



Craftsbury

Ski Orienteering World Cup Round 3

World Masters Ski Orienteering Championships



SKI ORIENTEERING
WORLD CUP



Bulletin 3

March 5-10 • 2018 • USA

www.craftsbury.com/skio18



Welcome from the Craftsbury Outdoor Center

The Town of Craftsbury, the Craftsbury Outdoor Center (COC), and the organizing committee invite you to attend the March 2018 week of ski-orienteering races. This area of Vermont is known for its welcoming and friendly people, farm-fresh food, and abundance of snow in the winter. We are excited to host this event in our special part of Vermont and the United States of America.



The Craftsbury Outdoor Center is a non-profit organization with a mission that focuses on sport, sustainability, and stewardship. The COC runs Olympic Development programs in Rowing, Nordic Skiing and Biathlon. The COC has gained a reputation for hosting top-quality ski races at the national level.

Craftsbury has a long history of ski orienteering, and members of our staff have been medal winners in past Ski WOC events. In the last 9 years, Craftsbury athletes have competed around the world in Junior, Master, and Senior World Championships, and before that, the COC has held U.S. Ski Orienteering Championship Events since the 1980s. This week of competitions is one way to say thank you to all the people, organizations, and countries that have hosted ski orienteering events before us.

– Judy Geer, Craftsbury Outdoor Center

The Scott Pleban Long Distance Event

The Long Distances races are named in memoriam Scott Pleban, a long-time racer and supporter of ski orienteering in the US.

Scott Pleban was a member of the U.S. Ski Orienteering Team for over 20 years, and also competed as a master. Scott was a many-time U.S. Ski Orienteering Champion, and always a contender at WMSOC. He won a silver medal at World Masters in Switzerland in 2008, and top finishing in Norway, Ukraine, and Latvia in 2011-2013. Outside of ski orienteering, Scott was a talented Adventure Racer, and navigated his Team SOG to victory at the 2011 USARA Adventure Race National Championship. His teammates and competitors alike described him as a caring, thoughtful, and adventurous spirit.



Contents

Welcome from the Craftsbury Outdoor Center	2
Organizing Committee	4
Competition Schedule	5
Classes and Participation Restrictions	6
Location, Terrain, and Pre-Training Opportunities	6
Entry Fees	7
Waxing Trailers	7
Transportation	8
Housing	8
Course Data	9
Doping Control	10
Maps	10
Punching System	10
Visas	10
Model	10
Embargoed Area	11
Embargoed Area Map	11
Previous Orienteering map	12
Sponsors	13



Organizing Committee

Event Director: Adrian Owens
Technical Director: Ed Despard
Timing: Bullitt Timing (www.BullittTiming.com)
Course Setters: Alex Jospe and Andy Hall
Media Contact: Greg Walker (gwalker@catchingfeatures.com)

Contact

Website: craftsbury.com/skio18
E-Mail: SkioVT2018@gmail.com
Phone: +1 802.289.2890

Mailing Address: Adrian Owens
400 Post Rd
Craftsbury Common, Vermont
05827

Controllers

National Event Controller: Ken Walker, Sr (USA)
IOF Event Advisor: Staffan Tunis (FIN)
IOF Senior Event Advisor: Antti Myllärinen (FIN)

Jury

Carl Fey	USA
Mika Tervalo	FIN
Richard Klech	CZE

Event Hats

Skida event hats with custom event patches are available in two designs, bears and floral print, for \$36. To order, contact Allison: (avanakkeren@sterlingcollege.edu). Payment can be made with cash at the event office when the hats are picked up.



