

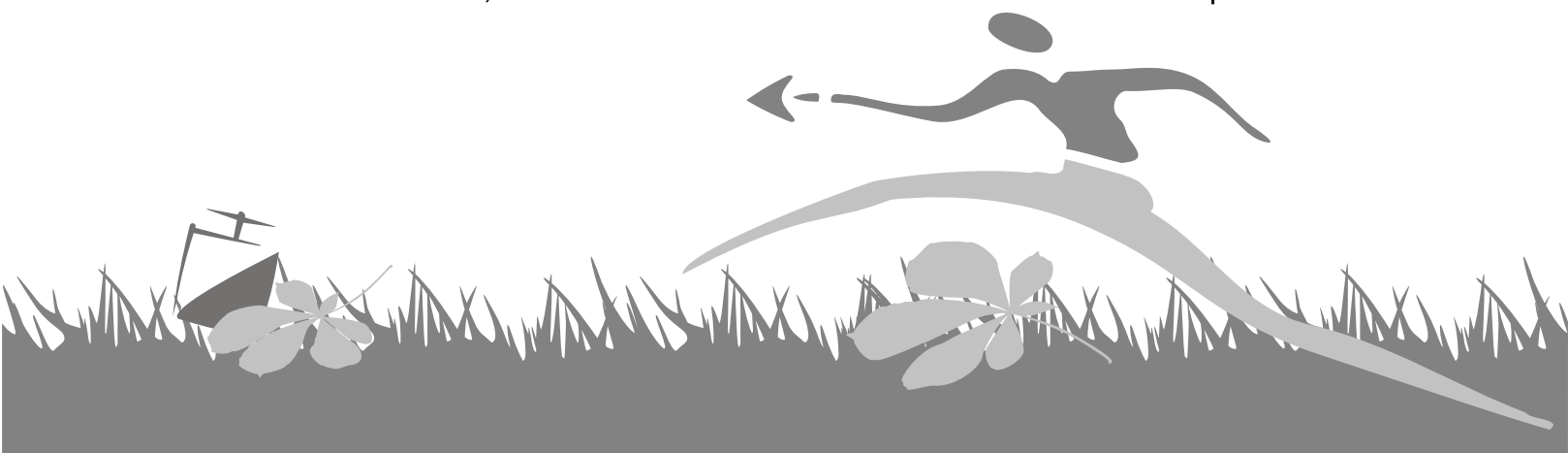
World Orienteering Championships 2007

18.08-26.08.2007 Kyiv, Ukraine

Bulletin 4

Contents

1. Welcome to the 24th WOC in Kyiv, Ukraine.....	p. 2
2. Organisers	p. 3
3. Event Controllers	p. 3
4. WOC Event Centre and Event Office / Arena Info Desk.....	p. 3
5. WOC Programme	p. 3
6. Classes and Entry.....	p. 5
7. Jury	p. 6
8. Media Information	p. 6
9. IOF/VIP/Media Race	p. 7
10. Competition Rules	p. 7
11. Embargoed Areas	p. 7
12. Anti-Doping	p. 7
13. Accommodation and Food Service.....	p. 7
14. Team Officials' Meetings	p. 8
15. Ceremonies	p. 8
16. Banquet	p. 8
17. Weather and Climate	p. 8
18. Model Events	p. 8
19. Maps and Courses	p. 9
20. Terrain Descriptions	p. 10
21. Punching and Timing System	p. 10
22. Start Draws	p. 10
23. Team Zones	p. 11
24. Coaching Zones	p. 11
25. Start Number Bibs & Control Description	p. 11
26. Collecting of runners route choice.....	p. 11
27. Transportation and Parking	p. 11
28. Map Protection and Dimensions	p. 12
29. Check-in and Quarantine Zone	p. 12
30. Start Procedures	p. 13
31. Finish Procedures	p. 14
32. Refreshment Controls	p. 14
33. Spectator Controls.....	p. 14
34. Toilets and Showers	p. 14
35. First Aid	p. 14
36. Fairness.....	p. 14
37. New Competition Maps	p. 14
38. Complaints and Protests	p. 14
39. Special Instructions for each Competition	p. 15
40. Entries, Federation Teams	p. 19



1) WELCOME TO THE 24TH WOC IN KYIV, UKRAINE

To the participants, organizers, guests, and fans of World Orienteering Championships

Dear friends!

Take my sincere congratulations on the opening of World Orienteering Championships, which is for the first time held in Ukraine.

Words of gratitude to the International Orienteering Federation for having taken into account the contribution of Ukrainian athletes and coaches to the development of orienteering and its support of the initiative of Ukraine to conduct World Orienteering Championships in Kyiv.

It goes without saying that conducting of events of such high level with so many countries-participants is great responsibility for organizers.

But we guarantee that this World Orienteering Championships will be staged on high level.

Let the way of sport unite us.

Wish you all successful starts, joyful mood and good health.

**Mr. Viktor Yanukovich,
Prime Minister of Ukraine**



Dear athletes and city guests,

The city of Kyiv is pleased to host WOC 2007 and become a world orienteering capital for the next couple of weeks. Gathering of the best athletes and honoured WOC guests distinguishes this event on the city sport agenda. We hope that Kyiv will be the perfect arena for this high-rank orienteering event and that both, the participants and local community, will benefit from this experience.

We also hope that you will never regret coming here on the occasion of WOC 2007. Our parks, forests and facilities are at your disposal. The best professionals from the Ukrainian Orienteering Federation (mapmakers, course planners, IT people, etc.) did not spare their efforts to make these Championships occur.

We invite you to use this opportunity to explore the city and combine sport and out-of-forest activities.

Feel yourselves at home and celebrate with the Kyivits the Independence Day, August 24th. You will be the welcome guests at our festivities where for a change! - there is no need to compete. We wish you good running and high spirits!

**Mr. Leonid Chernovetsky,
Head of the Kyiv City State
Administration**



Dear participants of WOC 2007,

We are happy to welcome you in Kyiv, the host city of WOC 2007. Your decision to partake in the Championships and your support to our endeavours in organizing this event are very much appreciated.

The highest ever participation statistics the athletes from more than 40 countries participate in WOC 2007 has inspired us to work hard to come up to your expectations. We hope that you will enjoy this feast of sports and spirit, and that you will discover a new Ukraine - an open, safe and authentic country. We believe that the Championships will promote orienteering in Ukraine and highlight Ukraine as a world sport arena.

We wish you all persistency and success. All of us strive for awards but only the best manage their way to the top. Let us be the best in everything we do!



**Mr. Viktor Korzh
Minister for Family, Youth and
Sport of Ukraine**

Dear WOC 2007 competitors and guests,

The Kyiv region state administration is delighted to welcome you at WOC 2007 in Kyiv and Kyiv region. The World Orienteering Championships are a remarkable sport event for our local community. Kyiv and surroundings boast a lot of splendid locations for Foot-O. Varied terrains and diverse flora make orienteering in the Kyiv forests an exciting and challenging task. We trust, though, that you will cope with it and enjoy the competition.

The Kyiv region administration supports the Ukrainian Orienteering Federation in making the Championships a high-rank sport event which would stand in a row with the preceding and upcoming WOCs. Although WOC 2007 is our first experience in hosting an orienteering event of such scale and magnitude, we hope that your aspirations would be satisfied.



**Mrs. Vira Ul'yanchenko
Head of the Kyiv Region State
Administration**

2) ORGANISERS

Ukrainian Orienteering Federation (UOF) supported by the Ministry of Family, Youth and Sports of Ukraine
Kyiv City State Administration and Kyiv Region State Administration

Event Officials

Victor KIRIANOV	Event Director
Vitalii PETROV	Secretary General
Oleksandr GAVRYLYUK	Head of Course Planners
Jorn SUNDBY	Head of Media Service
Yurii UKRAINCHUK	Head of Transport Service
Lubov POPLAVSKA	Head of Accommodation Service
Gennadiy PLOKHENKO	Arenas Director
Yuliya NOGOVITSYNA	Head of Event Office
Oleksandr MURZIN	Marketing Director
Dmytro NALYOTOV	Head of IT Group
Neliya SOPOVA	Accountant General

WOC 2007 Course Planners

Oleksandr Gavryliuk, Vadym Prokopchuk, Roman Slobodianiuk, Oleksandr Mykhailov, Oleksandr Kapralov.

