

# SOCHI 2014 PARALYMPIC WINTER GAMES ATHLETES AND OFFICIALS GUIDE

**JANUARY 2014** 



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# 1 ACCREDITATION AND VENUE ACCESS

### 1.1 The Paralympic Identity and Accreditation Card

A validated Paralympic Identity and Accreditation card (PIAC) is required by athletes and NPC team officials to access the Paralympic Villages and venues. Athletes and NPC team officials may also use the Sochi 2014 and public transportation systems upon presentation of their PIAC.

## 1.2 Access Codes and Symbols

The accreditation zones are secure and orderly areas reserved only for accredited persons who have access to the corresponding zones in which they perform their Games-time functions.

#### Accreditation zones inside the competition venues are:

Access code	Accessible areas
BLUE	Competition areas (field of play), administrative and operational areas
RED	Administrative and operational areas
2	Athlete preparation areas
4	Press areas
5	Broadcast areas
6	Paralympic Family areas

There is also a White Zone area at the competition venues where accredited persons may circulate. The above-mentioned access rights grant access to the White Zone areas.

Zones and symbols inside the Village are:

R Residential Zone of the Paralympic Village

The Paralympic Village code automatically grants access to the Paralympic Village Plaza (formerly known as International Zone). Zone R also grants access to the Paralympic Village Plaza, in addition to the Residential Zone.

Nordic Ski Housing does not have separate zones inside the secure perimeter.

## 1.3 Accreditation Categories and Access Entitlements

Category	Population	Venue Access	Zone Access	Transport
Aa	Paralympic athletes	Own sport venue(s) Paralympic Villages, MPC	2, R, BLUE	T-A
Ab	Athlete Competition Parner	Own sport venue(s) Paralympic Villages	2, R, BLUE	T-A
Ac	NPC Chefs de Mission and Deputy Chefs de Mission	All sport venues Paralympic Villages IBC/MBC, MPC/PFH	2,4,5,6, R BLUE	T-1 T-3
Ac	Paralympic Attachés	ALL Paralympic Villages IBC/MBC, PFH	2, 4, 6, R, BLUE	T-3
Ao	Coaches Technical personnel Administrative personnel	Own sport venue(s) Paralympic Villages	2, R, BLUE	T-A
Ao	Press Attachés	Own sport venue(s) Paralympic Villages IBC/WMC	2, 4, 5, R, BLUE	T-A
Am	Chief Team Physician	All venues where own athletes participate, Paralympic Villages	2, 4,R, BLUE	T-A
As	Additional Officials	Own sport venue(s) or all venues where own athletes participate Paralympic Villages	2, R, BLUE	T-A

## 1.4 Replacement of Lost, Damaged or Stolen PIAC

If a PIAC is lost or damaged (for example, torn or water-damaged) after validation, a PIAC can be reissued.

- The individual concerned must make a written, signed declaration countersigned by an authorized representative from the NPC.
- A lost or damaged PIAC will be cancelled in the accreditation system, and a lost PIAC will not be reactivated even if found at a later date.
- A lost PIAC will be reissued no sooner than 24 hours after notification has been submitted. Reissuance will take place only at designated accreditation facilities. A day pass will be issued at competition venues while the new PIAC is processed.

## 1.5 Athletes and NPC Team Officials Access to Competition Venues

Athletes and NPC team officials can access their discipline's venues with validated accreditation.

Athletes and NPC team officials: competition venues for their own discipline

All athletes and NPC team officials have access with their accreditation to their own discipline's venue to watch the competitions from the athlete stand. Same-discipline athletes and NPC team officials can access the seating in the athlete stand on a first-come first-served basis. If the athlete stand at the outdoor venues is full, the athletes and NPC team officials will still be able to watch the events from the standing general spectators' area.

Athletes and NPC team officials: competition venues for other disciplines

At all outdoor venues, different-discipline athletes and NPC team officials can access the spectators' standing areas with their accreditation only. No additional ticket will be required.

At all indoor venues, different-discipline athletes and NPC team officials will be able to access athlete stands using only their accreditation (no additional ticket required).

There may be an exception for Ice Sledge Hockey bronze and gold medal events for which accreditation and a complimentary ticket would then be required. Sochi 2014 will confirm during the Games time if complimentary tickets will be required for these two events.

# 2 PARALYMPIC VILLAGES

There will be two Paralympic Villages - the Coastal Paralympic Village (CVL) and the Mountain Paralympic Village (MVL). There will also be Nordic Ski Housing (NSH) at Psekhako Ridge, which will have reduced services compared to the Villages. The table below shows the sport disciplines served by each Paralympic Village.

Coastal Paralympic	Mountain Paralympic	Nordic Ski Housing
Village (CVL)	Village (MVL)	(NSH)
Wheelchair Curling	Alpine Skiing	Cross-Country
Ice Sledge Hockey	Para-Snowboard	Skiing
	Fala-Showboald	Biathlon

## 2.1 Access to the Villages and Village Entrances

Each Paralympic Village and Nordic Ski Housing has a Village Plaza and a Residential Zone. The two zones are separated by internal fencing and access control. Entrance to either zone requires an appropriate accreditation or compliance with established policies.

To ensure the safety of resident athletes and NPC team officials, entrance to the Villages through any exterior access control points requires appropriate accreditation and a security check of both people and personal items.

Each of the Paralympic Villages and NSH shares a common security

perimeter with nearby competition venues or cluster of venues.

The Mountain Paralympic Village (MVL) has a common security perimeter with an intermediary zone, which includes two gondola stations. This zone, in turn, has a common security perimeter with the Rosa Khutor Extreme Park (the venue for Para-Snowboard).

The Nordic Ski Housing has a common security perimeter with the Biathlon and Cross-Country Skiing venues.

The Coastal Paralympic Village shares a security perimeter with the Olympic Park. To expedite the passage of Village residents through the access control points between a Village/NSH and the venues within a shared security perimeter, only an accreditation check will be required.

The primary entrance for athletes and NPC team officials is through the NPC dedicated vehicle parking area and Village transportation mall. However, athletes and NPC team officials may enter the Village through any entrance. In MVL, there is also a pedestrian and shuttle-supported access point 100 meters from the midway gondola station (VI), entering directly into the Mountain Paralympic Village Plaza and an internal shuttle from midway gondola station near the Guest Pass Center by the East Transport Mall.

## 2.2 Residential Zone

### 2.2.1 Resident Centers

Resident Centers are located throughout each Paralympic Village Residential Zone and are operated by resident hosts. Each Resident Center serves approximately 500 residents and operates from 07:00 to 23:00. In each Village, one location operates 24 hours daily. Each NPC has been given the telephone number to its assigned Resident Center. Calls will be answered by resident hosts in the order they are received. After 23:00, calls will be automatically routed to the 24-hour Resident Center. Each Resident Center has the following:

- Info+ terminal and printer
- Computer with Internet access
- Wireless Internet access
- Television
- Laundry facilities nearby and monitored by Resident Center staff
- Lounge area

NPCs should contact their Resident Center for Village information, lockout assistance, towel exchange, laundry assistance and for responses to various requests.

Each Village operates one 24-hour Resident Center that will provide the same level of service as the other Resident Centers with the addition of the following:

- 24 hours service by resident hosts
- Management and storage of all Village lost and found items
- Payments for key replacement and non-standard housekeeping and cleaning services in Russian Rubles or Visa credit cards. Cashiers operate 10:00-19:00 daily
- Off-Airport Processing Desk during bulk departures
- The 24-hour Resident Centers will be located in the heart of the Residential Zone of each Paralympic Village and the main hotel building of the Nordic Ski Housing.

### 2.2.2 Laundry Services

- Self-serve washers and dryers are available free of charge inside the Resident Centers. Laundry soap, irons and ironing boards are available free of charge at the self-service laundries. Two net laundry bags will be placed in each room prior to arrival.
- Dry cleaning drop-off will be available for a few at the Village Plaza in both villages and NSH. Staff is available at all locations between 07:00-23:00, and 24 hours in the 24 hour Resident Centers.

### 2.2.3 Housekeeping Services

Daily:

- Waste/recycling bins emptied
- Beds made in each room
- Bathrooms cleaned
- Toilet paper and other resident amenities replenished
- Floors cleaned
- Dusting

Every two days:

• Towels replaced (towels may also be exchanged at a Resident Center)

Every four days:

• Sheets changed

## 2.3 Food Services

All accredited athletes and team officials, including As with prepurchased dining privileges will have unlimited access to the Villages dining halls.

The dining halls are open 24 hours a day from March 1, 2010 to March 19, 2014.

Each Main Dining Hall has the following food stations:

- Grill station serving grilled meat including fish, beef, pork and chicken with fresh vegetables
- Russian and regional section
- Pizza and pasta, with fresh-baked pizza, pasta
- Deli and salad bar offering assorted sliced meats, cheeses, fresh bread, salads, gourmet condiments
- Gourmet coffee and bakery serving hot beverages and sweet treats (pastries, cookies, muffins)

- Dairy products
- Dry cereal
- Hot and cold beverages, fresh fruit and breads
- McDonalds will be available in the Coastal Paralympic Village only.

To maintain the health, safety and cleanliness of the Paralympic Villages/NSH, residents and guests may not remove food from the dining hall. Exceptions are made for one beverage, and/or one piece of whole fruit, one ice cream or a McDonald's Restaurant product that is in the process of being eaten.

## 2.4 Residential Zone Facilities

The Paralympic Villages offers entertainment programming designed for the athletes and available to all residents. Residents may listen to live and recorded music, and enjoy performances, dancing and other activities. The Village club in each Village will provide an intimate gathering place where athletes and officials can relax, watch television and socialize. Performances will be organized on a daily basis.

In NSH, the entertainment programming will be limited and not available on a daily basis.

### 2.4.1 Fitness Centers

The Fitness Center in each Paralympic Village will offer residents a place to exercise and train. Modern fitness and weight training equipment will be available, as well as space for stretching.

The Fitness Center is open 24 hours daily. Fitness trainers will be present from 06:00 – 23:00.

### 2.4.2 DVD Lounges

Residents can choose from a library of DVDs for viewing in lounges located in the Residential Zones of both Villages and NSH.

The DVD lounges operate from 10:00 to 24:00.

### 2.4.3 Internet Access Points

Free-of-charge wireless internet access will be available in the following areas of the Paralympic Villages and NSH:

- DRM building in the Coastal Paralympic Village
- In both Paralympic Villages and NSH:
- Residential spaces and private bedrooms
- NPC Services Centers
- Resident Centers
- NPC Offices
- Internet and Call Centers
- Village Clubs
- Fitness Centers
- Village Plazas

# SSID: Sochi2014-Free Password: hotcoolyours

To access the network for the first time from any Wi-Fi enabled device (smartphone, tablet or laptop) please complete the following steps:

- 1. Select 'Sochi2014-Free' network (Sochi2014-Free)
- 2. Enter the network password: hotcoolyours
- 3. The device will be authenticated for this network for the duration of the Games.
- 4. The password will not need to be re-entered to enable this network on the device.

### 2.4.4 Games Centers

Located in the heart of the Residential Zones of both Villages and NSH, these Games Centers will feature video games, table games and other popular games.

Games Center hours: 10:00 - 24:00

### 2.4.5 Multi-Faith Centers

Sochi 2014 will provide a place for worship and meditation in each CVL and MVL only. Each Village's Multi-Faith Center has multiple rooms that may be used for formal religious services and ceremonies as well as for individual meditation and counselling. The Multi-Faith Center is open 24 hours daily and staffed by volunteers from 08:00 to 22:00.

There will be no Multi-Faith Center in NSH.

## 2.5 Village Polyclinics

The Polyclinics in both Paralympic Villages will be operating with full services between 07:00 and 23:00 from March 1, 2014 to March 19, 2014, inclusive. First aid and emergency services are available overnight from 23:00 – 07:00.

Nordic Ski Housing will provide a limited number of medical services from March 1-19, 2014 inclusive from 12:00 – 21:00. All athletes and Paralympic Family members staying in NSH will have access to the Polyclinics of both Paralympic Villages. Visits can be booked at the Nordic Ski Housing Clinic reception desk.

## 2.6 Village Plaza

The Village Plaza is the common gathering area in each Paralympic Village, with recreation and leisure, retail and other facilities for residents and guests.

### 2.6.1 Village Café

The Village Café provides a comfortable and cozy atmosphere where residents can socialize with their guests and enjoy coffee and snacks. Beverages will be free of charge for Village resident; for non-residents, payment must be made in cash (Russian Rubles) or by Visa card. In NSH, the Village Café will be a comfortable lounge area but no food or beverage services will be available.

### 2.6.2 Internet Center

An Internet Center will be available in the Village Plaza in each of the two Villages and NSH. Each Internet Center will provide computers, a printer, internet access including Wi-Fi, and user assistance for athletes and officials. One shared-access computer with internet will also be located in each Resident Center.

### 2.6.3 Retail Services

The following retail services are provided in each Village/NSH Plaza:

- Bank (MVL and CVL only)
- Visa Automated Teller Machine
- Post Office
- Village Store
- Sochi 2014 Official Merchandise store
- City and Village Information Desk
- Beauty Salon Services
- Courier Services
- Internet and Call Center

Payment is accepted in cash in Russian Rubles or by Visa cards. All retail services operate daily from 09:00 to 21:00. Hours will be reduced during the Villages pre-opening and closing periods.

## 2.7 Other Village Services

Other Village services include floral arrangements, dry cleaning, tailoring services are available in both CVL, MVL and NSH for a fee. In CVL and MVL, photo services are also available for a fee.

### 2.7.1 Internal Shuttles

### Coastal Paralympic Village

The internal Village shuttle will operate on a regular basis from March 1 to 19 inside the Residential Zone. It will connect the Village Plaza, the dining hall, residences and the Welcome Center.

### Mountain Paralympic Village

Two shuttle routes will serve the Mountain Paralympic Village. One route will operate in the Residential Zone, connecting Rosa Khutor Gondola VI station, Village plaza, residences, dining hall, the East Transport Mall and the NPC dedicated partking lots. A second shuttle will connect the 3S Gondola (VII) miway station and East Transport Mall. Both shuttles operate 24 hours per day with reduced frequency between 01:00 and 05:00.

### Nordic Ski Housing

The internal shuttle route at NSH will connect the apartment building and hotel complex 24 hours per day with reduced frequency between 01:00 and 05:00 daily.

### 2.7.2 Non-Smoking Policy

In accordance with IPC policy, the Paralympic Villages/NSH are non-smoking venues. It is forbidden to smoke in any building in the Paralympic Village. Limited outdoor smoking areas, located at least three metres from building doorways, are clearly marked. No tobacco products are sold or distributed within the Villages/NSH.

### 2.7.3 Alcohol Policy

Neither Sochi 2014, nor its suppliers sell or serve alcoholic beverages inside the Paralympic Villages/NSH.

