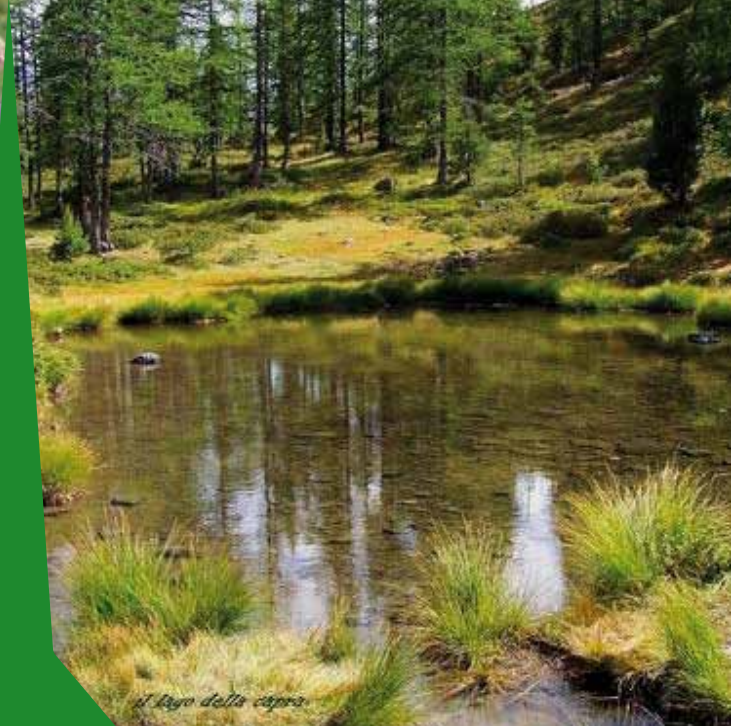


WMOOC
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WORLD MASTERS
ORIENTEERING
CHAMPIONSHIPS



Bulletin N° 2

2 – 10 AUGUST 2013
OLYMPIC MOUNTAINS
TURIN – ITALY



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1. ORGANISERS

GREETINGS:



Brian Porteous
IOF President

On behalf of the International Orienteering Federation, a very warm welcome to the 2013 World Masters Orienteering Championships and the World Masters Games. Orienteering is a truly unique sport and one of our greatest strengths is the fact that we are a sport for all ages and abilities. There is no better place to see that than at our World Masters Championships. I am sure that you will all have a great time in Sestriere and Turin and I want to thank the Federazione Italiana Sport Orientamento, the sponsors and supporters and all the officials for their hard work in making the WMOC 2013 possible.

I hope that you will enjoy the forests and the competitions but more importantly, in the true spirit of orienteering, I hope you will meet many old friends and make new ones.



Mauro Gazzero
FISO President

Orienteering discovers the Olympic Mountains with the World Masters Orienteering Championships, an important international event which takes place within the World Masters Games. With over 2,500 participants, the “sport of wood ” is confirmed among the most attended and loved. Numbers that can suggest a significant future

development in our country that has long started to learn and practice the orientation more and more widely and in all its forms: Running, biking, skiing, as well as the version also open to Paralympic, the Pre-O.

A large frame, like that of Piedmont, will highlight aspects such as the development of the area and the athletic gesture of the many participants engaged in the most prestigious event in the calendar FISO 2013. Since the beginning, we must emphasize the great preparatory work carried out in the past months by technicians, by the Organizing Committee and the many volunteers who immediately have sent their membership from all over Italy.

Actors and stage are ready: you just have to enjoy the show.



Antonio Saitta

President of the Province of Turin

Gianfranco Porqueddu

Vice-President of the Province of Turin

and Sport and Post-Olympic councillor of Province of Turin

WELCOME TO TURIN AND THE OLYMPIC MOUNTAINS

On behalf of the citizens of the 315 municipalities of our province, we send to all participants at the World Masters Orienteering Championships the most cordial welcome in the valleys which in 2006 hosted the XX Olympic Winter Games. Thanks to the fame achieved with the 2006 Olympics, in recent years, Turin and its province have become a major tourist destination, which has much to offer its visitors: the mountains with their sports and their beautiful natural landscapes, the places of history as the fortresses of Fenestrelle and Exilles, places of faith and the spirit as the Sacra di San Michele and the Abbey of Novalesa, the Savoy Residences, the historic buildings, streets and squares in which they were written important pages of Italian history, the Egyptian Museum, second in the world for the richness of the collections, the Museum of Cinema and the Automobile Museum.

Turin and its province are always in motion, always looking for new goals to achieve, in the civil and political life, in industry and science, culture and sport. The territory be running everywhere and the capital that we invite you to visit look to the future but do not forget their past, cultural heritage, traditions and popular food and wine quality. Turin and its alpine valleys are home to large events for many years and have given birth to sports clubs known all over the world. But in Turin sport is not only for samples: for hundreds of thousands of ordinary citizens

physical activity is a pleasant daily commitment

a healthy and smart leisure and, above all, an opportunity to aggregation.

We are certain that you will appreciate the charm of our alpine resorts and we hope that you will decide to returning again, as calm and relaxed tourists, to visit them and to seize the many opportunities to practice outdoor sports that our area offers all year round.



Alberto Cirio

Sport councillor of Piedmont Region

It is with pleasure that we welcome all Orienteering fans that will meet this summer, in Piedmont, on the occasion of the World Masters Orienteering Championships 2013.

Perhaps there is no better sport to get truly in touch with the authentic soul of our mountain, with the beauty of its landscapes, the evocative atmosphere of the woods.

And to test the summits already ride by the greatest champions of the snow will surely be an emotion for athletes of all ages who gather in our beautiful Olympic Valleys from every part of the world.

To all of them our warm welcome, sure that the hospitality of Sestriere, Cesana, Claviere, Pragelato and Bardonecchia will be the brightest star in this amazing experience!



Franco Capra

President of the Organizing Committee
and Mayor of City of Claviere

The municipalities of the Olympic Mountains, since the first moments of the organization of the Olympic Winter Games of Torino 2006, are accustomed to working together and for this event we were promptly put to work in great harmony between private and public, among municipalities, hotels, ski clubs, touristic operators, all of us aware of the importance of this World Championship and of the relevance that may have on our territory.

The Organizing Committee of the 2013 WMOC is joined by technical staff of the highest level, which I would like to thank you for the work they are doing. In particular I want to mention one name for all: the Event Manager Francesco Rustichelli.

But there are many other people I want to thank for their work, carried out with enthusiasm and passion: the "Volunteers".

Among them are orienteers, local volunteer associations of sports, veterans on leave from the National Alpine Association and a key part is also composed of the Alpine Troupes of the Italian Army.

The Olympic Mountains offer great hospitality and catering level, possibility of housing for all needs but always with great attention to quality, culture and traditions, recreation and sports facilities.

And the Olympic legacy makes us competitive also in terms of human resources who live in these mountains and on this occasion we are precious to organize and manage, as always, everything in the best way.

I want to thank the hosts of the territory for the invaluable financial help that they decided to give to the organizing committee by purchasing the bracelet that will be given to each athlete and guide to use the services and discounts their dedicated during their stay in the Olympic Mountains and turin province.

I can gladly say that our hosts are an important part of the organization.

I am sure that the beauty of our mountains and so the organization will be appreciated and welcome and I hope it will make me want to our friends athletes and their families to come back to see us not only in summer but also in winter . And then I think that this event will attract many Italians in this beautiful sport in contact with nature, and, to varying degrees, suitable for everyone. And the inclusion of this event in the World Masters Games in Turin 2013 may not be a fly on the dissemination and wider knowledge Orienteering.



Valter Marin

Mayor of the City of Sestriere

Sestriere is ready to welcome with great enthusiasm the World Masters Orienteering Championship 2013, which will take place in our beautiful Olympic Mountains. The white snow that accompanies thousands of athletes during the winter season, has arrived on our area from all over the world to ski on beautiful in the summer gives

way to the green and the bright colors of Alpine nature in bloom. To act as a common denominator between the two seasons a fantastic blue sky for a postcard view.

After so many international events dedicated to skiing, from the World Cup, going to the World Championships and the Olympics and Paralympics Winter Games, Sestriere is ready to welcome a big summer event like the WMOC 2013

We are sure that athletes and accompanying will appreciate our territory.

Welcome to the Cozie Alps and see you next winter for skiing on our beautiful slopes!



Lorenzo Colomb

Mayor of the City of Cesana Torinese

The Municipality of Cesana Torinese is pleased to host a great sporting event like the World Masters Orienteering Championship 2013 to be held from 2nd to 11th August, on the Olympic mountains of Piedmont. An event that we are happy to share with the municipalities of Bardonecchia, Claviere, Pragelato, and Sestriere and that will characterize our summer. It will be an important showcase, a real test for an area used to host major international events during the winter season and are convinced to do the same also in the summer.

The organizational machine is working hard, we want to do well for what is considered the best spot we can do to promote our territory.

I wish you all Good luck for the races and pleasant stay in our mountains.



Roberto Borgis

Mayor of the City of Bardonecchia

The WMOC that in August of 2013 will fill the Olympic Mountains of athletes, will be an opportunity to decline the snowy peaks of Alta Val Susa in a summer version, equally suggestive as the winter.

Specifically on August 3rd, Bardonecchia will be the site of a Model Event that will allow athletes and spectators to test the “hand of the tracers”, but also get to know the beauty and hospitality of the “Pearl of the Alps”.

I believe that among the many great events that the territory of Bardonecchia hosted in time, the orienteering, or “the sport of the woods”, both as never indicated to fully know the spirit and charm of our Alps .. and then yet again have a mountain to show!



Gianni Arolfo

Mayor of the City of Pragelato

Welcome to Pragelato to all participants of the World Masters Orienteering Championships 2013. An extremely important event for the whole territory of our mountains and the Olympic valleys that once again, after the Winter Olympic Games of Torino 2006, he attracted the attention internationally in a prestigious setting, this time in the summer. And it is right on the pristine beauty of our places that we achieve with the belief that will capture the attention of all those who love the mountains and its traditions.

I wish all the participants a unique experience in Pragelato and the entire alpine area theater this edition of the World Masters Orienteering Championships and to return soon to attend our beautiful mountains and valleys. We have been waiting for the next winter season to discover the metamorphosis of our territory that goes from green meadows to the immaculate white of the snow.

ORGANISING COMMITTEE

President	Franco Capra
Vice President	Carlo Fogliata
Members	Giovanni Brasso Massimo Debernardi Riccardo Mazzoleni Giuseppe Falco Stefano Galano
Secretary	Diego Joannas

EXECUTIVE COMMITTEE

Event Manager	Francesco Rustichelli
Event Manager Assistant	Carla Balma
Planning	Cesare Spacca
Technical Area	Massimo Bianchi
Logistic Area	Luigino Zanella
Administrative Area	Lorenzo Palladino
Start	Leonardo Curzio
Finish	Mariano D'Andrea
Speaker	Wolfgang Potsch
IT/Internet/Webmaster	Digital Tree / Andrè Schnyder
Staff	Dante Roggia / Claudio Salvai
Medical Service	Dott. Simone Di Giorgi
Security	Alberto Bethaz
Food	Marachella Group
Marketing and Merchandising	Lorenzo Palladino
Media	Barbara Merlin
Mappers	Oleksandr Kapralov / Vadim Prokopchuk / Oleksandr Mikhaylov / Sergii Usenko
Course setters	Sprint Qualification Giaime Origgi Sprint Final Paolo Mario Grassi Long Qualification 1 Daniele Pagliari Long Qualification 2 Mario Ruggero Long Final Marco Seppi

EVENT ADVISERS

IOF Senior Event Adviser	David May (GBR)
IOF SEA Assistant	Tulla Spinelli (SUI)
National Controller	Francesco Giandomenico

JURY

David May (GBR), non-voting chairman (SEA)
Tuomo Peltola (FIN)
Tony Thornley (GBR)
Nermin Fenmen (TUR)

2. GENERAL INFORMATIONS

GENERAL PROGRAMME

FRIDAY 2 AUGUST

10 a.m.	10 p.m.	Event Centre Open - Arrival and Registration	Sestriere - Sport Hall
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SATURDAY 3 AUGUST

10 a.m.	10 p.m.	Event Centre Open - Arrival and Registration	Sestriere - Sport Hall
10 a.m.	6 p.m.	Model Event Sprint	Bardonecchia
10 a.m.	5 p.m.	Demonstration SPORTident controls, start, finish	Sestriere - Sport Hall

