



EGK **OL-WELTCUP**  
**GRINDELWALD** **FINAL**  
**29.9.-1.10.2017**

# EGK OL-Welcupfinal 2017

GRINDELWALD 29.9.-1.10.2017



## Bulletin 4



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# WELCOME TO GRINDELWALD

Dear athletes, ladies and gentlemen

Grindelwald and the organising team are looking forward to the Orienteering World Cup Final 2017 and to seeing you all in the wonderful surroundings of the worlds famous Eigernordwand and Grindelwald! The region has hosted several big orienteering competitions, e.g. a stage of Swiss 5-days in 1980 and the Swiss long distance Championships in 1998. All three competition areas were never mapped before, so we offer you a real challenge in unknown terrain.

We are happy to welcome many runners from countries all over the world in the Swiss mountains!

The last years, Brigitte Grüniger Huber was the event director and she did an incredible and very successful job. Thank you, Brigitte! It is a great honour for me, but also a pressure to take over this event from her. I'm looking forward and hope to master the challenge.

You are warmly welcome to Switzerland!

Matthias Niggli  
Event Director EGK OL-Weltcupfinal



## 1. ORGANISATION

### Organising Committee

Matthias Niggli	Event Director
Simone Niggli	Technical Director
Martin Oppliger	Start
Markus Hitz	Finish, Arena
Hansueli Steinmann	Security
Daniel Leibundgut	Results, IT Services
A.Wenger/L.Schubnell	TV-Production
Doris Grüniger	Event Office
Christoph Aeschlimann	VIP
Severin Furter	Media
M.Schenker/M.Probst	National races
Brigitte Grüniger Huber	Finances

### Event Advisors

Eike Bruns, IOF Senior Event Advisor, GER  
Ulu Aeschlimann, National Event Advisor, SUI  
Jost Hammer, National Event Advisor, SUI

## 2. EVENT CENTRE

The Event Centre is located in the Curling hall at the sport centre of Grindelwald.

46°37'24.5"N 8°02'07.6"E.

Contact person:

Matthias Niggli (+41 79 222 13 87).

Arriving by car: from Interlaken follow the signs to Grindelwald. In Grindelwald use the parking house "Eiger" which is under the building of the Event Centre.

Please note that you need to pay a parking fee on almost all parking places in Grindelwald. Penalty fees can be quite expensive!

Arriving by train:

Two connections per hour from Zurich Airport. Change trains in Bern and Interlaken Ost. [www.sbb.ch](http://www.sbb.ch).

From the train station Grindelwald follow the main road for about 100m and then turn right to the Sport and Tourism Centre of Grindelwald.

At your accommodation, you will get a travel card for the local bus in Grindelwald. So, you can reach the training maps and quarantine places by public bus or by foot as everything is close.

At the Event Centre, a team official must check in to get your bags containing Bulletin 4, training maps and additional information.

The Team Officials' Meeting will be held in the Curling hall at the Sport Centre.

### 3. PROGRAMME

#### Wednesday, 27 September 2017

Event centre opens	13:30-17:00
Free training	14:00-18:00

#### Thursday, 28 September 2017

Event centre opens	09:00-12:00
Free training	10:00-18:00
Competition entry deadline	12:00
Entry deadline long	12:00
Event centre opens	16:00-18:30
Team officials' meeting	
Long and middle	17:30-18:00

#### Friday, 29 September 2017

EGK OL-Weltcupfinal long	
Quarantine check-in opens	09:30
First start approx.	11:40
Quarantine deadline	13:30
Last start	15:10
Flower ceremony	16:45
Entry deadline middle	17:30

#### Saturday, 30 September 2017

EGK OL-Weltcupfinal middle	
Quarantine check-in opens	08:00
First start women approx.	10:15
First start men approx.	11:45
Quarantine deadline	12:00
Last start women	13:24
Last start men	14:57
Flower Ceremony	15:37
Prize giving ceremony	
Long, middle and overall	16:00
Entry deadline sprint relay	16:30
Event centre opens	17:00-18:30
Team officials' meeting	
Sprint relay	17:30-18:00

#### Sunday, 1 October 2017

EGK OL-Weltcupfinal sprint relay	
Quarantine check-in opens	12:00
Quarantine deadline	12:45
Team presentation on stage	14:15
Start sprint relay	14:25
Flower ceremony	15:33
Prize giving ceremony	15:45
World Cup party	20:00-00:30

### 4. TRAINING

Please note that running within the embargoed area is not allowed. Check the embargoed area before you start running towards a training map or for a jogging.

## 4.1 Long and middle

Grindelwald Gletschersand, orienteering map 2017, 1:10'000 and 1:15'000, 5 m contours.  
Mapmaker: Urs Steiner

Map with controls and control flags in the forest.

Controls will be out from Wednesday 14:00 to Friday 17:00.

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: 10' drive from Grindelwald. Don't forget to pay the parking fee!

See map page 22.

Arriving by bus: From Grindelwald railway station take the bus number 121 (direction Grindelwald, Oberer Gletscher) or bus number 128 (direction Grosse Scheidegg) until bus station Oberer Gletscher (15' drive). The bus station Oberer Gletscher is on the edge of the map.

## 4.2 Sprint relay

Grindelwald Spillstadt, orienteering map 2017, 1:4'000, 2.5 m contours (western part of the competition map).

