



BULLETIN I



2019
NORWAY
OSTFOLD
NOKIAN TYRES
WORLD ORIENTEERING
championships

Welcome to the word orienteering championships 2019 !

It is a great pleasure for me to welcome you all to Sarpsborg for the World Orienteering Championship 2019.

We are the proud host of the championship in a beautiful and historic city combining a unique coastline, large forest areas and enthusiastic audience.

Sarpsborg was founded in 1016 by King Olav Haraldsson. He had this town as his capital for several years, but left for good in 1028. He died at the Battle of Stiklestad in 1030.

Sarpsfossen was one of the sights of Northern Europe when the largest volume of water in Scandinavia thundered in free fall over the precipice. Today one can admire what this enormous water power has created - the huge industrial plants.

Our main factory, sited near the great waterfall, is Borregaard. It was at first a saw-mill, but it burnt to the ground and was replaced by a sulphate pulp mill to produce paper and wood pulp. Today Borregaard Industries is one of the world's leaders in several chemical products.

We hope Sarpsborg will be an excellent arena for exciting competitions, but also a place where you can be meeting across borders, and compete in respect.

Sarpsborg look forward to see you all in 2019!

Sindre Martinsen-Evje
Mayor of Sarpsborg Municipality



On behalf of WOC 2019 Organising Committee, I wish you all a warm welcome to the World Orienteering Championships in Østfold - Norway 12-17 August 2019.

World Orienteering Championships will be held for the 4th time in Norway. Østfold is one of 18 regions in Norway and you will find it in the south-east part of Norway close to the Swedish border. Østfold has unique areas if you like hiking in the forest, visit an idyllic town, visit tourist attractions or you will enjoy one of many activities.

Norwegian Orienteering Federation has delegated responsibility for planning and conducting the WOC 2019 to the orienteering clubs and the local orienteering federation in Østfold. Eight orienteering clubs in collaboration with the local orienteering federation have established an organiser company. Planning for the WOC 2019 will be done as a wide collaboration between the organising company, the orienteering clubs, host city Sarpsborg and the other towns in Østfold. We will do our best to facilitate good conditions for the athletes.

WOC 2019 are planning with great enthusiasm for major highlights in August 2019. The Organising Committee heartily welcomes IOF and all national federations to Østfold 12-17 August 2019.

Per Bergerud
Director WOC 2019



Information about the organiser

VM Orientering 2019 AS is the organiser of the WOC 2019.

Email: post@woc2019.no

Web page: www.woc2019.no

Telephone: +47 482 42 628

CEO WOC 2019

Per Bergerud, per.bergerud@woc2019.no, +47 482 42 628

Event director

Bjørn Axel Gran, bjorn.axel.gran@woc2019.no, +47 909 55 295

IOF

International Controllers (IOF): Daniel Leibundgut and Lars Forsberg

National Controllers (NOF): Ivar Maalen and Kjell Blomseth

Venues

The WOC qualification middle distance will take place at Knatterudfjellet, placed between Sarpsborg and Rakkestad, 16 km from Sarpsborg.

The WOC finals will take place in Mørk area in Spydeberg municipality, 40 km from Sarpsborg.



Dates and type of competitions

Day, Date	Event /Race	Arena /Place
Sunday, 11.8.2019	Event centre opens	Quality Hotel Sarpsborg
Monday, 12.8.2019	Opening ceremony	Sarpsborg city center
Tuesday, 13.8.2019	Qualification Middle	Knatterudfjellet - Varteig
Wednesday, 14.8.2019	Final Long	Mørk - Spydeberg
Thursday, 15.8.2019	Rest Day	
Friday, 16.8.2017	Final Middle	Mørk - Spydeberg
Friday, 16.8.2017	Medal ceremony	Sarpsborg city center
	Long and Middle	
Saturday, 17.8.2017	Relay	Mørk - Spydeberg
Saturday, 17.8.2017	Medal ceremony Relay	Mørk - Spydeberg
Saturday, 17.8.2017	Closing ceremony	Mørk - Spydeberg
Saturday, 17.8.2017	Banquet	Quality Hotel Sarpsborg

Classes and any participation restrictions

The Competition Rules for IOF Foot Orienteering Events will be applied to participation in the World Orienteering Championships 2019.

