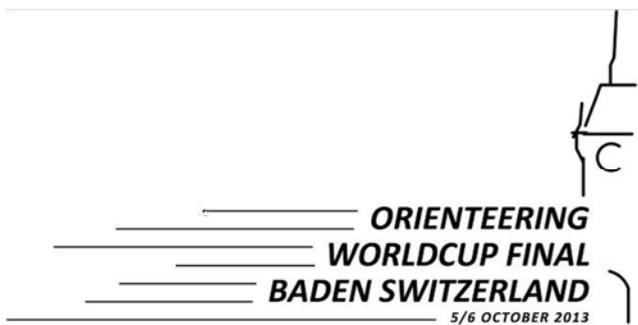


IOF World Cup Final Switzerland

Baden 05 - 06 October 2013



Bulletin 4



Co-Sponsors



Hostcity



Media Partner



on behalf of



Partners



Welcome to Baden!

Dear athletes and guests

On behalf of Swiss Orienteering I wish you a warm welcome to this year's World Cup Final here in Baden. Even if the terrain will offer some real challenges and presumably will cause debates about the optimal route choices, I guess the main topic of this weekend will be something else. This year's closure of the international season will also bring the end of the careers of three remarkable Swiss runners. Not only Simone Niggli but also Matthias Leonhard and Matthias Merz have won individual World Championship titles and many more medals at IOF World Orienteering Championships. All of them are true sportsmen and -women and bright role models for our youth. Swiss Orienteering is extremely grateful for having enjoyed their contribution to the sport of orienteering in our country and wishes the three of them all the best for their future.

To all participants of this World Cup Final I wish good luck in the forthcoming competitions. I would also like to thank the organisers. They have been working hard during the preparations and now it's time to harvest the crop. I wish them good luck too.

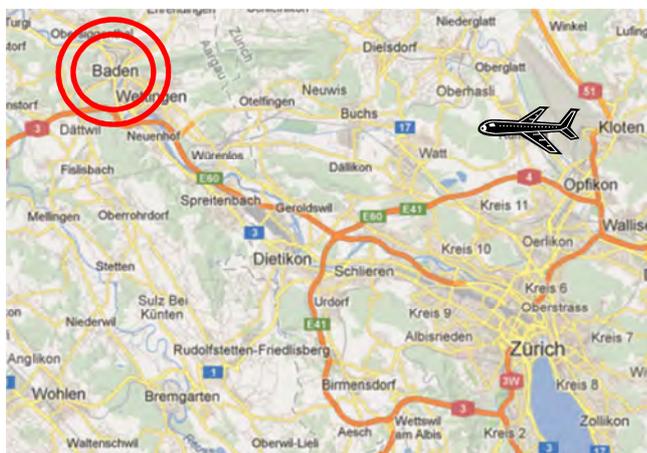
Marcel Schiess



1. Organisation

Organising Committee

Brigitte Grüniger Huber	Event Director
Christine Lüscher-Fogtmann	Technical Director
Nic Russi	Event Production
Daniel Leibundgut	Results, IT services
Doris Grüniger	Administration
Martin Oppliger	Start
Peter Oehy	Finish
Urs Bischof	Arena, infrastructure
Severin Furter	Media
Event Advisors	
Ted Finch	Senior IOF Event Advisor, GBR
Ulrich Aeschlimann	Swiss Orienteering Event Advisor, SUI



Map 1: Overview

2. Event Centre

The Event Centre is located in the Youth Hostel in Baden, 30 km west of Zurich Airport.

Jugendherberge Baden
Kanalstrasse 7
5400 Baden AG
Switzerland

Tel. +41 56 221 67 36
baden@youthhostel.ch
www.youthhostel.ch/baden

Arriving by car:

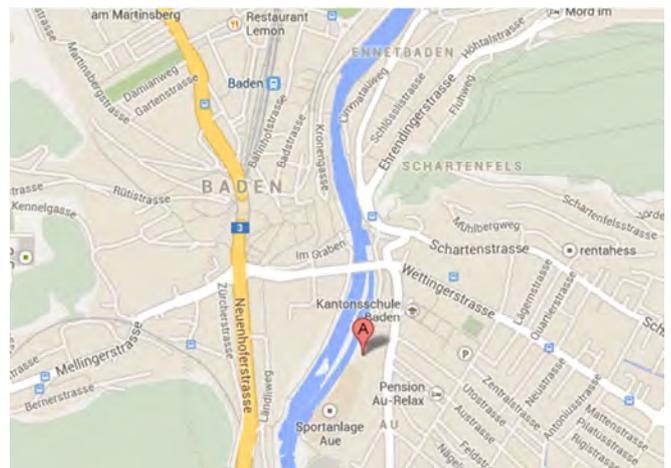
From Zürich Airport take highway A1 direction Bern/Basel and follow signs direction Bern/Basel for 25 km until exit 55 Neuenhof. Follow signs to Baden and turn right in the city to "Limmat Hochbrücke"/Wettingerstrasse. Cross the river on the high bridge and turn left at the end of the bridge. Only 100m later turn left again (signs to Youth hostel). Parking places in front of Youth hostel (CHF 0.50 per hour during daytime on weekdays, free at night and on weekends).

