



SKI JWOC 07

SALZBURG

Welcome to the

Junior World Ski Orienteering Championships
European Youth Ski Orienteering Championships
Salzburg - Austria, February, 11th-17th 2007

Bulletin 4

organized by

ASKÖ HENNDORF ORIENTEERING

events



Isostar has been developing nutritional solutions for you since 1977. Over 30 years of research in partnership with our committee of experts in sports medicine to constantly improve the efficiency of our products.

The products for you at the Ski JWOC – EYOC 2007:

ISOSTAR Hydrate and Perform

functions:

Isotonic energy drink preparation with a specifically calculated dosage of carbohydrates and sodium for a dual benefit:- a well-hydrated organism,- an excellent source of energy: Isostar research has proved that the Hydrate & Perform formula improves athletic performance by 19% (compared to placebo).

best moment for use:

During warm up, and during and after effort.

ISOSTAR High Energy Bar

functions:

This energy bar is a combination of simple carbohydrates and cereals (complex carbohydrates), which simultaneously provides a rapid and more progressive energy supply.

best moments for use:

During intense sustained effort. Can also be used before or after exercise to replenish carbohydrate energy reserves. Suitable for periods of training and competition.

On Thursday, 15.02.2007 and Friday, 16.02.2007 the more4sport Team is on Postalm and you can test these ISOSTAR products.

This service is provided for you by





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1 General Information

Dear Ski O-friends,

It's an honor for me, our club, all helping members and the whole region to host this Ski-O JWOC and EYOC 2007. Our orienteering clubs has organized many national and international competitions during the last 15 years but this coming week will be the highlight so far!

We all spent lots of time and hard work to prepare everything for the coming races in Sportgastein and Postalm. The winter was not on our side so far and we had to change almost the whole program in the last few weeks. Nevertheless we managed to adapt to the new challenging situation and set up an attractive program for all of you.

We wish all athletes, coaches and service crew members an outstanding and successful week here in Salzburg! Enjoy the beautiful nature, make new friends and give your best in the races.

Best greetings and much success

Christian Breitschädel, Event Director and his team

1.1 Patronage of the Ski JWOC – EYOC 2007

District Governor, Mrs. Mag. Gabi Burgstaller

Deputy District Governor, Mr. Dr. Othmar Raus

President of Federal Council, Vice-Mayor of Bad Gastein, Mr. Manfred Gruber

President of Salzburg Orienteering Federation, Mr. Günther Nowotny

President of ASKÖ Salzburg, Mr. Dr. Franz Karner

Business partner der LSO, Mr. Mag. Walter Pfaller

Mayor of Eugendorf KR, Mr. Johann Strasser

Mayor of Henndorf, Mr. Rupert Eder

Member of the District Government, Mrs. Theresia Fletschberger

Member of the District Government, Mrs. Hilde Eisl

President of the Austrian Orienteering Federation, Mag. Thomas Hlosta

Chairman of the ASKÖ Henndorf, Mr. Alois Hemetsberger

Thank you very much for supporting the Junior World Championships!



1.2 Competition Organizer

The Ski Junior World Orienteering Championships 2007 and Ski European Youth Orienteering Championships in Eugendorf, Salzburg, Austria are organized by ASKÖ Henndorf Orienteering.

Organizing Committee

Event Director:	Christian Breitschädel
Administration and CC:	Eva Breitschädel
Time Keeping and IT:	Leo Müller
Race Organization Sprint / Middle:	Felix Breitschädel
Race Organization Long / Relay:	Tobias Breitschädel
Press, Media:	Florian Elstner
Cartography:	Martin Lejsek (CZE)
Course Planner:	Wolfgang Pötsch
IOF Advisor:	Hans-Rüedi Häny (SUI)
National Advisor:	Wolf Eberle (AUT)

1.3 Contact Address – Competition Centre

The Competition Centre (CC), as the main contact address during the competition week, is located east of the city of Salzburg in the Village of Eugendorf at Hotel Gastagwirt and will be officially open from Sunday 11th February 12:00 until Saturday 17th February at 11:00.

Hotel Gastagwirt
c/o Christian and Eva Breitschädel
ASKÖ Henndorf Orienteering
5301 Eugendorf
Austria
mobile: +43 664 4245042
tel & fax: +43 6225 8231-49
e-Mail: office@ski-jwoc2007.eu
web: www.ski-jwoc2007.eu

Every National Team has its own post box at the CC where all news and relevant information are published. At the info desk at the CC you can collect the following materials:

- General Programme
- Bulletin 4
- Places of individual Accommodation
- Identity Cards
- SI-Card if needed
- Further tourist information

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Each Team Leader collecting the material, has to sign a form, and to hand in the passport as caution for possible damages, keys and SI-Card rent (you will get a copy of it, and a letter confirming that it is in our possession).

For opening hours of the Competition Centre as well as the opening hours of the local Competition Office in the Finish Area of the events please see following program.

1.4 Jury

Mr. Hans-Rüedi Häny, SUI (IOF Event Advisor, Chairman of Jury)

N.N. Member 1 *)

N.N. Member 2 *)

N.N. Member 3 *)

Mr. Christian Breitschädel, AUT (Event Director; only participation – no voting)

*) Names will be announced as soon as we get the information from IOF

1.5 Location

The SKI JWOC – EYOC 2007 will take place in the heart of Austria near the city of Salzburg.

