

Thoughts on the construction of combined runs

*by Jan Steler,
Secretary General of the FIL*



When, on a given site, it is possible to achieve the ideal solution consisting of a 1000 m luge run and a 1500 m bobsleigh run (as on Mount Van Hoevenberg at Lake Placid N. Y.), there is obviously no problem.

However, for investment budget reasons, the FIBT and the FIL decided to make do, for a while, with a single run 1200 m in length.

The first course of this type (combined and refrigerated) was built for the XIth Winter Games at Innsbruck-Igls (AUT) in 1976.

Since then, several courses have been built, the most recent being the one at Sarajevo (YUG) for the XIVth Winter Games in 1984.

However, the bobsleigh and luge competitions held on the run at Sarajevo this winter raised a number of questions (to which I shall be returning further on) and led athletes and officials of both federations to try and plan a run that would satisfy both bobsleigh and luge competitors.

What are the difficulties to be overcome? To understand them we must bear in mind the technical characteristics peculiar to each type of sport:

1. The sleds :

1.1. Bobsleigh

Width between runners :	67 cm
Maximum bob	
Length - two-man bob	270 cm
- four-man bob	380 cm
Weight, manned -	375 kg
- four-man bob	630 kg

1.2. Luge

Width between runners :	45 cm
Length	150 cm (approx)

Weight, manned

- individual 120 kg (approx)
- two-man 180 kg (approx)

2. The runs :

2.1 Bobsleigh

Minimum length	1500 m
Minimum average gradient	8 %
Maximum gradient	15 %

The minimum radius of curves shall be such that it is impossible to exceed « 4 G »

(Theoretical transversal acceleration) during more than three consecutive seconds.

2.2 Luge

Minimum length	1000 m
Average gradient between 8 and 11 %	
The minimum radius of curves shall be such that it is impossible to exceed 4.5 G theoretical transversal acceleration).	

The course must include at least one of each of the following: curve to the left, curve to the right, hairpin bend, labyrinth "S" curve, straight section.

A comparison of these elements reveals a major difficulty.

If the path of the course is calculated, as it has to be, to take into account the heavier of the two types of sled, the wide radius curves required by the bobsleigh will be of little interest to lugers.

On the other hand, the obligation imposed by FIL regulations to include a number of clearly defined elements in the 1200 m course makes the run much less interesting for bobsleigh



competitors, who show their skill above all in the long straight stretches.

Before planning of the track at Sarajevo was even started, the following drawbacks had therefore been noted :

- little challenge, either for lugers or bobsledders ;
- insufficient length for bobsledders ;
- too long for lugers whose concentration tends to lessen after 1000 m.

In order to try and overcome these drawbacks, the designers and builders of the track at Sarajevo increased the average gradient to 10.3 % instead of the 10 % usually adopted, thus making it the fastest track in the world.

It is obviously too early to draw any final conclusions concerning this track, but it can already be said that the high speeds reached (average 94 km/h for the individual luge) require such concentration on the part of athletes that the length of 1200 m could prove dangerous for lugers.

A great many athletes thought the same after the first competitions held on this track.

The trend towards combined tracks is undeniable, as proved by Sarajevo, but... is it the right one ?

I personally think that the solution adopted by the Organising Committee of the XVth Winter Games at Calgary in 1988 seems to be the best so far.

It has in fact been proposed to build a 1500 m track, the first part of which (about 900 m) would include all the elements required by the FIL.

This arrangement should enable the first section to be made as interesting for bobsledders as for lugers. In addition, bobsledders would have a final section consisting mainly of straight lines, which are particularly useful at the end of a race for deciding between competitors.

For the luge, the average gradient would be 9.3 % and for the bob 8 %.

The technical skill of the racers would therefore be revealed by the difficulties of the course rather than by the criterion of speed alone.

This proposal has already been very favourably received by both Federations (FIBT and FIL)

Furthermore, it should be noted that the organisers attach particular importance to this run being sited near the town and if possible close to other sports installations, which is also naturally the wish of the Federations.

