

Bulletin 3 Tetraces XIV-XV, 16. & 18. September 2018

- Organiser Swiss Orienteering Team
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- Entry fee The entry fees must be paid up front, the fees are as follows:
- Athletes who are running the test races and are not member of the Swiss Orienteering Team or the Anschlussgruppe must pay CHF 30,- for the two selection races.
 - Athletes only running the WRE (not eligible for selections) the entry fee for the WRE is CHF 25.-.
- Payment details:
Swiss Orienteering
Geschäftsstelle
Reiserstrasse 75
4600 Olten
IBAN: CH57 0900 0000 3000 8414 0
Swift: POFICHBEXXX
- Embargoed area The embargoed area is published on: <https://www.swiss-orienteering.ch/de/leistungssport/ol/selektionsbestimmungen-ol.html>. Participants in the WRE race must respect the embargoed area.
- Programme **Test race XIV: Sunday 16.9.18, first start 15:00**
5000 m Test race, Telli, Aarau
Test race XV: Tuesday 18.9.18, first start 17:30
WRE Sprint, Lenzburg
- GPS Tracking The test race XV will be tracked by GPS for selection purposes. Members of the Swiss Orienteering Team must bring their own, other athletes participating in the selections (application sent and accepted by the Elite Coaches Team) will be provided with a GPS for the duration of the race. The GPS must be returned after the race. In case of loss, the athlete will have to pay a new GPS.
All other runners can send their .gpx files to Roland.spoerri@gmx.ch after the race.
- Public transport Please use www.sbb.ch to plan your trip by public transport.
- Athletes Anti-Doping agreement All athletes participating in the WRE races have to sign the athletes anti-doping agreement. It is published at <https://solv.ch/de/ethik/uebersicht-antidoping.html>; Athletes who have not signed yet are requested to go to the Information desk before the race.

Testrace XIV Aarau, 5000m, Sunday 16.9.2018

Meeting place Alte Kantonsschule Aarau, Tellstrasse 80, open from 14:00

Start times 15:00 Men's Heat
and heats 15:25 Women's Heat

As the number of men participating is 24, we will only have one mens heat. Overlapped runners should run on the right side of the line to leave the inside of the track open for the fastest ones

Number bibs Self-service at the information desk.

Timing Trackmaxx Mats. Please make sure to pick up your transponder latest 14:30 and return it after your race.

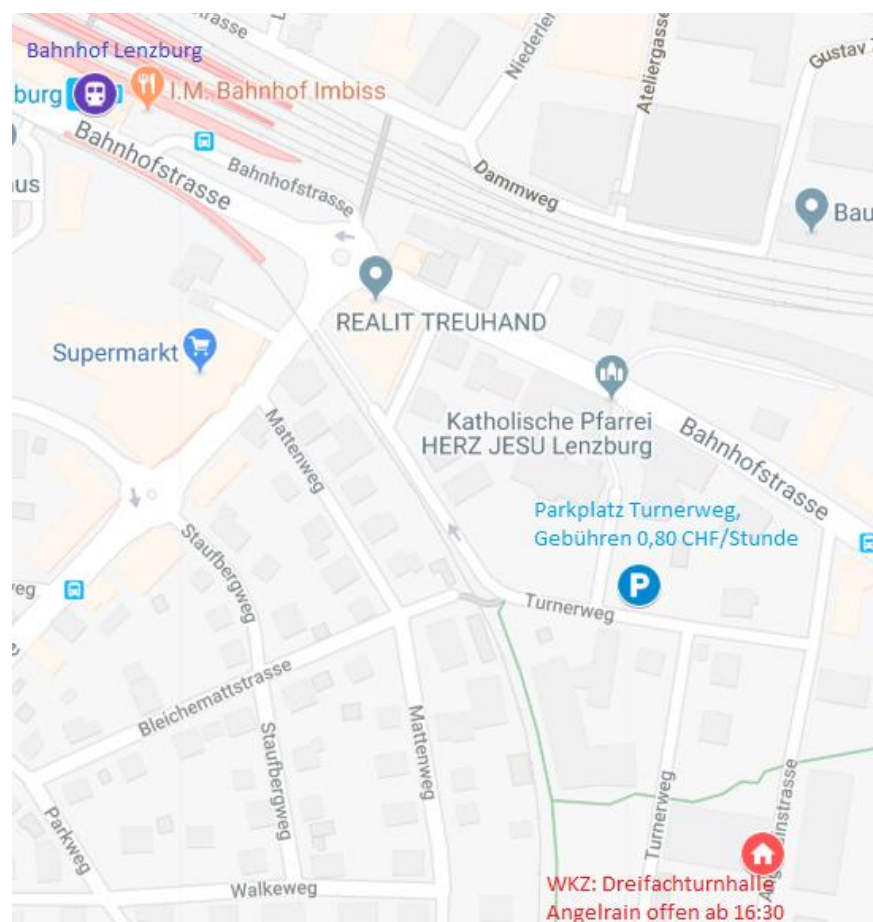
Showers The changing rooms and showers are available from 14:00-17:00 (the doors will close automatically at 17:00).

