

BULLETIN I/II



2018  
NORWAY  
**STFOLD**  
NOKIAN TYRES  
WORLD CUP  
Pre-Camp WOC 2019

## Welcome to Østfold!

It is a great pleasure to welcome you to the World Cup 2018 in Østfold - Norway 31 August – 2 September 2018.

World Cup 2018 and World Orienteering Championships 2019 will be held in Østfold, one of 18 regions in Norway. You will find it in the south-east part of Norway, close to the Swedish border. Østfold has unique areas whether you like hiking in the forest, visit an idyllic town, enjoy our beautiful coastline, visit tourist attractions or just enjoy one of many activities that we offer.

Either way, we promise that you will be in good hands.

Orienteering is a sport with long traditions in Østfold. For example in Halden, where we find some of the best orienteers in the world. Halden Skiklubb has produced a number of world orienteering champions over many years, but also Fredrikstad, Sarpsborg and Mysen have world elite runners. During the last couple of years, several major national orienteering competitions have been held in different cities of Østfold. The Norwegian O-festival - Norway's largest orienteering race, was hosted by Sarpsborg in 2016, and the Norwegian orienteering Championship was staged by Halden in 2017.

Therefore, we are sure that we will be well prepared to welcome the world elite runners, both in 2018 and 2019, when our orienteering clubs join forces to organise the events. That will be the fourth time the WOC is staged on Norwegian soil, and we are incredibly proud that this assignment has been awarded to Østfold for the first time.

We will do our best to support the organizer.

We look forward to three days of major sporting achievements, drama and excitement and not least good companionship.

Enjoy!

**Ole Haabeth**

Chair, Østfold county council



On behalf of WOC 2019 Organising Committee, I wish you all a warm welcome to the World Cup 2018 in Østfold - Norway 31 August – 2 September 2018.

Norwegian Orienteering Federation has delegated responsibility for planning and conducting the WC 2018 / 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 WC 2018 will be done as a wide collaboration between the organising company, the orienteering clubs, Østfold county and all the municipalities in Østfold. We will do our best to facilitate good conditions for the athletes.

The Organising Committee heartily welcomes IOF and all national federations to Østfold 31 August – 2 September 2018.

**Per Bergerud**  
Director WOC 2019



## Information about the organiser

VM Orientering 2019 AS is the organizer of the World Cup 2018.

Email: [post@woc2019.no](mailto:post@woc2019.no)

Web page: [www.woc2019.no](http://www.woc2019.no)

**CEO WOC 2019** Per Bergerud

**Event director** Bjørn Axel Gran

**IOF Senior Event Advisor (IOF)**  
**National Controllers (NOF)**

Lars Forsberg  
Ivar Maalen and Kjell Blomseth

### Venues

Prologue in the World Cup 2018 will take place in Våler, 20 km from Moss.

Long distance, pursuit and relay in the World Cup 2018 will take place in Aremark, placed between Halden and Ørje, 25 km from Halden.

The arena location in Aremark is at coordinates 59.24423, 11.64296

## Contact information

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**Media:** Jens Erik Mjølnerød, [jens Erik@mjolnerod.no](mailto:jens Erik@mjolnerod.no), +47 917 85 911



## Dates and type of competitions

Day, Date	Event /Race	Arena /Place
Thursday, 30.8.2018	Event centre opens	Quality Hotel Sarpsborg
Thursday, 30.8.2018	Team Captain Meeting	Quality Hotel Sarpsborg
Friday, 31.8.2018	Long	Aremark
Saturday, 1.9.2018	Prologue	Våler
Saturday, 1.9.2018	Pursuit	Aremark
Sunday, 2.9.2018	Relay - 3 legs/ class	Aremark

### Expected winning time and approximate length of each course:

	Women		Men	
	Winning time	Length	Winning time	Length
Long	60-62 min	9,5 km	75-80 min	14,0 km
Prologue	23-25 min	3,0 km	23-25 min	3,5 km
Pursuit	40-45 min	5,0 km	40-45 min	6,5 km
Relay (per leg)	30-40 min	4,5-5,5 km	30-40 min	5,8-6,8 km

### Scales and vertical contour intervals of the maps:

Scale of maps: 1:15 000 for long distance.  
1:10 000 for all other distances.

