

Bulletin 4 WOC2013



IOF
WORLD
ORIENTEERING
CHAMPIONSHIPS
VUOKATTI 6.-14.7.
FINLAND 2013

Finland – a country of great spirit in orienteering

1.

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Welcome to Kainuu – by Regional Mayor of Kainuu

Dear orienteering people all over the world,

When writing this, we in Finland are beginning to celebrate the Midsummer Eve. But in this year we in Kainuu are even more eagerly waiting for the World Orienteering Championships 2013 to begin on the 6th of July.

Kainuu is one of the smallest regions in Finland. The whole region has about 80 000 inhabitants, but the surface area of Kainuu is almost the same as Belgium has. This means that organizing the big event is a great challenge for the whole region. We have promised to organize the best World Championships of all times. But with no doubt, Kainuu will succeed.

Why I am able to promise this? Kainuu has very motivated, competent and experienced organisers within the orienteering clubs. Kainuu Orienteering Week is together with O-Ringen the world's oldest multiday orienteering event— organized annually since 1966. During the last two years in Kainuu there has been organized two Kainuu Orienteering Week (Kuhmo 2011 and Kajaani 2012), Euromeeing 2011, Youth Jukola Relay 2011 and in 2012 national youth orienteering camp (Leimaus) and the World Cup finals!

On the behalf of Kainuu Regional Council I would like thank the organizing committee and all the volunteers who will take the great challenge in July.

At this moment we already know that Vuokatti WOC 2013 together with Kainuu Orienteering Week 2013 as a spectator race will be the biggest orienteering event in Finland by far. We are also happy to see that our event will attract a large number of foreign competitors and orienteering friends to visit us.

We already have seen the top athletes of orienteering to train in our forests and streets here in Kainuu . But when the competition guests are arriving from dozens of countries the atmosphere will be international. It is easy to imagine the atmosphere of electric and tingly excitement in the competition centres and - thanks to TV and Internet – even all over the orienteering world!

I hope that we all together will make the WOC 2013 week an unforgettable event. It is the best possible advertisement for orienteering and Kainuu region as well. We hope to see you also in the forthcoming years in Finland and participating Kainuu Orienteering Week – the next one will be organized in 2015 by Suomussalmi.

Let's meet at the orienteering festivities in Vuokatti! Welcome to Kainuu Region.

Pentti Malinen
Regional Mayor



Welcome by Municipal Manager Sotkamo

Dear Participants of the WOC 2013 in Vuokatti

It is with great pleasure and honour, that I have the opportunity to welcome orienteers from all over the world to Sotkamo and Vuokatti. WOC 2013, including World Orienteering Championships, World Trail Orienteering Championships and spectator race Kainuu Orienteering Week, will be organized. We are very honoured to organize the 30th World Orienteering Championships.

The organizers have launched a challenging vision of the WOC 2013. According to the vision both spectators and competitors will look back on as the best organized and most experience-filled WOC 2013 of all time. We want to offer spectators and our guests not just the excitement of orienteering but also a memorable WOC Week with many interesting activities.

Vuokatti, as the most popular year-round tourist resort in Finland, will for sure offer to everybody great possibilities to enjoy staying with us. In Vuokatti you can find diverse services and versatile activities as well as peaceful nature, luxury and relaxation.

The competition areas selected will offer an outstanding view to the beauty of Finnish nature. The terrain will for sure satisfy the most demanding expectations of the competitors. Also spectators will have great opportunities to follow every event during the competition week.

It is also remarkable that there will be 91 athletes from 20 nations competing at WOC in Vuokatti. Vuokatti Sport Institute has done a great job in offering for disabled individuals great training and competition possibilities in various disciplines of the sport. This in mind, the WOC has a great importance for us.

Spectator race Kainuu Orienteering Week will break its records as there will be a total of 8000-9000 runners participating in KOW.

Everybody, here in Sotkamo and Kainuu, wants to offer only the best to all our visitors. WOC 2013 in Vuokatti will be a great sporting event and. It will also be an opportunity for us to show, that we can organize events with great professionalism, using all our best resources.

Thanks to all the organizers of WOC 2013 and also to all the sponsors.

Let's enjoy this magnificent spectacle. You all are heartily welcome!

Petri Kauppinen
Municipal Manager Sotkamo

Hosts and Partners

Ministry of Education and Culture



Opetus- ja kulttuuri- ministeriö

Kainuu Brigade



Municipality of Sotkamo



City of Kajaani



2. Organizers

Chairman	Timo Härkönen
Vice Chairman	Timo Welsby
Secretary General	Mika Tuononen
WOC Event Director	Jyrki Uotila
WOC Secretary	Niina Jämsén
WTOC Event Director	Antti Flöjt
WTOC Secretary	Marita Kaipainen
KOW Event Director	Jukka Liuha
KOW Secretary	Hilkka Moilanen
Marketing Manager	Markku Haverinen
Media Director	Kari Kinnunen
Communications Manager	Heidi Lehtikoinen
Infrastructure	Ilkka Härkönen

Maintenance	Jyri Immonen
Ceremonies	Helka Leimu-Pelkonen
Transport	Aulis Kortelainen
Catering	Marika Paananen
IT	Kimmo Kauppinen
Security	Topi Härkönen
Medical	Marko Hoikka
Maps and courses	Pasi Jokelainen
VIP Hospitality	Kari Saukkonen
Finnish Orienteering Federation	Mika Ilomäki
Finnish Orienteering Federation	Petteri Palmi
Sotkamo Municipality	Jarmo Vilmi

3. Competition Officials

Mapping

Pasi Jokelainen	Head of Maps, Sprint
Rauno Asikainen	Printing, Long Distance
Jussi Silvennoinen	Middle distance and relay
Pekka Hiltunen	Training maps
Kimmo Nykänen	Training maps

Jury

David Rosen	GBR
Nermin Ferme	TUR
Åke Fagereng	RSA
Cesare Tarabocchia	ITA
Göran Andersson	SWE

Course settings

Jukka Kemppainen	Sprint
Antti Schroderus	Sprint
Jussi Silvennoinen	Long
Samuli Launiainen	Long
Börje Vartiainen	Middle and relay
Jarmo Tonder	Middle and relay

Event Advisers

Björn Persson	Leader of Event Advising Team
Henning Spjelkavik	IOF Senior Event Adviser
Heikki Peltola	National Event Adviser and Course Adviser, Middle and relay
Jarmo Puttonen	National Course Adviser, Sprint
Taisto Kemppainen	National Course Adviser, Long



Main sponsors



Partners



Partners and suppliers



4. Programme

World Orienteering Championships in 2013

Date	Time	Event	Place
Thursday 4.7.		Event Centre opens	Vuokatti
Friday 5.7.		Model Long Distance Model Middle Distance, Relay	Tipasoja Vuokatti
Saturday 6.7.	9.00-12.00	Model Sprint Qualification	Katinkulta
	9.00-12.00	Model Sprint Final	Sotkamo
		Model Long Distance	Tipasoja
		Model Middle Distance, Relay	Vuokatti
	12.00	Deadline for team changes	WOC Office/Event Centre
	12.00	Deadline for Entry:	WOC Office/Event Centre
		Long Distance Qualification	
	13.00-14.30	Technical Model Event	Event Centre
	19.00	Team Officials' Meeting	Isopöly/Event Centre
Sunday 7.7.	9.30-13.00	Long Distance Qualification	Kumpula
	12.00	Deadline for Entry:	WOC Office/Event Centre, Arena
		Sprint Qualification	Kumpula
	19.00	Team Officials' Meeting: Sprint + Long Distance Final	Isopöly/Event Centre
Monday 8.7.	9.00-11.00	Sprint Qualification	Katinkulta
	16.45	Opening Ceremony	Hiukka
	17.50-20.30	Sprint Final	Hiukka
	20.45	Award Ceremony, Sprint	Hiukka
Tuesday 9.7.	11.55-17.00	Long final	Kumpula
	20.00	Award Ceremony, Long Distance	Event Centre
Wednesday 10.7.	12.00	Deadline for Entry:	WOC Office/Event Centre
		Middle Distance Qualification	
	15.30-18.00	IOF /VIP/Media race	Vuokatti
	19.00	Team Officials' Meeting	Isopöly/Event Centre
Thursday 11.7.	9.00-12.15	Middle Distance Qualification	Koljola
	19.00	Team Officials' Meeting	Isopöly/Event Centre
Friday 12.7.	13.10-17.00	Middle Distance Final	Koulurinne
	12.00	Deadline for entry: Relay	WOC Office/Event Centre, Arena
			Koulurinne
	19.00	Team Officials' Meeting	Isopöly/Event Centre
	20.00	Award Ceremony, Middle distance	Event Centre
Saturday 13.7.	13.30-18.30	Relay	Koulurinne
	18.15	Award Ceremony	Koulurinne
	18.25	Closing Ceremony	Koulurinne
	20.30	Banquet	Vuokatti

5. Important deadline

6th July 2013 at 12.00

Deadline for changes in the team

6. Late payments'

Late payments can be accepted at accreditation. Payment by credit cards will also be possible. Please note that no participant will receive accreditation unless all invoices have been settled.

7. Event Centre

Event Centre is located in Vuokatti Sports Institute.

Address:
Vuokatin Urheiluopisto
Opistontie 1
88615 Vuokatin Urheiluopisto

Meeting rooms for team meetings can be reserved in Break Sokos Hotel Vuokatti.
Please contact Hotel reception, tel. (+358) 020 1234 688.