In fact, most of the existing runs are far from the city centres, which makes the presence of spectators problematical and is not at all conducive to a full and proper use of such installations (Igls, Königsee, Lake Placid... not to mention l'Alpe d'Huez whose facilities have not been used since the Games in 1968).

Now while the Winter Games are important for the whole world, it nevertheless remains true that for the Federations a major concern is the rational use of the installations after the Games for the benefit of the local populations.

Let us hope that the model proposed by Calgary will give entire satisfaction to the athletes.

J. S.

PASKAPOO · OLYMPIC CENTER · CALGARY

SKI JUMP COMPLEX



BOBLED

LUGE

LENGTH : 1500 m

1040 m

DROP : 120 m

97 m

SLOPE : 8%

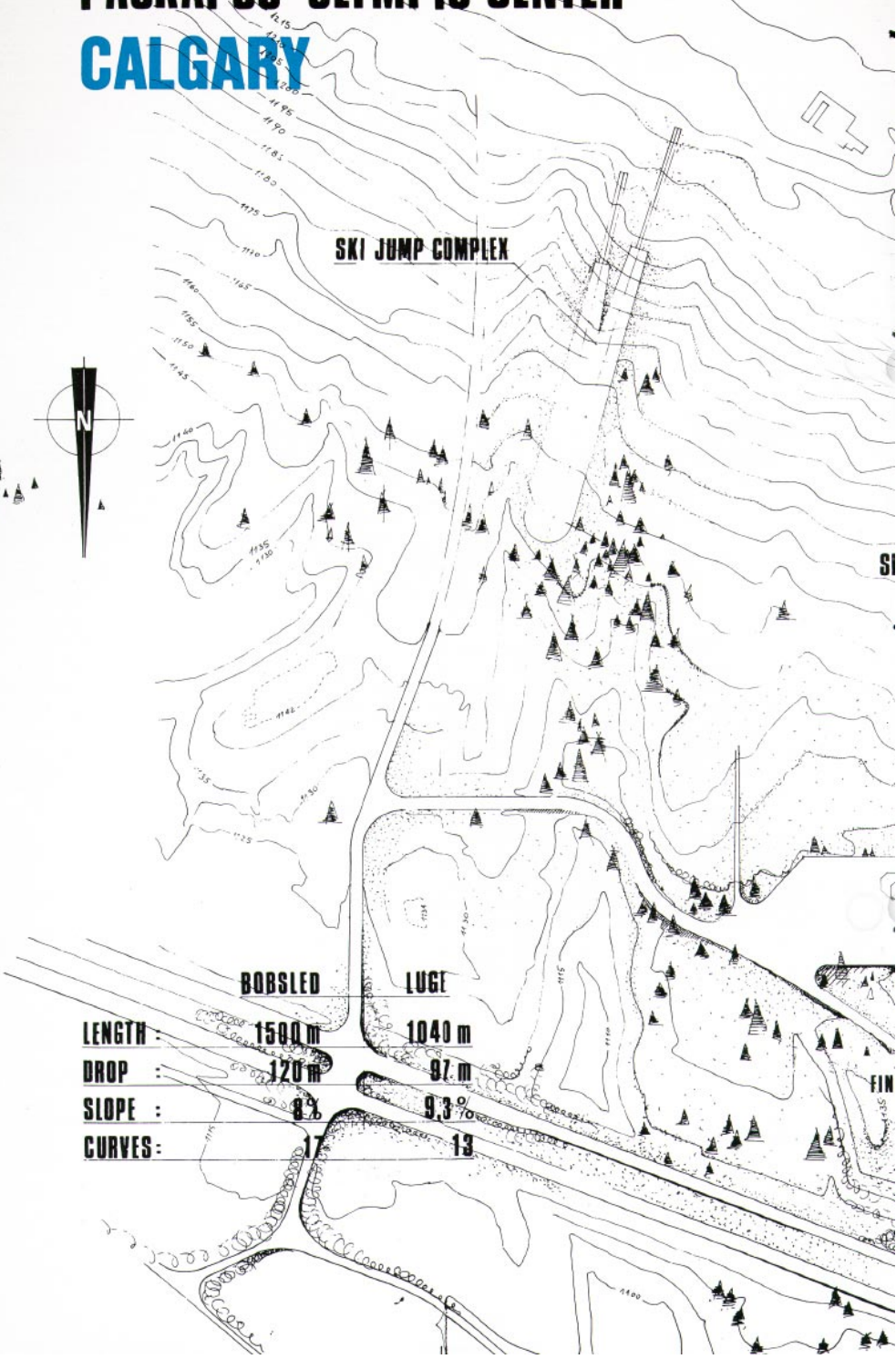
9.3%

CURVES : 17

13

SI

FIN



ATHLETICS



• *Telex Number:* 296859 IAAF HQ G.
Telegram : Marathon-London SW1.

• *World Championships 1987*
USA, GBR and ITA are the three official candidate countries for the organisation of the 11nd World Athletics Championships.

ROWING



• *The Annual Congress of FISA* will take place on 27th August in Duisburg (FRG) on the occasion of the *World Rowing Championships* for men and women which will take place from 26th August to 4th September on the Wedau, near Duisburg, one of the largest artificial basins for rowing.

BASKETBALL



• *Basketball is doing well*

Not only does FIBA number 158 affiliated national federations, but the number of its participants is considerably increasing.

Besides this in the last two years courses organised by Olympic Solidarity and FIBA took place in 30 countries :

