



INTERNATIONAL ORIENTEERING FEDERATION



# **WORLD CUP 2023**

## **Round 1**

**Østfold/Norway 26<sup>th</sup> – 30<sup>th</sup> of April 2023**



World Cup 26-30. april 2023

# **BULLETIN 1+2**

Version 3 (2022-12-05)

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## WELCOME

A warm welcome to Norway and the Orienteering World Cup!

It is with great pleasure that we welcome you to Østfold in Norway for World Cup competitions in the spring of 2023.

The last time we welcomed the international orienteering elite to Norway was at WOC in 2019. Then the finals were held just a little bit further north. This time the clubs OK Moss and Indre Østfold OK, together with the Norwegian Orienteering Federation, are hosting this international competition of the highest level.

We will do our best to create fair and challenging competitions. We can promise great terrain and nice and technical orienteering.

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

Leif Størmer

President of the Norwegian Orienteering Federation

## WORLD CUP 2023

The World Cup 2023 consists of the following 10 competitions.

<i>Comp.</i>	<i>Date</i>	<i>Format</i>	<i>Event</i>	<i>Location</i>
1	27 April	Long Distance	World Cup round 1	Østfold, Norway
2	29 April	Middle Distance		
3	30 April	Relay		
4	2 August	Sprint	World Cup round 2	Ceska Lipa and Ždírec, Czech Republic
5	3 August	Sprint Relay		
6	5 August	Middle Distance		
7	6 August	Long Distance		
8	3-7 October	Sprint	World Cup round 3 with European Championships	Verona, Italy
9	3-7 October	Knock-Out Sprint		
10	3-7 October	Sprint Relay		

# 1. ORGANISATION AND CONTACT

## 1.1. ORGANISING COMMITTEE

Event Director	Asle Gudim
Race Director	Hallvard Koren
Head of Courses	Morten Johansen
Arena	Øyvind Løken
Event Director Spectator Races	Thomas Bedin

## 1.2. EVENT ADVISORS

IOF Senior Event Advisor	Jaakko Lajunen, FIN
Event controller	Jörgen Mårtensson, NOR
Event controller	Kjell Blomseth, NOR
Assistant national controller	Monica Meum Johansen, NOR

## 1.3. CONTACT INFORMATION

Email:	<a href="mailto:info@owc2023.no">info@owc2023.no</a>
Website:	<a href="http://www.owc2023.no">www.owc2023.no</a>

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Accommodation - Hanne Wold	<a href="mailto:booking@owc2023.no">booking@owc2023.no</a>	+47 418 07 258
Training - Tore Bjørnerød	<a href="mailto:training@owc2023.no">training@owc2023.no</a>	+47 911 67 546
Media - Martin Siewartz Nielsen	<a href="mailto:media@owc2023.no">media@owc2023.no</a>	+47 911 59 317

## 1.4. BULLETINS

Bulletin 3 will be published at the latest by 26<sup>th</sup> of February 2023.

Final details will be released in Bulletin 4 upon arrival at the Event Centre, as well in electronic format in the [IOF Eventor](#) 24<sup>th</sup> of April 2023.

# 2. EVENT PROGRAMME – PRELIMINARY

## 2.1. TUESDAY 25<sup>th</sup> of APRIL 2023

Arrival of teams	
Event Centre	12:00-21:00
Free training/model event	12:00-19:00

## 2.2. WEDNESDAY 26<sup>th</sup> of APRIL 2023

Arrival of teams	
Event Centre	08:00-20:00
Free training/model event	10:00-16:00
Team officials' meeting	17:30-18:00

### 2.3. THURSDAY 27<sup>th</sup> of APRIL 2023

Event Centre	08:00-20:00
Spectator Race 1 - Middle distance	10:00-14:00
World Cup Long Distance	10:00-17:30

### 2.4. FRIDAY 28<sup>th</sup> of APRIL 2023

Event Centre	08:00-20:00
Free training	10:00-16:00
Team Officials' Meeting	17:00-18:30

### 2.5. SATURDAY 29<sup>th</sup> of APRIL 2023

Event Centre	08:00-20:00
Spectator Race 2, Lørdagskjappen - Middle distance	11:00-14:00
World Cup Middle distance	10:30-17:30
Prize Giving Ceremony Long and Middle Distance	18:00-19:00
Come-together gathering	19:00-...

