official Training	Push Track Mountain Pass Lodge
9:00	Skeleton Group A 2 Runs Paid Training	Combo Track
10:30	Bobsleigh Group A Official Training	Push Track Mountain Pass Lodge
11:00	Skeleton Group B 2 Runs Paid Training	Combo Track
13:00	Bobsleigh Group A 2 Runs Paid Training	Combo Track
15:00	Bobsleigh Group B 2 Runs Paid Training	Combo Track

**Thursday 8.12.2022**

8:30	Skeleton Group B Official Training	Push Track Mountain Pass Lodge
9:00	Skeleton Group B 2 Runs Paid Training	Combo Track
10:30	Skeleton Group A Official Training	Push Track Mountain Pass Lodge
11:00	Skeleton Group A 2 Runs Paid Training	Combo Track
13:00	Bobsleigh Group B 2 Runs Paid Training	Combo Track
15:00	Bobsleigh Group A 2 Runs Paid Training	Combo Track

**Friday 9.12.2022 Push Championship Competition Day One**

8:00	Men's Skeleton (2 Runs) Race	Push Track Mountain Pass Lodge
9:00	Skeleton Group A 2 Runs Paid Training	Combo Track
11:00	Women's Monobob (2 Runs) Race	Push Track Mountain Pass Lodge



**MT VAN  
HOEVENBERG**



**BOBSLED  
SKELETON**

11:00	Skeleton Group B 2 Runs Paid Training	Combo Track
13:00	Bobsleigh Group A 2 Runs Paid Training	Combo Track
14:00	2-Man Bobsleigh Race (2 Runs)	Push Track Mountain Pass Lodge
15:00	Bobsleigh Group B 2 Runs Paid Training	Combo Track
18:00	Men's Skeleton Finals Race	Push Track Mountain Pass Lodge
18:45	Women's Monobob Finals Race	Push Track Mountain Pass Lodge
19:30	2-Man Bobsleigh Finals Race	Push Track Mountain Pass Lodge

**Saturday 10.12.2022 Push Championship Competition Day Two**

8:00	Women's Skeleton (2 Runs) Race	Push Track Mountain Pass Lodge
11:00	2-Woman Bobsleigh (2 Runs) Race	Push Track Mountain Pass Lodge
14:00	4-Man Bobsleigh (2-Runs) Race	Push Track Mountain Pass Lodge
18:00	Women's Skeleton Finals Race	Push Track Mountain Pass Lodge
18:45	2-Woman Bobsleigh Finals Race	Push Track Mountain Pass Lodge
19:30	4-Man Bobsleigh Finals Race	Push Track Mountain Pass Lodge
<b>20:00</b>	<b>Push Championship Awards Ceremony</b>	<b>MVH Awards Plaza</b>
<b>20:45</b>	<b>World Cup Opening Ceremony</b>	<b>Mountain Pass Lodge</b>



**World Cup Specific Schedule:**

**Sunday 11.12.2022**

11:00-13:00	Track Walk (All)	Combo Track
15:30-16:45	Skeleton Registration	Olympic Jumping Complex Base Lodge First Floor
17:00	Skeleton Team Captain's Meeting	Olympic Jumping Complex Base Lodge Second Floor
17:45	Coaches and Officials dinner	Olympic Jumping Complex Base Lodge First Floor

**Monday 12.12.2022 World Cup Official Training**

7:30	Skeleton Group I Track Walk	Combo Track
9:00	Men's and Women's Skeleton Group I Official Training- 3 Runs	Combo Track
12:30	Skeleton Group II Track Walk	Combo Track
14:00	Men's and Women's Skeleton Group II Official Training- 3 Runs	Combo Track
16:30-17:45	Bobsleigh Registration at Jumps	Olympic Jumping Complex Base Lodge First Floor
18:00	Men's and Women's Bobsleigh Team Captains Meeting	Olympic Jumping Complex Base Lodge Second Floor
18:45	Coaches and Officials Dinner	Olympic Jumping Complex Base Lodge First Floor

**Tuesday 13.12.2022 World Cup Official Training**

	<b>Skeleton Off All Day</b>	
7:30	Bobsleigh Group I Track Walk	Combo Track
9:00	Men's and Women's Bobsleigh Group I Official Training- 3 Runs	Combo Track
12:30	Bobsleigh Group II Track Walk	Combo Track
14:00	Bobsleigh Group II Official Training- 3 Runs	Combo Track

