

XXI World
University Championship

ORIENTEERING

Kuortane • FINLAND

July 17th to 21st
2018

www.wuoc2018.com



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WELCOME

Dear friends,

Welcome to Kuortane where you will join some of the best student athletes in the world in celebrating the FISU World University Orienteering Championship.

The International University Sports Federation (FISU) recognises that just to be here has required many victories, some big and some small. Many of these victories will have brought results that are easy to recognise, like a winning score in a race or in a game. Others are less tangible, like finding the right balance between training and studying. All are equally important.

Our work at FISU is focused on providing opportunities for students - the leaders of tomorrow - to be positively influenced by their experiences of international university sport. Whether a student emerges as a champion, is helping to organise the competitions, or attending in support of a team, we know that they can all learn essential life lessons that cannot be taught in a lecture hall or classroom.

The best athletes are those who bring single-minded determination to what they do. But before, throughout and after the competitions, FISU urges you all to take full advantage of this opportunity - to go home with memories that will last a lifetime, and perhaps even some new friends from faraway places.

By taking part in the FISU World University Orienteering Championship, you will be contributing to a record-equalling programme of events across 34 different sports, some of them new to FISU.

None of these events would be possible without the gracious generosity of the hosts, and I would like to extend our sincere gratitude to the National University Sports Federation of Finland and the organisers for their excellent efforts.

FISU is also grateful for the ongoing support of the International Sports Federations. Together, we aim to provide the highest level of technical excellence, both on and off the field of play. We remain convinced that the best student athletes deserve nothing less.

I am confident that the World University Championship in Kuortane, Lapua and Seinäjoki will provide you every opportunity to shine, and I wish you a fair and exciting competition!

Oleg Matytsin
FISU President



Dear Orienteers,

I have the great pleasure to welcome you to the 21st World University Orienteering Championships in Kuortane, Lapua and Seinäjoki. The WUOC program contains sprint, middle distance, long distance, sprint relay and relay as usual, and all the best university student orienteers from all over the world will be here to compete for medals and other good places. During the WUOC week, we will see many exciting races and new winners and medalists.

Orienteering is a sport that combines both a physical and a mental element. What is unique to orienteering is that an orienteer must navigate and make quick decisions while running at high speed. I am sure that the course setting and terrains here in Kuortane, Lapua and Seinäjoki will provide excellent conditions for very good and challenging races.

I hope that you will enjoy your stay in Finland, especially here in Western Region of Finland, and I would like to wish you success in the competitions.

Timo Ritakallio

President of the Finnish Olympic Committee
Patron of the 21st World University Orienteering Championships



Hello from Finnish Student Sports Federation!

As a president of the Finnish Student Sports Federation I am pleased to welcome all the competitors, supporters, spectators and guests to the World University Orienteering Championships. I come originally from Southern Ostrobothnia and therefore I am especially delighted for the great number of athletes and officials from many different countries visiting my home region. This is very significant event for both Finland and Finnish student sports.

To us Finns, nature is very important. Exercising in nature reduces stress and makes us feel better. From the point of view of both physical activity and mental well-being, I would like Finnish students to practise that even more. Lack of physical activity is one of the key factors leading to health problems and therefore we should pay attention to that more than we do. Therefore, I challenge all of you participants! While competing or watching the exciting orienteering competitions, I encourage you to discuss with each other and think about the ways to increase physical activity among other students. I also encourage you to find ways to draw them out to nature and attract them to try fascinating sports, such as orienteering. At the same time, I hope that you all will have great time enjoying the beautiful area of Southern Ostrobothnia in Western Finland as well as the friendly attitude and hospitality of local people.

I wish good luck to all competitors!

Soile Koski-Aho

President of the Finnish Student Sports Federation



Distinguished guests,

On behalf of the Organizing Committee I am honoured to welcome you to the 21st World University Orienteering Championships 2018 in Kuortane, Seinäjoki and Lapua.

In 1978, World University Orienteering Championships were held in Finland, which was the first time in the International University Sports Federations' history that World University Orienteering Championships were organized. The event had an undisputed success, involving 129 runners from 17 countries. Since then the event has raised its interest among student athletes and now, forty years later, it is a great pleasure to have 249 orienteers from 33 countries here today. We are fortunate to be able to offer you an international sports event in the beautiful region of South Ostrobothnia.

As a sport orienteering combines both physical and mental element, since an orienteer must be able to make quick decisions while running at high speed. In addition to these elements of orienteering, combining studies at the University and competing at the highest technical level in the World University Championships requires persistence and excellence. Therefore, your presence here is already a sign of success that you can be proud of.

The close connection between physical activity and nature makes orienteering particularly attractive for both competitors and spectators. During the championships, I hope that you will enjoy the unpolluted and fresh air and discover our country that is called the land of thousands of lakes and forests, as you may have heard. Despite in the championships you will be competing against each other as individuals and as national teams, I wish that you will spend time together, cheer each other and make friends with students all over the world. In this global world it is a great opportunity to get international contacts – you never know, where you are going to be after graduation, so seize the opportunity!

We are looking forward to this remarkable student sports event and we have done our best to make the 21st World University Orienteering Championships as great success as the first orienteering championships in Finland forty years ago. I hope you will have great time in Kuortane, Seinäjoki and Lapua and I wish good luck to all competitors.

Let's enjoy the feeling of international student sport!

Tapio Korjus
President of the Organizing Committee
Director of Kuortane Olympic Training Center



Welcome to Seinäjoki!

City of Seinäjoki together with Lapua and Kuortane have a pleasure and an honor to host the 21st World University Championships in Orienteering. We wish you warmly welcome to Finland and to our cities.

The center of this event is the best sports training and coaching center in Finland, Kuortane Olympic Training Center. The expertise of the training center staff in collaboration with other experienced competition organisers will guarantee all the participants a successful event.

City of Seinäjoki is a lively urban area and one of the fastest growing regions in Finland. Our city is strongly renewing and inhabitants from both all over Finland and around the world are moving to Seinäjoki. The basis of the growth is an active entrepreneurship which creates new employment opportunities to our regions.

We hope that during the Championships you will also have a chance to explore Seinäjoki, Lapua and Kuortane. For instance, the administrative and cultural centre of Seinäjoki with its monumental buildings designed by the most famous Finnish architect Alvar Aalto is definitely worth a visit.

Jorma Rasinmäki
Mayor of Seinäjoki



Welcome to Kuortane!

Kuortane is a strong sports community with one of the top Olympic Training Centers and one of the most successful high schools in Finland. Together they draw people having a passion for sports from all over Finland.

The Olympic Training Center is a leading national training facility for athletes in eight different sports. The center serves top athletes from all over the world.

Nowadays the Olympic Training Center is also an attractive holiday center with versatile services and excellent sports facilities. It is located next to the beautiful Lake Kuortane.

Kuortane is pleased to organize significant sports events and we have willingly accepted the challenge to organize The World University Championships in Orienteering.

We welcome all our guests to Kuortane and hope that you will enjoy your stay!

Pentti Turunen
Mayor of Kuortane



GENERAL INSTRUCTIONS

1. KUORTANE, LAPUA AND SEINÄJOKI

The Organizing Committee warmly welcomes you to the 21st World University Orienteering Championship 2018 which will be held on 17th – 21st of July 2018 in Kuortane, Lapua and Seinäjoki in Western Regions of Finland.

The Championship Event Center/Athletes' Village will be located at Kuortane Sport Institute/Olympic Training Center, the same venue, where the 3rd World University Floorball and the 10th World University Wrestling Championship were successfully arranged in 2008 and 2012.

Kuortane is a small, lively municipality in Southern Ostrobothnia with an area of 485 km² and a population of about 4.000. Kuortane is set in a peaceful countryside environment on an idyllic lakeside. Kuortane is proven to be one of the safest surroundings in Finland (survey in 2015). The village is best known for the Sports Institute and the Sports High School.

Lapua is a vibrant town with its 14,800 inhabitants in South Ostrobothnia. Lapua has a rich cultural life and there are a wide range of leisure facilities to choose from. Thanks to the cultivated wide plains, rivers and Simpsiö hill, Lapua also provides a wide variety of landscapes to enjoy the serenity of nature.

Seinäjoki is the centre of South Ostrobothnia and one of the fastest growing urban areas in Finland. Seinäjoki's population is 61,500. Formed by nine municipalities, the urban area of Seinäjoki has a population of 150,000.

Seinäjoki offers high-quality education from comprehensive school to university level as well as good employment opportunities and, as Finland's sixth largest market area, very competitive and attractive commercial services.

Seinäjoki is well known for its unique administrative and cultural centre, The Aalto Centre, designed by the architect and academic Alvar Aalto, as well as for its summer events e.g. Provinssirock, Solar Sound, Tangomarkkinat, and Vauhtiajot.



Seinäjoki



Lapua



Kuortane

2. KUORTANE OLYMPIC TRAINING CENTER

The Kuortane Olympic Training Center offers all athletes Olympic level training conditions and expertise. We continuously develop our activities in co-operation with expert organisations such as the Finnish Research Institute for Olympic Sports and the national sports associations.

The campus is located in the beautiful, natural surroundings on the shore of Lake Kuortane.

This peaceful environment provides athletes with superb facilities to train, recover and develop.

The centre strongly believes that almost 70 years of experience gives it excellent qualifications to serve international, top-level sports customers.



Contact information:

Kuortane Olympic Training Center/Kuortane Sports Institute
 Opistotie 1 (P.O. Box 49)
 63100 Kuortane
 tel. +358-6-516 6111
 e-mail: reception@kuortane.com
www.kuortane.com

3. ORGANIZERS

On behalf of the International University Sports Federation (FISU), the World University Orienteering Championship 2018 will be organized by



Finland
Kuortane
 OLYMPIC TRAINING CENTER

- Kuortane Sports Institute/Olympic Training Center
- Finnish Olympic Committee
- Finnish Orienteering Federation

in co-operation with

- Finnish Student Sports Federation
- Municipality of Kuortane
- City of Lapua
- City of Seinäjoki and
- local orienteering clubs Rasti-Jussit, Lapuan Virkiä and Kuortaneen Kunto

Organizing Committee

President, Mr Tapio Korjus, Principal of the Kuortane Sports Institute

Vice president, Mr Jukka Tirri, University Sport Manager, Finnish Olympic Committee

Members:

- Mika Ilomäki, Managing Director, the Finnish Orienteering Federation
- Anne Kotila, Director of Sports, City of Seinäjoki
- Maarit Laitinen, Co-ordinator, Kuortane Sports Institute
- Antti Lassila, Representative of Orienteering Club Kuortaneen Kunto
- Pertti Luuri, Representative of Orienteering Club Rasti-Jussit
- Ilpo Pajula, Representative of Orienteering Club Lapuan Virkiä
- Petteri Palmi, Event Manager of the Finnish Orienteering Federation
- Heikki Savela, Free Time Instructor, Municipality of Kuortane
- Seppo Saranpää, Director of Sports, City of Lapua
- Jukka-Pekka Sorvisto, CEO, Sofor Oy

Patron - Timo Ritakallio, President of the Board of the Finnish Olympic Committee

Operative Committee

- Secretary General: Maarit Laitinen
- Competition Manager: Jukka-Pekka Sorvisto
- Accommodation and catering: Riina Pakkala
- Accreditation: Jukka Tirri
- Event office: Arja Stevander
- FISU Liaison & VIPs: Olli-Pekka Karjalainen
- Logistics,: Ari Saarikoski
- Maps and training: Ville Sivén
- Media and communication: Veera Korjus
- Protocol and ceremonies: Antti Afflekt
- Security: Jorma Salimäki
- Timekeeping: Risto Kivinen
- Transport: Jarmo Luuri
- Volunteers: Heli-Maija Koukkari
- Medical care: M.D. Esa Liimatainen

Course setters - Sprint Relay: Jussi Pasanen
 - Middle: Harri Pajula
 - Sprint: Jussi Pasanen
 - Long: Ville Sivén
 - Relay: Ville Sivén

Map makers - Sprint and Sprint Relay: Kimmo Viertola
 - Middle: Timo Joensuu
 - Long and Relay: Esko Savonen

Event controllers

- FISU Technical Delegate: Ola Kåberg (SWE)
- IOF Event Adviser: Margus Sarap (EST)
- National Controller: Jyrki Uotila (FIN)

Course Controllers

- Sprint and Sprint Relay: Jarmo Puttonen
- Middle: Arto Puro-Aho
- Long & Relay: Esa Kurki

Supervision, Control and Arbitration Committee (CISCA)

Fernando Parente (Chair), FISU EC (POR)
Nihat Doker, FISU CIC (TUR)
Ola Kåberg, FISU TD (SWE)
Margus Sarap, IOF TD (EST)
Jose Luis Terreros, FISU CMI (ESP)
Jukka Tirri OC (FIN)
Marc Vandenplas, FISU Staff (BEL)

Jury To be decided on the first Technical Meeting.




