### 2.6. SUNDAY 30<sup>th</sup> of APRIL 2023

Event Centre	08:00-20:00
Spectator Race 3, Smaaleneneløpet - Long distance	10:00-13:00
World Cup Relays	13:00-17:00
Prize Giving Ceremony Relays	17:30-18:00

## 3. VENUE, ACCESS AND TRANSPORT

The event will be organised in Østfold, located in the southeast part of Norway. All competitions will take place from the same arena, [KNA Varna](#), a go-cart ring in Våler municipality, 30 km from the Event Centre in Sarpsborg.

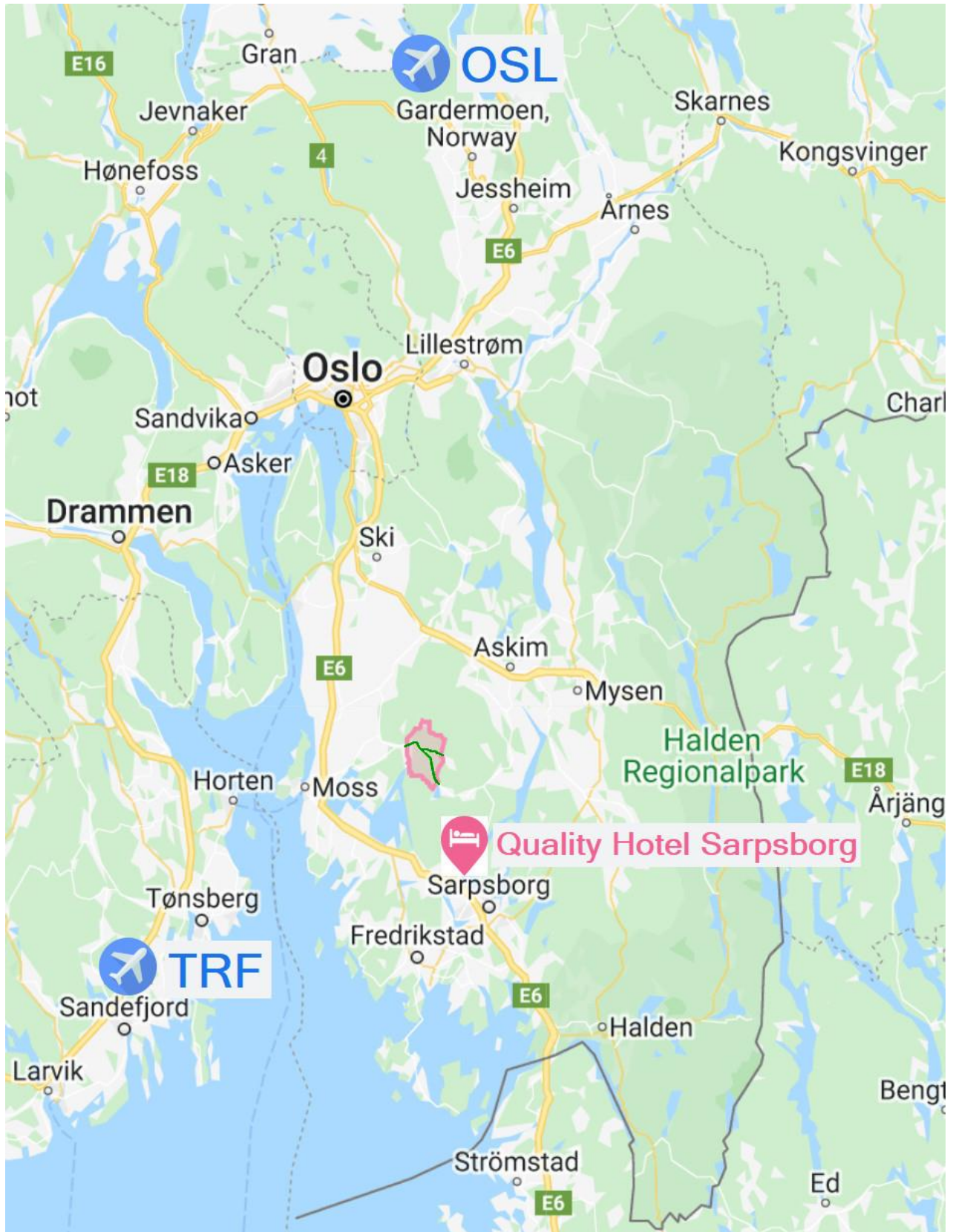
The preferred airport Oslo Airport Gardermoen (OSL) is 140 km from the Event Centre. Rental car, train and/or bus to the Event Centre. [Entur – nasjonal reiseplanlegger](#) (From: Oslo lufthavn (Gardermoen) - To: Lekevollkrysset E6).

