



Engadin, Scuol
Switzerland
9-15 July 2016

JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS



Dear athletes, spectators and local guests,

During my career in snowboard parallel racing, I was nominated a few times to the junior world championships which, of course, were the highlights in my times as a junior. Being part of JWM released a gazillion amount of energy and motivation down to the tips of my toes. I had the chance to compete with the world best athletes and show my capabilities. Additionally, I could also gain my first experiences in a major event that is still enormously helpful today, such as competing in Olympic Games.

I am really delighted that the Junior World Orienteering Championships are held here at home in the Engadine. I can hardly wait to be inspired by the athletes and to be submerged into the world of orienteering. Most certainly the scenery is going to be fantastic. I am convinced that all athletes will show off their best performances in our pristine and extraordinary landscape.

We are welcoming you all and are glad to be able to share our beautiful home with you.

What is left now for me is to wish you all the best for the competitions. Take along the experiences and emotions from JWOC and hold on to your dream to be able to run one day with the top athletes of the world. But first of all, enjoy the unique atmosphere in the Engadine, battle hard for medals and party equally exuberantly..

Nevin Galmarini,
Silver Olympic medal winner in
snowboard parallel giant slalom

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BULLETIN



Engadin
Scuol



swiss
orienteering

Organisation

Swiss Orienteering Federation
Association JWOC/SOW 2016

Event Director	Simone Niggli
Vice Event Director	Brigitte Grüniger Huber
Technical Director	Matthias Niggli
Communication	Lukas Jenzer
IT and Results	Daniel Leibundgut
Ceremonies	Sandra Lauenstein
Senior Event Adviser (IOF)	Cesare Tarabocchia (ITA) cesare@tarabocchia.it János Sümegi (HUN) sumegij@gmail.com
National Controller	Christian Schneebeli, Urs Hofer
Cartography	Beat Imhof (Sprint, Relay, Long) Urs Steiner (Long, Middle)

Course planners

Sprint	Urs Jordi Michael Eglin
Long	Matthias Merz Fabian Hertner
Middle Qualification	Sara Lüscher Sophie Tritschler
Middle Final	Philipp Sauter Urs Steiner
Relay	Marcel Schiess Baptiste Rollier



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<http://www.jwoc2016.ch>

Detailed Event Programme

Thursday, July 7	
18:00-20:00	Event Centre open (only for model maps, no accreditation)
Friday, July 8	Accreditation
08:00-12:00	Accreditation (Event Centre)
15:00-20:00	Accreditation (Event Centre)
10:00-16:00	Model Event Val Müstair (Long)
Saturday, July 9	Opening Ceremony
09:00-12:00	Event Centre open, accreditation
10:00-13:00	Model Event Val Müstair (Long)
10:00-15:00	Model Event Sent (Sprint)
12:00	Deadline for final name entries and for the allocation to starting groups for Sprint
14:00-18:30	Event Centre open
14:00-15:30	Technical Model Event Scuol
16:00	Opening Ceremony
17:30	Team Officials' Meeting



Detailed Event Programme

Sunday, July 10	Sprint Scuol
08:00-18:30	Event Centre open
09:00-12:30	JWOC Sprint Scuol
12:30	Prize Giving Ceremony Sprint
13:00	Deadline for final name entries and for the allocation to starting groups for Long
17:30	Team Officials' Meeting

Monday, July 11	Long Val Müstair
08:30-18:00	Arena Info Point open
09:00-16:00	JWOC Long Val Müstair
16:00	Flower Ceremony

Tuesday, July 12	Rest Day
10:00-12:00	Event Centre open
10:00-15:00	Model Event Susch-Lavin (Middle/Relay)
12:00	Deadline for final name entries and for the allocation to starting groups for Middle Qualification
16:30-18:30	Event Centre open
17:00	Prize Giving Ceremony Long (Scuol)
17:30	Team Officials' Meeting Middle Q and F

Wednesday, July 13	Middle Qualification Ftan
09:30-16:00	Arena Info Point open
10:00-12:30	Middle Qualification Ftan
17:00-18:30	Event Centre open

Thursday, July 14	Middle Final Susch-Lavin
08:30-17:00	Arena Info Point open
09:00-10:00	Middle B-/C-Final Susch-Lavin
10:00-13:30	Middle A-Final Susch-Lavin
13:45	Flower Ceremony
15:00	Entry Deadline Relay
18:30-20:00	Event Centre open
19:00	Team Officials' Meeting
20:00	Prize Giving Ceremony Middle (Scuol)

Friday, July 15	Relay Tarasp
09:30-16:00	Arena Info Point open
10:30-14:00	Relay Tarasp
13:45	Prize Giving Ceremony Relay / Closing Ceremony
19:00	JWOC Party

Event Centre (open from Thursday, 7 July 2016)

Scuola cumünala da Scuol
N 46.796715, E 10.302872

The event centre in the school of Scuol is reachable by private car or by public transport.

