



**WORLD
ORIENTEERING
CHAMPIONSHIPS
SCOTLAND 2015**

Runner Image Credit: Martin Ward
Terrain Image Credit: Colin Matheson

BULLETIN 3

MAY 2015

INVERNESS, SCOTLAND 31 JULY-8 AUGUST 2015
WWW.WOC2015.ORG

ORGANISERS:



PARTNERS:



WELCOME TO WOC 2015!

WE, THE ORGANISERS OF WOC 2015 – THE HIGHLIGHT OF THE ORIENTEERING FESTIVAL HIGHLAND 2015 – ARE LOOKING FORWARD TO WELCOMING YOU IN JUST A COUPLE OF MONTHS' TIME. THIS IS THE FINAL BULLETIN BEFORE THE WOC PROGRAMME (BULLETIN 4) WHICH ATHLETES, TEAM OFFICIALS, IOF PERSONNEL, MEDIA REPRESENTATIVES AND EVENT GUESTS WILL RECEIVE IN MAGAZINE FORM AT REGISTRATION, AND WHICH WILL BE AVAILABLE ONLINE JUST BEFOREHAND. UPDATES AND ADDITIONAL INFORMATION CAN BE FOUND ON THE WOC WEBSITE WWW.WOC2015.ORG.

On the technical side, preparations are almost complete: the maps are drawn, the courses planned, the arenas designed. Everything is ready to go, subject to the small tweaks always made at the final controlling stage that make good courses into outstanding ones.

Our organising teams are rehearsing their tasks and planning their schedules – in all around 800 people including many non-orienteeers will be helping to make WOC 2015 one of the best-ever World Championships.

We are sure you will enjoy the wonderful Scottish scenery and the venues we have chosen for the competitions and, not least, the finish arenas. These will have the very best in facilities, thanks to generous donations from Highland and Moray Councils and Event Scotland.

The warmth of the Scottish welcome, the Scottish 6-Days event with entries already standing at close on 5,000, and the range of other activities being planned will all contribute to making WOC 2015 a very memorable occasion.

INVERNESS – EVENT CENTRE WITH EASY ACCESS

The Event Centre will be Inverness in northern Scotland (latitude 57.4717°N, 4.2254°W). All races will be held within easy driving distance of Inverness – see location map.

Nearest airports are at Inverness, Aberdeen, Edinburgh and Glasgow.

Currently there are scheduled flights to Inverness Airport from Amsterdam, London Gatwick, Birmingham, Manchester and other UK airports.

Aberdeen Airport has direct flights from Amsterdam, Copenhagen, Dublin, Frankfurt, Paris, Stavanger, London (Heathrow, Gatwick and City airports) and other UK airports.

Edinburgh and Glasgow have busy international airports with direct flights from European countries and from further afield.

A good railway service operates to Inverness from London, Edinburgh, Glasgow and Aberdeen. These cities are also linked by express coach services.

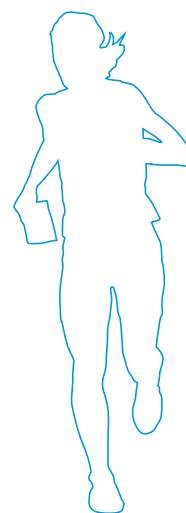
Vehicle hire facilities are available in Inverness and at all the airports. The journey by road from either Edinburgh or Glasgow airports to Inverness takes about 3 hours.

When you arrive in Inverness:

Firstly we suggest you find your way to your accommodation and settle in! Then to accreditation at the Event Centre, the Eden Court Theatre on Bishops Road (see opening times and location plan on page 15) – the Event Centre is first open for accreditation on 30th July. If you are a team member, accreditation can be done by a team official on your behalf – see page 16, Team Accreditation Procedures. You are advised to wear your ID badge whenever attending a WOC function.

Contacts

For general queries you can contact us by e-mail on info@woc2015.org or for specific queries, e-mail as listed under Contacts on the WOC website www.woc2015.org.



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DEAR ORIENTEERING FRIENDS AROUND THE WORLD...



ON BEHALF OF BRITISH ORIENTEERING I AM VERY PLEASED TO WELCOME COMPETITORS, TEAM LEADERS, OFFICIALS, SPECTATORS AND GUESTS TO THE 2015 IOF WORLD ORIENTEERING CHAMPIONSHIPS IN SCOTLAND. GREAT BRITAIN HAS HOSTED THE WORLD CHAMPIONSHIPS TWICE BEFORE, IN 1976 AND 1999, AND ON BOTH THOSE OCCASIONS IT WAS HELD IN SCOTLAND, WHICH HAS SOME OF THE NATION'S FINEST ORIENTEERING TERRAIN. IN 2015 WE WILL RETURN AGAIN TO THE HIGHLANDS OF SCOTLAND.

The World Championships will be held in collaboration with the highly successful Scottish 6-Days competition, which was first held in 1977 as part of the legacy of the first World Championships in Scotland. Having been held every two years since then, it has grown into a well-established and high-quality multi-day event that has over 3,000 competitors each time. We expect that for Highland 2015 there will be at least 5,000 competitors.

We are very pleased to have the support of EventScotland, which has tremendous experience in hosting high-profile international sporting events, such as the 2014 Commonwealth Games and Ryder Cup golf. We are confident that their involvement in the hosting of WOC 2015 will help us to raise the profile of orienteering within the international sporting community.

Scotland is a fantastic mix of stunning landscapes, wildlife and wonderful local produce, combined with a thriving arts and culture scene, and topped off with a colourful history of epic battles and historic castles. Whether you are a competitor, official, spectator or guest at the World Orienteering Championships, we are sure you will find it a memorable and enjoyable experience. Welcome to Highland 2015!

Martin Ward (Chairman, British Orienteering)

A WARM WELCOME TO THE 2015 WORLD ORIENTEERING CHAMPIONSHIPS IN SCOTLAND



WE LOOK FORWARD TO PRESENTING OUR INCREDIBLE FOREST, MOORLAND AND MOUNTAIN TERRAINS, ALONG WITH SOME FANTASTIC HIGHLAND HOSPITALITY. THE AREAS AND ARENAS WE ARE USING FOR THE RACES ARE AMONGST THE FINEST THAT CAN BE FOUND ANYWHERE IN THE WORLD, AND WILL PROVIDE A CHALLENGING TEST FOR ATHLETES, AND AN EXCITING EXPERIENCE FOR SPECTATORS.

We have a great team of dedicated and talented volunteers and staff working very hard behind the scenes to produce an incredible WOC – our vision is that WOC 2015 will be a great athlete experience: registration, status, venues, arenas, maps, courses and all other ancillary functions. Athletes will leave Scotland saying “best WOC ever”.

WOC has great support from a wide range of organisations, both within the sport (British Orienteering, Scottish Orienteering, Scottish 6-Days, our clubs), and outwith the sport (Event Scotland, Highland Council, Moray Council, and many others). We are working closely with the well-established Scottish 6-Days event which will be run alongside WOC.

