



Bulletin 3

Junior World Orienteering Championships 2015

4-10 July - Rauland, Norway



TELEMARK

-  Mountain area, 700-1100m altitude
-  Challenging terrains, top quality competitions
-  Discover the beauty of Telemark and the Norwegian mountains



WELCOME!

Dear o-friends! We are proud to welcome youngsters from all over the world to JWOC 2015 in the beautiful Norwegian mountains! At the moment more than 330 persons from all corners of the world have set course for Rauland and Norway first week of July. Around 250 people are preparing as organizers. It will be a week full of memories for all of us!

Two months in front of the competitions, we are as prepared as we can be. There are still snow in the terrain, but it will be gone when you arrive (hopefully)! Maps, courses and arenas have been prepared for GPS-tracking and big-screen production, and with more than 2000 participants in the JWOC Tour as spectators, this will create a great atmosphere around the competitions!

Once again, welcome to all of you!

Organisers & event controllers

Norwegian Orienteering Federation (NOF)

Porsgrunn OL

IL Dyre Vaa



Information and address

JWOC 2015

v/Dag Ausen

Hubrovegen 34

3940 Porsgrunn

Norway

email: info@jwoc2015.org

web: www.jwoc2015.org

cell: +47-930 59 316

Event director	Dag Ausen
Maps and courses	Thore Kornmo
Arenas and IT	Oscar Espeland
Accommodation	Nina Skeie
Finance	Hilde Vassend
Ceremonies	Marit Berg / Astrid Aamand
JWOC Tour	Jan Gatevold
Media	Hans Christian Meen

Senior Event Adviser	Lars Forsberg (SE) Lars.Forsberg@stockholmsidrotten.se
National Controller	Ivar Maalen ivar.maalen@nmbu.no

Cartography

Sprint & middle	Helge Gisholt
Long	Morten Berglia
Relay	Leif Roger Hultgren / Helge Gisholt
Digital "basemap" preparation	Terje Mathisen

Course planners

Sprint	Jarle Ausland Anne Margrete Hausken Nordberg
Middle	Thore Kornmo Per Christian Hagen
Long	Anders Nordberg Nils Albert Aamand
Relay	Dagfinn Torpe Asbjørn Byggland

Detailed programme

Friday

July 3

Accreditation

12:00 – 18:00	Model event (own transport)
12:00 – 21:00	Event office open (accreditation)

Saturday

July 4

Model event Sprint/Middle

10:00 – 16:00	Model event (Krossen)
10:00 – 20:00	Event office open (accreditation)
12:00	Deadline for Sprint entries
14:00 – 16:00	Technical model event (Krossen)
16:30 – 17:30	Opening ceremony (Krossen)
18:00	Team leaders meeting

Wednesday

July 8

Model event Long/Relay

10:00 – 15:00	Model event (Hovdeli)
10:00 – 12:00	Event office open
12:00	Deadline for Long entries
18:00 – 20:00	Event office open
18:30	Team leaders meeting

Sunday

July 5

Sprint distance (Åmot)

9:00 – 11:30	Bus departure pre-start
11:00 – 14:30	Sprint distance
12:00	Deadline for Middle Qual entries
14:45	Flower ceremony
18:00 – 20:00	Event office open
18:30	Team leaders meeting

Thursday

July 9

Long distance (Skisenteret)

7:45 – 11:30	Bus departure pre-start
9:00 – 16:00	Long distance
16:00	Flower ceremony
17:00	Deadline for Relay entries
18:00 – 20:00	Event office open
19:00	Team leaders meeting

Monday

July 6

Middle distance qual (Krossen)

9:30 – 12:00	Bus departure pre-start
11:30 – 14:30	Middle distance qualification
17:00 – 20:00	Event office open
18:30	Team leaders meeting

Friday

July 10

Relay (Skisenteret)

7:45 – 8:30	Bus departure
9:00 – 11:00	Relay Men
10:20 – 12:15	Relay Women
12:45	Price ceremony Long and Relay
13:00	Closing ceremony

Tuesday

July 7

Middle distance final (Krossen)

9:00 – 12:00	Bus departure pre-start
10:30 – 11:30	Middle distance B/C final
12:00 – 15:30	Middle distance A final
15:45	Flower ceremony
18:00 – 19:30	Get together (Raulandshallen)
19:30 – 20:00	Price ceremony Sprint and Middle

Saturday

July 11

Departure

3:00 – 8:00	Bus departure Oslo airport
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Competition Rules

The Competition Rules for IOF Foot Orienteering Events (version valid from 1st January 2015) shall be applied to participation in the Junior World Orienteering Championships 2015. Please refer to the Competitions Rules on the IOF website www.orienteering.org

Classes and Participation Restriction

Classes: W 20, M 20

All competitors must be born in or after 1995 and must be full passport-holding citizens of the country they are representing.

