



## Bulletin 3

Switzerland • Arosa  
2-4 October 2015

# IOF World Cup Final 2015

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# Welcome to Switzerland!

Dear athletes, ladies and gentlemen

Arosa is ready to welcome you for an exciting orienteering weekend in beautiful surroundings!

The village and the organizing committee are in the last preparations, so everything will be ready beginning of October. We hope you will enjoy your stay and will also find the time to visit the famous Arosa Weisshorn at 2653 metres above sea level, walk along the Squirrel Path and let them eat nuts from your hands or visit the Rope Park. All this and more is included in your "Arosa All-Inclusive Card" for free when staying overnight in Arosa!

You are warmly welcome to Switzerland!

Brigitte Grüniger Huber  
Event Director World Cup Final

## 1. Organisation

### Organizing Committee

Brigitte Grüniger Huber	Event Director
Louis Anthamatten	Arosa Tourismus
Severin Furter	Media
Mirjam Gründler	Administration
Andrea Grüniger	VIP
Doris Grüniger	Graphic, design
Markus Hitz	Finish, Arena, Infrastructure
Daniel Leibundgut	Results, IT Services
Martin Oppliger	Start
Lukas Schubnell	TV / Arena Production
Roland Schuler	Arosa Tourismus Infrastructure
Alex Wenger	TV / Arena Production
Claudio Wetzstein	National events

### Event Advisors

Jerzy Antonowicz	IOF Senior Event Advisor, POL
Ulrich Aeschlimann	National Event Advisor, SUI (Long & Middle distance)
Jost Hammer	National Event Advisor Assistant, SUI (Sprint Relay)

## 2. Event Centre



Map 1: Overview Event Centre and Zurich Airport

The Event Centre is located at Sport- and Congress centre of Arosa. From the Airport Zurich you need 3 hours by train or 2.5 hours by car to reach Arosa.

Once in Arosa, you don't need a car. All distances to trainings, competitions and accommodations are in walking distance or will be organized with shuttle busses.



Map 2: Event centre in Sports and Conference Centre Arosa  
Coordinates: 46°46'58.555"N, 9°41'0.229"E

When booking your flights please consider that you are not able to leave from Zurich Airport before 8pm after the Sprint relay on Sunday. We recommend to stay until Monday morning. We will organize a nice farewell dinner and party on Sunday for all teams. Also we will organize a transport to Zurich Airport on Monday morning if teams are interested.

### Arriving by car:

From Zurich Airport you follow A53 and pass Uster, Gossau ZH and Rapperswil-Jona. Then follow A3 until Chur-Nord (Exit 16) and follow the signs to Arosa. The road between Chur and Arosa is famous for its 360 turns on 30km and 1320m climb! It takes about 2h 30min without traffic jam from Zurich Airport to Arosa. On Sunday afternoon it has often traffic jam along lake "Walensee", so be prepared for a longer journey too. Short-time parking is possible in front of the Sports and Conference Centre Arosa for free. During your stay you can park your car at your accommodation or in car park Ochsenbühl at Obersee (CHF 6.-/day).

### Arriving with bus transportation from organiser:

Bus transportation from/to Zurich Airport:  
CHF 30.-/person and direction. Please send an email to [info@o-worldcup.ch](mailto:info@o-worldcup.ch) with your arrival/departure time to book the transport. Limited number of seats available.

### Arriving by train:



Good connection every hour, with change in Zurich HB (mainstation) and Chur. Duration 2h 56min, leaving from Zurich Airport every hour at xx:13

Trainticket: CHF 55.- one way per person. Cheaper prices available if you are a group with more than 10 persons and make a reservation beforehand.

From Arosa train station it is only 5 min around the lake to the Sport and Conference Centre / Event Centre and 15min to the Mountain lodge.

Transport to the Mountain lodge can be organised for arrival with heavy bags. Ask at the Event centre.

At the Event Centre you will get your bags containing Bulletin 4, runners- / coaching-ID, training maps and presents from our sponsors.

The team leader meetings will all take place at the Event Centre.



