



Engadin, Scuol
Switzerland
9-15 July 2016

JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS



Dear junior athletes and orienteering friends,

Having been a boy scout, I am always linking the memory of orienteering courses up with the maps of «Längenbühl», «Guntelsey» or «Hondrichwald». Orienteering maps of these areas existed already many years ago. In those woods I made my very first humble steps in learning how to orienteer and this wakes up beautiful memories.

Since 25 years, I have been living in the Gisons (canton of Graubünden), out of which the 10 last years in Scuol, and I am working in the tourism office. Since committing to hosting JWOC 2016 in our region, orienteering has become a «hot» topic for us! The new maps in the vacation regions of Engadin Scuol and Engadin Val Müstair are the basis for this marvelous sport. They are also the prerequisite for welcoming you for trainings and the events surrounding JWOC 2016.

Our region stands for the only Swiss National Park, the thermal baths of Scuol, alpine

skiing in 3 ski areas, hiking and biking in the 3-corners of Switzerland, Austria and Italy. It also represents 2 UNESCO-labels for the Val Müstair as well as the unmistakable Engadin towns with 10'000 local inhabitants and a ton of Romansh distinctive culture.

We are very fortunate to be able to host many events ranging from low key to world quality class formats. JWOC 2016 is our joint and outstanding event for next year.

We are very much looking forward having you here and are convinced that you will be experiencing our region intensively from a very special perspective.

«Bainvgnü in nossa regiun e viva la cuorsa d'orientaziun!»
(Welcome to our region and hurry for the sport of orienteering!)

**Urs Wohler, Director of the tourism office
Scuol Samnaun Val Müstair**

2
BULLETIN



Engadin
Scuol



swiss
orienteering

Organisation

Swiss Orienteering Federation
Association JWOC/SOW 2016

Event Director	Simone Niggli	Course planners	
Vice Event Director	Brigitte Grüniger Huber	Sprint	Urs Jordi Michael Eglin
Technical Director	Matthias Niggli	Long	Matthias Merz Fabian Hertner
Communication	Lukas Jenzer	Middle Qualification	Sara Lüscher Sophie Tritschler
IT and Results	Daniel Leibundgut	Middle Final	Philipp Sauter Urs Steiner
Ceremonies	Ines Brodmann	Relay	Marcel Schiess Baptiste Rollier
Senior Event Adviser (IOF)	Cesare Tarabocchia (ITA) cesare@tarabocchia.it		
Assistant Event Adviser (IOF)	János Sümegi (HUN)		
National Controller	Christian Schneebeli, Urs Hofer		
Cartography	Beat Imhof (Sprint, Relay, Long) Urs Steiner (Long, Middle)		



Contact

Simone Niggli
JWOC 2016
Luchliweg 5A
CH-3110 Münsingen
+41 31 721 52 68

simone.niggli@jwoc2016.ch
<http://www.jwoc2016.ch>

Event Programme

DATE	EVENT	PLACE	PUBLIC EVENTS
Friday 8 July 2016	ACCREDITATION MODEL EVENT SPRINT AND LONG	Scuol Sent, Val Müstair	
Saturday 9 July 2016	ACCREDITATION MODEL EVENTS SPRINT AND LONG OPENING CEREMONY	Scuol Sent, Val Müstair Scuol	
Sunday 10 July 2016	SPRINT	Scuol	National Event Sprint
Monday 11 July 2016	LONG	Val Müstair	Open Training
Tuesday 12 July 2016	MODEL EVENT MIDDLE/RELAY	Susch-Lavin	Open Sprint Schellen-Ursli OL
Wednesday 13 July 2016	MIDDLE QUALIFICATION	Ftan	Regional Event Middle
Thursday 14 July 2016	MIDDLE FINAL	Susch-Lavin	Regional Event Middle
Friday 15 July 2016	RELAY CLOSING CEREMONY	Tarasp	Open Training
Saturday 16 July 2016	DEPARTURE		



Competition Rules

The Competition Rules for IOF Foot Orienteering Events (version from 1st May 2015) shall be applied for participation in the Junior World Orienteering Championships 2016. Please refer to the Competition Rules on the IOF website www.orienteering.org

Classes and Participation Restriction

Classes: W 20, M 20
All competitors must be born in or after 1996 and must be full passport-holding citizens of the country they are representing.

