

RUSSIA TYUMEN



European Ski Orienteering Championships Ski Orienteering World Cup

5 -15 march 2014

Bulletin №4





Dear Friends!

I welcome all the participants, athletes, officials and guests to the Ski Orienteering World Cup and the European Ski Orienteering Championship!

It is the first time that the Tyumen region hosts such a big ski orienteering event. I would like to thank IOF for its contribution in making such remarkable event come to our region.

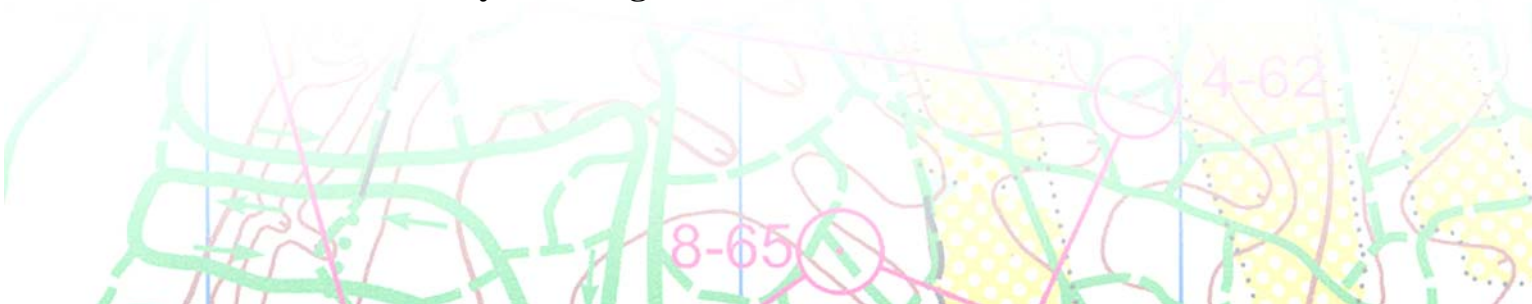
Healthy lifestyle is becoming more and more popular. The number of people who do sport and exercise is increasing. More than 1,500 strong and devoted people with fighting spirit are keen on orienteering now. I hope that the opportunity to organize the Ski Orienteering World Cup and the European Ski Orienteering Championship and to enjoy the healthy and friendly competition will help to promote this sport.

Our past experience in organising world championships and tournaments will be helpful in making this event go well. I am certain that the athletes taking part in this event will enjoy the Championship. I do hope that great atmosphere of our winter sports center "The Pearl of Siberia" will attract more athletes to other ski orienteering events in the future.

I wish you unforgettable impressions and best of luck!

Governor of the Tyumen region

Vladimir Yakushev



ORGANIZERS

Russian Orienteering Federation
Government of the Tyumen Region
Orienteering Federation of the Tyumen Region
Orienteering Club "Ermak"

Event Director:	Arkadii Vedin
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Event Secretary:	Vadim Konyshhev
E-mail:	vadim@delver.ru

EVENT CONTROL

IOF Senior Event Adviser:	Sixten Sild (EST)
IOF Assistant	
Event Adviser:	Markus Puusepp (EST)
National Controller:	Alexander Bliznevsky (RUS)
E-mail:	bliznevsky58@mail.ru

CONTACT

Orienteering Federation of the Tyumen Region
Address: Russia, Tyumen, 30 Let Pobedy, 119

Phone:	+79088740405
E-mail:	esoc2014@mail.ru
Homepage:	www.esoc2014.ru

VENUE

The event will be held at the Ski Center "Pearl of Siberia" in Tyumen, Russia. Tyumen city-center and international airport Roschino are at 40 km distance from the Event Center.

Event Center GPS coordinates: 56.945532 N, 65.189792 E.

Panorama: <http://www.realgrad.ru/static/pearl/>

ACCOMMODATION AND CATERING

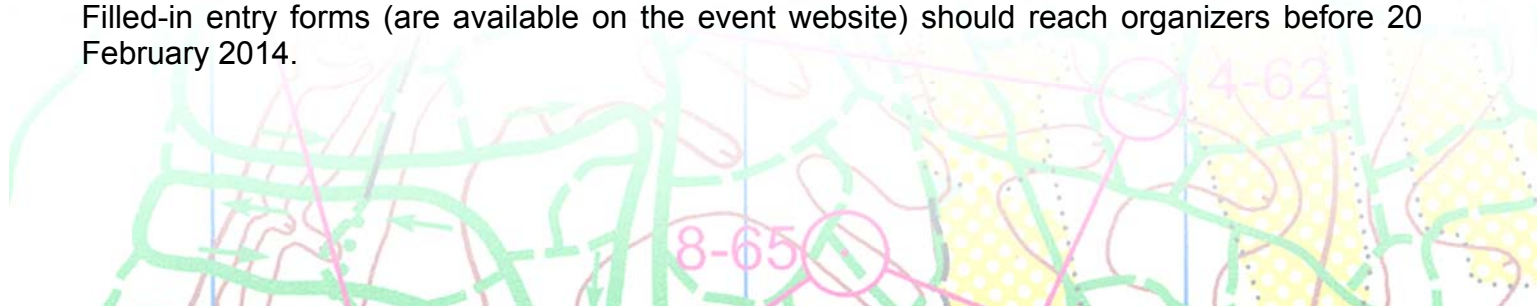
Organizers strongly recommend all teams to stay at the event center as teams will be provided free transfer both ways between Tyumen and the Event Center (see more in section Transport). The accommodation has all facilities for teams within walking distance as it is a very compact modern sports centre built for training camps and major international sports events.

Accommodation available at the Event Centre:

Hotel "Pearl of Siberia" offers 101 double rooms.

- Type A: 50€ - per person/night. Full board.
- Alternative without catering 35€ per person/night.

Filled-in entry forms (are available on the event website) should reach organizers before 20 February 2014.



Details: <http://esoc2014.ru/p-accommodation/>

Entry e-mail: esoc2014@mail.ru

Payment information:

Account name: FSO

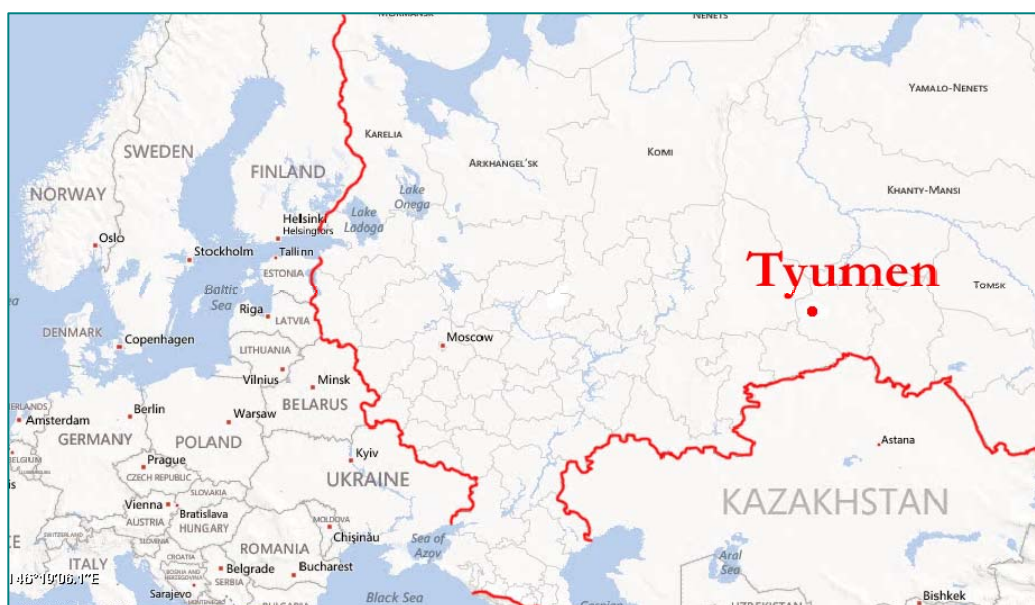
Account number: 40703978085240000030

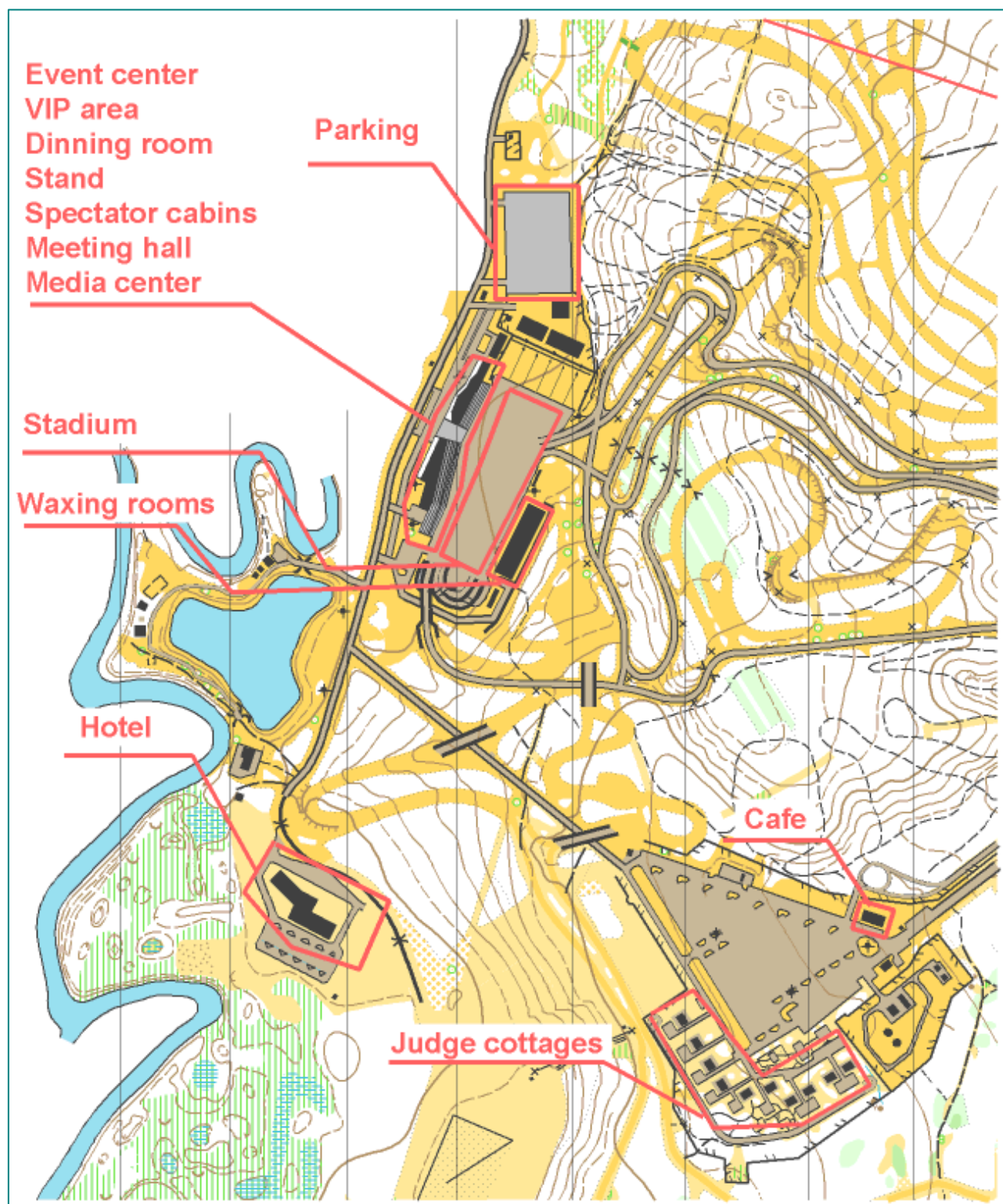
Bank: OJSC URALSIB, Moscow, Russia, CHELYABINSK BRANCH

SWIFT: AVTBRUMM

EUR with COMMERZBANK AG., Frankfurt am Main, Germany, SWIFT: COBADEFF, account number 400886895200

Teams may also request information about other accommodation. Please contact the Event Secretary by e-mail esoc2014@mail.ru





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CLASSES AND PARTICIPATION

Classes

ESOC & World Cup: W21 and M21

ESOC participation

Each federation can enter up to 6 athletes in each class in the individual competitions, up to 2 teams in the relay competitions and up to 3 teams in the mixed relay competitions.

