

# IOF World Cup Final Switzerland

1 - 2 October 2011  
La Chaux-de-Fonds

Bulletin 4

**PostFinance**  
*sprint* | WORLD CLASS  
ORIENTEERING



**Orienteering  
WORLD CUP**

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**IOF**  
50 YEARS

**swiss**  
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## Saturday, October 1, 2011

National public race	11:00-16:00
Quarantine opens in La Chaux-du-Milieu	10:00
First bus to pre-start/warm-up map	10:30
Last check-in at quarantine for runners and team officials	12:00
IOF World Cup event 9 (middle distance)	12:00-16:30
- First start approx.	12:20
- Last start women	14:41
- Last start men	15:00
- Price giving ceremony	16:00
Media conference at the finish area	16:15–16:30
Team leader meeting at Hotel Les Endroits, La Chaux-de-Fonds (Banquet)	19:00-19:30
Banquet at Hotel Les Endroits, La Chaux-de-Fonds	20:00-23:00

## Sunday, October 2, 2011

National public race with startplaces for runners not qualified for PostFinance Sprint	09:00-12:00
Teams with accommodation within the embargoed area have to leave the area	09:30
Quarantine opens	11:15
Last check-in at quarantine for runners and team officials	12:00
IOF World Cup event 10, PostFinance Sprint	12:45-15:00
- Presentation of world's best orienteers	12:30-12:40
- First start women	12:46
- First start men	13:55
- Price giving ceremonies PostFinance Sprint & World Cup overall	15:00
- Media conference at the finish area	15:20–15:45

## 4. Training

**Middle distance:** Le Communal, orienteering map 2010, 1:10'000, 5 m contours, 20 km from Event Centre. Mapmaker: Beat Imhof  
Controls will be out Thursday, 2pm until Friday, 5pm.

**Sprint distance:** La Chaux-de-Fonds, orienteering map 2011, 1:4'000, 2.5 m contours, 250m from Event Centre. Mapmaker: Beat Imhof  
No controls on Sprint map. The Sprint map will also be used as warm-up area for PostFinance Sprint. Please keep your maps until Sunday.

The two maps will be given with the bulletin at the Event Centre for all runners and coaches.

## 5. Competition Rules

The Competition Rules for IOF Foot Orienteering Events 2011, valid from 1 January 2011 apply.

Participation restriction, classes and qualification mode according to the Special Rules for the 2011 World Cup in Orienteering (published: November 18, 2010).

- Middle distance, individual interval start. There is no prior qualification. The 40 runners with the highest World Cup standings start last in reverse order (leader starts last); for the remaining competitors the start order is determined by the reverse standing of the official World Rankings as published at the end of August 2011.

The start interval is 2 minutes.

- Sprint, individual interval start. The competition consists of one Final only, with 40 competitors. These are the 40 highest placed competitors in the World Cup Standings (the sum of the best 7 scores out of the first 8 competitions plus the score from competition 9) out of those competitors entered for competition 10. Competitors must have at least one World Cup point. The start order is the reverse World Cup Standings (leader starts last). The start interval is 1 minute.

As no national quotas are given for the Final, you can add all runners, who would like to start in World Cup Final if part of best 40 runners (no national quotas) on the list, you have to sign by arrival until Friday, September 30, 2011, 12:00 at Event Centre.

Complaints must be handed over in writing to an event official in the finish area at the information desk using the official form, not later than 15 minutes after the official results have been disclosed (separately for women and men; announced by the speaker).

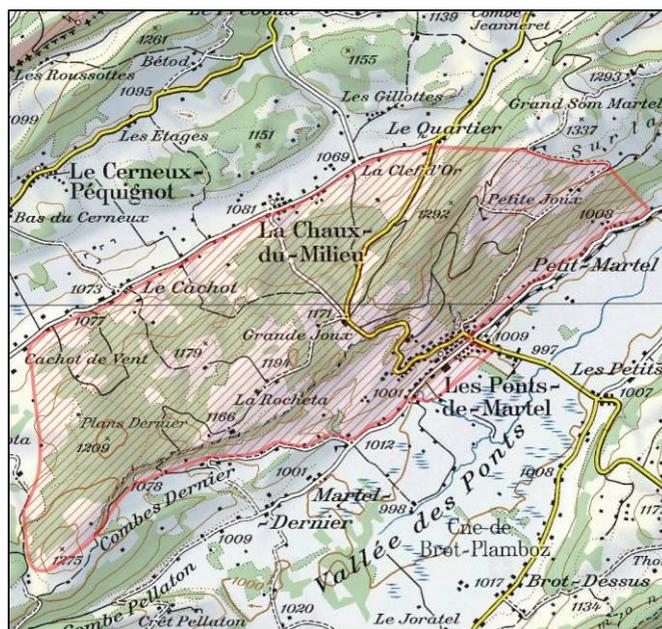
Jury	André Schöpfer	SUI
	David Rosen	GBR
	David Ales	CZE

