

Bulletin

1st August 2009

2

WOC2010 Trondheim Norway



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1 Welcome

Dear friends of orienteering!

As the mayor of Trondheim, it is a great pleasure for me to wish you all, athletes, leaders and audience a warm welcome to our city and to the World Championships in orienteering 2010.

For Trondheim it is an honour to host this great event. The Trondheimers are fond of sports, in all categories. Orienteering is no exception. Our city is especially well suited for an event like this.

Trondheim is surrounded by a landscape which year around inspires young and old, locals and tourists to enjoy spare time activities and sports, amongst them orienteering.

I am quite certain that you all will enjoy the events here in Trondheim, and I also encourage you to explore our city and what it has to offer. You will find useful and interesting information about Trondheim at our websites www.trondheim.kommune.no and www.trondheim.com

Finally, I wish you a very pleasant stay in Trondheim. We look forward to seeing you all, and to be part of a championship which no doubt will be a great event for both athletes and spectators.

Rita Ottervik, Mayor of Trondheim



It is a pleasure for Malvik (municipality) to welcome athletes, leaders and spectators to WOC2010. The event will take place in our best resort areas, that are known for its terrain variations, forests, marshes, mountains, rivers and lakes where fishing is very popular. In this terrain the athletes may show a sport which is demanding both physically and mentally.

Jervskogen sport centre will be the arena here in Malvik. This modern sport centre has mainly been built by effort from a large number of volunteers. I am sure that both participants and spectators will find this arena excellent for the WOC competitions. For those wishing to spend some more time in Malvik we recommend our resorts, as well as cultural attractions, which we want to share with you all. Please visit our website for more information: www.malvik.kommune.no

The citizens of Malvik wish you good luck with your preparations for WOC2010, and we look forward to welcome you to WOC2010, an event which will create a big event for spectators and athletes here in Malvik.

Terje Bremnes Granmo, Mayor of Malvik





2 Trondheim - your host city

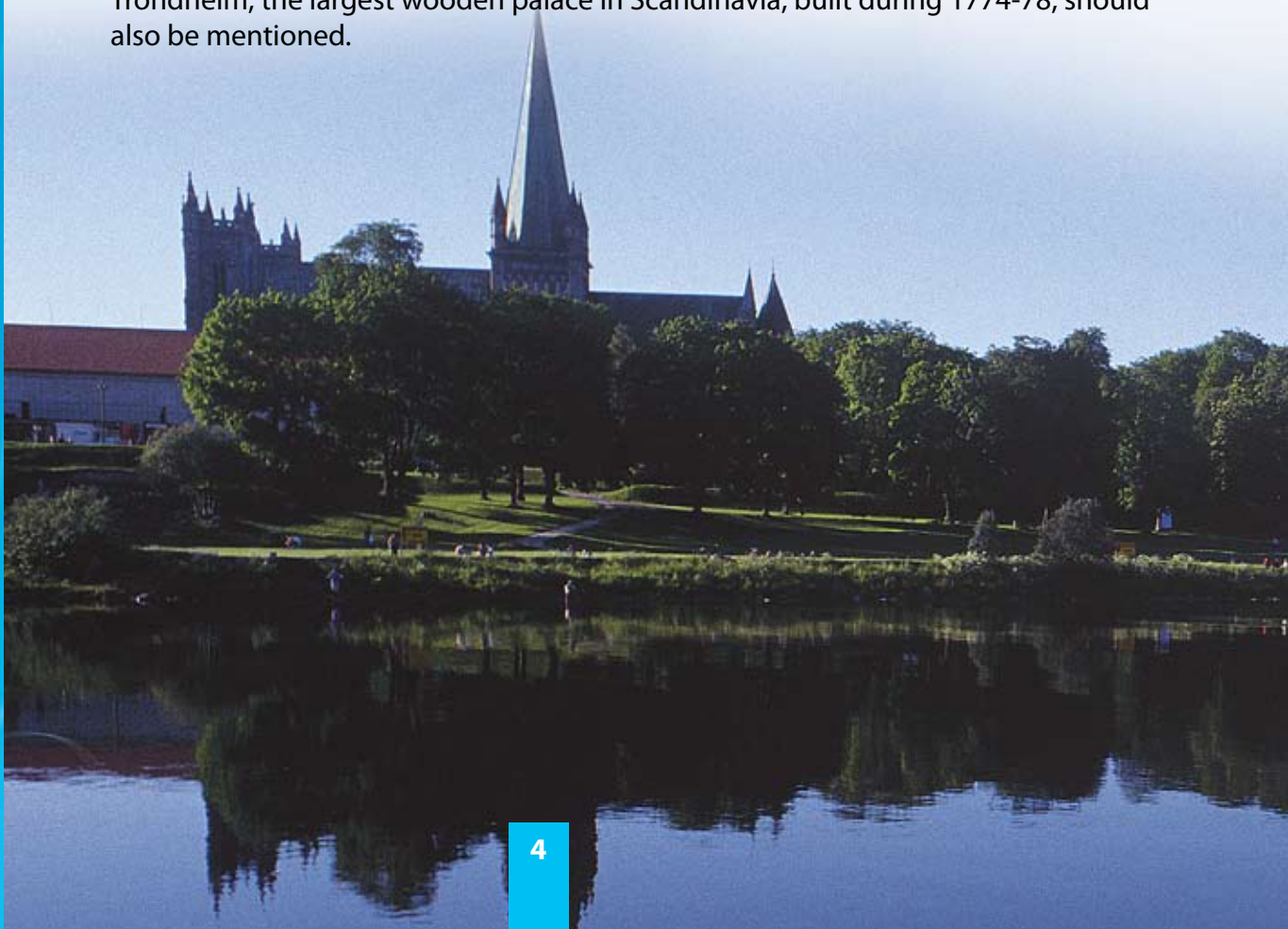
The ancient “Viking capital” of Norway, **Trondheim**, is chosen as the host city and event center for the WOC 2010. Trondheim has through its more than 1000 years of history been a meeting place for the old and new, for the crown and the church, and for different cultures. Trondheim is the third largest city in Norway with 168.000 inhabitants, and is a major center in Norway for high technology research and education.