Competition Schedule

Date	Time	World Cup	World Masters	
Sunday March 4	12:00-17:00	Arrival and Accommodation Registration	Arrival and Registration	
Monday March 5	9:00-17:00	Event Office Open	Event Office Open	
	9:00	Model Opens	Model Opens	Open all Week
	10:00-14:00	Model Official Training		
	15:00	Deadline for sprint name entries		Event Office
	16:00	Opening Ceremony	Opening Ceremony	Sterling College
	19:00	Team Leaders Meeting		Sterling College
Tuesday March 6	8:00-17:00	Event Office Open	Event Office Open	
	10:00-11:00	Sprint Starts		
	12:00-2:00		Middle Distance 1 Starts	
	15:00	Deadline for middle name entries		Event Office
	19:00	Team Leaders Meeting		Sterling College
Wednesday March 7	8:00-11:00	Event Office Open	Event Office Open	
	10:00-11:30	Middle Starts		
	12:00-2:00		Middle Distance 2 Starts	
	15:00-17:00	Event Office Open	Event Office Open	
Thursday March 8	10:00-11:00	Event Office Open	Event Office Open	
	15:00	Deadline for long name entries		Event Office
	19:00	Team Leaders Meeting		Sterling College
Friday March 9	7:30-9:00	Event Office Open	Event Office Open	
	9:30	Long Mass Start - Men		
	10:00	Long Mass Start - Women		
	12:00-14:00		Long Starts	
	15:00	Deadline for relay name entries		Event Office
	19:00	Team Leaders Meeting		Sterling College
	20:00		Medal Ceremony and Social	Craftsbury Activity Center
Saturday March 10	8:00-10:00	Event Office Open	Event Office Open	
	10:00	Mixed Sprint Relay Start		
	12:00		Open Sprint Relay Start	
	14:00-16:00	Event Office Open	Event Office Open	
	17:00	Medal Ceremony, Banquet, and Closing Ceremony		Highland Lodge



Classes and Participation Restrictions

Competitors aged 21 or older belong to each class from the beginning of the calendar year in which they reach the given age. They are entitled to compete in younger classes down to and including 21.

World Cup (M/W 21):

Participation restrictions according to IOF World Cup rules: In each competition each federation may enter a maximum of 6 men and 6 women per country for individual races, and a maximum of 3 teams for the mixed sprint relay.

WMSOC (M/W 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90):

Open to anyone over the age of 35. Medals are awarded in long distance and in middle distance events (two sets of medals).

Long distance: Single race event with random start order.

Middle distance: The result is based on the sum of the times of two middle distance races. The start order for the first event will be drawn at random; start order for the second race will be the reverse of the first race start list.

Open Classes:

Open classes for juniors, and non world cup M/W 21 competitors will be available. To enter the open classes email the event director.

Orienteering USA Nationals:

The World Cup Long Distance race is also the Orienteering USA National Championships for the M/W 21 classes. All other classes will be on their World Masters course for OUSA Nationals. The second day of the World Masters Middle Distance is the Orienteering USA National Championship, along with the World Cup Middle Distance for M/W 21 classes.

Location, Terrain, and Pre-Training Opportunities

The event center will be located at the Craftsbury Outdoor Center.

535 Lost Nation Rd
Craftsbury Common, VT USA
05827

Team leaders meetings will be held at Sterling College, 4km from the Craftsbury Outdoor Center.

16 Sterling Dr
Craftsbury Common, VT USA
05827

The town of Craftsbury (population 1,136) is located in the northeastern part of the State of Vermont, in the northeastern part of the United States of America.

The racing terrain is a mix of forest, fields, and lakes. The forest is mix of conifers and deciduous trees. The altitude ranges from 270m to 400m above sea level. The Craftsbury Outdoor Center maintains approximately 80 km of groomed cross-country ski trails.

There is no cellular phone coverage at the Craftsbury Outdoor Center, but wifi coverage is provided over the entire stadium area.

Pre-training possibilities are nearby with cross-country ski trails in the towns of Greensboro and Stowe, Vermont. These cross-country ski areas charge daily trail fees, but may be included in some local lodging.

There are many post event winter recreation activities in Vermont and surrounding states. There are many alpine and nordic ski areas as well extensive National Forests for backcountry exploration.



Entry Fees

All entries via IOF eventor: <http://eventor.orienteering.org>

All competitors will be required to sign the Orienteering USA liability release at event check-in.

