



# Craftsbury

Ski Orienteering World Cup Round 3

World Masters Ski Orienteering Championships



SKI ORIENTEERING  
WORLD CUP



## Bulletin 4

March 5-10 • 2018 • USA

[www.craftsbury.com/skio18](http://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-orienteeing 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 orienteeing, 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 orienteeing 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 orienteeing 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 orienteeing, 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.



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## 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](http://craftsbury.com/skio18)  
E-Mail: [SkioVT2018@gmail.com](mailto: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](mailto: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	
<b>Sunday March 4</b>	12:00-17:00	Arrival and accommodation registration	Arrival and registration	
<b>Monday March 5</b>	9:00-17:00	Event Office open	Event Office open	
	9:00	Model Event opens	Model Event 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
<b>Tuesday March 6</b>	8:00-17:00	Event Office open	Event Office open	
	10:00-11:00	Sprint starts		
	12:00-2:00		Middle 1 starts	
	15:00	Deadline for Middle name entries		Event Office
	19:00	Team Leaders Meeting		Sterling College
<b>Wednesday March 7</b>	8:00-11:00	Event Office open	Event Office open	
	10:00-11:30	Middle starts		
	12:00-2:00		Middle 2 Starts	
	14:00		Middle combined awards	Stadium
	15:00-17:00	Event Office open	Event Office open	
	17:00 - 21:00	Social event	Social event	Highland Lodge
<b>Thursday March 8</b>	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
<b>Friday March 9</b>	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
<b>Saturday March 10</b>	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 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	4	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		
	<b>43</b>	<b>23</b>	<b>15</b>

## Complaints

Complaints should be made to the event director at the race office within 15 minutes after the last finisher.

## Time Limits

Sprint: 90 minutes  
Middle: 3 hours  
Long: 3 hours  
Sprint Relay: 3 hours



# WCup Sprint

All courses are subject to change due to weather conditions.

Course	Straight distance	Skiable distance	Climb	# Controls	Winning time
M21	3.4km	4.4km	150m	11	13min
F21	3.0km	3.7km	130m	9	13min

## Start Procedure

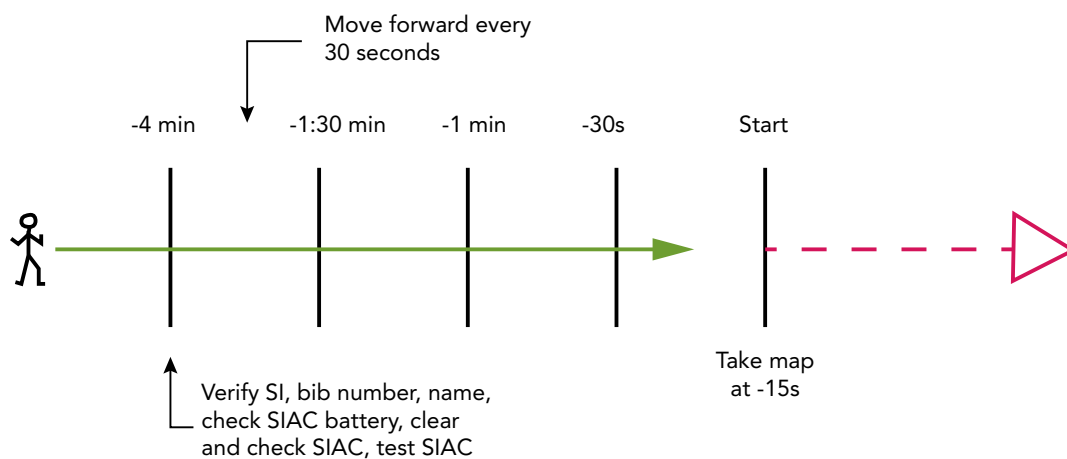
Quarantine is from 10:00am to 10:35am. Nobody may re-enter quarantine.

At -4min, verify SI number, bib number, and name. Proceed and check SI battery, clear, check, and test SI.

Maps handed out at -15s.

A start gate will be used at the starting line. Reference IOF rule 22.19: Skiers may start between -5s and the assigned start time; those who start late will use their assigned time. A skier starting earlier than -5s must restart or be disqualified.

Flower ceremony will happen immediately upon completion, at approximately 11:00am in the stadium.