## 6. Embargoed Areas

The competition areas "La Grande Joux" (Middle distance) and "La Chaux-de-Fonds" (City sprint) are embargoed areas. For competitors, team officials and others who, through knowledge of the terrain or the competitions, may influence the results of the competitions, it is prohibited to enter the embargoed areas.

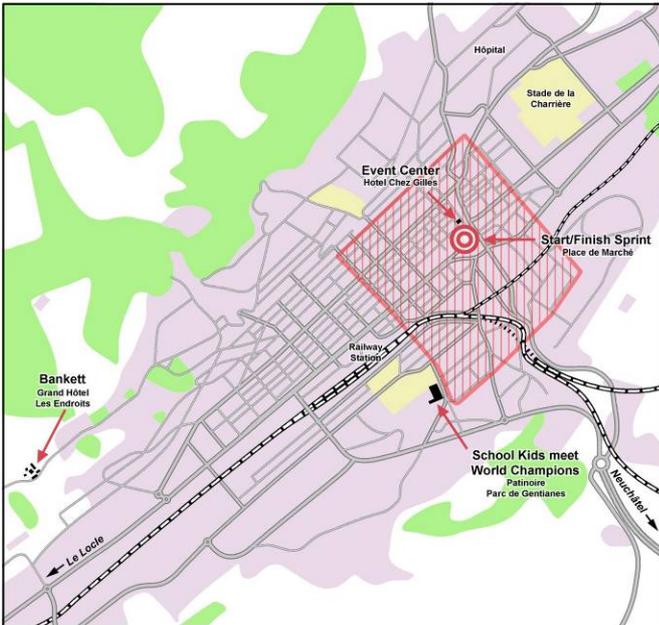
These embargoes are valid until the day prior to the competition. Special rules by the organizer are valid at the days of competition, see this points below and 8.

*Please note that embargoed areas have slightly changed since Bulletin 1/2.*



Map 3: Enlarged embargoed area La Chaux-du-Milieu / Les Ponts-de-Martel

**Special rule for the embargoed area La Chaux-de-Fonds up to and including Saturday 1<sup>st</sup> of October 2011:**



Map 4: Embargoed area La Chaux-de-Fonds

- It is allowed to stay as a student, for business purposes or as a tourist, e.g. for sight-seeing, visiting a restaurant, shopping, participating in an indoor sport event.
- It is prohibited to stay there with a map, to run, to jog, to orienteer through the embargoed area or to test route choices.
- It is prohibited to take part in a running event through the embargoed area.

**On Sunday, 2<sup>nd</sup> of October 2011** it is forbidden to be in or enter the embargoed area after 9:30 a.m. Teams with accommodation inside the embargoed area have to leave their hotel and the area before 9:30 a.m.

**Runners not qualified for World Cup Final** will have the chance to start in the national race in the morning in women/men elite class. The national race is a middle distance held in the forest north of the city with a competition center at School "Numa Droz". This school is inside the embargoed area. All runners not qualified for the World Cup Final are allowed to go to this school building on Sunday morning and after the national race from school to the World Cup arena. But it is not allowed to walk or drive around in the embargoed area other than on the direct way to the school and from school to the World Cup arena.

Runners and coaches that have been at the national race and/or at the competition center "Numa Droz" are not allowed to have any contact with World Cup runners until they finish their race. **No entrance to the quarantine for runners or coaches who have been at the national race and/or at the competition center "Numa Droz" of the national race.**

Start list and special information concerning the public race will be given at the team leader meeting Saturday evening.

**Quarantine Sunday, 2<sup>nd</sup> October 2011:**

All competitors for World Cup Final and team officials at the Warm-up/Pre-Start area have to check in at the quarantine before 12:00. Team officials and runners leaving once the quarantine and pre-start map area are not allowed to go back to this zone again. Runners and team officials once enter the start/ competition- or finish-area are not allowed to go back to quarantine / warm-up / pre-start (except for the 10 runners

selected to the runners presentation. They will be guided to and from the arena by organizers).

