



AsOC&JYOC  
2020 POHANG KOREA

The 7th  
ASIAN

제7회 아시아  
오리엔티어링 선수권대회

ORIENTEERING  
CHAMPIONSHIPS

& The 4th JUNIOR AND YOUTH  
ORIENTEERING CHAMPIONSHIPS

1st-5th MAY  
POHANG KOREA

Bulletin 1



사단법인 대한오리엔티어링연맹  
KOREA ORIENTEERING FEDERATION



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## Welcome .....

Korea Orienteering Federation would like to welcome everyone to the 7<sup>th</sup> Asian Orienteering Championships and 4<sup>th</sup> Asian Junior and Youth Orienteering Championships will be held in Pohang city from May 1 to 5, 2020.

For the first time, this AsOC will be held not only for senior but also for junior and youth championships.

We hope all competitors, Leaders and supporters will enjoy during the Championships in Pohang, which is famous Korea steel industry, and this AsOC&JYOC will serve as a foundation for the development of orienteering in Asia.






We are looking forward to many people's participation.

**Lee YongSook**

*Event director*



## IOF Member Federations in Asia

 <b>CHN</b> =China	 <b>HKG</b> =Hong Kong China
 <b>INA</b> =Indonesia	 <b>IND</b> =India
 <b>IRI</b> =Islamic Republic of Iran	 <b>JPN</b> =Japan
 <b>KAZ</b> =Kazakhstan	 <b>KGZ</b> =Kyrgyzstan
 <b>KOR</b> =Republic of Korea	 <b>MAC</b> =Macau China
 <b>MAS</b> =Malaysia	 <b>NEP</b> =Nepal
 <b>PRK</b> =DPR of Korea	 <b>SGP</b> =Singapore
 <b>THA</b> =Thailand	 <b>TPE</b> =Chinese Taipei

## Event Organizer

### Event Advisors

IOF Senior Event Advisor	MURAKOSHI Shin(Japan)
Assistant Event Advisor	OCHIAI Kimiya (Japan)
National Controller	CHA Yoonsun (Korea)

### Organizers

Event Director	LEE Yongsook
Administration Support	AN Gyeongsub
Installation Support	SEOK Gyeongsoo
Technical Director	KWON Ohsam
Mapping	AHN Sangyoon
Competition Operation	KIM Taesun
I/T Part	LEE Sangbok
Event Secretary	SO Byungjo
Event Management	YANG Eunil
Promotion	OH Jihyun
Translation & Sightseeing	PARK Mikyung
Event Center manager	LEE Chulseung

# Program .....

Date		Program	Venue
<b>April 30</b>	<b>(Thu)</b>	Arrival, Accreditation & Registration	Kensington Resort
<b>May 1</b>	<b>(Fri)</b>	Model Event(Sprint, Middle)	Hwarang village
<b>May 2</b>	<b>(Sat)</b>	Sprint Distance Opening Ceremony	POSTECH Kensington Resort
<b>May 3</b>	<b>(Sun)</b>	Middle Distance	Heunghae
<b>May 4</b>	<b>(Mon)</b>	Rest Day(Open Event & Sightseeing)	Gyeongju city
<b>May 5</b>	<b>(Tue)</b>	Middle Distance Relay Closing Banquet	Heunghae Kensington Resort
<b>May 6</b>	<b>(Wed)</b>	Departure	



## Competition Classes .....

### AsOC&AsJYOC Elite Classes

	Individual (Sprint / Middle)	Middle Relay (3 Legs)	Age Limit
Elite Classes	M/W 16E	M/W 16E	Born in or after 2004
	M/W 18E	M/W 18E	Born in or after 2002
	M/W 20E	M/W 20E	Born in or after 2000
	*M/W 21E	M/W 21E	No Age Limit

*\*Registered participants will be eligible for the Asian Cup points.*

1. All competitors must be citizens with passports from the country they represent.
2. Competitors representing the IOF member federations, defined by the International Olympic Committee as belonging to the Asian continent, can compete in AsOC&JYOC.
3. Competitors representing the IOF federations of other Member States or other Asian countries can participate in AsOC&JYOC but are not eligible for Asian titles, medals or diplomas.
4. Federations may enter up to 10 men and 10 women in M/W21 Elite class and 6 men and 6 women in M/W16E, M/W18E and M/W20E of the individual competitions, however, only 6 men and 6 women can start in the M/W21E individual classes.
5. In the Middle Relay competitions, a federation may enter a maximum of 2 teams in each gender category, but only the better-placed team will be counted in the prize list.
6. In M/W 16/18/20 E class, if a federation is unable to form full relay teams (even with women running in men's classes), it may form incomplete teams or mixed teams with runners from other federations. Under no circumstances may persons other than entered competitors participate in the competition. Teams with runners from more than one federation are not placed on the official result list.

