

MEDIA HANDBOOK

Sochi 2014 Paralympic Winter Games

7–16 March

COMPETITIONS BY SPORT



Alpine Skiing

42



Biathlon

37



Cross Country Skiing

37



Ice Sledge Hockey

34



Para-Snowboard

42



Wheelchair Curling

31

CONTACT US

MPC Main Help Desk

Telephone

+7 862 445 18 14

Email

mainhelpdesk@sochi2014.com



Dmitry Chernyshenko

President and CEO, Sochi 2014 Olympic
and Paralympic Organizing Committee

Dear friends,

On behalf of the Sochi 2014 Organizing Committee, welcome to Sochi!

We are proud to host Russia's first ever Paralympic Winter Games.

The preparations for the Winter Games have turned Sochi into a model barrier-free environment for the rest of Russia.

We have worked hard to make both the Games and Sochi accessible for people with a disability. We are confident that our infrastructure, transport networks, and Games venues are barrier-free, and we are hopeful that the rest of Russia will adopt similar measures to ensure that people with a disability have good access to their own cities and its amenities.

We have launched an online Accessibility Map which lists accessible venues and infrastructure in cities throughout Russia. Thanks to help from our volunteers, it is now possible for people with a disability to easily find out what facilities are available to them wherever they are in Russia. These nine days are the result of many years of planning and preparation – during which our top priority was to create a welcoming and barrier-free environment for the Paralympic athletes who have themselves trained for years to reach this stage. It has been a transformative process – we have set new standards for accessibility and inclusion that will act as a blueprint for all of Russia, and we thank the Paralympic Movement for giving us that opportunity.

As you move between ice rink and mountain slope, you will see many examples of the Paralympic spirit in action – capture those moments, and share them with your audiences. Media coverage has been vital to the continued growth of the Paralympic Games, and the stories you tell will inspire future athletes for generations.

We are excited to have you here as part of the Games family. Join us in making these Games a joyful experience for all of Russia – and the world.

A handwritten signature in black ink, consisting of a large, stylized 'D' followed by a long, sweeping horizontal line.



INTRODUCTION



Mikhail Demin

Director, Press Operations,
Sochi 2014 Olympic and Paralympic
Organizing Committee

Dear members of the media,

We are honored to have you as our guests and colleagues during the Sochi 2014 Paralympic Winter Games.

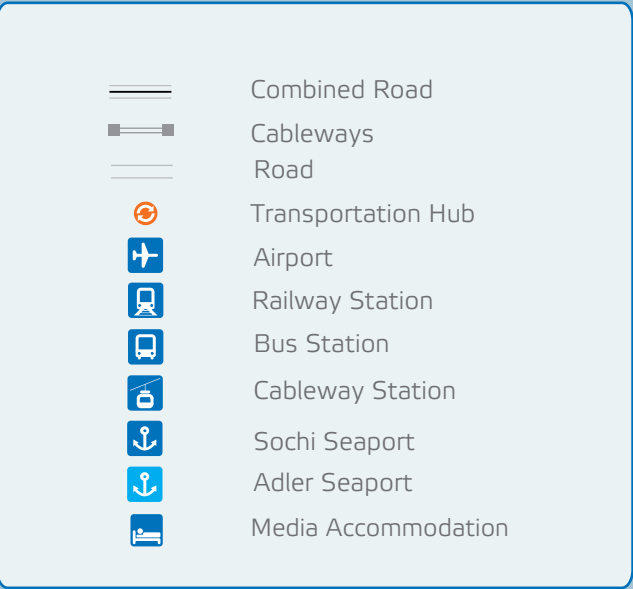
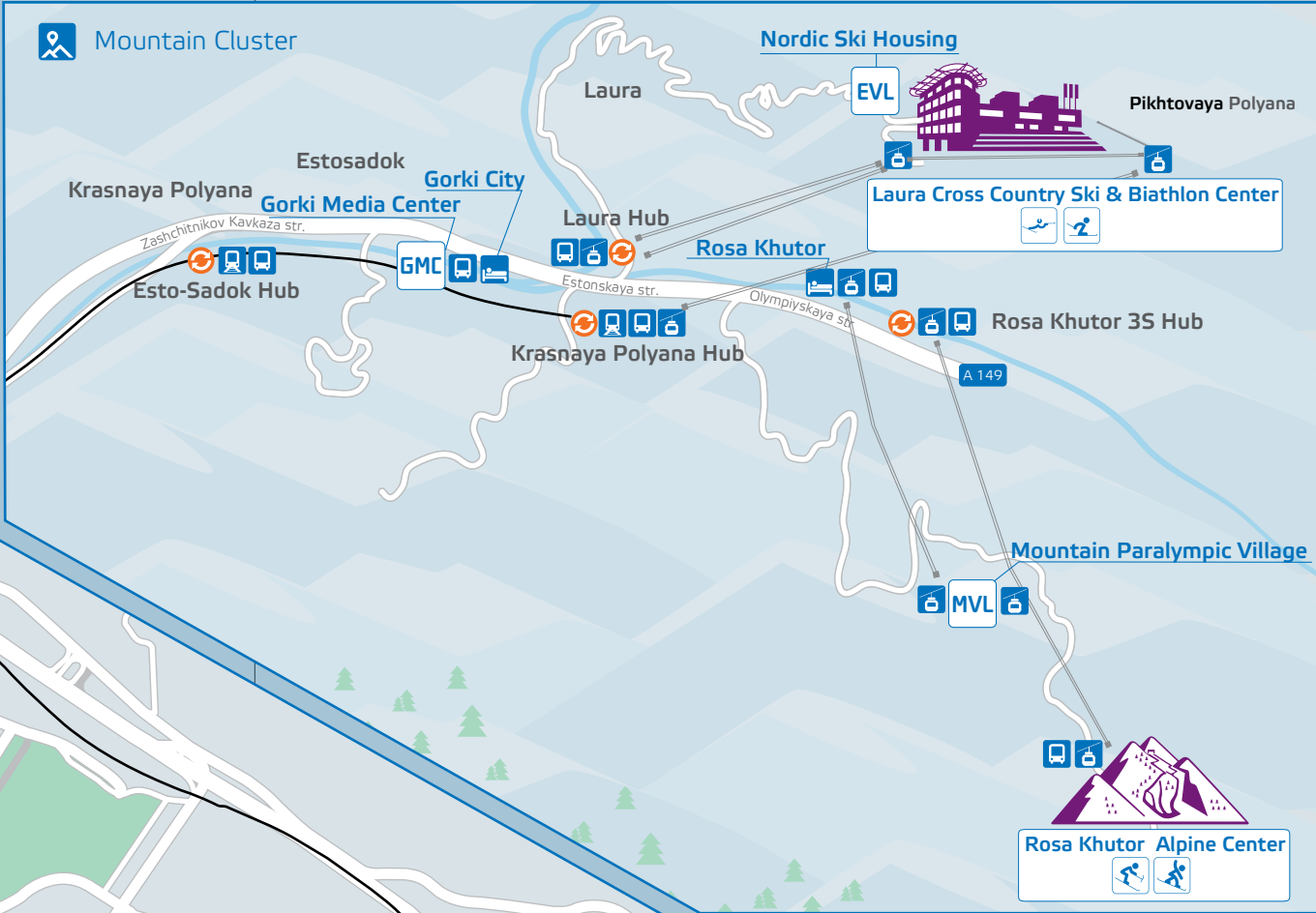
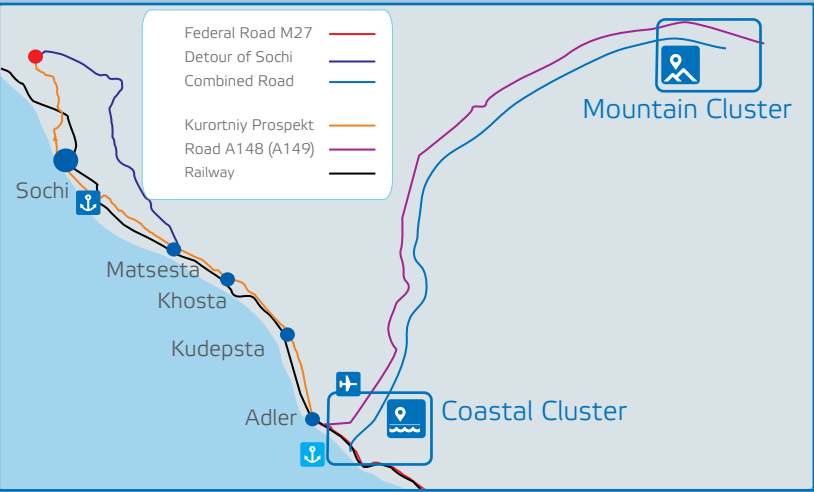
This handbook contains all of the information you will need to begin your Games journey. Additional information and updates are available on the Info 2014 system.

In addition to a compact and accessible Games system, we are pleased to offer the accredited media innovative solutions to help you work more efficiently – such as a free Wi-Fi option and making Info 2014 available on the devices you use every day: laptops, tablets and smartphones. My team of experienced Press Operations staff is ready to welcome you at the venues. The names and contact information for each venue's press manager and photo manager are listed within this handbook, and I encourage you to contact us with any questions.

A handwritten signature in black ink, appearing to read 'M. Demin', written over a light blue horizontal line.



Paralympic Environment



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The Sochi Paralympic Media Handbook includes updates as of 15 January 2014.
All dollar figures in this handbook are in US currency unless otherwise noted.
All times are in 24-hour format.

Key Dates



FEBRUARY

27

Main Press Center
closed for transition
to Paralympic Winter
Games

MARCH

4

Main Press Center
opens for Paralympic
Winter Games

5–6

Media tours of the
Paralympic Village

7

Paralympic Winter
Games Opening
Ceremony

16

Paralympic Winter
Games Closing
Ceremony

17

Main Press Center closes

Main Media Center



MAIN MEDIA CENTER

Located in the northern zone of the Olympic Park, the Main Media Center (MMC) houses the Main Press Center (MPC) and the International Broadcast Center (IBC).

The MMC has separate entrances for press and broadcasters, but with a main lobby and centralized shops and services available to both client groups. Note that, as in past Paralympic Games, those with an E-category accreditation do not have access to the IBC.

The MMC is within the secure perimeter of the Olympic Park, meaning that no additional security screening is required between the MMC and other Olympic Park venues; only an accreditation check is necessary.

The MMC offers quick and easy access to all venues. It is located within walking distance of all the competition venues in the Coastal Cluster and is 48 kilometers from the venues in the Mountain Cluster.

MEDIA TRANSPORT HUB

The MMC media transport hub, just outside the building, provides fast and reliable transit between all the competition venues and media accommodation sites. Bus routes to/from venues in both the Coastal Cluster and Mountain Cluster provide "bubble-to-bubble"* access.

Parking at the MMC is available to the accredited media who have purchased Vehicle Access and Parking Permits (VAPPs).

Note: The Gorki Media Center (GMC) **will not be operational** during the Paralympic Winter Games. However, **the GMC is the media transport hub for the mountain cluster of venues.** See Media Transport Guide for more information on transportation.

**Bubble-to-bubble transportation service means that media boarding a bus within a secure zone will not have to go through security screening at their destination. However, accreditation will be checked on both arrival and departure from the venues.*

MAIN PRESS CENTER

The Main Press Center (MPC) is housed on two floors within the Main Media Center, and includes the shared services for press and broadcasters as well as the working areas for accredited press and photographers.

MAIN PRESS CENTER HOURS OF OPERATION

4 – 6 March	08:00 – 20:00
7 – 17 March	07:00 – 00:00

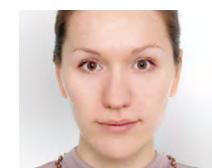
The MPC will be closed during the transition to the Paralympic Winter Games, reopening on 4 March 2014.



MPC Manager
Alexandra Shikalova
+7 862 445 18 20



Deputy MPC Manager
Olga Orlova
+7 862 445 18 20



MPC Photo Manager
Nellya Mikhaycheva
+7 862 445 19 33

MPC MAIN HELP DESK

The Main Help Desk is located at the main entrance of the MPC, and includes a number of information desks: Media Operations, Transport, Accommodation, Lost & Found, Marketing Communications, City Information, Cultural Program and Sustainability & Environment.

Media Operations

Phone number	+7 862 445 18 14
Email	mainhelpdesk@sochi2014.com

Hours of operation

4 – 6 March	08:00 – 20:00
7 – 17 March	07:00 – 00:00

Provides information and assistance to accredited media. Distributes press kits and media handbooks.

Transport

Phone number	+7 862 445 18 09
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Hours of operation

4 – 6 March	08:00 – 20:00
7 – 17 March	07:00 – 00:00

Provides assistance to all accredited media with information on media transport, bus timetables and daily updates.

Accommodation

Phone number +7 862 445 18 00

Hours of operation

4 – 17 March 09:00 – 19:00

Manages all questions related to official media hotels.

Lost & Found

Phone number +7 862 445 18 14

Email mainhelpdesk@sochi2014.com

Hours of operation

4 – 6 March 08:00 – 20:00

7 – 17 March 07:00 – 00:00

Provides information on Lost & Found items within all media zones, including media transport.

All found items should be handed in here.

Marketing Communications

Phone number +7 862 445 18 15

Hours of operation

7 – 17 March 09:00 – 20:00

Introduces the Paralympic partners and offers information on sponsor media events.

City Information

Phone number +7 862 445 10 51

Hours of operation

4 – 17 March 08:00 – 19:00

Information on the host city, tourist attractions and maps.

Sustainability & Environment

Phone number +7 862 445 18 93

Hours of operation

4 – 17 March 11:00 – 20:00

Provides information on environmental policies related to the Paralympic Winter Games.

MAIN LOBBY SERVICES

The Main Lobby offers shared services for both the accredited press and broadcasters, located along Main Street.

ATM

Hours of operation

4 – 6 March 08:00 – 20:00

7 – 17 March 07:00 – 00:00

ATM providing money withdrawal for Visa cardholders only.

Bank

Phone number +7 862 445 19 39

Hours of operation

4 – 6 March 09:00 – 18:00

7 – 17 March 08:00 – 19:00

Bank providing all standard banking services, including cash withdrawal and exchange.

Beauty Salon

Phone number +7 862 445 19 09

Hours of operation

4 – 6 March 10:00 – 17:00

7 – 17 March 09:00 – 18:00

The best stylists of Sochi will offer male and female haircuts, and professional manicures.

General Store

Phone number +7 862 445 19 40

Hours of operation

4 – 6 March 09:00 – 18:00

7 – 17 March 08:00 – 22:00

Sells a variety of items including food, snacks and beverages.

Gym

Phone number +7 862 445 19 43

Hours of operation

4 – 6 March 08:00 – 20:00

7 – 17 March 07:00 – 00:00

Gym with a professional training consultant. Changing rooms, showers, hairdryers and clean towels are available within the fitness center. Complimentary access for accredited media.

Internet Café

Phone number +7 862 445 18 19

Hours of operation

4 – 6 March 08:00 – 20:00

7 – 17 March 07:00 – 00:00

Complimentary Internet access, with computer stations and workplaces with cables to connect your own devices.

