



BANSKO 2024

FISU
WORLD
UNIVERSITY
CHAMPIONSHIP
ORIENTEERING



BULLETIN 4

1-5 August 2024

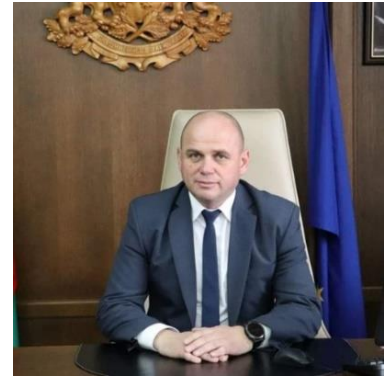
Bansko – Bulgaria

WELCOME

Dear sportsmen and organizers,

It's great honor and pleasure for me to welcome you in Bansko. I am very proud and delighted that our town will host the 2024 FISU World University Championship Orienteering. Bansko have traditions of hosting various sport events. Orienteering races are held regularly here on our nice terrains. I will be happy if you are pleased with your visit. I believe that the orienteering courses, the nice views and the warm hospitality of the local community will contribute for that.

I wish all the organizers perfect conditions for holding the championship and all the competitors good luck and unforgettable experience. Enjoy your stay in Bansko.



Stoicho Baninski
Mayor of Bansko

Dear athletes and orienteering friends,

On behalf of the organizing committee, it is a pleasure to welcome all participants of the 2024 FISU World University Championship Orienteering, taking place from 1st to 5th August in Bulgaria. It is an honor and pleasant obligation for me and for all Bulgarian orienteers to organize World University Championship Orienteering in Bulgaria for second time since 2002. This great event for the orienteering world is going on in the year when the Bulgarian orienteers celebrate 70 years since the first O-race in our country. WUOC 2024 will be held in Bansko which offers picturesque landscapes and provide the perfect backdrop for this event.

We are happy that 30 nations have registered and we are looking forward to seeing you soon in Bansko. The Organising Committee has been working hard on preparing everything for the Championship week in August. We have chosen nice terrains for the event and hope for good weather and successful organization which will contribute to the good atmosphere of the championship. I am convinced that the championship will satisfy your high demands.

I wish you good success in the competitions and good memories from Bansko!



Todor Pedev
Director of the 2024 World University Championship Orienteering

EVENT PROGRAMME

Tuesday, 30 July 2024	Arrivals		
Wednesday, 31 July 2024	Accreditation	EC	08:30 - 18:00
	Model events First general technical meeting	Motikata, Bansko EC	09:00 - 17:00 19:00
Thursday, 1 August 2024	<u>Sprint</u> First start	Bansko - centre	14:30
	Opening ceremony		17:30 - 18:00
	Medal ceremony		18:00 - 18:30
Friday, 2 August 2024	<u>Sprint relay</u> Mass start	Razlog - centre	14:00
	Medal ceremony	Razlog - centre	15:30
Saturday, 3 August 2024	Rest day		
	Cultural activity Second general technical meeting	Bansko EC	18:00
Sunday, 4 August 2024	<u>Middle distance</u> First start	Motikata	09:00
	Flower ceremony		14:00
Monday, 5 August 2024	<u>Relay</u> Mass start men	Motikata	09:30
	Mass start women	Motikata	09:40
	Flower ceremony	Motikata	11:30
	Medal ceremony	Bansko - centre	18:00
	Closing ceremony Party	Bansko - centre EC	18:30 20:30 - 24:00
Tuesday, 6 August 2024	Departures		

ORGANIZERS

On behalf of the International University Sports Federation (FISU), the 2024 FISU World University Championship Orienteering will be organized by:

- ASSOCIATION FOR UNIVERSITY SPORTS "ACADEMIC"
- ORIENTEERING CLUB "NSA-SIVEN"

In cooperation with:

- MINISTRY OF YOUTH AND SPORT
- BULGARIAN ORIENTEERING FEDERATION
- BANSKO MUNICIPALITY
- RAZLOG MUNICIPALITY

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- Event Director: Todor PEDEV
 - Technical Director: Petar DOGANOV
 - Information and communication technologies Director: Viktor TSENKOV
 - President of Association for University Sport "Academic": Petar ZOGRAFOV
 - National Event Adviser: Teodor TODOROV
 - Event secretary: Iliyan TODOROV
 - Results: Lidiya NIKOLOVA
 - FISU Executive Committee member: Duarte LOPES (POR)
 - FISU International Control Committee member: Karl TEREPIG (EST)
 - FISU International Medical Committee member: Kadirhan SUNGURONGLU (TUR)
 - FISU Technical Committee Chair: Ola KABERG (SWE)
 - FISU Staff: Chloé DRAGANI (SUI)
 - IOF representative: Jürg HELLMÜLLER

CONTACTS and INFORMATION

Website: wuoc2024.eu

Mail: wuoc2024@abv.bg

Facebook: [FISUOrienteering](https://www.facebook.com/FISUOrienteering)

Instagram: [fisul.orienteering](https://www.instagram.com/fisu.orienteering)

Event office: +359 887 568 353

EVENT CENTRE



Bansko is a town in southwestern Bulgaria, located at the foot of the Pirin mountain at an elevation of 950 m above sea level. Bansko is international centre for winter and summer tourism and now it is a popular ski resort. The mountain peaks near the town, the numerous lakes and the old pine woods make it a popular site for recreation. Bansko hosts the annual Jazz festival in August.