Trondheim celebrated its 1000th anniversary in 1997 by hosting a very successful World Nordic Ski Championship, a very big event with more than 300.000 visiting spectators. Now the same arenas will welcome orienteers from all over the world to WOC2010.

In the city of Trondheim we can offer:

- spectacular national monuments, examples are the Nidarosdomen cathedral, the Kristiansten fort and the Archbishop’s Palace
- a wide variety of cultural events which can be visited outside competitions, theater, a number of museums, galleries, etc.
- a town square with a historical frame ideally placed for the prize ceremonies.
- a town centre with a pleasant atmosphere easy accessible for spectators.

Trondheim is the historical capital of Norway with traditions back to the times of the Vikings. Among its famous attractions is the Nidarosdomen cathedral – the national sanctuary of Norway. The construction of this cathedral dates back to year 1070, and it was completed about year 1300. Other major attractions are The Archbishop’s Palace, the oldest secular building in Scandinavia, the Kristiansten fort built in 1681, the “Monk’s island” with a Benedictine monastery, probably the first in Scandinavia, and the wharves along the Nidelven river from the 17th century. The Royal resident of Trondheim, the largest wooden palace in Scandinavia, built during 1774-78, should also be mentioned.



In addition Trondheim has a number of interesting museums, galleries, a modern theater, and a number of other attractions. Trondheim will offer a wide variety of attractions and different cultural events for the competitors and spectators.

3 Organizers

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 2010

The organization of WOC2010, WTOC2010 and the WOC Tour 2010 is coordinated. Seven local orienteering clubs from the Trondheim area are organizing these events in close cooperation with the Norwegian Orienteering Federation (NOF). About 500 volunteers will be mobilized and we are all delighted to host the 27th World Orienteering Championships and the 7th World Trail-Orienteering Championships in 2010.

4 Event controllers

Lars Forsberg (SWE)	IOF WOC Senior Event Advisor
Ivar Maalen (NOR)	Chief National Controller
Håvard Tveite (NOR)	National Controller
Agnar Renolen (NOR)	National Map Controller

5 WOC2010 Programme

Date	Morning/ Afternoon	WOC2010	WOC Tour 2010	IOF meetings, etc.
Saturday 7th August	Morning	Model middle and long distance *)		
	Afternoon	Model sprint distance and Model start procedure, punching system, time keeping, refreshments		
Sunday 8th August	Morning	Sprint qualification		
	Afternoon	Opening ceremony, Sprint Final		
Monday 9th August	Morning		Stage 1, Long distance	
	Afternoon	Middle distance qualification		
Tuesday 10th August	Morning		Stage 2, Middle distance	
	Afternoon	Long distance qualification		IOF Pre General Assembly seminar
Wednesday 11th August	Morning		Stage 3, Sprint	
	Afternoon	Model long distance and relay *)		IOF, Media & VIP Race
Thursday 12th August	Morning			
	Afternoon	Long distance Final		
Friday 13th August	Morning		Stage 4, Long distance	The XXV IOF Ordinary General Assembly
	Afternoon			
Saturday 14th August	Morning	Middle distance Final		
	Afternoon		Stage 5, Chasing start	
Sunday 15th August	Morning	Relay (Women)		
	Afternoon	Relay (Men) Closing ceremony, Banquet		

*) Model event for middle, long distance and relay will be accessible on other days according to details to be given in Bulletin #3 and #4

6 Competition rules

The Competition Rules for IOF Foot Orienteering Events (version valid from 1st June 2009) shall be applied to participation in World Orienteering Championships 2010. For further details on regulations please refer to the Competitions Rules on the IOF-web: www.orienteering.org

7 Classes and participation restrictions

The following rules from the Competition Rules for IOF Foot Orienteering Events (version valid from 1st June 2009) apply to participation in WOC 2010:

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

6.1 A competitor may represent only one Federation during any one calendar year.

6.2 Competitors who are representing a Federation shall have full passport-holding citizenship of the country of that Federation.

6.3 Each participating Federation shall appoint a team manager to act as a contact person between the team and the organizer. It is the team manager's duty to see that the team receives all necessary information.

6.4 Competitors participate at their own risk. Insurance against accidents shall be the responsibility of their Federation or themselves, according to national regulations.

6.5 All competitors represent a Federation. Each Federation may enter a team of up to 14 competitors - up to 7 women and 7 men - and a number of team officials. The organizer shall fix the maximum number of officials per team, in accordance with the available facilities. This maximum number shall be the same for each team and shall be at least 5.

6.6 In each qualification race, every Federation may enter up to 3 women and 3 men and, in addition, the current World Champions for the distance may be entered by their Federation(s) provided they are members of the Federation's team. In the final, only the competitors placed number 15 and better in each qualification race heat may participate

6.7 In the Relay, each Federation may enter one women's team and one men's team, each consisting of 3 team members. Incomplete teams and teams with runners from more than one Federation are not allowed. Under no circumstances may persons other than entered competitors participate in the competition.

For WOC2010, each Federation may enter a team consisting of up to 7 women, 7 men and 8 team officials.

8 Clothing

According to Norwegian Orienteering Federation rules, the runners should wear clothing covering the whole body except for head, neck and arms. This does not apply for the sprint competitions. There are no regulations applying to runners concerning the type of footwear they choose to wear.

9 Anti doping

"Doping is fundamentally contrary to the spirit of sport" - Doping is strictly prohibited. The organizers of WOC2010 are committed to do everything required to support the official anti-doping authorities in the successful and transparent realization of their work. We strongly support all positive efforts to keep our sport clean and free of doping. IOF Anti-Doping Code and its rules, valid from 1st June 2009, shall be in force during WOC2010.