The current European Champion of the distance shall be given a wild card for the red group in addition to the ordinary entries from his/her federation.

The organizing Federation may have two additional competitors as official ESOC competitors in the individual competitions. These competitors shall start in the lowest ranked start group.

Only competitors representing member Federations of the IOF, defined by the International Olympic Committee as belonging to the European continent, can compete in ESOC. Competitors representing other member Federations of the IOF can participate in ESOC but will not be eligible for European titles, medals or diplomas.

World Cup participation. As well as the two extra official competitors (rule 6.10), the organizing Federation may enter up to 10 additional national competitors (National Group) for the competition, but these must start prior to the official World Cup competitors and they cannot be awarded World Cup points or prizes. In a relay competition, the organizing Federation can enter up to 5 additional national teams but these teams have to start last in the start field and they cannot score in the Nation World Cup. In the mixed sprint relay, teams consist of one man and one woman (or two women).

Each federation can have a maximum of 3 teams in sprint relays and 6 teams in mixed sprint relays (except for the organizing Federation which may have up to 5 more).

EMBARGOED AREA



The area is situated to the south-east of village Michurino, Tyumen Region. Surroundings of the Ski Center "Pearl of Siberia", ski and roller tracks and arena are forbidden for visiting and trainings from 1 April 2013.

ENTRY FEES

Entry fees include competitions, waxing cabin rent, parking area and wireless Internet access.

Competition	Price (€)
Mixed Sprint Relay (team)	60
Sprint	35
Long Distance	35
Middle Distance	35
Relay (team)	90
Extra Long Distance	35
Banquet	30

Accreditation fee for team officials: 30€.

ANTI-DOPING

Information to athletes and coaches about doping tests at IOF events

All athletes and coaches need to be aware of the following:

- Doping is strictly forbidden at all IOF Events.
- The doping tests are carried out in accordance with the procedures described in the WADA International Standard for Testing.
- At all IOF events, always carry an ID with photo with you. It can be your driving license, ID card with photo, or passport. If there is a photo in your accreditation card, that is also OK. Always take it with you to the competition site. You will need it should you be doping tested. If you have a Therapeutic Use Exemption (TUE), also bring it along at all times.
- If you have been called to a doping test, you are still allowed to go to the prize-giving ceremony. However, a chaperone will follow with you.
- Doping tests may be carried out any time during the competition period. At some sites the doping control may be a few minutes' drive away, so it is advisable for the athletes to always take along some dry clothes to change into after the race.
- If you have any questions about doping testing, the main organizer, or SEA, is your main point of contact. They will then contact needed persons.



CLIMATE

Tyumen has a humid continental climate with warm, somewhat humid summers and long, cold winters. The local weather is very changeable, and the temperature in town is always a few degrees higher than in the surrounding area. The average temperature in March is -5.2°C (22.5°F). Average high temperature: 0.1°C (32.2°F), average low temperature: -10.4°C (13.3°F). Estimating snow depth: 350-400 mm.

PUNCHING SYSTEM

Emit touch free electronic punching and timing system will be used for the competitions. The organizer will provide cards for competitors.

TRANSPORT

All transfers to and from accommodation at Pearl of Siberia during the event: from airport, railway station, bus station, to opening ceremony are included in the price of accommodation. Tyumen is served by the international Roschino Airport (located 13 kilometers west of the city) from where regular flights are offered to a large number of important Russian towns including Kaliningrad; Moscow (9 flights per day); Saint Petersburg; and Samara. There are also weekly or biweekly flights to the following international locations: Baku; Erevan; Khujand; Munich; Prague; and Tashkent.

<http://www.aeroflot.ru/cms/en>

<http://www.utair.ru/en/index.html>

<http://www.s7.ru/>

<http://transaero.us/>

The railway station is located in the very center of the Tyumen city in a 15 minutes' walking distance south from the city hall. There are direct international connections to (Trans-Siberian Railway): Poland, Germany, China and Mongolia.

MEDIA

Media services are located in the Event Center. There is no accreditation fee for media representatives All media representatives are kindly asked to register (please indicate status, e.g. TV, radio, writing journalist, photo) by 12 February 2014.

E-mail for registration: esoc2014@mail.ru.

The press center provides wireless Internet, fax and copy services to media representatives.

Contact person - Dmitriy Ribyakov

E-mail: dr-asnta@mail.ru

JURY

1. Roland Hellberg (SWE)
2. To be specified later
3. To be specified later



EVENT PROGRAMM

Wed 05th March

All day Arrival
15.00-22.00 Competition office open, event center

Thu 06th March

08.00-10.00 Breakfast
09.00-14.00 Competition office open, event center
10.00-14.00 Model event, Ski center «Pearl of Siberia»
13.00-15.00 Lunch
14.00 Deadline for name entry for Mixed Sprint Relay
17.00-20.00 Competition office open, event center
18.00-20.00 Dinner
19.00 Team officials' meeting, conference hall

Fri 07th March

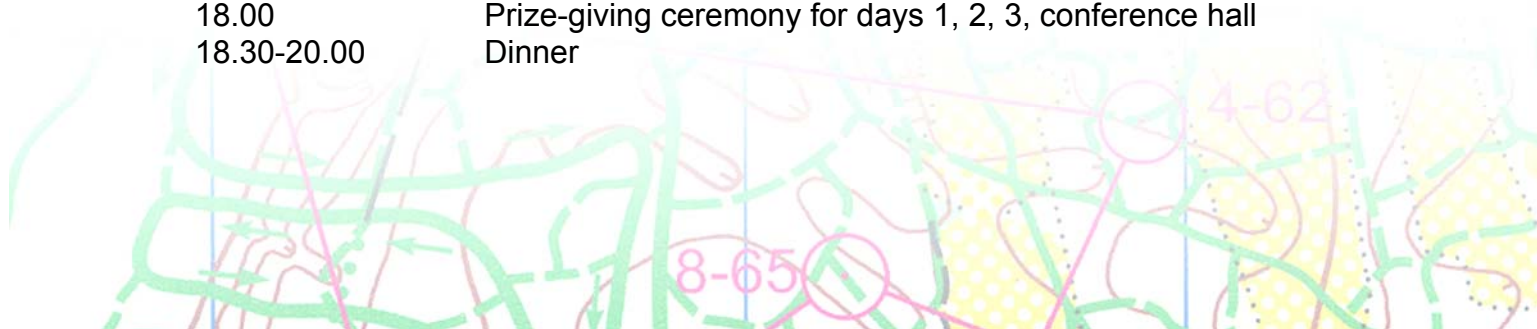
08.00-10.00 Breakfast
09.00-14.00 Competition office open, event center
12.00-14.00 Lunch
13.00 Opening ceremony, Ski center «Pearl of Siberia»
15.00-16.00 Mixed Sprint Relay
16.00 Flower ceremony
16.00 Deadline for name entry for Sprint
17.00-20.00 Competition office open, event center
18.00-20.00 Dinner
19.00 Team officials' meeting, conference hall

Sat 08th March

08.00-10.00 Breakfast
09.00-14.00 Competition office open, event center
12.00-14.00 Lunch
14.20-17.00 Sprint
15.00 Deadline for name entry for Long Distance (mass start)
17.00 Flower ceremony
17.00-20.00 Competition office open, event center
18.00-20.00 Dinner
19.00 Team officials' meeting, conference hall

Sun 09th March

07.00-09.00 Breakfast
09.00-14.00 Competition office open, event center
11.00-15.00 Long Distance (mass start)
11.00 Mass start, women
11.10 Mass start, men
13.00-15.00 Lunch
15.00 Flower ceremony
17.00-20.00 Competition office open, event center
18.00 Prize-giving ceremony for days 1, 2, 3, conference hall
18.30-20.00 Dinner



Mon 10th March-Rest day

08.00-10.00	Breakfast
10.00-13.00	Spa trip to Tyumen according to preliminary registration
13.00-15.00	Lunch
14.00	Deadline for name entry for Middle Distance
12.00-20.00	Competition office open, event center
18.00	Team officials' meeting, conference hall
18.00-20.00	Dinner

Tue 11th March

08.00-10.00	Breakfast
09.00-14.00	Competition office open, event center
12.00-13.30	Lunch
12.50-17.00	Middle Distance
16.50	Flower ceremony
17.00	Deadline for name entry for Relay
17.00-20.00	Competition office open, event center
18.00-20.00	Dinner
19.00	Team officials' meeting, conference hall

Wed 12th March

08.00-10.00	Breakfast
09.00-14.00	Competition office open, event center
12.00-13.30	Lunch
13.35-17.00	Relay
16.50	Flower ceremony
17.00-20.00	Competition office open, event center
18.30	Prize-giving ceremony for days 4, 5, conference hall
19.00-24.00	Banquet

Thu 13th March-Rest day

08.00-10.00	Breakfast
12.00-20.00	Competition office open, event center
13.00-15.00	Lunch
14.00	Deadline for name entry for Extra Long Distance (World Cup only)
18.00	Team officials' meeting, conference hall
18.00-20.00	Dinner

Fri 14th March

07.00-09.00	Breakfast
09.00-14.00	Competition office open, event center
10.00-14.00	Extra Long Distance
10.00	Mass start, men
10.15	Mass start, women
13.00-15.00	Lunch
14.00	Flower ceremony
15.30	Closing ceremony, prize-giving ceremony
17.00-20.00	Competition office open, conference hall
18.00-20.00	Dinner

Sat 15th March

All day	Departure
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GENERAL INFORMATION

Event center

Event center is located in the Ski and Biathlon Center “Pearl of Siberia”.

Terrain and ski tracks

There are two terrain zones in the area:

- Steep slopes with height difference up to 50 meters in the western part of the terrain - this zone will be represented in all competitions.
- Plain area with gentle relief, cut through by ravines with depth up to 20 meters – this zone is typical for long distance and extra long distance race.