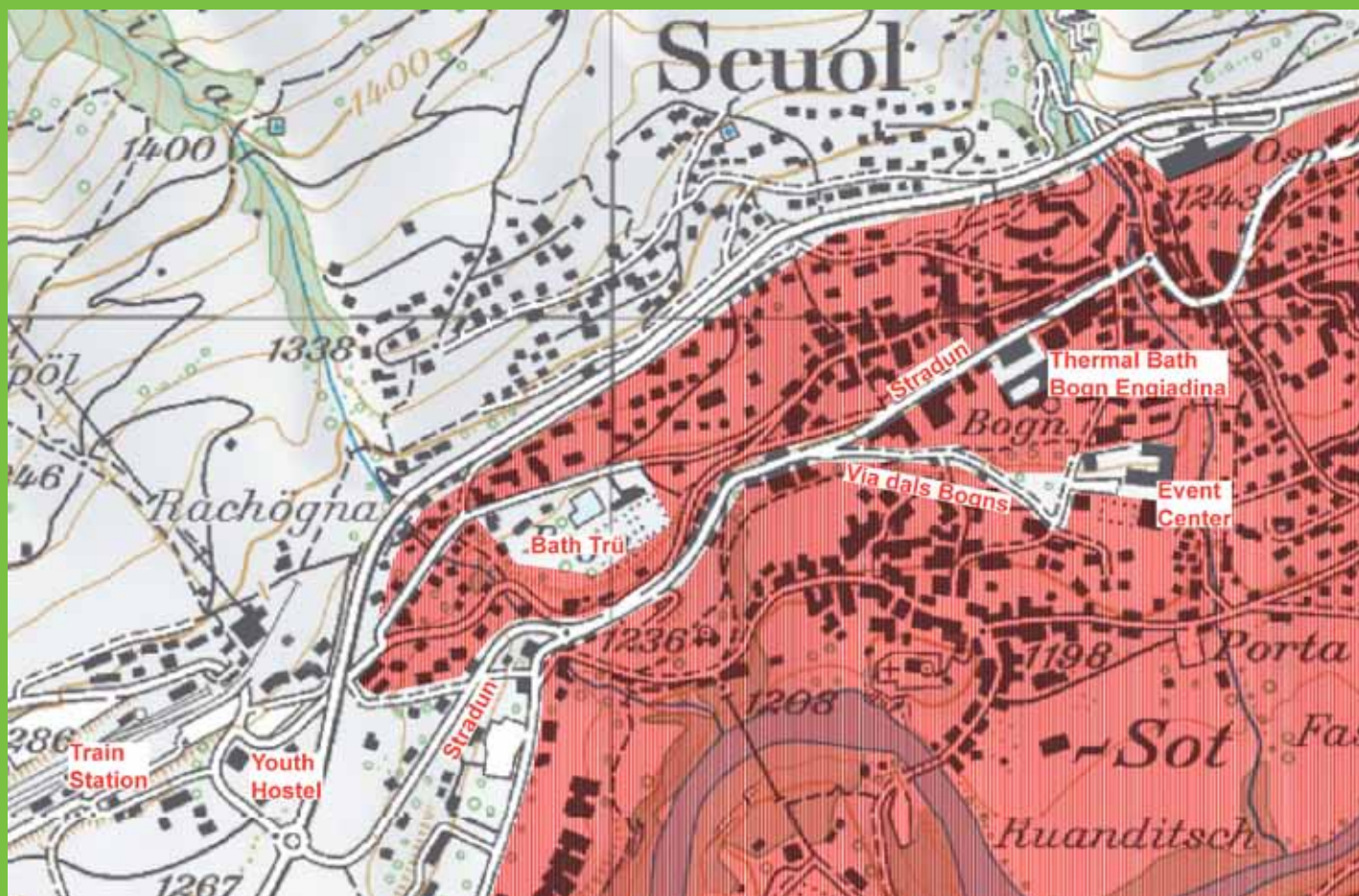
Private car: Access to Scuol from west. At the first roundabout at the entrance of

Scuol (N 46.793036, E 10.289629) turn east, down the main street «Stradun» (sign «Scuol-Centrum»). After 800m turn right down «Via dals Bogns». After the thermal park, turn left and after about 50m right again. You will find parking spaces next to the school.