Arriving by train:

Take the train to Baden (timetable: www.sbb.ch). From Baden train station it is a 15min walk. Or take the bus no 1, 3 or 4 to stop "Kantonsschule" and follow signs to youth hostel (5min).

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

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

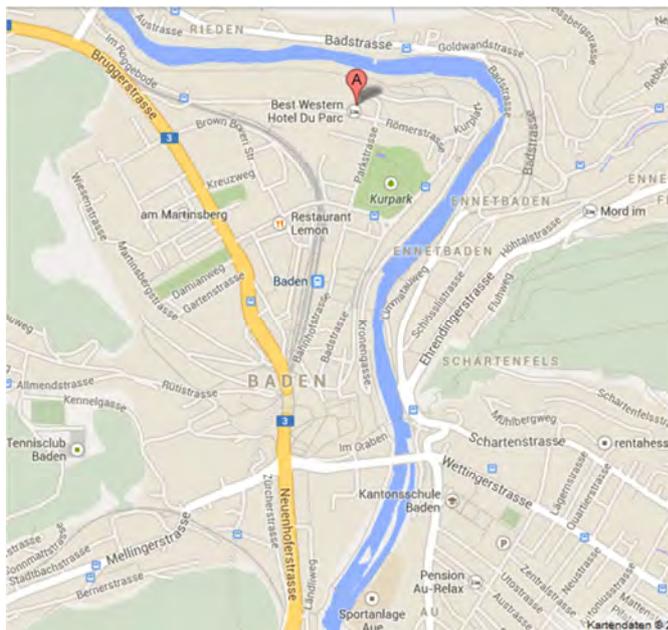


Map 2: Overview Baden with Event Centre



The team leader meeting on Saturday and the banquet will take place in Hotel du Parc in Baden:

BEST WESTERN Hotel Du Parc
Römerstrasse 24
CH-5400 Baden
Tel. +41 56 203 15 15



Map 3: Hotel du Parc, Baden (Banquet and team leader meeting on Saturday)

3. Programme

Thursday, October 3, 2013

Free training	13.00-
Event Centre opening times	13.00-18.00

Friday, October 4, 2013

Free training	- 17.00
Event Centre opening times	09.00-18.00
<i>Deadline for changes in nominal entries for Saturday at the Event Centre</i>	12:00
School Kids meet World Champions	14:00-15:00
1.Axpo Sprint-Relay	15:00-16:30
Prize giving 1. Axpo Sprint-Relay	16:30
Teamleader's meeting	18.00-18.30

Saturday, October 5, 2013

Quarantine in Dättwil opens	09.30
Public race (National Event)	10.30-13.00
Last check-in at quarantine for runners and Team officials	11.00
IOF World Cup event 12 (middle distance)	12.00-15.45
- First Start approx.	12.00
- Last Start women	14.00
- Last Start men	14.30
- Price giving ceremony	15.30
<i>Deadline for changes in nominal entries for Sunday at the competition centre in Baden</i>	16:15
Teamleader's meeting in Hotel Du Parc (Time to be confirmed at the Teamleader's meeting Friday)	19.30
Banquet Hotel Du Parc, Baden	20.00-23.00

Sunday, October 6, 2013

Teams with accommodation inside the embargoed area must leave the area	09:00
Quarantine opens	11:00
Public race (National Event and "B-Final")	09.30-11.00
Last Check-in at quarantine for runners and Team officials	11:45
IOF World Cup Final, Sprint	13.10-16.00
- Presentation of the world's best orienteers	13.10-13.20
- First Start women	13.21
- First Start men	14.31
- Price giving ceremony Event 13 and Overall World Cup 2013	15.40
- Press conference	16.00-16.30

4. Training

Middle distance: Baregg, orienteering map 2013, 1:10'000, 5 m contours, 5 km from Event Centre. Controls will be out Thursday, 1pm until Friday, 5pm. Mapmaker: Urs Steiner

Sprint distance: Baden / Ennetbaden, orienteering map 2013, 1:4'000, 2 m contours, 1,5 km from Event Centre. Controls only during the sprint relay at Friday afternoon. It is allowed to go running / training on this map also before the sprint relay, even if you are starting in the sprint relay (only a training competition).

Please do not run on the meadow in the park on the training map Baden / Ennetbaden, stay on the paths.

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.

1.Axpo Sprint Relay: Please find more information about this training competition in Baden at www.o-worldcup.ch or in the special instructions given to all entered teams and runners. We are looking forward to testing this new format with you!

5. Competition Rules

The Competition Rules for IOF Foot Orienteering Events 2013, valid from 1 January 2013 apply. Participation restrictions, classes and qualification mode are according to the Special Rules for the 2013 World Cup in Orienteering. <http://orienteering.org/foot-orienteering/rules/>

There are no national quotas for the World Cup Final on Sunday. That means the best 40 runners from the overall world cup standings will qualify for the final without any national quotas. Please give us all possible names for a start at event 13 before Friday, 4th October 2013, 12 noon (i.e. only athletes who are present and can run in Baden).

