

1	<b>Title</b>	Exercise Rucksack 2010 – Exercise Instruction
2	<b>Audience</b>	All Army personnel
3	<b>Applies</b>	Effective immediately
4	<b>Expires</b>	1 March 2010
5	<b>Replaces</b>	N/A
6	<b>Reference</b>	(completed by DE&S Graphics and Photography)
7	<b>Released</b>	(completed by DE&S Graphics and Photography)
8	<b>Channel</b>	07 – Training
9	<b>Subject</b>	Training and Education.
10	<b>Content</b>	Instructions for Exercise RUCKSACK. participants
11	<b>Sponsor</b>	British Army Nordic Ski Committee (BANSC)
12	<b>Contact</b>	Maj Rich Crawford RA, 94331 3796, E.mail: richcrawford@hotmail.com
13	<b>Keywords</b>	Biathlon; NORDIC; Skiing; RUCKSACK; PIPEDOWN; SPARTAN HIKE; cross country skiing.
14	<b>Related information</b>	NORDIC DIN 2009 – number TBC
15	<b>Classification</b>	RESTRICTED

## DEFENCE INSTRUCTIONS AND NOTICES

**Title:** Exercise Rucksack 2010 – Exercise Instruction

**Audience:** All Army personnel

**Applies:** Effective immediately

**Expires:** 31 Mar 2009

**Reference:** 2008DIN07-\*\*\*

**Released:**

**Channel:** 07 – Training

**Content:** Authority and exercise instruction for Exercise RUCKSACK

**Sponsor:** British Army Nordic Ski Committee (BANSC)

**Contact:** Maj Rich Crawford RA, 94331 3796,  
Email: richcrawford@hotmail.com

### EXERCISE RUCKSACK 2010 – EXERCISE INSTRUCTION

References:

- A. AWSA Nordic Ski Race Rules 2009
- B. 2009DIN02-\*\*\* - Winter Sport Activity (WSA) Instruction
- C. ASCB 428 dated 9 Aug 06.
- D. LANDSO 4402 (Second Edition) – Control and Management of CILOR
- E. JSP 456 - Defence Catering Manual Volume 2
- F. 200pDIN07-\*\*\* - Army Nordic Ski Training Management Policy 2009/10 issued Aug 09

### INTRODUCTION

1. Exercise RUCKSACK 2010 is the 63<sup>rd</sup> British National, Inter-Service and Army Nordic Ski Championships. It will take place in RUHPOLDING, Germany from 20 January to 5 February 2010. It is a collective training exercise and military competitors are on duty throughout. It is not Adventure Training (AT).
2. **Ruhpolding.** Ruhpolding is situated at 700m in the Chiemgau region of South East Bavaria. Biathlon World Cup races are held there annually, and in 2012 it will host the Biathlon World Championships for the 4<sup>th</sup> time. Location details are at Annex B.

### AIM

3. **Exercise Aim.** The aim of the exercise is to provide participants with an arduous and challenging racing programme, using world class, state of the art facilities and physically demanding, technical courses in order to identify the National, Inter-Services and Army Champion Nordic Skiers and Nordic Skiing units of the British Army whilst enhancing the moral and physical components of fighting power.

4. **Exercise Instruction Aim.** The aim of this instruction is to provide participants with sufficient information to prepare themselves administratively to participate in the Exercise. The Instruction should be read in conjunction with References A to F.

## **OBJECTIVES**

5. **Exercise Objectives.** The objectives of the Exercise are:
- a. To run a physically demanding and varied race programme during which teams and individuals can test their physical fitness, stamina, determination, courage and leadership.
  - b. To run state of the art range facilities to allow teams and individuals to practice, raise and test their marksmanship.
  - c. To develop organisational administrative and management skills amongst officials, team captains and their deputies.
  - d. To develop a base of knowledge and skills to enable individuals to organise meetings at corps, divisional and Army level.

## **PARTICIPATION**

6. Those taking part in the Exercise fall into 6 categories:
- a. Regular Army teams and individual competitors.
  - b. Other British Service teams and individual competitors.
  - c. British and Foreign civilian or Service teams and individual competitors.
  - d. Exceptional, invited members of the Territorial Army (TA).
  - e. Officials (separate instructions to follow).
  - f. Visitors.