4. DETAILED PROGRAMME (Subject to changes)

Saturday 14 th July 2018	
11:00 – 13:30 12:00 – 21:00 16:30 – 19:00	Arrivals Lunch (EC) Event Office open Dinner (EC)
Sunday 15 th July 2018	
07:00 – 10:00 09:00 – 21:00 11:00 – 13:30 15:00 16:30 – 19:00	Arrivals FIN5 Middle Distance Breakfast (EC) Event Office open (Accreditation) Training (optional, self-service) Lunch (EC) CISCA Meeting (EC) Dinner (EC)
Monday 16 th July 2018	
07:00 – 10:00 08:00 – 21:00 09:20 09:30 – 11:00 11:00 11:00 – 13:30 12:00 12:15 13:00 – 15:00 16:00 – 17:00 16:30 – 19:00 19:00 – 20:00	Arrivals FIN5 Long Distance Breakfast (EC) Event Office open (Accreditations) First bus to pre-competition training/Kuortane Pre-competition training for Middle, Long and Relay First bus back to Event Center Lunch (EC) Deadline for final entries for Sprint Relays (EC) Bus to Embargoed Area Embargoed area in Seinäjoki open for visitors 1 st General Technical Meeting and Team Officials Meeting for Sprint Relay Dinner (EC) WUOC Opening Ceremony (EC)
Tuesday 17 th July 2018	
07:00 – 10:00 09:00 – 15:00 10:00 – 11:00 11:00 – 13:30 14:15 15:30 – 17:30 16:00 – 17:00 17:15 – 17:45 17:30 17:45 18:00 – 20:00 18:00 – 19:00 20:00 – 21:00 18:30 – 21:00	Breakfast (EC) Event Office open (EC) Technical model event (EC) Lunch (EC) All buses to pre-start and finish Event Office open (Seinäjoki) WUOC Sprint Relay - Seinäjoki Flower Ceremony (Seinäjoki) Deadline for final entries for Middle Distance (Event Office, Seinäjoki) Buses back to EC Dinner (EC) Reception for Team Leaders and Guests, City of Seinäjoki Team Officials' Meeting for Middle Distance Event Office open (EC)
Wednesday 18 th July 2018	
06:30 – 10:00 08:00 – 10:00 07:45 08:30 – 15:00 10:00 – 14:00 11:00 – 14:00 14:00 14:15 – 14:45 14:15 – 15:45 14:45 16:30 – 19:00 17:00 – 21:00 19:00 – 20:00 20:00 – 20:30	Breakfast (EC) FIN5 Middle Distance Event Office Open (EC) First bus to pre-start Event Office Open (Lapua) WUOC Middle Distance – Lapua (M 10:00 – 14:00, W 10:01 – 14:00) Lunch (Lapua) Deadline for final entries for Sprint (Event Office, Lapua) Flower Ceremony (Lapua) VIP and coaches Orienteering (FIN5/Open race/Lapua) Buses back to EC Dinner (EC) Event Office open (EC) Team Officials' Meeting for Sprint Prize Giving Ceremonies for Sprint Relay and Middle Distance (EC)

Thursday 19 th July 2018	
07:00 – 10:00	Breakfast (EC) FIN5 Sprint
07:30 – 08:30	Event Office open (EC)
08:00	First bus to pre-start
08:30 – 13:45	Event Office open (Seinäjäjoki)
10:00 – 12:30	WUOC Sprint – Seinäjoki (M 10:00 – 13:00, W 10:00 – 13:00)
11:00 – 13:00	Lunch (Seinäjäjoki)
12:45 – 13:15	Flower Ceremony (Seinäjäjoki)
13:00	Deadline for final entries for Long Distance (Event Office, Seinäjoki)
13:45	Buses back to EC
15:00 – 19:00	Event Office open (EC)
16:30 – 19:00	Dinner
19:00 – 20:00	Team Officials' Meeting for Long Distance
20:00 – 20:30	Prize Giving Ceremony for Sprint (EC)
Friday 20 th July 2018	
07:00 – 10:00	Breakfast (EC) FIN5 Long Distance
07:00 – 09:00	Event Office open (EC)
08:00	First bus to pre-start
08:45 – 15:00	Event Office open (Kuortane)
09:30 – 15:00	WUOC Long Distance – Kuortane (M 9:31 – 15:00, W 10:00 – 15:00)
11:00 – 14:00	Lunch (Kuortane)
14:00	Deadline for final entries for Relay (Event Office, Kuortane)
15:15 – 15:45	Flower Ceremony for Long Distance (Kuortane)
15:45	Buses back to EC
16:30 – 20:00	Dinner (EC)
17:00 – 18:00	Team Officials' Meeting for relay
17:00 – 19:00	Event Office open (EC)
20:00 – 20:30	Prize Giving Ceremony for Long Distance (EC)
Saturday 21 st July 2018	
07:00 – 10:00	Breakfast (EC)
08:00 – 09:00	Event Office open (EC)
08:30	First bus to relay (Arena Kuortane)
09:00 – 15.15	Event Office open (Kuortane)
10:00 – 14:00	WUOC Relay – Kuortane (M 11:30 – 14:00, W 10:00 – 14:00)
11:30 – 14:00	Lunch (Kuortane)
14:15 – 14:35	Prize Giving Ceremony for WUOC Relay (Kuortane)
14:35 – 14:55	WUOC Closing Ceremony (Kuortane)
15:00	Buses back to EC
16:00 – 19:00	Event Office open (EC)
16:30 – 19:00	Dinner (EC)
20:00 – 01:00	Closing Banquet (EC)
	Departures
Sunday 22 nd July 2018	
	Departures
07:00 – 10:00	Breakfast
08:00 – 12:00	Event Office open (EC)
12:00	Closing of Event Center

5. ENTRIES

A summary table of countries participating WUOC 2018. Table including competitors (men & women), officials and total amount of participants.

		Country	Competitors			Officials	Total
			Men	Women	Total		
1.		Australia	6	6	12	2	14
2.		Austria	4	4	8	2	10
3.		Belgium	5	0	5	1	6
4.		Canada	5	2	7	1	8
5.		Czech Republic	6	6	12	3	15
6.		China (People's Republic of)	6	5	11	6	17
7.		Denmark	3	1	4	1	5
8.		Estonia	1	4	5	0	5
9.		Finland	6	6	12	3	15
10.		France	6	4	10	4	14
11.		Germany	6	6	12	4	16
12.		Hungary	6	5	11	2	13
13.		Ireland	1	3	4	1	5
14.		Israel	4	1	5	1	6
15.		Italy	2	2	4	3	7
16.		Japan	6	6	12	1	13
17.		Latvia	4	3	7	0	7
18.		Lithuania	3	3	6	0	6
19.		Malaysia	1	0	1	1	2
20.		New Zealand	3	3	6	1	7
21.		Norway	6	6	12	2	14
22.		Poland	4	4	8	0	8
23.		Republic of Moldova	2	0	2	0	2
24.		Romania	1	1	2	1	3
25.		Russian Federation	6	6	12	1	13
26.		Serbia	1	0	1	0	1
27.		Slovakia	3	4	7	2	9
28.		Spain	3	3	6	2	8
29.		Sweden	6	6	12	3	15
30.		Switzerland	6	6	12	3	15
31.		Ukraine	1	1	2	0	2
32.		United Kingdom of Great Britain and Northern Ireland	6	6	12	2	14
33.		United States of America	4	3	7	1	8
		Total	133	116	249	54	303

6. EVENT CENTER/ATHLETES' VILLAGE (please visit <http://www.kuortane.com/en/>)

The official Event Center/Athletes' Village of the Championship is located at Kuortane Sport Institute's campus area. The campus offers high standard accommodation, catering services, many different sized meeting rooms and sports facilities for all participants.



Our basic indoor sports facilities (e.g. gyms, indoor track and field, massage rooms and according to the schedule also indoor swimming pool/recovery centre) can be used free of charge and for some facilities (e.g. bowling center, saunas) there will be a small entrance fee. And you can also enjoy our lake, but remember that swimming, rowing and e.g. canoeing will be at your own responsibility.

All the official meetings, opening ceremony and closing banquet will be held at Event Center/Athletes' Village.

The Athletes' Village will be open from Saturday 14th till Sunday 22nd of July 2018. There is a free parking lot for all of you, who will arrive by your own cars.

For more information on Kuortane Sports Institute and its services and facilities, please visit: www.kuortane.com. Our Reception will also help you, if you need further information on available services.

7. EVENT OFFICE

The official Event Office is located in the Athletes' Village at Kuortane Sports Institute. During all competitions the event Office will be open in the Arenas as an Arena Info Desk.

There will be a limited number of meeting rooms available for team meetings. Please contact the Event Office, if you would like to book a meeting room.

Heads of the Event Office: Ms Arja Stevander (competition) and Ms Riina Pakkala (other matters)

- e-mail: arja.stevander@kuortane.com and riina.pakkala@kuortane.com

- phone: +358-44-350 0141/Arja and +358-44-750 1663/Riina.

You'll find the Event Center in the 2nd floor of the Building no. 24 on the Area Map.

Event office opening hours (subject to changes)		
Date	In the Event Center	In Arenas
Saturday 14 th July	12:00 - 21:00	
Sunday 15 th July	09:00 - 21:00	
Monday 16 th July	08:00 - 21:00	
Tuesday 17 th July	09:00 - 15:00 & 18:30 - 21:00	15:30 - 17:30 (Seinäjoki)
Wednesday 18 th July	08:00 - 10:00 & 17:00 - 21:00	08:30 - 15:00 (Lapua)
Thursday 19 th July	07:30 - 08:30 & 15:00 - 19:00	08:30 - 13:45 (Seinäjoki)
Friday 20 th July	07:00 - 09:00 & 17:00 - 19:00	08:45 - 15:00 (Arena Kuortane)
Saturday 21 th July	08:00 - 09:00 & 16:00 - 19:00	09:00 - 15:15 (Arena Kuortane)
Sunday 22 nd July	08:00 - 12:00	

8. ACCREDITATION

All participants and official members of the team must obtain accreditation from the International Control Commission of FISU and from the Local Organizing Committee (LOC).

To assure quick and smooth accreditation procedure, the LOC encourages all the participating countries to fill in all the necessary information concerning participants at the online accreditation system (also photos!) and make all the payments in advance to the LOC's bank account.

All registered teams must check in for accreditation at the WUOC Event Office upon their arrival. Participation in the WUOC events is only possible if all incurred costs are settled by 13th of July 2018. A personal WUOC ID card with photo will be handed out at accreditation. All accredited persons must wear it at all relevant times – it must be presented for access zones which are otherwise restricted.

