

IOF World Cup Final 2016

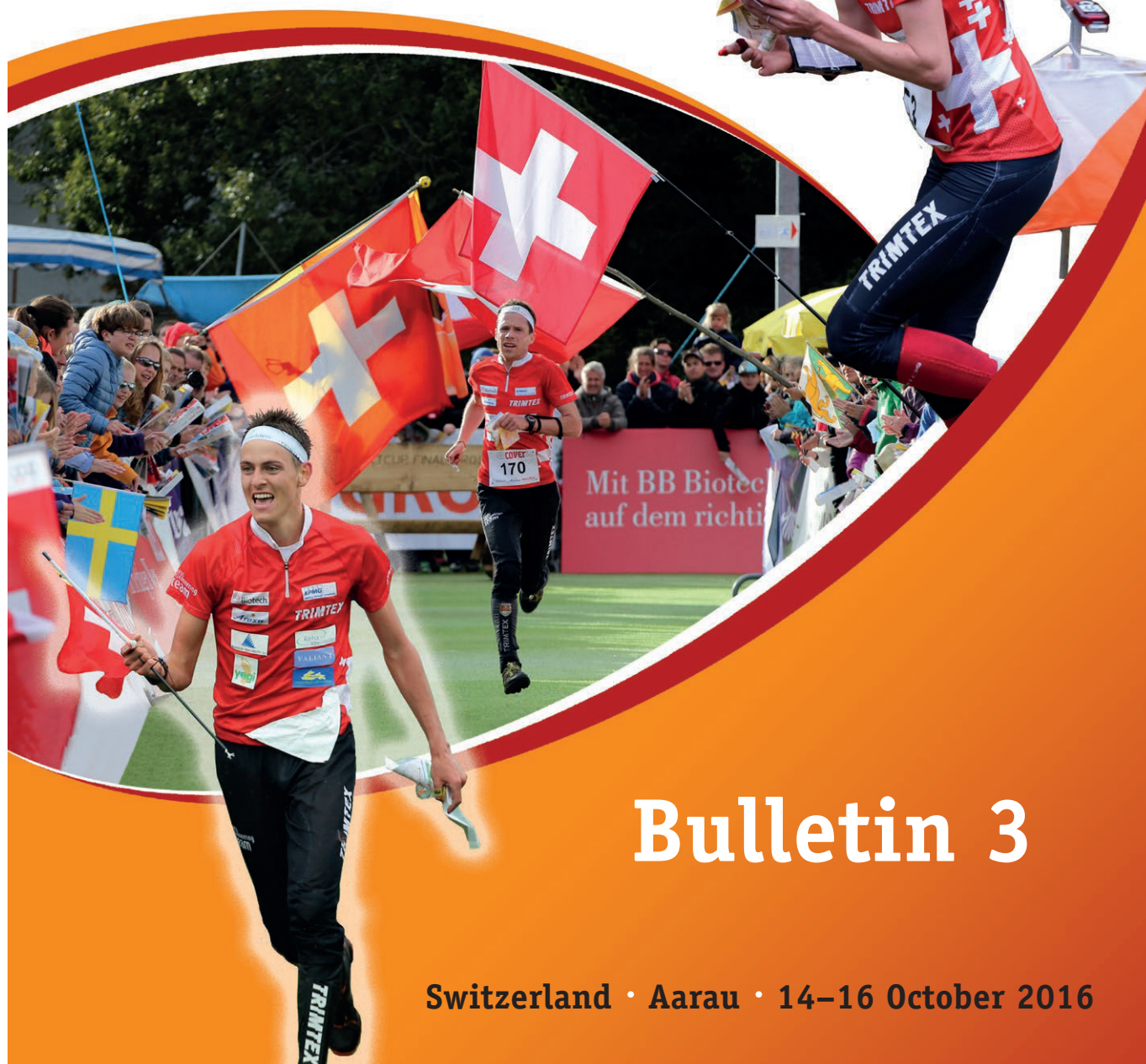


Orienteering

World Cup Final

Aarau/Switzerland

14-16 OCTOBER 2016



Bulletin 3

Switzerland • Aarau • 14-16 October 2016

Mainsponsors



Aargauische
Kantonalbank



Biotech



jura cement

Hostcity



on behalf of



Partners



Samuel Amsler AG
Schinznach



Media



Welcome to Switzerland!