Anti-Doping Code

Doping is forbidden: «Think positive – test negative». All competitors shall follow the IOF Anti-Doping Code.

Punching and Time-keeping System

The SportIdent or SportIdent Air+ punching system will be used in all JWOC 2016 competitions. All competitors will receive SI-cards from the organisers.

Health Services (first aid)

First-aid services will be provided at the assembly areas of the competitions. Each federation is responsible for its own insurance (as per Rule #6.4).

Online Production

There will be GPS-tracking, online internet results and a live speaker at all events.

Clothing

There are no special regulations applying to runners concerning the type of clothing they must wear. However, the organisers recommend the use of long trousers for the Long and Middle as well as the Relay races.

It is forbidden to use shoes with spikes in all competitions and trainings. Dobb-spikes are allowed in the Long, Middle and Relay races, but not in the Sprint race.

Weather/Climate

In summer, the weather in the Swiss mountains can vary quite a lot and fast. Scuol is one of the sunniest regions in Switzerland; temperatures in July vary from +10°C to +28°C. At the altitude of Pass dal Fuorn, temperatures in July vary from +4°C to +20°C.

Weather changes occur fast in the mountains, so always be prepared for a short shower or very fast dropping temperatures and snowfall may be possible.

Event Centre

The Event centre will be at the local school in the heart of Scuol with the entire infrastructure needed for our event.
Coordinates: N46.796715, E10.302872



Venue and Access

The competition centre for the Junior World Orienteering Championships is located in Scuol, which is a well-known wellness resort for 130 years. Over 20 mineral springs form the basis for the spa culture. The undisturbed nature and the active Romansh culture are characteristics of Scuol and the national park region. See under www.scuol.ch.

The Swiss National Park with its colourful alpine flora and unique fauna lies right next to Scuol and the JWOC forests. On the way to the JWOC long event you will cross part of this pristine, alpine landscape. See under www.nationalpark.ch.

How to reach Scuol



By air

Scuol is 180km from the Zurich airport and 120km from the Innsbruck airport. These airports are served by numerous airlines to worldwide destinations. Zurich airport is directly linked to the national railway (train) network. Scuol is thus situated 3 hours from the Zurich airport (1 connection per hour).



By train

Scuol has its own railway station with hourly connections to Landquart/Zurich or St.Moritz. The railway runs through fantastic mountain scenery.



By car

Scuol is easily accessible by car from Switzerland, Austria and Italy. Be aware that there are some sharp curves on the way to Scuol, so take your time to enjoy the scenery and the views.

Embargoed Areas

A map overview and all the detailed maps can be found on our webpage: <http://www.jwoc2016.ch/map>.

With reference to the IOF Competition Rules, the areas indicated on the maps are embargoed for the middle and long, the relay and back-up area. Potential team members, officials and others, whose knowledge of the terrain could influence results of the JWOC competition, are prohibited from entering these areas.

Exceptions: It is allowed to pass through the area for the long event on the main road 28 (Zernez-Müstair) and through the back-up area S-chanf on the main road 27 (Zernez-Zuoz) and by train (Zernez-Zuoz).

All other roads are embargoed.

On the back-up area in S-chanf using the official ski tracks including reaching the official parking places and having ski-orienteeing trainings on snow on the East side of the river Inn is allowed.

For the sprint event in the village of Scuol, the village is completely embargoed south of the main road 28. It is allowed to use the public bus 923/925 from Scuol-Tarasp station to the village of Sent.

No exit in the embargoed area!
Special rules will be published in Bulletin 3.

