

SKI-ORIENTEERING WORLD CHAMPIONSHIP

WSOC/JWSOC/EYSOC



HAMAR - VANG - LØTEN **NORWAY**



2015
9.-15.
FEBRUARY

**BUDOR
HAMAR**



WSOC JWSOC EYSOC

Bulletin 4

Hamar OK, Løten OL, Vang OL and Nordmarka Ski Orienteering Club in partnership with the Norwegian Orienteering Federation invite you to World Ski Orienteering Championship , Junior World Ski orienteering Championship and European Youth Ski Orienteering Championship in February 2015

Organizers:

Chairman of the organizing committee: Kåre Kirkevik
 Event Director: Lars Lystad
 Chief course planner: Vidar Benjaminsen
 Event secretary: Jan Arild Johnsen

Address: Ski-o-2015, Norwegian Orienteering Federation, 0840 Oslo, Norway

E-mail : jan.arild.johnsen@orienteering.no

Homepage : <http://www.skio2015.no>

Controllers:

IOF Senior Event Adviser: Antti Myllärinen (FIN)
 IOF Assistant Event Adviser: Per Frost (SWE)
 National Controller : Yngve Mobråten

Jury:

Alexander Bliznevski, RUS
 Roland Hellberg, SWE
 Thierry Jeaneret, SUI
 Juraj Nemec, SVK
 ???, KAZ

Time Schedule

Sunday 08.02.2015	Activity	Location
All day	Arrival	
17.00-18.00	Arrival service. Info about accommodation. Distribution of information and materials to the teams	Scandic Hotel Hamar
All day	Possibilities for ski training and ski testing, illuminated tracks	Gåsbu ski arena (World cup arena 2014)

Monday 09.02.2015		
10.00-14.00	Competition office open	Budor ski arena
10.00-14.00	Model event	Budor ski arena
14.00	Deadline for name entry to the WSOC Sprint relay	To the competition office
17.30-19 00	Info desk open	Ajer School, Hamar
18.00	Team leaders meeting for the WSOC Sprint Relay	Ajer School , Hamar



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Tuesday 10.02.2015		
10.00-15.30	Competition Office open	Budor Ski Arena
10.00-12.00	Model event(same map as Monday)	Budor Ski arena
14.00	Mass start WSOC Sprint Relay	Budor Ski Arena
14.45	Winner is known	
15.00	Opening ceremony WSOC, JWSOC and EYSOC Price giving ceremony WSOC Sprint Relay	Budor Ski Arena
15.00	Deadline for name entry and start group allocation to WSOC, JWSOC and EYSOC Sprint distance	To the competition office
17.30-19.00	Info desk open	Ajer School, Hamar
18.00	Team Leaders Meeting for WSOC, JWSOC, EYSOC Sprint Distance	Ajer School, Hamar

Wednesday 11.02.2015		
10.00-15.30	Competition Office open	Budor Ski Arena
12.00	WSOC, JWSOC, EYSOC Sprint Distance, first start	Budor Ski arena
14.00	Deadline for name entry and start group allocation to WSOC, JWSOC and EYSOC Long distance	To the competition office
15.00	Price giving ceremony WSOC, JWSOC, EYSOC Sprint distance	Budor Ski Arena
17.30-19.00	Info desk open	Ajer School, Hamar
18.00	Team Leaders Meeting for WSOC, JWSOC, EYSOC Long Distance	Ajer School, Hamar





Thursday 12.02.2015		
8.00-15.30	Competition Office open	Budor Ski Arena
8.55- 11.00	Busses from Budor ski Arena to the start area Private cars is allowed	Budor Ski Arena
10.00	WSOC,JWSOC,EYSOC Long Distance, first start	Start area
14.30	Price giving ceremony WSOC,JWSOC,EYSOC Long Distance	Budor Ski Arena

Friday 13.02.2015		
10.00-14.00	Competition Office open	Budor Ski Arena
12.00-14.00	VIP-race, Sprint Distance For team officials, sponsors and other guests	Budor Ski Arena
10.00-14.00	Training possibilities. Sprint area and part of Long distance area are open for training.	Budor Ski arena
14.00	Deadline for name entry and start group allocation to WSOC, JWSOC and EYSOC Middle distance	To the competition office
17.30-19.00	Info desk open	Ajer School, Hamar
18.00	Team Leaders Meeting for WSOC, JWSOC, EYSOC Middle Distance	Ajer School, Hamar

