



INTERNATIONAL ORIENTEERING FEDERATION



WORLD CUP 2023

Round 1

Østfold/Norway 26 – 30 April 2023



World Cup 26-30. april 2023

BULLETIN 4

Version 1.0 (2023-04-24)

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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 all 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 to be the host of the 2023 Orienteering World Cup, 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 is taking place in our beautiful and varied nature. Våler has a long tradition of orienteering. Many local orienteers, as well as from the neighbouring areas, have enjoyed competing in the forested terrain in our municipality. 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 every 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

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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 Lundrud
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:	info@owc2023.no
Website:	www.owc2023.no
Address:	WCup 2023 - OK Moss Postboks 404 1502 MOSS Norway

Asle Gudim	event_director@owc2023.no	+47 454 04 495
Hallvard Koren	race_director@owc2023.no	+47 926 16 569
Accommodation - Hanne Wold	booking@owc2023.no	+47 418 07 258
Training - Tore Bjørnerød	training@owc2023.no	+47 911 67 546
Media - Claes-Tommy Herland	media@owc2023.no	+47 928 27 283

2. EVENT PROGRAMME

2.1. TUESDAY 25 APRIL 2023

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

2.2. WEDNESDAY 26 APRIL 2023

Event Office open	09:00-12:00	Event Centre
	15:00-19:00	
Model Event	10:00-16:00	Model Event arena
Entry deadline for Long distance	12:00	IOF Eventor
Technical Model Event	16:30-18:00	Event Centre
Team officials' meeting Long	17:30-18:00	Event Centre/Online

2.3. THURSDAY 27 APRIL 2023

Event Office open	08:00-18:00	KNA Varna
World Cup Long Distance	09:30-17:30	KNA Varna
Quarantine check-in opens	07:45	Vålerhallen
First transport to Quarantine 2	08:15	Vålerhallen
Quarantine closes	09:30	Vålerhallen
First start Women, approx.	09:45	
First start Men, approx.	10:10	
Last start Women	13:48	
Flower ceremony Women	15:25	KNA Varna
Last start Men	15:40	
Flower ceremony Men	17:25	KNA Varna
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	Event Centre
	16:00-19:00	
Entry deadline for Middle distance	12:00	IOF Eventor
Team Officials' Meeting Middle and Relay	17:00-18:30	Event Centre/Online

2.5. SATURDAY 29 APRIL 2023

Event Office open	08:30-09:30	Event Centre
	10:30-20:00	KNA Varna
World Cup Middle distance	12:00-19:00	KNA Varna
Quarantine check-in opens	10:15	Vålerhallen
First transport to Quarantine 2	10:45	Vålerhallen
Quarantine closes	12:00	Vålerhallen
First start Men, approx.	12:15	

First start Women, approx.	14:30	
Last start Men	16:44	
Flower ceremony Men	17:25	KNA Varna
Last start Women	18:07	
Flower ceremony Women	18:50	KNA Varna
Prize-giving Ceremony Long distance	19:15	KNA Varna
Prize-giving Ceremony Middle distance	19:20	KNA Varna
Entry deadline for Relay	20:00	
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	12:50-17:00	KNA Varna
Quarantine check-in opens	10:45	Vålerhallen
Transport to Quarantine 2 Men leg 1	11:20	Vålerhallen
Quarantine closes	12:50	Vålerhallen
Mass start Men	13:05	KNA Varna
Mass start Women	15:00	KNA Varna
Flower ceremony Women	16:53	KNA Varna
Flower ceremony Men	16:56	KNA Varna
Prize-giving Ceremony Relay	17:20	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.

