

# IOF World Cup Final Switzerland

**PostFinance**  
*sprint* / WORLD CLASS  
ORIENTEERING

9 - 10 October 2010, Geneva



Bulletin 4

**swiss**  
orienteering



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# Welcome to Switzerland!

Dear athletes, ladies and gentlemen

Swiss Orienteering is honoured to host again the IOF World Cup Final. This year is a first ramp-up for the Worlds Championships 2012 in Lausanne. Therefore western Switzerland with the city of Geneva as the event centre and the host of the PostFinance Sprint and the middle distance terrain located in closest vicinity to the 2012 World Championships forest in the Jura Vaudoise set a very relevant framework. The middle distance race on Saturday in the intricate Jura forest and Sunday's city sprint race in the charming heart of the Number One city worldwide in terms of quality of life will surely pave the grounds for a thrilling competition weekend. The athletes will have to make quick decisions and to master very demanding terrains; the spectators can therefore expect exiting entertainment though the extensive arena production.

A wide group of Geneva-based multinational executives answered in a survey the question why he or she is in Geneva „because it's a great place to live!“ I expect that many athletes will join this subjective evidence after their stay in Geneva. We are therefore looking forward to welcome the world orienteering elite and the media representatives in Switzerland and wish you a memorable your stay in Geneva and its beautiful surroundings.

Marcel Schiess  
President Swiss Orienteering

## 1. Organisation

**PostFinance**  
**sprint** | WORLD CLASS ORIENTEERING  
Geneva / 9-10 October 2010

### Organising Committee

Brigitte Grüniger Huber	Event Director
Bernard Peissard	Maps, courses
Nic Russi	Event production
Daniel Leibundgut	Results, IT services
Doris Grüniger	Administration
Peter Oehy	Arena, infrastructure
Lucie Babel	Media services

### Event Advisors

Eric Hully	Senior IOF Event Advisor, BEL
Konrad Becker	Swiss Orienteering Event Advisor, SUI

## 2. Event Centre

The Event Centre is located in Hotel Ramada Encore (at the football stadium "Stade de Genève") in Geneva Carouge, 14 km from the Airport Geneva.

### RAMADA ENCORE GENÈVE

La Praille - 10-12  
route des Jeunes  
1227 Carouge  
Phone +41 (0)22 309 50 00  
Fax +41 (0)22 309 50 05  
Web: [www.ramada-encore-geneve.ch](http://www.ramada-encore-geneve.ch)

GPS: Lat. : 46°.17'917668548739 /  
Long. : 6°.12'687349319458

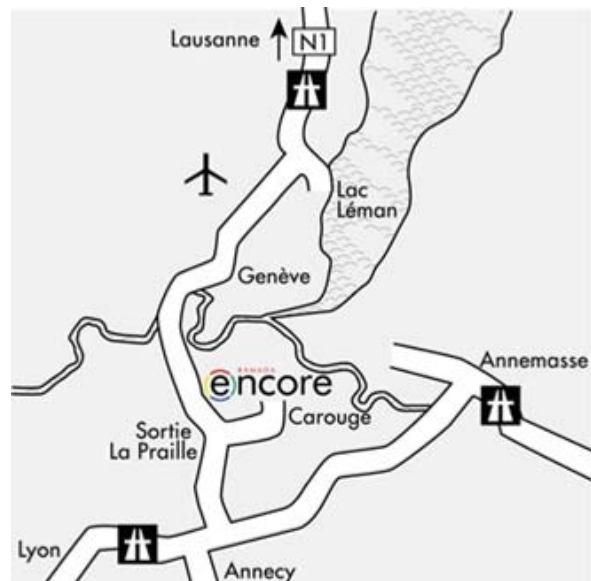
Bus-stop: Stade de Genève (Bus 4, 21, 22, 42, 43, D)  
<http://www.tpg.ch/fr/stge>

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 meetings and the banquet will also take place in Hotel Ramada Encore.



