

Bulletin

1st August, 2010

4

Price: 20 kr

**World Orienteering
Championships 2010**

**World Trail-O
Championships 2010**

Trondheim Norway



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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/ WTOC 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!

Elin Sjødin Drange

President of the Norwegian Orienteering Federation

Welcome to Norway and Trøndelag!

On behalf of the organising team it is a great pleasure to wish athletes, team leaders, IOF delegates, guests and everyone else welcome to WOC2010. We are greeting welcome to 42 nations, which is nearly a record number for a World Championship in Orienteering. We will do our utmost to make you feel happy during the WOC week, also hoping that you will return on future occasions.

Our vision for this championship is challenging and demanding – Spectacular, Urban and Visible. This vision expresses an ambition to bring our sport into the limelight, by using arenas that are well known to the local public, and by using modern and advanced technology. In addition we have a focus on fair play, to ensure a just and fair championship.

At the same time we hope that you will take part in our cultural program. We start on Sunday 8th August, after the Sprint Final, with a spectacular Opening Ceremony followed by the price giving ceremony and a free air concert. On Saturday 14th August we launch "WOC by Night" with price giving ceremony followed by a concert and other festivities. Other events will be announced through the week.

When wishing you welcome to Trondheim and Trøndelag we have a feeling of respect and humbleness towards the task we are facing. At the same time we are confident that we as an organisation will manage. More than 600 volunteers are ready, and many have worked for years in the preparations. We are commissioned by the International and the Norwegian Orienteering Federations to organise WOC2010, and our ambition and aim is that everyone shall be proud of the product that we deliver.

Lars Skrøvseth

President of the Organising Committee





2 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 WOC 2010, WTOC 2010 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 600 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.

WOC 2010 Mapping Team

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

WTOC 2010 Mapping Team

Ales Hejna and Per Einar Pedersli

3 Event Controllers

Lars Forsberg (SWE)	WOC-IOF Senior Event Advisor	Brian Parker (GBR)	WTOC-IOF Senior Event Advisor
Ivar Maalen (NOR)	WOC-Chief National Controller	Antti Rusanen (FIN)	WTOC-IOF Assistant Event Advisor
Håvard Tveite (NOR)	WOC-National Controller	Knut Terje Ovesen (NOR)	WTOC -National Event Controller
Agnar Renolen (NOR)	WOC-National Map Controller	Jon Arne Klemetsaune (NOR)	WTOC -National Planner

4 Jury

WOC 2010

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

WTOC 2010

Olga Korchagina (RUS), Taro Koyama (JPN), Hannu Niemi (FIN).



5 WOC 2010 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 WOC 2010 Technical model Team official's meeting	Øvre Jervan Event office, Quality Panorama Kalvskinnet - Trondheim Spectrum 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 16:00 16:00 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 Press conference Parade of nations Opening ceremony Prize 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 (Press Centre) Trondheim Town Square 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 19:00-19:30 20:00-21:30	Model Long Final, Middle 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 18:30 19:30-21:00 Evening	Long Distance final First start women First start men Flower ceremony Long Distance Press conference Annual Meeting of the Assembly of European Orienteering Federations Meeting of Outside Europe Federations	Granåsen Ski Centre Granåsen Ski Centre Granåsen Ski Centre Granåsen Ski Centre Press Centre at Granåsen Ski Area Rica Nidelven Rica Nidelven
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 **) Prize giving ceremony Long Distance Concert 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 16:45 18:00-18:30 19:15 19:30	Deadline for entry Relay Middle Distance final First start women First start men Flower ceremony Middle Distance Press conference Team official's meeting Prize giving ceremony Middle Distance Concert	Event Office, Quality Panorama Granåsen Ski Centre Granåsen Ski Centre Granåsen Ski Centre Granåsen Ski Centre Press Centre at Granåsen Ski Area Quality Panorama Trondheim Town Square Trondheim Town Square
Sun, Aug 15	11:30-16:00 11:30 13:15 16:00 16:30 16:30 18:30	Relay Women mass start Men mass start Prize giving ceremony Relay Press conference Closing ceremony WOC Banquet	Granåsen Ski Centre Granåsen Ski Centre Granåsen Ski Centre Granåsen Ski Centre Press Centre at Granåsen Ski Area Granåsen Ski Centre Dora, Nyhavna

*) 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.

6 WTOC 2010 Programme

Date	Time	Events	Venue
Sun, Aug 8	16:00	Parade of nations	Trondheim Town Square
	16:15	Opening Ceremony	Trondheim Town Square
	19:00-21:00	Concert	Trondheim Town Square
Mon, Aug 9	10:00-15:00	Model Day 1	Kristiansten Fort
	19:00-19:30	Team official's meeting	Quality Panorama
Tue, Aug 10	09:00-13:00	Day 1 competition	Sverresborg School
	13:00-15:00	Trail-O Open*	Sverresborg School
Wed, Aug 11	10:00-15:00	Model Day 2	Saupstad Ski Centre
	18:30-19:00	Team official's meeting	Quality Panorama
	20:00-21:30	Reception	Arch Bishop's Palace
Thu, Aug 12	09:00-13:00	Day 2 competition	Granåsen Ski Centre
	Ca. 13:30	Price giving ceremony, Individuals and Teams	Granåsen Ski Centre
	19:00-19:30	Team official's meeting	Quality Panorama
	19:00-23:00	WTOC banquet	Teknobygget, Abels gt. 5
Fri, Aug 13	10:00-13:00	World TempO Trophy**	Kristiansten Fort
	13:00-15:00	Open TempO	Kristiansten Fort

*The course will be open for all comers between 13:00-15:00. Entry is at site on-the-day. Entry fee: 10 EUR/NOK 80 (map, control card and solution).

** More information is given in Section 43.

For IOF meetings and other events, please see table of WOC activities, Section 5.

7 Competition Rules

WOC 2010:

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.orienteeing.org

WTOC 2010:

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

8 Special Conditions

WOC

- For safety reasons the traffic rules of Norway states that pedestrians should use the left hand side of the road. This applies to all WOC 2010 competitions except the Sprint Final, where special permission has been granted by the authorities. Directions given by the Organiser on road crossings and the use of public roads must be respected.
- The qualification and the final race of the WOC 2010 Sprint competition will be held on the same day.
- The Sprint Final will be followed by the WOC 2010 Opening Ceremony held at the City Square in the centre of Trondheim.
- A forking system will be used in the Long Distance Final.
- In the Long Distance and Middle Distance Finals there will be map exchange, see Section 44.
- Start interval for Long Distance Final will be 2 minutes, according to the 2009 Rules.
- For Sprint Qualification, Middle Qualification and Final, Long Distance Qualification and Final, teams will not be allowed to drive to the start using their own cars. The bus service provided by WOC 2010 is compulsory for all athletes and coaches, see Section 44.
- 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 to the finish arena.
- 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 to the finish arena.

WTOC

5 minutes have been added to the maximum time on Day 2 competition for resting, water supply and toilet visit. Facilities are placed in the middle of the course.

9 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.
 - 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 organiser. 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 WOC 2010, each Federation may enter a team consisting of up to 7 women, 7 men and 8 team officials.

The following regulations based on the *Rules for the World Trail Orienteering Championships* (version valid since 1 July 2010) apply to participation in WTOC 2010:

- 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 organiser. 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 up to a maximum of three competitors of any physical ability for the World Championship Open class, and a maximum of three eligible competitors for the World Championship Paralympic class. The current Open and Paralympic World Champions may be entered by their Federations in their respective classes in addition to the normal maximum of three per class. However, if a Federation has, as a consequence, four competitors in a class, that Federation must nominate, by 12 noon on the day before the first competition, the three in that class who will form the team for the team competition.
- 6.6 Disabled competitors requiring physical assistance from an able-bodied escort shall inform the organiser when registering for the event. The organiser shall make arrangements for such assistance. It is not permitted for competitors to be accompanied by their personal or national team escorts in the competition area. However, in exceptional cases with the agreement of the IOF Event Adviser, competitors may be accompanied by their own medical attendant or, for those with restricted communication, an 'interpreter' familiar with their speech. Escorts must not assist in any way with the map reading, control site identification, analysis or selection process, nor disturb the concentration of any competitor.
- 6.7 Each Federation may have a number of officials in the team, in addition to the competitors and required escorts. The organiser shall fix the number of officials in accordance with the available facilities, but the maximum number shall be at least four. The maximum number shall be the same for each team.

10 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.

Doping control may be carried out at any time during the competition period.

The doping tests will be conducted in accordance with the procedures laid down in the WADA International Standard for Testing. The IOF Anti-Doping Code and its rules, valid since 1 March 2010, apply.



Athletes who are notified for doping test must report to the Doping Control Station with any official identity document with photo and a copy of the TUE (Therapeutic Use Exemptions) if applicable. All athletes are advised to have these documents with them (or collected by the coach) at the competitions. The official WOC accreditation card is accepted as the identity document.

It is compulsory for each team to disclose its intended accommodation venue from the day of accreditation until departure. On accreditation, please leave a written statement at the Event Office indicating the places where your team members intend to stay during the whole competition period, from arrival to departure, together with the phone number of an official team contact person, reachable 24 hours a day. A special form is available at the Event Office.

If there are changes to the team plan you must give notice to the Event Office as early as possible, and at least 12 hours in advance of the change taking effect. Missing or incorrect plans for teams are subject to possible Anti-Doping investigations.

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

11 Event Centre

The Event Centre and the Media Centre with the official Event Office of WOC/WTOC 2010 is in Hotel Quality Panorama (WOC Hotel), Ivar Lykkes vei 1, N-7492 Trondheim. (GPS: N 63° 21.55', E 10° 22.50'). The hotel is located 7 km south of Trondheim Centre, close to E6. There is a frequent bus service from Trondheim Central Station (Route 46, takes 23 min.)

The website is:

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

Email address for the Event Centre:

post@woc2010.com

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 is through the hotel reception. Teams who wish to reserve such facilities should contact the hotel reception in advance. There is free parking at the hotel for accredited athletes/coaches.