SAU, ARG, AUT, BUL, CMR, CHN, KOR, CUB, UAE, ECU, USA, FIN, GUA, GUI, IRQ, JPN, JOR, MAL, MLI, MAR, MTN, HOL, PER, PHI, SMR, SEN, SUI, SYR, THA, ZIM.

• *Taller and taller players !*

In order to eliminate the dangers resulting from the increase in the number of extra-tall players, the Technical Commission of FIBA has proposed certain modifications to the rules of the game which had been submitted to various national federations for their consideration and comment. It is important for some games to be conducted under these experimental conditions so that the Technical Commission can study the results of all the suggestions and propositions at its next meeting to be held in 1984 during the Women's World Championship in Brazil.

Modifications to the rules proposed by the Technical Commission :

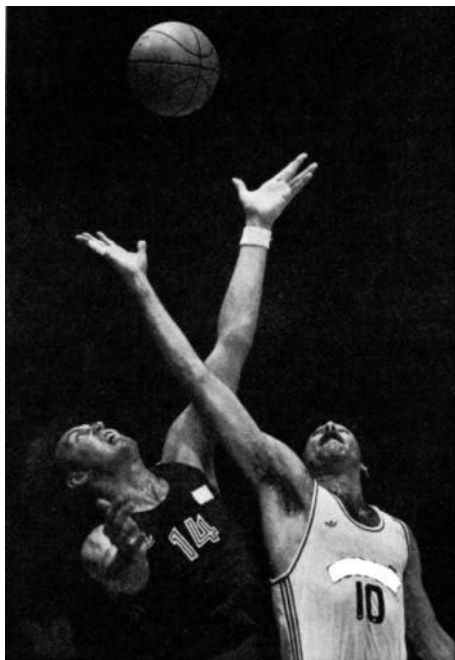
1. to introduce a 3 point field goal for a successful long range shot ;
2. to eliminate the jump ball except for the start of the game ;
3. to introduce an alternating process to replace the jump ball situations. in this way the team not establishing control of the ball from the opening jump ball will start the process by which it will be awarded the ball from out-of-bounds at the side line to make the throw-in. with the opponents being given the same privilege on the next occasion ;
4. A further restriction with the basket interference rules : neither the offensive or defensive players may touch the ball when it is in contact with the ring ;
5. to widen the restricted area to that of a 5.80 by 5.00 m rectangle ;
6. to reward the attacker by penalising aggressive marking and giving the ball to the opponents to make a throw-in from out-of-bounds at the sideline.