Other options are Torp Sandefjord Lufthavn (TRF), 82 km including a ferry journey of ~30 min, and Gothenburg Landvetter (GOT), 245 km.

We recommend using your own transport or a rental car/minibus.

Transport during the competition week on request for a fee of 2000 NOK. Transport needs to be booked latest 1<sup>st</sup> of March 2023 via [booking@owc2023.no](mailto:booking@owc2023.no)





## 4. EVENT CENTRE

The Event Centre will be located at Quality Hotel & Resort Sarpsborg in Sarpsborg.  
Address: Bjørnstadveien 20, 1712 Sarpsborg.

<https://www.nordicchoicehotels.no/hotell/norge/sarpsborg/quality-hotel-sarpsborg/>

This is also the official accommodation.

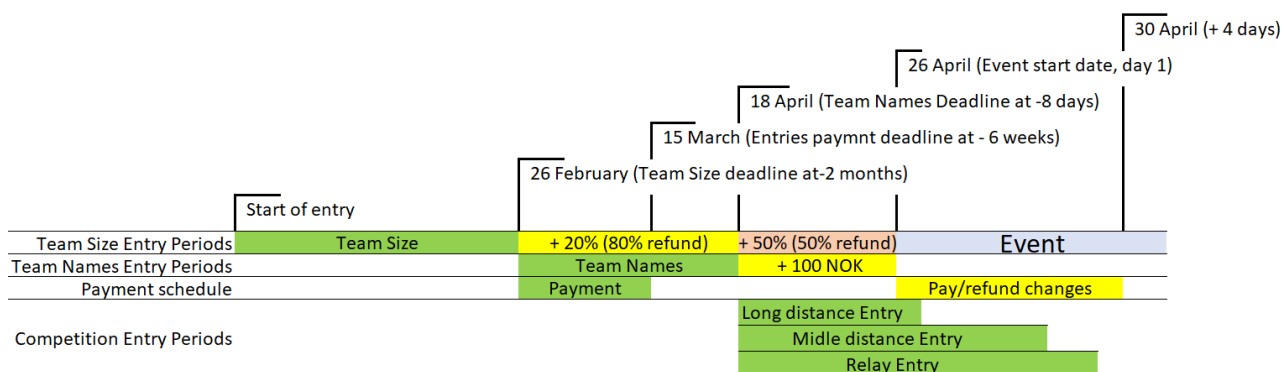


## 5. ENTRIES AND FEES

### 5.1. ENTRIES AND ENTRY DEADLINES

All entries are only to be made in IOF Eventor. The Entry form will be available from no later than 26<sup>th</sup> of August 2022 on:

<https://eventor.orienteeing.org/Events/Show/7248>



- The event start date is Wednesday 26<sup>th</sup> of April 2023
- The deadline for Team Size Entry is 26<sup>th</sup> of February 2023 (-2 months)
- The deadline for Entries Payment 15<sup>th</sup> of Mars 2023 (-6 weeks)
- The deadline for Team Names Entry is 18<sup>th</sup> of April 2023 (-8 days)
- The deadline for late entries, changes of Team Size or Team Names is 26<sup>th</sup> of April 2023 12:00 (noon)

**Team Size Entry** (deadline 26<sup>th</sup> of February 2023) details:

- The Team manager (chosen from list in IOF Eventor).
- The Team manager’s email address and mobile phone.
- The number of Team Athletes (men and women).
- The number of Team Officials.
- The number of Team Athletes in the individual races; Federation Quota will be published by the IOF. There is no maximum number of officials per team.
- The number of relay teams.