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 WOC/WTOC 2010 Event Office:

Date	WOC/WTOC 2010 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	06:30-12:00	WOC Hotel
	08:00-12:00	Sprint Q Arena (Sverresborg)
	12:00-17:30	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	08:00-14:00	WOC Hotel
	08:00-15:00	WTOC Day 1 (Sverresborg)
	14:00-19:00	Long Q Arena (Jervskogen)
	18:00-21:00	WOC Hotel
11 August, Wed	08:00-21:00	WOC Hotel
12 August, Thu	08:00-13:00	WOC Hotel
	08:00-14:00	WTOC Day 1 (Granåsen)
	12:00-19:00	Long F Arena (Granåsen)
	18:00-21:00	WOC Hotel
13 August, Fri	08:00-21:00	WOC Hotel
14 August, Sat	08:00-13:00	WOC Hotel
	11:00-17:00	Middle F Arena (Granåsen)
	18:00-21:00	WOC Hotel
15 August, Sun	08:00-12:00	WOC Hotel
	10:00-17:00	Relay Arena (Granåsen)
	18:00-19:00	WOC Hotel
16 August, Mon	07:00-12:00	WOC Hotel

Entry of athletes/teams to the respective competitions shall be submitted to the Event Centre at the WOC Hotel before 12:00 on the preceding day. The entries may be submitted in writing on a specific form available at the Event Centre, or by email.

12 Team officials' meetings

The team official's meetings (TOM) will be held at the Event Centre (Hotel Quality Panorama).

Only accredited WOC/WTOC officials (maximum 2 per team) and invited guests (IOF officials, organisers), have access to the TOMs. At the TOMs the number bibs, start lists and further official information will be distributed to team officials. All material will be available in the meeting room, 15 min. prior to the opening of the TOM.

For the Sprint Final the number bibs, start lists and other equipment will be distributed in the Quarantine Zone.

Time Schedule for TOMs:

WOC

Date	Time	Competition
7 August, Sat	19.00-20.00	Sprint Q and Sprint F
8 August, Sun	19.00-19.30	Middle Q
9 August, Mon	19.00-19.30	Long Q
11 August, Wed	19.00-19.30	Long F
13 August, Fri	19.00-19.30	Middle F
14 August, Sat	18.00-18.30	Relay

WTOC

Date	Time	Competition
9 August, Mon	19:00-19:30	Day 1 competition
11 August, Wed	18:30-19:00	Day 2 competition
12 August, Thu	19:00-19:30	TempO Trophy

13 Accommodation and food services

Hotel accommodation

All teams who have reserved hotel accommodation through WOC 2010 shall collect their room keys in the hotel reception. Breakfast is included in the room rate. At Panorama breakfast is served 07:00-10:00. At the same hotel it is possible to make one's own lunch pack (sandwiches) by self service at the breakfast. The price is NOK 45, to be paid directly to the hotel.

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.

At the WOC Hotel (Quality Panorama) a buffet dinner will be served 19.00-21.00 every evening, for a fixed price NOK 145. The dinner is not included in the room rate, and must be paid directly to the hotel. There are alternative restaurants within walking distance from the hotel.

There is no organised evening meal for those who have booked hotel in the city centre. Guidance on restaurants both in the vicinity of the WOC Hotel and in Trondheim Centre will be provided upon accreditation.

14 Ceremonies and Banquet

The Opening Ceremony will be held on Sunday 8th August at Trondheim Town Square, immediately after the Sprint Final. The ceremony commences at 16:15. We kindly ask all WOC/WTOC 2010 participating teams to gather at 16:00 in their national team kit at Nordre gate (the crossing of Nordre gate and Dronningens gate), for a common parade towards Trondheim Town Square and the opening ceremony.

WOC

The Sprint, Middle and Long Distance Finals will be followed by a flower ceremony. Estimated time for the respective ceremonies is given in the detailed programme.

The prize and medal awarding ceremonies for the Sprint, Middle and Long Distance Finals and the Relay are scheduled in the detailed programme.

Athletes and teams ranked 1-6 shall be present behind the podium 5 minutes prior to the beginning of the prize-giving ceremony, in their official national kit. No sunglasses or hats shall be worn during the ceremonies. Final instructions to the participants will be given prior to the ceremonies on site.

The Closing Ceremony will be held in Granåsen Ski Centre on Sunday, 15th August immediately after the prize giving ceremony for the Relay. The short programme will include lowering the flags and handing over the IOF flag to the organisers of WOC2011.

The WOC2010 Banquet will be held on the evening of Sunday, 15th August in Dora, Nyhavna, within walking distance from the City Centre. Doors will open from 18:30. The program will start at 19:00. Teams wishing to present their own cultural program after the official part should consult the banquet toastmaster.

The unofficial part of the banquet will take place at Verkstedhallen, nearby Dora, from 22:00.

Additional tickets for the banquet will be available for purchase from the Event Office no later than Thursday 12 August, at 12:00.

WTOC

The WTOC 2010 Banquet will be held on the evening of Thursday 12th August at Amadeus, Teknobyen Kantine. The address is Abels gt 5. Doors will open from 19.00 and the program will start at 19.30. Additional tickets for the banquet will be available for purchase from the Event Office no later than Monday 9 August, at 21:00. There is frequent bus service in the area. Route 46 to and from Panorama and City Centre, Route 8 from Ugla School and the tram from Ugla Station to City Centre.

15 Competition Areas

The following competition areas will be used:

The following competition areas will be used:

WOC Sprint Qualification:	Sverresborg
WOC Sprint Final:	Trondheim Centre
WOC Middle Qualification:	Jervskogen
WOC Middle Final:	Granåsen
WOC Long Qualification:	Jervskogen
WOC Long Final:	Granåsen
WOC Relay:	Granåsen
WTOC Day 1:	Sverresborg
WTOC Day 2:	Granåsen



All the arenas



Arenas close to Trondheim, also showing WOC Hotel and IOF Hotel

16 Embargoed Areas

With reference to the IOF Competition Rules (article 26.6), the listed areas are embargoed for all potential WOC/ WTOC 2010 team members (competitors, coaches, team leaders and other persons that may be in a position to give information to the team members and thus influence the results. From 1st August 2010 the embargoed areas are totally closed.

Offences shall be reported to WOC 2010 Event Director Åse Rita Ellingsen, e-mail: rita@woc2010.com

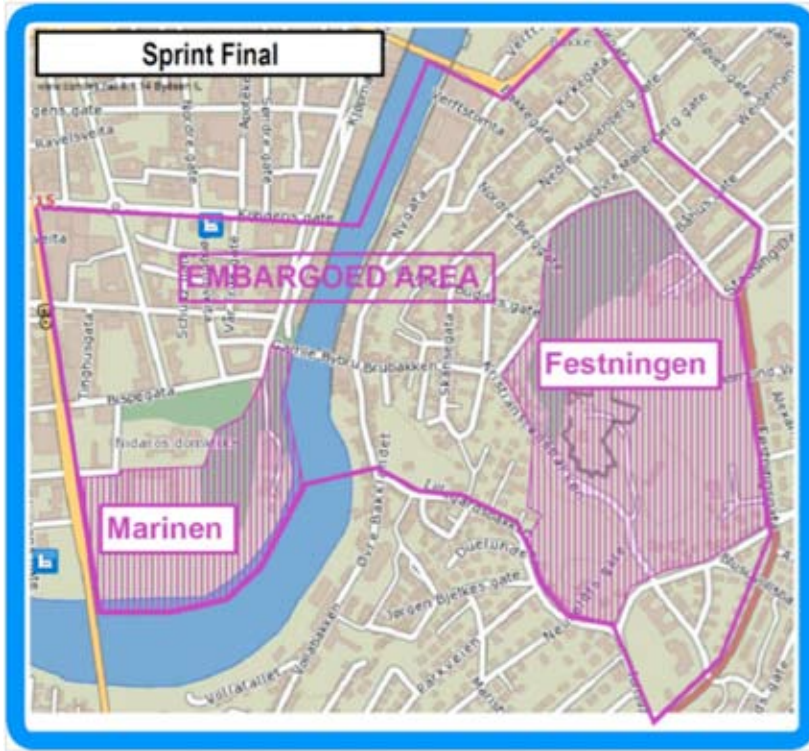
Copies of the most recent versions of the orienteering maps of the embargoed areas are published on the website of WOC 2010 (in PDF format).

Embargoed areas of WOC 2010 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"	1:5000	2001
		"Midtbyen"	1:5000	2006
C	Jervskogen	"Jervfjellet"	1:15000	1991
		"Tulluan syd"	1:15000	1995
		"Stavsjoefjellet"	1:15000	1999
D	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

For WTOC the embargo applies to Sverresborg Museum and Leinstrandmarka.

Many WOC 2010 participants may visit Trondheim Centre in the days prior to the competitions. Please note that from 1 August and until the Sprint Final is finished, the embargoed area is completely closed for any team member, see map below. From 7 August the roads Smistadveien and Ringvålveien (arena Granåsen) are closed for team members.



17 Model Events

Details about travel etc. to Model Events are given in Section 44.

WOC 2010 Technical Model:

Place: WOC Hotel (Quality Panorama)
Date and time: 7 August, Saturday, 17.00 – 19.00

WOC 2010 Middle and Long Distance Qualification:

Place: Øvre Jervan (GPS: N 63° 20.42' E 10° 39.46' E)
Date and time: 7 August, Saturday, 10.00 – 13.00
The model controls are available (unmanned) Thu 05.08 – Wed 11.08

WOC 2010 Sprint Qualification and Final:

Location: Trondheim Spectrum: (GPS: N 63° 25.44', E 10° 26.13')
Date and time: 7 August, Saturday, 14.00 – 16.00

WOC 2010 Long Distance Final, Middle Distance Final and Relay:

Arena Location: Solemsåsen - Storsvingen (GPS: N 63° 24.78', E 10° 17.58')
Date and time: August, Saturday, 10.00 – 13.00
The model controls are available (unmanned) Thu 05.08 – Sat 14.08

WTOC 2010 Day 1 Model:

Place: Kristiansten Fort (GPS: N 63° 25.63', E 10° 24.77')
Date and time: 9 August, Monday, 10.00 – 15.00

WTOC Day2 Model:

Place: Saupstad Ski Centre (GPS: N 63° 21.60', E 10° 20.40')
Date and time: 11 August, Monday, 10.00 – 15.00

During the official times (shown above), control stands, control flags and drinking water will be available. We kindly ask all teams not to put out any markings in the model event areas.

