

Contents

Appendix D.2.1. Menus.....	2
Appendix D.3.1.3.a. Transportation Request Form	7
Appendix D.3.1.3.b. Transportation Request Form	21
Appendix E.1.3.1. Congress Room Layout	23

Appendix D.2.1. Menus

SUGGESTED MENUS FOR WORLD ROWING CHAMPIONSHIPS

Prepared by

Marjorie T. Hagerman, MS, RD, LD

BREAKFAST

Fresh Fruit

Bananas Pears

Oranges Plums

Apples Grapes

Kiwi Peaches

Fresh fruit in season (e.g., melons, berries, etc.)

Dried fruit

Raisins

Apricots

Assorted dried fruit

Breads

Whole wheat

White enriched

Rye

Bagels

Hard rolls

English muffins

Croissants

Flavored muffins (blueberry, raisin-bran)

Pancakes

Sweet rolls (fruit/cinnamon)

French toast

Cereals

Hot rice

Hot oats (oatmeal)

Hot wheat (Cream of Wheat)

Cold oats (Cheerios)

Cold wheat (Wheaties)

Cold corn (corn flakes)

Müsli

Meat/Meat Alternatives

Poached eggs

Scrambled eggs

Bacon

Canadian bacon

Lean Smoked ham

Breakfast sausage

Low fat cheese

Spreads/Condiments

Margarine

Butter

Cream cheese (reduced fat)

Jam/preserves

Beverages/Dairy

2% fat milk

Skim milk

Plain low fat yogurt

Hot chocolate (with skim milk)

Hot tea

Coffee

Fruit Juice

Apple (fortified with Vitamin C)

Cranberry (fortified with Vitamin C)

Pineapple

Orange

Grapefruit

Prune

Grape

LUNCH

Soups

Cream-based [made with reduced fat (1% or 2% fat) milk]

Tomato

Another vegetable (broccoli, potato, celery, pea)

Chicken

Broth-based (chicken, beef, or vegetable-based)

Chicken noodle or rice (with vegetables)

Beef noodle or rice (with vegetables)

Vegetarian (vegetable stock with carrots, celery, onions, tomatoes, peas corn)

Sandwich fillings

Peanut butter with fruit jelly/preserves

Tuna fish, egg, salmon, chicken, or
ham salad (one or more)

Chicken or turkey (cold, sliced breast)

Lean cooked ham (cold, thinly sliced)

Low fat cheese (1 ounce slices)

Mixed green salad (with optional Hummus spread fresh vegetables)

Vegetables/Pasta/Salads

Rice

Beans

Pasta (heated, with tomato sauce)

Potatoes

Cabbage salad

Fruit

Fresh fruit (apples, bananas, oranges, pears, grapes, peaches)

Canned fruit (pineapple, applesauce, grapefruit)

Fresh fruits in season (melons, berries, etc.)

Breads

Whole wheat

White enriched

Rye

Crackers

Bread sticks

Hard rolls

Sweets

Biscuits/cookies

Gelatin (with fruit)

Pudding (rice, bread, cornstarch, tapioca)

Cakes

Pies/tarts

Yogurt (fruit or flavored)

Spreads/Condiments

Protein/yeast spread (e.g., Marmite)

Margarine

Butter

Ketchup

Mustard

Mayonnaise (reduced fat)

Salsa

Vinegar/Oil salad dressing

Mayonnaise-type salad dressing

Plain lowfat yogurt

Beverages

2% fat milk

Skim milk or 1% fat milk

Lemonade

Fruit juice

Hot coffee

Hot and iced tea

Soft drinks (regular and diet)

Water (regular and mineral)

DINNERSoups

Cream-based (repeat lunch suggestions)

Broth-based (repeat lunch suggestions)

Pea/Bean

Salads

Mixed salad of leafy greens (spinach, romaine lettuce, leaf lettuce)

Mixed fresh fruit salad

Pasta salad

Potato salad

Sliced tomatoes, cucumbers, green/red peppers

Cabbage salad

Breads

Whole wheat

Peas, corn, broccoli, green beans, White enriched carrots, cauliflower, spinach (2)