**Team Names Entry** (deadline 18<sup>th</sup> of April 2023)

The following information shall be filled in:

- The name of each Team Athlete by selecting from federation members in IOF Eventor.
- The name of each Team Officials by selecting from federation members in IOF Eventor.

**Competition entries**

- Names of the athletes and, if required, their starting group, shall be entered in IOF Eventor before 12:00 (noon) on the day before an individual competition.
- Names of the athletes and their running order shall be entered in IOF Eventor before 12:00 (noon) on the day before a relay competition.

**5.2. ENTRY FEES**

Accreditation fee for athletes	700 NOK
Accreditation fee for team officials	700 NOK
Long distance	500 NOK
Middle distance	500 NOK
Relay (per team)	1500 NOK



### 5.3. LATE ENTRIES

Changes of Team Size or Team Names Late Entries and changes will be accepted, if possible, up to Event start date, 26<sup>th</sup> of April 2023 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 organiser at [raceoffice@owc2023.no](mailto:raceoffice@owc2023.no). The organiser makes the changes in IOF Eventor after deadlines.

### 5.4. PAYMENT

After the Team Size deadline (26<sup>th</sup> of February, 2 months before), the organiser will invoice the federation for entries and services. The invoices should be paid before 15<sup>th</sup> of March 2023 (6 weeks before). If the Federation has done changes after that date, it will be paid/refunded on the event at the Event Office at the latest. Please note that we will add a late payment fee of 200 NOK per person for late payment.

Payee	OK Moss, Postboks 404, 1502 MOSS
Currency	NOK, payment only accepted in Norwegian currency
IBAN	N03415067799493
BIC	DNBANOKKXXX
Bank	DNB
Address of the bank	Postboks 1600 Sentrum, 0021 OSLO

## 6. ACCOMMODATION AND FOOD

The official accommodation is [Quality Hotel & Resort Sarpsborg](#) in Sarpsborg.

Category	Rate per person per day
Single room	1095 NOK
Double room	650 NOK
Triple room	600 NOK
Quadruple room	500 NOK

The price includes a large breakfast buffet

The organiser has reserved a fixed number of rooms at discounted rates. These must be booked via [booking@owc2023.no](mailto:booking@owc2023.no). The principle “first-come, first-serve” applies. Latest date for reservation of the official accommodation is 20<sup>th</sup> of February 2023.

