

IOF World Cup Switzerland

PostFinance
sprint | WORLD CLASS
ORIENTEERING

23 - 24 June 2012,
St.Gallen



swiss
orienteering

Bulletin 4



Presenting Sponsor:



Co-Sponsoren und Partner:



Welcome to St.Gallen!

Dear athletes and guests

On behalf of Swiss Orienteering I wish you a warm welcome to this World Cup round here in Appenzell and St. Gallen. Both venues offers their unique environment, both are very rich in culture. I am convinced that the combination of the middle distance race in the pre-alpine area above Appenzell and the sprint race in the urban St. Gallen will challenge the elite's orienteering skills. This World Cup round, being staged just prior to the World Orienteering Championships in Lausanne, forms obviously a very relevant ramp-up for the athletes' preparation for the peak of this year's orienteering season. Therefore, I wish every athlete good luck and personally rewarding performances in the forthcoming competitions.

I would like to thank the organising committee for their energy and enthusiasm while preparing this event. I wish them good luck and the necessary energy to translate their plans into reality.

Marcel Schiess
President Swiss Orienteering

sw/ss
orienteering

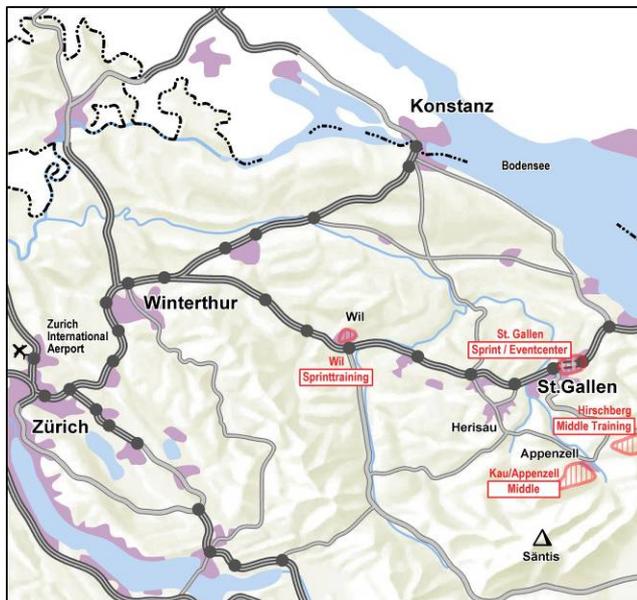
1. Organisation

Organising Committee

Brigitte Grüniger Huber	Event Director
Christoph Ghiggi-Ammann	Media services
Urs Bischof	Arena, infrastructure
Mirjam Gründler	Administration
Doris Grüniger	Graphic design, ceremonies
Daniel Leibundgut	Results, IT services
Urs Müller	Technical director
Peter Oehy	Finish, infrastructure
Martin Oppliger	Start
Nicolas Russi	Event production

Event Advisors

David Ales	Senior IOF Event Advisor, CZE
Urs Steiner	Event Advisor, SUI



Map 1: Overview

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:

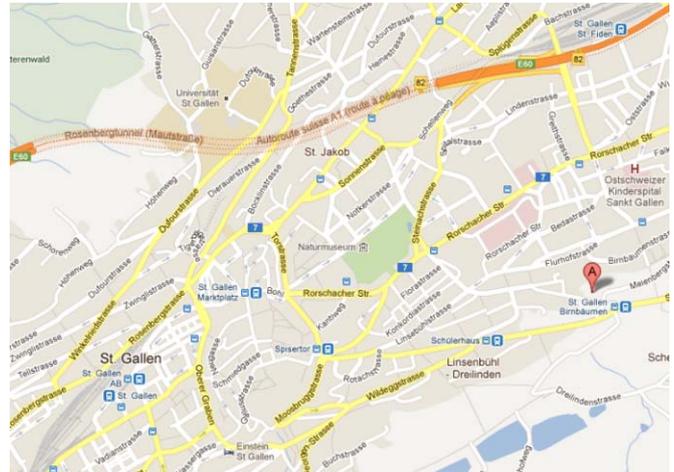
From Zürich Airport take exit "St.Gallen – St.Fiden" from highway A1/E60 and follow signs for Youth hostel (map 3).

