

Invitation

FINAL ENTRY



Frame Running Development Camp & World Ability Sport International Cup 19th - 26th July 2023

Photo: Thomas Sjørup

Parasport Frederiksberg Erhvervssupporter



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Photo: Thomas Sjørup

Invitation

We are delighted to invite you to the Frame Running Development Camp & World Ability Sport (former CPISRA and IWAS) International Cup 2023. Once again, we are going to celebrate Frame Running with a wonderful week of training, social activities, and competition for anyone who wants to challenge themselves, meet new people and be part of the thriving international Frame Running community. Here the focus is on what you can do.

The overall impression is that there is generally great satisfaction with the camp, which is praised for its sporting, organizational and social aspects. Therefore, the camp will be almost as we know it. However,

we will of course, work to make changes and improvements for the better in 2023. The medal ceremonies must be made more festive; we have changed the criteria for the competition (please find more information under 'competition information'). The training sessions this year will be mixed by athletes from different countries. In the registration you can choose whether you want to train in the morning or in the afternoon on the individual days.

We hope that you will join us at the camp in 2023. In this invitation you can read all about how to sign up. Please read it thoroughly before starting the online registration.

Overview

Organizers:

The Danish Local Organizing Committee (LOC), Parasport Frederiksberg and Parasport Denmark with endorsement by World Ability Sport – World Ability Sport membership is recommended for all participating countries..

Dates:

Arrival:	19 th Juli 2023
Classification:*	19 th –21 th Juli 2023
Coaching Course:	19 th –22 nd Juli 2023
Competition:	22 nd –25 th Juli 2023
Departure:	26 th Juli 2023

*After May 28, it will be decided whether WPA (World Para Athletics) will be able to do classification in connection with this event, see more info under Classification.

Training Venue and Camp Facilities

All camp activities take place at Frederiksberg Idrætspark and the Tre Falke School. The two facilities are located right next to each other.

Address:

Sønderjyllands Allé 4-6
DK-2000 Frederiksberg

Frame Running Coaching Course

Once again, we are arranging a course for new Frame Running coaches. The instructors of the course are the experienced coaches from Frame Running clubs and the Danish national Frame Running Team. They will be sharing their training methods and guide the participants through theoretical and practical exercises.

Click [here](#) for more information.



Photo: Thomas Sjørup

Timetable

Day/Date	Wednesday July 19 th	Thursday July 20 th	Friday July 21 st	Saturday July 22 nd	Sunday July 23 th	Monday July 24 th	Tuesday July 25 th	Wednesday July 26 th
Camp	Arrival	✓	✓	✓	✓	✓	✓	Departure
Training		✓	✓	✓	✓			
World Ability Sport International Cup. Frame Runner's Open Cup. Frame Runner's Junior Open Cup.				Opening Ceremoni	✓	✓	✓	
Classification		✓	✓	✓				
Social Activities	✓	✓	✓	✓	✓	✓	Final Party	
International Development Meetings		✓	✓	✓				

Competition Information

Event Enrolment

In the enrolment the athletes must choose in which events the athletes wants to participate. Each athlete can participate in a maximum of 4 disciplines, and it is not possible to make any changes after registration. Therefore, choose carefully which 4 disciplines you wish to participate in, preferably in consultation with your local coach.

If an athlete is unable to compete at a registered distance, there is always the option of unsubscribe from the distance without this affecting further participation in the Cup. All Seniors must have a qualifying time for the distance they register for, if they do not have it, a test run must be run on Thursday. Only brand-new athletes, juniors (under 14) and veterans/masters (30+) can participate in 60m and 40m as well as RRA (athletes who need help with steering during the competition.) See the description of RRA under Event information.



Photo: Thomas Sjørup

Time	Saturday 22 nd July	Sunday 23 th July	Monday 24 th July	Tuesday 25 th July
09:00 - 10:00				5000 m - Finals
10:00 - 11:00	Kids Cup		1500 m - Finals	200 m - Heats
11:00 - 12:00		100 m - Heats	400 m - Heats	60 m - Heats
12:00 - 13:00				Break
13:00 - 14:00	Opening Ceremony	Break	Break	200 m - Finals
14:00 - 15:00		800 m - Finals		60 m - Finals
15:00 - 16:00		100 m - Finals	40 m - Finals	Closing Ceremony
16:00 - 17:00			400 m - Finals	
17:00 - 18:00				

Competition Regulative

The competition is held in accordance with the World Para Athletics rules and takes place in accordance with the international classification standards. When distributing the prizes, we will follow the international standards.