## 3. Programme

### Wednesday, September 30, 2015

Event Centre opens on request to get training maps

### Thursday, October 1, 2015

Free training

Event Centre opens 10.00-18.00

*Deadline for changes in nominal entries for World Cup Event 10* 12:00

School-Kids meets World Champions 13:30-15:00

Team Leader's meeting 18:00-18:30

### Friday, October 2, 2015

Free training

Event Centre opens 09.00-12.00

Public-race (entry on site) 11:30-14:00

*Deadline for changes in nominal entries for World Cup Event 11* 12:00

IOF World Cup Event 10 (Long distance) 11:00-17:00

- First Start approx. 11:30

- Last Start men 15:30

- Last Start women 15:35

- Price giving ceremony 17:15

- Press conference 17.30-17.45

Event Centre opens 18:00-19:00

Team Leader's meeting 19.00-19.30

### Saturday, October 3, 2015

National public race 10.00-15.00

IOF World Cup Final Event 11 (Middle distance) 12.00-16.30

- First Start approx. 13:00

- Last Start women 15:40

- Last Start men 16:30

- Price giving ceremony 17:20

- Press conference 17.45-18.15

Event Centre opens 18:00-19:00

*Deadline for nominal entries for sprint relay competition on Sunday* 18:00

Team Leader's meeting 19.00

### Sunday, October 4, 2015

National public race 09.30-13.00

IOF Sprint Relay World Cup Final 13.10-15.30

- Presentation of teams 13:10

- Start relay 13.20

- Price giving ceremony World Cup Final 14.30

- Press conference 14.45-15.15

Dinner and Farewell Party 19.00 –

### Monday, October 5, 2015

Transport to Zurich Airport on request

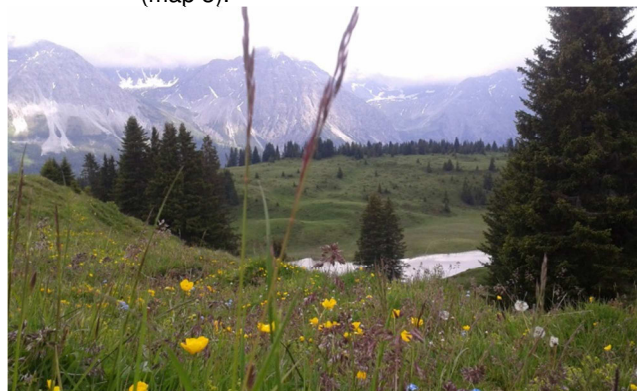
## 4. Competitions

### IOF World Cup Event 10 - Long distance (October 2)

Format	Long distance, individual start, 3 min start interval.
Map	Arosa Grüenseeli; Orienteering map (ISOM 2000), 9/2015, scale 1:15'000, 5 m contours, by Urs Steiner and Beat Imhof.
Terrain	Orienteering terrain between 1600 and 2200 m above sea level. Mixture of coniferous forest and semi-open to open alpine pasture. Hill side with moderate to steeper slopes. Only few paths, hardly any vegetation on the ground, rich in contour and rock details. Finishing at the edge of the town of Arosa, short urban area near the finish (see old maps). Comparable terrain: Arosa (training map).
Forms	Mountainside with moderate to steeper slopes.
Vegetation	Alpine forest with coniferous forest. Hardly any ground vegetation, partly semi-open and open terrain, alpine pasture.
Runability	Mostly good, occasionally rocky ground.
Visibility	Good.
Roads	A few hiking trails and paths. Urban environment near the finish area with paved roads.
Pre start	Model map in prestart area.
Start	Max.5 km from Event Centre. Quarantine in Arosa, transport from quarantine.
Finish	On sportsground beside Event Centre in Arosa (map 3).