10 Embargoed areas

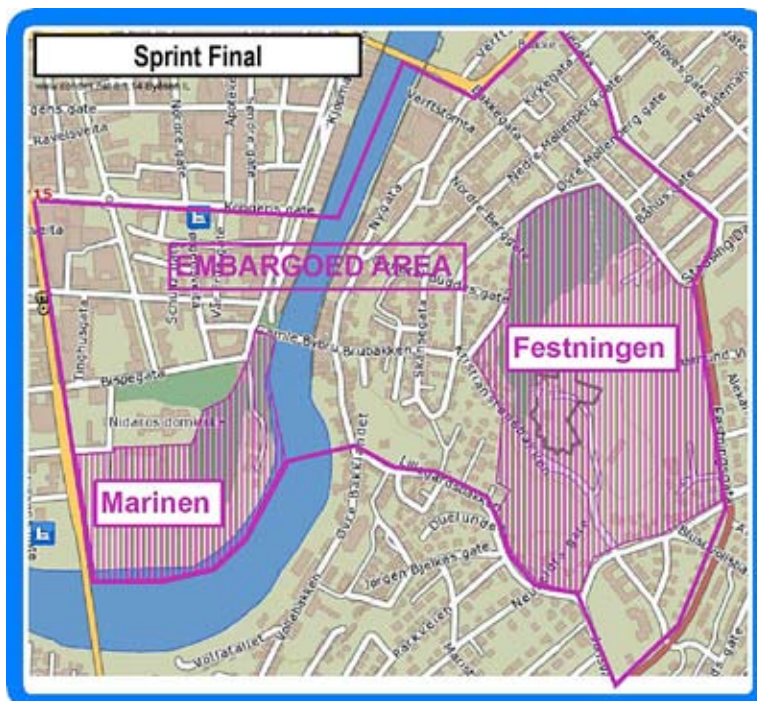
With reference to the IOF Competition Rules (article 26.6), the listed areas are embargoed (both summer and winter) for all potential WOC2010 team members as well as coaches, team leaders and other persons that may be in a position to give information to the team members. Specifically, until WOC2010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

- no organized orienteering activities may take place in these areas
- no training sessions, route testing, races, etc. may take place in these areas
- no surveying or other use of maps is permitted

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.

In addition, for the embargoed area for the sprint competitions, the following applies:

- It is permissible to pass through the embargoed areas using paved public roads.
- It is allowed to visit shops from paved public roads.
- No surveying or other use of maps.
- All movement outside paved public roads such as backyards or parks is not allowed.
- The area Sverresborg Museum is forbidden area
- The area Festningen and Marinen (see map below) are completely forbidden areas, even on paved public roads/ paths.
- From 1st August 2010 the embargoed area will be totally closed.

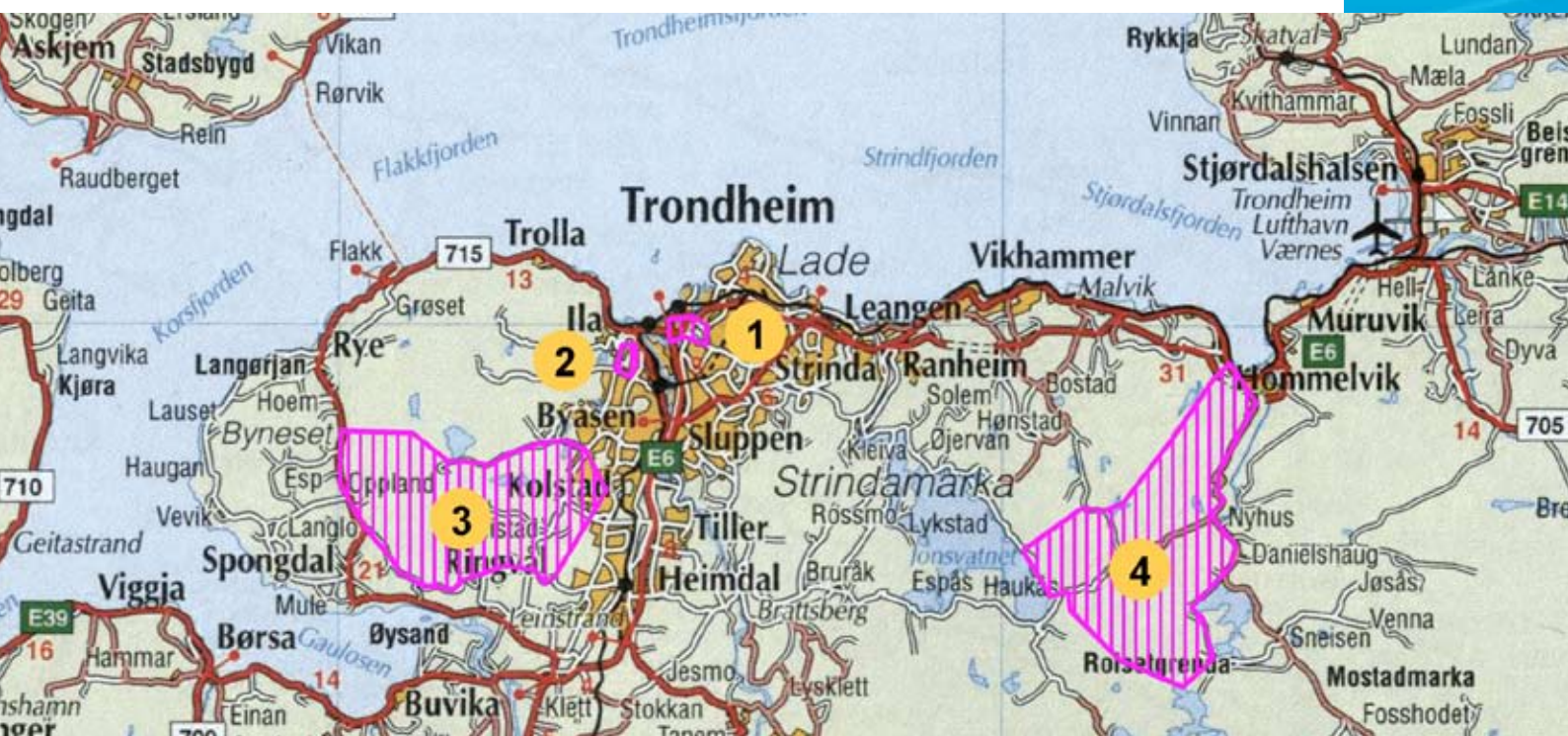


Offences shall be reported to WOC2010 Event Director Åse Rita Ellingsen, e-mail: rita@woc2010.com

Copies of the most recent versions of the orienteering maps of the embargoed areas are published on the website of WOC2010 (in pdf format). On request the maps will be sent on CD to IOF member federations at a price of 30 €.

