



Invitation to Compete:

The United States Luge Association and the Olympic Regional Development Authority invite all national federations affiliated with the FIL to compete in the 2025 Lake Placid FIL Continental Cup January 13-18 in the following disciplines:

Youth A Men

Youth A Women

Youth A Men's Doubles

Youth A Women's Doubles

Sanctioning Body:	International Luge Federation
Organizer:	United States Luge Association
Local Organizer:	NYS Olympic Regional Development Authority
President of Jury:	TBD
Jury Members:	TBD
Technical Delegate:	TBD
Race Director:	TBD
Chief of Track:	Bryan Berghorn
Medical Service:	ORDA EMT's

Event Registration: Online through the FIL website <https://www.fil-luge.org/en/member-section> or directly under <https://fil.dokume.net/#/login>

Closing Date: According to the time limits given on DokuMe.

Entry Fees (In USD): \$21.60 (USD) per single
\$37.80 (USD) per double

In case of missing or incorrect online registration an increased entry fee of \$54 (USD) per single and doubles will be charged. The registration fee has to be paid for all registered athletes.

Paid Training Fee (Per Run): \$40 (USD) per run

Onsite Payment Window: **11:00-15:00 on Thursday, January 16th** in the Mountain Pass Lodge at Mt Van Hoevenberg

Insurance: The organizer cannot be held liable for any damage or accident. All participants must be sufficiently insured against accidents/illness by self or National Federation.

Regulations: IRO, edition 2024

Race Track: Lake Placid Combined Sliding Track

Start Heights: Youth A Men - Ladies Start – Start Three
Youth A Women – Junior Start – Start Four
Youth A Men’s Doubles- Junior Start – Start Four
Youth A Women’s Doubles – Junior Start – Start Four

Prizes: 1st – 3rd Places

Assessment of Risk Form: [FIL Continental Cup AOR Form](#)

- MUST BE FILLED OUT PRIOR TO SLIDING
- Is good for one year so can be filled out as soon as possible.

Hotel Options:

<https://www.lakeplacid.com/lodging>

<https://www.saranaclake.com/stay>

USOPTC Housing:

USOPTC housing is **NOT AVAILABLE** for this event. We apologize for this inconvenience.

Parking Passes:

Each team will receive **ONE PARKING PASS** for parking up at the start **when they pick it up from the front desk of the Mountain Pass Lodge**. Anyone without a parking pass will need to rely on venue transportation. Any uphill traffic will be weather dependent on a day-by-day basis and teams will be emailed by the Organizing Committee if uphill traffic is suspended.

Available Resources in Lake Placid:

Pharmacy

- Kinney Drugs [Kinney Drugs Location and Hours](#)
- Walgreen's [Walgreen's Location and Hours](#)

Clothing

- Marshalls [Marshalls Location and Hours](#)
- EMS (Eastern Mountain Sports) [EMS Location and Hours](#)

General/Grocery

- Hannaford's [Hannaford's Location and Hours](#)
- Price Chopper [Price Chopper Location and Hours](#)

Spas and Massage Therapy Facilities

- Mirror Lake Inn [Mirror Lake Inn and Spa](#)
- Adirondack Foot Sanctuary [ADK Foot Sanctuary](#)

Whiteface Lodge Spa [Whiteface Lodge](#)

WhatsApp



Questions:

Jonah Trembley
Event Manager

jtrembley@orda.org

ORDA

37 Church Street

Lake Placid, New York 12946

Phone: 1-518-524-2117

Event Schedule:

Monday, January 13th

10:00-12:00 Continental Cup Paid Training Session 1
14:00-16:00 Continental Cup Paid Training Session 2

Tuesday, January 14th

10:00-12:00 Continental Cup Paid Training Session 1
14:00-16:00 Continental Cup Paid Training Session 2

Wednesday, January 15th

10:00-12:00 Continental Cup Paid Training Session 1
14:00-16:00 Continental Cup Paid Training Session 2

Thursday, January 16th

13:00-16:00 Continental Cup Official Training

Friday, January 17th

13:00-16:00 Continental Cup Official Training

Saturday, January 18th

9:00-13:00 Races
13:00 Awards (Located in MVH Awards Plaza)
TBD Athlete Celebration After Awards (Located in Mt Pass Lodge at MVH)

Key:

MVH = Mt Van Hoevenberg