3.2. ARENA AND COMPETITION AREA

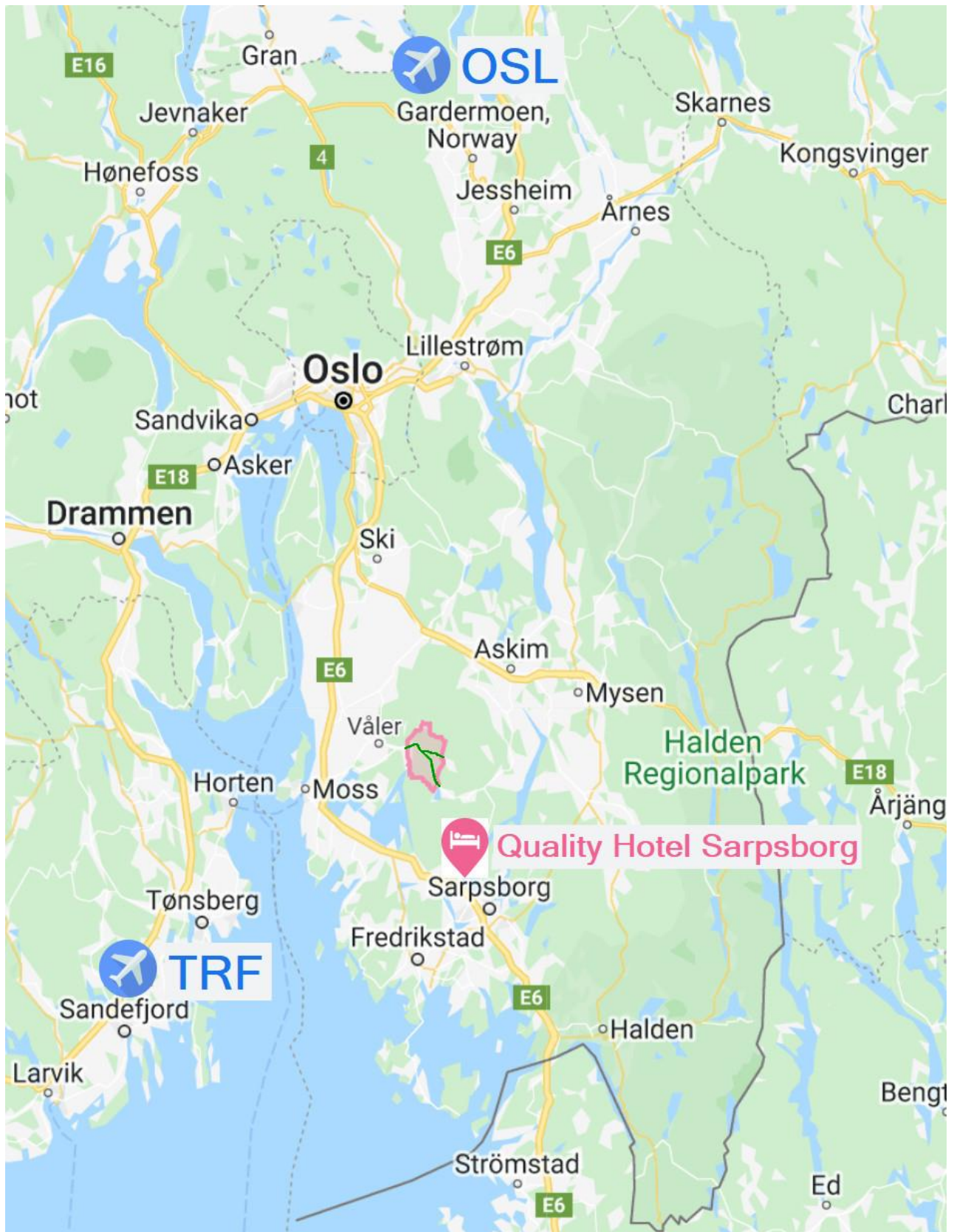
[KNA Varna](#), 59.476934N, 10.939744E, is the arena for all three competition days. It is located in Våler municipality, Viken County.

Turn off highway E6 at junction no. 14 and follow road 120 east towards Elvestad. Signs to the arena start in the 2nd roundabout, a couple of hundred metres east of E6, from 07:00 Thursday 27 April.

NOTE: Entrance to the arena is only on road 115 from west, not from east on road 115 or Lunderveien.

Parking at the arena.





3.3. **WASTE MANAGEMENT**

Please use the rubbish bins and sort in the correct bin.

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

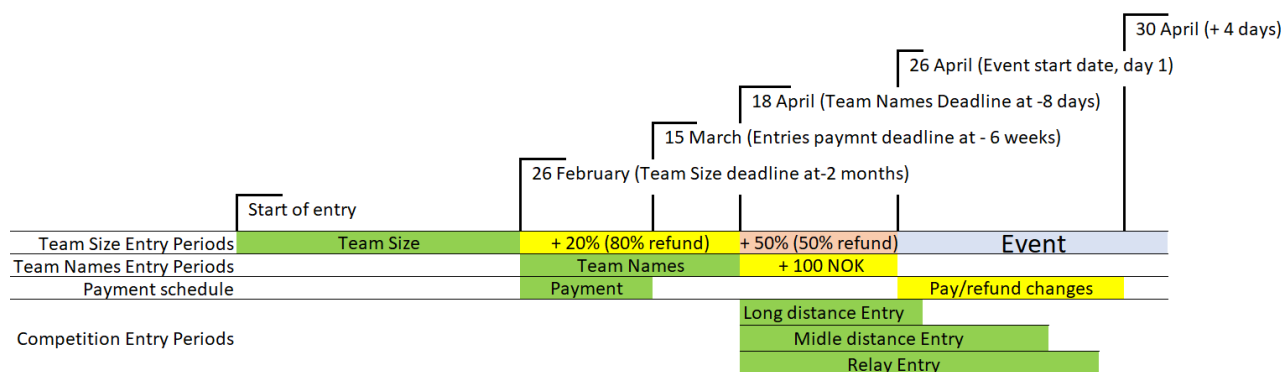
- Accreditation of Athletes and Team Officials
- Team Officials' meetings (also offered online)

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.orienteering.org/Events/Show/7248>



Important dates

- The event start date was Wednesday 26 April 2023
- The deadline for Team Size Entry was 26 February 2023 (-2 months)
- The deadline for Entries Payment was 15 Mars 2023 (-6 weeks)
- The deadline for Team Names Entry was 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 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 20:00 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. 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

5.5. ACCREDITATION

Accreditation takes place at the Event Centre. A personal ID card will be handed out. All accredited persons must wear it at all relevant times and present it for access to authorised zones and mandatory quarantine transport.

At accreditation, every athlete receives a package with the ID card, two emiTags, a printed version of Bulletin 4, and the model event map. The emiTags are personally assigned and both shall be used in all competitions. The emiTags must not be used by other athletes.

Parking permits for team cars are also handed out at the accreditation.

Accreditation for the World Cup is only possible if all payments are fully settled. At the Event Centre, paying with a bank/credit card will be possible.

Teams need to provide a telephone number so the organisers can quickly contact the team officials if necessary.