Read the World Para Athletics rules and regulations here:

www.paralympic.org

The event will consist of 3 competitions that are running simultaneously with each other, to offer participants of all ages and classification groups the possibility to compete. The maximum number of events per athlete is limited to 4 events. Which competition an athlete will compete in, depends on which age group and classification group the athlete belongs to.

To optimize the heats, the LOC retain the right to mix runners from different classes in each heat. It will be possible for athletes to participate in the competition even though they have not participated in the Camp see Participation fee option 4.

It will cost 800 DKK including disciplines and 3 times lunch. If an athlete only participates in the Cup and not in the Camp, the participant must be classified in advance by an international classifier for the new classification system T71/T72.

Medal Ceremony

There will be held medal ceremonies over the course of the competition.



Photo: Thomas Sjørup

WPA-license

If an athlete's results from World Ability Sport International Cup is to be registered with WPA, an athlete 14 years and above must have a valid WPA license and SDMS number. For more information on how to obtain a WPA license, contact your National Paralympic Committee.

Classification

After 28th May, it will be decided whether the WPA (World Para Athletics) will be able to do classification in connection with this event. If the classification is not carried out, all athletes who are classified as RR1 in relation to the old classification system will be assigned the class T71 and RR2 and RR3 will be assigned the class T72.

If there is a classification, the cost of this will be notified. It is important that the athlete's RR class is registered in the online registration.

Event Information

World Ability Sport International Cup

Status: World Para Athletics (WPA) Internationally Recognized Competition

Results: Registered @ WPA (WPA license needed)

Age: Senior (the athlete is at least 14 years old or is turning 14 before 1st January 2024)

Classes: (T71, T72)

Events: 100m, 200m, 400m, 800m, 1500m, 5000m

World Ability Sport Frame Runner's Open Cup

Status: World Ability Sport Internationally Recognized Competition

Results: Registered @ World Ability Sport

Age: Senior (the athlete is at least 14 years old or is turning 14 before 1st January 2024)

Classes: (T71, T72) and (Open class = RR4, **RRA/T71)

Events: 40m*, 60m*, 100m, 200m, 400m, 800m, 1500m, 5000m

** = Only for veterans/masters (30+), RRA/T71*

*** = RRA: Athletes who are T71/RR1 who need help steering during competition. LOC will decide together with the athlete and their coach whether the athlete should be awarded RRA status.*

World Ability Sport Frame Runner's Junior Open Cup

Status: World Ability Sport Internationally Recognized Competition

Results: Registered @ World Ability Sport

Age: Junior (the athlete is maximum 13 years old and is not turning 14 until after 31st December 2023)

Classes: (T71, T72) or (RR1, RR2, RR3, RR4, RRA)

Events: 40m, 60m, 100m, 200m, 400m, 800m, 1500m, 5000m

Training Sessions

Athletes from all countries will be divided into training groups based on running speed. This year it is possible to choose whether the athlete wants to train in the morning or afternoon for each day. Experienced coaches from Frame Running clubs and the national coaches from Denmark will oversee the training. In addition, course participants from the Frame Running coaching course will also be part of the coaching team.



Accommodation Info

Tre Falke School

Sønderjyllands Alle 4

2000 Frederiksberg

Capacity: 120 people

or

Falkonergaardens Gymnasium

Sønderjyllands Alle 25

2000 Frederiksberg

Capacity: ca. 40 people

The 2 schools are located right next to each other and near Frederiks-Stadium, where the camp's activities take place.

The accommodation will be in large classrooms with foldable beds, 4-6 persons per room. A few hospital beds and box mattress beds are reserved for those in need of these.

The schools are fully accessible by wheelchair and there are many standard toilets and toilets for the disabled. Shower facilities and restrooms that are more accessible are at the stadium 100-150m away.

Breakfast, lunch, and dinner will be served at the Tre Falke School's common area. All meals include beverages.

We reserve the right to distribute participants at the two schools according to what we consider to be most appropriate.

