



BULLETIN 3 - May 2010

9th EUROPEAN YOUTH ORIENTEERING CHAMPIONSHIPS

Soria - Spain, 1st July - 4th July 2010





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SORIA. BEYOND YOUR IMAGINATION !

The Spanish Orienteering Federation welcomes all the European nations to Soria to celebrate the **9th European Youth Orienteering Championships 2010**.

Location

The city of Soria is located in the region of Castilla y León, 220 km north-east of the centre of Spain. The city of Soria has a population of 39078 - nearly 40% of the population of the province. Situated on the Duero River in the east of the autonomous community, the city is noted for its walls and a number of architecturally distinctive churches



Landscape

The physical geography of Soria is made up of different types of land and each of these its own special features. Thus, we can find the sierra of Urbión in the North, with the source of the river Duero rises; the Moncayo mountain in the East; big forests in the West; fields of grain in the South-East; moors in the Castilian meseta in the South and the riverside in the central part of the province.

History

Throughout the centuries Soria has been keeping traces of its history, from Paleolithic dinosaurs' footprints remains of Celtiberians, Romans, Visigoths, Muslims and Christians. Two examples of historical places are Numancia, conquered by the Romans in the 2nd century B.C. after years of brave resistance by its inhabitants, and Calatañazor where Muslims and Christians fought in the 11th century. The abundance of Romanesque monuments shows the flowering of this region in the Middle Ages.

Heritage

The artistic richness of Soria is one of its main attractions. Many towns, like Medinaceli, form groups of artistic and historical interest and offer visitors the opportunity to view architectural treasures. Soria offers the art-loving tourist plenty of examples of all kind of styles and ages, beginning with the cave paintings in Valonsadero and including the beautiful Romanesque churches with detailed porticos, the elegant Gothic cathedral of El Burgo de Osma and the outstanding Mozarabic hermitage of San Baudelio.

Gastronomy

The cuisine of Soria offers delicious and unique meals to its guests. We can enjoy the typical *torreznos* (fried bacon seasoned with paprika...), *calderetas* (stewed lamb or veal with potatoes), *migas pastoriles* (fried pieces of stale bread with little *torreznos*), and a variety of sweets and desserts, including the famous sweet or salted butter. Guests will savour delicious hunting dishes, mushrooms, cured pork meat stuffed in a kind of sausages (like chorizo, salami...), classified wines under *Denominación de Origen* (guarantee of origin and quality of the wine) and other local products cooked using the best of both the traditional and the modern cuisine.

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More information about the region can be found at the web sites:

- <http://www.soriaturismo.com>
- <http://www.sorianitelaimaginas.com>

2. Welcome

The EYOC2010 organizing team is working with enthusiasm to provide all the nations which are coming to Soria – Spain not only with challenging competitions but also a time of friendship and camaraderie.

It is our great pleasure to invite you to an event that no one young orienteer should miss; spectacular and technical terrains, good weather, the best atmosphere, the best teams and all of us together in magical Spain. **Are you going to miss it? Of course not!**

3. Organisers



**National Federation
FEDO**



**Regional Federation
FOCYL**



**Local club
Club Navaleno**

4. Organising committee

📁 Event Director:	Luis Martín de los Rios
📁 Competition Director:	José Samper García
📁 Secretary	Marta Armisén Saenz
📁 Logistics Director:	Jesús De Miguel Rey
📁 Financial Director	Alicia Blanch
📁 Media Director:	Héctor Nebot Molmeneu

Event Advisors

📁 IOF Event Advisor:	Marek Petrivalsky
📁 National Controller:	Ferrán Santoyo Medina

EYOC2010 Course Planners

Nicolás Arranz Rodríguez, Ángel Frontela Mucientes , Mario Vidal Triquell

EYOC2010 Mapping Team

Juan Manuel García Crespo, Bernardo Nanclares Izcará, Mario Vidal Triquell

📁 Website	Vicente Cases López
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5. EYOC2010 programme

(NEW INFORMATION)