EVENT CENTRE:

Mountain paradise and Sunrise hotel complex – [41.832935, 23.475566](https://www.google.com/maps/place/41.832935,23.475566)

EVENT OFFICE

The event office will be located in the Event Centre.

Opening hours:

Wednesday, 31 July	08:30 – 21:00	
Thursday, 1 August	08:00 – 12:00	19:00 – 21:00
Friday, 2 August	08:00 – 09:00	18:00 – 21:00
Saturday, 3 August	08:00 – 10:00	18:00 – 20:00
Sunday, 4 August	08:00 – 09:00	18:00 – 20:00
Monday, 5 August		16:00 – 17:30
Tuesday, 6 August		

→ Through the time of the competitions, the event office is at the arena.

ACCOMMODATION

All participants will be accommodated in Mountain paradise and Sunrise hotel complex. The hotel complex offers high standard accommodation with variety of apartments – studios, one-bedroom and two-bedroom apartments. They are furnished with a dining and resting place, refrigerator, TV, Wi – Fi, extra sofa bed. The complex is surrounded by a large garden with barbecue area and offers free Wi-Fi in the public areas. Guests can use underground parking, a 24-hour lobby bar and a well-equipped spa with indoor pools, sauna and steam room, a fitness center and a restaurant with 200 seats. The historical part of Bansko is a 5-minute walk away.



FOOD

During the championship week the restaurant of the hotel offers breakfast, lunch and dinner for all participants.

July 30	Breakfast Lunch Dinner	08:00-09:30 12:00-14:00 18:30-20:30
July 31	Breakfast Lunch Dinner	07:30-09:30 12:00-14:30 18:30-20:30
August 1	Breakfast Lunch Dinner	06:30-09:00 11:00-13:30 18:30-20:30
August 2	Breakfast Lunch Dinner	06:30-09:00 11:00-13:00 18:30-20:30
August 3	Breakfast Lunch Dinner	07:00-09:30 12:00-14:00 18:30-20:30
August 4	Breakfast Lunch Dinner	06:00-09:00 13:00-15:30 18:30-20:30
August 5	Breakfast Lunch Dinner	06:00-08:00 12:00-14:30 19:00-20:30
August 6	Breakfast	06:30-09:30

TRANSPORT

Transport by bus to/from Bansko will be arranged for the participants who arrive and depart at/from Sofia according to their arrival and departure schedules.

Our volunteers are going to welcome the delegations arriving at Sofia airport according to their transmitted travel plans. The schedule for the transport from Sofia to Bansko of the arriving delegations will be published on the web page and facebook page.

Phone number in case of any problems: +359 896 699 660 – Ivana Pedeva

ACCREDITATION

All teams must check in for accreditation at the Event office on 31st July and obtain accreditation from FISU International Control Commission and from the Organising Committee (OC). Heads of the delegation are requested to present passports/identity cards and eligibility forms of the whole delegation.

PARTICIPATION

Each country may enter in:

Sprint	six (6) males and six (6) females
Sprint relay	two (2) teams of two (2) female runners (1&4 leg) and two (2) male runners (2&3 leg)
Middle distance	six (6) males and six (6) females
Relay	two (2) male teams of three (3) persons and two (2) female teams of three (3) persons

COMPETITION RULES

The FISU General Regulations for the World University Championships, the FISU Technical Handbook Orienteering and the Competition Rules for the IOF Foot Orienteering events (valid from 1st January 2024) will be applied in the event.

