



BULLETIN 4



Junior World Ski Orienteering Championships

Ski Orienteering World Cup

European Youth Ski Orienteering Championships

Umeå – Vindeln – Sweden

2020-02-21 – 2020-02-26



Welcome to the World Cup, the Junior World Championship and the European Youth Championship in ski-orienteering!

The Swedish Orienteering federation is very honoured to host these three international events and the organizers are ready to do their best to arrange hard, fair and fun competitions.

We feel very sorry for the organizers in Latvia who had to cancel their arrangement due to lack of snow. We want to say thank you to the cities of Umeå and Vindeln and the sportclubs SK Björnen and Umeå OK that have taken over this arrangement. The organizers will do their best to manage the confidence they have been given to organize these competitions.



On behalf of the Swedish Orienteering Federation I am pleased to welcome athletes, team leaders, officials, spectators and guests to the World Cup, the Junior World Championship and the Youth European Championship in Umeå and Vindeln!

Maria Krafft Helgesson

Acting President of the Swedish Orienteering Federation



Vindelns
Kommun

Vindelns municipality is happy to be hosting the ski orienteering competitions.

Vindeln has a long going tradition of winter sports such as downhill and cross-country skiing. Parts of the annual 70-kilometer ski race "7-mila" and the dog sled relay race "Vindelälvsdraget" take place here. You can also

experience our diverse wilderness through multiple adventures like snowmobile tours, dog sledding, whitewater rafting and many more.

The impressive Vindeln river is a part of the UNESCO biosphere reserve. The river is easily accessible as it runs close to the town of Vindeln and is a beautiful place to visit even in the winter as the rapids never completely freeze.

Please enjoy your stay in Vindeln and make sure to check out visitvindeln.se/en for more information.

Film showing the Vindeln river: <https://youtu.be/FmprzQKfQvA>



EVENT PROGRAMME

Overview

Event centre – Scandic Syd – GPS coordinate N 63° 48' 59.68", E 20° 15' 4.60"

Competition centre – Vindeln
Fritidscentrum – GPS coordinate N 64° 12' 28.45", E 19° 43' 26.23"

Competition centre – Vindeln
Abborrtjärn – GPS coordinate N 64° 14' 6.64", E 19° 43' 56.53"

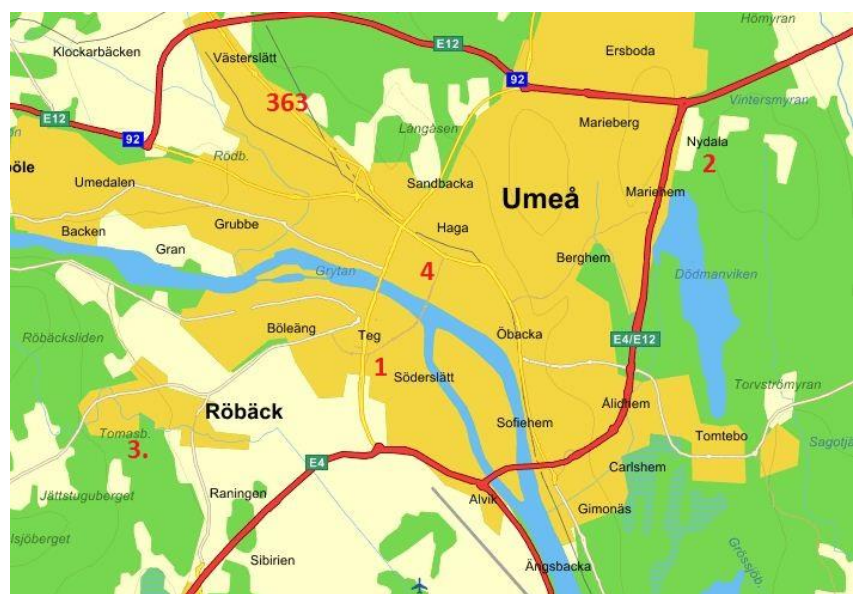
Model event – Nydala – GPS coordinate N 63° 48' 14.83", E 20° 11' 24.81"



Umeå:

1. Scandic Syd
2. First camp and artificial ski track
- Model event – Nydala
4. Folkets Hus, Banquet, central Umeå

363 is the road to Vindeln



The main competition arena is placed in the town Vindeln 55 km NW of Umeå.



When you get to Vindeln, follow road 363. Since there will be lots of people at the arena only a few cars are allowed at Fritidscentrum (VIP, Media). All other cars must park at the parking on the left side of road 363. Of course you can drive in to the arena and leave skis, but not the car.

Bus transport organized by the event organization both picks up and leaves at the Arena Fritidscentrum.



EVENT INFORMATION

SUMMARY OF ENTRIES – wCup, JWSOC, EYSOC, Team Officials

Country	M21	W21	M20	W20	M17	W17	TO	Total
Austria		1						1
Bulgaria	2			4			2	8
Czech Republic	6	4	3	3	4	2	4	26
Estonia	3	3	1	1	6	3	2	19
Finland	7	4	6	6	4	4	9	40
Germany			1	1	2		2	6
Italy		1				2	1	4
Japan	1	2			1			4
Latvia	3				6	3	3	15
Lithuania	2		1	1	3	1	1	9
Norway	6	4	6	6			6	28
Russian Federation	7	7	7	7	7	6	3	44
Sweden	8	7	6	6	4	4	8	43
Switzerland	5		3	5	4	3	4	24
Turkey	2	2	2	3	2	3	1	15
Ukraine	2		1		2	3		8
SUM	54	35	37	43	45	34	46	294

Accreditation

Team officials should upon arrival show up at the competition office, see programme for opening hours, at the lobby of Scandic Syd to receive accreditation badges, SIACs, Parking permits and maps for Model Event for their teams.

Accommodation

Booking and payment of accommodation and buffet should be made in advance to Umeå Orienteringsklubb. Check In and questions regarding the accommodation are handled by the reception desk.

Transport

The organizers offers bus transport from Airport or train station on arrival and departures if booked in advance.

For model event in Nydala, the busses are free of charge, leaving Scandic Syd. Those of you who stays at First Camp can walk to Model Event (or ski).

Transportation to Competition center in Vindeln is available if booked in advance

FOOD

Lunch will be available for purchase at the Competition arena on race days – 75 SEK.

CERMONIES AND BANQUET

Opening ceremony

There will be an opening ceremony at the arena Vindeln Fritidscenter on Saturday at 09:30

Flower ceremonies

Flower ceremonies will be held at the arena according to the program. The ceremony will be announced with 10 minutes notice and the top three athletes/teams in each class shall then show up at the podium for preparation.

