

WOC 2019

NOKIAN TYRES
WORLD ORIENTEERING
CHAMPIONSHIPS
ØSTFOLD NORWAY 2019

12-17 August



WOC 2019

BULLETIN #2





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Welcome to the Nokian Tyres WOC 2019

On behalf of WOC 2019 Organising Committee, I wish you all a warm welcome to the Nokian Tyres, World Orienteering Championships, in Østfold, Norway, 12 -17 August 2019.

Norwegian Orienteering Federation has delegated responsibility for planning and conducting the WOC 2019 to the orienteering clubs and the local orienteering federation in Østfold. Eight orienteering clubs in collaboration with the local orienteering federation have established an organiser company. Planning for the WOC 2019, through organising World Cup round 3 & Pre-WOC in 2018, will be done as a wide collaboration between the organising company, the orienteering clubs, Østfold county and all the municipalities in Østfold. We will do our best to facilitate good conditions for the athletes.

The Organising Committee heartily welcomes IOF and all national federations to Østfold.

Per Bergerud
Director WOC 2019



Welcome to Østfold

It is a great pleasure to welcome you to the World Orienteering Championships 2019 that will be held in Østfold, one of 18 regions in Norway. You will find it in the south-east part of Norway, close to the Swedish border. Østfold has unique areas whether you like hiking in the forest, visit an idyllic town, enjoy our beautiful coastline, visit tourist attractions or just enjoy one of many activities that we offer. Either way, we promise that you will be in good hands.

Orienteering is a sport with long traditions in Østfold, for example in Halden, where we find some of the best orienteers in the world. Halden Skiklubb has produced a number of world orienteering champions over many years, but also Fredrikstad, Sarpsborg and Mysen have world elite runners. During the last couple of years, several major national orienteering competitions have been held in different cities of Østfold. The Norwegian O-festival - Norway's largest orienteering race, was hosted by Sarpsborg in 2016, and the Norwegian orienteering Championship was staged by Halden in 2017.

Therefore, we are sure that we will be well prepared to welcome the world elite runners when our orienteering clubs join forces to organise the events. That will be the fourth time the WOC is staged on Norwegian soil, and we are incredibly proud that this assignment has been awarded to Østfold for the first time.

We will do our best to support the organiser.

We look forward to one week of major sporting achievements, drama and excitement and not least, good companionship.

Enjoy!

Ole Haabeth,
Chair, Østfold county council



Welcome to Sarpsborg

It is a great pleasure for me to welcome you all to Sarpsborg for the World Orienteering Championship 2019. We are the proud host of the championship in a beautiful and historic city combining a unique coastline, large forest areas and enthusiastic audience. Sarpsborg was founded in 1016 by King Olav Haraldsson. He had this town as his capital for several years, but left for good in 1028. He died at the Battle of Stiklestad in 1030.

Sarpsfossen was one of the sights of Northern Europe when the largest volume of water in Scandinavia thundered in free fall over the precipice. Today one can admire what this enormous water power has created - the huge industrial plants.

Our main factory, sited near the great waterfall, is Borregaard. It was at first a sawmill, but it burnt to the ground and was replaced by a sulphite pulp mill to produce paper and wood pulp. Today Borregaard Industries is one of the world's leaders in several chemical products.

We hope Sarpsborg will be an excellent arena for exciting competitions, but also a place where you can be meeting across borders and compete in respect.

Sarpsborg look forward to see you all in 2019!

Sindre Martinsen-Evje

Mayor of Sarpsborg Municipality



Sponsors and partners

Gold sponsor



National main sponsors



National cooperative partners



Public cooperative partners



**Fredrikstad Kommune
Spydeberg Kommune
Aremark Kommune
Hobøl Kommune
Rakkestad Kommune
Trøgstad Kommune
Marker Kommune
Askim Kommune**

NOF main sponsors

noname



SPORT.NO

1 Information about the organiser

The company *VM Orientering 2019 AS* is the organiser of the Nokian Tyres World Orienteering Championships 2019.

CEO WOC 2019: Per Bergerud

Event director: Bjørn Axel Gran

Chief IT and time-keeping: Hallvard Koren

Chief Transport, Safety/Security: Tore Sandem

Chief Arena: Asle Gudim and Jørn Haugerud

Chief Media and market: Claes Tommy Hærland and Martin Nielsen

Chief Culture and ceremonies: Bente Jæger and Regine Hansen

Chief Public races: Finn Henry Lillestrand and Anne E. Ramtvedt

Chief Course planning and mapping: Bernt O. Myrvold

Chief Youths and volunteers: Svend Sondre Frøshaug

1.1 Event advisors

IOF Senior Event Advisor: Daniel Leibundgut

IOF Assistant Event Advisor: Lars Forsberg

IOF IT Assistant Event Advisor: Henning Spjelkavik

National Controllers (NOF): Ivar Maalen and Kjell Blomseth

1.2 Contact information

Official info: eventor.orienteering.org/Events/Show/5326

Email: post@woc2019.no

Web page: www.woc2019.no

WOC 2019 secretary (Event Office): Per Bergerud

Email: per.bergerud@woc2019.no

Phone: +47 482 42 628

Opening hours: work-days 8:15-16:00

Other contacts:

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

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

Accounting/invoicing: Tor Ragnar Andersen, tragn@online.no, +47 928 98 311

Training: Håvard Lucasen, training@woc2019.no

2 Program

The preliminary program for WOC 2019 is as shown in the table below.

The final program will be presented in Bulletin 3 and at www.woc2019.no when the agreements for live TV are settled.

