



INTERNATIONAL ORIENTEERING FEDERATION



WORLD CUP 2021

BULLETIN 4



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Round #2

✕ Idre Fjäll/Sweden, 12-15 August 2021

BULLETIN 4

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1. WELCOME

Idre Fjäll hosts the Orienteering World Cup 2021

We are proud to announce that Idre Fjäll will host the Orienteering World Cup 2021.

For many years we have held an annual week dedicated to orienteering and we strive to develop the orienteering at Idre Fjäll. To host the Orienteering World Cup is an honour and an acknowledgement that we are on the right path.

We are glad to be able to welcome participants, audience, and sponsors to Idre Fjäll to experience orienteering in true wilderness. We believe that the wilderness here can give our guests a unique experience of orienteering whether you are participating or cheering.

Idre Fjäll was founded in 1965 with the purpose of stopping the depopulation of Idre. Since then, supporting outdoor sports and helping people to explore our nature has been an important pillar stone in our foundation. We have a vast experience in hosting big events and there are no less than three annual World Cup competitions at Idre Fjäll; Ski Cross, Speed Ski and Moguls. We are therefore glad to be able to expand our hosting of World Cup events into the summer season with the Orienteering World Cup 2021.

When you stay at Idre Fjäll, everything is close by, and you can focus on enjoying the outdoors and the adventures we have to offer. We give you the complete experience, with training opportunities, comfortable accommodation, food, and activities.

We want the Orienteering World Cup 2021 at Idre Fjäll to bring inspiration, community, and a lot of fun and challenging orienteering in the mountains.

Welcome to the Orienteering World Cup 2021 at Idre Fjäll!

Tommy Halvarsson,

Marketing & Sales Manager Idre Fjäll



A warm welcome to Idre Fjäll and the Orienteering World Cup!

It is with great pleasure that we welcome you to Sweden and new competitions. The last time a World Cup was held at Idre Fjäll was back in 2002 and now it is time again. The Swedish Orienteering Federation has a long history of collaborations with Idre Fjäll and now we are taking another step in this good collaboration with an international competition of the highest level.

We will do our best to create fair and challenging competitions and since we are in grand nature, we promise experiences beyond the ordinary.

On behalf of the Swedish Orienteering Federation, I warmly welcome athletes, team officials, spectators and guests to the World Cup competitions in Sweden!

Maria Krafft Helgesson

President of the Swedish Orienteering Federation



Dear friends,

It is with great pride and joy that I and Idrefjällens OK welcome you all to Orienteering World Cup Idre Fjäll 2021. To be able to invite the greatest orienteers in the world is a great honour. The northwest part of the Swedish county Dalarna will offer exciting challenges whilst surrounded by the most gorgeous nature.

Every summer Idrefjällens OK organises the so-called “Idrefjällveckan”. It always occurs on week 26 with Idre Fjäll as the obvious choice of location. Idre Fjäll offers top-class facilities including great accommodation, plenty of restaurants and spacious conference rooms. Both during the summer and winter months, Idre Fjäll offers loads of fun activities for the whole family.

The undisturbed wilderness of this northwest part of Dalarna is what awaits the runners. Almost the whole area, which is to be used for Orienteering World Cup Idre Fjäll 2021, is a nature reserve which means that no clear-cut areas have occurred. As this is the wilderness true sense, the runners get to experience the woods together with its own inhabitants and fauna. Since the Orienteering World Cup Idre Fjäll 2021 will be held in August, you will get to experience the lovely Swedish summer with pleasant temperatures and bright skies long into the night.

Idrefjällens OK welcomes you all to Idre Fjäll in August 2021 and we promise to do our very best to provide and host an event which all of you, including athletes, team officials, spectators, partners, sponsors and media representatives will enjoy. We hope this event, Orienteering World Cup Idre Fjäll 2021 will give you all fond memories to look back on.

Welcome to Idre Fjäll and Sweden!



Per Forsberg
Event Director



IFOK
IDREFJÄLLENS OK



2. ORIENTEERING WORLD CUP 2021

The World Cup 2021 consists of the following 9 competitions.

#	Date	Format	Event	Location
1	13 May	Sprint Relay	World Cup round 1	Neuchâtel, Switzerland
2	14-15 May	Knock-Out Sprint	with	
3	16 May	Sprint	European Championship	
4	12 August	Long Distance	World Cup round 2	Idre Fjäll, Sweden
5	14 August	Middle Distance		
6	15 August	Relay		
7	30 September	Long Distance	World Cup round 3	Cansiglio, Italy
8	2 October	Middle Distance		
9	3 October	Sprint Relay		

In the individual World Cup, athletes are awarded World Cup points as per 2021 World Cup special rules, where winners of individual races receive 100 point and top 40 are rewarded.

The Teams World Cup points are awarded according to 2021 World Cup special rules, where relays are most important and counted together with the sum of the scores in the individual races.



3. ORGANISATION AND CONTACTS

3.1 EXECUTIVE TEAM

Per Forsberg
 Matthias Niggli
 Björn Alpberg
 Mattias Karlsson
 Tomas and Malin Yngström
 Peter Agerhäll
 Göran Hedberg
 Emit and Elite Timing
 IOF Live Service
 Niclas Lidström
 Fredrik Tanfara
 Sven Larsson

Event Advisors

Ivar Maalen
 Henrik Skoglund

Contact addresses

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 Björn Alpberg, +46-702 688080
 Matthias Niggli, +46-736 316260

Event Director
 Race Director
 Technical Director
 Head of Courses
 Event Centre
 Start
 Finish, Arena, Infrastructure
 Results, IT Services
 Live-Production
 Media
 VIP
 Event Director Spectator races

IOF Senior Event Advisor, Norway
 National Event Advisor, Sweden

per.forsberg@owc2021.se
bjorn.alpberg@owc2021.se
matthias.niggli@owc2021.se

4. EVENT PROGRAMME

4.1 MONDAY 9 AUGUST 2021

Arrival of teams		
Model event	10.00-19.00	Gammelsätervallen
Event Centre open	13.00-20.00	Nipsalen, Idre Fjäll

4.2 TUESDAY 10 AUGUST 2021

Arrival of teams		
Event Centre open	08.00-10.00	Nipsalen, Idre Fjäll
Model event	10.00-19.00	Gammelsätervallen
Event Centre open	16.00-20.00	Nipsalen, Idre Fjäll