### IOF World Cup event 11 – World Cup Final - Middle distance (October 3)

Format	Middle distance, individual start, 2 min start interval.
Map	Arosa Maran; Orienteering map (ISOM 2000), 9/2015, scale 1:10'000, 5 m contours, by Urs Steiner and Beat Imhof.
Terrain	Orienteering terrain between 1700 and 2000 m above sea level. Fir and larch forest. Open and semi open meadows. Finishing at the edge of the town of Arosa, short urban area near the finish (see old maps).
Forms	Moderately to very hilly. Forest on a slope with detailed sections.
Visibility	Mostly very good. Can be reduced in semi open areas.
Runability	Mostly very fast, some parts however with heather, blueberrys and Alpine roses.
Roads	Some tracks and paths.
Prestart	Model map from quarantine to prestart area.
Start	Max.3 km from Event Centre, transportation to quarantine.
Finish	On sportground beside Event Centre in Arosa (map 3).



## IOF Sprint Relay World Cup - Final (October 4)

Format	Sprint relay, teams of four (women – men – men – women), mass start, winning times 4x 15 min, according to IOF rules. Mixed teams with runners from different nations are allowed to start. Each nation has to fill first their own teams before nominating a runner to a mixed team. Athletes entered for Mixed Teams will be randomly allocated by the organizers at Saturday afternoon.
Map	Arosa Obersee: Orienteering map (ISSOM 2007), 9/2015, scale 1:4'000, 2.5 m contours, by Beat Imhof.
Terrain	Urban terrain in a touristic village with side streets and narrow footpaths. Some passages in forests and on lawns (max. 1/3).
Forms	Mostly slopes with varying steepness.
Traffic	Local residents in some of the streets.
Quarantine	Close to the Event Centre with own warm-up area.
Pre start	Runners will be guided from pre start to the start area. From there, you can see the teams coming towards the finish line and enter the start area as soon as your pre runner has punched the last control. No communication allowed between runners at the pre start / start area and runners/coaches in the finish.
Start/Finish	On sportsground beside Event Centre in Arosa (map 3).



Map 3: Finish arena (Long and Middle) and start-/finish area (Sprint relay) on sportsground in Arosa



## 5. Courses (preliminary)

### IOF World Cup event 10 - Long distance (October 2)

Men 12.4 km, 730 m ↗, 22 controls,  
3 ♀, winning time 90'

Women 8.8 km, 525 m ↗, 16 controls,  
3 ♀, winning time 70'

Course setter: Marcel Schiess

Controller: Niklaus Moser

### IOF World Cup event 11 / World Cup Final – Middle distance (October 3)

Men 6.4 km, 210 m ↗, 29 controls,  
1 ♀, winning time 35'

Women 5.5 km, 140 m ↗, 24 controls,  
1 ♀, winning time 35'

Course setter: Claudia Wetzstein

Controller: Maja Kunz

### IOF Sprint Relay World Cup Final (October 4)

1<sup>st</sup> and 4<sup>th</sup> leg 3.7 km, 90 m ↗, 18 controls

2<sup>nd</sup> and 3<sup>rd</sup> leg 4.1 km, 110 m ↗, 21 controls

Winning time per leg 15'

Course setter: Arno Schneider

Controller: Urs Hofer

## 6. Training



### Middle and Long distance:

Arosa Tschuggen - Obersee, orienteering map 2015, 1:10'000 and 1:15'000, 5 m contours.

Arosa Usser Wald, orienteering map 2015, 1:10'000 and 1:15'000, 5 m contours

Both maps are relevant for Middle and Long distance and are in walking distance from Event Centre.

Maps by Beat Imhof and Urs Steiner.

Please note that training on these maps is only possible from 1<sup>st</sup> of October (hunting season until 30 September).