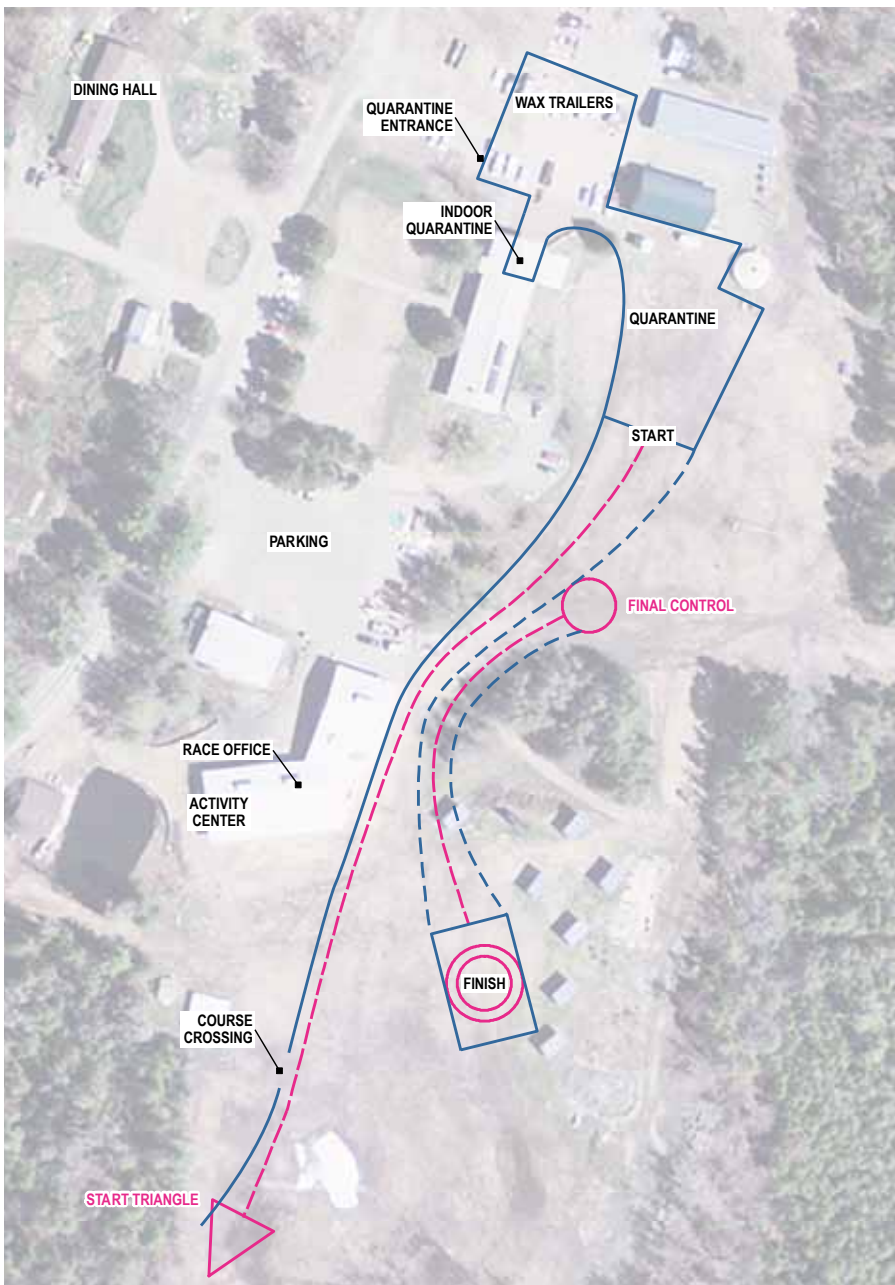
## Course Notes

Some trails have very limited snow cover. They are indicated with a dotted green symbol.

This is a multi-use area, and there are a lot of snowshoe and mountain bike trails. These are not on the map, and we have tried to block them in terrain at the intersections.

There are some manmade objects in the terrain that are also not on the map.

The time stops when the skier crosses the finish line.



Dotted trail



Man-made object



## WCup Middle

All courses are subject to change due to weather conditions.

Course	Straight distance	Skiable distance	Climb	# Controls	Winning time
M21	6.2km	8.9km	240m	17	27min
F21	7.8km	10.9km	295m	21	28min

### Start Procedure

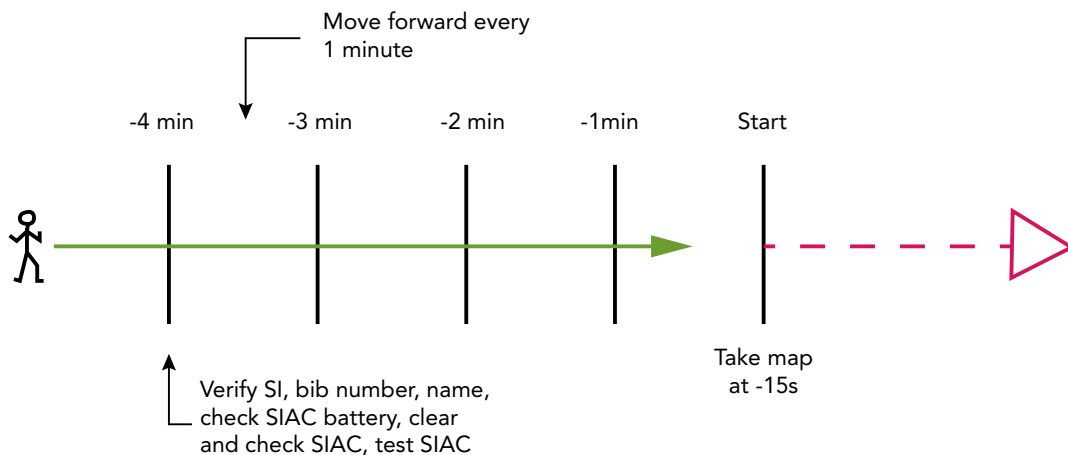
Quarantine is from 10:00am to 11:15am. Nobody may re-enter quarantine.

