

IOF World Cup Final Switzerland

PostFinance
sprint | WORLD CLASS
ORIENTEERING

9 - 10 October 2010,
Geneva



sw/SS
orienteering

Bulletin 3



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 place 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.

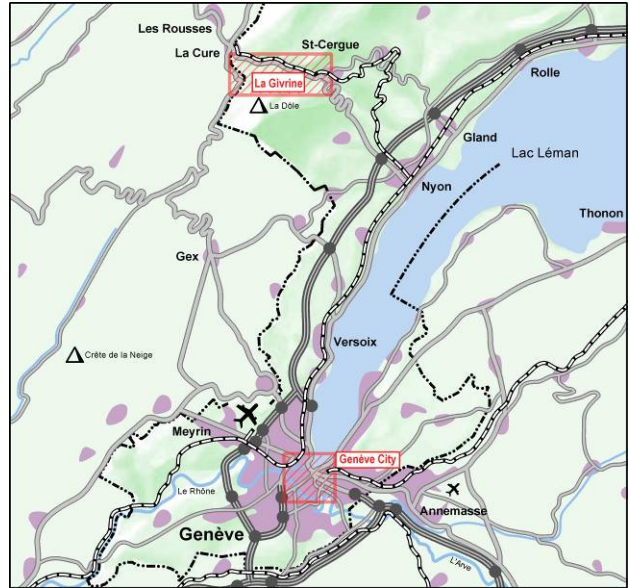
We are looking forward to welcome the world orienteering elite and the media representatives in Switzerland and hope you will enjoy your stay in Geneva.



Brigitte Grüniger Huber

Event Director PostFinance Sprint

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».

1. Organisation

Organising Committee

Brigitte Grüniger Huber	Event Director
Bernard Peissard	Maps, courses
Nic Russi	Event production
Daniel Leibundgut	Results, IT services
Peter Oehy	Arena, infrastructure
Lucie Babel	Media services
Doris Grüniger	Graphic design
Mirjam Gründler	Administration
Marc Baumgartner	Marketing, Relations, VIP

Event Advisors

Eric Hully	Senior IOF Event Advisor, BEL
Konrad Becker	Swiss Orienteering Event Advisor, SU1

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

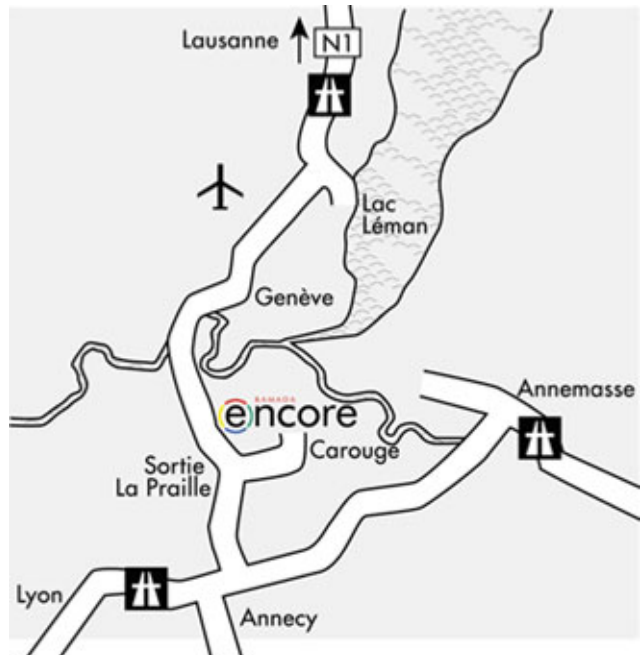
GPS: Lat. : 46° 17'917668548739 /

Long. : 6° 12'687349319458

Bus-stop: Stade de Genève (Bus 4, 21, 22, 42, 43, D)

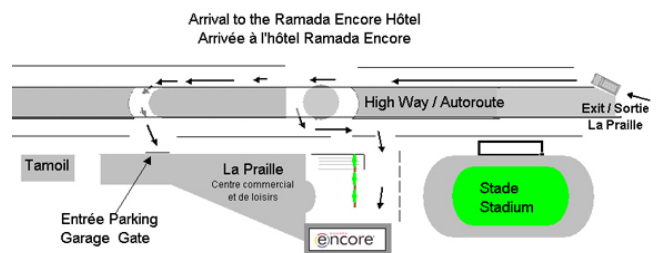
<http://www.tpg.ch/fr/stge>

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



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
School Kids meet World Champions in Geneva Evaux with press conference	14:00-16:00
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
- First start women approx.	12.00
- First start men approx.	12.00
- 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 at the Event Centre	20.00-24.00

Sunday, October 10, 2010

National public race	09.30-11.00
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. 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.
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.
Visibility	Fairly good to very good.