Most part of the terrain is covered with pine and birch forest of different age, density and visibility. In general, the visibility is good. Several large forest clearings occur.

There is a dense network of permanent cross-country ski tracks (width 6-10 meters) east of ski stadium “Pearl of Siberia”. These tracks make up approximately 20% of the total track-network. 20% of the track-network is made up of wide tracks (1,5-3,0m) and the rest made up of tracks 0,8-1,5 meters wide.

Total area of the terrain used for competitions is 7sq. km

In competition area there are normally no hobby skiers or walkers.

Altitude above sea level is between 45 and 110 meters. Snow depth, measured March 4, is 30-50 cm.

Hazards - steep slopes (both on cross-country ski tracks and all other ski tracks).

Maps

Maps are prepared according to the International Specification for Orienteering Maps and International Specification for Ski-Orienteering Maps. Latest update February 2014.

Map format for all disciplines – A4.

Map scales are described in section “Special Instructions for each competition”.

Special signs:

Light green color (10 %) shows a forest of average and bad pass ability.

- Artificial objects along ski tracks are marked with black cross on the map. Mostly these are platforms for TV-cameras (height approx. 2 m).
- Old forest roads with no trace of snow-scooter, but with truck ruts, are marked as vehicle track or footpath (typical for long distance and extra long distance).

Participants' start numbers are printed on the back side of map.



Control set-up

Two different types of control set-up occur.

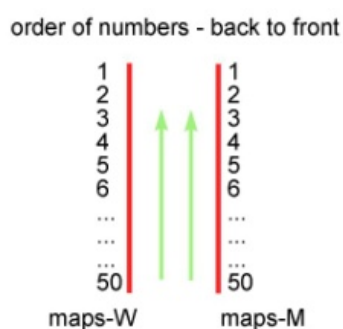
1. Control flag and a tablet with code number above ski track. Control flag and code number are fixed on a cord. Punching unit is fixed on a tree or wooden rack by the side of the ski track.
2. Control flag and a tablet with code number by the side of the ski track. Control flag and code number are fixed to a wooden rack with height of 2 meters. Punching unit is fixed to the rack at the height of 1,2 m above ground level.

Warm-up area

Warm-up area for all competitions will be provided to the east of waxing building as shown on the competition arena maps below. Areas outside the warm-up area are considered competition area and thus forbidden. Please remain in the area indicated on the overview maps in order to avoid disqualification.

Map exchange, getting a map in relays

Map exchange procedures and getting map in relays will be organized in same place next to ski stadium during all competitions. There are “map walls” on both sides of ski track – one for men and one for women as shown below.



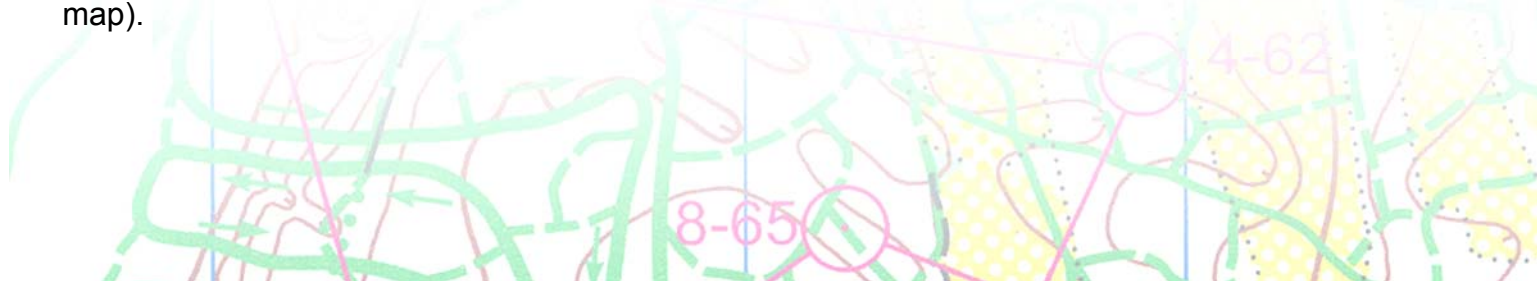
In the map exchange zone sportsmen drop a map of previous loop and take a map of next loop or relay leg. Maps are curled up into rolls and inserted into the holes in the map wall. Diameter of the holes is 7 cm. Competitors' start numbers are shown on the map wall above the maps. Maps are organized in several rows and competitors should always take the uppermost map under their start number. For flawless capture of map it is recommended to reduce the speed.

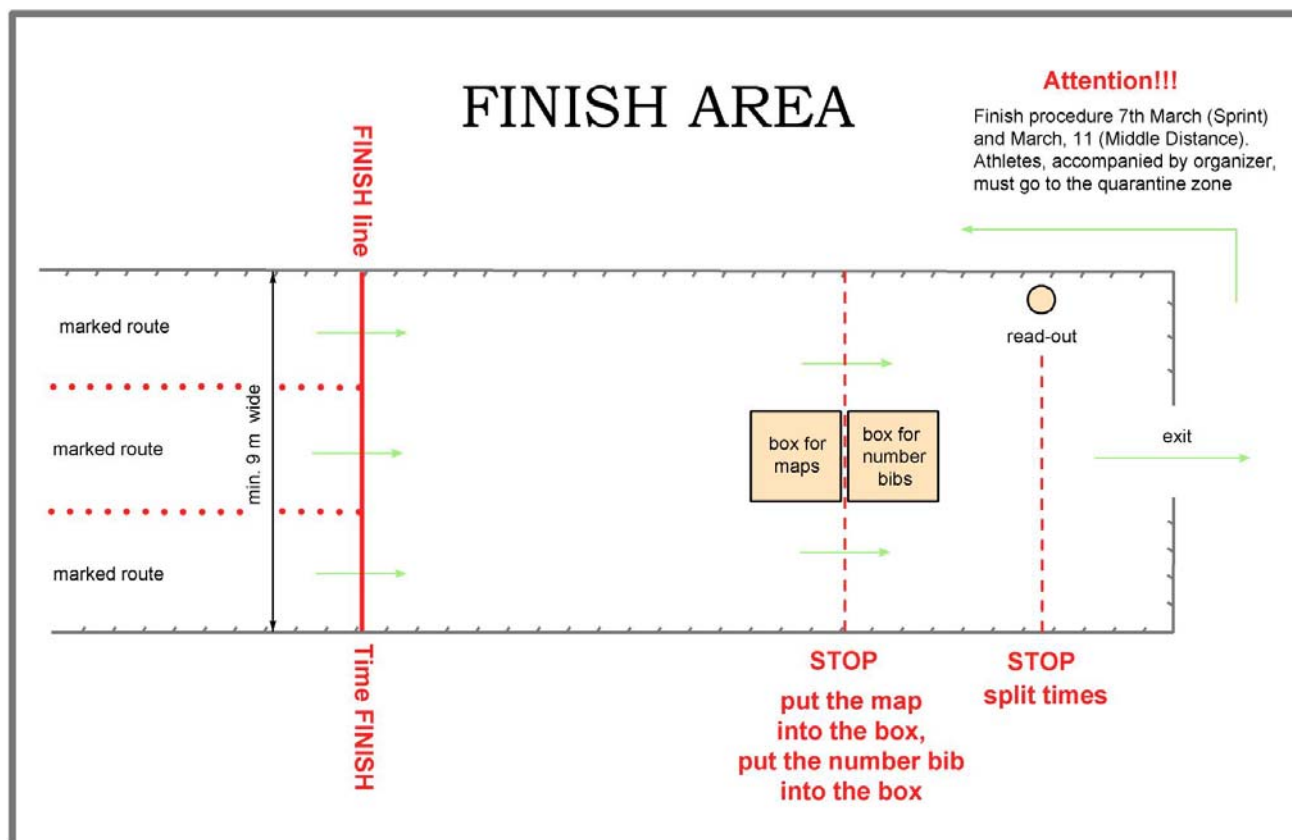
Mass start

Before mass starts competitors are called to the start area at least 5 minutes prior to start time. Clearing of electronic chips occurs at check-in.

Maps are delivered to the athletes between 90 and 45 seconds before the start and athletes have to keep the map into their hand behind their back until command „MAPS“ is given 15 seconds before the start. Start signal “GO” will be given using loudspeakers. Only double poling is allowed on approximately first 50 meters of the course. End of double poling area is clearly marked in the terrain.

Competitors must follow the marked route from time start line to map start (start triangle on the map).





Waxing facilities

There are waxing rooms for all teams in special waxing building on eastern side of the ski stadium. It is prohibited to take skis into hotel rooms.

Ski trainings

For trainings during the event a small training area will be prepared close to the hotel (south-east from the hotel). Training area map will be given to all competitors.

NB! Ski training area is closed for trainings from 13 o'clock on March 8, and all day on March 9, from 13 o'clock on March 13, and until the end of competition on March 14.

Number vests must be worn during the trainings (see below)!

Number vests for trainings

Special number vests for trainings will be distributed to all team members. It is obligatory to wear the vests during the model event and during all trainings on training area map!

Complaints

All complaints should be submitted by written report to organizers' representative in finish area. Complaints should be submitted not later than 15 minutes after the last competitor has reached the finish line.



SPECIAL INSTRUCTIONS FOR EACH COMPETITION

Model Event

March, 6

Model Event area is situated east of the ski stadium "Pearl of Siberia". Each participant receives model event maps in all competition scales -1:5000, 1:7500, 1:12500 and 1:15000.

Model event area is open for training only from 10.00 to 14.00 on March 6. Both types of control set-up will be shown at model event.

NB! Be careful on steep slopes – one can meet skiers moving in opposite direction! Ski track from control 190 to the ski stadium is for ONE WAY use only! It is shown with appropriate arrows on the map.

It is strictly prohibited for team members to enter competition terrain outside of model event map. Breach of this rule will lead to disqualification of the athlete.

