

PostFinance
sprint | WORLD CLASS
ORIENTEERING

International Elite Orienteering Event

IOF World Ranking Event

Directives

July 9–10, 2005

Bellinzona, Switzerland



Presenting sponsor



Schweizerischer Orientierungslauf-Verband
Fédération suisse de course d'orientation
Federazione svizzera di corsa d'orientamento
Swiss orienteering federation



Welcome to PostFinance Sprint 2005



Dear Athletes

We are pleased to welcome you to the PostFinance Sprint 2005, the international orienteering elite event in Switzerland.

After the successful first edition last year, PostFinance Sprint 2005 will be held in Bellinzona, the capital of Ticino state in the Italian spoken part of Switzerland, and will bring excitement and orienteering action to the region that will host the Junior World Orienteering Championships JWOC and the 5 days orienteering public race the week after. The PostFinance Sprint 2005 will include a qualification race in the technically difficult and physically very demanding terrain near Novaggio and a city sprint race in the old town of Bellinzona as the grand final. Each JWOC national team has got the chance to nominate two athletes to challenge the world's best elite athletes on the same courses.

We are looking forward to an exciting event and hope that all arrangements fully meet your expectations. If we can assist you making your participation more successful please let us know directly.

1. Organisation

Organising committees of PostFinance Sprint and Junior World Orienteering Championships 2005 on behalf of Swiss Orienteering Federation SOLV.

Sönke Bandixen	Event Director
Hansueli Steinmann	Maps, courses
Daniel Leibundgut	IT, results, video
Urs Bischof	Infrastructure
Brigitte Wolf	Media Director
Marianne Bandixen	Secretary

Konrad Becker SOLV Event Advisor

2. Event centre

The Event centre is at Hotel Unione in Bellinzona (see map 3). Bellinzona is located 200 km south of Zurich Airport, 100 km north of Milano Malpensa Airport and 40 km north of Lugano Airport. There are trains to/from Bellinzona every hour throughout the whole day.

Opening hours:

Fri, July 8, 2005	18.00 – 20.00
Sat, July 9, 2005	18.00 – 20.00
Sun, July 10, 2005	12.00 – 13.00

Pick up athletes package: SI-card*, bib number, start list, pre start map.

*) JWOC juniors must bring their own SI-cards.



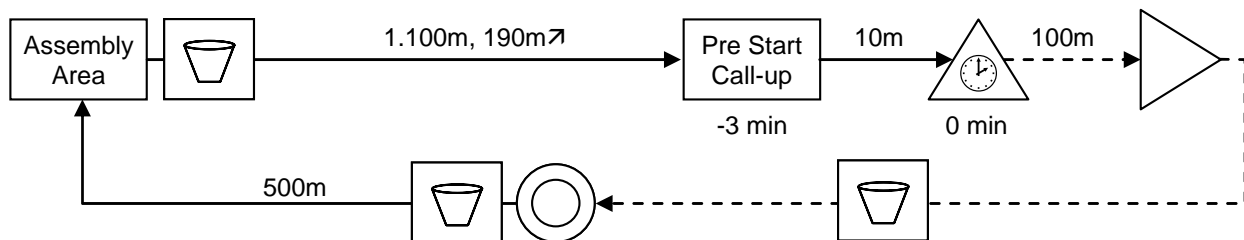
Map 1: Overview Switzerland



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Refreshments	Mineral still water bottles at assembly as pre start refreshments.
Warm up	On the way to the pre start, warm up area marked on the pre start map.
Pre start	No toilets available. Call up at start time -3', control descriptions at -3'.
Start	Punch start control with SI-card within the indicated 5 sec. window (55" – 00").
Late starters	Athletes who have missed their start time may be given a new start time at the pre start. The loss of time however will only be reasserted if the delay is caused by shortcomings of the organisers.
Courses	Middle distance, individual start. Men: 3'810 m, 375 m climb, 12 controls, 37' winning time, refreshment point after 25'. Women: 3'000 m, 290 m climb, 10 controls, 35' winning time, refreshment point after 23'. Max. competition time: 90'.
Map	IOF standard map, 6/2005, 1:10'000, 5 m contours.
Terrain type	South pre-alpine, between 500 and 850 m above sea level, comparable to Japanese terrain.
Land forms	Steep slopes with deep valleys and ditches, some of them are rocky, quite a lot of contour features.
Vegetation	Mixed forest, mostly chest nut, some oaks, beech trees and birches. Some small parts with thicker vegetation of black-berries.
Runability	Changing from mostly moderate to fairly good.
Visibility	Good.
Roads and trails	One road, some forest roads, some trails.
First aid	At assembly.
Finish	Punch finish control, deposit map, download and deposit SI-card, get refreshments.
Map return	Maps will be released after 15.30 hrs. at assembly.
Results	At finish and at assembly. Final results and start lists of the PostFinance Sprint final at assembly (16.30 hrs.), at the event centre and via internet (www.postfinancesprint.ch).
Complaints	Must be handed in to event officials until 16.15 hrs. at the latest.
Special	IOF World Ranking Event and official trial race of the Swiss national team.



