

Something new is happening at WMOC

It is now possible to compare your route choice with your competitors in a very simple way.

Through the app O-Track, you can now record your track and upload it so that you can easily compare your own route choices with that of your competitors.

O-Track is a free service that records your track on your GPS watch. O-Track is available both for Android and iOS, it is easy to upload your GPS track, either through the app on your mobile device or through the homepage www.o-track.dk

Following the event you can analyze your own and your competitors route choices in the race.

During WMOC O-Track will be present in the competition area (look for the O-Track signs), they will be able to help you install the app before the race or upload the tracks following the competition.

To be able to use O-Track your watch should be able to record your run and export it as a GPX file. Most modern GPS enabled watches is capable of this.

To get a headstart on this, it is now possible to create a profile on O-Track. You can find the English instructions here: www.o-track.dk/en/about



WORLD MASTERS

Orienteering Championships 2018

COPENHAGEN, DENMARK

6 - 13 July



Bulletin 2



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Welcome

Dear Orienteering friends from all over the World. I am happy to welcome you to Denmark on the occasion of the 2018 World Masters Orienteering Championships (WMOC). Since we last organised WMOC in 1999 the formats of Orienteering have changed now including Urban Sprint Orienteering and Middle distance. We look forward to inviting you to run in some of our oldest and most beautiful capital areas in Copenhagen. This year WMOC will have more than 4000 participants making it not only our largest event ever but also maybe the largest WMOC ever!

I wish all you athletes the best luck and good fun while running in our wild plantations close to the ocean side, in the large and deep forests of North Zealand and not the least in our vibrant city areas of Hørsholm and Copenhagen.

Thank you all for coming here and making this the greatest Orienteering party so far!

Walther Rahbek, President of the Danish Orienteering Federation



Dear WMOC participants

Welcome to Furesø. It is with great pleasure and enthusiasm we host the 2018 World Masters Orienteering Championship.

I hope you'll enjoy your time here in Furesø and I'm sure you'll find a very welcoming and friendly environment here with us.

We believe you've found the ideal place to gather for the WMOC 2018. North Zealand is very well-known for its beautiful countryside and in Furesø we are of course proud to share our natural treasures with you.

Furesø is a community of enthusiastic and active people. Many have worked dedicated with our two resident associations in orienteering discipline to make this event possible and to create awareness and arrange pre-events leading up to this great event.

In Furesø we cherish our beautiful nature. We also aim to give all citizens easy access to sporting activities throughout their lives and embrace sports as a powerful tool to unite people and communities.

These are all values which naturally complement your sport - the orientation discipline - and we are therefore very happy to celebrate this year's Orienteering Championship with you. A warm welcome to all athletes, sports officials, referees, volunteers and guests. We wish you a fantastic sports event and hope - while you are here - you'll take time to explore the local communities and beautiful surroundings of Furesø.

I wish you the best of luck in the competition!

Ole Bondo Christensen, Mayor of Furesø



Dear WMOC participants and organisers!

On behalf of IOF I want to welcome to the 2018 World Masters Orienteering Championships in Denmark.

Denmark, a small country, famous with their hospitality, nice terrains, nature and culture but also ideally located for big and small orienteering nations has always attracted a lot of orienteers and we would maybe see the biggest WMOC ever. Orienteering is a sport for all ages and our masters championships are amongst the biggest master events in the world. The IOF highly appreciates the work of the Danish OF in organising WMOC and thanks the event sponsors, supporters and volunteers.

I wish a successful and enjoyable event for participants and good luck for event organisers!

Leho Haldna, President, International Orienteering Federation (IOF)



Organisers, advisers, jury and contact information

Organising federation and clubs

Danish Orienteering Federation and the orienteering clubs: Farum OK, OK Øst Birkerød, Søllerød OK and Tisvilde Hegn OK

Organising Committee

- Event Director: Ole Husen, Farum OK
- Assistant Event Director: Svend Mortensen, Tisvilde Hegn OK
- Finance: Steen Stausholm, Farum OK
- Peter Reinholdt, Farum OK
- Ellis Sommer, OK Øst Birkerød
- Erik Simonsen, OK Øst Birkerød
- Niels la Cour Bentzon, Søllerød OK
- Anne Kaae-Nielsen, Søllerød OK
- Jesper David Jensen, Tisvilde Hegn OK

Advisers and IOF representatives

- IOF Senior Event Adviser: Tony Thornley (GBR)
- IOF SEA Assistant: Steve McKinley (GBR)
- National Controller: Ulla Place Petersen (DEN)
- IOF Council Representative: Laszlo Zentai (HUN)
- IOF Foot O-Commission Representative/supervisor: David May (GBR)

Mappers

- Forest Maps: Steen Frandsen
- Sprint Maps: Gidiminas Trimakas

Course setters

- Sprint Qualification: Søren Skaarup Larsen, Tore Linde
- Sprint Final: Michael Sørensen, Rasmus Søes
- Forest Qualification: Rolf Valery
- Middle Final: Jesper Jensen
- Long Final: Tim Falck Weber

National course controllers

- Sprint Qualification: Mads K. Larsen
- Sprint Final: Mads K. Larsen
- Forest Qualification: Erik Sørensen
- Middle Final: Gert Nielsen
- Long Final: Torben Seir

Commentary

- Katherine Bett (GBR)
- Helge Lang Pedersen (DEN)

Jury members:

Nermin Fenmen (TUR)
Marquita Gelderman (NZL)
Ulrich Aesclimann (SUI)

Contact information

Event Director: Ole Husen
Address: WMOC 2018
Enghave 28, 2960 Rungsted Kyst, Denmark
Telephone: +45 4015 4416
Website: www.wmoc2018.dk
Email: info@wmoc2018.dk

Venue

Visa

You do not need a visa if you come from an EU or Schengen area country.

For others see:

https://www.nyidanmark.dk/en-us/coming_to_dk/visa/need_visa/who_needs_visa.htm

Denmark

Situated in southern Scandinavia, the Kingdom of Denmark covers an area of 42.916 square kilometres. With a population of 5,6 million, the population density is 130 per square kilometre. Denmark is a well-organised, friendly and safe country to visit with a temperate climate. The average daily temperature in July is 15 °C. For more info see: www.dmi.dk.

Copenhagen

Situated at Øresund, the Danish capital has a population of 1.2 million inhabitants. Among other things, Copenhagen is famous for Tivoli Gardens, The Little Mermaid, Christiansborg Palace, the Queen's residences at Amalienborg and Nyhavn. Copenhagen also encourages green living.

North Zealand

North Zealand is also called 'Denmark's Royal Retreat' due to the many royal castles in the region. The beautiful north coast of Zealand is known as the Danish Riviera.

Food

Copenhagen and North Zealand offer many different types of food.

You can have a hotdog from a street kitchen - 3€. Italian restaurants with everything from the Italian kitchen - pizza from 7€. Chinese, Thai, American steakhouse, traditional Danish food and of course you can make a reservation at Geranium, a 3* Michelin restaurant, but make the reservation now!

Beer brewing in Denmark has a long history and a great tradition. You can get local beer from mini breweries or a draft Carlsberg, 0,5l from 4€.

Tourism

Here you can find useful information for your visit to Copenhagen and North Zealand.

WONDERFUL
COPENHAGEN



<https://www.visitcopenhagen.com/copenhagen-tourist>



<https://www.visitnorthsealand.com>

Climate

In Denmark, the average temperature in July is 21 degrees Centigrade during daytime and 13 degrees during the night. However, daytime temperatures up to 30 degrees and down to 15 degrees are not uncommon. The average rainfall in July is 68 mm and the average number of rainy days is 10, with considerable variation between years. Both sunscreen and wet weather gear is recommended. Thunderstorms occur infrequently.

Weather forecasts by location can be found on www.dmi.dk (not searchable in English) and www.yr.no (English version with search option available).

Hygiene

Tap water in Denmark is drinkable unless otherwise specified.

Outbreaks of gastric infections caused by food poisoning are rare. Food items that are sold in the kiosk at the event arena will, in general, be

wrapped to prevent contamination. Hand washing before meals and after toilet visits is strongly recommended. You may wish to bring a small disinfectant dispenser or disinfectant towels to the arena.

Public Transport

Tickets valid for S-trains, metro and buses can be bought in ticket machines or 7 Eleven kiosks at the train and metro stations or paid for with your smartphone or online.

Download the app "DOT Mobilbilletter" in App Store and Google Play and pay for your tickets on the go. Click "Indstillinger" (settings) followed by "Sprog" (language) to select the English version. From there you can select the fare you need and enter your credit card details.

There might be a queue at the ticket machines. It's possible to buy tickets in advance.

Other kind of tickets available:

24-hour ticket in all zones, Copenhagen Card, City Pass, Flexcard - 7 days, Rejsekort Anonymous card

<https://www.visitcopenhagen.com/copenhagen/transportation/tickets-prices>

Organising your journey:

Use the tool Rejseplanen to find the easiest and fastest way with public transportation

http://www.dsb.dk/Rejseplan/bin/query.exe/en?HWA1=&L=vs_dsb&showRequestSite=1&ignoreMissingLocation=1&

Bicycles

Denmark is a cyclists' country. Here is one web page about bike rental in Copenhagen:

<http://www.bikerentalcopenhagen.dk/en/our-rental-bikes/>

Bike rental in North Zealand:

<https://www.visitnordsjaelland.dk/nordsjaelland/cykeludlejning-kaerlighed-paa-cykel>

<http://www.nordkystenscykeludlejning.dk/en/welcome-2/>

Health care

Injury and illness outside competitions

Emergency healthcare is free in Denmark. However, private health insurance is strongly recommended to ensure appropriate care throughout your stay in Denmark, as well as repatriation if needed. Competitors from EU countries are advised to bring an EHIC card. In case of acute illness or injury outside competitions, consultation with a healthcare professional is provided after calling either 112 or 1813 depending on the severity and acuity of the condition. 112 is reserved for very severe situations. In general, admission to or evaluation at a hospital requires previous phone contact by using either 112 or 1813.

Important phone numbers

For life-threatening injury, illness, fire, or other serious emergencies – call 112.

Less severe illness which needs a consultation with a healthcare professional – call 1813 (specific for the Capital Region; other numbers apply in other regions of Denmark).

Consultation with the police in general for non-emergency issues – call 114.

Hospitals

There are several hospitals in the Capital Region. The hospitals located closest to the Event Centre and event arenas are:

Farum Arena, Hørsholm, Tisvilde Hegn, Gribskov - Hillerød Hospital, Dyrehavevej 29, 3400 Hillerød
Central Copenhagen – Rigshospitalet, Blegdamsvej 9, 2100 Copenhagen Ø

Safety and evacuation plan

A safety plan has been devised for the WMOC competitions. In the unlikely event that an event arena needs to be evacuated, please follow the speaker's and officials' directions.

TrygFonden

Programme

Thursday July 5	10:00	Camp and indoor accommodation opens	Farum Arena
Friday July 6	08:00 - 17:00	Model event - sprint	Farum Arena
	09:00 - 15:00	Indoor orienteering	Nærum Gymnasium
	17:30 - 18:30	Opening ceremony	Farum Arena
Saturday July 7	10:00 - 15:20	Sprint qualification	Arena Hørsholm
	15:30 - 16:00	Open courses - sprint	Arena Hørsholm
Sunday July 8	10:00 - 14:00	Sprint final	Arena Christiansborg
	13:45 - 14:30	Open courses - sprint	Arena Christiansborg
	14:30	Prize giving ceremony	Arena Christiansborg
Monday July 9	08:00 - 17:00	Rest day Model event: Forest qualification and middle final	Model Arena Tisvilde
Tuesday July 10	09:30 - 15:00	Forest qualification	Arena Tisvilde
	10:00 - 13:00	Open courses - middle	Arena Tisvilde
Wednesday July 11	09:30 - 15:30	Middle final	Arena Tisvilde
	10:00 - 13:00	Open courses - long	Arena Tisvilde
	15:30	Prize giving ceremony	Arena Tisvilde
Thursday July 12	08:00 - 17:00	Rest day Model event - long final	Model Arena Gribskov
Friday July 13	09:00 - 15:00	Long final	Arena Gribskov
	10:00 - 13:00	Open courses - long	Arena Gribskov
	14:00	Prize giving ceremony	Arena Gribskov
	14:45	Closing ceremony	Arena Gribskov
Saturday July 14	14:00	Camp and indoor accommodation closes	Farum Arena

Location



Event Centre

The Event Centre is in Farum Arena, which is centrally located in North Zealand. It is easily accessible by car or public transport. The Event Secretariat is here. Farum Arena has hosted WTA Tennis tournaments and handball Champions' League matches. The nearby Right to Dream Park has hosted Champions League football.

