

EUROPEAN SKI ORIENTEERING CHAMPIONSHIPS
JUNIOR WORLD SKI ORIENTEERING CHAMPIONSHIPS
EUROPEAN YOUTH SKI ORIENTEERING CHAMPIONSHIPS



BULLETIN 4

ORGANIZERS

Latvian Orienteering Federation in co-operation with the Municipality of Madona

Event Directors Gunārs Ikaunieks, Ildze Straume

Event Secretary Inese Purgaile

IOF EVENT ADVISERS

IOF Senior Event Adviser Staffan Tunis (FIN)

IOF Assistant Event Adviser Santeri Aikio (FIN)

National Controller Guntars Mankus (LAT)

COURSE PLANNERS

Sprint Gunārs Ikaunieks

Middle Jānis Gaidelis

Long Jānis Gaidelis

Relay Juris Kokins

Sprint relay Indulis Peilāns

MAPPERS

Jānis Gaidelis, Leonīds Malankovs

CONTACT

Latvian Orienteering Federation

Grostonas iela 6b, Rīga, LV-1013, LATVIA

Inese Purgaile, phone: +371 29751855, e-mail: info@esoc2023.lv

Web: <https://esoc2023.lv>

MEDIA CONTACT

Gita Sauka gita@pr-pig.com, +371 28326828

Dear orienteers!

We are proud that this year Latvia is among key hubs in the winter orienteering event calendar. The hosting of high-level international competitions in Latvia is of great importance for popularising and developing the orienteering sport as well as for progression of our athletes. Orienteering sport has long-standing tradition in Latvia. This year the Latvian Orienteering Federation is celebrating its 60th anniversary, though the first records of orienteering competition date back to 1936.



Ski orienteering is exciting owing to its dynamism, while the daring and capable athletes have to make quick decisions in the tricky maze of ski tracks and occasional fast descents. The total length of ski tracks we have prepared in the vicinity of Madona town amounts to 100 km. Immense preparatory work has been done to make the event a success. I expect the races to be thrilling and demanding from the technical point of view.

I wish the competitors a sharp mind, fast stride and good luck in their struggle for victory!

Dagnis Dubrovskis, President of Latvian Orienteering Federation

EVENT PROGRAMM

Sunday, January 29

15:00 – 21:00	Event office is open – accreditation	Event centre
15:00	Waxing cabins open for use	Event centre

Monday, January 30

09:00 – 21:00	Event office is open – accreditation	Event centre
10:00 – 14:00	Model Event ESOC/JWSOC/EYSOC	Event centre (Smeceres Sils)
12:00	Deadline for team changes and late entries	Event Office
15:00	Competition entry deadline - sprint distance	IOF Eventor
19:00	Team officials' meeting - sprint distance	Madona, Saieta laukums 1

Tuesday, January 31 , Sprint

08:30 – 17:30	Event office is open	Event centre
10:00	First start W17; M17 Sprint	Event centre
10:00	Quarantine entry closes	Event centre
10.45	First start W20; M20 Sprint	Event centre
~11:45	Flower ceremony W17, M17, W20, M20	Event centre
11.35	First start W21 Sprint	Event centre
12.15	First start M21 Sprint	Event centre
~13:40	Flower ceremony W21, M21	Event centre

15:00	Competition entry deadline - middle distance	IOF Eventor
18:00	Opening ceremony, Prize giving Sprint	Madona, Saieta laukums 1
19:00	Team officials' meeting - middle distance	Madona, Saieta laukums 1

Wednesday, February 1, middle distance

08:30 – 18:00	Event office is open	Event centre
10:00	First start M17, W17	Event centre
10:00	Quarantine entry closes	Event centre
11:00	First start M20, W20	Event centre
12:00	First start W21, M21	Event centre
~12:15	Prize giving ceremony W17, M17	Event centre
~14:30	Prize giving ceremony M20, W20, W21, M21	Event centre
18:00	Reception at Madona municipality for team leaders	Madona, Saieta laukums 2a

Thursday, February 2

10:00 – 18:00	Event office is open	Event centre
15:00	Competition entry deadline – long distance	IOF Eventor
19:00	Team officials' meeting - long distance	Madona, Saieta laukums 1

Friday, February 3, long mass start

8:30 – 18:30	Event office is open	Event centre
10:00	Quarantine entry closes	
10:00	Start M21	Event centre
10:15	Start W21	Event centre
11.30	Start W17;M17	Event centre
12.15	Start W20; M20	Event centre
~12:00	Prize giving ceremony MW21	Event centre
~13:00	Prize giving ceremony MW17	Event centre
~14:00	Prize giving ceremony MW20	Event centre
15:00	Competition entry deadline – relay	IOF Eventor
19:00	Team officials' meeting - relay and sprint relay	Madona, Saieta laukums 1

