



**EGK**



**OL-WELTCUP**

**LAUFEN**

**27.-29.9.2019**




# BULLETIN 4



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# WELCOME TO LAUFEN

Dear athletes, ladies and gentlemen

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

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

We are expressing a warm welcome to you in Switzerland!

Matthias Niggli  
Event Director EGK OL-Weltcup

## 1. ORGANISATION

### Organising Committee

Matthias Niggli	Event Director
Urs Hofer	Technical Director
Hansueli Steinmann	Security
Doris Grüniger	Event Centre
Martin Oppliger	Start
M. Hitz/P. Thoma	Finish, Arena,
Daniel Leibundgut	Results, IT Services
A. Wenger/ L. Schubnell	Live-Production
S. Furter/ V. Ruppenthal	Media
Christoph Aeschlimann	VIP
Brigitte Grüniger Huber	Finances
Stephan Gürtler	National races

### Event Advisors

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

## 2. EVENT CENTRE

The Event Centre is located at "Alts Schlachthuus", Seidenweg 55 in Laufen.  
47°25'19.4"N 7°30'13.6"E.

Contact person:  
Matthias Niggli (+41 79 222 13 87).

Arriving by car: from Basel or Delémont, drive on the Baslerstrasse through Laufen. After crossing the river "Birs", turn into Naustrasse then turn right to the parking on the north side of the Event Centre.

Arriving by train:  
From the train station Laufen follow the road Naustrasse heading north for about 400m and then turn left to the Event Centre.

Be aware, that the area of Laufen is embargoed, except for the bigger roads!

At the Event Centre, a team official must check in to receive your bags containing Bulletin 4, training maps, 2 vouchers for dinner in the arena and additional information.

The Team Officials' Meeting will be held in the Event Centre.

### 3. PROGRAMME

#### Wednesday, 25 September 2019

Event Centre opens	13:30-17:00
Free training	14:00-18:00

#### Thursday, 26 September 2019

Event Centre opens	09:00-12:00
Free training	10:00-18:00
Event entry deadline /	
Entry deadline Middle	12:00
Kids meet World Champions	13:30-14:30
Event Centre opens	17:00-19:00
Team Officials' Meeting	17:30-18:30

#### Friday, 27 September 2019

##### EGK OL-Weltcup Middle

Quarantine check-in opens	08:45
First start approx.	10:00
Quarantine closes	12:00
Last start Women	13:30
Last start Men	15:05
Flower ceremony women	15:45
Flower ceremony men	15:55
Entry deadline Knock-out Sprint	17:30
Dinner at the Arena Laufen	18:00-20:00
Prize giving ceremony	19:30

#### Saturday, 28 September 2019

##### EGK OL-Weltcup Knock-out Sprint

Quarantine check-in opens	07:45
Quarantine closes	08:45
First start Qualification Women	09:00
First start Qualification Men	09:35
Heat choice Women	10:00
Heat choice Men	10:40
First start ¼-Final Women (every 7')	10:50
First start ¼-Final Men (every 7')	11:32
Quarantine check-in opens	13:15
Quarantine closes	14:50
First ½-Final Women (every 12')	15:10
First ½-Final Men (every 12')	15:46

Final Women	16:24
Flower ceremony women	16:35
Final Men	16:43
Flower ceremony men	16:55
Knock-out sprint map	
accessible for all athletes	17:00-17:30
Entry deadline Sprint	17:30
Dinner at the Arena Laufen	18:00-20:00
Prize giving ceremony	19:30

#### Sunday, 29 September 2019

##### EGK OL-Weltcup Sprint

Quarantine check-in opens	10:15
Quarantine closes	11:30
First start B-Final approx.	11:40
Athletes' presentation	12:45
First start Women	13:11
Last start Women	14:03
First start Men	14:08
Last start Men	15:07
Flower ceremonies women/men	15:25
Prize giving ceremony	15:50
World Cup party	20:00-00:00

##### Catering Friday and Saturday evening

At accreditation, all accredited runners and team officials will get two vouchers for a warm meal (without drinks) supplied by the caterers in the big tent on Friday and Saturday evening (18:00-20:00).

### 4. TRAINING

Please note that running inside the embargoed area is not allowed. Check the map specifying the embargoed area before heading towards a training map or going jogging.

## 4.1 Middle

Bännlifels, orienteering map 2019, 1:10'000, 5m contours.

Mapmaker: Urs Steiner

Map with controls and control flags in the forest.

Controls will be placed from Wednesday 14:00 to Thursday 18:00.

There are only controls flags, no SI and no numbers. The mapping, printing and the vegetation are relevant to the race. Please respect forbidden areas on the map and check the embargoed area before driving to the training map.

Arriving by car: 5' drive from Laufen.

47°23'37.6"N 7°30'32.8"E

Arriving by bus: From Laufen railway station take the bus number 114 (direction Bärschwil) to bus stop Wahlen b. Laufen, Oberdorf.

Busses are leaving every hour at XX.04, travel time 4 minutes. The bus stop is on the edge of the training map.

## 4.2 Knock-out Sprint and sprint

Delémont orienteering map 2019, 1:4000. 2m contours. Mapmaker: Esther Wenger.

There are some controls on the map which show relevant control positions for the competition. There will be no controls placed in the terrain.

Arriving by car: 17km from the event centre.

Parking at the sports centre, 47°21'41.2"N 7°20'28.8"E.

Arriving by train: direct connections between Laufen and Delémont twice every hour (leaving Laufen XX.03 and XX.21).

Please be careful: there is normal traffic running in the streets.

Every entered runner and coach will receive one of each training map at the Event Centre.

## 5. COMPETITION RULES

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

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

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

Complaints/protest must be handed over in writing using the official form to an event official in the finish area at the information desk no later than 15 minutes after the official results have been published (separately for women and men; announced by the speaker).

In the Knock-Out Sprint, any complaint shall be made to the organiser not later than 3 minutes after the corresponding heat results are published. A Complaint may initially be made orally but must subsequently be in writing.

