



## World Masters Orienteering Championships Gothenburg 2015 Bulletin 2



### Greetings



On behalf of the IOF Council I want to welcome you to the World Masters Orienteering Championships in Gothenburg. One of the greatest strengths of our sport is that it is for people of all ages and our annual festival of the WMOC demonstrates that so clearly. I want to thank the Swedish Orienteering Federation for their willingness to host this World Masters Championships and I also want to thank the mayor and people of the City of Gothenburg for what I am sure will be the warmest of welcomes to masters orienteers from all over the world.

Above all, I want to wish all those of you who are participating in the Championships, success and enjoyment as you run in the beautiful Swedish forests and may you all make new friends in our great world orienteering family.

Brian Porteous,  
President IOF

### **At last we can welcome you back to Sweden!**



Welcome to World Masters Orienteering Championships in Sweden and in Gothenburg! Finally our dream will be fulfilled, i.e. to see all the world master orienteers compete in Gothenburg and its surroundings. Our great hope is that you all will have demanding courses and fair competitions in a beautiful Swedish environment. A Masters Championship is much more than that. Many of you have participated in this competition several times before, perhaps already in Åmål 1988, so you know that no two competitions are the same. This year the vision is a compact event with short distances to everything which we hope you will appreciate. We will with this vision create possibilities for all participants to have time to get together and enjoy the Swedish summer light.

It is with proudness and joy I welcome all the participants and viewers to Sweden and Gothenburg and the World Masters Orienteering Championships 2015.

Lena Larsson  
President, Swedish Orienteering Federation



On behalf of the city of Gothenburg I am pleased and proud to welcome to the World Masters Orienteering Championships 2015 and I hope you all, competitors from no less than 42 nations around the world, feel our warm welcome.

Gothenburg has been an international city from the start, open to the world. The city was built with the help of people from Holland, Germany and Scotland. And it has a long history of trade and frequent connections with the world. It was

founded as a Swedish gateway to the rest of Europe and other continents and Gothenburg is still an international city with a lot of new citizens from many, many different countries. Gothenburg is also well established as a tourist destination with visitors coming to enjoy themselves, eat well, listen to music and take part in all the various competitions and other events that are held here. Here in Gothenburg we look forward to these unique competitions in orienteering both because it is a sport where the whole family can participate simultaneously, and because the soul of orienteering is that everyone can participate on their own terms. This is unique in a sport context. In addition, this championship is built on the principle of "just around the corner," which is very fitting in a small city like Gothenburg. All competitors and your accompanying families can easily go to all activities in the event by bike or with a well-developed public transport system. Gothenburg is an "intimate city".

Time to get ready for WMOC 2015, and to get ready for delightful days in our city!

A warm welcome to Gothenburg!

Lena Malm  
Lord Mayor  
Chairman of the City Council

## OFFICIALS

### Organising committee

Event Director: Mats Jodal  
Competition Director: Mats Kågeson  
Asst. Competition Director: Lars-Göran Axmalm  
Marketing: Elsi-Brith Jodal  
Information: Stefan Johansson  
Event centre: Jane Melin  
Ceremonies: Tomas Andreasson  
Technical Director: Ulf Sundin

### Staff

Speaker: Ola Jodal  
Media: Elsi-Brith Jodal  
Mappers: Maths Carlsson (sprint), Carl-Henry Andersson (long)

### Course Setters

Sprint Distance: Maths Carlsson and Lars Mathiasson  
Long Distance: Bengt Inghammar, Mats Strandhagen, Henrik Hvoslef and  
Lars-Erik Gadde  
Security: Roland Olsson

### Event Advising

IOF Senior Event Adviser: Jörgen Holmboe (NOR)  
National Controller: Bo Klamfelt (SWE)

### Jury

Jörgen Holmboe (NOR), non-voting chairman (SEA)

1. Rodrigo Slavins, Latvia
2. Blair Trewin, Australia
3. Unni Strand Karlsen, Norge

IOF Council Representative: David May (GBR)

### Information

Web: [wmoc2015sweden.se](http://wmoc2015sweden.se)  
Mail: [info@wmoc2015sweden.se](mailto:info@wmoc2015sweden.se)

## **EVENT PROGRAMME**

### **24 July (Friday)**

15:00-22:00 Arrival – Accreditation – Event Centre open

### **25 July (Saturday)**

09:00-22:00 Arrival – Accreditation – Event Centre open

08:00-17:00 Model event sprint, Chalmers/Guldheden

18:00 Opening ceremony, Trädgårdsföreningen

### **26 July (Sunday)**

07:00-10:00 and 17:00-22:00 Event Centre open

11:00 Sprint qualification (first start), Eriksberg

### **27 July (Monday)**

07:00-10:00 and 17:00-22:00 Event Centre open

10:00 Sprint finals (first start) Eriksberg

### **28 July (Tuesday)**

09:00-22:00 Event Centre open

08:00 – 18:00 Model event long, Änggårdsbergen

10:00 WMOC-Golf tournament at Partille GC

### **29 July (Wednesday)**

07:00-10:00 and 17:00-22:00 Event Centre open

09:00 Long race qualification I (first start), Delsjön

### **30 July (Thursday)**

07:00-10:00 and 17:00-22:00 Event Centre open

09:00 Long race qualification II (first start), Delsjön

18:00 Banquet

### **31 July (Friday)**

9:00-15:00 and 17:00-22:00 Event Centre open

Rest day

08:00-10:00 start tourist excursions

### **1 August (Saturday)**

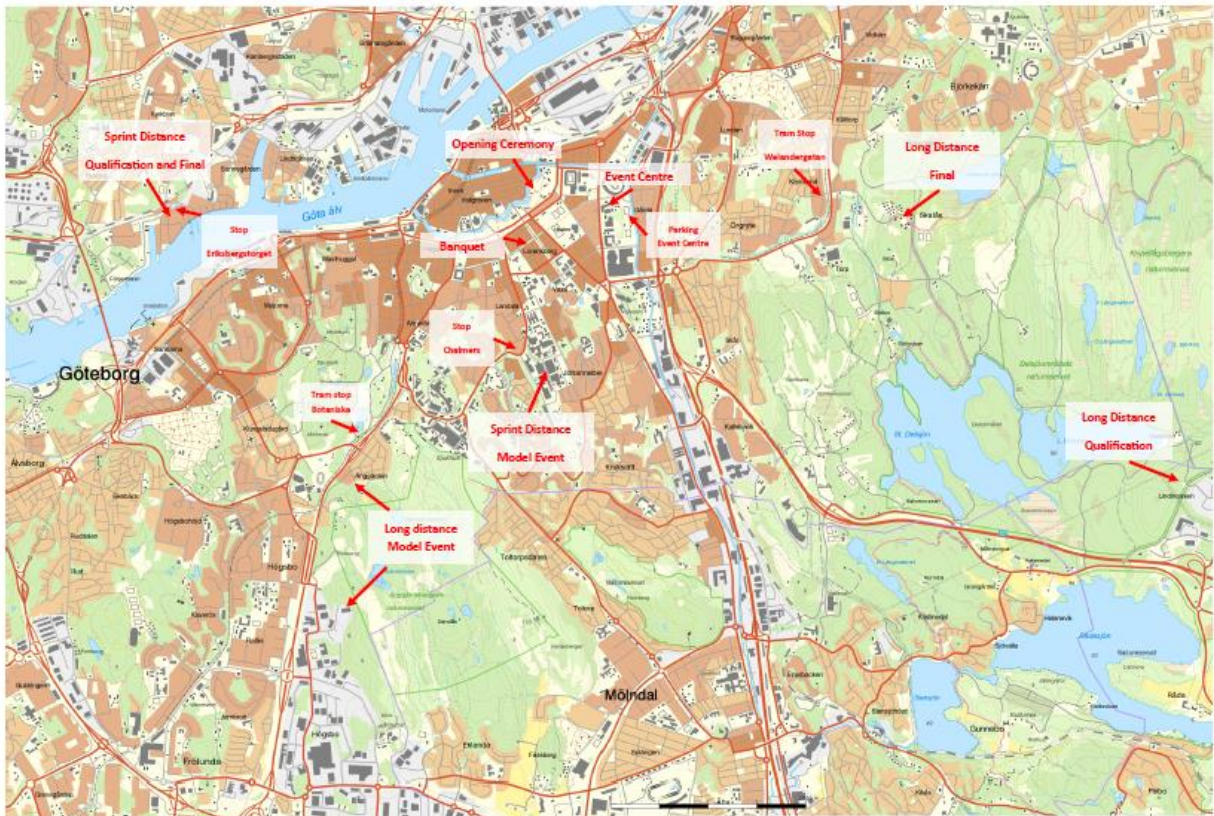
07:00-10:00 and 17:00-20:00 Event Centre open

09:00 Long distance finals (first start), Skatås.