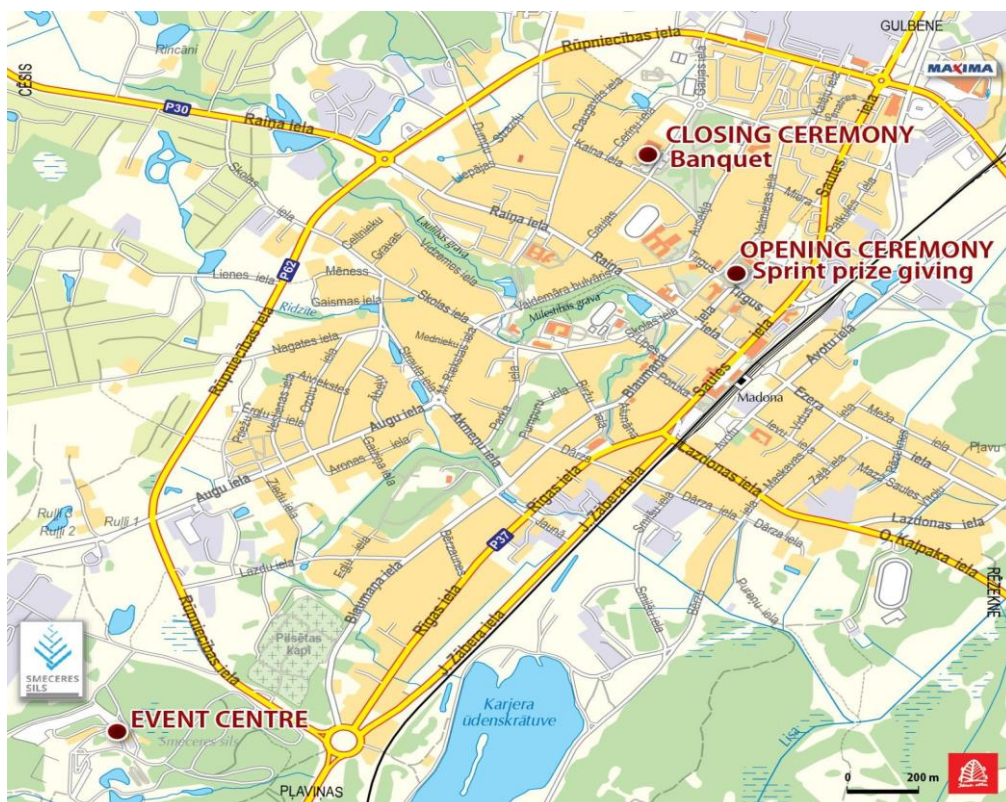
Saturday, February 4 , Relay

08:30 – 17:00	Event office is open	Event centre
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10:00	Quarantine entry closes	Event centre
10:00	Start M20, Relay	Event centre
10:05	Start M17, Relay	Event centre
10:10	Start W20, Relay	Event centre
10:15	Start W17, Relay	Event centre
11:15	Start W21, Relay	Event centre
~12:00	Flower ceremony M20, W20, M17, W17	Event centre
12:10	Start M21, Relay	Event centre
~13:50	Flower ceremony W21, M21	Event centre
14:00	First start Public race	Event centre
15:00	Competition entry deadline – sprint relay	IOF Eventor
18:00	Prize giving ceremony, Closing ceremony and Banquet	Madona, Sports center, Gaujas 13

Sunday, February 5, Sprint relay

08:30 – 16:00	Event office is open	Event centre
10:00	Sprint relay start	
~11:30	Prize giving ceremony	
11:30	First start Public race	
15:00	Prize giving ceremony Public race	



EVENT CENTRE

The Event Centre and Competition Centre for all days will be located in the Sports Centre "Smeceres sils", next to the town of Madona, the driving distance from the Riga International Airport to Event Centre is 180km.

In the Event Centre there will be Event office, car parking, Wi-Fi, Media room, WC and training possibilities available.

On all competition days the finish arena and flower ceremonies will be in "Smeceres sils".

Sport and recreation centre

"Smeceres sils"

Lazdonas pag., Madonas nov., LV-4824

Coordinates: 56084'15"N 26019'55"E

<http://www.smeceressils.lv/>

Contact during competition: Inese Purgaile, phone: +371 29751855, e-mail: info@esoc2023.lv

TEAM OFFICIALS' MEETINGS

Team leader meetings open for team leaders and the IOF representatives will be held at Madona centre, Saieta laukums 1, the evening before each respective race. For sprint relay the meeting will be on Friday, February 3.

Please send questions for TOM till 18:00 to info@esoc2023.lv

SUMMARY OF ENTRIES

ESOC/WCup

FEDERATION	MEN	WOMEN	TEAM OFFICIALS	TOTAL
Austria	1	1	1	3
Bulgaria	1	3	2	6
Czechia	6	3	3	12
Estonia	4	3	2	9
Finland	8	5	6	19
Japan	2	1	0	3
Latvia	5	0	0	5
Lithuania	4	1	1	6
Norway	8	8	3	19
Kazakhstan	2	0	0	2
Sweden	6	6	4	16
Switzerland	7	4	2	13
Turkey	0	3	0	3
Ukraine	2	0	0	2
Total	56	38	24	118

SUMMARY OF ENTRIES RECEIVED JWSOC

FEDERATION	MEN	WOMEN	TEAM OFFICALS	TOTAL
Czechia	4	4	2	10
Estonia	4	4	0	8
Finland	6	6	2	14
Japan	2	1	2	5
Latvia	4	5	1	10
Lithuania	2	1	0	3
Norway	6	6	2	14
Sweden	6	6	4	16
Switzerland	3	4	2	9
Turkey	1	1	0	2
Ukraine	0	1	0	1
Total	38	39	15	92

SUMMARY OF ENTRIES RECEIVED EYSOC

FEDERATION	MEN	WOMEN	TEAM OFFICALS	TOTAL
Austria	2	1	1	4
Czechia	3	3	3	9
Estonia	5	3	2	10
Finland	4	3	1	8
Latvia	6	6	1	13
Lithuania	1	2	1	4
Romania	1	0	1	2
Sweden	2	4	1	7
Switzerland	4	3	2	9
Turkey	2	0	1	3
Ukraine	4	1	0	5
USA	1	0	1	2
Total	35	26	15	76

CLASSES

All competitors represent a National Federation. A competitor may represent only one National Federation during any one 12-month period running from November to October. Competitors shall have a full passport holding citizenship of the country of the National Federation they are representing.

If a federation is unable to make up full relay teams, it may form incomplete teams or teams with competitors from other federations. The results of incomplete teams and teams with competitors from more than one Federation are not considered in determining the placings in relay competitions.