Day, Date	WOC Event/Race	WOC Public Event/Spectator Race
Sunday, 11.8.2019	Event Centre opens Quality Hotel Sarpsborg	WOC Public Event centre opens
Monday, 12.8.2019	Model event (morning)	Spectator race – sprint Kulåsparken (afternoon), Sarpsborg Torg
	Opening ceremony (evening) Sarpsborg city centre	Cultural program (evening) Sarpsborg city centre
Tuesday, 13.8.2019	Qualification Middle (morning) Knatterudfjellet Varteig	Spectator race - middle, Norgescup-jr (afternoon), Knatterudfjellet Varteig
Wednesday, 14.8.2019	Final Long (early afternoon) Mørk Spydeberg	Spectator race - middle (noon) Mørk Spydeberg
Thursday, 15.8.2019	Rest Day	Spectator race - sprint (afternoon) Old town, Fredrikstad
Friday, 16.8.2019	Final Middle (afternoon) Mørk Spydeberg	Spectator race – long, Norgescup-jr (noon), Mørk Spydeberg
	Medal ceremony (evening) Sarpsborg city centre	Cultural program (evening) Sarpsborg city centre
Saturday, 17.8.2019	Relay (afternoon) Mørk Spydeberg	Spectator race – middle (forest) (noon) Mørk Spydeberg
	Medal ceremony Relay and Closing ceremony (after the relay) Mørk Spydeberg	
	Dinner and Farewell party (evening) Quality Hotel Sarpsborg	

For information about events in Østfold please visit: www.visitoestfold.com/en/



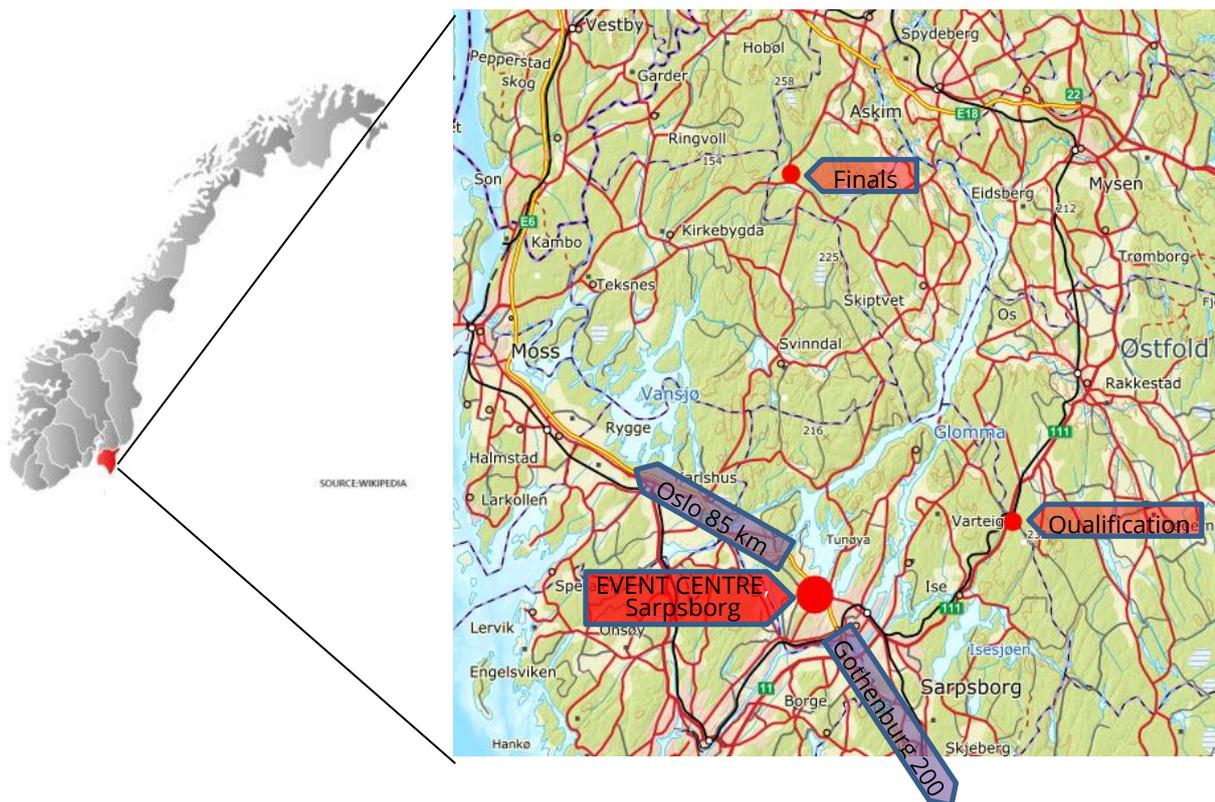
Den offisielle reiseportalen for

VISIT ØSTFOLD



3 Venues, Access and Transport

3.1 Overview



Note that the Event Center is 3.6km north-west of Sarpsborg city centre, just beside the E6.

3.2 Transport /travel opportunities

We recommend transport by car/minibus. Nearest major airports are Oslo Airport Gardermoen (140 km to Sarpsborg) or Landvetter Gothenburg (245 km). There is also a regular train service every hour from Oslo Airport to Sarpsborg. From Gothenburg to Sarpsborg 3 trains departures every day.

Teams, media, IOF officials and guests are welcome to order the WOC transport package which includes transport from the Event Centre / Sarpsborg city centre to the competitions. See info under "Entry Fee and descriptions".

3.3 Competition arenas

The WOC qualification middle distance will take place at Knatterudfjellet, situated between Sarpsborg and Rakkestad, 16 km from the Event Centre in Sarpsborg.

Coordinates: 59.343047, 11.271166

The WOC finals will take place in Mørk area in Spydeberg municipality, 40 km from the event centre.

Coordinates: 59.530413, 11.001057

4 Event Centre (office)

The Event Centre will be located at Quality Hotel & Resort Sarpsborg.

Coordinates: 59.296201, 11.064756

At the Event Centre there will be accreditation for teams, officials, media, VIP and other officials.

