



## Bulletin #3

# World MTB Orienteering Championships Junior World MTB Orienteering Championships



Falun Sweden  
July 15-20 2022



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# 1. Invitation

Dear friends,

We look forward to seeing you in the beautiful region of Dalarna this summer. Traveling in Dalarna is like experiencing Sweden in miniature and it's a very popular tourist destination. The competitions will take place in Säter and Falun just two and a half hours drive from Stockholm Arlanda airport, or you can easily travel by train directly from the airport.

We want to give the participants challenging competitions in varying terrain types. The event centre is situated at the sports complex Lugnet in Falun, which is Sweden's national cross-country skiing and ski jumping centre. 60 different sports can be practised there, and it has become a major centre for mountain biking in recent years. The middle distance and relay races will be held in Säter in a mostly open pine forest with a network of fast cyclable trails. The sprint race in Falun offers fast route choices through a varied urban, park and wooded area. The long distance and mass start races, also in Falun, will be in challenging hilly terrain with lots of route choices on tracks of very varying character.

I wish you all welcome to Sweden, I hope you will have a great time here!

Jannike Wåhlberg, Event Director WMTBOC 2022 Falun



## 2. Contact information

### Organizers

IOF

[www.orienteering.sport](http://www.orienteering.sport)

SOFT - Svenska Oriente-  
ringsförbundet

[www.svenskorientering.se](http://www.svenskorientering.se)

OK Kåre, Falun

[okkare.se](http://okkare.se)

Säterbygdens OK, Säter

[www.saterbygden.se](http://www.saterbygden.se)

### Event office / Event centre

Stora Ensohuset

Lugnetvägen 20

S-791 31 Falun

[info@wmtboc2022.se](mailto:info@wmtboc2022.se)

+46 76 7208091

Leader: Berndt Adolfsen

[60.6214570.15.6550523](tel:60.6214570.15.6550523)

### Event Director

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+46 70 6888634

### IOF Senior Event Adviser

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### National Controller

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[magnus@blaudd.se](mailto:magnus@blaudd.se)

+46 70 2611309

### Competition Director

Sprint, Mass start, Long  
distances

Jesper Svedberg

[jesper.svedberg@wmtboc2022.se](mailto:jesper.svedberg@wmtboc2022.se)

[wmtboc2022.se](http://wmtboc2022.se)

### Technical Director

Steven Hale

[steven.hale@wmtboc2022.se](mailto:steven.hale@wmtboc2022.se)

+46 76 8444030

### Competition Director

Middle, Relay distances

Per Sandberg

[per.sandberg@wmtboc2022.se](mailto:per.sandberg@wmtboc2022.se)

[wmtboc2022.se](http://wmtboc2022.se)

+46 70 6404673

### Media contact

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[media@wmtboc2022.se](mailto:media@wmtboc2022.se)

+46 70 7716415

### Information

[info@wmtboc2022.se](mailto:info@wmtboc2022.se)

[wmtboc2022.se](http://wmtboc2022.se)

<https://www.instagram.com/wmtboc2022/>

<https://www.facebook.com/wmtboc2022/>

### 3. Venues

Event Centre and athletes village Falun. Distance to the races in Mora by, Säter is 40 km. The races in Falun will all be within 5 km of the Event Centre.

The Event Centre will be located at Lugnet in Falun.

Lugnet is one of Europe's most complete sports facilities and is located in the eastern part of Falun.

In the early 1970s, Lugnet's sports part started to be built and the area and the facility have since been purposefully developed. Lugnet has hosted the World Ski Championships 1954, 1974, 1993 and 2015. Lugnet has also hosted the O-ringen, EOC 2012 and, among other events, the Swedish Championships in MTB orienteering.



*General map of the region*

#### **A complete facility**

At Lugnet there is the national arena for cross-country skiing and ski jumping, ice stadium (ice rink and artificial frozen bandy court), swimming pool, the large sports hall (four floors 20x40 meters), athletics stadium, mountain bike arena, swimming pool, outdoor pool, gym, tennis arena, martial arts hall, floorball hall and athletics hall. At present, 60 of the Swedish Sports Confederation's 70 special federations can conduct their activities in the area. Falu municipality owns most of the facilities, but some are also run privately.

In the Lugnet area there is also a funicular, sports lab, Dalarna University, Lugnetgymnasiet, Scandic hotel, camping and various outdoor activities. Lugnet is an extremely complete facility where it is close to everything.

The Event Centre will be open between Tuesday 12th and Thursday 21st July 2022.

For more information on Lugnets Sports Arena and facilities, please visit:

<https://www.lugnet.se/lugnet/om-lugnet.html>

## Competition Venues

**Mora by, Säter** is a small village located 40 km from the Event centre in the municipality of Säter. Two events will be held – middle distance and relay.

The terrain is sandy with pine trees, many tracks, heights and depressions. The Swedish MTBO Championships were held here in 2016 and also quite a few national events over the years.



**Falun.** In conjunction with the Event Centre three events will be held – long distance, sprint and mass start. The venues will be held close to the city of Falun.

The terrain is hilly with mainly pine trees, many tracks, also used for skiing in the wintertime. On the slower paths it is often rocks and roots. Major orienteering events have been held in the area and also high value MTB events.



## 4. Classes and participations restrictions

**WMTBOC women's and men's classes are also included in the CX80 World Cup, U23 World Cup and Team World Cup as follows:**

	Middle 15th July	Relay 16th July	Long 17th July	Sprint 19th July	Mass start 20th July
CX80 World Cup	x		x	x	x
U23 World Cup	x			x	x
Team World Cup		x			

### WMTBOC

There is one class for women and one for men, without age restrictions.

