

# Bulletin 4



**19<sup>th</sup> – 25<sup>th</sup> January 2015**  
**Lenzerheide, Switzerland**

Welcome to Lenzerheide!

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## 1. Organizer

Ski-O Swiss and the Swiss Orienteering Federation on behalf of the International Orienteering Federation (IOF).

Event directors           Thierry Jeanneret, Hansruedi Häny  
Event secretary           Madeleine Huber

Address                    Madeleine Huber  
Bullenbergstrasse 10, 5612 Villmergen  
E-mail: [info@skiolem15.ch](mailto:info@skiolem15.ch)  
Phone: +41 79 357 32 17

Web site                   <http://www.skiolem15.ch>  
Event directors           E-mail: [jeanneret@skiolem15.ch](mailto:jeanneret@skiolem15.ch)  
                                  [haeny@skiolem15.ch](mailto:haeny@skiolem15.ch)

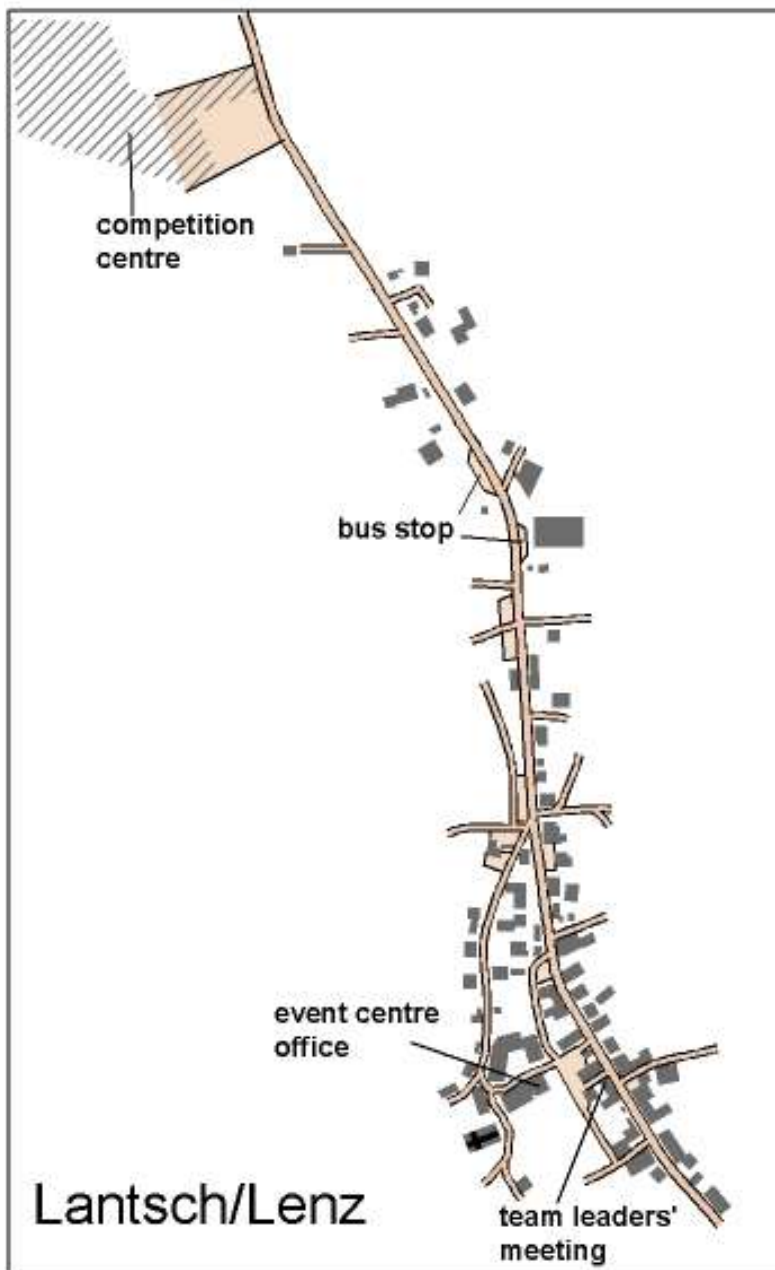
## 2. Organising Committee

IT	Martin Gantenbein
Event Centre	Claude Girardin
Ceremonies	Ursi Ruppenthal
Finance	Hansruedi Walser
Media	Raffael Huber / Annetta Schaad
Marketing	Jacqueline Odermatt
Course Planner	Beat Oklé