This will be the third time that Scotland has hosted WOC – the previous occasions being 1976 and 1999. In fact, Darnaway Forest, one of the iconic 1976 venues, will be used again in 2015.

Scotland is the perfect stage for hosting major events such as WOC – we have great experience, support and resources – the examples of the Commonwealth Games and Ryder Cup in 2014 are a good illustration.

We look forward to seeing you soon in Bonnie Scotland!

Paul McGreal, WOC 2015 Event Director



ORGANISATION

ORGANISING COMMITTEE

Paul McGreal	Event Director
Colin Matheson	Assistant Event Director
Jenny Downs	EventScotland Event Manager
Jon Marsden	ICT Director
Linda Cairns	Volunteer Manager
Rob Hickling	Commercial Director
Hilary Quick	Development Manager
Richard Oxlade	Highland 2015 Coordinator
Stephen Round	Finance Director
Graham McIntyre	Technical Director
Stuart Crowther	Communications Manager
Elizabeth Furness	Athlete Services
Lorna Eades	TV Lead Coordinator
Phil Conway	IOF/NOF Services
Richard Pearson	Arenas Manager



**WORLD
ORIENTEERING
CHAMPIONSHIPS
SCOTLAND 2015**

IOF ADVISERS, CONTROLLERS, JURY

Event Advisers:

Jørn Sundby

Senior Event Adviser

Controllers:

Åke Jönsson

Assistant Event Adviser

Tony Thornley

National Controller

Colin Eades

Assistant Controller

Steve McKinley

Assistant Controller

Steve Smirthwaite

Assistant Controller

Rob Hickling

Assistant Controller

Jury:

Marquita Gelderman (NZL)

all events

Jerzy Antonowicz (POL)

all events

David Aleš (CZE)

all events

Markus Puusepp (EST)

Sprint events + Middle Distance

Ivar Maalen-Johansen (NOR)

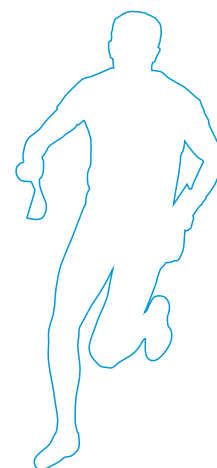
Sprint events

Aron Less (HUN)

Long Distance, Relay

Unni Strand Karlsen (NOR)

Middle and Long Distances, Relay



STEERING GROUP

Mike Hamilton	CEO, British Orienteering
Anne Hickling	Chairman, Scottish Orienteering 6 Day Event Co Ltd
Martin Ward	Chairman, British Orienteering
Stuart Turner	EventScotland
Roger Scrutton	President, Scottish Orienteering Association
Colin Simpson	Highland Council
Reni Milburn	Moray Council

DARNAWAY

PROGRAMME

World Championships Programme				Scottish 6-Days Programme		
Date	Time	Event	Place	Time	Event	Place
Thu 30 Jul	1000	WOC Office Opens	Eden Court			
	1100-1630	Model Sprint Events	Nairn			
	1700-1830	Technical Model Event (All Sprints)	Eden Court			
	1900-2000	Team Officials Meeting: All Sprints	Council Chambers			
Fri 31 Jul	1100-1430	Model Sprint Events	Nairn	1400-2000	Campsite Book In	Bught Park
	1530-1745	Teams into Quarantine	Forres Academy			
	1801-1955	Sprint Qualifier ¹ [1 min starts]	Forres		Spectate Qualifiers	Forres
Sat 1 Aug	1000-1300	Model Middle Distance & Relay	Darnaway	1000-2100	Campsite Book In	Bught Park
	1500-1715	Teams into Quarantine	Nairn	1100-2000	S6D registration	Eden Court
	1645-1730	Opening Ceremony	Nairn			
	1805-1915	Sprint Relay ² [mass start]	Nairn	1800-1915	Spectate Sprint	Nairn
	1905-1915	Flower ceremony Sprint Relay	Nairn	1930-2130	Open Sprint	Nairn
Sun 2 Aug	1000-1200	Model Sprint Events	Nairn	0945-1630	Day 1	Achagour
	1500-1600	Teams into Quarantine	Forres Academy			
	1651-1900	Sprint Final ³ [1 min starts]	Forres	1700-1900	Spectate Sprint Final	Forres
	1850-1900	Flower ceremony Sprint	Forres			
Mon 3 Aug	1000-1400	Model Middle Distance & Relay	Darnaway	0945-1630	Day 2	Glen Strathfarrar
	1600-1730	Technical Model Event (Middle, Relay & Long)	Eden Court			
	1000-1600	Model Long Distance	Achilty/Littlemill			
	1800-1830	Medal Ceremony - Sprints	Eden Court			
	1900-2000	Team Officials Meeting: Middle & Relay	Council Chambers			
Tue 4 Aug	0900-1130	Teams into Quarantine	Forres Academy	1000-1300	Urban Sprint	Forres
	1154-1700	Middle ⁴ [90 sec starts]	Darnaway	1100-1700	Highland O-Fest	Darnaway
	1420-1430	Flower ceremony Middle W				
	1650-1700	Flower ceremony Middle M	Darnaway	1200-1700	Spectate Middle	Darnaway
Wed 5 Aug	1200-1345	Teams into Quarantine	Darnaway	0945-1630	Day 3 (Middle)	Darnaway
	1400-1800	Relay ⁵ [mass starts]	Darnaway			
	1430-1800	Invited VIPs Open Day	Darnaway			
	1540-1550	Flower ceremony Relay W	Darnaway			
	1740-1750	Flower ceremony Relay M	Darnaway	1400-1800	Spectate Relay	Darnaway
Thu 6 Aug	1000-1300	Model Long Distance	Achilty/Littlemill	0945-1630	Day 4	Darnaway
	0830-1230	IOF Conference	Thistle Hotel			
	1400-1700	IOF/VIP/Media race & castle reception	Darnaway			
	1800-1830	Medal Ceremony - Middle & Relay	Eden Court			
	1900-2000	Team Officials Meeting: Long	Council Chambers			
	2000-0000	IOF Banquet	Inverness			
Fri 7 Aug	0800-1000	Teams into Quarantine	Cannich	0945-1630	Day 5	Glen Affric
	1000-1551	Long ⁶ [3 min starts]	Glen Affric			
	1550-1600	Flower ceremony Long	Glen Affric	1230-1600	Spectate Long	Glen Affric
	1845-1930	Medal Ceremony - Long & Closing ceremony	Eden Court			
	1930-2030	Elite Junior Clinic	Eden Court			
	2030-0000	Athletes Party	Eden Court			
Sat 8 Aug				0945-1630	Day 6	Glen Affric

¹ Sprint Qualifier W 1801-1835 starts. Finish 1847. M 1901-1943 starts. Finish 1955