### 2.7.4 Coca-Cola Complimentary Beverages

Coca-Cola devices will provide access to free Coca-Cola beverages from distribution machines throughout each Paralympic Village/ NSH and at other Sochi 2014 venues. Each NPC will receive a quantity of Coca-Cola devices equal to the number of all accredited athletes and NPC team officials.

### 2.7.5 Law Enforcement

Police officers are available in the Paralympic Villages to assist residents and guests with any concerns and questions while also providing direct, dedicated service.

### 2.7.6 Ambulance and Fire Services

Ambulances and fire service vehicles have direct, expedited access to all areas of the Village when required.

# **3 TRANSPORTATION**

## 3.1 Village to Village and Venue TA Service

The dedicated Athletes and NPC team officials' Transportation System (TA) provides scheduled service between both Paralympic Villages and Nordic Ski Housing beginning on March 1 and ending March 19, 2014.

Transportation to the official competition venues starts on the first day of training or competition at the venue.

## 3.2 Coastal Cluster TA Transportation

### **Competition Venues**

The Coastal Cluster TA transport system is divided into two separate systems that connect the Coastal Paralympic Village with venues in the Olympic Park.

1 Accessible vehicles will be provided for the team sports (Ice Sledge Hockey and Wheelchair Curling) from in front of the team's accommodation located inside the Coastal Paralympic Village directly to the venue. 2 TA1 route: The Olympic Park scheduled accessible shuttle will be available for both competing and spectating athletes travelling from the Coastal Paralympic Village to the Ice Cube Curling Center and the Shayba Arena. The accessible shuttle will operate with a regular frequency based on the competition schedule.

The service schedule will be aligned with the competition and training schedule. Shuttles will not stop at a venue if there is no competition or training scheduled for the day.

### Non-Competition Venues

From Coastal Paralympic Village to	Service Start	Service end	Distance	Travel time
Sochi International airport	24 hours	24 hours	6.7 km	16 min

## 3.3 Mountain Cluster TA Transportation

The Mountain Cluster TA system will provide direct scheduled bus service for athletes and team officials travelling from the Mountain Paralympic Village to Rosa Khutor Alpine Center.

Athletes and team officials travelling from MVL to the Nordic Ski Housing (NSH) and Laura Biathlon Stadium at Laura Cross-Country Ski stadium (CBV) will use the Village-to-Village connection service. They will travel by bus from MVL to the Laura Base Station where they will transfer to a dedicated gondola. At the Laura Top Station athletes will take a shuttle to the NSH or CBV.

#### **Competition Venues** From TA Western Estimated travel Route № Sport - Discipline Distance Mall to time by Bus Rosa Khutor Alpine Alpine Skiing TA18 3 km 9 min Center Para-Snowboard Non-Competition Venues Estimated travel Route № From TA Eastern Mall to Distance time by Bus TA13 Laura Base Station - CVL 59 km 90 min TA14 Laura Base Station 11 km 24 min

## 3.4 Nordic Ski Housing

The TA system at NSH is accessed by scheduled service that connects the Nordic Ski Housing (NSH) with the Cross-Country Stadium.

- 1 Accessible minibus shuttles depart from NSH residential zone and serve the following venue:
  - Cross-Country Stadium Route TA19
- 2 Accessible minibus shuttles depart from Laura Top Station and go to the Hotel Complex Route TA21.

### 3.4.1 Transportation for Spectating Athletes and NPC Team Officials

Ice sledge hockey and wheelchair curling teams are able to use their dedicated team buses to travel to the events held at the Ice Cube Curling Center or Shayba Arena Spectating athletes and NPC team officials can share the scheduled transportation services with competing/training athletes and NPC team officials, except for Wheelchair Curling and Ice Sledge Hockey team buses.

Sochi 2014 Transportation will prioritize passenger access as follows:

- 1 Competing athletes
- 2 Team officials accompanying competing athletes
- 3 Training athletes
- 4 Team officials accompanying training athletes
- 5 Spectating athletes (where applicable)

For sport venues outside of their respective cluster, spectating athletes may use the Village - to – Village connection service.

# 4 TRAINING AT THE PARALYMPIC COMPETITION VENUES

Athletes can train at the Paralympic competition venues. Ice Sledge Hockey also has a dedicated training venue. Training schedules were prepared in advance by Sochi 2014 the International Paralympic Sport Federations (IPSFs).

Games-time training can be further divided into general and official training as described below.

## 4.1 General Training

- General training (also referred to in some disciplines as "free training") sessions take place on the competition and/or training field of play;
- The format and program of the training session during general training is at the discretion of the athletes and/or their NPC team officials;
- The general training sessions are scheduled by competition management well in advance of the Paralympic Games; however, the schedule is flexible and may be changed at Games time.
- For ice sledge hockey, the schedule is flexible and teams may request schedule changes up to 17:00 the day prior to planned training.

- For individual disciplines, participation in a training session is optional and at the discretion of the athletes and/or their NPC team officials.
- Alpine skiing is the only discipline for which athletes must sign up for training. Team leaders can sign up for training at the Sport Information desk or at the Team Captains' meetings.

## 4.2 Official Training

- Official training sessions replicate competition conditions with specific dates, timing and format. The official training sessions are scheduled by the IPSFs prior to the Games and are included in the training schedule published by Sochi 2014 Sport department.
- Training session format is defined by the IPSFs, and training times are determined by the IPSFs in cooperation with Sochi 2014 for each athlete/team (i.e., the schedule is pre-determined and not flexible).
- The timing, scoring and results systems are operational and the Games Officials are usually present to observe or oversee training.
- There is no official training for Ice Sledge Hockey.

# 5 CEREMONIES

## 5.1 Team Welcome Ceremonies

The Team Welcome Ceremonies will take place in the Village Plaza of the Mountain Paralympic Village from March 4 to 6, 20114, between 10:00 and 17:00. Each ceremony will last approximately 30 minutes.

## 5.2 Opening Ceremony

The Sochi 2014 Paralympic Winter Games Opening Ceremony will be held at Fisht Olympic Stadium on March 7, 2014 from 20:14 to approximately 22:00. The Parade of Athletes will start at 20:25.

Athletes and NPC team officials will be transported by bus from each Paralympic Village directly to a load zone near to the staging area in Bolshoy Ice Dome. Athletes and officials from NSH will take buses to the gondola station and re-board buses at the Laura Bottom Station to take them to the load zone near to the staging area in the Bolshoy Ice Dome. Travel from the Mountain Paralympic Village to the Bolshoy Ice Dome staging area is 1.5 hours. Travel from the Coastal Paralympic Village will take 10 minutes by bus or 20 minutes on foot. Travel from NSH will take approximately 2 hours. The ceremony will be approximately two hours long. After the ceremony, the buses will return directly to the Paralympic Villages and NSH.

### 5.3 Closing Ceremony

The Closing Ceremony will be held at Fisht Olympic Stadium on March 16, 2014 beginning at 20:14 and ending at approximately 22:00. Transportation to the Closing ceremonies will be very similar to that of the Opening Ceremonies.

## 5.4 Flower Ceremonies

Flower ceremonies will take place in the competition venues immediately following the completion of medal events. The ceremonies will feature the presentation of a floral bouquet to each medalist, but will not include the presentation of medals, raising of flags or playing of the gold medalist's national anthem.

## 5.5 In-Venue Victory Ceremonies

On March 15 and 16, Victory Ceremonies for alpine skiing, wheelchair curling, ice sledge hockey, and cross-country skiing events will occur in-venue immediately following the medal session.

### 5.6 Nightly Victory Ceremonies at Paralympic Medals Plaza

Victory Ceremonies at the Paralympics Medals Plaza will take place on the same day as the competition or the day after. During the medal presentation portion of the nightly Victory Ceremonies, the medalists will receive a floral bouquet and a medal. The flags of the medalists will be raised, and the gold medalist's national anthem will be played in his/her honour. All accredited athletes and NPC team officials have free access to the Victory Ceremonies with their accreditation. They can view the Victory Ceremonies from a special standing area in front of the stage or from the general public standing areas at at Paralympic Medals Plaza.

Timeline

17:30 - Pre-show

18:15 - Victory Ceremonies

19:00 - Gala Concert

# 6 INFO+

Info+ is the Games information system that will provide competition schedules, near real-time results and reports, medal rankings, records, biographies, news, historical results, weather forecasts, bulletin board services and transport information.

The Info+ terminal is a desktop PC, keyboard, mouse and monitor configured for Info+ access only. Info+ terminals will be available in common areas of all competition and non-competition venues, including Paralympic Villages.

The Info+ system will include the following:

Schedules and Results	Competition and non-competition schedules, including press conferences, IPC activities and Cultural Olympiad. Competition results viewable by sport, date and country. Includes entry lists, start lists and additional sport-specific reports.
News	Flash quotes, press conference highlights, sport previews, news articles, statistics-driven reports, media communications and IPC news.
Biographies	Athlete biographies, team profiles, coach profiles, judge profiles, NPC profiles.
Medals	Medal standings by sport, overall medal rankings, medalists by day and medalists by sport/event, historical medalists.
Sports	Viewable by sport: schedules, recent results and news, medal rankings and medalists. Historical data, statistics, competition formats and rules, qualification criteria and venue descriptions.
Records	World and Paralympic records, including current records, record holders and new or equal records.
Transportation	Transportation schedules and maps.
Weather	Real-time weather conditions and forecasts.
Paralympic Movement	Paralympic Games History and IPC facts.

# 7 LOST AND FOUND PROCEDURES

## 7.1 Paralympic Villages and Nordic Ski Housing

All found items and reports of lost items in the Paralympic Villages/ NSH should be delivered to any Resident Center. Sochi 2014 will transfer all lost and found items to the 24-hour Resident Center where they will be stored and managed. Positive identification will be required to claim lost and found items.

## 7.2 Transportation – TA, T1/2/3 Systems

System	Contact
TA	Items found on TA system vehicles will be brought to the Resident Centers at the Paralympic Villages/NSH.
T1/T2	Contact your OFA directly, or go to any Transport Information Desk.
Т3	Contact any Transport Information Desk.

## 7.3 Competition and Training Venues – Blue Zone

Items that are lost and found in the blue zones (competition, administrative and operational areas) will be managed at the following locations:

Discipline	Venue – Location		
Alpine Skiing Rosa Khutor Alpine Center – Competition Management			
Biathlon Laura Cross-Country Ski & Biathlon Center – Race Office			
Cross-country Skiing	Laura Cross-Country Ski & Biathlon Center – Race Office		
Wheelchair Curling	Ice Cube Curling Center - Sport Information Desk		
Ice Sledge Hockey	Shayba Arena - Sport Information Desk Ice Sledge Hockey Training Venue - Athlete Services Room		

## 7.4 Spectator Zones

Spectators should inquire about lost items at an Information Booth at the venue. Lost items will be kept at the venue until the end of each day.

If not claimed at the venue, items found in spectator zones at competition venues will be brought to Sochi 2014 Lost and Found Claims Center. Its contacts and location details will be available through Sochi 2014 Official web site and also provided at the Information Booths upon request.

## 7.5 Public Transportation Systems

RZD Russian Railways

Phone: +7 (800) 775-00-00

# 8 REQUEST FOR EMERGENCY ASSISTANCE

# 8.1 Inside Paralympic Venues and Villages

In case of an emergency at a Paralympic venue athletes and officials should contact directly anyone in a Sochi 2014 uniform. Sochi 2014 staff will call the Venue Communication Center to reach the required emergency assistance (on-site police, fire or medical services).

## 8.2 Outside of the Paralympic Venues and Villages

Please use the following phone numbers in case of emergency:

	From Mobile Phone	From Landline Phone
Fire	010	01
Police	020	02
Ambulance	030	03

### Useful Tips

 If the caller doesn't speak Russian, the Emergency Dispatcher will connect the caller to a special unit of the Emergency Services with English, French and German speakers. There is no direct number for the services in a foreign language.

- If you use foreign language support, be patient as translation would require some time
- For non-Russian speakers, knowing key words in Russian like politsiya (police), pozharnaya (fire brigade), skoraya pomoshch (ambulance) and notifying the call taker of the language they speak (English, French or German) will help speed up the process
- Advise the call taker if you require fire, police, or ambulance
- Know your location
- Be prepared to answer questions

In accordance with the Russian Federation legislation, emergency medical services are provided free of charge.

# 9 SUSTAINABILITY

From the very beginning sustainable development principles were embodied into the preparations for the Games in Sochi. The Games organizers made the most of opportunities of the Paralympic project to create positive changes in economic, social and ecological spheres.

Sochi 2014 Sustainability Agenda defines six main areas of activities (Healthy Living, Harmony with Nature, Barrier-free World, Economic Prosperity, Modern Technologies, Culture and National Values). Practically all activities within the Paralympic project are dedicated to their implementation creating long-lasting positive legacy for Sochi, Krasnodar region and Russia.

Athletes and Officials can contribute to these goals by considering the following strategies:

- Use available transportation shuttles and public transportation to visit venues and to travel through the Host Region, instead of renting private vehicles. If possible, cycle or walk instead of using vehicles.
- Turn off the light, computer and air conditioning when leaving office or home.
- Save paper. Use e-mail instead of printing. Set printers to print on both sides of a page.
- Save water. Turn off water while brushing teeth.
- Segregate waste before disposal.
- Buy smart. Take reusable bags to stores.
- s marked "Compostables".

# 10 ABOUT SOCHI AND KRASNAYA POLYANA

The largest Russian resort and longest city in Europe, Sochi is situated in the Krasnodar Region on the same latitude as Nice, Toronto and Vladivostok. It sprawls 145 km along the shores of the Black Sea against the background of the snow-caped peaks of the Caucasus Mountains. Sochi has a population of 421,400 people and attracts over 4 million tourists annually.

The ski area of Krasnaya Polyana is located approximately 67 km from Sochi and is situated at an elevation of 600 meters.

Russian is the official language of the Russian Federation and is the language spoken in the Sochi area.