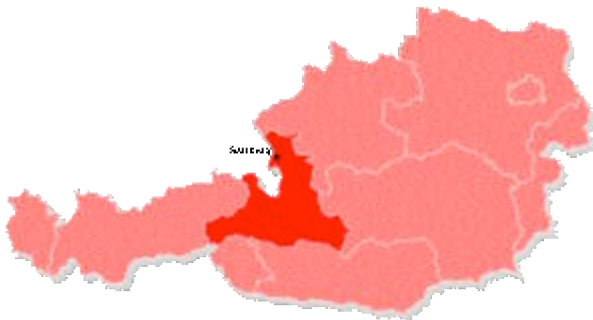


Illustration 1: City of Salzburg in Austria



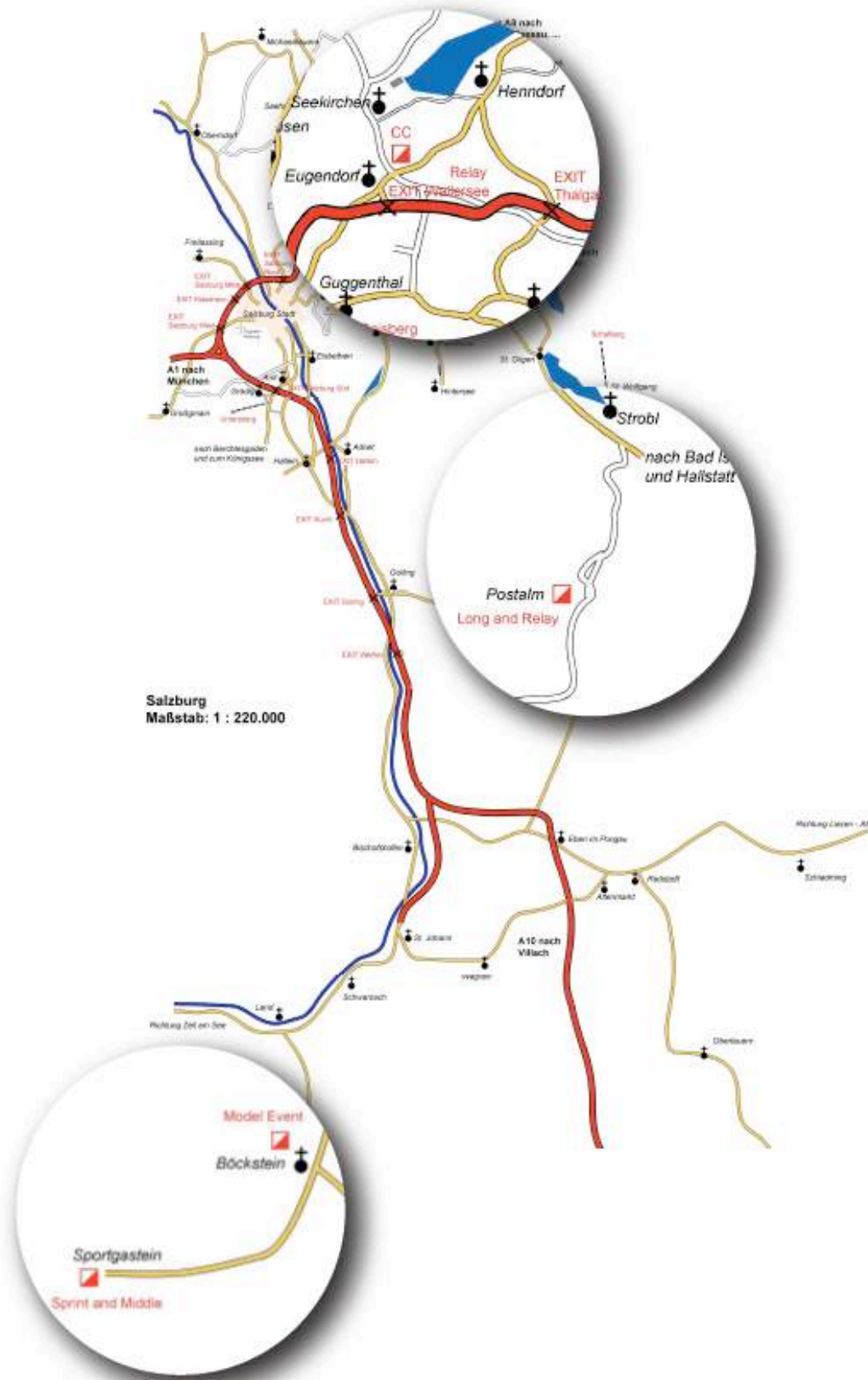


Illustration 2: Local overview with CC and Competition Sites



1.6 Program

Sunday, 11.02.2007 – Arrival of National Teams

12:00	20:00	CC is open	CC
		General Registration of Teams, Accreditation and Accommodation	CC
17:00		Deadline for Entries for Sprint Distance	CC
18:00	19:30	Dinner at individual Accommodation	Accommodation
19:00	20:00	Team Leaders' Meeting	CC

Monday, 12.02.2007 – Training / Model Event & Sprint Distance

06:30		Breakfast at individual accommodation	
07:00	09:00	CC is open, Accreditation and Accommodation	CC
08:00		Departure of Bus 1 + 2 to Training, Model Event and Sprint Distance	CC
09:30	10:45	Training, Model Event	Böckstein
10:45		Departure of Busses to Sprint Distance Area / Lunch	Böckstein
11:00	12:30	Warm Lunch in two equal Restaurants at Competition Site: Valerie-Haus: Ski-Base-Center: CZE, RUS, SWE BLR, BUL, EST, FRA, GER, HUN, ITA, LAT, LIT, MON, NOR, ROM, SUI, AUT	Sportgastein
14:00		First Start Sprint Distance	Sportgastein
+		Flower Ceremony Sprint Distance, JWOC	Sportgastein
+		Departure of Bus 1 + 2 to CC	Sportgastein
16:00	17:30	CC is open	CC
17:00		Deadline for Entries for Middle Distance	Sportgastein or CC
18:00	20:00	Dinner at individual Accommodation	
19:00	20:00	Team Leaders' Meeting	CC
20:00	21:30	CC is open	CC

Tuesday, 13.02.2007 – Middle Distance

06:30		Breakfast at individual Accommodation	
07:00	09:00	CC is open	CC
07:00/ 07:30		Departure of Busses to Competition Area	CC

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Tuesday, 13.02.2007 – Middle Distance

for detailed bus schedule see specific Competition Information

10:45		Deadline for material for Equipment Control	Sportgastein
11:00		First Start Middle Distance	Sportgastein
12:00	14:30	Warm Lunch in two equal Restaurants at Competition Site: Valerie-Haus: Ski-Base-Center: CZE, RUS, SWE BLR, BUL, EST, FRA, GER, HUN, ITA, LAT, LIT, MON, NOR, ROM, SUI, AUT	Sportgastein
+		Flower Ceremony Middle Distance, JWOC and EYOC	Sportgastein
+		Departure of Bus 1 + 2 to CC	Sportgastein
16:00	18:00	CC is open	CC
17:00		Deadline for Entries for Rest Day	CC
17:30	18:30	Team Leaders' Meeting	CC
18:30		Departure of Busses to Opening Ceremony	CC
18:30	20:00	Dinner before Opening Ceremony	Wallerseehalle Henndorf
20:00	20:30	Opening Ceremony	Wallerseehalle Henndorf
20:00	21:30	CC is open	CC
20:30	21:00	Prize Giving Ceremony Sprint Distance and Middle Distance, JWOC and EYOC	Wallerseehalle Henndorf
21:30		Departure of Busses (flexible)	Wallerseehalle Henndorf

Wednesday, 14.02.2007 – Rest Day

		Breakfast at individual Accommodation	
08:00	10:00	CC is open	CC
09:00	14:00	Training according to weather situation <i>Bus schedule will be made according to request and weather situation!</i>	
15:00	17:00	CC is open	CC
15:30		Deadline for Entries for Long Distance	CC
17:30	18:30	Team Leaders' Meeting	CC
18:30	20:00	Dinner at individual Accommodation	
20:00	21:30	CC is open	CC

Thursday, 15.02. 2007 – Long Distance

06:30		Breakfast at individual Accommodation	
07:00	09:00	CC is open	CC
08:30	08:30	Departure of Busses to Competition Area <i>for detailed bus schedule see specific Competition Information</i>	CC

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Thursday, 15.02.2007 – Long Distance