## 3. Event Control

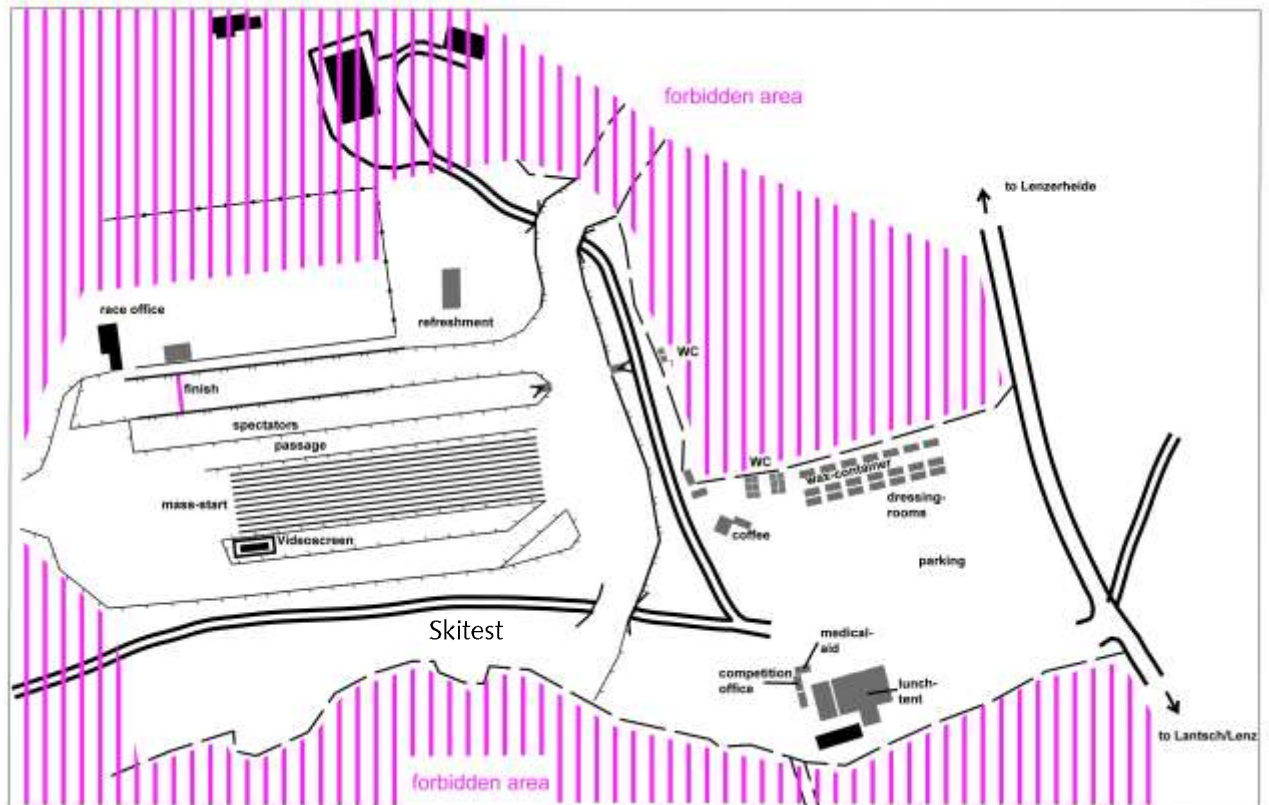
IOF Event Adviser	Sixten Sild, EST
National Controller	Lukas Stoffel

