

Bulletin

1st June, 2010

3

WOC2010 Trondheim Norway



WORLD ORIENTEERING CHAMPIONSHIPS

1 Welcome



Dear orienteering friends!

On behalf of the Norwegian Orienteering Federation, I warmly welcome all friends of orienteering to the World Orienteering Championships 2010 and the World Trail-O Championships 2010 in Norway and Trondheim. WOC 2010 will for sure be a memorable week for both the athletes and the spectators. We have been preparing for a long time, and our goal for this championship is a spectacular, urban and visible event - and of course to be memorable for everyone!

Norway hosted the world championships in 1978 in Kongsberg, and in 1997 in Grimstad. The experiences that were gained are important when a new championship is launched. Only this time it will be different. This time it will be spectacular! Spectacular when it comes to utilisation of new and advanced technology like large screens, tracking and direct television broadcast, and thereby making orienteering more visible and to be recognised as one of the greatest sports in the world!

The urban aspect is also very special for us. The sprint competition will take place in the centre of the city of Trondheim. There will be spectators and big screens. There will be entertainment and show! The very best runners in the world will compete! The runners will of course also have great opportunities to run in our Norwegian forests, in our hills and wet marshes. Some runners may even be tempted to pick a few berries on their way...

The championship will be visible all over the city, all over Norway, and hopefully also visible all over the world through television and from runners attending and telling about the WOC Tour competitions. We will do our very best to make this a great happening for all friends of orienteering!

I have wishes for successful competitions, a pleasant stay and good entertainment for all competitors and visitors in Trondheim! We look forward to see you all in August!

Best regards,

Elin Sjødin Drange

President of the Norwegian Orienteering Federation

Table of contents:

1 Welcome.....	3
2 Trondheim – Your host city.....	3
3 Organisers.....	4
4 Evenet controllerse.....	4
5 Jury.....	4
6 WOC2010 Programme.....	5
7 Entries.....	6
8 Final entries.....	7
9 Competition rules.....	7
10 Classes and entry regulations.....	7
11 Anti doping.....	8
12 Competition areas.....	8
13 Embargoed areas.....	9
14 Maps and courses.....	12
15 Special conditions.....	13
16 Terrain description.....	14
17 Punching and timing systems.....	15
18 Start draws.....	15
19 Coaching and team zones.....	16
20 Number bibs.....	16
21 Team officials' meetings.....	17
22 Clothing.....	17
23 Transportation.....	17
24 Event office.....	18
25 Food service.....	19
26 Arrival and accreditation.....	19
27 Local weather and climate.....	20
28 Training opportunitiest.....	20
29 Entry permits to norway.....	21
30 Entries, media services.....	21
31 IOF officials and WOC guests.....	22
32 IOF congress and general assembly....	22
33 Payments.....	22
34 WTOC 2010.....	23
35 Public event – WOC Tour2010.....	23
36 Further information.....	23
37 Important deadlines.....	23

2 Trondheim – your host city

The ancient “Viking capital” of Norway, *Trondheim*, is chosen as the host city and event centre for WOC2010. Trondheim has been through its more than 1000 years of history 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 centre 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.

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 around 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 residence of Trondheim, the largest wooden palace in Scandinavia, built during 1774-78, should also be mentioned. The town square with a historical frame is an ideal location for the price ceremonies.

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



3 Organisers

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"

