



BULLETIN 2 – FINAL INFORMATION

ORGANIZER	Danish Orienteering Federation (DOF)
EVENT NAMES AND CLASSIFICATION	Danish WOC-testraces 2023 – short distance, middle distance and long distance Danish Classification: Open event **
DATES	12.05.2023: Short distance 13.05.2023: Middle distance 14.05.2023: Long distance
EVENT AREAS	Short distance: Bot Fiena Trin Middle distance: Crestasee Long distance: Susch-Lavin The competition areas shown here are embargoed area according to DOF's regulation §2.8
LOCATIONS	Short distance: Bot Fiena, Trin, Switzerland Middle distance: Crestasee, Flims, Switzerland Long distance: Lavin, Zernez, Switzerland
PARKING	Short distance: Parking (with fee) at parking lot close to arena at Hauptstrasse (here) Middle distance: Parking (with fee) at Crestasee Parking close to arena (here) Long distance: Free parking at parking lot at Lavin centre (here) or parking with fee close to Lavin trainstation (here). Don't park other places in the town. You can use the app Easypark, and register your car, and pay that way (ca. 1 CHF/hour).
VENUES	At the arenas, there will be a finish area, and information desk, to pick up rental SIAC and warm-up map. There will be a board with bulletin 2 and startlists. There will be a marked area and a tent where you can safely put your bag while running. No club tents will be set up. Public toilets will only be available at the arena at middle distance. Public toilets will be available in Trin centre 1150 m from the arena at the short distance (here) and at Lavin station close to parking but 550 m from arena at long distance (here). At the arenas there will also be a small kiosk with sodas and candy. Bring 1 or 2 Eurocoins or Mobilepay (for Danes).



DISTANCES	<p>Short distance: Parking to Arena/Finish: 0-50 m, Arena to Start: 1700 m. No markings.</p> <p>Middle distance: Parking to Arena/Finish: 0-50 m, Arena to Start: 100 m. No markings.</p> <p>Long distance: Parking to Arena/Finish: 450-550 m (see picture), Arena to Start: 600 m. No markings.</p> 
MAPS	<p>Short distance: Bot Fiena Trin. 1:10.000. The map is from 2022 by cartographer Urs Steiner. Contour interval 5 m.</p> <p>Middle distance: Crestasee. 1:10.000. The map is from 2022 by cartographer Urs Steiner. Contour interval 5 m.</p> <p>Long distance: Susch-Lavin. 1:15.000. The map is from 2021 by cartographer Flavio Poltera. Contour interval 5 m.</p> <p>All maps will be printed on rip- and waterproof paper, and the map have been tested with rough folding and water. The maps are drawn according to the ISOM2017-2 standard.</p> <p>Short distance: Link to previous map and course from the area</p> <p>Middle distance: Link to previous map and course from the area</p> <p>Long distance: Link to previous map and course from the area</p>
TERRAIN DESCRIPTION RACE AREAS	<p>Short distance: Orienteering terrain between 700-1000 m above sea level. Mixture of coniferous and deciduous forest. Moderate to very hilly, rich in contour and rock details. Some paths and roads, and areas of open meadows and a town area. Runnability and visibility vary from poor to good. Black circles on the map are outdoor training equipment (see picture).</p>  <p>Middle distance: Orienteering terrain between 800-1100 m above sea level. Mixture of coniferous and deciduous forest. Moderate to very hilly, rich in contour and rock details. Few paths and roads. Many places very rocky ground. Runnability and visibility vary from very poor to good.</p> <p>Long distance: Orienteering terrain between 1400 and 1650 m above sea level. Mixture of coniferous and deciduous forest. Hill side with moderate to steeper slopes. Only few paths, rich in contour and rock details. Also areas of open and semi open meadows. Runnability and visibility mostly good.</p> <p>In general: Undergrowth is not very high so areas with undergrowth and yellow areas on the maps are with better runnability than in the summer and fall. Vegetation and vegetation-boundaries in the terrain and on the maps are quite diffuse. Fallen trees are in general not marked on the map.</p>