WOC 2013 EVENT CENTRE

1. Sports Institute
Restaurant
Accommodation
2. Vuokattihalli
Kainuu O-week office
Orienteering Shops
3. Pallohalli
Media Centre
WOC and WTOC Office
Team Leaders' meetings
4. Sokos Hotel
IOF meetings
Accommodation
Meeting rooms
6. Sompala
Accommodation
7. Chalets
Accommodation
8. Uusi-Uutela
Accommodation
9. More accommodation
10. Stadium
Award ceremony
11. Bus stop
12. Kattiravintola
VIP and media race
Banquets
13. Ice rink
WTOC Quarantine

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8. WOC Office

WOC Office is located in the Event Centre in Vuokatti Sports Institute. Accreditation is performed in the building Pallohalli and Team Officials' Meetings are held in the same building in the auditorium Iso-Pöly.

In the arenas, WOC Office is located on the site of the finish area. It is the place for official communication between teams and organizers during the competition (to get complaint forms, to make a complaint, etc.).

For accreditation, team leaders must show their team members' passports to prove their nationality and full passport-holding citizenship of the country of their Federation (Rule 6.2.).

Teams will be asked to give the phone numbers of team contacts to the WOC Office so that the organisers can quickly contact key team officials if necessary.

Contact: Niina Jämsen, info@woc2013.fi, tel. 044 7625726.

Opening hours of WOC Office

Day	Opening hours	Place
Thursday 4.7.	9.00 – 20.00	Event Centre
Friday 5.7.	8.00 – 21.00	Event Centre
Saturday 6.7.	8.00 – 21.00	Event Centre
Sunday 7.7.	6.00 – 13.00	Event Centre
	15.00 – 21.00	Kumpula
	9.00 – 14.00	
Monday 8.7.	8.00 – 13.00	Event Centre
	15.00 – 21.00	Katinkulta
	8.00 – 13.00	Hiukka
	16.00 – 20.00	
Tuesday 9.7.	8.00 – 13.00	Event Centre
	15.00 – 21.00	Kumpula
	11.00 – 18.00	
Wednesday 10.7.	8.00 – 13.00	Event Centre
	15.00 – 21.00	
Thursday 11.7.	8.00 – 13.00	Event Centre
	15.00 – 21.00	Koljola
	8.00 – 12.00	
Friday 12.7.	8.00 – 13.00	Event Centre
	15.00 – 21.00	Koulurinne
	12.00 – 18.00	
Saturday 13.7.	8.00 – 13.00	Event Centre
	15.00 – 21.00	Koulurinne
	12.00 – 19.00	
Sunday 14.7.	9.00 – 12.00	Event Centre

9. Medical care

There is a first aid station at the competitive centres during competitions. At the event area there are also travelling first aid squads.

If a competitor is injured on the terrain, the situation and the location of the patient must be notified to the nearest control point person / finish line.

First aid and the evacuation are organized by the first aid crew.

Injuries / illness occurring outside of competitive activities are treated by the public health care system.

Sotkamo health centre, Keskuskatu 9, Sotkamo

An on-duty doctor for appointments Monday – Friday 8–15

Nurse: health advice / appointments (+358) 8 6156 5009

At other times,

Kainuu Central Hospital, Sotkamontie 13, Kajaani

Emergency duty service on Monday – Thursday at 15.30–8.00

Weekend service from 15.00 on Friday to 8.00 on Monday.

In the case of emergency: The national emergency number is 112.

24-h nurse health advice (+358) 8 6156 6000.

There are private medical services also available in Vuokatti.



10. Media

Most of the media representatives will be accommodated at the media hotels Sokos Hotel Vuokatti and Hotel Tulikettu. In order to make the media work during the WOC as smooth as possible for the athletes, we kindly ask all teams to give the team's media contact in the entry form. This information will be provided to all media representatives at WOC.

Media & ceremonies

After finishing their competition and returning the GPS equipment, all athletes will exit through the mixed zone. Field interviews with various athletes take place before entering the mixed zone always in cooperation with the host broadcaster. The host broadcaster should in all cases have the possibility to do the winners' interview prior to the flower ceremony, so we kindly ask everyone's help with that.

Press conferences

After flower ceremonies, the chaperones will guide athletes to the press conference to be held in a media centre at the arena (in Kumpula and Koulurinne) or in a press conference room (in Hiukka, stadium building). The press conferences will take place immediately after each final and will last approximately 10 minutes. After the qualification races interviews take place at the mixed zone.

There will also be a pre-WOC press conference at the Event Centre auditorium Iso-Pöly on July 6 at 4pm. Some Finnish and international athletes will be invited to be present.

Anti-doping

Doping controls on the competition days will take place after the press conference. Anti-doping chaperones will accompany the athletes all the way. More information about anti-doping in chapter 12.



11. Ceremonies

Opening ceremony

The WOC / WTOC Opening ceremony is held on Mon 8 July at 16.45 hrs at Hiukka Arena.

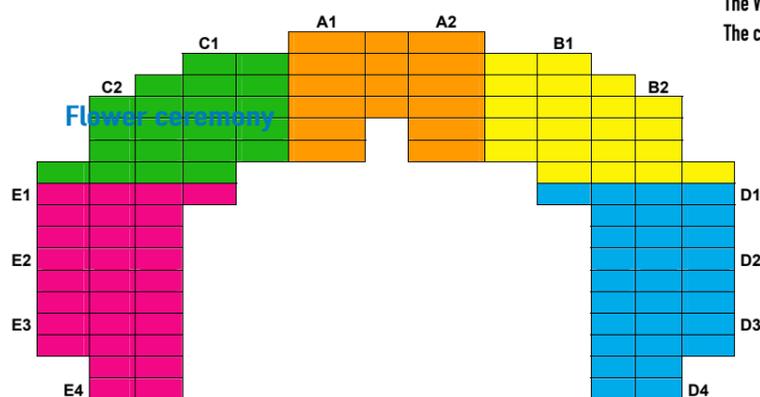
The ceremony lasts 45 mins followed by the Sprint Final start immediately after the Opening ceremony at the same venue.

Teams will attend the opening ceremony in their official team uniforms.

Reserved seats for the teams are in the section D2, D3 and D4. Seats are in alphabetical order according to IOC country code (e.g. ARG, AUT etc.) and the teams are asked to sit in the designated area. National flags and presentation of teams is the first number in the ceremony, so we kindly ask teams to be seated by 16.35 hrs.

Presentation of teams

National flags are brought to the Arena by local school children. There is no team parade. When the announcement welcomes your flag and country in, the team stands up and greets the audience by waving hands.



The flower ceremony starts as soon as the top three athletes have been established. Chaperones will accompany medalists from the moment the top three of the race are clear. Athletes will proceed to the flower ceremony in the competition outfit.

The ceremonies will be broadcast, so it is necessary for all parties involved to respect the schedules and follow the instructions of the chaperones. As usual, in the end of the ceremony, the photographers will have a brief possibility for photo shoot with all medalists or individually.

Award Ceremony

The award ceremonies are held as follows:

Mon 8 July at 20.45 hrs	Hiukka Arena	WOC Sprint
Tues 9 July at 20:00 hrs	Event center	WOC Long distance
Fri 12 July at 20:00 hrs	Event center	WOC Middle distance, WTOC Tempo
Sat 13 July at 18:20 hrs	Koulurinne Arena	WOC Relays

The top 6 athletes / teams are asked to assemble in the call room (close to podium) 15 mins prior to the ceremony.

Dress code: National team outfit. No items (sunglasses, bottles, competition equipment, mobile phones, hats, neckbands, headbands, other gadgets) or accompanying persons are allowed on the stage.

Closing ceremony

The WOC / WTOC Closing ceremony is held on Sat 13 July at 18.45 hrs at Koulurinne Arena. The ceremony is held immediately after the Relays' Award Ceremonies, in the same venue.

12. IOF Officials and WOC2013 Guests

We welcome IOF officials and WOC Guests to Vuokatti and WOC 2013.

IOF officials, VIPs and WOC Guests are asked to register through the online accreditation system. The accreditation fee is 100 EUR.

Accreditation gives the right to:

- Use the VIP tent in the competition areas
- Receive start and result lists and WOC competition maps
- Participate in the IOF VIP/Media race

Accommodation has been reserved in Sokos Hotel Vuokatti where all IOF meetings and the IOF Presidents' Conference will take place.

VIP and guest registration for the WOC Banquet to be organised on Saturday, 13 July 2013, is performed through the registration and accreditation system on the WOC website. The banquet fee is 30 EUR. The accreditation will not be valid until the full accreditation fee has been paid.

Transport to the arenas and model events will be provided to the VIPs and media representatives who have requested and paid for a transport package. More information about the package including schedules and routes can be found in section 10., Transport and parking.

VIP accreditation cards, transport tickets and parking tickets will be provided by the WOC2013 office at the Event Centre. There are reserved parking areas at all arenas except for the sprint final.

IOF/VIP/Media race is arranged on Wednesday 10th July at 15.30-18.00 in Vuokatinrinteet, Veikontie 5. Map is in scale 1:4000 and terrain is nice for running and walking.

13. Transport and parking

Teams, VIPs and media representatives are free to use their own transport to all events. There are reserved parking areas at all arenas except for the sprint final.

Athletes and coaches will be transported by the organizers from quarantine to the pre-start areas.

Transport Package to teams, VIPs and media representatives includes transportation from the Event Center to arenas, model events and quarantine area following given timetable. Transport package timetables are presented in the model event and competition chapters 19 and 22 separately for each event.

Transport routes and daily schedules to the arenas and back to the Event Centre are presented in a shuttle bus timetable. These bus routes are also included in Transport package. In the transport guide you can also find information about other routes in the Vuokatti and Sotkamo area

14. Team material and information

Each team will get a WOC 2013 information/material package from the WOC Office after accreditation.

