IOF World Cup Switzerland

23 - 24 June 2012, St. Gallen

Bulletin 3

Presenting Sponsor: PostFinance

Co-Sponsoren und Partner: MIGROS, SPORT HEART, VICTORINOX, St.Gallen, TRIMTEX TECHNICAL TEAMWEAR, swiss orienteering

Welcome to Switzerland!

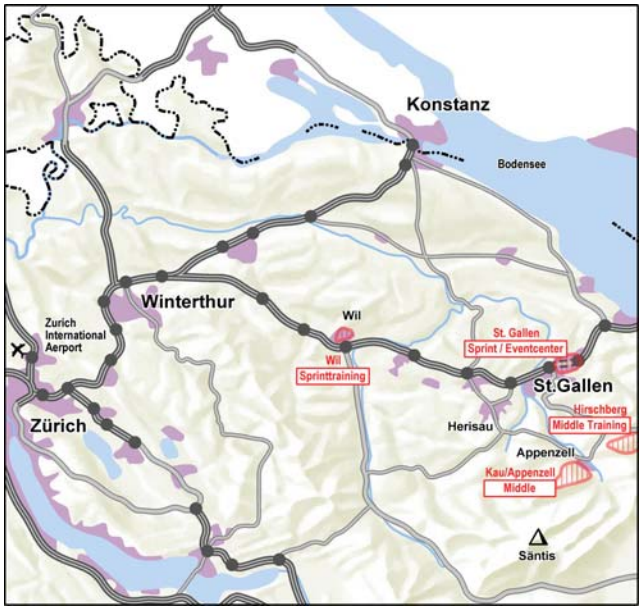
Dear athletes, ladies and gentlemen

Only 3 weeks prior to the World Orienteering Championships 2012 in Lausanne (WOC) the orienteering world will meet in Switzerland for the last international competition before WOC.

Swiss Orienteering is proud to welcome all runners and spectators for two interesting competitions in the beautiful surroundings of St.Gallen and Appenzell.

We hope you will enjoy the orienteering courses and the great atmosphere, as the Swiss spectators at the PostFinance Sprint have been named “the best in the world” from many athletes.

Brigitte Grüniger Huber
Event Director PostFinance Sprint



Map 1: Overview

1. Organisation

Organising Committee

Brigitte Grüniger Huber	Event Director
Urs Bischof	Arena, infrastructure
Christoph Ghiggi-Ammann	Media services
Mirjam Gründler	Administration
Doris Grüniger	Administration
Daniel Leibundgut	Results, IT services
Urs Müller	O-Technique
Martin Oppliger	Start
Peter Oehy	Finish
Nic Russi	Event production

Event Advisors

David Alès	Senior IOF Event Advisor, CZE
Urs Steiner	Swiss Orienteering Event Advisor, SUI

2. Event Centre

The Event Centre is located at the Youth Hostel in St.Gallen, 85 km from Airport Zurich.

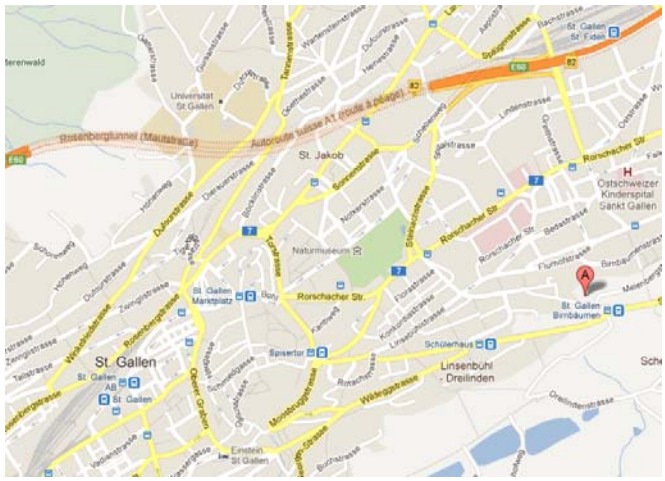
Jugendherberge St.Gallen / Bodensee
Jüchstrasse 25
CH-9000 St.Gallen
Tel. +41 71 245 47 77
Fax +41 71 245 49 83
E-Mail: st.gallen@youthhostel.ch
http://www.youthhostel.ch/st.gallen

By car:
From Zürich Airport take exit “St.Gallen – St.Fiden from highway A1/E60 and follow signs for Youth hostel (map 3).