### **2 August (Sunday)**

9:00-11:00 Event Centre open

## General Overview Map



[Larger map](#)

## ENVIRONMENTAL CERTIFICATION

The vision for World Masters Orienteering Championships in Gothenburg is “**Just Around The Corner**”, i.e. the event will be compact with very short travel distances to all activities.

The WMOC in Gothenburg has been awarded an environmental certificate following the sustained environmental policy of Gothenburg City. This certification is to a large extent built on the vision above and means e.g that:

- All activities can be reached by the public transport system or by bike.
- All the companies engaged by the organisers e.g. hotels, bus transport and food sales have environmental certifications
- All materials, including disposable ones, will to a very large extent be recycled.
- The waste will be sorted according to recycling principles.
- Much of the food is produced close to Gothenburg and there is always a vegetarian menu at the restaurants.
- A second map will not be distributed to the participants. The maps in the A-finals will be collected and returned after the last start.

## EVENT CENTRE

Katrinelundsgymnasiet, Göteborg



The Event Centre is in Katrinelundsgymnasiet, in Gothenburg.

Address: Skånegatan 14 S-411 40 Gothenburg. GPS: 57.704133, 11.985265

EC Opening Hours: The Event Centre opens for accreditation from Friday 24 July at 15.00 – see Programme for opening times.

Hard floor accommodation and showers will be available in the gymnasium school building for those who have booked this. Everybody who has booked accommodation will receive an ID pass to get in and out.

### How to reach the Event Centre.

From the airport (Landvetter):

Take the airport bus to Gothenburg to stop Korsvägen. From Korsvägen it is a 10 min walk to the Event Centre, or take the trams 2, 6, 8 or 14 direction north to stop Ullevi södra.

By train:

Walking distance is about 2 km from the Central Station, or take tram 14 (direction Mölndal) to stop Ullevi Södra.

By tram:

Stop "Ullevi södra" is next to Event Centre (Katrinelundsgymnasiet) by trams 2, 6, 8 and 14.

By car:

From E6 south: Take exit 71 and follow signs towards Gårda S, follow Örgrytegatan and in the first roundabout turn right into Skånegatan, the destination will appear to the right after 800 m.

From E6 north: Take exit 73 towards Centrum. Turn left after 600 m into Skånegatan, the destination is on the left just after the Ullevi arena.



## Parking

Turn into Levgrensvägen, the street between Ullevi and Event Centre. The parking area is on the south side of Levgrensvägen alongside the river Mölndalsån. Parking is free but a parking ticket is needed and can be picked up at the Event Centre.

## Services at the Event Centre

Accreditation desks

Information desk with e.g. information about tourism and accommodation.

Café, "Swedish fika"

Start lists and results

At the Event Centre it will be possible to buy open courses, maps for model events for non-competitors, Gothenburg City Cards, 5-trip cards, shuttle bus and banquet tickets, tickets for the organised excursions. This is also the place to pick up tickets for parking at Event Centre and to return maps from the A-finals. Remaining tickets for parking at long distance qualifications may also be bought here.

At the Event centre there will also be stands for commercial traders selling e.g. sport equipment and clothes.

## Media

Media is room and wifi access at the Event Centre.

## Accreditation

Each participant makes his/her accreditation at the Event Centre. For groups the group leader should make the registration for the whole group.

Competitors must also pay any remaining charges before they can collect their envelopes. Cash payment is in SEK and by credit card in SEK or euro.

The Welcome envelope includes:

Start number bibs

Rented SPORTident cards

Model Event maps (2)

Pre-booked tickets and Gothenburg City Cards

An official Bulletin 2 to each participant will be handed out alongside the envelope.

Note, for environmental reasons we appreciate that competitors have their own safety pins. Thus, safety pins will not be in the envelopes but will be available as self-service at the Event Centre and the information desk at the arenas.

At the Event Centre there will also be available a general map of Gothenburg, written travel information of how to go to the different arenas and hotels, timetables for the public transport system, map over bike roads in Gothenburg and tourist pamphlets.

## **GENERAL INFORMATION**

### **SAFE-KEEPING OF VALUABLES**

Valuable small items that can fit in large envelopes (DIN A4) can be deposited in a guarded room (sprint races) or tent (long distance races) at the arenas. This service is also available at the Event Centre for those using the hard floor accommodation.

### **VISAS**

Competitors coming from certain countries need a visa to visit Sweden. An online form to submit visas to visit Sweden is available at <http://www.migrationsverket.se/English/Private-individuals.html>.

### **SHOPS**

Sport and O-Shops will be present at the arenas of each competition and at the Event Centre on the 24 and 25 July.

### **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 [info@wmoc2015sweden.se](mailto:info@wmoc2015sweden.se) or at the Event Centre. The press accreditation will be distributed at the Event Centre

### **LOST AND FOUND**

Lost belongings will be collected and found at the Information desk at the arenas or at the Event Centre.

### **ARENA CATERING**

At all arenas there will be "Swedish Fika" with coffee, bread and butter and sweet cakes. At the long distance competitions there will also be a restaurant serving food and drinks. At the sprint competitions the participants are recommended to visit the existing restaurants close to the arena.

### **EMERGENCY CARE**

Call 112 in case of emergency.

### **FIRE EMERGENCY**

No open fire will be allowed in any of the competition arenas. Smoking is prohibited.

Call 112 in case of fire.

### **CLIMATE**

Weather in Gothenburg in July is typically warm and pleasant, with an average of 21°C. Rainfall average in July is 70 mm (10 to 14 days a month).

### **WASTE AND RUBBISH**

There will be rubbish and recycling bins in the Arenas to collect waste, rubbish and recycling.



## **ACCOMMODATION**

See the [WMOC website](#) for information about accommodations.

Competitors who are staying at Liseberg's drop-in camping Delsjön should pay attention to the fact that the competition area surrounds the campground. You may use only the city road leading into the campground.

## **TRANSPORT AND PARKING**

### **General information, transport/parking during WMOC**

The competition arenas and the model events can be reached by Gothenburg public transport system or by bike. However, to the long distance qualifications there will be a shuttle bus service due to the low frequency of bus service. The shuttle bus fee is 80 SEK for both qualification days. The different transportation options to the competitions, model events and Event Centre are described under the headings of the different events.

Detailed information about how to go from the WMOC hotels to the different arenas and Event Centre will be found on the [WMOC website](#), at the Event Centre and the WMOC hotels.

### **Travel information and fares with Gothenburg public transport system**

At Västtrafik's website ([www.vasttrafik.se](http://www.vasttrafik.se)) you are able to plan your trip using the trip advisor ("Reseplaneraren")

There are four different possibilities to pay for public transportation.

1. WMOC Gothenburg City Card, big
2. WMOC Gothenburg City Card, small
3. 5-trip card
4. Single ticket (payment on board or at Västtrafik selling places).

The three first options can only be bought at the Event Centre.

### **How it works**

Hold your card against the card reader when you board. Finished! You don't need to press any buttons, and a short beep tells you that one trip has been charged from your card. If you change, hold the card against the card reader again when boarding. The card knows when you started your journey so there is no risk of a second journey being charged.

### **Adult and youth fares**

You are classed as a child and travel at a reduced rate until you reach the age of 20 when you use a single ticket or 5-trip card.

### **Children**

Accompanied children under the age of 7 travel free of charge. You can have as many children with you as you can manage properly. Children of 6 years of age and above may travel alone but must have their own ticket or card.

### **Ticket sales points**

The WMOC Gothenburg City Cards and the 5-trip cards can only be bought at the Event Centre. Single tickets, see heading below (**single tickets**)

### Visit the Västtrafik customer service shops.

Västtrafik has two customer service shops in the city centre. Here you can get help with routes, times, prices and tickets and with claims relating to a purchase or journey. The two service shops are at Drottningtorget and Brunnsparcken in the city centre.

### 5-trip cards

A 5-trip card is valid on all Västtrafik buses, trains, ferries and trams. Note however that adults and school children cannot travel using the same card.

#### Prices

Area	Price	Change time
Gothenburg municipality	Adult: 105 SEK Child 80 SEK	90 min
Gothenburg, Mölndal and Partille municipalities	Adult: 160 SEK Child 120 SEK	180 min

### Single ticket

You can buy single tickets in advance at Västtrafik's selling places such as Pressbyrån or 7-Eleven shops. On board most trams have ticket dispensers so you can pay with credit cards or coins. Fares from: SEK 26/trip (adult), school children SEK 20/trip.