Laundry & Dry Cleaning

Phone number +7 862 445 19 38

Hours of operation

4 – 6 March 09:00 – 18:00

7 – 17 March 08:00 – 19:00

Laundry, dry cleaning and small repair services for a fee.

Massage Chairs

Hours of operation

4 – 6 March 10:00 – 17:00

7 – 17 March 09:00 – 18:00

Automated massage chairs available for a small fee.

Medical Center

Phone number +7 862 445 05 30

Hours of operation

4 – 6 March 08:00 – 20:00

7 – 17 March 07:00 – 00:00

Provides medical services to all accredited media.

Newspaper Kiosk

Phone number +7 862 445 19 42

Hours of operation

4 – 6 March 09:00 – 18:00

7 – 17 March 08:00 – 19:00

Provides newspapers for accredited media.

Official Merchandise Sochi 2014

Phone number +7 862 445 19 08

Hours of operation

4 – 6 March 10:00 – 20:00

7 – 17 March 09:00 – 23:00

Official Sochi 2014 merchandise available for purchase.

Pharmacy

Phone number +7 862 445 19 36

Hours of operation

4 – 6 March 09:00 – 18:00

7 – 17 March 08:00 – 19:00

Pharmacy selling prescription and non-prescription drugs.

Post, Parcel & Courier Services

Phone number +7 862 445 19 37

Hours of operation

4 – 6 March 10:00 – 17:00

7 – 17 March 09:00 – 18:00

Provides postal services and handles deliveries up to 25 kilograms within the country and abroad.

MPC SERVICES AND FACILITIES

MPC Guest Pass Office

There are two MPC guest pass offices: one located in the Media Accreditation Center adjacent to the MPC but outside the security perimeter (MPC Guest Pass Office 1) and one located within the security perimeter of the Olympic Park (MPC Guest Pass Office 2).

MPC Guest Pass Office 1 +7 862 445 18 17

MPC Guest Pass Office 2 +7 862 445 18 18

Email mpcguestpass@sochi2014.com

Hours of operation

4 – 17 March 09:00 – 18:00

Press & Photo Workroom

Hours of operation

4 – 6 March 08:00 – 20:00

7 – 17 March 07:00 – 00:00

The press and photo workroom provides 100 workstations, available on a first-come, first-served basis, except for those spaces reserved for specific organizations through the Press Rate Card. The press and photo workroom features a lounge area, TV screens broadcasting the live feed from all competitions, Mobile Print as well as Info 2014 terminals with networked printers.

Press & Photo Workroom Help Desk

Phone number +7 862 445 18 36

Hours of operation

4 – 6 March 08:00 – 20:00

7 – 17 March 07:00 – 00:00

The help desk provides general assistance to those working in the press and photo workroom. Lockers for the use of journalists and photographers are available, and keys can be obtained from the help desk.

Photo Services Center

Offers support to accredited photographers, including digital camera services, camera repairs and servicing, and equipment loans. Check with the press & photo workroom help desk for hours of operation.

Canon +7 862 445 18 01

Nikon +7 862 445 18 22

Technology Support Desk

Phone number +7 862 445 05 55 (24-hour on-call support)

Hours of operation

4 – 6 March 08:00 – 20:00

7 – 17 March 08:00 – 23:00

Provides technology and connectivity support in the workroom. Assistance may be provided for other equipment and applications, but Sochi 2014 is not responsible for equipment that was not rented through the Press Rate Card.

Press Conference Rooms

For the Paralympic Winter Games, there are two press conference rooms in the Main Press Center, named after famous Russian writers Fedor Dostoyevsky and Anton Chekhov. Consecutive or simultaneous interpretation will be available in all press conference rooms.

Dostoyevsky Hall – 170 seats

The Main Press Conference room, with simultaneous and/or consecutive interpretation available in English, French, German, Italian, Korean, Japanese, Chinese and Russian.

Chekhov Hall – 70 seats

Simultaneous translation in any four languages from the above list can be provided upon NPC's request.

Press Conference Booking Desk

Phone number +7 862 445 18 54

Hours of operation

4 – 17 March 08:00 – 20:00

Manages all press conferences at the MPC. An updated schedule of press conferences is available on Info 2014 and will be posted at the booking desk, at the Main Help Desk and in the workroom. An open stand-up area can be used by the press for one-on-one interviews.

Service Center

Phone number +7 862 445 18 90

Hours of operation

4 – 8 March 08:00 – 20:00

9 – 17 March 10:00 – 19:00

Manages the check-in and check-out process for private office space and orders made through the Press Rate Card including Games-time orders.

Spectrum Office

Phone number +7 862 445 05 67

Hours of operation

4 – 6 March 09:00 – 20:00

7 – 17 March 08:00 – 19:00

Provides licensing, testing and tagging services for radio and wireless equipment.

Sochi 2014 Information Desk

Phone number +7 862 445 10 00 (24-hour on-call support)

Hours of operation

4 – 6 March 08:00 – 20:00

7 – 17 March 08:00 – 00:00

The Sochi 2014 Media Relations Information Desk is available to facilitate communication between the press and Sochi 2014. It provides information about Sochi 2014 and manages interview requests with Sochi 2014 spokespersons.

IPC Press Office

Phone number +7 862 445 18 10

Email: ipc.media@paralympic.org

Hours of operation

4 – 17 March 09:00 – 19:00

Handles all queries related to the IPC and the Paralympic Movement, including comments on Games issues, press releases and requests for interviews with IOC officials and staff. Please send all your queries to ipc.media@paralympic.org.

The IPC Press Office is also in charge of IPC press conferences and the press briefings involving the IPC and Sochi 2014.

IPC Media Operations Office

Phone number +7 862 445 18 97

Hours of operation

4 March – 16 March 08:00 – 19:00

Manages the allocation of high-demand event tickets, and NPC Press Attaché armbands. Assists media, ENRs, NPCs and IFs with Paralympic-related guidelines, such as the News Access Rules, and Social Media, Blogging and Internet Guidelines.

Relaxation Room

Hours of operation

4 – 6 March 08:00 – 20:00

7 – 17 March 07:00 – 00:00

Quiet area for accredited press and photographers to relax.

FOOD AND BEVERAGES

A range of food and beverage outlets are available at the MPC, including a food court, à la carte restaurant, McDonald's, coffee corner and vending machines. A food delivery service to the workroom and private offices is also provided. Menu, prices and contact numbers are available at the Help Desks.

Food Court

Hours of operation

4 – 6 March 08:00 – 20:00

7 – 17 March 07:00 – 00:00

Self-service food court offering Russian, Asian, Italian cuisine, a bar grill and a quick eatery.

McDonald's

Hours of operation

4 – 6 March 08:00 – 20:00

7 – 17 March 07:00 – 00:00

A full-service McDonald's restaurant serving breakfast, lunch and dinner.

Restaurant

Hours of operation

4 – 6 March 08:00 – 20:00

7 – 17 March 07:00 – 00:00

Table-service restaurant with an extensive menu, including wine.

Coffee Corner

Hours of operation

4 – 6 March 08:00 – 20:00

7 – 17 March 07:00 – 00:00

Coffee, snacks, sandwiches and beer.

MPC A TO Z

ALCOHOL

Alcohol (beer, wine and spirits) is available for purchase at the restaurant.

CLEANING AND WASTE

Waste receptacles are stationed throughout the common areas of the MPC and offices, and will be emptied on a daily basis.

EMERGENCY

The MPC has an emergency notification system on both floors. In the event of an emergency, a voice alarm will sound and provide instructions on how to respond. The Sochi 2014 staff and volunteers are trained in emergency procedures, and it is necessary to follow their instructions in case of an emergency.

GUEST PASSES

Accredited organizations may request guest passes online through a dedicated Sochi 2014 website (<https://gup.sochi2014.com>).

Additionally, individuals and organizations accredited to the MPC can obtain guest pass application forms at the MPC Guest Pass Offices, at all help desks, at the Service Center and on the Press Operations extranet Alpina. Completed guest pass application forms can be emailed to mpcguestpass@sochi2014.com.

Online requests or filled-in application forms for each guest must be submitted by 17:00 on the day prior to the visit. See page 61 in this Media Handbook for more information on guest pass procedures.

FLOOR

In Russia, on maps and signage, the ground floor is known as the first floor.

LANGUAGE ASSISTANCE

Volunteers with additional language skills are available for language support at the Main Help Desk.

LOCKERS

Priority for lockers will be given to photographers. Lockers are located throughout the MPC for accredited press and photographers on a first-come, first-served basis. Keys are available at the press & photo workroom help desk.

LOST & FOUND

Lost & Found services for press and photographers are provided at the Lost & Found Desk located at the main entrance. Items found anywhere throughout the MPC or on any media transport should be handed in to the Lost & Found Desk.

PARKING

The MPC provides parking spaces for press and photographers. Access to the dedicated MPC parking area is provided only with purchased Vehicle Access and Parking Permits (VAPPs) on a first-come, first-served basis.

PIGEONHOLES

Pigeonholes are provided for hard copies of start lists, results, selected reports and news items from every competition venue and located in press&photo workroom.

PRESS KITS AND PARTICIPATION CERTIFICATES

Sochi 2014 press kits and participation certificates are available from the Main Help Desk for all E-category accredited persons. Media should present their accreditation to receive the press kit. Participation certificates will be available 5 days prior to the Closing Ceremony and will be printed on demand.

RESTRICTED ITEMS

Media representatives will not be permitted to bring restricted items into Paralympic venues. For a list of restricted items, media can visit <http://www.sochi2014.com/en/games/spectator/> and go to the "Restricted items at venues" section. Despite the restriction on "tools of the trade" being allowed into the Paralympic venues, technicians and some accredited photographers (ET & EP who have a genuine reason for having these items) may be entitled to a hologram sticker that will allow them to bring items such as screwdrivers, knives and multi-tools into venues.

Hologram stickers can be obtained from the Photo Manager's office, located in the press and photo workroom. Accredited photographers and technicians must sign for these hologram stickers and must have them in their possession whenever they want to access a Paralympic venue with the restricted items.

SMOKING

As with all Paralympic venues, smoking is not permitted inside the MPC. Designated smoking areas are provided outside of the MPC. Smoking restrictions will be strictly enforced within all buildings.

TAXI

To book a taxi, visit the Transport Desk at the Main Help Desk.

TECHNOLOGY ASSISTANCE

Please contact the Technology Service Desk for technology assistance.

Phone number +7 862 444 43 57

Extension 4-HELP/4-4357

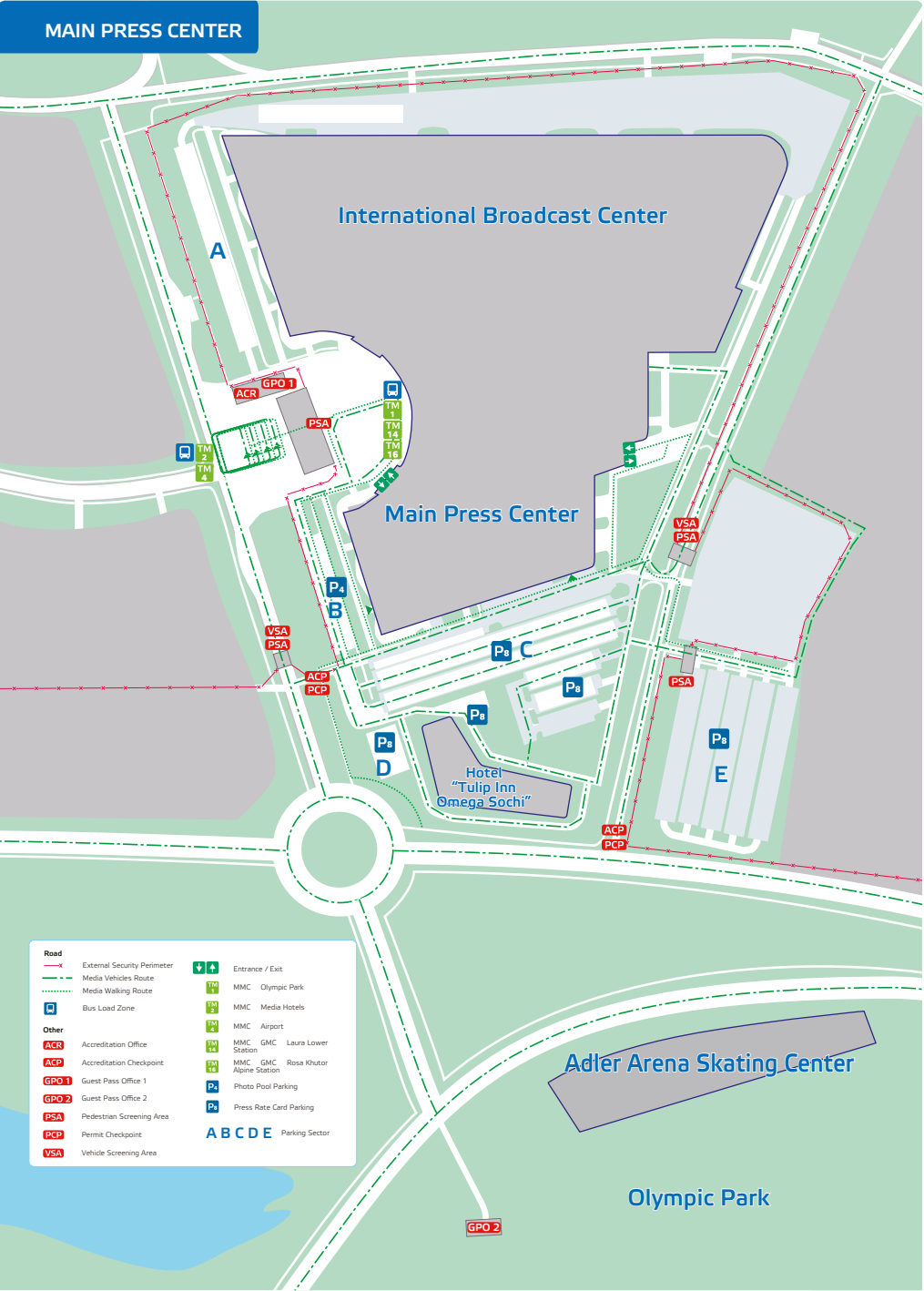
Email servicedesk@sochi2014.com

WI-FI

Wireless Internet access is available throughout the MPC.