WMSOC	Early (Before Dec 1st)	Regular (Dec 1st-Jan 31st)	Late (Feb 1-28 2018)
2 Middles+ Long	\$138	\$165	\$184
Sprint Relay (2 person team, Women, Men, or Mixed) Entry fee is per team.	\$60	\$60	\$70 (until March 9th)

WCup	Regular	Late (After Jan 31st 2018)
Individual Races	\$60	\$72
Mixed Sprint Relay Entry fee is per team.	\$105	\$126
Team Official Accreditation	\$60	\$72
Media Accreditation	\$30	\$36

Team official accreditation fee covers all races at the event, and includes printed start lists and results, maps at the conclusion of the event, and admittance to the team leaders meetings and coaching areas.

Media accreditation covers fee all races at the event, and includes printed start lists and results, maps at the conclusion of the event, and admittance to designated media zones.

Teams must enter their number of athletes by Jan 31st. Names of athletes are due Feb 28th. After Jan 31st additional athlete entries will be charged the late fees (+20%).

Waxing Trailers

Mobile trailers are being brought on site for team and group waxing facilities. 2.4m x 6m, and 3m x 12m spaces are available, with heat, ventilation, and power. Contact the event organizers for details on costs. Reserved trailers will be the only indoor waxing spaces available. Additional power plugs are available outside at designated locations.

All waxing facilities are equipped with 110V power only. No 220V power is available.



Entry Summary

Country	Men	Women	Officials
Bulgaria	1	1	1
Canada	2	1	1
Taiwan	1		
Czech Republic	3	2	1
Estonia	3	2	1
Finland	5	4	3
Germany	1		
Italy	1	1	1
Norway	6	1	2
Romania	2	1	
Russia	6	2	
Sweden	6	6	4
Switzerland	3	2	1
United States	2		
	42	23	15



Transportation

The nearest international airports are: Boston (BOS), Massachusetts, approximately 4 hours/350km away, or Montreal (YUL), Quebec, approximately 2.5 hours/170km away. If flying into Canada, you may need an entry visa.

The nearest domestic airport is Burlington, Vermont (BTV), approximately 1.5 hours/100km away.

The nearest railway station is in Montpelier, or Waterbury Vermont. The Waterbury station has more frequent services. Amtrak's "Vermont" train runs once per day, leaving New York City's Penn Station at 11:30 am.

<http://www.amtrak.com/vermonter-train>

There are public transport buses from Boston to Montpelier or Burlington, with Megabus, or Greyhound.

Boston Logan Airport is served by Concord Coach bus service, with twice daily routes to Littleton, New Hampshire.

Some public transportation is available from the US airports to Northern Vermont, but it is usually only once or twice per day. Pick-up from Burlington VT, Waterbury VT, Montpelier VT, and Littleton NH, can be arranged from Peg's Taxi service: +1(800) 370-9490

Rental cars are available at all airports.



Housing

All rooms at the Craftsbury Outdoor Center (COC) have been booked. Other lodging options are still available nearby.

Craftsbury:

There are several bed and breakfast style houses available in the town of Craftsbury, including the Whetstone Brook House, Three Bee's Guest House, Phoebe's House, and the Village House Inn. Contact the event director for more information on any of these housing options. Many other local houses are advertised through "vacation rental by owner" at www.vrbo.com, or on Airbnb.com

Nearby Towns:

Greensboro - 15km

The Highland Lodge has rooms in the main lodge, and four winterized cabins. 38 total beds. Kitchen access can be arranged. This is the best location for teams looking for pre-training with ski trails right to the door. (B-C standard) (<http://www.highlandlodge.com/>)

Morrisville - 25km

Sunset Motor Inn has A and B standard rooms, with a restaurant next door to the motel. 100 total beds.

Stowe - 40km

Stowe has a much larger tourism industry, with hundreds of rooms and three nordic ski areas. Group rates have been arranged at facilities in Stowe, including the Trapp family lodge (use booking code 50N21F), and the Stoweflake resort (reference World Masters Ski Orienteering when booking).

St Johnsburry - 50km, and Newport - 45km

These towns are further from the event center, but have less expensive lodging options.



Preliminary Course Data

Map exchange and equipment drop will be located in the stadium near the start.

