



EGK



101

OL-WELTCUP

LAUFEN

27.-29.9.2019




Bulletin 1+2

Presenting Partner



Main Sponsor

LAUFEN

Sponsor



Host Region



On behalf of

sw!ss
orienteeering

WELCOME TO LAUFEN

Dear athletes, ladies and gentlemen

Laufen and the organizing team are looking forward to the EGK OL-Weltcup and to seeing you all in the wonderful surroundings of the Laufental. All competition areas were never used for competitions before, so we offer you a real challenge in unknown terrain.

We offer you an attractive package price including entry fee, starting fee for all races and accommodation. We hope to welcome many runners from countries all over the world to Switzerland!

In conjunction the EGK OL-Weltcup, our presenting partner EGK will celebrate its 100-year birthday and we are looking forward to an exciting weekend with thrilling atmosphere, lots of spectators and excitement.

You are warmly welcome to Switzerland!

Matthias Niggli
Event Director EGK OL-Weltcup

1. ORGANISATION

Organising Committee

Matthias Niggli	Event Director
Urs Hofer	Technical Director
Hanusli Steinmann	Security
Doris Grüniger	Event Centre
Martin Oppliger	Start
Markus Hitz	Finish, Arena, Infrastructure
Daniel Leibundgut	Results, IT Services
A.Wenger/L.Schubnell	Live-Production
Véronique Ruppenthal/ Severin Furter	Media
Christoph Aeschlimann	VIP
Brigitte Grüniger Huber	Finances
Stephan Gürtler	National competitions

Event Advisors

Jerzy Antonowicz	IOF Senior Event Advisor, POL
Ulu Aeschlimann	National Event Advisor, SUI
Jost Hammer	National Event Advisor, SUI

2. EVENT CENTRE

The Event Centre is located at "Alts Schlachthaus" in Laufen.

Please note that it will be very difficult to travel home on Sunday evening as the competition is held in the afternoon. So we booked all accommodations until Monday to have a nice party on Sunday evening. Take your time to stay one more night in Switzerland, you will not regret it.

3. PROGRAMME

Wednesday, 25 September 2019

Arrival of the teams	
Event Centre opens	13:30-17:00
Free training	14:00-18:00

Thursday, 26 September 2019

Event Centre opens	09:00-12:00
Free training	10:00-18:00
Kids meet World Champions	16:00-17:00
Event Centre opens	17:00-18:30
Team Officials' Meeting	17:30-18:00

Friday, 27 September 2019

EGK OL-Weltcup Middle	12:30-17:00
First start approx.	12:30
Last start	16:10
Price giving ceremony	19:30

Saturday, 28 September 2019

National public race	10:00-15:00
EGK OL-Weltcup Knockout-Sprint	09:00-17:00
First start Qualification	09:00
First start Quarter Final approx.	10:30
Semi-Final approx.	15:20
Final approx.	16:40
Price Giving Ceremony	19:30

Sunday, 29 September 2019

National public race	09:00-14:00
EGK OL-Weltcup Sprint	12:00-16:00
First start B-Final approx.	12:15
First start A-Final Women approx.	13:40
First start A-Final Men approx.	14:35
Price giving ceremony	15:50
World Cup party	20:00-



4. COMPETITIONS

4.1 EGK OL-Weltcup Middle

Format	Middle distance, individual start, 2 minutes start interval
Map	Laufen Stürmenchopf, 1:10'000, 5m, by Urs Steiner
Terrain	Orienteering terrain between 400 and 700m above sea level. A mixture between deciduous and coniferous forest. Hilly topography with moderate to steeper slopes with a dense net of forest roads and hiking trails. Moderate to dense vegetation, some contour and rock details. Short urban area near the finish.
Forms	Big landforms with moderate to steeper slopes.
Vegetation	Mixed forest with moderate to dense ground vegetation.
Runability	Mostly good with reduced runability in dense areas and steep slopes.
Visibility	Mostly good, reduced in dense areas.

4.2 EGK OL-Weltcup Knockout-Sprint

Format	Knockout-Sprint with Qualification, quarter final, semi-final and final
Map	Zwingen, 1:4000, 2m and Laufen, 1:4000, 2m, by Esther Wenger
Terrain	Urban terrain with smaller and bigger buildings and park areas. The old town of Laufen offers tricky orienteering in narrow streets and footpaths.
Forms	Mostly flat.
Traffic	Local traffic in some of the streets.