## **PROGRAMME**

7. The Exercise 2010 Programme is at Annex A.
8. **Arrival/Departure Dates.**
- a. Advance party arrives – 17 January 2010.
  - b. Competitors arrive – 20 January 2010.
  - c. Competitors depart – 5 February 2010.
  - d. Rear party departs – 6 February 2010.

## **COMMAND AND CONTROL**

9. **Exercise Director.** The Exercise Director is Lt Col A H McD Cameron MBE RA (Angus), Chairman Army Nordic / COS HQ RSA.

10. **Race Office.** The Race Office, located in the Alte Schulhaus (World Cup Race Office), Rathausplatz, will be open daily from 0730 to 2000 hrs.

11. **Team Captains.** Each unit is to appoint a team captain to be responsible for the conduct and management of his/her team. Particular emphasis is to be placed on punctuality, appearance and behaviour, the maintenance of which is essential if the Exercise is to continue to be held as successfully in such prestige locations.

12. **Team Captains' Meetings.** Team Captains are to attend the Team Captains' Meeting at 1000 hrs, Thursday 21 January 2010 in the Alte Schulhaus Annex (RLC Bar), and thereafter as published. Non attendance at any Team Captains' Meeting will be interpreted to mean that the team does not intend to compete in the following day's racing and therefore the team is available for minor officials' duties. A team technical advisor may attend meetings **with** the Team Captain, but the Team Captain will be the only spokesman for the team.

## **EXERCISE ENTRY**

13. **Eligibility and Qualification.**

a. **Army Unit Teams and Army Individuals.** All Army personnel are to qualify for the Exercise at one of the 2 qualifying divisional championships (Exercise SPARTAN HIKE and Exercise PIPEDOWN); Annex C to Reference A refers. GBR National Biathlon or Cross Country Team members are exempt from this rule and may attend in their own right. All Army personnel are to be members of the AWSA.

b. **Team Composition.** Team Composition (i.e. the nominated squad of 6 or 4) is to be in accordance with Reference A.

c. **Other Service Teams.** Teams from other Services and International Service Teams are exempt from qualifying. However, for the Military Combination and Inter- Service Races, they are to nominate a squad of 6 in accordance with Reference A.

d. **Civilians.** Any civilian holding British Nationality may enter the National Races in accordance with Reference A. Foreign Nationals may apply to compete *Hors Concours*.

## **MOVEMENTS, ARRIVAL AND REGISTRATION**

14. All movement and weapon clearances should be in accordance with Reference B.

15. **Road Tax / Winter Tyres & Chains.**

a. Teams are reminded that Switzerland and Austria levies a motorway tax - the Swiss tax is a one off annual payment; the Austrian tax is payable on a 10 day, two monthly, or annual basis. Failure to display the vignette results in on the spot fines in excess of £100.

b. If a vehicle is involved in an accident in Germany and does not have winter tyres the insurance is invalid.

c. Swiss law requires that snow chains are compulsory on many mountain passes.

16. **Arrival.** Teams are to report to the Exercise Reception Desk in the Race Office from 1000 hrs onwards on Wednesday 20 January 2010. Late arrivals (ETA after 2000 hrs) should warn the race office by phone – 0049 8663 419801

17. **Registration.** On arrival, all Team Captains are to:

- a. Check Team Registration details;
- b. Provide proof of insurance cover;
- c. Complete initial race entry forms - to be handed in at the Team Captains' Meeting at 1000 hrs Thursday 21 January 2010;
- d. Collect a "Team Information Pack" containing an up to date Race Programme, course profiles, security and weapons brief, local administrative details, and details of local public facilities;
- e. Receive accommodation details (no accommodation deposit will be required);
- f. Hand in any team training or competition ammunition and sign a weapon security certificate.

## **RACE ENTRIES**

18. **Entry Forms.** Entry Forms will be issued on arrival and are to be submitted as per Reference A.

19. **Entry Fees.** A standard, non-refundable entry fee of €300 will be charged for each team (max 6 athletes) and will be payable on registration. Civilians, individual competitors and those over and above the squad of 6, will pay €10 per race, payable per race. The monies collected from entry fees are used to pay for the AWSA, and Snowsport GB (SSGB) prizes, trophies and non-public overheads. This entry fee also gives automatic annual membership of the BBU to all athletes who hold a UK Passport