10:45		Deadline for material for Equipment Control	Postalm, Youth Hostel
11:00		First Start Long Distance	Postalm
+		Prize Giving Ceremony Long Distance, JWOC and EYOC	Postalm
13:00	15:30	Warm Lunch at Competition Site	Postalm, Youth Hostel
15:00		Deadline for Entries for Relay	Postalm or CC
+		Departure of Busses to CC, Hotel Gastagwirt/Santner/Dachsteinblick <i>for detailed bus schedule see specific Competition Information</i>	Postalm
16:00	18:00	CC is open	CC
17:30	18:30	Team Leaders' Meeting	CC
18:30	20:00	Dinner at individual Accommodation	
20:00	21:30	CC is open	CC

Friday, 16.02.2007 – Relay Competition

06:30		Breakfast at individual Accommodation	
07:00	09:00	CC is open	CC
08:30	09:00	Departure of Busses to Competition Area <i>further Busses according to Results of Team Leaders' Meeting on Thursday</i>	CC
11:00		First Start Relay Competition	Postalm
11:00		Start JWOC Girls	Postalm
11:10		Start JWOC Boys	Postalm
12:00	15:00	Warm Lunch at Competition Site	Postalm, Youth Hostel
+		Flower Ceremony Relay Competition	Postalm, Finish Area
+		Start of the Team Leaders, Press and VIP Race	Postalm
+		Departure of Busses to CC, Hotel Gastagwirt/Santner/Dachsteinblick	Postalm
16:00	18:00	CC is open	CC
18:30		Departure of Busses to Closing Ceremony / Banquet	CC
19:00	20:30	Banquet	Wallerseehalle Henndorf
20:30	21:00	Prize Giving Ceremony Relay Competition and Closing Ceremony	Wallerseehalle Henndorf
21:30	01:00	Party	Wallerseehalle Henndorf
01:00		Departure of Busses	Wallerseehalle Henndorf

Saturday, 17.02.2007 – Departure of Teams

08:00	11:00	CC is open	CC
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1.7 Identity Cards

Identity cards will be prepared and provided for Competitors, Team Leaders, media representatives and VIP according to their national entry lists. The cards will be handed over at the time of accreditation in the Competition Centre. To guarantee transport and access to the specific events and the local catering at the competition sites, the given out ID has to be carried the whole week.

1.8 Press Centre

The main Press Centre will be located right at the Competition Centre at Hotel Gastagwirt and is equipped with telephone, telefax, internet access and printers. Furthermore, media representatives are allowed to use the Salzburger Nachrichten Blue Box at the competition sites.

There is also a good connection by GSM mobile phones (A1, T-Mobile, One, Drei, Teling) in the Competition Centre as well as in the different finish areas.

1.9 Internet Access

There will be a room with some computers and internet access at the Competition Centre. The room will be supervised daily from 16:00 until 21:00. Access to the stations and to internet will be free, but limited to 10 minutes per person in case of great request. Accredited press will have priority and no time restrictions.

At Hotel Gastagwirt all rooms are equipped with WLAN (free access).

1.10 Banquet

The Banquet will be held in the Wallerseehalle in Henndorf (about 5 kms from the CC) on Friday evening at 19:00. Entrance is on basis of ID cards.

1.11 Insurance

Competitors participate at their own risk. According to national regulations, insurance against accidents shall be upon the responsibility of their national federation or themselves.

1.12 Medical Service and other Important Telephone Numbers

Medical service will be in addition to the daily service of first aid at the competition sites. On request, a medical service in the CC can be organized.

Useful phone numbers in case of any medical need:

- Ambulance: 144

In case of an emergency, please also contact the Organizing Committee under +43 664 4245042 (Christian Breitschädel, Event Director).

Other important telephone numbers are:

- Firemen: 122
- Police: 133 (in case of theft)

1.13 Prize Giving

For the Sprint and the Middle Distance as well as for the Relay there will be a flower ceremony at the finish area.

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The official prize giving ceremonies will be held on Postalm (Long Distance: JWOC and EYOC) and in the Wallerseehalle in Henndorf (Sprint and Middle Distance: JWOC and EYOC, as well as the Relay Competition).

1.14 National Flags

All national teams are requested to bring one national flag (recommended size 100 x 150 cm) in case of multiple runners on the podium. The flag has to be handed over in the Competition Centre when accreditation takes place.

1.15 Team Leaders' Meetings

The meetings will take place at the Competition Centre (Hotel Gastagwirt) in Eugendorf prior to each competition. Time windows of the meetings differ due to the change of competition sites and the related driving time. Following schedule was set up:

Sprint Distance	Sunday, 11 th February,	19:00 to 20:00
Middle Distance	Monday, 12 th February,	19:00 to 20:00
Long Distance	Wednesday, 14 th February,	17:30 to 18:30
Relay Competition	Thursday, 15 th February,	17:30 to 18:30

Start number bibs, start lists, detailed transport schedule, weather forecast and other relevant information will be handed out 15 minutes before the meeting starts.

1.16 Complaints and Protests

According to the IOF Rules for Ski Orienteering events, Complaints can be made by Team Officials and Competitors. Any Complaint shall be made in writing and handed over to the organizer at the local CC in the Event Centre as soon as possible. Complaints regarding the results shall be made no later than 15 minutes after publication of the official results list.

A written Protest can be made against the Organizers' decision about a complaint.

1.17 Anti-Doping

Current IOF Anti-doping rules apply. Doping controls may be carried out at any time during the competition period.

The Organizers and participants are committed to do everything required to support the official anti-doping authorities to do their work successfully and transparently. We strongly support all efforts to keep our sport clean and doping free.



2 Race Information

2.1 Registration

Registration overview			W 20	M 20	W 17	M 17	Officials	Sum
1	Belorussia		4	2	1	1	3	11
2	Bulgaria		-	3	-	1	2	6
3	Czech Republic		5	5	4	3	7	24
4	Estonia		1	4	1	2	1	9
5	Finland		6	6	3	3	4	22
6	France		3	1	-	3	2	9
7	Germany		2	2	2	-	2	8
8	Hungary		-	1	1	1	1	4
9	Italy		-	4	3	2	2	11
10	Latvia		-	4	0	3	2	9
11	Lithuania		1	2	-	1	1	5
12	Mongolia		1	-	-	-	2	3
13	Norway		5	5	-	-	4	14
14	Romania		1	3	1	1	2	8
15	Russia		7	7	4	4	5	27
16	Sweden		6	6	4	4	6	26
17	Switzerland		2	3	3	2	2	12
18	Ukraine		2	4	-	4	5	15
19	Austria		3	4	4	4	2	17
			49	66	31	39	56	240

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2.2 Maps and Courses

Comp./ Class	Altitude above Sea Level	Length str./sen.	Climb	Controls	Winning Time	Refreshments; %	Equipm.- contr.; %	Map Scale	Contour Interval	Course Planner
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Training / Model Event										
Map 1	1.100 m			-	-	-	-	1:7.500	5 m	-
Map 2	1.100 m			-	-	-	-	1:15.000	5 m	-

Sprint Distance										
W 20	1.590 m					-	-	1:7.500	5 m	Wolfgang Pötsch
M 20	1.590 m					-	-	1:7.500	5 m	
W 17	1.590 m					-	-	1:7.500	5 m	
M 17	1.590 m					-	-	1:7.500	5 m	

