

Dear Participants, Organisers, Local and Regional authorities and Sponsors!

I am exceptionally pleased to welcome all the competitors in Foshan, Guangdong Province, China.

The World Cup in Orienteering in China has been a dream and goal for the International Orienteering Federation for a long time. Our journey to China has been challenging and on behalf of the IOF I would like to thank the Chinese Radio Sports and Orienteering Association, the local and regional authorities and all sponsors for their support.

For international orienteering it's a remarkable event because we've not been outside Europe for many years. Asia is a very important region for orienteering, and I believe we will come back to Asia regularly with our major events in the future.

Arranging the World Cup usually has a positive impact on the hosting orienteering federation and a World Cup on home ground gives additional motivation for the athletes. The best results of Chinese athletes are from the World Orienteering Championships in 2008 where the women's team achieved a 7th place in the Relay, and from 2009, when Shuangyan Hao took a 10th place in the Sprint event.

Recent results indicate that the Chinese team is moving up again and it will be interesting to see if Chinese athletes can provide some surprises on home ground.

Our expectations are very high, and we hope for a great event with a special Chinese touch and competitions that we remember for a long time.

Good luck to all participants and organisers!



Leho Haldna  
IOF President



### Welcome to China!

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"Isn't it wonderful to have friends coming from afar?" The Chinese people have a fine tradition of hospitality since ancient times. On the occasion of the Orienteering World Cup Final 2019 begins, on behalf of the Aero Sports, Radio Sports & Marine Model Administrative Center of General Administration of Sport of China and Chinese Radio Sports and Orienteering Association and the event organizing committee, I am very honored to extend a warm welcome to officials, guests, coaches and athletes from all countries and regions.

With orienteering booming in China, this is the first time that we conduct the high level international orienteering competition of the International Orienteering Federation. This is a great event and worth celebrating in the development progress of Chinese orienteering. It is also an important milestone in the development of Chinese orienteering. We will take the World Cup as an opportunity to vigorously promote and publicize orienteering, learn from top European orienteering athletes, improve our technical level and gradually narrow the gap between China and the world's high-level athletes. During process of constructing powerful sports country Chinese orienteering enterprise and orienteering people will not be absent. We firmly believe that as long as the development path is right, it will not be far away, and we will continue to pursue and progress.

On this occasion, I would like to express my sincere gratitude to the International Orienteering Federation for its long-standing support and assistance to Chinese orienteering, and to all the staff of the event organizing committee who are preparing for this event. I believe this competition will be a success! Wishing all of you achieve better results!



Jia Bing

Director General of the Aero Sports, Radio Sports & Marine Model Administrative Center of General Administration of Sport of China

On the occasion of the Orienteering World Cup Final 2019 to be commenced in Nanhai District, Foshan City of Guangdong Province, as the highest-level international orienteering event introduced to Guangdong Province as well as to China for the first time, I shall be very pleased, on behalf of Guangdong Provincial Sports Administration, to extend my warmest welcome to all the athletes, coaches, referees, guests, media and friends from all around the world. Sincere thanks and great gratitude also go to friends who devote a lot to the preparation of this Event from all community in the society.

Guangdong Province, located in the southern part of China, is a place with long history, rich culture, beautiful environment, prosperous economy and peaceful life in the society. As Autumn in October is the best season for outdoor sports in Guangdong Province, herein, we host the Orienteering World Cup Final, to present the Lingnan history and culture as well as the regional landscapes to the world. In the meantime, the host of this Event will improve the development of orienteering sport in China, offering valuable opportunities for the Chinese orienteering amateurs to witness the splendid races among elite orienteering runners in a very close distance. I believe that, the host of this Event will enhance the exchange of sports and culture between home and abroad as well as the development of sports sector in Guangdong.

Wish all athletes best performance and good results in the Orienteering World Cup Final. Lastly, a fruitful success for the Orienteering World Cup Final 2019!



WANG Yuping  
Director General



Guangdong Provincial Sports Administration

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## Welcome to Nanhai District, Foshan City, Guangdong Province, China!

Foshan, a prefecture-level city situated in central Guangdong Province and the hinterland of the Pearl River Delta, is adjacent to Hong Kong SAR and Macau SAR, east to Guangzhou and south to Zhongshan.

As an important part of the “Guangzhou-Foshan Metropolitan Circle”, “Guangzhou-Foshan-Zhaoqing Economic Circle” and “Pearl River-West River Economic Belt”, the city is regarded as an advanced manufacturing base in China and an important manufacturing center in Guangdong Province, leading the economic development of Guangdong Province.

As a famous historical and cultural city, Foshan is among the four famous towns in China and acknowledged as Home of Ceramic Arts, Home of Martial Arts, Home of Cantonese Opera, A Famous City of Dragon Boat and Lion Dance, and the Origin of Cantonese Opera. It is not only the birthplace of Cantonese culture which is a branch of Lingnan culture, but also the place where Cantonese culture thrives and gets inherited.

Nanhai District, with an area of 1073.82 square kilometres, is one of the five administrative districts in Foshan city. With a resident population of 3.29 million, the district has a time-honored history and many celebrities. In Qin Dynasty (214 B.C.), the area was set as a prefecture. And it was changed into a county in the Sui Dynasty (A.D. 590). There are a large number of outstanding figures such as Kang Youwei, Chen Qizhen, Huang Feihong and Zhan Tianyou in the history of Nanhai.

As the pioneering area under the reform and opening policy, Nanhai once created the “Nanhai Model” which facilitated the economic development of county by making the so-called “Six Wheels Spin together”. It has become one of the birthplaces of the domestic private economy, and one of the “Four Tigers” areas in Guangdong.

There are many tourist attractions in the district including Xiqiao Mountain, Nanguo Peach Blossom Garden, Former Residence of Kang Youwei, Qiandeng Lake, and Dreamy Water Village, etc.

### Xiqiao Mountain

Xiqiao Mountain, one of the famous four mountains in Guangdong Province, is renowned as a best national tourism scenic spot, national forest park, national geological park, national important scenic spot, and “The Tower of Civilization along Pearl River”. It is located in the southeast part of Nanhai District, Foshan City, in a close distance from the downtown of Foshan City 27 kilometers and the downtown of the nearby city Guangzhou 45 kilometers.

Xiqiao Mountain is an extinct volcano with a history of 45000 years. It was a largest manufacturing field of stoneware in South China in ancient time, as famous as another largest stoneware manufacturing field in the north part of China - Emaokou in Huaiaren City, Shanxi Province. Here, it is well-recognized for its unique culture of Xiqiao Mountain, the origin of civilization along the Pearl River.



