



**PIEMONTE**  
**2022**  
REGIONE EUROPEA DELLO SPORT  
EUROPEAN REGION OF SPORT

# PRAGELATO

# OPA CUP 2022

## ALPEN CUP

28 November - 4 December





# WELCOME



As host of the OPA Cup Cross-Country Ski races in December 2022, Pragelato's great commitment to sports is confirmed.

This internationally relevant sporting event represents a significant achievement for our municipality and for the entire Via Lattea area, and these races represent a driving force in relaunching our territory in a context increasingly characterized by competition and competitiveness among the various sports venues.

Pragelato has further distinguished itself for its professionalism, facilities and hospitality by being awarded to host the 2025 Winter World University Games and it will continue to step forward as a candidate in the years to come.

Mayor of Pragelato  
On. Giorgio Merlo



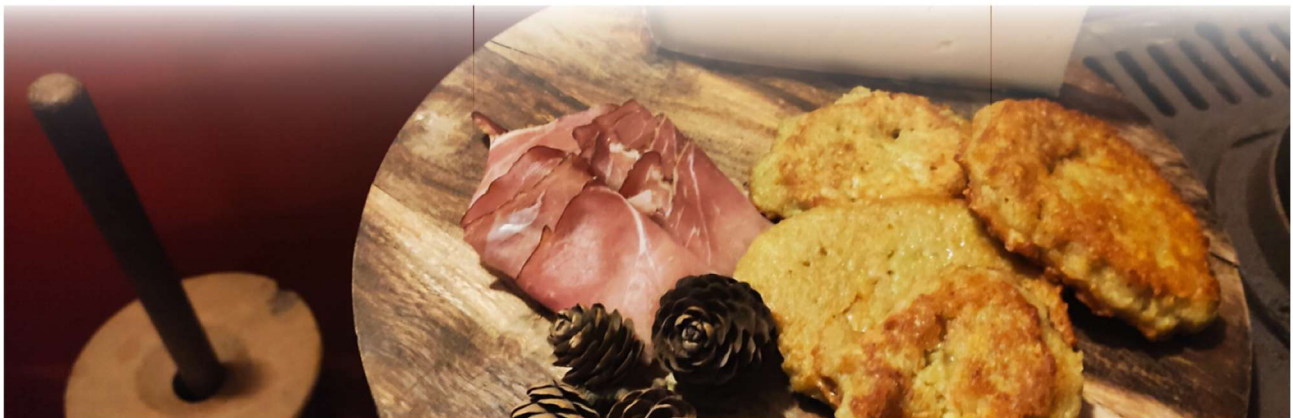
Pragelato is a mountain resort town in the Piedmont region in the upper Val Chisone, in the heart of the Cottian Alps at an altitude of 1,535 m. amidst peaks that reach up to 3,280 m. The town boasts a rich history: from the barbarian invasions to the Republic of the Escartons, from the Duchy of Savoy to today's Italian Republic. This mountain town with 19 distinctive hamlets bears the tangible remnants of past civilizations which have left their mark and cultural heritage not only on the customs and traditions of the local population, but also with drawings, dates and symbols on sundials, ancient fountains and ovens.



Pragelato was a competition site when Turin hosted the XX Olympic Winter Games in 2006, and the 2007 Turin Universiade for cross-country skiing, ski jumping and Nordic combined events. The location has long been known for off-piste skiing and the connection to the Via Lattea via cable car for downhill skiing. The Olympic runs and the cross-country skiing tourist trails are ideal for both beginners and more experienced cross-country skiers along the wonderful tracks immersed in the evocative landscapes of the Val Troncea Park. Pragelato is the capital of cross-country skiing.



The summer potential of Pragelato is not to be underestimated, for both classic and modern activities: hiking, mountain biking, Nordic walking, horse riding, golf and dog trekking are some of the activities that can be practiced in this natural environment with its breathtaking views.