## Age Classes

	Individual (Sprint / Middle)	Middle Relay	Age Limit
Ages	M/W 12	-	Born in and after 2008
	M/W 14	M/W 14	Born in and after 2006
	M/W 16A	M/W 16A	Born in and after 2004
	M/W 18A	-	Born in and after 2002
	M/W 20A	M/W 20A	Born in and after 2000
	M/W 21A	M/W 21A	No Age Limit
	M/W 35	M/W 35	Born in and before 1985
	M/W 40	-	Born in and before 1980
	M/W 45	M/W 45	Born in and before 1975
	M/W 50	-	Born in and before 1970
	M/W 55	M/W 55	Born in and before 1965
	M/W 60		Born in and before 1960
	M/W 65	M/W 65	Born in and before 1955
	M/W 70	-	Born in and before 1950
	*Family	*Family	-

\* Family classes must include at least one child (Born in or after 2008) and are not limited to sex or number of people. In the relay game, three families form a team.

1. Age classes are open to all participants.
2. The Organizer has the right to integrate classes with fewer than 4 competitors.



## Embargoed Areas

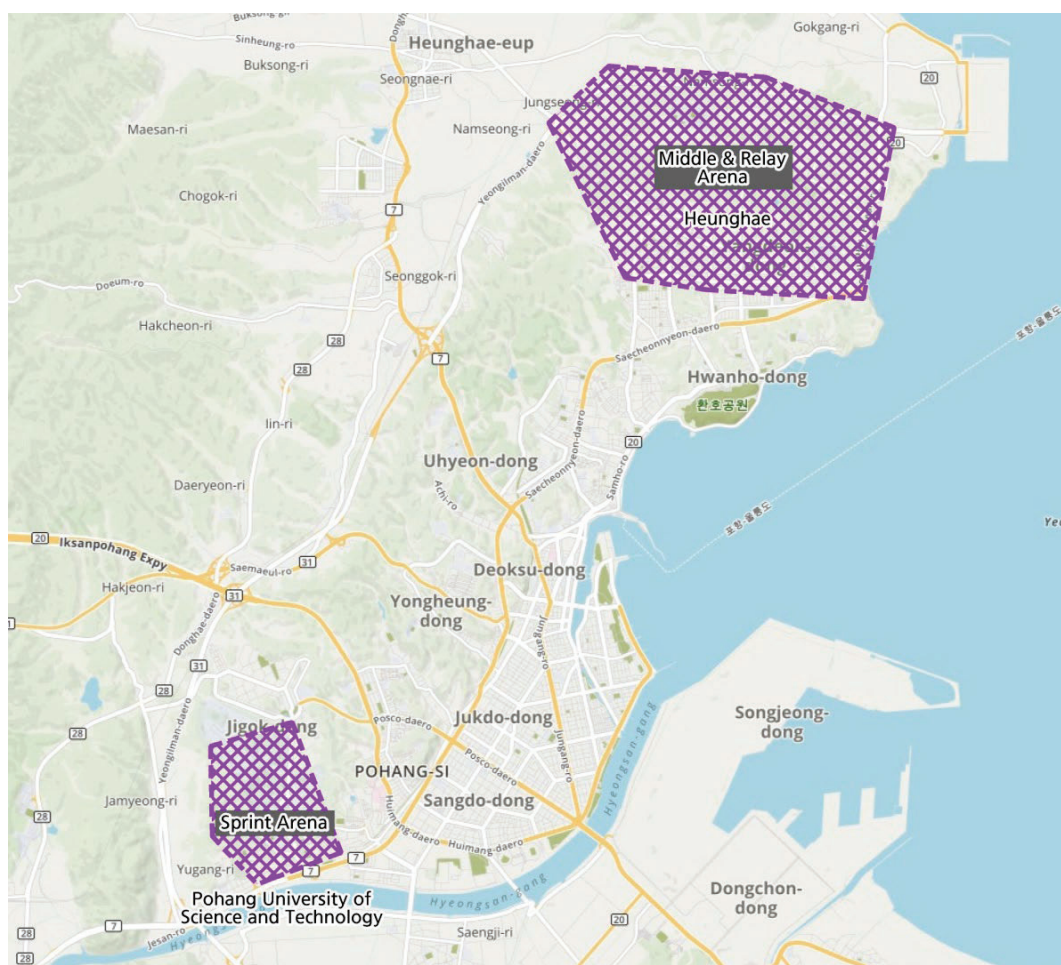
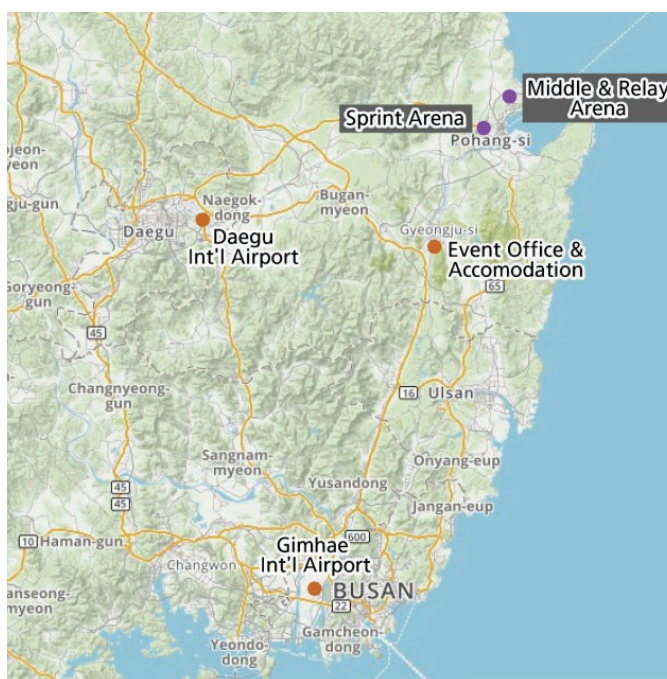
All competition areas have been embargoed from September 1, 2019.

