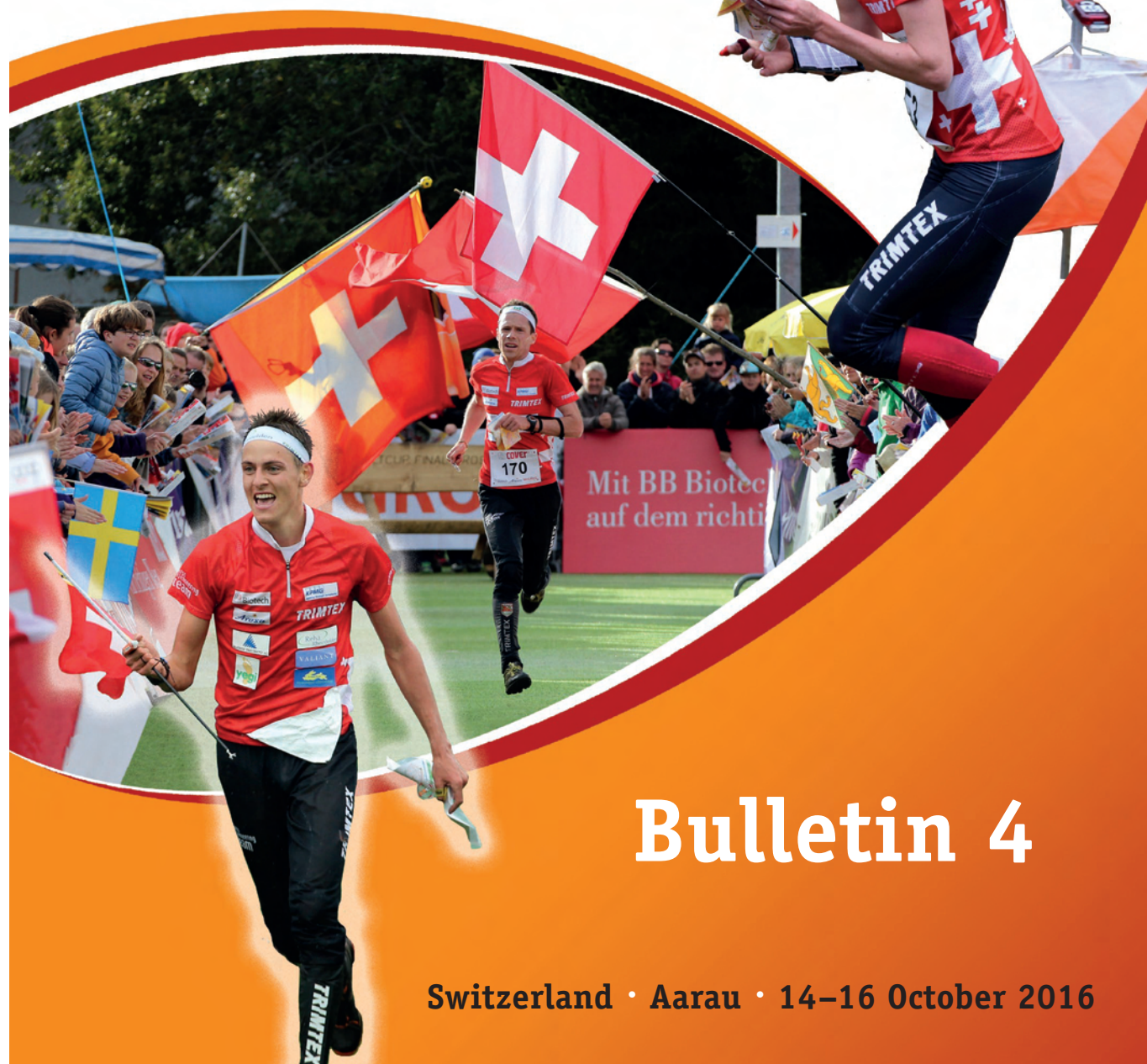


IOF World Cup Final 2016



Orienteering _____
World Cup Final _____
Aarau/Switzerland _____
14-16 OCTOBER 2016 _____



Bulletin 4

Switzerland • Aarau • 14-16 October 2016

Mainsponsors



Aargauische
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Hostcity



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Samuel Amsler AG
Schinznach



Media



on behalf of



Welcome to Aarau!

Dear athletes, ladies and gentlemen

Aarau and the organizing committee are ready to welcome you for an exciting orienteering weekend in the Argovian capitol. Aarau is known for the beautiful old town centre with its painted overhanging roofs. But not only the town centre, also the surroundings are well worth a visit.

We have prepared three exciting competitions for you:

- a fast and intensive sprint relay
- a not so traditional long distance with a paired start allowing for good traditional orienteering on your own, but with an immediate comparison at the finish
- an exciting sprint in the streets of Aarau with the well-known atmosphere of the World Cup Final in front of the Swiss crowd

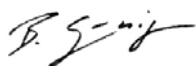
We hope you all enjoy your stay and wish you good luck!

For me it's time to say good-bye after my 9th World Cup weekend I have organized with the best team I can imagine. I'm looking back very proud to what we have achieved in the last years in Zurich, Geneva, La Chaux-de-Fonds, St.Gallen, Baden, Liestal, Arosa and now in Aarau. I hope you all could feel that we have always tried to organize the best competitions for the athletes and in the same time to attract as many spectators in the arena and at home as possible.

I'm happy to know that my successor Matthias Niggli will continue with the good traditions and ideas of the Swiss World Cup Final but also bring a lot of new ideas.

Thank you all from Verein Swiss Cup!

Thank you, dear athletes, coaches and spectators for coming year by year! I'll be missing it a little bit next autumn ☺!



Brigitte Grüniger Huber
Event director 2008 - 2016

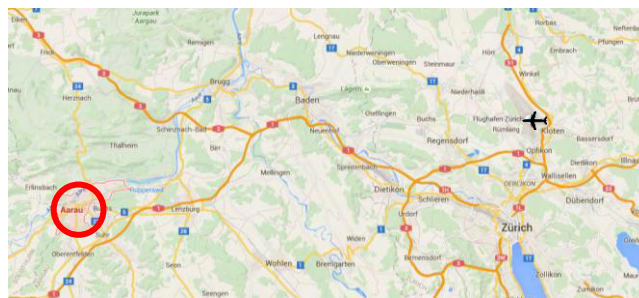
1. Organisation

Organising Committee

Brigitte Grüniger Huber	Event Director
Corsin Caluori	VIP
Severin Furter	Media
Doris Grüniger	Graphic, design, ceremonies
Markus Hitz	Finish, Arena, Infrastructure
Daniel Leibundgut	Results, IT Services
Christine Lüscher	O-Technic
Matthias Niggli	Event director assistant
Martin Oppliger	Start
Lukas Schubnell	TV production
Hansueli Steinmann	Head of crisis unit
Alex Wenger	TV production
Eva Martin	National events

Event Advisors

Vincent Frey	IOF Senior Event Advisor, FRA
Ulrich Aeschlimann	National Event Advisor (Long, Sprint), SUI
Jost Hammer	National Event Advisor Assistant (Sprint Relay), SUI



Map 1: Overview

2. Event Centre

The Event Centre is situated in Aarau. It is a 45 min trip to Aarau from Zurich Airport by train or by car.

Once in Aarau, you don't need a car. All distances to trainings, competitions, accommodations and banquet are easy to reach with train / bus or are in walking distances.

Event Centre:
aarau info, Metzgergasse 2, 5000 Aarau, Switzerland



Map 2: Event Centre (aarau info, Metzgergasse 2, Aarau)

Arriving by car:

From Zurich Airport take highway A1 (direction Bern) and follow it 40 km until exit 50 "Aarau Ost". Follow the signs "Aarau" to highway T5 (direction Aarau) and follow it 6km to Aarau. In Aarau follow the signs to "Altstadt" and try to find a parking slot along the street "Laurenzenvorstadt" or in one of the parking houses "Kaserne" or "City Märt / Igelweid". It is not possible to drive closer to the Event Centre.

