

# Bulletin

1<sup>st</sup> September 2008

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## WOC2010 Trondheim Norway





# Welcome to WOC2010 in Trondheim, Norway

*Dear Sport Friends,*

*On behalf of the county of Sør-Trøndelag I am pleased to welcome competitors, team leaders, officials and guests to the Trondheim region and the World Orienteering Championships 2010.*

*I also welcome the participants of the public competitions and other visitors, and hope that you will have an enjoyable time here.*

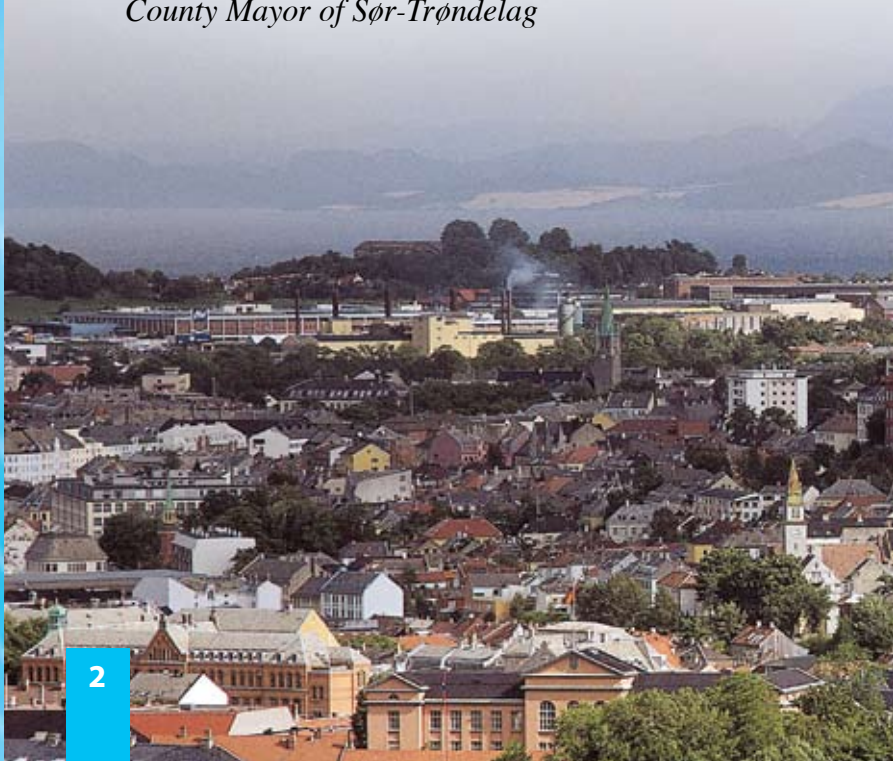
*The region and its capital, Trondheim, are rich in history, culture and traditions, also in sports. I am confident that the Championship competitions will be challenging, fair and exciting, in line with the character of the sport of orienteering. We encourage our visitors to take this opportunity to explore Trondheim and the region, to see some of the numerous historical sites and to enjoy what is offered in terms of culture, entertainment and adventure.*

*I wish all the organisers good luck in the preparation of this major sport event. Everyone who is involved should be assured that the support from the county of Sør-Trøndelag is more than a formality.*

*Tore O. Sandvik  
County Mayor of Sør-Trøndelag*

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## 2. Organizing Committee

Lars Skrøvseth	President of the Organizing Committee
Åse Rita Ellingsen	Event Director
Stig Berge	Secretary
Torgeir Aune	WOC Director
Per Einar Pedersli	WOC Deputy Director (Maps and Courses)
Eirik Vefsnmo	Director Media
Jann Ola Berget	Director Finance
Bernt Rognes	Director Technology
May Toril Moen	WTOC Director
Bjørn Høsøien	Director Logistics
Paul Gjervan	Director Marketing and Sponsors
Magnus Mellbye Larsen	Director "WOC Tour"

## 3. Event Controllers

Lars Forsberg (SWE)	IOF WOC Senior Event Advisor
Ivar Maalen (NOR)	Chief National Controller

## 4. Preliminary program WOC 2010

The final program for WOC2010 is pending on an approval from the IOF Foot-o commission.