Mapmaker: Beat Imhof

There are some controls on the map which show relevant controls for the competition. There will be no marked controls in the terrain.

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

You may easily start your training 200m west from the railway station of Grindelwald.

One of each training map per entered runner and coach is handed out at the Event Centre.

# 5. COMPETITION RULES

The Competition Rules for IOF Foot Orienteering Events 2017, valid from 1 January 2017 apply.

Participation restrictions, classes and qualification system will follow the Special Rules for the 2017 World Cup in Orienteering and the Special Rules for the 2017 relay World Cup in Orienteering.

New ISOM 2017 will be used for the forest maps.

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

Jury	Kenneth Buch	NOR
	Lars Lindstrøm	DAN
	Urs Hofer	SUI

# 6. EMBARGOED AREAS

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

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

All competitions will finish inside the embargoed areas for other competitions: During the race, it is of course allowed to run in the embargoed area with the competition map.

Everyone may start in the open classes of the national competitions (Saturday and Sunday).

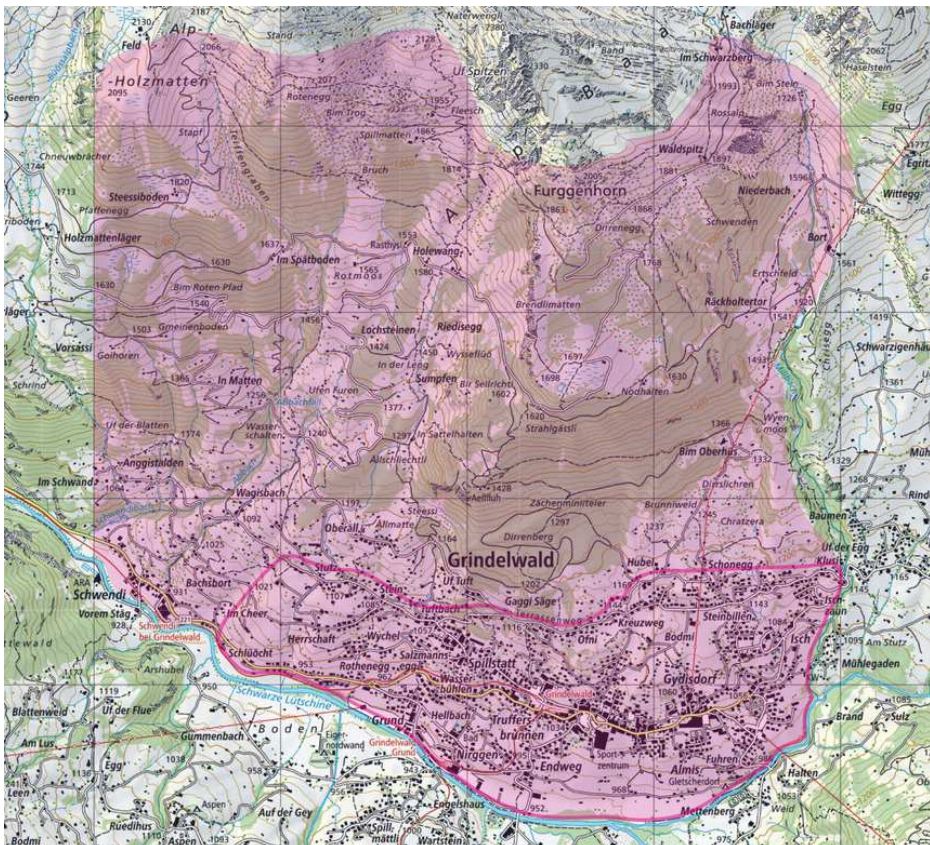
Special rule applies for the stay in Grindelwald (village, specially marked on the map) during the following periods:

### Saturday, 23 September 2017 – Sunday, 1 October 2017, 08:00

- You can stay as a tourist, e.g. for living, sight-seeing, visiting a restaurant or shopping in the village of Grindelwald.
- It is prohibited to stay there with a map, to run, to jog, to orienteer through the embargoed area or to test route choices.
- You can train on the sprint training map.

### Sunday, 1 October 2017, 08:00-12:45

- You must take the direct way from your accommodation to the quarantine. Use the main street of Grindelwald to reach the quarantine check-in.
- You can train on the sprint training map.



## 7. TRANSPORT/PARKING

Once in Grindelwald, the transports to quarantine, pre-start and finish areas will be made by foot, local busses or cable cars.

There are no parking possibilities at quarantine, pre-start and finish areas for the teams. Leave your car either at the accommodation or in the official parking places in Grindelwald.

Grindelwald can easily be reached by train, time tables can be found on [www.sbb.ch](http://www.sbb.ch).

## 8. COMPETITIONS

### 8.1 EGK OL-Weltcupfinal Long (WC#9), 29 September 2017

#### Format

Long distance, 2 min start interval. The start order is determined by the order of the middle/long distance world ranking as of 27th September 2017 (highest ranked competitors start last).

#### Map

Grindelwald Nodhalten; 1:15'000, 5m by Urs Steiner.

#### Terrain

Orienteering terrain between 1300 and 1900m above sea level. Mixture of coniferous forest and semi-open to open alpine pasture. Some forest roads and hiking trails, rich in contour and rock details.

