



Engadin, Scuol
Switzerland
9-15 July 2016

JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS



4

BULLETIN

WELCOME



**swiss
orienteering**

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President of the Swiss Confederation Johann N. Schneider-Ammann



Dear valued athletes, dear friends of the sport of orienteering,

It has caught my attention with great joy that a big number of very promising junior talents are being deeply dedicated to the sport of orienteering. I am also very pleased that Switzerland with the Engadin as venue for the Junior World Orienteering Championships 2016 is presenting itself from its most beautiful side.

Sport stands not only for passion, friendship and fun but it is as well a school of life. I could also experience this and grow from it personally during many years of dedicated orienteering competitions and its challenges. One learns to know one's own limits and to overcome those boundaries, to pursue a goal tenaciously and not to divert from one's path. Those personal qualities are equally important outside the world of sport, such as in professional and personal life or in politics.

I wish all of you, dear athletes, successful competitions without any big detours, and above all lots of joy in participating and I hope that it will be for all participants an unforgettable experience.

Christian Fanzun, Mayor of cumün da Scuol



**Ün cordial bainvgnü a Scuol /
A warm welcome to Scuol!**

I am filled with great satisfaction and joy that Scuol will be the venue of JWOC 2016. The greater municipality Scuol has been formed only recently and includes the town fractions of Ardez, Ftan, Guarda, Scuol, Sent and Tarasp. There are 5000 citizens here in an area of 438 km². Of course, our pristine landscape is made for such an event. We are extending our hearty welcome to all the active runners, the organisers, the officials, the helpers, the families or to the spectators: Ün cordial bainvgnü a Scuol!

The community with all its employees and partners will do everything in their power to take care of you as best as possible during your stay in Scuol.

We wish you lots of success!



Jürg Hellmüller, President Swiss Orienteering



Dear young athletes and guests,

On behalf of the Swiss Orienteering Federation, I would like to extend a warm welcome to everybody to these Junior World Orienteering Championships 2016 here in the Lower Engadin. All venues present their unique environment and very rich culture.

I am convinced that the combination of the different races in the alpine area around Scuol will challenge the juniors' orienteering skills. This JWOC will be the highlight of this year's orienteering season.

Therefore, I wish every athlete good luck and personally rewarding performances in the forthcoming competitions.

I would like to thank the organising committee for their energy and enthusiasm while preparing this event. I wish them good luck and the necessary energy to implement their plans into reality.



Mike Dowling Vice-president International Orienteering Federation



On behalf of the IOF I pass on my very best wishes to all those organising and taking part in the 2016 Junior World Orienteering Championships. I also sincerely thank the Swiss Orienteering Federation for, once again, hosting one of our major world events.

The Junior World Orienteering Championships brings together our young orienteers from across the globe to compete and, as importantly, make new friends that will open new doors to lifelong friendships. To compete in Switzerland in the Scuol Engadin region provides an opportunity to orienteer in a special place in a scenically rich and beautiful landscape.

To have the privilege of being able to represent your country has required many dedicated and committed hours of training and preparation and the support of parents, coaches, clubs and federations. To all our competing young orienteers I ask you to say thank you to those you have helped you on your journey to these championships. I also ask that you say thank you to the many dedicated members of the Swiss organising team who have worked so hard to make these championships a reality.

I hope that you will enjoy great and challenging competitions in the beautiful Swiss landscape, have the chance to sample some Swiss chocolate, make many new friends and enjoy what promises to be wonderful Swiss hospitality.

My sincere thanks and good wishes go to all those who have made these championships possible.

1. Organisation

Swiss Orienteering Federation Association JWOC/SOW 2016

Event Director	Simone Niggli
Vice Event Director	Brigitte Grüniger Huber
Technical Director	Matthias Niggli
Communication	Lukas Jenzer
IT and Results	Daniel Leibundgut
Ceremonies	Sandra Lauenstein
Senior Event Adviser (IOF)	Cesare Tarabocchia (ITA) cesare@tarabocchia.it János Sümegi (HUN) sumegj@gmail.com
National Controllers	Christian Schneebeil, Urs Hofer
Cartography	Beat Imhof (Sprint, Relay, Long) Urs Steiner (Long, Middle)
Course planners	Sprint Urs Jordi Michael Eglin Long Matthias Merz Fabian Hertner Middle Qualification Sara Lüscher Sophie Tritschler Middle Final Philipp Sauter Urs Steiner Relay Marcel Schiess Baptiste Rollier
Jury	Helge Lang Pedersen (DEN) Vincent Frey (FRA, 10-11 July) Janne Salmi (FIN, 13-15 July) Susanne Wiklund Björk (SWE, to be confirmed at the first TOM)
IOF Delegate	Mike Dowling (AUS)

Patronage

Johann Schneider-Ammann	President of the Swiss Confederation
Duri Campell	National Council Member
Silva Semadeni	National Council Member
Ruth Humbel Näf	National Council Member
Heinz Brand	National Council Member
Martin Candinas	National Council Member
Konrad Graber	Council Member of Canton Lucerne
Stefan Engler	Council Member of Canton Grisons
Martin Schmid	Council Member of Canton Grisons
Jon Domenic Parolini	Member of the governing council Canton Grisons
Christian Fanzun	Mayor of Cumün da Scuol
Matthias Remund	Director of the Federal Agency of Sport
Jörg Schild	President Swiss Olympic
Thierry Jeanneret	Sport Department Head for the Canton Grisons
Jürg Hellmüller	President Swiss Orienteering
Martin Sacher	President Stiftung OL Schweiz
Frank Schuler	President Orienteering Federation Canton Grisons
Dario Cologna	Olympic champion cross-country skiing
Gian-Luca Cologna	Cross country skier
Nevin Galmarini	Olympic medal winner snowboard
Selina Gasparin	Olympic medal winner biathlon
Urs Wohler	Director Tourism Engadin Scuol Samnaun Val Müstair AG
Reto Flury	CEO EGK Health Insurance
Pascal Walthert	CEO Neutrass-Residenz AG
Gerhard Hauser	CEO Bogn Engadina Scuol SA

Patrons

Reto Crüzer AG, Scuol
Hotel Astras, Scuol

2. Contact

JWOC Information

Christoph Aeschlimann and Sandra Schärer
+41 79 476 38 52, not available between 22:00 and 06:00
info@jwoc2016.ch
<http://www.jwoc2016.ch>

3. Detailed Event Programme

Thursday, July 7	
18:00-20:00	Event Centre open (only for model maps, no accreditation)
Friday, July 8	
Accreditation	
08:00-12:00	Accreditation (Event Centre)
12:00	Deadline for final name entry for all athletes on IOF Eventor
15:00-20:00	Accreditation (Event Centre)
10:00-16:00	Model Event Val Müstair (Long)
Saturday, July 9	
Opening Ceremony	
09:00-12:00	Event Centre open, accreditation
10:00-13:00	Model Event Val Müstair (Long)
10:00-15:00	Model Event Sent (Sprint)
12:00	Deadline for final name entries and for the allocation to starting groups for Sprint on IOF Eventor
14:00-18:30	Event Centre open
14:00-15:30	Technical Model Event Scuol, Event Center
16:00	Opening Ceremony
17:30	Team Officials' Meeting Sprint
Sunday, July 10	
Sprint Scuol	
08:00-18:30	Event Centre open
09:00-12:30	JWOC Sprint Scuol
12:30	Prize Giving Ceremony Sprint
13:00	Deadline for final name entries and for the allocation to starting groups for Long on IOF Eventor.
17:30	Team Officials' Meeting Long
Monday, July 11	
Long Val Müstair	
08:30-18:00	Arena Info Point open
09:00-16:30	JWOC Long Val Müstair
16:30	Flower Ceremony

Tuesday, July 12	Rest Day
10:00-12:00	Event Centre open
10:00-15:00	Model Event Susch-Lavin (Middle/Relay)
12:00	Deadline for final name entries and for the allocation to starting-groups for Middle Qualification on IOF Eventor
16:30-18:30	Event Centre open
17:00	Prize Giving Ceremony Long (Event Centre Scuol), followed by entertainment on the stage.
17:30	Team Officials' Meeting Middle Q and F

Wednesday, July 13	Middle Qualification Ftan
09:30-16:00	Arena Info Point open
10:00-12:30	JWOC Middle Qualification Ftan
17:00-18:30	Event Centre open

Thursday, July 14	Middle Final Susch-Lavin
08:30-17:00	Arena Info Point open
09:00-10:00	JWOC Middle B-/C-Final Susch-Lavin
10:00-12:30	JWOC Middle A-Final W20 Susch-Lavin
11:00-13:30	JWOC Middle A-Final M20 Susch-Lavin
13:50	Flower Ceremony
15:00	Entry Deadline Relay on IOF Eventor
18:30-20:00	Event Centre open
19:00	Team Officials' Meeting Relay
20:00	Prize Giving Ceremony Middle (Event Centre Scuol), followed by entertainment on the stage.

