



INTERNATIONAL ORIENTEERING FEDERATION



# WORLD CUP 2023

## Round 1

Østfold/Norway 26 – 30 April 2023



World Cup 26-30. april 2023

# BULLETIN 3

Version 1.0 (2023-02-26)

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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, 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

## Welcome to Våler!

We are very proud of being the host of the Orienteering World Cup 2023, and it is a great pleasure to welcome you to Våler, to the region and to Norway.

We feel happy and privileged that the World Cup takes place in our beautiful and varied nature. Våler has a long tradition of orienteering. Many local orienteers as well as from the neighbouring areas know the orienteering events very well. We hope that you will enjoy your stay, but also have time to explore our municipality, our nature, region, and taste some local food.

I wish all the best and success to the competitors in their challenge.

Good luck and welcome to us!

Reidar Kaabbel  
Mayor of Våler Municipality



## Welcome to Viken County

It is a great pleasure to welcome you all to the Orienteering World Cup 2023 that will be held in Viken County, in the south-east part of Norway. Viken has a lot to offer, whether you like hiking in the forests, skiing in the mountains, enjoying our beautiful coastline, or visiting one of our many charming towns and cities.

Orienteering is a sport with long traditions in Viken County, particularly in the south-eastern parts. I don't want to brag, but we take great pride in the fact that some of the best orienteers in the world come from towns such as Halden, Fredrikstad, Sarpsborg and Mysen, in our county.

Several major orienteering competitions have been held in these parts of the county, formerly known as Østfold County. The Norwegian O-festival - Norway's largest orienteering event – was hosted by Sarpsborg in 2016, the Norwegian Orienteering Championship was hosted by Halden in 2017, and finally, the World Orienteering Championship was hosted by Østfold County in 2019.

Now we look forward to welcoming back athletes, support teams and orienteering enthusiasts from around the world to our beautiful county, and a week of entertainment, great sporting achievements, and good companionship. Enjoy!

Siv Henriette Jacobsen  
Chair of Viken County Council



Photo: Morten Brakestad

## LOC Sponsors and Partners

### LOC Main sponsor



### LOC Sponsors



### Public cooperative partners



### NOF main sponsors



## 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	4 October	Sprint	World Cup round 3 with European Championships	Verona, Italy
9	6 October	Sprint Relay		
10	8 October	Knock-Out Sprint		

# 1. ORGANISATION AND CONTACT

## 1.1. ORGANISING COMMITTEE

Event Director	Asle Gudim
Race Director	Hallvard Koren
Head of Courses	Morten Johansen
Event Centre and Accommodation	Hanne Wold
Safety and security	Tore Sandem
Arena	Øyvind Løken
Start	Fredrik Larsen
Finish	Egon Lundsrud
Event Director Spectator Races	Thomas Bedin
Finance	Tonje Holm

## 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>
Address:	WCup 2023 - OK Moss Postboks 404 1502 MOSS Norway

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Training - Tore Bjørnerød	<a href="mailto:training@owc2023.no">training@owc2023.no</a>	+47 911 67 546
Media - Claes-Tommy Herland	<a href="mailto:media@owc2023.no">media@owc2023.no</a>	+47 928 27 283

## 1.4. BULLETINS

Final details will be released in Bulletin 4 upon arrival at the Event Centre and on [IOF Eventor](#) 24 April 2023.

## 2. EVENT PROGRAMME

### 2.1. TUESDAY 25 APRIL 2023

Arrival of teams		
Event Office open	12:00-19:00	Event Centre
Model Event	13:00-18:00	Model Event arena

### 2.2. WEDNESDAY 26 APRIL 2023

Arrival of teams		
Event Office open	09:00-12:00 15:00-19:00	Event Centre
Model Event	10:00-16:00	Model Event arena
Technical Model Event	16:30-18:00	Event Centre
Team officials' meeting	17:30-18:00	Event Centre/Online