In the Mass start, Middle distance, Long distance and the Sprint every Federation may enter up to 6 women and 6 men and, in addition, the current World Champions for the distance may be entered by their Federation.

In the Mass start, Middle distance and Sprint each Federation may enter up to a further 2 women and 2 men who qualify for the Women U23 and Men U23 classes respectively. No U23 classes are offered in the Long distance.

In the Relay, each Federation may enter up to two women's teams and two men's teams, each consisting of 3 team members.

### JWMTBOC

There is one class for women and one for men. Only competitors who are entitled to compete in the classes W20 or M20 may participate.

In each competition every Federation may enter up to 6 women and 6 men.

In the Relay, each Federation may enter two women's teams and two men's teams, each consisting of 3 team members.

The Long distance and Sprint also count in the Young Guns World Series M20 and W20 (Junior) classes.

### U23 World Cup

Women and men born 1999 or later are entitled to compete in the Women U23 and Men U23 classes respectively. They compete simultaneously in the WMTBOC Women's and Men's classes and are treated in all respects as competitors in those classes except that their results and scores are also listed separately in Women U23 and Men U23 lists.

## 5. Program

Date	Time	Events
12/7 Tuesday		Arrival and training in Falun and Säter
13/7 Wednesday	All day	Arrival and training in Falun and Säter All day Model events in Falun and Säter
14/7 Thursday	All day 12:00 19:00	Model events in Falun and Säter Deadline Confirmation name entries Teamleaders meeting, Event centre
15/7 Friday	All day 6.30 9:00 10.00 12:00 To be decided 19.00 20.00	Model events in Falun and Säter Breakfast (for guests at Scandic Hotel only) Opening ceremony, arena Säter Middle distance, Säter Deadline Confirmation name entries Flower ceremony in Mora By, Säter Teamleaders meeting, Event centre Prize-giving ceremony, Event centre
16/7 Saturday	All day 6.30 10.00 12:00 To be decided 19.00 20:00	Model event in Falun Breakfast (for guests at Scandic Hotel only) Relay, Säter Deadline Confirmation name entries Flower ceremony in Mora By, Säter Teamleaders meeting, Event centre Prize-giving ceremony, Event centre
17/7 Sunday	All day 6:00 9.00 To be decided 20.00	Model events in Falun Breakfast (for guests at Scandic Hotel only) Long distance, Falun Flower ceremony in Falun Prize-giving ceremony, Event centre
18/7 Monday	All day 11.00 12:00 19.00	Model events in Falun Model event sprint, Falun Deadline Confirmation name entries Teamleaders meeting, Event centre
19/7 Tuesday	All day 7:00 10.00 12:00 To be decided 19.00 20.00	Model event in Falun Breakfast (for guests at Scandic Hotel only) Sprint, Falun Deadline Confirmation name entries Flower ceremony in Falun Teamleaders meeting, Event centre Prize-giving ceremony, Event centre
20/7 Wednesday	7:00 10.00 13.00 18.00	Breakfast (for guests at Scandic Hotel only) Mass start, Falun Prize-giving ceremony, Event centre Closing ceremony and banquet, Falun
21/7 Thursday		Departure of the teams

*Note! All timing are subject for change. Final program in Bulletin #4.*

## 6. Entries

### Entries

All entries via IOF Eventor

World MTBO Championships:

<https://eventor.orienteering.org/Events/Show/6736>

Junior MTBO Championships:

<https://eventor.orienteering.org/Events/Show/6737>

Competitors may only be entered by their Federations.

Entries opened on 1st March 2022.

Contact regarding entries

[robert.oestlund@wmtboc2022.se](mailto:robert.oestlund@wmtboc2022.se)

### Deadlines

Late entries and withdrawals

Late entries/withdrawals will be accepted as follows:

After 14th May 2022

- Entries will be accepted with surcharge of 20%.
- Withdrawals will receive a refund of 80%

After 4th July 2022

- Entries will be accepted with surcharge of 50%.
- Withdrawals will receive a refund of 50%

A charge will be made for a name change after 4th July of 100 SEK per name.

After 14th July 2022 at 12.00 (noon) no entries will be accepted.