Mixed Sprint Relay

March, 7




Courses and Map Details

Course Details	Legs 1,3,5 - Men	Legs 2,4,6 - Women
Length, straight line	2,6 – 2,7 km	2,2 – 2,3 km
Length along shortest sensible route	3,2 – 3,4 km	2,7 – 2,9 km
Total climb	65 m	65 m
Number of controls per leg	9	9
Estimated winning time (leg)	8 - 9 min	8 - 9 min
Distance from time start to map start	310 m	
Distance from last control to changeover area / finish	390 m	
Estimated winning time (total)	50 min	
Maximum skiing time (total)	100 min	

Map Details

Map scale	1:5000
Contour interval	5 m
Used area	0,9 sq. km

Tracks

Total length	30 km	
Very wide track, width 6-10 m	57 %	
Wide track, width 2,5 - 3 m	9 %	
Track, width 1,2 – 1,5 m	34 %	

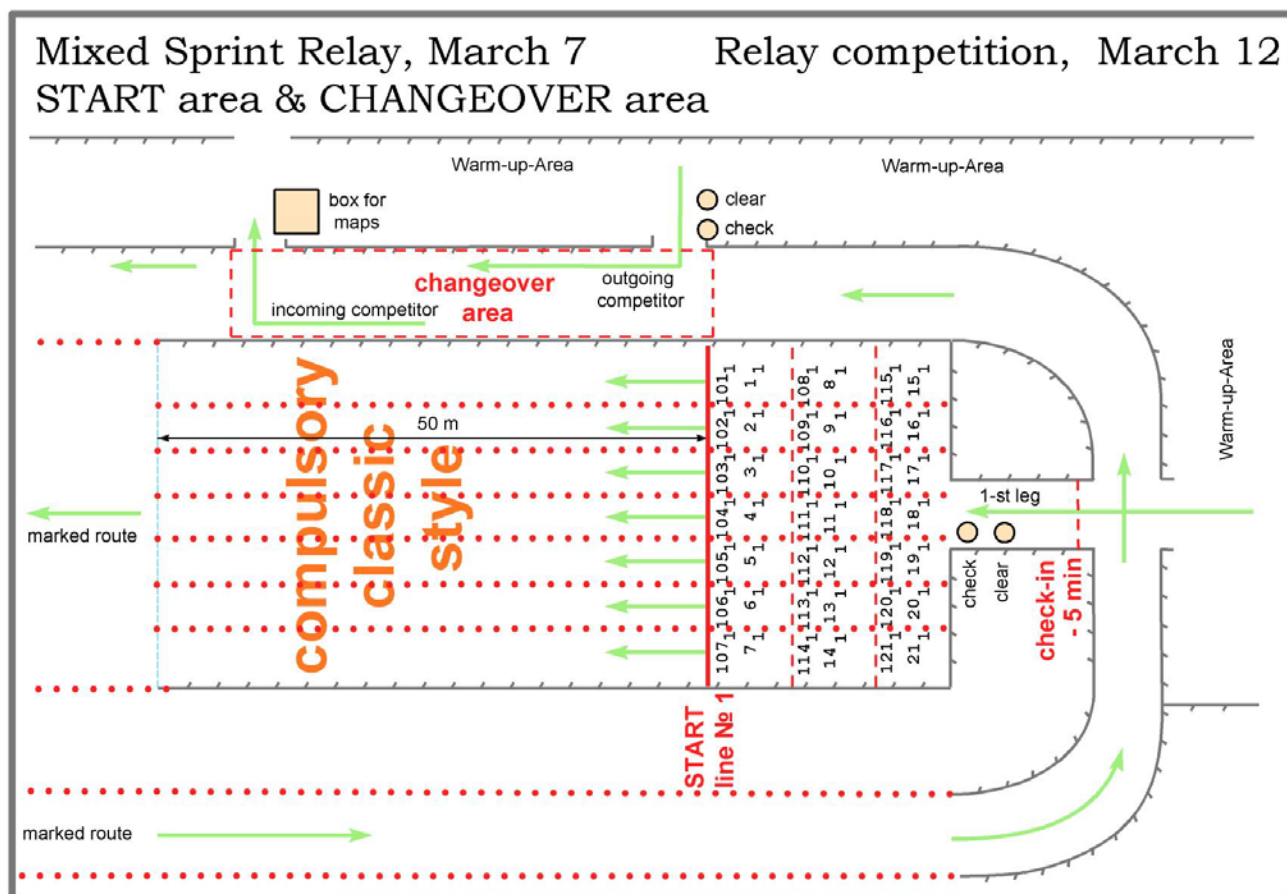
Teams

In the mixed sprint relay, each team consists of one man and one woman. Both competitors have 3 legs in their turns. The first leg competitor is a man.

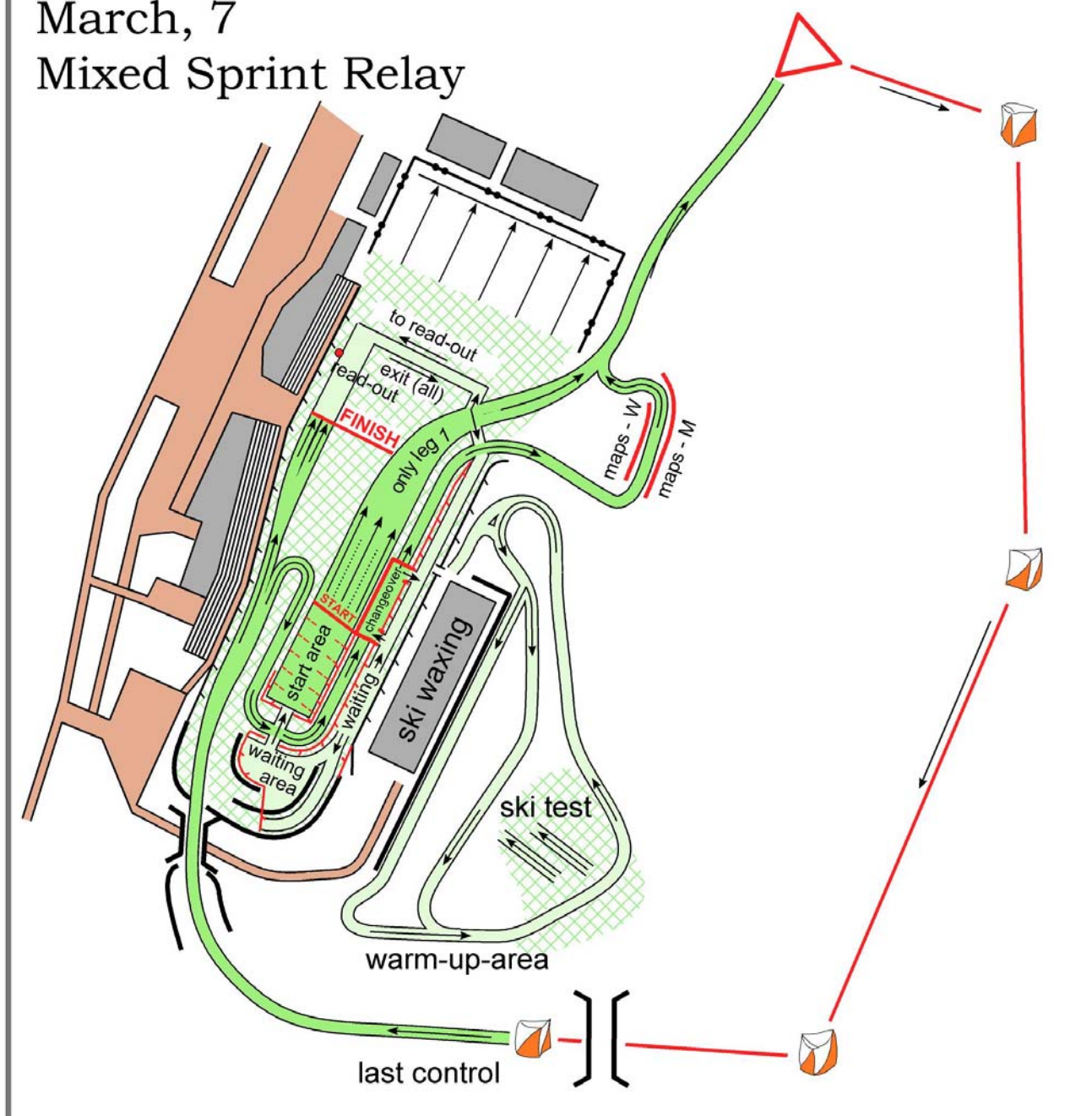


Changeover

The changeover between the members of each relay team takes place by touch. Changeover must be completed inside the designated area marked in the terrain according to competition arena map. After the changeover outgoing competitor picks the map with team's number and respective leg number from map wall. Example of map numbers - **3₁**, **3₃**, **3₅** (team 3, legs 1,3,5). After the changeover competitors have to leave their map to officials.



March, 7 Mixed Sprint Relay



Sprint.

March, 8






Courses and Map Details

Course Details	Men	Women
Length, straight line	3,64 km	3,12 km
Length by shortest sensible route	4,7 km	4,0 km
Total climb	45 m	35 m
Number of controls	12	12
Distance from pre-start to start	1000 m	
Distance from time start to map start	200 m	
Distance from last but one control to last control (marked route!)	520 m	
Distance from last control to finish	170 m	
Estimated winning time	13 - 15 min	
Maximum skiing time	45 min	

Map Details

Map scale	1:5000
Contour interval	5 m
Used area	0,9 sq. km

Tracks

Total length	31 km	
Very wide track, width 6-10 m	55 %	
Wide track, width 2,5 - 3 m	9 %	
Track, width 1,2 – 1,5 m	36 %	

Start procedure

Individual start, interval 1 minute.

Pre-start of first man at 14.10. Time start of first man at 14.20.

Pre-start of first woman at 15.40. Time start of first woman at 15.50.

Pre-start is situated on ski stadium. From pre-start to start competitors follow obligatory marked route 1000 meters. Total climb on the marked route is 50 m. Estimated time for easy skiing from pre-start to start area is 6-7 min. In the time start area there is a 15*50 meters skiable zone prepared for warm-up.