At -4min, verify SI number, bib number, and name. Proceed and check SI battery, clear, check, and test SI.

Maps handed out at -15s.

A start gate will be used at the starting line. Reference IOF rule 22.19: Skiers may start between -5s and the assigned start time; those who start late will use their assigned time. A skier starting earlier than -5s must restart or be disqualified.

Flower ceremony will be immediately after the winners have finished, approximately 12:00pm.



## Course Notes

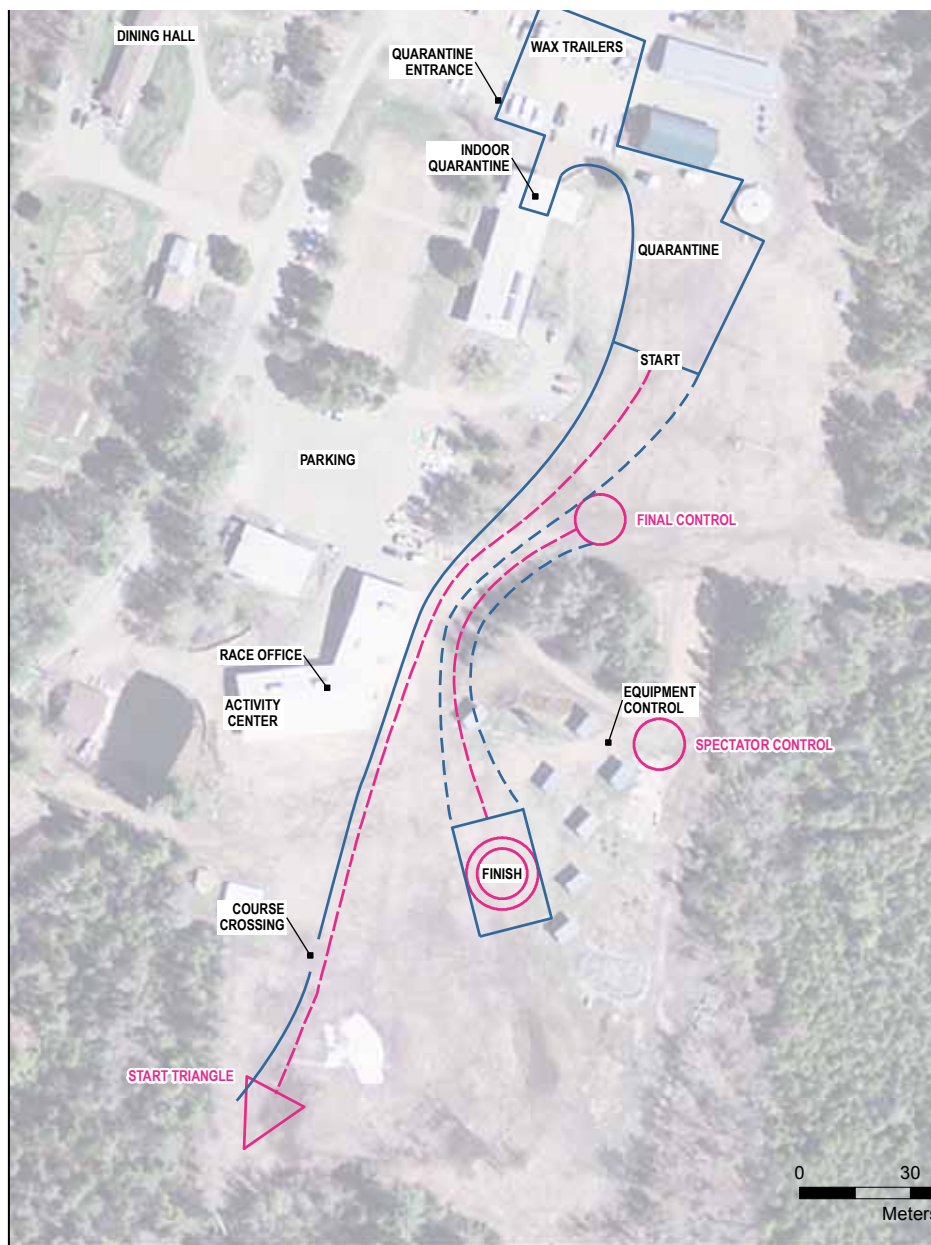
Some trails have very limited snow cover. They are indicated with a dotted green symbol.

This is a multi-use area, and there are a lot of snowshoe and mountain bike trails. These are not on the map, and we have tried to block them in terrain at the intersections.

There are some manmade objects in the terrain that are also not on the map.