Jury    Lars Lindström, DEN (to be approved at TOM)  
          Aron Less, HUN  
          Michael Eglin, SUI

## 6. EMBARGOED AREAS

The marked competition areas on the maps on page 24 and 25 are embargoed areas. It is prohibited to enter the embargoed areas for competitors, team officials and others who, through knowledge of the terrain or the competitions, may influence the results of the competitions.

These embargoed areas are off limits until the day prior to the competition. On competition day, special rules set by the organiser will apply covering access to the competition areas and to quarantines (see 8. Competitions).

The Knock-out Sprint will finish inside the embargoed area of the sprint: Of course, it is allowed to run inside the embargoed area with the competition map during the race.

Everyone may start in the official or open classes of the national competitions (Saturday and Sunday).

## 7. TRANSPORT/PARKING

Once in Laufen, the transports to quarantine, pre-start and finish areas will be made by own car, public transport or on foot. There are parking possibilities at quarantine and near finish areas for the teams (see 8. Competitions).

Laufen can easily be reached by train, time tables can be found on [www.sbb.ch](http://www.sbb.ch).

## 8. COMPETITIONS

### Start procedures

The start of the race times will be determined as follows:

WC#5, Qualification of WC#6 and WC#7:

Listed start times, competitors will be released at the start by a hand on the shoulder.

WC#6 quarter-final, semi-final and final:  
Mass start announced by a start signal.

In individual races 10 seconds before the start time the competitor hears a signal from the start clock. 5 seconds before start the count-down begins with short beeps and a long beep at the start time.

In mass start, the remaining time to the start will be announced in English.

The competitor's map is placed next to the start line within reach of the starting competitor.

The start triangle is marked in the terrain by a control flag. The route to this flag is marked with ribbon. Competitors must follow this marked route to the starting point.

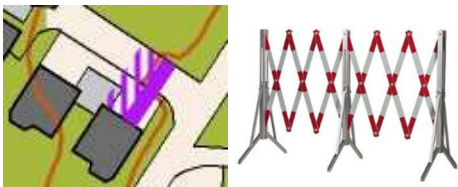
The detailed start procedure will not be demonstrated.

Competitors who are late for their start will be starting between the next start interval. If the lateness is the fault of the competitor, they will be timed as if they had started at their allocated start time. Competitors who are late through the fault of the organizer will be timed with their real start time.

### Artificial barriers

In the sprint competitions, artificial barriers will be used. They are marked on the map with the purple symbol 707 (unpassable

boundary) and the out-of-bounds symbol behind to clarify the situation. In the terrain, there is a mobile fence and ribbon to show these barriers.



### **Finish procedures**

Competitors must follow the marked route from the last control to the finish.

In all races, the finish time will be taken when the SIAC-cards crosses the finish line. In case of a head-to-head run in finish judges will rule on the final placings based on the order that the competitors' chest cross the finish line.

The running times will be rounded down to the nearest second.

On WC#6 and WC#7 the finish line will be at the beginning (bottom) of the stage-ramp.

After the finish, the competitor will be guided through the finish zone. He/she:

- Punches the download SI unit to read out the data. Competitors are then given a print-out with their official time and the control punch data. Should the punch check indicate a miss- punch the competitors are taken through a special procedure before continuing
- Hands over the map
- Gives back the GPS unit and vest (if he/she had one)
- Can take official FOCUSWATER refreshment (contact with the team leader is possible),
- Occupies the leader chair on the podium, if she/he is the current leader

- Draws in her/his route choices if asked to do so
- Is ready for media requests
- Gets a cool-down map

Only the officially accredited team coaches will have access to the finish zone to welcome incoming runners.

Athletes shall be ready for live interviews with the speaker or TV on the stage.

### **GPS**

GPS units will be given to all athletes in the knock-out sprint semi-final and final as well as to selected athletes in middle and sprint. Names of the selected athletes will be published in the quarantine.

The organiser provides GPS-vests. Own GPS-vests may also be used.

Personal GPS data loggers are only allowed if they have no display or audible feedback. No GPS watches are allowed, there will be checks at the start.

### **TV-controls**

There will be TV cameras and photographers between and at controls (not marked on control description). Running cam and cable cam can also follow the athletes for a part of the course.

### **Number bibs**

Athletes must wear the official number bibs on their chest. They will be handed out on competition days at the quarantine check-in after having signed in but before the deadline.

### **Flower Ceremony**

Only a few minutes after the conclusion of the race, there will be a flower ceremony for the best 3 athletes on the stage with live broadcasting on TV. Please be ready for this award if you are on the podium.

### **Prize giving ceremonies**

Athletes ranked on positions 1 – 6 are kindly requested to line up behind the stage 10 minutes prior to the prize giving ceremonies. It's the athletes' responsibility to be there on time. Otherwise you will miss the prize money!

Athletes taking part in the prize giving should wear their national team uniform. All prize giving ceremonies take place in the big tent in the northern part of the Arena Amtshausplatz in Laufen.

## **8.1 EKG OL-WELTCUP MIDDLE WorldCup#5, Friday, 27 Sept 2019**

### **Format**

Middle distance competition. Start interval 2 minutes for all competitors. The start order is determined strictly by the order of the World Ranking as of 25 September (highest ranked start last).

### **Map**

Laufen Stürmenchopf, 1:10'000, 5m, by Urs Steiner. Map size A3, standard ISOM 2017-2.

### **Terrain**

Orienteering terrain between 400 and 700m above sea level. A mixture between deciduous and coniferous forest. Hilly topography with moderate to steeper slopes with a dense net of forest roads and hiking trails. Moderate to dense vegetation, some contour and rock details.

Forest work is carried out in the area to fell single trees affected by bark beetles. These works are not completely mapped in detail. Short urban area near the finish.

### **Forms**

Big landforms with moderate to steeper slopes.

### **Vegetation**

Mixed forest with moderate to dense ground vegetation.

### **Runability**

Varies between fast and slow. In some parts reduced runability due to dense ground vegetation.

There are some passable barbed wire fences in the terrain, please be careful!

### **Visibility**

Mostly good, reduced in dense areas.

### **Quarantine**

Gym hall Wahlen, Grindelstrasse 30, Wahlen. 47°23'57.4"N 7°30'52.6"E.

