



Bulletin 4

Switzerland • Arosa
2-4 October 2015

IOF World Cup Final 2015

Mainsponsors

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MIGROS

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Arosa

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on behalf of

swiss
orienteering

Welcome to Arosa!

Dear athletes, ladies and gentlemen

Arosa and the organizing committee are ready to welcome you for an exciting orienteering weekend in beautiful surroundings!

We hope you all enjoy your stay and wish you good luck!

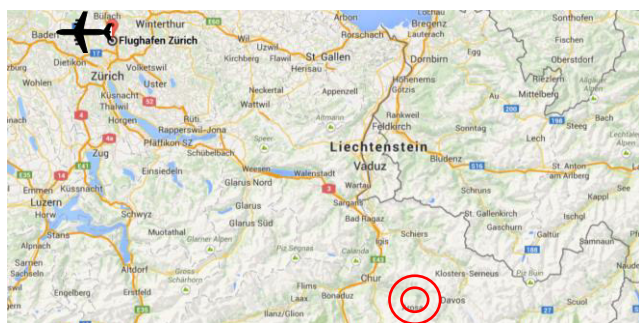
1. Organisation

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) |



Map 1: Overview

2. Event Centre

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 Congress Centre Arosa
Coordinates: 46°46'58.555"N, 9°41'0.229"E

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 Congress 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 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 Congress 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.

It is possible to test the sport drink (refreshment in Long distance).

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

3. Programme

Wednesday, September 30, 2015

| | |
|----------------------------------------------------|-------------|
| Transport from Zurich Airport | on request |
| Free training on Sprint training map | 08:00-18:00 |
| Event Centre opens on request to get training maps | |

Thursday, October 1, 2015

| | |
|------------------------------------|-------------|
| Transport from Zurich Airport | on request |
| Free training on all training maps | 08:00-18:00 |
| Event Centre opens | 10.00-18.00 |

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

| | |
|-----------------------------------|-------------|
| School-Kids meets World Champions | 13:30-15:00 |
| Team Leader's meeting | 18:00-18:30 |

Friday, October 2, 2015

| | |
|-------------------------------------|-------------|
| Event Centre opens | 09.00-12.00 |
| Quarantine in school in Arosa opens | 10:00 |
| First bus from quarantine | 11:00 |

| | |
|--------------------------------------------------------|-------------|
| Public-race on trainingmap "Usserwald" (entry on site) | 11:30-14:00 |
|--------------------------------------------------------|-------------|

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

| | |
|------------------------------------------------------------|-------------|
| Last check-in at quarantine for runners and team officials | 12.00 |
| IOF World Cup Event 10 (Long distance) | 12:00-17:00 |
| - First Start approx. | 12:15 |
| - Last Start men | 15:30 |
| - Last Start women | 15:34 |
| - 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 | 10.30-15.00 |
| Quarantine in middle station Weissshornbahn opens | 10.30 |

| | |
|------------------------------------------------------------|-------|
| Last check-in at quarantine for runners and team officials | 12.30 |
|------------------------------------------------------------|-------|

| | |
|------------------------------------------------|-------------|
| IOF World Cup Final Event 11 (Middle distance) | 13.00-17.00 |
|------------------------------------------------|-------------|

| | |
|-------------------------------------------|-------------|
| - First Start approx. | 13:00 |
| - Last Start women | 15:25 |
| - Last Start men | 16:30 |
| - Price giving ceremony | 17:20 |
| - Price giving ceremony Overall World Cup | 17:30 |
| - Press conference | 17.45-18.15 |
| Event Centre opens | 18:00-19:00 |

Deadline for nominal entries for sprint relay competition on Sunday in IOF Eventor (mixed teams by email or in event office) 18:00

| | |
|-----------------------|-------|
| Team Leader's meeting | 19.00 |
|-----------------------|-------|

Sunday, October 4, 2015

| | |
|-------------------------------------------------------------------------------------|-------|
| Teams with accommodation inside the embargoed sprint relay area must leave the area | 09:00 |
|-------------------------------------------------------------------------------------|-------|

| | |
|----------------------|-------------|
| National public race | 09.30-13.30 |
|----------------------|-------------|

| | |
|------------------------------------------------------------|-------------|
| Quarantine in House Surlej opens | 11:00 |
| Last Check-in at quarantine for runners and Team officials | 12:00 |
| IOF Sprint Relay World Cup Final | 13.00-15.30 |
| - Presentation of teams | 13:00 |
| - Start relay | 13.20 |
| - Price giving ceremony World Cup Final | 14.35 |
| - Press conference | 14.45-15.15 |
| Transport to Zurich Airport | on request |
| Dinner at Mountain Lodge | 19.00 |
| Red Bull-Farewell Party at Wandelbar | 21:00 – |

Monday, October 5, 2015

| | |
|-----------------------------|------------|
| Transport to Zurich Airport | on request |
|-----------------------------|------------|

