Bulletin 04





World Masters Ski Orienteering Championships Version 11.01.2020



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Bulletin 4

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1 Preamble:

For the first time the World Masters Ski Orienteering Championships will be held together with the Winter World Masters Games 2020 (WWMG).

The Winter World Masters Games 2020 will be the biggest winter - multi sports event for 30+ year olds. 3500+ athletes are estimated to take part in one of 12 different sports. Amateur athletes get the unique chance, to compete together and rub shoulders with ex-professionals. The WWMG promote friendship between athletes through fair competition, social activities and cultural programs.

2 Organizers

Orienteering Innsbruck Imst

Head of OK:
Race director:
IT:
Robert Mayrhofer
Race Office:
Start:
Hans Georg Gratzer
Adrian Wickert
Robert Mayrhofer
Markus Bianchi
Barbara Perktold
Wolfgang Ferarri
Project Manager ITS:
Moritz Lange

IOF Event Advisor: Viktor Kirianov (UA) National Controller: Wolfgang Pötsch

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Address: Hans Georg Gratzer

Т

Arzlerstraße 48a A-6020 Innsbruck el: +43 664 5634001

Website www.innsbruck2020.com/
Mail adrian.wickert@gmx.at

3 Venue

The Competition Center is at the WM Arena Seefeld (Möserer Straße 632c 6100 Seefeld/Tyrol Austria) (47.323496,11.176486). The distance from Innsbruck International Airport to Seefeld is approximately 30km by car or train. The nearest railway station is in Seefeld.

3.1 Changing Rooms

At the WM Arena Seefeld you will find changing facilities available for participants. We also offer a clothing storage service at the WM Arena, where you can leave your clothes while you are competing. Please be aware that we assume no liability for loss of or damage to valuables.

3.2 Waxing

3.2.1 Service Partner

Our partners SWIX and HWK offer professional waxing services at a fair price on location in the WM Arena so that your skis are perfectly tuned ready for competition.

The following local sports shops also offer waxing services and winter sport equipment in general:

Rückenwind Sport Norz

Mösererstr.120 Klosterstr.120 (near Hotel A-6100 Seefeld In Tirol Wetterstein) A-6100 Seefeld

Telephone: +43 5212/52987 Telephone: +43 5212/6252 Open daily 9:00 – 18:00 Open daily 9:00 – 18:00

3.2.2 Waxing - Self-Service

As well as the wax service partners mentioned above, there will be rooms available for competitors who wish to wax their skis themselves. These rooms contain all the necessary equipment, such as waxing tables and irons, provided by SWIX.

Please be aware that it is **not** possible to book a waxing room for private use exclusively.

3.3 Sport Program in Seefeld

Seefeld will serve as the Nordic Cluster of the Winter World Master Games 2020. It will host eight days of competition with 18 finals in five sports featuring around 1,300 competitors. Here is an overview of the different sports and competitions in Seefeld:

- Biathlon: Individual, Sprint, Relay
- Cross-Country Skiing: Short, Middle and Long Distance (Classic + Skating), Relay
- Nordic Combined: Individual Gundersen
- Ski Jumping: HS75, HS75 Team, HS109
- Ski Orienteering: Model Event, Sprint, Middle, Long

For more information on when which disciplines will be taking place, please visit our homepage:

https://www.innsbruck2020.com/de/venues/seefeld

3.4 Side events in Seefeld

3.4.1 Kaiser Maximilian Lauf

On Saturday 11th January 2020 the third edition of the Kaiser Maximilian Lauf will take place in Seefeld. The race is part of the Visma Classics Series and features around 1000 athletes competing over 60km and 30km in the classic technique.

For more information about the race and how to sign up for it, please visit the homepage at https://kaisermaximilianlauf.com.

3.4.2 Sport Evening

There will be a series of Sport Evenings during the WWMG for all participants and helpers. Each will be specific to the respective sport and will vary depending on the sport and venue. The Sport Evening for Nordic sports is scheduled to take place on **Wednesday 15 January 2020 at 7:00 pm** following the daily medal ceremonies in the **Olympic Congress Centre in Seefeld (Klosterstraße 600)**.