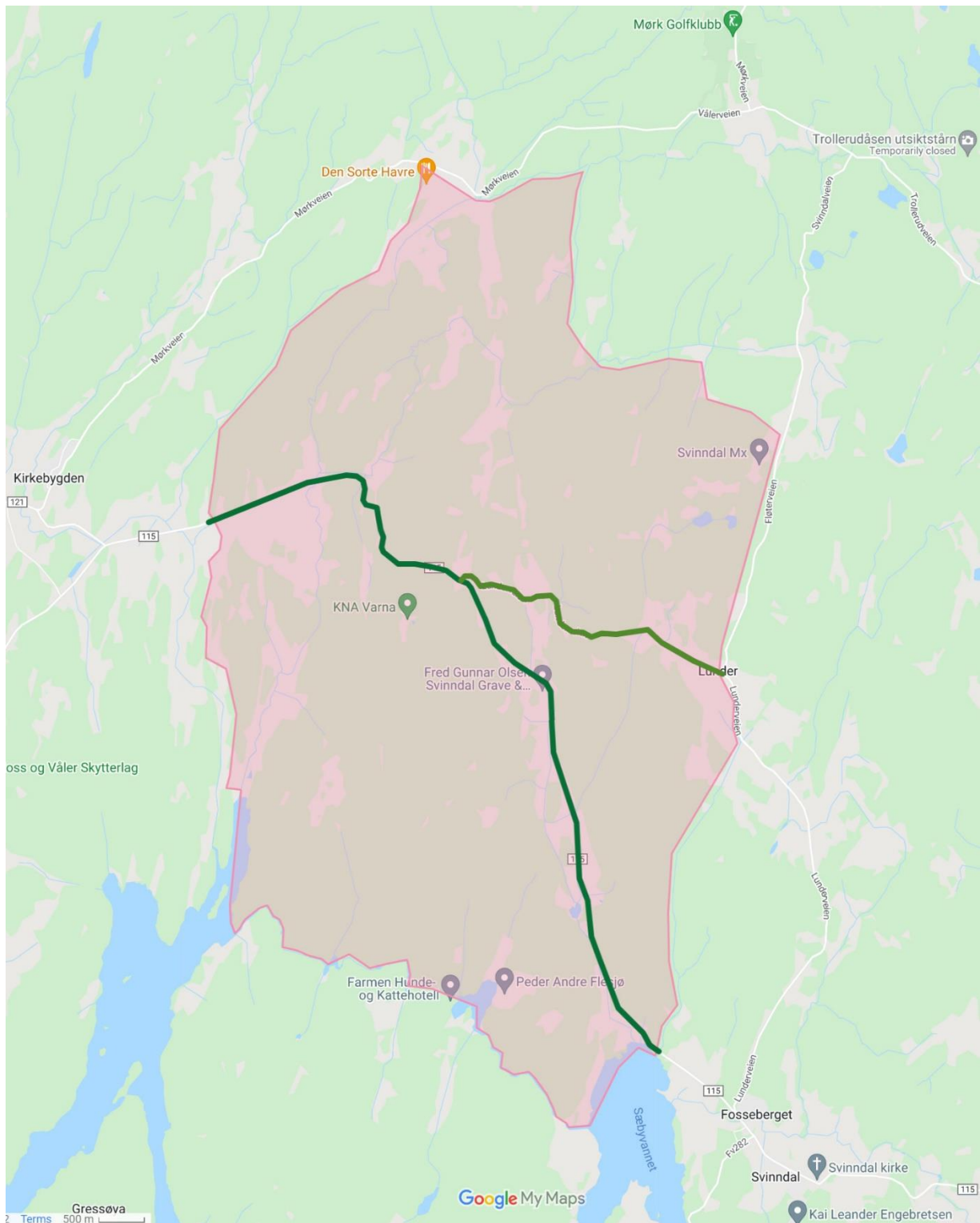
For alternatives, please visit <https://www.visitoestfold.com/en/accommodation/>



Most hotels, restaurants and grocery stores have a variety of food options, also for special diets, vegetarians, and allergy sufferers.

## 7. EMBARGOED AREAS

The [marked competition area](#) on the map below is the embargoed area. 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. It is allowed to pass through the embargoed area on road 115 and Lunderveien.



## 7.1. PREVIOUS ORIENTEERING MAPS

Previous orienteering maps are published on [IOF Eventor](#). It also includes a link to MapAnt Norway - Orienteering map covering Norway.

## 8. TRAINING

Training/model event will be available from Tuesday 25<sup>th</sup> of April 2023. No official training camp is planned, but we offer training and training maps on request via [training@owc2023.no](mailto:training@owc2023.no).

Relevant competitions will be published on IOF Eventor.

## 9. RULES AND GENERAL INFORMATION

### 9.1. ANTI-DOPING

Doping is strictly forbidden, and the organisers 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 latest IOF Anti-Doping rules and the World Anti-Doping Code applies. 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/>

### 9.2. INSURANCE AND LIABILITIES

The organisers decline any liability that might occur through participation in the IOF World Cup Events and training. Each person participates at their own risk and is responsible for their own insurance coverage (illness and accident).

### 9.3. VISA PERMITS

The prerequisite for immigration into Norway is a valid passport. For travellers from certain countries, a visa or further documents are required.

This page has information for [those who do not need a visa to visit Norway](#).

### 9.4. ATHLETE'S LICENCE

All athletes need to have an [IOF athlete's licence](#) to participate in the World Cup races.