**Sprint distance:** Arosa church, orienteering map 2015, 1:4'000, 2.5 m contours, 500m from Event Centre. No controls. Map by Beat Imhof

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

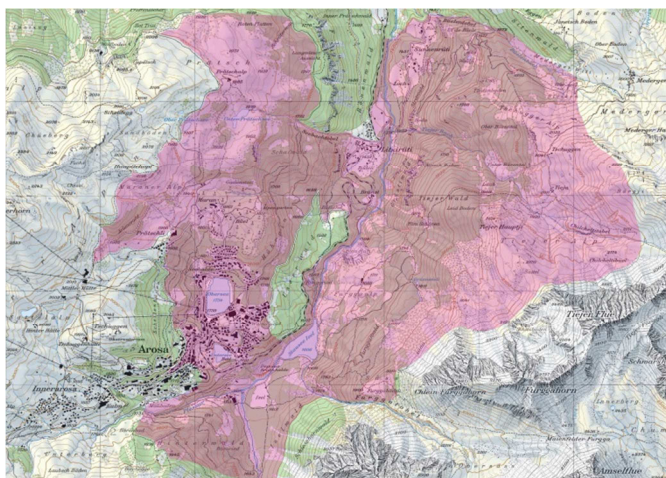


## 7. Embargoed Areas

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

### Special rule for the stay in Arosa (village):

- It is allowed to drive to Arosa by car on the official road from Langwies to Arosa and by train.
- It is allowed to stay as a student, for business purposes or as a tourist, e.g. for sight-seeing, visiting a restaurant, shopping, alpine skiing, participating in an indoor sport event in the village of Arosa.
- It is prohibited to stay there with a map, to run, to jog, to orienteer through the embargoed area or to test route choices.



Map 4: Embargoed area Arosa

- This embargo is valid until the day before the competition. On the competition days there will be special rules covering the access to the competition area and to quarantines (see Bulletin 4).
- All competitions will finish inside the embargoed areas for other competitions: During the race it is of course allowed to run in the embargoed area with the competition map.
- After the finish in the long and middle distance the runners are only allowed to run on the sportsground (finish area) next to the finish and on the road around the lake (Obersee) to cool down. After the sprint relay the runners have to stay in the finish area (sportsground) until all last leg runners have finished.
- Teams staying inside the embargoed sprint area have to leave their accommodation and the embargoed area on Sunday before 9:00am.
- It is allowed to start in the national competition (3./4. October) and the prolog (2. October) for everyone.

The reserve embargoed areas (in case of snow in Arosa) can be found on [www.o-worldcup.ch](http://www.o-worldcup.ch).

## 8. Competition Rules

The Competition Rules for IOF Foot Orienteering Events 2015, valid from 1 January 2015 apply.

Participation restrictions, classes and qualification system will follow the Special Rules for the 2015 World Cup in Orienteering and the Special Rules for the 2015 Sprint Relay World Cup in Orienteering.

<http://orienteering.org/foot-orienteering/rules/>

Special symbols on the maps will be declared in Bulletin 4 and also shown on training maps.

## 9. Punching System and GPS Tracking

The punching system used is SPORTident (long and middle distance) and SPORTident Air+ (sprint relay).

Athletes may use their own SI-Cards for long and middle distance. In the Sprint Relay SPORTident Active Cards SIAC will be distributed by the organizers.

Tracking will be used in all races. The best athletes will be given a GPS vest at quarantine and the tracking device at the pre-start.

## 10. Entry

Initial entries:

Federation	Men	Women	Officials	Total
<a href="#">Australia</a>	1	1		2
<a href="#">Austria</a>	2	3	1	6
<a href="#">Belgium</a>	3		1	4
<a href="#">Czech Republic</a>	6	6	2	14
<a href="#">Denmark</a>	6	6	2	14
<a href="#">Estonia</a>	1	1		2
<a href="#">Finland</a>	8	8	2	18
<a href="#">France</a>	1			1
<a href="#">Germany</a>	3	2		5
<a href="#">Great Britain</a>	8	8		16
<a href="#">Ireland</a>	3	2		5
<a href="#">Italy</a>	5	4	1	10
<a href="#">New Zealand</a>		1		1
<a href="#">Norway</a>	8	8	2	18
<a href="#">Russian Federation</a>	2	5		7
<a href="#">Spain</a>		2		2
<a href="#">Sweden</a>	9	9	3	21
<a href="#">Switzerland</a>	9	8	4	21
<a href="#">Ukraine</a>	1	1		2
<a href="#">United States</a>	2			2
<b>Total</b>	<b>78</b>	<b>75</b>	<b>18</b>	<b>171</b>

### Nominal entry date:

The nominal entry has to be done no later than September 21<sup>st</sup>, 2015 by fill in the forms in the online entry system Eventor with the following information:

- All competitors and team officials: family name, first name, nation, sex, year of birth, IOF ranking ID, SI-Card no.
- IOF officials: family name, first name, address, IOF function.