### Songtang Village

Songtang Village, located in Xiqiao Town, Nanhai District of Foshan City, started its story since 800 years ago. During the year 1225 to 1264 in Song Dynasty, a man called OU Shilai, the son of a Confucian scholar OU Guilin, moved from the a city in the north part of Guangdong Province to this village and started his new life here.

Houses in Songtang Village were built in rows in front of mountains with more than 100 alleys facing a pond. It is a nice place with beautiful natural environment.

In December, 2010, Songtang Village received its reputation as a national historical & cultural village in China.



### The Nanhai Movie & TV Town

The Nanhai Movie & TV Town is a movie & TV production base built by CCTV. It is located in Shishan Town, Nanhai District of Foshan City, with an area of over 1 million square meters. It is a scenic spot in a combination of movie & TV shooting, tourism, outdoor activities of team building, wedding photo shooting and branding display. Over 500 movies and TV programs were filmed in this Town.

The Nanhai Movie & TV Town highlights the combination of movie & TV shooting and tourism. It consists of five parts, the Palace, Jiangnan Water Town, Hong Kong & Macao old streets, the performance area and the entertainment area. Wonderful shows are presented everyday, such as Battles among Lv Bu and Three Heroes, Jing Gang Water Battle, Raining Alley. Tourists can enjoy the shows during their visit and explore the beauty of movie & TV culture to have different experience from time to time.

### Schedule

Time		Activity	Location
Start	End		
<b>October 22, 2019 Tuesday</b>			
16:00	18:00	Event Center Open	Xiqiao Mountain Hotel
<b>October 23, 2019 Wednesday</b>			
8:00	10:00	Event Center Open	Xiqiao Mountain Hotel
<b>October 24, 2019 Thursday</b>			
9:00	21:00	Event Center Open	Xiqiao Mountain Hotel
		Model Event	
<b>October 25, 2019 Friday</b>			
10:00	18:00	Event Center Open	Xiqiao Mountain Hotel
		Model Event	
	<b>12:00</b>	<b>Final Entry for Middle Distance</b>	<b>Xiqiao Mountain Hotel</b>
17:00	/	Team Officials Meeting - Middle Distance & Sprint Relay	Xiqiao Mountain Hotel
20:00	21:00	Opening Ceremony	Tingyin Lake Square
<b>October 26, 2019 Saturday</b>			
9:00	11:00	Event Center Open	Xiqiao Mountain Hotel
12:30	17:30	Event Center Open	Xiqiao Mountain
	11:30	Estimate 1 <sup>st</sup> Start for Women	Xiqiao Mountain
	12:00	Estimate 1 <sup>st</sup> Start for Men	Xiqiao Mountain
11:30	17:00	Middle Distance	Xiqiao Mountain
16:55	/	Flower Ceremony - Middle Distance	Xiqiao Mountain
	<b>17:00</b>	<b>Final Legs Entry for Sprint Relay</b>	<b>Race office in finish area</b>
<b>October 27, 2019 Sunday</b>			
10:00	12:00	Event Center Open	Xiqiao Mountain Hotel
13:00	17:00	Event Center Open	Naihai Movie & TV Town
	14:45	Start Time - Sprint Relay	Naihai Movie & TV Town
15:55	/	Flower Ceremony - Sprint Relay	Naihai Movie & TV Town
<b>October 28, 2019 Monday</b>			
10:00	18:00	Event Center Open	Xiqiao Mountain Hotel
	<b>12:00</b>	<b>Final Entry for Sprint</b>	<b>Xiqiao Mountain Hotel</b>
18:00		Team Officials Meeting - Sprint	Xiqiao Mountain Hotel
<b>October 29, 2019 Tuesday</b>			
10:00	12:00	Event Center Open	Xiqiao Mountain Hotel
13:00	17:00	Event Center Open	Songtang Village
	13:00	Estimate 1 <sup>st</sup> Start for Men	Songtang Village
	13:20	Estimate 1 <sup>st</sup> Start for Women	Songtang Village
13:00	16:30	Sprint	Songtang Village
16:25	/	Flower Ceremony - Sprint	Songtang Village
19:00	/	Closing Ceremony, Awarding Ceremony & Farewell Dinner	Tingyin Lake Square



October 30, 2019 Wednesday			
10:00	12:00	Event Center Open	Xiqiao Mountain Hotel
/	12:00	Departure	Foshan City

### Event Center

Xiqiao Mountain Hotel

(GPS: N22°93'54.23", E112°96'63.41")

Address: Baiyun cave scenic spot, Xiqiaoshan mountain, Nanhai district, Foshan city, Guangdong province, China

Contact Person: Ms. Cai Jiehui

Tel: +86 13711505219; Email: 643755247@qq.com

Opening Hours of Event Center/Competition Office:

Date	Time	Location
October 22, 2019 Tuesday	14:00-21:00	Xiqiao Mountain Hotel
October 23, 2019 Wednesday	14:00-21:00	Xiqiao Mountain Hotel
October 24, 2019 Thursday	14:00-21:00	Xiqiao Mountain Hotel
October 25, 2019 Friday	10:00-18:00	Xiqiao Mountain Hotel
October 26, 2019 Saturday	9:00-11:00	Xiqiao Mountain Hotel
	12:30-17:30	Xiqiao Mountain
October 27, 2019 Sunday	10:00-12:00	Xiqiao Mountain Hotel
	13:00-17:00	Nanhai Movie & TV Town
October 28, 2019 Monday	10:00-18:00	Xiqiao Mountain Hotel
October 29, 2019 Tuesday	10:00-12:00	Xiqiao Mountain Hotel
	13:00-17:00	Songtang Village
October 30, 2019 Wednesday	10:00-12:00	Xiqiao Mountain Hotel

### Transportation

Airport transfer and event shuttle bus will be provided by the Organizer. Reservation procedure can be found in latter part of this bulletin. Participants can choose their own means of transport to the event center. Note that it is generally not possible for foreigners to rent cars or drive in China.

