The following athletes are qualified for the 5th period:

<table>
<thead>
<tr>
<th>Name of the Cup</th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Australia/NZE Cup</td>
<td>PAUL Katerina, AUS</td>
<td>BELLINGHAM Phillip, AUS</td>
</tr>
<tr>
<td>Balkan Cup</td>
<td>MALEC Vedrana, CRO</td>
<td>DURSUN Hamza, TUR</td>
</tr>
<tr>
<td>Eastern Europe Cup</td>
<td>SHAPOVALOVA Evgenia, RUS</td>
<td>VOKUEV Ermil, RUS</td>
</tr>
<tr>
<td>Far East Cup</td>
<td>LEE Chaewon, KOR</td>
<td>FUJNOKI Hikari, JPN</td>
</tr>
<tr>
<td>NorAm Cup (CAN)</td>
<td>STEWART-JONES Katherine, CAN</td>
<td>CYR Antoine, CAN</td>
</tr>
<tr>
<td>OPA Cup</td>
<td>DEBERTOLIS Ilaria, ITA</td>
<td>TIBERGHIEN Jean, FRA</td>
</tr>
<tr>
<td>Scandinavian Cup</td>
<td>MYHRE Julie, NOR</td>
<td>TEFRE Gjoeran NOR</td>
</tr>
<tr>
<td>Slavic Cup</td>
<td>KOBIELUSZ Magdalena, POL</td>
<td>HARATYK Mateusz, POL</td>
</tr>
<tr>
<td>US Super Tour</td>
<td>MILLER Kaitlynn, USA</td>
<td>SCHUMACHER Gus, USA</td>
</tr>
</tbody>
</table>

Rules, see next page.
EXCERPT - RULES FIS CROSS-COUNTRY WORLD CUP 2019/20

3.1.4 Additional quotas COC leaders or winners
The Overall Winners from the previous season’s COC have the right to start in the 1st World Cup period in the following season (beginning 2019/20 season).

The leaders (women and men) of all COC Cups at the following dates have the right to start in World Cup competitions during the next World Cup period:

1st World Cup Period 2019/20  COC Winners season 2018-2019
2nd World Cup Period 2019/20  Leaders at 24th of December 2019
3rd World Cup Period 2019/20  Leaders at 07th of January 2020
4th World Cup Period 2019/20  Leaders at 11th of February 2020
5th World Cup Period 2019/20  Leaders at 25th of February 2020

A valid list of these qualified athletes will be published on the FIS website. Each COC Coordinator is responsible to send the names of the qualified athletes to the FIS Office (aschhoff@fisski.com) according to the following deadlines:

1st World Cup Period  1st of November 2019
2nd World Cup Period  24th of December 2019
3rd World Cup Period  07th of January 2020
4th World Cup Period  11th of February 2020
5th World Cup Period  25th of February 2020

These additional quotas are nominative, the athletes cannot be substituted if they cannot start due to force majeure.

The athletes have to reach the World Cup entry requirements (see art. 3.2).

The winners and the current leaders (1 person per gender) of these Continental Cups will get reimbursement according to art. 10.1.

In case of a tie, the spot will be awarded according to the following principle:
If two or more competitors score the same number of points, the spot will be given to the competitor who has:

a) the highest number of individual COC wins
b) the best results (i.e. most 2nd places, most 3rd places, etc.)

If the competitors are still equal, they will all get an additional quota.

3.3 World Cup Entry Requirements

3.3.1 The quota is valid under the condition that every individual competitor (Women and Men) has an active FIS code number and has reached during the last 365 days at least one (1) result better than or equalizing:

Sprint World Cup:
- 120 FIS Points (Sprint or Distance).

Distance World Cup:
- 60 FIS Distance points Men
- 90 FIS Distance points Women
- 120 FIS Distance Points for the athletes from the National Group (art. 3.1.5)