The package includes the following items:

- Bulletin 4 for all team members.
- Emit cards, EmiTags and GPS vests for the whole WOC week.
- Each Emit card and EmiTag is assigned by name to each competitor and shall not be used by another athlete. GPS vests are assigned by name to each competitor but can be used by another athlete. All these must be returned at the latest after relay to the Event Centre office. A charge of 100 EUR will be imposed for any lost or missing Emit card, EmiTag or GPS vest. After the relay, team leaders must return all Emit cards, EmiTags and GPS vests together to the Event Centre.
- Model event maps for all team members except for sprint qualification and final. Model events for sprint competitions will be organised according to the schedule in section 4 of this bulletin and maps will be available at the start.
- Entry forms for competitions. All entries must be delivered to the Event Centre WOC Office or in the Arena WOC Office at the latest at 12.00 prior to a qualification race day and the relay day (see the programme for more details).
- Parking tickets for team vehicles.
- Red cards for finish area permit.

Bulletin 4 is the most important source of competition information to teams. This information will be complemented in Team Officials' Meetings prior to each competition day. Please note that the Team Officials' Meeting for long distance final will be held together with sprint on 7th July.

In order to allow Team Officials' Meetings to be productive and flexible, please contact the Event Director already before the meeting if you haven't received the necessary information from the bulletins or by taking part in the respective model event. This will enable the organizer to include the missing details in the meeting presentation before hand.. E-mail: jyrki.uotila@woc2013.fi, tel. 0400 628794.



All competitors must wear their respective number bibs at all WOC 2013 competitions. The bibs will be available in the quarantine area.

In the qualification races the competitors must wear their bibs on the front. In the final races the bibs must be worn both on the front and the back. The bibs must be visible in their entirety; they shall not be folded over or cut down.

Information for teams will be available on the WOC2013 website at www.woc2013.fi/woc/team_info during the WOC week. The minutes of Team Leaders' Meetings, for example, will be published there.

The accreditation for athletes and team officials includes model events, competition maps, start and result lists. Competition maps and result lists are handed out in Event Centre WOC Office after each competition to one representative of each team.

The WOC entry fee for athletes includes participation in the WOC competition qualification and final (when qualified).

The accreditation for athletes and team officials includes participation in Kainuu Orienteering Week in Open categories. Participation in competition categories of Kainuu Orienteering Week is not included.

GPS vests

GPS vests are needed in all competitions except women's long distance qualification. GPS vests need to be worn under the shirt. Should you forget to bring your own vest the organizer will have heavier vests available at the pre-start. Notice that there is only a limited selection of sizes (XS, M, XL). The vests can be washed in 30°C without drum drying. Notice that only non-permanent adjustments to the vests with tape or similar are allowed. Please contact the WOC Office if you need to borrow a GPS vest.

15. Anti-Doping

Doping is strictly forbidden, and the organisers of WOC2013 are dedicated to supporting the anti-doping authorities in their work.

Doping controls may be carried out any time during the competition period. As some sites for the doping controls may be a few minutes' drive away, we suggest that athletes are prepared at all events to take along some dry clothes to change into after their race.

Doping tests are always carried out in accordance with the procedures described in the WADA International Standard of testing. The IOF Anti-Doping Code and

rules apply as of 1st February 2010.

Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. Accreditation cards with photo can also be used for this purpose. The athlete should also bring along their therapeutic use exemption (TUE) if applicable. In general, it is advisable that the athletes bring along their ID to all the competitions and events.

Clean Win at WOC 2013

Finnish Antidoping Agency FINADA ry's and Fazer's joint Clean Win information stand will be on 8 July from

16. General competition rules and instructions

Rules

The Competition Rules for IOF Foot Orienteering Events (valid from 1 January 2013) shall apply to the World Orienteering Championships 2013. See IOF Competition Rules on the IOF website: <http://www.orienteering.org>.

Participation

All competitors represent a Federation. Each Federation may enter a team of up to 14 competitors – up to 7 women and 7 men and an unlimited number of team officials. In each qualification race, every Federation may enter up to 3 women and 3 men and, in addition, the current World Champions for the distance may be entered by their Federation(s) provided they are members of the Federation's team.

In the final, only the competitors placed number 15 and better in each qualification race heat may participate.

In the Relay, each Federation may enter one women's team and one men's team, each consisting of 3 team members. All the runners in relay team must be accredited as an athlete.

Team areas at Arenas

Only accredited team members and coaches with their personal WOC accreditation cards will be allowed in the team areas. All team areas are protected from the weather, rain or sunshine!

There is a returning point for bags coming from the quarantine area and the pre-start. Sports drink (Dexal) and water will be available in the team area. There are toilet facilities available at all sites.

Punching, timing systems and GPS tracking

The Emit punching system will be used in all WOC2013 competitions. The competitors will carry an Emit card and an EmiTag on the same arm.

An electronic start gate will be used in the sprint final where timing will be to 0,1 seconds. In all other competitions, timing will be to 1 second (electronic start gate will not be used).

All finish times will be taken by a photo cell device. Tracking devices will be used in all the finals. Men will use tracking devices in all qualifications and women in sprint and middle distance qualification.

All the equipments will be provided by the organizers. Emit cards, EmiTags and GPS vests will be provided in the team material for all the competitors to be used during the whole WOC week. Each Emit card and EmiTag is assigned by name to a competitor and shall not be used by any other athlete.

A charge of 100 EUR will be imposed for any lost or missing Emit card, EmiTag or GPS vest. After the relay, team leaders must return all Emit cards together to the Event Centre.

GPS units will be put to the vests in pre-start.

Coaching

Coaches are allowed to go to the quarantine area and from the quarantine area to the pre-start.

11 a.m. to 4 p.m. or on 9 July from 8 a.m. to 2 p.m. at the Event Centre. You can test your knowledge by taking the Play True quiz and win a golden drinking bottle. You can also sign the petition on behalf of clean sport.

www.puhtaastiparas.fi



They are allowed to leave the quarantine and pre-start areas at any time after quarantine is closed but after leaving it is not possible to come back. Coaches must use the official transport from the quarantine area to the pre-start. There is a good connection from the pre-start to the Arena.

There will be clearly marked coaching zones in the Arenas when there is an arena passage in the competition.

Only two accredited coaches per team are allowed in those coaching zones. For reasons of fairness only the following actions are allowed:

- Verbal communication – no written information
 - Exchange of personal equipment such as compasses, shoes, contact lenses and similar
 - Food and drinks passed on directly to the athlete.
- There will be clearly marked areas for coaches in the finish area in all competitions. One accredited coach per team is allowed to enter these areas.

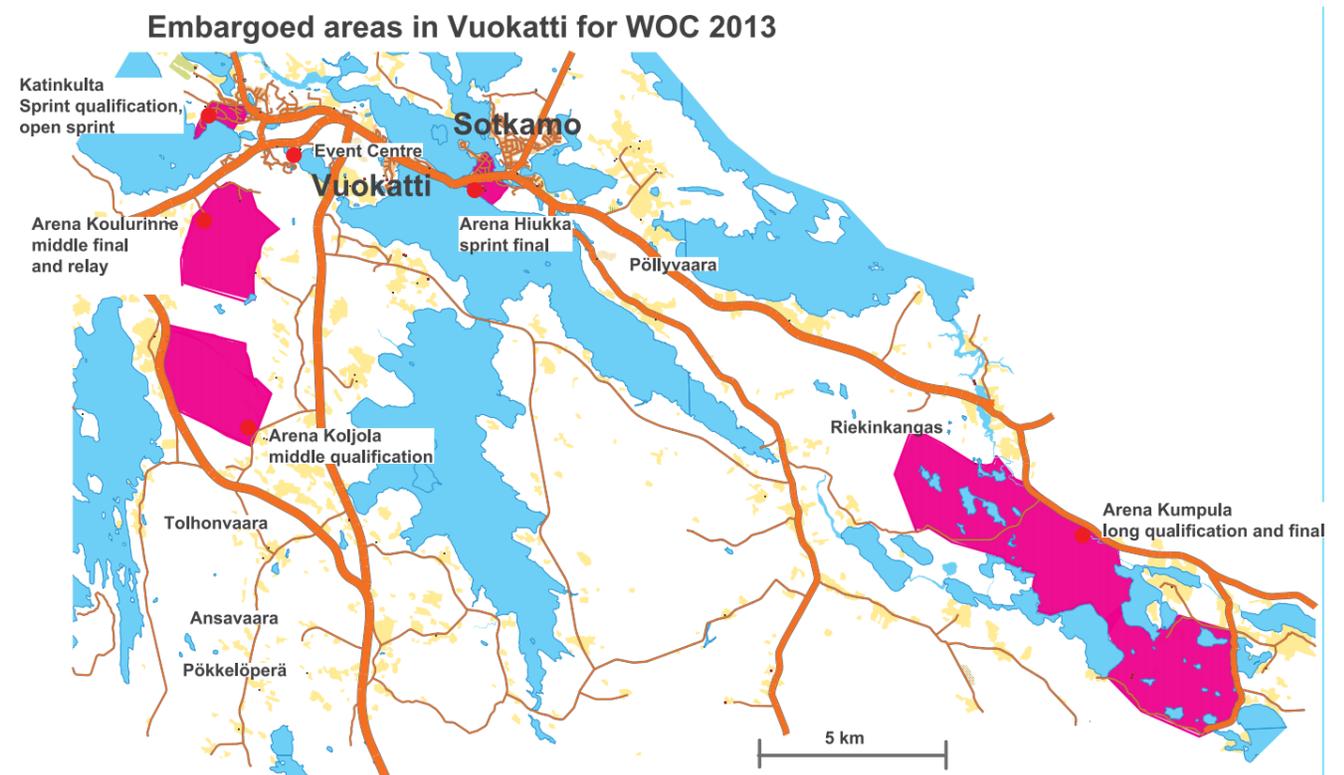
One accredited coach per team is allowed to go in coaching zone after the finish. There is a red card in team material to be used with accreditation card for this purpose.