#### Transportation Guideline to Event Center – Xiqiao Mountain Hotel

Arrival airport/station	Distance to the Event Center	Duration Time
Guangzhou Baiyun International Airport	88km	by taxi -1h10min
		by airport bus + taxi - 1h50min
		by public transport - 3h30min
Guangzhou South Railway Station	50km	by taxi-1h5min
		by public transport -2h30min

#### Transportation Guideline to other event location:

Location	Distance to Event Center	Depart from Xiqiao Mountain Hotel by bus	Depart from National Arts Resort Hotel by bus
Tingyin Lake Square (Opening Ceremony)	800m	10min (walking distance)	13min
Xiqiao Mountain (Middle Distance Model Event)	11km	25min	18min
Baiyun Dong, Xiqiao (Mountain Sprint Model Event)	2km	3min (walking distance)	13min
Xiqiao Mountain (Middle Distance)	11km	25min	18min
Nanhai Movie & TV Town (Sprint Relay)	60km	60min	65min
Songtang Village (Sprint)	10km	25min	32min

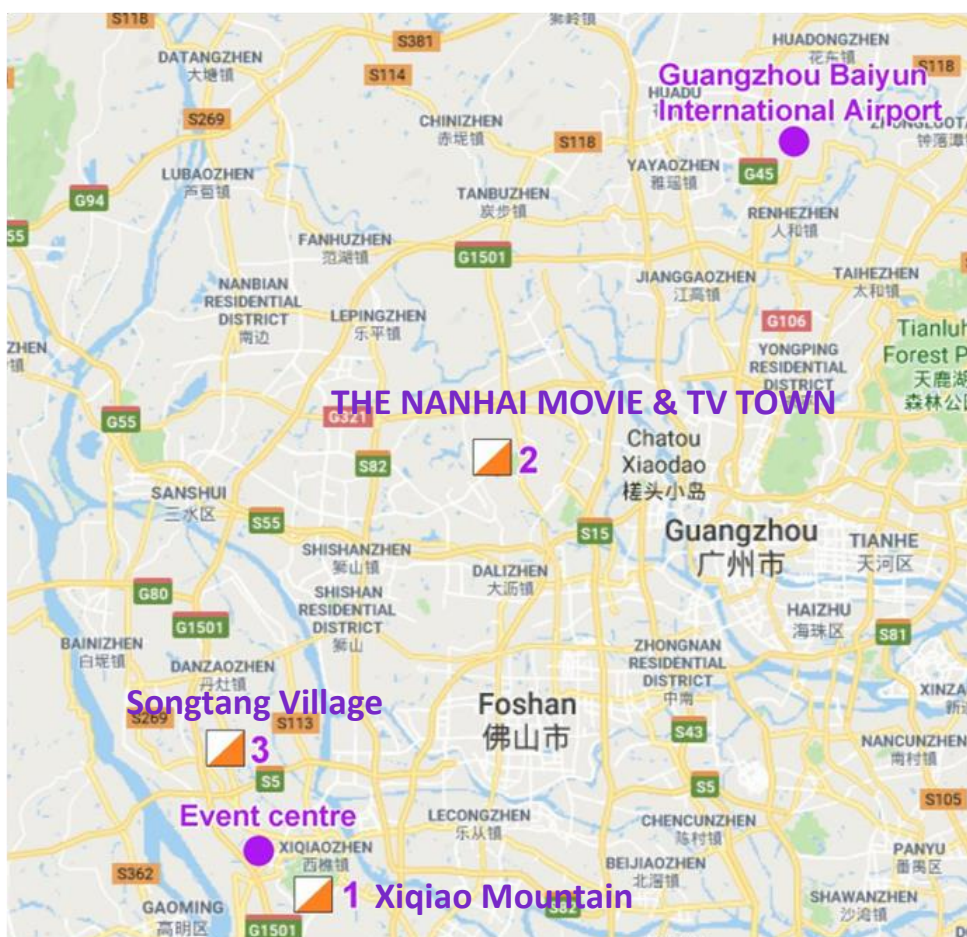
### Terrain, Climate, Hazards

The terrain of Nanhai District is generally high in the northwest and southwest, and low in the middle and southeast.

The Nanhai district has a monsoonal climate with hot, humid summers and cool, dry winters. Late October is normally the end of the summer monsoon and is usually less wet than the summer, although it's still quite humid. Average temperature in late October are about 20-28°C, with rain on about 20% of days. Typhoons (tropical cyclones) can affect the region but the typhoon season is normally over by late October.

