



# 14<sup>TH</sup> U14-U16 FIS CIT INTERNATIONAL CUP



## MARCH 31 AND APRIL 1,2,3, 2022 IN PRA LOUP AND SAUZE/SUPER SAUZE





# PROGRAM

## 14<sup>TH</sup> U14-U16 FIS CIT INTERNATIONAL CUP

**Wednesday, March 30, 2022**

- 5:00<sup>PM</sup>** Track Tracing from the SLALOM to the Praloup.
- 7:00<sup>PM</sup>** Coaching meeting at the Praloup tourist office.
- 7:30<sup>PM</sup>** Race committee at the Praloup Tourist Office.

**Wednesday, March 31, 2022**

**SLALOM**

- 8:00<sup>AM</sup>** Opening of Praloup Ski lifts.
- 8:10-8:40<sup>AM</sup>** **SLALOM 1st Heat Recognitions** / 8:25<sup>AM</sup> Closing recognition.
- 8:45<sup>AM</sup>** **First start**
- 11:00-11:30<sup>AM</sup>** **SLALOM 2nd Heat Recognitions** / 11H15<sup>AM</sup> Closing recognition.
- 11:45<sup>AM</sup>** **First start**
- 2:30<sup>PM</sup>** **Presentation of Awards in the bottom of Praloup track**
- 4:00<sup>PM</sup>** **Track tracing SLALOM Praloup**
- 6:00<sup>PM</sup>** Race committee at Praloup Tourist Office.

**Friday, April 1, 2022**

**SLALOM**

- 8:00<sup>AM</sup>** Opening of Praloup Ski lifts.
- 8:10-8:40<sup>AM</sup>** **SLALOM 1st Heat Recognitions** / 8:25<sup>AM</sup> Closing recognition.
- 8:45<sup>AM</sup>** **First start**
- 11:00-11:30<sup>AM</sup>** **SLALOM 2nd Heat Recognitions** / 11H15<sup>AM</sup> Closing recognition.
- 11:45<sup>AM</sup>** **First start**
- 3:00<sup>PM</sup>** **Track tracing SLALOM Super Sauze**
- 4:00<sup>PM</sup>** Race committee at Praloup Tourist Office.
- 6:00<sup>PM</sup>** **Presentation of Awards followed by a buffet dinner at Praloup.**

**Saturday April 2, 2022**

**GIANT**

- 8:00<sup>AM</sup>** Opening of Super Sauze Ski lifts.
- 8:10-8:40<sup>AM</sup>** **GIANT 1st Heat Recognitions** / 8:25<sup>AM</sup> Closing recognition.
- 8:45<sup>AM</sup>** **First start**
- 11:00-11:30<sup>AM</sup>** **GIANT 2nd Heat Recognitions** / 11:15<sup>PM</sup> Closing recognition
- 11:45<sup>AM</sup>** **First start**
- 2:30<sup>PM</sup>** **Presentation of Awards at the bottom of the Giant track.**
- 3:00<sup>PM</sup>** **Tracing 2 sleeves Giant at Sauze.**
- 6:00<sup>PM</sup>** Race committee at Sauze Tourist Office.

**Sunday April 3, 2022**

**GIANT**

- 8:00<sup>AM</sup>** Opening of Super Sauze ski lifts.
- 8:10-8:40<sup>AM</sup>** **GIANT 1st Heat Recognitions** / 8:25<sup>AM</sup> Closing recognition.
- 8:45<sup>AM</sup>** **First start**
- 11:00-11:30<sup>AM</sup>** **GIANT 2nd Heat Recognitions** / 11:15<sup>PM</sup> Closing recognition
- 11:45<sup>AM</sup>** **First start**
- 2:30<sup>PM</sup>** **Presentation of Award in the bottom of the Sauze track.**



# 14<sup>TH</sup> U14-U16 FIS CIT INTERNATIONAL CUP

## HONORARY COMMITTEE

**Renaud MUSELIER**

**Martine VASSAL**

**Benoît PAYAN**

**Michèle RUBIROLA**

**Ludovic PERNEY**

**Thierry SANTELLI**

**Patrick BOUVET**

**Albert OLIVERO**

**Sophie VAGINAY-RICOURT**

**Sébastien JIBRAYEL**

**Sophie VAGINAY**

**Anne-Chantal PICHELET-GREVV**

**Urs DIETRICH**

**Philippe MARTIN**

**Jean-Paul CARLHIAN**

**Jean-Louis DEBART**

**Michel BARNEAUD**

**Jean-François CONNET**

**Gilles CARRETTA**

**Guy PONTIER**

Chairman, PACA Regional Council

Chairman, Departmental Council 13

Mayor of Marseille

First Deputy Mayor of Marseille

Chairman, PACA Regional Council Sports Commission

Chairman, Departmental Council (13), Sports Delegate

Mayor of Uvernet-Fours Pra Loup

Mayor of Enchastrayes

Mayor of Barcelonnette

Deputy Mayor of Marseille, Sports Delegate

Mayor CCVU Sport

Chairman, French Ski Federation

FIS-CIT Chairman

FIS representative for France

Chairman Alpes Provence Regional Committee

National Citadin Commission Manager

Urban National Commission Vice president

Chairman, Ski Committee (13)