### 2.3. THURSDAY 27 APRIL 2023

Event Office open	08:00-18:00	KNA Varna
<b>World Cup Long Distance</b>	10:00-17:30	KNA Varna
First start, approx.	10:00	
Last start, approx.	15:40	
Event Office open	19:00-20:00	Event Centre
Spectator Race 1, Middle distance	10:00-14:00	Spect. race 1 arena

### 2.4. FRIDAY 28 APRIL 2023

Event Office open	09:00-12:00 16:00-19:00	Event Centre
Team Officials' Meeting	17:00-18:30	Event Centre/Online

### 2.5. SATURDAY 29 APRIL 2023

Event Office open	08:30-09:30 10:30-20:00	Event Centre KNA Varna
<b>World Cup Middle distance</b>	12:30-19:00	KNA Varna
First start, approx.	12:30	
Last start, approx.	18:00	
Prize-giving Ceremony Long distance	19:30	KNA Varna
Prize-giving Ceremony Middle distance	19:45	KNA Varna
Spectator Race 2, Middle distance	12:00-15:00	KNA Varna



## 2.6. SUNDAY 30 APRIL 2023

Event Office open	09:00-10:00	Event Centre
	11:00-19:00	KNA Varna
World Cup Relay	13:00-17:00	KNA Varna
Mass start Men, approx.	13:00	
Mass start Women, approx.	15:00	
Prize-giving Ceremony Relays	17:30-18:00	KNA Varna
Spectator Race 3, Long distance	10:00-13:00	KNA Varna

## 3. VENUE, ACCESS AND TRANSPORT

The event will be organised in Østfold, located in the south-east part of Norway. All competitions will take place from the same arena, KNA Varna, a go-carting track in Våler municipality, 30 km northeast of the Event Centre in Sarpsborg.

### 3.1. TRANSPORT

The recommended 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).

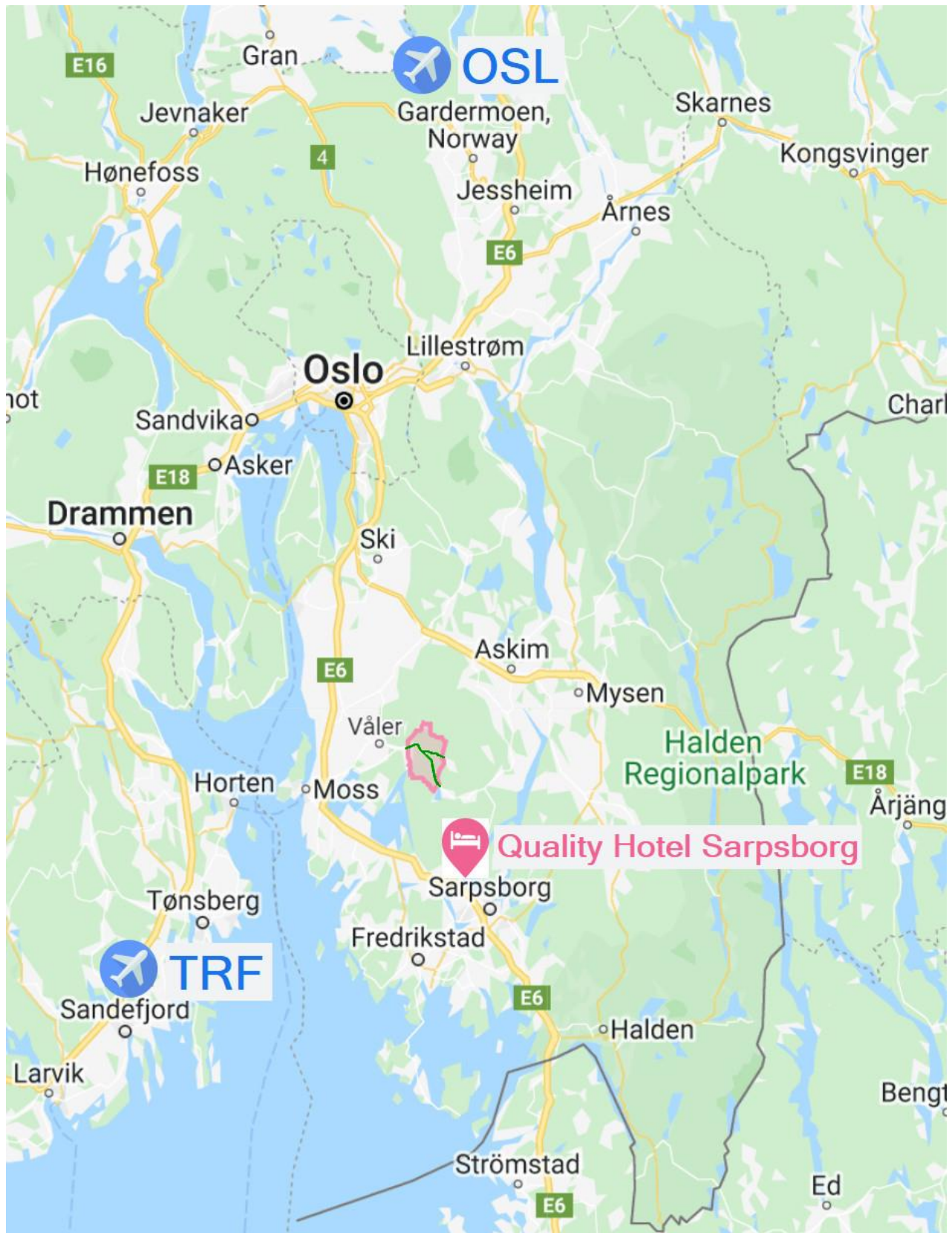
Other options are Torp Sandefjord Lufthavn (TRF), 82 km including a ferry journey [Horten - Moss](#) of ~30 min, and Gothenburg Landvetter (GOT) in Sweden, 245 km.