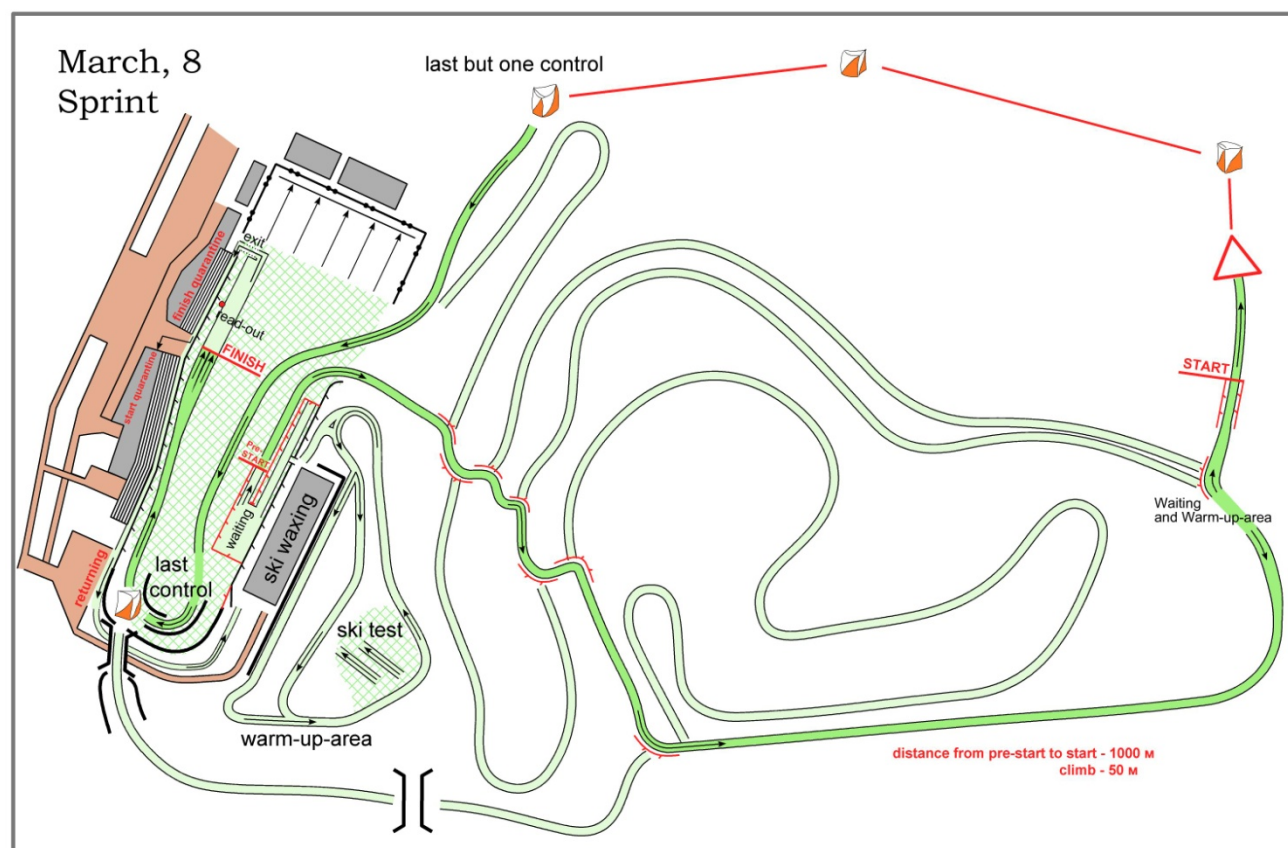
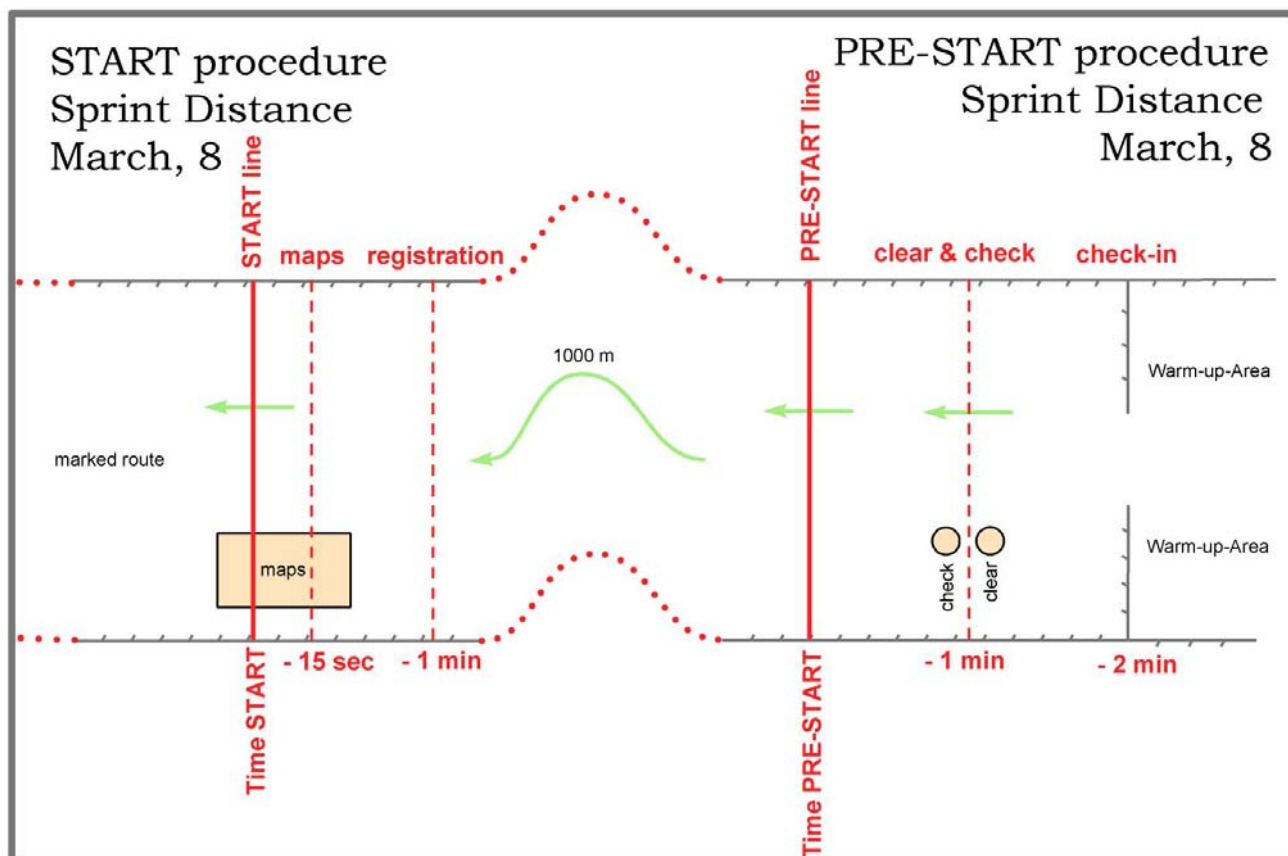
Last control

There is a compulsory marked route from last but one control through last control to finish.

Finish quarantine

After read-out procedure athletes will be guided by officials to finish quarantine zone. Finish quarantine is valid until the start of last woman. Competitors' bags with belongings will be taken by organizers from pre-start area to finish quarantine. Finish quarantine zone is located in ski-stadium building and there are good possibilities to follow the competition.





Long distance March,9





Courses and Map Details

Course Details	Men	Women
Number of loops	3 + 1 common to all	2 + 1 common to all
Length, straight line	22,6 km	14,8 km
Length by shortest sensible route	27,2 km	18,5 km
Difference between max and min loop length, straight line	370 m	130 m
Total climb	410 m	265m
Total number of controls	48	35
Distance from time start to map start	350 m	
Distance along marked route from last control to map exchange	740 m	
Distance on men's course from last control of loop 3 to first control of loop 4 (marked route)	670 m	
Distance on women's course from last control of loop 2 to first control of loop 3 (marked route)		670 m
Distance from last control to finish	370 m	
Estimated winning time	95 – 100 min	75 – 80 min
Maximum skiing time	200 min	160 min

Map Details

Map scale	1:12500
Contour interval	5 m
Used area	3,7 sq. km

Tracks

Total length	71 km	
Very wide track, width 6-10 m	27 %	
Wide track, width 2,5 - 3 m	18 %	
Track, width 1,2 – 1,5 m	50 %	
Track, width 0,9 m	5 %	

Equipment depot, refreshment

Change of undamaged ski equipment and own refreshments are permitted only in designated areas. On ski stadium there will be prepared ski equipment depot. Refreshment from the organizers is located at southern end of ski stadium (see competition arena map). Own refreshments are allowed in coaching zone along the track after official refreshment point.

After finish

Returning to the dressing rooms occurs along the rostrum.