<b>Date</b>	<b>Morning</b>	<b>Afternoon</b>
7.8 Saturday		Sprint qualification, Opening ceremony
8.8 Sunday		Sprint Final
9.8 Monday	Day 1, WOC -Tour	Middle distance qualification
10.8 Tuesday	Day 2, WOC -Tour	Long distance qualification
11.8 Wednesday	Day 3, WOC -Tour	
12.8 Thursday		Long distance Final
13.8 Friday	Day 4, WOC Tour	
14.8 Saturday	Middle distance Final	Day 5, WOC Tour
15.8 Sunday	Relay (Woman)	Relay (Men) Closing ceremony, Banquet

The WOC week will be August 7<sup>th</sup> – August 15<sup>th</sup> 2010



## 5. Classes and Entry Regulations

The Competition Rules for IOF Foot Orienteering Events (version valid from 1 July 2008) shall be applied to participation in World Orienteering Championships 2009:

- *There is one class for women and one for men. There are no age restrictions.*

For further details on classes and regulations please refer to the Competitions Rules on the IOF-web: [www.orienteering.org](http://www.orienteering.org)

## 6. Event Centre and Accommodation



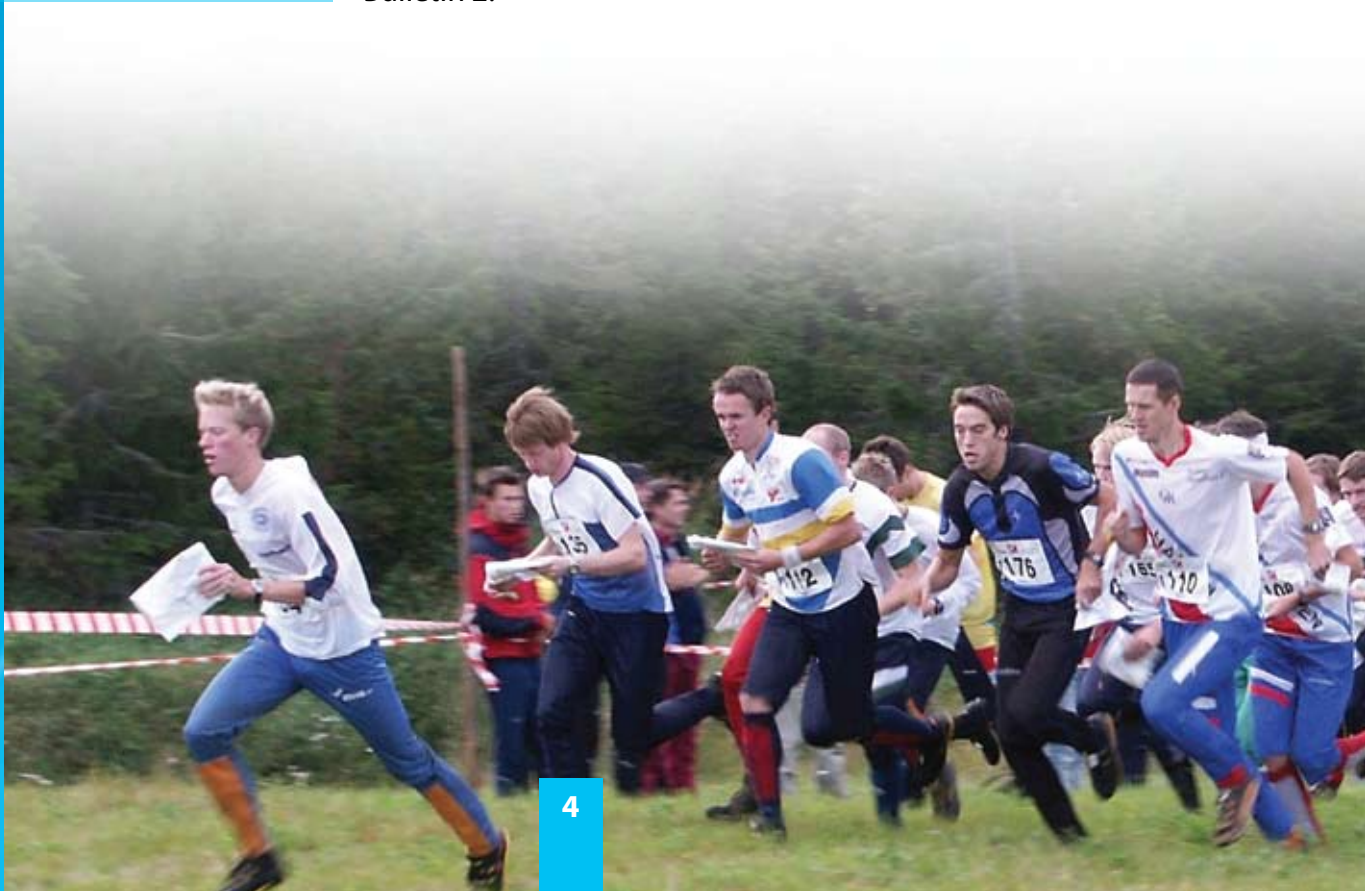
The WOC2010 Event Centre

The official Event and Media Centre of WOC2010 will be in the Quality Hotel Panorama. This hotel provides high standard accommodation in 112 rooms. Meeting rooms and similar facilities will be provided. The hotel is located 7 km from the city centre, and only 3 km from Granåsen, the competition centre for all finals except for the sprint final. Good public communication to the city centre by bus. Shopping centers and other facilities like training studio, swimming pool, etc. are located close to the hotel.