Time	EYOC Events	Venue
Wednesday, 30th June: Arrival, Registration		
18:00 – 23:00	Event Office is open	Event Center - Residence Antonio Machado
Thursday, 1st July: Arrival, Registration, Model Event Long and Relay		
8:30 – 22:00	Event Office is open	Event Center - Residence Antonio Machado
10:00 – 17:00	Model events	Long – Pantano de la Cuerda del Pozo Relay - Valonsandero
14:00	Deadline for team accreditation Deadline for entries to long distance	Event Office in the Event Center
18:30 – 19:30	Team officials' meeting 1 ⁽²⁾	Event Center - Residence Antonio Machado
20:15 – 21:00	Dinner ⁽¹⁾	Residences
Friday, 2nd July: Long distance event , opening ceremony		
7:15 – 8:15	Breakfast ⁽¹⁾	Residences
7:30 – 11:00	Event Office is open	Event Center - Residence Antonio Machado
9:00	First shuttle bus to the competition area	
11:00	First Start Long distance Event ⁽³⁾	Navaleno
13:00 – 16:00	Lunch	Navaleno
15:30	Deadline for entries for Relay	Event Office in Finish Area, Navaleno o
16:00	Flower and prize-giving ceremony	Navaleno
17:00 – 22:00	Event Office is open	Event Center - Residence Antonio Machado
18:00 – 18:30	Team officials' meeting 2 ⁽²⁾	Residence Gaya Nuño
19:00 – 19:30	Opening ceremony	Soria - Plaza Mayor
20:15 – 21:00	Dinner ⁽¹⁾	Residences
Saturday, 3rd July: Relay event, banquet, EYOC party		
7:15 – 8:15	Breakfast ⁽¹⁾	Residences
7:30 – 11:00	Event Office is open	Event Center - Residence Antonio Machado
9:15	First shuttle bus to the competition area	
10:45	Relay race demonstration	Valonsandero
11:00	Men Relay Start	Valonsandero
11:10	Women Relay Start	Valonsandero
13:00 – 15:00	Lunch	Valonsandero
14:30	Deadline for entries for Sprint	Event Office in Finish Area, Valonsandero
14:30	Flower and prize-giving ceremony relay	Valonsandero
17:00 – 20:00	Event Office is open	Event Center - Residence Antonio Machado
18:00 – 18:30	Team officials' meeting 3 ⁽²⁾	Residence Gaya Nuño
20:15 – 21:00	Dinner ⁽¹⁾	Residences
21:00 – 23:00	EYOC party	Residence Gaya Nuño
21:00 – 23:00	Officials "Copa de vino español"	Hotel Leonor



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Sunday, 4th July: Sprint event, closing ceremony, departure

7:15 – 8:15	Breakfast ⁽¹⁾	Residences
9:15	Quarantine area sprint open	Soria
9:45	Quarantine area sprint close	Soria
10:00	First Start Sprint Event ⁽³⁾	Soria
12:30	Flower and prize-giving ceremony sprint	Soria
12:50 – 13:00	Closing ceremony	Soria
13:00 – 17:00	Event Office is open	Event Center - Residence Antonio Machado
13:00 – 15:30	Lunch and team departures ⁽¹⁾	Residences

⁽¹⁾ - **IMPORTANT NOTE ABOUT MEALS** – Due to restrictions beyond the control of the organizers, meal times in residences must be strictly followed as is remarked in the program.

⁽²⁾ - All team officials' meetings will be held in the Residence Gaya Nuño (200 meters away from the Event Center) as indicated in the EYOC 2010 programme. Only two accredited EYOC participants are allowed access to the team officials' meetings. Start list, results and further official information will be distributed to the teams before the beginning of the meeting.

⁽³⁾ - In the finish area teams will be provided with tents by the organizers.

6. Competition rules

The competitions are carried out according to the [IOF Competition Rules 2010](#), and special [rules for EYOC \(issue 2002\)](#) (can be downloaded from the Competition Information section in the EYOC 2010 website <http://www.eyoc2010.com/competitioninfo.html#moreinfo>)

7. Classes and participation restrictions

The European Youth Orienteering Championships are open to:

- 🏆 Women – 16 (W16): up to 16 years of age, born in 1994 and later
- 🏆 Women – 18 (W18): 17-18 years of age, born in 1992 and 1993, and later
- 🏆 Men – 16 (M16): up to 16 years of age, born in 1994 and later
- 🏆 Men – 18 (M18): 17-18 years of age, born in 1992 and 1993, and later

All competitors must have a valid passport of the country they are representing.

A competitor may represent only one national federation during any one calendar year

Competitors participate at their own risk. Accident insurance shall be the responsibility of their Federation or of themselves, according to national regulations

Each nation can enter a maximum of 4 runners in each class. Up to 4 officials (team leaders) are allowed per nation.

Sprint event and long distance event: 4 competitors per national team in each class.
Relay: 3 legs, one national team in each class.



