



World Cup 2009 – Bulletin no. 3

Welcome to World Cup 2009, Events 3 and 4, June 26th and 27th 2009.

1) Competition arena

Fossum sports arena, 10 km NW of Oslo.

2) Event centre

World Cup Event Centre and office:

Scandic hotel, Høvik, 12 km west of Oslo, 5 km 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.

For information, please contact

World Cup office:

Bjørn R. Berntsen,

bjorn.r.berntsen@recgroup.com, +47 977 35 514

Hanne Staff,

hanne.staff@olympiatoppen.no, + 47 419 00 372

3) Accommodation

Hotel Scandic

This hotel is located approximately 5 km from the World Cup arena.

Also the Event Office will be located at this hotel when not at the competition site during the competition.

We have reserved 60 rooms and have got the following favorable room prices (all prices inclusive buffet breakfast):

Single room	NOK 550 per night
Double room	NOK 750 per night (375 per night per person)
3 beds room	NOK 950 per night

The rooms have been reserved for World Cup teams until April 30th. Reservation can be made by email to flowsy.lieu@scandichotels.com with the reference: World Cup Orienteering.

Cabins at Bogstad Camping:

This camping site is located 1,8 km (walking distance) from the arena. There are cabins of various sizes, see <http://www.bogstadcamping.no/eng/hytter.php>. Here you will find a description of the cabins, the prices and other information. Please observe that you have to bring your own bed linens or rent it, and that you will be charged NOK 50 per cabin for cleaning services. Please contact the camping site directly on: mail@bogstadcamping.no with reference 56097.

IL Tyrving's club house

This club house belonging to IL Tyrving, one of the organizing clubs. It is located in the town of Sandvika, approximately 8 km from the World Cup arena. In this house, we can only offer simple accommodation on the floor. The team members have to bring their own mattress (air mattress or similar) and sleeping bag. There is a kitchen available in the house. Price for using this alternative is NOK 100 per person per night.

It is limited space in the house. Teams wanting this accommodation will be registered on a "first come, first serve"-basis until fully booked. For reservation, please contact Bjørn R Berntsen.

All alternatives are accessible by bus from down town Oslo.

If you have any questions regarding the above accommodation alternatives, please contact Bjørn R Berntsen.

For all accommodation the teams are responsible for payment directly to each accommodation site.

4) Organizers

Event director:	Jørgen Holmboe, joholmbo@c2i.net , +47 976 81 974
World Cup office:	Bjørn R. Berntsen, bjorn.r.berntsen@recgroup.com , +47 977 35 514 Hanne Staff, hanne.staff@olympiatoppen.no , +47 419 00 372
Course planners:	Christian Holmboe, Geir Hoff, Eivind Hoff.
Map maker:	Kristen Treekrem
Media contact:	Jørn Sundby, jorn.sundby@orientering.no , + 47 916 10 559

5) Event Controllers

IOF senior adviser:	Finn Blom Christensen, DEN, finn.blom@email.dk
National Controller:	Dag Amundsen, NOR, dag.amundsen@online.no

Jury:	The jury members will be announced in Bulletin 4 or at the first Team Leaders Meeting.
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6) Programme, World Cup event 3 and 4

Date	Time	Event
Thursday, June 25 th	10:00 – 22:00	Event centre open at Scandic
	12:00 – 18:00	Model event
	12:00	Deadline for entries of names
	19:00	Team leaders meeting at Scandic
Friday, June 26 th	10:00 – 12:00	Event centre open at Scandic
	13:00 – 18:00	Event centre open at Fossum
	13:30 – 17:30	World Cup Event 3
	17:30	Flower ceremony & prize-giving ceremony at Fossum
	19:00	Team leaders meeting at Scandic
	19:00 – 22:00	Event centre open at Scandic
Saturday, June 27 th	10:00 – 12:00	Event centre open at Scandic
	13:00 – 17:30	Event centre open at Fossum
	14:30 – 17:00	World Cup Event 4
	17:00	Flower ceremony & prize-giving ceremony at Fossum

There will be no organised banquet after the race on Saturday.

7) Competition Rules

The Competition Rules for IOF Foot Orienteering Events, edition of July 1st 2008. 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 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, exceptionally, count as World Ranking Event.

Clothing

According to the competition rules of Norwegian Orienteering Federation the competition clothes shall cover the whole body except head and arms.

8) Anti-Doping

The athletes taking part in the World Cup must respect the relevant regulations on illegal drug use published by IOF. Athletes must be aware that a doping control might take place and are obligated to bring identity cards to the competition venue.