A low cost accommodation alternative will be provided at Sandmoen motel, 3 km from the Event Centre. Also accommodation in schools will be provided close to the Event Centre.

Hotel accommodation in the city centre will be provided for IOF-delegates and other guests. This will be at hotels Rica Nidelven, which will host the IOF congress, and Scandic Solsiden which is in walking distance from Rica Nidelven.

Reservation forms for accommodation will be included as a part of Bulletin 2.





## 7. Embargoed Areas

With reference to the IOF Competition Rules (article 26.6), the listed areas are embargoed for all potential WOC2010 team members as well as coaches, team leaders and other persons that may be in a position to give information to the team members. Specifically, until WOC2010 is finished, in the embargoed areas there will be:

- no organized orienteering
- no training sessions, route testing, etc.
- no surveying or other use of maps

This applies to potential participants and to persons who may become team leaders, coaches or similar. It is permissible to pass through the embargoed areas using paved public roads.

**Offences shall be reported to WOC2010 Event Director Åse Rita Ellingsen, e-mail: [post@woc2010.com](mailto:post@woc2010.com)**



WOC2010 arena

Copies of the most recent versions of the orienteering maps of the embargoed areas are published on the website of WOC2010. On request the maps will be sent on CD-rom to IOF member federations for a price of 30 €.

### Embargoed areas of WOC2010 and previous O-maps (only latest editions):

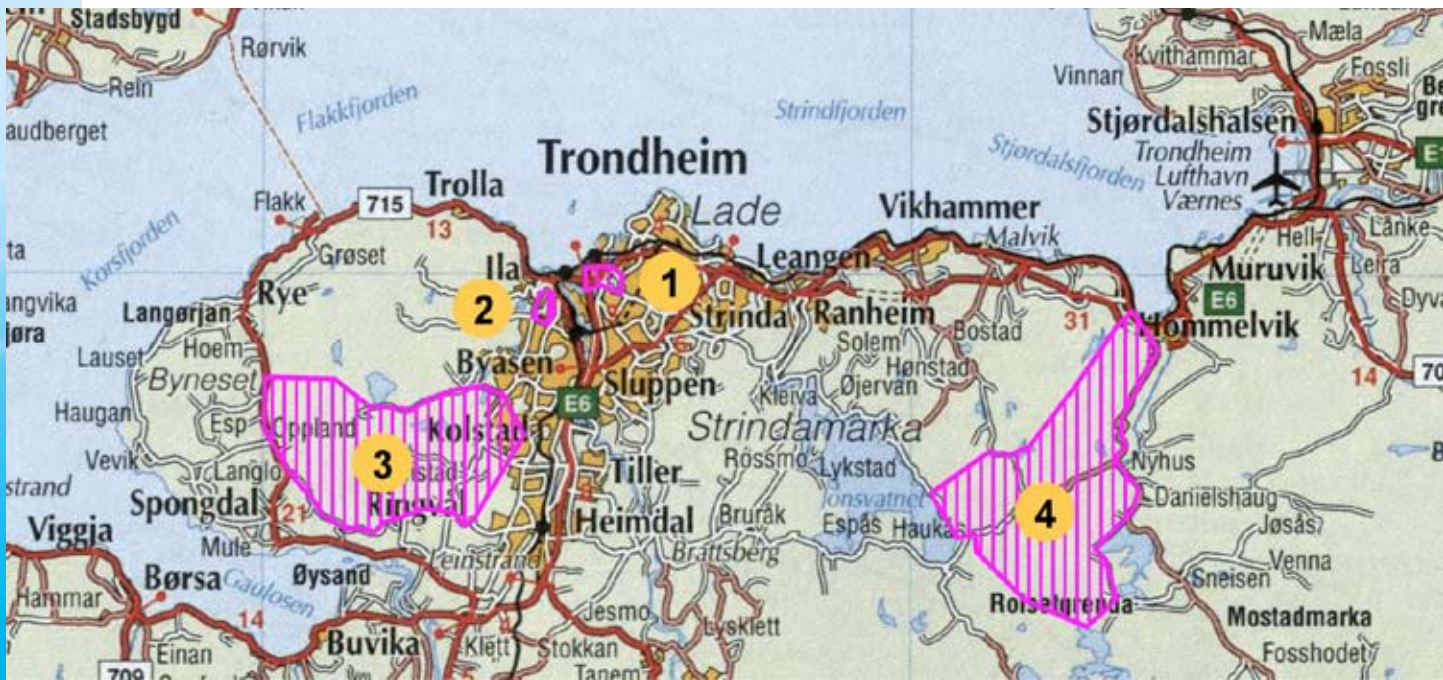
No.	Areas	Previous maps	Scale	Year
1	Kristiansten fort, City centre	"Småbergan"	1:5000	2001
		"Midtbyen"	1:5000	2006
2	Sverresborg museum	"Sverresborg"	1:4000	2007
3	Leinstrandmarka	"Frøset"	1:10000	2003
		"Flatåshaugen"	1:10000	2005
		"Henriksåsen"	1:10000	2001
		"Leinstrandmarka Vest"	1:10000	2001
		"Leinstrandmarka Øst"	1:10000	2003
		"Smistad"	1:10000	2005
4	Jervskogen	"Stavsjøen"	1:10000	1999
		"Vulusjøen"	1:15000	1999
		"Stavsjøfjellet"	1:15000	1999