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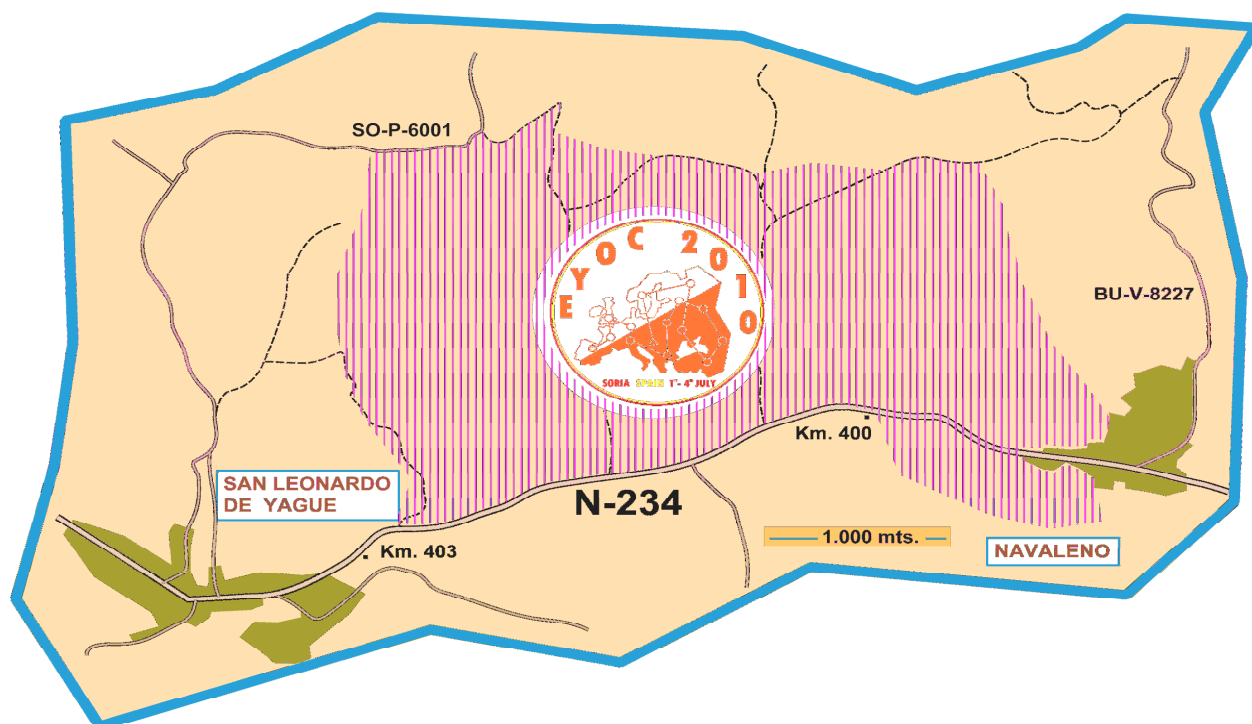
8. Courses

(NEW INFORMATION)

EYOC Event	Length (km)	Climb (m)	Controls	Winning Time (min)
Relay – Valonsandero Oeste (1:10000, E=5m)				
W16	4.0	125	17	80 (total)
W18	5.0	140	17	95 (total)
M16	5.3	155	17	95 (total)
M18	6.3	175	19	110 (total)
Long distance – Navaleno – La Cruz de Piedra (1:10000, E=5m)				
W16	4.7	200	12	40-45
W18	5.5	230	16	45-50
M16	6.7	280	16	45-50
M18	7.7	320	19	50-55
Sprint – Soria (1:5000, E=2.5m)				
W16	2.2	20	15	12-13
W18	2.5	15	13	12-13
M16	2.7	20	16	12-13
M18	2.9	25	16	12-13