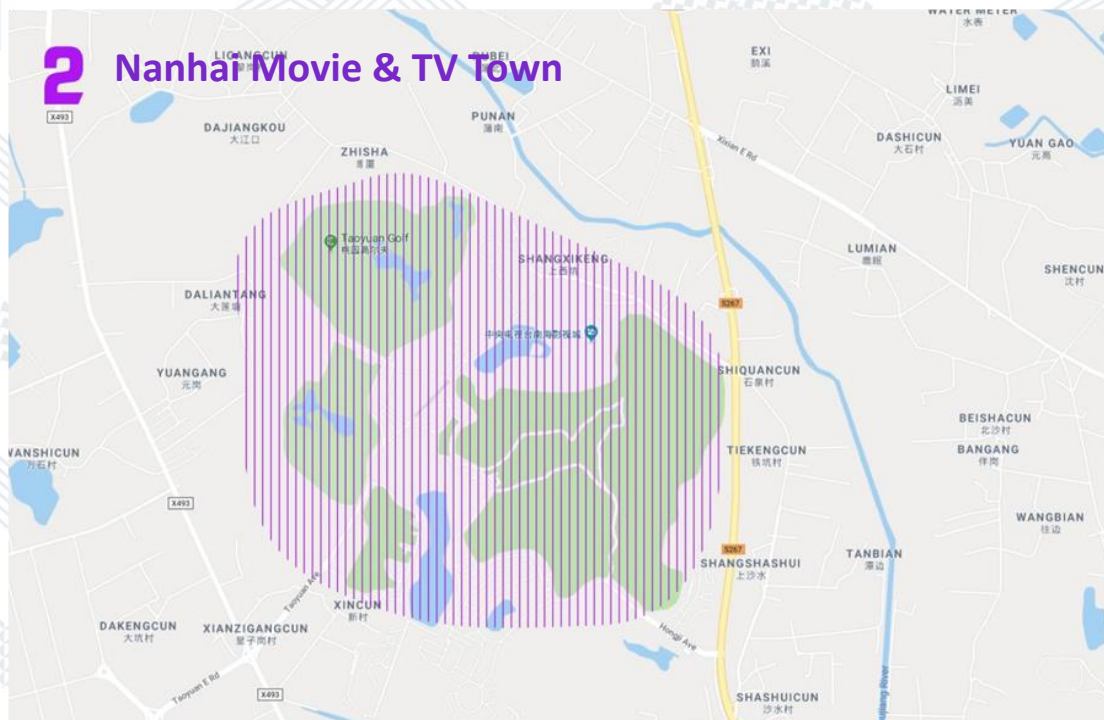
### Locations and Embargoed Areas

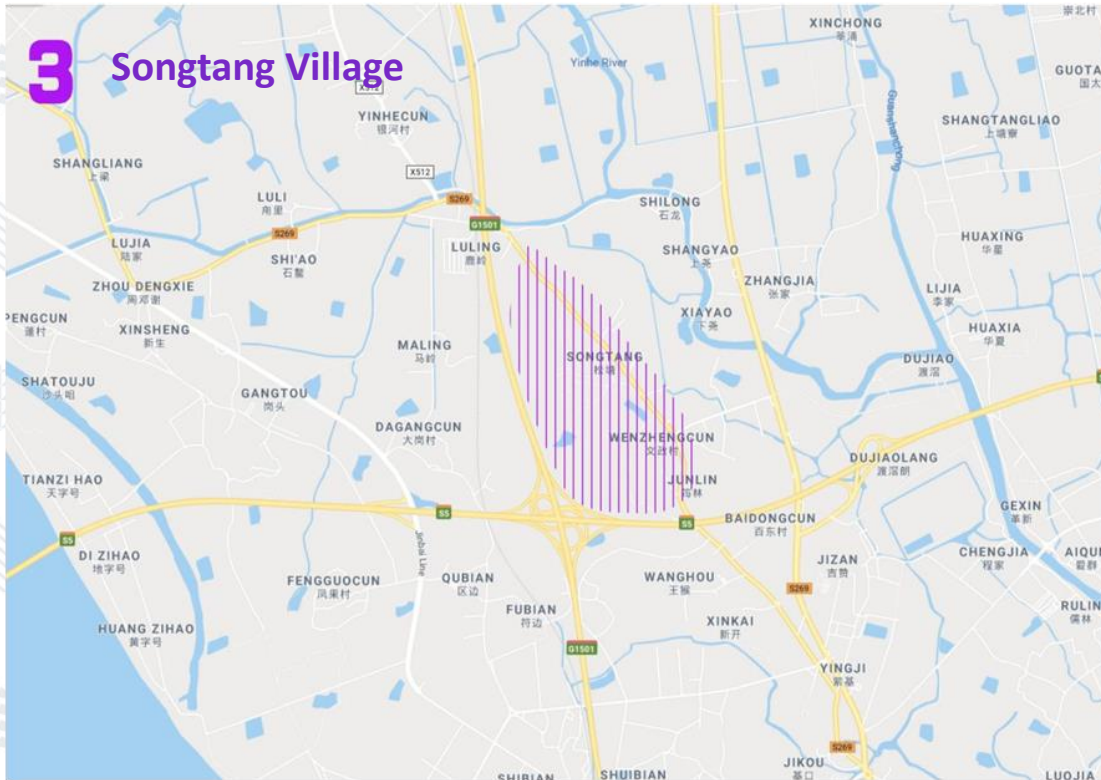
All competition areas listed as follows are embargoed with immediate effect.





**Note: The outer limits of the embargoed area at Xiqiao Mountain are the boundaries of the green area shown within the above diagram only.**

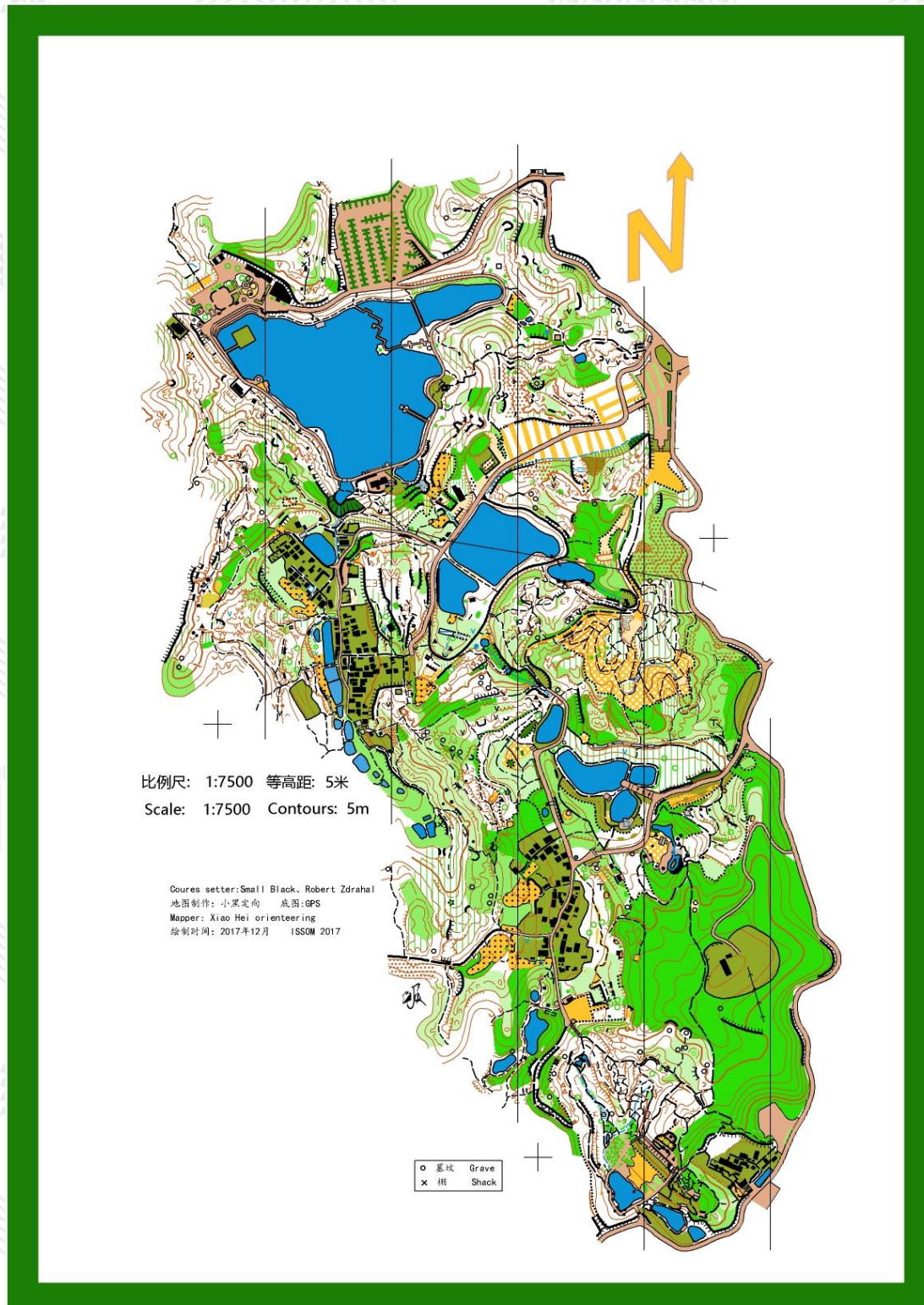




Previous Maps  
Xiqiao Mountain

1:7500

2017



Songtang Village

1:4000

2016







### Competition Rules

The 2019 edition of the competition rules for IOF Foot Orienteering events will be applicable to the Orienteering World Cup Final 2019. A rule deviation has been approved relating to the start list in the Sprint event (see event details for further information).