The address for the Event Centre is Stavnsholtvej 41, 3520 Farum.

Distances from the Event Centre

O-camp: 150 metres

Sprint Model Event: 0 metres

Classroom accommodation in school rooms: 50 metres.

Farum Bytorv shopping centre: 500 metres

Farum S-train station: 1200 metres

Furesøbad lake swimming site: 2000 metres

Nørreskoven forest training area: 2000 metres

How to get to the Event Centre using public transport

From Copenhagen Airport

Take the train to Copenhagen Central Station or Metro to Nørrebro Station. From there take the S-train to Farum. Approx. 1 hour total travel time.

From Copenhagen Central Station

Take the S-train to Farum Station. Approx. 35 minutes travel time.

From Farum Station

Go north out of the station. Then Follow Stavnsholtvej 1.4 km towards the East. Or take the local bus, route no 334 to the stop called "Tjørnevænget". You will find the schedule for the bus at the station.

Services at the Event Centre

Apart from the secretariat (see below) you will find the following facilities in and around the Event Centre

Display of start lists and results

Starting point for bus transport to the races

O-camp

Hard floor accommodation in a public school nearby.

Secretariat

The Secretariat is the information centre for WMOC 2018.

At the Secretariat, you can collect your accreditation package/bag with

- o Your start number bib(s) and safety pins
- o Your SI-card if rented
- o Pre-ordered T-shirt
- o Maps for the model events
- o Your ticket for bus transport to the races
- o Parking ticket (should be preordered)
- o Gift: Orienteering map, Furesø Municipality

Accreditation

You can pick up your accreditation package (this activity is also called "bag collect") in the Secretariat in the Event Centre in Farum Arena. On the day of the Sprint Qualification and Forest Qualification you can also collect your accreditation package in the Secretariat booth in the arena. You cannot pick up your accreditation package in the arenas on the Final days, nor at the model events.

Accreditation packages for tour operators can be collected for the whole group. The bags for the group will be packed separately ready for pickup.

If you are not a tour operator and you want to pick up bags for other competitors, please bring some kind of ID/permission for that person.

At the Secretariat, you will also be able to

- o Get information about public transport
- o Buy open courses

Since the accommodation sites for the competitors are widespread, the methods of contacting the Secretariat reflect this. In the first days of the WMOC, the Secretariat will be open for face-to-face contact in the Event Centre. On the event days, the Secretariat will be open for face-to-face contact in the event arenas. At other

times, shown in the table below, the Secretariat can be contacted by phone at this number: (+45) 40 20 35 34

The Secretariat can also be contacted as follows:

Thursday July 5	10.00-21.00	Personal contact, bag collect	Farum Arena
Friday July 6	09.00-17:30 18:30-20:00	Personal contact, bag collect Personal contact, bag collect	Farum Arena Farum Arena
Saturday July 7	08:00-14:00	Personal contact, bag collect	Arena Hørsholm
Sunday July 8	08:00-16:00 14.00-19.00	Personal contact Personal contact	Arena Christiansborg Farum Arena
Monday July 9	10.00-12.00 18.00-20.00	Personal contact, bag collect Personal contact, bag collect	Farum Arena Farum Arena
Tuesday July 10	08:00-16:00	Personal contact, bag collect	Arena Tisvilde
Wednesday July 11	08:00-16:00	Personal contact	Arena Tisvilde
Thursday July 12	16:00-19:00	Telephone	
Friday July 13	07:30-16:00	Personal contact	Arena Gribskov

Throughout the event it is possible to contact the organisers using e-mail at info@wmoc2018.dk, but do not expect immediate answers.

Entries

Entry for WMOC classes closed on 01 June 2018. Late entry is not possible, but it is still possible to enter for Open Classes. It is also possible to enter for Open Classes at the Secretariat at the race arenas.

Payment

You will only be able to pick up your accreditation package/bag if your full payment has been received by the organisers.

Changes

After the entry deadline it will still be possible for WMOC-participants to

Change your SI-card number

Correct spelling errors in names or club names

Changes in open classes are possible before and during the event.

Cancellation

Unfortunately we are not able to refund your payment after the late entry deadline of 1st June

2018. But if you are unable to participate we would still be pleased to know. Please notify us on info@wmoc2018.dk.

respectively will be escorted to the podium as one group in order for all 6 medalists to receive their medals at the same time.

Ceremonies and social activities

Opening Ceremony Friday 6 July from 17.30 - 18.30

The Opening Ceremony of WMOC2018 will take place in the Event Centre at Farum Arena. Participants (competitors, organisers and guests) are asked to gather at the entrance of Farum Arena at 17.30. The national flags will be carried in procession to the Arena, and a short program with music and speeches will follow.

Prize giving ceremonies

At the three final days, prize-givings will be held at the event arenas. IOF gold, silver and bronze medals will be awarded to the three best placed competitors in each age group for men and women in the A-finals.

Before the start of the prize-giving ceremony, all medal winners will be invited to approach the ceremony podium. The time for this will be announced by the speaker.

For each age group the three best men and women

Banquet

Unfortunately we have had to cancel the Banquet due to few registrations. We apologise.



Closing Ceremony

The closing ceremony will be held after the Long Distance final in the arena at Gribskov. The IOF Flag will be handed over to the 2019 WMOC organisers from Latvia.

When you arrive at the Secretariat in Farum Arena, you will receive rules of conduct for your stay. These rules must be followed.

Press and Media

Press facilities are available on request in the Event Centre in Farum Arena and in the competition arenas. You can get further information and press accreditation from Erling Thisted - et@do-f.dk - please apply by 25 June 2018.

Hard floor accommodation

The hard floor accommodation is situated in Stavsholt skolen next to the Event Centre in Farum Arena.

The following facilities are available in Stavsholt skolen:

Toilets and showers. You can only use the toilets at the school and showers in the basement in Farum Arena

Cooking: You can use the kitchen in Stavsholt skolen

When you arrive at the Secretariat in Farum Arena, you will receive rules of conduct for your stay. These rules must be followed.

Accommodation

WMOC2018 offers all kinds of accommodation from classroom floor to luxury hotels. Visit www.wmoc2018.dk.

Accommodation in o-camp

The o-camp is situated next to the Event Centre in Farum Arena.

The following facilities are available in the o-camp: Toilets and bathroom are available.

Last minute accommodation booking?

Problems with your accommodation? Contact us in the Secretariat and we will see what we can do to help you.



Transport

Bus transport provided by WMOC

If you have booked WMOC bus transport to the races, you will find your bus ticket in the bag with your accreditation package. Please check that it is there.

If you want to book WMOC bus transport, please contact the Secretariat. You can book a bus ticket as long as tickets are available for all days at a price of 50 Euros in the Secretariat in the Event Centre or in the Arenas.

Bus transport timetable

You will find the bus transport timetable in the day-by-day information.

Bus transport – tour operators

You will find the bus transport instructions in the day-by-day information.

Parking permit

If you have booked a parking permit, you will find it in your accreditation package. Please check that it is there.

Parking ticket must be bought in advance. There is

limited parking-area at the Sprint Qualification. If you haven't booked in advance, you can ask in the secretariat if more tickets are available.

If you arrive at a parking area for the races with no parking permit, you will have to pay a higher parking fee, or you may even be rejected, if the parking is fully booked.

PLEASE NOTE, that the parking permit only gives permission to use the designated parking spaces during the races. We do not have permission to allow Mobile Homes to use the parking areas before or after the events. Danish rules about where you are allowed to park apply. The rules are unfortunately only available in Danish: <http://www.autocamper-info.dk/index.php/dk/info/info-artikler/item/653-vide-regler-for-parkering-og-overnatning-af-autocampere>.

Senior transport service - for M/W 85+ (and M/W 80+ in LF)

As a courtesy to our oldest competitors, the organisers are providing free transport for certain age groups from parking to arena and from arena to start.

Details about pick up and set down are given in the day-by-day information below.



Competition Information

Competition Rules

The competitions will be conducted according to the IOF Competition Rules as of 1st January 2018 and the 2018 WMOC Manual.

Training

You can find training possibilities at: w moc2018.dk go to Activities/Training or use link: www.wmoc2018.dk/competition/training

Embargoed areas

Embargoed areas are shown on the web page: www.wmoc2018.dk/competition/embargo/ Access to the embargoed areas, unless following instructions from the organisers, will lead to disqualification. For the model event in Model Arena Tisvilde on Monday 9th July, the embargo will be lifted for access to the model race. Apart from that the embargos will apply until the last competition has finished in each area.

Previous maps of competition areas

Old maps of the competition areas: <http://w moc2018.dk/MapsAndClasses.html>

The previous map of Tisvilde Hegn was drawn by members of Tisvilde Hegn OK.

The previous map of Gribskov was drawn by FIF Hillerød Orientering.

Model Events

The model events will show examples of the terrain types, the map quality, the control features and the positioning of the controls. Further information about the model events is in the day-by-day information.

Electronic Punching System

The SPORTIdent punching system will be used. Without pre-registration the hire charge is €11 for one day or €27 for the entire week.

The SI card number that you provided on your entry form has been entered into the computer system, and appears on your number bib. If for any reason you will be using a different SI-card, you must notify the organisers of the new SI card number by emailing it to info@w moc2018.dk not later than 25th. June 2018. Change of SI Card after that time can only be done in the Secretariat. SI-card numbers will be checked against competitor names as part of the start procedure.

Contactless punching will not be used in any of the competitions.

Please note that the organisers allow SI-cards with only 30 punches, but courses with more than 30 controls may occur. In this case it is still the responsibility of the participant to make sure, that punches can be and are registered correctly.

Forgotten or wrong SI-card?

If you happen to arrive at the start without your SI-card or with a wrong SI-card, you can borrow an SI-card from the start staff. Rental payment will be paid later. You will have a slightly longer check-out procedure in the finish if this happens.

Clothing

Competitors can make their own choice of clothing and footwear.

In rainy weather, slopes may become slippery and tracks may become muddy; trail running shoes or orienteering shoes are recommended for the forest competitions.

Spikeshoes are not allowed at the sprint courses.

Responsibility / insurance

Liability waiver

You compete at your own risk. The organisers can accept no liability for injuries or sickness occurring either during the competition or during transport to and from the competition.

Safety and responsibility

The organisers ask that competitors use common sense in ensuring their own safety at all times.

All competitors who take part in the WMOC 2018 and in the open classes (including Model events) must consider any risks and take their own safety precautions, and will be totally responsible for any injuries which might occur to them during the races as well as for any accidents on the way to and from any event during the WMOC week.

ALL PARTICIPANTS ARE RECOMMENDED TO TAKE OUT AN ACCIDENT INSURANCE POLICY THAT, IN THE EVENT OF AN ACCIDENT, WILL COVER ALL ADDITIONAL FEES FOR RETRIEVAL, RESCUE AND TRANSPORT TO THE HOSPITAL. NORMALLY IT'S FREE OF CHARGE.

Fair Play

The organisers encourage all competitors to act with fairness. During the races, competitors are requested not to speak to each other (IOF Rule 26.2).



Use of equipment with GPS

IOF Rule 21.4 applies: Competitors shall not use or carry telecommunication equipment between entering the pre-start area (the first start box) and reaching the finish in a race, unless the equipment is approved by the organiser. GPS-enabled devices (watches etc.) can be carried provided that they have no map display and are not used for navigation purposes.

Anti doping

IOF Anti-doping rules apply, <http://orienteering.org/anti-doping/>

Fire and smoking

This is a non-smoking event. Smoking and any use of open fires is strictly prohibited in all arenas, race areas as well as in the Event Centre.