18 Maps and Courses

Competition	Length (km)	Climb (m)	Controls	Winning Time (min.)	Refreshment stations	Map scale	Contour interval	Course planners
WOC 2010 Sprint Qualification								
Men A	2.9	110	22	13	0	1:4 000	2.5 m	Rolf Mauritz Pedersen and Espen Fiskum
Men B	2.8	95	21	13	0			
Men C	2.9	110	20	13	0			
Women A	2.5	90	20	13	0			
Women B	2.4	95	19	13	0			
Women C	2.6	95	18	13	0			
WOC 2010 Middle Distance Qualification								
Men A	3.5	170	11	25	0	1:10 000	5 m	Frode Haugskott and Bjørn P. Løvås
Men B	3.5	175	11	25	0			
Men C	3.6	165	11	25	0			
Women A	3.1	155	9	25	0			
Women B	3.1	155	9	25	0			
Women C	3.1	140	9	25	0			
WOC 2010 Long Distance Qualification								
Men A	8.7	350	16	60	2	1:15 000	5 m	Johan Ivarsson and Arvid Møltnvik
Men B	8.6	370	16	60	2			
Men C	8.5	360	17	60	2			
Women A	5.7	200	11	45	1			
Women B	5.7	210	11	45	1			
Women C	5.7	230	12	45	1			
WOC 2010 Sprint Final								
Men	2.7	100	21	15 min	0	1:4 000	2.5 m	Rolf M. Pedersen and Espen Fiskum
Women	2.6	75	21	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	15.1	770	29	94	5	1:15 000	5 m	Johan Ivarsson and Arvid Møltnvik
Women	9.9	530	23	74	5			
WOC 2010 Relay								
Men Leg 1	5.4	215-235	13-14	33	1	1:10 000	5 m	Tomas Eidsmo and Stig Magnar Løvås
Men Leg 2	9.0	435-455	26-27	54	2			
Men Leg 3	9.0	435-455	26-27	54	2			
Men Total	23.4			141				
Women Leg 1	4.7	195-210	12	35	1			
Women Leg 2	6.3	305-330	21	48	2			
Women Leg 3	6.3	330-350	22	46	2			
Women Total	17.3			128				

Maps are drawn according to the international specification for Orienteering Maps (ISOM2000) and the International Specification for Sprint Orienteering Maps (ISSOM2007). All WOC 2010 maps are printed offset (IOF colours + CMYK) on 120 g/m² paper. The maps will be issued in sealed plastic bags.

All controls are manned/guarded during the competitions, by officials who may be sitting close to the controls or at some distance.

Radio controls are not marked on the control descriptions.

Special symbols

527 Settlements is out of bounds.

Maps and Control Descriptions - Dimensions

Competition	Map size (mm)	Size of Control Descriptions (mm)*	
		Men	Women
Sprint Qualification	275 x 323	150 x 50	140 x 50
Sprint Final	280 x 330	140 x 50	140 x 50
Middle Qualification	297 x 210	90 x 50	80 x 50
Long Qualification	297 x 427	110 x 50	90 x 50
Long Final	297 x 427	180 x 50	150 x 50
Middle Final	297 x 210	150 x 50	130 x 50
Relay	340 x 293	On the map only	On the map only

*Control descriptions are printed on the maps. The dimensions refer to control descriptions that are handed out before the start.

WTOC 2010

Competition	Length (km)	Controls	Time allowance	Refreshment Stations	Map scale	Contour interval	Course planner
Model 1	1.200 m	12 + 2 timed	72 min		1:4 000	2.5 m	Jon Arne Klemetsaune
Model 2	2.200 m	12 + 2 timed	102 min		1:4 000	2.5 m	
Day 1	1.800 m	20 + 2 timed	114 min	1	1:4 000	2.5 m	
Day 2	3.100 m	20 + 2 timed	158 min	1	1:4 000	2.5 m	

Maps are drawn according to the International Specification for Sprint Orienteering Maps (ISSOM2007). All WTOC 2010 maps are laser printed (IOF colours + CMYK) on 120 g/m² paper. The maps will be issued in sealed plastic bags.

A technical guideline from the IOF Event Advisor will be published for all competitors together with the accreditation

19 Terrain Description

WOC - 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.

WOC - 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 streets and paths.

WOC - Middle- and Long Distance Qualification

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

WOC - Middle/Long Distance Final and Relay

Terrain form	Moderately steep to steep hills
Vegetation	Coniferous and deciduous forest.
Runnability	Mostly good. The marches 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.

WTOC Day 1

A folk museum of traditional farm and other buildings set in hilly terrain with spectacular rock features. Additional to open parkland are areas of natural forest of pine and birch. The network of paths has excellent surface for wheelchairs. Some steep sections.

WTOC Day 2

Classic Norwegian undulating terrain of forest, open marsh and farmland, with many contour and other features. The last part of the course follows ski trails. Surfaces vary from smooth tracks to rougher parts, but all are passable by wheelchairs. Some steep sections.

20 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.

21 Coaching and Team Zones (WOC 2010 only)

Team zones

Team Zones are restricted areas where only accredited team members with their personal ID card have access and where privacy will be guaranteed during the competitions. The Team Zones in the WOC 2010 arenas are all within 100 m of the finish line.

In the Team Zones the teams are 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 in the Team Zones. Toilet facilities are available in the Team Zones of all WOC 2010 arenas.

Coaching zones

In the Long Distance Final, Middle Distance Final and the Relay 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. On the remaining competitions there will be no coaching zones.

Detailed maps showing the coaching zones will be presented at the relevant Team Officials' Meeting.

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.

22 Transportation and Parking

General

Maps showing the location of each arena are shown in Section 15.

To some of the event there is compulsory bus transport to the Prestart area. A number of participants have ordered transport from the organiser.

Three bus stations will be used for WOC:

- WOC Hotel (Panorama)
- Ugla (bus stop on Gamle Oslovei, just down from Ugla School)
- Trondheim Central Station (Bus terminal on the East side of the station building).

For WTOC the following bus stations will be used:

- WOC Hotel (Panorama)
- Ugla (bus stop on Gamle Oslovei, just down from Ugla School)
- The following hotels: Nova, Comfort Trondheim.

It is the responsibility of the athlete/team leader to be at the bus stop in time.

Departure times from the bus stops are absolute. There is no alternative public transport. Return buses from the events may be a bit flexible, the first bus leaving when filled up.



Getting to and from WOC 2010/WTOC 2010 Events

Accredited persons will get a t:card valid for the whole 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 (Route 46) takes 23 min.

A scheduled transport service is available for accredited participants who have booked this service. The service is provided to and from all official WOC/WTOC 2010 events (model terrains, arenas). The transport time schedules are specified in the special instructions for each competition, sections 44 and 45.

Participants in WOC/WTOC 2010 who choose to drive at their own cost and risk to and from the 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.

WOC 2010:

All individual competitions have pre-start areas at some distance from the arenas. Except for the Sprint Final, teams will not be allowed to drive to the start area using their own cars.

For Sprint Qualification, Middle Qualification and Final, Long Distance Qualification and Final, teams will not be allowed to drive to the start areas using their own cars. The bus service provided by WOC 2010 is compulsory for all athletes and coaches.

Distance WOC Hotel - Arena and expected travelling times by car:

WOC 2010

- Sprint Q: 9 km 15 min.
- Sprint F: 9 km 15 min.
- Middle Q: 37 km 40 min.
- Long Q: 37 km 40 min.
- Long F: 5 km 10 min.
- Middle F: 5 km 10 min.
- Relay: 5 km 10 min.

There will be compulsory organisers' transport to the pre-start area of the following competitions:

- Sprint Q
- Middle Q
- Long Q
- Long F
- Middle F

The transport time schedules are specified in the special instructions for each competition, Section 44. Use of private transport to these areas is prohibited.

A shuttle transport service will be provided from the quarantine zone to the WOC event arena for competitors' bags and clothes. Coaches can use the shuttle car from the start to the WOC event arena.

WTOC 2010

Distance WOC Hotel - Arena and expected travelling times by car:

- Model Day 1 12 km 20 min.
- Model day 2 3 km 5 min.
- WTOC Day 1: 11 km 15 min.
- WTOC Day 2: 8 km 15 min.

The transport time schedules are specified in the special instructions for each competition, Section 45.

Athletes and team officials who have ordered transport, will be guided to accreditation and accommodation with the use of public transport or bus services. Ask for the Infodesk at Trondheim Airport or follow the signpost from the Central Railroad Station to accreditation at Rica Hell Hotel.

Transportation for arrival WTOC can be booked at the Event Office, and the organiser will arrange bus services. Please do the booking before Tuesday 10 Aug at 21:00.

The transport schedules are specified in the special instructions for each competition, Section 45.

23 Number bibs

During WOC 2010 events all competitors must wear number bibs. In the qualification races the competitors have to wear bibs on the chest. In all finals the number bibs must be worn both on the chest and the back. Number bibs must not be folded or cut. 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.

24 Punching and Timing Systems

WOC 2010

The punching system used in all WOC 2010 competitions will be Emit. The competitors will carry an EmiTag on the arm. In the finals and in some of the qualification races the competitors will carry a tracking device on their 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 finish time 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 WOC Hotel, Quality Panorama.

WTOC 2010

The punching system used by WTOC 2010 will be by using pin punches, control cards and manual timing. All start, finish and other systems will be demonstrated at the Model Events.