MPC TELEPHONE DIRECTORY

LOCATION / SERVICE	PHONE NUMBER
Media Accreditation Center	
MPC Media Accreditation Center	+7 862 445 00 55
MPC Guest Pass Office 1	+7 862 445 18 17
MPC Guest Pass Office 2	+7 862 445 18 18
Main Help Desk	
Accommodation	+7 862 445 18 00
City Information	+7 862 445 10 51
Marketing Communications	+7 862 445 18 15
Media Operations / Lost & Found	+7 862 445 18 14
Sustainability and Environment	+7 862 445 18 93
Transport	+7 862 445 18 09
Main Street	
Bank	+7 862 445 19 39
Beauty Salon	+7 862 445 19 09
General Store	+7 862 445 19 40
Gym	+7 862 445 19 43
Internet Café	+7 862 445 18 19
Laundry & Dry Cleaning	+7 862 445 19 38
Medical Center	+7 862 445 05 30
Newspaper Kiosk	+7 862 445 19 42
Official Merchandise Sochi 2014	+7 862 445 19 08
Pharmacy	+7 862 445 19 36
Post, Parcel & Courier Services	+7 862 445 19 37
Press and Photo Facilities	
MPC Manager	+7 862 445 18 20
Press & Photo Workroom Help Desk	+7 862 445 18 36
MPC Photo Manager	+7 862 445 19 33
Canon	+7 862 445 18 01
Nikon	+7 862 445 18 22
Inquiries and Ticketing	
Sochi 2014 Information Desk	+7 862 445 10 00
IPC Press Office	+7 862 445 18 10
IPC Media Operations Office	+7 862 445 18 97
Press Conference Booking Desk	+7 862 445 18 54
Service Center	
Rate Card	+7 862 445 18 90
Technology	+7 862 445 01 10
Logistics	+7 862 445 01 30



IN RUSSIA, THE GROUND FLOOR IS KNOWN AS THE FIRST FLOOR.

MAIN PRESS CENTER



- 1 Sochi 2014 Press Operations
- 2 IPC Media & Communications
- 3 Service Center
- 4 Press Conference Booking Office
- 5 RIA Novosti
- 6 Dostoyevsky Hall
- 7 Chekhov Hall

- Entrance
- Accreditation Check Point
- Escalator
- Passenger Elevator
- Cargo Elevator
- Stairs
- WC
- Bar
- Coffee Corner
- Relaxation Room

SECOND FLOOR

IN RUSSIA, THE GROUND FLOOR IS KNOWN AS THE FIRST FLOOR.

Venue Press Operations

VENUE PRESS OPERATIONS

Four competition venues will host the five sports of the 2014 Paralympic Winter Games:

Ice Cube Curling Center (wheelchair curling)

Laura Cross Country Ski and Biathlon Center (biathlon, cross-country skiing)

Rosa Khutor Alpine Center (alpine skiing, including para-snowboard)

Shayba Arena (ice sledge hockey)

Each venue provides similar services and facilities for the accredited press and photographers.

VENUE MEDIA CENTERS (VMCs) include press and photo workrooms with power outlets (220V) and wired Internet connectivity, lockers for temporary storage, Info 2014 terminals and pigeonholes with printed reports, Internet kiosks, television screens showing competition feeds from all venues, media lounge, language services support, help desk and technology support desk.

Venue media centers open to the media on the first day of official training.

Venue media centers at the competition venues open 2 hours prior to competition and close 2 hours after competition ends.

When a venue's daily schedule begins or ends with a training session, the venue opens 1 hour prior to training and closes 1 hour following the end of training.

Press tribunes provide a dedicated area for the press with unobstructed views of the field of play. Indoor venues include tabled tribunes equipped with wired Internet ports and a power outlet (220V) at every seat, and shared TV monitors. At outdoor venues, press will have reserved viewing areas close to the finish area, often combined with the mixed zone.

Printed copies of start lists and results are distributed to the press tribunes.

Mixed zones provide an opportunity for the press to conduct brief, informal interviews with athletes immediately after they compete. Athletes must pass through the mixed zone as they leave the field of play, but are not required to stop and talk to the media.

The order of interviewers within the mixed zone is determined by the IPC:

1. Rights-holding broadcasters: live interviews
2. Rights-holding broadcasters: ENG interviews
3. IPC-recognized world news agencies and the Paralympic News Service
4. Press: press and photographers, non-rights-holding broadcasters (without recording equipment)

Paralympic News Service flash quote reporters operate from the mixed zone without interfering with the priority order for interviews. NPC press attachés may accompany athletes through the press mixed zone only, but may not interfere with the priority order for interviews.

Press conferences will be held after medal events in case of high media interest. The athlete availability focus will be in the mixed zones.

Media lounges provide free tea, coffee and water; hot food and other refreshments are available for purchase.

VENUE MEDIA CENTER GENERAL INFORMATION

Code of Conduct

Breaches of accepted press conduct (such as breaking embargoes or misuse of accreditation) are addressed by the IPC Media Operations Manager and the Sochi 2014 Press Chief. Any serious incident involving an accredited member of the press should be reported immediately to the venue press manager or Sochi 2014 Press Chief.

Internet Access

Access to the Internet through the wired port requires an Internet account, purchased through the Press Rate Card. Wi-Fi connectivity is also available in press areas. See page 63 of this Media Handbook for more details.

Lockers

Lockers can be booked through the Help Desk at each venue media center. Sochi 2014 does not accept responsibility for loss or damage to equipment stored in lockers.

Non-Rights-Holding Broadcasters Access Rights

Persons accredited as a non-rights-holding broadcaster (ENR) must abide by the News Access Rules as issued by the IPC. ENRs have access to the press areas of competition and non-competition venues, but are not allowed to bring any professional broadcast equipment, into the competition venues.

Reserved Seating in Workrooms and Tribunes

Seating in the workrooms and tribunes are available on a first-come, first-served basis each day, except where organizations have ordered dedicated access port through the Press Rate Card. These locations are labeled with the organization's name and are for their exclusive use.

Paralympic Villages

Venue media centers in the Coastal and Mountain Paralympic Villages offer similar services as competition venues, with a small media workroom, press conference room and interview room. Bookings for the interview room are managed by the venue press manager.

E-accredited press and photographers are eligible for a Paralympic Village Media Pass, distributed at the Media Pass Office. Non-rights-holding broadcasters are allowed entry to the Paralympic Village venue media centers but may not bring any video or audio equipment into the Villages.

Members of the media are able to access the residential zone by invitation of a National Paralympic Committee. Media also have residential zone access during the Paralympic Village venue tours on 5 and 6 March. Media must pre-register for the Paralympic Village venue tours at the Main Help Desk at the Main Press Center.

Media Tour Policy

Media will be free to access any outdoor public areas to report, conduct interviews and take photographs; however no filming is allowed.

Media may approach athletes and officials for interview requests. If a request is denied, the media should no longer pursue the individual and respect their decision and privacy.

Violations of any rules may result in immediate expulsion from the Paralympic Village.

VENUE MEDIA CENTER OVERVIEW

COASTAL CLUSTER



Ice Cube Curling Center



Wheelchair Curling



Shayba Arena



Ice Sledge Hockey

MOUNTAIN CLUSTER



Laura Cross Country Ski and Biathlon Center



Biathlon, Cross Country Skiing

Rosa Khutor Alpine Center



Alpine Skiing, Para-snowboard

NON-COMPETITION VENUES



Fisht Olympic Stadium



Opening and Closing Ceremonies

Medals Plaza



Victory Ceremonies



Coastal Village Usadba

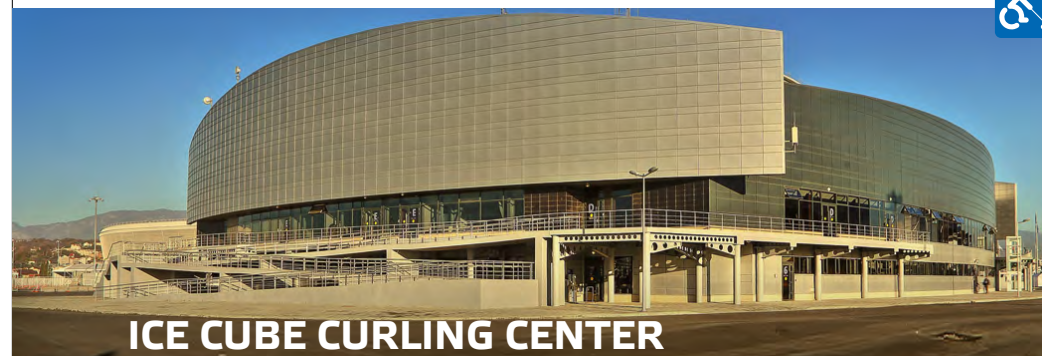
Athletes' Village



Mountain Village Derevnnya

Athletes' Village

WHEELCHAIR CURLING



ICE CUBE CURLING CENTER



Venue Press Manager
Karen Danelyan
+7 928 234 34 71



Venue Photo Manager
Sergey Vlasov
+7 938 294 80 43

MEDIA HELP DESK

+7 862 443 41 51

GETTING THERE

TM1 from MMC: 3 minutes

The Ice Cube Curling Center is located within walking distance (approximately 12 minutes) from the Main Media Center.

VENUE MEDIA CENTER HOURS

7 March 08:00 – 16:20
8 March 07:30 – 20:30
9 March 07:30 – 20:30
10 March 07:30 – 20:30
11 March 07:30 – 20:30

12 March 07:30 – 20:30
13 March 07:30 – 20:30
14 March 07:00 – 00:00
15 March 07:30 – 20:30

PRESS CAPACITIES

Press tribune, tabled	44
Press tribune, non-tabled	36
Press tribune, accessible	2
Press workshop	57
Photo workshop	25
Mixed zone	60
Media lounge	25
Photo positions, field of play	60
Photo positions, elevated	20
Press conference room combined with press workshop	

VENUE INFORMATION

Paralympic Capacity — **3,000**

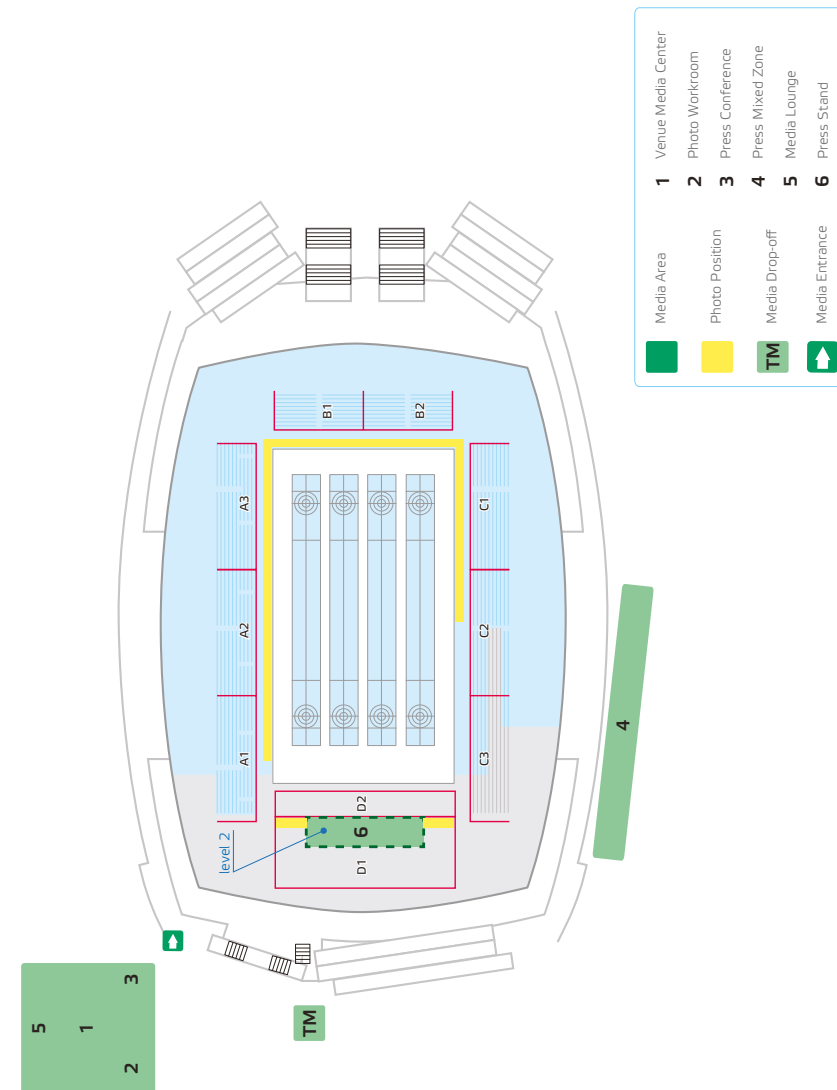
Although designed to be a moveable venue, making it possible for it to be dismantled and transported to another Russian city, the "Ice Cube" will remain in Sochi as a federal curling center for national teams, local clubs and children's curling.

VENUE COMPETITION SCHEDULE

WHEELCHAIR CURLING | ICE CUBE CURLING CENTER

DATE	SESSION TIME	SESSION DESCRIPTION	MEDAL SESSION
8 March	09:30 – 12:30	Round Robin	
	15:30 – 18:30	Round Robin	
9 March	09:30 – 12:30	Round Robin	
	15:30 – 18:30	Round Robin	
10 March	09:30 – 12:30	Round Robin	
	15:30 – 18:30	Round Robin	
11 March	09:30 – 12:30	Round Robin	
	15:30 – 18:30	Round Robin	
12 March	09:30 – 12:30	Round Robin	
	15:30 – 18:30	Round Robin	
13 March	09:30 – 12:30	Round Robin	
	15:30 – 18:30	Round Robin	
14 March	09:00 – 12:00	Tie-breakers	
	14:00 – 17:00	Tie-breakers	
	19:00 – 22:00	Tie-breakers	
15 March	09:30 – 12:30	Semifinals	
	15:30 – 18:55	Bronze & Gold Medal Games	●

ICE CUBE CURLING CENTER





SHAYBA ARENA



Venue Press Manager
Olga Kamardina
+7 928 234 35 26



Venue Photo Manager
Nikolay Kondakov
+7 938 294 80 74

MEDIA HELP DESK

+7 862 443 11 51

GETTING THERE

TM1 from MMC: 6 minutes
Shayba Arena is located within walking distance (approximately 20 minutes) from the Main Media Center. If carrying heavy equipment, use the media transport service which will drop off very close to the media entrance.