*Please refer to the maps over embargoed areas.*





# Map – Overview embargoed areas



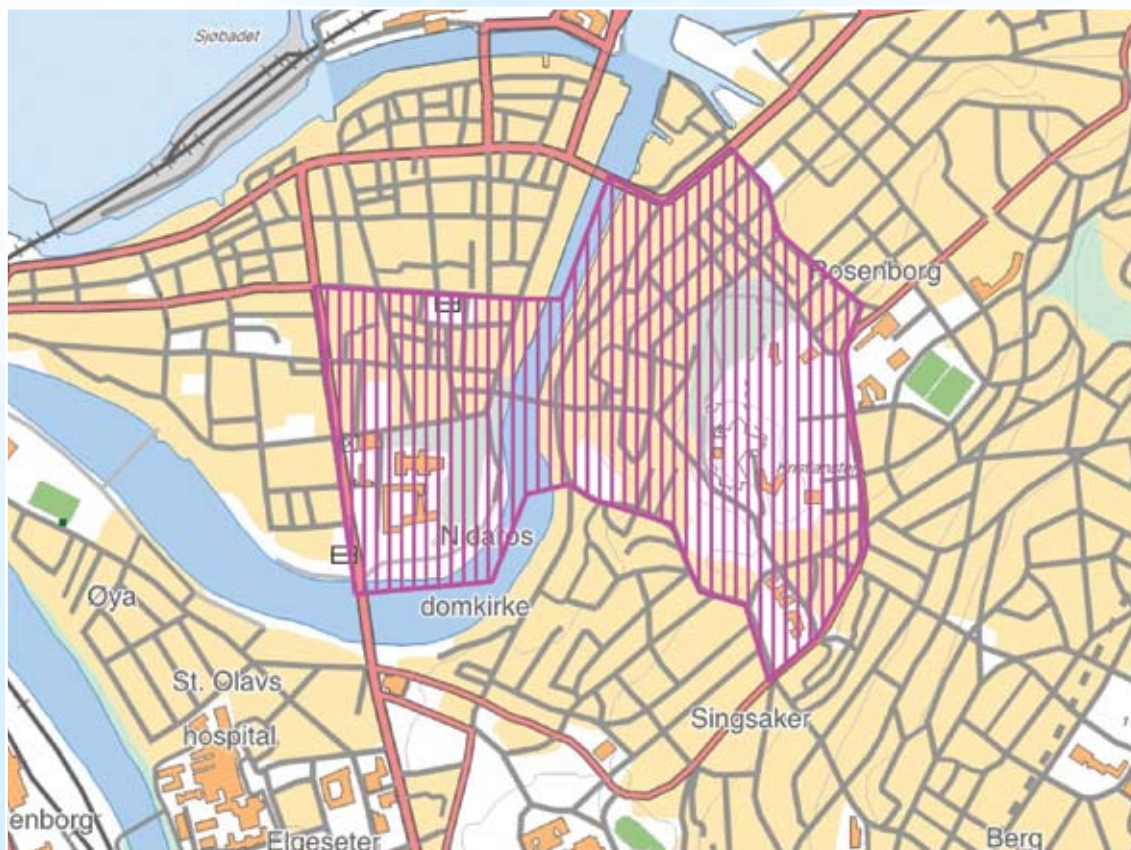
The following areas are embargoed:

- ① The city centre of Trondheim and Kristiansten fort
- ② Sverresborg museum
- ③ Leinstrandmarka
- ④ Jervskogen

