

WOC 2019

NOKIAN TYRES
WORLD ORIENTEERING
CHAMPIONSHIPS
ØSTFOLD NORWAY 2019



World Cup round 3
& Pre-WOC
Norway

**World Cup round 3
& Pre-WOC
Norway**

Welcome to Østfold

It is a great pleasure to welcome you to the World Cup 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**



Welcome to World Cup round 3 & Pre-WOC

On behalf of WOC 2019 Organising Committee, I wish you all a warm welcome to the World Cup round 3 & Pre-WOC in Østfold - Norway 31 August – 2 September 2018.

Norwegian Orienteering Federation has delegated responsibility for planning and conducting the World Cup 2018 / Nokian Tyres World Orienteering Championships 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.

Per Bergerud
Director WOC 2019





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NOF main sponsors



Schedule

Day & Date	Time	Event/Race	Arena /Location
Thursday, 30.8.2018	09:00	Event centre opens	Quality Hotel Sarpsborg
	18:00	Team Officials' Meeting for all races	
Friday, 31.8.2018		World cup - Long	Aremark
	09:30	First start	
	14:05	Winner women	
	15:00	Winner men	
	15:15	Flower ceremony	
Saturday, 1.9.2018		World cup - Prologue	Kirkebygden, Våler
	09:00	First start	
	11:30	Winners women/men	
		Public race	Aremark
	14:00	KM long Østfold	
		World cup - Pursuit	Aremark
	17:00	Start women	
	17:47	Winner women	
	18:00	Start men	
	18:45	Winner men	
	18:55	Flower ceremony	
Sunday, 2.9.2018		Public race	Aremark
	09:30	KM middle Østfold	
		World cup - relay	Aremark
	10:00	Start women	
	11:45	Winner women	
	12:00	Start men	
	13:45	Winner men	
	13:55	Flower ceremony	

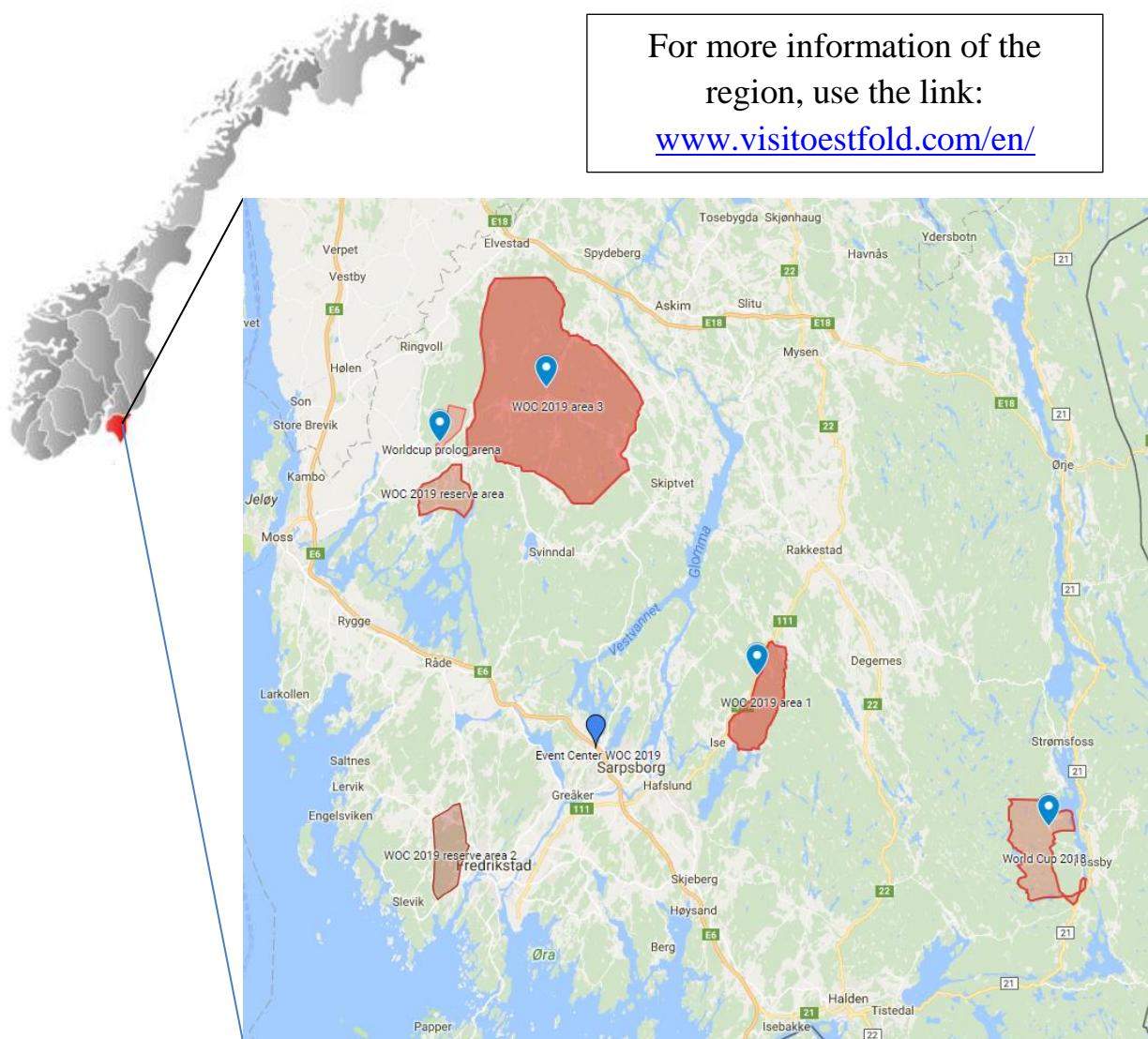
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Venues