SUNDAY 4 AUGUST

8 a.m.	10 a.m.	Event Centre Open	Sestriere Sport Hall
6 p.m.	10 p.m.		
9 a.m.	2 p.m.	Info Point Open - Registration	Pragelato - Race arena
10 a.m.		First Start - Sprint Qualification	Pragelato
6 p.m.	8 p.m.	Opening Ceremony	Sestriere - Sport Hall
8 p.m.	9.30 p.m.	"Welcome Party"	Sestriere - Sport Hall

MONDAY 5 AUGUST

8 a.m.	8 p.m.	Event Centre Open	Sestriere - Sport Hall
8 a.m.	8 p.m.	Info Point Open	Sestriere - Sport Hall
10 a.m.		First Start - Sprint Final	Sestriere
1 p.m.		Prize giving Ceremony - Sprint Final	Sestriere - Race arena
3 p.m.	7 p.m.	Tourist programme	

TUESDAY 6 AUGUST

10 a.m.	10 p.m.	Event Centre Open - Registration	Sestriere - Sport Hall
10 a.m.	6 p.m.	Model Event Long	Sestriere - Monte Rotta
10 a.m.	7 p.m.	Tourist programme	

WEDNESDAY 7 AUGUST

8 a.m.	10 a.m.	Event Centre Open	Sestriere Sport Hall
6 p.m.	10 p.m.		
9 a.m.	3 p.m.	Info Point open - Registration	Sansicario - Race arena
10 a.m.		First Start - Long Qualification 1	Sansicario

THURSDAY 8 AUGUST

8 a.m.	10 a.m.	Event Centre Open	Sestriere Sport Hall
6 p.m.	10 p.m.		
9 a.m.	3 p.m.	Info Point Open	Sansicario - Race arena
10 a.m.		First Start - Long Qualification 2	Sansicario
8 p.m.		Official Banquet	Sestriere - Sport Hall

FRIDAY 9 AUGUST

8 a.m.	10 a.m.	Event Centre Open	Sestriere Sport Hall
6 p.m.	10 p.m.		
10 a.m.	6 p.m.	Model Event Long	Claviere - La Coche
10 a.m.	7 p.m.	Tourist programme	

SATURDAY 10 AUGUST

8 a.m.	10 a.m.	Event Centre Open	Sestriere Sport Hall
6 p.m.	10 p.m.		
10 a.m.		First Start - Long Final	Cesana/Claviere - Monti della Luna
9 a.m.	3 p.m.	Info Point open	Cesana/Claviere - Race arena
7 p.m.		Prize giving Ceremony - Long Distance Final	Sestriere - Sport Hall
8 p.m.	11 p.m.	Closing Ceremony with special effect and "Good bye party"	Sestriere - Sport Hall

SUNDAY 11 AUGUST

10 a.m.	12 noon	Event Centre Open	Sestriere - Sport Hall
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GENERAL OVERVIEW MAPS

Olympic Mountains



Sestriere



EVENT CENTRE

How to reach the Event Centre (EC)

The Event Centre is the Sport Hall in Sestriere. It is easily accessible by car or public transport.

GPS: : 44.959295 - 6.877849

By car:

From Frejus Tunnel and from Turin/Milano: motorway A32, exit "Oulx", national road SS24 up to Cesana and then national road SS23 to Sestriere

From Genova: motorway A6, ring road south of Turin, motorway A55 and then national road SS23 to Sestriere.

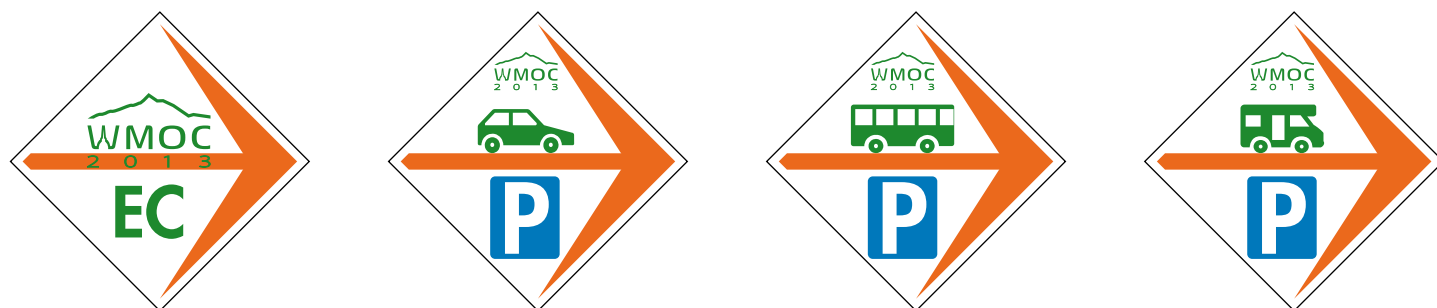
By Train/ Bus:

The Rome-Paris international railway runs through the Susa Valley.

The trains are very frequent and all stop at the railway station at Oulx.

A public bus service connects Oulx to Sestriere.

See <http://www.sapav.it/upload/orari/estivi/000276.pdf> for timetable.



EC opening hours

In Sestriere, Sport Hall

Friday, 2 August	10 am – 10 pm
Saturday, 3 August	10 am – 10 pm
Sunday, 4 August	8 am – 10 am / 6 pm – 10 pm
Monday, 5 August	8 am – 8 pm
Tuesday, 6 August	10 am – 10 pm
Wednesday, 7 August	8 am – 10 am / 6 pm – 10 pm
Thursday, 8 August	8 am – 10 am / 6 pm – 10 pm
Friday, 9 August	10 am – 10 pm
Saturday, 10 August	8 am – 10 am / 6 pm – 10 pm
Sunday, 11 August	10 am – 12noon

Services at the EC

Different services will be also available at the EC:

- Accreditation desks
- Information desk
- Merchandising
- Food and Drink
- Tourism Information

Staff will be available to answer your questions.

The EC Information desk will deal with all enquiries.

Information about accommodation will also be provided at the EC.

ACCREDITATION

The accreditation desks will be arranged by nation.

There will also be desks reserved for Tour operators.

The accreditation must be done preferably by the team leader.

A team is a group of runners who have made their entries together.

Each team leader will receive the necessary documents for his/her group and the corresponding number of welcome bags, one for each runner.

Please bring your **REGISTRATION ID**. Without your REGISTRATION ID you won't get your package.

Before they can collect their bags, all runners must:

- Pay any remaining charges
- Provide the original copy of the Medical Certificate (only foreign athletes)
- Give the statement of the President of Sport Club (only athletes registered FISO)
- Deliver the signed waiver of responsibilities

The Welcome Bag includes:

- Team-ID card (one per group) to collect maps after the races
- Official Bulletin 2 for each participant
- Bibs
- Rented SPORTident cards
- Model Event maps Long (Sprint Model maps will be available directly in Bardonecchia assembly area)
- Warm up maps Prepaid Parking Pass
- Prepaid tickets for Banquet and other programmes
- Gadgets

If you haven't been accredited before, you may also do so on 4 August at the Info Point in the Pragelato assembly area.

Competitors who have entered the Long Distance races only, may also be accredited at the Info Point in the Sansicario assembly area on 7 August.

MEDICAL CERTIFICATE

According to Italian law, all athletes enrolled at WMOC must have a medical certificate that declares fitness to practise orienteering at a competitive level.

- **Foreign athletes:** must download the form from our website, have it signed by a doctor and send a scanned copy via mail to: medical.certificate@wmoc2013.it if not done already, and bring the original to WMOC as well.
- **Italian athletes and foreign athletes registered for an Italian Sports Club:** must submit a statement by the President of their Sports Club, showing the regular enrolment for 2013 and possession of a valid medical certificate of habilitation to competitive sports activities.
This statement should be sent to medical.certificate@wmoc2013.it

ALL ATHLETES MUST PRESENT THE ORIGINAL OF THE MEDICAL CERTIFICATE OR THE STATEMENT OF THEIR SPORTS CLUB PRESIDENT AT THE TIME OF ACCREDITATION, OTHERWISE IT IS NOT POSSIBLE TO PARTICIPATE IN THE RACES!

WARNING: YOU CAN NOT DO THE MEDICAL EXAMINATION IN SESTRIERE NOR IN TURIN.

INSURANCE

ALL PARTICIPANTS ARE RECOMMENDED TO TAKE OUT AN ACCIDENT INSURANCE POLICY THAT, IN THE EVENT OF AN ACCIDENT, COVERS ALL FEES FOR THE EVENTUAL RETRIEVAL, RESCUE AND TRANSPORT BY HELICOPTER TO THE HOSPITAL.

It will be possible to take out an accident insurance policy directly at the Event Centre

WRISTBAND

The wristband is free for athletes and accompanying persons staying in partner accommodation facilities. If you are not sure that your accommodation is a WMOC partner, you can ask the hotel manager, your tour operator or our support service at info@wmoc2013.it.

Each athlete and accompanying person will find their wristbands upon arrival in their hotel (or other partner accommodation).

If you are not staying in a partner accommodation facility, you can buy the wristbands at the ticket shop on the website (www.shop.wmoc2013.it) or upon arrival at the accreditation desk.

The cost of the wristband is **60 EUR** per athlete and **40 EUR** per accompanying person and is free for children from 0 to 12 years old.

WRISTBANDS ARE NOT NEEDED TO ACCESS THE RACES: ACCESS TO THE RACES WILL BE GRANTED TO EVERYBODY WEARING THEIR RACE BIB, EVEN WITHOUT WRISTBANDS.

Wristband benefits include:

- Ability to park free in the parking areas reserved for WMOC (valid only for cars and campers, not for buses)
- Free pass for the chairlift to the Long Final assembly area for accompanying persons
- Free floor space accommodation in the school (Reservations required - contact info@wmoc2013.it).
- Kindergarten, for children from 3 to 10 years old.
- 20% discount at Kappa and Superga shops
- 20% discounts on tickets for the pool: pool entrance 5.50 EUR (instead of 7.00 EUR), daily ticket + sun lounger 9.00 EUR (instead of 12.00 EUR).
- Free use of squash courts and fitness area in EC
- Free use of the sauna and Turkish bath in EC
- 10% discounts on tickets for Parco Avventura Chaberton.
Free of charge path on trees "green" and "green+" for children under 110 cm.
- Cesana-Claviere Tibetan bridge: 10 EUR instead of 15 EUR for passage and equipment rental
- 15% discount for Wildlife watching with dinner at altitude!
Departure 6 p.m. and return at 11 p.m. by jeep and wildlife experts. Group min 10 - max 20 people.
Menu: '4 local appetisers, grilled meats with vegetables, dessert and coffee'; drinks included.
Costs 34.00 EUR (instead of 40.00 EUR)
- Every day - lunch at Chisonetto with 15% discount.
- 10% discount for dinner in Trattoria Martin of Cesana

TRANSPORT AND PARKING

The Assembly areas for the two Sprint races, the Sprint Model Event, the two Long Distance Qualification races and the two Long Distance Model Events, can all be reached from the car and coach parking on foot.

The Assembly area of the Long Distance Model Event at Claviere "La Coche" is a 35 minute walk from the car and coach parkings.

The Long Final Assembly area at Sagnalonga can only be reached by chairlift.

The use of chairlifts will be free for athletes with bibs and for all those who wear the wristband.

Accompanying persons who do not have the wristband will need to pay for transport to the Long Final assembly area. They will be able to buy their transport tickets the previous days at the Event Centre and at the Info Point in assembly areas.

Cost of one roundtrip ticket to the Sagnalonga Assembly area: **10 EUR**.

WMOC shuttle service

Official transport to the races and to Model Events will be available for a fee of **50 EUR** for all days or **10 EUR/day**.

The shuttle buses will depart from the Event Centre and are using the same upload places as the private coaches.

While entering the shuttle buses please have ready the ticket that you received with your welcome bag. Transport can be booked by writing to **transport@wmoc2013.it** and paid directly at the accreditation.

Road System

There are tolls on Italian motorways.

Speed limits are: on motorways - 130 km/h, on secondary roads outside cities - 90 km/h and 50 km/h in the city.

Pay attention : some speed limit controls are installed in the area of Olympic Mountains!

Driving is on the right in Italy.

Private cars parking

Free car parking spaces are available near the EC. **(not on 4 and 5 August)**

These spaces will also be used for the Long Model Event at "Monte Rotta".