Friday, July 15	Relay Tarasp
09:00-16:00	Arena Info Point open
10:30-12:30	JWOC Relay M20 Tarasp
11:15-13:15	JWOC Relay W20 Tarasp
13:45	Prize Giving Ceremony Relay / Closing Ceremony
14:15	Coaches Race, Massstart
19:00	JWOC Party

4. Event Centre

Scoula cumünala da Scuol

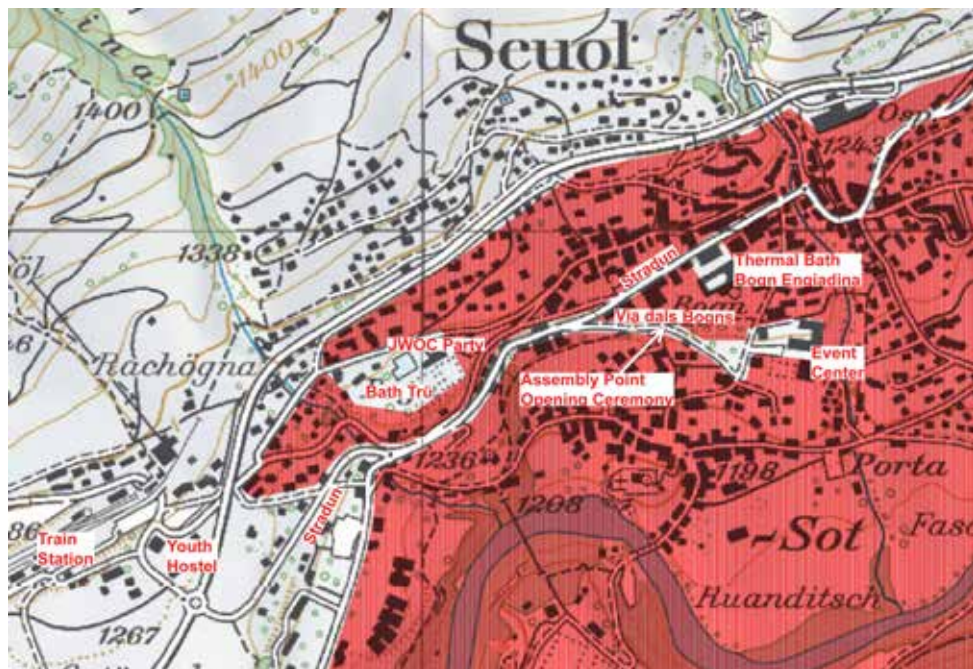
N 46.796715, E 10.302872

The event centre in the school of Scuol can be reached by private car or by public transport.

Private car: Access to Scuol from West: At the first roundabout at the entrance of Scuol (N 46.793036, E 10.289629) turn east, down the main street «Stradun» (sign «Scuol-Centrum»). After 800m turn right down «Via dals Bogns». After the park, turn left and after about 50m right again. You will find parking spaces next to the school.

Please note that the «Via dals Bogns» is the only access road to the event centre. Respect the embargoed area!

Public transport: Take a public bus «Postauto» #923 to Sent, departing xx.30 from the Railway Station through Scuol and exit at the bus stop Scuol «Belvédère». Go down «Via dals Bogns». Cross the park on the lower footpath. The school and Event Centre are in front of you.





5. Accreditation

All registered participants must personally check in for accreditation at the JWOC Event Office on Friday, 8 July 2016 or Saturday morning, 9 July 2016.

Participation in the JWOC events is only possible if all incurred costs are settled by 9 July, 12:00 noon.

Each registered team member must present her/his personal passport before she/he can be accredited. A personal JWOC ID card with photo will be handed out at accreditation. All accredited persons must wear it at all relevant times and present it for access to all means of transport and authorized zones. The online entry form on Eventor requests

that all persons to be accredited provide a personal portrait photo for use on the ID card.

At accreditation, every athlete receives a JWOC-bag with the accreditation card, the Bulletin 4, model maps, the SI-card and a few souvenirs.

- The accreditation card gives you free access on all public transport in the region of Scuol during the JWOC-week (8-15 July)
- The accreditation card is also valid for the free entrance to the public outdoor-bath Trü during the JWOC-week (8-15 July)

6. Accommodation and Board

All accommodations with full board offer buffet-style breakfast (starting 3 1/2 hours before the first start), a sack lunch and a hot dinner.

Meal times in the Youth hostel Scuol, Hotel Bellavista Ftan and Hochalpinen Institut Ftan						
Meal times		Breakfast starts	Breakfast ends	Sack lunch ready	Dinner starts	Dinner ends
Friday	08.07.2016				18:00	19:30
Saturday	09.07.2016	07:30	09:00	08:00	18:00	19:30
Sunday	10.07.2016	05:30	08:30	07:00	18:00	19:30
Monday	11.07.2016	05:30	10:00	06:00	18:00	19:30
Tuesday	12.07.2016	07:30	09:00	09:00	18:00	19:30
Wednesday	13.07.2016	06:30	09:00	08:00	18:00	19:30
Thursday	14.07.2016	06:00	09:00	07:00	18:00	19:30
Friday	15.07.2016	07:00	09:00	08:00	17:30	19:00
Saturday	16.07.2016	07:30	09:00			

7. Instruction for the ceremonies

Opening ceremony

The Opening Ceremony of JWOC 2016 will take place on Saturday, 9 July, 16:00 at the event centre in Scuol. Please be ready no later than 15:45 at the assembly point at the junction of the Via dals Bogns and Craista. See map on page 12.

N 46.796907, E 10.299771

Teams will gather at the meeting point and march in alphabetical order following a short route to the medal plaza in front of the school. Athletes should be dressed in their team uniform. A short cultural pro-

gram and speeches will follow. Songwriter Emma Sundvall is going to present the JWOC song 2016. There are seating possibilities for the teams and shelter in case of rainy conditions.

Before the ceremony, the technical model for JWOC competitions will be organised at the event centre (14:00-15:30)

Flower and prize-giving ceremonies

There will be a flower ceremony in the arena for the middle and long distance races. The flower ceremonies will be as soon as the results are official for athletes in 1st – 3rd place. There will be an announcement by the speaker. Please be there on time.

The prize-giving ceremony for the Long will be held on Tuesday 12 July, 17:00, and for the Middle on Thursday 14 July, 20:00, on the medal plaza in the Event Centre. Please be there on time.

The prize-giving ceremony for the Sprint and the Relay will take place after the competitions in the finish area; therefore, there will be no flower ceremony.

Instructions for the prize-giving ceremonies: athletes in 1st – 6th place should assemble 10 minutes prior to the ceremony behind the stage ready in their team uniforms.

Closing ceremony

The closing ceremony will be held in the Relay finish arena on Friday 15 July just after the prize giving ceremony at 13:45. During the ceremony the IOF flag will be lowered and handed over to the organisers of JWOC 2017 in Finland followed by closing speeches.

All JWOC 2016 gold medallists are asked to step once more onto the podium. We kindly ask team officials to make certain that their teams participate in the ceremony and that the gold medallists join the ceremony with their medals.

8. JWOC party

On Friday, 15 July, 19:00, the JWOC party takes place at the event location Trü. Doors for final entry will close at 19:30.
N 46.796606, E 10.294982

Access will only be allowed for athletes and team officials with their accreditation cards.

At Thursday's TOM, every team leader will get coloured bands for their team members to wear during the party indicating their age. According to Swiss law, guests under the age of 16 are not allowed to buy alcohol. Guests between the ages of 16 to 18 are only allowed to buy beer and wine.

There will be drinks (non-alcoholic and alcoholic drinks) and small snacks sold at a very reasonable price (not excessive bar prices). It is strictly forbidden to bring one's own drinks to the party. Of course, there will also be dance music.

The party will begin with the team competition ceremony at 19:30. The winning team in the overall team competition will be announced and will receive their award, a special silver plate. Please wear your national team jacket.

Team leaders carry full responsibility for their athletes' behaviour!

9. Embargoed Areas

A map overview and all the detailed maps can be found on our webpage:
<http://www.jwoc2016.ch/map>.

Existing maps:

- Pass dal Fuorn, 1:10'000, year 2002
- Ftan, 1:10'000, year 2002
- S-chanf, 1:10'000, year 2012
- Casa da Scoula Scuol, 1:1'500, year 2002

The existing maps can be downloaded on our webpage
<http://www.jwoc2016.ch/map>.