3.4.3 Tyrolean School Winter Games

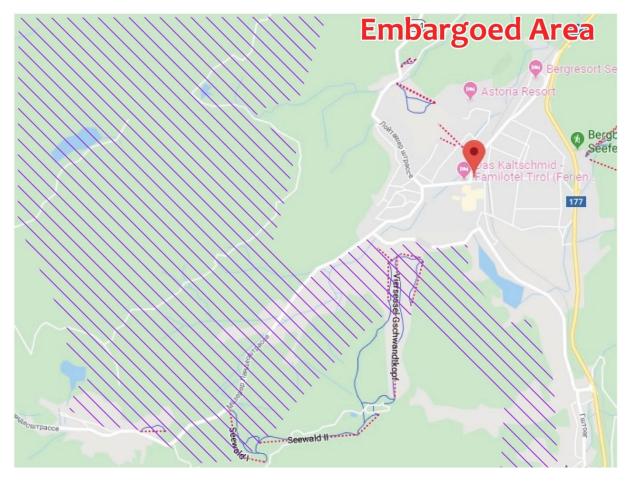
The Tyrolean School Winter Games will be held for the third time during the WWMG. The focus of the intitiative the Tyrolean ministry of education and innsbruck-tirol sports GmbH is to spread the enthusiasm about winter sports in all its diverse facets. Action and excting

competitions give students the possibility to experience winter sports, work in teams and use the diverse possibilities of winter sports together.

On Wednesday January 15 there will be the cross-country skiing competitions as well as a test event where the student can try ski orienteering in Seefeld.

More information on: https://www.tiroler-schulsport.at/schulwinterspiele/

4 Embargoed Area



Because of the possibility to also compete in Cross Country or Biathlon Events. There is an exception for the embargoed area. From 11^{th} January on the official race courses for the Cross Country and Biathlon events are open for participants of WMSOC. Please see the course Maps at the WMMG Homepage.

Course Plans Cross Country

5 Event Program

14.01.2020 Model Event (14:00-16:00) 15.01.2020 Sprint (14:15-16:30)

17.01.2020 Sprint (14.13-10.30)

19.01.2020 Middle (10:00-14:00)

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6 Classes and Participation restrictions

	14/14/20	1000 1006	1 14/14/14
•	M/W30	1990-1986	only WMMG
•	M/W35	1985-1981	WMMG/WMSOC
•	M/W40	1980-1976	WMMG/WMSOC
•	M/W45	1975-1971	WMMG/WMSOC
•	M/W50	1970-1966	WMMG/WMSOC
•	M/W55	1965-1961	WMMG/WMSOC
•	M/W60	1960-1956	WMMG/WMSOC
•	M/W65	1955-1951	WMMG/WMSOC
•	M/W70	1950-1946	WMMG/WMSOC
•	M/W75	1945-1941	WMMG/WMSOC
•	M/W80	1940-1936	WMMG/WMSOC
•	M/W85	1935-1931	WMMG/WMSOC
•	M/W90	1930-1926	WMMG/WMSOC

7 Timing

Sport Ident Air+ will be used.

All Competitors must use Sport Ident SIAC Cards

SIAC Cards can be rented for 10€ for all competitions.

A deposit of 100€ will be charged for every rent chip.

You can also buy a SIAC Card direct at the competition from Sport Ident. (Price 65€)

8 Games Center / Competition Center

8.1 Games Center – Your first Stop

The Games Center is located in the Olympiaworld Innsbruck (Olympiastraße 10) and is the central hub for all athlete services. The Games Center is where you will receive your welcome bag and any items you purchased online during the registration process (T-shirt, gala evening, etc.). It is also the location of the general information desk, the sport information desks (for specific questions on the respective sports), the transport & tourism stand and our WWMG 2020 merchandising shop.