Rye

Crackers

Hot yeast rolls

Hard rolls

Starches/Vegetables

Baked, mashed, or boiled potatoes or sweet potatoes

Rice, pasta, noodles

Dried peas, beans

Entrees (minimum of 2 to 3)

Meat sauce (tomato-based) for pasta

Baked chicken

Roast pork

Baked ham

Poached or broiled salmon or other fish

Tortillas, rice, refried beans

Roast beef/veal

Roast turkey

Meat loaf/hamburgers

Spreads/Condiments

Protein/yeast spread (e.g., Marmite)

Margarine

Butter

Ketchup

Mustard

Mayonnaise (reduced fat)

Salsa

Vinegar/Oil salad dressing

Mayonnaise-type salad dressing

Plain low fat yogurt

Sweets

Biscuits/cookies

Stewed fruit

Fresh fruit (apples, bananas, oranges, pears,
grapes, peaches)

Fresh fruits in season (melons, berries, etc.)

Frozen yogurt/ice cream

Cake/pastry

Beverages

2% fat milk

Skim milk or 1% fat milk

Lemonade

Fruit juice

Hot coffee

Hot and iced tea

Soft drinks (regular and diet)

Water (regular and mineral)

FOOD & DRINK (EXAMPLE FROM BRITISH INTERNATIONAL ROWING)

General

Rowers, like other Athletes, **do not need large** portions of meat/chicken/fish on their plates – their portion should be 'normal'. They **do** need larger portions of carbohydrates. They also need vegetables, fruit and lots of water. Refer to 'basic ideas' folder enclosed.

Rowers who do not eat meat, fish or chicken must be catered for by offering egg dishes or dishes containing beans or lentils and vegetables.

Water jugs must be on every table – on average allow at least 1/2 litre per person during the winter; 1 litre per person during the summer. Access to refill water jugs must be easy and not restricted.

Bread or bread rolls must always be available. Butter, margarine or low fat spread must be separate.

A variety of fresh fruit must be available at each meal – one of the choices **must be banana**.

Alcohol can be used to flavour sauces.

Sugar is allowed to be used freely in cooking.

Breakfast

Low fat fruit yoghurt **must** be available at breakfast.

Rowers should be allowed to take away some breakfast items to supplement or replace the evening dinner – this is particularly important for our lightweight rowers.

A variety of **breakfast cereals** should be available, one of which must be muesli. **Bread/toast and a selection of jams and honey** should always be available. Bananas should be available at breakfast plus other seasonal fruit whenever possible.

Semi-skimmed milk **must always** be available and skimmed milk should be available if requested e.g. as long life or dried skimmed milk powder if not fresh.

Buffet salads

A salad buffet should be available: half of the salads **must** include either pasta, rice, buckwheat, couscous, potato or beans (raisins, dried apricots, sweet corn and peas in the recipe will increase the carbohydrate content further).

If a salad is offered in the summer months as a main course, **more than half** of the salad choices must be based around carbohydrate-containing ingredients e.g. potato salad, pasta salad, rice salad, bean salad etc. Just green salad, tomatoes etc are not acceptable.

Some of the salads offered in the buffet must be vegetarian i.e. contain no meat, chicken or fish.

Regular mayonnaise must be used sparingly on salads. Some salads should be offered without a dressing e.g. lettuce, cucumber, tomatoes, grated carrot etc.

At least **one low fat dressing** must be available and **clearly labelled**.

Main Courses

Where meat, fish, chicken or vegetables are served with a sauce e.g. hollandaise, creamy herb sauce, these sauces should be served separately. Some rowers need to control their weight and sauces may be too high in fat for them to have a large portion.

Many Athletes are vegetarian. It is essential that dishes selected are not high in fat (quiche, spring roll, pastries are high in fat and are **not** suitable).

Athletes with larger energy requirements must be allowed to request **extra portions** of pasta, rice, noodles.

Cooking methods must aim to achieve the lowest fat content without detriment to quality of the Finished dish. Menu adaptation e.g. use of less oil, butter, cream, mayonnaise and careful selection of suitable meals is essential. This is left to the discretion of the chef.

