

# ESOC

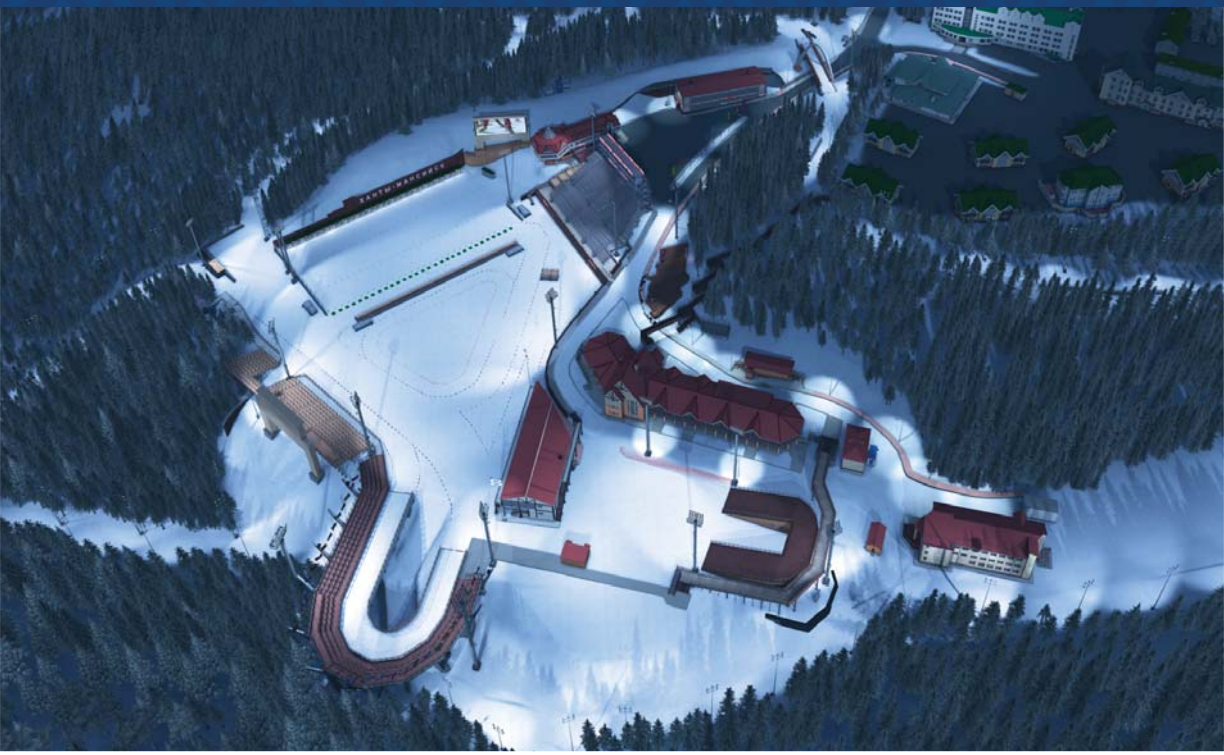
Khanty-  
Mansiysk



— EUROPEAN SKI ORIENTEERING  
CHAMPIONSHIPS & WORLD CUP FINAL

— 08 – 16 MARCH 2020

# BULLETIN 4





Dear participants, coaches, organizers, referees and spectators! I am sincerely welcome you in hospitable Ugra!

These days we are witnessing a significant event for Ugra sport: Khanty-Mansiysk hosts the European Ski Orienteering Championships for the first time. More than 100 strongest athletes from different countries will overcome the routes along the scenic courses of the world-famous biathlon centre. Over the years, there have been world championships and stages of the World Cup

in biathlon and cross-country skiing, the Deaflympics and many regional competitions.