Under no circumstances may persons, other than competitors entered for the competition, participate in the competition.

ESOC/WCup

ESOC/WCup has 2 classes – men and women. There are also 2 sub-classes in WCup – U23 men and U23 women (born in the year 2000 or later).

This event combines the European Ski Orienteering Championships and World Cup stage 2. The classes and participation restrictions are as defined in the IOF Ski Orienteering Competition Rules. In each individual competition, a federation may enter a maximum of 6 athletes in each class and 2 teams in each class in the relay event, consisting of 3 athletes. In addition to that, each Federation can enter two U23 athletes in each class for individual races. The organizing federation can enter two extra competitors in each class. In sprint relay 3 teams, consisting of a man and a woman per country are allowed. Only the best team will be counted in overall ranking per country. If a Federation is unable to make up full relay teams, it may form incomplete teams or teams with competitors from other federations.

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/WCup but will not be eligible for European titles, medals or diplomas.

JWSOC

JWSOC has 2 classes – M20 and W20, for competitors born in year 2003 or later

A federation may enter a team of up to 14 competitors, up to 7 women and 7 men. In each individual competition, every federation may enter up to 6 men and 6 women. In the relay, each federation may enter 2 teams in each class, consisting of 3 athletes. Only the best team will be counted in overall ranking. If a federation is unable to make up full relay teams, it may form incomplete teams or teams with competitors from other federations.

EYSOC

EYSOC has 2 classes – M17 and W17, for competitors born in year 2006 or later.

A federation may enter a team of an unlimited number of competitors and officials. However, on each individual competition, every federation may enter up to 6 men and 6 women. Only competitors representing member Federations of the IOF, defined by the International Olympic Committee as belonging to the European continent, can compete in EYSOC. Competitors representing other member Federations of the IOF can participate in EYSOC but will not be eligible for European titles, medals or diplomas. In the relay, each federation may enter 2 teams in each class, consisting of 3 athletes. Only the best team will be counted in overall ranking. If a federation is unable to make up full relay teams, it may form incomplete teams or teams with competitors from other federations.

Additional information and clarifications

Any athlete (ESOC, JWSOC, EYSOC) may take part in any relay competition where they fulfill the gender and age restrictions. The rules on the maximum number of teams per federation still apply. No athlete may be part of more than one relay team and one sprint relay team.

- * An athlete must be registered as a participant for all events they are going to participate in before January 30, 2023
- * It is not allowed to participate in more than one event per competition day
- * All participants in the WCUP must have a valid IOF athlete license.
- * Accreditation fee should be paid only once even if an athlete participates in more than one event

In the event of having one athlete participating in more than one championship please send an email to info@esoc2023.lv about this.

IOF ATHLETE LICENCE

All WCUP participants need a valid IOF Athlete license. To have a valid license, the athlete need to sign an athlete license form and pay an annual fee of 30 EURO. If the athlete has signed the form in previous years they don't need to sign a new form. Payments of the annual license fee is done in IOF Eventor, please consult the proper IOF Eventor Guide for this. To find the rules and forms and more information, please consult: [Athletes licence](#)

ENTRY FEES

	Until 01.12	02.12 – 21.01	22.01 – 30.01
Competitor accreditation fee	70 €	+20%	+50%
Team official accreditation fee	80 €		
Individual race	60 €		
Individual race EYSOC	50 €		
Relay	140 €		
Sprint relay	120 €		

The accreditation fee for competitors covers the right to participate in the event, the model event and the banquet. The accreditation fee for team officials covers the model event, team leader meetings, competition maps, start- and result lists and the banquet.

Late Entries:

Late entries and changes to registered entries will be possible up until 12.00 on January 30, 2023. These should be sent directly to the event organiser who will then register the details in IOF Eventor.

Fees for late entry fees and changes to registered entries

	<i>Entry</i>	<i>Withdrawal of entry</i>
02.12 – 21.01	+20%	-80%
22.01 – 30.01	+50%	-50%

Name change 10 €

Payments

Bank details for payments:

Latvijas Orientšanas federacija

Bank: Luminor bank

SWIFT: RIKO LV 2X

IBAN: LV14RIKO0002013111372

reg. Nr. 40008021960

E-mail: lof@lof.lv

Adress: Grostonas iela 6b, Riga, LV-1013, Latvia

PUBLIC RACE

On Saturday, February 4, and Sunday, February 5 there will be a Public race organized. Middle distance will be offered on both days. Public race Bulletin and registration is available on esoc2023.lv

It is allowed for ESOC/JWSOC/EYSOC team officials and other related persons, as well as athletes if they are not taking part in the Relay competition, to participate in the 4th February Public race. February 5 Public race is open for all.

EVENT INFORMATION

ACCREDITATION

Team officials should upon arrival show up at the event office in Event centre, (see programme for opening hours) to receive accreditation badges, info bags and SIAC cards for their teams. Before accreditation the team leader should hand in the filled and signed fluor ban form for the team.

FOOD

There will be small food counters in the arena during competitions. For teams living more than 5 km from the event centre who have chosen to have lunch in the event centre on 1st, 3rd and 4th February, coupons will be handed out in the event office.

WAXING FACILITIES AND SKI WAXING SERVICE

Waxing facilities are available at the competition arena. These have electrical connections, are heated, ventilated and lockable. Keys will be available at registration against 50 eur deposit. It is not allowed to do any technical adjustments (drilling, claying etc.) in cabins, any damage should be compensated. Cabins are located in the quarantine zone. During quarantine there are no communication devices allowed also in waxing cabins.

FIRST AID

First aid service and transport of injured athletes from the forest is available. Contact the event doctor Daiga Šilinska +37126429422 In case of emergency, call 112, for an ambulance.