Dress code and equipment: National team's competition uniform and competition equipment.

National flags, signs and other non-competition equipment are not allowed on the stage at flower ceremonies. Athletes are supposed to be available for photoshoots and interviews after the ceremony.

Prizegiving ceremonies

- Prizegiving ceremony for both the sprint distance and the long distance will be held together with the Banquet at Umeå Folkets Hus on Sunday. Accreditation to wCup/JWSOC/EYSOC is obligatory to participate at the Banquet.

- Prizegiving ceremony for the middle distances and the relay will be held at Vindeln Fritidscentrum on the day of the race.

Top six athletes/teams in each class shall show up at the podium 5 minutes before the start of the ceremony for preparation.

Dress code and equipment: National team uniform. Competition equipment, sunglasses, bottles, hats, head bands, flags or any accompanying persons are not allowed to be brought to the podium.

Closing ceremony

The closing ceremony will be held in the competition arena together with the prize ceremony for relay.

Banquet

The banquet takes place in Umeå Folkets Hus in the centre of Umeå (GPS: N 63° 49' 35.82", E 20° 15' 56.82") at 18:00 on Sunday. Banquet are free of charge if accredited to the competition.

WAXING AND WAXING FACILITIES

Non heated waxing tents are available for booking at the competition arena. These are available for use from Thursday 20th February. An area with wide and narrow tracks has been prepared close by for testing of skis.

Possibilities for waxing will be available, outside, close by Scandic Syd.

TRAINING OPPORTUNITIES

There is opportunity to train on the permanent track system in central Umeå.

Training tracks

Gammlia – GPS coordinate 63°49'42.5"N 20°17'12.6"E

Nydala – GPS coordinate N 63° 50' 20.00", E 20° 20' 32.53"

Röbäck – GPS coordinate N 63° 48' 14.15", E 20° 11' 24.18"

ANTI-DOPING

Doping is strictly forbidden and the organizers of wCup/JWSOC/EYSOC are dedicated to supporting the anti-doping authorities in their work. Doping tests are always carried out in accordance with the procedures described in the WADA International Standard for Testing. The IOF Anti-Doping Code and rules and the World Anti-Doping Code 2015 apply as of 1st January 2015. Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. The athlete should also bring along their therapeutic use exemption (TUE) if applicable. In general, it is advisable that the athletes bring along their ID to all the competitions and events. For more information, please consult: Anti-Doping on IOF web page.

ATHLETE LICENCE

All participants in wCup need a valid IOF Athlete licence. To have a valid licence, the athlete need to sign an athlete licence form and pay an annual fee of 30 EURO. If the athlete has signed the form in previous years they don't need to sign a new form. Payments of the annual licence fee is done in IOF Eventor, please consult the proper IOF Eventor Guide for this. To find the rules and forms and more information, please consult: [Athletes licence](#) on IOF web page

DEVIATION FROM RULES:

3.6 (for WCUP) – First race will be sprint, interval start and not a mass start.

12.13 (for JWSOC and EYSOC) – Also JWSOC and EYSOC will have mass start on the middle distance. These categories don't have any ranking list to use for allocating start numbers. We will use groups, in the same way as for interval starts.



COMPETITION INFORMATION

Competition information is divided into a general part, with information covering all competitions of the event, and parts with information specific for each day.

Competition entry

The day before each race, each federation shall file one document per competition they will attend (wCup, JWSOC, EYSOC). This document shall be filed to Event center Scandic Syd before 15:00 the day before race.

wCup – Sprint and long distances

There are three starting groups and a red/orange group. In red group the top 10 ranked athletes are first placed, and in orange group the following 10 ranked athletes. The distribution of athletes in the other three starting groups is decided by the team leaders. A Federation shall allocate one competitor to each group first (before allocating second competitor to the same group). The starting order of the starting groups is consecutively in number order, i.e. 1, 2, 3, Red group.

Since the competition (sprint and long) also inhabits the Swedish Championship, all Swedish non-wCup skiers are let go in the national quote and will start first.

JWSOC and EYSOC – Sprint and long distances

There are no ranking system for JWSOC/EYSOC used for starting allocation. In each individual competition each Federation shall allocate its competitors to specified starting groups. A Federation shall allocate one competitor to each group first (before allocating second competitor to the same group). The starting order of the starting groups is normally consecutively in number order, i.e. 1, 2, 3, (i.e. start group 1 are in front)

wCup – Mass start

The entered competitors are given start numbers according to their World Ranking (as at one day before the first race of the event) with the best ranked competitor as number 1. Competitors are positioned in rows based on their individual World Ranking with the best athletes at the front.

JWSOC and EYSOC – Mass start

There are no ranking system for JWSOC/EYSOC used for starting allocation. In each individual competition each Federation shall allocate its competitors to specified starting groups. A Federation shall allocate one competitor to each group first (before allocating second competitor to the same group). The starting order of the starting groups is normally consecutively in number order, i.e. 1, 2, 3, (i.e. start group 1 are in front)

wCup, JWSOC and EYSOC – Relay

Entered teams are given start numbers according to the sequence of their Federation's first team placings in the last relay of the same type in the respective event. Those not being placed in the last respective event are given the subsequent start numbers in alphabetical order of Federation abbreviation. Second teams are given start numbers after all the first teams, third teams after all second teams and so on. Team leaders will file a document with allocated teams and athletes.

Paper forms will be made available at the event center from Thursday February 20th.

Team official meetings

Team official meetings will be organized at the event centre in Scandic Syd the evening before each competition according to the programme. Presentations from the meetings will be uploaded to IOF Eventor once the meeting is finished.

Start lists

Start lists will be distributed at team official meetings and uploaded to IOF Eventor on the evening before each race.

Number bibs

Bibs will be ready for pick up by team officials in the competition office at the event centre 07.00 – 07.30 on the day of the competition. One envelope per competition (wCup – JWSOC – EYSOC). Every competitor will have two bibs. The larger one on the right leg and the smaller one on the left leg. Both bibs shall be put on the front side of the thigh.

Drop off / parking

Please follow the signs and instructions of the parking marshals. The distance from the parking to the competition arena is 200m. Parking is free of charge with a valid parking proof available at Scandic Syd. It is possible to drive to the Arena to drop off equipment before returning to the parking.

Toilets and showers

Toilets are available in the quarantine and at the arena and, on Sunday, in the bath house close to competition lunch restaurant.

