



Bulletin 4

Junior World Orienteering Championships 2015

4-10 July - Rauland, Norway



TELEMARK

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





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WELCOME!

Dear o-friends!

We are proud to welcome youngsters from all over the world to JWOC 2015 in the beautiful Norwegian mountains! 382 persons from all corners of the world have set course for Rauland and Norway to take part in JWOC 2015. More than 350 people are involved as organizers. It will be a week full of memories for all of us!

Maps, courses and arenas have been prepared for GPS-tracking and big-screen production, and with more than 2400 participants in the JWOC Tour as spectators, this will create a great atmosphere around the competitions!

Once again, welcome to all of you!

Dag Ausen

Event director

Dear athletes,

Welcome to the Junior World Orienteering Championships (JWOC). Welcome to Norway and to the mountain destination Rauland.

It is the first time Norway is the host for the JWOC and we are very happy to provide you with a unique orienteering experience in spectacular mountain surroundings. Probably it will be a quite different terrain than many of you are used to. It is even unusual for us Norwegians.

The Championships is important to many of you and you hope for outstanding results for yourself and your team. I wish to express that the significance of the experience itself, and the friendships you can make, are of great value for our sport and your career in the long term. We look forward to give you a nice stay and fair competitions.

I wish the organizers, participants and managers good luck. And to all visitors, have a pleasant stay and do cheer a lot in the arena!

Einar Tommelstad

President

Norwegian Orienteering Federation



Dear participants of the Junior World Orienteering Championship 2015

It is my great pleasure to welcome you to an exciting competition on "Telemark's Roof"; to the forests and mountains here in Rauland, Vinje and Høydalsmo. I hope these days will not only be a wonderful athletic experience for you, but that you also will take the time to appreciate the people and the local culture you will meet, and to enjoy the great surroundings.

In Vinje Municipality, we will do everything we can to make this a wonderful experience for all of you who take part in this World Championship.

Good luck and we hope to see you back another time!

Sincerely

Arne Vinje

Mayor of Vinje



Dear athletes,

I am delighted to welcome the entire orienteering world to the Junior World Orienteering Championships in Telemark and Rauland! At the same time, as a public event, the Sørlandsgaloppen will be held in the same terrain, in Høydalsmo, Tokke. This is a summer race of long tradition, celebrating its 50th anniversary in Telemark this year.

Telemark County Council is happy to sponsor these events. The JWOC2015 and SG2015 is not just about sports however.

With several thousand people from all over the world convening on our region over a period of eight days, the events is bound to create benefits for and activity in the local community and region. It also allows us to share with you the stunning scenery of Telemark and Rauland. From the beautiful coastline in the south to the Hardanger mountain plateau in the north; Telemark truly is one destination - with thousand opportunities.

Porsgrunn O-lag and IL Dyre Vaa are two well run and experienced event organisers. To be awarded and accept the major responsibility of organising an international championship are examples of the can-do attitude that this region welcomes. It is safe to say you are in the best of hands! Sporting has a significant volunteering element to it, and without the many volunteers and enthusiasts involved most people would never get a chance to get active and become involved in sports.

Welcome to the JWOC2015 and the SG2015 race. Welcome to Telemark and Rauland. Best of luck to all the organisers and participants!

Best sporting wishes from
Terje Riis-Johansen
County Mayor



Organisers

Norwegian Orienteering Federation (NOF)
Porsgrunn OL
IL Dyre Vaa

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

Cartography

| | |
|-----------------|--|
| Sprint & middle | Helge Gisholt |
| Long | Morten Berglia |
| Relay | Leif Roger Hultgren / Helge Gisholt |

| | |
|-------------------------------------|----------------|
| Digital "basemap" preparation | Terje Mathisen |
|-------------------------------------|----------------|

Course planners

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

Information and address

JWOC 2015
v/Dag Ausen
Hubrovegen 34
3940 Porsgrunn
Norway

email: info@jwoc2015.org
web: www.jwoc2015.org
cell: +47-930 59 316

Controllers

| | |
|-----------------------------|---------------------|
| Senior Event Adviser | Lars Forsberg (SWE) |
| National Controller | Ivar Maalen (NOR) |

IOF Delegate

| | |
|---------------------------|--------------------|
| IOF Vice President | Mike Dowling (AUS) |
|---------------------------|--------------------|

Jury

| | |
|--------------------------|-------------------------------|
| All distances | Helge Lang Pedersen (DEN) |
| All distances | Aron Less (HUN) |
| Sprint and Middle | Unni Strand Karlsen (NOR) |
| Long and Relay | Brigitte Grüniger Huber (SUI) |

Detailed programme

| | | | |
|--|--|---|--|
| Friday July 3 12:00 – 18:00 Model event (own transport) 12:00 – 21:00 Event office open (accreditation) | | Accreditation | |
| Saturday July 4 09:00 – 12:00 Event office open 10:00 – 16:00 Model event (Krossen) 12:00 Deadline for Sprint entries 14:00 – 16:00 Technical model event (Krossen) 16:30 – 17:30 Opening ceremony (Krossen) 18:00 – 20:00 Event office open 18:00 Team Officials Meeting | | Wednesday July 8 10:00 – 15:00 Model event (Hovdeli) 10:00 – 12:00 Event office open 12:00 Deadline for Long entries 18:00 – 20:00 Event office open 18:30 Team Officials Meeting | |
| Sunday July 5 9:00 – 11:30 Bus departure pre-start 11:00 – 14:30 Sprint distance 12:00 Deadline for Middle Qual entries 14:30 First bus back to hotel/Vierli 14:45 Flower ceremony (arena) 18:00 – 20:00 Event office open 18:30 Team Officials Meeting | | Thursday July 9 08:00 – 11:00 Bus departure pre-start 09:00 – 16:00 Long distance 11:00 All athletes in quarantine (at hotel) 16:00 Flower ceremony 17:00 Deadline for Relay entries 18:00 – 20:00 Event office open 18:30 Team Officials Meeting | |
| Monday July 6 10:10 – 12:15 Bus departure pre-start 11:30 – 14:30 Middle distance qualification 12:15 First bus back to hotel/Vierli 18:00 – 20:00 Event office open 18:30 Team Officials Meeting | | Friday July 10 07:45 – 08:30 Bus departure 08:50 All athletes in quarantine (at arena) 09:00 – 11:00 Relay Men 10:20 – 12:15 Relay Women 12:30 Price ceremony Long and Relay 13:00 Closing ceremony 13:15 First bus back to hotel/Vierli | |
| Tuesday July 7 09:00 – 12:00 Bus departure pre-start 10:30 – 11:30 Middle distance B/C final 11:45 – 15:15 Middle distance A final 12:00 All athletes in quarantine (at hotel) 13:00 First bus back to hotel/Vierli 15:45 Flower ceremony 16:00 Buses back to hotel/Vierli 17:15 Buses to "Get together" 18:00 – 19:30 "Get together" (Raulandshallen) 19:30 – 20:00 Price ceremony Sprint and Middle 20:00 Buses back to hotel/Vierli | | Saturday July 11 00:30 Bus departure Oslo/Oslo airport 05:30 Bus departure Oslo/ Oslo airport 10:00 Bus departure Oslo/ Oslo airport | |

JWOC Event centre

The Event Centre will be at Rauland Høgfjellshotell, located in beautiful environments and not far from the JWOC arenas.

During competition days, the Event office will be open between 9:00 and 10:00. After that, the Event office staff will move to arena and be available in the team zone. The Event office will be open between 18:00 and 20:00 in the evening in connection with the Team Officials Meeting.

The Team Official meetings will be held at the hotel. The Accreditation is also done here.

Accreditation

All registered teams must check in for accreditation at the JWOC Event office during Friday 3 July. Participation in the JWOC events is only possible if all incurred costs are settled by 4 July at 12:00.

Each registered team member must present her/his personal passport before she/he can be accredited. Please collect and present them for all members of the entire team together.

A personal JWOC ID card will be handed out at accreditation. All accredited persons must wear it at all relevant times - it must be presented for access to permitted zones.

Accommodation and Board

Almost all teams have booked appartements at Rauland Høgfjellshotel or cabins at Vierli Tourist Centre. The distance between these locations is around 2 km. The teams using private cabins or other alternatives need to go to either Vierli or the hotel for obligatory bus transport to the pre-start for the individual competitions. Buses for pre-starts leaves outside Vierli Tourist Centre and Rauland Høgfjellshotel according to time-schedule for each day.

Breakfast is served between 07:00 and 09:30 each day, Thursday and Friday from 06:30. Packed lunch is included for all teams ordering breakfast. Dinner is served from 18:00 – 20:00 except Tuesday ("Get together") and Friday (16:30 – 18:30).