**Wednesday 14.12.2022 World Cup Official Training**

	<b>Bobsleigh Off All Day</b>	
7:30	Skeleton Group II Track Walk	Combo Track
9:00	Skeleton Group II Official Training- 3 Runs	Combo Track
12:30	Skeleton Group I Track Walk	Combo Track
14:00	Skeleton Group I Official Training- 3 Runs	Combo Track
17:00	Skeleton Team Captains Meeting Virtual	Combo Track

**Thursday 15.12.2022 World Cup Official Training**

	<b>Skeleton Off All Day</b>	
7:30	Bobsleigh Group II Track Walk	Combo Track
9:00	Bobsleigh Group II Official Training- 3 Runs	Combo Track
12:30	Bobsleigh Group I Track Walk	Combo Track
14:00	Bobsleigh Group I Official Training- 3 Runs	Combo Track
18:00	Bobsleigh Team Captains Meeting Virtual	Combo Track

**Friday 16.12.2022 World Cup Competition Day One**

	<b>Bobsleigh Off All Day</b>	
<b>10:30</b>	<b>Men's Skeleton Race: Heat One</b>	Combo Track
TBD	<b>Men's Skeleton Race: Heat Two</b>	Combo Track
TBD	Winner's Ceremony Immediately Following Heat Two	Upper Finish, Combo Track
TBD	Awards Ceremony 30 Minutes After Winner's Ceremony	MVH Awards Plaza
<b>14:30</b>	<b>Women's Skeleton Race: Heat One</b>	Combo Track
TBD	<b>Women's Skeleton Race: Heat Two</b>	Combo Track
TBD	Winner's Ceremony Immediately Following Heat Two	Upper Finish, Combo Track
TBD	Awards Ceremony 30 Minutes After Winner's Ceremony	MVH Awards Plaza

**Saturday 17.12.2022 World Cup Competition Day Two**

<b>10:00</b>	<b>2 Man Bobsleigh Race: Heat One</b>	Combo Track
TBD	<b>2 Man Bobsleigh Race: Heat Two</b>	Combo Track
TBD	Winner's Ceremony Immediately Following Heat Two	Upper Finish, Combo Track
TBD	Awards Ceremony 30 Minutes After Winner's Ceremony	MVH Awards Plaza
<b>14:30</b>	<b>Women's Monobob Race: Heat One</b>	Combo Track
TBD	<b>Women's Monobob Race: Heat Two</b>	Combo Track
TBD	Winner's Ceremony Immediately Following Heat Two	Upper Finish, Combo Track
TBD	Awards Ceremony 30 Minutes After Winner's Ceremony	MVH Awards Plaza



**Sunday 18.12.2022 World Cup Competition Day Three**

<b>10:00</b>	<b>2-Woman Bobsleigh Race: Heat One</b>	Combo Track
TBD	<b>2-Woman Bobsleigh Race: Heat Two</b>	Combo Track
TBD	Winner's Ceremony Immediately Following Heat Two	Upper Finish, Combo Track
TBD	Awards Ceremony 30 Minutes After Winner's Ceremony	MVH Awards Plaza
<b>14:30</b>	<b>4-Man Bobsleigh Race: Heat One</b>	Combo Track
TBD	<b>4-Man Bobsleigh Race: Heat Two</b>	Combo Track
TBD	Winner's Ceremony Immediately Following Heat Two	Upper Finish, Combo Track
TBD	Awards Ceremony 30 Minutes After Winner's Ceremony	MVH Awards Plaza





## **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**

Joe Martens – Board Chair  
Bill Beaney – Town of North Elba Representative  
Frank Cardinale – Ulster County  
Clifford Donaldson – Assembly Representative  
Hope Knight – Empire State Development  
Erik Kulleseid – NYS Office of Parks, Recreation and Historical Preservation  
Andrew Lack – Town of North Elba Representative  
Betty Little – Warren County  
Arthur Lussi – Town of North Elba Representative  
Diane Munro – Delaware County  
Basil Seggos – Department of Environmental Conservation  
Elinor Tatum – Senate Representative

### **Competition Committee**

IBSF President	Mr. Ivo Ferriani
Delegate & World Cup Coordinator Bobsleigh	Mr. Jos Mattli
Delegate & World Cup Coordinator Skeleton	Mr. Michael Gruenberger
Bobsled Jury President	Mr. Gatis Guts, LAT
Bobsled Jury Member	Mr. Dave Owens, USA
Bobsled Jury Member	Mr. Ken Delong, USA
Bobsled Material Controller	Mr. Bogdan Panaitescu, CAN
Bobsled Material Controller	Mr. Dragos Panaitescu, ROU
Skeleton Jury President	Ms. Cassie Revelli, USA
Skeleton Jury Member	Mr. Ken Delong, USA
Skeleton Jury Member	Mr. Ryan Schneider, USA
Skeleton Material Controller	Mr. Steve Revelli, USA
Skeleton Material Controller	Mr. Tom Church, USA
Race Director Bobsled	Mr. Don Haas, USA
Race Director Skeleton	Mr. Bob Hofbauer, USA
Race Secretary	Ms. Betsy Napier
Chief of Medical	Dr. Eugene Byrne, USA