These maps as well as the training maps are the sample maps for all terrains.

With reference to the IOF Competition Rules, the areas indicated on the maps are embargoed for the Middle and Long, the Relay and back-up area. Potential team members, officials and others, whose knowledge of the terrain could influence results of the JWOC competition, are prohibited from entering these areas. **All roads are embargoed.**

Long: It is allowed to pass through the area for the long event on the main road 28 (Zernez-Müstair) and through the back-up area S-chanf on the main road 27 (Zernez-Zuoz) and by train (Zernez-Zuoz).

Sprint embargo until 9 July, 19:00:

the village is embargoed south of the main road 28. It is allowed to walk or drive the road "Stradun" through town and enter shops and the thermal bath along this road. This road may be used to reach the sprint training area in Sent by public transport or by car.

It is also allowed to visit the outdoor bath Trü. Access is only from the west through "Via da Ftan" and "Via da Trü".

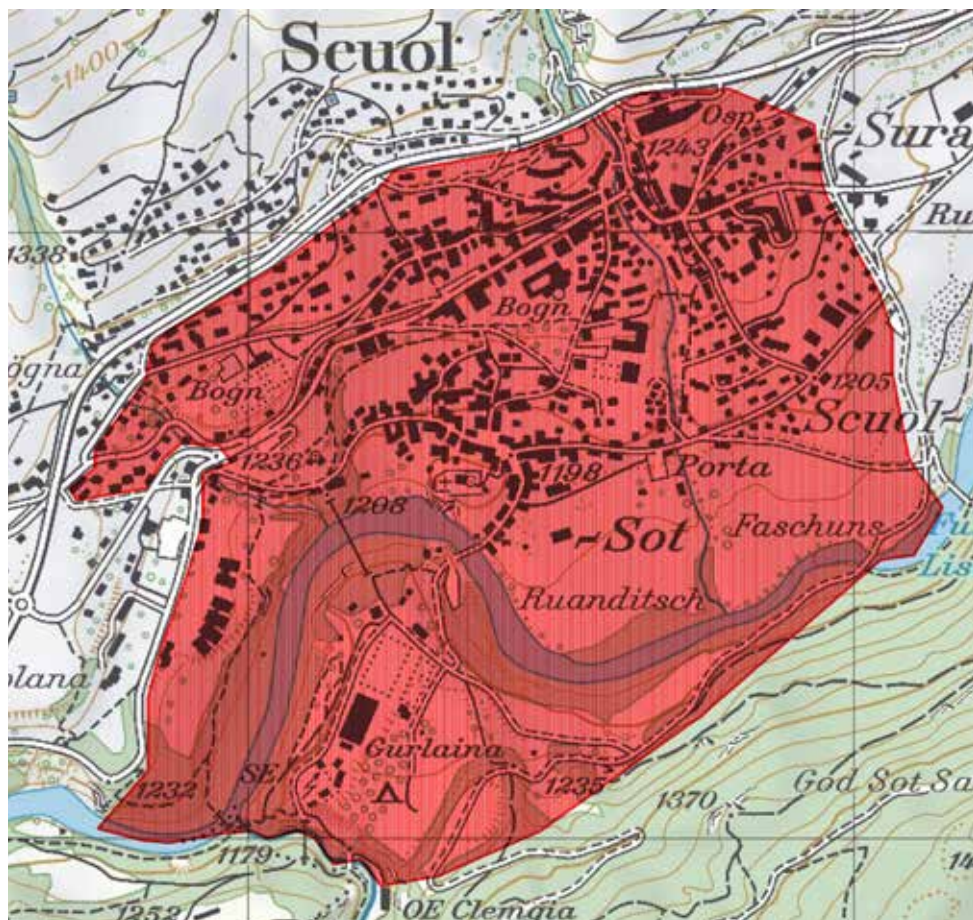
To reach the event centre in Scuol, it is permissible to use the "Via dals Bogns" and the part of "Bagnera" street from the intersection with "Via dals Bogns" until the school yard. For details see the map on page 13.

Sprint embargo from Saturday 9 July, 19:00 until Sunday 10 July, 12:30:

it is only allowed to enter the embargoed area in Scuol to get to the quarantine. The area is completely embargoed, no entry! It is allowed for team officials who are not going to the quarantine to go directly to the arena on Sunday morning. Follow the official marked route for the spectators from the railway station. No communication may be established from the arena to athletes going to the quarantine on Sunday morning!

Sprint terrain after Sunday, 10 July, 12:30:

The embargo for the town of Scuol will be lifted after the Sprint competition.



10. Finish Areas

The finish areas are situated on the following coordinates:

Sprint N 46.796800, E 10.302400

Long N 46.639900, E 10.299400

Middle Qualification N 46.792000, E 10.238300

Middle Final N 46.759100, E 10.091000

Relay N 46.779400, E 10.278600

11. Competition Rules

The Competition Rules for IOF Foot Orienteering Events (version from 1st January 2016) shall be applied for participation in the Junior World Orienteering Championships 2016. Please refer to the Competition Rules on the IOF website www.orienteeering.org

12. Classes and Participation Restriction

Classes: W 20, M 20

All athletes must be born in or after 1996 and must be full passport-holding citizens of the country they are representing. Athletes being citizens of more than one country should represent the only country they have run IOF events for during the current calendar year (rule 6.1).

13. Anti-Doping Code

Doping is strictly forbidden.

The organisers of the Junior World Orienteering Championships 2016 are dedicated to supporting the anti-doping authorities in their work. Expect doping controls any time during the competition period. As a few 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 for Testing. The IOF Anti-Doping Rules apply as of 1st January 2015.

Athletes who are selected for the doping tests must bring along an official identification (with photo) to the doping test area. If applicable, the athlete should also bring along their therapeutic use exemption (TUE). In general, it is advisable that the athletes take their ID to all the competitions and events.

14. Live Production

We will offer a big screen in the competition arenas of all finals with live-cameras, GPS-tracking and live-results. Speaker legend Per Forsberg will provide great action with his live reporting in the arenas. Live-streaming will be available on our website during the competitions.

The speaker service is supported by VELPOZ Schweiz.

During the competitions, athletes may encounter camera crews in the terrain. Camera controls and intermediate time controls are not marked on the control description.

Athletes may also be followed by camera-drones during the race. The drones will keep enough distance to the athletes.

15. Public Races

After the JWOC-competitions public races will take place in the same terrain. The controls of the Sprint public race on Sunday will not be set-up during the JWOC-race. During the Long JWOC-race, the public training will be run simultaneously but in a separate area. In all other JWOC-races, you may see controls from the public race in the terrain.

16. Media

We welcome all media representatives to JWOC 2016. Accreditation with the official form is compulsory.

The press centre will be located in the Event Centre where a copy machine and internet will be available. It will be open throughout the whole event; please notice the opening hours in the media information package.

In all arenas, internet connections as well as photo shooting areas in the terrain and the finish are provided.

Media contact: Lukas Jenzer,
telephone: +41 79 243 10 94,
e-mail: lukas.jenzer@jwoc2016.ch

17. 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-starts etc.
2. Except for the relay, team members heading to pre-starts are not allowed to visit the arenas before their 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. (random checks possible).
4. It is allowed to use music players without any built-in connectivity. Inside the quarantine, athletes wearing headphones might be randomly asked to display their players for checking.
5. All tents inside the quarantine must stay open so one can have a look inside.
6. It is strictly forbidden to bring any electronic devices (except for watches) to bathrooms or any other private rooms – no matter if the device is turned on or not.
7. Athletes are only allowed to use passive GPS devices, i.e. not providing any navigational or mapping function for tracking the route.
8. It is not allowed to use any old maps of the competition areas after having left the accommodation on competition day.
9. Violations of these rules should be immediately reported to any staff to preserve fairness.
10. Violation of these rules may result in the disqualification of the whole team.

18. Health Services (first aid)

First-aid services will be provided at the competition arenas. Each federation is responsible for its own insurance (as per Rule #6.4).

Outside the competitions, you may use the emergency and health services of the region.

The phone number for emergency calls in Switzerland is 144.

Emergency number hospital Scuol:
+41 81 861 10 10

Emergency services general practitioner:
+ 41 81 864 12 12

19. Team Officials' Meetings

For each competition, a team officials' meeting will be held the evening before providing all important information about the competitions. TOM presentation hand-outs will also be posted on the website after the meetings.

There will only be one meeting for both the Middle Qualification and Final.

All team officials' meetings will be held in the event centre in Scuol.

Questions in advance for the meetings may be sent to matthias.niggli@jwoc2016.ch until 16:00 on the respective day and we will answer them during the meeting.

TOM schedule see time table on page 10-11.

