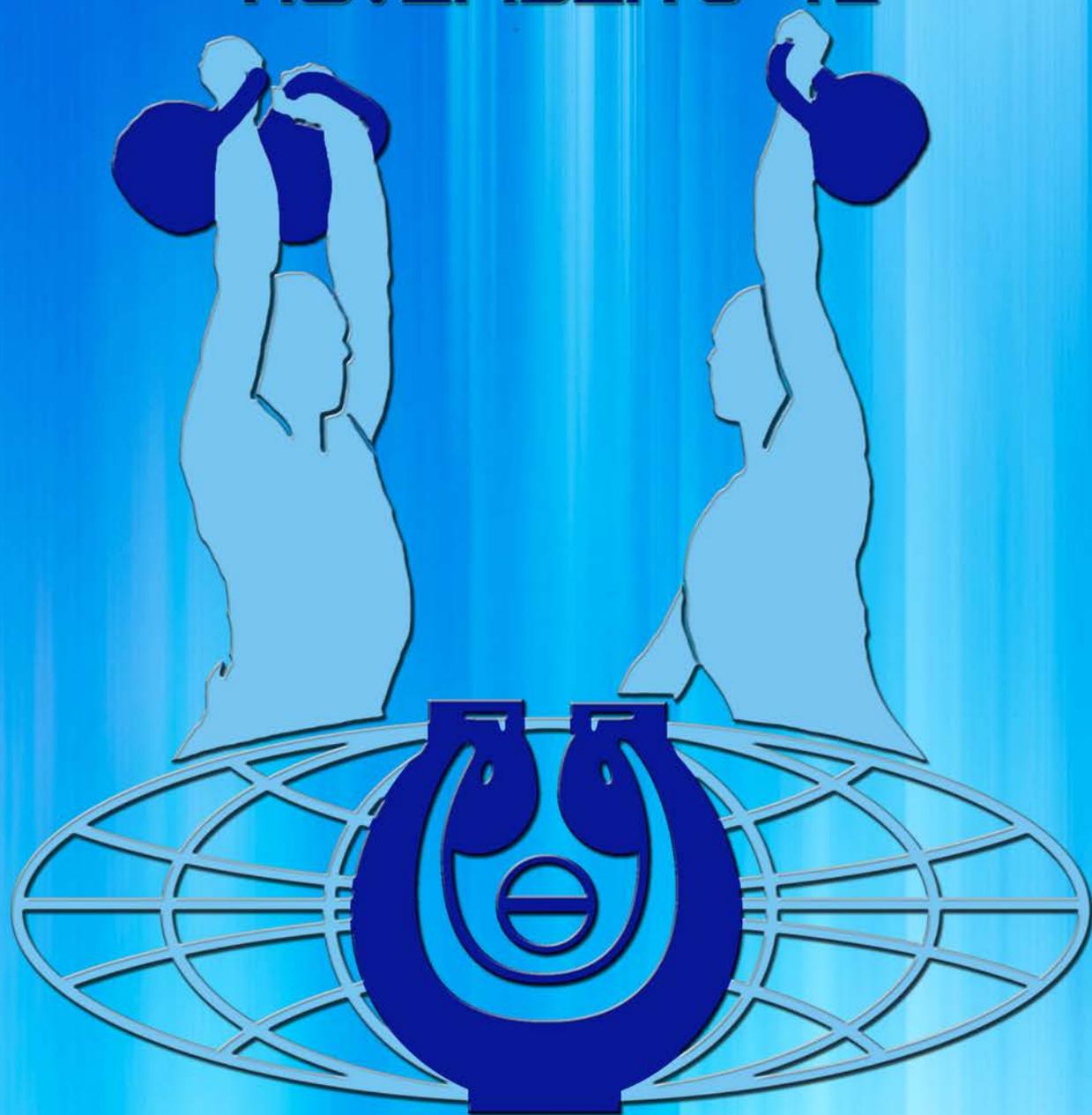


VANZAGHELLO (MILAN) - ITALY
NOVEMBER 8-12



IGSSF
BIATHLON
WORLD CHAMPIONSHIP
2012

INDEX

PROGRAM

- Thursday, November 8thPage 2
- Friday, November 9thPage 3
- Saturday, November 10thPage 4
- Sunday, November 11thPage 5
- Monday, November 12thPage 6
- Tuesday, November 13thPage 6