Saturday 14.02.2015		
08.30-16.00	Competition Office open	Budor Ski Arena
09.45-13.00	WSOC,JWSOC,EYSOC, Middle Distance Event, mass-start	Budor Ski arena
13.15	Price giving ceremony middle distance WSOC,JWSOC,EYSOC	Budor ski Arena
14.00	Deadline for name entry to WSOC, JWSOC and EYSOC Relay Event	To the competition office
14.00-16.00	"Ski-o-treff", Open competition Middle distance	Budor ski arena
17.30-19.00	Info desk open	Ajer School, Hamar
18.00	Team Leaders Meeting for WSOC, JWSOC, EYSOC Relay Event	Ajer School, Hamar





Sunday 15.02.2015		
08.15-16.00	Competition Office open	Budor Ski Arena
09.30-13.00	WSOC,JWSOC,EYSOC Relay Event	Budor Ski arena
13.15	Price giving ceremony Relay event WSOC,JWSOC,EYSOC Closing Ceremony	Budor ski Arena
14.00-16.00	"Ski-o-treff", Open competition Middle distance	Budor ski arena
19.00-23.00	Banquet/Closing party Free entrance for all competitors and team officials	Hamar Culture House

Monday 16.02.2015		
	Departure	

Competition center.

All competitions will be at Budor Ski Arena, 20 km from Hamar.

GPS coordinates: 60.92793, 11.29941

Competition office

At Budor Ski Arena. See time schedule for opening hours

Information Desk

At Ajer School, together with Team Leaders meeting. Distribution of number bibs. See time schedule for opening hours

Weather

Weather and web cam:

<http://www.budor.no/vaervind>

Training possibilities

There are no training possibilities at Budor Ski Arena, except during the Model Events because the area is embargoed. Driving by car on the main road (Budorvegen) through the embargoed area is also forbidden before the long distance. Some parts of the embargoed area will be opened for training after the first competitions. Information about this will be given at the team leaders meetings.

There will be possibilities for cross country training at Gåsbu (WC 2014) before and during the ski-o championship. When you are skiing in the Gåsbu area tracks, it is the athletes' own responsibility to avoid skiing to embargoed area.



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Welcome to Løten!

We hope you will enjoy running through the forest and mountain-area of Budor. This is an area with lots of opportunities, both winter and summer. We have about 550 km of prepared cross-country skiing slopes all the winter, and at Budor you can also use the alpine area with downhill-skiing. Lots of people visit Løten for recreation at their cottages here all year, so it's an area with high activity!

In the summer you can pack your rucksack and walk for days into the mountains of Hedmarksvidda or down to the southern part of Løten and Mosjømarka. There are also opportunities for fishing, hunting and bathing around the lake of Rokosjøen.

Løten is also known for the great artist Edvard Munch, who was born here in 1863, and went back for visits and inspiration in Løten and the surroundings many times. At Klevfos industrial museum, we have established the "Munch-center" which show his history and connection to Løten. It's worth a visit! At Ådalsbruk you can also take pictures of his birth-place.

Local food from farms in Løten are well known for their good taste, so if you get to Løten Nærstasjon (railway-station) you can taste and buy some good things made here.