8.2 Accreditation

As an athlete at the WWMG 2020 you will receive an accreditation. This shows that you are taking part in the Games as a competitor and will give you access to the places you need to be at the venues. Accreditations can be picked up starting from 8 January 2020 at the Accreditation Center in the Olympiaworld Innsbruck (Olympiastraße 10). Please make sure you pick up your accreditation at the latest on the evening before your first day of competition.

Accreditations are personalised documents and therefore non-transferable. When you go to pick up your accreditation you will need a piece of photo ID as well as confirmation of your registration as an athlete for the WWMG 2020. Please wear your accreditation in a clearly visible place at all times while in the venues (except when you are competing). Any misuse of accreditation will result in the accreditation being removed.

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Opening hours:	8 th January 2020	16:00	-	20:00
	9 th & 10 th January 2020	10:00	-	20:00
	11 th January 2020	09:00	-	18:00
	12 th & 13 th January 2020	07:00	-	21:00
	14 th & 15 th January 2020	10:00	-	18:00
	16 th -19 th January 2020	10:00 - 16:00		

8.3 Competition Center/ Race Office

The Competition Center will be from Saturday 11th to Monday 13th at the Sport Information Desk Seefeld in the Olympiaworld Innsbruck (Olympiastraße 10). From Tuesday 14th on the Race Office will be located only in the WM Arena Seefeld

Opening hours:	11 th January 2020	14:00-17:00
	12 th January 2020	14:00-18:00
	13 th January 2020	14:00-18:00
	14 th January 2020	12:00-16:30
	15 th January 2020	10:00-17:00
	17 th January 2020	09:00-17:00
	19 ^h January 2020	09:00-16:00

8.4 Opening Ceremony (Saturday, January 11, 2020)

We'd like to welcome you to the Official Opening Ceremony of the Winter World Masters Games 2020. It will kick off at **6:00 pm** with the "Athletes Parade" marching through the historic city centre to put you - the athletes - in the spotlight, before the Games will be declared open in the Masters Village in the Maria-Theresien-Straße.

Meeting Point for Athletes: 5:00 pm Landestheatervorplatz

Athletes Parade: **6:00 pm** passing the Hofgasse, the golden Roof and welcoming all athletes in die Maria-Theresien-Straße | Masters Village

Official Opening Ceremony on Stage: 6:20 pm

9 Number Bibs

Each Athlete will get a Chest Number which he must wear at every Competition and the Model Event (as an identification for public Cross-Country track user)

The Number Bibs will be handed out personally after signing the Disclaimer right after the AIM in the Foyer of the Olympic Congress Centre in Seefeld (Klosterstraße 600)

10 Safety

Expect public skiing and winter walking on main tracks!

Main public ski tracks have a main driving direction which is considered by the course planners.

On the map, such tracks are additionally shown with arrows:

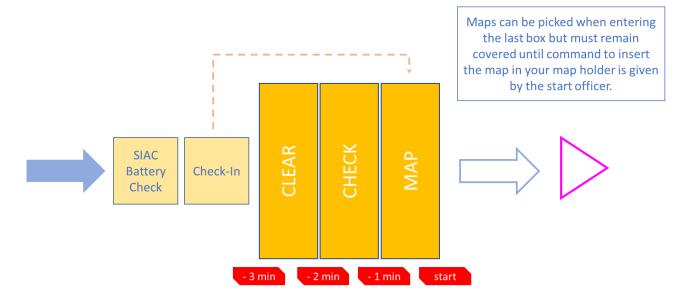
However, none ideal routs might lead you skiing against this main direction.

Attention: Cross country skiers will not expect Ski Orienteering athletes skiing in the wrong direction on main routs!!!

In case of an accident, athletes have the obligation to provide emergency first-aid. A rescue team is available in the arena.