Parking next to the quarantine. Public bus number 114 from Laufen railway station (direction Bärschwil) to bus stop Wahlen b. Laufen, Oberdorf, from there 150m to the quarantine.

Busses are leaving every hour at XX.04, travel time 4 minutes.

There is a gym hall for the teams as well as outdoor space.

The quarantine is open from 08:45. Use of mobile phones and internet is forbidden for runners and coaches after having checked-in at the quarantine until after arriving at the finish!

Team officials get a map marked with the way to the finish area (transport by own car or on foot, 2.2km). From the pre-start, there is a walk down to the quarantine first.



## Interviews

The best women and men may be interviewed in quarantine for the athlete's presentation on TV.

## Check-in

Signing-in at the quarantine **by 12:00 at the latest**. There you will receive your number bib and the warm-up map. GPS vests will also be given to the selected athletes in the quarantine (you may use your own as well).

## Clothes

Transport from the quarantine to finish. Please leave your bags at the marked zone in the quarantine.

## Warm-up clothes

May be left at the pre-start. They will be transported to the finish area after the last start.

## Warm-up map

There is a warm-up map showing the way from the quarantine to the pre-start. There are no controls. You are not allowed to leave the area marked on the warm-up map.

## Pre-start

Marked on the warm-up map, no markings in the terrain. Distance from the quarantine to the pre-start: 2500m, 200m ↗.  
Shelter and toilets at prestart. Teams can set up their own tents.  
Team material for the pre-start (e.g. water, equipment, tent, etc.) will be transported at 9:00 from quarantine to pre-start and after 15:00 back to the quarantine.

## Detailed start procedure

Call up	→ Check SI card number → Check start number
-4'	→ Clear SI card → Check SI card → Tracking device is given to selected athletes
-3'	→ proceed to -2min → pick up the control description
-2'	→ SIAC check to verify proper functioning of SIAC mode → proceed to -1min
-1'	→ punch Start-IDENT unit → take up position behind the starting line
START TIME	An official releases the competitor at the start beep by taking his hand off the competitor's shoulder. Runner takes the map.
STARTING POINT	Distance 50m.

## Maps

Maps are sealed in plastic bags with the class written on the back. Runners are responsible to get the correct control description and map.

## Course planner

Kaspar Hägler and Stefan Lombriser

## Women

6.2 km, 220 m ↗, 17 controls, 1 ∩ (water), winning time 39',  
Control description 5 x 13 cm

## Men

7.0 km, 280 m ↗, 19 controls, 1 ∩ (water), winning time 39',  
Control description 5 x 15 cm

Maximum running time 1 hour 30 minutes.

### Special object

Flowerpots in both courses are used for the control placement at the last control. It is mapped with a black cross and in the control description the special item 6.1 (cross) is used.



### Coaching zone

There is no coaching zone.

### First aid

Drinking stations are equipped with radio and can call the doctor in case of an emergency.

There is a first-aid service in the finish area.

### Out-of-bounds

Please respect the out-of-bounds areas. They are marked on the map. If the area is shown with a continuous line, there will be ribbon in the terrain.

### Traffic

There are some public roads in the last part of the race, be careful when crossing roads.

### Public event

There will be a national competition in the same terrain on Sunday. There are some red and white markings/sticks showing their controls out in the terrain.

### Finish

At the Showroom of Laufen Bathrooms AG. 47°24'53.5"N 7°30'14.0"E.

There is some shelter for changing directly at the finish. There is no possibility to set-up your own team tents.

It is not allowed for teams to visit the finish area before their start and it is not allowed

to go to the quarantine / start / pre-start area if you have been at the finish area.

### Leader chair

The leading runner must sit on the leading chair directly after she/he passed the finish line (the leading man must wait until the women's race is finished). A team official may hand over the changing clothes to the runner.

The leader can follow the race on a TV-screen, she/he may only leave the stage according to the instructions of the organiser.

### Cool-down zone

It is only allowed to run in the area indicated on the cool-down map available at the finish.

### After-finish quarantine

Runners arriving at the finish before 12:00 must stay in the team- and the cool-down zone in the finish.

They are not allowed to communicate with anybody outside the team zone. Use of mobile phones and internet is forbidden for runners and coaches until 12:00 in the team zone at the finish!

Even team officials may not leave the team zone until 12:00.

After 12:00 the after-finish quarantine is lifted.

### Parking

There are no parking spaces around the arena. Public parking spaces are available at the railway station, 600m away from the arena. Follow non-embargoed road to arena.

## 8.2 EKG OL-WELTCUP KNOCK-OUT SPRINT WorldCup#6, Saturday, 28 Sept 2019

### Format

Knockout sprint competition conducted according to rule 12.26 and the [Knock-Out Sprint format description document](#).

For the elimination rounds, the courses may incorporate forking/splitting systems:

- No forking
- Forking with loops
- «Course Choice Model» where each competitor picks one of three options (for details see the [Knock-Out Sprint format description document](#)).

There will be no announcement in advance which method is used in which round.

### Maps

Zwingen, 1:4000, 2m and Laufen, 1:4000, 2m, by Esther Wenger. Size A4, standard ISSOM 2007.

The existing maps of Laufen can be downloaded on [www.ol-weltcup.ch](http://www.ol-weltcup.ch).

### Terrain

Urban terrain with smaller and bigger buildings and park areas. The old town of Laufen offers tricky orienteering in narrow streets, alleyways and on footpaths.

### Forms

Mostly flat.

### Course planner

Rahel Ruedlinger and Kilian Imhof

### Coaching zone

There are no coaching zones in the Knock-out Sprint.

### Shoes

It is forbidden to wear shoes with spikes and dobb spikes!

### First aid

There is a first-aid service in the finish areas.

### Traffic

Traffic is reduced in most parts of the terrain, but there can be cars, bicycles and spectators passing through the terrain. Take care and follow the instructions of the officials.

### Parking

There is a parking at the qualification quarantine. The cars can be picked up there after the quarter final.

For semi-final and final, the parking is at the event centre, teams must go to the quarantine from there.

