

IOF World Cup Final Switzerland

PostFinance
sprint | WORLD CLASS
ORIENTEERING

9 - 10 October 2010,
Geneva



swiss
orienteering

Bulletin 1 + 2



Presenting Sponsor:



Co-Sponsors and Partners:



Welcome to

Switzerland!

Dear athletes, ladies and gentlemen

One year after an exciting and spectacular IOF World Cup Final in Zurich we are honoured to organise the World Cup Final 2010 and bring the PostFinance Sprint and World Class Orienteering to the beautiful city of Geneva.

On Saturday the Middle distance will take part in St. Cergue, next to the Middle distance terrain for WOC 2012.

On Sunday the athletes will have to make quick decisions in the city centre of Geneva and hopefully enjoy the great atmosphere of sprint orienteering with thousands of enthusiastic spectators as in Zurich.

We are looking forward to welcome the world orienteering elite and the media representatives in Switzerland and hope you will enjoy your stay in Geneva.

Brigitte Grüniger Huber

Eventdirector PostFinance Sprint

1. Organisation

Organising Committee

Brigitte Grüniger Huber	Event Director
Bernard Peissard	Maps, courses
Nic Russi	Event production
Daniel Leibundgut	Results, IT services
Urs Bischof	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 Geneva, max. 10 km from the Airport Geneva.



Map 1: Overview

3. Programme

Thursday, October 7, 2010

Free training	
Event Centre open	13.00-18.00

Friday, October 8, 2010

Free training	
Event Centre open	09.00-18.00
Teamleader meeting	18.00-18.30

Saturday, October 9, 2010

National public race	11.00-16.00
IOF World Cup event 11 (middle distance)	12.00-16.30
- Start men approx.	12.00
- Start women approx.	14.00
- Price giving ceremony	16.30
Banquet	20.00-24.00

Sunday, October 10, 2010

National public race	09.00-11.30
IOF World Cup event 12, PostFinance Sprint	12.30-15.00
- Presentation of world's best orienteers	12.30-12.40
- Start women	12.45
- Start men	13.50
- Price giving ceremonies PostFinance Sprint & World Cup overall	15.00

4. Competitions

IOF World Cup event 11 middle distance (Oct 9)

Format	Middle distance, individual start, winning times 35' men and women.
Map	Orienteering map (ISOM 2000), 8/2010, scale 1:10'000, 5 m contours.
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	Coarsly 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.
Visibility	Fairly good to very good.
Roads	Some forest roads and trails, in part small, indistinct paths.
Pre start	Model map in prestart area.
Start	35 km from Event Centre, bus transportation for athletes and team officials can be organized on request.
Finish	35 km from Event Centre.

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

Format	City sprint, individual start, winning times 13' men and women.
Map	Orienteering map (ISSOM 2007), 8/2010, scale 1:4'000, 2 m contours.

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 WC-Final 2009
Forms	Mainly flat. Small hill.
Traffic	Extended pedestrian area, no motorized traffic on the competition day in the other parts, some bikers, many spectators.
Prestart	Model map in prestart area.

Special rule for the embargoed area Geneva City:

- 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 directive (bulletin 4) regarding the access to the competition area.

5. Courses (preliminary)

IOF World Cup event 11 middle distance (Oct 9)

Men 5.5 km, 250 m ↗, 1 ♀, winning time 35'

Women 4.8 km, 200 m ↗, 1 ♀, winning time 35'

IOF World Cup event 12 PostFinance Sprint (Oct 10)

Men 3.0 km, 50 m ↗, winning time 13'

Women 2.5 km, 50 m ↗, winning time 13'

6. Training

Middle distance: Les Pralies, orienteering map 2010, 1:10'000, 5 m contours, 35 km from Event Centre.

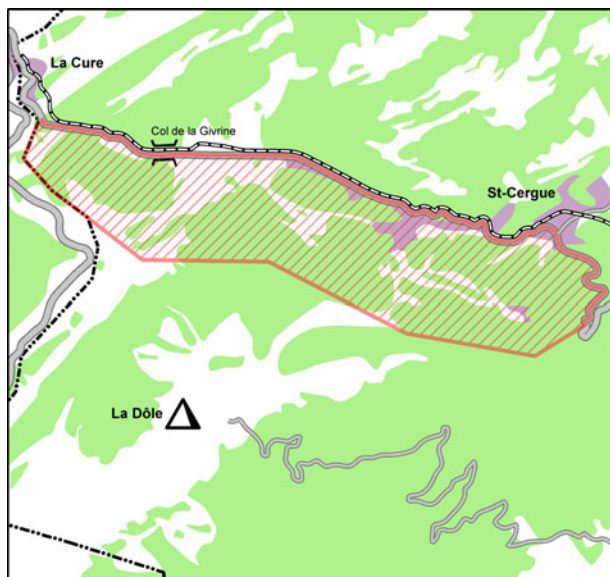
Sprint distance: Geneva, orienteering map 2010, 1:4'000, 2.5 m contours, max. 5 km from Event Centre.