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

Transport during the competition week can be organised on request for a fee of NOK 2,000 per person. The deadline for booking this transport is 1 March 2023 by sending an email to [booking@owc2023.no](mailto:booking@owc2023.no)

### 3.2. COMPETITION AREA

[KNA Varna](#) is located at 59.476934N, 10.939744E, in Våler municipality, Viken County.



## 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/>

Coordinates: [59.295968N, 11.064977E](#)

This is also the official accommodation.



The Event Centre is the location for

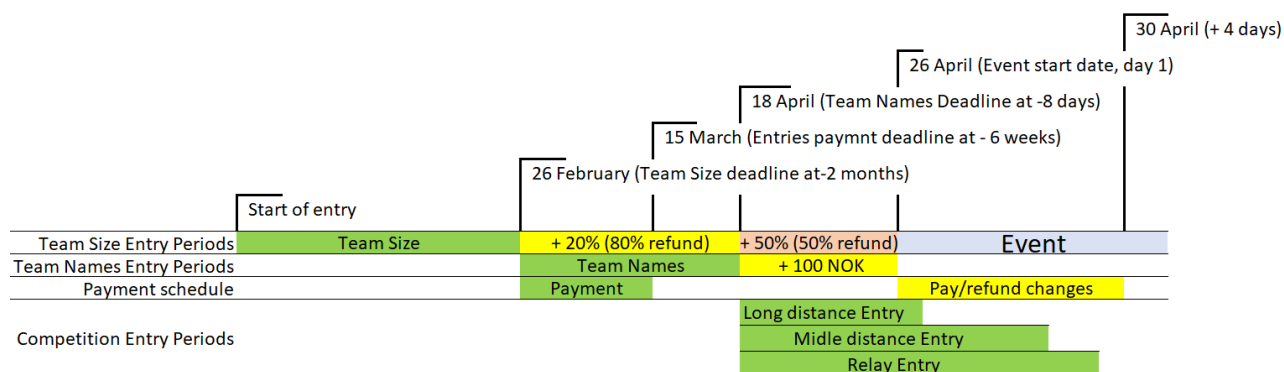
- Accreditation of Athletes and Team Officials
- Team Officials' meetings (also offered online)

## 5. ENTRIES AND FEES

### 5.1. ENTRIES AND ENTRY DEADLINES

All entries must be made in IOF Eventor. The event page is available at

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



### Important dates

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

### Team Size Entry (deadline 26 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. There is no maximum number of officials per team.
- The number of Team Athletes in the individual races; the Federation Quota will be published by the IOF.
- The number of relay teams.