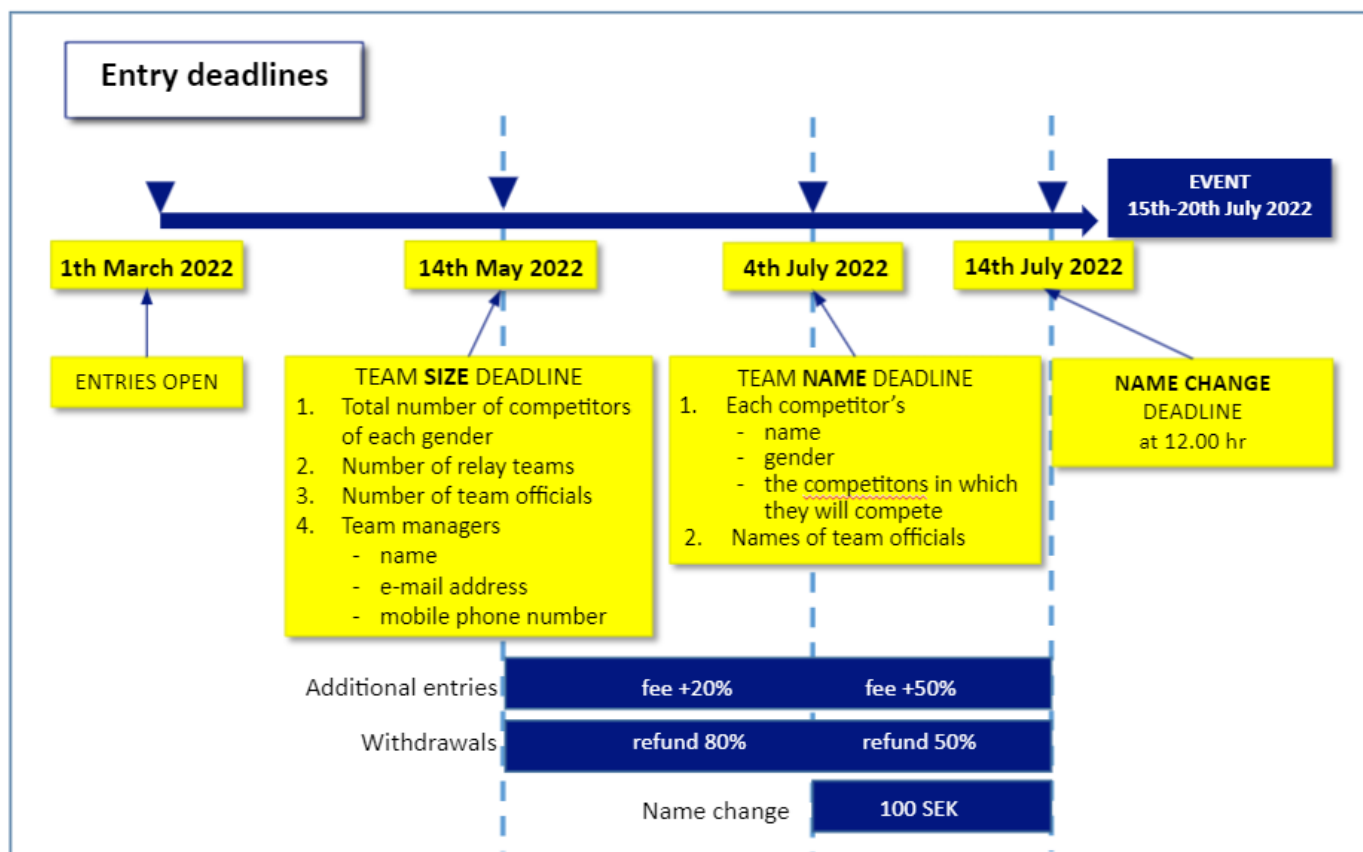


Figure.

## Entry Fees and payments

Entry fees	WMTBOC	JWMTBOC	Team leaders
Accreditation (per person)	650 SEK *)	450 SEK *)	650 SEK
Mass	650 SEK	450 SEK	
Sprint	650 SEK	450 SEK	
Middle	650 SEK	450 SEK	
Long	650 SEK	450 SEK	
Relay (per team)	1 900 SEK	1 300 SEK	

\*) Includes Model Events and final banquet

Fees for additional entries and name changes, see figure on previous page.  
Press / media free of charge.

### Payment details

Payee: Säterbygdens orienteringsklubb, Livens väg 1, S-781 60 Gustafs, Sweden.  
VAT-no: 882601-3388  
BIC: HANDSE55  
IBAN: SE81 6000 0000 0007 3998 7348  
Bank: Handelsbanken. Box 191, 781 22 Borlänge, Sweden

All charges and bank fees are to be paid by the payer

### Note!

Full payment of all entries including accreditation fees must be made by 3rd June 2022 at the latest.  
An additional fee for late payment is 10%.

For additional entries or name change payment must be in time before race day. No payment, no start.

Refund for withdrawals, see figure on previous page.

### Summary of Entries received

<https://eventor.orienteeering.org/Events/Show/6736>

## 7. Accommodation and Food

### Hotel

Scandic hotel Lugnet

- 950 SEK / single room and night incl. breakfast
- 1050 SEK/ twin room and night incl. breakfast
- 1250 SEK / triple room and night incl. breakfast

For booking, contact [falun@scandichotels.com](mailto:falun@scandichotels.com) or +4623 669 22 00

Booking code: World MTB orienteering championships



### Cottages

Sorry, fully booked!

First camp Lugnet

Cottages for 2 people up to 5 people

Email interest to [niclas.johansson@visitdalarna.se](mailto:niclas.johansson@visitdalarna.se)



### Other accommodation

For other accommodation go to [www.visitdalarna.se/en](http://www.visitdalarna.se/en)

### Bike Storage

Bicycles can be stored in hotel rooms and in cabins. There are also a number of lockable cabinets at arena Lugnet for hire at reception Lugnet. No warranties from the organizer.

### Bike Washing

Bike washes can be found at Event Centre Lugnet and at competition venue Mora By, Säter.

### Food

There are plenty of restaurants on and near the accommodation facilities. In the competition arenas, there will be simpler restaurants, with warm fastfood, sandwiches, beverages, sweets etc during all racedays. Preferable paid by credit card.

## 8. Transport

The closest international airports are Stockholm Arlanda (ARN), 230 km / 2,5 hours drive to Falun, and Skavsta (Nyköping) (NYO), 270 km / 3,5 hours drive to Falun. Stockholm-Arlanda is the main airport in Sweden.

