

ORIENTEERING 2010

Borlänge Sweden

July 19-23
17 th World University
Championship

WUOC 2010
P.O. Box 98
S-781 21 Borlänge
Sweden

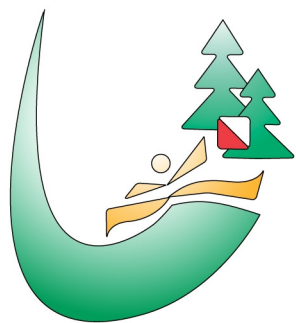
Phone (00)46-24-36 80 26
Fax (00)46-24-38 66 00
e-mail: info@wuoc2010.se



XVII WORLD UNIVERSITY ORIENTEERING CHAMPIONSHIP

19th July – 23rd July 2010
BORLÄNGE, SWEDEN

Bulletin #3
1st June 2010



ORIENTEERING 2010 Borlänge Sweden

July 19-23
17 th World University
Championship

WUOC 2010
P.O. Box 98
S-781 21 Borlänge
Sweden

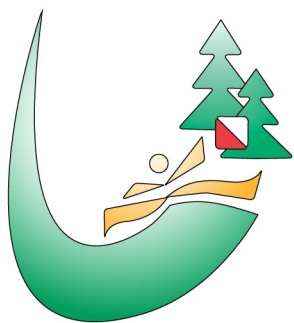
Phone (00)46-24-36 80 26
Fax (00)46-24-38 66 00
e-mail: info@wuoc2010.se



IN THIS BULLETIN

Table of Contents

1. Location and access.....	4
2. Organizers.....	5
3. Event officials.....	5
4. Event controllers.....	6
5. WUOC 2010 programme.....	7
6. Daily programme.....	9
6.1 Model event.....	9
6.2 Long distance.....	10
6.3 Sprint distance.....	12
6.4 Middle distance.....	13
6.5 Relay.....	15
7. Event centre.....	16
8. Accommodation	16
9. Competition rules.....	16
10. Participation.....	17
11. Maps.....	17
11. Old maps.....	18
12. Training opportunities.....	18
13. Embargoed areas.....	18
16. Punching system and timing.....	21
17. Clothing	21
18. Weather.....	22
19. Travel information.....	22
20. Event transportation.....	23
21. Accreditation.....	23
22. Antidoping.....	23
23. Medical services.....	23
24. Media.....	23
25. Entries.....	24
26. Entered teams.....	24
27. Participation fee.....	24
28. Visas.....	25
29. EAS-Network Seminar.....	26
30. Further information.....	26
31. Important dates.....	26



ORIENTEERING 2010 Borlänge Sweden

July 19-23
17 th World University
Championship

WUOC 2010
P.O. Box 98
S-781 21 Borlänge
Sweden

Phone (00)46-24-36 80 26
Fax (00)46-24-38 66 00
e-mail: info@wuoc2010.se



Welcome to World University Orienteering Championship 2010 in Borlänge, Sweden



Dear Orienteering friends,

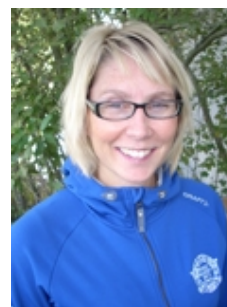
On behalf of the municipality of Borlänge I would like to welcome competitors, team leaders and guests to Borlänge and the XVII World University Orienteering Championship 2010.

I would also like to welcome participants of the public competitions held during the WUOC.

Borlänge has, despite its youth, played an important role in the history of the region Dalarna. The modern society is built upon the solid foundation of industrial traditions. We also offer excellent conditions for sport and outdoor-recreation through modern sport facilities and nature reserves.

I hope you will have a pleasant stay in Borlänge, and the municipality will support the organizers in every possible way in their effort to achieve fair and challenging competitions.

Nils Persson
Executive mayor, Borlänge

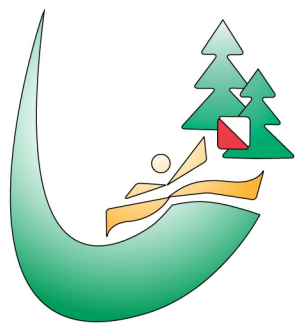


Dear Sport Friends, Honorary Members and Guests,

We hope to give you all an unforgettable experience in Sweden. Borlänge is a great place to arrange a Sporting Event like this. Everybody is friendly and decisions are taken quickly.

Orienteering is also a sport with a mentality of "No Problems". People are easy going, used to taking care of themselves, and they won't get lost. These are some good qualities that other sports could learn from. The Swedish University Sports Federation has a clearly expressed strategy for the future which includes regularly hosting bigger events and this year's WUOC in Orienteering is one good example.

Johanna S:t Clair Renard
Chairman of the Organizing Committee of
the WUOC 2010



ORIENTEERING 2010 Borlänge Sweden

July 19-23
17 th World University
Championship

WUOC 2010
P.O. Box 98
S-781 21 Borlänge
Sweden

Phone (00)46-24-36 80 26
Fax (00)46-24-38 66 00
e-mail: info@wuoc2010.se



1. Location and access

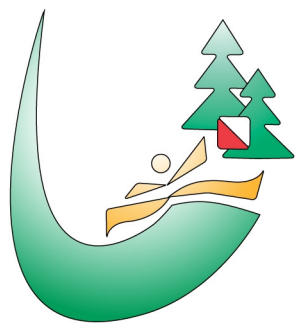
Sweden is a Nordic country on the Scandinavian Peninsula in Northern Europe. Sweden has borders with Norway to the west and Finland to the northeast and it is connected to Denmark by the Öresund Bridge in the south.