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

WOC2010 Mapping Team

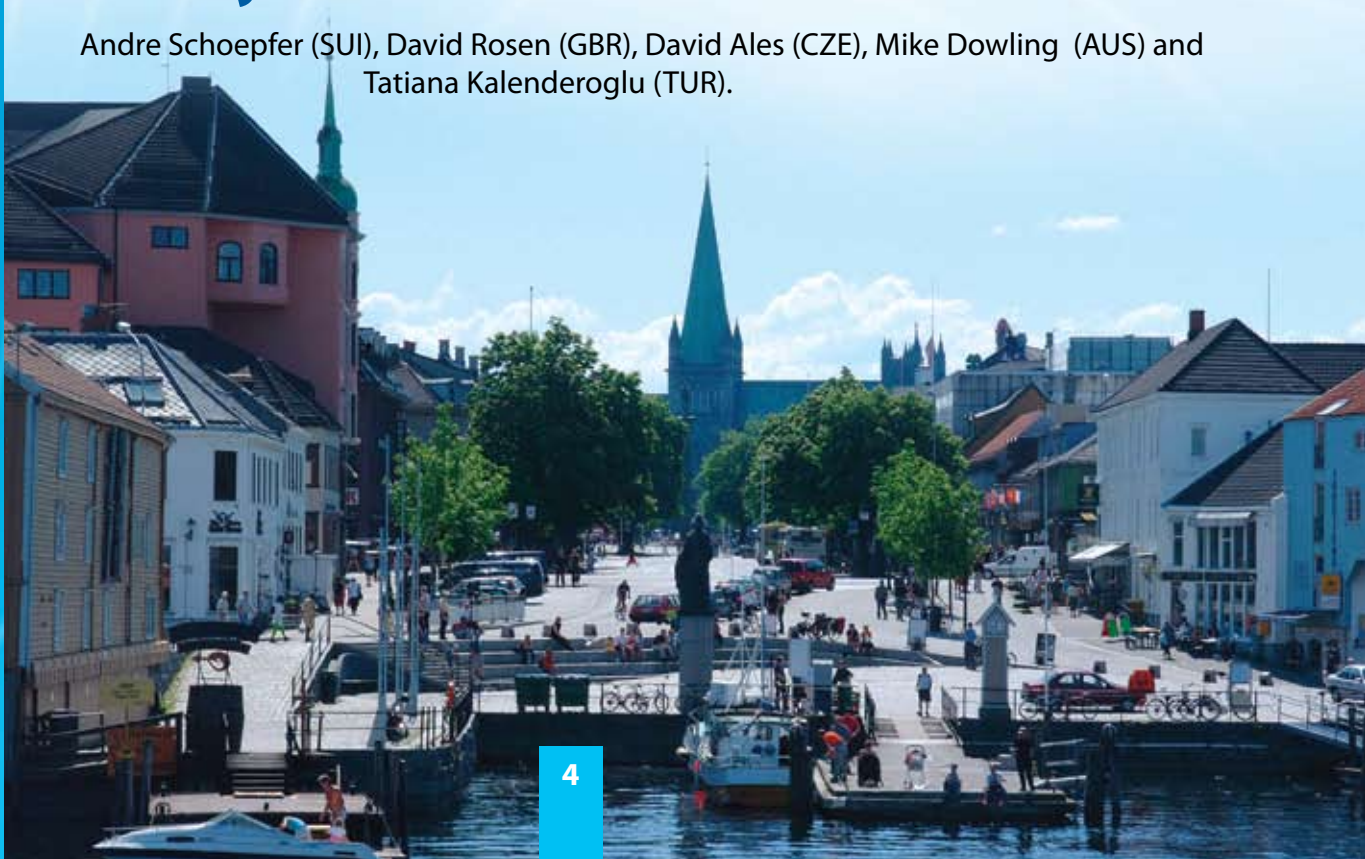
Anton Bjartnes, Ales Henja, Kristen Treekrem and Roar Valstad.

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 Jury

Andre Schoepfer (SUI), David Rosen (GBR), David Ales (CZE), Mike Dowling (AUS) and Tatiana Kalenderoglu (TUR).



6 WOC2010 Programme

Date	Time	Events	Venue
Sat, Aug 7	10:00-13:00 12:00 14:00-16:00 17:00-19:00 19:00-20:00	Model Middle and Long Distance qualification*) Deadline for entry Sprint qualification Model Sprint qualification and final WOC2010 Technical model Team official's meeting	Øvre Jervan Event office, Quality Panorama Kalvskinnet Quality Panorama Quality Panorama
Sun, Aug 8	09:00-11:00 09:00 10:00 12:00 13:40-16:00 13:40 14:40 15:45 16:15 17:15 19:00-21:00 19:00-19:30	Sprint Qualification First start women First start men Deadline for entry Middle Distance qualification Sprint final First start women First start men Flower ceremony Sprint Opening ceremony Price giving ceremony Sprint Concert Team official's meeting	Sverresborg Sverresborg Sverresborg Event office, Quality Panorama Trondheim Town Square Trondheim Trondheim Trondheim Town Square Trondheim Town Square Trondheim Town Square Trondheim Town Square Quality Panorama
Mon, Aug 9	12:00 14:00-16:00 14:00 19:00-19:30	Deadline for entry Long Distance qualification Middle Distance qualification First start women and men Team official's meeting	Event office, Quality Panorama Jervskogen Ski Centre Jervskogen Ski Centre Quality Panorama
Tue, Aug 10	Afternoon 16:00-19:00 16:00	IOF Pre-General Assembly Seminar Long Distance qualification First start women and men	Rica Nidelven Jervskogen Ski Centre Jervskogen Ski Centre
Wed, Aug 11	10:00-13:00 16:00-18:00 18:30-19:00 20:00-21:30	Model Long Distance final, Middle Distance final and Relay**) VIP/Media race Team official's meeting Reception	Solemsåsen Sverresborg Quality Panorama Arch Bishop's Palace
Thu, Aug 12	13:00-18:00 13:00 14:50 18:10 19:30-21:00 Evening Evening	Long Distance final First start women First start men Flower ceremony Long Distance Annual Meeting of the Assembly of European Orienteering Federations Meeting of Outside Europe Federations WTOC banquet	Granåsen Ski Centre Granåsen Ski Centre Granåsen Ski Centre Granåsen Ski Centre Rica Nidelven Rica Nidelven To be announced
Fri, Aug 13	08:30 09:30 10:00-13:00 18:00 18:30 - 19:00-19:30	Registration starts for IOF General Assembly IOF XXV Ordinary General Assembly Model Middle Distance final and Relay**) Price giving ceremony Long Distance Concert, Hot August Night, AmCar-show Team official's meeting	Rica Nidelven Rica Nidelven Solemsåsen Trondheim Town Square Trondheim Town Square Quality Panorama
Sat, Aug 14	12:00 12:40-16:30 12:40 14:15 16:25 19:00-19:30 20:00 20:00-23:00	Deadline for entry Relay Middle Distance final First start women First start men Flower ceremony Middle Distance Team official's meeting Price giving ceremony Middle Distance Concert	Event Office, Quality Panorama Granåsen Ski Centre Granåsen Ski Centre Granåsen Ski Centre Granåsen Ski Centre Quality Panorama Trondheim Town Square Trondheim Town Square
Sun, Aug 15	11:30-16:00 11:30 13:15 16:00 16:30 19:00	Relay Women mass start Men mass start Price giving ceremony Relay Closing ceremony WOC Banquet	Granåsen Ski Centre Granåsen Ski Centre Granåsen Ski Centre Granåsen Ski Centre Granåsen Ski Centre To be announced