<https://www.swedavia.com/arlanda/>

<https://www.skavsta.se/en/>

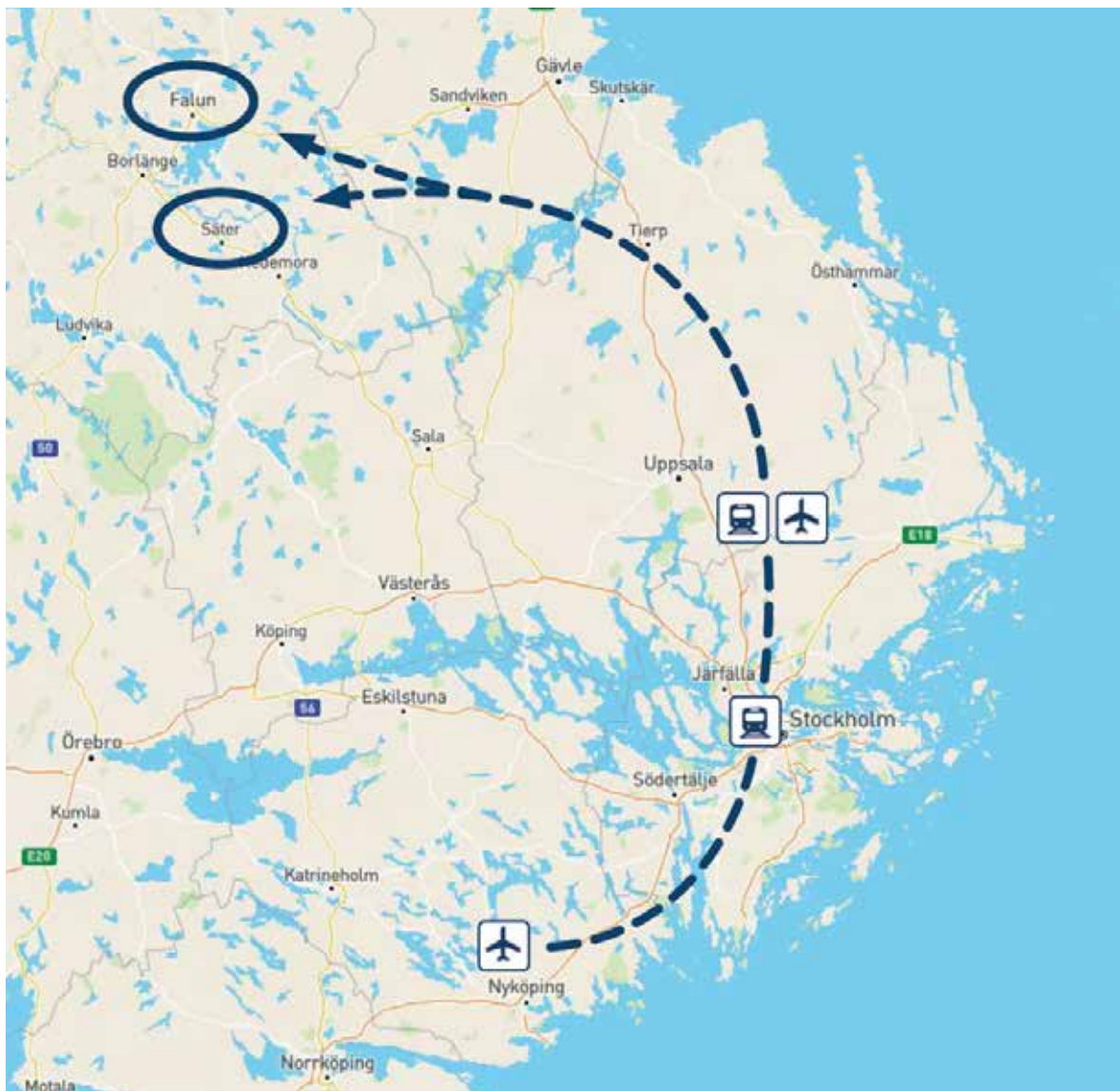
There are direct train services from Stockholm Central Station and Arlanda to both Falun and Säter. The closest train station is Falun Central, 2,5 km to Event Centre.

<https://www.dinstation.se/hitta-din-station/falun-station/>

Starting from Stockholm-Arlanda airport, you may have to change train once but some trains are direct trains. Bikes can be taken on trains, packed in a bicycle bag (maximum 140x85x30 cm, 25 kg). For more information, time tables, tickets and prices see: [www.sj.se/en](http://www.sj.se/en)

The distance to Säter is 40 km from the Event Centre.

For special transport requests, please contact the organisers [info@wmtboc2022.se](mailto:info@wmtboc2022.se) by 14th May 2022.



## 9. Entry Permits to Sweden

Visa Requirements and Travel Documents Accepted by Sweden:

The Schengen states have agreed which countries' citizens are required to present a visa. Each Schengen state decides which passports and travel documents it accepts from different countries' citizens.

Even if you do not need a visa to visit Sweden, you need a valid passport or some other travel document accepted by Sweden. It must be valid for at least ninety days after your intended date of departure from the Schengen area. In addition, the passport or other travel document must have been issued less than 10 years before the date you enter the country.

If you are not required to have a visa, you can stay in Sweden or in the territory of another Schengen state for ninety days in any 180-day period.

For more information on visa requirements and travel documents accepted by Sweden please visit: <https://www.migrationsverket.se/English/Private-individuals/Visiting-Sweden/Visit-Sweden-for-less-than-90-days---apply-for-a-visa.html>

Visas must be applied for at your nearest Swedish Embassy. For a list of Swedish missions abroad, please visit:

<https://www.swedenabroad.se/en/>

## 10. Opportunities for Training

For everyone interested in training with a map before the event, we offer the opportunity to train in three different areas around Falun and Borlänge.