4. Training

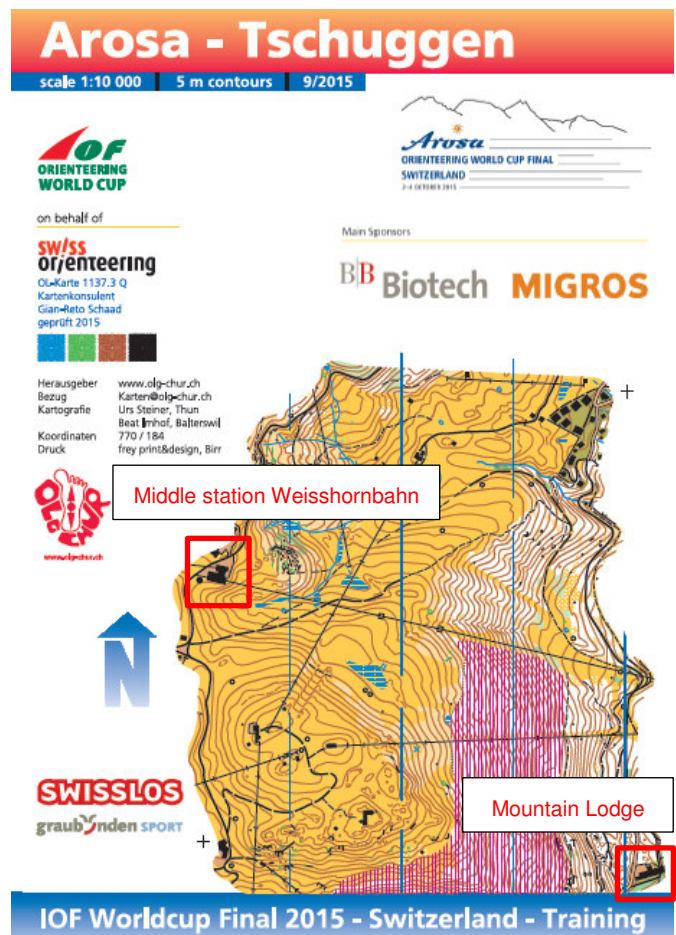
Please note that running within the embargoed area is not allowed. Check the embargoed area before you start running towards a training map or for a jogging.

Middle and Long distance trainings:

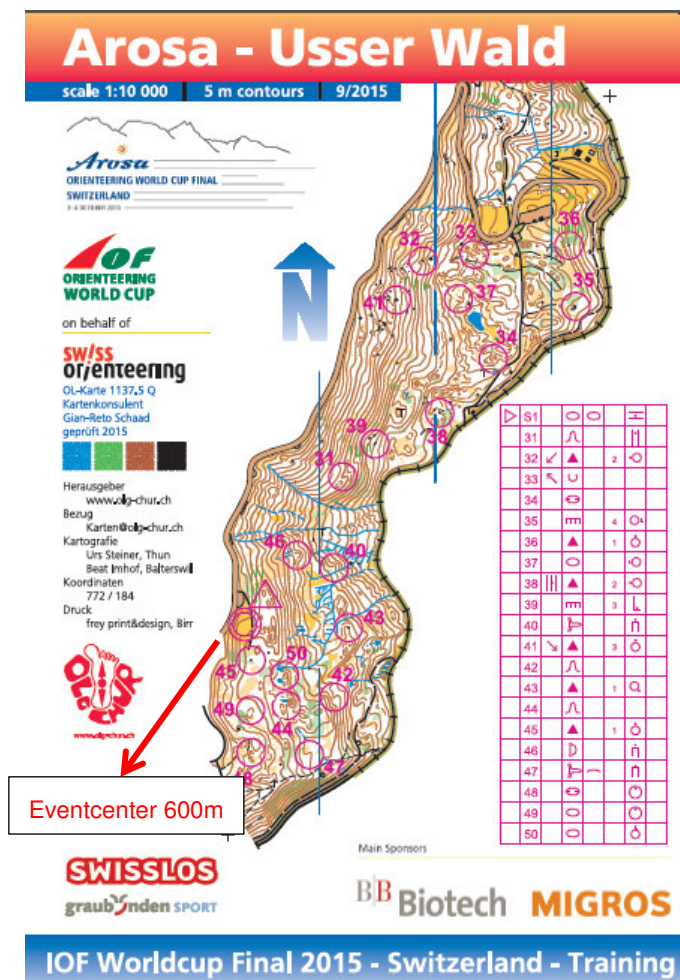
Arosa Tschuggen, orienteering map 2015, 1:10'000 and 1:15'000, 5 m contours.

No controls.

Relevant for the open areas in middle and long distance. You can run from the Mountain Lodge directly on the map or you take the Weissshornbahn to the middle station and start from there. Don't forget to bring your Arosa all-inclusive-card to the cable car (free ride with the card).