## **ACCOMMODATION**

20. Exercise accommodation agents are:

SportsMark  
Bryn Siriol  
Old Road  
Bwlch  
BRECON  
LD3 7RZ

Tel: until 31 Dec 09: (+44) 1874 730562  
Fax: until 31 Dec 09: (+44) 1874 730049  
Fax: 5 – 18 January 2010: (+49) 08663 2916  
Mobile: all periods: (+44) 7834 499830  
Email: [info@britishbiathlon.com](mailto:info@britishbiathlon.com)

From Monday 18 January 2010 please contact the Race Office Admin (Para 36)

21. **Army.** Self catering accommodation is allocated at no charge to qualified Army teams and individuals. No accommodation is available in Ruhpolding until the night of Wednesday 20 January 2010. Further information will be disseminated during the divisional championships. Teams who have competed at Ruhpolding before should inform SportsMark by fax or E-mail by Friday 20 November 2009 if they wish to have the same accommodation as before, or have a violent objection to being allocated the same accommodation! Qualified competitors travelling from Exercise PIPEDOWN and will be entitled to a special payment of € 20.00 per person for en-route overnight expenses on the night of Tuesday 19 January 2010.

22. **Other Service and Civilian Competitors / Visitors.** Commanding Officers, or Arms Directors who wish to attend the meeting on their own budget are most welcome. However they, and all non Army qualified competitors and spectators / families etc are responsible for paying for their own accommodation. SportsMark will advise and make accommodation bookings, but after 31 December 2009 cannot guarantee to meet any special requests.

23. **Storage and Waxing of Skis.** Waxing rooms will be provided at the Biathlon Stadium (Chiemgau Arena) and ski storage is available in all accommodation. Under no circumstances are skis to be stored or waxed in rooms, corridors, on balconies or in non-allocated areas.

24. **Facilities.**

a. Ruhpolding is a traditional ski village with excellent facilities, including banks (with cash point machines which accept Eurocards, Visa and Master Card etc), shopping facilities and restaurants. There are several supermarkets in Ruhpolding, however most shops are closed on Saturday afternoon and all day Sunday.

b. The après-ski activities include an indoor tennis club, ice rink, swimming pools, squash courts, gymnasium and discotheque, and are extensive.

c. There is limited daytime and floodlight alpine skiing in Ruhpolding, but extensive daytime alpine skiing 20 km away in Winklmoos.

25. **Departure.** All entitled personnel, less nominated officials are to leave on Friday 5 February 2010 (unless they are RLC teams remaining, under their own arrangements for the RLC Championships). Officials will inspect the accommodation prior to departure and payment for any damage noted will be the responsibility of the occupants. All bills are to be paid prior to departure.

## **FINANCE**

26. **Pay Office.** An Exercise Pay Office will be located in the Race Office. The Exercise RAO will be responsible for all financial aspects of the exercise and in particular will pay allowances for entitled competitors and officials, and collect Race Entry fees. There is no facility for cashing personal cheques, currency exchange or the sale of BFG petrol coupons.

27. **LOA.** Exercise RUCKSACK is collective training; participants are entitled to LOA. LOA authorisation for Royal Navy and Royal Air Force teams is under their own Service arrangements.

28. **Messing.** Exercise RUCKSACK is collective training; participants are entitled to CILOR. CILOR is authorised for Royal Navy and Royal Air Force teams under their own arrangements.

a. Teams considering attending Exercise RUCKSACK should draw CILOR from their units prior to attending the Exercise; if they fail to qualify they must then return it. CILOR funds will not be issued by the Exercise RAO.

b. The rules and application forms for CILOR are at Reference D and are also summarised in Reference B (para 21) which also contains the required form at Annex E. Applications for Exercise RUCKSACK must be separate from any other ski related CILOR bids (as rates in Germany differ from France etc.) and should be sent direct as instructed in Reference B.

c. The Unit Master Chef should be contacted prior to completing the form for advice on additional messing entitlements. Teams should bid for period 19 January (Exercise PIPEDOWN) or 20 January (Exercise SPARTAN HIKE) to 5 February 2010.

d. CILOR can not be claimed for the return to barracks journey. Unit subsistence should be used for such travel.

29. **Travel Costs.** Neither MMA nor rail warrants for either competitors or officials are to be charged to the Exercise RUCKSACK budget. Reference C para 3a covers travel entitlements to and from the Inter-Services championships.