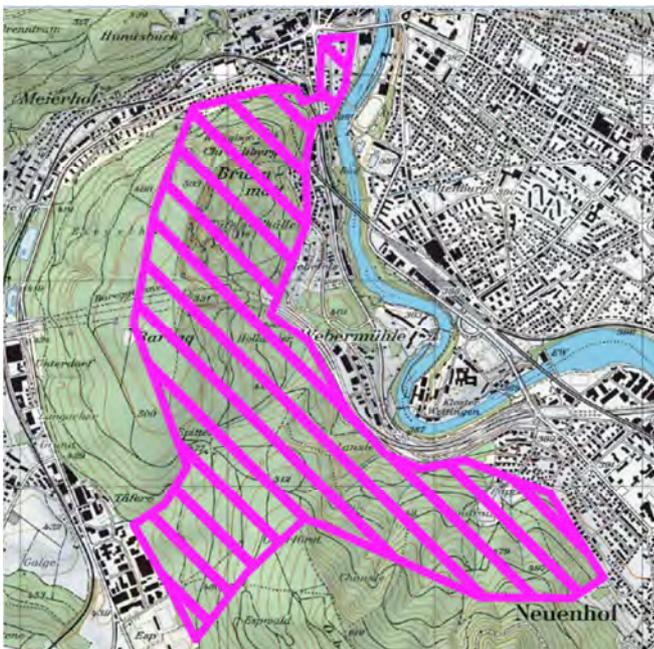
On Saturday 5th October 2013, at 3:30pm, we will publish in the athletes' tent the standings in the Overall World Cup for the athletes who are present. You will then have to withdraw the athletes who will not be able to run on Sunday, 6 October 2013. The withdrawal has to be done in writing at the information desk in the athletes' tent by 4:15pm.

The starting order in the sprint will be as following, based on the World Cup standings after event 12: 40-20-39-19-38-18-37-17-36-16-35-15-34-14-33-13-32-12-31-11-30-10-29-9-28-8-27-7-26-6-25-5-24-4-23-3-22-2-21-1 (hence the World Cup leader starts last).

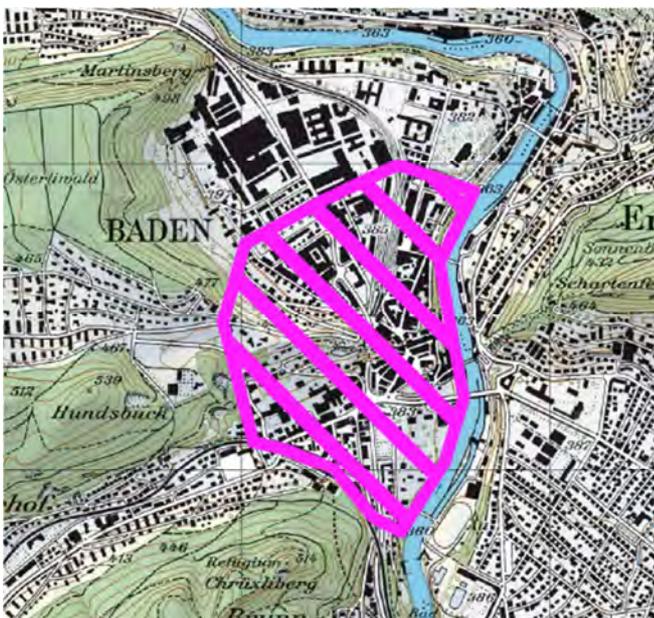
Complaints must be handed over in writing to an event official in the finish area at the information desk in the athletes tent, not later than 15 minutes after the official results have been published (separately for women and men; announced by the speaker).

Jury	André Schöpfer	SUI
	Göran Andersson	SWE
	Vicent Frey	FRA

6. Embargoed Areas



Map 4: Embargoed area "Tüfelschäller"



Map 5: Embargoed area "Baden city"

The competition areas "Tüfelschäller" (Middle Distance) and "City Baden" (City Sprint) are embargoed areas (see maps 4 and 5). For competitors, team officials and others who, through knowledge of the terrain, 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. On the day of the competition there will be special rules covering the access of the competition area.

Special rules for the embargoed area City Baden (map 5):

- It is allowed to stay in Baden 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 in the embargoed area 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. On the day of the sprint competition there will be special rules covering the access to the competition area.
- The middle distance will finish inside the embargoed area for the sprint: During the middle race it is of course allowed to run in the embargoed sprint area with the middle distance map.
- After the finish in the middle distance runners are only allowed to run on a football-ground next to the finish to cool down.
- Teams staying inside the embargoed sprint area must leave their accommodation and the embargoed area on Sunday by 9:00am.