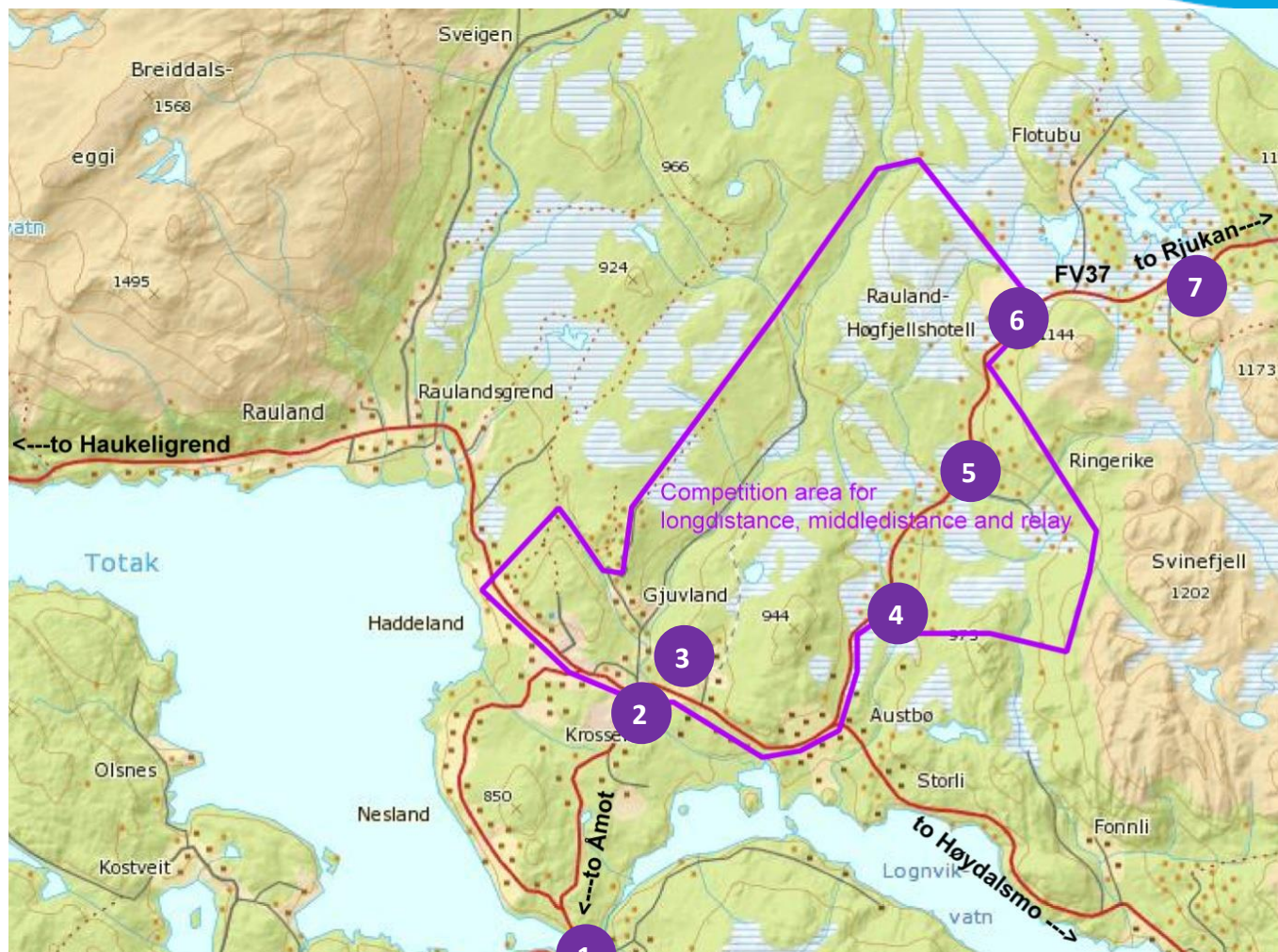
Fruits, water and squash are available in the team zone at the arena for free.

"Get together" Tuesday 7 July

There is a get-together dinner for all athletes and coaches on Tuesday evening at 18:00 in Raulandshallen sponsored by JWOC partners. The dinner is included in the accreditation fee, and we hope all team members will be present. The price giving ceremony for the sprint distance and the middle distance will be held in Raulandshallen starting at 19:30.



Locations



1. Arena Sprint distance (Åmot), 15 minutes
2. Model event Sprint/Middle, Opening ceremony, "Get together" (Raulandshallen, Rauland skule)
3. Arena Middle distance (Lid farm)
4. Model event Long/Relay (Hovdeli)
5. Arena Long distance and Relay (Rauland skisenter)
6. Rauland Høgfjellshotell (Event centre)
7. Vierli



Instructions for the ceremonies

Opening ceremony

The Opening Ceremony of JWOC 2015 will take place on Saturday 4 July at 16:30-17:30 in Raulandshallen. Please be ready there no later than 16:15 in time for the walk in procession. Teams will gather on the soccer stadium outside Raulandshallen and march in alphabetic order following a short route into the indoor arena in Raulandshallen. A short cultural program and speeches will follow. Athletes should be dressed in their national jerseys. Guests and others may access the indoor arena to take part.

Before the ceremony, the technical model for JWOC competitions will be organized in the same area.

Flower and price-giving ceremonies

There will be a flower ceremony at the arena for the Sprint, Middle and Long distances. The flower ceremonies will take part as soon as the results are approved. Athletes in 1st – 6th place will be awarded. All athletes shall be dressed in their national jerseys and prepared to start when the ceremony is announced.

The price-giving ceremony for the Sprint and Middle distance will be held just after the "Get together" dinner on Tuesday 7 July at 19:30. We kindly ask athletes in 1st - 6th placing's to come be ready at 19:15, so that all the instructions and requests can be presented.

Price-giving ceremony for the Long distance and the Relay will be held at the arena on Friday 10 July just after the Relay competition. Athletes and teams in 1st - 6th place will receive awards.

Closing ceremony

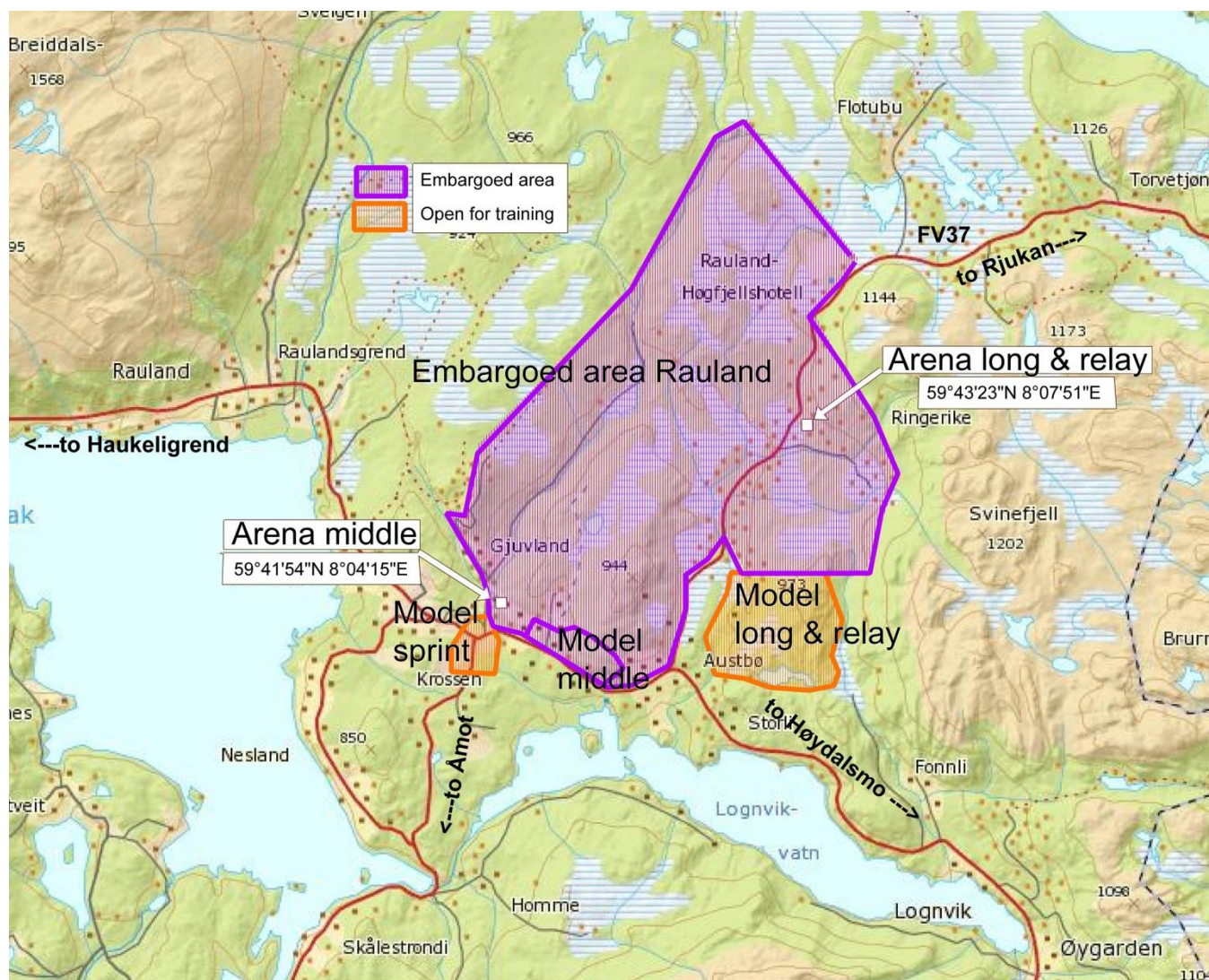
The Closing Ceremony will take place in the Relay finish area at 13:00 Friday 10 July. During the ceremony, the IOF flag will be lowered and it will be handed over to the organizer of JWOC 2016, Switzerland. Closing speeches will be given. We kindly ask team officials to ensure that their teams participate in the ceremony.

