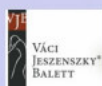


5 th INAS - FID

**WORLD CROSS
COUNTRY**

**04-08-03. 2010.
HUNGARY VÁC**



INVITATION TO

5th INAS-FID World CROSS COUNTRY CHAMPIONSHIP Vác – (nearby Budapest) Hungary



4th to 8th March 2010

Dear sportfriends,

The Organising Committee supported by HS-FID, (Hungarian Sports Federation for Persons with Intellectual Disabilities), and INAS-FID the International Sports Federation for Persons with Intellectual Disability – have the pleasure to invite you to the “5th INAS-FID World CROSS COUNTRY CHAMPIONSHIPS” to be held at **Vác - Hungary**, from **4nd to 8th March 2010**.

We do hope your teams (athletes, officials and staff) will appreciate the hospitality of our country and the hospitality of Pest Region.

Enclose we send you all the information about this event.

I would be grateful for your confirmation and participation.

Please send us your **intent of participation before 1st OCTOBER 2009**.

We hope to see you all March 2010 in Vác, (Pest) Hungary.

Will you participate at the “5th INAS-FID World CROSS COUNTRY CHAMPIONSHIPS”:

YES

NO

Country – _____

Yours sincerely,

László Gódor
HS-FID PRESIDENT

**5th INAS-FID WORLD CROSS
COUNTRY
CHAMPIONSHIPS
2010**

**OPEN for all INAS-FID registered
athletes from any country**

**VÁC, (PEST)
HUNGARY**

From 4nd to 8th March 2010



04-08-03. 2010.
HUNGARY VÁC

General information

➤ Organisers

- **HS-FID – Hungarian Parasport Federation**
- **Hungarian Athletics Association**
- **INAS- FID**

➤ Competition schedule

- March 4nd: arrival of the delegations at [Budapest – Ferihegy Airport](#) – Transfer by bus to Vác
- March 5th : visit of the venue – Technical meeting – Training –Opening ceremony party
- March 6^h: competitions-short course (**3000 metres men//2000 metres women**)
- March 7th: competitions-Long course (**6000 metres men//4000 metres women**)
- March 8^h : departure of the delegations from Vác to the airports.

➤ Ceremonies

An opening ceremony will be conducted on Friday **March 5rd**.

A closing ceremony will be held on Sunday **March 7^h**

All participating countries are required to bring **three 3 national flags (80 x 120)** and a CD of their national anthem.

➤ Medical service

Sports medical staff will be present during each day competition of the championships as well as at designated training teams. Physiotherapist will be engaged during competition to attend to any injuries that will require their attention during warm-up and competition.

➤ Sports rules and regulation

According to rules of IAAF – International Amateur Athletics Federation – and INAS- FID.

➤ Accreditation

Eligibility of athletes: all participants should be eligible, registered within INAS and should own INAS registration card.

Accreditation cards will be issued to each athlete after she/he personally has shown her/his eligibility registration card and to the INAS-FID officer.

Team competition format

Only one team per country and only nations with a minimum of 3 participant athletes per sex are eligible to participate in the Team Competition (male or female).

The classification system for Team Competition is:

- 1 points for 1st classified;
- 2 points for 2nd classified;
- 3 points for 3rd classified, and so on for other places.

The team with less points is going to be the first classified.

➤ **Entry fee**

75 euro per day + 10 euro (capitation fee: INAS-FID TAX) = 310€/person

Entry deadlines:

- Intention of participation **until 21st September 2009.**
- Entry by number **15th December 2009 (20% of total payment- 62€ per person)**
- Entry by name Athlete and Official form with 2 passport photographs or preferably in jpg format by mail at nemzetkozi@fonesz.hu / Team Profile form / Arrival and Departure form /Entry fee 80% rest payment, (248€ per person), before **5th January 2010.**

➤ **Language**

Materials/informations will be available in English. Teams are planned to be provided with a volunteer, English speaking.

➤ **Visa requirements**

Please ensure that you check with your Travel Agent and /or Passport Office to ensure you comply with any visa requirements for travel to Hungary.