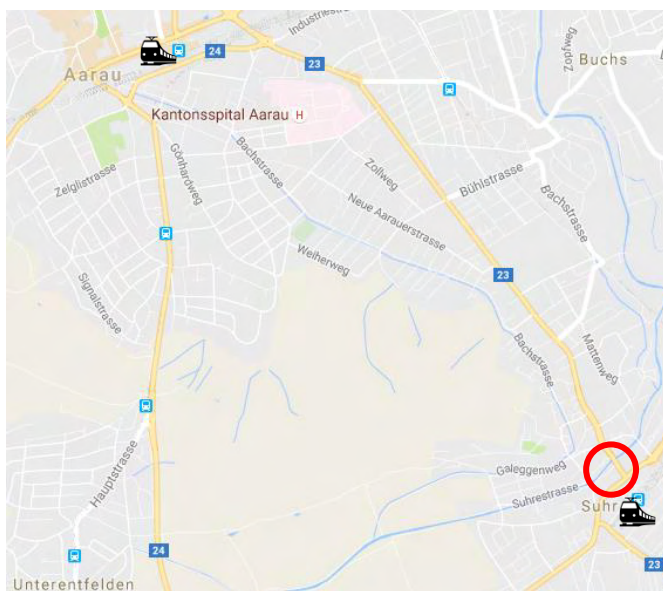
Arriving by train:

From Zurich Airport take a train to Zurich HB (mainstation) (every 10min, 10 min ride) and then take the train to Aarau (timetable: www.sbb.ch, every 30 min, 25 min ride). From Aarau train station it is only a 10 min walk to the Event Centre (700m).

At the Event Centre you will get your bags containing the Bulletin 4, runners- / coaching-ID, training maps and presents from our sponsors.

The team leader meeting on Thursday (for Sprint relay and Long distance) will take place in the Event Centre.

The team leader meeting on Saturday (for Sprint) will take place at Hotel/Restaurant Bären, Bernstrasse-West 56 in Suhr (4 km from the Event Centre, 4 km from Hotel Aarau-West).



Map 3: Team leaders meeting and banquet Saturday in Hotel Bären, Suhr

3. Programme

Wednesday, October 12, 2016

World Champions Event on Top of Europe - Jungfrauoch
Event Centre opens on request

Thursday, October 13, 2016

Free training
Event Centre opens 10.00-18.00
Deadline for changes in nominal entries for sprint relay and entries for Mixed teams 12:00
Team leader's meeting sprint relay + long 18:00-18:45

Friday, October 14, 2016

Free training
Event Centre opens 09.00-13.00
Deadline for changes in nominal entries for long distance 12:00
Quarantine Telli opens 13:00
Last check-in at quarantine for runners and team officials 14:00
IOF World Cup sprint relay final
- Assembly of 2-4 leg runners of all first teams 15:40
- Presentation of first teams 15:45
- Start sprint relay 16.00
- Price giving ceremony relay and overall 17.20
Public race "beat the stars" 17:30-19:00



Saturday, October 15, 2016

National public race 10.00-15.00
Quarantine in Gretzenbach opens 10:00
Deadline for changes in nominal entries for sprint 12:00
Last check-in at quarantine for runners and team officials 12:30
IOF World Cup Event #9 (Long distance) 12.30-16.30
- First start approx. 12:52
- Last start women 14:31
- Last start men 15:00
- Price giving ceremony 16:45
Team leader's meeting in Hotel Bären, Suhr 19.00
Banquet / dinner in Hotel Bären, Suhr 19:00

Sunday, October 16, 2016

Teams in embargoed area must leave 09:00
National public race 09.30-12.00
Quarantine in Aareschulhaus opens 11:00
Last check-in at quarantine for runners and team officials 11:45
IOF World Cup Final Event #10 (Sprint) 13:00-17:00
- First start B-Final 13:00
- Athletes presentation (best men) 14:05
- First start A-Final women 14:15
- Last start women 14:54
- First start A-Final men 15:21
- Last start men 16:00
- Price giving ceremony sprint and overall 16:30

4. Training

Long distance: Kölliker Tann (part of Roggenhausen), orienteering map 2016, 1:15'000, 5 m contours.
Mapmaker: Urs Steiner

Training proposal from coursesetter Matthias Merz, 3.0 km, 100 m elevation, 9 controls.
Controls will be out from Thursday morning to Friday 5pm.

There are only controls, no SI and no numbers. The mapping, printing and the vegetation are relevant for the race. Please respect forbidden areas on the map and check the embargoed area before driving to the training map.

Arriving by car: From Aarau drive to Unterentfelden – Oberentfelden – Kölliken – Safenwil. See map 10.

Arriving by train: From Aarau take the train to Suhr (leaving every 30min xx:10 and xx:40, S14 direction "Menziken") and change there to the train to Safenwil (S28 direction "Zofingen"). From the railwaystation Safenwil it is about 1.5km to walk.

Sprint and sprint relay: Baden, orienteering map 2013 / revised 2016, 1:4'000, 2.5 m contours, 30 km from the Event Centre.

Training proposals from coursesetters Kurt Schmid (sprint relay) and Matthias Leonhardt (sprint).

There will be no marked controls.

Mapmaker: Beat Imhof

Please be careful: there is normal traffic running in the streets.

Arriving by car: From Aarau take highway T5 (direction "Brugg / Zürich") and change to highway A1 (direction "Zürich") in Hunzenschwil. Exit Baden-West and follow the signs to the centre. Parking for example in parking house "Trafo".

Arriving by train: There are 3 direct trains from Aarau to Baden every hour: (timetable: www.sbb.ch)
(The free ticket you will get from the hotel is only valid between Entfelden or Suhr and Aarau and non in the train Aarau – Baden.)

One of each training map per entered runner and coach is handed out at the Event Centre. One training proposal per discipline will be given to each team.

5. Competition Rules

The Competition Rules for IOF Foot Orienteering Events 2016, valid from 1 January 2016 apply.

Participation restrictions, classes and qualification system will follow the special rules for the 2016 World Cup in Orienteering and the special rules for the 2016 Sprint Relay World Cup in Orienteering. www.orienteering.org

In the long distance race the **olive colour (symbol 527 from ISOM)** is used for private areas that are **forbidden to pass and forbidden to enter** (permission for rules deviation was approved by IOF council).

Special symbols (man-made features) on the maps and control description are declared under point 8 / Competitions.

Complaints must be handed over in writing to an event official in the finish area at the information desk in the athletes tent, no later than 15 minutes after the official results have been published (separately for women and men; announced by the speaker).

Jury:

Aron Less, HUN

Kenneth Buch, NOR (to be confirmed at first TOM)

Tulla Spinelli, SUI

6. Embargoed Areas

The competition areas “Telli” (sprint relay), “Roggenhausen” (long distance) and “Aarau City” (city sprint) are embargoed areas (see maps 4, 5 and 6).

For competitors, team officials and others who, through the knowledge of the terrain or the competitions, may influence the results of the competitions, it is prohibited to enter the embargoed areas.

Please notice: it is prohibited to enter the sprint relay area; special rules are only valid for “Aarau City”.

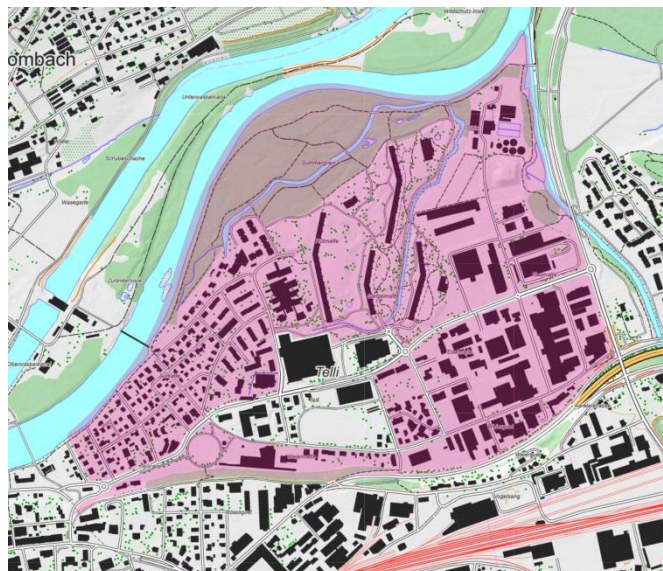
The embargoed areas are valid until the day of the competition. On the competition days there will be special rules covering the access to the competition areas and to the quarantines (see 8. Competitions).