Online production

There will be big-screen productions at all arenas with live access through internet. Online internet result service and live tracking will also be available on web.

Punching and Time-keeping System

Emit punching system will be used. All competitors will be equipped with Emit punching cards and EmiTags from the organizer. The Emit touch-free punching system will be used for the Sprint competition. About 50 men and 50 women will wear a GPS-transmitter in each of the finals. There will be a technical model event outside Raulandshallen Saturday 4 July (from 14-16) in front of the Opening Ceremony.

Anti-doping Code

Doping is strictly forbidden, and the organizers of JWOC 2015 are dedicated to supporting the anti-doping authorities in their work.

Doping controls may be carried out any time during the competition period. As some sites for the doping controls may be a few minutes' drive away, we suggest that athletes are prepared at all events to take along some dry clothes to change into after their race. Doping tests are always carried out in accordance with the procedures described in the WADA International Standard of testing. The IOF Anti-Doping Code and Rules apply as of 1st January 2015.

Athletes who eventually are selected for the doping tests must bring official identification (with photo) to the doping test area. The athlete should also bring their therapeutic use exemption (TUE) if applicable. In general, it is advisable that the athletes bring their ID to all the competitions and events.

Clothing

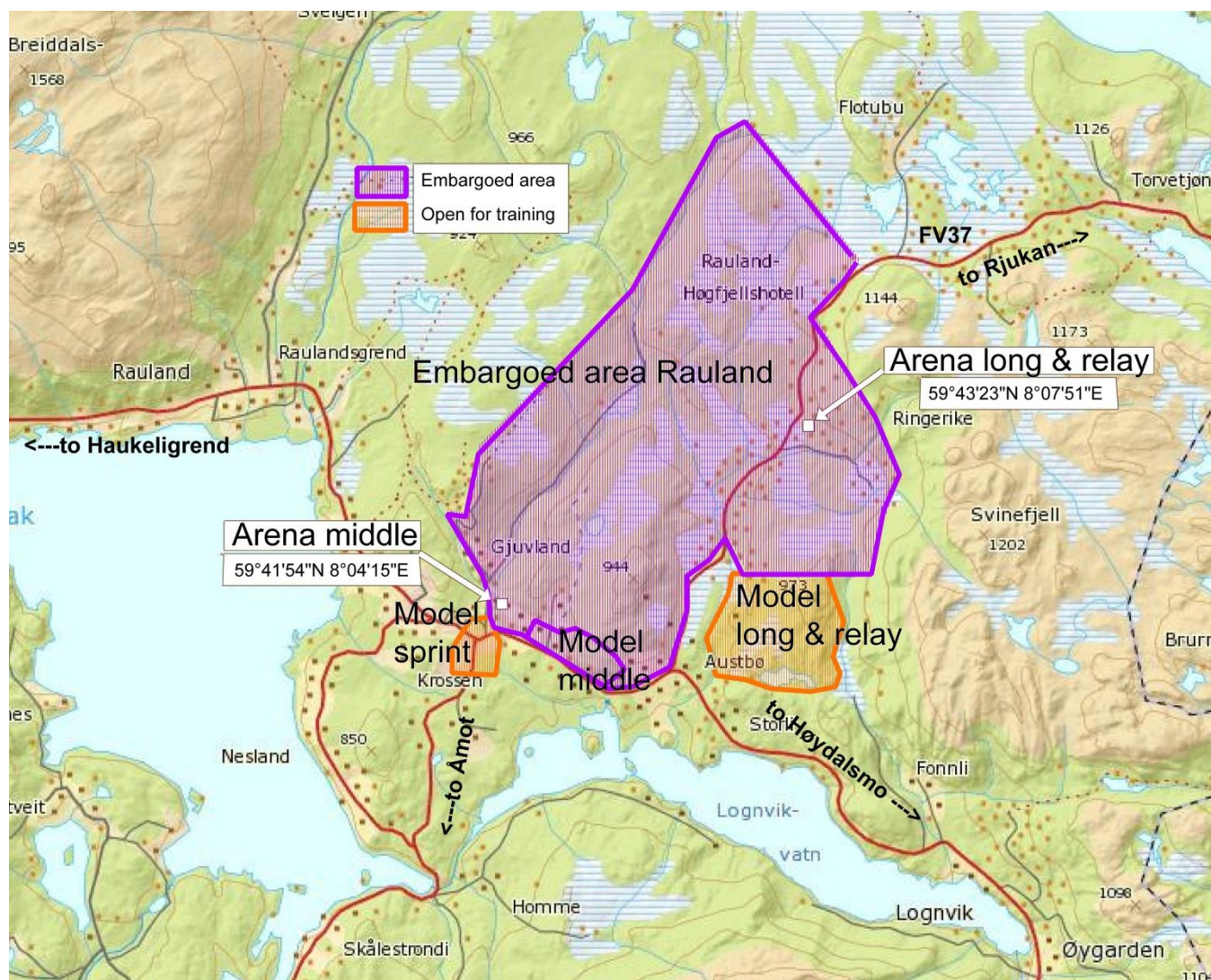
The regulations set by the Norwegian Orienteering Federation are valid. Clothing for the long, middle and relay races should be long trousers and short sleeves. No restrictions for the sprint distance. It is forbidden to use shoes with metal spikes and studs in the sprint competition as well as for the sprint model event.