Parking pass are mandatory for all others races and Model Events.

Please book your parking passes writing to: **parking@wmoc2013.it**

Athletes who have wristband can pick up their parking pass at accreditation.

Those who do not have a wristband may buy parking pass at the EC for **40 EUR**.

On request, a special parking pass will be distributed for runners older than 80 years.

This "80+ Parking pass" will allow runners to park closer to Assembly areas or Shuttle stations.



Campervans Parking

There are serviced areas in Sestriere, Cesana and Claviere for campervans (pay separately).

During race days, campervans may park only in the parking areas reserved for them by the organisers near the assembly areas, and shall have the parking pass.

Parking passes are mandatory for all races and Model Events.

Please book your parking pass writing to: parking@wmoc2013.it

Athletes who have the wristband can pick up their parking pass at accreditation.

Those who do not have the wristband may buy their parking pass at the EC for **50 EUR**.

Coach Parking

Groups or Tour Operators with coaches may drop off competitors near to assembly areas, or to shuttle/chairlift departure points, for all races and Model Events, provided they have the relevant parking pass.

For the Long Distance Model Event of Claviere “La Coche”, coaches should drop off competitors some 2 km away from the assembly area, reached by a walk of about 35 minutes.

The cost of the coach parking pass for all days is **100 EUR** and it must be ordered writing to:

parking@wmoc2013.it, specifying the number of participants in the coach and the **Registration ID**

Date	Event	Distance from Coach unload place to Assembly area or to chairlift departures	Coach parking after unloading
Saturday, 3 August	Model Sprint	2 minutes walking	Directly near assembly area
Sunday, 4 August	Sprint Qualification	2 minutes walking	Directly near assembly area
Monday, 5 August	Sprint Final	6 minutes walking	1 km from assembly area
Tuesday, 6 August	Model Event Long Distance	6 minutes walking to the shuttle bus departure	1 km from assembly area
Wednesday, 7 August	Long Distance Qualification 1	5 minutes walking	Coach parking is 3 km from assembly area
Thursday, 8 August	Long Distance Qualification 2	5 minutes walking	2,5 km from assembly area
Friday, 9 August	Model Event Long Distance	35 minutes walking	1 km from unloading
Saturday, 10 August	Long Distance Final	to Cesana: 1 minute walking from chairlift departure	Coach parking is a maximum distance of 5 km from unloading at Cesana

SHOPS

Sport and O-Shops will be present at the arenas of each competition.

All shopkeepers may purchase retail spaces (3m x 3m), **until 20th July**, writing to: info@wmoc2013.it

Please note that no unregistered Shops will be allowed on any of the WMOC 2013 areas.

MERCHANDISING WMOC 2013

Several WMOC 2013 merchandising items will be available in EC and in the race arenas.

PHOTOS

During WMOC 2013 there will be a professional photographer taking photos of each runner. These photos may be purchased either on site or online. Further information may be found in your welcome bags.

PRESS AND MEDIA

Media representatives will have access to results, to officially appointed places for taking photographs and to press releases reporting from the competition in English.

Media representatives must ask for accreditation from press@wmoc2013.it or in the website's Press area.

Press accreditation will be distributed at the EC.

LOST AND FOUND

Found items may be handed in and lost items claimed at the EC and at the EC information desk at the assembly areas. The lost items will be kept by the organiser until the end of August 2013.

After this date, the items will be disposed of.

FOOD AND DRINK

A wide variety of food and drink will be on sale in all the Assembly areas.

There will be a special menu for the Official Banquet and for the Welcome and Good bye Parties.

The catering service will be provided by the "Marachella Group".

Food

3 DAILY CHOICES OF MAIN COURSE:	4.00 EUR
2 DAILY CHOICES OF SECOND COURSE:	5.00 EUR
SUMMER SALAD:	4.00 EUR
SANDWICHES/TOAST/ PIADINE (Italian flatbread):	3.00 EUR

Drinks

Espresso	1.00 EUR	American coffee	1.20 EUR
Decaffeinated coffee	1.00 EUR	Caffè d'orzo	1.00 EUR
Cappuccino	1.20 EUR	Tea	1.50 EUR
Warm milk	1.20 EUR	Fruit juices	2.50 EUR
½ Mineral water (with/no gas)	1.00 EUR	Draft beer 0.40 cl	4.50 EUR
Canned drinks (Coca-cola. Sprite)	2.50 EUR	Brioche & Croissant	1.00 EUR
Ice cream	2.00 EUR		

EMERGENCY CARE

Dial 118 in case of emergency

Nearest Hospitals are in Susa, Pomaretto, Torre Pellice, Pinerolo and Briançon.

FIRE EMERGENCY

No open fire will be allowed at any Competition area or Assembly area

There will be a compulsory smoking ban.

Dial 115 in case of fire.

CLIMATE

In August the weather in the Olympic Mountain is mostly pleasant but it must be considered that competition areas are located between altitudes of 1500 and 2300 metres, so the weather can change very rapidly and the temperature can drop quickly .

We therefore recommend that participants to bring along suitable clothing for the mountains also.

Particular attention must be given by participants to altitude: it is advisable for athletes acclimatise for a few days before the races.

WASTE AND RUBBISH

Please help us to maintain a clean environment in avoiding rubbish.

Bins for separate waste collection will be available in the Assembly areas and Event Centre

ACCOMMODATION

Accommodation can be booked on the website: www.wmoc2013.it

We offer a wide range of accommodation near the competition areas. You can choose four, three and two stars hotels, family hotels, residences, bungalows (in campsite), camping and agriturismo.

Floor space will be organised. (Places must be booked writing to: info@wmoc2013.it)

Cost: **8.00 EUR/day** - Free of charge with wristband

Camping

The official campsites are:

Camping Chisonetto - SESTRIERE

Camping Gofree - PRAGELATO

Camping Gran Bosco - SALBERTRAND

Campervan areas

Campervan sites are located in:

SESTRIERE

CESANA

CLAVIERE

3. COMPETITION INFORMATION

LATE ENTRY AND CHANGES

Start lists for WMOC are now finalised and no more changes can be made.

For NW Cup, changes/late entry will be charged **15 EUR** for those born in 1997 and after, **20 EUR** for those born after 1997.

Payment for changes and late entry should be done at the EC.

All changes have to be sent to **info@wmoc2013.it**

RENTED SPORTIDENT CARD

Hired SPORTident cards (SI-cards) can be found in your welcome bag at registration.

Competitors who did not indicate their own SI-card when they entered will get a rental-card from the organisers for a rental fee of **10 EUR**.

A deposit of **40 EUR** will be required for each rented SI-card, payable at the EC.

Please return the SI-card to the Info Point after your last race where you can reclaim the 40 EUR deposit.

COMPETITION RULES

The competitions will be conducted under Competition Rules for IOF Foot Orienteering Events (2013 Edition) together with the 2013 WMOC Guidelines. The Public Event (North West -Cup) will be held conforming to Italian Competition Rules.

Copies of these can be downloaded from

<http://orienteering.org/foot-orienteering/rules/>, and

<http://orienteering.org/foot-orienteering/event-organizing/organisers-guidelines/>.

For the Italian Competition Rules please follow the link: **www.fiso.it**

FAIR PLAY

All competitors shall behave with fairness and honesty. During the races athletes are forbidden to speak to each other.

All Long race competition areas are embargoed. Any attempt to survey, walk or train in the competition areas is forbidden. Attempts to gain any information related to the course, beyond that provided by the Organiser, is forbidden before and during the competition. Having crossed the finish line, a competitor may not re-enter the competition terrain without the permission of the Organiser. This includes the start and finish areas. A competitor who breaks any rule, or benefits from the breaking of any rule, may be disqualified.

The embargo rules for the two Sprint races have to be more flexible as some competitors may have accommodation within the competition area.

However, as for Long race restrictions, competitors are not allowed to survey or train in the Sprint areas before the respective competitions are held.

For the Sprint competitions, runners who stay in the competition areas must use the shortest route to get to the Assembly area. Also athletes are not allowed to re-enter either Sprint area after they have finished their race before the last competitor has finished his race.

At any time, respect fences, walls, individual properties and local population.

Always respect embargoed areas. Do not disturb animals. Never drop any object or paper and use specific containers instead. Always use official toilets by EC, Assembly, Pre-Start and Finish areas.

ANTI-DOPING

Doping is strictly forbidden, and the organisers of WMOC 2013 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 Code and rules apply as of 1st February 2010.

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."

BIBS

Every competitor will be issued with a numbered bib which must be worn on the chest for each race.

Information on bibs will consist of the competitor's name, SI-card number, ID Team Account, age class and heat and start times for the qualification races.

The coloured background (red, green and white) indicates the start location which is the same for all qualification races:

RED: M35; M40; M45; M50; M55; M60; M65; M70; W35; W40; W45; W50; W55;

GREEN: M75; M80; M85; W60; W65; W70; W75;

WHITE: M90; M95; W80; W85; W90;

Public event (North West Cup): RED: W21K; M21K; W21A; M21A; OPEN

GREEN: W12; M12; W14; M14; W16; M16; OPEN BEGINNERS

Every competitor is asked to complete the back of his or her bib with health data and emergency contact.

This information could be helpful for the medical team in case of emergency.

Lost bibs can be replaced at Information Desk for a charge of **5 EUR**.

The best ten (10) runners in the A-Finals will receive a new bib (10 to 1) in the pre-start area, where a WMOC 2013 official will offer assistance.

TERRAIN

The Sprint race terrains are both urban in nature, with buildings mixed with open or wooded land. There are few main roads. Long Q1 and Q2 are staged in larch forests. The runnability and visibility are both excellent and there are steep slopes at times. The Long Final will also be held in a larch forest. Its topography is more complex and varies between steep areas and low-lying areas with intricate contour detail.

More detail is given within the individual race day descriptions later in this Bulletin.

CLOTHES AND SHOES

Sprint races

Shoes: Dob spiked and spiked shoes are not allowed

Clothing: Shorts are possible (weather permitting)

Long races

Shoes: Dob spikes and spiked shoes are allowed.

Clothing: Regular orienteering clothing with long trousers.

For Long Distance Races, clothing transfer will be available from the pre-start to the finish area.

MAPS

The WMOC2013 orienteering maps have been made according to IOF drawing specifications. Offset printing has been used.

The material of the maps is 120g/m² waterproof paper (blueback).

The maps for the Sprint races are drawn according to ISSOM (International Specification for Sprint Orienteering Maps 2007) and have a scale of 1:4000 and a 2.5 metre contour interval for all classes.

The Long Qualification and Final maps have a scale of 1:10000 with a 5 metre contour interval for all classes and are drawn to ISOM.

The dimensions (in cm) for all competition maps are:



Sprint Q	27 x 37	
Sprint F	24 x 32	
Long Q1	30 x 40 (Red Start)	21 x 31 (Green and White Start)
Long Q2	30 x 36 (Red Start)	30 x 23 (Green and White Start)
Long F	30 x 41 (Red Start)	30 x 34 (Green and White Start)

SPECIAL MAP FEATURES

Special map features are explained on the front side of each competition map.




Special map features Sprint

For the ISSOM Symbols 539 and 540 the following specification is used:

	Man made object (various)
	Table

Special map features Long

For the ISOM Symbols 539, 540 and 418 the following specification is used:

	Charcoal burning platform
	Man made object (various)
	Water manhole

CONTROLS

Each control is equipped with

- the control flag
- one or two electronic punching stations (SPORTident stations)
- one pin punching device, only to be used if SPORTident fails

The control code is located on top of the SPORTident box and on the stand.

The number codes used range from 31 to 200.

There are many controls in the competition terrain.

Please make sure always to check your control codes!

CONTROL DESCRIPTIONS

Control Descriptions will be printed on the front side of all competition maps.

Loose copies of the control descriptions (not water resistant) will be available in the start lanes as part of the start procedure. Competitors have one minute to choose and prepare their control descriptions. At the start there is no tape or other equipment available to prepare control descriptions.

The maximum size of the loose control descriptions, 28 controls - is 205 x 60 mm. Each grid square has a 6mm side. Courses with fewer controls will have proportionately smaller sheets.

ELECTRONIC PUNCHING SYSTEM

The SPORTident system will be used for all races. All models of SI-Cards are allowed.

Every competitor has to use the SI-Card listed in the start lists.

Each competitor is responsible for using the correct SI-Card. In the case that a SI-Card is lost, broken, etc. the Info Point desk must be informed before the race.