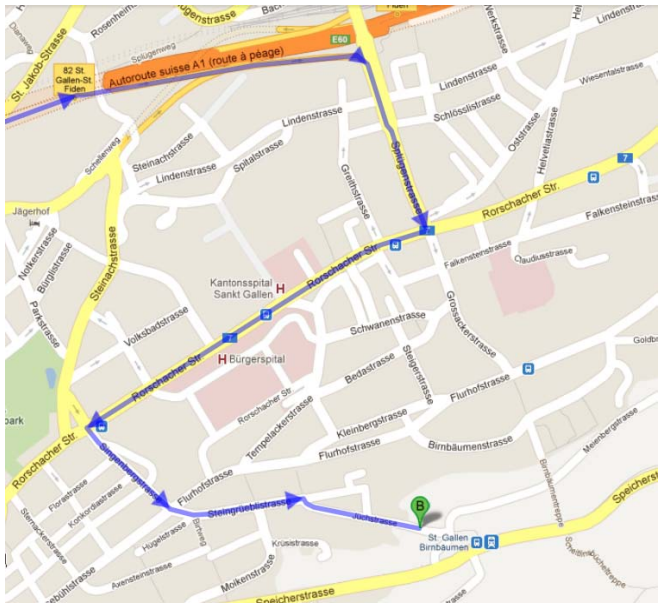
By train:
Take the train S12 “Trogenerbahn” to 4th stop “Birnbäumen” and walk 3min or take Bus Nr. 1, 4 or 7 to Stop “Singenberg” and walk 10min.

At the Event Centre you will get your bags with Bulletin 4, runners- / coaching-ID, training maps and presents from our sponsors.

The team leader meeting on Friday will also take place at the Event Centre.



Map 2: Overview St.Gallen with Event Centre



Map 3: Event Centre by car (from exit St.Gallen-St.Fiden highway A1)

The team leader meeting on Saturday and the banquet will take place in the "Migros Restaurant La Terrasse" at the main station in St.Gallen, 2nd floor:

Migros Restaurant La Terrasse
Bahnhofplatz 2
9000 St.Gallen

3. Programme

Thursday, June 21, 2012

Free training	14.00-
Event Centre open	13.00-18.00

Friday, June 22, 2012

Free training	
Event Centre open	09.00-18.00
Deadline for changes in nominal entries for Saturday	*12:00*
Teamleader meeting	18.00-18.30

Saturday, June 23, 2012

Public race (National Event)	10.00-16.30
IOF World Cup event 4 (middle distance)	11.00-16.30
- First Start approx.	11:00
- Last Start women	14:41
- Last Start men	15:00
- Price giving ceremony	16:00
- Press conference	16.15-16.45
Deadline for changes in nominal entries with list from E2 for Sunday	*17:00*
Teamleader meeting	19.00
Banquet St.Gallen	20.00-24.00

Sunday, June 24, 2012

Public race (National Event and "B-Final")	09.30-12.30
IOF World Cup event 5, PostFinance Sprint	13.15-15.30
- Presentation of world's best orienteers	13.15-13.25
- First Start women	13.31
- First Start men	14.35
- Price giving ceremony PostFinance Sprint	15.45
- Press conference	16.00-16.30

4. Competitions

IOF World Cup event 4 middle distance (June 23)

Format Middle distance, individual start.
Map Orienteering map (ISOM 2000), 6/2012, scale 1:10'000, 5 m contours.
Mapmaker Beat Imhof
Terrain Kaubad/Solegg: New orienteering terrain, between 800 - 1200 m above sea level. Steep slopes, partly pre-alpine forest, deep but well runable valleys, last controls in village of Appenzell (see old sprint map).
Comparable terrain: Hirschberg (training map).
Forms (Steep) slope with deep but crossable valleys.
Vegetation Open deciduous forest, some parts mixed deciduous and coniferous trees.
Runability Mostly highly runable, no undergrowth
Visibility Very good to moderate.
Roads Some forest roads and hiking trails.
Pre start Model map close to quarantine / pre-start.
Start/Quarantine 20 km from Event Centre, bus transportation for athletes and team officials from trainstation Appenzell can be organized on request.
Finish In Appenzell, 20 km from Event Centre.

IOF World Cup event 5 – PostFinance Sprint (June 24)

Format City sprint, individual start
Map Orienteering map (ISSOM 2007), 6/2012, scale 1:4'000, 2 m contours.
Mapmaker Beat Imhof
Terrain Mostly urban, old town center, surroundings of UNESCO world heritage monastery. Small parks (see old map).
Forms Flat city center. Slopes on both sides of city center.
Traffic Pedestrian area, no motorized traffic on the competition day in the other parts, some bikers, many spectators.
Prestart Model map in prestart area.
Start/Finish At "Marktplatz", 2 km from Event Center.