Potatoes could be cooked so that they are low or lower in fat. Roast potatoes could be 'dry' roasted – refer to '**basic ideas**' folder for details. Mashed potatoes could be mashed with milk, pepper and salt only **not** with added butter/margarine/oil. Chips/French fries must be **cut thick**, not thin.

Butter or oil should **not** be added to vegetables once they are cooked.

Desserts

Ice cream or sorbet should always be available as a dessert choice, even as a standby if not as a choice.

Desserts must include a 'light' choice e.g. sorbet, ice cream, fruit or yoghurt when a 'richer', or more substantial choice is offered.

Appendix D.3.1.3.a. Transportation Request Form



TRANSPORT INFORMATION

Les Loges du Park Golden Tulip

Avenue Charles de Gaulle
73100 AIX LES BAINS
+33 4 79 34 19 19
meeting@goldentulipaixlesbains.com



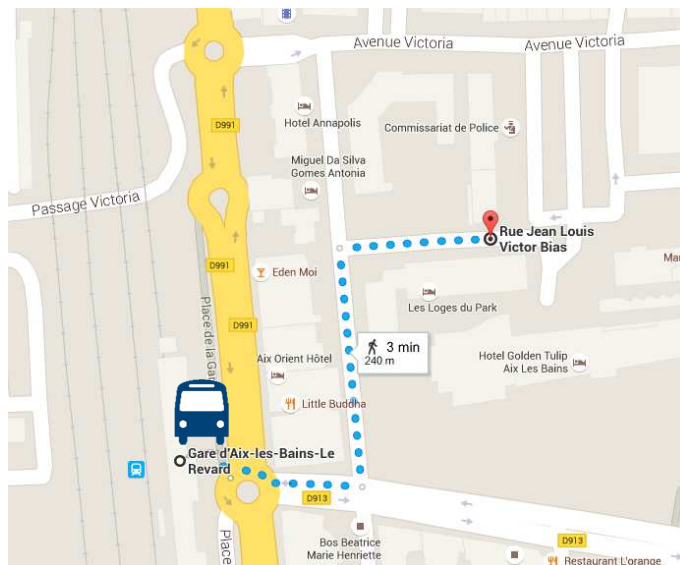
Nearest bus stop

Aix-les-Bains train station



Contact: +33 6 26 75 79 24 - Jean PIRAT

Pedestrian route / estimated time: 3 minutes on foot



Please see the following pages for schedules.

You must return every following pages to the transport office before the previous day at 16:00





Shuttle transport booking

Team : U.S.A.

Hotel : Loges du Parc
Golden Tulip

Bus stop : Aix-les-Bains train station

Transport for : Wednesday 26 August


From hotel to venue		
Departure time from bus stop	Scheduled arrival time at venue	Number of people
06:00	06:40	
07:00	07:40	
08:00	08:40	
09:00	09:40	
10:00	10:40	
11:00	11:40	
12:00	12:40	
13:00	13:40	
14:00	14:40	
15:00	15:40	
16:00	16:40	
17:00	17:40	
18:00	18:40	
19:00	19:40	

From venue to hotel		
Departure time from venue	Scheduled arrival time at bus stop	Number of people
06:45	07:25	
07:45	08:25	
08:45	09:25	
09:45	10:25	
10:45	11:25	
11:45	12:25	
12:45	13:25	
13:45	14:25	
14:45	15:25	
15:45	16:25	
16:45	17:25	
17:45	18:25	
18:45	19:25	
19:45	20:25	

This form must be submitted to the transport office before :

Tuesday 25 August

at : 16.00

<i>Transport for wheelchair users</i>						
From hotel to venue				From venue to hotel		
Departure time from hotel	Scheduled arrival time at venue	Number of people		Departure time from venue	Scheduled arrival time at hotel	Number of people
	40' later				40' later	
	40' later				40' later	
	40' later				40' later	
	40' later			40' later		



Shuttle transport booking

Team : U.S.A.