² Sprint Relay: assume 56 min winning time

³ Sprint Final W 1651-1735 starts. Finish 1750. M 1755-18.39 starts. Finish 18.54

⁴ Middle W 1154-1345 starts. Finish 1421 M 1413.30-1615 starts. Finish 16.51

⁵ Relay W 1400-1541 M 1601-1740

⁶ Long W 1000-1333 starts. Finish 1451. M 1009-1415 starts. Finish 1551

COMPETITION INFORMATION

CLASSES AND ENTRY REGULATIONS

THE 2015 EDITION OF THE COMPETITION RULES FOR IOF FOOT ORIENTEERING EVENTS WILL BE APPLIED TO PARTICIPATION IN THE 2015 WORLD ORIENTEERING CHAMPIONSHIPS. THESE RULES STATE THAT, FOR THE WOC:

- There is one class for women and one class for men. There are no age restrictions (Rule 5.7)
- A competitor may represent only one Federation during any one calendar year (Rule 6.1)
- Competitors who are representing a Federation shall have full passport-holding citizenship of the country of that Federation (Rule 6.2)

All competitors represent a Federation. Each Federation may enter a team with an unlimited number of competitors and officials.



Credit: Martin Ward

ENTRIES PER RACE

In the **Sprint qualification** race, every Federation may enter up to 3 women and 3 men and, in addition, the current World Champions for the distance may be entered by their Federation(s) provided they are members of the Federation's team. In the Sprint Final, only the competitors placed number 15 and better in each qualification race heat may participate (Rule 6.6).

For the **Middle and Long distance** competitions, the number of competitors per Federation who may enter is limited and is based on results from the previous two World Championships. There are separate quotas for men and women for each Federation and the allocation method is published as Special Rules decided by IOF Council. The allocations for 2015 were published on January 31st (see Rule 6.7).

The 2015 Special Rules provide, separately for men and women, for 8 nations having 3 start slots, 14 nations having 2 start slots and all other nations having 1 start slot in the Middle and Long distance races. Additionally, the current World Champion has a slot provided he or she is a member of the Federation's team, and similarly the Regional Champions in the distance if the Regional Championship was held in the previous 12 months and the Regional Championships is a recognised one. IOF currently recognises Regional Championships in Europe, Asia, Oceania and North America.

In the **Sprint Relay**, each Federation may enter one team consisting of 4 team members of whom at least two must be women. Incomplete teams and teams with runners from more than one Federation are not allowed.

In the **Relay**, each Federation may enter one women's team and one men's team, each consisting of 3 team members. Incomplete teams and teams with runners from more than one Federation are not allowed.



Credit: Martin Ward

EMBARGOED AREAS AND ARENA SITES

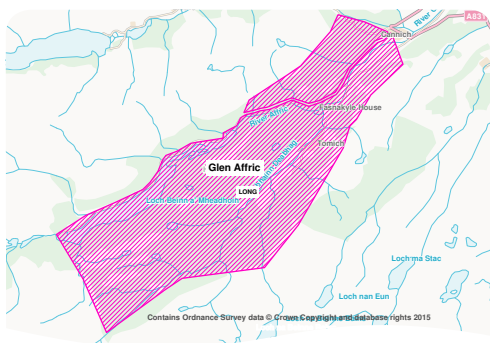
WITH REFERENCE TO IOF COMPETITION RULE 26.5, THE AREAS INDICATED ON THE LOCATION MAP, AND SHOWN ON THE MORE DETAILED MAPS THAT FOLLOW, ARE EMBARGOED.

The locations of the competition arenas are indicated on each of the detailed maps. Culbin and Elgin remain as reserve areas and are embargoed as shown on the maps on the WOC website.

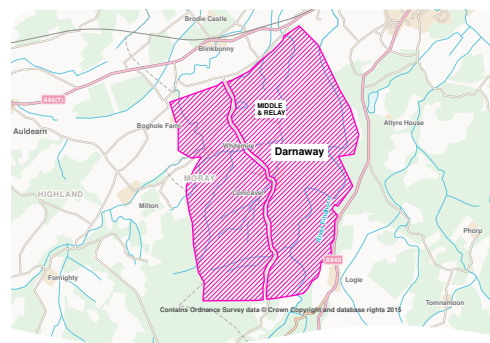
The embargo applies to all potential WOC 2015 team members (runners, team leaders, coaches, doctors, etc.) and to all others with strong links to elite squads.

Spelt out in detail, this means that for such people:

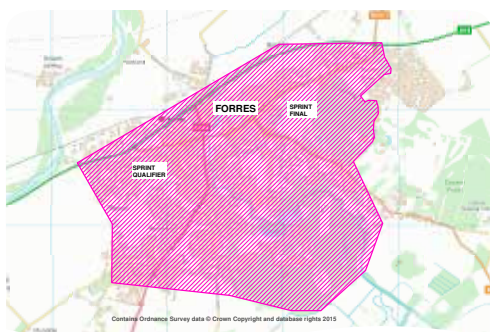
- No organised orienteering of any kind may take place in the embargoed areas until after WOC 2015
- No training sessions, i.e. running/races, testing route choices etc. are allowed in these areas
- No-one with potential connections to a team (athlete or any other function) may visit the embargoed terrain
- In the towns of Nairn, Forres and Elgin, access is permitted in the embargoed areas until as shown in note to right. However use of maps of any kind, running training of all kinds and route-choice testing is not allowed in these areas.



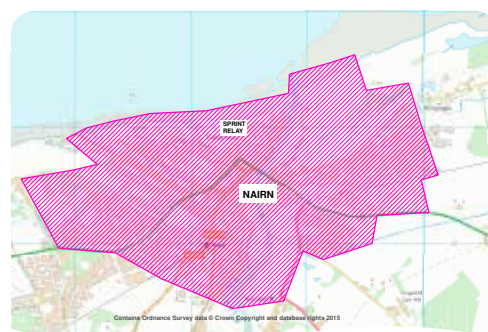
GLEN AFFRIC



DARNAWAY



FORRES



NAIRN

NOTE: With the exception of the A96 and A940, the embargoed areas for the Sprint Final and Sprint Relay will be closed for access from 16.00 on the day prior to competition. **Any WOC athletes or team officials with accommodation booked within the embargoed areas must contact WOC Office as soon as possible.**

For the Sprint Qualifier the embargoed area will be closed for access from 1200 hrs on Friday 31st July.

Copies of the most recent versions of orienteering maps of these areas can be found on the WOC website www.woc2015.org.