Required documents for the accreditation:

- Passport
- Study Certificate/ FISU Eligibility Form (Competitors)

All teams will be assigned a time slot, in which they can arrange the team's accreditation.

The accreditation card is also your meal voucher and it entitles you to have breakfast, lunch and dinner at the Athletes Village and lunch at the competition sites.

If an accreditation card gets lost, immediately inform the head of your delegation, who will report it to the Accreditation/Event Office. For issuing a 2nd accreditation card the LOC charges a 20,00 Euros fee. Misuse of the Accreditation card will lead to confiscation of the accreditation.

9. ACCOMMODATION AND MEALS

Accommodation

All participants will be accommodated at Kuortane Sports Institute/Athletes' Village, mainly in double rooms or in twin double rooms. All the rooms have TVs and internet connection (wifi).

The teams will get their room keys right after their arrival in Kuortane, if all the necessary payments have been made to the LOC's bank account in advance. If the payments are still open on the teams' arrival the team will get their rooms after they have taken care of all necessary payments during the accreditation procedure.

The organizing committee is not responsible for accommodation of people who are not on the list of entries by name, nor for people entered over and above the number allowed for in the FISU Regulations unless this is agreed beforehand.

IMPORTANT: All the rooms and indoor training facilities of Kuortane Sports Institute are smoke free. It is absolutely forbidden to smoke in any room, meeting room, training facility etc. Smoking even at window/on balcony is forbidden!

Team leaders will be responsible for any damage incurred by members of their delegation during their stay.

Meals

During the Championship week the Buffet Restaurant Eppula offers daily breakfast, lunch and dinner for all participants, officials and guests. Your accreditation card is your access pass for breakfast, lunch and dinner. Please also note that you can eat as much as you want in the restaurants, but it is absolutely forbidden to take any food out of the restaurant!

In addition to this the cafes, bars and the á la carte restaurant of the Sports Institute are at your disposal, but their services are not included in the participation fee. They accept cash payment in euros and the credit cards.

On competition days (except on Tuesday 17th of July for the Sprint Relay), lunch will be served at the arenas. For those team members who don't visit the arenas on a specific day, a basic lunch menu will be available at the Athletes Village. Please indicate any such needs by filling in the form (Lunch form in your material package) and returning it in the Event Office by Tuesday 17th of July at 11.00 at the latest.

On some competition arenas there will be also kiosks, cafes or restaurants, where you can buy snacks, food and drinks.

There are two grocery stores in Kuortane. S-Market (1,5 km from Sports Institute) and K-Market (1.9 km from the Sports Institute). The stores are open from 7.00 to 21.00 on weekdays and Saturdays and from 10.00/11.00 to 20.00/21.00 on Sundays.

The organizing committee is not responsible for meals of people who are not on the list of entries by name, or for people entered over and above the number allowed for in the FISU Regulations unless this is agreed beforehand.

Time Schedule of Food Service			
Date	Breakfast	Lunch	Dinner
Saturday 14th July		11:00 - 13:30	16:30 - 19:00
Sunday 15th July	07:00 - 10:00	11:00 - 13:30	16:30 - 19:00
Monday 16th July	07:00 - 10:00	11:00 - 13:30	16:30 - 19:00
Tuesday 17th July	07:00 - 10:00	11:00 - 13:30	18:00 - 20:00
Wednesday 18th July	06:30 - 10:00	12:00 - 14:00 (Lapua)*	16:30 - 19:00
Thursday 19th July	07:00 - 10:00	11:00 - 13:00 (Seinäjäki)*	16:30 - 19:00
Friday 20th July	07:00 - 10:00	13:00 - 15:00 (Arena Kuortane)*	16:30 - 20:00
Saturday 21th July	07:00 - 10:00	12:00 - 14:00 (Arena Kuortane)*	16:30 - 19:00
Sunday 22nd July	07:00 - 10:00		

* On these days lunch is available also at Event Center at 11:00 – 13:30. Please inform the Event Office, if someone of your team will eat lunch on these days at Event Center.

10. PIGEONHOLES

There are pigeonholes/post boxes for each team at the Event Office at Hotel Building (2nd floor). Please check your pigeonhole daily.

11. TEAM OFFICIALS' MEETINGS

All Team Officials' Meetings (TOM) will be held in Event Center in Luentosali 3. The Event Center is located in Hotel Building on the 2nd floor (no. 24 on the Area Map). Only accredited WUOC officials and invited guests (FISU officials, organisers) have access to the TOMs.

For each competition, a Team Officials' Meeting will be held providing all important information about the competitions. There will be a joint General Technical Meeting and TOM for Sprint Relays on Monday 16th of July at 16:00.

All information will be available in the meeting room, prior to the opening of the TOMs.

Presentation slides from the team official's meetings will be uploaded to the event webpage shortly afterwards.

Time Schedule for Team Officials' Meetings (subject to change)		
Date	Time	Discipline
Monday 16th July	16:00 - 17:00	General Technical Meeting Sprint relay
Tuesday 17th July	20:00 - 21:00	Middle distance
Wednesday 18th July	19:00 - 20:00	Sprint
Thursday 19th July	19:00 - 20:00	Long distance
Friday 20th July	17:00 - 18:00	Relay

12. MEDIA

Media services and facilities are provided at the Event Center. All media representatives are welcome to cover all the WUOC 2018 events.

Media representatives and team officials are encouraged to bring their own Internet-enabled devices, as neither computers nor WIFI services will be offered by the organizer.

All Media representatives are requested to register to the event by contacting the LOC (wuoc2018@kuortane.com).

13. INSTRUCTIONS FOR THE CEREMONIES

Opening Ceremony

The Opening Ceremony of WUOC2018 will take place on Monday 16th of July between 19:00 - 20:00 at Kuortane Sports Institute (Outdoor Practice Field, no. 8 on the Area Map). A short march pass of national flags and introduction will launch the ceremony. The Opening Ceremony will be in open air space, a chair will be available for each participant. Speeches and a short cultural program will follow. Athletes should be dressed in their national kit.

IMPORTANT: The national flags will be carried by one of the athletes of each country. Please inform the Event Office about the name of your flag carrier by Monday 16th at 12:00.

In case of bad weather, the Opening Ceremony will take place in Kuortane Arena (no. 1 on the Area Map). More information will be available in the General Technical Meeting.

Medal and Flower Ceremonies

The WUOC2018 medal ceremonies will take place according to the FISU protocol. The medal/flower ceremony will be held after the time limit for complaints. Athletes and teams, ranked 1 - 3 shall be present behind the podium 5 minutes prior to the beginning of the flower/prize-giving ceremony, in their official national kit. No sunglasses or hats shall be worn during the ceremonies. Final instructions to the participants will be given prior to the ceremonies on site.

Ceremonies for 1st – 3rd

- Sprint: flower ceremony in Sprint Arena, medal ceremony on Wednesday 18th of July at Event Center in the evening
- Middle Distance: flower ceremony in Middle Arena, medal ceremony at Event Center in the evening of 18th of July
- Sprint Relay: flower ceremony in Sprint Arena, medal ceremony at Event Center in the evening of 19th of July
- Long Distance: flower ceremony in Long Arena, medal ceremony at Event Center in the evening of 20th of July
- Relay: medal ceremony at Relay Arena on 21st of July

Closing Ceremony

The Closing Ceremony will be held on Saturday 21st of July at the WUOC2018 Relay Arena after the medal ceremonies. The short programme will include lowering the flags and handing over the FISU flag to the organisers of WUOC2020 in Smolensk, Russia.

Closing Banquet

The WUOC2018 Closing Banquet will be held on Saturday 21st of July from 20:00 onwards at Event Center (Restaurant Aalto). More information will follow in the last Team Official's Meeting.

14. LOCAL WEATHER CONDITIONS

In July temperatures are generally good for outdoor activities, hovering around 18 - 22 °C (64 - 72 °F) during daytime. But be prepared also for rainy days, when the temperature can drop to 10 – 15 °C (50 – 59 °F).

In July the length of the day is about 19 hours (sunrise 4:00 am, sunset 23:00/11:00 pm).

Weather forecasts for the WUOC2018 region will be presented at the TOMs and the information is available also in the Event Office.

July	Average	Maximum	Minimum
Temperature	17,2 C	23,6 C	6,4 C
Precipitation	75 mm	yearly average 515	
Sunshine	270 hrs	yearly average 1700 hrs	

15. MEDICAL CARE/FIRST AID

There will be medical services in the arenas. The organiser will provide first aid at each competition arena. Each National Federation is responsible for the health and medical insurance of all their athletes and team officials. Between 15 and 22 July 2018, there will be medical service available at the Athletes' Village for emergencies.

The phone number for emergency calls in Finland is 112.

In Finland we have one venomous snake, called viper. You can identify it from the zig-zag vertebral stripe of the adder. After a viper bite a doctor must be contacted immediately. No other dangerous animals live in this region, but please beware of ticks. They can transmit borrelioses and encephalitis. It is recommended to discuss with doctor after removing a tick.

HEALTH CARE CENTRES AND HOSPITALS

Alavus Health Care Centre/Open daily 24 hours (first aid and urgent treatment)

Salmentie 10, 63300 Alavus

Tel. +358-6-2525 7612

Lapua Health Care Center/Open on weekdays at 08.00 – 20.00 and on weekends at 10.00 – 18.00

Sairaalantie 3, 62100 Lapua

Tel. +358-6- 6 438 4844

Seinäjoki Health Care Centre/Emergency Duty/Open daily at 08.00 – 22.00

Hanneksenrinne 7, 60220 Seinäjoki

Tel. +358-6-425 5311

Seinäjoki Central Hospital

Open daily 24 hours

Hanneksenrinne 7, 60220 Seinäjoki

Tel. +358-6-415 4555

All the Health Care Centres and the Central Hospital have been informed about the WUC Orienteering 2018 Event in advance.

In case of serious emergency, you can contact police, fire department and ambulance by dialling number 112.

PHARMACY

There is a pharmacy in centre of Kuortane, about 1,5 km from the Athletes' Village. It is open on weekdays at 09.00 (9.00 am) – 17.00 (5.00 pm) and on Saturdays at 09.00 (9.00 am) – 14.00 (2.00 pm).

You can also buy some non-prescription medicines from the kiosk in the Hotel Building.

16. RETURN TRANSPORTATION

Please check and confirm your return transportation schedule at the Event Office. The confirmation must be made at least 24 hours before the departure day.

17. OFFICIAL WEBSITE AND FACEBOOK

The official website for WUC Orienteering 2018 is online at www.wuoc2018.com. On Facebook you can find us by name: WUC Orienteering 2018.

18. VIP AND COACHES ORIENTEERING

The VIP & Coaches Orienteering will take place on Wednesday 18th July after the Middle Distance competition. This is part of the FIN5 Orienteering Week/Open Course start. Planned orienteering time is between 14:15 – 15:45. Registration for this event at the WUOC Event Office in the Lapua Arena by 15:00 at the latest.



GENERAL EVENT INSTRUCTIONS

19. FEES

FISU Registration Fees

Participation Fees to the Organizing Committee (full board and event services):

- a participation fee of 70 € per person per night
- extra officials (the number of officials exceeding 5) will pay a participation fee of 140 € per person per night.

Please notice that payer is responsible for all bank fees and charges!

The Organizing Committee has provided all the teams with invoices for the payment of the participation fees. The accommodation, catering and transport services will be available for your team only after the organiser has received your full payment.

20. COMPETITION RULES

The FISU Regulations for World University Championships and the Competition Rules for the IOF Foot Orienteering events (valid from 1st of January 2018) will be followed in the event:

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

For all possible questions concerning competition, please send your questions to:

ask.wuoc2018@gmail.com. All the questions will be replied daily in the Technical Meetings.

