

Athletes Info Sheet

Ski Mountaineering

Version 1 - 13.1.2020



WINTER
WORLD
MASTERS
GAMES

**INNS'
BRUCK
2020**

10. - 19. 01. 2020
www.innsbruck2020.com



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General Information – Winter World Master Games 2020

Games Centre – Your first Stop

The Games Centre is located in the Olympiaworld Innsbruck (Olympiastraße 10) and is the central hub for all athlete services. The Games Centre is where you will receive your welcome bag and any items you purchased online during the registration process (T-shirt, gala evening, etc.). It is also the location of the general information desk, the sport information desks (for specific questions on the respective sports), the transport & tourism stand and our WWMG 2020 merchandising shop.

Accreditation

As an athlete at the WWMG 2020 you will receive accreditation. This shows that you are taking part in the Games as a competitor and will give you access to the places you need to be at the venues. Accreditations can be picked up starting from 8 January 2020 at the Games Centre in the Olympiaworld Innsbruck (Olympiastraße 10).

Accreditations are personalised documents and therefore non-transferable. When you go to pick up your accreditation you will need a piece of photo ID as well as confirmation of your registration as an athlete for the WWMG 2020. Please wear your accreditation in a clearly visible place at all times while in the venues (except when you are competing). Any misuse of accreditation will result in the accreditation being removed.

Opening hours:	8 January 2020	4:00pm – 8:00pm
	9 & 10 January 2020	10:00am - 8:00pm
	11 January 2020	9:00am - 6:00pm
	12 & 13 January 2020	7:00am - 9:00pm
	14 & 15 January 2020	10:00am - 6:00pm
	16 -19 January 2020	10:00am - 4:00pm

Merchandise

The official merchandise of the Winter World Masters Games 2020 is the perfect way to spread the message in Innsbruck and to take home a souvenir from this major international event. The modern design represents a snowflake, with the individual crystals symbolising the gathering of people from around the world during the WWMG 2020. A selection of products can be ordered online at www.tirolshop.com/wwmg-2020 and during your stay in Innsbruck at the Games Centre, Masters Village and all venues.



Athlete Photo Service

On selected days, we are offering an athlete photo service (there is a charge for this service). Our photographers position themselves in the most spectacular and beautiful positions, capturing you in action! You can purchase the pictures on site or online. More information and links can be found here: <https://www.innsbruck2020.com/en/participants/services>

Medal Engraving Service

You want to engrave your name, discipline and result on your won medal? Bring your precious piece of metal to the Masters Village, a medal engraving booth is waiting for you (there is a charge for this service)! For your friends and family at home, you can purchase a commemorative medal – and have it engraved with a charming message too!

Master Village

The Masters Village is the meeting place for all athletes, sports enthusiasts, locals and guests during the Winter World Masters Games 2020. Exciting events and a welcoming atmosphere make the Masters Village an experience to remember. The Masters Village will be located close to the old town, directly in the centre of Innsbruck.

The market with local delicacies, Tyrolean specialties and local arts and crafts will offer plenty of winter flair in heart of the Alps and give visitors the chance to grab a unique souvenir.

Opening Hours: 11:30 am till 10:00 pm (Friday, 17.01. till midnight)

- 11:30am – 6:00pm market
- 6:00pm – 7:00pm medal ceremonies
- 7:00pm – 10:00pm stage show

More details can be found here: <https://www.innsbruck2020.com/en/venues/masters-village>

Opening ceremony – Saturday, 11 January 2020

We'd like to welcome you to the Official Opening Ceremony of the Winter World Masters Games 2020. It will kick off at 6:00 pm with the „Athletes Parade“ marching through the historic city centre to put you - the athletes – in the spotlight, before the Games will be declared open in the Masters Village in the Maria-Theresien-Straße.