#### Forms

Mountainside with moderate to steep slopes.

#### Vegetation

Alpine forest with coniferous forest. No or moderate ground vegetation, partly semi-open and open terrain, alpine pasture.

#### Runability

Mostly good, some blueberries and alpine roses. Occasionally rocky ground.

#### Visibility

Good.

#### Quarantine

Cable car mountain station "Berggasthaus First" (2180 meters above sea level, 45 minutes riding time from Grindelwald Firstbahn, see map page 22).

Cable car tickets will be handed out at the Team Officials' Meeting on Thursday evening. There are two rooms for the teams, as well as two tents outside.

The teams are NOT allowed to set up their own tents. Toilets are available. Restaurant and terrace are not allowed for athletes and coaches.

The quarantine is open from 09:30. No mobile phones and internet are allowed for runners and coaches after having checked-in at the quarantine until you arrive at the finish!

Team officials get a map at the quarantine to find their way to the finish area.

#### Interviews

The best women and men may be interviewed in quarantine for the athlete's presentation on TV on Saturday.

#### Check-in

With signature in the quarantine by **13:30** at the latest. There you will receive your number bib and the warm-up map. GPS vests will also

be given to the selected athletes in the quarantine (you may use your own as well).

### **Clothes**

Transport from the quarantine to finish. Please leave your bags at the marked zone near the cable car exit.

### **Warm-up clothes**

May be left at the pre-start. They will be transported to the finish area after the last start.

### **Warm-up map**

Shortly before the start there is a small warm-up map. There are no controls. You are not allowed to leave this map.

### **Pre-start**

Marked from the quarantine to the pre-start: 2000m, 0m ↗. The first part goes on a very small mountain path. Please be careful and take your time! Shelter and toilets at prestart.

### **Start**

Call up at -4 min. Distance from the start line to the start point: 55m.

### **Maps**

Maps are sealed in plastic bags and are marked with the class on the back. Runners are responsible to get the correct control description and map.

### **Course planner**

Urs Steiner, Bruno Haldemann

### **Men**

11,7 km, 780 m ↗, 24 controls, 3 ∓ (water and sports drink), winning time 85',  
Control description 5 x 16 cm

### **Women**

7,7 km, 560 m ↗, 17 controls, 2 ∓ (water and sports drink), winning time 76',  
Control description 5 x 12 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 these refreshment points. Drink stations are either placed at a control or marked on the map. There is water and sports-drink (Rivi marathon) available. You can test the sports drink at event centre.

There are drink stations for the spectator's races, too. These are all placed on forest roads, not in use on Friday and are not marked on the world cup maps.

### **Coaching zone**

There is a coaching zone at WC#9 during the arena passage. To ensure fair conditions, coaches in the coaching zone must not pass on information to competing athletes received from team-members that have already finished their races.

### **First aid**

Drinking stations are equipped with radio and can call the doctor in case of an emergency.

There is a first-aid tent out in the terrain which is marked on the map with a red cross.

### **Out-of-bounds**

There are some areas with dangerous cliffs and stony holes. Those areas are marked on the map. If the area is marked with a line, there will be tapes in the terrain.

There are passable barbed wire fences in the terrain, please be careful!



## Traffic

There is very little traffic of cars and touristic busses in the area. Be careful while crossing roads.

## Public event

There will be a national competition in the same terrain on the following day. There are some markings from their controls out in the terrain.

### Public event



### World Cup



## Finish

At "Bort" (see map page 22). There are two tents for changing directly at the finish. No showers at the finish. There is a possibility to set-up own team tents. It is not allowed for teams to visit the finish area before the start and it is not allowed to go to the quarantine / start / pre-start area if you have been at the finish area.

## Cool-down zone

It is only allowed to run on the cool-down map which you get at the finish. You are within the embargoed area for Saturday.

## After finish quarantine

Runners arriving at the finish before 13:30 have to stay in the team zone and the cool-down zone in the finish.

They are not allowed to communicate with any persons outside the team zone. No mobile phones and internet are allowed for runners and coaches until 13:30 in the team zone at the finish!

Even team officials may not leave the team zone until 13:30.

After 13:30 the after finish quarantine is lifted.

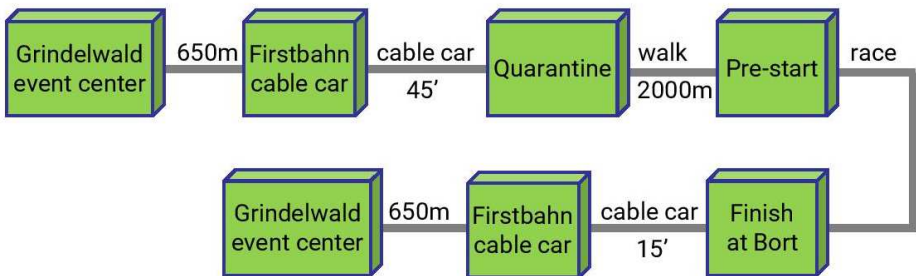
## Parking

There is no driving road to the finish or parking place at the finish. It's compulsory to use the cable car down to Grindelwald.

