



WOC
Sweden 2016



Nokian Tyres World Orienteering Championships

August 20 – 27th 2016
Strömstad – Tanum, Sweden

BULLETIN 3



WOC 2016 in Strömstad, Tanum, Bohuslän and Dalsland August 20-27th 2016 is a complete event including the World Orienteering Championships (WOC), the World Trail Orienteering Championships (WTOC), the spectator races known as "the Rocky Orienteering Circus" (ROC) and a lot more activities under a common motto: **Wild, Open, Challenging**.

Wild is merely an acronym for the exciting nature inland and along the Bohuslän coast. Taming the wild is what competitors will need to do to be successful in their goal of winning the gold here.

Open represents the hearts and minds in the towns of Strömstad and Tanum welcoming competitors, spectators and officials to this beautiful corner of Sweden. But open also represents the visibility to be achieved for the sport of orienteering globally.

Challenging – *isn't that what we all strive for?* Challenging terrain and challenging orienteering, but also our own challenge to make this the best world championships ever both in and out of the forest.

ORGANISING ORIENTEERING CLUBS:

Brattås CK
Bullarens Golf
Eds SK
Herrestads AIF
Idefjordens SK
Kvillebyns SK
Ljungskile FK

OK Gipen
OK Kroppefjäll
OK Roto
OK Skogsmunken
OK Skärmen
Stenungsunds OK
Stigsökarna

Stångenäs AIS
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Uddevalla IS
Uddevalla OK
Åmåls OK

Organising Partners



Title Sponsor



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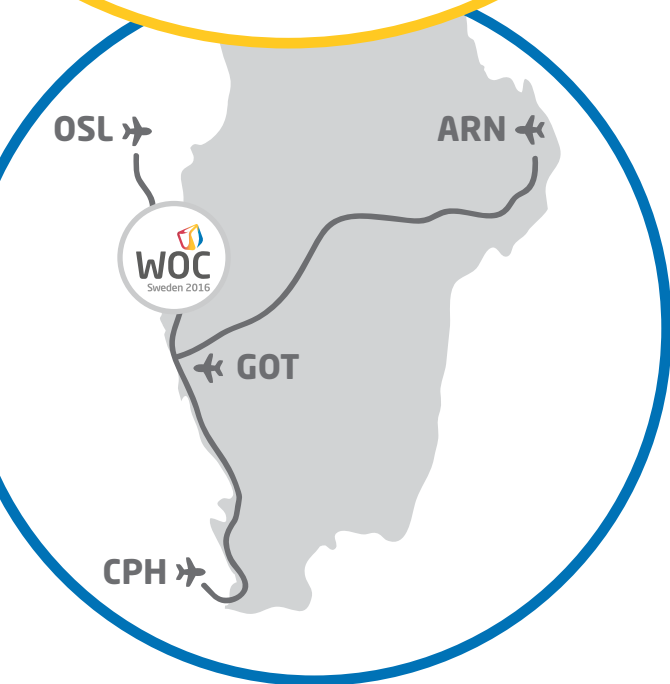
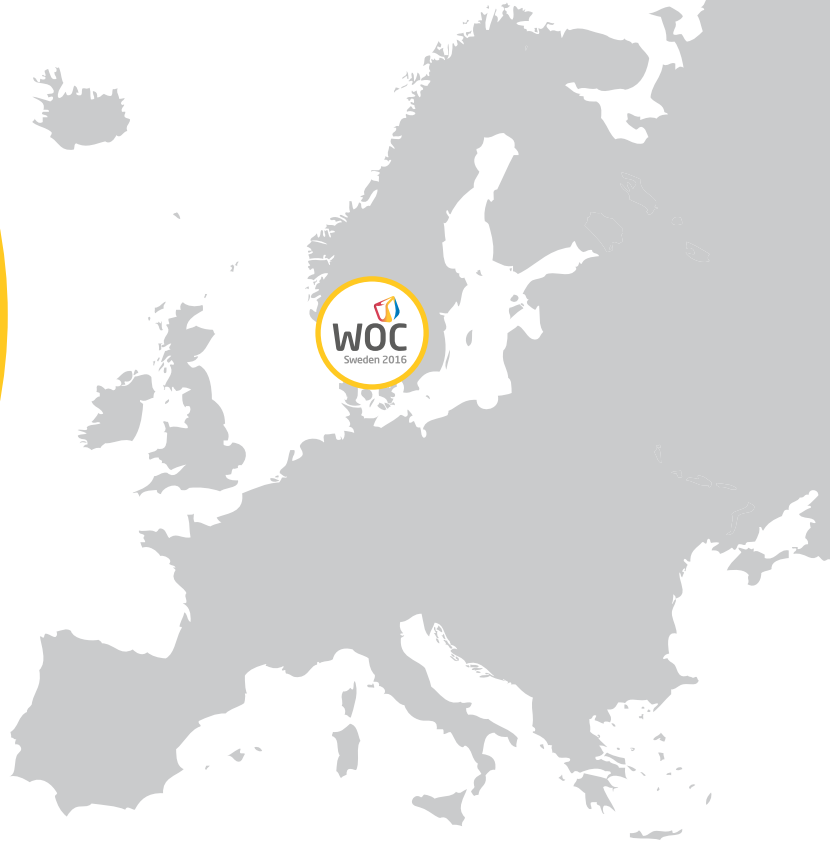
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ENTRIES

	Women	Men	Officials	Total
 Australia	5	4	3	12
 Austria	4	5	3	12
 Belgium		4	3	7
 Canada	2	5	2	9
 China	1		1	2
 Chinese Taipei	1	1	2	4
 Czech Republic	5	5	2	12
 Croatia	1	2		3
 Denmark	5	6	5	16
 Estonia	5	5	2	12
 Finland	7	8	4	19
 France	4	6	4	14
 Great Britain	6	7	4	17
 Hungary	4	4	2	10
 Ireland	5	5	2	12
 Italy	3	4	1	8
 Japan	2	4	1	7
 Korea	2	3		5
 Lithuania	4	5		9
 Netherlands	1	1		2
 New Zealand	5	5	1	11
 Norway	7	8	5	20
 Portugal	2	4	1	7
 Russia	7	7	2	16
 Slovakia	2	0	1	3
 South Africa		1		1
 Spain	5	5	2	12
 Sweden	8	10	5	23
 Switzerland	6	8	6	20
 Turkey	3	3	2	8
 United States	5	5	1	11
TOTAL	115	142	67	324

Updated June 20th 2016. See up-to-date entries at:
<http://eventor.orienteering.org/Events/Show/4865>





Welcome to West Sweden!

Distance to Strömstad:

- Rygge, Moss (RYG) 70 km
- Göteborg City (GSE) 160 km
- Gardemoen (OSL) 180 km
- Landvetter (GOT) 190 km
- Kastrup (CPH) 470 km
- Stockholm (ARN) 510 km

Car, train and bus connections:

- Oslo – Strömstad, 100 min (car), 160 min (bus)
- Gothenburg – Strömstad, 110 min (car), 140 min (train)
- Stockholm – Strömstad, 360 min (car or train)
- Copenhagen – Strömstad, 300 min (car), 360 min (train)

Book train tickets with up to 10 % discount

Use the form on our web page:

www.woc2016.se > Stay & Experience > Get here

... and you will be able to book train tickets with up to 10 percent discount via SJ (Swedish Railway Company).

NOTE! The local trains Gothenburg-Uddevalla-Tanum-Strömstad have fixed prices. Ticket prices for SJ Snabbtåg Copenhagen-Gothenburg and Stockholm-Uddevalla/Gothenburg starts at SEK 195 for 2nd class and SEK 295 for 1st class.