Hotel : Loges du Parc
Golden Tulip


Bus stop : Aix-les-Bains train station

Transport for : Thursday 27 August

From hotel to venue		
Departure time from bus stop	Scheduled arrival time at venue	Number of people
06:00	06:40	
07:00	07:40	
08:00	08:40	
09:00	09:40	
10:00	10:40	
11:00	11:40	
12:00	12:40	
13:00	13:40	
14:00	14:40	
15:00	15:40	
16:00	16:40	
17:00	17:40	
18:00	18:40	
19:00	19:40	

From venue to hotel		
Departure time from venue	Scheduled arrival time at bus stop	Number of people
06:45	07:25	
07:45	08:25	
08:45	09:25	
09:45	10:25	
10:45	11:25	
11:45	12:25	
12:45	13:25	
13:45	14:25	
14:45	15:25	
15:45	16:25	
16:45	17:25	
17:45	18:25	
18:45	19:25	
19:45	20:25	

**This form must be submitted to the transport office before :
Wednesday 26 August at : 16.00**

Transport for wheelchair users						
From hotel to venue				From venue to hotel		
Departure time from hotel	Scheduled arrival time at venue	Number of people		Departure time from venue	Scheduled arrival time at hotel	Number of people
	40' later				40' later	
	40' later				40' later	
	40' later				40' later	
	40' later			40' later		



Shuttle transport booking

Team : U.S.A.

Hotel : Loges du Parc
Golden Tulip


Bus stop : Aix-les-Bains train station

Transport for : Friday 28 August

From hotel to venue		
Departure time from bus stop	Scheduled arrival time at venue	Number of people
06:00	06:40	
07:00	07:40	
08:00	08:40	
09:00	09:40	
10:00	10:40	
11:00	11:40	
12:00	12:40	
13:00	13:40	
14:00	14:40	
15:00	15:40	
16:00	16:40	
17:00	17:40	
18:00	18:40	
19:00	19:40	

From venue to hotel		
Departure time from venue	Scheduled arrival time at bus stop	Number of people
06:45	07:25	
07:45	08:25	
08:45	09:25	
09:45	10:25	
10:45	11:25	
11:45	12:25	
12:45	13:25	
13:45	14:25	
14:45	15:25	
15:45	16:25	
16:45	17:25	
17:45	18:25	
18:45	19:25	
19:45	20:25	

**This form must be submitted to the transport office before :
Thursday 27 August at : 16.00**

Transport for wheelchair users						
From hotel to venue				From venue to hotel		
Departure time from hotel	Scheduled arrival time at venue	Number of people		Departure time from venue	Scheduled arrival time at hotel	Number of people
	40' later				40' later	
	40' later				40' later	
	40' later				40' later	
	40' later			40' later		



Shuttle transport booking

Team : U.S.A.

Hotel : Loges du Parc
Golden Tulip

Bus stop : Aix-les-Bains train station

Transport for : Saturday 29 August


From hotel to venue		
Departure time from bus stop	Scheduled arrival time at venue	Number of people
06:00	06:40	
07:00	07:40	
08:00	08:40	
09:00	09:40	
10:00	10:40	
11:00	11:40	
12:00	12:40	
13:00	13:40	
14:00	14:40	
15:00	15:40	
16:00	16:40	
17:00	17:40	
18:00	18:40	
19:00	19:40	

From venue to hotel		
Departure time from venue	Scheduled arrival time at bus stop	Number of people
06:45	07:25	
07:45	08:25	
08:45	09:25	
09:45	10:25	
10:45	11:25	
11:45	12:25	
12:45	13:25	
13:45	14:25	
14:45	15:25	
15:45	16:25	
16:45	17:25	
17:45	18:25	
18:45	19:25	
19:45	20:25	

This form must be submitted to the transport office before :

Friday 28 August

at : 16.00

Transport for wheelchair users						
From hotel to venue				From venue to hotel		
Departure time from hotel	Scheduled arrival time at venue	Number of people		Departure time from venue	Scheduled arrival time at hotel	Number of people
	40' later				40' later	
	40' later				40' later	
	40' later				40' later	
	40' later			40' later		

Please indicate at transport office the number of people who want to go at the opening ceremony



Shuttle transport booking

Team : U.S.A.

