

# IOF World Cup Final Switzerland

**PostFinance**  
*sprint* | WORLD CLASS  
ORIENTEERING

26 - 27 September 2009,  
Zurich



**swiss**  
orienteering

## Bulletin 3



<p>Partner:</p>  	<p>Co-Sponsoren:</p>   	<p>Hauptsponsor:</p> 	<p>Titelsponsor:</p> 
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# Welcome to Switzerland!

Dear athletes, ladies and gentlemen

Swiss Orienteering is honoured to host the 2009 IOF World Cup Final. The city of Zurich and the PostFinance Sprint – World Class Orienteering, again set the framework. The combination of a middle distance race in a typically Swiss midland terrain and a city sprint race in the charming heart of Switzerland's financial capital will pave the grounds for a thrilling competition weekend. The competitors will have to make quick decisions and to master very varying terrains; the spectators will, hence, enjoy well-orchestrated entertainment.

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

Marcel Schiess

President Swiss Orienteering



Map 1: Overview

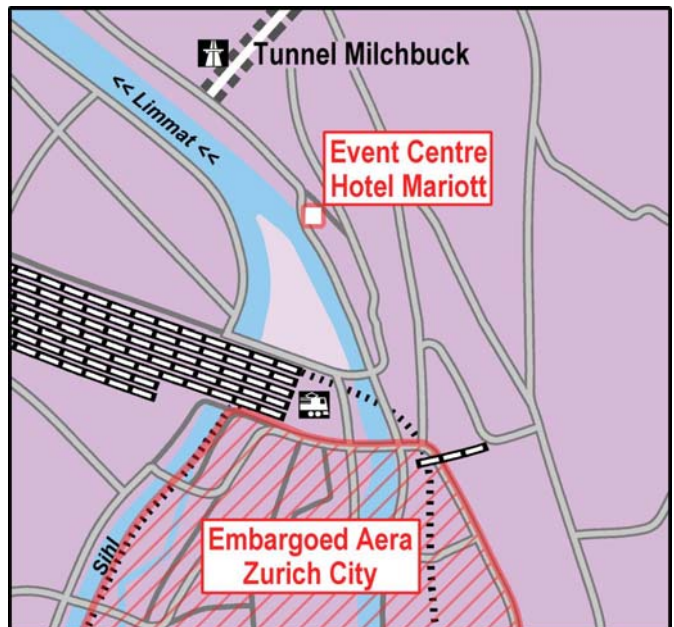
## 1. Organisation

### Organising Committee

Brigitte Grüniger Huber	Event Director
Hansueli Steinmann	Maps, courses
Nic Russi	Event production
Daniel Leibundgut	Results, IT services
Doris Grüniger	Administration
Urs Bischof	Arena, infrastructure
Brigitte Wolf	Media services

### Event Advisors

David Ales	Senior IOF Event Advisor, CZE
Konrad Becker	Swiss Orienteering Event Advisor, SUI



Map 2: Event Centre

## 2. Event Centre

The Event Centre is located in Hotel Marriott in Zurich City, 10 km from the Airport Zurich close to Zurich mainstation.

Hotel Marriott Zurich  
Neumühlequai 42  
8001 Zurich

Driving instructions by car:

From Airport follow A1 to City, Hotel Marriott is situated right after tunnel "Milchbuck".

Driving instructions by train:

Take train from Airport to Zurich Mainstation.  
5 minutes walk by crossing the river Limmat.  
Or take Tram 11 or 14 to "Stampfenbachplatz" or "Beckenhof"

At the Event Centre you will get your bags with Bulletin 4, trainingmaps and presents from our sponsors.

Teamleader-meetings, banquet and quarantine on Sunday will all take place at the Event Centre in Hotel Marriott.

