



# WORLD MASTERS ORIENTEERING CHAMPIONSHIPS



## BULLETIN 2



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August 5-14, 2016



## World Masters Orienteering Championships 2016 Tallinn, Estonia Bulletin 2

I am glad to welcome You to **Estonia** to attend the 2016 World Masters Orienteering Championships (WMOC) in Tallinn. This is the first time the WMOC are organised in Estonia, and it will be the largest orienteering event ever organised on Estonian landscape. I would encourage You to discover the **cosiest** country and our **prettiest** countryside with only 1.3 million inhabitants and 45 thousand square kilometres of land.

The World Masters Orienteering Championships will be an exciting competition - a challenge for all. It will bring people from around the world together in a spirit of friendship and community. I wish all athletes the best of luck and the spectators exciting and eventful days at the competitions. I want to use this possibility to thank our partners for their support. The commitment of many volunteers should not be forgotten.



Meelis Mälberg  
President of Estonian Orienteering Federation

### Event advising

IOF Senior Event Adviser: Jari Kymalainen (FIN)  
IOF SEA Assistant: Hannu Pyy (FIN)  
IOF WMOC Supervisor: David May (GBR)  
National Controller: Kuno Rooba



Dear WMOC participants

The City of Tallinn has the utmost pleasure to host the 2016 World Masters Orienteering Championships that will bring to Tallinn and its vicinity about 3500 top masters of orienteering . In August Tallinn will be the centre of attention of the whole orienteering world!

I believe that Tallinn is a perfect place to host WMO championships. The airport is in easy reach from the city centre, and the UNESCO World Heritage listed old town provides unforgettable cultural and architectural experience. I hope you have time to explore the secrets of our medieval old town as well as enjoy the unique scenery of Estonia, especially the rich forests, numerous bogs and marshes of Kõrvemaa.

Warm welcome to all sportsmen, sports officials, referees , volunteers and guests. We wish you a memorable stay in our city and country and enjoyable sports event!

Mihhail Kõlvart

Deputy Mayor of Tallinn



On behalf of the IOF Council, I want to say a very warm welcome to the 2016 World Masters Orienteering Championships in Estonia. Our fantastic global sport is also a sport of all ages and our annual World Masters Championships certainly demonstrates that. Thank you therefore for taking part and I hope that you will enjoy competing in the forests of Estonia. Thank you too to everyone who is supporting the WMOC – organisers, sponsors and the municipalities hosting the events. With best wishes to all.

Brian Porteous

President of International  
Orienteering Federation





## Organisers

Sports Club 100 and Estonian Orienteering Federation

- Organising committee
  - Event Director: Timmo Tammemäe
  - Project Manager: Raido Jaan Rei
  - Head of Secretariat: Piibe Tammemäe
  - Head of Event Centre: Adele Puusalu
  - Head of Information Service: Hannula-Katrin Pandis
  - Marketing: Jonatan Karjus
  - Head of Infrastructure: Hendri Parrol
  - Race Manager: Silver Eensaar
  - IT Manager: Kristiina Ollema
    - Timing WMOC: Lauri Tammemäe
    - Timing TOW: Marili Zimmermann
    - Head of Finish and Controls: Triina-Britt Preden
    - Head of Network: Meelis Toom
    - Head of Check-In: Maarja Aan
  - Head of Services: Sigrid Saluri
  - Head of Medical team: Uku-Laur Tali
  - Head of Staff: Johanna-Mai Vihalem
  - Head of Banquet: Grete Gutmann
  - Head of Opening Ceremony: Ingrid Põldoja
- Starts
  - Orienteering club Kooperaator and SRD
- Speakers: Wolfgang Pötsch and Mati Kalve
- Courses
  - Head of courses: Zsolt Lenkei
  - Mappers:
    - Mait Tõnisson, Markus Puusepp (sprint Q, F)
    - Margus Klementsov, Mait Tõnisson (long Q)
    - Mait Tõnisson (long F)
  - Course Setters:
    - Sprint Q: Raido Mitt
    - Sprint F: Sander Vaher
    - Long Q: Margus Klementsov, Jaanus Reha
    - Long F: Mait Tõnisson
    - Models: Tomi-Andre Piirmets
- Jury
  - Arne Kristensen, DEN
  - Rimantas Jovaišas, LTU
  - David May, GBR
- IOF Council Representative - Leho Haldna (EST)

## Contact information

Address: WMOC 2016, C.R.Jakobsoni 3 (Ühiskontor), Tallinn, 10128, Estonia

Telephone: +372 53 051 550

Homepage: [www.wmoc2016.ee](http://www.wmoc2016.ee)

Email: [info@wmoc2016.ee](mailto:info@wmoc2016.ee)

## Programme

Friday August 5	11:00-21:00	Event centre is open	Song Festival Grounds
Saturday August 6	11:00-16:00	Model event sprint	Northern part of Tallinn Old Town
	19:00-20:00	Opening Ceremony	Song Festival Grounds
	9:00-21:00	Event centre is open	Song Festival Grounds
Sunday August 7	9:00-12:00	Sprint qualification	Kadrioru park
	7:00-21:00	Event centre is open	Oru Hotel
	12:00-13:00	Public Race (Tallinn O-week)- sprint	Kadrioru park
Monday August 8	10:00-13:00	Sprint final	Tallinn Old Town
	13:30	Prize giving ceremony	Tallinn Old Town
	7:00-21:00	Event centre is open	Oru Hotel
	13:00-14:00	Public Race (Tallinn O-week)- sprint	Tallinn Old Town
Tuesday August 9	10:00-14:00	Rest day	
	10:00-14:00	Model event long distance	Kodasoo
	9:00-21:00	Event centre is open	Oru Hotel
	10:00-14:00	Public Race (Tallinn O-week)- training (middle distance)	Kodasoo
Wednesday August 10	10:00-13:00	Long distance qualification I	Kõrvemaa
	7:00-21:00	Event centre is open	Oru Hotel
	10:00-13:00	Public Race (Tallinn O-week)- long distance	Kõrvemaa
Thursday August 11	10:00-13:00	Long distance qualification II	Kõrvemaa
	18:30	Banquet	Tallinn Seaplane Harbour
	7:00-21:00	Event centre is open	Oru Hotel
	10:00-13:00	Public Race (Tallinn O-week)- long distance	Kõrvemaa
Friday August 12	9:00-21:00	Rest day	
	10:00-13:00	Event centre is open	Oru Hotel
	10:00-13:00	Public Race (Tallinn O-week)- training (extended sprint)	Tallinn Botanic Garden
Saturday August 13	9:00-12:00	Long distance final	Pikasaare
	14:00	Prize giving and Closing Ceremony	Pikasaare
	7:00-21:00	Event centre is open	Oru Hotel
	12:00-13:00	Public Race (Tallinn O-week)- middle distance	Pikasaare
Sunday August 14	9:00-16:00	Departure	
	9:00-16:00	Event centre is open	Oru Hotel



### Venue

Estonia is a small yet diverse country with a surprisingly rich selection of landscapes and culture that make it an ideal holiday destination. The event centre is located in Tallinn, the capital city of Estonia. Tallinn combines the comforts of the modern world, versatile nightlife and luxurious adventure with a rich cultural scene in the local historical setting.

### Event Centre

**August 5 - 6** Event centre will be at Tallinn Song Festival Grounds, Lauluväljak - the home of Estonian Song Festivals which is also known as "the cradle of Singing Revolution".



The Song Festival Grounds are located very close to the city centre of Tallinn and within walking distance from the Sprint qualification race. The opening ceremony will take place August 6 at the Song Festival Grounds.

Address is Narva mnt. 95

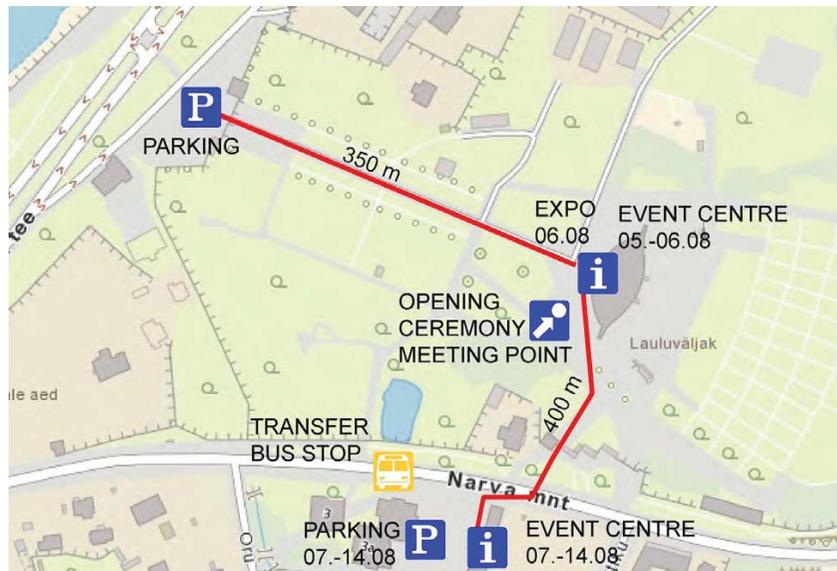
Event Centre coordinates: 59.44445, 24.80732

**August 7 - 14** Event centre will be at Oru Hotel, which is 400 meters from the Song Festival Grounds. Also, press and media will be located there.

Address is Narva mnt. 120 Tallinn

Event Centre coordinates: 59.443, 24.80459

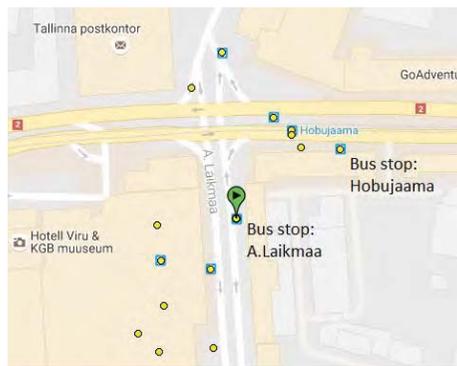
Location on [Google Maps](#)



#### How to get to Event Centre using public transport:

**From Lennart Meri airport** take bus 2 from the airport (stop Lennujaam) and change the bus in stop A. Laikmaa. Walk around the corner to Narva street, bus stop "Hobujaama" and from there take bus nr 60 or 63 (Stop Oru).

**From Harbour D-terminal (Tallink)** take bus 2 from Harbor (stop "Reisisadam D-terminal") and change the bus in stop "Laikmaa". From there, walk around the corner to Narva street, bus stop "Hobujaama" and take bus nr 60 or 63 (Stop "Oru").



For more detailed information and timetables: <http://soiduplaan.tallinn.ee/>

#### Parking

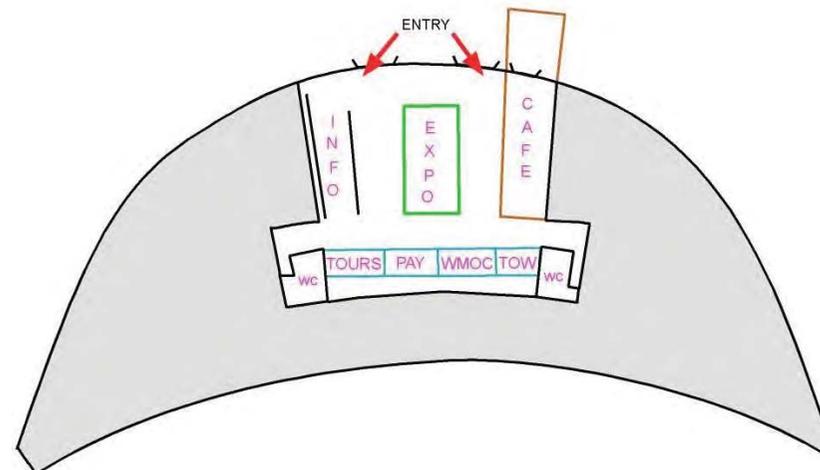
- **August 5 - 6** Event centre at Tallinn Song Festival Grounds, Lauluvaljak. Parking is next to Pirita road, 350m from Song Festival Grounds. Parking is free.
- **August 7 - 14** Event centre at Oru Hotel.

Parking is front of Oru Hotel and you need to take a parking ticket from hotel reception. Parking is free, but there are limited parking places.

#### Services at the Event Centre

- Accreditation desk
- Information about public transport
- Information desk with information about tourism and accommodation
- Café
- Free-wifi
- Start lists and results
- SI-rent
- Possible to register to open courses and Tallinn Orienteering Week
- Maps for model events for non-competitors
- Tallinn City Cards, transfer bus, parking and banquet tickets, tickets for the organised excursions
- On August 6 there will be EXPO of commercial traders selling sports equipment, clothes.
- WMOC souvenirs

#### Event Centre in Song Festival Grounds:



#### Accreditation

Each participant gets his/her accreditation and competition materials at the Event Centre or at the competition centre on competition days. For groups the group leader should do the accreditation for the whole group.

Competitors must also pay any remaining charges before they can collect their envelopes. Payments can be made by credit card. Also, cash payment is acceptable in EUR.



The Welcome envelope includes:

- 2 Start number bibs (one extra for Sprint distance)
- Safety pins
- Bulletin 2
- Rented SPORTident cards
- Model Event maps (2)
- Map of Tallinn
- Pre-booked tickets (parking ticket, banquet, bus ticket, Tallinn Card)

Welcome envelopes do not include printed start lists. Printed start lists per class are available at the Event Centre where each competitor can pick up their relevant start list.

### Press and Media

Media representatives will have access to results, to officially designated spots for taking photographs and to press releases reporting from the competition in English. Media representatives must sign up before 24 July. Press accreditation will be distributed at the Event centre. Media and Press are located at Oru hotel, there will be separated room with free Wifi and printing opportunity. If you have any questions, then please contact our press officer Jonatan Karjus: [jonatan@wmoc2016.ee](mailto:jonatan@wmoc2016.ee)

### Winning times are according to IOF Competition Rules

Class	Sprint Q and final winning time (min)	Long Q winning time (min)	Long Final winning time (min)	Class	Sprint Q and final winning time (min)	Long Q winning time (min)	Long Final winning time (min)	Born
M35	12-15	60	70	W35	12-15	45	55	-1981
M40	12-15	55	65	W40	12-15	40	50	-1976
M45	12-15	50	60	W45	12-15	35	45	-1971
M50	12-15	45	55	W50	12-15	35	45	-1966
M55	12-15	40	50	W55	12-15	35	45	-1961
M60	12-15	40	50	W60	12-15	35	45	-1956
M65	12-15	40	50	W65	12-15	35	45	-1951
M70	12-15	40	50	W70	12-15	35	45	-1946
M75	12-15	40	50	W75	12-15	35	45	-1941
M80	12-15	40	50	W80	12-15	35	45	-1936
M85	12-15	40	50	W85	12-15	35	45	-1931
M90	12-15	40	50	W90	12-15	35	45	-1926
M95	12-15	40	50	W95	12-15	35	45	-1921

### Electronic Punching System

The SPORTIdent punching system will be used for all races. All models of SI-Card are accepted. Air+ Touch Free system is not activated in SPORTIdent stations and therefore classic direct punching must be used. SI-cards can be rented from the organisers by choosing this option in the entry form. The SI-card number and competitor name are connected each day at the competition start (similarly to Jukola, 10-mila and 25-manna) and therefore **you do not need to provide the number of your SI-card at registration.**



### Rented Sportident Cards

Renting fee for the entire week is €15 if booked in advance.

Without pre-registration the renting fee is €5 for one day or €20 for the entire week.

Please return rented SI-card after passing the finish line or at the Information desk after your last race. A charge of €60 will be made for the loss or non-return of rented cards.