4.3. PostFinance Sprint banquet

Date	Saturday, July 9, 2005, 18.30 – 24.00 hrs.
Venue	Bellinzona, Hotel Unione, Viale Guisan 4, Tel +41-91 825 5577, Fax +41-91 825 9460.
Approach	3 min. walk from main station, parking garage Piazza del Sole, 100 m from hotel.
Programme	Apéro and joint dinner for invited athletes (packages A-C), sponsors and guests.

4.4. PostFinance Sprint final and sprint race for invited JWOC juniors

Date	Sunday, July 10, 2005, 14.30 – 17.00 hrs.
Event arena	City of Bellinzona, Piazza del Sole, 3 min. walk from main station, 100 m from event centre (see map 3).
Parking	Public parking garage Piazza del Sole just below the event arena.
Showers	Bellinzona, school Liceo, Via Francesco Chiesa, 1.2 km from event arena (see map 3).
Event program	14.30 hrs. Presentation of actual junior world/national champions to the audience, assembly 14.20 hrs. behind the stage. 15.30 hrs. Presentation of actual elite world/European/national champions to the audience, assembly 15.20 hrs. behind the stage.
Spectators	All athletes with their ID-cards are kindly invited to watch the event from the stands.
Warm up	Allowed in the warm up zone indicated on the pre start map.
SI-cards	All JWOC juniors must bring their own SI-cards.
Pre start	Call up at start time -3', control descriptions at -3', 20 m walk to the start at -1'.
Late starters	There is no late start procedure.
Start	On the stage in the event arena. Punch start control with SI-card within the indicated 5 sec. window (55" – 00").

Courses City sprint, individual start, no refreshment points on the courses.
 Men: 3'190 m, 70 m climb, 21 controls, 15' winning time.
 Women: 2'860 m, 70 m climb, 20 controls, 15' winning time.
 Max. competition time 30'.

Map IOF ISSOM map, 4/2005, 1:5'000, 2.5 m contours.

Terrain type City of Bellinzona with old town, between 220 and 265 m above sea level.

Land forms Mainly flat, one castle hill, a slope to the east.

Traffic Very few motorised traffic, some bikes and many spectators.

Special object Two controls in the event arena are a special object (advertising object) and are represented on the map and on the control descriptions with a black cross:



Finish Punch finish control, deposit SI-card and map and get refreshment drinks on the stage. Please be ready for flash interviews on the stage.

Map return Maps will be released after 17.00 hrs. at the event arena.

First aid At the event arena.

Complaints Must be handed in to event officials:
 JWOC juniors until 16.00 hrs. at the latest.
 Men until 16.30 hrs. at the latest.
 Women until 17.05 hrs. at the latest.

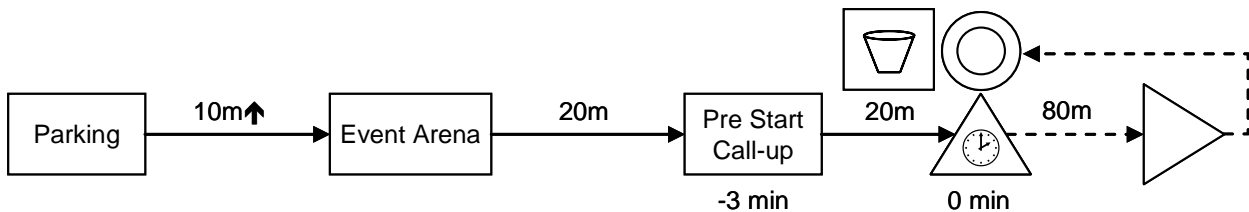
Results Live results on the video screen. Final results will be distributed after 17.00 hrs.

TV live coverage Swiss Television TSI Channel 2 will produce a live coverage of PostFinance Sprint 2005 with several cameras near controls and in the event arena.

Price ceremony The first 6 athletes of all classes are kindly asked to attend the price giving ceremony:
 JWOC juniors (men and women) 17.00 hrs.
 Men 17.05 hrs.
 Women 17.10 hrs.
 Assembly 5' earlier behind the stage.

Prize money Will be awarded to the first six athletes of the two elite classes:
 1st place: CHF 2'000.— 4th place: CHF 300.—
 2nd place: CHF 1'000.— 5th place: CHF 200.—
 3rd place: CHF 500.— 6th place: CHF 100.—

Media conference 17.15-17.30 hrs. at the event centre. The first 3 athletes of each class are kindly asked to attend.



