



IOF World Cup Final 2016

Aarau / Switzerland
14 - 16 October 2016
Bulletin 1 + 2

sw!ss
orienteering



Mainsponsor:

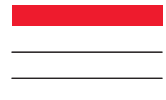


**Aargauische
Kantonalbank**

B|B Biotech

Hostcity:

STADT AARAU



Welcome to Switzerland!

Dear athletes, ladies and gentlemen

In Aarau we will organize an interesting Sprint Relay, a new format with the paired start in the Long distance and a thrilling World Cup Final over the sprint distance in the city center of Aarau with a lot of spectators. Two of our course setters names you might know quite well; be prepared for nice courses and a great atmosphere in the finish arenas!

You are warmly welcome to Switzerland and to Aarau!

Brigitte Grüniger Huber
Event Director World Cup Final

1. Organisation

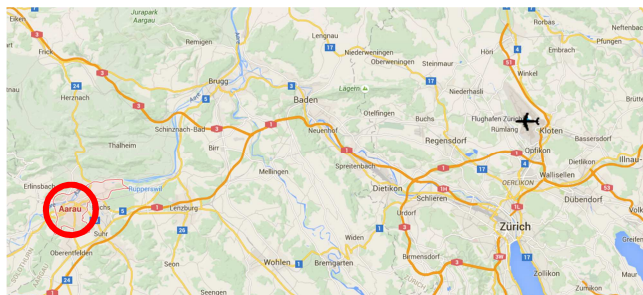
Organizing Committee

Brigitte Grüniger Huber	Event Director
Corsin Caluori	VIP
Severin Furter	Media
Mirjam Gründler	Administration
Doris Grüniger	Graphic, design, ceremonies
Markus Hitz	Finish, Arena, Infrastructure
Daniel Leibundgut	Results, IT Services
Christine Lüscher	O-Technic
Martin Oppliger	Start
Lukas Schubnell	TV production
Alex Wenger	TV production
Eva Martin	National events

Event Advisors

Vincent Frey	IOF Senior Event Advisor, FRA
Ulrich Aeschlimann	National Event Advisor (Long, Sprint), SUI
Jost Hammer	National Event Advisor Assistant (Sprint Relay), SUI

2. Event Centre



Map 1: Overview Zurich International Airport and Aarau

The Event Centre is situated in Aarau. By train or by car it is a 45 min trip to Aarau from Zurich Airport.

Once in Aarau, you don't need a car. All distances to trainings, competitions and accommodations are easy to reach with train / bus or are in walking distances.

3. Programme

Wednesday, October 12, 2016

Free training	
Event Centre opens	on request

Thursday, October 13, 2016

Free training	
Event Centre opens	10.00-18.00
Kids meets World Champions	16.00-17.00
Team leader's meeting	18.00-18.30

Friday, October 14, 2016

Free training	
Event Centre opens	09.00-13.00
IOF Sprint Relay World Cup Final	16.00-18.00
- Start relay	16.00
- Price giving ceremony World Cup Final	17.15
- Press conference	17.30-18.00
Public race	17.30-19.00
Event Centre opens	18.30-19.00
Team Leader's meeting	19.00-19.30

Saturday, October 15, 2016

National public race	10.00-15.00
IOF World Cup Event 9 (Long distance)	12.00-16.30
- First Start approx.	13:00
- Last Start women	14:30
- Last Start men	15:00
- Price giving ceremony	16:45
- Press conference	17.00-17.15
Event Centre opens	18.30-19.00
Team Leader's meeting	19.00
Banquet	19:30

Sunday, October 16, 2016

National public race	09.30-12.00
IOF World Cup Final Event 10 (Sprint)	12.30-17.00
- First Start B-Final approx.	12:30
- First Start A-Final men	13:15
- Last Start women	14:25
- Price giving ceremony	15:30
- Press conference	16.00-16.30



4. Competitions

IOF Sprint Relay World Cup - Final (October 14)

Format	Sprint relay, teams of four (women – men – men – women), mass start, winning times 4x 15 min, according to IOF rules.
Map	Aarau Telli: Orienteering map (ISSOM 2007), 9/2016, scale 1:4'000, 2 m contours, by Beat Imhof.
Terrain	The terrain is a mix of three terrain types. In the north-western part is a flat urban forest with high runnability towards the Aare river. The eastern and mid part of the map consists of a neighbourhood with 1 to 2 storey family homes mixing into a zone of larger housing estates connected by small streets with little traffic. To the west there is a large scale housing estate placed in a park with good runnability and visibility. To the south is a shopping centre.
Forms	Mostly flat area.
Traffic	Local residents in some of the streets.
Start / Finish	Close to the shopping centre "Telli" in Aarau.