FINAL ENTRIES and ACCREDITATION TIME

	Athletes			Officials			Total	ACCREDITATION TIME
	Men	Women	Total	Men	Women	Total		
1 Australia	6	6	12	1	1	2	14	8:30 - 10:00
2 Austria	4	4	8	1	1	2	10	8:30 - 10:00
3 Belgium	3	2	5	1	0	1	6	8:30 - 10:00
4 Brazil	2	0	2				2	8:30 - 10:00
5 Bulgaria	6	4	10	0	1	1	11	8:30 - 10:00
6 China (People's Republic of)	3	4	7	4	1	5	12	10:00 - 11:30
7 Croatia	4	3	7	1	0	1	8	10:00 - 11:30
8 Czechia	6	6	12	3	0	3	15	10:00 - 11:30
9 Denmark	3	1	4				4	10:00 - 11:30
10 Estonia	0	1	1				1	10:00 - 11:30
11 Finland	6	6	12	2	0	2	14	11:30 - 13:00
12 France	6	6	12	4	0	4	16	11:30 - 13:00
13 Germany	5	5	10	2	1	3	13	11:30 - 13:00
14 Hong Kong, China	4	4	8	3	0	3	11	11:30 - 13:00
15 Israel	4	0	4				4	11:30 - 13:00
16 Italy	2	2	4	1	0	1	5	13:30 - 15:00
17 Japan	6	6	12	1	1	2	14	13:30 - 15:00
18 Latvia	3	3	6				6	13:30 - 15:00
19 Lithuania	4	1	5	2	0	2	7	13:30 - 15:00
20 New Zealand	5	4	9	1	1	2	11	13:30 - 15:00
21 Norway	6	6	12	1	1	2	14	15:00 - 16:30
22 Poland	3	2	5				5	15:00 - 16:30
23 Romania	4	3	7				7	15:00 - 16:30
25 Slovakia	4	3	7	2	0	2	9	15:00 - 16:30
24 Spain	4	4	8	0	2	2	10	15:00 - 16:30
26 Sweden	6	6	12	1	2	3	15	16:30 - 18:00
27 Switzerland	6	6	12	2	1	3	15	16:30 - 18:00
28 Türkiye	6	6	12	3	2	5	17	16:30 - 18:00
29 United Kingdom of Great Britain and Northern Ireland	6	6	12	2	0	2	14	16:30 - 18:00
30 United States of America	6	6	12	0	1	1	13	16:30 - 18:00
TOTAL	133	116	249	38	16	54	303	

CEREMONIES

OPENING AND CLOSING CEREMONY

The opening ceremony will take place directly after the Sprint at Bansko centre. The closing ceremony will be held at Bansko city park. At both ceremonies one representative per nation will have the honour of carrying the respective flag up to the stage and placing it there.

FLOWER CEREMONY

Only a few minutes after the conclusion of the Middle distance and Relay, there will be a flower ceremony for the best 3 in the class. Competitors and teams who are on the podium place must be ready for the ceremony.

MEDAL CEREMONY

Three medal ceremonies will be held:

1. The first medal ceremony for Sprint will be after the Opening ceremony at Bansko community centre – 1st August 17:30.
2. The second medal ceremony for Sprint relay will be on 2nd August 15:30 at Razlog centre.
3. The third medal ceremony for Middle distance and Relay will be on 5th August 18:00 just before the Closing ceremony at Bansko city park.

Medal winners are kindly requested to line up behind the podium 5 minutes prior to the medal ceremonies. It's the athletes' responsibility to be there on time. Athletes should wear their national team uniform.

INSURANCE

Each delegation shall have their own medical insurance, as the OC is only responsible for first aid on-site and transfer to the designated hospital, but any other diagnostic treatments or hospitalization shall be covered by the delegation insurance.

MEDICAL SERVICE

There will be medical services and medical car at the arenas. Also the local hospital is open for emergency situations. In case of emergency, call 112!

DOPING CONTROL

Doping is strictly forbidden. Doping controls may be carried out at any time during the championship in accordance with the procedures described in the WADA International Standard of Testing and Investigations. The FISU and the IOF Anti-Doping rules and the World Anti-Doping Code apply as 1 January 2024.

Athletes who are selected for doping control must strictly follow the instructions of the controllers. They must bring their accreditation card and official identification (with photo) to the doping test area. The athlete should also present the personal therapeutic use exemption (TUE) if applicable. In general, it is advisable that athletes take their ID to all competitions

EMBARGOED AREAS and OLD MAPS

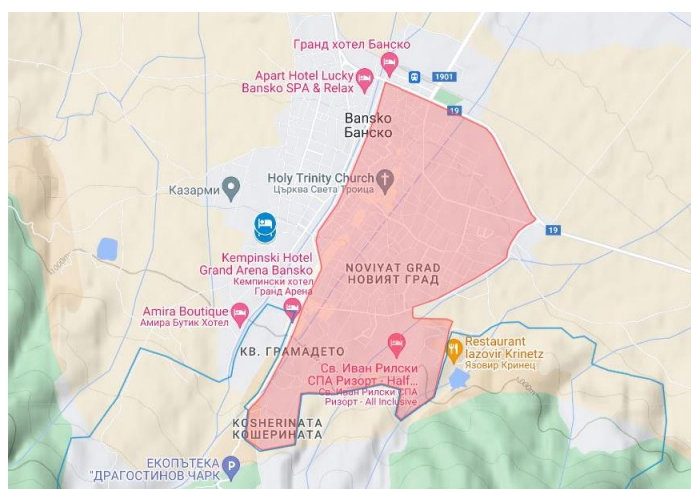
Visit the [INTERACTIVE MAP](#) of the embargoed area and all available training areas!

With reference to the Competition Rules for IOF Foot Orienteering Events, the listed areas are out of bounds for all potential 2024 Championship Orienteering team members (competitors, team leaders, coaches, doctors etc.) and other persons who, through their knowledge of the terrain or the events, may influence the result of the competitions.