### 1. Sprint Distance Event :

POSTECH  
(N36.011369, E129.322417)

### 2. Middle Distance & Middle Relay Event :

Heunghae  
(N36.096711, E129.392569)





## Maps & Terrains .....

### **Sprint Distance – POSTECH(Pohang University of Science and Technology)**

Scale: 1:4,000 / Contour Interval 2.5m

New map is produced in 2020 in accordance to ISSprOM2019



The Sprint competition will be held at the university campus. Many university buildings, such as lecture hall, research center, and dormitories, are arranged. And auxiliary facilities such as sports facilities, landscape facilities, parking lots, ponds, and vegetation areas also exist.

School facilities are located on a gentle southeast slope (50m Altitude) and Vegetation areas have generally good visibility and runnability. But some are natural forests, so it's hard to run a little.

There are several roads and parking lots in the campus. There is not much traffic, but the competitors must be careful of access to the vehicle. You should also be care about making the noise around the dormitory.

## Middle Distance & Middle Relay– Heunghae

Scale: 1:10,000 / Contour Interval 5m

1:7,500 enlarged maps for junior and senior classes (in open classes)

New map is produced in 2020 in accordance to ISOM2017-2



The middle and middle relay venues, with the exception of some areas, consist of relatively gentle terrain with altitude 40 meters or less.

The narrow valleys and small forest paths have been developed, requiring detailed map reading. And there are many pine trees and bamboo. Visibility and runnability are generally good, but deviations vary by area. Generally, it is a gentle terrain, but there are some steep slopes, closed quarries, deep waterways, etc., so care must be taken.

Old maps of the terrain will be uploaded to the AsOC&JYOC website.



## Competition Information .....

### Competition Rules

The 2019 International Oriented Federation Foot Orienteering Competition Rules, with Appendix 9 for the Asian Orienteering Championships and Appendix 10 for the Asian Junior and Youth Orienting Championships are in effect.

### Punching System

The SPORTident system will be used in all competitions.

Rental of SPORTident card may be arranged upon request with a rental charge of KRW 10,000 won per card for all the competitions.

The card shall be returned to the organizer at the end of the competition. KRW 60,000 will be charged on each card lost or damaged.