Contour interval: Contour interval for all maps are 5 m.

## Classes and any participation restrictions

The Competition Rules for IOF Foot Orienteering Events will be applied to participation in the World Cup 2018.

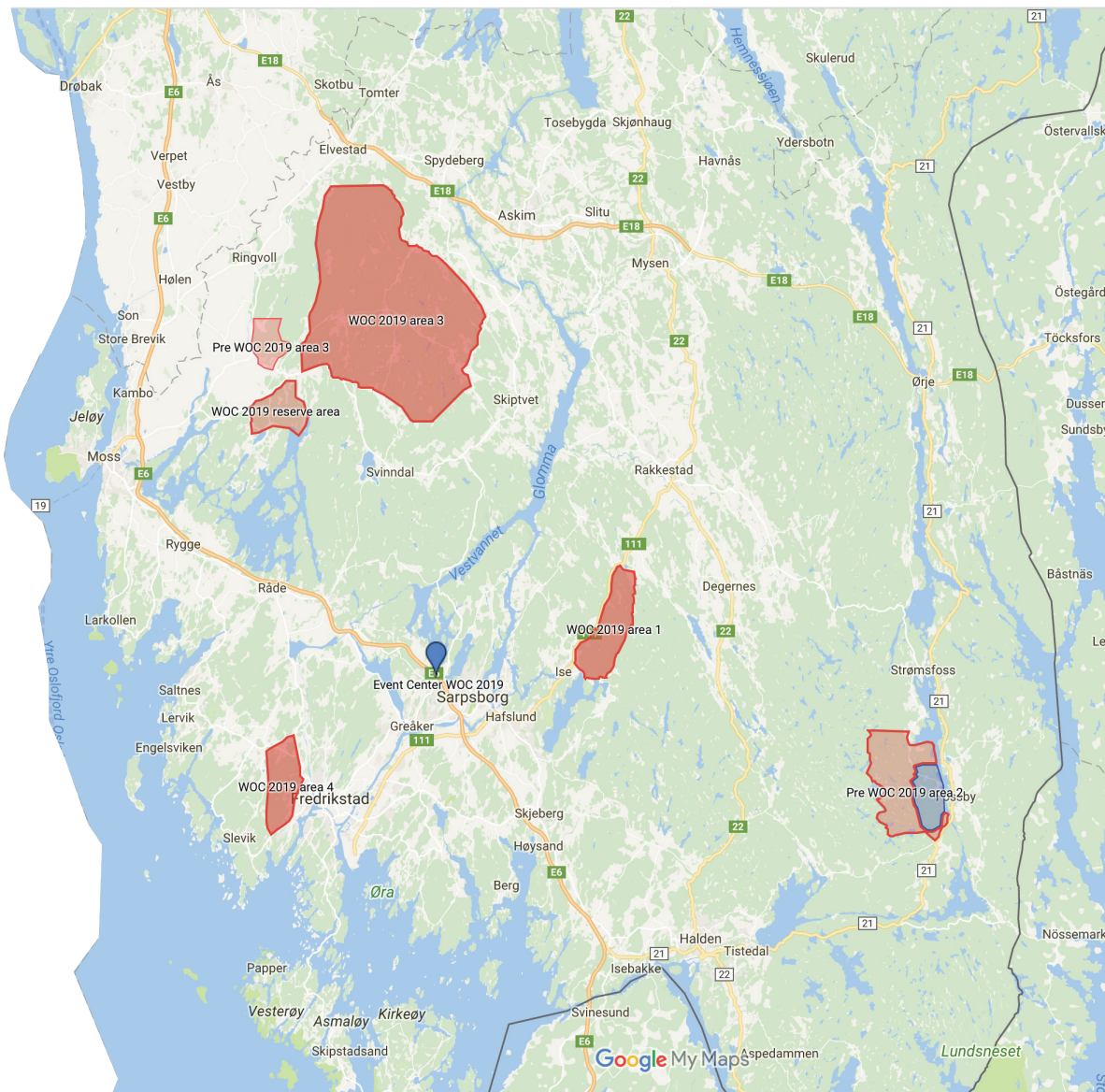
- There is one class for women and one class for men. There are no age restrictions (Rule 5.7)
- All competitors represent a Federation (Rule 6.5)
- A competitor may represent only one Federation during any one calendar year (Rule 6.1)
- Competitors who are representing a Federation shall have full passport-holding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