20. Entries for JWOC competitions

Teams must hand in their final name entries for each competition before 12:00 (Sprint and Middle Qualification), 13:00 (Long) or 15:00 (Relay) on the day before the respective race. In individual races, athletes should be assigned to three starting groups: 1-early, 2-middle, 3-late. The second athlete per team being assigned to a group may be filled in only after the first three athletes have been put into one of the three groups. To hand in an entry, team leaders should use the IOF Eventor online system. If a team does not have an online-connection, they may use a terminal at the Event office or at the info points in the arenas. If a team misses the deadline, the team

members will be allocated to starting groups and legs by the organiser and cannot be changed later on by that team (as per Rule #9.14).

Changes to relay teams may be made until 120 minutes before the 1st-leg start in their respective class.

21. Maximum running time

The individual event instructions state the maximum running times for each race. If that limit is exceeded, the athlete will be disqualified.

22. Clothing

There are no special regulations for runners concerning the type of clothing they must wear. However, the organisers recommend the use of long trousers for the Long and Middle as well as the Relay races. It is forbidden to use shoes with spikes in all competitions and trainings. Dobb-spikes are allowed in the Long, Middle and Relay races, but not in the Sprint race.

23. Bib Numbers

All bib numbers will be distributed at the quarantines of the competitions. Bib numbers must be placed visibly on the chest and may not be folded or cut. Safety pins will only be delivered on the first competition. Please re-use them for the other competitions.

24. GPS

There will be GPS tracking for all disciplines. A list of athletes who are selected to wear the GPS will be announced at the TOM. The chosen athletes will receive their harness when entering the quarantine zone. Personal harnesses are allowed. The tracking device will be handed out at the pre-start. It is mandatory for the selected runners to use the GPS.

25. Maps and 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 sealed in plastic bags.

It is generally strictly forbidden to enter any private areas shown with the olive green colour (symbols 527 (ISOM) and 528.1 (ISSOM)) on the maps.

Safety fences around growing trees are not mapped (see picture).



Mobile cattle fences are not mapped (see picture)



26. New competition maps

Competition maps will not be collected at the finish except during the finish quarantine times. New maps will be handed out to the teams at the Event Centre.

27. Control descriptions

Control descriptions are in accordance with the IOF standard. Potentially unclear or uncommon control descriptions are illustrated and explained in this bulletin in the section of the respective discipline.

Control descriptions will be available in the start corridors and are also printed on the competition maps.

At the relay, control descriptions are printed only on the map.

28. Punching and Time-keeping System

The SportIdent punching system will be used in all JWOC 2016 competitions (traditional punching, no SI-Air+).

All athletes will receive SI-cards from the organisers. This service for the participants of JWOC 2016 is supported by VELPOZ Schweiz.

After the relay, team leaders must return all SI-cards together to the Event Office staff at the info point in the arena (until 16:00).

CHF 80.– will be charged for any lost or missing card.

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

Spare SI-cards will be available at each start in case an athlete has lost, misplaced or forgotten her/his card.

In case of an SI-unit failure (neither a feedback beep nor a light feedback signal) athletes must punch manually anywhere on the map using the pin-punch.

In the sprint a second SI-unit is used instead of a pin-punch. In case of SI-unit failure use the second unit as a backup.

Start: in all individual races the start official will hold the athlete's shoulder until the start beep. No electronic start gate is used.

Finish: The time is taken by a light-beam when the athlete's chest crosses the finish line. There is no punching at the finish line.

The times are rounded down to whole seconds.

In the Technical Model Event on Saturday 9 July, the punching and timing equipment as well as the start and finish procedures will be demonstrated.

29. Late starts

Runners who miss their start time due to their own fault are permitted to start, but are timed as if they had started at their allocated start time.

Runners who are late because of a fault by the organisers are given a new start time. In both cases the following procedure must be used at the start: A late athlete must report at the entrance of the pre-start. If the organisers decide there is still enough time

to start at the allocated start time, she/he can continue through the start lanes followed by an official. If it is not possible for the runner to start at the allocated start time, she/he will be allowed to start one minute before the next runner on that course (30 seconds for the sprint). However, athletes from the same Federation are not allowed to start consecutively.

30. Quarantine

Arriving at the quarantine, the runners have to check in with their accreditation card before the deadline. Athletes will receive their bib number, the warm-up map and the GPS-harness (if it applies) at the check-in. It is also the runners' responsibility to check the battery capacity of their SI-card at the checking unit when entering the quarantine.

The quarantine for all individual races is in a school building. You may stay inside or outside. Bathrooms and water taps are available. It is possible to put up one's own

tents, but sometimes it is on hard ground. In the Relay, the quarantine area is at the finish. Tents and shelters are provided by the organiser. It is possible to put up one's own tents but space is very limited.

The warm-up map is part of the quarantine and starts in all competitions at the entrance of the quarantine. Clothing transport to the finish is provided.

Please respect the fairness rules in the quarantine and on the warm-up map.

31. Pre-Start and Start

The pre-start is marked on the warm-up map with a triangle.

Only athletes registered for that race have access beyond the pre-start. Once the athletes pass the pre-start they are not allowed to go back to the quarantine.

Athletes will reach the start corridors where they clear and check their SI-cards and get the control descriptions.

- 3' clear and check of the SI-card
- 2' distribution of the control description
- 1' approach to the starting line, the map is on the start table, an official holds the athlete's shoulder until the exact starting time
- 0' start

After the start, the athlete must follow the marked route to the start point.

32. Finish

The marked route from last control to the finish must be followed.

The athletes return the map and read out their SI-card and hand in the GPS (if applicable). Refreshments (CR7-sportsdrink and water) will be provided.

The athletes will receive a cool-down map at the exit of the finish. Cooling down is

only allowed in the team zone and the area indicated on the cool-down map.

Fair play: It is strictly forbidden for team members to re-enter the competition area until the last JWOC athlete has arrived at the finish. Please stay inside the arena or cool-down area for fair play reasons.

33. Abandoning a race

Athletes who are forced to abandon a race must report to the finish staff and hand in their competition maps. A retiring athlete may not influence any other competitor.

34. Media controls

In all JWOC races there will be media controls on the course. Athletes may meet TV staff or journalists/photographers near control points.

35. Complaints and 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 10 minutes after the full preliminary results have been announced by the Speaker. Use the IOF complaint form provided at the info point.

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.

36. Waste management

Keep our arenas clean! Please use our rubbish bins for your waste. PET-bottles are recycled separately.

37. JWOC transport

No individual travel to the events will be allowed and no parking spaces are provided. The only exceptions are travelling to the long, the middle qualification and the middle final race where one car per team will get a parking permit at accreditation. This car may only be driven by team members going directly to the arena. Signposts will indicate the way to the parking near the arenas.

No runners competing in the long, middle qualification and middle final race may ride in this car. Stopping within the embargoed area is forbidden except at the designated parking space next to the arena. All restric-

tions are lifted after the end of the competitions for the return trip.

It is compulsory for athletes to use public transport to all competitions. Transport starts at Scuol-Tarasp railway and bus station (N 46.793840, E 10.287083).

The detailed time table for each competition is listed further down in the specifics for each race.

Athletes must use the trains and buses assigned to them based on their start times and according to the relevant transport schedule.

38. Other travel

Regular public transport is provided daily between Ftan, Sur-En and Scuol. It is free of charge with the accreditation card.

Time table Scuol-Tarasp to Ftan:
http://www.fahrplanfelder.ch/fileadmin/fap_pdf_fields/2016/90.911.pdf

Time table Scuol-Tarasp to Sur-En:
http://www.fahrplanfelder.ch/fileadmin/fap_pdf_fields/2016/90.923.pdf

Teams with personal cars and accommodations outside of Scuol can get a maximum of 2 parking tickets per team for the car park at the Scuol-Tarasp train station for the JWOC-week. These tickets will be handed out at accreditation.

39. Model events

Model events will provide relevant examples of cartography, terrain, control setting and control descriptions. The technical model will show examples of the SportIdent-punching system, a refreshment control, the start and finish procedure.

The CR7-sportsdrink can be tested with the sample found in the JWOC-bag that every team member receives.

Model event maps will be handed out at the time of accreditation.

Model events will be set up only during the scheduled times listed. There will be control stands with orienteering flags but no SI-unit at control sites.

It is allowed to visit model event areas also before the scheduled times, however, no control stands with flags will be in the terrain. After the end of the official model

event hours, the terrain is no longer available.

It is not allowed to use shoes with any metal spikes or Dobbs for the sprint model event. There are toilets at all model event assembly areas.