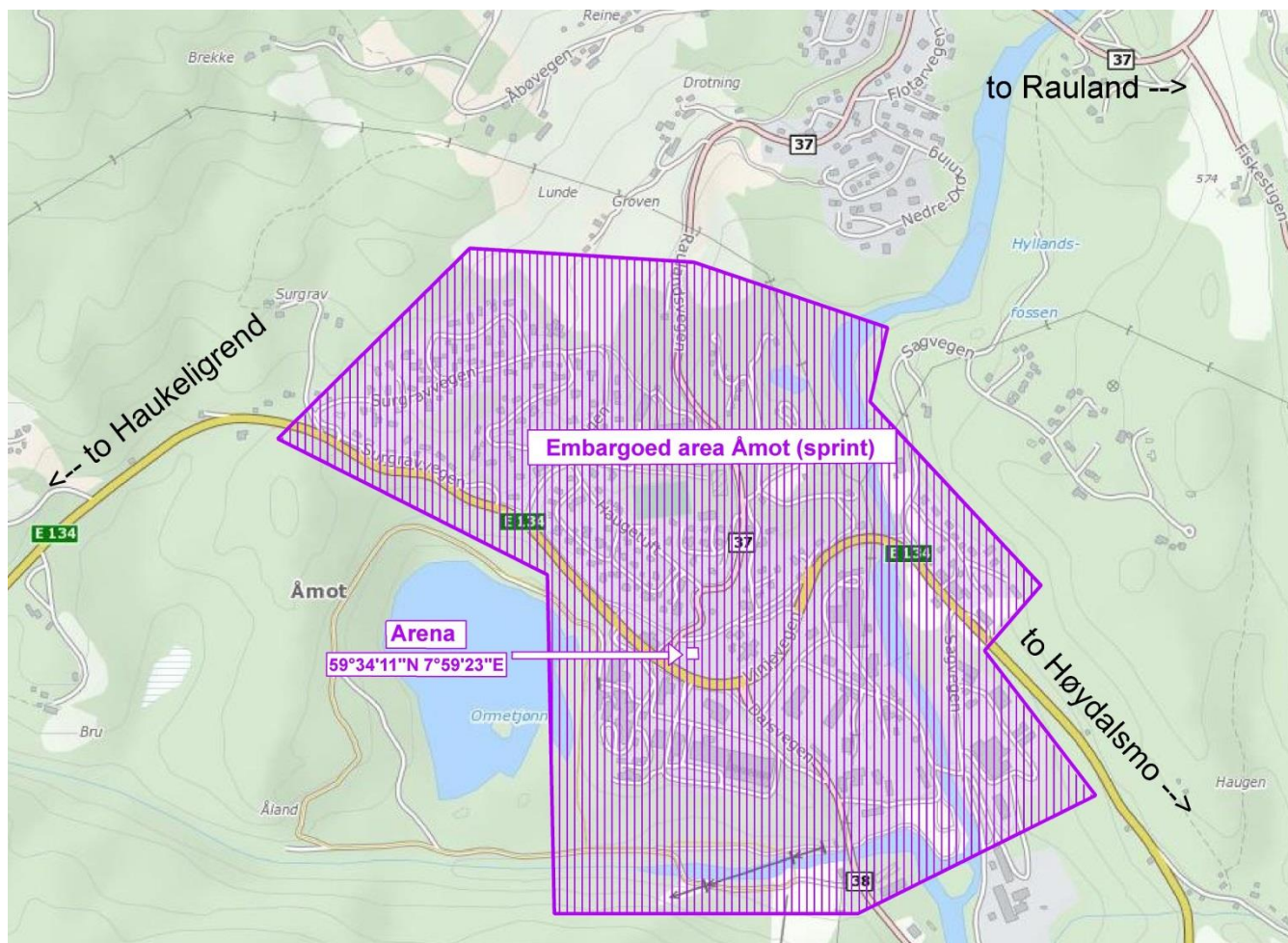


Embargoed areas and competition areas

With reference to the IOF Competition Rules, the area indicated on the accompanying map are embargoed for the middle distance, long distance and relay. For the sprint distance, residential areas in Åmot are restricted, see map on next page. Potential team members, leaders and others, whose knowledge of the terrain could influence results of the JWOC competition, are prohibited from entering these areas. However, public roads passing through the areas may be used. See detailed restriction at the web-page.