CLASSES	Women and Men. Danish runners will run their own class due to WOC-testraces, but with the same courses, and starting after all foreign runners.					
COURSES		Class	Course lengths	Number of controls	Climb	Refreshment controls (only water)
	Short distance	Women	3,0 km	17	305 m	0
		Men	3,7 km	19	350 m	0
	Middle distance	Women	3,5 km	15	290 m	0
		Men	4,1 km	17	360 m	0
	Long distance	Women	9,5 km	21	810 m	2 (40% and 75%)
		Men	11,8 km	28	1095 m	2 (35% and 75%)
MAPTURN	There is a map turn during the course in both classes on all three competitions. The first part of the course will end at a control and the runner has to turn the map. On the other side, the second part of the course will continue to the finish. The first part of the course will be facing upwards at the start.					
OUT-OF-BOUNDS AREAS	Out-of-bounds areas are marked on the map with the symbol out-of-bound area (709) and is not marked in the terrain. It is allowed to use paths on the borders of these areas. A few places on the long distance red and white tape will mark the borders of these out-of-bounds areas and they will be marked on the map with symbol out-of-bounds boundary (708). Please respect these out-of-bounds areas and expect to be disqualified if you have crossed one of these areas.					
TRANSPORTATION OF CLOTHING	At the short distance (but not the middle- and long distance) there will be transportation of clothing from Start to the Finish, but only after the last start.					
QUARANTINE AREAS	There are no quarantine areas. Fair play is encouraged, understood so that the map is folded and packed away immediately after crossing the finish line.					
CONTROL DESCRIPTIONS	IOF Control descriptions are printed on the front of the map – separate control descriptions are available at the start. The dimensions of the control description are 150-250 mm * 50 mm					
WARM UP MAPS	A warm-up map will be handed out at the information desk at the arenas. It is only allowed to warm up at the specified areas shown on the warm-up map. Please respect the out-of-bounds areas marked on the warm-up maps.					
REFRESHMENT CONTROLS	On the long distance there will be two refreshment controls with water in plastic cups during the course. An organizer will be located at these controls.					



START PROCEDURE	<p>First start at 11:00 AM at all three competitions.</p> <p>Individual start.</p> <p>Start intervals for foreign runners will be 2 minutes for short- and middle distance and 3 minutes for long distance.</p> <p>Start intervals for Danish runners will be 3 minutes for short- and middle distance and 4 minutes for long distance.</p> <p>The warm-up map will show the route from the arena to the start. There will be no markings.</p> <p>3 minutes before start: Control of the runner: correct SIAC, clear and check of SIAC.</p> <p>2 minutes before start: Runner may pick a separate control description.</p> <p>1 minute before start: The runner will go to the start-box where the map is located. Starting staff prepares the race map for the runner which is located on a table with the first part of the course facing upwards. The time of start is marked by sound (4 short and 1 long beep), the runner may take the map from the table at the long beep.</p> <p>Start signal: The runner takes the map and follows a compulsory route 60-70 meters to the starting point which is marked with a big flag.</p> <p>Late starters must present themselves to the officials at the start and will be assisted quickly through the start boxes, but if the runner is too late to the starting time, he/she will not be able to start before one start interval after the last start of the class. The time will start at the runners starting time no matter what. If it is considered to be the organizers mistake that a runner is late, the starting time will be adjusted.</p>
FINISH PROCEDURE	<p>From the last control the runners follow the compulsory route to the finish line, which will be marked by small yellow or red cones.</p> <p>The SIAC will stop automatically when crossing the finish line, and the runners continue 10-40 meters to read out the SIAC in the tent.</p> <p>Rented SIAC has to be returned after read-out of the long distance.</p> <p>Maps are not collected at the finish line. Fair play is encouraged, understood so that the map is folded and packed away immediately after the finish.</p> <p>Water is available after read-out. Bring your own bottle.</p> <p>Non-finishing runners must present themselves at the finish area to read-out the SIAC.</p>



CONTROLS	Controls are a red/white flag on a stick with a SI-unit on top, with the number written on top. There might be other controls and/or markings in the forest, or even other runners from other nations training in the forests during the competitions.
RESULTS AND TRACKING	Liveresults will be available all three days after the last start at: https://liveresultat.orientering.se/ Splits will be available shortly after the last finish at: http://obasen.orientering.se/winsplits/online/sv/default.asp?start=true GPS-tracking can be uploaded to https://www.livelox.com/ and/or https://www.o-track.dk after the races.
EVENT ORGANIZER	Tue Lassen, Danish Orienteering Federation (DOF) Lynggårdsvænget 10 8600 Silkeborg +45 2278 0338 / tul@do-f.dk
COURSE SETTER	Tue Lassen, Danish Orienteering Federation
EVENT AND COURSE CONTROLLER	Jeppe Ruud, Danish Orienteering Federation
CARTOGRAPHER	Urs Steiner/Flavio Poltera
JUDGE	Anders Hav Bachhausen, Danish Orienteering Federation