Special rules for the embargoed area “Aarau City” (map 6):

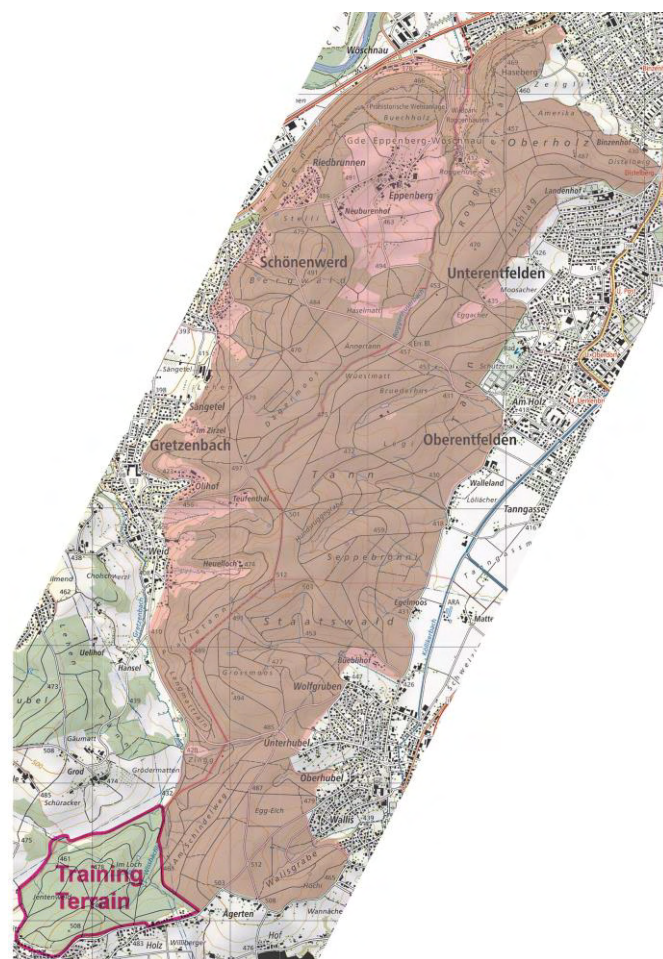
- It is allowed to stay as a resident or student, for business purposes or as a tourist, e.g. for sight-seeing, visiting a restaurant, shopping, participating in an indoor sport event.
- It is prohibited to stay there with a map, to run, to jog, to orienteer through the embargoed area or to test route choices.
- It is prohibited to take part in a running event through the embargoed area.
- The long distance will finish inside the embargoed area for the sprint: During the long distance race it is of course allowed to run in the embargoed sprint area with the long distance map.

- After the finish in the long distance the runners are only allowed to run inside the school area (sport field) to cool down.
- Teams staying inside the embargoed sprint area have to leave their accommodation on Sunday before 9:00am.

The embargoed areas can also be found as pdf on www.o-worldcup.ch.

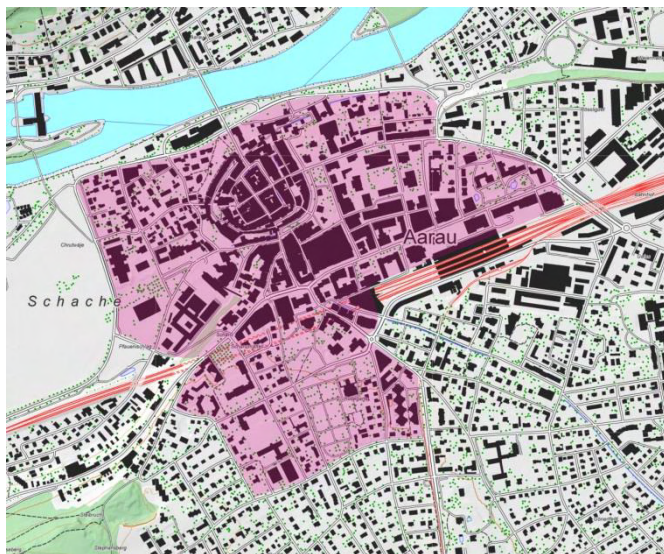


Map 4: Embargoed area “Telli” in Aarau: sprint relay



Map 5: Embargoed area “Roggenhausen” in Aarau (modified with training area): long distance

The southwest part of the embargoed area “Roggenhausen” will be used for training (marked in map 5). It will be allowed to run on the official training map only.



Map 6: Embargoed area “Aarau City”: sprint

Quarantines:

There will be quarantines at all competitions.

All competitors (and team officials going to the quarantine / pre-start area) have to check in at the quarantine before the last check-in time. Team officials and runners leaving the quarantine and pre-start area are not allowed to re-enter the zone (except for the teams and runners selected for the team- / runners' presentation. They will be guided to and from the arena by the organisers).

Runners and team officials at the finish have to stay in the finish arena until the last runner has finished.

No contact or exchange of information is allowed between runners/coaches at the finish and runners not yet started.

Coaching during the race is only allowed in the start-/finish arenas.

7. Transport / Parking

It is permitted to use personal cars to go to the competitions and trainings. It is also possible to go by train/bus to all competitions and trainings.



8. Competitions

IOF Sprint Relay World Cup - Final (October 14th)

Format Sprint relay, teams of four (women – men – men - women), mass start, winning times 4x 15 min, according to IOF rules.

Mixed teams with runners from different nations are allowed to compete and win the prize money but are not eligible to earn any World Cup points. Each nation has to fill their own teams first before nominating a runner to a mixed team. Athletes entered for mixed teams will be allocated randomly by the organisers Thursday afternoon.

Map Aarau Telli: Orienteering map (ISSOM 2007), 9/2016, scale 1:4'000, 2 m contours, by Beat Imhof.

Terrain The terrain is a mix of three terrain types. In the north-western part is a flat urban forest with varying runability towards the Aare river. The western part of the map consists of a mix of larger housing areas connected through small streets with little traffic. To the middle and to the east there is a large scale housing estate placed in a park with good runability and visibility. To the south is a shopping centre.

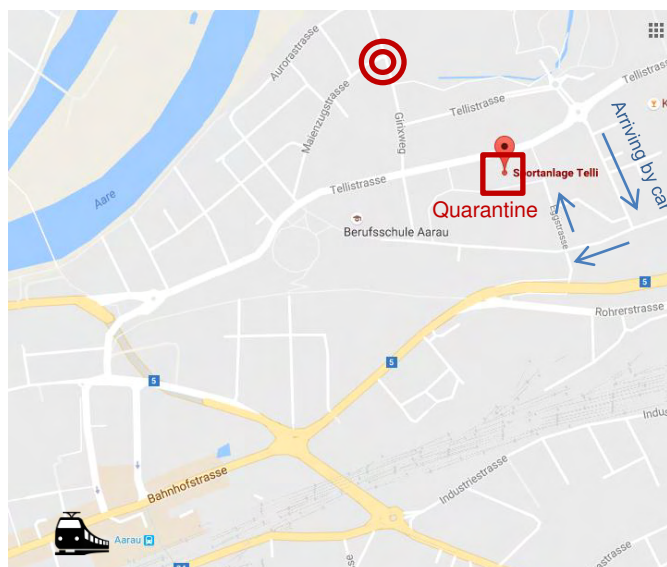
Forms Flat area.

Traffic Local residents in some of the streets, only pedestrians in the park area.

Vegetation Very fast in the open areas, in the forest various runability.

Visibility Good, also in forest parts.

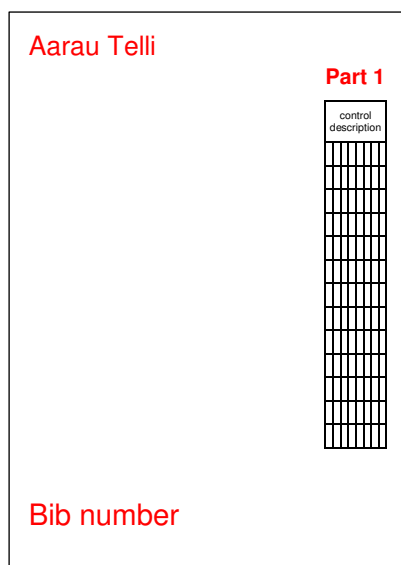
Quarantine Sports Complex “Sportanlage Telli”.
GMS 47°23'50.9"N 8°03'39.5E.
Enter the parking at the east side of the complex (view map 7). The check-in is on the lower level of the complex. The quarantine is a gym hall and a track and field area outdoor. Open from 1pm. No mobile phones or internet access are allowed for runners and coaches between arriving at the check-in at the quarantine and finishing the race! It is not allowed to run outside of the pre-start map.
Coaches going to the finish area have to stay there until the last runner has finished.