Old maps in the area are available at the web (non-printable versions). Printed versions are offered for sale. See <http://www.porsgrunnol.no/2015jwoc/bulletins/>





For the sprint distance, residential areas in Åmot are restricted. Public roads passing through the areas may be used.

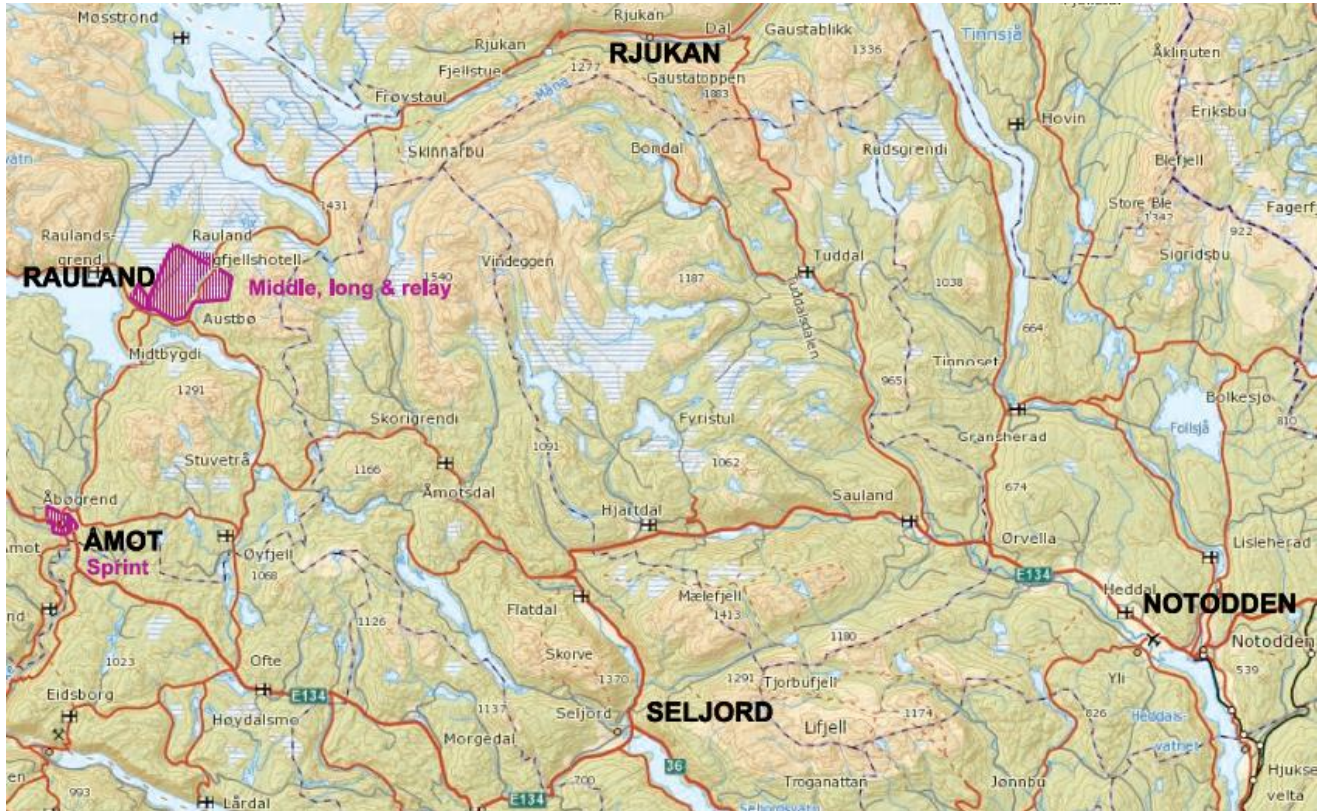
Competition	GPS coordinates
Sprint	59°34'11"N 7°59'23"E
Middle qual & final	59°41'54"N 8°04'15"E
Long & relay	59°43'23"N 8°07'51"E



Location

Venue and travel

JWOC 2015 will take place in Rauland, Telemark, located in the mountain area in southern Norway. The distance from the airports around Oslo is 3-4 hours.



Event centre and accommodation

The Event Centre will be at Rauland Høgfjellshotell, located in beautiful environments and not far from the JWOC arenas. Teams will be accommodated in apartments and cabins around the hotel and at Vierli Tourist center close by. Panoramic views of Raulandsfjell and Hardangervidda can be expected. The Team Official meetings will be held at the hotel. The Accreditation is also done here.

Various types of accommodation are available for spectators in the vicinity of the Event Centre and competition areas; - hotels, pensions, youth hostels, bed and breakfasts and privately owned apartments/cabins for rental. There will also be designated areas for camping.