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

- Event Centre
- Team Officials' Meetings
- Media centre
- IOF Conferences and Meetings
- Meeting rooms (has to be pre-booked, free of charge)
- Athletes accommodation
- IOF/VIP Hotel



The organiser will have access to the entire hotel:

- 260 guestrooms with 720 beds
- 14 different meeting rooms
- Restaurant Østfoldstuene with a capacity of 470 people
- The largest plenary hall has a capacity of 1000 people
- Banquet hall with capacity of 700 people
- Waterland and Superland, miniature golf etc.
- Fitness studio of 800 sqm and Spa section
- Free wireless network
- 500 parking spaces free of charge

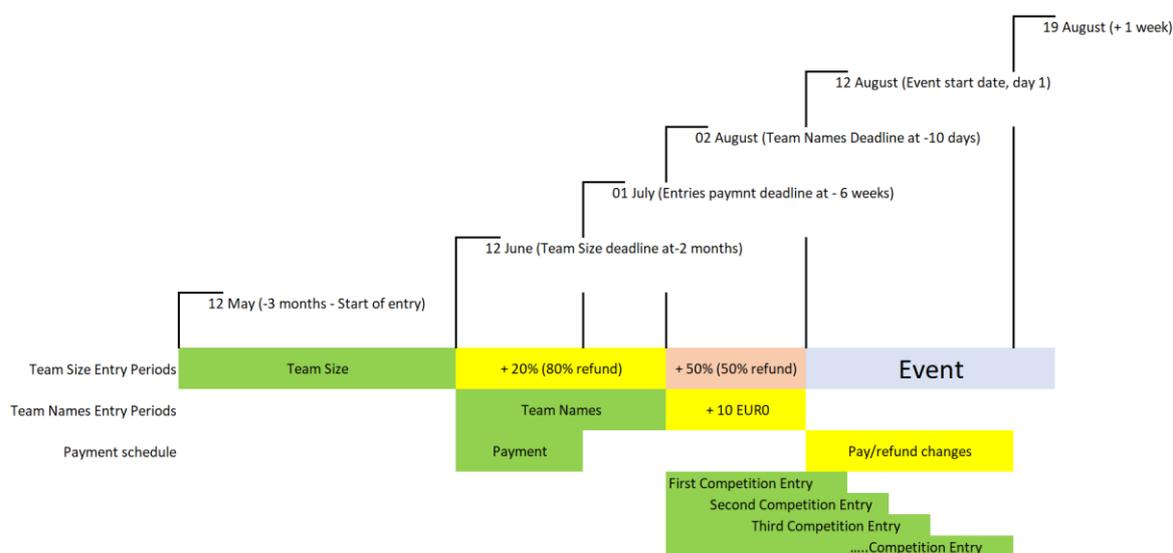
5 Entry for WOC

5.1 Registration for Teams

All Entries and requests for transport packages are only to be made in IOF Eventor. The entry form will be available 2 May 2019 on:

eventor.orienteering.org/Events/Show/5326

- The event start date is 12 August 2019
- The deadline for Team Size Entry is 12 June 2019 (- 2 months).
- The deadline for Team Names Entry is 2 August 2019 (- 10 days).
- The deadline for Late Entries, Changes of Team Size or Team Names is 11 August 2019 at 12:00



Team Size Entry, the following information shall be filled in:

- Team manager (Chosen from list in IOF Eventor)
- Number of Team athletes (Men and Women)
- Number of Team officials
- Number of Team athletes in the individual races: Federation Team Quota will be published by end of 2018
- Number of teams for the relay(s)

There is no maximum number of officials per team.

Team Names Entry, the following information shall be filled in:

- Name of each Team athlete by selecting from federation members in IOF Eventor

Competition Entries

Names of the competitors and, if required, their starting group, shall be entered in IOF Eventor, before 12 noon on the day before an individual competition. Names of the competitors and their running order shall be entered in IOF Eventor, before 12 noon on the day before the relay competition.

Late Entries, Changes of Team Size or Team Names

Late Entries and changes will be accepted, if possible, up to Event start date, 11 August 2019 at 12:00. No late entries or changes will be accepted after that date. Late entries and changes will always have a defined extra cost (surcharge). Late entries and changes will always be treated equally and must be communicated directly to the organiser on entry@woc2019.no. The organiser makes the changes in IOF Eventor after deadlines.

5.2 Payments

The payment should be transferred to the WOC2019 AS bank account. Payment in Norway are in Norwegian krone (NOK). **Important note:** The payer shall cover all bank charges. Federations can request copies of invoice via email: tragn@online.no

Payment details:

Bank: Eidsberg Sparebank

Postal address: Karl Johans gate 1, NO-1706 Sarpsborg

E-mail: post@esbank.no

IBAN: NO43 1020 3012 360

SWIFT/BIC: EIDSNO21XXX

5.3 Entry fee descriptions (athlets/teams)

Category		Fee
Competitors	Accreditation fee per athlete (see note 1)	1250 NOK
	Entry fee per individual race	1000 NOK
Relay Teams	Entry fee per relay team	2200 NOK
Team officials	Accreditation fee per official (see note 1 & 2)	2500 NOK
Transport package	Per person (see note 3)	1500 NOK
Dinner (last day)	Per person (see note 4)	250 NOK

Notes

1. Accreditation fee covers model events, parking at the arena and a set of competition maps.
2. For Teams where the function of the team official is performed by an athlete, will not be charged a fee for a team official.
3. WOC transport package includes transport from the Event Centre/Sarpsborg city centre to the competitions, including all the model events.
4. Dinner and Farewell-party: At the last night a dinner (NOK 250) will be offered for all accredited persons, followed by a farewell-party. The farewell party will have no fee, but drinks and food have to be paid for.

5.4 Registration for media, IOF officials and guests

All registrations are to be made in IOF Eventor, please select the correct category.

There is a specific Guide on how to enter for VIPs and IOF Officials:

eventor.orienteering.org/Documents/Event/2128/2/Entry-Guide-for-Media%2c-VIP-and-%20IOF-Officials

The entry will be opened 2 May 2019 on: eventor.orienteering.org/Events/Show/5326

Registrations must be confirmed by 30 June 2019.

The accreditation includes:

- VIP service on the arenas,
- VIP race,
- Competition maps

Description of fees:

Category		Fee
VIP	Accreditation fee per official (see note 1)	1100 NOK
IOF officials	No accreditation fee	-
Media	No accreditation fee	-
Transport package	Per person (see note 2)	1500 NOK
Dinner (last day)	Per person (see note 3)	250 NOK

Notes

1. Accreditation covers parking at the arena and a set of competition maps.
2. WOC transport package includes transport from the Event Centre/Sarpsborg city centre to the competition arenas, including all the model events.

3. Dinner and Farewell-party: At the last night a dinner (NOK 250) will be offered, for all accredited persons, followed by a farewell-party. The farewell party will have no fee, but drinks and food have to be paid for.