Long distance, pursuit and relay in the World Cup 2018 will take place in Aremark, placed between Halden and Ørje, 25 km from Halden, 61 km from the event centre. The arena location in Aremark is at coordinates 59.24423, 11.64296

Prologue in the World Cup 2018 will take place in Kirkebygden, Våler, 37 km from the event centre. The distance from the prologue to the arena in Aremark is 97 km.

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



Transport /travel opportunities

We recommend transport by car/minibus. 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.

Event centre and opening times

The Event Centre will be located at Quality Hotel & Resort Sarpsborg. At the Event Centre there will be accreditation for teams, leaders, media, VIP and other officials. The Event Centre opening times will be:

Day	Quality Hotel	Arena Aremark
Thursday	9:00 – 21:30	
Friday	18:00 – 21:30	9:00 – 15:00
Saturday	20:00 – 21:30	14:00 – 19:00
Sunday		9:00 – 12:00

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

- Team Officials' Meeting at Thursday
- Meeting rooms (has to be pre-booked, free of charge)

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, miniature golf etc.
- Fitness studio of 800 sqm and Spa section
- Free wireless network
- 500 parking spaces free of charge

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

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Embargoed areas

For information about embargoed areas, see info at:

<https://eventor.orienteering.org/Events/Show/5326>

and use the link

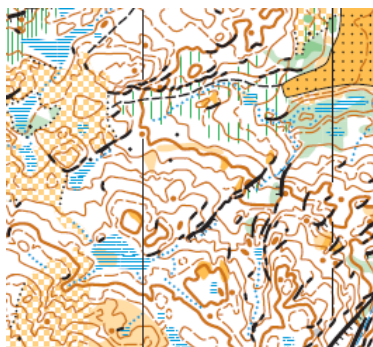
<https://www.google.com/maps/d/viewer?mid=14n3Qcf0kioa5mV3QB8kcvzrehhQ>

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.

Latest colour copy of maps of embargoed areas.

You will find a colour copy of the most recent version of any previous orienteering map(s) of the embargoed areas on our website: www.woc2019.no

- [Previous map of WC 2018 area \(Moltemosen, 2017\)](#)
- [Previous map of WC 2018 area \(Skolleborg, 2017\)](#)
- [Previous map of WC 2018 area \(Vestfjella, 1978\)](#)
- [Previous map of WC 2018 area \(Tusetter-Skolleborg, 1996\)](#)
- [Previous map of WC 2018 area \(Lindtjern, 1986\)](#)
- [Previous map of WC 2018 area \(Tusetter, 1972\)](#)
- [Autogenerated map of WC 2018 area](#)
- [Competition map of WC 2018 prologue \(Kirkebygden, version 8th of February 2018\)](#)



Map sample from Skolleborg



Map sample from Moltemosen



Map sample from Kirkebygda

Model event

A model event with control flags, relevant for the long, pursuit and relay, will be arranged on the map "Skolleborg" (2017). The map will be made available from at least Wednesday. The teams are obligated to use marked parking. A model of the Touch Free punching will be available at the Event Centre at Thursday.

Training possibilities

Maps and areas are announced at on our website: www.woc2019.no.

This also include maps outside Østfold made by the WOC mapper (Trekreem). Please note that some of the training areas are in the proximity of the embargoed areas.