4.3 EGK OL-Weltcup Sprint

Format	Sprint with A- and B-Final (qualification criteria according to the Special Rules for the 2019 World Cup in Orienteering)
Map	Laufen, 1:4'000, 2m, by Esther Wenger The existing map of Laufen can be downloaded on www.ol-weltcup.ch .
Terrain	Urban terrain with smaller and bigger buildings and park areas. The old town of Laufen offers tricky orienteering in narrow streets and footpaths.
Forms	Mostly flat.
Traffic	Local traffic in some of the streets.

4.4 Previous orienteering maps

There is a previous orienteering map from Laufen. It can be downloaded from our website.
No previous orienteering maps are available from the areas Stürmenchopf and Zwingen.

5. COURSES (PRELIMINARY)

EGK OL-Weltcup Middle

Women	5.5km/190m climb, winning time 35'
Men	6.7km/220m climb, winning time 35'

Course setters: Kaspar Hägler and Stefan Lombriser

EGK OL-Weltcup Knockout Sprint

Women	Qualification 8-10', elimination rounds 6-8'.
Men	Qualification 8-10', elimination rounds 6-8'.

Course setters: Rahel Ruedlinger and Kilian Imhof

EGK OL-Weltcup Sprint

Women	2.8km/30m climb, winning time 13-15'
Men	3.3km/40m climb, winning time 13-15'

Course setters: Sebastian Hägler and Gian-Andri Matter

6. TRAINING

Middle: Training map with controls in the region of Laufen, 1:10'000 by Cesar Scherrer and Urs Steiner.

Sprint competitions: Training map in the region of Laufen, 1:4000, 2019 by Esther Wenger.

No controls.

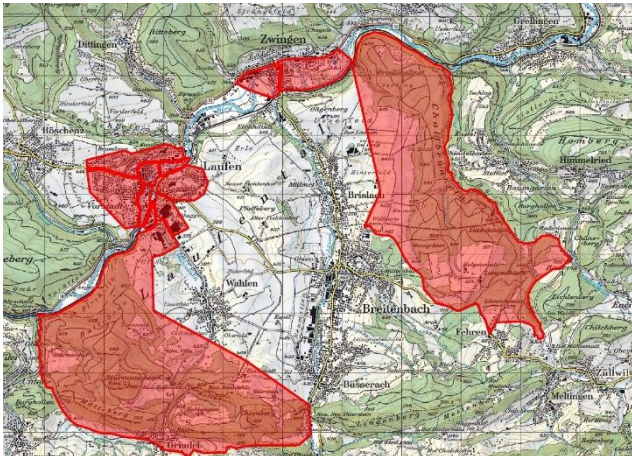
Maps will be given to all entered runners and coaches at the Event Centre.



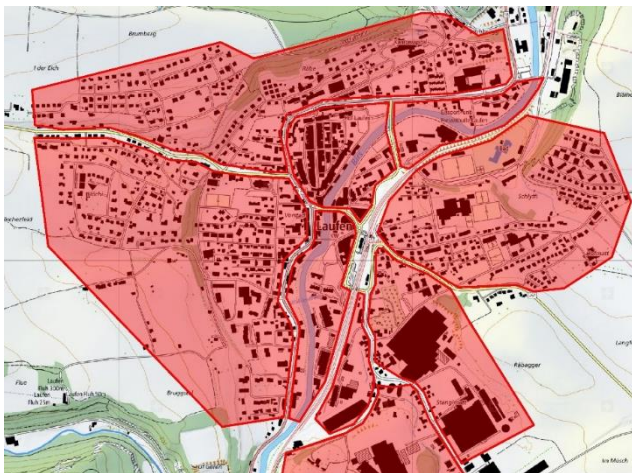
7. EMBARGOED AREAS

The marked competition areas around Laufen are embargoed areas. For competitors, team officials and others who, through knowledge of the terrain or the competitions, may influence the results of the competitions, it is prohibited to enter the embargoed areas.

These embargoed areas are valid until the day prior to the competition. Special rules by the organizer will be valid at the day of competitions (see Bulletin 4).



All embargoes



Embargoed area Laufen



Embargoed areas Zwingen

8. COMPETITION RULES

The Competition Rules for IOF Foot Orienteering Events 2019, valid from 1 January 2019 apply.