### Quarantines

All quarantines offer shelter and toilets. No meal service or cooking possibilities will be available in the quarantines.

### Detailed start procedure of Knock-out Sprint qualification

Call up	→ Check SI card number → Check start number
-4 min	→ Clear SI card → Check SI card → Tracking device is given to selected athletes
-3 min	→ proceed to -2min → pick up the control description
-2 min	→ SIAC check to verify proper functioning of SIAC mode → take up position in the correct corridor (3 corridors)

-1 min	→ punch Start-IDENT unit → take up position behind the starting line
START TIME	An official releases the competitor at the start beep by taking his hand off the competitor's shoulder. Runner takes the map.
STARTING POINT	Distance see competition Instructions.

### Detailed start procedure of Knock-out Sprint quarter-final, semi-final and final

Call up 6 runners	→ Check SI card number → Check start number
-5' (QF/F) -7' (SF)	→ Clear SI card → Check SI card → Tracking device is given to selected athletes
	→ escort to the start
-2' (QF) -3' (SF/F)	→ SIAC check to verify proper functioning of SIAC mode → take up correct order for starting corridors (6 corridors)
-1 min	In case of course choice: → 3 choices are shown for 20 seconds → the runner chooses a course (rolled maps, letters A/B/C on the table in front of the map) → ready to start at -30" → the runner proceeds to the start line
START TIME	Mass start announced by the start signal. Runner opens the map.
STARTING POINT	Distance see competition Instructions.

## 8.2.1 QUALIFICATION

### Format

Qualification race with 3 heats in both classes. 1' start interval with 3 runners starting at the same time.

The start order in each qualification heat is determined strictly by the order of the Sprint World Ranking as of 26 September (highest ranked start first).

The top 12 runners in each heat qualify for the quarter final. In a case of a tie, the higher ranked runner in the Sprint World Ranking as of 26 September gets the better place.

### Quarantine

Tricktrack-Halle Zwingen.  
47°25'48.8"N 7°31'53.5"E.

Parking next to the quarantine. The train station Zwingen is situated 500m from the quarantine (two trains per hour from Laufen, leaving XX.24 and XX.56, travel time 3'). Teams can stay inside or outside; they are not allowed to set up their own tents. The building is without heating, so take some warm clothes with you in case of cold conditions.

The quarantine is open from 07:45. Use of mobile phones and internet is forbidden for runners and coaches after having checked-in at the quarantine until after arriving at the finish!

Team officials get a map at the quarantine to walk 1.2km to the finish area (driving by car is not allowed). From pre-start, they must walk back to quarantine first.

### Check-in

Signing-in at the quarantine **by 08:45 at the latest**. There you will receive your number bib and the warm-up map.

## Clothes

Transport from the quarantine to finish.  
Please leave your bags at the marked zone in the quarantine. No transport of warm-up clothes from pre-start to finish.

## Warm-up map

There is a warm-up map at the pre-start area. There are no controls. You are not allowed to leave the area marked on the warm-up map.

## Pre-start

Follow the signs from the quarantine.  
Distance from the quarantine to the pre-start: 500m, 0m ↗.  
Toilets at prestart.

## Start

Call up at -4 min. Distance from the start line to the start point: 110m.

## Maps

Maps are sealed in plastic bags with the class and heat written on the back. Runners are responsible to get the correct control description and map.

## Women

2.5km, 20 m ↗, 16-18 controls, winning time 9-11', control description 5x13cm.

## Men

3.1km, 20 m ↗, 20-22 controls, winning time 9-11', control description 5x13cm.

Maximum running time 30 minutes.

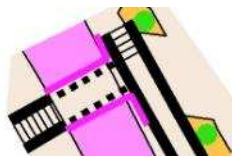
## Out-of-bounds

Please respect the out-of-bounds areas. They are marked on the map. If the area has a bounding line, there will be ribbon in the terrain.

## Traffic

Local traffic only. The main road through Zwingen is out-of-bounds. For better legibility this road is marked with symbol 714 (Temporary construction or closed area).

The runners cross this road through an underpass (compulsory route).



Example of a similar underpass

## Special objects

Mapped green crosses are garden objects (small hut made of branches), black crosses are different playground objects. In the control description the special item 6.1 (cross) is used.



Examples of playground objects

## Finish

Indoor facilities will be available. Teams are not allowed to set-up their own tents. There are no parking possibilities at the finish. Teams must park at the quarantine and walk from there to the finish (1.2km). It is not allowed for teams to visit the finish area before their start and it is not allowed to go to the quarantine / start / pre-start area if you have been at the finish area.

### **Cool-down zone**

It is only allowed to run in the area indicated on the cool-down map available at the finish.

## **8.2.2 QUARTER FINAL**

### **Format**

6 quarter finals per class with 6 runners in each quarter final. The top 3 in every race will qualify for the semi-final.

### **Heat pick by competitors**

The heat pick/bib distribution is organised in the indoor team zone of the qualification race and all competitors should be present.

Women: 10:00

Men: 10:40

If a competitor is not present at the time of the bib distribution, the competitor will lose her/his right to choose the heat. After everyone present made their choices, competitors who are not present will receive the available spots at random.

### **Quarantine**

After the heat pick, the qualified runners go directly to the quarantine of the quarter final which is close-by.

Teams must stay inside; they are not allowed to set up their own tents.

Use of mobile phones and internet is forbidden for runners and coaches after having checked-in at the quarantine until after arriving at the finish!

Team officials get a map at the quarantine to walk to the finish area (driving by car is not allowed). From pre-start, they must walk back to quarantine first.

### **Check-in**

Signing-in at the quarantine **directly after the heat allocation**. There you will receive the warm-up map.

### **Clothes**

Transport from the quarantine to finish.

Please leave your bags at the marked zone in the quarantine. No transport of warm-up clothes from pre-start to finish.

### **Warm-up map**

There is a warm-up map showing the way from the quarantine to the pre-start. There are no controls. You are not allowed to leave the area marked on the warm-up map.

### **Pre-start**

Marked on the warm-up map, no markings in the terrain. Distance from the quarantine to the pre-start: 600m, 10m ↗.