Hotel : Loges du Parc
Golden Tulip

Bus stop : Aix-les-Bains train station

Transport for : Sunday 30 August


From hotel to venue		
Departure time from bus stop	Scheduled arrival time at venue	Number of people
06:00	06:40	
06:30	07:10	
07:00	07:40	
07:30	08:10	
08:00	08:40	
08:30	09:10	
09:00	09:40	
10:00	10:40	
11:00	11:40	
11:45	12:25	
12:15	12:55	
12:45	13:25	
13:15	13:55	
13:45	14:25	
14:15	14:55	
14:45	15:25	
15:15	15:55	
16:00	16:40	
17:00	17:40	
17:45	18:25	
18:15	18:55	
18:45	19:25	
19:15	19:55	

From venue to hotel		
Departure time from venue	Scheduled arrival time at bus stop	Number of people
06:45	07:25	
07:15	07:55	
07:45	08:25	
08:15	08:55	
08:45	09:25	
09:15	09:55	
10:00	10:40	
11:00	11:40	
12:00	12:40	
12:30	13:10	
13:00	13:40	
13:30	14:10	
14:00	14:40	
14:30	15:10	
15:00	15:40	
16:00	16:40	
17:00	17:40	
18:00	18:40	
18:30	19:10	
19:00	19:40	
19:30	20:10	
20:00	20:40	

This form must be submitted to the transport office before :

Saturday 29 August

at : 16.00

<i>Transport for wheelchair users</i>						
From hotel to venue				From venue to hotel		
Departure time from hotel	Scheduled arrival time at venue	Number of people		Departure time from venue	Scheduled arrival time at hotel	Number of people
	40' later				40' later	
	40' later				40' later	
	40' later				40' later	
	40' later			40' later		



Shuttle transport booking

Team : U.S.A.

Hotel : Loges du Parc
Golden Tulip

Bus stop : Aix-les-Bains train station

Transport for : Monday 31 August


From hotel to venue		
Departure time from bus stop	Scheduled arrival time at venue	Number of people
06:00	06:40	
06:30	07:10	
07:00	07:40	
07:30	08:10	
08:00	08:40	
08:30	09:10	
09:00	09:40	
10:00	10:40	
11:00	11:40	
11:45	12:25	
12:15	12:55	
12:45	13:25	
13:15	13:55	
13:45	14:25	
14:15	14:55	
14:45	15:25	
15:15	15:55	
16:00	16:40	
17:00	17:40	
17:45	18:25	
18:15	18:55	
18:45	19:25	
19:15	19:55	

From venue to hotel		
Departure time from venue	Scheduled arrival time at bus stop	Number of people
06:45	07:25	
07:15	07:55	
07:45	08:25	
08:15	08:55	
08:45	09:25	
09:15	09:55	
10:00	10:40	
11:00	11:40	
12:00	12:40	
12:30	13:10	
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13:30	14:10	
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16:00	16:40	
17:00	17:40	
18:00	18:40	
18:30	19:10	
19:00	19:40	
19:30	20:10	
20:00	20:40	

This form must be submitted to the transport office before :

Sunday 30 August

at : 16.00

<i>Transport for wheelchair users</i>						
From hotel to venue				From venue to hotel		
Departure time from hotel	Scheduled arrival time at venue	Number of people		Departure time from venue	Scheduled arrival time at hotel	Number of people
	40' later				40' later	
	40' later				40' later	
	40' later				40' later	
	40' later			40' later		



Shuttle transport booking

Team : U.S.A.

Hotel : Loges du Parc
Golden Tulip

Bus stop : Aix-les-Bains train station

Transport for : Tuesday 1 September

From hotel to venue		
Departure time from bus stop	Scheduled arrival time at venue	Number of people
06:00	06:40	
06:30	07:10	
07:00	07:40	
07:30	08:10	
08:00	08:40	
08:30	09:10	
09:00	09:40	
10:00	10:40	
11:00	11:40	
11:45	12:25	
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16:00	16:40	
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17:45	18:25	
18:15	18:55	
18:45	19:25	
19:15	19:55	