### Entries and payment

1. Registration is open at: <http://register.sk100.ee/>
2. In WMOC, it is possible as well to enter for one competition only (sprint or long distance).
3. Entries become valid only after payment of the entry fee.

### Event fees (€) in WMOC

Deadline	Full program (sprint and long distances)	Only sprint distances	Only long distances
11 July 2016	190	160	170

The entry fee includes 5 competition days, maps for model events and all the ceremonies.

### Late Entry and Changes

Start lists for WMOC will be prepared directly after the last entry deadline July 11. Thereafter, if places are available, late entries can be made from 12 July 2016 only via mail to [info@wmoc2016.ee](mailto:info@wmoc2016.ee) and at a surcharge of €30. Start lists are published in a separate document and on the WMOC website: [wmoc2016.ee](http://wmoc2016.ee) as soon as possible.

Changes until 11 July 2016 are free of charge, from 12 July 2016 the fee is €10.

Payment for changes shall be done at the Event Centre. Payment for late entry if not done through bank invoice has also to be done at Event Centre.

### Competition Rules

The competitions will be conducted under Competition Rules for IOF Foot Orienteering Events (2016 Edition) together with the 2016 WMOC Guidelines.

Copies of these can be downloaded from <http://orienteering.org/foot-orienteering/rules> and <http://orienteering.org/foot-orienteering/event-organizing/organisers-guidelines/>



## Embargoed areas

Embargoed areas are shown on the webpage: <http://www.wmoc2016.ee/embargoed-areas/>  
Old maps of the competition areas: <http://www.wmoc2016.ee/old-maps/>

Sprint competition areas (Kadriorg and Tallinn Old Town) are embargoed on the competition days from 6 o'clock until the competition is over. Plan your tourist activities that you do not need to visit Kadriorg on 7<sup>th</sup> and Tallinn Old Town on 8<sup>th</sup> of August. **All competitors whose accommodation is located in the embargoed areas must be in the competition centre latest one hour before the first start and use only the routes specified by the organisers to reach the competition centre. See the maps in the competition day information.** Also, athletes are not allowed to re-enter either Sprint area after they have finished their race before the last competitor has finished his race. At all times, respect fences, walls, private property and the locals. Additionally, there are a lot of tourists in the areas of Sprint competitions.

All Long race competition areas are embargoed. Any attempt to survey, walk or train in the competition areas is forbidden. Attempts to gain any information related to the course, beyond that provided by the organiser, is prohibited before and during the competition. Having crossed the finish line, a competitor must not re-enter the competition terrain without the permission of the organiser. This includes the Start and Finish areas. It is not allowed to bring any previous maps along to the competition arenas. A competitor who breaks any rule, or benefits from the breaking of any rule, may be disqualified.

Do not leave any litter or paper on the ground, please use specific waste containers instead. Always use official toilets by Event Centre, Arena, Start and Finish areas.

## Fair Play

All competitors shall behave with fairness and honesty. During the races athletes are forbidden to speak to each other.

## Anti-Doping

Doping is strictly forbidden, and the organisers of WMOC 2016 are dedicated to supporting the anti-doping authorities in their work. Doping controls may be carried out any time during the competition period and will be carried out in accordance with the procedures described in the WADA International Standard of testing. Each competitor is responsible for following the anti-doping rules, and avoiding any prohibited substances. If anyone has to follow a special medical treatment, s/he has to confirm with his doctor that the drug isn't prohibited. In the case of doubt, the doctor should provide a certificate for medical use. You can find the list of prohibited substances with the link:

<http://www.antidoping.ee/wp-content/uploads/2015/11/wada-2016-prohibited-list-en.pdf>

In the case of conflict or a positive test, all competitors must accept the arbitration according to the WADA rules.

## Start Number Bibs

Every WMOC competitor will be issued with a numbered bib (often known as "start number") which must be worn on the chest for each race. Those competing in the Sprint races is required to wear 2 bibs, one on the front and another on back.

Information on bibs will consist of the bus transport stamp (if ordered), competitor's name, personal barcode, Federation, tour group, age class and heat and start times for the



qualification races as well as information about which Start is used where there is more than one.

**Every competitor is asked to complete the back of his or her bib with health data and an emergency contact. This information could be helpful for the medical team in case of emergency.**

Lost bibs can be replaced at the Event Centre or arena Information desk for a charge of 5 EUR.

The 10 best runners in the A-finals will receive new bibs in the start area that shall be placed over the original ones.

Example bib front view:



## Clothes and Shoes

### Sprint races

Shoes: It is forbidden to run with spiked or metal dobbos shoes in Kadriorg (Sprint Qualification) and Tallinn Old Town (Sprint Final).

Clothing: Shorts and running shirts are allowed.

### Long Distance races

Shoes: There are no special requirements to shoes in long distance competitions.

Clothing: There are no special requirements to clothing. Regular orienteering clothing with long trousers and leg protection is recommended.

## Maps

All WMOC 2016 competition maps have been offset printed on synthetic waterproof paper and drawn according to IOF map drawing specifications.

The dimensions for the competition map for the sprint distances competition maps are 210 x 297 mm (A4). The dimensions for the long distances competition maps are 297 x 420 mm (A3).

Sprint: Map: ISSOM 2007 standard, scale 1:4000, contour interval 2.0 m, mapped in 2016.

Long distance: Map: ISOM 2000 standard, scale 1:10 000, contour interval 5.0 m, mapped in 2016.

## Warm-up Maps

Warm-up maps are available in Sprint Qualifications, Sprint Final (for all starts) and Long Qualification I (in start A.Ie Coq and Tallink. No warm-up maps in Hertz). In Long Qualification II and Long Final there are no warm-up maps, as starts are near to competition centre.

## Control Descriptions

Control Descriptions will be printed on the front side of all competition maps. Loose copies of the control descriptions (water resistant) will be available in the start lanes as part of the start procedure. Competitors have one minute to choose and prepare their control descriptions. At the start, there is no tape or other equipment available to prepare control descriptions. The maximum size of the loose control descriptions is – 28 controls - 170 x 55 mm. Each grid square has a 6 mm side. Courses with fewer controls will have proportionately smaller sheets.

## Controls

Each control is equipped with

- the control flag
- two electronic punching stations (SPORTident stations). There are more than two SPORTident stations in high traffic controls (e.g last control)
- one pin punching device, only to be used if SPORTident fails

The control code is located on top of the SPORTident box. The number codes used range from 31 to 255.

There are many controls in the competition terrain. Please make sure always to check your control codes!

## Clear and Check

Each SI-card must be cleared and checked before each race. Stations to clear SI-cards will be located outside the entrance to the -6 min start box. Insert your SI-card and wait a few seconds until the "clear" unit beeps and flashes, verifying that previous data have been deleted.



After clearing your SI-card, please place the SI-card into a "check" unit where the "check" unit will beep and flash immediately, confirming that the SI-card is ready to use. Start staff will be present to assist you.

## At Each Control

All controls are equipped with two SPORTident (SI) units. You may use either of the units where there are two. Insert your SI-card into the control unit until the unit beeps and flashes. The red light and beep do not guarantee that the competitor is at the correct control. This should be checked in the usual manner by reading the control code on top of the SPORTident station.

If you do punch at an incorrect control, simply continue to the correct control; the extra punch will be disregarded by the results software. If the control unit does not function (there is no beep and no flash) then use the pin punch attached to the control stand and punch on your map in one of the spaces provided. If you have pin punched

any controls on your map you must hand the map in at the Problem desk before leaving the Finish area and explain what you have done.

## At the Finish

At the Finish you must punch at one of the SI units on the Finish line. Your elapsed race time only stops when you punch one of these SI units. Competitors must punch one of these Finish units even if they do not complete their course.

## After the Finish Line

After the Finish line you will be directed to the read out station where the data from your SI-card will be transferred to the results system. The system will verify that you have visited all controls on your course in the correct order. Your split times will be printed immediately.

If you are using a rental SI-card and this is your last race, you must return your SI-card.

## Start Lists and Results

The start draw and heat allocation are conducted in accordance with IOF Rule 12.19. For the qualification races, competitors in classes with more than 80 entrants are allocated to parallel heats by a random draw. The heats are indicated by numbers after the age class, e.g. W55-2 is the second heat for W55 runners.

Each runner will be in the same heat for both Long Qualification races. The heats for the Sprint race will be drawn separately. Start lists for the Qualification races will be published in a separate document.

Start lists for the Qualification and Final races will also be available for review by participants at [www.wmoc2016.ee](http://www.wmoc2016.ee), at the Event Centre, the Information stand at each competition arena and at each prestart.

Start times for the Sprint Final will be available at [www.wmoc2016.ee](http://www.wmoc2016.ee) by 18:00, Sunday, August 7 as well as at the Event Centre. They will also be posted in the arena and at the start area on Monday morning.

Start times for the Long Final will be available at [www.wmoc2016.ee](http://www.wmoc2016.ee) by 18:00, Friday, August 12 as well as at the Event Centre. They will also be posted at the Info Point in the Arena and at the pre-start area on Saturday morning.

Individual split times will be given to each competitor after crossing the finish line. Provisional results lists will be continuously updated at each Arena.

The complete results lists will be displayed at the Event Centre from 17:00 after each race. All start lists, results lists, split-times and accumulated times will be made available on the website [www.wmoc2016.ee](http://www.wmoc2016.ee) as well.

## Commentary

Race commentary will be provided by Wolfgang Pötsch and Mati Kalve. They will provide competition news and class leader results mostly in English, the main language. Information will also be given in Estonian, Finnish, Swedish, Russian, German, Italian.

There will be radio controls in the forest.

## Start Procedure

Each runner is responsible for following the correct marked route to their start area. The competition area is out of bounds until your start time. Distances to the start are specific to each race.

Every starting procedure is a silent process, and it is the runner's responsibility to be there on time!

Before the entrance to the first box (-6 min) SI-cards are cleared and checked.

In the start area, runners will pass through four consecutive starting boxes, and remain one minute in each one. When the clock in front (B) of the first start box (-6 min) displays the runner's starting time, the runner steps in. This will be 6 minutes before the start. At this point the bib number and the starting time are checked. Runners without an SI-card or without a bib will not be allowed to start. If you lose or forget your bib or SI-card you can get a replacement at the Information in the arena.

In the second box (-5 min) each runner goes through start gate, where their SI-card number and name are connected. In the third box (-4 min) each runner waits in their box. In the fourth box (-3 min) each runner will pick up his/her loose control description sheet (optional). There will be no tape available for athletes' use.

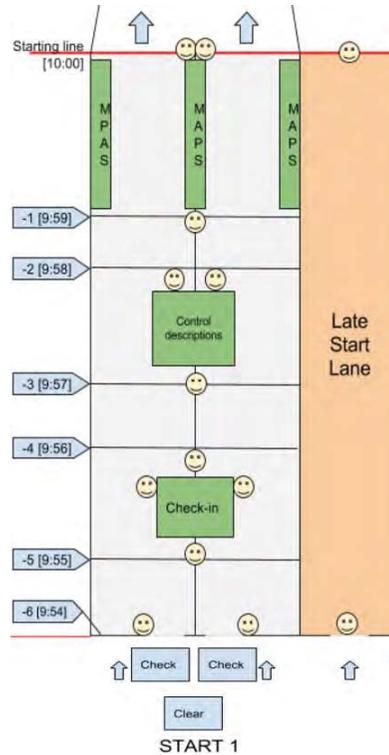
Runners must bring their own equipment to carry the loose control descriptions during the race. The control descriptions will also be printed on the map.

In the last minute before the start time, the competitor steps over the line into the -1 min box (the one with the maps). When entering the box, the runner proceeds to the map issue box labelled with his/her correct heat/Final and waits beside the map pocket for the remaining part of the minute. Race time is visible there via clock A. The start-countdown will be indicated by a series of 5 beeps at -5 to 0 seconds. At the last beep the competitor's race time begins and the runner can take the map from the map pocket. The runner is responsible for taking the correct map.

Runners will then follow a marked route to the start point which is indicated by a triangle in the terrain and a triangle on the competition map. You must follow the marked route to the start point.

## Late Start

Runners who arrive after their designated start time must report to and use the late start lane where an official will accompany him/her. Your SI-card has to be cleared and checked along the lane. Control descriptions and the competition map will be handed out by a WMOC 2016 official. The competitor then starts the race when told to do so (IOF Rule 22.9) and a Start official takes



a note of the actual starting time. The results of runners who start late will be based on their original start time (with no time compensation). Only if their lateness is the fault of the organiser will their actual race time be used (IOF Rule 22.10).

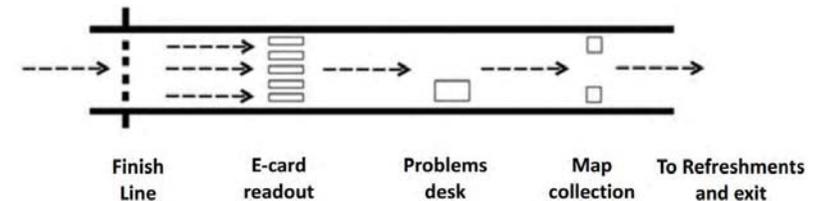
Any runner who is late, whether through their own fault or otherwise, should not discuss this with the start officials. Instead, if the competitor believes the organiser is responsible, he/she should make a complaint after finishing the race at the Problem Desk before leaving the Finish Area.

## Finish Procedure

All runners are required to pass and punch at the Finish line, including those runners who do not complete the whole course. Runners who do not punch at the Finish line will be considered as "missing in the forest", which may cause a search in the forest for the missing person. Your bib number must be clearly visible as you cross the Finish line.

When the runner reaches the Finish line, he has to punch one of the control units located directly at the Finish line. The time will then be recorded and the race is over. The runner has to read out his/her SI-card at one of the manned read out stations, located at the exit. As a confirmation of the completed readout, a slip with the race time and the split-times will be printed out. There will be a Problem Desk for solving mispunches and handling problems regarding SI-card readout. All maps are collected at the finish in all races (Qualifications, A-finals and B-finals). After map collection, the runner is free to go for refreshments.

The schematic flow diagram below shows how the Finish system works:



In long Q1, Q2 and F races there may be more than one last control at the finish (the controls for the public race and WMOC are different). For the sprint qualification and final the last control is the same for the public race and WMOC. Make sure you punch at the correct last control!

## Map Reclaim

All maps are collected at the finish in all races (Qualifications, A-finals and B-finals).

These maps can be reclaimed at the finish area after the last competitor's start:

Sprint Q 07.08.2016 and Long F 13.08.2016 - 12:00

Sprint F 08.08.2016, Long Q I 10.08.2016 and Long Q II 11.08.2016 -13:00

Tour groups (10+ people) have their own plastic bag for map collection at the finish. Other competitors will place their map to plastic bag according to their class.

## Maximum Time

- Maximum time for Sprint races is 1 hours
- Maximum time for Long races is 3 hours



## How To Qualify For The Final

The qualification system is described in detail in the IOF Competition Rules - 6.15 (2016): Only competitors who start in at least one qualification race may run competitively in the associated finals. Based on the combined times of the two qualification races (or for Sprint, the single qualification time), the best competitors from each qualification race heat qualify for the A-final of the class. The next best competitors from each qualification race heat qualify for the B-final and so on.

If there are 161 or more entrants, the number of qualifiers from each heat to the A-final shall be equal and shall be calculated so that the total number of qualifiers is 80, or the lowest possible number above 80. Similarly for the B-final and so on except that if there are more than two finals and less than 20 competitors have qualified for the lowest ranked final, they may be transferred to the next final up.