*) Manned hours. The model controls are available (unmanned) Thu 05.08- Wed 11.08.

**) Manned hours. The model controls are available (unmanned) Thu 05.08- Sat 14.08.

7 Entries

WOC2010						
Country	Competitors		Officials	Relay		Total
	M	W		M	W	
AUS	5	5	3	1	1	13
AUT	5	5	3	1	1	13
BEL	4	3	2	1	1	11
BRA	7	4	2	1	1	13
BUL	3	4	2	1	1	9
CAN	4	4	2	1	1	10
CHN	4	4	5	1	1	13
CRO	2	1		1		3
CZE	6	5	4	1	1	15
DEN	6	3	4	1	1	13
ESP	5	4	1	1	1	10
EST	4	4	2	1	1	10
FIN	7	7	5	1	1	19
FRA	7	6	5	1	1	18
GBR	6	6	4	1	1	16
GER	4	3	3	1	1	10
HKG	3	1	3	1		7
HUN	4	4	1	1	1	9
IRL	5	5	2	1	1	12
ITA	6	4	2	1	1	14
JPN	7	7	4	1	1	18
LAT	4	4	1	1	1	11
LTU	4	4	1	1	1	9
NED	1					1
NOR	7	7	7	1	1	21
NZL	4	4	2	1	1	10
POL	4	3	2	1	1	9
POR	1	1				2
PRK	1					1
ROU		1				1
RSA	2					2
RUS	6	6	5	1	1	17
SLO	1					1
SUI	6	6	6	1	1	18
SVK	2	1				3
SWE	7	7	8	1	1	22
TUR	1	1	2			4
UKR	5	5	1	1	1	11
USA	5	5	1	1	1	11
39	160	139	92	30	28	391

8 Final entries

Final entries for Federation teams, including the full name, sex, date of birth and passport-size photo of each athlete and team official must be submitted on the entry form of the WOC2010 registration system by August 1, 2010 at the very latest. The entry form will be available on the WOC home page (>For Teams) by 1 July.

Entries and reservations for transport will only be valid once we receive full payment, which must be submitted not later than July 1, 2010 (see Payments).

9 Competition rules

The Competition Rules for IOF Foot Orienteering Events (valid since 1 March 2010) shall be applied to participation in World Orienteering Championships 2010. For further details on regulations please refer to the Competition Rules on the IOF website: www.orienteering.org

10 Classes and entry regulations

The following regulations based on the Competition Rules for IOF Foot Orienteering Events (version valid since 1 March 2010) apply to participation in WOC 2010:

- 5.7 There is one class for women and one for men. There are no age restrictions. (5.7)
- 6.1 A competitor may represent only one Federation during any one calendar year. (6.1)
- 6.2 Competitors who are representing a Federation shall have full passport-holding citizenship of the country of that Federation. (6.2)
- 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. (6.3)
- 6.4 Competitors participate at their own risk. Insurance against accidents shall be the responsibility of their Federation or themselves, according to national regulations. (6.4)
- 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. (6.5)
- 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. (6.6)
- 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. (6.7)

For WOC 2010, each Federation may enter a team consisting of up to 7 women, 7 men and 8 team officials.

11 Anti doping

Doping is strictly prohibited. The organizers of WOC 2010 are committed to do everything required to support the official anti-doping authorities in the successful and transparent realisation 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 since 1 March 2010, shall be in force during WOC 2010.

12 Competition areas

The following competition areas will be used:

Sprint Qualification:	Sverresborg
Sprint Final:	Trondheim Centre
Middle Qualification:	Jervskogen
Middle Final:	Granåsen
Long Qualification:	Jervskogen
Long Final:	Granåsen
Relay:	Granåsen



13 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, the following applies to the embargoed areas:

- 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 allowed.

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 areas 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.
- Movements outside paved public roads such as backyards or parks are not allowed.
- The areas Festningen and Marinen (see map below) are completely forbidden, even on paved public roads/paths.
- The museum area (fenced area) and the forested areas of Sverresborg are completely forbidden.
- From 1st August 2010 the embargoed areas are 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 for a price of 30 €.

