



Welcome to

World Cup and World Masters

Ski Orienteering
9.–12. februar 2023

Bulletin 3



ŠKODA



Øystre Slidre kommune
- rein naturglede!



Innlandet
fylkeskommune



VALDRES
skjerper sansane

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Bulletin 3

Ski Orienteering World Cup U-23 World Championship/World Cup World Masters Ski Orienteering Championship

Lillomarka OL and Nordmarka Ski Orienteering Club in partnership with the Norwegian Orienteering Federation invite you to the Ski Orienteering World Cup 2023, U-23 World Championship/World Cup and World Masters Ski Orienteering Championship 2023

Organizers

Event director: Lars Lystad

Course setter: Vidar Benjaminsen

Event secretary: Jan Arild Johnsen, e-mail: jan.arild.johnsen@orientering.no

Controllers

IOF Senior Event Adviser: Anni Toiviainen, Finland

National Controller: Sindre Selseng Haverstad

Venue

The event centre will be located at the skiresort Beitostølen, 210 km from Oslo Airport Gardermoen. Competition Centre will be at Beitostølen Cross country stadium.

Classes and participation

World Cup

There is one class for Women and one for Men. There are no age restrictions. The classes are called Women and Men.

U-23 World Cup and World Championship

There are Women U23 and Men U23 classes in the individual World Cup. Women and Men belong to the Women U23 and Men U23 classes respectively up to the end of the calendar year in which they have their 23rd birthday. They compete simultaneously in the 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. The Middle Distance and the Sprint are selected as World Championships for Women U23 and Men U23 Competitors. The titles of Women U23 World Champion and Men U23 World Champion are awarded in those two competitions.

Each Federation may enter up to 6 men and 6 women in each competition in World Cup. In addition, each Federation may enter up to 2 women and 2 men, who qualify for the Women U23 and Men U23 classes. In addition, the organizing federation may have a national group, up to 10 men and 10 women. These runners are not counting in the World cup, and they are starting in start group 0 when there is interval start

In the World cup all athletes need an Athlete License. "All participants need a valid IOF Athlete licence. To have a valid licence, the athlete needs to sign an athlete licence form and pay an annual fee of 30 EURO. If the athlete has signed the form in previous years, they don't need to sign a new form. Payments of the annual licence fee is done in IOF Eventor, please consult the proper IOF Eventor Guide for this.

Please join our **Facebook group** World Cup & World Masters Ski Orienteering 2023

WMSOC

W/M 35,40,45,50,55,60,65,70,75,80,85. Open for everybody.

Open competition "Ski-O-treff"

W/M 17-20, Norwegian Junior Cup. (Friday, Saturday, Sunday)

W/M 11-12,13-14,15-16, N-open, A-open, B-open, C-open (Saturday, Sunday)

Competition Office

Event secretary: Jan Arild Johnsen, E-mail: jan.arild.johnsen@orientering.no

Date	Location	Opening hours
Wednesday Feb. 8 th	Radisson Blue Mountain Resort	19.00-22.00
Thursday Feb. 9 th	Arena	08.30-14.00 + 17.45-19.00 for W.cup
Friday Feb. 10 th	Arena	08.30-16.00 +17.45-19.00 for W.cup
Saturday Feb. 11 th	Arena	08.30-16.00 +17.45-19.00 for W.cup
Sunday Feb. 12 th	Arena	08.30-16.00

Program

World Cup	Event	Class	First prestart	First start	Quarantine starts	Prize giving ceremony at arena
Wednesday Feb.8 th	Arrival					
Thursday Feb. 9 th	Model Event	All		10.00-14.00		
Friday Feb. 10 th	Middle Distance (individual start)	Men, incl M U23 Women, incl W U23	09.40 09.41	10.00 10.01	10.30 10.30	12.30 12.30
Saturday Feb.11 th	Sprint distance (individual start)	Men, incl M U23 Women, incl W U23		10.00 11.00	10.10 10.10	12.00 12.00
Sunday Feb. 12 th	Pursuit	Men, incl M U23 Women, incl W U23		10.00 10.30	10.00	11.40 11.40