Hotels

We no longer administrate your stay at Hotel Scandic Sydhavnen and Hotel Scandic Falkoner, however we have reserved accommodation at Hotel Scandic Sydhavnen and Hotel Scandic Falkoner during the week. It is then up to the individual athlete or team to contact the hotel, make a reservation and pay for the accommodation. It is possible to use a booking code: **BOOK190723** and thereby receive a discount. In order to make the right number of reservations, we kindly ask you to let us know, whether you plan to stay at the above-mentioned hotels.

Hotel Scandic Sydhavnen and Hotel Scandic Falkoner - provides single, twin and double rooms and breakfast. Only Hotel Scandic Sydhavnen provides free parking.

Hotel Scandic Sydhavnen

Sydhavnsplads 15

2450 København SV

Distance from the hotel to the Tre Falke School is 5,5 km. (Include free parking).

or

Hotel Scandic Falkoner

Falkoner Allé 9

2000 Frederiksberg

General recommendations

1. Book as early as possible and before the first release day, which will be Monday 19th June 2023
2. Athletes/countries must provide a payment card as a guarantee when they book with the booking code on the Scandic website www.scandichotels.com.
3. The last day to use the booking code is 5th July 2023 and after 5th July it is only possible to book the free rooms in the usual way, see point 4)
4. GENERAL TERMS & CONDITIONS 30 days before arrival, 25% of the remaining rooms will be released. 21 days before arrival, 50% of the remaining rooms will be released. 14 days before arrival, 100% of the remaining rooms are released. This means that there is a deadline for booking 14 days before arrival (5th July 2023)
5. CONFIRMATION OF DETAILS All changes and cancellations must always be made in writing.
6. Those who need disabled rooms must immediately contact each individual hotel directly after booking at group.sydhavnen@scandichotels.com or group.falkoner@scandichotels.com to be guaranteed a disabled room.

Lunch and dinner will be served at the Tre Falke School.



Transportation

We will no longer be offering transportation to and from the airport.

Since we no longer offer transport to and from the airport, we have partnered with Skovlunde TuristBusser, who will help you with transport.

It is the Team manager/team's responsibility to contact, coordinate, pay and plan transportation with Skovlunde TuristBusser.

You can send an e-mail to: info+parasport@skovlundeturistbusser.dk, as early as possible - but no later than July 1st 2023.

The following information must be provided:

- Name of the responsible contact person
- Email address
- Number of people to be transported
- Number of large and small luggage, e.g. number of Frame Runners
- Number of ordinary wheelchairs / number of electric wheelchairs
- Flight number and arrival and departure date
- Waiting point in CPH Airport
- Place of departure (final place of departure is often Tre Falke Skolen / Sønderjyllands Alle 4) including whether there is an intermediate stop, for example a hotel in the city
- Any other conditions that must be taken into account.
- You need to write the same information for the return trip.

Skovlunde TuristBusser will then send a confirmation and a price for the entire transport.

If you have any questions, contact Johnny Khalid on phone +45 44 61 61 22.

Public transport

The public transport in Copenhagen is easy to use and the connection between Hotel Scandic Sydhavnen (Sydhavn St.) and the camp (Flintholm St.) is relatively fast and accessible.

For more information see: www.rejseplanen.dk

We have negotiated a discount with the car rental company Europcar. We can recommend the deal for the people staying at the hotel. If you are interested, please contact us at msi@parasport.dk

Travel Visa

Remember to inquire whether you will need a visa to enter Denmark and to start the visa application procedures in appropriate time before the event. Follow this link for the official visa rules of Denmark: <https://um.dk/en/travel-and-residence/how-to-apply-for-a-visa/>

Visa invitation letters and other documentation will be provided by the Danish Camp Committee upon request.



Entry Fees

We are offering 4 different options regarding participation and accommodation. Unless otherwise stated, the participation fee always includes training, the competition, and social activities.