9. Embargoed areas

LONG DISTANCE RACE

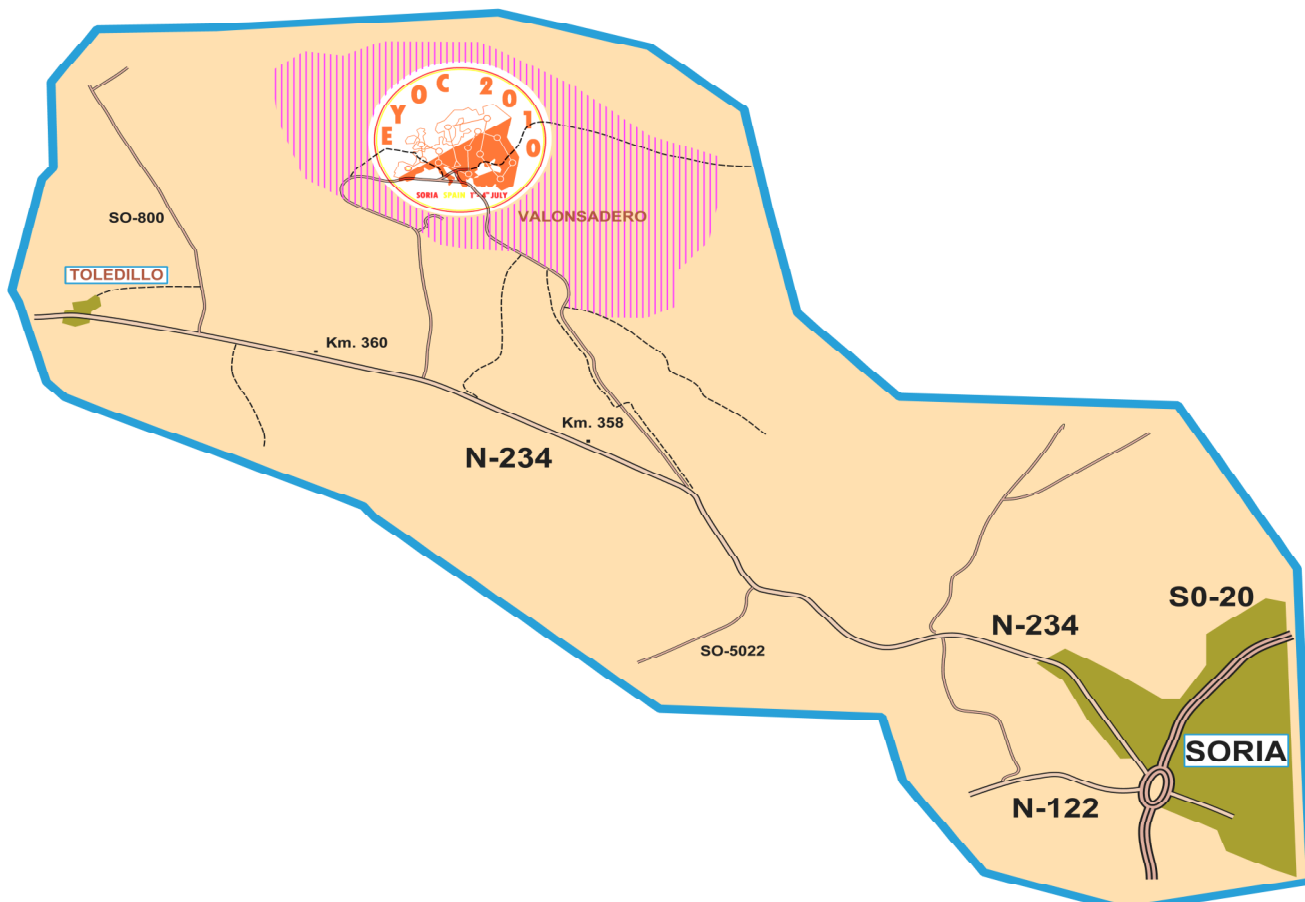


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RELAY RACE



With reference to the IOF Competition Rules (article 26.6), the listed areas are embargoed for all potential EYOC 2010 team members (runners, team leader, coach, etc.) as well as others with strong links to EYOC squads.

Spelt out in detail it means that:

- No organized orienteering activities may take place in these areas.
- No training sessions, i.e. running/races, testing routes.
- No-one with potential connection to a team (athlete or other function) may visit the embargoed areas.