Existing maps:

- Pass dal Fuorn, 1:10'000, year 2002
- Ftan, 1:10'000, year 2002
- S-chanf, 1:10'000, year 2012
- Casa da Scoula Scuol, 1:1'500, year 2002

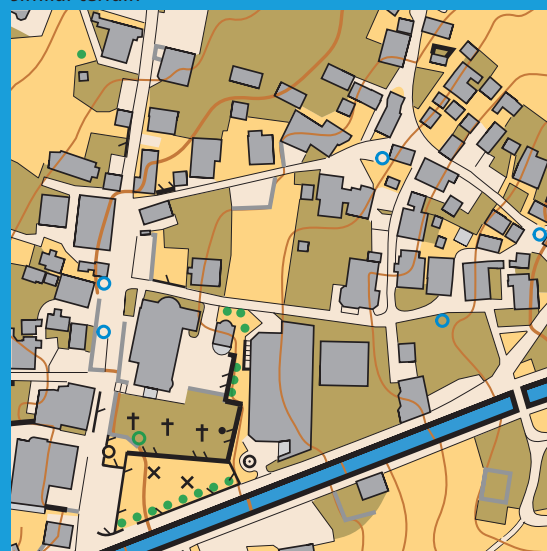
The existing maps can be downloaded on our webpage <http://www.jwoc2016.ch/map>.

These maps as well as the training maps are the sample maps for all terrains.

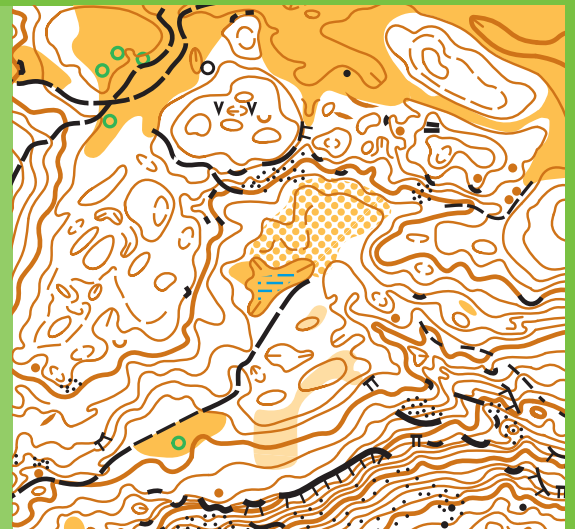
Terrain Description

SPRINT	1150-1300 METERS ABOVE SEA LEVEL
Terrain form	North-south hillside, some steep slopes.
Vegetation	Urban area with some grassy public parks. Modern part of the town with shopping streets and a thermal bath area; old part of the town with traditional Engadin houses and narrow streets.
Runnability	Very good.
Visibility	Very good.
Paths and roads	Mostly residential area with many paths and roads.
Special features	Shoes with metal spikes and studs are not allowed. Running shoes recommended.

similar terrain

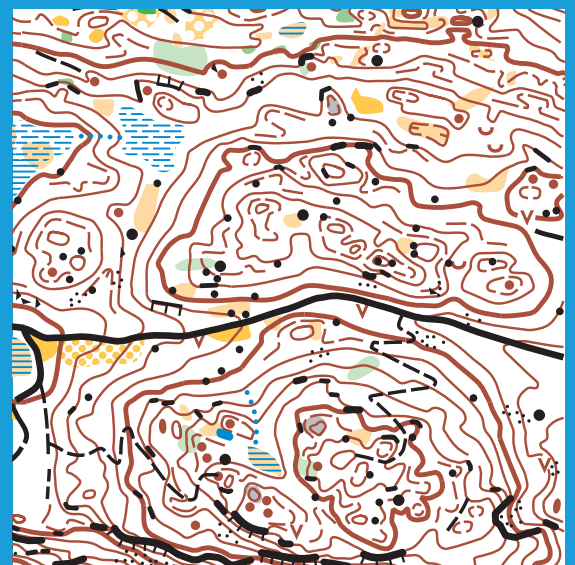


LONG	1900-2300 METERS ABOVE SEA LEVEL
Terrain form	Hilly area with some very steep slopes. Some areas with very detailed contours.
Vegetation	Pine forest with semi-open areas varied with open areas. In the forest, the ground is quite rough with grass and rocks in some parts.
Runnability	Very good in the open areas, good to reduced runnability in the forest parts.
Visibility	Very good in the open areas, mostly good in the forest parts.
Paths and roads	Few bigger roads, some hiking trails.
Special features	Some areas will be out of bounds due to dangerous cliffs!