All runners not qualified for the PostFinance Sprint will get a startplace in the national competition (sprint distance, same map as PostFinance Sprint, special class women/men Worldcup-Elite, start from 9:30-11:30am). Separate directives for this national event will be given on Saturday at the teamleader meeting.

5. Courses (preliminary)

IOF World Cup event 4 middle distance (June 23)

Men 6.9 km, 240 m ↗, 1 ⍑ , winning time 35'
Women 5.9 km, 190 m ↗, 1 ⍑ , winning time 35'
Course planning by Christoph Hutzli and Töby Imhof
Controller: Töby Imhof

IOF World Cup event 5 PostFinance Sprint (June 24)

Men 2.8 km, 90 m ↗, winning time 14'
Women 2.4 km, 70 m ↗, winning time 14'
Course planning by Simon Wegmüller
Controller: Christian Völlm

6. Training

World Cup 2012 trainings
(available from Thursday 2pm):

Middle distance: Hirschberg, orienteering map 2012, 1:10'000, 5 m contours, 20 km from Event Centre.
Controls will be out Thursday, 2pm until Friday, 5pm.
Mapmaker: Beat Imhof

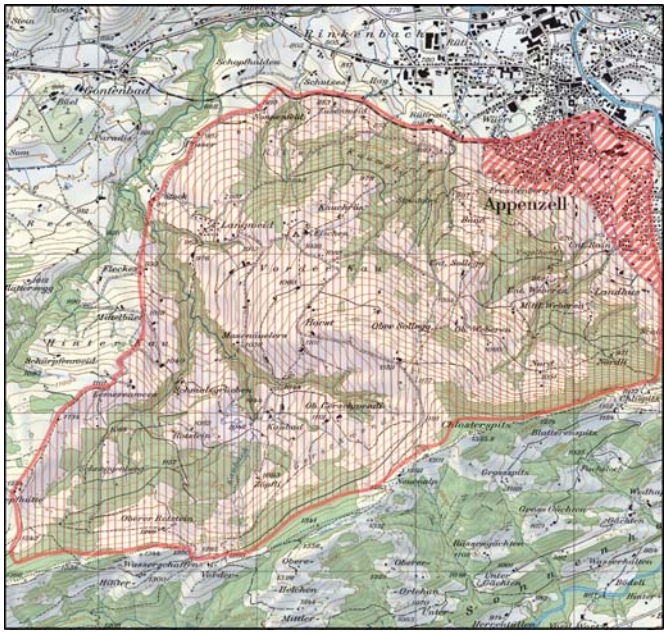
Sprint distance: Wil, orienteering map 2012, 1:4'000, 2 m contours, 30 km from Event Centre. No controls.
Mapmaker: Beat Imhof

These two maps will be given to all runners and coaches with an accreditation at the Event Centre.
No controls on Sprint map.

7. Embargoed Areas

The competition areas "Kau / Appenzell" (Middle distance) and "St.Gallen" (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.

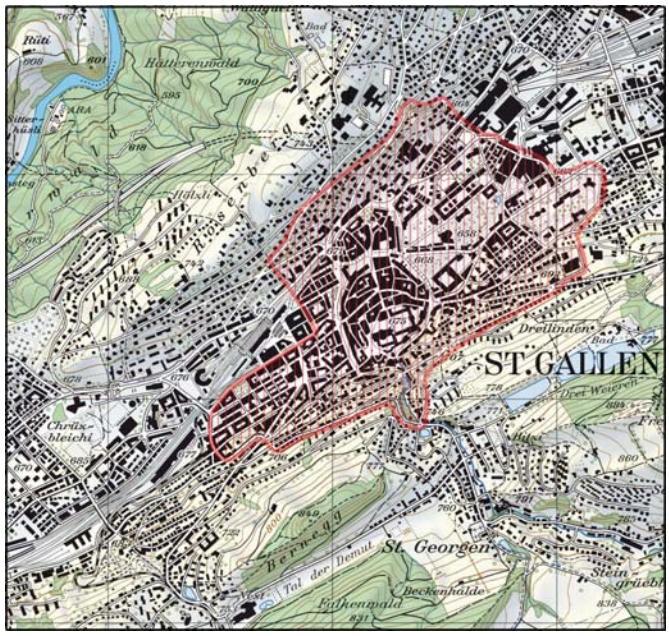
These embargoes are valid until the day prior to the competition. Special rules of the organizer will be valid at the day of competition.