Map 7: Start/finish area World Cup Final sprint relay, Girixweg, Telli, Aarau and quarantine in “Sportanlage Telli”.

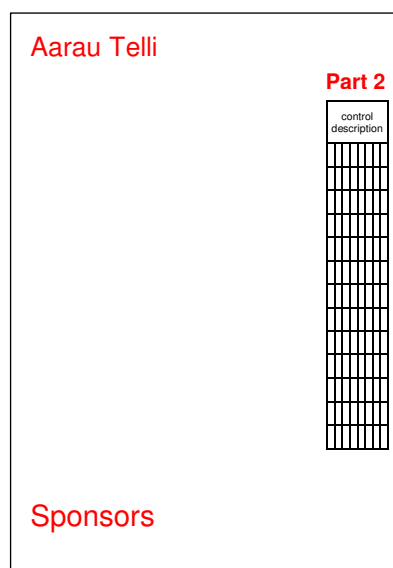
- Check-in** With signature in the quarantine no later than 2:00pm. There the pre-start map, SIAC and number bibs will be handed out. GPS vests will also be given to the selected athletes in the quarantine.
- Number bibs** Every runner gets a number bib (for the chest). 1st leg numbers are green (10 – 1), 2nd leg numbers are red (10 – 2), 3rd leg numbers are blue (10 – 3), 4th leg numbers are black (10 – 4).
- Team presentation** All first teams (only 2nd, 3rd and 4th leg runner) will be presented in the start/finish arena at 15:45. Please come to the pre-start before 15:40, you will be guided to the arena and back.
- Pre start** From the quarantine to the pre-start: 200m. No markings, but the pre-start map shows both the quarantine zone and the pre-start. One toilet at the pre-start.
- Pre start assembly** All runners from a leg have to assemble 15 min before the first runners are expected to start on the relevant leg. The pre-start gate will close 10 minutes before the mass start or change-over. From the pre-start gate all runners from one leg will be guided to the change-over. The GPS units will be given at the pre-start assembly.
- Clothes** There will be transport of bags from the quarantine to the finish. Please leave your bags in front of the quarantine in the marked zone. A jacket can be worn and deposited in a box at the change-over; we will hand it over to the after-finish area.
- Mass start** All first leg runners will be guided from the pre-start assembly to the mass start at the start-/finish area. Go to the maps at -2 min. Do not touch the map before the mass start. The mass start will be signed by a starting signal.
- Arena passage** There will be an arena passage for all legs.
- Map change** The course has two loops, first loop is on the front side of the map, second loop on the back. Runners must turn the map at the map exchange themselves. The illustration below explains how the runner can identify which side is which:

Front side of the map with the first loop:



The team and leg number is on the map e.g.. 15 – 2
 15 = number of the relay team
 2 = leg number
 the colour of the numbers correspond to the numbers on the number bibs.
 First loop is marked with "Part 1" above the control description.

Back side of the map with the second loop:



There are no team or leg numbers on the back side of the map. Second loop is marked with part 2 above the control description.

The sponsors are printed on the lower part of the back side.

- Change-over** All runners from one leg will be guided from the pre-start assembly to the start area some minutes before the first change-over. From there, you can see your foregoing runner coming towards the finish line and you will be called to enter the start area as soon as your foregoing runner has punched the last control. No communication allowed between runners at the pre start / start area and runners/coaches in the finish. Emergency toilet in the change-over area. The map has to be handed to the staff when using the toilet. The change-over is done by hand touch across a separation barrier after crossing the finish line. The outgoing runner is allowed to open the map immediately after the change-over.

Map for leg 2 – 4

The maps for leg 2, 3 and 4 are rolled and closed with a rubber band. When coming from the pre-start assembly to the start area, all runners are responsible to take the right map from the map wall themselves. **They must keep the map rolled in their hand until they can start.** You are not allowed to take away the rubber band before you got the hand touch from your previous runner and you are not allowed to look into the roll.

The maps are marked with your team number and the leg number (for example team 12: 12-1, 12-2, 12-3, 12-4) .

- Reserve maps** Reserve maps are ready at the start zone. Please contact the staff as soon as you notice that your map is not on the map wall anymore.

Course planner Kurt Schmid

Controller Jürg Hubmann

Legs 1 & 4 for women, 3,4 km, 30 m ↗, 21-22 controls, Control descriptions are only on the map.

Legs 2 & 3 for men, 3,8 km, 30 m ↗, 24-25 controls, Control descriptions are only on the map.

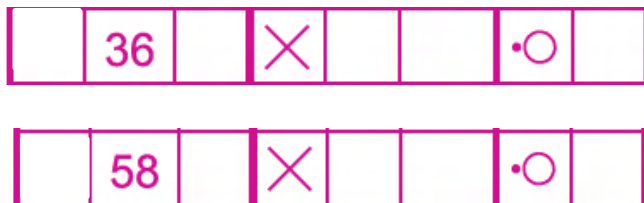
Maximum running time is 90 minutes for the team

GPS GPS units will be given to all teams from start number 1 to 25. Personal GPS data loggers are only allowed if they have no display or audible feedback. There will be controls at the start.

TV-controls There will be TV cameras between and at controls (not marked on control description). A runningcam can also follow the athletes for a part of the course.

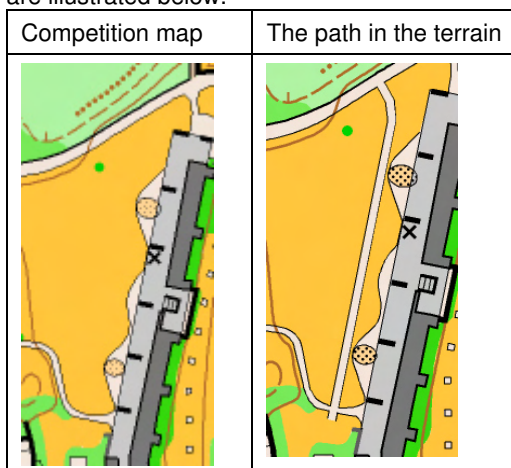
Special objects

Black ring on the map: table (no control).
Benches are not mapped.

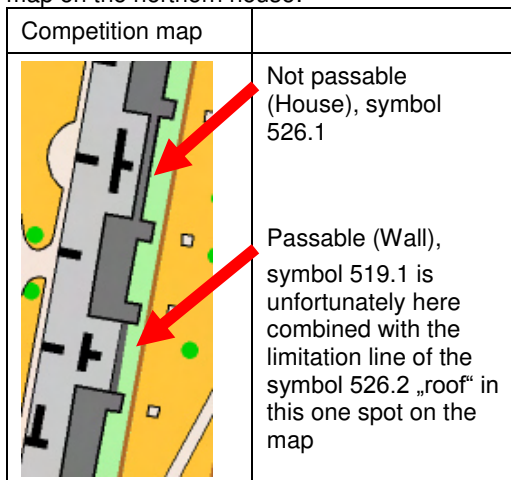


The controls 36 and 58 are playground objects. They are mapped as a special man-made feature 540 (black cross) and for the control description the special item 6.1 (cross) is used.

During the last couple of days a new path has been made. The path will be crossed by the runners but it is not part of a route choice. The path in the terrain and on the competition map are illustrated below:



One passable wall may be misunderstood on the map on the northern house:



Control numbers The courses are printed with the control codes next to the control numbers (1 – 57).

Start/Finish At Girixweg in Aarau Telli (map 7).

After finish All competitors have to stay in the finish area when they have finished their race until the last finish (approx. 17:20).
Team leaders and coaches once entered the finish area have to stay there until the last finish as well.

Showers Close to the finish area, open after the last finish.

