

# WOC 2019

NOKIAN TYRES  
WORLD ORIENTEERING  
CHAMPIONSHIPS  
ØSTFOLD NORWAY 2019

12 -17 August



  
Orienteering  
WORLD CUP

  
INTERNATIONAL ORIENTEERING FEDERATION

  
NOKIAN  
TYRES

WOC 2019  
BULLETIN #3



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## Welcome to the Nokian Tyres WOC 2019

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

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

A warm Østfold welcome to IOF and all national federations.

**Per Bergerud**  
Director WOC 2019



## Welcome to Østfold

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

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

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

We will do our best to support the organiser.

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

Enjoy!

**Ole Haabeth**  
Chair, Østfold county council



## Welcome to Sarpsborg

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

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

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

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

Sarpsborg look forward to seeing you all in 2019!

**Sindre Martinsen-Evje**

**Mayor of Sarpsborg Municipality**





## Sponsors and partners

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### Gold sponsor



### National main sponsors

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### National cooperative partners

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### Public cooperative partners

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

Askim Kommune  
Spydeberg kommune  
Eidsberg kommune  
Halden kommune  
Moss kommune  
Rygge kommune  
Rømskog kommune

### NOF main sponsors

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## 1 Information about the organiser

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

**CEO WOC 2019:** Per Bergerud

**Event director:** Bjørn Axel Gran

Chief IT and time-keeping: Hallvard Koren

Chief Security, preparedness and transport: Tore Sandem

Chief Arena: Asle Gudim and Jørn Haugerud

Chief Media and market: Claes Tommy Hærland and Martin Nielsen

Chief Culture and ceremonies: Bente Jæger and Geir Endregard

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

Chief Youths and volunteers: Svend Sondre Frøshaug

Chief Course planning and mapping: Bernt O. Myrvold

Map maker                      Kristen Treekrem

Course team                    Tom Arild Karlsen (Long distance)

Unni Strand Karlsen (Long distance)

Tormod Jensen (Middle distance qualification and final)

Morten Johansen (Relay)

Erik Sandbæk (Relay)

### 1.1 Event advisors

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IOF Senior Event Advisor: Daniel Leibundgut

IOF Assistant Event Advisor: Lars Forsberg

IOF IT Assistant Event Advisor: Henning Spjelkavik

National Controllers (NOF): Ivar Maalen and Kjell Blomseth

### 1.2 Contact information

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Official info: [eventor.orienteering.org/Events/Show/5326](http://eventor.orienteering.org/Events/Show/5326)

Email: [post@woc2019.no](mailto:post@woc2019.no)

Web page: [www.woc2019.no](http://www.woc2019.no)

WOC 2019 secretary (Event Office): Per Bergerud

Email: [per.bergerud@woc2019.no](mailto:per.bergerud@woc2019.no)

Phone: +47 482 42 628

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

Other contacts:

Event director: Bjørn Axel Gran, [bjorn.axel.gran@woc2019.no](mailto:bjorn.axel.gran@woc2019.no), +47 909 55 295

Media services: Jens Erik Mjølnerød, [jenserik@mjolnerod.no](mailto:jenserik@mjolnerod.no), +47 917 85 911

Accounting/invoicing: Tor Ragnar Andersen, [tragn@online.no](mailto:tragn@online.no), +47 928 98 311

Training: Håvard Lucasen, [training@woc2019.no](mailto:training@woc2019.no), +47 414 41 243



## 2 Program

In the table below, only main events and their time schedule are published. For more detailed information about exact locations, timetables and schedule, see the next section.

Day, Date	WOC Event/Race	WOC Public Event/Spectator Race
Saturday 10.8.2019	Event Office opens Quality Hotel Sarpsborg	
Sunday, 11.8.2019	Event Office is open Quality Hotel Sarpsborg	Spectator Race Office opens Sarpsborg city centre
Monday, 12.8.2019	Model event (morning) Rudskogen Technical model event (noon) Arena Knatterudfjellet, Varteig	Spectator race – sprint (afternoon) Kulåsparken, Sarpsborg Torg
	Opening ceremony (evening) Sarpsborg city centre	Cultural program (evening) Sarpsborg city centre
Tuesday, 13.8.2019	Middle distance qualification (morning) Arena Knatterudfjellet, Varteig	Spectator race - middle, Norgescup-Junior (afternoon) Arena Knatterudfjellet, Varteig
Wednesday, 14.8.2019	Long distance (noon) Arena Mørk Spydeberg	Spectator race - middle (noon) Arena Mørk Spydeberg
Thursday, 15.8.2019	Rest Day	Spectator race - sprint (afternoon) Old town, Fredrikstad
Friday, 16.8.2019	Middle distance final (afternoon) Arena Mørk Spydeberg	Spectator race – long, Norgescup-Junior (noon), Arena Mørk Spydeberg
	Medal ceremony (evening) Sarpsborg city centre	Cultural program (evening) Sarpsborg city centre
Saturday, 17.8.2019	Relay (afternoon) Arena Mørk Spydeberg	Spectator race – middle (noon) Arena Mørk Spydeberg
	Medal ceremony Relay and Closing ceremony (after the relay) Arena Mørk Spydeberg	
	Dinner and Farewell party (evening) Quality Hotel Sarpsborg	

For information about events in Østfold  
please visit: [www.visitoestfold.com/en/](http://www.visitoestfold.com/en/)

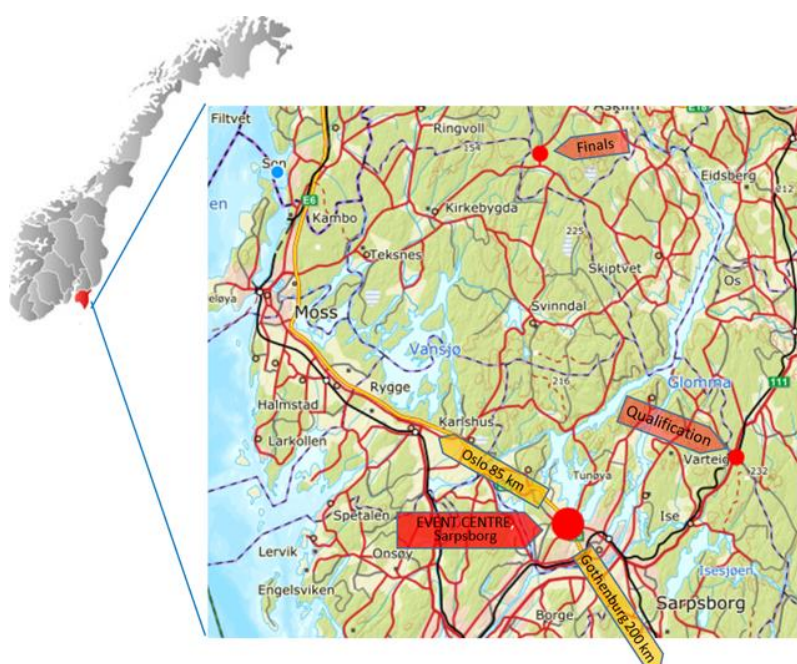
## 2.1 Timetable

Date	Time	Event/Race	Location
		Team arrival & Training	Østfold, Sarpsborg
10.08	12:00- 18:00	Event Office open	Event Centre, Quality Hotel, Sarpsborg
11.08	09:00 – 12:00	Event Office open	Event Centre
	12:00	Deadline for final name entry	IOF Eventor, Event Office
	15:00 – 20:00	Event Office open	Event Centre
12.08	09:00-12:00	Event Office open	Event Centre
	10:00-14:00	Model Event for all competitions	Rudskogen
	12:00	Competition entry deadline (names of the competitors) for Middle distance qualification	IOF Eventor
	13:00-14:30	Technical Model Event	Arena Knatterudfjellet
	15:00-19:00	Event Office open	Event Centre
	17:00-18:00	Team Officials' Meeting Middle distance qualification	Event Centre
	18:45-19:30	Concert	Sarpsborg square
	19:30	Opening ceremony (including team presentation)	Sarpsborg square
13.08	09:40	Middle distance qualification: Quarantine check in deadline	Close to Arena Knatterudfjellet
	10:00-13:00	Middle distance qualification First start Women: 10:00 First start Men: 10:01	Arena Knatterudfjellet
	13:30	Competition entry deadline for Long distance	IOF Eventor
	17:00-18:00	Team Officials' Meeting Long distance	Event Centre
14.08	10:20	Long distance: Quarantine check in deadline	Spydeberg skole
	10:30–18:45	Long distance Estimated first start Men: 10:39 and Estimated first start Women: 13:38	Arena Mørk
	16:10	Flower ceremony Men	Arena Mørk
	18:20	Flower ceremony Women	Arena Mørk
15.08	17:00-18:00	Team Officials' Meeting Middle distance final & Relay	Event Centre