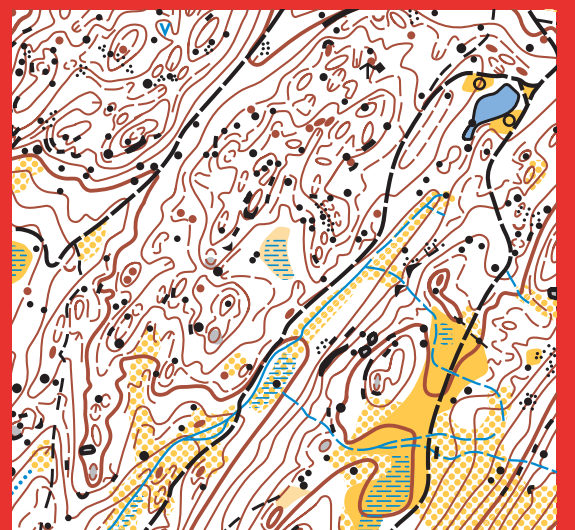
MIDDLE	QUALIFICATION: 1700-2000 M ASL FINAL: 1350-1650 M ASL
Terrain form	Broken hillside. Some areas with detailed contours and rocky features.
Vegetation	Pine and spruce forest with minor open areas and a few marshes. The ground is often covered with grass.
Runnability	From good to very good, in some smaller parts runnability is reduced because of vegetation and rocky ground.
Visibility	From good to very good.
Paths and roads	Few forest roads cross the terrain.
Special features	Bare rock is mapped with grey ISOM 2000 signature 212.

similar terrain



RELAY	1440- 1800 METERS ABOVE SEA LEVEL
Terrain form	Moderate to steep hillside and some rocky features.
Vegetation	Pine and spruce forest, some semi-open and open areas. The ground is often covered with grass. Only very few parts with thicker vegetation.
Runnability	Generally good.
Visibility	Generally good.
Paths and roads	A few forest roads and some hiking trails.
Special features	None

similar terrain





Competition Courses

COMPETITION	SCALE	CONTOUR	CLASS	APPROX. WINNING TIME	APPROX. LENGTH
Sprint	1:4000	2m	Women	13 min	3200m*
			Men	13 min	3800m*
Long	1:15000	5m	Women	55 min	6100m
			Men	70 min	9200m
Middle Qualification	1:10000	5m	Women	25 min	3300m
			Men	25 min	4000m
Midde Final	1:10000	5m	Women	25 min	3400m
			Men	25 min	4200m
Relay	1:10000	5m	Women	100 min	4100m
			Men	105 min	5200m

* The sprint course lengths are the shortest feasible route as specified in IOF Foot Orienteering Competition Rules.

Training

Training opportunities during July and August 2015 are posted on our website <http://www.jwoc2016.ch/trainings>. All training maps are on our homepage in low-resolution and serve as sample maps for the JWOC-terrains. Due to snow, there is no training possibility in spring of 2016. We will offer training possibilities the weeks before JWOC in the region of Scuol.

All trainings must be coordinated with the responsible contact person of the organiser: Matthias Niggli, +41 79 222 13 87; matthias.niggli@jwoc2016.ch.

In July and August 2015, there are local evening competitions in the upper Engadin. All information can be found on the website of OL Engadin: <http://www.engadinol.ch/index.php/abend-ol>.

In October 2015, there is the World Cup Final in Arosa for the elite athletes and national competitions for all categories in very similar terrain. Information can be found at: <http://www.olg-chur.ch/aktivaeten/veranstaltungen/buendner-ol-weekend-sp-1919207208.html>.