FURTHER INFORMATION ABOUT EMBARGOES INCLUDING LINKS TO GOOGLE MAPS, TOGETHER WITH PREVIOUS AREAS WHERE RESTRICTIONS HAVE BEEN LIFTED, CAN BE ACCESSED FROM WWW.WOC2015.ORG/INFO/EMBARGOED-AREAS

ARENA LOCATIONS

The following competition areas and arena locations will be used:

Sprint Qualification	Forres	57.605317, -3.628310
Sprint Relay	Nairn	57.588844, -3.870651
Sprint Final	Forres	57.610800, -3.607046
Middle Distance	Darnaway	57.575413, -3.682243
Relay	Darnaway	57.575413, -3.682243
Long Distance	Glen Affric	57.283728, -4.851914



TERRAIN DESCRIPTIONS

NAIRN

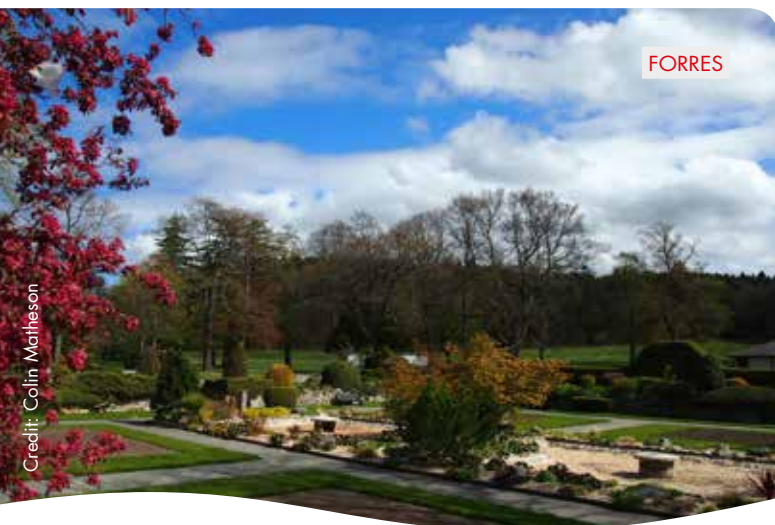
The Sprint Relay will take place in the attractive seaside town of Nairn on the Moray Firth. The competition terrain will include complex old town with areas of parkland and dunes ensuring fast running, together with many options in route choice.

NAIRN



Credit: Colin Matheson

FORRES



Credit: Colin Matheson

FORRES

The Sprint Qualification and Sprint Final will be staged in the former Royal Burgh of Forres. This small town is renowned for impressive parks and gardens with their floral structures, and these will be appreciated from the main race arena near the centre of town. The competitions will include a range of types of terrain from housing estate with extensive path networks to complex old town with many "vennels" (small lanes and minor roads). There are also several areas of parkland with an extensive path network..

DARNAWAY

The Middle Distance and Relay will both be staged in Darnaway, seat of the Earls of Moray for many centuries. The current Earl (the WOC 2015 Patron) was present at WOC 1976 in Darnaway, where Men and Women battled out the Long Distance. The race arena will be in sight of Darnaway Castle. This extensive well-managed forest has a mixture of woodland types: open pine wood with ground cover of heather and dwarf shrub, denser pine and areas of broadleaves, especially beech. There are multi-tiered levels of vegetation, particularly in the beech wood, and both runnability and visibility will vary throughout the courses. The terrain is rolling, with steep slopes above the River Findhorn. There are complex contours due to glacial moraine features. There are some rough open areas (felled a few years ago), some open fields, and a non-linear track network.

DARNAWAY



Credit: Colin Matheson



GLEN AFFRIC

GLEN AFFRIC

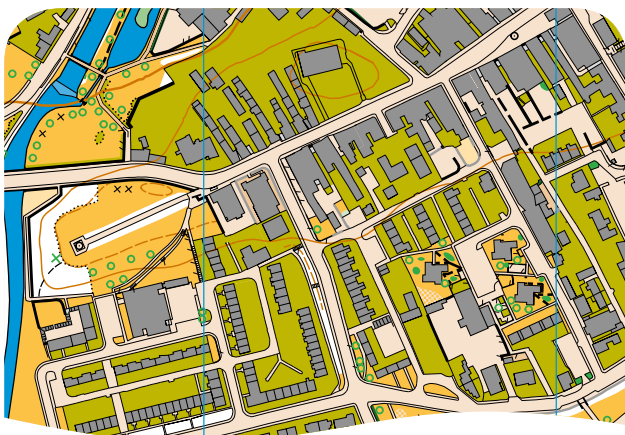
The Long Distance will take place in Glen Affric, by common consent the finest of all of Scotland's glens (valleys). The race arena is set within a few kilometres of the picturesque conservation village of Tomich, allowing access to what the Forestry Commission Scotland describe as "a classic landscape of perfectly-placed lochs, mountains and a wonderful mix of pine, birch and oak trees. The woodland is one the best examples of the Caledonian Forest that once covered much of Scotland. The rich environment is an important haven for wildlife, so the whole glen is protected as a National Nature Reserve".

The terrain is hilly but generally there is good runnability throughout the area. There is localised deep heather, very little bracken and few paths or tracks in the area.

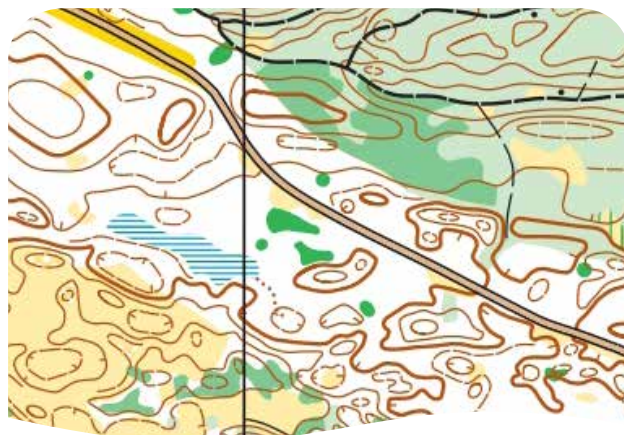
DARNAWAY ARENA

PLANNERS, MAPPERS, MAP SCALES AND CONTOURS, PREVIOUS USE

Venue	Competition	Planner	Mapper	Scale	Contours	Remarks
Nairn	Sprint Relay	Dave Robertson	Steve Smirthwaite	1:4,000	2.5m	Not previously used for orienteering
Forres	Sprint Qualification Sprint Final	Tim Sands	Steve Smirthwaite	1:4,000	2.5m	No significant national or international orienteering events
Darnaway	Middle Distance	Graeme Ackland	Jon Musgrave	1:10,000	5m	First used for WOC 1976. Last major event WOC 1999. Re-mapped using LiDAR
Darnaway	Relay	Graeme Ackland	Jon Musgrave	1:10,000	5m	As above
Glen Affric	Long Distance	Steve Nicholson & Brian Bullen	Stirling Surveys	1:15,000	5m	First used WOC 1999. No significant national or international events since 1999. Partially mapped with LiDAR