Option 1 (Including accommodation)

Participation fee including:

- Participation in the Camp
- Participation in the Cup (Competition)
- Accommodation at Tre Falke School or Falkornergården
- Daily breakfast
- Daily lunch sandwich
- Daily dinner buffet
- Festive meal, 3-course menu
- Drinks included in all meals

DKK 3.600,00 pr. person

Option 2 (Without accommodation)

Participation fee including:

- Participation in the Camp
- Participation in the Cup (Competition)
- Daily lunch sandwich
- Daily dinner buffet
- Festive meal, 3-course menu
- Drinks included in all meals

DKK 2.200,00 pr. person

Option 3 (Without accommodation)

Participation fee including:

- Participation in the Camp
- Participation in the Cup (Competition)
- Daily lunch sandwich
- Festive meal, 3-course menu
- Drinks included in all meals

DKK 1.400,00 pr. person

Option 4 (Without accommodation)

Participation fee which only covers:

- Participation in the Cup (Competition)
- Daily lunch sandwich during event days
- Drinks included in all meals

DKK 800,00 pr. person

Athletes must be pre-classified as either T71, T72, RR1, RR2, RR3 or RR4.

Drinks and snacks are also included during training and competition.

Participation fee including:	Option 1	Option 2	Option 3	Option 4 (Athletes must be classified)
Participation in the Camp	✓	✓	✓	✗
Participation in the Cup (Competition)	✓	✓	✓	✓
Accommodation at Tre Falke School or Falkornergården	✓	✗	✗	✗
Daily breakfast	✓	✗	✗	✗
Daily lunch sandwich during the Camp	✓	✓	✓	✗
Daily lunch sandwich during the Competition days	✓	✓	✓	✓
Daily dinner buffet	✓	✓	✗	✗
Festive meal, 3-course menu	✓	✓	✓	✗
Drinks included in all meals	✓	✓	✓	✓
Accommodation	✓	✗	✗	✗
Price	DKK 3.600,00 per person	DKK 2.200,00 per person	DKK 1.400,00 per person	DKK 800,00 per person

✓ = Included

✗ = Not included



Photo: Thomas Sjørup

Guest passes

It will be possible to purchase a guest pass (day pass) for family members, friends etc., which gives access to the Tre Falke School and beverages (not meals) for one day. The guest pass can be purchased through the online registration or at the entrance to the school via MobilePay or cash on the day of use. The guest pass should be returned at the entrance each day when the guest leaves the camp venue.

From May 1st till July 1st there will be an option to buy a guest pass via [FrameRunning.org](https://framerunning.org)

The guest pass can be purchased for DKK 50,00 and is valid for one day. It will be possible to purchase more than one guest pass for DKK 50,00 per day.

Diet

When you sign up you have two options to choose from: Either regular diet (all meat is halal) or vegetarian diet.

There will be some gluten free options for those who are gluten intolerant. Other individual needs and dietary preferences, allergies and intolerances will not be accommodated for.

Meals included in the participation fee:

- Daily breakfast (not included in entry option 2-4)
- Daily large lunch sandwich
- Daily dinner-buffet (not included in entry option 3-4)
- Drinks for all meals
- Snacks and drinks during training and competition
- Party dinner, 3 courses and alcoholic beverages (not included in option 4).

We serve meals from dinner Wednesday July 19th to breakfast Wednesday July 26th.

Use of personal information

Because of a new law regarding usage of personal data and pictures, the camp organization is obliged to get permission to keep personal data and use pictures of the participants. We guarantee that personal data is only used for camp related purposes. Pictures taken at the camp may be used as documentation or promotion of Frame Running. To give the participants, on the camp, the best securing about the Corona situation, we will collect data from all persons about their vaccine status. The permission is given through the online registration.



Entry procedures and deadlines

1. Final Entry

(Online Registration):

The deadline for registration and payment of the full participation fee is Marts 15th–April 30th, 2023. The deadlines are outlined in the schedule below.

2. Participation quota

If there are challenges with the number of accommodation at the schools, each country will receive a quota with how many countries must have accommodation. The country is welcome to find alternative accommodation.

3. Transport information (online registration):

Around May 20th, 2023, you will be asked to confirm the registered data.

4. Cancellation procedure

If the LOC cancels due to the corona virus all payments will be refunded. If a country cancels due to national corona restrictions all payments will be refunded. In all other cases payments will not be refunded. General cancellation procedure for option 2 (hotel): 50% of the full payment will be refunded if cancellations are made before June 1st. None of the payment will be refunded in case of cancellations after June 1st and no changes to bookings will be accepted either.

Link to Online Registration

[Online Registration](#)
Click here!

Deadlines

Deadline		Payment
15 th Marts – 30 th April 2023	Final registration and payment	Payment fee
27 th juni 2023	Camp-guide with all information is sent to the participants.	

Only teams that have paid the full participation fee are allowed in the competitions.