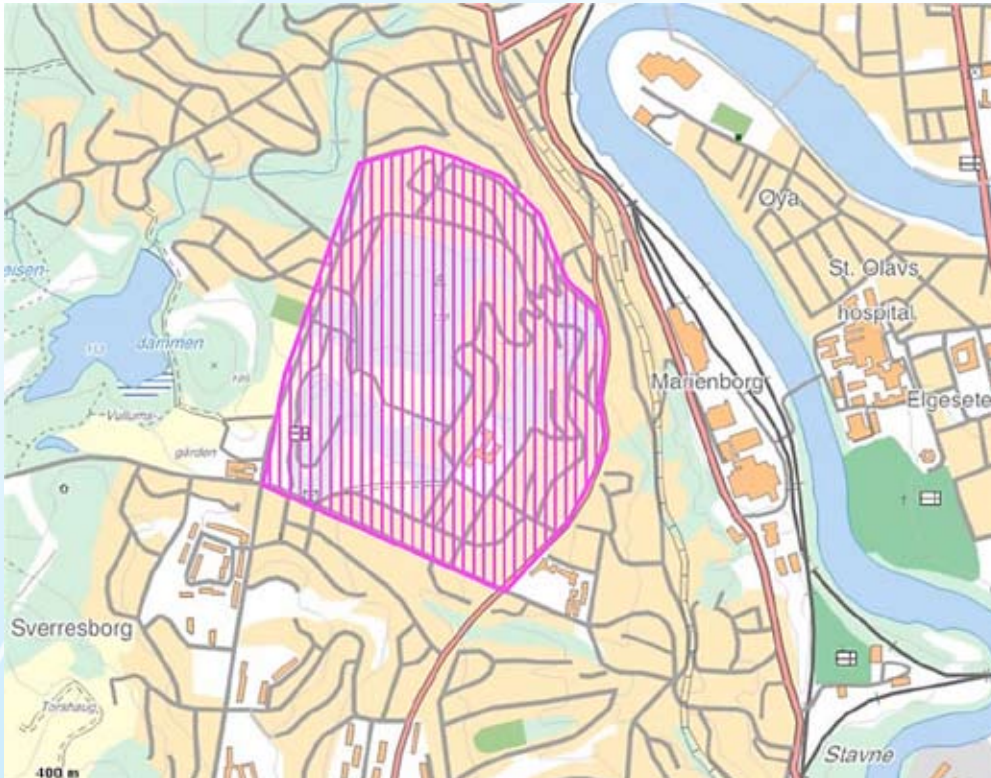
Embargoed areas of WOC2010 and previous O-maps (latest editions only):

No.	Areas	Previous maps	Scale	Year
A	Sverresborg museum	"Sverresborg"	1:4000	2007
B	Kristiansten fort, City sentre	"Småbergan" "Midtbyen"	1:5000 1:5000	2001 2006
C	Jervskogen	"Jervfjellet" "Tulluan syd" "Stavsjoefjellet"	1:15000 1:15000 1:15000	1991 1995 1999
D	Leinstrandmarka	"Frøset" "Stavset" "Storheia" "Leinstrandmarka vest" "Leinstrandmarka øst" "Smistad"	1:10000 1:5000 1:15000 1:10000 1:10000 1:10000	2003 2005 1991 2001 2003 2005

A- Sprint Qualification: Sverresborg museum

Arena: Sverresborg museum

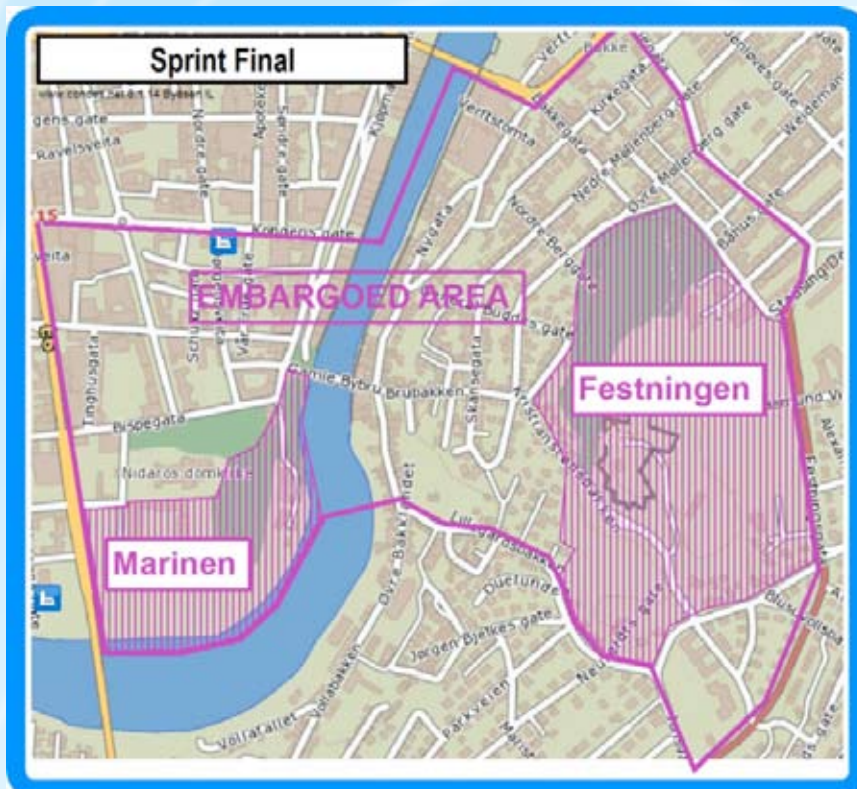
The museum area (fenced area) and the forested areas are completely forbidden.