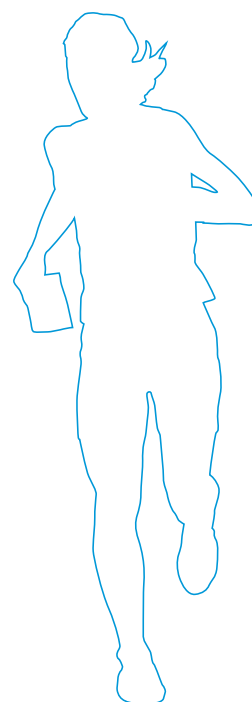
MAP SAMPLE – FORRES



MAP SAMPLE – DARNAWAY



MAP SAMPLE – GLEN AFFRIC



RACE DETAILS

Competition	Winning time, men	Length, no. of controls, climb, men	Winning time, women	Length no. of controls, climb, women	Refreshments
Sprint Relay	14.30	4.3 / 22-24 / 50	14.30	3.8 / 19-21 / 50	
Sprint Qualification	13	3.7 / 16-18 / 10	13	3.4 / 14-16 / 10	
Sprint Final	14.30	4.0 / 24 / 25	14.30	3.7 / 23 / 25	
Middle Distance	34	6.4 / 24 / 250	34	5.3 / 20 / 210	Men 1, Women 1
Relay	32	7.0 / 22-23 / 170	32	5.5 / 19-20 / 150	Men 1, Women 1
Long Distance	95-100	15.2 / 32 / 635	75	9.8 / 18 / 420	Men 1, Women 1

Lengths in km, climb in m. All details subject to final controlling.



PUNCHING

The touch-free SportIdent Air+ punching system will be used. Assigned SI cards will be provided by the Organiser. At each start, there will be spare SI cards on hand to cover for lost or forgotten cards.

After the Long Distance, team leaders must return all SI cards. A charge of 100 EUR will be imposed for any lost or broken SI card.

TIMING

An electronic start gate will be used in the Sprint Final where timing will be to 0.1 seconds. Competitors will be timed from the exact time they start as long as this is within 5 seconds of their nominal start time. In all other competitions timing will be to 1 second and a standard start procedure will be used.

SI Air timing will be used in all the races and the competitors will be timed as they cross the finish line. This will be recorded to 0.1s for the sprint final and 1s for all other races.

A back-up system using a chip timing system will also be in use. The chip should be attached to the athlete's wrist. Each chip is assigned to a specific competitor and shall not be used by any other athlete. At each start there will be spare chips. After the Long Distance, team leaders must return all chips.

TRACKING

Tracking devices and services will be used in all the races except for the Sprint Qualification. An adequate number of GPS vests will be assigned to each team and may be used by any athlete. The GPS vest has to be worn under the running top. GPS units will be put into the vests at the pre-start by a race official. There will be some spare vests at the pre-start.

L-sized vests for men and S-sized vests for women are provided as standard, and a limited number of smaller sizes (XS for women, M for men) will be available.

After the Long Distance, team leaders must return all GPS vests. A charge of 40 EUR will be imposed for any lost GPS vest.



QUARANTINE ARRANGEMENTS

There will be quarantine zones for all races including relays.

From the quarantine area, athletes will be transported by the Organisers to the pre-start areas.

In all the quarantine zones there will be protection from the weather and it will be possible to stay inside or outside. Warm-up areas will be provided close to the pre-starts.

Coaches will be transported from the pre-starts to the arenas. The transport timetable and travel times from quarantine area to pre-start will be published in Bulletin 4.

COACHING

Coaches are allowed to go to the quarantine area and from the quarantine area to the pre-start.

They are allowed to leave the quarantine and pre-start areas at any time, but after leaving it is not possible to re-enter. Coaches must use the official transport from the quarantine area to the pre-start.

There will be clearly marked coaching zones in the arenas when there is an arena passage in the competition. Only two accredited coaches per team are allowed in those coaching zones.

For fairness reasons, only the following actions are allowed:

- Verbal communication - no written information
- Exchange of personal equipment such as compasses, shoes, contact lenses and similar
- Food and drinks passed on directly to the athlete

There will be clearly marked areas for coaches in the finish area in all competitions.



Credit: Martin Ward



Credit: Martin Ward

START DRAWS

The start draws will be made according to the IOF Competition Rules under the supervision of the IOF Senior Event Adviser. The draws will not be open to team officials, athletes or the public.

Allocation of start groups will be carried out according to procedures in Special Rules for Qualification and Starting Order at the World Orienteering Championships Long and Middle distance competitions on the IOF website: <http://orienteering.org/wp-content/uploads/2015/03/Special-Rules-for-WOC-150226.pdf>

The sequence of the starting groups will be with the highest numbered start group first, and then in descending order until start group 1, which starts last.

START INTERVALS

These are as stated in IOF Rules, except that IOF has granted a Rules deviation for using a start interval of 1 minute 30 seconds for the WOC 2015 Middle.

CLOTHING, INSECT PROTECTION

For forest competitions, competitors must wear clothing that fully covers their torso and legs. There are no restrictions for the sprint competitions.

Any type of footwear can be worn in the competitions, including spiked shoes (dobs).

Midges can be a major irritation in August, and competitors and officials are advised to purchase suitable skin protection. Ticks are in abundance in the forests and if found on the body should be removed as quickly as possible.

NUMBER BIBS

All competitors must wear their respective number bibs at all the WOC 2015 competitions. The bibs will be available in Quarantine for all races.

In the qualification races the competitors must wear their bibs on the front. In the final races the bibs must be worn both on the front and the back. The bibs must be visible in their entirety; they must not be folded over or cut down.

SAFETY

Athletes are respectfully reminded that driving is on the left in Great Britain! Bear this in mind when crossing roads.

In the event of bad weather, the organisers may advise the carrying of lightweight waterproof/windproof tops for the Long Distance competition. Competitors are recommended to carry whistles in the Long Distance.



DOPING CONTROL

Doping is strictly forbidden, and the organisers of WOC 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 control facility may be a few minutes' drive away, we invite athletes to be prepared at all events and to take along some dry clothes to change after their race. Selected athletes will be given instruction to report to the doping control after finishing their race, and will be escorted by a chaperone.

Doping tests will always be carried out in accordance with the procedures described in the WADA International Standard of testing. The IOF Anti-Doping Rules valid from 1st January 2015 apply; the Rules document can be downloaded from the IOF website.

Athletes selected for the doping tests must bring an official photo identification document to the doping test area. WOC 2015 Accreditation cards with photo should be used for this purpose; these should be carried by athletes in the race arenas. The athlete should also bring along the Therapeutic Use Exemption (TUE) if applicable.

TECHNICAL MODEL EVENTS

At the Technical Model Event taking place at Eden Court on Thursday 30th July from 17.00 to 18.30 the punching and timing equipment for Sprint events, as well as the layout of start and finish areas, will be demonstrated.

At the Technical Model Event taking place at Eden Court on Monday 3rd August from 16.00 to 17.30 the punching and timing equipment for Middle, Relay and Long events, as well as the layout of start and finish areas, will be demonstrated.