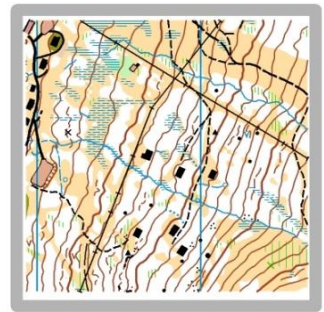
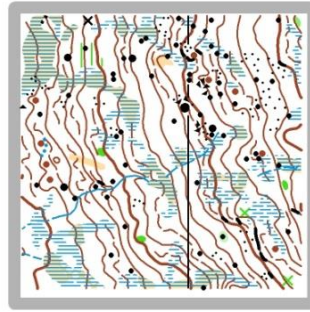
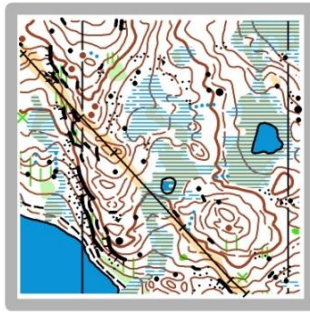
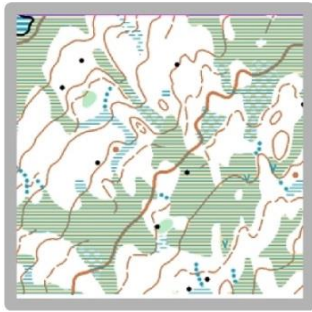


Foto: JWOC 2015

Terrain description

Mountain forest 700-1100 m above sea level. Mainly open pine and birch forest with a lot of small and bigger marshes. Lower areas and hillsides also with spruce. In general very good runnability and visibility. Some smaller areas with reduced runnability and visibility due to undergrowth, thicker forest and rocks. Varying technical challenges from areas with smooth contours and few details to areas with complex contours and many map details. Some old man-made features like reminders of old, small mountain farms. A few smaller areas with a lot of newer mountain cabins and gravel roads. Part of the terrain has cross-country ski tracks and alpine ski slopes.

Sprint		Long Distance	
Terrain form	Moderately hilly with some steep slopes.	Terrain form	Moderately hilly area at an altitude of 800-900 m. Variation between areas with smooth contours to complex detailed areas and some steep slopes.
Vegetation	Urban area with partly private and public ground. Public areas with grass and also small areas with easy runnable forest.	Vegetation	Open pine and birch forest with open and semi-open marches. Smaller areas with reduced runnability due to undergrowth and rocks.
Runnability	Good	Runnability	Mostly very good, but there are rocky ground in some areas reducing the runnability . Precipitation prior to the championship will affect the runnability of the marches.
Visibility	Excellent	Visibility	Excellent
Paths and roads	Mostly residential area.	Paths and roads	A small part of the courses will pass through an area with alpine ski tracks and cabins.
Middle Distance		Relay	
Terrain form	Hillsides with smooth contours, but also areas with more complex contours.	Terrain form	The terrain for the relay will have great variation. Courses will go through flat areas with open marches, areas with more complex contours and hillsides of varying steepness.
Vegetation	Mostly pine and birch forest with open and semi-open marches, but also areas with spruce. Smaller areas with reduced runnability due to undergrowth.	Vegetation	Mostly pine and birch forest with open and semi-open marches. Smaller areas with reduced runnability due to undergrowth.
Runnability	Very good runnability , but precipitation prior to the championship will affect the runnability of the marches.	Runnability	Very good runnability , but precipitation prior to the championship will affect the runnability of the marches.
Visibility	Mostly good, but visibility will vary along the course.	Visibility	Excellent
Paths and roads	A few paths and private forest roads go through the competition area.	Paths and roads	Parts of the courses will pass through areas with alpine ski tracks.



"A wonderful terrain! You won't forget this!"

Anders Nordberg, JWOC 2015 ambassador
Triple NOC winner 2005 and WOC medalist.

Competition courses

Competition	Class	Winning time	Length	Climb	# controls	# refreshment points
Sprint	Women	14 min	3,3 km *	60 m	15	
	Men	14 min	3,8 km *	95 m	18	
Middle qualification	Women	24 min	3,2-3,3 km	70-80 m	15-16	
	Men	25 min	3,8-4,0 km	70-90 m	15-17	
Middle final	Women A	27 min	3,6 km	110 m	18	
	Women B	25 min	3,2 km	70 m	15	
	Women C	25 min	3,2 km	60 m	14	
	Men A	27 min	4,2 km	140 m	19	
	Men B	25 min	3,8 km	100 m	18	
	Men C	25 min	3,7 km	100 m	18	
Long	Women	54 min	7,0 km	165 m	16	3
	Men	71 min	10,6 km	350 m	24	3
Relay	Women	110 min	4,8-5,0 km	170-180 m	17	1
	Men	105 min	5,5-6,0 km	210-220 m	19-21	1

*The sprint course lengths are the shortest feasible route as specified in IOF Foot Orienteering Competition Rules.