SPECIAL INFORMATION ABOUT SPRINT

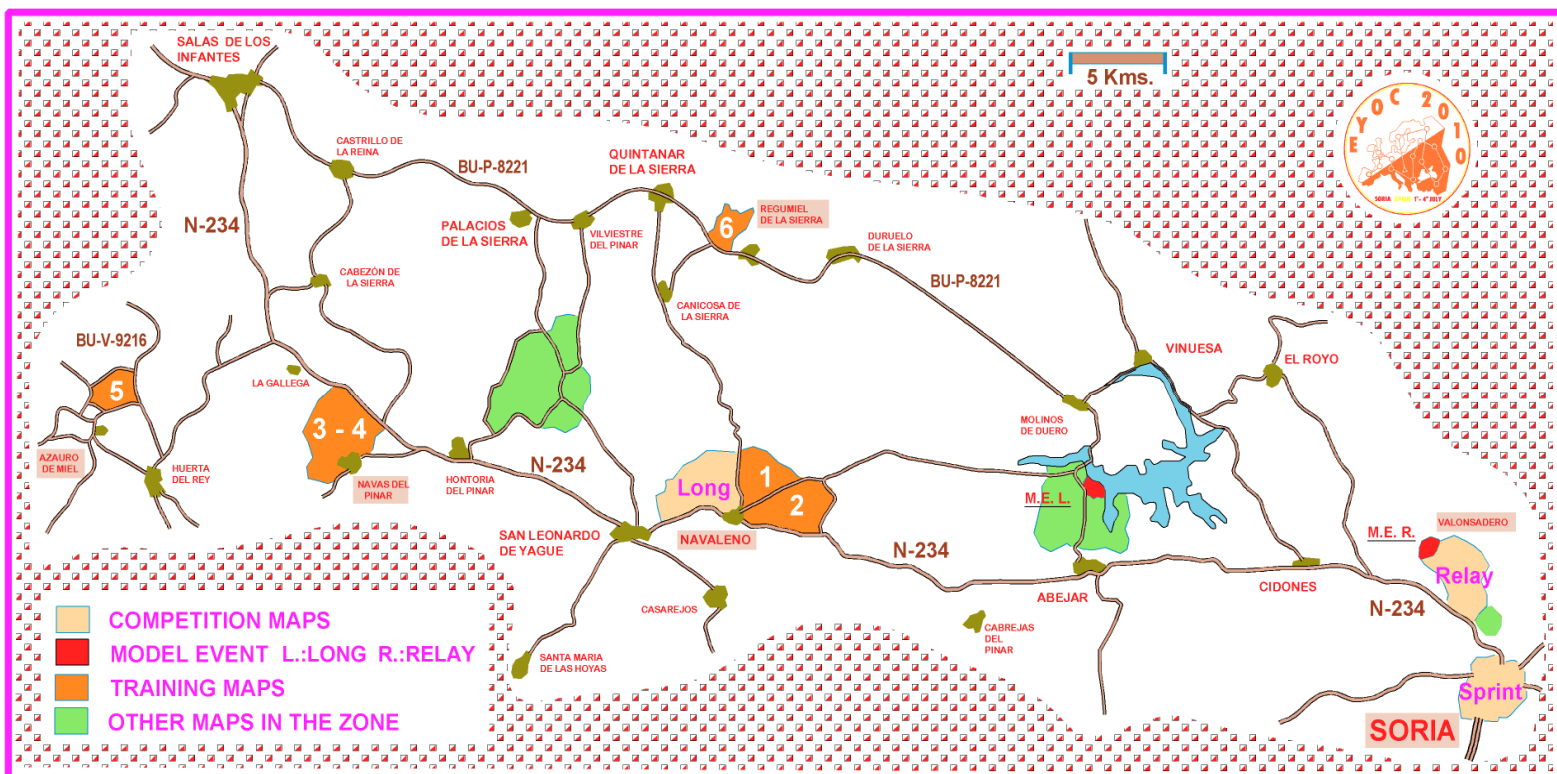
The area where the sprint race will take place is the city of Soria, parks and surroundings. In order to allow a fair competition for all nations, all participants may walk through these streets and parks in the days previous to the technical meeting 3 (July 3rd).

It is not allowed to set up running tests in Soria in order to evaluate the possible route choices in the sprint race.

Embargoes of all the EYOC2010 Embargoed Areas are valid until all the EYOC2010 Events in these areas are finished.



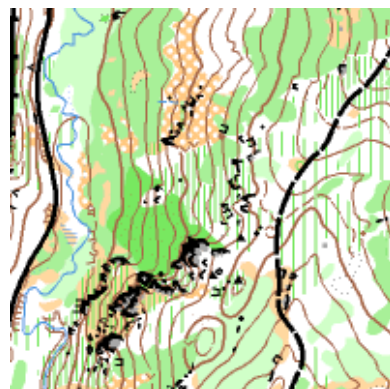
10. Maps and terrains

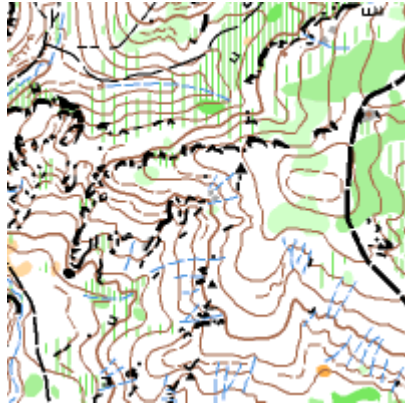


Due to the big extensions of the forests in this particular region of Soria (Comarca de Pinares – Region of Pine Forests), this territory is also known as “The Green Sea”.