### Clothing

For AsOC&JYOC 2020, there is no clothing regulation. However, full body cover is recommended for both middle and middle relay distance event. No spikes are allowed in the sprint distance competition.

### Preliminary course information

The preliminary course information is as follows:

#### -Sprint:

Class	Winning Time(min)	Class	Winning Time(min)	Class	Winning Time (min)
M16E, M18E M20E, M21E	12~15	W16E, W18E W20E, W21E	12~15		
M12, M14 M16A, M18A M20A, M21A M35, M40 M45, M50 M55, M60 M65, M70	12~15	W12, W14 W16A, W18A W20A, W21A W35, W40 W45, W50 W55, W60 W65, W70	12~15	Family	12~15

### -Middle Distance:

Class	Winning Time(min)	Class	Winning Time(min)	Class	Winning Time(min)
M16E, M18E	25~30	W16E, W18E	25~30		
M20E, M21E	30~35	W20, W21E	30~35		
M12, M14	20~25	W12, W14	20~25		
M16A, M18A M20A	25~30	W16A, W18A W20A, W21A W35, W40 W45, W50 W55, W60 W65, W70	25~30	Family	20~25
M21A, M35 M40	30~35				
M45, M50 M55, M60, M65, M70	25~30				

### -Middle Relay:

Class	Per Team	Class	Per Team	Class	Per Team
	Winning Time (min)		Winning Time (min)		Winning Time (min)
M16E, M18E	90	W16E, W18E	90		
M20E, M21E	105	W20E, W21E	105		
M14	60~75	W14	60~75		
M16A,	75~90	W16A	75~90	Family	60~75
M20A, 21A M35	90~105	W20A, W21A W35	90~105		
M45, M55 M65	75~90	W45, W55 W65	75~90		



## Model Event

The sprint and middle model event will be held on May 1, 2020 in the same venue. It will be held on Hwarang village and nearby forests, and technical model events will be held at the same venue.

The official package includes cost of the model event.

For non-package-using competitors, a map will be purchased (KRW 12,000) at the Event Center on the model event day.

## Anti-Doping

The Organizer and all participants must comply with the IOF anti-doping rules during the AsOC&JYOC 2020 competition.

## Climate

The climate of Pohang City, where the competition is held, is a marine climate, and in May there is often a small amount of topographical precipitation due to the northeast wind and humid air. Temperatures usually range from 10 to 26°C, and sometimes rise to 30°C.

The average temperature in Pohang on May is as follows(°C.)

		May 1	May 2	May 3	May 4	May 5	May 6
2019	Ave.	18.0	19.2	17.0	16.9	22.7	14.4
	High	24.8	26.2	19.9	20.2	29.6	21.4
	Low	13.3	13.1	14.4	13.3	14.6	11.4
	Weather	cloudy	sunny	sunny	sunny	sunny	cloudy
2018	Ave.	16.4	14.0	14.9	17.0	21.4	16.3
	High	18.8	15.5	20.2	23.2	28.3	19.9
	Low	14.3	13.2	11.2	9.9	14.8	14.7
	Weather	sunny	rain	sunny	sunny	sunny	rain

## Entries & Payment

Package fees are shown as follows.

		Normal Entry (Jan1 to Feb 29, 2020)	Late Entry (Mar 1 to 31, 2020)	Included
Package	6 night In: April 30 Out: May 6	KRW 600,000	KRW 720,000	1. All entry fees 2. Accommodation (Korean mattress used as a bed on the floor) with full meals (except lunch of May 4)
	5 night	KRW 500,000	KRW 600,000	3. Closing Banquet 4. Official Transportation 5. Souvenir 6. Model Event
Package without accommodation and meals		KRW 150,000	KRW 180,000	1. All entry fees 2. Closing Banquet 3. Souvenir 4. Model Event
Transportation Package		KRW 10,000	KRW 12,000	1. Round-ticket of 3 races and Model event 2. Arrival and departure days' round ticket (from-to Shin-Gyeongju station or Gyeongju Bus terminal)

The entry fees of individual races are shown as below.

	Normal Entry (Jan1 to Feb 29, 2020)	Late Entry (Mar 1 to 31, 2020)
Sprint	KRW 30,000	KRW 36,000
Middle	KRW 40,000	KRW 48,000
Middle Relay	KRW 30,000	KRW 36,000
Model Event	KRW 10,000	KRW 12,000



Normal entry is from Jan. 10 to Feb. 29, 2020.