# 11 APPENDIX

Competition Schedule
 Victory Ceremonies Schedule
 Training Schedules - Coastal Cluster Venues
 Ice Sledge Hockey
 Wheelchair Curling
 Training Schedules - Mountain Cluster Venues
 Alpine Skiing
 Biathlon & Cross-Country Skiing
 Maps
 Russia
 Paralympic Territory
 Sochi Airport (AER) - Arrivals
 Sochi Airport (AER) - Departures
 City of Sochi
 Paralympic Lanes

- 12. Coastal Cluster and Mountain Cluster
- 13. Coastal Cluster
- 14. Mountain Cluster
- 15. Coastal Cluster Transport Filters
- 16. Mountain Cluster Transport Filters
- 17. Spectators and Accredited Clients Transportation System
- 18. Cableway Network Operations
- 19. Public Bus Routes
- 20. Railway Routes
- 21. Athletes and Officials Transportation System (TA)
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- 23. Coastal Paralympic Village
- 24. Coastal Paralympic Village Transportation System
- 25. Mountain Paralympic Village
- 26. Mountain Paralympic Village Transportation System
- 27. Nordic Ski Housing
- 28. Nordic Ski Housing Transportation System

# Competition, Non-Competition and Training Venue Maps - Coastal Cluster

- 29. Ice Cube Curling Center
- 30. Shayba Arena
- 31. Ice Hockey Training Arena
- 32. Olympic Park

#### Competition Venue Maps - Mountain Cluster

- 33. Laura Cross-Country Ski & Biathlon Center
- 34. Rosa Khutor Alpine Center
- 35. Paralympic Medals' Plaza

### Venue Transportation Maps - Coastal Cluster

- 36. Ice Cube Curling Center
- 37. Main Media Center
- 38. Olympic Park
- 39. Paralympic Family Hotel
- 40. Shayba Arena and Ice Hockey Training Venue

### Venue Transportation Maps - Mountain Cluster

- 41. Laura Cross-Country Ski & Biathlon Center/Nordic Ski Housing
- 42. Rosa Khutor Alpine Center
- 43. Paralympic Medals' Plaza

## SOCHI 2014 PARALYMPIC WINTER GAMES COMPETITION SCHEDULE Version 7, December 11, 2013

				MARCH 2014								
	COMPETITION VENUE	SPORT / DISCIPLINE	<b>7</b> Friday	8 Saturday	9 Sunday	10 Monday	<b>11</b> Tuesday	12 Wednesday	<b>13</b> Thursday	14 Friday	<b>15</b> Saturday	16 Sunday
	FISHT Olympic Stadium	Ş	Opening Ceremony 20:00									Closing Ceremony 20:00
COASTAL CLUSTER	SHAYBA Arena	ICE SLEDGE HOCKEY		Preliminary Games 09:30-11:30 CZE-NOR 13:00-15:00 CAN-SWE 16:30-18:30 USA-ITA 20:00-22:00 RUS-KOR	Preliminary Games 09:30–11:30 CZE-SWE 13:00–15:00 CAN-NOR 16:30–18:30 USA-KOR 20:00–22:00 RUS-ITA		Preliminary Games 09:30–11:30 KOR-ITA 13:00–15:00 NOR-SWE 16:30–18:30 USA-RUS 20:00–22:00 CAN-CZE	<b>Play-off 5th-8th</b> 16:00-18:00 20:00-22:00	Semifinals 13:00-15:00 20:00-22:00	Game for 7-8 place 13:00-15:00 Game for 5-6 place 20:00-22:00	<b>Bronze Medal</b> 13:00–15:00 <b>Gold Medal</b> 20:00–22:40	
COA	ICE CUBE Curling Center			<b>Round Robin</b> 09:30-12:30 15:30-18:30	<b>Round Robin</b> 09:30-12:30 15:30-18:30	<b>Round Robin</b> 09:30-12:30 15:30-18:30	Round Robin 09:30-12:30 15:30-18:30	Round Robin 09:30-12:30 15:30-18:30	<b>Round Robin</b> 09:30-12:30 15:30-18:30	<b>Tie-breakers</b> 09:00-12:00 14:00-17:00 19:00-22:00	Semifinals 09:30–12:30 Bronze & Gold Medal Games 15:30–18:55	
MOUNTAIN CLUSTER	ROSA KHUTOR Alpine Center	ALPINE SKIING		M/W Downhill All classes 10:00-13:10	M Super G All classes 10:00-12:35	W Super G All Classes 10:00-11:35	M/W Super Combined All classes 09:30-12:00 15:30-18:10		M Slalom All classes 16:00-17:30 19:00-20:25	M / W Snowboard Cross Standing 10:00-12:20 W Slalom All classes 16:00-17:00 19:00-20:05	M Giant Slalom All classes 9:30–11:30 13:00–15:00	W Giant Slalom All classes 09:30-11:00 13:00-14:25
		BIATHLON		M 7.5 km W 6 km Sitting 10:00–11:35 Standing, Visually Impaired 12:00–15:00			M 12.5 km W 10 km Sitting 10:00-12:25 Standing Visually Impaired 13:00-16:25			M 15 km W 12.5 km Sitting 10:00-12:00 Standing Visually Impaired 12:30-17:20		
	Cross-Country Ski & Biathlon Center	CROSS-COUNTRY SKIING			M 15 km Sitting 10:00-11:35 W 12 km Sitting 12:30-14:20	M 20 km Classic W 15 km Classic Standing Visually Impaired 10:00-15:20		M/W 1 km Sprint Free Qualification All classes 10:00–11:40 Semifinals & Finals 12:30–15:30			Mixed Relay 4x2.5 km All classes 10:00–11:30 <b>Open Relay</b> 4x2.5 km All classes 12:00–13:30	M 10 km Free W 5 km Free Standing Visually Impaired 10:00-12:15 M 10 km W 5 km Sitting 12:30-14:45

1

### 2 SOCHI 2014 PARALYMPIC WINTER GAMES FLOWER & VICTORY CEREMONY SCHEDULE, Version №7, December 6, 2013

March 2014			0	1	2	3	4	5	6	7	8	9	Total Gold
narch 2014			Fri 07	Sat 08	Sun 09	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14	Sat 15	Sun 16	Gold Medals
FISHT OLY. STADIUM			Opening Ceremony 20:00									Closing Ceremony 20:00	
PARALYMPIC MEDALS PLAZA		COASTAL CLUSTER		Biathlon ▲ M 7.5km - Sitting, ▲ W 6km - Sitting Downhill ▲ M - Standing ▲ M - Sitting ▲ M - Sitting ▲ M - Visually Impaired ▲ W - Sitting, ▲ W - Visually Impaired	Biathlon M 7.5km - Standing M 7.5km - Visually Impaired W 6km - Standing W 6km - Standing W 6km - Visually Impaired Cross - Country Sking Alpine Sking Super 6 M - Sitting Alpine Sking Super 6 M - Sitting Alpine Sking Super 6 M - Sitting M - Standing M - Visually Impaired	Cross-Country Skiing ■ W 12 km - Sitting Alpine Skiing Super G ▲ W - Sitting ▲ W - Sitting ▲ W - Standing ▲ W - Visually Impaired	Cross-Country Skiing W - 15km - Classic Standing W 15km - Classic Visually Impaired M 20km - Classic Standing M 20km- Classic Visually Impaired Biathlon M 12.5km - Sitting W 10km - Sitting	Alpine Skiing Super Combined M - Sitting M - Standing W - Standing W - Standing W - Standing W - Visually Impaired Biathlon: M 12.5km - Visually Impaired W 10km - Visually Impaired W 10km - Visually Impaired	Cross - Country Skiing M-1 km Sprint Free -Sitting M-1 km Sprint Free - Standing M-1 km Sprint Free - Visually Impaired W-1 km Sprint Free - Standing W -1 km Sprint Free - Standing W -1 km Sprint Free - Visually Impaired	<ul> <li>M - Sitting</li> <li>M - Standing</li> <li>M - Visually Impaired</li> <li>Biathlon</li> <li>M 15km</li> <li>Sitting</li> <li>W 12.5km</li> <li>Sitting</li> <li>Snowboard Cross</li> </ul>	Biathlon M 15km - Standing M 15km - Standing M 12.5km Standing W 12.5km Visually Impaired Alpine Skiing Slalom W - Standing W - Visually Impaired Cross- Country Skiing A 4x2.5km Mixed Relay A 4x2.5km Open Relay		
HAYBA	Ice Sledge Hockey										Ice Sledge Hockey		1
CE CUBE	Wheelchair Curling										Wheelchair Curling		1
ROSA KHUTOR ALPINE CENTRE	Alpine Skiing			Alpine Skiing Downhill Men's Standing, Men's - Sitting, Men's Visually Impaired Women's Sitting, Women's Sitting, Women's Visually Impaired	Alpine Skiing Super G ♦ M - Sitting ♦ M - Standing ¶ M - Visually Impaired	Alpine Skiing Super G ♦ W - Sitting ♥ W - Standing ♥ W - Visually Impaired	Alpine Skiing Super Combined M - Sitting M - Standing M - Visually Impaired W - Sitting W - Standing W - Standing W - Visually Impaired		Alpine Skiing Slalom ♦ M - Sitting ♦ M - Standing ♦ M - Visually Impaired	Snowboard Cross ◆ W - Snowboard Cross Standing ◆ M - Snowboard Cross Standing Alpine Skiing Slalom ◆ W - Sitting ◆ W - Standing, ◆ W - Visually Impaired	Alpine Skiing Giant Slalom ● M - Sitting ● M - Standing ● M - Visually Impaired	Alpine Skiing Giant Slalom • W - Sitting • W - Standing • W - Visually Impaired	6
	Biathlon	MOUNTAIN CLUSTER		<ul> <li>M 7.5km - Sitting,</li> <li>M 7.5km - Standing</li> <li>M 7.5km - Visually Impaired</li> <li>W 6km - Sitting</li> <li>W 6km - Standing,</li> <li>W 6km - Visually Impaired</li> </ul>			<ul> <li>M 12.5km - Sitting</li> <li>M 12.5km - Standing,</li> <li>M 12.5km - Visually Impaired</li> <li>W 10km - Sitting</li> <li>W 10km - Standing,</li> <li>W 10km - Visually Impaired</li> </ul>			<ul> <li>M 15km Sitting</li> <li>M 15km Standing,</li> <li>M 15km Visually Impaired</li> <li>W 12.5km Sitting</li> <li>W 12.5km - Standing,</li> <li>W 12.5km - Visually Impaired</li> </ul>			0
LAURA CROSS COUNTRY AND BIATHLON CENTRE		MON			<ul> <li>♦ M 15 km - Sitting</li> <li>♦ W 12 km - Sitting</li> </ul>	<ul> <li>M 20km Classic Standing,</li> <li>M 20km Classic Visually Impaired</li> <li>W 15km Classic Standing</li> <li>W 15km Classic - Visually Impaired</li> </ul>		Cross - Country Skiing M - 1 km Sprint Free Sitting M - 1 km Sprint Free - Standing M - 1 km Sprint Free - Visually Impaired W - 1 km Sprint Free - Standing W - 1 km Sprint Free - Standing W - 1 km Sprint Free - Visually Impaired			♦ 4x2.5km Mixed Relay ♦ 4x2.5km Open Relay	<ul> <li>M 10 km- Sitting</li> <li>M 10 km - Standing</li> <li>M 10 km - Visually Impaired</li> <li>W 5 km - Sitting,</li> <li>W 5 km - Standing</li> <li>W 5 km - Visually Impaired</li> </ul>	6

larch

#### MIV - HTV - COMPETITION SHEET - TRAINING SHEET

#### ICE SLEDGE HOCKEY

		Version 7.1																																															
		Day№ /Time	8:00	8:15	8:30	8:45	9:00	0:30	9:45	10:00	10:15	10:30	11:00	11:15	11:30	11:45	12:00	12:30	12:45	13:00		13:30	14:00	14:15	_	14:45	15:00	15:15 15:30	15:45	16:00	16:15		16:45 17:00	17:15	17:30	17:45 18:00	18:15	18:30	18:45			19:45 20:00	20:15	20:30	20:45	21:00	21:30	21:45	22:00
rch 1	міν	D																		KOR 13:00-1	4:15				CAN 14:30	- 16:00						1	TA 16:45-18:00						US 19	A 00 - 20:15									
rch 1	HTV1	Day -6																																															
rch 2	MIV	Day -5						USA 9:30	) - 10:45					0 - 12:30						KOR 13:00 -	14:15							ITA 15:	30-16:45	· · ·			CZE 17:0	0-18:00				RUS 18:30-20	:15	_						_	$\mp$		
	HTV1													0 - 12:45				_																															
rch 3	MIV	Day -4						USA 9:30	0 - 10:45				CAN 11:00	0 - 12:30						SWE 13:00 -	14:30						KOR 15:00 - 1	6:15				1	TA 16:45-18:00					RUS 18:30-20	:15										
	HTV1												RUS 11:00	0 - 12:45						CZE 13:00 -	14:30																												
rch 4	MIV							USA 9:30	) - 10:45				CZE 11:00	0 - 12:30						SWE 13:00 -	14:30						NOR 15:00 - 1	6:30				1	KOR   6:45-18:00					RUS 18:30-20	:15										
rch 4	HTV1	Day -3											RUS 11:00	D - 12:45						CAN 13:00 -	14:30											1	TA 16:45-18:00																
rch 5	мιν	Day -2					SWE 9:00 - 10:30						CZE 11:00	0 - 12:30						CAN 13:00 -	14:30						KOR 15:00 - 1	6:15	_			1	TA 16:45-18:00			SPP	Tech. Rehe	rsal	RUS 18:45 - 20:	10					NOR 20:45 - 22:	:15			
rch 5	HTV1	Day-2						USA 9:30	) - 10:45				RUS 11:00	0-11:50			NOR 12:00-12:50																																
	MIV						NOF 9:15	: - 10:45					CAN 11:00	0 - 12:30						CZE 13:00 -	14:30			_			SWE 15:00-16	5:30					RUS 17:0	0-18:45					CE 19	REMONIES 00 - 21:30	REHERSAL	s							
rch 6	HTV1	Day -1						ITA 9:30	0-10:45				RUS 11:00	0 - 12:45													KOR 15:00 - 1	6:15				1	JSA 16:45-18:00													Т			
	міу		CZE 8:00-9:	:00			CAN 9:15	- 10:15				US 10	A :45 - 11:45				RUS 12:00 - 13:0	D			!	TO Skate 13:30-14:30	0										OBS 17:0	FAX & FUL 0 - 19:15	LL REHERS	uls							14 PWG OP		REMONY				
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rch 8	HTV1	Day 1					PG ITA 9:00 - 9:50			PG USA 10:00-1	A 10:50			PG KO 11:15-	R 12:05		PG   12:1	RUS 15-13:05																															
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rch 9	HTV1	Day 2					PG KOR 9:00 - 9:50			PG USA 10:00-1	4 10:50			PG ITA 11:15-	12:05		PG   12:1	RUS 15-13:05																															
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rch 10	HTV1	Day 3					ITA 9:00 - 10:15				H 1	OR 0:30 - 11:	45				SWI 12:1	:  5 - 13:30				NO 13:	IR :45 - 15:0	0				RU: 15:	5 30 - 16:45				USA 17:0	D - 18:15					CZE 18:45 - 20:	00			CAN 20:15	i - 21:30					
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	HTV1	5074					PG RUS 9:00 - 9:50			PG USA 10:00-1	A 10:50			PG CZI 11:15-	E 12:05		PG (	CAN 15-13:05																															
arch 12	MIV	Day 5																										Warm-Up 15:20-15:35	;	Classific 16:00-1	ation Play- 8:00	y-Off 1								Warr 19:2	n-Up 0-19:35	Clar 20	ssification F :00-22:00	Play-Off 2					
10112	HTV1	Day 5					PG CL1 V 9:00 - 9:50			PG CL1 10:00-1	I H 10:50			PG CL2 11:15-	2 V 12:05		PG ( 12:1	CL2 H 5-13:05				5F 1 Visitor 13:30 - 14:4	15				SF 1 Hor 15:00 - 1						6F 2 Visitor 16:45 - 18:00				SF 2 Ho 18:15 -	me 19:30											
arch 13	MIV	Day 6															War 12:	m-Up 20-12:35		Semi-Fi 13:00-1	nal 1 5:00																			Warr 19:2	n-Up 0-19:35	Ser 20	mi-Final 2 :00-22:00						
	HTV1	5470					PG SF1 V 9:00 - 9:50			PG SF1 10:00-1	H 10:50			PG SF 11:15-	2 V 12:05		PG : 12:	5F2 H 5-13:05			1	CL 7-8 Visiti 13:30 - 14:4	or 45				CL 7-8 H 15:00 - 1	ome 6:15				1	CL 5-6 Visitor 16:45 - 18:00				CL 5-6 1 18:15 -	lome 19:30											
arch 14	MIV	Day 7															War 12:3	m-Up 20-12:35		Classific 13:00-1	ation Gan 5:00	ne 7-8																		Warr 19:2	n-Up 0-19:35	Clar 20	ssification 0	Same 5-6					
	HTV1						PG CL7 V 9:00 - 9:50			PG CL7 10:00-1				PG CL5 11:15-	5 V 12:05		PG (	L5 H 5-13:05				Bronze Visit 13:30 - 14:4					Bronze H 15:00 - 1	lome 6:15				1	Gold Visitor 16:45 - 18:00				Gold Ho 18:15 -	ime 19:30											
arch 15	MIV	Day 8															War 12:	m-Up 20-12:35		Bronze 13:00-1	Medal Gar 5:00	ne																		Warr 19:2	n-Up 0-19:35	Gol 20	ld Medal Ga :00-22:00	ame					
	HTV1						PG Bronze V 9:00 - 9:50	isitor		PG Bros 10:00-1	nze Home 10:50			PG Gol 11:15-	d Visitor 12:05		PG (	5old Hom 15-13:05	e																														
arch 16	MIV	Day 9																																								201 20	14 PWG CL0 :00 - 22:00	OSING CE	REMONY				
arch i'b	HTV1	Day 9																																															
			_									_																				_				_						<u> </u>							-