WOC 2007 Mapping Team

Long Distance: **Oleksandr Gavryliuk, Vadym Prokopchuk, Roman Slobodianiuk, Oleksandr Mykhailov, Oleksandr Kapralov, Victor Kirianov.**
 Relay: **Oleksandr Gavryliuk, Roman Slobodianiuk, Oleksandr Mykhailov, Victor Kirianov.**
 Middle Distance: **Vadym Prokopchuk, Roman Slobodianiuk, Oleksandr Mykhailov, Oleksandr Kapralov.**
 Sprint Distance: **Viktor Kirianov, Oleksandr Gavryliuk.**

WOC 2007 CONTACTS

Mob. + 38 097 397 6766 (English)
 Tel./Fax: + 38 044 525 9074 (English)
 e-mail: info@woc2007.org.ua
 website: www.woc2007.org.ua

3) EVENTS CONTROLLERS

Oivind HOLT (NOR)	IOF Senior Event Advisor
Håvard TVEITE (NOR)	Assistant IOF Event Advisor
Orest KOTYLO (UKR)	National Controller

4) WOC EVENT CENTRE AND EVENT OFFICE / ARENA INFO DESK

The official WOC Event Centre is located at Tourist Hotel (Livoberezhna Metro Station).

The WOC Event Office (the '**Event Office**') is located at the Event Centre. During all races the WOC info desk will be open in the corresponding competition arena (the '**Arena Info Desk**').

The Event Office working hours are indicated in Section 5 below.

WOC 2007 contact details for 16-27 August 2007:

Mail: WOC 2007
 P.O. Box 752, Kyiv, 01024, Ukraine
 Fax: + 380 44 278 3870
 Mobile: + 380 97 397 6766
 E-mail: info@woc2007.org.ua

5) WOC 2007 PROGRAMME

EO = Event Office at Tourist Hotel
CA = Competition Arena
Q = Qualification

Date	Time	WOC Events	Venue/Arena
<i>Thursday, August 16</i>	12:00 – 20:00	<i>The Event Office is open</i>	<i>EO</i>
<i>Friday, August 17</i>	9:00 – 22:00	<i>The Event Office is open</i>	<i>EO</i>
	12:00	<i>Deadline for entries for Sprint Q</i>	<i>EO</i>
	10:00 – 17:00 12:00 - 15:00	<i>Model Event: Sprint Q –Long Q, Middle Q Technical Model Event</i>	<i>Feofania, Brovary Feofania</i>
	19:00 – 19:30	<i>Team Officials' Meeting</i>	<i>EO</i>
<i>Saturday, August 18</i>	8:00 – 14:00 18:00 – 21:00	<i>The Event Office is open</i>	<i>EO</i>
	9:00 - 15:00	<i>Model Event: Sprint Q, Long Q</i>	<i>Feofania</i>
	12:00	<i>Deadline for entries for Long Q</i>	<i>EO</i>
	14:30 – 17:30	<i>The Arena Info Desk is open</i>	<i>CA</i>
	15:00 – 16:00	<i>Sprint Qualification – Men</i>	<i>Golosiivo</i>
	15:50 – 16:50	<i>Sprint Qualification - Women</i>	<i>Golosiivo</i>
<i>Sunday, August 19</i>	8:00 – 11:00 14:00 – 21:00	<i>The Event Office is open</i>	<i>EO</i>
	9:00 – 13:00	<i>The Arena Info Desk is open</i>	<i>CA</i>
	9:30 – 12:00	<i>Long Qualification</i>	<i>Pidgirtsi</i>
	10:00 – 17:00	<i>Model Event: Middle Q</i>	<i>Brovary</i>
	12:00	<i>Deadline for entries for Middle Q</i>	<i>EO / CA</i>
	19:00 – 19:30	<i>Team Officials' Meeting</i>	<i>EO</i>
<i>Monday, August 20</i>	8:00 – 11:00 15:00 – 21:00	<i>The Event Office is open</i>	<i>EO</i>
	9:00 – 12:00	<i>The Arena Info Desk is open</i>	<i>CA</i>
	9:30 – 11:30	<i>Middle Qualification</i>	<i>Bortnychi</i>
<i>Tuesday, August 21</i>	12:00 – 16:00	<i>European Presidents' Meeting</i>	<i>Hotel Tourist</i>
	9:00 – 18:00	<i>ICOM Meeting</i>	<i>Hotel Tourist</i>
	10:00 – 16:00 18:00 – 21:00	<i>The Event Office is open</i>	<i>EO</i>
	10:00 – 16:00	<i>Model Event: Middle Final Model Event: Long Final</i>	<i>Middle Q map Feofania</i>
	17:00 - 18:00	<i>Opening Ceremony</i>	<i>Kyiv Central Park</i>
	19:00 – 19:30	<i>Team Officials' Meeting</i>	<i>EO</i>
<i>Wednesday, August 22</i>	8:30 – 11:00 16:30 – 21:00	<i>The Event Office is open</i>	<i>EO</i>
	9:00 - 13:30	<i>The Arena Info Desk is open</i>	<i>CA</i>
	9:30 – 11:40	<i>Middle Final - Women</i>	<i>Bortnychi</i>
	11:10 – 13:20	<i>Middle Final - Men</i>	<i>Bortnychi</i>
	13:45 – 14:00	<i>Flower-giving ceremony for Middle</i>	<i>Bortnychi</i>
	19:00 – 19:30	<i>Team Officials' Meeting</i>	<i>EO</i>
<i>Thursday, August 23</i>	8:30 – 11:00 17:00 – 21:00	<i>The Event Office is open</i>	<i>EO</i>
	9:00 - 14:00	<i>The Arena Info Desk is open</i>	<i>CA</i>
	9:30 – 13:00	<i>Long Final</i>	<i>Golosiivo</i>
	13:00 - 13:30	<i>Flower-giving ceremony for Long</i>	<i>Golosiivo</i>
	19:00 – 23:30	<i>Banquet & Prize-giving ceremony for Middle and Long</i>	<i>National University Avia</i>
<i>Friday, August 24</i>	8:30 – 15:00 18:30 – 21:00	<i>The Event Office is open</i>	<i>EO</i>
	8:30 -13:30	<i>Presidents' Conference</i>	<i>Hotel Tourist</i>
	12:00	<i>Deadline for entries for Relay</i>	<i>EO</i>
	15:00 – 16:30	<i>IOF/VIP/Media race</i>	<i>Golosiivskyy Park</i>

	15:00 – 16:30	IOF/VIP/Media race	Golosiivskyy Park
	10:00 – 17:00	Model Event: Sprint Final Model Event: Relay	University Botanical Gardens Feofania
	19:00 – 19:30	Team Officials' Meeting	EO
Saturday, August 25	8:30 – 11:00 16:30 – 21:00	The Event Office is open	EO
	9:00 - 15:00	The Arena Info Desk is open	CA
	9:30 – 11:40	Relay – Women	Golosiivo
	15:00 – 17:00	Model Event: Sprint Final	University Botanical Gardens
	12:00 – 14:20	Relay - Men	Golosiivo
	14:50 – 15:20	Prize-giving ceremony for Relay	Golosiivo
	19:00 – 19:30	Team Officials' Meeting	EO
Sunday, August 26	8:00 – 11:00	The Event Office is open	EO
	9:00 – 12:00	The Arena Info Desk is open	CA
	9:30 – 10:30	Sprint Final - Men	Botanical Gardens/War Memorial Museum
	10:20 – 11:20	Sprint Final – Women	
	11:40	Prize-giving for Sprint and Closing Ceremony	CA
Monday, August 27	9:00 – 12:00	The Event Office is open	EO
		Departure of teams	

6) CLASSES AND ENTRY

Each Federation may enter a team of up to 14 competitors (i.e., up to 7 women and 7 men respectively) and up to 10 officials per team.