Date	Time	Event/Race	Location
16.08	12:00	Competition entry deadline for Relay	IOF Eventor
	13:10	Middle distance final: Quarantine check in deadline	Spydeberg skole
	13:30–18:45	Middle distance final Estimated first start Women: 13:28 and Estimated first start Men: 15:45	Arena Mørk
	16:00	Flower ceremony Women	Arena Mørk
	18:20	Flower ceremony Men	Arena Mørk
	20:00-21:00	Concert	Sarpsborg square
	20:30-21:00	Medal ceremonies Long & Middle distances	Sarpsborg square
17.08	16:00	Relay: Quarantine check in deadline	Arena Mørk
	16:20-21:00	Relay Start Women: 16:20 Start Men: 18:30	Arena Mørk
	ca. 20:40	Medal ceremony Relay and Closing ceremony	Arena Mørk
	22:00	Dinner	Event Centre
	22:30-02:00	Farewell party	Event Centre
18.08		Teams departure	Østfold, Sarpsborg

## 3 Venues, Access and Transportation

### 3.1 Overview





## 3.2 Transport /travel opportunities

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

Teams, media, IOF officials and guests are welcome to order the WOC transport package which includes transport from the Event Centre / Sarpsborg city centre to the competitions. See info under “Entry Fee and descriptions”. Information about the transportation will be given at Event Centre by arrival.

## 3.3 Competition arenas

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

**Coordinates:** 59.343047, 11.271166

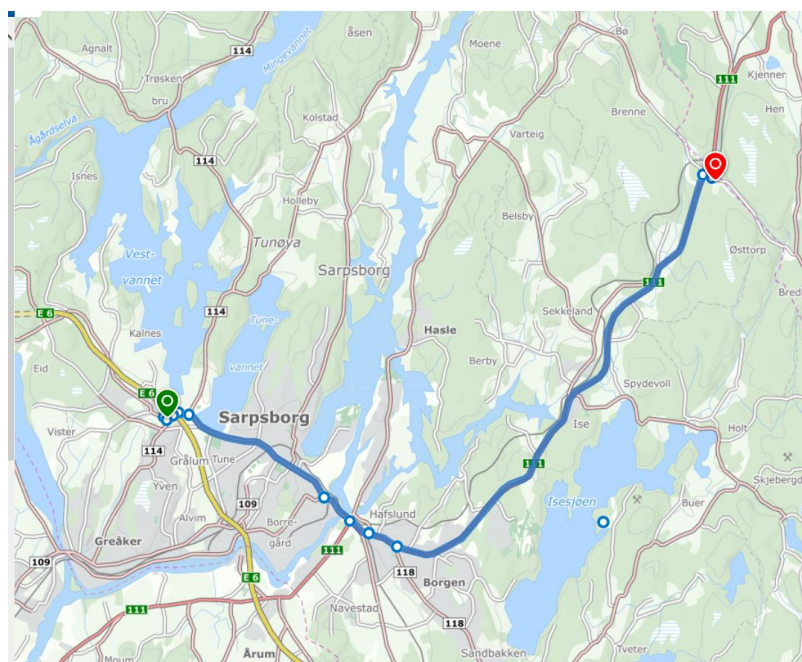
The Long distance, Middle distance final and the Relay will take place in Mørk area in Spydeberg municipality, 40 km from the event centre.

**Coordinates:** 59.530413, 11.001057

The quarantine for the Long distance and the Middle distance final will be at Spydeberg skole

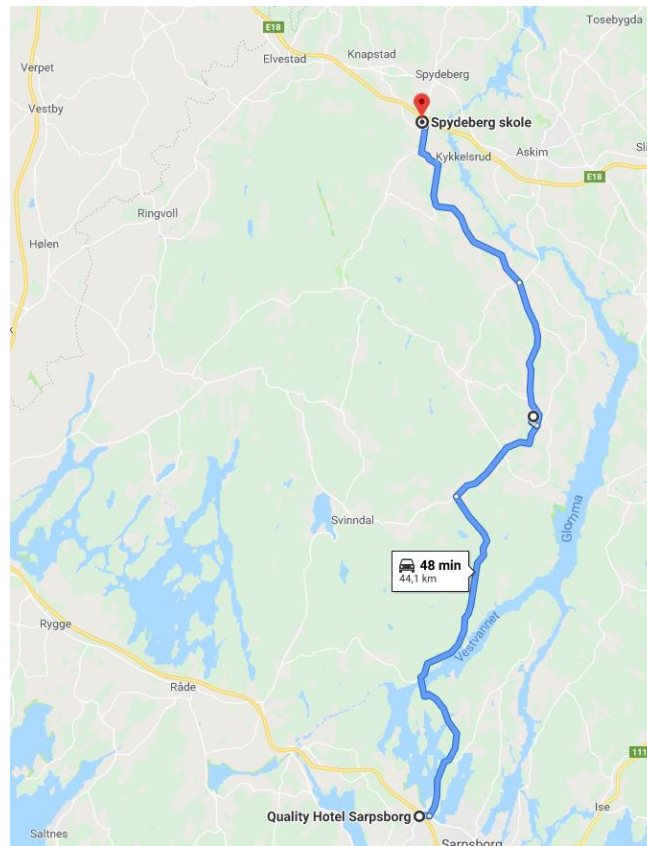
**Coordinates:** 59.596008, 11.068275

**Recommended route from the Event Centre to arena Knatterudfjellet by car:**

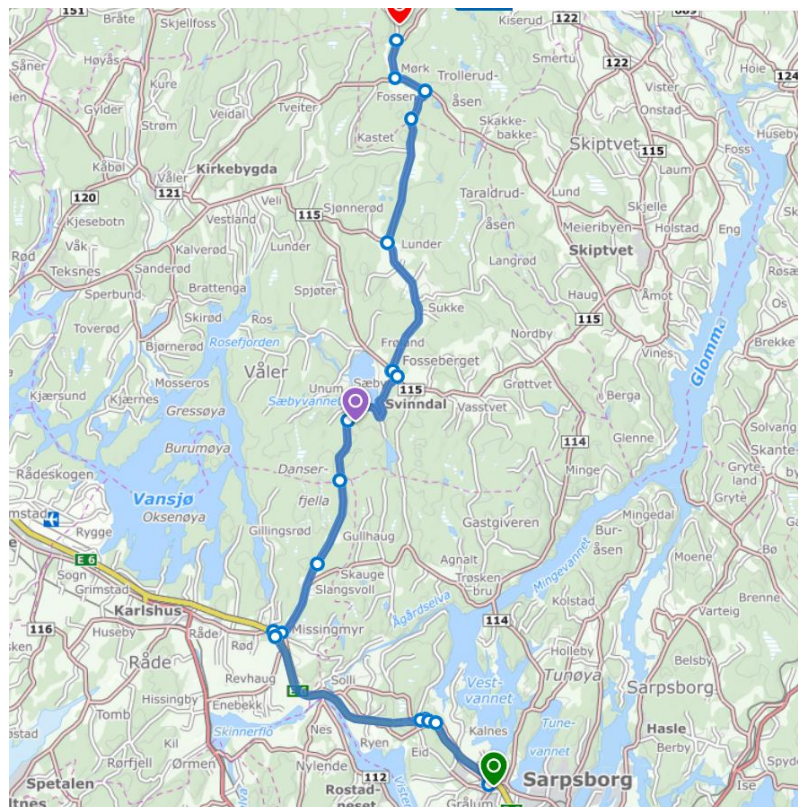


Recommended route from the Event Centre to the quarantine for the Middle distance qualification will be published in Bulletin 4.

### Recommended route from the Event centre to Spydeberg skole (Quarantine) by car



### Recommended route from the Event Centre to arena Mørk by car



Recommended route from the Event Centre to the Relay quarantine will be published in Bulletin 4.