WELCOME BACK!

With pride and joy I greet you welcome to the World Orienteering and Trail Orienteering Championships in Sweden!

It feels like it was yesterday that I was standing at the square in the city of Västerås as one of the opening speakers and greeted you welcome to the World Orienteering Championships in 2004, but that was 11 years ago.

To organize the World Orienteering Championships is the nicest and coolest thing a nation can do but it is also the greatest challenge to take on. We will do everything we can to offer exciting, visible

and fair competitions. The World Orienteering Championships 2016 will be something special!

On behalf of the Swedish Orienteering Federation I am pleased to welcome athletes, team leaders, officials, spectators and guests to the 2016 World Orienteering and World Trail Orienteering Championships!

Lena Larsson

President of the Swedish Orienteering Federation



WOC | A WILD, OPEN CHALLENGE

The World Orienteering Championships 2016 is waiting for you. We are proud to present a Wild, Open Challenge for everyone. To give orienteers around the world a unique and rewarding experience. A Championship combined with open competitions worth remembering, all in a world heritage landscape. Tough terrain, technical courses, challenging obstacles. Everything an orienteer will want.

I'm very proud to welcome you to WOC 2016, I hope you will find it an experience out of the ordinary. I hope you will find time to explore some of the treasures Bohuslän-Dal offers, from rock carvings to beaches, from cities to countryside and from flea markets to shopping centres when you're not participating in the Championship, competitor or spectator.

I'm also proud of the people working to realise this event. The enthusiasm and professionalism is an encouraging environment to be in. I'd like to thank all those who make this possible.

Björn Winberg

Chairman of the Organizing Committee



Visit us at www.vastsverige.com/stromstad for more information about activities and attractions.

As Chairman of Strömstad Municipality I send a warm welcome to all competitors, functionaries, families and friends! Together with the neighbour municipality of Tanum, we are honoured to be the hosts of this year's World Orienteering Championships.

Together, we will do our utmost to ensure that this year's WOC will be an unforgettable experience for both visitors and residents. We estimate that as many as 15,000 people per day will visit us during the week. Media have gathered from across the world, and the races will be broadcast live on Sweden's national TV channel (SVT). For Strömstad, hosting WOC is not only a great event, but also a clear sign that we are well on our way to becoming a natural choice for major sporting and cultural events.

I hope that you will all make the most of the opportunity to explore our wonderful scenery, and enjoy all that Strömstad and its surroundings have to offer. You'll find shopping and restaurants to meet all tastes, as well as Sweden's first marine National Park offering world-class opportunities for outdoor recreation. The natural environment is important to us, and we are therefore particularly pleased that the WOC has set a high bar for sustainability- the World Orienteering Championships in Strömstad and Tanum will be the first environmentally-certified major event in the region (Swedish Environmental Base Standard).

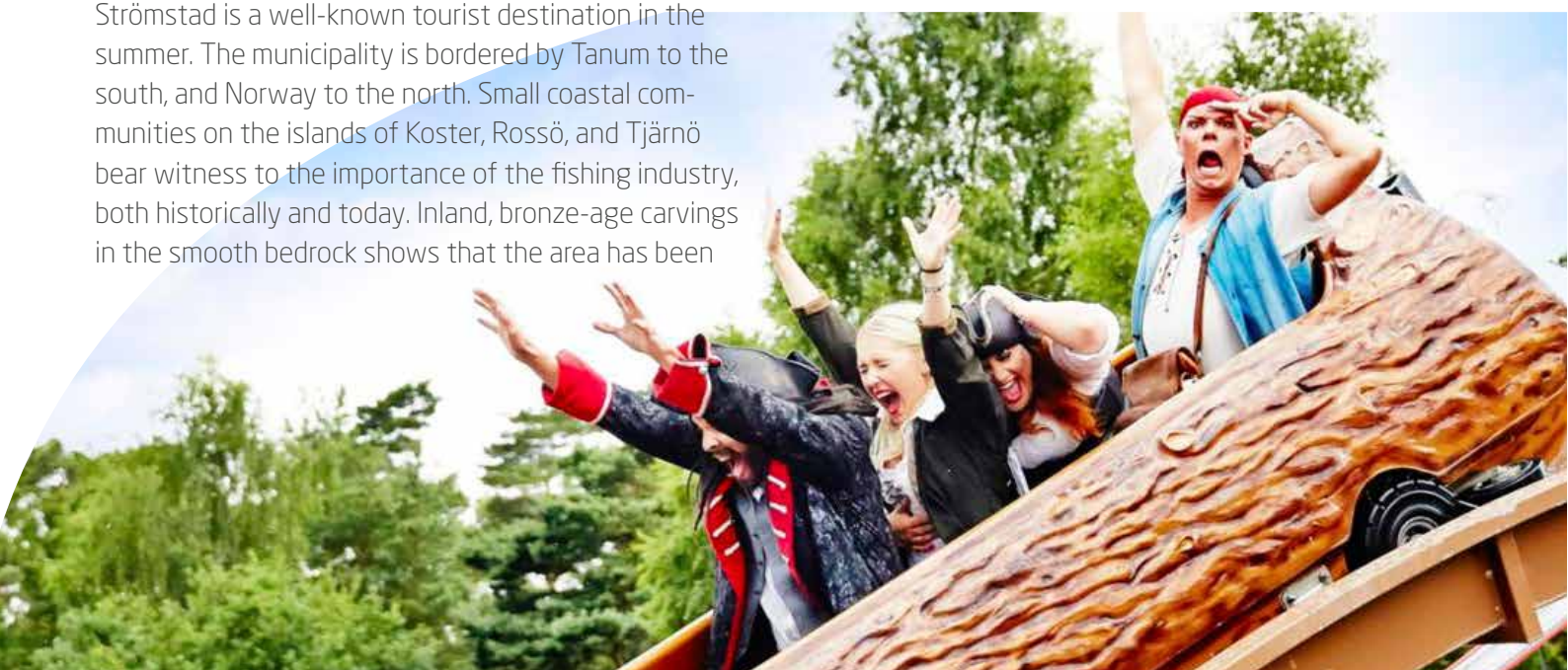
Strömstad is a well-known tourist destination in the summer. The municipality is bordered by Tanum to the south, and Norway to the north. Small coastal communities on the islands of Koster, Rossö, and Tjärnö bear witness to the importance of the fishing industry, both historically and today. Inland, bronze-age carvings in the smooth bedrock shows that the area has been

inhabited for many thousands of years. Steep cliffs, barren outcrops, and deep valleys characterise the scenery, and will challenge competitors in this year's Championships. Farther out to sea you find Sweden's most westerly inhabited islands, the Koster Islands – one of the country's sunniest locations.

The city centre dates back to the 1500's, and for centuries visitors from all over Scandinavia have chosen to come to Strömstad to experience the archipelago, the sea, and the fresh air. Tourism still dominates the local economy, but there are also knowledge-based businesses in environmental technology and pharmaceuticals. Being close to the Norwegian border gives us a unique location with easy access to the major cities of Oslo and Gothenburg. People, goods, and culture flow across the border year-round. So, this summer – or whenever you'd like to visit – welcome to western Sweden's most international small town!

Peter Dafteryd

Chairman of the Executive
Board, Municipality of Strömstad



Visit us at www.vastsverige.com/tanum for more information about activities and attractions.

It is an honour to welcome all orienteers, delegates and the public to Tanum Municipality to join with us in experiencing the World Orienteering Championships. This will be nine days of Wild Open Challenge.