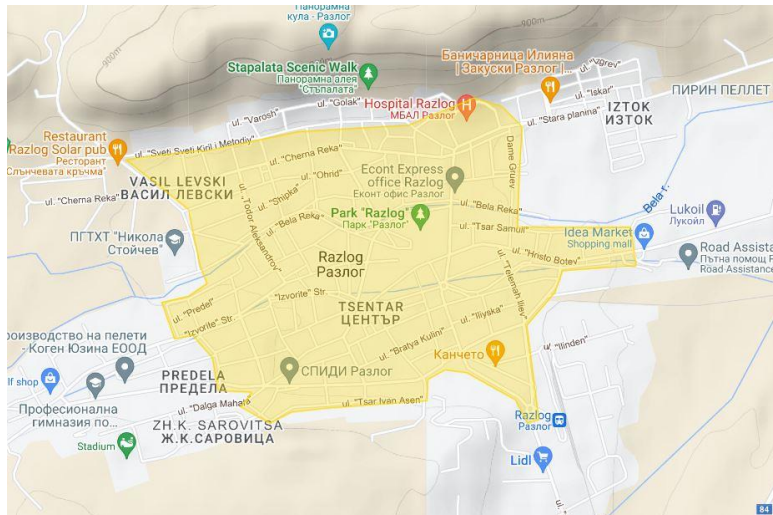
However, the paved public roads passing through these areas may be used.

There is an exception for the Sprint and Sprint relay areas. It is allowed to stay in Bansko, and Razlog to use public roads, but it is prohibited to organize in these areas training sessions, using maps, testing routes, etc. The centres of Bansko and Razlog are strictly forbidden areas from 31st July to the end of the respective race.

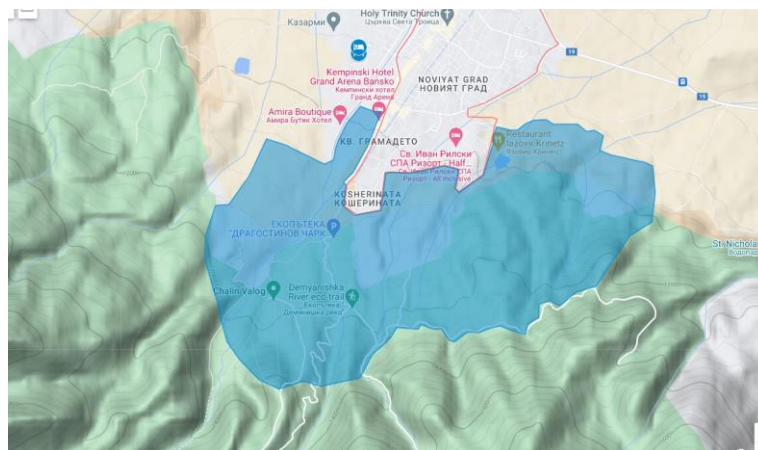
1



2



3



Links to a high-resolution color copy of the most recent version of any previous orienteering map(s) of the embargoed areas are published on our website wuoc2024.eu.

	Embargoed area	Previous O-maps (latest edition)
1.	Bansko (Sprint)	Bansko (2018)
2.	Razlog (Sprint relay)	Razlog (2009)
3.	Motikata (Middle distance and Relay)	Motikata (2016)

TECHNICALS MEETING

Two technical meetings will be held:

The first General Technical Meeting on Wednesday, 31 July 19:00 at the EC will provide information for Sprint and Sprint relay and general information.

The second technical meetings on Saturday, 3 August, 18:00 at the EC will provide information for Middle distance and Relay and general information.

Any questions for the team officials' meetings shall be sent by e-mail wuoc2024@abv.bg to no later than Wednesday, 31 July 16:00 and Saturday, 3 August, 15:00.

FINAL ENTRIES FOR EACH RACE

Entry forms for each discipline will be distributed to the team box in the Event office and also to the team mails. Athletes' names for each discipline, start groups and SI card must be entered at the latest at 14:00 on the day before the respective competition, for the Relay at 16:00. For all disciplines paper entry forms distributed at the Event Office or digital entry forms sent by mail will be used. The list must be handed in at the event office or sent by mail.

The athletes should be assigned to groups: 1-early, 2-middle, 3-late. The second athlete to a group may be assigned only after there are athletes in all three groups.

Up to 2 hours before the first start, a competitor may be replaced for a valid reason (e.g. accident or illness). Changes to relay teams may be made until 2 hours before the start of 1st-leg in the respective class.

NUMBER BIBS

Number bibs will be distributed in the team box at the event office in the evening before the competition together with the start lists. Athletes must wear the number bib unfolded on their chest.

PUNCHING SYSTEM

Touch free SPORTident Air+ punching system (SIAC) will be used on all events. Participants are asked to use their own SIAC card during the Championship. AIR+SI cards can be provided by the organiser upon request. Renting AIR+SI card is 10 EUR for all starts per card.

For all competitions the same SIAC-Card must be used. This SIAC-Card must not be older than 2 years after purchase or battery exchange. All competitors are strongly advised to perform the SIAC battery test at the quarantine check-in desk and in case of low battery indication to request an SIAC replacement.