B- Sprint Final: City centre and Kristiansten fort

Arena: City Centre Square

The areas Festningen and Marinen are completely forbidden.



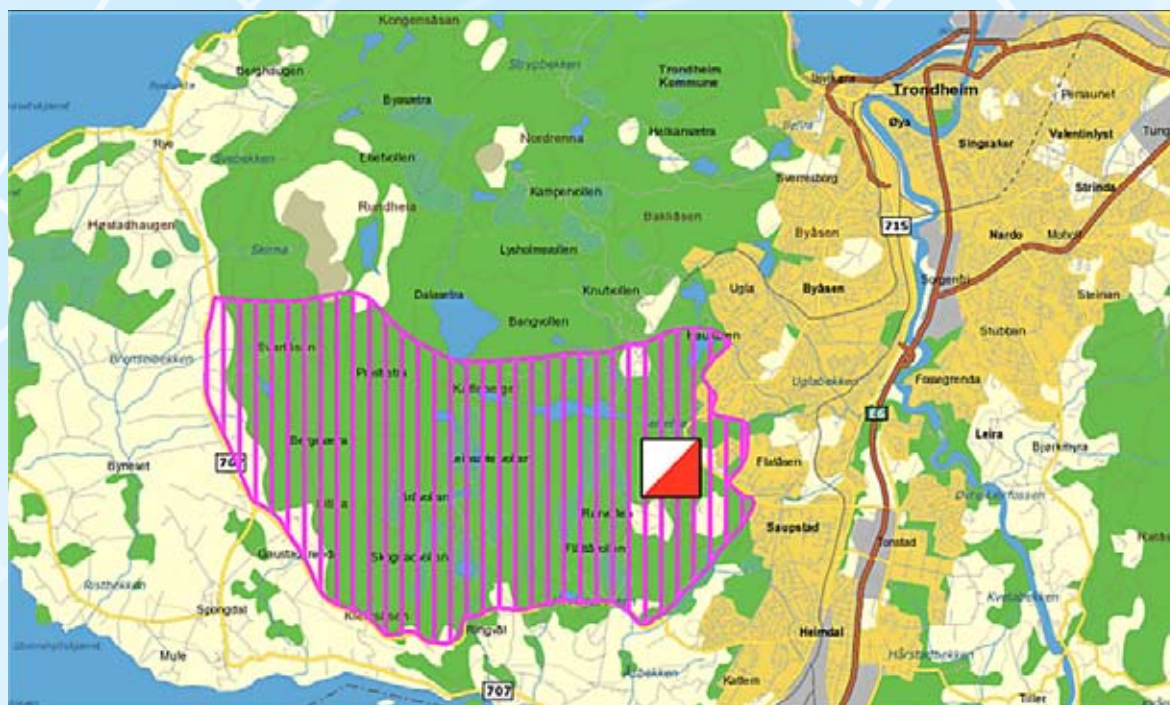
C- Long- and Middle Distance Qualification: Jervskogen

Arena: Jervskogen Ski Centre



D- Long- and Middle Distance Final as well as Relays: Leinstandmarka (Granåsen)