5.6. SUMMARY OF ENTRIES

As on 21 April

Entry summary

Federation	Men	Women	Team Officials	Total
Australia	1	1		2
Austria	6	6	3	15
Belgium	4	1	1	6
Canada	4	1	1	6
Czechia	7	7	4	18
Denmark	8	10	6	24
Estonia	5	4		9
Finland	9	9	5	23
France	9	6	3	18
Germany	7	3	2	12
Great Britain	6	6	4	16
Hong Kong China	4	4	1	9
Hungary	4	1		5
Israel	4			4
Italy	4	2	1	7
Japan	1			1
Latvia	6	4	1	11
Lithuania	3			3
Moldova, Republic of		1		1
Netherlands	1	2	1	4
New Zealand	3			3
Norway	10	10	7	27
Poland	5	4	2	11
Portugal		1		1
Romania	3	1		4
Slovakia	3			3
Spain	6	6	1	13
Sweden	11	11	4	26
Switzerland	9	9	4	22
Ukraine	4	4		8
United States		1		1
Sum	147	115	51	313

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. The principle “first-come, first-serve” will apply. Latest date for reservation of the official accommodation was 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.

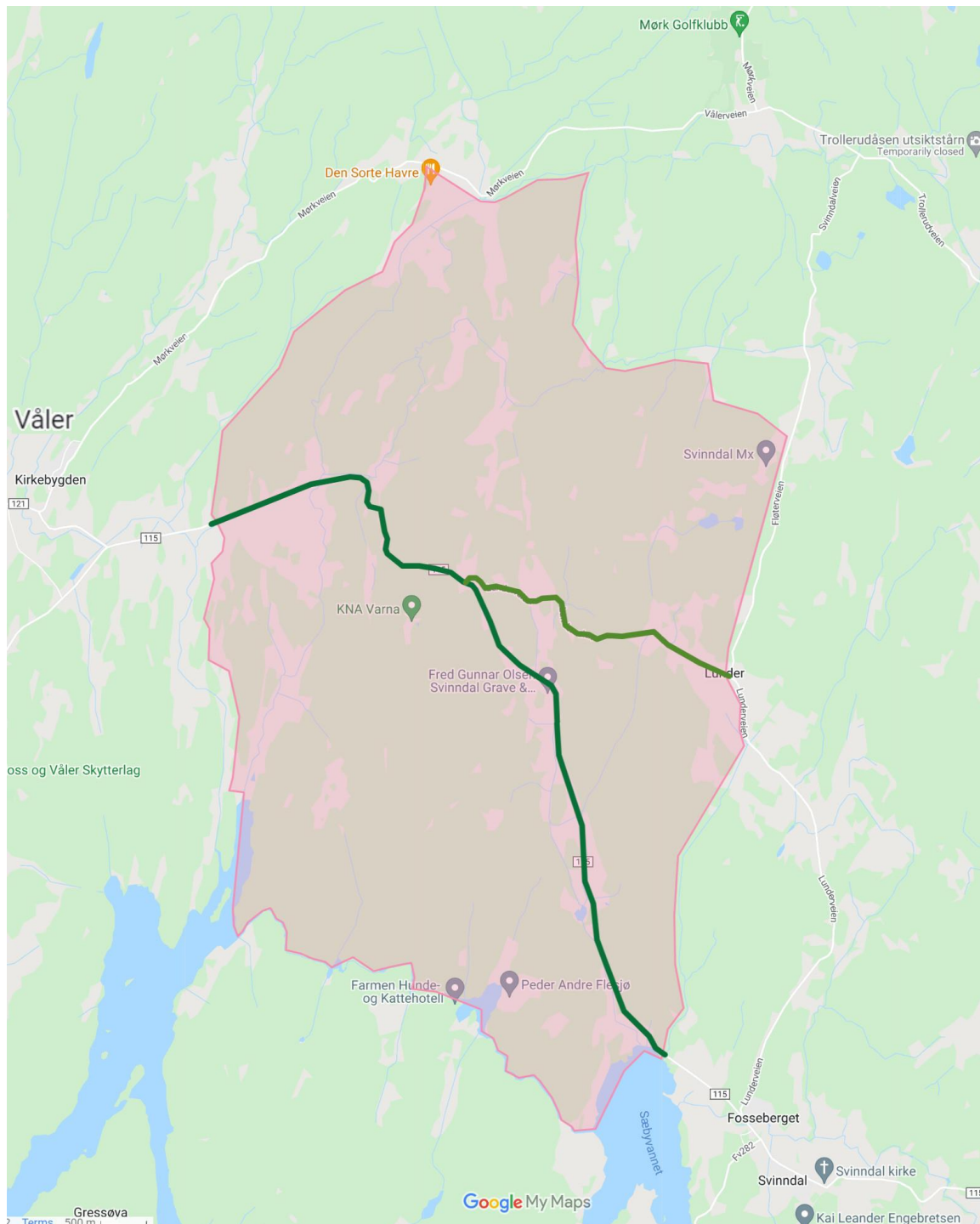
Please be aware that shops are closed on Sundays. Only some small grocery stores and kiosks/petrol stations are open then. Monday 1 May is a public holiday and only kiosks and gas stations are open.

Quality Hotel Sarpsborg offers lunch boxes for sale on preorder. 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, are prohibited from entering the embargoed area. However, driving through the embargoed area on road 115 and Lunderveien is permitted until Tuesday 25 April 2023.