Open courses

On each race day 10 different open courses (Public race) are available. Everyone can enter for these courses. It is possible to enter at the arenas each race day. Arena entry is done in the Secretariate. The cost per day is 90 DKR. for 20 years old and younger and 135 DKR. for 21 years old and older.

The open courses are organised as a put and run competition. The open courses is set up as a 5-day completion with a winner of every course/class after the 5 days.

Information about the locations of start and finish for the open classes are available in the day-by-day information.

Child care

We can look after your children while you are out

running. Children must be 3 years or older and nappy free. Please notify accreditation if child care is needed.

Baggage storage

It is possible to leave your belongings in a supervised baggage area in all arenas. The baggage storage area will open one hour before the first start and closes at the same time as the Secretariat closes in the arena. You do not need to book luggage storage in advance.

Start number bibs

All competitors will receive two number bibs in their accreditation package. In the sprint competitions, one has to be worn visible on the chest and one has to be worn on the back. In the forest competitions one has to be worn visible on the chest. In the forest competitions, the second number can be kept as a backup in case the first number is lost. Safety pins will be handed out with the bibs.

Please complete the back of one of your bibs with health data and emergency contact. This information could be helpful to the medical team in an emergency.

Lost bibs can be replaced at the Event Centre or at the Information in the arenas for a charge of €5.

Start details for the Sprint Qualification and Forest Qualification races are printed on your bib. You are requested to enter their race details (start location and start time) for the finals when you know it.

The ten last starters in each A-class final will get an additional 1-1.0 start bib for the final in question. The old number bib should still be worn and visible below the new one. These start numbers can be collected by self-service at the start, near the entry to the start boxes.

Start lists

Start lists will be published on the WMOC 2018 web page and in IOF Eventor as soon as they are ready. Start lists will be displayed in the arenas and at the starts in all races. Start lists will also be displayed in the Event Centre.

The start lists will also be shown on the result screens in the arenas until the first results are displayed.

Start lists for the Sprint Qualification and the Forest Qualification

The start draws, and heat allocation are based on IOF Competition Rule 12.22. For the qualification races, competitors in classes with more than 80 entrants are allocated to parallel heats. The heats are indicated by numbers after the age class, e.g. W55-2 is the second heat for W55 runners. The number of runners in each heat is as equal as possible, up to a maximum of 80.

Start lists for the Sprint Qualification and the Forest Qualification races are available from the WMOC 2018 website www.wmoc2018.dk

How to qualify for the Sprint Final and the Middle Final

The qualification system is explained in IOF Foot-O Competition Rule 12.23.

Qualification is based on your position in the relevant qualification race. The highest placed competitors from each qualification heat qualify for the A-final of the class. The next best competitors from each qualification heat qualify for the B-final and so on.

If there are 161 or more entrants in a class, the number of qualifiers from each heat to the A-final will be equal and is calculated to give a total of 80, or the lowest possible number above 80. Similarly, for the B-final and so on, except that if there are more than two heats, and fewer than 20 competitors qualify for the lowest ranked final, they may be transferred to the next final up.

If there are between 20 and 160 entrants, then they will be split as equally as possible between an A-final and a B-final, with the A-final having at least half the total number of entrants.

If there are fewer than 20 entrants, all compete in the A-final.

If two or more competitors tie for a place in a final, all of them qualify for that final. Competitors who

start but are not placed, or who do not start, in the qualification races may start before the qualified runners in the lowest ranked final of their class, but will appear in the result list as not placed.

Sprint Final: you must complete the Sprint Qualification race successfully to run competitively in the Sprint Final.

Middle Final: If you complete the forest qualification race successfully you can run competitively in both the Middle and Long Finals. If you are disqualified or fail to complete your course in the forest qualification race, you will participate in the lowest Middle Final for your class. You will be listed as having non-competitive status in the Middle Final results. However, your Middle Final result will be treated as competitive in determining the Long Final start lists. So it is still possible to gain a Long A Final start place even if you are unplaced in the forest qualification race.

Start lists for the Sprint Final and the Middle Final

Start lists will be available via the WMOC 2018 web page. We hope to have these available at the following times:

- o Sprint Final: Saturday 7th. July 2018 19:00
- o Middle Final: Tuesday 10th. July 2018 19:00

How to qualify for the Long Final

The qualification system is explained in IOF Foot O Rule 12.24: The Long distance finals have the same composition as the Middle distance finals except that some competitors are promoted to a higher final and some are relegated to a lower final according to their result in the Middle distance final.

Purely for the determination of promotion and relegation in this rule, any competitors who successfully completed the lowest ranked Middle distance final are regarded as having been placed, even if they were not placed in the qualification race and hence appeared in the Middle distance result list as not placed.

First, any competitors who have not entered the Long Distance are removed and all subsequent

references are to the numbers after this has been done.

If there is a single Middle distance A-final in a class, there shall just be a single Long distance A-final with the same composition.

If there are only two Middle distance finals (A and B) in a class

- o The top 25% (rounded down) of the B final are promoted to the A-final
- o The bottom 25% (rounded down) of the A-final are relegated to the B-final.

If there are more than two Middle distance finals in a class the promotion and relegation is carried out as follows:

- o The first- and second-placed competitors from each of the lower ranked finals are promoted to the A-Final
 - o The bottom competitors from each final (except the lowest ranked final) are relegated to the next lowest ranked final. The number to be relegated is 25% (rounded down) of the number who were placed in the next lowest ranked final
 - o The number in each Long distance final are brought back up to the numbers in the Middle distance finals by promoting the next best-placed competitors from the final below.
- If there is a tie of two or more competitors in the Middle distance final and they are in the last qualifying place for promotion, they are all promoted.

Finally, any competitors who entered only the Long distance competition are added to the lowest final.

It is not necessary to have been placed in the Middle distance final in order to be placed in the Long distance final.

In each Long distance final, the start order is in reverse order of the Middle distance final in which the competitors ran. For example where there are two Middle distance finals, those in the Long A Final who ran the Middle A final start in a group later than those promoted from the Middle B final. Within those groups the order is the reverse of their positions in those finals, i.e. the fastest starts last. Any who were not placed in a Middle distance final start in random order before those who were placed.

Start lists for the Long Final

Start lists will be available via the WMOC 2018 web page at the following times:

- o Thursday 12th. July 12:00.

Maps

All maps are printed on Pretex waterproof paper. The maps are not in plastic bags.

Maps are drawn according to ISOM2017 and ISSOM2007.

The scale of all the sprint maps is 1: 4.000 contour interval 2 metres.

For the forest competitions, the map scale for competitors in classes M/W 35 to M/W 55 inclusive is 1: 10.000. Contour interval 2.5 metres.

For competitors in classes in M/W 60 and older the scale is 1: 7.500. Contour interval 2.5 metres.

Warnings

Competitors who are not familiar with spruce trees should pay special attention as the branches of these trees may damage your eyes if you are not careful.



Impassable marshes are marked clearly on the map. Brambles and stinging nettles are found in small areas and should be avoided, but neither is dangerous; if present in large quantities, they are marked as undergrowth on the map.

Special features in the forest races

Special attention should be paid to large fallen trees. Due to Danish forestry regulations, fallen trees are often left on the ground and may affect runnability. Large fallen trees that affect runnability are shown as narrow green areas ("vegetation, fight" ISOM 410) on the model and competition maps. See examples below:

On the map



Marked routes, areas out of bounds and marking of obstacles

Marked routes and areas out of bounds in the terrains are marked with white-and-red tapes. Obstacles (like wires on the ground) that can be passed are sometimes marked with white tape in order to draw the competitor's attention to the obstacle.

Warm up maps

Warm up maps will be available as follows:
Sprint Qualification and Sprint Final

Not on the map



Forest Qualification

Middle Final

Long Final

Warm Up maps will be available from where competitors leave the parking area and at designated marked places on the way to the arena and/or to the start. Warm up maps have the same scales as the competition maps. In some races the warm up map is not available near the start. Information about this in the day-by-day information.

Control Descriptions

Control descriptions are printed on the front side of all competition maps. Loose copies of the control descriptions (water resistant) will be available in the start lanes as part of the start procedure. Competitors have 1 minute to choose and prepare their control descriptions but no tape or other equipment is provided. The maximum size of loose control descriptions is 31 controls – 210 x 50 mm. Each grid square has a 6 mm side. Courses with fewer controls will have proportionally smaller sheets. According to Danish Environmental Protection guidance, competitors are required to use a control description "holder" if they use a loose control description.

Controls

Each control site is equipped with:

- The control flag

- Two electronic punching units (SportIdent stations) There will be more than two punching units in high traffic controls, e.g. the last controls

- One pin punching device for use if SportIdent fails

The control code is shown on the control stand and on the top of the punching units. The number codes uses ranges between 31 and 255.

There are many controls. Please check your control codes carefully!

Examples of the control stands will be available in the Model Events in Farum (sprint) and Model Arena Tisvilde (first forest model event).



Forest control



Sprint control

Start procedure

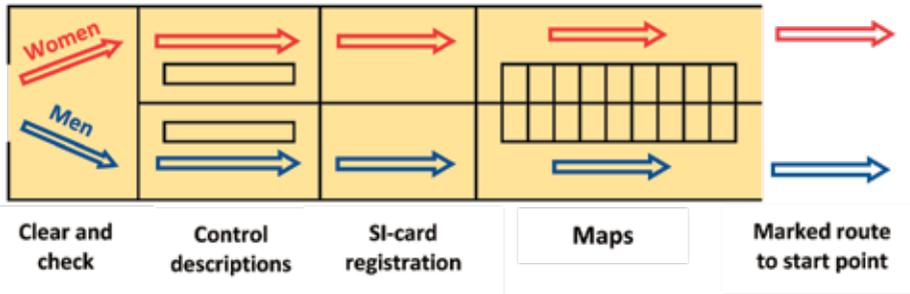
You are responsible for following the correct marked route to your start area. The competition area is out of bounds until your start time.

All the starts will be silent; it is your responsibility to be there on time.

If you don't have a bib number or an SI-card you will not be allowed to start. If you lose or forget your bib number and/or SI-card, you can get a replacement in the Secretariat in the Arena.

Clear and Check

Each SI-card must be cleared and checked before each race. Stations to clear SI-cards will be in the pre-start areas, near the entrance to the -4 min start box and in the -4 start box. Insert your SI-card into the "clear" unit and wait a few seconds until the unit beeps and flashes, verifying that previous data has been deleted.



After clearing your SI-card, place the SI-card into a "check" unit where the "check" unit will beep and flash immediately, confirming that the SI-card is ready to use. Start staff will be present to assist you.

Start boxes

In the start area, competitors will pass through four consecutive start boxes and remain one minute in each one.

Box 1

When the clock in front of the first start box (-4) displays your start time, you enter. This will be 4 minutes before you start. At this point your bib number and start time will be checked. If you have not already cleared and checked your SI-card, you can do it in this box.

Box 2

In the second box, you can collect a loose control description for your course, but you can only take it, if you have a holder. It is your responsibility to take the right one!

Box 3

The third box is for SI registration and control

Box 4

In box 4 you walk to the box with your class category displayed. 5 seconds before the start, a clock will start beeping. The last beep is the start beep and is longer than the others. You can take your map at the first beep and check, that the course on the map is correct. Your race starts at the start beep. It is your responsibility to take the correct map, please take only one.

From box 4 there is a marked route to the start point. The start point is marked with a control flag

in the terrain and a start triangle on the map. The marked route from box 4 to the start point must be followed.

The route from box 4 to the start point is not marked on the map and control description, i.e. ISOM 2017 - 702 Map issue point - is not used.

Late start

If you get to the start after your proper start time you must report to the late start lane where an official will accompany you. It is still your responsibility to clear and check your SI-card. Control descriptions and the competition map will be handed to you by an official. You will be told when to start. (IOF Foot O Rule 22.9). Your start time will be recorded by punching a start unit.

The results of competitors who start late will be based on their original start time with no time compensation. Only if their lateness is due to the fault of the organiser will your actual start time be used (IOF Foot O Rule 22.10).