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

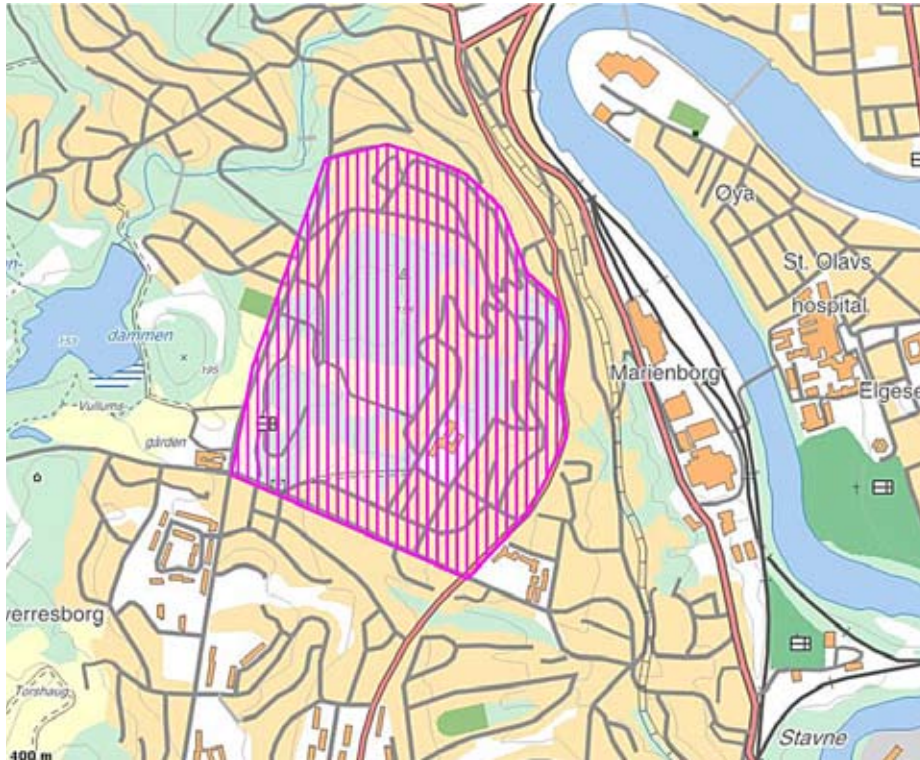
No.	Areas	Previous maps	Scale	Year
1	Kristiansten fort, City centre	"Småbergan"	1:5000	2001
		"Midtbyen"	1:5000	2006
2	Sverresborg museum	"Sverresborg"	1:4000	2007
3	Leinstrandmarka	"Frøset"	1:10000	2003
		"Stavset"	1:5000	2005
		"Storheia"	1:15000	1991
		"Leinstrandmarka vest"	1:10000	2001
		"Leinstrandmarka øst"	1:10000	2003
		"Smistad"	1:10000	2005
4	Jervskogen	"Jervfjellet"	1:15000	1991
		"Tulluan syd"	1:15000	1995
		"Stavsjøfjellet"	1:15000	1999



11 Competition areas

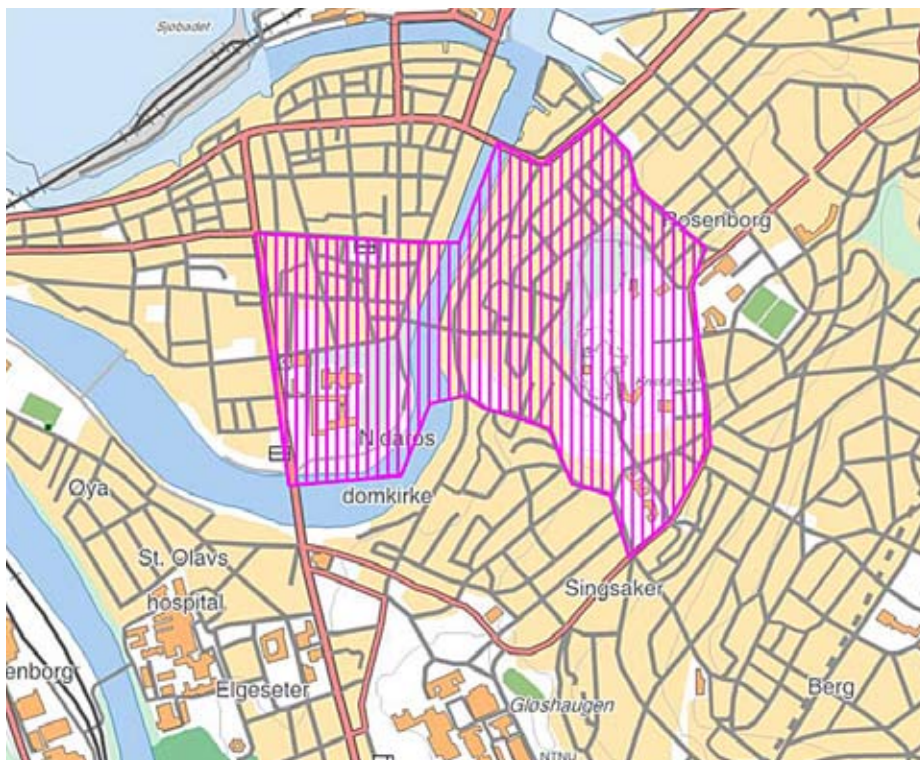
A. Sprint qualification: Sverresborg museum