## 4. Event and Competition Centre

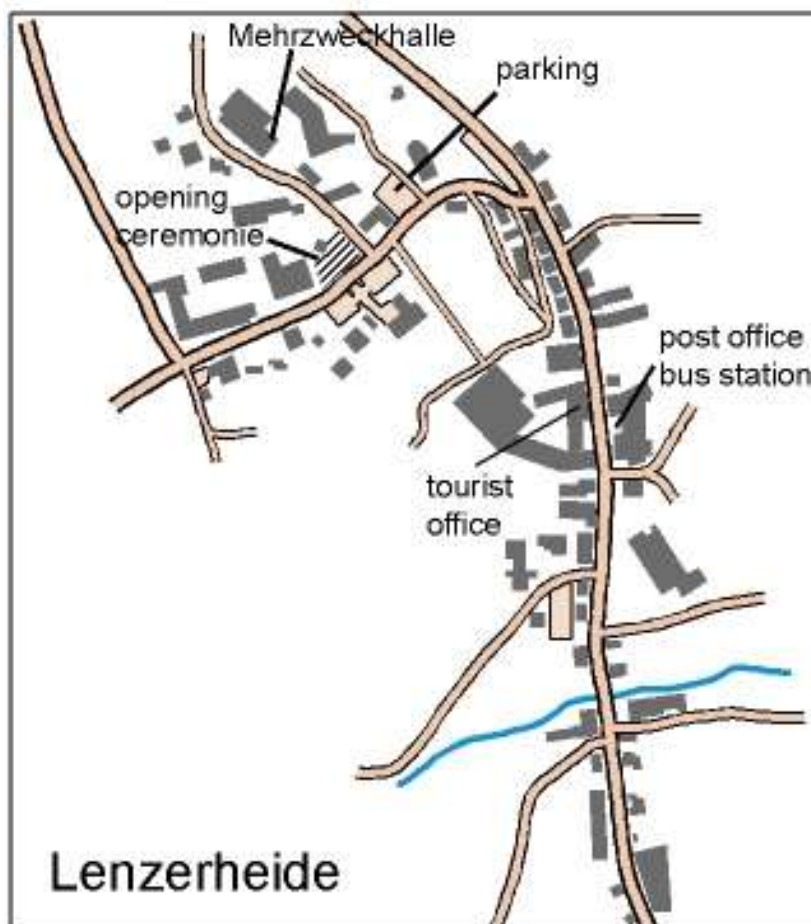


The Event Centre is located at  
Voia da Scola 3  
7083 Lantsch/Lenz  
Phone: +41 79 357 32 17  
E-mail: [info@skiolem15.ch](mailto:info@skiolem15.ch)  
Web <http://www.skiolem15.ch>

The competition centre for all competitions is located at the biathlon arena in Lenzerheide.



Ceremonies and banquet are situated in the village center of Lenzerheide.



## 5. Event program

### Sun, 18<sup>th</sup> January

All day

Arrival of the teams

### Mon, 19<sup>th</sup> January

09.00 – 19.30

#### Arrival and Model Event

Office open, event centre, school Lantsch/Lenz

11.00 – 14.00

Model event, cross-country skiing centre Valbella/Canols

11.00 – 13.00

Presentation of Sport Ident Air+ at model event

16.00

Deadline for name entries ESOC sprint

18.30

Team officials' meeting, hotel "La Tgoma" Lantsch/Lenz

### Tue, 20<sup>st</sup> January

09.00 – 15.30

#### Sprint

Office open, competition centre, biathlon arena

10.30 – 12.00

ESOC: Sprint

12.15

Flower ceremony

14.00

Deadline for name entries ESOC long distance

18.00 – 19.30

Office open, event centre, school Lantsch/Lenz

18.30

Team officials' meeting, hotel "La Tgoma" Lantsch/Lenz

19.30 – 20.00

Opening ceremony and price giving ceremony for ESOC sprint, Dorf/Skischulplatz Lenzerheide

### Wed, 21<sup>st</sup> January

09.30 – 16.15

#### Long distance

Office open, competition centre, biathlon arena

10.30 – 12.45

ESOC: Long distance (mass start)

13.00

Flower ceremony

14.00

Deadline for name entries ESOC sprint relay

18.00 – 19.30

Office open, event centre, school Lantsch/Lenz

18.30

Team officials' meeting, hotel "La Tgoma" Lantsch/Lenz

### Thu, 22<sup>nd</sup> January

10.30 – 14.30

#### Mixed sprint relay

Office open, competition centre, biathlon arena

11.30 – 12.30

ESOC: Mixed sprint relay

13.00

Flower ceremony

16.00 – 17.30

Office open, event centre, school Lantsch/Lenz

18.00 – 18.45

Price giving ceremony for ESOC long and mixed sprint relay, Mehrzweckhalle Lenzerheide