Food and drink

For Saturday and Sunday the lunch is served in the local school building next to the parking, follow the signs from the arena. The lunch costs 75 SEK~7,5 EUR.

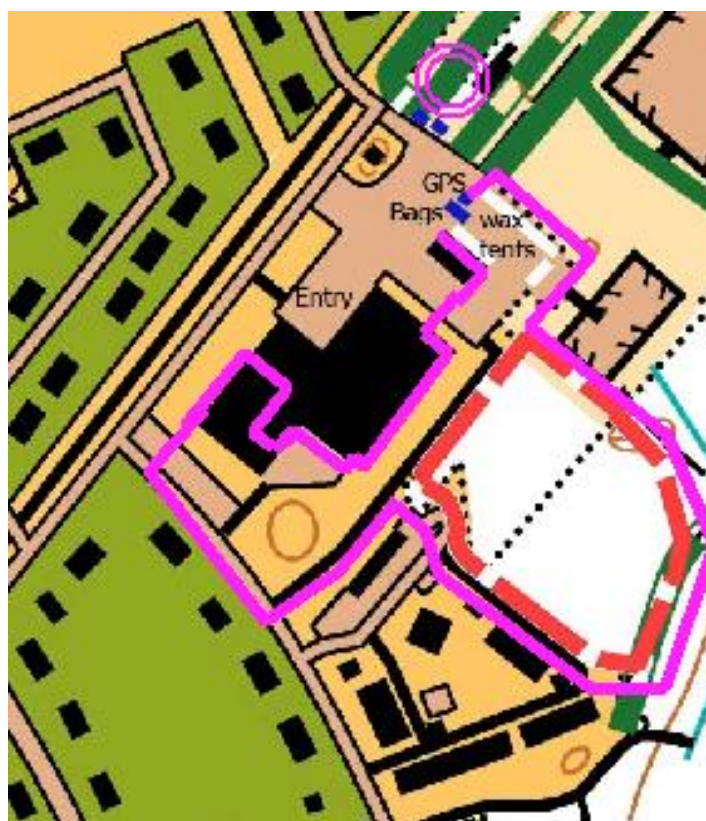
There is a small indoor restaurant at the Competition center, it serves coffee and more.

Payment with cash, card or swish.

Quarantine

All athletes must pass through the quarantine on their way to the start. Please remember to take your accreditation badge with you! Quarantine opens 1 hour before the first start. The quarantine area is in the indoor sport hall with toilets and changing facilities. Outside are the pre-booked waxing tents, ski testing area and warm up tracks. The route to the start is taped from the quarantine.

As noted in the daily program, once the entrance to the quarantine is closed only



event organizers and marshals are permitted to enter the area, this means that team leaders, waxers, etc. who plan to be present in the quarantine area must be there in good time. There is a small cafeteria inside the quarantine, selling coffee, soda, sandwiches etc. Any athlete or team official leaving the quarantine area after entrance has been closed will not be permitted back in. Please note that telephones, tablets, computers or other electronic equipment are not permitted within the quarantine. The quarantine lifts when the last start of wCup, JWSOC and EYSOC is made.

Bag drop

Bags should be left in the baggage tent next to GPS tent before departing to the start. The bags can be collected from the tent after finishing. Please mark bags with you start number before handing them in.

Punching system – SPORTident air+ system (siac) will be used.

The organizers will provide 2 Si-cards for all competitors. SPORTident AIR+ contactless punching with a range of 30cm is used as electronic punching and timing system. In the model event, the control setup used for all competitions will be demonstrated.

The punching procedure is as follows: initially, the SIAC (SPORTident Active Card) is inactive. Before start, first use "SIAC Battery Test", then "CLEAR" and then "CHECK". All these stations must be punched "in hole". After this, the SIAC is in ON i.e. active/contactless mode. Athletes can confirm this by swiping past a provided "SIAC TEST" station within 30cm distance: the SIAC (not the station!) beeps and flashes for a few seconds. If a SIAC fails to confirm the contactless punch at any control, a traditional "in-hole" punch can always be made

The organizers will provide all athletes two personalized SIACs. These will be handed out to the team leaders at Scandic Syd check in on Thursday. These SIACs shall be used by the athlete for all competitions! The black SIAC are the secondary SIAC working like backup. Both SIAC are beeping. After the finishing the race the orange(M)/lemon(W) SIAC will be read out. If there is a problem the black SIAC will be read out as well. Both SIACs must be carried on the same arm. To avoid interference, any GPS gadget must not be worn on the same arm! All SIACs must be returned by team leaders after the last competition (Wednesday). If a SIAC is lost or not returned, a fee of 100 Euro per SIAC is charged the federation of the athlete.

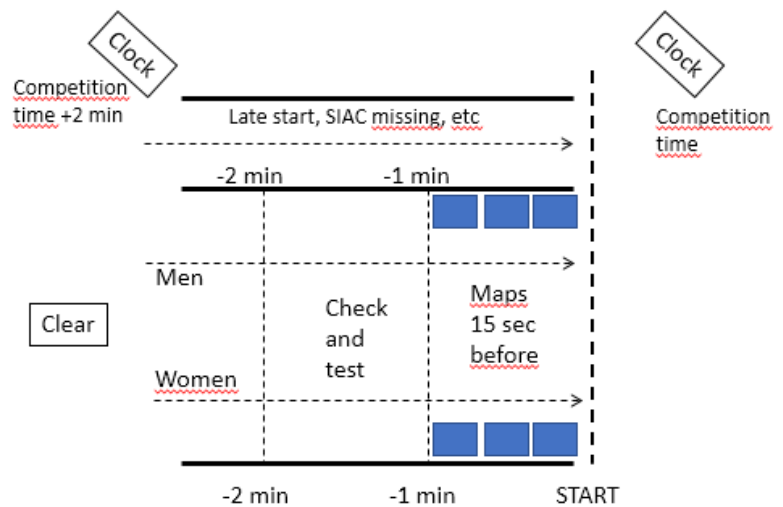
Punching is touch free, do not need to touch the control setup. Each control has two markers with a punching unit on each. Both punching units are active, and it is up to the competitor to choose which to use. The SIAC card needs to be within 30 cm of the punching unit for it to be registered.



Start procedure

Note the left clock, in Swedish competitions we have this “enter time”. Its purpose is to let the athlete remember only one time.

For example: If the athlete is supposed to start 10:12. When the “Competition + 2min” clock shows 10:12 the athlete will enter the “Check and test” area. The Competition clock is then 10:10. After two minutes the athlete has reached the starting line and the “Competition time” clock now shows 10:12 and the race starts.