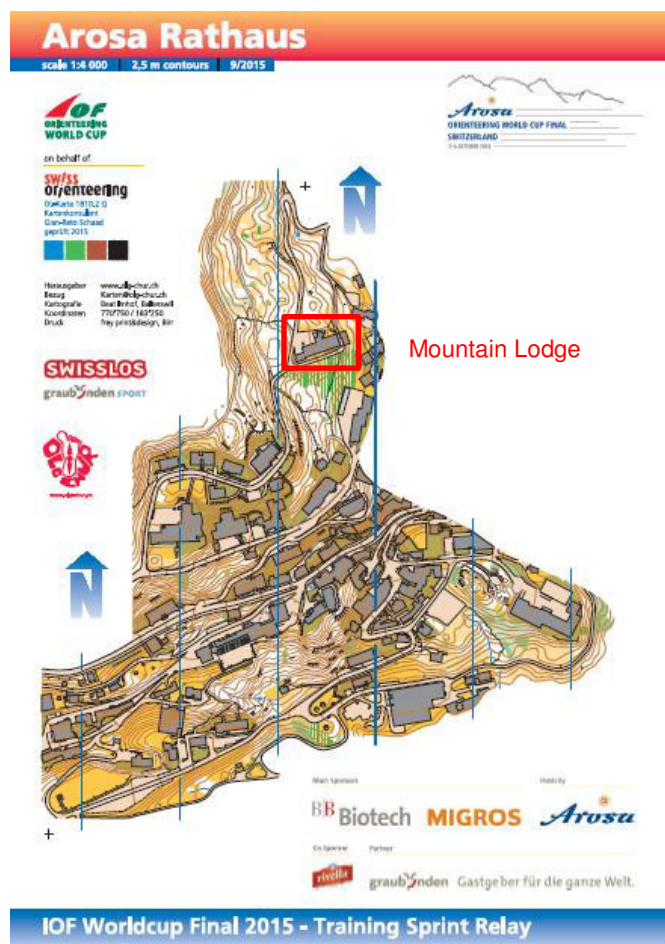
Arosa Usser Wald, orienteering map 2015, 1:10'000 and 1:15'000, 5 m contours. Controls are out on Thursday from 10am until Friday 4pm. Relevant for the forest parts in middle and long distance. To reach this map, you can follow the main road direction Chur (600m walk from Event centre; not allowed to run, as you are within the Sprint relay embargoed area!).



Sprint distance: Arosa Rathaus, orienteering map 2015, 1:4'000, 2.5 m contours. No controls. Map by Beat Imhof.

Please be aware of cars (especially when passing the main road "Poststrasse"), bicycles and pedestrians. The traffic isn't stopped in the training area.

On Thursday, 1st of October there will be a competition around the school building with about 150 kids from 10:30am to 2:30pm on the same map. Feel free to come and cheer for the kids. Please don't help them during their competition.



Maps by Beat Imhof and Urs Steiner.

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

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



5. Competition Rules

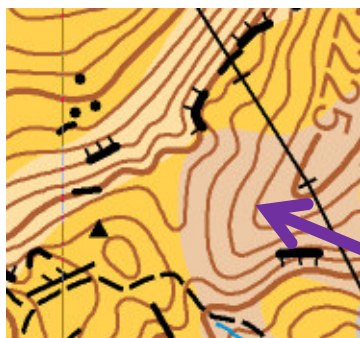
The Competition Rules for IOF Foot Orienteering Events 2015, valid from 1 January 2015 apply.

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/>

In the Long- and Middle distance race the **olive colour (symbol 527 from ISOM)** is used for private areas that are **forbidden to pass and forbidden to enter** (permission for rules deviation was approved by IOF council).

The symbol 529 from ISOM is used for areas with erosion on the ground. Runability can be compared with light green.



Symbol 529



Runners will not have to pass such areas close to controls. There might be some small areas on route choices.

Special symbols (man-made features) on the maps and control description are declared under point 8 / Competitions.

Complaints must be handed over in writing to an event official in the finish area at the information desk in the athletes tent, no later than 15 minutes after the official results have been published (separately for women and men; announced by the speaker).

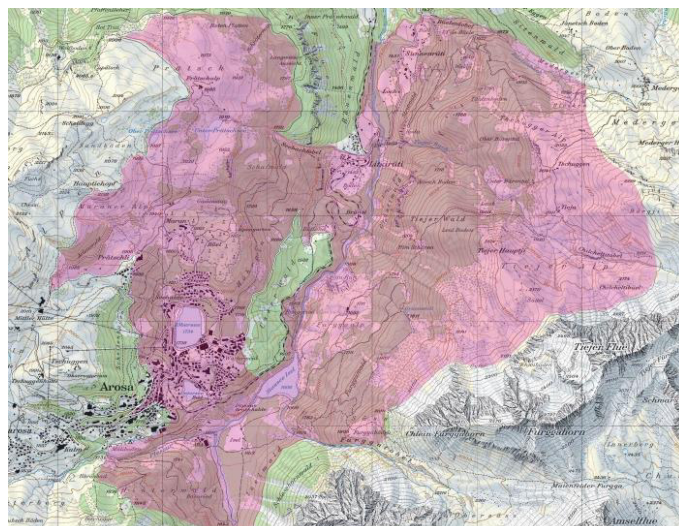
| | | |
|------|----------------|-----|
| Jury | Lars Lindstrøm | DAN |
| | Vincent Frey | FRA |
| | Felix Büchi | SUI |

6. 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.