Runners using a wrong or different SI-Card without informing the information desk, will not be classified.

CLEAR AND CHECK

Each SI-card must be cleared and checked before each race. Stations to clear SI-cards will be located at the entrance to the -4 min start box. Insert your SI-card and wait a few seconds until the "clear" unit beeps and flashes, verifying that previous data have been deleted.

After clearing your SI-card, please place the SI-card into a "check" unit where the "check" unit will beep and flash immediately, confirming that the SI-card is ready to use.

Start staff will be present to assist you.

AT EACH CONTROL

All controls are equipped with one or two SPORTident units. You may use either of the units.

Insert your SI-card into the control unit until the unit beeps and flashes. The red light and beep do not guarantee that the competitor is at the correct control. This should be checked in the usual manner by reading the control code on top of the SPORTident station. If you do punch at an incorrect control, simply continue to the correct control; the extra punch will be disregarded by the results software.

If the control unit does not function (there is no beep and no flash) then use the pin punch attached to the control stand and punch on your map in one of the spaces provided.

If you have pin punched any controls on your map you must hand the map in at the problem desk before leaving the Finish area and explain what you have done.

AT THE FINISH

At the Finish you must punch at one of the SI units on the Finish line. Your elapsed race time only stops when you punch one of these SI units. Competitors must punch one of these Finish units **even if they don't complete their course**.

AFTER THE FINISH LINE

After the Finish line you will be directed to the download station where the data from your SI-card will be transferred to the results system. The system will verify that you have visited all controls on your course in the correct order. Your split times will be printed immediately.

If you are using a rental SI-card and this is your last race, you must return your SI-card to the Arena Info Point, where you can reclaim the 40 EUR deposit.

START LIST AND RESULTS

For the qualification races, competitors in classes with more than 80 entrants are allocated to parallel heats by a random draw. The heats are indicated by numbers after the age class, e.g. W55-2 is the second heat for W55 runners.

Each runner will be in the same heat for both Long Qualification races, but the heats for the Sprint race will be drawn differently.

Start lists for the Qualification races will be published later in a separate document.

Start lists for the Qualification and Final races will also be available for review by participants on the wmoc2013.it website, at the EC, at the Information Desk at each competition arena and at each pre-start.

Start times for the Sprint Final will be available on the wmoc2013.it website by 8 pm, Sunday 4 August 2013, as well as at the EC. They will also be posted at the Info Point in the arena and at the start area on Monday morning.

The first start time for the Sprint Final is at 10 am.

Start times for the Long Final will be available on the wmoc2013.it website by 10 am, Friday 9 August, as well as at the EC. They will also be posted at the Info Point in the Arena and at the pre-start area on Saturday morning.

The first start time for the Long final is at 10 am.

Individual split times will be given to each competitor after crossing the finish line. Provisional results lists will be continuously updated at each Arena.

The complete results lists will be displayed at the EC from 8 pm after each race. All start lists, results lists, split-times and accumulated times will be made available on the website wmoc2013.it as well.

COMMENTARY

Race commentary will be provided by Wolfgang Potsch. He will provide competition news, class leader results mostly in English.

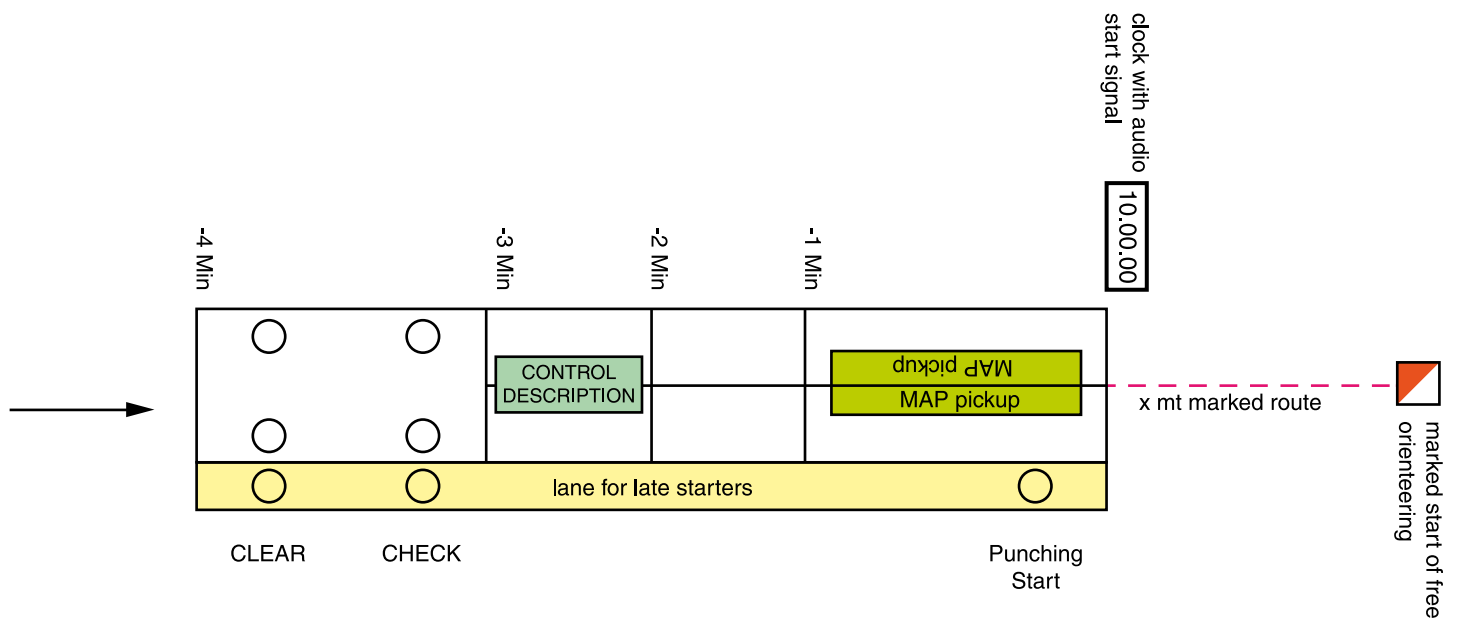
There will be several radio controls in the forest.

START PROCEDURE

Start organisation: Your bib colour (green, white or red) indicates one of the three start locations, for the Qualification races only;

Each runner is responsible for following the correct marked route to their pre-start area. For all races (Qualification and Finals) there will be a pre-start area before the start line. The competition area is out of bounds until your start time. Distances to the pre-start and time from pre-start to the start location are specific to each race.

Please refer to the detailed race description in the next sections



Every starting procedure is a silent process, and it is the runner's responsibility to be there on time!

In the start area, runners will pass through 4 consecutive starting boxes, and remain one minute in each one. When the clock in front of the first start box (-4 min) displays the runner's starting time, the runner steps in. This will be 4 minutes before the start. At this point the bib number, the SI-Card number and the starting time are checked. Runners without an SI-card or without a bib will not be allowed to start. If you lose or forget your bib or SI card you can get a replacement in the start area.

At the entrance to the first box (-4 min) SI-cards are cleared and checked, supervised by a WMOC2013 official.

In the second box (-3 min) each runner will pick up his/her loose control description sheet (optional). There will be no tape available for athletes' use. Runners must bring their own equipment to carry the loose control descriptions during the race. The control descriptions will also be printed on the map.

In the last minute before the start time, the competitor steps over the line into the -1 min box (the one with the maps). When entering the box, the runner proceeds to the map issue box labelled with his/her correct class and waits besides the map box for the remaining part of the minute. The start-countdown will be indicated by a series of 5 beeps at -5 to 0 seconds. At the last beep the competitor's race time starts running and the runner can take the map from the map box. The runner is responsible for taking the correct map.

Runners will then follow a marked route to the start point which is indicated by a control flag in the terrain and a triangle on the competition map. The distance to the triangle control flag will be 0 to 100m for Sprint races and 0 to 100m in the Long Distance races. You must follow the marked route to the start point.

Late Start:

Runners who arrive after their designated start time must use the late start lane where an official will accompany him/her. Your SI-card has to be cleared and checked along the lane. Control descriptions and the competition map will be handed out by a WMOC 2013 official. The competitor then starts the race by punching the start-unit when told to do so and a Start official takes a note of the actual starting time as well. Having done this, he/she is free to proceed to the starting point and begin the race. The results of runners who start late will be based on their original start time (with no time compensation). Only if their lateness is the fault of the organiser will their actual race time be used (IOF rules 22.9 and 22.10).

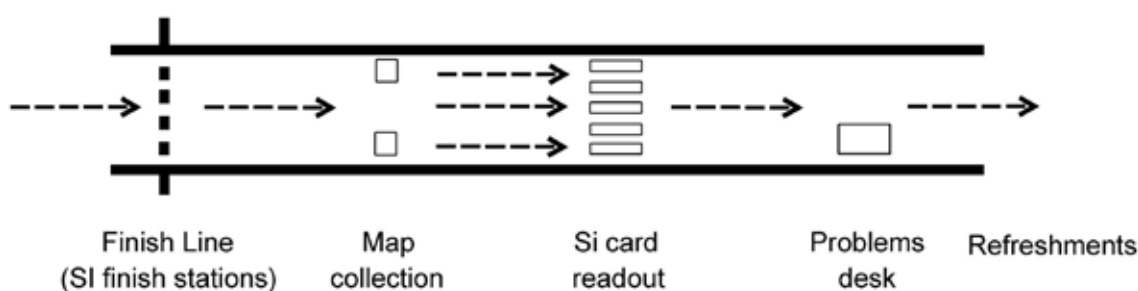
Any runner who is late, whether through their own fault or otherwise, should not discuss this with the start officials. If the competitor believes the organiser is responsible, he/she should make a complaint after running at the Information Desk in the Finish Area.

FINISH PROCEDURE

All runners are required to pass and punch at the Finish line, including those runners who do not complete the whole course. Runners who do not punch at the Finish line will be considered as “missing in the forest”, and may cause a search in the forest for the missing person. Your bib number must be clearly visible as you cross the Finish line.

When the runner reaches the Finish line, he has to punch one of the control units situated directly on the Finish line. The time will then be recorded and the race is over. After map collection the runner has to download his/her SI-card at one of the manned download stations, located at the exit. As a confirmation of the completed download, a slip with the runtime and the split-times will be printed out. There will be a problem desk for solving mispunches and handling problems regarding SI card readout. After that, the runner resumes to the refreshments.

Finish procedure - schematic view



MAXIMUM TIME

Maximum time for Sprint races is 1 hour.

Maximum time for Long races is 3 hours.

HOW TO QUALIFY FOR THE FINAL?

The qualification system is described in detail in the IOF Competition Rules (6.14) hand-book:

Only competitors who start in at least one qualification race may run competitively in the associated finals.

Based upon the combined times of the two qualification races (or for Sprint, the single qualification time), the best competitors from each qualification race heat qualify for the A-final of the class.

The next best competitors from each qualification race heat qualify for the B-final and so on.

- If there are 161 or more entrants, the number of qualifiers from each heat to the A-final shall be equal and shall be calculated so that the total number of qualifiers is 80, or the lowest possible number above 80. Similarly for the B-final and so on except that if there are more than two finals and less than 20 competitors have qualified for the lowest ranked final, they may be transferred to the next final up.
- If there are from 20 to 160 entrants, then they shall be split as equally as possible between an A-final and a B-final, with the A-final having at least half the total number of entrants.
- If there are less than 20 entrants, then all shall compete in the A-final. If two or more competitors tie for a place in a final, all of them shall qualify for that final. Competitors who start but are not placed, or who do not start, in either or both qualification races may start before the qualified runners in the lowest ranked final of their class, but shall appear in the result list as not placed.

The best ten (10) runners in the A-Finals will receive a new bib (numbered 10 to 1) in the pre-start area.

DISQUALIFICATION

If a runner is missing one or more controls, or the controls were not visited in the correct order, the runner will be disqualified. Note: If a competitor runs with an SI-card different from the one he/she is registered in the start lists, the runner will get no time and will be disqualified. It is the runner's responsibility to run with the correct SI-card.

COMPLAINTS AND PROTESTS

Any Complaint should be made in writing to the Organiser and handed in at the Info Point in the Arenas as soon as possible.

The Organiser will decide on the outcome and inform the complainant of the result as soon as possible.

There is no fee for making a complaint. If the runner is not satisfied with the result of the Complaint, a Protest can be made against the organiser's decision no later than 1 hour after that decision has been given to the runner.