Arena: Sverresborg Museum



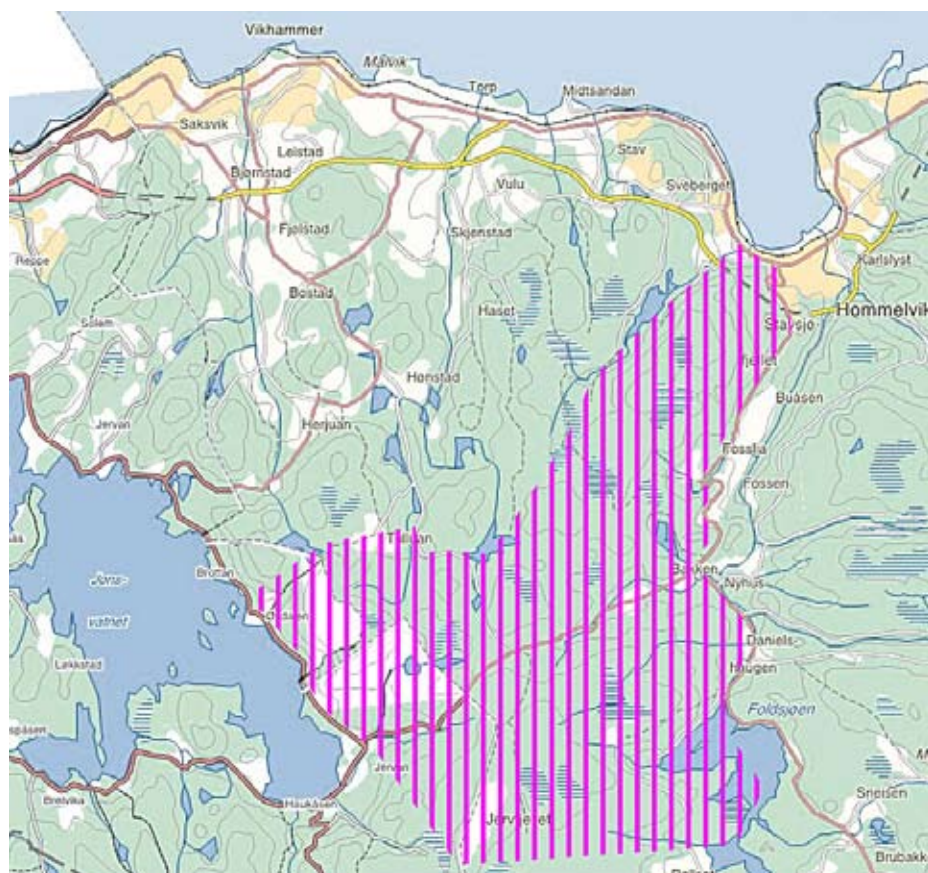
B. Sprint final: City centre and Kristiansten fort

Arena: City centre square



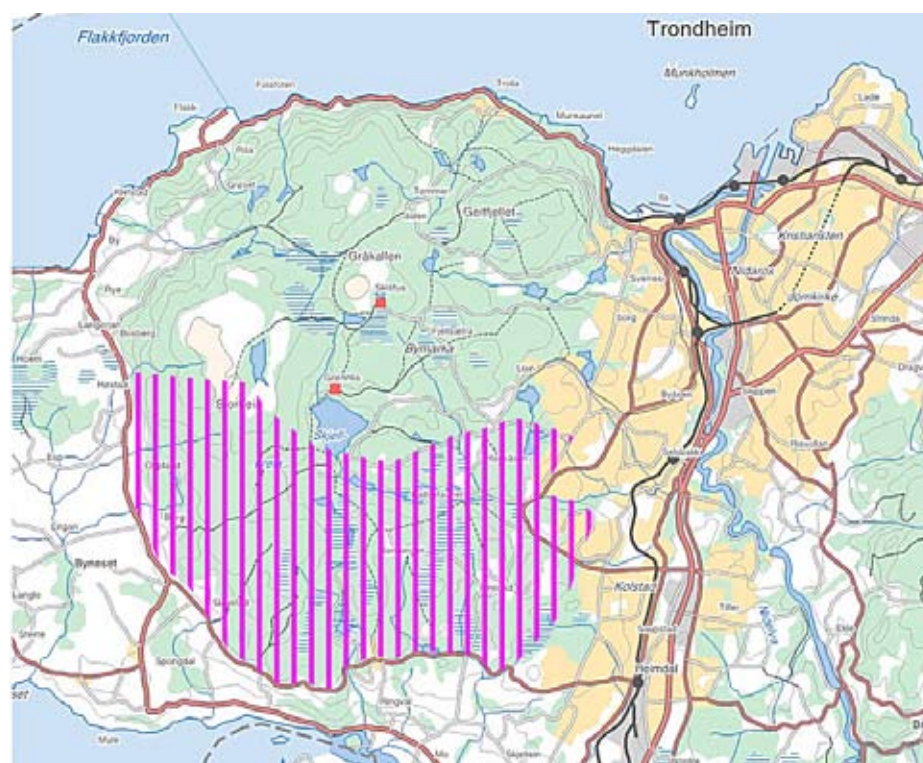
C. Long- and middle distance qualification: Jervskogen

Arena: Jervskogen ski centre



D. Long- and middle distance final as well as relays: Leinstrandmarka

Arena: Granåsen ski centre



12 Map details

Competition map	Scale	Vertical contour interval
Sprint Qualification	1:4000	2.5 m
Sprint Final	1:4000	2.5 m
Middle Distance Qualification	1:10000	5 m
Middle Distance Final	1:10000	5 m
Long Distance Qualification	1:15000	5 m
Long Distance Final	1:15000	5 m
Relay	1:10000	5 m

Maps are drawn according to the International Specification for Orienteering Maps (ISOM2000) and the International Specification for Sprint Orienteering Maps (IS-SOM2007).