NATIONAL TEAMS' ADMINISTRATION PROCESSES

IOF EVENTOR, ENTRY DEADLINES AND PAYMENTS

TEAM MANAGERS MUST USE IOF EVENTOR TO MAKE PRELIMINARY TEAM ENTRIES, GIVING NUMBERS OF ATHLETES AND TEAM OFFICIALS FOR ACCREDITATION AND NUMBERS OF ATHLETES IN EACH COMPETITION BY 31ST MAY 2015. TRANSPORT PACKAGES MUST ALSO BE ORDERED BY THIS DATE.

Names of all team members must be added by 20th July 2015. Every team member must have a photograph and email address added to their personal profile on IOF Eventor. Team declarations for each competition and, where relevant, start block must be made via IOF Eventor by the deadlines shown below:

Sprint Qualification:	12 noon, Thursday 30th July
Sprint Relay:	20.30, Friday 31st July
Middle Distance:	12 noon, Monday 3rd August
Relay:	18.00, Tuesday 4th August
Long Distance:	12 noon, Thursday 6th August

There will be computers available at all WOC Office locations.

Note that a change to Rule 9.10 has come into force this year: the rule does not now apply to the Long and Middle Distance competitions, and so late replacement of runners in these races is not allowed.

National Federations will receive an invoice for all accreditation, competition and transport fees due. Payments for accommodation booked through WOC Office must be made according to invoices issued.

All payments must be made by 30th June 2015. No accreditation will be issued if there are outstanding payments to be made.

WOC OFFICE OPENING HOURS AND LOCATIONS

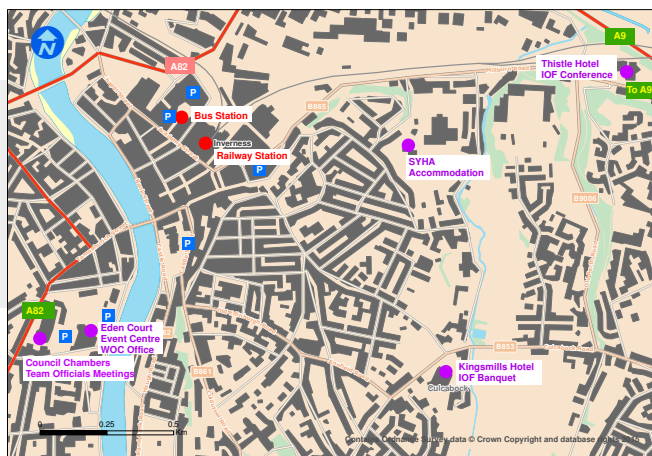
Date	Location	Opening Hours
Thursday 30th July	Eden Court, Inverness	1000 - 2100
Friday 31st July	Eden Court, Inverness Sprint Qualifier Arena, Forres	0830 - 1300 1430 - 2100
Saturday 1st August	Eden Court, Inverness Sprint Relay Arena, Nairn	0830 - 1230 1400 - 2000
Sunday 2nd August	Eden Court, Inverness Sprint Final Arena, Forres	0830 - 1230 1400 - 1900
Monday 3rd August	Eden Court, Inverness	1000 - 2100
Tuesday 4th August	Middle Arena, Darnaway	1000 - 1830
Wednesday 5th August	Eden Court, Inverness Relay Arena, Darnaway	0800 - 1100 1200 - 2100
Thursday 6th August	Eden Court, Inverness	1000 - 2100
Friday 7th August	Long Arena, Glen Affric	0800 - 1700
Saturday 8th August	Eden Court, Inverness	0830 - 1200

WOC OFFICE

Eden Court, Bishops Road, Inverness, IV3 5SA

Email: office@woc2015.org

Tel: +44 7522 317613



TEAM ACCREDITATION PROCESS

One Team Official should collect the accreditation for the whole team. As part of this process, the team members' passports must be shown to prove the nationality and full passport-holding citizenship of the country of their Federation (Rule 6.2). NOTE: Accreditation passes will not have been produced for anyone who has not uploaded a photograph to IOF Eventor by 20th July. In such cases, the team member must attend at the WOC Office in Eden Court in person for a photograph; this may involve a lengthy wait.

Teams will be asked to supply the accommodation address for all team members and a telephone number so that the Organisers can quickly contact key Team Officials if necessary.

Each team will get a WOC 2015 information/material pack from the WOC Office after accreditation, to include:

- Bulletin 4 for all team members. Bulletin 4 will be the most important source of competition information for teams. This information will be complemented by Team Officials' Meetings;
- SPORTident SI cards for all competitions. Each SportIdent card is assigned by name to each competitor and shall not be used by another athlete;
- Model event maps for all team members;
- Transport schedule (if this service has been pre-booked);
- WOC 2015 Parking Permit(s) for Long Distance race (Glen Affric).

ACCOMMODATION AND FOOD

Teams which have booked accommodation through WOC Office will be in the Youth Hostels in Inverness and Aviemore or Premier Inn West, Inverness. Any particular dietary requirements should be discussed directly with the hotel or hostel.

Catering outlets will be available in each forest race arena.

TRANSPORT, USE OF OWN VEHICLES AND PARKING AT RACE ARENAS

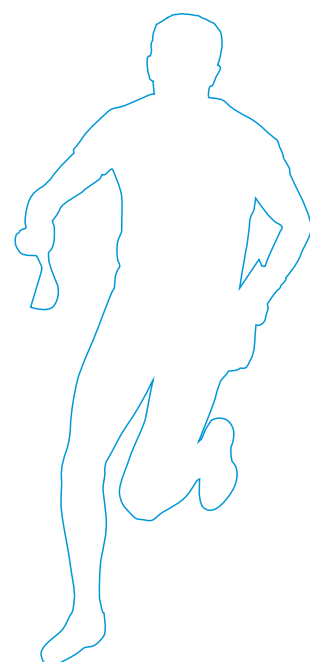
Transport will be provided for those teams, VIPs and media that have requested and have paid for a transport package. Detailed schedules and the location of the bus stops will be available at the time of accreditation. Departure times at the different bus stops must be strictly adhered to. No alternative public transport is available to those who miss the bus.

There are no restrictions for teams using their own vehicles. Please share transport wherever possible. For the Long Distance race, car park passes will be issued at the time of accreditation.

TEAM OFFICIALS' MEETINGS

The Team Officials' Meetings will be held in the Council Chamber at the Highland Council Offices next door to the Event Centre. Only accredited team officials (maximum 2 per team), IOF Officials and WOC Organisers will be admitted. You will be required to sign in on entering the building; please be prepared for this and allow sufficient time.

The schedule for Team Officials' Meetings can be found in the WOC Programme on page 6.



TEAM ZONES IN THE ARENAS

Only accredited team members will be allowed in the Team Zones. There will be team tents erected in all race arenas. These may be on a shared basis. Chemical toilets will be available in close proximity.

ATHLETES' PARTY

This will take place on Friday 7th August from 2030 to 2400 in the Event Centre, Eden Court.