Roads	Some forest roads and trails, in part small, indistinct paths.
Prestart Start	Model map in prestart area. 35 km from Event Centre, parking and trainstation close to prestart.
Finish	35 km from Event Centre.

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.
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 Traffic	Mainly flat. Small hill. Extended pedestrian area, no motorized traffic on the competition day (except local residents, traffic slowed down), some bikers, many spectators.
Prestart Start/Finish	Model map in prestart area. Promenade St.Antoine.
Specials	Please note that no spike shoes and no dobb spike shoes are allowed in PostFinance Sprint 2010.



5. Courses (preliminary)

IOF World Cup event 11 middle distance (Oct 9)

Men	5.7 km, 230 m ↗, 1 ↘, winning time 34'
Women	5.1 km, 210 m ↗, 1 ↘, winning time 35'

Course planning by Urs Steiner

Controller: Bernard Peissard

IOF World Cup event 12 PostFinance Sprint (Oct 10)

Men	3.2 km, 50 m ↗, winning time 15'
Women	2.9 km, 50 m ↗, winning time 14'

Course planning by Sami Vähänen

Controller: Beat Imhof

6. Training

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

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

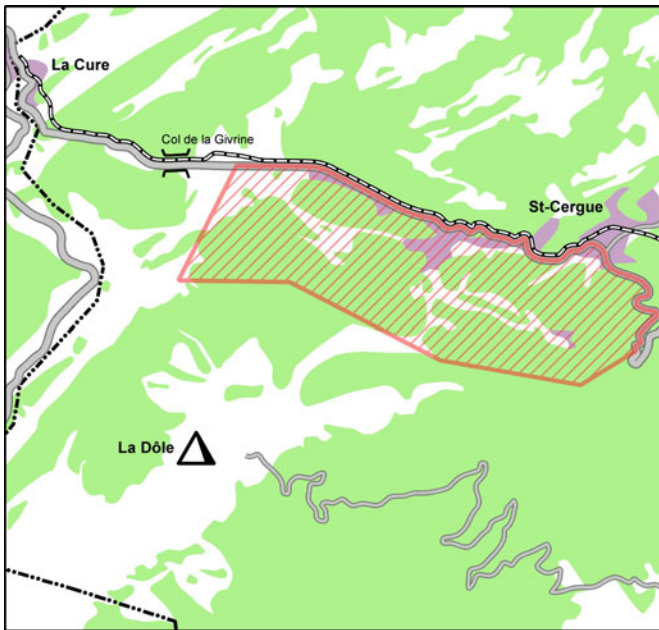
Maps are available at the Event Centre. No controls on Sprint map. The Sprint map will also be used as warm-up area for PostFinance Sprint. Please keep your maps until Sunday.

7. Embargoed Areas

The competition areas “Givrine Sud” (Middle distance) and “Geneva 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.

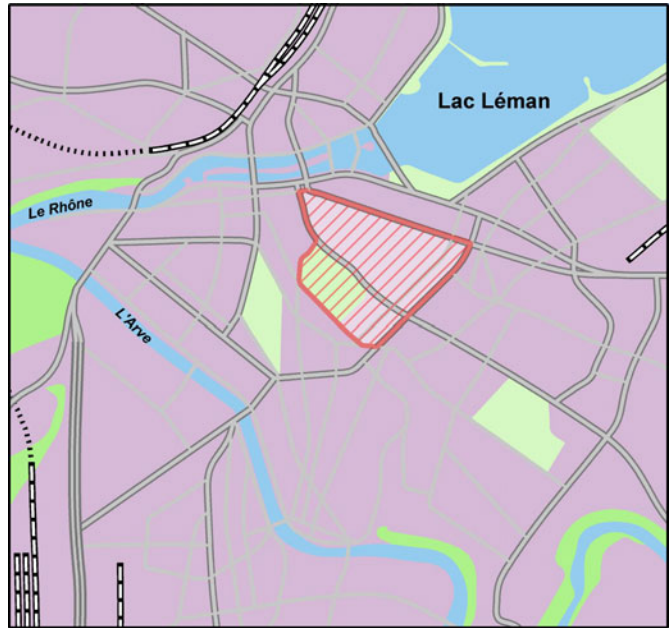
Please note that the area north of the road La Cure – Col de la Givrine – St.Cergue (“Givrine Nord”) is embargoed area for WOC 2012 and **remains embargoed** during World Cup events 11 and 12. It is not allowed to enter this area!