Maps are available at the Event Centre.

7. Embargoed Areas

The competition areas "Givrine Sud" (Middle distance) and "Geneva City" (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 will be valid at the day of competition.



Map 2: Embargoed area Givrine Sud/St. Cergue



Map 3: Embargoed area Geneva: Vieille Ville

8. Competition Rules

The [Competition Rules](#) for IOF Foot Orienteering Events 2009, valid from 1 June 2009 apply.

Participation restrictions, classes and qualification mode according to the [Special Rules](#) for the 2010 World Cup in Orienteering.

9. Punching System

The punching system used is SPORTident.

Athletes may use their own SI-Cards.

10. Entry

Initial entry date:

The following information shall be [sent](#) to the organiser:

- Number of competitors (men and women)
- Number of team officials (men and women)
- Number of banquet tickets
- Team manager: Name, address, phone, fax, e-mail

Please use the official [Entry Form E1](#).

Deadline: August 28, 2010

Nominal entry date:

The nominal entry has then to be done no later than September 26, 2010 by [sending](#) the following information:

- All competitors and team officials: family name, first name, nation, sex, year of birth, IOF ranking ID, SI-Card no.
- IOF officials: family name, first name, address, IOF function.

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

Please use the official [Entry Form E2](#).

Deadline: September 26, 2010

Entry fees

Competitors CHF 100.—

Team officials CHF 50.—

This includes:

- Training maps, new competition maps
- For competitors: Participation in IOF World Cup event 11 and IOF World Cup event 12 (if qualified) or in public race (National competition on same map).
- For team officials: transport to/from prestart area (Oct 9)
- For IOF officials: invitation to the guest hospitality program

Banquet CHF 50.—

Free of charge offer

To the individual Orienteering World Champions 2010 and to the 3 best male and female athletes of IOF World Cup 2010 (after World Cup Event 9) we offer free of charge entry.

Payment

Entry fees and banquet tickets have to be paid before September 29, 2010.

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

Payment Deadline for entry fee: September 29, 2010

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

Bank PostFinance, Nordring 8
CH-3003 Bern, Switzerland

Account Nr. 87-717328-8

IBAN CH75 0900 0000 8771 7328 8

SWIFT Code POFICHBEXXX

Clearing Nr. 09000

To the credit of Swiss Cup, CH-8712 Stäfa

11. Accommodation

There is a wide range of hotels and low cost accommodation available in and around Geneva. Please book accommodation directly through Geneva Tourism:

Geneva Tourism
& Convention Bureau
Rue du Mont-Blanc 18
P.O. Box 1602
CH - 1211 Geneva 1
Tel. +41 (0)22 909 70 00

Homepage: <http://www.geneve-tourisme.ch/>

Informations about the Event Centre and possible accommodation there will be on our Homepage as soon as possible: www.postfinancesprint.ch
If you need assistance please contact Event Secretariat.

12. Prize Money

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

IOF World Cup event middle distance (Oct 9)

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

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

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

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

IOF World Cup overall ranking 2010

1 st place: EUR 1'000.—	4 th place: EUR 350.—
2 nd place: EUR 750.—	5 th place: EUR 250.—
3 rd place: EUR 500.—	6 th place: EUR 150.—



13. Clothing

According to the Swiss Orienteering Competition Rule (WO Art. 54(2)(c)) it is forbidden to run with spike shoes in Switzerland. However dobb spikes and common orienteering shoes are allowed. Otherwise, there are no regulations on clothing, but it is recommended to cover arms and legs to avoid tick bites. Ticks might transmit Boreliosis and Meningo-Encephalitis.

14. Anti Doping

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

[IOF Anti-Doping Rules 2010](#) apply, valid as of January 1, 2010. 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 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.

15. Weather & 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.



© Pictures by Christoph Ruedlinger

17. Insurance

The organisers decline any liability that might occur through participation in IOF World Cup events and Post Finance 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

Fax +41 86 062 287 30 42

media@postfinancesprint.ch

19. Information

PostFinance Sprint

Brigitte Grüniger Huber

Bifangstrasse 2

CH-5723 Teufenthal

Tel +41 62 287 30 42

Mobile +41 79 504 18 09

Fax +41 86 062 287 30 42

info@postfinancesprint.ch

www.postfinancesprint.ch

Bulletin 3 will be published until August 30, 2010.

Final details will be released in Bulletin 4 upon arrival at the Event Centre in Geneva and on the homepage from October 7, 2010.

See you soon!

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