Finish

Taping and track markings in the snow will show the way from the last control to the finish. There will be no punching at the finish line as the time will be registered automatically via a loop antenna as the SIACs passes the line. A video camera is used as a back-up system. After crossing the finish line, you will be directed to download of data from your SIAC.

In competitions with mass starts, a camera records the finish. The placings in a close finish are determined by the competitors' front foot crossing the finish line.

Notice: crossing the finish line during the competition prematurely deactivates the SIAC!

Notice: Since not all participants of the Swedish championship (master and youth) uses SIAC, there will be a “inhole” punch unit at the finish area, wCup, JWSOC and EYSOC shall not use this. This note only applies to Sprint and Long distances.

Red exit

If the read-out system says any problem, the athlete will be guided to “Red exit”. Now the Black SIAC and orange/lemon will be read and controlled. If a missing punch is available on the black SIAC, IT system will be updated, and the athlete will pass.

Map change

The Map board for events with map exchange and for relay:



Track system



Very wide track > 3 m. 20 % of the total tracks. Very fast, wide ski tracks in ski centers, made with a ski trail groomer or a track leveler.



Wide track 1.5-3.0 m. 5 % of the total tracks. A fast, skateable track made by a snowmobile, width usually 2-3 m. Skateable tracks rougher and softer than the wide skateable tracks in the area.



Track 1.1 m. 70 % of the total tracks. A good track made by a snowmobile.



Track, slow 0.5-0.8 m. A track made by skis or snowshoes.



Public snowmobile route. A public and marked route for snowmobiles that may be in use during the ski orienteering competition. These routes are often uneven and of varying width and quality



Road covered with snow.



Prepared area

First aid

First aid service and transport of injured athletes from the forest is available. Contact the competition office.

In case of emergency, call 112, for ambulance.

Maps after finish

Maps will not be collected after finish. Maps left at map exchange will be made available in the evening at the competition office.

Results

There will be live results and GPS tracking (wCup and JWSOC). Follow live results at www.umeaok.se/wcup2020. Official results will be published on IOF Eventor. The results used for flower ceremonies will be taken from the administrative system ten minutes prior to the ceremony. Outcome from possible pending complaints or protests will not be taken into consideration. The results will be announced and presented at the Arena. Complaints about the result can be made up to 20 minutes after the result is presented.

Fair play

All persons taking part in an orienteering event shall behave with fairness and honesty. They shall have a sporting attitude and a spirit of friendship. Competitors shall show respect for each other, for officials, journalists, spectators and the inhabitants of the competition area. The competitors shall be as quiet as possible in the terrain.

Except in the case of an accident, seeking to obtain or obtaining assistance from other competitors or providing assistance to other competitors during a competition is forbidden. It is the duty of all competitors to help injured competitors.

Complaints

A Complaint may be made about infringements of these rules or the organiser's directions. Any Complaint shall be made in writing, by team officials or competitors, to the organiser as soon as possible. A Complaint is adjudicated by the organiser. The complainant shall be informed about the decision immediately.

Protests

Any Protest shall be made in writing to the organiser no later than 15 minutes after the organiser has informed the complainant of the decision about the Complaint. A Protest fee of 50 EUR (or the equivalent in local currency) shall be paid to the IOF Senior Event Adviser in cash when making a Protest. The fee will be returned if the Protest is accepted by the jury, otherwise the fee shall be sent to the IOF

Jury

Ove Sætra NOR oveset@online.no phone +47 957 06 488.

Richard Klech CZECH richoklech@seznam.cz phone: 604 272155

Tapani Partanen FIN tapani.partanen@cleanosol.fi phone +358407544024.



PROGRAM

The WCUP/JWSOC/EYSOC competitions are combined with the Swedish Championship (SC)

Thursday, 20. February WCUP/JWSOC/EYSOC

15:00 – 21:00	Event office is open – accreditation	Event centre Umeå
15:00	Waxing cabins open for use	Competition centre, Vindeln

Friday, 21. February WCUP/JWSOC/EYSOC

08:00 – 18:00	Event office is open – accreditation	Event centre Umeå
10:00 – 15:00	Model Event WSOC/JWSOC/EYSOC	Nydala, Umeå
15:00	Deadline for team changes and late entries	Event Office Umeå
15:00	Competition entry deadline - sprint distance	IOF Eventor
19:00	Team officials meeting - sprint distance	Event centre Umeå

Saturday, 22. February WCUP/JWSOC/EYSOC/SC SPRINT

07:00 – 10:00	Event office is open	Event centre Umeå
10:00	Quarantine entry closes	Competition centre, Vindeln
10:00	First start EYSOC Sprint (and SC H18/D18)	Competition centre, Vindeln
11:00	First start JWSOC Sprint (and SC H20/D20)	Competition centre, Vindeln
~11.15	Flower ceremony EYSOC	Competition centre, Vindeln
12:00	First start WCUP Sprint (and SC H21/D21)	Competition centre, Vindeln
~12.15	Flower ceremony JWSOC	Competition centre, Vindeln
~13.30	Flower ceremony WCUP	Competition centre, Vindeln
(~13.45	Prize ceremony Swedish championship (HD18, HD20, HD21)	
15:00 – 18:00	Event office is open	Event centre Umeå
15:00	Competition entry deadline - long distance	IOF Eventor
19:00	Team officials meeting - long distance	Event centre Umeå

Sunday, 23. February WCUP/JWSOC/EYSOC/SC LONG

09:30	<i>first start Swedish Championship (youth + master)</i>	
10:30	Quarantine entry closes	Competition centre, Vindeln
10:30	First start EYSOC Long (and SC H18/D18)	Competition centre, Vindeln
10:30	First start JWSOC Long (and SC H20/D20)	Competition centre, Vindeln
12:00	First start WCUP Long (and SC H21/D21)	Competition centre, Vindeln
~13:30	Flower ceremony EYSOC	Competition centre, Vindeln
~13:30	Flower ceremony JWSOC	Competition centre, Vindeln
~14:45	Flower ceremony WCUP	Competition centre, Vindeln
15:00 – 18:00	Event office is open	Event centre Umeå
15:00 – 18:00	Event office is open	Event centre Umeå
18:00	Banquet	Folkets Hus, central Umeå
~19:00	Prize giving ceremony	Folkets Hus, central Umeå