For Sprint and Sprint relay the controls are folding trestles, for Middle and Relay the controls are stands, There is one SI-unit, one flag and pliers as reserve punching. In case that the SIAC-card give neither an acoustic nor a visual signal even after contact punching in the Si station, a stamp is made somewhere on the map (pliers at the control) and this is reported at the finish.

The technical specification for maximum distance to record a punch is 30 cm to the SI-unit.

TRANSPORT TO COMPETITIONS

For both Model events and for Sprint distance there will be no transport provided and participant will reach the event by walking. For Sprint relay, Middle distance and Relay there will be transport by shuttle busses for all athletes and officials.

Delegations travelling by private buses and cars to Bansko are allowed to use their own vehicles to go to the quarantine of both relays – Sprint relay and Relay. They must drive behind the busses to reach the quarantine. Transport with busses is obligatory for Middle distance race.

According to the start times/number bibs of the competitors the busses will follow a transport plan. The meeting point for the bus transport is in front of the EC.

CLOTHING

There are no special regulations applying to runners concerning the type of clothing they choose to wear. The organisers recommend the use of long trousers for the Middle distance and Relay. Shoes with spikes are forbidden on the Sprint and Sprint relay.

QUARANTINE

All the races are organized with quarantine. All the competitors and coaches must check in when entering the quarantine by showing their accreditation card and punching Si station on the entrance. Coaches will be only checked and marked by the volunteers. All athletes must be inside before the quarantine closes. No one will be allowed to enter the quarantine after the deadline. Coaches and non-competing competitors who leave the quarantine are not allowed to re-enter.

GPS devices for the chosen competitors and GPS-vests will be given in the quarantine. Clothes transport to the finish will be provided. In the quarantine there are toilets and tents. Water will be provided by the organizers. No warm up maps will be available. No own team tents will be allowed at the Sprint and Sprint relay quarantines. For the Middle distance and Relay the teams are allowed to bring their own tents inside the quarantines.

- The use of mobile phones, computers or any communication device inside the quarantine is strictly forbidden.

- It is not allowed to bring any maps into the quarantine zones

For the Sprint and Sprint relay it is allowed to drive to the competitions with own vehicles.

START

For the individual races at the edge of the quarantine athletes will be called -4 min. before their start. It is own responsibility of the competitors to watch for their start time. When reach the start corridors on -3 competitors clear and check their Si cards. Control descriptions will be available on -2. The start triangle is marked in the terrain by a control flag. The route to this flag is marked and compulsory for the competitors to follow all the way to the start point.

In Sprint relay and Relay mass start signal will be given through the start officia, the remaining time to the start will be announced Early start leads to disqualification.

Sprint, and Middle distance: It's the competitors' responsibility to start at the correct time. The start beep and a visible start clock will show the countdown. 10 seconds before the start time the competitor hears a signal from the start clock. 5 seconds before start, the count-down begins with short beeps and a high beep at the start time. Early start leads to disqualification.

Detailed start procedure

-4 min	- call up and check start number
-3 min	- clear, check
-2 min	- pick up the control description
-1 min	- SIAC Test
START TIME	- runners take the map from the table

LATE START

Competitors who are late for their start will be starting between the next start intervals. If the delay is fault of the competitors, they will be timed as if they had started at their allocated start time. Competitors who are late through the fault of the organiser will be timed with their real start time.

FINISH

The marked route from last control to the finish must be followed.
 After the finish, the competitors will be guided through the finish zone. They:

- downloads SIAC data
- returns GPS-tracking devices and vest (if they had one).
- can take refreshment.
- take their baggage/clothes.

In all races, the finish time will be taken by contactless punching of a SI-unit (on trestle) on the finish line. It's the competitor's responsibility that the SIAC-unit has registered the punching (acoustic or visual signal on the SIAC-card). In case of a head-to-head run in relay races the finish-judges will rule the placings based on the order that the competitors' chest cross the finish line.

GPS TRACKING

GPS tracking services will be provided. GPS units will be given to selected athletes for every competition. Names of the selected athletes will be published with the start lists. It is mandatory for the selected runners to carry the GPS-tracking device. If a runner refuses to carry the device, the runner will be disqualified. Please take your own GPS-vest with you (hygienic reasons). The organiser provides GPS-vests to those who don't have their own. They will be handed out to the athletes, together with the GPS-tracking devices, for each race in the quarantine and must be returned at the finish. Personal GPS data loggers are only allowed if they have no display or audible feedback.

MEDIA CONTROLS

It is possible athletes to meet staff with running cameras between controls or photographers near control points, not marked in the control description.
 All controls at the Sprint and Sprint relay are also guarded by the organisers.

NEW COMPETITION MAPS

Team officials will collect new maps for all participants of the team in the event office after the race.

COACHING ZONE

There are no coaching zones at the competitions.

QUITTING A RACE

Athletes who are forced to abandon a race must report to the finish staff and download their SIAC-card.

MAXIMUM RUNNING TIME

Every race has maximum running time given in the individual event instructions. If the stated limit is exceeded, the competitor will be disqualified.