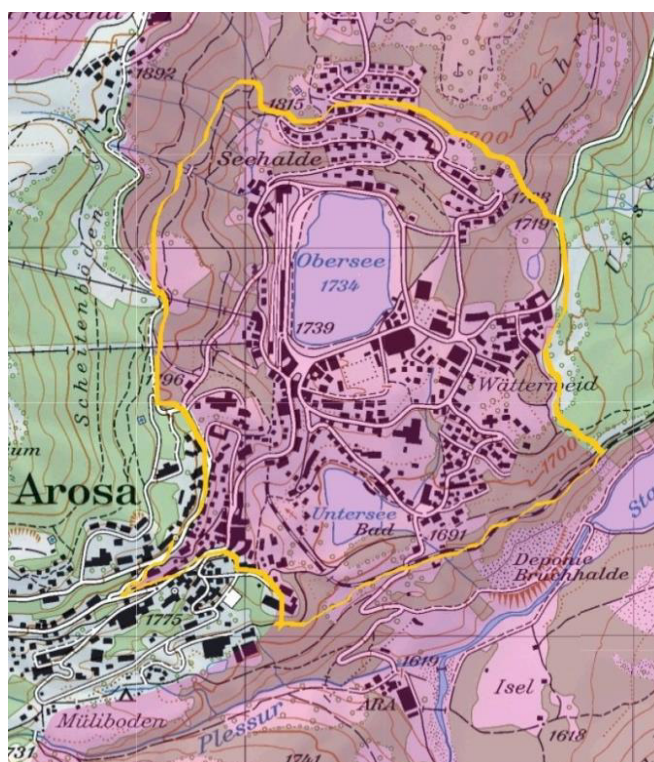
Special rule for the stay in Arosa (village):

- 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 3: 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 8. Competitions).
- 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.
- It is allowed to start in the national competitions (3./4. October) and the prologue (2. October) for everyone.



Map 4: Sprint relay area (within the yellow line)

Special rule for the Sprint relay area (inside the yellow boarder on map 4):

- Teams with an accommodation inside the embargoed sprint relay area have to leave their accommodation and everybody from the teams has to leave the embargoed sprint relay area on Sunday before 9:00am.
- There is only one allowed route to the quarantine for the Sprint Relay after Sunday, 9am (see point 8 / Competitions).

Special Rules on Sunday, 4th October 2015:

All competitors for the Sprint Relay and team officials at the Warm-up/Pre-Start area have to check in at the quarantine before 12:00am. Team officials and runners leaving the quarantine and pre-start map area are not allowed to re-enter this zone again. Runners and team officials having entered the mass start-/ competition- and finish-area are not allowed to go back to quarantine / warm-up / pre-start except for the teams' presentation (2nd-4th leg runners in team 1 from each nation, no coaches). They will be guided from the Pre-start to and from the arena by the organisers).

Runners and team officials once at the finish have to stay at the finish arena on the sportsground.

No contact or exchange of information is allowed between runners/coaches in the finish and the runners not yet started.

There is no coaching zone. Coaching is not allowed during the race.

The reserve embargoed areas (in case of snow in Arosa) can be found on www.o-worldcup.ch. A special Bulletin 4 will be provided in case of snow in Arosa. The decision will be taken at Thursday, 1st of October at noon for the long- and middle distance races. The sprint relay will anyway be held in Arosa.

7. Transport / Parking

Those arriving in Arosa by car can park the car in the accommodation or in the parking "Ochsenbühl" (CHF 6.-/day) close to the Event centre.

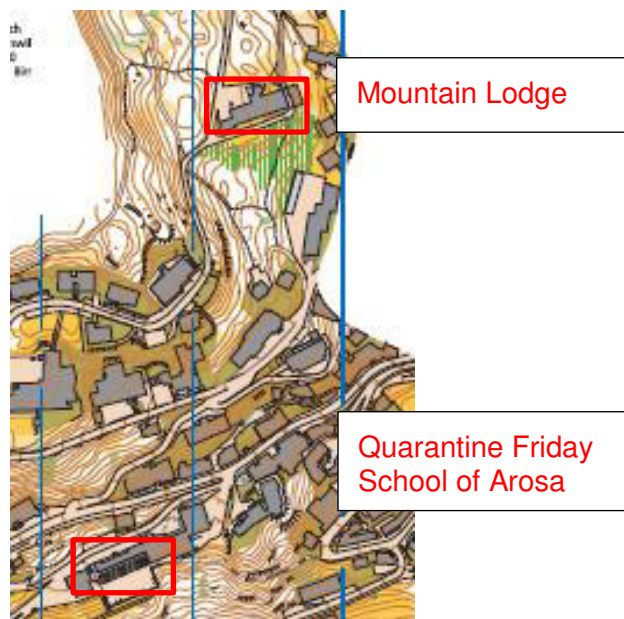
It is allowed to use the car to come to the quarantines (except Saturday), but everything is within walking distances.

Location of quarantines are described in 8 / Competitions.

8. Competitions

IOF World Cup Event 10 Long distance (October 2nd)

| | |
|------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Format | Long distance, individual start, 3 min start interval. |
| Map | Arosa Grüenseeli – Tiejer Hauptji; 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. |