IOF World Cup Event 9 - Long distance (October 15)

Format	Long distance, paired start with forking, 3 min start interval.
Map	Roggenhausen; Orienteering map (ISOM 2000), 9/2016, scale 1:15'000, 5 m contours, by Urs Steiner.
Terrain	Typical Swiss midland forest with an extensive gravel road network. Mix of fast runnable parts and parts with more detailed terrain. The forest has a large perimeter.
Finish	at the outskirts of the town of Aarau, the last part of the race will go through urban area.
Comparable terrain:	typical Swiss Midland forest, e.g. Langenthal Ost.
Forms	Hills with moderate to steeper slopes.
Vegetation	Mixed forest, mainly deciduous, but also coniferous. In some parts with heavy undergrowth.
Runability	Mixed, from very good to reduced due to dense undergrowth.
Visibility	Mostly good to very good, parts with reduced visibility.
Roads	The road from Schönenwerd to Unterentfelden will be closed for traffic, the main road from Gretzenbach to Kölliken will have monitored mandatory crossing.
Pre start	Model map in prestart area.
Start	Max. 10 km from Event Centre.
Finish	In Aarau.



IOF World Cup event 10 – World Cup Final - Sprint distance (October 16) with A- and B-Final

Format	City sprint, individual start, winning times 13' men and women. A- and B-Final.
Map	Aarau City; Orienteering map (ISSOM 2007), 9/2016, scale 1:4'000, 2 m contours, by Beat Imhof.
Terrain	Old town with historic buildings and narrow, curved streets, small passages and crossings on different levels in the town picture mixed with newer buildings and more straight streets (see old map).
Traffic	Central Pedestrian area with no traffic, in other parts traffic is reduced to local residents and busses passing through on the competition day, as well some cyclists and of course many spectators.
Prestart	Model map in prestart area.
Start/Finish	In the city center of Aarau.

5. Courses (preliminary)

IOF Sprint Relay World Cup Final (October 14)

4 legs	3,7 – 4.4 km, 20 m ↗, winning time per leg 15'
Course setter:	Kurt Schmid
Controller:	Jürg Hubmann

IOF World Cup event 9 - Long distance (October 15)

Men	15.8 km, 420 m ↗, 2 ↘, winning time 85'
Women	12.2 km, 330 m ↗, 1 ↘, winning time 75'
Course setter:	Matthias Merz
Controller:	Lukas Zwicky

IOF World Cup event 10 / World Cup Final – Sprint distance (October 16)

Men	4.0 km, 70 m ↗, winning time 12-15'
Women	3.6 km, 65 m ↗, winning time 12-15'
Course setter:	Matthias Leonhardt
Controller:	Regula Müller

6. Training

Middle/Long distance: Roggenhausen, orienteering map 2016, 1:15'000, 5 m contours, max. 10 km from Event Centre.

Sprint distances: Baden, orienteering map 2013 / revised 2016, 1:4'000, 2.5 m contours, 30 km from Event Centre. No controls.

Maps will be given to all entered runners and coaches at the Event Centre.

7. Embargoed Areas

The competition areas “Telli” (Sprint Relay), “Roggenhausen” (Long distance) and “Aarau City” (City sprint) are embargoed areas.

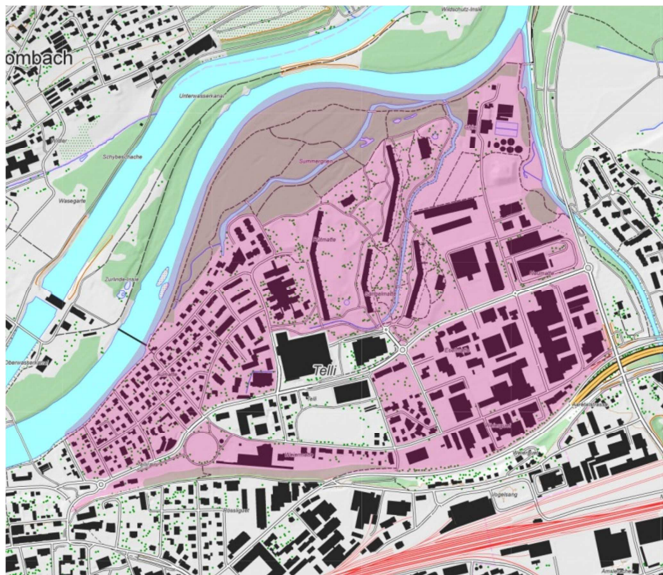
For competitors, team officials and others who, through the knowledge of the terrain or the competitions, may influence the results of the competitions, it is prohibited to enter the embargoed areas.