Structure and participation in WOC 2007

Races	Max number from each Federation W/M	Qualification race	Number of heats in Qualification	Qualified from each heat/total in Final
Sprint	3 (+ World Champion)	Yes	3	15/45
Middle	3 (+ World Champion)	Yes	3	15/45
Long	3 (+ World Champion)	Yes	3	15/45
Relay	1 team 3 legs	No		

The current World Champion for the distance has a personal free place in the qualification race of the relevant competition, provided that he/she is a member of his/her federation's team.

Team officials

Teams who have not entered any team officials in their entry form must appoint one of the team competitors to be the team manager (Competition Rules 6.3) upon the initial registration at the Event Office. Only the duly appointed team manager will have access to the team officials' meetings.

Entries for the Qualification Races

According to IOF Competition Rules 9.8, the names of the competitors and their starting groups for each qualification race shall be submitted to the Organisers no later than 12 noon on the day before the respective competition. The entries must be submitted by using Entry Form 8, which will be distributed to the team officials beforehand, and must be signed by a registered team official of the team. The form will be checked and signed by a desk officer who will register date and time of the submission.

The entry forms must be delivered to the Event Office at Hotel Tourist. On Sunday, August 19th, the entry for Middle Qualification may also be delivered at the Arena Info Desk (at the competition arena of Long Qualification).

According to IOF Rule 9.10, a competitor may be replaced for a valid reason (e.g., accident or illness) until one hour before the first start (in Qualification races and Relay). Request for replacement should be submitted to the Event Office or Arena Info Desk.

7) JURY

The IOF Rules Commission has appointed the following jury members for the WOC 2007 in Kyiv:

Chairman of the Jury

- **Oivind Holt** (NOR) - IOF SEA

Voting members

- **Flemming Norgaard** (DEN)
- **Julie Cleary** (GBR)
- **Rimas Jovaisas** (LTU)
- **Dusan Vystavel** (CZE)
- **Ian Bratt** (RSA)

8) MEDIA INFORMATION

There will be more than 50 media representatives from 13 countries present at WOC 2007.

Press Centre

The Press Centre is located at School N141 (address: Davydova boulevard, 5) within 300 m from Hotel Slavutich. There are 30 working places with Internet coverage in 2 classrooms. Personal computers will be provided to those media representatives who ordered and pre-paid this service. Snacks and drinks will be available on the premises.

Upon arrival the media representatives must register at the Event Office (Hotel Tourist). If accommodation and/or other services were paid in advance, it is advisable to have a copy of the transfer receipt. Registration can only happen when any financial issues are cleared.

Upon registration the media representatives will receive the information package and, most importantly, a personal ID card, which must be always carried visible in order to access the areas reserved for media.

Parking at the Arenas

The media representatives will receive parking permits so that they could park for free at WOC event arenas, where parking zone is available.

Arena Press Centre

At the WOC event arenas there will be a tent for Arena Press Centre with our information desk and work desks for media with electricity and limited Internet connection. Please help us secure smooth and good working conditions by showing consideration and clear your work space for the next person when leaving.

Photos and video

The WOC offer plenty of good photo and video opportunities. At each arena there is a special press zone along the run-in designed for media to make photos and video. Escorted visits to the nearby controls in the forest may be organised if requested in advance (a day before).

Press conferences

No later than 15 minutes after the medal ceremonies, there will be a 20-minute press conference in the Arena Press Centre with the medallists present.

Please find more detailed information on the Media and Live Results page on website: www.woc2007.org.ua

Opening hours of the Press Centre

Day	Event	Press Centre School N141	Press Centre WOC Arena
Thursday, August 16	The Event Centre is open	18:00 – 22:00	
Friday, August 17	Technical Model	13:00 – 22:00	
Saturday, August 18	Sprint Qualification	8:00 – 22:00	14:00-18:00
Sunday, August 19	Long Qualification	13:00 – 22:00	08:30-14:00
Monday, August 20	Middle Qualification	13:00 – 22:00	08:30-13:00
Tuesday, August 21	Opening Ceremony	08:00 – 22:00	
Wednesday, August 22	Middle Final	13:00 – 22:00	08.30-15:00
Thursday, August 23	Long Final	13:00 – 22:00	08.30-15:00
Friday, August 24	IOF/VIP/Media Race	8:00 – 22:00	
Saturday, August 25	Relay	13:00 – 22:00	08.30-17:00
Sunday, August 26	Sprint Final	13:00 – 20:00	08.30-15:00

9) IOF/VIP/MEDIA RACE

The race will be held on Friday, August 24th, from 15:00 to 16:30 in Golosiivskyy Park. The competition centre will be located near the main entrance to the Park (Arena of WTOC and WOC Tour, 4th day). There will be two courses of different lengths (2,5 and 3,5 km). Entry is free for the accredited IOF delegates, WOC guests and the media.

The race will be followed by a refreshment party from 16:30 to 18:00. Deadline for the IOF/VIP/Media race entries is Wednesday, August 22nd, at 12:00 (either to the Event Office or Arena Info Desk). The entries must be submitted to the Organisers using the entry form, which will be distributed upon registration or will be available at the Event Office.

10) COMPETITION RULES

The Competition Rules for IOF Foot Orienteering Events (edition of January 1, 2004) apply for WOC 2007. A forking system will be used in Relay and Long Final.

11) EMBARGOED AREAS

The most recent scheme of WOC 2007 Embargoed Areas and samples of O-maps can be found at and/or downloaded from: http://www.woc2007.org.ua/en/embargoed_areas/

According to the IOF Competition Rules (rule 26.6), it is prohibited to enter these areas for all potential members of an official WOC 2007 team (team officials, athletes, including juniors, coaches, medical staff, etc.) and others, who through knowledge of the terrain and the events may influence the results of the WOC 2007 competitions. In other words, this means that:

- no organised orienteering may take place in the embargoed areas until after WOC 2007;
- no training sessions, e.g., running/races, testing route choices etc., are allowed in these areas;
- no one with potential connection to a team (athlete or another person) may visit the embargoed areas.

Any offences of the above rules must be reported to the WOC 2007 Organisers.

The Embargoed Areas

The Embargoed Areas scheme is placed at the end of this bulletin.

12) ANTI-DOPING

Doping is forbidden: "think positive test negative". The Organisers are committed to do everything required to support the official anti-doping authorities to successfully and openly do their work at WOC 2007. We strongly support all positive efforts to keep our sport clean and doping-free.

The doping tests will be conducted in accordance with the procedures laid down in the *WADA International Standard for Testing* and the *IOF Anti-Doping Rules 2007*.

Doping control may be carried out at any time during the competition period. Athletes who are short-listed for a doping test must report to the Doping Control Station with any official identity document with a photo and a copy of the TUE, if applicable. All athletes are advised to have these documents with them (or collected by the team official) at the competitions.

NB! Each team must disclose and report upon its intended accommodation venue from the day of accreditation until departure.

On accreditation please leave a written statement (use the Organisers' form) at the Event Office indicating the places where your team members intend to stay during the whole competition period, from arrival to departure, and the mobile phone number of the team manager/contact person, reachable 24 hours a day. If there are changes to the team plans, a due notice must be given to the Event Office at the earliest convenience and at least 12 hours in advance of the change taking effect.

Missing or incorrect accommodation plans for teams are subject to possible Anti-doping investigations.

All communication with the Organisers about doping control issues should be conducted through the Event Office.

13) ACCOMMODATION AND FOOD SERVICE

Accommodation for the teams has been booked according to their requests, all within 5 km from the Event Centre. The booking in Hotel Tourist includes breakfast which will be served at the pre-fixed time.

The teams, IOF officials, WOC guests and media who have ordered and pre-paid hot lunch from the official catering service will receive lunch vouchers at the Arena Info Desk. (The lunch vouchers will be handed out to the team officials who can further distribute them among the team members.) Lunch boxes will be exchanged for the lunch vouchers and handed out at the arenas of all WOC Qualification (except for Sprint Qualification on August 18) and Final races.