## Reserve area

As the long distance races goes up at 1900m above sea level, there is a risk of snow. For that case, we have a reserve area "Gurnigelswald", the embargoes and the old map can be found on our webpage. If we need the reserve area, information will be given as soon as possible, latest during the team officials' meeting on Thursday.

The reserve race will be a middle distance race.



## 8.2 EGK OL-Weltcupfinal Middle (WC#10), 30 September 2017

### Format

Middle distance, 2 min start interval. The start order is determined by the order of the Overall World Cup after Competition #9 (leader starts last).

### Map

Grindelwald Dirrenberg, 1:10'000, 5 m by Urs Steiner

### Terrain

Orienteering terrain between 1000 and 1400m above sea level. Coniferous forest with small semi-open to open alpine pasture.

Some forest roads and hiking trails, rich in contour and rock details.

Short urban area near the finish.

### Forms

Mountainside with moderate to steep slopes.

### Vegetation

Alpine forest with coniferous forest. No or moderate ground vegetation, partly semi-open and open terrain, alpine pasture.

### Runability

Good, occasionally rocky ground.

### Visibility

Good.

### Quarantine

Youth Hostel Grindelwald, see map page 22.

GMS 46°37'44.402"N 8°01'38.670"E

No parking at the youth hostel. From the Grindelwald railway station take the bus 122 until "Gaggi Säge" (5' journey). From there, it's 150m to the quarantine.

### Time table Bus 122

	Grindelwald Station	Gaggi Säge
Bus 122	08:44	08:50
Bus 122	09:44	09:50
Bus 122	10:44	10:50
Extrabus	11:44	11:50

Quarantine opens at 08.00.

You may use the first floor and the terrace but not the second floor (only toilets). Rooms of the teams are not allowed!

The teams are NOT allowed to set up their own tents. Toilets are available. No mobile phones and internet are allowed for runners and coaches after having checked-in at the quarantine until you arrive at the finish! There is no marked route from the quarantine to the start. The complete route is on the warm-up map. There are no controls.

Team officials get a map at the quarantine to find their way to the finish area.

### Check-in

With signature in the quarantine by **12:00** at the latest. There you will receive your number bib and the warm-up map. GPS vests will also be given to the selected athletes in the quarantine (you may use your own as well).

## Clothes

Transport from the quarantine to finish. Please leave your bags at the marked zone in front of the quarantine.

## Warm-up clothes

May be left at the pre-start. They will be transported to the finish after the last start.

## Warm up map

From the quarantine to the start there is a warm up map. You are not allowed to leave this map.

## Pre-start

Within warm-up distance from the quarantine. The pre-start is printed on the warm-up map. Shelter and two toilets are available at the pre-start.

## Start

Call up at -4 min. Distance from start to start point 40m

## Maps

Maps are sealed in plastic bags and are marked with the class on front and back. Runners are responsible to get the correct control description and map.

At start, the map is placed with the first part of the course on top.

## Course planner

Urs Steiner, Bruno Haldemann

## Men

5,5 km, 275 m  $\nearrow$ , 23 controls, 1  $\Upsilon$  (water), winning time 35'

Control description 5 x 16 cm

## Women

4,7 km, 225 m  $\nearrow$ , 19 controls, 1  $\Upsilon$  (water), winning time 35'

Control description 5 x 14 cm

Maximum running time 70 minutes

## First aid

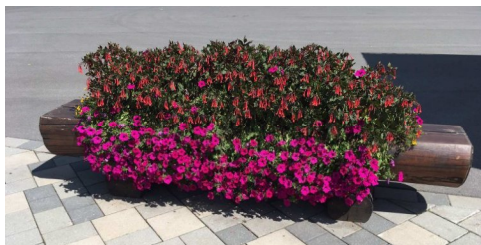
The drinking station is equipped with radio and can call the doctor in case of an emergency.

## Out-of-bounds

There are some areas with dangerous cliffs and stony holes. Those areas are marked on the map. If the area is marked with a line, there will be tapes in the terrain.

## Special objects

Control 59 (the last control) on the women's and men's courses is a flower pot. It is mapped with a black circle and in the control description the special item 6.2 (circle) is used.



## Map exchange

There is a map exchange during the race for both women and men at a control. The second part of the course is on the backside of the map. So just turn the map. The place of the map exchange is marked with a start symbol on the second map. Control numbers are continuous.

## Public event

There will be a national competition in the same terrain on the following day. There are some markings from their controls out in the terrain (see picture on page 8).

## Finish

At Eigerplatz in Grindelwald. Changing possibilities in the Curling hall of the sports centre. With your number bib, you may enter the indoor bath to take a shower.

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 if you have been at the finish area. Of course, it is allowed to pass the finish area on the main road by foot or bus.

## After finish quarantine

Runners arriving at the finish before 12:00 have to stay in the team zone in the finish. They are not allowed to communicate with any persons outside the team zone. No mobile phones and internet are allowed for runners and coaches until 12:00 in the team zone at the finish!

Even team officials are not allowed to leave until 12:00.

After 12:00 the after finish quarantine is lifted.

## Leaderchair

The leading runner must take place on the leading chair directly after she/he passed the finish line. A team official may hand over changing clothes to an official which will be given to the runner.

The leader can follow the race on a TV-screen, she/he may only leave the stage according to the instructions of the organizer.