21. PARTICIPANTS

Only the competitors, who satisfy the following conditions may take part in a FISU World University Championships in 2018:

- must be a national of the country they represent;
- must be at least 17 and less than 25 years of age on January 1st in the year of the event; for 2018, athletes must be born between the 01/01/1993 and the 31/12/2000
- must be students who are currently officially registered as proceeding towards a degree or diploma at a university or similar institute whose status is recognised by the appropriate national academic authority of their country;
- must be former students of the institutions mentioned above, who have obtained their academic degree or diploma in the year preceding the event

Each country may enter a maximum of seventeen (17) persons of which twelve (12) competitors with maximum of six (6) males and six (6) females and five (5) officials.

Each country may enter in:

Long distance	four (4) males and four (4) females
Middle distance	four (4) males and four (4) females
Sprint distance	four (4) males and four (4) females
Relay	two (2) male teams of three (3) persons and two (2) female teams of three (3) persons
Sprint Relay	one (1) team of two (2) female runners and two (2) male runners

- Relays: women may run in men's relay and mixed nationality teams may participate in the competition (but are not counted in the official Championship results).

- Sprint relay: women may run the men's Course, no mixed national teams are allowed.

22. START INTERVALS, START DRAWS, ENTRIES FOR EACH COMPETITION

The start interval in the Middle and Long Distance competitions is 2 minutes and in the Sprint competition is 1 minute. Starting times are drawn randomly in 4 starting groups. Each country may enter a maximum of one (1) athlete in a starting group. Competitors from the same Federation shall not start consecutively. Group 1 means an early, while group 4 means a late start. Entries should be made using paper entry forms, which you will find in your pigeonholes/post boxes.

Deadline for entries			
Event	Date	Time	Location
Sprint Relay	Monday 16th July	12:00	Event Center/EO
Middle Distance	Tuesday 17th July	17:30	Arena Seinäjoki/EO
Sprint	Wednesday 18th July	14:00	Arena Lapua/EO
Long Distance	Thursday 19th July	13:00	Arena Seinäjoki/EO
Relay	Friday 20th July	14:00	Arena Kuortane/EO

23. EMBARGOED AREAS

With reference to the Competition Rules for IOF Foot Orienteering Events, the above listed areas are out of bounds for all potential WUOC 2018 team members (competitors, team leaders, coaches, doctors, escorts etc.) and other persons who, through their knowledge of the terrain or the events, may influence the result of the competitions being held during WUOC 2018.

Spelt out in detail this means:

- no organized orienteering activities may take place in these areas.
- no training sessions, i.e. running/races, testing routes may take place in these areas.
- no-one with potential connection to a team (athletes or others) may visit the embargoed areas.

Offences must be reported to the Competition Manager Jukka-Pekka Sorvisto at the WUOC 2018 Office, e-mail: wuoc2018@kuortane.com.

Copies of the most recent versions of the orienteering maps of the embargoed areas are published on the website of WUOC 2018.

Embargoed areas of WUOC 2018 and previous O-maps (maps for embargoed areas and previous maps are available on website at www.wuoc2018.com).

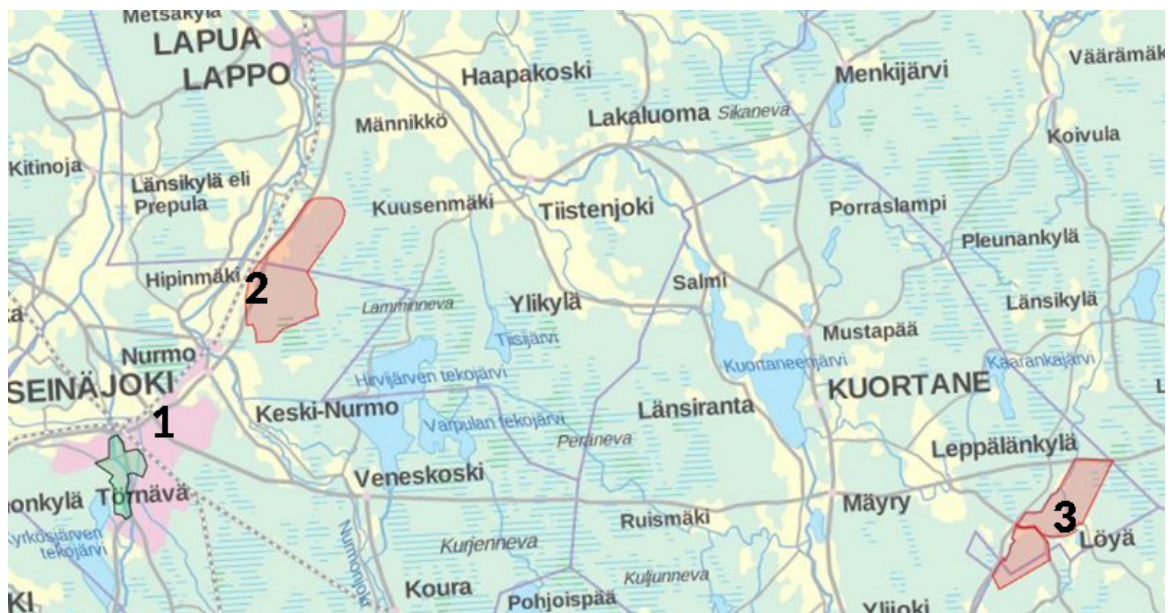
No.	Area	Previous O-maps (only latest editions)
1.	Seinäjoki (sprint and sprint relay)	Jouppilanvuori (2007) – 1:5000 Kivistö (2010) – 1:5000 Marttila (2011) – 1:5000 Sairaanhoito-oppilaitos (2007) -1:5000 Törnävä (2016) – 1:4000
2.	Lapua (middle distance)	Virpimäki (2006) -1:10000
3.	Kuortane (long distance and relay)	Oijoosvuori (2012) – 1:15000

These areas are embargoed until the official results for the respective competitions are confirmed.

Exceptions:

Area 1 will be open for participants on Monday 16th July between 13:00 – 15:00. A bus transportation will be organized to Seinäjoki from the Event Center (bus departs at 12.15 pm). Return transportation prize is 10 euros per person. Transportation reservation at the Event Office by Monday 16th of July at 9.00 (9.00 am).

Overview map:



24. PRE-COMPETITION TRAINING

Pre-competition training (can be considered as a forest model event) will be held on Monday 16th July, between 09.30 – 11.00 in Rumavuori (62°46'10.2"N, 23°33'43.5"E). Transport can be ordered from the Event Office by Sunday 15th July. The extra cost of this transportation is 5 € per person (payment by cash). This pre-competition training is relevant for middle and long distance as well as for relay. Laser printed maps have printed controls for training.

A Technical Model Event will be held at the Event Center on Tuesday 17th July between 10.00 – 11.00. Start procedures and touch-free punching will be demonstrated.

For all possible unofficial pre-training, a permission has to be obtained from the authorities. Organizing a training without this permission is not allowed.

The following areas have been designated as official training areas for teams participating in WUOC 2018. The maps are surveyed and partially updated between 2016 and 2017. The mappers are the same as for competition maps.

Requests for training should be made by 15th July at the latest.

No.	Area/Relevant	Previous O-map (latest edition)
1.	Rumavuori (middle / long / relay)	2017
2.	Simpsjö (middle)	2017

In all the training forests, no. of areas has been designated as out of bounds. It is very important that these areas are respected and kept clear of all training. The areas are marked on the maps.

Organizer has set a lot of controls in training areas as they are printed on the training maps. If the teams will set their own controls, set out must be labelled with the name of the group and the dates when the controls are put out and will be removed.

Training maps can be purchased from the Reception of the Kuortane Sports Institute.

Prices:

Laser printed maps with controls, per copy 5,00 EUR (cash payment)

All enquiries about training opportunities should be addressed to:

Mr Ville Sivén - e-mail: wuoc2018@kuortane.com

25. PUNCHING AND TIME-KEEPING SYSTEM

Emit punching will be used on all events. All chips and e-cards are provided by the organizer. All competitors will receive his/her card from the Event Office during accreditation. Each competitor must compete with his/her assigned card. Cards must be returned to the organizer after the last competition, otherwise there will be a 100 € charge per lost card.

For Middle, Long Distance and Relay there will be used emit cards v. 6, where integrated light-diode is blinking 5 seconds after punching. The card will be reset and check ticket is mounted before start. Check tickets are available with bibs.



There will be emiTag (TochFree punching) on sprint and sprint relay. Every competitor has two bands with different colors; primary chip and second chip as a backup system. Both emiTags should be mounted on the same wrist. In speed the punching is performed by holding the emiTag 0 - 50 cm above the control for a short moment. The LED light in the emiTag will start flashing, and keeps flashing for 5 seconds after the punch.

We recommend you to participate in the Technical Model Event on Tuesday 17th of July at 10:00 – 11:00 at EC, if you have any questions concerning punching.

NOTE! It is important to see this flashing, since this is the only feedback telling you that the punch is performed correctly!

Timekeeping will be done within 0.1 seconds in sprint distances and others within 1 second.

A competitor is responsible for his/her card being reset before start.

26. GPS TRACKING

All competitors will carry GPS tracking device.

Adequate number of GPS vests (to be worn as underwear) of different sizes will be assigned to each team and shall be used by any athlete. These vests are kept and used by the athletes for all races during the WUOC. All these must be returned at the latest after relay to the Event Centre office (by complete teams). A charge of 40 EUR will be imposed for any lost or missing GPS vest. Runners can use their own vests if they have closed pockets for devices.

27. LIVE INTERNET SERVICES

Online split times/results and GPS tracking of competitors and speaker voice will be available online from the event website (<http://www.wuoc2018.com>) free of charge.

The start of live services for each day (for individual competitions, this is the closing time of the quarantine): Sprint Relay: 16:00; Middle Distance: 10:00; Sprint 10:00; Long Distance: 09:30; Relay: 10:00.

28. SPECIAL SYMBOLS

The special symbol of the tar-burning pit has a country-specific marking in the control descriptions: a circle (see below).



O tar-burning pit



X man-made permanent constructions

In Bulletin no. 1 there was a special symbol for ant hill. The mapper has changed symbols and in competition maps ant hills are now marked in accordance with the International Specification for Control Description 2018 of the IOF (ISOM Section 3.1 / 115 Prominent landform feature) in the control descriptions.

29. CONTROL DESCRIPTIONS

Control descriptions are in accordance with the IOF rules (IOF Control descriptions 2018). Control descriptions will not be distributed in Team Official's Meetings.

Loose control descriptions will be handed out to runners at -2 minutes in the start proper (except for the relays, where control descriptions are printed on the map. Loose control descriptions have 6 mm wide boxes.

Control descriptions are also printed on the competition maps, except Long Distance maps.

30. BIBS

All competitors must wear their bibs at all competitions. Bibs for all individual races will be available in the quarantine / pre-start areas. These must be collected individually. The bibs must be worn on the chest. The bibs must be visible in their entirety – they must not be folded over or cut down. Safety pins will be provided by organizer.

31. CLOTHING

There are no regulations applying to runners concerning the type of clothing they choose to wear but organizers recommend using long trousers for the forest events.

It is forbidden to use shoes with spikes in the Sprint and Sprint Mixed Relay competitions.

32. QUARANTINE

All individual competitions (Sprint, Middle and Long Distance) have same quarantine procedure. The quarantine starts at Event Center. A competitor must show his or her accreditation card and has to sign the quarantine entry form. All competitors must enter the quarantine before the first runner starts. Before entering a competitor must have Emit card, vest for GPS and accreditation card with him/her.