monday, 24. February WCUP/JWSOC/EYSOC		
15:00 – 18:00	Event office is open	Event centre Umeå
15:00	Competition entry deadline – middle distance	IOF Eventor
19:00	Team officials meeting - middle distance	Event centre Umeå
Tuesday, 25. February WCUP/JWSOC/EYSOC		
	Quarantine entire Arena Vindeln FC	Competition centre, Vindeln
	Transportation to Arena Abborrtjärn	Competition centre, Vindeln
10:00	wCup M Middle mass start	Abborrtjärn
10:10	wCup W Middle mass start	Abborrtjärn
11:10	EYSOC M Middle mass start	Abborrtjärn
11:20	EYSOC W Middle mass start	Abborrtjärn
12:00	JWSOC M Middle mass start	Abborrtjärn
12:10	JWSOC W Middle mass start	Abborrtjärn
	Busses from Arena Abborrtjärn to Arena Vindeln	
~14:00	Prize ceremony EYSOC, JWSOC, wCup	Competition centre, Vindeln
15:00 – 18:00	Event office is open	Event centre Umeå
15:00	Competition entry deadline – relay	IOF Eventor
19:00	Team officials meeting – relay	Event centre Umeå
Wednesday, 26. February WCUP/JWSOC/EYSOC		
	Quarantine entire Arena Vindeln FC	Competition centre, Vindeln
	Transportation to Arena Abborrtjärn	Competition centre, Vindeln
09:30	Start M17, Relay	Abborrtjärn
09:35	Start W17, Relay	Abborrtjärn
09:40	Start M20, Relay	Abborrtjärn
09:45	Start W20, Relay	Abborrtjärn
09:50	Start M21, Relay	Abborrtjärn
09:55	Start W21, Relay	Abborrtjärn
	Busses from Arena Abborrtjärn to Arena Vindeln	
~13:30	Prize ceremony EYSOC, JWSOC, wCup	Competition centre, Vindeln
	Closing ceremony	Competition centre, Vindeln
15:00 – 18:00	Event office is open	Event centre Umeå

FRIDAY model event

A Model Event is offered to give all competitors the opportunity to familiarize themselves with Swedish terrain, track quality, control point construction, punching method, start procedure and finish.

Location

Nydala ski stadium, GPS coordinate N 63° 48' 14.83", E 20° 11' 24.81", is the starting point for the Model Event. No signposting on the way.

Parking

Located beside Nydala ski stadium, the starting point for the Model Event. Parking is free of charge.

Opening hours

The model event will be manned according to programme. The controls will be gathered at 15:00.

Instructions

The Model Event map will be available at Nydala in the white house at the arena. Bring your SIAC cards received at accreditation. At the assembly area you will be able to test the SIAC card battery, clear and check before going through the start procedure and setting out on a simpler ski-o course. Time-taking and punching checks will be carried out during manned hours.

Services

Changing rooms, toilets and showers will be available close to model Event expedition during manned hours.

Transport

	<u>Friday 21 February</u>		
9.30	Scandic Syd to Model Event - Nydala	Finland 25 people, Germany 5 people, Italy 4 people, Japan 3 people = 37 people	No bus tickets needed
10.15	Scandic Syd to Model Event Nydala	Russia 44 people	No bus tickets needed
11.15	Nydala to Scandic Syd	Finland 25 people, Germany 5 people, Italy 4 people, Japan 2 people = 37 people	No bus tickets needed
12.00	Nydala to Scandic Syd	Russia 44 people	No bus tickets needed
13.15	Scandic Syd to Model Event Nydala	Lithuania 6 people, Norway 14 people, Switzerland 24 people = 44 people	No bus tickets needed
15.00	Nydala Arena to Scandic Syd	Lithuania 6 people, Norway 14 people, Switzerland 24 people = 44 people	No bus tickets needed

SATURDAY sprint distance

Quarantine

The quarantine opens at 09:00 and are closed 10:00. After that nobody is allowed in. All athletes have to enroll at the quarantine entrance.

To the start.

Follow taped route from quarantine to pre-start. Distance is about 100m from GPS tent to start.

GPS

An organizer will provide you with a GPS at the pre-start. Make sure you pass GPS tent in time to be equipped with a GPS and to be in time for start.

Clothing

Beside GPS tent you can leave bags until after the race.

Maps

1:5 000 - 5-metre contour interval - A4 size (21 x 30 cm)

Course details

Class	Distance (km)	Shortest sensible route [km]	Total climb [m]	# of controls
M21	3.6	4.7	75	14
W21	3.0	3.9	65	12
M JWSOC	3.0	3.9	65	12
W JWSOC	2.5	3.3	55	10
M EYSOC	3.0	3.9	65	12
W EYSOC	2.5	3.3	55	10

Refreshments

Water and sports drink are served after the finish line.

Equipment deposits

Equipment may be deposited at the designated place in the arena. Athletes are permitted to change undamaged skis once during the race. Team officials and organizers are not permitted to assist an athlete during equipment changes. Team leaders should place equipment for the arena at the indicated position.

Maximum skiing time

The maximum skiing time is 60 minutes.

Finish

The time will be registered automatically via a loop antenna as the SIACs passes the line. A video camera is used as a back-up system. After crossing the finish line, you will be directed to download of data from your SIAC.

Notice: crossing the finish line during the competition prematurely deactivates the SIAC!

Notice: For the Swedish championship there will be a "inhole" punch unit at the finish area, wCup, JWSOC and EYSOC shall not use this.

Mixed zone / Media

A “mixed zone” for media–athlete interaction will be located after download of SIAC. Please take your time to answer any questions. This is a perfect opportunity to market the sport and highlight your performance. If necessary, team leaders may hand their athletes coveralls before going through the mixed zone. Further opportunities for interviews will be given in connection to the flower ceremonies.