If there are from 20 to 160 entrants, then they shall be split as equally as possible between an A-final and a B-final, with the A-final having at least half the total number of entrants. If there are fewer than 20 entrants, then all shall compete in the A-final. If two or more competitors tie for a place in a final, all of them shall qualify for that final. Competitors who start but are not placed, or who do not start, in either or both qualification races may start before the qualified runners in the lowest ranked final of their class, but shall appear in the result list as not placed.

## Disqualification

If a runner misses one or more controls, or the controls were not visited in the correct order, the runner will be disqualified. Passing or crossing obstacles that are forbidden to pass/cross in Sprint orienteering (see section: The ISSOM) will lead to disqualification. Also being in or "visiting" forbidden leads to disqualification also (even hesitation and returning back the steps shall lead disqualification).

## Complaints and Protests

A special form should be used for both complaints and protests. This form is available at the Problem Desk.

Any complaint should be made in writing in English to the organiser and handed in at the Problem Desk in the Finish area as soon as possible. If the complaint is of a personal nature, e.g. if the competitors feel they have been disqualified unfairly, then the complaint should be made at the Problem Desk immediately. The organiser will decide on the outcome and inform the competitor of the result as soon as possible.

There is no fee for making a complaint. If the runner is not satisfied with the result of the complaint, a protest can be made against the organiser's decision no later than 15 minutes after that decision has been given to the runner.

Protests must be written in English and handed in at the Problem Desk in the Finish area. A protest will immediately be forwarded to the IOF Senior Event Adviser. Protests will be handled by the jury, who will communicate their decision to the complainant as soon as possible.



From 1 January 2016, IOF Rules state that there is a protest fee of 50 €.

The fee shall be paid to the IOF Senior Event Adviser in cash when handing in the protest. The fee will be returned if the protest is accepted by the jury. Should a Protest be signed by more than one participant, each of these shall pay the Protest fee.

## Refreshments

All races will have water available at the Finish. For the Long Distance races there are also water points in the Long Distance competition areas according to IOF-rules (max 25 min after start).

The water stations in the forest will be supervised by officials. Locations will be shown using the standard drink cups on the map or at specific control sites as indicated by the cup symbol in column H of the control description.

## First Aid

There will be First Aid facilities at the finish of all the races.

First Aid locations in the forest are marked by the standard purple cross symbol on the map. Fellow competitors are obliged to assist in case of an accident, illness or injury.

## Responsibility and Safety

All competitors who take part in the WMOC 2016 and in the spectator races (including Model events and Open races) must consider any risks and take their own safety precautions, and will be totally responsible for any injuries which might occur to them during the races as well as for any accidents on the way to and from any event during the WMOC week.

ALL PARTICIPANTS ARE RECOMMENDED TO ACQUIRE AN ACCIDENT INSURANCE POLICY THAT, IN THE EVENT OF AN ACCIDENT, WILL COVER ALL FEES FOR EVENTUAL RETRIEVAL, RESCUE AND TRANSPORT TO THE HOSPITAL.

## GPS Equipment

GPS data loggers with no display or no audible feedback can be used (IOF rule 21.4). Any other GPS equipment is forbidden.

## GENERAL INFORMATION

### Luggage area

It is possible to leave your belongings at a supervised luggage area in all Competition Centres. The luggage area is opened one hour before the starts and will be closed with the finish.

### Shops

Sport and O-Shops will be present at the arenas of each competition and at the Event Centre on the 6th of August.

### Lost and found

Lost belongings will be collected and found at the Information desk at the arenas.



### Arena catering

In every competition centre, there will be the cafeteria area where it is possible to buy light meals, cold and hot beverages. At Kõrvemaa and Pikasaare there will be also possible to buy hot meals that consist of carefully selected meat and fish dishes. The menu is composed by taking into account different special needs like vegan, lactose intolerance etc.

### Emergency, fire, ambulance and police

112 is the emergency number for ambulance and rescue services, as well as the police. Open fire or smoking is prohibited in all competition arenas.

### Green thinking and waste

Orienteers have a green mindset and therefore we are sorting waste at WMOC 2016. We are collaborating with Ragn-Sells AS.

There are two kinds of different trash bins in the Competition Centre with the appropriate signs:

1. Plastic drinking cups in refreshment controls and plastic bottles will be separated and recycled. Plastic waste will be collected in a transparent bin.
2. Mixed waste - all other kinds of waste, which are not collected separately, go to the mixed waste bin (incl. food waste, used disposable tableware, map plastic bags etc.). Mixed waste will be collected in a black bin.

We kindly ask the competitors to follow the signs and separate the waste into the correct bins!

### Toilets

There will be toilets on the arenas. Limited toilet facilities will be provided at the Starts (Sprint F, Long Q I and II, Long F). In Sprint Q, there will be no toilet facilities at the start area. Please use official toilets. Using the forest gives competitors a bad reputation and could make organisation of future O-Events in these regions difficult.

### Showers

There are showers at the arenas in all competition days, except in Sprint Final, Tallinn Old Town.

### Sports massage and kinesio taping

Sports massage and kinesio taping are offered at the arenas in all competition days.



### Services in competition centres

	6.08 Model	7.08 Sprint Q TOW 1	8.08 Sprint F TOW 2	9.08 Model TOW (training)	10.08 Long Q1 TOW 3	11.08 Long Q2 TOW 4	12.08 Rest day TOW (training)	13.08 Long F TOW 5
Information tent	+	+	+	+	+	+	+	+
Live results	-	+	+	-	+	+	-	+
Parking	-	-	-	+	+	+	+	+
First aid	+	+	+	+	+	+	+	+
Sales of O-equipment	-	+	+	+	+	+	-	+
Souvenirs	-	+	+	+	+	+	-	+
Child care	-	+	+	+	+	+	+	+
Luggage storage	-	+	+	-	+	+	-	+
Clothes transport (Start-Finish)	-	-	-	-	+	+	-	+
Toilets at the arena	+	+	+	+	+	+	+	+
Toilets at the start area	+	-	+	-	+	+	+	+
Shower facilities	-	+	-	-	+	+	-	+
Catering	-	-	-	-	+	+	-	+
Cafeteria	+	+	+	+	+	+	+	+
Bus transport	-	-	-	+	+	+	-	+
Shuttle bus from parking to start	-	-	-	-	+	+	-	+
Prize giving ceremony WMOC /TOW	-	-	+	-	-	-	-	+
Sports massage and kinesio taping	-	+	+	-	+	+	-	+



## Public Race

Tallinn Orienteering Week will take place at the same time as WMOC and will serve as its public competition with classes M8/W8 - M21/W21. Tallinn Orienteering Week pre-entries can be made at [here](#). More information: [www.tow.ee](http://www.tow.ee).

Open courses for all ages will be offered alongside WMOC (five different courses, suitable for all). No pre-entry available for open courses, entries are made at the Event centre or at the Event office at the competition venues.

Fees/day: €6 - competitors age up to 14  
€12 - competitors over the age of 14.

The SPORTIdent punching system will be used. SI-cards can be rented from the organisers by choosing this option in the entry form. Renting fee for the entire week is €15 if booked in advance.

Without pre-registration the renting fee is €3 for one day or €20 for the entire week.

## Accommodation

Accommodation in Tallinn is high quality. A wide range of accommodation is available in Tallinn, and the number of choices grows yearly. Average 3 stars hotel price range is €35 to €60. These room rates generally include breakfast buffet.

WMOC organisers have agreements with many accommodation providers in different price classes in order to provide the participants with accommodation options at a discounted price. The majority of those hotels are centrally located within an easy walking distance of restaurants, entertainment, culture, and shops. All hotels are also easily accessible from the airport, harbour and the railway station.

Online booking for accommodation is available at our website:

<http://wmoc2016.ee/category/hotels/>

For group bookings please contact [info@wmoc2016.ee](mailto:info@wmoc2016.ee) for an even better offer.

## Food

Just as with Estonian culture, the local taste has been infused with the best of our neighbouring countries. Here you'll find traces of Scandinavian, Russian and German cuisine, not to mention other mainstream international influences such as the French nouvelle cuisine.

- Beer brewing tradition in today's Estonia is very much alive and kicking. Beer in Tallinn Old Town typically costs €2.50 to €5.50 (0,5l).
- Pizza is usually between €5 to €10.
- Steak meals cost around €8 to €15.




**TALLINK**

**Tallink offer for the World Masters Orienteering Championship 2016.**  
We will send the promotional code by email after Eventor registration.

## HELSINKI ROUTE

### Passenger ticket - deck ticket

One way.....	-35%
Roundtrip (on different days).....	up to -41,5%

### Car package (passenger + vehicle)

#### Passenger ticket

One way.....	up to -41,5%
Roundtrip (on different days).....	up to -44,75%

<b>Vehicle ticket (CAR, VAN, VAN High, vehicle with trailer).....</b>	<b>-35%</b>
---	-------------

## STOCKHOLM ROUTE

### Passenger ticket (without a car)

One way early booking price (all cabin categories, except shared cabin).....	-44,75%
--	---------

### Car package (passenger + vehicle)

#### Cabin

One way early booking price (all cabin categories, except shared cabin).....	-54,50%
--	---------

<b>Vehicle ticket (CAR, VAN, VAN High, vehicle with trailer) one way.....</b>	<b>-35%</b>
---	-------------

Offer is valid:

for booking during: 09.09.2015 - 16.08.2016

for traveling during: 01.08.2016 - 16.08.2016

### How to reach Tallinn

Tallinn is very easy to reach - the airport is located 2 km from the city. The harbour, bus station and train station are all located in the city centre.

For competitors arriving from Finland and Sweden by boat, Tallink is offering ferry tickets with a 30% discount from the regular price. All competitors receive the discount code via email with the WMOC registration confirmation.



### Transport and Parking

#### WMOC shuttle

Shuttle bus transport is organised in the Kõrvemaa and Pikasaare competition centres since the parking area is located approximately 5 km from the competition centre. Shuttle bus transport is free of charge. Bus stops are at the parking areas and the shuttle bus takes the competitors to the competition centre. Buses go from the competition centre and parking area after every 15 minutes on average.

#### Shuttle bus schedule

Competition centre	First bus	Last bus	Starting
Kõrvemaa 10.08	7:30	16:30	Every 15 min
Kõrvemaa 11.08	7:30	16:30	Every 15 min
Pikasaare 13.08	6:30	16:30	Every 15 min

#### Transfer

Transport to the long distance model event, long distance qualifications and final will be organised with buses from the Event Centre(Oru hotel) directly. The bus ticket price for 4 days (long distance model, two qualifications and a final race) is €40 (until 11/07/2016) and €50 (after 11/07/2016)

The sprint model event and sprint competitions can be reached by Tallinn public transport. The bus transport ticket is a little round-shaped sticker on one of your Bib-number. Check, that you will take bib-number with the sticker when you use transfer bus transport.

Bus stops:

1. Laikmaa (next to LHV bank), Laikmaa street 13
2. Oru Hotel, Narva mnt 120
3. Competition centre

	August 9 Kodasoo	August 10 Kõrvemaa	August 11 Kõrvemaa	August 13 Pikasaare
<b>Buses from Tallinn</b>				
Laikmaa 13 (LHV Bank)	08:15	07:00	07:00	06:30
Oru Hotel	08:30	07:15	07:15	06:45
Oru Hotel	09:15	08:00	08:00	07:30
Oru Hotel	10:00	08:45	08:45	08:15
Oru Hotel				09:00
Travel time from Oru Hotel	45 min	60 min	60 min	60 min
<b>Buses from competition centre</b>				
	11:00	13:00	13:00	15:00
	12:00	14:30	14:30	15:30
	13:00	15:30	15:30	16:00
		16:30	16:30	
Travel time to Oru Hotel	45 min	60 min	60 min	60 min

#### Public transport

Public transport in Tallinn is free for participants only with their bib-number or the accreditation card.

It is free to travel by tram, bus, trolleybus and train in Tallinn city region.

We recommend using public transport on all model events in Tallinn and sprint competitions.

See more about Tallinn City transport: <http://soiduplaan.tallinn.ee/#bus/en>

#### Parking

Parking is organized for cars, buses and caravans in Kodasoo (9 August), Kõrvemaa (10-11 August), additional training option in Botanic Garden (12 August) and Pikasaare (13 August). No parking is organised in other competition centres - we recommend to use public transport. There are parking fees in most of central Tallinn, please follow parking regulating traffic signs.

Travelling by own transport – a fee will be charged for parking at the long distance parking areas (model Long, Long Q1, Long Q2, Long F, additional training in Botanic Garden). Parking fee also includes shuttle-bus transport from Pikasaare and Kõrvemaa parking area to competition centres and back. Coming with own transport, participants need to consider extra time for parking and shuttle-bus transport to reach competition centres.

The parking pass is a sticker which needs to be placed on the inside right corner of the front glass. This sticker will not leave any permanent marks on the inside glass. Vehicles without a pre-purchased parking permit must buy parking ticket from parking controller.

	Before 11/07/2016	12/07/2016 - 08/08/2016	On the competition day	One day ticket, August 10, 11, 13 (purchased on the spot)	One day ticket, August 9, 12 (purchased on the spot)
Bus transport ticket	€40	€45	€50	€15	€15
Parking fee - Car	€30	€35	€40	€12	€2
Parking fee - Caravan	€40	€45	€50	€15	€5
Parking fee - Bus	€100	€110	€120	€30	€30

#### Paid parking in Tallinn

First 15 minutes of parking is free if using parking clock that shows parking starting time. Parking clock or written notice with parking starting time has to be visible under vehicle windscreen. 15 minutes of free parking is valid only in city paid parking zone (NB! Not valid in private parking).

#### **KESKLINN** (Tallinn City Centre) - zone T5 to T11:

1,5 euros 1 Hour

150 euros monthly card

Paid parking: Mon-Fri 07:00-19:00, Sat 08:00-15:00

Sundays and country holidays free.

#### **SÜDALINN** (paid parking area in the city centre where the fee is higher (the so-called

Downtown (Südalinn) - zone T3 and T4:

4,8 euros 1 Hour

250 euros monthly card

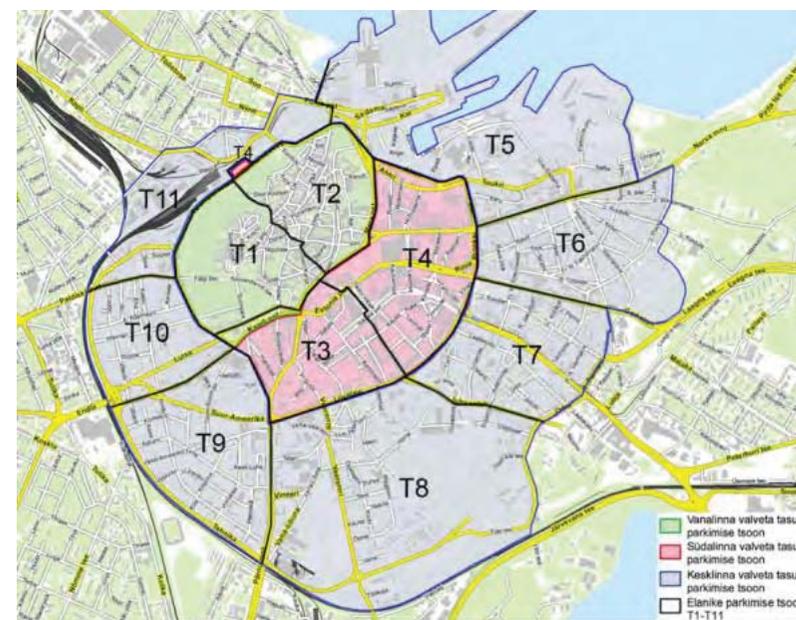
Paid parking twenty-four hours a day.