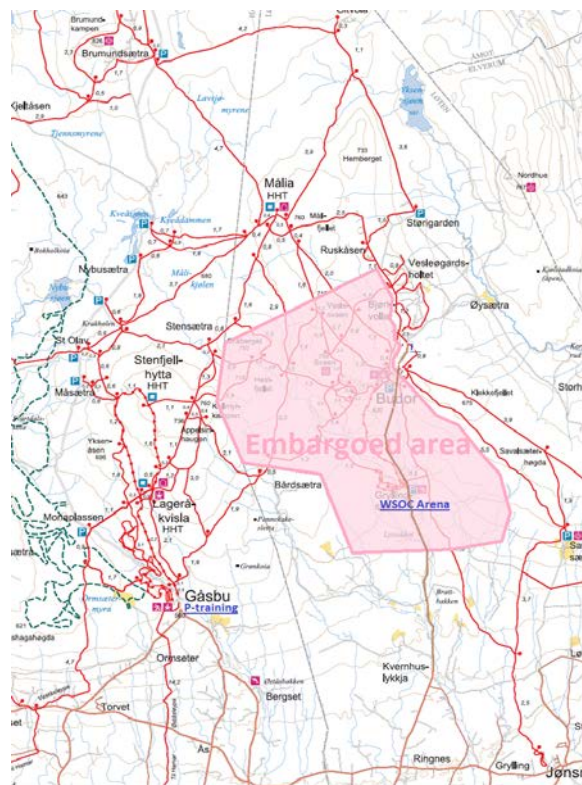
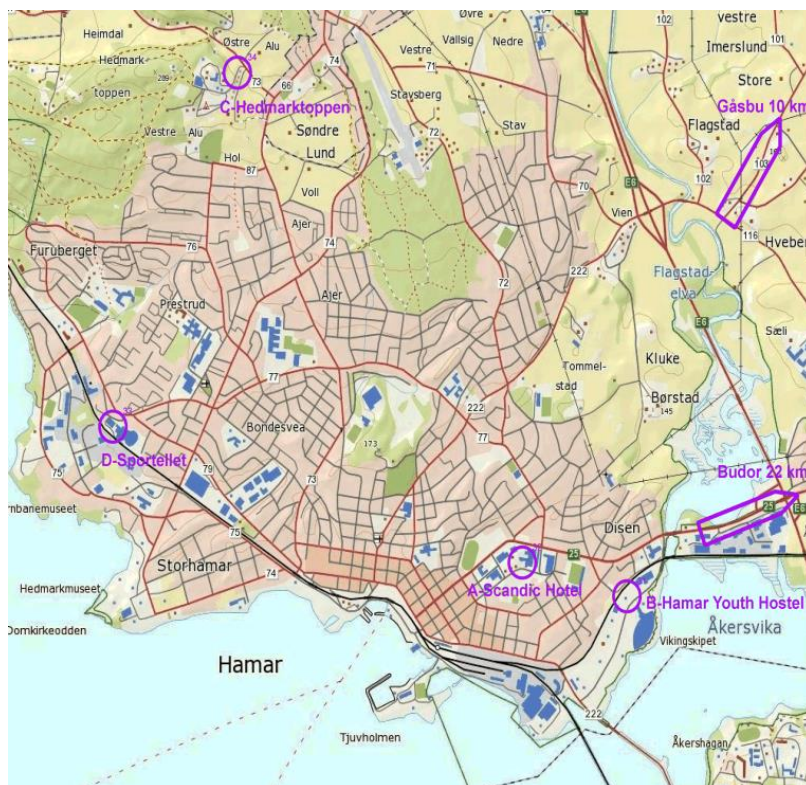
We are pleased to welcome you as our guest in Løten, and hope you will have a nice stay both now and maybe later too!

And good luck with the World Ski Orienteering championship!

Best regards
Bente Elin Lilleøkseth
Mayor of Løten kommune



Map over Hamar area and map of cross country tracks in the Budor Area



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According to the IOF Competition Rules for Ski Orienteering the competitors participate at their own risk. Insurance against accidents shall be the responsibility of their Federation or themselves, according to national regulations.

We encourage Fair Play:

Rule 26.5 Any attempts to gain information related to the courses, beyond that provided by the organizer, is forbidden before and during the competition

Starting order

In **WSOC**, the 20 best from those entered based on the standing of the World Ranking List are allocated to the red group. Places 1-10 are drawn as the last starting group. Places 11-20 are drawn as the second last starting group. The start times shall be drawn at random within each group. For the rest of the entered athletes the starting order shall be drawn at random within 3 starting groups.

In **JWSOC** the starting order shall be drawn at random. The draw shall be made in three unrestricted starting groups.

In **EYSOC** the start draw shall be made with 3 starting groups, each starting group being drawn at random

Equipment:

There will be an equipment depot at the arena all days.

In addition there will be equipment stations in the forest all days.

Equipment can be changed according to rule 21.5.