Public transport: Take a public transport bus «Postauto» from the Railway Station

through Scuol and exit at the bus stop Scuol «Belvédère». Go down «Via dals Bogns». Cross the park on the lower footpath. The school and Event Centre are in front of you.

Please note that the «Via dals Bogns» is the only access road to the event centre. Respect the embargoed area!





Competition Rules

The Competition Rules for IOF Foot Orienteering Events (version from 1st January 2016) shall be applied for participation in the Junior World Orienteering Championships 2016. Please refer to the Competitions Rules on the IOF website www.orienteering.org

Classes and Participation Restriction

Classes: W 20, M 20
All competitors must be born in or after 1996 and must be full passport-holding citizens of the country they are representing.

Anti-Doping Code

Doping is forbidden: «Think positive – test negative». All competitors shall follow the IOF Anti-Doping Code.

Punching and Time-keeping System

The SportIdent punching system will be used in all JWOC 2016 competitions (traditional punching, no SI-Air+). All competitors will receive SI-cards from the organisers. This service for the participants of JWOC 2016 is supported by VELPOZ Schweiz.

Health Services (first aid)

First-aid services will be provided at the assembly areas of the competitions. Each federation is responsible for its own insurance (as per Rule #6.4).

Live Production

We will offer a big screen in the competition arenas of all finals with live-cameras, GPS-tracking and live-results. Speaker legend Per Forsberg will provide great action with his live reporting in the arenas. Live-streaming will be available on our website during the competitions. The speaker service is supported by VELPOZ Schweiz.

Clothing

There are no special regulations applying to runners concerning the type of clothing they must wear. However, the organisers recommend the use of long trousers for the Long and Middle as well as the Relay races. It is forbidden to use shoes with spikes in all competitions and trainings. Dobb-spikes are allowed in the Long, Middle and Relay races, but not in the Sprint race.

Weather/Climate

In summer, the weather in the Swiss mountains can vary quite a lot and fast. Scuol is one of the sunniest regions in Switzerland; temperatures in July vary from +10°C to +28°C. At the altitude of Pass dal Fuorn, temperatures in July vary from +4°C to +20°C. Weather changes occur fast in the mountains, so always be prepared for a short shower or very fast dropping temperatures and snowfall may be possible.

Finish Areas

The finish areas are situated on the following coordinates:

SPRINT	N 46.796800, E 10.302400
LONG	N 46.639900, E 10.299400
MIDDLE QUALIFICATION	N 46.792000, E 10.238300
MIDDLE FINAL	N 46.759100, E 10.091000
RELAY	N 46.779400, E 10.278600



Venue and Access

The competition centre for the Junior World Orienteering Championships is located in Scuol, which is a well-known wellness resort for 130 years. Over 20 mineral springs form the basis for the spa culture. The undisturbed nature and the active Romansh culture are characteristics of Scuol and the national park region. See under www.scuol.ch.

The Swiss National Park with its colourful alpine flora and unique fauna lies right next to Scuol and the JWOC forests. On the way to the JWOC long event you will cross part of this pristine, alpine landscape. See under www.nationalpark.ch.

How to reach Scuol



By air

Scuol is 180km from the Zurich airport and 120km from the Innsbruck airport. These airports are served by numerous airlines to worldwide destinations. Zurich airport is directly linked to the national railway (train) network. Scuol is thus situated 3 hours from the Zurich airport (1 connection per hour).



By train

Scuol has its own railway station with hourly connections to Landquart/Zurich or St.Moritz. The railway runs through fantastic mountain scenery.



By car

Scuol is easily accessible by car from Switzerland, Austria and Italy. Be aware that there are some sharp curves on the way to Scuol, so take your time to enjoy the scenery and the views.

Embargoed Areas

A map overview and all the detailed maps can be found on our webpage: <http://www.jwoc2016.ch/map>.

With reference to the IOF Competition Rules, the areas indicated on the maps are embargoed for the Middle and Long, the Relay and back-up area.