Competition maps

Competition	Scale	Contours
Sprint	1 : 4.000	2 m
Middle qualification	1 : 10.000	5 m
Middle final	1 : 10.000	5 m
Long	1 : 15.000	5 m
Relay	1 : 10.000	5 m

Training and pre-camp

Teams and individuals are welcome to visit the area in June to prepare for the championship in July. 5 training courses are offered in neighboring terrain in Rauland from 1 June, see map and web (<http://www.porsgrunnol.no/2015jwoc/official-trainings/>) for details.

JWOC Pre-camp (27 June – 3 July)

Teams arriving during the pre-camp period the week before the official opening, may use all official trainings. Accommodation has to be outside the embargoed areas. Accommodation and meals during the pre-camp period can be booked at the similar prices as for the JWOC week.

Accommodation during pre-camp

Vierli tourist center (cottages): www.vierli.no

Raulandsakademiet (youth hostel):

www.raulandsakademiet.no

Rauland høgfjellshotell (apartments): www.rauland.no

Bookings for the pre-camp period should be made directly to the hostel/hotel/tourist center.

Contact person maps and training

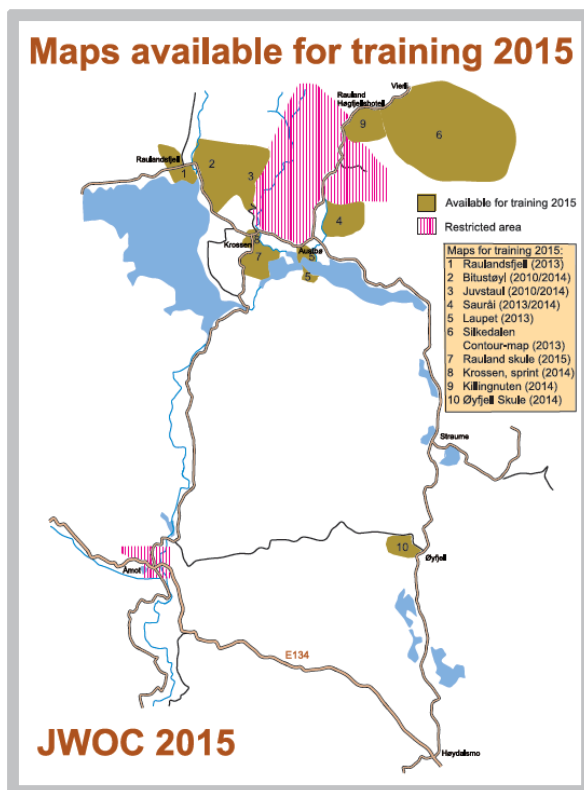
Maps can be ordered through training@jwoc2015.org, and will be available upon arrival at the accommodation check-in.

Contact person: Nils Albert Aamand, +47-47414489

Transport during pre-camp

Teams arriving during the pre-camp period should use public transport to go from Oslo to Rauland or go by rental car. Use express bus (Haukeliekspressen) to Åmot and use local bus to Rauland. Ask the accommodation site for recommendations and use www.nor-way.no for departure times or get in contact at kundeservice@nor-way.no. Travel cost for 1 student from Oslo to Åmot is NOK 360. Corresponding local bus from Åmot to Rauland (not night-bus); price for this is NOK 70.

The organizer may offer limited local transport during the pre-camp period depending of the interest from the teams. Please indicate this at the preliminary entry!



Entries

Deadline for the final entries with the names of competitors and officials must be entered at **IOF Eventor** no later than **24 June 2015**.

All entries should be confirmed by full payment no later than **23 May 2015**. For fees and payment details, see below and on page 6.

Entries should be made through **IOF Eventor** at <http://eventor.orienteering.org/Events/Show/4848>. Only persons registered as an "Entry administrator" for the federations in the IOF Eventor system is allowed to perform the registration. Get in contact with IOF at eventor@orienteering.org if any problems or questions. Information may be changed up to the deadline.

At the latest on the final deadline for entries, the following information must be included:

- Names of competitors in each class (maximum 6 women and 6 men)
- Number of relay teams in each class (maximum 2 female and 2 male teams)
- Names of team officials (maximum 4)
- **Team leader's name and contact details**
- Dates of arrival and departure
- Means of transport used
- Request for organized transport from Oslo Gardermoen airport/Oslo Central station if needed
- Accommodation requirements
- Needs for local transport during the competitions.

Entry fee

Entry		Fee (1 € approx. 8,5 NOK)
Accreditation		NOK 600
Individual competitions:	Sprint	NOK 400
	Middle (qual + final)	NOK 500
	Long	NOK 400
Relay (per team)		NOK 1.000
Late entry	Additional fee	NOK 100
Transportation services (local)	Additional fee	NOK 200

The accreditation fee applies to both athletes and coaches. Athletes will also pay the relevant entry fee for each competition they take part in. The accreditation fee includes obligatory bus transport to all competitions.