### GOTHENBURG CITY CARD/8 DAYS WMOC

By cooperation with the City of Gothenburg we will offer two special WMOC/Gothenburg City Cards for 8 days, a big and a small one. The cards are valid from 06.00 25 July to 24:00 1 August. Both City Cards includes shuttle bus tickets to long distance qualification competitions, all journeys by the public transport system in Gothenburg and its surroundings, and free parking in many central areas in Gothenburg.

#### The Big WMOC/Gothenburg City Card

This City Card is the best way to experience Gothenburg and its surroundings. Gothenburg City Card gives you free admission to lots of entertainments, sights, excursions, Liseberg amusement park (twice) and many museums. Parking and travel with trams, buses and boats are included. You will also get a shopping booklet with discounts in selected stores. Thus it maximizes your stay in Gothenburg.

The City Card gives free travel by tram and bus in Gothenburg and the municipalities in the area around Gothenburg. You can for example go by bus to Marstrand with its fortress, by boat to the archipelago of Gothenburg and of course by tram, ferry and bus inside Gothenburg.

There are about 30 different tourist destinations where you have free or reduced admission. Among these are:

Liseberg amusement park (free entry twice), "Paddan" sightseeing along the canals (free), Gothenburg or Hop-on hop-off, a guided tour through Gothenburg by bus, Aerozeum, an aviation museum inside a declassified Swedish Air Force bunker, Gothenburg Botanical Garden, one of Europe's largest gardens with more than 170 hectares, The Röhsska Museum with design, fashion

and decorative arts, Universeum with 9000 m<sup>2</sup> of adventure, and Volvo Museum with the history of Volvo since its start in 1927.

For more information <http://www.goteborg.com/en/citycard>(English), <http://www.goteborg.com/sv/citycard> (Swedish). There is also information in GERMAN, FRENCH, SPANISH, ITALIEN, RUSSIAN and CHINESE.

The price for this card: for adults 950 SEK (95€) /person and for children (under the age of 17) 650 SEK (65 €)/person. It also includes shuttle bus tickets to the long distance qualifications.

### **The small WMOC/Gothenburg City Card**

This small special 8 days WMOC/Gothenburg City Card includes free travel by tram and bus in Gothenburg and municipalities surrounding Gothenburg. You can for example go by bus to Marstrand with its fortress, by boat to the archipelago of Gothenburg and of course by tram, ferry and bus inside Gothenburg. The card covers parking at the same areas as the big card and bus transfer from the Event Centre to the two qualification long distance competitions.

Besides, this the card offers free admission to three of five possible events, e.g. Liseberg amusement park, Universeum 9000 m<sup>2</sup> of adventure and to Paddan sightseeing boat.

The price for the Small City Card: for adults 710 SEK (71 €)/person and for children (under the age of 17) 500 SEK (50 €)/person. It also includes shuttle bus tickets to the long distance qualifications.

### **By bike to the arenas**

All arenas can be reached by bike. A map of the bike roads will be found at the Event Centre as well as maps over central parts of Gothenburg. Please notice that it is **not allowed** to bike through the competition area when going to the long distance qualifications. A description of the route to this arena will be found at Event Centre.

### **PARKING**

At the Event Centre there will be free parking during the whole competition period. However you will need a parking ticket that can be ordered in advance or picked up at the Event Centre.

Parking during the competitions will be organised as follows:

Event centre: Friday July 24 to Saturday August 1 free parking at the Event Centre (see map Event centre). The parking area is open Friday July 24, 15:00-22:00, Saturday July 25, Tuesday July 28 and Friday July 31 9:00-22:00 and during the competition days 07:00-22:00. All other times the parking area is closed and locked.

Sprint competitions: There will be no parking at the arena but there is free parking at the Event Centre from where it is possible to go with the public transport system. A detailed description of transportation options is given below under the heading **sprint competition**.

Long distance qualification: 1. Free parking at the Event Centre. 2. Parking about 2 km from the arena. Cost 100 (10 €) per day. You can order the parking ticket on the website. Booking is necessary before June 30. After that date remaining parking tickets may be available at the Event Centre.

Long distance final: There will be no parking at the arena but there is free parking at the Event Centre from where it is possible to travel with the public transport system. A detailed description of transportation options is given under the heading **long distance final** and can also be found at the Event Centre

### **Tour Group Coach Parking**

There will be tour group coach parking possibilities at all arenas and at the model events. A detailed description of the parking options will be given to the Tour Operators.

### **Bike Parking**

Bike parking areas are present at all the arenas. A detailed description of transport options is given under each event. Maps with the bike roads within Gothenburg will be found at the Event Centre.

## **COMPETITION INFORMATION**

### **Late Entry and Changes**

Start lists for WMOC will be prepared directly after the last entry deadline June 30. Thereafter, if places are available, late entries can be made only via mail to [info@wmoc2015sweden.se](mailto:info@wmoc2015sweden.se) and at a surcharge of 300 SEK (€30). Start lists are published in a separate document and on the WMOC website: [www.wmoc2015sweden.se](http://www.wmoc2015sweden.se) 6 July.

Payment for changes shall be done at the Event Centre. Payment for late entry if not done through bank invoice has also to be done at Event Centre.

All changes must be sent to [info@wmoc2015sweden.se](mailto:info@wmoc2015sweden.se).

### **Rented Sportident Cards**

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

Competitors who did not register their own SI-card when they entered will get a rental-card from the organisers for a rental fee of 80 SEK.

Please return the SI-card after passing the finish line or at the Information desk after your last race. A charge of 400 SEK will be made for the loss or non-return of rented cards.

### **Competition Rules**

The competitions will be conducted under Competition Rules for IOF Foot Orienteering Events (2015 Edition) together with the 2015 WMOC Guidelines.

Copies of these can be downloaded from <http://orienteering.org/foot-orienteering/rules>, and <http://orienteering.org/foot-orienteering/event-organizing/organisers-guidelines/>

The Open Courses will be held according to Swedish Competition Rules.

## **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 prohibited before and during the competition. Having crossed the finish line, a competitor must not re-enter the competition terrain without the permission of the organiser. This includes the Start and Finish areas. It is not allowed to bring any previous maps along to the competition arenas. A competitor who breaks any rule, or benefits from the breaking of any rule, may be disqualified.

Sprint competition areas are embargoed on the competition days from 7 o'clock until the competition is over.

As no maps are collected at the finish except those of the A-finalists, it is extremely important that the competitors' maps are not shown to runners that have not yet started.

At all times, respect fences, walls, private property, and the local population.

Never drop any object or paper and use specific waste containers instead. Always use official toilets by Event Centre, Arena, Start and Finish areas.

## **Anti-Doping**

Doping is strictly forbidden, and the organisers of WMOC 2015 are dedicated to support the anti-doping authorities in their work. Doping controls may be carried out any time during the competition period and will be carried out in accordance with the procedures described in the WADA International Standard of testing.

## **Start Number Bibs**

Every WMOC competitor will be issued with a numbered bib (often known as "start number") which must be worn on the chest for each race.

We appreciate if the competitors have their own safety pins!

Information on bibs will consist of the competitor's name, SI-card number, Federation, tour group, age class and heat and start times for the qualification races as well as information about which Start is used where there is more than one.

**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 the Event Centre or arena Information desk for a charge of 50 SEK.

The 10 best runners in the A-finals will receive new bibs in the start area that shall be placed over the original ones.

## **Clothes and Shoes**

Full body coverage (with short sleeves) is mandatory at the long distance competitions. Shoes with rubber studs and metal dobbys are allowed in both sprint and long distance competitions.

Spiked shoes are forbidden in all competitions!

Shoes suitable for parkland should be worn for the Sprint Qualification race whilst normal orienteering shoes are recommended for the Final.

## Maps

All WMOC2015 competition maps have been offset printed and drawn according to IOF drawing specifications.

The material of the maps is waterproof paper (Pretex).

The dimensions for the competition map for the Long final scale 1:10 000 are 452 x 297 mm. The dimensions for all other competition maps are 420 x 297 mm (DIN A3).

Sprint: ISSOM standard, scale 1:4000, contour interval 2.0 m, drawn in 2012 and surveyed in 2014-15.

Long distance: ISOM standard, scale 1:10000, for M/W 60 and over scale 1:7 500, contour interval 5.0 m. Drawn in 2007 and surveyed in 2014-2015.