The use of mobile phones, computers or any other communication devices inside the quarantine zones is strictly forbidden – even inflight mode! It is not allowed to bring any maps of the competition areas into the quarantine zones. A warm-up map will be available at the prestart for the Long-Distance event. The organizer has a shuttle buses to pre-start where quarantine will be continued. Coaches who want to go pre-start must go through quarantine same way as competitors do. Every competitor is responsible that he/she is early enough in quarantine and has enough time for bus transportation and warming up. The organizer conveys warmup gears to team zone in Finish Arenas.

Quarantine starts at Event Centre and it is located in the inside arena/Indoor Sports Gym (see Area Map/building no. 3). You are not allowed to use any shoes inside. Quarantine opens half an hour before the first bus to pre-start departs. All athletes and team officials going to start must be checked-in before the first start of the competition. Team officials can leave quarantine area when they want, but they are not allowed to re-enter the quarantine. There is a bus transport for team officials from pre-start to the Arena.

There will be toilets and drinking water in the quarantine.

33. START PROCEDURE

In the pre-start areas there will be drinking water, toilets and shelter for competitors and coaches.

The GPS unit is inserted into the pocket of the vest with the help of a start official (see more on special instructions for each competition).

The competitor's start time is called up at the pre-start. It is the competitor's responsibility to watch out for his/her start time.

Units for clearing and checking Emit-cards are situated at the entry to the start procedure of the individual competitions or at the entry to the changeover area of the relays. It is the competitors' responsibility to clear and check their Emit-card correctly.

When zeroing the emiTag (holding it against the TFP start) The LED light in the emiTag will start flashing, and keeps flashing for 5 seconds after the punch at the start unit. This is a verification for the organizers that the emiTag is working.

At all individual starts, the maps will be placed on a table. The competitor's map is placed face down on the start line. One official releases the competitor by taking his/her hand off the competitor's shoulder. On Sprint distance there will be a starting gate for time keeping. Time counting starts when competitor opens this gate. The start triangle is marked in the terrain by a control flag. The route to this flag is marked with corridors or tapes. Competitors must follow this marked route to the start point.

34. LATE START

Late competitors must report at the pre-start call-up. The competitor will be allowed to proceed through to the start line. If, on arrival at the start line, the competitor is less than half the start interval after his start time, he/she will be allowed to start immediately. If the competitor arrives more than half the start interval after his start time, he will have to wait until the half start interval after the next starter. In all cases of lateness caused by the competitor, their original start time will count for timing. If a competitor is late through the fault of the organizer, he or she will be timed with their real start time.

35. FINISH PROCEDURE

With sprint distance, sprint relay and relay time will be measured in the moment of crossing the finish line. With Middle and Long Distance time will be measured until competitor has punched on the finish line.

After crossing the finish line, athletes enter a restricted-access area for Emit card download and removal of GPS units. Coaches are allowed in this area, and there are drinks available and access to first aid if needed.

Cool down is possible within the arena limits – see arena plans.

36. ABANDONING THE RACE

In case of abandoning the race, the competitor must immediately go to the finish area to read-out his/her Emit card. In case of injury, the competitor must inform the first aid staff about abandoning the race. The first aid staff informs the timekeeping immediately about the abandoning (name and bib no.)

37. SHUTTLE TRANSPORT

- It is compulsory to use WUOC shuttle transport for all athletes and coaches heading to the pre-start areas.
- Athletes must use the buses assigned to them in accordance with the relevant transport schedule. The distribution is based upon start times.
- Athletes & coaches must show their accreditation cards upon boarding.
- Teams can organize their own transport to/from the arenas for non-competing team members. There is no free parking available near the Sprint Arena. You are expected to pay around 2,00 €/hour for parking in the downtown of Seinäjoki, using coins or credit cards. A ticket for non-paid parking is about 45,00 €.
- WUOC shuttle buses back to the Event Centre will depart when all seats are occupied. Earliest departure time is given in the transport schedules.

38. NEW COMPETITION MAPS

Maps will not be collected after crossing the finish line in individual competitions. After both relays competitors hand over their maps to an official after the finish line.

New maps will be handed out after the competition to the team pigeonholes/post boxes, except the relay maps, which will be handed out at the Arena Event Office after competition.

Maps are drawn according to the International Specification for Orienteering Maps (ISOM2017) and the International Specification for Sprint Orienteering Maps (ISSOM2007).

39. FAIRNESS

- It is not allowed to use mobile phones, radios, computers or any other communication devices into the quarantine zone – not even inflight mode. Neither is it allowed to bring in previous orienteering maps of the competition area.
- It is allowed to use music players without any built-in connectivity. Inside the quarantine, athletes with headphones on might be randomly asked to display their players for checking.
- All tents inside the quarantine must stay open so that it is possible to have a look inside.
- It is strictly forbidden to bring any electronic devices (except for watches) to toilets or any other private room – no matter if the device is turned on or off.
- “During the competition the only navigational aids that competitors may use or carry are the map and control descriptions provided by the organizer, and a compass.” (IOF Foot-O Competition Rules 21.3). Using or carrying GPS watches for example is forbidden. GPS devices without a display are permitted.
- Coaching, i.e. handover of information, equipment, material, drinks etc. is only allowed in the delineated coaching zones (maximum two coaches per team). Handover of information regarding the remainder of the courses is strictly forbidden.

- Competitors and coaches are not allowed to visit the event finish arena before going to the start area. Team officials and noncompeting runners are not allowed to enter the competition terrain before and during the competition.
- A competitor or team who breaks any rule, or who benefits from the breaking of any rule, may be disqualified.

40. ANTIDOPING

Doping is strictly forbidden, and the organizers of the WUOC2018 are dedicated to supporting the anti-doping authorities in their work.

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

Doping controls will be organized during the championship by the Finnish Anti-Doping Agency (The Finnish Centre for Integrity in Sports FINCIS) in accordance with the FISU Anti-Doping regulations and doping control plan as well as with the IOF Anti-Doping rules (<http://orienteering.org/anti-doping/>).

Doping tests are always carried out in accordance with the procedures described in the WADA International Standard for Testing. Athletes who are selected for the doping tests must have their accreditation card with them.

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.



41. COMPLAINTS AND PROTESTS

Any complaint shall be made in written form and handed over at the Arena Info Desk as soon as possible. Complaints regarding the results shall be made no later than 15 minutes after the publication of the official results list.

A written protest can be made against the Organizers' decision about a complaint. Written protests shall be delivered personally to the WUOC Technical Director or one of the WUOC controllers.

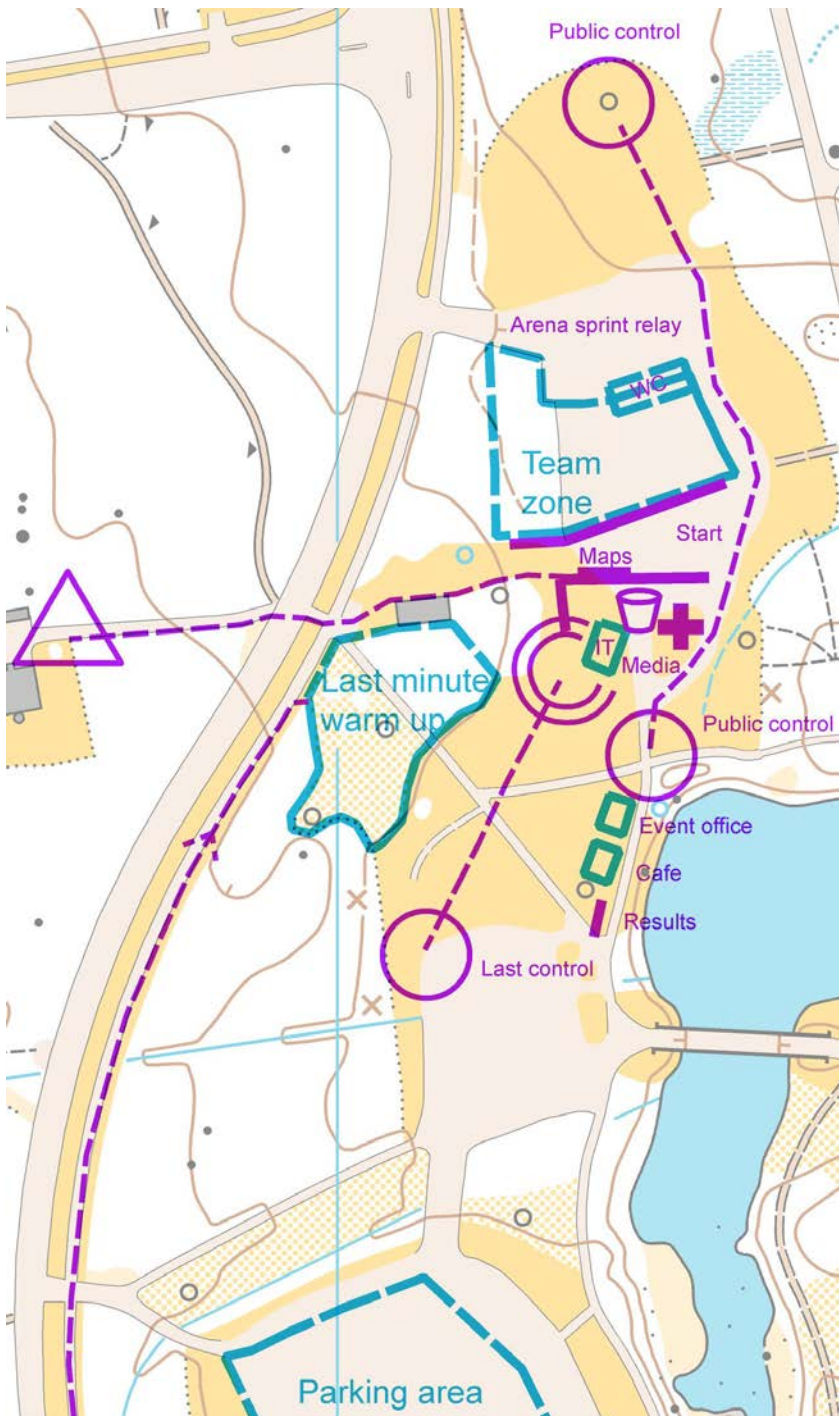
42. SPECIAL INSTRUCTIONS FOR EACH COMPETITION



WUOC 2018 Sprint Relay		
Date	Tuesday 17 th of July 2018	
Arena location	Seinäjoki 62°45'45.7"N, 22°49'57.3"E	
Land form	Flat area between 80-90 meters asl.	
Vegetation	Parks and urban areas.	
Runnability	Excellent.	
Visibility	Excellent.	
Paths and roads	Urban area and developed network of paths.	
Warm-up map	No. There's plenty of space to warm-up in the quarantine area. It's forbidden to go out of the quarantine area.	
Shoes	It is forbidden to use shoes with spikes	
Map	1:4000, contour interval 2 m, ISSOM 2007, size 297x210 mm	
Map maker	Kimmo Viertola	
Course planner	Jussi Pasanen	
Out of bounds and forbidden area	There are several out of bounds areas on the map. In cases which these are not 100 % obvious in the terrain, they are taped with blue-yellow "KIELLETTY ALUE EMBARGOED AREA" tape.	
Passing inside houses	There is no passing inside houses.	
Own tents in pre-start	Not possible to set up.	
Own tents in finish arena	On the team zone.	
Change-over	After the previous runner has punched at the spectator control the next leg runner is able to enter the change-over. No communication is allowed at the change-over area. In the change-over area there is a toilet and water. After crossing the finish line, the runner continues forward and touches the next leg runner over the change-over fence by hand. The out-going runner can open the map given before immediately after the change-over. Coaches are not allowed in the change-over area. After finish line 1st, 2nd and 3rd leg runners leave their maps to organizers.	
Maps for legs 2 nd , 3 rd and 4 th	The maps for leg 2, 3, and 4 are rolled and closed with a rubber band. In the change-over area, all runners are responsible to take the right map from the map wall themselves. They will keep the rolled map in their hand until they can start. They can't leave the change-over area once they have picked up their maps. They are not allowed to take away the rubber band before they have got the hand touch from the previous runner and they are not allowed to look into the roll. The maps are marked with the team number and the leg number (e.g. team 23: 23 ₁ , 23 ₂ , 23 ₃ , 23 ₄).	
Courses	Women (leg ,)	Men (leg ,)
First start	16:00	
Course length	3,6	4,3
Climb	28 – 31 m	30 – 35 m
No. of controls	17	21
No. of refreshment controls	0	0
Estimated winning time	13 min 50 sec/leg	14 min 20 sec/leg
Maximum running time	30 mins/leg (90 minutes total)	30 mins/leg (90 minutes total)