Runners and team officials have to stay at Place du Marché (finish arena) and on the official direct way to/from showers after the race.

No contact or exchange of information is allowed between runners/coaches in the finish and runners not yet started.

No coaching is allowed during the competition.

## 7. Transport / Parking

**By own car:**

It is allowed to use own cars to the competitions and trainings.

**Training Communal:**

Driving instructions to the middle distance training will be given to teamleaders.

Parking: marked on the training map.

**Saturday:**

Driving instructions to the middle distance quarantine will be given to team leaders at the team leader meeting. Be aware that the road from Les Ponts-de-Martel to La Chaux-du-Milieu (quarantine) is in the embargoed area and it is not allowed to use before the start.

For coaches heading to the finish on Saturday, 1<sup>st</sup> of October 2011 after 12:00 it is allowed to drive from La Chaux-du-Milieu to Le Quartier and from there to Les Ponts-de-Martel, when they have left the quarantine/pre-start-area and are not going back.

Once in the finish arena in Les Ponts-de-Martel nobody is allowed to go to the quarantine / pre-start area.

Parking La Chaux-du-Milieu: 0-3min from quarantine.

Parking Les Ponts-de-Martel: Special parking for World Cup, 1-3min from Competition Center.

Nations without a coach are asked to organize themselves to get the cars from quarantine in La Chaux-du-Milieu to the finish in Les Ponts-de-Martel (with other coaches). Please tell us at the teamleader meeting if you need assistance.



### Sunday:

Driving instructions for the time after 9:30am (forbidden to stay or enter the embargoed area) will be given to team leaders at the team leader meeting. The city center is closed for traffic, so there can be a lot of cars on small roads around the city center and you can not drive the direct way through the embargoed area. Please start driving early enough – it's in your own responsibility to be in quarantine before 12:00!

Parking: 0-3min from quarantine. Cars are staying there during the competitions. It is not allowed to go back to cars before the last start of men!

### Public transport:

It is possible to use public transport to all sites. Timetables will be given at event office on request. If you need assistance do not hesitate to ask.

La Chaux-de-Fonds and the Event Centre can be reached by train from Zurich, Geneva and Lausanne every hour. From trainstation in La Chaux-de-Fonds to the Event Centre: 15 min to walk or take bus 2 (see 2. Event Centre).

La Chaux-de-Fonds to Middle distance training:  
Train to La Sagne 14min (leaving La Chaux-de-Fonds every hours (except 10:00), returning from La Sagne every hours. Ask for the exact timetables at the Event Centre.

La Chaux-de-Fonds to Middle distance quarantine:  
Train 11:02 from La Chaux-de-Fonds, change to bus in Le Locle, arriving in La Chaux-du-Milieu at 11:35.

Time table (train and busses) can be found here:  
[www.sbb.ch](http://www.sbb.ch)

## 8. Competitions

### World Cup event 9 middle distance (Oct 1)

Format	Middle distance, individual start.
Map	Orienteering map (ISOM 2000), 9/2011, scale 1:10'000, 5 m contours.
Mapmaker	Urs Steiner
Terrain	La Grande Joux: Swiss "jurassic" terrain, between 1100 and 1200 m above sea level. Open areas with pastures, some semi-open forest and mixed forest.
Comparable terrain:	Le Communal (training map).
Forms	Coarsely structured terrain, characterized by some larger hills, with fine details. Steep slope in the last part of both courses.
Vegetation	Different vegetation: open deciduous forest, mixed forest with deciduous and coniferous trees, only few young stands, intermediately dense canopy.