COMPLAINTS AND PROTESTS

Complaints/protest must be handed over in writing using an official form to an event official at the finish arena no later than 15 minutes after the official results have been published (announced by the speaker).

JURY

The jury will be appointed at the 1st General Technical Meeting on Wednesday 31 July 2024, 19:00.

MAPS AND CONTROL DESCRIPTIONS

Maps are drawn according to the International Specification for Orienteering Maps (ISOM 2017-2 – Revision 6) and the International Specification for Sprint Orienteering Maps (ISSprOM 2019-2 – Revision 6). All competition maps are printed on waterproof paper. Competition maps will not be collected at the finish of each race and new maps will be available later.

The control descriptions are in accordance with the IOF standard. Control descriptions will be available at the start corridors and also will be printed on the maps.

MODEL EVENTS

Two model events will provide relevant examples of mapping, printing, terrain, control siting and control descriptions. The model event maps will be distributed at the time of accreditation. The model events will be equipped with standard control flags only during the scheduled periods 31st July – 9:00-17:00, but it is allowed to visit model event areas also outside these “opening hours”.

There will be no organized transport to the models, because it is on walking distance from the EC and the road to the Model events will be marked from EC:

Sprint model – 390 m from EC – [41.832601, 23.480579](#)

Forest model – 1800 m from EC – [41.821819, 23.462393](#)

On the sprint model event there is a pedestrian street where construction works are still going. They are not mapped, because the workers change their position every day making new parts of the street renovated.



EVENT INFORMATION

SPRINT

Arena: BANSKO - CENTRE

First start: 14:30

Starting interval: 1 min.

Transport: No transport. Walking distance from EC to the entrance of the Quarantine - 1600 m.

Terrain: Mixed – urban and park area in the city centre of Bansko – 950 m above sea level. Partly park area with trees, grass and flowers and urban area without vegetation. Lots of fast paths and asphalt roads - 90%.

Map: “Bansko”, scale – 1:4000, contours interval – 2 m. Map size – A4. ISSprOM 2019-2 – Revision 6

Mapmaker: Petar Doganov

Course planner: Petar Doganov

Course length: Women: 3,2km, 30m climb, 13 controls.

Men: 3,9km, 35m climb, 15 controls

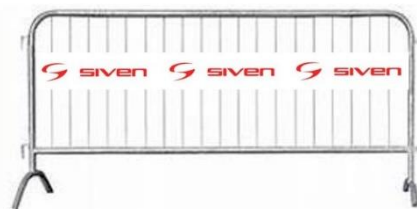
Estimated winning time: 13-14 min.

Maximum running time: 50 min.

Traffic: Traffic is reduced in some parts of the terrain, but there can be vehicles and pedestrians passing through the terrain. Police and officials will help in reducing the traffic. Pay additional attention.

Artificial barriers: Artificial barriers will be used on Sprint. They are marked on the map with the purple symbol 708 (out of bounds boundary) and symbol 709 (out-of-bounds area) behind to clarify the situation.

In the terrain, there is one mobile metal fence combined with tape and also one of the organizers dressed with the official event shirt. It will be demonstrated on the sprint model event.



Quarantine: The quarantine is open between 13:15 - 14:15. It is the competitors responsibility to be there on time. Walking distance of 1600 m. The road will be marked and it's not allowed to leave the given path. Coaches can walk from the quarantine to the arena (1100 m) or go directly to the arena (1200 m). It is not allowed to visit the arena and then go to the quarantine.

Check-in: By punching SI station at the quarantine by 14:15 at the latest. GPS-tracking devices and vests will be given to designated athletes (you may use your own vest as well).

Maps: There is a map flip during the race. The first part of the course facing up on the map on the table. The first part finishes on the control point. The second part of the course is on the backside of the map and the course starts with the new start triangle. Control numbers are continuous.

Arena passage: There will be an arena passage. The passage will be clearly marked on the map and on the ground.

Finish: Indoor facilities and indoor toilets are available. Three fountains with drinkable water are available in the after-finish zone. There are also changing tents outside. Teams are not allowed to set-up their own tents. It is not allowed for the competitors to visit the finish area before their start, and it is not allowed for coaches to go to the quarantine, if they have been at the finish area.

Cool-down zone: After finish zone and cool down zone is marked on the competition map with symbol 709 (out of bounds area). Competitors are not allowed to enter the competition area after their finish.

SPRINT RELAY

Arena: RAZLOG - CENTRE

Mass start: 14:00

Transport: By busses. It's allowed for the teams with own transport to get to the quarantine or arena.