Map 5: Quarantine Friday

| | |
|--------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Quarantine | Sport hall in school of Arosa. Open from 10am. No mobile phones and internet are allowed for runners and coaches after you have checked-in at the quarantine until you arrive in the finish! It is not allowed to run outside of the school yard. It is not allowed to visit the finish area between 8:00am and 12:00am. Coaches going once to the finish area have to stay there until the last runner has finished. |
| Check-in | With signature in the quarantine by 12:00am at the latest. There you will receive your number bib. GPS vests will also be given to the selected athletes in the quarantine. |
| Lunch | Pasta Napolitana or Pasta Bolognese for CHF 9.-/ person can be ordered at the team leader meeting on Thursday and will be served at the quarantine. |
| Number bibs | Every runner gets a number bib (for the chest). |
| Transport to Pre-start shelter | Bus to the pre-start shelter is leaving outside the school building. First bus at 11:00am, then every 20 min. Approx. 20 min driving time. |
| Clothes | Transport from the quarantine to finish. Please leave your bags at the marked zone in front of the quarantine. Transport will run approx. every 30min. A small bag can be returned also from Pre-start shelter, but will not arrive at the finish before the last start. Max. one jacket per person can also be left at the pre-start. These jackets will only be given back at the teamleader meeting in the evening. |
| Pre-start shelter | Drop off from transport at the pre-start shelter. There are toilets and shelter available. Possibility to set up own tents. |
| Pre-start | From the pre-start shelter to the pre-start: 1500m, 200m ↗. Approx. 30min. No markings, but the pre-start map shows both the pre-start shelter and the pre-start. No toilet at the pre-start. |
| Start | Call up at -7 min. Detailed instruction see point 9. |
| Finish | On sportsground beside Event Centre in Arosa (map 2). Two tents for changing directly at the finish and all facilities in the icehall (changing rooms and showers). No possibility to set-up own team tents. |

It is not allowed for teams to visit the finish area before the start. It is not allowed to go to the quarantine / start / pre-start area the same day if you have been at the finish area.

Course planner Marcel Schiess

Controller Niklaus Moser

Women 8.8 km, 525 m \nearrow , 16 controls, 3 ∇ (water and sportdrink), winning time 75', Control description 5 x 13 cm

Men 12.5 km, 730 m \nearrow , 21 controls, 3 ∇ (water and sportdrink), winning time 90', Control description 5 x 16.5 cm

Maximum running time 3 hours.

GPS GPS units will be given to selected athletes. Names of the selected athletes will be given at the teamleader's meeting on Thursday. Personal GPS data loggers are only allowed if they have no display or audible feedback. There will be controls at the start.

TV-controls There can be TV cameras and photographers in the forest (not marked on control description).

First aid Drinking stations are equipped with radio and can call the doctor in case of an emergency.

Traffic In the last part of the race there can be cars and bikes on the roads. Be careful when running along or crossing roads.

Olive green The symbol 527 settlement (olive green) is used for private areas that are **forbidden to pass and forbidden to enter** (permission for rules deviation was approved from IOF council). They may only be passed on mapped roads and paths.

Special symbols on the map

Control no. 63 is a hut. It is mapped as special man-made feature 539 (black circle) and for the control description the special item 6.2 (circle) is used.



Control no. 49 is a bench. It is mapped as a special man-made feature 540 (black cross) and for the control description the special item 6.1 (cross) is used.



In the last part of the race one route choice passes a house on a path. On the map you can't see it clearly, but you have to run through a porch. The path goes through the house and it is ok to run there. Runners will see some tape directing them through the porch.



Rootstocks are not mapped.

Temporary fences are not mapped. Some of them are lying on the ground. (see picture)



The stream coming down in the south part of the map brings a lot of gravel and stones when it's raining heavily. The terrain is therefore changing a little bit all the time along the stream and the map is not perfect there. Passing the stream will be over a mandatory bridge.

Finish On sportsground beside Event Centre in Arosa (map 2).

Cool down zone It is only allowed to run around the lake Obersee and on the sportsground in finish. You are within the embargoed area for Saturday and Sunday.

Showers Close to the finish area in the ice-hall.



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. |
| 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.

Quarantine At middle station of "Weisshornbahn". Everybody has to take the cable car one section to the middle station. Don't forget to bring your Arosa all-inclusive card (you can get it for free at your accommodation for all day of your stay). Quarantine opens at 10:30am. The cable car leaves 3 times every hours at xx:00 / xx:20 / xx:40 and takes about 10 min. Please be aware you don't miss the last possible cable car at 12:20. It is not allowed to visit the finish area between 8:00am and 12:30am. Coaches going once to the finish area have to stay there until the last runner has finished. The quarantine is in a closed restaurant on the lower level of the station. No specific changing rooms, but toilets are available. No mobile phones and internet access is allowed after you have checked-in at quarantine until you arrive in the finish. This applies to both runners and coaches!

Check-In All runners and coaches who will be in quarantine or pre-start area have to check-in with signature before 12:30. Vests for GPS will be given to the selected athletes. Coaches and runners leaving the pre-start map after check-in are not allowed to come back again.

Lunch Pasta Napolitana or Pasta Bolognese for CHF 9.-/ person can be ordered at the team leader meeting on Friday and will be served at the quarantine.

Number bibs Every runner gets two number bibs. The bigger one is for your chest and the smaller one for on your back.

Clothes Bags can be left on upper level at the quarantine directly in the designated boxes. The boxes will go down with the cable car every 20min and will then be transported to the athlete's tents at the finish area. Max.one jacket per person can also be left at the pre-start. These jackets will only be given back at the teamleader meeting in the evening.

Prestart Model map from quarantine to prestart area, no signs. 1.5 km / 0 m ↗. Two toilets are available at the pre-start.

Warm-up Only on pre-start map. It is not allowed to leave the pre-start map. No contact is permitted with runners who have started or anyone who has been to the finish area.

Start Call up at -5 min. Detailed instruction see point 9.