#### **VANALINN** (Tallinn Old Town) - zone T1 and T2:

6 euros 1 Hour

300 euros monthly card

Paid parking twenty-four hours a day.



#### Bus and caravan parking

Near Old Town, the only parking lot for busses and bigger caravans is located on Rumbi street, behind the Linnahall building. Location on the map <https://goo.gl/hH5aJj>

#### Road system

There is no road toll. Be aware of traffic control. In general, there is a speed limit of 90 km/h on motorways and 50 km/h in the city. Driving is on the right side of the road in Estonia.

#### Taxi service

If you take a taxi you are advised to ask the driver for the approximate price before departing. The taxi can be either hailed on the street or called in front of the hotel/pub. Driving around the city is usually 5-7 EUR.

The best way to order taxi is to use mobile app – Taxify or Uber. Taxify is a free smartphone app which seamlessly connects people to hundreds of taxis at the push of a button. No more call-centres or waiting on the street. It is simple, fast and affordable.

#### **Climate**

The weather in Estonia is largely dictated by its closeness to the Baltic sea. The average temperature in Estonia in August is 16.5 °C and generally the temperature is between 11 to 22 °C. The average rainfall in August is 76mm and the sea temperature is 17°C. In summer, especially if you will travel countryside/coastal area (long distance competitions), it is best to take mosquito repellent, which can be bought from the pharmacy (called "Apteek").

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\*Applicable on base rate at participating locations. Not applicable on optional services. Geographic restrictions and blackouts may apply. [www.hertz.com](http://www.hertz.com)

**Hertz**



Visit Estonia to discover the excitement of one of Europe's undiscovered corners. Featuring world-class museums, untouched natural beauty, and unparalleled medieval architecture, Estonia has something surprising waiting for you around every corner. Covering an area larger than the Netherlands or Denmark, the countryside of Estonia holds just as many secret sights as the better-known cities.

In the capital of Tallinn lies the jewel in the crown of Estonia's sights – the famed Old Town, a UNESCO-listed World Heritage Site renowned for its cobbled streets and hidden alleyways. Romantic strolls beneath the eaves of its historical buildings will leave you with an impression of timelessness, permanence, and excitement, as you discover something new and unexpected around the next corner.

But the Old Town is not the limit of Estonia. Beyond the urban environment lies untouched natural splendour, including over 1500 islands for you to visit, massive pristine marshlands, and one of the most heavily forested landscapes in Europe. You can join one of the many organised bog hikes or canoe trips in summer, or take an exciting kick sledging, ice fishing, or skating tour across the Baltic Sea in the dead of winter.

And, with a calendar that is filled year-round with some of Europe's best cultural events, there's never a low season in Estonia. Award-winning cultural festivals, unique sports events, and a rich history that manifests itself in the Song and Dance Festivals held around the country are all attractions that the whole family can enjoy.

A visit to Estonia also wouldn't be complete without a trip to one of the country's famous museums or family attractions. And when hunger bites, stop off at any of the restaurants and cafes serving traditional Estonian cuisine with a modern twist. The choices are positively endless!

So visit Estonia today to explore medieval marvels, experience untouched nature, and see the best of what new Europe has to offer!



**Estonia**  
Positively surprising  
[visitestonia.com](http://visitestonia.com)

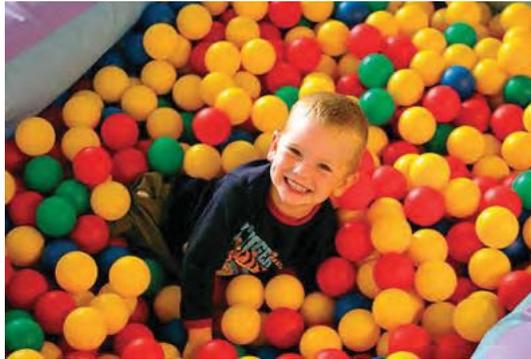


### Insurance

Each competitor participates in the event at his/her own risk.

### Child care

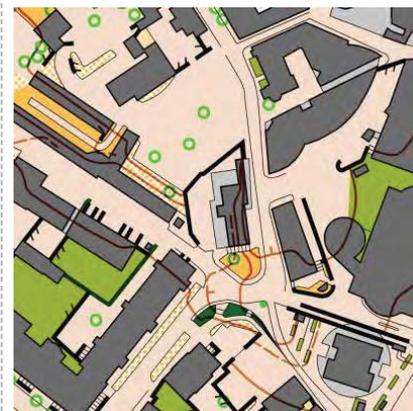
Child care is available to children over the age of 3 during all competitions. The Child care area is opened one hour before the starts and will be closed with the finish. Children should be diaper free. Child care provides for a tent, toys, games and instructors. Please enter your need for child care at: [info@wmoc2016.ee](mailto:info@wmoc2016.ee)



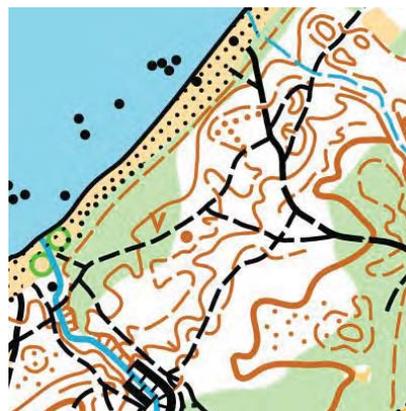
### Training opportunities

Additional training opportunities with a map with controls. Control points are marked in the forest. For training maps, please contact the secretary – ([info@wmoc2016.ee](mailto:info@wmoc2016.ee)). The price per map is 5.00 €. Also, during WMOC it is possible to buy training maps from Event Centre.

Locations of the training maps can be found here: <https://goo.gl/LWJvua>



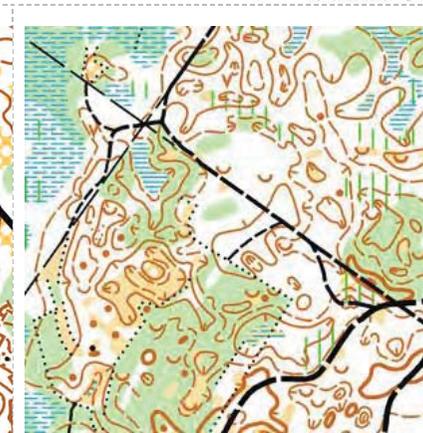
**Tallinn city centre**  
1:4 000 h=2,5m



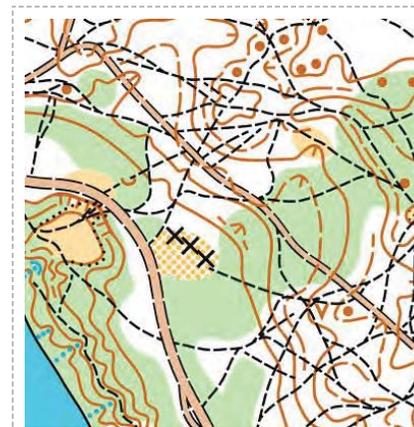
**Keila-Joa**  
1:10 000 h= 2,5m



**Koitjärve**  
1:10 000 h=2,5m



**Nelijärve + MOBO**  
1:10 000 h=5m



**Pirita + MOBO**  
1:10 000 h=2,5m

### Model Events

The Model Events demonstrate the terrain types of the WMOC 2016 competition areas, map quality, control features and the positioning of the controls. SI-system is used in model events, also start and finish are similar to WMOC competitions. Control descriptions will be printed on the maps. There will be toilet facilities at the venue.

Other services: first aid. There will be child care and luggage area only at Long Model, August 9.

**Sprint Model - Saturday, 6 August, Northern part of Tallinn Old Town**

Start at a freely chosen time between 11.00-16.00

Address: Uus 37

GPS: 59.441908, 24.750560

Bus stop GPS (15 min): 59.442136, 24.751921

**Driving instructions and parking**

There will be very limited parking area for cars and a place for buses to stop for 15 minutes in the Competition Centre. Car parking will be possible in paid parking areas in Tallinn parking fee in Old Town area is 0,1€/min. Exact bus parking area is located [here!](#)



**Long Model - Tuesday, 9 August, Kodasoo**

Start at a freely chosen time between 10.00-14.00

GPS Parking: 59.455722, 25.266833

**Driving instructions and parking**

From Tallinn, follow Tallinn-Narva road (nr.1, E20) and turn on 21st km to Kaberla road (nr. 104) towards Kodasoo centre. Sign posts to the Competition Centre will start on 31st km.

There will be the parking area for cars and buses in the Competition centre.

Buses nr 151 and 152 from the Balti train station – bus stop is Kodasoo. From there to the competition centre is 2.5 km.

Transfer bus schedule can be found under section: Transport and parking.



**Additional training option on Friday, August 12**

Tallinn Orienteering Week/Additional training option in WMOC - Extended sprint. See EXTRA 1 at the end of the document.

**Competition Events**

The Sprint distance competition consists of one qualification race and a final race. The Long distance competition consists of two qualification races and a final race. Qualifiers for each Final will be determined in accordance with IOF Competition Rules.

**SPRINT RACES**

In accordance with IOF Competition Rule 16.3, the course lengths for the Sprint races are given on the optimal route (shortest distance a runner could take, going around all impassable obstacles) and have been measured as the length of the straight line from the start via the controls to the finish deviating for, and only for, physically impassable obstructions (high fences, lakes, impassable cliffs etc.), prohibited areas and marked routes.



The ISSOM

Competitor who crosses areas which are marked with forbidden symbols on the map will be disqualified.

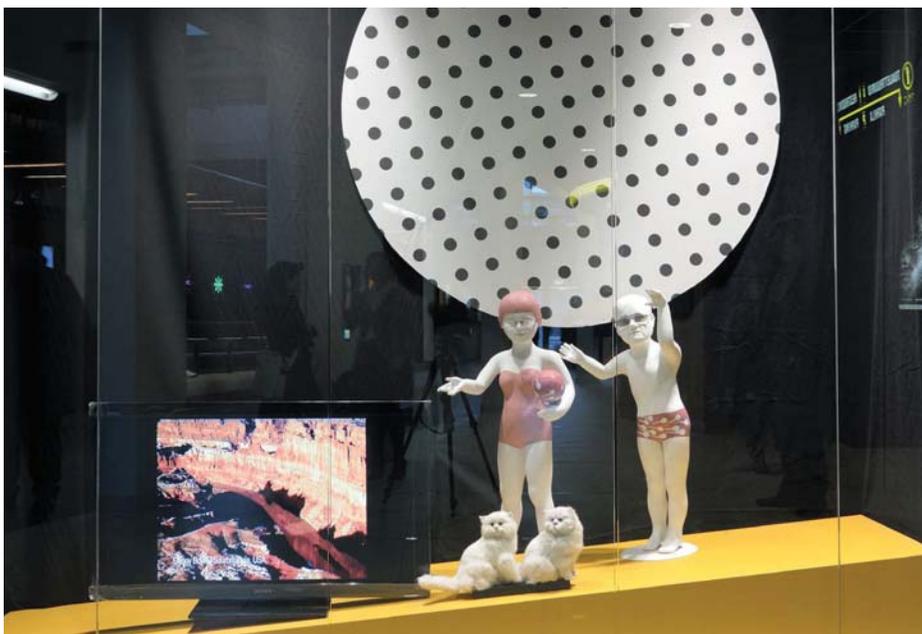
Forbidden to cross	Allowed to cross
 Impassable body of water (forbidden to cross)	 Passable body of water
 Impassable marsh (forbidden to cross)	 Marsh  Indistinct marsh
 Impassable cliff (forbidden to cross)	 Passable rock face
 Impassable wall (forbidden to cross)	 Passable stone wall  Passable wall
 Impassable fence or railing (forbidden to cross)	 Passable fence or railing
 Building (forbidden to cross)	 Canopy  Pillar
 Area with forbidden access (forbidden to cross)	
 Impassable pipeline (forbidden to cross)	 Passable pipeline
 Impassable vegetation (forbidden to cross)	 Vegetation: very difficult to run



## Lupine will lighting World Masters Orienteering Championships in 2016

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## KUMU HITS

Contemporary Art from the Collection of the  
Art Museum of Estonia

08.04.–28.08.2016

The Art Museum of Estonia is the biggest local collector and buyer of contemporary art. Works that qualify as hits have been selected to celebrate the 10th anniversary of the Kumu Art Museum. The exhibition sheds light on processes involving the museum, the artist, the audience and the work of art.

KAAREL KURISMAA. FIGURES AND CATS. 2006. ART MUSEUM OF ESTONIA

Kadrioru Park is the most outstanding palatial and urban park in Estonia. The park has extensive maintained open park areas, including drainage ditches and new canals. The terrain has many roads and paths.

Maximum height difference is 25m. Many tourist attractions are located in the terrain.



### How to get to the arena

The arena is the Kadrioru Stadium.

GPS: 59.433967, 24.782886

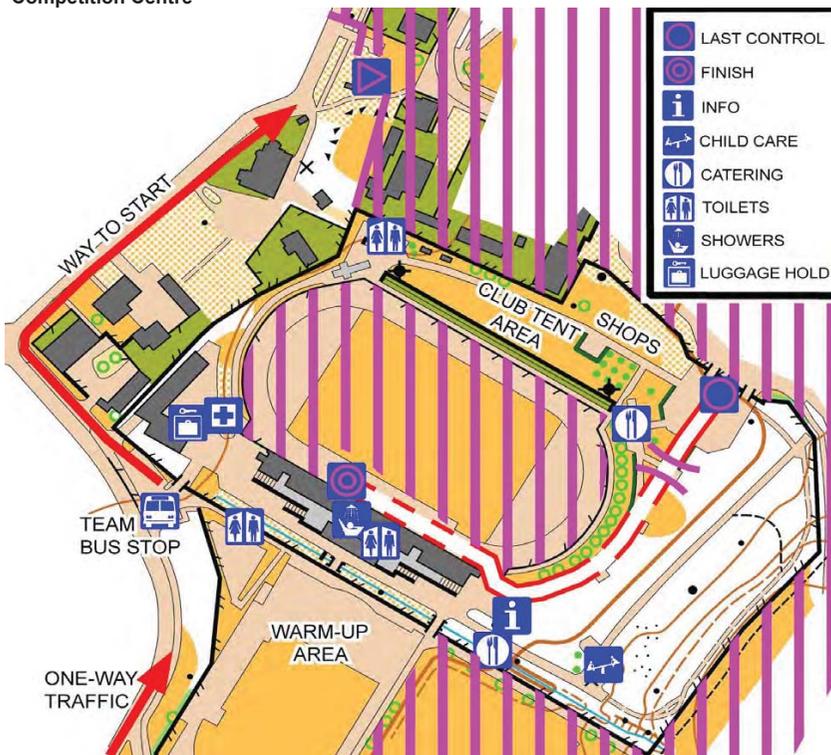
There are no parking possibilities in competition centre. The organisers strongly recommend using public transport to get to the competition centre. We suggest taking bus 31, 67 or 68 (stop Lauulupeo). Distance from stop Lauulupeo to Kadrioru Stadium is 400 m. Timetables are available <http://soiduplaan.tallinn.ee/>. The distance from Vabaduse square to the Competition Centre is 4.3 km.

There will be a place for buses to stop in the Competition centre, but only for letting people off the bus. There is no parking for buses in competition centre.