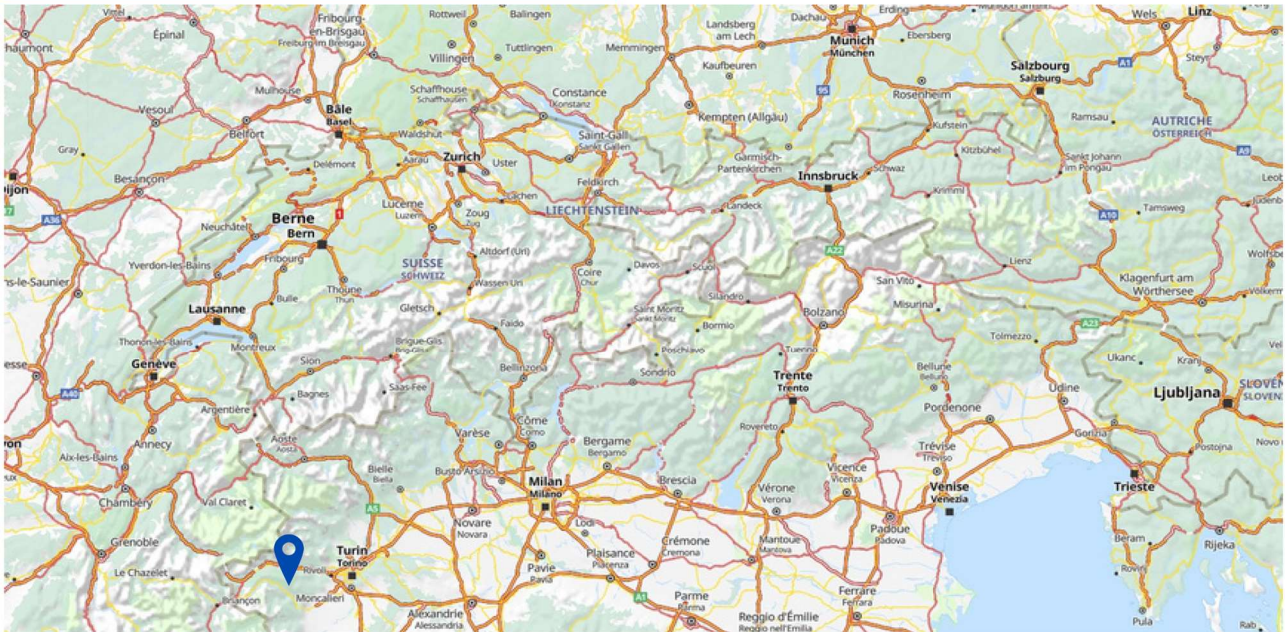


The day cannot be concluded without delicious local gastronomic specialties, made with simple and typical mountain ingredients such as potatoes, mountain cheeses, wildflower honey and alpine herbs that provide a memorable experience for the palate.

With its ancient history and a modern approach to offer tourists, Pragelato's identity continues in an era that has irremediably changed. The countdown for the 2025 University World Games in Turin has officially started; meanwhile the whole community of Pragelato is happy to welcome and host the 2022 OPA Cup and Games in this wonderful setting.



# ITINERARY



**By CAR from Turin:** A32 motorway (Turin-Bardonecchia) to Oulx (80 km); then exit and go up to Sestriere (20 km), then SP 23 in the direction of Pinerolo up to Pragelato (14 km).

**By CAR from Turin:** SP 23 from the Pinerolo exit of the tang. of Turin in the direction of Sestriere up to Pragelato (90 km).

**By CAR from France:** Frejus tunnel, then A32 to the Oulx exit (18 km); then exit and go up to Sestriere (20 km), then SP 23 in the direction of Pinerolo up to Pragelato (14 km). Or: Colle del Monginevro, then Claviere, SP23 for Cesana Torinese, Sestriere and then in the direction of Pinerolo-Turin up to Pragelato (14 km).

## ACCOMMODATION

CLUB MED unfortunately inform us, he cannot host the teams because of the delay in maintenance works and supply of primary goods.

Each team who filled in the preliminary accommodation entry form has already received information about the hotels. We remind that all boards have to be paid directly to the hotel by each team.

For any question please contact: [segreteria@scinordicopragelato.it](mailto:segreteria@scinordicopragelato.it)

# ORGANIZING COMMITTEE AND JURY

PROMOTER:



International Ski Federations

ORGANIZER:



Federazione Italiana Sport Invernali

ORGANIZING COMMITTEE:



Sci Nordico Pragelato Asd  
Via Rohrbach 9 – 10060 Pragelato(TO)  
**segreteria@scinordicopragelato.it**  
cell. +39 3662833448

JURY:

Technical delegate:	Magand Guy (FRA)
Assistant of the TD:	Pizzi Andrea (ITA)
Chief of competition:	Gola Mattia (ITA)

**Dates:** 28 November – 4 December 2022

**Competition Venue:** Centro Olimpico del Fondo di Pragelato

**Race Office:** Centro Olimpico del Fondo Pragelato

**Office opening hours:** Every day from Monday 28<sup>th</sup> Nov, 9:00am – 6:00pm

**Competitions:** managed according to FIS 2022/2023 regulations.

**General rules:** International ski competition rules ICR -OPA COC 2022/23. All athletes must have an active FIS-CODE.

**Entry rules and fee:** Competitors from OPA member nations are exempt from the registration fee (max 40 per country); for all other competitors (including regional teams) the entry fee is €15.00 each pers. for race.