WOC

- There is one class for women and one class for men. There are no age restrictions (Rule 5.7)
- All competitors represent a Federation (Rule 6.5)
- A competitor may represent only one Federation during any one calendar year (Rule 6.1)
- Competitors who are representing a Federation shall have full passport-holding citizenship of the country of that Federation (Rule 6.2)

SPECTATOR RACES

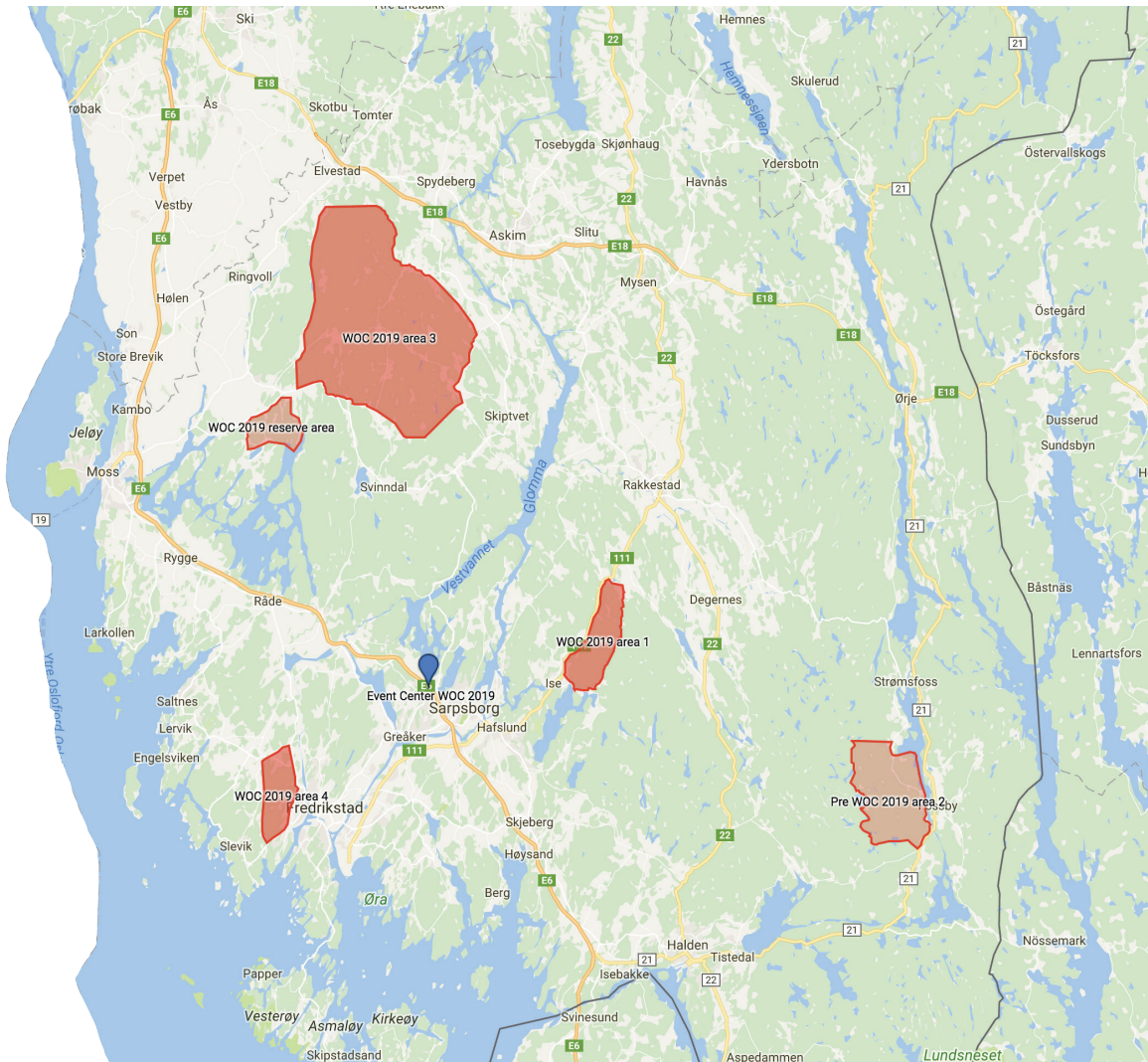
During the WOC week 4-6 days of FootO spectator races will be held for all age classes and levels for men and women.