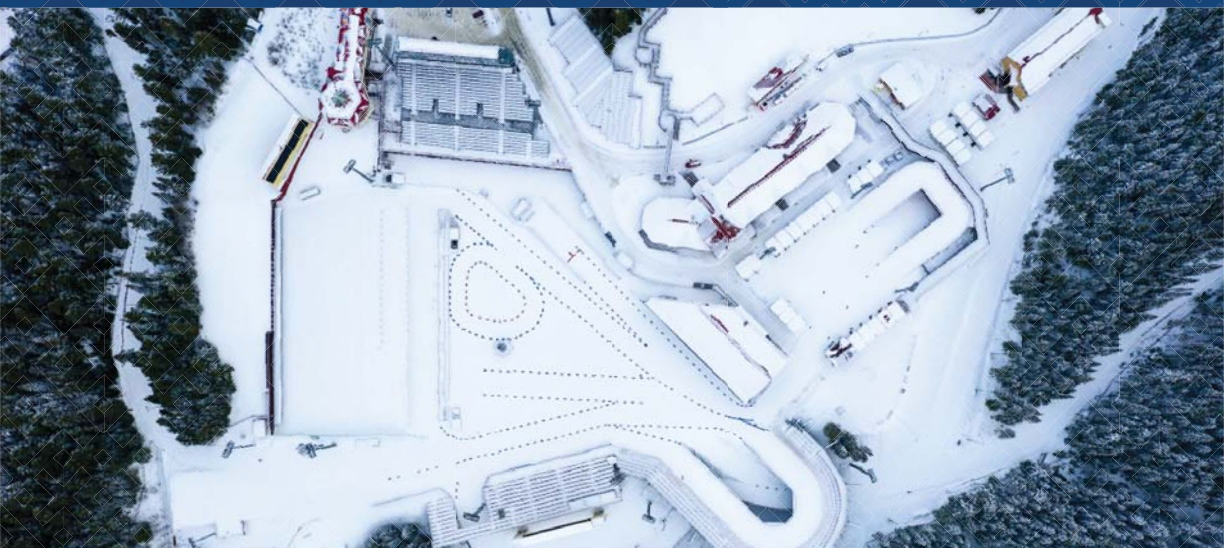
We have done everything possible to ensure that the participants of the European Championships demonstrate maximum speed, composure and endurance here. I'm sure that their magnificent level of training and intensity of emotions in the struggle for medals will be a source of inspiration for many Ugra orienteering athletes.

I strongly hope that this meeting in Khanty-Mansiysk will fill you, dear friends, with the energy of our ancient and indigenous land. I wish that just at that spot, in the Ugra land you will acquire strength for new sporting achievements.

Good luck to all of you, success at distances and well-deserved victories!

**Sergey Artamonov**

The director of the Department of  
Physical Culture and Sports of Khanty-Mansiysk  
Authnomous okrug – Ugra



## **VENUE**

### **The Alexander Filipenko Winter Sport Center, Khanty-Mansiysk, Russia**

The Alexander Filipenko Winter Sports Center was put into operation in December 2000: stadium, shooting range, stands, which are able to host more than 10 000 spectators, sports school, roller-ski tracks, bridges and tracks.

The center, which is located in the downtown on the level of 83 meters above sea, was reconstructed to the IBU Biathlon World Championships 2011. The course passes on the height from 63 to 114 meters above sea level.

## **CONTACTS OF THE ORGANIZING COMMITTEE**

**Address:** Organizing Committee European Ski Orienteering Championships & World Cup Final 2020

Ledovaya St. 1, Khanty-Mansiysk, Khanty-Mansiysk autonomous Okrug-Ugra, 628001, Russia

**Event website:** [www.esoc2020.ru](http://www.esoc2020.ru) **E-mail:** [esoc2020hm@yandex.ru](mailto:esoc2020hm@yandex.ru) **Tel./Fax:** +7-3467-36-14-01

**AI «UgraMegaSport» is Executive Directorate of the Organizing Committee**

**AI «UgraMegaSport», executive director** (language skills – Russian)

**Valerii RADCHENKO**

**AI «UgraMegaSport», deputy executive director** (language skills – Russian)

**Oleg DRESS**

**Chief of department of special sport events** (language skills – English)

**Sergey TIMOSHENKO**

**Mob.:** +7-902-814-23-20 **E-mail:** [timoshenko@ugramegasport.ru](mailto:timoshenko@ugramegasport.ru)

**Event director** (language skills – English)

**Adik BEKTIMIROV**

**Mob.:** +7-922-419-77-71 **E-mail:** [esoc2020hm@yandex.ru](mailto:esoc2020hm@yandex.ru)

**Assistant event director** (language skills – English)

**Anastasia ZUKERMAN**

**Mob.:** +7-913-058-88-87 **E-mail:** [esoc2020hm@yandex.ru](mailto:esoc2020hm@yandex.ru)



## EVENT CONTROLLERS

IOF Senior Event Adviser – **Sixten Sild** (EST)