Arena: Granåsen Ski Centre



14 Maps and courses

Competition	Length (km)	Climb (m)	Controls	Winning time	Refreshment stations	Map scale	Contour interval	Course planners
WOC 2010 Sprint Qualification								
Men A	2.8	110	22	12 min	0	1:4 000	2.5 m	Rolf Mauritz Pedersen and Espen Fiskum
Men B	2.7	105	22	12 min	0			
Men C	3.0	105	22	12 min	0			
Women A	2.6	90	21	13 min	0			
Women B	2.5	95	21	13 min	0			
Women C	2.8	95	21	13 min	0			
WOC 2010 Middle Distance Qualification								
Men A	3.6	170	11	25	0	1:10 000	5 m	Frode Haugskott and Bjørn P. Løvås
Men B	3.6	175	11	25	0			
Men C	3.6	165	11	25	0			
Women A	3.1	155	9	25	0			
Women B	3.2	155	9	25	0			
Women C	3.1	140	9	25	0			
WOC 2010 Long Distance Qualification								
Men A	8.6	350	16	60	2	1:15 000	5 m	Johan Ivarsson and Arvid Mølrvik
Men B	8.5	370	16	60	2			
Men C	8.5	360	17	60	2			
Women A	5.7	200	11	45	1			
Women B	5.6	210	11	45	1			
Women C	5.6	230	12	45	1			
WOC 2010 Sprint Final								
Men	3.0	80	23	15 min	0	1:4 000	2.5 m	Rolf M. Pedersen and Espen Fiskum
Women	3.0	50	24	15 min	0			
WOC 2010 Middle Distance Final								
Men	5.4	240	20	35	0	1:10 000	5 m	Frode Haugskott and Bjørn P. Løvås
Women	4.5	190	17	35	0			
WOC 2010 Long Distance Final								
Men	15.0	760	29	98	4	1:15 000	5 m	Johan Ivarsson and Arvid Mølrvik
Women	9.9	530	23	76	4			
WOC 2010 Relay								
Men Leg 1	5.4	210-220	14	33 min	1	1:10 000	5 m	Tomas Eidsmo and Stig Magnar Løvås
Men Leg 2	8.9	395-430	25-26	54 min	2			
Men Leg 3	8.9	395-430	25-26	54 min	2			
Men Total	23			140 min				
Women Leg 1	4.7	205	12	35 min	1			
Women Leg 2	6.4	295-325	20	48 min	2			
Women Leg 3	6.2	295-325	21	46 min	2			
Women Total	17			128 min				

Subject to final controlling

Maps are drawn according to the international specification for Orienteering Maps (ISOM2000) and the International Specification for Sprint Orienteering Maps (ISSOM2007).

15 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 followed by the WOC2010 Opening Ceremony held at the City Square in the centre of Trondheim.

A forking system will be used in the Long Distance Final. More details will be included in Bulletin 4.

Start interval for Long Distance Final will be 2 minutes, according to the 2009 Rules.

At the qualification races for Long and Middle Distance the organiser will have tents for the athletes. It will also be possible for the teams to bring their own tents.

At the remaining races (Sprint Qualification and Final, Long Distance Final, Middle Distance Final and the Relay) it will not be possible for the teams to bring their own tents.



16 Terrain description

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.

17 Punching and timing systems

The punching system used in all WOC2010 competitions will be EMIT. During the finals the competitors will carry an EMITag on the arm and a tracking device on the back. All electronic equipment will be handed out by the organiser at the prestart, and collected at the finish. Costs for lost electronic equipment will be charged to the respective federation.

The timing system will involve the use of electronic start gates and finish line. The competitors must wear number bibs on the front and the back as specified by the organiser. The bibs will be handed out to each team during the Team Officials' meetings (for the Sprint Final, the bibs will be handed out at the Prestart).

The finish times will be taken by means of photo-cells when the runner breaks the beam at the finish line (according to IOF rule 23.5). The running times will be rounded to the nearest 1.0 second, except in the Sprint Final, when they will be rounded to the nearest 0.1 second.

The start and finish procedures will be demonstrated at the Technical Model Event on Saturday, August 7th, 2010, 17:00-19:00 hours at the Event Centre, Quality Panorama.

18 Start draws

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



19 Coaching and team zones

Team zones

Team Zones are restricted areas where only accredited team members with their personal ID card will have access and where privacy will be guaranteed during the competitions. The Team Zones in the WOC2010 arenas are all within 100 m of the finish line.

In the Team Zones the teams will be provided with tents by the organiser. At Jervskogen arena it is allowed to put up private tents in the Team Zones. At the other arenas private tents are not allowed. Toilet facilities will be available in the Team Zones of all WOC2010 arenas.

Coaching zones

In the Long Distance Final, Middle Distance Final and the Relay races there will be clearly marked Coaching Zones, no more than 200 metres from the finish, where team coaches may encourage and assist their athletes as they pass by.

Only two accredited coaches per team are allowed to enter these zones. In order to maintain a high level of fairness the only activities allowed in the coaching zone are:

- Exchange of verbal communication with athletes - no written information.
- Exchange of personal equipment such as compasses, shoes, contact lenses etc.
- Food and drinks may be handed out personally to the athletes.

The exchange of any information or material to or from athletes outside the official Coaching Zones is not permitted.

20 Number bibs

During WOC2010 events all competitors must wear number bibs on the chest and back. The number bibs will be handed out at the respective Team Officials' Meetings (for the Sprint Final, the bibs will be handed out at the Prestart).

Just prior to the flower and prize-giving ceremonies, special bibs will be handed out to the WOC2010 runners placed between first and sixth in the events, and these must be worn on the chest during the ceremonies.

21 Team officials' meetings

The Team Officials' Meetings will be held at the Event Office (Quality Hotel Panorama) as indicated in the official programme. Only accredited Team Officials and invited guests (IOF officials, organisers) have access to the Team Officials' Meetings.

At the Team Officials' Meetings the number bibs and further official information will be distributed to the teams. The material will be available 15 minutes prior to the opening of the Team Officials' Meetings.

22 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.