Runners not qualified for World Cup Event 13 / Final have the option to start in the national race in the morning in women/men elite class. All relevant runners will get a start time automatically. You do not need to enter or withdraw athletes for the national event, if you have been entered for World Cup Event 13. The start list will be published on Saturday evening by 7:30pm at the latest on www.o-worldcup.ch. The national race is a shortened long-distance (70%) in the forest (map: "Barregg, 1:15'000).

All runners not qualified for the World Cup Event 13 are allowed to go to the competition centre of the national event on Sunday morning, walk through the city (embargoed area) on the marked route to start and back from finish. It is not allowed to be in contact and give any information to World Cup runners and coaches after you have entered the embargoed area on Sunday after 9am. Runners and coaches that have been at the national race and/or at the competition centre of the national event on Sunday are not allowed to have any contact with World Cup runners after 9am until the World Cup is finished. **Runners or coaches who have been at the national race and/or at the competition centre of the national race may not enter the quarantine zone!**

Start lists and special information for the national race will be given at the team leader's meeting on Saturday evening.

Quarantine Sunday, 6th October 2013:

All competitors for World Cup Event 13 and team officials at the Warm-up/Pre-Start area have to check in at the quarantine before 11:45am. Team officials and runners leaving the quarantine and pre-start map area are not allowed to re-enter this zone again. Runners and team officials having entered the start-/ competition- or finish-area are not allowed to go back to quarantine / warm-up / pre-start (except for the

runners selected for the runners' presentation. They will be guided to and from the arena by the organisers).

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 the runners not yet started.

No coaching is allowed during the competition.

7. Transport / Parking

It is permitted to use personal cars to go to the competitions and trainings.

It is also possible to go by bus to all competitions and training.

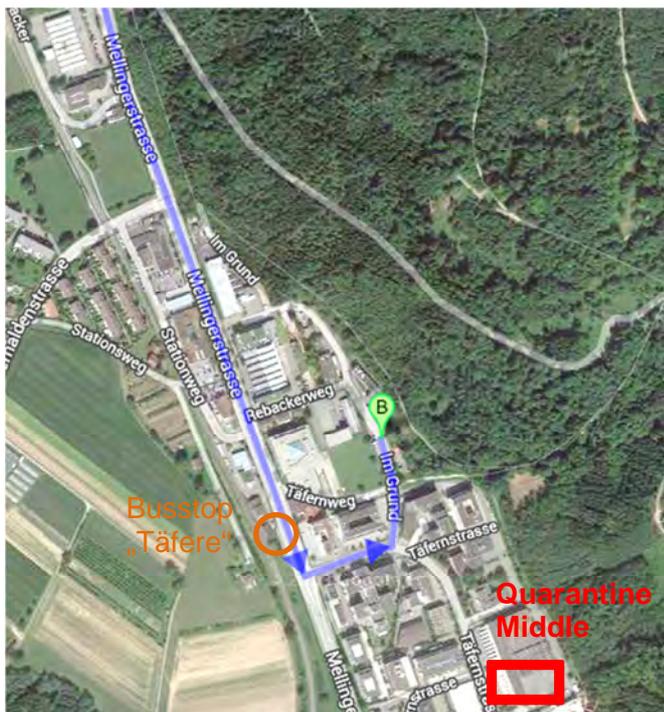
Training Baregg:

By car:

From the Event Centre drive over the high bridge and on Mellingerstrasse direction "Dättwil". After passing under the highway drive ahead for 1km and turn left into "Täferstrasse" and left again after 100m to "Im Grund" (marked "P" on the training map).

By bus:

13min from Baden railway station take Bus no 320, 321, 322, 332 or 334 (every 10min), to Bus stop "Täfer" and 3min walking along "Täferstrasse" and left after 100m to "Im Grund".



Map 6: Bus stop "Täfer", Parking Training Baregg (B) and quarantine Saturday.

Training Baden /Ennetbaden:

By car:

Parking is possible on official parking places all over the city. We recommend parking house "Trafo" (paid parking). Be aware you are not allowed to run in the embargoed area. If you run from the Event Centre, follow the river only on the east side to "Schiefe Brücke".

By bus:

From Baden railway station 5min walk direction north to training map.

Event 12, Middle distance, Saturday:

The quarantine will be here:

Sanitas Troesch AG
Täferstrasse 25
5405 Dättwil AG



By car:

From the Event Centre drive over the high bridge and on Mellingerstrasse direction "Dättwil". After passing under the highway drive ahead for 1km and turn left into "Täferstrasse". It may take up to 30min to come there by car from the Event center, as there can be traffic jam through Baden! Parking is directly in front of the quarantine.

By bus:

13min from Baden railway station or bus stop "Linde" take Bus nr. 320, 321, 322, 332 or 334 (every 10min) to bus stop "Täfer, Dättwil" and then walk 400m along "Täferstrasse".

We recommend taking the bus, so you can avoid traffic jam (this is also quicker for coaches when coming back to the finish). The bus has its own traffic lane.

It is not permitted to go to the finish area at "Ländli" before going to the quarantine zone. Stay on the road from the Event centre to Dättwil. Once in the finish arena in Baden, Ländli nobody is allowed to go to the quarantine / pre-start area.