Transport Umeå – Vindeln – Umeå

	<u>Saturday 22 February</u>		
7.30	BUS 1: Scandic Syd to Competition Centre in Vindeln	Finland 7 people, Germany 4 people, Italy 2 people, Japan 2 people, Lithuania 3 people, Norway 5 people, Russia 10 people, Switzerland 6 people = 39 people	Bus ticket required
8.00/8.30	BUS 2: First Camp (8.00) and Scandic Syd (8.30) to Competition Centre in Vindeln	Bulgaria 2 people (FC), Czech rep 3 people (FC), Latvia 1 people (FC), Finland 6 people, Germany 2 people, Italy 2 people, Japan 2 people, Lithuania 3 people, Norway 4 people, Russia 10 people, Switzerland 7 people = 42 people	Bus ticket required
8.30	BUS 3: Scandic Syd to Competition Centre in Vindeln	Finland 10 people, Norway 5 people, Russia 15 people, Switzerland 9 people = 39 people	Bus ticket required
14.00	BUS 1 and BUS 3: Competition Centre Vindeln to Scandic Syd	Finland 17 people, Germany 4 people, Italy 2 people, Japan 2 people, Lithuania 3 people, Norway 10 people, Russia 25 people, Switzerland 15 people = 78 people	Bus ticket required
14.15	BUS 2: Competition Centre Vindeln to First Camp and Scandic Syd	Bulgaria 2 people (FC), Czech rep 3 people (FC), Latvia 1 people (FC), Finland 6 people, Germany 2 people, Italy 2 people, Japan 2 people, Lithuania 3 people, Norway 4 people, Russia 10 people, Switzerland 7 people = 42 people	Bus ticket required

SUNDAY long distance

Quarantine

The quarantine opens at 09:30 and are closed 10:30. After that nobody is allowed in. All athletes have to enroll at the quarantine entrance.

To the start.

Follow taped route from quarantine to start. Distance is about 150m from GPS tent to start.

GPS

An organizer will provide you with a GPS at the pre-start. Make sure you pass GPS tent in time to be equipped with a GPS and to be in time for start.

Clothing

Beside GPS tent you can leave bags until after the race.

Maps

1:12500 - 5-metre contour interval - A4 size (21 x 30 cm)

Course details

Class	Distance (km)	Shortest sensible route [km]	Total climb [m]	# of controls
M21	23	27,6	365	31
W21	20	25,1	279	30
M JWSOC	17,3	22,4	316	25
W JWSOC	14,6	17,6	191	23
M EYSOC	11,5	14,5	137	19
W EYSOC	9,2	11,1	134	17

Map Exchange

Map exchanges apply in the M21 and W21 races. Be careful to take the correct map. The organizers are not permitted to tell you that you have taken the wrong map. If your map is missing, speak immediately to the organizer at the map exchange to get a new map.

Refreshments

Water and sports drink are served along the course and after the finish line.

Equipment deposits

Equipment may be deposited at the designated place in the arena. Athletes are permitted to change undamaged skis once during the race. Team officials and organizers are not permitted to assist an athlete during equipment changes. Team leaders should place equipment for the arena at the indicated position. There are also possibilities to send equipment in the forest. Leave equipment at marked place before first start of EYSOC, JWSOC and wCup. They will be transported into the forest.

Maximum skiing time

The maximum skiing time is 3 hours.

Finish

The time will be registered automatically via a loop antenna as the SIACs passes the line. A video camera is used as a back-up system. After crossing the finish line, you will be directed to download of data from your SIAC.

Notice 1: crossing the finish line during the competition prematurely deactivates the SIAC!

Notice 2: For the Swedish championship there will be a “inhole” punch unit at the finish area, wCup, JWSOC and EYSOC shall not use this.

Mixed zone / Media

A “mixed zone” for media–athlete interaction will be located after download of SIAC. Please take your time to answer any questions. This is a perfect opportunity to market the sport and highlight your performance. If necessary, team leaders may hand their athletes coveralls before going through the mixed zone. Further opportunities for interviews will be given in connection to the flower ceremonies.

Transport Umeå – Vindeln – Umeå

	<u>Sunday 23 February</u>		
7.30/8.00	BUS 1 - First Camp (7.30) and Scandic Syd (8.00) to Competition Centre in Vindeln	Bulgaria 2 people (FC), Czech rep 3 people (FC), Latvia 1 people (FC), Finland 6 people, Germany 2 people, Italy 2 people, Japan 2 people, Lithuania 3 people, Norway 4 people, Russia 10 people, Switzerland 7 people = 42 people	Bus ticket required
8.00	BUS 2 - Scandic Syd to Competition Centre in Vindeln	Finland 7 people, Germany 4 people, Italy 2 people, Japan 2 people, Lithuania 3 people, Norway 5 people, Russia 10 people, Switzerland 6 people = 39 people	Bus ticket required
9.00	BUS 3 - Scandic Syd to Competition Centre in Vindeln	Finland 10 people, Norway 5 people, Russia 15 people, Switzerland 9 people = 39 people	Bus ticket required
14.00	BUS 2 and BUS 3: Competition Centre Vindeln to Scandic Syd	Finland 17 people, Germany 4 people, Italy 2 people, Japan 2 people, Lithuania 3 people, Norway 10 people, Russia 25 people, Switzerland 15 people = 78 people	Bus ticket required
15.15	BUS 1: Competition Centre Vindeln to First Camp and Scandic Syd	Bulgaria 2 people (FC), Czech rep 3 people (FC), Latvia 1 people (FC), Finland 6 people, Germany 2 people, Italy 2 people, Japan 2 people, Lithuania 3 people, Norway 4 people, Russia 10 people, Switzerland 7 people = 42 people	Bus ticket required

TUESDAY Middle masstart

On Tuesday the Competitions are at Arena Abborrtjärn. Only Team Officials are allowed to go by car to arena Abborrtjärn but please go by our free of charge buses if you find it possible. We allow parking for maximum one car per federation. Busses will transport competitors and others free of charge from Vindeln Fritidscenter to Abborrtjärn.

Quarantine

The quarantine will be presented at Team Officials meeting

To the start

Follow taped route from bus stop to start area.

GPS

An organizer will provide you with a GPS at the arena.

Wax

The Waxing tents will be left at Vindeln FC all time. No electrical current is available for waxing at Abborrtjärn. Wax table can be brought and placed at the quarantine, but but preferably not.

Start procedure

The start will be a mass start at Abborrtjärn Arena.

All athletes must be in the start area at least 5 minutes prior to the start time.

Clear, check and test punch of SIAC will be at the GPS tent at the arena. In the start area the competitors will be positioned in rows.

2 minutes prior to the start time the competitors are asked to put their left hand at their thigh. The map will be handed out to the competitors. Competitors shall keep the map in their hand on their thigh until the command "MAPS" is given 15 seconds before the start.

The start command "GO" will be given.

For the first approximately 40 meters only double polling is allowed. Competitors must follow the marked route from the start line to the map start triangle.

Maps

1:7 500 – 5-metre contour interval - A4 size (21 x 30 cm)

Map exchange

Map exchanges apply for all classes. Be careful to take the correct map. The organisers are not permitted to tell you that you have taken the wrong map. If your map is missing, speak immediately to the organiser at the map exchange to get a new map.