23 Transportation

A scheduled transport service is available for accredited participants who have booked this service. The service is provided to and from all official WOC2010 events (model terrains, arenas). The transport schedules will be published in Bulletin 4.

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.

Getting to and from WOC2010

Participants in WOC2010 who choose to drive at their own cost and risk to and from all WOC2010 events will get parking permits together with maps with descriptions of the routes to all arenas and model events, upon accreditation. Please note that only accredited vehicles can be parked in the special parking zones at the event sites.

WOC2010

All individual competitions have pre-start areas away from the arenas. Information about the location of the pre-start will be given at the relevant Team Officials' Meeting before the competition. Routes to the car parks at the pre-start areas will be signposted.

Local transport

Accredited persons will get a t:card valid for the whole WOC week, for local transport using the public bus and tram system in Trondheim. There are frequent bus routes between Trondheim Centre and Quality Panorama. The bus takes 23 min.

24 Event office

The Event Centre and the Media Centre with the official Event Office of WOC2010 will be in Hotel Quality Panorama (WOC Hotel), Ivar Lykkes vei 1, N-7492 Trondheim. The hotel is located 7 km south of Trondheim Centre, close to E6. There is a frequent bus service from Trondheim railroad station (Route 46, takes 23 min.)

The website is:

<http://www.choicehotels.no/hotels/hotel?language=en&hotel=NO001>

The Team Officials' Meetings will be held at the Event Centre. In the Event Centre there will be a limited number of meeting rooms available for team meetings. The rooms are equipped with data projector. The use of meeting rooms is not included in the accreditation fee. Booking of meeting rooms during WOC 2010 will be organised by the Event Office. Teams who wish to reserve such facilities should contact the Head of the Event Office in advance.

Shopping centres and other facilities like training studio, swimming pool, etc. are located close to the hotel.

Head of the Event Office: Stig Berge

E-mail contact: stig@woc2010.com

Telephone: +47 992 91 046

Opening hours of the WOC2010 Event Office:

Date	WOC2010 Event Office	
	Time	Place
5 August, Thu	13:00 - 20:00	WOC Hotel
6 August, Fri	08:00 - 21:00	WOC Hotel
7 August, Sat	08:00 - 21:00	WOC Hotel
8 August, Sun	07:00 - 12:00	WOC Hotel
	08:00 - 12:00	Sprint Q arena (Sverresborg)
	12:30 - 17:30	Sprint F arena (Town Square)
	18:00 - 21:00	WOC Hotel
9 August, Mon	08:00 - 12:00	WOC Hotel
	12:00 - 16:00	Middle Q arena (Jervskogen)
	18:00 - 21:00	WOC Hotel
10 August, Tue	08:00 - 12:00	WOC Hotel
	14:00 - 19:00	Long Q arena (Jervskogen)
	18:00 - 20:00	WOC Hotel
11 August, Wed	08:00 - 21:00	WOC Hotel
12 August, Thu	08:00 - 11:00	WOC Hotel
	12:00 - 19:00	Long F arena (Granåsen)
	19:00 - 20:00	WOC Hotel
13 August, Fri	08:00 - 21:00	WOC Hotel
14 August, Sat	08:00 - 12:00	WOC Hotel
	12:00 - 17:00	Middle F arena (Granåsen)
	18:00 - 21:00	WOC Hotel
15 August, Sun	08:00 - 11:00	WOC Hotel
	12:00 - 17:00	Relay arena (Granåsen)
	18:00 - 19:00	WOC Hotel
16 August, Mon	07:00 - 12:00	WOC Hotel

These hours are preliminary.
Please check revised hours in Bulletin 4.

25 Food service

All hotel accommodation that is booked through WOC 2010 is with breakfast included. A hot lunch meal may be purchased on the arenas for a price NOK 80-100. Lighter meals may also be purchased at the arenas. A buffet dinner will be served at Hotel Quality Panorama each evening, for a price NOK 165. Dinner tickets may be ordered with the final entry of athletes and coaches due 1 Aug. 2010. Guidance on restaurants both in the vicinity of the Event Centre and in Trondheim Centre will be provided upon accreditation.

26 Arrival and accreditation

Trondheim Airport Værnes is located 35 km east of town centre, along E6 (northbound). Currently there are two bus companies serving the airport. Klæburuten has frequent service to Trondheim with stops at Trondheim railroad station and all major hotels in the town centre (announced by the bus driver). Trondheim Turbuss has less frequent service, but continues to Quality Hotel Panorama. There are frequent trains as well, leaving from a station inside the terminal. Please contact the information desk in the arrival hall for information.

There is a frequent bus service between Trondheim railroad station and Quality Hotel Panorama (Route 46, takes 23 min.).

Those arriving by car should drive South from Trondheim centre, following E6 (direction Oslo) for approximately 6 km. The exit is marked "Tillerbyen" and "Hotel." Follow the "Hotel" sign. The WOC Hotel is easily visible as the tallest building in the area, East of E6 and just South of the shopping centre.