On request to the Event Office, additional lunch boxes may be ordered (the relevant order must be made one day before).

14) TEAM OFFICIALS' MEETINGS

All team officials' meetings will take place at Hotel Tourist in the Conference hall on the ground floor at 19:00 one day prior to each competition.

At the first meeting on August 17th the SportIdent Cards will be handed out to all participants for all WOC races. The SI cards must be returned **before 12:00 on Sunday August 26th**. In case of losing or failure to return a SportIdent Card the federation will be charged a fee of 30 EUR per card.

Start Number Bibs for the Final races and other materials for the meeting will be handed out 15 minutes before the meeting starts. Start Number Bibs for the Qualification races will be handed out at the pre-start of each race.

15) CEREMONIES

Opening Ceremony

The Opening Ceremony will be held on Tuesday, August 21st, from 17:00 to 18:00 at the Kyiv Central Park (under the Arch monument). The park is located in a 10-minute walk from Khreschatyk/Maidan Nezalezhnosti Metro Station. Do not use private cars, it is difficult to park in the area.

All athletes and team officials must arrive to the stage under the Arch in the Park **no later than 16:45** in order to take the seats. Please give the first row to the wheelchair-bound persons.

The teams are to define one member who will take part in opening march. The selected team representatives (one per team) will march in procession along the stage. They will march in alphabetical order by nation behind a girl holding the sign with the name of the country and a soldier carrying the national flag. The procession will pass along the stage and up to the stage where all federations will stand side by side during the ceremony.

The opening ceremony will include presentation of the participating nations and their flags, greetings from Organisers and IOF, short speeches, folk dances and music.

Flower-giving Ceremonies

The Flower-giving Ceremonies for the Middle and Long Finals will be held at the corresponding WOC arenas. Athletes ranking 1-6 shall be present behind the podium 5 minutes prior to the beginning, in their official federation clothing.

Prize-giving Ceremonies

Prize-giving Ceremonies for the Middle and Long Finals will be held during the Banquet on Thursday August 23rd. Prize-giving Ceremonies for the Relay and Sprint Final will be held at the corresponding WOC arena. Athletes, and teams, ranking 1-6 shall be present behind the podium 5 minutes prior to the beginning, in their official federation clothing.

No sunglasses or hats shall be worn during the ceremonies. Final instructions to the participants will be given prior to the ceremonies on site.



Closing Ceremony

The Closing Ceremony will be held on Sunday, August 26th, at the WOC Arena for Sprint Final after the prize-giving ceremony for the Sprint Final.

The programme will include short speeches and handing over the IOF flag to the Organisers of WOC 2008.

16) BANQUET

The official banquet for the team members, IOF officials, media and guests who pre-paid this service will be held on Thursday, August 23rd, from 19.00 to 23.30 at the café BISTRO (Prospect Komarova, 1). Take the metro to Beresteiska Metro Station, from where the Organisers' buses will operate. The bus departures are at 18:00 and 18:30. Access to the banquet for those who pre-paid this service is by ID card which will carry a special sign.

Extra banquet tickets are available at the WOC Office at a fee of 30 EUR.

The programme will include Prize-giving Ceremonies for the Middle and Long Finals, hot meals, drinks, short speeches and entertainments.

17) WEATHER AND CLIMATE

At the time of the event the weather is normally warm and pleasant in Kyiv, with temperature ranging from +24 to +28°C. The highest temperature may come up to 35°C and the lowest down to 16°C. Rain and showers may occasionally occur.

18) MODEL EVENTS

The opening hours for the Model Events are indicated in section 5 above.

The Technical Model Event will be held from 12:00 till 15:00 on Friday, August 17th, in Feofania only. It will demonstrate the start procedures, finish set-up, control set-up, refreshment controls, marked routes, etc.

The other Model Events do **not** demonstrate WOC control set-ups, but serve as a model for common control features, vegetation, type of terrain and map standard. In order to see most of the control features used in the different competitions both Model Event maps should be visited.

There will be no officials at the Model Events, except for the Technical Model Event, but controls will be checked once a day.

The maps of Feofania and Brovary (models for Sprint, Long and Middle Qualification) are open for training any time after August 17th. The Feofania map will also serve as a model for the Long Final and Relay.

The map of the Middle Qualification (model for Middle Final) will be distributed at 18:00 on August 20th.

The map of University Botanical Gardens (model for Sprint Final) will be distributed at 18:00 on August 23rd.

These two Model event areas can only be visited as specified in this bulletin. At all other times they are embargoed, unless other instructions are given by the Organisers at the team officials' meeting.

The Organisers will provide bus transport to the Model events according to the transport timetable.

At any other time, within the timelimits as specified in Section 5, the participants may travel to the Model events by their own or public transport.

To the Model Sprint Final the participants are strongly recommended to travel by metro (University Metro Station). To the other arenas the teams may use their own transport. Teams using their own cars will travel on their own risk.

19) MAPS AND COURSES

Maps are drawn according to the International Specification for Orienteering Maps (ISOM 2000) and the International Specification for Sprint Orienteering Maps (ISSOM 2007).

Competition	Length, km	Climb, m	Controls	Winning time, min	Refreshment	% of the course' length to a refreshment point	Map scale	Contour interval, m	Maximum running time, min
Sprint Qualification - Golosiivo									
Women A	2,3	65	10	13	-		1:5000	2,5	50
Women B	2,3	65	11	13	-				
Women C	2,3	65	10	13	-				
Men A	2,9	85	12	13	-				
Men B	2,9	85	11	13	-				
Men C	2,9	85	11	13	-				
Long Qualification - Pidgirtsi									
Women A	5,9	220	12	45	3	30/50/80	1:15000	5	110
Women B	5,8	220	11	45	3	30/50/80			"
Women C	5,8	220	12	45	3	30/50/80			"
Men A	8,9	360	17	60	3	30/50/80			150
Men B	8,9	360	17	60	3	30/50/80			"
Men C	8,9	360	17	60	3	30/50/80			"
Middle Qualification - Bortnichi									
Women A	4,0	55	13	25	-		1:10000	2,5	70
Women B	4,0	55	12	25	-				
Women C	4,0	55	13	25	-				
Men A	5,2	70	15	25	-				
Men B	4,9	70	15	25	-				
Men C	4,9	70	14	25	-				
Middle Final - Bortnichi									
Women	5,1	90	14	35	1	60	1:10000	2,5	70
Men	6,2	110	17	35	1	60			
Long Final – Golosiivo									
Women	11,9	300	23	70	5	10/30/60/80/90	1:15000	5	180
Men	18,2	550	28	90	6	20/40/60/70/80/90			240
Sprint Final - Botanic Garden/War Memorial Museum									
Women	2,5	75	14	13	-		1:5000	2,5	50
Men	3,2	95	14	13	-				
Relay Final – Golosiivo									
Women leg 1	6,1	150	17	40	1	70	1:10000	5	
Women leg 2	6,1	150	17	40	1	70			
Women leg 3	5,4	140	14	30	1	60			
Total				110					240
Men leg 1	8,6	175	21	50	2	50/80	1:10000	5	
Men leg 2	8,6	175	21	50	2	50/80			
Men leg 3	6,5	110	17	35	2	40/70			
Total				135					270

20) TERRAIN DESCRIPTIONS

Sprint Qualification

Terrain: Golosiivo

The terrain is located approx. 110 - 150 m above sea level and consists of erosive forms of relief - a combination of park and forest including some built-up areas with mixed forest, mainly deciduous. There are some bushes and young trees. Clay ground. Good runnability, mostly good visibility, only a few areas with limited visibility. The terrain has a network of both asphalted and unpaved roads and many tracks.

Sprint Final

Terrain: Botanic Gardens / War Memorial Museum

The terrain is located approx. 100 - 160 m above sea level and consists of erosive forms of relief - a combination of park and forest including both built-up and out of bounds areas.

Vegetation is mainly deciduous of varying runnability with several semi-open and open areas.

The visibility is mostly good, but some areas are with limited visibility.