Equipment for equipment control must be dropped off at the course crossing before entering Quarantine.

The time stops when the skier crosses the finish line.



Dotted trail



Man-made object



# World Cup Long

All courses are subject to change due to weather conditions.

Course	Straight distance	Skiable distance	Climb	# Controls	Winning time
M21	24km				90min
F21	18km				90min

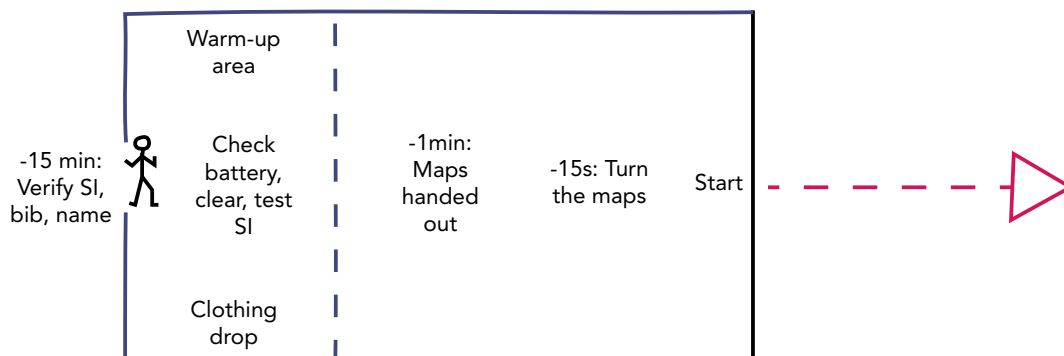
## Start Procedure

Enter the start corral by -15min. Verify SI, bib, name. Once inside the corral, check battery, clear, test SI.

Enter the start formation by -2min. Maps will be handed out to be held behind the skiers' back at -1min. Turns the maps at -15s. A start command will be given at the start time.

The start formation will have classic tracks. Skiers must double pole to the end of the tracks.

Flower ceremony will be immediately upon completion, approximately 11:00 for the men and 11:30 for the women.



## Course Notes

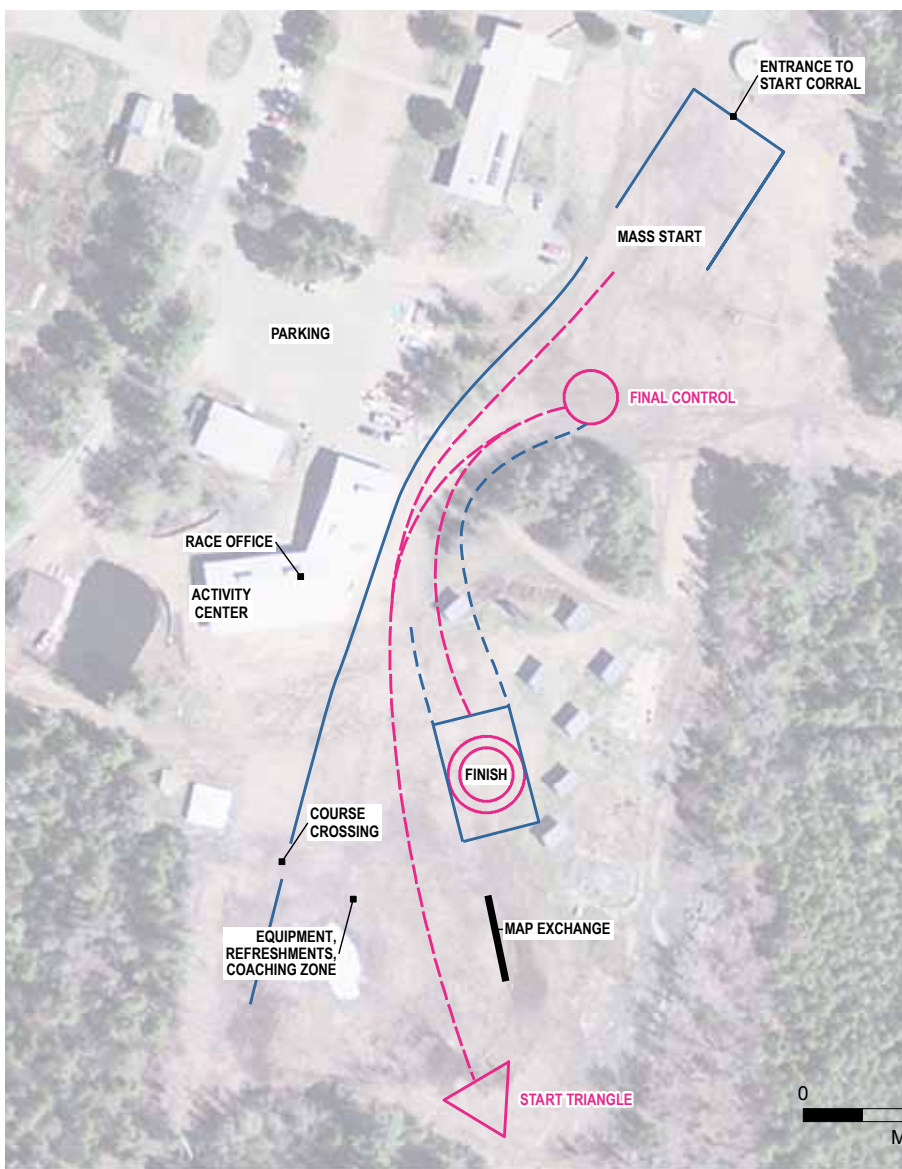
Some trails have very limited snow cover. They are indicated with a dotted green symbol.