## 4 Event Centre (WOC Event office)

The Event Centre will be located in Quality Hotel & Resort Sarpsborg. Note that the Event Centre is 3.6km north-west of Sarpsborg city centre, just beside the E6 (Exit 7, Lekevollkrysset).

**Coordinates:** 59.296201, 11.064756

At the Event Centre there will be rooms for:

- WOC Event office
- Team Officials' Meetings
- Working area for media
- Tourist office
- IOF Conferences and Meetings
- Meeting rooms (has to be pre-booked, free of charge)
- Athletes accommodation
- IOF/VIP Hotel



At the **Event office** there will be accreditation for teams, officials, media and the VIP groups (IOF Family, IOF Officials, IOF Guests, Future WOC Organisers).

The WOC2019 organiser will have access to the entire hotel:

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

### 4.1 WOC Event office opening hours

The WOC Event Office opening hours are:

Day	Program	Quality Hotel, Sarpsborg	Arenas
Saturday 10.08.	Arrival of teams	12:00-18:00	-
Sunday, 11.08.	Arrival of teams	9:00-12:00, 15:00 - 20:00	-
Monday, 12.08.	Model events	9:00-12:00, 15:00 - 19:00	-
Tuesday, 13.08.	Middle distance qualification	16:30 – 19:00	8:45 – 14:00
Wednesday, 14.08.	Long distance	-	10:00 – 19:00
Thursday, 15.08.	Rest day	9:00 – 12:00, 16:30 – 19:00	-
Friday, 16.08.	Middle distance final	9:00 – 12:00	13:30 – 19:00
Saturday, 17.08	Relay	9:00 – 12:00	14:00 – 20:45
Sunday, 18.08	Departure of teams	9:00 – 13:00	



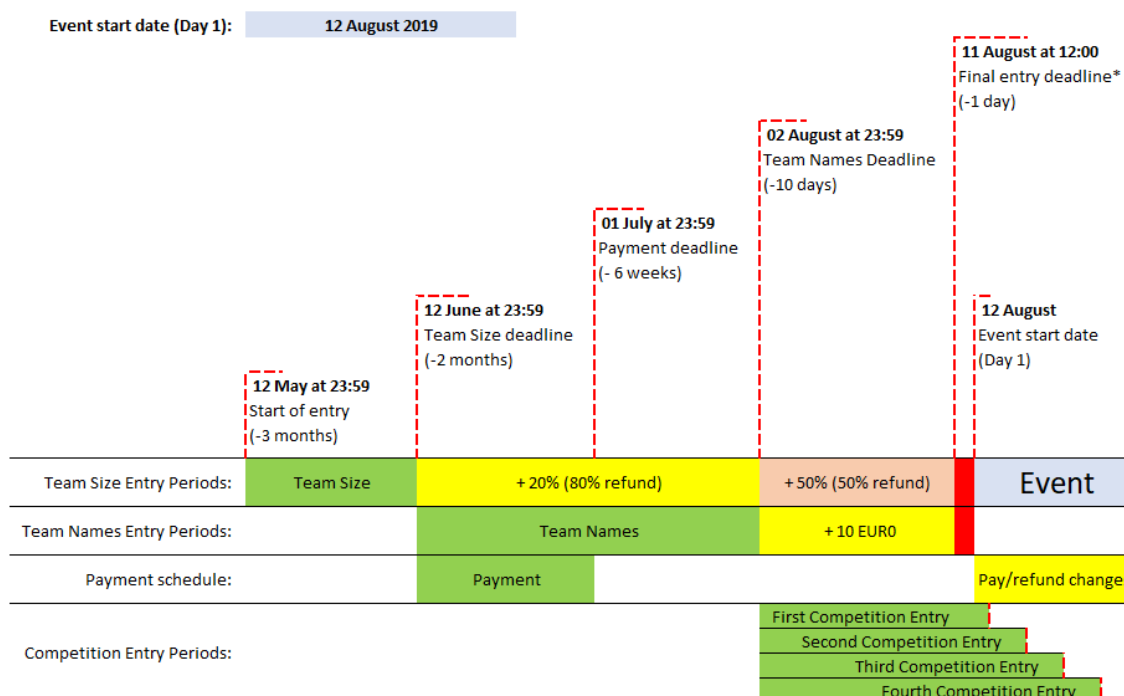
## 5 Entry information

### 5.1 Registration for Teams

All Entries and requests for transport packages through IOF Eventor only. The entry form was available from 2 May 2019 on: [eventor.orienteering.org/Events/Show/5326](http://eventor.orienteering.org/Events/Show/5326)

- The event start date is 12 August 2019
- The deadline for Team Size Entry is 12 June 2019 at 23:59 (-2 months).
- The deadline for Team Names Entry is 2 August 2019 at 23:59 (- 10 days).
- The deadline for Late Entries, Changes of Team Size or Team Names is 11 August 2019 at 12:00

Major Event entry deadlines and periods (date and time = local organiser date and time)



**Team Size Entry**, give the following information:

- 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 can be found in the published document «National Quota for FootO WOC and World Cup 2019 v1» and in the IOF competition rules 2019, both available at [orienteering.sport/orienteering/competition-rules/](http://orienteering.sport/orienteering/competition-rules/)
- Number of teams for the relay(s)
- The team manager's e-mail address and mobile phone number shall be available in IOF Eventor

There is no maximum number of officials per team.

**Team Names Entry**, give the following information:

- Name of each 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 12:00 (13:30 for Long distance) on the day before an individual competition.

Relay: Names of the competitors and their running order is registered in IOF Eventor, before 12:00

### Late Entries, Changes of Team Size or Team Names

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

## 5.2 Payments

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

### Payment details:

**Bank:** Eidsberg Sparebank  
**Postal address:** Karl Johans gate 1, NO-1706 Sarpsborg  
**E-mail:** [post@esbank.no](mailto:post@esbank.no)  
**IBAN:** NO43 1020 3012 360  
**SWIFT/BIC:** EIDSNO21XXX

## 5.3 Entry fee descriptions (competitors/teams/team officials)

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Category		Fee
Competitors	Accreditation fee per athlete (see note 1)	1 250 NOK
	Entry fee per individual race	1 000 NOK
Relay Teams	Entry fee per relay team	2 200 NOK
Team officials	Accreditation fee per official (see note 1 & 2)	2 500 NOK
Transport package	Per person (see note 3)	1 500 NOK
Dinner (last day)	Per person (see note 4)	250 NOK

### Notes

1. Accreditation fee covers model events, parking at the arena and a set of competition maps.
2. For Teams where the function of the team official is performed by an athlete, will not be charged a fee for a team official.
3. WOC transport package includes transport from the Event Centre to the competitions, including all the model events. **Order WOC transport package in Eventor under "Services"**.
4. At the last night a dinner will be offered for all competitors and team officials. The dinner will be followed by a farewell-party (volunteers and teams). Free entrance at the farewell party, drinks and snacks will be sold.

## 5.4 Registration for Media and VIP groups

All registrations are made in IOF Eventor, please select the correct category. There is a specific guide on how to enter: [eventor.orienteering.org/Documents/Event/2948/1/Entry-Guide-for-Media--VIP-\(IOF-Family%2c-IOF-Officials%2c-IOF-Guests--Future-organisers\)](http://eventor.orienteering.org/Documents/Event/2948/1/Entry-Guide-for-Media--VIP-(IOF-Family%2c-IOF-Officials%2c-IOF-Guests--Future-organisers))

Please make sure that you choose the correct VIP group/role.

The entry opened 2 May 2019 on: [eventor.orienteering.org/Events/Show/5326](http://eventor.orienteering.org/Events/Show/5326)

Media and VIP groups entry deadline 15 July 2019.

Details about the media accreditation procedure is described in section 10 «Media».

The IOF Family is a new category to motivate more of IOF member federation officers to take part of the IOF Family tent to have meetings and small talk. It is offered to IOF member federations officers, IOF commissions, Event Advisers, future WOC organisers and partners of WOC 2019. Basic services includes:

- Access to IOF Family tent with table and chairs
- Working area for meetings
- Wi-Fi
- Electricity
- TV screen for following the TV or arena production
- Maps/start lists
- Coffee/tea
- Participation in IOF Family race
- Parking close to the arena

Special coupons to purchase food are sold in IOF Family tent.