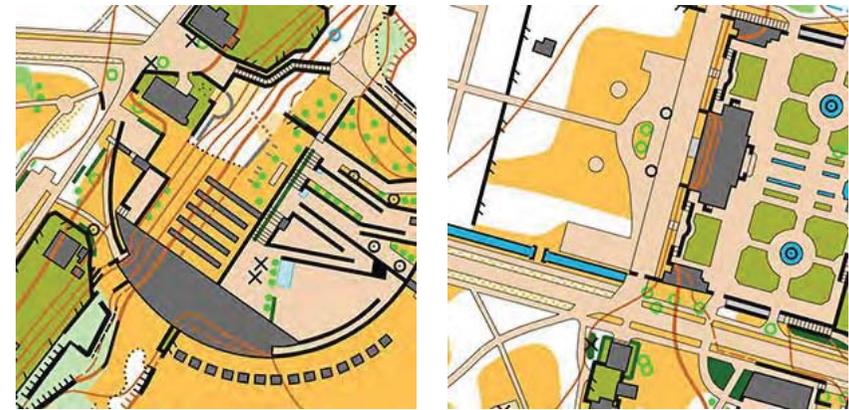
**Make sure not to enter the embargoed area when walking to the competition centre.**



**Competition Centre**



**Map**



Map: ISSOM standard, scale 1:4000, contour interval 2.0 m, mapped in 2016.

**Start times**

The first starts are at 9:00.

**Distance to Start:** All starts (A.Le Coq, Hertz and Tallink) are together and 500m from competition centre.

There is no clothes transport, refreshments or toilets in the start area as all those services are available in Competition centre.

**Terrain Description**

Kadrioru Park is the most outstanding palatial and urban park in Estonia. The park has extensive maintained open park areas, including drainage ditches and new canals. The terrain has many roads and paths. The maximum height difference is 25m.

Watch out for traffic and walking people in the area!

**Figures about sprint qualification**



There are some old fence posts on the terrain, which are not marked on the map. See the picture on the left.



Figure 1 Example of flowerbed



Figure 2 Example of linear thicket

- Additionally - in some areas red-yellow tape are used on the terrains to mark embargoed areas (Figure 2).
- In Kadriorg there is a marked passage through the building (Figure 3). Also there are some closed doors (marked open on the map) that will be opened by organisers when runners are approaching.



Figure 3

### Club tents

There will be a marked area for club tents.

### Sprint qualification course details

Class	Start	Length (km)	Climb (m)	Controls	Class	Start	Length (km)	Climb (m)	Controls
M35-1	A.Le Coq	3.5	43	25	W35-1	A.Le Coq	3.2	48	21
M35-2	A.Le Coq	3.4	43	25	W40-1	A.Le Coq	2.9	35	18
M40-1	A.Le Coq	3.3	40	19	W45-1	A.Le Coq	2.5	28	17
M40-2	A.Le Coq	3.4	40	19	W45-2	A.Le Coq	2.6	30	17
M45-1	A.Le Coq	3.1	36	21	W50-1	A.Le Coq	2.4	23	15
M45-2	A.Le Coq	3.1	44	21	W50-2	A.Le Coq	2.4	27	15
M50-1	A.Le Coq	3.1	36	21	W55-1	A.Le Coq	2.3	22	15
M50-2	A.Le Coq	3.1	44	21	W55-2	A.Le Coq	2.3	21	15
M50-3	A.Le Coq	3.1	42	21	W55-3	A.Le Coq	2.3	22	15
M55-1	A.Le Coq	2.5	33	17	W60-1	Tallink	2.1	22	15
M55-2	A.Le Coq	2.6	32	17	W60-2	Tallink	2.1	23	15
M55-3	A.Le Coq	2.5	31	17	W60-3	Tallink	2.1	23	15
M55-4	A.Le Coq	2.6	29	17	W65-1	Tallink	1.9	30	13
M60-1	Tallink	2.3	25	15	W65-2	Tallink	1.9	26	13
M60-2	Tallink	2.5	25	15	W65-3	Tallink	2.0	22	13
M60-3	Tallink	2.3	25	15	W65-4	Tallink	1.9	20	13
M60-4	Tallink	2.4	24	15	W70-1	Hertz	1.8	21	12
M65-1	Tallink	2.3	22	15	W70-2	Hertz	1.9	21	12
M65-2	Tallink	2.3	21	15	W70-3	Hertz	1.9	25	12
M65-3	Tallink	2.3	22	15	W75-1	Hertz	1.7	25	12
M65-4	Tallink	2.2	25	15	W75-2	Hertz	1.8	19	12
M65-5	Tallink	2.3	23	15	W80-1	Hertz	1.5	11	9
M70-1	Hertz	2.1	22	15	W85-1	Hertz	1.4	15	9
M70-2	Hertz	2.1	23	15	W90-1	Hertz	1.2	18	8
M70-3	Hertz	2.1	23	15	W95-1	Hertz	1.2	18	8
M70-4	Hertz	2.1	26	15					
M70-5	Hertz	2.1	27	15					
M75-1	Hertz	1.9	30	13					
M75-2	Hertz	1.9	26	13					
M75-3	Hertz	2.0	22	13					
M80-1	Hertz	1.7	25	12					
M80-2	Hertz	1.8	19	12					
M85-1	Hertz	1.5	11	9					
M90-1	Hertz	1.4	15	9					



Tallinn's medieval Old Town is known for its well-preserved completeness and authentic Hanseatic architecture. One will find original cobblestone streets dotted with medieval churches and grandiose merchant houses, barns and warehouses some of which date back as far as the 11th century. Tallinn Old Town is a great sprint terrain with parks, city streets, some climbing and interesting route choices.

**How to get to the arena**

The arena is on Freedom Square. GPS: 59.433569, 24.744099

Organiser recommends using public transport as there are limited car parking areas and no bus parking option.

Parking will be possible in paid parking areas in Tallinn. Closest car parks are under and beside the Freedom square (Vabaduse väljak, 50m from Competition Centre).

Using public transport nearest stops to competition centre are "Vabaduse väljak" where different kind of public transport stops: tram nr 3, 4; trolley bus nr 1, 3; bus nr 9, 17, 40 etc.



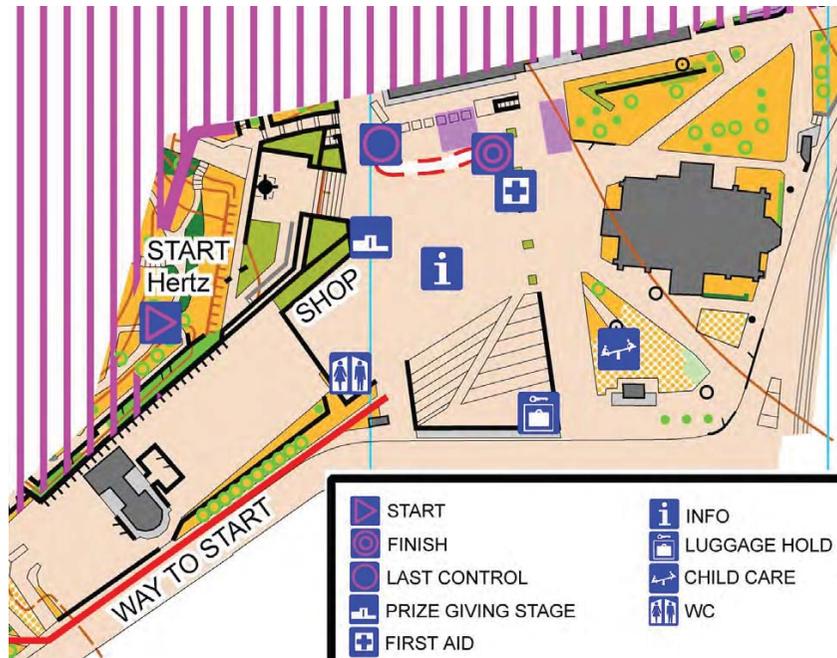
**Competition Centre**



**Map**



ISSOM 2007 standard, scale 1:4000, contour interval 2.0 m, mapped in 2016.



### Start times

The first starts are at 10:00

Distance to Start: Starts A.Le Coq and Tallink are together and 500m from competition centre. Start Hertz is 150m from competition centre.

There is no clothes transport or refreshments in the start area as all those services are available in Competition centre.

### Terrain Description

Sprint Final terrain includes parklands and Tallinn Old Town with narrow streets and irregular buildings. Very good runnability and gentle to moderate climb.

Traffic on the terrain is partially restricted but not closed. A couple of larger streets are forbidden area and are allowed to cross only at designated locations. Marshals will ensure safety at these crossings. Take care while crossing streets and passing tourists!

Approximately 80% of the courses are in paved and 20% in the grass area.

Spike and stud shoes are not allowed. Trail running shoes are recommended over usual running shoes, especially in rainy conditions. Take extra care running on cobblestone streets in wet conditions as they can get slippery.

### Special Map Features Sprint Final

In general, walls from any side higher than up to one's knees are forbidden to cross and are drawn by thick black line (ISSOM 2007 symbol 521.1). See Figure 1.

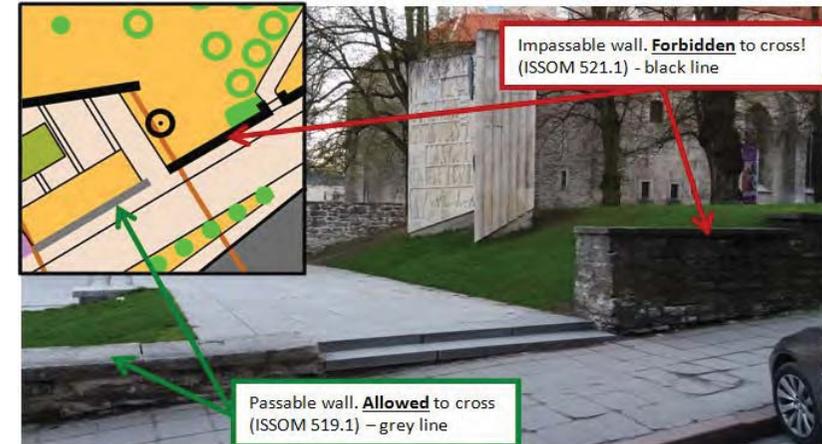


Figure 1 Example of passable and impassable wall

In some locations, walls form a crag or a big step, which is very clear from one side, but difficult to see from the other.

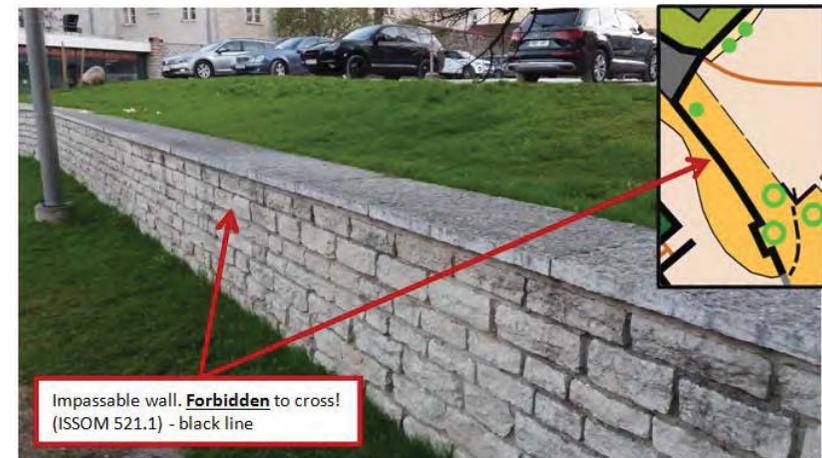
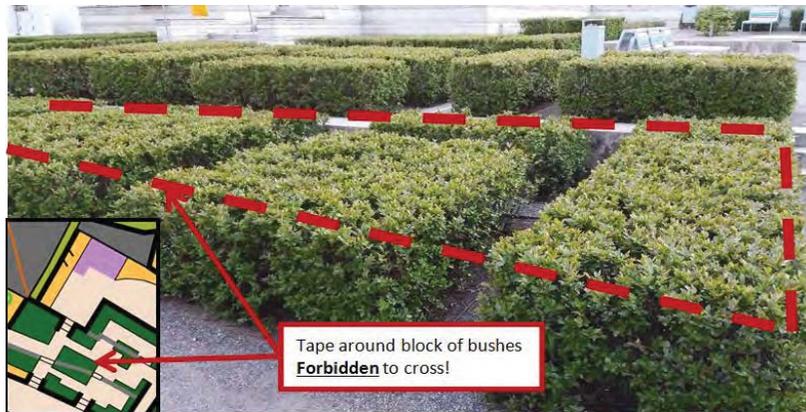


Figure 2 Example of impassable wall

All possible location where such walls affect route choice are marked by tapes and are forbidden to cross.

To improve map readability, boom barriers are not marked on the map if they are easily passable from sides.

In one part of the sprint terrain decorative bushes form block with very narrow pathways in between. In the map these bushes are drawn as a single block and in terrain surrounded by tape. It is forbidden to run through or between these block bushes.



Tape around block of bushes  
**Forbidden** to cross!

Approximately 50% of the competitors pass in second half of the course a pavement reconstruction area. These works should not affect the running speed of competitor. Ongoing pavement reconstruction areas are drawn "Temporary construction or closed area" symbol ISSOM 714.0 - light purple. Same symbol as for outdoor cafe. Since the final map updating (28.07.2016), these areas may have shifted in small scale, but should not affect competitors route choices.

Parking boom barriers which are easy to pass from side(s) are not drawn in the map. Booms are allowed to pass from any side, but must not be damaged!

#### Club tents

Because the arena is very small it is not permitted to set up club tents! Organisers will set up two large tents for changing clothes.