There is a network of roads and paths, both asphalted and unpaved, and a network of tracks.

Middle Qualification, Middle Final

Terrain: Bortnychi

The terrain is located approx. 120-130 m above sea level consisting of undulating forest, partly with complex contour detail and mostly sandy ground. The vegetation is mixed, mainly birches and pines. The runnability and visibility in areas covered with young trees and undergrowth are reduced. There is a system of rides, forest roads and paths. The Organisers recommend wearing running clothing with full body coverage.

Long Qualification

Terrain: Pidgirtsy

The terrain is approx. 110-180 m above sea level with erosive forms of relief and clay ground. There are several ravines with very steep slopes. The vegetation is mainly deciduous of varying runnability. You will pass through bushes with thorns / young trees with needles and areas with stinging nettle. The terrain includes larger open and semi-open areas with partly reduced runnability, mainly grass-covered, mixed with different weeds, some places wild roses and flowers. **The Organisers strongly recommend wearing running clothing with full body coverage for this race, especially using leggings.**

The visibility is reduced in areas with younger forest and undergrowth. The road network consists of unpaved forest roads and paths.

Long Final / Relay

Terrain: Golosiivo

The terrain is located approx. 110-180m above sea level and consists of erosive forms of relief with complex contour details, ravines, steep slopes and flat areas. There are both lakes and built-up areas.

It is a mixed forest, mainly deciduous with some open areas and fields. Runnability is mostly good, partly reduced due to undergrowth consisting of bushes and young trees, but not much grass.

The visibility is mostly good but limited in areas with young trees and undergrowth. There is a well-developed network of forest roads, paths and asphalted roads.

21) PUNCHING AND TIMING SYSTEM

The punching system in all WOC 2007 competitions will be the SportIdent electronic punching system.

SportIdent Cards will be handed out to all participants for all WOC competitions before the first team officials' meeting on August 17th and must be returned to Arena Info Desk before 12:00 on August 26th.

Except for a few controls at the Sprint and Relay there will be only one SportIdent unit at each control (together with a backup needle punch). The detailed control setup will be demonstrated at the Technical Model Event on Friday, August 17th, in Feofania from 12:00 to 15:00.

The start will be indicated by signals (beeps). Only in the Sprint Final the start times will be taken electronically by using a start gate.

The finish times will be taken by means of 2 different photo-cells when the runner crosses the finish line.

The start and finish procedures will be demonstrated at the Technical Model Event on Friday, August 17th, in Feofania.

22) START DRAWS

The start draws will be made according to the IOF Competition Rules (section 12) under the supervision of the IOF Senior Event Advisor. The draws will not be open to the team officials, athletes or the public.

23) TEAM ZONES

Team Zones are restricted areas where only accredited team members with their personal WOC 2007 ID cards will have access and where privacy will be guaranteed during the competitions. The Team Zones in the WOC arenas are all within 100 m of the finish line. The teams will be provided with tents in the Team Zones. It is allowed to use own tents in the Team Zones.

24) COACHING ZONES

In the Long Final, Middle Final and Relay there will be a clearly marked Coaching Zone, where the team coaches may coach their athletes as they pass by.

In all races there will be a Reception Zone after the finish line, where coaches can receive incoming runners.

Only the accredited team coaches are allowed to enter these two kinds of zones (maximum 2 per team). In order to maintain a high level of fairness, the only activities allowed in the Coaching Zones are:

Exchange of verbal communication with athletes no written information is allowed;

Exchange of personal equipment such as compasses, shoes, contact lenses, etc.

Food and drinks may be handed out personally to the athletes.

Outside the official Coaching Zones it is not permitted to exchange any information/materials with competing athletes.

25) START NUMBER BIBS & CONTROL DESCRIPTIONS

For all WOC 2007 competitions, athletes must wear a start number bib on their chest.

For **Qualification races** start number bibs will be handed out at the respective Pre-start 3 minutes before the start. Loose control descriptions will be available at the pre-start 2 minutes before the start. For loose control description size see section 28 .

For **Final races** start number bibs will be handed out before the respective team officials' meeting.

Loose control descriptions will be available at the pre-start 2 minutes before the start.

The start number bibs must not be folded or cut. The start number must be carefully fastened with, at minimum, **4 safety-pins**. It is important that the competitor keeps the number bib fully visible throughout the race. This is a requirement for correct time-keeping at all stages of the race. The start number bib will be checked at the pre-start and if not firmly attached, the official will require the competitor to fasten it more tightly.

Special start number bibs will be handed out to the medallists just prior to the official medal ceremonies. These number bibs must be worn on the chest during the ceremonies.

26) COLLECTION OF RUNNERS' ROUTE CHOICE

All runners are kindly asked to draw their route choices after finishing the individual Final races. This will be done in a special tent in the finish area. The maps and pencils will be provided.

The Organisers intend to publish the route choices of the 6 best runners for both classes the same day.

27) TRANSPORT AND PARKING

The Organisers will provide transport from Hotel Tourist and Hotel Slavutich to the WOC competition arenas and Model Events for competitors and team officials who have booked and pre-paid such service.

All accredited persons will receive a metro multi-pass valid for two weeks (16-31 August). Certain WOC races will be much easier accessible by public transport / metro than by car.

The Organisers will provide bus transport to the arenas from the following metro stations:

- Sprint Qualification: Palats Ukraina Metro Station. The bus will also bring runners/officials to the start drop-off point;
- Relay, Long Final and Long Qualification: Vydubychi Metro Station.

There will be **compulsory bus transport** for the participants of Final races and team officials going to start:

- from the Event Centre to Middle Final and Sprint Final;
- from Vydubychi Metro Station to Long Qualification and Long Final.

All those who are not obliged to use the Organisers' transport (see above) can access Sprint Final by metro.

There will be bus transport to Middle Qualification and Final races from the Event Centre and Hotel Slavutich.

Detailed transport timetable and transport schemes will be provided separately (e.g., at the respective team officials' meeting).

The Organisers will provide bus transport to the IOF race on Friday, August 24th, from Hotel Slavutich.

Day	Event	Distance from Event Centre (km)	Time (minute)				
			Metro	Bus	Walking	Total	
August 18	Sprint Qualification	Arena Start	10	30	20	5	55
		Start	9		15	5	50
August 19	Long Qualification	Arena Start	31	45	35	-	80
August 20	Middle Qualification	Arena Start	32		45	-	45
August 21	Open Ceremony		8	20		10	30
August 22	Middle Final	Arena Start	37		50	5	55
		Start	35		45	5	50
August 23	Long Final	Arena Start	24	45	30	5	80
		Start	22	45	30	-	75
	Banquet		14	25	15	-	40
August 24	IOF/VIP/Media Race		10	25		-	25
August 25	Relay		24	45	30	5	80
August 26	Sprint Final	Arena Start	7	40	-	15	55
		Start	7				

Car rental

For individual rental-car arrangements we recommend AVIS, the official rental car partner of WOC 2007.

Avis - Voted Best Car Rental Agency in Ukraine of 2003, 2004 & 2005 (Kyiv Post Readers Awards)

AVIS

72, Yamskaya Street, 03150, Kyiv, Ukraine

Phone: +38 044 502 20 10

Fax: +38 044 502 20 14

Website: www.avis.com.ua

28) MAP PROTECTION AND DIMENSIONS

All competition maps are printed on 130g/m² paper. The maps will be sealed in plastic bags. The control descriptions are printed on the maps and loose descriptions will be available at the pre-start of the individual races.

Race	Map, cm	Loose Control Descriptions, cm	
		Men	Women
Qualifications			
Sprint	27 x 20	5 x 10	5 x 9
Long	30 x 16	5 x 13	5 x 9
Middle	30 x 17	5 x 11,5	5 x 10
Finals			
Sprint	29 x 21	5 x 11,5	5 x 11
Long	37 x 30	5 x 19,5	5 x 16,5
Middle	27 x 21	5 x 13,5	5 x 11,5
Relay	29 x 22		

29) CHECK-IN AND QUARANTINE ZONE

To secure fair competitions, there will be a check-in for each competition. The number of coaches allowed in the Quarantine Zone is not limited. **It is NOT allowed to bring mobile phones, radios, computers or other communication devices on the bus (when it is compulsory transport) and into the Quarantine Zone.** Neither is it allowed to bring any kind of maps of the competition area.