Sprint Relay

Course setter: Anders Hauge

Map: 1:5000, 5 m contour interval. Color printed. A4

Track distribution: 85/15 % scooter tracks/wide tracks

	Length	Leg time	Max time
Leg 1,3,5	1,5–1,6 km, women	7-8 min	3h
Leg 2,4,6	1,6–1,7 km, men		

Mass start: The 1st leg runners will be called to the start area 10 min before start. 3 min before start the runners have to find their starting position. The starting position is marked with numbers. There will be 10 runners in each row. The maps will be handed out 90 sec. before start into the athlete's left hand behind his back. On signal, 15 sec. before start, the athletes are allowed to move the map from behind into their map holder.

Changeover: The changeover takes place by touch. Outgoing team member continues to pick up the map. The maps are placed in holes on a map wall, one wall for leg 2,4 and 6(men) and one wall for leg 3 and 5(women). The maps are marked with the start number. 2nd or 3rd leg map in the top row, 4th or 5th leg map in 2nd row, and 6th leg map in the lowest row. The runners waiting for their next leg, should step out of the changeover zone, and wait in the waiting/warmup zone

emiTags in the sprint relay: 1st leg runners clear their emiTags when they check in for start. 2nd leg runners clear their emiTags when they check in for 1st changeover. **NB!** No reading or clearing of the emiTags after legs 1, 2, 3 and 4! After leg 5 and 6 the competitor proceeds for reading of the emiTag in the finish area.

Equipment : Equipment for the equipment station in the forest have to be delivered at the competition office before 13.30. Team leaders have to place their teams equipment in the equipment depot in the arena before 13.30



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Sprint Distance

Course setter: Jan Ola Pedersen
 Map: 1:5000, 5 m contour interval.
 Color printed. A4-size
 Track distribution: 80/20 % scooter tracks/wide tracks

	Start	Length	Controls no	Climb meters	Winning time	Max time
W21	13.20	2,8 km	14	110 m	15 min	90min
M21	13.30	3,5 km	16	120 m	15 min	90min
W20	12.40	2,5 km	13	90 m	14 min	
M20	12.40	3,1 km	15	120 m	14min	
W17	12.00	2,3 km	12	90 m	14 min	
M17	12.00	2,9 km	14	110 m	14 min	

Quarantine: To avoid that runners in the later start groups will benefit from contact with athletes that have finished their race, and from the information from the speaker and the arena production, the passage between the east side (start) and the west side(finish) of the road will be closed for competitors from **13.00** till the last start. The restrictions also apply to team leaders. Team leaders can go from start to the finish, but not opposite. .

Start: 300m from the Arena to the start area. The runners will be called to the prestart 4 min before start. 150 m from prestart to start. The runners will be called to the start 2 min before start. The runners can take the map 15 seconds before the start.

Equipment : Equipment for the equipment station in the forest (one station for all classes) have to be delivered at the competition office before 1130 Team leader have to place their teams equipment in the equipment depot in the arena before 11.30

Long Distance

Course setter: Vidar Benjaminsen
 Map: 1:15000, 5 m contour interval.
 Color printed. Map size: 23x29,7
 Track distribution: 75/25 % scooter tracks/wide tracks

Long	Start	Length	Controls no	Climb meters	Winning time	Map change
W21	10.20	14,1 km	18	435 m	80 min	1
M21	10.30	20,8 km	28	725 m	100 min	1
W20	10.10	10,6 km	15	330 m	60 min	1
M20	10.00	14,0 km	19	425 m	75 min	1
W17	10.00	7,3 km	12	195 m	45 min	0
M17	10.00	10,3 km	14	330 m	50 min	1

Max time 3 h

Buss transport to the start area: The buss from the arena to the start area takes about 10 minutes. It is allowed to go by own cars. Runners cannot leave for start later than **10.55**

BUS		
Departure from arena	Return from start	Start time
8.55		10.00-10.19
9.15		10.20-10.34
9.35		10.35-10.50
9.55		10.51-11.06
10.15		11.07-11.22
10.35		11.23-11.46
10.55		11.47→
	11.30	For teamleaders
	12.00	For teamleaders
	12.45	For teamleaders



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Start: Warm cabins and toilet at the start. 300m from the cabins/parking area to the prestart area. The runners will be called to the prestart 5 min before start. 300 m from prestart to start. The runners will be called to the start 2 min before start. The runners can take the map 15 seconds before the start.