From venue to hotel		
Departure time from venue	Scheduled arrival time at bus stop	Number of people
06:45	07:25	
07:15	07:55	
07:45	08:25	
08:15	08:55	
08:45	09:25	
09:15	09:55	
10:00	10:40	
11:00	11:40	
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17:00	17:40	
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18:30	19:10	
19:00	19:40	
19:30	20:10	
20:00	20:40	

This form must be submitted to the transport office before :

Monday 31 August

at : 16.00

<i>Transport for wheelchair users</i>						
From hotel to venue				From venue to hotel		
Departure time from hotel	Scheduled arrival time at venue	Number of people		Departure time from venue	Scheduled arrival time at hotel	Number of people
	40' later				40' later	
	40' later				40' later	
	40' later				40' later	
	40' later			40' later		

PLEASE REMEMBER TO SUBMIT ALL YOUR DEPARTURE REQUESTS BEFORE 12.00 ON 1 SEPTEMBER



Shuttle transport booking

Team : U.S.A.

Hotel : Loges du Parc
Golden Tulip

Bus stop : Aix-les-Bains train station


Transport for : Wednesday 2 September

From hotel to venue		
Departure time from bus stop	Scheduled arrival time at venue	Number of people
06:00	06:40	
06:30	07:10	
07:00	07:40	
07:30	08:10	
08:00	08:40	
08:30	09:10	
09:00	09:40	
10:00	10:40	
11:00	11:40	
11:45	12:25	
12:15	12:55	
12:45	13:25	
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13:45	14:25	
14:15	14:55	
14:45	15:25	
15:15	15:55	
16:00	16:40	
17:00	17:40	
17:45	18:25	
18:15	18:55	
18:45	19:25	
19:15	19:55	

From venue to hotel		
Departure time from venue	Scheduled arrival time at bus stop	Number of people
06:45	07:25	
07:15	07:55	
07:45	08:25	
08:15	08:55	
08:45	09:25	
09:15	09:55	
10:00	10:40	
11:00	11:40	
12:00	12:40	
12:30	13:10	
13:00	13:40	
13:30	14:10	
14:00	14:40	
14:30	15:10	
15:00	15:40	
16:00	16:40	
17:00	17:40	
18:00	18:40	
18:30	19:10	
19:00	19:40	
19:30	20:10	
20:00	20:40	

This form must be submitted to the transport office before :

Tuesday 1 September at : 16.00

<i>Transport for wheelchair users</i>						
From hotel to venue				From venue to hotel		
Departure time from hotel	Scheduled arrival time at venue	Number of people		Departure time from venue	Scheduled arrival time at hotel	Number of people
	40' later				40' later	
	40' later				40' later	
	40' later				40' later	
	40' later			40' later		



Shuttle transport booking

Team : U.S.A.

Hotel : Loges du Parc
Golden Tulip


Bus stop : Aix-les-Bains train station

Transport for : Thursday 3 September

From hotel to venue		
Departure time from bus stop	Scheduled arrival time at venue	Number of people
06:00	06:40	
06:30	07:10	
07:00	07:40	
07:30	08:10	
08:00	08:40	
08:30	09:10	
09:00	09:40	
10:00	10:40	
11:00	11:40	
11:45	12:25	
12:15	12:55	
12:45	13:25	
13:15	13:55	
13:45	14:25	
14:15	14:55	
14:45	15:25	
15:15	15:55	
16:00	16:40	
17:00	17:40	
17:45	18:25	
18:15	18:55	
18:45	19:25	
19:15	19:55	

From venue to hotel		
Departure time from venue	Scheduled arrival time at bus stop	Number of people
06:45	07:25	
07:15	07:55	
07:45	08:25	
08:15	08:55	
08:45	09:25	
09:15	09:55	
10:00	10:40	
11:00	11:40	
12:00	12:40	
12:30	13:10	
13:00	13:40	
13:30	14:10	
14:00	14:40	
14:30	15:10	
15:00	15:40	
16:00	16:40	
17:00	17:40	
18:00	18:40	
18:30	19:10	
19:00	19:40	
19:30	20:10	
20:00	20:40	

**This form must be submitted to the transport office before :
Wednesday 2 September
at : 16.00**

Transport for wheelchair users						
From hotel to venue				From venue to hotel		
Departure time from hotel	Scheduled arrival time at venue	Number of people		Departure time from venue	Scheduled arrival time at hotel	Number of people
	40' later				40' later	
	40' later				40' later	
	40' later				40' later	
	40' later			40' later		



Shuttle transport booking

Team : U.S.A.