### Special Map Features Sprint

ISSOM 212



Bare rock



ISSOM 540

X

Man made object (e.g. playground apparatus)

### Special map features Long

ISOM 212



Bare rock



ISOM 418

X

Big rootstock



Tree stump or trunk



## **Warm up Maps**

Will not be available.

## **Controls**

Each control is equipped with

- the control flag and 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.

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 is 170 x 55 mm. Each grid square has a 6 mm 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-Card are accepted.

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 Information 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 outside 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 (SI) units. You may use either of the units where there are two. 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.

### **Start Lists 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. The heats for the Sprint race will be drawn separately.

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

Start lists for the Qualification and Final races will also be available for review by participants at [www.wmoc2015sweden.se](http://www.wmoc2015sweden.se), at the Event Centre, the Information desk at each competition arena and at each prestart.

Start times for the Sprint Final will be available at [www.wmoc2015sweden.se](http://www.wmoc2015sweden.se) by 20:00, Sunday 26 July 2015, as well as at the Event Centre. They will also be posted in the arena and at the start area on Monday morning.

The first start time for the Sprint Final is at 10:00.

Start times for the Long Final will be available at [www.wmoc2015sweden.se](http://www.wmoc2015sweden.se) by 15:00, Friday 31 July, as well as at the Event Centre. They will also be posted at the Info Point in the Arena and at the prestart area on Saturday morning.

The first start time for the Long Final is at 9:00.

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 Event Centre from 18:00 after each race. All start lists, results lists, split-times and accumulated times will be made available on the website [www.wmoc2015sweden.se](http://www.wmoc2015sweden.se) as well.

### **Commentary**

Race commentary will be provided by Ola Jodal. He will provide competition news and class leader results mostly in English, the main language. Information will also be given in Swedish.

There will be radio controls in the forest.

## Start Procedure

Each runner is responsible for following the correct marked route to their start area. The competition area is out of bounds until your start time. Distances to the start are specific to each race.

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

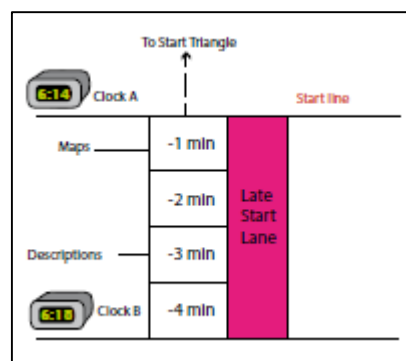
Before the entrance to the first box (-4 min) SI-cards are cleared and checked.

In the start area, runners will pass through four consecutive starting boxes, and remain one minute in each one. When the clock (B) 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 at the Information in the arena.

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 heat/Final and waits beside the map pocket for the remaining part of the minute. Race time is visible there via clock A. 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 begins and the runner can take the map from the map pocket. 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 triangle in the terrain and a triangle on the competition map. You must follow the marked route to the start point.



## Late Start

Runners who arrive after their designated start time must report to and 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 2015 official. The competitor then starts the race when told to do so and a Start official takes a note of the actual starting time. 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. Instead, if the competitor believes the organiser is responsible, he/she should make a complaint after finishing the race at the Problem Desk before leaving the Finish Area.

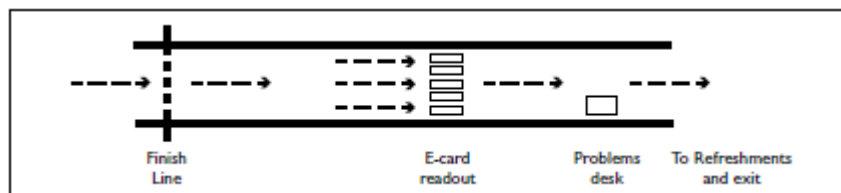
## Finish Procedure

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”, which 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. 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 race time and the split-times will be printed out. There will be a Problem Desk for solving misspunches and handling problems regarding SI card readout. After that, the runner is free to go for refreshments .

For the A-Finals the maps are collected after the Finish line. All other competitors keep their maps.

The schematic flow diagram below shows how the Finish system works:



## Maximum Time

Maximum time for Sprint races is 1 hour.

Maximum time for Long races is 2.5 hours.

## How To Qualify For The Final

The qualification system is described in detail in the IOF Competition Rules (2015):-

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 fewer 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.

### Disqualification

If a runner misses 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 registered in the start lists, the runner will receive no time and will be disqualified. It is the runner's responsibility to run with the correct SI-card.

**Obstacles that it is forbidden to pass/cross in Sprint orienteering. Passing or crossing these obstacles will lead to disqualification.**

	High walls, fences and cliffs	Distinct, thick, black line
	Hedges and shrubbery	Distinct, thick, green line
	Water that may not be crossed	Darkblue colour
	Land plots	Olivegreen colour

### Complaints and Protests

Any complaint should be made in writing to the organiser and handed in at the Problem Desk in the Finish area as soon as possible. If the complaint is of a personal nature, e.g. if the competitors feel they have been disqualified unfairly, then the complaint should be made at the Problem Desk immediately.

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 15 minutes after that decision has been given to the runner.

Protests must be in writing and handed in at the Problem Desk in the Finish area. A protest 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. A special form should be used for both complaints and protests. This form is available at the Problem Desk.

From 1 January 2015, IOF Rules state that there is a protest fee of 500 SEK (50 €). The fee shall be paid to the IOF Senior Event Adviser in cash when handing in the protest. The fee will be returned if the protest is accepted by the jury. Should a Protest be signed by more than one participant, each of these shall pay the Protest fee.

### Map Reclaim

Only the competitors in the A-finals have to leave their maps at the Finish. These maps can be reclaimed at the arena after the last competitor's start or at the Event Centre.

## 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 (max 25 min after start).

The water stations in the forest will be supervised by officials. Locations will be shown using the standard drink cups on the map or at specific control sites as indicated by the cup symbol in column H of the control description.

## First Aid

There will be First Aid facilities at the finish of all the races.

First Aid locations in the forest are marked by the usual cross symbol on the map. An official will be there with a mobile phone and can summon assistance if needed.

Fellow competitors are obliged to assist in case of accident, illness or injury.

## Responsibility and Safety

All competitors who take part in the WMOC 2015 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 and from any event during the WMOC week.

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

## GPS Equipment

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

Any other GPS equipment is forbidden.

## Public Event – Open courses

Open courses will be offered as follows:

Day	26 July	27 July	29 July	30 July	1 August
Courses	Sprint	Sprint	Long	Long	Middle
Open 1 - Very easy	1,5 km	1,5 km	1,9 km	2,2 km	1,8 km
Open 2 - Easy	2,0 km	2,0 km	2,3 km	2,6 km	2,8 km
Open 3 - Medium	2,3 km	2,5 km	3,3 km	3,3 km	3,0 km
Open 4 - Difficult	2,8 km	3,0 km	4,4 km	4,6 km	3,1 km
Open 5 - Difficult	3,1 km	3,5 km	6,3 km	5,9 km	4,1 km
Free start time between	11.00-14.00	10.00-13.00	9.00-12.00	9.00-12.00	9.00-12.00

Sprint: Scale 1:4000

Long qualification: Open 1-3 scale 1:7500, open 4-5 scale 1:10 000.

Long final: Scale 1:7500.

All races will share the WMOC arenas on each race day. See WMOC day information for details of arenas, parking, access, starts etc. Open Courses have their own finish area in the border of the WMOC arenas.

Entries are made at Event Centre or at the tent for the Open Courses at the competition arenas.

Fees/day: 60 SEK for competitors under the age of 16 and 120 SEK for those over the age of 16.

Rental SI-card will be provided at a charge of 20 SEK/day or 80 SEK for all days. A charge of 400 SEK will be made for the loss or non-return of rented cards.

Control Descriptions will be printed on the front side of the map. There are no loose descriptions.

### **Miniknat – Child Race**

For the youngest runners. Not competitive, with taped courses, prizes for everyone.

Organised at the long competition arenas. Open: 08.30 - 13.00. Fee: 20 SEK.

### **Child Care**

Child care is available at the arena to children over the age of 3 during the competitions. Children should be nappy free. Please submit your need for child-care to: [info@wmoc2015sweden.se](mailto:info@wmoc2015sweden.se).

Fee: Free

### **Toilets**

There will be toilets on the arena. Limited toilet facilities will be provided at the Starts if the start is more than 1000 m from the arena. 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 are showers at the arenas for the long races but not at the arena for the sprint races.

## MODEL EVENTS

The Model Events demonstrate the terrain types of the WMOC 2015 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.

There will be limited toilet facilities at the venue.