Tanum Municipality residents are looking forward, especially to the 23rd and 24th August when the middle-distance competition and the awards ceremony will take place right in the middle of our world heritage site. We hope that all visitors will also be able to enjoy what Tanum has to offer.

Our beautiful municipality is full of memorable experiences. Find inspiration, like the Swedish poet, Evert Taube, in Grebbestad, where you can stroll on the pier along the seafront and the bustling harbour. The seafood tastes fantastic and world's best oysters can be found here.

If you are in Fjällbacka, you can hike in the crime-writer Camilla Läckberg's footsteps, or walk in the Royal Gorge, which is well-known from Astrid Lindgren's film of Ronja the Robber's daughter. There is a bust of the famous actress, Ingrid Bergman on Ingrid Bergman's square, where she looks out over the archipelago, which was her favourite vacation paradise. The buildings on the seafront consist of boathouses and jetties that create the feeling of a genuine Bohuslän.

The inland offers lakes with a calming atmosphere in beautiful nature. Hiking, picking mushrooms and enjoying quiet days.

All along the coast there are wonderful swimming areas in a sea which has Sweden's saltiest and purest water. There are few places on Earth that offer such good water for kayaking as Tanum – an amazing experience all year round. The archipelago in northern Bohuslän is ranked as one of the world's ten best wilderness areas, by CNN.

Rock carvings, in Tanum Municipality, are prehistoric treasures, so rich and peculiar that they are included on the Unesco World Heritage list. In the area around Vitlycke there are about 500 rock carving sites with tens of thousands of photos.

Sweden's first Marine National Park "Kosterhavet" has its southern port in Resö. Here, there are around 6,000 marine species, of which about 300 are unique to Sweden.

Liselotte Broberg
Councillor Tanum Municipality



WOC | PROGRAMME

DAY	TIME	ACTIVITY	LOCATION
Wed 17 Aug	11.00 - 20.00	Event Centre opens	Strömstads gymnasium
Fri 19 Aug	17.00	Team Officials Meeting Sprint (Q,F,S)	Strömstads gymnasium
Sat 20 Aug	09.01 - 10.00	WOC Sprint Qualification - Women	Arena Strömsvallen
	10.01 - 11.00	WOC Sprint Qualification - Men	Arena Strömsvallen
	11.30 - 13.30	ROC 1 - Sprint	Arena Strömsvallen
	14.30	Opening ceremony	Arena Strömstad City
	15.41 - 16.45	WOC Sprint Final - Women	Arena Strömstad City
	16.46 - 18.00	WOC Sprint Final - Men	Arena Strömstad City
Sun 21 Aug	11.00 - 13.00	ROC 2 - Middle distance	Arena Strömsvallen
	16.50 - 18.00	WOC Sprint Relay	Arena Strömstad City
Mon 22 Aug	17.00	Team Officials Meeting Middle	Strömstad gymnasium
	18.45	Price Giving Ceremony Sprint/Sprint Relay	City Park Strömstad
Tue 23 Aug	09.00 - 11.00	ROC 3 - Middle distance	Arena Tanum
	09.00 - 13.00	WTOC TempO Qualification	Arena Strömsvallen
	11.45 - 14.45	WOC Middle distance - Men	Arena Tanum
	14.40 - 18.00	WOC Middle distance - Women	Arena Tanum
	14:00 - 17:00	WTOC TempO Final	Arena Strömsvallen
Wed 24 Aug	10.00 - 14.30	WTOC PreO 1	Arena Saltö
	15.00	RTOC PreO 1 - mass start	Arena Saltö
	15.00 - 17.00	VIP/Media Race	TanumStrand
	17.00	Team Officias Meeting Long and Relay	Strömstads gymnasium
	18.45	Price Giving Ceremony WOC Middle / WTOC TempO	Grebbestad
Thu 25 Aug	10.00 - 12.00	ROC 4 - Middle distance	Arena Strömstad East
	12.00 - 16.00	WOC Long distance - Women	Arena Strömstad East
	13.30 - 18.00	WOC Long distance - Men	Arena Strömstad East
Fri 26 Aug	10.00 - 14.30	WTOC PreO 2	Arena Tolvmanstegen
	15.00	RTOC PreO 2 - masstart	Arena Tolvmanstegen
	18.45	Price Giving Ceremony WOC Long / WTOC PreO	City Park Strömstad
Sat 27 Aug	10.00 - 14.00	WTOC PreO Relay	Arena Tolvmanstegen
	14.00	Arena Price Giving Ceremony WTOC	Arena Tolvmanstegen
	10.00 - 12.00	ROC 5 - Long distance	Arena Strömstad East
	16.00 - 18.00	WOC Relay - Women	Arena Strömstad East
	14:00 - 16:00	WOC Relay - Men	Arena Strömstad East
	18.00	Arena Price Giving Ceremony WOC	Arena Strömstad East
Sun 28 Aug	10.00 - 12.00	ROC 6 - Long distance	Arena Tanum
		Departure	

Please note that all times are preliminary and may be changed.

ACRONYMS

WOC = World Orienteering Championships
WTOC = World Trail Orienteering Championships
ROC = Rocky Orienteering Circus
RTOC = Rocky Trail Orienteering Circus

 = WOC/WTOC Competitions
 = Ceremonies, meetings etc.
 = Spectators' events

WOC | MODEL EVENTS

Technical Model Event Friday August 19th 15.00 - 17.00 pm, Event Centre

The start, finish and control set-up used at the WOC competitions and the device used for punching and timing (Emit touch-free and EQ-timing) will be demonstrated. Runners will have the possibility to test the equipment. The sports drinks used at the refreshment controls will also be served.



Lifting of the Sprint and Sprint Relay EMBARGO. Fri August 19th

The competition area embargo will be lifted between 9:00 AM and 12:00 noon on Friday August 19th for team members to visit, in accordance with the embargo rules which were in place prior to October 31st, 2015.

NOTE!

From Nov 1st 2015 the sprint area has been under a full embargo, and cannot be visited by potential WOC athletes, team officials or other persons who may be in a position to give information to team members. See www.woc2016.se/embargo for detailed info and interactive embargoed area map.

Sprint Qualification, Final and Sprint Relay

- Model Event open from Thu August 18th 12 noon to Sun 21st 18.00 pm.
- The model area will only be equipped with controls, marked routes, out of bounds taping and extra features on Fri August 19th, 12 noon to 18.00 pm.

Middle

- Model Event opened from Thu August 18th, 12 noon to Mon August 22nd, 18.00 pm.

Long & Relay

- Model Event opened from Thu August 18th, 12 noon to Fri August 26th, 18.00 pm.

General information regarding Model Events:

- The Model Events will provide an area and a map relevant to the WOC competitions.
- Some controls (only flags) will show typical control features.
- *Locations and access routes will be published in Bulletin 4.*

WOC | ARENA LOCATIONS

Strömsvallen	Sprint Qual and TempO	58.940212 N, 11.191638 E
Strömstad City	Sprint Final and Sprint Relay	58.941153 N, 11.167691 E
Tanum	Middle distance	58.703883 N, 11.376324 E
Strömstad East	Long distance and Relay	58.961538 N, 11.395442 E
TanumStrand	VIP & Media Race	58.672101 N, 11.265001 E





WOC | COMPETITION INFORMATION

Classes & representation

IOF Rules

There is one class for women and one class for men.
There are no age restrictions.

5,7

All competitors represent a Federation.

6,5

A competitor may represent only one Federation
during any one calendar year.

6,1

Competitors who are representing a Federation shall have full
passport-holding citizenship of the country of that Federation.