Hockey Training Venue - Rink 1

4	ICE CU	BE CURLII	NG CENT	ER																								
	WHEEL	CHAIR CL	JRLING																									
	Draft -	Competitio	on Schec	Jule 6.0																								
	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30
Friday March 7				Training - 15:20																								
Saturday March 8				Round 09:30 -												Round F 15:30 -						Evening 18:30 -	Practice 19:30					
Sunday March 9				Round 09:30 -												Round F 15:30 -						Evening 18:30 -	Practice 19:30					
Monday March 10				Round 09:30 -												Round F 15:30 -						Evening 18:30 -	Practice 19:30					
Tuesday March 11				Round 09:30 -												Round F 15:30 -						Evening 18:30 -	Practice 19:30					
Wednesday March 12				Round 09:30 -												Round F 15:30 -						Evening 18:30 -	Practice 19:30					
Thursday March 13				Round 09:30 -												Round F 15:30 -												
Friday March 14			Tie-Bre 09:00-										Tie-Brea 14:00-1										Tie-Brea 19:00-2		1	1	1	1
Saturday March 15				Semifin 09:30 -												Gold & 15:30 -	Bronze M 18:55	edal Gam	es	1	1							

Legend:

Official Training Pre-Game Practice

#### ALPINE SKIING&SNOWBOARD

		Similar	JNOWDOAN																						
	Draft - T	raining So	chedule Vers	ion 7.0 (C	ompetitior	Schedule	7.0)																		
	7:00	7:30	8:00	8:30	9:00	9:30	10:00 10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30
Saturday March 1			Alpine SI	kiing & Sn	owboard G	General Trai	ning 8:00 - 15:00																		
Sunday March 2			Alpine Sl	kiing & Sr	owboard G	Seneral Trai	ning 8:00 - 15:00																		
Monday March 3			Alpine Sł	kiing & Sn	owboard G	General Trai	ning 8:00 - 15:00																		
Tuesday March 4			Alpine Sl	kiing & Sr	owboard G	General Trai	ning 8:00 - 15:00																		
Wednesday							M/W DH All class	ses Official Tra	aining 10:	:00-14:00															
March 5			Alpine SI	kiing & Sn	owboard C	Seneral Trai	ning 8:00 - 15:00																		
Thursday							M/W DH All class	ses Official Tra	aining 10:	:00-14:00															
March 6			Alpine SI	kiing & Sn	owboard G	General Trai	ning 8:00 - 15:00																		
Friday							M/W DH All class	ses Official Tra	aining 10:	:00-14:00															
March 7			Alpine SI	kiing & Sn	owboard G	ieneral Trai	ning 8:00 - 15:00							_											
Saturday							M/W DH All class	ses 10:00-12	:30																
March 8			Alpine SI	kiing & Sr	owboard G	eneral Trai	ning 8:00 - 15:00																		
Sunday							M Super G All cla	sses 10:00-1	2:30																
March 9			Alpine SI	kiing & Sr	owboard G	General Trai	ning 8:00 - 15:00																		
Monday							W Super G All Cla 10:00-11:10	asses																	
March 10			Alpine Sl	kiing & Sr	owboard G	General Trai	ning 8:00 - 15:00					1	1												
Tuesday						W/M Sup 09:30-12	per-Combined All C 2:00	lasses								W/M Sup 15:30-11		ned All Cla	sses	1					
March 11			Alpine SI	kiing & Sr	owboard G	General Trai	ning 8:00 - 15:00				,			,											
Wednesday March 12			Alpine Sł	kiing and !	Snowboard	l General Tr	aining 8:00 - 15:00	)																	
Thursday March 13							Snowboard Cros 10:00-13:00	s Official Trair	ning									M SL All 16:00-1	Classes 7:30					M SL All Classe 19:00-20	
March 13			Alpine SI	kiing and !	Snowboard	d General Tr	aining 8:00 - 15:00	)				•	<u> </u>												
Friday							M/W Snowboard 10:00-12:00	l Cross										W Slalor 16:00-1	n All Classe 7:00	25				W SL All Classe 19:00-20	
March 14			Alpine SI	kiing Gene	eral Training	a 8:00 - 15:	00																	19.00-20	.05
Saturday						M GS All 09:30-1	Classes					M GS AI 13:00-1	l Classes 5:00											1	
March 15			Alpine Sł	kiing Gene	eral Training	g 8:00 - 15:						15.001	2.00												
Sunday						W GS All 09:30-1	Classes 1:00					W GS A	l Classes 4:25											1	
March 16			Alpine Sl	kiing Gene	eral Training	3 8:00 - 15:																			

Competition

Training

Official Training

Note that the Paralympic Villages officially open on Saturday March 1st.

Training Runs will be held on the following Runs:

from Mar 1 - Mar 16

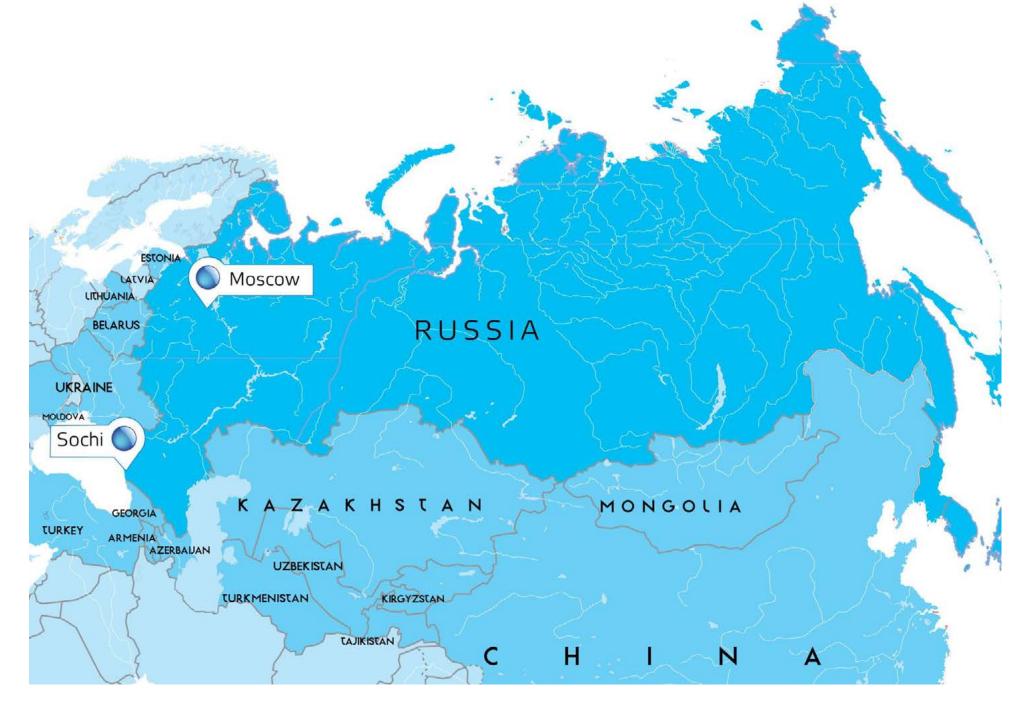
Note: Training times are subject to change. This document is for internal planning purposes only.

5

PWG Nordic Skiing DCAS Laura V6.1 October 22 2013\_approved by IPC NS As of 2013-11-22

		PWG	5 Nord	ic Skii	ng DC.	AS La	ura V6	5.1 0	ctober	r 22 20	)13_a	pprov	ed by I	IPC NS	As c	it 2013	-11-22																														
		6:30	6:45	7:00	7:15	7:30	7:45	8:00	8:15	8:30	8:45	00:6	9:15	9:30	9:45	10:00	10:15 10:30		10:45 11:00		11:15	11:30	11:45	12:00		12:30	12:45	13:00	13:15	13:30	13:45	14:00	14:15	14:30	14:45	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45
Mar 1	BT Training CC Training							Dat	e of A	Arrival					_																															$\square$	_
	BT Training															BT L	Inofficial T	raini	ng 10:0	D - 1	5:00																										
Mar 2	CC Training															CCL	Inofficial T	raini	ng 10:0	) - 1	5:00																										
Mar 3	BT Training															BT L	Inofficial T	raini	ng 10:0	D - 1	5:00																										
	CC Training															CCL	Inofficial T	raini	ng 10:0	) - 1	5:00																										
Mar 4	BT Training																Inofficial T		-																							<u> </u>		$\square$			
	CC Training										_				_		Inofficial T		-																									$\left  - \right $			
Mar 5	BT Training CC Training										-				-		Inofficial T		-																									$\vdash$			
	BT Training										+				-		Inofficial T																														_
Mar 6	CC Training																Inofficial T		-																												
Mar 7	BT Training											вт	Officia	ıl Traini	ing 9	:00 - 14	:00																														
Mai 7	CC Training											СС	Officia	l Traini	ing 9:	00 - 14	:00																														
	CC Training																																		CC O	fficial	Trainir	ng 14:	45 - 1	6:45							
Mar 8	Competition																1 7.5km, V ng 10:00 -							BT M 7. 12:00 -			m St	andin	g, Visı	ually In	npaire	d															
	BT Training																																		BT U	noffic	ial Trai	ning 1	4:50	- 16:5	0						
Mar 9	CC Training																																		CC O	fficial	Trainir	ng 14:	50 - 1	6:50							
	Competition																1 15 km ng 10:00-1	11:1	5							CC W Sitting			:00																		
	BT Training																																						BT L	Inoffic	ial Tra	aining 1	15:52	- 17:52	2		
Mar 10	CC Training																																						CC L	noffic	ial Tra	aining 1	5:52	17:52	2		
	Competition															CC N	1 20km Cli	assic	, W 15k	m Cl	lassic	Standi	ng, V	isually I	mpa	ired 10	-00:C	-14:4(	D																		
Mar 11	CC Training																																										mcial 7 - 17	Trainin ':37	9		
	Competition															BT N	1 12.5km,	W 1	0km Sit	ting	10:00	) – 12:	00					BT M	12.5	m, W	10km	Standi	ng, Vi	sually I	mpair	ed 13:	:00 – 1	5:45									
	BT Training																																							_		cial Trai					
Mar 12	CC Training								-	_	-				-	CC 1	Iven Coriet						_					riot D		classe	~~									CCL	Inoffic	ial Trai	ining 1	6:02 -	18:02	!	
	Competition																km Sprint ification 1				>									)–14:4																	
Mar 13	BT Training															BT C	)fficial Trai	ning	10:00 -	15:	00																										
	CC Training								-		-				-	DT.	4 1 5 km - 14		Eko Cit	tipe																CC C	)fficial `	Trainir	ng 15:	00 - 1	6:30			$\square$			
Mar 14	Competition																1 15km, W 0 – 11:35		אווז אנ	ung J						BT M	15km	i, W 1	2.5km	Stand																	
	CC Training									_			_																			CC O	fficial <sup>-</sup>	Trainin	g 14:(	00 - 1	6:00					<u> </u>					
Mar 15	Competition															Rela	x2.5km M y All class 0–11:00							CC 4x2. Relay A 12:00-	ll cla	sses																					
Mar 16	Competition																1 10 km Fi ding, Visu					2:15				CC M <sup>·</sup> Sitting																					