Potential team members, officials and others, whose knowledge of the terrain could influence results of the JWOC competition, are prohibited from entering these areas.

Exceptions: It is allowed to pass through the area for the long event on the main road 28 (Zernez-Müstair) and through the back-up area S-chanf on the main road 27 (Zernez-Zuoz) and by train (Zernez-Zuoz).

All other roads are embargoed.

For the sprint event in the village of Scuol, the village is embargoed south of the main road 28. It is allowed to walk or drive the road «Stradun» through town and enter shops and the thermal bath along this road. This road may also be used to reach the sprint training area in Sent by public transport or by car.

It is also allowed to visit the outdoor bath Trü. Access only from the west through «Via da Ftan» and «Via da Trü».

To reach the event centre in Scuol, it is permissible to use the «Via dals Bogns» and the part of «Bagnera» street from the intersection with «Via dals Bogns» until the school yard. For details see the map on page 4.

Special rules will apply on the day of the competition.

The embargo for the town of Scuol will be lifted after the Sprint competition.

Existing maps:

- Pass dal Fuorn, 1:10'000, year 2002
- Ftan, 1:10'000, year 2002
- S-chanf, 1:10'000, year 2012
- Casa da Scoula Scuol, 1:1'500, year 2002

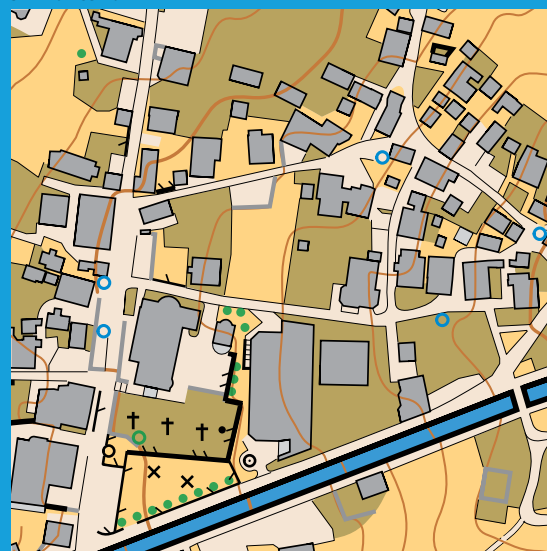
The existing maps can be downloaded on our webpage <http://www.jwoc2016.ch/map>.

These maps as well as the training maps are the sample maps for all terrains.

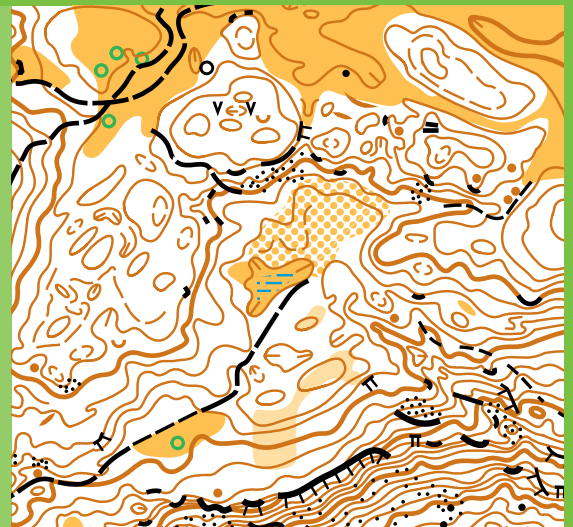
Terrain Description

SPRINT	1150-1300 METERS ABOVE SEA LEVEL
Terrain form	North-south hillside, some steep slopes.
Vegetation	Urban area with some grassy public parks. Modern part of the town with shopping streets and a thermal bath area; old part of the town with traditional Engadin houses and narrow streets.
Runnability	Very good.
Visibility	Very good.
Paths and roads	Mostly residential area with many paths and roads.
Special features	Shoes with metal spikes and studs are not allowed. Running shoes recommended.