Model Event Long

Val Müstair, Süsom Givè,
N 46.639664, E 10.290915
Friday, 8 July 2016, 10:00-16:00
Saturday, 9 July 2016, 10:00-13:00

Transport schedule

Scul to Zernez (train)							
Scul	08:32	09:32	10:32	11:32	12:32	13:32	
Zernez	09:07	10:07	11:07	12:07	13:07	14:07	

Zernez to Summit Pass dal Fuorn (postal car)							
Capacity	40	40	40	40	40	40	
Zernez	09:15	10:15	11:15	12:15	13:15	14:15	
Süsom Givè	09:48	10:48	11:48	12:48	13:48	14:48	

Summit Pass dal Fuorn to Zernez (postal car)							
Capacity	40	40	40	40	40	40	40
Süsom Givè	11:00	12:00	13:00	14:00	15:00	16:00	17:00
Zernez	11:38	12:38	13:38	14:38	15:38	16:38	17:38

Zernez to Scuol (train)							
Zernez	11:47	12:47	13:47	14:47	15:47	16:47	17:47
Scuol	12:24	13:24	14:24	15:24	16:24	17:24	18:24

Personal transport: Parking in the area marked on the model map.
N 46.639674, E 10.290875

Model Event Sprint

Sent, School, N 46.817388, E 10.333717

Saturday, 9 July 2016, 10:00-15:00

Transport schedule

Scuol to Sent (postal car)						
Capacity	40	40	40	40	40	40
Scuol-Tarasp	09:30	10:30	11:30	12:30	13:30	14:30
Sent, Sala	09:42	10:42	11:42	12:42	13:42	14:42

Sent to Scuol (postal car)						
Capacity	40	40	40	40	40	40
Sent, Sala	10:13	11:13	12:13	13:13	14:13	15:13
Scuol-Tarasp	10:28	11:28	12:28	13:28	14:28	15:28

Personal transport: Parking in the car park marked on the model map.

N 46.816192, E 10.331851

Model Event Middle and Relay

Lavin, train station, N 46.769706, E 10.111264

Tuesday, 12 July 2016, 10:00-15:00

Transport schedule

Scuol to Lavin (train)						
Scuol	09:32	10:32	11:32	12:32	13:32	14:32
Lavin	09:47	10:47	11:47	12:47	13:47	14:47

Lavin to Scuol (train)						
Lavin	11:05	12:05	13:05	14:05	15:05	16:05
Scuol-Tarasp	11:24	12:24	13:24	14:24	15:24	16:24

Personal transport: Parking at the railway station in Lavin is marked on the

model map. N 46.769786, E 10.111421

Special Instructions for each competition

40. Sprint – Sunday 10 July

Venue and arena:

Scuol, N 46.796800, E 10.302400

Schedule



Pre-race embargo: Starting 9 July 2016 at 19:00 entering the embargoed area is no longer allowed for JWOC team members; see map and more detailed information on page 16.

Quarantine: Signposts start at Scuol-Tarasp train station. Walking time is 15 minutes to the quarantine. Quarantine opens at 07:30; all athletes have to check in before **08:50**.

Pre-start: Next to the quarantine.

Start: At the start time, the athletes receive the map. The map consists of two maps. The front side shows the first part of the course and the back the second part of the course. At the arena passage the runners must just turn the map over. The second part starts with the new start triangle after the arena passage.

Map 1 (front side, including the arena passage)



Map 2 (backside)



Bags and warm-up clothing: Athlete's bags can be left at the bag drop between the quarantine and the pre-start. Organisers will transport them to the arena.

Team officials will get a map to navigate from the quarantine and pre-start to the arena which is within walking distance. Please note that once leaving the quarantine nobody is allowed to go back in.

Start interval: 1 minute

Control set-up: The SI-units are placed on a wooden stand. Every control has two SI-units.



Finish: Team officials and athletes having finished their races are not allowed back in the competition (embargoed) area. Leaving the arena is only allowed on the marked access route for spectators back to the railway station.

Transport schedule

Ftan to Scuol (postal car)			
Starttimes	Departure Ftan cumün	Arrival Scuol	Capacity
09:00-09:40	07:40	07:51	60
09:41-12:00	08:15	08:26	100

On the way back, the postal car to Ftan is leaving at the railway-station (1600m from the arena).

Scuol to Ftan (postal car)		
Departure Scuol train station	Arrival Ftan cumün	Capacity
11:00	11:12	20
11:30	11:42	20
12:00	12:12	20
12:30	12:42	20
13:00	13:12	40
13:30	13:42	80
14:00	14:12	40
14:30	14:42	40

Terrain form: 1150-1300 meters above sea level, north-south hillside with few steep slopes.

Vegetation: Urban area with grassy public parks; modern part of the town with shopping streets and a thermal bath area; old part of the town with traditional Engadine houses and narrow streets.

Runability: Very good. Shoes with metal spikes and studs are not allowed. Running shoes recommended.

Visibility: Very good.

Paths and roads: Mostly residential area with many paths and roads.

Traffic: Some local traffic can be expected. Speed limit is 30km/h. There are traffic guards posted at several places. Athletes must follow their instructions.

Map

Scale: 1:4000, ISSOM, contour interval 2m, issued 6/2016

Cartography: Beat Imhof

Black cross:

Children's playground equipment



Black circle:

Small shelter on children's playground



Out-of-bounds areas: Out-of-bounds areas (ISSOM 709, purple stripes) and temporary construction or closed areas (ISSOM 714, purple area 50%) are marked clearly on the map and in some places with red/white tape in the terrain.



Closed-off areas are clearly shown as to whether it is allowed to run there or not.

In this example it is allowed to run on the northern part on the sidewalk but not on the south side.



Marked routes are shown clearly on the map (ISSOM 705, purple dashed lines) and taped-off in the terrain.

Competition	Class	Winning time	Length	Climb	Controls	Refreshments
Sprint	Women	14 min	3.3km	85m	16	0
	Men	13 min	3.7km	100m	19	0

Course lengths are the shortest feasible route as specified in IOF Foot O Competition Rules.

Control description sizes:

Maximum size is 60x150mm

Maximum running time: 60 minutes

Course planners: Urs Jordi and Michael Eglin

Arena

Arena passage

The spectator control is the same as the last control. Athletes punch the same control twice during their courses.

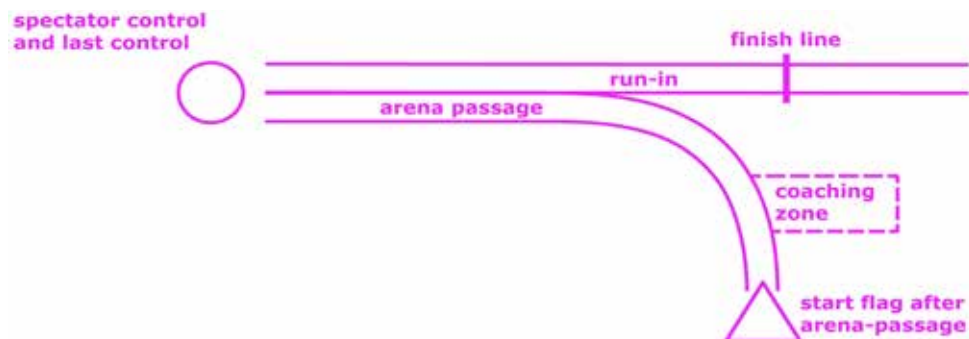
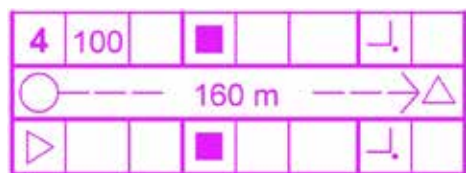
Having punched the spectator control, athletes must use the right-hand corridor and follow a marked route (160m). The end of the compulsory leg is shown with a start triangle on the map and a control flag in the terrain. The end of the run-through passage will be obvious for athletes.

The map-change is during the arena-passage which means that the map is printed on both sides: the first part is on the front and the second part after the arena passage on the back!

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

Coaching Zone

There is a coaching zone in the arena passage. One team official per team may enter this zone. To ensure fair conditions, coaches in the coaching zone must not pass on information to competing athletes received from team-members that have already finished their races.