Course planner Claudia Wetzstein

Controller Maja Kunz

Women 5.5 km, 140 m ↗, 24 controls, 1 ♀ (water only), winning time 35min, Control description 5 x 15 cm

Men 6.4 km, 210 m ↗, 29 controls, 1 ♀ (water only), winning time 35min, Control description 5 x 17 cm

Maximum running time 90 minutes

GPS GPS units will be given to selected athletes. Names of selected athletes will be given at teamleader's meeting on Friday. Personal GPS data loggers are only allowed with no display or audible feedback. There will be checks at the start.

Refreshments After control no. 70 there will be a refreshment point (water only, both in men and women class). On the control description it says the refreshment is at the control, but actually it will come about 20m along the mandatory route.



Special object

Control no. 60 is a bench. It is mapped as a special man-made feature 540 (black cross) and for the control description the special item 6.1 (cross) is used.



Olive green The symbol 527 settlement (olive green) is used for private areas that are **forbidden to pass and forbidden to enter** (permission for rules deviation was approved from IOF council). They may only be passed on mapped roads and paths.

On the way to the last control the runners have to pass the road in front of the Event centre on the overpass (see picture). **Please be aware, that on top it is only 1.80m high!** And please be aware, that the steps are metal grille and you can maybe catch on the holes with the dobb spikes.



TV-controls There will be TV cameras between and at controls (not marked on control description).

Finish On sportsground beside Event Centre in Arosa (map 2).

Cool down zone It is only allowed to run around the lake Obersee and on the sportsground in finish. You are within the embargoed area for Sunday. This also applies for runners that are not going to start in the Sprint relay.

Showers Close to the finish area in the ice-hall.



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. |
| Vegetation | In the forest various runability. |
| Visibility | Good, also in forest parts. |
| Traffic | In most parts only pedestrians, local residents and spectators on the competition day. The main road "Poststrasse" is forbidden to pass elsewhere than on marked crossings. When running along the main road, always stay on the pavement. The traffic lanes are marked on the map as forbidden areas. |
| Quarantine | There will be a quarantine for all runners in house Surlej at Obersee (see map 4). It is only allowed to come to the quarantine along the yellow marked route in map 5. 1.7 km from the Mountain Lodge. Quarantine opens at 11:00am. Teams living inside the Sprint relay embargoed area (map 3) have to leave the area before 9:00am. They can stay in the Lobby of the Mountain Lodge before the quarantine is open. Warming up between the quarantine and to pre start area on the pre start map only. No mobile phones and no internet access is allowed for runners and coaches after you have checked-in at the quarantine until you arrive in the finish. This applies to both runners and coaches! |



Map 5: Only route to quarantine Sprint Relay.

| | |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Check-in | With signature in the quarantine by 12:00am at the latest. There you will receive the pre-start map and your number bibs. GPS vests will also be given to the selected athletes in the quarantine. |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

| | |
|--------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Number bibs | Every runner gets two number bibs. The bigger one is for your chest and the smaller one for on your back. |
| Pre start | From the quarantine to the pre start: 350m. No markings, but the pre-start map shows both the quarantine zone and the pre start. One toilet at the pre-start. |
| Pre start assembly | All runners from one leg have to assemble at -15 min before the first start or the first change-over. The pre start gate will close -10 min before the first start or first change-over. From the pre start gate all runners from one leg will be guided to the change-over. The GPS units will be given at the pre start assembly. |
| Clothes | No transport of bags from the quarantine to finish. Please leave your bags in the quarantine and get it there after the last leg runners have finished. Your jacket or a small bag can be brought and deposit it in box at the change-over by yourself and we will hand it over to the after-finish area. |
| Mass start | All first leg runners will be guided from the pre start assembly to the mass start at the start-/finish area. Go to the maps at -2 min. Don't touch the map before the mass start. The mass start will be signed by a gunshot from Pascal Jenny, director of Arosa Tourism. |
| Arena passage | There will be an arena passage for all legs. |
| Change-over | All runners from one leg will be guided from pre start assembly to the start area some minutes before the first change-over. From there, you can see your foregoing runner coming towards the finish line and you will be called to enter the start area as soon as your foregoing runner has punched the last control. No communication allowed between runners at the pre start / start area and runners/coaches in the finish. Emergency toilet near the change-over on request (ask the staff). The change-over is done after crossing the finish line by hand touch across a separation barrier. The outgoing runner is allowed to open the map immediately after the change-over. |

Map for leg 2 – 4

The maps for leg 2, 3 and 4 are rolled and closed with a rubber band. When coming from the pre start assembly to the start area, all runners are responsible to take the right map from the map wall themselves. **They will keep the rolled map in their hand until they can start.** You are not allowed to take away the rubber band before you got the hand touch from your previous runner and you are not allowed to look into the roll.
The maps are marked with your team number and the leg number (for example team 12: 12-1, 12-2, 12-3, 12-4) .

Reserve maps Reserve maps are ready at the start zone. Please contact the staff as soon as you notice that your map is not on the map wall anymore.

Course planner Arno Schneider

Controller Urs Hofer

Legs 1 & 4 for women, 3.7 km, 90 m ↗, 18 controls, Control description only on map.

Legs 2 & 3 for men, 4.1 km, 110 m ↗, 21 controls, Control description only on map.

Maximum running time 90 minutes

GPS GPS units will be given to all teams from start number 1 to 24.
Personal GPS data loggers are only allowed if they have no display or audible feedback. There will be controls at the start.