World Cup

Event	Distance(Skiable)	Climb(m)	Controls
M21 Sprint	4.2km	185	9
W21 Sprint	3.2km	135	7
M21 Middle	11km	265	18
W21 Middle	9km	235	13
M21 Long	28.8km	785	35
W21 Long	22.5km	600	26

World Masters - Winning Times

Class	Middle 1	Middle 2	Long
M/W35	40	40	60
M/W40	40	40	60
M/W45	40	40	60
M/W50	30	30	50
M/W55	30	30	50
M/W60	30	30	50
M/W65	30	30	50
M/W70	25	25	45
M/W75	25	25	45
M/W80	25	25	45
M/W85	25	25	45



Doping control

Doping is strictly forbidden, and the organizers of the Ski Orienteering World Cup in Craftsbury are dedicated to supporting the anti-doping authorities in their work.

Doping controls may be carried out any time during the competition period. Selected athletes will be given instruction to report to the doping control after finishing their race, and will be escorted by a chaperone. Random doping control may occur even during the days when there are no competitions. Doping tests will always be carried out in accordance with the procedures described in the WADA International Standard for Testing and Investigations. The World Anti-Doping Code and IOF Anti-Doping Rules apply as of 1st of January 2015.

Athletes selected for the doping tests must bring an official identification document (with photo) to the doping test area. The athlete should also bring along their Therapeutic Use Exemption (TUE) if applicable.

Visas

For citizens of Nations requiring a visa to enter the United States, Orienteering USA will provide an Invitation Letter as required for the visa application process. Please contact the nearest US Embassy to determine the specific requirements for your visa and be sure to allow enough time for the approval process. Request an invitation letter through kwalker@vmec.org

Maps

The map is a new Lidar based production made 2017-2018. Contour interval is 5m, and scale will be according to the IOF rules for each race/class. All maps will be printed on A4 paper.

Punching System

All races will use the SportIdent Air+ system. World Cup competitors will be provided with a SIAC for the entire event. World Masters competitors can bring their own SIAC, or rent one from the organizers.

Model

The model event area is accessible on skis from the Event Center at the Craftsbury Outdoor Center. Walking along the road to reach it is also possible.

Model maps will be available at the event office.

One wide groomed ski trail traverses about 1.5 km of terrain to reach an area of higher trail density, where the majority of model controls will be. No parking is available closer than the Event Center. Do not park vehicles in the driveways of the private residences nearby.

There is another 15 km of wide groomed trails west and south of the model event area that will be open for training. Those trails connect the Model Event to the villages of Craftsbury Common, and Craftsbury Village where more parking is available.



Embargoed Area

The embargo does not apply to competitors who are only participating in the open sprint relay on Saturday.

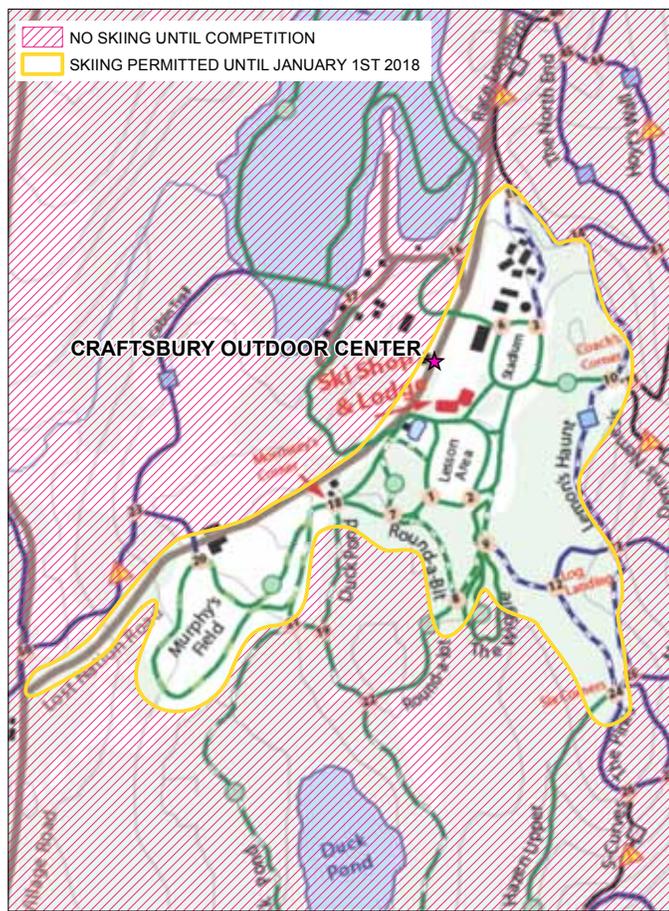
World Cup skiers and team officials are prohibited from any skiing on trails in the northern half of the town of Craftsbury and southern part of the town of Albany after April 1, 2017.