Protests must be in writing and handed in at the Info Point. It will immediately be forwarded to the IOF Senior Event Adviser. Protests will be handled by the jury, who will communicate their decision to the complainant as soon as possible. There is no fee for making a Protest. A special form should be used for both Complaints and Protests.

It can be obtained at the Info Point.

MAP RECLAIM

All competition maps will be collected at the finish. They will be available next day at the Assembly Area.

After the last start of each race, competition maps can be kept.

New competition maps can be collected every day at the Info Point in the Assembly Area after the last competitor's start.

Each Team Leader should bring his/ her Team-ID card (delivered when you register at WMOC) to collect them.

WARM UP MAPS

Blank warm up maps will be available in your welcome bags. They will be relevant for the route(s) to the pre-start area(s)

REFRESHMENTS

All races will have water available at the finish. For the Long Distance races there are also water points in the Long Distance competition areas according to IOF-rules (latest 35min after start).

The water stations in the forest will be supervised by officials. Locations in the forest are not at controls but are close to optimal route choices and will be shown using the standard drinks symbol on the map.

There will be non-sparkling-water

FIRST AID

There will be First Aid facilities at the finish of all the races. First Aid locations in the forest will be designated by the standard IOF symbol (a purple cross) on the Long Distance competition maps. In case of accident, illness or injury fellow competitors are obliged to assist. Further assistance may be obtained from either First Aid or Drinks stations.

RESPONSIBILITY AND SAFETY

All competitors who take part in the WMOC 2013 and in the spectator races (including Model events and Open races) must consider any risks and take their own safety precautions, and will be totally responsible for any injuries which might occur to them during the races as well as for any accidents on the way to any event during the WMOC-week and back.

ALL PARTICIPANTS ARE RECOMMENDED TAKE OUT AN ACCIDENT INSURANCE POLICY THAT, IN THE EVENT OF AN ACCIDENT, COVER ALL FEES FOR THE EVENTUAL RETRIEVAL, RESCUE AND TRANSPORT BY HELICOPTER TO THE HOSPITAL.

Missing persons will be charged for the costs of any search. So take care about reporting to the finish if you retire from a race!

Be aware of traffic at both Sprint races and the Sprint Model Event as roads are not closed.

Every competitor is responsible to observe the traffic rules!

You must follow the advice of security service at all races as well as ceremonies, party and banquet.

GPS / EQUIPMENT

GPS data loggers with no display or audible feedback can be used (IOF rule 21.4).

Any other GPS equipment is forbidden.

PUBLIC EVENT

Those not involved in WMOC races may take part in the NORTH WEST CUP.

Start and Finish areas are situated in the daily Assembly Areas, so it is possible for the participants of the NW Cup races to follow the progress of the WMOC 2013 event.

The start location will be the same as the Start of the WMOC 2013 courses.

Detailed information can be found on the **wmoc2013.it** website.

KINDERGARTEN

A kindergarten will be provided for children from 3 to 10 years old .

For those who do not have wristband kindergarten service will be paid.

Cost: **20 EUR** for all days, **5 EUR/day**.

Opening hours:

Date	Time
Sunday, 4 August 2013	10 am – 2 pm
Monday, 5 August 2013	10 am – 2 pm
Wednesday, 7 August 2013	10 am – 3 pm
Thursday, 8 August 2013	10 am – 3 pm
Saturday, 10 August 2013	10 am – 4 pm

Material to bring: Each child must be provided with their own bag which contains their personal belongings and lunch. Children's belongings should be clearly labelled with their name.

No lunch will be given to the children. Water will be available.

Insurance is a matter for the children's parents; the childcare team does not accept any responsibility.

TOILETS

There will be toilets at Model Events, Qualification Races and Final Races in the Assembly Areas. Limited toilet facilities will be provided on the way to the Starts.

Please use official toilets. Using the forest gives competitors a bad reputation and could make organisation of future O-Events in these regions difficult.

SHOWERS

There will be showers only at the Sprint Final (in the EC) in limited number, so that you have the opportunity to refresh yourself between competition and prize giving-ceremony.

TRAINING OPPORTUNITIES

Training maps can be purchased at the Event Centre.

Price per map (including controls): **3 EUR**

Available Maps

- “Sestriere Borgata” Scale 1:5000
- “Fenestrelle - Pra Catinat” Scale 1:10000

Controls are marked with coloured ribbons.

MODEL EVENTS

The Model Events demonstrate the terrain types of the WMOC 2013 competition areas, map quality, control features and the positioning of the controls. The controls are marked with a flag.

Control descriptions will be printed on the maps. Long Model Events maps will be included in the welcome bag. Sprint Model Event maps will be available directly in Bardonecchia assembly area.

Additional model maps will be available in the EC for **2 EUR/map**

Model Event Sprint - Bardonecchia

Saturday, 3 August 2013 from 10 am – 6 pm

Distances: EC > Parking 37 km Parking > Assembly 100 m

GPS Parking: 45.071308 - 6.697689

Map: Bardonecchia

Scale: 1:4000, **Contour interval:** 2.5 m

Mapper: Giaime Origgi

Course planner: Giaime Origgi – Paolo Mario Grassi

Description of the terrain:

The terrain is typical of a small town in this area, containing an old centre with narrow streets and a more modern part with wider streets. There are some areas of parkland also as well as a significant height difference between the north west and south east parts of the map.

Model event Long - Sestriere “Monte Rotta”

Tuesday 6 August 2013 from 10 am – 6 pm

GPS Cars Parking: 44.956474 - 6.860811

Distances: EC > Parking car 2Km Parking > Assembly 0 -2 km

Map: Monte Rotta

Scale: 1:10000, **Contour interval:** 5 m

Mappers: Oleksandr Kapralov / Vadim Prokopchuk / Oleksandr Mikhaylov / Sergii Usenko

Course planner: Daniele Pagliari and Mario Ruggiero

Description of the terrain:

Coniferous tree forest with some downhill ski slopes, with very good visibility. The terrain is a slope with a few steeper parts and some detailed areas. Some tracks and paths help with navigation. Runnability is from good to excellent. The terrain for the Long Qualification races is similar to this but, in general, is less steep.

Model event Long - Claviere "La Coche"

Friday 9 August 2013 from 10 am – 6 pm

Distances: EC > Parking 18 Km Parking > Assembly area 35 minutes walking

GPS Cars Parking: 44.939959 - 6.752324

GPS Coach Parking: 44940982 - 6.756613

GPS Campervans Parking: 44.938.411 - 6.749907

Map: Claviere La Coche

Scale: 1:10000, **Contour interval:** 5 m

Mappers: Oleksandr Kapralov / Vadim Prokopchuk / Oleksandr Mikhaylov

Course planner: Marco Seppi and Michele Caraglio

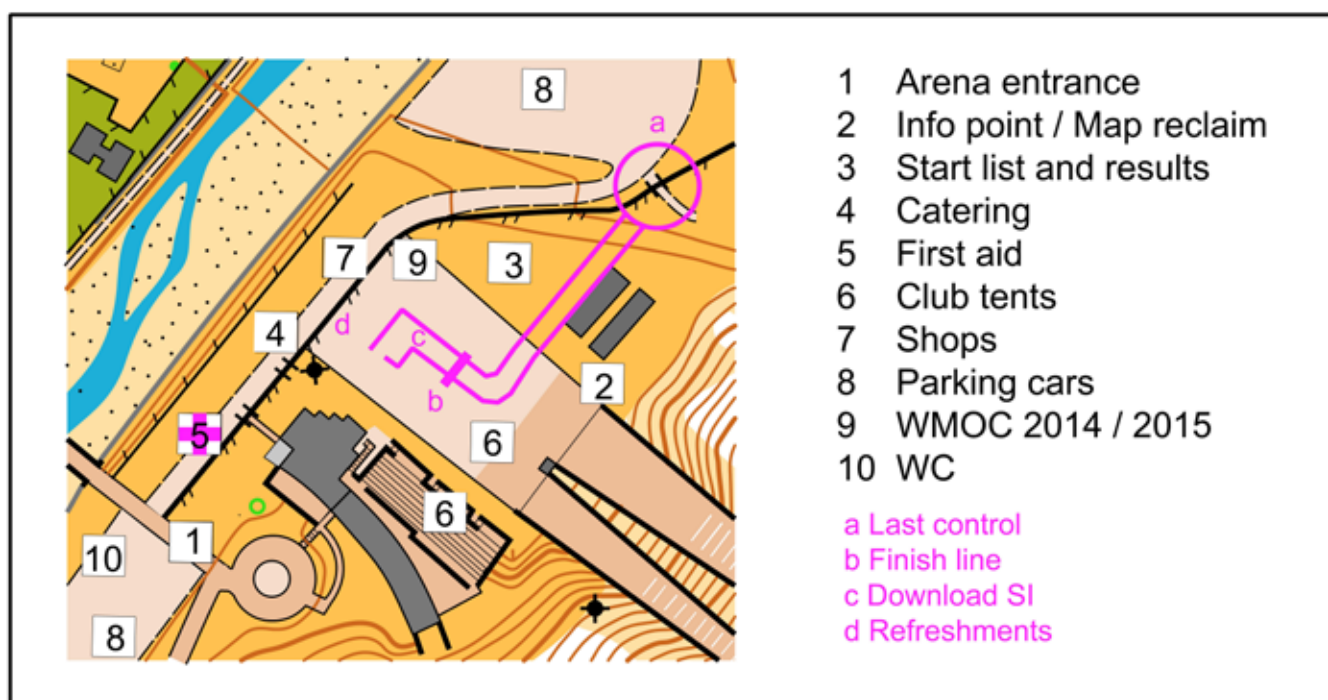
Description of the terrain:

The terrain for the Model Event Long Final is typically alpine and is relevant for the Long Final itself. The map is situated between 1800 and 2300 metres above sea level. The area is mostly covered by coniferous vegetation (pines), Contour features characterise the terrain: some areas are pretty detailed and technically demanding. A small part of the map is characterised by complex rock detail.

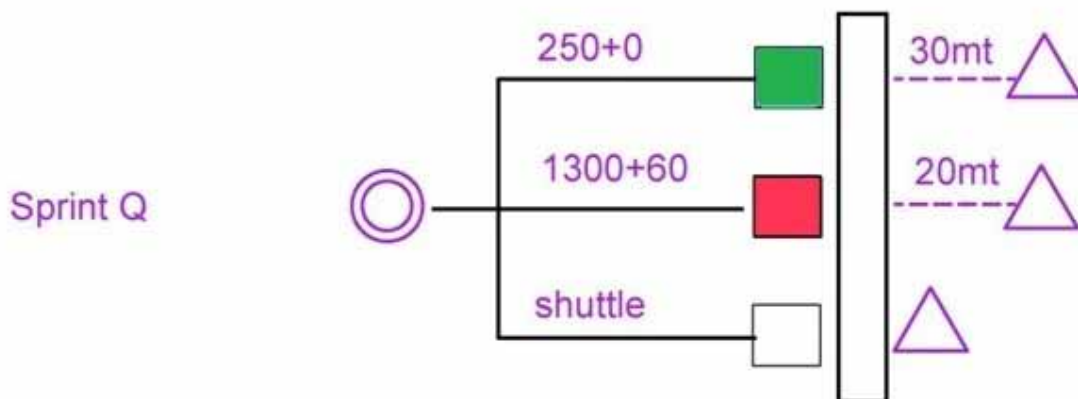
SPRINT RACES

In accordance with IOF Competition Rule 16.3. the course lengths for the Sprint races are given on the optimal route (shortest distance a runner could take, going round all impassable obstacles) and have been measured as the length of the straight line from the start via the controls to the finish deviating for, and only for, physically impassable obstructions (high fences, lakes, impassable cliffs etc.), prohibited areas and marked routes.

SPRINT QUALIFICATION - SUNDAY 4 AUGUST - PRAGELAT



Distances: EC > 10 Km - Parking cars > Assembly area 50 – 200 m.



GPS Cars Parking: 45.008745 - 6.938788

GPS Coach Parking: 45.006773 - 6.935226

GPS Campervans Parkings: 45.006994 - 6.936530

Map: Prigelato

Scale: 1:4000, **Contour interval:** 2.5 m

Mappers: Oleksandr Kapralov / Oleksandr Mikhaylov / Vadim Prokopchuk / Sergii Usenko

Course planner: Giaime Origgi

Controller: Chiara Sergenti

Start times:

First start WMOC: 10 am

Last start WMOC: 11.30 am

You can park in reserved parking, near to the arena only up to 9:30 a.m.