25 Tracking of Runners (WOC only)

Tracking devices will be used for the presentation of the competitions on the large video screens in the event arenas, during TV transmission, and as a part of the online web presentation.

The tracking device is an 86 g electronic device carried on the back of the runner in an elastic top (harness). The equipment is easy to wear and is known not to compromise the performance of the runner. The harness and the devices can be tried out at the technical model event.

Tracking will be used in women's Middle Distance Qualification, men's Long Distance Qualification, all finals and on all legs in the relay. Tracking devices and harnesses provided by the organiser shall be worn by all competitors.

On the competition day, the harness will be handed out when the runners enter the pre-start area. The harness is available in one size only, but runners are allowed to do non-permanent adjustments with tape or similar. It is not permissible to cut off any parts of the harness. Runners can put on the harness inside a tent. GPS-units will be placed into the harness by a start official right after call-up (7-11 minutes before start, specified for each race in the start procedure). In the relay competition, tracking devices may be picked up from 30 minutes before the start of each leg. Competitors will not be warned specifically about this and it is their own responsibility to wear the tracking device, otherwise they have a risk of getting disqualified.

In the finish area the organiser will collect the tracking unit from the harness shortly after finishing. The runners will be asked to take off the harness in a dedicated tent.

26 Check-in and Quarantine Zone

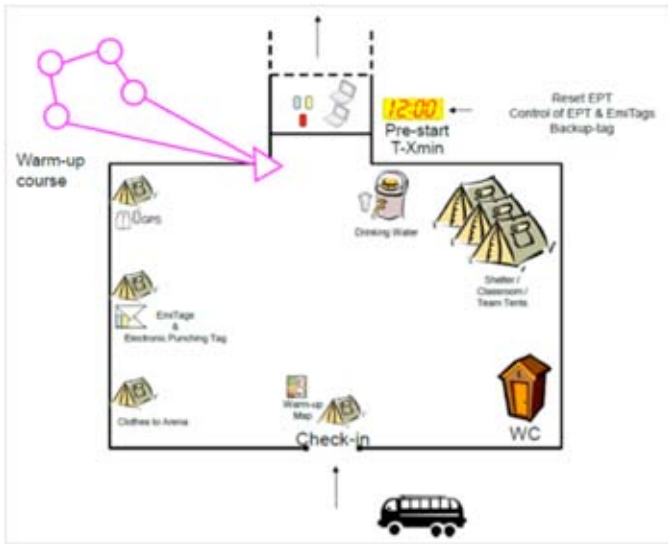
WOC 2010:

There will be a check-in at the quarantine zone at each competition. Competitors and coaches must show their accreditation cards and sign a list at the entry point into the quarantine zone. A warm-up map of the adjacent area is available from the Start Information Desk. The mapped area is part of the quarantine zone. Where the boundaries of the warm-up area is obvious, the boundary may not be marked in the terrain. Leaving the mapped area can result in immediate disqualification.

The quarantine zones will be equipped with toilets, drinking water, tents for competitors and a tent to leave personal belongings to be transported to the finish area. The teams are not allowed to bring their own tents into the quarantine zone.

The use of mobile phones, computers or any other communication device inside the quarantine zones is strictly prohibited. It is not allowed to bring maps of the competition areas into quarantine zones. Runners and coaches may not visit the finish area before entering the quarantine zone. Competitors must enter the quarantine zone before the specified dead-line, otherwise they will not be allowed to participate in the competition.

It is allowed to leave the quarantine zone via the check-in point. However it is only possible to re-enter the quarantine zone if this is done before the check-in deadline.



Specific instructions for individual competitions:

- Long and Middle Final may have a two-stage quarantine zone for the Men's class, with the first stage in-door. The reason for this is to avoid prolonged waiting time in tents, in possibly bad weather. Details about this will be given to the teams upon arrival in Trondheim.
- Sprint Qualification – runners and coaches are not allowed to leave the quarantine zone in the finish area before 10:30. A small jogging area is included in the quarantine zone.
- Sprint Final – runners and coaches are not allowed to leave the quarantine zone in the Finish area before 15:25. A small jogging area is included in the quarantine zone.
- For the relay, there is no check-in deadline and no quarantine zone.

Check-in deadlines:

Date	Race	Check-in open	Deadline	
			Women	Men and coaches
8 August, Sun	Sprint Q	07:30	09:00	09:00
8 August, Sun	Sprint F	12:00	13:40	13:40
9 August, Mon	Middle Q	12:30	14:00	14:00
10 August, Tue	Long Q	14:30	16:00	16:00
12 August, Thu	Long F	11:00	13:00	13:00*
14 August, Sat	Middle F	11:00	12:40	12:40*

*Long and Middle Final may have a two-stage quarantine zone for the Men's class, with the first stage in-door. The reason for this is to avoid prolonged waiting time in tents, in possibly bad weather. Details about this will be given to the teams upon arrival in Trondheim.

WTOC 2010

There are no dedicated quarantine zones at WTOC. The following applies on both competition days: No competitor or coach/escort may leave the Car Park/Assembly area prior to going to start. At Day 1 all competitors have to check-in at the pre-start within 10:15

27 Start Procedures

WOC 2010

The Prestart is located at a distance of 0-50 metres from the quarantine zone. The competitor's name and bib number is called at the Prestart between 7 and 11 minutes (specified for each competition) before her/his start time. This will be more specified and presented at the Team Officials' Meeting.

At the entrance of the first box there is a clock showing the competition time +7 to +11 minutes (specified for each competition). It is the runner's responsibility to observe the start time.

The competitor then enters the first box for a control of the Punching Card and EmiTag. When the clock shows his/her starting time the runner may pass on to the next box, at a distance of 160–620m (specified for each competition). The distance and time available to the next box is marked with a poster at each box.

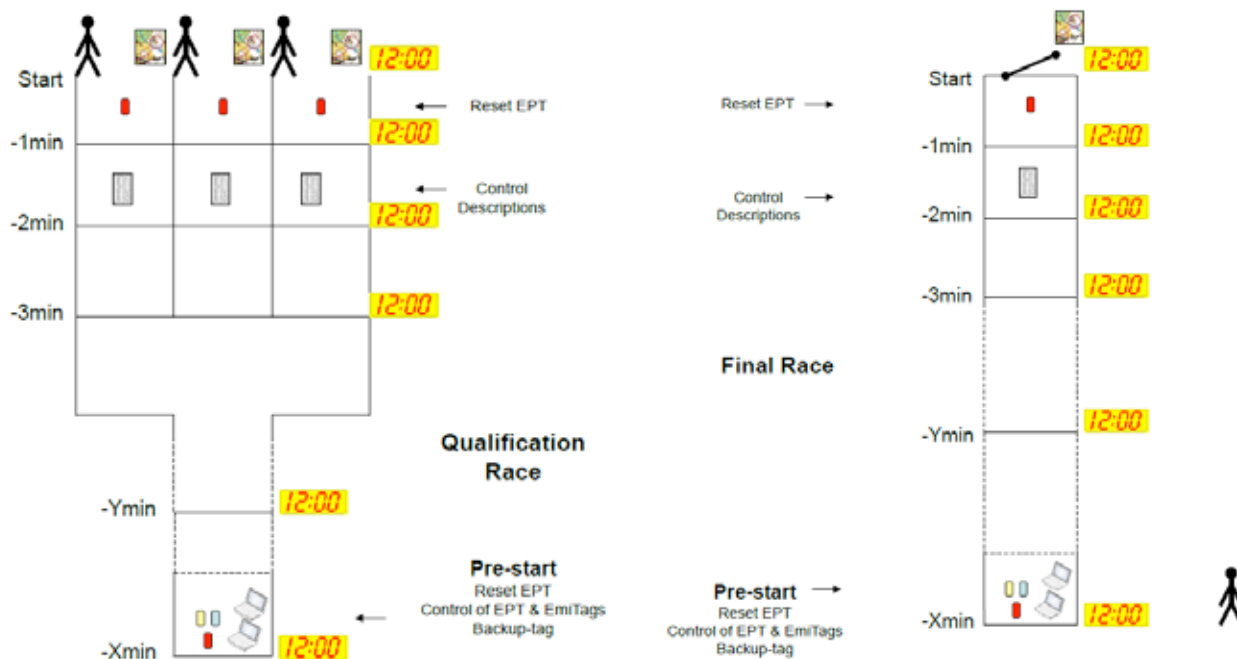
Control descriptions will be handed out 2 minutes before the start time.

1 minute before the start time the competitors can go to the start gate and must punch the Emit unit. 10 seconds before the start they will hear an attention signal (long beep) from the start clock, and 5 seconds before the start time, the count-down (short beeps) will run. The start time is indicated by the last beep with a different tone, and the start official lifts his hand from the map so that it can be taken by the runner.

A competitor has 5 seconds to pass the start gate (start of race time). If a competitor starts more than 5 seconds after the allocated start time, the competitor's running time starts at the start time that was originally allocated. If a competitor starts more than 5 seconds prior to the allocated start time, she/he will be disqualified. If the competitor does not follow the Organisers' instructions, the competitor will have committed a false start and may be disqualified.

The map is located next to the start gate within reach of the waiting runner. On the back of the map the bib number of the runner is displayed. The start triangle is marked in the terrain by a control flag positioned in front of the start gate at a distance of 30-300 metres. The route from the start gate to the start point will be marked by red-and-white tapes. Competitors must follow the marked route to the starting point.

The detailed start procedure will be demonstrated and can be practised at the Technical Model Event on 7 August, Saturday 17:00 – 19:00.



A shuttle transport service will be provided from the quarantine zone to the WOC event arena for competitors' bags and clothes. Coaches can use the shuttle car from the start to the WOC event arena.