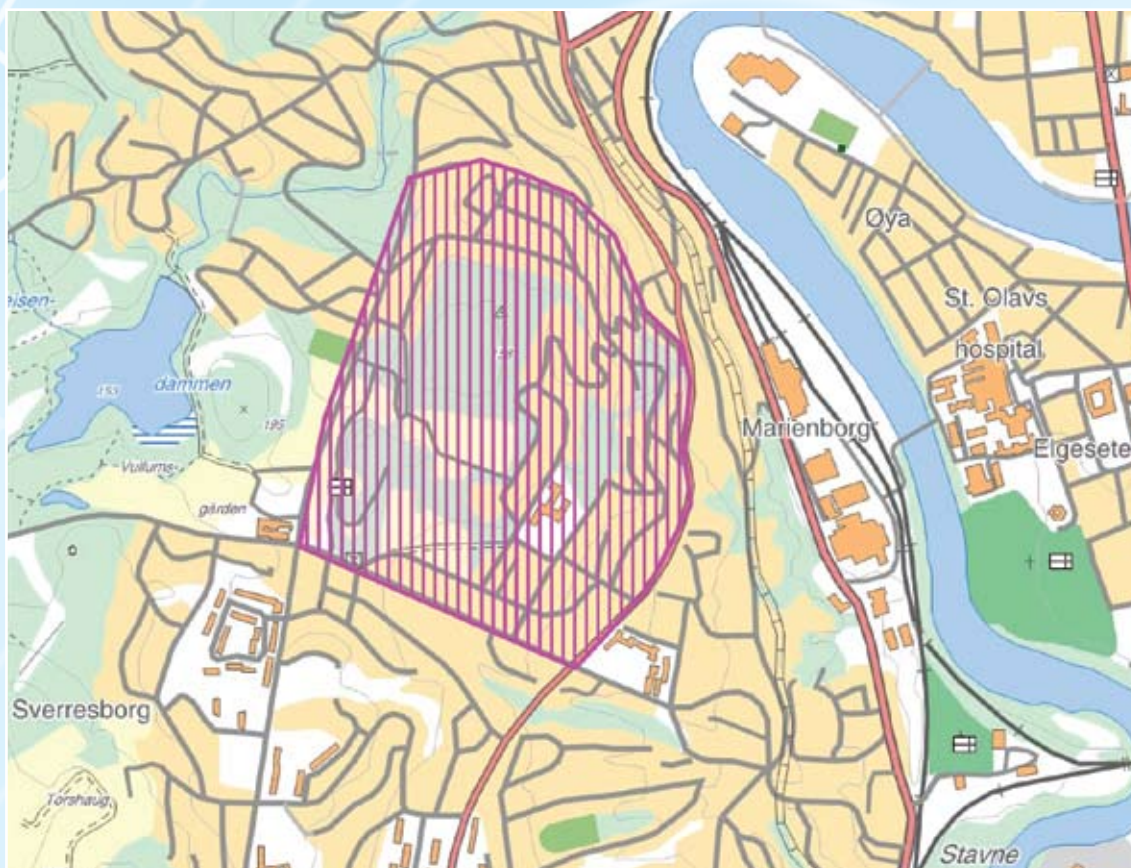




**Detailed map covering embargoed areas in the city centre and at Kristiansten fort:**

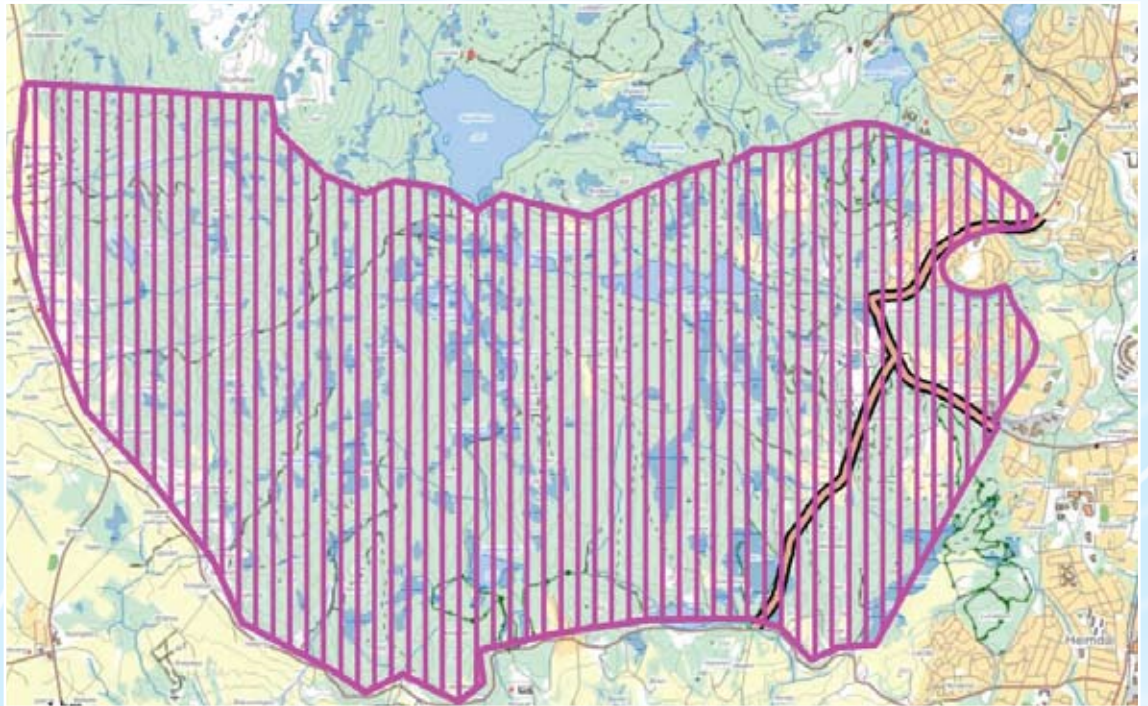


**Detailed map covering embargoed areas at Sverresborg Museum:**

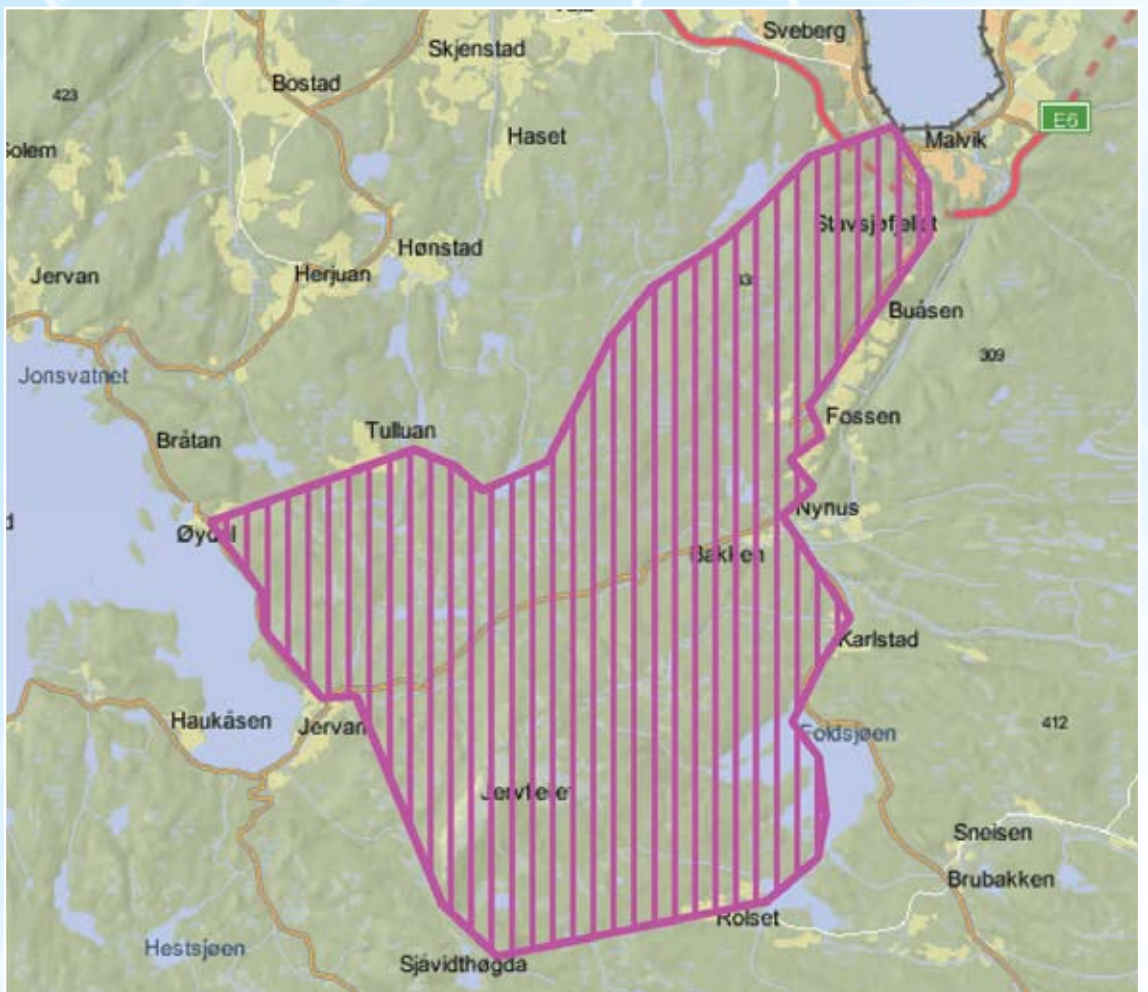




**Detailed map covering embargoed areas in Leinstrandmarka (Granåsen):**



**Detailed map covering embargoed areas at Jervskogen:**





## 8. Training Opportunities

The following areas shown in the “Map – training areas” have been designated as official training areas for teams participating in WOC2010. The maps have been revised in the period 2003-2007.