18.45

ESOC banquet, Mehrzweckhalle Lenzerheide

### Fri, 23<sup>th</sup> January

All day

#### Rest Day

Tourist activity

13.00 – 14.00

Office open, event centre, school Lantsch/Lenz

14.00

Deadline for name entries ESOC middle

18.00 – 19.30

Office open, event centre, school Lantsch/Lenz

18.30

Team officials' meeting, hotel "La Tgoma" Lantsch/Lenz



**Sat, 24<sup>th</sup> January**

09.00 – 16.30

10.00 – 12.45

13.00

14.00

16.30 – 18.00

17.30

18.00 – 18.30

**Middle distance**

Office open, competition centre, biathlon arena

ESOC: Middle distance

Flower ceremony

Deadline for name entries ESOC relay

Office open, event centre, school Lantsch/Lenz

Team officials' meeting, hotel "La Tgoma" Lantsch/Lenz

Price giving ceremony for ESOC middle,  
Mehrzweckhalle Lenzerheide**Sun, 25<sup>th</sup> January**

08.30 – 15.00

09.30 – 12.00

12.15

12.30

12.30 – 14.30

**Relay**

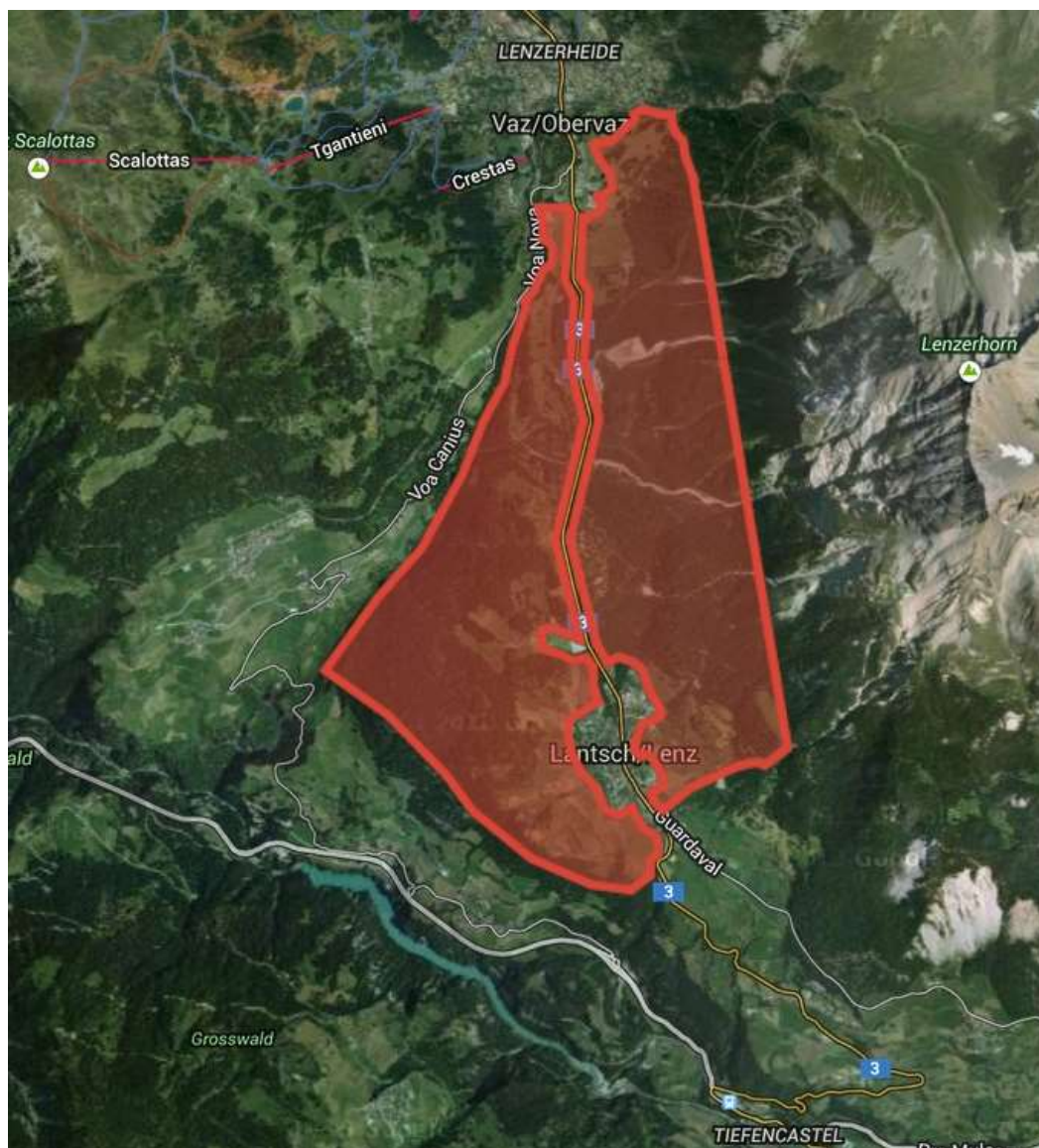
Office open, competition centre, biathlon arena