## 7 Map of Russia

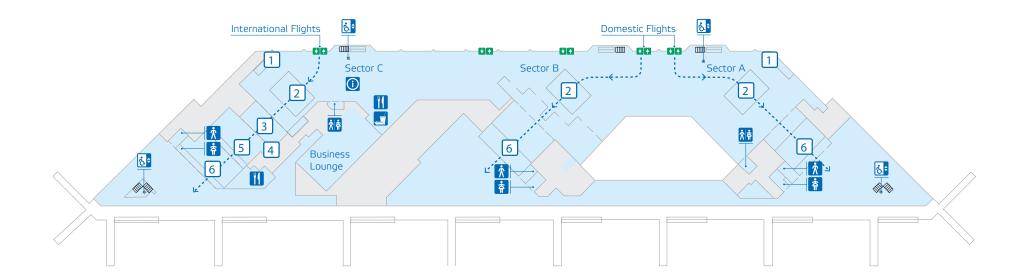




ARRIVALS



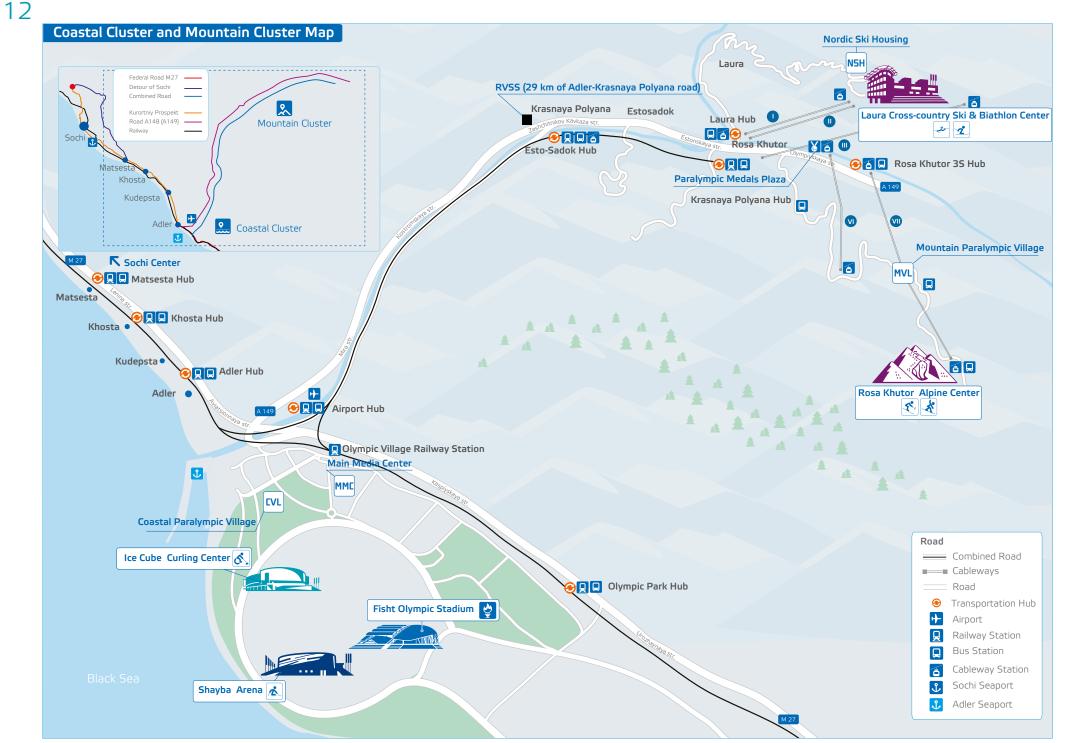




<u></u>	Toilets	()	Information	1 Ticket Desks	4	Oversized Baggage Check-in Counter
Ŕ	Toilets Men	<b>1</b>	Restaurant	2 Check-in Desks	5	Passport Control
춖	Toilets Women	4	Snacks	3 Customs	6	Pre-flight Security Check
<u></u>	Accessible Elevator					

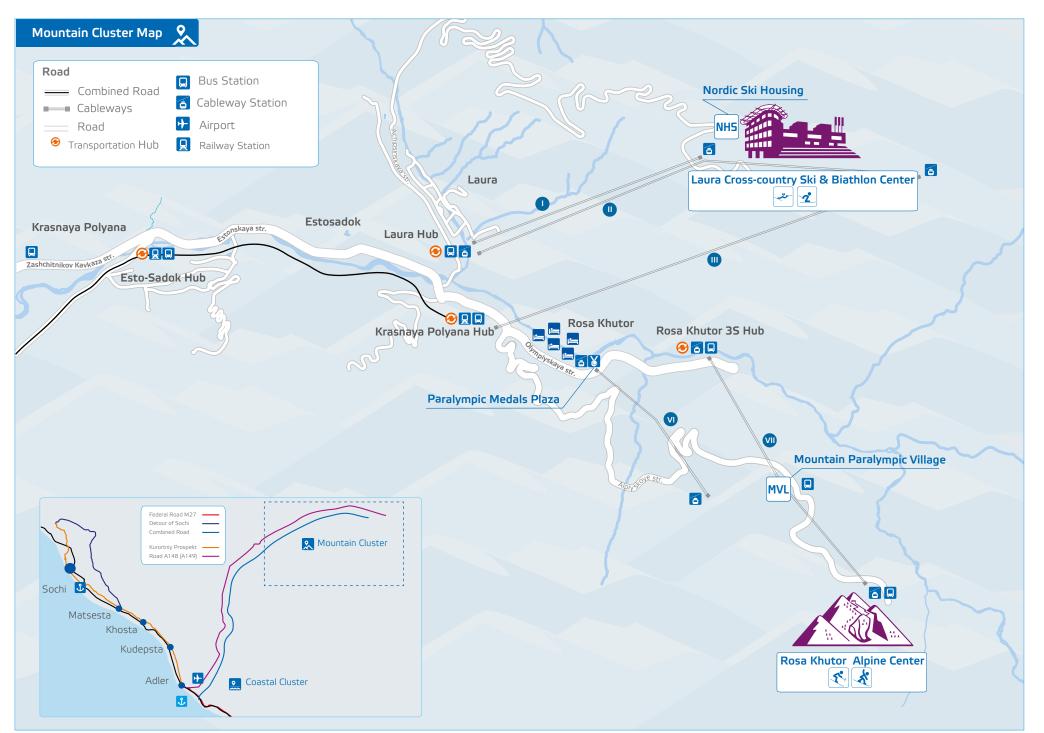




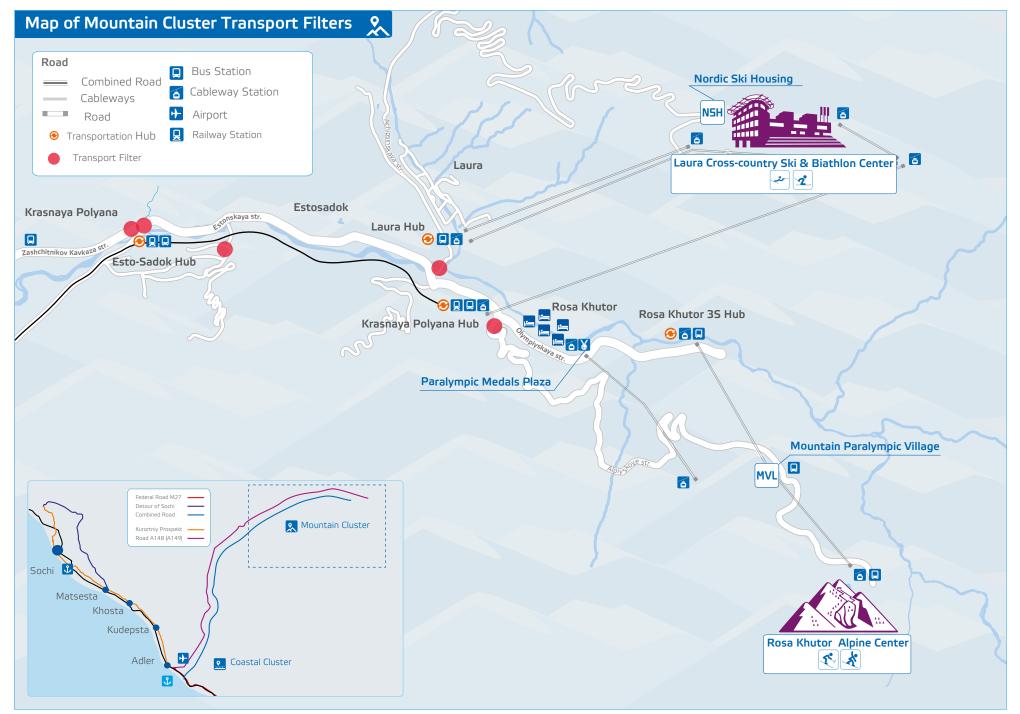


As of December 2013





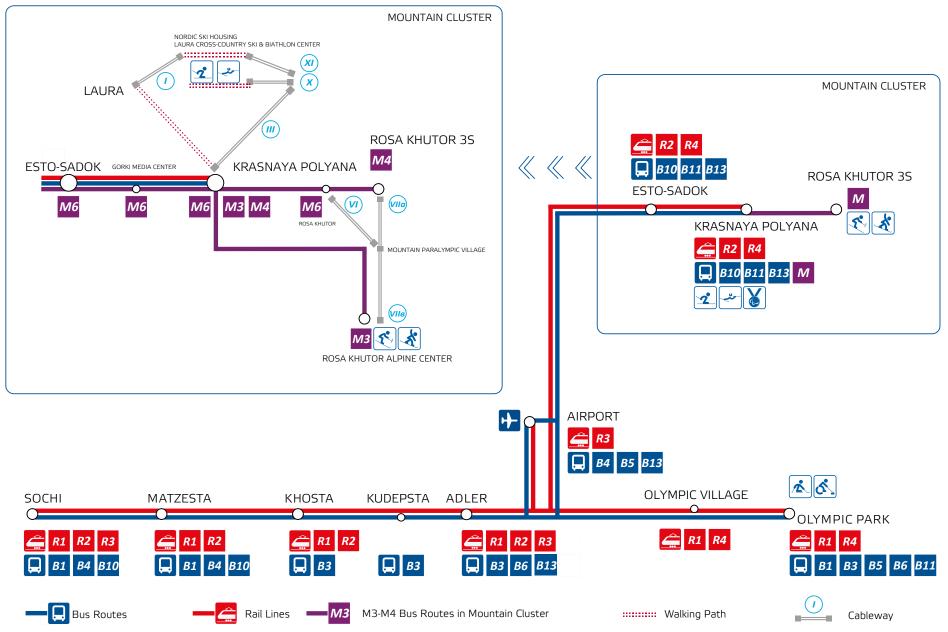






17

### SPECTATORS AND ACCREDITED CLIENTS TRANSPORTATION



## 18 Cableway Network Operations

Cableway	Sign	From	То	Туре	Capacity per Hour	Dates of Operation	Operation Period	Access
I	6	Laura Base Station	Laura Cross-Country Ski and Biathlon Center Nordic Ski Housing	Cabin for 8 persons	2000	07.01-31.03	Based on competition/training schedule	Ticketed spectators, Workforce, Marketing partners, NPC, IF, PF
Ш	ā	Laura Base Station	Laura Cross-Country Ski and Biathlon Center Nordic Ski Housing	Cabin for 8 persons	2000	01.03-19.03	24 hours	NPC, Media, IF, PF
Ш	6	Krasnaya Polyana Hub	Laura Top Station	3S Cabin Up to 30 persons	3000	08.03-12.03,14.03- 16.03	Based on competition/training schedule	Ticketed spectators, Workforce, Marketing partners, Media, NPC, IF, PF
VI	6	Rosa Khutor 3S (Lower base)	Mountain Paralympic Village	Cabin for 8 persons	2800	07.01-25.03	24 hours (from 2:00 – 5:00 on-demand)	NPC, Workforce
VIIa	6	Rosa Khutor 3S	Mountain Paralympic Village	3S Cabin Up to 30	4500	31.01-25.03	Based on	Ticketed spectators, Workforce, Marketing
VIIb	6	Mountain Paralympic Village	Rosa Khutor Alpine Center	persons	4500	51.01-25.05	competition/training schedule	partners, Media, NPC, IF, PF
VIII	5	Mountain Media Village +540 m	Mountain Media Village +960	Cabin for 8 persons	2400	07.01-16.03	24 hours	Ticketed spectators, Workforce, Marketing partners, Media, NPC, IF, PF
X	5	Top Station Cableway III	Laura Cross-Country Ski and Biathlon Center	Cabin for 8 persons	1750	07.01-31.03	Based on competition/training schedule	Ticketed spectators, Workforce, Marketing partners, Media, NPC, IF, PF

december 2013

### 19 Public Bus Routes

Route Number	Route Description	Bus Type	Operating Mode	Frequency, min	Estimated Travel Time, min
<b>D</b> 1			Peak hour	2	F 7
B1	Sochi Hub - Olympic Park Hub	Suburban Bus	Normal	20	57
22		Accessible City Due	Peak hour	10	20
B3	Khosta Hub - Olympic Park Hub	Accessible City Bus	Normal	20	39
B4	Sochi Hub - Airport Hub	Suburban Bus/Accessible Suburban Bus	Normal	30	48
B5	Olympic Park Hub - Airport Hub	Suburban Bus/Accessible Suburban Bus	Normal	30	17
510			Peak hour	5	110
B10	Sochi Hub - Krasnaya Polyana Hub	Suburban Bus/Accessible Suburban Bus	Normal	20	119
B11	Olympic Park Hub - Krasnaya Polyana Hub	Suburban Bus/Accessible Suburban Bus	Normal	30	83
			Peak hour	2	
МЗ	Krasnaya Polyana Hub - Rosa Khutor Alpine Center	Suburban Bus/Accessible Suburban Bus	Normal	15	22
	Krasnaya Polyana Hub - Rosa Khutor 3S Cableway Base		Peak hour	2	
M4	Station	Suburban Bus/Accessible Suburban Bus	Normal	15	- 18
			Peak hour	3	
M6	Rosa Khutor Hub – Rosa Khutor Hotels	Accessible City Bus	Normal	30	15
			As of December 2013		

### **Railway Routes Timings**

	Sochi	Matsesta		Khosta		Adler		Olympic Village		Olympic Park
D1	Departure	Arrival	Departure	Arrival	Departure	Arrival	Departure	Arrival	Departure	Arrival
RI	0:31	0:41	0:42	0:51	0:52	1:03	1:09	1:17	1:18	1:22

Re	everse	Olympic Park	Olympic Village Arrival Departure		Adler		Kh	osta	Matsesta		Sochi
	<b>D1</b>	Departure	Arrival	Departure	Arrival	Departure	Arrival	Departure	Arrival	Departure	Arrival
	<b>K</b> L	7:29	7:33	7:34	7:42	7:46	7:57	7:58	8:07	8:08	8:18

	Sochi	hi Matsesta		Khosta		Adler		Esto-Sadok		Krasnaya Polyana
2	Departure	Arrival	Departure	Arrival	Departure	Arrival	Departure	Arrival	Departure	Arrival
<b>R2</b>	0:07	0:17	0:19	0:28	0:28	0:39	0:43	1:31	1:32	1:36

 Reverse	Krasnaya Polyana Esto-Sadok		Adler		Khosta		Matsesta		Sochi	
00	Departure	Arrival	Departure	Arrival	Departure	Arrival	Departure	Arrival	Departure	Arrival
RZ	7:04	7:08	7:10	7:52	-	-	-	-	-	-

_		Sochi	Mats	sesta	Khos	ta	A	dler	Airport	Frequency:	R1 - 20 min
		Departure	Arrival	Departure	Arrival	Departure	Arrival	Departure	Arrival		R2 - 60 min
	K3	0:25	0:35	0:35	0:45	0:45	0:57	0:59	1:08		R3 - 90 min