Map 4: Embargoed area Kau / Appenzell

Special rule for the city-part of the embargoed area Appenzell (marked in dark red on map 4):

- It is allowed to stay as an inhabitant, 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.
- This embargo is valid until the day before the competition. At the day of the competition there will be special directives (bulletin 4) regarding the access to the competition area.



Map 5: Embargoed area St.Gallen

Please note, that the embargoed area has slightly changed since Bulletin 1/2.

Special rule for the embargoed area St.Gallen:

- 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.
- This embargo is valid until the day before the competition. At the day of the competition there will be special directives (bulletin 4) regarding the access to the competition area. Teams with accommodation within the embargoed area have to leave the area before 9:00am on competition day.

8. Competition Rules

The Competition Rules for IOF Foot Orienteering Events 2012, valid from 1 January 2012 apply.
Participation restrictions, classes and qualification mode according to the Special Rules for the 2012 World Cup in Orienteering, updated version from 20 April 2012.

As on Sunday only best 40 runners from Overall World Cup Standings will qualify for PostFinance Sprint we would like to give you the chance to select your best athletes (according to the national quotas) on Saturday after World Cup No 4.
But you need to give us all possible names for a start in PostFinance Sprint until Friday, 22.June 2012, 12am (everyone that is present in St.Gallen). On Saturday, 23.June 2012 we will publish at 4:30pm the standings in the Overall World Cup from all this present athletes.
You will then give us the definitive names (according to the national quotas) until 5pm.

There will be a special starting order in the PostFinance Sprint (as shown in the Special Rules, updated version from 20 April 2012).

9. Punching System and GPS Tracking

The punching system used is SPORTident.
Athletes may use their own SI-Cards.

Tracking will be used on both middle and sprint. The best athletes will be given a GPS tracking device at the pre-start.

10. Entry

Nation	Men	Women	Coaches
AUT	5	5	4
BEL	2	0	0
CZE	6	6	2
DEN	6	8	3
EST	1	3	0
FIN	8	8	3
FRA	7	5	4
GBR	6	6	2
ITA	6	5	1
LAT	1	0	0
LTU	6	4	0
NOR	8	8	4
NZL	3	0	0
POR	2	0	0
RSA	1	0	0
SUI	9	8	4
Total	77	66	27

Entered nations 1.5.2012

Nominal entry date:

The nominal entry has to be done no later than May 31, 2012 by sending us the following information:

For runners:

- For World Cup 4 (middle distance, total number per federation according to the national quotas): family name, first name, nation, gender, year of birth, IOF ranking ID, SI-Card no.
- For World Cup 5 (PostFinance Sprint, for all runners present at 24th of June 2012, please read also 8. Competition Rules): family name, first name, nation, gender, year of birth, IOF ranking ID, SI-Card no.

For Team officials:

- Family name, first name, nation, gender, year of birth.

Note, that nominal entries can only be accepted if an initial entry was done in time by the federation!

Please use the official Entry Form E2.

Deadline: May 31, 2012

Entry fees

Competitors	CHF	100.—
Team officials	CHF	50.—

This includes:

- Training maps, new competition maps
- For competitors: Participation in IOF World Cup event 4 and IOF World Cup event 5 (if qualified) or in public race (National competition Sprint distance).

Banquet	CHF	30.—

Free of charge offer

To the individual Orienteering World Champions 2011 and to the 3 best male and female athletes of IOF World Cup 2012 (after World Cup Event 3) we offer free of charge entry and special invitation (if part of the team). Runners will be contacted after WOC 2011 and after EOC 2012.

Payment

Entry fees and banquet tickets have to be paid before May 31, 2012.

Please note that it is the applicants' duty to add possible bank charges to the payments. Thanks.

Payment Deadline for entry fee: May 31, 2012

Please note, that we will (with permission from IOF and SEA) add a fee of CHF 40.- to each competitor and official for late payment!

Bank	PostFinance, Nordring 8
	CH-3003 Bern, Switzerland
Account Nr.	87-717328-8
IBAN	CH75 0900 0000 8771 7328 8
SWIFT Code	POFICHBEXXX
Clearing Nr.	09000
To the credit of	Swiss Cup, CH-8712 Stäfa

Changes in nominal entries

World Cup no 4:
Changes for WC#4 can be done by the teamleader until 12 noon on Friday June, 22 2012 at the event center.

World Cup no 5:
Please fill in all the athletes names in 2nd part of Entry Form E2 that are present in Switzerland. Changes for WC#5 can be done only within this list by the teamleader until 5pm on Saturday June, 23 2012 at the competition center in Appenzell (at the information desk for the World Cup in the finish).