National Quota for WOC & World Cup 2023 [here](#).

### Team Names Entry (deadline 18 April 2023)

The following information must be filled in:

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

### Competition entries

Names of the athletes 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.



### Personal wild cards in World Cup round 1

- Tove Alexandersson (SWE) – Long- and Middle distance
- Kasper Harlem Fosser (NOR) – Long- and Middle distance
- Matthias Kyburz (SUI) – Middle distance.

Wild card places are conditional on selection by the national federation and are additional to the national quota.

## 5.2. ENTRY FEES

Accreditation fee for each athlete	NOK 700
Accreditation fee for each team official	NOK 700
Long distance	NOK 500
Middle distance	NOK 500
Relay (per team)	NOK 1,500
Late entries and changes (surcharge each athlete)	NOK 200

## 5.3. LATE ENTRIES

Changes of Team Size or Team Names late entries and changes will be accepted, if possible, up to 12:00 on the Event start date, 26 April 2023. No late entries or changes will be accepted after that time. 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 will make the changes in IOF Eventor after the deadlines.

## 5.4. PAYMENT

After the Team Size deadline (26 February, 2 months before the event), the organiser will invoice the national federation for entries and services. The invoices must be paid by 15 March 2023 (6 weeks before the event). If the national federation has made any changes after that date, the extra fees must be paid/ or any refund will be made at the Event Office at the latest.

Payee:	OK Moss, Postboks 404, 1502 MOSS
Currency:	NOK (only Norwegian currency will be accepted)
IBAN:	NO3415067799493
BIC:	DNBANOKKXXX
Bank:	DNB
Bank address:	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	NOK 1,095
Double room	NOK 650
Triple room	NOK 600
Quadruple room	NOK 500

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” will apply. Latest date for reservation of the official accommodation is 20 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.