# General map of the region



For more information of the region use the link: [www.visitoestfold.com/en/](http://www.visitoestfold.com/en/)

## Embargoed areas



For more information use the link:

<https://www.google.com/maps/d/viewer?mid=14n3Qcf0kia5mV3QB8kcvzrehhQ>

### *Note for 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. The blue area, an area used for Norwegian championship 2017, is not part of the embargo, but is not access able before December 24<sup>th</sup> due to hunting.

### RECENT VERSIONS OF PREVIOUS ORIENTEERING MAPS

Relevant earlier maps of the areas can be found on our home page [www.woc2019.no](http://www.woc2019.no).

## Accommodation

For accommodation, we recommend the official WOC2019 hotel Quality Hotel Sarpsborg.  
<https://www.nordicchoicehotels.com/hotels/norway/sarpsborg/> use the booking code VM2019.

Offered rates:

Price per day per person in single room: NOK 872

Price per day per person in double room: NOK 556

Price per day per person in triple room: NOK 451

Price per day per person in a quadruple room: NOK 398

The price includes:

- Large breakfast buffet
- Water park

Latest date for reservation of official accommodation is 30 June 2018.

There are also other possibilities in Østfold.

The following camping sites are located near Halden: Fredriksten Camping, Langholmen Camping, Kirkeng Camping og Stora Lee. All clubs in the area also have club huts with opportunities for accommodation (typical price 100 NOK per night).

See also Visit Østfold for suggestions: <http://www.visitoestfold.com/en/accommodation>

If you need any help, don't hesitate to contact: Bente Kjenstad Jæger, Visit Østfold,  
[bente@visitoslofjord.no](mailto:bente@visitoslofjord.no), + 47 95 08 66 80



Quality Hotel & Resort Sarpsborg



## Event center

The Event Centre will be located at Quality Hotel & Resort Sarpsborg, only 3,5 km from Sarpsborg City Centre.

Accreditation for teams, leaders, media, VIP and other officials will be at the Event Centre. The organizer 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
- Meeting rooms
- Free parking



## Official entry and registration

Entries via IOF Eventor. The entry form will be available from 30 May 2018 on:

<https://eventor.orienteering.org/Events/Show/5696>

Entries are done by the National team manager.

### Team Size Entry

The following information shall be filled via IOF Eventor:

- Team manager (Chosen from list in IOF Eventor)
- Number of Team athletes (Men and Women)
- Number of Team Officials
- Number of Teams for the Relay(s).

The deadline for Team Size Entry is June 30th. 2018 (- 2 months).

### Maximum number of competitors per team

The number of competitors per competition and team team, is limited according to annually published quotas (WC Special Rules).

### Team Names Entry

The following information shall be filled via IOF Eventor:

- Name of each Team Athlete by selecting from federation members in IOF Eventor

The deadline for Team Names Entry is 21st. August 2018 (- 10 days), using IOF Eventor.

### Competition Entries

Names of the competitors and, if required, their starting group, shall be entered in IOF Eventor, before 12 noon on the day before an individual competition. Names of the competitors and their running order shall be entered in IOF Eventor, before 12 noon on the day before a relay competition.