Long distance

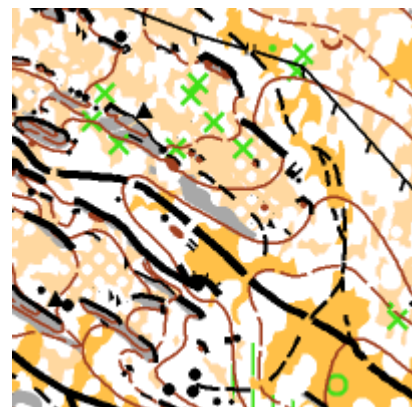
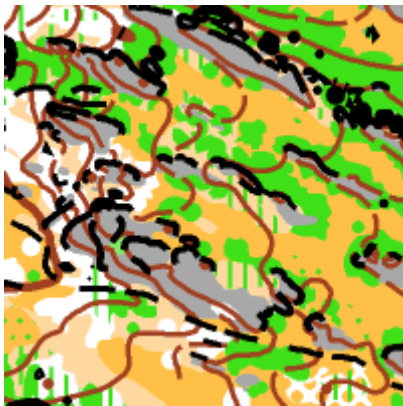
- Map: La Cruz de Piedra, scale 1:10000, 5m contours, surface 7.5 km².
- Map maker: Juan Manuel García Crespo.
- Location: This area is 50 Km from the Event Centre in Soria (45 min)
- Never used before for orienteering.*
- Terrain form: Mountain terrain with deep valleys and rock elements located from 1050 to 1200 meters above sea level,
- Vegetation: 90% of the terrain is covered with pine forest, some areas with undergrowth vegetation (rockrose).
- Runnability: Combinations of areas with very good runnability with other zones of poor to bad runnability due to the rocky outcrops and dense undergrowth.
- Visibility: 70% of good visibility areas.





Relay

- Map: Valonsandero-Oeste, scale 1:10000, 5m contours, surface 5 km².
- Map maker: Bernardo Nanclares Izcara.
- Terrain: An oak tree forest full of stones and rock details located from 1000 to 1100 meters above sea level.
- Location: This area is 10 km from the Event Centre in Soria
- Never used before for orienteering.*
- Terrain form: Smooth relief, with little valleys towards water courses. Rock elements are the hallmark of this terrain, located in parallel structures as if they were "stone streets"



- Vegetation: 50% of the terrain is covered by oak forest, combined with open and semi open areas. There are small rocks near the elements that impede the visibility; in other places near these rocky elements you can detect some areas of thick vegetation which greatly hampers access and visibility. Runnability:

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70% of outstanding runnability, lawn terrain. 30% of rocky outcrops, combining smooth with sharp (almost vertical) slopes in the different sides of the outcrops.

- 📌 Visibility: Due to the vegetation to the rock elements, 70% of good visibility areas.
- 📌 Paths and roads: Abundance of small paths.

Sprint

- 📌 Map: Soria, scale 1:5000, 2.5 contours, surface 1,1 km².
- 📌 Map maker: Mario Vidal Triquell
- 📌 Terrain: Good runnability, moderate slopes and plenty of details.
- 📌 Location: City of Soria, parks and surroundings.
- 📌 *Never used before for orienteering.*



11. Punching system

All events will be organized using SPORTident electronic punching system. The SI cards will be provided by the organizers.

12. Training opportunities

EYOC 2010 organizers offer to each team the possibility to make use of the training sessions, which have been prepared in the same region as the Championships and in terrains relevant for the long distance race.





These six trainings (T1 to T6) which have been planned by the EYOC 2010 organizers are ready, and the controls are marked with orange ribbons in the forest.

With the aim of offering a fast and useful service, the trainings maps have been generated in high resolution PDF files (one file with the training course and another file with a blank map). They will be forwarded by email as soon as the teams have filled out the on-line form available on the EYOC 2010 website. At this point the organizers will forward an extra form in order to facilitate the teams with the transport and accommodation arrangements during the official EYOC 2010 training period (June 27th Sunday – June 30th Wednesday), and any time before this.

The cost of each training (both PDF files) is 10€ (per country) and will be charged together with the registration fee to be paid in the final registration. With this payment the teams have the right to print as many maps as they need for the training period. Please note that transfer of the training map files to other teams is not allowed and that they may not be used for any other competitions.

Training information

Training

Map name / register number: NAVALENO NORTE / SO-875-03

Map maker / Year: MARIO VIDAL TRIQUELL / 2.002

Scale / contours / surface: 1/10.000 – 5 mts. - 3 Km²

Location: Navaleno

Coordinates of the start: U.T.M. ED-50 / GEO. (aprox.): (30) 500098/4632639 - 41° 50' 41" N / 2° 59' 55" W

Distance from Navaleno / road number: 0 Kms / 0 minutes / (N-234)

Training 2

Map name / register number: NAVALENO ESTE / SO-555-03

Map maker / Year: MARIO VIDAL TRIQUELL / 2.002

Scale / contours / surface: 1/10.000 – 5 mts. - 4 Km²

Location: Navaleno

Coordinates of the start: U.T.M. ED-50 / GEO. (aprox.): (30) 500436/4632497 - 41° 50' 37" N / 2° 59' 41" W

Distance from Navaleno / road number: 0 Kms / 0 minutes / (N-234)