## Cool-down zone

It is only allowed to run on the cool-down map which you get at the finish. You are within the embargoed area for Sunday.

## Parking

No official parking near the arena. The best is to use the local bus or go by foot.



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## 8.3 EGK OL-Weltcupfinal Sprint relay, 01 October 2017

### Format

Sprint relay according to IOF-rules. Mixed teams with runners from different nations can start. Each nation must fill first their own teams before nominating a runner to a mixed team. Athletes entered for mixed teams will be randomly allocated by the organizers on Saturday afternoon.

### Map

Grindelwald, 1:4'000, 2m by Beat Imhof

### Terrain

Urban terrain in a touristic village with side streets and narrow footpaths. Some passages on lawns.

### Forms

Mostly slopes with varying steepness.

### Traffic

Even though the traffic is limited, there may be some cars, mopeds and bikes in the town. Please be aware of that and follow in case the instructions of the organizers.

### Quarantine

There will be a quarantine for all runners in the sport centre/curling hall. No official parking near the arena. The best is to use the local bus or go by foot. From your accommodation, you may only walk or take the bus along the main road in Grindelwald. You can visit all parts of the arena until the quarantine closes.

Quarantine opens at 12:00.

No mobile phones and no internet access is allowed for runners and coaches after having checked-in at the quarantine.

In the quarantine, you can also stay in the team zone behind the scene.

### Warming up

Only in the area mapped on the warm-up map. Exit on the lower level of the sport centre.

### Check-in

With signature in the quarantine by **12:45** at the latest. There you will receive the warm-up map and your number bibs. GPS vests will also be given to the selected athletes in the quarantine (you may use your own as well).

### Assembly area for the runners

The assembly area for 1<sup>st</sup> leg runners is at the exit to the warming-up. For 2-4 leg runners it is behind the scene.

GPS units will be given to selected athletes.

### Clothes

Please leave your bags in the quarantine.

### Team presentation on TV

At 14:15 there will be a team presentation for all members of the favourite teams. Instructions will be given in the quarantine. Please be ready to present your team on the podium.

### Mass start

All first leg runners must assemble at -15min before the mass start just outside the quarantine building. From there you will be guided to the mass start. Maps are rolled in with a rubber band. Your team number is visible on the map, the first part of the course is on the outside of the roll. Don't open the map before the start sign!

Emergency toilet upon request to a staff member only (**without map!**).

The pre-selected six nation teams (TV-presentation) will be during this time at the TV presentation and are guided separately to the start.

### **Arena passage**

There will be an arena passage for all legs. The start corridor and the arena passage corridor is the same with the same starting point.

### **Change-over**

The entrance to the waiting zone is behind the scene. The gate for all runners of the leg opens right after the first change-over of the foregoing leg.

GPS units are given at the gate.

Emergency toilet upon request to a staff member only (**without map!**).

It is the runner's responsibility to be in time at the waiting zone.

From there you can see your foregoing runner coming towards the last control and you can hear the speaker announcing the runners.

Shortly before the change-over you may step onto the scene where the change-over will take place. The change-over is done after crossing the finish line by hand touch across a separation barrier. 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. In the waiting zone it is runner's responsibility to take the right map from the map wall themselves.

You will keep the rolled map in your hand until you can start. You are not allowed to remove the rubber band neither look into the roll before you get the hand touch.

The maps are marked with your team number and the leg number (for example team 12: 12-

1, 12-2, 12-3, 12-4). The first part of the course is on the outside of the roll.

Mass start for 4<sup>th</sup> leg runners 10 min after the first change-over for the 4th leg.

### **Reserve maps**

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

### **Course planner**

Irene and Michael Eglin

### **Controller**

Valérie Suter

### **Legs 1&4**

for women: 3,3 km, 110m ↗, 22 controls

### **Legs 2&3**

for men: 3.5km, 130m ↗, 24 controls

Maximum running time 90 minutes

### **Special object**

Controls no 54 and 74 are mapped as a special man-made feature 540 (black circle) and for the control description the special item 6.2 (circle) is used. No 54 is a flower pot, no 74 a beach flag.





### **Control numbers**

The courses are printed with the control codes next to the control numbers.

### **Map exchange**

There is a map exchange during the race for both women and men at the arena passage. The second part of the course is on the backside of the map. So just turn the map. The start of the second part is marked with a start symbol on the map and a start flag in the terrain. Control numbers are continuous.

### **Start/Finish**

On Eigerplatz in Grindelwald

### **After finish**

After finishing their courses the runners go back into the quarantine zone. You can talk with your team mates who have not yet started. With that rule, we want to deepen the idea of relay running! Once leaving the team zone/quarantine, you may not go back again.

### **Showers**

Changing possibilities in the Curling hall of the sports centre. With your number bib, you may enter the indoor bath to take a shower.

### **Toilets**

Toilets are in the quarantine building.

### **Shoes**

It is forbidden to wear shoes with spikes and dobb spikes!

### **Prizes**

The 3 best teams get prizes and prize money. The second and third best nations teams and mixed teams cannot win the prize money.

## **9. PUNCHING SYSTEM AND GPS-TRACKING**

The punching system used is SPORTident Air+. SIAC-Cards will be provided by the organizer and are handed out teamwise at the first team official's meeting. They must be handed in teamwise after the sprint relay. Missing SIAC-Cards will be charged with 80 EUR/card.