IOF Assistant Event Adviser – **Dmytro Miller** (UKR/ITA)

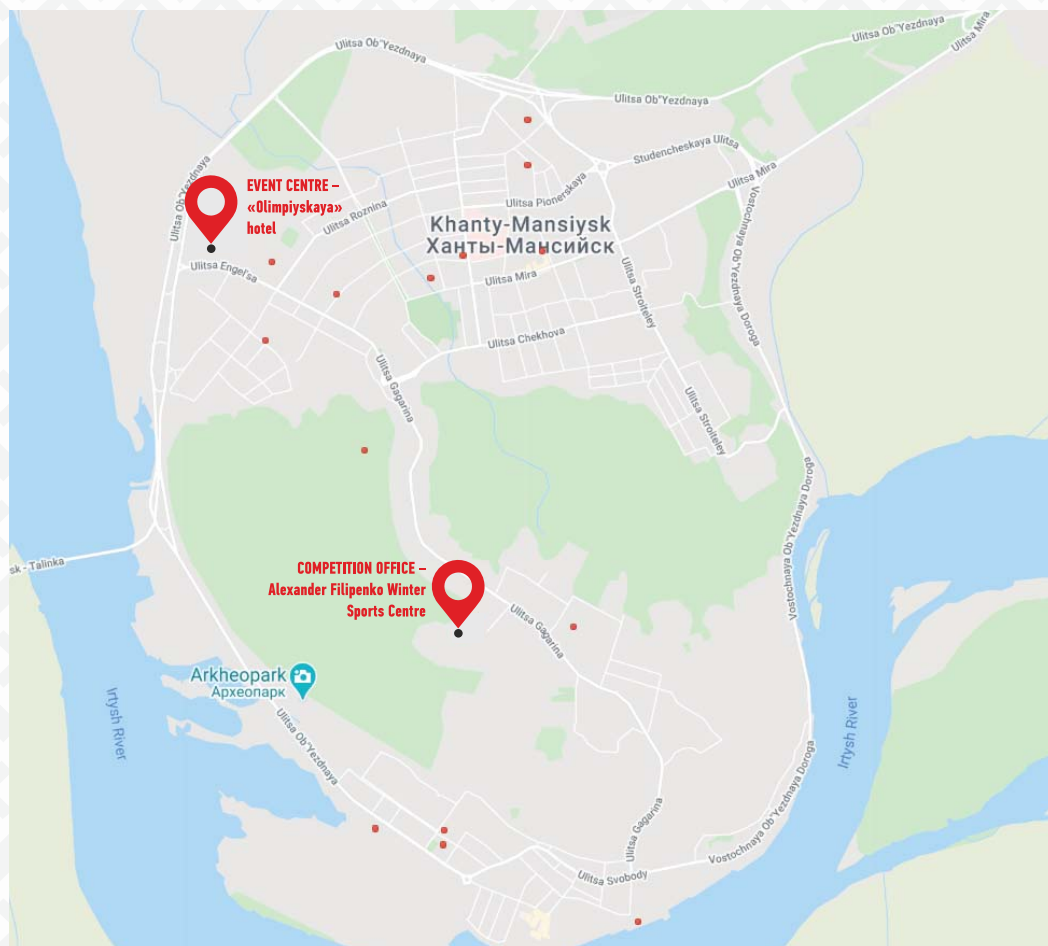
National Controller – **Arkadii Vedin** (RUS)

## EVENT CENTRE / EVENT OFFICE

**Event Centre – «Olimpiyskaya» hotel**

Event office is located in the hotel. The office is open from 8 March at 10.00–21.00 with exception for the time of competitions. During the competitions the office will be located on the competition arena at the **Alexander Filipenko Winter Sports Centre** (see the competition arena scheme below).

There is an information box for every team in the event office for start lists, number bibs and other distribution materials.