Special rules for the embargoed area “Aarau City” (map 4):

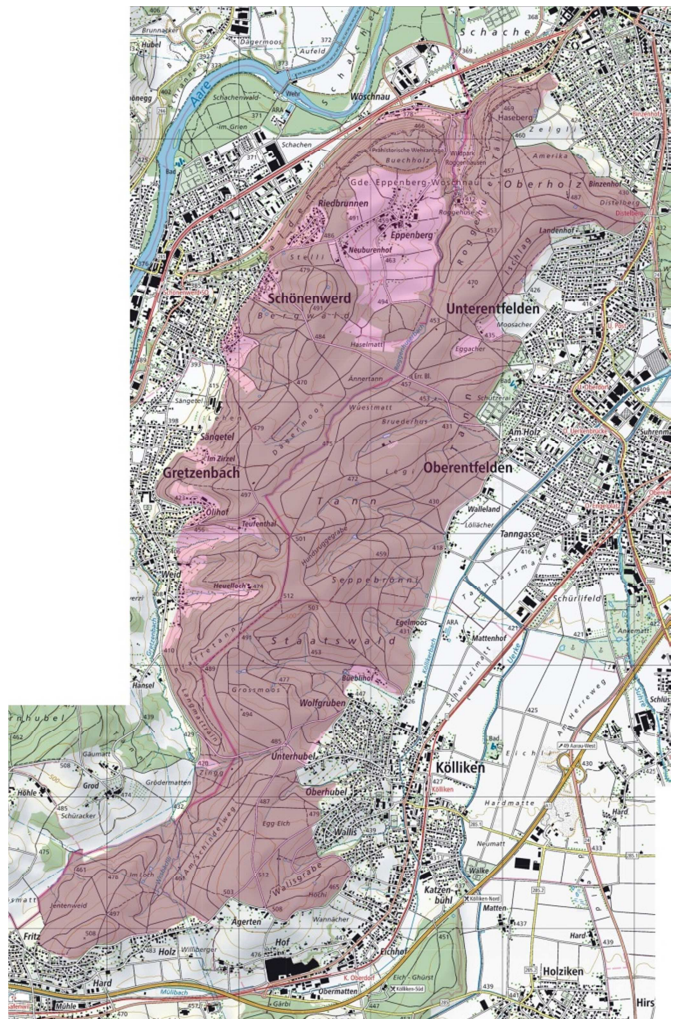
- It is allowed to stay as a resident or student, for business purposes or as a tourist, e.g. for sight-seeing, visiting a restaurant, shopping, participating in an indoor sport event.
 - It is prohibited to stay there with a map, to run, to jog, to orienteer through the embargoed area or to test route choices.
 - It is prohibited to take part in a running event through the embargoed area.
- (These special rules are not valid for the embargoed area “Telli”.)

These embargoed areas are valid until the day prior to the competition. Special rules by the organizer will be valid at the day of competition (see Bulletin 4).

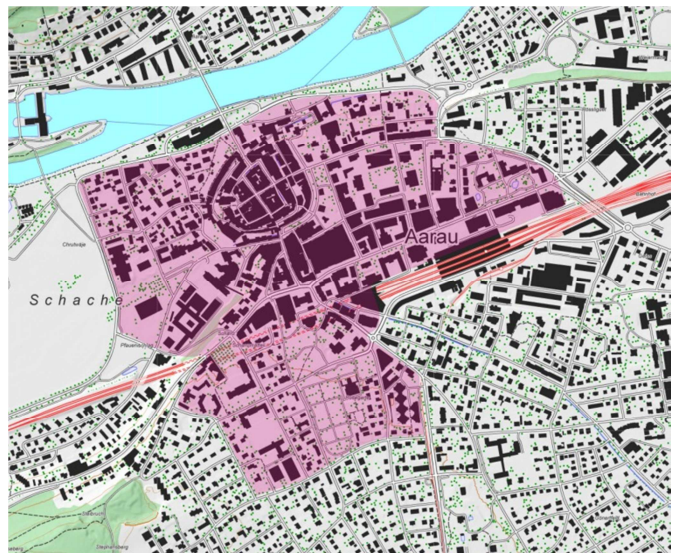
The embargoed areas can also be found as pdf on www.o-worldcup.ch.