TV-controls There can be TV cameras and photographers in the terrain (not marked on control description).

Special object Controls no. 33 and no. 46 are a bench.
They are mapped as a special man-made feature 540 (black cross) and for the control description the special item 6.1 (cross) is used.



Control numbers The courses are printed with the control codes next to the control numbers.

Start/Finish On sportsground beside Event Centre in Arosa (map 3).

After finish All competitors have to stay in the finish area on the sports ground when they have finished their race until the last finish (approx. 14:45). No running around the lake!
Team leaders and coaches once entered the finish area have to stay there until the last finish as well.

Showers Close to the finish area in the ice-hall.

Toilets Toilets in quarantine and one at the pre start assembly area.

Shoes It is forbidden to wear shoes with spikes.
Depending on the weather, we recommend orienteering shoes with / without dobb spikes or running shoes with good profile.

Mixed teams with runners from different nations are allowed.
They can win the competition and the prize money, but they will not get any World Cup points.

Double photocells are used as to ensure that the competitor cannot trigger the finish time with their hands. The running times will be rounded down to the nearest second.

In the Sprint Relay competition the finish time will be taken, when the SIAC-cards crosses the finish line. In case of a head-to-head run in finish judges will rule on the final placings based on the order that the competitors' chest cross the finish line.

Start procedures

In individual races 10 seconds before the start time the competitor hears a signal from the start clock. 5 seconds before start the count-down begins with short beeps and a long beep at the start time.

The competitor's map is placed next to the start line within reach of the starting competitor.

The start triangle is marked in the terrain by a control flag. The route to this flag is marked with tapes. Competitors must follow this marked route to the starting point.

The detailed start procedure will not be demonstrated.

Detailed start procedure of WC#10:

| | |
|----------------|----------------------------------------------------------------------------------------------------------------------------------|
| Call up | → Check SI card number → Check start number |
| -7 min | |
| | → Clear SI card → Check SI card → Tracking device is given to selected athletes |
| -6 min | |
| | → pick up the control description |
| -5 min | |
| | → Distance to – 1min = 150 m / 50 m ↗ |
| -1 min | |
| | → punch Start-IDENT unit → take up position behind the starting line |
| START | An official releases the competitor at the start beep by taking his hand off the competitor's shoulder. Runner takes the map. |
| STARTING POINT | Distance 30 meter |

Detailed start procedure of WC#11:

| | |
|----------------|----------------------------------------------------------------------------------------------------------------------------------|
| Call up | → Check SI card number → Check start number |
| -5 min | |
| | → Clear SI card → Check SI card → Tracking device is given to selected athletes |
| -4 min | |
| | → pick up the control description |
| -3 min | |
| | → Distance to – 1min = 100 m / 30 m ↗ |
| -1 min | |
| | → punch Start-IDENT unit → take up position behind the starting line |
| START | An official releases the competitor at the start beep by taking his hand off the competitor's shoulder. Runner takes the map. |
| STARTING POINT | Distance 30 meters |

Competitors who are late for their start will only be allowed to start after the last start.

If the lateness is the fault of the competitor, they will be timed as if they had started at their allocated start time. Competitors

9. Special Competition Instructions

Punching and time keeping system

The punching system used:

WC#10 & WC#11;

SPORTident (SI). Athletes have to use the SI-Cards with the numbers indicated on the start list. In Long and Middle you can use your own card or ask for a rented one. No SIAC-cards are allowed.

Sprint Relay:

SPORTident Air+, All runners will get one SIAC-card to wear at the finger. They are labelled with start and leg number and will be distributed at the quarantine at the Check-In. The technical specification for maximum distance to record a punch is 30 cm

The start of the race times will be determined as follows:

WC#10 & 11: Listed start times, competitors will be released at the start by a hand on the shoulder.

Sprint-Relay: Mass start for 1st leg, hand touch for other legs.

In both individual competitions the finish time will be taken when the chest of the competitor crosses the finish line.

who are late through the fault of the organiser will be timed with their real start time.

Finish procedures

Competitors must follow the marked route from the last control to the finish. The finishing time will be taken when the competitor's chest crosses the finish line by breaking the light beams of the photocells. All days the finish line will be at the beginning of the stage-ramp.

After the finish, the competitor will be guided through the finish zone. He/she:

- Punches the Finish-IDENT unit
- Punches the download SI unit to read out the data. Competitors are then given a receipt with their official time and the control punch data. Should the punch check indicate a miss- punch the competitors are taken through a special procedure before continuing
- Hands over the map
- Gives back the GPS unit and vest (if he/she had one)
- Can take official refreshment (contact with the team leader is possible),
- Occupies the leader chair on the podium, if she/he is the current leader
- Draws up her/his route choices if asked to do so
- Is ready for media requests

Only the officially accredited team coaches will have access to the finish zone to greet incoming runners.

Please can athletes be ready for live interviews with the commentary or TV on the stage.

Number bibs

Athletes have to wear the official number bibs. They will be handed out on competition days at the quarantine check-in when you have signed the check-in list before the deadline.

In the Long distance you will get one number bib for your chest. In the Middle distance and in the Sprint relay you will get two number bibs. Please wear the big one on your chest and the small one on your back.

Coaching zones

There are no coaching zones.

It is forbidden to give any information to competing athletes during the races (disqualification).

Showers

Available close to the finish area in the ice hall.