Runability	Mostly moderate, some parts fairly good (open terrain) Fast change between good and slow runability.
Attention!	In the terrain are a lot of fences, barbed wires and walls from loose stones. Be careful, in some parts of the forest there can be old barbed wires on the ground. In some of the fields live cows.
Visibility	Good to moderate.
Roads	Some forest roads and trails, in some part small, indistinct paths.
Quarantine	Sporthall with all facilities in La Chaux-du-Milieu, marked from mainroad through La Chaux-du-Milieu. No mobile phones and internet allowed after you checked-in at quarantine until you arrive in the finish!
Check-in	in the quarantine latest 12:00. GPS vests will be given in the quarantine to the selected athletes.
Shuttle bus	to pre-start Compulsory shuttle bus for athletes and coaches from quarantine to pre-start map. Driving time 5min, approximately every 10-15min. It is not allowed to drive to the warm-up area / pre-start with own cars. Once leaving the quarantine you are not allowed to go back in (coaches and athletes).
Bus drop off to pre-start	Marked route 1000m / 100 m ↗. On the pre-start map.
Warm-up	On the pre-start map (without controls), on the way from bus drop off to pre-start.
Pre-start map	Between Bus stop and pre-start. Will be given when leaving quarantine.
Pre-start	1000m, 100m ↗ from bus stop to pre-start. Toilets and simple shelter are available. Possibility to put your own team tents.
Transportation of clothes	From quarantine to finish. Please leave your bags at the marked zone in front of quarantine. A jacket / small bag can also be left at pre-start, but this clothes will only be in the finish at 16:00.
Course planning by	Luc Béguin
Controller	Pierre-Alain Matthey and Hugo Babel
Start	Call up at -5 min. Detailed instruction see point 9.
Women	5.6 km, 140 m ↗, 17 controls, 1 ∩ (water only), winning time 35', Control description 6 x 14.5 cm
Men	7.0 km, 180 m ↗, 20 controls, 1 ∩ (water only), winning time 35', Control description 6 x 16 cm
Maximum running time	70'
Finish	Centre sportive du Bugnon, Les Ponts-de-Martel, 20 km from Event Centre. All facilities indoor (changing rooms and showers with national event). Possibility to put your own team tents.  It is not allowed for teams to visit the finish area before start. It is not allowed to go to the start / pre-start area if you have been at the finish area. It is not allowed to run the national competition or to consult the map of the public race for all members and coaches of the teams before arriving in the finish area.
GPS	GPS units will be given to selected athletes. Names of selected athletes will be given at teamleader meeting on Friday. Privat GPS data loggers are only allowed with no display or audible feedback. There will be controls at the start.

**National competition** In the same terrain at same time as the World Cup race there is a national competition with 1'500 competitors. There can be common controls with classes from the national competition. Start and finish from the national competition are elsewhere than for the World Cup.

**IOF World Cup Final event 10 – PostFinance Sprint (Oct 2)**

**Format** City sprint, individual start.

**Map** Orienteering map (ISSOM 2007), 9/2011, scale 1:4'000, 2.5 m contours.

**Mapmaker** Beat Imhof

**Terrain** Urban city with small parks. Between 1000 and 1070 m above sea level.

**Traffic** Extended pedestrian area, no motorized traffic on the competition day (except local residents, traffic slowed down), some bikers, many spectators.

**Quarantine** All runners and coaches who will be in quarantine or pre-start area have to check-in before 12:00. Quarantine opens at 11:15. Vests for GPS will be given at Quarantine to selected athletes.

**Warm-up** Only on pre-start map. It is not allowed to leave the zone on pre-start map.

**Pre-start** 150 m from quarantine (marked on the pre-start map). Pre-start map is the same as training map. Please keep your training map. There will also be new maps available. Coaches and runners leaving the quarantine / pre-start area are not allowed to come back again. No toilet at the pre-start (only in quarantine).

**Start** Call up at -6 min. Detailed instruction see point 9.

**Clothes** Transportation from quarantine to the athletes tent in finish arena. Please bring all your luggage to transport (marked in front of quarantine) yourself. It's not allowed to go back to cars before last start of men.

**Start/Finish** Place du Marché, La Chaux-de-Fonds

**Course planning** by Alain Juan

**Controller** Henri Cuche

**Women** 2.70 km, 45 m ↗, 17 controls, winning time 13', Control description 6 x 15 cm

**Men** 3.20 km, 70 m ↗, 23 controls, winning time 14', Control description 6 x 18.5 cm

**Maximum running time** 30'

**GPS** GPS units will be given to selected athletes. Names of selected athletes will be given at teamleader meeting on Saturday. Privat GPS data loggers only allowed with no display or audible feedback. There will be controls at the start.

**Special object** Control no 1 on the women's and on the men's course is an advertising object: black cross on the map, cross on the control descriptions:



**Arena passage**

There will be an arena passage for both women and men. Follow the very left line.

**Map change**

There will be a map change after arena passage during the race for both women and men. New start symbol on the second map after the map change, marked with a flag in the terrain.