Registration must be made through the National Ski Association for all athletes. Each OPA nation has his own login code for: <https://live.pflanzl.info/registrationservice/pages/en/login.php>

**Wax cabins:** preparation of the skis will take place in a structure near the cross-country stadium and will be organized for all teams.

**Awards** will be given to the five best athletes classified in each category.

# TIMETABLE

## **1 December 2022**

From 09.30 to 13.00	Official training Sprint F
Til 15.00	Registration confirmation, Race Office
17.30	TCM to the race headquarter, 2nd floor

## **2 December 2022 Sprint Free technique 1,4 km**

6:00	Wax room opens
8:30 - 09:20	Sprint Course open
9:30	Prologue W – 20 and W
From 10.30	Heats W – 20 and W
12.30	Flower ceremony W – 20 and W
12.00 – 12.45	Sprint Course open
12.50	Prologue M -20 and M
From 14.30	Heats M -20 and M
15.50	Flower ceremony M -20 and M
Til 15.00	Registration confirmation, Race Office
17.30	TCM to the race headquarter, 2nd floor

## **3 December 2022 Mass start Free technique 10 km**

6:00	Wax room opens
8:30 - 09:20	Course open
9:30	First start
12.30	Flower ceremony
Til 15.00	Registration confirmation, Race Office
17.00	TCM to the race headquarter, 2nd floor
18.00	Prize-giving ceremonies Sprint and Mass start
19.00	Fireworks show

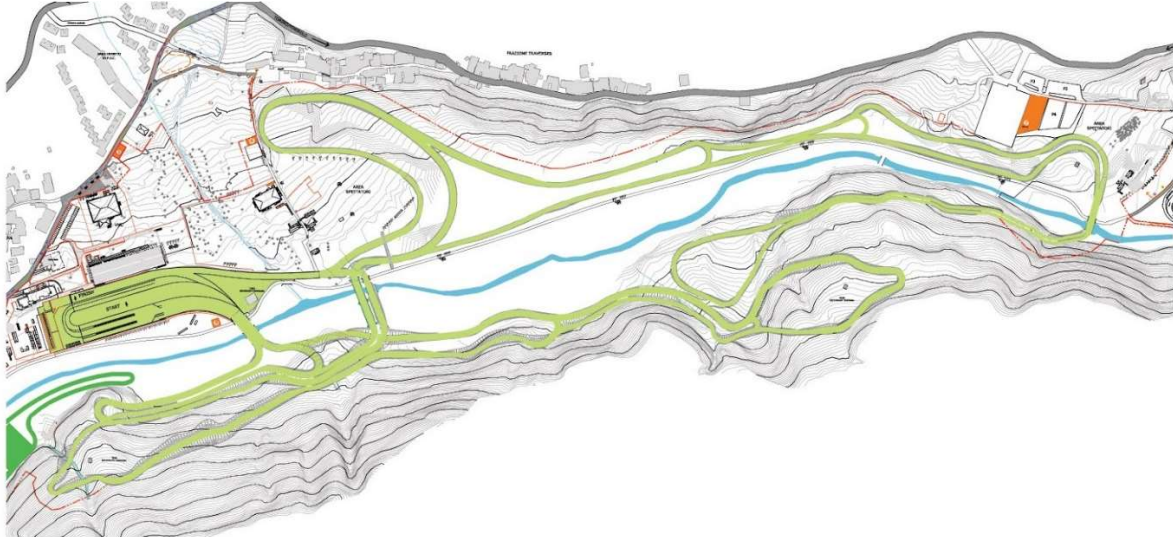
## **4 December 2022 Individual start Classic Technique 10 km**

6:00	Wax room opens
8:30 - 09:20	Course open
9:30	Start first athlete
12.30	Prize-giving ceremonies Individual competitions



# COURSE

## Course overview



## Sprint course



Sprint – Team Sprint – km  
1,145

Course length	Category	Height difference	Maximum climb	Total climb	Lowest point	High point
1,145 km red	E	16 m	16 m	37 m	1561	1577

## Mass start and Individual Start course



Course length	Category	Height difference	Maximum climb	Total climb	Lowest point	High point
5,0 km	E	60 m	51 m	178 m	1555	1615