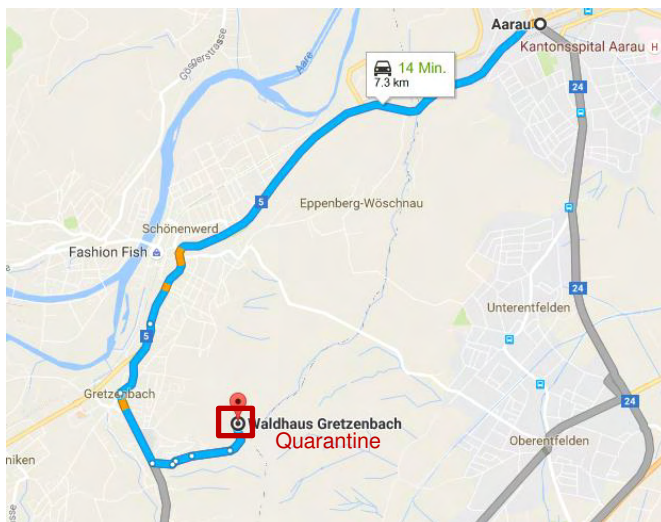
Toilets Toilets in quarantine and one at the pre-start assembly area.

Shoes It is forbidden to wear shoes with spikes or dobb spikes. We recommend orienteering shoes without dobb spikes or running shoes with a good profile.



IOF World Cup Event #9 Long distance (October 15th)

Format	Long distance, paired start with forking, 3 min start interval. Runners will start two and two. Please remember to sign off not starting runners before Friday noon to avoid empty start places.
Map	Distelberg-Dägermoos; Orienteering map (ISOM 2000), 9/2016, scale 1:15'000, 5 m contours, by Urs Steiner.
Terrain	Typical Swiss midland forest with an extensive gravel road network. Mix of fast runnable parts and parts with dense vegetation. Due to weather conditions this spring/summer especially undergrowth vegetation has grown up extensively. The last part of the race will go through an urban area.
Forms	Hills with moderate to steeper slopes.
Vegetation	Mixed forest, mainly deciduous, but also coniferous. In some parts with heavy undergrowth.
Runability	Mixed, from very good to bad due to dense undergrowth.
Visibility	Mostly good to very good, parts with reduced visibility.
Roads	The road from Schönenwerd to Unterentfelden will be closed. All other roads are only allowed to cross on marked places.
Quarantine	Log cabin „Waldhaus Gretzenbach“ (see map 8 and 11) GMS 47°21'27.9N 8°00'33.5"E. Please note that you are not allowed to drive on the road from Oberentfelden to Schönenwerd and Kölliken to Gretzenbach. You need to drive around the embargoed area. By bus you take bus no 3 (direction Gretzenbach Weid) from Aarau to Gretzenbach Grabacker (18min drive). From there it is 1.2km to walk. Parking along the road to the log cabin. Check-in at the log cabin. The quarantine is the main room of the log cabin (limited space) plus the area around the log cabin. Two tents for shelter are provided. The teams are allowed to set up their own tents. Toilets are available. The quarantine is open from 10am. No mobile phones and internet are allowed for runners and coaches after you have checked-in at the quarantine until you arrive at the finish! It is not allowed to run outside of the pre-start map. There are no controls on the pre-start map. Coaches going to the finish area have to stay there until the last runner has finished.



Map 8: Quarantine long distance Saturday in "Waldhaus" Gretzenbach.

Interviews	The best women will be interviewed in quarantine for the athlete's presentation on Sunday.
Check-in	With signature in the quarantine by 12:30pm at the latest. There you will receive your number bib. GPS vests will also be given to the selected athletes in the quarantine.
Number bibs	Every runner gets a number bib (for the chest).
Clothes	Transport from the quarantine to finish. Please leave your bags at the marked zone in front of the quarantine.
Pre-start	From the quarantine to the pre-start: 50m, 0m ↗. The pre-start map shows both the quarantine and the pre-start. No toilets at prestart, use the toilets at quarantine nearby.
Start	Call up at -4 min. Two runners will start at the same time. There will be two start canals from – 1 minute for uneven and even numbers. Please choose the one according to your number bib. Maps will be handed out by the start officials and are marked with your number. Distance from the start line to the start point: 60m. Both athletes have the same start point. Detailed start instruction see point 9.
Forkings	The courses are forked with loops and there is a butterfly.
Maps	Maps are marked with the start number on the back. The number is on a water proof sticker sized 4,5cm x 7,1cm. Control descriptions are also marked with the start number on a sticker. Runners must control, that they get the correct control description and map.
Map Change	There is a map exchange during the race. When arriving at the map exchange, the runner must first stamp the control, then give away the old map, and finally take the new map. The maps will hang on a clothing line with the abovementioned stickers on the back. The runners are responsible to take the correct map. There are reserve maps marked with the start numbers too at the map exchange. Please let the helpers know immediately in case your map is missing. The map exchange is marked with a start triangle on the new map.
Course planner	Matthias Merz
Controller	Lukas Zwicky
Men	16.2 km, 410 m ↗, 32 controls, 3 ♀ (water and sportsdrink), winning time 85', Control description 5 x 20 cm
Women	12.1 km, 290 m ↗, 28 controls, 2 ♀ (water and sportsdrink), winning time 76' Control description 5 x 18 cm
Maximum running time	3 hours.
Drinks	Drink stations are placed approximately every 25 minutes. It is not possible, to give your own drinks to this refreshment points. All drink stations are placed at a control. There is water and sportsdrink (Rivi marathon) available. You can test the sportsdrink at event centre. There are drink stations for the spectators races too. These are all placed on forest roads and are not marked on the world cup maps.
First aid	Drinking stations are equipped with radio and can call the doctor in case of an emergency.

- GPS** GPS units will be given to selected athletes. Names of the selected athletes can be found on the startlist for the long distance. Personal GPS data loggers are only allowed if they have no display or audible feedback. There will be controls at the start.
- TV-controls** There will be TV cameras between and at controls (not marked on control description). A runningcam can also follow the athletes for a part of the course.
- Traffic** In the last part of the race there can be cars and bikes on the roads.. There are helpers to stop traffic at all significant points, but please be careful when running along or crossing roads.
- Olive green** The symbol 527 settlement (olive green) is used for private areas that are **forbidden to pass and forbidden to enter** (permission for rules deviation was approved from IOF council). They may only be passed on mapped roads and paths.
- Special objects**

Rootstocks are marked on the map with a black cross (black cross in a circle on the control description).



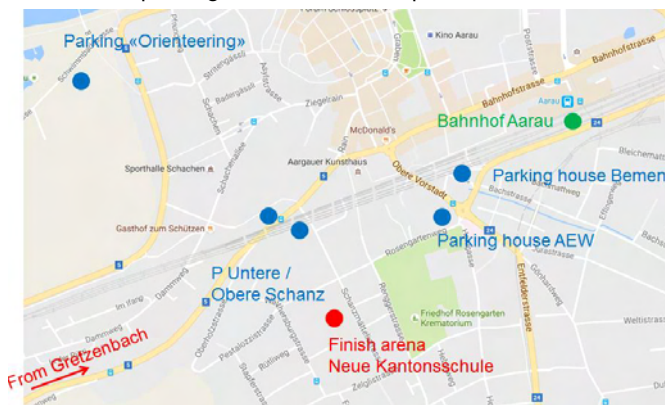
Control 77 on the womens course is a special object: it is a black cross on the map, in the control description the special item 6.2 (circle) is used. It is the tower pictured below:



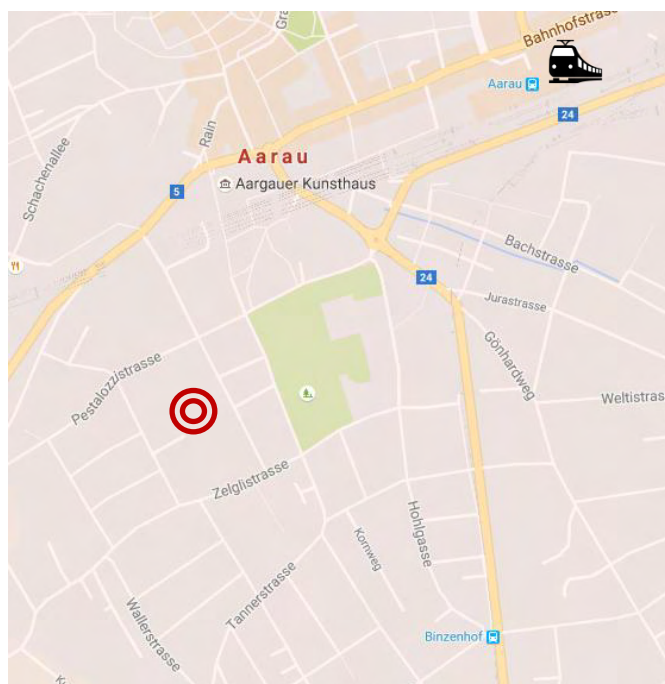
There are fixed controls from a school in the forest. They look like the stick on the picture below and are not marked on the map.