All registered participants of WOC2010, including team members, team leaders, IOF officials, media representatives and guests are kindly requested to check in for accreditation upon their arrival. There will be two accreditation offices, at Hotel Quality Panorama (Event Office, see opening hours in Section 24) and at Rica Nidelven. The latter is located in Trondheim Centre, 200 m from the railroad station and the main stop for the airport bus (Klæburuten), and will be serving those who have booked accommodation in the city centre.

Accreditation hours, Rica Nidelven:

6 august, Fri 17:00-20:00

7 August, Sat 12:00-20:00

Each registered WOC2010 competitor must present his or her personal passport before he or she is accredited. A personal ID card with photo and coloured access rights codes will be handed out at accreditation.

All accredited persons must wear their ID card at all relevant times. The ID card must be presented for access to permitted zones, and this is based on the coloured access rights codes.

Insurance: Each person involved in WOC2010 is responsible for his/her own medical insurance coverage (illness and accident).

27 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 20° 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.

28 Training opportunities

Details of the available maps for training were given in Bulletin 2.

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 labelled with the name of the group and the dates when the controls are put out and will be removed.

Individual training races can also be organized on request. Please consult the WOC2010 web page at <www.woc2010.com> for updated information concerning official and individual training opportunities and the training map offer.

For information concerning WOC2010 training contact:
Torgeir Aune, e-mail: torgeir@woc2010.com

Training camps and o-events

An official Training Camp will be organized in week 23 (June) 2010 in the Trondheim area. Information will be posted on the WOC2010 web site.

The following local O-Events are recommended for training:

1. Trondheim Open, 11-13 June 2010.
2. Norwegian Qualification races for WOC2010, 2-4 July 2010, at Verdal (100 km North of Trondheim).

Information will be posted on the WOC2010 website.



29 Entry permits to Norway

According to the current regulations, citizens of the following member countries may enter Norway **without** a visa:

Argentina, Australia, Austria, Belgium, Brazil, Bulgaria, Canada, Chile, Croatia, the Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Great Britain, Hong Kong (SAR passport), Hungary, Ireland, Israel, Italy, Japan, Republic of Korea, Latvia, Liechtenstein, Lithuania, Macedonia, Malaysia, The Netherlands, New Zealand, Panama, Poland, Portugal, Romania, Serbia, Slovakia, Slovenia, Spain, Sweden, Switzerland, Uruguay, USA, Venezuela.

Persons from any other country must contact the nearest Norwegian Embassy for visa application.

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

30 Entries, media services

Media representatives are cordially invited to come to Trondheim and spread their coverage of WOC2010 from Norway across the globe. The official Event and Media Centre of WOC 2010 will be in 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 finish 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 in Norway of all WOC races (direct transmission from most finals). The broadcasts will be available to other television networks, subject to agreement with the Norwegian Orienteering Federation.

The WOC2010 homepage will offer a complete database, with information on all participating athletes, with their results records from other important international competitions. The Media Centre will also provide an official event service including photos taken during the competitions. These will be offered at the WOC2010 website for downloading in high resolution quality for accredited media representatives.

Photo zones for accredited photographers will be available in the arenas and there will also be a photo zone adjacent to one of the one control points in the competition area, though the number of photographers permitted at any one such site might be limited.

Entry and Accommodation

The following hotels are reserved for media representatives:

- Rica Nidelven Hotel, Havnegt. 1-3 (Trondheim centre)
<http://www.rica-hotels.com/en/Hotels/Rica-Nidelven-Hotel>
- Comfort Hotel Trondheim, Krambugt. 3 (Trondheim centre)
<http://www.choicehotels.no>

An accreditation form with full details is available on the WOC website. Those who have not submitted this form within the deadline 1st June 2010 should do so at the earliest convenience. The final deadline is 1st July 2010.

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



31 IOF officials and WOC guests

Entry and Accommodation

An entry form may be found on the WOC2010 home page. Entries will only be confirmed provided that the relevant payment has been received by 1st July 2010.

For those who have not booked accommodation through the organiser we recommend **Rica Nidelven Hotel** or **Quality Hotel Trondheim**. IOF meetings and the Congress will be held at Rica Nidelven Hotel. Quality Hotel Trondheim is only a 5 min. pleasant walk away.

32 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 programme:

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

33 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 full payment has been received.

34 WTOC 2010

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

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

35 Public event – WOC Tour2010

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 program 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	Krstiansten Fort
Thursday 12 Aug.	Rest day	
Friday 13 Aug. (morning)	Long	Granåsen
Saturday 14 Aug. (morning)	Middle, chasing start	Granåsen

Late entries are accepted until 16th July. Further information on the WOC Tour 2010 is found on the WOC2010 web-site: www.woc2010.com

36 Further information

For further information on WOC 2010, please contact the WOC 2010 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

More details will be published in WOC2010 Bulletin 4, in August 2010.

37 Important deadlines

July 1st, 2010:

- Full payment of entry fees and services ordered

August 1st, 2010:

- Final entry for teams



WORLD ORIENTEERING CHAMPIONSHIPS

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