4.3 WEDNESDAY 11 AUGUST 2021

Event Centre open	08.00-10.00	Nipsalen, Idre Fjäll
Model event	10.00-16.00	Gammelsätervallen
Event entry deadline/Entry deadline long distance	12.00	IOF Eventor
Event Centre open	16.00-20.00	Nipsalen, Idre Fjäll
Team officials meeting #2	17.30-18.00	Online “via Teams”

4.4 THURSDAY 12 AUGUST 2021

World Cup Idre Fjäll – Long Distance – Arena Burusjön

Quarantine check-in (at pre-start) opens	08.00	Pre-start
First start WOMEN	09.30	
First start MEN	09.50	
Quarantine check-in (at pre-start) closes	12.50	Pre-start
Quarantine opens	11.30	Sports hall Idre Fjäll
Quarantine closes	12.50	
After finish quarantine	10.00-12.50	Arena Burusjön
Last start WOMEN	13.50	
Last start MEN	15.30	
Flower ceremony WOMEN	17.15	
Flower ceremony MEN	17.20	
Prize giving ceremony MEN and WOMEN	17.45	
Event Centre open hours	19.00-20.00	Nipsalen, Idre Fjäll

4.5 FRIDAY 13 AUGUST 2021

Spectator race, Middle distance 15.00-18.00 Nipfjällsstugan

Model event	10.00-16.00	Gammelsätervallen
Entry deadline middle distance	12:00	IOF Eventor
Event Centre open	16.00-20.00	Nipsalen, Idre Fjäll
Teams Official Meeting #3	17.30-18.00	Online “via Teams”

4.6 SATURDAY 14 AUGUST 2021

World Cup Idre Fjäll – Middle distance, Arena: Gränjesåsvallen

Spectator Race, Long distance 09.00-12.00 Arena Nordliften

Quarantine check-in opens	10.30	Sports hall, Idre Fjäll
First start MEN approx.	12.10	
First start WOMEN approx.	14.15	
Quarantine closes	14.50	Sports hall, Idre Fjäll
After finish quarantine	12.30-14.50	Arena Gränjesåsvallen
Last start MEN	16.45	
Last start WOMEN	18.05	
Flower ceremony MEN	18.50	
Flower ceremony WOMEN	18.55	
Prize giving ceremony MEN and WOMEN	19.15	
Event Centre open	20.00-21.00	Nipsalen, Idre Fjäll
Entry deadline relay	21.00	IOF Eventor

4.7 SUNDAY 15 AUGUST 2021

World Cup Idre Fjäll - Relays Arena Gränjesåsvallen

Spectator Race, Middle distance 09.00-12.00 Arena Nordliften

Quarantine check-in opens	11.30	Arena Gränjesåsvallen
Quarantine closes	12.50	
Mass start MEN	13:07	
Mass start WOMEN	15:02	
Flower ceremony MEN	16.55	
Flower ceremony WOMEN	16.55	
Prize giving ceremony MEN and WOMEN	17.15	
Event Centre open	19.00-20.00	Nipsalen, Idre Fjäll

5. VENUES, ACCESS AND TRANSPORT

5.1 TRANSPORT

The event will be organised at [Idre Fjäll](#) which is a year-round resort. We offer long bright summer nights, heather underfoot and beautiful mountains to explore. In addition, we will also offer untouched forest without clear-cut areas. This is the wilderness at its best.

Idre Fjäll is located in the north-western part of the county Dalarna in Sweden, near the Norwegian border. Stockholm Arlanda Airport is about five hours drive by car from Idre Fjäll. You can also travel by train from Stockholm Arlanda Airport to the city of Mora and then jump on a bus to Idre Fjäll.

The teams are responsible for all transports to and from the competition areas and therefore need to plan these well to avoid long waiting times in the start and finish area. More information is found in the Covid-19 Bulletin.

5.2 COMPETITION ARENAS

- Thursday 12 Long distance, **Arena Burusjön**; Web link: [\[Google Map\]](#)
- Saturday 14 Middle distance, **Arena Gränjesåsvallen**; Web link: [\[Google Map\]](#)
- Sunday 15 Relay, **Arena Gränjesåsvallen**; *(same location as Middle)*

5.3 WASTE MANAGEMENT

Help us keep our arenas clean!

Please use our rubbish bins for your waste. PET-bottles are collected separately in order to be recycled, while the residual waste will be re-used for energy recovery.

6. EVENT CENTRE

The Event Centre will be in a large meeting room called “Nipsalen” in the main building of Idre Fjäll, next to the reception at Idre Fjäll.

At the Event Centre the accreditation will take place and the team officials receives team-bags with all the accreditation cards, Bulletin 4, emiTags, model maps and training maps for the whole team. The team official must show all team members negative PCR-result to the Event Centre staff to receive the team-bags and accreditations.

Opening hours:

Aug 9	Monday	13.00-20.00	Nipsalen, Idre Fjäll
Aug 10	Tuesday	08.00-10.00 16.00-20.00	Nipsalen, Idre Fjäll
Aug 11	Wednesday	08.00-10.00 16.00-20.00	Nipsalen, Idre Fjäll
Aug 12	Thursday	19.00-20.00	At the arena and Nipsalen, Idre Fjäll
Aug 13	Friday	16.00-20.00	Nipsalen, Idre Fjäll
Aug 14	Saturday	20.00-21.00	At the arena and Nipsalen, Idre Fjäll
Aug 15	Sunday	19.00-20.00	At the arena and Nipsalen, Idre Fjäll
Aug 16	Monday	08.00-10.00	Nipsalen, Idre Fjäll

On Thursday, Saturday and Sunday the Event Centre will be in a tent at the Arena during the competitions. These days are the Event Centre also open in “Nipsalen” after the races for the team officials to get the race maps.

6.1 LOST AND FOUND

All lost and forgotten items will be taken to the Event Centre “Nipsalen” to be picked up.

6.2 CONTACT

Event Centre, Tomas Yngström, +46-70 381 00 07 or Malin Yngström, +46-70 615 96 37 and via info@owc2021.se

Do not hesitate to contact the Event Centre out of opening hours via email or telephone.

7. ENTRY

7.1 ENTRIES AND ENTRY DEADLINES

All entries must be done through IOF Eventor Management Service. The entry form is available on this web link: <https://eventor.orienteering.org/Events/Show/6743>

Athlete Entries

The name of each participant must be registered in the IOF Eventor before 12.00 the day before an individual competition.

Late entries, changes of team size or team athlete names

Late entries and changes will be accepted, if possible, up to event start date, 11 August at 12:00. 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 organizer makes the changes in IOF Eventor for participants after the last registration period has passed.