13 Courses

Race	Class	Approx. Winning Times (min)	Approx. Length (km)
Sprint Distance Qualification	Women	13	2.4
	Men	13	2.8
Sprint Distance Final	Women	14	2.4
	Men	14	2.8
Middle Distance Qualification	Women	25	3.5
	Men	25	4.0
Middle Distance Final	Women	35	4.5
	Men	35	5.5
Long Distance Qualification	Women	45	6.0
	Men	60	8.8
Long Distance Final	Women	75	10.0
	Men	95	14.5
Relay (women)	Women total	120	16.0
Relay (men)	Men total	135	21.0



14 Terrain descriptions

Sprint Distance Qualification

Terrain form	Mostly gently sloping. Partly some steep hills.
Vegetation	A mixture of open cultivated land, park terrain, urban areas and forested areas (combination of pine and birch wood).
Runnability	Ranging from good to very good.
Visibility	Mostly good but reduced in some dense areas.
Paths and roads	Urban areas and forested areas with a network of paths.

Sprint Distance Final

Terrain form	Mostly flat but the hillside between city centre and Kristiansten Fort is steep.
Vegetation	50% urban areas and 50% park terrain.
Runnability	Very good
Visibility	Very good
Paths and roads	Developed network of city roads and paths.

Middle- and Long Distance Qualification

Terrain form	Moderately steep to steep hills.
Vegetation	Coniferous and deciduous forest.
Runnability	Mostly good. The marshes have good runnability.
Visibility	Good but limited in dense areas.
Paths and roads	Very few paths and roads.

Middle-, Long Distance Final and Relays

Terrain form	Moderately steep to steep hills.
Vegetation	Coniferous and deciduous forest.
Runnability	Mostly good. The marshes have good runnability.
Visibility	Good but limited in dense areas.
Paths and roads	Areas with few paths and roads and areas with developed network of paths and forest roads.

See map examples on www.woc2010.com



15 Punching and timing systems

The punching system used in all WOC2010 competitions will be EMIT. The EMIT control cards will be provided by the organizer. The timing system will involve the use of electronic start gates and finish lines. In addition, the runners will carry an EMITag on the arm and a tracking device on the back during the finals. All necessary equipment will be provided by the organizer. All EMIT equipment will be demonstrated at the Model event on Saturday 7th August.

16 Special conditions

The qualification and the final race of the WOC2010 Sprint competition will be held on the same day.

The Sprint Final will be preceded by the WOC2010 Opening Ceremony held in the city centre of Trondheim.

A forking system will be used in the Long Distance Final and the Relays. This will be demonstrated at the model events and more fully described in Bulletin 3.

17 Local weather and climate

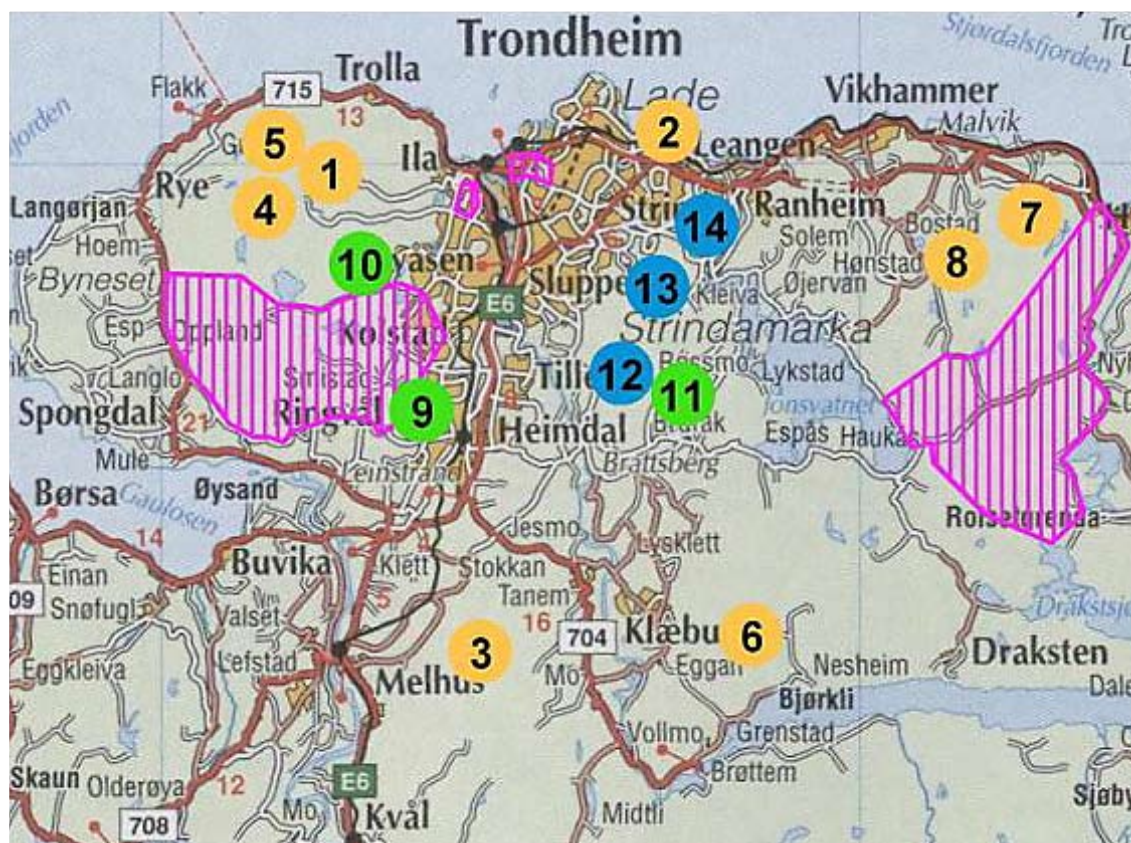
The weather of Trondheim in August is normally warm and pleasant. The temperature is in the range from 10° C to 25° C during day time. The average temperature of August is approximately 13° C. Wet days may occur and rain showers, some heavy, may occur. When it rains the temperature may drop under 10° C.