TRAINING OPPORTUNITIES

MANY OF THE BEST ORIENTEERING AREAS IN SCOTLAND ARE COMMERCIAL ESTATES WHERE SHOOTING IS CARRIED OUT, AND IN SOME CASES THERE ARE ENVIRONMENTAL ISSUES THAT RESTRICT ACCESS AT CERTAIN TIMES. IT IS THEREFORE ESSENTIAL THAT TEAMS CONTACT THE WOC 2015 TRAINING COORDINATOR (TRAINING@WOC2015.ORG) BEFORE ORGANISING THEIR TRAINING.

Maps of training areas purchased from WOC 2015 will show prohibited areas. To avoid entering a prohibited area, nations should only use official training maps obtained through WOC 2015.

COMPETITIONS

DATES	MAP	LOCATION	MAP SCALE & update	Website
June 19th	Bannockburn (WRE Sprint)	Bannockburn	1:4000	www.fvo.org.uk
June 20th	Tullochroisk (WRE Middle)	Kinloch Rannoch	1:10,000 2008, minor updates 2014/15	www.fvo.org.uk
June 21st	Dunalistair (Long)	Kinloch Rannoch	1:10,000 2013 updates	www.fvo.org.uk
June 28th	Potarch (MAROC)	Aboyne	1:10,000	www.marocscotland.org.uk

Competitions in Scotland and other training opportunities are shown here. Further details and updates can be found on the WOC 2015 website www.woc2015.org.

National Team Managers are welcome to contact the Training Coordinator by email at any time to get help and advice in planning training visits.



TRAINING AREAS

DATES	MAP	LOCATION	MAP SCALE & update	Controls placed (Yes/No)
1st June – 30th July	Banchory	Banchory	1:4,000	No
	Braemar	Braemar	1:4,000	No
	Crooked Wood and Lhanbryde	Elgin	1:5000 (2013 updates)	No
	Dingwall	Dingwall (Inverness)	1:4,000 (2014)	No
	Edinburgh Central	Edinburgh	1:5,000	No
	Erskine	Edinburgh	1:5,000	No
	Grantown-on-Spey	Grantown-on-Spey	1:5,000 (2013)	No
	Kingussie	Kingussie	1:5,000 (2014)	No
	Liberton	Edinburgh	1:5,000	No
	Livingstone (Dedridge and Howden)	Edinburgh	1:5,000	No
	Lossie Oakenhead	Lossiemouth	1:5,000	No
	Lossie Sunpark	Lossiemouth	1:4,000 (2013)	No
	Milngavie	Glasgow	1:5,000 (2011)	No
	Abriachan	Inverness	1:10,000 (2014)	No
	Achtermarack	Drumnadrochit		No
	Carse of Ardesier	Nairn	1:10,000 (2013)	No
	Creag Leach	Inverness	1:10,000 (2014)	No
	Dunachton Wood and Kinraig	Kincraig	1:10,000 (2007)	No
	Loch Vaa SE	Aviemore	1:10,000 (2013)	No
	Uath Lochans	Aviemore	1:15,000 (2013)	No
	Quarrelwood	Elgin	1:7,500 (2011)	No
11th – 30th July	Dulnain Woods	Grantown-on-Spey	1:10,000 (2014)	Yes
	Polmaise & Murray's Wood	Stirling	1:10,000	Yes
	Sauchie	Stirling	1:10,000	Yes
	Dunalistair	Kinloch Rannoch	1:10,000 (2013 updates)	To Be Confirmed
	Tullochroisk	Kinloch Rannoch	1:10,000 (Updates 2014/15)	To Be Confirmed
14th -15th July 0800-1800 21st – 22nd July 0800-1800 NO ACCESS ON ANY OTHER DATES OR TIMES	Revack	Grantown-on-Spey	1:10,000 (2014 updates)	No
At least two further areas with controls should be available 11th-30th July. Please check website www.woc2015.org .				

SCOTTISH 6-DAY ENTRIES

A limited number of start slots (first come, first served) will be made available on a few courses to WOC-accredited athletes who are not running in a WOC race the same day, for a nominal fee. Entries can ONLY be made at the WOC Office.



MISCELLANEOUS INFORMATION

VISAS

IOF Officials, VIPs, Media, Athletes and Team Officials requiring a visa to visit the UK and take part in pre-WOC training and/or WOC 2015 can apply to the WOC Organisers, office@woc2015.org, for an invitation to perform at the event(s). Information about applying for a sports visa can be found here: <https://www.gov.uk/sports-visit-visa>.

When requesting an invitation to support your visa request, please include:

Your full name, date and place of birth, dates of arrival and departure (for the UK), email address.

HEALTH INSURANCE

The Event Organiser will provide First Aid, including an ambulance, at each competition arena. The nearest hospital providing Accident and Emergency services will be included in the details for each race.

Each National Federation is responsible for the health and medical insurance of all their athletes and team officials.

CLIMATE IN AUGUST

The average temperature in the Moray Firth area (Nairn, Forres and Darnaway) in August is around 18.5°C, with 60 mm of rainfall. In early August 16 hours of sunshine in a day is not exceptional but heavy rain and wind is not unknown. In Glen Affric, parts of the competition area are above 400 metres in altitude so average temperatures will be a few degrees cooler. Both blistering heat and snow showers can occur in the Scottish Mountains in August, and athletes must be prepared to cope with these variations.

WOC AND THE ENVIRONMENT

Some of the best orienteering terrain in Scotland coincides with environmentally sensitive areas which may have multiple designations – Special Areas of Conservation, Sites of Special Scientific Interest, Specially Protected Areas and so on. The need to protect vulnerable habitats and species is covered by the Nature Conservation (Scotland) Act 2004, with special consideration in relation to capercaillie. Capercaillie are listed in Annex 1 of the EU Birds Directive (1979) and consequently protected under European law. Because of capercaillie, orienteering is not permitted in many areas from the period 1st March to 31st August and this has severely restricted training opportunities in e.g. Speyside.

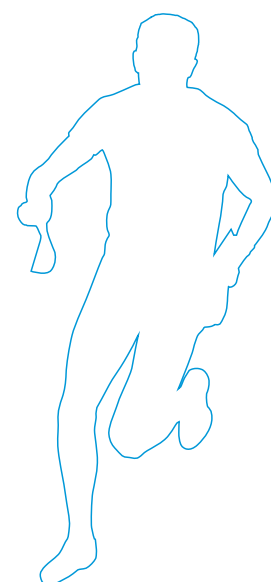
Early August is one of the least sensitive times of year for other species (flora and fauna) and land management operations, and we have taken advice from Scottish Natural Heritage and other bodies such as the Royal Society for the Protection of Birds and Forestry Commission Scotland to minimise possible disturbance to habitats and species. In some instances, courses have been planned to deliberately avoid certain areas – for example in Glen Affric blanket bogs and wet heaths have been avoided where practicable. A number of specially protected bird species have also chosen to nest in competition areas; expert guidance and agreement has been sought from relevant experts and statutory bodies to determine what is acceptable in terms of buffer zones or direction of approach.