If you are late, whether it is your fault or the organiser's, do not discuss this with the start officials. Instead, if you think the organiser is responsible, make a complaint after finishing the race at the Problem Desk before leaving the Finish area.

During the race

Safety measures during the race

A large number of competitors will be in the terrain at the same time, especially in the sprint competitions. Please be careful when running around corners and through doors in order not to hurt yourself, other competitors, pedestrians or bikers.

Punching at the controls

All controls are equipped with at least two SPOR-Tident (SI) punching units. You may use either of the units. Insert your SI-card into the unit until it beeps and flashes. The red light and beep do not guarantee that the competitor is at the correct control. This should be checked by reading the control code on the control stand or on the top of the SI unit.

If you punch at an incorrect control, simply continue to the correct control; the extra punch will be ignored by the results software.

If the SI unit does not function (there is no beep and no flash) then use the pin punch attached to the control stand and punch on your map in one of the reserve boxes marked "Use if Sport Ident fails". If you have pin-punched any controls on your map, you must hand your map in at the Problem Desk before leaving the Finish area and explain what you have done.

Last controls and run-in

There may be several last controls. Please make sure to punch the correct one. From the last control, you must follow the marked route to the finish line.

Finish procedure

At the Finish

At the Finish, you must punch at one of the six SI units on the Finish line. Your time only stops when you punch one of these units. You must punch one of the Finish units even if you do not complete your course. Your bib number must be clearly visible when you pass the finish line.

After the Finish line

The schematic flow diagram below shows how the finish system works

After the finish line, you will be directed to a readout station to read out your SI-card. The system will verify if you have visited all controls on your course in the correct order. Individual split times will be given to each competitor after read out. You must read out your card, even if you have not completed your course. If you do not read out, you will be considered "missing in the forest", which may cause a search in the forest for you.

If you are using a rented SI-card and this is your last race, you must return your SI-card to the staff.

If the readout displays an unexpected problem with your punches, you should proceed to the Problems desk. You should also contact the Problems desk if you started late and believe that it is the organiser's fault.

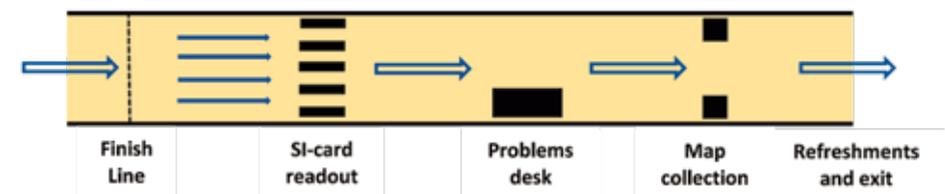
After the Problems Desk you must hand in your competition map. Competition maps will be handed out later.

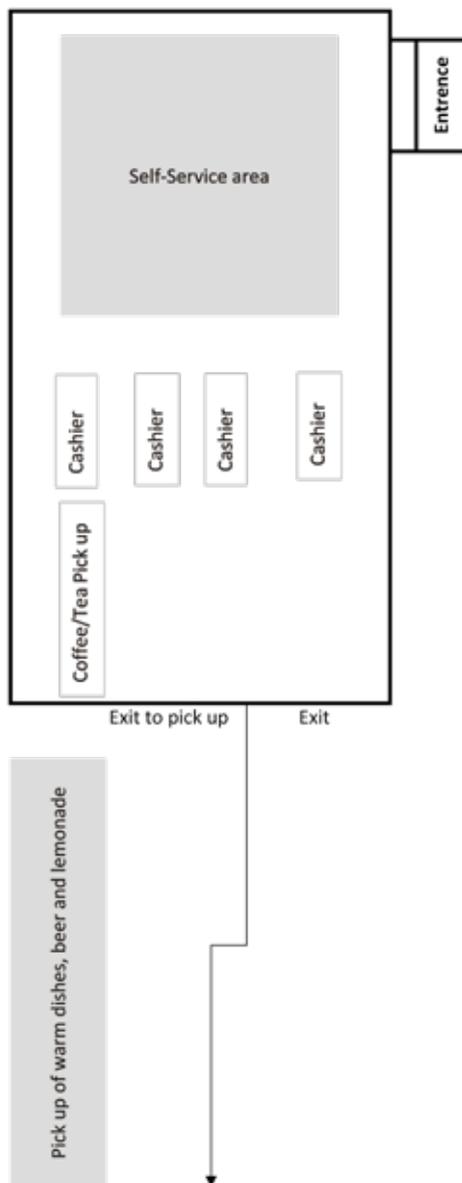
Map reclaim

The map reclaim procedure varies between the races. Information about map reclaim at each race is in the day-by-day information below.

Maximum time

Maximum time for Sprint Races: 1 hour
Maximum time for Forest Qualification: 3 hours
Maximum time for Middle Final: 2 hours
Maximum time for Long Final: 3 hours.





Refreshments

In the event of hot weather, remember to increase your fluid intake before, during and after the race to optimise your performance and prevent heatstroke.

There will be water at the starts and in the Finish area in all races. The number of water stations on the courses is shown in the day-by-day info.

The water stations in the forest will be supervised by officials. Locations will be shown using the standard drink cup on the map or at specific control sites as indicated by the cup symbol in column H of the control description.

The water is pure and drinkable.

Arena catering

The arena catering will be at the competition arena during all competition days from 8.30 and until the end of the competition. At the Sprint Final on Sunday the 8th of July, the selection will be only cake, coffee and tea. We refer to the shops and stores around the competition area.

The arena catering will have a selection of warm dishes and cold Danish inspired dishes. The selection of warm and cold dishes will vary between days. The drinks selection will be beer and lemonade. The finish area has free drinking water. We will also be serving fruit and snacks. The arena catering is build like a small supermarket. You buy tickets for warm dishes, lemonade, beer, tea and coffee at the cashier and collect the food/drinks afterwards.

Payment

The arena catering will accept payment by the following methods: MobilePay, Danish cash money, (DKK), Visa, Mastercard and Maestro.

Dietary restrictions

There will be a vegetarian option for both the cold and warm dishes every day. There will be a smaller selection of products for participants with lactose intolerance and gluten free. Participants with other dietary restrictions are welcome to contact the personnel in the arena catering and we will do our best to guide you.

Clothes transport from start to finish

There is no transport of clothes from start to finish. If the weather is extreme, additional information will be given.

Lost and found

Items found in the arenas should be handed in at the Lost and Found counter by the Baggage Storage.

Toilets

Toilets are available in the Event Centre and at the arenas and the starts.

Showers

Sorry, there are no showers in the arenas.

Commentary and live coverage

Race commentary will be provided by Katherine Bett (GBR) and Helge Lang Pedersen (DEN). Commentary will be in English with some information given in Danish and, to a lesser extent, in other languages.

Live results will be updated throughout the competitions in the event arenas and on www.wmoc2018.dk.

News, photos and video will be published via the WMOC Facebook page and homepage. Please note that you may encounter photographers anywhere in the competition areas – maybe even a video drone.

Result service

Individual split times will be given to each competitor at the readout. Live provisional results will be on display at each Event Arena. You can view results on your own devices - such as smart phones, tablets or laptops - via a local Wi-Fi network. The official results will be displayed as soon as possible after the events on <http://wmoc2018.dk> and in IOF Eventor. They will consist of results lists and split-times (Winsplits).

Disqualification

If you miss one or more controls, or do not visit the controls in the correct order, you will be disqualified. Competitors who fail to respect signs and markers made by the organisers may also be disqualified.

In the sprint events, entering forbidden areas or crossing forbidden obstacles will lead to disqualification.

Complaints and protests

In accordance with IOF Foot O rules 27 and 28, complaints and protests must be made in writing (in English), using the appropriate forms.

Complaints should be handed into the Problems Desk in the Finish area within 30 minutes of finishing using the complaint form, which is available at the Problems Desk. If the complaint is of personal nature, e.g. if you feel that you have been disqualified unfairly, the complaint should be made to the Problem Desk immediately. The organiser will consider your complaint as quickly as possible and let you know the outcome. There is no fee for a complaint.

If you are not satisfied with the organiser's decision, then, within the next 15 minutes, you can protest. Protests should be made at the Secretariat in the Event Arenas using the official form that the Secretariat can provide. You will have to pay a protest fee of 50 EUR/350 DKK. If a protest is signed by more than one competitor, each one has to pay a protest fee.

Protests will be passed to the IOF Senior Event Adviser, who will convene the jury. After due consideration, the jury will communicate its decision to the protestor. The protest fee will be returned if the protest is accepted.

First aid during competitions

There will be First Aid facilities in all event arenas on competition days. The first aid teams will consist of trained first aid providers from the Danish Red Cross as well as volunteer doctors and nurses from the organising clubs.

First Aid stations are present in the terrain during

forest competitions and are marked by a red cross on the map. The stations will be manned by qualified first aid providers who can summon additional assistance as needed.

In the event of an accident, illness or injury in the terrain or in the arena, fellow runners are requested to aid the injured individual and to help summon assistance if necessary.

First aid is not provided during the model events.

Information about possible hazards

Ticks. Deer are abundant in Denmark, and, consequently, so are ticks. Tick-borne infections that occur in Denmark are described below. If you encounter any ticks on your body, remove them as soon as possible. If you are concerned about a tick bite or about possible infection, please consult a doctor.



Borreliosis/Lyme's Disease. The most common tick-borne infection in Denmark, and the only infection of relevance for the competition areas, is caused by *Borrelia burgdorferi*, a bacterium transmitted to humans after tick bites. The infection is usually mild but may occasionally cause severe illness. The best prevention against tick bites and tick-borne infection is to wear full-body cover, to check yourself carefully for ticks upon return from the forest and to remove them as soon as possible, as the *Borrelia* parasite usually takes a minimum of 24 hours to be transferred after the tick bite. Antibiotic treatment may be required if an infection develops.

Tick-borne encephalitis is a virus infection that is transferred after tick bites. In Denmark, Bornholm, an island situated south of Sweden, is the only area with a regular occurrence of TBE (approximately 3 cases annually). TBE has also been found in ticks from a small area in Tokkekøb Hegn, a forest located north of Copenhagen. Two cases of TBE were reported from this forest in 2008 and 2009. No cases have been reported since then.

TBE occurs in so-called micro-foci, small areas inside a forest, such as a clearing by a watercourse, where deer like to gather and drink the water. So, demonstration of TBE in one area does not mean there is a risk of contracting TBE in the entire forest.

The risk of ticks and borreliosis also applies to the sprint qualification at DTU Science Park, but is negligible in central Copenhagen.

None of the forests used for the WMOC model events or competitions are suspected of harbouring TBE. Immunisation against TBE is not considered necessary for this event. If you intend to spend time in Bornholm, orienteering or doing other outdoor / wilderness activities, TBE immunisation is prudent. You should consult with your general practitioner about this.

General Data Protection Regulation (GDPR) Statement

Personal data storage

Individuals entering the WMOC will do so by submitting personal data to an IOF-hosted plat-

form. From here, the local organisers will collect the data that are necessary for that individual's participation in the championships and related activities (including organiser-provided accommodation) during the event, including, but not restricted to, name, age, address, country, and email address. During the event, newsfeeds, start times and results will be published on the internet and may contain individual runners' name, age class, and home country.

The local organisers will not share the participants' personal data with a third party, will store the data safely on the appropriate media, and will delete files containing personal data as soon as feasible after WMOC is finished.

By submitting an entry form for and participating in or attending WMOC and its related activities, including organiser-provided accommodation, the participant / attendant acknowledges the right of the organisers to store said data until the WMOC is finished. For information on data storage by the IOF, please refer to <http://orienteering.org/data-protection-at-the-iof/>

Photography and filming

Professional photography and video production will be taking place at WMOC and these images may be used on future promotional materials for WMOC or other events organised by the IOF. By attending or participating in WMOC and related activities, the participants acknowledges that the event or part of it may be filmed by audio, visual, audio-visual or electronic means or photographed, including photographs of individuals or groups of participants. The participant agrees to permit the WMOC organisers, or any third party licensed by IOF or WMOC, to use and distribute such footage and photographs, which may feature images of you, in all or any media (including social media) whether now known or hereafter to be invented throughout the world in perpetuity for the purposes of advertising, publicity, reporting and otherwise in relation to the exploitation of such recordings and photographs. Please inform the photographer if you do not wish to be included in any individual or group photographs.



