

IOF World Cup Final Switzerland



26 - 27 September 2009, Zurich



Bulletin 4



<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

1. Organisation

PostFinance sprint

WORLD CLASS ORIENTEERING

Zürich / 26-27 September 2009

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 Aleš	Senior IOF Event Advisor, CZE
Konrad Becker	Swiss Orienteering Event Advisor, SUI

2. Event Centre

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

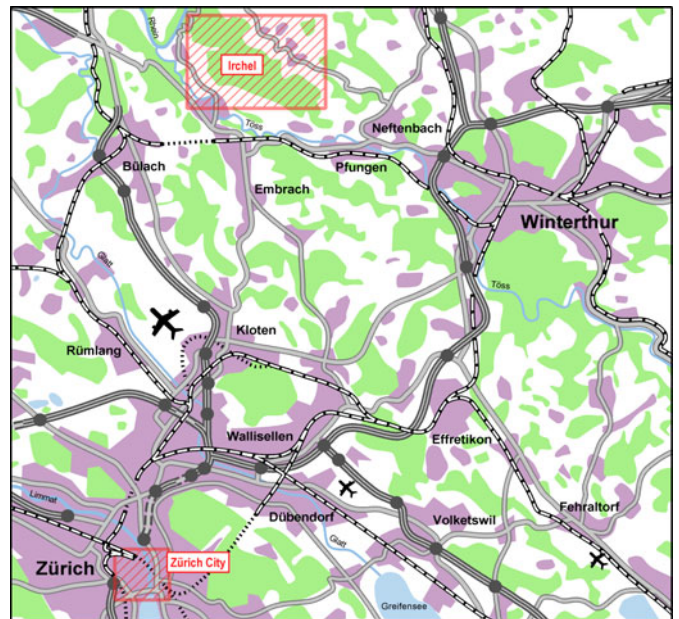
Hotel Marriott Zurich
Neumühlequai 42
8001 Zurich

Driving instructions by car:
From Airport follow A1 to City, Hotel Marriott is situated right after tunnel "Milchbuck".

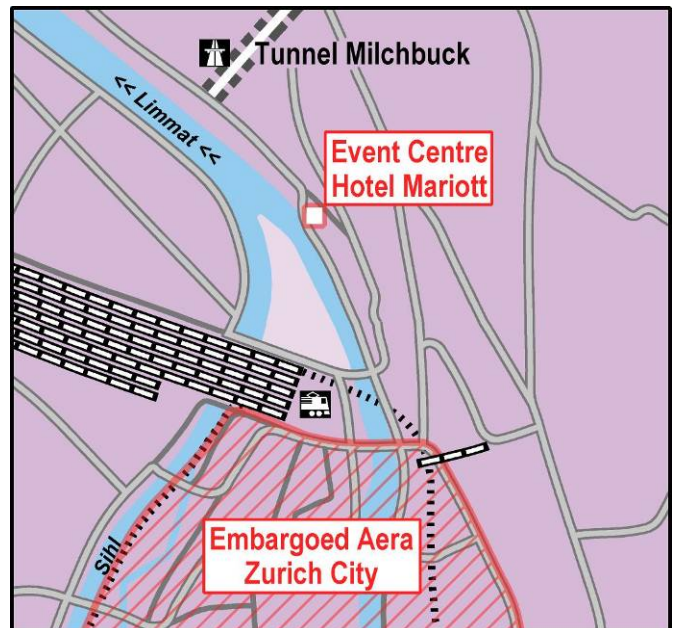
Driving instructions by train:
Take train from Airport to Zurich Main station.
5 minutes walk by crossing the river Limmat.
Or take Tram 11 or 14 to "Stampfenbachplatz" or "Beckenhof"

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

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



Map 1: Overview



Map 2: Event Centre

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 training map Irchel) 13:30-15:30

Team leader 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 13.15

- Start men 13.34

- Prize giving ceremony 16.15

- Media conference at the finish area 16:30–16:50

Team leader 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 11:00

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

- Prize giving ceremonies PostFinance Sprint
& World Cup overall 15.40

- Media conference at the finish area 16:00–16:30

4. Training

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

For driving directions see map 1 and 3.

Timetable for public transport at the Event Centre on request.

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

By car: From Zurich follow motorway A3 to Pfäffikon SZ, then take direction Rapperswil. Several parking possibilities in town.

By train: From Zurich main station take line S5, S7 or S15 to Rapperswil (it takes 40 minutes; every 15 minutes).

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

5. Competition Rules

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

According to rule 21.4 competitors may not use or carry telecommunication equipment between entering the pre-start area and reaching the finish in a race.