Transport during JWOC

The accreditation fee includes a transport ticket for all trains and buses in the JWOC-region from 8-15 July 2016. This ticket is needed to get to all the competition sites, model events, ceremonies, etc. No individual travel to the events will be allowed and no parking spaces provided! Using the public transport to all competitions is compulsory.

Regular public transport is provided daily between the accommodations in Ftan and Scuol.

Therefore, you may evaluate the need of your own buses or cars during the week. Scuol is easily accessible by train from the Swiss airports Zurich and Basel. Once in Scuol, the free public transport is convenient and a perfect way to travel in the Lower Engadin.

Accommodation and Board

Accommodation offers are shown below. All accommodation and board should be booked no later than 31 March 2016 through the IOF Eventor at <http://eventor.orienteering.org/Events/Show/5101>. First come, first serve! The booking won't be accepted until the payment is received, even that not later than 31 March 2016. Payment details are on the next page.

Hotel-style Accommodation

There are different hotel-style accommodations in the villages of Scuol and Ftan (6km from Scuol). They all provide full board with buffet-style breakfast, sack lunch and warm dinner.

Youth Hostel Scuol, 164 beds

Situated next to the railway station in Scuol, 1.2km from the event centre. <http://www.youthhostel.ch/en/hostels/scuol>

Room size	Number of rooms	Private bathroom	Costs per person, 8-16 July
2-bed room	14	Yes	CHF 640
4-bed room	13	Yes	CHF 560
4-bed room	12	No	CHF 520
6-bed room	6	No	CHF 480

Hochalpinen Institut Ftan, 80 beds

1000m from the Ftan bus station, 7km from the event centre. We recommend own busses/cars to get to Scuol. <http://www.hif.ch/gaeste/>

Room size	Number of rooms	Private bathroom	Costs per person, 8-16 July
2-bed room	40	No	CHF 560

Hotel Bellavista Ftan, 47 beds

20m from the Ftan bus station, 6km from the event centre. <http://www.bellavista-ftan.ch/en/index.html>

Room size	Number of rooms	Private bathroom	Costs per person, 8-16 July
2-bed room	5	Yes	CHF 640
3-bed room	9	Yes	CHF 560
4-bed room	1	Yes	CHF 560
Family room 6-beds	1	Yes	CHF 560

Group Houses

There are different group houses in the region of Scuol, with rooms for 2-10 people and cooking possibilities to make your own meals.

Pensiuin Lischana Sur-En, 70 beds

50m from the Sur En bus station, 8km from the event centre. <http://www.suren.ch/index.php?id=13>

Costs per person, 8-16 July without meals	CHF 280
-------------------------------------------	---------

Chasa Pradella Scuol, 50 beds, bring your own sleeping bag

4.5km from the Scuol railway station, 4km from the event centre. http://www.groups.ch/en/k-4870-3484/group_accommodation_description.html

Costs per person, 8-16 July without meals	CHF 240
-------------------------------------------	---------

Cleaning at the end of the stay is not included and must be organized by the teams staying in the house.

Chasa Fliana Lavin, 40 beds, bring your own sleeping bag

200m from the Lavin railway station, 18km from the event centre. <http://agricola-eb.ch/fileadmin/fliana/flyer-colonias.pdf>

Costs per person, 8-16 July without meals	CHF 200
-------------------------------------------	---------

Cleaning at the end of the stay is not included and must be organized by the teams staying in the house.

Alternative Accommodations

We also offer accommodation in school gyms, civil protection rooms, etc. Bring your own sleeping bag and mattress. The price from 8-16 July (8 nights) is CHF 120 without meals.

Of course, you may also book accommodations not listed by the organisers. All bookings have to be done by the local tourist office, please contact them. However, make sure they are not located within the embargoed areas!

You may also book accommodations and meals for stays immediately before JWOC 2016 at similar prices until 31 March 2016. Please indicate the additional number of days on the entry form, we will then get an offer for your team.