ESOC: Relay

Price giving ceremony for ESOC relay

Departure of the teams

Open Swiss championships long distance

**6. Embargoed Area**

## 7. Terrain, Maps and Courses

Alpine area with flat parts, forest and some open fields, altitude 1350 – 1500 m a.s.l (height difference 50 – 120 m). The temperature is normally from 0 to minus 12 degree Celsius.

ESOC sprint and mixed sprint relay: 1:5'000 contour interval 2.5 m  
ESOC long distance: 1:12'500 contour interval 5 m  
ESOC middle distance, relay: 1:10'000 contour interval 5 m

Map size for all races is 21 x 30 cm

Snow conditions in the competition terrain were very poor until January 16. Snowfall on January 17 made it much better, but all the course parameters below are still subject to changes depending on actual snow conditions.

Preliminary course lengths for **sprint** distance:

W 21: 3.1 km 12 – 15 min  
M 21: 3.6 km 12 – 15 min

Preliminary course lengths for **long** distance:

W 21: 16.1 km 75 – 90 min  
M 21: 20.6 km 95 – 100 min

In long distances the courses are forked and there are 3 loops for both men and women

Preliminary course lengths for **sprint relay** legs:

W 21: 3x 2.2.-2.5 km 8 – 9 min  
M 21: 3x 2.5.-2.8 km 8 – 9 min

Preliminary course lengths for **middle** distance:

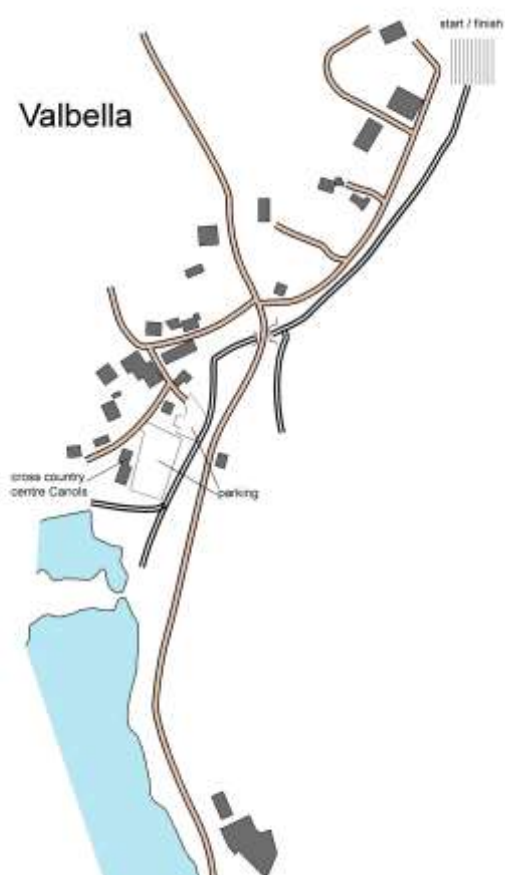
W 21: 6.1 km 40 – 45 min  
M 21: 8.6 km 40 – 45 min

Preliminary course lengths for **relay** legs:

W 21: 7.1 km 30 – 35 min  
M 21: 9.2 km 30 – 35 min

More detailed information about the terrain, tracks and courses will be given in team officials' meetings.

## 8. Training and Model Event



Training and Model Event at the cross-country skiing centre Valbella/Canols

Maps for model event will be handed over at the Event office together with other competition materials (bulletin 4 etc.)