Payment details:

See the section «Entries for WOC athletes and team officials»

6 Accommodation and Food

6.1 Accommodation

For accommodation, we recommend the official WOC2019 hotel “Quality Hotel Sarpsborg”. www.nordicchoicehotels.com/hotels/norway/sarpsborg/

Use the booking code “VM2019”.

Offered rates:

Category	Rate
Price per day per person in single room	NOK 872
Price per day per person in double room	NOK 556
Price per day per person in triple room	NOK 451
Price per day per person in a quadruple room	NOK 398

The price includes:

- Large breakfast buffet
- Water park

Latest date for reservation of official accommodation is 11 June 2019.

For other accommodations like class rooms etc. please contact the event office.

Latest date to book this type of accommodation is 15 May 2019.

There are also other possibilities in Østfold, see Visit Østfold for suggestions:

www.visitoestfold.com/en/accommodation

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

- Jens Olav Johansen (e-mail: svinesund@visithalden.com)
- Tel. +47 69190990/+47 69190980

6.2 Food

At the arenas Norwegian food, drink and cut fruit will be offered.



7 Embargoed areas

For information about all embargoed areas, see info at:

eventor.orienteering.org/Events/Show/5326

and use the following link for details:

www.google.com/maps/d/viewer?mid=14n3Qcf0kioa5mV3QB8kcvzrehhQ

Embargoed areas WOC 2019:

The areas are embargoed for runners and team officials until all competitions are finished. Any attempt to survey or train in the competition terrains is forbidden, unless explicitly permitted by the organiser. Driving, biking and running along paved roads (roads with asphalt cover) is permitted until 1 January 2019.

Embargoed reserve areas WOC 2019: The areas was embargoed for runners and team officials from 3 September 2017 and will stay embargoed until all competitions are finished. Any attempt to survey or train in the competition terrain is forbidden, unless explicitly permitted by the organiser. Driving, biking and running along paved roads (roads with asphalt cover) is permitted until 1 January 2019.

For location of the competition arenas see section 3.3.



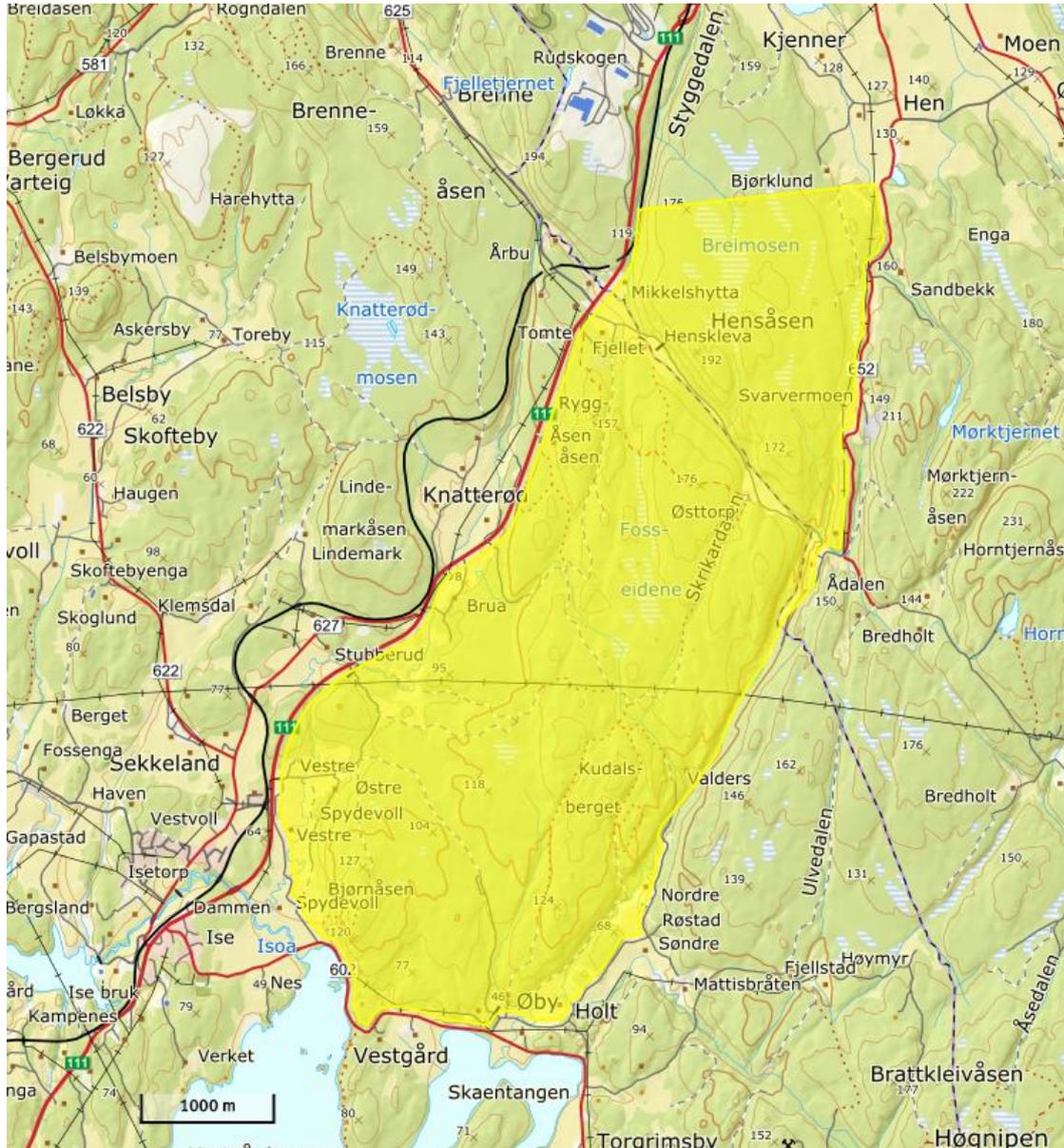
Latest colour copy of maps of embargoed areas.