Map 1: Overview

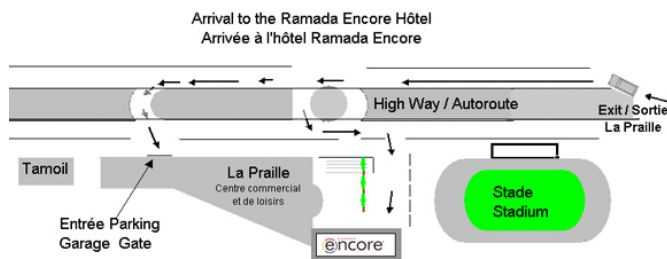
Arriving by car :  
From Lausanne and from Annecy/Lyon follow : «La Praille».



Map 2: Event Centre Hotel Ramada Encore



You have 900 places at the parking Centre Commercial La Praille.



Map 3: Detail exit high way to Event Centre

## 3. Programme

### Thursday, October 7, 2010

Free training  
Event Centre open 11.00-18.00

### Friday, October 8, 2010

Free training  
Event Centre open 09.00-18.00  
Deadline for changes in entry list at Event Centre 12:00  
Deadline for E3 (Startplaces Final) at Event Centre 12:00  
School Kids meet World Champions in Genève Evaux with press conference 13:00-15:00  
Team leader meeting at the Event Centre 18.00-18.30

### Saturday, October 9, 2010

National public race 11.00-16.00  
IOF World Cup event 11 (middle distance) 12.00-15.15  
- Check-in open 10:30  
- First start women approx. 12.25  
- First start men approx. 12.18  
- Last start women 14:11  
- Last start men 14:30  
- Price giving ceremony 15.30  
- Media conference at the finish area 15:45-16:15  
- Team leader meeting at the Event Centre 19:00-19:30  
- Banquet in Hotel Ramada encore 20.00-23.00

### Sunday, October 10, 2010

Teams staying in hotels within embargoed area have to leave the hotel 8:00  
National public race 09.30-11.00  
Quarantine Ecole Contamine opens 11:00  
Last check-in at quarantine for runners and team officials 11:30  
IOF World Cup event 12, PostFinance Sprint 12.15-14.30  
- Presentation of world's best orienteers 12.00  
- First start women 12.15  
- First start men 13.25  
- Price giving ceremonies PostFinance Sprint & World Cup overall 14.30  
- Media conference at the finish area 15:00-15:30

## 4. Training

**Middle distance:** Les Pralies, orienteering map 2010, 1:10'000, 5 m contours, 5 km from Event Centre, part of the competition map.

**Sprint distance:** Genève Villereuse, orienteering map 2010, 1:4'000, 2 m contours, 5 km from Event Centre. Please take care: there is a lot of traffic on the roads on training map! Don't cross roads elsewhere than on official pedestrian crossings (marked on the map).

Maps are available at the Event Centre.

No controls on Sprint map. The Sprint map will also be used as warm-up area for PostFinance Sprint. Please keep your maps until Sunday.

## 5. Competition Rules

The Competition Rules for IOF Foot Orienteering Events 2010, valid from 1 July 2010 apply.

Participation restrictions, classes and qualification mode according to the Special Rules for the 2010 World Cup in Orienteering:

- Middle distance, individual interval start. There is no prior qualification. The 40 runners with the highest World Cup standings (the sum of the best 7 scores out of the first 10 competitions) start last in reverse order (leader starts last); for the remaining competitors the start order is determined by the reverse standing of the World Rankings as published at the beginning of 8<sup>th</sup> October 2010. The start interval is 2 minutes.

- Sprint, individual interval start. The competition consists of one Final only, with 40 competitors. These 40 competitors are the 40 highest placed competitors in the World Cup Standings (the sum of the best 7 scores out of the first 10 competitions plus the score from competition 11) out of those competitors entered for competition 12. The start order is the reverse World Cup standings (leader starts last). The start interval is 1 minute.

As no national quotas are given for the Final, we created a special Entry form E3. Please let us know, who from your country would like to start in World Cup Final if part of best 40 runners (no national quotas) until Friday, October 8, 2010, 12:00 at Event Centre.