Course details

Class	Distance (km)	Shortest sensible route [km]	Total climb [m]	# of controls
M21	10,7	14,3	150	32
W21	8,9	11,9	125	23
M JWSOC	8	10,7	120	20
W JWSOC	6,5	9	100	17
M EYSOC	6,1	7,4	100	15
W EYSOC	5	6,6	80	14

Refreshments

Water and sports drink is served at the map exchange and after the finish line.

Equipment deposits

Equipment may be deposited at the designated place at the arena. Athletes are permitted to change undamaged skis once during the race. Team officials and organisers are not permitted to assist an athlete during equipment changes. Team leaders should place equipment for the arena at the indicated position.

Maximum skiing time

The maximum skiing time is 2 h.

Finish

Taping and track markings in the snow will show the way from the last control to the finish. There will be no punching at the finish line as the time will be registered automatically via a loop antenna as the SIACs passes the line. A video camera is used as a back-up system. After crossing the finish line, you will be directed to download of data from your SIAC.

Two finish judges rules on the final placings, also a jury member are present at the finish line. As a back-up a camera recording the finish. The placings in a close finish are determined by the competitors' front foot crossing the finish line.

Notice: crossing the finish line during the competition prematurely deactivates the SIAC!

Mixed zone / Media

A "mixed zone" for media-athlete interaction will be located after download of SIAC. Please take your time to answer any questions. This is a perfect opportunity to market the sport and highlight your performance. If necessary, team leaders may hand their athletes coveralls before going through the mixed zone. Further opportunities for interviews will be given in connection to the flower ceremonies.

After the race

After the race busses will transport competitors back to Fritidscentrum for shower, lunch (at FC, not at school) and prize ceremony

Transport Umeå – Vindeln – Umeå

	<u>Tuesday 25 February</u>		
6.45/7.15	BUS 1: First Camp (6.45) and Scandic Syd (7.15) to Competition Centre in Vindeln	Bulgaria 2 people (FC), Czech rep 3 people (FC), Latvia 1 people (FC), Finland 6 people, Germany 2 people, Italy 2 people, Japan 2 people, Lithuania 3 people, Norway 4 people, Russia 10 people, Switzerland 7 people = 42 people	Bus ticket required
7.15	BUS 2: Scandic Syd to Competition Centre in Vindeln	Finland 7 people, Germany 4 people, Italy 2 people, Japan 2 people, Lithuania 3 people, Norway 5 people, Russia 10 people, Switzerland 6 people = 39 people	Bus ticket required
8.15	BUS 3: Scandic Syd to Competition Centre in Vindeln	Finland 10 people, Norway 5 people, Russia 15 people, Switzerland 9 people = 39 people	Bus ticket required
14.30	BUS 1: Competition Centre Vindeln to First Camp and Scandic Syd	Bulgaria 2 people (FC), Czech rep 3 people (FC), Latvia 1 people (FC), Finland 6 people, Germany 2 people, Italy 2 people, Japan 2 people, Lithuania 3 people, Norway 4 people, Russia 10 people, Switzerland 7 people = 42 people	Bus ticket required
14.30	BUS 2: Competition Centre Vindeln to Scandic Syd	Finland 7 people, Germany 4 people, Italy 2 people, Japan 2 people, Lithuania 3 people, Norway 5 people, Russia 10 people, Switzerland 6 people = 39 people	Bus ticket required
15.00	BUS 3: Competition Centre Vindeln to Scandic Syd	Finland 10 people, Norway 5 people, Russia 15 people, Switzerland 9 people = 39 people	Bus ticket required

Transport Vindeln – Abborrtjärn – Vindeln

	Tuesday 25 February		
8.45	BUS 1 and 2: Competition Centre Vindeln to Arena Abborrtjärn	M21 W 21, team leaders	No bus tickets needed
9.45	BUS 1, 2 and 3: Competition Centre Vindeln to Arena Abborrtjärn	M17 W17, team leaders	No bus tickets needed
10.45	BUS 2 and 3: Competition Centre Vindeln to Arena Abborrtjärn	M20 W20, team leaders	No bus tickets needed
11.15	BUS 2: Arena Abborrtjärn to Competition Centre in Vindeln	Free sitting after queuing	No bus tickets needed
11.30	BUS 3: Arena Abborrtjärn to Competition Centre in Vindeln	Free sitting after queuing	No bus tickets needed
12.15	BUS 1: Arena Abborrtjärn to Competition Centre in Vindeln	Free sitting after queuing	No bus tickets needed
12.45	BUS 2: Arena Abborrtjärn to Competition Centre in Vindeln	Free sitting after queuing	No bus tickets needed
13.30	BUS 1, 2 and 3: Arena Abborrtjärn to Competition Centre in Vindeln	Free sitting after queuing	No bus tickets needed
14.00	BUS 3: Arena Abborrtjärn to Competition Centre in Vindeln	Free sitting after queuing	No bus tickets needed

WEDNESDAY relay

On Wednesday the Competitions are at Arena Abborrtjärn. Only Team Officials are allowed to go by car to arena Abborrtjärn but please go by our free of charge buses if you find it possible. We allow parking for maximum one car per federation. Busses will transport competitors and others free of charge from Vindeln Fritidscenter to Abborrtjärn.

Quarantine

The quarantine will be presented at Team Officials meeting

To the start

Follow taped route from bus stop to start area.

GPS

An organizer will provide you with a GPS at the arena.

Wax

The Waxing tents will be left at Vindeln FC all time. No electrical current is available for waxing at Abborrtjärn. Wax table can be brought and placed at the quarantine, but but preferably not.

Start procedure

The start will be a mass start at Abborrtjärn Arena.

All athletes must be in the start area at least 5 minutes prior to the start time.

Clear, check and test punch of SIAC will be at the GPS tent at the arena. In the start area the competitors will be positioned in rows.

2 minutes prior to the start time the competitors are asked to put their left hand at their thigh. The map will be handed out to the competitors. Competitors shall keep the map in their hand on their thigh until the command "MAPS" is given 15 seconds before the start.

The start command "GO" will be given.

For the first approximately 40 meters only double polling is allowed. Competitors must follow the marked route from the start line to the map start triangle.

Maps

1:10 000 - 5-metre contour interval - A4 size (21 x 30 cm)

Course details

Class	Distance (km)	Shortest sensible route [km]	Total climb [m]	# of controls
M21	7,5	10	180	16
W21	6,6	7,9	140	14
M JWSOC	6,5	7,5	140	14
W JWSOC	5	6,7	120	14
M EYSOC	5,5	7	120	13
W EYSOC	4,5	5,5	80	12

Changeover

After start the start-area will open for remaining athletes. When the previous legs skier is pre-warned or appear at the last control the waiting athlete can exit the warm-up area and head for the exchange zone. Taping and track markings in the snow will show the way for the finishing athlete from the last control to the changeover. There will be no punching at changeover. Changeover is performed by the two athletes touching each other at the exchange zone.