### GPS

GPS tracking system will be used in all races and applies to all runner in the World Cup Final (TracTrac)

### Anti-Doping

The Organizer will comply with the IOF Anti-Doping Rules valid at the time of the Orienteering World Cup Final 2019.

### Classes and Entries

- There is one class for men and one class for women. There are no age restrictions.
- Each competitor represents a Federation. The maximum number of competitors from each Federation is defined in the 2019 World Cup Special Rules.
- All Asian Federations can start with a maximum number of 10 men & 10 women competitors for each individual event, and a maximum of 4 teams in sprint relay.
- A competitor may represent only one Federation during any one calendar year.
- Competitors who are representing a Federation shall have full passport-holding citizenship of the country of that Federation.

#### 1. Team Names Entry

- The following information shall be filled via IOF EVENTOR:
  - Name of each Team athlete by selecting from federation members in IOF EVENTOR
- The deadline for Team Names Entry is September 30, 2019
- ALL changes accepted in Eventor until October 20<sup>th</sup>, 2019

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

Late Entries and changes will be accepted by October 24, 2019. No late entries or changes will be accepted after that date. Late entries and changes will always have a defined extra cost (surcharge). Late entries and

changes will always be treated equally and must be communicated directly to the organizer. The change request must be sent to world-cupvisa@126.com, and the organizer will make the changes in IOF EVENTOR after deadlines.

### Timing Equipments

SPORTident (SIAC) equipment will be used as the timing equipment in all races of the World Cup Final and provided by the Organizer.

### Accommodation and Local Transportation Package

Rental cars (with driver) can be provided by Organizer, reference prices as follows:

Rental Car Category	Fee(Euro)
14-seat mini bus	€160/day
22-seat bus	€170/day
36-seat bus	€195/day

### Details of Accommodation and Local Transportation package

Date	Activity	Hotel Accommodation	Breakfast	Lunch	Dinner	Airport Transfer
October 24	Arrival	√			√	√
October 25	Model Event	√	√	√	√	
October 26	Middle Distance	√	√	Lunch Box	√	
October 27	Sprint Relay	√	√	Lunch Box	√	
October 28	Rest Day	√	√	√	√	
October 29	Sprint	√	√	Lunch Box	√ Farewell Dinner	
October 30	Departure		√			√

### Accommodation and Meals Package for Early Arrival and Late Departure

Hotel	Fee(Euro)	Notes
Xiqiao Mountain Hotel or equivalent	€55/person/day	Full-board accommodation (including breakfast, lunch and dinner); 2 persons/room.
National Arts Resort Hotel or equivalent	€62/person/day	

## Payment

Beneficiary Account Name: Foshan MeiMei Cultural Communication CO.,LTD

Beneficiary Bank Account: 2013 0968 1920 0142 011

Beneficiary Bank Name: INDUSTRIAL AND COMMERCIAL BANK OF CHINA GUANGDONG FOSHAN BRANCH

Beneficiary Bank Swift Code: ICBKCNBJFSN

Beneficiary Bank Address: No.23 HUJING ROAD CHANCHENG FOSHAN GUANGDONG CHINA

Liaison staffs for payment confirmation:

*English Speaking - Ms. Shi Yuxian*

Mobil: +86 13760962940; Email: 2484969867@qq.com.

*Chinese Speaking - Ms. Wu Huiyi*

Mobil: +86 13923136680; Email: 529570353@qq.com.

Note: Bank charges will be fully paid by payment sender.

**Important:** The entry submission is confirmed after the payment is received. Unless entry fee is paid, the entry is not valid. The payment for entries shall reach the Organizer's bank account no later than October 1, 2019.

## Media

Visa letter for foreign media visiting China will be issued upon request to the Organizer. Application form is available on IOF EVENTOR for download. Please fill and send it to Chinese Radio Sport and Orienteering Association via email: worldcupvisa@126.com at the earliest.

The media service includes:

- Free internet connection
- Electricity
- Working area in tent
- Access to photo control/zones

Contact Person: *Ms. Zhang Xiushan*

Mobil: +86 13535513881; Email: worldcupinfo@126.com

### Contacts

*Event Official Website*

<http://worldcup.nanyueguyidao.cn>

*For visa and entry*

Address: A14, Tiantan Dongli Zhongqu, Dongcheng District, Beijing, China

Phone: +8610 67050897

Email: [worldcupvisa@126.com](mailto:worldcupvisa@126.com)

*For accommodation and local transportation*

Address: NO.16 Jiaochang Xi Road, Yuexiu District, Guangzhou, 510056, Guangdong Province, China

Phone: +86 20 8386 0299

Email: [worldcuplogistics@126.com](mailto:worldcuplogistics@126.com)

### Organization

**Host:**

International Orienteering Federation

**Organizers:**

Aero Sports, Radio Sports & Marine Models Administrative Center of General Administration of Sport of China

China Radio Sports and Orienteering Association

Guangdong Provincial Sports Administration

The People's Government of Foshan City

**Executive Units:**

Guangdong Social Sports Center

Guangdong Outdoor Sports Association

Foshan Culture, Radio, Television, Tourism and Sports Bureau

Culture, Radio, Television, Tourism and Sports Bureau of Nanhai District, Foshan City

**Co-organizers:**

Guangdong Sport Lottery Center

The People's Government of Xiqiao Town, Nanhai District, Foshan City

The People's Government of Shishan Town, Nanhai District, Foshan City

### Event Advisers & Controllers

IOF Senior Event Adviser: Blair Trewin  
 Organiser Event Adviser: Jaroslav Kacmarcik  
 National Controller Assistants: Chen Chao

### Results, Awards, World Cup and World Ranking

Detailed rules about World Cup results and awards management can be found here:

*Special Rules for the 2019 World Cup in Orienteering:*

[http://ranking.orienteering.org/Documents/World-Cup-2019-special-rules-final\\_26112018.pdf](http://ranking.orienteering.org/Documents/World-Cup-2019-special-rules-final_26112018.pdf)

*Special Rules for the 2019 Team World Cup in Orienteering:*

[http://ranking.orienteering.org/Documents/World-Cup-2019-team-special-rules-final\\_22112018.pdf](http://ranking.orienteering.org/Documents/World-Cup-2019-team-special-rules-final_22112018.pdf)