Please show your watch if asked to do so at pre-start.

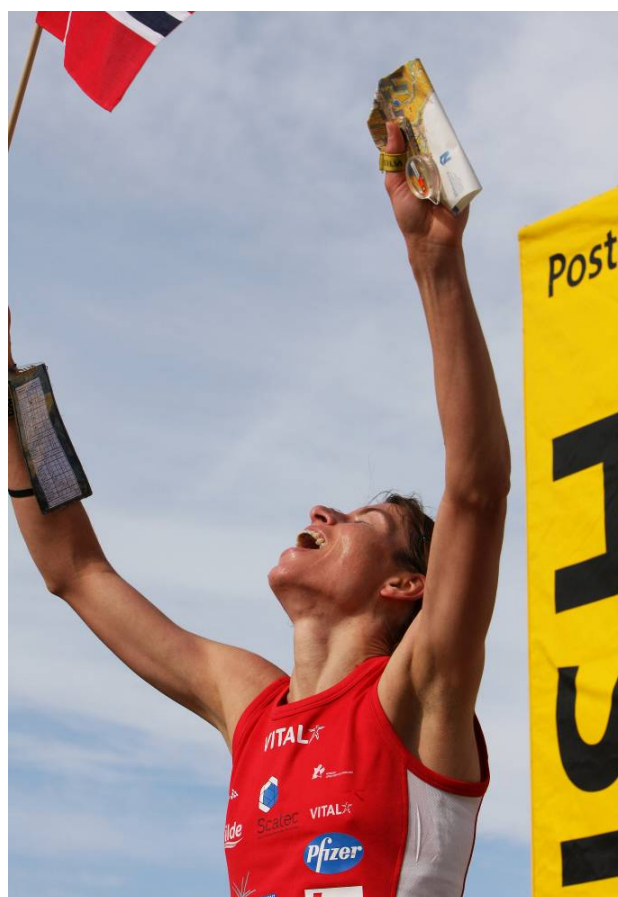
Participation restrictions, classes and qualification mode according to the [Special Rules](#) for the 2009 World Cup in Orienteering:

- 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.

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).

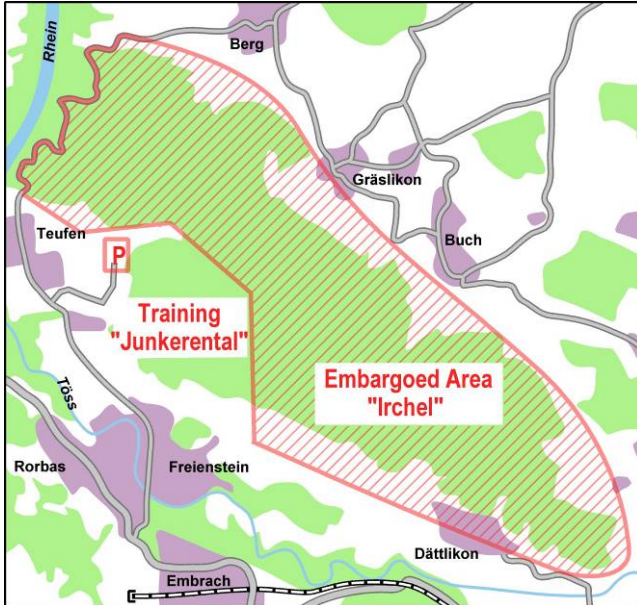
Jury	André Schöpfer	SUI
	Åke Jönsson	DEN
	Göran Andersson	SWE



6. Embargoed Areas

The competition areas "Irchel" (Middle distance) and "Zürich 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 are valid at the days of competition, see point 8 and below.



Map 3: Embargoed area Irchel

Special rule for the embargoed area Zürich City up to and including Saturday 26th of September:

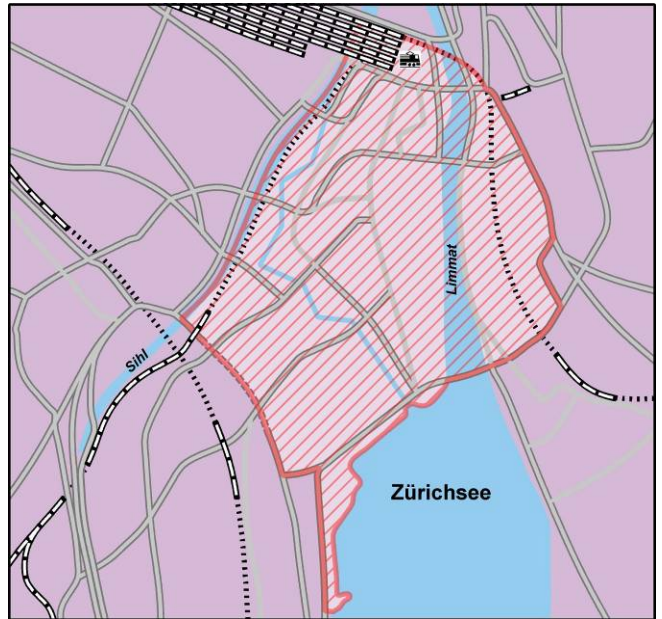
- It is allowed to stay as a student, for business purposes or as a tourist, e.g. for sight-seeing, visiting a restaurant, shopping, participating in an indoor sport event.
- It is prohibited to stay there with a map, to run, to jog, to orienteer through the embargoed area or to test route choices.
- It is prohibited to take part in a running event through the embargoed area.

On Sunday, 27th of September 2009 it is forbidden to be in or enter the embargoed area after 9 a.m. Teams with accommodation inside the embargoed area have to leave their hotel before 9 a.m. Any contacts with participants of the "Zürcher Mannschafts-OL" after 9 a.m. and any consulting of maps of this public race is forbidden. All competitors and team officials have to check in at the quarantine before 11 a.m. Team officials and runners leaving the quarantine and pre-start map area are not allowed to go back to quarantine again.

Runners and team officials are not allowed to leave the finish arena other than on the after finish map and the official way to showers.

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

No coaching allowed during the competition.



Map 4: Embargoed area Zurich City

7. Transport

It is possible to use public transport to all sites:

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

Zurich HB (Main station) to Middle distance:
37 min by train to Rafz and 15 min transport by organiser to pre start

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

If you need assistance do not hesitate to ask at Event Office.

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 see point 4 (trainings) and 8 (competitions).



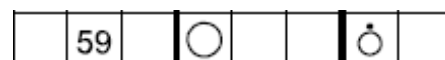
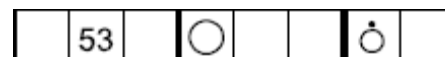
8. Competitions

IOF World Cup event 8 middle distance (Sept 26)

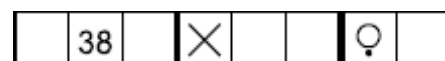
Format Middle distance, individual start. 2' start interval.
 Map Orienteering map (ISOM 2000), 8/2009, scale 1:10'000, 5 m contours.
 Special objects: No controls, but on the map:
 - black cross: root stock
 - blue cross: water catchment
 - black circle: bench
 Mapmaker Urs Steiner
 Terrain Irchel (see also attached old map in Bulletin 1+2): Swiss midland terrain, between 450 and 680 m above sea level.
 Comparable terrain: Irchel Junkerental (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.
 Assembly Berg am Irchel
 By car Zurich – Kloten – Embrach – Freienstein-Teufen – Berg am Irchel (see also map 1 and 3). It is not allowed to drive through Buch am Irchel for athletes and coaches.
 Public transport:
 Train (Line S5) from Zurich main station to Rafz (37'). Announcement for transport by the organiser from Rafz to pre start at the latest at the team leader meeting on Friday.
 Parking Marked from Berg am Irchel
 Check-in 400 m, 40 m ↗ from parking
 Facilities Several team tents, toilets
 Warm-up On the road between parking and check in, also on the pre start map (with some controls) between check in and pre start.
 Pre start 500 m, 110 m ↗ from check in, no toilets, no transportation of clothes.
 Clothes Transport from check-in to the finish area.
 Course planning by Urs Steiner
 Controller Jost Hammer
 Start Call up at -3'
 Women 4.9 km, 250 m ↗, 20 controls, 1 ♀ (water only), winning time 35', Control description 14 x 5 cm
 Men 5.6 km, 310 m ↗, 23 controls, 1 ♀ (water only), winning time 35', Control description 16 x 5 cm
 Maximum running time 70'
 Shooting stand: The runners will hear the noise from a shooting stand at the assembly, check in and in the first part of the race, but there will be no danger for them.
 Finish arena: At school in Buch am Irchel. It's 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 in the morning or to consult the map of the public race for all members and coaches of the teams.