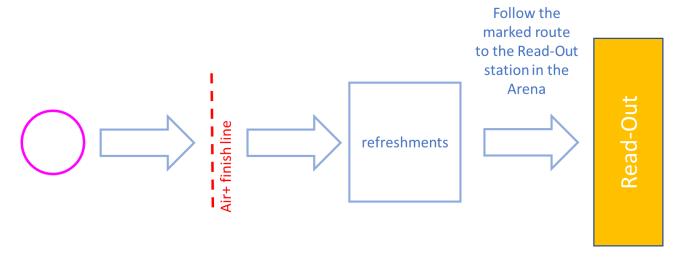
Every Race will have an end of competition time. If you are out on the Track after this time please return to the finish.

11Start



Maps can be picked when entering the last box but must remain covered until command to insert the map in your map holder is given by the start officer. If the Battery Check fails reserve SIAC will be available at the start.

12 Finish



It is the competitors responsibility to read out the SIAC at the Read-Out station right after completing the competition.

If a athletes quits the competition, he/she must return to the Area and read out the SIAC. In Case SIAC Fails during the Competition an Official with an Finish Station is located after the Finish line.

13Jury

Bernd Kohlschmidt (GER) Iztok Rojc (SLO) Hansruedi Häny (SUI)

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14Track Symbols

Map symbol	ISSkiOM 2019	Situation in Seefeld
	Very wide track > 3.0 m	Main ski tracks (Word Championship) with public sports
	Wide track 1.5 - 3.0 m	Main ski tracks with public sports
		Running direction
	Track 1.0 - 1.5 m	Skidoo tracks prepared for SkiO
• • • • • • • •	Track, slow 0.8 - 1.0 m	Rough snow track – prepared with snow shoes
	Road covered with snow	winter walking routs with pedestrians
	Sanded or snowless road	winter walking routs with pedestrians (sanded)
***************************************	Prepared area	Main ski tracks with public sports

15 Athletes Info Meeting

An Athlete Information Meeting (AIM) takes place at Saal Olympia at the Olympic Congress Centre in Seefeld (Klosterstraße 600) on Tuesday 14th January 2020 at 17:15. (See Overview Map)

During this meeting the event adviser will provide final details and information on the schedule for the competition day.

16 Medal Ceremonies

The medal ceremonies take place at Saal Olympia at the Olympic Congress Centre in Seefeld (Klosterstraße 600) in the afternoon after the races. Except the Middle Distance on the 19th January. This Prizegiving will be held right after the Competition in the Finish Arena

The top three athletes from each age category will be awarded medals.

15 th January 2020 (Sprint)	17:30
17 th January 2020 (Long)	18:00
19h January 2020 (Middle)	14:30

Some medal ceremonies will take place in the Masters Village in Innsbruck. We will announce well in advance which disciplines and which age categories will get their medals on the main stage at Maria-Theresien-Straße in the center of Innsbruck. The decision on which medal ceremonies will take place at Maria-Theresien-Straße will be taken by drawing lots.

17 Race Information

Start lists will be published until Monday

17.1 Warm up

On all competition days the Track (A1) between the Olympic Congress Centre and the Arena (WM Arena Seefeld) could be used as a Warm up track. (Please respect running directions)

17.2 Model Event (14.01)

Between 14:00 and 16:00

The starting Point will be near Wildsee (Parkplatz beim Waldschwimmbad, Gschwandtweg 9, 6100 Reith bei Seefeld) (See Overview Map) parking will be available there. Distance to walk from Arena 1.8km. From Public Transport (Station Fiakerparkplatz) is about 800m to walk.

Maps for the Model event will be handed out in Race Office.

17.3 Sprint (15.01)

Arena: WM Arena Seefeld (See also Overview Map).

Map: Scale 1:5.000, Equidistance 5 m, Size 30 x 30 cm

First Start: 14:15. Start situated 600 m from WM Arena Seefeld.

The way to the Start will be marked.