More information will be available on the website:

www.mes-parasport.hu

5rd INAS-FID WORLD CROSS COUNTRY Championships
From 4nd to 8th March 2010
ENTRY BY NAME

Country:	Country Code:
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Finance:

Bank	
Account number	
Account name	
Organisation address	
Concept	WORLD CROSS COUNTRY CHAMPIONSHIPS 2010-(NAME OF THE COUNTRY)
IBAN	

Share Accommodation: 310 € per person from 4nd to 8th March 2010 (4 nights)- (Included 10 Euro INAS Capitation TAX)

(Only 20% done in ENTRY BY NAME-58 EUROS PER PERSON)

Staff	Athletes	total	x	62€ per person	=
TOTAL euro					

PLEASE NOTE: If any team want an EXTRA NIGHT please contact the organisation. The price for an EXTRA NIGHT is 70 Euro). For SINGLE room, please contact to the organization.

Please return this form to

Ms Ildikó Lippai before 15th DECEMBER 2009

Email: nemzetkozi@fonesz.hu / nemzetkozi@fonesz.hu

Telephone: +36-460-69-75

FAX: +36-460-69-76

Hungarian Paraspport Federation

5rd INAS-FID World CROSS COUNTRY Championships
From 4nd to 8th March 2010
DELEGATION FORM

Delegation Form

COUNTRY:

Team Manager/Staff/Coaches

Family Name	Given Name	Gender(F/M)	Official Position

Athletes

Family Name	Given Name	Date of Birth Day/Month/Year	Gender (F/M)	INAS-FID registration

Please return this form to **Ms Ildikó Lippai** before **15th January 2010**

Email: nemzetkozi@fonesz.hu, /nemzetkozi@fonesz.hu/

Telephone : +36-460-69-75

FAX: +36-460-69-76

Hungarian Paraspport Federation

5rd World INAS-FID World CROSS COUNTRY Championships
From 4nd to 8th February 2010
Entry by name

Entry by Name Form - Athlete

COUNTRY:

ENTRY BY NAME

Please
attach
passport
size photograph

Please
attach
passport
size photograph

Family name : _____

Given Name: _____

Special Dietary Requirements (gluten, lactose, no pork etc.): _____

GENDER (MALE/FEMALE)	<u>SHORT COURSE</u> MEN 3000 metres/WOMEN 2000metres	<u>LONG COURSE</u> MEN 6000 METRES/WOMEN 2000 METRES

NOTE: ATHLETES ARE ALLOWED TO RUN BOTH EVENTS (SHORT AND LONG COURSE)

Please return this form to **Ms Ildikó Lippai** before **15th January 2010**

Email: nemzetkozi@fonesz.hu, /nemzetkozi@fonesz.hu/

Telephone: +36-460-69-75

FAX: +36-460-69-76

5rd INAS-FID WORLD CROSS COUNTRY Championships
From 4nd to 8th February 2010
ARRIVAL/DEPARTURE

COUNTRY :

Transport

Arrival

	Date	Time	Flight No.	Place of Arrival	Time of arrival	Arrival From
AIR						
	Date	Time	Train number	Place of Arrival	Time of arrival	Arrival From
TRAIN						
	Date				Time of arrival.Aprox	
CAR						

DEPARTURE

	Date	Time	Flight No.	Place of Arrival	Time of arrival	Arrival From
AIR						
	Date	Time	Train number	Place of Arrival	Time of arrival	Arrival From
TRAIN						
	Date				Time of arrival.Aprox	
CAR						

Please note: Transportation between the airport and accommodation venue and between the accommodation to field will be arranged for all teams.

CEREMONY MATERIAL

- 3 National Flags
- 1 CD with National Anthem

Please return this form to **Ms Ildikó Lippai** before **15th January 2010**

Email: nemzetkozi@fonesz.hu, /nemzetkozi@fonesz.hu/

Telephone +36-460-69-75

FAX: +36-460-69-76

5rd INAS-FID World CROSS COUNTRY Championships
From 4nd to 8th February 2010
FINAL FINANCE FORM

Country:	Country Code:
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Finance:

Bank	
Account number	
Account name	
Organisation address	
Concept	WORLD CROSS COUNTRY CHAMPIONSHIPS 2010-(NAME OF THE COUNTRY)
IBAN	

Share Accommodation : 310€ per person From 4nd to 8th February-(4nights)
(20% done in ENTRY BY NAME-58 EUROS PER PERSON)

#People	Athletes & staff	x	248€ (80% TOTAL PAYMENT)	=
TOTAL euro				

PLEASE NOTE: If any team want an EXTRA NIGHT please contact the organisation. The price for an EXTRA NIGHT is 70 Euro).

Please return this form to **Ms Ildikó Lippai** before **15th January 2010**

Email: nemzetkozi@fonesz.hu, /nemzetkozi@fonesz.hu/

Telephone +36-460-69-75

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