VENUE MEDIA CENTER HOURS

1 March	12:00 – 21:15	6 March	08:15 – 19:45	11 March	07:30 – 00:00
2 March	08:30 – 21:15	7 March	07:00 – 14:00	12 March	14:00 – 00:00
3 March	08:30 – 21:15	8 March	07:30 – 00:00	13 March	11:00 – 00:00
4 March	08:30 – 21:15	9 March	07:30 – 00:00	14 March	11:00 – 00:00
5 March	08:00 – 21:30	10 March	Closed	15 March	11:00 – 00:00

TRAINING ARENA

2 March	10:00 – 13:45	7 March	07:00 – 14:00	12 March	08:00 – 20:30
3 March	10:00 – 15:30	8 March	08:00 – 14:05	13 March	08:00 – 20:30
4 March	10:00 – 19:00	9 March	08:00 – 14:05	14 March	08:00 – 20:30
5 March	08:30 – 13:50	10 March	08:00 – 22:30	15 March	08:00 – 14:05
6 March	08:30 – 19:00	11 March	08:00 – 14:05		

PRESS CAPACITIES

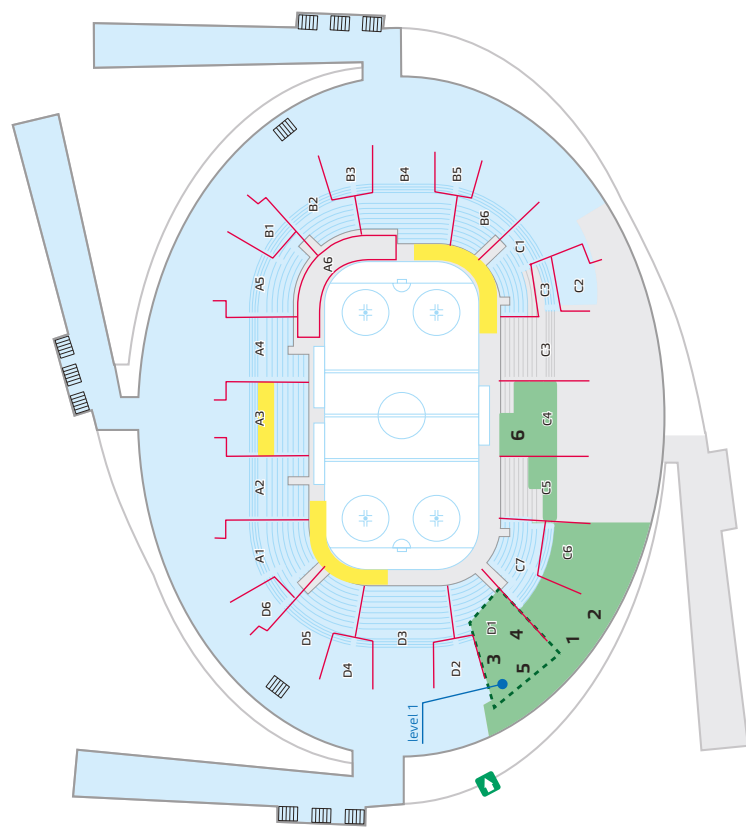
Press tribune, tabled	21	Media lounge	40
Press tribune, non-tabled	59	Photo positions, field of play	40
Press tribune, accessible	4		
Press workroom	70		
Photo workroom	30		
Mixed zone	75		
Press conference room	80		

VENUE INFORMATION

Paralympic Capacity – **7,000**
The name “Shayba” refers to the Russian term for a hockey puck, which inspired the building’s design. Russian fans chant “Shaybu!” to support an ice hockey team at competitions.

VENUE COMPETITION SCHEDULE

DATE	SESSION TIME	SESSION DESCRIPTION	MEDAL SESSION
8 March	09:30 – 11:30	Preliminary Game CZE – NOR	
	13:00 – 15:00	Preliminary Game CAN – SWE	
	16:30 – 18:30	Preliminary Game USA – ITA	
	20:00 – 22:00	Preliminary Game RUS – KOR	
9 March	09:30 – 11:30	Preliminary Game CZE – SWE	
	13:00 – 15:00	Preliminary Game CAN – NOR	
	16:30 – 18:30	Preliminary Game USA – KOR	
	20:00 – 22:00	Preliminary Game RUS – ITA	
11 March	09:30 – 11:30	Preliminary Game KOR – ITA	
	13:00 – 15:00	Preliminary Game NOR – SWE	
	16:30 – 18:30	Preliminary Game USA – RUS	
	20:00 – 22:00	Preliminary Game CAN – CZE	
12 March	16:00 – 18:00	Play-off 5th-8th	
	20:00 – 22:00	Play-off 5th-8th	
13 March	13:00 – 15:00	Semifinal	
	20:00-22:00	Semifinal	
14 March	13:00 – 15:00	Game for 7-8 place	
	20:00 – 22:00	Game for 5-6 place	
15 March	13:00 – 15:00	Bronze Medal	●
	20:00 – 22:40	Gold Medal	●



- Media Area Level 2
- Photo Position
 - Media Entrance
 - 1 Venue Media Center
 - 2 Photo Workroom
 - 3 Press Conference
 - 4 Press Mixed Zone
 - 5 Media Lounge
 - 6 Press Stand



LAURA CROSS COUNTRY SKI AND BIATHLON CENTER



Venue Press Manager
Anna Lozovskaya
+7 938 294 78 35



Venue Photo Manager
Cavan Pawson (Biathlon)
+7 938 294 81 06



Venue Photo Manager
Ekaterina Belova (Cross Country Skiing)
+7 938 294 80 53

MEDIA HELP DESK
+7 862 443 51 51

GETTING THERE

Media can get to the Laura Cross Country Ski and Biathlon Centre on two routes:

1. From the Mountain Cluster: TM13 Rosa Khutor media hotels — Laura — GMC — Gorki City. Travel time: up to 28 minutes.
2. From the Coastal Cluster: TM14 MMC — GMC — Gorki City — Laura. Travel time: up to 99 minutes.

From the media transport drop-off point at Laura Lower Station, take the gondola to Laura Top Station (journey time is 12 minutes). From there an internal shuttle will operate to the competition area.

Note: The Gorki Media Center (GMC) will not be operational during the Paralympic Winter Games. However, the GMC is the media transport hub for the mountain cluster of venues.

VENUE MEDIA CENTER HOURS

Date	VMC and Photo File Center	12 March	08:00 – 17:10
07 March	08:00 – 15:00	13 March	09:00 – 16:00
08 March	08:00 – 17:45	14 March	08:00 – 19:10
09 March	08:00 – 18:00	15 March	08:00 – 17:00
10 March	08:00 – 18:45	16 March	08:00 – 15:45
11 March	08:00 – 18:30		

PRESS CAPACITIES

Press stand	30
Press and photo workroom	225
Mixed zone	200
Press conference room	150
Media lounge	70
Photo positions	200
Photo file center	30

VENUE INFORMATION

Paralympic Capacity — **7,500**

Laura Cross Country Ski and Biathlon Center consists of two separate stadiums; Paralympic competitions will be held at the cross country stadium.

VENUE COMPETITION SCHEDULE

BIATHLON | LAURA CROSS COUNTRY SKI AND BIATHLON CENTER

DATE	SESSION TIME	SESSION DESCRIPTION	MEDAL SESSION
8 March	10:00 – 11:35	M 7.5 km Sitting W 6 km Sitting	2 ●
	12:00 – 15:00	M 7.5 km Standing. Visually Impaired W 6 km Standing. Visually Impaired	4 ●
11 March	10:00 – 12:25	M 12.5 km Sitting W 10 km Sitting	2 ●
	13:00 – 16:25	M 12.5 km Standing. Visually Impaired W 10 km Standing. Visually Impaired	4 ●
14 March	10:00 – 12:00	M 15 km Sitting W 12.5 km Sitting	2 ●
	12:30 – 17:20	M 15 km Standing. Visually Impaired W 12.5 km Standing. Visually Impaired	4 ●

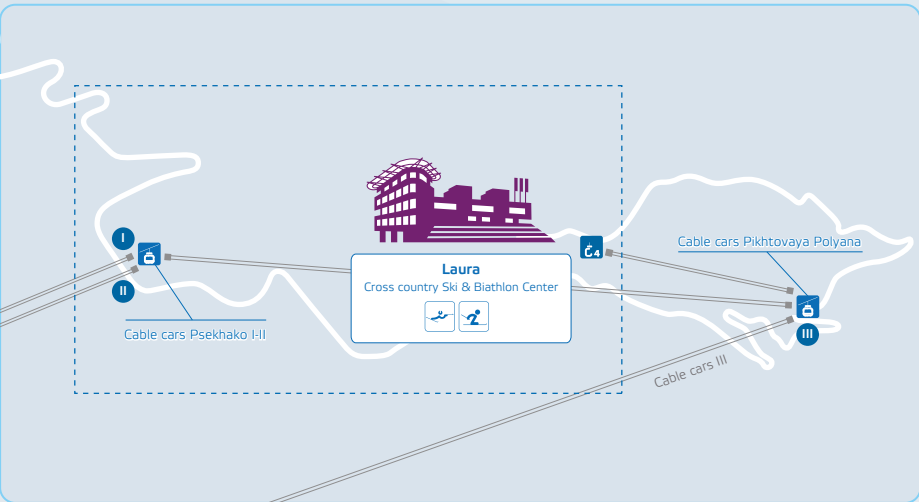
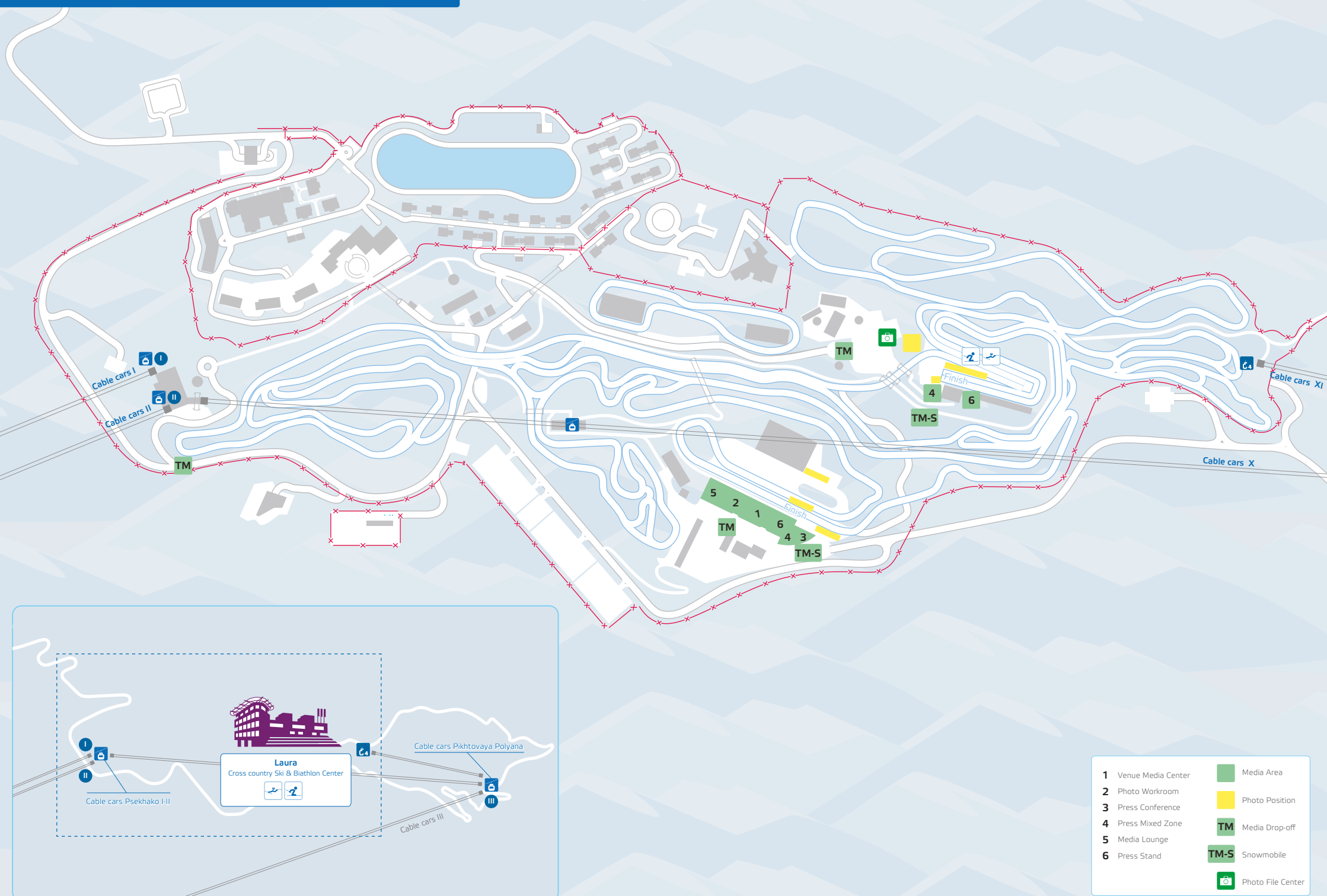
CROSS COUNTRY | LAURA CROSS COUNTRY SKI AND BIATHLON CENTER

DATE	SESSION TIME	SESSION DESCRIPTION	MEDAL SESSION
9 March	10:00 – 11:35	M 15 km Sitting	●
	12:30 – 14:20	W 12 km Sitting	●
10 March	10:00 – 15:20	M 20 km Classic Standing. Visually Impaired W 15 km Classic Standing. Visually Impaired	4 ●
12 March	10:00 – 11:40	1 km Sprint Free. Qualification. All Classes	
	12:30 – 15:30	1 km Sprint Free. Semifinals & Finals. All Classes	6 ●
15 March	10:00 – 11:30	Mixed Relay 4x2.5 km. All Classes	●
	12:00 – 13:30	Open Relay 4x2.5 km. All Classes	●
16 March	10:00–12:15	M 10 km Free Standing. Visually Impaired W 5 km Free Standing. Visually Impaired	4 ●
	12:30–14:45	M 10 km Sitting W 5 km Sitting	2 ●

M — Men's event

W — Women's event

LAURA CROSS COUNTRY SKI AND BIATHLON CENTER



- | | | |
|---|--------------------|-------------------|
| 1 | Venue Media Center | Media Area |
| 2 | Photo Workroom | Photo Position |
| 3 | Press Conference | Media Drop-off |
| 4 | Press Mixed Zone | TM |
| 5 | Media Lounge | TM-S |
| 6 | Press Stand | Snowmobile |
| | | Photo File Center |



ROSA KHUTOR ALPINE CENTER



Venue Press Manager
Tatiana Udalova
+7 928 234 34 72



Venue Photo Manager
Georgy Dubenetsky
+7 938 294 80 37

MEDIA HELP DESK
+7 862 443 61 51

GETTING THERE

Two routes will get you to the Rosa Khutor Alpine Center:

1. From the Mountain Cluster: TM15 Rosa Khutor media hotels – Alpine Center Rosa Khutor. Travel time: up to 31 minutes.
2. From the Coastal Cluster: TM16 MMC — GMC – Gorki City – Alpine Center Rosa Khutor. Travel time: up to 124 minutes.

Note: The Gorki Media Center (GMC) will not be operational during the Paralympic Winter Games. However, the GMC is the media transport hub for the mountain cluster venues.

VENUE MEDIA CENTER HOURS

5 March	08:00 – 16:00	11 March	07:30 – 20:00
6 March	08:00 – 16:00	12 March	Closed
7 March	08:00 – 16:00	13 March	14:00 – 22:30
8 March	08:00 – 15:00	14 March	08:00 – 22:00
9 March	08:00 – 14:35	15 March	07:30 – 17:00
10 March	08:00 – 13:30	16 March	07:30 – 16:30

PRESS CAPACITIES

Press tribune	n/a
Press workroom	288
Photo workroom	68
Mixed zone	300
Media lounge	70
Photo positions	300
Photo positions, field of play	40
Press conference room combined with press workroom	

VENUE INFORMATION

Paralympic Capacity — **7,500**

Press can view the competitions from the mixed zone. Press conferences will be held in the press workroom.

The Rosa Khutor Alpine Center is the newest alpine skiing complex in Russia. All slopes were developed by Bernhard Russi, Olympic downhill champion and world-renowned ski architect.