Late Entry is from Mar. 1 to Mar. 31, 2020.

**Entry deadline is Mar. 31, 2020**

We don't receive the application from Apr. 1.

Entry forms will be available at the official website thereafter.

(<http://www.orienteering.or.kr>).

The completed entry form shall be sent through email to [asqc2020.korea@gmail.com](mailto:asqc2020.korea@gmail.com)

Official invoices and receipts may be provided upon request.

The organizer reserves the right to deny entries if incomplete information is provided.

For overseas entries, payments are to be settled by telegraphic transfer. Please make payments to the following account:

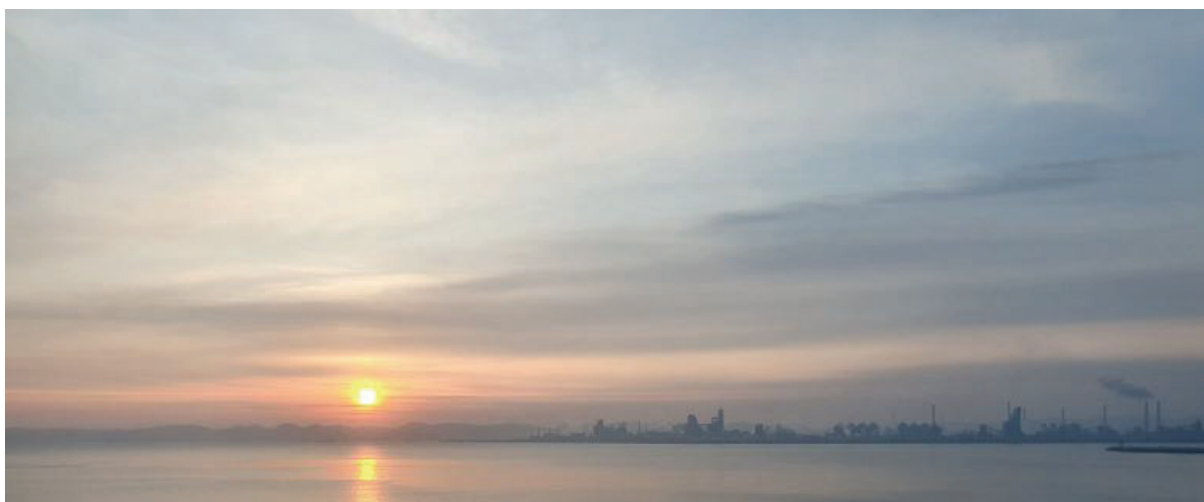
**Beneficiary: Korea Orienteering Federation**

**Beneficiary Bank: ShinHanBank Pohang nam branch**

**Bank Address: 98-46 Nam-gu, Pohang-si, Gyeongbuk South Korea**

**Account No.: 100-032-851945**

**Swift Code: SHBKCRSE**



Pohang

## Accommodation & Meals .....

The official accommodation is offered at Kensington Resort in Gyeongju-city.

Meals are provided from dinner of April 30 to breakfast of May 6, except the lunch of May 4 (rest day). Breakfast and dinner will be served by buffet style.



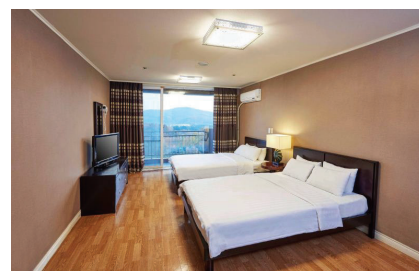
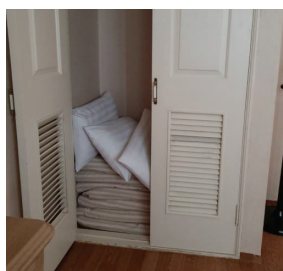
There are two types; one is two room unit and the other is twin bed room, both has toilet and facilitated kitchen.

The unit consist of two rooms and large living room. The units are Korean style ondol room and thin mattresses and blanket will be offered instead of beds. For the unit, we will accommodate 3 to 6 people (i.e., up to 3 person in one room) and are randomly assigned by organizers.

Twin room will be arranged with an additional 15,000 won per day and person. Twin rooms are available on a first-come, first-served basis as the number of rooms is limited. There are not many shops around the resort, but there are some convenient facilities in the Kensington Resort. For example, convenience stores, game centers, the shops of the chicken, pizza, laundry, karaoke... etc.