17. Training opportunities during WOC 2013

Training in WOC2013 training maps is possible all the time during WOC week. WOC office helps you to find maps for training.

18. Embargoed areas

With regard to the IOF Competition Rules (article 26.5), the listed areas are embargoed for all potential WOC2013 athletes, team officials and other persons that may be in a position to give information to the team members.



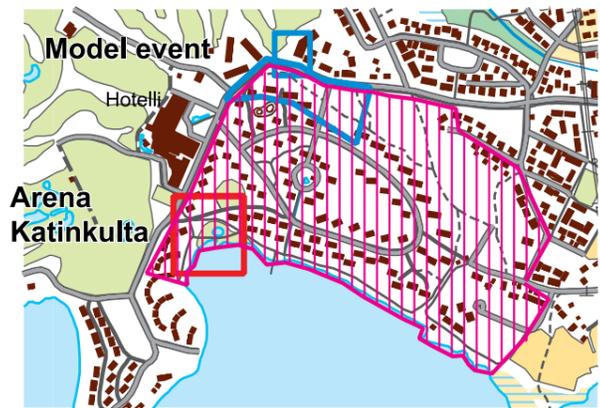
The sprint areas in Katinkulta and Sotkamo are under a strict embargo. This means walking, driving a car and accommodation in this area is forbidden. Shops and other services are available outside the embargoed area. In cases of emergency it is allowed to drive from Kainuuntie through Keskuskatu to Sotkamo Health Center. See on the map of Sprint final in chapter 19. Long distance area in Tipasoja is embargoed with no exceptions. After the second stage of Kainuu O-week on 10th July it is allowed to train in long distance terrain outside competitions.

Middle distance and relay area in Vuokatti is embargoed as a whole. After the relay on 13th July at 20:00 it is allowed to train in competition area.

Embargoed areas are presented on the WOC website in more detail.

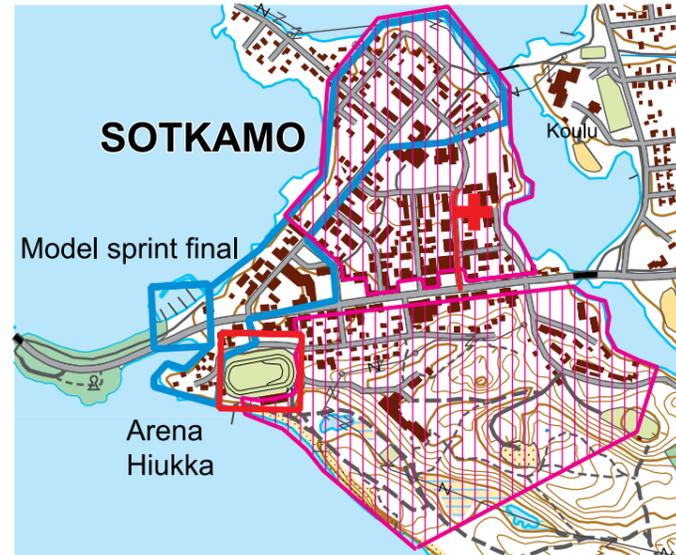


19. Competition and model event areas and arena locations



Sprint qualification – Katinkulta

Arena Katinkulta:
Katinkullantie 14 N 7113964 E 560167
Vuokatti



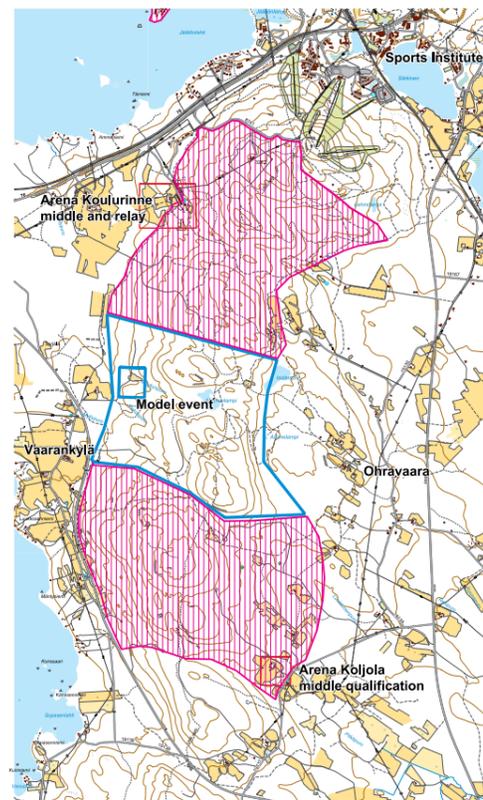
Sprint final – Sotkamo N 7112122 E 567209

Arena Hiukka:
Urheilukatu 3
Sotkamo



Long distance qualification and final – Tipasoja

Arena Kumpula:
Tipasojantie 47 N 7103032 E 583549
Sotkamo



Middle distance qualification, final and relay – Vuokatti

Arena Koljola (middle distance qualification):
Rekivaarantie 17 N 7105686 E 561355
Vuokatti

Arena Koulurinne (middle distance final and relay):
Vuokattiopistontie 7 N 7111274 E 560137
Vuokatti

20. Maps and courses

Maps are drawn according to the International Specification for Orienteering Maps (ISOM 2000) and the International Specification for Sprint Orienteering Maps (ISSOM 2007). All WOC 2013 maps are spot colour offset printed (PMS colours) on 135 g/m² paper. The maps will be handed out at the starts sealed in plastic bags.

In some training maps boulder fields (208) and stony ground (210) have been drawn in typical style used in Finland. In model event maps and competition maps international specifications are followed.

All the controls are guarded during the competitions. The officials may or may not be sitting close to the control locations.

Radio and TV controls are not specified on the control descriptions. Any structures made for TV cameras are not drawn on the maps.

All control descriptions are printed on the maps. Separate control descriptions are handed 2 minutes before start.

The sprint course length is given as the shortest feasible route as specified by rule 16.3.



21. Model events

Maps for long distance, middle distance and relay model events will be handed out in the team material. After this all team members are free to use the model event maps and courses at any time. Controls are ready in the model event areas on 5th July in the morning.

Model events for sprint will be organised on Saturday 6 July at 9.00–12.00. The sprint qualification model event in Katinkulta will be in a small area giving information about the terrain, controls and map concerning sprint qualification. The model event for the sprint final gives wider information about special symbols, forbidden areas, fences etc. representing both the qualification and final together with information about the terrain, controls and map. Traffic is not closed during model event, be careful and follow traffic rules.

Both sprint model events are arranged inside the embargoed area for sprint. After the closing of the sprint model events, the areas remain embargoed until the sprint competitions are finalized.

Transport to model events is arranged as follows (transport package):

Friday 5.7. model long	9.00 > 9.30 11.30 > 12.00	Event Centre – Tipasoja Tipasoja-Event Centre
Saturday 6.7. model sprint qualification and final	9.00 > 9.10 9.40 > 9.55 12.00 > 12.15	Event Centre-Katinkulta Katinkulta-Sotkamo Sotkamo-Event Centre
Wednesday 10.7. Model middle	10.00 > 10.15 11.45 > 12.00	Event Centre-Vesikkotie Vesikkotie-Event Centre



22. Quarantine

There will be quarantine areas for all races including the relay.

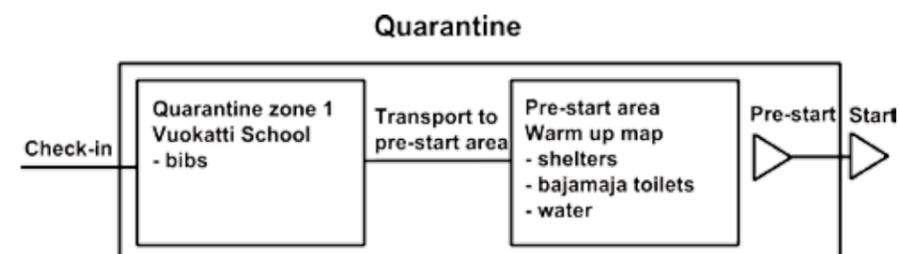
With the exception of sprint qualification and the relay a quarantine area consists of the first part in Vuokatti Elementary School and pre-start area close to start of each competition. Transport from Event Centre to quarantine area is included in transport package by timetable given in detailed information of competitions. Walking distance from Event Centre to quarantine area is 1,2 km. Address of Vuokatti Elementary School is Kuikkaniementie 1, N7113744 E561625. In the quarantine area it is possible to stay inside or outside.

Athletes and coaches must observe the check-in times for each WOC event. Please check for details in Chapter 24. There the latest check-in time is defined, after which no-one will be allowed to enter the quarantine area any longer. At the check-in to the quarantine area, each athlete and coach needs to show his or her accreditation card with a picture and will then have to sign in on an entry form.

In the first quarantine area number bibs are handed out. In the qualification races the competitors must wear their bibs on the front. In the final races the bibs must be worn both on the front and the back. The bibs must be visible in their entirety; they shall not be folded over or cut down.

