



Bulletin 4

Welcome to World Cup and Norwegian O-festival!

The Norwegian O-festival is the main orienteering event in Norway for all categories of orienteers. It attracts runners from all over the country, elite, youngsters, veterans and beginners. We are also happy to welcome members of the international orienteering-family to challenging competitions.

This year the event is localised in Bærum Municipality, where we are pleased to show some of our most popular recreational areas!

With the integration of the World Cup into the event, we are very happy to see the world's top orienteers here in Bærum. We hope you will enjoy the friendly atmosphere and some demanding races in high quality Nordic terrain, and use this as an opportunity to prepare for the World Championship in 2010!



Odd Reinsfelt
Mayor
Bærum Municipality



Elin Sjødin Drange
President
Norwegian O-Federation



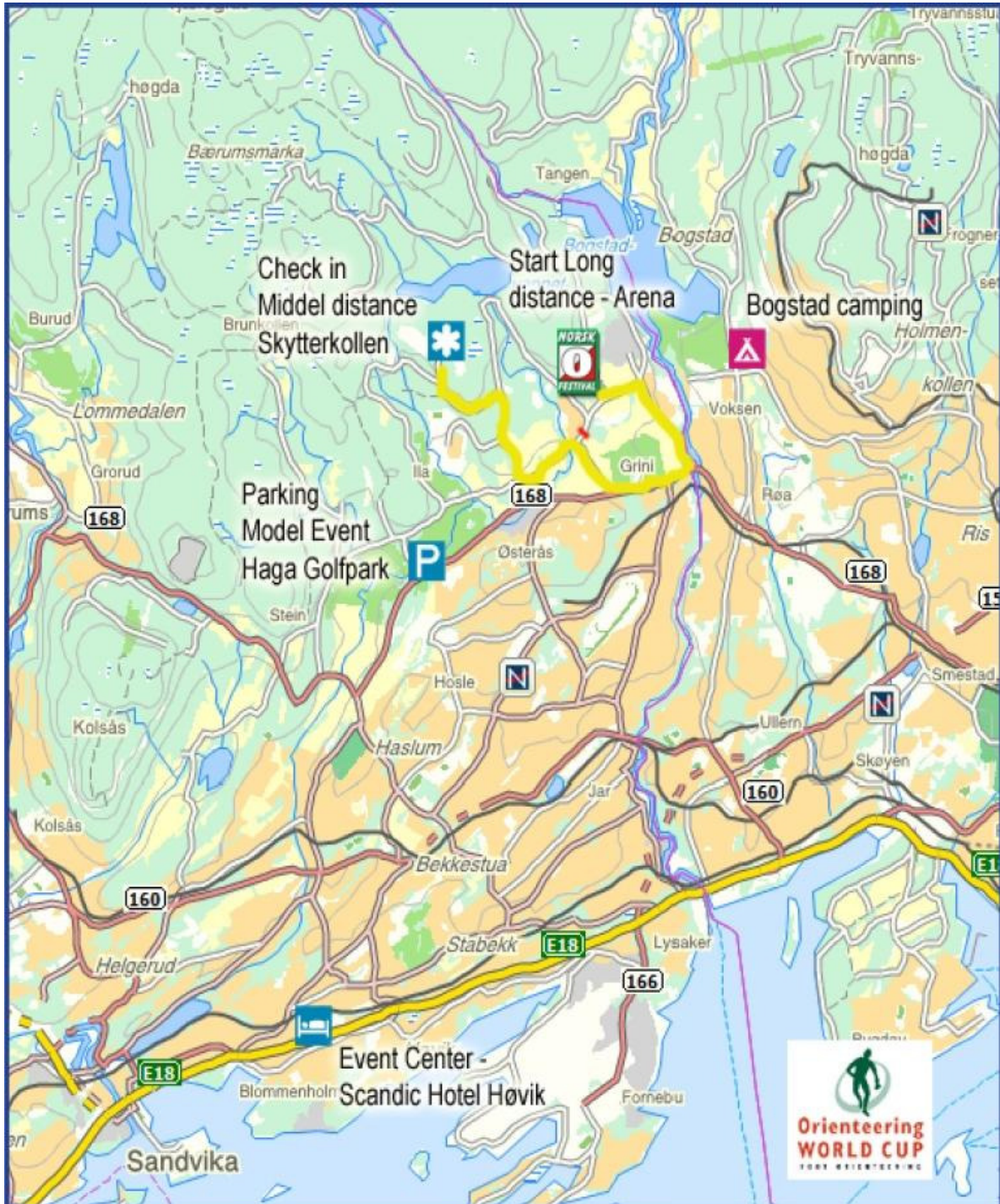
Jørgen Holmboe
Event Director
Norwegian O-festival

Welcome to World Cup 2009

Events 3 and 4, June 26th and 27th 2009.