7.2 ENTRY FEES

Late entry fee for competition package: SEK 2275.- for athletes and SEK 1125.- for team officials. This includes: Starting fee for the races (athletes only), training maps, competition maps.

7.3 ACCREDITATION

To get accredited for the competitions, all athletes and support staff must follow the test procedure in the specific COVID-19 Bulletin. Accreditation for the whole team will be given at the Event Centre to the team official after showing negative PCR-result of all team members (athletes and support staff). Due to COVID-19 we will limit the numbers of visitors to a minimum.

A personal accreditation card will be handed out. All accredited persons must wear it at all relevant times and present it for access to authorized zones.

With the accreditation, every team receives a team-bag with the Bulletin 4, emiTags, model event maps and training maps.

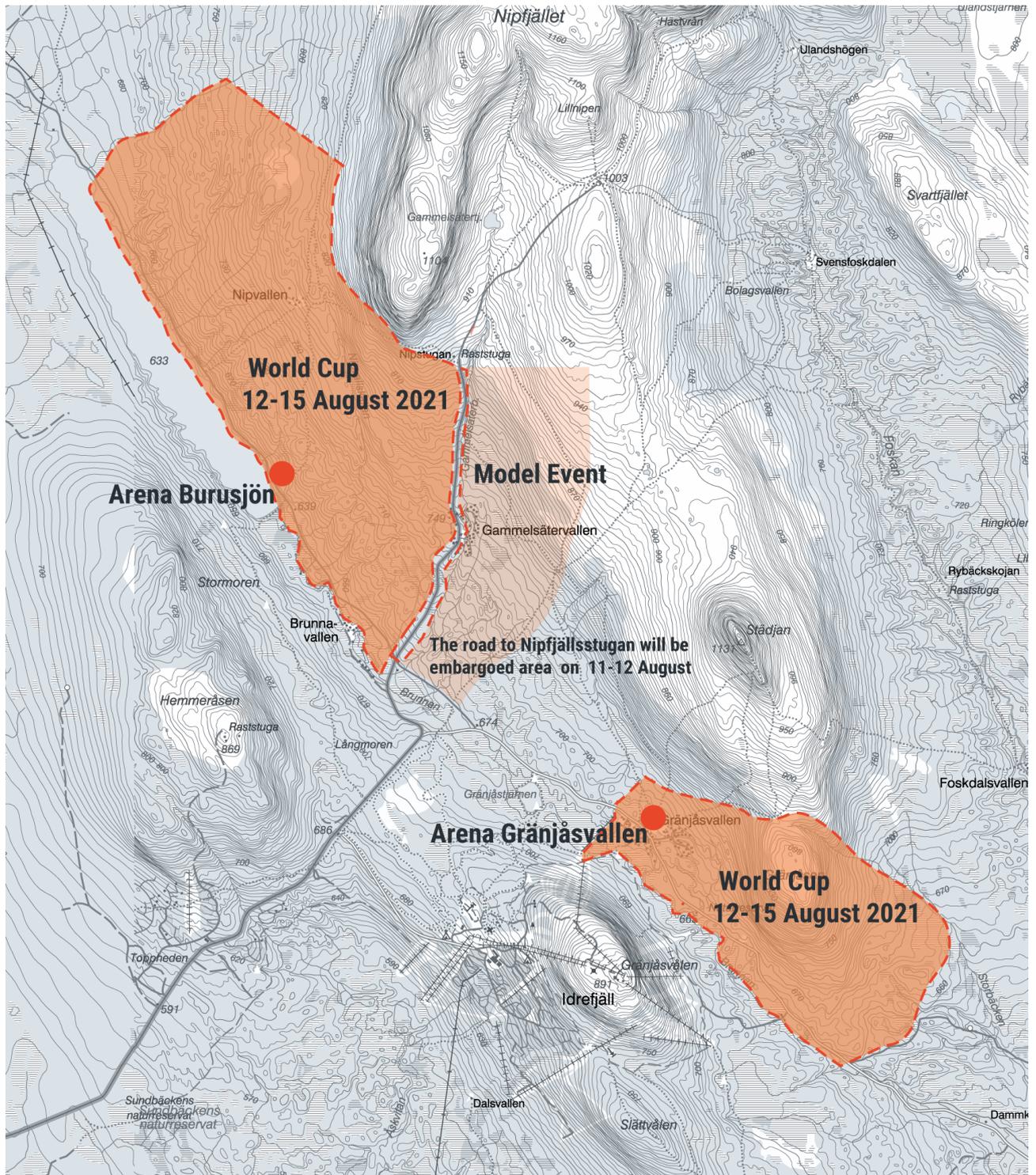
7.4 ENTRY SUMMARY (AS ON 2 AUG 2021)

	Federation	Men	Women	Team Officials	VIP	Media	Total
	Australia	1					1
	Austria	9	8	3			20
	Belarus	4					4
	Belgium	6	3	2			11
	Colombia	3	3	1			7
	Czech Republic	8	8	3			19
	Denmark	7	8	2			17
	Estonia	4	4	1			9
	Finland	9	9	4			22
	France	8	2	1			11
	Germany	6	6	3			15
	Great Britain	7	7	2			16
	Israel	1					1
	Italy	4	2	1			7
	Latvia	6	4				10
	Lithuania	2					2
	Moldova, Republic of		1				1
	New Zealand	2					2
	North Macedonia		1				1
	Norway	11	9	6			26
	Poland	4	4	2			10
	Portugal	1	1				2
	Russian Federation	5	8				13
	Spain	4	3				8
	Sweden	11	10	5			26
	Switzerland	11	9	4			24
	Ukraine	4	4				8
	United States	1					1
	Sum	140	114	40	0	0	294

8. EMBARGOED AREAS

The competition areas are embargoed. It is prohibited for athletes, team officials and others who, through knowledge of the terrain or the competitions, may influence the results of the competitions to enter the embargoed areas.

These embargoed areas are valid until the day prior to the competition. Special rules by the organizer will be valid on the day of competitions (see specific information in this Bulletin 4)



8.1 PREVIOUS ORIENTEERING MAPS

There are several previous orienteering maps from some parts of the competition areas. They can be downloaded from IOF Eventor.

9. TRAINING

Training maps and model maps are to be found in the team bags. The team officials receive team bags at accreditation in the Event Centre when showing negative PCR-result of all team members (athletes and support staff).

10. RULES AND GENERAL INFORMATION

10.1 COMPETITION RULES

The Competition Rules for IOF Foot Orienteering Events 2021, valid from 1 January 2021 and the Special Rules for the 2021 Orienteering World Cup applies.