Sample photo (two room unit)



Sample photo (twin room)

### Kensington Resort

Address: Bomun-ro 182-29(Bukgun-dong), Gyeongju-si, Gyeongsangbuk-do Korea

Web Site: [http://www.kensingtonresort.co.kr/en/main/en\\_main\\_gyeongju.asp](http://www.kensingtonresort.co.kr/en/main/en_main_gyeongju.asp)

We don't offer single room.

If you want one or another Hotels, there are many hotels near Kensington Resort.

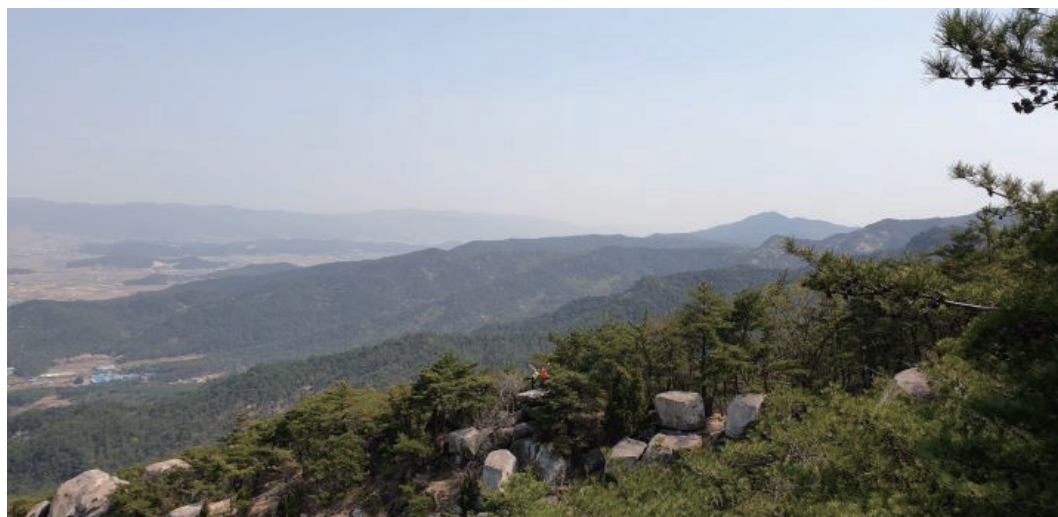
Please make a reservation directly by yourself.

[Other hotel site](#)

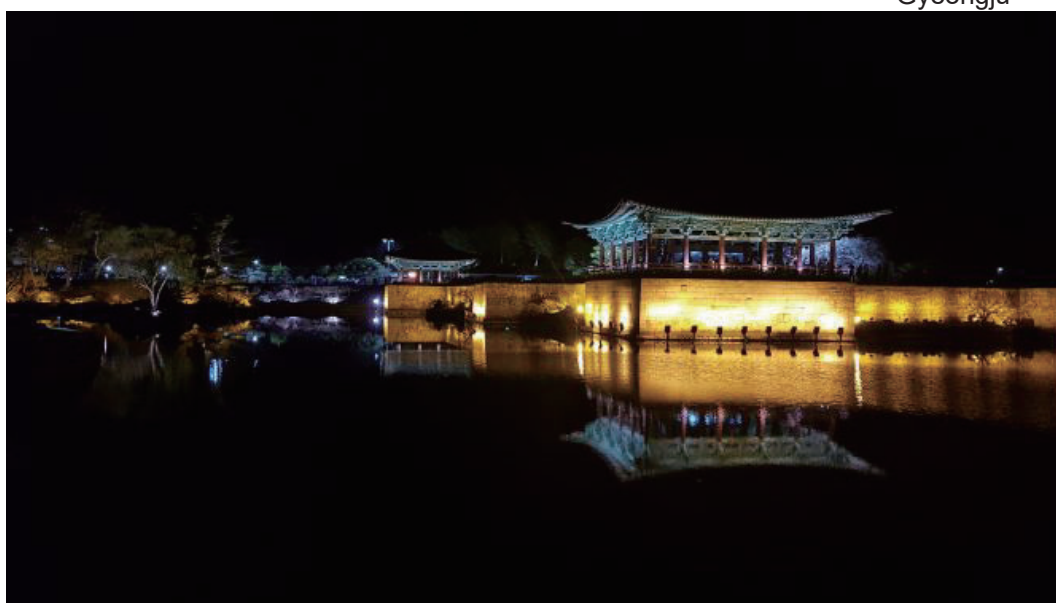
[http://guide.gyeongju.go.kr/deploy/eng/eat/02/02\\_01/index.html](http://guide.gyeongju.go.kr/deploy/eng/eat/02/02_01/index.html)