From Wednesday 26 April, road 115 and Lunderveien are included in the embargoed area for athletes and team officials going into the Quarantine.



7.1. PREVIOUS ORIENTEERING MAPS

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

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 Special Rules Orienteering World Cup 2023 applies. The latest versions of the rules can be found 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.

9.8. EMERGENCY AND SAFETY

First-aid services will be provided at the Competition Centre.

Safety and security contact Tore Sandem +47 977 23 894.

Outside the competitions, you may use the emergency phone numbers 110 fire, 112 police, and 113 ambulance.

Lighting an open fire is strictly forbidden in Norway after 15 April.

10. MEDIA SERVICES

10.1. REGISTRATION

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

For media accreditation please send an email to media@owc2023.no

Please add the following information:

- First and last name
- Media
- Phone number
- Email address
- Photographer or Reporter

For details see Media invitation at the events IOF pages

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

10.2. LIVE PRODUCTION

There will be live TV production during all races. The Broadcast will be shown in Norwegian, Swedish, Finnish, French and Czech National TV, and also worldwide via <https://tv.orienteeing.sport/> with English commentary. Here is the broadcast schedule:

27 April – Long Distance 13:30-17:30 CEST

29 April – Middle Distance 15:30-19:00 CEST

30 April – Relay 13:00-17:00 CEST

During the competitions, athletes may encounter camera crews and media representatives 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.

There are commercial signs in the terrain and they are not marked on the map.

10.3. 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, TIMING SYSTEM, and GPS TRACKING

The punching system used is Emit and emiTags. emiTags will be provided by the organiser and handed out at the accreditation. It is the athlete's responsibility to bring the emiTags to the start for each race. The emiTags are tested at pre-start on all competitions. The emiTags will be collected at the finish of the relay. For athletes not running the relay, a team official shall return all emiTags to the Event Office, no later than Sunday at 17:30. If such emiTags are not returned, a charge of €85 per emiTag will be charged.

Start timing

Start timing: long and middle distances: At the start beep, the athlete can grab the map on the start table and pass through the start gate. An official will monitor the start.

At the start, the exact start time is measured with a start gate which the runner opens with his/her leg to start the race. It is allowed to start between -3 and +3 seconds of the runner's stipulated start time. Starting before -3 seconds of the stipulated start time will lead to disqualification. If a runner starts more than 3 seconds after their stipulated start time, the runner will be given their stipulated start time instead of the gate time.

Start timing relays: There will be a mass start. See further details below.

Finish timing

In all races, the finish time will be taken by a photocell when crossing the finish line. In case of a head-to-head run in the relay, Photo Finish camera will be used to define the final placings based on the order that the respective competitor's chest crosses the finish line. The running times will be rounded down to the nearest second.

GPS tracking

GPS tracking services will be provided by GPS-seuranta. GPS units will be given to selected athletes in all races. Names of the selected athletes will be published in Quarantine 1.

It is mandatory for all runners to carry the GPS device. If a runner refuses to carry the device, the runner will be disqualified (§ 2.5, § 2.6 and § 26.10).

Please take your own GPS-vest with you (for hygienic reasons). Athletes selected to run with a GPS unit that needs to borrow a vest, will get it in Quarantine 1. The vest is used the whole event and must be handed in together with the emiTags after the last race the athlete participates in. If any GPS-vests are not returned, the national federation will be charged €40 per vest.

Personal GPS data loggers are only allowed if they have no display or audible feedback. No watches with GPS or WiFi possibilities are allowed, there will be checks at the entrance to the quarantine and at the pre-start.

11.2. CLOTHING

Full-body cover is required, short-sleeved tops and tank tops are permitted. Competitors must wear the team clothing of their own Federation.

11.3. TEAM OFFICIALS' MEETING

The team officials' meetings will take place at the Event Centre. In addition, it is possible to connect online. A meeting link will be sent to the Event Team managers email in advance.

See the Event Programme for the schedule.

Please send any questions for the team officials' meeting in advance to raceoffice@owc2023.no. For the Long distance race: by Wednesday 26 April 2023 15:00 at the latest, for the Middle distance and Relay: by Friday 28 April 2023 15:00 at the latest.

All information from the meeting will be published on IOF Eventor afterwards. (e.g. start lists, weather forecast).

11.4. NEW COMPETITION MAPS

Team officials can get new competition maps for their teams at the Event office at the Arena or the Event Centre after each race.

11.5. QUARANTINE

There are two quarantines each competition day, also for the relay. Quarantine 1, Vålerhallen [59.489748N, 10.858344E](https://www.google.com/maps/place/59.489748N,+10.858344E), is the same each day. Quarantine 2 is located a few hundred metres from the pre-start. There is mandatory transport between the quarantines.

Arriving at Quarantine 1, the competitors and team officials must check in by showing their accreditation card and signing the list before the quarantine closes. No-one will be allowed into the quarantine area after the deadline.

Competitors will receive their number bibs when entering the quarantine. Competitors must wear the number bib on their chest.

Quarantine 1 offers an indoor area, toilets and water. The indoor room is only accessible with clean sport shoes/sneakers without knots. Racing shoes - with or without spikes - are strictly forbidden. No team tents are allowed. Parking for team cars is available.

Team officials and competitors can leave Quarantine 1 at any time, but once they have left, they are not allowed to return. They must use the transport provided by the organisers to stay within the quarantine.