There will be a compulsory transport to the second part of the quarantine (later called pre-start area) for athletes and coaches where the pre-start and the warm up map are located. The transport to the pre-start area will take between 10 and 60 minutes depending on the race (see chapter 24 for details). Bus and/or minibus is used for transport. In sprint qualification warm up area and pre-start are part of the first quarantine area.

The whole of the Quarantine is described in the diagram below.



A warm-up map is available for all races except sprint final and relay. Warm-up map shows the boundaries of pre-start area.

Clothes are transported from the pre-start area to the finish. Please leave your bags in the designated place near the drop off. There is only limited infrastructure (shelters, toilets, water) in the pre-start area. Coaches will be transported from pre-start to the arenas.

There is a clock showing competition time in pre-start area.

The use of mobile phones, computers or any other communication devices inside the quarantine zone is strictly forbidden. It is not allowed to bring any maps of the competition areas into the quarantine zone.

The quarantine area for the relay will be a designated part of the arena where no view of the TV-screen is possible.

Please find detailed information for each WOC event in chapter 24

Quarantine area location Kuikkaniementie 2, N 7113744 E 561 625



23. Start procedure

The competitor's name and bib number is called at the pre-start X minutes before the assigned start time. The competitor then enters the first box. There is a clock at the entrance to the first box showing the start time (competition time + X minutes). It is the competitor's responsibility to watch for his/her start time.

There is also a clock showing competition time in pre-start area.

In the first box, the competitor's Emit card is checked and cleared and the start numbers are checked. The tracking device is put into the competitor's vest. There are intermediate checkpoints where the remaining distance and time is posted.

-3 minutes: Start numbers are checked and control descriptions can be taken

-2 minutes: Punching the Emit unit

-1 minute: Position behind the start line. Distance in different competitions from -1 min line to the start line is between 4 meters to 100 meters. See details in chapter 24.

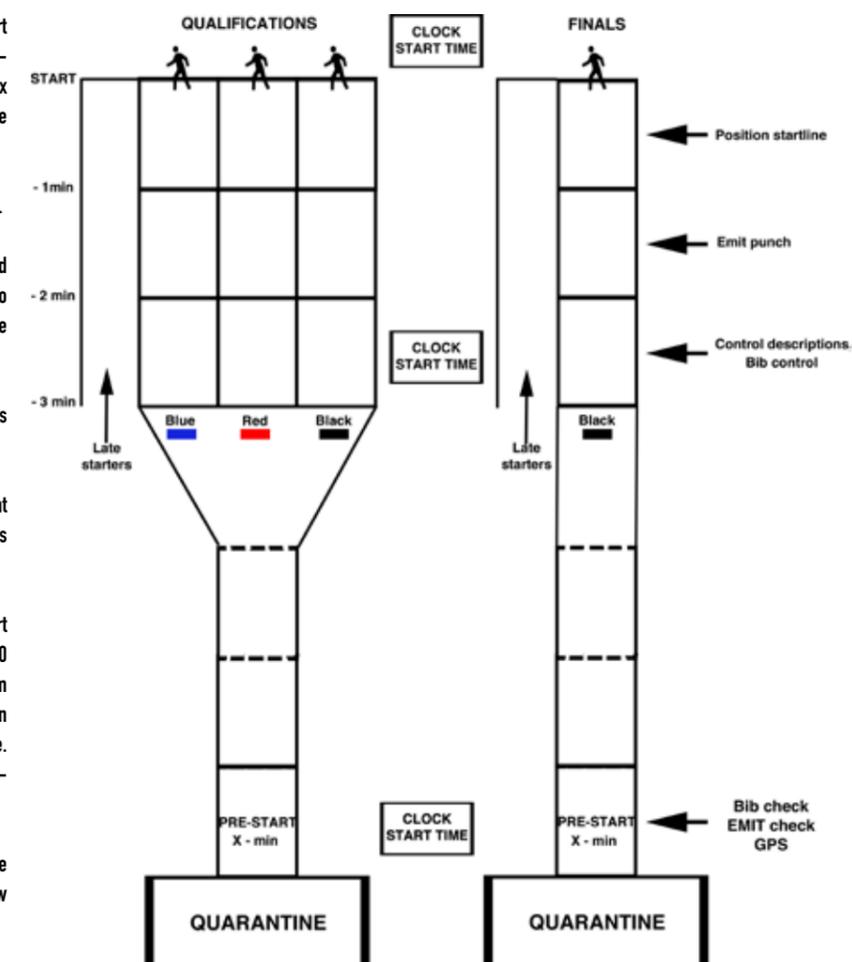
Start: The competitor's map is placed face down next to the start line marked with the start number on the back of the map. 10 seconds before the start time, the competitor hears a signal from the start clock 5 seconds before the start time, the count-down begins with short beeps and a long beep at exactly the start time. An official releases the competitor by taking his hand off the competitor's shoulder.

The start triangle is marked in the terrain by a control flag. The route to this flag is marked with tapes. Competitors must follow this marked route to the start point.

Procedures for late starters

Late competitors must report at the pre-start call-up. If the organizer decides that the competitor has enough time to start at the allocated time, an official will accompany them through the normal procedure to the start line. If the competitor is too late to follow the normal procedure, they will be allowed to start one minute before the next competitor on that course (30 seconds for the Sprint).

In all cases of lateness caused by the competitor their allocated start time will be counted! If a competitor is late through the fault of the organizer, he or she will be timed with their real start time.



24. Competitions

Long distance qualification 7.7.2013

Course and terrain:

Course setters: Jussi Silvennoinen and Samuli Launiainen

Course adviser: Taisto Kemppainen Map: Rauno Asikainen

	Length	Climb	Controls	Winning time	Refreshment	Map scale	Contour interval	Map size	Control description size	Maximum time
Men	12,4-12,5 km	430 m	21-22	59 min	2	1:15 000	5 m	330x350 mm	47x134 mm	150 min
Women	8,5-8,6 km	275 m	13-14	45 min	2	1:15 000	5 m	330x350 mm	47x100 mm	110 min

The long distance qualification is held in terrain which consists of coniferous forests, mainly pines of different ages. Also some marshes and small lakes exist. The ground is hard with exception of the marches that may be soft. The runability varies from very good in old-growth forests to moderate in young forests. Visibility is good but restricted in young forests. The terrain is moderately detailed and a network of paths and forest roads exist. Maximum height difference is 40 metres.

Additional information:

- There is no limitation for shoes.
- Clothing covering the whole body, short sleeves are allowed.
- Results of qualification will be announced when qualified runners can be established.
- Complaint time will begin after announcement of results of qualification. Complaint time is 15 minutes.
- There is water and sports drink (Dexal light Orange, 6%) for refreshment in refreshment controls.

Quarantine check-in time: 7.15-9.20

First start women: 9.31 bibs 1-120

First start men: 9.30 bibs 201-340

Start interval: 3 minutes

3 runners start at the same time. The three channels in the last 3 minutes are marked with colors (blue = left, red = middle, black = right). The colors of the race numbers correspond to the channel.

Transport timetable from quarantine to pre-start:

Quarantine	Pre-start
7:30	> 8:20
7:50	> 8:40
8:10	> 9:00
8:30	> 9:20
8:45	> 9:35
9:00	> 9:50
9:20	> 10:10
9:40	> 10:30

Transport from Event Centre to quarantine: 7.15, 8.00 and 8.45. Transport is included in transport package.

Pre-start area: Quarantine area with warm-up map

Pre-start to start: Call up 8 minutes before start



Arena



Sprint qualification 8.7.2013

Course and terrain:

Course setters: Jukka Kempainen and Antti Schroderus

Course adviser: Jarmo Puttonen Map: Pasi Jokelainen

	Length	Climb	Controls	Winning time	Map scale	Contour interval	Map size	Control description size	Maximum time
Men	3,7 km	35 m	21	13 min	1:4000	2 m	210x297 mm	47x129 mm	50 min
Women	3,3 km	30 m	18-19	13 min	1:4000	2 m	210x297 mm	47x119 mm	50 min

The terrain is mostly park terrain with small area of forest. In the park area there are lots of buildings, other built objects and planted vegetation. Forest is pine with very good visibility and runnability. The whole area has a dense network of roads and paths.

Additional information:

- There is no limitation for shoes.
- Results of qualification will be announced when qualified runners can be established.
- Complaint time will begin after announcement of results of qualification. Complaint time is 15 minutes.
- Start lists for final will be available in WOC office latest at 14.00.
- There will be an after race cool-down map. Runners are not allowed to leave this area until the competitions are finished.