Dear athletes, ladies and gentlemen

The organising committee is proud to organise the World Cup weekend for the 10th time in a row in Switzerland!

We are looking forward to welcome you to Aarau and will try to give everything to enable thrilling competitions. The Swiss spectators are well known for the unique atmosphere in the finish areas: We hope you will all be able to enjoy the moment when running towards the finish line!

You are warmly welcome to Switzerland and to Aarau!

Brigitte Grüniger Huber
Event Director World Cup Final

1. Organisation

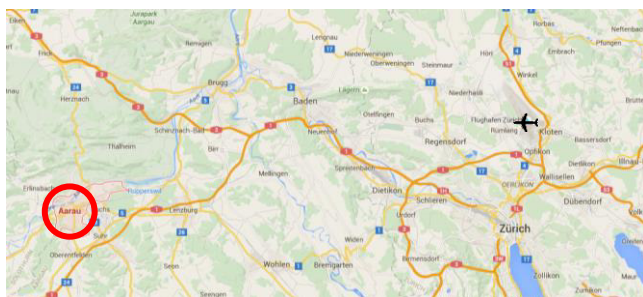
Organising Committee

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. It is a 45 min trip to Aarau from Zurich Airport by train or by car.

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

Event Centre:
aarau info, Metzgergasse 2, 5000 Aarau, Switzerland



Map 2: Overview of the center of Aarau with the Event Centre in the office of "aarau info".

Arriving by car:

From Zurich Airport take highway A1 (direction Bern) and follow it 40 km until exit 50 "Aarau Ost". Follow the signs "Aarau" to highway T5 (direction Aarau) and follow it 6 km to Aarau. In Aarau follow the signs to "Altstadt" and try to find a parking slot along the street "Laurenzenvorstadt" or in one of the parking houses "Kaserne" or "City Märt / Igelweid". It is not possible to drive closer to the Event Centre.

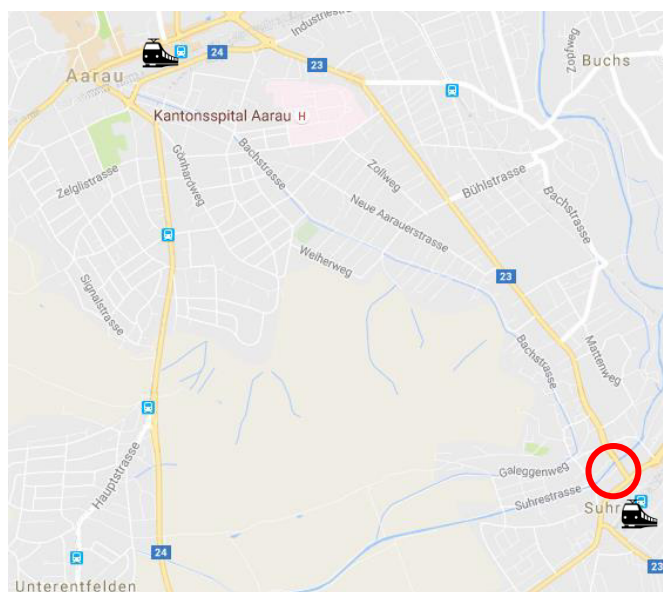
Arriving by train:

From Zurich Airport take a train to Zurich HB (mainstation) (every 10min, 10 min ride) and then take the train to Aarau (timetable: www.sbb.ch, every 30 min, 25 min ride). From Aarau train station it is only a 10 min walk to the Event Centre (700m).

At the Event Centre you will get your bags containing Bulletin 4, runners- / coaching-ID, training maps and presents from our sponsors.