Please respect the fairness rules in the quarantines and the warm-up area. Please be fair and remember the following important things:

- The use of mobile phones, computers or any communication device inside the quarantine is strictly forbidden
- It is not allowed to bring any maps into the quarantine zones

11.6. BIB NUMBERS

Bibs will be handed out at Quarantine 1 check-in for each competition. The athletes shall have a bib both on the chest and the back. The bib numbers must be placed visibly and not folded or cut. The size of the bib number is 24 x 21 cm. The organiser will provide safety pins. Please reuse them.

At the Flower Ceremony and Prize-giving ceremony, the top 3 athletes must wear the special ceremony bib handed out by the organisers/IOF just before the start of the ceremonies.

11.7. PRE-START AND START

The athletes will enter the pre-starts via a taped route from Quarantine 2 in long and middle distances. The pre-start is located a short walking distance from Quarantine 2.

Competitors will have a short walking distance from Quarantine 2 to the start/change-over area in the relay.

Only competitors registered for the day's event and team officials have access to the pre-start. Toilets are available in Quarantine 2 close to the pre-starts.

Only competitors registered for the day's race have access beyond the pre-start.

Once the competitors pass the pre-start, they are not allowed to go back to the quarantine area.

It is the competitor's responsibility to watch for her/his start time. Make sure you have your two emiTags and your bib ready for inspection. In the start area it is

compulsory to follow the instructions of the start officials. Follow the route indicated by the markings on your way through the start area.

The start triangle is marked in the terrain by a control flag. The route to this flag is marked and compulsory for the competitors to follow all the way to the start point.

11.8. LATE START

Athletes who miss their start time due to their own fault will be permitted to start but will be timed as if they had started at their allocated start time. Runners who are late because of a fault by the organisers will be given a new start time. In both cases, the following procedure must be used at the start: A late athlete must report at the entrance of the pre-start. If the organisers decide there is still enough time to start at the allocated start time, she/he can continue through the start lanes, followed by an official. If it is not possible for the athlete to start at the allocated start time, she/he will be allowed to start in the first half part of the next start interval. However, athletes from the same federation are not allowed to start consecutively.

11.9. OUT-OF-BOUNDS

Please respect the out-of-bounds areas. There are a number of cultivated land areas (symbol 412) on the maps. They are forbidden to cross when combined with the symbol out-of-bounds area (709). Please observe it is also forbidden to run on the shoulder of the cultivated land. You must run in the forest. To emphasise this, we have taped along the cultivated land at some places. This does not mean that you are allowed to run at the shoulder where there is no tape. The out of bound tape is red and white.



11.10. MARKED ROUTES

There will be marked routes in all races. Except from the marked route to the start triangle, there will neither be a start triangle on the map nor a control flag at the end of the marked route.

There will be mandatory road crossings. Navigate to the crossing funnel, then follow the red and white tapes. Road marshals will be present and try to stop the cars, but it is the runners own responsibility to cross safely.

11.11. COACHING ZONE

There is a coaching zone at the long distance and the relay, but not at the middle distance.

11.12. FINISH AND FINISH AREA

The marked route from the last control to the finish must be followed. After crossing the finish line, the athletes:

- Proceed to the read-out station for the emiTags. If the punch check indicates a mispunch, the competitor will be taken through a special procedure before continuing.
- Return the GPS unit (and borrowed vest on the last day of use)
- Refreshments will be provided

- Access to first aid and team officials if needed
- Athletes will pass through a small zone assigned for team officials before they enter the media zone on their way to the team zone.
- Get your cool-down map

The current leader shall take his/her place in the leader's chair and stay there until a new leader comes to the leader's chair.

Athletes selected for antidoping testing will meet their chaperones in the finish area. Competitors shall be ready for live interviews with the speaker or TV on the stage.

Competitors not competing on the specific race day may visit the arena as normal spectators. They have no access to quarantines during the official quarantine times.

11.13. COOL-DOWN AREA AND TEAM ZONE

The cool-down area is marked on the cool-down map. It is forbidden for team members to re-enter the competition terrain.

There will be a tent in the team zone and access to toilets. Team tents are allowed in the team zone, note: hard ground. On the race day athletes and team officials going into quarantine are **not allowed** to enter the arena and the team zone prior to quarantine check-in.

After the race the athletes are free to leave the arena at any time.

11.14. RETIRING FROM A RACE

Competitors who are forced to abandon a race must report to the finish staff and hand in their competition maps. A retiring competitor must not influence any other competitor.

11.15. CEREMONIES

Flower Ceremony

Only a few minutes after the conclusion of the race, there will be a flower ceremony for the 3 best competitors on the stage with live broadcasting on TV. Please be ready for this award if you are on the podium.

Prize-giving ceremonies

Competitors ranked in positions 1 – 6 are kindly requested to line up behind the stage 10 minutes prior to the prize-giving ceremonies. It's the competitors' responsibility to be there on time. Otherwise, a competitor will miss out on the prize money! Competitors taking part in the prize-giving should wear their national team uniform.

During the Flower- and the Prize-giving ceremonies separate ceremony bibs will be used, see section 12.6 Bib numbers.

11.16. COMPLAINTS AND PROTESTS

Complaints and protests must be submitted in writing using the official form to an event official in the Event office no later than 15 minutes after the official results have been published (separately for women and men; announced by the speaker). These forms are available at the Event office.