World Masters	Event	First start	Prize giving ceremony at Lodge 900	Prize giving ceremony at arena
Wednesday Feb. 8 th	Arrival			
Thursday Feb. 9 th	Model Event	10.00-14.00		
Friday Feb. 10 th	Long Distance	12.30	20.00	
Saturday Feb.11 th	Sprint distance	12.30	20.00	
Sunday Feb. 12 th	Middle distance	12.30		From 14.30

Ski-O-treff	Event	Classes	First start	Prize giving ceremony at arena
Friday Feb. 10 th	Middle Distance	D/H17-20, N cup	12.00	From 13.30
Saturday Feb. 11 th	Sprint distance	D/H 17-20, N cup D/H 11-12 D/H 13-14 D/H 15-16 A, B, C, N-open	14.00	From 15.00
Sunday Feb. 12 th	Pursuit	D/H 17-20, N cup	12.00	From 13.20
	Middle distance	D/H 11-12 D/H 13-14 D/H 15-16 A, B, C, N-open	14.00	From 15.00

Team Officials Meeting

Team Officials Meeting for World Cup will be at the arena at 18.00, on Thursday 9th, Friday 10th and Saturday 11th of February.

Entry and Entry fee World cup

Preliminary entry

Entries giving the number of competitors of each gender, the number of team officials and the team managers name, address, e-mail address shall be given in **IOF Eventor: eventor.orienteering.org**, no later than **December 1st 2022**

Entry fee

Accreditation fee Competitors and team officials: **600 NOK**

Entry fee Competitors individual races: **600 NOK/race**

Entries are not valid until a full payment is received

Final entry

Team names deadline. Each competitor's name and gender and the names of the team officials must be given in **IOF Eventor** by the *Team names deadline*, which is **January 31st, 2023** (changed from bulletin 2). Changes may be made to the team until 12.00 on the day before the first race of the event. After that time, no further changes to the team are allowed under any circumstances (Rule 9.7)

Competition entry deadline. Names of the competitors that will take part in the next competition, must reach the organizer by the *competition entry deadline* which is 15.00 on the day before the competition (Rule 9.8).

Entry and Entry fee World Masters

Entry

Entries shall be given in **IOF Eventor: eventor.orienteering.org**

Entry fee WMSOC for each race

600 NOK for entries given in IOF Eventor before **January 8th, 2023**

750 NOK for entries given in IOF Eventor between **January 9th and January 31st, 2023**

1000 NOK for entries given in IOF Eventor between **February 1st and February 8th, 2023**

Payment in Eventor is mandatory, and entries are not valid until a full payment is received

Entry Open Competitions, Ski-O-treff

Entries for the open competition "Ski-o-treff" shall be given in **Norwegian Eventor: eventor.orienteering.no**.

All information about "Ski-o-treff" will be given in **eventor.orienteering.no**.

Payment

For **World Cup** all entry fees must be paid to our bank account when you register your final name entry in **IOF Eventor**. Entries are not valid until a full payment is received.

Bank: DNB Bank ASA.

IBAN: NO1315067689388

BIC(SWIFT): DNBANOKKXXX

Account owner: Nordmarka skiorienteringsklubb, co/Andreas Edvardsen, Solvangveien 1b,1383 Asker, NORWAY

For **WMSOC** payment in IOF Eventor is mandatory.

Participation in WMSOC requires that the entry fee is paid in advance. Your entry is only approved when full payment has been received and registered by the organizer. Payment is done in Eventor by the service PayPal.

When you have finished your registration in Eventor, you click "SAVE" and continue to payment. You are transferred to the PayPal site and get a summary of your registration. On the PayPal site you can log on to your Paypal account, or you can choose to pay with Credit Card if you don't have an Paypal account..