1) Competition arena

Fossum sports arena, 10km NW of Oslo.



2) Event Centre

World Cup Event Centre and office:

Scandic hotel, Høvik, 12km west of Oslo, 5km from the competition arena.

During the races the Event Office will be at the arena at Fossum.

Team Leaders Meetings will take place at Scandic Hotel, on June 25th and June 26th, at 19:00 in the conference room “*Høvikodden*”

For information during the event, please contact the World Cup office, see below for contact info and opening hours.

3) Organisers

Event director: Jørgen Holmboe, joholmbo@c2i.net, +47 976 81 974

World Cup office: Bjørn R. Berntsen, +47 977 35 514

Hanne Staff, +47 419 00 372

Course planners: Christian Holmboe, Geir Hoff, Eivind Hoff

Mapping: Kristen Treekrem

Media contact: Finn Rygh, finn.rygh@finn.no, +47 928 28 616

4) Event controllers

IOF senior adviser: Finn Blom Christensen, DEN, finn.blom@email.dk

National controller: Dag Amundsen, NOR, dag.amundsen@online.no

Jury: Øystein Kristiansen, NOR

Radek Novotny, CZE

Åke Jönsson, DEN

The jury will be introduced and approved at the Team Leaders Meeting on June 25th.

5) Programme, World Cup event 3 and 4

Date	Time	Event
Thursday, June 25th	10:00- 22:00	Event office open at Scandic
	10:00- 22:00	Model event open at Haga
	12:00	Deadline for entries of names
	19:00	Team leaders meeting at Scandic
Friday, June 26th	10:00- 12:00	Event office open at Scandic
	13:00- 18:00	Event office open at Fossum
	12:00- 13:30	Check-in at Skytterkollen
	13:31	First start Women
	13:42	First start Men
	17:30	Prizegiving ceremony at Fossum
	19:00	Team leaders meeting at Scandic
	19:00-22:00	Event office open at Scandic
Saturday, June 27th	10:00-12:00	Event office open at Scandic
	13:00-17:30	Event office open at Fossum
	14:30	First start Women
	15:00	First start Men
	17:00	Prizegiving ceremony at Fossum

There will be no organised banquet after the race on Saturday

6) Competition Rules

The Competition Rules for IOF Foot Orienteering Events, edition of June 1st 2009.
Special Rules for World Cup 2009, edition of January 31st, 2009.

Special rules for the World Cup Events 3 and 4

Middle distance, individual interval start. The start interval is two minutes. There is no qualification prior to the race. The start order is according to the reverse World Cup current standings. Runners without World Cup points starts first and their order is determined by the reverse standings of the IOF World Rankings as of June 1st 2009.

Long distance, chasing start. Qualification: athletes must have valid results in World Cup 3. Start order and time differences are according to the results in World Cup 3; the winner starts first. The results of World Cup 4 are the order of the runners at the finish line. The times from day two taken separately will count as World Ranking Event.

Athletes more than 20 minutes behind the winner in event 3 will start after the start of the men's chasing start. Start interval: 1 minute.

Athletes with the status of DNS, DSQ or DNF in World Cup Event 3, will not qualify for the ordinary start in World Cup Event 4. The organiser will, on request, give these athletes the opportunity to run the long distance course in the Norwegian O-Festival (M21E/W21E).

Clothing

According to the competition rules of the Norwegian Orienteering Federation the competition clothes shall cover the whole body, except head, neck and arms. Choice of footwear is free.

GPS-watches

According to the competition rules, edition of June 1st 2009, the runners are not allowed to wear any watches during the competition that can measure height or receive GPS-signals to a screen.

Start number bibs

For both competitions, athletes must wear two number bibs, one on their chest and one on their back. The bibs must not be folded or cut. We ask runners to make sure that the bibs are properly attached. This will be checked at the start.