30. **General. Insurance.** No competitor will be permitted to compete without providing a certificate of Third Party and medical repatriation insurance to cover the inclusive dates of the races entered.

a. Any British / EC citizen attending the Exercise in any capacity should also hold the European Health Insurance Card (EHIC) (**validity 5 years**) and should be applied for or renewed from [www.ehic.org.uk](http://www.ehic.org.uk).

b. Notwithstanding duty status or EHIC, payment for medical care is usually required at the time a minor medical service is provided and is always required at the time a dental service is provided. The patient then has to reclaim from the Army or insurance company. No medical / dental bills are to be left unpaid on departure from the Exercise.

c. **Third Party Cover.** Duty status does not embrace recreational skiing or other activity undertaken during the Exercise, nor does it necessarily cover 3<sup>rd</sup> party incidents

d. **Preferred Insurer.** Towergate Wilsons are the AWSA Preferred Insurer and are also an AWSA Prime Sponsor. Details of their Adventurous Training / Sport insurance policy can be found on: [www.towergatewilsons.co.uk/adventurous-traininginsurance.aspx](http://www.towergatewilsons.co.uk/adventurous-traininginsurance.aspx).

## MEDICAL

31. Army medical cover and physiotherapy will be based at the Race Office; daily sick parades will be held. German Authorities will provide emergency medical cover for every race.

32. **Dental.** All competitors and officials are to have a dental check-up before deploying on the Exercise; cold conditions will aggravate any minor ailment. Civilian dental charges can be high in Germany, and are not always covered by any reciprocal military or insurance arrangements.

## **MEDIA OPERATIONS**

33. A Media Operations team will attend the Exercise.

## **TRANSPORT**

34. **POL.** There are no Exercise POL facilities. Unit fuel cards are to be used and supplementary unit cards can be obtained from Log Sp Svcs (Fuels), HQLF. There is one Agip filling station which takes Shell Cards and one Aral in Ruhpolding, and Shell, BP and Aral in Traunstein (15 km).Rail & Air.

35. **Rail and Air.** See Annex B.

## **COMMUNICATIONS**

36. **Telephones.** All mobile networks operate exceptionally well in Ruhpolding and there are also a number of coin / card public phones. There will be an official telephone and fax in the Race Office. They will not be available to Team Captains or individuals except in the event of a medical / operational emergency; however incoming messages and faxes will be accepted. **Provisional** contact numbers are:

- a. General Enquiries / RAO / Clerks: (+ 49) 08663 419 801.
- b. Exercise Director / Protocol / VIPs / SportsMark: (+49) 08663 419 800.
- c. Fax: (+49) 08663 419 898.

(Note: **Under no circumstances** are these phone numbers to be used before 07:30 CET Tuesday 19 January 2010. Prior to then they will be used by the World Cup Race Office, and contact for the advance party etc will only be available via SportsMark see para 20).

d. **Email:** [info@britishbiathlon.com](mailto:info@britishbiathlon.com)

e. **Internet.** Internet is available in a number of free and pay locations in Ruhpolding. There will be 2 free internet terminals for use of competitors in the Race Office where there is also free WiFi.

37. **Postal.** There will be no British Forces postal facility. Mail should be sent through the civilian postal system to:

Rank & Name  
Unit ..... Nordic Team  
Exercise RUCKSACK  
Tourist Info  
83324 RUHPOLDING  
Postfach 1460  
Germany

## DRESS

38. Military uniform is not to be worn at any time during the Exercise by competitors, officials, visitors or drivers except for those taking part in the Military Patrol Race, as defined in Reference A. A high standard of dress is expected from all team members for the evening prize-givings and official functions, at which many VIPs and guests will be in attendance. Regimental polo shirts and / or skiing jumpers will be the order of dress for most social events and the Final Prize-giving. T shirts, scruffy jeans and training shoes are not to be worn.

## RANGES AND AMMUNITION

39. **Range.** Practice times are listed in Annex A as “Biathlon Training” and will be confirmed on arrival. The range is not to be used outside these times. Anyone who uses the range outside the official times will be subject to disqualification from further participation in the Exercise. Team Captains are to ensure that their team members are qualified in all respects to conduct range practices. Before and after each range practice they are to complete normal safety procedures (NSPs). Range Standing Orders will be issued on arrival in Ruhpolding.

40. **Ammunition.** Under no circumstance is ammunition to be stored in accommodation. Ammunition for practice and competition will be provided for military personnel, although teams may bring their own. Team ammunition is to be stored in a metal ammunition box clearly marked with the team name and will be stored centrally by the exercise staff and issued as required. Failure to comply with this instruction will result in the team's disqualification from the Exercise.