Toilets at prestart.

### **Start**

Call up at -5 min. Distance from the start line to the start point: 20m.

### **Maps**

Maps are sealed in plastic bags with the number bib written on the back. Runners are responsible to get the correct map.

Control descriptions are only printed on the map.

There is a map flip during the race for both women and men at a control. The second part of the course is on the other side of the map where the location of the map flip is marked with a start triangle.

Control numbers are continuous.

The map is rolled with the first part of the course facing the inside of the roll.

## **Women**

2.2 km, 10 m ↗, 14 controls, winning time 7-8', no separate control description.

## **Men**

2.5 km, 10 m ↗, 16 controls, winning time 7-8', no separate control description.

## **Traffic**

Local traffic only.

## **Finish**

Indoor facilities will be available. Teams are not allowed to set-up own tents.

There are no parking possibilities at the finish. Teams must leave their cars at the quarantine.

It is not allowed for teams to visit the finish area before their start.

## **Cool-down zone**

It is only allowed to run in the area indicated on the cool-down map available at the finish.

## **8.2.3 SEMI-FINAL**

### **Format**

3 semi-finals per class with 6 runners in each semi-final. The top 2 in every race will qualify for the final.

### **Heat allocation**

According to the Knock-Out Sprint format description.

### **Quarantine**

Schwimmbad Nau, Laufen.

47°25'18.5"N 7°30'33.3"E

Parking at the event centre, from there 500m walk to the quarantine. The train

station Laufen is situated 800m from the quarantine.

Teams can stay inside or outside, they are not allowed to set up their own tents. The building is without heating, so take some warm clothes with you in case of cold conditions.

The quarantine is open from 13:15. Use of mobile phones and internet is forbidden for runners and coaches after having checked-in at the quarantine after arriving at the finish!

Team officials must walk to pre-start and from there to the finish area (driving by car is not allowed).

### **Check-in**

Signing-in at the quarantine **by 14:50 at the latest**. There you will receive the warm-up map. GPS vests will also be given to all athletes in the quarantine (you may use your own vest as well).

### **Clothes**

Transport from the quarantine to the quarantine of the final (marked on the cool-down map). Please leave your bags at the marked zone in the quarantine. No transport of warm-up clothes from pre-start to finish.

### **Warm-up map**

There is a warm-up map showing the way from the quarantine to the pre-start. You are not allowed to leave the area marked on the warm-up map.

### **Pre-start**

Marked on the warm-up map, no markings in the terrain. Distance from the quarantine to the pre-start: 800m, 10m ↗.

Toilets at prestart.

## Start

Call up at -7 min. Distance from the start line to the start point: 170m.

## Maps

Maps are sealed in plastic bags with the class written on the back. Runners are responsible to get the correct map. Control descriptions are only printed on the map. The map is rolled with the course facing the inside of the roll.

## Women

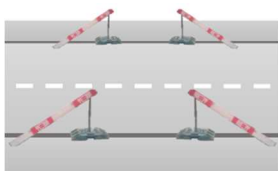
1.8km, 15 m ↗, 12 controls, winning time 7-8', no separate control description.

## Men

2.0km, 15 m ↗, 14 controls, winning time 7-8', no separate control description.

## Traffic

Local traffic in all parts. Two crossings of a main road are clearly visible on the map and marked in the terrain with barriers on both sides. Runners must pass between the cones at the beginning and the end of the crossings.



Model of the crossing marked in the terrain

It is not allowed to cross this road at other places. For better legibility this road is marked with symbol 714 (Temporary construction or closed area).

The crossings are secured by the organiser.



Example of a similar crossing

## Special object

Flowerpots in both courses are used for control placements. They are mapped with a black cross and in the control description the special item 6.1 (cross) is used.



## Finish

Shelter will be available. Teams are not allowed to set-up own tents. There are no parking possibilities at the finish. Teams must park at the event centre and walk from there to the finish. It is not allowed for teams to visit the finish area before their start and it is not allowed to go to the quarantine / start / pre-start area if you have been at the finish area.

## Cool-down zone

It is only allowed to run in the area indicated on the cool-down map available at the finish. The cool-down zone is the quarantine zone for the final. Runners of the semi-final are not allowed to leave this area before all heats are finished.



## 8.2.4 FINAL

### Format

Final race in both classes with 6 runners in each final.

### Quarantine

Cool-down map of the semi-final next to the finish.

Shelter is available, teams are not allowed to set up their own tents. Toilets are available.

The quarantine opens directly after the semi-final. All athletes from the semi-final have to cool-down in the quarantine until the official result of all heats (women and men) are confirmed. After that non-qualified runners and coaches can leave the quarantine but are not allowed to return. Use of mobile phones and internet is forbidden for runners and coaches after having checked-in at the quarantine until after arriving at the finish!

### Check-in

Directly after the semi-final. No signature needed.

### Clothes

Transport from the quarantine to finish. Please leave your bags at the marked zone in the quarantine.

### Warm-up map

Same as cool-down map of Semi-final. You are not allowed to leave the area marked on the warm-up map.

### Pre-start

At the quarantine.

### Start

Call up at -5 min. Distance from the start line to the start point: 80m.

### Maps

Maps are sealed in plastic bags with the class written on the back. Runners are responsible to get the correct map. Control descriptions are only printed on the map.

There is a map flip during the race for both women and men at a control. The second part of the course is on the other side of the map. After the map flip there is a compulsory route leading to the start point (marked with the start symbol on the second map). Control numbers are continuous.

The map is rolled with the first part of the course facing the inside of the roll.

### Women

2.1km, 10m ↗, 12 controls, winning time 7-8'; no separate control description.

### Men

2.1 km, 10 m ↗, 12 controls, winning time 6-7', no separate control description.

### Traffic

Reduced local traffic only.

### Special object

Flower pots in both courses are used for control placements. They are mapped with a black cross and in the control description the special item 6.1 (cross) is used.



### **Arena passage**

There will be an arena passage during the race. When passing the arena, take the left corridor and continue through the start corridor.

The start corridor and the arena passage corridor leave the arena the same way to the same starting point.