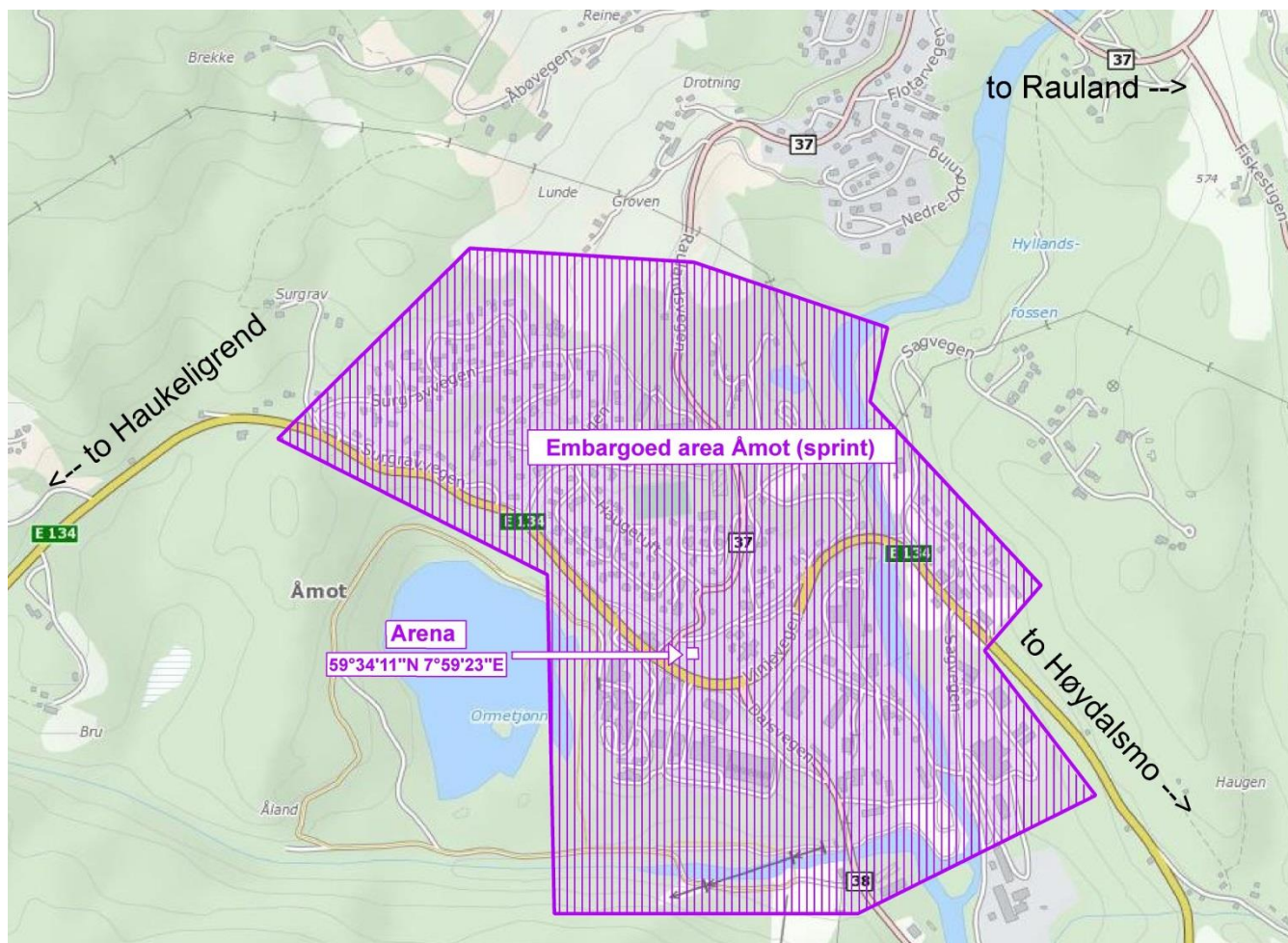


Embargoed areas and competition areas

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

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





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

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



General competition instructions

Competition Rules

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

In the Middle distance competition, the competitors placed number 20 or better in each qualification race heat will qualify to the A-Final. Competitors placed 21-40 in each qualification race heat will run in the B-final. The remaining competitors run in the C-final. This exception is valid for both classes, M20 and W20. Start intervals for Middle B and C final will be 1 minute only. If there is more than one runner in 20th place in a qualification heat, there will be more runners in the A final.

Classes and Participation Restriction

Classes: W 20, M 20

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

Anti-doping Code

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

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

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

JWOC Fairness Rules

1. It is not allowed (and not fair) to gain any unofficial information about the race, especially about courses, maps, location of pre-start etc.
2. Except for the relay, team members heading to pre-start are not allowed to visit the arenas before the respective competitions. It is also not allowed (and not fair) to gain any unofficial information about the arenas from other persons.
3. When staying in the quarantine, mobile phones must be completely turned off. (There may be random checks).
4. It is allowed to use music players without any built-in connectivity. Inside the quarantine, athletes with headphones on might be randomly asked to display their players for checking.
5. All tents inside the quarantine must stay open so that it is possible to have a look inside.
6. It is strictly forbidden to bring any electronic devices (except for watches) to toilets or any other private room - no matter if the device is on or off.
7. Competitors are allowed to run with own GPS device only if this will be without display.
8. It is not allowed to use any old maps of competition areas after getting on board the JWOC shuttle buses.
9. Violations of these rules should be immediately reported to quarantine staff to preserve fairness.
10. Violation of these rules may result in the disqualification of the whole team.

Team Officials Meetings (TOM's)

Additional competition information as well as printed material such as start lists or results will be provided at TOMs.

TOM presentation hand-outs will also be posted on the internet after meetings.

Only 2 accredited persons per team may take part in the TOM. All TOM's are located at Rauland Høgfjellshotel and will be held from 18:00 the first day (Saturday 4 July) and from 18:30 the day before each competition.

Entries for JWOC Competitions

Teams must hand in their entries for each competition before 12:00 on the day before the respective competition. Athletes should be assigned to groups: 1-early, 2-middle, 3-late. The second athlete to a group may be assigned only after there are athletes in all three groups.

To hand in an entry, team leaders can use either the IOF Eventor system or paper forms at the Event office.

After a deadline, it is not possible to make any changes. Exception: Changes to relay teams may be made until 60 minutes before the 1st-leg start in the respective class.

Maximum running time

This is given for every race in the individual event instructions. If the stated limit is exceeded, the competitor will be disqualified.

Clothing

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

Online production

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

Punching and Time-keeping System

The EMIT punching systems will be used in all JWOC 2015 competitions. For the sprint race the EMIT TFP (Touch Free Pro) system will be used and for the other races the traditional EMIT E-card and the emiTag will be used.

All competitors will receive an EMIT-card and an emiTag unit from the organizers. After the relay event, team leaders must return all equipment from their athletes all together to the Event Office staff, either at the arena or at the Event Centre. A charge of NOK 600 will be imposed for any lost or missing units. **Each EMIT-card and emiTag is assigned to a certain competitor and must be used by that athlete only!**

At each start, there will be spare units available in case a competitor has lost, misplaced or forgotten his/her card.

For the sprint competition both punching and time-keeping is done with the emiTag only. For the other races, punching will be done with EMIT E-card, and timing will be done by emiTag. The emiTag should be worn on the right forearm.

About 50 men and 50 women will wear a GPS-transmitter in each of the finals.

There will be a technical model event outside Raulandshallen Saturday 4 July (from 14-16) in front of the Opening Ceremony.



Foto: JWOC 2015

Start and finish procedure

Start: In all individual races the start official will keep a hand on the athlete's shoulder until the start beep. No electronic start gate is used. For the relay start all 1st leg runners for each team will be lined up according to start number. Audible start signal is given from starter.

Finish: The finish time is defined by when the competitor's emiTag is crossing the finish line. There is no punching at the finish line. The times are rounded down to whole seconds. For the relay finish judges will rule on the final placing's based on the order that the competitors' chests cross the finish line. A jury member will be present at the finish line.

JWOC shuttle transport

It is compulsory to use JWOC shuttle transport for all athletes and coaches heading to pre-starts, except for long distance where quarantine is at Rauland Høgfjellshotel from where it is walking distance to the pre-start.

Dedicated JWOC shuttle buses will continue to arena. Coaches that need transport from pre-start to the arena must use these dedicated busses.

Athletes must use the buses assigned to them in accordance with the relevant transport schedule. The distribution is based on start times. Athletes & coaches must show their accreditation cards when getting on board.

Teams are allowed to organize their own transport to/from the arenas for non-competing team-members. After arrival at the arena, these team members are not allowed to make contact with the rest of the team heading to the pre-start (fairness).

Earliest departure time for JWOC shuttle buses back to the hotel and Vierli is given in the transport schedules for the specific competition. These buses can only be used by those teams ordering the local transport service.

Abandoning a race

Athletes who are forced to retire from a race must report to finish staff and hand in their competition maps.

Complaints & protests

Any complaints must be made in writing and given to the Event Director or handed in at the Event Office. Complaints concerning results must be made no later than 15 minutes after the results have been declared official by the Speaker.

A protest can be made against the organiser's decision about a complaint. Any protest must be made in writing to a member of the Jury no later than 15 minutes after the organiser has announced the decision about the complaint. A protest fee of 50 EUR (or the equivalent in local currency) shall be paid to the IOF Senior Event Adviser in cash when making a protest. The fee will be returned if the protest is accepted by the jury. Where a protest is signed by more than one Federation, each of these Federations will pay the protest fee.

The IOF complaint/-protest form is available at the JWOC Event office in the team zone and at the hotel.

Late start

Competitors who are late for their start time because of their own fault are permitted to start, but are timed as if they had started at their allocated start time. Competitors who are late because of a fault by the Organisers are given a new start time. In both cases the following procedure must be used at the start: A late competitor must report at the call-up point in the quarantine zone. If the Organiser decides that a runner has enough time to start at the allocated start time, she/he can continue through the start lanes followed by a guide. If it is not possible for the competitor to start at the allocated start time, she/he will be allowed to start one minute before the next competitor on that course (30 seconds in the Sprint). However competitors from the same Federation are not allowed to start consecutively.

Medical services

The organizers will co-ordinate health-care services for participants. Health-care services will be provided at the assembly areas of the competitions. Each Federation is responsible for insurance of the necessary extent and coverage (valid for injuries caused during an organized event) for all their team members.

The phone number for emergency calls in Norway is 113.

Maps and Control descriptions

The JWOC maps are prepared according to the IOF standards (ISOM and ISSOM).

The print technology will be demonstrated on the model event maps. All competition maps are waterproof, sealed in plastic.

It is generally strictly forbidden to enter any private areas represented by olive green colour (symbols 527 (ISOM) and 528.1 (ISSOM)) on the maps. This symbol, is on the other maps than sprint used for private ground around cabins, even though the ground is not cultivated.

An explanation of special symbols for each race is given in the Event Instructions section.

Competitions maps

Competition maps will be collected at the finish of each race. The used maps will be handed out to the teams in the team-zone at arena after the competition is closed.

New maps will be handed out at the next TOM. After the relay new maps will be handed out at the Event office from 12:30.

Control descriptions

Control descriptions are in accordance with the IOF standard. Although lists of control descriptions used in up-coming competitions will NOT be distributed at TOMs, some potentially unclear or uncommon control descriptions will be illustrated and explained.

Control descriptions will be available at the start corridors and also will be printed on the maps.

Model events

Model events will provide relevant examples of cartography, terrain, control siting and control descriptions. The technical model will provide examples of the EMIT touch free punching system. Model event maps will be distributed at the time of accreditation (3 July from 12:00).