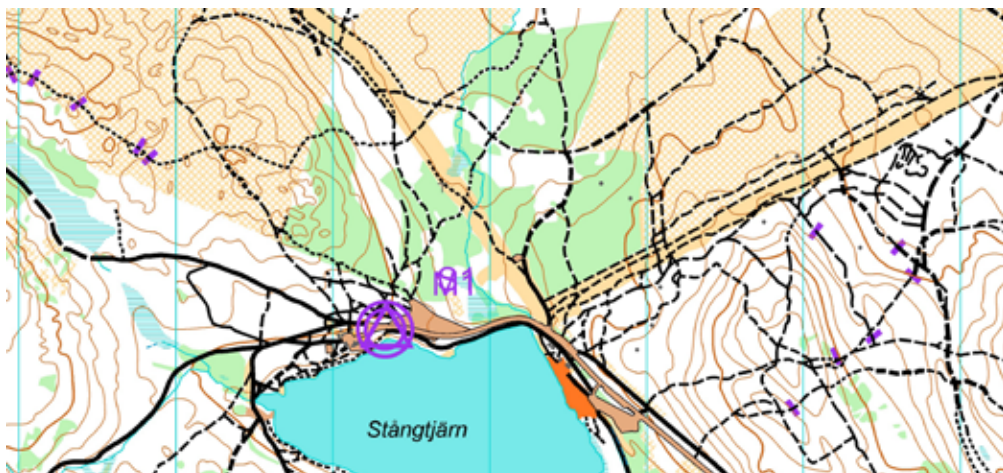
- Stångtjärn 1:10 000 and 1:15 000
- Källviken 1:10 000
- Bäsna 1:10 000

The price is 50 SEK per map. The maps will be blank with the possibility to lay your own courses. We will offer a number of controls on each map.

To ensure that there are maps available when you arrive, we ask you to contact Rasmus Nordgren, [rasmus.nordgren.rn@gmail.com](mailto:rasmus.nordgren.rn@gmail.com) with how many maps you want, at least two weeks before arrival.

### Stångtjärn

ISMTBOM 2022, surveyed 2019, updated and extended 2020 by Steven Hale. Mapped area 35km<sup>2</sup>. Relevant terrain for long distance and mass start. 5km from the Event Centre.



### Källviken

ISMTBOM 2022, surveyed 2020/2021 by Steven Hale. Mapped area 11km<sup>2</sup>. Relevant terrain for long distance, sprint and mass start. 5km from the Event Centre.



## Bäsna

ISMTBOM, updated 2018 by Anders Thomasson. Mapped area 13km<sup>2</sup>. Relevant terrain for middle distance and relay. 40km from the Event Centre.



If you wish to combine a training camp with races in Sweden, national, district and local level, races can be found at: <https://eventor.orientering.se/Events>

## 11. Punching system

SPORTident Air+ will be used in all competitions. The maximum working range is 180 cm. All competitors must use an ActiveCard (SIAC). Competitors may use their own SIAC or use one provided by the organiser at a charge of SEK 50 per race. If a SIAC provided by the organiser is not returned the full cost of SEK 800 will be charged.

If a competitor uses their own SIAC it is their responsibility to check the battery before the competitions. This can be done here: <https://www.sportident.com/siacservice/>

Back-up:

The IOF MTBO Commission implemented a back-up solution scheme for recording visits to controls. The solution is to equip each competitor with a second SIAC. This second SIAC is only provided as a back-up and data recorded in will only be used in exceptional circumstances, if the main SIAC does not work properly. The backup SIAC must be prepared for use before the start in the same way as the primary SIAC. The back-up SIAC will be provided by the organiser.

At each control there will be a primary SportIdent Air+ station and a backup SportIdent station configured for classic punching. If the primary station fails or appears not to be working the competitor must punch the reserve station.

## 12. Courses

Competition		MEN	WOMEN	JUNIOR MEN	JUNIOR WOMEN
Middle	Length	19,9 km	16,7 km	15,7 km	13,3 km
	Climb	265 m	235 m	220 m	190 m
	Controls	29	25	20	19
	Refreshments	0	0	0	0
	Winning times	50 - 55 min	50 - 55 min	40 - 45 min	40 - 45 min
Relay	Length (Leg)	16,8-17,1 km (1&2) 17,0-17,3 km (3)	14,3-14,5 km (1&2) 14,5-14,7 km (3)	12,3-12,5 km (1&2) 12,4-12,6 km (3)	10,9-11,1 km (1&2) 11,0-11,2 km (3)
	Climb	100-110 m	80-90 m	80-90 m	65-75 m
	Controls	30-32	30-32	25-27	25-27
	Refreshments	0	0	0	0
	Winning times	145 min (48 / leg)	145 min (48 / leg)	115 (38 / leg)	115 (38 / leg)
Long	Length	39,5 km	31,4 km	26,6 km	23,1 km
	Climb	1120 m	665 m	725 m	510 m
	Controls	25	24	18	16
	Refreshments	0	0	0	0
	Winning times	110-115 min	110-115	90 min	90 min
Sprint	Length	9,6 km	7,8 km	7,2 km	6,2 km
	Climb	210	145	160	100
	Controls	29	26	24	19
	Refreshments	0	0	0	-
	Winning times	20-25 min	20-25 min	16-20 min	16-20 min
Mass start	Length	26,9 km	22,4 km	20,6 km	16,8 km
	Climb	690 m	610 m	590 m	520 m
	Controls	38	31	27	25
	Refreshments	0	0	0	0
	Winning times	80 min	80 min	64 min	64 min

Length and climb are calculated using the shortest sensible route

## 13. Competition Rules

### General Rules

The [event/s] will be organised in accordance with the following rules valid at the time of the event:

- IOF MTBO Competition Rules
- Special Rules MTBO World Cup
- All the rules can be found at <https://orienteering.sport/mtbo/competition-rules>.