**Finish**

At the arena.

**After finish**

All competitors have to stay in the finish area or on the way between finish and showers until the last finish (approx.14:50). Team leaders and coaches once entering the finish area or school building with showers (facilities also for national event) have to stay there until the last finish.

**Toilets**

There is a toilet in finish area close to athletes' tents.

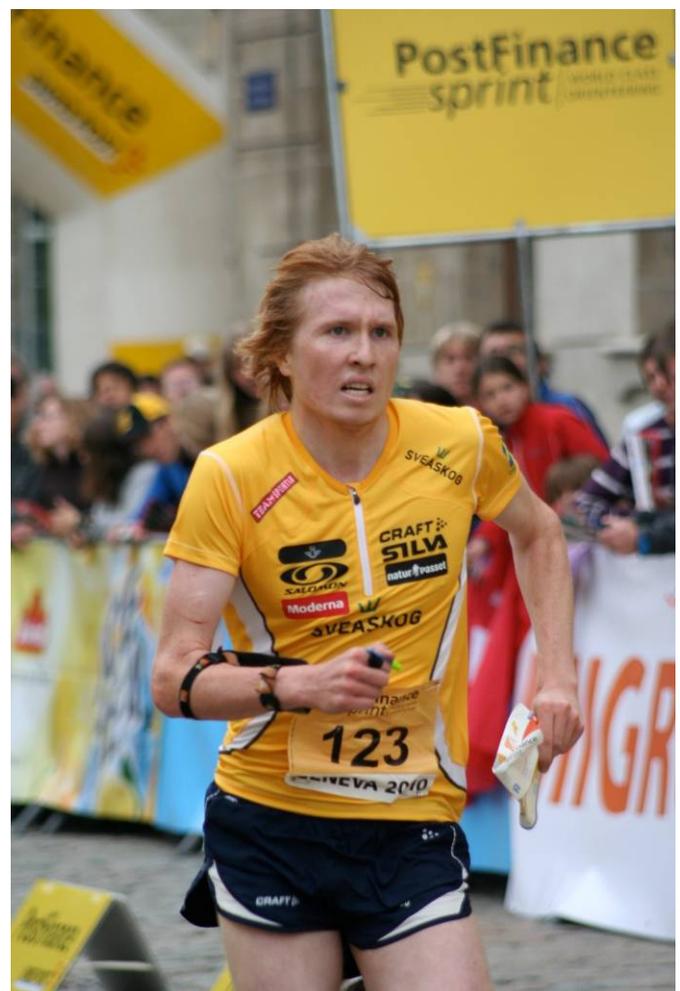
**Facilities**

Showers and toilets in school "Numa Droz" (competition center for national event). 5min to walk from finish area.

**Cool down**

Only on the way between "Numa Droz" and finish. No contact with runners who have not yet started or during their race.

All runners not qualified for the PostFinance Sprint will get a startplace in the national competition (middle distance, map Pouillerel, women/men elite, start between 9 and10:40am). Startlist and more information will be given at the team leader meeting on Saturday. Details see also 6. Embargoed areas.



# 9. Special Competition

## Instructions

### Punching and time keeping system

The punching system used is SPORTident (SI). Athletes have to use the SI-Cards (numbers) indicated on the start list.

The start of the race times will be determined as follows:

WC#9: listed start times, competitors will be released at the start by a hand on the shoulder.

WC#10: start gate

In all competitions the finish time will be taken when the chest of the competitor crosses the finish line. Double photocell are used as to ensure that the competitor can not trigger the finish time with their hands. The running times will be rounded down to the nearest second.



### Start procedures

10 seconds before the start time the competitor hears a signal from the start clock. 5 Seconds before start the count-down begins with short beeps and a long beep at the start time.

The competitor's map is placed next to the start line within reach of the starting competitor.

The start triangle is marked in the terrain by a control flag. The route to this flag is marked with tapes. Competitors must follow this marked route to the starting point.

The detailed start procedure will not be demonstrated.