Maps can either be purchased as files (OCAD/PDF/JPG) or in printed form (laser-print) with or without controls. For ordering maps and information please contact Håvard Lucassen, using this e-mail: training@woc2019.no

The maps can be picked up at Inspiria, Sarpsborg (<http://www.inspiria.no/>) (next to the Event Centre) within opening times 11:00 – 16:00.

The following clubs can offer trainings in addition to the official WOC trainings. Please contact them directly:

Sarpsborg OL	Tom Wahlgren, tom.wahlgren@gmail.com
Halden SK	Emil Wingstedt, emil@wingstedt.org
Gimle IF	Per-Øyvind Kindem, post@gimle-if.no
Fredrikstad SK	Kjell Arild Karlsen, kjellakarsen@hotmail.com
OK Moss	Tore Bjørnerød, torebjornerod@gmail.com
Trøsken IL	Finn Henry Lillestrand, fhlillestrand@gmail.com
Indre Østfold OK	Anne Haugerud, amshaugerud@gmail.com

Prices

Printed map: 5 EUR per map

Map file PDF/JPG: 100 euro + 5 EUR per participant

Map file OCAD: 150 euro + 5 EUR per participant

Training camps

From 28.8 to 5.9 an official training camp for WOC 2019 is arranged. Program will be announced at on our website.





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Official entry and registration –athletes and officials

Entries are to be provided via IOF Eventor by the National team manager. The entry was opened 30 May 2018 on: <https://eventor.orienteering.org/Events/Show/5696>

- The deadline for Team Size Entry is June 30th. 2018 (- 2 months).
- The deadline for Team Names Entry is 21st. August 2018 (- 10 days).

Team Size Entry

The following information shall be in:

- 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).

Maximum number of competitors per team

The number of competitors per competition and team is limited according to annually published National Quota: [Link to pdf at IOF.](#)

Special Rules for the 2018 World Cup in Orienteering: [Link to pdf at IOF.](#)

Team Names Entry

The following information shall be filled in:

- Name of each Team Athlete by selecting from federation members in 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. The organiser makes the changes in IOF Eventor after deadlines.

Official registration for media, IOF officials and guests

All registrations are to be made in IOF Eventor, please select the correct category <https://eventor.orienteeering.org/Events/Show/5696> Registrations must be confirmed by 30 June 2018. Persons that need help to register should contact the media contact.

The accreditation includes:

- VIP service on the Arena in Aremark
- Competition maps

The media service includes:

- Free of charge connection to internet
- Power
- Working area in tent with access to printer
- Access to photo control/zones

Entry fee and descriptions

Category		Fee
Competitors	Accreditation fee per athlete	400 NOK
	Entry fee per individual race	400 NOK
Relay Teams	Entry fee per relay team	1200 NOK
Team officials	Accreditation fee per official	400 NOK
VIP	Accreditation fee per official	1000 NOK
IOF officials	No accreditation fee	-
Media	No accreditation fee	-

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.

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. All payments for entry fee and accreditation shall be done to account:

Bank: Eidsberg Sparebank.

IBAN: NO43 1020 3012 360

BIC: EIDSNO21XXX

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General information

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.

Notes on competition clothing: Full body coverage, T-shirts permitted.

Local currency: Norwegian krone (NOK)

Internet access: Free wireless Internet access will be available at the Event Centre. Information about internet access at the arenas will be provided in Bulletin 4.

Toilets: There will be toilets in (or near) the quarantines and at (or near) the starts and in the finish area of each competition.

Athlete licence: All participants need a valid IOF Athlete licence. To have a valid licence, the athlete needs to sign an athlete licence form and pay an annual fee of 30 EURO. If the athlete has signed the form in 2016 or 2017, he/she doesn't need to sign a new form. Payments of the annual licence fee is done in IOF Eventor, please consult the proper IOF Eventor Guide for this. For more information, please consult: <http://orienteering.org/athletes-licence/> Last minute signed licence forms can be scanned/photographed and sent to iof@orienteering.org for a "Preliminary" registration status of the licence. The original can be either sent directly to IOF Office or handed over to the Event Office. The IOF will not accept cash payments of the licence fee. If your federation needs any special arrangements, you must contact david.wastlund@orienteering.org



Anti-doping: Doping is strictly forbidden, and the organisers of the world cup are dedicated to support the anti-doping authorities in their work. Doping controls may be carried out any time during the competition period in accordance with the procedures described in the WADA International Standard of testing. The IOF Anti-Doping Code and rules and the World Anti-Doping Code 2015 apply as of 1st January 2015. 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 athletes bring along their ID to all competitions and events. For more information, please consult: <http://orienteering.org/anti-doping/>

Insurance: Insurance against accidents is the responsibility of the federation or the individual competitor according to their national regulations. Competitors participate at their own risk (including the warm-up) and assume their own safety precautions.