Note, that nominal entries can only be accepted if an initial entry was done by the national federation in time!

Please use the online entry system Eventor:

<http://eventor.orienteering.org/Events/Show/4850>

**Nominal Entry Deadline: September 21<sup>st</sup>, 2015**

### Entry fees

Competitors CHF 140.— (all 3 races)  
(or CHF 50.— per race)

Team officials CHF 60.—

This includes:

- Training maps, new competition maps, Arosa all-inklusive-card (free ride with cable cars, local bus, free entrance to rope park, lido, pedalos and boats and more).
- For competitors: Participation in IOF World Cup event 10 (Long distance), IOF World Cup event 11 (Middle distance) and in IOF Sprint Relay World Cup Final (with national team or in mixed team).

### Free of charge offer

We will offer a special invitation and a free of charge entry to the individual Orienteering World Champions 2015 and to the 3 highest ranked male and female athletes in the IOF World Cup 2015 (after WOC 2015). Athletes will be contacted directly.

### Payment

Entry fees and accommodation must be paid by September 25<sup>th</sup>, 2015.

Please note that all bank charges must be paid by the applicant.

**Payment Deadline for entry fees and accommodation: September 25<sup>th</sup>, 2015**

Please note, that we will add a late payment fee of CHF 40.— per person for late payment! (As agreed with IOF and SEA)

Bank PostFinance, Nordring 8  
CH-3003 Bern, Switzerland  
Account Nr. 87-717328-8  
IBAN CH75 0900 0000 8771 7328 8  
SWIFT Code POFICHBEXXX  
Clearing Nr. 09000  
To the credit of Swiss Cup, CH-8712 Stäfa

## 11. Accommodation

We have pre-booked a total of 200 beds for the World Cup teams in the **Mountain Lodge Arosa** and we recommend all teams to stay there. It has various rooms from single to 8-beds-room. It is in walking distance from the event center (1.5 km). Please let us know by email ([info@o-worldcup.ch](mailto:info@o-worldcup.ch)) as soon as possible if you wish to stay there and tell us your room preferences.

Single room:

CHF 48.- (no shower & toilet) / CHF 58.- (with shower & toilet)

Double room:

CHF 43.- (no shower & toilet) / CHF 53.- (with shower & toilet)

3-bed-room and 4-bed-room:

CHF 38.- (no shower & toilet in the room)

5-bed-room and 6-bed-room:

CHF 48.- (with shower & toilet)

6-bed-room and 8-bed-room:

CHF 33.- (no shower & toilet)

Prices per person including breakfast.

Halfboard can be booked for CHF 20.-/day and person.

It is possible to arrive from Wednesday, September 30, 2015 and stay until Monday, October 5<sup>th</sup>, 2015.

<http://mountainlodge-arosa.ch/>

Mountain Lodge Arosa,  
Untere Waldpromenade, 7050 Arosa, Switzerland

If you prefer another hotel, you can also contact the Event Secretariat or ask directly in Arosa:

Arosa Tourismus:

Tel. +41 81 378 70 20 or [arosa@arosa.ch](mailto:arosa@arosa.ch)

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

## 12. Prize Money / Prizes

A total prize fund of EUR 10'400.- will be awarded from the event organiser to the best men and women in both individual competitions and to the best teams in Arosa:

### IOF World Cup event 10 and 11:

1 <sup>st</sup> place: EUR 900.—	4 <sup>th</sup> place: EUR 200.—
2 <sup>nd</sup> place: EUR 600.—	5 <sup>th</sup> place: EUR 150.—
3 <sup>rd</sup> place: EUR 300.—	6 <sup>th</sup> place: EUR 100.—