similar terrain

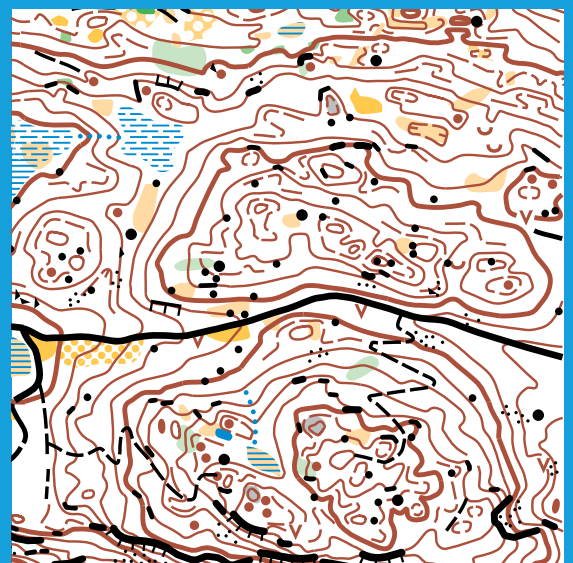


LONG	1900-2300 METERS ABOVE SEA LEVEL
Terrain form	Hilly area with some very steep slopes. Some areas with very detailed contours.
Vegetation	Pine forest with semi-open areas varied with open areas. In the forest, the ground is quite rough with grass and rocks in some parts.
Runnability	Very good in the open areas, good to reduced runnability in the forest parts.
Visibility	Very good in the open areas, mostly good in the forest parts.
Paths and roads	Few bigger roads, some hiking trails.
Special features	Some areas will be out of bounds due to dangerous cliffs!



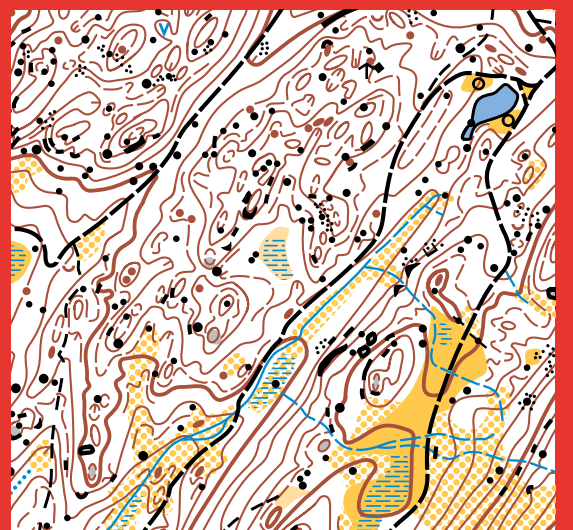
MIDDLE	QUALIFICATION: 1700-2000 M ASL FINAL: 1350-1650 M ASL
Terrain form	Broken hillside. Some areas with detailed contours and rocky features.
Vegetation	Pine and spruce forest with minor open areas and a few marshes. The ground is often covered with grass.
Runnability	From good to very good, in some smaller parts runnability is reduced because of vegetation and rocky ground.
Visibility	From good to very good.
Paths and roads	Few forest roads cross the terrain.
Special features	None

similar terrain



RELAY	1440-1800 METERS ABOVE SEA LEVEL
Terrain form	Moderate to steep hillside and some rocky features.
Vegetation	Pine and spruce forest, some semi-open and open areas. The ground is often covered with grass. Only very few parts with thicker vegetation.
Runnability	Generally good.
Visibility	Generally good.
Paths and roads	A few forest roads and some hiking trails.
Special features	None

similar terrain





Competition Courses

COMPETITION	SCALE	CONTOUR	CLASS	WINNING TIME	LENGTH	CLIMB	CONTROLS	REFRESHMENTS
Sprint	1:4000	2m	Women	14 min	3.3 km*	85m	16	
			Men	13 min	3.7 km*	100m	18	
Long	1:15000	5m	Women	55 min	6.3 km	310m	16	3
			Men	70 min	8.7 km	450m	21	3
Middle Qualification	1:10000	5m	Women	25 min	3.1-3.2 km	125m	15	
			Men	25 min	3.6-3.7 km	140m	16-17	
Midde Final	1:10000	5m	Women A	25 min	3.3 km	190m	17	
			Women B	25 min	3.1 km	180m	15	
			Women C	25 min	2.8 km	150m	15	
			Men A	25 min	3.8 km	260m	17	
			Men B	25 min	3.4 km	215m	16	
			Men C	25 min	3.2 km	175m	16	
Relay	1:10000	5m	Women	3x35 min	4.3 km	230m	14-15	1
			Men	3x35 min	5.3 km	300m	17-18	1

* The sprint course lengths are the shortest feasible route as specified in IOF Foot Orienteering Competition Rules.