Nations without a coach are asked to organise themselves to get the cars from quarantine back to the finish in Baden (with other coaches) or leave your car at the Event centre (free parking at the weekend) and take the bus to Dättwil. Please tell us at the teamleader's meeting if you need assistance.

Parking in Baden when coming to the finish area:

There is no special parking. We recommend the parking in front of the Event Centre (free on weekends). It is a 10min walk over the high bridge to the finish area. Note you are allowed to park in all official parking areas in the city on Saturday (except Parking "Ländli" before the competition). It is forbidden to stop along the road in front of the competition centre and it is forbidden to drive along Ländliweg.



Sunday:

By car:

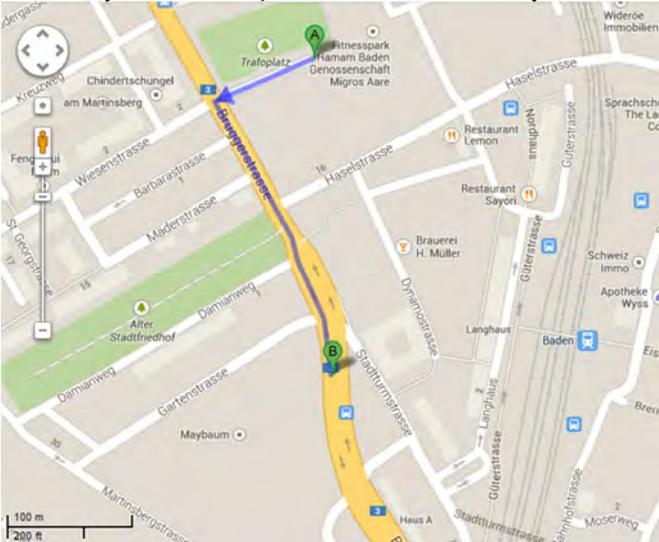
It is not allowed to stay inside or drive through the embargoed area after 9am on Sunday, 6th October 2013!
Mandatory driving route (not marked) from Event centre to the quarantine goes north through Ennetbaden, Rieden/Obersiggenthal, Siggenthaler Brücke, Bruggerstrasse. From Parking house "Trafo", it is a 5min walk to the quarantine. It is not allowed to go back to the cars after Check-In at the quarantine.



Map 7: Mandatory driving route from the event centre to the quarantine Sunday.

By train:

Please tell us at the Event centre by Friday evening if you are planning to arrive by train on Sunday. We will then define the mandatory route to the quarantine from the railway station.



Map 8: Parking "Trafo" (A), quarantine Sprint "Stanzerei" (B) and railway station.

Public transport:

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

www.sbb.ch

If you need assistance do not hesitate to ask at the Event centre.

8. Competitions

IOF World Cup Event 12 middle distance (October 5th)

Format Middle distance, individual start.

Map Orienteering map (ISOM 2000), 9/2013, scale 1:10'000, 5 m contours.

Mapmaker Urs Steiner

Terrain Tüfelschäller: orienteering terrain between 400 and 550 m above sea level. Evenly sloped hill side with complex rocky area. A short last part is in the town of Baden (see old map in Bulletin 1/2).

Comparable terrain: Baregg (training map). No comparable terrain for the complex rocky area.

Forms Hill with even slope and a complex rocky area.

Vegetation Mostly open deciduous forest, some mixed forest with deciduous and coniferous trees.

Runability Most parts fairly good. Preserved area in the rocky area. Therefore small areas with fallen trees, mapped with ISOM symbol nr. 407 (Undergrowth: slow running).

Visibility Very good to moderate.

Roads Some forest roads and hiking trails.

Quarantine

Sanitas Troesch AG, Täferstrasse 25, 5405 Dättwil (see map 6)

Open from 9:30am. Factory building with tables, chairs, toilets.

No mobile phones and internet are allowed for runners and coaches after you have checked-in at the quarantine until you arrive in the finish!

Check-in With signature in the quarantine by 11:00am at the latest. There you will receive a model map and your number bib. GPS vests will also be given to the selected athletes in the quarantine.

Transport of clothes From the quarantine to finish. Please leave your bags at the marked zone in front of the quarantine. Transport will run approx. every 30min.

Pre start From the quarantine to the pre start: 400m, 40m ↗. No markings, but the model map shows both the quarantine zone and the pre start. One toilet at the pre-start.

No transport of clothes from pre-start to finish.

Course planner Lukas Erne

Controller Raphael Zwicker

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

Women 5.1 km, 210 m ↗, 21 controls, 1 ♀ (water only), winning time 35', Control description 5 x 17 cm

Men 6.2 km, 290 m ↗, 25 controls, 1 ♀ (water only), winning time 35', Control description 5 x 19 cm

Maximum running time 90'

Map exchange

There is a map exchange during the race for both women and men after the drinking control.

The drinks point is after the control (taped route from the control), and then follow a taped route to the second start point. Drop the old map and pick up the new map. Competitors are responsible for picking up the correct map.

A start triangle on the second map marks the map exchange point.