6,2

Map scales and contour interval:

- | | | |
|---------------------------|----------|-----|
| • All Sprint competitions | 1:4 000 | 2 m |
| • Middle and Relay | 1:10 000 | 5m |
| • Long | 1:15 000 | 5m |

Clothing restrictions:

For the relay, middle and long distances the competitors must wear clothing that fully covers torso and legs. No clothing restrictions for sprint. No spiked shoes allowed in the sprint distances.

WOC | DETAILED INFORMATION ABOUT COURSES

Competition	Length	Total climb (m)	Nr. of controls	Estimated winning time
Sprint Q Women	3,1 km	60	17	12-14 min
Sprint Q Men	3,5 km	70	18-19	12-14 min
Sprint F Women	3,6 km	65	19	12-14 min
Sprint F Men	4,0 km	75	21	12-14 min
Sprint Relay				
Leg 1 & 4	3,4 km	70	14	12-14 min
Leg 2 & 3	3,7 km	90	17	12-14 min

Competition	Length	Total climb (m)	Nr. of controls	Estimated winning time	Number of refreshment controls
Middle Women	5,2 km	250	21	35 min	1
Middle Men	6,3 km	310	25	35 min	1
Long Women	11,4 km	500	19	75 min	3
Long Men	15,4 km	650	30	95 min	3

Competition	Length	Total climb (m)	Nr. of controls	Estimated winning time	Number of refreshment controls
Relay Women					
Leg 1 & 2	5,1 - 5,3 km	230	15	35 min	1
Leg 3	5,3 - 5,4 km	250	16	35 min	1
Relay Men					
Leg 1 & 2	6,3 - 6,5 km	270	16	35 min	1
Leg 3	6,8 - 6,9 km	300	18	35 min	1

Refreshment stations

At the refreshment stations we will offer sports drink Enervit G Sport (in red cups) and pure water (in white cups). At some of the refreshment stations runners will have the opportunity to have their own drinks, *more information about this in Bulletin 4.*



WOC | QUARANTINES AND TRANSPORTS FOR COMPETITORS AND TEAM OFFICIALS

The quarantine for Sprint Qual & Final, Middle and Long distance is situated at the Event Centre. Indoor and outdoor areas will be available. Coffee and drinking water will be offered. Sprint Relay and Relay quarantines at the arenas.

The use of organizers transportation from quarantine to pre start as shown below is mandatory (IOF Comp Rules 10.4) for Middle and Long. For Middle and Long, the competitors may choose departure time, but have to choose a bus in time to reach the pre-start in time.

For the Sprint Relay and the Relay transportation is offered (included in entry fee) from Event Centre to

arena with one departure including all legs, but the teams may also use their own transportation.

Team officials may travel from quarantine to pre-start, **but are not allowed to return to quarantine again.**

Transportation for team officials from pre-start to arena will be organized two times during the entire starting window.

Timetable will be presented in Bulletin 4.

Competition	Quarantine opens	Quarantine closes	First departure	Traveling time to pre-start
Sprint Q	08.00 am	08.30 am	No transport	
Sprint F	14.30 pm	15.30 pm	No transport	
Sprint R	15.00 pm	15.30 pm	15.00 (just one departure)	10 min (at the arena)

Competition	Quarantine opens	Quarantine closes	First departure	Traveling time to pre-start	Departure interval
Middle	09.00	Approx 11.30 am	09:30	40 min	15 min
Long	09.30	Approx 12.00 noon	10.00	30 min	15 min

Competition	Quarantine opens	Quarantine closes	First departure	Traveling time to pre-start
Relay	12 noon	13.45	12 noon (just one departure)	30 min (at the arena)

NOTE!

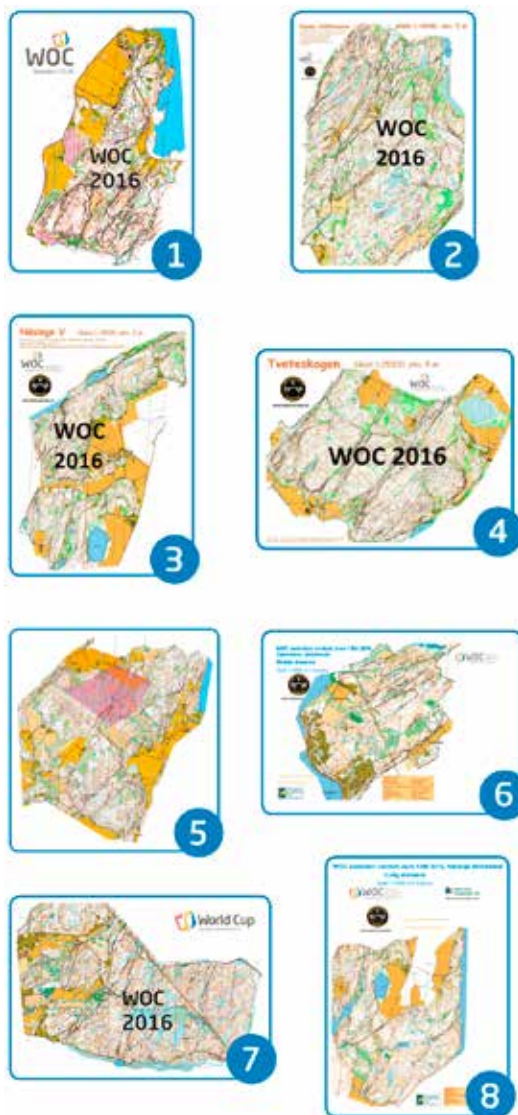
- Facilities at Event Centre will be open between the Sprint Q and the Sprint F.
- All times are tentative and subject to change. *Exact times will be presented in Bulletin 4.*

WOC | TRAINING OPPORTUNITIES

Individual athletes, federations and clubs can buy maps or map files from the organizer. No courses will be set by the organizer.

8 maps/terrains relevant for WOC2016:

1. **Hälle East** used at national competition "Strömstadsmedeln" April 2nd 2016.
2. **Kasen-Slätmossen**
3. **Näsinga West**
4. **Tveteskogen**
5. **Råsshult-Hälle** used at national competition "Kvillebyns klassiska" April 3rd 2016.
6. **Tjärndalen** used at WOC test middle distance, June 10th 2016.
7. **Önnebacka-Munkedal** used at World Cup middle distance, June 7th 2015.
8. **Näsingeåsen** used at WOC test long distance, June 12th 2016.



Pricing

Maps printed on paper (laser print): 5 EURO / 45 SEK á piece sent by post or picked up in Munkedal (Lars-Åke Winblad).

Maps as PDF-files: 50 EURO / 450 SEK á piece.
Maps as OCAD-files: 150 EURO / 1 400 SEK á piece.