### Sprint Model – Saturday 25 July Chalmers-Guldheden

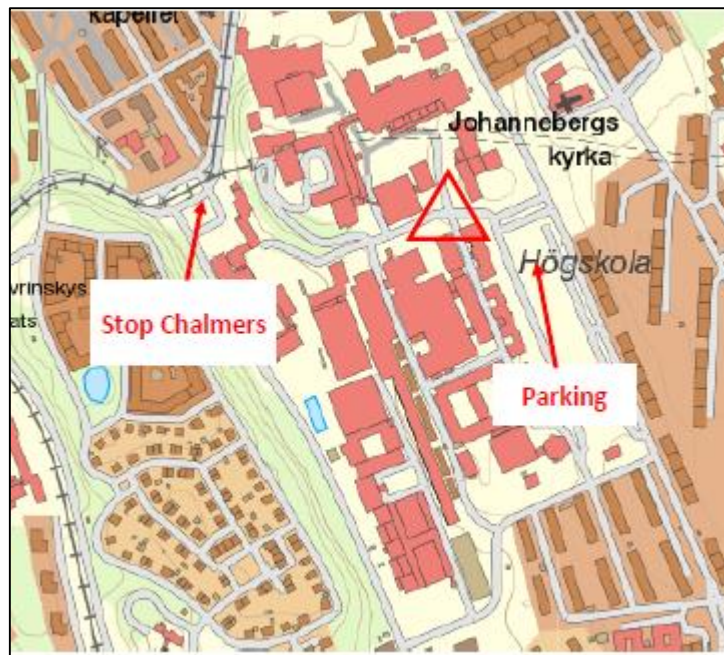
Open: 08:00 – 17:00

GPS: 57.689972, 11.979469

Competitors living in the central parts of Gothenburg are advised to walk or go by bus or tram to the stop Chalmers. This stop can be reached by trams #6, 7, 8 and 10 and by bus #16.

Parking is possible at Chalmers (entrance Gibraltargatan, 100 m from start). This parking place is public with a fee that is paid with credit cards or coins.

Tour group buses can park at the same place. Follow instructions from the officials.





## Long Distance Model – Tuesday 28 July Änggårdsbergen

Open: 08:00 to 18:00

There are two places to start from.

- Lilla Änggården GPS: 57.677476, 11.945864

Competitors living in the central parts of Gothenburg are advised to walk or go by bus or tram to the stop Botaniska Trädgården and then follow the tapes 400 m to the start place. The trams that stop at Botaniska Trädgården are #1, 2, 7 and 8.

It is also possible to go to the stop Marklandsgatan with the trams #3 and 6 and the buses #16, 45, 84, 95, Blå Express and Rosa Express. From stop Marklandsgatan to the start place it is about 800 m. No tapes or signs. See map!

- Gruvgatan GPS: 57.665968, 11.944016

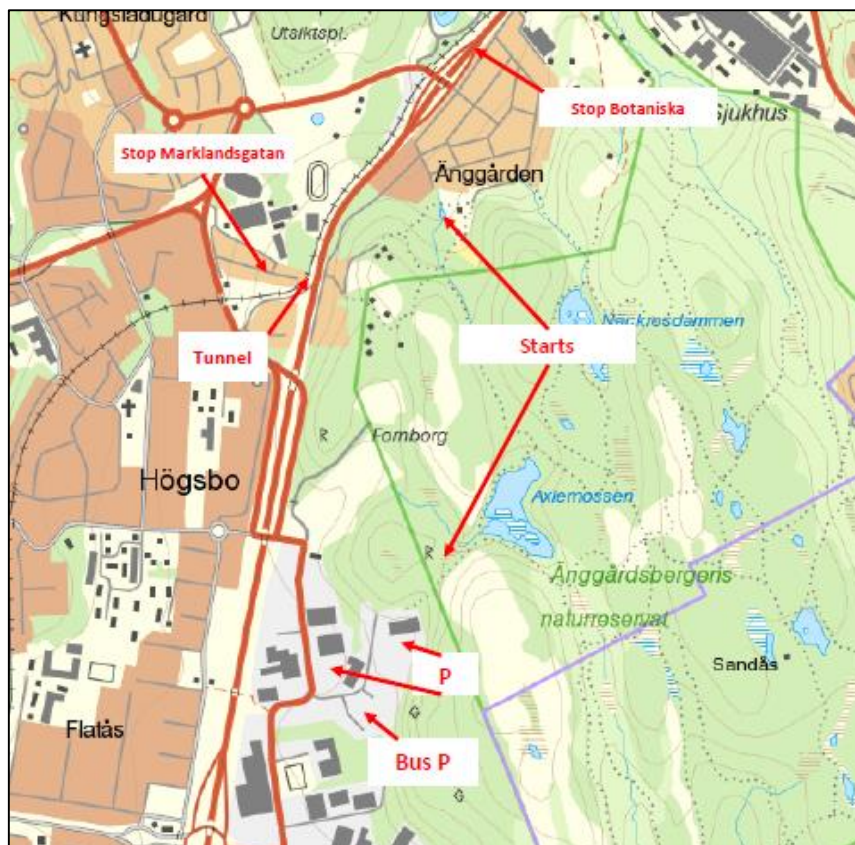
If you are going by car or tour group bus go to the start at Gruvgatan.

There is a small parking place at the start and a bigger at J A Wettergrens Gata, 500 m from the start. This parking place is public with a fee that is paid with credit cards or coins.

Tour group buses can park on a marked place at the beginning of Gruvgatan.

Map: On one side of the map the scale is 1:10 000 and on the other 1:7 500.

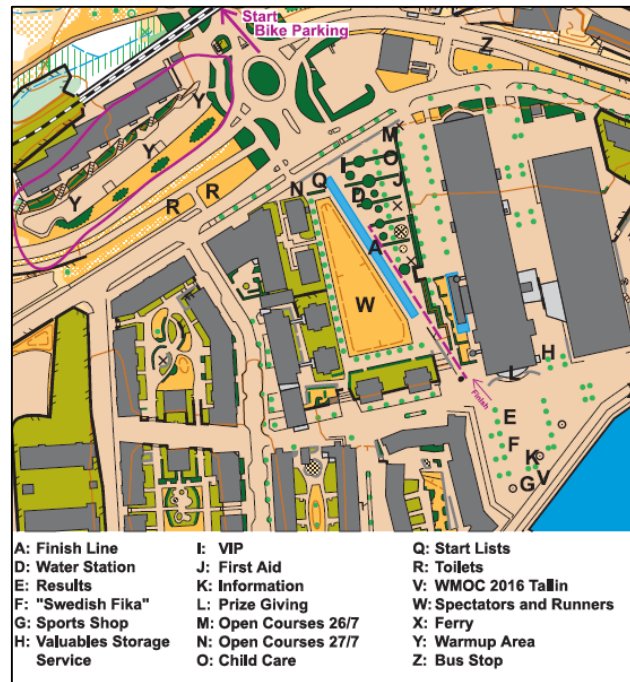
Note! There is no control description for control 42 but the flag is on the north foot of a knoll.



## 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 26 July Eriksberg



Eriksbergstorget: GPS: 57.700496, 11.914137

### How to go to the arena

The arena can be reached via several routes:

- Bus # 16 goes from central Gothenburg and stop Eriksbergstorget. The buses go on Sunday about every 15 min and on Monday every 10 min.
- Ferry over the river to Eriksberg from stop in central Gothenburg (Lilla Bommen travel time 22 min, Rosenlund travel time 15 min and Klippan travel time 4 min). The ferries go on Sunday every 30 min from 9.30 and on Monday every 30 min from 7.00. The fee on the ferries is the same as for trams and buses.

At stop Klippan there is also a public parking area where you can park your car (Parking fee 10 SEK/hour).

- Bus #99 from stop Hjalmar Brantingsplatsen to stop Eriksbergstorget.
- Bus #99 from stop Frölunda Torg to stop Eriksbergstorget.

Time tables for the different transport alternatives will be available at the Event Centre and at [www.wmoc2015sweden.se](http://www.wmoc2015sweden.se).

As there is no parking available at the arena we recommend that cars be parked at the hotels or at the free parking area at the Event Centre.

By bike you cross the river either over Göta Älv Bridge (centre of the city) or Älvsborgs Bridge at the western part of Gothenburg and follow the northern river side to the arena. A map of the bike roads is available at the Event Centre. Bike parking is just north of the arena (see map).

### **Embargo**

The competition area is out of bounds from 7:00 until the competition is over.

It is permitted to go by bus or bike on the street Östra Eriksbergsgatan to the arena.