9) Embargoed areas:

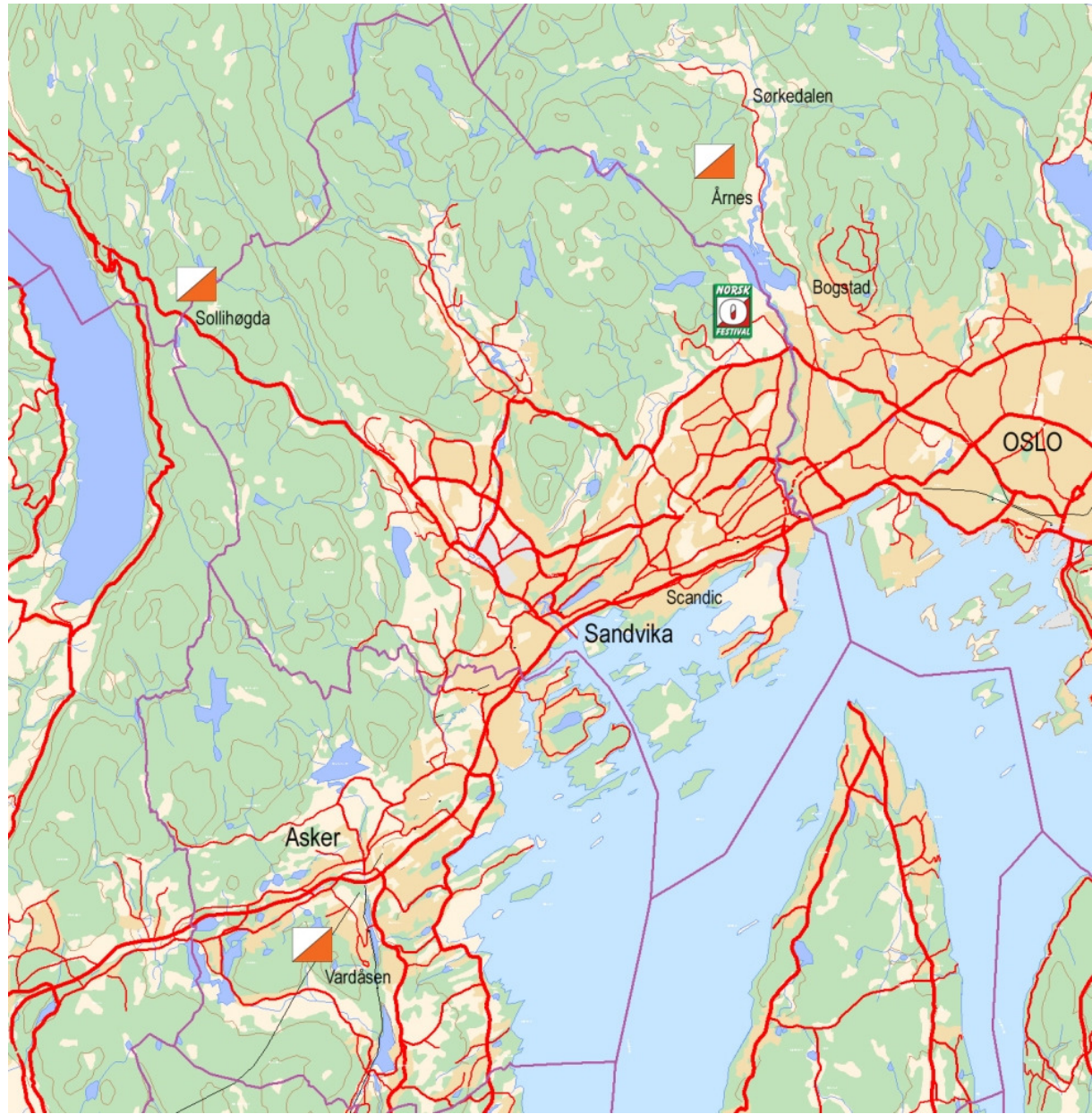
The previous maps Lathusåsen, Steinshøgda, Østernvann and Brunkollen. For detailed embargo, see: www.o-festivalen.com

10) Training facilities

The organiser will prepare three trainings on maps of similar terrain in the vicinity, easily accessible from the accommodation sites. There will be training possibilities during the weeks before the World Cup stages. Maps will also be available at Scandic Hotel.

Contact for training: Eystein Weltzien, +4793038437, eystein@oslonett.no

See also the website, www.o-festivalen.com for updated info about training possibilities.



The event centre is at Scandic close to Sandvika. The arena is at Fossum, shown by the O-festivalen logo.

The orienteering flags shows three maps available for training in relevant areas.