## EVENT PROGRAM

### SUNDAY, 8 MARCH

#### ARRIVAL DAY

10:00 – 21:00	Event office working hours	Competition centre («Olimpiyskaya» hotel)
10:00 – 20:00	Accreditation	Competition centre («Olimpiyskaya» hotel)
13:00 – 15:00	Lunch	«Olimpiyskaya» hotel
15:00	Wax cabins are open for the use	The Alexander Filipenko Winter Sports Centre
18:00 – 20:00	Dinner	«Olimpiyskaya» hotel

### MONDAY, 9 MARCH

07:30 – 10:00	Breakfast	«Olimpiyskaya» hotel
11:00 – 13:00	Model event	The Alexander Filipenko Winter Sports Centre
13:00 – 15:00	Lunch	«Olimpiyskaya» hotel
15:00	Deadline for team changes and late entries	Event office in the «Olimpiyskaya» hotel
15:00	Competition entry deadline – sprint distance	Event office in the «Olimpiyskaya» hotel
18:00	Team officials' meeting – sprint distance	Event office in the «Olimpiyskaya» hotel
18:00 – 20:00	Dinner	«Olimpiyskaya» hotel

### TUESDAY, 10 MARCH

07:30 – 10:00	Breakfast	«Olimpiyskaya» hotel
11:00 – 13:30	Lunch	«Olimpiyskaya» hotel
14:00 – 16:30	<b>SPRINT COMPETITION</b>	The Alexander Filipenko Winter Sports Centre
16:30	Flower ceremony	Arena
16:30	Competition entry deadline – middle distance	Competition office on the arena
17:30	Team officials' meeting – middle distance	Event centre («Olimpiyskaya» hotel)
17:00 – 20:00	Dinner	«Olimpiyskaya» hotel
19:00	Official opening ceremony of the event and prize-giving ceremony for sprint	Concert and theater center «Ugra-Classic»

### WEDNESDAY, 11 MARCH

07:30 – 10:00	Breakfast	«Olimpiyskaya» hotel
11:00 – 13:30	Lunch	«Olimpiyskaya» hotel
14:00 – 17:00	Middle distance competition (mass start)	The Alexander Filipenko Winter Sports Centre
17:00	Prize-giving ceremony	Arena
17:30	Competition entry deadline – sprint relay	Competition office on the arena
17:00 – 20:00	Dinner	«Olimpiyskaya» hotel
19:00	Team officials' meeting – sprint relay	Event centre («Olimpiyskaya» hotel)

### THURSDAY, 12 MARCH

07:30 – 10:00	Breakfast	«Olimpiyskaya» hotel
11:00 – 13:30	Lunch	«Olimpiyskaya» hotel
14:00 – 15:30	<b>SPRINT RELAY COMPETITION</b>	The Alexander Filipenko Winter Sports Centre
15:30	Prize-giving ceremony	Arena
15:30	Deadline for entries to guided tour on rest day	Competition office on the arena
17:00 – 20:00	Dinner	«Olimpiyskaya» hotel
19:00	Prize-giving ceremony for middle distance and sprint relay	Event centre («Olimpiyskaya» hotel)

### FRIDAY, 13 MARCH

07:30 – 10:00	Breakfast	«Olimpiyskaya» hotel
10:00 – 12:00	Khanty-Mansiysk sightseeing guided tour	
13:00 – 15:00	Lunch	«Olimpiyskaya» hotel
15:00	Competition entry deadline – long distance	Event office in the «Olimpiyskaya» hotel
18:00	Team officials' meeting – long distance	Event centre («Olimpiyskaya» hotel)
18:00 – 20:00	Dinner	«Olimpiyskaya» hotel



## SATURDAY, 14 MARCH

07:30 – 10:00	Breakfast	«Olimpiyskaya» hotel
11:00 – 13:30	Lunch	«Olimpiyskaya» hotel
<b>14:00 – 18:00</b>	<b>LONG DISTANCE COMPETITION</b>	The Alexander Filipenko Winter Sports Centre
18:00	Prize-giving ceremony	Arena
17:30	Competition entry deadline – relay	Competition office on the arena
17:00 – 20:00	Dinner	«Olimpiyskaya» hotel
19:00	Team officials' meeting – relay	Event centre («Olimpiyskaya» hotel)

## SUNDAY, 15 MARCH

07:30 – 10:00	Breakfast	«Olimpiyskaya» hotel
11:00 – 13:30	Lunch	«Olimpiyskaya» hotel
<b>14:00 – 18:00</b>	<b>RELAY COMPETITION</b>	The Alexander Filipenko Winter Sports Centre
17:00 – 20:00	Dinner	«Olimpiyskaya» hotel
20:00	Closing ceremony and prize-giving ceremony for relay	Concert and theater center «Ugra-Classic»
21:00	Banquet	Event centre («Olimpiyskaya» hotel)



## ■ CLASSES AND PARTICIPATION RESTRICTIONS

All competitors must have a valid passport of the country they are representing.