### Detailed start procedure of WC#9:

Call up	→ Check SI card number → Check start number
-5 min	
	→ Clear SI card → Check SI card → Tracking device is given to selected athletes
-4 min	
	→ pick up the control description
-3 min	
	→ Distance to – 1min = 300 m
-1 min	
	→ take up position behind the starting line → punch Start-IDENT unit
START	An official releases the competitor at the start beep by taking his hand off the competitor's shoulder.  Runner takes the map.
STARTING POINT	Distance 20meters

### Detailed start procedure of WC#10:

Call up	→ Check SI card number → Check start number
-6 min	
	→ Clear SI card → Check SI card → Tracking device is given to selected athletes
-5 min	
	→ Distance to -2 = 500 m, athletes will be guided
-2 min	
	→ pick up the control description
-1 min	
	→ step on the podium → take up position behind the start gate → punch Start-IDENT unit
START	Competitors are allowed to start from -5 to +5 seconds of their allocated start time. The start time is triggered by opening the start gate. If competitors start after this time window, their originally allocated start time is used. If competitors start more than 5 seconds prior to their allocated start time, they shall be disqualified.  Runner takes the map.
STARTING POINT	Distance 80 meters

Procedures for competitors who are late for their start will only be allowed to start after the last start.

In any cases if lateness is the fault of the competitors, they will be timed as if they had started at their allocated start time. Competitors who are late through the fault of the organizer will be timed with their real start time.

### Finish procedures

Competitors must follow the marked route from the last control to the finish. The finishing time will be taken when the competitor's chest crosses the finish line by breaking the light beams of the photocells.

In WC#10 (Sprint) the finish line will be at the beginning of the stage-ramp.

After the finish, the competitor will be guided through the finish zone. He/she:

- punches the Finish-IDENT unit
- punches the SI unit to read out the data. Competitors are then given a receipt with their official time and the result of punch control. Should the punch control indicate a miss- punch the competitors are taken through a special procedure before continuing
- hands over the map
- gives back the GPS unit and vest (if he/she had one)
- can take official refreshment (contact with the team leader is possible),
- returns to the red sofa on podium, if she/he is the current leader
- draws up her/his route choices if asked to do so,
- is ready for media requests

Only the officially accredited team coaches will have access to the finish zone to greet incoming runners.

Please be ready for life TV-interviews right on stage.

### Number bibs

Athletes have to wear the official number bibs. They will be distributed at the team leader meetings.

## Coaching zones

There are no coaching zones.

It is forbidden to give any information to competing athletes during the race (disqualification).

## Showers

Available at finish area on Saturday and on Sunday.

## Prize giving ceremonies and media conferences

Athletes ranked on positions 1 – 6 are kindly requested to line up behind the stage 10 minutes prior to the prize giving ceremonies. Please be there in time, as we are live on TV!

Athletes ranked on positions 1 – 3 are kindly requested to participate in the press conference right after the prize giving ceremonies.

## 10. Clothing

According to the Swiss Orienteering Competition Rule (WO Art. 54(2)(c)) **it is forbidden to run with spike shoes** in Switzerland. However dobb spikes and common orienteering shoes are allowed.

For sprint distance we recommend running shoes.

Otherwise, there are no regulations on clothing, but it is recommended to cover arms and legs to avoid tick bites in middle distance training and competition. Ticks might transmit Boreliosis and Meningo-Encephalitis.

## 11. Entries

Nation	Men	Women	Coaches
AUS	1	0	0
AUT	3	2	0
BEL	2	0	1
BUL	1	0	0
CAN	2	0	0
CZE	6	8	3
DEN	8	5	4
FIN	7	7	3
FRA	6	4	3
GBR	6	8	2
ITA	4	5	1
LTU	2	1	0
NOR	8	8	3
POL	2	2	1
POR	4	0	1
PRK	1	0	0
ROU	1	0	0
RUS	0	3	0
SUI	9	8	4
SWE	8	11	4
UKR	1	0	0
<b>Total</b>	<b>82</b>	<b>72</b>	<b>30</b>

Please note that changes of nominal entries have to be done no later than 12:00 on Friday, 30. September (for both, Saturday and Sunday) at Event Centre or by phone to Event Director Brigitte Grüniger Huber +41 79 504 18 09.