11.17. JURY

IOF has appointed the following jury for the competition:

Helge Lang Pedersen, DEN

Lars Forsberg, SWE

Unni Strand Karlsen, NOR

11.18. MODEL EVENT

The model event is open on Tuesday 25 April: 13:00-18:00, and on Wednesday 26 April: 10:00-16:00.

Parking at the end of Rudskogenveien in Rakkestad Municipality, [59.359097N, 11.244834E](#). Approx. 25 min drive from the Event Centre.

Map: "Rudskogen", 1:10 000 and 1:15 000, contour interval 5m, 2022-2023 (ISOM 2017-2), mapped by Kristen Treekrem.

The control points are marked with control flags. One control is an example of a competition control setup. It also includes an example of commercial signs setup. The signs are not marked on the map.

11.19. TECHNICAL MODEL EVENT

The technical model event takes place at the Event Centre Wednesday 26 April 16:30-18:00.

You will find:

- Illustration of the start procedure with a start gate.
- Example of a control stand with Emit touch-free units.
- Example of tapes used for marked routes and out of bound areas.
- Sports drink offered at the long distance; Maxim Sports Drink "Fresh Orange"



12. EVENT INFORMATION

12.1. TERRAIN AND MAP

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.

Some parts of the terrain are undulating and detailed, with small height differences. Mostly good runnability and medium visibility.

Maps are offset printed on paper (115 g G-print) and sealed in plastic bags.

A small river/stream crosses parts of the terrain. In the springtime, depending on the weather, the water level may be high. We have built three bridges marked on the map with Crossing point symbol (710) to make crossing the river/stream easier.



Electricity cables on wooden poles also cross parts of the terrain. In compliance with the mapping rules, these are not marked on the map.



12.2. LONG DISTANCE, THURSDAY 27 APRIL 2023

Format: Long distance, individual start, 2 and 3 min start interval Map: 1:15 000, 5 m, map size A3, 2022-2023 (ISOM 2017-2)
 Mapper: Kristen Treekrem
 Course planner: Erik Sandbæk
 Women: 82 min¹, 12.0 km, 22 controls, 560 m climb, 3 refreshments
 Men: 90 min, 15.0 km, 30 controls, 660 m climb, 3 refreshments

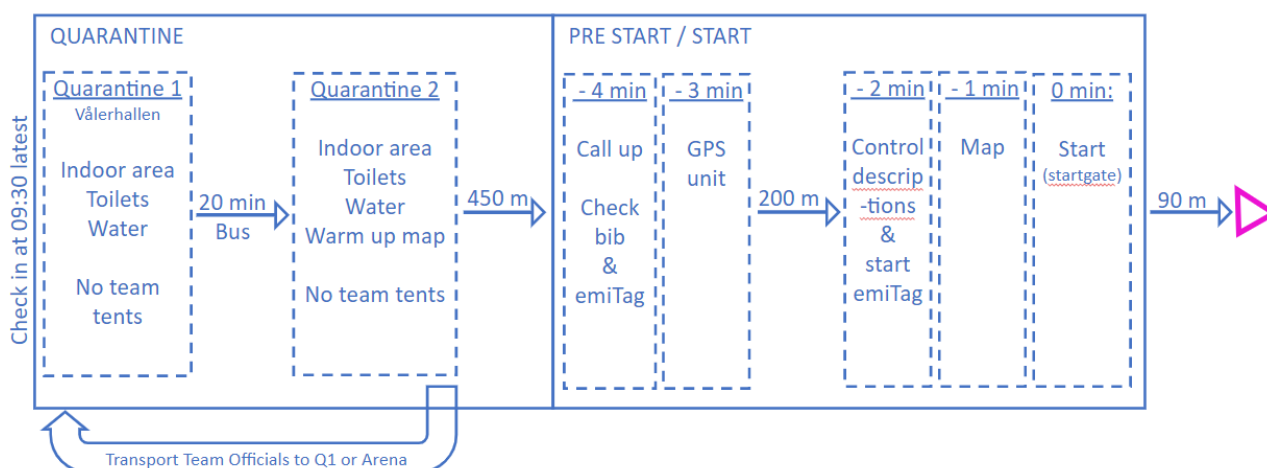
For start order and wild cards see the [Special Rules Orienteering World Cup 2023](#).

Maximum running time is 180 minutes.

Control descriptions

Control descriptions are printed on the map and available at the pre-start.
 Size: Women 55x180 mm, Men 55x230 mm.

Procedure overview Long Distance 27 April:



Quarantine 1

Vålerhallen [59.489748N, 10.858344E](#), see section 12.5 Quarantine.

Check-in

Check in by signing in at Quarantine 1. Opens at 07:45 and the last check-in is 09:30. You receive your bib numbers when signed in.

Clothes

The athletes leave their bags at the drop-off point in Quarantine 2. The bags will be transported to the team zone at the arena for pick-up after the race.

Transport to Quarantine 2 and Pre-start

There is mandatory transport from Quarantine 1 to Quarantine 2. Calculate 20 minutes for the transfer.

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

Team officials leaving Quarantine 2 will be transported by the organisers either to the arena (not more than 15 min drive) or back to Quarantine 1 in order to pick up their car(s).

Quarantine 2

Quarantine 2 offers an indoor room, toilets, water, and a warm-up area. The indoor room is only accessible with clean sport shoes/sneakers without knots. Racing shoes - with or without spikes - are strictly forbidden.