This is a multi-use area, and there are a lot of snowshoe and mountain bike trails. These are not on the map, and we have tried to block them in terrain at the intersections.

There are some manmade objects in the terrain that are also not on the map.

Equipment for equipment control must be dropped off at the course crossing by 9:20am.

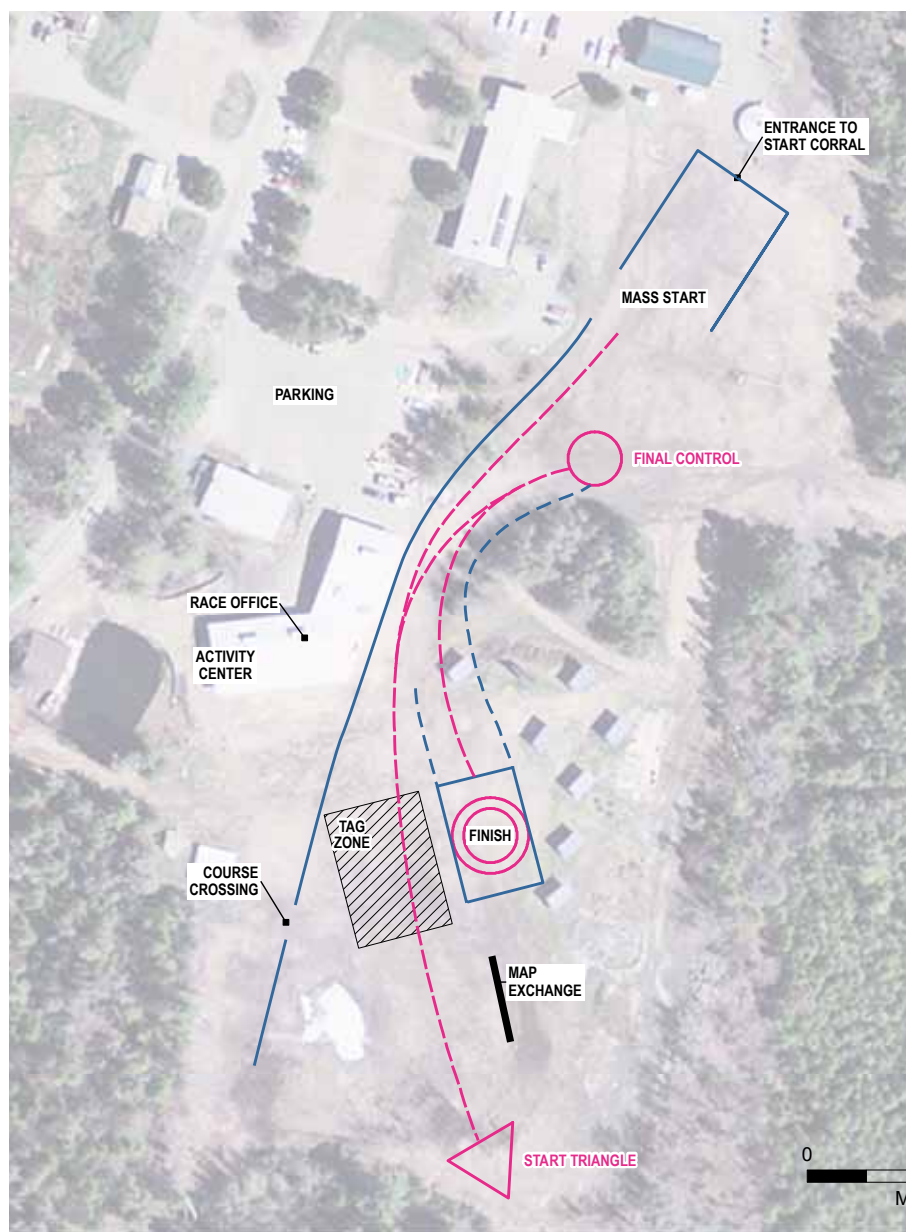
The time stops when the skier crosses the finish line. There is a finish camera to capture close finishes.



# World Cup Sprint Relay

All courses are subject to change due to weather conditions.

Course	Straight distance	Skiable distance	Climb	# Controls	Winning time
M21	1.9-2.1km	8.1km	240m	24	42min
F21	1.4-1.9km	6.8km	180m	20	42min



## Course Notes

Some trails have very limited snow cover. They are indicated with a dotted green symbol.