Competitors and coaches are NOT allowed to visit the event arena before going to the start area (except for Middle Qualification).

Competitors and coaches must check-in before the check-in deadline indicated below. They have to show their personal ID-cards to the Organisers when entering the Quarantine Zone and sign the entry list. To ensure fair competition, the check-in deadlines will be enforced very strictly by the Organisers. **Competitors and coaches who miss the check-in deadline will not be allowed to enter the Quarantine Zone and hence the competitors will be excluded from the race.** The distances between the car parking / bus drop-off points and check-in gate of the Quarantine Zones are within a 10-minute walk. For the Relay there is no check-in deadline and no Quarantine Zone.

Check-in deadlines

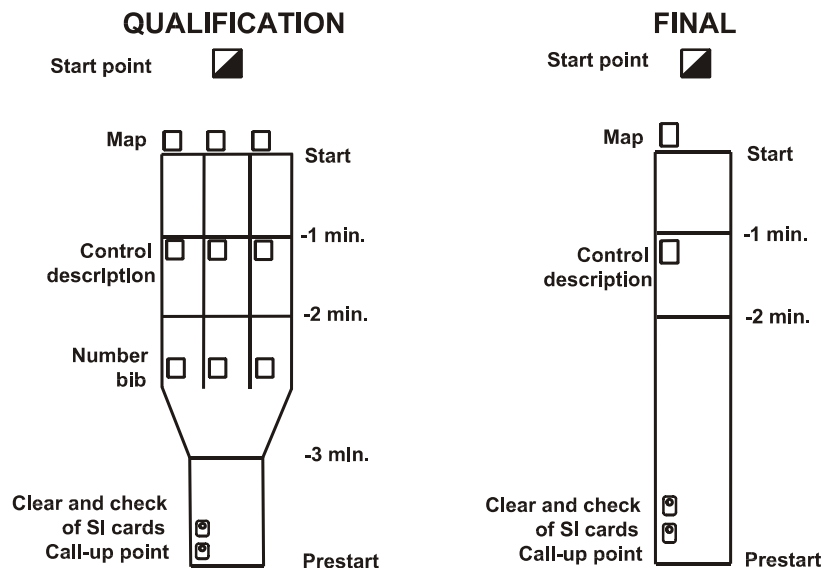
Qualification	Check-in open	Check-in deadline	
		Women	Men
Sprint	13:45	14:45	14:45
Long	8:15	9:15	9:15
Middle	8:15	9:15	9:15
Finals			
Middle	8:15	9:15	10:30
Long	8:15	9:15	9:15
Sprint	8:15	9:45	9:15

Only participating competitors and their coaches have access to the Quarantine Zones. In the Quarantine Zones there are toilets, tents and a drink station. Teams are allowed to bring their own tents. Maps covering the designated warm-up area will be available. It is allowed to leave the Quarantine Zone (via the check-in point) before the deadline, e.g., to go to the parking area. However, it is only possible to re-enter the Quarantine Zone before the check-in deadline. When leaving the Quarantine Zone, the coaches must sign out at the check-in point.

Shuttle transport service will be provided from the Quarantine Zone to the WOC event arena to transfer the competitors' bags and clothes, and teams' equipment. For most races the coaches are expected to walk back to the WOC event arena (max 10-15 min) or use the Organisers' transport, where available. Detailed instructions will be provided at team officials' meeting.

30) START PROCEDURES

Call-up point for the pre-start is situated at the edge of the Quarantine Zone. The competitor's name and start time will be displayed at the call-up point one minute before entering the first box. Time to start will vary between the races. Standardized start schemes are provided below, while the details will be handed out at the respective team officials' meetings.

Standardized Start schemes

At the Qualification races the start number bib will be handed out along with safety pins at the pre-start 3 minutes before the start time and loose control descriptions - 2 minutes before the start time. At the Finals the loose control descriptions will be handed out 2 minutes before the start time.

The map will be situated on a small table at the start line. On the back of the map the start number of the runner will be displayed. The count down (beep) begins 5 seconds before the start time with a different beep indicating the actual start time. At that moment a start official lifts his hand from the map so that it can be taken by the competitor.

If the competitor starts before the allocated start time he/she will be disqualified for committing a false start.

At Sprint Final a start gate is used to ensure 0.1 second time taking.

After start the outgoing competitor takes the map and follows the marked route to the start point indicated on the map with a triangle and on the terrain - by a control flag.

The detailed start procedure will be demonstrated and can be practiced at the Technical Model Event on Friday, August 17th, from 12:00 to 15:00.

Competitors who are late for their start time because of their own fault will be permitted to start, but they will be timed as if they had started at their allocated start time. Competitors who are late because of the fault of the Organisers will

be given a new start time. In both cases the following rules apply at the start: a late competitor must report at the call-up point. If the Organisers decide that the runner has enough time to start at the allocated start time, she/he can continue with the normal start procedure, being followed by a guide. If it is not possible for a competitor to start at the allocated start time, she/he will start after the last competitor has started.

The start procedure for Relay is described under "Special Instructions for each Competition" (section 39).

31) FINISH PROCEDURES

Competitors must follow the marked route from the last control to the finish. The finishing time will be taken when the competitor's chest crosses the finish line.

After crossing the finish line the competitor will be guided through the finish zone. He/she will:

- hand over the map and the SI card to be downloaded;
- take official refreshment (contact with the team official is possible);
- enter the media zone;
- draw her/his route choices for individual Finals.

A maximum of two team officials per team are allowed to enter the reception zones in the finish area to take care of the incoming runners.

If a competitor abandons the race, he/she must report to the Organisers at the finish and hand-over the map as soon as possible.

32) REFRESHMENT CONTROLS

Controls with refreshments are marked on the control descriptions with a cup symbol. Only water will be available at the refreshment points. There will be also drinking water at the finish area.

33) SPECTATOR CONTROLS

At all the Finals the spectators will be able to see the runners passing along the finish area.

34) TOILETS AND SHOWERS

There will be toilets in the Quarantine Zones and Team Zones at the WOC event arenas.

After Sprint Final it will be possible to take a shower in the water-pool within 300 m walking distance from the arena.

At the other arenas there are no showers and the athletes are asked to bring their own washing water.

35) FIRST AID

Emergency medical assistance will be available at the event arenas for all races. If a competitor gets injured during the race and needs medical assistance, he/she should go to the nearest control and ask the official to call for help. If necessary, the runner will be transported to the nearest hospital (in 10-15 min from the arena).

36) FAIRNESS

We ask all competitors and team officials to carefully follow the Competition Rules of Fair play.

It is not allowed to bring mobile phones, radios, computers, any other communication devices or maps of the competition area into the Quarantine Zone or to the compulsory transport;

Coaching (handover of information, personal equipment, drinks) is only allowed in the Coaching Zones;

Competitors and coaches are not allowed to visit the event arena before going to the start area (except for Middle Qualification);

Team officials and non-competing runners are not allowed to enter the competition terrain.

A competitor/team official who breaks any rule, or who benefits from breaking any rule, may be disqualified.

37) NEW COMPETITION MAPS

Maps will be collected after crossing the finish line. New maps will be handed out to each team at the Arena Info Desk after the last participant has finished and his race is approved.

38) COMPLAINTS AND PROTESTS

Any complaint shall be made in writing and handed over to the Organisers at the Event Office or Arena Info Desk as soon as possible. Complaints regarding the results shall be made no later than 15 minutes after publication/announcement of the official results. This deadline will be announced by the speaker.

The Organisers' decision about a complaint can be protested in written.

39) SPECIAL INSTRUCTIONS FOR EACH COMPETITION

General

All controls will be manned, i.e., there will be control personnel sited close to the controls.