Training

Training opportunities in the weeks before JWOC 2016 are posted on our website <http://www.jwoc2016.ch/trainings>. All training maps are on our homepage in low-resolution and serve as sample maps for the JWOC-terrains. The maps can be bought at the Tourist Office in Scuol (Tourismus Engadin Scuol Samnaun Val Müstair AG, Stradun, CH-7550 Scuol, +41 (0)81 861 88 00).

All trainings must be coordinated with Matthias Niggli, the responsible contact person of the organiser at +41 79 222 13 87; matthias.niggli@jwoc2016.ch.

Two regional competitions will be organised on the weekend of 4/5 June in Chur, the Capital city of the Grisons region: More information at <http://www.olg-chur.ch>.

Accommodation and Board

All accommodation and board had to be booked and paid no later than 31 March 2016. Details see in Bulletin 2.

All accommodations with full board offer buffet-style breakfast (starting 3 1/2 hours before the first start), a sack lunch and a hot dinner (18:00-19:30 each day).

Transport during JWOC

The accreditation fee includes a transport ticket for all trains and buses in the JWOC-region from 8-15 July 2016. This ticket is needed to get to all the competition sites, model events, ceremonies, etc.

Travel to the races

No individual travel to the events will be allowed and no parking spaces provided. The only exception is travelling to the long, middle qualification and middle final race where one car per team will get a parking permission at accreditation. This car may only be driven by team members going directly to the arena. No runners competing in the races may ride in this car. Stopping

within the embargoed area is forbidden except at the designated parking area next to the arena. After the end of the competition on the way back all restrictions are lifted.

Using public transport to all competitions is compulsory.

A detailed time table will be available in Bulletin 4.

Other travel

Regular public transport is provided daily between Ftan and Scuol.

Individual transportation is allowed, but the bus service is recommended, which is free of charge with the ticket received at accreditation. You may evaluate the need of your own buses or cars during the week. Scuol is easily accessible by train from the Swiss airports Zurich and Basel. Once in Scuol, the free public transport is convenient and a perfect way to travel in the Lower Engadine.

Entries

Preliminary entries giving the number of competitors of each gender, the number of relay teams, the number of team officials and the name and contact information of the team manager shall be made through Eventor at <http://eventor.orienteering.org/Events/Show/5101>.

Entry deadline is 30 April 2016.

Only persons registered as «Entry administrator» for the federations in the IOF Eventor system are allowed to do the registration. Contact IOF at eventor@orienteering.org if you have any problems or questions.

Deadline for the **final entries** with the names of competitors and officials must be made on **IOF Eventor** no later than **29 June 2016**.

Changes to the team may be done until 12:00 on Friday, 8 July 2016 (the day before the event).

The final entry includes the following information:

- Names of competitors in each class (maximum 6 women and 6 men)
- Number of relay teams in each class (maximum 2 female and 2 male teams)
- Names of team officials (maximum 4)
- Team leader's name and contact details
- Portrait photo of all team members
- Dates of arrival and departure
- Means of transport used
- Accommodation and food requirements

Payments

Payment

Please note that the payer is responsible for all bank fees and charges. Entries will not be deemed valid until full payment is received by the organiser. No accreditation will be done without full payment.

Payment details

Name of Account:

JWOC/SOW 2016 Engadin

Owner's address: Luegisland 18, 6410 Goldau, Switzerland

Bank: Postfinance AG

Bank address: Mingerstrasse 20, 3030 Bern, Switzerland

IBAN: CH42 0900 0000 8913 7662 2

BIC (SWIFT-Code): POFICHBEXXX

Detail of payment: [Country] – JWOC [entry fee/accommodation]

Please specify the amounts.

Visas

Instructions for visa applications are available online with the State Secretary for Migration from Switzerland at <https://www.bfm.admin.ch/bfm/en/home/themen/einreise.html>.

Most European and American citizens can travel to Switzerland without a visa.

Please visit the website and check whether or not you will need a visa well in advance of the competition. If an official invitation letter from the JWOC organisers is needed, please make an official request to the following e-mail address: simone.niggli@jwoc2016.ch.

Accreditation

All registered participants must check in for accreditation at the JWOC Event Office on Friday, 8 July 2016 or Saturday morning, 9 July 2016.

Each registered team member must present her/his personal passport before she/he can be accredited. A personal JWOC ID card with photo will be handed out at accreditation. All accredited persons must wear it at all relevant times and present it for access to all means of transport and authorized zones.

The online entry form asks that all persons to be accredited provide a personal portrait photo for use on the ID card.