Map 2: Embargoed Area “Telli” in Aarau: Sprint Relay



Map 3: Embargoed Area “Roggenhausen” in Aarau: Long distance



Map 4: Embargoed Area “Aarau City”: Sprint

8. Competition Rules

The Competition Rules for IOF Foot Orienteering Events 2016, valid from 1 January 2016 apply.

Participation restrictions, classes and qualification system will follow the Special Rules for the 2016 World Cup in Orienteering and the Special Rules for the 2016 Sprint Relay World Cup in Orienteering. www.orienteering.org

9. Punching System

The punching system used is SPORTident.
Athletes may use their own SI-Cards.

In Sprint relay the punching system used is SPORTident Air+. SIAC-Cards will be provided by the organizer.

10. Entry

Entries and service orders are made in IOF Eventor. Entries will be available from March 2016:

<http://eventor.orienteering.org/Events/Show/4866>

Entries are done by the National team manager.

Initial entry date:

The following information shall be filled in the system:

- Number of competitors per race (men and women)
- Number of team officials (men and women)
- Number of teams or single runners for the Sprint-Relay
- Number of beds in accommodation and duration of stay
- Number of banquet tickets
- Team manager: Name, address, phone, e-mail

Initial Entry Deadline: August 31st, 2016

Nominal entry date:

The nominal entry has then to be done no later than October 3rd, 2016 in the online entry system Eventor with the following information:

- All competitors and team officials: family name, first name, nation, sex, year of birth, IOF ranking ID, SI-Card no.
- team officials: family name, first name, nation, sex, phone number.

Note, that nominal entries can only be accepted if an initial entry was done by the national federation by 31st of August!

Please use the online entry system Eventor (link on our website, available from March 2016).

Nominal Entry Deadline: October 3rd, 2016

Entry fees

Competitors CHF 120.— (all 3 races)
(or CHF 40.— per race)

Team officials CHF 50.—

This includes:

- Training maps, new competition maps
- For competitors: Participation in IOF World Cup event 9 (Long distance), IOF World Cup event 10 (Sprint distance) and in IOF Sprint Relay World Cup Final (with national team or in mixed team).

Banquet CHF 35.—
(pasta buffet with salad, dessert and mineral water)

Free of charge offer

We will offer a special invitation and a free of charge entry to the individual Orienteering World Champions 2016 and to the 3 highest ranked male and female athletes in the IOF World Cup 2016 (after WOC 2016). Athletes will be contacted after WOC 2016.

Payment

Entry fees and banquet tickets must be paid by October 7th, 2016.

Please note that all bank charges must be paid by the applicant.

Payment Deadline for entry fees and banquet tickets: October 7th, 2016

Please note, that we will add a late payment fee of CHF 40.- per person for late payment! (As agreed with IOF and SEA)

Bank	PostFinance, Nordring 8 CH-3003 Bern, Switzerland
Account Nr.	87-717328-8
IBAN	CH75 0900 0000 8771 7328 8
SWIFT Code	POFICHBEXXX
Clearing Nr.	09000
To the credit of	Swiss Cup, CH-8712 Stäfa

11. Accommodation

We have pre-booked several different accommodations close to Aarau. Please let us know by email (info@o-worldcup.ch) as soon as possible if you wish to stay in one of those accommodations and tell us your room preferences.