Model events will be set out only during the scheduled periods. There will be standard control assemblies at one of the controls sites (the nearest). The remaining controls will only have a control flag. Note that there is not allowed to use shoes with any metal spikes or dobbs for the sprint model. For the model event for middle distance and sprint there will be toilets and shower available at Raulandshallen. For the model event on Wednesday 8 July, there will be toilets in the parking area.

| Model event | Schedule | Gathering point | Coordinates | Distance from Event centre |
|-------------|-----------------------------|-------------------------|-------------------------|----------------------------|
| Sprint | 3 July 12:00 – 4 July 16:00 | Rauland skule (Krossen) | 59°41'39.8"N 8°3'52.5"E | 8,4 km |
| Middle | 3 July 12:00 – 4 July 16:00 | Rauland skule (Krossen) | 59°41'39.8"N 8°3'52.5"E | 8,4 km |
| Long | 8 July 10:00 – 15:00 | Sauraai, FV37 | 59°42'35.2"N 8°6'56.1"E | 3,7 km |
| Relay | 8 July 10:00 – 15:00 | Sauraai, FV37 | 59°42'35.2"N 8°6'56.1"E | 3,7 km |

Transport schedule Saturday 4 July (local transport service)

| Departure Vierli | Departure hotel | Capacity | Departure Krossen | Arrival hotel | Arrival Vierli |
|------------------|-----------------|----------|-------------------|---------------|----------------|
| 09:15 | 09:20 | 45 | 11:00 | 11:10 | 11:15 |
| 09:50 | 09:55 | 45 | 11:45 | 11:45 | 11:55 |
| 10:25 | 10:30 | 45 | 12:30 | 12:30 | 12:40 |
| 13:15 | 13:20 | 45 | | | |
| 14:00 | 14:05 | 45 | 17:30 | 18:40 | 18:45 |
| 14:45 | 14:50 | 45 | 18:00 | 19:10 | 19:15 |

Transport schedule Wednesday 8 July (local transport service)

| Departure Vierli | Departure hotel | Capacity | Departure Sauraa | Arrival hotel | Arrival Vierli |
|------------------|-----------------|----------|------------------|---------------|----------------|
| 09:30 | 09:35 | 45 | 11:45 | 11:50 | 11:55 |
| 10:15 | 10:20 | 45 | 12:30 | 12:40 | 12:45 |
| 11:00 | 11:05 | 45 | 13:15 | 13:25 | 13:30 |

Start and quarantine

All the races except the Relay are organized with pre-start and quarantine. For the Sprint and Middle qualification races the quarantine is defined when the athlete enters the bus transport. The same is true for the Middle distance Finals except for those starting later than 13:00, who will have to check in to a quarantine zone at Rauland høgfjellshotel no later than 12:00. All athletes and coaches will have to identify themselves using the accreditation card when entering the quarantine zones. Coaches and non-competing competitors who leave the quarantine are not allowed to re-enter. In the quarantine there are toilets. There will also be warm-up maps available, which is part of the quarantine zone. Clothes transport to the finish is provided. In the quarantine zone for Sprint, Middle-Q and Middle-F there will be tents for athletes, but the teams are allowed to bring their own tents, too. In the Long quarantine there is no need for tents, since all athletes will stay at the hotel until they head off for pre-start.

The pre-start will be placed at the edge of the quarantine and it will be marked on the warm-up map with a triangle. Only participating competitors have an access beyond the pre-start. Once the competitors pass the pre-start they are not allowed to go back to the quarantine. Competitors will reach the start corridors where they clear and check their E-cards and get control description. After the start the competitor must follow the marked route to the start point.

The GPS devices for the chosen competitors will be handed out in the quarantine zone before the athletes leave for pre-start.

Finish

The marked route from last control to the finish must be followed. There are no punching on the finish line, the time is stopped when the emiTag cross the line. The competitors return the map and read their EMIT card and hand in the GPS (if any).

Number bibs

All competitors are required to wear number bibs on all races. The number bibs with safety pins will be distributed at the entrance of the quarantine on the check in. The number bibs must be visibly placed on the chest and may not be folded or cut.

GPS

There will be GPS tracking on all disciplines except Middle - Q. List of competitors who should wear the GPS will be presented at TOM. The harnesses for the chosen competitors will be handed out in the quarantine zone before the athlete is leaving for pre-start. It is mandatory for the selected runners to use the GPS.



Foto: JWOC 2015

Special Instructions for each Competition

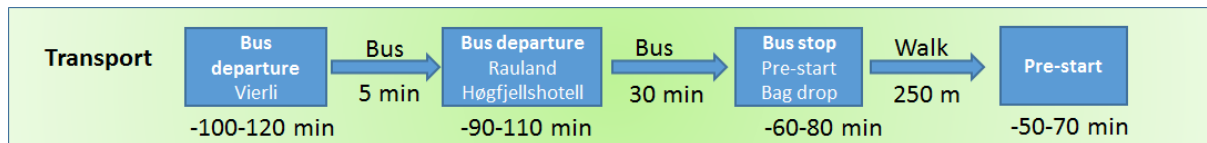
Sprint distance – Sunday 5 July

Venue and arena: Åmot, (59°34'11"N 7°59'23"E)

Pre-race embargo: From 3 pm July 4th, passing through the embargoed area on public roads is no longer permitted for JWOC team members, see map on page 10.

Transport schedule

Quarantine: Having checked-in when getting on board JWOC shuttle buses, quarantine rules apply.



JWOC shuttle buses will depart from Vierli and Rauland Høgfjellshotell according to schedule below. It is compulsory to use JWOC shuttle transport for all athletes and coaches heading to pre-starts. Athletes must use the buses assigned to them in accordance with the relevant transport schedule. Dedicated shuttle buses will continue to arena. Coaches that need transport to the arena must use these dedicated busses.

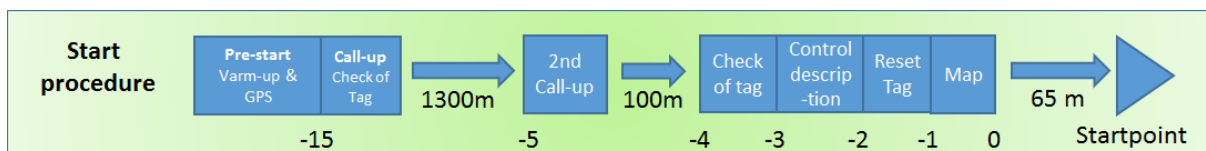
| Departure Vierli | Departure hotel | Arrival pre-start area | Start times due | # Athletes | # Coaches | Check-in quarantine |
|------------------|-----------------|------------------------|-----------------|------------|-----------|-----------------------|
| 09:10 | 09:15 | 09:45 | 11:00 - 11:21 | 24 | 21 | when getting on-board |
| 09:30 | 09:35 | 10:05 | 11:22 – 11:41 | 40 | 20 | when getting on-board |
| 09:50 | 09:55 | 10:25 | 11:42 – 12:06 | 50 | 10 | when getting on-board |
| 10:10 | 10:15 | 10:45 | 12:07 – 12:28 | 44 | | when getting on-board |
| 10:40 | 10:45 | 11:15 | 12:29 – 12:50 | 44 | | when getting on-board |
| 11:00 | 11:05 | 11:35 | 12:51 – 13:12 | 44 | | when getting on-board |
| 11:20 | 11:25 | 11:55 | 13:13 – 13:47 | 44 | | when getting on-board |
| 11:50 | 11:55 | 12:25 | 13:48 – 14:04 | 17 | | when getting on-board |

Pre-start: Situated in a grass field. There are tents provided for changing and shelter, but teams are still encouraged to set-up their own tents in the pre-start area. Drinking water, toilets and clothing transport are provided. Coaches' transport to the arena will be provided with minibuses departure every 30 minutes from 11:00.

Luggage & warm-up clothing: Athlete's luggage to arena shall be brought on to the shuttle buses to pre-start and by the athlete put in a tent marked "baggage drop" directly at the bus stop at the pre-start. Organizer will provide further transport to arena.

Transport of clothing and other personal belongings from pre-start is provided by organizer approximately every 30 minutes. There will be a tent at the pre-start where this should be put. There will be plastic bags, tags and pens available. These bags will be made available near the finish at the arena.

Start procedure



Start interval: 1 minute

Control set-up: EMIT Touch-free Pro-system is used. Controls are passable on both sides to secure equality for left- and right-handed athletes. Set-up and function will be demonstrated at Sprint Model Event and are described separately on a hand-out to all athletes.

Terrain form: Moderately hilly. Some steep slopes of 15-25 meters height. Altitude in the area is 460-520 meters above sea level.

Vegetation: Urban area with partly public and private ground. Public areas with grass. Some areas of coniferous forest. Certain semi-open areas with some undergrowth.

Runnability: Mostly very good along asphalt or gravel roads. Some forest areas with good runnability. Some smaller paths, among them paths with stony ground and roots. Certain semi-open areas with some undergrowth.

Visibility: Mostly very good; in forest areas good.

Paths and roads: 70% asphalt or gravel roads.

Traffic: Some local traffic can be expected. Speed limit is 30 km/h. It is not allowed to run along or to cross main road, E-134.

GPS: Approximately 50 women and 50 men running A-final shall use GPS-unit. GPS-unit to be picked up in good time at the pre-start info point. List of who to wear GPS-unit will be announced at the TOM.



Map

Scale: 1:4.000, ISSOM, contour interval 2 m, issued 6/2015.

Size of map: 210 mm x 297 mm. (A4)

Cartography: Helge Gisholt

Certain possible controversial olive green private areas (symbol 528.1), impassable vegetation (421), impassable walls (521.1), or impassable fences (524), where it is possible they might be crossed by mistake, will be taped with red/white tape in the terrain. Any runner who enter or cross such areas or features will be disqualified. Taping will be demonstrated in the model event.

Examples of taped olive green private areas (symbol 528.1), in the competition area are shown to the right.

Examples of impassable walls (521.1) in the competition area are given below.



Fences: There are different type of fences, but they have in common that they don't look easily crossed. Examples of impassable fences (524) in the competition area are shown on the pictures.



Black cross: Construction for garbage disposal (three walls), construction for seating, large mailbox stand (three walls), and children's playground equipment.



Not shown on the map: More simple construction for garbage disposal or mailbox stand:



Black circle:
Artificial construction
(130x130x200 cm):



Courses

| Competition | Class | Winning time | Length | Climb | # controls | # refreshment points |
|-------------|-------|--------------|----------|-------|------------|----------------------|
| Sprint | Women | 14.30 min | 3210 m * | 65 m | 13 | None |
| | Men | 14.30 min | 3810 m * | 85 m | 17 | None |

* Course length is the shortest feasible route as specified in the IOF rules.

Maximum running time: 45 min

Course planners: Jarle Ausland and Anne Margrethe Hausken Nordberg

Warm-up map: None

Arena passage: Both courses includes a passage close to the arena. After punching the control, athletes follow a compulsory route of 110m marked with tape and fences. At the end of the compulsory route the athletes can again make their own route choices. There is no control flag, but the fences and taped corridor will end where the orienteering starts again. At the map the transition between compulsory route and the free orienteering is defined as where the dashed line changes to continuous line. See example below.