CEREMONIES AND BANQUET

Opening ceremony and prize giving for sprint

The opening ceremony will be held at Saieta laukums in Madona on Tuesday, January 31. All athletes and team officials are requested to take part in the opening ceremony, preferably dressed in your national team uniform and be present at Skolas iela (next to Saieta laukums) 10 minutes before the ceremony starts.

Flower ceremonies and prize giving for middle, long and sprint relay

Flower ceremonies/prize giving ceremonies will be held according to the programme. The ceremony will be announced with 10 minutes notice and the top three/six athletes/teams in each class shall then show up at the podium for preparation. Dress code: National team's competition uniform. Competition equipment is allowed during the ceremonies held at the arena. National flags, signs and other non-competition equipment are not allowed on the stage at flower/prize giving ceremonies. Athletes are supposed to be available for photoshoots and interviews after the ceremonies.

Closing ceremony, banquet and prize giving for relay

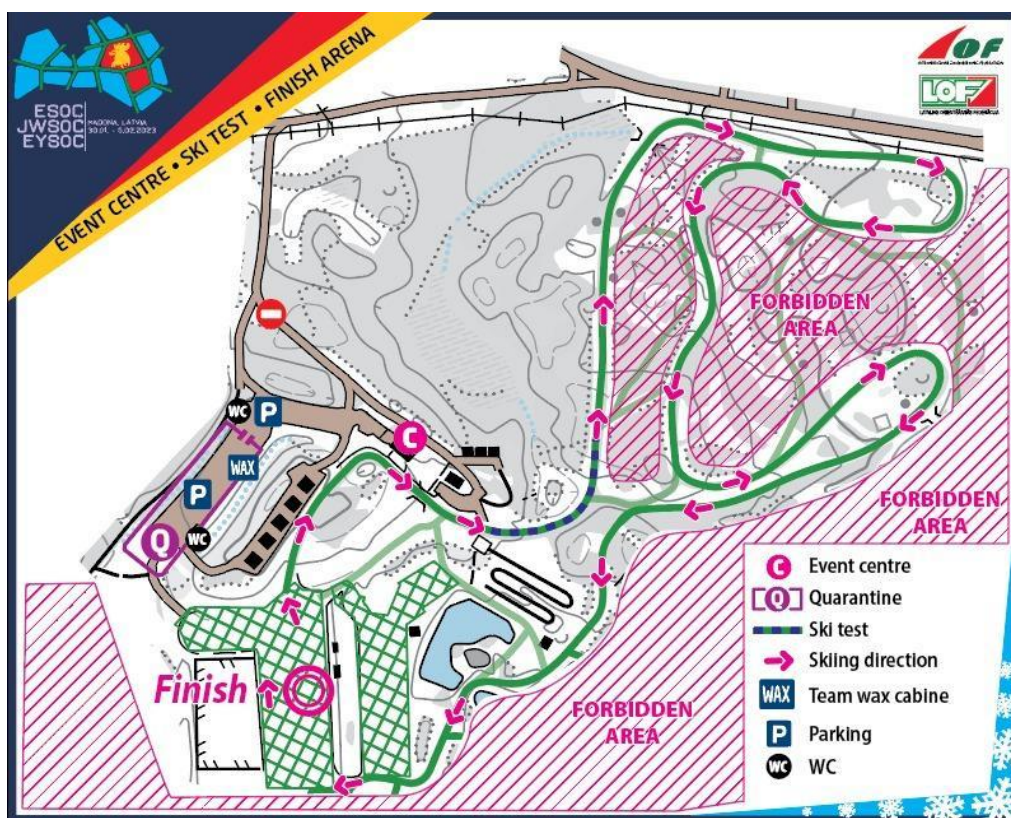
The closing ceremony will be held in Madona Sports center together with prizegiving for relay and banquet. Non-competitors, for example partners, friends and family, should book and pay for the banquet in the event office till January 31.

EMBARGOED AREA

Embargoed area is published in IOF Eventor: [Embargoed Areas for IOF Events – ESOC/WCup, JWSOC, YSOC 2023 \(orienteeing.org\)](https://www.iof.org/IOF-Eventor/Embargoed-Areas-for-IOF-Events-ESOC/WCup-JWSOC-YSOC-2023-orienteeing.org)

TRAINING AND SKI-TESTING

It is allowed to ski in Smeceres Sils till January 29 (including) on the major ski-track only as indicated in the picture below. Please observe the skiing direction. On competition days it is allowed to ski there from 15:00 till 19:00, on January 30 and February 2 - from 9:00 to 19:00. Suggested ski test area is also indicated in the picture.



COMPETITION ENTRY

JWSOC and EYSOC have three seeding groups each. Team leaders are responsible for allocating their athletes to these seeding groups. The allocation of athletes to seeding groups should be done in Eventor. The principles for allocating athletes to seeding groups are defined in rule 9.14 of the IOF Ski Orienteering Competition Rules 2022.

TEAM OFFICIAL MEETINGS

Team official meetings will be organized in Madona city, Saieta laukums 1, the evening before each competition according to the programme. For sprint relay TOM will take place together with relay meeting – on Friday, February 3. Presentations from the meetings will be uploaded to IOF Eventor once the meeting is finished. One team official per team is allowed in the meeting.

On the TOM on January 31, the organizer wishes to receive the number of accredited persons from each team that will attend the Saturday evening banquet. The cost for the banquet is already included in the accreditation fee and the number is only needed as information to organizers.

START LISTS

Start lists will be distributed at team official meetings and uploaded to IOF Eventor on the evening before each race.

NUMBER BIBS

Bibs will be ready for pick up by team officials in the competition office at the event centre 08.30 – 10.00 on the day of the competition.

TOILETS AND SHOWERS

Toilets are available in the quarantine, at the arena and in the event office building.