Race and Model Event information "day-by-day information"

Sprint Model Event, Friday 6th July Farum Arena

The model event for the sprint is at the Farum Event Centre.

Time: 8:00 - 17:00

No transport is provided by the organisers.

The model event will be relevant to parts of both the sprint qualification and final. Special care has been taken to present various different mapping and course features. Note that if there is any doubt, walls which are mapped as impassable will be marked with a red-and-white tape in the terrain, to show that they may not be passed. This is also the case on both competitions.

See the sections of the individual sprint competitions for more information on special course features, etc.



Distances

Model Event parking at Farum Arena or Farum Bytorv or according to the P-overview for the Event Centre.

GPS: 55.814599, 12.393548

Tour group bus information

The tour buses can park at Farum Arena whilst their passengers are participating in the Model Event and Opening Ceremony. They may then be redirected to other areas.

Terrain

The Model event terrain consists of a variety of schools, company sites, shopping centres, park areas and various housing areas. The area has no height differences of any significance.

Technical Model Event

A so called "Technical Model Event" will be available at the start of the Model Event. This is a model showing how the start will be organised in the competitions.

Shops

There are no shops at the Event Centre, but Farum Bytorv shopping centre is located in walking distance of about 750m. Water will be freely available in the Event Centre.



Sprint Qualification, Saturday 7th July, Arena Hørsholm

Getting there and parking

From Highway E47, leave at exit 9 Hørsholm C. Follow signs from the junction of roads 19 and 207 just after the exit.

From Route 19 at the southern end, follow signs towards the parking area.

Parking will be at 3-4 different areas. The distance from P to Arena is 1 - 2 kilometre. If you ordered P-ticket, you will get information of which P-area you can use, together with a route description.

If you haven't got your accreditation bag before you come to the Arena, please inform us, so that we can give you P-information (If you have ordered in beforehand). Co-ordinates will be given with the P-ticket.

GPS: Arena: 55.878073, 12.499648

Bus schedule from Farum to Arena

The WMOC organiser's buses will start from the railway station in Farum, and then continue to a pick up point at Farum Arena. The timetable below is the pickup time at the railway station.

From Farum to Hørsholm

7:45 - 9:15 two buses 100 seats

10:00 - 10:45 two buses 100 seats

From Hørsholm to Farum

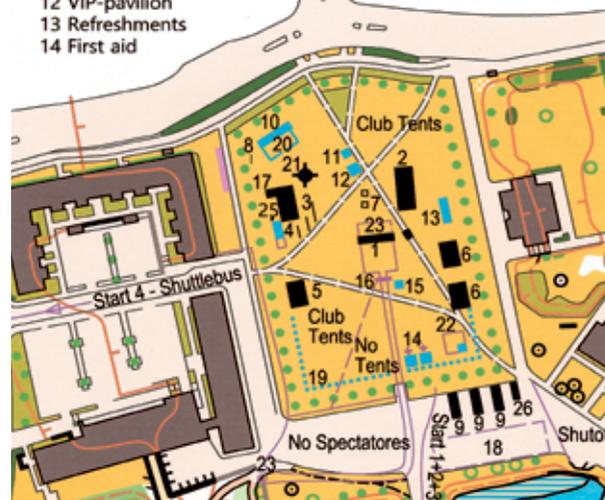
12:30 - 13:30, two buses - 100 seats

14:45 - 16:00 two buses - 100 seats

Travel time 25-30 minutes

Overview map - arena

- Tents
- Pavilions
- 1 E-card readout
- 2 Results
- 3 Catering
- 4 Catering
- 5 Luggage Hold
- 6 Resting Tents
- 7 Bulletinbord
- 8 Information Point
- 9 Toilets
- 10 Secretariat
- 11 WMOC - 2019 - 2020
- 12 VIP-pavilion
- 13 Refreshments
- 14 First aid
- 15 Speaker
- 16 Finish line
- 17 Officials catering
- 18 Shops area
- 19 National flags
- 20 Map reclaim
- 21 Directory stand
- 22 Child care
- 23 Last control
- 24 Map collection
- 25 Officials toilet
- 26 Waste container



Tour group bus information

Tour group buses should follow signs to the parking area. They will be directed to places where they can unload by the parking officials.

Information on unload area will be given at wmoc2018.dk and in the registration bags.

Distances

From Arena to start 1 - 3: 1300 m

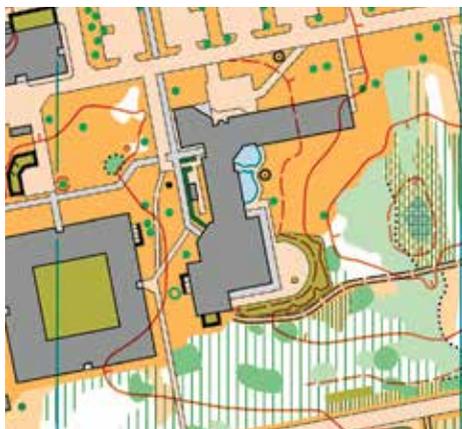
From Arena to start 4: 1140 m.

The start is close to Parking 1.

For 85+ there will be a shuttlebus.

Terrain - DTU Science Park

The area consists of a number of company sites with adjacent park and parking areas. These sites are interspersed with forest-like areas with mixed vegetation and some undergrowth. Thus, the visibility is lower, and the runnability more difficult than a typical park, but good compared to a forest.



Course details

All maps are:
 Height: 420 mm.
 Width: 297 mm.
 No significant climb.
 The length is the shortest possible race distance.

Sprint Qualification			
Class	Start	Length (m)	Controls
M 35-1	S1	3860	28
M 35-2	S1	3840	25
M 40-1	S1	3650	24
M 40-2	S1	3640	24
M 45-1	S1	3430	25
M 45-2	S1	3450	25
M 45-3	S1	3420	25
M 50-1	S1	3240	23
M 50-2	S1	3240	22
M 50-3	S1	3230	21
M 50-4	S1	3200	23
M 55-1	S1	3060	23
M 55-2	S1	3070	22
M 55-3	S1	3060	23
M 55-4	S1	3040	22
M 60-1	S2	2770	18
M 60-2	S2	2880	20
M 60-3	S2	2850	20
M 60-4	S2	2840	18
M 60-5	S2	2870	18
M 65-1	S2	2570	17
M 65-2	S2	2510	18
M 65-3	S2	2570	17
M 65-4	S2	2550	17
M 65-5	S2	2570	17
M 65-6	S2	2560	19
M 70-1	S3	2220	16

There are some paths, particularly to the west and south. However, over most of the competition area, the path network consists of paved tracks and roads connecting elongated parking areas. These roads will carry no significant traffic on the competition day.

The terrain is almost completely flat. The only major exception is a slope on the eastern border of the competition area. The maximum elevation difference is 15 m.

The only moisture in the terrain are a few well-regulated lakes.

Due to construction work and unfriendly vegetation, some areas are marked as out of bounds, both on the map and physically in the terrain. The marking is by red-and-white tape, an example of which can be seen at the Sprint Model Event.

Start time

The first start is at 10:00 and the last start at 15:30. We apologise for the large spread of start times. This is to reduce the risk of collisions in the relatively small terrain area.

Club tents

Club tents are welcome in the designated areas in the arena.

M 70-2	S3	2220	18
M 70-3	S3	2170	18
M 70-4	S3	2240	17
M 70-5	S3	2250	17
M 70-6	S3	2210	18
M 75-1	S4	1770	14
M 75-2	S4	1810	14
M 75-3	S4	1870	15
M 75-4	S4	1870	13
M 80-1	S4	1580	14
M 80-2	S4	1660	14
M 85-1	S4	1440	14
M 90-1	S4	1230	12
M 95-1	S4	1000	12
M 100-1	S4	1000	12
W 35-1	S1	3240	23
W 40-1	S1	3060	23
W 40-2	S1	3070	22
W 45-1	S2	2770	18
W 45-2	S2	2880	20
W 50-1	S2	2570	18
W 50-2	S2	2650	18
W 50-3	S2	2640	17
W 55-1	S3	2400	19
W 55-2	S3	2430	19
W 55-3	S3	2440	18
W 55-4	S3	2420	18
W 60-1	S3	2220	16
W 60-2	S3	2220	17
W 60-3	S3	2170	18
W 60-4	S3	2240	17
W 65-1	S4	2010	15
W 65-2	S4	2060	13
W 65-3	S4	2020	16
W 65-4	S4	2060	16

W 70-1	S4	1770	14
W 70-2	S4	1810	13
W 70-3	S4	1870	15
W 75-1	S4	1580	14
W 75-2	S4	1660	14
W 80-1	S4	1440	14
W 85-1	S4	1230	12
W 90-1	S4	1000	12
W 95-1	S4	1000	12

Map reclaim

Your competition map will be collected at the finish. Competition maps will be handed out after the last start.

Open courses

Distances

The start and finish for the open courses are the same as for the WMOC races.

Course details

Open 1	S2	4220	28
Open 2	S2	3720	26
Open 3	S2	3440	25
Open 4	S2	3100	21
Open 5	S2	2520	21
Open 6	S2	2970	21
Open 7	S2	2720	19
Open 8	S2	2840	25
Open 9	S2	2040	21
Open 10	S2	1790	21

Map reclaim

Participants in the open courses can keep their maps after they finish (as they start after the last WMOC competitors).

Sprint Final, Sunday 8th July Arena Christiansborg, Copenhagen

Christiansborg Castle houses the Danish Parliament and is also used by the Danish Royal Family for official purposes. The castle has been here since the tenth century but has been rebuilt several times.

Getting there

The arena is known as "Bertel Thorvaldsens Plads". GPS: 55.6765485/ 12.5782685

Parking

There is no parking. Please use public transport, or transport by bus from Farum. See more about public transportation on p. 5. Distances from the Metro Station at Kgs. Nytorv and from Copenhagen central station are less than 1 kilometre.

Bus schedule from Farum to Arena

First bus departs from Farum Station at 7:30, 8:00 and 9:00

Return: 13:30 and 15:30

Tour group bus information

There is no parking for tour group buses. You will have the possibility of unload close to the Arena. For more details see WMOC2018.dk.

Distances

Start 1: 1500m Start 2: 2150m
Start 3: 1400m Start 4: 500m

Overview map - arena

Terrain

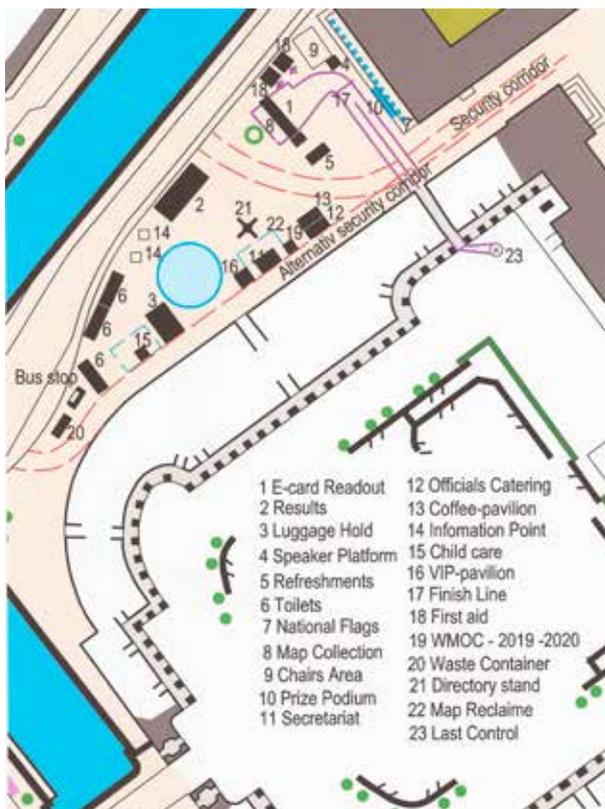
The terrain is of the city centre type, much of it waterfront and historical harbor areas. The area contains a mix of office buildings and housing (apartment buildings). All courses pass through interior yards of private housing blocks, which are very detailed.