The organisers will provide transport from Quarantine 2 to the Arena, maximum 15 min transport time on all days.

Warm-up clothes

The athletes leave their warm-up clothes at the drop-off point at the pre-start. The clothes will be transported to the team zone at the arena for pickup after the race.

Warm-up map

Warm-up map is available at Quarantine 2. The map indicates the outer limits of the quarantine area.

Pre-start

The athletes follow a 450 m marked route from Quarantine 2 to the Pre-start.

Detailed start procedure

- 4 min: Pre-start: Call up and check of bib number and emiTags
- 3 min: GPS unit hand out
- 2 min: Pick up the control description and start emiTags
- 1 min: Verify the correct map. Bib number on the backside of the map.

Start time

It's the competitor's responsibility to start at the correct time. The competitor takes the map. Distance to the starting point is 90 m.

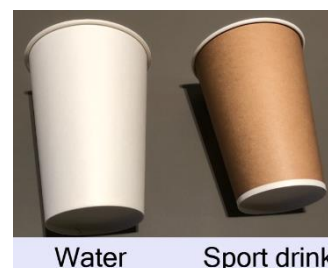
Refreshment points

Water and sports drink at each refreshment point.

For Women at approx. 20%, 50%, and 75% of the course length.

For Men at approx. 15%, 55%, and 80% of the course length.

Water in white cups, sport drink in brown cups.



Arena passage with coaching zone

There is a coaching zone at the arena passage. One coach from each team is allowed in the coaching zone.

12.3. MIDDLE DISTANCE, SATURDAY 29 APRIL 2023

Format: Middle distance, individual start, 2 min start interval
 Map: 1:10 000, 5 m, map size A4, 2022-2023 (ISOM 2017-2)
 Mapper: Kristen Treekrem
 Course planner: Morten Johansen
 Women: 33 min, 4.8 km, 17 controls, 295 m climb, 1 refreshment
 Men: 33 min, 5.8 km, 20 controls, 335 m climb, 1 refreshment

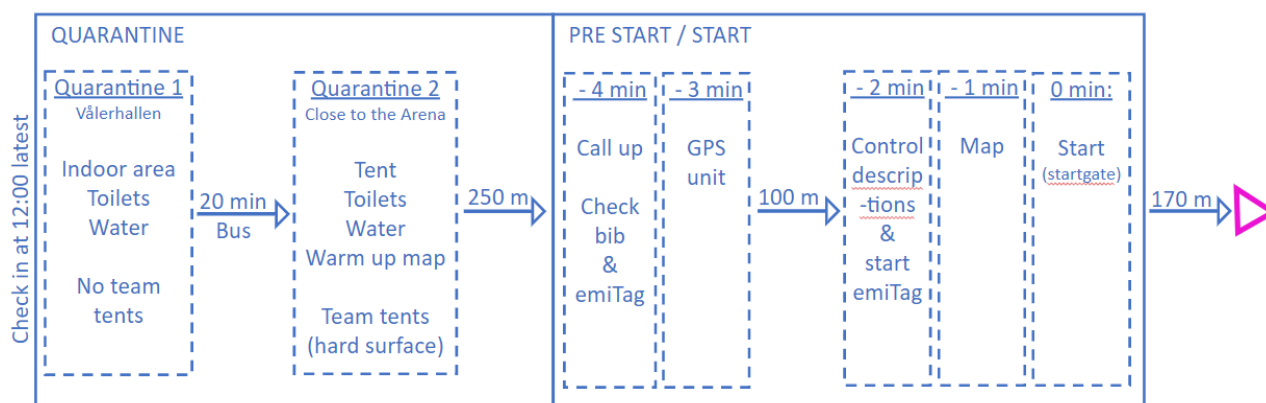
For start order and wild cards see the [Special Rules Orienteering World Cup 2023](#).

Maximum running time is 90 minutes.

Control descriptions

Control descriptions are printed on the map and available at the pre-start.
 Size: Women 55x140 mm, Men 55x160 mm.

Procedure overview Middle Distance 29 April:



Quarantine 1

Vålerhallen [59.489748N, 10.858344E](#), see section 12.5 Quarantine.

Check-in

Check in by signing in at Quarantine 1. Opens at 10:15 and the last check-in is 12:00. You receive your bib numbers when signed in.

Quarantine 2

There is mandatory transport from Quarantine 1 to Quarantine 2, close to the arena, for athletes and team officials within the quarantine. Calculate 20 minutes for the transfer.

At Quarantine 2 there is a tent, water, toilets, and a warm-up area. It is possible for the teams to put up tents.

Clothes and Warm-up clothes

The athletes leave their bags and warm-up clothes at the drop-off point in Quarantine 2. The bags will be transported to the team zone at the arena for pick-up after the race.

Warm-up map

Warm-up map is available at Quarantine 2. The map indicates the outer limits of the quarantine area.

Pre-start

The athletes follow a 250 m marked route from Quarantine 2 to the Pre-start.

Detailed start procedure

-4 min: Pre-start: Call up and check of bib number and emiTags
-3 min: GPS unit hand out
-2 min: Pick up the control description and start emiTags
-1 min: Verify the correct map. Bib number on the backside of the map.

Start time

It's the competitor's responsibility to start at the correct time. The competitor takes the map. Distance to the starting point is 170 m.

Refreshment point

Only water is served.