It is also possible to order a separate transportation package which includes a local shuttle bus service at specified times during the week; from the official accommodation/event center to and home from model events, transport home from all competitions, transport to and from all official ceremonies and meetings and daily transport to and home from food stores in nearby village.

The get-together dinner for athletes and coaches on Tuesday evening in Raulandshallen is sponsored.

Accreditation

All registered participants are kindly requested to check in for accreditation at the JWOC Event Office upon their arrival. Each registered team member must present her/his personal passport before she/he can be accredited. A personal JWOC ID card with photo will be handed out at accreditation. All accredited persons must wear it at all relevant times - it must be presented for access to permitted zones. We kindly ask that all persons to be accredited provide a personal portrait photo for use on the ID card.

Preliminary entries

No	Country	Women	Men	Officials	Total	Relay W	Relay M
1	Australia	6	6	2	14	2	2
2	Austria	4	6	3	13	1	2
3	Belgium	1	3	4	8		1
4	Brazil	1	3		4		1
5	Bulgaria	2	3	1	6		1
6	Canada	3	6	2	11	1	2
7	Croatia	1	1	1	3		
8	Czech Republic	6	6	4	16	2	2
9	Denmark	6	6	4	16	2	2
10	Estonia	3	3	1	7	1	1
11	Finland	6	6	3	15	2	2
12	France	6	6	3	15	2	2
13	Germany	5	6	2	13	1	2
14	Hong Kong	3	3	2	8	1	1
15	Hungary	4	4	2	10	1	1
16	Ireland	4	3	2	9	1	1
17	Italy	4	4	2	10	1	1
18	Japan	6	6	2	14	2	2
19	Korea, DPR		2	3	5		
20	Latvia	3	3	1	7	1	1
21	Lithuania	4	6	2	12	1	2
22	Netherlands	1	1		2		
23	New Zealand	6	6	2	14	2	2
24	Norway	6	6	4	16	2	2
25	Poland	3	3	1	7	1	1
26	Portugal	2	2	1	5		
27	Romania	1	3	1	5		1
28	Russia	6	6	4	16	2	2
29	Serbia		3	1	4		1
30	Slovakia		3	1	4		1
31	South Africa		3		3		1
32	Spain	4	4	1	9	1	1
33	Sweden	6	6	4	16	2	2
34	Switzerland	6	6	4	16	2	2
35	Ukraine	3	3	2	8	1	1
36	United Kingdom	6	6	4	16	2	2
37	United States	6	6	4	16	2	2
	Totals	134	159	78	373	39	50

Accommodation and Board

Accommodation offerings are given below. All accommodation and board should be booked no later than **4 June 2015**. Payment should be made no later than **23 May 2015**. Payment details on the next page. Adjustments may be done, but no later than **4 June 2015**.

Accommodation alternatives

Two locations are offered, one at Rauland Høgfjellshotel, the JWOC event centre, and one at Vierli Tourist Centre. The distance between them is around 2 km.

Five bed apartments are offered at Rauland hotel. High standard apartments directly connected to the hotel with various facilities. Two bed rooms, one with a double bed and one with a single bed above a double bed. Rauland hotel can only be booked together with board. www.visitrauland.com/Aktoer/Rauland-Hoegfjellshotell.

Good standard cabins of various sizes are offered at Vierli Tourist Centre. In the table below 6(+3) means that the cabin has 6 beds, and that 3 of the beds is extra wide so that it is possible for two persons to share it. However, the bed width is not full double-bed size, so the recommended number of person per cabin is 6. Similarly for the other cabin types. Vierli can be booked without board. For more details, see www.rauland.org/Aktoer/Vierli-Turistsenter/Vierli-Cabins.

Board alternatives

In general healthy food suitable for active athletes will be offered. Common JWOC dinner in Raulandshallen 8 July is included in the accreditation fee. Breakfast every day is offered from 6:30/7:00 to 9:00 both at Rauland hotel and at Vierli. Packed lunch is offered, combined with the breakfast. The packed lunch is pre-made, fixed size at the hotel and self-made at Vierli. Rauland hotel also offer hotel buffet lunch the two days without JWOC competitions (included in the price). Dinner is served each day between 18:30 and 20:00. **If any special needs (allergies etc), please notify us!**