Apart from the harbor basins themselves, there are no water features anywhere.

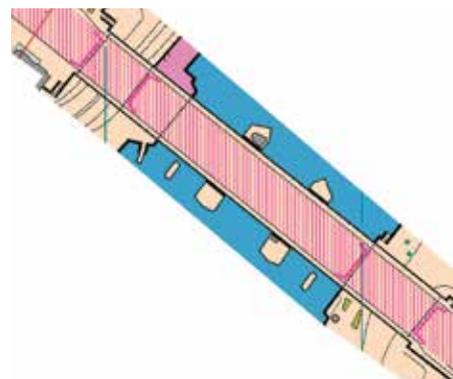
Generally, the streets are wide and easily runnable. A few streets are paved with cobble stones.

Courses from start 1,2 and 3 passes over one of the larger bridges crossing the harbor. Some courses have controls on Copenhagen's old fortifications. Apart from these two places, there are no elevation differences anywhere. The maximum elevation difference is 10 meters.

The only street with heavy traffic is the one passing across the



same bridge mentioned above. The bridge will be marked on the map as demonstrated in this sample:



The road area is marked as a forbidden area (vertical red stripes). Competitors can only cross this road under the bridge at each end, shown by the black dots (ISSOM 518.1) and purple crossing section (ISSOM 708.1) symbols. You must not cross this road in any other way.

Competitors can use the steps at each end of the bridge, and the sidewalks and bicycle paths at the sides of the road on the bridge. Beware of cyclists, who have right of way on their paths!

Some particularly crowded building corners will be patrolled by marshals and marked by high visibility cones, as demonstrated in this photo:



Access to the starts

The route to the starts will be marked with signs, but since the event is held in one of the most popular parts of the City, all competitors will use the warm-up maps, when they leave the arena, that shows the corridor to follow from the arena to the starts. This map will be drawn by the WMOC Sprint mapper. Take care to choose the correct map: There is one for Start 1, and one for Starts 2, 3 and 4.

Start time

The first start for all WMOC finals is 10:00. The last start is 13:30.

Toilets at the start

There are toilets at all the starts.

Club tents

Due to the very small arena size and authority regulations, we regret that there is no space for club tents.

Course details

All maps are 420 x 297 mm.

The length is the shortest possible race distance.

Sprint Finals			
Class	Start	Length (m)	Controls
M 35A	S1	3890	22
M 35B	S1	3040	17
M 40A	S1	3690	24
M 40B	S1	2870	15
M 45A	S1	3440	23
M 45B	S1	2780	14
M 50A	S1	3220	17
M 50B	S1	2870	15
M 50C	S1	2620	14
M 55A	S1	3040	17
M 55B	S1	2780	14
M 55C	S1	2620	14
M 55D	S1	2450	18
M 60A	S2	2970	16
M 60B	S2	2650	17
M 60C	S2	2530	14
M 60D	S2	2380	16
M 65A	S2	2530	14
M 65B	S2	2340	13
M 65C	S2	2190	13
M 65D	S2	2170	14
M 65E	S2	2060	13
M 70A	S3	2190	14
M 70B	S3	2040	13
M 70C	S3	2120	11
M 70D	S3	1900	11
M 70E	S3	1800	11
M 75A	S4	1870	11
M 75B	S4	1700	11
M 75C	S4	1620	12
M 80A	S4	1500	11
M 80B	S4	1240	11

M 85A	S4	1330	10
M 85B	S4	1120	9
M 90A	S4	1120	9
M 95A	S4	1030	11
M 100A	S4	1030	11
W 35A	S1	3220	17
W 35B	S1	2620	14
W 40A	S1	3090	18
W 40B	S1	2450	18
W 45A	S2	2970	16
W 45B	S2	2340	13
W 50A	S2	2650	17
W 50B	S2	2380	16
W 50C	S2	2170	14
W 55A	S3	2560	13
W 55B	S3	2310	12
W 55C	S3	1910	12
W 60A	S3	2310	12
W 60B	S3	2040	13
W 60C	S3	1910	12
W 65A	S4	2070	12
W 65B	S4	1870	11
W 65C	S4	1760	13
W 70A	S4	1760	13
W 70B	S4	1620	12
W 70C	S4	1450	11
W 75A	S4	1500	11
W 75B	S4	1240	11
W 80A	S4	1330	10
W 80B	S4	1120	9
W 85A	S4	1120	9
W 90A	S4	1030	11

Map reclaim

Your competition map will be collected at the Finish. New maps will be handed out after the last start.

Open courses

Distances

The open courses start at the following WMOC start areas: S1 or S4.

Start between 13:45 and 14:30.

Course details

Class	Start	Length	Controls
Open 1	S1	3900	22
Open 2	S1	3280	17
Open 3	S1	2990	17
Open 4	S1	2600	14
Open 5	S4	2070	12
Open 6	S4	1880	11
Open 7	S4	1750	13
Open 8	S4	2580	19
Open 9	S4	2050	16
Open 10	S4	1590	13

Map reclaim

Participants in the open courses can keep their maps after they finish as they start after the last WMOC competitors.



Tisvilde Model Event, Monday 9th July, Model Arena Tisvilde

Venue: Tisvilde Hegn, Tisvildeleje.

Map: Tisvilde Hegn 2018, 1:10.000 and 1:7.500.

Time: 8:00 -17:00.

Getting there and parking

Follow signs through the town of Tisvildeleje to the large parking area by the beach. GPS: 56.055629, 12.057804

If the beach parking is full, participants will be directed to an overflow parking. The walking distance from this parking to the Model Arena Tisvilde is 1.500 metres. The risk of traffic jams increases if it is a warm summer day. Risk of crowding during the day:

- o 08 -10: Low
- o 10 - 11: Medium
- o 11 - 14: High
- o 14 - 15: Medium
- o 15 - 17: Low

Bus schedule from Farum to Model Arena Tisvilde

All bus transport starts at the railway station in Farum, and then the buses go to Farum Arena. Time table below is the pickup time at the railway station.

Farum: 9:00. Return from Tisvilde: 12:30

Tour group bus information

Tour group buses can park at Tisvilde Station.

Terrain

The model area is part of the terrain for the Forest Qualification and Middle Final events. It is similar to the terrain of both events.

The ground is sandy and is dominated by pine and spruce forest of different ages. Some areas are covered with denser vegetation that significantly reduces running speeds, but in general the runnability is good. There is very little undergrowth.

There is a steep slope near the sea in the southwestern part of the terrain but, apart from this slope, the terrain is only moderately hilly.

There is a relatively dense network of tracks and forest roads in the area. There are very few marshes in the area and the ground is generally dry and without rocks.

Overview map - arena



Competition area - out of bounds

Please respect the out of bounds areas marked on the model event map. Entering the competition area may lead to disqualification from the forest races.

Service

There are no shops at the Model Arena, however there is a kiosk at the parking selling various refreshments, coffee and ice cream.

Water and toilets are also available at the parking. There are no first aid facilities.

Forest Qualification, Tuesday 10th July, Arena Tisvilde

Getting there and parking

Follow signs from road 205 in Asserbo. Way in is Bisp Absalons vej. GPS: 56.024475, 12.051327

Please note, that the entry road for the parking area is very narrow. We are operating a one way traffic system during the event. Please allow some additional time for parking. When driving from the parking after the event, follow signs along forest roads to another exit from the forest.

Bus schedule from Farum to Arena

From Farum Station via Event Centre:

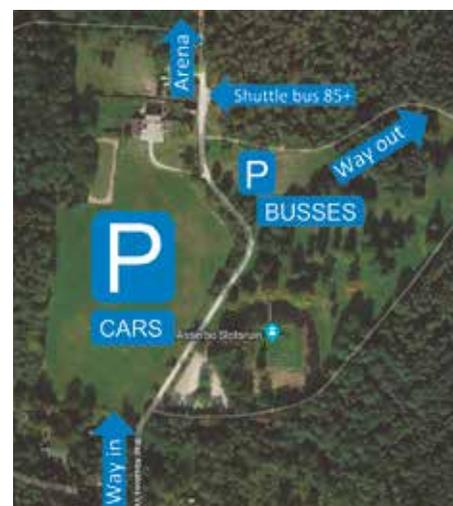
7:30, 9:30 and 10:30

Return: 14:00, 15:00 and 17:00

Tour group bus information

Tour group buses should follow signs to the parking area. They will be directed to separate unloading sites by the parking officials.

Overview map - parking and access to arena



Terrain

The ground is sandy and is dominated by pine and spruce forest of different ages. Some areas are covered with dense vegetation that can significantly reduce running speeds but, in general, the runnability is good. There is virtually no undergrowth in the terrain although there are a few very small areas of thorny vegetation.

There is a steep slope near the old sea line. Apart from that, the terrain is only moderately hilly. The level of detail varies throughout the terrain

There is a relatively dense network of tracks and forest roads. There are very few marshes in the area and the ground is generally dry and without rocks.

An open field in the terrain has a fence shown at it borders like this:



We have taken the fence down for the competition, but the wires remain on the ground and are marked with white tape to clarify their position. Some poles will be clearly visible. The fence is not electrified. A small part of the field contains horses. This part will be clearly marked as out of bounds on the map and will be marked with red-and-white tape in the terrain.

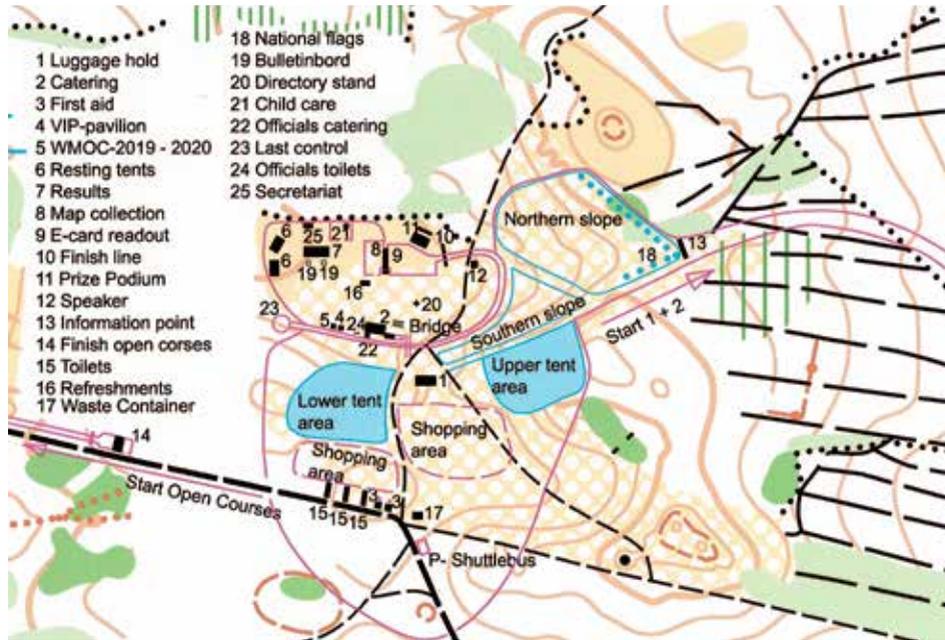
Distances

P to Arena: 1400 m.. Start 1 and 2: 800 m.

Map sample



Overview map of Arena



Start time

The first start is at 09:30.

Senior transport

Competitors in classes M/W 85, 90, 95 and 100 are offered bus transport from the parking to the arena and from the arena back to the parking. They can also take a bus from the arena to their start. There are toilets in the arena, but it is 375 metres from the bus drop off point at the start back to the nearest toilets.

Club tents

Club tents are welcome in designated areas in the arena.