After 9.30, cars and buses must be parked in the parking areas provided by the organization located outside the town and the athletes will have to walk to the assembly area follow the signs.

Very Important! The competition area is crossed by a busy road which is marked as out-of-bounds.

All courses cross this road except for W80/85/90 and M85/90/95 (Start White) M75; M80; M85; W60; W65; W70; W75 (start Green).

Each course will cross the road at one of two crossing points, using a “timed crossing” system between two compulsory control sites. This operates as explained in the following example:

1. A competitor approaches the road (marked as out of bounds in the diagram) and punches at control 9 just before the road. Race timing effectively stops at this point.

2. The competitor can then cross the road and punch at control 10 when it is safe to do so, and has up to 1 minute in which to do this. Police officials will be in attendance at each crossing point to ensure safety. The distance between 9 and 10 is about 30m, so there will be no difficulty in walking safely across in under the allowed time.

3. Race timing effectively restarts when control 10 is punched and the competitor then resumes their run.



4. In practice, what happens is that the split time between 9 and 10 is removed from the competitor’s race finish time by the results software at SI-card download. If, however, the competitor takes longer than 1 minute between 9 and 10, then only 1 minute is subtracted and not the full time.

Athletes of the categories W80 - W85 - W 90 - M90 - M95 will be transported to Start S3 all together in a shuttle bus.

They should meet at 10.00 am at the Info Point in assembly area.

Description of the terrain:

The town of Pragelato is built on the left bank of the river Chisone. The houses set down in the valley bottom rapidly climb on the steep side of the mountain. On the other bank of the river Chisone there is only a small group of houses and the area is occupied by Olympic ski jumps and some wooded area.

The longest courses visit the oldest part of the town with narrow streets, where careful navigation is needed.

An area of wooded hillside is also visited by some courses.

Class	Start	Length (km)	Climb (m)	Controls
M 35-1	S1	3,1	85	28
M 40-1	S1	2,9	70	25
M 40-2	S1	2,9	70	21
M 45-1	S1	2,6	65	22
M 45-2	S1	2,7	65	27
M 50-1	S1	2,2	65	20
M 50-2	S1	2,1	65	18
M 50-3	S1	2,1	65	18
M 55-1	S1	1,9	55	18
M 55-2	S1	2,0	55	16
M 55-3	S1	1,9	55	17
M 60-1	S1	1,7	55	17
M 60-2	S1	1,7	55	15
M 60-3	S1	1,6	55	15
M 60-4	S1	1,7	55	15
M 65-1	S1	1,5	60	15
M 65-2	S1	1,6	60	14
M 65-3	S1	1,4	60	14
M 65-4	S1	1,6	60	16
M 70-1	S1	1,5	35	17
M 70-2	S1	1,5	35	17
M 70-3	S1	1,5	35	17
M 70-4	S1	1,6	35	17
M 75-1	S2	1,3	15	11
M 75-2	S2	1,4	15	14
M 80-1	S2	1,2	15	16
M 85	S2	1,3	30	13
M 90	S3	1,3	20	13
M 95	S3	1,2	20	14

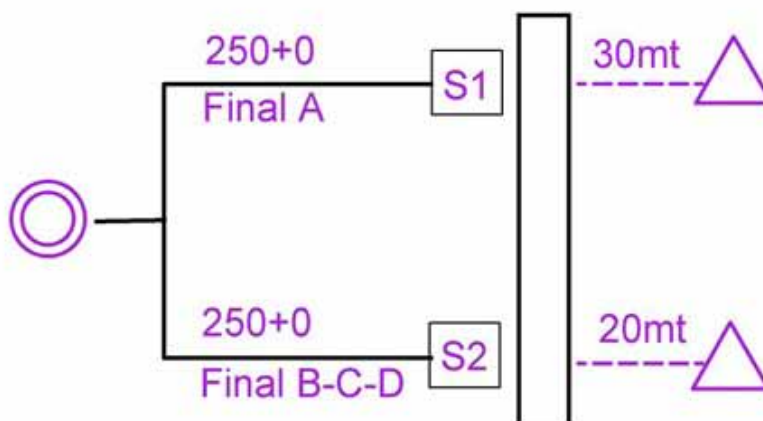
Class	Start	Length (km)	Climb (m)	Controls
W 35-1	S1	2,4	75	22
W 40-1	S1	2,1	70	18
W 45-1	S1	1,9	60	18
W 50-1	S1	1,5	45	14
W 50-2	S1	1,5	45	13
W 50-3	S1	1,4	45	14
W 55-1	S1	1,4	55	12
W 55-2	S1	1,4	55	13
W 55-3	S1	1,4	55	13
W 60-1	S2	1,3	35	12
W 60-2	S2	1,5	35	13
W 65-1	S2	1,3	30	11
W 65-2	S2	1,4	30	10
W 65-3	S2	1,4	30	13
W 70-1	S2	1,2	20	13
W 70-2	S2	1,2	20	12
W 75-1	S2	1,2	25	13
W 80-1	S3	1,3	25	13
W 85-1	S3	1,3	25	14
W 90-1	S3	1,3	25	14

SPRINT FINAL - MONDAY 5 AUGUST - SESTRIERE



Distances: EC > Parking 2 km - Parking cars > Assembly area 2 Km.

Sprint F



GPS Cars Parking: 44.958994 - 6.882719

GPS Coach Parking: 44.954113 - 6.873182

GPS Campervans Parking: 44.954113 - 6.873182

Map: Sestriere

Scale: 1:4000, Contour interval: 2, 5 m

Mappers: Oleksandr Kapralov / Oleksandr Mikhaylov / Vadim Prokopchuk / Sergii Usenko

Course planner: Paolo Mario Grassi

Controller: Monica Casalini

First start WMOC: 10 am

Description of the terrain

The area of Sestriere is located on the side of an alpine hill devoid of vegetation.

“Vegetation” has been “planted” artificially by man with the construction of large apartment buildings spread over the town. The structure of the streets is quite simple. The steps between the main streets and the pedestrian alleyways and small parks are more complex. The presence of “twin” houses makes things more complicated. There is significant height climb on many courses.

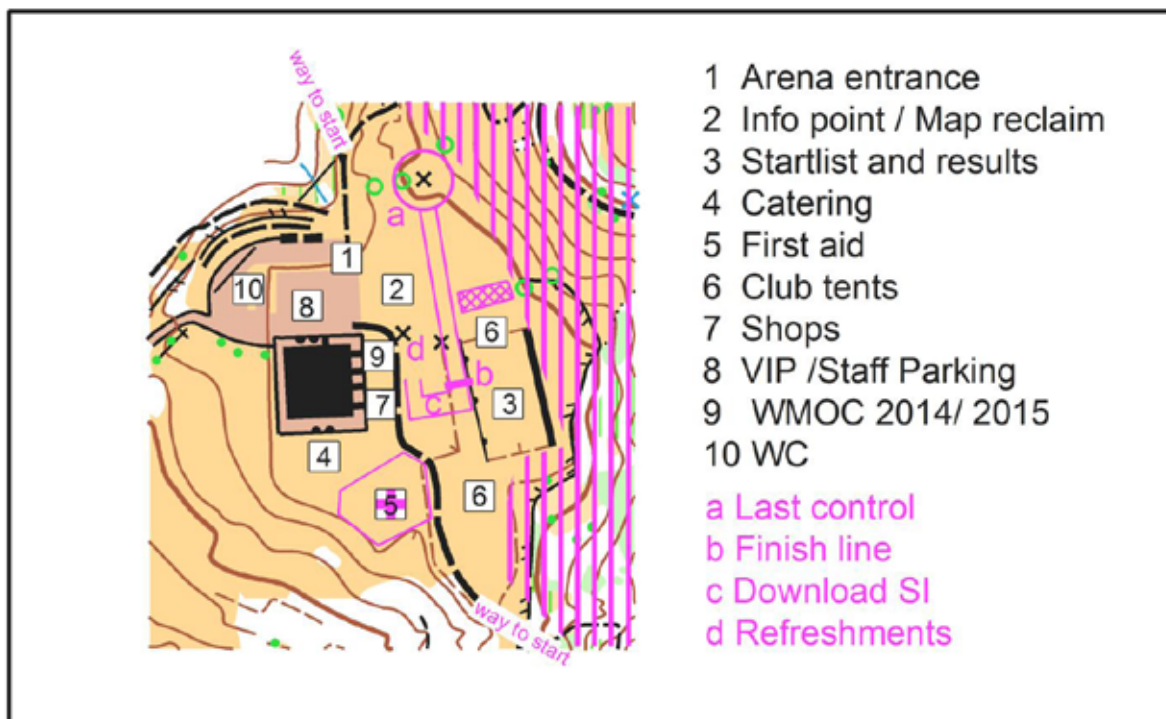
Class	Start	Length (km)	Climb (m)	Controls
M 35-A	S1	3,45	120	18
M 35-B	S2	2,90	90	16
M 40-A	S1	3,14	105	18
M 40-B	S2	2,90	90	16
M 45-A	S1	2,71	90	17
M 45-B	S2	2,51	70	14
M 50-A	S1	2,61	80	18
M 50-B	S2	2,33	60	13
M 55-A	S1	2,57	70	15
M 55-B	S2	2,31	60	12
M 55-C	S2	2,33	60	13
M 60-A	S1	2,26	70	15
M 60-B	S2	2,09	55	13
M 60-C	S2	2,03	55	12
M 65-A	S1	2,13	60	14
M 65-B	S2	1,80	45	12
M 65-C	S2	1,70	45	9
M 65-D	S2	2,04	40	12
M 70-A	S1	1,67	45	12
M 70-B	S2	1,78	45	11
M 70-C	S2	1,23	40	9
M 75-A	S1	1,57	45	10
M 75-B	S2	1,20	30	8
M 80-A	S1	1,17	45	10
M 80-B	S2	1,11	40	9
M 85-A	S1	1,13	40	10
M 90-A	S1	1,09	40	9
M 95-A	S1	1,09	40	9

Class	Start	Length (km)	Climb (m)	Controls
W 35-A	S1	2,50	80	18
W 35-B	S2	2,51	70	14
W 40-A	S1	2,42	80	15
W 40-B	S2	2,33	60	13
W 45-A	S1	2,35	75	14
W 45-B	S2	2,21	50	12
W 50-A	S1	2,05	60	13
W 50-B	S2	2,04	50	12
W 55-A	S1	1,96	55	12
W 55-B	S2	1,69	45	10
W 60-A	S1	1,65	45	11
W 60-B	S2	1,70	45	10
W 60-C	S2	1,23	35	9
W 65-A	S1	1,59	45	11
W 65-B	S2	1,45	40	8
W 65-C	S2	1,24	35	8
W 70-A	S1	1,43	40	10
W 70-B	S2	1,20	30	8
W 75-A	S1	1,17	45	10
W 75-B	S2	1,10	25	9
W 80-A	S1	1,13	40	10
W 85-A	S1	1,10	35	8
W 90-A	S1	1,10	35	8

QUALIFICATION LONG 1 - WEDNESDAY 7 AUGUST - SANSICARIO PARIOL

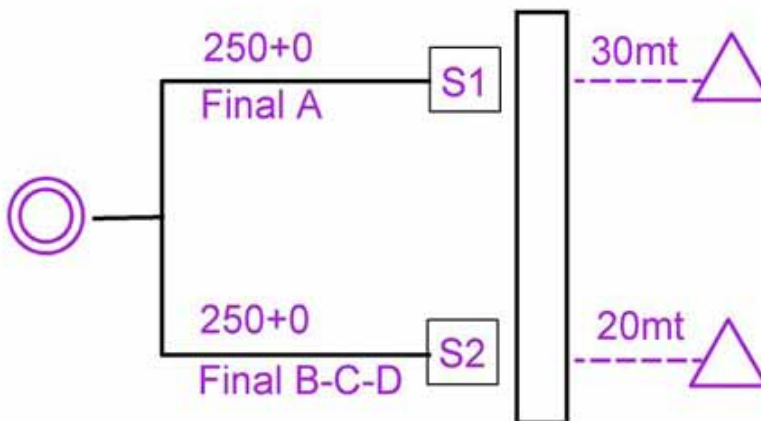
For athletes of the categories W80 - W85 - W 90 - M90 - M95 there will be a optional shuttle bus service for the start S3.