This is a multi-use area, and there are a lot of snowshoe and mountain bike trails. These are not on the map, and we have tried to block them in terrain at the intersections.

There are some manmade objects in the terrain that are also not on the map.

Flower ceremony will happen immediately upon completion, approximately 11:30am.



## Start Procedure

First leg skiers enter the start corral by -15min. Verify SI, bib, name. Once inside the corral, check battery, clear, test SI.

Enter the start formation by -2min. Maps will be handed out to be held behind the skiers' back at -1min. Turns the maps at -15s. A start command will be given at the start time.

The start formation will have classic tracks. Skiers must double pole to the end of the tracks.

## Tag Procedure

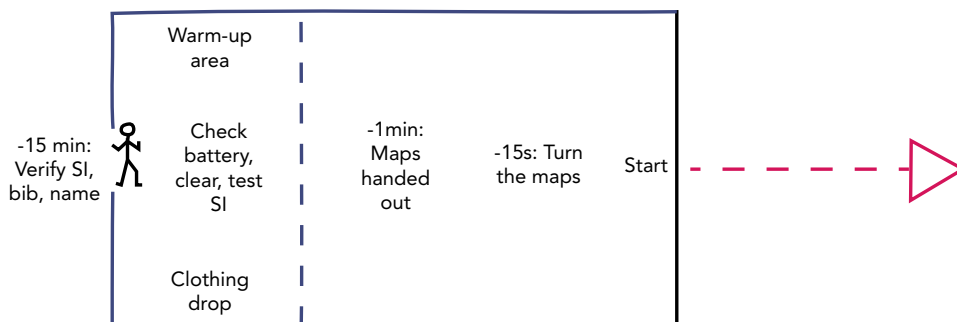
Second leg skiers must enter relay warm-up area by -15min to relay start. Verify SI, bib, name. Once there, check battery, clear, test SI.

Enter relay waiting area when your teammate is called on the pre-warning. After the tag, ski forward to the map boards and take the map that matches your bib number. Each skier does three legs.

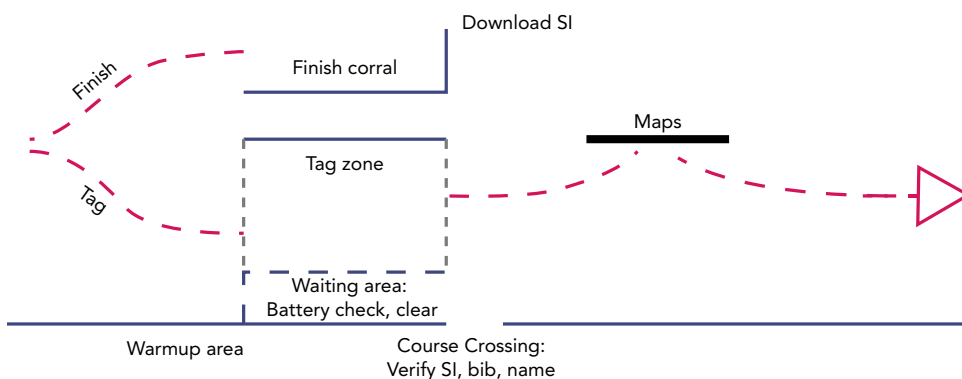
The final leg skier goes to the finish instead of the tag zone. The time stops when the skier crosses the finish line. There is a camera to capture close finishes.

Skiers do not need to download in between each leg.

### Leg 1



### Legs 2-6



## Course Data

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

All courses are subject to change based on weather conditions.

Class	Entrants (current 3/1)	Middle 1 straight	Middle 1 winning time	Middle 1 controls	Middle 2 straight	Middle 2 winning time	Middle 2 controls	Long straight	Long winning time
M35	7	6.1km	40min	16	6.4km	40min	17km	13.1km	60min
M40	6	6.1km	40min	16	6.4km	40min	17km	13.1km	60min
M45	8	6.1km	40min	16	6.4km	40min	17km	13.1km	60min
W35	3	5.2km	40min	13	5.2km	40min	17km	10.9km	60min
W40	6	5.2km	40min	13	5.2km	40min	17km	10.9km	60min
M50	12	5.2km	30min	13	5.2km	30min	17km	10.9km	50min
W45	3	4.2km	40min	12	4.5km	40min	12km	8.1km	60min
W50	5	4.2km	30min	12	4.5km	30min	12km	8.1km	50min
M55	15	4.2km	30min	12	4.5km	30min	12km	8.1km	50min
W55	3	4km	30min	11	4km	30min	11km	5.9km	50min
M60	11	4km	30min	11	4km	30min	11km	5.9km	50min
M65	12	4km	30min	11	4km	30min	11km	5.9km	50min
W60	2	3km	30min	8	3.3km	30min	7km	4.8km	50min
W65	6	3km	30min	8	3.3km	30min	7km	4.8km	50min
M70	11	3km	25min	8	3.3km	25min	7km	4.8km	45min
W70	4	2.9km	25min	8	2.9km	25min	8km	3.9km	45min
M75	4	2.9km	25min	8	2.9km	25min	8km	3.9km	45min
W75	1	2.9km	25min	8	2.9km	25min	8km	3.9km	45min
M80	3	2.9km	25min	8	2.9km	25min	8km	3.9km	45min

## Live Results

Live results will be available on Bullitt Timing at <http://live.BullittTiming.com>. Results will be available on screens at the Activity Center. Official results will be posted on Eventor.