### Late Entries, Changes of Team Size or Team Names

Late Entries and changes will be accepted, if possible, up to Event start date, 30 August 2018. No late entries or changes will be accepted after that date. Late entries and changes will always have a defined extra cost (surcharge). Late entries and changes will always be treated equally and must be communicated directly to the organiser on [post@woc2019.no](mailto:post@woc2019.no). The organiser makes the changes in IOF Eventor after deadlines.

### Payments

After the Team Size deadline (-2 months), the organiser will invoice the federation for entries and services. The invoices should be paid before 19 July 2018 (- 6 weeks). If the Federation have done changes after that date it will be paid/refunded on the event at the Event Office.

## Entry fee and descriptions

### Entry fee for competitors and team officials

Entry fee competitors 400 NOK per individual race.

Entry fee teams 1200 NOK/team.

Accreditation fee competitors 400 NOK for all days.

Accreditation fee team officials 400 NOK for all days.

### Notes

- Accreditation covers model events, parking at the arena and a set of maps to all competitors and team officials.
- After the team size deadline (see 9.6), additional entries may be made with a surcharge of 20% and withdrawals receive an 80% refund.
- After the team names deadline (see 9.7), additional entries incur a surcharge of 50%, withdrawals receive a 50% refund, and name changes incur a 10-euro fee.

### Descriptions of any transport offered

We recommend transport by own or rented car. Nearest major airports are Oslo Airport Gardermoen (165 km to Halden) or Landvetter Gothenburg (220 km). There is also a regular train service every hour from Oslo Airport to Halden. From Gothenburg to Halden 3 Train departures every day.

Please inform us about your need for transport in entry form A.

Transport to arena can be provided. The teams may have to pay for this service.

### Directions for obtaining entry permits (visas)

Some people do not need a visa to visit Norway because they hold a passport from a country that Norway has a visa exemption agreement with. This also applies if you have a residence permit in an EU/EEA country or if you have a special passport. For more information, use the link:

<https://www.udi.no/en/word-definitions/persons-who-do-not-need-a-visa-to-visit-norway/#link-708>



## Terrain descriptions

**Aremark:** The terrain is always changing, from parts with steep edges and cliffs, to areas which are easy to medium hilly. The hills are dominated by pine forest on the tops and good visibility, is rather detailed and mostly good runnability. In the lower parts, it is more spruce forest, and here the runnability depends upon the age of the forest. The flat part of the terrain has few details and slower runnability. At some places, it is signs of forestry. Little grass in the terrain. Some paths and roads.

**Våler:** The terrain is undulating and moderately detailed with small areas of marsh land. The forest has mainly good runnability with nice forest floor.

## Climate and any hazards

Average temperature in early September is normally between 10 and 20 C. Low humidity, but risk of heavy rain showers.

No specific hazards.

## Information

### The punching system to be used

EMIT Touch-Free punching and timing system is used on World Cup races. Each runner will carry two emiTags around the same wrist. The punching is performed by holding the emiTag 0 - 50 cm from the control for a short moment. The LED light in the emiTag will start flashing after successful punch, and will keep flashing for 5 seconds. It will be possible to test the system at the technical model event. Timekeeping services are provided by EQ Timing.

### Notes on competition clothing

Full body coverage, T-shirts permitted.

### A recent sample map showing the type of terrain

You will find this maps on our website: [www.woc2019.no](http://www.woc2019.no)

### A colour copy of the most recent version of any previous orienteering map(s) of the embargoed areas

You will find this maps on our website: [www.woc2019.no](http://www.woc2019.no)

### Registration and accreditation for IOF officials

Registration and requests for transportation are to be made in IOF Eventor.

<https://eventor.orienteering.org/Events/Show/5696>

Registration / Accreditation fee      NOK 1 000

Transport package for IOF              To be decided

The accreditation includes:

- VIP service on the competition arenas
- Competition maps

Registrations must be confirmed by 30 June 2018.