Course details

Forest Qualification						
Class	Start	Length (m)	Climb (m)	Controls	Water stations	Map Size #
M35-1	1	9.440	170	22	2	FQ1
M35-2	1	9.570	165	23	2	FQ1
M40-1	1	9.280	165	21	2	FQ1
M40-2	1	9.270	150	21	2	FQ1
M45-1	1	7.920	110	19	2	FQ1
M45-2	1	7.850	110	18	2	FQ1
M45-3	1	7.820	135	21	2	FQ1
M50-1	1	7.690	110	19	2	FQ1
M50-2	1	7.730	135	19	2	FQ1
M50-3	1	7.640	120	20	1	FQ1
M50-4	1	7.680	120	19	1	FQ1
M55-1	1	6.750	100	18	1	FQ1
M55-2	1	6.790	80	19	1	FQ1
M55-3	1	6.740	85	15	2	FQ1
M55-4	1	6.790	90	15	2	FQ1
M60-1	1	6.250	90	15	1	FQ3
M60-2	1	6.240	90	15	1	FQ3
M60-3	1	6.240	90	15	1	FQ3
M60-4	1	6.280	95	18	1	FQ3
M60-5	1	6.250	105	15	1	FQ3
M65-1	2	5.680	70	14	1	FQ3
M65-2	2	5.710	65	14	1	FQ3
M65-3	2	5.630	70	14	1	FQ3
M65-4	2	5.610	70	14	1	FQ3
M65-5	2	5.700	65	14	1	FQ3
M70-1	2	5.250	65	13	1	FQ3
M70-2	2	5.340	70	13	1	FQ3
M70-3	2	5.340	60	13	1	FQ3
M70-4	2	5.360	75	13	1	FQ3
M70-5	2	5.380	70	13	1	FQ3
M70-6	2	5.380	75	14	1	FQ3

M75-1	2	4.310	70	13	1	FQ2
M75-2	2	4.360	75	14	1	FQ2
M75-3	2	4.380	60	13	1	FQ2
M75-4	2	4.410	60	12	1	FQ2
M80-1	2	3.250	50	13	1	FQ2
M80-2	2	3.210	50	13	1	FQ2
M85-1	2	2.310	40	10	1	FQ2
M90-1	2	1.960	30	10	1	FQ2
M95-1	2	1.860	25	9	1	FQ2
M100-1	2	1.710	25	8	1	FQ2
W35-1	1	6.100	80	17	1	FQ1
W40-1	1	5.670	80	16	1	FQ1
W40-2	1	5.800	95	14	1	FQ1
W45-1	1	4.780	70	14	1	FQ1
W45-2	1	4.920	85	15	1	FQ1
W50-1	1	4.700	75	14	1	FQ1
W50-2	1	4.720	80	13	1	FQ1
W50-3	1	4.750	60	13	1	FQ1
W55-1	1	4.620	60	14	1	FQ1
W55-2	1	4.650	75	14	1	FQ1
W55-3	1	4.630	85	15	1	FQ1
W60-1	1	4.540	65	13	1	FQ2
W60-2	1	4.520	75	13	1	FQ2
W60-3	1	4.480	70	14	1	FQ2
W60-4	1	4.520	75	13	1	FQ2
W65-1	2	4.220	60	11	1	FQ2
W65-2	2	4.230	60	11	1	FQ2
W65-3	2	4.230	60	12	1	FQ2
W65-4	2	4.260	65	12	1	FQ2
W70-1	2	3.720	55	13	1	FQ2
W70-2	2	3.740	55	12	1	FQ2
W70-3	2	3.740	60	13	1	FQ2
W75-1	2	2.910	40	11	1	FQ2
W75-2	2	2.930	50	11	1	FQ2
W80-1	2	1.980	35	9	1	FQ2

W85-1	2	1.880	35	10	1	FQ2
W90-1	2	1.810	30	9	1	FQ2

Map size table

Map	Length (mm)	Width (mm)
FQ1	302	425
FQ2	302	425
FQ3	278	520

Assistance for children participating in the open courses

WMOC participants are allowed to walk with their children to the start of the open courses and walk the same way back to the arena again. WMOC participants are not allowed to follow their children round their course.

Map reclaim

The competition maps will be collected at the Finish. Since the terrain for the Forest Qualification race and the Middle Final race overlaps, the competition maps for the Forest Qualification race will not be handed out until after the Middle Final race has been conducted on Wednesday 11th July.

The competition maps will be handed out after the last start of the Middle Final race.

Read out station

The read out station is 200 metres after the finish line.

Map reclaim

The competition maps will be collected at the Finish. As the terrain for the open courses and some WMOC courses overlaps, the competition maps for the open courses will not be handed out until after the Middle final race has been conducted.

The competition maps are handed out after the last start of the Middle final race on Wednesday 11th. July.

Open courses

Distances

The finish area for the open classes is around 200 metres from the arena. From there follow the marked route 1000 metres to the start.

Course details

Open 1	5820 m	14 Controls
Open 2	4800 m	12 Controls
Open 3	4640 m	11 Controls
Open 4	4010 m	11 Controls
Open 5	3310 m	9 Controls
Open 6 - 7	2820 m	8 Controls
Open 8	5190 m	12 Controls
Open 9	2100 m	6 Controls
Open 10	2580 m	7 Controls



Middle Final, Wednesday 11th July, Arena Tisvilde

Getting there and parking

Please see the information on the Forest Qualification pages.

Bus schedule from Farum to Arena

All bus transportation start at the railway station in Farum, and then the buses go to Farum Arena. Time table below is the pickup time at the railway station.

From Farum Station via Event Centre:

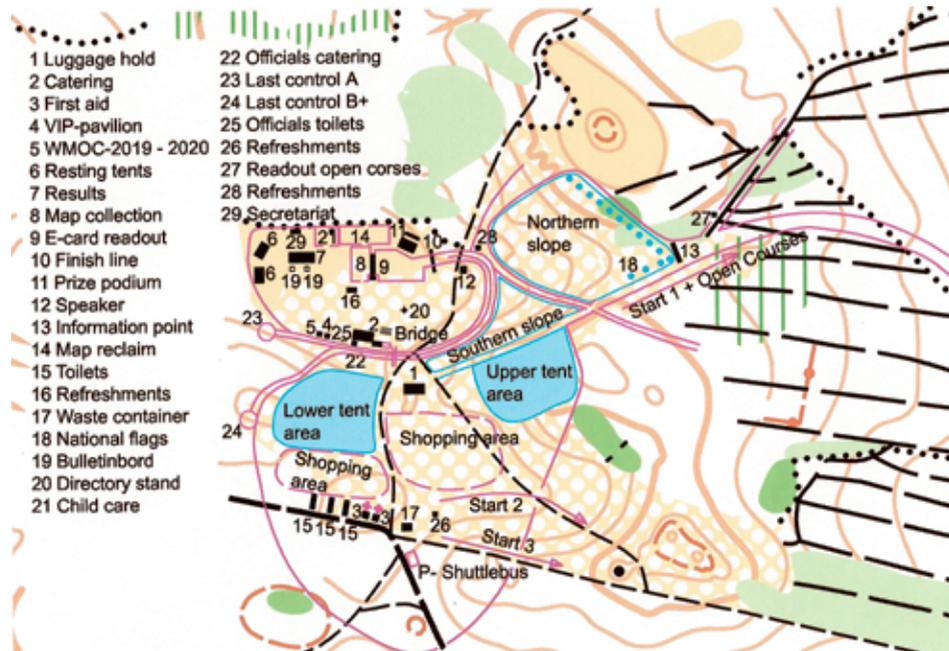
7:30, 9:30 and 10:30

Return: 14:00, 15:00 and 16:00

Tour group bus information

Tour group buses should follow signs to the parking area. They will be directed to separate unloading sites by the parking officials.

Overview map of Arena



Distances

Overview map – parking and access to arena

Please see the information on the Forest Qualification pages.

To start:

1: 1400 m.

2 and 3: 100 m

Terrain

The terrain description for Forest qualification also applies here.

Arena passage

Several A-classes pass through the arena. The arena passage starts at a control and the route is clearly marked until a second control, where the arena passage ends. The marked route must

be followed. Please note that both the control at the start and the control at the end of the arena passage must be punched. The arena passage is clearly marked on the map and the control description list.

Start time

The first start for B, C, D, E and F finals is 09:30

The first start for A finals is around 10:30.

Senior transport

Competitors in classes M/W 85, 90, 95 and 100 are offered bus transport from the parking to the arena and from the arena back to the parking. There is no bus transport from the arena to the start as the start is close to the drop off point in the arena.

Club tents

Club tents are welcome in designated areas in the arena.

Course details

Middle Final						
Class	Start	Length (m)	Climb (m)	Controls	Water stations	Map Size #
M35A	1	5.930	120	24	1	MF1
M35B	2	4.960	70	17	0	MF6
M40A	1	5.790	115	24	1	MF1
M40B	2	5.100	70	20	0	MF6
M45A	1	4.860	75	20	1	MF1
M45B	2	4.230	60	17	0	MF6
M50A	1	4.650	95	20	1	MF1
M50B	2	4.300	65	15	0	MF6
M50C	2	4.050	60	15	0	MF6
M55A	1	4.430	85	20	1	MF1
M55B	2	4.140	60	15	0	MF6
M55C	2	3.930	60	14	0	MF6
M55D	2	3.600	55	14	0	MF6
M60A	1	4.280	75	18	1	MF3
M60B	2	4.100	65	15	0	MF5
M60C	2	3.930	55	16	0	MF5
M60D	2	3.740	50	16	0	MF5
M60E	2	3.490	50	13	0	MF5
M65A	1	3.830	85	18	0	MF2
M65B	2	3.600	70	17	0	MF4
M65C	2	3.450	70	17	0	MF4
M65D	2	3.310	70	16	0	MF4

M65E	2	3.190	70	15	0	MF4
M70A	1	3.680	80	18	0	MF2
M70B	2	3.480	70	15	0	MF4
M70C	2	3.250	70	15	0	MF4
M70D	2	3.090	65	15	0	MF4
M70E	2	2.840	60	13	0	MF4
M75A	1	3.210	60	15	0	MF2
M75B	3	2.840	60	13	0	MF4
M75C	3	2.460	40	11	0	MF4
M80A	3	2.750	55	15	0	MF4
M80B	3	2.140	40	11	0	MF4
M85A	3	1.810	30	10	0	MF4
M85B	3	1.500	25	8	0	MF3
M90A	3	1.590	25	10	0	MF3
M95A	3	1.230	15	8	0	MF3
M100A	3	1.090	15	7	0	MF4
W35A	1	4.730	95	19	1	MF1
W35B	2	3.690	50	16	0	MF6
W40A	1	4.590	75	19	1	MF1
W40B	2	3.650	50	14	0	MF6
W45A	1	3.890	85	19	0	MF1
W45B	2	3.080	65	13	0	MF6
W50A	1	3.780	85	17	0	MF1
W50B	2	3.310	60	14	0	MF6
W50C	2	3.040	55	14	0	MF6
W55A	1	3.600	80	17	0	MF1
W55B	2	3.310	60	16	0	MF6
W55C	2	3.160	55	14	0	MF6
W60A	1	3.520	80	16	0	MF2
W60B	2	3.220	65	14	0	MF4
W60C	2	3.040	55	14	0	MF4
W65A	1	3.250	70	15	0	MF2
W65B	2	3.080	55	13	0	MF4
W65C	2	2.860	50	14	0	MF4
W70A	1	2.980	55	15	0	MF2

W70B	2	2.720	45	14	0	MF4
W70C	2	2.460	40	10	0	MF4
W75A	3	2.440	40	14	0	MF5
W75B	3	1.920	30	10	0	MF4
W80A	3	1.590	25	9	0	MF4
W80B	3	1.260	20	6	0	MF4
W85A	3	1.390	20	8	0	MF4
W90A	3	1.090	15	7	0	MF4

Map size table

Map	Length (mm)	Width (mm)
MF1	292	215
MF2	293	231
MF3	360	231
MF4	302	215
MF5	302	425
MF6	215	302

Map reclaim

The competition maps will be collected at the Finish.

Competition maps will be handed out after the last start. Competition maps from the Forest Qualification race will also be issued at this time.

Open courses

Distances

The finish area for the open courses is 400 metres from the WMOC arena. Follow signs from the route from the parking to the WMOC arena. The route to WMOC Start 1 passes by the finish area for the open courses. From the finish for the open courses, it is 600 metres to the start. Follow signs.

After punching at the finish, follow signs approx. 400 metres to the readout station near the arena.