## 12. Prize Money / Prizes

A total prize money of EUR 8'150.- will be awarded from the organizer to the best men and women in two competitions:

### IOF World Cup event 9 middle distance (Oct 1)

1<sup>st</sup> place: EUR 600.—      4<sup>th</sup> place: EUR 150.—  
2<sup>nd</sup> place: EUR 400.—      5<sup>th</sup> place: EUR 125.—  
3<sup>rd</sup> place: EUR 250.—      6<sup>th</sup> place: EUR 100.—

### IOF World Cup event 10 – PostFinance Sprint (Oct 2)

1<sup>st</sup> place: EUR 800.—      4<sup>th</sup> place: EUR 250.—  
2<sup>nd</sup> place: EUR 650.—      5<sup>th</sup> place: EUR 150.—  
3<sup>rd</sup> place: EUR 500.—      6<sup>th</sup> place: EUR 100.—

The tourist office and the organizing committee of WOC 2012 in Lausanne offer the following prize to the male and the female winner of PostFinance Sprint 2011:

2 nights in a 4-star hotel in Lausanne (for 2 persons).

A total prize money of EUR 7'000.- will be awarded from the IOF to the best men and women in the World Cup overall ranking 2011:

### IOF World Cup overall ranking 2011

1<sup>st</sup> place: EUR 1'250.—      4<sup>th</sup> place: EUR 350.—  
2<sup>nd</sup> place: EUR 900.—      5<sup>th</sup> place: EUR 250.—  
3<sup>rd</sup> place: EUR 600.—      6<sup>th</sup> place: EUR 150.—



## 13. Anti Doping

Doping is forbidden. "think positive – test negative"!

IOF Anti-Doping Rules 2011 apply, valid as of January 1, 2011. The Swiss Orienteering Anti-Doping Rules are harmonised with the Anti-Doping Rules and procedures of Swiss Olympic Association and apply as well.

Both, the IOF and/or the Swiss Olympic Association can order doping tests at any time during the stay of the participants of PostFinance Sprint 2011 in Switzerland.

By signature (upon arrival) the athletes and coaches accept that they are subject to sanctions in the event of any doping offence.

## 14. Banquet

The banquet will take place in Grand Hotel Les Endroits in La Chaux-de-Fonds (see also 2. Event Centre)

There will be a welcome drink, a three courses menu with a local fish speciality with free water. Coffee or tea will be served with the dessert. Soft drinks and wine (after the welcome drink) are not included. For those not eating fish we can offer an alternative. Please let us know until Friday, 12am in the Event Centre.

## 15. Weather and Climate

Temperatures in La Chaux-de-Fonds in beginning of October; day max.20° C, average 12° C; night 5° C.

La Chaux-de-Fonds and Les Ponts-de-Martel are on 1000 m above sea level and the weather can be cold in beginning of October!

We will present you the weather forecast for the next day on the teamleader meeting.

## 16. Visa Permits

The prerequisite for immigration into Switzerland is a valid passport. For immigrants from certain countries visa or further documents are required.

## 17. Insurance

The organizers decline any liability that might occur through participation in IOF World Cup events and PostFinance Sprint 2011. Each person participating is responsible for his/her own insurance coverage (illness and accident).

## 18. Media Services

We welcome all media representatives as our partners to bring out the thrilling events of PostFinance Sprint 2011 to a broad public.

For media accreditation please contact:

Lucie Babel, Media Director PostFinance Sprint

Tel +41 79 694 06 59

[media@postfinancesprint.ch](mailto:media@postfinancesprint.ch)

## 19. TV / Live results / GPS Tracking

PostFinance Sprint 2011 will be live on "Schweizer Sportfernsehen" on Sunday from 12:30 – 15:30.

The link to live Internet-TV, GPS tracking and results will be online on [www.postfinancesprint.ch](http://www.postfinancesprint.ch) on competition days.



## 20. Information / Event Secretariat

PostFinance Sprint  
Brigitte Grüniger Huber  
Mobile +41 79 504 18 09  
[info@postfinancesprint.ch](mailto:info@postfinancesprint.ch)  
[www.postfinancesprint.ch](http://www.postfinancesprint.ch)

## 21. Emergency

Emergency 144  
Police 117  
Fire 118

There is a hospital in La Chaux-de-Fonds and in Le Locle.  
Call 144 in emergency.

Medical doctor of the organizers:  
Dr. Grégoire Schrago +41 (0)79 251 03 06  
Dr. Roger Schrago +41 (0)79 214 03 20

## Good luck!

The Organising Committee and Swiss Orienteering are pleased to welcome all orienteering friends to another spectacular orienteering event in Switzerland and wish all the competitors good luck!

Brigitte Grüniger Huber  
Event Director PostFinance Sprint

© Pictures by Philipp Indermühle and Niels-Peter Foppen