The bibs will be handed out at the Team Leaders Meeting.

GPS-units

Selected runners will wear GPS-units for live tracking during the race. The names of the selected runners will be announced at each Team Leaders Meeting. Runners who refuse to wear the GPS-unit will not be allowed to start. The units will be available in the check-in area on Friday and in the Team Zone on Saturday.

TV-cameras in the forest

There will be a TV-production from selected controls during the World Cup races. The production can be watched at www.nrksport.no.

Fairness

Mobile phones, radios, old maps, computers and other communication devices are forbidden in the check-in and pre-start areas on Friday.

Complaints

Any complaints shall be made in writing and handed over to the World Cup office at the Competition Arena as soon as possible. Complaints regarding the results shall be made no later than 15 minutes after publication of the official result list.

7) Model Event

The Model Event will be open from 10:00 on Thursday June 25th; maps will be handed out at the Event Centre. The Model Event will be held close to Haga Golf course- in a part of the embargoed area. It is only allowed to stay inside the area of the Model Event map. Follow signs from road 168 (see map on page 2) to the parking. From the the parking (outside the Model-map) there will be a marked route to the start and from the finish back to the parking.

The Model Event will demonstrate the nature of the terrain of the middle- and long courses. All the controls will be equipped with the EMIT-system. Maps for the Model Event will be available in the scales 1:15 000 and 1:10 000. Athletes can read out their EMIT-card at the World Cup Office.

8) Punching system

The punching system used is EMIT. All athletes will be provided with an EMIT punch-card from the organiser. The EMIT cards will be handed out to the teams on arrival at the event centre. After the race on Saturday (World Cup Event 4), the team leaders must return the EMIT punch-cards to the World Cup Office at the arena. EMIT punch-cards that are not returned will be invoiced to each federation.

Each runner will wear an Emitag wristband for online controls and identification of runners. The Emitag will be handed out at the pre-start of each race. The Emitag should be **attached to the right wrist**.

9) Special instructions for World Cup Event 3, middle distance

Courses / winning times

<u>Middle Distance, individual start</u>					
	Distance	Climb	Refreshment Stations	Controls	Winning Time
Men	6,00 km	275m	1	21	33 min
Women	5,08 km	235m	1	17	33 min

Course Planners: Geir Hoff and Eivind Hoff
Map Scale: 1:10 000/ 5m
Map Size: A4

Control description sizes

Women 60 x 150 mm
Men 60 x 175 mm

Controls

Since the Norwegian O-Festival is in the same area, there will be many controls in the forest – Please check the control codes!

Map protection

The maps will be protected in sealed plastic bags.

Check-in/pre-start

It is mandatory to check-in at Skytterkollen. Teams should use their own transport from their accommodation to the check-in. The check-in will be open from 12:00. All the athletes must be registered by the check-in at 13:30, at the latest.

Athletes not registered by 13:30 will be denied start.

It is 900 meters from check-in to pre-start. The athletes must run/walk from check-in to pre-start by themselves. Team leaders will have access to the pre-start by walk or by car and may drive on to the arena thereafter.

It is not possible to put up team-tents at the pre-start.

The organizers will transport clothes from check-in and from pre-start to the team-zone at the arena.

Toilets are available both at the check-in and at the pre-start.

Warm-up

The warm-up area is between check-in and pre-start. The athletes will also receive a warm-up map, where the pre-start is marked - and the entire map can be used as a “warm-up area”.

Start procedure

-6 minutes: Call up at pre-start. Attach Emitag wristband.

-5 minutes: Leave the pre-start.

-2 minutes: Receive control descriptions and yellow back-up label. Activation of EMIT-card.

-1 minute: Enter the start line

Start line: Map on table –marked route to start point

Distances:

Check-in to pre-start: 900m

From -5 to -2: 320m

From -2 to -1: 10m

From -1 to start line: 30m

From start line to start point: 30m

If the competitor starts before the start time, he/she will be called back for a new start. If the competitor does not follow the start official's order he/she has committed a false start and will be disqualified.

Competitors who are late for their call-up at pre-start because of their own fault are permitted to enter the pre-start area and continue to the start line. If the competitor is not present at the start line 5 seconds before the start time, he/she is not permitted to start. These competitors will be allowed to start at the end of the class, but will be timed from their original start.