### **ESOC: W/M21E**

In each individual competition a federation may enter up to 6 men and 6 women.

In the relay a Federation may enter 2 teams each consisting of 3 competitors, but only the better-placed team will count in the results list. In the sprint relay a Federation may enter 3 teams each consisting of 2 competitors, but only the best-placed team will count in the results list.

If a federation is represented by two or more teams in a relay class, only the team with the better result is considered in determining the placing.

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. There shall be no limit on the number of competitors and leaders in a team.

The organising 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 are able to participate in ESOC, but will not be eligible for European titles, medals or diplomas.

### **WORLD CUP: W/M21E**

As well as the two extra official competitors (rule 6.10), the organising 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 can not be awarded World Cup points or prizes.

In a relay competition, the organising 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 organising Federation which may have up to 5 more).

## ■ NUMBER BIBS AND NUMBER VESTS

Number vests will be used for ESOC classes as follows:

ESOC: M21 numbers 1–80, W21 numbers 101–160,

The competitors will be given two adhesive start number bibs for every competition, which must be worn clearly visible on right and left thigh (leg)—additional fixing with safety pins is recommended.

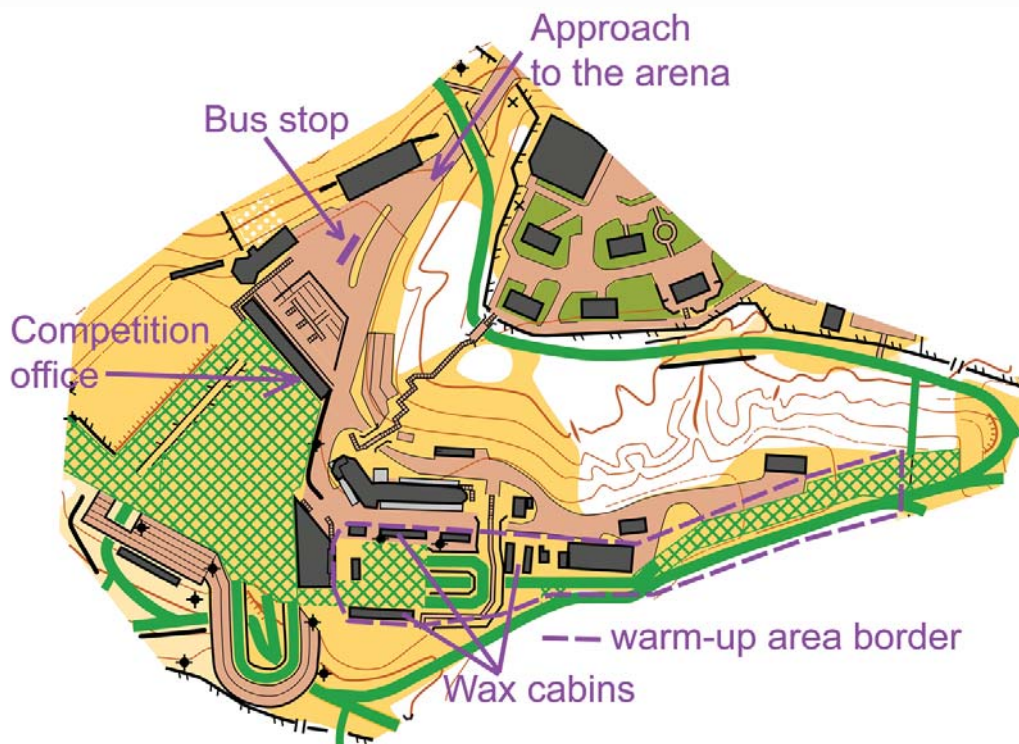
The number bibs may not be folded or cut.

Number vests and adhesive start number bibs will be handed out on the day before competition at team officials' meeting or distributed into teams' boxes in the event office.



It is forbidden for all potential competitors, trainers, team leader etc to visit embargoed area outside of the competitions. The only exception is during the model event, when team members are allowed to visit the area shown on the model event map. At other times it is only allowed for team members to visit wax cabins and warm-up area shown on the competition arena scheme.

## COMPETITION ARENA SCHEME



## GPS-TRACKING AND LIVESTREAMING

All participants of ESOC/WCup will be equipped with devices for GPS tracking. GPS devices will be distributed in the pre-start area and have to be worn in a special pocket inside the number vest. GPS devices will be collected after the finish of each competition.