End of competition: 16:30





Courses:

Classes	Lenght, km	Shortest sensible route, km	Climb, m	# of Controls
W30	3,6	4,6	100	15
M30	3,8	5,0	120	16
W35	3,6	4,6	100	15
M35	3,8	5,0	120	16
W40	3,7	4,5	105	14
M40	3,6	4,6	110	15
W45	3,7	4,4	90	14
M45	3,6	4,6	100	15
W50	3,4	4,1	70	12
M50	3,7	4,5	105	14
W55	3,3	3,9	45	16
M55	3,7	4,4	90	14
W60	3,0	3,7	40	12
M60	3.4	4,1	70	12
W65	3,0 3,3 2,2	3,6	30	13
M65	3,3	3,9	45	16
W70	2,2	2,6	20	10
M70	3,0	3,7	40	12
W75	2,2	2,6	20	10
M75	3,0	3,6	30	13
W80	2,2	2,6	20	10
M80	2,2	2,6	20	11
M85	2,2	2,6	20	11

17.4 Long (17.01)

Arena: Wildmoos, 3,3 km from WM Arena Seefeld.

By ski follow the route C2 for the Arena to Wildmoos (See Overview Map). We are working on a Bus Shuttle to the Area

more information at the AIM

In the Arena tents for cloths and tee are provided.

Map: Scale 1:10.000, Equidistance 5 m, Size A4. For classes

M30, M35 and M40, a map change is provided.

First Start: 11:15. End of competition: 16:00



Courses:

Classes	Lenght,	Shortest sensible	Climb,	# of
Classes	km	route, km	m	Controls
W30	8,4	11,0	240	18
M30	12,2	15,7	450	25
W35	8,4	11,0	240	18
M35	12,2	15,7	450	25
W40	7,9	10,5	160	19
M40	11,2	14,6	430	26
W45	7,3	9,6	180	18
M45	8,4	11,0	240	18
W50	7,1	9,2	140	15
M50	7,9	10,5	160	19
W55	6,5	8,5	180	13
M55	7,3	9,6	180	18
W60	6,0	8,2	140	14
M60	7,1	9,2	140	15
W65	5,6 6,5	7,5	130	14
M65	6,5	8,5	180	13
W70	3,7	5,9 8,2	70	11
M70	6,0	8,2	140	14
W75	3,7	5,9	70	11
M75	5,6	7,5	130	14
W80	3,7	5,9	70	11
M80	4,9	5,9	100	12
M85	4,9	5,9	100	12

¹ refreshment ad eqipment Point for all classes

17.5 Middel (19.01)

Arena: WM Arena Seefeld.

Map: Scale 1:10.000, Equidistance 5 m, Size A4 **First Start:** 10:00. Start situated a WM Arena Seefeld.

End of competition: 14:00

Courses:

Classes	Lenght, km	Shortest sensible route, km	Climb, m	# of Controls
W30	5,6	7,9	215	16
M30	6,4	9,8	275	19
W35	5,6	7,9	215	16
M35	6,4	9,8	275	19
W40	5,7	7,9	215	15
M40	6,3	8,8	225	18
W45	5,6	7,8	210	16
M45	5,6	7,9	215	16
W50	5,3	7,6	210	16
M50	5,7	7,9	215	15
W55	4,4	6,4	180	15
M55	5,6	7,8	210	16
W60	4,3	6,3	100	15
M60	5,3	7,6	210	16
W65	4,2	6,0	120	14
M65	4,4	6,4	180	15
W70	3,8	4,6	75	12
M70	4,3	6,3	100	15

W75	3,8	4,6	75	12
M75	4,2	6,0	120	14
W80	3,8	4,6	75	12
M80	3,9	4,9	80	12
M85	3,9	4,9	80	12

18Transport

18.1 How to get to Seefeld

By plane: Innsbruck Airport or Munich Airport By train: Local trains from Munich and Innsbruck

By car: From Innsbruck via Zirl/Telfs or from Munich via Garmisch-Partenkirchen

18.2 Transport at WMMG

All accredited participants have the opportunity to use the local public transport system in Tyrol free of charge. For further details go to http://www.vvt.at or contact the info point.