Special object

The last Control (no 55) on both women's and men's courses is an advertising object (big Swiss Army Knife): black cross on the map (ISOM symbol 540 Special man-made features), a special object X on the control descriptions:



TV-controls

There will be TV cameras in the forest (not marked on control description).

Finish „Ländli“ in Baden, 700m from Event Centre (see map 9). All facilities indoor (changing rooms and showers with national event). No possibility to set-up own team tents.

It is not allowed for teams to visit the finish area before the start. It is not allowed to go to the start / pre-start area if you have been at the finish area.

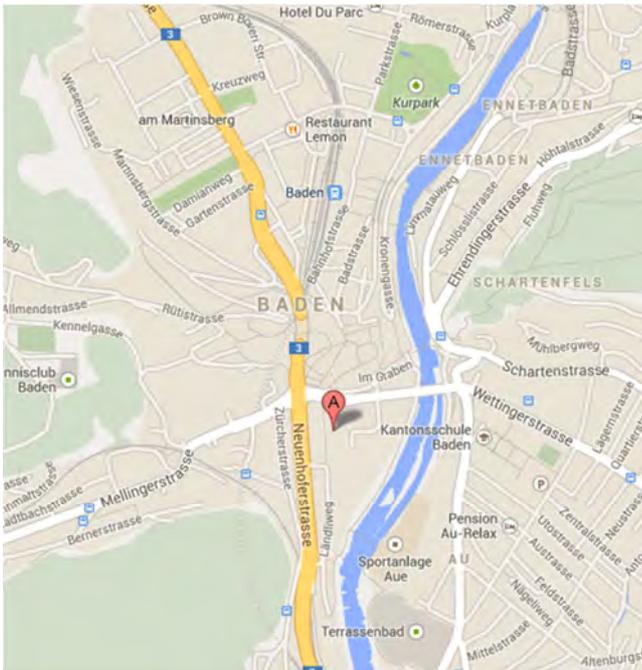
Cool down zone

It is only allowed to run on the football field beside the finish arena. You are within the embargoed area for Sunday (this also applies to runners not qualifying for Event 13)!

GPS GPS units will be given to selected athletes. Names of the selected athletes will be given at the teamleader's meeting on Friday. Personal GPS data loggers are only allowed if they have no display or audible feedback. There will be controls at the start.

National competition

The national competition is held in a different terrain than the World Cup. The competition centre for the national competition is at the finish of the World Cup event 12.



Map 9: Finish area Middle distance, school "Ländli", Baden

IOF World Cup event 13 – World Cup Final, sprint distance (October 6)

Format City sprint, individual start.

Map Orienteering map (ISSOM 2007), 9/2013, scale 1:4'000, 2 m contours.

Mapmaker Beat Imhof

Terrain Hilly urban terrain with a mix of old town, castle and parks (see old map in Bulletin 1/2).

Forms Fairly level town centre with slopes down to the river and up to the castle ruin that overlooks the town.

Traffic Pedestrian area and only local residents on the competition day in the other parts, some cyclists. Many spectators are expected. Please be aware of pedestrians, cyclists and hikers especially in narrow passages and on steps.

Quarantine Quarantine opens at 11:00am. All runners and coaches who will be in quarantine or pre-start area have to check-in with signature before 11:45am. Vests for GPS will be given to the selected athletes. Toilets and 2 changing rooms with chairs and tables are available.

Coaches and runners leaving the pre-start map after check-in are not allowed to come back again.

No mobile phones and internet access is allowed after you have checked-in at quarantine until you arrive in the finish. This applies to both runners and coaches!

Pre start Map: Shows the area between quarantine and pre start area.

Warm-up Only on pre-start map. It is not allowed to leave the pre-start map. No contact is permitted with runners who have started or anyone who has been to the finish area.

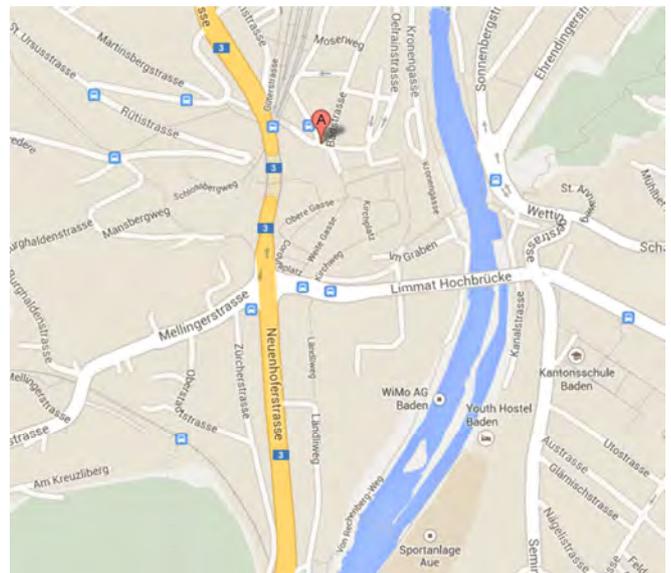
Pre start 300m from quarantine, on the pre start map. One toilet is available at the pre-start.