HOTEL CONCORDEPage 7

REGISTRATION FOR THE COMPETITIONS

- Documents.....Page 8
- Costs and awards.....Page 8
- Score for the Kettlebell Category.....Page 8

CONTACTS

OLEH ILIKA – IGSF Vice President – Person in charge of the Competition

Tel./Fax.: +39 0331 890290

Mobile: +39 320 9465503

e-mail: info@ghirisport.it

PROGRAM

THURSDAY, NOVEMBER 8TH

ARRIVAL

- Free transportation from **MALPENSA INTERNATIONAL AIRPORT** to **HOTEL CONCORDE**, Arona

IGSF BIATHLON WORLD CHAMPIONSHIP ORGANIZATION provides a **FREE TRANSPORT SERVICE** for all the participants **ONLY FROM MALPENSA INTERNATIONAL AIRPORT TO THE HOTEL CONCORDE**, Arona. If you plan to arrive at another airport (Milano Linate, Orio al Serio) or at a train station, we suggest you to reach Malpensa International Airport and call Oleh Ilika (see below). These links might be useful!

<http://www.milanomalpensa1.eu/en>

<http://www.milanomalpensa2.eu/en>

<http://www.milanomalpensa1.eu/en/accessibility-and-parking/how-to-get-here>

<http://www.milanomalpensa2.eu/en/accessibility-and-parking/how-to-get-here>

To benefit of our FREE TRANSPORT SERVICE please contact OLEH ILIKA:

Mobile: +39 320 9465503

e-mail: info@ghirisport.it

- Stay at **HOTEL CONCORDE**, Arona (see page 7)

PLEASE, DO NOT TRY TO BOOK ANY ROOMS ON YOUR OWN!!!

IGSF BIATHLON WORLD CHAMPIONSHIP ORGANIZATION has obtained a special agreement with the Direction of the Hotel Concorde: we guarantee you the lowest price possible for the stay!

