

JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS CZECH REPUBLIC

Hradec Králové / 30.6. – 7.7.2013

BULLETIN **4**



J W O C
2 0 1 3

CONTENTS

Welcome	1	Punching	12
Main organisers	2	Time-keeping	12
JWOC Programme	2	Late start	12
JWOC Event Centre	4	Abandoning a race	12
Accreditation	4	Media controls	12
Accommodation and Board	4	JWOC shuttle transport	12
Media	5	Free-of-charge city transport	12
Ceremonies	5	Complaints & protests	12
Embargoed Areas and Competition Areas	6	Washing facilities	12
General event instructions	10	Waste management	12
Competition Rules	10	Model events	13
Classes and Participation	10	Medical services	13
Anti-doping Code	10	Special instructions for each competition	14
Live TV and tracking Coverage	10	Long distance	14
JWOC Fairness Rules	10	Middle distance qualification	16
Team Officials Meetings	11	Middle distance final	18
Jury	11	Sprint	20
Entries for JWOC competitions	11	Relay	23
Maximum running time	11	Entries	26
Clothing	11	Partners	27
Number bibs	11		
Maps & terrain	11		
New competition maps	11		
Control descriptions	11		

WELCOME

Dear sports friends



Please allow me to welcome you warmly to the Junior World Orienteering Championships which will be held in Hradec Králové and nearby surroundings. I am very pleased that Hradec Králové is the host city of this event of world importance, especially in such an attractive sport as orienteering is. I am fully confident that young runners from all over the world will

find not only interesting courses in our demanding nature, but also that they will discover the unforgettable and kindly atmosphere of our city supported by the hospitality and friendliness of the local inhabitants. Hradec Králové has a wide range of cultural activities and business opportunities, broad educational opportunities and an old and beautiful city centre, and not least a well-developed lifestyle in sports and training. All this and more makes Hradec Králové an attractive place to live, study and work in.

I wish you dear competitors, team officials and guests that you will be able to say after finishing Junior World Orienteering Championship that you have enjoyed a marvellous event which justified being organised in Hradec Králové and surroundings. See you in Hradec Králové!

Zdeněk Fink *Mayor of Hradec Králové*

Dear athletes,



I am delighted to welcome all the participants of the World Junior Orienteering Championships.

I am very happy that with our contribution, participants in the Junior World Championships from more than forty countries will meet together in the Region.

I do hope that we will not only manage to select the best world juniors, but also we will contribute to popularisation of this beautiful sport and establish lots of friendly contacts. It also presents a unique occasion to promote our Region, which has so much to offer not only to JWOC competitors and their teams, but also to supporters of orienteering who will not be at the Championships. Many of them will see the pictures of the races on their TV screens.

I wish the organisers a successful Junior World Championships and I wish all the participants good luck. To all others, I wish a pleasant stay in the Hradec Králové Region.

Lubomír Franc *the Governor of Hradec Králové Region*

Dear orienteering friends and guests,



I am very pleased that the Junior World Orienteering Championships will take place in the following days in Hradec Králové; the city which has been rightfully seen as the „Salon of the Republic“. Therefore, I feel honoured that I could take on this event.

There are a number of parks and green city areas. We should be proud of several grammar schools and universities, thanks to which the city attracts young people. These can make use of excellent equipment and modern sport facilities, irrespective of the level on which they enjoy sport activities. We have given the green light to the sport.

It is not a coincidence that the city has been chosen more and more often by organisers of various sport and social events. Hradec Králové has been repeatedly awarded the title of the best place to live, which, as I deeply believe, will be appreciated by the visitors of the event as well as the sportsmen and women themselves. Finally, let me cordially wish a successful event to the organisers; to the runners then wonderful sport experience and memories of the city at the confluence of the Labe and Orlice rivers.

Oldřich Vlasák *Vice-President of the European Parliament*

Dear athletes and spectators,



Welcome to the Czech Republic, a country in which orienteering has a great tradition. It is an attractive sport that I hope will one day be included in the programme of the Olympic Games. I am confident that this year's championships will also confirm the high standard of the sport both with respect to sporting performance and organisation.

The ambition of JWOC 2013 is to deliver high quality courses and maps, bringing athletes and spectators close together in the arena viewing the competitions in the forest live thanks to the latest technologies.

Enjoy not just the races, but also the cultural and social side of the programme. I wish you all a wonderful time at the JWOC 2013.

Jiří Kejval *President of the Czech Olympic Committee*

Organisers

- Czech Orienteering Federation (CO F)
- Hradec Králové Association of Orienteering Sports
- OK 99 Hradec Králové
- Slavia Hradec Králové

Patrons

- Zdeněk Fink, Mayor of the city Hradec Králové
- Lubomír Franc, Governor of Královéhradecký kraj (Hradec Králové Region)
- Oldřich Vlasák, Vice-President of European Parliament
- Jiří Kejval, President, Czech Olympic Committee

IOF Delegate

- Maria Silvia Viti, IOF Council Member

Organising committee

Event Director and Chairman of Organising committee:

Milan Novotný

COF Coordinator: Petr Klimpl

Course Planners:

Michal Jedlička (Relay and Middle),

Radek Novotný (Long and Sprint).

Maps: Jan Langr

Event Office: Petra Novotná

Accommodation: Iva Kubátová

Board: Daniela Čepová

Social Programme: Eduard Šmehlík

Technical Service: Pavel Chmelař, Jan Netuka

Transport: Aleš Balcar

IT: Jiří Strnad

Communication: Václav Komanec

Printed Media: Petr Kadeřávek

JWOC Tour: Martin Müller

Health Service: Martin Pompach

Event Controllers

Senior Event Adviser: Áron Less, HUN

National Controller: Adam Zitka, CZE

Assistant Senior Event Adviser: Janos Sumegi, HUN

Organising Clubs

- Among the Czech o-clubs with the biggest memberships (OK99 has 205 registered members, Slavia 123).
- The first independent orienteering club in the city, established in 1973, OK99 acquired its present name in 1999. Slavia was established in 1984.
- Both clubs have considerable organising experience at regional and national level (including national championships), and OK99 organised Euromeeting 1995.
- Both clubs have been 'cradles' for top orienteers; amongst their current and past members, there are a few WOC (Michal Jedlička, Petra Novotná, Iva Mádlová, Radek Novotný) and JWOC (Jan Petržela, Denisa Kosová, Pavel Kubát, Tereza Novotná, Jaromír Vlach, Iva Navrátilová, Iva Rufferová) medallists.

JWOC 2013 programme

Friday 28th June

12:00 - 21:00	Event Office open	Event Centre
12:00 - 21:00	Accreditation	Event Centre

Saturday 29th June

9:00 - 21:00	Event Office open	Event Centre
9:30 - 12:30	Middle distance & Long distance model events	Chvaleč, Odolov
12:00 - 21:00	Accreditation	Event Centre

Sunday 30th June

Opening Ceremony

9:00 - 21:00	Event Office open	Event Centre
8:00 - 12:00	Accreditation	Event Centre
9:30 - 12:30	Middle distance & Long distance model events	Chvaleč, Odolov
12:00	Deadline for Long distance entries	
15:00 - 16:15	Technical model	Event Centre
16:30 - 17:15	Opening Ceremony	Event Centre
17:30	Team Officials Meeting	Event Centre

Monday 1st July

Long distance

9:00 - 21:00	Event Office open	Arena, Event Centre
6:30	First bus to pre-start	Event Centre

9:30 - 17:30	Long distance	Odolov
12:00	Deadline for Middle distance qualification entries	
12:00 - 17:00	Lunch	Odolov
13:00	First bus back to Hradec Králové	Odolov
16:45	Flower Ceremony	Odolov
17:00	Team Officials Meeting	Odolov
Tuesday 2nd July	Middle distance qualification	
8:45	First bus to pre-start	Event Centre
9:00 - 21:00	Event Office open	Arena, Event Centre
12:00 - 15:00	Middle distance qualification	Radvanice
12:30 - 15:00	Lunch	Radvanice
13:30	First bus back to Hradec Králové	Radvanice
19:00	Team Officials Meeting	Event Centre
Wednesday 3rd July	Middle distance final	
7:00	First bus to pre-start (final B and C)	Event Centre
8:35	First bus to pre-start (final A)	Event Centre
9:00 - 21:00	Event Office open	Arena, Event Centre
10:00 - 11:30	Middle distance final B and C	Radvanice
12:00 - 16:30	Lunch	Radvanice
11:30 - 14:00	Middle distance final WA	Radvanice
13:45 - 16:15	Middle distance final MA	Radvanice
14:30	First bus back to Hradec Králové	Radvanice
16:30	Flower Ceremony	Radvanice
Thursday 4th July	Prize-giving Ceremony & concert	
9:00 - 21:00	Event Office open	Event Centre
9:30 - 13:00	Relay & Sprint model events	Hradec Králové
12:00	Deadline for Sprint entries	
16:00	Team Officials Meeting	Event Centre
17:30 - 18:40	Prize-giving Ceremony - Long distance & Middle distance	Masarykovo náměstí
18:50 - 20:00	Charlie Straight - JWOC concert	Masarykovo náměstí
Friday 5th July	Sprint	
9:00 - 21:00	Event Office open	Event Centre, Arena
12:00	Deadline for Relay entries	
12:00 - 15:15	Sprint	Hradec Králové
12:30 - 16:00	Lunch	Žižkovy sady
15:30	Prize-giving Ceremony Sprint	Žižkovy sady
18:30	Team Officials Meeting	Event Centre
Saturday 6th July	Relay, Closing Ceremony & Banquet	
8:00	First bus to arena	Event Centre
9:00 - 18:30	Event Office open	Arena, Event Centre
10:00 - 12:30	Relay W	Hoděšovice
12:00 - 14:30	Relay M	Hoděšovice
12:00 - 15:00	Lunch	Hoděšovice
14:45 - 15:05	Prize-giving Ceremony Relay & Closing Ceremony	Hoděšovice
15:15 - 16:15	VIP race	Hoděšovice
15:30	First bus back to Hradec Králové	Hoděšovice
19:00 - 01:00	Banquet (Best Team Trophy)	Hradec Králové (Aldis)
Sunday 7th July		
8:00 - 12:00	Departure	
9:00 - 12:00	Event Office open	Event Centre

JWOC Event centre

Hotel Černigov, Hradec Králové

50°12'51.927"N, 15°48'48.593"E

Address: Riegrovo náměstí 1494/4,
500 02 Hradec Králové, Czech Republic

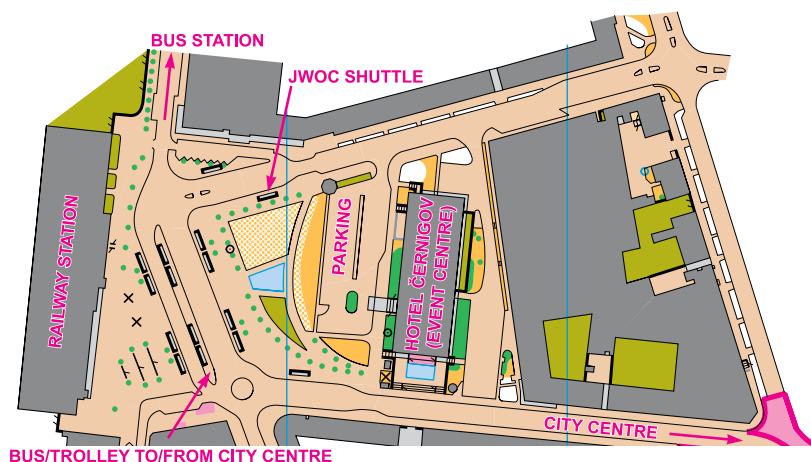
Phone: +420 495 814 266

Event Office phone number:

+420 724 102 497 (Petra Novotná)

During competition days, the Event office will be open between 9:00 and 10:00 in the event centre in hotel Černigov. After that, the Event office staff will move to arena. The Event office will be again open in the event centre first after the respective event.

Event centre, media centre, team officials' meetings and JWOC event office will be located at the hotel Černigov and



the majority of teams will be accommodated there. (during competitions, the event office and media centre will be located in the arenas).