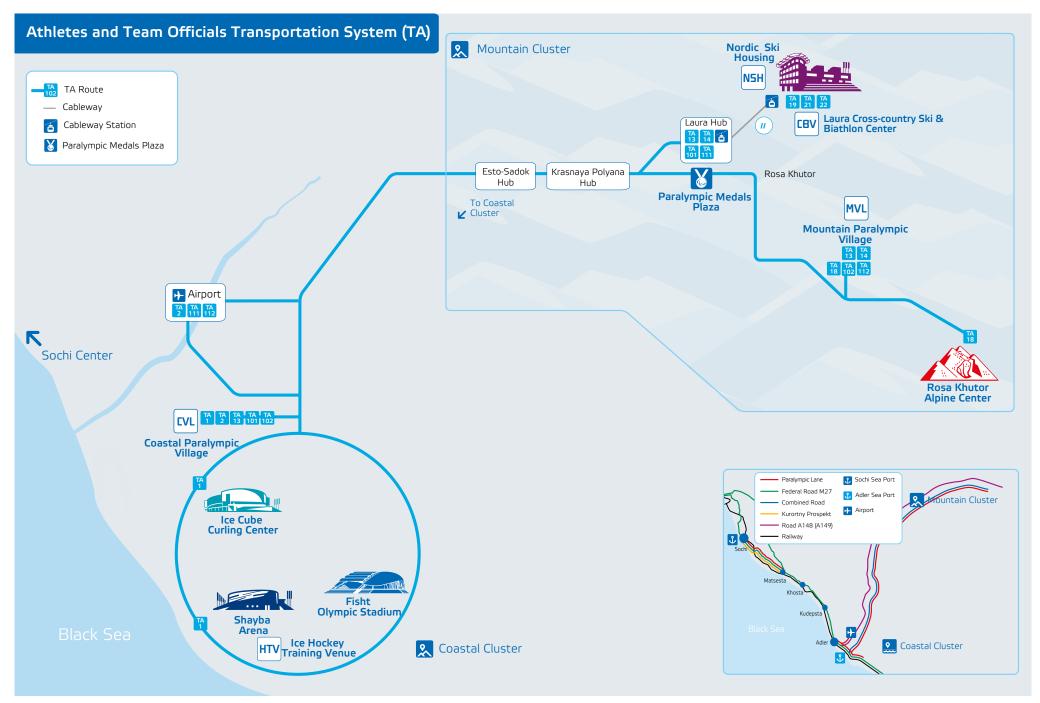
R3 - 90 min
R4 - 120 min

Reverse	Airport Adler		ler	Khos	Mat	sesta	Sochi	
DO	Departure	Arrival	Departure	Arrival	Departure	Arrival	Departure	Arrival
K3	0:39	0:48	-	-	-	-	-	-

	Olympic Park	Olympic	Olympic Village		Esto-Sadok		
R4	Departure	Arrival	Departure	Arrival	Departure	Arrival	
	6:36	6:40	6:41	7:26	7:27	7:31	

Reverse	Krasnaya Polyana	Esto-S	Sadok	Olympic \	Olympic Park	
R4	Departure	Arrival	Departure	Arrival	Departure	Arrival
	0:00	0:05	0:09	7:26	7:27	7:31

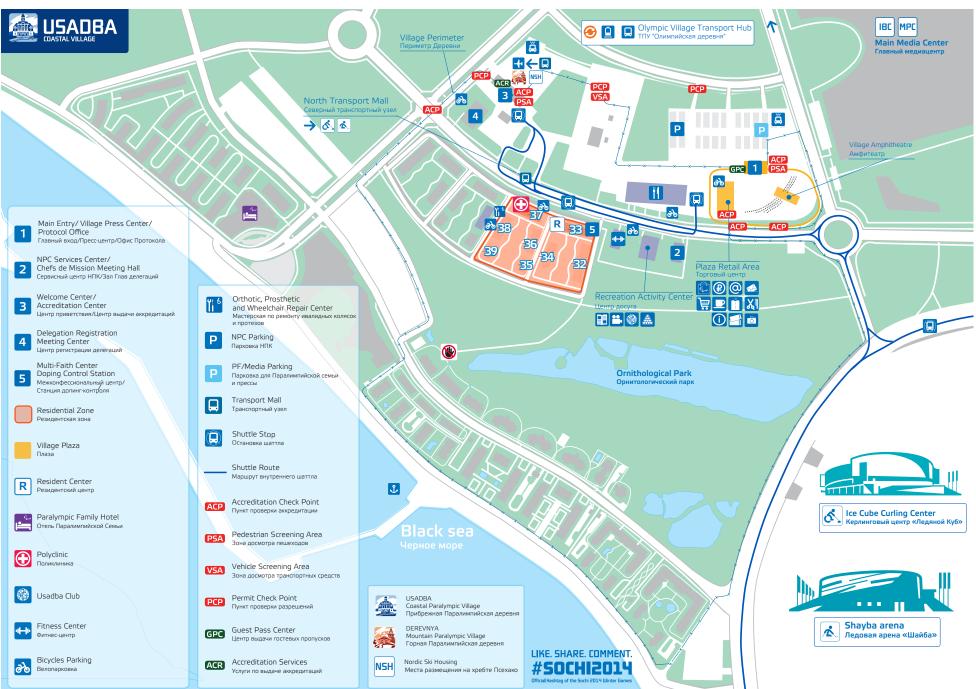


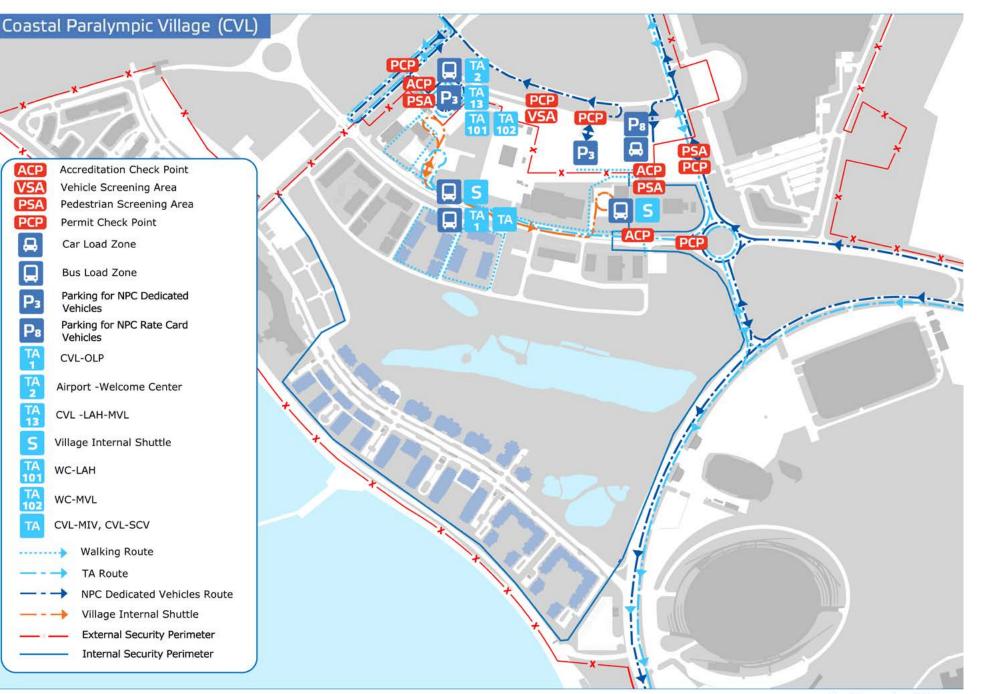


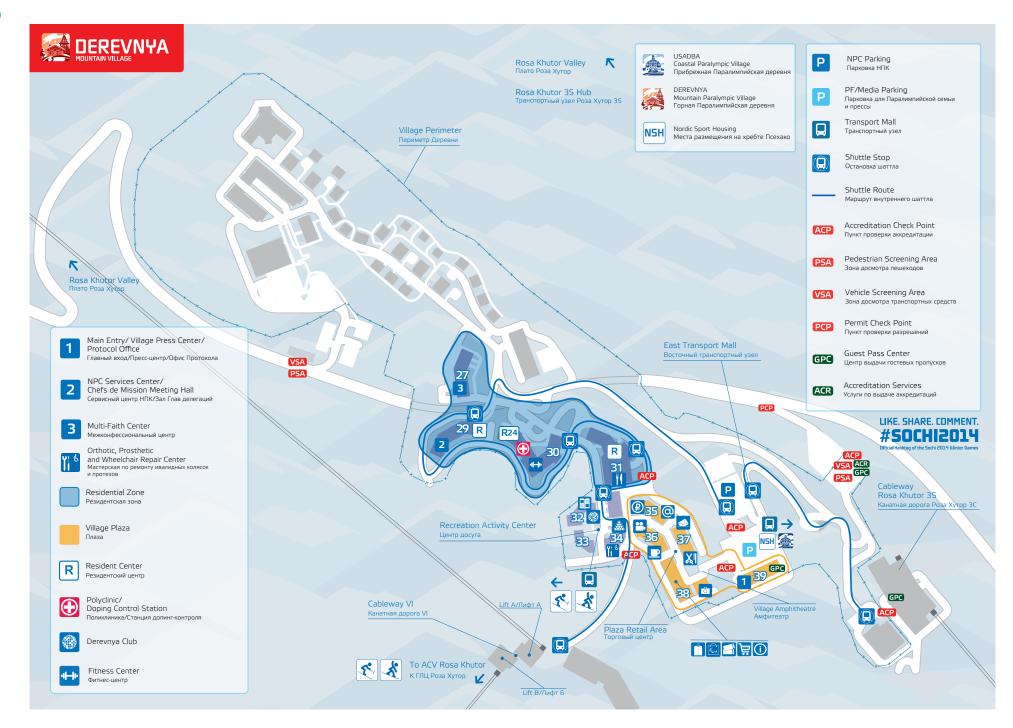
### 22. TA Routes Table

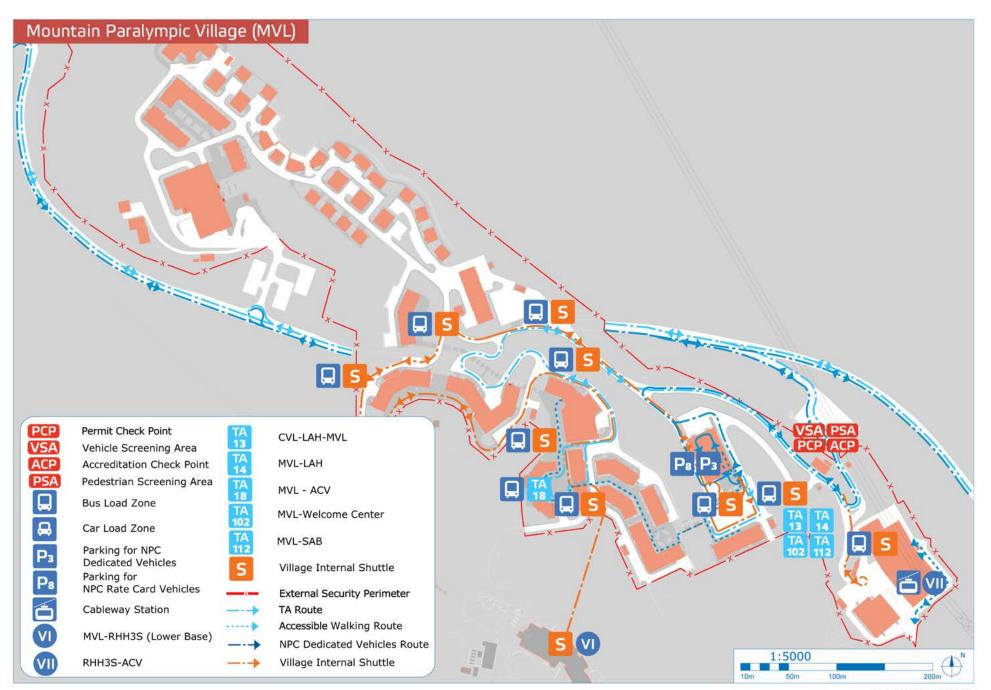
Route Number	From	То	Operational Dates	Operational Hours	Frequency	Travel Time	Route Length (m)	Bus Type
TA1	Coastal Paralympic Village	Olympic Park	01.03-16.03	Based on competition/ training schedule	15 min	27 min	8550	Accessible City Bus
TA2	Sochi Airport	Welcome Center	01.03-19.03	24 hours	30 min/60 min	15 min	6750	Accessible City Bus/Suburban
TA101	Welcome Center	Laura Hub	01.03-07.03	24 hours	30 min/60 min	73 min	48000	Accessible City Bus/Coach
TA102	Welcome Center	Mountain Paralympic Village	01.03-07.03	24 hours	30 min/60 min	84 min	56000	Accessible City Bus/Coach
TA111	Laura Hub	Sochi Airport	16.03-19.03	24 hours	30 min/60 min	74 min	51000	Accessible City Bus/Coach
TA112	Mountain Paralympic Village	Sochi Airport	16.03-19.03	24 hours	30 min/60 min	89 min	59150	Accessible City Bus/Coach
TA13	Welcome Center	Mountain Paralympic Village	08.03-19.03	24 hours	45 min/120 min	100 min	57800	Accessible City Bus/Coach
TA14	Mountain Paralympic Village	Laura Hub	01.03-16.03	05:00 - 01:00	60 min	22 min	10400	Accessible City Bus
TA18	Mountain Paralympic Village	Rosa Khutor Alpine Center	01.03-16.03	24 hours	5 min/60 min	11 min	2800	Accessible Minibus/Minibus
TA19	Nordic Ski Housing (Hotel Complex)	Cross-Country Stadium	01.03-16.03	05:00 - 01:00*	10 min	10 min	2685	Accessible Minibus/Minibus
TA21	Nordic Ski Housing (Hotel Complex)	Laura Top Station	01.03-19.03	24 hours	15 min	9 min	2165	Accessible Minibus/Minibus
TA22	Cross-Country Stadium	Biathlon Stadium	01.03-16.03	Based on competition/ training schedule	10 min	10 min	2500	Accessible Minibus
TA TS	Coastal Paralympic Village	Shayba Arena	01.03-19.03	05:00 - 01:00	-	-	-	Accessible City Bus
TA TS	Coastal Paralympic Village	Ice Cube Curling Center	01.03-19.03	05:00 - 01:00	-	-	-	Accessible City Bus
TA131 CER	Laura Hub	Bolshoy	07.03, 16.03	16:43 - 00:12	-	79 min	51850	Accessible City Bus/Coach
TA132 CER	Mountain Paralympic Village	Bolshoy	07.03, 16.03	15:00 - 02:00	-	97 min	60157	Accessible City Bus/Coach