All of Town Highway 19 is embargoed from travel by teams or athletes.

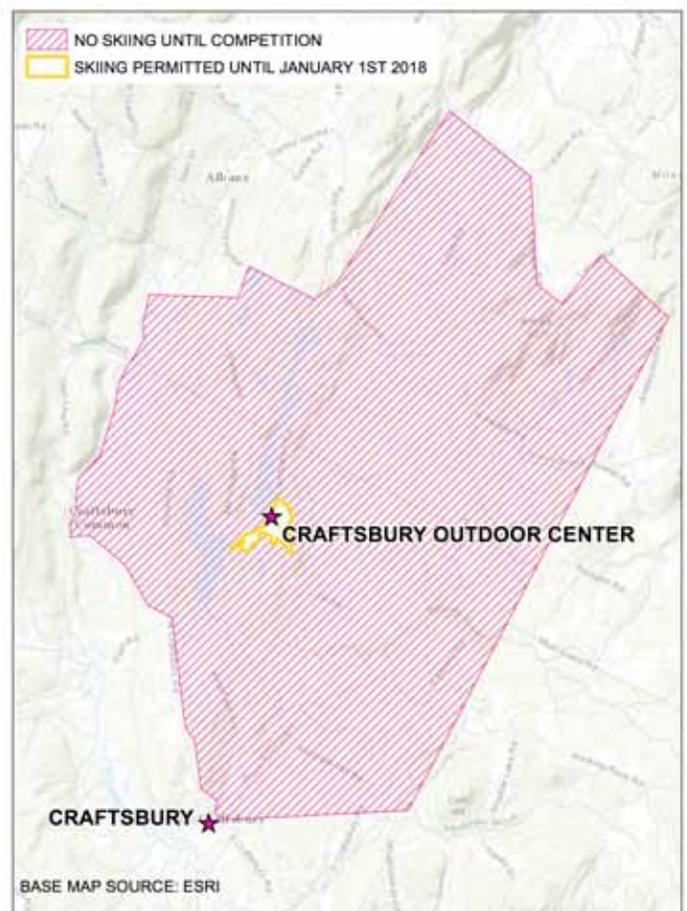
World Masters Competitors are allowed to ski on the Craftsbury Outdoor Center trails without a map and without any route testing until after the Craftsbury Marathon/Supertour weekend, January 26-28th 2017.

Skiing on the early season snowmaking trails is allowed from Nov. 1 to Dec. 31, 2017. The snow making trails include: the upper and lower field, Log Landing, Lemon's Haunt, Round-a-Bit, and Murphy's Field. No training with a map of those trails or testing routes with a watch or GPS is allowed.