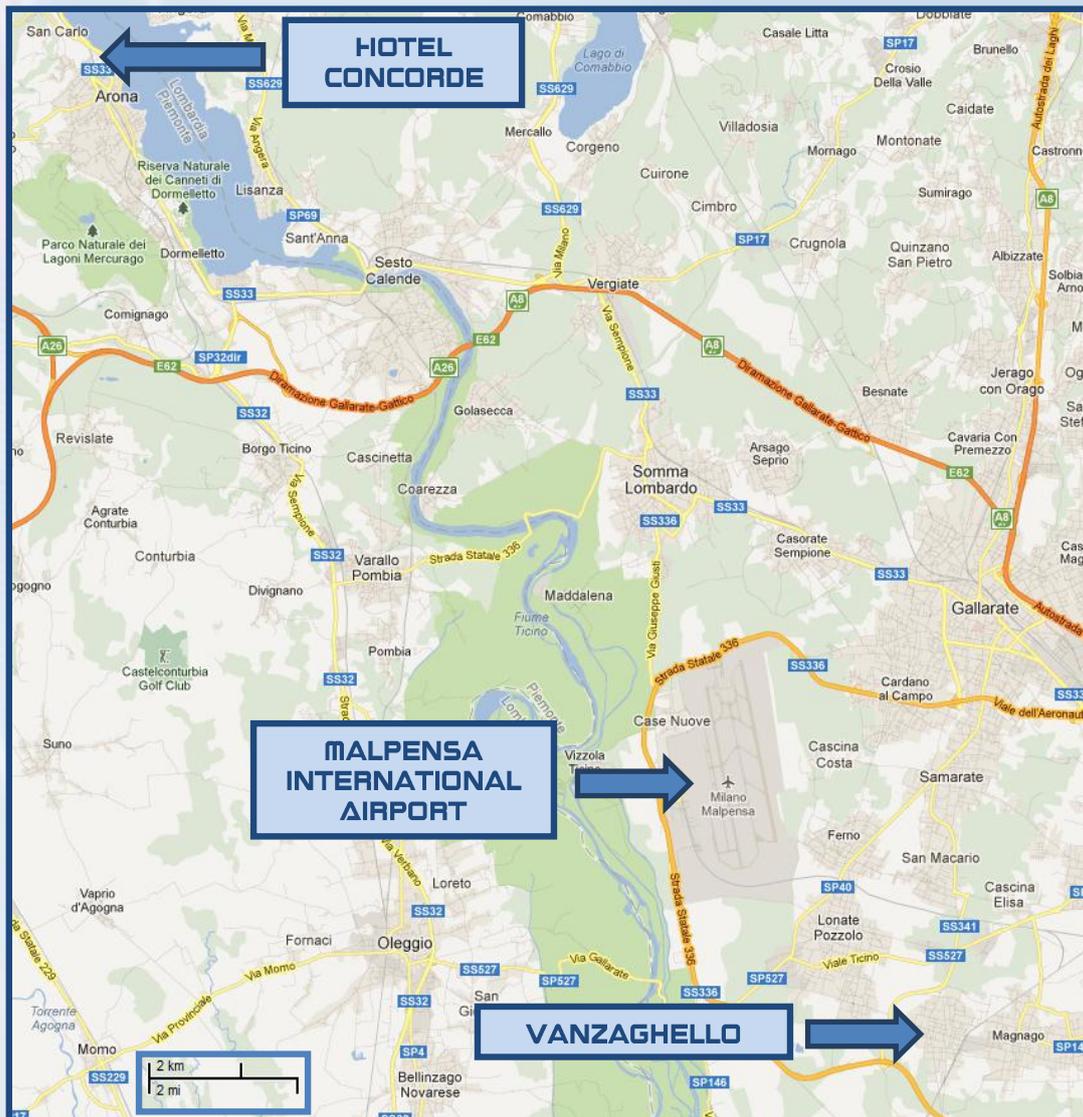
- Double and triple rooms, twin beds + breakfast and dinner (rich menu for athletes) + access to the indoor gym (equipped with kettlebells) and to the games room with foosball: 55€ per person per night!
- Possibility to choose a room with double bed at the same price!
- Possibility to choose a room only for yourself with an additional 18€ per person per night!

To book a room please contact OLEH ILIKA:

Mobile: +39 320 9465503

e-mail: info@ghirisport.it

PROGRAM



FRIDAY, NOVEMBER 9TH

- 09:00 - 11:00** → IGSF CONFERENCE in the Conference Room of the Hotel Concorde
- 11:00 - 13:00** → **Weighing of the athletes** (at the Hotel Concorde)
- 13:00 - 14:00** → Lunch (for those who want it)
- 14:00 - 16:00** → **Weighing of the athletes** (at the Hotel Concorde)
- 18:00 - 19:30** → Dinner (at the Hotel Concorde)
- 19:30** → **Organized departure by bus to the SPORTS HALL OF VANZAGHELLO**
- 21:00** → **IGSF BIATHLON WORLD CHAMPIONSHIP 2012 OPENING CEREMONY**. At the end of the ceremony, organized return by bus to the Hotel Concorde

PROGRAM

SATURDAY, NOVEMBER 10TH

08:00 → Organized departure by bus from Hotel Concorde to the **SPORTS HALL OF VANZAGHELLO**

10:00 →



IGSF BIATHLON WORLD CHAMPIONSHIP 2012



SENIOR:

MEN:

Weight categories: 60 kg, 65 kg, 70 kg, 75 kg, 80 kg

Specialty: Biathlon (Jerk 10' + Snatch 10')

Weight of kettlebells: 32 kg

WOMEN:

Weight categories: 60 kg, 70 kg, +70 kg

Specialty: Snatch 10'

Weight of kettlebell: 16 kg

UNDER 23:

MEN:

Weight categories: 60 kg, 65 kg, 70 kg, 75 kg, 80 kg

Specialty: Biathlon (Jerk 10' + Snatch 10')

Weight of kettlebells: 32 kg

WOMEN:

Weight categories: 60 kg, 70 kg, +70 kg

Specialty: Snatch 10'

Weight of kettlebell: 16 kg

VETERANS - MEN:

AGE CATEGORIES: 40-44 years, 45-49 years, 50-54 years, 55-59 years

Weight categories: 60 kg, 65 kg, 70 kg, 75 kg, 80 kg, 90 kg, +90 kg

Specialty: Jerk 10' or Snatch 10' or Biathlon (Jerk 10' + Snatch 10')

Weight of kettlebells: 24 kg

AGE CATEGORIES: 60-64 years, 65-69 years, 70-74 years, 75-79 years

Weight categories: 60 kg, 65 kg, 70 kg, 75 kg, 80 kg, 90 kg, +90 kg

Specialty: Jerk 10' or Snatch 10' or Biathlon (Jerk 10' + Snatch 10')

Weight of kettlebells: 16 kg

AGE CATEGORIES: 80 years and over

Weight categories: 60 kg, 65 kg, 70 kg, 75 kg, 80 kg, 90 kg, +90 kg

Specialty: Jerk 10' or Snatch 10' or Biathlon (Jerk 10' + Snatch 10')

Weight of kettlebells: 12 kg

VETERANS - WOMEN:

AGE CATEGORIES: 35-39 years, 40-44 years, 45-49 years, 50-54 years

Weight categories: 60 kg, 70 kg, +70 kg

Specialty: Snatch 10'

Weight of kettlebell: 16 kg

AGE CATEGORIES: 55-59 years, 60-64 years, 65-69 years

Weight categories: 60 kg, 70 kg, +70 kg

Specialty: Snatch 10'

Weight of kettlebell: 12 kg

AGE CATEGORIES: 70 years and over

Weight categories: 60 kg, 70 kg, +70 kg

Specialty: Snatch 10'

Weight of kettlebell: 8 kg

The awards will be made during the competitions.

At the end of the day, organized return by bus to the Hotel Concorde and dinner.

PROGRAM

SUNDAY, NOVEMBER 11TH

08:00 → Organized departure by bus from Hotel Concorde to the **SPORTS HALL OF VANZAGHELLO**

10:00 →



IGSF BIATHLON WORLD CHAMPIONSHIP 2012



SENIOR:

MEN:

Weight categories: 90 kg, +90 kg

Specialty: Biathlon (Jerk 10' + Snatch 10')

Weight of kettlebells: 32 kg



INTERNATIONAL TROPHY 2012

THERE WON'T BE WEIGHT CATEGORIES. THE AWARDS WILL BE MADE ONLY BY KETTLEBELL CATEGORIES (see page 8)

Specialty: Marathon 1h Jerk or Snatch or Long Cycle

Weight of kettlebells: MEN: 32 kg, 24 kg, 16 kg

WOMEN: 16 kg, 12 kg, 8 kg

Specialty: Snatch 10'

Weight of kettlebells: MEN: 32 kg, 24 kg, 16 kg

WOMEN: 16 kg, 12 kg, 8 kg

OPEN ITALIA SPRINT

THERE WON'T BE WEIGHT CATEGORIES. THE AWARDS WILL BE MADE ONLY BY KETTLEBELL CATEGORIES (see page 8)

Specialty: Sprint 3' Jerk (2 kettlebells for men, 1 kettlebell for women) or Snatch

Weight of kettlebells: MEN: 40 kg, 32 kg, 24 kg

WOMEN: 28 kg, 24 kg, 20 kg

The awards will be made during the competitions. At the end of the day, there will be the Official **CLOSING CEREMONY OF IGSF BIATHLON WORLD CHAMPIONSHIP 2012**, then the organized return by bus to the Hotel Concorde and dinner.