### **Run-in**

From last control, take the right corridor to the finish line.

### **Finish**

Shelter will be available. Teams are not allowed to set-up own tents.

### **Cool-down**

Cool-down is only possible after 17:00. Before that, all athletes must stay in the after-finish zone.

From 17:00-17:30 all accredited athletes and team officials can run on the knockout-final map. The maps will be distributed in the after-finish zone at 16:55. **After 17:30, the terrain is embargoed again for Sunday.** It is only allowed to stay in the arena and walk to the event centre/parking from there.

## **8.3 EKG OL-WELTCUP SPRINT WorldCup#7, Sunday, 29 Sept 2019**

### **Format**

Sprint with A- and B-Final (qualification criteria according to the Special Rules for the 2019 World Cup in Orienteering). Starting interval 1'30" for A-Final and 30" for B-Final.

### **Map**

Laufen, 1:4'000, 2m, by Esther Wenger.  
Size A4, standard ISSOM 2007.

The existing maps of Laufen can be downloaded on [www.ol-weltcup.ch](http://www.ol-weltcup.ch).

### **Terrain**

Urban terrain with smaller and bigger buildings and park areas. The old town of Laufen offers tricky orienteering in narrow streets, alleyways and on footpaths.

### **Forms**

Mostly flat.

### **Quarantine**

Alts Schlachthaus, Laufen.  
47°25'19.4"N 7°30'13.6"E.

Parking next to the quarantine. The train station Laufen is situated 400m from the quarantine.

Teams can stay inside or outside, they are not allowed to set up their own tents.

The quarantine is open from 10:15. Use of mobile phones and internet is forbidden for runners and coaches after having checked-in at the quarantine until after arriving at the finish!

Team officials may walk from the quarantine to the finish area but have to be careful not to influence the ongoing competition.

### **Check-in**

By signing-in at the quarantine **by 11:30 at the latest**. There you will receive your number bib and the warm-up map. GPS vests will also be given to the selected athletes in the quarantine (you may use your own vest as well).

### **Clothes**

Transport from the quarantine to finish. Please leave your bags at the marked zone in the quarantine. No transport of warm-up clothes from pre-start to finish.

## Athletes' presentation

The best women and men will be presented to the spectators at the start-/finish podium at 12:45. They will be guided to the arena. In quarantine everybody can see a sketch of the arena, so all runners know what direction they will start and finish.

## Warm-up map

There is a warm-up map including the position of the pre-start. There are no controls. You are not allowed to leave the area marked on the warm-up map.

## Pre-start

Marked on the warm-up map, no markings in the terrain. Distance from the quarantine to the pre-start: 50m.

Toilets at the quarantine.

## Detailed start procedure

Call up	→ Check SI card number → Check start number
-4'30"	→ Clear SI card → Check SI card → Tracking device is given to selected athletes → proceed to -3'
-3'	→ pick up the control description → SIAC check to verify proper functioning of SIAC mode → proceed to -1'30"
-1'30"	→ punch Start-IDENT unit → escort to starting line
START TIME	An official releases the competitor at the start beep by taking his hand off the competitor's shoulder. Runner takes the map.
STARTING POINT	Distance 140m.

## Maps

Maps are sealed in plastic bags with the class written on the back. Runners are responsible to get the correct control description and map.

There is a map flip during the race for both women and men at a control. The second part of the course is on the other side of the map.

After the map flip there is a compulsory route leading to a start point (marked with the start symbol on the second map).

Control numbers are continuous.

The map is rolled with the first part of the course facing the inside of the roll.

## Course planner

Fabian Hertner and Sebastian Hägler

## Women

A-Final: 3.6 km, 20m ↗, 20 controls, winning time 14'.

B-Final: 3.6 km, 20m ↗, 20 controls.

Control description 5 x 13 cm

## Men

A-Final: 4.0 km, 20m ↗, 22 controls, winning time 14'.

B-Final: 4.0 km, 20m ↗, 22 controls.

Control description 5 x 14 cm

Maximum running time 45 minutes.

## Coaching zone

There is no coaching zone.

## First aid

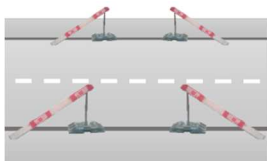
There is a first-aid service in the finish area.

## Shoes

It is forbidden to wear shoes with spikes and dobb spikes!

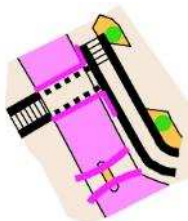
## Traffic

Local traffic in all parts. Crossings of a main road are clearly visible on the map and in the terrain. There are several crossings on the same level which are marked in the terrain with barriers on both sides. Runners must pass between the cones at the beginning and the end of the crossings.



Model of the crossing marked in the terrain

One crossing is through an underpass. It is not allowed to cross this road at other places. For better legibility this road is marked with symbol 714 (Temporary construction or closed area). The crossings are secured by the organiser. Running on the sidewalk along these streets is allowed.



Example of an underpass and a crossing on road level

## Special object

Flower pots in both courses are used for control placements. They are mapped with a black cross and in the control description the special item 6.1 (cross) is used.



## Arena passage

There will be an arena passage during the race. Passing the arena, take the left corridor and continue through the start corridor.

The start corridor and the arena passage corridor leave the arena the same way but are separated by markers. Use the right corridor for the start point of the first loop and the left corridor for the start point after the arena passage.

## Run-in

From last control, take the right corridor to the finish line.

## Finish

At the Arena Amtshausplatz Laufen.  
47°25'22.9"N 7°30'09.7"E.

There is some shelter for changing directly at the finish. Teams are not allowed to set-up own tents.

It is not allowed for teams to visit the finish area before their start and it is not allowed to go to the quarantine / start / pre-start area if you have been at the finish area.

## Leaderchair

The leading runner must sit on the leading chair directly after she/he passed the finish line. A team official may hand over changing clothes to the runner. The leader can follow the race on a TV-screen, she/he may only leave the stage according to the instructions of the organizer.

## Cool-down zone

It is only allowed to run in the area indicated on the cool-down map available at the finish.