Contact

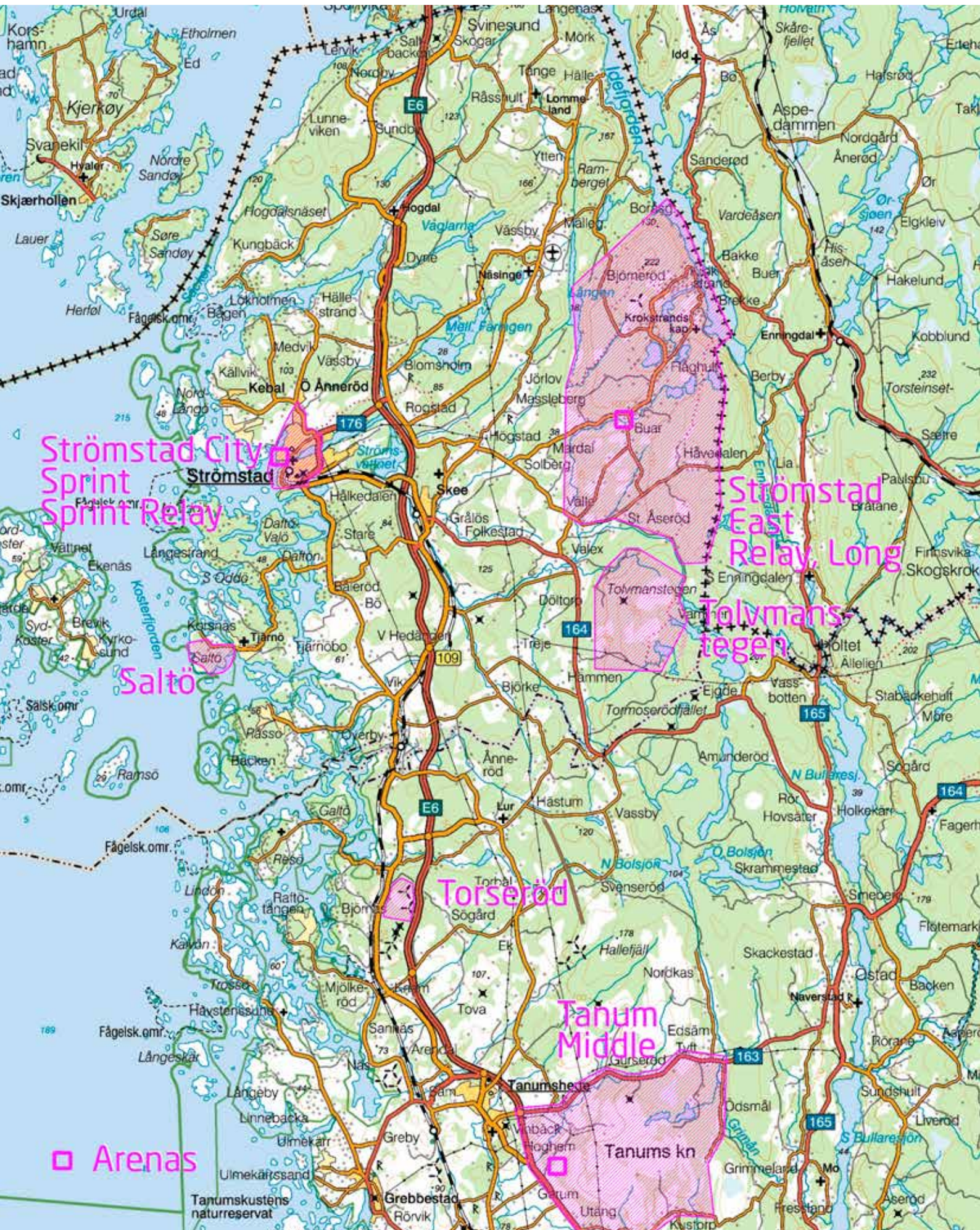
Lars-Åke Winblad, Munkedal, tel +46 (0) 70 575 78 47
training@woc2016.se

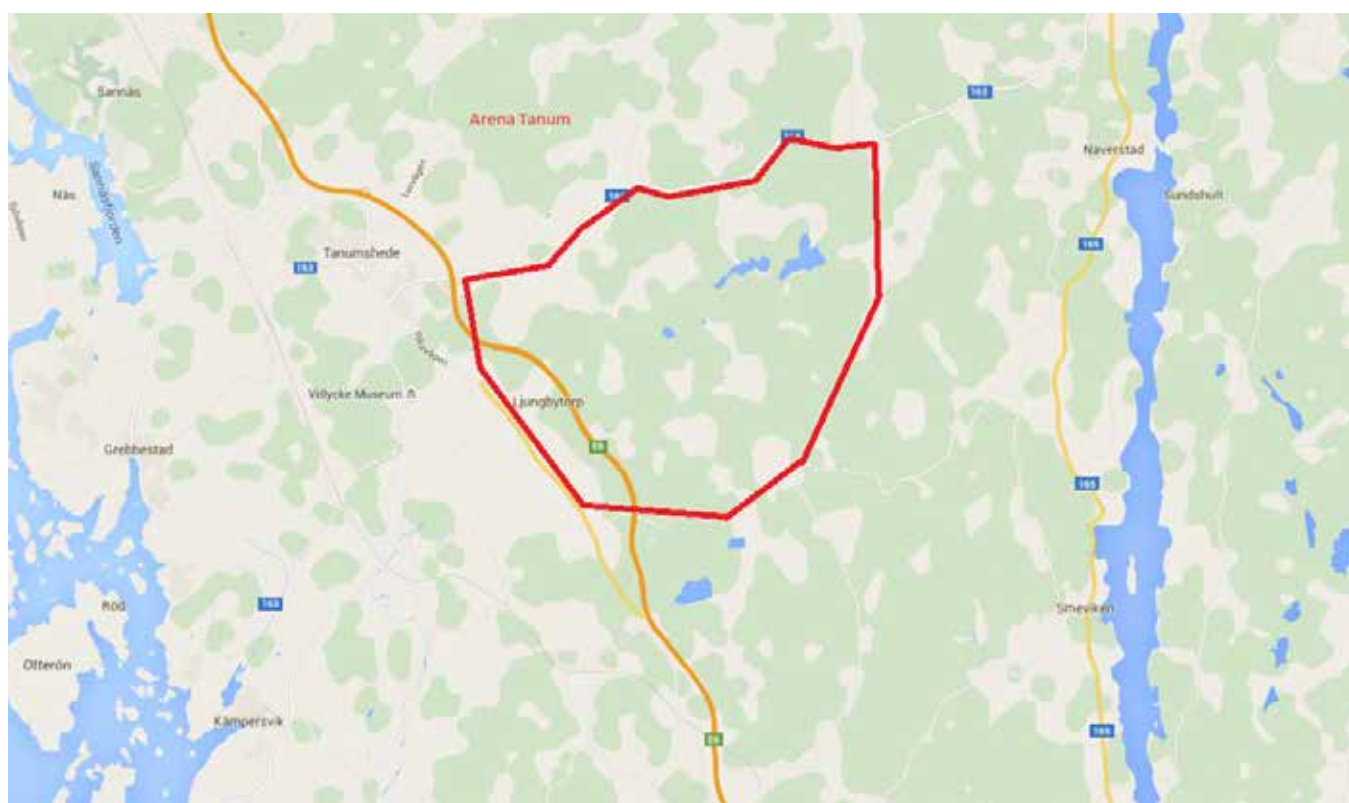
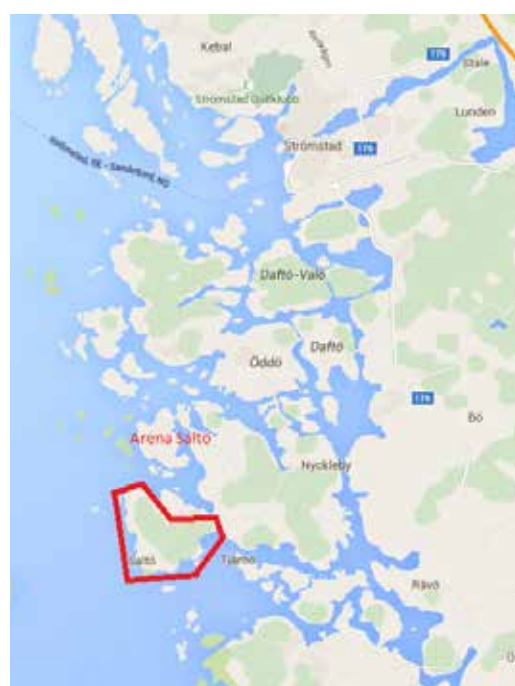
PDF-files / OCAD-files will be e-mailed directly after payment, do not forget to send receivers e-mail.