VENUE COMPETITION SCHEDULE

ALPINE SKIING | ROSA KHUTOR ALPINE CENTER

DATE	SESSION TIME	SESSION DESCRIPTION	MEDAL SESSION
8 March	10:00–13:10	Downhill. All Classes	6 ●
9 March	10:00–12:35	M Super G. All Classes	3 ●
10 March	10:00–11:35	W Super G. All Classes	3 ●
11 March	09:30–12:00	Super Combined. All Classes	
	15:30–18:10	Super Combined. All Classes	6 ●
13 March	16:00–17:30	W Slalom. All Classes	
	19:00–20:25	W Slalom. All Classes	3 ●
14 March	10:00–12:20	Snowboard. Cross Standing	2 ●
	16:00–17:00	W Slalom. All Classes	
	19:00–20:05	W Slalom. All Classes	3 ●
15 March	09:30–11:30	M Giant Slalom. All Classes	
	13:00–15:00	M Giant Slalom. All Classes	3 ●
16 March	09:30–11:00	W Giant Slalom. All Classes	
	13:00–14:25	W Giant Slalom. All Classes	3 ●

M — Men's event

W — Women's event

ROSA KHUTOR ALPINE CENTER

- 1

Venue Media Center
- 2

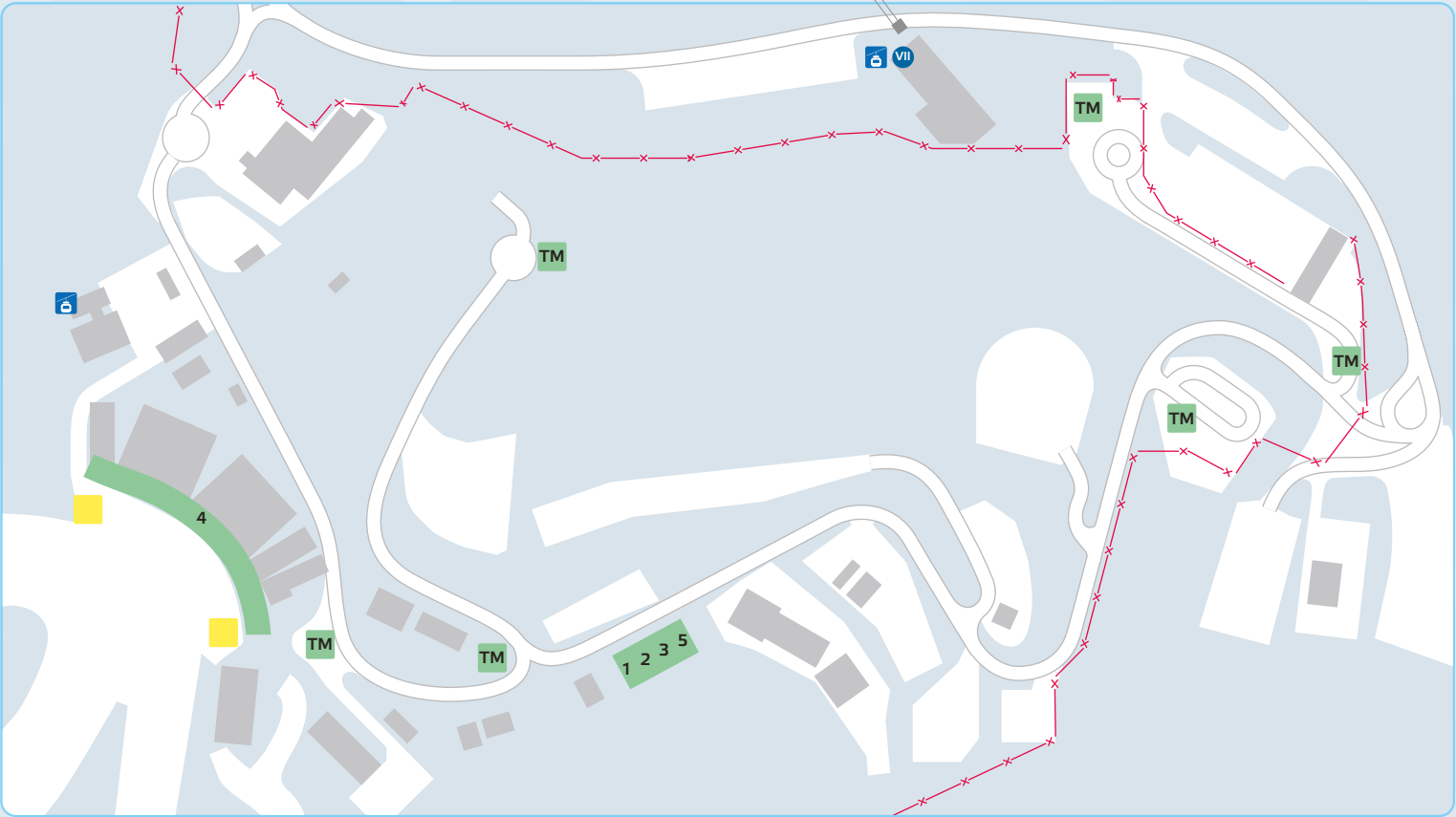
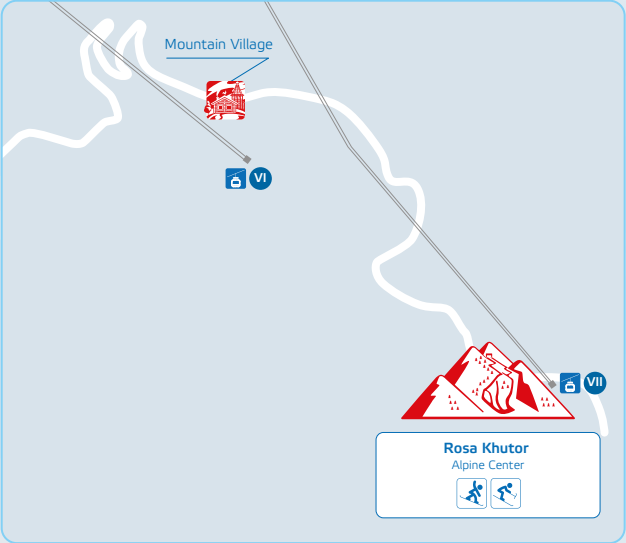
Photo Workroom
- 3

Press Conference
- 4

Press Mixed Zone
- 5

Media Lounge
- Media Area
- Photo Position
- TM

Media Drop-off





FISHT OLYMPIC STADIUM



Venue Press Manager
Anna Surova
+7 928 234 31 72



Venue Photo Manager
Vadim Mikhaychev
+7 928 234 16 25

MEDIA HELP DESK

+7 862 44 20151/52

GETTING THERE

TM1 from MMC: 13 minutes

TM1 CER from MMC: 6 minutes

Fisht Olympic Stadium is located within walking distance (approximately 20 minutes) from the Main Media Center.

VENUE MEDIA CENTER HOURS

7 March 16:00 – 02:00 **16 March** 16:00 – 02:00

PRESS CAPACITIES

Press tribune, tabled	400
Press tribune, non-tabled	248
Press workroom	78
Photo workroom	62
Press conference room	150
Media lounge	40
Photo positions	300

VENUE INFORMATION

Paralympic Capacity — **40,000**

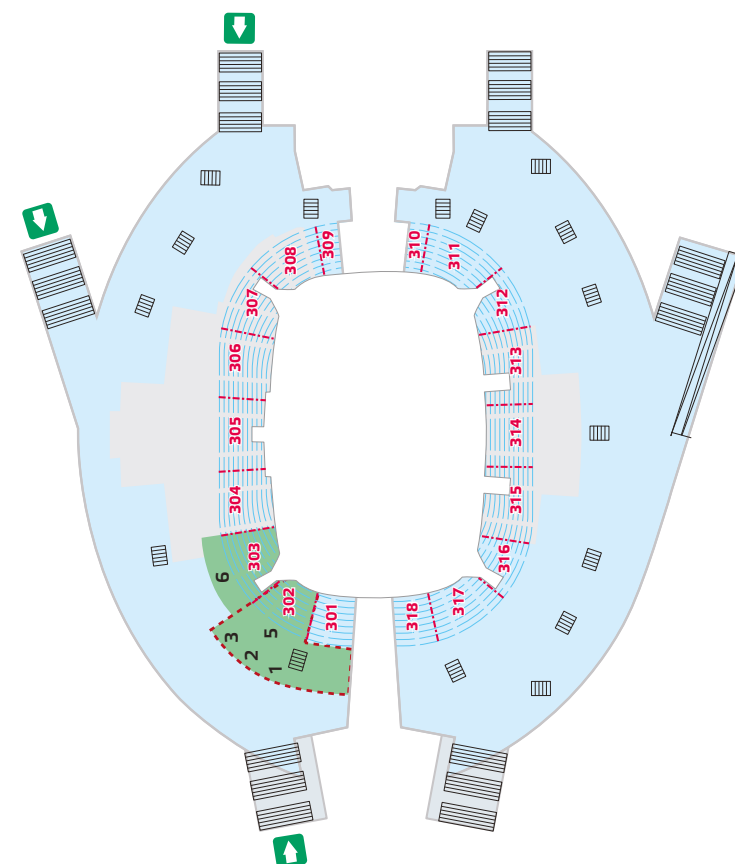
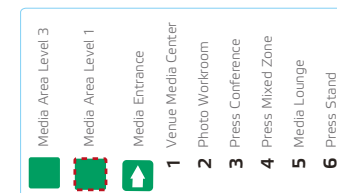
The stadium's design was developed to meet the requirements of the International Paralympic Committee (IPC) as well as international best practices in accessibility for people with disabilities.

After the Games, Fisht Stadium will become a football venue and training center, in preparation for hosting the FIFA 2018 World Cup.

NOTE: Media guides for the Opening and Closing Ceremonies will be available at Fisht Olympic Stadium, and distributed at the Main Media Center.

CEREMONY SCHEDULE

Opening Ceremony	7 March	20:14
Closing Ceremony	16 March	20:14



FISHT OLYMPIC STADIUM

MEDALS PLAZA



During the Paralympic Games, medals for the snow sports will be presented each evening at Rosa Khutor, next to the town hall tower.



Venue Press Manager
Damian Sinkiewicz
+7 925 999 32 36



Venue Photo Manager
Lesya Polyakova
+7 938 294 79 05

GETTING THERE

The Medals Plaza is located at the Rosa Khutor resort, a cluster of the hotels on Mzymta region at the Rosa Khutor lower station.

To get to the Medals Plaza take:

From the GMC: TM13 (15 minutes)

From the MMC: TM14 or TM16 (80 minutes) to the GMC, then transfer to the TM13

From Airport: TM17 (73 minutes)

Venue information

Medal ceremonies begin at 18:15.

Venue Media Center

The venue media center will be based on the first floor of the Golden Tulip hotel, 300 m from the Medals Plaza. VMC will be open 90 minutes prior to medal ceremonies and will close at 23:00.

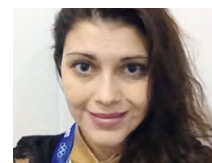
PRESS CAPACITIES

Press and photo workroom	30
Press stands	40
Mixed zone	40

Note: Those with an ENR accreditation are not permitted to film ceremonies in the Medals Plaza.

PARALYMPIC VILLAGES

COASTAL VILLAGE USADBA



Venue Press Manager
Julia Kaschenko
+7 938 294 77 27

PRESS CAPACITIES

Press workroom	15
Press conference room	50

Situated on 75 hectares along the shore of the Black Sea, the Coastal Village Usadba will deliver superior accommodations for athletes near the Coastal training and competition venues. The Village is located within walking distance (approximately 10 minutes) from the Main Media Center.

MOUNTAIN VILLAGE DEREVNYA



Venue Press Manager
Rustem Yunusov
+7 938 294 77 61

PRESS CAPACITIES

Press workroom	15
Press conference room	30

Located on the northern slope of Aibga Mountain Range, Mountain Village Derevnnya is home to alpine skiing and para-snowboard athletes. Press staying in the Rosa Khutor media hotels can take a shuttle bus to Rosa Khutor 3S Lower Station, then access the Mountain Village Derevnnya by cableway.



Photo Operations



During the Paralympic Winter Games, Photo Operations is managed from the Main Press Center (MPC). Each venue will have a dedicated Venue Photo Manager, a Deputy Venue Photo Manager and a team of Photo Services marshals.

CENTRAL PHOTO OPERATIONS TEAM



Photo Chief
Peter Charles
+7 925 999 20 91



MPC Photo Manager
Nellya Mikhaycheva
+7 862 445 19 33

MAIN PRESS CENTER SERVICES AND FACILITIES FOR PHOTOGRAPHERS

The MPC photo workroom is contained within the press workroom. It has 100 workspaces with power and cabled Internet, as well as a limited number of photo editing stations. Photo lockers are available to photographers free of charge on a first-come, first-served basis.

MPC PHOTO HELP DESK

Location	Photo workroom, second level
Phone number	+7 862 445 18 36
Hours of operation	
4 – 6 March	08:00 – 20:00
7 – 17 March	07:00 – 00:00

MPC PHOTO SERVICES CENTER

Location Second level
Offers support to accredited photographers, from pre-Games camera tune-ups and firmware updates to comprehensive repairs and equipment loans. Check with the photo workroom help desk for hours of operation.

Canon	+7 862 445 18 01
Nikon	+7 862 445 18 22

PHOTOGRAPHER'S UNDERTAKING AND PROCEDURES

For a PIAC to be granted by the IPC, photographers are required to sign the Photographer's Undertaking. The undertaking stipulates that images taken at a Paralympic Games can be used for "still photographic editorial purposes only" and that the use of photographs for advertising or any other commercial purpose, in any medium or in any manner whatsoever, is expressly prohibited by the IPC. Visit the Photo Help Desk at the MPC for more information.

PHOTO POSITIONS AND SUPPLEMENTAL ACCREDITATION

Details of photo positions at each venue are available from the Venue Photo Managers and the Photo Help Desk at the MPC.

Photo positions are generally available on a first-come, first-served basis.

Photographers are permitted to work from empty spectator seats, but they must not disturb any nearby spectators and must vacate these seats immediately when ticketholders arrive.

Accredited photographers are required to register at the MPC and receive their individually-numbered photo sleeve. Photographers can only work from venues when they have both the Paralympic Identity and Accreditation Card (PIAC) and the photo sleeve.



Paralympic News Service



The Paralympic News Service (PNS) is responsible for collecting, producing and distributing a range of news and information to the Paralympic Family, with emphasis on servicing the accredited media. During the Games, PNS operates as an international news agency with a central editorial desk and venue-based reporting teams, allowing journalists to keep informed of events and developments they may not have been able to cover themselves.

During the Games, PNS rapidly generates and distributes flash quotes, press conference highlights, news articles, results and sport previews and reviews. To further assist the press, PNS also provides comprehensive background information, such as athlete biographies, historical results and details on the various sports and disciplines.

Media can subscribe to SMS and email alerts for major breaking news and changes to competition and press conferences schedules.

PNS is run by professional journalists and technical experts to ensure accuracy, thoroughness, consistency and speedy delivery.

INFO 2014 AND MYINFO+

Information gathered and published by PNS can be accessed through the Info 2014 terminals, located in the Main Press Center and press workrooms at the competition venues, as well as at select non-competition sites, such as the Paralympic Villages.