Middle Distance										
W 20	1.590 m					-	1;	1:10.000	5 m	Wolfgang Pötsch
M 20	1.590 m					-	1	1:10.000	5 m	
W 17	1.590 m					-	1	1:10.000	5 m	
M 17	1.590 m					-	1	1:10.000	5 m	

Long Distance										
W 20	1.100-1.400 m					1	1	1:15.000	5 m	Wolfgang Pötsch
M 20	1.100-1.400 m					1	1	1:15.000	5 m	
W 17	1.100-1.400 m					1	1	1:15.000	5 m	
M 17	1.100-1.400 m					1	1	1:15.000	5 m	

Relay Competition										
W 20 - Leg 1						1	1	1:10.000	5 m	Wolfgang Pötsch
W 20 - Leg 2						1	1	1:10.000	5 m	
W 20 - Leg 3						1	1	1:10.000	5 m	
W Total										
M20 - Leg 1						1	1	1:10.000	5 m	
M20 - Leg 2						1	1	1:10.000	5 m	
M20 - Leg 3						1	1	1:10.000	5 m	
M Total										

If table with detailed Race information is incomplete, the information will be handed out later on.

Completely new maps according to IOF rules (International Specification for Orienteering Maps (ISOM 2000) and Map Specification for Ski Orienteering 2002 will be provided. All competition maps are printed on water resistant paper, no plastic bags are needed.

2.3 Embargoed Areas

Following area is embargoed up to the day of the race:

- Sportgastein: Sprint and Middle Distance
- Postalm: Long Distance and Relay Competition



2.4 Model Event

Due to the weather situation and the recent changes in the Event Program, we can only provide one Model Event area which is situated in Böckstein (altitude 1.100 m), close to the area of Sportgastein. This area is about 100 km south of Eugendorf on direct way to Sportgastein. The main use of this Model Event is to get familiar with all technical routines of the races, like the start procedure.

The Model Event area is situated about 450 m lower than the competition area of the Sprint and Middle Distance but approximately same altitude as Long Distance and Relay Competition.

2.5 Warm-up Areas

Warm-up areas will be provided right at the Competition Sites. Areas outside the Warm-up Area are considered Competition Area and thus forbidden. Please remain in the area indicated on the overview map to avoid disqualification.

Detailed information will be given at the Team Leader Meetings.

2.6 Start Draws

The start draws will be made according to the IOF Ski Orienteering Competition Rules 2004 (section 12.6) under the supervision of the IOF Event Advisor. The draws will not be open to team officials, athletes or the public.

2.7 Start Number Bibs

Start Number Bibs will be handed out at the Team Leaders' Meetings the day prior every event. The number bib must be attached on to the right leg. It is not allowed to fold the number bib. Safety pins will be provided.

2.8 Start Groups

According to IOF Rules there are following points to consider when filling up the different Start Groups:

- The first runner can choose the Start Group, e.g. 3rd Start Group. (Var 1).
- Second and third runner cannot choose the same start group as the first one, only an existing empty one (e.g. Var 2 and 3).
- The fourth runner has the same options as the first runner (all Start Groups are already filled up with one runner – Var 5) and is again able to choose his Start Group (e.g. Var 6).

Start Group	Var 1	Var 2	Var 3	Var 4	Var 5	Var 6
1 st Start Group			•		•	•
2 nd Start Group				•	•	•
3 rd Start Group	•	••	•	••	•	••
	ok	not ok	ok	not ok	ok	ok

• = Runner



2.9 Punching System

Electronic SPORTident punching system will be used in all SKI JWOC - EYOC 2007 events:

- Rented SI-Cards will be handed out at arrival together with the other material.
- Competitors will run all races with the same SI-Card.
- It is the responsibility of each competitor to take the right SI-Card to the start.
- Competitors are responsible for correct clearing and checking their SI card in the control unit located in the start area.
- There are at least two SI units at each control site. There are no manual punching devices on the control stand.
- Competitors are responsible for correct punching at the controls. Please check carefully the optical and acoustic signals! If one SI unit does not work properly, use the second one!
- Runners have to announce any problem with controls and punches at the read-out in the finish.
- Rented SI-Cards must be returned after the last event (relay). Team leaders are responsible for returning all rented SI-Cards.

2.10 Start Procedure

2.10.1 Individual Competitions

There are Quarantine Areas for each individual race where all the athletes have to be before the first start! Coaches are allowed to leave the Quarantine Area when leaving to the Finish Area but they cannot return back to the Quarantine Area. All possible exits are supervised by the organizational staff.

In the Quarantine Area there is a marked Warm up Area where all athletes may do their warm up and ski testing. It's not allowed to leave this area again!

This Separation of starters and finishers is according the IOF rules to avoid any contact between finished athletes and those who have not been out racing. It is also not permitted to use any kind of communication devices in the Quarantine Area until the last starter is in the race. This may lead to disqualification!

For information concerning waxing possibilities please see point "Specific Information for each Competition".



START PROCEDURE Individual Competitions

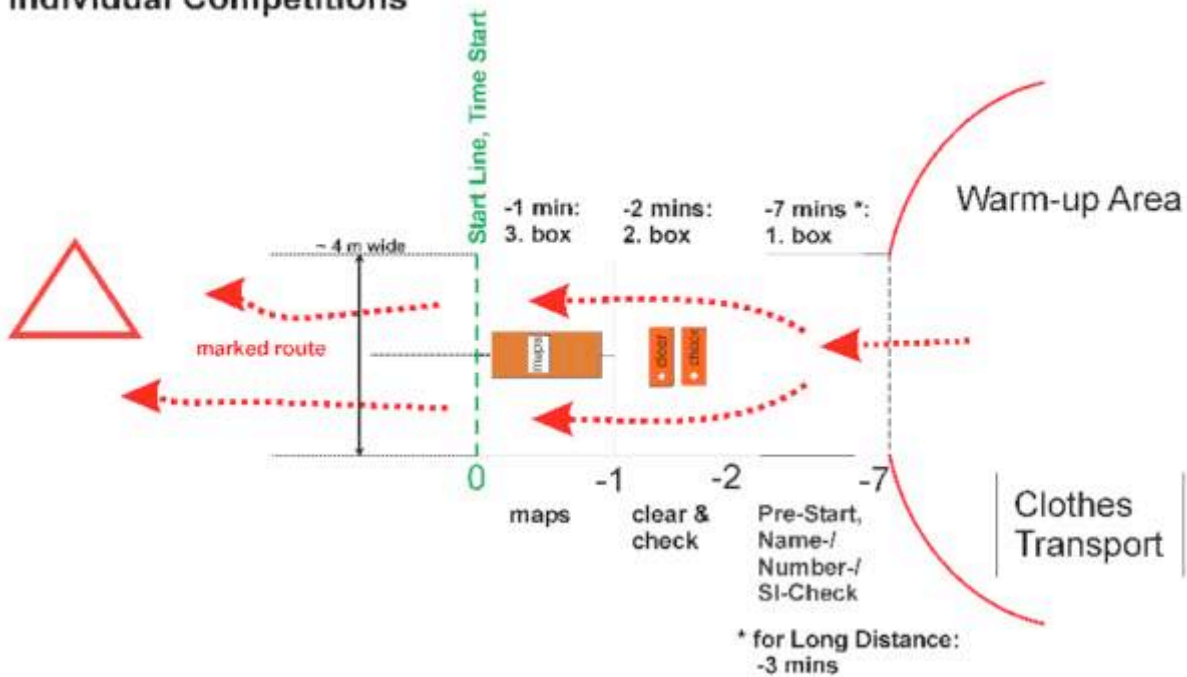


Illustration 3: Schema of Start Area for Individual Competitions

2.10.2 Relay Competition

First Runner:

There is a Warm up Area for all competitors other side of the road which is marked in the area.