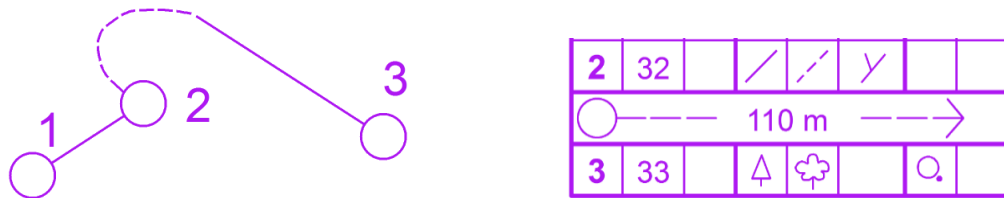
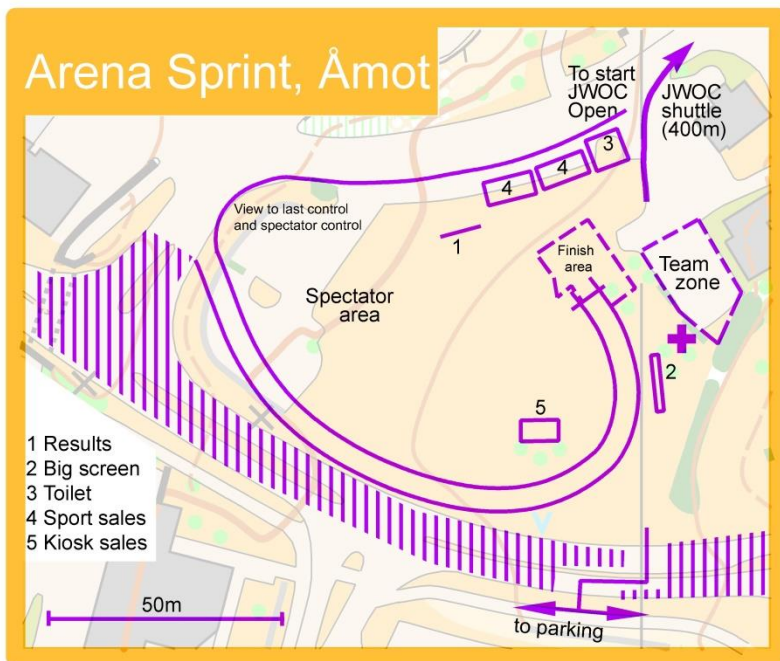


Fig: Example of the principle of how arena passage is shown on map and control description

Arena



There is no coaching zone in connection with the arena passing. It is strictly forbidden to give any kind of information to passing athletes. Coaches and team members are to stay inside border of arena (taped and fenced).

Refreshments: None

Control descriptions sizes: Men 60 x 135 mm, women 60 x 115 mm

Out-of-bounds areas: Out-of-bounds areas are marked clearly on the map (purple stripes) and if necessary taped in the terrain. Compulsory routes are marked clearly on the map (purple dashed lines) and taped in the terrain.

Miscellaneous: Shoes with metal spikes or studs are not allowed. Shoes with some grip are recommended. If wet conditions it might be slippery in the areas with steep slopes. Take care!

Cool-down area: A map defining the allowed cool-down area will be available in the team-zone after having finished the race.

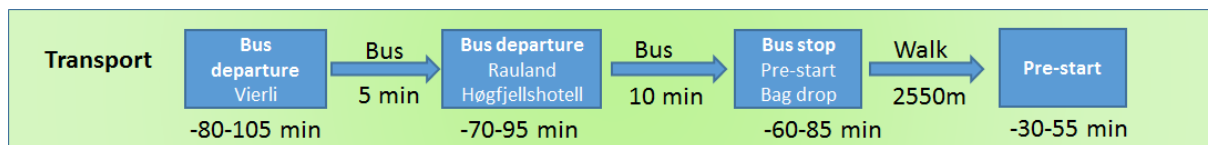
Fair play: It is strictly forbidden for team members to re-enter the competition terrain until the last JWOC competitor has arrived at the finish. Please stay inside the arena or cool-down area for fair play reasons.

Middle distance qualification – Monday 6 July

Venue and arena: Lid, Rauland (59°41'54"N 8°04'15"E))

Transport schedule

Quarantine: Having checked-in when getting on board JWOC shuttle buses, quarantine rules apply.



JWOC shuttle buses will depart from Vierli and Rauland Høgfjellshotell according to schedule below. It is compulsory to use JWOC shuttle transport for all athletes and coaches heading to pre-start.

| Departure Vierli | Departure hotel | Arrival Bus stop | Start times due | # Athletes | # Coaches | Check-in quarantine |
|------------------|-----------------|------------------|-----------------|------------|-----------|-----------------------|
| 10:10 | 10:15 | 10:25 | 11:30 - 11:54 | 40 | 20 | when getting on-board |
| 10:25 | 10:30 | 10:40 | 11:56 – 12:10 | 40 | 20 | when getting on-board |
| 10:45 | 10:50 | 11:00 | 12:11 – 12:26 | 50 | 10 | when getting on-board |
| 11:00 | 11:05 | 11:15 | 12:27 – 12:45 | 60 | | when getting on-board |
| 11:20 | 11:25 | 11:35 | 12:46 – 13:04 | 60 | | when getting on-board |
| 11:40 | 11:45 | 11:55 | 13:05 – 13:31 | 42 | | when getting on-board |
| 12:10 | 12:15 | 12:25 | 13:32 – 13:51 | 30 | | when getting on-board |

The walking distance from bus stop to pre-start is 2550m with 150 climb along a narrow road. Walking time is 25-30 minutes.

Warm-up maps: There will be warm-up maps available at bus-stop that will show the route to the pre-start and define the borders of the warm-up area. Route to the pre-start is also marked with red/white tape.

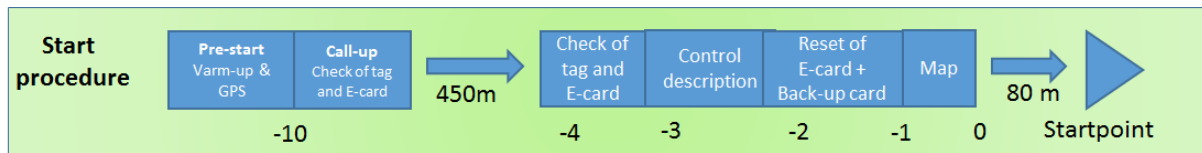
Pre-start: Situated in a graveled area. There are tents provided for changing and shelter, but teams are still encouraged to set-up their own tents in the pre-start area. Transport of tents is offered from the bus-stop, but coaches have to walk to pre-start and later from the pre-start to the arena. Drinking water, toilets and clothing transport are provided at the pre-start.

There are several private cabins in the warm-up and pre-start area. Do not run through obvious private areas like lawns and terraces close to the cabins during warm up. Use the toilets at the pre-start and not the bushes!

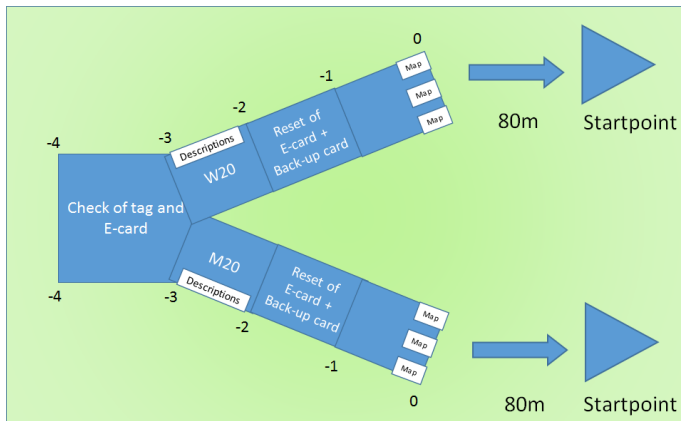
Luggage & warm-up clothing: Athlete's luggage to arena, shall be brought on to the shuttle buses to pre-start and by the athlete put in a tent marked " bag drop" directly at the bus stop at the pre-start. Organizer will provide further transport to arena.

Transport of clothing and other personal belongings from pre-start is provided by organizer approximately every 30 minutes. There will be a tent at the pre-start where luggage should be put. There will be plastic bags, tags and pens available. These bags will be made available near the finish at the arena.

Start procedure



Athletes will at the pre-start be called up 10 minutes prior to start. The EmiTag will be checked before athletes are let off to jog to the time-start following red/white tape. The start boxes at the time-start are split for men and women, since there are separate start points for men and women. At -3 an organizer will put control descriptions on a table. Each athlete is to take the control description marked with his/her start number. At the start line an organizer will put the competition map on the start-table. Athlete is to take the map marked with his/her start number when the start signal sounds. The organizer will hold the athlete's shoulder until start-signal sounds (sixth beep).



Start procedure middle qualification.

Start interval: 2 minutes. 3 runners are starting each minute (M or W).

GPS: No GPS tracking for the qualification races.

Terrain form: Hillsides with smooth contours, but also areas with more complex contours

Vegetation: A mixture of spruce, pine and birch forest with open and semi-open marches. Small areas with reduced runnability mainly due to juniper.

Runnability: In general very good runnability.

Visibility: Mostly good, but visibility may be reduced in areas with spruce forest even though the runnability is still good.

Paths and roads: Only a few paths and private forest roads go through the competition area. There are some snowmobile- and ski-tracks in the area. These may leave openings in the vegetation, but no wear on the ground vegetation. Yellow color is used to visualize these tracks on the map according to ISOM.

Map: Scale 1:10.000, ISOM, contour interval 5 m, issued 6/2015. Size of map: 210 mm x 297 mm. (A4)

Cartography: Helge Gisholt

Special features: There are several anthills of different size and appearance in the terrain. **These are not shown on the map!**



Example of anthill.

Courses

| Competition | Class | Winning time | Length | Climb | # controls | # refreshment points |
|----------------------|-------|--------------|--------------|------------|------------|----------------------|
| Middle qualification | Women | 24 min | 3,3 – 3,4 km | 75 - 105 m | 15-16 | None |
| | Men | 25 min | 3,8 – 4,0 km | 85 - 120 m | 15-17 | None |

Maximum running time: 90 min

Course planners: Per Christian Hagen and Thore Kornmo

Arena passage: No arena passage.

Coaching zone: No coaching zone.

Refreshments: No refreshment controls.

Control descriptions: Sizes: Men max. 60x140mm, Women max 60 x 135mm.

Compulsory route: All courses have a compulsory route at the second half of the course. Athletes shall follow a compulsory route of 170m, marked with red tape. At the end of the compulsory route the athletes can again make their own route choices. There is no control flag, but the taped corridor will end where the orienteering starts again. At the map, the transition between compulsory route and the free orienteering is defined as where the dashed line changes to continuous line. See example below.

Out of bounds areas: In connection to the compulsory route described above there is an out of bounds area. The out of bounds area is marked by violet stripes on the maps and with red tape in the terrain.

Cool-down area: A map defining the allowed cool-down area will be available in the team-zone after having finished the race.

Miscellaneous: Parts of the terrain are detailed and technical and might be more difficult than it appear. Controls might be situated close to each other and on similar looking features.