Payments in advance

Payments from other countries than Sweden by bank transfer:
Account no: 9960 3406715825
Bank name: Nordea Bank
IBAN: SE40 9500 0099 6034 0671 5825
BIC/SWIFT: NDEASESS
Payments from Sweden: WOC2016, bank-giro 179-5004 or Plusgiro 67 15 82 - 5







WOC | TERRAIN DESCRIPTION

Sprint

Urban area with some narrow streets, small forested areas and some areas of grass and lawns. Also hilly parts. Approximately 80% of the course lengths will be on hard surfaces. Altitude 0-40 m above sea level.

Middle distance

Undulating terrain with a lot of areas of bare open rock. Detailed contours with both larger and smaller cliffs and reentrants. Marshes of varying size. Coniferous forest, mainly pine on the hills with stands of spruce and oak in the valleys. Mostly very good visibility and runability. Some areas of thicker vegetation and younger spruce forest may reduce running speed. There are only a few paths and smaller roads in the competition area. Altitude 40-150 m above sea level.

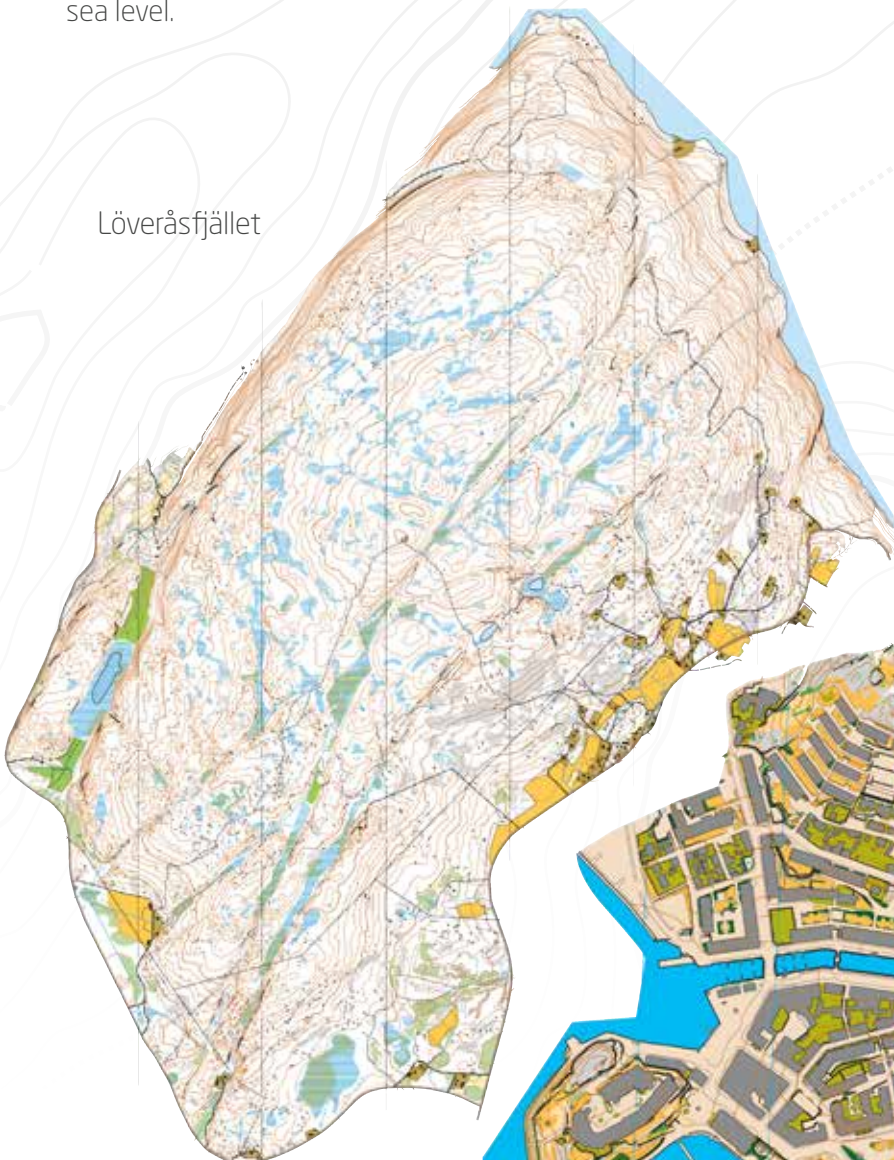
Long distance and relay

Undulating terrain with a lot of areas of bare open rock. Detailed contours with both larger and smaller cliffs and reentrants. Marshes of varying size. Coniferous forest, mainly pine on the hills and spruce in the valleys. Generally older forest with very good visibility and runability. However, the area includes a lot of heather and some logged areas and younger spruce forest which may reduce running speed. Some larger and smaller roads cross the competition area and a network of larger and smaller paths. Altitude 40-200 m above sea level.

Climate

Average temperatures in August are 15-25 C, low humidity

Löveråsfjället



WOC | OLD MAPS

See: www.woc2016.se/en/competitions for more recent, and auto-generated maps over the embargoed areas.

Strömstad City



Photos from the WOC-terrain Arena Strömstad East:



Photos from the WOC-terrain Arena Tanum:



See more terrain pictures at: www.woc2016.se/en/competitions



WOC | TEAM ADMINISTRATION | ENTRY DEADLINES

Information required	Entry deadline	IOF Rules
Numbers of competitors of each gender and team officials	Mon June 20th	9.6
Name and gender of all competitors and team officials	Wed Aug 10th	9.7
Sprint Q: names of competitors and allocating to starting group	Fri Aug 19th, 12 noon	9.8
Sprint Relay: names of competitors and running order	Sat Aug 20st, 20.00 pm	9.9
Change of name or running order	Sun Aug 21st, 14.50 pm	9.11, 9.12
Middle: names of competitors	Mon Aug 22nd, 12.00 noon	9.8
Long: names of competitors	Wed Aug 24th, 12.00 noon	9.8
Relay: names of competitors and running order	Fri Aug 26th, 12.00 noon	9.9
Change of name or running order	Men: Sat 27th, 12.00 noon Women: Sat 27th 14.00 pm	9.11, 9.12

WOC | TEAM OFFICIALS' MEETING at Event Centre Assembly Hall

Fri August 19th	17.00 pm	Sprint and Sprint relay
Mon August 22nd	17.00 pm	Middle distance
Wed August 24th	17.00 pm	Long distance, Relay

WOC | ENTRY FEE AND DATES

Entry fee (per person):

Sprint (qualification + final)	€120
Middle	€90
Long	€90
Sprint Relay	€215
Relay	€215
Accreditation competitors	€120
Accreditation team officials	€245
Transportation package (Event Centre to start/arena.)	€140

Deadline for payment: July 1st, 2016

Entries are not valid until full payment is completed.

Deadlines for entries:

Numbers of competitors of each gender and team officials shall reach the organizer no later than June 20th 2016.

Name and gender of all competitors and team officials shall reach the organizer no later than August 10th 2016.

Payment:

WOC2016 Bohuslän/Dal, c/o Mats Blom
Blåbärsvägen 16, S-459 32 Ljungskile, Sweden.
IBAN: SE40 9500 0099 6034 0671 5825
SWIFT: NDEASESS

NB: Transportation for competitors from quarantine to pre-start are included in the entry fee. To use other transportation provided by the organizer you have to buy the transportation package.