At the competition venues, select reports are printed and placed in pigeonholes, while runners deliver results to the press tribunes. The pigeonholes in the MPC provide information on all sports.

The myInfo+ service – provided free of charge as part of a Sochi 2014 Internet package – is available on personal computers by secure sign-in from any location with an Internet connection, inside and outside of the Paralympic venues.

Info 2014 goes live on 3 March 2014, and will cease to be updated after the Paralympic Closing Ceremony. All content on Info 2014 is published in English.

INFO 2014 AND MYINFO+ CONTENT AREAS

SCHEDULES AND RESULTS

Competition and non-competition schedules, including training sessions, press conferences, IPC activities, ceremonies. Competition results viewable by sport, date and National Paralympic Committee (NPC). Includes start lists, results and a range of additional discipline and event-specific reports.

NEWS

Flash quotes, press conference highlights, sport previews and reviews, news articles, daily digests, media communications and IPC news.

ENTRIES

Entries by sport and NPC.

BIOGRAPHIES

Athlete biographies, team profiles, coach biographies and NPC profiles.

MEDALS

Medal standings by sport, overall medal standings, medalists by day, medalists by sport/event and historical medalists.

SPORTS

Live results and recent results, schedules, official reports, news, sport and official communications, medal standings and medalists.

FACTS AND STATISTICS

Competition formats and rules, qualification criteria, international federation information, venue descriptions, past results and past medalists.

TRANSPORT

Transportation schedules and maps.

WEATHER

Real-time weather conditions, forecasts and travel conditions.

CEREMONIES

Opening and Closing Ceremony and medal ceremonies information, schedules, news and background.

GENERAL

Paralympic Games history, IPC and NPC facts, venue information and Sochi 2014 Organizing Committee facts.

MISCELLANEOUS

Paralympic Media Handbook and NPC Press Attachés list.

To purchase an Internet package which includes myInfo+, visit the Service Desk at the Main Press Center. See page 63 of this Media Handbook for more information.



General Information



ACCOMMODATION

The Accommodation Help Desk in the Main Press Center is available from 4 to 17 March to assist with accommodation questions.

+7 862 445 18 00

ACCREDITATION

Written and photographic press — including technicians and non-rights-holding broadcasters — are accredited in the E category.

ACCREDITATION CATEGORIES

Category E	
Description	Journalists, editors, photo editors
Access	All competition venues Main Press Center Paralympic Village Plaza with a guest pass

ZONE 4

Category EP	
Description	Photographers
Access	All competition venues Main Press Center Paralympic Village Plaza with a guest pass

ZONE 4

Notes: Photo sleeve required to access photo positions

Category ET	
Description	Technicians
Access	All competition venues Main Press Center Paralympic Village Plaza with a guest pass

ZONE 4

Notes: Technician sleeve required to access photo positions

Category ENR	
Description	Non-rights-holding broadcasters
Access	All competition venues — without recording devices Main Press Center — with recording devices Paralympic Village Plaza with a guest pass — without recording devices

ZONE 4

Zone 4 includes access to venue media centers, press conference rooms, press tribunes, mixed zones, media lounges and photo positions (with photo/technician sleeve only).

E-category accreditation also grants access to the Media Transport system.

PARALYMPIC IDENTITY AND ACCREDITATION CARD

The Paralympic Identity and Accreditation Card (PIAC) grants its holder the right to access the venues, zones and privileges entitled on their card.

The PIAC will act as a visa for all of Russia until 16 April 2014.

To exit the Russian Federation, the accredited person should present their PIAC at border control along with their passport and Part B of the Migration Card (issued at border control upon arrival in Russia).

You should always carry your passport with you, even while wearing the PIAC, as passports are the only accepted proof of identity in Russia.

LOST, DAMAGED OR STOLEN ACCREDITATION CARDS

All lost or stolen PIACs must be reported as soon as possible to the nearest Accreditation Center, where they will be immediately cancelled. It can take up to 24 hours to reissue a replacement PIAC. Damaged accreditations will be destroyed and replaced.

MEDIA ACCREDITATION CENTERS

Media Accreditation Center – Main Media Center

Phone number +7 862 445 00 55

Hours of operation

24 February – 19 March 08:00 – 22:00

GUEST PASSES — MAIN PRESS CENTER

Organizations accredited for the Main Press Center can request guest passes for visitors who do not have accreditation to those venues, provided they can demonstrate a valid reason for the guest's entry.

Two Guest Pass Offices service the MPC: one located in the Media Accreditation Center, adjacent to the MMC but outside the security perimeter; and one located within the security perimeter of the Olympic Park. Accredited organizations with private office space may request guest passes online through a dedicated Sochi 2014 website (<https://gup.sochi2014.com/>). Other individuals and organizations accredited to the MPC can obtain guest pass application forms at the MPC Guest Pass Offices, at all help desks, at the Service Center and on the Press Operations extranet Alpina. Completed guest pass application forms can be emailed to mpcguestpass@sochi2014.com.

Online requests or filled-in application forms for each guest must be submitted by 17:00 on the day prior to the visit.

Before a guest pass can be issued, each application is subject to a security background check. If that person fails the background check, the accredited organizations or individuals will be informed by e-mail or telephone.

The applicant is required to present a valid accreditation or an acceptable identification document (passport) to collect the MPC guest pass. The guest pass may only be picked up by the person for whom it is issued. Guest passes are valid for one day only (until 23:59), and are non-transferable.

A guest pass for the MPC does not entitle the holder to entry into the IBC, but does provide access to the Olympic Park.

PARALYMPIC VILLAGES MEDIA PASSES

Members of the accredited press can access the Paralympic Villages (Village Plaza only) to attend press conferences and conduct interviews with athletes or team officials.

Guest passes to the Paralympic Villages are distributed to accredited press on a first-come, first-served basis each day.

Village guest passes are valid only for the Village and for the date for which the individual applied. They are not interchangeable between the Villages.

The guest pass provides access to the Village Plaza only.

Accredited press are able to access the residential zone by invitation of a National Paralympic Committee only.

Non-rights-holding broadcasters are allowed entry to the Paralympic Village venue media centers but may not bring any video or audio equipment into the Villages.

NON-RIGHTS-HOLDING BROADCASTERS (ENR) ACCREDITATION

The IPC is responsible for the accreditation of non-rights holding broadcasters (ENRs).

During the Games, ENRs are permitted to bring recording equipment into the MPC, with permission to film any press conferences taking place within the MPC or interview within the interviewing area in accordance with the News Access Rules.

ENRs are not permitted to take their recording equipment into any of the Paralympic competition venues or Paralympic Villages.

ENR Access to Olympic Park and Medals Plaza

ENRs are allowed to film in the Olympic Park common domain at any time without special passes or armbands. However, ENRs are not permitted to film the nightly medals ceremonies at the Medals Plaza in Rosa Khutor.

HIGH-DEMAND EVENTS

For certain events, the anticipated press demand exceeds the capacity of the press tribune or photo positions in that venue. These sessions will be designated as International Paralympic Committee (IPC) High-Demand Events for the press. Access to a high-demand event will be with a ticket and accreditation.

Tickets will be allocated by the IPC and distributed by Sochi 2014 at the MPC Main Help Desk.

The tickets will be distributed one day before each event. Ticket distribution will apply equally to press and photographers. Only press with an E or EP accreditation are eligible to receive tickets for these events. The high-demand events policy endeavors to maximize access for those National Paralympic Committees (NPCs) and their accredited press who have athletes competing in the events, while also maximizing international coverage.

Expected High-Demand Events

Opening and Closing Ceremonies
Ice Sledge Hockey (gold medal game)

RATE CARD AND TECHNOLOGY

The Rate Card is a one-stop shop available to the Paralympic Family for the procurement of services and products needed during the Games.

Games-time orders can be placed through the Service Center at the Main Press Center.

Service Center – Main Press Center

+7 862 445 18 89

INTERNET PACKAGES AND WI-FI

Sochi 2014 Internet Package

To facilitate the sharing of news from Paralympic venues and facilities, Sochi 2014 is offering a free Wi-Fi Internet option.

The Sochi 2014 Internet Account allows wireless connectivity only, on a best effort basis, in the press areas of all competition venues, Fisht Olympic Stadium, Medals Plaza, training venues and the Main Media Center. Access to myInfo+ is included via web browser. Only one device may login per account at any given time.

Neither performance nor individual bandwidth can be guaranteed with this product, and it is therefore recommended that media working on strict deadlines and needing to file photos and large files purchase the Paralympic Internet Package from the Rate Card.

To register for the free Sochi 2014 Internet package from any Paralympic venue media area, select the Wi-Fi network **Sochi2014-Media** and enter the network security key **media2014**. When prompted, enter your accreditation number (the ID number printed on your PIAC).

To access myInfo+, your username is your accreditation number and the password is ddmmyyyy.Sochi.2014, where ddmmyyyy is the date, month and year of your birthday. On first login to myInfo+, enter email and phone number to allow you the option to subscribe for alerts.

PARALYMPIC INTERNET PACKAGE

The Paralympic Internet Package can be purchased during the Games at all Rate Card desks. This account

is highly recommended for media who work to tight deadlines and need to send large files. Photographers especially are strongly advised to use this product for their filing needs.

This service provides customers with a username and password that allows Internet connection in all Paralympic venues via the user's device. The Paralympic Internet Package allows for 10 mbits per second wired connectivity with a contention ratio of 1/25, guaranteed, and 10 mbits per second Wi-Fi connectivity with a contention ratio of 1/25, best effort. The actual experience will be influenced by the activity of concurrent online users at any given time.

With the same Paralympic Internet Package, the client will be able to connect both wirelessly and via cable, but only one device can be connected at any given time.

Cable connectivity is available in:

- Press and photo workrooms at the competition and non-competition venues
- Tabled press tribunes
- Via Rate Card dedicated internet port location in competition venues and media centers

Wi-Fi is available in:

- Tabled and non-tabled press tribunes
- Media lounges, press conference rooms, mixed zones
- Photo positions wherever feasible
- MMC common areas
- Paralympic Village press conference rooms

The Paralympic Internet Package includes access to myInfo+ directly from the client's device. The Paralympic Internet Package allows connectivity for 20 days, from 28 February to 19 March, inclusive. Clients arriving prior to 28 February can purchase additional 7-days extension(s).

MOBILE PHONES

Samsung mobile phones and Megafon SIM cards can be purchased via the Rate Card at the Service Center in the Main Media Center.

MOBILE PRINT

Mobile Print is a remote service which allows you to print a document on any device equipped with a Mobile Print terminal. The service will be available from the beginning of March in the press and photo workrooms at all competition and non-competition venues.

To print your documents, send them as an email attachment to print@sochi2014.com. You will receive an email notification with your personal PIN code to be used to retrieve your printed pages from the machine. The Mobile Print PIN code assigned to you will not change for the duration of the Games.

To retrieve your printed pages, proceed to a printer equipped with the Mobile Print terminal, input your PIN code through the dedicated key board and your document will be printed within a minute. All Mobile Print machines are identified by the Mobile Print signage.

SPECTRUM MANAGEMENT

During the Sochi 2014 Winter Games, all customers planning to use wireless devices such as walkie-talkies and Wi-Fi routers must submit their requirements to the Sochi 2014 Organizing Committee in order to obtain a license from the Spectrum Order Portal (SOP).

Frequency allocation will be free of charge for the accredited media.

While Sochi 2014 will try to accommodate spectrum requests at Games time, the availability of frequencies is limited in Russia.

Upon arrival in Sochi, customers are required to check in their devices at the Spectrum Office in the Main Press Center. Devices rented through the Rate Card program do not require any additional spectrum registration.

Individuals who wish to use mobile phones, laptops, PDAs or smartphones do not need to register their equipment. Using personal devices as Wi-Fi hotspots without a license obtained through the SOP is not permitted.

Pocket Wizards or similar electronic triggering devices should be presented to a Spectrum Office so that they can be issued a sticker. These devices are not required to be registered in advance on the Spectrum portal, but only devices with the Spectrum sticker will be permitted for use in the venues.

TRANSPORTATION

The media transport system (TM) is based on a "hub-and-spoke" design, with the Main Media Center (MMC) as the main transportation hub, providing access to competition and training venues of both clusters and to the official media hotels in the Coastal Cluster.

Bus schedules are based on the Games competition schedule and correspond to the hours of the venue media centers. Detailed schedules and updated route information can be obtained through the Transport Desk at the Main Press Center, as well as on Info 2014.

Transportation is provided on accessible buses and minibuses.

Access to the TM system is granted based on a valid Paralympic Identity and Accreditation Card (PIAC).

In addition to the TM system, all Media Clients may use the Transport System for Spectators and Accredited Clients (TP) free of charge during the Paralympic period.

Transport Desk – Main Press Center

+7 862 445 18 09

Russian Railways Info

+7 800 775 00 00

Transport Call Center

+7 800 550 22 11 (for domestic phone numbers)

+7 499 755 00 00 (for foreign phone numbers)

Sochi Airport Info

+7 800 333 19 91

COASTAL CLUSTER MEDIA TRANSPORT

The MMC is very close to the Olympic Park venues, resulting in minimal travel times. Walking between the MPC and venues in the Park is also an option.

Route code	Origin	Destination	Distance*, km	Travel time*, min
TM1	Main Media Center (MMC)	Ice Cube Curling Center – Shayba Arena/Ice Hockey Training Venue – Fisht Olympic Stadium	6.9	22
TM2	Main Media Center	Coastal Cluster Media Accommodation	6.6	21
TM4	Airport	Main Media Center – Coastal Cluster Media Accommodation	14.9	38
TM14	Main Media Center	Gorki Media Center – Laura Lower Station	56.3	99
TM16	Main Media Center	Gorki Media Center – Rosa Khutor Alpine Center	67.1	124

MOUNTAIN CLUSTER MEDIA TRANSPORT

The Gorki Media Center (GMC) transport mall will serve as the central point of transportation for media in the Mountain Cluster. Note that the Gorki Media Center is not in operation during the Paralympic Winter Games.