Live services of the event include live results, live camera feed and speaker sound from the arena. Links to the live services are available at the event website [www.esoc2020.ru](http://www.esoc2020.ru) and at [www.liveorienteering.com](http://www.liveorienteering.com)

## PUNCHING AND TIMING SYSTEM

SPORTident AIR+ contactless punching with a range of 50cm is used as electronic punching and timing system. At the model event, the control setup used for all competitions is demonstrated. The punching procedure is as follows: initially, the SIAC (SPORTident Active Card) is inactive. Before the start, first the «CLEAR» and then the «CHECK» station must be punched «in hole». After this, the SIAC is in active = contactless mode. Athletes can confirm this by swiping past a provide «TEST» station within 50cm distance the SIAC (not the station!) beeps and flashes for a few seconds. If a SIAC fails to confirm the contactless punch at any control a traditional «in hole»

punch can always be made.

As a back-up there is a traditional needle punch at every control in order to allow a competitor to record their visit in the case of a failure of either a control card or of a punching device. Punch should be done on the edge of the map.

As a rule there is one punching unit in controls. Controls, where many competitors are expected to appear simultaneously, are equipped with two punching units.

At the finish, the time is taken when crossing the finish-line at full speed; no station needs to be punched.

Notice: crossing the finish line during the competition prematurely deactivates the SIAC!

Pay attention which lane to take, especially at mass-start / looped courses!

Upon accreditation, each athlete receives two personalized SIACs from the organizer.

These SIACs shall be used by the athlete for all competitions!

Both SIACs must be carried on the same arm (wrist or finger).

To avoid interference, any GPS-watches must not be worn on the same arm!

All SIACs must be returned by team-leaders after the last competition.

If a SIAC is lost or not returned, a fee of 65 Euro per SIAC is charged

## **BUS TRANSPORT SCHEDULE**

Please note, that transportation time from «Olimpiyskaya» to biathlon stadium is 10–15 minutes

### **MONDAY, 9 MARCH (MODEL EVENT)**

From hotel «Olimpiyskaya» to biathlon stadium

10.00 Bus № 1

10.30 Bus № 2

11.00 Bus № 3

From biathlon stadium to hotel «Olimpiyskaya»

12.15 Bus № 1

12.45 Bus № 2

13.15 Bus № 3

### **TUESDAY, 10 MARCH (SPRINT)**

From hotel «Olimpiyskaya» to biathlon stadium

12.30 Bus № 1

13.00 Bus № 2

13.30 Buses № 3, 4

From biathlon stadium to hotel «Olimpiyskaya»

16.30 Bus № 1

16.45 Buses № 2, 3

17.00 Bus № 4

### **WEDNESDAY, 11 MARCH (MIDDLE DISTANCE)**

From hotel «Olimpiyskaya» to biathlon stadium

12.30 Buses № 1, 2

13.30 Buses № 3, 4

From biathlon stadium to hotel «Olimpiyskaya»

16.00 Bus № 1

16.30 Bus № 2

17.00 Bus № 3

17.30 Bus № 4

### **THURSDAY, 12 MARCH (SPRINT RELAY)**

From hotel «Olimpiyskaya» to biathlon stadium

12.30 Buses № 1, 2, 3

13.30 Bus № 4

From biathlon stadium to hotel «Olimpiyskaya»

15.45 Buses № 1, 2

16.00 Bus № 3

16.30 Bus № 4



### FRIDAY, 13 MARCH (REST DAY)

From hotel «Olimpiyskaya» to sightseeing tour

10.00 Quantity of buses according to tour bookings

### SATURDAY, 14 MARCH (LONG DISTANCE)

From hotel «Olimpiyskaya» to biathlon stadium

12.30 Buses № 1, 2

13.30 Buses № 3, 4

From biathlon stadium to hotel «Olimpiyskaya»

16.30 Bus № 1

17.00 Bus № 2

17.30 Bus № 3

18.00 Bus № 4

18.30 Bus № 5

### SUNDAY, 15 MARCH (RELAY)

From hotel «Olimpiyskaya» to biathlon stadium

12.30 Buses № 1, 2

13.30 Buses № 3, 4

From biathlon stadium to hotel «Olimpiyskaya»