Special symbols:

Issom/isom 118 (brown cross) = micro terrace, platform

Issom/isom 314 (blue cross) = sewage hatch

Issom/isom 418 (green ring) = copse, distinctive tree

Issom/isom 419 (green point) = single tree.

Issom/isom 420 (green cross) = tree stump, root stock

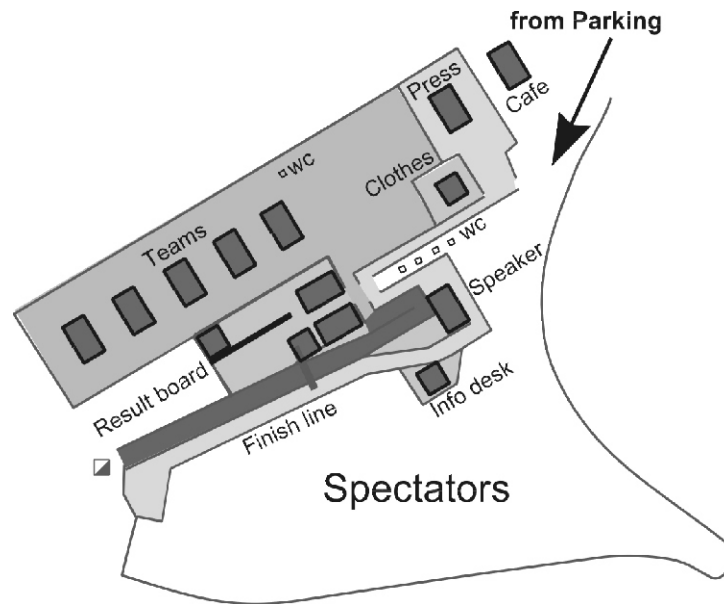
Issom/isom 539 (black circle) = picnic place

Issom/isom 540 (black cross) = small shed (building)

Issom/isom 312 (blue ring) = well, water-pump

Sprint Qualification

There is a very limited parking space adjacent to the start area, so all runners and accompanying team officials should use the Organisers' bus transport from Palats Ukraina Metro Station. From the drop-off point it is approx. 300 m to walk to the quarantine check-in point.



Long Qualification

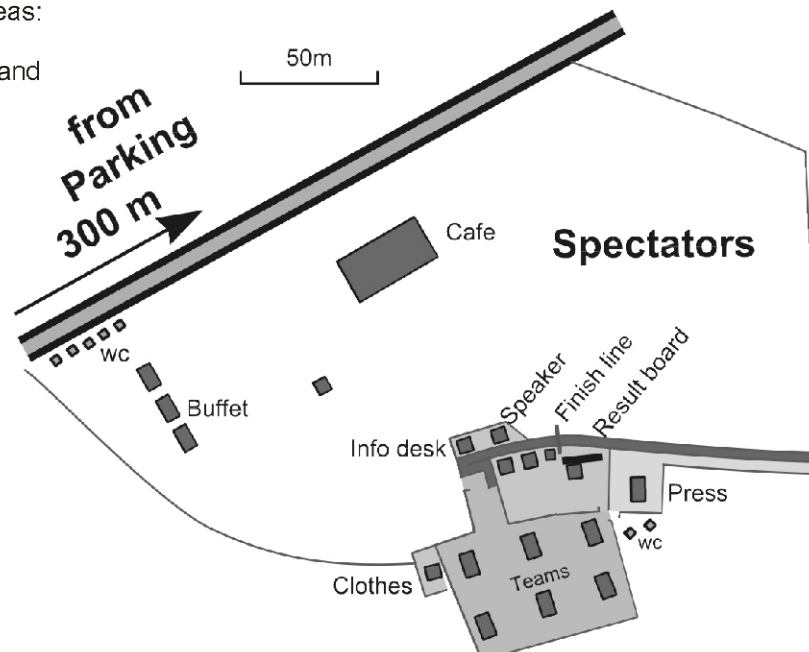
Runners and team officials going to the start will be transported by a minibus from a pick-up point to the quarantine check-in point. Participants coming with the WOC bus will be dropped off at a pick-up point. Teams using their own transport will be provided information on where to drop off their participants at the team officials meeting.

Runners will cross a road with car traffic during the competition. The traffic and speed will be controlled by the police but please look out for cars when crossing the road.

Forbidden-to-cross areas:

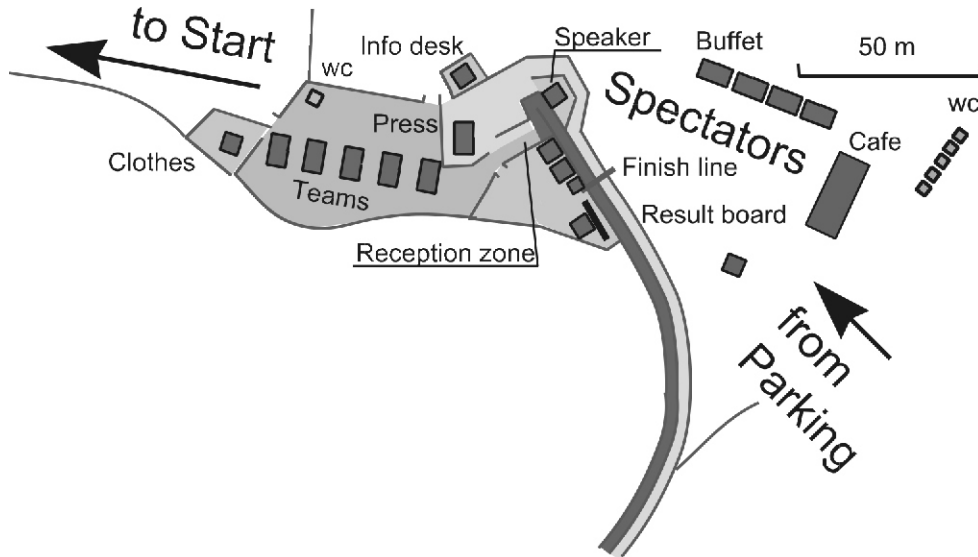
ISOM 527 Settlement

ISOM 415 Cultivated land



Middle Qualification

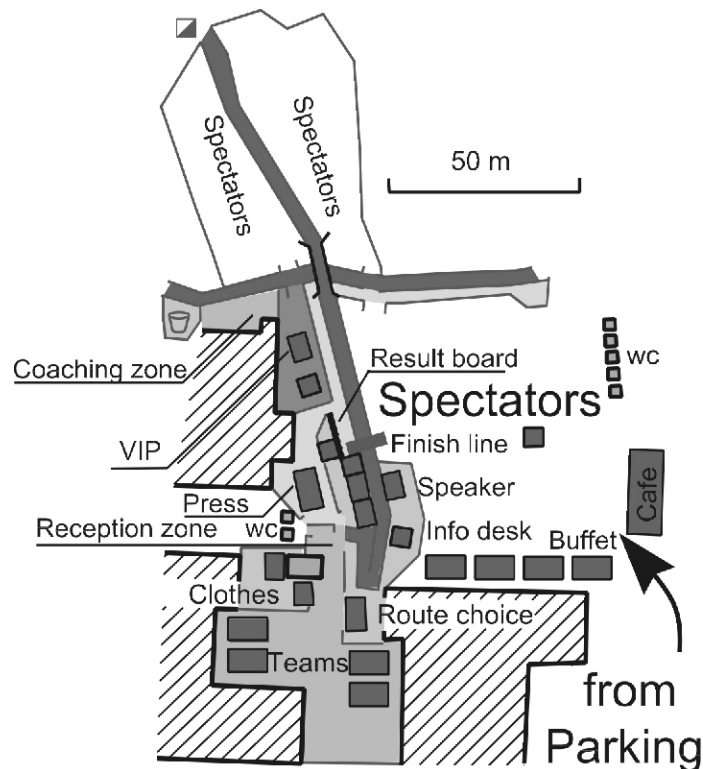
Parking is situated close to the finish area where all runners and team officials will arrive. The runners and accompanying team officials must walk approx. 900 m to the check-in point at start. The Organisers will transport back any team luggage or equipment. The team officials may walk back to the finish area as soon as they have completed their duties at start.