On Mon, 19th January from 11.00 to 13.00 there is a test course for "Sport Ident Air+" to demonstrate you the new system.

Ski training is possible the whole week north from Lenzerheide (tracks Lenzerheide – Valbella – Parpan).

## 9. Opening ceremony

For the opening ceremony in the village center all teams, athletes and coaches are kindly asked to be present. The ceremony will be outdoor but will not take longer than half an hour.

## 10. Skitest and Warm up area

Skitest is possible in the arena as marked on the competition center map under paragraph 4.

At the team officials' meeting you get detailed information about the warm up area for next days competition.

## 11. Starting order and heat allocation

In all interval starts the starting order will be drawn at random and be made in three unrestricted starting groups (1,2,3) and the red group.

Names of the competitors, their starting group allocation or their skiing order within a relay team shall reach the organiser before the deadline on the day before the competition.

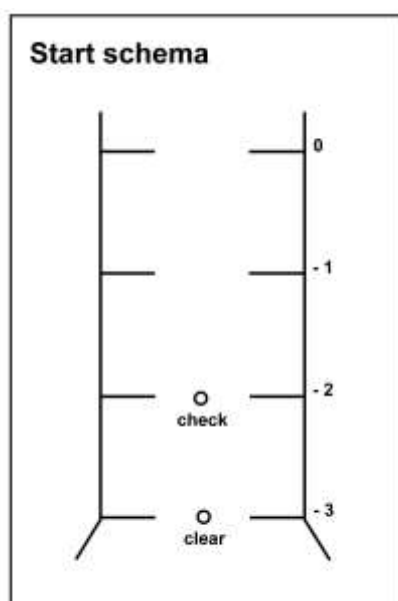


Entries and start group allocation must be done via Eventor (<http://eventor.orienteering.org>). The best 20 entered (based on the IOF World Ranking List at the time of the deadline) are allocated to the Red group by the organizer. In case of discrepancies between the organizers Red group allocation and the teams Eventor entry, the organizer will contact the team for re-allocation within an hour after the deadline. If the team cannot be reached, the organizer shall decide the allocation.

Before allocating a second competitor to a group, a Federation shall allocate one competitor to each group. If a Federation fails to allocate its competitors to starting groups, the organiser shall decide the allocation.

Start order for sprint relay: woman start (woman–men–woman–men–woman–men)

## 12. Start Interval and schema



Start interval is 1 minute for sprint and 2 minutes for middle distance. In long distance mass start is used.

Pre-start is 3 minutes before start. In all distances competitors receive the map 15 seconds before the start.

## 13. 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 shoot will be given. 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).

## 14. Finish

No punching at the finish line. The finish time is taken when the SI card passes the finish line.

Maximum skiing time	Sprint	45 min
	Long distance	180 min
	Sprint relay	120 min
	Middle distance	90 min
	Relay	200 min

## 15. Punching System

SPORTident Air+ from Foot-O (valid punch in range of 30 cm) is used as electronic punching system.

Competitors get a SIAC (SPORTident Active Card) from the organiser (no additional costs) for the complete competition week. If a SIAC is lost, the competitor has to pay CHF 80.-.

The procedure is very similar to normal SI-Cards: It is the runners responsibility to clear and check the SIAC before the start, to correctly "punch" at each control (visual and acoustic signal) and to download the data immediately after finishing the race. As opposed to normal SI-Cards, the SIAC is touch free and registers the control in a radius of 30 centimeters. Also, the visual and acoustic feedback comes from the SIAC (for about 5 seconds), not from the station! The touch free ability of the SIAC is activated with the check station and is deactivated when crossing the finish line. Note that the finish line may be crossed at full speed, the time is taken when the SIAC crosses the red line in the snow. Notice: crossing the finish line during the competition will prematurely deactivate the SIAC, so that no further punches are possible for this competition! If the touch free functionality of the SIAC fails to work, a "classical" punch by inserting the SIAC into the hole of the station is still possible.

The SIAC (SPORTident Active Card) has to be attached either on finger or on wrist (generally somewhere on arm between ones fingertips and elbow).