PARKING

Parking is available at the arena. Please follow the signs and instructions of the parking marshals. Parking is free of charge.

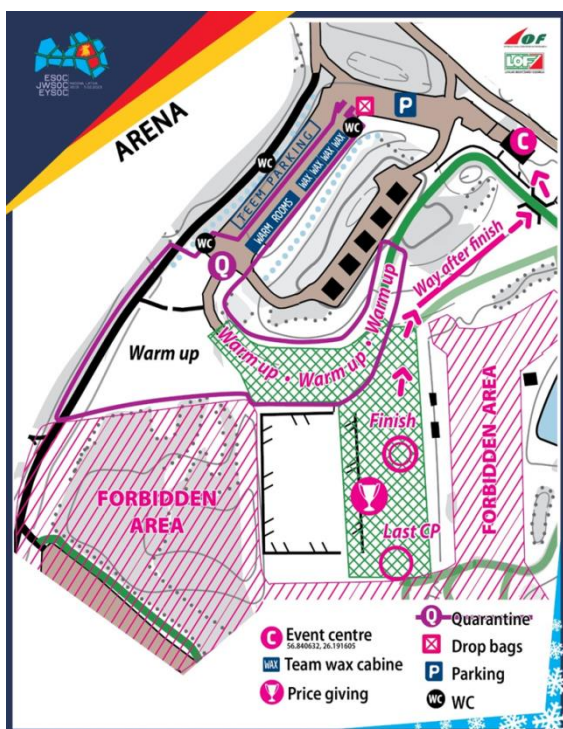
ARENA

Arena for all days is located next to the Event centre.

QUARANTINE

The quarantine zone is common for all competition days. It is next to the Event centre, see map above. All athletes must pass through the quarantine on their way to the start. Please remember to take your accreditation badge with you! Quarantine opens 1 hour before the first start.

The quarantine area includes heated spaces, pre-booked waxing cabins, warmup area, ski testing area and toilets. The route to the start is taped from the quarantine. Once the entrance to the quarantine is closed only event organizers and marshals are permitted to enter the area, this means that team leaders, waxers, etc who plan to be present in the quarantine area must be there before the quarantine closes.



Any athlete or team official leaving the quarantine area after entrance has been closed will not be permitted back in. Please note that telephones, tablets, computers or other electronic equipment are not permitted within the quarantine.

When leaving quarantine for the start, you can leave your bag in a specially designated area and collect it after your finish.

PUNCHING

SPORTident Air+ touch-free punching system will be used in all competitions. All athletes will receive two SIAC-cards from the organizers during accreditation. Each athlete has two individual SIAC-cards assigned and those must be used by that athlete only. Athletes must have two SIAC chips attached to either their left or right hand or arm, both chips shall be attached to the same hand or arm.

In the unlikely situation of SIAC failing to register in touch free mode (no flashing and no acoustical feedback beep), the competitor must perform a direct punch by placing the SIAC chip into SPORTident station. If the station fails to respond (neither a feedback beep nor a light feedback signal) athletes must punch manually anywhere on the map using the pin-punch.

Typically controls will have one SPORTident station. In mass start and relays where a larger number of simultaneous visits of the control is expected there will be two SPORTident stations.

After finishing, data from one of the SIACs will be downloaded. If this SIAC does not contain a complete set of punches, the data from the second SIAC will be downloaded. If punches are still missing then these readings are merged. The athlete should inform the organizers at readout if they have used the mechanical pin-punch at any of the controls.

Team officials should gather all cards from their teams after the last competition of the championship and hand them in to the competition office. A fee of 100€ will be charged if a card is lost or is not returned.

FINISH TIMING

The finish time is taken when the SIAC card crosses the finish line. There is no punching at the finish line. The finish times are rounded down to whole seconds. In mass start and relay competitions the order of crossing the finishing line is decisive. The crossing is checked from the tip of the athlete's ski shoe.

GPS

There will be GPS tracking for all athletes in all competitions. The tracking device will be handed out at the prestart area. Athletes should pick their GPS tracker well before the proceeding to start. GPS trackers will be placed in a GPS pocket on the back of the number bib vest.

NUMBER AND TYPE OF EQUIPMENT CHANGE AREAS

It will not be allowed to make changes of undamaged equipment

Distance	Number of deposits
Sprint	-
Long distance	2
Middle distance	-
Relay	1
Sprint relay	-

MAPS AFTER FINISH

Maps will not be collected after finishing. Maps left at map exchange will be made available in the evening at the competition office.

RESULTS

Follow the live results on the screen at the arena or at LIVE Orienteering. Official results will be published on IOF Eventor and esoc2023.lv The results used for flower ceremonies will be taken from the administrative system ten minutes prior to the ceremony. Outcome from possible pending complaints or protests will not be taken into consideration. Prize giving ceremonies can be postponed if a complaint or protest is submitted.

COMPLAINTS AND PROTESTS

Complaints should be submitted in writing to the Competition Office at the latest 20 minutes after the last finisher in the class it concerns. Complaints can only be submitted by a team official or a competitor. The event director will deal with the complaint and take a decision on the question. The person making the complaint will be informed of the decision. Complaints are free of charge. Should the person making the complaint not be satisfied with the decision a protest may be submitted. Protests should be submitted in writing within 15 minutes of the complainant receiving notice of the original decision. Protests are dealt with by the jury. The fee for a protest is 50€. This fee will be repaid should the jury approve the protest.

JURY

Emma Bergstrom

Beat Okle

Raul Kudre

Reserve member - Carl Fey

APPLICABLE RULES AND REGULATIONS

IOF Ski Orienteering Rules dec 2022 v1.3 WCup;

IOF Ski Orienteering Rules dec 2022 v1.3 JWSOC

ANTI-DOPING

Doping is strictly forbidden. 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 an organizer. Athletes selected for the doping tests must bring an official identification document (with photo) to the doping test area. The athlete should also bring along their Therapeutic Use Exemption (TUE) if applicable.