Offer	Location / standard	Accommodation Cost, 3 July – 11 July
A-R1	Rauland Høgfjellshotel, 5 bed apartment	NOK 8000 per apartment, irrespective of number of occupants (maximum 5 persons per apartment)
A-V1	Vierli Tourist Centre, 4 (+2) persons cabin	NOK 4800 per cabin, irrespective of number of occupants
A-V2	Vierli Tourist Centre, 6 (+3) persons cabin	NOK 7200 per cabin, irrespective of number of occupants
A-V3	Vierli Tourist Centre, 8 (+4) persons cabin	NOK 9600 per cabin, irrespective of number of occupants
Offer	Location	Board Cost, 3 July – 11 July
B-R1	Rauland Høgfjellshotel	FULL BOARD: Buffet breakfast 8 days, packed lunch 8 days, buffet lunch Sat 4 July and Wed 8 July, dinner buffet 7 days, NOK 3000 per person
B-R2	Rauland Høgfjellshotel	NO BREAKFAST: Buffet lunch Sat 4 July and Wed 8 July, dinner buffet 7 days (no breakfast or packed lunch), NOK 1800 per person
B-V1	Vierli Tourist Centre	FULL BOARD: Breakfast in cafeteria 8 days, packed lunch 8 days, dinner in cafeteria 7 days, NOK 2080 per person
B-V2	Vierli Tourist Centre	ONLY BREAKFAST in cafeteria and packed lunch 8 days (no dinner), NOK 1000 per person
B-V3	Vierli Tourist Centre	ONLY DINNER in cafeteria 7 days (no breakfast or packed lunch), NOK 1150 per person
B-V4	Vierli Tourist Centre	ACCOMMODATION ONLY (no food)

Transport

Organized transport from Oslo

The organizers offer transport from Oslo Gardermoen airport (OSL) and Oslo Central station at arrival and departure. Two departures from OSL will be offered during **Friday 3 July**. On **Saturday 11 July** two busses will go to Oslo / OSL for the travel back home, one of them leaving early for the morning flights. This bus transport should be ordered together with the booking of accommodation and board through **IOF Eventor**. The price for this transport is NOK 400 per person each way.

Local transport during JWOC week

It will be compulsory to use the JWOC shuttle buses from the accommodation to the pre-start area all days except for the relay competition. A local transport will be offered for those needing this. These busses will take competitors and team officials from the arenas to the accommodation center. Bus transport will also be offered for the model events, team officials meetings, the opening ceremony and get-together event.

Payments

Full payments for accommodation and entries must be made by bank transfer in NOK no later than **23 May 2015**. Please note that the payer is responsible for all bank fees and charges. Entries will not be deemed valid until full payment is received by the organizer.

Payment details

Name of Account:	JWOC 2015
Owners address:	Høgsethvegen 22, N-3914 Porsgrunn, Norway
Bank:	SpareBank 1 SMN
Bank address:	PO Box 4796, 7467 Trondheim, Norway
IBAN:	NO9326704483650
SWIFT:	SPTRNO22
Detail of payment:	[Country] – JWOC [entry fee/accommodation/bus] (please specify the amounts)

Visas

Instructions for visa applications are available online with the Norwegian Directorate of Immigration at www.udi.no/en. Select “Want to apply” which will guide you to an online application system. Most European and American citizens can travel to Norway without a visa. Please visit the website and check whether or not you will need a visa well in advance of the competition. If an official invitation letter from the JWOC organizers is needed, please make an official request for this to the email address info@jwoc2015.org.

Weather/Climate

The weather in the Norwegian mountains can vary quite a lot in the summer. You should be prepared for temperatures ranging from +5°C with strong wind and rain to +25°C with sun and calm wind.

Health Services (first aid)

First-aid services will be provided at the assembly areas of the competitions.

Bulletin 4

Bulletin 4 will be published Friday 3 July.



Sørlandsgaloppen 2015 - a true 50 years anniversary!

JWOC Tour: Sørlandsgaloppen 2015 – a true 50 years anniversary!

Attractive spectators events to JWOC 2015

The very first SG-competitions in 1965 took place in Høydalsmo and Rauland. SG 2015 will be spectators event in parallel with the JWOC events.

The same competition areas and maps will be used as for JWOC. Not only the challenging and varied terrain, but also the atmosphere of top events with future world stars, should make it worthwhile to come and take part. The programme and locations of stages will be arranged and scheduled so that JWOC Tour competitors will be able to spectate at all the JWOC events.

Don't miss the opportunity to be onside when youngsters from all over the world fight for medals, and at the same time compete in a wonderful terrain you never will forget!

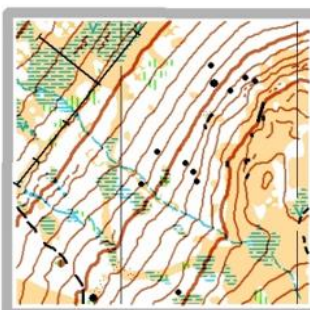
More information and entry at: <http://porsgrunnol.no/jwoctour2015>

Media

We welcome all media representatives to JWOC 2015. Media representatives can receive information using the e-mail address: press@jwoc2015.org. A Press Centre will be open at the Event Centre throughout the whole event, providing high speed internet connection and other relevant services. We are ready to arrange accommodation for journalists in Rauland according to their wishes.

Entry form for media representatives will be available on www.jwoc2015.org in advance.

Media contact: Hans Christian Meen, telephone at +47 924 30 779.



Sponsors and partners