They should meet at 10.00 am at the Info Point in assembly area



Distances: EC > Parking 10 Km - Parking car > Assembly 800 m.

Sprint F



GPS Cars Parking: 44.962469 - 6.817558

GPS Coach Parking: 44951107 - 6.803256

Map: Sansicario - Pariol

Scale: 1:10000, **Contour interval:** 5 m

Mappers: Oleksandr Kapralov / Oleksandr Mikhaylov / Vadim Prokopchuk / Roman Slobodyanyuk / Sergii Usenko

Course planner: Daniele Pagliari

Controller: Stefano Zarfati

Start times:

First start WMOC: 10:00

Last start WMOC: 12.40 pm

Description of the terrain

The competition area has a sunny aspect looking out to the west and south-west with slopes covered with a forest of larch alternating with areas of open used for grazing.

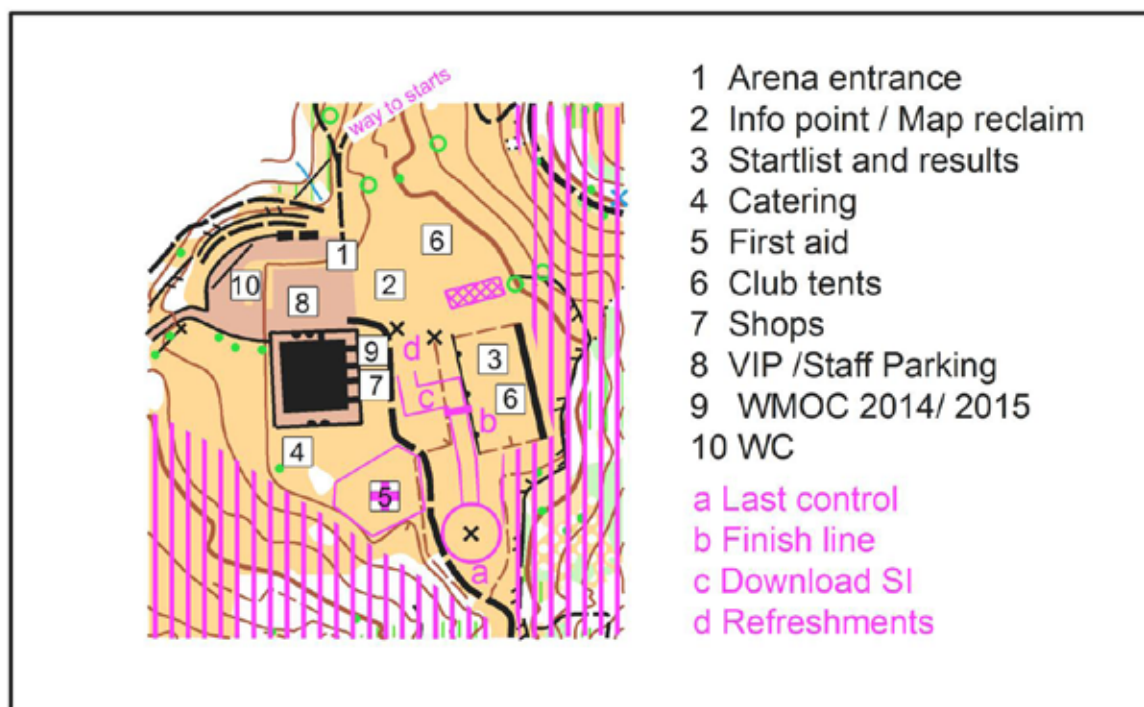
The runnability and visibility are always excellent. The uniform slope is broken by ski slopes, deep streams and the forest floor gives occasional contour detail.

The evenness of the slope can be deceptive and keeping in close contact with the map will be needed to eliminate mistakes.

Class	Start	Length (km)	Climb (m)	Controls
M 35-1	S1	9,5	455	26
M 40-1	S1	8.3	425	23
M 40-2	S1	8.3	415	24
M 45-1	S1	7.5	365	25
M 45-2	S1	7.6	345	25
M 50-1	S1	6.7	330	20
M 50-2	S1	6.8	310	20
M 50-3	S1	6.8	295	19
M 55-1	S1	5.6	280	19
M 55-2	S1	5.6	290	20
M 55-3	S1	5.5	305	20
M 60-1	S1	5.2	255	18
M 60-2	S1	5.3	250	18
M 60-3	S1	5.2	255	19
M 60-4	S1	5.1	250	18
M 65-1	S1	4.6	250	16
M 65-2	S1	4.8	245	16
M 65-3	S1	4.8	235	15
M 65-4	S1	4.8	240	16
M 70-1	S1	4.2	205	17
M 70-2	S1	4.2	210	15
M 70-3	S1	4.2	195	15
M 75-1	S2	3.7	150	12
M 75-2	S2	3.6	170	12
M 80-1	S2	3.2	120	11
M 85	S2	2.3	105	8
M 90	S3	1.7	75	7
M 95	S3	1.2	55	6

Class	Start	Length (km)	Climb (m)	Controls
W 35-1	S1	6.00	270	19
W 40-1	S1	5.1	265	17
W 45-1	S1	4.2	225	14
W 50-1	S1	4.0	195	15
W 50-2	S1	4.0	195	15
W 55-1	S1	3.6	175	11
W 55-2	S1	3.6	180	11
W 60-1	S2	3.6	160	13
W 60-2	S2	3.7	165	14
W 60-3	S2	3.5	165	13
W 65-1	S2	3.3	140	11
W 65-2	S2	3.3	155	11
W 65-3	S2	3.3	145	11
W 70-1	S2	3.0	140	10
W 70-2	S2	3.0	135	10
W 75-1	S2	2.3	105	8
W 80-1	S3	1.7	75	7
W 85-1	S3	1.2	55	6
W 90-1	S3	0.9	30	4

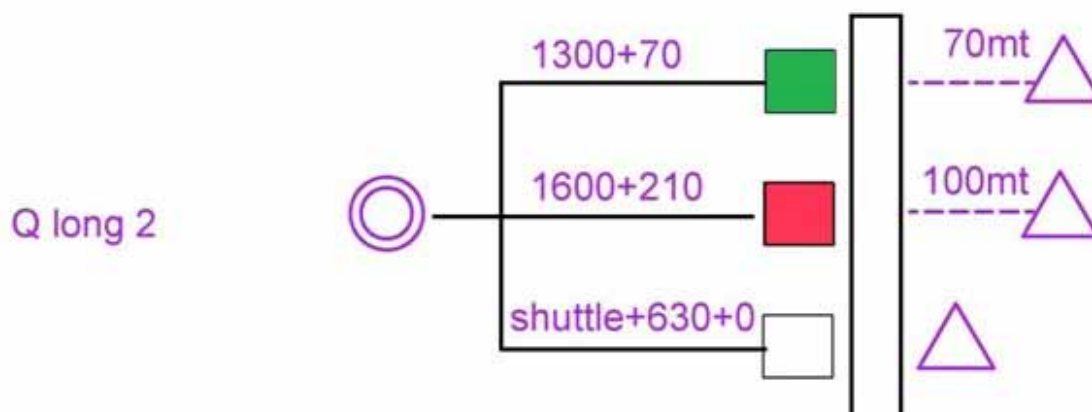
QUALIFICATION LONG 2 - THURSDAY 8 AUGUST - SANSICARIO PARIOL



Distances: EC > Parking 10 Km - Parking car > Assembly 800 m.

Athletes of the categories W80 - W85 - W 90 - M90 - M95 will be transported to Start S3 all together in a shuttle bus.

They should meet at 10.00 am at the Info Point in assembly area.



GPS Parking: 44.962469 - 6.817558

GPS Coach Parking: 44951107 - 6.803256

Map: San Sicario - Pariol

Scale: 1:10000, **Contour interval:** 5 m

Mappers: Oleksandr Kapralov / Oleksandr Mikhaylov / Vadim Prokopchuk / Roman Slobodyanyuk / Sergii Usenko

Course planner: Mario Ruggiero

Controller: Stefano Baccelli

Start times:

First start WMOC: 10 am

Last start WMOC: 12.40 pm

Description of the terrain

The competition area is very similar to that of the first Qualification race and also has a sunny aspect looking out to the west and south-west with slopes covered with a forest of larch alternating with areas of open used for grazing.

The runnability and visibility are always excellent. The uniform slope is broken by ski slopes, deep streams and the forest floor gives occasional contour detail.

The evenness of the slope can be deceptive and keeping in close contact with the map will be needed to eliminate mistakes.

Class	Start	Length (km)	Climb (m)	Controls
M 35-1	S1	9.9	480	24
M 40-1	S1	8.9	435	19
M 40-2	S1	8.9	445	19
M 45-1	S1	8.0	440	20
M 45-2	S1	8.0	430	20
M 50-1	S1	6.5	370	19
M 50-2	S1	6.5	340	19
M 50-3	S1	6.5	340	19
M 55-1	S1	5.7	295	18
M 55-2	S1	5.6	290	18
M 55-3	S1	5.7	270	18
M 60-1	S1	5.5	245	17
M 60-2	S1	5.4	260	17
M 60-3	S1	5.3	260	17
M 60-4	S1	5.5	245	17
M 65-1	S1	5.0	235	15
M 65-2	S1	5.0	240	15
M 65-3	S1	5.0	230	15
M 65-4	S1	5.0	230	15
M 70-1	S1	4.5	215	13
M 70-2	S1	4.4	210	13
M 70-3	S1	4.4	210	13
M 75-1	S2	3.5	190	13
M 75-2	S2	3.6	185	13
M 80-1	S2	3.4	100	14
M 85	S2	2.6	85	10
M 90	S3	1.7	75	8
M 95	S3	1.4	45	7

Class	Start	Length (km)	Climb (m)	Controls
W 35-1	S1	5.6	275	16
W 40-1	S1	5.4	240	14
W 45-1	S1	4.6	210	15
W 50-1	S1	4.1	205	12
W 50-2	S1	4.2	195	12
W 55-1	S1	3.7	190	12
W 55-2	S1	3.7	190	12
W 60-1	S2	3.5	180	13
W 60-2	S2	3.5	160	13
W 60-3	S2	3.5	170	13
W 65-1	S2	3.4	150	11
W 65-2	S2	3.3	160	11
W 65-3	S2	3.4	160	10
W 70-1	S2	3.0	140	11
W 70-2	S2	2.9	140	11
W 75-1	S2	2.6	85	10
W 80-1	S3	1.7	75	8
W 85-1	S3	1.4	45	7
W 90-1	S3	1.4	40	6

LONG FINAL - SATURDAY 10 AUGUST - CESANA/CLAVIERE "MONTI DELLA LUNA"

Attention: obligatory chairlift from Cesana Torinese Parking to Assembly area.

Outward journey:

All athletes must present themselves to the Cesana chairlift departure 2,5 hours before their start time!

First chairlift departure: 7.30 am.

To chairlift departure there will be a "pre-start", with a clock that will show the same time of the race. When the clock will indicate your race start time, you will have access to the chairlift.

If you show up late to the chairlift we cannot guarantee that you arrive on time at the start of the race!

Please have your WMOC bib ready, **with your Long Final start time written clearly on it**, as it serves you as chairlift ticket and for us to control your time of departure.

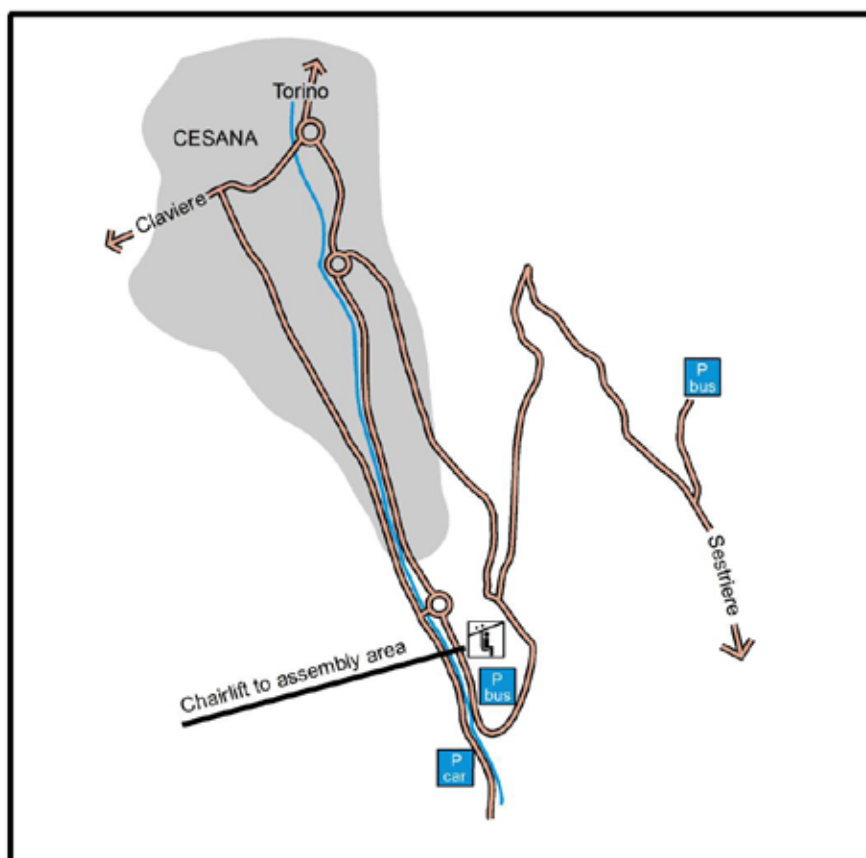
For accompanying persons there will be a separate access to the chairlift.