For the Open Competition "Ski-O-treff" entry fee shall be paid in the Competition Office. For Norwegian Clubs the fee will be billed after the competitions.

Accommodation

You can find separate information about accommodation in IOF Eventor

For the World Cup and WMSOC at Beitostølen the organizers are cooperating with "**Beitostølen Resort**". For the period February 8th –12th 2023 we are offering accommodation in hotel, cabins, and apartments. Booking should be done as early as possible, to be guaranteed access to the accommodation facilities that are reserved for this event. After December 1st the access may be limited.

Booking should be done by contacting

Ragnhild Bakken, booking manager Beitostølen Resort. **E-mail: ragnhild@beitostolen.com**

See the website <https://www.beitostolen.com> for more information. For accommodation delivered by our partner **Beitostølen Resort**, check in for all categories are at the hotel Radisson Blue Mountain Resort.

Transport

To/from Beitostølen:

Beitostølen can be reached by car or buss.

NOR-WAY Buss Express, www.nor-way.no has a direct route from Oslo Airport Gardermoen to Beitostølen.

There will be a departure from the airport on Wednesday February 8th at 17.05, arriving Beitostølen at 20.45. On February 12th a bus will go from Beitostølen at 16.00, arriving the airport at 19.40. Booking is possible right up to departure, but to be guaranteed a seat, it is recommended to do so a few weeks in advance.

Book bus ticket at www.nor-way.no Price 670 NOK (one way). Tickets for February 2023 will be available to book from December 2022.

For groups that want to rent their own bus we recommend contacting the bus company JVB, www.jvb.no

For the sake of the environment, we recommend using public transport.

At Beitostølen: There are walking/skiing distance between accommodation, competition center, training tracks, restaurants, and shops. 1,5 km om foot/ski from Radisson Blu Mountain Resort to the Cross Country Arena

Terrain and climate

Mixed Forest with open marshes. Moderately hilly. Altitude 780-880m

The climate is normally wintry with weather ranging from sunny to cloudy and snowfall.

Average temperature for Beitostølen in February is -5--20°C. Average snow depth is 50-100 cm.

Map

The map is based on the orienteering map "Beitostølen", owned by Øystre Slidre IL from 2018.

Contour intervals 5m. All maps will be in size A4.

Copies of old maps will be available at IOF-Eventor

	Friday	Saturday	Sunday
World cup	1:10000	1:5000	1:10000
WMSOC	1:10000 1:7500 (50+)	1:5000	1:10000 1.7500(50+)
Ski-o-treff	1:10000/1:7500	1:5000	1:10000/1:7500

Classes, courses and winning times

World Cup	Winning time, men and women	Map change	Equipment controls
Middle distance	40-45 min	1	1
Sprint	12-15 min	1	1
Pursuit	50-60 min	1	1

World Masters	Long distance	Sprint	Middle Distance
W/M 35,40,45,50,55,60	60 min	20 min	30-40 min
W/M 65	50 min	20 min	30-40 min
W/M 70, 75, 80, 85	45 min	20 min	30-40 min

Detailed information about the open competition Ski-o-treff will be given in Eventor.orientering.no.