5. Qualification mode

The first 25 athletes of the men's class and the first 20 athletes of the women's class of the qualification race are qualified for the participation in the PostFinance Sprint Final on Sunday. There are no B finals. JWOC athletes by invitation only.

6. Punching system

The punching system used is SPORTident. SI-cards will be provided by the organiser.

7. Training

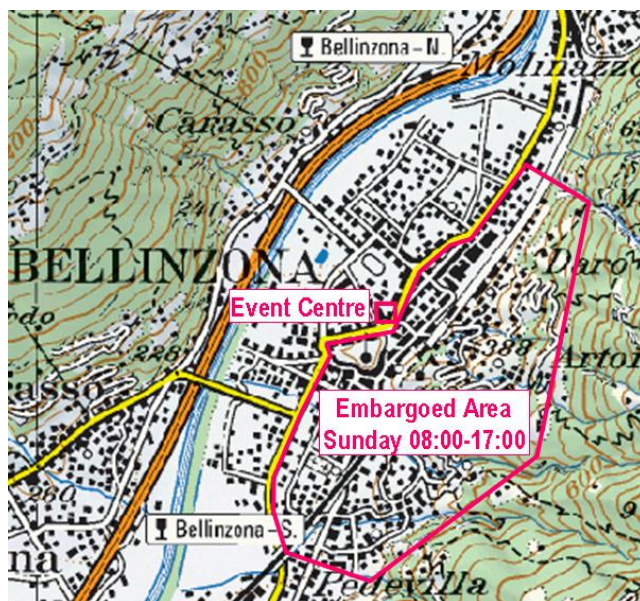
Free training (no controls): "Mondini", map 1997, 1:10'000, 5 m contours. 10 km west of Lugano, 0.5 km south of Novaggio, see map 4 below. Maps can be ordered in advance at PostFinance Sprint office and are available at the event centre.

8. Embargoed areas

It is prohibited for any potential participant of the PostFinance Sprint 2005 or any other person who, through knowledge of the terrain and the competition details may influence the results of the PostFinance Sprint 2005 competitions, to enter the embargoed areas.

The following areas around Novaggio (see map 4) are embargoed until the end of the competition:
 “Novaggio”, 1997, 1:10'000, 5 m contours; parts north of the road Banco-Novaggio-Curio.
 “Alto Malcantone”, 1999, 1:10'000, 5 m contours, whole map.

The city of Bellinzona is embargoed on Sunday, July 10, 2005, 08:00 – 17:00 hrs. The stay in the warm up area (pre start map) and the travelling on main traffic roads are permitted.



Map 4: Embargoed area and training in Novaggio. Map 5: Embargoed area in Bellinzona.

9. Medical service, insurance

Medical Directors PostFinance Sprint: Dr. Peter Züst Tel +41-79 565 1220 (Saturday), Dr. German Clénin, Tel +41-79 824 1254 (Sunday).

The organisers decline any liability that might occur through the participation in PostFinance Sprint 2005. Each person involved in PostFinance Sprint 2005 is responsible for his/her own insurance coverage (illness and accident).

10. Anti-doping

Doping is forbidden. “think positive – test negative”.

IOF Anti-Doping Rules 2004 apply, valid from August 1, 2004 (www.orienteering.org). The SOLV Anti-Doping Rules are harmonised with the Anti-Doping Rules and Procedures of Swiss Olympic Association and apply as well (www.swissolympic.ch).

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 2005 in Switzerland.

By signing the Entry Form E the athletes accept that they are subject to sanctions in the event of any doping offence.

11. Competition rules

The PostFinance Sprint 2005 will be organised in accordance with the Competition Rules for IOF Foot Orienteering Events, valid from January 1, 2004 (www.orienteering.org).

12. Complaints

Any complaints must be handed in to event officials not later than the indicated deadline for each competition.

13. Jury

Konrad Becker, SUI (SOLV Event Advisor, chairman, no voting rights)
Hansueli Steinmann, SUI (representative of organiser, no voting rights)
Marcel Schiess, SUI
Urs Hofer, SUI
André Schoepfer, SUI

The decisions of the PostFinance Sprint jury are final.

14. Media services

We welcome all media representatives as our partners to bring out the thrilling events of PostFinance Sprint 2005 to a broad public.

The media office is in the event centre of PostFinance Sprint 2005 at Hotel Unione in Bellinzona located only 100 m from the event arena of the PostFinance Sprint Final.

For media accreditation please contact: Brigitte Wolf
Media Director PostFinance Sprint
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Fax +41 27 927 1433
media@postfinancesprint.ch

15. Contact

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➔ **PostFinance Sprint 2006** will be held on September 29-30, 2006 in Bern with a thrilling city sprint race through the parliament district of the capital of Switzerland.

We wish you a successful competition
and hope that you enjoy your stay with us!

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