Quarantine check-in time: 7.30-8.50
 First start women: 9.00 bibs 1-120
 First start men: 9.50 bibs 201-340

Start interval: 1 minute

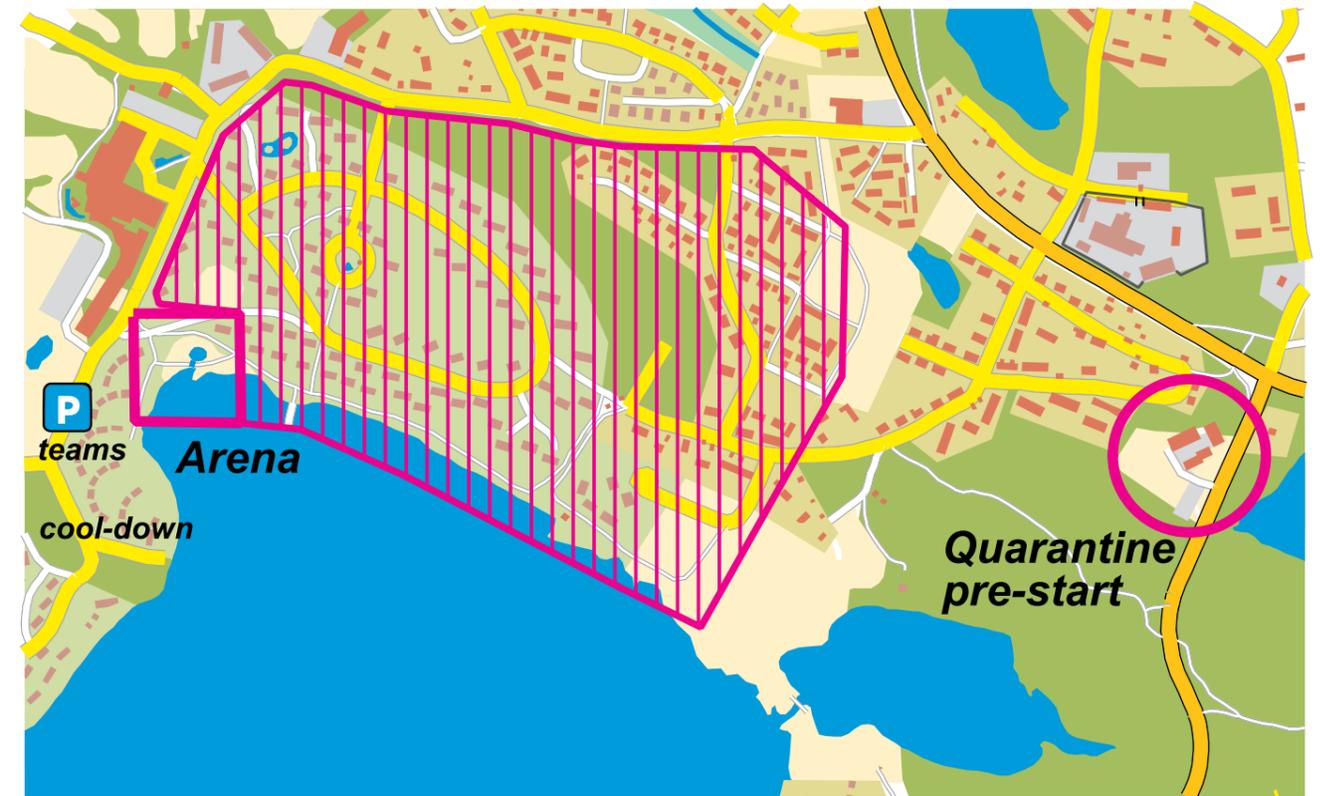
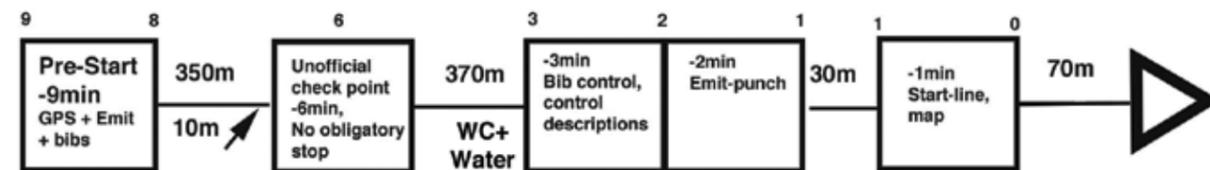
3 runners start at the same time. The three channels in the last 3 minutes are marked with colors (blue = left, red = middle, black = right). The colors of the race numbers correspond to the channel.

Transport from Event Centre to quarantine:

7.30 and 8.30. Transport is included in transport package.

Pre-start area: Quarantine area with warm-up map

Pre-start to start: Call up 9 minutes before start



Sprint final 8.7.2013

Course and terrain:

Course setters: Jukka Kempainen and Antti Schroderus

Course adviser: Jarmo Puttonen Map: Pasi Jokelainen

	Length	Climb	Controls	Winning time	Map scale	Contour interval	Map size	Control description size	Maximum time
Men	3,9 km	65 m	24	14 min	1:4000	2,5 m	210x297 mm	47x144 mm	50 min
Women	3,4 km	50 m	21	14 min	1:4000	2,5 m	210x297 mm	47x129 mm	50 min

The arena of the sprint final is Sotkamo baseball stadium. The terrain in sprint final is mainly urban, including some park type forest with hard ground and lots of paths. The urban area is almost flat. Runnability and visibility are very good.

Additional information:

- There is no limitation for shoes.
- There will be an after race cool-down map. Runners are not allowed to leave arena or cool-down area until the competitions are finished.
- Complaint time is 15 minutes after announcement of official results.
- Opening ceremony will be held at the Sprint Arena before finals beginning at 16.45.

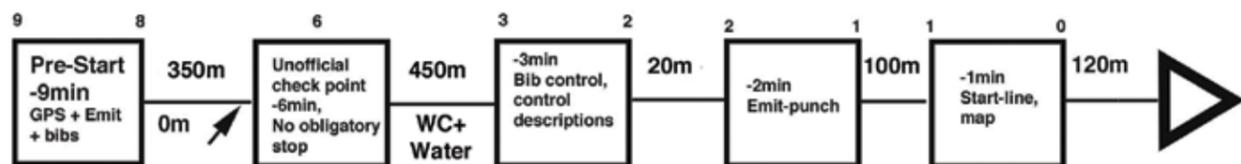
Quarantine check-in time: 16.20-17.44
 First start women: 17.54 bibs 1-45
 First start men: 19.21 bibs 101-145
 Start interval: 1 minute

Transport timetable from quarantine to pre-start:

Quarantine	Pre-start
16:30	> 16:45
16:50	> 17:05
17:10	> 17:25
17:30	> 17:45
18:00	> 18:15
18:20	> 18:35
18:40	> 18:55
19:00	> 19:15

Transport from Event Centre to quarantine: 16.10 and 17.00. Transport is included in transport package.

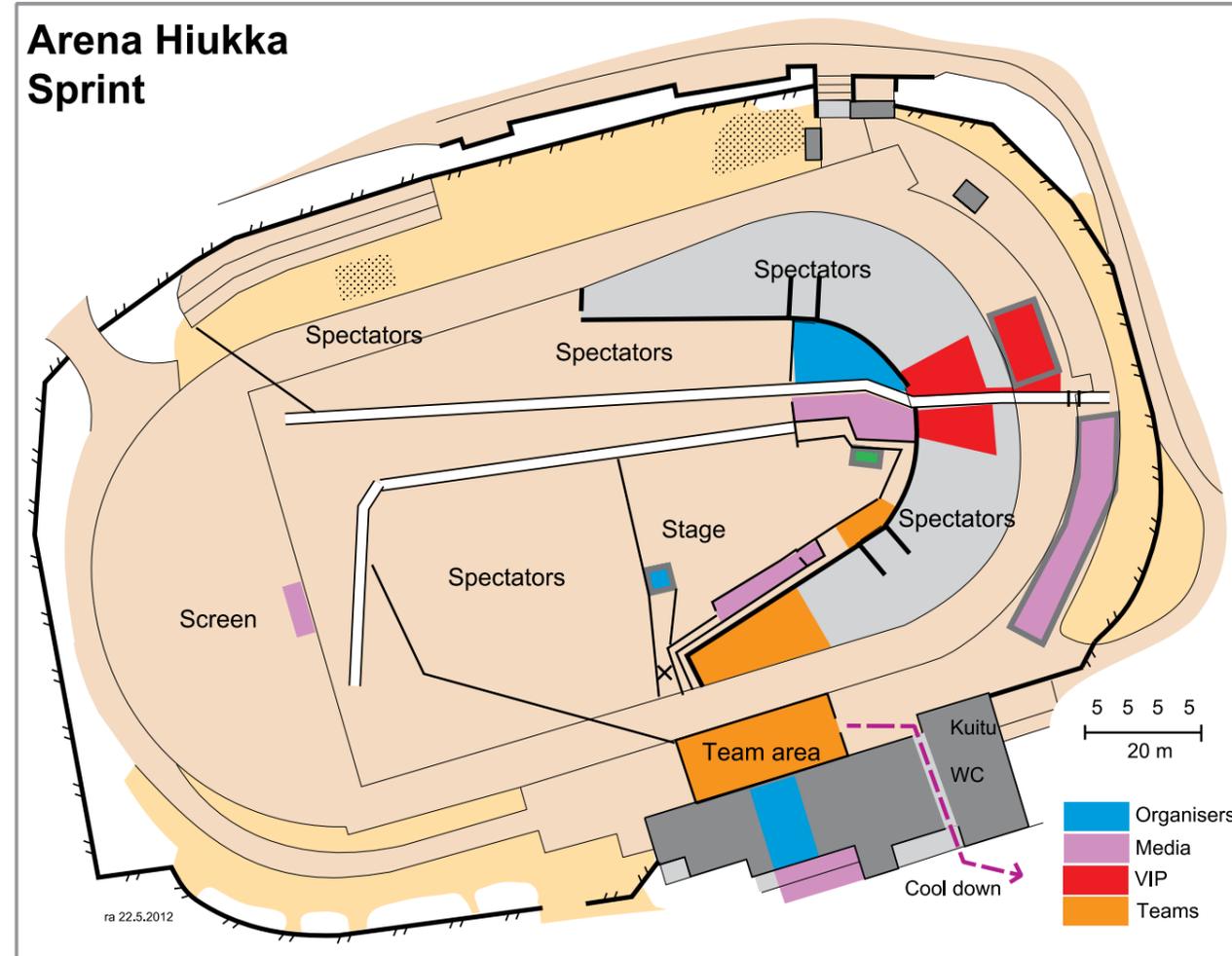
Pre-start area: No warm-up map in the pre-start area. Warm-up on the road.
 Pre-start to start: Call up 9 minutes before start
 Award ceremony: 20.40 at the Arena
 Transport from Arena to Event Centre: Two busses are reserved for Transport package holders at 21.00.