Details about the media accreditation procedure is described in section 10 «Media»

### Description of fees:

Category		Fee
IOF Guests	IOF guest, Honorary President/Member, IOF Partners and Sponsors, no accreditation fee	-
IOF Family	Per person, basic services	400 NOK
Food coupon	Per person per day (see note 1)	150 NOK
Media	No accreditation fee	-
Transport package	Per person (see note 2)	1 500 NOK

### Notes

1. Food coupons, for a hot meal inclusive one drink, will be available for purchase in the arena only
2. WOC transport package includes transport from the Event Centre to the competition arenas, including all the model events. **Order WOC transport package in Eventor under "Services"**.

**Payment details:** See the section 5.2 «Payments»



## 5.5 Accreditation

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Accreditation takes place at the WOC Event Office (see section 4 «Event office opening hours»). Though accreditation should be performed by the Team Leader, all registered competitors must be present at accreditation in case any clarification is needed about citizenship, validity of IOF license etc. Each registered team member must present her/his personal passport before she/he can be accredited. A personal WOC ID card with photo will be handed out at accreditation. All accredited persons must wear it at all relevant times and present it for access to all means of transport and authorized zones. The online entry form on IOF Eventor requires that all persons to be accredited provide a personal portrait photo for use on the ID card.

Participation in WOC events is only possible if all payments are settled by 3 August 12:00 noon

## 6 Accommodation and Food

### 6.1 Accommodation

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For accommodation, we recommend the official WOC2019 hotel “Quality Hotel Sarpsborg”.  
[www.nordicchoicehotels.com/hotels/norway/sarpsborg/quality-hotel-sarpsborg/](http://www.nordicchoicehotels.com/hotels/norway/sarpsborg/quality-hotel-sarpsborg/)

Accommodation at “Quality Hotel Sarpsborg” should be done by contacting the hotel, as the rooms are pre-reserved for WOC2019.

- Phone: +47 69 10 15 00
- Fax: +47 69 10 15 01
- E-mail [g.sarpsborg@choice.no](mailto:g.sarpsborg@choice.no)

Latest date for reservation of official accommodation is **11 July 2019**.

Offered rates (Use the booking code “**VM2019**”):

Category	Rate
Price per day per person in single room	885 NOK
Price per day per person in double room	563 NOK
Price per day per person in triple room	456 NOK
Price per day per person in a quadruple room	402 NOK

The price includes:

- Large breakfast buffet
- Waterpark access

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

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

[www.visitoestfold.com/en/accommodation](http://www.visitoestfold.com/en/accommodation)

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

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

## 6.2 Food

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In the Quarantine and the team zone in the arenas, we offer refreshments and water.

In the spectator tent at arena Knatterudfjellet we will offer a smaller selection of cold and hot food. In the spectator area at Mørk arena cold & hot food and drinks are sold. Vegetarian food will be offered at both arenas.

## 6.3 Dinner and farewell party

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At the last night a two course dinner (drinks are included) will be offered for all competitors and team officials. Remember to order and pay for dinner together with the entry fee! The dinner will be followed by a farewell-party (teams and volunteers). Free entrance at the farewell party, drinks (non-alcoholic and alcoholic drinks) and small snacks will be sold. Of course, there will also be a DJ.

## 7 Embargoed areas

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For information about all embargoed areas, see info at:

[eventor.orienteering.org/Events/Show/5326](http://eventor.orienteering.org/Events/Show/5326)

and use the following link for details:

[www.google.com/maps/d/viewer?mid=14n3Qcf0kia5mV3QB8kcvzrehhQ](http://www.google.com/maps/d/viewer?mid=14n3Qcf0kia5mV3QB8kcvzrehhQ)

### **Embargoed areas WOC 2019:**

The areas are embargoed for runners and team officials until all competitions are finished. Any attempt to visit, inspect or train in the competition terrains are forbidden, unless explicitly permitted by the organiser. Driving, biking and running along paved roads (roads with asphalt cover) is not permitted after 1 January 2019.

**Embargoed reserve areas WOC 2019:** The areas is embargoed for runners and team officials from 3 September 2017 and will stay embargoed until all competitions are finished. Any attempt to visit, inspect or train in the competition terrain is forbidden, unless explicitly permitted by the organiser. Driving, biking and running along paved roads (roads with asphalt cover) is not permitted after 1 January 2019.

See also additional information in section 12.1 «Spectator race for WOC athletes».

For location of the competition arenas see section 3.3.



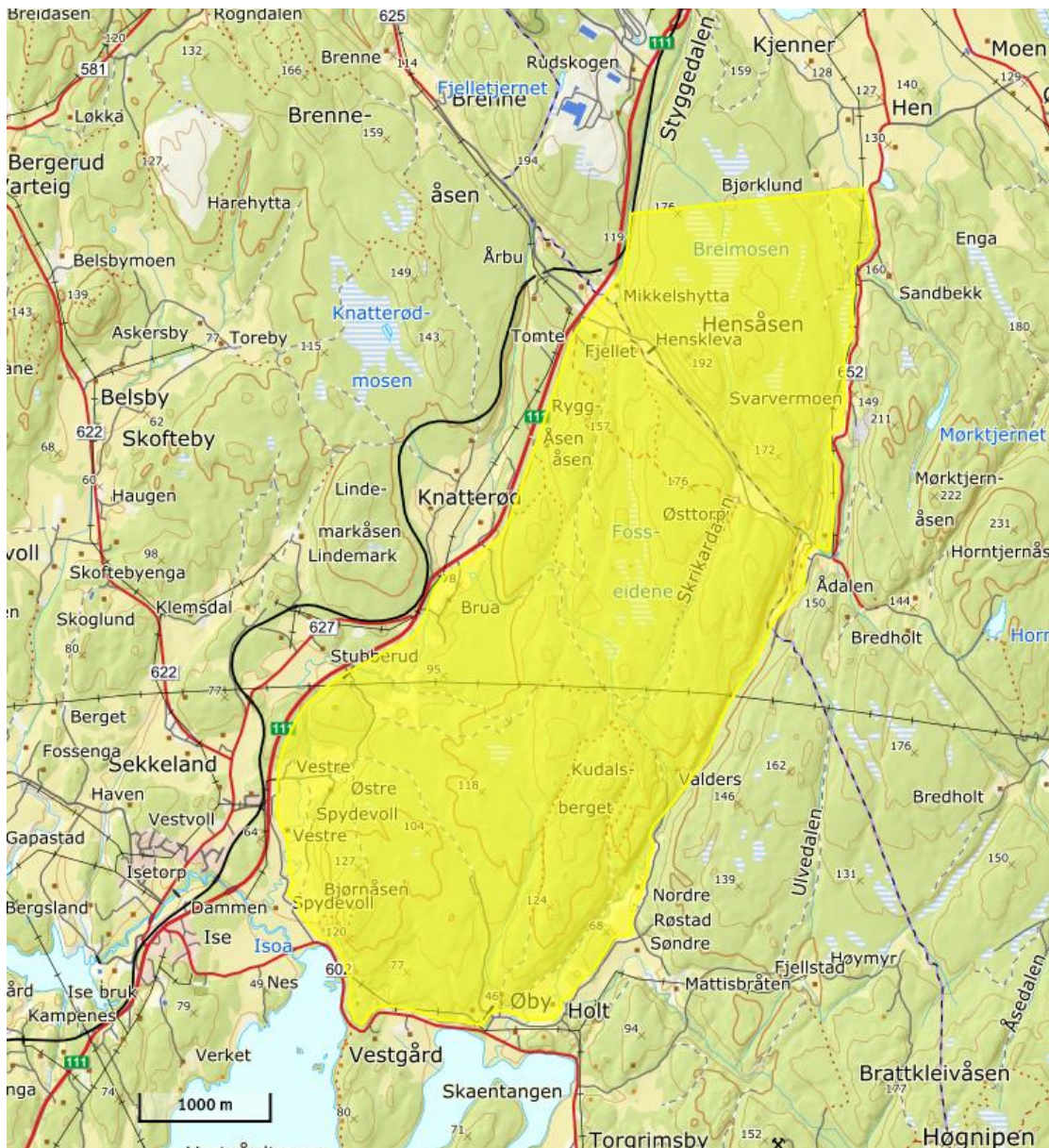
**Latest colour copy of maps of embargoed areas.**