If areas are marked as out of bounds, please respect these restrictions and keep to permissible areas.

Repeated studies across Scotland and elsewhere in the UK have shown that the environmental impact of well-planned and organised orienteering events is minimal and areas will soon recover. WOC 2015 is in some superb terrain and we hope you will appreciate the natural beauty of this special area of Scotland.



Credit: Colin Matheson



WOC AND THE LOCAL COMMUNITY

Orienteering is not generally well understood within the local community, and in the run-up to WOC there has been a concerted media campaign to ensure that local communities fully understand what is about to happen, in some cases quite literally on their doorsteps. Within all the competition areas, especially the urban settings of Nairn and Forres, there has been extensive consultation with groups including Community Councils, Community Trusts, Business Associations and so on. Multi-agency meetings have been held with Highland and Moray Councils, and there has been great support from Councillors and other key officials. The economic benefits of WOC and the associated Scottish 6 Days event are considerable, within the local area and Scotland as a whole.



Credit: Colin Matheson

MEDIA INFORMATION

MEDIA ACCREDITATION

Applications for accreditation must be made on the official form, which can be downloaded under the Registration menu item on the WOC website www.woc2015.org. Accreditation is free of charge; a transport package can be booked using the form.

Applications for accreditation should be lodged with the WOC 2015 Media Officer, Stuart Crowther no later than Friday 19th June by sending an email with the completed form and a passport-style photograph to stuart.crowther@woc2015.org. Acceptance of accreditation will be acknowledged by email from early June. Anyone requiring additional media assistance or information should contact Stuart on the email address provided above.

Accreditation collection for Media representatives is at the WOC Office in the Event Centre; see page 15 for location and opening times. You must attend in person and will be asked to show some form of identification, such as passport or professional association membership card. To avoid lengthy waiting times at Accreditation collection, you are asked to ensure your photograph is included with your accreditation application. NO accreditation will be issued in the Arenas.

MEDIA CENTRE

Notification will be sent to accredited media representatives at least one month before WOC 2015 with full details of their Media Accreditation Pack. This will include details of the Media Centre facilities available and the opening times.

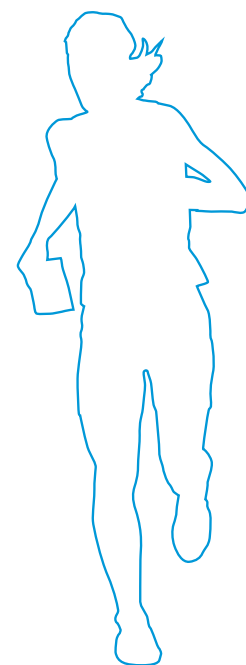
Media arena facilities

Details on the facilities available at venues will be included in the Media Accreditation Pack.

IOF/VIP/MEDIA RACE

The IOF/VIP/Media race will take place on Thursday 6th August at Darnaway. Start-times are between 1400 and 1500, with short, medium and long courses provided to suit all levels of experience. The race will be followed by an informal social at Darnaway Castle.

Entry forms will be available via WOC Office at the Event Centre or Arenas between 30th July and 5th August.



IOF OFFICIALS, VIPS AND WOC GUESTS

ACCOMMODATION AND ACCREDITATION

The main hotels for IOF Officials and VIPs are The Thistle and the Premier Inn Centre, River Ness.

All IOF Officials and VIPs must collect their accreditation in person from the WOC Office in the Event Centre. You must attend in person and show some form of photo ID. To avoid lengthy waiting times at Accreditation you are asked to ensure your photograph has been uploaded in advance to IOF Eventor. No accreditation will be issued in the Arenas.

FACILITIES AT RACES

There will be a VIP enclosure at the arena for each WOC race (except Sprint qualification). In each case, it will be sited to provide good viewing of the finish line and the large screen in the arena. Start lists will be available before each race, and official results and maps distributed when available.

PRESIDENTS' CONFERENCE AND IOF EXTRAORDINARY GENERAL ASSEMBLY

These will be held on Thursday 6th August from 0830 to 1230 at the official IOF hotel, the Thistle Hotel in Inverness.

IOF/VIP/MEDIA RACE

The IOF/VIP/Media race will take place on Thursday 6th August at Darnaway. Start-times are between 1400 and 1500, with short, medium and long courses provided to suit all levels of experience. The race will be followed by an informal social at Darnaway Castle.

Entry forms will be available via WOC Office at the Event Centre or Arenas between 30th July and 5th August.

IOF BANQUET

This will be held on Thursday 6th August from 2000 to 2400 at the Kingsmill Hotel in central Inverness.

GLEN AFFRIC ARENA



HIGHLAND 2015 – THE SCOTTISH 6-DAYS EVENT

Highland 2015, the public race programme being held in conjunction with the World Championships, is the 20th Scottish 6-Days event. The dates, times and locations of the races are shown on the programme on page 6. There is limited single-day entry opportunity for WOC-accredited athletes – see page 18.

The 6 days of racing provide the perfect opportunity for team supporters to compete on the same terrain as the WOC athletes themselves, and in addition there are urban races and other events and a full social programme. The races are sited and timed in such a way that 6-Day competitors can spectate at all the WOC races as well as compete in every 6-Day race. As many as 5,000 competitors are expected.

Full details and information about entry can be found on www.scottish6days.com/2015.



Credit: Martin Ward

ENTRIES RECEIVED AS AT 25 MAY 2015

Federation	Athlete	Team Official	Total
Austria	8	3	11
Canada	10	2	12
Chinese Taipei	4	2	6
Czech Republic	11	3	14
Denmark	11	5	16
Finland			22
Germany	10	2	12
Hungary	7	1	8
Ireland	10	2	12
Italy	7	1	8
Lithuania	8		8
Netherlands	3		3
New Zealand	8	2	10
Norway	14	5	19
Portugal	7	1	8
Slovakia	6	1	7
Slovenia	4		4
Spain	7	1	8
Sweden	12	5	17
Switzerland	14	6	20
Turkey	4	1	5
United Kingdom	18	3	21
United States	12	1	13
Sum totals	195	47	242

You can check up-to-date entries on IOF Eventor
<http://eventor.orienteering.org/Events/Show/4856>

ORGANISERS:



PARTNERS:





Scotland

The Perfect Stage

2015 is an exciting year for Scotland as it welcomes back the World Orienteering Championships as part of Highland 2015 from 1 - 8 August.

Incorporating both the World Championships and the Scottish 6 Days, Highland 2015 is a highly anticipated event. With WOC and the 6 Days sharing arenas on selected days, Highland 2015 will provide a platform for seeing the world's best athletes in action, whilst also giving 6 Days runners the chance to compete on the challenging and inspiring World Championship terrain.

EventScotland is a proud supporter of the Highland 2015 events.

For more information please visit: **WOC2015.org**