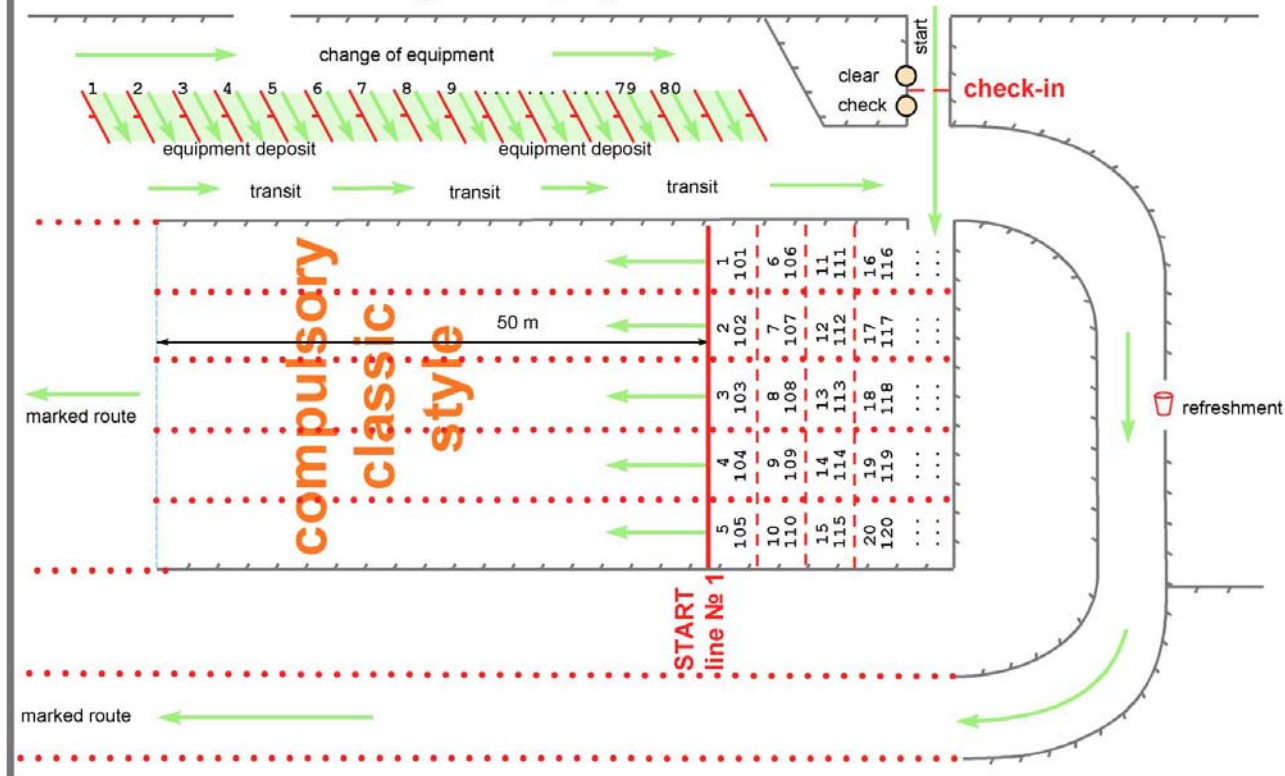


Long Distance, March 9

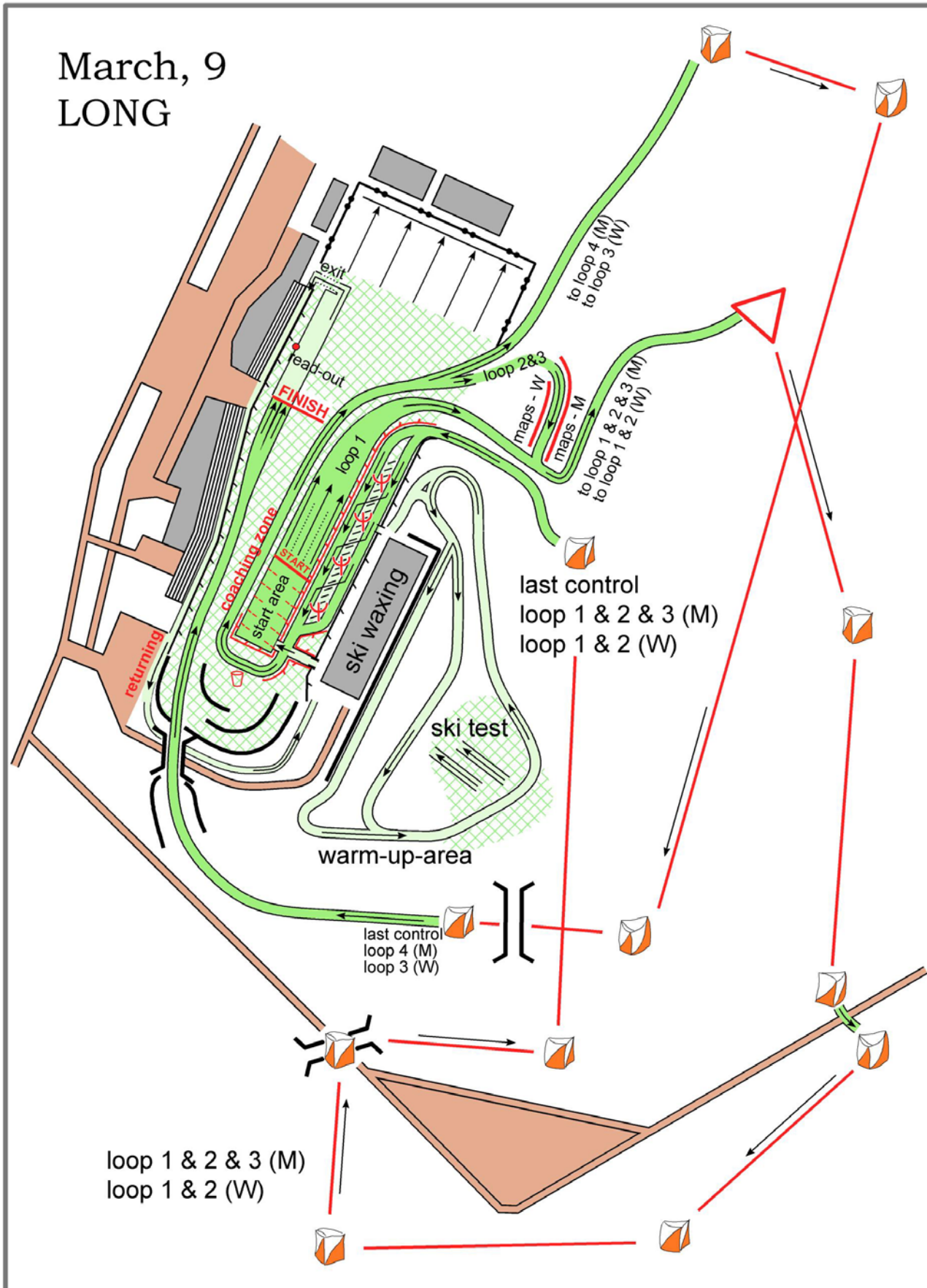
ExtraLong Distance, March 14

START area & change of equipment

Warm-up-Area



March, 9
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Middle distance**March, 11****Courses and Map Details**

Course Details	Men	Women
Number of loops	2	2
Total length, straight line	8,5 km	7,5 km
Length by shortest sensible route	10,9 km	10,1 km
Length of the loops	4,2 km + 4,3 km	3,7 km + 3,8 km
Total climb	120 m	110 m
Number of controls	21 (10 + 11)	20 (9 + 11)
Distance from time start to map start	240 m	
Distance from last control to map exchange	700 m	
Distance from last control to finish	600 m	
Estimated winning time	45 min	
Maximum skiing time	100 min	

Map Details

Map scale	1:7500
Contour interval	5 m
Used area	1,9 sq. km

Tracks

Total length	59 km	
Very wide track, width 6-10 m	33 %	
Wide track, width 2,5 - 3 m	12 %	
Track, width 1,2 – 1,5 m	54 %	
Track, width 0,9 m	1 %	

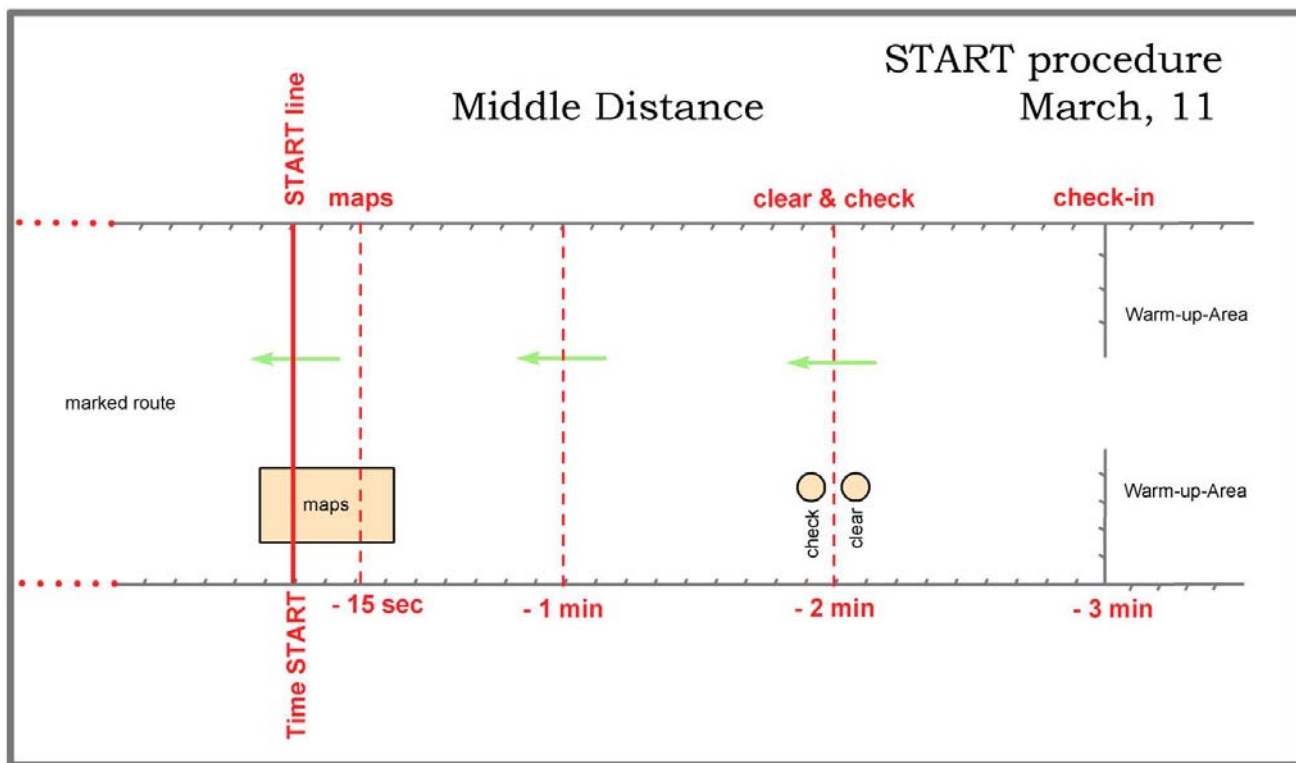
Finish quarantine

After read-out procedure athletes will be guided by officials to finish quarantine zone. Finish quarantine is valid until the start of last woman. Competitors' bags with belongings will be taken by organizers from pre-start area to finish quarantine. Finish quarantine zone is located in ski-stadium building and there are good possibilities to follow the competition. Returning to the dressing rooms occurs along the rostrum.

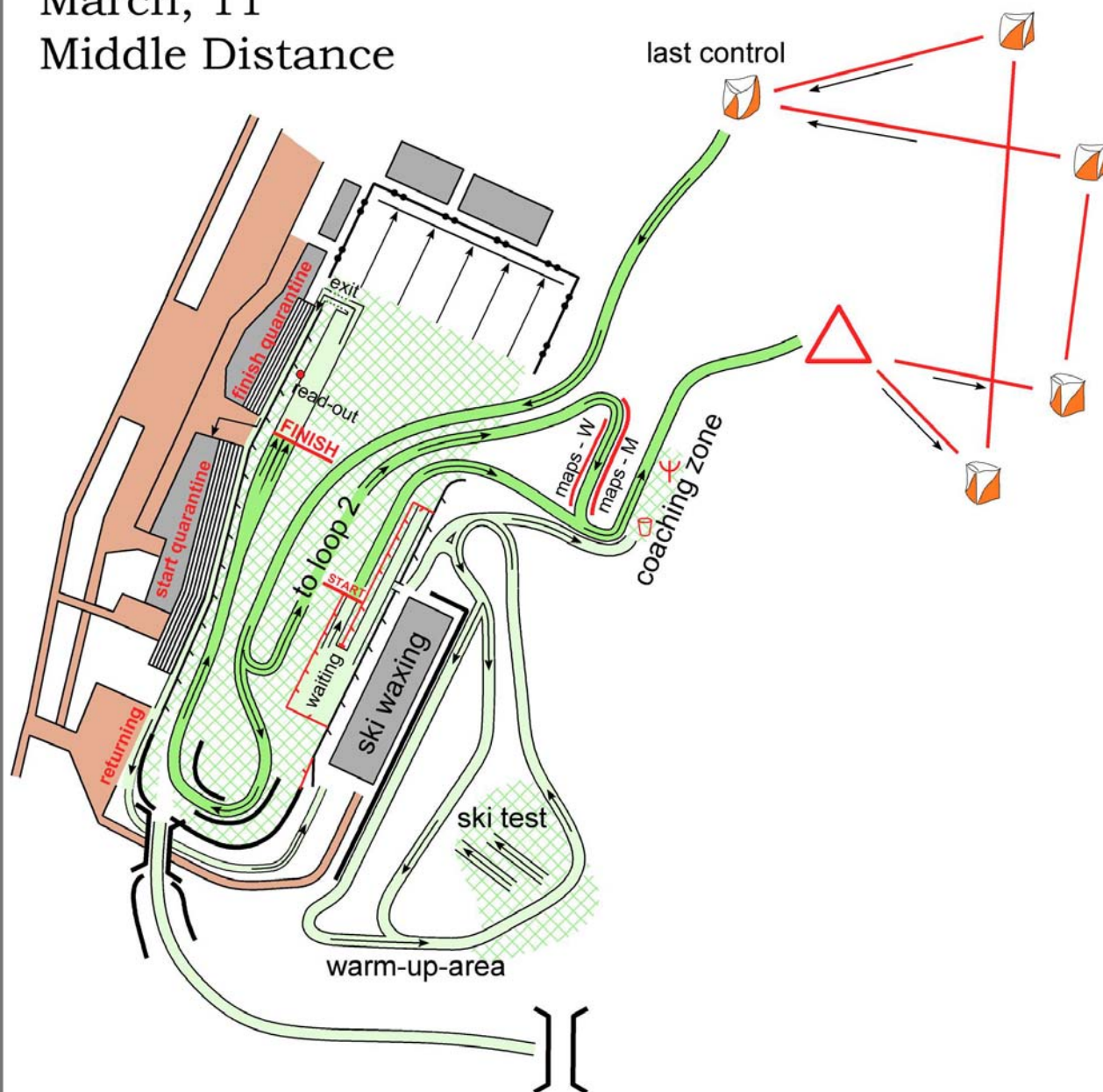
Equipment depot, refreshment

Change of undamaged ski equipment and refreshments are permitted only in designated areas. Ski equipment depot and coaching zone/refreshment area according to the competition arena map below.