1 st leg and 2 nd leg	12:10
3 rd leg and 4 th leg	13:00

Terrain: Mixed – urban and park area in the city centre of Razlog – 800 m above sea level. Partly park area with trees, grass and flowers and urban area without vegetation. Lots of fast paths and asphalt roads – 80%.
 Map: “Razlog”, scale – 1:4000, contours interval – 2 m. Map size A4. ISSprOM 2019-2 – Revision 6

Mapmaker: Petar Doganov

Course planner: Petar Doganov

Course lengths: Leg 1 and 4 Women 3,1km, 20m climb, 15 controls

Leg 2 and 3 Men: 3,6km, 25m climb, 16 controls

Estimated winning time: 13-14 min. for each leg

Maximum running time: 120 min. per team

Mass start for 4th leg runners: 15:10

Incomplete teams and teams with runners from more than one Federation are not allowed. The starting order is determined by the results from WUC 2022, thereafter in alphabetical order.

Traffic: Traffic is reduced in some parts of the terrain, but there can be vehicles and pedestrians passing through the terrain. Police and officials will help in reducing the traffic. Pay additional attention.

Quarantine: Athletes and coaches must go to the quarantine according to the transport plan. It is mandatory to go directly from the buses to the quarantine.

Check-in: After arriving participant have to punch SI station at the quarantine by 13:30 at the latest. GPS-tracking devices and vests will be given to designated athletes (you may use your own vest as well).

Assembly area for the runners: The assembly area for the runners is on the edge of the quarantine and runners will be called by the organizers. Numbers of the runners will be checked and runners will be guided to the start area. Assembly times:

1. leg: 13:50

2. leg: 14:03

3. leg: 14:16

4. leg: 14:29

Start area/Waiting area: When entering the start area competitors:

- Clear SI card - Check SI card - SIAC test - Runner gets his rolled map

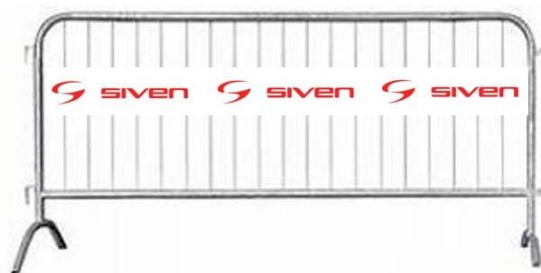
Change-over: From the waiting zone runners will be called into the change-over area by the officials. The change-over is done after crossing the finish line of the ingoing competitor and by hand touch across a separation barrier. The outgoing runner is allowed to open the map after the change-over.

Maps: Maps are rolled and closed with a rubber band. Runners get the maps from the organizer, but it is the runners' responsibility to check the start number. Maps must be kept rolled until the changeover and competitors are not allowed to remove the rubber band or to peek into the roll before their start.

Map change: There is a map flip during the race for both women and men. The first part finishes with a compulsory route on the way to the new start triangle. The second part of the course is on the backside of the map. The course starts with start triangle. The start triangle is marked with a control flag in the terrain. Control numbers are continuous. The first part of the course is rolled inside and the second part is rolled outside.

Arena passage: There will be an arena passage. The passage will be clearly marked on the map and on the ground. For the arena passage runners must stay right in the passage. On the left side runners go to the finish and changeover.

Artificial barriers: Artificial barriers will be used on Sprint relay. They are marked on the map with the purple symbol 708 (out of bounds boundary) and symbol 709 (out-of-bounds area) behind to clarify the situation. In the terrain, there is one mobile metal fence combined with tape and also one of the organizers dressed with the official event shirt. It will be demonstrated on the sprint model event.



Closed streets - crossing: During the race main roads which are closed will be crossed. On the map these streets will be marked with symbol 709 (out of bounds area). The crossings are marked in the terrain with 4 metal fences at the beginning and the end of the crossings. Runners must pass between the fences. The crossing is secured also by one of the organisers dressed with the official event shirt. It is not allowed to cross these closed roads at other places. Running on the sidewalk along these streets is allowed. The edge of the forbidden area is marked on the map with purple line and will be marked on the terrain with tape which lays on the ground at the street.



Finish: No indoor facilities are available in the after-finish zone. There are some changing tents. Teams are not allowed to set-up their own tents. Coaches and non-competing athletes will be dropped off at the arena. Coaches coming from the quarantine will walk to the arena. It is not allowed for teams to visit the finish area before their start, and it is not allowed for coaches to go to the quarantine if they have been at the finish area.

Cool-down zone: After finish zone and cool down zone will be marked on the competition map with symbol 709 (out of bounds area). Competitors must stay in the borders of the arena and that cool down zone. They are not allowed to enter the competition map after their finish.

The depart busses will be parked in the cool down zone. Time of departure:

16.00	First 3 buses	Buses depart as soon as they are nearly full
17.40	Second 3 buses	

MIDDLE DISTANCE

Arena: CHALIN VALOG

First start: 9:00

Starting interval: 2 min.

Transport: By busses. No own transport will be allowed to the quarantine or arena.