NB: All entries should be made in IOF Eventor, no other means of entries are accepted.

WOC | VISAS

Participants from some countries may need visas for visiting Sweden, for information use this link:

<http://www.migrationsverket.se/English/Private-individuals/Visiting-Sweden/Tourists-visas.html>

If you need an invitation for obtaining a visa, please contact: administration@woc2016

WOC | ANTI-DOPING

The organizers are fully committed to supporting the efforts of the anti-doping authorities. Doping controls may be carried out at any time during the competition period. The doping tests will be carried out in accordance with the procedures described in the WADA International Standard of testing. The IOF Anti-Doping Code and rules apply as of January 1st 2015. Athletes who are selected for the doping tests must bring an official identification with photo, and their TUE (Therapeutic Use Exemption) if applicable.

Note that, even if the IOF or the organizer have not ordered any tests, anti-doping control can be conducted by other organizations without any prior notice.



Strömstad Gymnasium/Photo: Strömstad Municipality

LOCATION: Tångenvägen 2
58.945276 N, 11.195972 E

WOC | EVENT CENTRE

- The Event Centre will be situated at Strömstad Gymnasium (Strömstad Upper Secondary School).
- The organizers will have access to the entire school building.
- Distance from Strömstad city centre: 1,5 km, where the ceremonies will be held.
- The school has an Assembly/Congress Hall for 500 people.
- There are 15 smaller meeting rooms, suitable for 25-40 people, equipped with projector, screen, internet, whiteboard, etc.
- Today the internet capacity is sufficient for all 400 students at the school with both cable and wireless connections.
- There will be a café with the same opening hours as for the Event Centre.
- There will be two separate receptions, one for competitors and one for media/VIP/Officials.
- Outside the school there is a large parking place with free parking.
- Quarantine will be located here, except for the relay and sprint relay.

Event Centre opening hours

Wed	17 Aug	11-20
Thu	18 Aug	11-20
Fri	19 Aug	11-20
Sat	20 Aug	09-20
Sun	21 Aug	09-20
Mon	22 Aug	11-18
Tue	23 Aug	09-12 + 19-21
Wed	24 Aug	11-18
Thu	25 Aug	09-20
Fri	26 Aug	09-12 + 19-21
Sat	27 Aug	11-18
Sun	28 Aug	09-12

NOTE! The hours are preliminary and may be changed.

Food and drinks

At the arenas you will be able to buy hamburgers, hot dogs, wraps, baguettes, sallads, fruit, chocolate and ice cream. Vegetarian alternatives will also be offered. You will also find "Swedish fika", which means coffe/tea and sandwiches or sweet cakes.

The cold meal for athletes and coaches (to be ordered in Eventor) consists of a salad (vegetarian or with meat), bread and a soft drink.

At the quarantines water and coffee will be offered. At the pre-start we serve water.

WOC | ACCOMMODATION

Daftö Camping Resort has the pleasure to provide the Athletes' village during WOC 2016. We provide excellent housing in houses just 5 km south of Strömstad, in a beautiful setting close to nature and the sea. If you would rather bring your caravan or mobile home, we also have plenty of space on our camp ground. We promise to do everything in our power to ensure that your stay will be as pleasant and comfortable as possible.

Welcome!

Teams	Athletes village Daftö Resort
VIP / IOF	Laholmen
Media	Källviken Holiday Village

Accommodation categories A, B, C and D will be provided within the Daftö Resort, Laholmen and Källviken.

Level A	€110-160
Level B	€ 60-90
Level C	€ 40-60
Level D	€ 20-40

Contact:

accommodation@woc2016.se

For more tourism related information, please visit:
www.vastsverige.com/en/woc2016

IOF/VIP Hotel:

Laholmen Hotel Strömstad City is the official IOF/VIP hotel and the venue for the IOF Congress

Accreditation:

Event Centre, Strömstad Upper Secondary School

Team officials meetings:

Event Centre, Strömstad Upper Secondary School

Media Hotel:

Källviken Holiday Village

Latest date for booking through the organizer:

March 31st 2016

NB: Teams cannot stay in the embargoed areas in Strömstad City between Nov 1st 2015 and Aug 22nd 2016.



Laholmen
HOTELL - KONFERENS - NÖJE



CAMPING RESORT
DAFTÖ
TANG, SALT & AVENTYR
★★★★★



Källviken
Semesterby

WOC | VIP INFORMATION

WOC 2016 is providing a VIP programme designed for IOF Officials, VIP:s from the orienteering community and WOC guests.

The accreditation package includes:

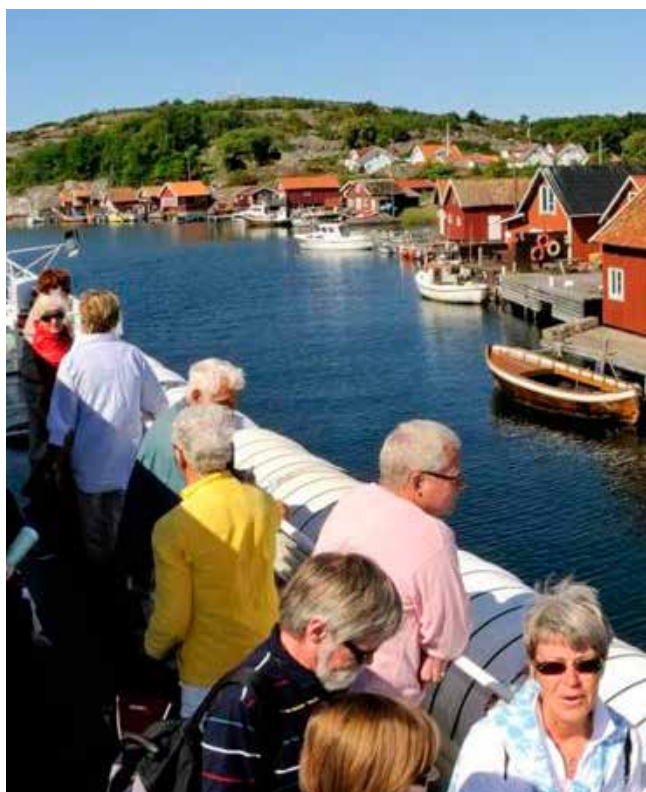
- Access to VIP tent in the competition arenas
- Competition maps
- Start and result lists
- Invitation and entry form for IOF/VIP/Media race
- Travel maps to competition arenas

NOTE! Entry for the Rocky Orienteering Circus Events is not included.

Accreditation via IOF Eventor by **June 30th** at the latest including uploaded portrait photo.

For last-minute accreditation requests, please contact: [**office@woc2016.se**](mailto:office@woc2016.se)

All IOF Officials and VIPs must collect their accreditation card at the Event Centre. You must attend in person and show some form of photo ID. **No accreditation will be issued in the Arenas!**



VIP Transportation and parking

Transportation will be provided for those that have requested and have paid for a transportation package. Detailed schedules and location of the bus stops will be available at the time of accreditation. There will be VIP parking areas on each race day. A VIP parking permit will be provided in the accreditation package.

VIP Area

Each WOC race day there will be a VIP area and marquee. Refreshments will be provided, and there will be background information on orienteering for WOC Guests. Start lists for each race will be available. Maps and results will be provided in the VIP area as soon as they become available.

IOF/VIP/MEDIA RACE

The IOF/VIP/Media race will take place on Wednesday August 24th at TanumStrand Hotel and Resort, starting with VIP lunch at 13.00. The race will have 2-3 different courses to suit all levels of experience during 15.00-17.00.