#### Expected Sprint final first start times

Class	Time	Class	Time	Class	Time	Class	Time
M35-A	12:09	M65-B	10:00	W35-A	12:15	W75-A	11:18
M35-B	11:38	M65-C	11:32	W40-A	11:57	W75-B	10:43
M40-A	11:35	M65-D	10:12	W45-A	11:27	W80-A	11:21
M40-B	12:00	M65-E	11:20	W45-B	10:00	W85-A	10:53
M45-A	11:12	M70-A	11:28	W50-A	10:56	W90-A	10:29
M45-B	10:49	M70-B	10:13	W50-B	11:21	W95-A	10:00
M50-A	10:49	M70-C	10:00	W55-A	10:28		
M50-B	10:00	M70-D	10:00	W55-B	11:41		
M50-C	11:20	M75-A	10:57	W55-C	11:20		
M55-A	10:35	M75-B	10:10	W60-A	10:14		
M55-B	10:00	M75-C	11:34	W60-B	11:33		
M55-C	11:20	M80-A	11:10	W60-C	12:02		
M60-A	10:22	M80-B	10:05	W65-A	10:00		
M60-B	10:00	M85-A	11:04	W65-B	11:31		
M60-C	11:30	M90-A	10:38	W65-C	11:28		
M60-D	11:57			W70-A	11:12		
M65-A	10:08			W70-B	10:00		

#### Sprint final course details

Class	Start	Length (km)	Climb (m)	Controls	Class	Start	Length (km)	Climb (m)	Controls
M35-A	A.Le Coq	3.5	25	21	W35-A	A.Le Coq	3.2	25	19
M35-B	A.Le Coq	3.3	25	19	W40-A	A.Le Coq	3.0	25	20
M40-A	A.Le Coq	3.5	25	22	W45-A	A.Le Coq	2.7	25	17
M40-B	A.Le Coq	3.2	25	20	W45-B	A.Le Coq	2.5	25	19
M45-A	A.Le Coq	3.3	25	19	W50-A	A.Le Coq	2.5	25	17
M45-B	A.Le Coq	3.1	20	19	W50-B	A.Le Coq	2.2	25	16
M50-A	A.Le Coq	3.2	25	19	W55-A	A.Le Coq	2.5	20	19
M50-B	A.Le Coq	2.9	25	20	W55-B	A.Le Coq	2.3	25	15
M50-C	A.Le Coq	2.6	20	16	W55-C	A.Le Coq	2.1	20	14
M55-A	A.Le Coq	3.0	25	20	W60-A	Tallink	2.1	15	15
M55-B	A.Le Coq	2.7	20	19	W60-B	Tallink	2.0	20	15
M55-C	A.Le Coq	2.6	20	16	W60-C	Tallink	1.9	25	16
M55-D	A.Le Coq	2.5	20	19	W65-A	Tallink	1.9	15	14
M60-A	Tallink	2.7	25	17	W65-B	Tallink	1.8	15	11
M60-B	Tallink	2.5	25	19	W65-C	Tallink	1.6	15	9
M60-C	Tallink	2.4	25	18	W65-D	Tallink	1.5	15	11
M60-D	Tallink	2.3	20	14	W70-A	Hertz	1.7	15	12
M65-A	Tallink	2.5	20	19	W70-B	Hertz	1.3	10	11
M65-B	Tallink	2.3	25	15	W70-C	Hertz	1.3	5	10
M65-C	Tallink	2.1	20	14	W75-A	Hertz	1.5	10	12
M65-D	Tallink	2.0	20	13	W75-B	Hertz	1.3	10	9
M65-E	Tallink	1.8	15	12	W80-A	Hertz	1.3	10	11
M70-A	Hertz	2.1	10	13	W85-A	Hertz	1.2	10	8
M70-B	Hertz	1.9	10	13	W90-A	Hertz	1.0	10	9
M70-C	Hertz	1.7	5	12	W95-A	Hertz	1.0	10	9
M70-D	Hertz	1.6	5	11					
M70-E	Hertz	1.5	5	10					
M75-A	Hertz	1.8	10	13					
M75-B	Hertz	1.6	15	11					
M75-C	Hertz	1.6	10	11					
M80-A	Hertz	1.5	10	12					
M80-B	Hertz	1.3	10	9					
M85-A	Hertz	1.3	10	11					
M90-A	Hertz	1.0	10	9					

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## LONG DISTANCE RACES

### QUALIFICATION LONG 1, August 10

#### How to get to the arena

The arena is Kõrvemaa. GPS: 59.317711, 25.652711

GPS Parking: 59.317707, 25.650909

Bus GPS parking: 59.309446, 25.649688

From Tallinn, follow Tallinn-Narva road (nr.1, E20) and turn on 27th km to Piibe road (nr. 13) towards Aegviidu. Sign posts to the Competition Centre will start on 30th km. From there will be additional 5 km to the car park. From Tallinn to car park is 60 km.

#### Parking

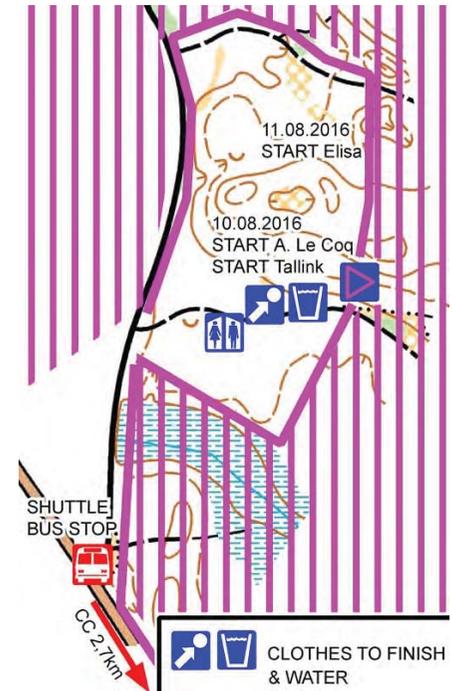
**Parking is forbidden on Piibe road (nr.13), please follow organisers instructions.** A fee will be charged for parking at the long distance parking areas. Parking fee includes shuttle-bus transport from the parking area to competition centres and back. Coming with own transport, participants need to consider extra time for parking and shuttle-bus transport to reach competition centre. Shuttle-buses route: parking - Competition Centre - Start A. Le Coq and Tallink - parking.

See shuttle-bus schedule from section: WMOC shuttle

#### Distance to Start

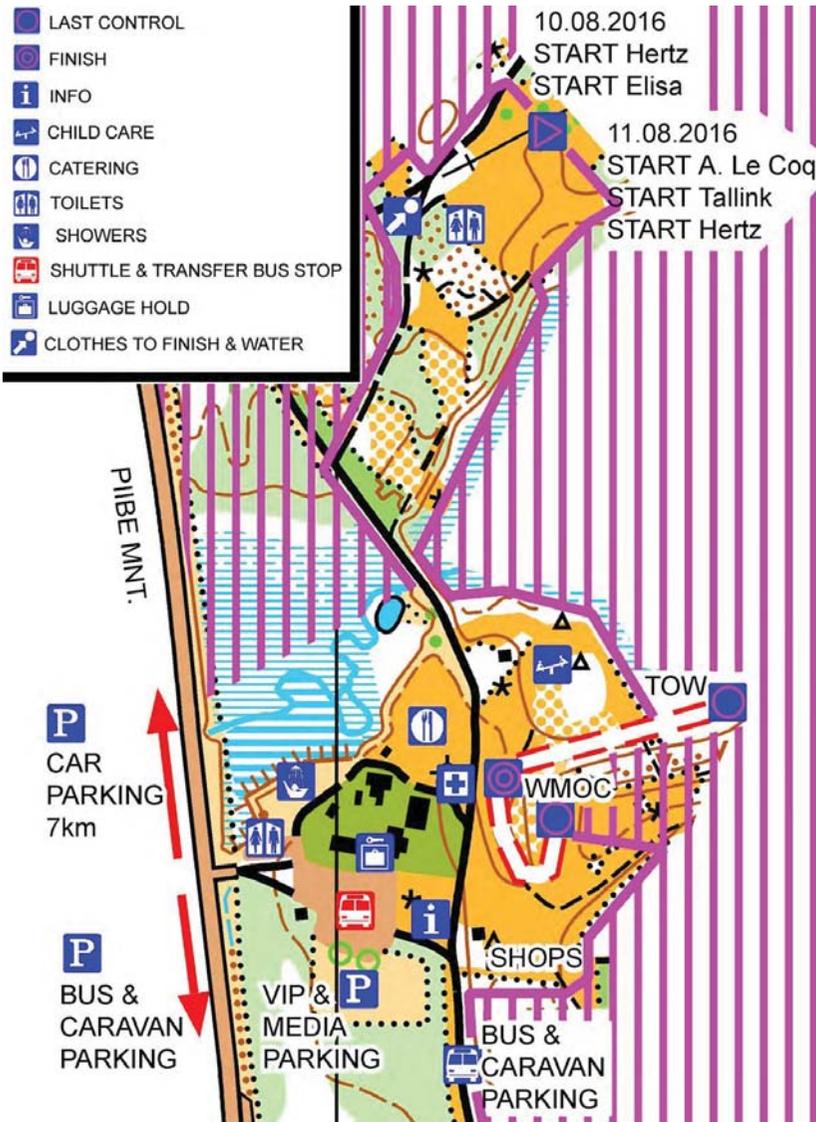
Start A. Le Coq and Tallink: All participants must use shuttle-buses which take participants to Start A. Le Coq and Tallink from competition centre (see competition centre map). From shuttle bus stop in start area to start is 450m.

Start Hertz: 550m walking distance from competition centre.

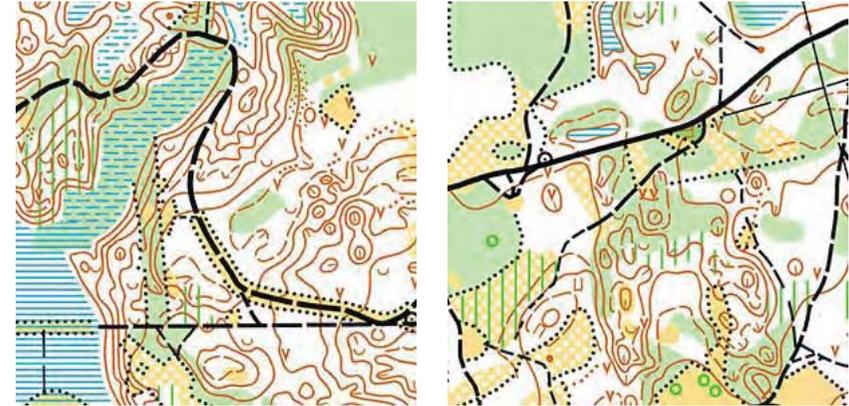


### Competition Centre

- LAST CONTROL
- FINISH
- INFO
- CHILD CARE
- CATERING
- TOILETS
- SHOWERS
- SHUTTLE & TRANSFER BUS STOP
- LUGGAGE HOLD
- CLOTHES TO FINISH & WATER



### Map



Map: ISOM standard, scale 1:10 000, contour interval 5.0 m, mapped in 2016.

### Start times

The first starts are at 10:00.

### Terrain Description

Kõrvemaa is a wilderness area, dominated by glacial landforms, coniferous forests and extensive bogs. The terrain offers good variability in relief forms with interesting microrelief areas. Biggest height difference on one slope is approximately 20m. Larger flat man-made holes are marked with ISOM 2007 symbol 115. There are a lot of paths, some bigger roads and Kõrvemaa ski trails. Additionally, quite many trenches and trench lines have remained on the terrain from the use of this area as a military training ground.



Runnability on the terrain varies a lot, however fast pine or spruce forests dominate. There are many fallen trees due to wind and snowfall. ISOM 2007 symbols 407 and 408 are used in some areas where visibility is good, but runnability is limited due to fallen trees. Many rides in forest have a lot of undergrowth and are difficult to notice. These rides are not marked on the map.

Marshes have good visibility, but due to high bushes and soft terrain their runnability is average. Water levels are low during this season however if the summer has been very rainy marshes can be wet. Bogs have bad and very bad runnability. Larger ditches in bog areas have soft muddy ditch banks and are difficult to cross at times. The stream which passes the map is flooded due to beaver activity. It is recommended to cross the stream using bridges and crossings.

ISOM symbol 115	ISOM symbol 407	ISOM symbol 408

**Special map features in Long distance qualifications**



On the map there are used following symbols:

- ★ disc golf basket
- ▲ tepee

**Long Qualification I and II course details**

Long Qualification I					Long Qualification II				
Class	Start	Length (km)	Climb (m)	Controls	Class	Start	Length (km)	Climb (m)	Controls
M35-1	A. Le Coq	9.5	280	17	M35-1	A. Le Coq	9.0	315	25
M35-2	A. Le Coq	9.5	290	18	M35-2	A. Le Coq	9.1	310	25
M40-1	A. Le Coq	8.1	255	18	M40-1	A. Le Coq	8.4	270	21
M40-2	A. Le Coq	8.2	250	18	M40-2	A. Le Coq	8.3	265	22
M45-1	A. Le Coq	7.5	260	19	M45-1	A. Le Coq	8.0	250	21
M45-2	A. Le Coq	7.5	250	19	M45-2	A. Le Coq	7.9	255	21
M50-1	A. Le Coq	6.5	205	18	M50-1	A. Le Coq	7.4	230	20
M50-2	A. Le Coq	6.6	215	18	M50-2	A. Le Coq	7.3	210	19
M50-3	A. Le Coq	6.5	200	19	M50-3	A. Le Coq	7.2	220	19
M55-1	A. Le Coq	5.7	200	19	M55-1	A. Le Coq	6.1	185	20
M55-2	A. Le Coq	5.7	205	19	M55-2	A. Le Coq	6.1	190	19
M55-3	A. Le Coq	5.8	195	20	M55-3	A. Le Coq	6.0	190	19
M55-4	A. Le Coq	5.7	195	20	M55-4	A. Le Coq	6.0	195	19
M60-1	Tallink	5.3	195	17	M60-1	Tallink	5.6	175	17
M60-2	Tallink	5.2	185	17	M60-2	Tallink	5.6	170	17
M60-3	Tallink	5.3	190	18	M60-3	Tallink	5.6	170	17
M60-4	Tallink	5.3	200	18	M60-4	Tallink	5.6	180	17
M65-1	Tallink	4.9	150	20	M65-1	Tallink	5.1	160	16
M65-2	Tallink	4.9	160	20	M65-2	Tallink	5.2	155	16
M65-3	Tallink	4.9	145	19	M65-3	Tallink	5.2	165	16
M65-4	Tallink	4.9	145	19	M65-4	Tallink	5.3	150	16
M65-5	Tallink	4.9	155	19	M65-5	Tallink	5.3	150	15
M70-1	Hertz	4.1	120	16	M70-1	Hertz	4.0	120	14
M70-2	Hertz	4.2	110	16	M70-2	Hertz	4.3	130	14
M70-3	Hertz	4.2	120	15	M70-3	Hertz	4.1	115	13
M70-4	Hertz	4.2	130	15	M70-4	Hertz	4.3	125	14
M70-5	Hertz	4.1	125	15	M70-5	Hertz	4.3	130	13
M75-1	Hertz	3.5	110	14	M75-1	Hertz	3.2	95	13
M75-2	Hertz	3.5	115	13	M75-2	Hertz	3.1	100	12
M75-3	Hertz	3.5	110	13	M75-3	Hertz	3.2	90	12
M80-1	Hertz	2.8	95	12	M80-1	Hertz	2.3	65	11
M80-2	Hertz	2.9	90	12	M80-2	Hertz	2.4	60	11
M85-1	Hertz	2.2	70	10	M85-1	Hertz	1.9	65	10
M90-1	Hertz	1.6	55	8	M90-1	Hertz	1.4	50	7

Long Qualification I					Long Qualification II				
Class	Start	Length (km)	Climb (m)	Controls	Class	Start	Length (km)	Climb (m)	Controls
W35-1	A. Le Coq	5.9	215	17	W35-1	A. Le Coq	6.5	240	19
W40-1	A. Le Coq	5.2	210	16	W40-1	A. Le Coq	5.4	185	16
W45-1	A. Le Coq	4.4	110	14	W45-1	A. Le Coq	5.1	155	16
W45-2	A. Le Coq	4.5	120	15	W45-2	A. Le Coq	5.2	150	18
W50-1	A. Le Coq	4.3	125	14	W50-1	A. Le Coq	4.6	125	15
W50-2	A. Le Coq	4.4	115	14	W50-2	A. Le Coq	4.6	130	15
W55-1	A. Le Coq	4.2	120	14	W55-1	A. Le Coq	4.4	135	13
W55-2	A. Le Coq	4.1	125	14	W55-2	A. Le Coq	4.4	130	13
W55-3	A. Le Coq	4.1	120	13	W55-3	A. Le Coq	4.3	130	13
W60-1	Tallink	3.8	105	14	W60-1	Tallink	3.9	110	16
W60-2	Tallink	3.8	100	14	W60-2	Tallink	3.8	115	15
W60-3	Tallink	3.8	105	15	W60-3	Tallink	4.0	105	15
W65-1	Tallink	3.5	85	12	W65-1	Tallink	3.6	120	12
W65-2	Tallink	3.6	90	12	W65-2	Tallink	3.6	115	11
W65-3	Tallink	3.5	80	13	W65-3	Tallink	3.8	115	13
W65-4	Tallink	3.6	85	13	W65-4	Tallink	3.6	110	13
W70-1	Hertz	2.7	75	11	W70-1	Hertz	3.0	90	13
W70-2	Hertz	2.7	80	10	W70-2	Hertz	3.1	95	12
W70-3	Hertz	2.7	70	10	W70-3	Hertz	3.1	90	12
W75-1	Hertz	2.3	75	10	W75-1	Hertz	2.8	85	12
W75-2	Hertz	2.4	80	10	W75-2	Hertz	2.8	90	12
W80-1	Hertz	1.8	75	8	W80-1	Hertz	2.1	65	11
W85-1	Hertz	1.5	50	7	W85-1	Hertz	1.5	50	8
W90-1	Hertz	1.2	45	8	W90-1	Hertz	1.4	50	7
W95-1	Hertz	1.2	45	8	W95-1	Hertz	1.4	50	7

### QUALIFICATION LONG 2, 11 August

#### **How to get to the arena**

See long distance qualification 1.