- Meeting Point for Athletes: **5:00 pm** Landestheatervorplatz
- Athletes Parade: **6:00 pm** passing the Hofgasse, the Golden Roof and welcoming all athletes in die Maria-Theresien-Straße | Masters Village
- Official Opening Ceremony on Stage: **6:20 pm**

Closing ceremony

- Sunday, 19 January 2020, 6:00pm – 8:00pm

The opening and closing ceremony as well as the Masters Village are free of charge for everybody. No ticket necessary.

Further Information

Sustainability

Tyrol's beautiful alpine landscape offers a huge range of options when it comes to adventure sports and outdoor activities. In order to preserve this stunning nature for future generations, we must protect our environment.

Ecological, economic and social sustainability form a core part of the WWMG 2020. In every decision, we aim to protect our climate, environment and resources as well as to contribute to greater social equality. You too can do your bit to help!

Here are the most important ways in which we show our commitment to making the WWMG 2020 an environmentally sustainable event:

- No new venues have been built for the WWMG 2020. All the venues in Innsbruck and Tirol were already here before the event. With the exception of Kitzbühel, all the venues are no more than 25 kilometres away from Innsbruck and can be easily accessed using public transport.
➔ *YOU CAN HELP! Use public transport to get around – as a participant in the WWMG you can use public transport free of charge (see “Transport” in the section Venue Information).*
- We do our best to use as little water as possible. Tyrol's drinking water is of outstanding quality and comes straight from the mountains.
➔ *YOU CAN HELP! Drink tap water instead of mineral water from plastic bottles.*
- We are able to save tonnes of waste thanks to reusable plates, dishes, etc. Any rubbish which cannot be avoided is separated and recycled.
➔ *YOU CAN HELP! Bring your own drinking bottles and hot drink flasks with you.*
- All documents used for the WWMG 2020 are printed in small quantities on FSC / recycled paper. We only print what we really need. All documents are available in digital form and can be downloaded from our website: www.innsbruck2020.com .
➔ *YOU CAN HELP! Please only print documents that you really need.*
- Volunteering – the WWMG 2020 brings people of different sexes, generations, religions, nationalities and backgrounds together. This diverse melting pot helps to foster social cohesion in the region.

Physiotherapist by „Basefive“

There will be a physiotherapist available at your own cost of 30€ / 30min.

Feel free to contact Luisa and get an appointment during the opening hours at Olympiaworld Innsbruck and in Seefeld

- a) Olympiaworld Innsbruck:
Friday 10. January till Sunday. 19. January
11:00 am till 8:00 pm (Sunday, 19th – till 4:00 pm)
- b) Seefeld:
Sunday, 12. Januar bis Sunday 19. January
12am till 6:00 pm

Contact

Luisa Angebrand

E-Mail: l.angebrand@basefive.at

Phone: +43 664 9119238

Venue Information | Patscherkofel

The Patscherkofel – south of Innsbruck – has played an important role in Innsbruck's rich sporting tradition. It was here that the Ski Mountaineering and Bobsleigh competitions were held during the 1964 and 1976 Winter Olympics. In January 2020, Patscherkofel will be the scene of the Ski Mountaineering competitions and the Vertical Race (Ski Mountaineering). More than 900 athletes will compete for medals at the Patscherkofel from 11 to 16 January 2020.

For more information and the full schedule for each sport please visit our website: <https://www.innsbruck2020.com/en/venues/patscherkofel>

Getting here

From the Inntal motorway follow exit Innsbruck Mitte – continue towards Igls – through Vill to the village of Igls, continue towards Patsch to the valley station of Patscherkofel.

From Brenner/Italy, follow the motorway exit Patsch – continue via Patsch to the valley station of Patscherkofelbahn.

Address: Römerstraße 81, 6080 Igls

Bus connections to Patscherkofel

The Patscherkofel cable car can be reached quickly and easily using public transport.

From Monday to Friday, the J line bus (IVB) departs from Innsbruck at 10-minute intervals, on Saturday, Sunday and public holidays at 15-minute intervals and goes directly to the Patscherkofel cable car valley station.