Course details

Open	Distance	Controls
Open 1	7810 m	14 Controls
Open 2	6970 m	14 Controls
Open 3	5440 m	11 Controls
Open 4	4530 m	9 Controls
Open 5	3540 m	7 Controls
Open 6	4740 m	11 Controls
Open 7	4420 m	10 Controls
Open 8	6450 m	13 Controls
Open 9	3040 m	9 Controls
Open 10	3370 m	13 Controls

Assistance to children participating in the open courses

WMOC participants can walk with their child to the start of the open courses and, to the extent this is allowed according to the rules for the open courses, they can also follow their child around her/his course. The open courses and WMOC courses are in separate parts of the terrain.

Map reclaim

Participants in the open courses can keep their map after they have finished. Please do not show the map to competitors in the open classes who have not yet started.

Gribskov Model Event, Thursday 12th July

Venue: Gribskov north of Gadevang town.

Map: Gribskov 2018, 1:10.000 and 1:7.500.

Time: 8:00-17:00.

Parking: On grass field at "Asfalten" in Grib Skov, Helsingevej 7, 3400 Hillerød:

GPS: 55.973786, 12.296562

Getting there and parking

Follow signs from Helsingevej approx. 1.5 km north of the exit towards the town of "Gadevang" You will also the signs if you approach Helsingevej from the north.

If the parking is full, participants will be directed to an overflow parking in the forest. The walking distance from the overflow parking to the Model Arena Gribskov is 400-1.000 metres. Estimated risk of crowding during the day:

- o 08 -10: Low
- o 10 -11: Medium
- o 11 -14: High
- o 14 -15: Medium
- o 15 -17: High

Bus schedule from Farum to Arena

All bus transport starts at the railway station in Farum, and then the buses go to Farum Arena. Time table below is the pickup time at the railway station.

Farum: 9:00. Return from Gribskov 12:30

Tour group bus information

Tour group buses should follow signs towards the parking area. They will be directed to separate unloading sites by the parking officials.

Terrain

The terrain is typical of North Zealand with beech and spruce being the dominant trees. Birch, pine and a few other tree types are also found. The vegetation varies greatly from open and fast running to areas of dense trees. In general the runnability is good. Some areas with lots of branches in the

ground are marked with vertical green lines on the map. These areas are not typical of the Long Final terrain.

The terrain is moderately hilly with variable detail. The visibility varies from low to high.

There is a dense network of tracks and forest roads in the area. There are quite a few marshes but the ground is generally dry and is not rocky.

A big woodpile just south of the arena is not on the map since woodpiles are moved at short notice. Such unmapped woodpiles are also found in the competition terrains, but they will not affect route choice.

Overview map – parking and arena



Service

Toilets are available in the parking area, but there is no first aid facilities, water or shops.

It is advised that participants bring their own refreshments.

Long Final, Friday 13th. July, Arena Gribskov

Getting there and parking

NOTE that road 227 Nødebovej - Gillelejevej will be one way north to south during the event. It is NOT possible to drive along this road to the arena from the south. The only route to the arena is to use road 227 from the north.

Follow signs from the road junction for roads 227 and 205 just south of Esbønderup.

GPS-address: Gillelejevej 2B, 3230 Græsted, 56.010590, 12.345909

When you leave, you will be going north, using the same road as you came in.

Bus schedule from Farum to Arena

7:15, 9:30 and 10:30

Return: 14:00, 15:00 and 16:00

Tour group bus information

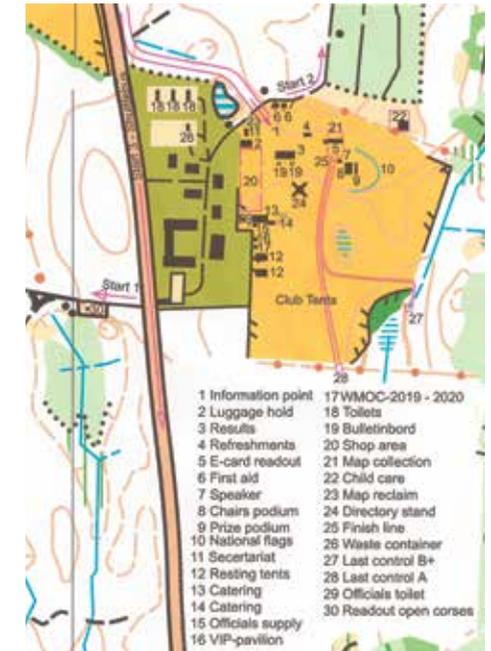
Tour group buses will be directed to their own parking area in the forest approx. 300 metres north of the arena. Just before arriving at the parking, the buses will pass the marked route to start 2 and should thus drive carefully.

You will have to arrive from north.

Overview map – parking and arena



Overview map – arena



Distances

Parking – Arena Gribskov 200 – 800 m

Bus stop Arena Gribskov - 100 m

Arena Gribskov – Start 1 - 1.000 m

Arena Gribskov – Start 2 - 600 m

Arena Gribskov – Start 3 - WMOC Organizers transport car 5 min – Walk 200 m

Terrain

The terrain is typical for North Zealand with beech and spruce as the dominant trees. Birch, pine and a few other tree types are also found. The vegetation varies greatly from open and fast running to detailed areas of dense vegetation. In general the runnability is good.

The terrain slopes towards Lake Esrum and is moderately hilly. The highest point is around 80 metres above the surface of the lake. The level of

detail varies from few to many. The visibility varies from low to high.

There is a dense network of tracks and forest roads in the area. There are quite a few marshes in the area. The ground is generally dry and not rocky, but muddy areas may appear around marshes.

Grass and bracken are found in some areas, and there are some nettles and thorny bushes. Significant areas of undergrowth are clearly marked on the map.

Areas mapped as ISOM 310 Indistinct marsh often have undergrowth in the form of nettles.

Start time

The first start is at 09:00 for all classes.

Course details

ong Final						
Class	Start	Length (m)	Climb (m)	Controls	Water stations	Map Size #
M35A	1	13.510	230	31	2	LF1
M35B	2	10.490	145	25	2	LF3
M40A	1	11.970	205	25	2	LF1
M40B	2	10.190	145	25	2	LF3
M45A	1	10.300	175	21	2	LF1
M45B	2	8.520	120	18	2	LF3
M50A	1	9.410	160	20	2	LF1
M50B	2	8.130	115	19	2	LF3
M50C	2	7.220	100	16	2	LF3
M55A	1	8.140	140	18	2	LF1
M55B	2	7.210	100	16	2	LF3
M55C	2	6.290	90	14	2	LF3
M55D	2	5.450	75	14	2	LF3
M60A	1	7.710	130	20	2	LF2
M60B	2	7.260	100	18	2	LF4
M60C	2	6.590	90	15	2	LF4
M60D	2	6.100	85	16	2	LF4
M60E	2	5.620	80	15	2	LF4

Senior transport

Start 3 has bus transport from the arena for the following classes:

W 80 A - W 80 B - M 80 A - M 80 B

W 85 A - M 85 A - M 85 B

W 90 A - M 90 A

M 95 A

M 100 A

There is no transport from parking to the arena since these are close to each other.

Club tents

Club tents are welcome in designated areas in the arena.

M65A	1	7.090	115	18	2	LF2
M65B	2	6.650	85	19	2	LF4
M65C	2	6.010	80	14	2	LF4
M65D	2	5.520	70	15	2	LF4
M65E	2	4.900	65	10	1	LF4
M70A	1	6.600	105	19	2	LF2
M70B	2	6.140	80	15	2	LF4
M70C	2	5.560	70	14	2	LF4
M70D	2	5.040	65	14	2	LF4
M70E	2	4.540	60	13	2	LF4
M75A	1	5.830	105	15	2	LF2
M75B	2	4.720	60	13	2	LF4
M75C	2	3.720	50	10	2	LF4
M80A	3	5.040	85	14	2	LF2
M80B	3	3.910	75	14	2	LF5
M85A	3	3.150	60	15	2	LF5
M85B	3	2.740	55	11	2	LF5
M90A	3	2.880	55	13	2	LF5
M95A	3	2.400	45	10	2	LF5
M100A	3	1.690	30	7	1	LF5
W35A	1	8.230	105	19	2	LF1
W35B	2	6.580	95	16	2	LF3
W40A	1	7.160	90	21	2	LF1
W40B	2	5.680	80	16	2	LF3
W45A	1	6.300	100	16	1	LF1
W45B	2	5.280	70	13	2	LF3
W50A	1	6.120	105	14	1	LF1
W50B	2	5.120	70	12	2	LF3
W50C	2	4.040	55	11	1	LF3
W55A	1	5.910	100	15	1	LF1
W55B	2	5.050	65	13	2	LF3
W55C	2	4.660	60	11	2	LF3
W60A	1	6.020	100	16	1	LF2
W60B	2	5.110	70	14	2	LF4
W60C	2	4.430	60	11	2	LF4

W65A	1	5.220	95	14	2	LF2
W65B	2	4.710	65	13	2	LF4
W65C	2	4.060	55	12	1	LF4
W70A	1	4.960	95	15	1	LF2
W70B	2	4.220	55	12	1	LF4
W70C	2	3.430	45	12	2	LF4
W75A	1	4.230	80	13	2	LF2
W75B	2	3.150	45	11	1	LF4
W80A	3	2.740	50	10	2	LF5
W80B	3	2.170	40	11	2	LF5
W85A	3	2.310	45	9	3	LF5
W90A	3	1.890	35	9	1	LF5

Map size table

Map	Length (mm)	Width (mm)
LF1	482	302
LF2	455	371
LF3	358	257
LF4	473	323
LF5	339	250

Open 3	5610 m	15 Controls
Open 4	4340 m	12 Controls
Open 5	3920 m	11 Controls
Open 6	4410 m	12 Controls
Open 7	4340 m	12 Controls
Open 8	6220 m	16 Controls
Open 9	4030 m	14 Controls
Open 10	3250 m	11 Controls

Map reclaim

Your map will be collected at the Finish. Competition maps will be handed out after the last start.

Open courses

The open courses have their own finish area 1.200 metres from the arena. Follow the signs to start one and follow additional signs from there. From the finish area for the open courses, there are 1.100 metres to the start.

After punching at the finish, follow signs approximately 1.000 metres to the readout.

Course details

Open 1	7990 m	21 Controls
Open 2	6750 m	18 Controls

Assistance to children participating in the open courses

WMOC participants can walk with their child to the start of the open courses and, to the extent this is allowed according to the rules for the open courses, they can also follow their child on her/his course. The open courses and WMOC courses are in separate parts of the terrain.

Map reclaim

Participants in the open courses can keep their maps after they have finished. Please do not show your map to competitors in the open classes who have not yet started.

WMOC 2019

6-12th July 2019 in Riga, Latvia.

Statistics

Number of competitors per country

Argentina	1
Australia	52
Austria	52
Belarus	22
Belgium	39
Brazil	9
Bulgaria	3
Canada	5
China	2
Chinese Taipei	2
Croatia	4
Czech Rep.	145
Denmark	345
Estonia	166
Finland	654
France	49
Germany	142
Great Britain	279
Hong Kong	5
Hungary	33
Ireland	7
Israel	4
Italy	22
Japan	34
Kazakhstan	1
Korea, Rep.of	3
Latvia	34
Lithuania	35
Moldova, Republic of	2
Netherlands	15

New Zealand	19
No club membership	44
Norway	553
Poland	27
Portugal	15
Romania	15
Russian Federation	197
Serbia	5
Slovakia	16
Slovenia	3
Spain	25
Sweden	844
Switzerland	192
Turkey	14
Ukraine	15
United States	37
Unknown	1

Number of entries per age group

Class	sprint	forest
M100	1	1
M35	83	86
M40	114	118
M45	169	164
M50	231	239
M55	277	289
M60	319	350
M65	342	376
M70	385	419
M75	226	246
M80	94	106
M85	35	37
M90	6	8
M95	1	1
W35	55	63
W40	84	82
W45	99	93
W50	181	188
W55	207	220
W60	229	245
W65	234	245
W70	193	211
W75	101	106
W80	41	42
W85	8	8
W90	3	2