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

Format City sprint, individual start, 1' start interval.
 Map Orienteering map (ISSOM 2007), 8/2009, scale 1:4'000, 2 m contours.
 Mapmakers Beat Imhof / Gian-Reto Schaad
 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.
 For a special day called "Multimobil" the city centre of Zurich is free of motorized traffic. Along "Limmatquai" are lots of activities for kids and families (see program booklet Multimobil). With good weather more than 100'000 spectators are expected for Multimobil.
 Assembly Event centre Hotel Marriott
 Public transport: Zurich main station to Event Centre: 10 min walk.
 Quarantine All runners and coaches have to check-in at the Event Centre (Hotel Marriott) before 11:00 am. Quarantine is situated at the Event Centre and on the area of the pre start map. Coaches and runners leaving the quarantine / pre start area are not allowed to come back again.
 Warm up On the pre start map.
 Pre start 600 m from event centre (marked on the pre start map).
 Start Call up at -5'.
 Clothes Transportation from pre start to the after finish area.
 Course planning by Denis Steinemann
 Controller Hansueli Steinmann
 Women 2.90 km, 60 m ↗, 20 controls, winning time 13', Control description 16 x 5 cm
 Men 3.27 km, 80 m ↗, 23 controls, winning time 13', Control description 18 x 5 cm
 Maximum running time 30'
 Special object: Controls no 33, 53 and 59 on the women's and on the men's course are advertising objects: black circle on the map, circle on the control descriptions:



Control no 38 on the women's and on the men's course is a playground equipment: black cross on the map, cross on the control descriptions:



This summer there are big flower pots with trees in them placed in the City of Zurich. They are not on the map!

Map change There will be a map change during the race for both Women and Men.
 Finish At the arena.
 After finish All competitors have to stay in the after finish area (after finish map), which includes also the finish arena until the last start (15:15). Team leaders and coaches once entering the after finish area have also to stay there until the last start.
 Facilities Showers and toilets at the Swiss Federal Institute of Technology (ETH).
 Cool down On the after finish map.



The map is situated within reach of the waiting runner.
 Distances from start line to start point:
 Middle: 100 m
 Sprint: 180 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 SI-Card has punched the finish control unit on the podium.

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

- hands over the map and the SPORTident card to an official (who downloads the SI-Card-Data),
- will be given the split time print-out,
- can take official refreshment (contact with the team leader is possible),
- 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 live 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

Are available at finish area on Saturday and on after-finish map on Sunday (open to 5 p.m.).

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.

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

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.

The start and finish times will be taken electronically by punching the control unit with the athlete's own SI-Card.

Start within the indicated 5 sec. window (55" - 00") by punching the control unit at the start line.

Finish time is taken by punching the SI unit at the finish line on the podium. There are two synchronized SI units marked "FINISH".

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

Start procedures

A competitor has 5 seconds (start window from 55" – 00") to punch the start control unit (start of competition time). If a competitor starts more than 5 seconds prior to the allocated start time, she/he will be called back for a new start. 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.

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. 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.

11. Entries

Nation	Men	Women	Coaches
AUT	2	3	0
BRA	2	1	0
BUL	1	0	0
CZE	3	3	1
DEN	4	3	3
FIN	4	5	2
FRA	3	3	2
GBR	1	1	1
GER	1	0	0
ITA	6	4	1
LTU	1	1	0
NOR	5	4	1
ROU	1	1	1
RUS	2	1	0
SUI	13	13	4
SWE	8	8	4
USA	0	1	0
Total	57	52	20

Please note that changes from nominal entries have to be done no later than 12:00 on Friday, 25th of September (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 6'750.- will be awarded from the organizer to the best men and women in two competitions:

IOF World Cup event middle distance (Sept 26)

1 st place: EUR 500.—	4 th place: EUR 150.—
2 nd place: EUR 300.—	5 th place: EUR 100.—
3 rd place: EUR 200.—	6 th place: EUR 75.—

IOF World Cup event – PostFinance Sprint (Sept 27)

1 st place: EUR 700.—	4 th place: EUR 200.—
2 nd place: EUR 500.—	5 th place: EUR 150.—
3 rd place: EUR 400.—	6 th 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 2009:

IOF World Cup overall ranking 2009

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. 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.

14. Banquet

The banquet will take place in Hotel Marriott (Event Centre).

There will be a buffet with vegetarian and non-vegetarian food. Tap water on tables, soft drinks and wine are not included. Coffee or tea will be served with the dessert.

15. Weather and Climate

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

We will present you the weather forecast for the weekend at the team leader meetings.

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

18. 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 do not travel to Switzerland. It is in your own interest not to participate in the competitions when not healthy and further you protect other persons from catching the flu.

19. 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 79 456 95 54

media@postfinancesprint.ch



20. Information

PostFinance Sprint

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info@postfinancesprint.ch

www.postfinancesprint.ch

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 Martin Jörg