18.3 Parking

There will be no dedicated parking reserved for participants in the WWMG. If you need to park near the venue, here is a list of car parks.

Please be aware that you will have to pay to use these car parks.

• P3 – Fiakerparkplatz

P11 – Klosterbräu Parkplatz
 P16 – Fußballplatzparkplatz
 Olympia Parkgarage Seefeld
 Parkplatz Innsbrucker Straße

For more details visit: https://www.seefeld.com/anreise/parkplaetze/parkplaetze-seefeld-tirol. (See also Overview Map).

19 Accommodation

A lot of different types of accommodations are offered by the local tourist board.

For further questions according to the accommodation, feel free to contact our partner Eurotours

office@eurotours.at

https://www.eurotours.at/en/

20 Sustainability

Tyrol's beautiful alpine landscape offers a huge range of options when it comes to adventure sports and outdoor activities. In order to preserve this stunning nature for future generations, we must protect our environment.

Ecological, economic and social sustainability form a core part of the WWMG 2020. In every decision, we aim to protect our climate, environment and resources as well as to contribute to greater social equality. You too can do your bit to help!

Here are the most important ways in which we show our commitment to making the WWMG 2020 an environmentally sustainable event:

 No new venues have been built for the WWMG 2020. All the venues in Innsbruck and Tirol were already here before the event. With the exception of Kitzbühel,

all the venues are no more than 25 kilometres away from Innsbruck and can be easily accessed using public transport.

- → YOU CAN HELP! Use public transport to get around as a participant in the WWMG you can use public transport free of charge (see "Transport" in the section Venue Information).
- We do our best to use as little water as possible. Tyrol's drinking water is of outstanding quality and comes straight from the mountains.
 - → YOU CAN HELP! Drink tap water instead of mineral water from plastic bottles.
- We are able to save tonnes of waste thanks to reusable plates, dishes, etc. Any rubbish which cannot be avoided is separated and recycled.
 - → YOU CAN HELP! Bring your own drinking bottles and hot drink flasks with you.
- All documents used for the WWMG 2020 are printed in small quantities on FSC / recycled paper. We only print what we really need. All documents are available in digital form and can be downloaded from our website: www.innsbruck2020.com.
 - → YOU CAN HELP! Please only print documents that you really need.

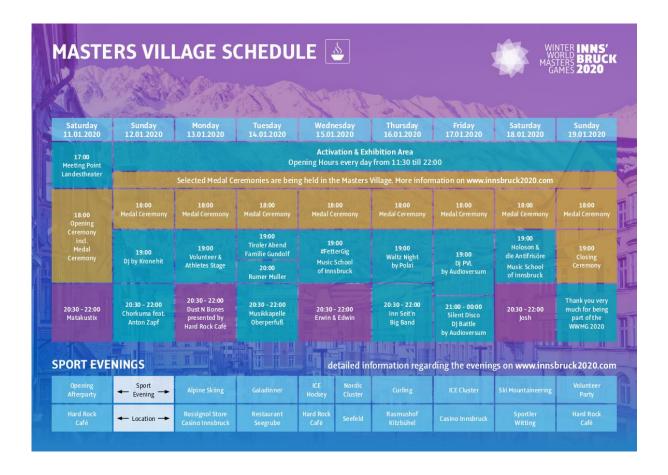
Volunteering – the WWMG 2020 brings people of different genders, generations, religions, nationalities and backgrounds together. This diverse melting pot helps to foster social cohesion in the region.

21 Masters Village Program

The Masters Village is the meeting place for all athletes, sports enthusiasts, locals and guests during the Winter World Masters Games 2020. Exciting events and a welcoming atmosphere make the Masters Village an experience to remember. The Masters Village will be located close to the old town, directly in the centre of Innsbruck.

The market with local delicacies, Tyrolean specialties and local arts and crafts will offer plenty of winter flair in heart of the Alps and give visitors the chance to grab a unique souvenir.