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

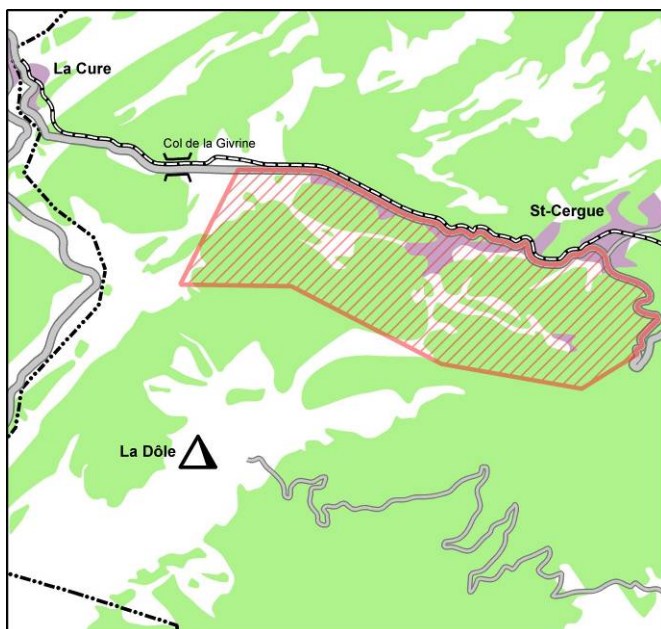
Jury	André Schöpfer	SUI
	David Rosen	GBR
	Dusan Vystavel	CZE

## 6. Embargoed Areas

The competition areas "Givrine Sud" (Middle distance) and "Genève Vieille Ville" (City sprint) are embargoed areas. For competitors, team officials and others who, through knowledge of the terrain or the competitions, may influence the results of the competitions, it is prohibited to enter the embargoed areas.

These embargoes are valid until the day prior to the competition. Special rules by the organizer are valid at the days of competition, see points 6 and 8 below.

Please note that the area north of the road La Cure – Col de la Givrine – St-Cergue (“Givrine Nord”) is embargoed area for WOC 2012 and **remains embargoed** during World Cup events 11 and 12. It is not allowed to enter this area!



Map 4: Embargoed area Givrine Sud

**Special rule for the embargoed area Genève Vieille Ville up to and including Saturday 9<sup>th</sup> of October:**

- 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.

**On Sunday, 10<sup>th</sup> of October 2010** it is forbidden to be in or enter the embargoed area after 8 a.m. Teams with accommodation inside the embargoed area have to leave their hotel before 8 a.m. **Any contact with participants of the National event after 9:30 a.m. and any consulting of maps of this public race is forbidden for runners qualified for the World Cup Final and all coaches.**

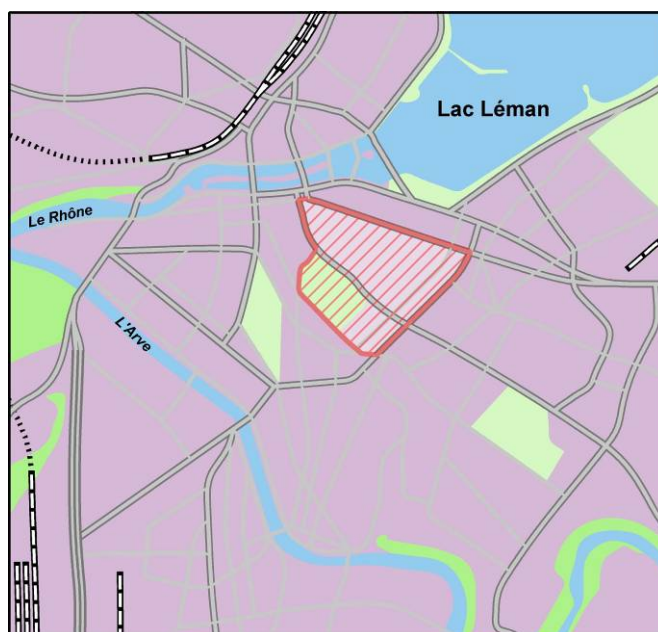
Runners not qualified for World Cup Final will have the chance to start in the national race in the morning in women/men elite class. Start list and special information concerning the public race will be given at the team leader meeting Saturday evening. **All competitors starting in the national race are not allowed to have any contact with World Cup runners after 9:30 until the World Cup runners finish their race.**

All competitors for World Cup Final and team officials at the Warm-up/Pre-Start have to check in at the quarantine before 11:30 a.m. 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.