Live Results <https://trackmaxx.ch/results/?race=SOLV18-2>

Testrace XV WRE Sprint Lenzburg, Tuesday 18.9.2018

Course Setter	Kaspar Hägler
Controller	Anders Holmberg
IOF Event Adviser	Michael Eglin
Jury	Michael Eglin (Chair, no voting rights), Felice Büchi, Brigitte Grüniger, Matthias Niggli
Complaints	Complaints can be made until 15 minutes after the last runner has finished the race

Overview



Arrival by car If arriving by car the exit Aarau Ost must be used (if using the exit Lenzburg, you will pass through the embargoed area). Drive to the train station in Lenzburg, continue down the "Bahnhofstrasse" until you reach the "Angelrainstrasse". Turn right, and then take the first right again into the "Turnerweg" (one-way street). The parking "Turnerweg" is on your right hand side (see map above). It is a public parking with a fee of CHF 0,80 per hour. From here you walk by foot 200m to the competition centre in the Angelrain Dreifachturnhalle. There is no marking to show the way, please use the above map to find the way.

Public transport	From the trainstation Lenzburg it is a 600m walk to the competition centre. Please follow the Bahnhofstrasse to the Angelrainstrasse, where you turn right. Continue down the Angelrainstrasse until you reach the competition centre.
Competition centre	Dreifachturnhalle Angelrain, Lenzburg, open from 16:30
Information	At the entrance of the quarantine. Check-in quarantine, hand over anti-doping declaration, deposit of valuables, hand-out warm-up map and number bibs.
Pre-start, quarantine	All runners must check-in at the quarantine latest 17:30 (with the first start). The pre-start is part of the quarantine. The way from the competition centre to the quarantine is less than 1000m. The quarantine is a rather small area, with a tent for shade against the weather and a toilet. The whole area is mapped on the warm-up map.
Clothes transport	No transport of clothes, they can be picked up at the quarantine tent after the last start has taken place.
Startlist	The start list is according to the sprint world ranking list from 7.09.18, 1' start interval, best runner starts last. The start list will be published Monday 10.09.2018 on the Swiss Orienteering homepage.
Map	Lenzburg, 1:4'000, 2.5m contour interval, mapmaker: Simon Ott, revised 2018 by Beat Wild. Laser printing on paper in plastic bags, A4 printed on both sides
Terrain	Typical Swiss old town centre, with modern suburban areas surrounding it. The castle Lenzburg is placed on a large hill on the eastern end of the map.
First start	17:30
Start procedure	-3 Minutes: Names are called, battery check, clear and check badge -2 Minutes: self-service control description -1 Minute: Start control Start time: take the map (self service). The first loop is face upwards (covered). The official start time is according to the start list. 25 m to the start point
Courses	W21: 3,6 km, 55m, 17 controls M21: 4,3 km, 65m, 21 controls
Controls	All SI Units can be punched using touch free (SIAir+). If a unit does not work, punch normal with the SI Card, if this also fails, punch manually.

Special objects You can find some "PRIVAT" signs on the ground during the competition like the one on the picture below. They can be ignored during the competition if there is no embargoed area shown on the map



- Map flip: The competition map is printed on both sides. The second part of the course is printed on the back. The last control of the first part is marked as start point on the second part.
- Traffic: Be aware that there will be normal traffic in Lenzburg during the competition. At some points there will be helpers warning you about oncoming traffic. They are not allowed to hold back the traffic, please follow their warnings.
- Finish: The finish control must be punched (SIAir touch free).
- Cool-down: To find the way back to the competition centre and have a good cool-down, a cool-down map is available. Please follow the fairness rules if encountering runners on the way back. If you plan to leave the competition centre before 18:22 (last start), please contact the information at the quarantine entrance before your start.
- Live Results <http://results.picotiming.ch/index.html#home>