HOTEL Aarau-WEST

(6km from Aarau City, 10min by train)
Muhenstrasse 58
5036 Aarau-Oberentfelden
<http://www.hotelaarauwest.ch>
70x 2-beds-rooms CHF 81.-/person incl. breakfast

HOTEL zum Kreuz

(4km from Aarau City, 8min by train)
Obere Dorfstrasse 1
CH-5034 Suhr
<http://www.kreuz-suhr.ch/hotel>
2x 2-beds-rooms CHF 81.-/person incl. breakfast
2x 3-beds-rooms CHF 61.-/person incl. breakfast
2x 5-beds-rooms CHF 45.-/person incl. breakfast

Jugendherberge Brugg

(20km from Aarau, 17min by train)
Schlössli Altenburg
Im Hof 11
5200 Brugg (AG)
<http://www.youthhostel.ch/de/hostels/brugg>
1x Double room CHF 42.-/person incl. breakfast
2x 4-beds- room CHF 35.-/person incl. breakfast
2x 10-beds- room CHF 31.50/person incl. breakfast

Self-catering Cottage Beguttenalp

(8km from Aarau City, 15min with car or 20min with bus and 15min walk)
Ferienhaus Beguttenalp
5018 Erlinsbach AG
www.aarau.ch → search for "Beguttenalp"
2x dormitories with 22 beds CHF 25.- (27.- if only 1-2 nights)
4x 2-4beds-rooms CHF 30.-
Self-catering

Cleaning of the house and kitchen has to be done by the team
Only permission to drive there for 3 busses.

Thank you for telling us where you wanna stay not later than 31st of August.

If you prefer another accommodation, you can also contact the Event Secretariat or ask directly in Aarau:

Aarau info
Tel. +41 62 834 10 34
mail@aarauinfo.ch
www.aarauinfo.ch

12. Prize Money

A total prize fund of CHF 12'000.- will be awarded from the event organiser to the best men and women in both individual competitions and to the best teams in Aarau:

IOF World Cup event 9 and 10:

1 st place: CHF 1000.—	4 th place: CHF 200.—
2 nd place: CHF 700.—	5 th place: CHF 150.—
3 rd place: CHF 350.—	6 th place: CHF 100.—

IOF Sprint Relay World Cup Final event 4 (Final):

1 st place (per team): CHF	1000.—
2 nd place (per team): CHF	600.—
3 rd place (per team): CHF	400.—

A total prize fund of EUR 4000.- will be awarded from the IOF to the best men and women in the World Cup overall ranking 2016:

IOF World Cup overall ranking 2016:

1 st place: EUR 1000.—
2 nd place: EUR 600.—
3 rd place: EUR 400.—

13. Clothing

According to the Swiss Orienteering Competition Rule (WO Art. 54(2)(c)) it is forbidden to run with spike shoes in Switzerland. However dobb spikes and normal orienteering shoes are allowed. Otherwise, there are no regulations on clothing, but it is recommended to cover arms and legs to avoid tick bites. Ticks might transmit Boreliosis and Meningo-Encephalitis.

14. Anti Doping

Doping is forbidden. "Think positive – test negative"!

IOF Anti-Doping Rules apply, valid as of January 1, 2016. The Swiss Orienteering Anti-Doping Rules are harmonised with the Anti-Doping Rules and procedures of the Swiss Olympic Association and apply as well.

Both, the IOF and/or the Swiss Olympic Association can order doping tests at any time during the stay of the participants of World Cup Final 2016 in Switzerland.

By their signature given at the event registration upon arrival (by the teamleader) and at quarantine check-in the athletes and coaches will accept that they are subject to sanctions in the event of any doping offence.

15. Weather&Climate

Average temperatures in Aarau in October are between 10° to 15° in daytime and between 5° and 10° in the night.

16. Visa Permits

The prerequisite for immigration into Switzerland is a valid passport. For travellers from certain countries a visa or further documents are required.

Please check with your embassy if you need visa permits.

http://www.bfm.admin.ch/bfm/en/home/themen/einreise/merkbatt_einreise.html

17. Insurance

The organisers decline any liability that might occur through participation in IOF World Cup Events 9 and 10, Sprint Relay and trainings. Each person participates at their own risk and is responsible for their own insurance coverage (illness and accident).

18. Media Services

We welcome all media representatives as our partners to broadcast the thrilling events of World Cup Final 2016 to a broad public.

For media accreditation please contact Severin Furter:
media@o-worldcup.ch or the Event Secretariat.



19. Information

World Cup Final 2016
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www.o-worldcup.ch

Bulletin 3 will be published by August 15, 2016.

Final details will be released in Bulletin 4 upon arrival at the Event Centre in Aarau and on the homepage on October 12th, 2016.

See you soon!

The Organising Committee and Swiss Orienteering are pleased to welcome all orienteering friends to another spectacular orienteering event in Switzerland!

© Pictures by Rémy Steinegger and Aarau info.