You will find a colour copy of the most recent version of any previous orienteering map(s) of the embargoed areas on our website:

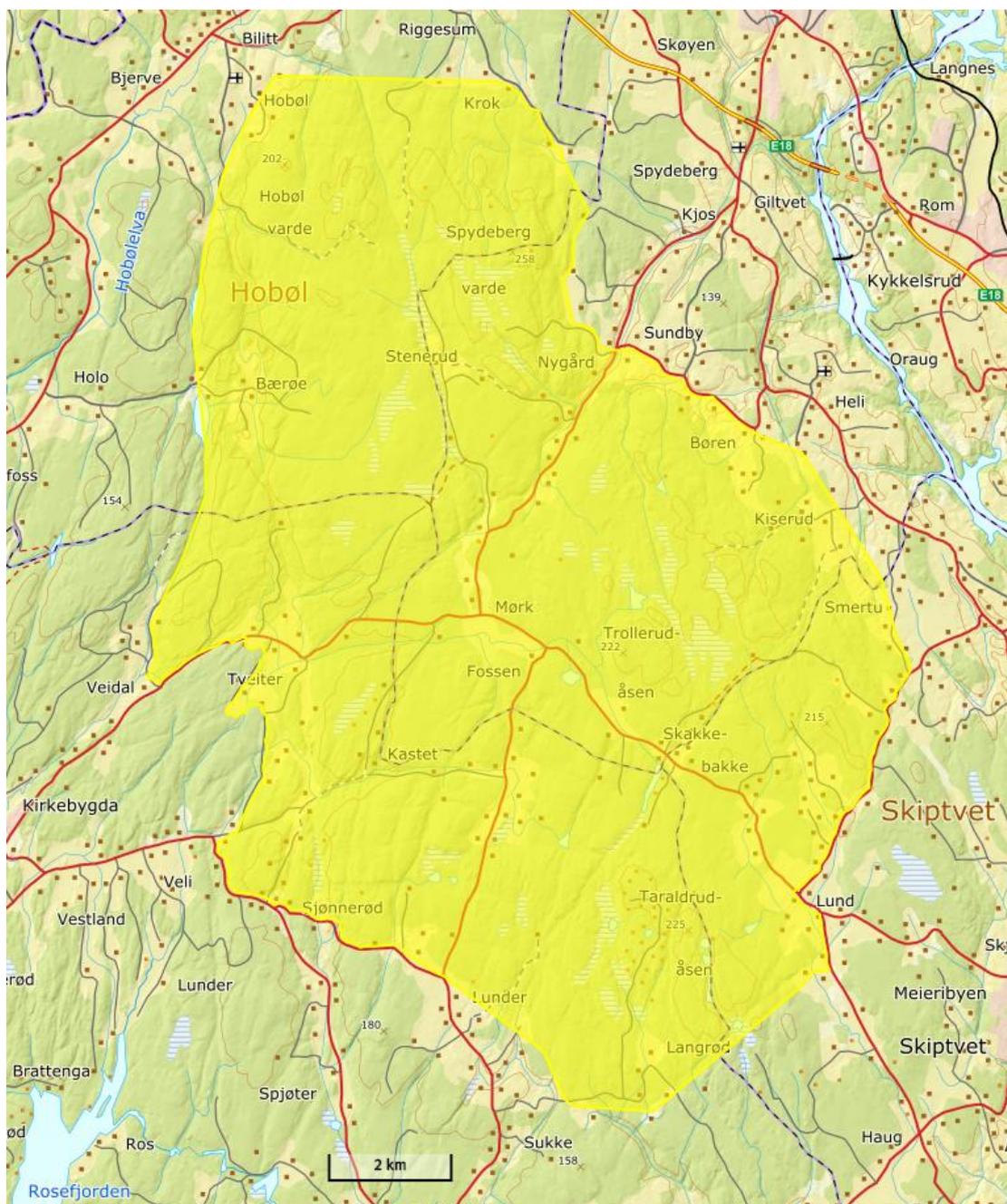
- [Previous map of WOC area 1 \(Bjønnås, 1975\)](#)
- [Autogenerated map of WOC area 1](#)
- [Autogenerated map of WOC area 3](#)
- [Previous map of WOC reserve area1 \(Fjell, 2007\)](#)
- [Previous map of WOC reserve area 2 \(Sprinklet, 2011\)](#)