Competitors who are late for their start time because of their own fault will be permitted to start, but they will be timed as if they had started at their allocated start time. Competitors who are late because of the fault of the Organisers will be given a new start time. In both cases the following rules apply at the start: A late competitor must report at the quarantine zone (call up). If the Organiser decides that a runner has enough time to start at the allocated start time, she/he can continue with the normal procedure followed by a guide. If it is not possible for a competitor to start at the allocated start time she/he will be allowed to start one minute before the next competitor on that course (30 seconds for the Sprint). Competitors from the same Federation are not allowed to start consecutively.

The start procedure for the relay is described in Section 44 "Special Instructions for each Competition."

The runners may keep their warm-up suits till 3 min before start.

WTOC 2010

Call-up to Prestart is at -3. After Pre-Start competitors will proceed to the timed controls which will be different for Open and Paralympic classes. After completing the timed controls competitors will proceed to the timed Start where they will be issued their competition maps.



28 Finish Procedures

WOC 2010:

Competitors must follow the marked route to the finish. The finish time is recorded when the runner crosses the light beam at the finish line. The procedure after crossing the finish line and punching the finish unit is as follows:

- Emit card is read twice.
- If the punching is accepted electronically, the Emit card and Emitag will be collected. If the electronic control of the punching indicates a mis-punch, the runner will be taken through a special procedure before continuing.
- Runner hands over the competition map to the Organiser.
- Runner can take Organisers' or own refreshment.
- Runner enters Media Zone.
- The GPS transponders will be collected in a dedicated tent.

A maximum of 2 accredited team officials is allowed to enter the Coaching Zone in the finish area at any one time.

WTOC 2010

- Day 1 – At the Finish competitors will be timed, their competition map collected and they will be directed to the assembly area, Sverresborg School. On this way, they may meet other competitors. No communication with other competitors is permitted
- Day 2 – At the Finish competitors will be timed, their competition map collected and they will be directed to the event arena, Granåsen. All competitors have to follow the signed course after the Finish to Granåsen.

29 Refreshment Controls

WOC 2010

Refreshment stations are provided on the courses according to IOF Rules 19.8. These are located at control sites. Controls with refreshments are marked on the control descriptions. The number of refreshment stations is shown together with the course parameters (see Section 18). At the refreshment stations there will be water only. The refreshment control set-up will be demonstrated at the technical model event.

At the Long Final, Middle Final and Relay, there will be a Coaching Zone in the arena, with the opportunity to give competitors their own refreshment. The placing of the coaching zones will be presented at the relevant Team Officials' Meetings.

WTOC 2010

There will be one refreshment station on both competition days, marked on the map only.

30 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.

31 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 below 10° C.

Weather forecast for Trondheim is found on the following web sites:

<http://www.yr.no> and <http://www.pent.no>

32 Fairness

WOC 2010

- It is not allowed to bring mobile phones, radios, computers or any other communication devices into the quarantine zone. Neither is it allowed to bring orienteering maps of the competition area.
- Following GPS-tracking or watching big screen in order to get information about courses is not allowed for competitors or coaches before or during competition in individual competitions.

- “During the competition the only navigational aids that competitors may use or carry are the map and control descriptions provided by the organiser, and a compass.” (IOF Foot-O Competition Rules 21.3). Using or carrying GPS watches, for example, is forbidden.
- Coaching, i.e. handover of information, equipment, material, drinks etc. is only allowed in the dedicated coaching zones (maximum two coaches per team).
- Competitors and coaches are not allowed to visit the event finish arena before going to the start area. Team officials and non-competing runners are not allowed to enter the competition terrain including WOC Tour competitions.
- A competitor or team who breaks any rule, or who benefits from the breaking of any rule, may be disqualified.

WTOC 2010

- It is not allowed to carry a mobile phone or any other communication device on the competition course.
- A competitor who violates any rule or who benefits from the violation of any rule may be disqualified.

33 Competition Maps

Maps will be collected after the runner has crossed the finish line. The competition maps will be handed out to the team leaders after each competition after the deadline for protests. In the case of complaints or protests the relevant map(s) will be kept by the organiser until the matter has been resolved.

New maps will be handed out at the Arena Info Desk at the following times:

Sprint Qualification	11:15
Sprint Final	15:45
Middle Qualification	15:30
Long Qualification	18:00
Long Final	11:00
Middle Final	18:15
Relay	16:00

WTOC 2010

Maps will be collected after the runner has crossed the finish line on both competition days and will be returned with the solution sheets after the last competitor has finished.

34 Complaints and Protests

WOC 2010

Any complaint shall be made in written form and handed over to the organiser at the Arena Event Office 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 Organisers’ decision about a complaint. Written protests shall be delivered personally to the WOC Event Director or the WOC National Controllers no later than one hour after the organiser has announced the decision about the complaint.

WTOC 2010

Any complaint shall be made in writing and handed to the WTOC Event Director no later than 15 minutes after the end of the competition. Message about a coming complaint shall be given within 10 minutes after the announced end of the competition.

A written protest can be made against the Organiser’s decision about a complaint. Written protests shall be delivered personally to the WTOC National Controller no later than one hour after the organiser has announced the decision about the complaint.

35 TV Controls

During the WOC 2010 Finals, there will be TV and large video screen production based on 6-9 cameras positioned in the forest and in the finish area. Cameras are positioned close to controls and on legs. Cameras may be positioned on small temporary towers. Camera positions are not marked on the map. Camera teams in the forest will stay in the same position for all runners on a course.



36 Toilets

WOC 2010

There will be toilets in the quarantine zones and in the team zones at the WOC/WTOC 2010 event arenas.

WTOC 2010

There will be toilets suitable for wheelchair users at the Assembly Areas on all competition days and model events. At Day 2 there will be a toilet suitable for wheelchair in the middle of the course. Any other toilets located in the competition terrain and accessible to competitors during their course are out of bounds.

37 First Aid

WOC

If a competitor becomes injured during the race and needs assistance he/she should go to the nearest control and ask the official to call for help. For other medical problems we refer to the local hospitals in Trondheim.

Medical service will be available on call every evening. Telephone: (+47) 900 33 801.

WOC

Emergency medical services are available at the event arenas for all races.

38 Media Services

The official Media Centre of WOC/WTOC 2010 will be in Quality Hotel Panorama. Most of the WOC/WTOC 2010 participants will be accommodated in this hotel. Opening hours of this Media Centre are:

Sat, Aug 7:	17:00-20:00
Sun, Aug 8:	17:00-20:00
Mon, Aug 9:	08:00-10:00 and 17:00-20:00
Tue, Aug 10:	08:00-10:00 and 19:00-21:00
Wed, Aug 11:	08:00-10:00 and 17:00-20:00
Thu, Aug 12:	08:00-10:00 and 19:00-21:00
Fri, Aug 13:	08:00-10:00 and 19:00-20:00
Sat, Aug 14:	08:00-10:00 and 19:00-21:00
Sun, Aug 15:	08:00-10:00

The Media Centre will provide an official event service including starting lists, official result lists and maps. Photos taken during the competitions will be offered at the WOC 2010 website for downloading in high resolution quality.

Media/press conferences will be held after the final races, in the finish arenas at the media/press centres. These media/press conferences are scheduled in the detailed time schedule in section 5, and will take place immediately after the flower ceremonies.

Fully equipped dedicated media/press centres for the media will be available in the arenas at all WOC events. All media/press centres at the arenas will be in-house (no tents). Here we will provide working places, power for laptops, internet access, etc. Opening hours of these media/press centres at the arenas are:

Sun, Aug 8:	12:00-16:00	Town Square, in the building Hornemannsgården
Mon, Aug 9:	12:30-17:00	Jervskogen Ski Centre
Tue, Aug 10:	15:00-20:00	Jervskogen Ski Centre
Thu, Aug 12:	11:30-19:00	Granåsen Ski Centre
Sat, Aug 14:	11:30-18:00	Granåsen Ski Centre
Sun, Aug 15:	10:00-18:00	Granåsen Ski Centre

There will be full TV coverage in Norway of all WOC finals, except the Long Distance final which will be broadcast in an edited version in the evening. The broadcasts are available to other television networks, subject to agreement with the Norwegian Orienteering Federation.

Streaming of speaker sound and TV production will be provided from our website. There will also be online results services on the web-site, as well as GPS-tracking. Some of these services will be subject to payment.

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

Media representatives need to be accredited, to obtain access to the Media services. Accreditation may be obtained in the Event Centre and at Rica Nidelven Hotel.

Media Director WOC 2010: Eirik Vefsnmo,
E-mail: eirik@woc2010.com

39 IOF Officials and WOC Guests

IOF Officials and WOC Guests need to be accredited, to obtain access to the VIP services. There is a service desk in Hotel Rica Nidelven, where accreditation may be obtained. The service desk also has a message board for announcement of IOF committee meetings etc.

40 IOF Congress and General Assembly

The IOF Congress and General Assembly will take place at the same time as WOC 2010. 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, 16.00-18.00 (see next section)
- IOF XXV Ordinary General Assembly, Friday August 13th, 09:30- (registration begins at 08:30)

Further details of committee meetings etc. will be announced on the message board at the service desk in the hotel lobby.

41 VIP/Media Race

The VIP/Media race will be held at Sverresborg, on the same map as the Sprint Qualification, Wednesday 11th August, 16:00-18:00. The venue is at Vestbyen Club House, by the football field across the street from the entrance to the Folk Museum. Parking across the street in front of the Museum. Two courses: 2 km and 4 km.

Participants to the race should register within Tuesday 10th August at 18:00 at the Event Centre or the service desk at Hotel Nidelven.

Emit is in charge of the time-keeping and will demonstrate the latest versions of their system.

After the race light refreshments will be served.

42 Payments

Outstanding payments to WOC 2010 must be made by bank transfer to:

Account name: WOC 2010
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.



43 Public Event

WOC Tour 2010

The WOC Tour 2010 is a five day open orienteering event. This will be high quality races with a large international participation. All the courses are set in areas used for WOC 2010, with the same maps. Program for WOC Tour 2010:

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

A PM for WOC Tour is available. Further information on the WOC Tour 2010 is found on the WOC 2010 web-site: www.woc2010.com

Every day there are "direct" on-site entry classes with a choice of five courses. Accredited WOC/WTOC athletes and coaches may enter at no extra fee.