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

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

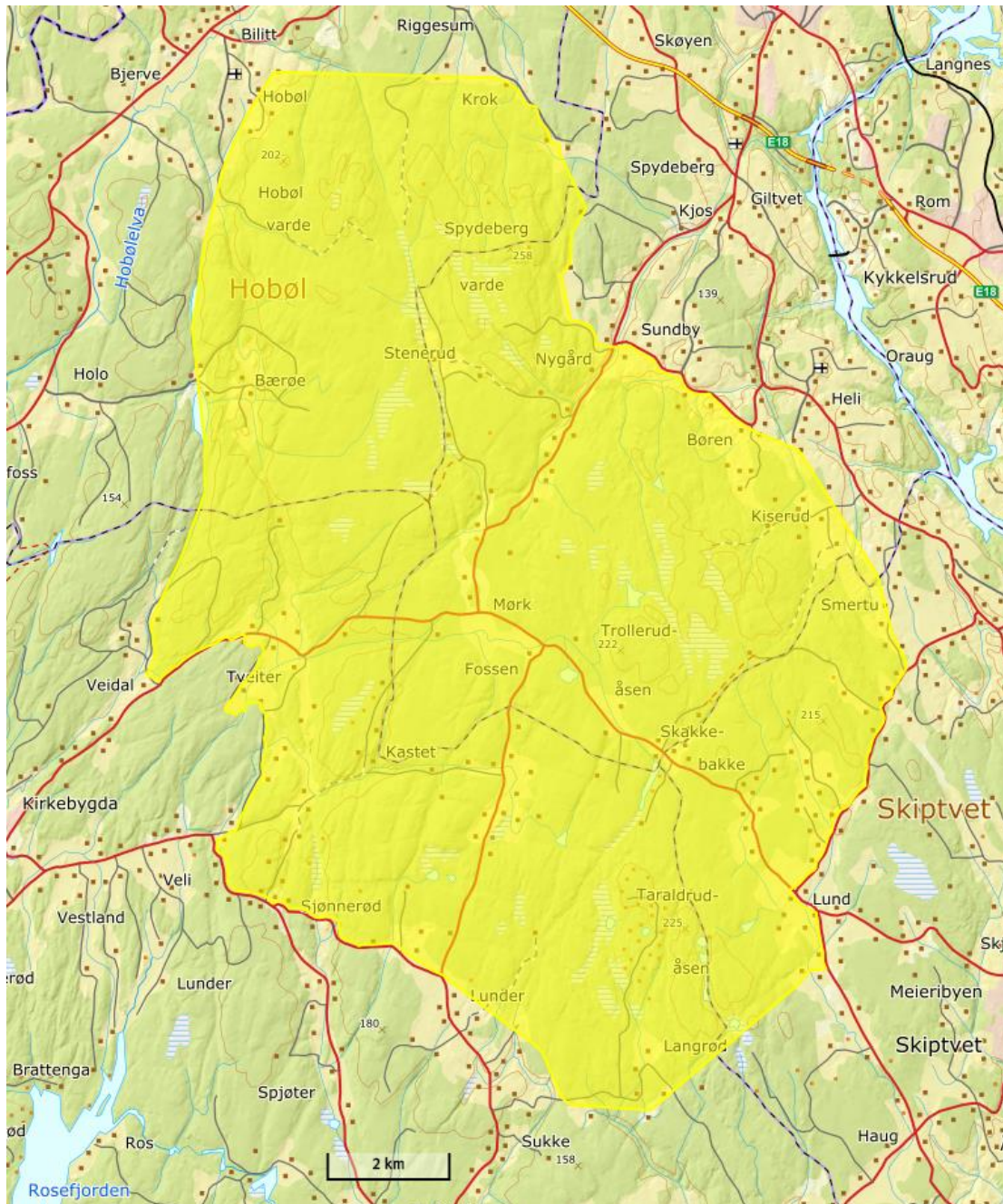


## 7.1 Embargo WOC 2019 area 1

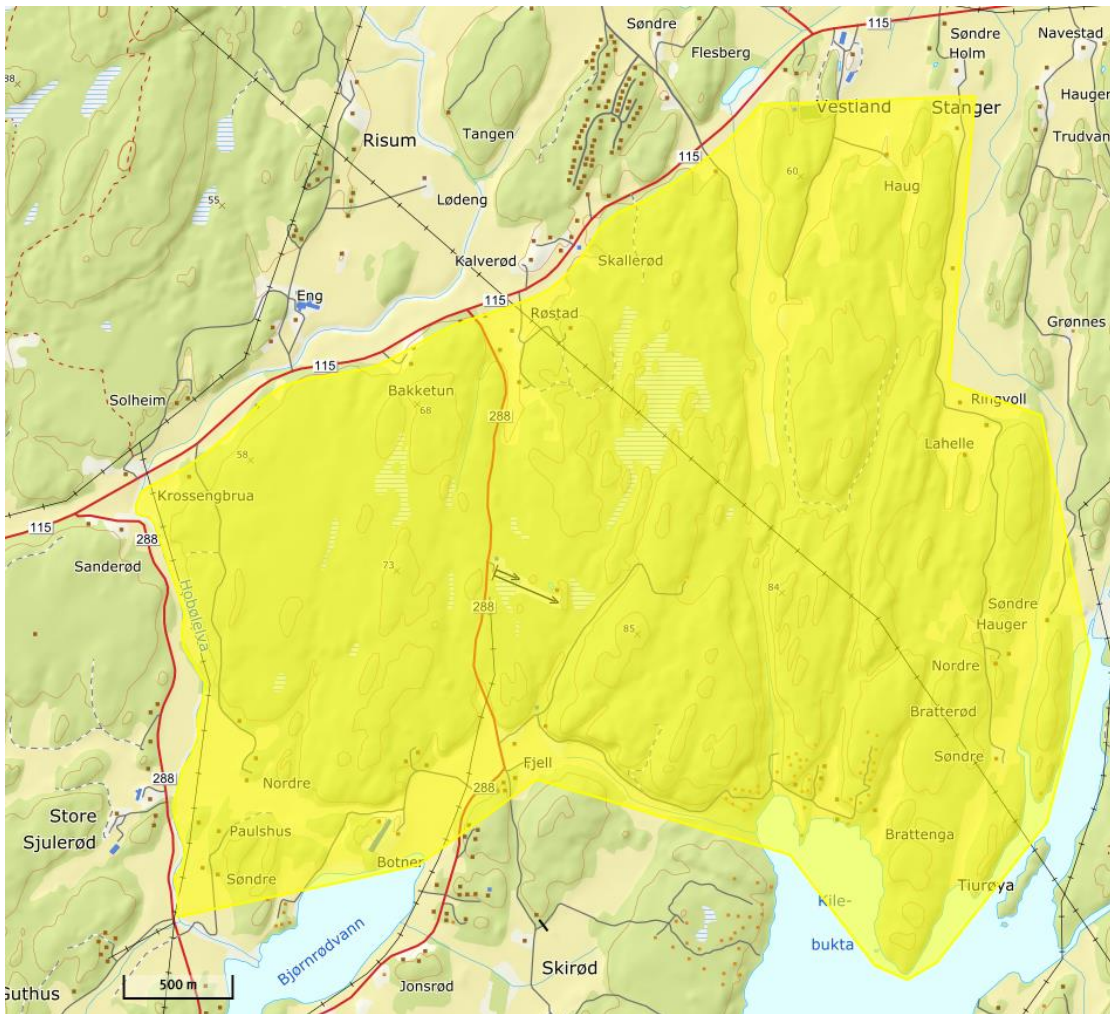




## 7.2 Embargo WOC 2019 area 3

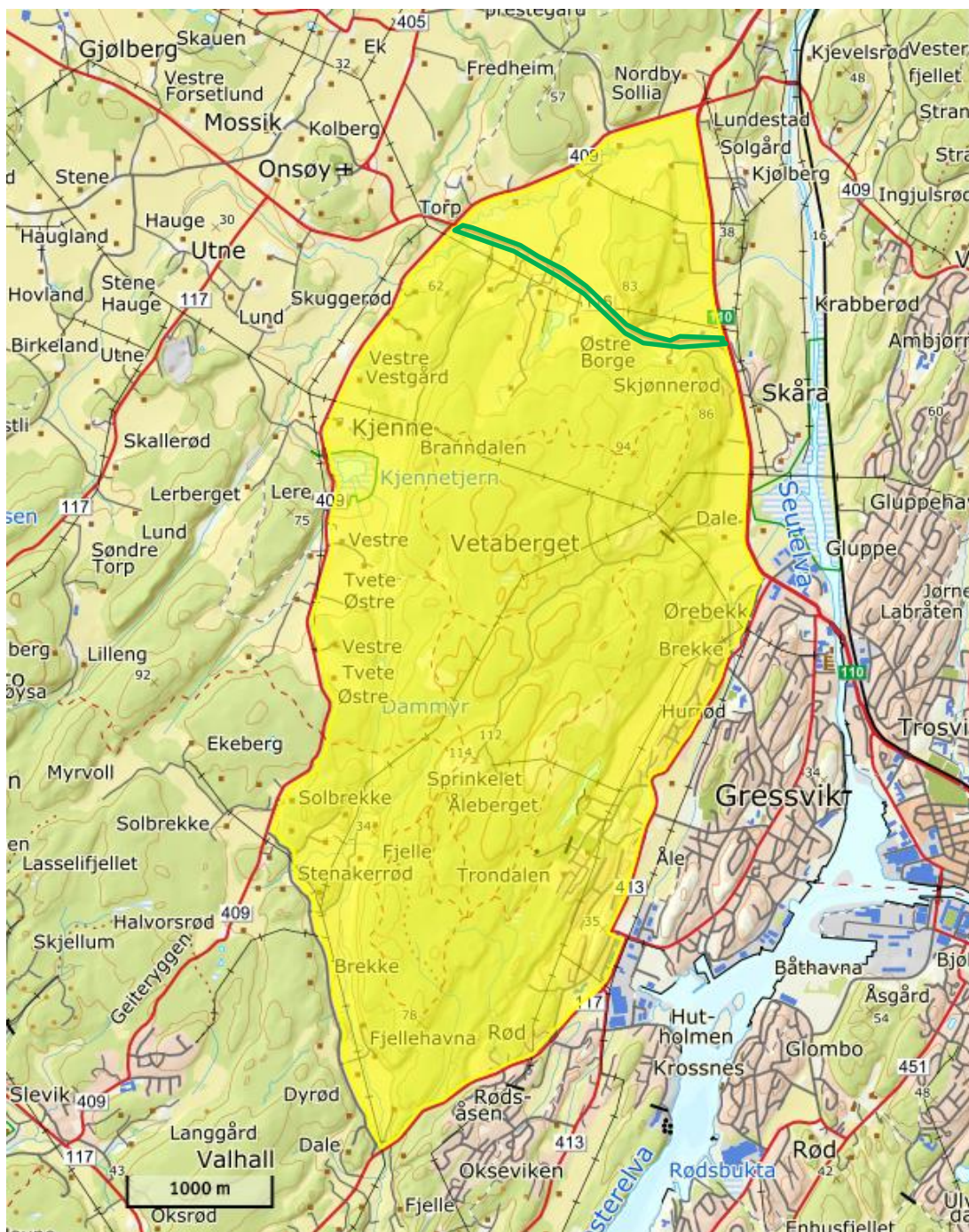


## 7.3 Embargo WOC 2019 reserve area





## 7.4 Embargo WOC 2019 reserve area 2



Driving, biking and running along Gamle Åleve, Storveien, Vikaneveien, Kjenneveien, Torpelia and Road 116 Husebyeveien is allowed.

## 8 Training possibilities

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Maps, areas, available training courses are announced and updated at: [woc2019.no/en/trainings](http://woc2019.no/en/trainings).

There are a variable number of official training courses with marked controls in the forest at any time. There are also possibilities to plan your own trainings in addition to the official trainings. If you want to purchase printed maps without controls or JPG/PDF/OCAD-files for that purpose, please contact WOC2019 or the clubs directly. See the list below for detailed information about relevant training maps. At the web-page one also can find the order form: [woc2019.no/files/training/Map\\_order\\_form.docx](http://woc2019.no/files/training/Map_order_form.docx).

For further information and to make your order:

**Contact person: Håvard Lucasen, using e-mail: [training@woc2019.no](mailto:training@woc2019.no)**

Please note that some of the training areas are in the proximity of the embargoed areas: **respect the embargoed areas!** Please notice the information about car parking possibilities, and that some areas it is forbidden to enter during mentioned periods.

The most relevant map for WOC2019 Mørk is Gillingsrød available from Fredrikstad SK

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

Category	Rate
OCAD-file*	1 500 NOK per file
PDF-file*	1 000 NOK per file
Printed map with or without course and controls	50 NOK

\*: The tenant may invite runners from other teams [in division 2 and 3 (IOF's ranking list)] for a cost of 50 NOK per print, the total amount must be paid to WOC2019.

Before 10 August 2019 the printed maps can be picked up at Inspiria, Sarpsborg ([www.inspiria.no](http://www.inspiria.no)), located next to the Event Centre, during the opening hours (09:00-15:00 on weekdays/11:00-16:00 in weekends). From 10 August 2019 the maps can be picked up and paid at the event office during the opening hours.

### 8.1 Relevant training maps

---

The recommended training maps can be separated into three groups;

- 1) WOC 2019 official training maps, issued and offered by WOC2019

**W-cup 2018, Skolleborg, Bakkeli, Mjølnørød**

Scale/Contours: 1:10 000 (Bakkeli, Mjølnørød)/1:15 000 (Skolleborg) / 5 m