Relevant training areas for the sprint competitions will be announced in 2009 in Bulletin 2.

The training areas have been selected on the basis of relevance for the competitions. The structure of the terrains that will be used, except for the sprint, is of similar nature. All the training areas are considered to be relevant for any of the competitions (except sprint).

Maps can be purchased offset-printed and laser-printed. It is also possible to purchase a CD-rom with the maps in JPEG format. The map files may be used for course planning with appropriate software for printing maps and courses.

All controls set out in the training areas must be labeled with the name of the group and the dates when the controls are put out and will be removed.

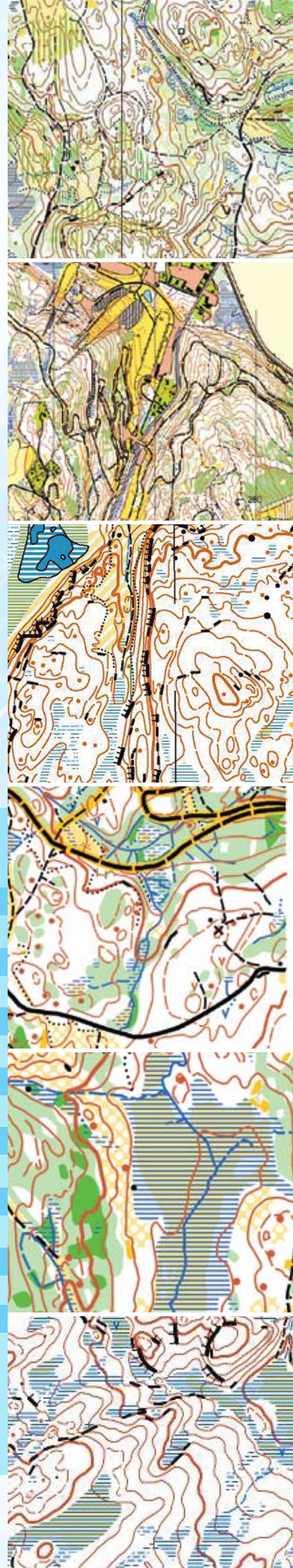
If any help is needed to organize separate training camps, other than the official ones, please contact: **Torgeir Aune, e-mail: [post@woc2010.com](mailto:post@woc2010.com)**

### Training areas for WOC2010:

No.	Name	Club	Scale	Year	Cat.
1	Iladalen	Freidig	1:10000	2008	1
2	Rotvoll	Wing	1:5000	2007	1
3	Vassfjellet	Trollelg	1:15000	2007	1
4	Gråkallen	NTNUI	1:10000	2006	1
5	Herbernheia	NTNUI	1:10000	2006	1
6	Nordmarka	Trollelg	1:15000	2001	1
7	Hasetkammen	Malvik	1:10000	1999	1
8	Hønstad	Malvik	1:10000	1999	1
9	Røstadmarka	Wing	1:10000	2006	1
10	Saupstad skisenter	Trollelg	1:5000	2009	2
11	Buråsen	Byåsen	1:10000	2009	2
12	Liaåsen	Wing	1:10000	2007	3
13	Månen	Wing	1:10000	2006	3
14	Vikåsen	NTNUI	1:10000	2002	3