The team leader meeting on Thursday (for Sprintrelay and Longdistance) will take place in the Event Centre.

The team leader meeting on Saturday (for Sprint) will take place at Hotel/Restaurant Bären, Bernstrasse-West 56 in Suhr (4 km from the Event Centre, 4 km from Hotel Aarau-West).



Map 3: Team leaders meeting and banquet Saturday in Hotel Bären, Suhr

3. Programme

Wednesday, October 12, 2016

World Champions Event on Jungfrauoch
Event Centre opens on request

Thursday, October 13, 2016

Free training
Event Centre opens 10.00-18.00
Deadline for changes in nominal entries for sprint relay 12:00
Team leader's meeting sprint relay + long 18:00-18:45

Friday, October 14, 2016

Free training
Event Centre opens 09.00-13.00
Deadline for changes in nominal entries for long distance 12:00
IOF Sprint Relay World Cup Final 15.45-18.00
- Teampresentation 15:45
- Start sprint relay 16.00
- Price giving ceremony World Cup Final 17.20
- Press conference 17.30-18.00
Public race "beat the stars" 17:30-19:00

Saturday, October 15, 2016

National public race 10.00-15.00
Deadline for changes in nominal entries for sprint 12:00
IOF World Cup Event 9 (Long distance) 12.00-16.30
- First start approx. 13:00
- Last start women 14:31
- Last start men 15:00
- Price giving ceremony 16:45
- Press conference 17.00-17.15
Team Leader's meeting in Hotel Bären, Suhr 19.00
Banquet in Hotel Bären, Suhr 19:30

Sunday, October 16, 2016

Teams in embargoed area must leave 09:00
National public race 09.30-12.00
IOF World Cup Final Event 10 (Sprint) 13:20-17:00
- First start B-Final 13:20
- Athletes presentation 14:05
- First start A-Final women 14:15
- Last start women 14:54
- First start A-Final men 15:21
- Last start men 16:00
- Price giving ceremony 16:30
- Press conference 17.00

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.
Mixed teams with runners from different nations are allowed to compete but are not eligible to earn any World Cup points. Each nation has to fill their own teams first before nominating a runner to a mixed team. Athletes entered for mixed teams will be allocated randomly by the organisers Thursday afternoon.

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 varying runnability towards the Aare river. The western part of the map consists of a mix of larger housing areas connected through small streets with little traffic. To the middle and to the east there is a large scale housing estate placed in a park with good runnability and visibility. To the south is a shopping centre.

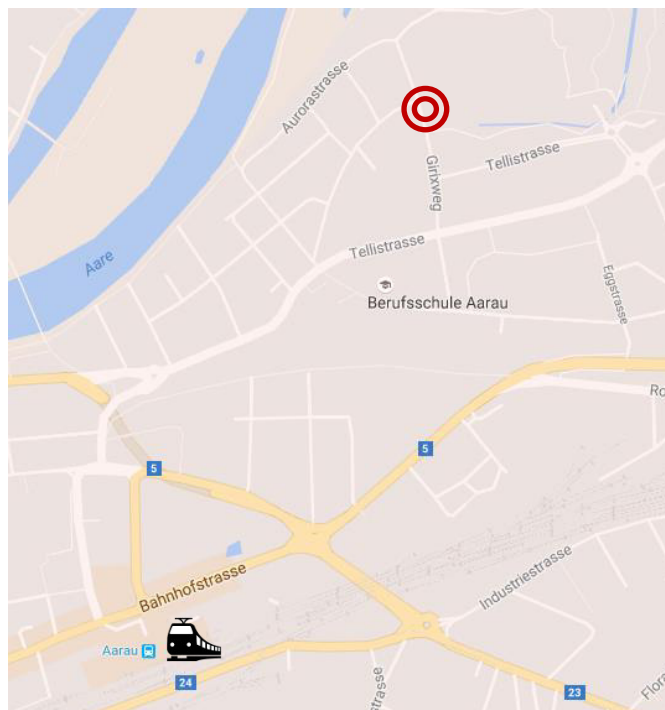
Forms Flat area.