PROGRAM

MONDAY, NOVEMBER 12TH

VICOLUNGO SHOPPING TRIP

09:00 → Organized departure by bus from Hotel Concorde to the Vicolungo Style Outlets (Novara)

15:00 → Organized return by bus to the Hotel Concorde



Vicolungo the Style Outlets, where shopping, entertainment and relaxation combine to satisfy all your desires. The place where quality, style and value for money meet, with 150 prestige brand stores: men's, women's and children's clothing, sportswear, accessories and cosmetics with 30% to 70% discounts all year round. Moreover, to make your shopping day even more of a pleasure, Vicolungo The Style Outlets houses art exhibitions, events and activities designed to involve the whole family. For more information, please visit:

<http://vicolungo.thestyleoutlets.it/en>



OUR BRANDS.



Please confirm your presence to the Vicolungo Shopping Trip by e-mail (Oleh Ilika): info@ghirisport.it

TUESDAY, NOVEMBER 13TH

DEPARTURE

Free transportation from **HOTEL CONCORDE**, Arona, to **MALPENSA INTERNATIONAL AIRPORT**



The **Concorde Hotel** rooms look, for the greater part, at the Lake with a clear sight of the medieval Castle of Angera. From the other side they look at the **Rock of Arona** with the rests of the ancient tower.



Every room is equipped of every **comfort**, either for the **tourist** or for the **businessman**: bath or shower-room, some iron-pants, TV colors with **satellite channels**, direct telephone, safe, **air conditioning** with independent



An indoor gym is available for the exclusive use of customers, as well as a billiard room and a games room with foosball.

The international kitchen regards the standard and the service. Closely tied to the **territory** and the **creativity** it is instead the formulation of the menù.

Hotel Concorde
 via Verbano 1
 28041 Arona NO
 Tel. +39 0322 249321
 Fax +39 0322 249372
hotel@concordearona.com
<http://www.concordearona.com/ing/>

REGISTRATION FOR THE COMPETITIONS

DOCUMENTS

For visas requests, send an email to Oleh Ilika (info@ghirisport.it) specifying, for each athlete, the following information: **NAME, DATE OF BIRTH, NATION OF PROVENANCE, PASSPORT NUMBER, RESIDENTIAL ADDRESS.**

COSTS AND AWARDS

IGSF BIATHLON WORLD CHAMPIONSHIP 2012

SENIOR

Men 45€. The awards will be performed for the highest score in Biathlon, in Jerk only and in Snatch only.

Women 30€. The awards will be performed for the highest score in Snatch.

UNDER 23

Men 30€. The awards will be performed for the highest score in Biathlon.

Women 30€. The awards will be performed for the highest score in Snatch.

VETERANS

Men:

Biathlon 20€. The awards will be performed for the highest score in Biathlon.

Jerk 20€. The awards will be performed for the highest score in Jerk only.

Snatch 20€. The awards will be performed for the highest score in Snatch only.

Women:

Snatch 30€. The awards will be performed for the highest score in Snatch.

IGSF 2012 MEMBERSHIP CARD REQUIRED 30€

ASI INTERNATIONAL TROPHY

Marathon 1h 25€ for each specialty chosen.

Snatch 25€. If you wish, you can request that your Snatch score in IGSF BIATHLON WORLD CHAMPIONSHIP 2012 be considered valid also for this trophy.

OPEN ITALIA SPRINT

25€ for each specialty chosen.

SCORE FOR THE KETTLEBELL CATEGORY

For **ASI INTERNATIONAL TROPHY** and **OPEN ITALIA SPRINT** the awards will be performed for the highest score calculated as:

(Number of repetitions x Weight of kettlebell used) / Personal body weight

Example: Ivan weighs 95 kg and performs 150 Snatches with a 24 kg kettlebell. Igor weighs 70 kg and performs 120 Snatches with a 24 kg kettlebell.

Ivan's score: $(150 \times 24) / 95 = 37,89$

Igor's score: $(120 \times 24) / 70 = 41,14$

Result: Igor has performed 30 Snatches less than Ivan, but he wins.