10.2 CLASSES AND PARTICIPATION RESTRICTIONS

There are two classes, Women and Men.

Participation restrictions, classes and qualification system will follow the Special Rules for the 2021 World Cup in Orienteering.

10.3 ANTI-DOPING

Doping is strictly forbidden, and the organizers of the World Cup are dedicated to supporting the Anti-Doping authorities in their work. Doping controls may be carried out any time during the competitions in accordance with the procedures described in the WADA International Standard of Testing and Investigations. The IOF Anti-Doping rules and the World Anti-Doping Code 2021 apply as of 1st of January 2021. Athletes who are selected for doping control must bring an official identification (with photo) to the doping test area. The athlete should also present the personal therapeutic use exemption (TUE) if applicable. In general, it is advisable that athletes take their ID to all competitions and events. For more information, please consult: <https://orienteering.sport/iof/anti-doping/>.

10.4 INSURANCE

The organizers decline any liability that might occur through participation in World Cup Idre Fjäll Events 4, 5 and 6 and trainings. Each person participates at her/his own risk and is responsible for her/his own insurance coverage (illness and accident).

10.5 CLIMATE

The average temperature in Idre Fjäll during this period is 10-18 degrees Celsius

Mosquitoes often occur in the mountains, especially if it is damp and windless. Mosquito repellent is available in the grocery store at Idre torget (ICA).

11. MEDIA SERVICES

11.1 REGISTRATION

We welcome all media representatives as our partners to cover the thrilling events of World Cup 2021 Idre Fjäll.

For media accreditation and related requests, please contact Press officer Niclas Lindström, press@owc2021.se or mobile +46-70 810 06 66.

11.2 LIVE PRODUCTION

All three World Cup-events at Idre Fjäll will be broadcasted “Live” on Swedish Television (SVT) as well as IOF Live Centre.

During the competitions, athletes may encounter camera crews in the terrain. Camera controls and intermediate time controls are not marked on the control description. Athletes may also be followed by a running camera or by camera-drones during the race. The drones will keep proper distance to the athletes.

Broadcast times Swedish Television (SVT)

- Thursday 12 August 2021 (long) 13.00-17.30
- Saturday 14 August 2021 (middle) 15.00-19.00
- Sunday 15 August 2021 (relays) 13.00-17.00

Web link: [[SVT Play](#)]



11.3 PHOTO AND VIDEO DISCLAIMER

Please note that photographs and footage will be taken throughout the World Cup Idre Fjäll. These will be used by the event organization for marketing and publicity purpose in our publications, on our website and in social media or in any third-party publication during and after the World Cup Idre Fjäll. Please contact the Event Director if you have any concerns or if you wish to be exempted from this activity.

12. COMPETITION INFORMATION

12.1 PUNCHING, TIMING SYSTEM, GPS TRACKING

The punching system used is EMIT TouchFree and emiTag chips will be provided by the organizer. Each athlete will be equipped with two emiTag timing chips. One main chip and one for backup. The emiTags for the athletes will be delivered in the team-bags at accreditation.

All emiTags should be returned to the Event Centre at the Arena or Event Centre “Nipsalen” at Idre Fjäll after the last race before departure. emiTags who are not returned will be charged with 85 EUR/emiTag.

The two emiTags must be worn on the same wrist.



Punching is performed by holding the emiTag 0-50 cm from the punching unit at the control for a short moment. The LED light in the emiTag will start flashing and keeps flashing for 5 seconds after the punch. It is important to see this flashing, since this is the only feedback telling you that the punch is performed correctly!

Videos on how to punch correctly can be seen here:

<http://emit.tips/forathletes/foto/intro.html#instruction-videos-on-how-to-punch>

12.2 START TIMING

Long distance and middle distance:

Exact start time will be recorded with a start gate.

The time for the athletes starts when the athlete opens the gate with his/her leg.

- If the athlete opens the start gate more than 3 seconds before his/her start time, he or she will be disqualified
- If the athlete opens the start gate more than 3 seconds after his/her start time, he or she will get the allocated start time as starting time.

It's the athlete's responsibility to start at the correct time. The start beep and a visible start clock will show the countdown to the starting together with the bib number of the athlete.

Relay:

Mass start. Listen to the commands of the start officials. Start signal will be given through the start official by a shot of a gun. Early start leads to disqualification.

12.3 FINISH TIMING

Long and middle distance:

The finish time will be taken with light beams mounted 70 cm and 110 cm above the ground. When the athletes are breaking both beams the time will stop.

Relay:

Finish time and order of teams to finish will be recorded and decided with a photo-finish-camera when the chest of the runner crosses the finish line.

The race time for all events (finish timing – start time) will be rounded down to the nearest second.

12.4 GPS TRACKING

GPS tracking services will be provided by TracTrac. GPS units will be given to selected athletes in all races. Names of the selected athletes will be published at the pre-start.

It is mandatory for all selected runners to use the GPS. If a runner refuses to carry the device, the runner will be disqualified (§ 2.5, § 2.6 and § 26.10).

Please bring your own GPS-vest with you (hygienic reasons). The organiser provides GPS-vests only in exceptional cases. They will be handed out to the athlete for the whole event before the first use at the quarantine and must be handed in on Sunday. Missing GPS-vests will be charged to the federations.

Personal GPS data loggers are only allowed if they have no display or audible feedback. GPS watches are allowed in all races but shall not be used for navigation.

12.5 CLOTHING

According to the Swedish competition rules, the athletes must wear clothing that fully covers torso and legs.

12.6 TEAM OFFICIALS' MEETING

All team officials' meetings will be held online via Microsoft Teams.

- Wednesday, 11 August 2021 5.30 pm Web link [\[Join the meeting\]](#)
- Friday, 13 August 2021 5.30 pm Web link [\[Join the meeting\]](#)

All other information is included in this Bulletin 4, in the separate COVID-19 Bulletin or will be published on IOF Eventor (e.g. start lists, weather forecasts).

Questions for the team officials' meeting shall be sent by e-mail to matthias.niggli@owc2021.se latest until 15:00 on the day of the meeting.

12.7 NEW COMPETITION MAPS

Team officials can get new competition maps at the Event Centre “Nipsalen” at Idre Fjäll after the race Thursday and Saturday. After the relay, team officials can get new competition maps at the Arena Event Centre or at the Event Centre “Nipsalen”.

12.8 QUARANTINE

Arriving at the quarantine, the athletes must check in by showing their accreditation card and sign the list before the quarantine closes. No-one will be allowed into the quarantine area after the deadline.