Traffic Local residents in some of the streets, only pedestrians in the park area.

Quarantine There will be a quarantine for all runners. Warming up around quarantine and to pre start area.

Pre start Runners will be guided (in groups for each leg) from pre start to the start area. From there, you can see the teams coming towards the finish line. Runners may enter the start area as soon as the previous runner has punched the last control. No communication allowed between runners at the pre-start / start area and runners/coaches in the finish.

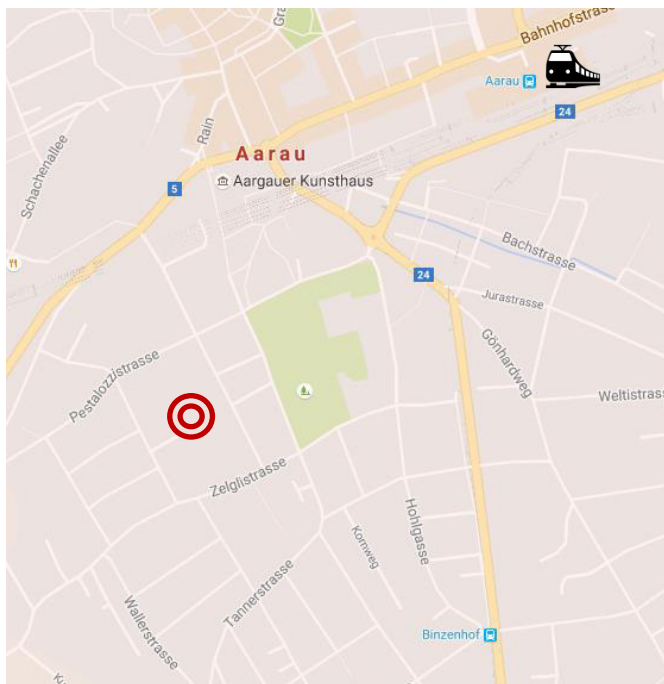
Start / Finish Close to the shopping centre "Telli" in Aarau (see map 4).



Map 4: Start/finish area World Cup Final sprintrelay, Girixweg, Telli, Aarau

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

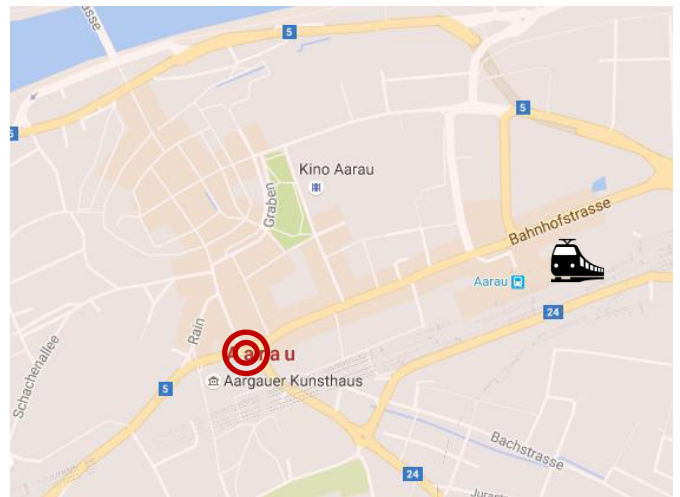
Format	Long distance, paired start with forking, 3 min start interval.
Map	Roggenhausen; Orienteering map (ISOM 2000), 9/2016, scale 1:15'000, 5 m contours, by Urs Steiner.
Terrain	Typical Swiss midland forest with an extensive gravel road network. Mix of fast runnable parts and parts with dense vegetation. Due to weather conditions this spring/summer especially undergrowth vegetation has grown up extensively. The last part of the race will go through an 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 bad 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. All other roads are only allowed to cross on marked places.
Pre start	Model map at prestart area.
Start	Max.10 km from Event Centre. Transport from Aarau can be organised on request.
Finish	In the school "Neue Kantonsschule Aarau" in Aarau (see map 5).