\*Based on competition/training schedule







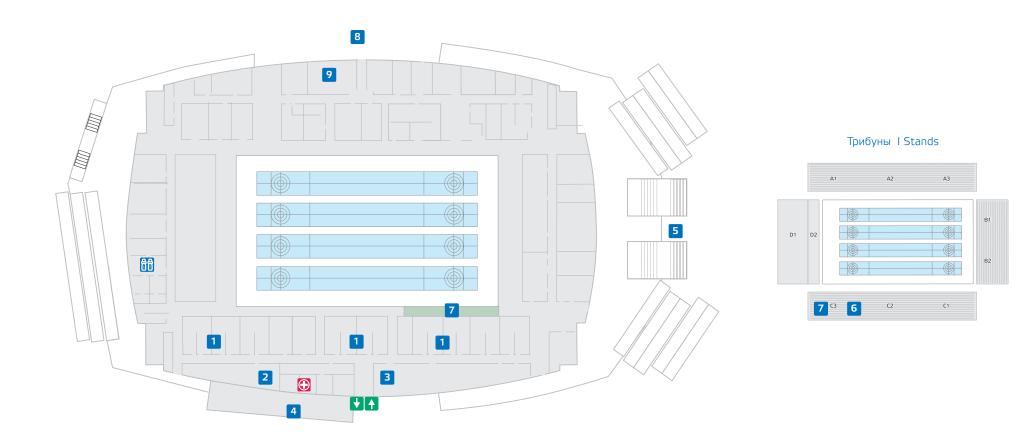




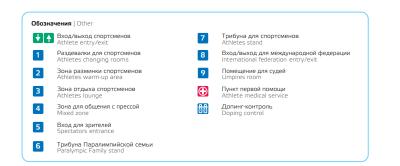


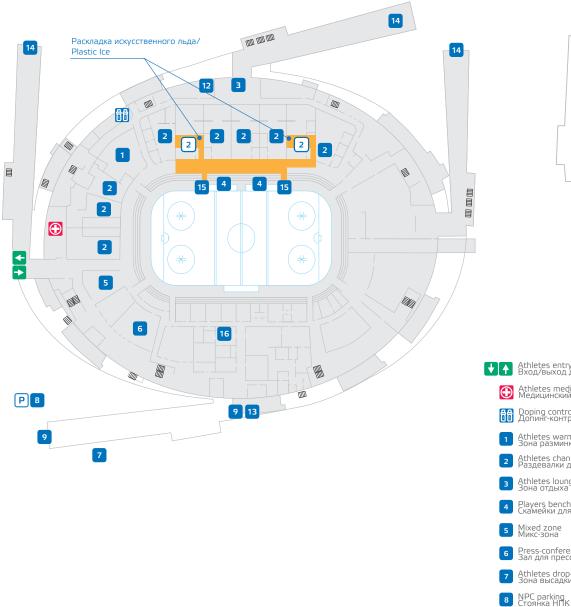


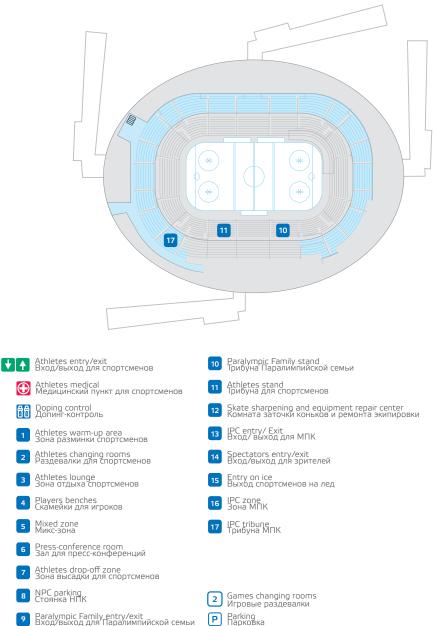
As of September 201:

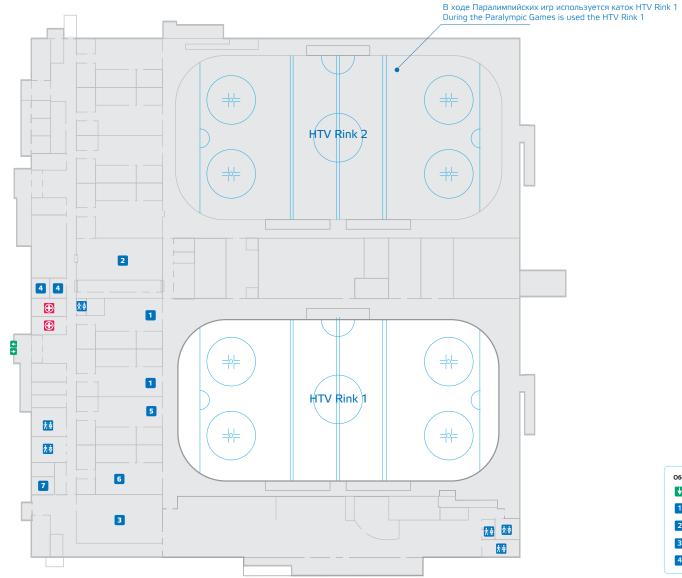


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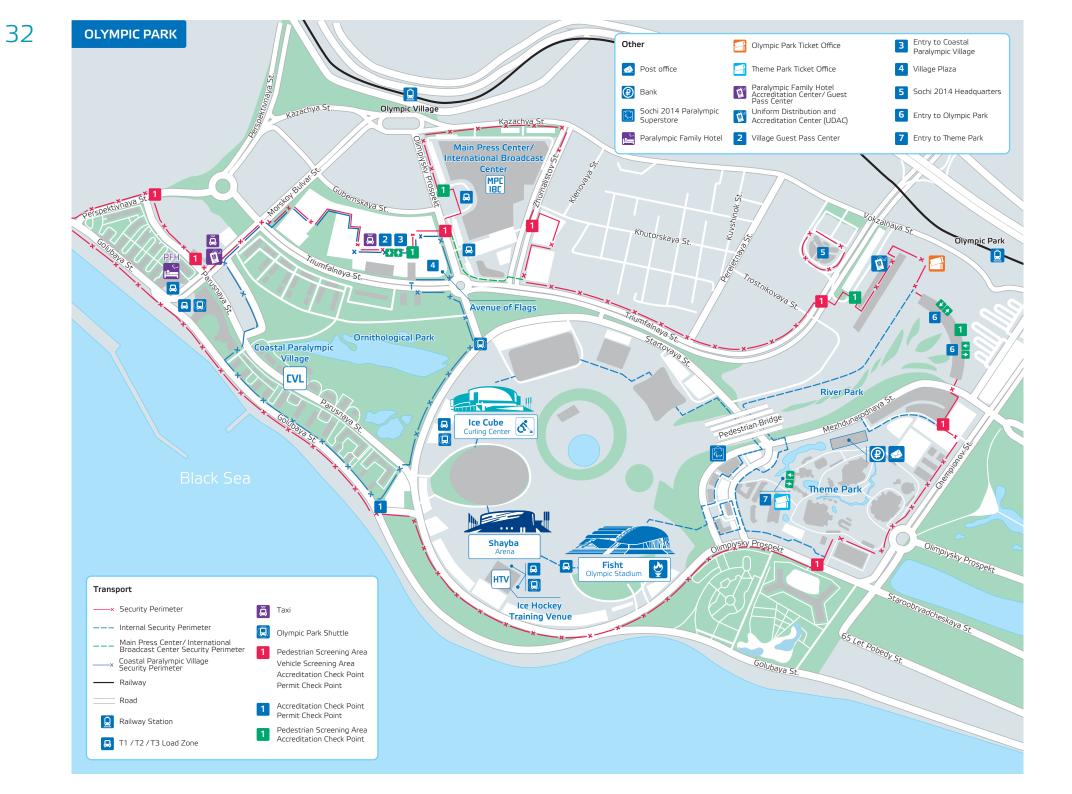