Hotel Černigov is located just opposite the railway station, the main hub of city transport is right in front of it, central bus station 300 m northbound. Access by car to the area is limited to some directions only, please be careful to follow traffic signs.

Accreditation

All registered teams must check in for accreditation at the JWOC Event Office upon their arrival. Participation in the JWOC events is only possible if all incurred costs are settled by June 30th, 12:00. Each registered team member must present her/his personal passport before she/he can be accredited. Please collect and present them for all members of the entire team together.

A personal JWOC ID card with photo will be handed out at accreditation. All accredited persons must wear it at all relevant times - it must be presented for access to permitted zones.

The online entry form asked that all persons to be accredited provide a personal portrait photo for use on the ID card.

Accommodation and Board

	distance from EC	own parking	JWOC bus stop	wifi	teams
A hotel Okresní dům****	1.5 km	yes	no	yes	DEN, SWE
B hotel Černigov***	0.0 km	yes	yes	yes	All the others
C Hostel Amas HK	2 km	yes	no	yes	UKR, BLR

Each team must pay a deposit of 3 000 CZK (equivalent to around 115 EUR), which will be refunded on departure after the rooms have been checked out.

A and B type accommodation includes board, C is without board.

For A, hotel Okresní dům, this will be provided in restaurant Cartellone, which is integrated in the same building.

Hotel Černigov (B type accommodation) has its own restaurant.

For both A and B, breakfast, lunch and dinner will be served in buffet style with free choice.

In hotel Černigov (B), lunch will be soup and choice of two main dishes, and dinner will again be soup and

choice of two dishes, plus a choice of cut vegetables or vegetable salads and desert, the latter including a variety of cakes or fruit.

In restaurant Cartellone (A), lunch will be a choice of two main dishes and dinner will be a choice of three dishes.

On competition days (1st - 3rd, 5th, 6th July), those in A/B type accommodation will have lunch provided by outdoor catering in a tent. For this, individual tickets will be issued. Tickets for this will be included in the envelope given at registration. For each day, the ticket will have a different colour. Please remember to take the ticket - and the right one - before leaving your hotel in the morning.

Tickets will be collected at the entrance to the tent. No ticket = no lunch! Those

who have asked for dietetic dishes (vegetarian, gluten free, milk free) will have the tickets labelled to recognise the requirement and we guarantee that a suitable lunch will be available.

Those with C type accommodation can additionally order and buy tickets for lunch in the arena. Those wishing to do so, please place your order in the Event Office the day before at the latest.

Those accommodated at A and B type will be given a bottle of water every morning from 30th June before leaving the hotel. Please respect the limited number of bottles per person.

On Saturday 6 July 2013, dinner will be provided during the banquet in Aldis Congress Centre.

Media

We welcome all media representatives to JWOC 2013.

A media centre will be open at the Event Centre and arenas. A photocopier, internet access and electricity sockets will be available here and also in the arenas during the competitions. Please bring your own notebooks; no computers will be offered for rent.

At each race, the possibility of photographing at an assigned control will be offered, in the presence of an organiser. Time for gathering and departure from the arena will be announced the day before.

Contact for media, Petr Kadeřávek,
kade@email.cz, +420 605 766 591

Instruction for the ceremonies

Opening Ceremony

The Opening Ceremony of JWOC 2013 will take place on Sunday 30th July at 16:30-17:15 in the conference hall of the hotel Černigov in Hradec Králové. Please be ready there at 16:15.

Before the ceremony, the technical model for JWOC competitions will be organised there.

No march through the city will be held because of the Long distance race the following day. There will be a short introduction of teams at the beginning of the ceremony. All teams will march in alphabetical order across the podium and put their flags into the special stand. A short cultural program and speeches will follow. The Opening Ceremony will close with an amusing video teaser from the competition areas. Athletes should be dressed in their national jerseys. Only athletes and team officials are permitted to participate in the Opening Ceremony since there is limited space in the conference hall. Accreditation cards will be checked at the entrance.

Medal and flower ceremonies

The JWOC 2013 medal ceremonies will take place according to the protocol of IOF rules.

There will be a flower ceremony after the Long distance and Middle distance races in the Finish area. Athletes in 1st-3rd place will be awarded.

Medal ceremonies for these races will take place at the Masarykovo náměstí (i.e. Masaryk Square) in Hradec Králové

on Thursday 4th July. The whole official duration of the event is 17:30-20:00, but the JWOC ceremonies are set for 17:50-18:40. Ceremonies for the JWOC Tour and a concert by the famous Czech band Charlie Straight will follow. We kindly ask athletes in 1st-6th placings to come back-stage no later than at 17:15, so that all the instructions and requests can be presented.

Masarykovo náměstí is 1 km from hotel Černigov, 500 m from hotel Okresní dům and 2.5 km from Amas HK (type C accomodation) - from there you can take trolleybus no. 3 and go to stop Ulrichovo náměstí (6th stop).

Medal ceremonies for Sprint and Relay will take place after the competition in the Finish area, therefore there will be no flower ceremony. Athletes 1st-6th place will receive awards.

Closing Ceremony

The Closing Ceremony will take place in the Relay finish area. During the ceremony, the IOF flag will be lowered and it will be handed to the organiser of JWOC 2014, Bulgaria. Closing speeches will be given. We kind ask team officials to ensure that their teams participate in the ceremony.

Banquet

The Banquet will take place on Saturday 6th July 2013 in the cultural centre named Aldis at 19:00.

Entry will only be allowed for competitors and team officials with their accreditation cards. Special guests can buy tickets for the Banquet if previously arranged with the organisers. There will be separate places for competitors and for team officials and VIPs. The Banquet will begin with the team competition ceremony. The winning team in the overall team competition will be announced and receive their award, a special silver plate. Then buffet dinner will be served followed by a disco. If there is good weather, a grill party with a lot of delicacy food will be prepared on the terraces outside the building. A bar will be open selling a wide range of non-alcoholic drinks, beer and wine. Special conditions and rules regarding drinking alcohol and inappropriate behaviour of athletes before, during and after the Banquet will be set and announced later. Team leaders carry full responsibility for their athletes' behaviour.

The distance of Aldis centre from hotel Černigov is 2.0 km, from hotel Okresní dům 1 km and from Amas HK 3.5 km.

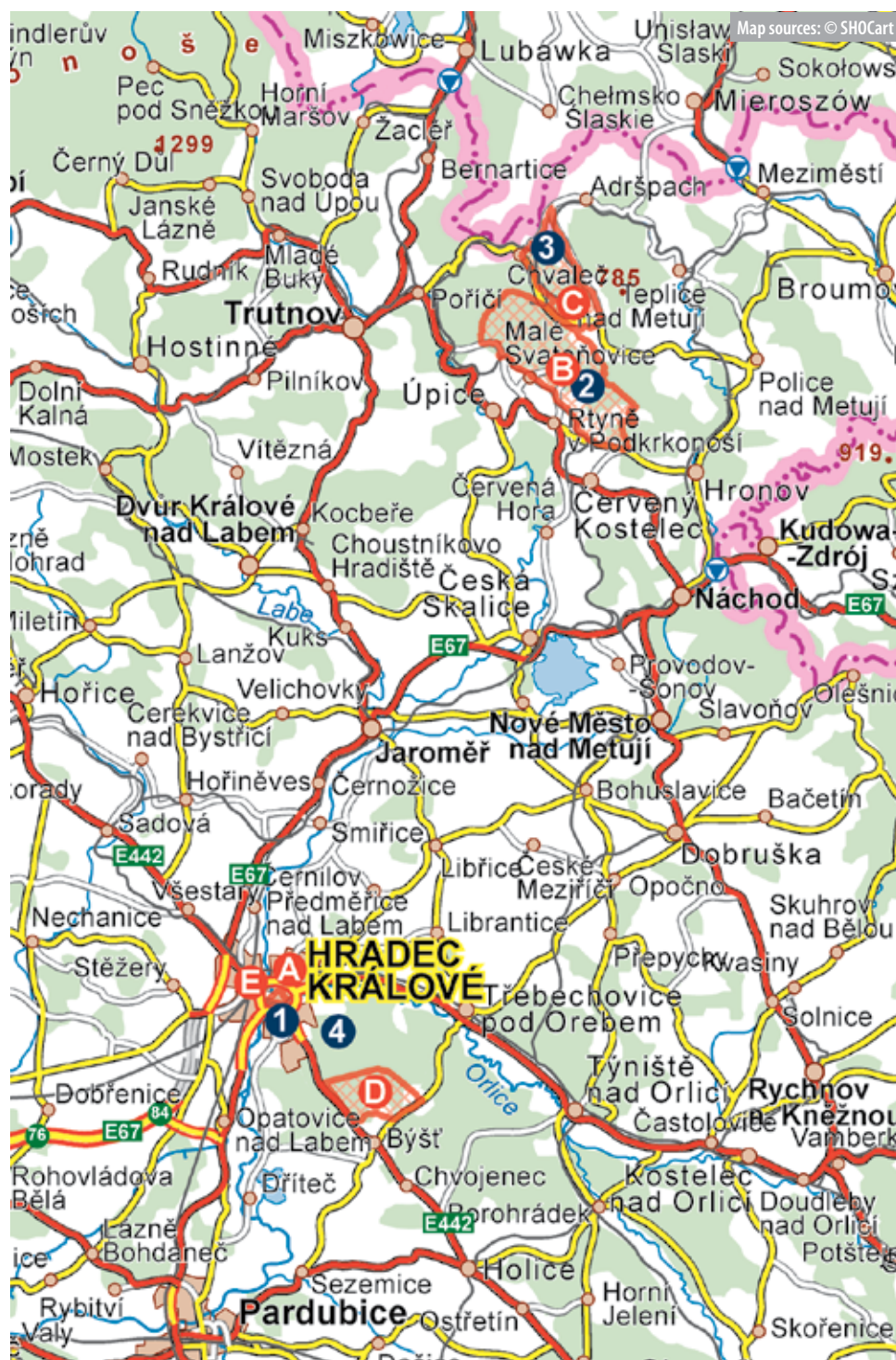
Embargoed Areas and Competition Areas

With reference to the IOF Competition Rules (article 26.5), the areas indicated on the accompanying maps are embargoed. Potential team members, leaders and others, whose knowledge of the terrain could influence results of the JWOC competition, are prohibited from entering these areas. However paved and asphalted public roads passing through the areas may be used.

For the Sprint area there is an exception to the rules described above: within the embargoed area, it is allowed to drive along

the main roads marked in yellow on the street plan (and therefore ONLY along these roads), but it is not allowed to stop or park there.

The organisers have also left free access to the very heart of the ancient town, as the Sprint is to be run late in the Championships programme and it is desired that the JWOC teams are enabled to visit the most attractive parts of Hradec Králové.