41. **Weapons.** Weapon training is the responsibility of Team Captains, who are to ensure that all members of their team are adequately trained and have passed their biathlon weapon handling test (WHT) prior to deployment.

42. **Weapon Carriage.** Whenever in transit, weapons are to be carried in a rifle case; either the rigid “suitcase” type or the flexible “backpack” type.

## SECURITY

43. **Standing Orders.** Local standing orders will be issued on arrival at the Exercise.

44. **Armoury.** There are no armoury facilities in Ruhpolding. The security of biathlon rifles is the responsibility of the Team Captain and individuals. Weapons are to be kept in the accommodation, secured by padlock and chain when not in use. Working parts are to be removed and stored and secured separately. Exercise officials will conduct spot checks during the Exercise on team weapon security.

45. **Security of Equipment.** No unit or personal equipment is to be stored in vehicles or trailers.

46. **Personal Security.** The security threat to Exercise RUCKSACK will be briefed at the first Team Captain’s meeting. The key to everyone's safety will be the alertness and awareness of the individual all of the time. Team Captains are responsible for ensuring that their teams take the necessary security precautions.

## MISCELLANEOUS

47. **Rule Changes.** The 2009 AWSA Nordic Rule Book (Reference A) is extant; significant changes are not expected. The Rule Book is published at [www.awsa.co.uk](http://www.awsa.co.uk) . Minor changes will be promulgated at the AWSA Nordic Symposium<sup>1</sup> in late September 2009.

48. **Sponsors Badges / Logos.** The IBU / FIS rules regarding the wearing of sponsors badges and logos on competition clothing are contained in Reference A. These rules will be enforced during the Exercise.

49. **Ski Passes.** No loipe passes are required for Nordic skiing in Ruhpolding. Individuals are to purchase their own passes for any recreational skiing.

50. **Civilian Contractors / Support.** The following civilian agencies are supporting the Exercise:

a. **Accommodation and Support Services:**

(1) SportsMark (see Para 20)

b. **Ski Equipment and Clothing:**

RMA Sports UK Ltd  
4 Riverside Drive  
Chippenham  
Wilts  
SN15 3XS

Tel: (+44) 01249 652101 Fax: (+44) 01249 444796  
Email: [rma@biathlonsport.com](mailto:rma@biathlonsport.com)

51. **Internet Results Service.** Race Results and Marina / SAS / Kentish Cup positions will be published on both [www.britishbiathlon.com](http://www.britishbiathlon.com) and [www.awsa.co.uk](http://www.awsa.co.uk).

- A. Exercise RUCKSACK 2010 Programme
- B. Ruhpolding Location.

---

<sup>1</sup> To be held at Larkhill 14:00 Tue 8 Sep, following the SH team Captains' Briefing. Full details will also be on [awsa.co.uk](http://awsa.co.uk)

**ANNEX A**

**EXERCISE RUCKSACK 2010 PROGRAMME**

<b>CAPITALS = BRITISH NATIONAL RACE</b>	<b>Bold Border = Marina Race</b>	<b>(IS) = Inter Service Race</b>	<b>(IC) = Inter Corps Race</b>
(All Marina Races plus 4 x 10 km XC are also SAS & Kentish Cup Races)			
Youth Men race with Junior Men, unless shown. Senior, Junior & Youth females race together			
<b>No training on course or range unless shown!</b>		CT = Classic Technique, FT = Free Technique	