Other significant modifications put forward without ramification for extra tall players include :

1. to change the ball returned to back court (front to rear) interpretation whereby team control must first be established in the front court ;
2. to reduce the number of player fouls by a team from 8 to 7 ;

3. to simplify the penalties following foul situations, whereby only fouls with identical penalties will have the cancelling-out effect. All other penalties will be carried out in the order in which they occurred.

(Extract from "International Basketball").



• *1983 Calendar*

- 24th July to 6th August : IXth Women's World Championship in Sao Paolo (BRA).
- 14th to 28th August : IInd Men's Junior World Championships in the Balearic Islands (ESP).

Men's Olympic qualification tournament

For Asia : November 1983 in Hong-Kong (HKG).

For Oceania : from 11 th to 16th November 1983 in Sydney (AUS).

For Africa : from 16th to 24th December 1983 in Alexandria (EGY).

For America : April 1984 in Brazil.

For Europe : May 1984 in France.

Women's Olympic World qualification tournament

- 5th to 20th May 1984 in Havana (CUB).

The Olympic tournament in Los Angeles (USA) will take place from 28th July to 12th August 1984.



**BOSLEIGH
AND TOBOGGANING**

- In an article published in the "Revue de la FIBT", 1983 N°. 1, Dr. *Wolfgang Schneider* (Chairman of the Security Board of the International Federation of Bobsleigh and Tobogganing and team doctor of the German Democratic Republic's bobsleigh team) outlines the physical requirements necessary' for athletes wishing to take part in bobsport :

- According to the rules of the Federation, bobsport may not be practised until the age of eighteen. Therefore the sportsmen's athletic training is conducted in other disciplines. Damage to supportive and connective tissues can sometimes occur and must be detected.
- The condition of the spinal column and the lower lumbar region must also be carefully monitored, as during the run the athlete sits in the sitting position) with the upper part of his body bent forward. The lumbar region is also subjected to considerable strain by corner passages, crashes against the edge of the run and uneven parts of the run floor. Some athletes have a tendency to obstruction in the loin region. Apart from the usual training, transport of the sleds, and the continual loading and unloading cause additional strains to the supportive and connective tissues which can cause painful vertebral complaints.
- The eye must be in perfect condition (focus, field of vision, colour blindness, three dimensional vision) since the bobrun consists mainly of a series of irregular curves. There must also be no damage to adaptation ability from light (intense sunshine) to dark (covers over the runs and passages through forests).
- During the run the organism is subjected to continuous changes of width, duration, direction and acceleration. In some corners there is an acceleration which exceeds 6 to 7 times the velocity of falling. The amount of tension that the body can cope with depends among other things on physical condition and in particular on training of the cardio-vascular system.

BOXING



• *New address for the Secretary General, Professor Anwar Chowdhry:*

35 Sunnyside Apartments, Seafield Road, GPO Box 799, Karachi, Pakistan.

Telex: 25432 AIBA PAK.

Telegram : Intambox Karachi.

CYCLING



• A teaching film on speed cycling, made by FIAC is now available in English and French. Federations interested in purchasing this film should contact the FIAC Secretariat :

International Federation of Amateur Cycling.
Via Dei Campi Sportivi 48
00197 Rome/Italy.

• *The junior World Championships 1983* will take place from 23rd to 29th October in New-Zealand.

• *Anti-doping campaign*

Crotetamide and Cropropamide have been included on the 1983 list of substances forbidden by the International Cycling Union. Besides adding the word "synthetics" to the anabolising steroids, "synthetic anabolising steroids" must be added to the list.

• *Mr. Valery Syssoev*, President of FIAC, has been elected Deputy Minister for Sport in the USSR. The Olympic Review extends its warmest congratulations to him.

EQUESTRIAN



• *"Royal Four-in-Hand"*, a film on Competition Carriage Driving, has been produced with commentary by H.R.H. The Duke of Edinburgh, President of FEI.