Official standings in World Cup can be found on the IOF World Cup page:

<http://ranking.orienteering.org/WorldCup/WorldCup?wcup=footo&>

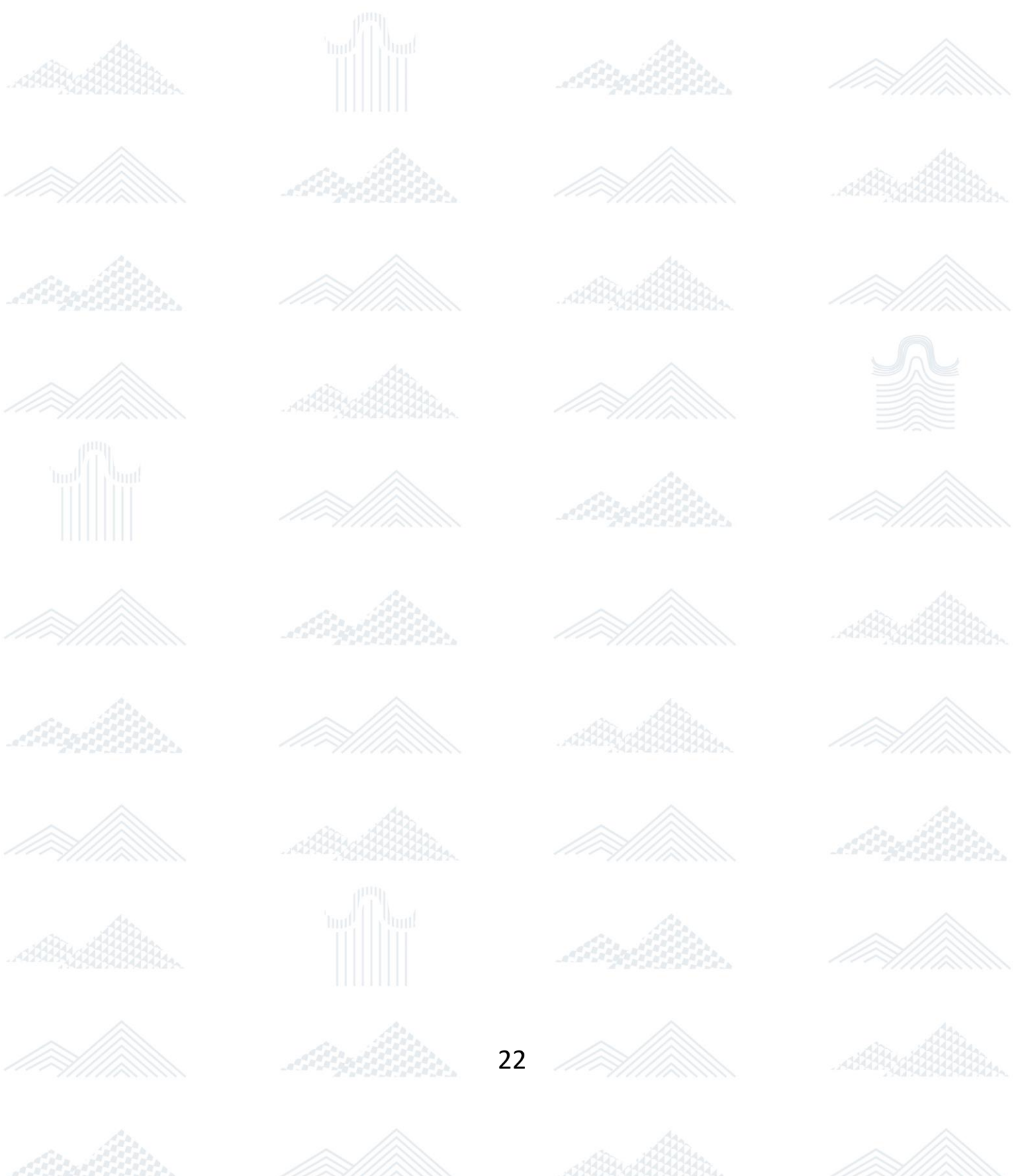
The official result lists are published on IOF EVENTOR:

<https://eventor.orienteering.org/Events/Show/6030>

Event	Awards	Results
Sprint Relay	IOF Diploma to 1-6 (only best placed team per federation)	Official World Cup results list in IOF Eventor as results. (Only best placed team per federation) Full result list is uploaded as PDF to IOF Eventor.
Middle Distance	IOF Diploma to 1-6 Prizes from the Organizers to 1 - 3	Official Results in IOF EVENTOR as results.
Sprint	IOF Diploma to 1-6 Prizes from the Organizers to 1 - 3	Official Results in IOF EVENTOR as results.
World Cup 2019-Overall	1 <sup>st</sup> Place: medal, trophy cup, diploma & 2500 Euro 2 <sup>nd</sup> Place: medal, diploma & 1500 Euro 3 <sup>rd</sup> Place: medal, diploma & 1000 Euro 4 <sup>th</sup> Place: diploma & 500 Euro 5 <sup>th</sup> Place: diploma & 300 Euro 6 <sup>th</sup> Place: diploma & 200 Euro	Official standings on IOF World Cup page.
Team World Cup 2019-Overall	1 <sup>st</sup> Place: trophy cup and souvenir Other awarded teams: souvenir	Official standings on IOF World Cup page (as PDF).

**Note:**

1. Any local organizer prize money will be awarded to the athletes in accordance with the list above (20% income tax will be collected).
2. If there is a tie, prize money will be divided equally for the same place while the next place will be postponed accordingly.
3. The Organizer reserves all rights for the final explanation.



## Technical Information

### Model trainings

#### Middle Distance

Part of competition Area (relevant climbing, partly vegetation, tracks, tombs, village).  
 Printing quality is NOT same as for competition map.  
 6-8 control points in area (only flags)

25<sup>th</sup> October – including technical model ( show start and finish procedure ; bring your SIAC )

#### Attention :

- **Not allowed to be outside of model map (embargoed area) = disqualification**
- **Not allowed to use own transportation to middle model race; transport will be provided only by organizer from Art Hotel or Xiqiao Mountain Hotel**

Date: Thursday, October 24<sup>th</sup>

Open hours: 15.00 – 16.30

Bus from hotels: 14.30 and 15.00

Bus back to hotels: 16.40 AND 17.00

Date: Friday, October 25<sup>th</sup>

Open hours: 10.00 – 12.00

Bus from hotels: 9.30 and 10.00

Bus back to hotels: 11.30 and 12.00

#### Sprint Relay – Sprint

2 maps can be use; one park map and one village area. Both maps are walking distance from Xiqiao Mountain Hotel.