18 Training opportunities

The following areas shown in the list of "Training areas for WOC2010" have been designated as official training areas for teams participating in WOC2010. The maps have been revised in the period 1999-2009.

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).



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

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: torgeir@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	Malvikmarka	Malvik	1:10000	1999	1
8	This map is no longer available				
9	Saupstad skisenter	Trollelg	1:5000	2009	2
10	Buråsen	Byåsen	1:10000	2009	2
11	Røstadmarka	Wing	1:10000	2006	1
12	Liaåsen	Wing	1:10000	2007	3
13	Månen	Wing	1:10000	2006	3
14	Vikåsen	NTNUI	1:10000	2002	3
15	Øya-Kalvskinn	Freidig	1:4000	2009	4

*) 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.
- 4- Terrain relevant for sprint competitions. In the city of Trondheim. West of the sprintfinal embargoed area

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: torgeir@woc2010.com. Please also consult the website <http://www.woc2010.com> for updated information about the training arrangements, facilities and maps.

Training camps and o-events

The following official Training Camps will be organized:

1. 4.-12. September 2009, Trondheim area
2. Week 23 (June) 2010, Trondheim area

The following local O-Events are recommended for training:

1. Regional Championships, 4.-6. September 2009. Selbu area.
2. Norwegian Championships, 10.-13. September 2009. Ålen area.
3. Tour de Trondheim, 18.-20. September 2009. Trondheim area.
4. Trondheim Open, 11.-13. June 2010. Trondheim area.

If any help is needed to organize separate training camps, other than the official ones, please contact: Torgeir Aune, e-mail: torgeir@woc2010.com. The organizers of WOC2010 will, if possible be helpful to organize such training camps based on each nation's specific needs.

19 Event centre and accomodation

The official Event and Media Centre of WOC2010 will be in the Quality Hotel Panorama. This hotel provides high standard accommodation in 100 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.

Alternative accommodation is Sandmoen Hotel, 3 km from the Event Centre. Accommodation in schools will be provided close to the Event Centre and the arena in Granåsen.

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

Alternative hotels in the city centre are Comfort Park Hotel and Quality Hotel Augustin, which both are located close to the sprint final terrain and to the ceremonies.

The cost for accommodation is given in section 23.





20 Transport

WOC2010 will preserve the environment, and recommends the public transport offered by the organizers.

On request, we can organize transport for teams from and to the nearest international airport, which is Trondheim Airport Værnes, about 30 km from Trondheim.

We can also provide, on request, transport from and to the main railway station in Trondheim in connection with trains arriving from Oslo and Sweden.

On request, the organizers will provide transport to and from the model events and to and from the WOC event arenas. More details on how to order transport and costs will be published in Bulletin 3.

For rental car arrangements we recommend Avis, the official car rental partner of WOC2010. Avis Norway (www.avis.no or www.avis.com) offers short and/or long term car rentals, with a wide range of types and models to choose from, ranging from economy size through family cars, SUVs, minibuses, and cars with automatic gearboxes to prestige cars and vans. To receive promotional rates please quote **AWD M536908** when you make your reservation.

21 Selection races for national teams

Selection races for national teams may be organized on request during the weekend 24.-25. July 2010. National teams interesting in this offer have to make their request no later than 1st May 2010. Please contact Torgeir Aune at torgeir@woc2010.com for more details.

22 Entry permits to Norway

According to the current regulations, citizens of some countries must obtain a visa in order to enter Norway. Please check the following website for more information: www.udi.no

Visas have to be applied for at your nearest Norwegian Embassy.

Please note that conditions of entry to Norway can change and all WOC participants are advised to keep up to date of the current situation by consulting their local Norwegian Embassy - please check the website: <http://www.norway.info/> and www.udi.no.

23 Accommodation and entry costs, federation teams

Accommodation and Board

The main accommodation and board for all WOC participants is at the Event Centre, the Quality Hotel Panorama. Accommodation will also be provided at Sandmoen Hotel, 3 km from the Event Centre, and in the City Centre at Comfort Park Hotel. Also accommodation in schools will be provided close to the Event Centre.

All prices are only valid in NOK, and the EUR exchange rate is approximate and may change.

All room prices include breakfast.

Event centre and near-by hotels:

Room type	Quality Hotel Panorama (Event Centre) – in NOK (approx. EUR)	Sandmoen Hotel -in NOK (approx. EUR)
Single room	765 (85)	790 (88)
Double room	935 (104)	990 (110)
4-beds room	Not available	1390 (155)
Extra bed	On request	On request

Hotels in city centre:

Room type	Rica Nidelven Hotel – in NOK (approx. EUR)	Scandic Solsiden Hotel -in NOK (approx. EUR)	Comfort Park Hotel -in NOK (approx. EUR)
Single room	1220 (136)	1170 (130)	995 (111)
Double room	1840 (205)	1750 (195)	1195 (133)
Triple room	2340 (260)	2205 (245)	1395 (155)
4-beds room	Not available	Not available	1595 (178)
Extra bed	On request	On request	On request

Local Schools:

NOK 140 (approx. 14 EUR) per night per persons in rooms with up to 10 persons inclusive mattress. Breakfast at the schools: NOK 50 (approx. 5 EUR).



Entry

Participation is exclusively via an on-line entry system on the WOC web page. Information about this on-line entry system will be sent by e-mail to all federations and will also be published on the WOC web page. In addition, national teams will be offered the possibility to hire meeting and gym rooms. More prices and reservation details will be published by November 2009 on the page of the on-line entry system on the WOC website.

Entry applications including the number of male and female competitors, the number of relay teams, the number of team officials, the name and contact data of the teamleader (including e-mail and phone), reservations for accommodation, board (details of any food requirements) and transport for federation teams must be submitted to the WOC2010 office not later than 31st March 2010.

Entries and reservations for accommodation, board and transport will not become valid until we receive full payment, which must be submitted not later than by 31st March 2010 (see Payments).