MONDAY, JANUARY 30

MODEL EVENT

A Model event is offered to give all competitors the opportunity to familiarise themselves with the terrain type, track quality, control point construction, punching method and start procedure.

Location

There will be direction signs form Event centre to Model Event start.

Opening hours

Model event is available from 10:00 till 14:00

Instructions

Model maps will be available in the event office on January 30.

It will be possible to test the SIAC card battery, clear and check before going through the start procedure and setting out on a simpler ski-o course. No time-taking or punching checks will be carried out.

Services

Changing rooms and toilets will be available in EC.

TUESDAY, JANUARY 31

SPRINT

To the start.

The pre-start is at the border of the quarantine zone. Details will be given in the team officials meeting.

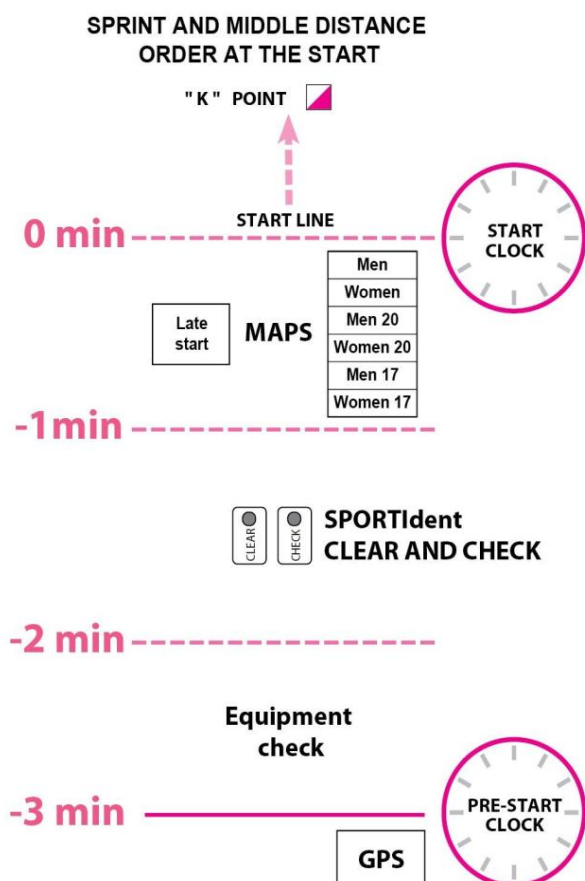
GPS

An organizer will provide athletes with a GPS at the pre-start.

Clothing transfer

Leave your bag at the bag drop (see the map in team officials meeting material).

Start procedure



Note that the time shown on the “PRE-START CLOCK” is three minutes ahead of local time. Start will be with “hand on shoulder”. Competitors who starts too early will be given a 2 minute time penalty.

Maps

1:5000 - 5-metre contour interval - A4 size (21 x 30 cm)

Course details

(class; distance (km); Shortest sensible route (km); number of controls; climb)

M21	3,4	(5,0)	17	(140)
W21	3,2	(4,7)	15	(130)
M20	3,2	(4,7)	15	(130)
W20	3,0	(4,4)	13	(120)
M17	2,7	(3,9)	11	(95)
W17	2,2	(3,2)	9	(75)

Refreshments

Water and tea is served after the finish line

The maximum skiing time is 90 minutes

Finish

Taping and track markings in the snow will show the way from the last control to the finish. After crossing the finish line, you will be directed to download the data from your SIAC and return your number bib.

Mixed zone / Media

A “mixed zone” for media–athlete interaction will be located after download of SIAC. Please take your time to answer any questions. This is a perfect opportunity to market the sport and highlight your performance. If necessary team leaders may hand their athletes coveralls before going through the mixed zone.

WEDNESDAY, FEBRUARY 31

MIDDLE DISTANCE

To the start

Follow the taped route from quarantine to pre-start.

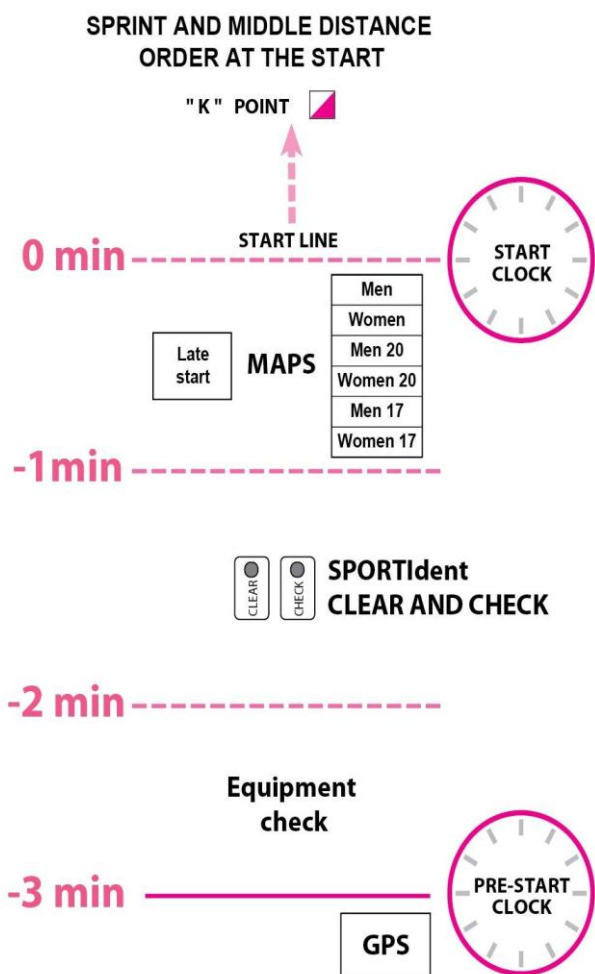
GPS

An organizer will provide athletes with a GPS at the pre-start.