16.30 Bus № 1

17.00 Bus № 2

17.30 Bus № 3

18.00 Bus № 4

18.30 Bus № 5

From hotel «Olimpiyskaya» to closing ceremony

19.30 Buses № 1, 2, 3, 4

From closing ceremony to hotel «Olimpiyskaya»

After the end of the ceremony – Buses № 1, 2, 3, 4

## SUMMARY OF THE ENTRIES RECEIVED

Federation	W21E	M21E	Team officials	Total
Austria	1	1	1	3
Bulgaria	-	1	1	2
Czech Republic	6	6	2	14
Egypt	-	1	-	1
Estonia	3	2	1	6
Finland	5	6	4	15
Italy	-	-	-	-
Japan	2	3	-	5
Kazakhstan	1	2	2	5
Lithuania	-	3	-	3
Norway	3	7	2	12
Romania	-	3	-	3
Russian Federation	9	9	4	22
Slovenia	1	2	-	3
Sweden	6	7	5	18
Switzerland	4	4	1	9
Turkey	-	-	-	-
Sum	41	57	23	121

## ■ FINAL ENTRIES

Final entries giving the names of participants and allocation to the start groups shall be handed to the competition office on the organizer's official entry forms.

Entry deadlines according to the event programme shall be followed!

## ■ SNOW CONDITIONS

The average snow depth in the competition terrain is 50–60 cm.

## ■ MAP AND TERRAIN

Map from 2013 renewed in May 2109. Mapper Sergey Myatovich. Competition terrain is part of nature park «Samarovskiy Chugas». Competition area contains three different types of terrain. There are some slightly undulating areas on hilltops, areas with spurs and gullies with different steepness on slopes, height differences up to 50 m and some areas with very deep valleys and steep slopes, height differences up to 85 m. Forest is mostly coniferous, dominating tree is cedar.

Runnability is good in 30% of the forest, in 65% there is some undergrowth, in 5% there are fallen trees and very thick undergrowth. In bottoms of the valleys small streams and marshes occur.

Map details:

**Sprint** 1:5000, h 5m

**Middle** 1:7500, h 5m

**Sprint relay** 1:5000, h 5m

**Long** 1:10000, h 5m

**Relay** 1:10000, h 5m

**Map size:** A4

Due to very complex track system packed in very narrow and tight area with bridges, tunnels, walls, fences, earth walls, etc, supporting map scales will be used for middle distance and long distance races.

## ■ MODEL EVENT

Model event will be arranged at the arena. Competitors will be transported to the arena, model event maps will be distributed at the competition office on the arena, see competition arena scheme. Only the area shown on the model event map as „not forbidden“ can be used during the model event. Competitors will have a good possibility to get acquainted with the arena and ski tracks system on the arena. A small part of narrow ski orienteering tracks' network will also be present on the model event map.

**NB! Be careful on narrow tracks on steep slope – watch out for fellow competitors moving in opposite direction! Keep right!**

## ■ TEAM OFFICIALS' MEETING

Team officials' meetings will take place in the conference hall of hotel «Olimpiyskaya». Follow the signs from lobby.

## START LISTS

Start lists will be published on the homepage of the event, in IOF Eventor, and will be distributed in printed form into the teams' boxes at the competition office.

## COURSES

Competition	Class	Course Length(km)	Shortest sensible route (km)	Controls	Climb (m)	Estimated winning time	Refreshment controls
Sprint Relay (1 leg)	M	2,1	2,6	9	80	8 min	0
	W	1,9	2,4	9	75	8 min	0
Sprint	M	3,2	4,7	13	175	15 min	0
	W	2,8	3,8	12	145	15 min	0
Long	M	18,8	25,6	35	850	90 min	5
	W	14,8	21,1	30	730	90 min	4
Middle	M	13,4	16,6	27	590	60 min	2
	W	11,2	13,6	22	470	60 min	1
Relay (1 leg)	M	7	9,8	18	320	33 min	0
	W	5,9	8,5	17	320	33 min	0

## MAXIMUM SKIING TIMES

Sprint	60 min
Middle	150 min
Sprint relay	120 min
Long	180 min
Relay	180 min

## WARM-UP / QUARANTINE AREA

There is a separated area for teams at the arena for waxing and warm-up before start. For every competition day, a quarantine deadline will be given. All team members shall enter the warm-up / quarantine area before that deadline. Late entry to the quarantine area may result in disqualification. All cases of late entry must be immediately reported to the SEA for decision-making. No team members are allowed to re-enter the quarantine area after they have left it for start or leaving to the finish area.