Equipment and refreshment stations:

Equipment and refreshment stations will be centrally located in the terrain. The runners will pass these stations multiple times along the course. 3 refreshment stations, 2 equipment/refreshment stations. The places are marked on the map. Equipment has to be delivered at the competition office before 9.00

Team leader have to place their teams equipment in the equipment depot in the arena before 10.00

Map Change: The map is printed on both sides. At the map change control, the runner have to turn the map, and continue with the second part of the course. Extra maps will be available at the map change control

Middle Distance, mass start

Course setter: Erlend Slokvik

Map: 1:10000, 5 m contour interval.

Color printed. A4-size

Track distribution: 70/30 % scooter tracks/wide tracks

Middle	Start	Length	Controls no	Climb meters	Winning time	Map change
W21	11.20	8,1 km	31	155 m	40 min	2
M21	12.10	10,7 k	34	265 m	40 min	3
W20	10.15	4,8 km	20	110 m	30 min	0
M20	10.40	7,5 km	27	165 m	32 min	2
W17	10.00	3,8 km	17	80 m	25 min	0
M17	09.45	4,8 km	20	110 m	26 min	0

Max time 3h

Mass start: The runners will be called to the start area 10 min before start. 3 min before start the runners have to find their starting position. The starting position is marked with numbers. There will be 10 runners in each row. The maps will be handed out 90 sec. before start into the athlete's left hand behind his back. On signal, 15 sec. before start, the athletes are allowed to move the map from behind into their map holder

Map change: For M20, W21 and M21 the new maps are placed on the map wall, one hole for each new map, placed above each other and marked with the start number. 2nd loops map in the top row, 3rd loops map in 2nd row. There will be an area for coaching close to the map change

Equipment : Equipment for the equipment station in the forest (one station for all classes) have to be delivered at the competition office before 9.00 Team leader have to place their teams equipment in the equipment depot in the arena before 9.15

Quarantine: For M21 from 11.20. As in sprint



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Relay

Course setter: Tommy Jauhojärvi

Map: 1:10000, 5 m contour interval.

Color printed. A4-size

Track distribution: 75/25 % scooter tracks/wide tracks

Relay	Start	Length	Control s no	Climb meters	Winning time
W21	10.55	3 x 5,5 km			3 x 30 min
M21	11.15	3 x 7,5 km			3 x 30 min
W 20	10.00	3 x 4,5 km			3 x 30 min
M 20	10.15	3 x 6 km			3 x 30 min
W 17	09.30	3 x 3,5 km			3 x 25 min
M 17	09.45	3 x 4,5 km			3 x 25 min

Max time 5h

Mass start: The 1st leg runners will be called to the start area 10 min before start. 3 min before start the runners have to find their starting position. The starting position is marked with numbers. There will be 10 runners in each row. The maps will be handed out 90 sec. before start into the athlete's left hand behind his back. On signal, 15 sec. before start, the athletes are allowed to move the map from behind into their map holder.

Changeover: The changeover takes place by touch. Outgoing team member continues to pick up the map. The maps are placed on the map wall. The maps are marked with the start number. 2nd leg map in the top row, 3rd leg map in 2nd row.

emiTags in the relay: 1st leg runners clear their emiTags when they check in for start. 2nd and 3rd leg runners clear their emiTags when they check in for changeover. After changeover the incoming competitor proceeds for reading of the emiTag in the finish area

Equipment : Equipment for the equipment station in the forest (one station for all classes) have to be delivered at the competition office before 9.00 Team leader have to place their teams equipment in the equipment depot in the arena before 9.00

Punching system

Emit touch free punching system will be used. All competitors will be equipped with emiTags from the organizer. Private emiTags will not be allowed. The runners have to pick up their emiTags personally in the competition office before the model event

GPS tracking:

In the individual races, in M21 and W21 the runners in red group shall carry a GPS tracking unit. In the relay the last leg runners in M21 and W21 will carry GPS Tracking units. The GPS tracking unit will be handed out in the start area . Pockets to carry the GPS-unit on your map holder will be handed out in the competition office.