First call up for all First Runners will be -6 min before the official start time. Thereby the name, the number bib, the SI number check and the SI clear and function check will take place. Furthermore will the skis be marked there as well. After this whole process the competitor may enter the (Pre)-Start area.

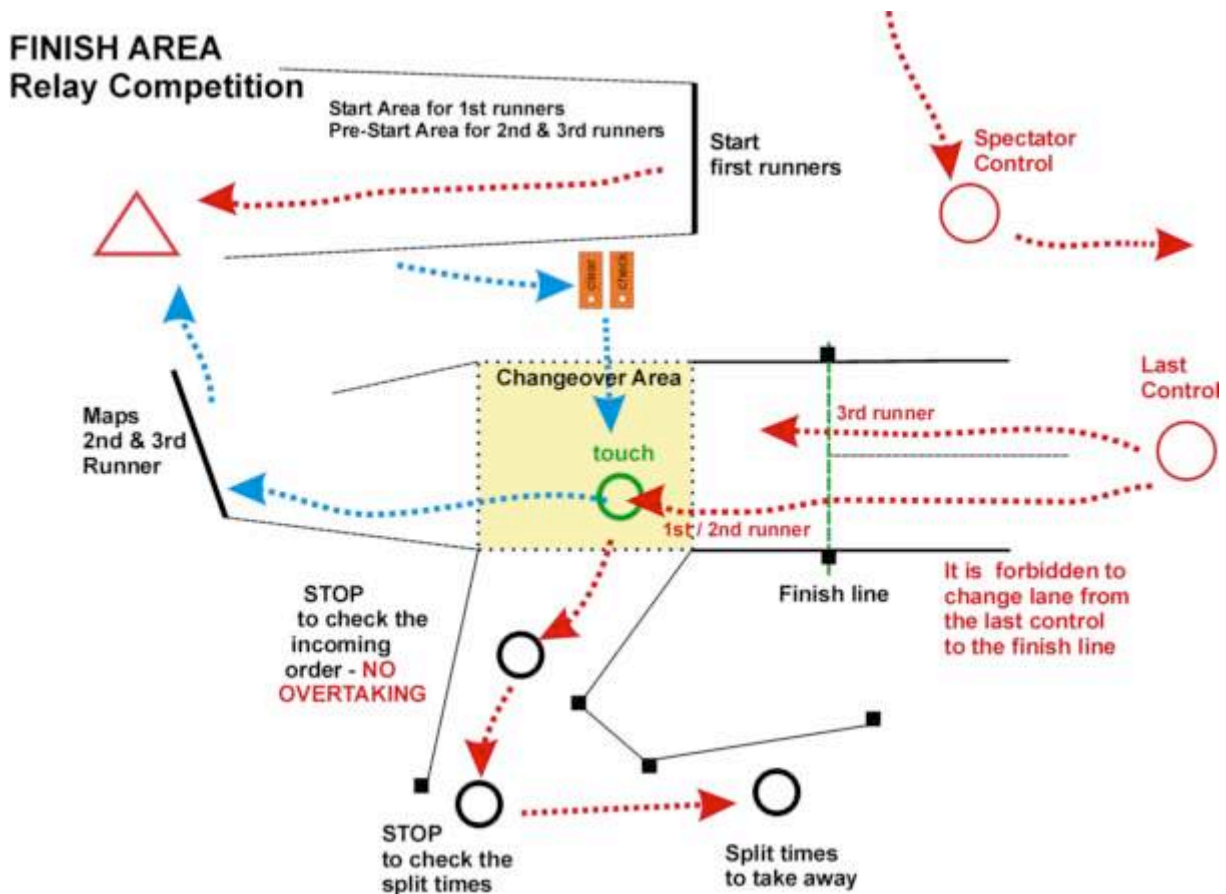


Illustration 4: Schema of the Finish Area for Relay Competition

-1 min: The line up of all starters will take place.

-15 sec: Officials will hand-over the competition maps to the athletes.

0 min: Start with an adequate start signal.

Map Start (start triangle) is marked with a control flag in the terrain. A compulsory track must be followed from the start line to the map start.

Changeover by touch after the finish line within a marked changeover area (10 m wide).

Second and Third Runner:

There is a Warm up Area for all competitors other side of the road which is marked in the area.

The pre-warning of the previous competitors will take place at spectator control and is of own responsibility.

After a runner is pre-warned the next runner may enter the Pre Start area and go through the same procedure as the first of second runner.

The Start signal is a touch from the incoming runner.

The map will be picked up from a board and then a compulsory track to the Map Start (start triangle) must be followed.



2.11 Finish Procedure

2.11.1 Individual Competitions

After punching of the last control it is compulsory to follow the marked route to the finish. Choose one lane and stay in it! It's not allowed to change the lane in the run in.

The Time keeping will be made with a light beam which is situated 15cm above the snow surface. Right after the finish line the SI card will be read out manually with the help of the Organizers.

The competition maps will be collected by the organizers after the all Individual Distances. These maps will be handed out after the second race in the particular area as soon as the last competitor has finished.

Maps are only given out after Middle Distance (Sprint and Middle Distance Maps) and Relay Competition (Long Distance and Relay Competition) to the National Team Leaders.

Team Leaders and Media representatives themselves will get maps of all courses.

FINISH AREA Individual Races

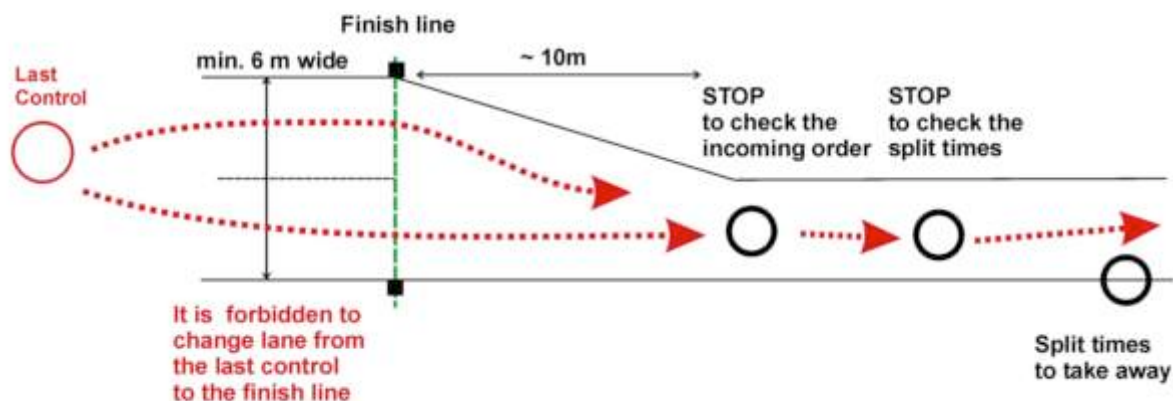


Illustration 5: Schema of Finish Area for Individual Competitions

2.11.2 Relay Competition

First and Second Runner:

After punching of the last control it is compulsory to follow the marked route to the finish. Choose one lane and stay in it! It's not allowed to change the lane in the run in.