If organisers are responsible for the competitor being late, he/she will be given a new start time.

Finish procedure

The runners shall follow the marked route from the last control to the finish.

The finishing time will be measured by an electronic gate. No punching at the finish line. Maps will be collected from all competitors, and released to the Team Leaders at the Team Leaders Meeting on Friday evening.

Forbidden areas

Areas with sign 415 Cultivated land and sign 528 Forbidden area (olive green) are forbidden areas. These are not marked in the terrain. No natural route choice will get in conflict with these areas.

Close to the course a forbidden area is marked on the map and in the terrain. The forbidden area is a shooting range for pistol and skeet and shooting inside this area might occur during the competition.

Close to the arena a forbidden area is marked on the map and in the terrain. This is an activity area for children.

Special objects

Black circle: Man-made objects from wood or rock, small huts, lavvus, statues, fire places or permanent benches.

Refreshment

There will be one refreshment station on the middle distance courses. The refreshment station will be close to the coaching zone at the arena. Only water will be available.

Coaching

There will be a coaching zone at the arena. The coaching zone is situated close to the Team Zone (see Arena map). Team Leaders with ID card will have access to the zone. Coaches are allowed to hand out drinks to the runners from the coaching zone.

10) Special instructions for World Cup Event 4, long distance

Courses / winning times

<u>Long Distance, chasing start</u>					
	Distance	Climb	Refreshments	Controls	Winning Time
Men	14,28 km	570m	4	31	93 min
Women	10,76 km	405m	4	28	74 min

Course planners: Geir Hoff and Eivind Hoff.

Map Scale: 1:15 000/ 5m

Map Size: A3

Control description sizes

Women 55 x 205 mm

Men 55 x 220 mm

Controls

Because of the Norwegian O-festival, there will be many controls in the forest – Please check the control codes!

Norwegian O-festival runners

The runners could meet some participants of the Norwegian O-Festival in the first part of the World Cup courses.

Map protection

The maps will be protected in sealed plastic bags.

Pre-start

The pre-start is located in the team-zone at the arena. The Team Zone will open at 13:00. **On Saturday the arena is embargoed area for World Cup runners and coaches until 12:45!**

Warm up

The warm up area is located north of the arena. The athletes will receive a warm-up map at the World Cup Office in the Team Zone- and the entire map can be used as a warm-up area.

Start procedure

- 4 minutes: Call-up at pre-start. Attach Emitag wristband
- 3 minutes: Receive control descriptions and yellow back-up label. Activation of EMIT-card.
- 2 minutes: Leave the pre-start.
- 1 minute: Enter the start line.
- Start line: Start on official's order.

Distances:

- From -2 to -1: 80m
- From -1 to start line: 10m
- From start line to maps: 90m
- From start line to start point: 190m

Maps are marked with runner's start number.

If a competitor starts before the start time, he/she will be called back for a new start. If a competitor does not follow the start official's order he/she has committed a false start and will be disqualified.

Competitors who are late for their start at the -2 call-up will be given a new start time by start officials. The new start time will be as soon as possible, but competitors who are on time will be given priority!

Finish procedure

The runners shall follow the marked route from the last control to the finish. The finishing time will be measured by an electronic gate. No punching at the finish line. The athletes can keep their map after finishing. The map from the first loop will be available at the World Cup Office in the Team Zone after the race.

Forbidden areas

Areas with sign 415 Cultivated land and sign 528 Forbidden area (olive green) are forbidden areas. These are not marked in the terrain. No natural route choice will get in conflict with such areas.

Close to the course two forbidden areas are marked on the map and in the terrain. These forbidden areas are two shooting ranges for pistol and skeet and shooting might occur during the competition. The other shooting ranges are not in use and can be crossed freely by competitors during the race!

Close to arena a forbidden area is marked on the map and in the terrain. This is an activity area for children.

Special objects

Black circle: Man-made objects from wood or rock, small huts, lavvus, statues, fire places or permanent benches.

Forking system

Loops are used for forking in both classes.

Change of map

90m after the start line the runners will pick up two maps in one sealed plastic bag.

Please be sure that you take the right map- check the start number carefully!