**MT VAN  
HOEVENBERG**



**Organizing Committee**

Chairman	Mr. Jeremy Freeman
Assistant Director of Events	Ms. Laura Ferranti
USABS Chief Executive Officer	Mr. Aron McGuire
General Manager—Mt Van Hoevenberg	Ms. Rebecca Dayton
Asst. Venue Manager—Mt Van Hoevenberg	Mr. Ric Preston
Event Manager	Mr. Jonah Trembley
Event Logistics Coordinator	Ms. Morgan Alderman
Athlete Services	Mr. Jonah Trembley
Track Chief	Mr. John Napier
Timing and Scoring	Mr. Zach Catillaz
Marketing/Promotion	Ms. Jennifer McKeever
Media Information—ORDA	Ms. Darcy Norfolk
Technology	Mr. Franklin Mussen







## 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](http://www.lakeplacid.com)**

**Olympic Training Center:** There are a limited number of rooms available. They are on a first-come, first-serve basis. If interested, please contact Jonah Trembley at [jtrembley@orda.org](mailto:jtrembley@orda.org) and a sign up sheet will be shared with you. Rooms are \$115 USD/night.

### LOCAL HEALTH & FITNESS CLUBS

Athletes staying at the U.S. Olympic Training Center have full access to the fitness facilities on site. Athletes staying at other local hotel properties will receive special world cup rates (with event credential) at the following fitness facilities. Please make your reservations directly with the facility upon your arrival.

#### **CrossFit Lake Placid**

2192 Saranac Ave  
1-518-302-5597

#### **Fitness Revolution**

1991 Saranac Ave  
Lake Placid, NY 12946  
1-518-523-4127  
Discounted to \$10 USD per day.

### VISA/FOREIGN ATHLETES ENTERING USA

To check if your nation requires a visa for entry to the United States, please visit the [Department of State website](http://Department of State website). Contact [lferranti@orda.org](mailto:lferranti@orda.org) to request a visa letter from the Organizing Committee.

At this time foreign nationals entering the US will be required to present the following for entry:

- Passport
- Visa or ESTA
- **If over the age of 18:** proof of full vaccination against Covid-19

*Anyone applying for a visa should apply at least 90 days in advance of their trip. Athletes also must provide Jonah Trembley with updates on their visa status both at the one- and three-month marks prior to the event(s) by emailing [jtrembley@orda.org](mailto:jtrembley@orda.org).*

### 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.

#### **COVID-19**

##### **COVID-19 Prevention**

Participants in the World Cup competitions must adhere to the vaccination requirements for travel to the US. Requirements for vaccine status are listed here <https://www.cdc.gov/coronavirus/2019-ncov/travelers/noncitizens-US-air-travel.html>

In addition, please be prepared to follow local COVID guidelines, subject to change. The latest guidelines are for Essex County, NY found on the [CDC website](http://CDC website).

### 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 Base Lodge on the first floor. Please see schedule for registration times. All Team Leaders must report to registration before sliding.

### RACE ENTRY FEES

All race entry fees will be paid electronically; exact details of how to pay will be communicated prior to the event. Fees are due by the first team captain's meeting for each sport.

Men's Bobsled €20 per athlete per race  
Women's Bobsled €20 per athlete per race  
Skeleton €25 per athlete per race

### COMPETITION OFFICE

The competition office will be in the finish building at Mt Van Hoevenberg.

### TEAM CAPTAINS MEETINGS

The first Team Captain's Meeting for both Bobsleigh and Skeleton will be at the Olympic Jumping Complex on the second floor after registration. The second Team Captain's Meetings for both Bobsleigh and Skeleton will be virtual.





## 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 Mt Van Hoevenberg Mountain Pass Lodge on the second floor.

## CEREMONIES

An Opening Ceremony will take place at 20:45 on Saturday, December 10<sup>th</sup> at the Mountain Pass lodge at Mt Van Hoevenberg.

The Winner's ceremonies will take place on the finish deck immediately following the end of each competition.