The Time keeping will be made with a light beam which is situated 15cm above the snow surface.

The 2nd and 3rd runner has to wait within the marked changeover area (10 m wide). A touch within changeover area is the start signal for following runner.

Right after the change over the SI card will be read out manually with the help of the Organizers.

The competition maps will be collected by the organizers.

Bulletin 4



Third Runner:

After punching of the last control it is compulsory to follow the marked route to the finish. Choose one lane and stay in it! It's not allowed to change the lane in the run in.

The Time keeping will be made with a light beam which is situated 15cm above the snow surface. Right after the finish line the SI card will be read out manually with the help of the Organizers.

In case of a photo finish the video analysis counts – finish judges will rule on the final placing

The competition maps will be collected by the organizers.

2.12 Equipment Control

For Middle and Long Distance an Equipment Control will be provided. Competitors/Teams therefore can store specific and clearly marked Equipment (skis, ski shoes, bindings, ski poles and other equipment) at the Equipment Control Deposit in the Finish Area (Middle Distance) and at the Youth Hostel on Postalm (Long Distance).

According to the IOF Rules no assistance (e.g. from Coaches) is permitted when changing equipment at the Equipment Control Site.

2.13 Refreshment

Warm drinks will be available in the finish area.

Refreshments during the Long Distance race are marked on the map.

On Thursday and Friday on Postalm, the company more4sports provides sports nutrition drinks exclusively for Ski JWOC – EYOC 2007 participants. For detailed Information see page 4.

2.14 Clothing Transport

A clothing transport from Start to Finish Area at the relevant Competition Sites will be organized. To prevent lost clothes, competitors are asked either to clearly mark their equipment or to use the provided bags at the deposit area.

The places for depositing and picking up the clothes or material will be signed clearly in the Start and Finish Area.

2.15 Fairness

For Competitors (and Coaches) it is forbidden to use mobile phones or other communication devices after arriving at the finish and before the last runner has started.

- Ski test: both areas, Sportgastein and Postalm, are embargoed areas! No access for athletes, coaches, service teams and other people who are in close contact with the team is allowed. We recommend the area of "Gnadenalm" which is near "Obertauern". This area is at similar altitude and offers similar area characteristics.
- Coaching (handover of information, equipment, material, drinks,...) is only allowed in the coaching zones (maximum two coaches per team).
- Competitors and Coaches are not allowed to leave the finish area of individual races after the first runner has arrived. Team officials and non-competing runners are not allowed to enter the competition terrain.
- A Competitor/Team who breaks any rule, or who benefits from the breaking of any rule, may be disqualified.



3 Specific Information for each Competition

3.1 Terrain Types

Sprint Distance and Middle Distance, 11th and 12th February 2007: Sportgastein

- Land Form:** The terrain area is located about 1.600 m above sea level in the end of a valley with steep slopes on three sides. At the bottom of the valley generally flat with smooth hills.
- Vegetation:** alpine area, almost open
- Visibility:** very good

Long Distance and Relay, 15th and 16th February 2007: Postalm

- Land Form:** Typical alpine character terrain on Europe's second largest high plateau. Located between 1.100 to 1.400 m above sea level.
- Vegetation:** Open area with scattered forest on higher parts, partly steep slopes and dense forest on lower parts.
- Visibility:** Generally good.

3.2 Training / Model Event - Böckstein

- Approach:** ~100km south of CC. Follow motorway A10 direction south. Take Exit "Bischofshofen" and follow the signs to "Gasteinertal" on freeway no. B311. Take left to "Gasteinertal" and B167 and continue until Bad Gastein. You will find signs to guide you to the Model Event along this freeway after Bad Gastein.

Driving Time: ~ 80 minutes

Bus Schedule:

Monday, 12.02.2007 – Training / Model Event & Sprint Distance

08:00		Departure of Bus 1 + 2 to Training, Model Event and Sprint Distance	CC
	08:10	Hotel Santner	
09:30	10:45	Training, Model Event	Böckstein
10:45		Departure of busses to Sprint Distance Area / Lunch	Böckstein
11:00	12:30	Warm Lunch in two equal Restaurants at Competition Site	Sportgastein



3.3 Sprint Distance

Approach: Same route as to Model Event. Follow the main road until “Böckstein” and take right in the village centre – follow the street signs to “Sportgastein” until the end of the valley. You will arrive at the official parking area for the competition.

Driving Time: 20 minutes (from Model Event Area)

Start Interval: 1 minute

Bus Schedule:

Monday, 12.02.2007 – Training / Model Event & Sprint Distance

11:00	12:30	Warm Lunch in two equal Restaurants at Competition Site	Sportgastein
14:00		First Start Sprint Distance	Sportgastein
+		Flower Ceremony Sprint Distance, JWOC	Sportgastein
+		Departure of Bus 1 + 2 to CC	Sportgastein