- Finish** At "Neue Kantonsschule Aarau" (map 9). There are two tents for changing directly at the finish and all facilities in the sports hall next to the finish (changing rooms and showers). There is a possibility to set-up own team tents. It is not allowed for teams to visit the finish area before the start. It is not allowed to go to the quarantine / start / pre-start area the same day if you have been at the finish area.
- Parking** There is no specific parking place close to the finish. Please try to find a place in the official parking marked in the map below.



- Cool down zone** It is only allowed to run on the sportsground in the finish. You are within the embargoed area for Sunday.
- Showers** Close to the finish area in the school.
- Public event** There will be a national competition in the same terrain in the morning and early afternoon. There can still be runners from the national competition in the forest during the World Cup. All controls from the national competition will stay in the forest during the whole World Cup competition, so always check the control codes. World Cup controls all have two digit control numbers.



Map 9: Finish area World Cup Final long distance, Neue Kantonsschule, Aarau

IOF World Cup event #10 – World Cup Final - Sprint distance (October 16th) with A- and B-Final

Format	City sprint, individual start, A- and B-Final. 1min start interval.
Map	Aarau City; Orienteering map (ISSOM 2007), 9/2016, scale 1:4'000, 2 m contours, by Beat Imhof.
Terrain	Mixed and varied town: Park areas with grass and very good visibility. The centre of the old town is flat with historic buildings, it has wide alleys and curved streets connected by narrow passages. To the river there is a steep slope with many stairs and narrow alleys. There are also areas with newer buildings and straight streets outside the absolute town centre (see old map).
Forms	Flat centre but steep slope down towards the river.
Traffic	Central pedestrian area with no traffic, in other parts traffic is reduced to local residents and busses passing slowly through on the competition day, as well some cyclists and of course many spectators.
Quarantine	School complex "Schulhaus Aare", see map 12. GMS 47°23'50.8N 8°02'42.2E. Parking in front of the school, Westside. Check-in and quarantine in the lower level. The Quarantine is a gym hall, toilets and changing rooms are available. Movie entertainment in the music hall. Quarantine opens at 11am. All runners and coaches who will be in quarantine or pre-start area have to check-in with signature before 11:45am. There you will receive your number bib and a SIAC (for the intermediate times, only A-Final). Vests for GPS will be given to the selected athletes. Coaches and runners leaving the pre-start map after check-in are not allowed to come back again. No mobile phones and internet access is allowed after you have checked-in at quarantine until you arrive in the finish. This applies to both runners and coaches!
Athletes' presentation	The best men will be presented to the spectators at the start-/finish podium at 2pm. They will be transported by bus to and from the arena. In quarantine everybody can see a sketch of the arena, so all runners know what direction you will start and finish. The women will be interviewed on Saturday (in quarantine) and won't be in the arena for the presentation.
Warm up map:	Around the quarantine there is a warm up map.
Transport to pre-start:	There will be a mandatory transport to the pre-start drop off. The transport runs every 10 min (8min drive).
Pre start	150m from the drop-off. The pre start area is really small (60x10m) and it's recommended to do the "real" warm up at the quarantine on the warm up map. One toilet is available at the pre-start.
Clothes	Transport from quarantine to the athletes tent in finish arena. A jacket can be left at the pre-start and will be transported to the athletes' tent in the finish after the last start.
Start	Call up at -4 min. Detailed instruction see point 9.
Start/Finish	At Aargauerplatz in Aarau (see map 12).

Course planner Matthias Leonhardt

Controller Regula Müller

A-Final:

Men 3.9 km, 50 m ↗, 27 controls, winning time 14',
Control description 5 x 21 cm

Women 3.3 km, 50 m ↗, 25 controls, winning time 15',
Control description 5 x 20 cm

B-Final:

Men 3.75 km, 50 m ↗, 27 controls, winning time 15',
Control description 5 x 21 cm

Women 3.2 km, 50 m ↗, 25 controls, winning time 15',
Control description 5 x 20 cm

Maximum running time 30 minutes

GPS GPS units will be given to all athletes in the A-Final. Personal GPS data loggers are only allowed with no display or audible feedback.
There will be checks at the start.

Special objects

	32		×			•○	
	99		×			○	

Control 32 and 99 (the last control) on the women's and men's courses are beachflags. It is mapped with a black cross and in the control description the special item 6.1 (cross) is used.

	38		○			○	
--	----	--	---	--	--	---	--

Control 38 is a phone booth. It is mapped with a black circle and in the control description the special item 6.2 (circle) is used.

Benches are not mapped



TV-controls

There will be TV cameras between and at controls (not marked on control description). A runningcam can also follow the athletes for a part of the course.

Arena passage

There will be an arena passage for both women and men.

Map exchange

There is a map exchange during the race for both women and men at a control (A- and B-final). First punch the control, drop the map in the designated box and take the new map. In A-final, the map will be given directly to the athlete. In B-final, you can find 2 baskets with "men" and "women". It is the responsibility of the athlete to take the correct map. They are all marked with "Men" or "Women" on the back. The place of the map exchange is marked with a start symbol on the second map.

Forbidden areas

Some areas under construction, street restaurants and other forbidden areas are marked on the map with ISSOM symbol 714 (temporary construction or closed area). It is forbidden to enter these areas!

Finish

At the arena.

Parking

Instructions will be given at the team leaders meeting on Saturday.

After finish

All competitors have to stay in the finish arena when they have finished their race until the last finish (approx.16:15). Team leaders and coaches once having entered the finish area have to stay there until the last finish as well. There is no possibility to put up your own tents.

Showers

600m from the finish arena. Athletes are only allowed to go to the showers after the last runner has finished (approx. 16:15).

Toilets

There are toilets available close to athletes' tents.

Cool down

Only along the street "Rain" next to the athletes tents. No contact with runners who have not yet started or during their race.



9. Special Competition Instructions

Punching and time keeping system

The punching system used:

Sprint Relay:

SPORTident Air+, All runners will get one SIAC-card to wear at the finger. They are labelled with start and leg number and will be distributed at the quarantine at the Check-In. The technical specification for maximum distance to record a punch is 30 cm

WC#9 & WC#10;

SPORTident (SI). Athletes have to use the SI-Cards with the numbers indicated on the start list. In long and sprint you can use your own card or ask for a rented one. Except for Sprint A-Final (WC#10): athletes will get a SICard at quarantine.

The start of the race times will be determined as follows:

Sprint-Relay: Mass start for 1st leg, hand touch for other legs.

WC#9: Listed start times, competitors will be released at the start by a hand on the shoulder.

WC#10: Listed start times, a start gate will be used.

In the Sprint Relay competition, the finish time will be taken, when the SIAC-cards crosses the finish line. In case of a head-to-head run in finish judges will rule on the final placings based on the order that the competitors' chest cross the finish line.

In both individual competitions the finish time will be taken when the chest of the competitor crosses the finish line. Double photocells are used as to ensure that the competitor cannot trigger the finish time with their hands. The running times will be rounded down to the nearest second.

Start procedures

In individual races 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 long beep at the start time.

The competitor's map is placed next to the start line within reach of the starting competitor.

The start triangle is marked in the terrain by a control flag. The route to this flag is marked with tapes. Competitors must follow this marked route to the starting point.

The detailed start procedure will not be demonstrated.

Detailed start procedure of WC#9

Call up	→ Check SI card number → Check start number
-4 min	
	→ Clear SI card → Check SI card → Tracking device is given to selected athletes
-3 min	
	→ pick up the control description
-2 min	
	→ Distance to – 1min = 100 m
-1 min	
	→ punch Start-IDENT unit → take up position behind the starting line
START	An official releases the competitor at the start beep by taking his hand off the competitor's shoulder. Runner takes the map.
STARTING POINT	Distance 60 meter

Detailed start procedure of WC#10:

Call up	→ Check SI card number → Check start number
-4 min	
	→ Clear SI card → Check SI card → Tracking device is given to selected athletes
-3 min	
	→ Distance to – 2min = 100 m
-2 min	
	→ pick up the control description
-1 min	
	→ punch Start-IDENT unit → take up position behind the starting line
START	Competitors are allowed to start from -5 to +5 seconds of their allocated start time. The start time is triggered by opening the start gate. If competitors start after this time window, their originally allocated start time is used. If competitors start more than 5 seconds prior to their allocated start time, they shall be disqualified. Runner takes the map.
STARTING POINT	Distance 70 meters

Competitors who are late for their start will only be allowed to start according to the rules (next free time window). If the lateness is the fault of the competitor, 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 procedures

Competitors must follow the marked route from the last control to the finish. The finishing time will be taken when the competitor's chest crosses the finish line by breaking the light beams of the photocells. In the sprint, the finish line will be at the beginning of the stage-ramp.