Arena Hiukka



Arena Hiukka Sprint



Long distance final 9.7.2013

Course and terrain:

Course setters: Jussi Silvennoinen and Samuli Launiainen

Course adviser: Taisto Kempainen Map: Rauno Asikainen

	Length	Climb	Controls	Winning time	Refreshment	Map scale	Contour interval	Map size	Control description size	Maximum time
Men	19,5 km	680 m	31	91 min	5	1:15 000	5 m	415x290 mm	47x179 mm	4 h
Women	13,4 km	430 m	22	71 min	4	1:15 000	5 m	415x290 mm	47x134 mm	3 h

The terrain of long distance final is mainly fast coniferous forest mixed with some open and forest-covered marshes and small lakes. Vegetation is mostly pine forests of varying age. Visibility is mostly very good, in young forests more limited. The ground is hard, partly sandy. The runability is very good with exception of some thinned areas. Marshes are partly soft and at some parts understory vegetation may reduce their runability. The terrain is moderately detailed and has a network of paths and forest roads. Maximum height difference is 60 metres.

Additional information:

- There is no limitation for shoes.
- Complaint time is 15 minutes after announcement of official results.
- There is water and sports drink (Dexal light Orange, 6%) for refreshment in refreshment controls
- There is an arena passage toward the end of the courses with refreshment and a coaching zone.

Quarantine check-in time:	9.30-11.45	
First start women:	11.55	bibs 1-45
First start men:	13.45	bibs 101-145
Start interval:	2 minutes, rule deviation approved by IOF.	

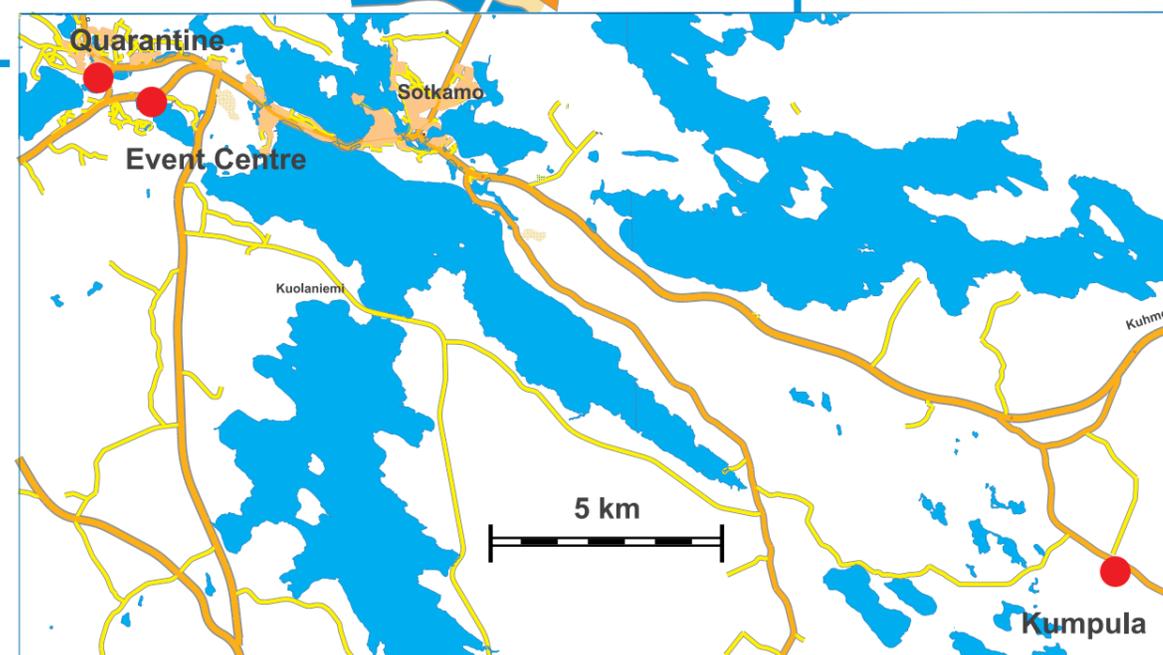
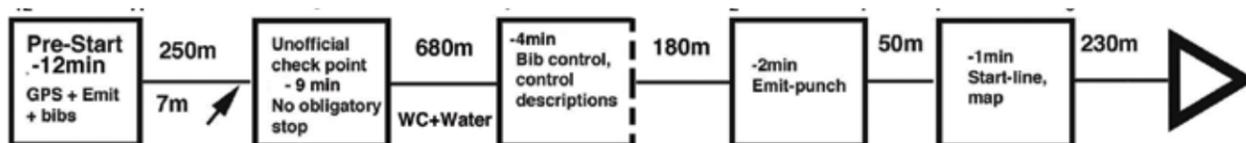
Transport timetable from quarantine to pre-start:

Quarantine	Pre-start
9:45	> 10:50
10:20	> 11:25
11:00	> 12:05
11:30	> 12:35
12:00	> 13:05
12:30	> 13:35
13:00	> 14:05

Transport from Event Centre to quarantine: 9.20, 10.45 and 11.30. Transport is included in transport package

Pre-start area: Pre-start area with some shelters, toilets, drinks and warm-up map.

Pre-start to start: Call up 12 minutes before start, note there is a control in 4 min before start!



Middle distance qualification 11.7.2013

Course and terrain:

Course setters: Börje Vartiainen and Jarmo Tonder

Course adviser: Heikki Peltola Map: Jussi Silvennoinen

	Length	Climb	Controls	Winning time	Map scale	Contour interval	Map size	Control description size	Maximum time
Men	4,1 km	150 m	12	25 min	1:10 000	5 m	210x297 mm	47x90 mm	70 min
Women	3,6 km	110 m	10	25 min	1:10 000	5 m	210x297 mm	47x80 mm	70 min

Height difference is 110 metres. The upper parts of the hills are rocky and detailed. Vegetation varies from old spruce forest to young spruce and pine forest. Visibility in old forest is good but limited in young forest. There is undergrowth of blueberry in some parts of slopes. The terrain contains elements of smaller marshes. There are only few paths in the area.

Additional information:

- Spike shoes are not allowed, small metal dobbs are allowed.
- Results of qualification will be announced when qualified runners can be established.
- Complaint time will begin after announcement of results of qualification. Complaint time is 15 minutes.

Quarantine check-in time: 7.10-8.50
 First start women: 9.01 bibs 1-120
 First start men: 10.15 bibs 201-340

Start interval: 2 minutes

3 runners start at the same time. The three channels in the last 3 minutes are marked with colors (blue = left, red = middle, black = right). The colors of the race numbers correspond to the channel.