The Award ceremonies will take place approximately 30 minutes after the end of each race in the awards plaza.

## 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 – 1-518 242-4440  
Budget – 1-518-242-4450  
Enterprise – 1-844-934-1076  
Hertz – 1-518-456-1777  
National/Alamo – 1-844-366-2648

## 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.

## SLED STORAGE/RENTAL

Mt Van Hoevenberg offers limited sled storage at the track. Reservations can be made by contacting Zach Catillaz, [zcatillaz@orda.org](mailto:zcatillaz@orda.org), 518.837.5610.

## PAID TRAINING

Please email Zach Catillaz at [zcatillaz@orda.org](mailto:zcatillaz@orda.org) to confirm your sliders participation in paid training.

Combined Track rates are:

Bobsled: 2-Man/ 2-Woman Trip Fee \$ 60.00/ Trip 4-Man Trip Fee \$ 80.00/ Trip Mono-Bob Trip Fee \$ 60.00/ Trip Youth Mono-Bob Trip Fee (18 and under) \$ 30.00/ Trip Para Trip Fee \$ 30.00/Trip

Skeleton: Skeleton Trip Fee \$ 40.00/ Trip Youth Skeleton Trip Fee \$ 30.00/ Trip Para Trip Fee \$ 30.00/ Trip

The Push Track does not have paid training available.

## CARNETS

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

## 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.

## Questions:

Jonah Trembley  
[jtrembley@orda.org](mailto:jtrembley@orda.org)

ORDA  
37 Church Street  
Lake Placid, New York 12946  
Phone: 1-518-524-2117





## ***Mt Van Hoevenberg Combined Track***

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 Mt Van Hoevenberg 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**

Mt Van Hoevenberg 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**

A fully equipped first aid center is staffed at all times by two Emergency Technicians. 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. Mt Van Hoevenberg 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 Life Flight 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

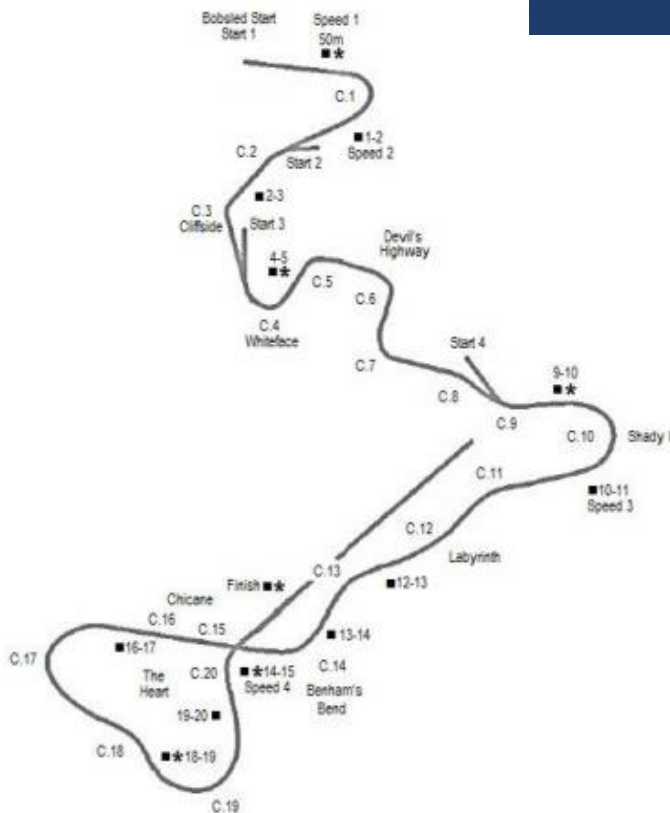




MT VAN HOEVENBERG



BOBSLED SKELETON



**Bobsled Training Splits**

- 50m: 50m/ 50m
- 1-2: 115m/ 65m
- 2-3: 200m/ 85m
- 4-5: 345m/ 145m
- 9-10: 610m/ 265m
- 10-11: 735m/ 125m
- 12-13: 870m/ 135m
- 13-14: 930m/ 60m
- 14-15: 1010m/ 80m
- 16-17: 1075m/ 65m
- 18-19: 1275m/ 200m
- 19-20: 1400m/ 125m
- Finish: 1480m/ 205m

**RACE SPLITS**

- 50m
- 4-5
- 9-10
- 14-15
- 18-19
- Finish
- Speed – Curve 14

**Speeds km/h**

- Speed 1 – 50m
- Speed 2 – Curve 1
- Speed 3 – Curve 10
- Speed 4 – Curve 14