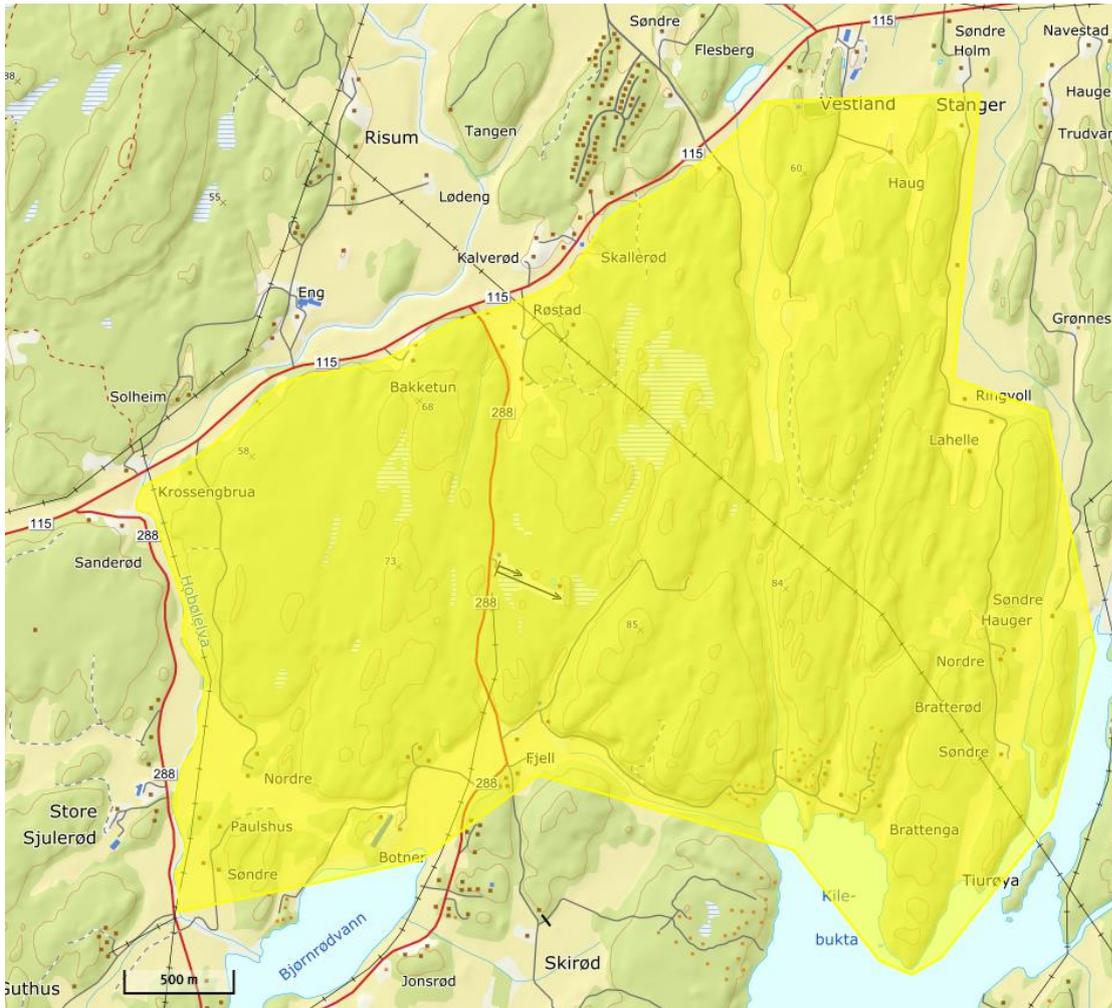
7.1 Embargo WOC 2019 area 1



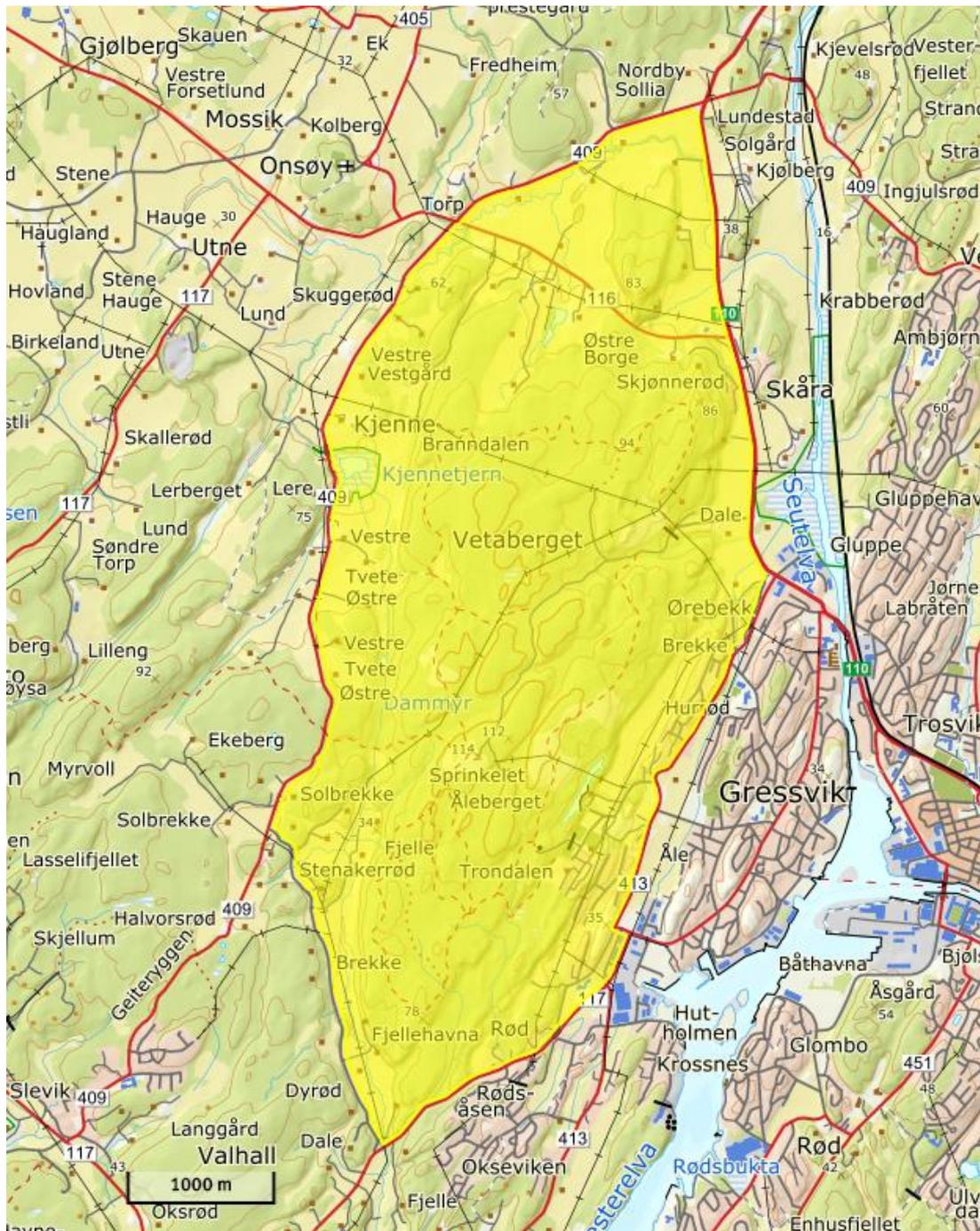
7.2 Embargo WOC 2019 area 3



7.3 Embargo WOC 2019 reserve area



7.4 Embargo WOC 2019 reserve area 2



8 Training possibilities

Maps and areas are announced and updated at: woc2019.no/en/trainings.

The list of maps and areas are grouped in 3 categories:

1. WOC2019 official training maps.
2. Relevant training maps which can be purchased from WOC.
3. Other relevant training maps which can be purchased from the respective clubs (contact info can be found at: woc2019.no/en/trainings).

Please note that some of the training areas are in the proximity of the embargoed areas: **respect the embargoed areas!** Please also consider the information about possible car parking as well as for some areas it is forbidden to enter during dedicated periods of time.

The most relevant map for WOC2019 Mørk is Gillingsrød available from Fredrikstad SK (Map no 6 on next page)

Maps can either be purchased as files (OCAD/PDF/JPG) or in printed form (laser-print) with or without controls. For ordering maps and information, please use the online form: woc2019.no/files/training/Map_order_form.docx.