Clothes Transport from quarantine to the athletes tent in finish arena.

It is not allowed to go back to parked cars outside of pre-start map until the last man has started.

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

Start/Finish At "Schlossbergplatz, 1km from Event Centre (see map 10).



Map 10: Finish area World Cup Final Sprint distance, Schlossbergplatz, Baden

Course planning by Denis Steinemann

Controller Stefan Hüssler

Women 2.5 km, 80 m ↗, 17 controls, winning time 14min,
Control description 5 x 16 cm

Men 2.8 km, 100 m ↗, 19 controls, winning time 14min,
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's meeting on Saturday.
Personal GPS data loggers are only allowed with no display or audible feedback. There will be checks at the start.

Special object

The control before the run through in the arena and the last control (no 49) on the women's and men's courses is an advertising object (big Swiss Army Knife): black cross on the map (ISSOM symbol 540 prominent man-made feature), a special object on the control descriptions:

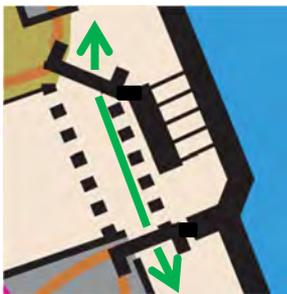


TV-controls

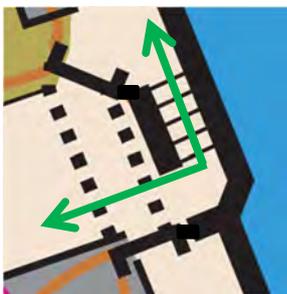
There will be TV cameras between and at controls (not marked on control description).

Special parts of the map

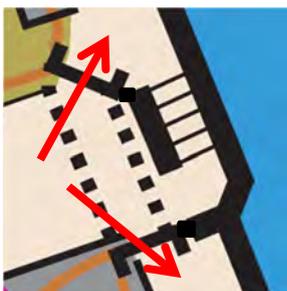
In Baden there are a few places with more than one level to run. Here you can see, how they are printed on the map (the arrows are not printed on the map):



Possible to pass on lower level



Possible to pass



Not possible to pass!



The high bridge is printed like this (line with dot and two broken lines). Map details are all below the bridge. It is forbidden to run on the bridge itself.



Underpasses/tunnels are printed with dotted lines. Crossing points as shown here are going through the tunnel. It is forbidden to cross on the main road! The passage marked like this on the map is for the tunnel only!

Arena passage

There will be an arena passage for both women and men. Follow the marking to the farthest right from the control.

Map exchange

There is a map exchange during the race for both women and men. The route is marked on the map and in the terrain from the control to the map drop. Please drop your first map in the designated box and follow the marked route until you arrive at the new startpoint, where you will get the second map. The road from the map drop to the new map is not marked on the map, but only in the terrain. The distance to the new startpoint is marked on the control description. There is a new start symbol on the second map and a control flag in the terrain at the new startpoint.

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 in the arena or on the after finish-map when they have finished their race until the last finish (approx. 15:30). Team leaders and coaches once having entered the finish area have to stay there until the last finish as well.



Showers "Migros Fitnesspark" at Trafo. Marked on the after finish-map. 10 min walk from finish area. Show your start number at the desk and you will get a badge for the entrance. Please leave the badge at the desk when leaving the Fitnesspark. Please do not enter parts of the Fitnesspark other than the changing rooms and showers.

Toilets There is a toilet available in the finish area close to athletes' tents. Please ask for the key at the information desk next to the tent. Public toilets close to the arena at Theaterplatz.

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 World Cup Final / Event 13 will get a start time in the National competition (shortened long distance with about 50min winning time, map "Baldegg" 1:15'000, men/women elite, start between 10:30-12:00am). Separate directives for this national event will be given on Saturday at the teamleader's 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 the quarantine or meet any of the World Cup team members. Anyone who has been at the competition centre for the National competition on Sunday has to stay there until 12 noon. No contact between runners and coaches at the "B-Final" and runners and coaches at the World Cup is allowed until the last finish of the 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 with the numbers indicated on the start list.

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

WC#12: listed start times, competitors will be released at the start by a hand on the shoulder.

WC#13: start gate

In all competitions the finish time will be taken when the chest of the competitor crosses the finish line. Double photocells are used as to ensure that the competitor cannot 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#12:

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 = 75 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 40 m

Detailed start procedure of WC#13:

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,
-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 100 meters

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

If the lateness is the fault of the competitor, they will be timed as if they had started at their allocated start time. Competitors who are late through the fault of the organiser will be timed with their real start time.

Finish procedures

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

At WC#13 (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 download SI unit to read out the data. Competitors are then given a receipt with their official time and the control punch data. Should the punch check 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),
- Occupies the leader chair on the 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 can athletes be ready for live interviews with the commentary or TV on the stage.

Number bibs

Athletes have to wear the official number bibs. They will be handed out on competition days at the quarantine check-in when you have signed the check-in list before the deadline.