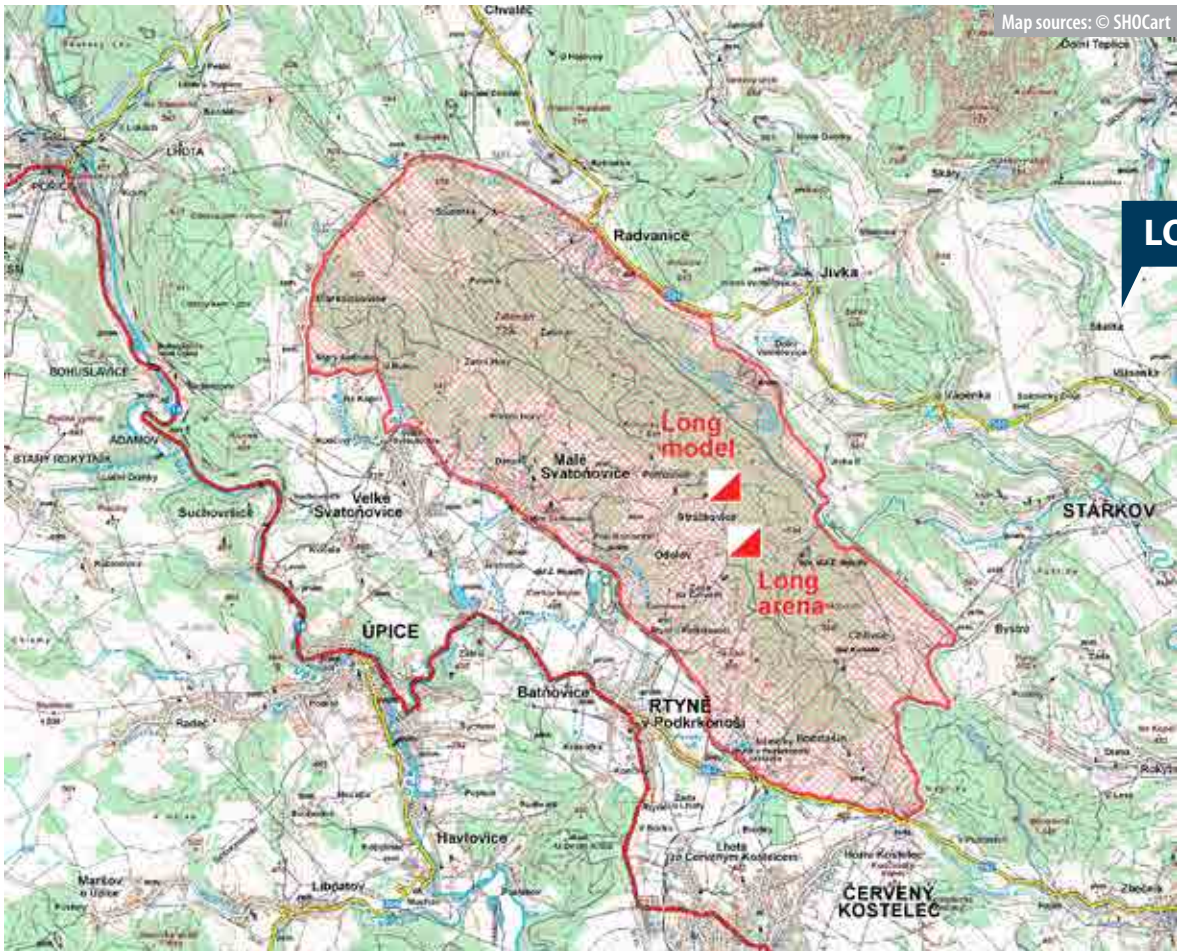
E – Event Centre

Embargoed areas:

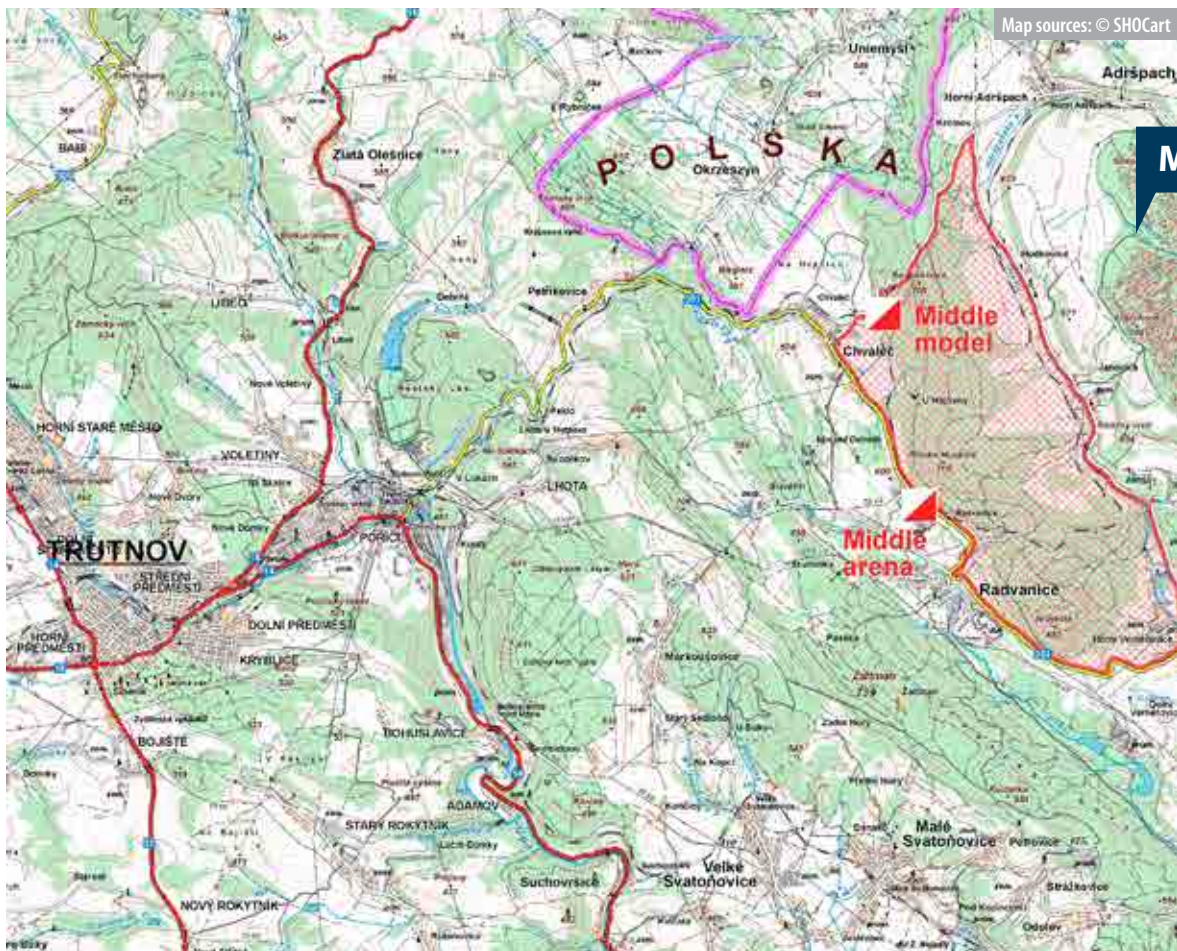
- A** – Sprint
- B** – Long distance
- C** – Middle distance
- D** – Relay

Model events:

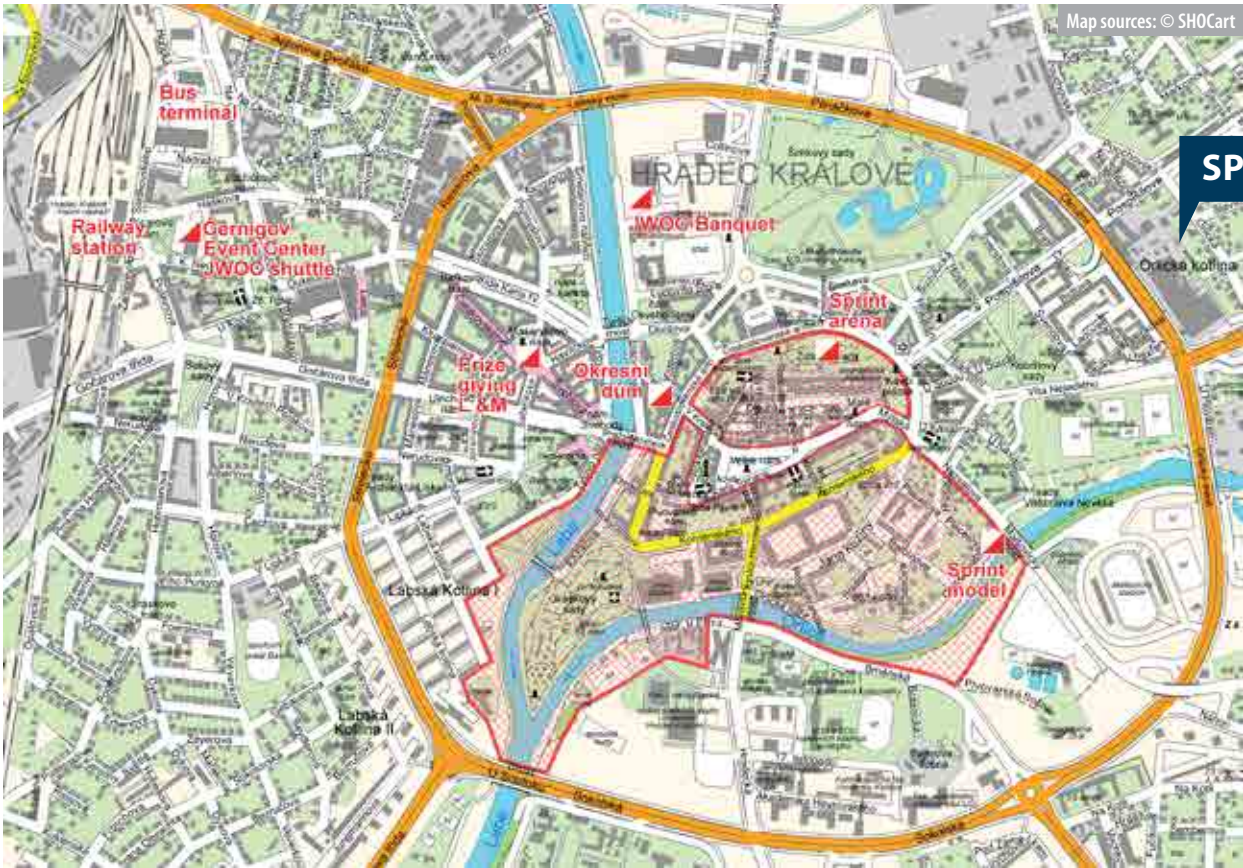
- 1** – Sprint
- 2** – Long distance
- 3** – Middle distance
- 4** – Relay
- e** – Event Centre



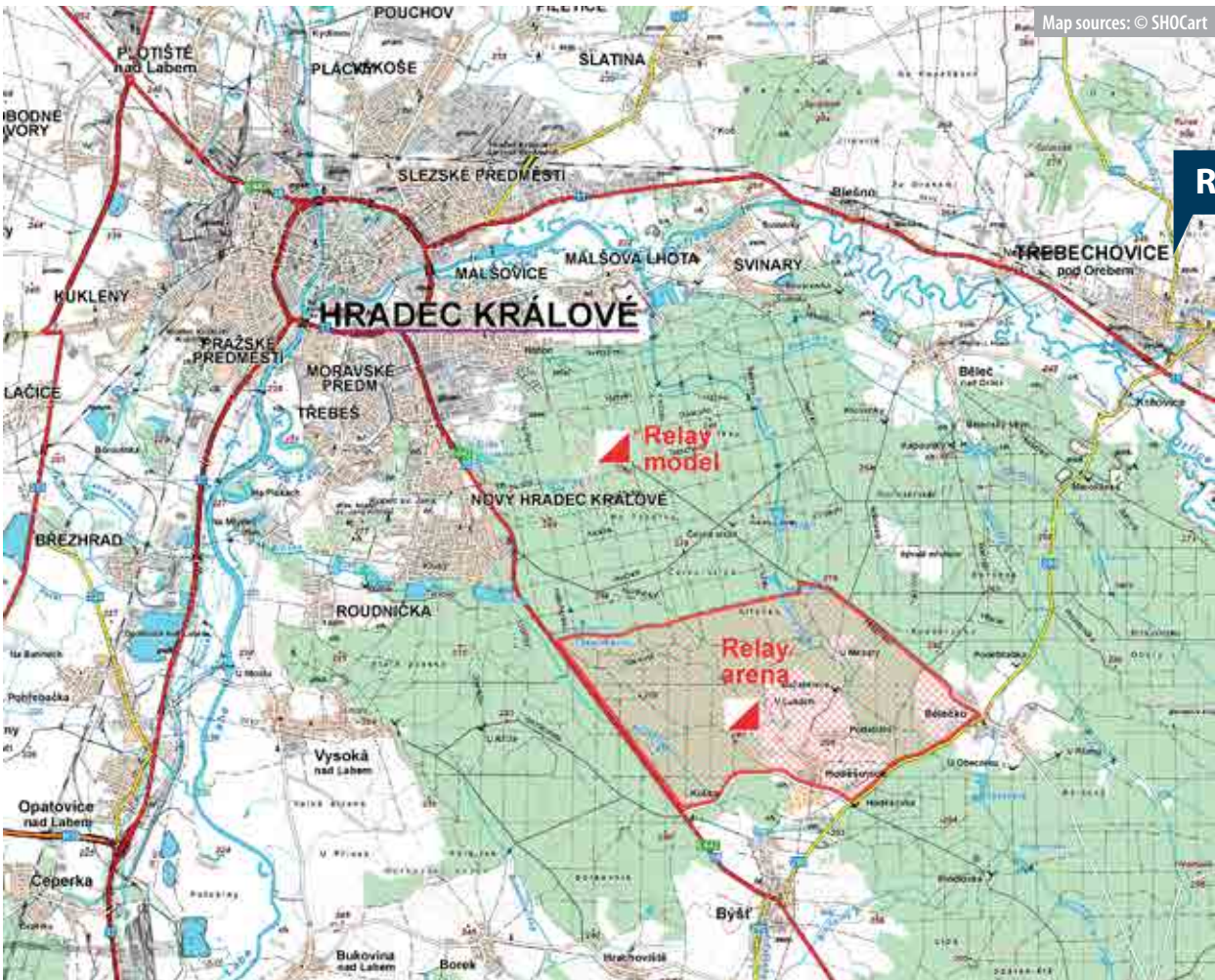
LONG



MIDDLE



SPRINT



RELAY

J W O C
2 0 1 3



General event instructions

Competition Rules

The Competition Rules for IOF Foot Orienteering Events (version valid from 1st January 2013) shall be applied to participation in the Junior World Orienteering Championships 2013. Please refer to the Competition Rules on the IOF website