## 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](mailto: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.

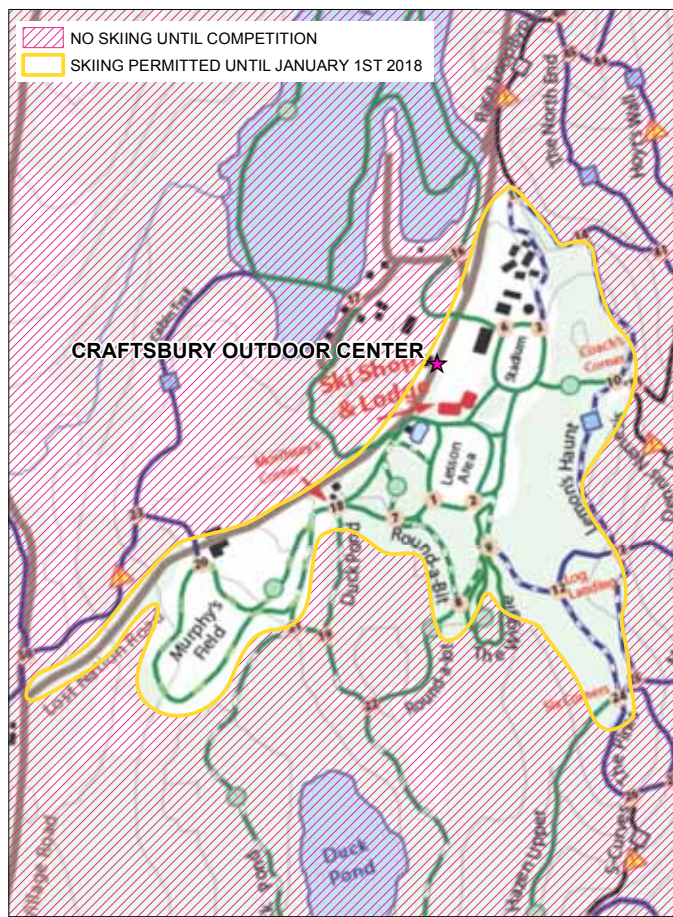
World Cup skiers and team officials are prohibited from any skiing on trails in the northern half of the town of Craftsbury and southern part of the town of Albany after April 1, 2017.

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

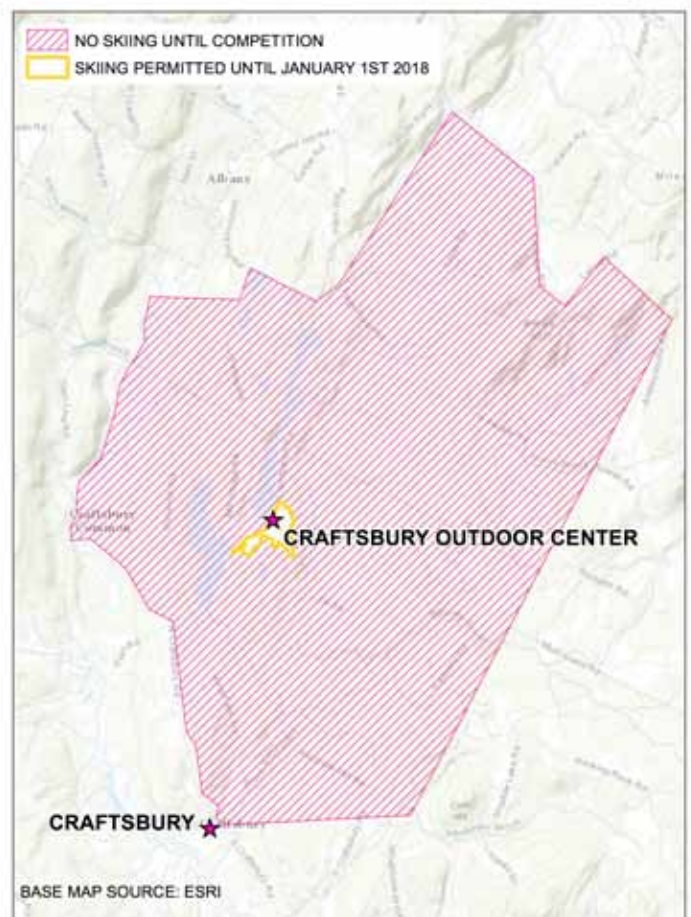
World Masters Competitors are allowed to ski on the Craftsbury Outdoor Center trails without a map and without any route testing until after the Craftsbury Marathon/Supertour weekend, January 26-28th 2017.