World TempO Trophy

On completion of the World Trail Orienteering Championships (WTOC) the first World TempO Trophy competition for national teams will take place at the Kristiansten Fortress in Trondheim on Friday 13 August 2010. Later the same day the course will be open to all comers for the World TempO Experience.

TempO is a form of trail orienteering in which every control is a timed control. Outline details are given in the trailO documentation 'TN 09/02 Outline Specification for TempO' on the IOF web site www.orienteering.org

Eligibility for World TempO Trophy:

- All nations participating in WTOC may enter their WTOC participants in the Open class (max. 3) and the Paralympic class (max. 3).
- Nations not participating in WTOC may enter participants in the Open class (max. 3).

Entries for World TempO Trophy:

- Entry forms available at the WOC/WTOC Event Office from Thursday 5 August.
- Entries close Tuesday 10 August.
- Entry fee at World TempO Trophy: 10 EUR.
- First start: 10:00.

Entry for the TempO Experience is at site on-the-day. Entry fee will be 3 EUR.

44 WOC - Special Instructions for Each Competition

Overview maps showing the location of each competition are shown in Section 15.

Model Events

Model for Middle and Long Qualification

This Model Event is relevant for Long and Middel Finals as well.

Location: Øvre Jervan, GPS: N 63° 20.42' E 10° 39.46' E

Description of access route to arena: From WOC Hotel, enter E6 direction North (toll road). After crossing Nidelven (3 km) take right direction Narvik. Drive approximately 2 km (up one long hill) and take exit towards Jonsvatnet. At the first roundabout (after 100 m) take a right turn and continue straight through the next intersections, direction Jonsvatnet. The road goes to Øvre Jervan essentially along the North-Eastern side of lake Jonsvatnet. Intersections will be signposted. The last 6 km is unpaved road. People driving on their own are advised to obtain a map of the area.

Distance and travelling time: 25 km/40 min.

Saturday 7 August (Model Middle and Long Qualification Relay). Bus route for persons who have booked transport ticket:

From	Departure time	Arrival Øvre Jervan
Panorama	10:15	11:00
Ugla	10:00	11:00
Central Station	10:15	11:00

Return bus from Jervan 13:00 directly to Sprint Model Event.

Model for Sprint Qualification and Final

Location: Trondheim Spectrum (GPS: N 63° 25.44', E 10° 26.13')

Description of access route to arena: From Event Hotel take E6 direction North towards Trondheim Centre. Turn left at the sign for Hospital, then right in the first roundabout, follow sign for Spectrum. From there approximately 1 km straight and past the track-and-field stadium to the large sports/exhibition hall of Trondheim Spectrum.

Distance and travelling time: 6 km/15 min.

Parking: At Trondheim Spectrum.

No special bus service after Model Event, return to accommodation by:

- Public bus service (Route 46) to WOC Hotel.
- Tram to Ugla School (station Ugla) or bus Route 8.

Technical Model

Location: WOC Hotel (Panorama): (GPS: N 63° 21.55', E 10° 22.50')

Saturday 7 August (Model Sprint Qualification and Final). Bus route for persons who have booked transport ticket:

From-to	Departure time	Arrival time
Ugla-Panorama	17:00	17:15
Panorama-Ugla	18:45	19:00

For persons living in City Centre there is a public bus service directly to Panorama (Route 46).

Model for Middle and Long Final, Relay

Arena Location: Solemsåsen - Storsvingen (GPS: N 63° 24.78', E 10° 17.58')

Description of access route to arena: From WOC Hotel enter E6 Direction North, and take exit (after 500 m) towards Granåsen Ski Centre. Drive past the Ski Centre (approximately 1 km) and take left in the first roundabout. Follow the road for 4 km to a light intersection (close to Sprint Qualification). Follow sign to Skistua to the left. From this point the route will be signposted. Storsvingen is approximately 3 km up the road.

Distance and travelling time: 15 km / 20 min.

Wednesday 11 August (Model Middle and Long Final, Relay). Bus route for those who have ordered transport ticket:

From	Departure time	Arrival Storsvingen
Panorama	11:00	11:30
Central Station	11:00	11:30
Ugla	11:00	11:30

Return bus at 13:30

Friday 13 August (Model Middle Final and Relay)

From	Departure time	Arrival Storsvingen
Panorama	11:00	11:30
Central Station	11:00	11:30
Ugla	11:15	11:30

Return bus at 13:00

Qualification Races and Finals

Sprint Qualification

Arena location: Sverresborg Folkemuseum (GPS:N 63° 25.07', E 10° 21.05')

Description of access route to arena: From WOC Hotel enter E6 North and take first exit to Granåsen Ski Centre after 500 m). Drive past the Ski Centre to the first roundabout (1 km) and take left. Then straight on for 5 km. Signposting starts from E6.

Distance and travelling time: 9 km / 15 min

Distance parking – arena (for spectators): 700-1200m

Sunday 8 August. All competitors and coaches going to start must take the bus provided by the organiser:

From	Departure time	Arrival Prestart
Panorama	07:15 and 08:00	07:45 and 08:30
Ugla	07:15 and 08:00	07:45 and 08:30
Central Station	07:30 and 08:00	07:45 and 08:30

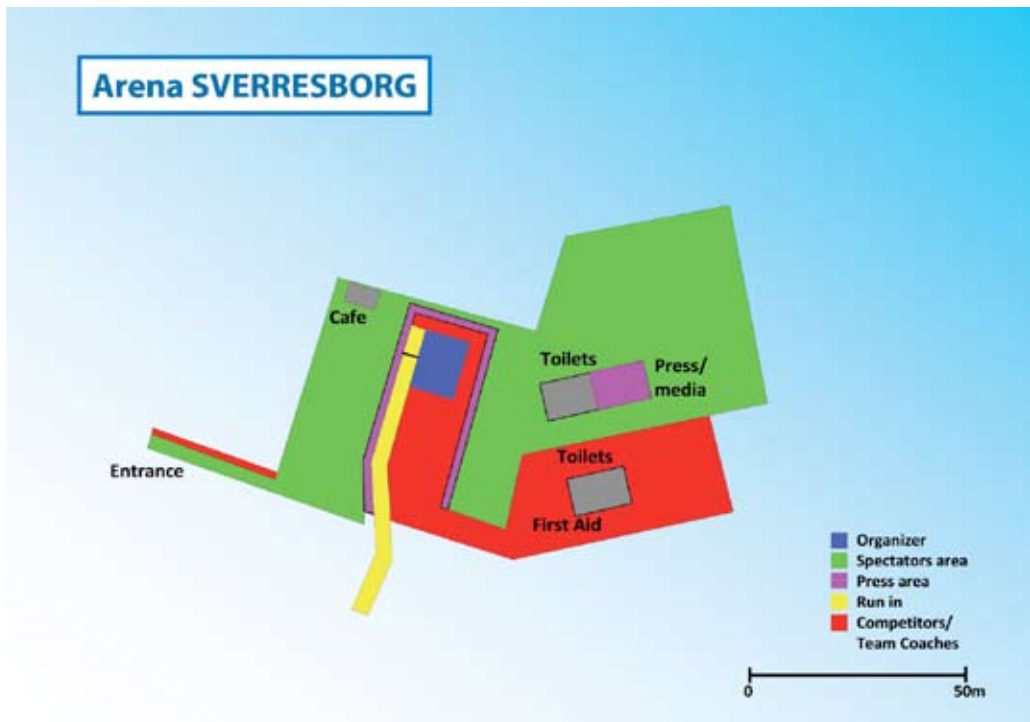
For those who have booked transport ticket: Bus leaves from Sverresborg (outside the main entrance of the Museum) 11:45 directly to the Quarantine area for the Sprint Final.

Alternative: Public bus to accommodation or to City Centre, or by private car.

Quarantine zone: At the pre-start area, open from 07:30. Deadline for entering the quarantine zone is 09:00.

Maximum running time: 50 min.

Coaching zone: No.



Sprint Final

Arena location: Trondheim City Square (GPS: N 63° 25.83', E 10° 23.70')

Description of access route to arena: From Event Hotel take E6 direction North towards Trondheim Centre. For competitors in Sprint Final, please note embargoed area.

Prestart: Trondheim Stadium

Description of access route to Prestart: From Event Hotel take E6 direction North towards Trondheim Centre. Turn left at the sign for Hospital, then right in the first roundabout, follow sign for Spectrum. From there approximately 1 km straight to the track-and-field stadium.

Distance and travelling time: 6 km/15 min.

Parking: Parking is available close to the Prestart, for teams using their own transport means.

There is no organised parking for spectators to this event. On Sundays there is free parking in Trondheim, but space may be a problem. Preferred parking is near Trondheim Spektrum / Nidarø, less than 1 km from the arena. Follow signs to WOC Parking on the way from the event hotel to the city centre.