The technical specification for maximum distance to record a punch is 30 cm.



# 10. SPECIAL COMPETITION INSTRUCTIONS

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

WC#9 & #10: Listed start times, competitors will be released at the start by a hand on the shoulder.

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

## 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 = 50 m / 20m ↗
-1 min	→ punch Start-IDENT unit

	→ take up position behind the starting line → Distance to starting line= 60m/ 20m ↗
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 55 meters

## 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	→ pick up the control description
-2 min	→ Distance to -1min= 30m
-1 min	→ punch Start-IDENT unit → take up position behind the starting line → Distance to starting line= 30m
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 40 meters

Competitors who are late for their start will be started between the next start interval.

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 organizer will be timed with their real start time.



### Detailed start procedure of Team-WC#5, 1<sup>st</sup> leg runners

-15 min	→ enter the assembly area
	→ Check SI card number → Check start number → Clear SI card → Check SI card → Tracking device is given to selected athletes
-10 min	Gate closes, no way back to the quarantine!
-7 min	→ 1 <sup>st</sup> leg runners will be guided to the starting area → Distance to the starting area 200m
-2 min	→ stay behind the maps
START	→ start at the start signal (pistol shot), open your map
STARTING POINT	Distance 150 meter

### Detailed start procedure of Team-WC#5, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> leg runners

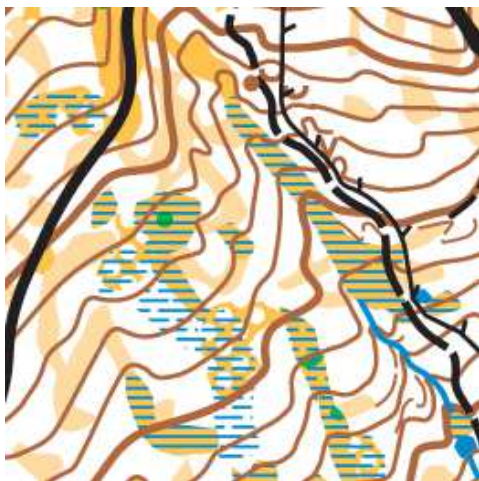
-15 min	→ enter the waiting zone
	→ Check SI card number → Check start number → Clear SI card → Check SI card → Tracking device is given to selected athletes → take the right map at the map-wall
As soon as your previous runner is announced	→ step onto the scene for change over → hand touch
START	→ open your map after change-over
STARTING POINT	Distance 90 meters

### Finish procedures

Competitors must follow the marked route from the last control to the finish.

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.

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.



The finishing time will be taken when the competitor's chest crosses the finish line by breaking the light beams of the photocells.

On WC#10 and at the sprint relay 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 miss- punch 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
- Gets a cool-down map. It is only allowed to cool-down on this map

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

Athletes shall be ready for live interviews with the speaker or TV on the stage.

## **GPS**

Long and middle: GPS units will be given to selected athletes. Names of the selected athletes will be published at the quarantine.

Sprint relay:

GPS units will be given to all nation teams.

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 and photographers between and at controls (not marked on control description). Running cam and cable cam can also follow the athletes for a part of the course.

## **Number bibs**

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

## **Flower Ceremony**

Just 3 minutes after the decision of the race, there will be a flower ceremony on the stage with live broadcasting in TV. Please be ready for this award if you are on a podium place.

## **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. It's the athletes' responsibility to be there in time. Otherwise you miss the prize money!

Athletes taking part in the prize giving should wear their national team uniform.

## 11. 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 relay dobb spike shoes are prohibited as well.

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

## 12. ANTI-DOPING

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

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.

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/>

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 2017 in Switzerland.

By their signature given at the event registration upon arrival, the athletes and coaches will accept that they are subject to sanctions in the event of any doping offence. The team leader will have to sign for the whole team. Each runner also confirm with his signature at the Check-in in all competitions that they are subject to sanctions in the event of any doping offence.

## 13. INSURANCE

The organisers decline any liability that might occur through participation in IOF World Cup Events 9 and 10, sprint relay and trainings. Each person participates at their own risk and is responsible for their own insurance coverage (illness and accident).

## 14. EMERGENCY

Emergency number: 112

Medical service in Grindelwald: 033 853 07 07

## 15. WEATHER&CLIMATE

Average temperatures in Grindelwald at the end of September can be everything between 0°C and 20° C in daytime. Please be aware and bring enough clothes for competing on an altitude from 1000 to 1900 meters above sea level.

## 16. PRIZE MONEY

A total prize fund of CHF 11'750.- will be awarded from the event organiser to the best men and women in both individual competitions and to the best teams in Grindelwald:

### **EGK OL-Weltcupfinal Event #9 and #10:**

1 <sup>st</sup> place:	EUR 850.-
2 <sup>nd</sup> place:	EUR 600.-
3 <sup>rd</sup> place:	EUR 300.-
4 <sup>th</sup> place:	EUR 175.-
5 <sup>th</sup> place:	EUR 125.-
6 <sup>th</sup> place:	EUR 100.-

### **EGK OL-Weltcupfinal sprint relay:**

1 <sup>st</sup> place (per team):	EUR 800.-
2 <sup>nd</sup> place (per team):	EUR 400.-
3 <sup>rd</sup> place (per team):	EUR 200.-

A total prize fund of EUR 7'000.- will be awarded from the IOF to the best men and women in the World Cup overall ranking 2017:

1 <sup>st</sup> place:	EUR 2'000.-
2 <sup>nd</sup> place:	EUR 1'000.-
3 <sup>rd</sup> place:	EUR 500.-

## 17. WORLDCUP-PARTY

On Sunday evening, teams are invited to join the Worldcup-party at the Disco Mescaleros in Hotel Spinne (see map page 22).