Park areas: relevant for Sprint Relay (some control with flags)

Village Ares: only paper-flags

Date: Friday, October 24<sup>th</sup>-25<sup>th</sup>

Open hours: 10.00 – 16.00

For teams living in ART Hotel bus transport will be provided:

25<sup>th</sup> October: from hotel 14.30 (10 min drive) – to Hotel Xiqiao

Back to ART Hotel latest 16.00

#### Middle distance

Date: Saturday, October 26

Location: Xiqiao Mountain

(GPS: N22°55'59.32", E112°57'42.70")

Terrain: The terrain is on a mountain plateau with generally moderate slopes. Mostly native forest, with some areas of villages and developed parklands. There is a wide variation in vegetation, but most

forest areas have fair to good runnability. There is a dense path network. Some of these paths have stone paving, which can be very slippery when wet. Part of area is forest part with good run ability and many tracks.

Map: scale 1:10000, contour interval 5 m, ISOM 2017  
Course Planning Supervisor: Jaroslav Kacmarcik  
Printed: Pretex paper; map in plastic bag

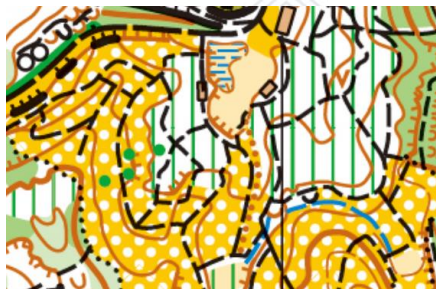
Start Interval: 2min. The start list will be determined strictly in accordance with the World Cup standings by October 24, 2019.

Course Lengths:

Class	Linear Distance	Elevation Climb	Number of Controls
Women	5.0km	290m	21
Men	5.9km	330m	24

Number of refreshment controls: 1 (after about 20-25 min running) on control point nr. 47  
NOT marked on the control description

**Winning Time: 37-39 min**



**Marked area:**

- dangerous pits, holes are marked in terrain (plastic band) , but marked on the map
- cultivated land – some little areas





### Transport to start area(quarantine):

Preliminary bus schedule (from ART Hotel 20min, from Xiqiao Hotel 30min) :

9.30    10.00    10.30    11.00    11.30    12.00

Final version will be given to coaches at TOM.

### Quarantine:

**Closing time:** when you step to the bus

No old maps in Quarantine; no using mobiles and other communication equipment!

From parking to changing room 400m (changing room, enough number of toilets, mineral water)

You pick up your number bib in Quarantine

Warm up map: very small warm up map (NO same printing quality as competition map)

**Call up time:**        minus 4 min  
                              minus 3 min (GPS)  
                              minus 2 min (control description; M 16x5cm; W 14x5cm)  
                              from Start(time) to Start Triangle 200m

**Bags to finish:** from the marked place

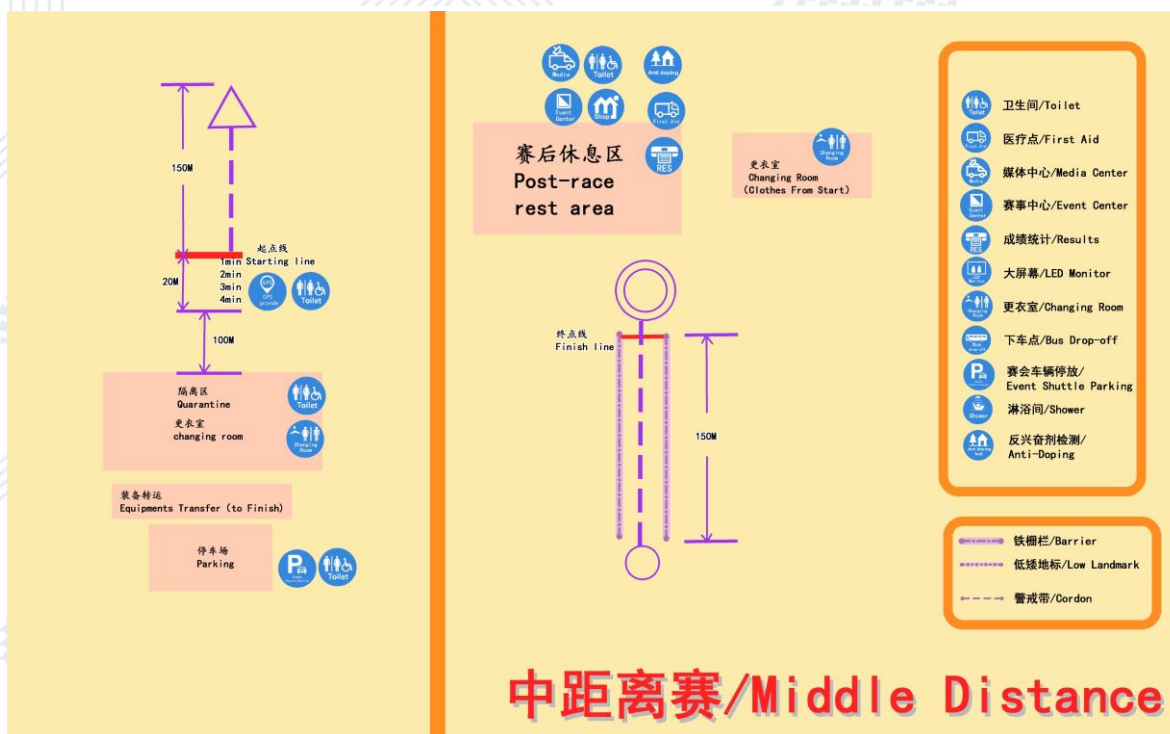
**Coaches to finish area:** compulsory transport provided by organizer

**Coaching zone:** NO

**After finish:** team zone; not allowed to go back to competition area; NO showers in finish area.

It is possible to leave finish area with official buses (back to hotels):

Time for buses: 4pm and last buses after flowers ceremony



### **Sprint Relay**

Date: Sunday, October 27

Location: Nanhai Movie & TV Town  
(GPS: N23°11'27.30", E113°06'19.09")

Terrain: Located here is an open-air film studio complex with numerous replica townscapes and temples, combining the landscape of a city park and suburban park with strong cultural atmosphere. There is both planted and natural vegetation, with some small areas of open forest depending on route choice. Very good runnability.