Clothing transfer

Leave your bag at bag drop (see the map in team officials meeting material).

Start procedure



Note that the time shown on the "PRE-START CLOCK" is three minutes ahead of local time. Start will be with "hand on shoulder". Competitors who starts too early will be given a 2 minute time penalty.

Maps

1:10000 - 5-metre contour interval - A4 size (21 x 30 cm)

Course details

M21	8,4km	26KP	380
W21	7,1km	20KP	225
M20	5,4km	18KP	190
W20	4,9km	15KP	190
M17	4,5km	15KP	170
W17	3,6km	13KP	185

Refreshments

Water and tea is served after the finish line

Maximum skiing time

The maximum skiing time is 2 hours.

Finish

Taping and track markings in the snow will show the way from the last control to the finish. A photocell is used as a back-up system. After crossing the finish line, you will be directed to download data from your SIAC and return your number bib.

Mixed zone / Media

A “mixed zone” for media–athlete interaction will be located after download of SIAC. Please take your time to answer any questions. This is a perfect opportunity to market the sport and highlight your performance. If necessary team leaders may hand their athletes coveralls before going through the mixed zone.

FRIDAY, FEBRUARY 3

LONG WITH MASS START

To the start

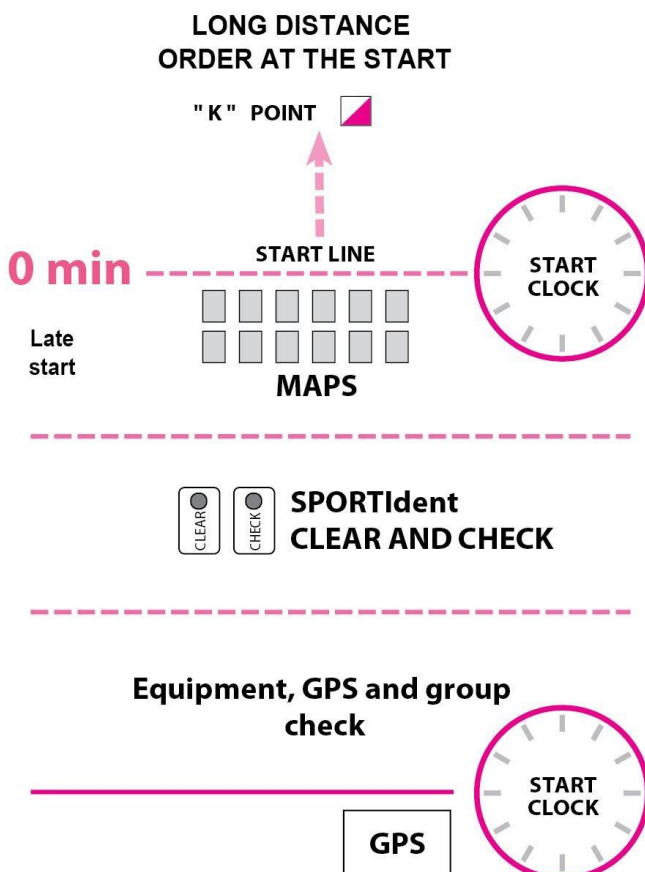
Follow taped route from quarantine to Pre-start.

GPS

An organizer will provide athletes with a GPS at the pre-start.

Clothing transfer

Start procedure



Opening time for the starting area will be given at the team official meeting. At the pre-start the SIAC number will be checked. Clear, check punches and SIAC test will be at the entrance to the start area. All athletes must be in the start area at least 5 minutes prior to the start time. In the start area the competitors will be positioned in rows. 2 minutes prior to the start time the competitors are asked to put their left hand behind their back. The map will be handed out to the competitors. Competitors shall keep the map in their hand behind their back until the command "MAPS" is given 15 seconds before the start. The start command "GO" will be given. Competitors must follow the marked route from the start line to the map start triangle.

Maps

1:12500 - 5-metre contour interval - A4 size (21 x 30 cm)

Course details

M21	18,0km	31KP	(510) 3 laps
W21	13,9km	26KP	(410) 3 lapsi
M20	12,0km	22KP	(400) 2 laps
W20	10,9km	21KP	(345) 2 laps
M17	8,0km	23KP	(220)
W17	7,0km	20KP	(190)

Map exchange

Map exchanges are applied in some classes, see the table above. Be careful to take the correct map. The organisers are not permitted to tell you that you have taken the wrong map. If your map is missing, speak immediately to the organiser at the map exchange to get a new map.

Equipment deposits

Equipment may be deposited at designated place in the arena and at a position in the forest. Team officials and organisers are not permitted to assist an athlete during equipment changes. All equipment to be transported into the forest should be packed in ski bags clearly marked with team and class. The bags should be handed to the organisers at the entrance to the quarantine at the latest 30 minutes before the first start of the day. Once the race is over, the equipment may be collected from the same place. Team leaders should place equipment for the arena at the indicated position.

It will not be allowed to change undamaged equipment.

Refreshments

Water is served along the course. Water and tea is served after the finish line.

Maximum skiing time

The maximum skiing time is 3 hours.

Finish

Taping and track markings in the snow will show the way from the last control to the finish. In the case of a photo finish the position in the result list will be given by the tip of the toe. The position based on registered time and photo finish may in rare cases differ due to this. After crossing the finish line, you will be directed to download data from your SIAC and return your number bib.