### Off-track Riding

Off-track riding (including running and walking with the bike) is generally forbidden, but is permitted in areas specifically marked as rideable on the map.

### Quarantine

Competitors must not use or carry devices that can transmit or receive information from entering the quarantine zone until reaching the finish of the race. This includes not only mobile phones, tablets and laptops but also watches, cycle computers etc. which have communication ability.

Personal GPS-enabled devices (watches, cycle computers etc.) can only be carried if they have no map display, no communication ability other than receiving GPS data and are not used for navigation purposes.

Only key officials authorised by the organiser may possess a telecommunication device in the quarantine zone. For all other people (competitors, team officials etc.) this is strictly forbidden.

### Permitted Deviations from Rules

The organisers have been granted the following deviations from rules:

- The number of competitors who may enter the Long distance competition is not limited. Every Federation may enter up to 6 women and 6 men (WMTBOC 6.8)
- A start interval of 2 minutes may be used for Long distance, Men (WMTBOC 12.10)
- A start interval of 1 minute may be used for Sprint, Women and Men (WMTBOC 12.10)

### Allocation of Start Slots Long Distance

The number of competitors will not be limited in the Long Distance so there will be no qualification procedure for allocation of start slots.

## 14. Map Details/ Map Samples and Terrain Descriptions

All maps will be drawn according to the International Specification for Mountain Bike Orienteering Maps ISMTBOM 2022.

### Middle

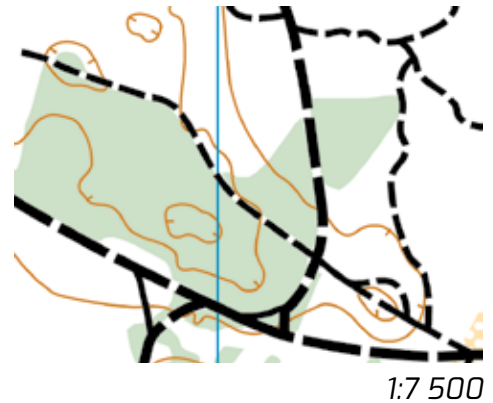
Mapper: Oskar Sandberg

Scale: 1:10 000 and 1:7 500

Contour interval: 5m

Course setter: Oskar Sandberg & Kjell Klaar

**Terrain description:** The area consists of a pine forest with big depressions. The terrain is generally moderately hilly with some steeper slopes. The area contains a dense network of mostly good rideable paths and forest roads. Some paths may be slow due to the sandy surface, partly old sandpit area. Good visibility.



### Relay

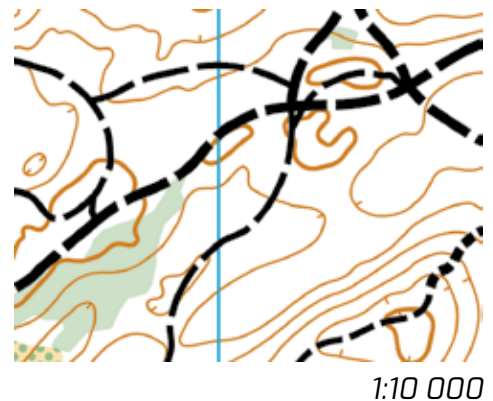
Mapper: Oskar Sandberg

Scale: 1:10 000

Contour interval: 5m

Course setter: Oskar Sandberg & Kjell Klaar

**Terrain description:** A rather flat area with some moderately hilly slopes and valleys. Pine forest with a dense network of good rideable paths, tracks and forest roads. Some areas with a very dense path network occur. Mainly good visibility, but some parts with younger forest where the visibility is lower.



## Long

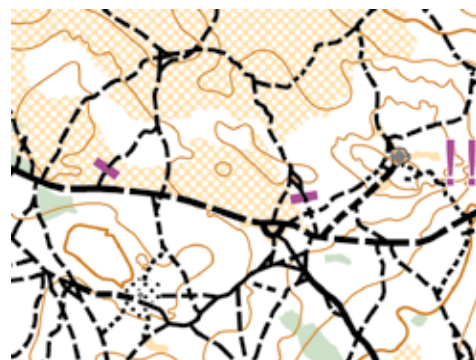
Mapper: Steven Hale

Scale: 1:15000

Contour interval: 5m

Course setter: Stefan Johansson

**Terrain description:** Moderate to very hilly mainly pine forest with an extensive network of paths, tracks and forest roads. Some areas with a very dense path network occur. Paths and tracks are of a wide variety of speeds. On the slower paths it is often rocks and roots which reduce the speed.



1:15 000

## Sprint

Mapper: Steven Hale

Scale: 1:5 000

Contour interval: 5m

Course setter: Christer Morell, Stefan Johansson

**Terrain description:** A rather flat area with urban, forest and parkland terrain. Generally fast cycling but some short sections of technical cycling can occur.



1:5 000

## Mass Start

Mapper: Steven Hale

Scale: 1:10 000 and 1:5 000

Contour interval: 5m

Course setter: Christer Morell

**Terrain description:** Moderate to very hilly mainly pine forest with an extensive network of paths, tracks and forest roads. Some areas with a very dense path network occur. Paths and tracks are of a wide variety of speeds.



1:10 000

## 15. Model Events

Two small areas will be used for the model events. These areas have been selected to illustrate relevant terrain for the various distances. They are mapped according to ISMTBOM 2022 by the WMTBOC mappers.