Mapmaker: Janne Weckmann, Jussi Silvennoinen, Issued: 2018

Club: Issued by WOC2019, contact [training@woc2019.no](mailto:training@woc2019.no) if you want to order the map (OCAD/PDF/JPEG-file or print).

Open for training in May/June, but only trainings with individual start and max 15 competitors in the forest.



**Knatterudfjellet nord**

Scale/Contours: 1:10 000 / 5 m

Mapmaker: Kristen Treakrem, Issued: 2018

Club: Issued by WOC2019, contact [training@woc2019.no](mailto:training@woc2019.no) if you want to order the map (OCAD/PDF/JPEG-file or print). Not open for training in the following periods: 1.5-15.6.

**Note:** The terrain have been strongly affected by forestry during the winter and is no longer recommended for training.

2) Relevant training maps offered by WOC2019, issued by clubs outside the WOC2019-organization,

**Bjerkeskogen**

Scale/Contours: 1:10 000 / 5 m, Mapmaker: Kristen Treakrem, Issued: 2017

Club: Driv IL, contact [training@woc2019.no](mailto:training@woc2019.no) if you want to order the map (OCAD/PDF/JPEG-file or print). Use the parking-opportunities marked on the map.

**Svestadtjern**

Scale/Contours: 1:10 000 / 5 m, Mapmaker: Kristen Treakrem, Issued: 2018

Club: Nesodden IF, contact [training@woc2019.no](mailto:training@woc2019.no) if you want to order the map (OCAD/PDF/JPEG-file or print). Use the parking-opportunities marked on the map. Open for training in May/June, but with restrictions in areas. Contact [training@woc2019.no](mailto:training@woc2019.no) for detailed information.

**Nesodden nord**

Scale/Contours: 1:15 000 / 10 000 / 5 m, Mapmaker: Kristen Treakrem, Issued: 2011

Club: Nesodden IF, contact [training@woc2019.no](mailto:training@woc2019.no) if you want to order the map (OCAD/PDF/JPEG-file or print). Use the parking-opportunities marked on the map. Open for training in May/June, but with restrictions in areas. Contact [training@woc2019.no](mailto:training@woc2019.no) for detailed information.

3) Other relevant training maps issued and offered by the respective clubs

See [woc2019.no/en/trainings](http://woc2019.no/en/trainings) for a full overview. Below are the maps with special notes:

**Rudskogen**

Scale/Contours: 1:10 000 / 15 000 / 5 m, Mapmaker: Kristen Treakrem, Issued: 2016

Club: Sarpsborg OL, Varteig OL

Not open for training in the following periods: 1.5-15.6. Use the parking-opportunities marked on the map.

**Note: Parts of the map will be reviewed and used for the model event.**

**Gillingsrød**

Scale/Contours: 1:15 000/1:10 000 / 5 m, Issued: 1996, updated 2017/2018

Mapmaker: Lars Ole Klavestad/Svein Jacobsen/Gaute Hallan Steiwer

Club: Fredrikstad SK

Use the parking-opportunities marked on the map. No further restrictions.