After the finish, the competitor will be guided through the finish zone. He/she:

- Punches the Finish-IDENT unit
- Punches the download SI unit to read out the data. Competitors are then given a receipt with their official time and the control punch data. Should the punch check indicate a misspunch, the competitors are taken through a special procedure before continuing
- Hands over the map
- Gives back the GPS unit and vest (if he/she had one)
- Can take official refreshment (contact with the team leader is possible),
- Occupies the leader chair on the podium, if she/he is the current leader
- Draws up her/his route choices if asked to do so
- Is ready for media requests

Only the officially accredited team coaches will have access to the finish zone to greet incoming runners.

Please can athletes be ready for live interviews with the commentary or TV on the stage.

Number bibs

Athletes have to wear the official number bibs. They will be handed out on competition days at the quarantine check-in when you have signed the check-in list before the deadline. Please wear the number bib on your chest.

Prize giving ceremonies

Athletes ranked on positions 1 – 6 (teams 1 – 3 in Sprint Relay) are kindly requested to line up behind the stage 10 minutes prior to the prize giving ceremonies. Please be there in time, as we are live on TV!

Athletes taking part in the prize giving should wear their national team uniform. National flags, signs, sunglasses, hats, headbands, bottles and other such items are not allowed on the stage.

10. Clothing

According to the Swiss Orienteering Competition Rule (WO Art. 54(2)(c)) it is **forbidden to run with spike shoes** in Switzerland. However dobb spikes and normal orienteering shoes are allowed.

In the sprint dobb spike shoes are prohibited as well.

For the sprint relay we recommend orienteering shoes without dobb spikes or running shoes.

For the sprint we recommend to use running shoes.

Otherwise, there are no regulations on clothing, but it is recommended to cover arms and legs to avoid tick bites in the forest. Ticks might transmit Boreliosis and Meningo-Encephalitis.

11. Entries

Nominal entries can be found at IOF Eventor.

Please note that changes of nominal entries have to be done no later than 12:00 the day before the competitions. In the Sprint relay it is possible to change the names until 14:00 on Friday, 14th of October.

For mixed teams in the sprint relay, please send us the runners names by email or give them at the event center before Thursday 12:00.

All nominal entries and changes have to be done in IOF Eventor. There is a computer at the Event office where you can do your changes in case you don't have access to the internet at accommodation (check opening hours). If you can't access Eventor, you can call Daniel Leibundgut: +41 79 367 38 84.

In case you have a runner in the top 40 that will not start in the sprint, please let us know before Saturday 5:15pm at the athletes' informationdesk at the long distance finish.



12. Prize Money

A total prize fund of EUR 11'400.- will be awarded from the event organiser to the best men and women in both individual competitions and to the best teams in Aarau:

IOF World Cup event #9 and #10:

1 st place: EUR 1000.—	4 th place: EUR 200.—
2 nd place: EUR 600.—	5 th place: EUR 150.—
3 rd place: EUR 300.—	6 th place: EUR 100.—

IOF Sprint Relay World Cup Final event 4 (Final):

1 st place (per team): EUR 1000.—
2 nd place (per team): EUR 600.—
3 rd place (per team): EUR 400.—

The winners in all races will be awarded with a special Swiss Gold Coin ("Goldvreneli") and for the second place you will win 2.5g gold from our main sponsor Aargauische Kantonalbank.

A total prize fund of EUR 4000.- will be awarded from the IOF to the best men and women in the World Cup overall ranking 2016:

IOF World Cup overall ranking 2016:

1 st place: EUR 1000.—
2 nd place: EUR 600.—
3 rd place: EUR 400.—

13. Anti Doping

Doping is forbidden. "Think positive – test negative"!

Doping is strictly forbidden and the organisers of the World Cup Final 2016 are dedicated to supporting the anti-doping authorities in their work.

Doping tests are always carried out in accordance with the procedures described in the WADA International Standard for Testing. The IOF Anti-Doping Code and rules and the World Anti-Doping Code 2015 apply as of 1st January 2015.

Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. The athlete should also bring along their therapeutic use exemption (TUE) if applicable. In general, it is advisable that the athletes bring along their ID to all the competitions and events.

For more information, please consult:

<http://orienteering.org/anti-doping/>

IOF Anti-Doping Rules apply, valid as of January 1, 2015. The Swiss Orienteering Anti-Doping Rules are harmonised with the Anti-Doping Rules and procedures of the Swiss Olympic Association and apply as well.

Both, the IOF and/or the Swiss Olympic Association can order doping tests at any time during the stay of the participants of World Cup Final 2016 in Switzerland.

By their signature given at the event registration upon arrival (by the team leader) and at quarantine check-in the athletes and coaches will accept that they are subject to sanctions in the event of any doping offence.

Only athletes with a valid IOF licence are allowed to start. Licence form and Licence payment should be addressed to IOF Office, at the latest, 10 days before the Event to assure a valid licence at the start of the Event. Late licence applications must be addressed to iof@orienteering.org.

For more information, please consult:

<http://orienteering.org/athletes-licence/>

14. Banquet / dinner

The dinner will be served at Hotel Bären in Suhr (see map 3) on Saturday, 15th of October at 19:00. It will be a buffet with different salads, chicken piccata Milanese, aubergine Milanese, risotto with safran, vegetables, a small dessert and non-alcoholic drinks and coffee/tea all for CHF 35.-/person.

Also the IOF council will join us for this evening!

15. Weather and Climate

We will present you the weather forecast for the next day during the team leader's meetings.

16. Insurance

The organizers decline any liability that might occur through participation in IOF World Cup events in Aarau (or in the reserve terrains). Each person participating is responsible for his/her own insurance coverage (illness and accident).

17. Media Services

We welcome all media representatives as our partners to bring out the thrilling events of IOF World Cup Final 2016 to a broad public.

The media centre will be open in the finish arenas:

Friday from 2 to 7.30pm

Saturday from 12 to 7pm

Sunday from 12:30 to 6:30pm

For media accreditation please contact:

Severin Furter / media@o-worldcup.ch / +41 (0)79 602 99 72

18. TV / Live results / GPS Tracking

You can follow the live stream (Friday and Sunday: TV-production with English speaking commentators: Thomas Bühner and Per Forsberg, Saturday: arena production with GPS tracking, one camera in the forest and another one in the finish) at www.o-worldcup.ch.

GPS Tracking and Live-results are available all 3 days at the internet. The links to live Internet-TV, GPS tracking and results will be online on www.o-worldcup.ch on competition days.

19. Information / Event Secretariat

Brigitte Grüniger Huber / Mobile +41 79 504 18 09

info@o-worldcup.ch / www.o-worldcup.ch

20. Emergency

Emergency 144

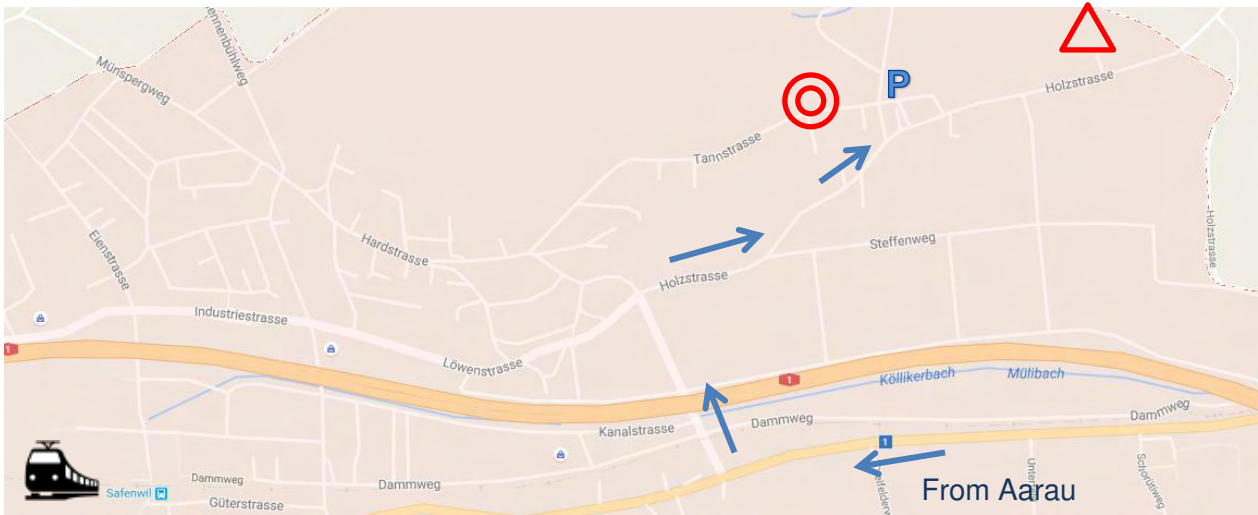
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Fire 118