START NUMBERS			BUS	Nº
1-15	200-215	20 officials	7:15	1
16-30	216 - 230	20 officials	7:50	2
31 - 50	231 - 250	10 officials	8:25	3
51 - 70	251 - 270	10 officials	9:00	4
71 - 90	271-290	10 officials	9:35	5
91-110	291-310	8 officials	10:10	6
111-133	311-316	8 officials	10:45	7

Terrain: Terrain between 1000 and 1300 m above sea level. Hill sides with moderate to steep slopes. Terrain with a lot of micro contours and stones. Varying vegetation on the ground. Mostly coniferous forest with very good runnability and visibility, but reduced in some places with denser vegetation. Good network of paths, roads and hiking trails

Map: "Motikata", scale - 1:10000, contours interval - 5 m. Map size A4. ISOM 2017-2 - Revision 6

Mapmakers: Georgi Hadzhimitev, Valentin Garkov, Vladimir Atanasov - 2015;

Petar Doganov - update 2024;

Course planner: Todor Pedev

Course length: Women 3,7km, 160m climb, 17 controls

Men: 4,6km, 230m climb, 20 controls

Estimated winning time: 32-33 min.

Maximum running time: 90 min.

Special symbols: *Brown triangle*: anthill or fox hole *Green line*: fallen tree.

➤ There are rope fences and electrical fences with low electricity on some of them. They are not given on the map.

Quarantine: Athletes and coaches must go to the quarantine according to the transport plan. Coaches may use the baggage transport to reach the finish.

Check-in: After arriving participant have to punch SI station at the quarantine.

For those taking bus N° 5 09:35 the quarantine begins by entering the bus, where it is not allowed to use any mobile phones or internet compatible devices.

For those taking bus N°6 10:10 and bus N°7 10:45 there will be pre-quarantine in the restaurant and garden of the hotel which closes in 9:35. It is also not allowed to use any mobile phones or internet compatible devices there.

Start: There will be marked road - 300 m from bus drop off in the quarantine to the start corridors and -4 line. It is responsibility of the competitors to reach -4 on time.

Finish: No indoor facilities are available in the after-finish zone. There are some tents with limited space.

Cool-down zone: After finish zone and cool down zone is at the arena and ski track. It's not allowed to enter the forest again. It is possible to cool down to the EC/hotel - 2,8 km.

Departure time of the busses to the EC/hotel:

N°	BUS
1	10:50
2	11:30
3	12:10
4	12:50
5	13:30
6	14:15
7	14:20

RELAY

Arena: CHALIN VALOG

Mass start - MEN: 9:30

Mass start - WOMEN: 9:40

Transport: By busses. It's allowed for the teams with own transport to get to the quarantine or arena.

1 st leg	8:00
2 nd leg	8:30
3 rd leg	9:00

Terrain: Terrain between 1000 and 1300 m above sea level. Hill sides with moderate to steep slopes. Terrain with a lot of micro contours and stones. Varying vegetation on the ground. Mostly coniferous forest with very good runnability and visibility, but reduced in some places with denser vegetation. Good network of paths, roads and hiking trails.

Map: "Motikata", scale - 1:10000, contours interval - 5 m. Map size A4. - ISOM 2017-2 - Revision 6

Mapmakers: Georgi Hadzhimitev, Vladimir Atanasov – 2015;
Petar Doganov – 2021;
Petar Doganov – update 2024;

Course planner: Todor Pedev

Course length: Women: 3x 3,7km, 175m climb, 18 controls
Men: 3x 4,5km, 215m climb, 22 controls

Estimated winning time: 32-34 min. per leg

Maximum running time: 270 min.

Mass start: Mass start for runners who have not been relieved is around 11:30.

The starting order is determined by the results from WUC 2022, thereafter in alphabetical order.

Incomplete teams and teams with runners from more than one Federation are allowed to enter the competition as mixed teams. Mixed team will be not classified.

Special symbols: *Brown triangle*: anthill or fox hole *Green line*: fallen tree.

Quarantine: Quarantine closes in 9:25. There are two separate zones, marked in the arena. One for starting competitors and second for finished competitors. It's not allowed at any time to switch from one to the other zone until the mass start for runners who have not been relieved – 11:30. Coaches are allowed to go from starting zone to the finish zone of the finishers, but no reverses direction.

Clothes: There are team tents with limited space in both quarantine zones. You can leave your bags there.

Change-over: From the waiting zone runners will be called into the change-over area by the officials. The change-over is done after crossing the finish line of the ingoing competitor and by hand touch across a separation barrier. The outgoing runner is allowed to open the map after the change-over.

Maps: Maps are rolled and closed with a rubber band. Runners get the maps from the organizer, but it is the runners' responsibility to check the start number. Maps must be kept rolled until the changeover and competitors are not allowed to remove the rubber band or to peek into the roll before their start.

Spectator control: There will be spectator control near the quarantine zone for the starting competitors.

Refreshment controls: It is possible to give refreshments to the competitors from the starting, which is close to the spectator control.

Cool-down zone: Before the mass start of the 3rd legs it is allowed to cool down only in after finish zone.

After the mass start of the 3rd legs it is allowed to cool down on both zones and also to go to the EC/hotel – 2800 m.

First bus will depart to the hotel after 11:30 when it is full.

WUOC TOUR

5-days WUOC Tour will be held from 1st to 5th August, right after the championship competitions.

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