Training 3

Map name / register number: NAVAS DEL PINAR 01 / BU-1088-0

Map maker / Year: ALES HEJNA / MARTIN HEJNA / BERNARDO NANCLARES / 2.009

Scale / contours / surface: 1/10.000 – 5 mts. - 4 Km²

Location: Navas del Pinar

Coordinates of the start: U.T.M. ED-50 / GEO. (aprox.): (30) 481200/4634200 - 41° 51' 31" N / 3° 13' 35" W

Distance from Navaleno / road number: 21 Kms / 23 minutes / (BU-P-5212)

Training 4

Map name / register number: NAVAS DEL PINAR 01 / BU-1088-0

Map maker / Year: BERNARDO NANCLARES / 2.009

Scale / contours / surface: 1/10.000 – 5 mts. - 3,5 Km²



Location: Navas del Pinar

Coordinates of the start: U.T.M. ED-50 / GEO. (aprox.): (30) 480770/4633600 - 41° 51' 12" N / 3° 13' 50" W

Distance from Navaleno / road number: 21 Kms / 23 minutes / (BU-P-5212)

Training 5

Map name / register number: PINAREJO / BU-480-01

Map maker / Year: BERNARDO NANCLARES / 2.001

Scale / contours / surface: 1/10.000 - 5 mts. - 2,3 Km²

Location: ARAUZO DE MIEL (BURGOS)

Coordinates of the start: U.T.M. ED-50 / GEO. (aprox.): (30) 470225/4637502 - 41° 53' 17" N / 3° 21' 31" W

Distance from Navaleno / road number: 35 Kms / 30 minutes / (CL-111)

Training 6

Map name / register number: REVENGA / BU-xxx-01

Map maker / Year: JAVIER ABAD / CARLOS AVILÉS / 2.009

Scale / contours / surface: 1/10.000 - 5 mts. - 2 Km²

Location: REGUMIEL DE LA SIERRA (BURGOS)

Coordinates of the start: . U.T.M. ED-50 / GEO. (aprox.): (30) 498906/4645318 - 41° 57' 32" N / 3° 0' 47" W

Distance from Navaleno / road number: 20 Kms / 20 minutes / (BU-P-8221)

13. Event centre

The official Event and Media Centre for EYOC 2010 will be the student residence Antonio Machado, located in the centre of Soria



Address

Plaza José Antonio,1, 42004 - Soria

Coordinates of the Event Centre: U.T.M. ED-50 / GEO. : (30) 544250/4623296 - 41° 45' 34,32" N / 2° 28' 3,74" W

- 📍 Contact Person : Héctor Nebot Molmeneu
- 📞 Telephone: +34670445787
- ✉ E-mail: hecnemol@gmail.com

The team officials' meetings will be held at the Residence Gaya Nuño (200 meters away from the Event Centre)

14. Transport

Soria is not far from several important airports:

- ✈ Madrid 225 km
- ✈ Barcelona 450 km
- ✈ Bilbao 235 km

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➔ Zaragoza 168 km

There are 5 trains and 10 buses per day to Madrid.

If needed the organizers will be very pleased to help the national teams to organize the transportation inside Spain.

Arriving to Soria from Madrid

Concerning transportation, the cost of a complete bus (50-55 seats) is around 500 Euros per trip from Madrid to Soria.

If we cannot group you with another team, the maximum cost for a team of 20 members will be around 50 Euros, round ticket per person. If there are two teams, then the cost is half of that price.

Depending of the number of teams requesting transportation, we expect an average price per person around 20 Euros per trip.

Public transportation is around 30 € round ticket excluding metro in Madrid and local bus at Soria, but it is less convenient as there are only five-six trips per day and it will take you at least one hour and a half longer.

Transport during the competition days

Organizers will provide transport to and from the model events and to and from the EYOC events and official races, from Thursday 1st July to Sunday 4th. If your team do not wish to use the official competition transport, you must inform the organizers in order to be supplied with a parking card for your team vehicles instead.

(NEW INFORMATION)

It is allowed for the teams to use their own transport during the competition at their own expense and risk. EYOC teams will receive parking cards and maps with descriptions of the routes to all competitions arenas.

Please note that only vehicles with WOC parking cards can be parked in the special parking zones at the event arenas. Instructions provided by the organizers must be strictly followed.

If any team with his own transport wants to use the official transport, this information must be provided to the organizers in advance.

Transport during the training days

(NEW INFORMATION)

Transport in the training period may also be requested, the price for one day transport per person will be 10 Euros. Information about team training schedule must be provided to the organizers in order to put in order the bus transport between accommodations and training areas.