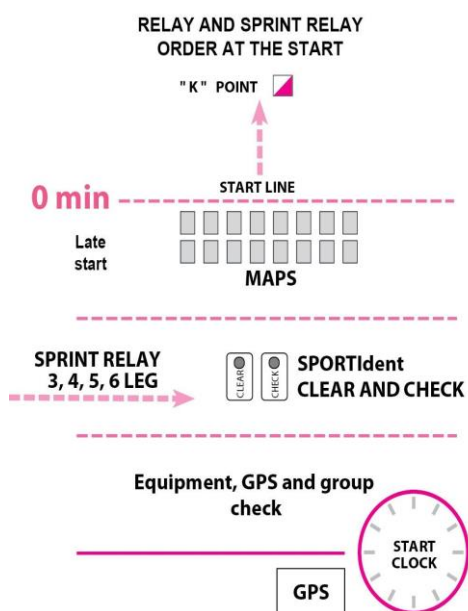
Mixed zone / Media

A “mixed zone” for media-athlete interaction will be located after download of SIAC. Please take your time to answer any questions. This is a perfect opportunity to market the sport and highlight your performance. If necessary team leaders may hand their athletes coveralls before going through the mixed zone.

SATURDAY, FEBRUARY 4

RELAY

Start procedure - Start will be located at the arena.



GPS

An organizer will provide athletes with a GPS at the pre-start.

Start procedure

Pre-start and warm-up area will open 30 minutes prior to the start for skiers on the first leg. At the pre-start the SIAC number and battery will be checked. All athletes must be in the start area at least 5 minutes prior to the start time. Clear, check punches and SIAC test will be at the entrance to the start area. In the start area the competitor's will be positioned in rows. 2 minutes prior to the start time the competitors are asked to put their left hand behind their back. The map will be handed out to the competitors. Competitors shall keep the map in their hand behind their back until the command “MAPS” is given 15 seconds before the start. The start command “GO” will be given. Competitors must follow the marked route from the timed start line to the map start triangle.

Changeover

Taping and track markings in the snow will show the way from the last control to the changeover. More information about changeover will be given in team officials meeting.

Maps

1:10000 - 5-metre contour interval - A4 size (21 x 30 cm)

Course details

Details refer to one independent leg

M21: 7.4km -18KP - 180m

W21: 6.5km -18KP - 150m

M20: 6.7km - 19KP - 165m

W20: 5.6km - 16KP - 130m

M17: 4.0km - 14KP - 90m

W17: 3.6km - 12KP - 75m

Equipment deposits

Equipment may be deposited at a designated place in the arena. Team officials and organisers are not permitted to assist an athlete during equipment changes. Team leaders should place equipment for the arena at the indicated position.

Maximum skiing time

The maximum skiing time for the team is 5 hours.

Finish

Taping and track markings in the snow will show the way from the last control to the finish. The finish line will also be filmed. In the case of a photo finish the position in the result list will be given by the tip of the toe. The position based on registered time and photo finish may in rare cases differ due to this. After crossing the finish line, you will be directed to download data from your SIAC and return your number bib.

Re-start

There will be a restart after the first 6 teams have finished the competition.

SUNDAY, FEBRUARY 5

SPRINT RELAY

In the sprint relay, legs 2, 4 and 6 must be skied by a woman.

To the start

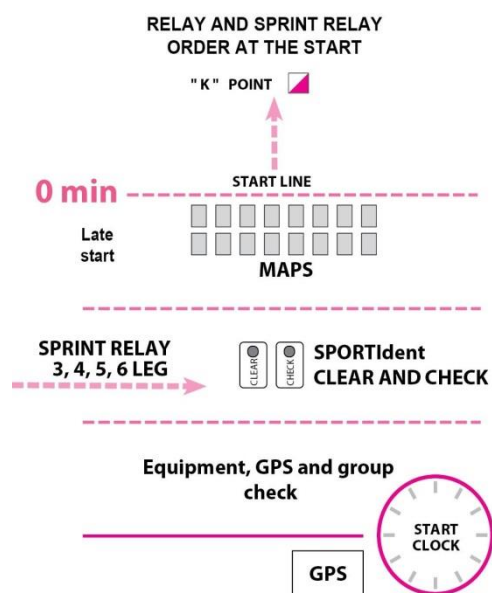
Start will be located at the arena.

GPS

An organizer will provide athletes with a GPS at the pre-start.

Start procedure

Pre-start and warm-up area will open 30 minutes prior to the start for skiers on the first leg. At the pre-start the SIAC number will be checked. Clear, check punches and SIAC test will be at the entrance to the start area. In the start area the competitor's will be positioned in rows. All athletes must be in the start area at least 5 minutes prior to the start time. 2 minutes prior to the start time the competitors are asked to put their left hand behind their back. The map will be handed out to the competitors. Competitors shall keep the map in their hand behind their back until the command "MAPS"



is given 15 seconds before the start. The start command "GO" will be given. Competitors must follow the marked route from the timed start line to the map start triangle.

Changeover

Taping and track markings in the snow will show the way from the last control to the changeover. Downloading of data from the SIAC will be done after each leg. More information about changeover will be given in team officials meeting.

Maps

1:5000 - 5-metre contour interval - A4 size (21 x 30 cm)

Course details

Details refer to one independent leg

Men 2.1km -2.3km 12 cp Climb 65m

Women 1.7-1.9km 8 cp Climb 50 m

Maximum skiing time

The maximum skiing time for the team is 1,5 hours.

Finish

Taping and track markings in the snow will show the way from the last control to the finish. The finish line will also be filmed. In the case of a photo finish the position in the result list will be given by the tip of the toe. The position based on registered time and photo finish may in rare cases differ due to this. After crossing the finish line, you will be directed to download data from your SIAC. Both team members shall return their number bibs.