**Note: "the most relevant terrain for Mørk", according to course setter at WOC2019 Long**

## 8.2 Club contacts for trainings

If you want to plan other trainings than the official training offer, please contact the clubs directly to order printed maps or JPEG/PDF/OCAD-files.

CLUB	Contact person	Contact information
Gimle IF	Per Øyvind Kindem	<a href="mailto:post@gimle-if.no">post@gimle-if.no</a>
Fredrikstad SK	Kjell Arild Karlsen	<a href="mailto:kjellakarsen@hotmail.com">kjellakarsen@hotmail.com</a>
Halden SK	Emil Wingstedt	<a href="mailto:emil.wingstedt@gmail.com">emil.wingstedt@gmail.com</a>
Indre Østfold OK	Anne Haugerud	<a href="mailto:amshaugerud@gmail.com">amshaugerud@gmail.com</a>
OK Moss	Tore Bjørnerød	<a href="mailto:torebjornerod@gmail.com">torebjornerod@gmail.com</a>
Sarpsborg OL	Tom Wahlgren	<a href="mailto:tom.wahlgren@gmail.com">tom.wahlgren@gmail.com</a>
Trøsken IL	Finn Henry Lillestrand	<a href="mailto:fhillestrand@gmail.com">fhillestrand@gmail.com</a>
Varteig OL	Kjell Lunde	<a href="mailto:kjell.lunde44@gmail.com">kjell.lunde44@gmail.com</a>

## 8.3 Training camps

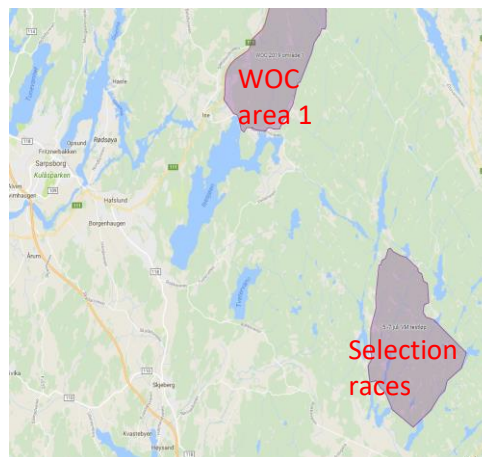
The first official training camp for WOC 2019 took place from 28 August to 5 September 2018. Preliminary dates for the two next camps, based on feedback from national teams, are:

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

## 8.4 Selection races

Dates for selection races are 5 July and 7 July 2019 with Halden SK as organiser. Invitation and entry can be found as:

- Long distance:  
[eventor.orientering.no/Events/Show/10691](http://eventor.orientering.no/Events/Show/10691)
- Middle distance:  
[eventor.orientering.no/Events/Show/10692](http://eventor.orientering.no/Events/Show/10692)
- Embargoed area:  
[www.google.com/maps/d/viewer?mid=1Ty0mN9pGReL7mAXSvXWoEdVl-fc&ll=59.226926598054106%2C11.371138350000024&z=13](http://www.google.com/maps/d/viewer?mid=1Ty0mN9pGReL7mAXSvXWoEdVl-fc&ll=59.226926598054106%2C11.371138350000024&z=13)



## 9 Rules and General information

### 9.1 Competition rules

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The Competition Rules for IOF Foot Orienteering Events (version of 2019) shall be applied for participation in the World Orienteering Championships 2019. Please refer to the Competition Rules on the IOF website [orienteering.sport/orienteering/competition-rules/](http://orienteering.sport/orienteering/competition-rules/)

### 9.2 Classes and entry regulations

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

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

### 9.3 Anti-doping

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Doping is strictly forbidden, and the organisers of the world championships are dedicated to support the anti-doping authorities in their work. Doping controls may be carried out any time during the competition period in accordance with the procedures described in the WADA International Standard of testing. The IOF Anti-Doping Code and rules and the World Anti-Doping Code 2015 apply as of 1 January 2015. Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. The athlete should also bring along their therapeutic use exemption (TUE) if applicable. In general, it is advisable that athletes bring their ID to all competitions and events. For more information, please consult: [orienteering.sport/iof/resources/for-athletes/athletes-licence/](http://orienteering.sport/iof/resources/for-athletes/athletes-licence/)

### 9.4 Insurance

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

### 9.5 Climate and any hazards

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

## 9.6 Directions for obtaining entry permits (visas)

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

## 9.7 Athlete licence

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

## 10 Media

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For media accreditations, see section 5.4. The media service includes: free wi-fi, electricity sockets, and a working area. These services will be available in the media tents at the arenas and in the Event Centre at Quality Hotel in Sarpsborg. For accommodation Hotel Scandic Sarpsborg is recommended: [www.scandichotels.com/hotels/norway/sarpsborg/scandic-sarpsborg](https://www.scandichotels.com/hotels/norway/sarpsborg/scandic-sarpsborg)

Additional information for media representatives are published at: [woc2019.no/en/media-en](https://woc2019.no/en/media-en)

## 11 Competition information

### 11.1 Punching, timing system and GPS tracking

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**Punching system:** Emit Touch-Free punching and timing system is used in all competitions. Each runner will carry two emiTags at the same wrist. The punching is performed by holding the emiTag 20 - 50 cm above the control for a short moment. The LED light in the emiTag will start flashing after a successful punch and will keep flashing for 5 seconds. In case of any Emit-unit failure (no feedback signal) athletes must punch using the second Emit unit as a backup. Timekeeping services will be provided by EQ Timing. It will be possible to test the punching system at the technical model event.

**GPS tracking:** Tracking devices will be used for all the competitions. It is mandatory for the competitors to use GPS. Personal harnesses are allowed. Athletes that do not have a personal harness shall order one in IOF Eventor. GPS tracking services will be provided by TracTrac.



## 11.2 Clothing

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Full body coverage is required, short-sleeved tops are permitted.

## 11.3 Race information

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**Terrain Knatterudfjellet:** The terrain is varied with flatter parts and relatively steep detailed slopes in between. Total height differences about 50m. There are signs of logging work. Mostly open pine forest on the hill tops and denser spruce and mixed vegetation in the lower parts. Very few marshes.

**Terrain Mørk:** The terrain is undulating and detailed, with relatively small height differences in the eastern part and some higher hills in the western part. Total height differences about 60m. Mostly good runnability and medium visibility. In some parts the ground is covered with relatively high heather. Pine forest on the hill tops and spruce or mixed vegetation on the lower parts. Some signs of logging work spread around in the terrain, mostly close to the arena. Otherwise very few man-made features. Relatively few and fairly dry marshes.

### Preliminary course information:

Race		Est. winning time [min]	Length [km]	Number of controls	Climb [m]	Number of refreshments
Long distance	Women	80	11.6	21	300	4
	Men	98	16.7	26	530	5
Middle distance qualification	Women	25	3.6	12	160	0
	Men	25	4.2	14	180	0
Middle distance final	Women	35	5.2	18	190	1
	Men	35	6.2	22	240	1
Relay (per leg)	Women	31/31/33	4.8 /4.8/5.1	12	155	1
	Men	32/32/35	6.0/6.0/6.5	15-16	195	1

### Maps:

Race	Map	Scale / Contour interval	Mapper	Course planners
Long distance	Mørk	1:15'000 / 5m	Kristen Treekrem	Tom A. Karlsen and Unni Strand Karlsen
Middle distance qualification	Knatterud	1:10'000 / 5m	Kristen Treekrem	Tormod Jensen
Middle distance final	Mørk	1:10'000 / 5m	Kristen Treekrem	Tormod Jensen
Relay	Mørk	1:10'000 / 5m	Kristen Treekrem	Erik Sandbæk and Morten Johansen