! **Check codes!**

! **It is strictly forbidden for all team members to enter the competition area until after the finals.**

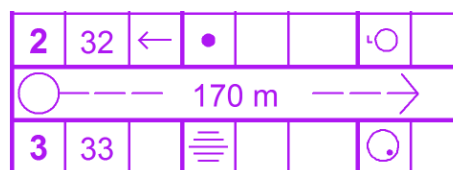
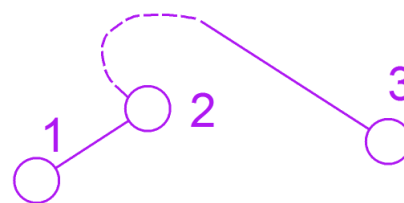
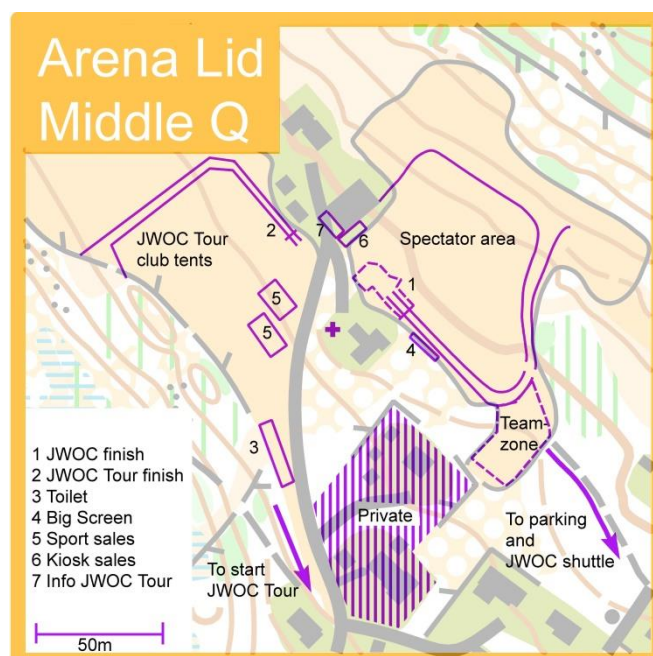


Fig: Example of the principle of how the compulsory route is shown on map and control description

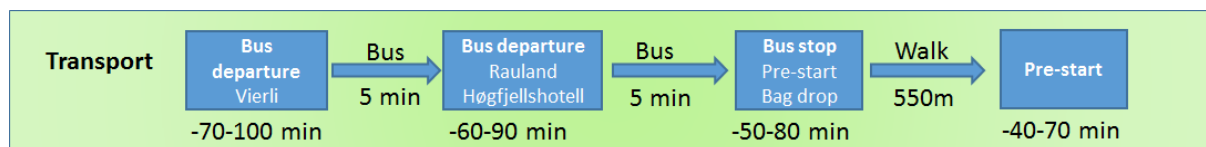


Middle distance finals – Tuesday 7 July

Venue and arena: Lid, Rauland (59°41'54"N 8°04'15"E))

Transport schedule

Quarantine: For the majority of runners, quarantine starts when getting on board a shuttle bus to pre-start. Before entering buses, athletes will sign to check in. Having checked in, the quarantine rules apply. The runners with scheduled departure after 12:00 must check in into a quarantine zone at Rauland Høgfjellshotell (JWOC Event Office) no later than 12:00. Be aware that it will not be allowed to go back to rooms after having checked in.



! Check-in deadline is 12:00 - athletes will either check-in when entering the shuttle bus or in the quarantine zone at the hotel.

JWOC shuttle buses will depart from Vierli and Rauland Høgfjellshotell according to schedule below. It is compulsory to use JWOC shuttle transport for all athletes and coaches heading to pre-start.

| Departure Vierli | Departure hotel | Arrival Bus stop | Start times due | # Athletes | # Coaches | Check-in quarantine |
|------------------|-----------------|------------------|-----------------|------------|-----------|-----------------------|
| 09:05 | 09:10 | 09:20 | 10:30 - 10:39 | 40 | 20 | when getting on-board |
| 09:25 | 09:30 | 09:40 | 10:40 - 10:50 | 44 | 15 | when getting on-board |
| 09:40 | 09:45 | 09:55 | 10:51 - 11:05 | 45 | 15 | when getting on-board |
| 09:55 | 10:00 | 10:10 | 11:05 - 11:22 | 45 | | when getting on-board |
| 10:15 | 10:20 | 10:30 | 11:23 - 11:29 | 15 | | when getting on-board |
| 10:35 | 10:40 | 10:50 | 11:45 - 12:11 | 15 | | when getting on-board |
| 11:00 | 11:05 | 11:15 | 12:13 - 12:39 | 15 | | when getting on-board |
| 11:30 | 11:35 | 11:45 | 12:41 - 12:55 | 15 | | when getting on-board |
| 11:45 | 11:50 | 12:00 | 12:57 - 13:09 | 15 | | when getting on-board |
| 11:45 | 12:00 | 12:10 | 13:07 - 13:25 | 45 | | at the hotel |
| | 12:20 | 12:30 | 13:27 - 13:39 | 15 | | at the hotel |
| | 12:35 | 12:45 | 13:41 - 14:05 | 15 | | at the hotel |
| | 13:00 | 13:10 | 14:07 - 14:25 | 15 | | at the hotel |
| | 13:20 | 13:30 | 14:27 - 14:43 | 15 | | at the hotel |

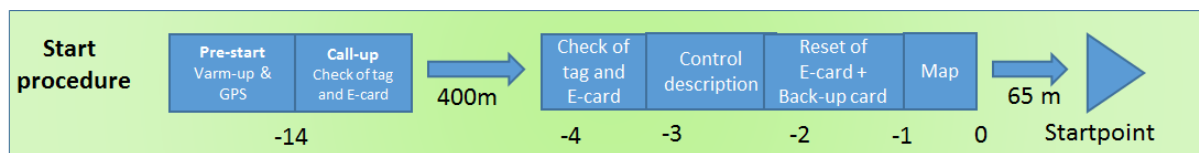
Pre-start: Situated in an area with open forest and open grass fields. There are tents provided for changing and shelter, but teams are still encouraged to set-up their own tents in the pre-start area. Drinking water, toilets and clothing transport are provided at the pre-start.

Warm-up map: Distributed when leaving shuttle buses. Warm-up map covers a piece of relevant terrain.

Luggage & warm-up clothing: Athlete's luggage to arena shall be brought on to the shuttle buses to pre-start and by the athlete put in a tent marked " baggage drop" directly at the bus stop at the pre-start. Organizer will provide further transport to arena.

Transport of clothing and other personal belongings from pre-start is provided by organizer approximately every 30 minutes. There will be a tent at the pre-start where this should be put. There will be plastic bags, tags and pens available. These bags will be made available near the finish at the arena.

Start procedure



Athletes will at the pre-start be called up 14 minutes prior to start. The EmiTag will be checked before athletes are let off to walk to the time-start following red/white tape. The start boxes at the time-start are split for men and women. At the start line an organizer will put the competition map on the start-table. Athlete is to pick up the map at the starting time. The organizer will hold the athlete's shoulder until start-signal sounds (sixth beep).

Start interval: A-finals: 2 minutes. B- & C-finals: 1 minute (4 runners are starting at once).

GPS: Approximately 50 women and 50 men running A-final shall use GPS-unit. GPS-unit to be picked up in good time at the pre-start info point. List of who to wear GPS-unit will be announced at the TOM.

Terrain form: Hillsides with smooth contours, but also areas with more complex contours.

Vegetation: Mostly pine and birch forest with open and semi-open marches, but also areas with spruce.

Runnability: Very good runnability

Visibility: Mostly very good, but visibility will vary along the course

Paths and roads: Only a few paths and private forest roads go through the competition area. There are some snowmobile- and ski-tracks in the area. These may leave openings in the vegetation, but no wear on the ground vegetation. Yellow color is used to visualize these tracks on the map according to ISOM.

Map: Scale 1:10.000, ISOM, contour interval 5 m, issued 6/2015.

Size of map: 297 mm x 210 mm (A4).

Cartography: Helge Gisholt

Special features: There are several anthills of different size and appearance in the terrain. **These are not shown on the map!** In the competition area a few trees that are very distinct different from the remaining vegetation are shown by a green cross on the map. See example on pictures.

Ruined fences: There are several ruined "sheep-fences" in the terrain. The fences are shown by symbol 523 "Ruined fence" on the map. In the terrain they are quite visible when going along, but less visible when crossing. See pictures below. There might be remaining steel wires on the ground. At points where it is likely that runners will cross, these wires are marked with red/white tape to avoid stumbling.



Example of anthill.



Example of distinct tree.



Example of ruined fence.

Courses

| Competition | Class | Winning time | Length | Climb | # controls | # refreshment points |
|---------------|---------|--------------|--------|-------|------------|----------------------|
| Middle finals | Women A | 27 min | 3,6 km | 110 m | 18 | 1 |
| | Women B | 25 min | 3,2 km | 70 m | 15 | None |
| | Women C | 25 min | 3,2 km | 60 m | 14 | None |
| | Men A | 27 min | 4,2 km | 140 m | 19 | 1 |
| | Men B | 25 min | 3,8 km | 100 m | 18 | None |
| | Men C | 25 min | 3,7 km | 100 m | 18 | None |

Maximum running time: 90 minutes.

Course planners: Per Christian Hagen and Thore Kornmo

Arena passage: Both A-final courses have a compulsory route when passing through the arena on the course. Athletes shall follow a compulsory route of 270 m, marked with red tape and fences. At the end of the compulsory route the athletes can again make their own route choices. There is no control flag, but the taped corridor will end where the orienteering starts again. At the map, the transition between compulsory route and the free orienteering is defined as where the dashed line changes to continuous line. See example below. B- and C-finals have no arena passage on the course.

Coaching zone: At the last part of the course there is a coaching zone in connection to the arena-passage. Team Officials may enter this zone. To preserve fair conditions, coaches in the coaching zone must not give competing athletes information given by team-members that has already finished their races.

Control descriptions: Sizes: Men max. 60 x 150 mm, Women max. 60 x 145 mm.

Out of bounds areas: There are some out of bounds areas marked by violet stripes on map, but the athletes will normally not get in contact with these areas. Out of bounds areas defined by continuous borderline on the map are marked by red/white tape in the terrain.

Cool-down area: A map defining the allowed cool-down area will be available in the team-zone after having finished the race.

Miscellaneous: Parts of the terrain are detailed and technical and might be more difficult than it appear. Controls might be situated close to each other and on similar looking features. **Check codes!**

! It is strictly forbidden for all team members to enter the competition area until after the finals.