<b>Date</b>	<b>Time</b>	<b>Event</b>	<b>Race</b>	<b>Venue</b>	<b>Remarks</b>
<b>Mon 18 Jan</b>	12:00	Race Office Opens		Alte Schulhaus	Tel: +44 7834 499830 <b>until 12:00 Mon 19 Jan</b> thereafter +49 8663 419800
<b>Wed 20 Jan</b>	from 10:00 tbn	<b>Teams Arrive</b> Key Officials' Meeting		Alte Schulhaus RLC Bar	
<b>Thu 21 Jan</b>	09:15	Officials' Meeting		RLC Bar	
	10:00	<b>Team Captains' Meeting</b>		RLC Bar	
	12:00 - 16:00	XC Training / Course Inspection		Chiemgau Arena	(CT)
	18:30	<b>Opening Ceremony</b>		Champions' Park	<b>or on Fri 22 Jan</b>
<b>Fri 22 Jan</b>	10:00 - 16:00	XC Training / Course Inspection		Chiemgau Arena	(CT)
	17:15	Team Captains' Meeting		RLC Bar	
	<b>11:00</b>		<b>MEN 15 KM XC (IS, IC)</b>	Chiemgau Arena	(CT)
<b>Sat 23 Jan</b>	<b>12:30</b>		<b>LADIES 10 KM XC</b>	Chiemgau Arena	(CT)
	<b>13:00</b>		<b>BOYS &amp; GIRLS 5 KM XC</b>	Chiemgau Arena	(CT)
	17:15	Team Captains' Meeting		RLC Bar	
<b>Sun 24 Jan</b>	<b>11:00</b>		<b>BOYS &amp; GIRLS 4 KM XC PURSUIT</b>	Chiemgau Arena	(CT/FT)
	<b>11:30</b>		<b>LADIES 6 KM XC PURSUIT</b>	Chiemgau Arena	(CT/FT)
	<b>12:15</b>		<b>JUNIOR &amp; YOUTH MEN 7.5 KM XC PURSUIT</b>	Chiemgau Arena	(CT/FT)
	<b>13:00</b>		<b>SENIOR NOVICE MEN 7.5 KM XC PURSUIT</b>	Chiemgau Arena	(CT/FT)
	<b>13:45</b>		<b>MEN 10 KM XC PURSUIT</b>	Chiemgau Arena	(CT/FT)

	18:15	Prize Giving		Champions' Park	
<b>Mon 25 Jan</b>	10:00	XC Course		Chiemgau Arena	(CT/FT)
	-	Inspection			
	13:00				
	13:00	Biathlon Training		Chiemgau Arena	
	17:00				
	17:15	Team Captains' Meeting		RLC Bar	
<b>Tue 26 Jan</b>	tbn		<b>Men 4 x 10 km XC</b>	Chiemgau Arena	(CT/FT)
	tbn		<b>Ladies 4 x 5 km XC</b>	Chiemgau Arena	(CT/FT)
	14:00	Biathlon Training		Chiemgau Arena	
	17:00				
	18:00	(preceded by TC Mtg) - <b>or Tue 02 Feb</b>	<b>MEGGITT SUPER 16</b>	Chiemgau Arena	1 Km Knock Out XC (FT) Senior, Junior Men, Ladies
<b>Wed 27 Jan</b>	13:00	Biathlon Training		Chiemgau Arena	
	-				
	17:00	Team Captains' Meeting		RLC Bar	
<b>Thu 28 Jan</b>	tbn		<b>20 KM INDIV BIATHLON</b>	Chiemgau Arena	Senior Men
	tbn		<b>15 KM INDIV BIATHLON</b>	Chiemgau Arena	Junior Men
	tbn		<b>12.5 KM INDIV BIATHLON</b>	Chiemgau Arena	Senior Novice & Youth Men
	tbn		<b>12.5 KM INDIV BIATHLON</b>	Chiemgau Arena	Women
<b>Fri 29 Jan</b>	tbn -	Biathlon Training		Chiemgau Arena	
	16:00				
	tbn	BBU Board Meeting		Hotel Ruhpolding Hof	
	17:15	Team Captains' Meeting		RLC Bar	
	19:30	<b>AWSA Dinner</b>		Hotel Ruhpolding Hof Serre Chevalier FRA	<i>Visitor Weekend</i> Army Alpine Disperse
	-				
<b>Sat 30 Jan</b>	tbn		<b>10 KM BIATHLON SPRINT (IS, IC)</b>	Chiemgau Arena	Men
	tbn		<b>7.5 KM BIATHLON SPRINT</b>	Chiemgau Arena	Women
	tbn	Biathlon Training		Chiemgau Arena	
	17:15	Team Captains' Meeting		RLC Bar	
	18:15	<b>Prize Giving</b> <b>Team Captain's Reception</b>		Champions' Park	
	19:15			tbn	
<b>Sun 31 Jan</b>	10:30		<b>10 KM BIATHLON MASS START</b>	Chiemgau Arena	Women
	10:35		<b>10 KM BIATHLON</b>	Chiemgau Arena	Youth Men