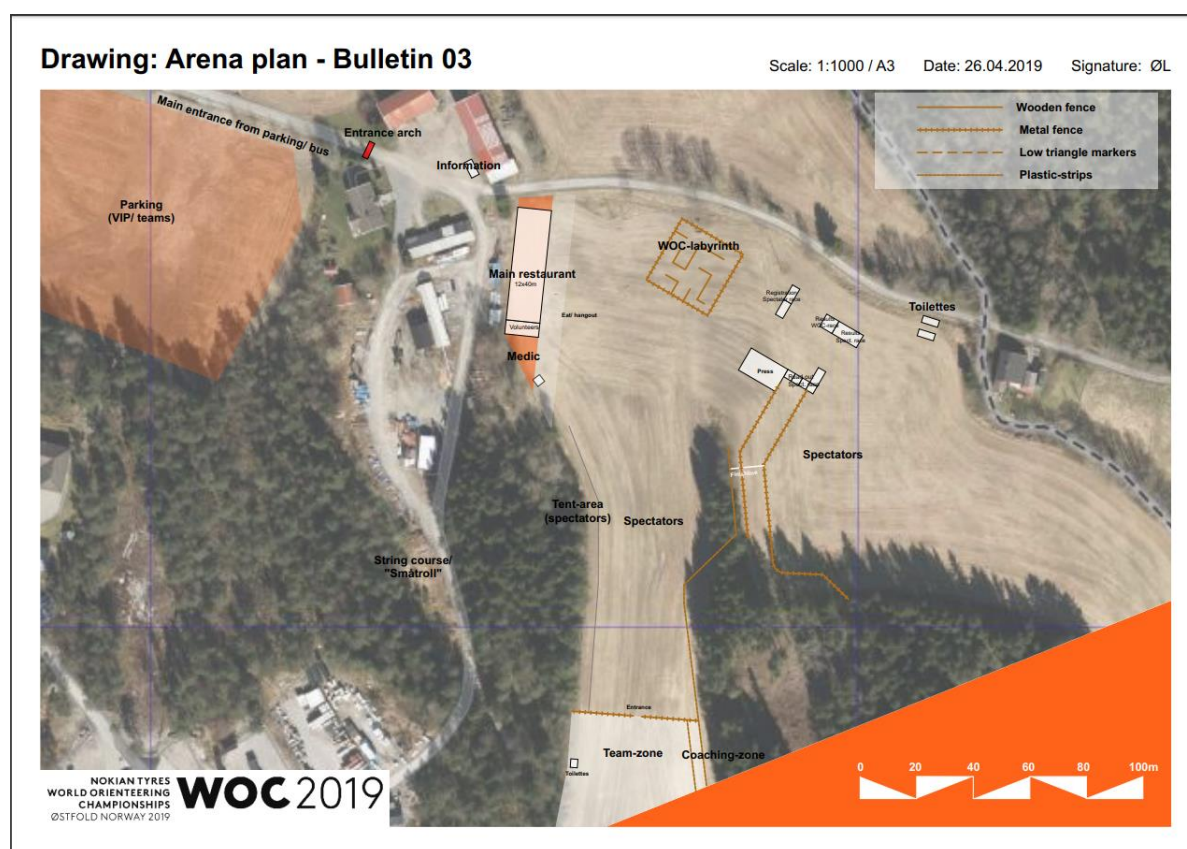
Maps are drawn according to the International Specification for Orienteering maps (ISOM 2017).

**Quarantine Knatterud:** The quarantine for the Middle distance qualification will be in tents in the terrain, driving instructions will be provided in Bulletin 4. From Quarantine it is a marked route to the Pre-start.

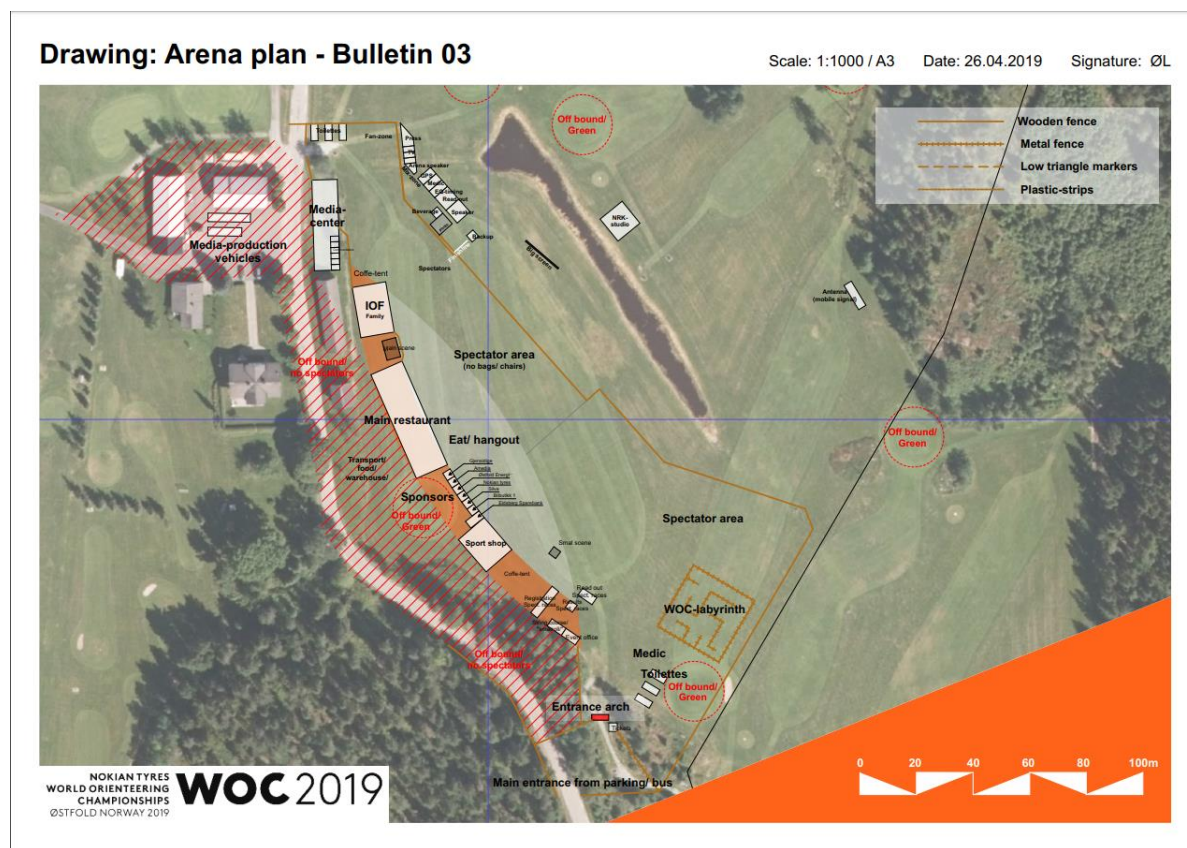
**Quarantine Mørk:** The quarantine 1 for the Long distance and Middle distance final will be at Spydeberg skole, situated close to E18 at the north side of the embargoed area. The transport distance to quarantine 2 is at maximum 35 min for the Long distance and 25 min for the Middle final. From quarantine 2 it is a marked route to the Pre-start.

**Team tents** will be allowed at all the quarantines and in the team zones at the finish. Be prepared that team tents have to be built on hard ground.

### Preliminary Arena map Knatterud



## Preliminary Arena map map arena Mørk



## 12 Spectator races

### 12.1 Spectator race for WOC athletes

WOC athletes not competing in the WOC competition are allowed to visit the WOC arena as a spectator during the respective competition duration. Furthermore, they are allowed to compete in the WOC spectator race. Please follow strictly the guide lines in the directives for WOC spectators (to be published) how to travel and access the arena.

There will be a number of reserved start times in the classes D21E, H21E and Open courses for WOC athletes want to run in the spectator races. These start times will be available on a first-come first serve principle at the WOC spectator race office in the arena (direct-enter desk). Athletes without own Emit punching card can rent it on site.

### 12.2 General info – spectator races

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



you can wish for: **so sign up now!**

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

### Program Spectator races

Date	Ordinary Start times	Event/Race	Location
12.08	16:30 – 18:00	Sprint	Sarpsborg square
13.08	12:30 – 15:00	Middle distance	Arena Knatterud
14.08.	10:30 – 13:00	Middle distance	Arena Mørk
15.08.	10:00 – 12:30	Middle distance	Kongsten, Fredrikstad
16.08	11:00 – 13:30	Middle distance,	Arena Mørk
17.08	12:30 – 15:00	Long distance	Arena Mørk

Entry to spectator races: [eventor.orientering.no/Events?startDate=2019-08-12&endDate=2019-08-17&organisations=20&classifications=International%2CNational](http://eventor.orientering.no/Events?startDate=2019-08-12&endDate=2019-08-17&organisations=20&classifications=International%2CNational)







# Eidsberg Sparebank

Siden 1848