The map shall be turned when reaching the last control on the first map. The course continues on the second map, where this control is marked with a start triangle. Both classes will also have a map exchange when passing the arena after 12,9 km for men and 9,4 km for women. Follow marked route 190m to new start point. The boxes containing the new map will be marked "men" and "women"

Refreshment

There will be refreshment stations on the long distance course, 4 for both men and women. The refreshment stations will be placed according to IOF rules and will be marked on the control description or on the map. All refreshment points will supply both sports-drink and water, clearly marked. One of the refreshment stations will be close to the coaching zone at the arena.

Coaching

There will be a coaching zone at the arena. Entrance to the coaching zone is shown on the arena map. Team Leaders with ID card will have access to the zone. Coaches are allowed to hand out drinks to the runners from the coaching zone.

11) Terrain description

The terrain for the World Cup events is generally of excellent visibility and good runability. The area closest to the arena comprises a rather detailed network of several ski tracks and large paths, as well as plenty of smaller paths and trails. Some of the less distinct tracks and trails are not mapped!

The terrain is moderately hilly, although there are also some flat areas. The vegetation comprises primarily mature forest of pine and spruce, but there are also areas of denser vegetation, including re-growth on old clear-fell sites.

The combination of hills, bilberry heather and undergrowth make for physically demanding terrain, but generally the area invites to high speed. The dense network of paths and complicated pattern of contour lines will provide a hard test of orienteering skills.

Middle Distance:

Middle distance courses are placed close to the arena and led around a large, quite detail-rich hill. Runners who can cope with slopes and orienteer by contour lines will have an advantage.

Some tough ascents will also ensure a physical challenge. Yet although the slopes can be tough, at times the terrain invites to high speed as the forest here is open pine forest with very good visibility in most parts.

The focus has been to provide courses with some short legs and lots of direction changes. A critical factor for the runners will be to adjust speed to the different challenges along their course.

Long Distance:

On Saturday, the World Cup runners will be offered several different types of terrain. Long distance courses will have more of a wilderness quality than the Middle distance. The hill closest to the arena will be one part, but there are more differentiated ups and downs throughout the courses. The vegetation comprises also old spruce forest.

Runners will also touch upon areas of open large marshes which includes some of the finest terrain the Bærum region has to offer. Having said so, the terrain also comprises steep slopes and cliffs with some tough physical challenges. There are parts with considerably fewer details, with some bogs and a few paths and tractor trails.

Runability is generally good, but in places bilberry heather will make for somewhat heavier progress. In places, route choice will be the deciding issue.

12) Anti-Doping

The athletes taking part in the World Cup must respect the relevant regulations on illegal drug use published by IOF. Drug testing may take place. The athletes are obligated to bring identity cards to the competition arena in case of doping control.

13) Prizes

Prize-money for the three best runners (women and men) both days. 1.place 600 EUR, 2.place 400 EUR, 3.place 200 EUR. The six best runners in each class will be awarded prizes at the prize-giving ceremony at the arena.

14) Transport

The organiser can provide transport during the days of competition. This must be requested in advance.