### **Model “Havtrollet” for middle distance and relay**

The model map will be available at scales 1:10 000 and 1:7 500, mapped by Oskar Sandberg. This area is 25 km from the Event Centre and will be open all day Wednesday 13th July and Thursday 14th July.

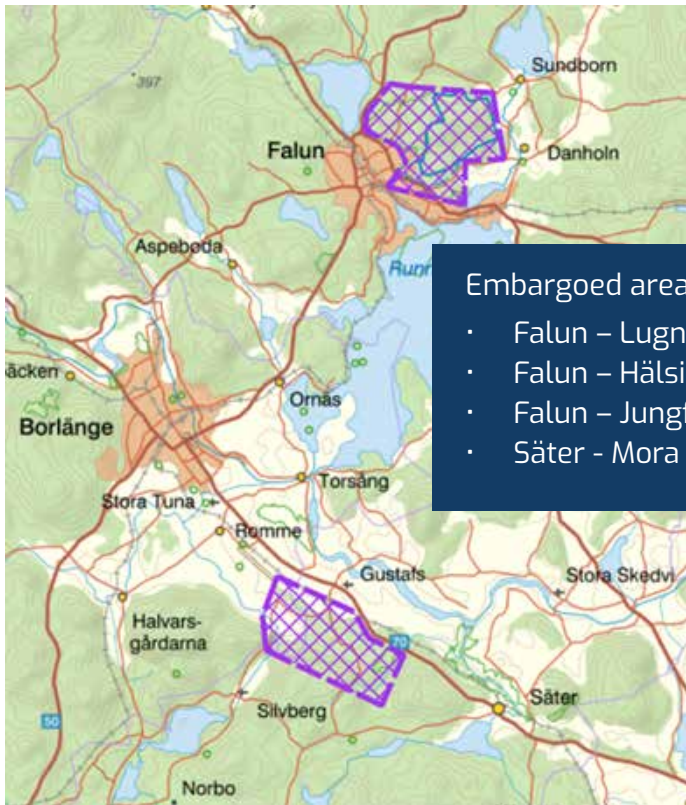
### **Model “Event Centre” for sprint, long distance and mass start**

The model map for this area will be available at scales 1:15 000, 1:10 000 and 1:5 000, mapped by Steven Hale. This area is adjacent to the Event Centre and will be open from Wednesday 13th July to Tuesday 19th July.

### **Technical model**

Examples of control site construction (flag, control code, SI station, reserve punching station) will be displayed on Thursday 14th July at the Event Office.

## 16. Embargoed areas



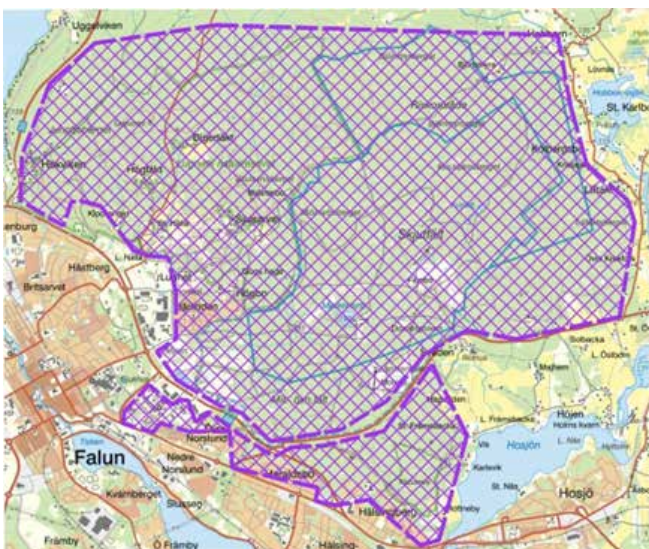
Embargoed areas are:

- Falun – Lugnet
- Falun – Hälsingberg
- Falun – Jungfruberget
- Säter - Mora by

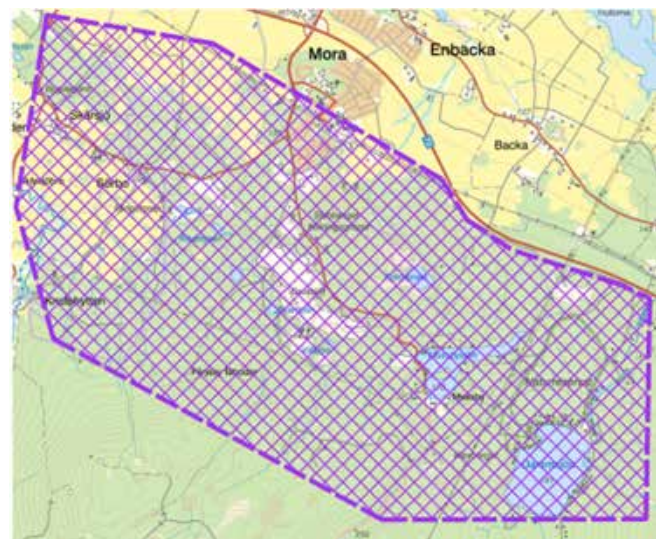
Overview of embargoed areas



Falun – Lugnet, Event Centre



Falun – Lugnet, Hälsingberg, Jungfruberget



Säter – Mora by

Any attempt to survey or train in the competition terrain is forbidden, unless explicitly permitted by the organizer. The embargoed areas are out of bounds for all potential participants and team members, including competitors, team leaders, coaches, doctors, and any other person who through their knowledge of the terrain may influence the result of the competitions.

Any permission for other access to embargoed areas must be requested, before access, from the organizers. This includes any MTB events taking place in the embargoed areas in which potential competitors wish to participate. The embargo includes the use of drones in or about the terrain.