Map 5: Finish area World Cup Final longdistance, Neue Kantonsschule, Aarau

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

Format	City sprint, individual start, A- and B-Final.
Map	Aarau City; Orienteering map (ISSOM 2007), 9/2016, scale 1:4'000, 2 m contours, by Beat Imhof.
Terrain	Mixed and varied town: Park areas with grass and very good visibility. The centre of the old town is flat with historic buildings, it has wide alleys and curved streets connected by narrow passages. To the river there is a steep slope with many stairs and narrow alleys. There are also areas with newer buildings and straight streets outside the absolute town centre (see old map).
Forms	Flat centre but steep slope down towards the river.
Traffic	Central pedestrian area with no traffic, in other parts traffic is reduced to local residents and busses passing slowly through on the competition day, as well some cyclists and of course many spectators.
Prestart	Model map around quarantine.
Start/Finish	On Aargauerplatz in Aarau (see map 6).



Map 6: Finish area World Cup Final sprint distance, Aargauerplatz, Aarau



5. Courses (preliminary)

IOF Sprint Relay World Cup Final (October 14)

1./4. leg 3,4 km, 30 m ↗, 23 controls

2./3. leg 3,8 km, 30 m ↗, 25 controls
winning time per leg 15'

Course setter: Kurt Schmid

Controller: Jürg Hubmann

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

Men 16.2 km, 410 m ↗, 32 controls, 3 ♀, winning time 85'

Women 12.1 km, 290 m ↗, 28 controls, 2 ♀, winning time 75'

Course setter: Matthias Merz

Controller: Lukas Zwicky

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

Men 3.9 km, 50 m ↗, 27 controls, winning time 14'

Women 3.3 km, 50 m ↗, 25 controls, winning time 15'

Course setter: Matthias Leonhardt

Controller: Regula Müller



6. Training

Long distance: Roggenhausen (part of embargoed area), orienteering map 2016, 1:15'000, 5 m contours, max. 10 km from Event Centre.

Mapmaker: Urs Steiner

Controls will be out Thursday 10am to Friday, 5pm.

Sprint distances: Baden, orienteering map 2013 / revised 2016, 1:4'000, 2.5 m contours, 30 km from the Event Centre. There will be no marked controls.

Mapmaker: Beat Imhof

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

7. 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

8. Embargoed Areas

The competition areas “Telli” (sprint relay), “Roggenhausen” (long distance) and “Aarau City” (city sprint) are embargoed areas (see maps 7, 8 and 9).

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.

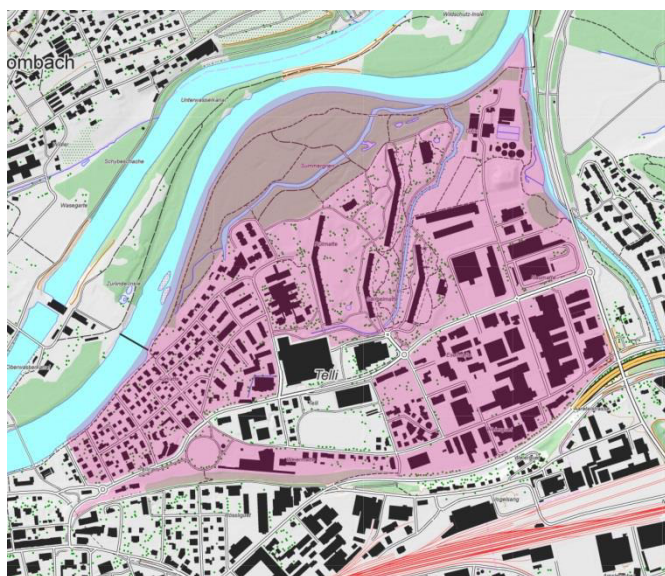
Please notice: the area for sprint relay is prohibited to enter; special rules are only valid for “Aarau City”.