## Parking

There is no parking possibility at the finish. Please use the parking for the quarantine.

## 9. PUNCHING SYSTEM

The punching system used is SPORTident Air+. SIAC-Cards will be provided by the organizer and are handed out teamwise at the first team official's meeting. They must be handed in at the event office. Missing SIAC-Cards will be charged with 80 EUR/card.

The technical specification for maximum distance to record a punch is 30 cm.

## 10. PRIZE MONEY

A total prize fund of EUR 10'410.- will be awarded from the event organiser to the best men and women in the 3 individual competitions:

### **EGK OL-Weltcup Event#5, #6 and #7:**

1<sup>st</sup> place: EUR 650.-    4<sup>th</sup> place: EUR 175.-  
2<sup>nd</sup> place: EUR 450.-    5<sup>th</sup> place: EUR 125.-  
3<sup>rd</sup> place: EUR 250.-    6<sup>th</sup> place: EUR 85.-

The EGK OL-Weltcup together with the other World Cup organizers of 2019 and the IOF offer a total prize fund of EUR 12000.- to the best men and women in the World Cup overall ranking 2019 after the final races in China.

## 11. CLOTHING

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

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

## 12. ANTI-DOPING

Doping is forbidden. "Think positive – test negative"!

IOF Anti-Doping Rules apply, valid as of January 1, 2015. The Swiss Orienteering Anti-Doping Rules are harmonised with the Anti-Doping Rules and procedures of the Swiss Olympic Association and apply as well.

Both, the IOF and/or the Swiss Olympic Association can conduct doping tests at any time during the stay of the participants of World Cup 2019 in Switzerland.

By their signature given at the event registration upon arrival, the athletes and coaches will accept that they are subject to sanctions in the event of any doping offence. The teamleader will have to sign for the whole team.

## 13. WORLDCUP-PARTY

On Sunday evening, teams are invited to join the Worldcup-party at the event centre (Alts Schlachthaus) with DJ Tim Hammer.

No entry fee, your accreditation is your ticket.

Drinks (alcoholic and non-alcoholic) are available, but no dinner or food is served.

The party location is open from 20:00 until 00:00.

## 14. ENTRIES (18.09.2019)

Federation	M	W	Off.	Team
 Australia	3	1		4
 Austria	5	6	3	14
 Belgium	6	2	1	9
 Canada	2			2
 China	6	6	4	16
 Czech Republic	8	8	3	19
 Denmark	5	6	2	13
 Estonia	4	4	1	9
 Finland	9	9	4	21
 France	9	5	2	17
 Germany	5	3	1	9
 Great Britain	8	7	2	17
 Hungary	6	3	2	11
 Italy	3	2	1	6
 Japan	3			3
 Latvia	5	5	1	11
 Lithuania	3	2		5
 Moldova		1		1
 New Zealand	1	1		2
 Norway	9	8	3	20
 Poland	4	4	1	9
 Russia	6	7		13
 Sweden	9	9	4	22
 Switzerland	10	10	4	24
 Ukraine	1			1
<b>Total</b>	<b>130</b>	<b>109</b>	<b>39</b>	<b>278</b>

## 15. WEATHER&CLIMATE

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

## 16. VISA PERMITS

The prerequisite for immigration into Switzerland is a valid passport. For travellers from certain countries a visa or further documents are required. Please check with your embassy if you need visa permits.

<https://www.bfm.admin.ch/bfm/en/home/themen/einreise.html>.

## 17. INSURANCE

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

## 18. EMERGENCY

Emergency number: 112

Medical service in Laufen: +41 61 261 15 15

## 19. MEDIA SERVICES

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

For media accreditation please contact [media@o-worldcup.ch](mailto:media@o-worldcup.ch)

## 20. TV / LIVE RESULTS

All three competitions will be broadcasted live in Swiss national TV (SRF) and Finnish Television (YLE).

All races can also be followed live on the internet worldwide via [orienteering.sport](http://orienteering.sport).

## 21. INFORMATION

EGK OL-Weltcup 2019

Matthias Niggli

Luchliweg 5A

CH-3110 Münsingen

Tel +41 31 721 52 68

Mobile +41 79 222 13 87

[matthias.niggli@ol-weltcup.ch](mailto:matthias.niggli@ol-weltcup.ch)

[www.ol-weltcup.ch](http://www.ol-weltcup.ch)