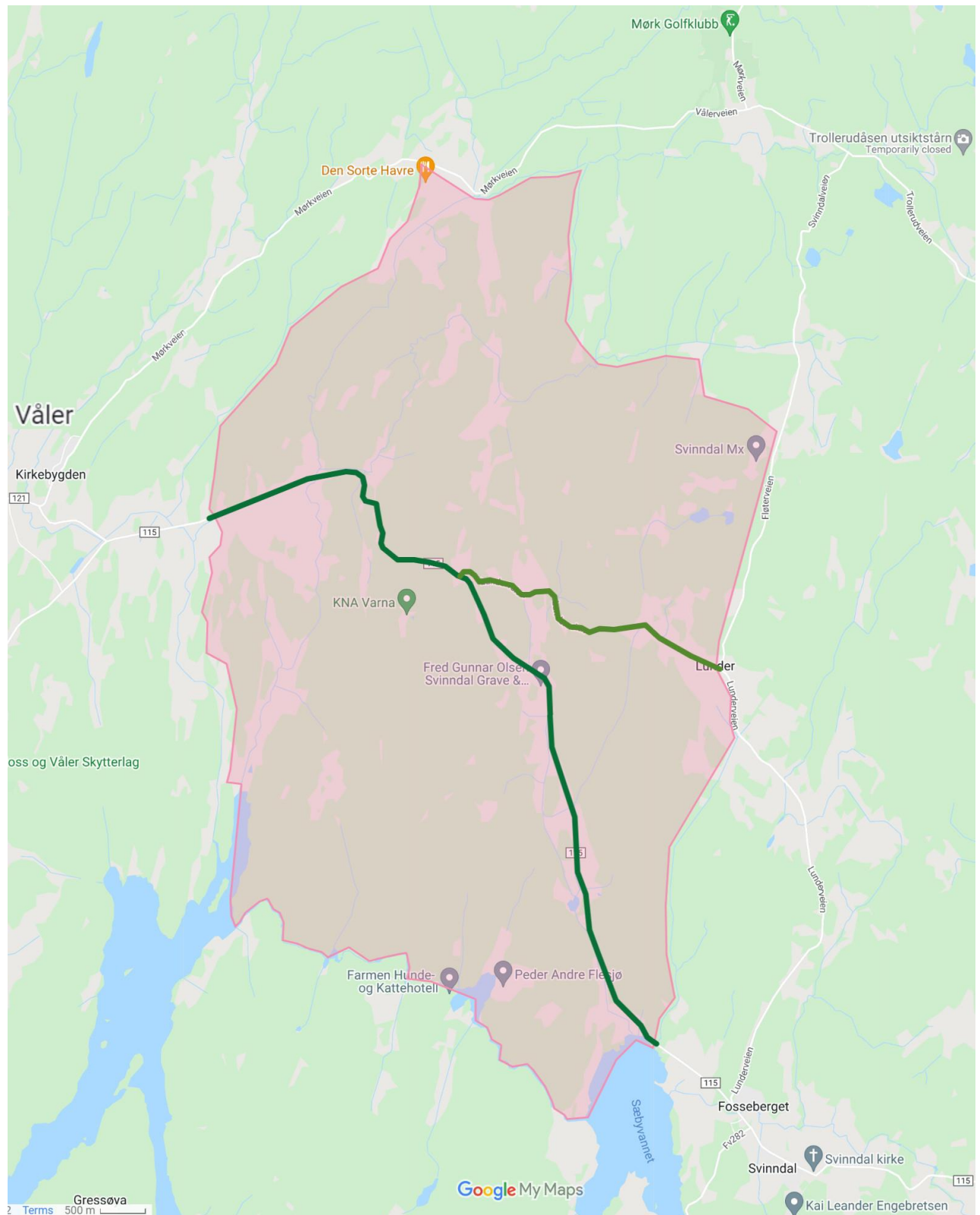
Please be aware that shops are closed on Sundays. Only some small grocery stores and kiosks/petrol stations are open then. Monday 1 May is a public holiday and only kiosks and gas stations are open.

Hot and cold food and drinks will be on sale at the race arena.

## 7. EMBARGOED AREAS

The [marked competition area](#) on the map below is the embargoed area. Competitors, team officials and others who, through knowledge of the terrain or the competitions, may influence the results of the competitions, prohibited from entering the embargoed area. However, driving through the embargoed area on road 115 and

Lunderveien is permitted before the first day of the Event. There may be additional restrictions during the event, which are communicated in the Bulletin 4.



## **7.1. PREVIOUS ORIENTEERING MAPS**

Previous orienteering maps are published on [IOF Eventor](#). There, you can also find a link to MapAnt Norway - Orienteering map covering Norway.

## **8. TRAINING**

Training/model event will be available from Tuesday 25 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. COMPETITION RULES**

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

### **9.2. 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.

### **9.3. 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 apply. Athletes who are selected for doping control must bring an official identification (with photo) to the doping test area. The athlete should also present their 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/>

### **9.4. INSURANCE AND LIABILITIES**

The organisers will not be liable for any liability that might arise in connection with participation in these IOF World Cup Events and training. Each person participates at their own risk and is responsible for their own insurance cover (illness and accident).

### **9.5. CLIMATE AND HAZARDS**

Average temperature at the arena KNA Varna in the end of April is 7.2° C, with an average daytime temperature 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.

## **9.6. VISA PERMITS**

The prerequisite for entry to 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](#).

## **9.7. 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 Claes-Tommy Herland, [media@owc2023.no](mailto:media@owc2023.no), +47 928 27 283.