No entry fee or ticket needed.

Please note that dinner is served in your accommodation. The party location is open from 20:00 until 00:30.

## 18. VISA PERMITS

The prerequisite for immigration into Switzerland is a valid passport. For travellers from certain countries a visa or further documents are required.

Please check with your embassy if you need visa permits.

[https://www.bfm.ad-](https://www.bfm.ad-min.ch/bfm/en/home/themen/einreise.html)

[min.ch/bfm/en/home/themen/einreise.html](https://www.bfm.ad-min.ch/bfm/en/home/themen/einreise.html).

## 19. MEDIA SERVICES

We welcome all media representatives as our partners to broadcast the thrilling events of World Cup Final 2017 to a broad public.

For media accreditation please contact Severin Furter:

Mobile +41 79 602 99 72

[media@ol-weltcup.ch](mailto:media@ol-weltcup.ch)

## 20. TV / LIVE RESULTS

Middle and sprint relay will be broadcasted live in Swiss Television TV (SRF) and Finnish Television (YLE). The middle will be broadcasted in Sweden by SVT as well.

Detailed schedule for LiveTV, LiveGPS, and LiveResults to follow the competitions will be published on [www.ol-weltcup.ch](http://www.ol-weltcup.ch).

All races will be streamed through [www.liveorienteering.com](http://www.liveorienteering.com). Free access on Friday and paid on Saturday and Sunday.

## 21. 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 on Thursday, 27 September for WC#9 and until 17:30 on Friday, 28 September for WC#10. In the sprint relay the nominal entries have to be done until 16:30 on Saturday, 30 September. It is possible to change the names until 12:25 on Sunday, 1 October.

All nominal entries and changes have to be done in IOF Eventor.

If you can't access Eventor, you can call the information.

Mixed teams or single runners for mixed teams in the sprint relay must make an entry to Daniel Leibundgut (dl@resultservice) latest until Saturday at 16:30 with the following information: first name, last name, IOF-ID, preferred leg, sex, federation.

## 22. INFORMATION

EGK OL-Weltcupfinal 2017

Matthias Niggli







Mobile +41 79 222 13 87

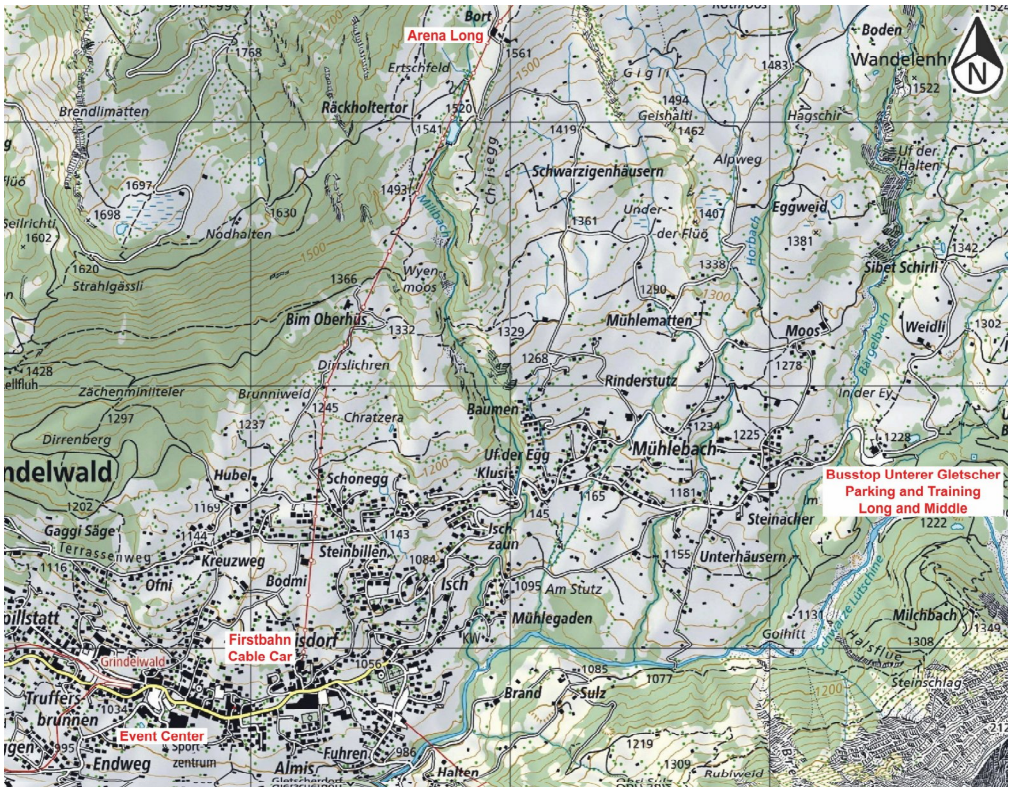
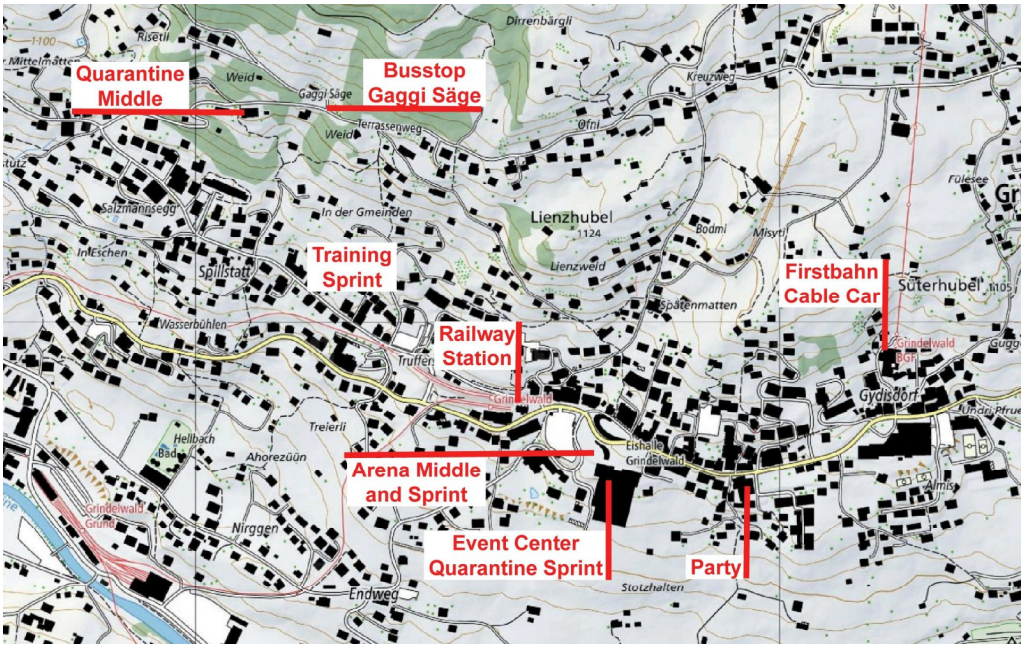
matthias.niggli@ol-weltcup.ch