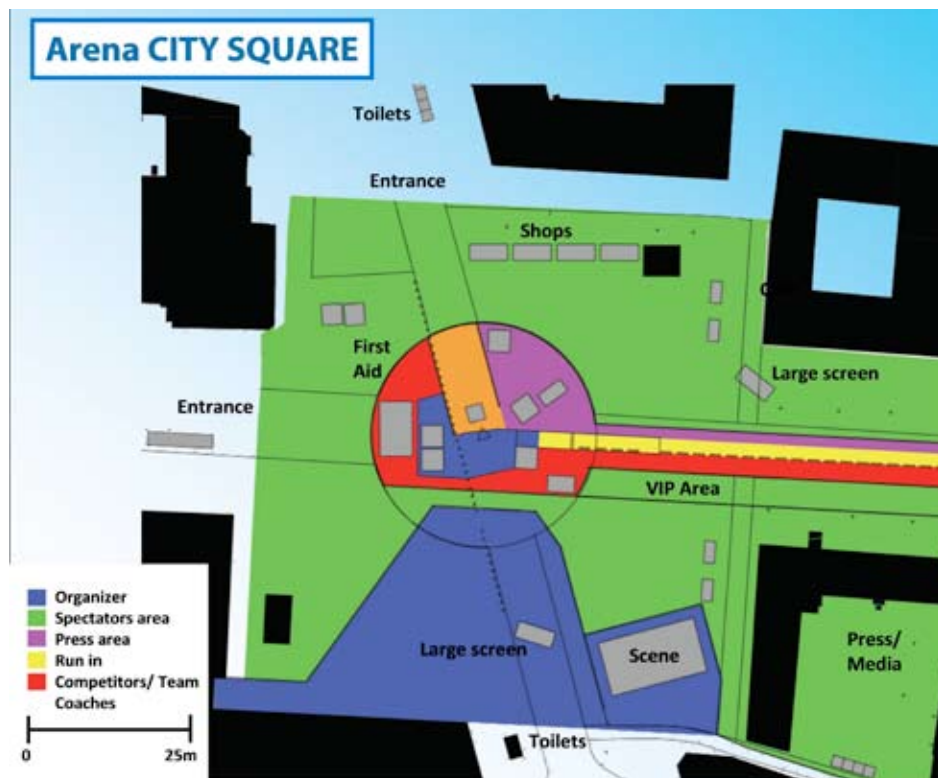
Quarantine zone: At the pre-start area, open from 12:00. Deadline for entering the quarantine zone is 13:40.

Maximum running time: 50 min.

Coaching zone: No.

There is no special bus service after the Sprint Final/Opening Ceremony/Concert. Return to accommodation by:

- Public bus service (Route 46) to WOC Hotel.
- Tram to Ugla School (Station Ugla) or Bus Route 8.



Jervskogen Ski Arena (Middle and Long Qualification)

Arena location: Jervskogen Ski Arena (GPS: N 63° 21.90'; E 10° 44.72')

Description of access route to arena: From WOC Hotel take E6 North direction towards Trondheim Airport and Narvik. After approximately 30 km, exit to Hommelvik. After 1 km turn left to Hommelvik - take left in the roundabout - after 5 km turn right direction Jonsvatnet. Signposting starts at E6 exit Hommelvik.

Distance and travelling time: 37 km / 40 min

Distance from parking to arena: 100-300m



Middle Qualification

Monday 9 August. All competitors and coaches going to start must take the bus provided by the organiser:

From	Departure time	Arrival Prestart
Panorama	11:45	12:45
Ugla	11:45	12:45
Central Station	11:45	12:45

For those who have ordered transport tickets, return bus from Jervskogen at 16:30.

Quarantine zone: At the pre-start area, open from 12:30. Deadline for entering the quarantine zone is 14:00.

Maximum running time: 70 min.

Coaching zone: No.

Long Qualification

Tuesday 10 August. All competitors and coaches going to start must take the bus provided by the organiser.

From	Departure time	Arrival Prestart
Panorama	13:45	14:45
Ugla	13:45	14:45
Central Station	13:45	14:45

For those who have ordered transport tickets, return bus at 19:30.

For those who have ordered transport tickets, return bus at 19:30.

Quarantine zone: At the pre-start area, open from 14:30. Deadline for entering the quarantine zone is 16:00.

Maximum running time: M – 150 minutes, W - 110 minutes.

Coaching zone: No.

Granåsen Ski Arena (Middle and Long Finals, Relay)

Arena location: Granåsen Skisenter
(GPS: N 63° 22.79', E 10° 18.83')

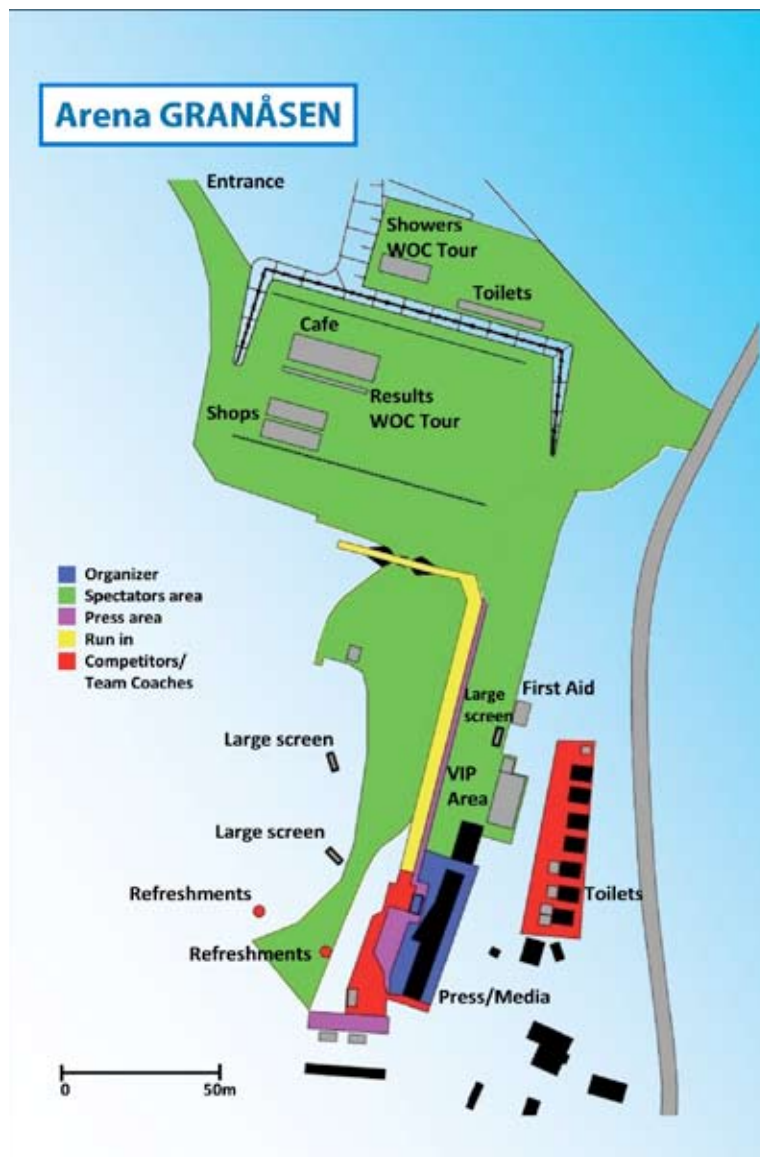
Description of access route to arena:

From WOC Hotel enter E6 Direction North, and take exit Granåsen Ski Centre (after 500 m). The Ski Centre is 3 km up the road. Signposting starts from E6.

Distance and travelling time: 5 km / 10 min

Distance parking and arena: 100-400m
Accredited athletes/coaches and Media/IOF/VIP will have a separate parking, 200 m from Arena.

For Long Final and Middle Final all competitors and coaches going to start must take the bus provided by the organiser.



Long Final

Thursday 12 August. All competitors and coaches going to start must take the bus provided by the organiser:

From	Departure time	Arrival Prestart
Panorama	Women: 11:00 and 12:00 Men: Details given later	11:30 and 12:30
Ugla	Women: 11:00 and 12:00 Men: Details given later	11:30 and 12:30
Central Station	Women: 11:00 and 12:00 Men: Details given later	11:30 and 12:30

Return from Granåsen to accommodation by public bus.

Quarantine zone - Women: At the pre-start area, open from 11:30. Deadline for entering the quarantine zone is 13:00.

Quarantine zone - Men: Deadline for entering the quarantine zone is 13.00. The quarantine zone may be in two stages with the first stage in-door. The reason for this is to avoid prolonged waiting time in tents, in possibly inclement weather. Details about this will be given to the teams upon arrival in Trondheim.

Maximum running time: M – 240 minutes, W - 180 minutes.

Coaching zone: Close to finish area

Warm-up map is available from the Start Information Desk in the prestart area. The mapped area is part of the quarantine zone.

Map exchange: The course is in two parts, and the competitors need to exchange map for the last part of the course. The exchange takes place when passing the arena. The competitor shall keep the first map while running through the arena. 20 m before the map exchange the competitors shall give the map to the organiser. The map for the second part of the course is hanging on a map board. Maps for men will be on the left hand side, maps for the women will be on the right hand side, starting with the lowest number. The second map is marked with the competitors bib number. It is the competitor's responsibility to take the correct map. Organisers will be present to guide the competitors in the case of problems.

The control descriptions that are printed on the map contains information on the specific part of the course. The control descriptions that are handed out at the start (- 2 min.) contains information for the whole course.

A forking system will be applied.

Middle Final

Saturday 14 August. All competitors and coaches going to start must take the bus provided by the organiser.

From	Departure time	Arrival Prestart
Panorama	Women: 11:00 and 12:00 Men: Details given later	11:30 and 12:30
Ugla	Women: 11:00 and 12:00 Men: Details given later	11:30 and 12:30
Central Station	Women: 11:00 and 12:00 Men: Details given later	11:30 and 12:30

Return from Granåsen to accommodation by public bus.

Quarantine zone - Women: At the pre-start area, open from 11:15. Deadline for entering the quarantine zone is 12:40.

Quarantine zone - Men: Deadline for entering the quarantine zone is 12.40. The quarantine zone may be in two stages with the first stage in-door. The reason for this is to avoid prolonged waiting time in tents, in possibly inclement weather. Details about this will be given to the teams upon arrival in Trondheim.

Warm-up map is available from the Start Information Desk in the prestart area. The mapped area is part of the quarantine zone.

Map exchange and control descriptions: See Long Final (above).



Relay

Sunday 14 August. For those who have ordered transport from the Organiser:

From	Departure time	Arrival Granåsen
Panorama	09:45 and shuttle till 11:00	11:15 and onwards
Central Station	09:30 and shuttle till 11:30	11:15 and onwards
Ugla	09:45	11:15

Return from Granåsen to accommodation by public bus.

Quarantine zone: No

Maximum running time: M – 150 minutes, W - 110 minutes.

Coaching zone: Close to finish area

The location for the start and change-over is in the WOC arena near the finish line. One coach for each team is allowed to enter the start/change-over area.