#### **Map**

Map: ISOM standard, scale 1:10 000, contour interval 5.0 m, mapped in 2016.

#### **Start times**

The first starts are at 10:00.

**Distance to Start:** All starts (A. Le Coq, Hertz and Tallink) are 550 m away from competition centre and are located close to each other.

#### **Terrain Description**

See long distance qualification 1.

### LONG FINAL - SATURDAY 13 August



#### **How to get to the arena**

The arena is at Pikasaare.

Car GPS parking: 59.444908, 25.910391

Bus GPS parking: 59.437250, 25.875207

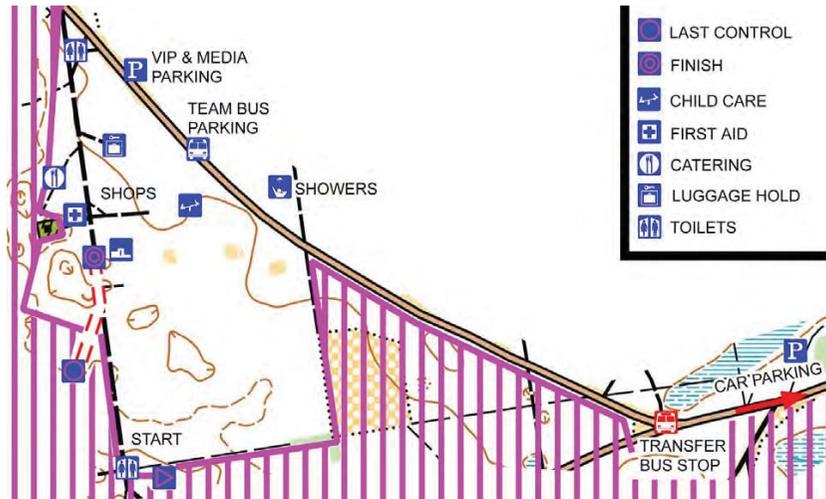
From Tallinn, follow Tallinn-Narva road (nr.1, E20) and turn to road 24. Sign posts to the Competition Centre will start on Tallinn-Narva road 70th km. From there will be additional 3 km to the car park.

Car parking is 3km away from Competition Centre. A fee will be charged for parking at the long distance parking areas. Parking fee includes shuttle-bus transport from the parking area to

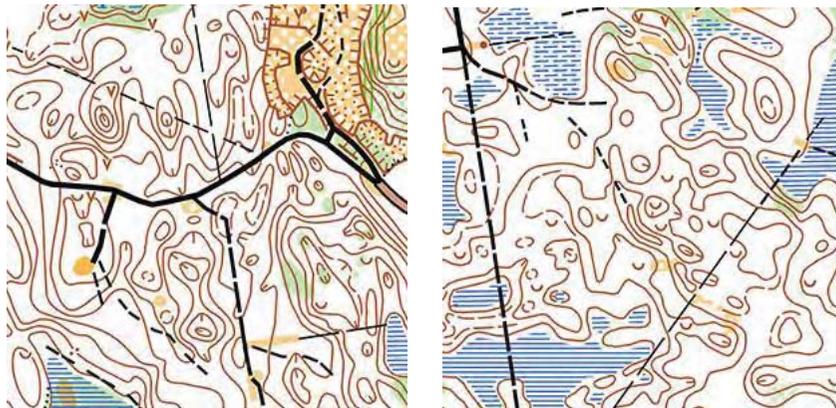
competition centres and back. Coming with own transport, participants need to consider extra time for parking and shuttle-bus transport to reach competition centre.

See shuttle-bus schedule from section: WMOC shuttle

### Competition Centre



### Map



ISOM standard, scale 1:10 000, contour interval 5.0 m, mapped in 2016.

### Start times

The first starts are at 09:00

**Distance to Start:** All starts (A. Le Coq, Hertz and Tallink) are together and 300 m away from competition centre.

### Terrain Description

Competition centre is located in Estonian Defence Forces main military training field. Pikasaare is one of the most enjoyable terrains in Estonia offering fast running on large areas of the map and very interesting orienteering. This pine and spruce forest has many features typical of morainic terrain and is very variable. Height differences are up to 20m.

### Long Distance Final course details

Class	Start	Length (km)	Climb (m)	Controls	Class	Start	Length (km)	Climb (m)	Controls
M35-A	A. Le Coq	12.7	350	22	W35-A	A. Le Coq	8.0	210	15
M35-B	A. Le Coq	10.1	250	18	W40-A	A. Le Coq	7.4	190	14
M40-A	A. Le Coq	11.5	310	21	W45-A	A. Le Coq	6.0	155	13
M40-B	A. Le Coq	9.2	250	18	W45-B	A. Le Coq	4.8	125	11
M45-A	A. Le Coq	10.5	235	21	W50-A	A. Le Coq	5.6	145	12
M45-B	A. Le Coq	8.5	225	16	W50-B	A. Le Coq	4.4	115	10
M50-A	A. Le Coq	9.5	255	20	W55-A	A. Le Coq	5.3	140	12
M50-B	A. Le Coq	7.7	200	18	W55-B	A. Le Coq	4.3	110	11
M50-C	A. Le Coq	6.4	165	14	W55-C	A. Le Coq	3.5	90	9
M55-A	A. Le Coq	7.9	205	16	W60-A	Tallink	5.1	135	10
M55-B	A. Le Coq	6.5	170	14	W60-B	Tallink	4.1	110	9
M55-C	A. Le Coq	5.2	135	10	W60-C	Tallink	3.3	85	9
M55-D	A. Le Coq	5.3	140	12	W65-A	Tallink	4.7	120	9
M60-A	Tallink	7.1	185	15	W65-B	Tallink	4.3	110	9
M60-B	Tallink	6.3	165	11	W65-C	Tallink	3.7	95	7
M60-C	Tallink	5.6	145	12	W65-D	Tallink	3.3	85	7
M60-D	Tallink	4.7	120	11	W70-A	Hertz	4.2	110	8
M65-A	Tallink	6.7	175	13	W70-B	Hertz	3.6	95	7
M65-B	Tallink	6.2	160	12	W70-C	Hertz	2.8	80	6
M65-C	Tallink	5.7	150	13	W75-A	Hertz	3.3	85	7
M65-D	Tallink	5.2	135	11	W75-B	Hertz	2.4	80	6
M65-E	Tallink	4.5	120	11	W80-A	Hertz	2.4	80	6
M70-A	Hertz	6.2	160	14	W85-A	Hertz	1.5	35	6
M70-B	Hertz	5.6	145	13	W90-A	Hertz	1.1	25	4
M70-C	Hertz	5.1	135	11	W95-A	Hertz	1.1	25	4
M70-D	Hertz	4.7	120	10					
M70-E	Hertz	4.2	110	10					
M75-A	Hertz	5.2	135	12					
M75-B	Hertz	4.3	115	9					
M75-C	Hertz	3.4	90	8					
M80-A	Hertz	4.2	110	9					
M80-B	Hertz	3.4	90	7					
M85-A	Hertz	3.4	90	7					
M90-A	Hertz	2.3	60	7					

**Expected Long Distance Final first start times**

M35-A	10:33	M65-B	9:09	W35-A	11:12	W75-A	9:58
M35-B	10:25	M65-C	9:05	W40-A	10:50	W75-B	10:38
M40-A	9:43	M65-D	9:15	W45-A	9:10	W80-A	9:32
M40-B	9:01	M65-E	9:01	W45-B	9:00	W85-A	9:06
M45-A	9:31	M70-A	9:01	W50-A	9:02	W90-A	9:26
M45-B	9:47	M70-B	9:11	W50-B	9:00	W95-A	9:00
M50-A	9:17	M70-C	9:11	W55-A	9:12		
M50-B	9:13	M70-D	9:05	W55-B	9:04		
M50-C	11:15	M70-E	9:01	W55-C	10:58		
M55-A	9:19	M75-A	9:03	W60-A	9:08		
M55-B	9:19	M75-B	9:13	W60-B	9:04		
M55-C	9:03	M75-C	9:03	W60-C	9:06		
M60-A	9:01	M80-A	9:05	W65-A	9:04		
M60-B	9:17	M80-B	10:55	W65-B	9:10		
M60-C	9:07	M85-A	9:05	W65-C	9:20		
M60-D	9:35	M90-A	9:35	W70-A	9:00		
M65-A	9:07			W70-B	9:00		

**ACTIVITIES**

	6.aug	7.aug	8.aug	9.aug	10.aug	11.aug	12.aug	13.aug
<b>Opening ceremony</b>	+							
<b>Closing ceremony</b>								+
<b>Prize giving ceremony</b>			+					+
<b>Banquet</b>						+		
<b>TOW Training in Botanic garden</b>							+	
<b>Tours</b>		+	+	+	+	+	+	
<b>Pub rally</b>			+					

**OPENING CEREMONY. SATURDAY, August 6 from 19:00-20:00**

The Opening Ceremony of WMOC 2016 will take place on Saturday, August 6, 19:00-20:00 at the Event Centre in the Tallinn Song Festival Grounds. Participants (athletes, organisers, guests, etc ) are asked to gather at the entrance of Event Centre where the parade begins no later than 18:45. Participants gather by countries at the meeting point and march in alphabetical order following a short route (500m) around Song Festival Grounds. A short cultural program and speeches will follow. There are seating possibilities for the participants and shelter in case of rainy conditions.

**WMOC 2016 Official Banquet Thursday, August 11 at 18:30**



The 2016 WMOC banquet will take place on Thursday, August 11 at 18:30 in one of the most exclusive locations in Tallinn - the Seaplane Harbour. It is one of the largest and most popular museums in Estonia - the guests will experience the exhibitions and the unique atmosphere - the banquet will take place underwater. What exactly do we mean? Come and find out!

**Here is the preliminary programme:**

- Explore the Seaplane Harbour outdoor exhibition
- Get acquainted with the Seaplane Harbour through orienteering
- Fantastic modern Estonian food
- Live music and networking
- Surprise performance
- After party in Old Town

**Banquet price:**

Until July 11 - 55 €

July 12 to August 7 - 65 € (in case there are tickets left)

**Banquet ticket includes:**

- Entry to one of the most exclusive museums in Estonia (outdoor and indoor exhibition)
- A 3-course meal including welcome drink and one drink with dinner.
- Live band performance
- After party

NB! - there is a bar where one can purchase additional drinks.

In sum - a wonderful evening with your wonderful friends!

Booking: via mail to [info@wmoc2016](mailto:info@wmoc2016) or in WMOC Event Centre.

**How to get there**

Seaplane Harbour is located in the centre of the city in a distance of a small walk by the bay.  
Address: Vesilennuki 6

**Public Transport:**

Bus No. 73 will bring you right to our doorstep! The right stop is called 'Lennusadam'.



Bus No. 3 will take you to the 'Linnahalli' stop at Põhja puiestee. Continue along the same street and turn right down the hill towards Kalasadam. Near Kalasadam, turn to the left and enter Kalaranna street. Walk straight for approximately 1 kilometre until you see the Seaplane Harbour on your right.

Double-decked red City Tour buses (Free with Tallinn Card):  
The red and blue buses of City Tour will start from Viru väljak (near Hotel Viru in the centre of the city) and stop at the Seaplane Harbour. For further information please visit <https://citytour.ee/en>

By car:  
From Põhja puiestee, turn left towards Kalasadam. Near Kalasadam, turn to the left and enter Kalaranna street. Drive straight for approximately 1 kilometre until you see the Seaplane Harbour on your right. Parking is free of charge with the parking clock.

By taxi:  
The official taxi partner of the Seaplane Harbour is Tulika Takso: (+372) 6 120 001 or (local calls only) 1200. A ride from the city centre will cost around € 5.

**SPRINT PRIZE GIVING CEREMONY**

Monday, August 8 at about 13:30  
The Sprint Championship prize giving ceremony will be held in Tallinn Old Town, in the Sprint Final Arena.  
Gold, Silver and Bronze medallists should sit in labelled seats before the Ceremony begins. From there, they will be called to the stage (men and women in the same age group together) to receive their prizes.

**LONG DISTANCE PRIZE GIVING and CLOSING CEREMONIES**

Saturday, August 13 at about 14:00  
The (brief) Closing Ceremony takes place before prize giving ceremony and all athletes are asked to take part in the few short minutes it will take.  
The Long Distance Championship prize giving ceremony will be held at Pikasaare, in the Long distance Final arena.  
Gold, Silver and Bronze medallists should sit in labelled seats before the Ceremony begins. From there, they will be called to the stage (men and women in the same age group together) to receive their prizes.



**Merchandising WMOC 2016**

Many WMOC 2016 merchandising items will be available in Event Centre and in the Competition Centres, here you can see a few of many:



Touchpen  
Price: €1.5



Patch (38mm)  
Price: €1



Bath towel  
Price: €15



Hat  
Price: €25



Bandana  
Price: €5



T-shirt  
Price: €25



Stamp (yellow)  
Price: €1.5

Envelope  
Price: €0.5



Magnet  
Price: €2

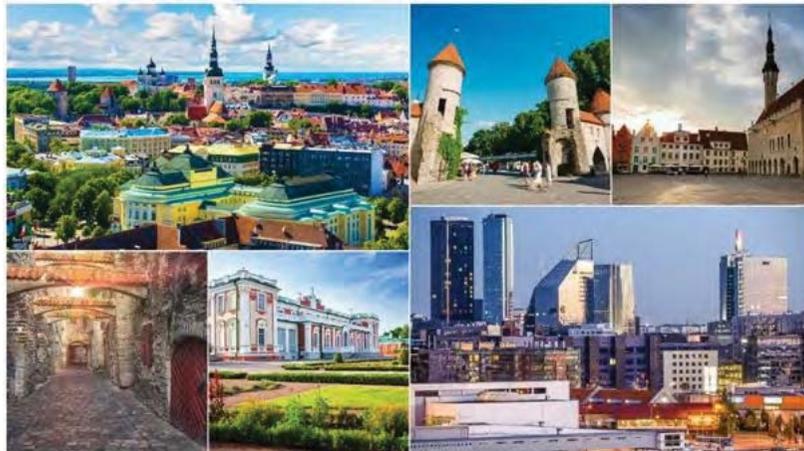
**TOURISM IN AND AROUND TALLINN - Sightseeing and WMOC culture programme**



With half a million citizens, Tallinn is hardly a world metropolis. However: short distances and low traffic are advantages to cherish. Whether you have only a few hours or few days, you get to experience a lot. Medieval Tallinn Old Town, one of the best preserved Hanseatic town centres in the world, is just a short walk away from the city business centre with modern towers, luxurious hotels, gourmet restaurants and shopping malls.

**WMOC 2016 Tallinn culture program tour descriptions**

Tour is the best way to become acquainted with real Estonia and Tallinn. WMOC 2016 team have selected the best tours provider Estonian Experience who is titled by TripAdvisor with [Certificate of Excellence](#). Estonian Experience is focused on offering you an inspirational time during your stay in Tallinn. All tours and activities have been specially designed for Estonian Experience and can be booked at WMOC [webpage](#). All excursions are available in Estonian, English and Russian. Tours in German, Finnish, Spanish, French, Italian and other languages on request.