**GOOD LUCK!**

© Pictures by Rémy Steinegger and Stadt Laufen

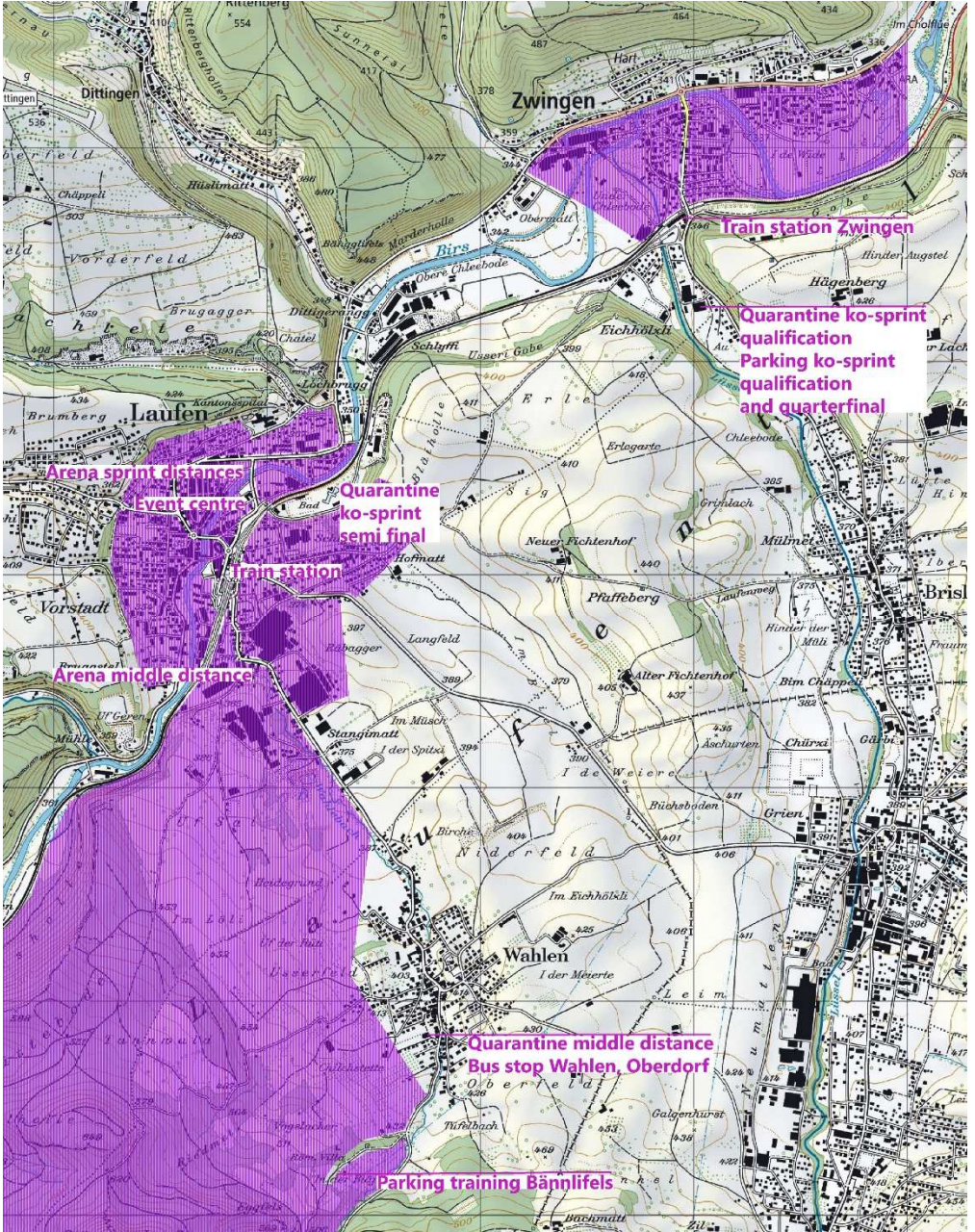
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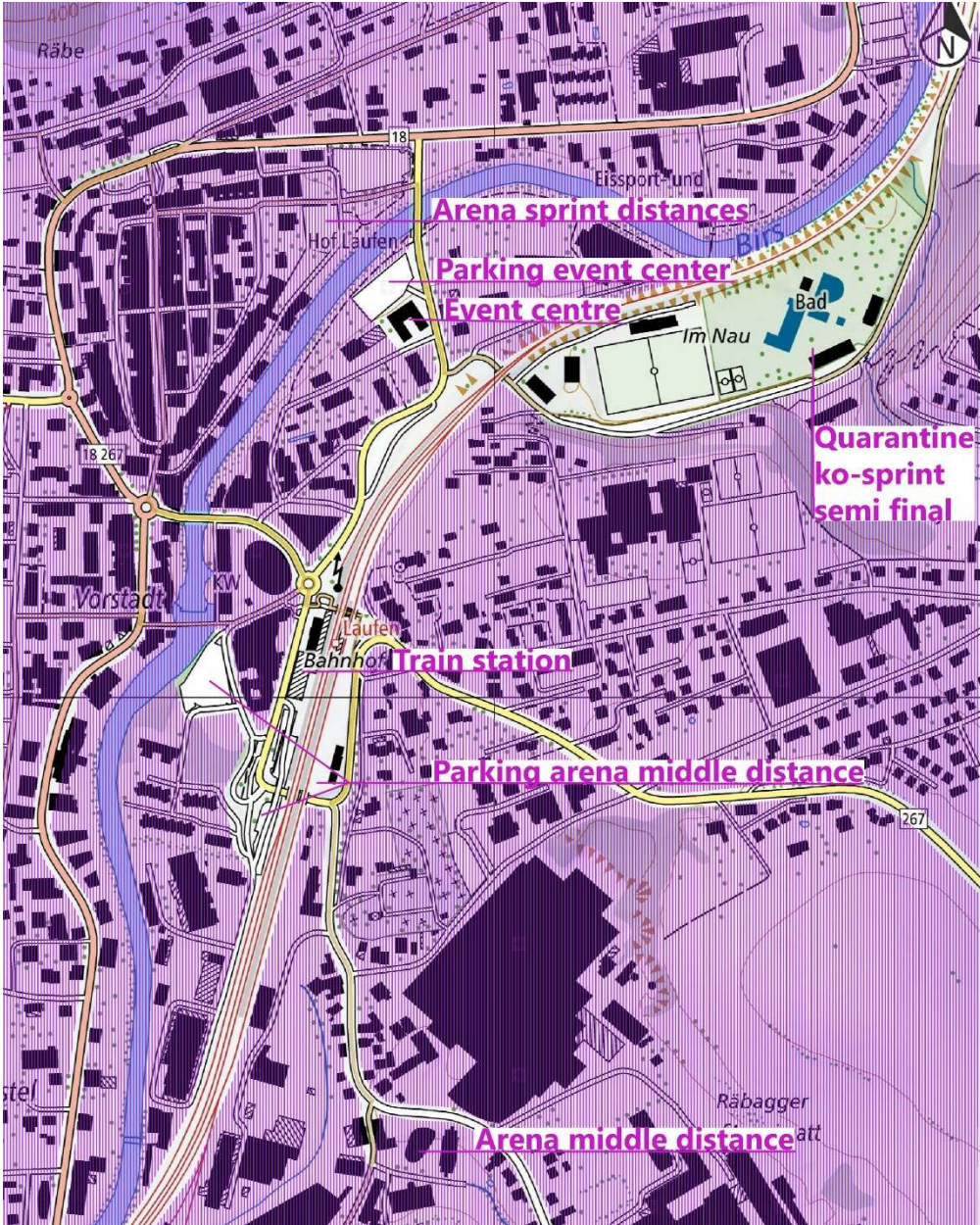


# 22. OVERVIEW MAP





# 23. MAP LAUFEN





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