

Invitation to the WOC testraces and trainingcamp #2

31 May – 6 June 2023

Date	31 May – 6 June 2023
Program	5 training sessions in the region of Flims Laax from 31 May to 2 June Tetrace Middle in Uaul Runcs, Saturday 3 June 2023 Tetrace Middle in Salums, Sunday 4 June 2023 1 training session in the region of Scuol, Monday 5 June Tetrace Long in Ftan, Tuesday 6 June 2023

Map overview:

https://drive.google.com/open?id=1wJQIHlGc46etkyLbPfNDftFkaDJ_a7Odb&usp=sharing

Accommodation	In Laax, we can recommend using the apartments at rocksresort, or the Hotel Signina. You may book online: www.rocksresort.com/en/ www.signinahotel.com/en/ Our partner, «Weisse Arena», offers a discount of 15% for your stay at rocksresort or the Signina Hotel for your training visits. Enter the following code in the online booking or mention it when booking by phone / email: rocksresort Promocode: TRAINOL23rr Signina hotel Promocode: TRAINOL23SH
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Alternatives: Peaks Place Laax (<https://www.peaks-place.com/>), Youth Hostel Laax (www.youthhostel.ch/laax), Youth Hostel Trin (<https://www.youthhostel.ch/de/hostels/trin>), Flims Laax Tourism for apartments, hotels etc (<https://www.flimslaax.com/en>)

In Scuol/Ftan, we recommend the Youth Hostel Scuol (www.youthhostel.ch/hostels/scuol/) and the Hotel Bellavista Ftan (<http://bellavista-ftan.ch/>).

Transport	Nothing organised, we suggest using your own cars.
Detailed bulletin	More detailed information will be published before the testraces and the camp.
Any questions	Contact Simone Niggli, simone.niggli@woc2023.ch

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Training information

Trainings

Flims Laax	Laax Larischs	10000	2023	All races	One-Man-Relay, 1 course with forking possibilities
	Ladir	10000	2022	Long	Slope running, 2 courses WOMEN/MEN
	Ils Aults Domat Ems	10000	2022	Middle/Relay	0-Intervals with slope-preload, 1 course
	Bot Fiena Trin	10000	2022	Middle/Relay	Reduced map, Fine-O, 2 courses WOMEN/MEN
	Bot Tschavir Bonaduz	10000	2022	Middle/Relay	Multi-technique, 1 course

Ft an	Susch Lavin	15000	2021	Long	Model Event
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Entry

Registration on

<https://docs.google.com/spreadsheets/d/1UlwwxknIW1hOCrVN8r09JQ0FPv3dLcSEiLQJiBKz4Ds/edit?usp=sharing> **until Friday, 19 May 2023.**

You don't need to fill in the training registration which is used for individual training camps on the WOC-webpage.

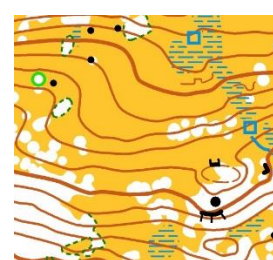
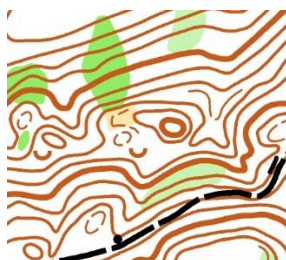
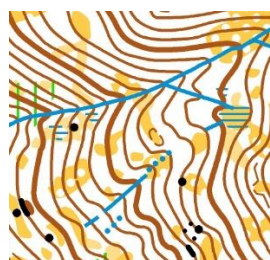
To spread the number of runners, there will be a maximum of 100 runners/half-day/training.

Costs

Training session with printed maps CHF 6.-.

Maps

Maps can be picked up from 30 May onwards at the Tourist Information in Flims.



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World Orienteering Championships

11-16 July 2023



Testrace information

General information

Event Centre	There will not be an event centre. Organizers will be available at the competition day before the race at the assembly point of the competitions.
Entry	Registration must be made teamwise on entry.picoevents.ch . Every nation has to define a responsible to enter all the needed information. To enter a runner, you need the IOF-ID of this person. Entry deadline: Friday, 19 May 2023. Late entry deadline: Monday, 29 May 2023 (surcharge CHF 10.-/race).
Entry Fee/Payment	CHF 40.- per race. Payable latest until 19 May 2023. Payment details: Bank: Zuger Kantonalbank Postal address: Bahnhofstrasse 1, CH-6301 Zug Account holder: Verein OL WM 2023 Flims Laax, CH-7017 Flims, Switzerland IBAN CH50 0078 7785 8107 1267 0 BIC: KBZGCH22 Swift code: 787 Late payment will be surcharged with CHF 10.-/race.
Classes	WOMEN and MEN. If there are many registrations, the participants will be divided into several fields. Runners from the same nation will start in the same field.
Insurance	The organizers decline any liability that might occur through participation in the testraces and trainings. Each person participates at her/his own risk and is responsible for her/his own insurance coverage (illness and accident).
Punching system	SportIdent Air+. You have to use your own SIAC, please check that you use the right SIAC-number when entering for the competitions.
GPS tracking	No GPS-tracking from the organizers. The races will be available on Livelox afterwards.
Live coverage	There will be online controls and live results during the races.
Quarantine	No quarantine before the races. Runners may keep the map after the finish. If you want to set your runners into a quarantine before the race, you may organize it by yourself.
Startlists	Will be available latest on Wednesday, 31 May 2023. Starting order will be drawn. If you or your team have special wishes about the starting order within the team (early/late start, no mixing with other teams, etc.), let us know in advance. You may contact Simone Niggli, simone.niggli@woc2023.ch

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Testtrace I, Middle, 03.06.2023

Assembly point Via Sorts Sura, no parking available at the assembly point.
GPS coordinates: 46.8265, 9.2836
Bus stop: Flims Waldhaus, Caumasee
Parking: at the parking Caumasee in Flims Waldhaus (GPS 46.8259, 9.2896) or in any other official parking places in Flims and Laax.
Please be careful not to enter the WOC-embargoed areas!

Starttimes Between 12:00 and 16:00, start interval 2 minutes.

Map Uaul Runcs, 1:10'000, 5m by Urs Steiner. Standard ISOM 2017-2.

Course setter Urs Steiner

Course lengths
(preliminary) WOMEN 4.6km/180m
MEN 5.5km/220m

Testtrace II, Middle, 04.06.2023

Assembly point Rocksresort, GPS coordinates: 46.81954, 9.26522
Bus stop: Laax, Bergbahnen
Parking: in the parking garage "rocksgarage" (CHF 15 per day)

Starttimes Between 09:00 and 13:00, start interval 2 minutes.

Map Salums, 1:10'000, 5m by Urs Steiner. Map size A4, standard ISOM 2017-2.

Course setter Simone Niggli

Course lengths
(preliminary) WOMEN 4.7km/240m
MEN 5.6km/280m

Testtrace III, Long, 06.06.2023

Assembly point Ftan Fionas, GPS coordinates: 46.7950, 10.2462
Bus stop: Ftan Cumün
Parking: at the assembly, parking of the cable car station.

Starttimes Between 09:00 and 13:00, start interval 2-3 minutes, depending on the number of entries.

Map Ftan, 1:15'000, 5m by Urs Steiner. Map size A4, standard ISOM 2017-2.

Course setter Stefan Zingg and Bruno Haldemann

Course lengths
(preliminary) WOMEN 9.7km/660m
MEN 12.2km/840m

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