Competitors on the first leg should pass through the check-in gate to the start area 10-15 minutes before their expected start time. 3 minutes before the start of the first leg, the competitors line up behind their maps which are placed on the ground. 1 minute before start time, the countdown by the starter begins. The map may be taken only after the start signal.

For the change-over after the first and second legs, there will be a spectator control some minutes before the changeover. No other warning is given by the organiser. The incoming runner is visible 1-2 minutes before the change-over. It is the responsibility of the outgoing competitor to be ready. It is recommended that waiting runners stay close to the change-over. The area behind the check-in gate is large enough to allow for continued warm-up although the space is limited.

Competitors on the second and third leg should pass through the check-in gate 20-30 minutes before their expected start time. They will need time to mount the tracking equipment; a tent is available for this purpose. Number bibs and Emit cards are checked and cleared at the check-in gate. The area behind the check-in gate is large enough to allow for continued warming up although the space is limited.

On finishing Leg 1 and Leg 2 the incoming runner crosses the finish line and gives the map to the organiser, and then makes the change-over to the next runner. The outgoing runner follows a marked route for 200 m to a map board. The maps are marked with the team's start number, starting with the lowest number. It is the competitor's responsibility to take the correct map. Organisers will be present to guide the competitors in the case of problems.

The outgoing competitor follows the marked route to the start triangle which is marked in the terrain by a control flag.

The mass start for remaining runners in the women's teams will take place at approximately 14:00. The mass start for remaining runners in men's teams will take place approximately 15 minutes after the winner has reached the finish.

- A coaching zone is located close to the finish area (2nd and 3rd legs only).
- An arena passage during the course will take place using a marked route between two controls (2nd and 3rd legs only). Runners must punch at both controls.
- To make the map in the finish area easier to read the marked routes drawn on the map are adjusted slightly. The marked route to the start triangle is drawn from a point shortly after exiting the arena. The arena passage is drawn a bit offset from the real route in parts of the passage. The distances shown in the control description is correct.
- With reference to IOF Rule 22.14, disqualified teams will not be allowed to continue the race.
- Maximum running time: 4 hours for Women and 4.5 hours for men.

45 WTOC – Special Instructions for Each Competition



WTOC Model day 1

Arena Location: Kristiansten Fortress

Description of access route to arena: From WOC Hotel enter E6 Direction North towards Trondheim Centre. Just before the centre, opposite St.Olavs Hospital, the signposting starts. Take right and follow the signpost for 2 km to “Festningsgata” where the car park is located. Distance and travelling time: 12 km / 20 min

Distance from parking – Assembly arena: 200 m

Distance from Assembly arena-Start: 500 m

For those who have ordered transport from the Organiser:

From	Departure time	Arrival carpark
Panorama Hotel	09:30	10:00
Comfort Hotel Trondheim/ Hotel Nova	09:30	09:45
Ugla	09:00	09:45

Return to accommodation from Kristiansten Fortress at 15:00 or by public bus. Kristiansten Fortress is 1 km walking distance from City centre.

WTOC Model Day 2

Arena Location: Saupstad Ski centre

Description of access route to arena: From WOC Hotel enter E6 Direction North, and take exit Granåsen Ski Centre (after 500 m). After 1 km take right and the route will be signposted from this point.

Distance and travelling time: 3 km / 5 min.

Distance from bus stop/carpark - Assembly arena: 200 m

Distance from assembly arena – prestart: 100 m

No special bus service from Panorama and Comfort Hotel Trondheim/Hotel Nova:

From	Departure time	Arrival “Skytterbanen”
Panorama (route 19 “City Syd”)	9:35/10:05/10:35 (each ½ hour)	After 15 min
Comfort Hotel Trondheim/Hotel Nova (route 19 „Dronningens gate D4”)	9:15/9:45/10.15 (each ½ hour)	After 35 min
Ugla school (special bus service)	09:30	To car park after 15 min

Public bus service is available from Ugla School in the morning (Route 8). At Stavset Senter, change to Route 19. Total travelling time 36 min.

Return from Saupstad Ski Centre to accommodation by public bus.

To Panorama Hotel “City Syd”: Take route 19 at 14:00/14:30/15:00(each ½ hour). Travelling time: 10 min.

To City Centre “Dronningens gate D4”: Route 19 at 14:20/14.50/15:20(each ½ hour). Travelling time: 36 min.

To Ugla School “Ugla”: Route 19 at 14:20/14:50/15:20(each ½ hour) to “Stavset senter”, change to route 8 to “Ugla”. Travelling time: 10-30 min.

WTOC Day 1 Competition

Arena Location: Sverresborg School

Description of access route to arena: From WOC Hotel enter E6 Direction North, and take exit Granåsen Ski Centre (after 500 m). Drive past the Ski Centre (approximately 1 km) and straight through six roundabouts. After 4 km from the first roundabout, take left. The route will be signposted from this point (intersection Byåsveien/ Bredablikkveien)

Distance and travelling time: 11 km / 15 min.

Distance from carpark/Assembly arena- prestart: : 150 m

Distance from Finish – carpark/Assembly arena: 500 m

For those who have ordered transport from the Organiser:

From	Departure time	Arrival Sverresborg School
Panorama Hotel	07:45	08:00
Comfort Hotel Trondheim/Hotel Nova	07:30	08:15
Ugla School	08:00	08:15

Return from Sverresborg School to accommodation by public bus. 500 meter walking to bus stop "Åsveien skole" in Byåsveien.

To Panorama Hotel "City Syd": Take route 19 at 13:55/14:25/14:55(each ½ hour). Travelling time: 35 min.

To City Centre "Dronningens gate D4": Route 19 at 14:10/14.40/15:10(each ½ hour). Travelling time: 16 min.

To Ugla School "Ugla": Route 19 at 13:55/14:25/14:55(each ½ hour) to "Stavset senter", change to route 8 to "Ugla". Travelling time: 23 min.

WTOC Day 2 Competition

Arena Location Finish: Granåsen Ski Centre

Description of access route to arena prestart/car park Rønningen: From WOC Hotel enter E6 Direction North, and take exit Granåsen Ski Centre (after 500 m). After 1 km take right and the route will be signposted from this point.

Distance and travelling time to carpark Rønningen: 8 km / 15 min.

Distance from carpark/assembly arena for prestart: : 100 m

Distance from Finish – Granåsen Ski Centre: 500 m

Officials may leave the car park and follow the same access route back to Granåsen Ski Centre (6 km). It is not allowed to use the shortest route (1 km) before 12:00.

Accredited athletes/coaches and Media/IOF/VIP will have a separate parking, 200 m from Arena in Granåsen Ski Centre.

For those who have ordered transport from the Organiser:

From	Departure time	Arrival Carpark Rønningen
Panorama Hotel	07:30	07:45
Comfort Hotel Trondheim/Hotel Nova	07:00	07:45
Ugla School	07:30	07:45

Return from Granåsen Ski Centre to accommodation by public bus.

To Panorama Hotel "City Syd": Take route 19 at 14:05/14:35/15:05(each ½ hour). Travelling time: 25 min.

To City Centre "Dronningens gate D4": Route 19 at 14:00/14.30/15:00(each ½ hour). Travelling time: 26 min.

To Ugla School "Ugla": Route 19 at 14:00/14:30/15:00(each ½ hour) to "Stavset senter", change to route 8 to "Ugla". Travelling time: 18 min

46 Entries




Country		WOC 2010						WTOC 2010				
		Competitors		Officials	Relay		Total	Competitors		Officials	Escort	Total
		M	W		M	W		Open	Para			
AUS	Australia	5	5	3	1	1	13					
AUT	Austria	5	5	3	1	1	13					
BEL	Belgium	4	3	2	1	1	9					
BLR	Belarus	5			1		5					
BRA	Brazil	7	4	2	1	1	13					
BUL	Bulgaria	3	4	2	1	1	9					
CAN	Canada	4	4	2	1	1	10					
CHN	China	4	4	5	1	1	13					
CRO	Croatia	1	2				3	3	2			5
CZE	Czech Republic	6	5	4	1	1	15	3	3			6
DEN	Denmark	6	4	4	1	1	14	3	3			6
ESP	Spain	5	4	1	1	1	10					
EST	Estonia	4	4	2	1	1	10					
FIN	Finland	7	7	5	1	1	19	3	3	2		8
FRA	France	7	6	5	1	1	18	2	2			4
GBR	Great Britain	6	6	4	1	1	16	3	3	2		8
GER	Germany	4	3	3	1	1	10	1	1	1		3
HKG	Hong Kong	1		1			2					
HUN	Hungary	3	3	1	1	1	7					
IRL	Ireland	6	4	2	1	1	12	3		2		5
ISR	Israel	1					1					
ITA	Italy	5	4	3	1	1	12	3	1	1		5
JPN	Japan	7	7	4	1	1	18	3	3	8		14
KAZ	Kazakhstan		1				1					
LAT	Latvia	4	4	1	1	1	9	3	3			6
LTU	Lithuania	4	4	1	1	1	9	3	3	3		9
NED	Netherlands	2					2	1				1
NOR	Norway	7	7	7	1	1	21	3	3	1		7
NZL	New Zealand	4	4	2	1	1	10					
POL	Poland	4	3	2	1	1	9	3	1			4
POR	Portugal	1	1				2					
PRK	DPR Korea	1					1					
ROU	Romania	1	4	1		1	6					
RSA	South Africa	2					2					
RUS	Russia	6	6	5	1	1	17	3	3	4		10
SLO	Slovenia	1					1					
SUI	Switzerland	6	6	6	1	1	18					
SVK	Slovakia	2	1				3					
SWE	Sweden	7	7	8	1	1	22	3	4	1		8
TUR	Turkey	1	1	2			4					
UKR	Ukraine	5	5	1	1	1	11	3	3	1		7
USA	United States	5	5	1	1	1	11	3	3	3		9
42		164	142	92	29	29	398	53	44	29		126

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