Opening Hours: 11:30 am till 10:00 pm (Friday, 17.01. till midnight)



22 Merchandise

The official merchandise of the Winter World Masters Games 2020 is the perfect way to spread the message in Innsbruck and to take home a souvenir from this major international event. The modern design represents a snowflake, with the individual crystals symbolising the gathering of people from around the world during the WWMG 2020. A selection of products can be ordered online at www.tirolshop.com/wwmg-2020 and during your stay in Innsbruck at the Games Centre, Masters Village and all venues.



22.1 Athletes Photo Service

On selected days, we are offering an athlete photo service (there is a charge for this service). Our photographers position themselves in the most spectacular and beautiful positions, capturing you in action! You can purchase the pictures on site or online. More information and Links can be found here: https://www.innsbruck2020.com/en/participants/services

22.2 Medal Engraving Service

You want to engrave your name, discipline and result on your won medal? Bring your precious piece of metal to the Masters Village, a medal engraving booth is waiting for you (there is a charge for this service)! For your friends and family at home, you can purchase a commemorative medal – and have it engraved with a charming message too!

22.3 Physiotherapist by "Basefive"

There will be a physiotherapist available at your own cost of 30€ / 30min. Feel free to contact Luisa or the Info Point and get an appointment during the opening hours from Sunday, January 12 till Sunday, January 19 (every day 12:00 am till 6:00 pm).

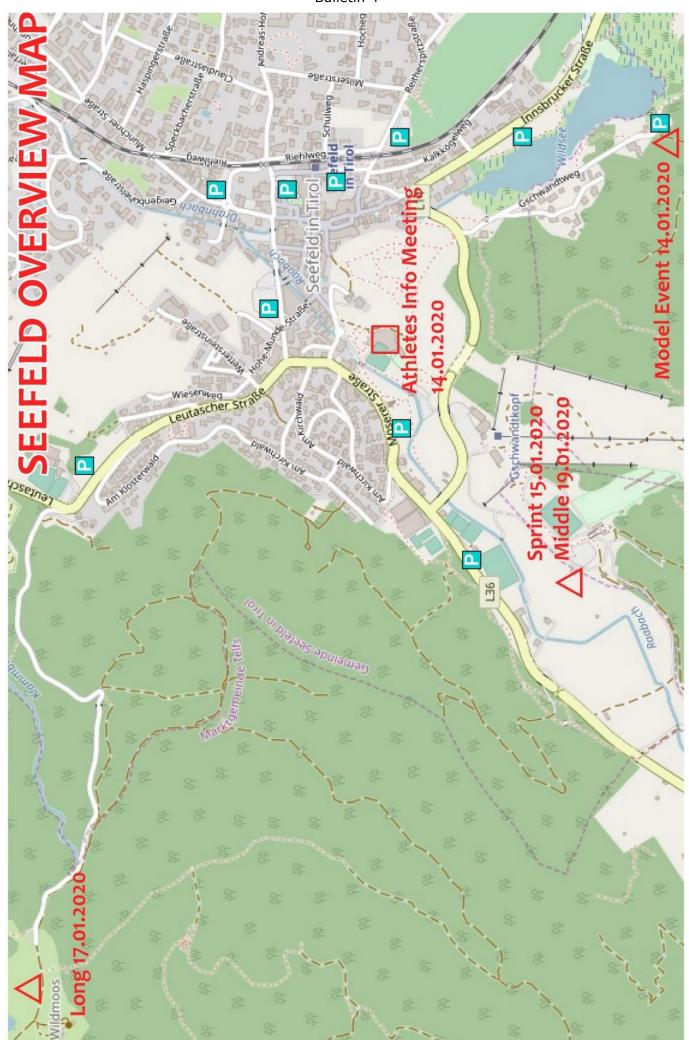
Contact

Luisa Angebrand

E-Mail: I.angebrand@basefive.at

Phone: +43 664 9119238

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Further information

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Comunities







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