Car hire information

COMPANY	Contact	Vehicle	Price (1 week)	Number of Km
HERTZ	+34 91.372.93.00 http://www.hertz.es	Minibus (9 seat)	800 Euros	2100 Km
PEPECAR	+34902998500 http://www.pepecar.com	Minibus (9 seat)	452 Euros 65 Euros/day	3500 Km



15. Climate

Soria has a continental climate characterized by moderate precipitation occurring mostly in winter and warm summers. Although Soria is one of the coldest Spanish cities at night, temperatures are similar to those of other close provinces during the day, due to the fact that this is one of the cities with more hours of sunlight and clearer days in a year, which allows for enjoyable outdoor activities all year long.

Month	Temp. Average (°C)	Temp. Min	Temp. Max	Dasy of rain	Sun hours
June	16.2	9.2	23.2	6	290
July	20.0	12.2	28.1	4	342

16. Visas

According to the current regulations, citizens of the following IOF full member countries must obtain a visa in order to enter Spain: **Belarus, Georgia, Moldova, Russia, Republic Serbia and Ukraine**

Visas have to be applied for at your nearest Spanish Embassy. Invitation letters from WOC organisers are required, and these may be obtained by contacting the EYOC Secretary at eyoc2010@fedo.org

17. Entries

The Final Entry Form (on-line procedure) will be available from June 1st 2010 on the official EYOC2010 website, www.eyoc2010.com.

In order to avoid mistakes, national anthems will be welcome at eyoc2010@fedo.org at the same time that your team will fill the preliminary entry on-line form.

- 📅 Start of the nominal entries: June 5th
- 📅 Deadline for nominal entries: June 23rd

(NEW INFORMATION)

Summary of entries received by May 2010

	COUNTRY	W16	W18	M16	M18	OFFICIALS	TOTAL
1	AUSTRIA	4	4	4	4	4	20
2	BELARUS	1	2	4	2	2	11
3	BELGIUM	2	1	4	4	2	13
4	BULGARY	1	1	1	1	2	6
5	CZECH REPUBLIC	4	4	4	4	3	19
6	DENMARK	4	0	4	1	2	11
7	ESTONIA	3	3	3	3	2	14
8	FINLAND	0	4	0	4	1	9



9	FRANCE	3	3	3	3	2	14
10	GERMANY	1	3	1	3	3	11
11	GREAT BRITAIN	3	3	3	3	3	15
12	HUNGARY	4	4	4	4	2	18
13	IRELAND	2	0	3	4	2	11
14	ISRAEL	0	0	4	4	1	9
15	ITALY	4	2	4	4	2	16
16	LATVIA	4	4	4	4	2	18
17	LITHUANIA	3	3	3	3	2	14
18	NORWAY	0	4	0	4	2	10
19	POLAND	4	4	4	4	2	18
20	PORTUGAL	4	4	4	4	4	20
21	ROMANIA	2	2	2	2	3	11
22	RUSSIA	4	4	4	4	5	21
23	SERBIA	0	0	2	1	1	4
24	SLOVAKIA	2	1	3	4	2	12
25	SLOVENIA	3	0	1	4	1	9
26	SPAIN	4	4	4	4	2	18
27	SWEDEN	0	4	0	4	2	10
28	SWITZERLAND	4	4	4	4	4	20
29	TURKEY	2	2	2	2	2	10
30	UKRAINE	4	4	4	4	2	18
	TOTAL	75	78	87	100	69	409

18. Payments

Payments to EYOC2010 must be made by bank transfer before 1st of June:

Beneficiary:	Federación Española de Orientación POLIDEPORTIVO ALHÓNDIGA-SECTOR III Carretera Leganés-Getafe Km. 10 28905 Getafe (Madrid) CIF: G-83774109
Account Number:	2065 0267 36 1400001917
Beneficiary's Account Number (IBAN):	ES38 2065 0267 3614 0000 1917
Beneficiary's Bank name / Address:	Caja General de Ahorros de Canarias - Oficina Getafe (267) Calle. Fernando Barrachina, 2 28904 GETAFE (MADRID)
Bank Identification Code(SWIFT):	CECAESMM065

Please note that the payer is responsible for all bank fees and charges. Entries and other services - accommodation, catering and transport - will be accepted and



confirmed after the arrival of the transfer. It will not be deemed valid until we receive full payment.

19. Media services

All media representatives are welcome to come and cover all the EYOC 2010 events. The Media Centre, together with the Event Centre, will be situated in the student residence Antonio Machado, located in the centre of Soria, very close to all the accommodations of EYOC 2010 participants.

Media services and facilities as well as internet connections will be available there.

Media contact

- 📌 Contact Person : Héctor Nebot Molmeneu
- 📌 Telephone: +34670445787
- 📌 E-mail: hecnemol@gmail.com

20. Contact information

- 📌 Spanish Orienteering Federation / Federación Española de Orientación(F.E.D.O.)
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21. Bulletin 4

Bulletin 4 will be published on June 30, 2010 and will be handed out to all participants upon accreditation.



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