The refreshment point is at approx. 45% of the course length for both Women and Men.

Coaching zone

There is no coaching zone.

12.4. RELAYS, SUNDAY 30 APRIL 2023

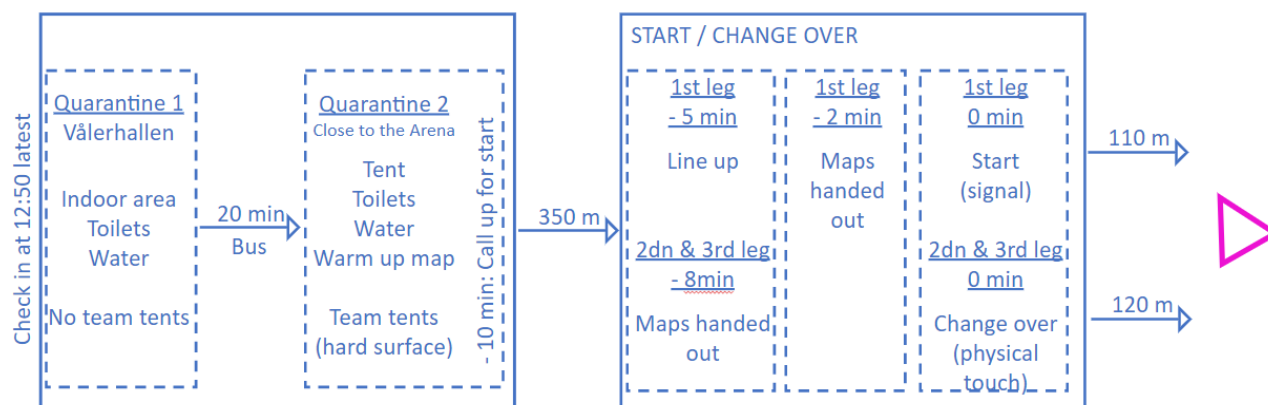
Format: Mass start
Map: 1:10 000, 5 m, 2022-2023 (ISOM 2017-2), size A4
Mapper: Kristen Treekrem
Course planners: Bjørn Erik Glomsrud and Anders Vister
Women: 102 min (3 x 34 min),
4.8 km, 17 - 18 controls, 190 - 195 m climb, 1 refreshment
Men: 96 min (3 x 32 min),
5.5 km, 17 - 18 controls, 215 - 220 m climb, 1 refreshment

Maximum running time per leg is 90 minutes.

Control descriptions

No separate control descriptions, only on the map. No control codes apart from the control numbers on the printed map.

Procedure overview Relay start and change over 30 April:



Quarantine 1

Quarantine 1 will be in Vålerhallen [59.489748N, 10.858344E](https://www.google.com/maps/place/59.489748N,+10.858344E), see section 12.5 Quarantine.

Check-in

Check in by signing in at Quarantine 1. Opens at 10:45 and the last check-in is 12:50. You receive your bib numbers when signed in.

Clothes

The athletes leave their bags at the drop-off point in Quarantine 2. The bags will be transported to the team zone. No extra transport of warm-up clothes.

Transport to Quarantine 2

There is mandatory bus transport per leg from Quarantine 1 to Quarantine 2 at the arena.

Quarantine 2

At Quarantine 2, there is a tent, water, toilets, and a warm-up area. It is possible for the teams to put up tents in Quarantine 2. GPS units will be handed out to relevant athletes in Quarantine 2.

Warm-up map

Warm-up map is available at Quarantine 2. The map indicates the outer limits of the quarantine area.

Pre-start

Leg 1: There will be a call up from Quarantine 2 and this will take place 10 minutes before the mass start for leg 1. All competitors on leg 1 must be ready at this time. Please follow instructions from the start officials. Make sure you have your two emiTags and your bib ready for inspection.

Legs 2 and 3: There will be a joint call-up from Quarantine 2 for all competitors on those legs. These call-ups will take place 10 minutes before the estimated changeover time. All relevant competitors must be ready at this time – this is the

competitor's responsibility. Please follow instructions from the start officials. Make sure you have your two emiTags and your bib ready for inspection.

Maps

There is no map wall. 1st leg runners' maps are handed out when the teams are lined up before the mass start. 2nd and 3rd leg runners get their maps from a start official when entering the changeover area.

The maps are marked with both team and leg numbers, e.g. 12-1. Please check that you receive the correct map. It is the competitor's responsibility to ensure that you have the correct map. Using the wrong map will lead to the team's disqualification. Competitors must keep the map rolled-up until they start their leg. This applies to all legs. You are not allowed to remove the rubber band or to peek into the roll before you start.

Mass start

Listen to the commands from the start official. A start signal will be given by the start official. Early start will lead to disqualification.

Changeover

The incoming runner will:

1. Cross the finish line
2. Continue to the changeover fence
3. The changeover is performed by physical contact between the incoming and the outgoing runner

The outgoing runner is allowed to open the map immediately after the changeover.

Reserve maps

Contact the start officials if you notice you have got the wrong map.

Arena passage/Coaching zone/Refreshment point

There is a coaching zone and refreshment point at the arena passage. One coach from each team is allowed in the coaching zone.

The arena passage is approx. in the middle of the course for both Women and Men.

Mass start for late legs runners

There will be a mass start for the later legs that have not yet started. This will take place approx. 15 minutes after the winning team has finished.

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 race 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	2023-04-24	First version.



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