Participation restrictions, classes and qualification system will follow the Special Rules for the 2019 World Cup in Orienteering.

All athletes need to have an [IOF athlete's licence](#) to participate at the World Cup races.

9. PUNCHING SYSTEM

The punching system used is SPORTident Air+. SIAC-Cards will be provided by the organizer.

10. ACCOMMODATION

We offer you two accommodation packages in youth hostels or hotel until 31 May. If you order this package on [Eventor](#) we will inform you about room sizes and allocation of the hostels/hotels.

Teams entering with the competition package have to book their own accommodation.

If you need any help, don't hesitate to contact the Event Director.

11. ENTRY

11.1 Entries and entry deadlines

All Entries and accommodation packages are only to be made in IOF Eventor. The entry form will be available from 1 February 2019 on:

<https://eventor.orienteering.org/Events/Show/5845>

- The event start date is 26 September 2019
- The deadline for Team Size Entry is 26 July 2019 (- 2 months)
- The deadline for Team Names Entry is 16 September 2019 (- 10 days)
- The deadline for Late Entries, Changes of Team Size or Team Names is 25 September 2019 at 12:00

Team Size Entry (deadline 26 July 2019)

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 the IOF.

There is no maximum number of officials per team.

Team Names Entry (deadline 16 September 2019)

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.

Late Entries, Changes of Team Size or Team Names

Late Entries and changes will be accepted, if possible, up to Event start date, 25 September 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 matthias.niggli@ol-weltcup.ch.

The organiser makes the changes in IOF Eventor after deadlines.

11.2 Entry fees until 31 May 2019

Youth hostel package (100 beds):

CHF 250.- for competitors and team officials.

This includes:

- Starting fee for all 3 races for competitors
- Training maps, competition maps
- Accommodation in multibed-rooms from Wednesday, 25 September to Monday, 30 September (5 nights) in Youth Hostel [Delémont](#) and [Mariastein](#)
- Halfboard in the youth hostel (without drinks at dinner) or at the Arena (dinner Friday and Saturday)

Hotel package (130 beds):

CHF 400.- for competitors and team officials (CHF 600.- for a single room). This includes:

- Starting fee for all 3 races for competitors
- Training maps, competition maps
- Accommodation in double rooms (2 beds per room) from Wednesday, 25 September to Monday, 30 September (5 nights) in [Hotel Ibis, Delémont](#)
- Breakfast in the hotel, dinner on Friday and Saturday at the Arena

11.3 Entry fees until 31 July 2019

Competition package:

CHF 150.- for competitors and CHF 75.- for team officials

This includes:

- Starting fee for all 3 races (competitors only)
- Training maps, competition maps
- Dinner on Friday and Saturday at the Arena

11.4 Payment

Youth hostel and hotel packages must be paid by 31 May 2019. The competition package must be paid by 31 July 2019.

Please note that all bank charges must be paid by the applicant. Please note, that we will add a late payment fee of CHF 20.- per person for late payment!

Bank	PostFinance, Nordring 8 CH-3003 Bern,
IBAN	CH75 0900 0000 8771 7328 8
SWIFT Code	POFICHBEXXX
Clearing Nr.	09000
To the credit of	Swiss Cup, CH-8712 Stäfa

12. PRIZE MONEY

A total prize fund of CHF 12'000.- will be awarded from the event organiser to the best men and women in the 3 individual competitions:

EGK OL-Weltcup Event 5, 6 and 7:

1 st place:	CHF 750.-	4 th place:	CHF 200.-
2 nd place:	CHF 500.-	5 th place:	CHF 150.-
3 rd place:	CHF 300.-	6 th place:	CHF 100.-

A total prize fund of EUR 12000.- will be awarded from the IOF and the World Cup organizers to the best men and women in the World Cup overall ranking 2019:

1 st place:	EUR 2500.-
2 nd place:	EUR 1500.-
3 rd place:	EUR 1000.-
4 th place:	EUR 500.-
5 th place:	EUR 300.-
6 th place:	EUR 200.-

13. CLOTHING

According to the Swiss Orienteering Competition Rule (WO Art. 54(2)(c)) it is forbidden to run with spike shoes in Switzerland. However, dobb spikes are allowed in the middle race.