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



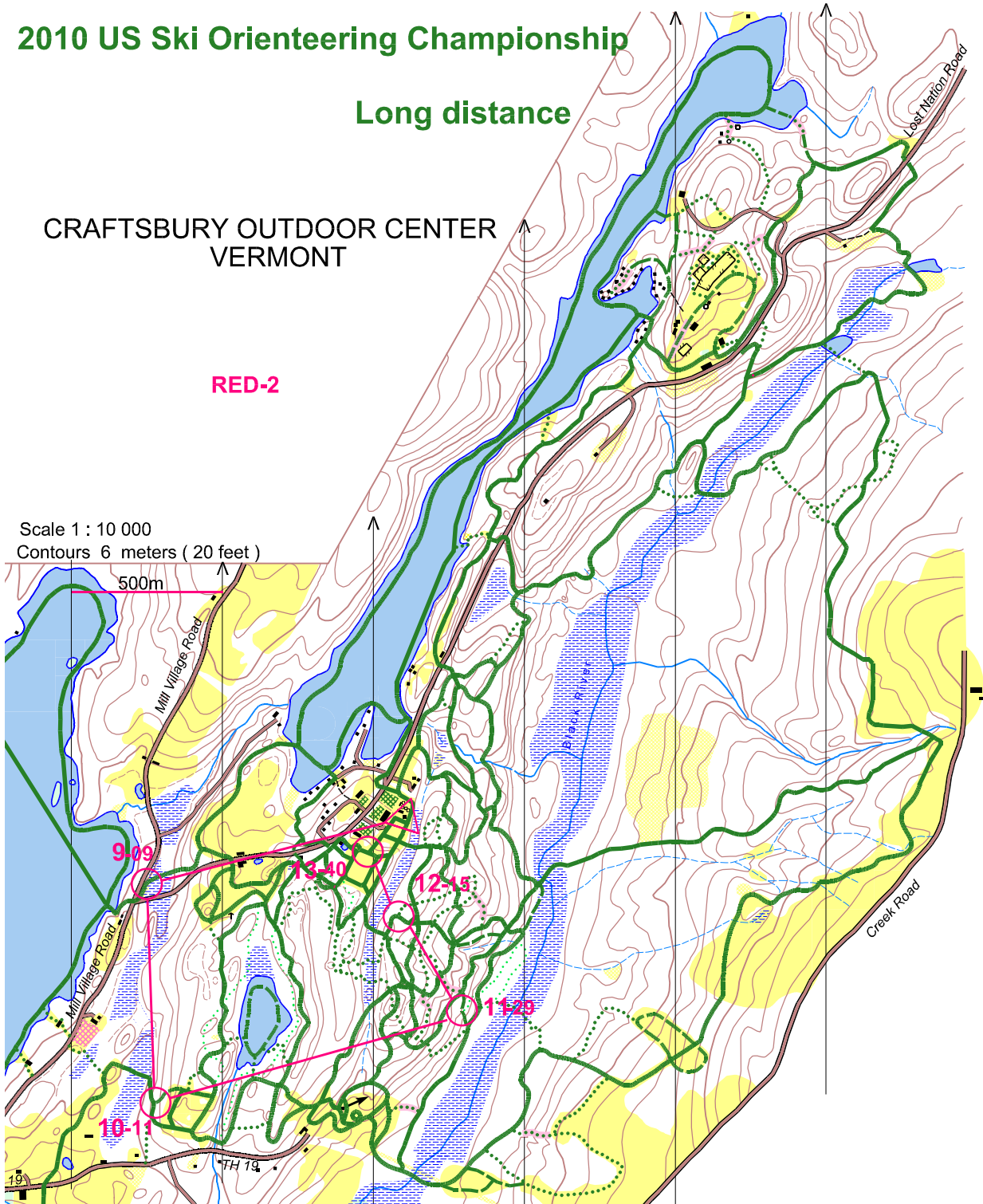
# Previous Orienteering map

## 2010 US Ski Orienteering Championship

### Long distance

CRAFTSBURY OUTDOOR CENTER  
VERMONT

RED-2



# Sponsors

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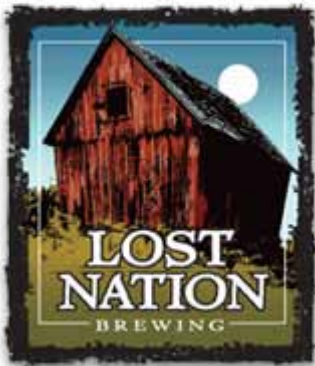
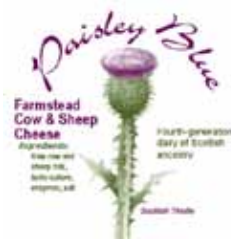
## Gold



## Silver



## Bronze



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

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**Ida Sargent**  
US Ski Team

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