## **10.1. LIVE PRODUCTION**

There will be live productions from all races on Norwegian TV and on the Live Centre of the International Orienteering Federation.

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 a proper distance from the athletes.

## **10.2. PHOTO AND VIDEO DISCLAIMER**

Please note that photographs and footage will be taken throughout the event. These will be used by the event organisation for marketing and publicity purposes in our publications, on our website and on social media or in any third-party publication during and after the event. Please contact the Event Director if you have any concerns or if you wish not to be included in this activity.

## 11. COMPETITION INFORMATION

### 11.1. PUNCHING SYSTEM

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

### 11.2. GPS TRACKING

In every competition the athletes must be prepared to carry a GPS tracking device. This must be carried on the competitor's back in an elastic harness.

GPS tracking will be used for live TV production, arena production on the big video screen and live on-line transmission.

Detailed information about allocation and picking up the GPS units will be presented in Bulletin 4.

### 11.3. CLOTHING

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



## 12. EVENT INFORMATION

The terrain is varied with flatter parts and relatively steep detailed slopes, especially in the southern part. The total height difference is about 100 metres. There will be signs of forestry work 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 APRIL 2023**

Format: Long distance, individual start, 2 and 3 min start interval  
Map: 1:15 000, 5 m, 2022-2023 (ISOM 2017-2)  
Mapper: Kristen Treekrem  
Course planner: Erik Sandbæk  
Women: 82 min<sup>1</sup>, 12.0 km, 22 controls, 560 m climb, 3 refreshments  
Men: 90 min, 15.0 km, 30 controls, 660 m climb, 3 refreshments

## **12.2. MIDDLE DISTANCE, SATURDAY 29 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 planner: Morten Johansen  
Women: 33 min, 4.9 km, 17 controls, 295 m climb, 1 refreshment  
Men: 33 min, 5.9 km, 22 controls, 335 m climb, 1 refreshment

## **12.3. RELAYS, SUNDAY 30 APRIL 2023**

Format: Mass start  
Map: 1:10 000, 5 m, 2022-2023 (ISOM 2017-2)  
Mapper: Kristen Treekrem  
Course planners: Bjørn Erik Glomsrud and Anders Vister  
Women: 102 min (3 x 34 min),  
4.8 km, 17 - 18 controls, 190 - 195 m climb, 1 refreshments  
Men: 96 min (3 x 32 min),  
5.5 km, 17 - 18 controls, 215 - 220 m climb, 1 refreshments

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<sup>1</sup> Ref. 16.10 in the Competition Rules for info about the Women's winning time on Long distance.

## 13. PRIZE MONEY

Prize money in the World Cup 2023 is distributed according to the table below.

<i>Place</i>	<i>Individual race</i>	<i>Relay race</i>	<i>Total Individual World Cup</i>
1	€ 1,000	€ 1,000	€ 5,000
2	€ 700	€ 700	€ 2,000
3	€ 400	€ 400	€ 1,000
4	€ 200		€ 600
5	€ 200		€ 500
6	€ 200		€ 400

## 14. SPECTATOR RACES

The first spectator race on Thursday, 27 April is a middle distance with a limited number of classes and courses.

The annual spring event, the Østfold O-Weekend, which includes the Lørdagskjappen and Smaaleneneløpet events, will be organised on Saturday and Sunday respectively sharing the arena with the World Cup. These competitions offer classes from M/W 10 to 85 and all levels from novices to elite runners. For further details, see section 2. EVENT PROGRAMME above. Links to invitations and entry below.

Thursday, 27 April: <https://eventor.orientering.no/Events/Show/17296>

Saturday, 29 April: <https://eventor.orientering.no/Events/Show/15754>

Sunday, 30 April: <https://eventor.orientering.no/Events/Show/16548>

## 15. BULLETIN VERSION HISTORY

<i>Version</i>	<i>Date</i>	<i>Comment</i>
1.0	2023-02-26	Initial version.



**NORSK  
ORIENTERING**



INTERNATIONAL ORIENTEERING FEDERATION