15) Entry fees

Competitors: EUR 35 pr. Event

Team officials: EUR 25 for both Events

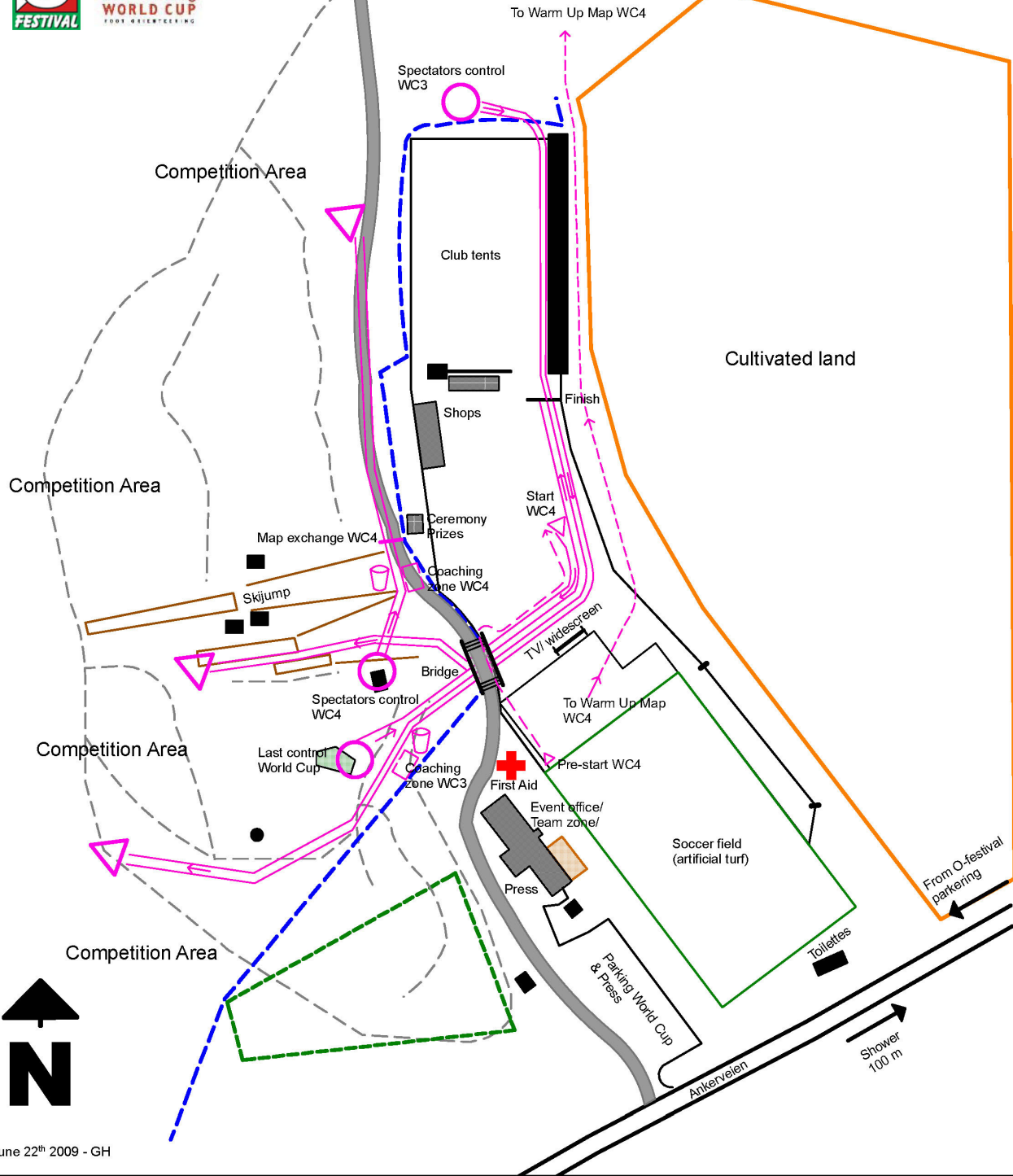
16) World Cup Arena

ARENA

Scale, approx 1:500



World Cup, Friday June 26th and Saturday June 27th Middle and Long distance



17) **Services for media**

There will be a room for press and media with internet connection at the arena. For more information please contact Finn Rygh, finn.rygh@finn.no, +47 928 28 616

You will be given press accreditation when you check in at the Press Centre at the Arena, or at the World Cup Event Centre at Scandic if you arrive on Thursday.

Please note that in some areas there will be restricted photo-opportunities because of TV-coverage. We ask you to follow instructions given by the organisers.

18) **Status of Entries**

FEDERATION	ATHLETES			
	Male		Female	
	Middle	Long	Middle	Long
AUSTRALIA	0	0	1	1
AUSTRIA	2	2	0	0
BELARUS	6	6	6	6
BELGIUM	2	2	1	1
BULGARIA	0	0	1	1
CZECH REPUBLIC	6	6	6	6
DENMARK	8	8	1	1
ESTONIA	4	4	1	1
FINLAND	8	8	8	8
FRANCE	4	4	4	4
GERMANY	1	1	0	0
GREAT BRITAIN	6	6	4	4
IRELAND	2	2	1	1
ITALY	4	4	2	2
LATVIA	4	4	3	3
LITHUANIA	1	1	2	2
NEW ZEALAND	2	2	0	0
NETHERLANDS	1	1	0	0
NORWAY	12	12	12	12
POLAND	3	3	0	0
ROMANIA	1	1	0	0
RUSSIA	1	1	0	0
SWEDEN	8	8	8	8
SWITZERLAND	9	9	8	8
SUM	94	94	69	69