Otherwise, there are no regulations on clothing, but it is recommended to cover arms and legs in the forest race to avoid tick bites. Ticks might transmit Boreliosis and Meningo-Encephalitis.

14. ANTI-DOPING

Doping is forbidden. "Think positive – test negative"! IOF Anti-Doping Rules apply, valid as of January 1, 2015. The Swiss Orienteering Anti-Doping Rules are harmonised with the Anti-Doping Rules and procedures of the Swiss Olympic Association and apply as well. Both, the IOF and/or the Swiss Olympic Association can order doping tests at any time during the stay of the participants of World Cup 2019 in Switzerland. By their signature given at the event registration upon arrival, the athletes and coaches will accept that they are subject to sanctions in the event of any doping offence. The teamleader will have to sign for the whole team.

15. WEATHER&CLIMATE

Average temperatures in Laufen at the end of September lies between 10 and 20° C in daytime.

16. VISA PERMITS

The prerequisite for immigration into Switzerland is a valid passport. For travellers from certain countries a visa or further documents are required.

Please check with your embassy if you need visa permits.
<https://www.bfm.admin.ch/bfm/en/home/themen/einreise.html>.

17. INSURANCE

The organisers decline any liability that might occur through participation in IOF World Cup Events 5, 6 and 7 and trainings. Each person participates at her/his own risk and is responsible for her/his own insurance coverage (illness and accident).

18. MEDIA SERVICES

We welcome all media representatives as our partners to broadcast the thrilling events of World Cup 2019 to a broad public.

For media accreditation please contact
media@o-worldcup.ch

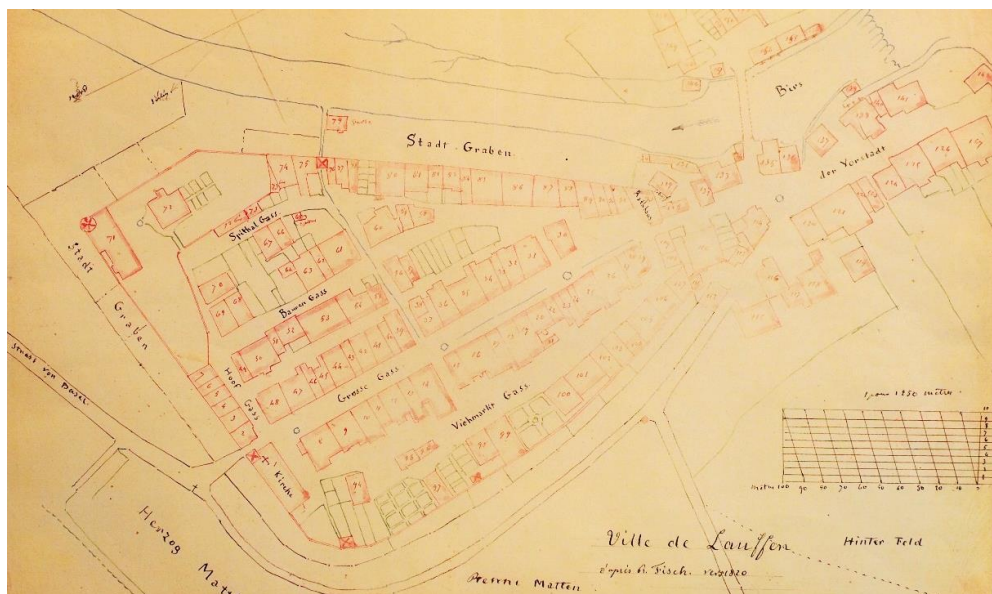
19. INFORMATION

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Bulletin 3 will be published by 31 July 2019.
Final details will be released in Bulletin 4 upon arrival at the Event Centre in Laufen and on the homepage on 25 September 2019.

The Organising Committee and Swiss Orienteering are pleased to welcome all orienteering friends to another spectacular orienteering event in Switzerland!
See you soon!

© Pictures by Rémy Steinegger and Stadt Laufen



Historical map from the city of Laufen

Presenting Partner



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On behalf of

swiss orienteering



100 Jahre Vorsprung. Feiern Sie mit uns.

Seit 100 Jahren setzt EGK auf Gesundheit – und gewichtet Komplementär- und Schulmedizin gleich. Testen Sie unseren Vorsprung.



Presenting Partner des EGK OL-Weltcup Laufen

EGK-Gesundheitskasse

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