March, 11
Middle Distance



Relay**March, 12****Courses and Map Details**

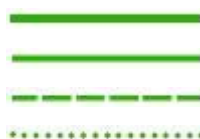
Course Details	Legs 1,2,3 - Men	Legs 1,2,3 - Women
Length, straight line	7,1 – 7,4 km	5,5 – 5,8 km
Length by shortest sensible route	9,5 – 9,9 km	7,0 – 7,4 km
Total climb per leg	125 m	105m
Number of controls per leg	19	16
Distance from time start to map start	350 m	
Distance from start to spectators' control	5,6 – 5,9 km	4,3 – 4,6 km
Distance from last control to map exchange area / finish	370 m	
Estimated winning time	30 - 35 min	
Maximum skiing time	200 min	

Map Details

Map scale 1:7500
 Contour interval 5 m
 Used area 1,9 sq. km

Tracks

Total length 59 km
 Very wide track, width 6-10 m 33 %
 Wide track, width 2,5 - 3 m 12 %
 Track, width 1,2 – 1,5 m 54 %
 Track, width 0,9 m 1 %

**Changeover**

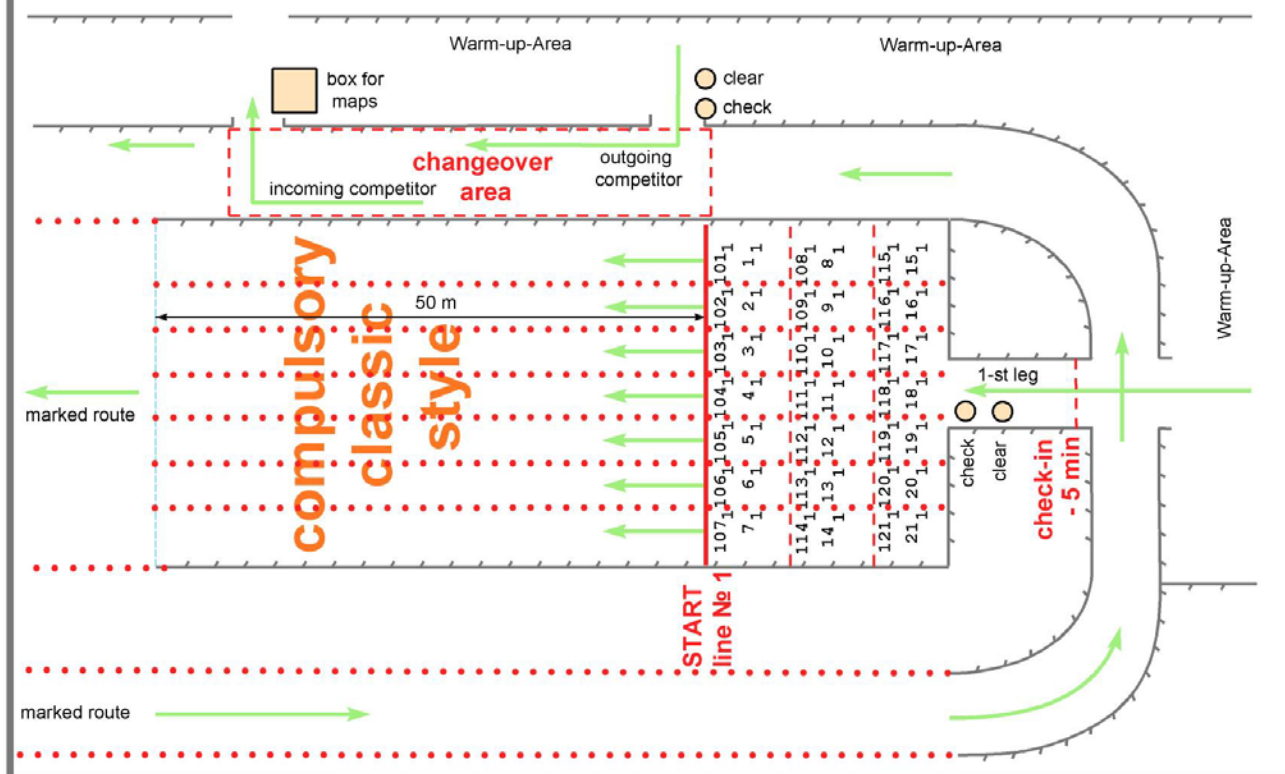
Changeover by touch takes place in designated area marked in the terrain (see competition arena map). Maps on map wall are numbered according to team number and leg number (for example 4₂-team 4, leg 2 etc).



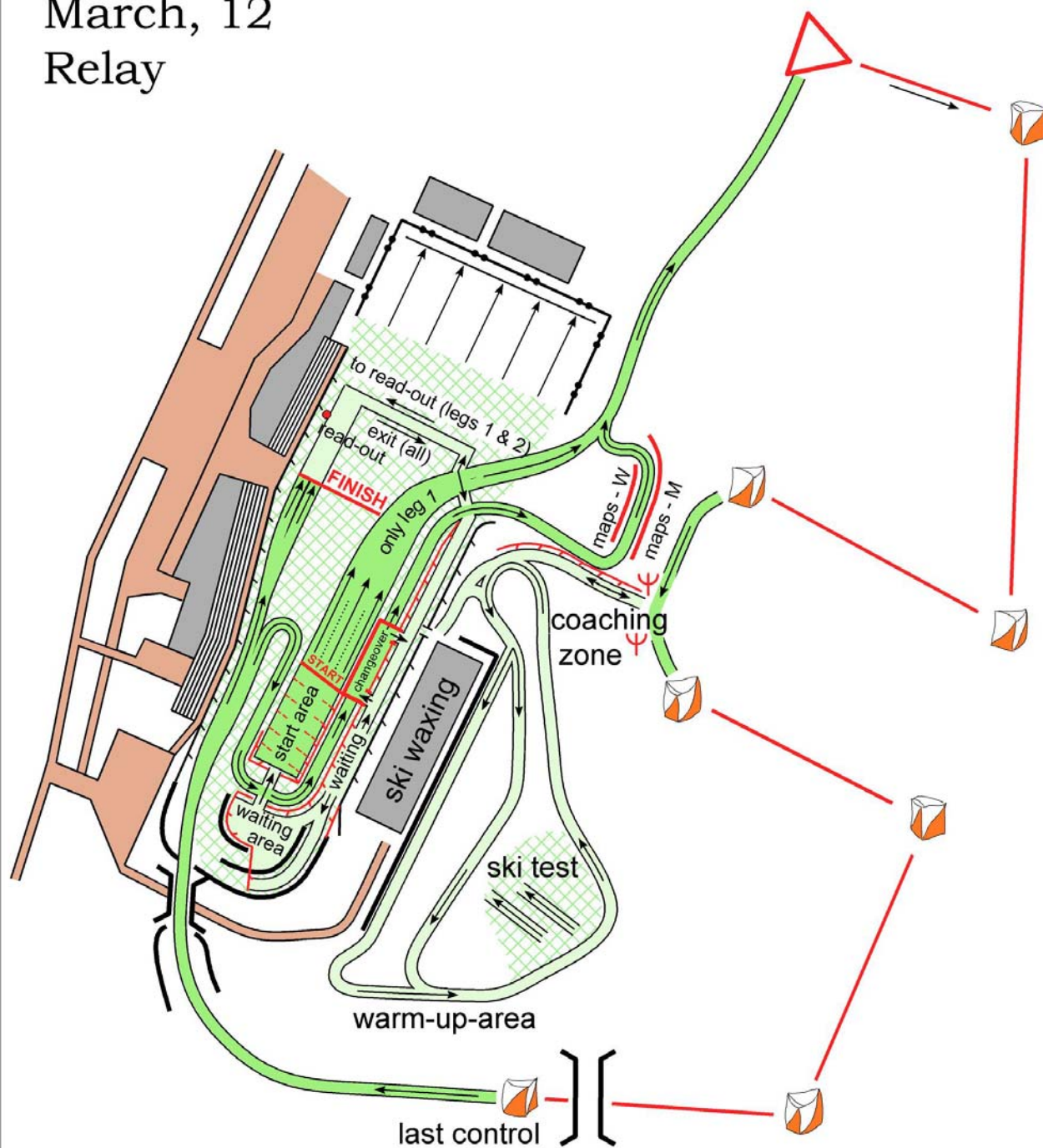
Mixed Sprint Relay, March 7

Relay competition, March 12

START area & CHANGEOVER area



March, 12 Relay



Extra long distance March, 14





Courses and Map Details

Course Details	Men	Women
Number of loops	3 + 1 common to all	3 + 1 common to all
Length, straight line	31,9 km	23,2km
Length by shortest sensible route	38,3 km	27,9 km
Difference between max and min loop length, straight line	500 m	310 m
Total climb	540 m	415 m
Total number of controls	56	47
Distance from time start to map start	300 m	
Distance from last control to changeover area	750 m	
Distance from last control of loop 3 to first control of loop 4 (marked route)	850 m	
Distance from last control to map exchange area / finish	370 m	
Estimated winning time	150 – 155 min	125 – 130 min
Maximum skiing time	300 min	260 min

Map Details

Map scale	1:15000
Contour interval	5 m
Used area	5,4 sq. km

Tracks

Total length	90 km	
Very wide track, width 6-10 m	22 %	
Wide track, width 2,5 - 3 m	18 %	
Track, width 1,2 – 1,5 m	55 %	
Track, width 0,9 m	5 %	

Equipment depot, refreshment

Change of undamaged ski equipment and refreshments are permitted only in designated areas. On ski stadium there will be prepared ski equipment depot. Refreshment from the organizers is located at southern end of ski stadium (see competition arena map). Own refreshments are allowed in coaching zone along the track after official refreshment point.