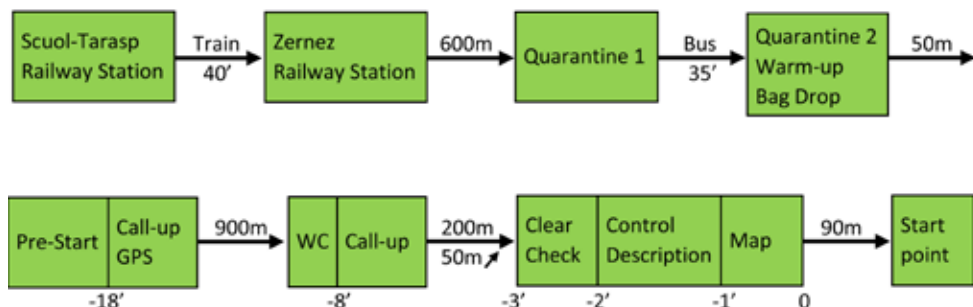


41. Long – Monday 11 July

Venue and arena:

Val Müstair, N 46.639900, E 10.299400

Timing for Long Distance race:



Quarantine: Quarantine 1 is located at the school in ZerneZ, 600m from the railway station ZerneZ.

Signposts start at the railway station.

All athletes have to check in before **10:30** either at the quarantine 1 in ZerneZ or at the train station in Scuol (leaving 10:32, accompanied by JWOC-staff).

Quarantine 2 is reached by postal car and offers shelter, toilets and warm-up possibilities. You may put up your own tents.

Warm-up: On the warm-up map at quarantine 2 and after the pre-start on the way to the start (without map).

Pre-start: Next to the quarantine 2.

There is a second call-up at -8' with a very simple emergency toilet.

Bags and warm-up clothing: Athlete's bags can be left at the bag drop in quarantine 2. Organisers will transport them to the arena. At the second call-up, it is possible to leave warm-up clothes and other personal belongings. These clothes will also be transported to the arena after the last start.

Team officials will get a map to navigate from quarantine 2 to the arena which is within walking distance. Please note that after leaving the quarantine one is not allowed to go back in.

Start interval: 2 minutes

Finish/Quarantine: Runners arriving at the finish before 11:00 go to the team zone which is set-up as quarantine until 11:00 (compulsory to stay inside, no communication to the outside). Even team officials are not allowed to leave the team zone at the finish before 11:00. The coaching zone can be reached during this time.

Transport schedule

Ftan to Scuol (postal car)			
Starttimes	Departure Ftan Cumün	Arrival Scuol	Capacity
09:01-10:00	06:15	06:26	40
10:01-11:00	07:10	07:21	40
11:01-12:00	08:15	08:26	30
12:01-13:00	09:15	09:26	30
13:01-15:00	10:15	10:26	60

Scuol to Zernez (train)			
Starttimes	Departure Scuol	Arrival Zernez	Capacity
09:01-10:00	06:36	07:13	100
10:01-11:00	07:36	08:13	100
11:01-12:00	08:32	09:07	90
12:01-13:00	09:32	10:07	90
13:01-15:00	10:32	11:07	120

Quarantine 1 to Quarantine 2 (postal car)			
Starttimes	Departure Quarantine 1	Arrival Quarantine 2	Capacity
09:01-09:30	07:30	08:00	40
09:31-10:05	07:55	08:30	80
10:06-10:40	08:30	09:05	80
10:41-11:15	09:05	09:40	80
11:16-11:50	09:40	10:15	40
11:51-12:25	10:15	10:50	40
12:26-13:00	10:50	11:25	40
13:01-13:35	11:25	12:00	40
13:36-14:10	12:00	12:35	40
14:11-15:00	12:35	13:10	40

For the return trip, the postal cars are leaving at the summit of Pass dal Fuorn (800m, 60m climb).

Summit Pass dal Fuorn - Zernez (postal car) - Scuol (train)				
Departure Pass dal Fuorn	Arrival Zernez	Departure Zernez	Arrival Scuol	Capacity
12:00	12:38	12:47	13:24	40
13:00	13:38	13:47	14:24	40
14:00	14:38	14:47	15:24	40
15:00	15:38	15:47	16:24	40
16:00	16:38	16:47	17:24	150
17:00	17:38	17:47	18:24	150
18:00	18:38	18:47	19:24	40

Scuol to Ftan (postal car)		
Departure Scuol train station	Arrival Ftan Cumün	Capacity
13:30	13:42	20
14:30	14:42	20
15:30	15:42	20
16:30	16:42	20
17:30	17:42	50
18:30	18:42	50
19:30	19:42	20

Terrain form: 1900-2300 meters above sea level, hilly area with few very steep slopes. Some areas show very detailed contours.

Vegetation: Pine forest with semi-open sections vary with open areas. The ground is quite rough and in some parts has grassy spaces interspersed with rocks.

Runability: Very good in open areas; good to reduced runability in the forest portions.

Visibility: Very good in open areas and mostly good in the forest parts.

Paths and roads: Few bigger roads and some hiking trails.

Map

Scale: 1:15000, ISOM, contour interval 5m, issued 6/2016

Cartography: Beat Imhof and Urs Steiner

Black circle: picnic area

Blue cross: water chamber

Out-of-bounds areas: Out-of-bounds areas (ISOM 709, purple stripes) are marked clear-

ly on the map and if necessary also marked in the terrain. It is strictly forbidden to pass these areas.

The main road Zernez-Val Müstair is an out-of-bound area and may not be crossed outside of designated areas or used as route choices.

For safety reasons, some dangerous cliffs are marked in the terrain.

Competition	Class	Winning time	Length	Climb	Controls	Refreshments
Long	Women	58 min	6.5km	310m	16	3
	Men	70 min	8.8km	450m	21	3

Control description sizes: Maximum size is 60x165mm

Refreshments: There are 3 refreshment points for both categories (water and CR7-sportsdrink) which are marked on the control description. The allocation is according to rule #19.8 (at least every 25 min).

Maximum running time: 150 minutes


Course planners:

Fabian Hertner and Matthias Merz

Arena

Arena passage

M20 have an arena passage after 1/3 of the race with a compulsory leg. They will pass a refreshment point and the coaching zone where they can get their own drinks. The end of the compulsory leg is not specifically marked, but clear in the terrain. The end of the marked route will be obvious for athletes.

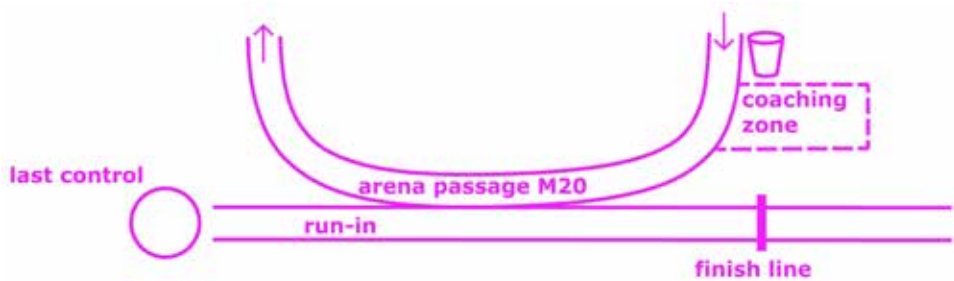
4	31				
 ——— 140 m ———>					
5	32				



Coaching Zone

There is a coaching zone in the arena passage after 1/3 of the race for M20 only. One team official per team may enter this zone. To ensure fair conditions, coaches in

the coaching zone are not allowed to give competing athletes information from team-members that have already finished their races.



42. Middle Qualification – Wednesday 13 July

Venue and arena:

Ftan, N 46.792000, E 10.238300

Schedule



Quarantine: Signposts start at the bus stop “Ftan Cumün”. Walking distance is 200m to the quarantine.

Quarantine opens at 08:30; all athletes have to check in before **09:50**. Team members living in Ftan are allowed to go directly to the quarantine via the postal car stop Ftan Cumün.

Pre-start: 1200m/170m climb from the quarantine. The pre-start is marked on the warm-up map.

Toilets are available near the pre-start. You may put up your own tents.

Bags and warm-up clothing: Athlete’s bags can be left at the bag drop in the quarantine. Organisers will provide transport to the arena.

At the pre-start, it is possible to leave warm-up clothes and other personal belongings. These clothes will be transported to the arena after the last start.

Team officials will get a map to navigate from the pre-start and quarantine to the arena. It is within walking distance. Please note that after leaving the quarantine one is not allowed to go back in.

Start interval: 2 minutes, 3 runners are starting each minute (M20 or W20).

Transport schedule

Scul to Ftan (postal car)			
Starttimes	Departure Scul	Arrival Ftan cumün	Capacity
10:00-10:29	08:30	08:41	120
10:30-10:59	09:00	09:11	100
11:00-12:00	09:30	09:41	120

On the way back, the postal car is leaving at Ftan Cumün (900m from the arena).

Ftan to Scuol (postal car)		
Departure Ftan cumün	Arrival Scuol	Capacity
11:15	11:26	30
11:45	11:56	30
12:15	12:26	30
12:45	12:56	60
13:15	13:26	100
13:45	13:56	100

Terrain form: 1700- 2000 meters above sea level, broken hillside. Some areas show detailed contours and have rocky features.