	10:35		<b>MASS START 10 KM BIATHLON</b>	Chiemgau Arena	Senior Novice Men
	13:30		<b>MASS START 12.5 KM BIATHLON</b>	Chiemgau Arena	Senior Men
	13:35		<b>MASS START 12.5 KM BIATHLON</b>	Chiemgau Arena	Junior Men
	18:00	<b>BBU AGM</b>		tbh	
<b>Mon 01 Feb</b>	10:00	Biathlon Training		Chiemgau Arena	
	16:00				
	17:15	Team Captains' Meeting		RLC Bar	
	18:15	<b>Prize Giving &amp; Patrol Race Draw</b>		Champions' Park	
<b>Tue 02 Feb</b>	11:00		<b>Men 4 x 7.5 km Biathlon (IC)</b>	Chiemgau Arena	
	11:05		<b>Women 3 x 6 km Biathlon</b>	Chiemgau Arena	
	14:00	Patrol Race			
	16:00	Training		Chiemgau Arena	
	18:00	(preceded by TC Mtg) <i>- or Tue 26 Jan</i>	<b>MEGGITT SUPER 16</b>	Chiemgau Arena	1 Km Knock Out XC (FT) Senior, Junior Men, Ladies
<b>Wed 03 Feb</b>	10:00	Patrol Race			
	14:00	Training		Chiemgau Arena	
	17:15	Team Captains' Meeting		RLC Bar	
<b>Thu 04 Feb</b>	09:00		<b>Military Patrol Race</b>	Chiemgau Arena	
	19:00 for 20:15	<b>Final Prize Giving &amp; Closing Ceremony</b>		Kurhaus	
<b>Fri 05 Feb</b>	from 08:00	Teams Disperse		Alte Schulhaus	

## **ANNEX B TO**

### **HOW TO GET TO RHPOLDING**

#### **ROAD (Post Code for SatNav is 83321)**

1. Ruhpolding is situated on the B 305 approx 8 km from Ausfahrt (Exit) 112 on the Autobahn A 8 (München (Munich) – Salzburg). The exit is signed “Traunstein / Siegsdorf” - take the direction Siegsdorf / Ruhpolding. If you drive on the autobahn in Austria you need to buy a toll “vignette”, which is available from garages and shops near the Border and at the Border. The vignette is valid for 10 days, two months or one year. For 2 weeks buy two x 10 day vignettes with different starting dates! On the spot fine of € 150.00 is the penalty for not having one!

#### **2. From the autobahn.**

- a. On entering the village there is a large Aral garage on the left and 100m further on a new road junction. Take the minor exit (right) into the village (do NOT go through the new tunnel).
- b. After 150m at a disused garage (now an electrical shop) turn right into Rathausstraße, signed “Polizei / Rathaus”. The Race Office is a further 150m on after a Z bend, on the left opposite the Alpengasthof Daheim (just before a large vacant plot that was formerly the Hotel Neuwirt). Parking (meters in working hours) is plentiful in the area of the Race Office.

3. **From Reit im Winkl.** On entering the village there is an Agip garage on right and then traffic lights. Go straight over and after 100m is a new roundabout, go straight on again through the new tunnel and take the first exit left then follow directions in Para 2b above.

**If you get lost, ask someone, or follow directions, to the “Rathaus”!**

#### **AIR**

4. British Airways, bmi & Lufthansa from Heathrow, Aer Lingus from Gatwick and Easyjet from Stansted fly direct to Munich (Franz Josef Strauss Airport) daily. The only daily flights to Salzburg (W.A. Mozart Airport) from the UK are with BA from Gatwick & Ryanair from Stansted. However Flybe, Easyjet & Thomson all operate at weekends from various UK airports. Ruhpolding is 150 km from Munich Airport, 40 km from Salzburg Airport and car rental is available at both airports. There is a frequent rail service from Munich Airport. From Salzburg Airport it is a bus / taxi then train

#### **RAIL (The railway station in Ruhpolding is a 5 minute walk from the Race Office)**

5. The S Bahn, (line 8) leaves Munich Airport every 20 minutes for München Ost. (NB: confusingly this is also called Ostbahnhof!). Change here and take the hourly train to Traunstein, from where there is a connecting train to Ruhpolding. Total journey time approx 2 hr 30 min. (If you get the wrong S Bahn (line 1), it is not a disaster; simply alight at Munich Hauptbahnhof (Hbf) and get the next train to Traunstein!

6. From Salzburg Airport, take a bus or taxi to the main railway station (Hauptbahnhof), from where a train to Traunstein usually leaves every hour; it should take approx 2 hours in total!

**For detailed train times see: [www.bahn.de](http://www.bahn.de) and click on “International Guests”**