Warm-up maps are considered as part of quarantine. All quarantines offer covered area/buildings and outdoor space. It is strongly recommended to stay outside to minimize the risk of COVID-19 infection.

Toilets and water are available. At the quarantine in the sports hall there is coffee for sale. Own team tents are allowed at the pre-start quarantine at the long distance, and In all team zones in the arenas.

Please respect the fairness rules in the quarantine and on the warm-up map. Team officials and athletes can leave quarantine at any time, but once they have left, they are not allowed to return.

Please be fair and remember the following important things:

- The use of mobile phones, computers or any communication device inside the quarantine is strictly forbidden
- It is not allowed to bring any maps into the quarantine zones
- Due to COVID-19 reasons, stay within your own team only. Wear a mask at any time indoor or when interacting with organizers or other teams/athletes (check-in, bag drop, toilets, staircases, sports hall).

12.9 PRE-START AND START

The pre-start is marked on the warm-up map.
There are toilets available at the pre-start.

Only athletes registered for that race have access beyond the pre-start. Once the athletes pass the pre-start, they are not allowed to go back to the quarantine.

It is the athlete's responsibility to watch for his/her start time.

The time before start for the first call-up at the pre-start is 5 minutes for the individual competitions.

In mass start, the remaining time to the start will be announced in English.

The start triangle is marked in the terrain by a control flag. The route to this flag is marked and compulsory for the athletes to follow all the way to the start point.

For specific details, see descriptions in each competition's section. The detailed start procedure will not be demonstrated.

12.10 LATE START

Athletes who are late for their start will be starting between the next start interval.

If the lateness is the fault of the athletes, they will be timed as if they had started at their allocated start time. Athletes who are late through the fault of the organizer will be timed with their real start time.

12.11 COACHING ZONE

There will be a coaching zone at the long distance and the relay. No coaching zone will be at the middle distance. To ensure fair conditions, team officials in the coaching zone must not pass on information to competing athletes received from team-members that have already finished their races. Two accredited team officials are allowed inside the coaching zone.

12.12 FINISH

Athletes must follow the marked route from the last control to the finish.

After the finish, the athlete will be guided through the finish zone. She/He:

- Gets a new hygiene-mask.
- Download emiTag data. Should the punch check indicate a miss-punch the athletes are taken through a special procedure before continuing.
- Returning GPS unit and vest (only after the last race, if he/she has a borrowed vest)
- Can take refreshment (contact with the team official is possible).
- Occupies the leader chair on the podium if she/he is the current leader.
- Takes her/his clothes/bag.
- Goes forward to the mixed zone where journalists may ask questions and make short interviews.
- Leaves the arena at the designated exit after cool-down and change of clothes.

Only the officially accredited team officials will have access to the finish zone to welcome incoming runners. Athletes shall be ready for live interviews with the speaker or TV.

Athletes who are not running a competition are not allowed in the arena due to COVID-19-restrictions and limited space in the arena. You may watch the races on television. If there will be any changes in the restrictions, we will inform you at the Team Officials' Meeting on 11 August 2021.

12.13 OUT-OF BOUNDS BOUNDARY OR AREA

Restricted areas such as private land (520), temporary out-of-bounds boundary (708) and temporary out-of-bounds areas (709) may on some locations be marked with white tape with black text (IOF) and is prohibited to enter or pass at any time.

12.14 ABANDONING A RACE

Athletes who are forced to abandon a race must report to the finish staff and hand in their competition maps. A retiring athlete may not influence any other athlete.

A retiring athlete should not run through the finish, but report to the finish tent from other directions.

12.15 MEDIA CONTROLS

Athletes may meet TV staff or journalists/photographers near control points, not marked in the control description. Controls may be guarded by the organizers.

12.16 CEREMONIES

Flower Ceremony

Only a few minutes after the conclusion of the race, there will be a flower ceremony for the best 3 athletes on the stage with live broadcasting on TV. Please be ready for this award if you are on the podium.

Prize giving ceremonies

Athletes ranked on positions 1 – 6 are kindly requested to line up behind the stage 10 minutes prior to the prize giving ceremonies. It is the athletes' responsibility to be there on time. Otherwise, an athlete will miss out on the prize money!

Athletes taking part in the prize giving ceremony should wear their national team uniform.

12.17 COMPLAINTS AND PROTESTS

Complaints/protest must be handed over in writing using the official form. The form is available and can be handed in at the arena event centre in the finish area. It must be handed in no later than 15 minutes after the official results have been published (separately for women and men; announced by the speaker).

12.18 JURY

- Øyvind Holt, NOR
- David Rosen, GBR
- Göran Andersson, SWE

13. EVENT INFORMATION

13.1 LONG DISTANCE, THURSDAY, 12 AUGUST 2021

FORMAT

Long distance. The starting order is determined by the order of the World Ranking as of 10 August 2021 (best ranked starting last) however taking into consideration rule 12.7, regarding separating runners from the same Federation.

MAP

Burusjön, 1:15'000, 5 m contours, ISOM 2017-2
 Mappers: Kenneth Kaisajuntti and Per Forsberg (2019-2021)
 Map size: A3.

Course planner: Mattias Karlsson

	Course lengths	Estimated winning time	Climb	Number of controls
Women	12 810 m	80 min	400 m	20
Men	17 230 m	100 min	570 m	26

CONTROL DESCRIPTIONS, SIZE

Women 145x50 mm
 Men 175x50 mm

TERRAIN

Hilly topography with moderate to steeper slopes. Both the runnability and visibility is good to very good. Very few roads and paths in the area.

Challenging mountain terrain, altitude 630 – 880 m a s l. The competition area is one big slope with generally good to very good visibility. Hilly and physically demanding forest with mainly pine trees but some areas with spruce tree which reduces the visibility. The ground is broken from time to time which reduces the runnability but overall it is good to very good. The competition area is inside a nature reserve which means no clear-cut areas and hardly no green areas at all. Some areas are very detailed with a lot of features.

QUARANTINE

Pre-start area quarantine for athletes with start times between 9.30 and 13.50 (see information below)

Idre Fjäll Sports hall, quarantine for athletes starting from 13.51.

Web link: <https://goo.gl/maps/8A5C3RJ3G5YAKJ2J7>

Own team tents are allowed at the pre-start quarantine.

All athletes starting between 9.30 and 13.50 and team officials going to pre-start are supposed to drive with own cars directly to the quarantine at pre-start. Arrival and check-in for those athletes/team officials must be done at the pre-start before 12:50! No own arrival at the pre-start after that deadline!