Special rules for the embargoed area “Aarau City” (map 9):

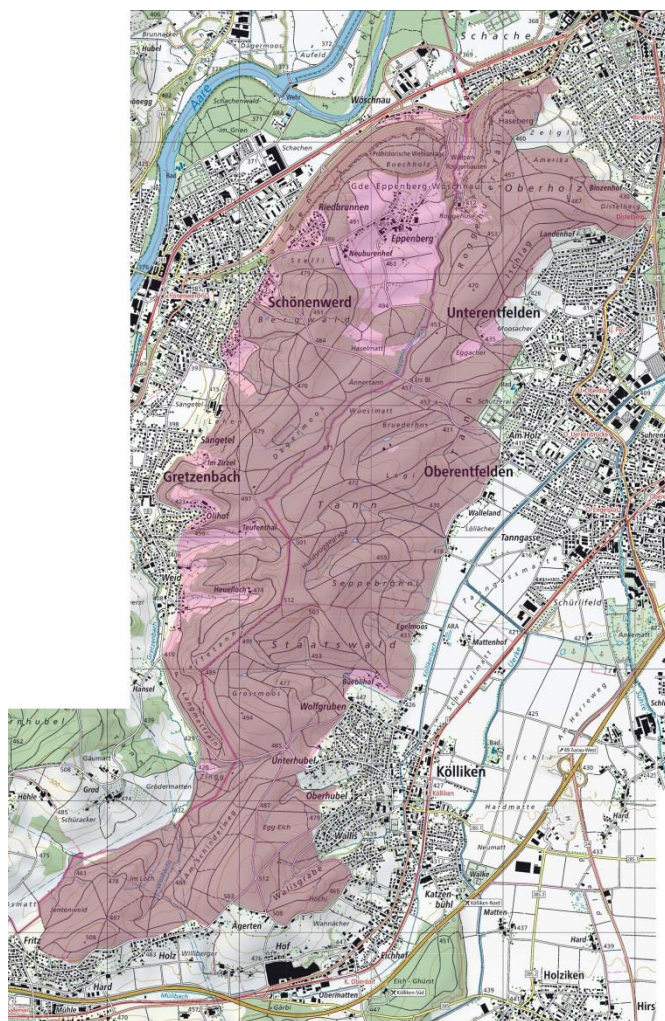
- It is allowed to stay as a resident or student, for business purposes or as a tourist, e.g. for sight-seeing, visiting a restaurant, shopping, participating in an indoor sport event.
- It is prohibited to stay there with a map, to run, to jog, to orienteer through the embargoed area or to test route choices.
- It is prohibited to take part in a running event through the embargoed area.
- The long distance will finish inside the embargoed area for the sprint: During the long distance race it is of course allowed to run in the embargoed sprint area with the long distance map.
- After the finish in the long distance the runners are only allowed to run inside the area from the after-finish-map to cool down.
- Teams staying inside the embargoed sprint area have to leave their accommodation on Sunday before 9:00am.

These embargoed areas are valid until the day prior to the competition. On the day of the competition there will be special rules covering the access of the competition area (to be published in bulletin 4).

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

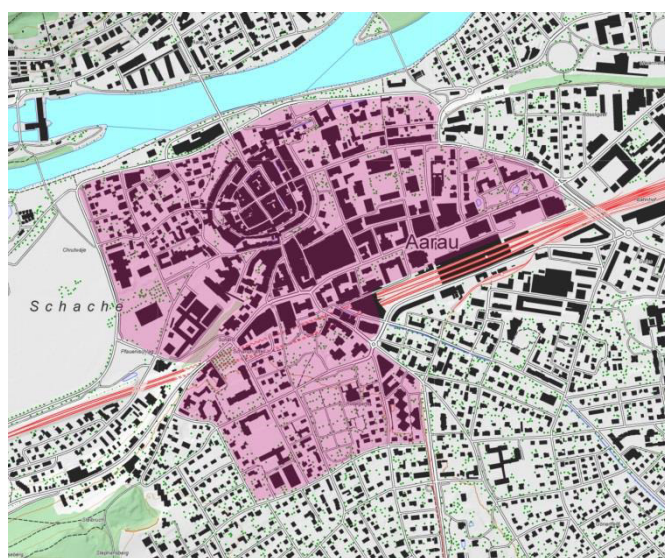


Map 7: Embargoed area “Telli” in Aarau: sprint relay



Map 8: Embargoed area “Roggenhausen” in Aarau: long distance

One part of the embargoed area “Roggenhausen” will be used for training. It will be allowed to run on the official training map only.