TM route	Origin	Destination	Distance, km	Journey time, min
TM13	Rosa Khutor hotels	Laura – Gorki Media Center – Gorki City hotels – Laura*	10.1	28
TM14	Main Media Center	Gorki Media Center – Laura*	56.3	99
TM15	Rosa Khutor hotels	Rosa Khutor Alpine Center	12.2	31
TM16	Main Media Center	Gorki Media Center – Rosa Khutor Alpine Center	67.1	124
TM17	Airport	Gorki Media Center – Gorki City hotels – Rosa Khutor hotels	46.8	73

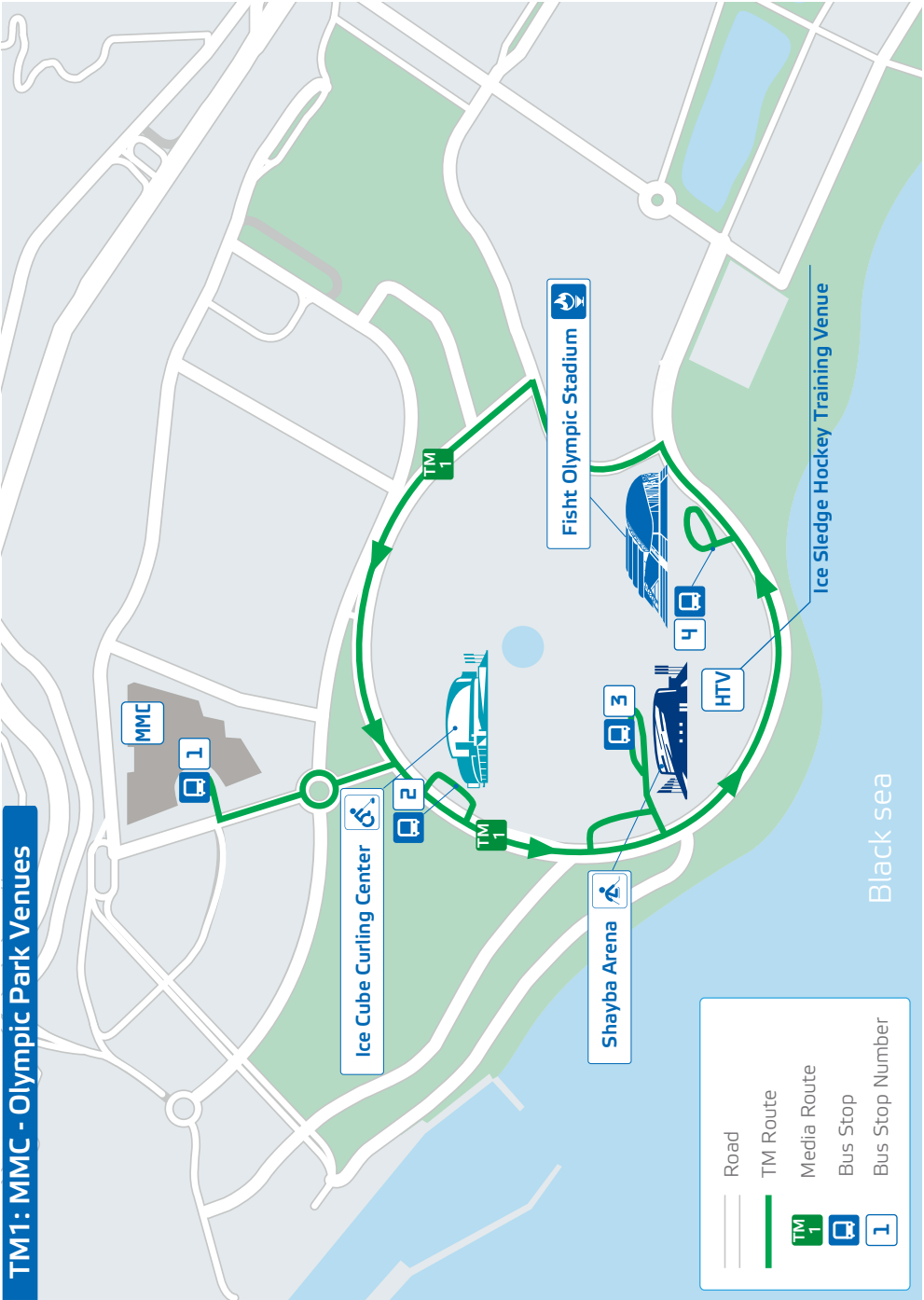
* Access to the Laura Cross Country Ski and Biathlon Center requires taking the cableway from Laura Lower Station.

Sochi 2014 encourages media to use the routes TM15 and TM16 to get to Rosa Khutor Alpine Center.

TM1 – TRAVEL TIMES FOR OLYMPIC PARK

Venue	TM 1 Bus line			Walk	
	Distance, km*	Travel time, min*	Service hours	Distance km	Walk time, min
Ice Cube Curling Center	1.2	3	5.30 – 2.00	0.9	11
Shayba/ Ice Hockey Training Venue	2.2	6		1.6	19
Fisht Olympic Stadium	4.4	13		1.5	18
Main Media Center	6.9	22		-	-

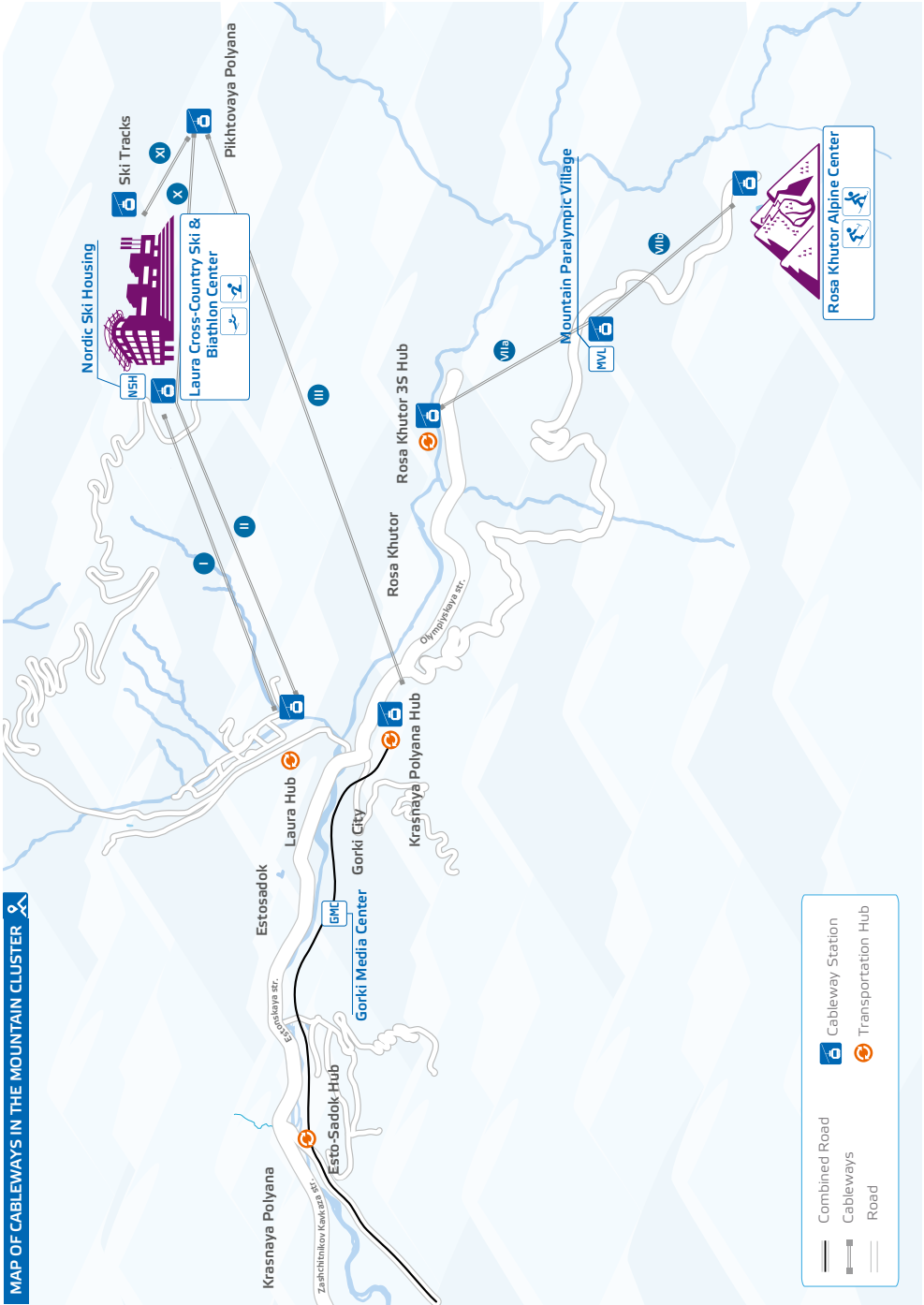
*Travel times and distances are estimated.



CABLEWAYS

Cableways are part of the Media Transport (TM) system and can be used to get to competition venues. Access to Laura Cross Country Ski and Biathlon Center includes cableway as an element of the journey. Access to the Mountain Paralympic Village is through cableway VII from Rosa Khutor 3S.

Cable code	Origin	Destination	Journey time, min
1	Laura Transport Hub	Priyut-1 Cableway Station (to Endurance Village, Laura Cross Country Ski and Biathlon Center)	12
2	Laura Transport Hub	Priyut-1 Cableway Station (to Endurance Village, Laura Cross Country Ski and Biathlon Center)	12
3	Krasnaya Polyana Transport Hub	Priyut-2 Cableway Station (change to X, XI cableways to Laura Cross Country Ski and Biathlon Center)	12
7a	Rosa Khutor 3S Transport Hub	Middle Station (to Mountain Olympic/ Paralympic Village, Rosa Khutor Extreme Park)	6
7b	Middle Station (to Mountain Olympic/Paralympic Village, Rosa Khutor Extreme Park)	Rosa Khutor Alpine Center	5
10	Priyut-2 Cableway Station	Central Cableway Station (to Laura Cross Country Ski and Biathlon Center)	8
11	Priyut-2 Cableway Station	West Cableway Station (to Laura Cross Country Ski and Biathlon Center)	6





Useful Information



ALCOHOL

Russia’s legal drinking age is 18. Alcohol can be purchased in food stores, although time restrictions apply, with sales generally prohibited after 22:00. Drinking is prohibited in public places such as on the street or in a park.

Intoxication will not be tolerated in venues or in the MPC.

BANKING AND CURRENCY

The national currency is the ruble. Paper bills come in denominations of 10 RUB, 50 RUB, 100 RUB, 500 RUB, 1,000 RUB and 5,000 RUB. Coins are available in 10 RUB, 5 RUB, 2 RUB and 1 RUB. Smaller coins, called kopeks, are in 50 kop, 10 kop and 5 kop denominations. One ruble is equal to 100 kopeks. Payment in other currencies such as Euros or dollars is not commonly accepted.

While you can buy rubles in your country of origin, you will not be able to change any rubles into a different currency outside of Russia. Remember to change all your unused rubles before you leave the country.

Debit and credit cards are accepted in bigger shops and restaurants but it is a good idea to always carry some cash, which is still the preferred and sometimes only payment method for purchases in small businesses.

Banks are generally open Monday through Saturday. Visa ATMs will be available in the MPC. As a Worldwide Paralympic Partner, Visa is the exclusive payment system for the Sochi 2014 Winter Games at all venues.

DRIVING IN SOCHI

Seatbelts are mandatory for drivers and passengers, and non-compliance will lead to a fine. Driving while under the influence of alcohol is a serious offence in Russia. Russia practices a zero-tolerance policy to drunk driving.

International driving licenses are valid in Sochi. The minimum age for renting a car in Sochi is 24 and a minimum of five years’ driving experience is required.

Pre-payment is often required at gas stations before gasoline can be pumped. Payment can be made by debit or credit card or as a cash payment.

ELECTRICITY

In Russia, electricity is 220 volts single phase, or 400 volts three phases. Russian sockets are the European standard two round prongs. If your electronics are not compatible, convertors and adaptors are available for purchase in the Main Media Center.

EMERGENCIES

Dial 911 for emergency services (rescuers, police, ambulance, fire protection) from any mobile phone. Alternatively, by dialing 112 you will be connected to the emergency center and will have to select the services by pressing the 1–3 keys:

Fire service – press 1

Police – press 2

Ambulance – press 3

All the services are available in Russian only.

GEOGRAPHY AND POPULATION

The city of Sochi is spread out among the foothills of the Caucasus and along the shores of the Black Sea. The venues of the Coastal Cluster are located in Adler district, the southernmost of the four districts that make up Greater Sochi.

Krasnaya Polyana, home to the Mountain Cluster venues, is located within the Western Caucasus mountain range.

The layout of Sochi 2014 is one of the most compact in the history of the Paralympic Winter Games, with the two venue clusters situated just 48 kilometers apart.

Sochi

Population: 343,334 (2010 Census)

Latitude: 43° 35’ North

Longitude: 39° 43’ East

Krasnaya Polyana

Population: 4,598 (2010 Census)

Latitude: 43° 41’ North

Longitude: 40° 12’ East

Altitude: 560 m (1,840 feet) base elevation at Rosa Khutor

MEASUREMENTS

The Russian Federation uses the metric system. Distance is measured in kilometers, with speed signs in kilometers per hour. Weight is measured in kilograms, and gasoline is sold by the liter. Temperature is measured on the Celsius scale.

Conversion Table

1 kilometer	0.62 mile
1 kilogram	2.2 pounds
1 liter	0.26 gallon
30° Celsius	86° Fahrenheit
20° Celsius	68° Fahrenheit
10° Celsius	50° Fahrenheit
0° Celsius	32° Fahrenheit
-10° Celsius	14° Fahrenheit
-20° Celsius	-4° Fahrenheit

LANGUAGE

Outside of the Paralympic venues and facilities, few locals speak English. A positive and smiling attitude often goes a long way, but here are a few helpful phrases to learn in Russian:

English	Russian	Pronounced
Hello	Здравствуйте	zdrastvooyitye
Hi	Привет	privyet
My name is ...	Меня зовут ...	minya zavoot
What's your name?	Как вас зовут?	kak vas zavoot
Excuse me	Извините	izvinitye
I don't speak Russian	Я не говорю по-русски	ya ni gavaryoo pa-rooski
I don't understand	Не понимаю	ni panimayoo
Do you speak English?	Вы говорите по-английски?	vy gavaritye pa-angliski
Where is ...?	Где ...?	gdye
Can you show me on the map?	Вы можете показать мне на карте?	vy mozhitye pakazat mnye na kartye
What's this?	Что это?	shto eta
How much is it?	Сколько это стоит?	skolka eta stoit
Yes	Да	da
No	Нет	nyet
Please	Пожалуйста	pazhalsta
Thank you	Спасибо	spasiba
Cheers!	За здоровье!	za zdarovyie
Good morning	Доброе утро	dobraye ootra
Good day	Добрый день	dobry dyen
Good night	Спокойной ночи	spakoinai nochi
Good bye	До свидания	da svidaniya

MEDICAL SERVICES

Medical services are available to accredited press at the Main Press Center and at competition venues free of charge, provided the treatment is for acute illness or injury, or the acute worsening of an existing illness or injury.

Treatment obtained off-site — including hospital treatments — or received for a stable, pre-existing condition will be billed at local rates.

If the facility providing medical treatment does not accept your insurance, you should pay for your treatment, collect all documents indicating the treatment you have received, and seek reimbursement upon return to your home country from your own insurance provider.

Media may bring their daily intake of prescribed medications to Paralympic venues, including the Main Press Center. A prescription in English or Russian is required to bring medications within the secured perimeter of the Olympic Park; this restriction does not apply to media hotels located outside the secure perimeter.

SMOKING REGULATIONS

Smoking is not permitted in any Paralympic venues, except in designated smoking areas. Smoking around town is permitted outdoors. Restaurants and bars usually have smoking and non-smoking zones.

SOCIAL MEDIA, BLOGGING AND INTERNET GUIDELINES

The IPC actively encourages accredited persons at the Paralympic Games to take part in social media and share their experiences, provided it is not for commercial purposes and does not imply an unauthorized association with the IPC, the Paralympic Games or the Paralympic Movement.