By train:

Take the train S12 "Trogenerbahn" from St.Gallen mainstation 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, floor "1":

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	- 17.00
Event Centre open	09.00-18.00

Deadline for changes in nominal entries for Saturday at Event Centre 12:00

School Kids meet World Champions in school "Hebel" St.Gallen Georgen	13:30-15:30
Teamleader meeting	18.00-18.30

Saturday, June 23, 2012

Quarantine in Appenzell opens	09.15
Public race (National Event)	11.00-16.00
Last check-in at quarantine for runners and team officials	11.00
IOF World Cup event 4 (middle distance)	11.45-15.45
- First Start approx.	11.45
- 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 for Sunday at competition centre in Appenzell 17:00

Teamleader meeting in Migros Restaurant at railwaystation St.Gallen	19.00
Banquet St.Gallen	20.00-24.00

Sunday, June 24, 2012

Teams with accommodation inside the embargoed area have to leave the area	09:00
Quarantine opens	11:00
Public race (National Event and "B-Final")	09.30-12.30
Last Check-in at quarantine for runners and team officials	12:00
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. Training

Middle distance: Hirschberg, orienteering map 2012, 1:10'000, 5 m contours, 20 km from Event Centre. Controls will be out from Thursday, 2pm until Friday, 5pm. Mapmaker: Beat Imhof
Terrain is very relevant to Kau-Solegg, but notice the map is only renewed this spring along the course.

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.



5. 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 April 20, 2012.

As on Sunday only the best 40 runners from Overall World Cup Standings will qualify for PostFinance Sprint we would like to give you the possibility 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, June 22, 2012, 12am (everyone that is present in St.Gallen). On Saturday, June 23, 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).

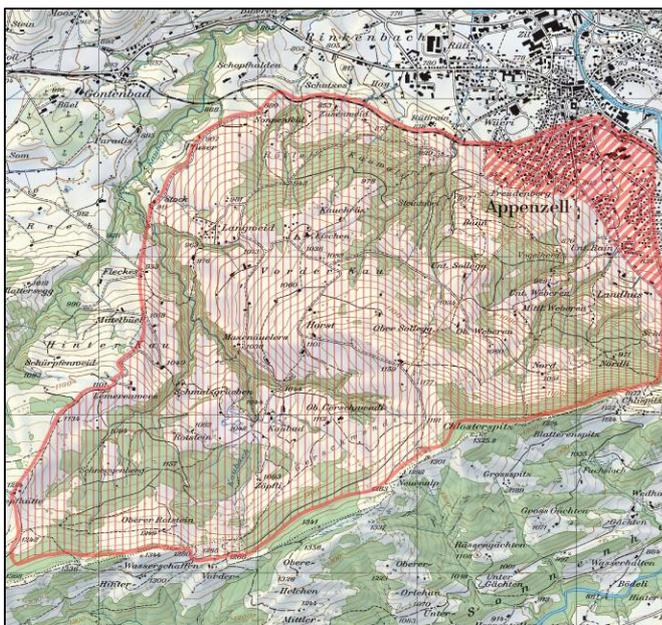
Complaints must be handed over in writing to an event official in the finish area at the information desk using the official form, not later than 15 minutes after the official results have been disclosed (separately for women and men; announced by the speaker).

Jury	André Schöpfer	SUI
	Lars Lindstrøm	DAN
	Tommy Eriksson	SWE

6. 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.