More details can be found on the following websites:

Verkehrsverbund Tirol (VVT)

www.vvt.at

Innsbrucker Verkehrsbetriebe (IVB)

<https://www.ivb.at/>

Parking

There is a car parking area at the bottom of the Patscherkofel cable car which can be used free of charge during the WWMG. Please be aware that there are limited parking spaces available there.

Further parking is available at the bottom of the old Patscherkofel gondola in Igls (Bilgeristraße 24). From there, a shuttle bus operated by the local bus company IVB (bus route J) will take you to the new Patscherkofel cable car.

Food & drink at Patscherkofel

At the bottom of the cable car you will find a restaurant called "Das Hausberg". There will also be a food tent with seating located at the bottom of the cable car during the WWMG 2020.

Throughout the ski resort you will find plenty of mountain huts serving food and drink.

Venue Information | Praxmar (St. Sigmund)

The Sellraintal, a side valley of the Inntal valley, is considered a paradise for ski mountaineers of all abilities – beginner, advanced and expert. Around the small village Praxmar (St. Sigmund) there are many well-known mountains such as the Zischgeles (3,004m) and the Lampsenspitze (2,875m). The participants taking part in the Individual Race at the 2020 Winter World Masters Games must climb, among others, the Lampsenspitze. The Sellraintal offers not only fantastic slopes but also an incredible panorama overlooking the peaks of the Ötztal, Inntal and Stubaital valleys.

For more information please visit our website: <https://www.innsbruck2020.com/en/venues/praxmar>

Getting here

Via the Inn Valley autobahn: Kiefersfelden – Innsbruck (direction Arlberg) – exit at Zirl

Via Bregenz – Arlberg – Imst – exit at Zirl

Toll-free via Garmisch-Partenkirchen – Mittenwald – Seefeld – Zirl

Bus connections to Praxmar

More details can be found here https://www.praxmar.at/files/busplan_innsbruck_sellrain.pdf

Shuttle Service to Praxmar

There will be an organized shuttle service on Saturday, January 18 from Olympiaworld Innsbruck (Olympiastraße 10, 6020 Innsbruck) to Praxmar for the participants in the Individual Race.

For organizational reasons, we kindly ask you to make a reliable reservation by Wednesday, January 15 by email to ski@innsbruck2020.com

Parking Praxmar

Parking spaces in Praxmar are limited and only with a valid parking permit.

A free shuttle service from Olympiaworld Innsbruck to Praxmar is organized. Please register reliably (see above!).

More parking spaces are available at the cross-country ski run (fish pond (over the toboggan run approx.1 km to the start and finish area). In this case, drive to Lüsens at the Praxmar / Lüsens crossing!

Transport

All accredited participants will be able to use the regional public transport network throughout Tyrol free of charge. If you want more information about getting to the WMMG 2020 venues in and around Innsbruck using public transport, please speak to a member of staff at the Transport Info Desk in the Games Centre at the Olympiaworld. They will be happy to provide you with all the information you need.

Side events | Sport Evening at Rossignol Store & Casino Innsbruck

There will be a series of Sport Evenings during the WMMG for all participants and helpers. Each will be specific to the respective sport and will vary depending on the sport and venue. The Sport Evening for Ski Mountaineering is scheduled to take place on **Saturday 18 January 2020 (6 pm) at SPORTLER Alpine Flagship Store (Maria-Theresien-Straße 39)**. A talk by Benedikt Böhm, a true extreme adventurer, is planned. Please save the date.

More information to our program and all side events can be found on our website: <https://www.innsbruck2020.com/en/programme/culture-events>

Sport Information | Ski Mountaineering

Athlete Info Meeting

All the most important information about your competitions at the WWMG are provided in this document.

The Athlete Info Meetings (AIM) will take place on **Wednesday 15 January, 7.30 pm** and **Friday 17 January, 6 pm** at **Olympiaworld Innsbruck** (Olympiastraße 10, 6020 Innsbruck).

Each athlete is strongly advised to take part in this meeting.