Map 4: Embargoed area Givrine Sud

Special rule for the embargoed area 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.
- 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.



Map 5: Embargoed area Geneva City

8. 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 8th 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.

9. Punching System

The punching system used is SPORTident.

Athletes may use their own SI-Cards.

Start and Finish time is taken using a transponder system. (No punching at the Start/Finish) Detailed instruction will be given in Bulletin 4.

10. Entry

Nation	Men	Women	Coaches
AUT	1	1	1
CAN		2	
CZE	3	4	
DEN	8	3	3
FIN	8	8	4
FRA	4	4	3
GBR	1	3	1
ITA	6	4	1
LAT	1		
MDA	2	2	
NED	1		
NOR	10	8	2
NZL	1	1	
RUS	3		
SUI	9	9	4
SWE	8	8	5
Total	66	57	24

Nominal entry date:

The nominal entry has then to be done no later than September 26, 2010 using the official entry form E2 by containing the following information:

- All competitors and team officials: family name, first name, nation, sex, year of birth, IOF ranking ID, SI-Card number.
- 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

Changes from nominal entries have to be done no later than 12:00 on Friday, October 8, 2010 at the Event Centre.

Entry fees

Competitors CHF 100.—

Team officials / IOF officials CHF 50.—

This includes:

- Start and result lists
- Training maps, new competition maps
- For competitors: Participation in IOF World Cup event 11 and IOF World Cup event 12 (if qualified).
- 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 male and female leading athlete of IOF World Cup 2010 (after World Cup Event 9, sum of the best 7 scores) we offer free of charge entry. Individual World Champions 2010 will get their personal invitation including participation in "School Kids meet World Champions". Please check that your federation makes all entries, also for the invited athletes, in time!

Payment

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

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

Payment Deadline for entry fee: September 29, 2010

Please note, that we will 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-8620 Wetzikon

11. Accommodation

You have the possibility to book special rates in Hotel Ramada Encore in Geneva (Event Centre):

Double or Single room without breakfast and tax: CHF 129.— (as long as available). Ask at Event Secretariat.

There is a wide range of hotels and low cost accommodation available in 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/>

If you need assistance please contact the Event Secretariat.

12. Transport

It is possible to use public transports to all sites:

Geneva Airport to/from Event Centre:
30 min by tram and bus

Geneva Cornavin (mainstation) to Middle distance:
62 min by train to La Givrine with change in Nyon for training and 60 min by train to Les Pralines with change in Nyon for competition.

Geneva (Event Centre) to Sprint distance (training map / quarantine): 20 min by bus

Geneva (Main station) to Sprint distance (training map / quarantine): 20 min walk or 15 min by tram

At Geneva airport you can pick up a free ticket for public transport to the city. Watch out for the sign's just beside the baggage claim.

Those staying in Hotel Ramada Encore (Event Centre) will get a **free ticket for all transport within the city of Geneva during your stay.**

Most of the hotels in Geneva give you this offer. Ask with the booking for the free ticket on TPG (public transport in Geneva).

We can send you detailed information about time tables and Tickets to St-Cergue by email: info@postfinancesprint.ch

It is allowed to use own cars to the competitions. Detailed driving directions will be given in Bulletin 4.

13. 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.—

14. 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 in middle distance. Otherwise, there are no regulations on clothing, but it is recommended to cover arms and legs to avoid tick bites in training and middle distance. Ticks might transmit Boreliosis and Meningo-Encephalitis.

For sprint distance dobb spikes are forbidden. We recommend running shoes.

15. 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.

16. 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!

17. Visa Permits

The prerequisite for immigration into Switzerland is a valid passport. For immigrants from certain [countries](#) visa or further documents are required.

18. 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).

19. 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

20. 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 on competition days.

21. Information / Event Secretariat

PostFinance Sprint

Brigitte Grüniger Huber

Mobile +41 79 504 18 09

Fax +41 86 062 287 30 42

info@postfinancesprint.ch

www.postfinancesprint.ch

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!

© Pictures by Marianne Bandixen and Christoph Ruedlinger