Wi-Fi :

There will be free Wi-Fi access on the arena

Start number bibs:

Start number bibs shall be clearly visible and worn on both legs. The number bibs may not be folded or cut. The start number bibs will be handed out at the Info Desk before the team leaders meeting

Complains/protest

Complaints and protests shall be made according to the Competition Rules §27 and §28 A complaint must be made in writing to the competition office immediately. A protest must be made in writing to a jury member as fast as possible and within an hour after the organizer has announced its decision.

Rule 28.4 A protest fee of 450 NOK/ 50 EUR shall be paid to the IOF Senior Event Adviser in cash when making the protest. The fee will be returned if the protest is accepted by the jury. If the protest is signed by more than one Federation, each of these Federations will pay the protest fee



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Prizes.

After each competition a prize giving ceremony will be held at the arena.

Prizes will be awarded according to rule 25

Waxing facilities

There will be possibilities for indoor waxing at accommodation A,B,C and D. Information will be given at the accommodation.

The teams that have ordered waxing cabin or waxing tent at the Competition Center will get information about this at arrival.

Transport

The road to Budor Ski Arena is a private toll road. There is an automatic toll gate. The fee is 50 NOK, and can be paid in cash (coins only) or credit card. No refund. Free parking at the arena.

The teams renting waxing cabin/tent at the Ski Center will get passes for free passage for one car

The teams that have orders transport between accommodation and competition center, have to contact the Event Secretary concerning travel time

Banquet, Closing Party

At Sunday February 15th all athletes and team officials, who have entered to the party before finale entry date, are invited to a party in Hamar Culture House. A light meal will be served and drinks can be bought in the bar. DJ and live music. Tickets for the Closing Party will be handed out in the competition Office.

Anti Doping

Doping is strictly forbidden, and the organizers of the World Ski Orienteering Championships are dedicated to supporting the anti-doping authorities in their work. Doping controls may be carried out any time during the competition period. As some sites for the doping controls may be a few minutes' drive away, we suggest that athletes are prepared at all events to take along some dry clothes to change into after their race. Doping tests are always carried out in accordance with the procedures described in the WADA

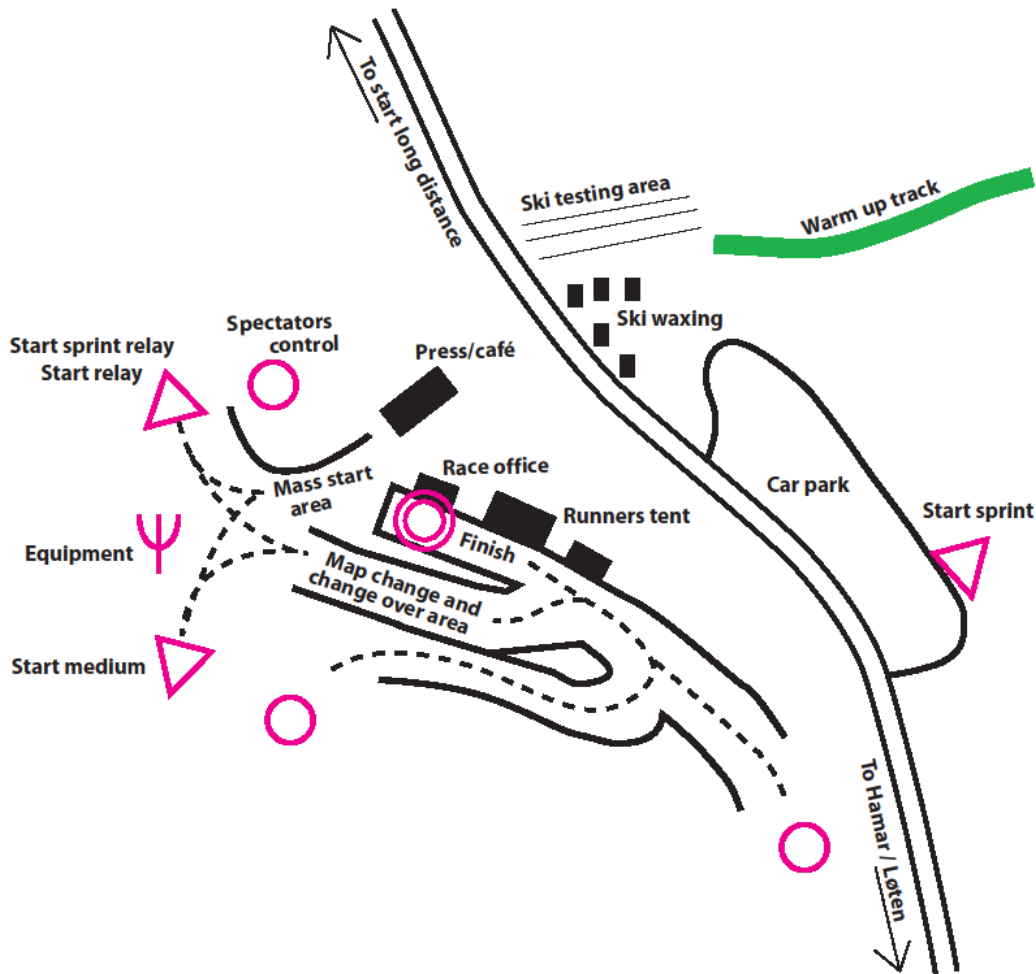
International Standard of testing. The IOF Anti-Doping Rules apply as of 1st January 2015. Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. The athlete should also bring along their therapeutic use exemption (TUE) if applicable. In general, it is advisable that the athletes bring along their ID to all the competitions and events.