The race will be followed by "Swedish fika" at Sportshopen sports outlet 17.00. At 18.00 we will offer some kind of entertainment before the prize giving ceremony for the WOC middle distance and WOC TempO starts at 18.45.

For travel directions to TanumStrand, please see separate invitation to the race. Invitation and entry form will be provided in accreditation packages.





WOC | MEDIA INFORMATION

At the Event Centre accredited media representatives will have possibilities to work in a dedicated media room, in addition to the media tent at the arenas for each WOC discipline.

Press conferences will be held in the media tent at the arenas directly after the flower ceremonies at approx. 16.00 and/or 18.00 every competition day, depending on the starting times for men and women. We may also arrange one or more press conference(s) in the assembly room at the Event Centre.

Media contact: Emanuel Winblad
WOC 2016 Media Manager
Mobile: +46 (0)737-23 97 18
Email: press@woc2016.se

Media Accreditation gives rights to:

Enter designated areas and use designated services for media. Receive course maps and start and results lists. Participation in the VIP/Media Race.

Accommodation

For last-minute accommodation requirements, please contact: office@woc2016.se

Accreditation and registration

The ordinary deadline for media accreditation via Eventor is June 30th. However registrations may still be accepted after that, depending on the circumstances. Please send all your requests to: press@woc2016.se
All accredited media are requested to show their passports (and/or press cards) as proof of identity when col-

lecting their accreditation documentation at the Event Centre. **Please do let us know if you are unable to pick up your accreditation at the Event Centre, so that we can bring it to the arena media tent instead!**

Opening hours Event centre and race arenas

The media room at Strömstad Upper Secondary School will have the same opening hours as for the Event Centre, see table on page 20.

The media tent at the arenas will be manned all day during the competitions. For detailed opening hours, please see the Bulletin 4, handed out at the Event Centre from Wednesday August 17th.

Transportation

There is no dedicated transportation for media personnel. Though we might be able to arrange Photo 1 transportation to dedicated photo controls in the forest during some of the competition days. Please refer to other sections of this bulletin for transportation-related advice and information. There will be MEDIA parking areas on each race day. A MEDIA parking permit will be provided in the accreditation package.

Media Package

A WOC 2016 media package will be available when you pick up your accreditation. This will contain essential information about the event and the races including more detailed information on media access to race terrain, MEDIA parking permit, a copy of Bulletin 4 and an invitation and entry form for the IOF/VIP/Media race.



Program for Nokian Tyres World Orienteering Championships and Rocky Orienteering Circus

20-28 Aug. Strömstad - Tanum, Sverige

Saturday aug. 20. WOC Sprint:

ROC 1, Strömstad, sprint held directly after WOC sprint qualification and in the same area. Walking distance to the opening ceremony and sprint final arena.

Sunday aug. 21. WOC Sprint relay:

ROC 2, Strömstad, middle distance in a wilderness area close to the town. Walking distance to the WOC sprint relay arena.

Tuesday aug. 23. WOC middle distance:

ROC 3, Tanum, middle distance adjacent to the WOC middle distance terrain.

Thursday aug. 25. WOC long distance:

ROC 4, Strömstad East, middle distance adjacent to the WOC long distance terrain.

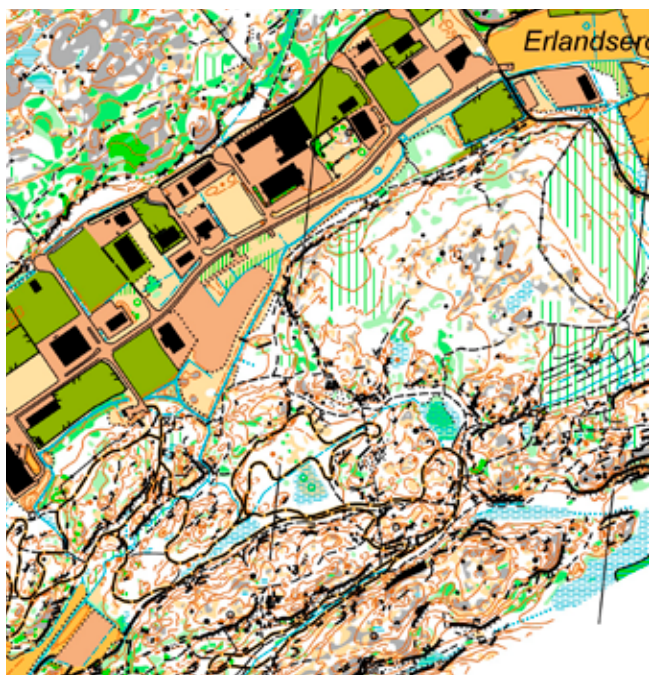
Saturday aug. 27. WOC relays:

ROC 5, Strömstad East, long distance in WOC long distance terrain. Follow the WOC-week's highlight: The relay final.

Sunday aug. 28:

Rocky Orienteering Champion

ROC 6 och -final, Tanum, long distance in WOC middle distance terrain.



Map sample ROC 2 wilderness close to the town

Enter youth, elite and competition classes via Eventor by 10 Aug or recreational classes spontaneously on the day. More info:

www.woc2016.se/en/competitions/roc



Terrain photo ROC 2

WOC | ENVIRONMENTAL, CLIMATE AND SUSTAINABILITY INFORMATION

Orienteering may be one of the sport activities that is best adapted to the environment. We are respectful of nature, where we train and compete. Orienteers are known to be engaged in protecting in the environment.

As organizers, we work hard to reduce the impact on the environment and climate during WOC 2016. However, an event of this size always affects the environment, due to the amount of people coming to the event, the increased travel, food and waste management etc.

WOC 2016 is certified in accordance with the environmental diploma, Svensk Miljöbas. We hope to succeed at this important challenge with the support and help of all WOC participants.

Please participate in a climate friendly way!

- Use public transportation or/and when driving a car, travel together.
- Use the bus between your accommodation and the arena.
- Don't buy bottled water.
- Bring your own bottles, cups, plates and cutlery.
- Please follow the waste separation instructions at the arenas and at your accommodations.
- Support climate carbon compensation by supporting Vi-skogen: www.viagroforestry.org/what-we-do/carbon-credit



WOC | EFFORTS TO REDUCE CARBON FOOTPRINT

- There are train connections to Tanum and Strömstad from many places in Sweden, and from Copenhagen. *See special offer on page 4.*
- At the car parking you will be offered carbon offsetting through donations to Vi-skogen, supporting tree planting in African Countries.
- The organizers will climate compensate all our journeys and the proceeds from cash deposits on cans and bottles will be donated to Vi-skogen.
- The event will use 100% renewable energy from hydroelectric, wind and solar power plants.
- At the arenas we will offer organic drinks, meals and vegetarian alternatives. The cups, plates and cutlery are compostable.
- Swedish tap water is of such a high quality that we will offer that in the arenas instead of selling bottled water.
- At the arenas, waste will be separated for recycling, and for composting to make biogas.
- Only biodegradable products are allowed in the showers.
- We offer free guided walks in nature preserves by the coastline and will hopefully also be able to show examples of how to combine forestry and preservation biodiversity.





WOC | TO DO

We talk a lot about Bohuslän's unique natural beauty. This is no surprise given its breath-taking and captivating allure. But in Bohuslän there is a lot more to do than just wandering along salty cliffs. You can discover more about our UNESCO World Heritage sites to the best shopping. Check out the following websites for tips!

www.vastsverige.com/en/Kosterhavet

www.vitlyckemuseum.se/en

www.vastsverige.com/en/woc2016

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World Orienteering Championships



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