Hotel : Loges du Parc
Golden Tulip


Bus stop : Aix-les-Bains train station

Transport for : Friday 4 September

From hotel to venue		
Departure time from bus stop	Scheduled arrival time at venue	Number of people
06:00	06:40	
06:30	07:10	
07:00	07:40	
07:30	08:10	
08:00	08:40	
08:30	09:10	
09:00	09:40	
10:00	10:40	
11:00	11:40	
11:45	12:25	
12:15	12:55	
12:45	13:25	
13:15	13:55	
13:45	14:25	
14:15	14:55	
14:45	15:25	
15:15	15:55	
16:00	16:40	
17:00	17:40	
17:45	18:25	
18:15	18:55	
18:45	19:25	
19:15	19:55	

From venue to hotel		
Departure time from venue	Scheduled arrival time at bus stop	Number of people
06:45	07:25	
07:15	07:55	
07:45	08:25	
08:15	08:55	
08:45	09:25	
09:15	09:55	
10:00	10:40	
11:00	11:40	
12:00	12:40	
12:30	13:10	
13:00	13:40	
13:30	14:10	
14:00	14:40	
14:30	15:10	
15:00	15:40	
16:00	16:40	
17:00	17:40	
18:00	18:40	
18:30	19:10	
19:00	19:40	
19:30	20:10	
20:00	20:40	

This form must be submitted to the transport office before :
Thursday 3 September at : 16.00

<i>Transport for wheelchair users</i>						
From hotel to venue				From venue to hotel		
Departure time from hotel	Scheduled arrival time at venue	Number of people		Departure time from venue	Scheduled arrival time at hotel	Number of people
	40' later			40' later		
	40' later			40' later		
	40' later			40' later		
	40' later			40' later		



Shuttle transport booking

Team : U.S.A.

Hotel : Loges du Parc
Golden Tulip

Bus stop : Aix-les-Bains train station

Transport for : Saturday 5 September


From hotel to venue		
Departure time from bus stop	Scheduled arrival time at venue	Number of people
06:00	06:40	
06:30	07:10	
07:00	07:40	
07:30	08:10	
08:00	08:40	
08:30	09:10	
09:00	09:40	
10:00	10:40	
11:00	11:40	
11:45	12:25	
12:15	12:55	
12:45	13:25	
13:15	13:55	
13:45	14:25	
14:15	14:55	
14:45	15:25	
15:15	15:55	
16:00	16:40	
17:00	17:40	
17:45	18:25	
18:15	18:55	
18:45	19:25	
19:15	19:55	

From venue to hotel		
Departure time from venue	Scheduled arrival time at bus stop	Number of people
06:45	07:25	
07:15	07:55	
07:45	08:25	
08:15	08:55	
08:45	09:25	
09:15	09:55	
10:00	10:40	
11:00	11:40	
12:00	12:40	
12:30	13:10	
13:00	13:40	
13:30	14:10	
14:00	14:40	
14:30	15:10	
15:00	15:40	
16:00	16:40	
17:00	17:40	
18:00	18:40	
18:30	19:10	
19:00	19:40	
19:30	20:10	
20:00	20:40	

This form must be submitted to the transport office before :

Friday 4 September

at : 16.00

<i>Transport for wheelchair users</i>						
From hotel to venue				From venue to hotel		
Departure time from hotel	Scheduled arrival time at venue	Number of people		Departure time from venue	Scheduled arrival time at hotel	Number of people
	40' later				40' later	
	40' later				40' later	
	40' later				40' later	
	40' later			40' later		



Shuttle transport booking

Team : U.S.A.