**NB! According to the rules 22.18 competitors and team officials are not allowed to use telecommunication devices within the quarantine zone!**



## ANTI DOPING

Doping is strictly forbidden, and the organizers of ESOC 2020 are dedicated to supporting the anti-doping authorities in their work. Doping controls may be carried out any time during the competition period. Selected athletes will be given instruction to report to the doping control after finishing their race, and will be escorted by a chaperone. Doping tests will always be carried out in accordance with the procedures described in the WADA International Standard for Testing and Investigations. Athletes selected for the doping tests must bring an official identification document (with photo) to the doping test area. Therefore, it is required that all the athletes have an ID document with photo with them at the competition centre. The athlete shall also bring their Therapeutic Use Exemption (TUE) if applicable.

## CEREMONIES

The opening and closing ceremonies will be arranged in Concert and theater center «Ugra-Classic». Both ceremonies include prize-giving of one of the races.

Athletes, team officials and accompanying persons are kindly invited. National teams are asked to wear an official team uniform. Please gather at the hotel «Olimiyskaya» for bus transportation to the ceremonies according to the transport schedule.

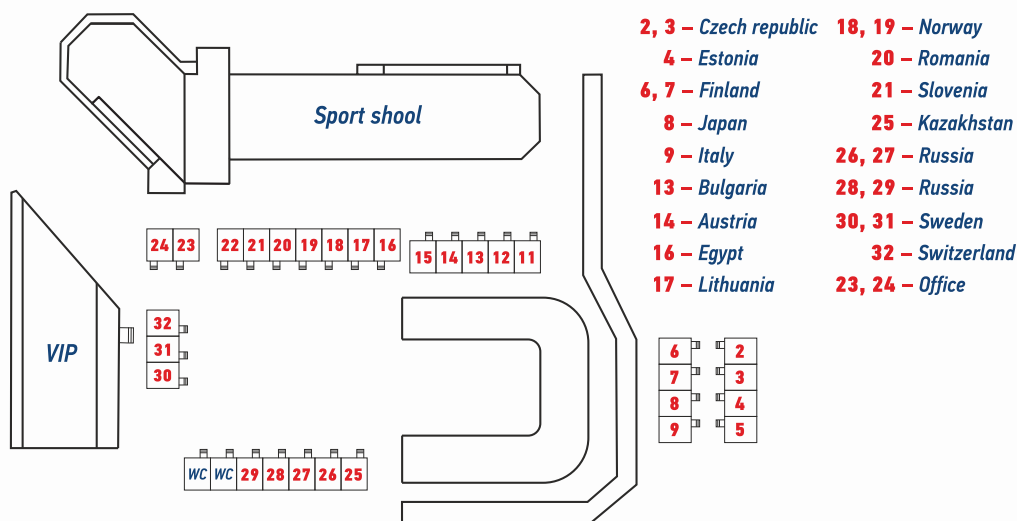
Rest of the flower and prize-giving ceremonies will take place immediately after the races at the competition arena.

The first 3 competitors and the first 3 teams will receive flowers at flower ceremony.

The first 6 competitors and the first 6 teams will be awarded at prize-giving ceremonies.

## WAXING FACILITIES AND SKI TESTING

There are waxing cabins for all teams on the biathlon stadium at the competition arena, ski testing and warm-up area.



## COMPLAINTS

The participating teams can make a formal complaint about infringements of IOF Ski Orienteering Rules or the organiser's directions. Complaints may only be made by accredited team officials or competitors. Any complaint shall be made in writing to the competition office on the arena as soon as possible. The time limit for complaints is 15 minutes after the closing of the finish. A complaint is adjudicated by the organiser. The complainant shall be informed about the decision immediately. There is no fee for a complaint. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint.

## JURY

Jury members will be announced at the first team officials' meeting

## MEDIA

The Media centre is located at the stadium, 1st floor of «Media Center» building.

Materials for media representatives are available in the Media centre. There is a working room for media and a free access to Internet.

Contact person:

**Chief of Media** (*language skills - English*)

**Anna Volkova**

Tel.: +7 (3467) 36-12-34 Mob: +7 952 715 46 86

E-mail: [media@ugramegasport.ru](mailto:media@ugramegasport.ru)