### Notice!

The AsOC&JYOC will be held in Pohang-City, but the official accommodation is in Gyeongju-City not Pohang. Please keep in mind when you book a hotel by yourself.



Gyeongju



## Event Center .....

Event center is in the Kensington resort in Gyeongju city.  
(N36.096711, E129.392569)

Distance from the Event Center

-Model Event: 10km

-Sprint: 25km

-Middle Distance & Middle Relay: 40km

## Transport .....

Shuttle bus will be provided from Shingyeongju station(KTX train) and Gyeongju bus terminal to the accommodation on arrival day (Apr. 30) and departure day (May 6).

From accommodation to model event and to terrains can be made by shuttle buses included in the transportation package.

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### How to get to Gyeongju City

#### 1. From Seoul

It takes 2 hours from Seoul station to Singyeongju station by KTX train which is 19 times a day. From Apr. 30 to May 6, it's a public holiday in Korea. So please make a reservation in advance in case the seats will be sold out.

(Reservation site – [www.letskorail.com](http://www.letskorail.com))

Besides the train, there are express bus from Seoul express bus terminal to Gyeongju bus terminal (3 hours and 30 minutes, 17 times a day).

#### 2. From Busan

If you use Gimhae Int'l airport, you can take a limousine bus to Gyeongju bus terminal. (1 hour and 10 minutes, 20 times a day).

(Reservation site- <https://www.bustago.or.kr/newweb/en/index.do>).

## Training Camp .....

Training camps will be held from April 29 to 30 for two days. It will be held not far from the middle distance terrain and details as follows.

-April 29 (Wed): Arrival, Middle Distances (Pohang City)

-April 30 (Thu) : Middle Distances (Pohang City)

-Cost : KRW 150,000 (include accommodation, transportation, meals from dinner of Apr.29 to lunch of Apr.30)

Accommodation is the same as Event Center (Kensington Resort).

On arrival day(Apr.29), free shuttle bus will be provided from Shingyeongju station(KTX train) and Gyeongju bus terminal to the accommodation.

Please refer to above transport page how to get Gyeongju city.

## Rest Day Activities .....

### Plan A - Geongju City Orienteering

It is an orienteering event that uses maps and compasses to find hidden attractions in downtown Gyeongju. A souvenir will be provided to the runner, and the runners can have some free time for sightseeing after the competition.

-Time: 10:00 to 12:00 (after 12, it's free time)

The shuttle bus departure time for return will be announced later.

-Cost : KRW 25,000 (without lunch)

### Plan B - Geongju City Tour

It's a program to tour the representative attraction of Gyeongju city, which has a thousand year of history and a UNESCO world heritage course.

-Course: Bulguksa Temple, Seokguram Rock, Daeneongwon (Cheonmachong), Bunhwangsa Temple, Taejong Muyeol Royal Tomb.

-Time: 10:00 to 17:00

-Cost (without lunch) : KRW 40,000 or KRW 35,000(under age 19)

There will be some free time for having lunch.

## Visa Requirement .....

For information for visa requirement to visit Korean, please check with the website of the Ministry of Foreign Affairs of Korea

[https://www.visa.go.kr/openPage.do?MENU\\_ID=10101](https://www.visa.go.kr/openPage.do?MENU_ID=10101)

## Insurance .....

Each competitor participates in the event at his/her own risk. We recommend you obtain personal health and/or travel insurance prior to travel.

## Contact .....

Korea Orienteering Federation

Yugang-gil 17(3F), Yeonil-eup, Nam-gu, Pohang-si, Gyeongsanbukdo, Korea 37656

Telephone: +82 275 1867 Facsimile: +82 277 4878

Website: [www.orienteeing.or.kr](http://www.orienteeing.or.kr) Email: [asoc2020.korea@gmail.com](mailto:asoc2020.korea@gmail.com)

**Bulletin 2** to be issued in Apr 2020.