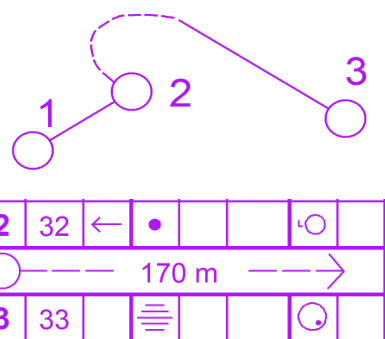


Fig: Example of the principle of how the compulsory route is shown on map and control description



Long distance – Thursday 9 July

Venue and arena: Rauland skisenter (59°43'23"N 8°07'51"E)

Transport schedule

Quarantine: Quarantine is located at Rauland Høgfjellshotell. JWOC shuttle buses will depart from Vierli to the hotel according to schedule below. Dedicated shuttle buses will continue to arena. All athletes has to be checked in at quarantine zone at Rauland Høgfjellshotell (JWOC Event Office) before 11.00. Be aware that it will not be allowed to go back to rooms after having checked in. Toilets and drinking water is available. Athletes must bring their own food if needed.



! Check-in deadline is 11:00 - athletes will check-in when entering the quarantine zone at the hotel.

JWOC shuttle buses will depart from Vierli according to schedule below.

| Departure Vierli | Arrival hotel | Start times due | # Athletes | # Coaches | Check-in quarantine |
|------------------|---------------|-----------------|------------|-----------|---------------------|
| 08:00 | 08:05 | 9:00-9:12 | 8 | 7 | at the hotel |
| 08:20 | 08:25 | 9:13-9:24 | 9 | 6 | at the hotel |
| 08:40 | 08:45 | 9:25-9:40 | 8 | 7 | at the hotel |
| 09:00 | 09:05 | 9:41-9:56 | 9 | 6 | at the hotel |
| 09:20 | 09:25 | 9:57-10:14 | 12 | 3 | at the hotel |
| 09:40 | 09:45 | 10:15-10:59 | 15 | | at the hotel |
| 10:00 | 10:05 | 11:00-11:25 | 15 | | at the hotel |
| 10:20 | 10:25 | 11:26-12:15 | 30 | | at the hotel |
| 10:40 | 10:45 | 12:16-14:27 | 30 | | at the hotel |

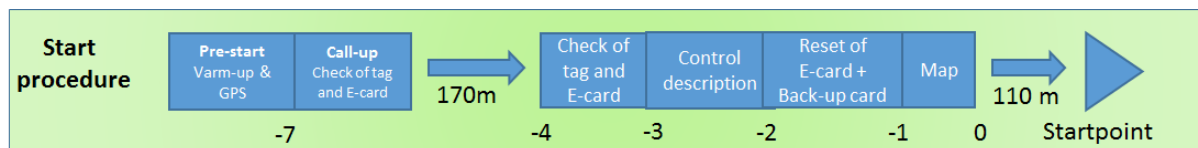
Pre-start: Situated in an open area. There are tents provided for changing and shelter, but teams are still encouraged to set-up their own tents in the pre-start area. Drinking water, toilets and clothing transport are provided at the pre-start.

Warm-up map: Available when leaving quarantine area at Rauland Høgfjellshotell. Athletes can leave the quarantine area 45 minutes prior to own start to spend some time at the warm-up map on the way to pre-start. Taped route to pre-start and position of pre-start is given on the warm-up map.

Luggage & warm-up clothing: Athlete's luggage to arena should be placed on "bag drop" in the quarantine zone at Rauland Høgfjellshotell. Organizer will provide further transport to arena.

Transport of clothing and other personal belongings from pre-start is provided by organizer typically every 30 minutes. There will be a tent at the pre-start where this should be put. There will be plastic bags, tags and pens available. These bags will be made available near the finish at the arena.

Start procedure



Start interval: 2 minutes

Athletes will at the pre-start be called up 7 minutes prior to start. The EmiTag will be checked before athletes are let off to walk to the time-start following red/white tape. The start boxes at the time-start are split for men and women. At the start line an organizer will put the competition map on the start-table. Athlete is to pick up the map at the starting time. The organizer will hold the athlete's shoulder until start-signal sounds (sixth beep).

GPS: Approximately 50 men and 50 women shall wear GPS-units. GPS-unit to be picked up at the quarantine area when heading for pre-start.

Terrain form: The terrain is situated at altitude of 800–950 meters. Moderately hilly. Quite detailed hills with several bigger marshes between.

Vegetation: Mostly birch-forest with some pine, but also areas with spruce-forest. There are also some areas with juniper. Larger areas of this kind are presented with symbol 407 and 409 "Undergrowth" on the map.

Runnability: Mostly good.

Visibility: Mostly good to very good.

Paths and roads: Almost none, except some alpine tracks and roads close to the arena. There are some snowmobile- and ski-tracks in the area. These may leave openings in the vegetation, but no wear on the ground vegetation. Yellow color is used to visualize these tracks on the map according to ISOM.

Map: Scale 1:15.000, ISOM, contour interval 5m, issued 6/2015.

Size of map: 210 x 297 mm (A4)

Cartography: Morten Berglia

Courses

| Competition | Class | Winning time | Length | Climb | # controls | # refreshment points |
|-------------|-------|--------------|---------|-------|------------|----------------------|
| Long | Women | 55 min | 7,3 km | 235 m | 16 | 3 (40%, 75%, 90%) |
| | Men | 69 min | 10,7 km | 385 m | 24 | 3 (35%, 65%, 85%) |

Compulsory routes: Both courses have two compulsory routes included in the course. One related to crossing the main road and one related to arena passage. Athletes shall then follow the compulsory route with red tape and fences. At the end of the compulsory route the athletes can again make their own route choices. There is no control flag, but the taped corridor will end where the orienteering starts again. At the map, the transition between compulsory route and the free orienteering is defined as where the dashed line changes to continuous line. See example.

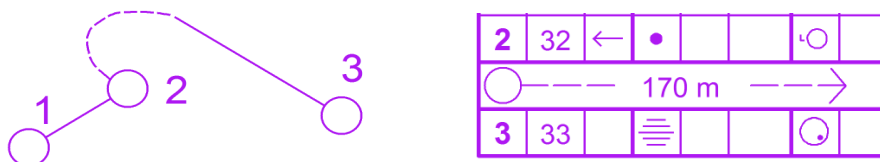


Fig: Example of the principle of how the compulsory route is shown on map and control description.

During the race all runners will cross a public road at one crossing point. Organisers will be there to secure the traffic, but please be careful.

Arena passage: Both courses will pass through the arena.

Maximum running time: 180 minutes.

Course planners: Nils Albert Aamand and Anders Nordberg

Arena



Coaching zone: There is a coaching zone in connection to the arena-passage. Only one team official per team is allowed inside the coaching zone. It is allowed to hand over personal drinks and materials (compass, shoe etc) to athletes from the coaching zone. To preserve fair conditions, coaches in the coaching zone must not give competing athletes information given by team-members that has already finished their races.

Refreshments: All refreshment stations are situated at controls, except from refreshment station at arena passage. Both drink containing sugar (squash) and plain water will be provided.

Control descriptions: Sizes: Men 60 x 185 mm, Women: 60 x 135 mm.

Out of bounds areas: At the crossing of the main public road it is a compulsory route to a defined crossing point. It is not allowed to cross or run along the main public road at any other point. On the map the road will have "X"-symbols to show that the road is not allowed. Close to arena there are some private areas shown with olive green color (symbol 527) – these areas are strictly forbidden to enter or cross. Though roads that on the map is shown to run completely through the olive green areas are allowed to use.

Cool-down area: A map defining the allowed cool-down area will be available in the team-zone after having finished the race.

Miscellaneous:

! It is strictly forbidden for all team members to enter the competition area until after the relay competition.

Relay – Friday 10 July

Venue and arena: Rauland skisenter (59°43'23"N 8°07'51"E)

Transport: Transport is offered from Vierli and Rauland Høgfjellshotell according to transport schedule below. Competing athletes may also use team-buses. It is athletes responsibility to be in the quarantine area within the time-limit of 08:45

Quarantine: The check-in gate will be closed 15 minutes prior to the men's 1st leg start, i.e. 08:45. Both men and women must stay inside the quarantine before their races. There are tents, indoor facilities, water, toilets and clothes transport available. A defined area attached to quarantine can be utilized as warm-up. Once you leave the quarantine (and warm-up zone) after the deadline, you may not come back until the race is over! (Valid also for coaches.)

! Check-in deadline is 08:45 – athletes and team officials will check-in when entering the quarantine zone at the arena.

JWOC shuttle buses will depart from Vierli according to schedule below.

| Departure Vierli | Departure hotel | Arrival arena | # Athletes | # Coaches | Check-in quarantine |
|------------------|-----------------|---------------|------------|-----------|---------------------|
| 07:45 | 07:50 | 07:55 | 40 | 20 | at the arena |
| 08:10 | 08:15 | 08:20 | 40 | 20 | at the arena |
| 08:35 | 08:40 | 08:45 | 30 | 15 | at the arena |

Warm-up map: No warm-up map is available.

Luggage & warm-up clothing: Luggage, clothing and other personal belongings from quarantine-area should be placed on defined area marked "bags to team-zone" in the quarantine area. Organizer will transport this luggage to pick-up point outside quarantine area.

GPS: Approximately 30 teams to wear GPS-unit. GPS-unit to be picked up in good time at the pre-start inside the quarantine. Which teams to wear GPS is announced at TOM. Teams without GPS-unit that are among the top teams before the last leg may be asked to wear GPS-unit 15 minutes prior to last change-over.

Start

A "call-up point" is located between quarantine and warm-up zone/run-out corridor. The runner must register his/her EMIT-card and emiTag not less than 10 minutes before start/changeover. 1st leg start: 3 minutes before the start, runners will be asked to go to their maps.

A mass start for 2nd and 3rd leg runners of slow teams will take place 10:40 (men) and 12:00 (women)

Arena passage: After passing the spectator control, runners continue on a compulsory leg passing the arena and further to free orienteering. The length of the compulsory leg through the arena is about 410m. At the end of the compulsory route the athletes can again make their own route choices. There is no control flag, but the taped corridor will end where the orienteering starts again. At the map, the transition between compulsory route and the free orienteering is defined as where the dashed line changes to continuous line. See example below. Refreshment will be offered at the compulsory part at the arena.