11) Maps:

New maps, revised 2009. Map scale 1:10 000 for middle distance and 1:15 000 for long distance. The contour interval is 5 m.

12) Courses / winning times:

<u>Middle Distance, individual start</u>					
	Distance	Climb	Refreshments	Controls	Winning Time
Men	5,9 km	240 m	1	21	35 min
Women	5,0 km	210 m	1	17	35 min

<u>Long Distance, chasing start</u>					
	Distance	Climb	Refreshments	Controls	Winning Time
Men	14,5 km	520 m	4	30	90 min
Women	10,2 km	350 m	3	27	70 min

13) Terrain description

The terrain for the World Cup events is generally of excellent visibility and good run ability. 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. 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, blueberry bushes 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 hillsides and orienteer by contour lines will have an advantage. Some tough ascents will also ensure a physical challenge. Yet although the hills can be tough, at times the terrain invites 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 and includes some of the finest terrain that the Bærum region has to offer. Having said so, the terrain also comprises a steep hillside with some cliffs and tough physical challenges. There are parts with considerably fewer details, with some bogs and a few paths and tractor trails. Run ability is generally good, but in places blueberry bushes will make for somewhat heavier progress. In places, route choice will be the deciding issue.

14) Punching and timekeeping

EMIT.

The organiser will provide e-cards for each competitor.

Each runner will wear an Emitag wristband for timekeeping and online controls.

15) Prizes

Prize-money for the three best runners (women and men) both days.

Total amount approx 5.000 Euro. Prizes to the top six in each competition.

16) Transport:

The organiser can provide transport from the accommodation sites during the competition days. This must be specified in advance. Costs for such transport shall be covered by each team. During the competitions the teams will be allowed to use their own transport to the arena and pre-starts.

17) Visas

There are no passport controls when travelling between countries which have signed the Schengen Agreement and Citizens of these countries may enter Norway without a visa. Some proof of identity should be carried. The same rules apply to foreign nationals who have a residence permit for one of the Schengen countries. For other countries, please ask your local authorities. For further information: www.udi.no/templates/Tema.aspx?id=7403

18) Entries – Federation teams:

Entry form shall include the following information:

- number of participants (men and women)
- number of officials
- any special requests
- if you need transportation

According to IOF-rules we will accept entries giving the exact number of participants until April 26th.

The entries will be updated continuously on the web-site (www.o-festivalen.com).

Late entries can be made until June 16th: entry@o-festivalen.com

June 16th is also the deadline for registration of names of each runner. Please use the enclosed entry forms.

Entry fees:

Competitors	Euro 35 per event
Officials	Euro 25 for both events

Late entries will be charged an additional fee of Euro 10 per competition.

All federations are responsible for payment within the limit of May 15th.

No refund on no-show.

19) Entries – Media Services

Representatives from the media are invited to the event. We ask international media to notify our media contact before arrival. Any requests or questions, please contact us.

Media contact:

Jørn Sundby, jorn.sundby@orientering.no - +47 916 10 559

20) O-festivalen 2009

The competitions are organised as a part of the Norwegian O-Festival, the largest O-event in Norway with approx. 3000 participants. In addition to the World Cup events Friday and Saturday, there will be relays for men and women on Sunday June 28th at the same venue. Prize-money for the best relay teams (club teams). Mixed teams and national teams are welcome to participate, but do not compete for prize money.

21) Payment

Payment are to be made not later than May 15th 2009 to:

O-festival alliansen

Fossum IF, Pb 115

1332 Østerås, Norway

IBAN: NO3798530510867

SWIFT: LABANOKK

Sparebank 1

1340 Bekkestua

22) Summary of entries

<u>Team</u>	<u>E3 Women</u>	<u>E3 Men</u>	<u>E4 Women</u>	<u>E4 Men</u>	<u>Officials</u>
Australia	1		1		
Austria		2		2	
Belarus	6	6	6	6	1
Czech Rep.	6	6	6	6	2
Denmark	2	8	2	8	2
Estonia	1	3	1	3	
Finland	8	8	8	8	4
France	4	4	4	4	2
Germany		1		1	
Great Britain	4	4	4	4	
Latvia	3	4	3	4	
Lithuania	2	1	2	1	
Norway	12	12	12	12	5
Poland		3		3	1
Romania	1	1	1	1	
Russia		2		2	
Sweden	8	8	8	8	4
Switzerland	8	9	8	9	4
Total	66	82	66	82	27

Status of entries on 23.04.09

23) Deadlines

April 26th

May 15th

June 16th

June 25th

Deadline for giving the exact number of participants

Deadline for payment.

Registration of names of each runner.

12 noon at the latest, changes in registration of the names of each runner.