More details about the location of the pre-start will be communicated at the Team Officials' Meeting on Wednesday, 11 August 2021.

If a team/athlete has no own transportation, contact the Event Centre in advance at info@owc2021.se

Only athletes going with the official transport from quarantine to pre-start need to check-in at the quarantine at the Idre Fjäll sports hall.

The quarantine at the Sports hall for athletes starting from 13.51 is open from 11.30 and closes at 12.50.

From the quarantine, athletes with no own transportation and athletes starting from 13.51 will be transported by busses to the pre-start area. The transportation time is approximately 15 min. The busses leave at the parking of Pernilla Wiberg hotel (200 m southeast of the quarantine). It is compulsory to take the bus corresponding to the start times.

TIME SCHEDULE

Start times	Departure	Arrival at pre-start
09.30-10.00	08.15 (only pre-booked transport)	08.30
10.01-10.30	08.45 (only pre-booked transport)	09.00
10.31-11.00	09.15 (only pre-booked transport)	09.30
11.01-11.30	09.45 (only pre-booked transport)	10.00
11.31-12.00	10.15 (only pre-booked transport)	10.30
12.01-12.3	10.45 (only pre-booked transport)	11.00
12.31-13.00	11.15 (only pre-booked transport)	11.30
13.01-13.30	11.45 (only pre-booked transport)	12.00
13.31-13.50	12.15 (only pre-booked transport)	12.30
13.51-14.10	12.35	12.50
14.11-14.30	12.55	13.10
14.31-14.50	13.15	13.30
14.51-15.10	13.35	13.50
15.11-15.30	13.55	14.10

Team officials from pre-start use their own transport to reach the finish/arena from the pre-start.

CHECK-IN

By signing-in at the quarantine or the pre-start area **by 12.50 at the latest**.

GPS vests will be given to designated athletes to wear a GPS (you may use your own vest as well).

CLOTHES

Transport from the pre-start area to the after-finish zone. Please leave your bags at the marked zone at the pre-start. Please limit your volume of your bags.

WARM-UP MAP AND NUMBER BIB

Available when entering the pre-start area.

PRE-START

There are tents at the pre-start area, but you can also bring your own tent, which is something we favour.

The exact location of the pre-start is visible on the warm-up map (not marked in the terrain). Distances from bus drop-off to pre-start 50 m, 0 m climb.

DETAILED START PROCEDURE

Call up	<ul style="list-style-type: none"> ▪ Check emiTag number ▪ Check start number
-5 min	<ul style="list-style-type: none"> ▪ Tracking device is given to selected athletes
-3 min	<ul style="list-style-type: none"> ▪ Pick up the control description ▪ Proceed to -2 min
-2 min	<ul style="list-style-type: none"> ▪ Check emiTag
-1 min	
START TIME	<ul style="list-style-type: none"> ▪ Exact start time will be recorded with a start gate. ▪ The time for the athlete starts when the athlete opens the gate with her/his leg. ▪ It's the athlete's responsibility to start at the correct time. The start beep and a visible start clock will show the countdown. Runner takes the map.
STARTING POINT	<ul style="list-style-type: none"> ▪ Distance 110 m

MAPS

Maps are in plastic bags (sealed) with the class visible for the athletes. Runners are responsible to get the correct map.

There is a map change during the race. Drop your first map where noted and pick the second map. The new map is in a box marked with Women or Men. There is a new start triangle for the second map marked with a control flag in the terrain.

It is the athlete's responsibility to take the correct map!

Control numbers are continuous.

ARENA PASSAGE

There will be an arena passage. The passage will be clearly marked on the map and in the terrain.

MAXIMUM RUNNING TIME: 180 minutes.

REFRESHMENTS

There are 3 (women) and 4 (men) refreshment controls during the course. Water and sport drink (Maurten) will be available. It is possible for the teams to hand out personal drinks to the athletes during the arena passage (coaching zone).

The refreshment controls are set-up according to the IOF competition rules.

FINISH

[Arena Burusjön](#)

Web link: [[Google Map](#)]

No indoor facilities are available in the after-finish zone. There will be some tents in the Team zone. Teams are encouraged to put-up their own tents.

There are parking possibilities beside the road after the arena. Distance can be up to 300 m from the finish/arena.

It is not allowed for teams to visit the finish area before their start and it is not allowed for team officials to go to the quarantine / start / pre-start area if you have been at the finish area.

COOL-DOWN ZONE

It is only allowed to run in the area indicated on the cool-down map available at the finish.

For getting back to the accommodation, teams preferable use their own cars or use the official minibuses provided from the organizers by request.

It is not allowed to leave the arena before 12.50 because of the after-finish quarantine.

AFTER FINISH QUARANTINE

Athletes arriving at the finish before 12.50 must stay in the team zone and the cool-down zone in the finish.

They are not allowed to communicate with any persons outside the team zone. No mobile phones and internet are allowed for runners and team officials in the team zone at the finish!

Even team officials may not leave the team zone until 12.50. The after-finish quarantine and the restrictions are lifted at 12.50.

13.2 MIDDLE DISTANCE, SATURDAY, 14 AUGUST 2021

FORMAT

Middle distance. For the starting order, athletes will be divided into groups of 6 according to the World Ranking as of 10 August 2021 (rankings 1-6, 7-12 and so on). The groups will start in reverse order of ranking, with the highest-ranked group starting last and the order within each group being drawn randomly and taking into consideration rule 12.7, regarding separating runners from the same Federation.

MAP

Gränjåsen, 1:10'000, 5 m contours, ISOM 2017-2
 Mappers: Kenneth Kaisajuntti and Per Forsberg (2020-2021)
 Map size A3.

Course planner: Mattias Karlsson

	Course lengths	Estimated winning time	Climb	Number of controls
Men	6 070 m	35 min	290 m	18
Women	5 370m	35 min	250 m	18

Control descriptions: 120x50 mm for both men and women.

TERRAIN

Hilly topography with moderate to steeper slopes. Both the runnability and visibility is good to very good. Very few roads and paths in the area.

Most of the competition area is inside a nature reserve. Mainly coniferous forest, no clear-cut areas and hardly any no green areas at all. Some areas are very detailed with a lot of features. The terrain is between 700-900 meters m.a.s.l.

QUARANTINE

Idre Fjäll Sports hall. Web link: <https://goo.gl/maps/8A5C3RJ3G5YAKJ2J7>

No parking near the quarantine, we recommend leaving the cars at your accommodation.

The quarantine is open from 10.30.