Each competitor uses two SIAC's, **both** must be **attached to the same arm**. Only the primary SIAC (orange) will be downloaded after finishing the race. The secondary SIAC (black) is configured in "silent" mode and will only blink once and not beep. This secondary SIAC will only be downloaded in exceptional cases.

## 16. Control setup

On the model event the original layout of competition controls is shown.

## 17. Map exchange, getting map in relays

Map exchange procedures and getting map in relays will be organized in the ski stadium.

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 5 cm. Competitors' start numbers are shown on the map wall above the maps.

## 18. Number vest

Number vests for each day will be handed out the day before in Team Officials' Meeting. The number vests will be collected at the finish.

## 19. GPS Tracking

45 GPS tracking devices will be used each day. The list of competitors, who have to carry the device, will be made available in team officials' meeting.

Live tracking on the web: <http://www.skiolem15.ch> -> Live

## 20. Refreshment

There will be no refreshment controls in the terrain.

In long distance organizers will prepare refreshment in the stadium (warm water). There will be an equipment change zone, where it is possible to leave your own drinks.

## 21. Ski change

Ski change for undamaged skis is only allowed in long distance in designated area. Skis must be placed in separate boxes before start. Team officials have no access to this area during the race.

## 22. Passing under the Main Road

For some competitions the course will pass under the main road through a tunnel. This passage is very narrow – **please be careful**.

The main road is forbidden route and forbidden to cross (marked appropriately on the map).

## 23. Medical Aid

Will be available at the competition centre.

Emergency number in Switzerland is 144.

## 24. Lunch at the arena

Organiser will provide warm lunch in heated tents at the competition centre every racing day. The price is CHF 16.- per day.

## 25. Waxing

Mobile waxing cabins (approximately 12 m<sup>2</sup>) with electricity can be booked for CHF 280.- / week. Shared waxing cabins are possible CHF 50.- /week.

## 26. Complaints

Any complaints shall be made in writing and handed over to the organiser at the competition office as soon as possible. Complaints regarding the results shall be made not later than 15 minutes after publication of the official result list at the arena.

## 27. Jury

Valentin Garkov (BUL), Christian Hohl (NOR), Raul Kudre (EST)

## 28. Media

The media centre is located at the finish area.

With any questions, please contact Annetta Schaad: tel. +41 76 482 30 66.

## 29. Summary of entries received

	W21	M21	Officials
Austria	3	6	1
Belarus	0	1	1
Bulgaria	2	3	1
Czech Republic	4	4	1
Estonia	3	3	1
Finland	6	6	4
Germany	1	1	0
Italy	2	0	1
Latvia	0	3	1
Lithuania	1	3	0
Norway	4	8	3
Russia	7	7	3
Rumania	0	1	0
Sweden	6	6	5
Switzerland	3	7	2
USA	1	1	0
Ukraine	1	1	0
Total	44	61	24

## 30. Transport

From Lenzerheide Post to the competition and event centres in Lantsch/Lenz (Bus stop Lantsch/Lenz Barbatschauns) there is a public bus (yellow Postauto) twice an hour. One way tickets (CHF 3.60) or cards for 6 one way rides (CHF 17) are sold in the busses (Postauto) and at the main bus station in Lenzerheide. Some cards for 6 one way rides are also available at the event centre. Transport in Lenzerheide (but not to the competition and event centres) is free with the Sportbus, see <http://lenzerheide.com/en/region/wissenswertes/transport>. Please enter the bus through the front door and validate your ticket.

## 31. Anti Doping

Doping is forbidden. "think positive – test negative"!

IOF Anti-Doping Rules 2010 apply, valid as of 1st February 2010. The Swiss Orienteering Anti-Doping Rules are harmonised with the Anti-Doping Rules and procedures of the Swiss Olympic Association and apply as well. Doping is strictly forbidden, and the organisers of ESOC and WMSOC are dedicated to supporting the anti-doping authorities in their work.

Doping controls may be carried out any time during the competition period. 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.

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.

Both, the IOF and/or the Swiss Olympic Association can order doping tests at any time during the stay of the participants of ESOC and WMSOC 2015 in Switzerland.

By signature given at the event registration upon arrival, the athletes and coaches will accept that they are subject to sanctions in the event of any doping offence. The team leader has to sign for the whole team.



**Notes:**

**Notes:**

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