### **Distance to Start**

All courses have start 1, 1300 m from the arena. Exit the arena on the north side and follow the orange/white tapes. For runners of age 85 or older there will be transport to the start.

### **Map**

Scale 1:4000, contour interval 2.0 m, drawn in 2012 and surveyed during 2014-15.

### **Start times**

The first starts are at 11:00.

### **Terrain Description**

Eriksberg was formerly a large industrial area that has now been transformed into a modern district of Gothenburg, with both residential and office premises.

A mixture of residential and office premises, streets and parks. Very good runnability and gentle to moderate climb.



Watch out for traffic and walking people in the area!

### **Club tents**

Because the arena is small it is not permitted to set up tents!

### **Toilets**

There will be toilets at the arena. Limited toilet facilities will be provided at the Start. Please use official toilets.

### **Course Details**

Can be found at WMOC website

### **SPRINT FINAL - MONDAY 27 July Eriksberg**

The arena is the same as for the sprint qualification. GPS: 57.700496, 11.914137

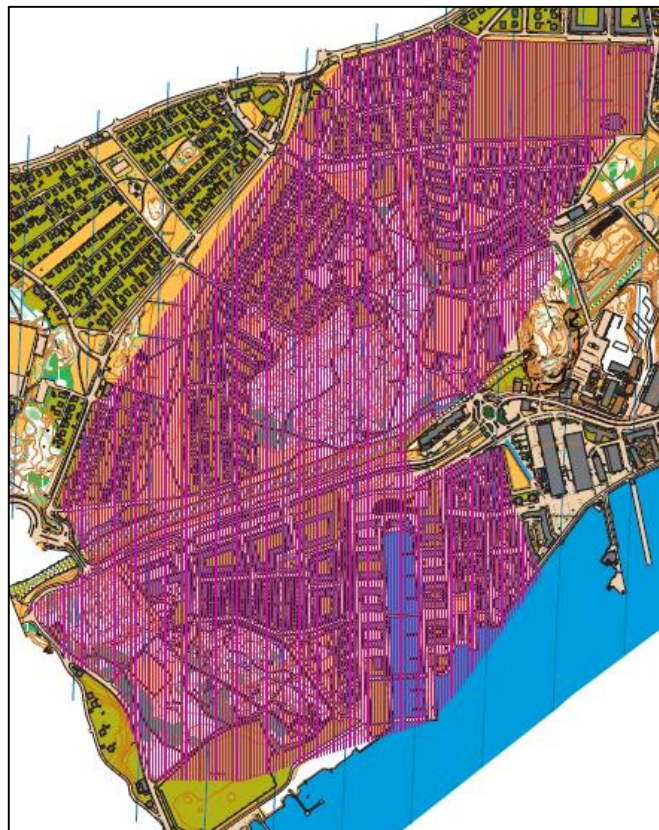
### **How to go to the arena**

See sprint qualification.

### **Embargo**

The competition area is out of bounds from 7:00 until the competition is over.

It is permitted to go by bus or bike on the street Västra Eriksbergsgatan to the arena.



### **Distance to Start**

Start 1, 250 m. Follow orange/white tapes. M35-M80, W35-W75.

Start 2, 400 m. Follow orange/blue tapes. M85-M90, W80-W90.

Start Open Courses. 250 m. Follow orange/yellow tapes

**Map**

Scale 1:4000, contour interval 2.0 m, made in 2012 and surveyed during 2014-15.

**Start times**

The first starts are at 10:00.

**Terrain Description**

A mixture of residential and office premises, streets, park and areas of forest. Very good runnability and gentle to moderate climb.

Watch out for traffic and walking people in the area!

**Club tents**

Because the arena is very small it is not permitted to set up tents!

**Toilets**

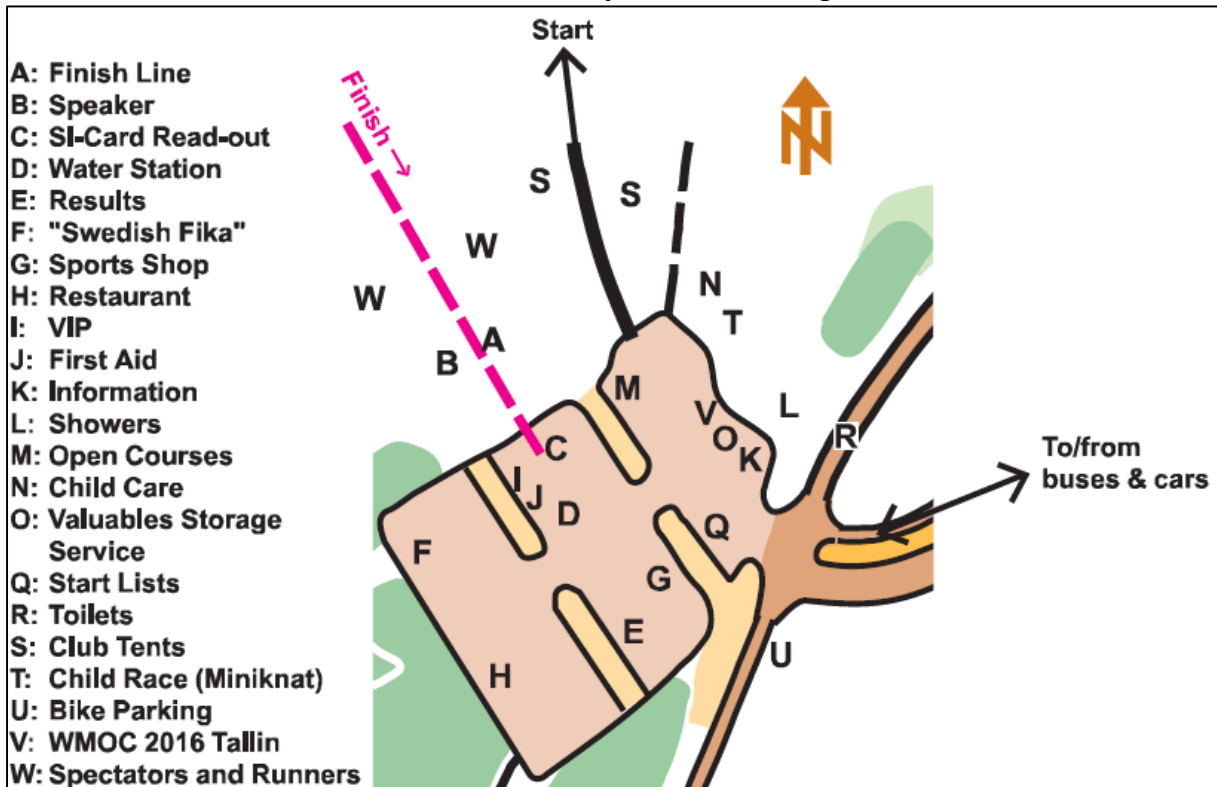
There will be toilets **only** at the arena. Please use official toilets.

**Course Details**

Can be found at WMOC website.

## LONG DISTANCE RACES

### QUALIFICATION LONG 1 - WEDNESDAY 29 July Bertilssons stuga



The arena is in the northern part of Mölnlycke Industrial area. GPS: 57.680641, 12.08771

#### How to go to the arena.

Shuttle buses will go from the western side of Ullevi, 300 m north of the Event Centre to the arena and back to Ullevi every 10 minutes or when the bus is full. Bus fee for both days is 80 SEK. If booked in advance the tickets are picked up at the Event Centre where it also is possible to buy tickets.

It is also possible to go by car and park in Solstens Industrial Area about 2 km from the arena. The parking fee is 100 SEK per day and if not booked at latest June 30 a parking place cannot be guaranteed. Go highway 40 and leave at exit 72 and follow the signs.

It is also possible to go by bus #513 from stop Korsvägen to stop Analysvägen, about 500m from the arena. Goes every 30 min, travel time 9 min.

Using bike to the arena you must not pass through the embargoed area which means that you have to go the roads that follow alongside the highway (#40). A description of the way will be presented at the Event Centre and at [www.wmoc2015sweden.se](http://www.wmoc2015sweden.se). The bike parking is close to the arena (see map).

#### Embargo

The competition area is out of bounds until the competition is over.

## Distance to Start

Start 1, 800 m. Follow orange/white tapes. M35-M65, W35-W45.

Start 2, 750 m. Follow orange/blue tapes. M70-M90, W50-W90.

Start Open Courses. 600 m. Follow orange/yellow tapes.

## Map

Scale 1:10 000, for M/W 60 and over scale 1:7 500, contour interval 5.0 m. Made in 2007 and surveyed during 2014-15.

## Start times

The first starts are at 09:00.