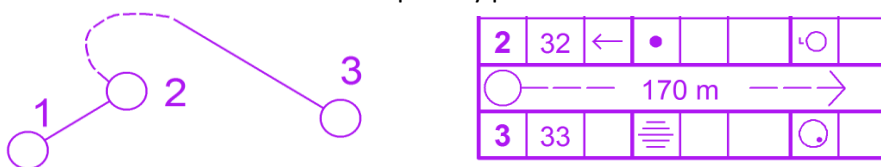


Fig: Example of the principle of how the compulsory route is shown on map and control description.
JWOC 2015, Bulletin 4, 3.7.2015, page 30

Changeover: The in-coming runner must follow the run-in corridor from the last control, pass the finish line and proceed to the change-over plank, where in-coming and outgoing runners must touch each other. After the change-over the in-coming runner must proceed to read out the EMIT-card. The out-going runner will follow the start corridor to a map board, where she/he will pick up the correct map, labelled with team number and leg number (e.g. "51 leg 2"). The maps will be placed on the right-hand side of the corridor. Women will have their maps in the lower row and men in the upper row. Lowest team numbers are first in the row from the direction of approach. ! Maps for 2nd legs are placed above maps for 3rd legs.

! It is the runner's responsibility to pick the correct map! If a runner's map has been picked up by someone else, map-board staff are ready to provide a reserve map as quickly as possible.

Finish: Last-leg runners must follow the run-in corridor from the last control. There is no punching at the finish line. The chest position is decisive if there is a close finish. Judges will rule on the final placing's based on the order that the competitors' chests cross the finish line. A jury member will be present at the finish line. After finish the runner must proceed to read out the EMIT-card.

Terrain form: The terrain for the relay will have great variation. Courses will go through flat areas with open marches, areas with more complex contours and hillsides of varying steepness.

Vegetation: Mostly pine and birch forest with open and semi-open marches. Smaller areas with reduced runnability due to undergrowth.

Runnability: Very good runnability, but precipitation prior to the championship will affect the runnability of the marches.

Visibility: Excellent

Paths and roads: Parts of the courses will pass through areas with alpine ski tracks.

Maximum running time (complete team): 180 minutes.

Course planners: Asbjørn Byggland and Dagfinn Torpe

Arena passage: Both men and women will pass through the arena.

Map: Scale 1:10.000, ISOM, contour interval 5m, issued 6/2015.

Size of map: 297 x 210 mm.

Cartography: Leif-Roger Hultgreen and Helge Gisholt

Courses

| Competition | Estimated winning time | Length | Climb | # controls | # refreshment points |
|-------------|------------------------|------------|-----------|------------|----------------------|
| W20 leg 1 | 36 min | 4.8-4.9 km | 170-175 m | 17 | 1 |
| W20 leg 2 | 36 min | 4.8-4.9 km | 170-175 m | 17 | 1 |
| W20 leg 3 | 38 min | 5.0 km | 180 m | 17 | 1 |
| M20 leg 1 | 34 min | 5.5-5.6 km | 210-215 m | 19 | 1 |
| M20 leg 2 | 34 min | 5.5-5.6 km | 210-215 m | 19 | 1 |
| M20 leg 3 | 37 min | 5.9 km | 210-215 m | 21 | 1 |

Coaching zone: The coaching zone is situated outside the quarantine limits. Coaches can not come back to the quarantine area after having been at the coaching zone or outside of quarantine area in general. It is allowed to hand over personal drinks and materials (compass, shoe...) to athletes from the coaching zone. To preserve fair conditions, coaches in the coaching zone must not give competing athletes information given by team-members that has already finished their races.

! Only 1 team official per team is allowed inside the coaching zone.

Refreshments: No refreshment controls, but water will be available at the arena-passing.

Control descriptions: Printed on maps. No loose CD-sheets.

Out of bounds areas: There is one small out of bounds area in the terrain marked on the map with violet stripes and with red/white tape in the terrain.

Cool-down area: A map defining the allowed cool-down area will be available in the team-zone after having finished the race.

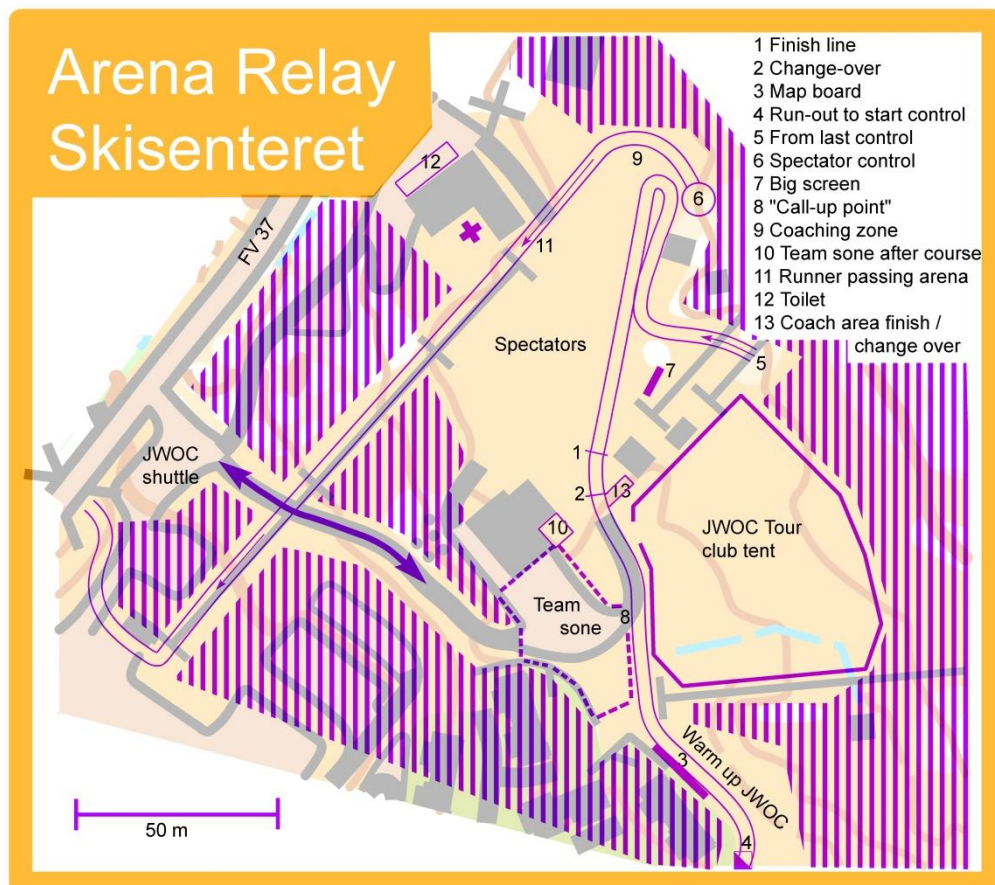
Miscellaneous:

! JWOC Tour will take place immediately after the relay. JWOC Tour will partially make use of relay controls, but also use some additional controls.

! There are controls in the terrain that are very close to each other, though in accordance with IOF rules (minimum distance apart 30m). Check codes!

! There will be 2 punching units at controls in the early sections of the courses.

! A number of controls are un-manned radio-control. Control description has no information of radio controls.



Entries

| No | Country | Women | Men | Officials | Total | Relay W | Relay M |
|----|----------------|------------|------------|-----------|------------|-----------|-----------|
| 1 | Australia | 6 | 6 | 2 | 14 | 2 | 2 |
| 2 | Austria | 4 | 6 | 3 | 13 | 1 | 2 |
| 3 | Belgium | 1 | 3 | 4 | 8 | | 1 |
| 4 | Brazil | 1 | 3 | | 4 | | 1 |
| 5 | Bulgaria | 2 | 2 | 1 | 5 | | 1 |
| 6 | Canada | 3 | 6 | 2 | 11 | 1 | 2 |
| 7 | Croatia | 2 | 1 | 1 | 4 | | |
| 8 | Czech Republic | 6 | 6 | 4 | 16 | 2 | 2 |
| 9 | Denmark | 6 | 6 | 4 | 16 | 2 | 2 |
| 10 | Estonia | 3 | 3 | 1 | 7 | 1 | 1 |
| 11 | Finland | 6 | 6 | 3 | 15 | 2 | 2 |
| 12 | France | 6 | 6 | 3 | 15 | 2 | 2 |
| 13 | Germany | 4 | 6 | 2 | 12 | 1 | 2 |
| 14 | Hong Kong | 2 | 3 | 2 | 7 | 1 | 1 |
| 15 | Hungary | 5 | 4 | 2 | 11 | 1 | 1 |
| 16 | Ireland | 4 | 3 | 2 | 9 | 1 | 1 |
| 17 | Israel | 1 | 1 | 1 | 3 | | |
| 18 | Italy | 3 | 4 | 2 | 9 | 1 | 1 |
| 19 | Japan | 6 | 6 | 2 | 14 | 2 | 2 |
| 20 | Latvia | 3 | 3 | 1 | 7 | 1 | 1 |
| 21 | Lithuania | 3 | 4 | 2 | 9 | 1 | 1 |
| 22 | Netherlands | 1 | 2 | | 3 | | |
| 23 | New Zealand | 6 | 6 | 2 | 14 | 2 | 2 |
| 24 | DPR Korea | | 2 | 3 | 5 | | |
| 25 | Norway | 6 | 6 | 4 | 16 | 2 | 2 |
| 26 | Poland | 4 | 5 | 1 | 10 | 1 | 2 |
| 27 | Portugal | 2 | 2 | 1 | 5 | | 1 |
| 28 | Romania | 1 | | | 1 | | |
| 29 | Russia | 6 | 6 | 2 | 14 | 2 | 2 |
| 30 | Serbia | | 3 | 1 | 4 | | 1 |
| 31 | Slovakia | 1 | 3 | 1 | 5 | | 1 |
| 32 | Slovenia | 1 | 2 | | 3 | | 1 |
| 33 | South Africa | | 3 | | 3 | | 1 |
| 34 | Spain | 4 | 4 | 1 | 9 | 1 | 1 |
| 35 | Sweden | 6 | 6 | 4 | 16 | 2 | 2 |
| 36 | Switzerland | 6 | 6 | 4 | 16 | 2 | 2 |
| 37 | Turkey | 5 | 5 | 4 | 14 | 1 | 2 |
| 38 | Ukraine | 2 | 1 | 2 | 5 | | 1 |
| 39 | United Kingdom | 6 | 6 | 4 | 16 | 2 | 2 |
| 40 | United States | 6 | 6 | 2 | 14 | 2 | 2 |
| | Totals | 140 | 162 | 80 | 382 | 39 | 53 |



**Rauland
Skisenter**

Aktiv medspiller!
Mottaker av
Color Line spillemidler



TELEMARK
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TOKKE KOMMUNE



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