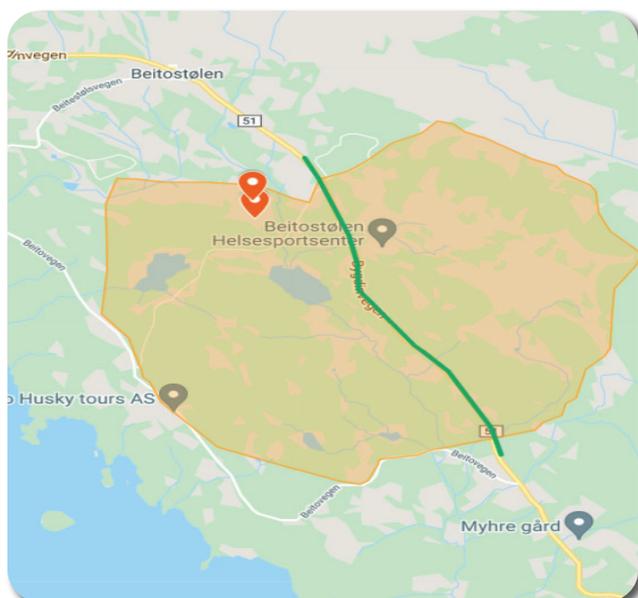
Punching system

Emit touch free punching system will be used.

All competitors in **World cup** will be equipped with EmiTags from the organizer. Private EmiTags will not be allowed in World cup.

In **WMSOC** and **Ski-o-treff** private EmiTags can be used. When registering in Eventor you can fill in the number of your personal EmiTag. If you leave this open, you will be assigned a rental EmiTag by the organizer. The fee for renting EmiTag is 50 NOK pr day

Embargoed area



Training possibilities

Beitostølen has more than 300 kilometres of prepared cross-country tracks, all reachable from your hotel or cottage. The tracks are in forest and open mountain areas. At skisporet.no or in the app “**Skisporet**” you can see the status of all tracks

You will find Information about other Ski orienteering events in Norway in eventor.orientering.no

Waxing facilities

At the competition center at **Beitostølen Ski Arena** the teams can rent Waxing Cabins,

Waxing Cabin 12m². 2500NOK

Waxing Cabin 15m². 3000NOK

Waxing Cabin 30m². 4000NOK

The cost is for the period Wednesday - Sunday

Clubs or groups of masters can also rent Waxing Cabin. One representative for the group makes the booking of Waxing cabin in connection with their personal entry for the event.

Waxing cabins has to be ordered in IOF Eventor together with entry.

World Cup National teams will be given priority when allocating the Waxing Cabins. The 30 m² cabins can be reserved for National teams only.

Indoor waxing in apartments and cottages is not allowed

Ban of fluorinated products for ski-waxing

Rule 21.8 in the Competition Rules for IOF Ski Orienteering events declares that the use of all fluorinated waxing products is forbidden at IOF events, including World Ranking Events. This also applies for participant in WMSOC and Ski-o-treff.

At an IOF Ski Orienteering event, each athlete, team official and supplier of ski waxing services must sign and submit the IOF Declaration of Conformity (Appendix 12) before the competition starts

Anti-Doping

“Doping is strictly forbidden Doping tests are always carried out in accordance with the procedures described in the WADA International Standard for Testing. The IOF Anti-Doping Code and rules and the World Anti-Doping Code 2015 apply as of 1st January 2015. Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. The athlete should also bring along their therapeutic use exemption (TUE) if applicable.

Visa

If you need a Visa to enter Norway, you can read all about it here:

<https://www.udi.no/en/want-to-apply/visit-and-holiday/>

If you need an invitation, please contact the event secretary: jan.arild.johnsen@orientering.no

A lot of people can get their visa online: <https://selfservice.udi.no>

Information

Websites:

www.skio2023.no

<https://eventor.orientering.org/Events>

Follow us on **Facebook**: World Cup & World Masters Ski Orienteering 2023

Representatives for media and additional representatives from the federations may contact Jan Arild Johnsen for further information jan.arild.johnsen@orientering.no

Postal adresse to the Norwegian Orienteering federation is: 0840 Oslo, Norway

Entry summary World Cup

Federation	Men	Women	Team Officials	Total
Austria	1	1	1	3
Bulgaria		2	1	3
Canada	1			1
Czechia	6	2	2	10
Estonia	7	4	2	13
Finland	6	6	3	15
Germany	5	2	1	8
Japan	3			3
Kazakhstan	2			2
Norway	8	8	3	19
Sweden	8	8	4	20
Switzerland	8	6	1	15
Sum	55	39	18	112



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