<http://orienteering.org/wp-content/uploads/2010/12/Competition-Rules-for-IOF-Foot-Orienteering-Events-valid-from-1-Jan-20131.pdf>

In the Middle distance competition, the competitors placed number 20 or better in each qualification race heat will qualify to the A-Final. Competitors placed 21- 40 in each qualification race heat will run in the B-final. The remaining competitors run in the C-final. This exception is valid for both classes, M20 and W20. Start intervals for Middle B and C final will be 1 minute only.

If there is more than one runner in 20th place in a qualification heat,, there will be more runners in the A final.

Classes and Participation

W 20, M 20

All competitors must be born in or after 1993 and must be full passport-holding citizens of the country they are representing.

Anti-doping Code

Doping is strictly forbidden, and the organisers of JWOC 2013 are dedicated to supporting the anti-doping authorities in their work.

Doping controls may be carried out any time during the competition period. As some sites for the doping controls may be a few minutes' drive away, we suggest that athletes are prepared at all events to take along some dry clothes to change into after their race. Doping tests are always carried out in accordance with the procedures described in the WADA International Standard of testing. The IOF Anti-Doping Code and Rules apply as of 1st February 2010. Athletes who are selected for the doping tests must bring official identification (with photo) to the doping test area. The athlete should also bring their therapeutic use exemption (TUE) if applicable. In general, it is advisable that the athletes bring their ID to all the competitions and events.

Even when the IOF or the organisers have not ordered any tests, anti-doping control can always be conducted by other organisations without any prior notice.

Live TV and tracking Coverage

The Relay competition will be televised live, and the Middle Final will have complete live coverage but televised one day later, both in cooperation with Czech TV. The Long, Sprint and Middle Qualification races will be recorded as well and televised as recorded broadcasts later.

An on-line internet result service and live tracking will also be used.

Output from TV cameras will be provided for spectators in the arenas at every competition, using large screens.

JWOC Fairness Rules

1. It is not allowed (and not fair) to gain any unofficial information about the race, especially about courses, maps, location of pre-start etc.
2. Except for the relay, team members heading to pre-start are not allowed to visit the arenas before the respective competitions. It is also not allowed (and not fair) to gain any unofficial information about the arenas from other persons.
3. When staying in the quarantine, mobile phones must be completely turned off. (There may be random checks).
4. It is allowed to use music players without any built-in connectivity. Inside the quarantine, athletes with headphones on might be randomly asked to display their players for checking.
5. All tents inside the quarantine must stay open so that it is possible to have a look inside.
6. It is strictly forbidden to bring any electronic devices (except for watches) to toilets or any other private room - no matter if the device is on or off.
7. Competitors are allowed to run with own GPS device only if this will be without display.
8. It is not allowed to use any old maps of competition areas after getting on board the JWOC shuttle buses.
9. Violations of these rules should be immediately reported to quarantine staff to preserve fairness.
10. Violation of these rules may result in the disqualification of the whole team.

Team Officials Meetings

Additional competition information as well as printed material such as start lists or results will be provided at TOMs.

TOM presentation hand-outs will also be posted on the internet after meetings.

Only 2 accredited persons per team may take part in the TOM.

TOM schedule:

Date	Focus	Time	Place
Sunday 30th June	Long	17:30	Event Centre
Monday 1st July	Middle Q	17:00	! Arena Odolov
Tuesday 2nd July	Middle F	19:00	Event Centre
Thursday 4th July	Sprint	16:00	Event Centre
Friday 5th July	Relay	19:00	Event Centre

Jury

Susanne Wiklund Björk (SWE), Jerzy Antonowicz (POL), Ted Finch (GBR)

Entries for JWOC competitions

Teams must hand in their entries for each competition before 12:00 on the day before the respective competition. Athletes should be assigned to groups: 1-early, 2-middle, 3-late. The second athlete to a group may be assigned only after there are athletes in all three groups.

To hand in an entry, team leaders can use either electronic forms (to be found on the JWOC 2013 website when logged in), or paper forms distributed by the Event Office.

! After a deadline, it is not possible to make any changes. Exception: Changes to relay teams may be made until 60 minutes before the 1st-leg start in the respective class.

Maximum running time

This is given for every race in the individual event instructions. If the stated limit is exceeded, the competitor will be disqualified.

Clothing

There are no special regulations applying to runners concerning the type of competition clothing. The use of long trousers for the Long distance, Middle distance and Relay is recommended.

! It is forbidden to use shoes with metal spikes or dobbs in the Sprint competition and also in the Sprint model event.

Number bibs

All number bibs will be distributed at the pre-start info point.

! Number bibs must be visibly placed on the chest and may not be folded or cut.

! At the Long distance pre-start each athlete will be given safety pins. We kindly ask runners to keep their safety pins also for the other races (a limited amount of reserve ones will however be available at pre-start).

Maps & terrain

The JWOC maps are prepared according to the IOF standards (ISOM and ISSOM).

The print technology will be demonstrated on the model event maps. All competition maps are waterproof, sealed in plastic.

! In Long, Middle and Relay („forest competitions“), it is generally strictly forbidden to enter any fenced area, no matter whether it is represented using a symbol for passable or impassable fence. (Note: Sprint rules are different.)

! It is generally strictly forbidden to enter any private areas represented using an olive green colour.

Special map symbols used in the JWOC competitions are explained on the model event maps.

An explanation of special symbols for each race is given in the Event Instructions section.

Rootstocks common on orienteering maps in the Czech Republic (green cross) are not mapped on JWOC maps.

New competition maps

Competition maps will be collected at the finish of each race. New maps will be handed out to teams in the arenas at the following times:

Long	17:00 (at TOM)
Middle Q	14:00
Middle F	15:45
Sprint	15:15
Relay	14:15

Teams that do not pick up their maps in the arenas will find their map packages in team boxes in the Event Office.

Control descriptions

Control descriptions are in accordance with the IOF standard. Although lists of control descriptions used in up-coming competitions will NOT be distributed at TOMs, some potentially unclear or uncommon control descriptions will be illustrated and explained.

Control descriptions are also always printed on competition maps.

Punching

The SportIdent punching system will be used in all JWOC 2013 competitions.

All competitors will receive SI-cards from the organisers. After the relay event, team leaders must return all the SI-cards together to the Event Office staff, either in the arena or in the Event Centre.

A charge of CZK 1200 will be imposed for any lost or missing card.

! Each SI-card is assigned to a certain competitor and must be used by that athlete only!

At each start, there will be spare SI-cards available in case a competitor has lost, misplaced or forgotten his/her card.

In case of SportIdent unit failure (the unit gives neither a feedback beep nor a light feedback signal) athletes must punch manually into reserve punching boxes printed on maps.

Time-keeping

Start: In all individual races the start official will keep a hand on the map until the start beep. No electronic start gate is used.

Finish: The time is taken when the competitor's chest crosses the finish line. Photo-cells are used to ensure that the time is not triggered by a competitor's hand. There is no punching at the finish line, except for the relay changeover.

The times are rounded down to whole seconds.

In the Technical Model Event on Sunday 30th June, the punching and timing equipment as well as start and finish procedures will be demonstrated.

Late start

Runners who miss their start time due to their own fault will be allowed to start after start of the last starting competitor, but his/her race time will be counted from original, unchanged start time.

In case of objective reasons such as delayed shuttle transport, athletes will be assigned a new start time at the end of the start list.

Abandoning a race

Athletes who are forced to retire from a race must report to finish staff and hand in their competition maps.

Media controls

In all JWOC races there will be media controls on the courses. Athletes may meet TV staff (cameraman, assistant, spotter) or journalists near control points, especially during Middle distance A finals and the Relay.

JWOC shuttle transport

! It is compulsory to use JWOC shuttle transport for all athletes and coaches heading to pre-starts. All shuttle buses will terminate their trip near the arenas - it is always possible to get both to pre-start and arena by the JWOC shuttle bus.

! Athletes must use the buses assigned to them in accordance with the relevant transport schedule. The distribution is based on start times.

! Athletes & coaches must show their accreditation cards when getting onboard.

Teams are allowed to organise their own transport to/from the arenas for non-competing team members. After arrival at the arena, these team members are not allowed to make contact with the rest of the team heading to the pre-start (fairness).

JWOC shuttle buses back to Hradec Kralove will depart when all seats are occupied. Earliest departure time is given in the transport schedules.

Free-of-charge city transport in Hradec Králové

JWOC participants are allowed to use city transport lines in Hradec Králové for free using accreditation card, therefore immediately from the moment they will receive it during accreditation.

! Don't forget your accreditation card to be able to prove your JWOC participant status if checked onboard.

Complaints & protests

Any complaints must be made in writing and given to the Event Director or handed in at the Event Office. Complaints concerning results must be made no later than 15 minutes after the results have been declared official by the Speaker.

A protest can be made against the organiser's decision about a complaint. Any protest must be made in writing to a member of the Jury no later than 15 minutes after the organiser has announced the decision about the complaint.

Washing facilities

Except for the Sprint, simple washing facilities are available in all arenas in the public sector (just sink and water, no showers). For exact locations see arena plans.

Waste management at event centres

We ask everyone please to sort their waste.

Blue plastic bags, labelled Marius Pedersen, are for mixed waste.

Yellow plastic bags and yellow containers are for plastic waste.

Model events

Model events will provide relevant examples of cartography, terrain, control siting and control descriptions. The technical model will provide examples of the Sportident punching system, a refreshment control, start procedure & finish procedure.

Model event maps will be distributed at the time of accreditation. Model event maps are available after June 28th at 12:00.

Model events will be set out and manned only during the scheduled periods. There will be standard control assemblies at control sites. At gathering points there will be shelters and toilets available. (However it is allowed to visit model event areas also outside these "opening hours")

Focus	Schedule	Gathering point	from EC	Parking coordinates
Middle	June 29 (9:30-12:30), June 30 (9:30-12:30)	Chvaleč - football ground	65 km	50°35'47.495"N, 16°2'38.970"E
Long	June 29 (9:30-12:30), June 30 (9:30-12:30)	Odolov - next to a prison	55 km	50°31'52.860"N, 16°5'14.913"E
Technical	June 30 (15:00-16:30)	Hradec Králové - hotel Černigov	--	50°12'51.863"N, 15°48'46.475"E
Relay	July 4 (9:30-13:00)	Hradec Králové - Lesní hřbitov	6 km	50°11'19.105"N, 15°52'50.069"E
Sprint	July 4 (9:30-13:00)	Hradec Králové - Stará nemocnice	3 km	50°12'23.431"N, 15°50'31.583"E

! Relay and Sprint model controls will be in place only during the scheduled period. Middle and Long model controls will be out between June 28th 12:00 and June 30th 12:30. Model event control sites are permanently marked by wooden posts (same as at training courses; not at Sprint).