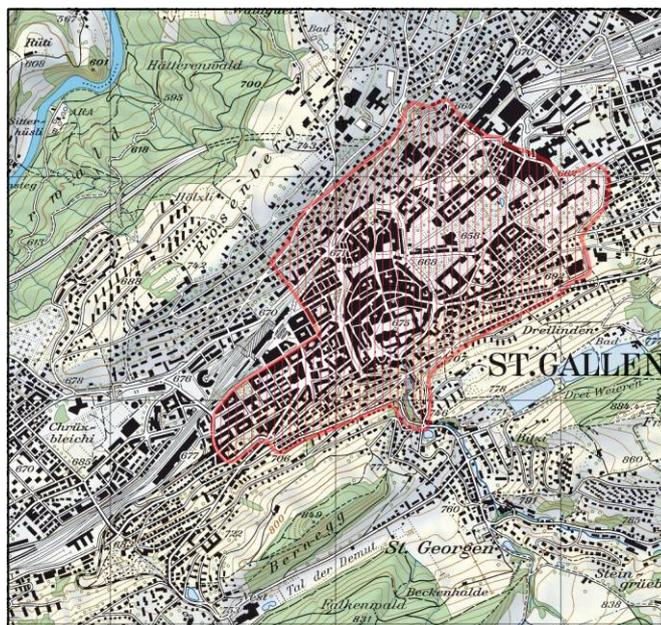
These embargoes are valid until the day prior to the competition. Special rules of the organizer will be valid at the day of competition.



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 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 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.

Runners not qualified for World Cup no 5 / PostFinance Sprint will have the possibility to start in the national race in the morning in women/men elite class. The national race is a sprint distance held on the same map as the World Cup race. All runners not qualified for the World Cup no 5 are allowed to go to the competition centre of the national event on Sunday morning and run this national event. It is not allowed to be in contact and give any information to World Cup runners. Runners and coaches that have been at the national race and/or at the competition centre of the national event 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 centre of the national race!**

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

Quarantine Sunday, June 24 2012:

All competitors for World Cup no 5 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 once at the finish have to stay at the finish arena or on the after finish map.

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

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

Training Hirschberg:

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

Parking: Close to start/finish along the road.

Training Wil:

On official parking places all over the city.

Saturday:

The quarantine will be marked from both roundabouts outside of Appenzell. Be aware you don't follow the signs to the national competition: only follow the signs to the quarantine! From the roundabouts you have to count with max. 30min to reach the quarantine.

Once in the finish arena in Appenzell nobody is allowed to go to the quarantine / pre-start area.

Parking at the quarantine: only some minutes walk to the quarantine.

Nations without a coach are asked to organize themselves to get the cars from quarantine back to the finish in Appenzell (with other coaches). Please tell us at the teamleader meeting if you need assistance.

Parking in Appenzell: Special parking close to the church, 600m to walk to finish area. Maps will be given at the teamleader meeting on Friday.

Sunday:

Parking: at "Kreuzbleiche", 5min walk from quarantine. Cars are staying there during the competitions. It is not allowed to go back to cars before the last start of men! Everybody has to stay in the finish arena or on the after-finish map.

Driving instructions for the time after 9:00am (forbidden to stay or enter the embargoed area): You can not drive the direct way through the embargoed area and need to drive by highway from east to west (exit 81, St.Gallen Kreuzbleiche).

Public transport:

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

Time table (train and busses) can be found here:

www.sbb.ch



8. Competitions

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	Kau - Sollegg: New orienteering terrain, between 800 - 1200 m above sea level. Steep slopes, partly pre-alpine forest, deep but well runnable valleys, open areas with pastures, 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 runnable, no undergrowth
Attention!	In the terrain are some fences and barbed wires. 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	Very good to moderate.
Roads	Some forest roads and hiking trails.
Forbidden areas	Most of the pastures and open areas are forbidden areas (marked on the map). Not all of them are marked in the terrain. Notice there are some of the forbidden areas with a gap between the forest and the forbidden areas, so it is allowed to run along the forest. And some of the forbidden areas have no gap at the edge of the forest: there it is forbidden to step outside of the forest!
Quarantine	Is marked from roundabouts in Appenzell. Max. 30min drive from there. Some tents are available, possibilities to put your own team tents, toilets. Quarantine opens at 9:15am.
Pre-start/Warm up:	Model map (without controls) close to quarantine / pre-start will be given at check-in.
Start/Quarantine	20 km from Event Centre, bus transportation for athletes and team officials from trainstation Appenzell can be organized on request. No mobile phones and internet allowed after you checked-in at quarantine until you arrive in the finish!
Check-in	With signature in the quarantine latest at 11:00. GPS vests will be given in the quarantine to the selected athletes.
Pre-start	450m, 40m ↗ from check-in to pre-start. On the pre-start map. One toilet is available at pre-start.
Transportation of clothes	From quarantine to finish. Please leave your bags at the marked zone in front of quarantine.
Course planning by	Christoph Hutzli
Controller	Töby Imhof
Start	Call up at -4 min. Detailed instruction see point 9.
Women	6.3 km, 220 m ↗, 19 controls, 1 ∩ (water only), winning time 37', Control description 5 x 15 cm
Men	7.0 km, 290 m ↗, 27 controls, 1 ∩ (water only), winning time 37', Control description 5 x 20 cm
Maximum running time	90'

Finish School "Gringel" in Appenzell, 20 km from Event Centre.
All facilities indoor (changing rooms and showers with national event). Possibilities 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 1'300 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.



Pre-start map: Close to quarantine and prestart area.

Warm-up Only on pre-start map. It is not allowed to leave the zone on pre-start map. No contact with orienteers who have been started at the national event and/or someone who has been to the finish area.

Pre start 450m from quarantine, on the pre-start map. One toilet is available at the pre-start.

Clothes Transportation from quarantine to the athletes tent in finish arena. Please bring all your luggage to transport close to downstairs entrance of quarantine yourself. It's not allowed to go back to parked cars before last start of men.

Start/Finish At "Marktplatz", 2 km from Event Centre.

Start Call up at -4 min. Detailed instruction see point 9.

Course planning by Simon Wegmüller

Controller Christian Völlm-Rogenmoser

Women 2.40 km, 75 m ↗, 20 controls, winning time 14min, Control description 5 x 16 cm

Men 2.90 km, 100 m ↗, 25 controls, winning time 14min 30s, Control description 5 x 19 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
The last Control (no 100) on the women's and on the men's course is an advertising object: black circle with black dot on the map (ISSOM symbol 537 Cairn, memorial, small monument or boundary stone), a monument on the control descriptions:



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 centre, surroundings of UNESCO world heritage monastery. Small parks (see old map).

Forms Flat city centre. Slopes on both sides of city centre.

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 with signature before 12:00. Quarantine opens at 11:00. Vests for GPS will be given at Quarantine to selected athletes. Toilets and 2 changing rooms with chairs and tables are available.
Migros-restaurant is open. Sitting inside the restaurant is allowed in combination with consumption.
Coaches and runners leaving the quarantine / pre-start area are not allowed to come back again.

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 during the race for both women and men at a control. New start symbol on the second map at the map change.

Forbidden areas
Some areas under construction, street restaurants and other forbidden areas are marked with ISSOM symbol 714 (temporary construction or closed area) on the map. It is forbidden to enter a temporary construction or closed area!

Finish At the arena.

After finish All competitors have to stay inside the area marked on the after finish-map when they finished their race until the last finish (approx.15:30). Team leaders and coaches once entering the finish area have to stay there until the last finish as well.

Showers Marked on the after finish-map. 10 min walk from finish area. Open until 5pm.

Toilets There are two toilets in finish area close to athletes' tents.

Cool down Only on the after finish-map. No contact with runners who have not yet started or during their race.

“B-Final” All runners not qualified for the PostFinance Sprint will get a startplace in the national competition (sprint distance, same map as PostFinance Sprint, men/women elite, start between 9:30-11:00am). Separate instructions for this national event will be given on Saturday at the teamleader meeting.