## 3. Programme

### Thursday, September 24, 2009

Free training	
Event Centre open	13.00-18.00

### Friday, September 25, 2009

Free training	
Event Centre open	09.00-18.00
Deadline for changes in entry list	12:00
School-Kids meet World Champions in Rorbas (close to trainingmap Irchel)	13:30-15:30
Teamleader-meeting at the Event Centre	18.00-18.30

## Saturday, September 26, 2009

National public race	10.45-13.30
IOF World Cup event 8 (middle distance)	13.15-16.30
- Start women approx.	13.15
- Start men approx.	13.30
- Price giving ceremony	16.15
- Media conference at the finish area	16:30–16:50
Teamleader-meeting at the Event Centre	19:00-19:30
Banquet at the Event Centre	20.00-24.00

## Sunday, September 27, 2009

Public race "Zürcher Mannschafts-OL"	09.30-13.00
Last Check-In at quarantine for runners and team officials at the Event Centre	09:30
IOF World Cup event 9, PostFinance Sprint	13.15-16.00
- Presentation of world's best orienteers	13.15
- Start women	13.31
- Start men	14.35
- Price giving ceremonies PostFinance Sprint & World Cup overall	15.40
- Media conference at the finish area	16:00–16:30

## 4. Competitions

### IOF World Cup event 8 middle distance (Sept 26)

Format	Middle distance, individual start.
Map	Orienteering map (ISOM 2000), 8/2009, scale 1:10'000, 5 m contours.
Terrain	Irchel (see also attached old map in Bulletin 1+2): Swiss midland terrain, between 450 and 680 m above sea level. Comparable terrain: Irchel (training map).
Forms	Plateau with a flat top and steep slopes with some valleys. Some parts of the slopes are rocky, the flatter parts of them are quite detailed with stones, small ditches and some contour forms. On the top, there are nearly no details.
Vegetation	Mixed forest of pine, spruce, beech- and ash-tree; changing from parts with undergrowth or thick vegetation (black-berries) to nearly no vegetation on the ground.
Runability	Mostly moderate, some parts fairly good, some parts very bad.
Visibility	Fairly good to very good.
Roads	Many forest roads and trails.
Pre start	Model map in pre start area.
Start	35 km from Event Centre, scheduled bus transportation for athletes and team officials on request.
Finish	35 km from Event Centre in Buch am Irchel.

### IOF World Cup event 9 – PostFinance Sprint (Sept 27)

Format	City sprint, individual start, winning times 13' men and women.
Map	Orienteering map (ISSOM 2007), 8/2009, scale 1:4'000, 2 m contours.
Terrain	Urban city with historic old town (has never been mapped and used for orienteering before), between 405 and 430 m above sea level. Comparable terrain: Rapperswil (training map)
Forms	Mainly flat, Limmat river crossing the city, one 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 pre start area.

Start/Finish 750m from Event centre at Limmatquai, 5' from main station.

## 5. Courses (preliminary)

### IOF World Cup event 8 middle distance (Sept 26)

Men 5.6 km, 310 m ↗, 23 controls, 1 ↘, winning time 35'

Women 4.9 km, 250 m ↗, 20 controls, 1 ↘, winning time 35'

Course planning by Urs Steiner

### IOF World Cup event 9 – PostFinance Sprint (Sept 27)

Men 3.30 km, 45 m ↗, 24 controls, winning time 13'

Women 2.95 km, 30 m ↗, 20 controls, winning time 13'