Prize giving ceremonies

Athletes ranked on positions 1 – 6 (teams 1 – 3 in Sprint Relay) are kindly requested to line up behind the stage 10 minutes prior to the prize giving ceremonies. Please be there in time, as we are live on TV!

Athletes taking part in the prize giving should wear their national team uniform. National flags, signs, sunglasses, hats, headbands, bottles and other such items are not allowed on the stage.

10. 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 depending on the weather, we recommend orienteering shoes with / without dobb spikes or running shoes with good profile.

11. Entries

Nominal entries can be found at IOF Eventor.

Please note that changes of nominal entries have to be done no later than 12:00 on Thursday, 1st of October for the Long distance and until 12:00 on Friday, 2nd of October for the Middle distance.

In the Sprint relay the nominal entries have to be done until 18:00 at Saturday, 3rd of October. It is possible to change the names until 12:20 on Sunday, 4th of October.

All nominal entries and changes have to be done in IOF Eventor. There is a computer at the Event office where you can do your changes in case you don't have access to the internet at accommodation (check opening hours from the Event office). If you can't access Eventor, you can call the information.

12. Prize Money

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 st place: | EUR 900.— | 4 th place: | EUR 200.— |
| 2 nd place: | EUR 600.— | 5 th place: | EUR 150.— |
| 3 rd place: | EUR 300.— | 6 th place: | EUR 100.— |

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

| | |
|-----------------------------------|-----------|
| 1 st place (per team): | EUR 800.— |
| 2 nd place (per team): | EUR 400.— |
| 3 rd place (per team): | EUR 200.— |



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

IOF World Cup overall ranking 2015:

| | | | |
|------------------------|-----------|------------------------|-----------|
| 1 st place: | EUR 850.— | 4 th place: | EUR 300.— |
| 2 nd place: | EUR 600.— | 5 th place: | EUR 200.— |
| 3 rd place: | EUR 450.— | 6 th 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.

All winners will also get a small bench to take home.



13. 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.

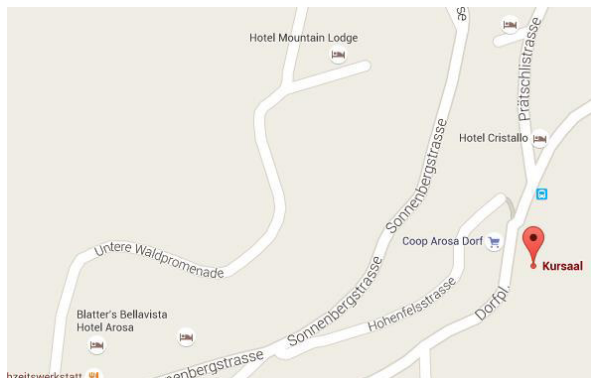
By their signature given at the event registration upon arrival, the athletes and coaches will accept that they are subject to sanctions in the event of any doping offence. The teamleader has to sign for the whole team when arriving in Arosa. Each runner also confirm with his signature at the Check-in in all competitions that they are subject to sanctions in the event of any doping offence.

14. Farewell dinner

The farewell dinner will be served at the Mountain Lodge on Sunday 4th October at 19:00 (CHF 20.-/person). You don't need to order it in case you have already ordered half board for your stay.

15. Red Bull Party

After the farewell dinner from 21:00 all teams are welcome to join the Red Bull Party at the "Wandelbar" (in Kursaal Arosa). There is a bar and disco organized.



Map 6: Kursaal Arosa with Wandelbar

<http://www.kursaal-arosa.ch/lokalitaeten/club-cube.php>

Red Bull offers all World Cup runners, coaches and the volunteers two "Red Bull Wings" (chip) for free.

1 Wing = 1 free Red Bull or beer or soft drink

2 Wings = 1 free drink at the bar

You will get your wings during the farewell dinner. All teams showing anything special between 21:00 and 22:00 at the Wandelbar can earn more wings for the team!

16. Weather and Climate

We will present you the weather forecast for the next day during the teamleader's meetings.

17. Visa Permits

The prerequisite for entry into Switzerland is a valid passport. For tourists from certain countries visa or further documents are required.

18. Insurance

The organizers decline any liability that might occur through participation in IOF World Cup events in Arosa (or in the reserve terrains). Each person participating is responsible for his/her own insurance coverage (illness and accident).

19. Media Services

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

For media accreditation please contact:
Severin Furter / media@o-worldcup.ch / +41 (0)79 602 99 72

20. TV / Live results /

GPS Tracking

You can follow the live stream (Friday: arena production with GPS tracking and one camera in the finish) / Saturday and Sunday: TV-production with English speaking commentators: Thomas Bühner and Marc Lauenstein) at www.arosatv.ch.

Saturday and Sunday will also be live in SVT / Sweden and TV 2 / Danmark.

GPS Tracking and Live-results are available all 3 days at the internet. The links to live Internet-TV, GPS tracking and results will be online on www.o-worldcup.ch on competition days.

21. Information / Event Secretariat

Brigitte Grüniger Huber
Mobile +41 79 504 18 09
info@o-worldcup.ch
www.o-worldcup.ch

22. Emergency

| | |
|-----------|-----|
| Emergency | 144 |
| Police | 117 |
| Fire | 118 |

Medical service in Arosa: +41 (0)848 70 50 00

Good luck!

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