Snowmaking Exception Area



Embargo Map



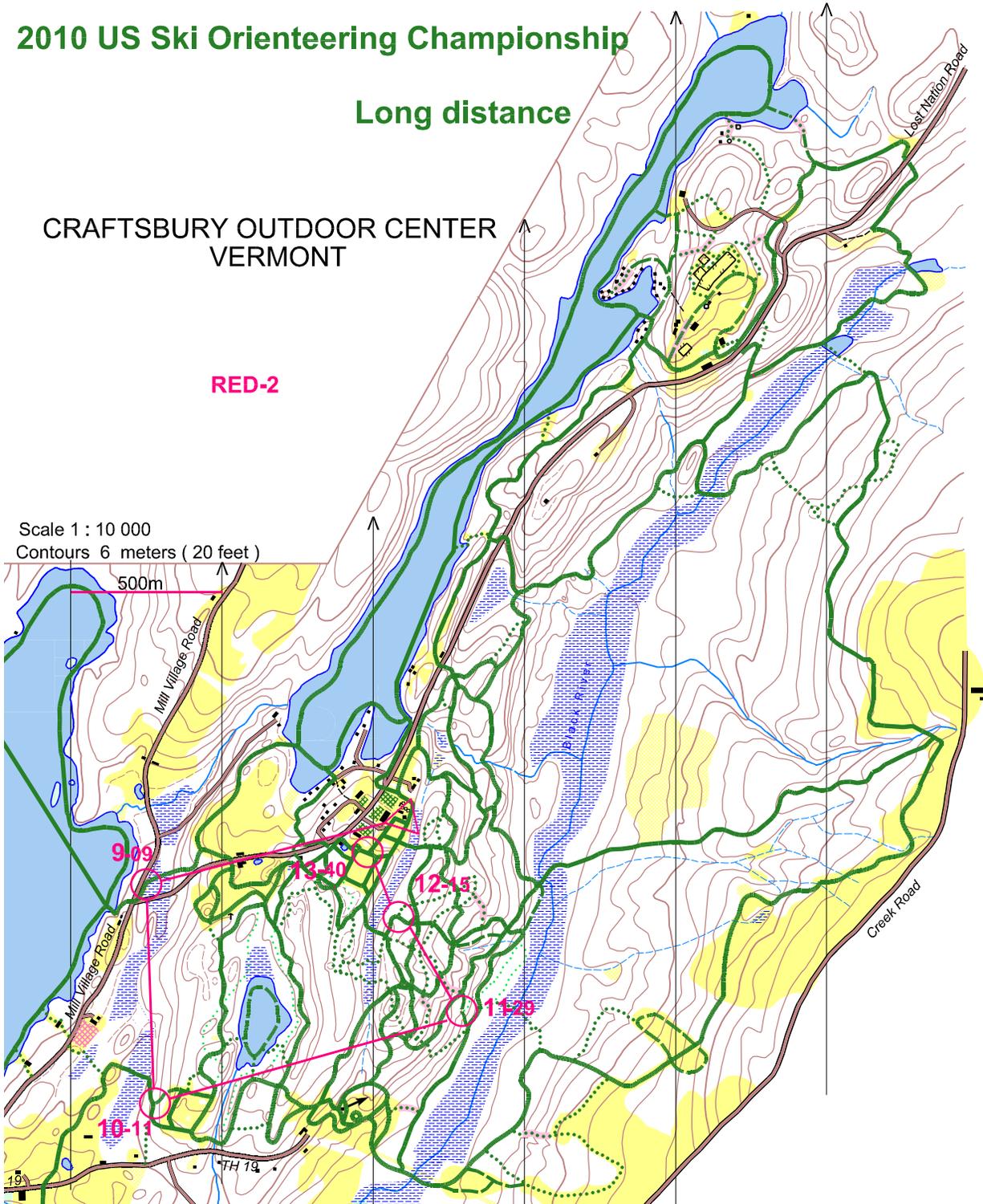
Previous Orienteering map

2010 US Ski Orienteering Championship

Long distance

CRAFTSBURY OUTDOOR CENTER
VERMONT

RED-2



Sponsors

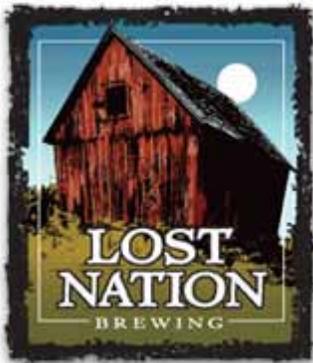
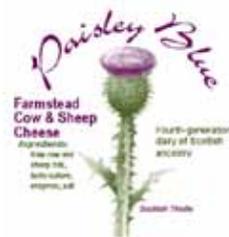
Gold



Silver



Bronze



WINTER'S COMING. **BE READY.**

Train with the Concept2 SkiErg.



Ida Sargent
US Ski Team

Belong to your regional ski association?
Be sure to ask for our discount.

concept 2

concept2.com/ski 800.245.5676