Sport information desk for Ski Mountaineering

In the Games Centre (Olympiaworld Innsbruck) you will find the sport information desk for Ski Mountaineering. Once you have picked up your accreditation, you will get an update on all the latest information relevant to your competition. The sport information desk for Ski Mountaineering is expected to be open from 16 to 17 January 2020 between 10 am and 4 pm.

Race office & Info Desk at Patscherkofel

The race office for the Vertical Race is located at Patscherkofel valley station (Römerstraße 81, 6080 Innsbruck) and for the Individual Race in Praxmar. Please go to the Sport Info Desk first. They will lead you to the Race office if necessary. The opening hours during competition time will be communicated at the AIM.

Distribution starting numbers

Start numbers will be handed out on the day of the race at the Patscherkofel venue (bottom of the cable car) and in Praxmar.

Your starting number is valid for both races! Therefore, please keep your number after the Vertical Race and bring it to the Individual Race!

List of participants

A preliminary start list (list of participants) has already been published on our website

<https://www.innsbruck2020.com/en/sport/ski-mountaineeing>

Schedule

Wednesday, 15.1.2020	Athletes Info Meeting (7.30 pm)
Thursday, 16.1.2020	Vertical Race (6 pm)
Friday, 17.12020	Athletes Info Meeting (6 pm)
Saturday, 18.1.2020	Individual Race (10 pm)
Sunday, 19.1.2020	Official Closing Ceremony (starting approx. 7 pm)

The final start times will be announced at the Athlete Info Meeting the day before each race.

If a race has to be postponed because of the weather, the remaining competitions will take place as scheduled. The postponed race will be held at a later date (if possible).

A detailed schedule will be announced well in advance at

<https://www.innsbruck2020.com/en/sport/ski-mountaineeing>

Route maps

The route maps for the Vertical and Individual Race can be found here:

<https://www.innsbruck2020.com/en/sport/ski-mountaineering>

Race equipment Vertical Race

Equipment according to valid ISMF regulation. Beside the normal ski length and weight requirements, there exists a headlamp duty. The headlamp is lightened through the whole competition.

Race equipment Individual Race

In addition to the helmet, the Individual Race requires the usual equipment with an avalanche transceiver on the body, probe, shovel, and emergency blanket. Necessary additional clothing, which must be carried in the backpack, will be announced in good time before the race according to the current conditions on site.

A calibrated scale for reliably checking weight limits for equipment (e.g. skis, shoes) is available in the respective target area.

Backpack delivery

This can be handed in in the start area up to 15 minutes before the start. You will receive a piece of paper with your number with which you can pick up your backpack again, so that misuse / theft is prevented. At the Patscherkofel your backpacks will be transported to your destination.

Medal ceremonies

Medal ceremonies will take place approx. one hour after the respective race end on site.

The top three of each class will be honored in both ratings (Winter World Masters Games rating & FMC rating). (Medals will be hand over only to personally present winners.)

Participants represent themselves. There are no country-delegations. No national anthems will be played, or flags raised during ceremonies.

In addition, some award ceremonies will take place in the Masters Village in Innsbruck. On Saturday, January 18 (6:00 p.m.), a selected women's and men's class will be honored on the WWMG stage in Maria-Theresien-Straße.

Start lists & results lists

During the event you will find all start lists and results lists on our homepage – this information will be updated daily.

A preliminary start list has already been published on the Ski Mountaineering page of the WWMG website: <https://www.innsbruck2020.com/en/sport/ski-mountaineering>

Competition rules & judges

Details on the competition rules and judges can be found in the announcement on the Ski Mountaineering page of the WWMG website <https://www.innsbruck2020.com/en/sport/ski-mountaineering>

Further information

Visit www.innsbruck2020.com and Facebook (www.facebook.com/innsbruck2020)

Contact details:

E-mail: welcome@innsbruck-2020.com

Questions about registration and your data on the registration platform Active:

E-mail: registrierung@innsbruck2020.com

Thank you to our partners and sponsors!



Photos: © Innsbruck Tourism/Christof Lackner