General map of the region



For more information of the region use the link: www.visitoestfold.com/en/

Embargoed areas



Embargoed areas WOC 2019: WOC 2019 area 1
WOC 2019 area 3
WOC 2019 area 4

The area is embargoed for runners and team officials until the competition is finished. Any attempt to survey or train in the competition terrain is forbidden, unless explicitly permitted by the organiser. Driving, biking and running along paved roads (roads with asphalt cover) is permitted until 1. January 2019.

Embargoed areas WOC 2019 - reserve area: WOC 2019 reserve area

The area is embargoed for runners and team officials from 3rd of September 2017 until the competition is finished. (The terrain is already embargoed for Eurometing 2nd of September 2017). Any attempt to survey or train in the competition terrain is forbidden, unless explicitly permitted by the organiser. Driving, biking and running along paved roads (roads with asphalt cover) is permitted until 1. January 2019.

Embargoed areas Pre WOC 2019: Pre WOC 2019 area 2

The area is embargoed for runners and team officials until the competition is finished. Any attempt to survey or train in the competition terrain is forbidden, unless explicitly permitted by the organiser. Driving, biking and running along paved roads (roads with asphalt cover) is permitted.

For more information use the link:

<https://www.google.com/maps/d/viewer?mid=14n3Qcf0kioa5mV3QB8kcvzrehhQ>

RECENT VERSIONS OF PREVIOUS ORIENTEERING MAPS

Relevant earlier maps of the areas can be found on our home page www.woc2019.no. Autogenerated maps of the WOC areas can be found on our home page.

Accommodation

We will arrange different accommodations with different standards and prices. All accommodation alternatives we will try to get in a suitable location compared to the competition venues. We assume that most athletes and the officials will stay at Quality Hotel & Resort Sarpsborg (Event Centre).

Accreditation for teams, leaders, media, VIP and other officials will be at the Event Centre.

WOC party will be located at Quality Hotel & Resort Sarpsborg.

Contact person accommodation:

Bente Kjenstad Jæger, Visit Østfold, bente@visitoslofjord.no, + 47 95 08 66 80

Event center

The Event Centre will be located at Quality Hotel & Resort Sarpsborg, only 3,5 km from Sarpsborg City Centre. The organiser will have access to the entire hotel.

- 260 guestrooms with 720 beds
- 14 different meeting rooms
- The largest plenary hall has a capacity of 1000 people
- Banquet hall with capacity of 700 people
- Restaurant Østfoldstuene with a capacity of 470 people
- Waterland and Superland with climbing wall, miniature golf etc.
- Fitness studio of 800 sqm and Spa section
- Free wireless network
- 500 parking spaces free of charge

Quality Hotel & Resort Sarpsborg include rooms for the following purposes:

- Athletes accommodation
- IOF/VIP Hotel
- IOF Conferences and Meetings
- Event Office
- Team Officials' Meetings
- Media Centre
- Meeting rooms
- Free parking



Quality Hotel & Resort Sarpsborg

Opportunities for training

Terrain	Open for trainings	Scale	Contours (m)
Relevant WOC			
Training camp 1			
Gillingsrød	2017 autumn	1:10 000	5,0
Fjelletjern	2017 autumn	1:10 000	5,0
Havnås	2017 autumn	1:15 000	5,0
Havnås	2017 autumn	1:10 000	5,0
Lødengtjern	2017 autumn	1:15 000	5,0
Lødengtjern	2017 autumn	1:10 000	5,0
Training camp 2			
Kirkebygden	2018 spring	1:10 000	5,0
Rokkefjella	2018 spring	1:15 000	5,0
Rokkefjella	2018 spring	1:10 000	5,0
Training camp 3			
Knatterudfjellet North	2018 autumn	1:15 000	5,0
Knatterudfjellet North	2018 autumn	1:10 000	5,0
Korset	2018 autumn	1:15 000	5,0
Korset	2018 autumn	1:10 000	5,0
Training camp 4			
Borge Varde	2019 spring	1:15 000	5,0
Borge Varde	2019 spring	1:10 000	5,0
Korset	2019 spring	1:15 000	5,0
Korset	2019 spring	1:10 000	5,0
Training camp 5			
Alle previous trainings	2019 august	1:10 000/ 1: 15 000	5,0
Relevant Reserve area 2			
Ulvedalen	2018 spring	1:15 000	5,0
Ulvedalen	2018 spring	1:10 000	5,0

Information about training camps will be made available on the competition website <https://woc2019.no/en/for-teams>

Contactperson training:

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