Vegetation: Pine and spruce forest with small open areas and a few marshes. The ground is often covered with grass.

Runnability: From good to very good, in a few smaller areas runability is reduced because of vegetation and rocky ground.

Visibility: From good to very good.

Paths and roads: Various forest roads and paths cross the terrain.

Map

Scale: 1:10000, ISOM, contour interval 5m, issued 6/2016

Cartography: Urs Steiner

Black circle: picnic area or playground equipment

Blue cross: water chamber

Out-of-bounds areas: Out-of-bounds areas (ISOM 709, purple stripes) are marked clearly on the map and if necessary also marked in the terrain.

Competition	Class	Winning time	Length	Climb	Controls	Refreshments
Middle Qualification	Women	25 min	3.1-3.2km	125m	15	0
	Men	25 min	3.6-3.7km	140-150m	16-17	0

Control description sizes:
Maximum size is 60x132mm

Course planners:
Sara Lüscher and Sophie Tritschler

Maximum running time: 90 minutes

Arena

Coaching Zone

There is a coaching zone near the run-in. One team official per team may enter this zone.



43. Middle Final – Thursday 14 July

Venue and arena:

Susch, N 46.759100, E 10.091000

Schedule



Quarantine: Signs start at the railway station Lavin. Walking distance is 100m to the quarantine.

Quarantine opens at 07:30; all athletes have to check in before **09:50**. Team members living in Lavin are allowed to go directly to the railway station Lavin.

Pre-start: 2000m/150m climb from the quarantine. The pre-start is shown on the warm-up map.

Toilets are available near the pre-start. You may put up your own tents.

Bags and warm-up clothing: Athlete's bags can be left at the bag drop in the quarantine. Organisers will provide transport to the arena.

At the pre-start, it is possible to leave warm-up clothes and other personal belongings. These clothes will be transported to the arena after the last start.

Team officials will get a map to navigate from the pre-start and quarantine to the arena. It is within walking distance. Please note that once leaving the quarantine one is not allowed to go back in.

Start interval: B- and C-finals:

1 minute (4 runners starting every minute),
A-final: 2 minutes.

Finish/Quarantine: Runners arriving at the finish before 10:00 go to the team zone which is set-up as quarantine until 10:00 (compulsory to stay inside, no communication to the outside). Even team officials are not allowed to leave the team zone at the finish before 10:00. They can either stay in the team zone or the coaching zone.

Transport schedule

Ftan to Scuol (postal car)			
Starttimes	Departure Ftan cumün	Arrival Scuol	Capacity
09:00-10:00	07:10	07:21	100
10:01-11:00	08:15	08:26	20
11:01-13:00	09:15	09:26	50

Scuol to Lavin (train)			
Starttimes	Departure Scuol	Arrival Lavin	Capacity
09:00-10:00	07:36	07:51	280
10:01-11:00	08:32	08:47	50
11:01-13:00	09:32	09:47	120

For the trip back, the train is leaving from Susch (1700m from the arena).

Susch to Scuol (train)		
Departure Susch	Arrival Scuol	Capacity
10:53	11:24	50
11:53	12:24	50
12:53	13:24	50
13:53	14:24	100
14:53	15:24	300

Scuol to Ftan (postal car)		
Departure Scuol train station	Arrival Ftan cumün	Capacity
11:30	11:42	20
12:30	12:42	20
13:30	13:42	20
14:30	14:42	40
15:30	15:42	100

Terrain form: 1350- 1650 meters above sea level on a broken hillside. Some areas have detailed contours and rocky features.

Vegetation: Pine and spruce forest with small open areas and few marshes. The ground is often covered with grass.

Map

Scale: 1:10000, ISOM, contour interval 5m, issued 6/2016

Cartography: Urs Steiner

Black cross: Air-filled Capricorn, ca. 4m high (as object for the last control)

Out-of-bounds areas: Out-of-bounds areas (ISOM 709, purple stripes) are clearly marked on the map and wherever needed also marked in the terrain. It is strictly forbidden to pass these areas. There are some dangerous cliffs which are marked in the terrain.

Runnability: From good to very good, in few smaller sections runability is reduced because of vegetation and rocky ground.

Visibility: From good to very good.

Paths and roads: Few forest roads cross the terrain.



Competition	Class	Winning time	Length	Climb	Controls	Refreshments
Middle Final	Women A	25 min	3.1km	190m	17	0
	Women B	25 min	2.9km	180m	15	0
	Women C	25 min	2.6km	150m	14	0
	Men A	25 min	3.8km	260m	17	0
	Men B	25 min	3.3km	215m	16	0
	Men C	25 min	3.1km	175m	16	0

Control description sizes:
Maximum size is 60x138mm







Maximum running time: 90 minutes

Course planners:
Philipp Sauter and Urs Steiner

Arena

Arena passage

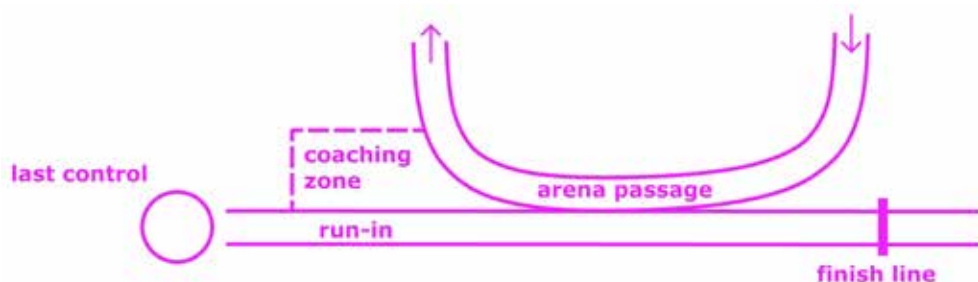
All athletes have an arena passage. The end of the compulsory leg is not specifically marked, but clear in the terrain and the end of the marked route will be obvious for athletes.

4	31						
	140 m						
5	32						



Coaching Zone

There is a coaching zone in the arena passage. One team official per team may enter this zone. To ensure fair conditions, coaches in the coaching zone are not allowed to pass on information given by team-members that have already finished to competing runners.

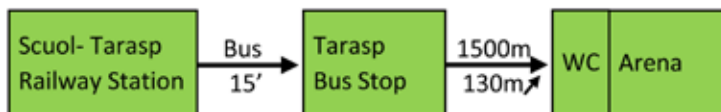


44. Relay – Friday 15 July

Venue and arena:

N 46.779400, E 10.278600

Schedule



Quarantine: Signposts start at the postal bus stop Tarasp Fontana. Walking distance is 1500m and 130m climb to the quarantine in the arena. Heavy baggage may be left for the organisers to be transported to the entrance of the team zone.

The quarantine is in the team zone of the arena and opens at 09:00. All athletes have to check in before **10:15**.

It's compulsory to stay in the quarantine before your race. After finishing, the runners are guided directly back to the quarantine and may talk to their teammates and team officials.

The runners may leave the quarantine anytime they like after their race, but they are not allowed to go back in. The same applies to team leaders for the whole race.

Warm-up: The warm-up map starts in the quarantine/team zone. Do not cross the tapes which enclose the warm-up area (no contact to spectators!).

GPS-vests and -units for the teams announced at the TOM can be picked up in the team zone early enough before the start of the respective runner.

Toilets are available near the team zone and are part of the warm-up map.

Bags and warm-up clothing: Athlete's bags can be left in the team zone, as the athletes will come back there after their race.

Transport schedule

Ftan to Scuol (postal car)			
Legs	Departure Ftan Cumün	Arrival Scuol	Capacity
Leg 1 M20	08:15	08:26	50
Leg 2 M20 Leg 1 W20	08:45	08:56	60
Leg 3 M20 Leg 2+3 W20	09:15	09:26	70

Scuol to Tarasp (postal car)			
Legs	Departure Scuol	Arrival Tarasp Fontana	Capacity
Leg 1 M20	08:30	08:42	150
Leg 2 M20 Leg 1 W20	09:00	09:12	150
Leg 3 M20 Leg 2+3 W20	09:30	09:42	180

On the way back, the postal car is leaving from Tarasp Fontana (1500m from the arena).

Tarasp to Scuol (postal car)		
Departure Tarasp Fontana	Arrival Scuol	Capacity
14:15	14:25	40
14:45	14:55	150
15:15	15:25	150
15:45	15:55	150
16:15	16:25	40

Scuol to Ftan (postal car)		
Departure Scuol train station	Arrival Ftan Cumün	Capacity
14:30	14:42	20
15:00	15:12	60
15:30	15:42	60
16:00	16:12	60
16:30	16:42	20

Terrain form: 1440- 1800 meters above sea level on a moderate to steep hillside with some rocky features.