### Previous maps

• Säter	Mora by,	2018	1:15 000	<a href="https://bit.ly/sater_mora_by">https://bit.ly/sater_mora_by</a>
• Falun	Hälsingberg		1:10 000	<a href="https://bit.ly/falun_halsingberg">https://bit.ly/falun_halsingberg</a>
• Falun	Lugnet S	2018	1:10 000	<a href="https://bit.ly/falun_lugnet_s">https://bit.ly/falun_lugnet_s</a>
• Falun	Lugnet NE	2018	1:15 000	<a href="https://bit.ly/falun_lugnet_ne">https://bit.ly/falun_lugnet_ne</a>
• Falun	Lugnet NW	2018	1:10 000	<a href="https://bit.ly/falun_lugnet_nw">https://bit.ly/falun_lugnet_nw</a>

### Changes Since Bulletin 2

The following changes have been made since bulletin 2:

1. Falun Stadspark, Falu Gruva and Djupdalarna are no longer embargoed.
2. Some adjustments have been made to the remaining embargoed areas, in particular in the vicinity of the Event Centre.
3. There are no longer any exceptions. The embargoed areas are strictly out of bounds.

## 17. Local Weather Conditions

July	Average	Minimum	Maximum
Temperature	19	16	27
Rainfall	3 mm per day		
Sunshine	8 hrs per day		

## 18. Antidoping

Doping is strictly forbidden, and the organizers of the WMTBOC2022 are dedicated to supporting the anti-doping authorities in their work. Doping controls may be carried out at any time during the competition period. Doping tests are carried out in accordance with the procedures described in the WADA International Standard for Testing.

## 19. COVID-19

There are no longer any specific recommendations in connection with entry to Sweden.

Recommendations that apply in Sweden:

- Take responsibility for preventing the spread of infection
- Get vaccinated to protect yourself and others
- Stay home when you are ill. Stay home and avoid close contact with others if you are ill and have symptoms of Covid-19. This also applies if you have taken a self-test that was negative. Call telephone number 1177 if you need help assessing your symptoms or advice on where to seek medical advice.
- Special recommendations for those who are unvaccinated. Adults who are not vaccinated should be particularly careful. This means that they should avoid crowding and indoor environments where many people gather. Those who are not vaccinated and belong to a medical risk group, run a higher risk of getting seriously ill with Covid-19. The risk of serious illness increases with age.

Updated recommendations and further information about Covid-19 can be found at The Public Health Agency of Sweden.

## 20. Team Officials' Meeting

The Team Officials' meeting will be held at 19:00 on the evening prior to each race.

The meeting will take place at the Event Office. The Technical Director will run the meeting, while the IOF Senior Event Adviser will supervise the meeting. The agenda will follow IOF rules, appendix 5.

Each federation is entitled to participate with up to two persons according to the rules.

After the meeting, the information from the meeting will be uploaded on the website

<https://wmtboc2022.se/>

Start numbers, start lists, and other information will be handed out before the meeting at the Event Office from 18:30.

## 21. Media Services

Media services and facilities are provided at the Event Centre. All media representatives are welcome to cover all the WMTBOC2022 events and Public races.

All media accreditations should be made by e-mail at [media@wmtboc2022.se](mailto:media@wmtboc2022.se) by 23rd June 2022 at the latest.

Media representatives and team officials are encouraged to bring their own computers. WIFI services will be offered at the Event centre Lugnet and at competition venue Mora by, Säter.

## 22. Summary of Deadlines and Important Dates

3rd June 2022	Payment WMTBOC2022
4th July 2022	Team NAME deadline
8th July 2022	Entry Spectator races
11th July 2022	Bulletin 4
12th July 2022	Event Centre opens
14th July 2022 at 12.00	Name change deadline

## 23. Spectator races

For more information and entry follow the link to Swedish Eventor ([eventor.orientering.se](https://eventor.orientering.se)) for each day:

Date	Time	Events (Link to Swedish Eventor)	
15/7 Friday	15.00	<a href="#">Middle distance, Säter</a>	
16/7 Saturday	15.00	<a href="#">Middle distance, Säter</a>	World Masters Series
17/7 Sunday	16:00	<a href="#">Middle distance, Falun</a>	Young Guns World Series
19/7 Tuesday	14:00	<a href="#">Sprint, Falun</a>	World Masters Series, Young Guns World Series
20/7 Wednesday	15.00	<a href="#">Mass start, Falun</a>	

## 24. More information

Webpage: [wmtboc2022.se](http://wmtboc2022.se)

Live: <https://orienteering.sport/event/world-mtb-orienteering-championships>

Facebook: [facebook.com/wmtboc2022/](https://facebook.com/wmtboc2022/)

Instagram: <https://www.instagram.com/wmtboc2022/>

Youtube channel: <https://www.youtube.com/channel/UCDSlodRLFMjX3ivBxAHfDOg>

## 25. More MTBO-competitions

After the WMTBOC it is possible to go on to the Swedish O-Ringen in Uppsala, which includes five days of MTBO. It is about two hours drive from Falun to Uppsala. See more on:

<https://oringen.se/en/occasions/upsala-2022.html>

You can also take part in two competitions and one model event in MTBO in Uppsala the 22-24th July. [See more here.](#)



**We are looking forward hosting the World MTBO Championships and Junior World MTBO Championships 2022**

**See you in Falun/Säter Sweden!**

## 26. Document history

Date	Version	Comments	Changed by
2022-05-17	1.0	First version of Bulletin 3	Anki Svärdby-Bergman