WUOC 2018 Sprint Relay

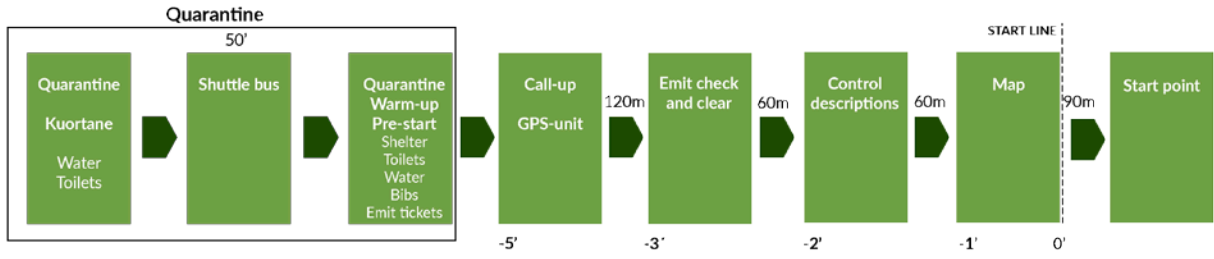
Transportation	
Event Center – Bus drop	50 min.
Bus drop – Pre start	1 min.
Bus drop – Finish Arena (by bus)	2 min.
Pre start – Finish Arena	7 min. walk
Bus no. 1 – 5 to start/finish	14:15 – all competing and non-competing athletes + coaches to start and finish. The busses will depart as soon as they are full. Standing is permitted in the buses.
Bus no. 6 - 10 back from Arena	17:45 – after the flower ceremony
Bus no. 11 back from Arena	19:00 – after the Mayor’s reception (team leaders)

Sprint Arena

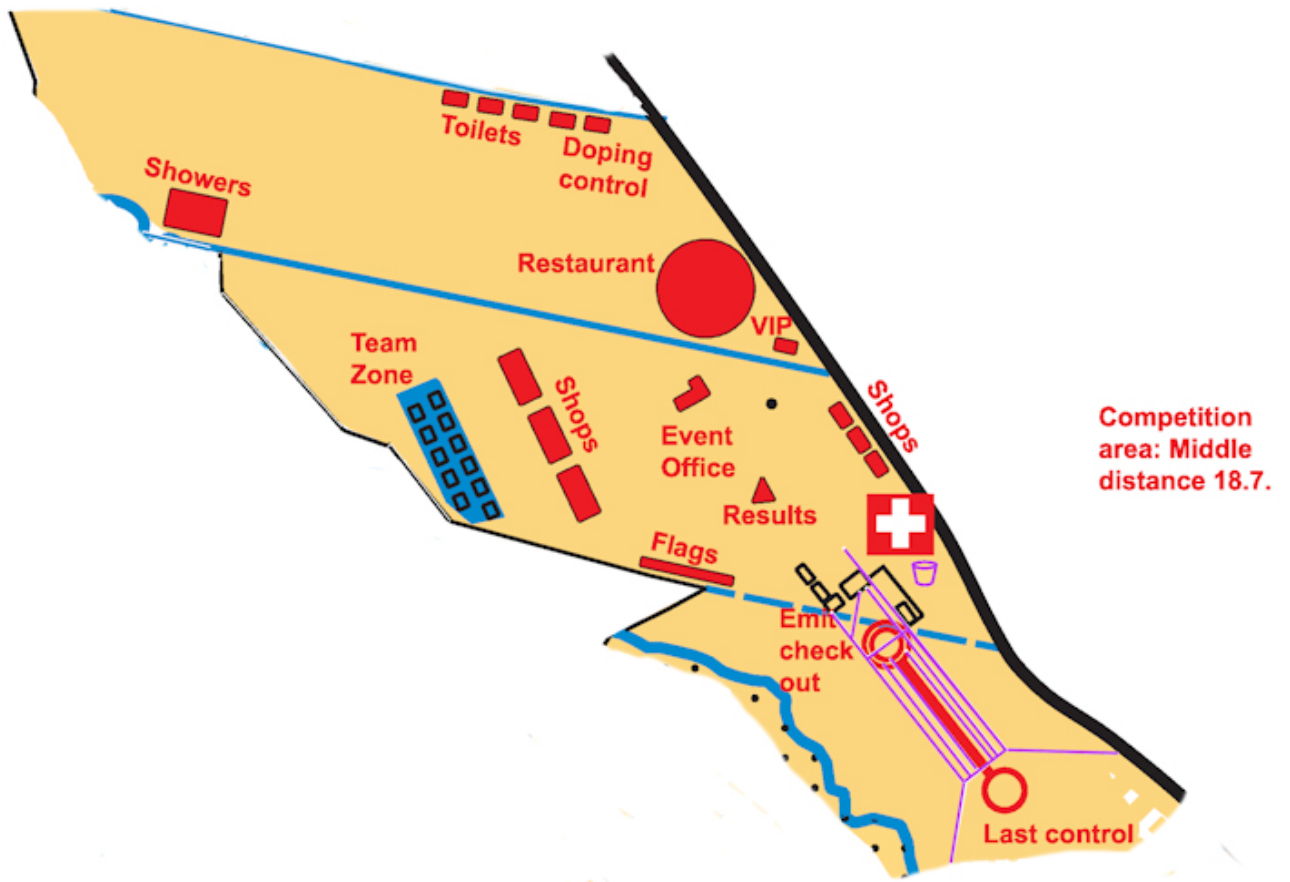


WUOC 2018 Middle Distance		
Date	Wednesday 18 th of July 2018	
Arena location	Lapua 62°52'11.0"N 22°59'18.7"	
Land form	Located 50-90 meters asl. Mainly quite a flat terrain. Some gentle hills up to 30 meters height.	
Vegetation	Mostly old forest with undergrowth. Just some small green parts. Only a few harvested areas. Some swamps also.	
Runnability	Ranging from very good to good.	
Visibility	Mostly very good.	
Paths and roads	Developed network of paths.	
Warm-up map	No	
Map	1:10.000, contour intervals 2,5 m, ISOM2017, size a4	
Map maker	Timo Joensuu	
Course planner	Harri Pajula	
Own tents in pre-start	No	
Own tents in finish arena	No	
Special symbols	<p>Last control of the competition is marked with black cross on the map.</p>  	
Courses	Women	Men
First start	10:01:00	10:00:00
Course length	5,1 km	6,0 km
Climb	100 m	140 m
No. of controls	15	16
No. of refreshment controls	0	0
Estimated winning time	33 min.	33 min.
Maximum running time	90 min.	90 min.
Start interval	2 min.	2 min.
Transportation		
Event Center – Bus drop	50 min.	
Bus drop – Pre-start	1 min.	
Bus drop – Finish Arena	10 min.	
Pre-start – Finish Arena	bus transport (30 min. by walk)	
Bus no. 1 to start	07:45 (start time 10:00 - 10:35) + coaches	
Bus no. 2 to start	08:15 (start time 10:36 - 11:12) + coaches	
Bus no. 3 to start	09:00 (start time 11:13 - 11:59) only athletes starting 11:13 – 11:59!	
Bus no. 4 to finish	09:15 for non-competing athletes and official	
Bus no. 5 to start	10:00 (start time 12:00 - 12:30)	
Bus no. 6 to start	10:30 (start time 12:30 - 13:00)	
Bus no. 7 to start	11:00 (start time 13:00 - 13:30)	
Bus no. 8 – 12 back from Arena	14:45 – after flower ceremony	
Bus no. 13 back from Arena	16:00 – after VIP's and coaches orienteering	