Course planning by Denis Steinemann



## 6. Training

**Middle distance:** Irchel, orienteering map 2009, 1:10'000, 5 m contours, 30 km from Event Centre.

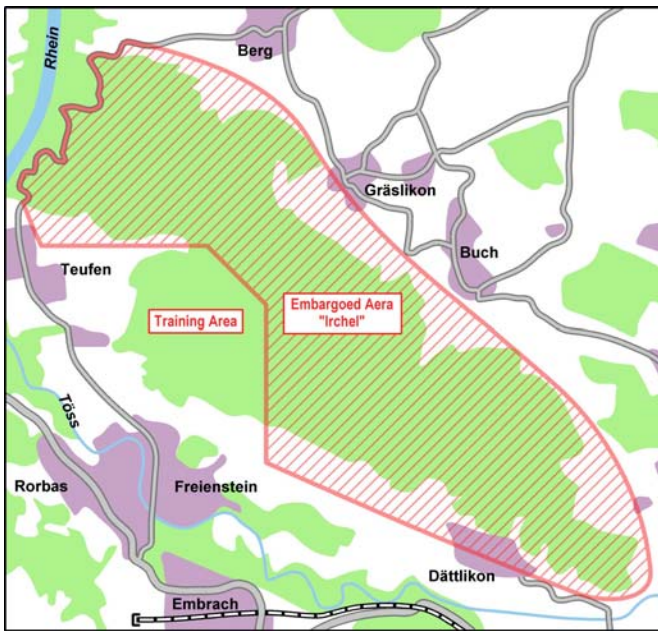
**Sprint distance:** Rapperswil, orienteering map 2009, 1:4'000, 2.5 m contours, 40 km from Event Centre.

Maps are available at the Event Centre. No controls on Sprint map.

## 7. Embargoed Areas

The competition areas "Irchel" (Middle distance) and "Zürich City" (Park 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.

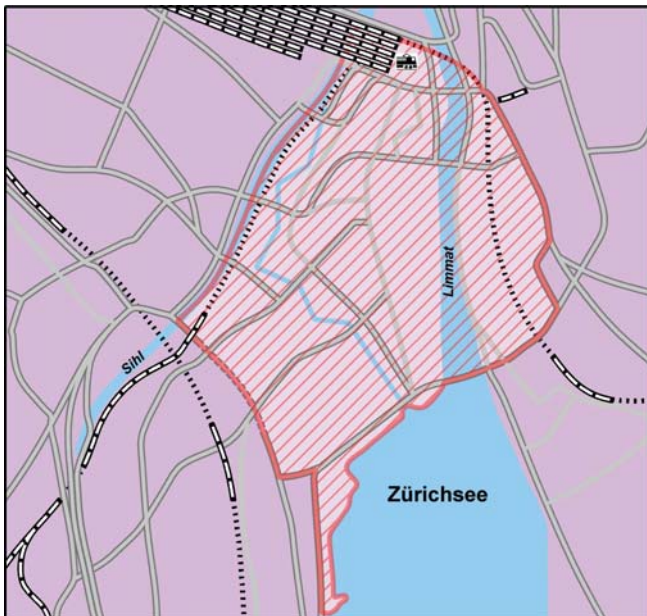
These embargoes are valid until the day prior to the competition. Special rules by the organizer will be valid at the day of competition.



Map 3: Embargoed area Irchel

#### Special rule for the embargoed area Zürich 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.



Map 4: Embargoed area Zurich City

## 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 2009 World Cup in Orienteering:

- Middle distance: There is no prior qualification. The 40 runners with the highest World Cup standings start last in reverse order (leader starts last); the rest of field start earlier and their start order is determined by the reverse standing of the World Rankings as at the beginning of 1st September 2009. The start interval is 2 minutes.
- Sprint distance: The competition consists of one Final only, with 40 competitors. These 40 competitors are the 40 highest placed competitors in the World Cup Standings (5 out of first 7 plus score from competition 8) out of those entered for competition 9. The start order is reverse World Cup current 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 times are measured by the punching of the control unit with the athlete's own SI-Card.

## 10. Entry

Initial entries:

Nation	Men	Women	Coaches
AUT	2	3	0
BUL	1	0	0
DEN	4	3	3
FIN	4	5	2
FRA	3	3	2
GB	1	1	1
GER	1	0	0
ITA	6	4	1
LIT	1	1	0
NOR	5	5	1
RUS	2	1	0
SUI	13	13	4
SWE	8	8	4
USA	0	1	0
<b>Total</b>	<b>51</b>	<b>48</b>	<b>18</b>

## Nominal entry date:

The nominal entry has then to be done no later than September 7, 2009 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 7, 2009**

Changes from nominal entries have to be done no later than 12:00 on Friday, September 25, 2009.