! Sprint model: It is not allowed to use shoes with any metal spikes or dobbs.

! Sprint model: Embargoed after July 5th, 6:00 AM.

Medical services

The organisers will co-ordinate health-care services for participants. Health-care services will be provided at the assembly areas of the competitions and in Hradec Králové. Each Federation is responsible for insurance of the necessary extent and coverage (valid for injuries caused during an organised event) for all their team members.

The phone number for emergency calls in the Czech Republic is 112.

JWOC transport to model events

Transport to model events is provided for those teams who have booked it on the final entry form.

For Relay & Sprint model, teams will be assigned to one of two groups by the organisers. (Transport may still be booked via the Event Office up to the available capacity of the buses.)

Middle & Long model event

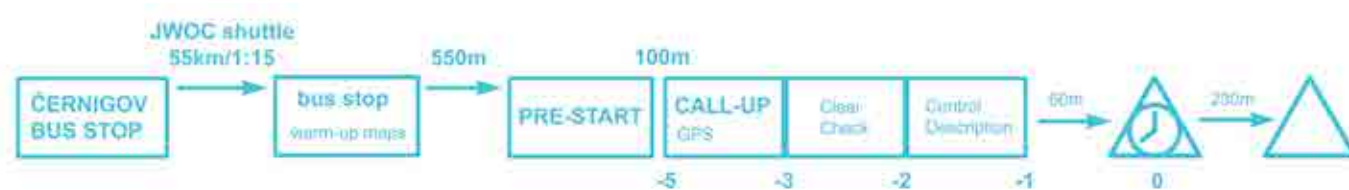
	June 29	June 30
departure from hotel Černigov	8:30	8:30
arrival at Chvaleč (Middle model)	9:45	9:45
departure from Chvaleč	11:00	11:00
arrival at Odolov (Long model)	11:30	11:30
departure from Odolov	12:30	12:30
arrival at hotel Černigov	13:45	13:45

Relay & Sprint model event

	June 4	June 4
departure from hotel Černigov	9:30	10:15
arrival at Lesní hřbitov (Relay model)	9:45	10:30
departure from Lesní hřbitov	11:00	11:45
arrival at Stará nemocnice (Sprint model)	11:15	12:00
departure from Stará nemocnice	12:00	12:45
arrival at hotel Černigov	12:15	13:00

Special Instructions for each Competition

LONG DISTANCE



Venue: Odolov

Finish arena: a field (50°31'35.994"N, 16°5'28.468"E)

Quarantine: For the majority of runners, quarantine starts when getting on board a shuttle bus to pre-start. Before entering buses, athletes will sign to check-in. Having checked in, the quarantine rules apply. Runners with scheduled

departure after 10:30 must check-in into a quarantine zone at hotel Černigov (near JWOC Event Office). Be aware that it will not be allowed to go back to rooms after having checked in.

Check-in deadline is 10:30 - athletes will either check in when entering the shuttle bus or in a quarantine zone at hotel Černigov.

Transport schedule

	Departure	Arrival	Arrival at pre-start	Start times due	Athletes	Officials	Check-in
Bus 1	6:30	7:45	7:55	09:30 - 09:53	24	21	when getting onboard
Bus 2	6:55	8:10	8:20	09:54 - 10:17	24	21	when getting onboard
Bus 3	7:20	8:35	8:45	10:18 - 10:43	26	19	when getting onboard
Bus 4	7:45	9:00	9:10	10:44 - 11:09	26	19	when getting onboard
Bus 5	8:10	9:25	9:35	11:10 - 11:49	40	5	when getting onboard
Bus 6	8:50	10:05	10:15	11:50 - 12:29	40	5	when getting onboard
Bus 7	9:30	10:45	10:55	12:30 - 13:09	40	5	when getting onboard
Bus 8	10:10	11:25	11:35	13:10 - 13:49	40	5	when getting onboard
Bus 9	10:50	12:05	12:15	13:50 - 14:29	40	5	in quarantine at Černigov
Bus 10	11:30	12:45	12:55	14:30 - 15:30	40	5	in quarantine at Černigov

The earliest departure back to Hradec Králové: 13:00.

Pre-start: Situated in a grass field. There are several large tents provided, but teams are still encouraged to set-up their own tents as there is enough space. Drinking water, toilets and clothes transport are provided. Coaches' transport to the arena will be specified at pre-start.

Start interval: 2 minutes

GPS: All men. Harnesses to be picked up **in good time** at the pre-start info point.

Terrain form: Moderately hilly to hilly, consisting of several ridges and valleys. 450–650m a.s.l.

Vegetation: Coniferous forest. Quite large sections of young forest and felled areas. Grass fields (grass doesn't hinder running).

Runnability: Very good to good. Limited on steep slopes and in young forest and dense areas.

Visibility: Very good to good. Limited in young forest and dense areas.

Paths and roads: Developed network of forest roads and paths enables fast running.

Map: Scale 1:15,000, ISOM, contour interval 5m, issued 6/2013. Size of map 297 x 286 mm.

Cartography: Zdeněk Sokolář, Aleš Hejna, Jan Drbal.

Warm-up map: Distributed when leaving shuttle buses. A piece of relevant terrain.

Courses

Class	Length	Climb	Controls	Estimated winning time	Radio controls	Refreshment controls
W20	7.1 km	470 m	15	59 min	4	40%, 75%
M20	9.9 km	620 m	21	67 min	4	30%, 50%, 75%

Maximum running time: 180 minutes.

Course planner: Radek Novotný

Arena passage: The men's course will pass through the arena, where there is also a map exchange.

! **The spectator control is the same as the last control - men will punch the same control twice during their courses.** Having punched the spectator control, athletes must take the left-hand corridor and follow a compulsory leg for about 100m to the map exchange. There they drop the used map and pick up a new map from a box. After that they will pass the refreshments and coaching zone, still following the compulsory leg. The end of the compulsory leg is marked as a start triangle on the second-loop map. In the terrain it is marked by a standard orienteering flag.

When approaching the finish, runners must use the right-hand run-in corridor.

Coaching zone: It is allowed to hand over personal drinks and materials (compass, shoe...) to athletes. Only 1 accredited person per team is allowed inside the coaching zone.

! **It is not allowed to give any kind of information to athletes at the run-through. To preserve fair conditions, coaches in the coaching zone must not speak to runners.**

Refreshments: All refreshment stations are situated at controls, apart from the one in the arena by the map exchange. Just plain water will be provided.

For men, it is recommended that coaches provide personal drinks and energy supplements in the coaching zone.

Control descriptions: Size of loose CD sheet: men 60x165mm, women 60x120mm.

Out of bounds areas: There is one area marked using violet stripes on maps and taped round in the terrain. Best to keep outside, otherwise you may face a swarm of bees!

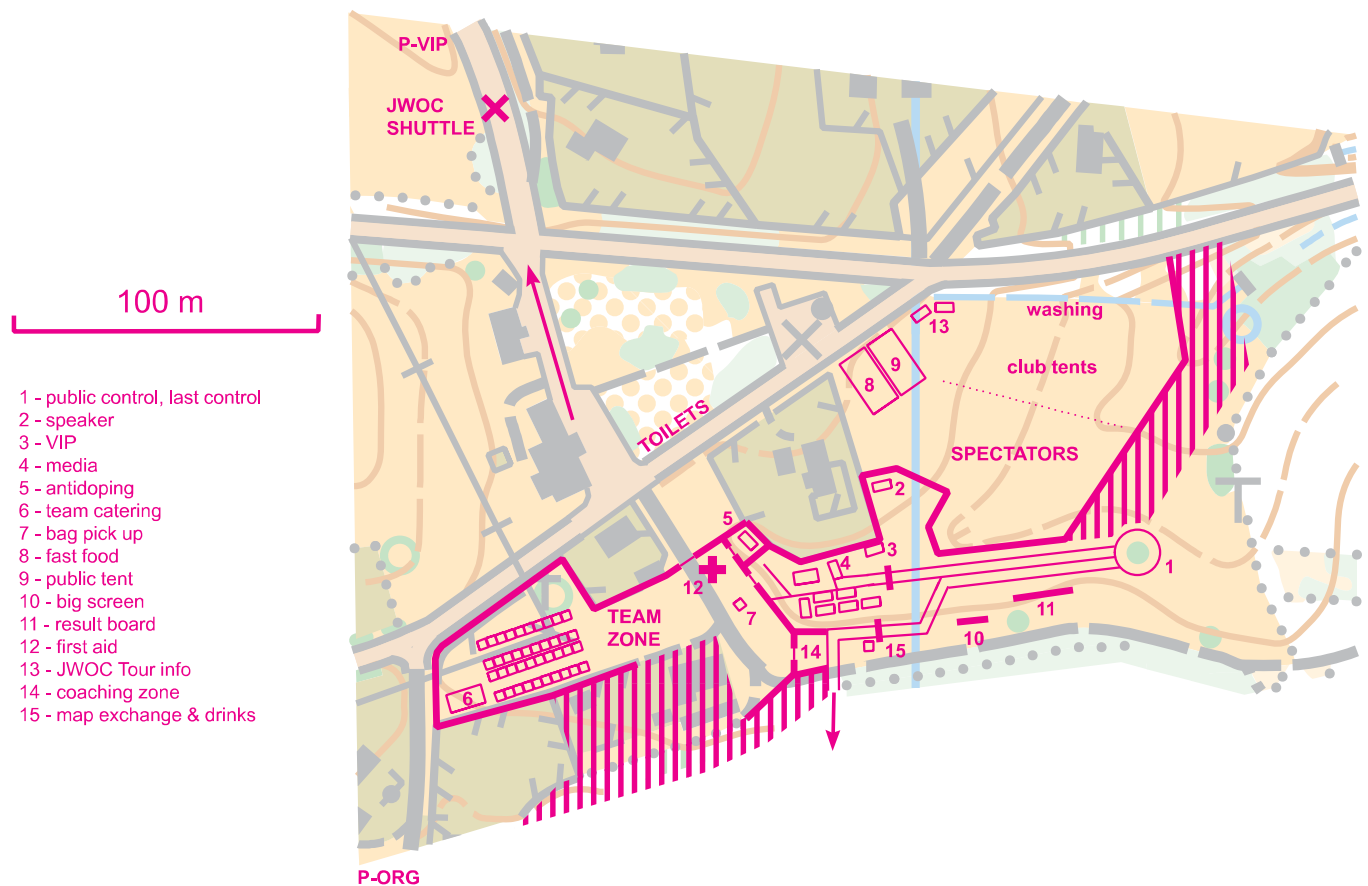
Cool-down area: To be specified at TOM.

Miscellaneous:

! **Athletes may pass through the grounds of a home for elderly people. On sight it might appear to be private, however it is an open area (and shown as such on the map) and it is allowed to run through.**

! **Don't forget to punch at refreshment controls!**

! **Coaches are not allowed to enter the mix zone in the finish, where runners will draw their routes.**



MIDDLE DISTANCE Qualification



Venue: Radvanice

Finish area: a field close to the local train station
(50°34'31.303"N, 16°3'30.315"E)

Quarantine: Having checked-in when getting onboard JWOC shuttle buses, quarantine rules apply.

Transport schedule

	Departure	Arrival	Arrival at pre-start	Start times due	Athletes	Officials	Check-in
Bus 1	8:45	10:05	10:15	12:00 - 12:09	30	15	when getting onboard
Bus 2	8:55	10:15	10:25	12:10 - 12:19	30	15	when getting onboard
Bus 3	9:05	10:25	10:35	12:20 - 12:29	30	15	when getting onboard
Bus 4	9:15	10:35	10:45	12:30 - 12:39	30	15	when getting onboard
Bus 5	9:25	10:45	10:55	12:40 - 12:49	30	15	when getting onboard
Bus 6	9:35	10:55	11:05	12:50 - 12:59	30	15	when getting onboard
Bus 7	9:45	11:05	11:15	13:00 - 13:12	39	6	when getting onboard
Bus 8	9:55	11:15	11:25	13:13 - 13:25	39	6	when getting onboard
Bus 9	10:05	11:25	11:35	13:26 - 13:39	42	3	when getting onboard
Bus 10	10:15	11:35	11:45	13:40 - 14:00	40	5	when getting onboard

The earliest departure back to Hradec Králové: 13:30.