Map 9: Embargoed area “Aarau City”: sprint

9. Punching System and GPS Tracking

The punching system used is SPORTident.

Athletes may use their own SI-Cards for long distance and sprint.

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

Tracking will be used in all races. The best athletes will be given a GPS vest at quarantine and the tracking device at the pre-start.

10. Entry

Entries and service orders are made in IOF Eventor.

<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 and/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

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-beds-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.

Youthhostel Brugg

(20km from Aarau, 17min by train)
Schlössli Altenburg
Im Hof 11
5200 Brugg (AG)
<http://www.youthhostel.ch/de/hostels/brugg>
Prices from CHF 31.50 (in 10-bed-room) to CHF 42.- (in double room) including breakfast.
Please book there directly if you wish to stay there.

Thank you for telling us where you want to 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. Transport

It is possible to use public transports to all sites. Teams staying in Hotel Aarau-West or in Hotel Kreuz will get a free ticket to come to Aarau during their stay.

Aarau and the Event Centre can be reached by train from Zurich Airport every 30 min (change train at Zurich mainstation). Time tables can be found here: www.sbb.ch
We can send you detailed information about time tables and tickets by email if needed: info@o-worldcup.ch

It is allowed to use own cars to the competitions.
Detailed driving directions will be given in Bulletin 4.

13. Prize Money

A total prize fund of EUR 11'400.- 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: EUR 1000.—	4 th place: EUR 200.—
2 nd place: EUR 600.—	5 th place: EUR 150.—
3 rd place: EUR 300.—	6 th place: EUR 100.—

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

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

14. 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.

In the sprint dobb spike shoes are prohibited as well.

For the sprint relay we recommend orienteering shoes without dobb spikes or running shoes.

For the sprint we recommend to use running shoes.

Otherwise, there are no regulations on clothing, but it is recommended to cover arms and legs to avoid tick bites in the forest. Ticks might transmit Boreliosis and Meningo-Encephalitis.

15. Anti Doping

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

Doping is strictly forbidden and the organisers of the World Cup Final 2016 are dedicated to supporting the anti-doping authorities in their work.

Doping tests are always carried out in accordance with the procedures described in the WADA International Standard for Testing. The IOF Anti-Doping Code and rules and the World Anti-Doping Code 2015 apply as of 1st January 2015.

Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. The athlete should also bring along their therapeutic use

exemption (TUE) if applicable. In general, it is advisable that the athletes bring along their ID to all the competitions and events.

For more information, please consult:

<http://orienteering.org/anti-doping/>

IOF Anti-Doping Rules apply, valid as of January 1, 2015. 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.

Only athletes with a valid IOF licence are allowed to start. Licence form and Licence payment should be addressed to IOF Office, at the latest, 10 days before the Event to assure a valid licence at the start of the Event. Late licence applications must be addressed to iof@orienteering.org.

For more information, please consult:

<http://orienteering.org/athletes-licence/>

16. Weather&Climate

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

17. 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/merkblatt_einreise.html

18. 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).

19. 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.

20. TV / Live results

The sprint relay and the sprint will be transmitted live in TV. All races can also be followed live on the internet worldwide. The link to live Internet-TV (with Per Forsberg and Thomas Bühner as commentators in English), GPS tracking and results can be found at www.o-worldcup.ch on the competition days.

21. Information

World Cup Final 2016
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Mobile +41 79 504 18 09
info@o-worldcup.ch
www.o-worldcup.ch

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!