August 7	
15:00	2h Tallinn Panoramic Sightseeing Tour (FIN, SWE, NOR, GER, ITA, SPA)
18:00	2h Tallinn Panoramic Sightseeing Tour (ENG, RUS)
August 8	
16:00	Tallinn Old Town Walking Tour (ENG, RUS, FIN, SWE, NOR, GER, ITA, SPA)
20:00	Tallinn Ghosts & Legends Tour (ENG, RUS)
August 9	
13:00	Lahemaa National Park Tour with Palmse Manor Visit (ENG, RUS, GER)
13:00	Soviet Paldiski & Countryside Drive (ENG, RUS, GER, FIN)
16:00	Tallinn Old Town Walking Tour (ENG, RUS, FIN, GER, ITA, SPA)
August 10	
16:30	3h Tallinn Photo Hunt Game (ENG)
18:00	2h Tallinn Panoramic Sightseeing Tour (ENG, RUS)
20:00	Tallinn Ghosts & Legends Tour (ENG)
August 11	
16:30	Tallinn Old Town Walking Tour 16:30 (ENG, RUS, FIN, SWE)
August 12	
13:00	Lahemaa National Park Tour with Palmse Manor Visit (ENG, RUS, GER, SPA, FIN )
13:00	Soviet Paldiski & Countryside Drive (ENG,RUS, GER, SPA)
16:00	2h Tallinn Pub Tour & Beer Tasting (ENG)

**2h Tallinn Old Town Walking Tour**

Enjoy a delightful 2-hour stroll with your local tour guide along the charming cobblestone streets of the old Town with its charming red roofs and medieval towers. This tour takes you to the most important Old Town highlights- Town Hall, Town Hall Pharmacy, Kalev's Marzipan Museum, Long Leg, Toompea Hill & viewing platform, Alexander Nevsky Cathedral.

Tour Includes: Private guide services for 2 h, Upper and lower Old Town walking tour including most important Old Town highlights

Price: 15 EUR

**2h Tallinn Ghosts & Legends Tour**

Explore the old medieval Tallinn haunted streets on a walking tour filled with myths, medieval legends and the best of eerie stories from the times gone by.

Tour Includes: Private guide services for 2 h, 2h Tallinn Old Town Ghosts & Legends Tour program

Price: 15 EUR

### 2h Tallinn Panoramic Sightseeing Tour

Tallinn Panoramic drive takes you to the best of the city's famous landmarks including photo stops at city centre highlights, bohemian looking Kalamaja residential area and Kadriorg Park & Palace.

Tour Includes: 2h private guide and transportation

Price: 28 EUR



### 2h Tallinn Pub Tour & Beer Tasting

In medieval Tallinn, it was customary to arrange beer tasting ceremonies before the grandest celebrations and events. This traditional medieval beer tasting takes place at the residence of a prosperous merchant and at a local brewery near the Town Hall.

Tour Includes: 2h private guide services, Tasting of 4 different beers 1.25 litres of beer per person, snacks and also an Old Town Walking Tour

Price: 37 EUR

### 3h Tallinn Photo Hunt Game

Get to know Tallinn during a playful team building activity discovering medieval old town treasures with a camera. Tallinn Old Town Photo Hunt Game is a spirited team exercise, that will create long-lasting memories shared with old and new friends while building stronger relationships.

Tour Includes: 2h Medieval Tallinn Photo Hunt Game, Pre-game instructions, Digital Cameras, Awards and CD with the photos taken, 1 beer or soft drink per person.

Price: 34 EUR

### Day trips from Tallinn



### 4.5h Soviet Paldiski & Countryside Drive

Discover the natural beauty of Estonia's north east coastal region during our half-day countryside tour. Enjoy spectacular views from the top of coastal cliffs and explore the magic of Estonian second largest waterfall.

Tour Includes: 4.5 h sightseeing tour by car/bus, 4.5h h Private tour guide services, Stops in Padise Monastery, Rummu underwater prison, coastal cliffs and in other beautiful nature sites, Coffee break, Transfer

Price: 49 EUR

### 6h Lahemaa National Park Tour with Palmse Manor Visit

This is a perfect day trip to discover Lahemaa National Park pearls of Palmse Manor and Käsmu captain's village with the romantic charm of North Estonian countryside.

Tour Includes: 6h Lahemaa sightseeing tour by car/bus, Private guide, 2-course lunch (smoked trout, potatoes, seasonal cake, coffee/tea, water; vegetarian alternative possible), Entrances to Palmse Manor and Käsmu Maritime Museum, Photo stop at Jägala waterfalls

Price: 72 EUR

Organisers reserve the right to amend or alter the tour program. Tour is organised if there is at least 8 people who have made registration. The maximum number of people in one group is 20. There is possible to book extra tour (at another date or time) if you have at least 8 people who would like to take part of that tour. For information and extra tour booking please contact:

[info@wmoc2016.ee](mailto:info@wmoc2016.ee)



### Discover Tallinn with Tallinn Card!

The Tallinn Card is an all-in-one card for visitors of Tallinn that grants free entrance to many places and a wide range of discounts. It makes getting to know Tallinn simple, convenient and memorable, and saves you both time and money.

Free with the Tallinn Card:

Museums & Sights

Sightseeing Tour

Public Transport

Plus various other great offers and discounts!

It is possible to buy Tallinn Card from our [webpage](#). You can get your Tallinn Card after making accreditation at Event Centre with all other competition materials.



For more information: <http://wmoc2016.ee/tourism/sightseeing/>

### Pub Rally



On Monday, August 8 it is possible to take part in Pub Rally in various pubs in the Old Town. It is a team competition where a team can be formed of two to four runners. Teams must visit as many controls as possible in freely chosen order. In each pub, one team member must make at least one freely chosen purchase to get an

SI-punch. It is not mandatory to buy alcoholic beverages. Also, there will be a variety of additional tasks to collect bonus points.

### Registration

Pre-registration can be done via <https://goo.gl/wu30H9> or every day since the beginning of WMOC 2016 in the event centre. Last minute entries can be made on 8th of August from 2 PM until 10 PM in the outdoor cafe Wabadus. Note that there has to be exactly one SportIdent card per each team as they are used to make a punch at every pub.

### SI rental

2,00 € for early registrations

3,00 € in Wabadus outdoor cafe on 8th of August from 2 PM until 10 PM



### Participation fees

Pre-registration - 5,00 €

In the competition centre - 7,00 €

Participation fee involves an amazing experience in Tallinn Old Town and an orienteering map, that provides discounts on drinks. An additional map costs 1,00 €. Payments can be made by cash or card.

### Start

Teams may start at a freely chosen time after the Public Race (starting from 2 PM). Maps will be distributed on Monday during the sprint finals at the Competition Centre and between 2 PM and 10 PM in Wabadus outdoor cafe, where each team must make their starting punch.

### Results

SI-read out is located in Wabadus cafe II floor (Vabaduse väljak 10), it can be made between 22.00 and 00.30. The final result will be based on the collected points, on a tie, the result of the final bonus task will be decisive.

The minimum age for alcohol consumption in Estonia is 18 years!

### WMOC 2016 Country statistics (according to July 25)

Country	Entrants	Country	Entrants	Country	Entrants
Finland	884	Japan	35	Ireland	8
Sweden	533	Ukraine	28	Romania	7
Norway	387	United States	26	Israel	6
Estonia	352	Austria	26	Brazil	5
Russia	272	Italy	24	Kazakhstan	4
United Kingdom	134	Poland	23	New Zealand	4
Switzerland	101	Bulgaria	14	Canada	3
Latvia	90	Moldova	14	Netherlands	3
Denmark	83	Hungary	14	Luxembourg	2
Czech Republic	81	Slovakia	12	Croatia	2
Lithuania	69	Hong Kong	12	Egypt	1
Germany	52	Spain	11	Costa Rica	1
Australia	50	Turkey	11		
Belarus	49	France	8		
Belgium	39	Portugal	8	<b>Total</b>	<b>42 countries</b>

WMOC (3488 entrants)

Class	Entrants	Class	Entrants
M35	89	W35	61
M40	138	W40	59
M45	152	W45	102
M50	197	W50	141
M55	257	W55	187
M60	306	W60	218
M65	378	W65	239
M70	338	W70	174
M75	197	W75	91
M80	83	W80	24
M85	28	W85	8
M90	8	W90	2
		W95	1

**Tallinn Orienteering Week statistics (according to July 25)**

TOW (302 entrants, 33 countries)

Country	Entrants	Country	Entrants	Country	Entrants
Finland	64	Slovakia	5	Brazil	1
Russia	56	Taiwan	5	Denmark	1
Estonia	53	Sweden	4	France	1
Poland	27	Austria	4	Croatia	1
Norway	10	Belarus	3	Hungary	1
Belgium	10	Switzerland	3	Kazakhstan	1
Hong Kong	8	Spain	3	Ghana	1
Germany	7	Romania	3	Portugal	1
Lithuania	7	Latvia	3	Ukraine	1
United Kingdom	6	Australia	2	United States	1
Czech Republic	6	Bulgaria	2	Turkey	1

See you in Tallinn  
WMOC 2016 - Forever young!

<https://youtu.be/ZZPha1vEAOs?list=PLDeh3E7ERhy6MwHmMwi9D1ZZ52MocJYq6>

**EXTRA 1.**

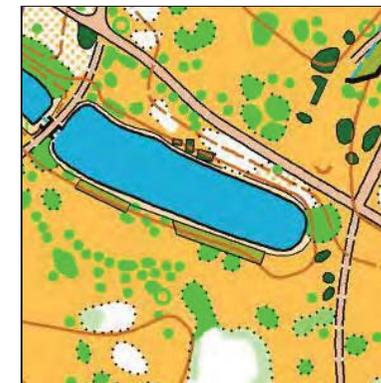
**Friday, August 12 - Tallinn Orienteering Week/Additional training option in WMOC - Extended sprint**

**Time and place**

Tallinn Botanic Garden  
Start at a freely chosen time between  
10.00-13.00

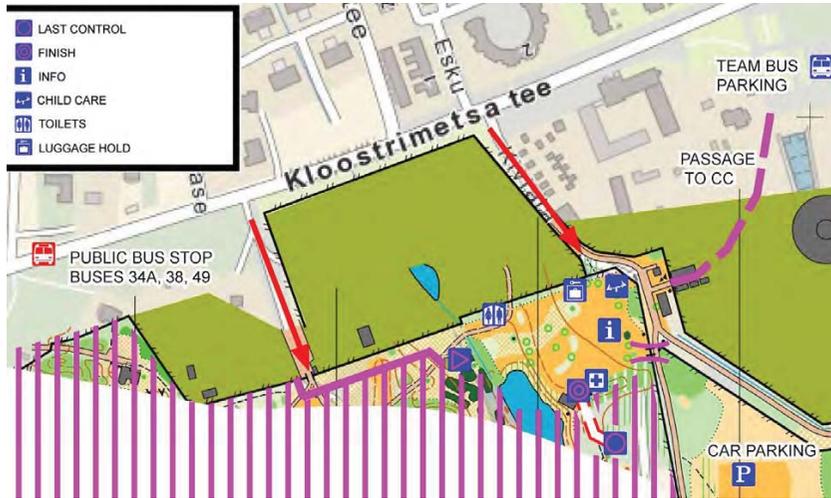
**Driving instruction and parking**

GPS parking: 59.470671, 24.885062  
Bus GPS parking: 59.472655, 24.886762  
From the centre – drive towards Pirita and turn to Kloostrimetsa road from Pirita centre. Parking is located at the Tallinn Botanic Garden main gate. Sign posts from Kloostrimetsa road.  
Buses nr 34A, 38 from the city centre – bus stop at the competition centre is Kloostrimetsa or Teletorni. Timetables are available <http://soiduplaan.tallinn.ee/>.



**Terrain and map**

The terrain consists of three parts: 1) The Tallinn Botanic Garden - low-cut grass, a lot of roads, sparse plant growth with a few hedges, ponds, a number of forbidden areas and some slopes up to 10m. 2) The Iru Bog – mostly dry peat bog with irregularly located half-meter-deep peat quarries. Plants significantly restrict visibility but not runnability. The area is surrounded by a gravel road, but inside there are no significant objects. 3) A hayfield located between the two areas mentioned above with a few boggy and dense areas of forest.  
Sprint orienteering map with a scale of 1:4000, contour interval 2 m.  
Previous map (2010) - <http://www.orienteerumine.ee/kaart/db/kaart/2010001.jpg>.



**Event information**

- A regular orienteering event – it is possible to start at a freely chosen time between 10.00-13.00
- Electronic Punching System: The SPORTIdent punching system will be used.
- No pre-registration is required. Participants can buy a map from the information desk in the competition centre - 6€/map.

**Classes and courses**

Winning time in MW21A classes is 30 - 35 min. In other classes up to 25 min.

Course	Length (km)	Controls	
Course A	4,0	28	Long hard
Course B	3,8	27	Long normal
Course C	3,4	27	Medium hard
Course D	3,1	25	Medium normal
Course E	1,6	17	Short easy

**TALLINN TV TOWER**

**UP TO THE SKY!**  
The view from the Tallinn TV Tower is unique to all of Northern Europe

**RESTAURANT**  
The highest café-restaurant in Estonia

**WALK ON THE EDGE**  
The extreme attraction at the height of 175 m awaits you  
April to October

**EXHIBITION**  
An exhibition of Estonian world-class achievements

**BASE JUMP BOOGIE 2016**  
10.07-12.07

Take city bus line No. 34a, 38 or 49 to reach the TV Tower.

The TV Tower is open every day from 10 AM to 7 PM, the café-restaurant is open every day from 10 AM to 11 PM.

Tallinn TV Tower, Kloostrimetsa tee 58a, Tallinn, Estonia, tel. +372 686 3005

[info@teletorn.ee](mailto:info@teletorn.ee), [www.teletorn.ee/en](http://www.teletorn.ee/en)

[www.facebook.com/teletorn](https://www.facebook.com/teletorn)





Sponsors



SSANGYONG  
HAS BEEN MAKING  
VEHICLES IN KOREA  
SINCE 1954

THE TRADITION OF MAKING HIGH  
QUALITY CARS CONTINUES TO THIS DAY.





# NOKIAN TYRES WORLD ORIENTEERING CHAMPIONSHIPS ESTONIA 2017

## WELCOME!

Estonian Orienteering Federation is pleased to welcome everybody to be a part of the largest and most prominent orienteering event in the history of Estonian orienteering, the Nokian Tyres World Orienteering Championships 2017!

The first ever World Orienteering Championships in Estonia is a dream come true to our orienteering community and gives us a fantastic opportunity to present our hospitality, interesting terrains and high level organization to all orienteering friends across the world.

World Orienteering Championships in the beginning of July 2017 will not only be an event to award the titles to the best orienteers in the world but also an exciting week for TV viewers, spectators and participants of the spectators' races.



See you in Tartu, Estonia in 30.06-7.07.2017  
[www.woc2017.ee](http://www.woc2017.ee)



INTERNATIONAL ORIENTEERING FEDERATION



EESTI ORIENTEERUMISLIIT

WOC Official Spectator Race  
1-7 July 2017



April 22, 2017  
in Tallinn Old Town

**MORE  
INFORMATION**  
[www.sk100.ee/jurioo](http://www.sk100.ee/jurioo)

5-leg relay orienteering competition  
Man - Woman - Man - Woman - Man



NIGHT RELAY IN ESTONIA

# 58. JÜRIÖÖJOOKS

ORIENTEERING COMPETITION



SK100 presents Estonian Jukola and 10Mila - Jüriööjooks

Map examples

TV Production  
**MASS start**  
GPS Tracking  
**Money prizes**  
and much more