After the race, runners and coaches who have been in the embargoed area for the World Cup race are not allowed to go back to their hotel or quarantine or meet someone from the World Cup team. No contact between runners and coaches at the “B-Final” and runners and coaches at the World Cup until the last finish of World Cup. 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#4: listed start times, competitors will be released at the start by a hand on the shoulder.

WC#5: 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#4:

Call up	→ Check SI card number → Check start number
-4 min	
	→ Clear SI card → Check SI card → Tracking device is given to selected athletes
-3 min	
	→ pick up the control description
-2 min	
	→ Distance to – 1min = 100 m
-1 min	
	→ punch Start-IDENT unit → take up position behind the starting line
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 50 m

Detailed start procedure of WC#5:

Call up	→ Check SI card number → Check start number
-4 min	
	→ Clear SI card → Check SI card → Tracking device is given to selected athletes
-3 min	
	→ Distance to -2 = 150 m, athletes will be guided
-2 min	
	→ pick up the control description
-1 min	
	→ punch Start-IDENT unit → step on the podium → take up position behind the start gate
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#5 (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 live 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 in 10min walking distance 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	3	6	1
AUT	5	4	2
BEL	2	0	0
BUL	4	2	2
CZE	7	5	2
DEN	8	4	2
EST	1	3	0
FIN	8	8	3
FRA	6	5	4
GBR	5	6	2
IRL	1	0	0
ITA	6	5	1
LAT	1	0	0
LTU	3	2	0
NOR	8	8	5
NZL	3	0	0
POL	2	2	1
PRK	1	0	0
RSA	1	0	0
RUS	2	2	0
SUI	8	8	4
SWE	8	6	5
USA	1	2	0
Total	94	78	34

Please note that changes of nominal entries have to be done no later than 12:00 on Friday, June 22, 2012 for Saturday (at Event Centre in St.Gallen) and no later than 17:00 on Saturday, June 23, 2012 for Sunday (at competition centre in Appenzell) or by phone to Event Director Brigitte Grüniger Huber +41 79 504 18 09.

12. Prize Money

A total prize money of EUR 8'400.- will be awarded from the organizer to the best men and women on the weekend:

IOF World Cup event 4 middle distance (June 23)

1 st place: EUR 600.—	4 th place: EUR 200.—
2 nd place: EUR 400.—	5 th place: EUR 150.—
3 rd place: EUR 300.—	6 th place: EUR 100.—

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

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

13. 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.

14. Banquet

The banquet will take place in Migros Restaurant at railwaystation St.Gallen (floor 1) (see also 2. Event Centre).

There will be a pasta buffet with salad and free water on tables, coffee or tea and a dessert. Soft drinks and wine are not included.

15. Weather and Climate

Average temperatures in St.Gallen by end of week shall be between 16-24° C.

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 2012. 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 2012 to a broad public.

For media accreditation please contact:

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

19. TV / Live results / GPS Tracking



PostFinance Sprint 2012 will be live on "Schweizer Sportfernsehen" on Sunday from 13:10 – 16:00.

GPS Tracking and Live-results are available also on Saturday.

The link to live Internet-TV, GPS tracking and results will be online on www.postfinancesprint.ch on competition days.

20. Information / Event Secretariat

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

21. Emergency

Emergency	144
Police	117
Fire	118

There is a hospital in St.Gallen and in Appenzell.
Hospital St.Gallen, Rorschacher Strasse 95, 9007 St.Gallen
Tel. +41 71 494 11 11

Hospital Appenzell, Sonnhalde 2a/c, 9050 Appenzell
Tel. +41 71 788 75 75

Medical doctor of the organizers:
Dr. German Clenin +41 (0)79 608 42 84

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!

A handwritten signature in black ink, appearing to read 'B. Grüniger'.

Brigitte Grüniger Huber
Event Director PostFinance Sprint

© Pictures by Niels-Peter Foppen

Personal notes Saturday:

Personal notes Sunday:

PostFinance *sprint* / WORLD CLASS ORIENTEERING

St. Gallen | 23-24 June 2012