Descriptions of any transport offered: 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.

Food: We will offer normal cold Norwegian food, drink and cut fruit.

Banquet: There will be no banquet

Ceremonies: The ceremonies will be at the arenas direct after the competitions.

Jury: Names will be presented in Bulletin 4.

Television production: There will be made TV production partly or completely from all competitions by Gearbox Production (Karel Jonak). More detailed information about this will be released in Bulletin 4.





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Public races

See invitation in Norwegian Eventor:

- Saturday, KM Lang: eventor.orientering.no/Events/Show/9584
- Sunday, KM Mellom: eventor.orientering.no/Events/Show/9585

Tourism

A preliminary program for WOC 2019 is:

Day, Date	WOC Event/Race	WOC Public Event/Race
Sunday, 11.8.2019	Event centre opens Quality Hotel Sarpsborg	WOC Public Event centre opens
Monday, 12.8. 2019		Spectator race – sprint Kulåsparken (afternoon), Sarpsborg Torg
Monday, 12.8. 2019	Opening ceremony (evening) Sarpsborg city center	Cultural program (evening) Sarpsborg city center
Tuesday, 13.8.2019	Qualification Middle (morning) Knatterudfjellet Varteig	Spectator race - middle, Norgescup-jr (afternoon), Knatterudfjellet Varteig
Wednesday, 14.8.2019	Final Long (early afternoon) Mørk Spydeberg	Spectator race - middle (noon) Mørk Spydeberg
Thursday, 15. 8.2019	Rest Day	Spectator race - sprint (afternoon) Old town, Fredrikstad
Friday, 16.8.2019	Final Middle (afternoon) Mørk Spydeberg	Spectator race – long, Norgescup-jr (noon), Mørk Spydeberg
Friday, 16.8.2019	Medal ceremony (evening) Sarpsborg city center	Cultural program (evening) Sarpsborg city center
Saturday, 17.8.2019	Relay (afternoon) Mørk Spydeberg	Spectator race – spring (forest) (noon) Mørk Spydeberg
Saturday, 17.8.2019	Medal ceremony Relay and Closing ceremony (evening) Mørk Spydeberg	
Saturday, 17.8.2019	Banquet (evening) Quality Hotel Sarpsborg	

For information about accommodation and events in Østfold please visit:

<https://www.visitoestfold.com/en/>



Den offisielle reiseportalen for

VISIT ØSTFOLD

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:

Category	Rate
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, see Visit Østfold for suggestions:

<http://www.visitoestfold.com/en/accommodation>

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).

If you need any help, don't hesitate to contact Svinesund Infocenter/Halden Turist

Jens Olav Johansen (e-mail: svinesund@visithalden.com)

Tel. +47 69 190990/+47 190980

Every day (18.6-2.9): 9:00 – 18:00





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Information about the organizer

Official info: eventor.orienteering.org/Events/Show/5120

VM 2019 AS is the organizer of World Cup round 3 & Pre-WOC.

Email: post@woc2019.no

Web page: www.woc2019.no

CEO WOC 2019: Per Bergerud

Event director: Bjørn Axel Gran

IOF Senior Event Advisor (IOF) Lars Forsberg

National Controllers (NOF) Ivar Maalen and Kjell Blomseth

Other important roles

Chief Arena: Asle Gudim

Chief Public races: Finn Henry Lillestrand

Chief Safety/Security: Tore Sandem

Media contact: Jens Erik Mjølnerød

Chief course planning/mapping: Bernt O. Myrvold

Chief IT and Timekeeping: Hallvard Koren

Chief Arena Aremark: Vidar Backstrøm

Chief Public races Aremark: Irene Felde Olaussen

Contact information

CEO WOC 2019: Per Bergerud, per.bergerud@woc2019.no +47 482 42 628

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

Media: Jens Erik Mjølnerød, jenserik@mjolnerod.no, +47 917 85 911

The 2018 Orienteering World Cup:

ranking.orienteering.org/WorldCup/WorldCup?wcup=footo&target=wrs_frame



Event details

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)

Technical race information

		Winning time	Length	No. of control	Climb	Refreshments
Long	Women	65 min	9,3 km	13	275m	2
	Men	80 min	13,5 km	16	425m	3
Prologue	Women	23min	3,2 km	12	55m	-
	Men	23 min	3,9 km	14	80m	-
Pursuit	Women	47 min	5,9 km	16	200m	1 (arena)
	Men	45 min	7,6 km	19	230m	1 (arena)
Relay (per leg)	Women	Ca 36 min	5,3 km	13	175m	1 (arena)
	Men	Ca 37 min	6,6-6,7 km	15	210m	1 (arena)

The punching system to be used

EMIT Touch-Free punching and timing system is used on all 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.