Runners and team officials have to stay at Promenade St-Antoine (finish arena) and on the official direct way to/from showers.

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

No coaching is allowed during the competition.



Map 5: Embargoed area Geneva City (Genève Vieille Ville)

## 7. Transport

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

It is allowed to use own cars to the competitions.

Detailed driving directions see point 8 (competitions) and map in the end of this Bulletin 4.

## 8. Competitions

### IOF World Cup event 11 middle distance (Oct 9)

Format	Middle distance, individual start.
Map	Orienteering map (ISOM 2000), 8/2010, scale 1:10'000, 5 m contours.
Mapmaker	Urs Steiner
Terrain	Givrine Sud: Swiss "jurassic" terrain, between 1040 and 1280 m above sea level. Open areas with pastures, some semi-open forest and mixed forest.
Comparable terrain:	Les Pralies (training map).
Forms	Coarsely structured terrain, characterized by some larger hills, steep in part.
Vegetation	Different vegetation: open deciduous forest, mixed forest with deciduous and coniferous trees, only few young stands, intermediately dense canopy.
Runability	Mostly moderate, some parts fairly good (open terrain), some parts in virgin state, slow because of fallen trees. Last part of the course fast change between good and slow runability. Be careful, in some parts of the forest there can be old barbed wires on the ground.
Visibility	Fairly good to very good.
Roads	Some forest roads and trails.

Assembly	Marked from parking along street St-Cergue – Givrine and train station “Pralies” (see map at the end of this bulletin),
By car	Geneva – Nyon – St-Cergue – direction La Cure (Givrine) (see also map 1 and 4). It is not allowed to leave the car in St-Cergue for athletes and coaches (except coaches leaving directly to finish area). 5 min walk from parking to pre-start.
Parking Pre-Start	Marked along road St-Cergue to Givrine in “Pralies” (see map at the end of this bulletin).
Parking St-Cergue	Follow the signs to parking for the national event. It is not allowed to leave the car in St-Cergue for athletes and coaches before going to Pre-Start. Only coaches going to finish area can park the car in St-Cergue.
Public transport:	Train from Geneva to Nyon. Change in Nyon to train direction St-Cergue / La Cure to “Pralies”. Timetable will be provided at team leader meeting on Friday. 5 min walk from train station to pre-start
Check-in	300m, 0 m ↗ from parking and train station
Facilities	Several team tents, toilets. It is possible to bring your own team tent.
Warm-up	On the road between parking and check in, also on the pre-start map (without controls).
Pre-start	at check-in, toilets, transportation of clothes to finish.
Clothes	Transport from pre-start to the finish area.
Course planning	by Urs Steiner
Controller	Bernard Peissard
Start	Call up at -3', 100m from -2' to -1'
Men	5.6 km, 230 m ↗, 22 controls, 1 ⚡ (water only), winning time 34', Control description 15.3x5.3cm
Women	5.1 km, 210 m ↗, 19 controls, 1 ⚡ (water only), winning time 35', Control description 13.5x5.3cm
Maximum running time	70'
Finish arena:	Centre “Le Vallon” in St-Cergue. 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.