The film has two particular qualities - it conveys the enthusiasm of a dedicated sportsman, and is also a unique portrait of a highly effective communicator of driving skills.

"Royal Four-in-Hand" is based on the book "Competition Carriage Driving", by H.R.H. The Duke of Edinburgh, and is published by Horse Drawn Carriages Ltd. In his introduction to the book, the Duke explains, "*My own original involvement was due entirely to the fact that I was President of the FEI, but I had decided to give up polo in 1970 - I reckoned that fifty was quite old enough for that game - and I was looking around for something else to do in what little leisure time I seemed to have. It soon became apparent that this driving business might be just the thing.*"

"*The purpose of this book is to pass on the experience I have gained of this type of competition in the hope that it will help newcomers to the Apart to avoid some of the trials and tribulations which I had to learn the hard way*"...

"Royal Four-in-Hand" begins with an explanation of the points looked for in the choice of horses, carriage design and equipment ; His Royal Highness then takes us through the various stages of a training programme which he has

developed over the past ten years : the film ends with the obstacle section of the International Driving Grand Prix at Windsor, from which the Duke of Edinburgh emerges victorious.

“Royal Four-in-Hand” is produced by Town and Country Productions Ltd., 21 Cheyne Row, Chelsea, London SW3 5HP, and distributed by Training Films International Ltd., 159 Great Portland Street, London WIN 5FD.

• *Modifications to the rules*

The minutes of the Ordinary General Assembly of the FIE, held on 8th and 9th December 1982 in Geneva (SUI) contain :

- modifications to the rules :
 - competitions for jumping (established for a period of four years as from 1st May 1983), dressage and three-day eventing ;
- the list of prohibited substances ;
- rules for equestrian events which will come into force at the Games of the XXIIIrd Olympiad in Los Angeles in 1984 ;
- information on the dates and venues for the equestrian events at the IXth Panamerican Games in August 1983 in Caracas (VEN) and at the IXth Mediterranean Games in September 1983 in Casablanca (MAR).

The minutes are available from the FEI Secretariat :

“Roerswyl” 3065 Bolligen (SUI).

- The 1983 Ordinary General Assembly will take place from 6th to 9th December in Amsterdam (HOL).

FENCING



At the request of the Italian Fencing Federation, the Italian National Olympic Committee (CONI) organised a public contest intending to reward the best design for a security mechanism to protect fencers in the eventuality of accidents happening during foil and épée events.

In the case of the accidental breaking of a blade, the security mechanism should insure that the broken weapon immediately be rendered ineffectual, while fulfilling the following conditions :

- a) Maintaining the shape, dimensions and characteristics of the blade of each type of weapon (resilience, elasticity, etc...), as they are specified in the competition regulations set out by the international Fencing Federation (FIE).
- b) Without increasing the total weight of the weapon by more than 10 %.
- c) Without altering the perfect working order of the electronic signalling devices currently used in official events.
- d) Guaranteeing the possibility of simply replacing the blade in the situation where the weapon is broken or has otherwise been rendered ineffectual.
- e) Without requiring any modifications of the existing competition rules or changes in the fencing styles of the competitors.
- f) Possibly allowing indiscriminate use for both foil and épée.

The contestants must at all costs register their designs between the 28th February 1983 and the 28th June 1983, using plain note-paper, and sending their entries by registered mail, and requesting acknowledgement of receipt by the CONI. “Concours dispositif de securité armes - sport d'escrime” - Scuola dello Sport - Via dei Campi Sportivo N° 48 - 00100 Roma/Italy.

GYMNASTIC



Calendar

1983

23rd to 30th October: Artistic Gymnastics World Championships (men and women). in Budapest (HUN).

2nd to 10th November: FIG Congress in Strasbourg (FRA).

10th to 13th November: Rythmic Gymnastics World Championships in Strasbourg (FRA).

1984

19th to 26th July : FIG Congress in Los Angeles (USA).