### IOF Sprint Relay World Cup Final event 3 (Final):

1 <sup>st</sup> place (per team): EUR 800.—
2 <sup>nd</sup> place (per team): EUR 400.—
3 <sup>rd</sup> place (per team): EUR 200.—

A total prize fund of EUR 5000.- will be awarded from the IOF to the best men and women in the World Cup overall ranking 2015:

### IOF World Cup overall ranking 2015:

1 <sup>st</sup> place: EUR 850.—	4 <sup>th</sup> place: EUR 300.—
2 <sup>nd</sup> place: EUR 600.—	5 <sup>th</sup> place: EUR 200.—
3 <sup>rd</sup> place: EUR 450.—	6 <sup>th</sup> place: EUR 100.—

The overall winners will be awarded with an "Arosa bench" that will be placed along a hiking route with the name of the winner. The benches will be placed as special objects on the map during the competitions.



## 13. Clothing

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

For sprint relay we recommend running shoes with good profile or orienteering shoes without dobb spikes.

## 14. Anti Doping

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

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

Both, the IOF and/or the Swiss Olympic Association can order doping tests at any time during the stay of the participants of World Cup Final 2015 in Switzerland.

Doping is strictly forbidden, and the organisers of the World Cup Final are dedicated to supporting the anti-doping authorities in their work.

Doping controls may be carried out any time during the stay in Arosa and during the competition period.

Doping tests are always carried out in accordance with the procedures described in the WADA International Standard of testing. The IOF Anti-Doping Code and rules apply as of 1st February 2010.

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 the athletes bring along their ID to all the competitions and events.

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 has to sign for the whole team.

## 15. 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.

[http://www.bfm.admin.ch/bfm/en/home/themen/einreise/merkblatt\\_einreise.html](http://www.bfm.admin.ch/bfm/en/home/themen/einreise/merkblatt_einreise.html)

## 16. Weather and Climate

Average temperatures in Arosa at beginning of October can be everything between 3° C and 20° C in daytime. Please be aware and bring enough clothes for staying on an altitude of 1'700 metres above sea level.

In case of snow we have prepared competitions in reserve terrain in Chur (map: Fürstenwald, Long distance) and Ems (map: Ils Aults, Middle distance). The Sprint Relay will be held in Arosa also with snow.

## 17. Insurance

The organisers decline any liability that might occur through participation in IOF World Cup Events 10 and 11 and Sprint Relay and the trainings. Each person participates at their own risk and is responsible for their own insurance coverage (illness and accident).

## 18. Media Services

We welcome all media representatives as our partners to broadcast the thrilling events of World Cup Final 2015 to a broad public.

For media accreditation please contact Severin Furter:

[media@o-worldcup.ch](mailto:media@o-worldcup.ch)

+41 (0)79 602 99 72

## 19. TV / Live results

The World Cup Final 2015 (Middle distance and Sprint relay) will be transmitted live in TV. All races can be followed live on the internet worldwide on [www.arosatv.ch](http://www.arosatv.ch).

The link to live Internet-TV, GPS tracking and results can be found at [www.o-worldcup.ch](http://www.o-worldcup.ch) on the competition days.

## 20. Information / Event Secretariat

World Cup Final 2015  
Swiss Orienteering  
Brigitte Grüniger Huber  
Krummackerweg 9  
CH - 4600 Olten  
Tel +41 62 287 30 42  
Mobile +41 79 504 18 09  
[info@o-worldcup.ch](mailto:info@o-worldcup.ch)  
[www.o-worldcup.ch](http://www.o-worldcup.ch)

Final details will be released in Bulletin 4 upon arrival at the Event Centre in Arosa and on the homepage on September 30, 2015.

## Welcome to Arosa!

The Organising Committee, Arosa and Swiss Orienteering are pleased to welcome all orienteering friends to another spectacular orienteering event in Switzerland!



© Pictures by Rémy Steinegger and Arosa Tourismus