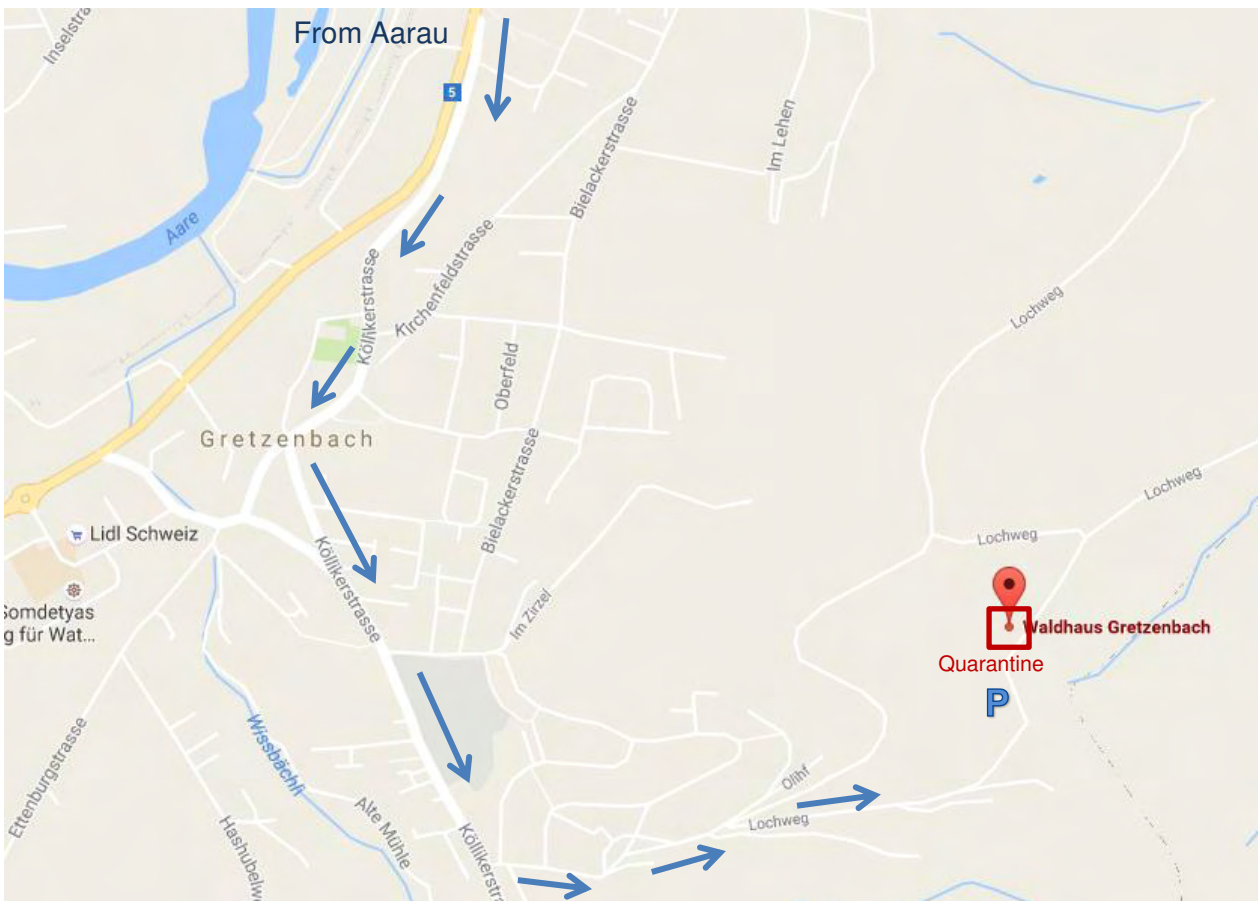
Doctor at the events: Martin Steiner, +41 78 759 44 99

Good luck!

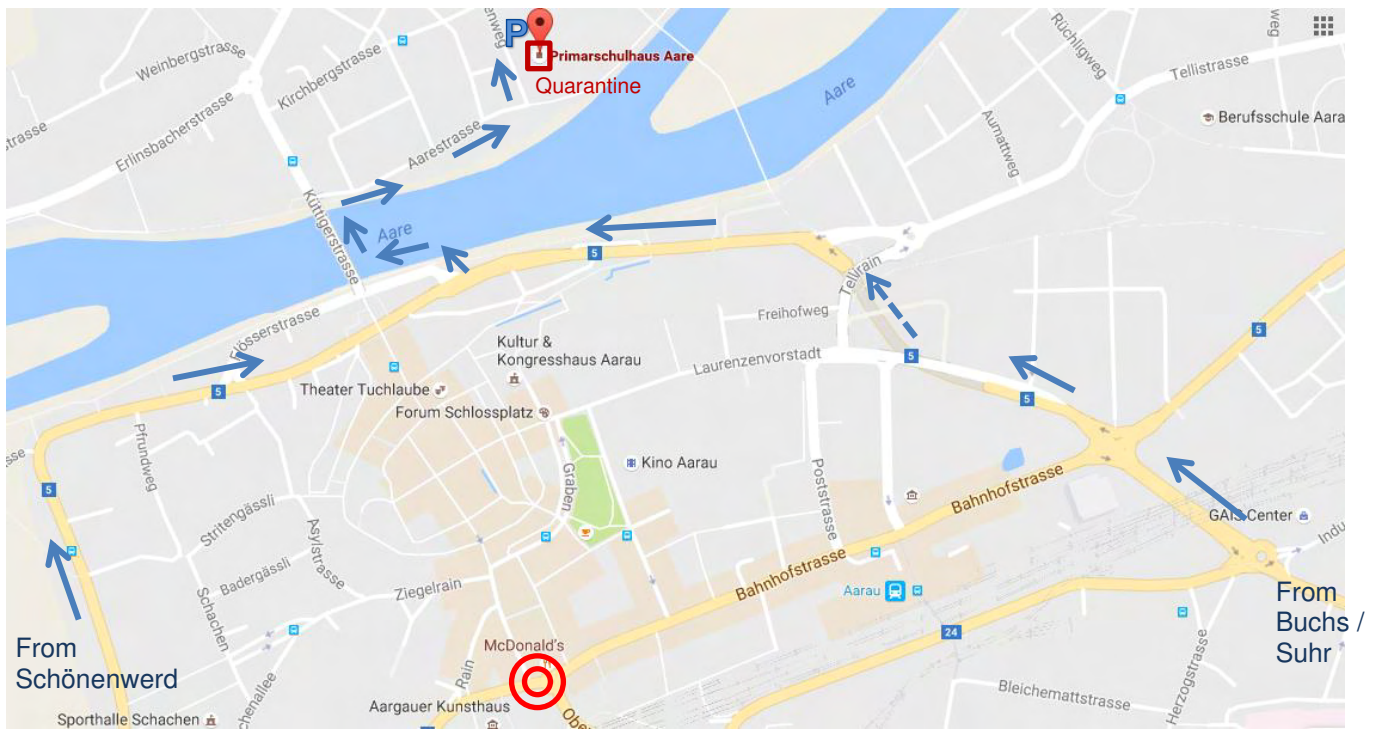
© Pictures by Rémy Steinegger



Map 10: Overview Safenwil (training long distance)



Map 11: Overview Gretzenbach to quarantine in "Waldhaus Gretzenbach", Lochhofstrasse



Map 12: Overview Aarau quarantine Sunday in Primarschulhaus Aare