Presenting Partner



Sponsor



Official Outfitter



Host region



Scuol Samnaun Val Müstair

Entries

Deadlines

The deadline for preliminary entries is 30 April 2016. All entries should be confirmed with payment in full at the same time (30 April 2016). For fees and payment details, see below. Entries should be made through the IOF Eventor at <http://eventor.orienteering.org/Events/Show/5101>.

Only persons registered as «Entry administrator» for the federations in the IOF Eventor system are allowed to do the registration.

Contact IOF at eventor@orienteering.org if you have any problems or questions.

On the deadline for the preliminary entries the following information must include:

- Number of competitors in each class (maximum 6 women and 6 men)
- Number of relay teams in each class (maximum 2 female and 2 male teams)
- Number of team officials (maximum 4)
- Team leader's name and contact details
- Dates of arrival and departure
- Means of transport used to get to Scuol
- Accommodation requirements

The final entries with the names of competitors and officials must be entered at IOF Eventor no later than 26 June 2016.

Entry	Fees
Accreditation	CHF 100 per person
Sprint	CHF 0
Long	CHF 0
Middle	CHF 0
Long	
Late Entry	After 30 April 2016
Additional	CHF 15 per person

The accreditation fee applies to both athletes and officials/coaches. The accreditation fee includes compulsory transport to all competitions. As an appreciation to the World's best Junior athletes, we do not charge a starting fee; the only cost is the accreditation fee.

Payments

Full payments for accommodation and entries must be made by bank transfer in CHF no later than 31 March 2016 (accommodation) and 30 April 2016 (entry fees).

Please note that the payer is responsible for all bank fees and charges. Entries will not be deemed valid until full payment is received by the organiser.

Payment details

Name of Account:
JWOC/SOW 2016 Engadin
Owner's address:
Luegisland 18, 6410 Goldau, Switzerland
Bank: Postfinance AG
Bank address: Mingerstrasse 20,
3030 Bern, Switzerland
IBAN: CH42 0900 0000 8913 7662 2
BIC (SWIFT-Code): POFICHBEXXX
Detail of payment: [Country] – JWOC
[entry fee/accommodation]
Please specify the amounts.

Visas

Instructions for visa applications are available online with the State Secretary for Migration from Switzerland at <https://www.bfm.admin.ch/bfm/en/home/themen/einreise.html>. Most European and American citizens can travel to Switzerland without a visa. Please visit the website and check whether or not you will need a visa well in advance of the competition. If an official invitation letter from the JWOC organisers is needed, please make an official request to the following e-mail address: simone.niggli@jwoc2016.ch.

Media

We welcome all media representatives to JWOC 2016. Information can be received by writing to: lukas.jenzer@jwoc2016.ch. The press centre will be located at the Event Centre and will be open throughout the whole event, where a copy machine and internet will be available. In all arenas, work stations and internet connections as well as photo shooting areas in the terrain and the finish are provided.

We are glad to arrange accommodation for journalists in Scuol.

The entry form for media representatives will be available on www.jwoc2016.ch in advance. Accreditations have to be done by 31 May 2016.

Media contact: Lukas Jenzer,
telephone: +41 79 243 10 94,
e-mail: lukas.jenzer@jwoc2016.ch

Public Events

We will be offering several possibilities for spectators to enjoy the beautiful areas in the Engadin. You will have the chance to run in the footsteps of the JWOC champions after the JWOC-races in the same areas using the same controls:

Public Events

Sunday, 10 July	National sprint competition
Monday, 11 July	Open training near the long terrain
Tuesday, 12 July	Schellen-Ursli OL, 3 sprints in historic villages
Wednesday, 13 July	Regional middle competition in Ftan
Thursday, 14 July	Regional middle competition in Susch-Lavin
Friday, 15 July	Open training on the relay courses

You will find all information on our website www.jwoc2016.ch.

After JWOC there is an outstanding chance to prolong your vacation: The Swiss Orienteering Week (16th-23rd July) is an international multiday-orienteering event that combines holidays with sport and a pinch of adventure. The SOW centre is in St.Moritz in the Upper Engadin, about 60km away from Scuol. See www.swiss-o-week.ch.



Engadin
St. Moritz