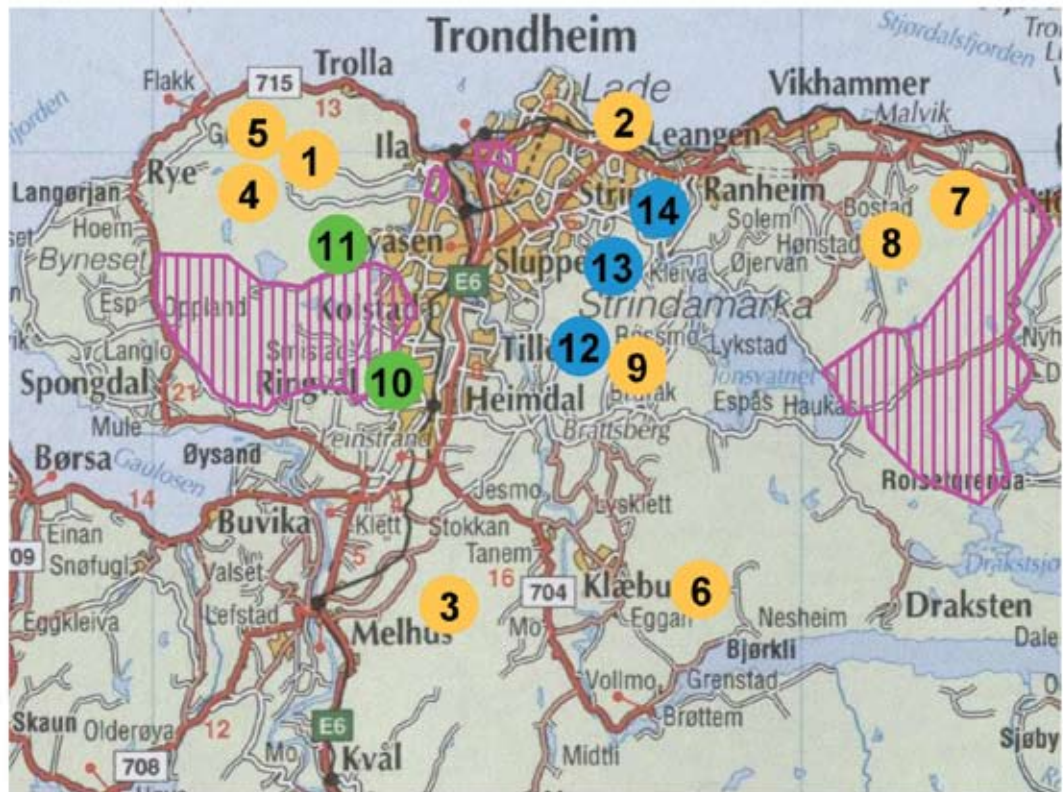
#### Categories (Cat.):





- 1 – Terrain relevant for middle-/long-/relay competitions and with maps drawn by WOC map drawers
- 2 – Terrain relevant for middle-/long-/relay competitions. Close to Trondheim.
- 3 – Other terrains recommended for middle-/long-/ relay training close to Trondheim





## Map – training areas



-  Category 1 : Relevant terrain and mapped by WOC2010-mapper.
-  Category 2 : Relevant terrain.
-  Category 3 : Other terrain recommended for training.
-  Embargoed areas.

### Prices maps

Offset-printed/ Laser-printed maps, per copy 3 EUR.

Offset-printed/ Laser- printed maps with controls, per copy 5 EUR.

Map files in JPEG format, per map 75 EUR. We can also offer to set out controls in the forest: per training event, per team 40 EUR + maps. With EMIT punching system, per training event, per team 60 EUR + maps. All enquiries about training opportunities should be addressed to: **Torgeir Aune**, e-mail: [post@woc2010.com](mailto:post@woc2010.com). Please also consult the website <http://www.woc2010.com> for updated information about the training arrangements, facilities and maps.



## 9. Training Camps and O-events

### The following official Training Camps will be organized:

1. Week 37 (September), 2009, Berkåk area
2. Week 25 (June) 2010, Trondheim area

### The following local O-Events are recommended for training:

1. Trondheim Open, 9.-10. May 2009. Trondheim area.
2. Regional Championships, 4.-6. September 2009. Area to be decided.
3. Norwegian Championships, 10.-13. September 2009. Ålen area.
4. Trondheim Open, 15.-16. May 2010. Trondheim area.

If any help is needed to organize separate training camps, other than the official ones, please contact: **Torgeir Aune, e-mail: [post@woc2010.com](mailto:post@woc2010.com)**. The organizers of WOC 2010 will, to the extent possible, be helpful to organize such training camps based on each nation's specific needs.

## Further Information

The contact address for the WOC 2010 Organizing Committee:  
WOC 2010, P.O. Box 2844 Elgesæter, N-7432 Trondheim, Norway.  
E-mail: [post@woc2010.com](mailto:post@woc2010.com)  
Web: [www.woc2010.com](http://www.woc2010.com)

### WOC Tour/ Public Event:

A 5-days WOC Tour/ public event will be organized in conjunction with the WOC 2010, with the Event Centre in Trondheim. This will be a 5-days competition, adapted to the WOC program. For more information see WOC 2010 web pages.

***Bulletin 2 will be distributed in August 2009.***







WORLD ORIENTEERING CHAMPIONSHIPS

WOC 2010  
P.O. Box 2844, Elgesæter  
N-7432 Trondheim  
Norway  
[www.woc2010.com](http://www.woc2010.com)  
e-mail: [post@woc2010.com](mailto:post@woc2010.com)