Middle Final

During the race the runners will pass the arena following a marked route. The start point at the end of the route will be clearly signposted by an orienteering flag.

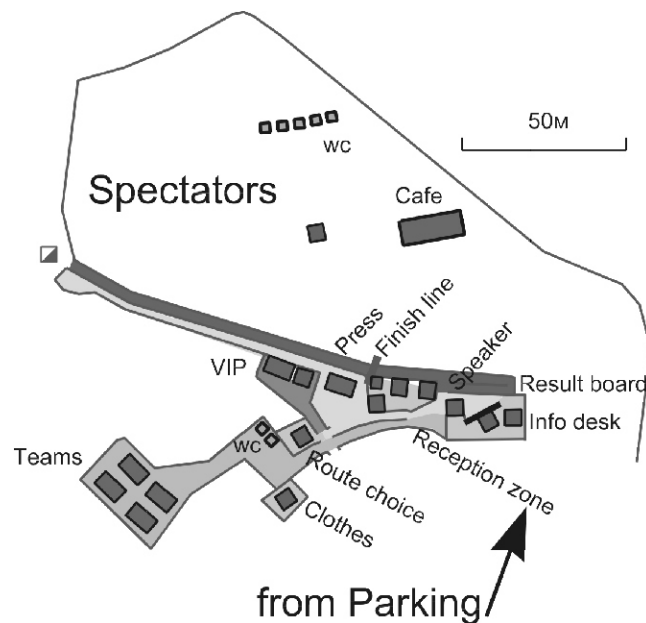
The runners will cross a railway sidetrack during the race. There will be no traffic on this railway on the day of competition.



Long Final

A forking system will be used in Long Final. There will be a map change for both classes. Both courses pass partly urbanized area with limited car traffic beware of the vehicles. During the race the runners will pass the arena at a spectator control.

Forbidden-to-cross areas:
ISOM 527 Settlement
ISOM 415 Cultivated land



Relay

Start and change-over area are situated in the WOC arena close to the finish line.

Competitors must pass through the check-in gate to the start / waiting area no later than 10 minutes before they are expected to start. Start number and Sportident card will be checked and cleared at the check-in gate. The area behind the check-in gate is large enough for warming-up. Only outgoing runners are permitted to enter this area. It is the responsibility of the outgoing competitor to be ready on time.

3 minutes before the start of the first leg the competitors will be called to take the position behind their maps which will be put on the ground in front of them. The start number of the team is written on the back side of the map. 1 minute before start time, the starter begins the countdown. The map may be taken only after the start signal.

The incoming competitor crosses the finish line and runs to the change-over area. The outgoing competitor enters the change-over area when its team partner enters the finish corridor. The change-over between the arriving and outgoing team members takes place by touch across the change-over line. The outgoing competitor follows the marked route to the map rack, takes the correct map marked with the team number and follows the marked route to the start point (triangle on the map) marked on the terrain by a control flag.

The outgoing competitor is responsible for picking up the correct map. A competitor taking a wrong map may be disqualified.

The incoming competitor continues into the finish

zone to deliver his SI control card for control.

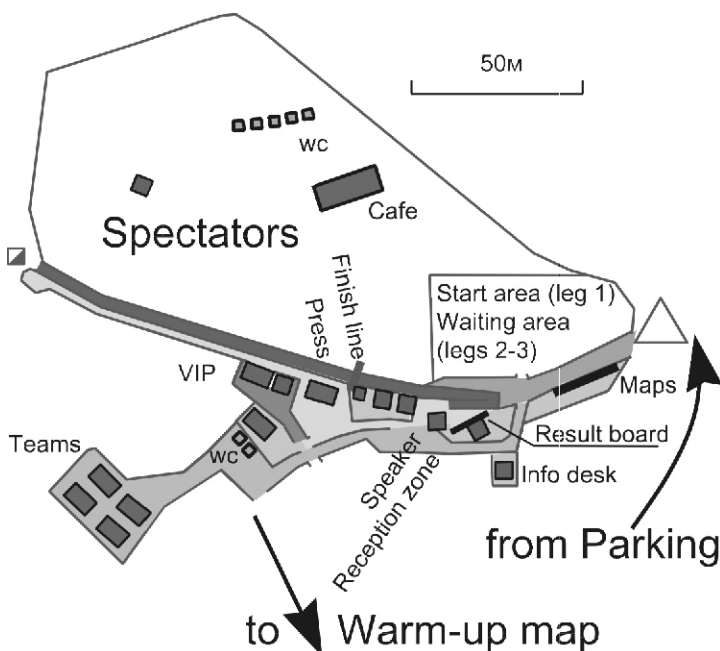
During the race the runners will pass the arena at a spectator control.

The mass start for slow-running men's teams will take place 15-20 minutes after the women's start for the first leg.

The mass start for slow-running women's teams will take place approximately 15 minutes after the winner has reached the finish. The accurate time of the mass start will be announced by the speaker.

According to IOF Rule 22.14, disqualified teams will not be allowed to continue the race.

Forbidden-to-cross areas:
ISOM 527 Settlement
ISOM 415 Cultivated land



40) ENTRIES, FEDERATION TEAMSStatus of entries as of August 3rd, 2007.

1	Country	W21	M21	Official W	Official M	Relay W	Relay M	Total	Accommodation
1	AUS	5	5	2	2	1	1	14	Adria
2	AUT	0	6	1	2	0	1	9	Tourist
3	BEL	0	3	0	1	0	1	4	Tourist
4	BUL	3	3	0	0	1	1	6	Own accommodation
5	BLR	3	4	0	0	1	1	7	private
6	CAN	5	6	1	0	1	1	12	Tourist, Adria
7	CHN	5	4	0	4	1	1	13	Hostel
8	CZE	5	5	1	2	1	1	13	Tourist
9	DEN	3	7	1	3	1	1	14	Khreschatik
10	ESP	3	4	0	1	1	1	8	Hostel
11	EST	3	4	1	2	1	1	10	Tourist
12	FIN	6	7	0	10	1	1	23	Tourist
13	FRA	5	6	2	3	1	1	16	Hotel Rus
14	GBR	6	5	2	3	1	1	16	Tourist
15	GER	2	3	0	2	0	1	7	Tourist
16	HKG	1	4	0	1	0	1	6	Tourist
17	HUN	5	6	0	1	1	1	12	Tourist
18	IRL	1	4	0	1	0	1	6	Tourist
19	ISR	1	2	0	0	0	1	3	Zatyshok
20	ITA	0	4	0	1	0	1	5	Adria
21	JAP	2	4	0	2	0	1	8	Tourist
22	KAZ	4	4	1	1	1	1	10	Own accommodation
23	LAT	4	4	0	2	1	1	10	Zatyshok
24	LTU	5	5	0	0	1	1	10	Hostel
25	MOL	4	6	0	1	1	1	11	Own accommodation
26	NED	1	1	0	0	0	0	2	Hostynnist
27	NOR	7	7	2	5	1	1	21	Hotel Rus
28	NZL	1	3	1	2	0	1	7	Tourist
29	POL	1	5	1	1	0	1	8	Tourist
30	POR	1	3	0	1	0	1	5	Hostynnist
31	ROM	3	3	0	1	1	1	7	Own accommodation
32	RSA	0	3	0	1	0	1	4	Tourist
33	RSRB	1	4	0	1	0	1	6	Tourist
34	RUS	5	5	0	4	0	1	14	Own accommodation
35	SLO	0	4	0	0	0	1	4	Tourist
36	SUI	7	7	2	4	1	1	20	Tourist
37	SVK	3	5	0	1	1	1	9	Tourist
38	SWE	7	7	3	3	1	1	20	Adria
39	UKR	7	7	0	4	1	1	18	Own accommodation
40	USA	5	5	2	3	1	1	15	Tourist
	Total	130	184	23	76	24	39	413	

Handwriting practice lines on the left side of the page, consisting of 24 horizontal lines.

Handwriting practice lines on the right side of the page, consisting of 24 horizontal lines.