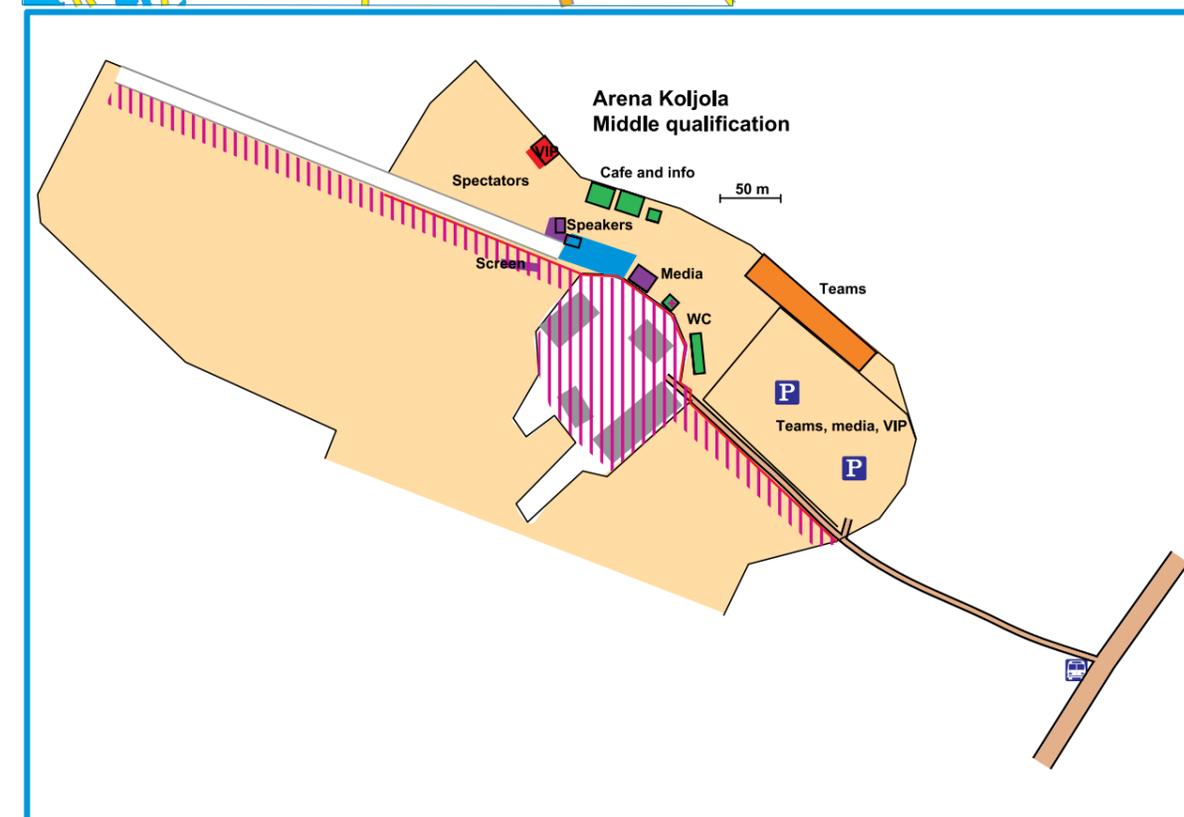
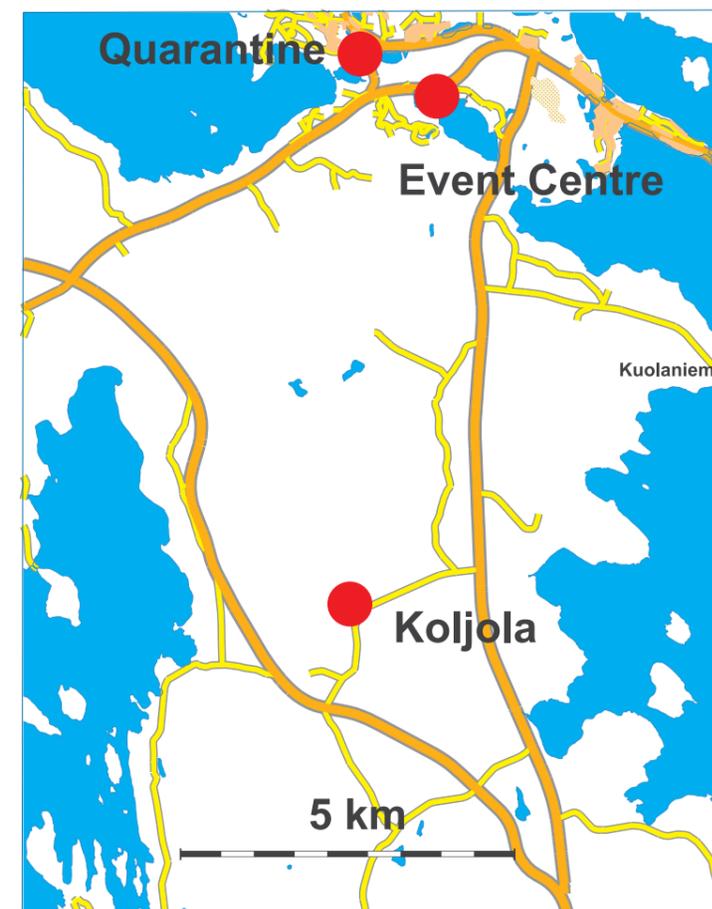
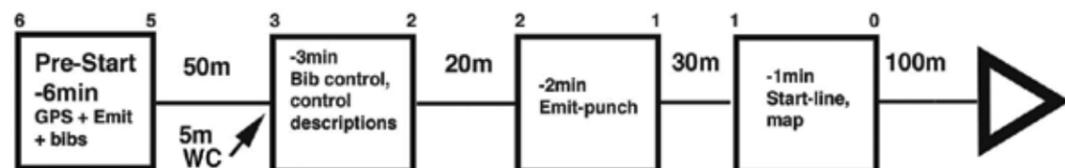
Transport timetable from quarantine to pre-start:

Quarantine	Pre-start
7:40	> 8:10
8:00	> 8:30
8:20	> 8:50
8:40	> 9:10
9:00	> 9:30
9:20	> 9:50
9:40	> 10:10
10:00	> 10:30
10:20	> 10:50

Transport from Event Centre to quarantine: 7.15, 7.50 and 8.30. Transport is included in transport package.

Pre-start area: Pre-start area with some shelters, toilets, drinks and warm-up map.

Pre-start to start: Call up 6 minutes before start



Middle distance final 12.7.2013

Course and terrain:

Course setters: Börje Vartiainen and Jarmo Tonder

Course adviser: Heikki Peltola Map: Jussi Silvennoinen

	Length	Climb	Controls	Winning time	Refreshment	Map scale	Contour interval	Map size	Control description size	Maximum time
Men	6,3 km	245 m	19	37 min	1	1:10 000	5 m	210x297 mm	47x135 mm	70 min
Women	5,0 km	195 m	15	36 min	1	1:10 000	5 m	210x297 mm	47x115 mm	70 min

Height difference is 120 meters. The top parts of the hills are rocky and detailed. Vegetation is mainly old spruce forest, in the top parts there is also some pine forest. Visibility in old forest is good but limited in young forest. The ground in the slopes is partly soft and there is undergrowth of blueberry. There are fallen trees in forest. The terrain contains elements of smaller marshes. There is a network of paths in the terrain.

Additional information:

- Spike shoes are not allowed, small metal dobbs are allowed.
- There is an arena passage toward the end of the courses with refreshment and a coaching zone.
- There is water for refreshment in refreshment control.
- Complaint time is 15 minutes after announcement of official results.

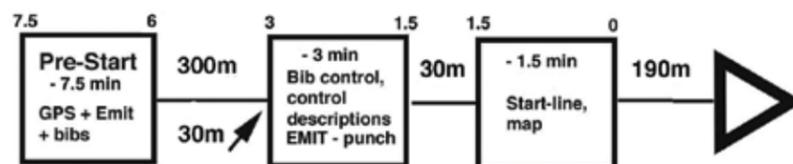
Quarantine check-in time: 11.30–13.00
 First start women: 15.05 bibs 1–45
 First start men: 13.10 bibs 101–145
 Start interval: 1.30 minutes, rule deviation approved by IOF.

Transport timetable from quarantine to pre-start:

Quarantine	Pre-start
12:00	> 12:15
12:15	> 12:30
12:30	> 12:45
12:45	> 13:00
13:00	> 13:15
13:15	> 13:30
13:50	> 14:05
14:05	> 14:20
14:20	> 14:35
14:35	> 14:50
14:50	> 15:05
15:05	> 15:20

Transport from Event Centre to quarantine: 11.30 and 12.40. Transport is included in transport package.

Pre-start area: Pre-start area with some shelters, toilets, drinks and warm-up map.
 Pre-start to start: Call up 7.5 minutes before start, note only one check point before start-line!
 Award ceremony: 20.00 in Event Centre



Relay 13.7.2013

Course and terrain:

Course setters: Börje Vartiainen and Jarmo Tonder

Course adviser: Heikki Peltola Map: Jussi Silvennoinen

Men

Courses	Length	Climb	Controls	Winning time	Refreshment	Map scale	Contour interval	Map size	Maximum time
Legs 1, 2	5,1-5,3 km	250-265 m	14-16	32 min	1	1:10 000	5 m	210x297 mm	
Leg 3	5,5-5,6 km	275-285 m	14-16	34 min	1	1:10 000	5 m	210x297 mm	
Total	16,0 km	795 m	45	100 min					4,5 h

Women

Courses	Length	Climb	Controls	Winning time	Refreshment	Map scale	Contour interval	Map size	Maximum time
Legs 1, 2	4,1-4,2 km	200-215 m	12	32 min	1	1:10 000	5 m	210x297 mm	
Leg 3	4,3-4,4 km	210-220 m	12	34 min	1	1:10 000	5 m	210x297 mm	
Total	12,7 km	630 m	36	100 min					4 h

Height difference is 120 meters. The top parts of the hills are rocky and detailed. Vegetation is mainly old spruce forest, in the top parts there is also some pine forest. Visibility in old forest is good but limited in young forest. The ground in the slopes is partly soft and there is undergrowth of blueberry. There are fallen trees in forest. The terrain contains elements of smaller marshes. There is a network of paths in the terrain.

Additional information:

- Spike shoes are not allowed, small metal doobs are allowed.
- Control descriptions are printed on the maps only.
- There is water for refreshment in refreshment control.
- Complaint time is 15 minutes after announcement of official results.

Transport from Event Centre to Arena: 12.15 and 13.15. Transport is included in transport package.

Quarantine check-in time: 13.00-13.45.
Check-in from direction of team area.

Start men: 13.55
bibs 1-36
1st leg blue
2nd leg red
3rd leg black

Start women: 16.00
bibs 101-130
1st leg blue
2nd leg red
3rd leg black

Mass start for remaining teams is at 18.00.



Quarantine area:

The quarantine area for the relay will be a designated part of the arena where no view of the TV-screen is possible. There are some shelters, toilets, drinks and space for warm-up in the quarantine area.

First leg runners in men's relay can go directly to the start. Emit card is controlled and cleared and GPS unit is given in start area.

First leg runners in women's relay must stay in quarantine zone until 15.55. Emit card is controlled and cleared and GPS unit is given in pre-start between 15.45-15.55. From pre-start 1st leg runners are led to the start.

Runners for 2nd and 3rd leg are allowed to leave from pre-start to change-over through the corridor about 7 minutes before leading team's change-over. Distance from pre-start to change-over is 200 meters.

Transportation of clothes is available from pre-start to team area.

Once leaving the quarantine you are not allowed to come back.



Start:

Map is given to competitor's hand before the start. On the backside of map are written team and leg numbers. Map is closed with small tape and it is allowed to be opened after start. Start signal is a gun shot.

Change-over:

The change-over is done after crossing the finish line by hand touch across a separation barrier. The outgoing runner follows a marked route to the map board and takes the map with the team's start number. It is the competitor's responsibility to take the correct map.

Award ceremony: 18.15 in the Arena

Closing ceremony: 18.25, immediately after Award ceremony



Photo: Vuokattiin Yhteismarkkinointi

www.woc2013.fi

**Organising
committee**

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88615 Vuokattiin Urheilupuisto
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**IOF
WORLD
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CHAMPIONSHIPS
VUOKATTI 6.-14.7.
FINLAND 2013**