Contact person: Håvard Lucasen, using e-mail: training@woc2019.no

Prices for WOC2019 official training maps and maps which can be ordered from WOC:

Category	Rate
OCAD-file*	1500 NOK per file
PDF-file*	1000 NOK per file
Printed map with or without course and controls	50 NOK

*: The tenant may invite runners from other teams [in division 2 and 3 (IOF's ranking list)] for a cost of € 5 per print, the total amount must be paid to WOC2019.

The printed maps can be picked up at Inspiria, Sarpsborg (www.inspiria.no), located next to the Event Centre, during the opening hours (09.00-15.00 on weekdays/11.00-16.00 in weekends).

WOC2019 official training maps

Knatterudfjellet nord, middle, (course-setter as for WOC2019 MD), Scale/Contours: 1:10 000 / 5m, Mapmaker: Kristen Treekrem (2018)

Skolleborg (the world cup 2018 + public races map), Scale/Contours: 1:15 000 / 10 000 / 5m, Mapmaker Jussi Silvennoinen / Janne Weckman (2018)

Relevant training maps that can be purchased from WOC

Bjerkeskogen, long, (course-setter as for WOC2019 LD), Scale/Contours: 1:10 000 / 5m, Mapmaker: Kristen Treekrem (2017)

Nesodden nord: Scale/Contours: 1:15 000 / 10 000 / 5m, Mapmaker: Kristen Treekrem (2011)

Other relevant training maps that can be purchased from the respective clubs:

1. Rudskogen, Varteig IL: o-interval, 6,8 km, yellow/red tapes in the forest. long distance, 13,4 km (make a note in the map order form about what scale you want) Scale/Contours: 1:10 000 / 15 000 / 5 m, Mapmaker: Kristen Treekrem (2016)
2. Isebakketjern, Trøsken IL: Scale/Contours: 1:15 000/1:10 000 / 5 m, Mapmaker: Bjørn A. Paulsen (2012/2015)
3. Ise, Sarpsborg OL: middle distance, 5,4 km, yellow/red tapes in the forest. Scale/Contours: 1:10 000 / 5 m, Mapmaker: Tormod Jensen, (2017)
4. Olaåsen, Varteig IL: Scale/Contours: 1:10 000/1:15 000 / 5 m, Mapmaker: Morten Dalby (2013)
5. Dælæne, Varteig IL: Scale/Contours: 1:15000/1:10 000 / 5 m, Mapmaker: Morten Dalby (2013)
6. Gillingsrød, Fredrikstad SK: long distance, 13,1 km, white tapes in the forest. Scale/Contours: 1:15 000/1:10 000 / 5 m, Mapmaker: Lars Ole Klavestad/Svein Jacobsen/Gaute Hallan Steiwer (1996, updated 2017/2018).
7. Våler Varde, OK Moss: relay training, 8,3 km, yellow tapes in the forest. Scale/Contours: 1:10 000 / 5 m, Mapmaker: Harald Lundhaug (2017)
8. Lødengtjern, OK Moss: Scale/Contours: 1:10 000 / 5 m, Mapmaker: Harald Lundhaug (2016)
9. Kirkebygden, OK Moss: Scale/Contours: 1:10 000 / 5 m, Mapmaker: Bjørn Paulsen (2018). (Used for World Cup 2018. Now open for training).
10. Ringvoll, OK Moss: Scale/Contours: 1:10 000 / 5 m, Mapmaker: Harald Lundhaug/Bjørn Paulsen (2012/2013)
11. Torebråte, OK Moss: Scale/Contours: 1:10 000 / 5 m, Mapmaker: Harald Lundhaug (2015/2017)



12. Guttersrød, Halden SK: Scale/Contours: 1:10 000 / 5 m, Mapmaker: Jussi Silvennoinen (2017)
13. Venåsmarka, Gimle IF: Scale/Contours: 1:10 000 / 5 m (2005)
14. Akselås, Halden SK: Scale/Contours: 1:10 000 / 5 m, Mapmaker: Morten Dalby (2012)
15. Havnåsåsen, Indre Østfold
16. Sameia, Indre Østfold
17. Einarbu/Dynjan, Indre Østfold
18. Røysås/Kvilleråsen, Indre Østfold
19. Stiklatjern, Indre Østfold

8.1 Training camps

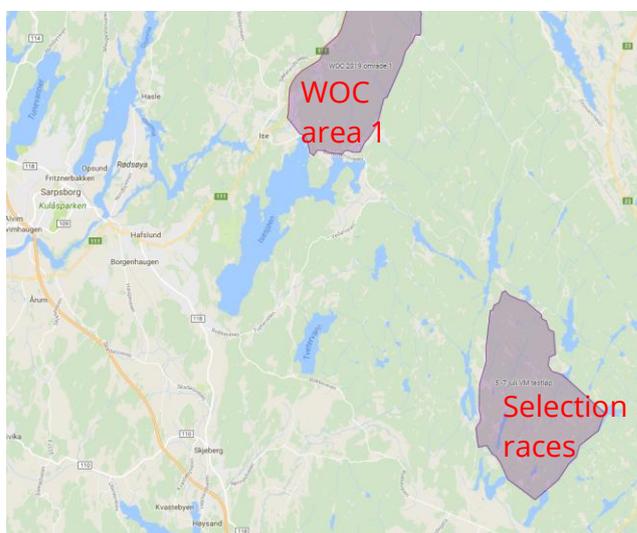
The first official training camp for WOC 2019 took place from 28 August to 5 September 2018. Preliminary dates for the two next camps, based on feedback from national teams, are:

- 19 – 25 June 2019
- 6– 12 August 2019

8.2 Selection races

Preliminary dates for selection races are 5 July and 7 July 2019 with Halden SK as organiser. Embargoed area:

www.google.com/maps/d/viewer?mid=1Ty0mN9pGReL7mAXSvXWoEdVl-fc&ll=59.226926598054106%2C11.371138350000024&z=13



9 Rules and General information

9.1 Competition rules

The Competition Rules for IOF Foot Orienteering Events (version of 2019) shall be applied for participation in the World Orienteering Championships 2019.