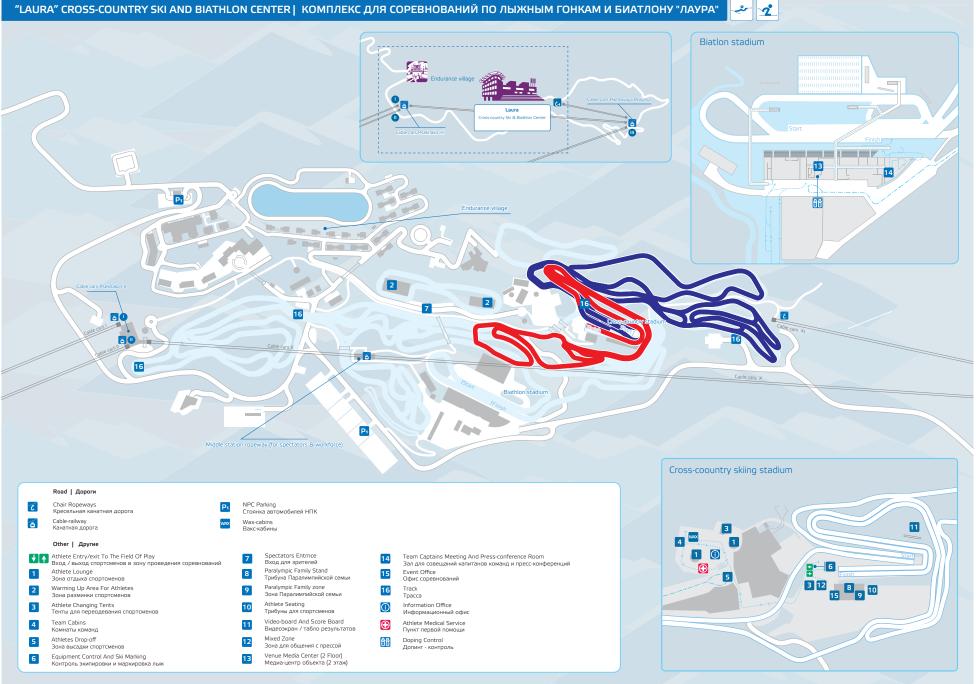


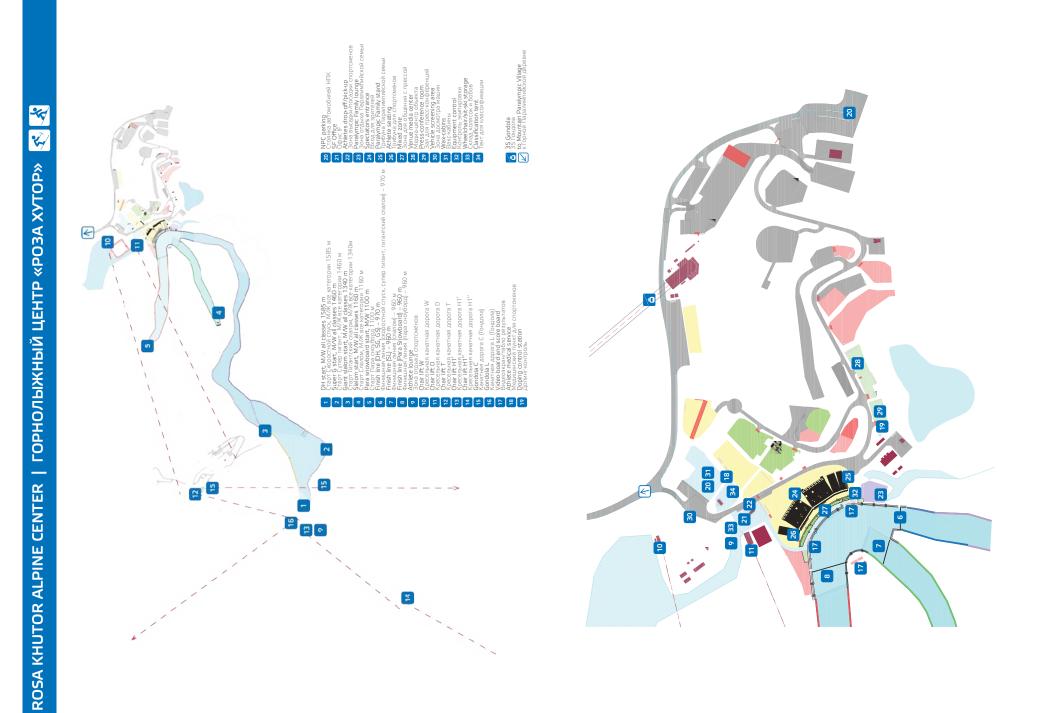


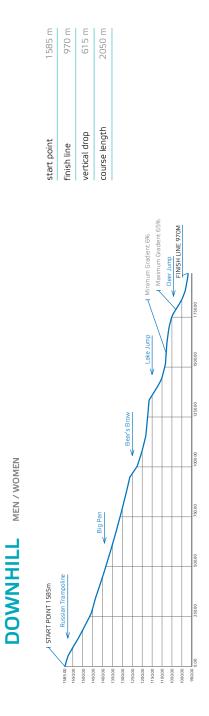




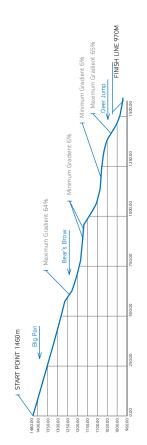












970 m 490 m 1800 m

course length

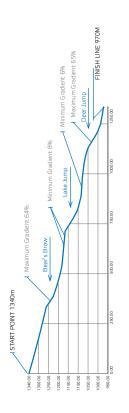
vertical drop

1460 m

start point

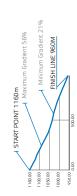
finish line

MEN / WOMEN
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10



1340 m	970 m	370 m	1350 m	
start point	finish line	vertical drop	course length	

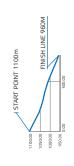




1160 m	960 m	200 m	507 m	
start point	finish line	vertical drop	course length	

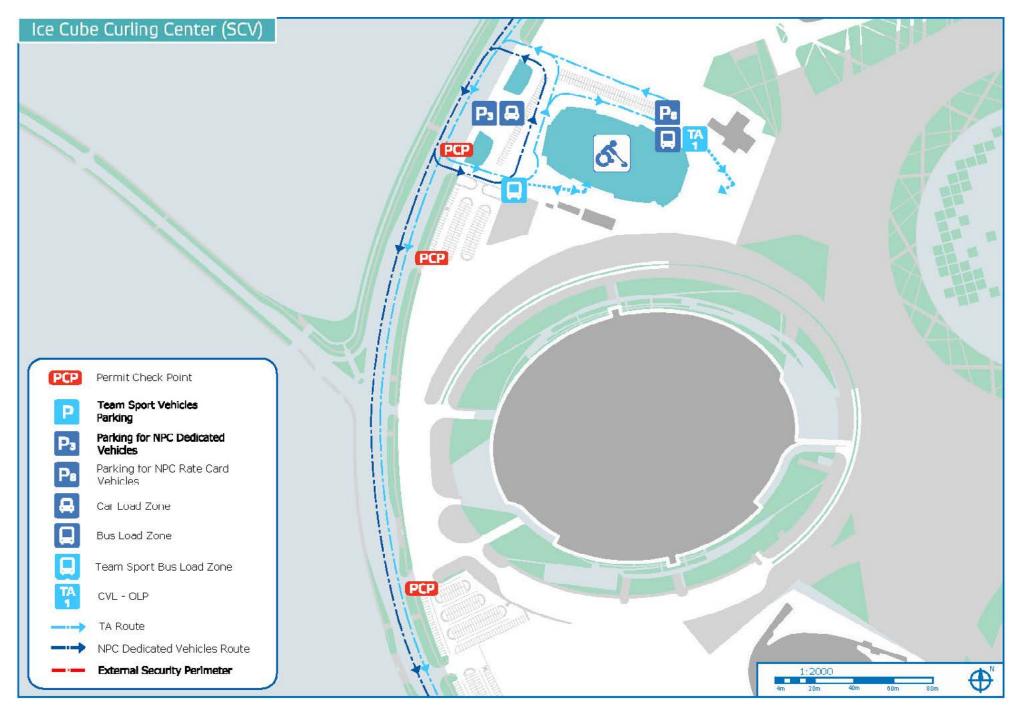
# PARA SNOWBOARD MEN / WOMEN



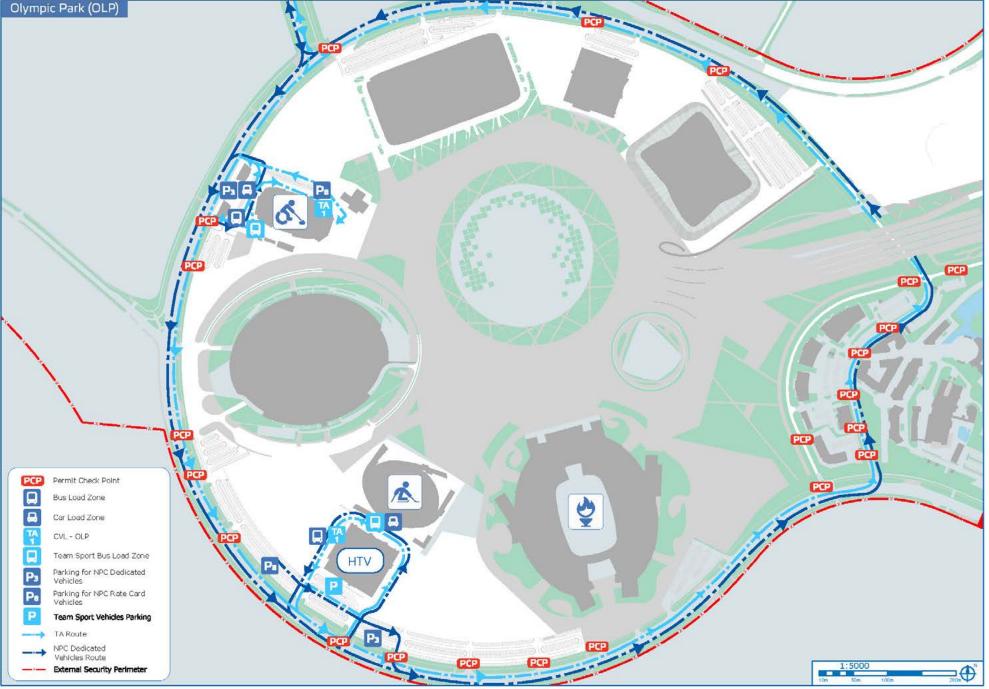


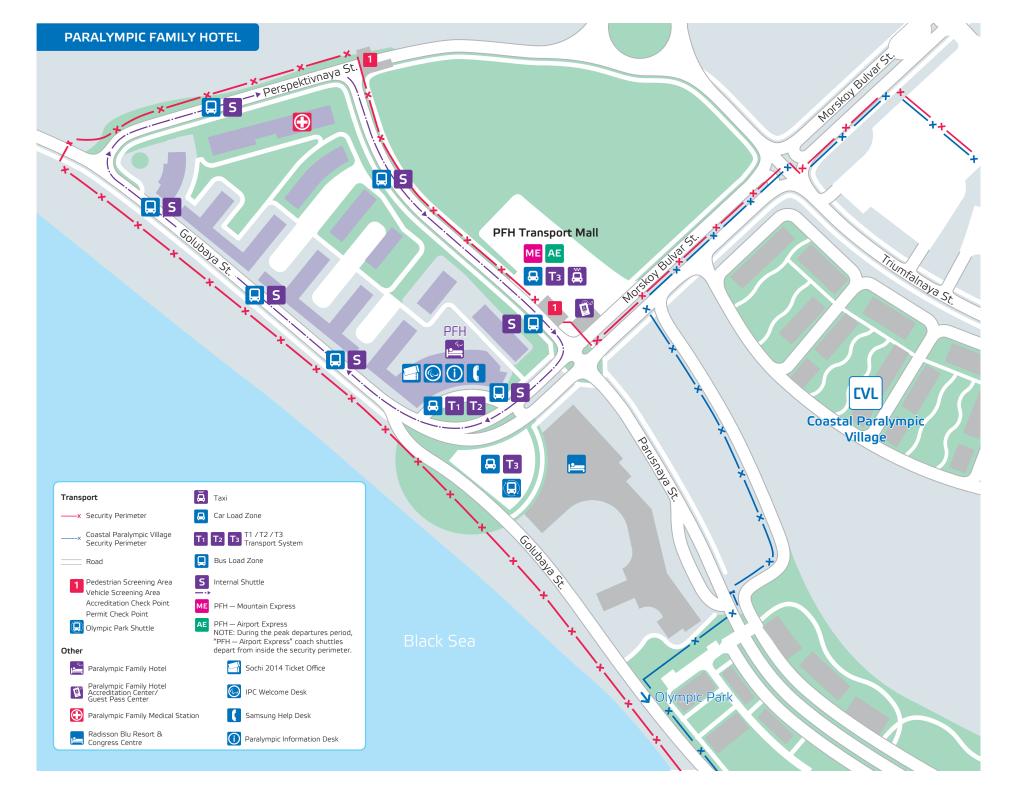
1100 m	960 m	140 m	600 m
start point	finish line	vertical drop	course length

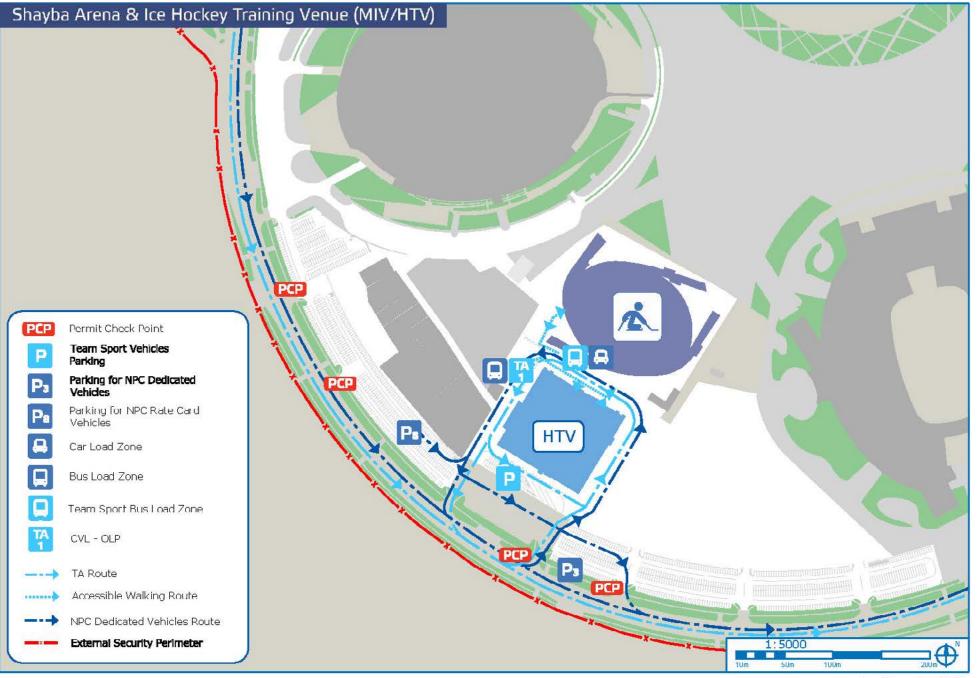


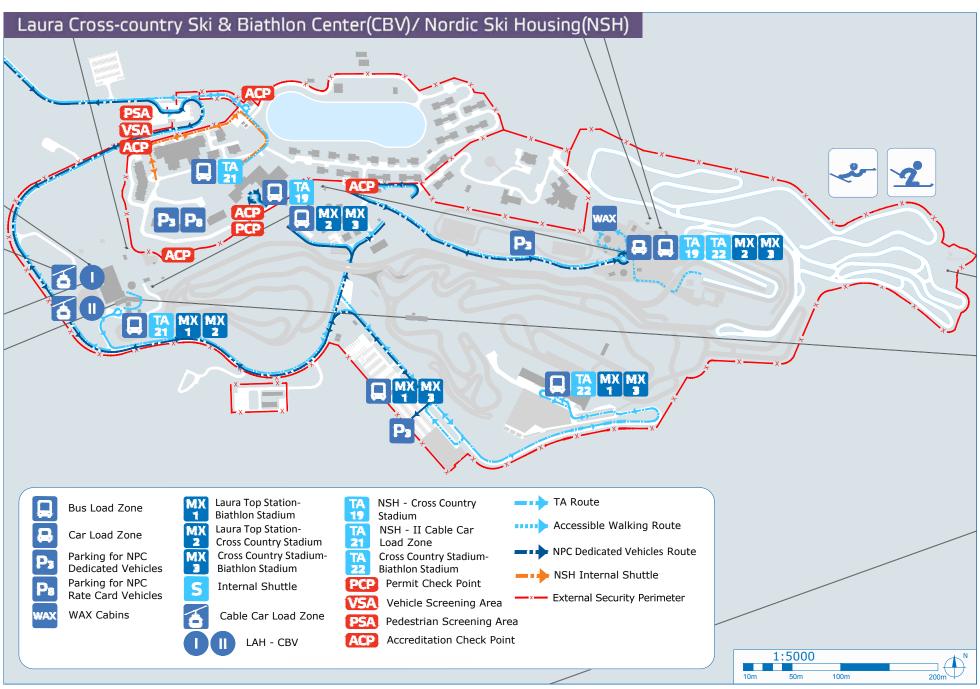




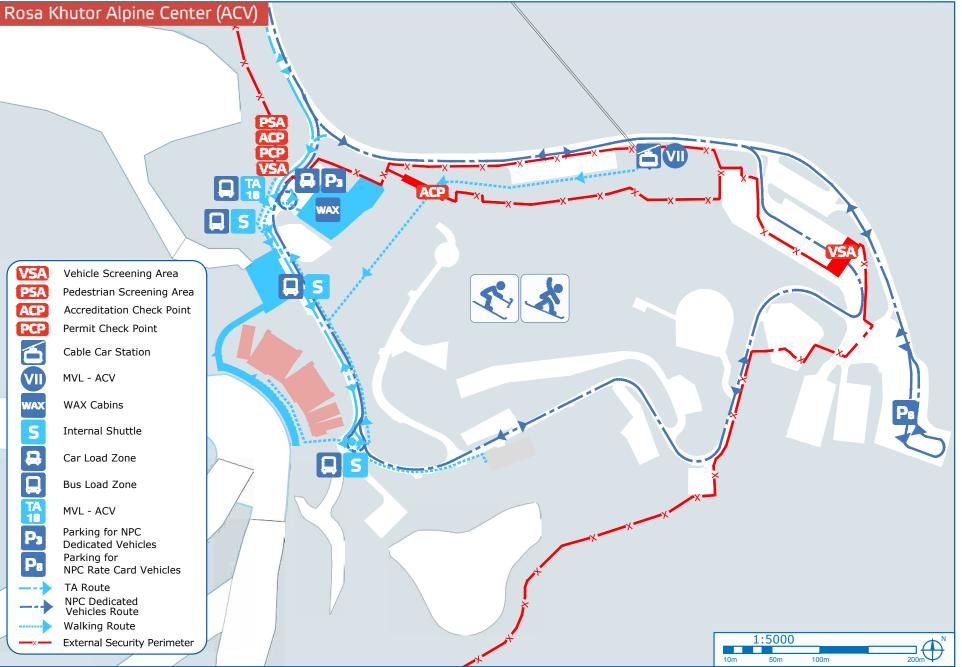


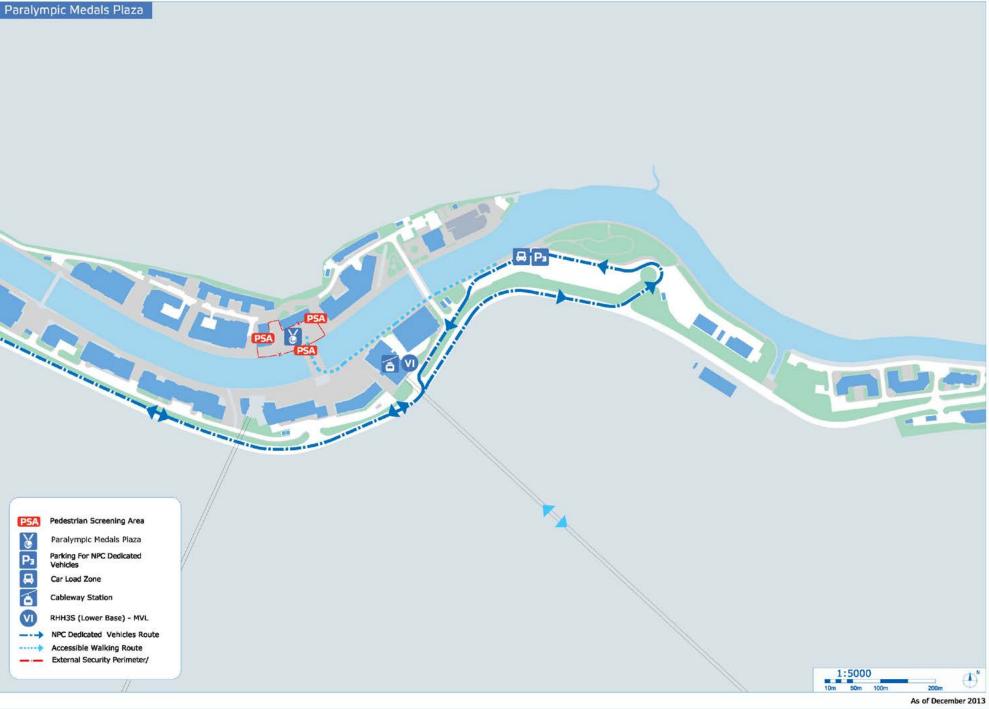






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