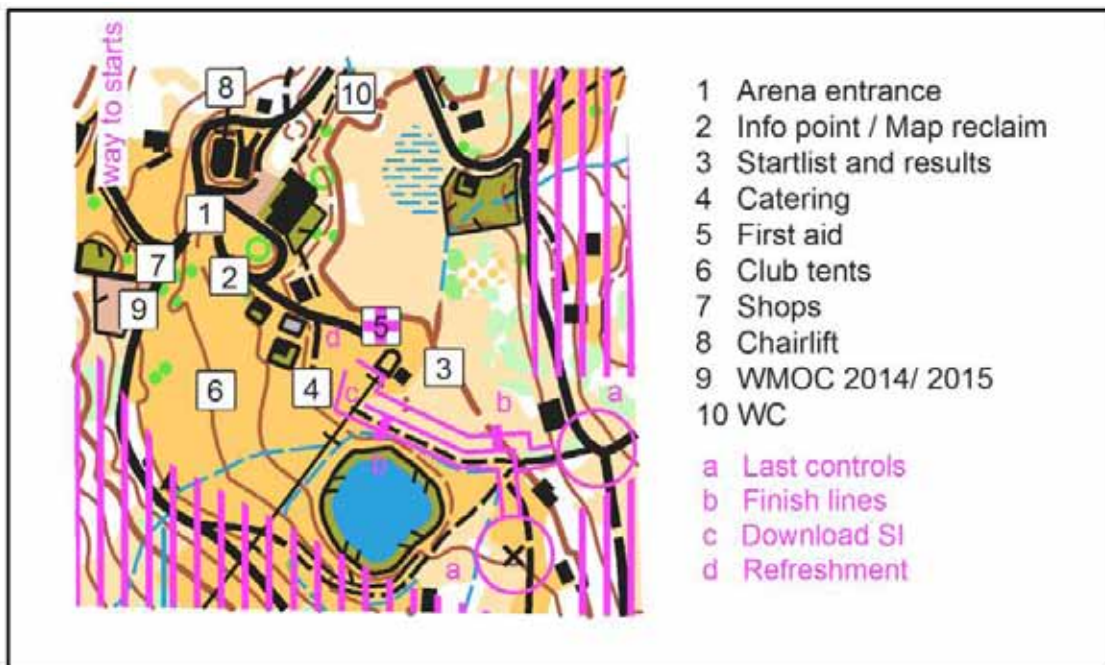
The transport of WMOC athletes will have priority over transport of accompanying persons.

Return journey:

The chairlift will be running continuously, so you can leave the assembly area when you want to. Don't wait until the last minute if you do not want have to queue up!

Remember: the last chairlift trip for the return journey will be at 5.00 pm. !

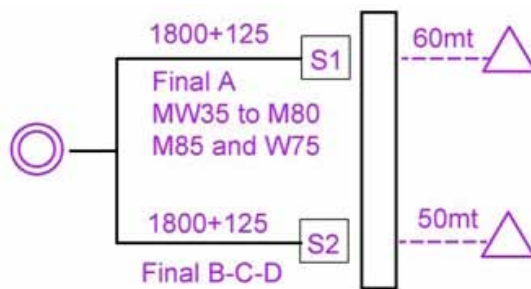




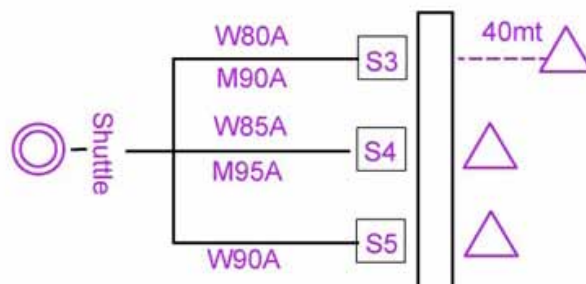
**Distance: EC > Cesana Parking 12 Km - Parking > chairlift departure 700 m.
chairlift departure > Assembly area 30 minutes**

Athletes of the categories W80 - W85 - W 90 - M90 - M95 will be transported to Start all together in a shuttle bus.

They should meet at 10.00 am at the Info Point in assembly area.



Long F



GPS Cars and Campervans Parking: 44.943930 - 6.796932

GPS Coach Parkings: 44.944862 - 6.797651
44951107 - 6.803256

Map: Monti della Luna

Scale: 1:10000, **Contour interval:** 5 m

Mappers: Oleksandr Kapralov / Oleksandr Mikhaylov / Vadim Prokopchuk

Course planner: Marco Seppi

Controller: Michele Caraglio

Start times:

First start WMOC: 10 am

Description of the terrain

The terrain for the Long Final at Monti della Luna is typically alpine. The map is situated between 1800 and 2300 metres above sea level. The area is mostly covered by coniferous vegetation (pines), however some courses offer controls in high altitude open areas. The running speed is relatively fast, while in some limited areas the ground is rocky and the speed is reduced. Contour features characterise the terrain: some areas are detailed and technically demanding. A small part of the map, reached by the longer courses, is characterised by complex rock detail.

Class	Start	Length (km)	Climb (m)	Controls
M 35-A	S1	10,5	570	26
M 35-B	S2	8,3	520	23
M 40-A	S1	9,8	545	23
M 40-B	S2	7,9	350	20
M 45-A	S1	8,1	485	21
M 45-B	S2	6,3	395	17
M 50-A	S1	7,8	425	20
M 50-B	S2	6	380	18
M 55-A	S1	6,6	340	20
M 55-B	S2	5,3	270	16
M 55-C	S2	4,5	200	14
M 60-A	S1	6,3	315	20
M 60-B	S2	5,5	290	19
M 60-C	S2	5,1	215	17
M 65-A	S1	5,6	260	18
M 65-B	S2	5,2	225	19
M 65-C	S2	4,3	200	13
M 65-D	S2	3,7	185	14
M 70-A	S1	5,4	240	18
M 70-B	S2	4,6	190	19
M 70-C	S2	3,7	135	12
M 75-A	S1	4,4	190	15
M 75-B	S2	3,7	140	18
M 80-A	S1	3,9	145	19
M 80-B	S2	3,1	120	15
M 85-A	S1	3,2	100	14
M 90-A	S3	2	105	12
M 95-A	S4	1,5	85	10

Class	Start	Length (km)	Climb (m)	Controls
W 35-A	S1	6,8	360	22
W 35-B	S2	5,3	270	20
W 40-A	S1	6,1	335	19
W 40-B	S2	5,1	195	20
W 45-A	S1	5,4	235	16
W 45-B	S2	4,3	175	15
W 50-A	S1	5,2	200	19
W 50-B	S2	4,1	175	17
W 55-A	S1	4,5	210	16
W 55-B	S2	3,9	150	15
W 60-A	S1	4,6	185	18
W 60-B	S2	3,7	160	16
W 60-C	S2	3,1	130	14
W 65-A	S1	4,2	155	16
W 65-B	S2	3,6	140	17
W 65-C	S2	3	110	16
W 70-A	S1	3,7	150	16
W 70-B	S2	3,1	120	15
W 75-A	S1	3,2	100	14
W 75-B	S2	2,6	85	12
W 80-A	S3	2	105	12
W 85-A	S4	1,5	85	10
W 90-A	S5	1,1	40	8

4. SOCIAL EVENTS

OPENING CEREMONY

The Opening Ceremony will take place on Sunday 4 August from 6.00 to 8.00 pm approximately at the Event Centre in Sestriere at the Sport Hall.

There will be a parade through the streets of the city. All athletes will parade behind the sign and the flag of their nation. They should gather at 6:00 pm. in the square in front of the Event Centre.

After the parade you can take part to the “Welcome Party” to the Event Centre.

PRIZE GIVING CEREMONY SPRINT

There will be a Prize giving ceremony directly after the Sprint Final in the Assembly Area in Sestriere where first, second and third place winners of each A Final will be awarded WMG (World Masters Games) medals.

Each medallist should be seated on the appropriate chair before the start of the Ceremony.

OFFICIAL BANQUET

Thursday, 8 August 2013 at 8.00 pm

The Official Banquet will take place in the Event Centre, at the Sport Hall of Sestriere.

You can order tickets for the Official Banquet at our homepage for a fee of 55 EUR per person. (pre-booking recommended).

Price: **45 EUR** for those who have the wristband and **55 EUR** for others.

WELCOME DRINK SERVED AT THE TABLE

Prosecco of Valdobbiadene wines D.O.C.

Tartine with canapés and delicious mousse with peppers, tuna, ham and vegetables

Tartelletes of pasta brisèè with cream cheese and celery

Mignonettes of bread batted on pineapple

Mini salted croissant stuffed with Parma ham

Mini American club sandwiches with double stuffing

“Poker” of puff pastry with delicious creams and vegetables all’ortolana

Tartelletes the Mediterranea with fresh basil

Rissoles with cheese, speck and pinoli

Small stuffed buns

Mini Quiche with braised vegetables

Salted puffs with mousse of gorgonzola and nuts

Croutons with spelt and crisp vegetables

Chopped meat and parmesan

Farro salad and barley with concassè of first fruits

Cruditè

Cream Parmantier with tuna mousse

Vegetables timbale with velvet sauce of Raschera and fried sleek

Risotto with green apple, cheese and honey of Brachetto

Cheek beef with Arneis, puff pastry, little ratatouille and potatoes

Bavarese of hazelnut of Piedmont with dark chocolate

Mineral water (natural/with gas)

Wine

PRIZE GIVING CEREMONY LONG AND CLOSING CEREMONY

The Prize Giving Ceremony will be held on Saturday 10 August at 7.00 pm at the Event Centre in Sestriere where first, second and third place winners of each A Final will be awarded WMG medals. Each medallist should be seated on the appropriate chair before the start of the Ceremony.

After the Prize Giving Ceremony , the Closing Ceremony will take place, with the passage of the IOF flag to the organisers of IOF WMOC 2014 in Brazil.

There will be music with the Emiglios Band and “special effects”!

You are all invited to attend the “Good Bye Party” at the Event Centre.

5. STATISTICS

Countries	WMOC	NW Cup	Total
ARG	2	0	2
AUS	31	0	31
AUT	12	0	12
BEL	36	9	45
BLR	15	0	15
BRA	35	3	38
BUL	2	2	4
CAN	11	0	11
CHN	1	0	1
CZE	72	7	79
DEN	62	5	67
ESP	20	10	30
EST	103	5	108
FIN	528	43	571
FRA	65	35	100
GBR	64	5	69
GER	89	6	95
HKG	2	0	2
HUN	18	1	19
IND	4	0	4
IRL	2	0	2
ISR	6	1	7
ITA	35	22	57
JPN	33	1	34
KAZ	6	3	9
LAT	16	0	16
LTU	25	3	28
MDA	4	0	4
NED	6	0	6
NOR	382	7	389
NZL	9	0	9
POL	6	0	6
POR	11	9	20
ROU	11	6	17
RSA	3	2	5
RUS	337	62	399
SLO	1	0	1
SRB	2	0	2
SUI	147	7	154
SVK	6	1	7
SWE	327	5	332
TUR	4	0	4
UKR	28	22	50
URU	1	0	1
USA	23	6	29
45	2603	288	2891

WMOC 2013 AND NORTH WEST CUP COUNTRY STATISTICS

At WMOC 2013 there are runners from 45 countries: It's a record!