GPS system to be used

Tracking devices will be used for viewing the competitions on the large video screen in the event arenas, for live transmission, and as part of the TV production. **All** competitors should be prepared for GPS tracking, and the electronic tracking device has to be carried on the back of the competitor in an elastic harness. More detailed information about this will be released in Bulletin 4.



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LONG

Date	Friday 31 st of August
Format	Shortened long distance (winning times 60-62 minutes for women, 75-80 minutes for men).
Location	Aremark
Terrain:	The terrain is medium undulating with mostly open pine forest with good runability. There are signs of forestry in part of the terrain with felled areas and more dense areas with young forest. It's a lot of marshes in the terrain. The runability in the wet part of the terrain is reduced because of high grass.
Map	Skolleborg, 1:15.000, 5m (May 2018). Based on LIDAR data. Mapped by: Jussi Silvennoinen (2017-18)
Course planner	Øyvind Helgerud
Quarantine	In sport hall in Aremark. Check in time from 7:30 to 9:15.
Transport to start	Mandatory transport by organiser to start
Starting order	Start interval to be 2 minutes, except for the last 15 starters, for which it will be 3 minutes. The start order is determined strictly by the order of the World Ranking as of 29 August (highest ranked last).
Remarks	There will be no arena passage on the long distance, and the organiser have got approval for a rule deviation (rule 19.10): there will be no refreshment station where the athletes shall have the opportunity to have their own drinks.

PROLOGUE

Date	Saturday 1 st of September
Format	Prologue (winning time 23-25 minutes for men and women)
Location	Kirkebygden, Våler
Terrain:	Undulating, medium height differences with mostly spruce forest. Mostly good runnability, but there are areas with reduced running speed. Some smaller marshes and streams.
Map	Kirkebygden, 1:10.000, 5m (2017). Based on LIDAR data. Mapped by: Bjørn Paulsen (2017)
Course planner	Tore Bjørnerød
Quarantine	At school in Kirkebygden
Transport to start	Marked route from the quarantine, maximum 2.5 km
Starting order	The prologue will have a start interval of 1 minute, with the starting order determined by a group system (the last group being the 15 highest-ranked runners in the World Ranking as of 30 August, the second-last group being the next 15 highest-ranked, and so on), with the order within each group being drawn randomly.
Remarks	Lørdagskjappen by OK Moss (2018) took place in the neighbour terrain (west part of the map Kirkebygden)



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PURSUIT

Date	Saturday 1st of September
Location	Aremark
Terrain:	The terrain is alternating between parties with open forest with mostly pine, to areas with dense, mixed vegetation and reduced visibility. Some areas are old open spruce forest with very good visibility and good runnability. There are some felled areas, both new and some years old. The terrain alternates from relative flat to medium steep. Some marshes and re-entrants are grass-covered, but still have good runnability.
Map	Skolleborg, 1:10.000, 5m (May 2018). Based on LIDAR data. Mapped by: Jussi Silvennoinen (2017-18)
Course planner	Bjørn Erik Glomsrud
Quarantine	At the arena. Check in from 15:00 to 16:40 (women) / 16:50 (men).
Transport to start	Marked route
Starting order	The time each competitor starts after the leader in the pursuit race will be double the amount of time they were behind the leader in the prologue, with final results being the order across the finish line. Competitors more than 8 minutes behind the winner in the prologue will take part in a mass start 20 minutes after the first start in the pursuit, with their final result to be on the basis of the sum of twice their prologue time, plus their pursuit time; they will be ranked after all finishing competitors in the 'normal' pursuit. Competitors who are not placed in the prologue may start in the mass start but will not receive an official result.
Remarks	None

RELAY

Date	Sunday 2 nd of September
Location	Aremark
Terrain:	The terrain is medium undulating with mostly open pine forest with good runability. There are signs of forestry in part of the terrain with felled areas and more dense areas with young forest. It's a lot of marshes in the terrain. The runability in the wet part of the terrain is reduced because of high grass.
Map	Skolleborg, 1:10.000, 5m (May 2018). Based on LIDAR data. Mapped by: Jussi Silvennoinen (2017-18)
Course planners	Erik Sandbæk and Morten Johansen
Quarantine	At the arena. Check in from 08:30 to 9:40 (women) / 9:50 (men).
Remarks	A public race takes part in the neighbour terrain at the same time.