Overview of Competition Area

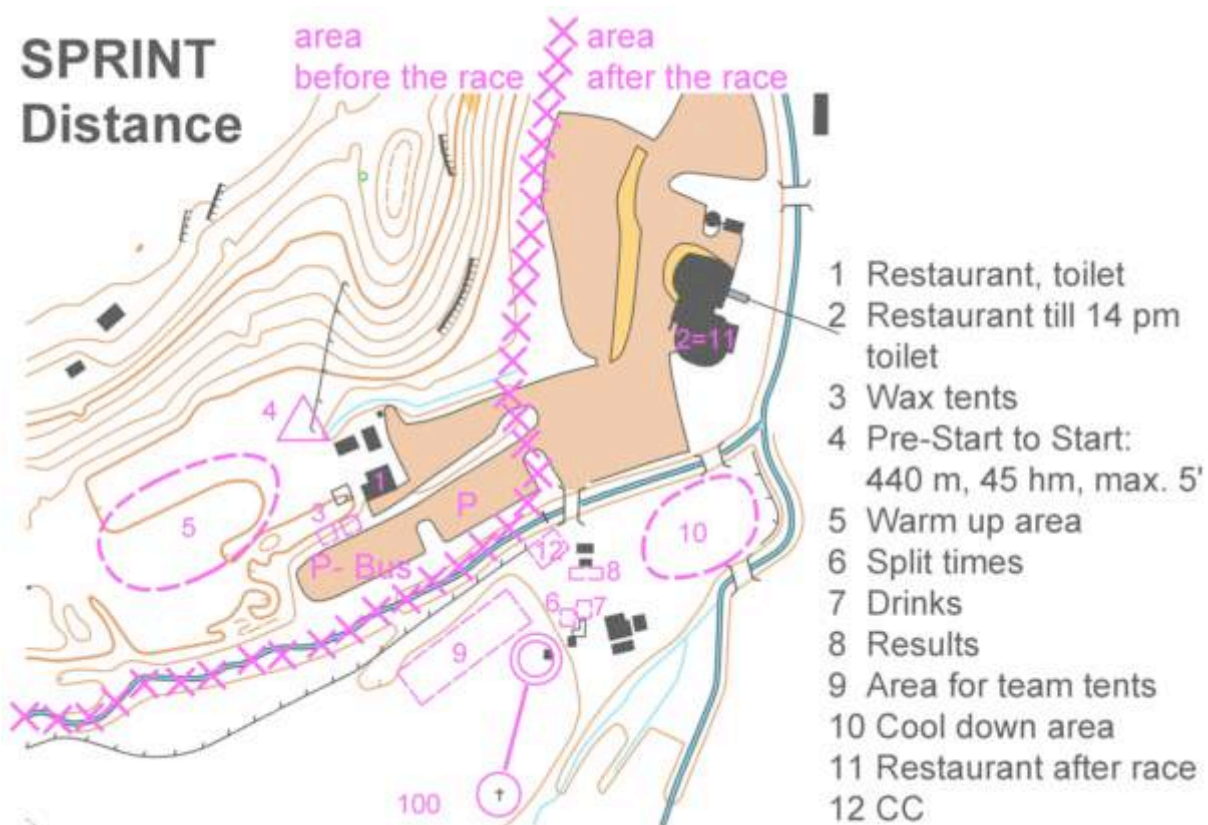


Illustration 6: Overview of Sprint Distance Competition Area

Bulletin 4



3.4 Middle Distance

Approach: Same location as Sprint Event

Driving Time: ~ 100 minutes

Start Interval: 2 minutes

Intermediate Times: 1

Bus Schedule:

Tuesday, 13.02.2007 – Middle Distance

07:00		Departure of Bus 1 - for Start Time 11:00 to 12:05	CC
	07:10	Hotel Santner	
07:30		Departure of Bus 2 - for Start Time from 12:06	CC
	07:40	Hotel Santner	
10:45		Deadline for material for Equipment Control	Sportgastein
11:00		First Start Middle Distance	Sportgastein
12:00	14:30	Warm Lunch in two equal Restaurants at Competition Site	Sportgastein
+		Flower Ceremony Middle Distance, JWOC and EYOC	Sportgastein
+		Departure of Bus 1 + 2 to CC	Sportgastein
16:00	18:00	CC is open	CC
17:00		Deadline for Entries for Rest Day	CC
17:30	18:30	Team Leaders' Meeting	CC
18:30		Departure of Busses to Opening Ceremony	CC
	18:40	Hotel Santner	
18:30	20:00	Dinner before Opening Ceremony	Wallerseehalle Henndorf
20:00	20:30	Opening Ceremony	Wallerseehalle Henndorf
20:00	21:30	CC is open	CC
20:30	21:00	Prize Giving Ceremony Sprint Distance and Middle Distance, JWOC and EYOC	Wallerseehalle Henndorf
21:30		Departure of Busses (flexible)	Wallerseehalle Henndorf



Overview of Competition Area:

MIDDLE Distance

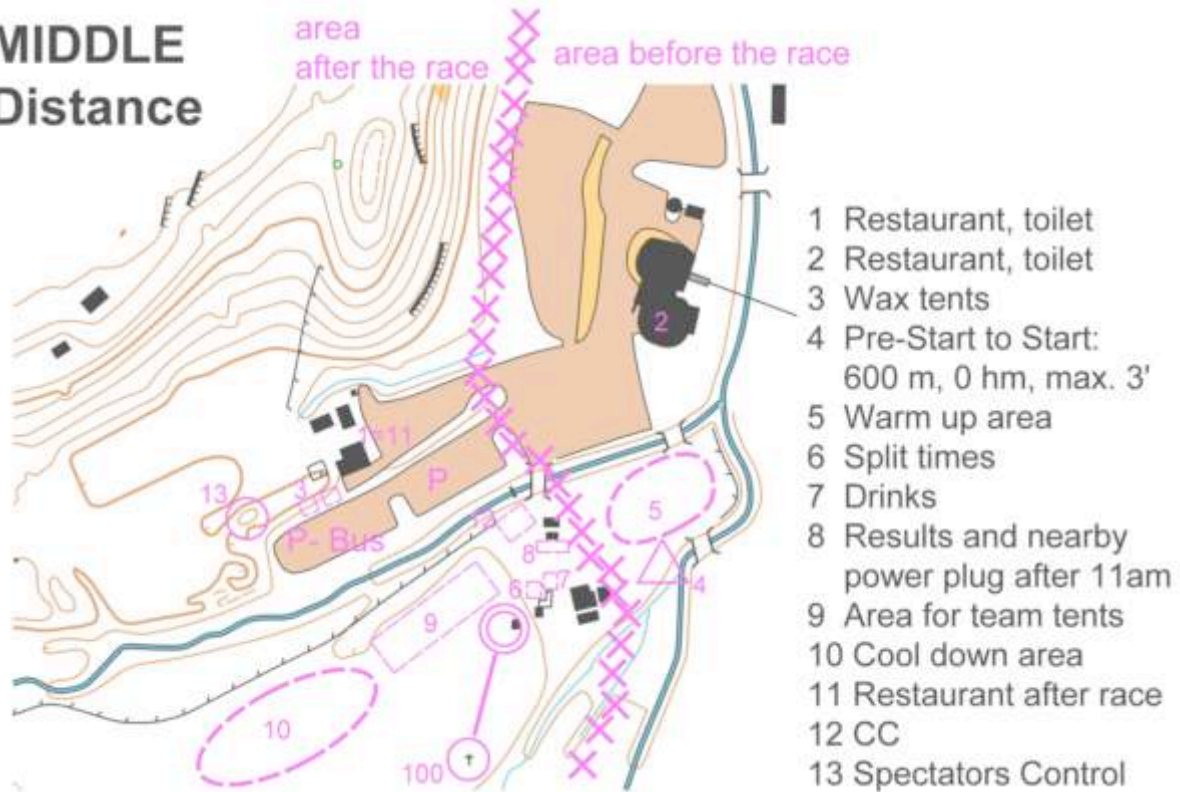


Illustration 7: Overview of Middle Distance Competition Area

3.5 Rest Day

Details will be presented at the Team Leaders' Meeting on Tuesday.

Bulletin 4



3.6 Long Distance

Approach: Compulsory Transport for all team members!