Team officials can drive with their own car to the pre-start and must arrive there before 14.50. No access after that time! No transport of runners at any time!

They may drive from pre-start to the arena with their own car.

More details about the location of the pre-start will be communicated at the Team Officials' Meeting from Friday, 13 August 2021.

CHECK-IN

By signing-in at the quarantine **by 14.50 at the latest**. There you will receive your warm-up map and number bib. GPS vests will also be given to designated athletes to wear a GPS (you may use your own vest as well).

CLOTHES

Transport either from the quarantine or the pre-start area to the after-finish zone. Please leave your bags at the marked zone in the quarantine/at the pre-start. Please limit your volume of your bags.

WARM-UP MAP

Available when entering the quarantine. The warm-up area starts at the top of the Idre Fjäll village, follow the signs to the warm-up area from quarantine.

PRE-START

There are tents at the pre-start area, but you can also bring your own tent, which is something we favour.

The exact location of the pre-start is visible on the warm-up map (not marked in the terrain). Distances from quarantine to pre-start 4000 m, 75 m drop. Athletes must go by foot and use the warm-up map to find the pre-start!

DETAILED START PROCEDURE

Call up	<ul style="list-style-type: none"> ▪ Check emiTag number ▪ Check start number
-5 min	<ul style="list-style-type: none"> ▪ Tracking device is given to selected athletes
-3 min	<ul style="list-style-type: none"> ▪ Pick up the control description ▪ Proceed to -2min
-2 min	<ul style="list-style-type: none"> ▪ Check emiTag
-1 min	
START TIME	<ul style="list-style-type: none"> ▪ Exact start time will be recorded with a start gate. ▪ The time for the athlete starts when the athlete opens the gate with her/his leg. ▪ It's the athlete's responsibility to start at the correct time. The start beep and a visible start clock will show the countdown. Runner takes the map.
STARTING POINT	<ul style="list-style-type: none"> ▪ Distance 70 m

MAPS

Maps are in plastic bags (sealed) with the class visible for the athletes. The athletes are responsible to get the correct map.

ARENA PASSAGE

There is no arena passage.

MAXIMUM RUNNING TIME :120 minutes.

REFRESHMENTS

There is one refreshment control during the course. Only water will be available. Men after 20% of the course. Women 25% of the course.

FINISH

Arena Gränjesåsvallen

Web link: [[Google Map](#)]

No indoor facilities are available in the after-finish zone. There will be some tents to provide shelter. Teams are encouraged to set-up their own tents.

There are parking possibilities close to the arena. Distance can be up to 300m from the finish/arena.

It is not allowed for teams to visit the finish area before their start and it is not allowed for team officials to go to the quarantine / start / pre-start area if you have been at the finish area.

COOL-DOWN ZONE

It is only allowed to run in the area indicated on the cool-down map available at the finish.

For getting back to the accommodation, teams preferable use their own cars or use the official minibuses provided from the organizers by request.

It is not allowed to leave the arena before 15.00 because of the after-finish quarantine.

AFTER FINISH QUARANTINE

Athletes arriving at the finish before 15.00 must stay in the team zone and the cool-down zone in the finish.

They are not allowed to communicate with any persons outside the team zone. No mobile phones and internet are allowed for runners and team officials in the team zone at the finish!

Even team officials may not leave the team zone until 15.00. The after-finish quarantine and the restrictions are lifted at 15.00.

13.3 RELAY, SUNDAY, 15 AUGUST 2021

FORMAT

Relay. Three legs per class.

MAP

Gränjesåsvallen, 1:10'000, 5 m contours, ISOM 2017-2
 Mappers: Kenneth Kaisajuntti and Per Forsberg (2020-2021)
 Map size A4.

Course planner: Mattias Karlsson

	Course lengths	Estimated winning time	Climb	Number of controls
Men Leg 1 and Leg 2	6,3–6,4 km	34 min	240 m	18
Men Leg 3	7,0–7,1 km	38 min	270 m	19
Women Leg 1 and Leg 2	5,6–5,7 km	34 min	210 m	16
Women Leg 3	6,3–6,4 km	38 min	240 m	17

CONTROL DESCRIPTIONS

No separate control descriptions. The control descriptions are printed on the map.

TERRAIN

Hilly topography with moderate to steeper slopes. Both the runnability and visibility is good to very good. Very few roads and paths in the area.
 Most of the competition areas are inside a nature reserve. Mainly coniferous forest, no clear-cut areas and hardly any no green areas at all. Some areas are very detailed with a lot of features. The terrain is between 700-800 meters m.a.s.l.

QUARANTINE

Arena Gränjesåsvallen.
 Web link: [\[Google Map\]](#)

Teams are encouraged to set-up their own tents.

Team parking 300 m from quarantine/team zone. All cars from teams must be parked there, even from team officials going to the finish/arena. The quarantine is open from 11.30.

CHECK-IN

By signing-in at the quarantine **by 12.50 at the latest**. There you will receive your number bib and the warm-up map. GPS vests will also be given to designated athletes to wear a GPS (you may use your own vest as well).

WARM-UP / COOL-DOWN

Located within the quarantine/Team zone.

ASSEMBLY AREA FOR THE RUNNERS

The assembly area for athletes before their leg is at the pre-start. GPS units will be given to selected athletes.

MASS START

The assembly area opens -15 min before the mass start and closes -10 min before the mass start. The runner takes his/her rolled map from the map holders. It is not allowed to open the roll before the start signal.

Emergency toilet upon request to a staff member only (**without map!**).

Disposal of the hygienic mask on the way to the line-up. The line-up at the start line will be marked with team name and number on the floor.

CHANGE-OVER

The entrance to the waiting zone is at the pre-start.

GPS units are given at the gate. The runner takes his/her rolled map from the map holder, when the foregoing athlete passes the arena. It is not allowed to open the roll before the hand-over.

Emergency toilet upon request to a staff member only (**without map!**).

It is the athlete responsibility to be on time at the waiting zone. Disposal of the hygienic mask on the way to the change-over area.

When your team member arrives, you may step to the change-over barrier. The change-over is done after crossing the finish line by hand touch across a separation barrier. The outgoing running athlete can open the map immediately after the change-over.

MAPS

The maps are rolled and closed with a rubber band. In the waiting zone it is the athlete's responsibility to take the correct map from the map holder themselves.

You will keep the rolled map in your hand until you can start. You are not allowed to remove the rubber band or to peek into the roll before you start.

The maps are marked with a combination of team and leg number
Example for team 12: [12-1], [12-2], [12-3].