Chairman of Ski Academie

Chairman of Ski Club Saint-Antoine

## ORGANISATION AND TECHNICAL COMMITTEE

**Jean-Louis DEBART**

**Philippe MARTIN**

**Gilles CARRETTA**

**Guy PONTIER**

**Christian DE LORENZO**

**Yannick DEBEUX**

**Cédric ROSSI**

**Yvan CHEVALIER**

**Dragay VOJVODANOVIC**

General Director for the competitions

Deputy Director for the competitions

General Event Coordinator

Deputy General Coordinator of events

Le Sauze Race Director

Race director Pra Loup

Director of Ski Lifts Pra Loup

Director of Ski Lifts Le Sauze / Super Sauze

Director of Ubaye Tourism



# REGULATIONS

## 14<sup>TH</sup> U14-U16 FIS CIT INTERNATIONAL CUP

### ART 1

This competition is meant for boys and girls born in the following years : **2006, 2007, 2008 et 2009** who are members of any of the federations listed by the International Ski Federation.

### ART 2

This competition will take place in the form of 4 races: **Super Giant, Super Combined (SuperG + Slalom) Giant** and **a slalom** and whose rules must conform to the FIS rules in force concerning youth races.

### ART 3

All racers equipment must comply with the provisions of the RIS, in particular with regard to dorsal/back protective shells and helmets (FIS labels affixed to the back of the helmet) which are mandatory. Skis and boots must meet the following specifications:

#### • SUPER G

- (U14) : Max length 205cm (France)
- (U16) : Minimum Length 183/Radius 30m

#### • GIANT

- (U14) : Max length 188cm / Radius 17m Mini
- (U16) : Max length 188cm / Radius 17m Mini

#### • SLALOM

- (U14) : Mini length 130cm
- (U16) : Mini length 130cm
- Maximum height skis all disciplines + Plates 50mm Max
- Thickness Sole Shoes K1 and K2 43mm Max
- Width under mounting GS/SG 65mm Max

### ART 4

These competitions shall lead to a separate classification for each category U14, U16, Boys and Girls. The first three from each of the four categories shall be given a prize.

At the end of all the competitions the nations shall be ranked according to the total «race points» of each nation's best skiers (group A) in each race and in each category. Skiers registered within the framework of «double quota» shall not be taken into account in this ranking. A Nations Cup shall be given to the nation with the highest number of points.

### ART 5

The participation quota shall be limited to 2 boys and 2 girls per age year, i.e. a maximum of 16 skiers per nation. Only the skiers included in this quota may participate in the nations trophy competitions. Their «race points» shall then be taken into account. The organising nation must declare the 16 skiers representing it, on a separate registration list.

### ART 6

Two groups shall be formed in each category: a group of skiers participating in the International Cup, and a group of «double quota» skiers not qualified for this Cup in the organiser nation.

Lots shall be drawn at random for the first run and for each category U14, U16, boys and girls. The groups of participants in the International Cup shall leave before the double quota group from the organiser nation.

Girls shall leave before the boys, respecting the categories.

The start order for the 2nd run > the best 30 shall start in the reverse order of their ranking from the 1st run.

Depending on the number of competitors and/or time difference, the DT may bring down this number to the best 15.

### ART 7

The organiser undertakes to provide each nation with the necessary registration documents. These documents shall be sent latest 60 days before the competition, by mail to the head of CIT FIS Committee in each nation, and to each nation's federation.

The organiser also undertakes to coordinate the accommodation of the nations present, and to apply the rate recommended in the existing international regulations.

Registration fees shall be paid and fixed in accordance with the FIS CIT regulation (ALWC/Point 7).

Registrations must be completed with the FIS registration form.

### ART 8

The International Cup competitions refer to the regulations on international skiing competitions applied by FIS (RIS), especially on Alpine competitions for children (Art.608 of RIS).







# COMMITMENTS

SEND THE COMMITMENTS BEFORE FRIDAY, MARCH 18, 2022 - 8:00PM

MAIL : [CARRETTA.G@ORANGE.FR](mailto:CARRETTA.G@ORANGE.FR)

## ENTRY FEES

**FRENCH SKIER : 20,00 € / RACE DAY**

**FOREIGN SKIER : 20,00 € / RACE DAY**

(including the fees for ski lifts)

**FOR FUTHER INFORMATION ABOUT THESE RACES, PLEASE CONTACT:**

Gilles CARRETTA / [carretta.g@orange.fr](mailto:carretta.g@orange.fr)

Yannick DEBEUX / [yannick.debeux.praloup@gmail.com](mailto:yannick.debeux.praloup@gmail.com)

(booking training track)

# ACCOMMODATION

**IN THE UBAYE VALLEY (NO PARTICIPATION BY THE ORGANISATION)**

## MAXIMUM RATE

### PER PERSON/DAY FOR HALF BOARD ACCOMMODATION

**For skiers : 65,00 €**

**For Coaches & Guides : 80,00 €**

All lunches are offered by the organizer on the slopes.

**PRA LOUP TOURIST OFFICE / [WWW.PRALOUP.COM](http://WWW.PRALOUP.COM) / [INFO@PRALOUP.COM](mailto:INFO@PRALOUP.COM)**

**TEL. +33 (0) 4 92 84 10 04**