Coaching zones

There are no coaching zones.

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

Showers

Available at the 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 in the Overall World Cup and athletes ranked on positions 1 – 3 in event 13 are kindly requested to participate in the press conference right after the prize giving ceremony on Sunday. You will be guided to the press room. Please gather at the information desk close to the athletes tents.

Athletes taking part in the prize giving should wear their national team uniform. National flags, signs, sunglasses, hats, headbands, bottles and other such items are not allowed on the stage.

10. Clothing

According to the Swiss Orienteering Competition Rules (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 the sprint competition 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 the middle distance training and competition. Ticks might transmit Boreliosis (Lyme disease) and Meningo-Encephalitis.

11. Entries

Nation	Men	Women	Coaches
AUS	0	1	0
AUT	2	1	1
BEL	2	0	1
CZE	4	3	1
DEN	6	4	2
FIN	5	8	3
FRA	4	2	1
GBR	2	2	1
HUN	2	2	0
ITA	5	3	0
JAP	0	0	0
LAT	2	0	1
NOR	7	6	2
NZL	0	1	0
RUS	1	1	1
SUI	8 (Final: 10)	9 (Final: 11)	4
SWE	8	8	4
UKR	3	3	0
TOTAL	63	56	22

Please note that changes of nominal entries have to be done no later than 12:00 on Friday, 4th of October, 2013 for Saturday (at the Event Centre in Baden) and no later than 16:15 on Saturday, 5th of October, 2013 for Sunday (at the competition centre in Baden at the information desk in front of the athletes tents).

12. Prize Money

A total prize fund of CHF 10 000.- / EUR 8 000.- will be awarded from the Swiss organizer to the best men and women in both competitions:

IOF World Cup event 12 and 13

1 st place: EUR 700.—	4 th place: EUR 200.—
2 nd place: EUR 500.—	5 th place: EUR 150.—
3 rd place: EUR 350.—	6 th place: EUR 100.—

A total prize fund of EUR 7 000.- will be awarded from the IOF to the best men and women in the World Cup overall ranking 2013:

IOF World Cup overall ranking 2013:

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

13. Anti Doping

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

IOF Anti-Doping Rules 2010 apply, valid as of February 1, 2010. The Swiss Orienteering Anti-Doping Rules are harmonised with the Anti-Doping Rules and procedures of the Swiss Olympic Association and apply as well.

Doping is strictly forbidden, and the organisers of the World Cup Final are dedicated to supporting the anti-doping authorities in their work.

Doping controls may be carried out any time during the competition period. As some sites for the doping controls may be a few minutes' drive away, we suggest that athletes are prepared at all events to take along some dry clothes to change into after their race.

Doping tests are always carried out in accordance with the procedures described in the WADA International Standard of testing. The IOF Anti-Doping Code and rules apply as of 1st February 2010.

Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. The athlete should also bring along their therapeutic use exemption (TUE) if applicable. In general, it is advisable that the athletes bring along their ID to all the competitions and events.

Both, the IOF and/or the Swiss Olympic Association can order doping tests at any time during the stay of the participants of World Cup Final 2013 in Switzerland.

By their signature given at the event registration upon arrival, the athletes and coaches will accept that they are subject to sanctions in the event of any doping offence. The team leader should sign for the whole team.

14. Banquet

The banquet will take place in Hotel du Parc in Baden (see also 2. Event Centre).

There will be a buffet with salad, different kinds of meat, fish, vegetables and rice, free water on the tables, coffee or tea and a dessert. Soft drinks and wine are not included.

15. Weather and Climate

Fr 04.10. Sa 05.10. So 06.10.



Temperatur 11 | 17 °C 12 | 15 °C 11 | 15 °C

We will present you the weather forecast for the next day during the teamleader's 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 in Baden and the national event. 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 IOF World Cup Final 2013 to a broad public.

For media accreditation please contact:
Severin Furter
media@o-worldcup.ch
+41 (0)79 602 99 72

19. TV / Live results / GPS Tracking

The World Cup Final (Event 13) will be live in Swiss National TV (SRF 2) and in Sweden (STV) on Sunday from 13:10. You can follow the live stream (Saturday: arena production with speaker sound, Sunday: TV-production with speaker sound) in the internet.

GPS Tracking and Live-results are available at the internet. The links to live Internet-TV, GPS tracking and results will be online on www.o-worldcup.ch on competition days.

20. Public Internet

Baden has a public WLAN: you can connect your mobile phone or computer for free with "Baden.WLAN" in the city centre, enter your mobile number and get a free code. The code can be used for the whole time of your stay.

21. Information / Event Secretariat

Brigitte Grüniger Huber
Mobile +41 79 504 18 09
info@o-worldcup.ch
www.o-worldcup.ch

22. Emergency

Emergency	144
Police	117
Fire	118

Hospital in Baden:
Kantonsspital Baden
Im Ergel
5400 Baden
Emergency 144 or 056 486 21 11

Medical doctor of the organizers:
Dr. Mareike Cordes +41 (0)76 425 52 02

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

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