www.ol-weltcup.ch

## GOOD LUCK!

© Pictures by Urs Steiner

Federation	Men	Women	Officials
 Australia		3	
 Austria	4	4	3
 Belgium	2		1
 Czech R.	8	7	3
 Denmark	4	4	2
 Estonia	4	4	1
 Finland	7	9	2
 France	10	2	1
 Germany	6	3	1
 Great Britain	6	2	
 Hungary	4	4	1
 Italy	7	5	1
 Japan	1		
 Latvia	3	4	1
 Lithuania		5	
 New Zealand	1	2	
 Norway	9	8	3
 Russia	5	9	1
 South Africa	2		
 Sweden	10	9	4
 Switzerland	10	9	4
 Ukraine	1		
 United States	1		
<b>Sum</b>	<b>105</b>	<b>93</b>	<b>29</b>



# Mit BB Biotech auf dem richtigen Weg

Der menschliche Körper und die Medizin haben ihre Grenzen. Mit Ausdauer und Forschung kann man einige sprengen. Biotechnologische Medikamente setzen direkt bei den Ursachen einer Krankheit an. **Das ist der richtige Weg.** Biotech-Unternehmen forschen mit Hochdruck an neuen wirksamen und sicheren Medikamenten – für Gesundheit und Lebensqualität bis ins höchste Alter. Die Entwicklung entsprechender Innovationen ist zwar aufwändig und erfordert Ausdauer, doch bringt sie schliesslich allen Gewinn: Patienten, Spitälern und Kassen, aber auch Herstellern und Investoren. Die Spezialisten von BB Biotech haben die weltweit führenden Biotech-Unternehmen für Sie zusammengefasst. Wer zu spät einsteigt, wird alt aussehen. Investieren Sie jetzt in den Markt der Zukunft – und in den medizinischen Fortschritt **ISIN: CH0038389992**

[www.bbbiotech.com](http://www.bbbiotech.com)

BB Biotech beteiligt sich an Gesellschaften im Wachstumsmarkt Biotechnologie und ist heute einer der weltweit grössten Anleger mit CHF 3.5 Mrd. Assets under Management in diesem Sektor (per 31.08.2017). Die Aktie von BB Biotech ist an der Schweizer Börse notiert.

**BB** Biotech  
Bellevue Investments

# Mein Gesundheits- vorsprung: Komplementär

Simone Niggli-Luder:  
Ich orientiere mich laufend am Ziel.  
Die EGK orientiert sich  
laufend an der Gesundheit.  
Gemeinsam erarbeiten wir uns den  
entscheidenden Vorsprung.  
Für den besten Gesundheitsweg.  
Auch für Sie.



[www.egk.ch/EGK-OL-Weltcupfinal](http://www.egk.ch/EGK-OL-Weltcupfinal)

Presenting Partner des EGK OL-Weltcupfinals

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