11. Accommodation

We have pre-booked all rooms in the Youth hostel in St.Gallen (Event Center). Please let us know as soon as possible if you are interested to stay in the Youth hostel and what kind of rooms you would prefer (2-6 beds per room).

We could also do some pre-bookings with good prices in different hotels (event center). The bookings have to be done as soon as possible through the link on our homepage: www.postfinancesprint.ch

Otherwise here is a wide range of hotels and low cost accommodation available in and around St.Gallen.
You can also book accommodation directly with Bodensee Tourismus:

ST.GALLEN-BODENSEE TOURISMUS
Bahnhofplatz 1a
CH-9001 St.Gallen
Tel. +41 (0)71 227 37 16
Fax +41 (0)71 227 37 67
congress@st.gallen-bodensee.ch
www.st.gallen-bodensee.ch

If you need help, don't hesitate to contact Event Secretariat.

12. Transport

It is possible to use public transports to all sites:

St.Gallen and the Event Center can be reached by train from Zurich every 30min.

From trainstation in St.Gallen to the Event Centre:
Take the train S12 "Trogenerbahn" to 4th stop "Birnbäumen" and walk 3min or take Bus Nr. 1, 4 or 7 to Stop "Singenberg" and walk 10min.

St.Gallen to Middle distance training:
Train S11 (direction Appenzell) to "Sammelplatz". From there a bus can be organized. Total time 50min.

St.Gallen to Sprint distance training:
Train to Wil, 20min.

St.Gallen to Middle distance:
Train S11 to Appenzell, 50min.

St.Gallen (Event Centre) to Sprint distance (quarantine / start-/finisharea): possible bus / train connection will be published in Bulletin 4. Less than 30min.

Time tables (train and busses) can be found here:
www.sbb.ch
We can send you detailed information about time tables and tickets by email if needed: info@postfinancesprint.ch

It is allowed to use own cars to the competitions.
Detailed driving directions will be given in Bulletin 4.

13. Prize Money

A total prize money of CHF 10'000.- will be awarded from the organizer to the best men and women in two competitions:

IOF World Cup event middle distance (June 23)

1st place:	CHF	750.—	4th place:	CHF	200.—
2nd place:	CHF	500.—	5th place:	CHF	150.—
3rd place:	CHF	300.—	6th place:	CHF	100.—

IOF World Cup event sprint
PostFinance Sprint (June 24)

1st place:	CHF	1'000.—	4th place:	CHF	300.—
2nd place:	CHF	800.—	5th place:	CHF	200.—
3rd place:	CHF	600.—	6th place:	CHF	100.—

14. 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. Otherwise, there are no regulations on clothing, but it is recommended to cover arms and legs to avoid tick bites in training and middle distance. Ticks might transmit Boreliosis and Meningo-Encephalitis.
For PostFinance Sprint we recommend running shoes.

15. Anti Doping

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

IOF Anti-Doping Rules 2012 apply, valid as of January 1, 2012. 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 Antidoping Switzerland can order doping tests at any time during the stay of the participants of PostFinance Sprint 2012 in Switzerland.

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

16.Weather and Climate

Average temperatures St.Gallen in June; day 18-20° C; night 8-10° C.

17. Visa Permits

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

18. Insurance

The organisers decline any liability that might occur through participation in IOF World Cup events and PostFinance Sprint 2012. Each person participating is responsible for his/her own insurance coverage (illness and accident).

19. Media Services

We welcome all media representatives as our partners to carry out out the thrilling events of PostFinance Sprint 2012 to a wide audience.

For media accreditation please contact:

Christoph Ghiggi-Ammann
Media Director PostFinance Sprint
+41 (0)78 636 07 46
media@postfinancesprint.ch

20. TV / Live results

PostFinance Sprint 2012 can be followed live on the internet. The link to live Internet-TV, GPS tracking and results will be online on www.postfinancesprint.ch on competition days.

21. Information / Event Secretariat

PostFinance Sprint
Brigitte Grüniger Huber
Mobile +41(0) 79 504 18 09
info@postfinancesprint.ch
www.postfinancesprint.ch

Final details will be released in Bulletin 4 upon arrival at the Event Centre in St.Gallen and on the homepage from June 21, 2012.

See you soon!

The Organising Committee and Swiss Orienteering are pleased to welcome all orienteering friends to another spectacular orienteering event in Switzerland!

© Pictures by Niels-Peter Foppen