START PROCEDURE/ Middle Distance

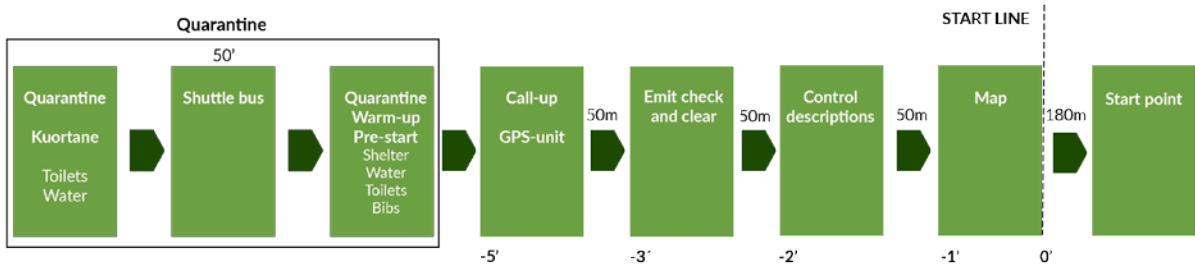


Arena

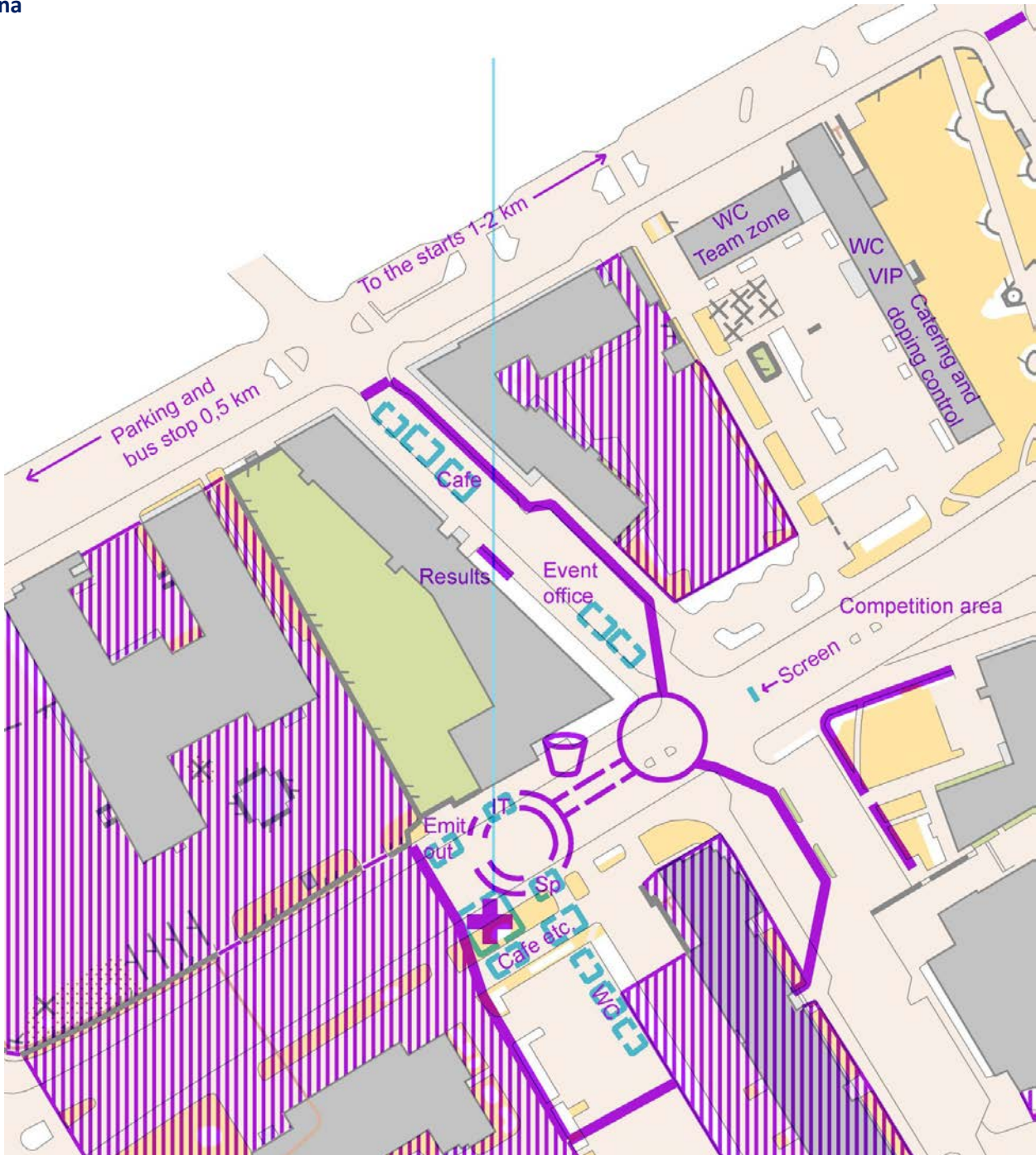


WUOC 2018 Sprint		
Date	Thursday 19 th of July 2018	
Arena location	Seinäjäki 62°47'12.0"N, 22°50'22.6"E	
Land form	Flat area between 80-90 meters asl.	
Vegetation	Parks and urban areas.	
Runnability	Excellent	
Visibility	Excellent	
Paths and roads	Urban area and some developed paths.	
Warm-up map	No. There's plenty of space to warm-up in the quarantine area. It's forbidden to go out of the quarantine area.	
Shoes	It is forbidden to use shoes with spikes.	
Map	1:4000, contour interval 2 m, ISSOM 2007, size 297x210 mm	
Map maker	Kimmo Viertola	
Course planner	Jussi Pasanen	
Out of bounds and forbidden area	There are several out of bounds areas on the map. In cases which these are not 100 % obvious in the terrain, they are taped with blue-yellow "KIELLETTY ALUE EMBARGOED AREA" tape.	
Map change	No map changes.	
Own tents in pre-start	Not possible to set up.	
Own tents in finish arena	Not possible to set up.	
Courses	Women	Men
First start	10:00	10:00
Course length	3,5 km	4 km
Climb	7 m	7 m
No. of controls	19	21
No. of refreshment controls	0	0
Estimated winning time	13:25	13:20
Maximum running time	30:00	30:00
Start interval	1 min.	1 min.
Transportation		
Event Center – Bus drop	50 min.	
Bus drop – Pre-start	2 min.	
Bus drop – Finish Arena (by bus)	5 min.	
Pre-start – Finish Arena	20 min. walk for coaches	
Bus no. 1 to start	08:00 (start time 10:00 - 10:15) + coaches	
Bus no. 2 to start	08:10 (start time 10:16 - 10:30) + coaches	
Bus no. 3 to start	08:20 (start time 10:31 - 10:55) Only athletes starting 10:31-10:55!	
Bus no. 4 to start	08:40 (start time 10:56 - 11:19) Only athletes starting 10:56-11:19!	
Bus no. 5 to start	09:00 (start time 11:20 - 11:45) Only athletes starting 11:20-11:45!	
Bus no. 6 to finish	09:00 for non-competing athletes	
Bus no. 1 – 6 back from Arena	13:45 – after the flower ceremony	

START PROCEDURE/ Sprint Distance



Arena



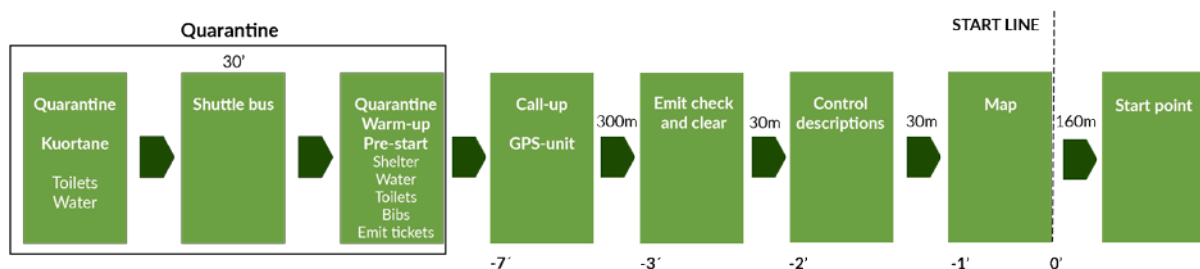
WUOC 2018 Long Distance	
Date	Friday 20 th of July 2018
Arena location	Kuortane, Virtaniemi 62°45'05.0"N 23°42'27.2"E
Land form	Located 120-160 meters asl. Gentle hills up to 40 meters height. Some specific features (tar-burning pits, ant nests). Some areas with many stones.
Vegetation	Mostly pine and fir forest. Undergrowth in many places. Some green areas and marsh.
Runnability	Ranging from good to difficult.
Visibility	Ranging from very good to limited.
Paths and roads	Developed network of some paths and forest roads.
Forbidden areas	There are some forbidden areas in the terrain: olive-green areas are of course private properties, ISOM symbol 709 on the map is forbidding entry to fields (not marked in terrain) and to planted forest (marked in terrain).
Pre-start	Competitors reach the Pre-Start area 1-1,5 hours before their starting time. At the Pre-start competitors are given bibs, safety pins for bibs and Emit check-ticket. There will be tents for shelter, toilets and water. In case of harsh weather conditions there will be inside shelter in a building (old school). Call-up (-7mins) is just beside of Pre-start.
Warm-up map	Maps are available at pre-start. It's not allowed to cross the forbidden-area stripe (white-red-yellow tape).
Warm-up	Warming-up should be done inside the warm-up map area including a sand road 300 meters. (See map at the Pre-start).
Bags and warm-up clothing	Athlete's bags can be left at bag-drop beside the pre-start. Organizers will transport them to the TeamZone at finish.
Map	1:15000, contour interval 2,5 m, ISOM2017, size A3
Map maker	Esko Savonen
Course planner	Ville Sívén
Bibs and Emit-check cards	Bibs, safety pins & Emit-check tickets will be given at Pre-Start
Forking	There is forking in both courses. Men have Phi-loop forking and women have Butterfly forking. Competitors must run forking controls as they are numbered on their maps.
Map change	Both courses have 2 maps in the plastic bag at the start. When reaching the last control of 1 st map, turn over the map and continue.
Control description	Odd bibs take M-1/W-1 and even bibs take M-2 /W-2. Maximum size is 160x60 mm. Only loose control descriptions.
Refreshment controls	Refreshment points are marked on the map. They are placed on a road. Men at 30 % and 70 % of the course, women 40 % and 50 %. Only water in cups is served.
Obligatory road passage	Both courses have obligatory road pass. The road is marked as out-of-bound route (ISOM symbol 709). Only 1 crossing point is marked on the map and everyone must use it. The passage is guarded by organizers.
Cool-down area	Cool-down after the competition is possible inside the Arena or on the road to west or north-west. It is forbidden to cool-down on the road to east.
Own tents in pre-start	Not allowed
Own tents in finish arena	Possible to set up

WUOC 2018 Long Distance		
Courses	Women	Men
First start	10:00	9:31
Course length	9,7 km	12,4 km
Climb	150 m	160 m
No. of controls	17	19
No. of refreshment points	2	2
Estimated winning time	65 min.	72 min.
Maximum running time	180 min.	180 min.
Start interval	2 min.	2 min.
Transportation		
Quarantine Arena – Bus-drop	30 min.	
Bus-drop – Pre-start	1 min. walk	
Pre-start – Finish Arena	10 min. by bus	
Bus-drop – Finish Arena	5 min. walk	
Bus no. 1 to Pre-start	08:00 (Men 9:31-9:59) + coaches (30 pers)	
Bus no. 2 to Pre-start	08:30 (Men 10:01-10:29, Women 10:00-10:30)	
Bus no. 3 to Pre-start	09:00 (Men 10:31-10:59, Women 10:32-11:00)	
Bus no. 4 to Pre-start	09:30 (Men 11:01-11:31, Women 11:02-11:32)	
Bus no. 5 to Pre-start	10:00 (Men 11:33-12:01, Women 11:34-11:58)	
Bus no. 6 to Finish Arena	10:00 non-competing athletes, coaches and others	
Bus no. 7 to Pre-start	10:30 (Men 12:03-12:29, Women 12:00-12:30)	
Bus no. 8 to Pre-start	11:00 (Men 12:31-13:01, Women 12:32->)	
Bus no. 9 - 10 back from Arena	15:45 After flower ceremony*	
Bus no. 11 - 13 back from Arena	15:55 After flower ceremony*	

* If there will be changes to the departure schedule, please listen to the speaker

Bus transportation for coaches from Pre-start to finish area at 10:00, 11:00, 12:00 and 13:15 (last one).

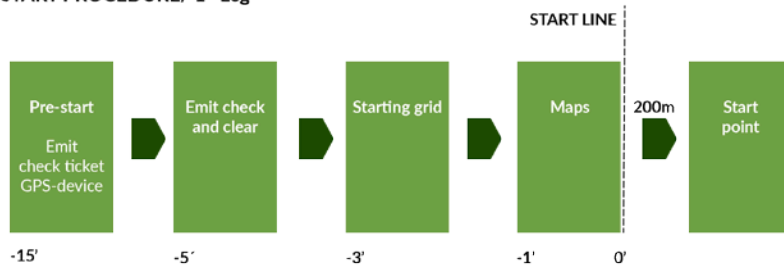
START PROCEDURE/ Long Distance



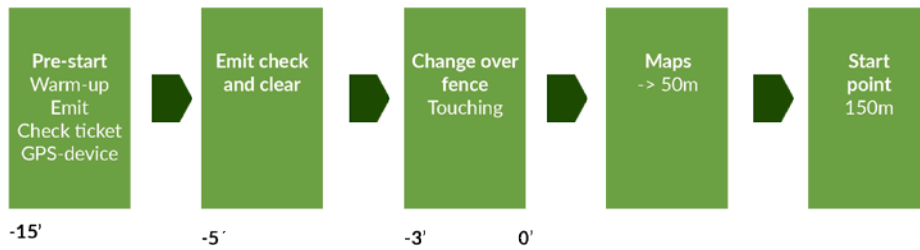
WUOC 2018 Relay	
Date	Saturday 20 ^{1st} of July 2018
Arena location	Kuortane, Virtaniemi 62°45'05.0"N 23°42'27.2"E
Land form	Located 110-165 meters asl. Gentle hills up to 40 meters height. Some point or specific features (tar-burning pits, ant nests). Some areas with many stones.
Vegetation	Mostly pine and fir forest. Undergrowth in many places. Some green areas and marsh.
Runnability	Ranging from good to difficult.
Visibility	Ranging from very good to limited.
Paths and roads	Developed network of some paths and forest roads.
Forbidden areas	There are some forbidden areas: private property = olive-green and ISOM symbol 709 on fields. At the Arena out-of-bounds areas are marked with stripe (red-yellow).
Quarantine	In relay we will use the Start Quarantine. The quarantine area is the same as the warm-up area. All athletes and team officials going to warm-up/quarantine area must be inside the area before 10:10. Team officials can leave war up/quarantine area when they want, but they are not allowed to re-enter in the area. There will be tents for shelter, drinking water and toilets in the area.
Bag-drop	Competitors hand out their bags to the organizer who will put them to the bag-drop area. Competitors can pick up their own bags from the bag-drop after their leg.
Warm-up map	There will be no warm-up map. Warm-up is possible in the warm-up area.
Map	1:10 000, contour interval 2,5 m, ISOM2017, size A4
Map maker	Esko Savonen
Course planner	Ville Sívén
Controls descriptions	Control descriptions are printed on map. No loose control.
Cool-down area	Cool-down can be done everywhere else than near warm-up/quarantine area. Warm-up is also possible on sand-road to the west.
Own tents in finish arena	Possible to set up
Emit check tickets	Emit check tickets are available at the PRE-START point.
GPS	GPS devices will be distributed at the PRE-START point 15 mins. before start or estimated change-over.
1 st leg start	All 1st leg runners must go through EMIT IN point 5 minutes before relay starting time. Emit card will be zeroed by organizers. Runners will be called in to starting lines 3 minutes before start. Maps will be given to runners 1 minute before start. Maps are closed with rubber band and it is not allowed to rip it before start. After start-bang competitors run along the corridor to start-point.
Preparing to change over	2 nd and 3 rd leg runners coming to changing area must go through EMIT IN point (Emit zeroing). After that a competitor cannot return.
Change over	1 st and 2 nd leg runners have to punch on the finishing line, then they run forward, leave their maps to organizers, proceeding to change over fence. Incoming runner touches out-going runner. Out-going runner shall follow the stripe corridor to map wall.