### IOF World Cup event 12 – PostFinance Sprint (Oct 10)

Format	City sprint, individual start.
Map	Orienteering map (ISSOM 2007), 8/2010, scale 1:4'000, 2 m contours.
Mapmaker	Beat Imhof
Terrain	Urban city with historic old town (has never been mapped and used for orienteering before), between 370 and 400 m above sea level.
Comparable terrain:	Zurich City (PostFinance Sprint 2009)
Forms	Old town with characteristic diversity in building outlines. Max. height difference 25 m.
Traffic	Extended pedestrian area, no motorized traffic on the competition day (except local residents, traffic slowed down), some bikers, many spectators.
Assembly	School “Ecole Infantine & Primaire Contamines” (see training map Genève Villereuse)
Parking	Parking house “Villereuse” (CHF 1.-/hour). It is forbidden to use parking St-Antoine, if you want to go to quarantine. Only coaches staying in the finish area are allowed to park car in parking house “St-Antoine”.

Public transport	Take bus no 1 to station “Contamines”. If you come with other tram-/bus lines take care you don't cross the embargoed area.
Quarantine	All runners and coaches who will be in quarantine or pre start area have to check-in at Ecole Contamine before 11:30. Quarantine opens at 11:00.
Warm-up	Only on pre start map. It is not allowed to leave the zone on pre start map.
Pre start	500 m from quarantine (marked on the pre start map). Pre start map is the same as training map. Please keep your training map. There will also be new maps available. Coaches and runners leaving the quarantine / pre start area are not allowed to come back again.
Start	Call up at -5', 200m from -5' to -2' in the arena. Athletes will be guided from -5' to -2'.
Clothes	Transportation from quarantine to the athletes tent in finish arena every 30 min from 12:00 to 14:00. Please bring all your luggage to transport (marked in front of Ecole Contamine) yourself. You can bring your jacket or a small bag to pre start. We are not able to transport your big luggage from pre start to finish, please leave the heavy luggage at transport in front of Ecole Contamine.
Start/Finish	Promenade St.Antoine.
Specials	Please note that <b>no spike shoes and no dobb spike shoes are allowed</b> in PostFinance Sprint 2010.
Course planning	Sami Vähänen
Controller	Beat Imhof
Women	2.80 km, 90 m ↗, 19 controls, winning time 15', Control description 14.6 x 5.3cm
Men	2.95 km, 100 m ↗, 19 controls, winning time 15', Control description 14.6 x 5.3cm
Maximum running time	40'
Special object	Controls no 10 and 19 on the women's and on the men's course are advertising objects: black circle on the map, circle on the control descriptions:



Arena passage	There will be an arena passage for both women and men. Follow the very right line.
Map change	There will be a map change during the race for both women and men. New start symbol on the second map at map change.
Finish	At the arena.
After finish	All competitors have to stay in the finish area or on the way between finish and showers until the last start (15:15). Team leaders and coaches once entering the finish area or school building with showers (facilities also for national event) have also to stay there until the last start.
Toilets	There is a toilet in finish area close to athletes' tents.
Facilities	Showers and toilets in Collège Calvin.
Cool down	On Promenade St-Antoine and between Collège Calvin and finish. No contact with runner who have not yet started.

## 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.

Finish time is taken by light beams of the photocells at the finish line.

The running times will be rounded down to the nearest second.

#### Start procedures

Five seconds before the start time, the countdown (short beeps) will run. The start time is indicated by the last beep (with a different tone), and the start official lifts his hand from the competitor's shoulder. The start time is according to the startlist. If a competitor starts prior to the allocated start time, she/he will be disqualified. If the competitor does not follow the organisers' instructions, the competitor will have committed a false start and will be disqualified. If a competitor starts after the allocated start time, the competitor's running time starts at the original allocated start time.

The map is situated within reach of the waiting runner.

Distances from start line to start point:

Middle: 120 m

Sprint: 120 m

The detailed start procedure will not be demonstrated.

#### 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 Sprint the finish line will be at the beginning of the stage-ramp.

Times will be rounded down to whole seconds.

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

- Punching the finish monitoring unit
- hands over the map
- readout the SPORTident card (downloading the SI-Card-Data),
- will be given the split time print-out,
- can take official refreshment (contact with the team leader is possible),
- returns to the red sofa on podium, if she/he is the current leader
- draws up her/his route choices if asked to do so,
- is ready for media requests

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

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

Punching and time keeping system, start procedures and finish procedures are the same for middle distance and Sprint.