Please refer to the Competition Rules on the IOF website orienteering.org/foot-orienteering/rules/

9.2 Classes and entry regulations

Classes: WOMEN, MEN without any age restrictions (§ 5.7)

All competitors represent a Federation (§ 6.5). All athletes must be full passport-holding citizens of the country they are representing (§ 6.2). Athletes being citizens of more than one country should represent the only country they have run IOF events for during the current calendar year (rule 6.1).

9.3 Anti-doping

Doping is strictly forbidden, and the organisers of the world championships are dedicated to support the anti-doping authorities in their work. Doping controls may be carried out any time during the competition period in accordance with the procedures described in the WADA International Standard of testing. The IOF Anti-Doping Code and rules and the World Anti-Doping Code 2015 apply as of 1st of January 2015.

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

orienteering.org/athletes-licence/

9.4 Insurance

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

9.5 Climate and any hazards

Average temperature in Sarpsborg in August is 16 °C. Historical observed is from 8 °C to 22 °C. Low humidity, but risk of heavy rain showers (normal precipitation in Sarpsborg in August is 93 mm). No specific hazards.

9.6 Directions for obtaining entry permits (visas)

Some people do not need a visa to visit Norway because they hold a passport from a country that Norway has a visa exemption agreement with. This also applies if you have a residence permit in an EU/EEA country or if you have a special passport. For more information, see: udi.no/en/word-definitions/persons-who-do-not-need-a-visa-to-visit-norway-/#link-708

9.7 Athlete licence

The licence is needed for athletes participating in World Orienteering Championships and World Cup competitions. The Application (signed form) and payment should reach the IOF Office or IOF Office representatives before participating in a World Championship or World Cup event. The licence is annual and is valid for all orienteering disciplines. Payments of the annual licence fee is done in IOF Eventor, please consult the proper IOF Eventor Guide for this. For more information, please consult: Last minute signed licence forms can be scanned/photographed and sent to iof@orienteering.org for a "Preliminary" registration status of the licence. The original can be either sent directly to IOF Office or handed over to the Event Centre. IOF will not accept cash payments of the licence fee. If your federation needs any special arrangements, you must contact david.wastlund@orienteering.org

10 Media

For registration as media, see section 5.4. The media service includes

- Free of charge connection to internet
- Power
- Working area in Event Centre and at the arenas with access to printer
- Access to photo control/zones

11 Competition information

11.1 Punching, timing system and GPS tracking

Punching system: Emit Touch-Free punching and timing system is used on all races. Each runner will carry two emiTags around the same wrist. The punching is performed by holding the emiTag 0 - 50 cm above the control for a short moment. The LED light in the emiTag will start flashing after successful punch and will keep flashing for 5 seconds. It will be possible to test the system at the technical model event. Timekeeping services will be provided by EQ Timing.

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

11.2 Clothing

Full body coverage is required, but T-shirts/singlet are permitted.

Team tents will be allowed at Prestart zones.

11.3 Race information

Terrain Mørk: The terrain is undulating and detailed, with relatively small height differences in the eastern part and some higher hills in the western part. Mostly good runnability and medium visibility. Pine forest on the hill tops and spruce or mixed vegetation on the lower parts. Some signs of forestry work close to the arena, but otherwise very few man-made features. Relatively few and fairly dry marshes.

Terrain Knatterudfjellet: The terrain is varied with flatter parts and relatively steep detailed slopes in between. Modest height differences. There are signs of forestry work. Mostly open pine forest on the hill tops and denser spruce and mixed vegetation in the lower parts. Very few marshes.

**Preliminary course information:**

Race		Winning time [min]	Length [km]
Long	Women	76	10.5
	Men	96	15.5
Middle Qualification	Women	25	3.4
	Men	25	4.2
Middle Final	Women	35	4.5
	Men	35	5.9
Relay (per leg)	Women	30	5.3
	Men	30	6.2

Maps:

Race	Map	Scale / Contour interval	Mapper	Course setter
Long	Mørk	1:15'000 / 5m	Kristen Treakrem	Tom A. Karlsen and Unni Strand Karlsen
Middle Quali	Knatterud	1:10'000 / 5m	Kristen Treakrem	Tormod Jensen
Middle Final	Mørk	1:10'000 / 5m	Kristen Treakrem	Tormod Jensen
Relay	Mørk	1:10'000 / 5m	Kristen Treakrem	Erik Sandbæk and Morten Johansen

Maps are drawn according to the International Specification for Orienteering maps (ISOM 2017)





12 Spectator races

Bring your club and family to WOC 2019: Test the unique WOC terrain and have some amazing experiences. Run one spectator race or run all six of them. Run in the regular classes or run in the open classes. At the arenas you can follow the WOC competitions on the big screen, enjoy a rich variety of food & drinks for sale, as well as a shopping- and activity area. The children can try our kids' course, the maze, punching courses and children's park. We promise the best WOC experience you can wish for: **so sign up now!**

- Bus transport from several places within Sarpsborg to/from all arenas.
- Car parking close to all of the arenas.
- Spectator races next to the WOC arenas.
- A designated camping area close to Sarpsborg city centre.
- We are happy to assist clubs booking accommodation
 - Contact person for clubs: Finn Henry Lillestrand
 - Phone: +47 993 80 703, E-mail: fhillestrand@gmail.com

WOC PROGRAM/ SPECTATOR RACES

Exact times will be announced during the summer of 2019

Mon 12th August

WOC: Opening Ceremony and cultural program (evening)

Spectator race: Sprint: (afternoon/evening)

Sarpsborg town square

Tue 13th August

WOC-qualifications: Middle distance (mid-day)

Spectator race: Middle distance, Norgescup junior (mid-day)

Knatterudfjellet

Wed 14th August

WOC-final: Long distance (afternoon)

Spectator race: Middle distance (afternoon)

Mørk

Thu 15th August

WOC: Rest day

Spectator race: Middle distance (afternoon/evening)

Fredrikstad (close to the coast)

Fri 16th August

WOC-final: Middle distance (evening)

Spectator race: Long distance, Norgescup junior (afternoon)

Mørk

WOC: Prize giving ceremonies and cultural program (evening)

Sarpsborg town square

Sat 17th August

WOC: Relay (afternoon)

Spectator race: Shortened middle distance (afternoon)

Mørk

To read more about entries and more information about the races – visit www.woc2019.no



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