After finish

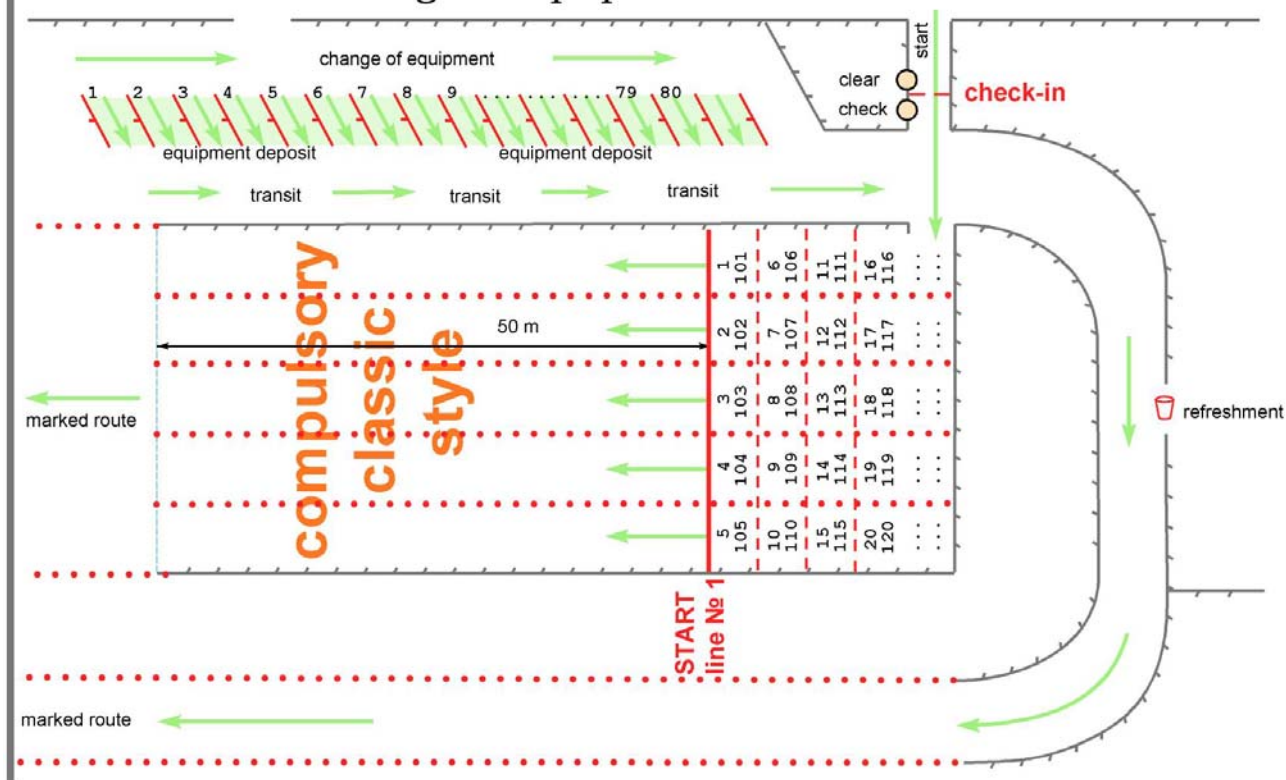
Returning to the dressing rooms occurs along the rostrum.



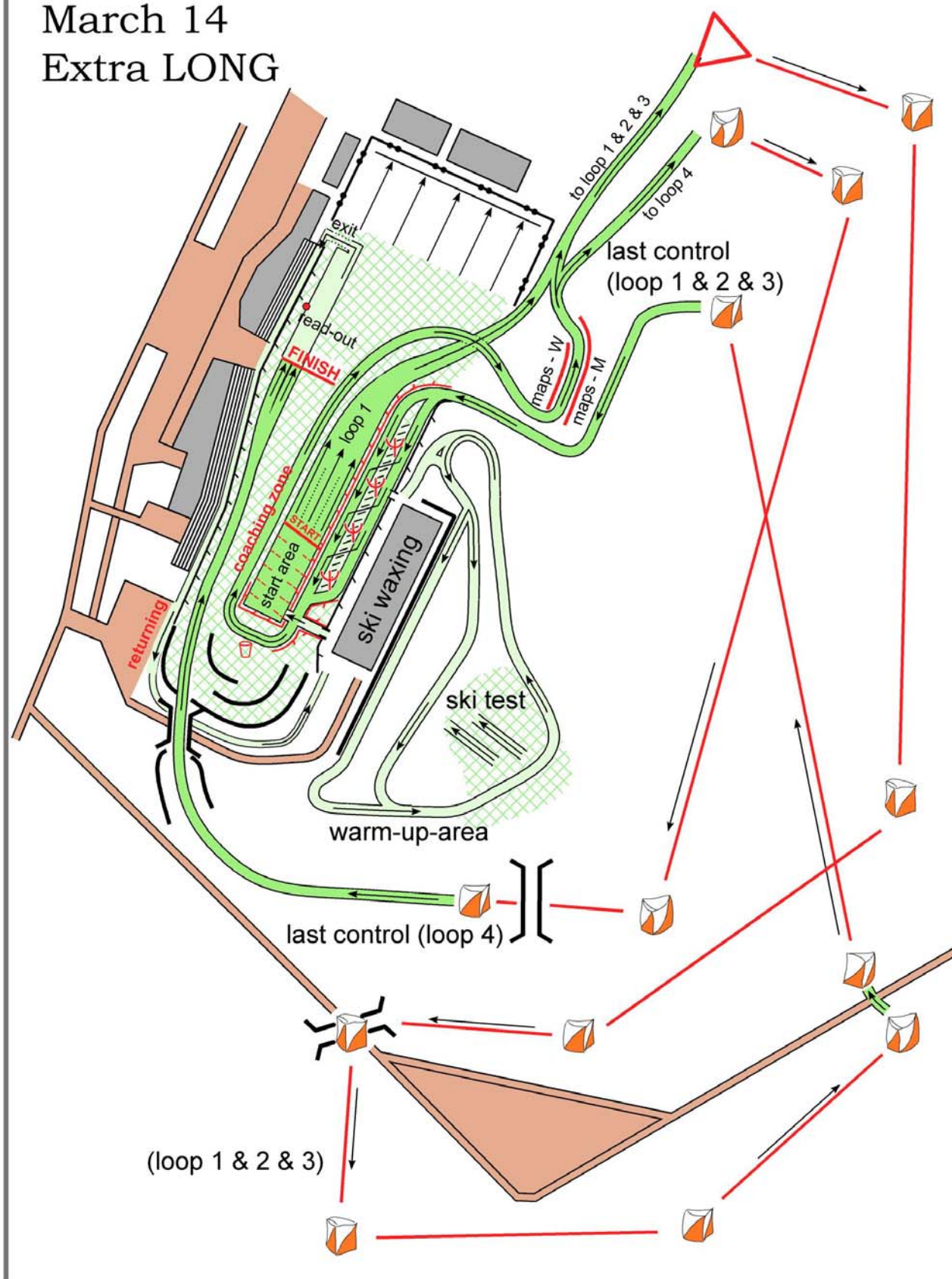
Long Distance, March 9

ExtraLong Distance, March 14

START area & change of equipment



March 14
Extra LONG



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ENTRIES

Last version of this table is available at web-site esoc2014.ru. Actuality: 03 of March.

Women

N	Surname	Name	Country	Comments
1	Grigороva-Burgova	Antoniya	BUL	
2	Hančíková	Hana	CZE	
3	Karočová	Simona	CZE	
4	Kolínová	Kristýna	CZE	
5	Kaasiku	Evely	EST	
6	Kudre	Doris	EST	
7	Kudre	Daisy	EST	
8	Kaskinen	Mira	FIN	
9	Leppäsalmi	Milka	FIN	
10	Mörsky	Sonja	FIN	
11	Pesu	Mervi	FIN	
12	Tallila	Tiia	FIN	
13	Turunen	Marjut	FIN	
14	Csucs Fenyvesi	Laura	HUN	
15	Ventura	Alice	ITA	
16	Nurmanova	Guzel	KAZ	
17	Arlauskiene	Ramune	LTU	
18	Keinaite	Gabriele	LTU	
19	Hellberg	Christina	NOR	
20	Rognstad	Audhild	NOR	
21	Ulvensøen	Anna	NOR	
22	Ulvensøen	Marte	NOR	
23	Galeeva	Natalya	RUS	
24	Kechkina	Mariya	RUS	
25	Kravchenko	Anastasiya	RUS	
26	Mendel	Tatyana	RUS	
27	Rvacheva	Tatyana	RUS	
28	Tarasenko	Juliya	RUS	
29	Kozlova	Natalya	RUS	
30	Oborina	Tatyana	RUS	
31	Svir	Anastasiya	RUS	
32	Vlasova	Tatyana	RUS	
33	Tretyakova	Kseniya	RUS	
34	Borodulina	Olga	RUS	national quota
35	Chepchugova	Aleksandra	RUS	national quota
36	Khudik	Anna	RUS	national quota
37	Kortyleva	Veronika	RUS	national quota
38	Medvedeva	Tatyana	RUS	national quota
39	Naumova	Natalya	RUS	national quota
40	Neverova	Anastasiya	RUS	national quota
41	Radygina	Ekaterina	RUS	national quota
42	Sidorova	Anna	RUS	national quota
43	Kleger	Sarah	SUI	
44	Strub	Carmen	SUI	
45	Alexandersson	Tove	SWE	
46	Lindkvist	Linda	SWE	
47	Olsson	Magdalena	SWE	
48	Sandberg	Frida	SWE	

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Men

N	Surname	Name	Country	Comments
1	Yazykov	Yury	BLR	
2	Belomazhev	Stanimir	BUL	
3	Drobník	Michal	CZE	
4	Laciga	Radek	CZE	
5	Škoda	Jakub	CZE	
6	Kesaväli	Asso	EST	
7	Randman	Priit	EST	
8	Udam	Ilmar	EST	
9	Häkkinen	Janne	FIN	
10	Linnainmaa	Tero	FIN	
11	Pukema	Hannu-Pekka	FIN	
12	Saarela	Ville-Petteri	FIN	
13	Tunis	Staffan	FIN	
14	Kohlschmidt	Bernd	GER	
15	Slanzi	Giordano	ITA	
16	Adamovich	Dmitriy	KAZ	
17	Lukashevich	Vitaliy	KAZ	
18	Kivlenieks	Raivo	LAT	
19	Neimanis	Nauris	LAT	
20	Veits	Toms	LAT	
21	Haverstad	Sindre	NOR	
22	Kvåle	Hans Jørgen	NOR	
23	Madslien	Jørgen	NOR	
24	Moholdt	Lars Hol	NOR	
25	Saetra	Ove	NOR	
26	Watterdal	Øyvind	NOR	
27	Csucs	Klaus	ROU	
28	Csucs	Andras	ROU	
29	Szep	Zoltan	ROU	
30	Barchukov	Vladimir	RUS	
31	Grigoriev	Andrey	RUS	
32	Ignatov	Vladimir	RUS	
33	Khrennikov	Eduard	RUS	
34	Lamov	Andrey	RUS	
35	Veselov	Kirill	RUS	
36	Tolstopyatov	Vadim	RUS	
37	Malinovskiy	Stepan	RUS	
38	Glukharev	Vasiliy	RUS	
39	Durnov	Aleksandr	RUS	national quota
40	Gruzdev	Andrey	RUS	national quota
41	Kulikov	Ivan	RUS	national quota
42	Lebedev	Ilya	RUS	national quota
43	Makarov	Nikolay	RUS	national quota
44	Trifonov	Maksim	RUS	national quota
45	Vasilyev	Egor	RUS	national quota
46	Volkov	Egor	RUS	national quota
47	Zhukov	Stepan	RUS	national quota
48	Zorin	Egor	RUS	national quota
49	Kappenberger	Andrin	SUI	
50	Schnyder	Gion	SUI	
51	Spoerry	Christian	SUI	
52	Nemec	Juraj	SVK	
53	Arnesson	Peter	SWE	
54	Blomgren	Erik	SWE	
55	Hammarberg	Martin	SWE	
56	Holmberg	Andreas	SWE	
57	Nordberg	Ulrik	SWE	
58	Rost	Erik	SWE	