Pre-start: Situated in a grass field. There are several large tents provided, but teams are still encouraged to set-up their own tents as there is enough space. Drinking water, toilets and clothes transport are provided. Coaches' transport to the arena will be specified at pre-start.

Start interval: 2 minutes.

3 runners are starting each minute (M or W).

GPS: No GPS tracking.

Terrain form: Stony slopes, 550–710 m a.s.l., crowned by cliffs up to 10 m high. Boulders up to 5 m high. Uneven ground.

Vegetation: An old coniferous forest. Some areas of diffuse thickets and clearings.

Runnability: Generally good. In places significantly limited by stony ground, young forest and fallen branches.

Visibility: Varies from very good to limited.

Paths and roads: Forest with average network of paths and tracks which generally enable fast running.

Map: Scale 1:10,000, ISOM, contour interval 5m, issued 6/2013. Size of map 210 x 297 mm (A4).

Black cross used as a control object = artificial construction (to be specified at TOM).

Cartography: Zdeněk Sokolář, Jan Drbal, Petr Mareček.

Warm-up map: Distributed when leaving shuttle buses. A piece of rather relevant terrain.

Courses

Class	Length	Climb	Controls	Estimated winning time	Radio controls
W20A	2.8 km	90 m	12	22 min	1
W20B	2.7 km	90 m	12	22 min	1
W20C	2.8 km	90 m	12	22 min	1
M20A	3.3 km	90 m	15	20 min	1
M20B	3.3 km	90 m	15	20 min	1
M20C	3.4 km	90 m	15	20 min	1

Maximum running time: 90 minutes.

Course planner: Michal Jedlička

Arena passage: No arena passage.

Coaching zone: No coaching zone.

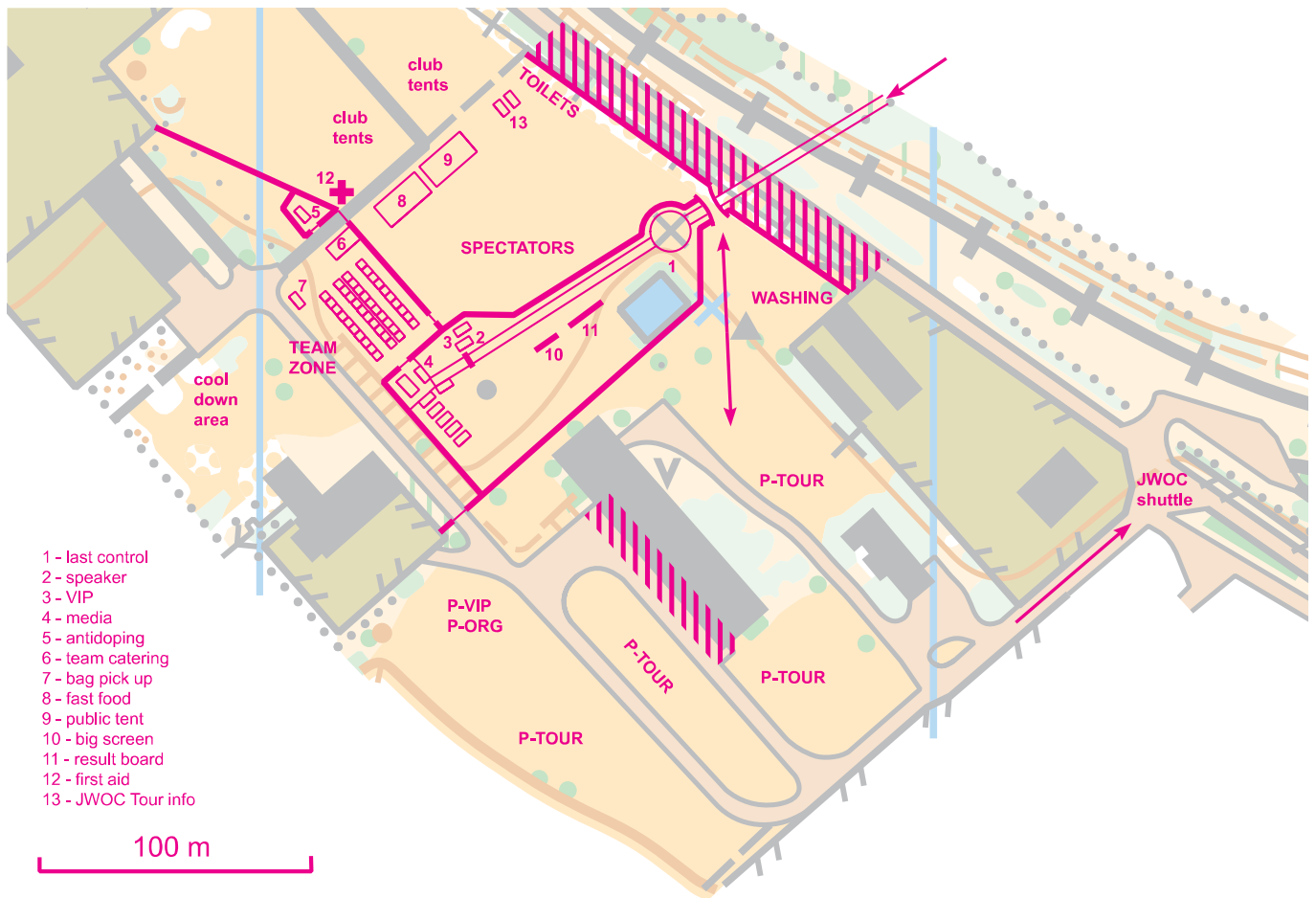
Refreshments: No refreshment controls.

Control descriptions: Size of loose CD sheet:
men 60x125mm, women 60x110mm.

Cool-down area: Inside the team zone in the arena or in nearby grass fields and roads. Don't go into the embargoed area whilst jogging!

Miscellaneous:

- ! The terrain is rather diffuse and controls are often on similar features. Check codes!
- ! There is a common compulsory leg from the second last control to the last control. It is continuously taped. On this leg, runners are crossing a railway (closed to trains during competition time) and a road (traffic will be controlled by organisers).
- ! It is strictly forbidden for all team members to enter the competition area until after the finals.



MIDDLE DISTANCE Final



Venue: Radvanice

Finish area: same as for Middle qualification (50°34'31.303"N, 16°3'30.315"E)

Quarantine: For the majority of runners, quarantine starts when getting on board a shuttle bus to pre-start. Before entering buses, athletes will sign to check in. Having checked

in, the quarantine rules apply. The runners with scheduled departure after 10:20 must check in into a quarantine zone at hotel Černigov (near JWOC Event Office). Be aware that it will not be allowed to go back to rooms after having checked in.

Check-in deadline is 10:20 - athletes will either check-in when entering the shuttle bus or in the quarantine zone at hotel Černigov.

Transport schedule

	Departure	Arrival	Arrival at pre-start	Start times due	Athletes	Officials	Check-in
Bus 1	7:00	8:20	8:25	10:00 - 10:07	32	13	when getting onboard
Bus 2	7:10	8:30	8:35	10:08 - 10:15	32	13	when getting onboard
Bus 3	7:20	8:40	8:45	10:16 - 10:23	32	13	when getting onboard
Bus 4	7:30	8:50	8:55	10:24 - 10:31	32	13	when getting onboard
Bus 5	7:40	9:00	9:05	10:32 - 10:39	32	13	when getting onboard
Bus 6	7:50	9:10	9:15	10:40 - 10:49	30	15	when getting onboard
Bus 7	8:00	9:20	9:25	10:50 - 10:59	30	15	when getting onboard
Bus 8	8:35	9:55	10:00	11:30 - 12:49	40	5	when getting onboard
Bus 9	10:55	11:15	11:20	12:50 - 14:24	40	5	in quarantine at Černigov
Bus 10	11:30	12:50	12:55	14:25 - 15:43	40	5	in quarantine at Černigov

The earliest departure back to Hradec Králové: 14:30.

Pre-start: There are several large tents provided. Teams may set-up their own tents, but the space is rather limited. Drinking water, toilets and clothes transport are provided. Coaches' transport to the arena will be specified at pre-start.

Start interval: A finals: 2 minutes. B & C finals: 1 minute (4 runners are starting at once).

GPS: All women and men running final A. Harnesses to be picked up **in good time** at the pre-start info point.

Terrain form: Stony slopes, 550–710 m a.s.l., crowned by cliffs up to 10 m high. Plenty of boulders up to 5 m high. Uneven ground.

Vegetation: An old coniferous forest. Some areas of diffuse thickets.

Runnability: Generally good. In places significantly limited by stony ground and fallen branches.

Visibility: Varies from very good to limited.

Paths and roads: Just a few paths and tracks.

Map: Scale 1:10,000, ISOM, contour interval 5m, issued 6/2013. Size of map 297x210mm (A4).

Black cross used as a control object = artificial construction (to be specified at TOM).

Black cross in the forest = a metal pole.

Black circle = wooden construction.

Cartography: Zdeněk Sokolář, Jan Drbal, Petr Mareček.

Warm-up map: Distributed when leaving shuttle buses. Warm-up terrain is not very relevant with regards to courses.

Courses

Class	Length	Climb	Controls	Estimated winning time	Radio controls
W20A	3.0 km	110 m	12	27 min	5
W20B	2.4 km	90 m	11	26 min	2
W20C	2.0 km	60 m	9	26 min	0
M20A	3.6 km	120 m	17	26 min	6
M20B	3.1 km	110 m	14	26 min	4
M20C	2.7 km	90 m	10	26 min	0

Maximum running time: 90 minutes.

Course planner: Michal Jedlička

! There is a common compulsory leg from the second last control to the last control. It is continuously taped. On this leg, runners are crossing a railway (closed to trains during competition time) and a road (traffic will be controlled by organisers).

Arena passage: No arena passage.

Coaching zone: No coaching zone.

Refreshments: No refreshment controls.

Control descriptions: Size of loose CD sheet: M20A 60x140mm, M20B 60x120mm, M20C 60x95mm, W20A 60x120mm, W20B 60x105mm, W20C 60x90mm.

Cool-down area: Inside the team zone in the arena.

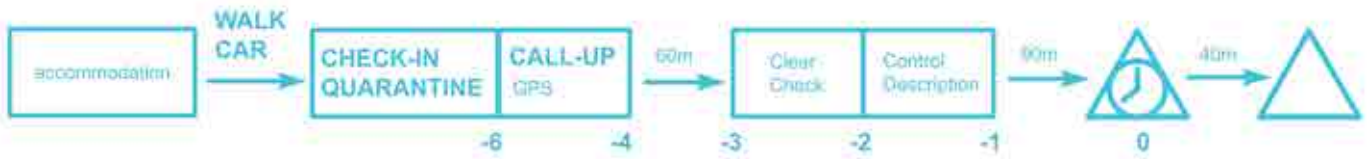
! Runners who have finished their race must stay in the area defined on the arena plan, unless walking straight to JWOC shuttle buses.

Miscellaneous:

! The race will be broadcast by Česká televize (Czech TV). Close to several controls there will be TV staff present. It may even happen that a cameraman follows athletes for a few metres.