After changeover the now competing athlete heads for the maps. The organisers are not permitted to tell you if you take the wrong map. If your map is missing, speak immediately to an organiser to get a new map.

The finished athlete will be directed to download of data from SIAC.

Refreshments

Water and sports drink are served after the finish line.

Equipment deposits

Equipment may be deposited at the designated place at the arena. Athletes are permitted to change undamaged skis once during the race. Team officials and organisers are not permitted to assist an athlete during equipment changes. Team leaders should place equipment for the arena at the indicated position.

Maximum skiing time

The maximum total skiing time is 3h.

Finish

Taping and track markings in the snow will show the way from the last control to the finish. There will be no punching at the finish line as the time will be registered automatically via a loop antenna as the SIACs passes the line. A video camera is used as a back-up system. After crossing the finish line, you will be directed to download of data from your SIAC.

Two finish judges rules on the final placings, also a jury member are present at the finish line. As a back-up a camera records the finish. The placings in a close finish are determined by the competitors' front foot crossing the finish line.

Notice: crossing the finish line during the competition prematurely deactivates the SIAC!

Mixed zone / Media

A "mixed zone" for media-athlete interaction will be located after download of SIAC. Please take your time to answer any questions. This is a perfect opportunity to market the sport and highlight your performance. If necessary, team leaders may hand their athletes coveralls before going through the mixed zone. Further opportunities for interviews will be given in connection to the flower ceremonies.

After the race

After the race busses will transport competitors back to Fritidscentrum for shower, lunch (at FC, not at school) and prize ceremony

Transport Umeå – Vindeln – Umeå

	Wednesday 26 February		
06.30/7.00	BUS 1: First Camp (6.30) and Scandic Syd (7.00) to Competition Centre in Vindeln	Bulgaria 2 people (FC), Czech rep 3 people (FC), Latvia 1 people (FC), Finland 6 people, Germany 2 people, Italy 2 people, Japan 2 people, Lithuania 3 people, Norway 4 people, Russia 10 people, Switzerland 7 people = 42 people	Bus ticket required
7.00	BUS 2: Scandic Syd to Competition Centre in Vindeln	Finland 7 people, Germany 4 people, Italy 2 people, Japan 2 people, Lithuania 3 people, Norway 5 people, Russia 10 people, Switzerland 6 people = 39 people	Bus ticket required
7.30	BUS 3: Scandic Syd to Competition Centre in Vindeln	Finland 10 people, Norway 5 people, Russia 15 people, Switzerland 9 people = 39 people	Bus ticket required
14.15	BUS 2: Competition Centre Vindeln to Scandic Syd and Umeå Airport	Finland 7 people, Germany 4 people, Italy 2 people, Japan 2 people, Lithuania 3 people (to the airport), Norway 5 people, Russia 10 people (6 to the airport), Switzerland 6 people = 39 people	Bus ticket required
14.30	BUS 3: Competition Centre Vindeln to First Camp and Scandic Syd	Bulgaria 2 people (FC), Czech rep 3 people (FC), Latvia 1 people (FC), Finland 6 people, Germany 2 people, Italy 2 people, Japan 2 people, Lithuania 3 people, Norway 4 people, Russia 10 people, Switzerland 7 people = 42 people	Bus ticket required
15.00	BUS 1: Competition Centre Vindeln to Scandic Syd	Finland 10 people, Norway 5 people, Russia 15 people, Switzerland 9 people = 39 people	Bus ticket required

Transport Vindeln – Abborrtjärn – Vindeln

	Wednesday 26 February		
8.15	BUS 1 and 2: Competition Centre Vindeln to Arena Abborrtjärn	M17 W17 - first leg, M 17 W17 second leg, team leaders	No bus tickets needed
8.45	BUS 1, 2 and 3: Competition Centre Vindeln to Arena Abborrtjärn	M20 W20 - first leg, M20 W20 second leg, M17 W17 third leg, team leaders	No bus tickets needed
9.15	BUS 3: Competition Centre Vindeln to Arena Abborrtjärn	M20 W20 - third leg, M21 W 21 first leg	No bus tickets needed
9.30	BUS 1 and 2: Competition Centre Vindeln to Arena Abborrtjärn	M21 W21 second leg, M21 W 21 third leg	No bus tickets needed
11.30	BUS 1 and 2: Arena Abborrtjärn to Competition Centre in Vindeln	Free sitting after queuing	No bus tickets needed
12.00	BUS 1, 2 and 3: Arena Abborrtjärn to Competition Centre in Vindeln	Free sitting after queuing	No bus tickets needed
12.30	BUS 1, 2 and 3: Arena Abborrtjärn to Competition Centre in Vindeln	Free sitting after queuing	No bus tickets needed
13.00	BUS 1, 2 and 3: Arena Abborrtjärn to Competition Centre in Vindeln	Free sitting after queuing	No bus tickets needed
14.00	BUS 1: Arena Abborrtjärn to Competition Centre in Vindeln	Free sitting after queuing	No bus tickets needed

ORGANISATION

The competition is a co-arrangement between the two local orienteering clubs Umeå OK and SK Björnen.

ORGANISING COMMITTEE

Event Director: Andreas Lundholm, Umeå OK

Assistant Event Director: Bert Eriksson, Umeå OK

Secretary: Tjelvar Otterbjörk, Umeå OK

ADVISERS AND IOF REPRESENTATIVES

IOF Senior Event Adviser: Staffan Tunis (FIN)

IOF IT Assistant Event Adviser: Håkan Blomgren (SWE)

National Controller: Margareta Pepa (SWE)

Assistant National Controller: Per Sandberg (SWE)

MAPPERS

The map belongs to SK Björnen

Pär Norén (Track system and ski-o map)

Robert Micec and Pär Norén (foot-o map)

COURSE

Course controller – Håkan Holmberg

Coordinator – Pär Norén

Sprint – Christian Spoerry

Long – Henrik Persson

Middle – Joel Sjölander/ Martin Hammarberg

Relay – Joel Sjölander/ Martin Hammarberg



UMEÅ. MER ORIENTERING.



International Orienteering Federation

SKI-ORIENTEERING

WORLD CUP ROUND 1

EYSOC
+ JWSOC

21-26 FEBRUARY 2020