Mass start for all athletes not yet changed 10 min after the winner finished the race.

RESERVE MAPS

Reserve maps are ready nearby the waiting zone. Please contact the organizer as soon as you have noticed that your map is not on the map holder anymore.

ARENA PASSAGE

There will be an arena passage. The passage will be clearly marked on the map and on the ground.

Maximum running time 120 minutes/leg.

REFRESHMENTS

There is one refreshment control during the course during the arena passage. Water will be available. It is possible for the teams to hand out personal drinks to the runners during the arena passage (coaching zone).

FINISH

Arena Gränjesåsvallen

Web link: [[Google Map](#)]

After finishing all athletes/officials must return to the quarantine/Team zone after her/his run. For getting back to the accommodation, teams use their own cars.

14. Prize money

A total amount of prize money of EUR 12'900.- will be awarded from the event organizer to the best women and men in the three competitions.

A total prize amount of EUR 19'000.- will be awarded from the IOF, the Verein Swiss Cup and Idre Fjäll to the best women and men in the World Cup overall ranking 2021:

Place	Individual race EUR	Relay race EUR	Total Individual World Cup (EUR)
1	1000	1000	5000
2	700	700	2000
3	400	400	1000
4	200		600
5	200		500
6	200		400

For boring quarantines



Spot the difference: Popcorn Puzzle

There are seven differences between these two pictures. Can you spot them?

				1				
	8	6			4	9		1
			2	7	8			
6						2	7	
		2					4	
			1		6		3	
		1		6				
	3					5		
		8		4	2			

#172675

Level: Medium

		6		5		3		
			6					
		7			3			4
					2		1	5
			8			7		
4						9		
2								
1		8	9	6			4	3
				3	1			8

#42920

Level: Medium

Need help? Find solution at <https://sudoku.cba.si>



Spot the difference: Doughnut Differences

There are seven differences between these two pictures.
 Can you find them all while wanting to give in to your doughnut craving?

	1				5			
6								4
			1	3	4	8		
8				5	9	2	6	
		5				7		
			2			9		
1				7				8
			8			4	5	
		9	4					

#49105

Level: Medium

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1							3	
	6	8		1		9	7	
		5	4					
		7			2	4		6
	3			8	7			
	2		9			1		
7					4			8

#100831

Level: Medium

Jumbled words and language recognition

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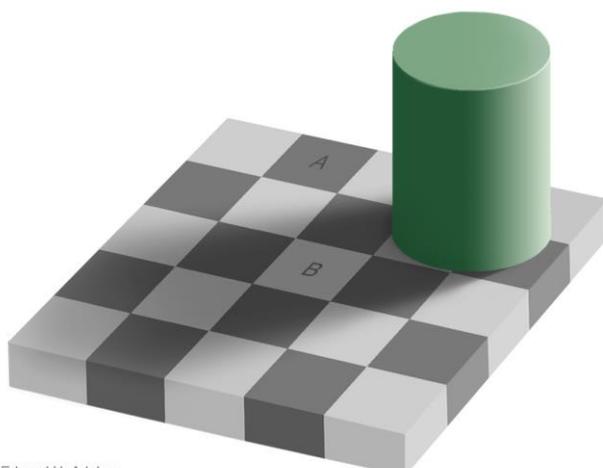
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And a fnail daioertomstnn of how celver yuor barin is - can you raed tihs?...



Edward H. Adelson

The optical illusion

- properly called the Checker Shadow Illusion - was created by Edward H Adelson, an eminent and widely published American professor of Visual Science.

Powerful optical illusions like this remind us that things are not always as they seem, even when we see proof to the contrary.

Look at the colors of the squares below marked A and B.

Are they the same, or is one darker than the other?

The optical illusion

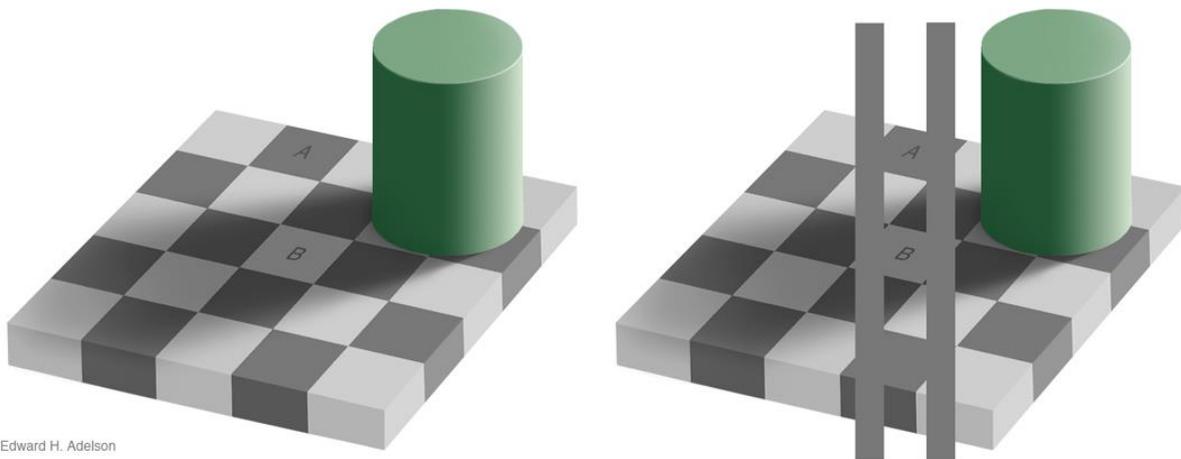
Usually the word 'incredible' is used in a colloquial or exaggerated sense. It means, literally, unbelievable. This optical illusion genuinely deserves the description 'incredible'. The brain cannot believe what it is seeing.

This optical illusion also emphasises the significance of relativity when attempting to measure things - and the effects of perspective, in this case light and shadow.

What we see changes according to how we are seeing it.

Perspective and relativity determine values. Very few things are absolute. Most things are relative and depend on one's viewpoint and the context in which they exist.

Here is a double image of the illusion for alternative display purposes:



Edward H. Adelson

			7		8			
4	9		6			1		
						5		8
		6				4		
			8	3				
2				5				
	5				3		9	
	7	1					6	
					2		3	

#13187

Level: Medium

			1	7	8			5
2		6		9		1		
	7	3					5	8
4	1		7					
	6							
8				3				9
			4		1		8	
		4			2			

#50651

Level: Medium

Need help? Solution at <https://sudoku.cba.si/>



Presenting Partner



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#idrefjäll

#worldcupidrefjäll

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