Vegetation: Pine, larch and spruce forest, some semi-open and open areas. The ground is often covered with grass. Only very few parts have thicker vegetation.

Map

Scale: 1:10000, ISOM, contour interval 5m, issued 6/2016

Cartography: Beat Imhof

Blue cross: water chamber

Arena

Start: Mass start M20 at 10:30, W20 at 11:15.

The athlete must clear and check her/his SI-Card when entering the mass start or change-over zone.

1st leg start: 5 minutes before the start, the athletes will be called up to follow an official to the start area. The racers will receive their maps 2 minutes before the start but will not be allowed to unfold them before the start signal.

A mass start for 2nd and 3rd leg runners of slower teams will take place 12:15 (M20) and 13:00 (W20).

There is a compulsory leg during the race crossing a nature conservancy area. It is strictly forbidden to leave the corridor marked both on the map and in the terrain. The end of the compulsory leg is not specially marked, but clear in the terrain. The end of this marked route will be obvious for athletes.


Runability: Generally good.

Visibility: Generally good.

Paths and roads: A few forest roads and some hiking trails.

Out-of-bounds areas: Out-of-bounds areas (ISOM 709, purple stripes) are marked clearly on the map and if necessary also in the terrain. It is strictly forbidden to pass these areas.

Arena passage: All athletes have an arena passage after about 75% of the race. The end of the compulsory leg is not specially marked, but clear in the terrain. The end of this marked route will be obvious for athletes.

4	31						
							
5	32						

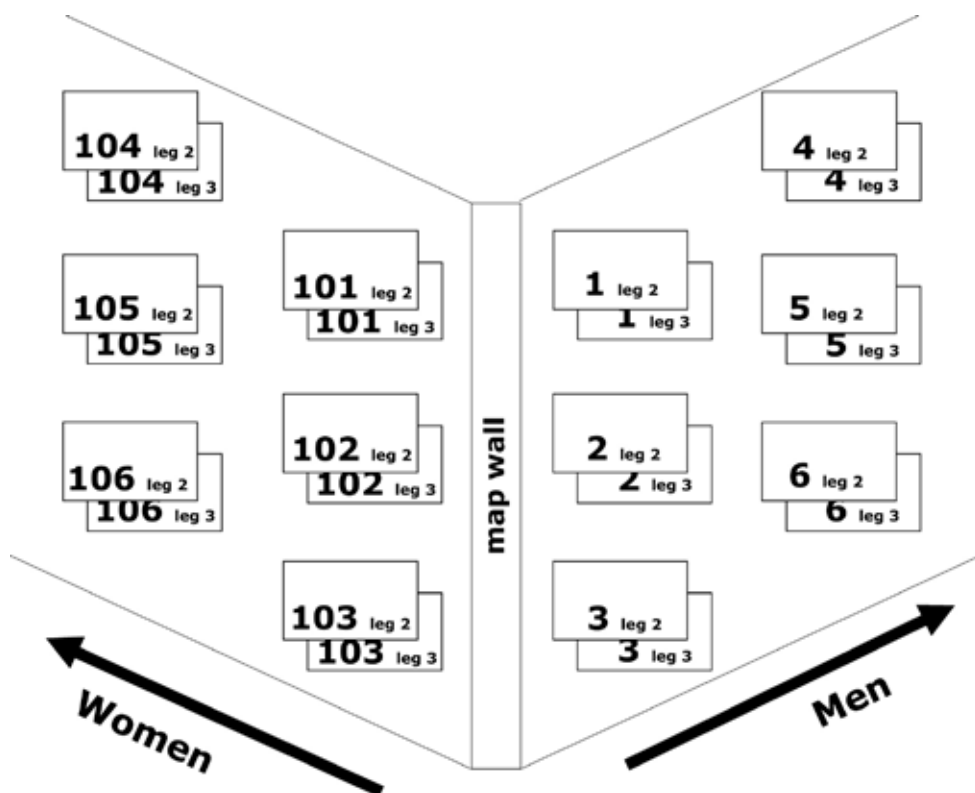


Refreshment (water only) will be offered during the arena passage.

Changeover: The incoming runner must follow the run-in corridor from the last control, pass the finish line and proceed to the change-over barrier, where in-coming and outgoing runners must touch each other. After the change-over the incoming runner must proceed to reading out the SI-card. The outgoing runner will follow the start corridor to a map wall, where she/he will pick up the correct map, labelled with team and leg number (e.g. “21 leg 2”). The maps will be posted on the map wall which stands in the middle of the corridor. Men will have

their maps on the right side and women on the left side of the wall. Lowest team numbers are first in the row from the direction of approach, there are three parallel rows. Maps for 2nd legs are placed above maps for 3rd legs.

It is the runners' responsibility to pick the correct map! If a runner's map has been picked up by someone else, the people responsible for the map wall are ready to provide a reserve map as quickly as possible.



Finish: Last-leg runners must follow the run-in corridor from the last control. There is no punching at the finish line. The chest position is determining factor in a close finish. Judges will rule on the final placements based on the order that the athletes' chests cross the finish line. A jury member will be present at the finish line. After finishing, the runner must proceed to reading out the SI-card.

Coaching Zone: There is a coaching zone in the arena passage. Only one team official per team may enter this zone. Own refreshments may be given to the athletes.

Control descriptions: Printed on the maps. No separate paper control descriptions.

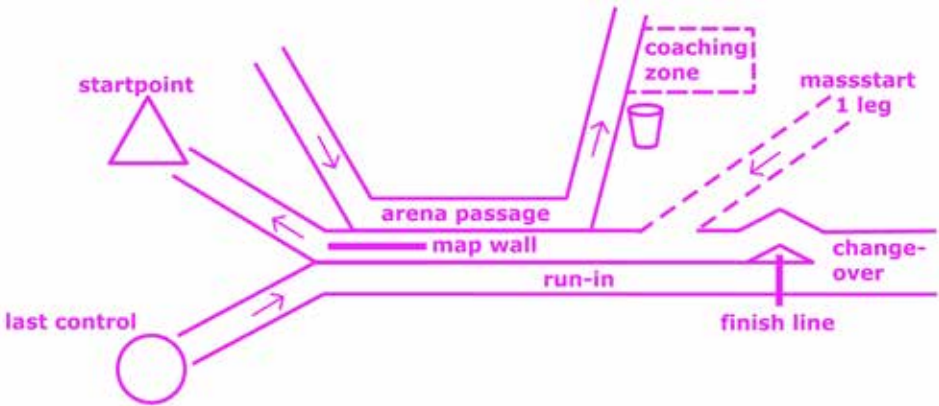
Cool-down area: cool-down is allowed on the warm-up map.

Miscellaneous: There will be 2 punching units at controls in the early sections of the courses.

Competition	Class	Winning time	Length	Climb	Controls	Refreshments
Middle Final	Women	3x35 min	4.5-4.7km	230m	14-15	1
	Men	3x35 min	5.3-5.5km	300m	17-18	1

Maximum running time (complete team):
210 minutes

Course planners:
Baptiste Rollier and Marcel Schiess



45. Entries

	Federation	W20	M20	W Relay	M Relay	Officials
	Australia	6	6	2	2	3
	Austria	4	6	1	2	3
	Belgium	1	6		2	2
	Bulgaria	1	3		1	1
	Canada	1	2		1	3
	China	1	2		1	3
	Croatia	1	2			2
	Czech Republic	6	6	2	2	4
	Denmark	6	6	2	2	4
	Estonia	3	3	1	1	1
	Finland	6	6	2	2	3
	France	5	6	2	2	3
	Germany	6	6	2	2	3
	Great Britain	6	6	2	2	4
	Hong Kong	6	3	2	1	2
	Hungary	6	6	2	2	2
	Ireland	3	3	1	1	2
	Italy	3	4	1	1	2
	Japan	6	6	2	2	2
	Latvia	3	3	1	1	2
	Lithuania	4	4	1	1	1

	Federation	W20	M20	W Relay	M Relay	Officials
	Moldova		2			1
	Netherlands	1				
	New Zealand	6	6	2	2	3
	Norway	6	6	2	2	3
	Poland	3	3	1	1	2
	Portugal	2	5		1	1
	Romania	1	3		1	1
	Russian Federation	6	6	2	2	2
	Serbia		2			1
	Slovakia	3	6	1	2	2
	Slovenia		3		1	1
	South Africa	2	4	1	1	2
	Spain	4	4	1	1	1
	Sweden	6	6	2	2	4
	Switzerland	6	6	2	2	5
	Turkey	6	6	2	2	3
	Ukraine	3	1	1		2
	United States	6	6	2	2	2
	Sum	148	174	45	54	88

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