## Terrain Description

Mostly coniferous forest, with several minor and larger marshes. There are a few paths and roads in the area.

Moderate to steep hills with some steep slopes. The density of details varies through the area. The runnability is mostly good except marshes, under the power line which crosses the map and marked areas at the map.

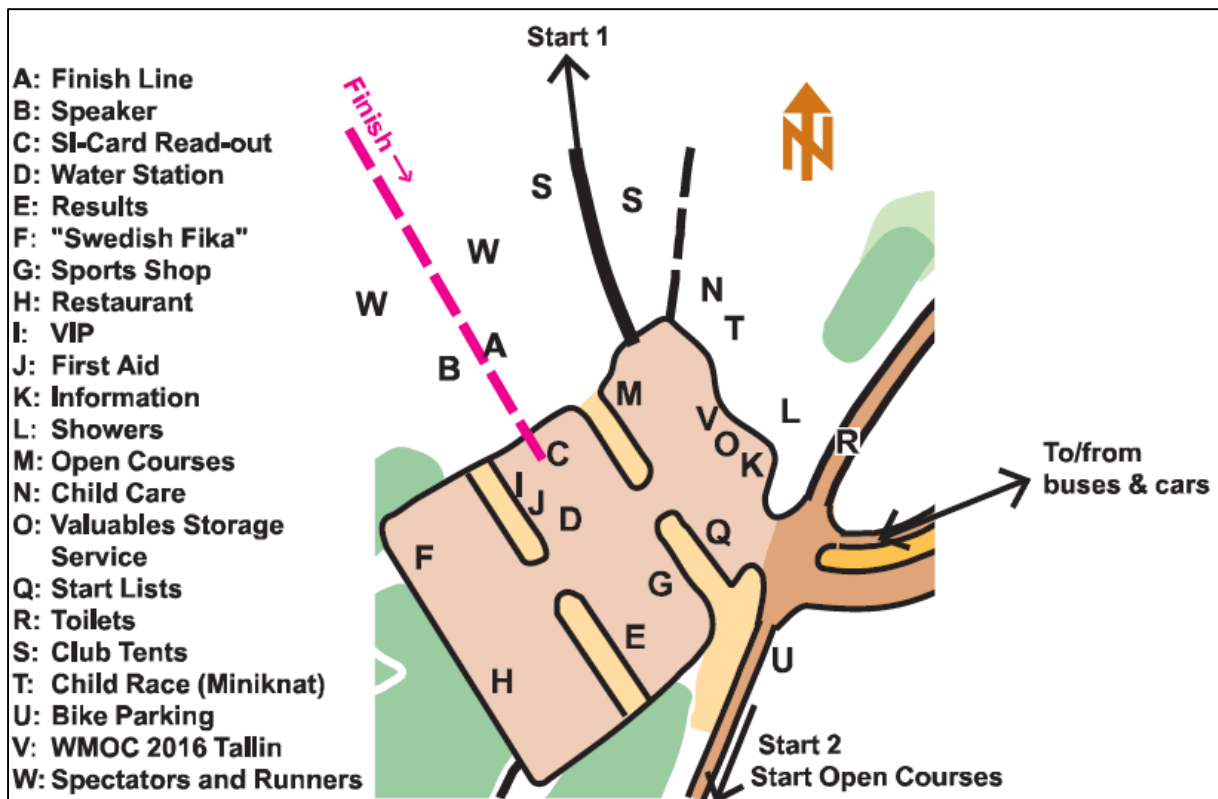
## Toilets

There will be toilets **only** at the arena. Please use official toilets.

## Course Details

Can be found at [WMOC website](#).

## QUALIFICATION LONG 2 - THURSDAY 30 July Bertilssons stuga



The same arena as long distance qualification I, GPS: 57.680641, 12.08771



## **How to go to the arena**

See long distance qualification 1.

## **Embargo**

The competition area is out of bounds until the competition is over.

## **Distance to Start**

Start 1, 1700 m. Follow orange/white tapes. M35-M65, W35-W45.

Start 2, 900 m. Follow orange/blue tapes. There is a pre-start 300 m before the start due to a road with traffic. 10 min before you start time you can go from the pre-start to the start. M70-M90, W50-W90.

Start Open Courses, 800 m. Follow orange/yellow tapes.

## **Map**

Scale 1:10 000, for M/W 60 and over scale 1:7 500, contour interval 5.0 m. Drawn in 2007 and surveyed during 2014-15.

## **Start times**

The first starts are at 09:00.

## **Terrain Description**

Mostly coniferous forest, with minor and larger marshes. The area has some paths and roads.

Start 1: There are some open areas which are remnants from an old fire. The area is moderately hilly with some steep slopes.

Start 1: In the beginning the runnability is somewhat reduced because of marshes and undergrowth. After that the runnability is very good.

Start 2: The runnability is very good.

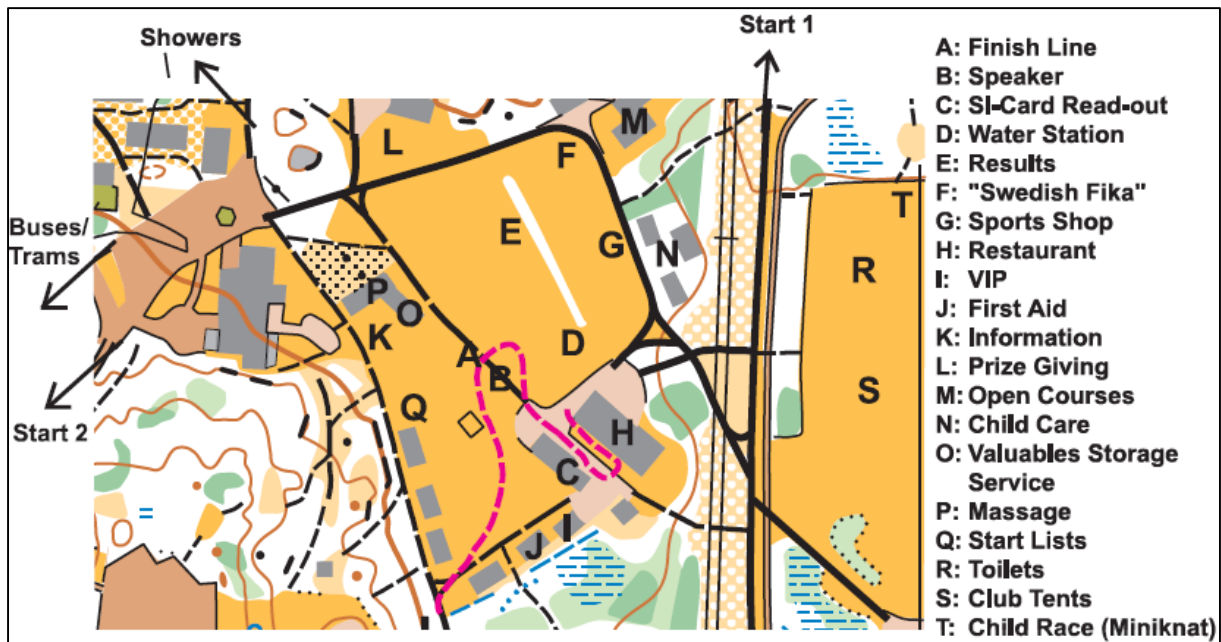
## **Toilets**

There will be toilets at the arena. Limited toilet facilities will be provided on the way to the Start 1. Please use official toilets.

## **Course Details**

Can be found at [WMOC website](#).

## LONG FINAL - SATURDAY 1 August Skatås



The arena is at Skatås recreation centre, GPS: 57.703886, 12.036964

### How to go to the arena.

The main transport is with tram #5 to Torp, stop Welandergatan. From the stop to the arena there is a walk of about 900 m, partly uphill. Walking time is around 15 minutes. For runner of age 85 or older there will be transport to the arena.

It is also possible to go by bus #17 from stop Centralstationen to stop Studiegången. Then follow the tapes to the arena, distance about 1500 m, partly downhill.

By bike you go via Delsjövägen to Welandergatan and then up to the arena. Bike parking is close to the arena.

### Embargo

The competition area is out of bounds until the competition is over.

### Liseberg's drop-in camping Delsjön

On the day for the long final there will be a marked path to the arena from the north side of the camping, distance 500 m.

### Distance to Start

Start 1, 2400 m from the arena on level ground. Follow orange/white tapes. M35-M60, M65A-C, M70A, M75A, W35, W40, W45A, W50A, W55A.

Start 2, 1600 m. Follow orange/blue tapes. For runners aged 85 or older there will be transport to the start. M65D-F, M70B-D, M75B-C, M80-M90, W45B, W50B, W55B-C, W60-W90.