SPRINT



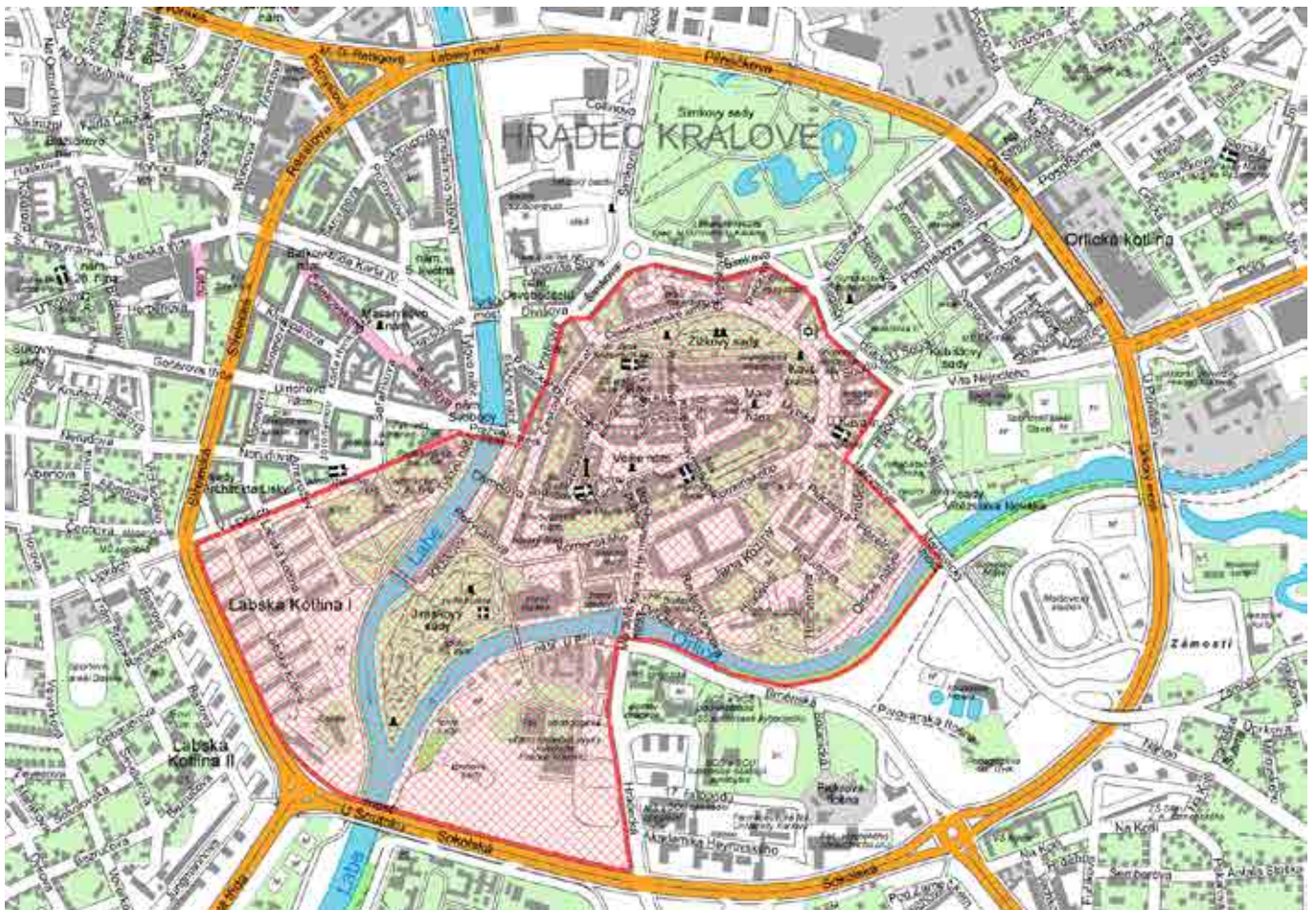
Venue: Hradec Králové

Finish arena: Žižkovy sady (50°12'42.018"N, 15°50'6.556"E)

Pre-race embargo: From **July 5th, 06:00**, the whole area marked below in violet will be embargoed for all JWOC team

members. It is **not** allowed to enter the embargoed area either on foot or by car! Instructions for check-in access will be given at TOM.

! Note: it is also not allowed to enter Sprint model event area after July 5th 6AM.



Quarantine: Check-in deadline is at **11:45** for both men and women. Quarantine borders are defined on the warm-up map. Straying outside these limits after the check-in deadline may result in disqualification.

Pre-start: The exact location of the pre-start will be provided at the TOM. There is enough space for everyone to stay inside a building. There are toilets, drinking water and clothes transport. It is not allowed to set up your own team tents. Coaches' transport to the arena will be specified at pre-start.

Start interval: 1 minute

GPS: All women. Harnesses to be picked up **in good time** at the pre-start info point.

Terrain form: Mostly flat, except for a 10-15m high steep slope around the old town hill. 230–245m above sea level.

Vegetation: Partly park area – grass, flower beds, hedges, scattered trees. Partly urban area of historic city centre with no vegetation.

Runnability: Generally excellent. Grass in parks is cut.

Visibility: Excellent.

Paths and roads: Urban and park areas with lots of fast routes. Most paths in parks have a gravel surface. City area links consist of asphalt roads, pavements and cobble-stones.

Traffic: Quite a significant part of the courses are through traffic-free areas. The speed limit in the competition area is down at 30km/h. Municipality police and organisers will assist during the competition.

! Local traffic is not completely excluded; athletes may still meet cars here and there!

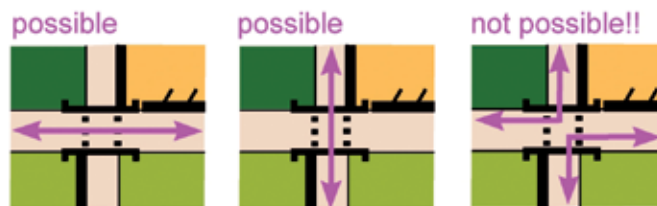
Map: Scale 1:4,000, ISSOM, contour interval 2m, issued 6/2013, size of map 420x297mm (A3).

! All dark green areas on the map are forbidden to cross, represented by ISSOM symbol 421 (impassable vegetation).

! All hedges on the map are forbidden to cross, also represented by ISSOM symbol 421.

! Most possibly controversial specific olive green private areas (symbol 528.1), impassable vegetation (421), impassable walls (521.1) or impassable fences (524), where there is the possibility they might be crossed by mistake and should not be crossed, will be taped in the terrain. Any runner who nevertheless crosses such taped areas or objects will be disqualified. Taping will be demonstrated in the model event.

! There are bridges in the terrain. A bridge (512.1) is unfortunately not defined by ISSOM as a "forbidden to cross" object. However runners must note that all bridges in the terrain cannot be climbed from the sides.



! In certain places, gates or passages through walls are drawn much wider than in reality to make them easier to spot on the map.

! Black cross used as a control object = artificial construction (to be specified at TOM).

Cartography: Jan Drbal, Aleš Hejna.

Warm-up map: Available at check-in. A piece of relevant terrain.

Courses

Class	Length*	Climb	Controls	Estimated winning time	Radio controls
W20	3.0 km	56 m	19	14:45	2
M20	3.6 km	60 m	21	14:45	2

*course lengths given along optimal route according to the IOF rules

Maximum running time: 45 minutes.

Course planner: Radek Novotný

Arena passage: Both men and women will pass through the arena.

! The spectator control is the same as the last control - athletes punch the same control twice during their courses. Having punched the spectator control, athletes must use the right-hand corridor and follow a compulsory leg (90m). The whole leg is taped/fenced. The end of the compulsory leg is marked by a standard orienteering flag to make the leg termination obvious for athletes.

! From the last control to the finish, runners must follow the left-hand corridor.

! There is no coaching zone. It is strictly forbidden to give any kind of information to passing athletes!

! The arena limits are taped to keep spectators off the competition area (see arena plan). These "fences" are not marked on competition maps. The athletes have no reason to cross them.

Control descriptions: Size of loose CD sheet: men 60x160mm, women 60x150mm.

Out of bounds areas: Marked on the map using violet stripes. When shown with a border, they are taped round in the terrain.

The main road around the historic town centre is marked as out-of-bounds, while pavements are shown as passable (as in the sprint model event).



There is also one street in the old town which is marked as forbidden to pass through (completely) – no border on the map, thus not marked in terrain. Organisers wearing reflective vests will ensure that no-one passes through it by mistake.



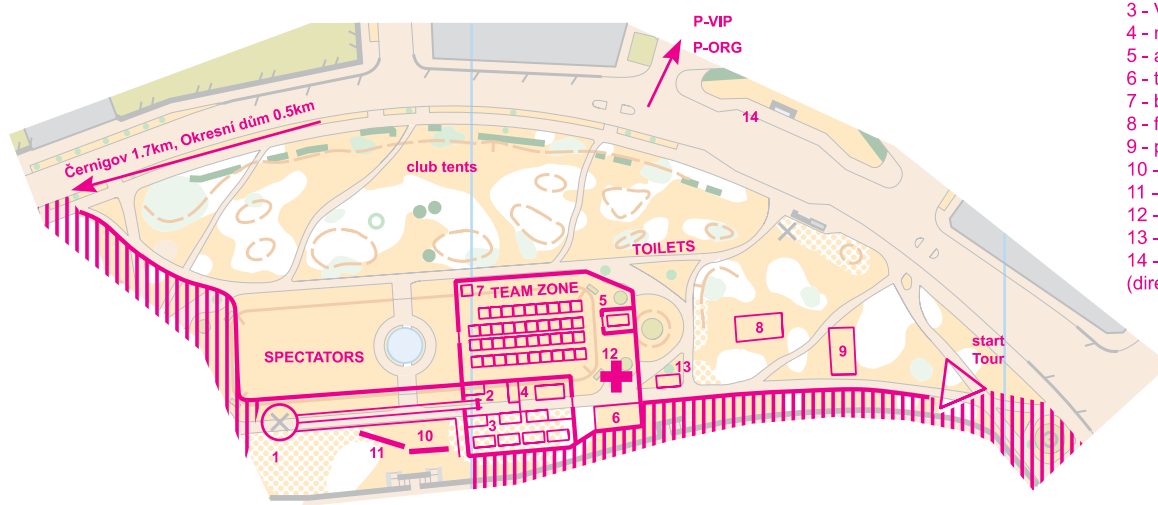
Cool-down area: Gravel paths and pavements around the arena borders and main road.

Miscellaneous:

- ! Shoes with metal spikes or dobbs are not allowed! Track shoes or cross-country shoes are recommended.
- ! There are controls in the terrain that are very close to each other, though in accordance with IOF rules (minimum distance apart 15m). Check codes!
- ! It is 90m from -1 to 0. Athletes will need to jog to be at the start line in time.

! It is strictly forbidden for any team members to re-enter the competition terrain until the last JWOC competitor arrives at the finish. All team members are expected to stay inside the arena limits until after the Prize-giving Ceremony (an after-race quarantine).

100 m



- 1 - public control, last control
- 2 - speaker
- 3 - VIP
- 4 - media
- 5 - antidoping
- 6 - team catering
- 7 - bag pick up
- 8 - fast food
- 9 - public tent
- 10 - big screen
- 11 - result board
- 12 - first aid
- 13 - JWOC Tour info
- 14 - public transport stop (direction Černigov)

RELAY



Venue: Hoděšovice

Finish area: a field (50°9'20.374"N, 15°54'14.242"E)

Transport schedule

	Departure	Arrival	Arrival at pre-start	Who	Athletes	Officials	Check-in
Bus 1	8:00	8:25	8:45	W - leg 1	25	20	in arena quarantine
Bus 2	8:00	8:25	8:45	W - leg 1	25	20	in arena quarantine
Bus 3	8:30	8:55	9:15	W - leg 2	25	20	in arena quarantine
Bus 4	8:30	8:55	9:15	W - leg 2	25	20	in arena quarantine
Bus 5	8:45	9:10	9:30	not specified	40	5	in arena quarantine
Bus 6	8:45	9:10	9:30	not specified	40	5	in arena quarantine
Bus 7	8:50	9:15	9:35	not specified	40	5	in arena quarantine
Bus 8	8:50	9:15	9:35	not specified	40	5	in arena quarantine
Bus 9	8:55	9:15	9:40	not specified	40	5	in arena quarantine
Bus 10	8:55	9:15	9:40	not specified	40	5	in arena quarantine

The earliest departure back to Hradec Králové: 15:30.

Warm-up map: Distributed when leaving shuttle buses. Less relevant than model event.

! Accessible only until check-in is closed! After quarantine deadline, warm-up is possible only inside quarantine limits (on a grass field).