Hotel : Loges du Parc
Golden Tulip


Bus stop : Aix-les-Bains train station

Transport for : **Sunday 6 September**

From hotel to venue		
Departure time from bus stop	Scheduled arrival time at venue	Number of people
06:00	06:40	
06:30	07:10	
07:00	07:40	
07:30	08:10	
08:00	08:40	
08:30	09:10	
09:00	09:40	
10:00	10:40	
11:00	11:40	
11:45	12:25	
12:15	12:55	
12:45	13:25	
13:15	13:55	
13:45	14:25	
14:15	14:55	
14:45	15:25	
15:15	15:55	
16:00	16:40	
17:00	17:40	
17:45	18:25	
18:15	18:55	
18:45	19:25	
19:15	19:55	

From venue to hotel		
Departure time from venue	Scheduled arrival time at bus stop	Number of people
06:45	07:25	
07:15	07:55	
07:45	08:25	
08:15	08:55	
08:45	09:25	
09:15	09:55	
10:00	10:40	
11:00	11:40	
12:00	12:40	
12:30	13:10	
13:00	13:40	
13:30	14:10	
14:00	14:40	
14:30	15:10	
15:00	15:40	
16:00	16:40	
17:00	17:40	
18:00	18:40	
18:30	19:10	
19:00	19:40	
19:30	20:10	
20:00	20:40	

**This form must be submitted to the transport office before :
Saturday 5 September at : 16.00**

Transport for wheelchair users						
From hotel to venue				From venue to hotel		
Departure time from hotel	Scheduled arrival time at venue	Number of people		Departure time from venue	Scheduled arrival time at hotel	Number of people
	40' later				40' later	
	40' later				40' later	
	40' later				40' later	
	40' later			40' later		

Appendix D.3.1.3.b. Transportation Request Form



AIGUEBELETTE WORLD ROWING CHAMPIONSHIPS 2015

Please fill in and return this form to info@aiguebelette2015.com

DATE OF YOUR REQUEST :

Federation:

Team manager and contact details :

AIRPORT / STATION TRANSFERS :

If you do not request on arrival transfer from the OC, please tick this box

HOW WILL YOU TRAVEL TO AIGUEBELETTE :

BY ROAD

BY TRAIN

Please select your arrival station :

Chambéry

Aix-les-Bains

BY PLANE

ARRIVAL AIRPORT : *Please note that the OC will not arrange transport from any other airports.*

Lyon (LYS)

Geneva (GVA)

Grenoble (GNB)

Terminal

ARRIVAL DATE AND TIME :

FLIGHT NUMBER

Please confirm your selected route :

AIRPORT TO HOTEL

AIRPORT TO VENUE (from 26 August only)

HOTEL AND CITY

NUMBER OF PASSENGERS

NUMBER OF WHEELCHAIR USERS

NUMBER OF LUGGAGE

NUMBER OF OARS

DEPARTURE AIRPORT : *Please note that the OC will not arrange transport to any other airports.*

Lyon (LYS)

Geneva (GVA)

Grenoble (GNB)

Terminal

DEPARTURE DATE AND TIME :

FLIGHT NUMBER

Preferred arrival time at the airport :

Please confirm your selected route:

VENUE TO AIRPORT (6 September only)

HOTEL TO AIRPORT

Comments :

SHUTTLE BUS BETWEEN HOTEL AND COMPETITION SITE (from 26 August until 6 September inclusive) :

If you do not request shuttle bus services from the OC, please tick this box

(A Transport Request Form will be available nearer the event for submission before 16:00 for the following day)

If you do not request parking spaces on site, please tick this box

Number of vehicles (less than 9 seats)

Number of minivans (10-22 seats)

Number of buses

(Please note that limited space will be available for nearby team parking but athlete drop off will be arranged and further car parks will be available)

Number of trailers

Dimensions

Estimated arrival date of trailers

Number of boats

(Please note that you will be able to unload your boats from 25 August)

TEAM TENTS :

NUMBER OF TENTS AND DIMENSIONS

(Please note that limited space will be available for team tents and an OC volunteer will allow your installation in the designated area from 25 August)

Appendix E.1.3.1. Congress Room Layout

THE FISA CONGRESS FLOOR LAYOUT PLAN