WUOC 2018 Relay		
Control of punching	After the change-over or finish in-coming runner goes out through EMIT OUT -point where the Emit card will be checked.	
Maps for legs 2 and 3	The out-going runners' maps are labelled with team and leg number (like 13-2.). Men's maps are nailed on the left side and women's maps on the right side of the wall. 2 nd leg maps are placed above 3 rd leg maps. It is competitors' responsibility to pick up the correct map! If the competitor's map has been picked up by some other team, he or she must immediately contact organizers. They are ready to give the reserve map.	
Finish	If there will be some final battle with two/many teams, it is the crossing the finish-line that counts. The finish-line-judge will order placements. There will be two corridors to the finish line, on the left-side run 1 st and 2 nd legs and on the right-side comes teams to finish.	
Spectator control	Control can be seen from finishing area but it cannot be reached by any members of teams. The control is at 4/5 of all courses.	
Mass start	for 2 nd and 3 rd leg runners of slower teams will take place at 12:00 (women) and 13.30 (men). Speaker will announce the exact time. The change-over to further legs in each class will be closed few minutes before the mass start.	
Courses	Women	Men
First start	10:00	11:30
Course length	3 x 4,4 - 4,5 km	3 x 5,1 - 5,3 km
Climb	95 m	115 m
No. of controls	13	15
Estimated winning time	32 min./leg	35 min./leg
Maximum running time	210 min./team	210 min./team
Transportation		
Event Center – Bus drop	25 min.	
Bus drop – Finish Arena	2 mins. walk	
Bus no. 1	8:30 women's 1st leg runners, coaches	
Bus no. 2	8.30 women's 2nd leg runners, coaches	
Bus no. 3	8:30	
Bus no. 4	8:30	
Bus no. 5	9:30	
Bus no. 6	9:30	
Bus no. 7	9:30	
Bus no. 8	9:30	
Buses back from Arena	15:00; buses depart as soon as they are full	
Last bus to Event Center	15:30	

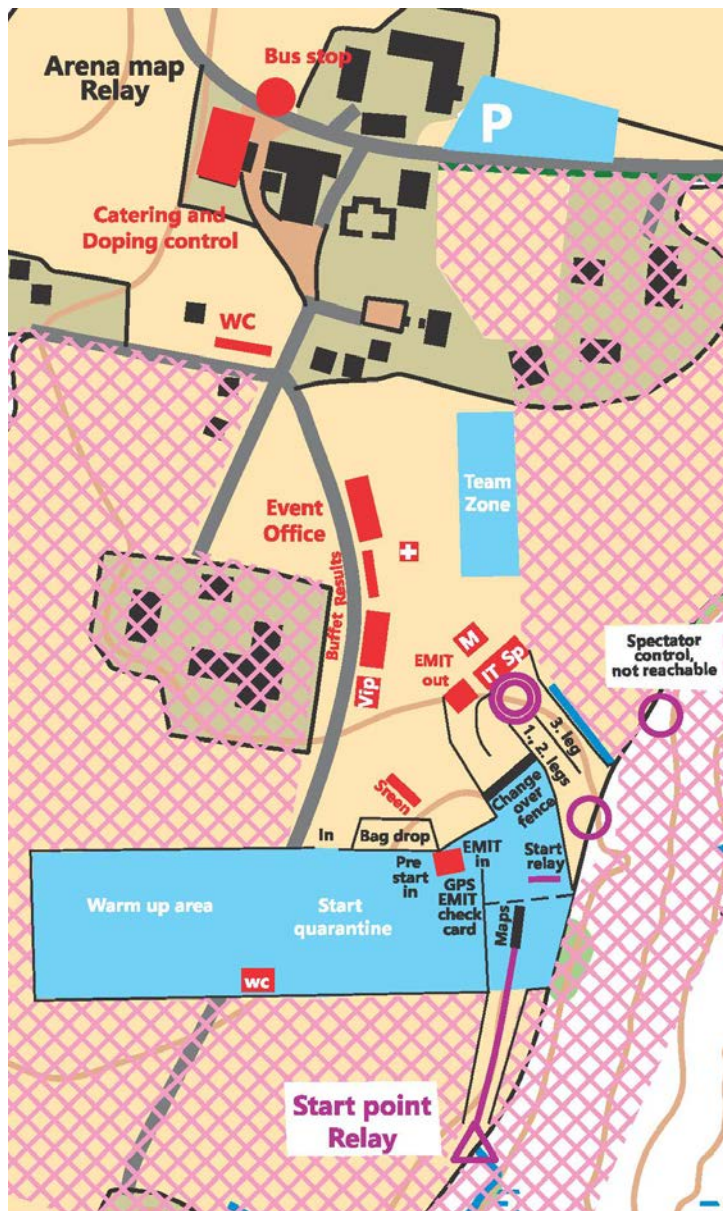
START PROCEDURE/ 1st Leg



START PROCEDURE/ 2nd and 3rd Leg



Arena



43. SOME PRACTICAL FACTS ABOUT FINLAND/KUORTANE OTC

Finland Finland is situated in the heart of Northern Europe. The population is circa 5,4 million. Finland is a parliamentary democracy with a multiparty political system and with a president as the head of state. Finland has a high standard of education, social security and healthcare. Since 1995 Finland has been a member of the European Union (EU).

Finland is also known as an ideal place to organise memorable sporting events, such as World Championships in Athletics, Ice Hockey and Nordic Skiing, European Championships in Athletics, Wrestling, Long Distance Triathlon – just to mention some. The Olympic Flame has lit up the country three times: at the Olympic Games (1952) and the European Youth Olympic Festivals (2001, 2009).

Local time Finland is in the Eastern European Time Zone (EET). Finland does utilize Daylight Saving Time. In Europe daylight saving time is often referred to as "Summer Time."

Finland is GMT/UTC + 2h during Standard Time

Finland is GMT/UTC + 3h during Daylight Saving Time from the last Sunday in March to the last Sunday in October)

Electricity In Finland the standard voltage is 230 V and the frequency is 50 Hz. You can use your electric appliances in Finland, if the standard voltage in your country is in between 220 - 240 V (as is in the UK, Europe, Australia and most of Asia and Africa).

In Finland the power sockets are of type F. if you need a power plug adapter or voltage converter in Finland, please remember to bring them with you; we do not sell adapters or converters at our Centre.

Language Of the two official languages of Finland, Finnish is the first language spoken by 93 % of the inhabitants. The other official language, Swedish, is spoken by around 6 % of the population. Sámi is a minority language in the Nordic countries that is spoken by 0.03 % of the Finnish population. The most spoken foreign language is English.

Safety By Western standards, Finland is a relatively safe place and the risk of violent crime remains low. In 2014 Kuortane was chosen to be the safest municipality in Finland. No specific vaccinations are required from visitors traveling to Finland.

Emergency Services

Emergency call centre: 112 (police, ambulance, fire department). The above phone-number can be called free of charge.

Currency Euro

Water Finnish tap water is among the cleanest in the world and it is totally drinkable. You can fill in your drinking bottle by any cold water tap you'll find.

Laundry There are no laundry services available at the Athletes' Village/Kuortane Sports Institute, but the participants can use freely the washing machines in Honkala (no. 35, Jukantupa (no. 26) and hotel building (no. 24).

Ice There is an ice machine available at Kuortane Arena.

Gym You can use freely the gym at the Kuortane Arena.

Indoor Swimming Pool

Competitors may use the indoor swimming pool free of charge in the building no. 2 according the following schedule:

Weekdays	18.00 (6 pm) – 20.00 (8 pm)
Saturday	16.30 (4.30 pm) – 18.30 (6.30 pm)

There are different dressing rooms for women and men. Please take towels from your rooms with you, as there are no towels available in the saunas.

Please also note: everyone must take a shower before entering a sauna or the swimming pool for hygienic reasons! If this rule is not obeyed, the admission to a sauna/the swimming pool can be denied.

Your room key card is the free entry ticket to the indoor swimming pool.

Bowling The participants of WUC Orienteering can bowl at special price at the Kuortane Bowling Centre (in the basement of the hotel building). By showing the accreditation card, your lane price is 10,00 €/hour. The price for bowling shoes is 1,50 €/pair.

The Bowling Centre is open as follows:

Monday - Thursday	10.00 – 21.00 (10.00 am – 9 pm)
Friday - Saturday	12.00 – 24.00 (12 pm – 12 am)
Sunday	12.00 – 18.00 (12 pm – 6 pm)

Please make your lane bookings directly to the Bowling Centre.

Swimming in the lake

Swimming in the lake is permitted, but on your own responsibility. There are no life-guards on the beach.

Kuortane Sports Institute's Reception

Opening hours	Monday – Friday	08:00 – 20:30
	Saturday	08:00 – 17:00
	Sunday	08:30 – 16:00

Service no. In urgent matters out of Event Office and Reception hours, please contact +358-400- 668 981 for assistance (e.g. losing your key card, having some maintenance problems etc.)

44. FIN5 ORIENTEERING WEEK

A five-day public international orienteering event will be organized during the WUOC2018. The same competition areas and maps will be used as for WUOC 2018. The programme of the FIN5 will enable participants to witness each and every WUOC medal race.

Schedule (subject to change)

Date	Fin5	Arena
Sun 15.7.2018	1 st Competition day (Middle)	Seinäjoki
Mon 16.7.2018	2 nd Competition day (Long) §	Seinäjoki
Tue 17.7.2018	Rest day – Open course orienteering	
Wed 18.7.2018	3 rd Competition day (Middle)	Lapua
Thu 19.7.2018	4 th Competition day (Sprint)	Seinäjoki
Fri 20.7.2018	5 th Competition day (Long)	Lapua

For more information on FIN5 Orienteering Week, please visit: <http://2018.fin5.fi/?lang=en>

45. BULLETINS

Next Bulletins: Daily on 17th – 21st of July 2018

All the published Bulletins can be found on the WUOC 2018 Website.

46. CONTACTS LOC contact information:



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Event office (see no. 7/Event Office)

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APPENDIX 1: AREA MAP OF KUORTANE SPORT INSTITUTE/OLYMPIC TRAINING CENTER





Finland
Kuortane
OLYMPIC TRAINING CENTER



VEIKKAUS



Seinäjoki



LAPUA



KUORTANE

Elämisen hehkua