The IPC has published guidelines on social media, blogging and the Internet, which can be found at http://www.paralympic.org/sites/default/files/document/130913082704502_IPC+Social+Media+Guidelines+Sochi+2014+Paralympic+Winter+Games.pdf

TAX (VAT)

VAT is a consumption tax applied to certain goods and services at the current rate of 18 per cent. It is normally included in the price of an item.

TELEPHONES

The country code for the Russian Federation is +7. The city code for Sochi is 8622. Russian mobile phone numbers have 10 digits. All 10 digits must be dialed for calls within the Russian Federation.

Sochi fixed line phone numbers have six digits. To dial a fixed line number, dial the country code and Sochi city code and then the six-digit number (+7 8622 XX XX XX).

For international calls, you must dial the appropriate country code before the full phone number.

TIME ZONES

There are nine different time zones in the Russian Federation. Sochi falls within the UTC+4 time zone. Seasonal daylight saving time is not applied.

City	Local time	24-hour clock
London	midnight	00:00
Lausanne	1:00 am	01:00
Athens	2:00 am	02:00
Sochi	4:00 am	04:00
Mumbai	5:30 am	05:30
Beijing	8:00 am	08:00
Tokyo	9:00 am	09:00
Sydney	11:00 am	11:00
Vancouver	4:00 pm	16:00
Denver	5:00 pm	17:00
Toronto	7:00 pm	19:00
New York	7:00 pm	19:00
Rio de Janeiro	9:00 pm	21:00

TIPPING

In restaurants, a service charge is not included in the bill. A 10 to 15 per cent tip is appropriate, according to the service provided.
When paying for a taxi, add no more than 10 per cent.

WEATHER

Adler

The average daytime temperature in Adler in January is about 5 to 7 °C.
It can get as warm as 10 to 15°C on a bright sunny day.

Krasnaya Polyana

Winter weather in Krasnaya Polyana is characterized by an abundance of sunny days. The average day-time temperature in winter months is from 0 to -5°C. It is rare for the temperature to fall below -10°C. January is the snowiest month of the year and February is the coldest one. The amount of precipitation reaches 500mm.

People to Know

SOCHI 2014 PRESS OPERATIONS TEAM

Sochi 2014 Press Operations is responsible for the planning, preparation and provision of services and facilities for the accredited written and photographic press and non-rights holding broadcasters facilitating their efficient operations during the Sochi 2014 Winter Games.



Mikhail Demin

Director of Press Operations
mdemin@sochi2014.com



Alexandra Shikalova

Head of Main Press Center (MPC) and Mountain Media Center (GMC)
ashikalova@sochi2014.com



Olga Laeva

Head of Venue Press Operations
olaeva@sochi2014.com



Peter Charles

Head of Photo Services
pcharles@sochi2014.com



Irina Osadchaya

Head of Paralympic News Service (PNS)
iosadchaya@sochi2014.com



Oleg Fedoseev

Service Center Manager in MPC and GMC
ofedoseev@sochi2014.com



Natalia Chizhikova

Accommodation and Transport
nchizhikova@sochi2014.com



Anna Efimchenko

Accommodation and Transport
aefimchenko@sochi2014.com



Anton Prokhorenko

Accreditation
aprokhorenko@sochi2014.com

IPC CONTACTS

The Main IPC Media Office will be based at the Main Press Centre.

IPC MEDIA STAFF



Craig Spence

IPC Media and Communications Director
craig.spence@paralympic.org
+7 938 454 19 74



Eva Werthmann

IPC Media Operations Manager
eva.werthmann@paralympic.org
+7 938 454 19 75















Lucy Dominy

IPC Press Manager
lucy.dominy@paralympic.org
+7 938 454 19 76

General media inquiries during Games time should be submitted to:
ipc.media@paralympic.org













SOCHI 2014 PARALYMPIC WINTER GAMES COMPETITION SCHEDULE

	COMPETITION VENUE	SPORT / DISCIPLINE	MARCH 2014									
			7 Friday	8 Saturday	9 Sunday	10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday	15 Saturday	16 Sunday
COASTAL CLUSTER	 FISHT Olympic Stadium		Opening Ceremony 20:00									Closing Ceremony 20:00
	 SHAYBA Arena	 ICE SLEDGE HOCKEY		Preliminary Games 09:30–11:30 CZE-NOR 13:00–15:00 CAN-SWE 16:30–18:30 USA-ITA 20:00–22:00 RUS-KOR	Preliminary Games 09:30–11:30 CZE-SWE 13:00–15:00 CAN-NOR 16:30–18:30 USA-KOR 20:00–22:00 RUS-ITA		Preliminary Games 09:30–11:30 KOR-ITA 13:00–15:00 NOR-SWE 16:30–18:30 USA-RUS 20:00–22:00 CAN-CZE	Play-off 5th-8th 16:00–18:00 20:00–22:00	Semifinals 13:00–15:00 20:00–22:00	Game for 7-8 place 13:00–15:00 Game for 5-6 place 20:00–22:00	Bronze Medal 13:00–15:00 Gold Medal 20:00–22:40	
	 ICE CUBE Curling Center	 WHEELCHAIR CURLING			Round Robin 09:30–12:30 15:30–18:30	Round Robin 09:30–12:30 15:30–18:30	Round Robin 09:30–12:30 15:30–18:30	Round Robin 09:30–12:30 15:30–18:30	Round Robin 09:30–12:30 15:30–18:30	Round Robin 09:30–12:30 15:30–18:30	Tie-breakers 09:00–12:00 14:00–17:00 19:00–22:00	Semifinals 09:30–12:30 Bronze & Gold Medal Games 15:30–18:55
MOUNTAIN CLUSTER	 ROSA KHUTOR Alpine Center	  ALPINE SKIING		M / W Downhill All classes 10:00–13:10	M Super G All classes 10:00–12:35	W Super G All Classes 10:00–11:35	M/W Super Combined All classes 09:30–12:00 15:30–18:10		M Slalom All classes 16:00–17:30 19:00–20:25	M / W Snowboard Cross Standing 10:00–12:20 W Slalom All classes 16:00–17:00 19:00–20:05	M Giant Slalom All classes 9:30–11:30 13:00–15:00	W Giant Slalom All classes 09:30–11:00 13:00–14:25
	 LAURA Cross-Country Ski & Biathlon Center	 BIATHLON		M 7.5 km W 6 km Sitting 10:00–11:35 Standing, Visually Impaired 12:00–15:00			M 12.5 km W 10 km Sitting 10:00–12:25 Standing Visually Impaired 13:00–16:25			M 15 km W 12.5 km Sitting 10:00–12:00 Standing Visually Impaired 12:30–17:20		
		 CROSS-COUNTRY SKIING			M 15 km Sitting 10:00–11:35 W 12 km Sitting 12:30–14:20	M 20 km Classic W 15 km Classic Standing Visually Impaired 10:00–15:20		M/W 1 km Sprint Free Qualification All classes 10:00–11:40 Semifinals & Finals 12:30–15:30		Mixed Relay 4x2.5 km All classes 10:00–11:30 Open Relay 4x2.5 km All classes 12:00–13:30	M 10 km Free W 5 km Free Standing 10:00–12:15 M 10 km W 5 km Sitting 12:30–14:45	

All information in this schedule
is subject to change

M – Men
W – Women

SOCHI 2014 PARALYMPIC WINTER GAMES FLOWER & VICTORY CEREMONY SCHEDULE

		MARCH 2014											
COMPETITION VENUE		SPORT	7 Friday	8 Saturday	9 Sunday	10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday	15 Saturday	16 Sunday	
COASTAL CLUSTER	 FISHT Olympic Stadium		Opening Ceremony 20:00									Closing Ceremony 20:00	
	MEDALS PLAZA			<p>Biathlon</p> <p>▲ M 7.5km, Sitting</p> <p>▲ W 6km, Sitting</p> <p>Alpine Skiing Downhill</p> <p>▲ M Standing</p> <p>▲ M Sitting</p> <p>▲ M Visually Impaired</p> <p>▲ W Standing</p> <p>▲ W Sitting</p> <p>▲ W Visually Impaired</p>	<p>Biathlon</p> <p>■ M 7.5km, Standing</p> <p>■ M 7.5km, Visually Impaired</p> <p>■ W 6km, Standing</p> <p>■ W 6km, Visually Impaired</p> <p>Cross-Country Skiing</p> <p>▲ M 15 km, Sitting</p> <p>Alpine Skiing Super G</p> <p>▲ M Sitting</p> <p>▲ M Standing</p> <p>▲ M Visually Impaired</p>	<p>Cross-Country Skiing</p> <p>■ W 12 km, Sitting</p> <p>Alpine Skiing Super G</p> <p>▲ W Sitting</p> <p>▲ W Standing</p> <p>▲ W Visually Impaired</p>	<p>Cross Country Skiing</p> <p>■ W 15km, Classic, Standing</p> <p>■ W 15km, Classic, Visually Impaired</p> <p>■ M 20km, Classic, Standing</p> <p>■ M 20km, Classic, Visually Impaired</p> <p>Biathlon</p> <p>▲ M 12.5km, Sitting</p> <p>▲ W 10km, Sitting</p>	<p>Alpine Skiing Super Combined</p> <p>■ M Sitting</p> <p>■ M Standing</p> <p>■ M Visually Impaired</p> <p>■ W Sitting</p> <p>■ W Standing</p> <p>■ W Visually Impaired</p> <p>Biathlon:</p> <p>■ M 12.5km, Standing</p> <p>■ M 12.5km, Visually Impaired</p> <p>■ W 10km, Standing</p> <p>■ W 10km, Visually Impaired</p>	<p>Cross-Country Skiing</p> <p>■ M 1 km, Sprint Free, Sitting</p> <p>■ M 1 km, Sprint Free, Standing</p> <p>■ M 1 km, Sprint Free, Visually Impaired</p> <p>■ W 1 km, Sprint Free, Sitting</p> <p>■ W 1 km, Sprint Free, Standing</p> <p>■ W 1 km, Sprint Free, Visually Impaired</p>	<p>Alpine Skiing Slalom</p> <p>■ M Sitting</p> <p>■ M Standing</p> <p>■ M Visually Impaired</p> <p>Biathlon</p> <p>▲ M 15km, Sitting</p> <p>▲ W 12.5km, Sitting</p> <p>Snowboard Cross</p> <p>▲ W Snowboard Cross Standing</p> <p>▲ M Snowboard Cross Standing</p> <p>▲ M Snowboard Cross Standing</p>	<p>Biathlon</p> <p>■ M 15km, Standing</p> <p>■ M 15km Visually Impaired</p> <p>■ W 12.5km, Standing</p> <p>■ W 12.5km, Visually Impaired</p> <p>Alpine Skiing Slalom</p> <p>■ W Sitting</p> <p>■ W Standing</p> <p>■ W Visually Impaired</p> <p>Cross-Country Skiing</p> <p>▲ 4x2.5km Mixed Relay</p> <p>▲ 4x2.5km Open Relay</p>		
	 SHAYBA Arena	 ICE SLEDGE HOCKEY										● Ice Sledge Hockey	
	 ICE CUBE Curling Center	 WHEELCHAIR CURLING										● Wheelchair Curling	
MOUNTAIN CLUSTER	 ROSA KHUTOR Alpine Center	 ALPINE SKIING		<p>Downhill</p> <p>◆ M Standing,</p> <p>◆ M Sitting</p> <p>◆ M Visually Impaired</p> <p>◆ W Sitting</p> <p>◆ W Standing</p> <p>◆ W Visually Impaired</p>	<p>Super G</p> <p>◆ M Sitting</p> <p>◆ M Standing</p> <p>◆ M Visually Impaired</p>	<p>Super G</p> <p>◆ W Sitting</p> <p>◆ W Standing</p> <p>◆ W Visually Impaired</p>	<p>Super Combined</p> <p>◆ M Sitting</p> <p>◆ M Standing</p> <p>◆ M Visually Impaired</p> <p>◆ W Sitting</p> <p>◆ W Standing</p> <p>◆ W Visually Impaired</p>		<p>Slalom</p> <p>◆ M Sitting</p> <p>◆ M Standing</p> <p>◆ M Visually Impaired</p>	<p>Snowboard Cross</p> <p>◆ W Snowboard Cross Standing</p> <p>◆ M Snowboard Cross Standing</p> <p>Slalom</p> <p>◆ W Sitting</p> <p>◆ W Standing</p> <p>◆ W Visually Impaired</p>	<p>Giant Slalom</p> <p>● M Sitting</p> <p>● M Standing</p> <p>● M Visually Impaired</p>	<p>Giant Slalom</p> <p>● W Sitting</p> <p>● W Standing</p> <p>● W Visually Impaired</p>	
	 LAURA Cross-Country Ski & Biathlon Center	 BIATHLON		<p>◆ M 7.5km, Sitting,</p> <p>◆ M 7.5km, Standing</p> <p>◆ M 7.5km, Visually Impaired</p> <p>◆ W 6km, Sitting</p> <p>◆ W 6km, Standing,</p> <p>◆ W 6km, Visually Impaired</p>			<p>◆ M 12.5km, Sitting</p> <p>◆ M 12.5km, Standing,</p> <p>◆ M 12.5km, Visually Impaired</p> <p>◆ W 10km, Sitting</p> <p>◆ W 10km, Standing,</p> <p>◆ W 10km, Visually Impaired</p>			<p>◆ M 15km, Sitting</p> <p>◆ M 15km, Standing,</p> <p>◆ M 15km, Visually Impaired</p> <p>◆ W 12.5km, Sitting</p> <p>◆ W 12.5km, Standing,</p> <p>◆ W 12.5km, Visually Impaired</p>			
		 CROSS-COUNTRY SKIING			<p>◆ M 15 km, Sitting</p> <p>◆ W 12 km, Sitting</p>	<p>◆ M 20 km, Classic, Standing</p> <p>◆ M 20 km, Classic, Visually Impaired</p> <p>◆ W 15 km, Classic, Standing</p> <p>◆ W 15 km, Classic, Visually Impaired</p>	<p>◆ M 1 km, Sprint Free, Sitting</p> <p>◆ M 1 km, Sprint Free, Standing</p> <p>◆ M 1 km, Sprint Free, Visually Impaired</p> <p>◆ W 1 km, Sprint Free, Sitting</p> <p>◆ W 1 km, Sprint Free, Standing</p> <p>◆ W 1 km, Sprint Free, Visually Impaired</p>			<p>◆ Mixed Relay 4x2.5 km</p> <p>◆ Open Relay 4x2.5 km</p>	<p>◆ M 10 km, Free, Sitting</p> <p>◆ M 10 km, Free, Standing</p> <p>◆ M 10 km, Free, Visually Impaired</p> <p>◆ W 5 km, Free, Sitting</p> <p>◆ W 5 km, Free, Standing</p> <p>◆ W 5 km, Free, Visually Impaired</p>		

All information in this schedule is subject to change

■ Victory Ceremony for previous day event
▲ Victory Ceremony for same day event

● In-Venue Victory Ceremony
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