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REAL Turmat er en serie komplette gryteretter som hovedsakelig er tilberedt av norske friske råvarer. Gryterettene er skånsomt tørket i en egenutviklet tørkeprosess som bevarer rettens naturlige smak, aroma, utseende, konsistens og næringsinnhold. Vi bruker ingen tilsetningsstoffer i maten vi tørker. Våre produkter selges i sport og friluftsbutikker, både nasjonalt og internasjonalt. Våre produkter produserer av selskapet Drytech AS i Tromsø!



REAL Turmat is a product line of stews made mainly of fresh Norwegian ingredients. These stews are freeze dried using a proprietary method developed by Drytech AS, which retains the natural taste, aroma, appearance, consistency and, last but not least, the nutritional value. We do not use any food additives in our proprietary freeze-dried meals. We make our products in Tromsø, Norway. REAL Turmat are sold in sports and outdoor shops, nationally and internationally!



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Entered teams ski-O WSOC 2015

Team	WSOC			JWSOC			EYSOC			Total
	Men	Woman	Officials	Men	Woman	Officials	Men	Woman	Officials	
Austria	5	2	2	2			1	3		15
Belarus	1									1
Bulgaria	2	3	2				2	1		10
Czech republic	4	3	2	2	1		3	2		17
Denmark					1			1		
Estonia	3	2	1	3	3		3	3		18
Finland	6	6	4	6	6	3	4	4		39
Great Britain	1	1								2
Germany	4	4					1	1		10
Hungary	1									1
Ireland	1									
Italy	1	1	1	5	5					13
Japan	3	2	2							7
Kazakhstan	4	4	1							9
Latvia	3	1	1	2	1	1	4	1	1	15
Lithuania	3	3	1	4	5		3	2	1	22
Norway	6	3	3	6	4	3	4	4	2	35
Romania	2	1					3	3	1	10
Russia	4	4	4	6	6	3	6	6	6	45
Slovakia	1	1					1			3
Sweden	5	5	5	6	6	3	2	3	1	36
Switzerland	4	1	1	3	4	1	2	3	1	20
Ukraine	3	1		1						5
USA	3	3	1	2	1	0				10
Total	70	51	31	48	43	14	39	37	13	343



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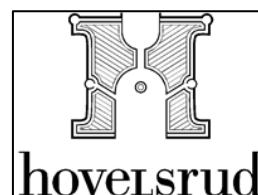


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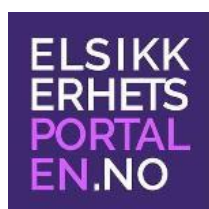


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