Map: scale 1:4000, contour interval 2 m, ISSOM 2007  
Course planner: GUOXING ZHONG/Jaroslav Kacmarcik  
Printing: printing house Guangzhou  
Maps in plastic bag  
Control description only on the map.  
Control number and control code printed on the map.

Number of legs: 4

Course Lengths:

Leg	Linear Distance/leg	Elevation Climb/leg	Number of Controls/leg
Women(Leg 1&4)	3.2-3.3km	45m	16-17
Men (Leg 2&3)	3.9-4.0km	45m	18-20

Winning Time/leg: 14-15 min

Entry Quota: All federation in sprint relay can start with a maximum of 4 teams. Each team consists of 4 team members of whom at least two must be women. Only the best team of each Federation will count for the World Cup result list. Team with runners from more than one Federation (but still with 4 team members of whom at least two must be women) may participate but will not be placed in the results.



#### **Transport to start area(quarantine):**

Buses from ART Hotel, Xiqiao Hotel: 12.15  
Time to Event area: 60-75 min

#### **Quarantine:**

No quarantine, but runners need to stay in marked team zone before start (inside of the Temple) or team zone outside of the Temple.

#### **Start and Changeover Procedure**

**1st leg, mass start:** All first leg competitors will be released from the quarantine zone to the pre-start

10 minutes before the start time. The competitors need to clear and check SI cards in the pre-start. From the pre-start assembly they will be guided to the mass start zone. The start signal will be signed by the speaker.

**2nd - 4th legs:** All competitors from one leg will be released from the quarantine zone to the pre-start after the previous leg starts passing spectators control. The competitors are obliged to clear and check SI cards in the pre-start area. Arena passage is visible from the team zone. The change-over is done after crossing the finish line by hand touch across a separation barrier. Maps for the 2nd-4th legs are situated on the map wall. The outgoing runner is responsible for taking the correct map marked with his/her bib number. Reserve maps are ready for replace missing map.

#### **Competition area and map related information**

- The race will be broadcasted live by TV. Therefore, there will be cables, cameras and camera stands in the competition area which are not drawn in the competition map. Runners can be followed by a cameraman for short period of time during the race.
- All symbols stated by ISSOM 2007 as uncrossable (e.g. uncrossable vegetation, uncrossable fence/wall, flower beds, etc.) are forbidden to cross. This will be guarded by organizer. These objects can occur in competition map and in some cases, they will be highlighted by tape. However, not all of them will be highlighted and it is still a runner's responsibility not to crouch objects.



#### **Coaching zone**

NO

#### **Finish**

The finishing order is decisive for the final results.

**Bags to finish:** from the marked place (team zone inside of the Temple)

**Coaches:** if coaches leave TEAM ZONE is not allowed to go back

**After finish:** team zone; not allowed to go back to competition area;  
NO showers in finish area.

**Spectator control:** visible from TEAM ZONE; 30m compulsory corridor after spectator control

ALL buses go back to hotels after flower ceremony



### Sprint

Date: Tuesday, October 29

Terrain: Ancient villages with both traditional and modern architectural styles, with areas of farmland, rough open land and ponds between the built-up areas. The alleys are quite narrow, mainly paved. The terrain is generally fairly flat.

Map: scale 1:4000, contour interval 2.5 m, ISSOM 2007  
Course Planning Supervisor: Jaroslav Kacmarcik

Start Interval: 60 second. Start list will be determined by the final result of middle distance event on October 26, 2019. Athlete with best result will be the last one on start list. Athletes haven't earned any World Cup points will start randomly before athletes who have World Cup points.

To allow for both men's and women's fields to receive TV coverage, there will be a 1-hour break in the women's start list, between the 41<sup>st</sup> and 40<sup>th</sup> ranked competitor.

Course Length:

Class	Linear Distance	Elevation Climb	Number of Controls
Women	3.2km	30m	21
Men	4.0km	30m	22

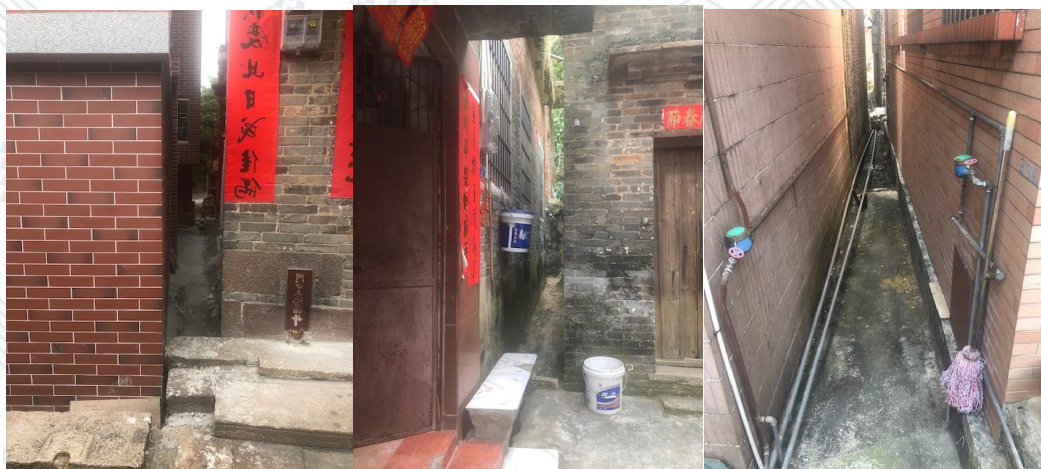
Winning Time: 13-14 min



### Marked area:

- Some walls (not crossable) market to make it easier for runners
- cultivated land – some little areas

### Narrow streets foto



**Call up time:** minus 4 min  
minus 3 min (GPS)  
minus 2 min (control description; M 16x5cm; W 14x5cm)  
from Start(time) to Start Triangle 200m

### Transport to start area(quarantine):

Preliminary bus schedule (from ART Hotel 30min, from Xiqiao Hotel 25min) :

11.15    11.30    12.00    12.30    13.00

Final version will be given to coaches at TOM.

### Quarantine:

Closing time: when you step to the bus transport!!  
No old maps in Quarantine; no using mobiles and other communication equipment!  
From parking to changing room 400m (changing room, enough number of toilets, mineral water)  
You pick up your number bib in Quarantine  
Warm up map: very small warm up map (NO same printing quality as competition map)

**Bags to finish:** from the marked place

**Coaches to finish area:** walking distance from -4min line ( after leaving pre-start area, not allowed go back)

**Coaching zone:** NO

**Spectator control:** YES

**After finish:** team zone; not allowed to go back to competition area; follow instruction from organizer  
All buses go back to hotels after flowers ceremony (16.25)

## 短距离赛/Sprint