## 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 8 and IOF World Cup event 9 (if qualified).
- For team officials: transport to/from prestart area (Sept 26)
- For IOF officials: invitation to the guest hospitality program

Banquet	CHF	50.—
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## Free of charge offer

To the individual Orienteering World Champions 2009 and to the male and female leading athlete of IOF World Cup 2009 (after World Cup Event 7, 5 scores out of 7) we offer free of charge entry. Individual World Champions 2009 will get their personal invitation including participation in "School-Kids meet World Champions" during WOC-week. 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 11, 2009.

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

**Payment Deadline for entry fee: September 11, 2009**

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-8620 Wetzikon

## 11. Accommodation

You have the possibility to book special rates in Hotel Marriott (Event Centre):

[Double room incl. breakfast: CHF 255.—](#)

[Single room incl. breakfast: CHF 235.—](#)

Book before 15 September 2009 with the Link from our website [www.postfinancesprint.ch](http://www.postfinancesprint.ch).

There is a wide range of hotels and low cost accommodation available in Zurich. You can book other accommodations directly through "Zurich Tourismus":

Hotel reservations:

Tel.: +41 44 215 40 40

Fax : +41 44 215 40 44

E-Mail: [hotel@zuerich.com](mailto:hotel@zuerich.com)

Homepage: [Zürich Tourismus](http://Zürich Tourismus)

If you need assistance please contact the Event Secretariat.

## 12. Transport

It is possible to use public transports to all sites:

Zurich Airport to/from Event Centre / Sprint distance:  
10 min by train

Zurich HB (Main station) to Middle distance:  
37 min by train to Rafz and transport by organiser to prestart

Zurich HB (Main station) to Event Centre / Sprint distance:  
10 min walk

We can send you detailed information about timetables and tickets by email: [info@postfinancesprint.ch](mailto:info@postfinancesprint.ch)

It is allowed to use own cars to the competitions. Please note that on Sunday you can not cross the city centre of Zurich!

Detailed driving directions will be given in Bulletin 4.



## 13. Price 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 (Sept 26)

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

### IOF World Cup event – PostFinance Sprint (Sept 27)

1 <sup>st</sup> place: CHF 1'000.—	4 <sup>th</sup> place: CHF 300.—
2 <sup>nd</sup> place: CHF 800.—	5 <sup>th</sup> place: CHF 200.—
3 <sup>rd</sup> place: CHF 600.—	6 <sup>th</sup> place: CHF 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 2009:

### IOF World Cup overall ranking 2009

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.—

## 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. 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 we recommend running shoes.

## 15. Anti Doping

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

[IOF Anti-Doping Rules 2009](#) apply, valid as of January 1, 2009. 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 2009 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

Zurich is enjoying a mild and rather dry climate in September. Average temperatures: day 18° C, night 11° C.

## 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 2009. Each person participating is responsible for his/her own insurance coverage (illness and accident).

## 19. Influenza A (H1N1)

The influenza A (H1N1) virus could become widespread this autumn and infect a large number of people in Switzerland and other countries. Most cases of infection are relatively mild but the disease is highly contagious.

When you come to Switzerland you are advised to adopt special measures and precautions:

Practise good hygiene:

- ⇒ wash your hands thoroughly and several times a day.
- ⇒ Cover your nose and mouth when coughing and sneezing using a tissue.
- ⇒ Maintain distance when you meet persons with flu-like symptoms.

**Important:** when you have flu-like symptoms stay at home and don't travel to Switzerland. It's in your own interest not to participate in the competitions when not healthy and further you protect other persons catching the flu.

## 20. Media Services

We welcome all media representatives as our partners to bring out the thrilling events of PostFinance Sprint 2009 to a broad public.

For media accreditation please contact:

Brigitte Wolf, Media Director PostFinance Sprint

Tel +41 27 927 1433

Fax +41 27 927 1433

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

## 21. Information

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

Final details will be released in Bulletin 4 upon arrival at the Event Centre in Zurich.

## See you soon!

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



Brigitte Grüniger Huber

Event director PostFinance Sprint

© Pictures by Christoph Ruedlinger and Martin Jörg