Quarantine: The check-in gate will be closed 10 minutes prior to the women's 1st leg start. Both men and women must stay inside the quarantine before their races. There are tents, water, toilets and clothes transport available. Once you leave the quarantine after the deadline, you may not come back until the race is over! (Valid also for coaches.)

! Having finished your race, it is strictly forbidden to make any kind of contact with team members still inside quarantine.

Pre-start: About 10 minutes before expected changeover, next-leg runners should pass through the "call-up" point and enter the pre-start area. SI-cards are cleared and checked, GPS units are put in place. Having entered the pre-start area, athletes may continue their warming up. Coaches are not allowed to enter the pre-start zone, but may stay in contact with their athletes.

GPS: All runners, except for MIX teams, will run the relay with GPS. Harnesses should be picked up at the pre-start info point. GPS devices will then be placed and activated when entering the pre-start area.

! Harnesses will circulate during the race - 1st leg men may pick their harnesses only after the women are back from their 1st leg. The same principle applies also for the other legs.

1st leg start: 1st leg runners must pass through the "call-up" point not less than 10 minutes before the start. 3 minutes before the start, runners will be asked to move up to their maps.

Arena passage: When approaching the spectator control, runners must pass a compulsory crossing point between temporary taped fences at the edge of the arena field. After the crossing point, runners will follow a compulsory leg leading to the spectator control. Having passed the spectator control, runners continue on a compulsory leg until its end at the edge of the arena field. The length of the whole compulsory leg through the arena is 300m.



Changeover: The in-coming runner must use the right side of the run-in corridor, punch a control at the finish line and then proceed to the change-over plank, where in-coming and out-going runners must touch each other. The out-going runner will follow the start corridor to a map board, where she/he will pick up the correct map, labelled with team number and leg number (e.g. "51 leg 2"). Women will have their maps on the left-hand side, men on the right. Upper row for 2nd legs, lower row for 3rd legs. Lowest team numbers are first in the row from the direction of approach.

! It is the runner's responsibility to pick up the correct map! If a runner's map has been picked up by someone else, map-board staff are ready to provide a reserve map as quickly as possible.

Finish: Last-leg runners use the left side of the run-in corridor. There is no punching at the finish line. The chest position is decisive if there is a close finish. The finish line will be video-recorded.

! Please try to keep in the same order as at the finish line until your SI-card is read out.

Mini-mass start: A mass start for 2nd and 3rd leg runners of slow teams will take place at 12:10 (women) and 14:10 (men).

Terrain form: Overall a flat area with some gentle slopes. 260–290 m a.s.l.

Vegetation: Mixed forest of variable age. Rich in vegetation detail. Some under-vegetation (grass).

Courses

Class	Length	Climb	Controls	Estimated winning time	Radio controls
W20 leg 1	4.5-4.7 km	70 m	19	36 min	5
W20 leg 2	4.5-4.7 km	70 m	19	36 min	5
W20 leg 3	4.5-4.7 km	70 m	19	36 min	6
M20 leg 1	5.8-6.0 km	80 m	22	36 min	7
M20 leg 2	5.8-6.0 km	80 m	22	36 min	7
M20 leg 3	5.8-6.0 km	80 m	22	36 min	7

Maximum running time: 210 minutes (team).

Course planners: Michal Jedlička and Radek Novotný

Coaching zone: The coaching zone is situated inside quarantine limits. It is allowed to hand over personal drinks and materials (compass, shoe...) as well as information to athletes. Only 1 accredited person per team is allowed inside the coaching zone.

Refreshments: No refreshment controls.

Control descriptions: Printed on maps. No loose CD sheets.

Out of bounds areas: There are no additional out-of-bounds areas in the terrain.

! Note: It is generally strictly forbidden to enter any fenced areas, no matter whether it is marked using the crossable or uncrossable fence symbol!

Runnability: Varies from excellent to poor (due to under-vegetation and thickets).

Visibility: Generally good, but often significantly reduced in areas of young forest.

Paths and roads: Developed network of forest roads and paths, partly rectangular. Major forest roads enable extremely fast running.

Map: Scale 1:10,000, ISOM, contour interval 5m, issued 6/2013. Size of map 420x297mm (A3).

! There are areas of fallen trees in the terrain. These areas are often extremely difficult to cross and it is sensible to avoid them. Such areas are marked on the map using violet stripes, the same way as on model event maps.



! Two black crosses are used as spectator control points. Both represent an artificial construction.

! Black crosses in the terrain may represent a pile of old wooden fences, a metal pole or an old fallen hunting tower.

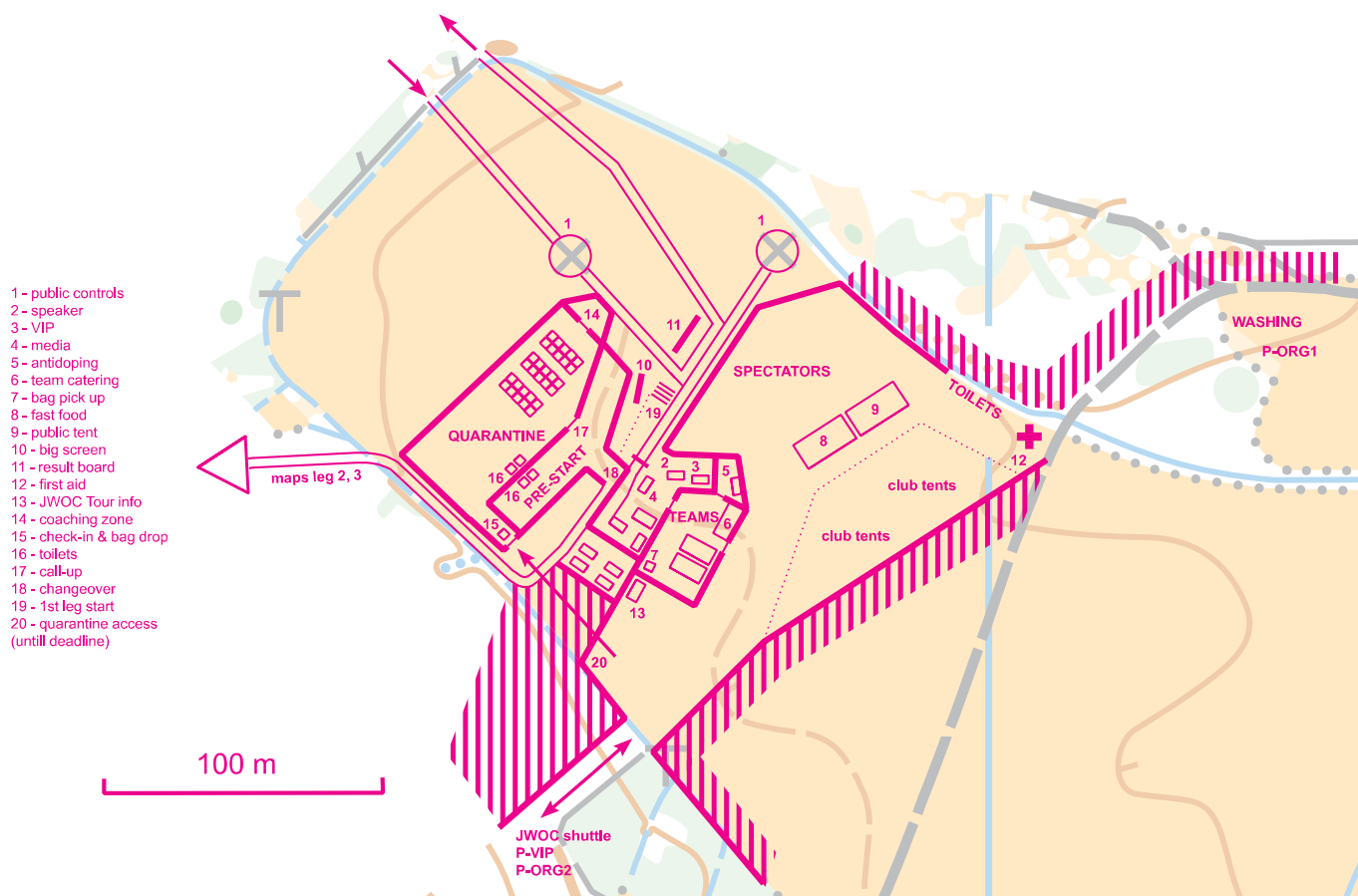
Cartography: Petr Mareček, Zdeněk Sokolář.

Miscellaneous:

! The race will be broadcast by Česká televize (Czech TV). Close to several controls there will be TV staff present. It may even happen that a cameraman will follow athletes for a few metres.

! There are controls in the terrain that are very close to each other, though in accordance with IOF rules (minimum distance apart 30m). Check codes!

! There will be 2 punching units at controls in the early sections of the courses. (In case one of the two is not working, punch the other one. If both are not working, punch manually.)



JWOC Tour

The 6-day event „JWOC Tour” will be organised in conjunction with JWOC 2013. The same competition areas and maps will be used as for JWOC. Not only the challenging and varied

terrain, but also the atmosphere of top events with future world stars, should make it worthwhile to come and take part. The programme and locations of stages will be arranged

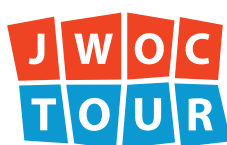
and scheduled so that JWOC Tour competitors will be able to spectate at all the JWOC events.

Anyone else accompanying who does not wish to take part in the Tour will have a wide choice between many natural,

cultural and leisure attractions in the surrounding region, making for an enjoyable stay the whole time, not just during the periods of cheerful atmosphere in the arenas. All in all - everyone is cordially invited!

There will be three open classes T1, T2 and T3, which can be entered at every stage. This is still possible until the day of the race, during the opening hours of JWOC Tour registration.

You can find more information on the JWOC website or directly on www.jwoctour.cz.



Entries

Country	Women	Men	Relay W	Relay M	Team officials	Total
Australia	6	6	2	2	2	14
Austria	6	6	2	2	3	15
Belarus	1	0	0	0	1	2
Belgium	4	6	1	2	2	12
Bulgaria	3	2	1	0	1	6
Canada	4	4	1	1	2	10
China	4	5	1	1	2	11
Croatia	0	1	0	0	1	2
Czech Republic	6	6	2	2	4	16
Denmark	6	6	2	2	4	16
Estonia	4	3	1	1	1	8
Finland	6	6	2	2	3	15
France	5	6	1	2	3	14
Germany	3	3	1	1	2	8
Great Britain	6	6	2	2	4	16
Hong Kong	6	6	2	2	2	14
Hungary	4	6	1	2	2	12
Ireland	2	4	1	1	2	8
Israel	1	2	0	1	1	4
Italy	4	6	1	2	2	12
Japan	5	6	1	2	3	14
Latvia	3	5	1	1	2	10
Lithuania	3	6	1	2	3	12
Moldova	1	2	0	0	1	4
New Zealand	6	6	2	2	2	14
Norway	6	6	2	2	3	15
Poland	6	6	2	2	2	14
Portugal	2	1	0	0	1	4
Romania	1	3	0	1	1	5
Russia	6	6	2	2	4	16
Slovakia	4	4	1	1	2	10
Slovenia	0	1	0	0	0	1
South Africa	1	3	0	1	1	5
Spain	4	4	1	1	2	10
Sweden	6	6	2	2	4	16
Switzerland	6	6	2	2	4	16
Turkey	2	4	0	1	3	9
Ukraine	4	6	1	2	2	12
United States	6	6	2	2	3	15

www.lesy.cz



**PEČUJEME O VAŠE POHODLÍ
PŘI CESTÁCH DO PŘÍRODY**

LESYČR


SUN INVENT

PRODEJ

Nůžkové stany
velkostany
jehlanové stany
vlajky a bannery
nafukovadla
sportovní dresy



PRONÁJEM

Nůžkové stany
velkostany
osvětlení, ozvučení, LED obrazovky
podia a zastřešení
nábytek a dekorace
AV technika
dřevěné stánky
catering



PRODUKCE

Produkční činnost
kompletní zajištění akcí
kulturní akce
firemní eventy
sportovní akce



generální partneři / general partners



pořadatelé / organizers



partneři / partners



podporovatelé / supporters





www.jwoc2013.cz