Team Officials' Meetings

For each competition, a team officials' meeting will be held the evening before providing all important information about the competitions.

There will only be one meeting for both the Middle Qualification and Final.

All team officials' meetings will be held in the event centre in Scuol.

If you have questions for the meetings, please send them to matthias.niggli@jwoc2016.ch until 16:00 on the respective day and we will answer them during the meeting.

Bulletin 4

Will be published on 7 July 2016 and given to all athletes and team officials at accreditation.

Media





































We welcome all media representatives to JWOC 2016. Information can be received by writing to: lukas.jenzer@jwoc2016.ch. The press centre will be located at the Event Centre and will be open throughout the whole event, where a copy machine and internet will be available. In all arenas, work stations and internet connections as well as photo shooting areas in the terrain and the finish are provided.

We are glad to arrange accommodation for journalists in Scuol.

The entry form for media representatives will be available on www.jwoc2016.ch in advance. Accreditations have to be done by 31 May 2016.

Media contact: Lukas Jenzer, telephone: +41 79 243 10 94, e-mail: lukas.jenzer@jwoc2016.ch

Preliminary Entries

	FEDERATION	W20	M20	W RELAY	M RELAY	OFFICIALS
	Australia	6	6	2	2	4
	Austria	4	6	1	2	3
	Belgium		6		2	2
	Bulgaria	1	3		1	1
	Canada	4	6	1	2	3
	Croatia	1	2			1
	Czech Republic	6	6	2	2	4
	Denmark	6	6	2	2	4
	Estonia	3	3	1	1	1
	Finland	6	6	2	2	3
	France	6	6	2	2	3
	Germany	6	6	2	2	3
	Great Britain	6	6	2	2	4
	Hong Kong	6	3	2	1	2
	Ireland	4	4	1	1	2
	Italy	3	4	1	1	2
	Japan	6	6	2	2	2
	Latvia	3	3	1	1	1
	Lithuania	4	4	1	1	1
	Moldova, Republic of		2			1
	Netherlands	1	2			
	New Zealand	6	6	1	1	3
	Norway	6	6	2	2	3
	Poland	3	3	1	1	2
	Portugal	2	5		1	1
	Russian Federation	6	6	2	2	2
	Serbia		2			1
	Slovakia	3	6	1	2	2
	Slovenia	1	3		1	1
	South Africa	2	4	1	1	2
	Spain	4	4	1	1	1
	Sweden	6	6	2	2	4
	Switzerland	6	6	2	2	5
	Turkey	6	6	2	2	3
	Ukraine	3	1	1		2
	United States	6	6	2	2	2
	Sum	142	166	43	49	81

Public Events

We will be offering several possibilities for spectators to enjoy the beautiful areas in the Engadin. You will have the chance to run in the footsteps of the JWOC champions after the JWOC-races in the same areas using the same controls:

Public Events

Sunday, 10 July	National sprint competition
Monday, 11 July	Open training near the long terrain
Tuesday, 12 July	Schellen-Ursli OL, 3 sprints in historic villages
Wednesday, 13 July	Regional middle competition in Ftan
Thursday, 14 July	Regional middle competition in Susch-Lavin
Friday, 15 July	Open training on the relay courses

You will find all information on our website www.jwoc2016.ch.

After JWOC there is an outstanding chance to prolong your vacation: The Swiss Orienteering Week (16th-23rd July) is an international multi-day-orienteering event that combines holidays with sport and a pinch of adventure. The SOW centre is in St. Moritz in the Upper Engadin, about 60km away from Scuol. See www.swiss-o-week.ch.



Presenting Partner



Main Sponsor



Sponsors



Partner



Scuol Samnaun Val Müstair



Cumün da Scuol



Cumün da Zerneš



Cumün da Val Müstair



Mein Gesundheits- vorsprung: Komplementär

Ich orientiere mich laufend am Ziel.
Die EGK orientiert sich
laufend an der Gesundheit.
Gemeinsam erarbeiten wir uns den
entscheidenden Vorsprung.
Für den besten Gesundheitsweg.
Auch für Sie.

EGK Charity:
Run for HIF!
13. Juli 2016



www.egk.ch/jwoc

Presenting Partner der JWOC 2016

EGK-Gesundheitskasse | Brislachstrasse 2 | 4242 Laufen
T 061 765 51 11 | F 061 765 51 12 | info@egk.ch | www.egk.ch