29th July to 10th August: Olympic Games, gymnastics in Los Angeles (USA).

1985

Men's and women's World Championships for Artistic Gymnastics in Montreal (CAN).

FIG Congress in Montreal (CAN)

1986

Men's and women's World Championships for Artistic Gymnastics in Beijing (CHN).



HANDBALL

• *In Rome. an International Handball School for trainers opens its doors.*

The Italian Handball Federation has founded, under the patronage of the FIH, an international school for handball. Its aim is to contribute to the spreading and expansion of handball in Southern Europe and in the Mediterranean basin.

The first course will take place from 20th to 26th June 1983 in the School of Sport of the Italian National Olympic Committee in Rome which has all the installations and equipment necessary to guarantee the total success of such a course. The theme of the course will be "Current trends in the teaching of handball".

Invited to the conference :

Mr. Bransilav Pokrajac (YUG), Mr. Siegfried Kuchta (POL), Mr. Domingo Barcnas (ESP), Mr. Jarislav Mraz (TCH), as well as Italian coach/selectors. Messrs. Francese and Gutweniger. Professor dal Monte, for biomechanics, and Professor Benzi, for physiology, will also be present. The conferences will be simultaneously translated into English, French and German.

• Under the title of "... Et que s'est-il passe jusqu'à présent ?", Karoly Jocha has published in sixty pages, in collaboration with the handball specialist Bodog Törk, a general view of the history and the important dates of the Women's Handball World Championships for the opening of the eight World Championships in Hungary. It contains all there is to know on women's handball, as well as many statistics. Orders can be placed with Magyar Kézilabda Szövetség, Dosza György ut. 1-3. Budapest XIV, Hungary.

• Illustrated teaching aids for coaches and referees are now available from the International Handball Federation in Båle. Price: SF 30.— (each series of photographs). For use with an epidiascope, a projector which reproduces an opaque document by reflection, these illustrations on playing handball are an ideal means of reinforcing the training and improvement of coaches, instructors and referees.

• *New address for the President and Secretary General of the IHF:*

President : Paul Högberg, Stormästarvägen II, S-18140 Lidingö, Sweden.

Telephone : (46.8) 7 65 33 40.

Secretary General: Max Rinckenburger, Carl-Kellerweg 2, D-7850 Lörrach, Germany.

Telephone: (49.7621) 43 443.

Telex: 773 607 wufa d.



ICE HOCKEY

• *Results of the 49th World Championships Group A. held from 16th April to 2nd May in Dortmund (FRG) :*

1. URS ; 2. TCH ; 3. CAN.

• Division of teams who will participate in the XIVth Winter Games to be held in Sarajevo in 1984, drawn up after the 49th World Championships for Group A which took place from 16th April to 2nd May in Dortmund (FRG) :

Group A : URS, SWE, FRG, ITA, POL, YUG.

Group B : TCH, CAN, FIN, USA, AUT, NOR.

The competitions will be held from 7th to 19th February (final placings on 17th and 19th).

The first two from each group in the preliminary round (from 7th to 15th February) will qualify for the final round (to be held on 17th and 19th February).

The two teams placed third from groups A and B will compete for 5th place, and the two teams placed 4th for 6th place.



The Tun Razak Stadium in Kuala Lumpur also held the 1982 Junior World Cup.

FIELD HOCKEY



• *Results of the 5th Women's World Cup* held from 8th to 23rd April 1983 in Kuala Lumpur (MAL) :

1. HOL ; 2. CAN ; 3. AUS.

WRESTLING



- *New telex number* for FILA : 25958 Fila CH.

SWIMMING



- United States Swimming and the Los Angeles Olympic Organising Committee for the Games of the XXIIIrd Olympiad (LAOOC) will conduct an international swimming competition at the new McDonald's Olympic Swimming Stadium, from July 14 to 17. The programme will include all the Olympic swimming events, and swimmers will be allowed to compete in a maximum of six events, not more than two in any one day.