Start Open Courses, 600 m. Follow orange/yellow tapes.

## Map

Scale 1:10 000, for M/W 60 and over scale 1:7 500, contour interval 5.0 m. Drawn in 2007 and surveyed during 2014-15.

## Start times

The first starts are at 09:00

## Terrain Description

Mostly coniferous forest with minor and larger marshes. There is a dense net of paths and roads in the area close to the arena. The longer courses reach an area with fewer paths and roads. The longer courses (Start 1) have moderate to steep hills and slopes. The density of details varies through the area. From start 2 moderate hills. The runnability is very good throughout the area except for the marshes and the open area in the southern part of the map (from an old forest fire) where speed is reduced.

## Toilets

There will be toilets on the arena. Limited toilet facilities will be provided on the way to Start 1 and 2. Please use official toilets.

## Course Details

Can be found at [WMOC website](#).

## SOCIAL EVENTS

### OPENING CEREMONY. SATURDAY July 25 from 18:00 on

The Opening Ceremony for WMOC 2015 will be held in the Garden Society of Gothenburg, "Trädgårdsföreningen", in the city centre. This is one of the best preserved 19th century parks in Europe, and is listed in the Michelin Guide.



Participants (athletes, organisers, guests, etc) are asked to gather in front of the outdoor stage, inside the park. At 18:00, there will be a short music entertainment from the stage. The official opening ceremony then begins at 18:15, followed by more music entertainment.

After the opening ceremony refreshments are served (free of charge) to those who have booked in advance (deadline June 30, see website).

Tip: Make a table reservation at Restaurang Trädgårn for 19:00 when the opening ceremony is finished. They serve a buffet of fillet of beef, fillet of pork, chicken and vegetables. "All you can eat" Eat as much as you want for SEK 255. Table reservations at +46 31 102080 or [tradgarn.se/restaurang-goteborg](http://tradgarn.se/restaurang-goteborg)

**SPRINT PRIZE GIVING CEREMONY. MONDAY July 27 at about 15:00.**

The Sprint Championship prize giving ceremony will be held at Eriksberg, in the Sprint Final Arena.

Gold, Silver and Bronze medallists should sit in labelled seats before the Ceremony begins. From there, they will be called to the stage (men and women in the same age group together) to receive their prizes.

**OFFICIAL BANQUET. THURSDAY July 30 at 18:00**

The Banquet provides an excellent chance for all participants, wherever you come from, to meet and socialise in a relaxed environment.

The WMOC 2015 banquet will include performances by professional entertainers, music for dancing and an exquisite and elegant menu.

Venue: Valand, at the centre of Gothenburg. This magnificent building opened as an art palace in 1886. The artists and their entourage quickly turned it into a party palace and the party hasn't stopped since.



Price: €55 or SEK550 – includes a three course dinner, beer, soft drink or one glass of wine with the first course, beer, soft drink or one glass of wine with one refill with the main course and entertainment. Something to drink on arrival can be purchased from a bar. The bar will be open throughout the evening.

How to book: In advance, before June 30 - book and pay via the WMOC website. Late bookings may be possible on arrival at the Event Centre, if places remain, but with a 20% surcharge.

**LONG DISTANCE PRIZE GIVING and CLOSING CEREMONIES. SATURDAY August 1 at about 14:00**

The Long Distance Championship prize giving ceremony will be held at Skatås, in the Long Final arena.

Gold, Silver and Bronze medallists should sit in labelled seats before the Ceremony begins. From there, they will be called to the stage (men and women in the same age group together) to receive their prizes.

The (brief) Closing Ceremony takes place directly afterwards and all athletes are asked to remain for the few short minutes it will take.

## TOURISM IN AND AROUND GOTHENBURG

### Discover Gothenburg on your own

Gothenburg has a lot to offer visitors who like to discover the city by themselves. If you buy an 8 days WMOC/GOTHENBURG CITY CARD you can use the public transportation system in Gothenburg (tram, bus and boat) and its surroundings as much as you like.

If visiting Gothenburg you must visit Liseberg (the amusement park), Universeum close to Liseberg (they present themselves “as good at awakening the urge to make discoveries in a unique building”) and go by “Paddan” (sightseeing boat on the canals). But if you are interested in art, design and history there are three fantastic museums in the City Centre, The Gothenburg Museum of Art at the Götaplatsen with its famous sculpture of Poseidon, the Röhsska museum for design and handicraft with special exhibitions and a collection with more than 50000 objects and the City Museum of Gothenburg which tells the story of Gothenburg and its people.

If you visit Gothenburg together with children you ought to visit The Maritime Museum & Aquarium. You can visit the aquarium or one of the exhibitions and try out the exciting ship simulator. There is also a whole house with all about Alfie Atkins (Alfons Åberg) at Alfie Atkins’ Cultural Centre close to The City Garden, Trädgårdsföreningen.

In Gothenburg there are two gardens you have to visit – The City Garden (Trädgårdsföreningen) and the Gothenburg Botanical Garden. WMOC has its Opening Ceremony in the City Garden. Gothenburg Botanical Garden is one of the larger botanical gardens in Europe with about 15 000 species and varieties and was inaugurated in 1923. This garden lies close to the model event for long distance.

There are many restaurants offering fish and shellfish both in City Centre and in the restaurants close to the sea, on the islands and why not on tourist boats along the coast.

[www.goteborg.com](http://www.goteborg.com) is a very good website showing ways you can discover Gothenburg.

### Food and drink

Gothenburg is Scandinavia’s Gastronomic Gem and Gothenburg is the only Swedish city in the international gastronomic network Delice.

The coastal location and closeness to the cold waters of the North Sea make Gothenburg a paradise for those who enjoy fish and shellfish.

You have to visit the fishmarket with the broadest range of fish and shellfish available in Sweden. In Gothenburg we call it “Feskekörkan”. There are also two nice restaurants in it.

### Organised tourist events and excursions

For those who prefer to experience Gothenburg together with other orienteers could participate in the organised events. **Golf tournament:** *There will be a golf tournament at Partille GC on the July 28. For more information and registration please see our [website](#).*

**On July 30 we offer the following excursions:**

**A. Boat trip to Vinga Lighthouse**

Vinga is the westernmost island in Gothenburg's archipelago about 1.5 h's journey by boat from Gothenburg centre. The size of the island is approximately one kilometre east to west and about a half-kilometre north to south. There is a famous lighthouse on the island. The well-known Swedish poet Evert Taube grew up here.

On the boat it is possible to buy something to eat but there is no restaurant on the island.

The tour is between 10:00 and 16:30.

27 € (270 SEK) Children 20 € (190 SEK) incl. boat and guide

**B Bus tour to Rock Carvings in Tanumshede and Vitlycke Museum**

The rock-carving area at Tanum, about 170 km from Gothenburg and near the Norwegian border, was included in the World Heritage List in 1994, as the fifth Swedish contribution. This is the World Heritage Committee's citation: *"The rock carvings in the Tanum area are a unique example of Bronze Age art of the highest quality. The range of motifs provides rare evidence of many aspects of life in the European Bronze Age. The interplay of continuous settlement and land use, as reflected in the rock carvings, the burial grounds and the landscape, make the Tanum area an outstanding example of uninterrupted settlement for eight thousand years"*

The bus leaves Gothenburg 9:00 and is back around 16:00.

Price: 50 € (500 SEK) incl. Bus, guided tour, Swedish "fika" and lunch.

**C Bus and boat trip to Marstrand Island with Carlsten fortress**

At the Peace of Roskilde in the year 1658, Bohuslän and thereby Marstrand became Swedish. The old well preserved stone fortress Carlsten which was built about 350 years ago is situated on top of Marstrand island. You have to go there by ferry. Marstrand is about 50 km from Gothenburg.

The bus leaves Gothenburg at 9:30 am and is back about 16:00.

Price: 50 € (500 SEK) incl. bus, boat, guided tour, lunch.

**D Bus and boat tour to Smögen and Fjällbacka**

Smögen is probably the most well-known place along the Swedish west coast with special fisherman houses and shops with fresh fish and shellfish. Fjällbacka, also an old fishing village, has been made famous by Camilla Läckberg's crime stories. Between Smögen and Fjällbacka, about 30 km, you go by boat through the archipelago. The distance from Gothenburg to both villages is 130-140 km.

The bus leaves Gothenburg at 8:00 and is back about 17:00.

70 € (700 SEK) incl. bus, boat, Swedish "fika" and lunch.

**Note if there are too few participants the tours can be cancelled.**