Driving Time: 60 minutes

Start Interval: 2 minutes

Intermediate Times: 1

Bus Schedule:

Thursday, 15.02.2007 – Long Distance

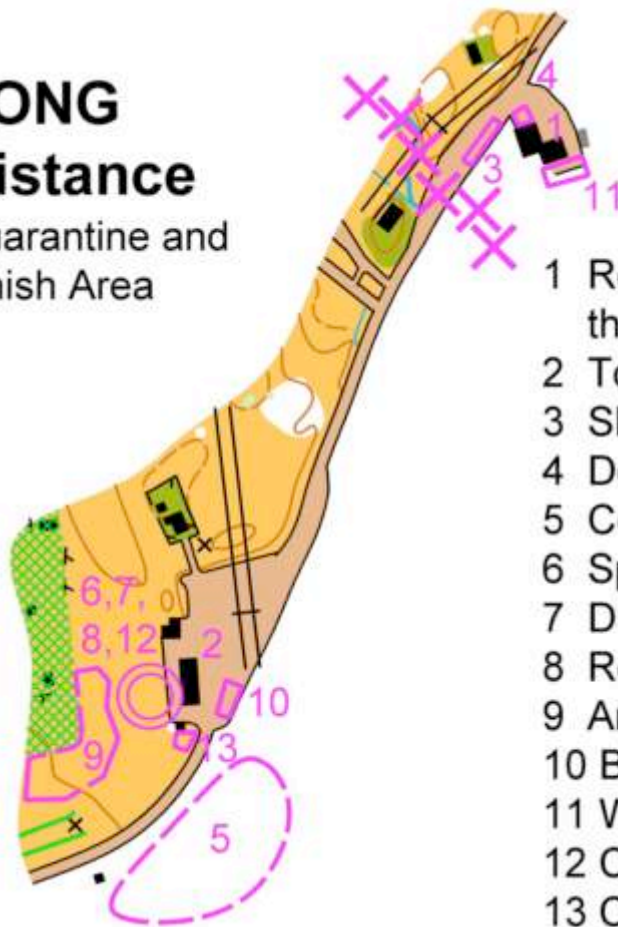
08:30		Departure of Bus 1 - for Starting Time 11:00 to 11:33	CC
	08:40	Hotel Santner	Hotel Santner
	08:55	Hotel Dachsteinblick	Hotel Dachsteinblick
08:50		Departure of Bus 2 - for Starting Time 11:34 to 12:06	CC
	09:00	Hotel Santner	Hotel Santner
	09:15	Hotel Dachsteinblick	Hotel Dachsteinblick
09:10		Departure of Bus 3 - for Starting Time 12:07 to 12:40	CC
	09:20	Hotel Santner	Hotel Santner
	09:35	Hotel Dachsteinblick	Hotel Dachsteinblick
09:30		Departure of Bus 3 - for Starting Time from 12:41	CC
	09:40	Hotel Santner	Hotel Santner
	09:55	Hotel Dachsteinblick	Hotel Dachsteinblick
10:00	11:30	Shuttle Bus from Youth Hostel Postalm to Start Area (flexible intervalls)	
10:45		Deadline for material for Equipment Control	Postalm, Youth Hostel
11:00		First Start Long Distance	Postalm
11:00	13:15	Shuttle Bus from Start Area to Finish Area (flexible intervalls)	
+		Prize Giving Ceremony Long Distance, JWOC and EYOC	Postalm
13:00	15:30	Warm Lunch at Competition Site	Postalm, Youth Hostel
15:00		Deadline for Entries for Relay	Postalm or CC
+		Departure of Busses to CC, Hotel Gastagwirt/Santner/Dachsteinblick	Postalm, Finish Area



Overview of Competition Area – Quarantine & Finish Area:

LONG Distance

Quarantine and
Finish Area



Quarantine Area

- 1 Restaurant before and after the race, Youth Hostel, Toilet
- 2 Toilet (Finish Area)
- 3 Shuttle Bus to Start Area
- 4 Deposit for Equipment Control
- 5 Cool down area
- 6 Split times
- 7 Drinks
- 8 Results
- 9 Area for team tents
- 10 Bus Departure
- 11 Wax tents
- 12 CC
- 13 Clothes Transport - Pick Up

Illustration 8: Overview of Long Distance Competition Area - Quarantine & Finish Area

Overview of Competition Area – Start Area:

LONG Distance Start Area



- 1 Toilet
- 2 Parking for Shuttle Bus
- 3 Warm-up Area
- 4 Pre-Start to Start:
200 m, 5 hm
- 5 Clothes Transport

Illustration 9: Overview of Long Distance Competition Area - Start Area



3.7 Relay Competition

Approach: Compulsory Transport for all team members! Same Location as Long Distance

Driving Time: 60 minutes

Intermediate Times: none but Spectators Control

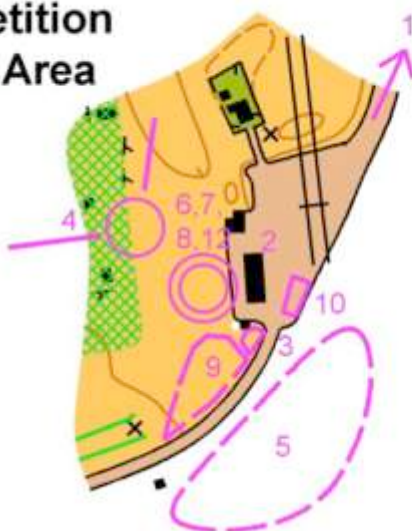
Bus Schedule:

Friday, 16.02.2007 – Relay Competition

07:00	09:00	CC is open	CC
<i>Bus Schedule according to Results of Team Leaders' Meeting on Thursday</i>			
11:00		First Start Relay Competition	Postalm
11:00		Start JWOC Girls	Postalm
11:10		Start JWOC Boys	Postalm
12:00	15:00	Warm Lunch at Competition Site	Postalm, Youth Hostel
+		Flower Ceremony Relay Competition	Postalm
14:00		Start of the Team Leaders, Press and VIP race	Postalm
+		Departure of Busses to CC, Hotel Gastagwirt/Santner/Dachsteinblick	Postalm
16:00	18:00	CC is open	CC
18:30		Departure of Busses to Closing Ceremony / Banquet	CC
	18:40	Hotel Santner	
19:00	20:30	Banquet	Wallerseehalle Henndorf
20:30	21:00	Prize Giving Ceremony Relay Competition and Closing Ceremony	Wallerseehalle Henndorf
21:30	01:00	Party	Wallerseehalle Henndorf
01:00		Departure of Busses to CC	Wallerseehalle Henndorf

Overview of Competition Area:

RELAY Competition Finish Area



- 1 Restaurant before and after the race, Youth Hostel, Toilet ~ 400 m (see Long Distance)
- 2 Toilet (Finish Area)
- 3 Wax tents
- 4 Spectators Control
- 5 Warm up & Cool down area
- 6 Split times
- 7 Drinks
- 8 Results
- 9 Area for team tents
- 10 Bus Departure
- 11 CC

Illustration 10: Overview of Relay Competition Area



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Nachrichten

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Pongauer
Nachrichten

Pinzgauer
Nachrichten

Lungauer
Nachrichten

Stadt
Nachrichten

Salzburger Nachrichten