#### Number bibs

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

#### Coaching zones

There are no coaching zones.

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

#### Showers

Available at finish area on Saturday and on Sunday.

#### Prize giving ceremonies and media conferences

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

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

## 10. Clothing

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

**On Sunday spike shoes and dobb spikes are forbidden!**

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

	Men	Women	Coaches
AUT	1	1	1
BUL	2		
CAN		2	1
CZE	3	4	
DEN	6	3	2
EST	1		
FIN	8	6	4
FRA	6	4	3
GBR	1	3	1
GER	2	2	1
IRL	1	1	
ITA	5	3	1
LAT	1		1
NED	1		
NOR	10	8	3
RUS	2		
SUI	9	9	4
SWE	8	8	4
	<b>67</b>	<b>54</b>	<b>26</b>

Please note that changes of nominal entries have to be done no later than 12:00 on Friday, 8<sup>th</sup> of October at Event Centre or by phone to Event Director Brigitte Grüniger Huber +41 79 504 18 09.



## 12. Prize Money

A total prize money of EUR 7'450.- will be awarded from the organizer to the best men and women in two competitions:

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

1 <sup>st</sup> place: EUR 600.—	4 <sup>th</sup> place: EUR 150.—
2 <sup>nd</sup> place: EUR 400.—	5 <sup>th</sup> place: EUR 100.—
3 <sup>rd</sup> place: EUR 200.—	6 <sup>th</sup> place: EUR 75.—

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

1 <sup>st</sup> place: EUR 750.—	4 <sup>th</sup> place: EUR 200.—
2 <sup>nd</sup> place: EUR 600.—	5 <sup>th</sup> place: EUR 150.—
3 <sup>rd</sup> place: EUR 400.—	6 <sup>th</sup> place: EUR 100.—

A total prize money of EUR 6'000.- will be awarded from the IOF to the best men and woman in the World Cup overall ranking 2010:

### IOF World Cup overall ranking 2010

1 <sup>st</sup> place: EUR 1'000.—	4 <sup>th</sup> place: EUR 350.—
2 <sup>nd</sup> place: EUR 750.—	5 <sup>th</sup> place: EUR 250.—
3 <sup>rd</sup> place: EUR 500.—	6 <sup>th</sup> 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 Swiss Olympic Association apply as well. Both, the IOF and/or the Swiss Olympic Association can order doping tests at any time during the stay of the participants of PostFinance Sprint 2010 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 Hotel Ramada Encore in Genève Carouge (Event Centre).

There will be a buffet with vegetarian and non-vegetarian food and free water. Coffee or tea will be served with the dessert. Soft drinks and wine are not included.

## 15. Weather and Climate

Geneva is enjoying a mild and rather dry climate in beginning of October. Average temperatures: day 15° C, night 8° C.

St-Cergue is on a higher altitude (1040 m above sea level) and the weather can be cold in beginning of October!

## 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 organisers decline any liability that might occur through participation in IOF World Cup events and PostFinance Sprint 2010. 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 2010 to a broad public.

For media accreditation please contact:

Lucie Babel, Media Director PostFinance Sprint

Tel +41 79 694 06 59

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

## 19. TV / Live results

PostFinance Sprint 2010 will be live on "Schweizer Sportfernsehen". The link to live Internet-TV and results will be online on [www.postfinancesprint.ch](http://www.postfinancesprint.ch) on competition days.

## 20. Information / Event Secretariat

PostFinance Sprint

Brigitte Grüniger Huber

Mobile +41 79 504 18 09

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

[www.postfinancesprint.ch](http://www.postfinancesprint.ch)

## 21. Emergency

Emergency 144

Police 117

Fire 118

Hospital Geneva: 022 372 33 11

Hospital Nyon: 022 994 61 61

Hospital Genolier 022 366 90 00

Medical doctor of the organisers:

Dr. G. Clénin +41 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!



Brigitte Grüniger Huber

Event Director PostFinance Sprint

© Pictures by Christoph Ruedlinger and Marianne Bandixen