## 10. MEDIA SERVICES

We welcome all media representatives as our partners to cover the thrilling competitions of World Cup 2023 in Østfold.

For media accreditation and related requests, please contact Media manager Martin Siewartz Nielsen, [media@owc2023.no](mailto:media@owc2023.no), +47 911 59 317.



## 11. COMPETITION INFORMATION

### 11.1. COMPETITION RULES

The Competition Rules for IOF Foot Orienteering Events 2023, valid from 1 January 2023, and the IOF Orienteering World Cup 2023 Special Rules apply. The latest versions of the rules are at the [IOF web pages](#).

### 11.2. CLASSES AND PARTICIPATION RESTRICTIONS

There are two classes: Women and Men. Participation restrictions, classes and qualification system will follow the IOF Orienteering World Cup 2023 Special Rules.

### 11.3. PUNCHING SYSTEM

The punching system used is EMIT and emiTag, chips will be provided by the organiser.

### 11.4. CLOTHING

Full body coverage is required, short-sleeved tops and tank tops are permitted.

### 11.5. CLIMATE AND HAZARDS

Average temperature at the arena KNA Varna in the end of April is 7.2° C, with an average temperature at daytime of 12.0° C. The historic range of daytime temperatures is 2.2° to 24.9° Celsius. Low humidity, with low to moderate risk of heavy showers.

No specific hazards.





## 12. EVENT INFORMATION

The terrain is varied with flatter parts and relatively steep detailed slopes, especially in the southern part. Total height difference is about 100 metres. There are signs of logging work spread around in the terrain. Mostly open pine forest on the hill tops and denser spruce and mixed vegetation in the lower parts. Relatively few, and fairly dry marshes.

In some parts the terrain is undulating and detailed, with small height differences. Mostly good runnability and medium visibility.

### 12.1. LONG DISTANCE, THURSDAY 27<sup>th</sup> of APRIL 2023

Format	Long distance, individual start (3 min start interval)
Map	1:15 000, 5 m, 2022-2023 (ISOM 2017-2)
Mapper	Kristen Treekrem
Course setter	Erik Sandbæk
Women	Winning time 75 min
Men	Winning time 95 min

### 12.2. MIDDLE DISTANCE, SATURDAY 29<sup>th</sup> of APRIL 2023

Format	Middle distance, individual start (2 min start interval)
Map	1:10 000, 5 m, 2022-2023 (ISOM 2017-2)
Mapper	Kristen Treekrem
Course setter	Morten Johansen
Women	Winning time 32 min
Men	Winning time 32 min

### 12.3. RELAYS, SUNDAY 30<sup>th</sup> of APRIL 2023

Format	Mass start
Map	1:10 000, 5 m, 2022-2023 (ISOM 2017-2)
Mapper	Kristen Treekrem
Course setters	Bjørn Erik Glomsrud and Anders Vister
Women	Winning time ~95 min (3 x ~31 min)
Men	Winning time ~95 min (3 x ~31 min)

## 13. PRIZE MONEY

Prize money in the World Cup 2023 is distributed according to the table below. All amounts are in Euro.

<i>Place</i>	<i>Individual race</i>	<i>Relay race</i>	<i>Total Individual World Cup</i>
1	1000	1000	5000
2	700	700	2000
3	400	400	1000
4	200		600
5	200		500
6	200		400

## 14. SPECTATOR RACES

The first spectator race on Thursday the 27<sup>th</sup> is a middle distance with a limited number of classes and courses.

The annual spring event Østfold O-Weekend with the competitions Lørdagskjappen and Smaaleneneløpet will be organised on Saturday and Sunday respectively. These competitions offer classes from age 9 to 85 and all levels from novices to elite runners. For further details, see section 2. EVENT PROGRAM above.

## 15. BULLETIN VERSION HISTORY

<i>Version</i>	<i>Date</i>	<i>Comment</i>
1	2022-05-14	Initial version.
2	2022-08-06	Updated chapter 13 with prize money amounts.
3	2022-12-05	Team Names Entry deadline postponed from 16 <sup>th</sup> to 18 <sup>th</sup> of April in chapter 5.



**NORSK  
ORIENTERING**