Final entries for Federation teams, detailing surname, first name, gender, date of birth and passport size photo of each athlete and team official shall reach the WOC2010 office not later than 1st July 2010. For more details see Bulletin 3 (to be published in May 2010).

Entry fees for WOC participants per person, EUR

Entry fees for WOC2010 participants	Per persons, EUR
Accreditation - runners, team officials, VIPs includes: <ul style="list-style-type: none"> • Competition Maps, start- and results lists • City tour and visit to regional museum • Public transport ticket (e-ticket) for the whole week • Trondheim city-map • IOF VIP/Media race • Participation in the Opening and Closing ceremonies • Parking at all events 	70
Sprint Model + Qualification + Final:	80
Middle Model + Qualification + Final:	80
Long Model + Qualification + Final	80
Relay Model + Final	140 per team
Team official	140
Banquet	35

Participants/team leaders must pay the accreditation fee in addition to the fee for each race.

The entry fee per race includes:

- Participation in the WOC competition and the model events
- Participation in the WOC Tour 2010 for the team leaders, and also for the team members who do not qualify for the respective WOC final on that day.

24 Entries, media services

Media representatives are cordially invited to come to Trondheim and to spread their coverage of WOC2010 from Norway across the globe. The official Event and Media Centre of WOC 2010 will be in the Quality Hotel Panorama. Most of the WOC2010 participants will be accommodated in this hotel. Media conferences will be held after the final races, in the final arenas. Fully equipped dedicated facilities for the media will be available in the arenas at all WOC events.

It is planned to have full TV coverage of all WOC races (direct transmission from most finals). Moreover, for other television stations direct coverage from all WOC races will be made and distributed through EBU channels.

Entry and Accommodation

We recommend the Scandic Solsiden Hotel or Comfort Park Hotel for accommodation, where we offer attractive WOC2010 rates. These hotels are located close to the city centre, around 7 km from the Media Centre. Accommodation reservations shall reach the WOC2010 office not later than 31st March 2010.

Entry applications, accompanied by a passport size photo, submitted by media representatives must also arrive at the WOC2010 office no later than 31st March 2010. The requested accommodation reservations will only be confirmed provided that room payment has been received by 1st July 2010. An accreditation form with full details will be available on the WOC website from November 2009.

Media Director WOC2010: Eirik Vefsnmo, E-mail: eirik@woc2010.com

25 Entries, IOF officials and WOC guests

Accommodation

We recommend the Rica Nidelven Hotel or Scandic Solsiden Hotel for accommodation, where we offer attractive WOC2010 rates.

All room prices include breakfast.

Room type	Rica Nidelven Hotel – in NOK (approx. EUR)	Scandic Solsiden Hotel – in NOK (approx. EUR)
Single room	1220 (136)	1170 (130)
Double room	1840 (205)	1750 (195)
Triple room	2340 (260)	2205 (245)
Extra bed	On request	On request

Entry

Entry applications, accompanied by a passport size photo, by IOF Officials and WOC Guests shall reach the WOC2010 office no later than 31 March 2010. Accommodation and entries will only be confirmed provided that the relevant payment(s) have been received by 1st July 2010. An accreditation form with full details will be available on the WOC website from November 2009.

26 WOC Tour 2010

The WOC Tour 2010 will be a five day open public orienteering event. This will be high quality races where we expect big international participation. The following is the programme for WOC Tour 2010:

Date	Distance - WOC Tour 2010	Arena
Monday 9. Aug. (morning)	Long	Jervskogen
Tuesday 10. Aug. (morning)	Middle	Jervskogen
Wednesday 11. Aug. (morning)	Sprint	Kristiansten Fort
Thursday 12. Aug.	Rest day	
Friday 13. Aug. (morning)	Long	Granåsen
Saturday 14. Aug. (afternoon)	Chasing start	Granåsen

Further information on the WOC Tour 2010 will be announced on the WOC2010 website: www.woc2010.com

27 Payments

Payments to WOC2010 must be made by bank transfer to:

Account name: WOC2010
 Account No.: 1503 08 91853
 Bank name: DnBnor Bank ASA,
 Bank address: N-0021 Oslo, Norway
 IBAN: NO9415030891853
 SWIFT: Dnbanokk

Please note that the payer is responsible for all bank fees and charges. Entries and other services – accommodation, catering, transport – will be accepted and confirmed after the arrival of the transfer. It will not be deemed valid until we receive full payment.

28 IOF Congress and general assembly

The IOF Congress and General Assembly will take place at the same time as WOC2010. The IOF Congress will be held at the Rica Nidelven Hotel.

The official IOF Congress program:

- IOF Pre-General Assembly Seminar, Tuesday, August 10th (afternoon)
- IOF, Media & VIP Race, Wednesday August 11th (afternoon)
- The XXV IOF Ordinary General Assembly, Friday August 13th (morning + afternoon)



29 WTOC 2010

The WTOC2010 - World Trail Orienteering Championships will take place in parallel with WOC2010, in Trondheim.

For more information about WTOC2010, please visit:
<http://www.wtoc2010.com>.

30 Further information

For further information on WOC2010, please contact the WOC2010 Organizing Committee:

WOC2010, P.O. Box 2844 Elgeseter, N-7432 Trondheim, Norway.

E-mail: post@woc2010.com

Web: www.woc2010.com

Phone: +47 992 91 046 (direct phone to secretary Stig Berge)

More details will be published in the WOC2010 Bulletin 3, in May 2010.

31 Important deadlines

31st March 2010:

- Preliminary entries for teams
- Accreditation for media representatives
- Accreditation for IOF Officials and WOC2010 Guests

1st July 2010:

- Full payment of entry fees and services ordered

1st August 2010:

- Final entry for teams





WORLD ORIENTEERING CHAMPIONSHIPS

WOC 2010
P.O. Box 2844, Elgeseter
N-7432 Trondheim
Norway
www.woc2010.com
e-mail: post@woc2010.com



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