All FINA member nations are invited to compete, and should contact United States Swimming at 1750 East boulder Street, Colorado Springs CO 80909, tel. : (303) 578-4578. telex 45-0562.

- Again in cooperation with LAOOC, the US Synchronised Swimming association will hold the Second America Cup competition from August 5 to 7. Immediately afterwards (August 8-12) there will be a conference for coaches and judges, at the University of California at Los Angeles.

- The world Junior Water Polo Championships will be held in Barcelona, from July 29 to August 6.

• *Mr. Marc Hodler, IOC member for Switzerland and President of the International Skiing Federation since 1951 was re-elected President by acclaim during the 34th FIS Congress in Sydney (AUS), from 8th to 15th May 1983. The "Olympic Review" extends to him its warmest congratulations.*

- *New address for the International Skiing Federation :*
Worbstrasse 210, CH-3073 G黐mligen/Bern, Switzerland. Telex : 33 522 fis ch

SKIING

- *The 1983-84 World Cup will begin on 1st and 2nd December 1983 at Kranjska Gora with a women's slalom and a men's slalom. It will end 23rd/25th March 1984 at Oslo (NOR). The competition will comprise 32 events for men and 28 events for women.*

- *Crans-Montana, will host the 1987 World Alpine Skiing Championships.*

This station situated at an average altitude of 1,500 m has already had good experience in organising national and international competitions (1977, 1979, 1980 and 1981 World Cups)

Crans-Montana.



with runs officially approved by the FIS, along with Chetseron and Mont-La-Chaux-Nationale.

All requests for information to : Mr. Jean-Pierre Clivaz. President of the Bidding Committee, CH-3962 Montana.



TENNIS

• The International Tennis Federation celebrates its 70th anniversary this year. On March 1st, 1913, twelve associations - Australasia, Austria, Belgium, Denmark, France, Germany, Great Britain, Netherlands, Russia, South Africa, Sweden and Switzerland - met in Paris to found an association which would seek to establish "unity in the Rules of the Game and in the control of the sport itself".

These original twelve have now become 109, and other new applications for membership will be made at the 1983 general assembly, at Tours in June.

The 50th anniversary of the federation was marked by the inauguration of the Federation Cup, the women's nations team competition, and the ITF hoped that the 75th anniversary will see tennis restored as an Olympic sport a wish that has been carried out

Women:

Singles : 1. Cao Yanhua (CHN) ; 2. Yang Young Ja (KOR); Qi Baoxiang (CHN) and Huang Junqun (CHN).

Doubles : 1. Shen Jianping - Dai Lili (CHN) ; 2. Geng Lijuan - Huang Junqun (CHN); 3. Cao Yanhua - Ni Xialian (CHN) and Tong Ling - Pu Qijuan (CHN).



Tong Ling.

Mixed: 1. Guo Yuehua - Ni Xialian (CHN) ; 2. Chen Xinhua - Tong Ling (CHN); 3. Xie Saike - Huang Junqun (CHN) and Cai Zhenhua - Cao Yanhua (CHN).

Team competitions:

Men: 1. CHN ; 2. SWE ; 3. HUN and GBR.

Women : 1. CHN ; 2. JPN ; 3. PRK and URS.



TABLE TENNIS

• *Results of the 37th Table Tennis World Championships* held from 28th April to 5th May at the Yoyogi Stadium in Tokyo (JPN) :

Individual competitions:

Men:

Singles : 1. Guo Yuehua (CHN) ; 2. Cai Zhenhua (CHN); 3. Jiang Jialiang (CHN) and Wang Huiyuan (CHN).

Doubles: 1. Dragutin Surbek - Zoran Kalinic (YUG) ; 2. Xie Saike - Jiang Jialiang (CHN) ; Wang Huiyuan - Yang Yuhua (CHN) and Seijo Ono - Hiroyuki Abe (JPN).



VOLLEYBALL

• The correct name of the Secretary General is Chaadli Zouiten. *Telephone* : 336 64 34