At 450,295 km², Sweden is the third largest country in the European Union in terms of area, and it has a total population of about 9.2 million. Sweden has a low population density of 21 inhabitants per square kilometre, but with a considerably higher density in the southern half of the country. Sweden's capital is Stockholm, which is also the largest city in the country (population of 1.3 million in the urban area and with 2 million in the metropolitan area). The second and third largest cities are Gothenburg and Malmö.

The official language is Swedish. Swedish national currency is the Swedish krona (SEK), 1 krona = 100 öre, 1 EURO ~ 10 SEK. To make a call to Sweden, please dial the national telephone code +46 and then the phone number (usually without the leading zero).



Borlänge is a municipality in Dalarna County, central Sweden, 200 km northwest of Stockholm, with an area of 586.4 km². The municipality has a population of 47,640 (2007). The University of Dalarna is situated in the twin cities of Borlänge and Falun. The number of students is 2500.



ORIENTEERING 2010 Borlänge Sweden

July 19-23
17 th World University
Championship

WUOC 2010
P.O. Box 98
S-781 21 Borlänge
Sweden

Phone (00)46-24-36 80 26
Fax (00)46-24-38 66 00
e-mail: info@wuoc2010.se



2. Organizers



Swedish University Sports Federation,
Box 2052, SE-750 02 Uppsala, Sweden
Phone: + 46 18 653070, Fax: + 46 18 653 079
E-mail: info@saif.se, Web: www.saif.se



Stora Tuna OK
C/o Niklas Löwegren, Lapp Anders väg 28,
SE-784 56 Borlänge, SWEDEN
E-mail: webbteam@sttunaik.nu, Web: www.sttunaik.nu



Municipality of Borlänge, SE-781 81 Borlänge, Sweden
Phone: +46 243 74000, Fax: +46 243 74550
E-mail: kommun@borlange.se, Web: www.borlange.se



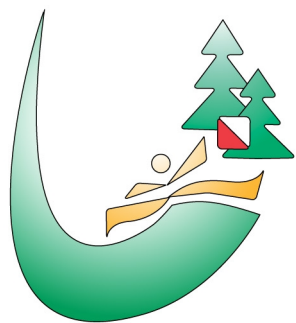
University of Dalarna, SE-791 88 Falun, Sweden
Phone: +46 23 778000, Web: www.du.se

Organizing Committee

Johanna S:t Clair	Swedish University Sports Federation	Chairman of Organizing Committee
Renard	Federation	
Nils Persson	Municipality of Borlänge	
Ulf Öhrman	Swedish University Sports Federation	
Bengt Lindström	University of Dalarna	
Elisabeth Löfås	Stora Tuna OK	
Mats Bayard	Stora Tuna OK	
Håkan Rystedt	Municipality of Borlänge	
Stig Wiklund	Stora Enso	
Lena Larsson	Swedish Orienteering Federation	

3. Event officials

WUOC 2010 Organizing Committee
P.O. Box 98, SE-78121 Borlänge, Sweden
Phone: +46 243 68026, Fax: +46 243 86600
E-mail: info@wuoc2010.se, Web: www.wuoc2010.se



ORIENTEERING 2010

Borlänge Sweden

July 19-23
17 th World University
Championship

WUOC 2010
P.O. Box 98
S-781 21 Borlänge
Sweden

Phone (00)46-24-36 80 26
Fax (00)46-24-38 66 00
e-mail: info@wuoc2010.se



FISU Executive committee
FISU Medical committee
FISU CIC Member
FISU Staff
IOF Representative

Ulp Kairis
Dr José Luis Terreros
Arie Rosenzweig
Milan Augustin
Björn Persson

Event coordinator
Event director, long
Event director, middle
Event director, sprint
Event director, relay
Spectators event
Model event

Christer Löfås, Stora Tuna OK
Johan Alfredsson, Stora Tuna OK
Sven Lundbäck, Stora Tuna OK
Mari-Louise Lundgren, Stora Tuna OK
Sven Lundbäck, Stora Tuna OK
Sture Sjödin, Stora Tuna OK
Staffan Eriksson, Stora Tuna OK

Course setting, long
Course setting, middle
Course setting, sprint
Course setting, relay

Thomas Norgren, Stora Tuna OK
Jesper Mårtensson, Stora Tuna OK
Lars Sjökvist, Stora Tuna OK
Thomas Löfgren, Stora Tuna OK

Mapper, long
Mapper, middle
Mapper, sprint
Mapper, relay

Erik Sundberg, Borlänge
Karl Johansson, Hedemora
Claes Nideborn, Borlänge
Karl Johansson, Hedemora

Finance
Transportation
Administration and
accreditation
Arena and construction
Sound
Administration, competitions

Sven Alexandersson, Stora Tuna OK
Bengt Hamelius, Säterbygdens OK
Elisabeth Löfås, Stora Tuna OK

Andreas Persson, Stora Tuna OK
Nils Olsson, Stora Tuna OK
Niklas Aldin, Stora Tuna OK

IT and time keeping
Medical services
Anti-doping

Peter Löfås, Stora Tuna OK
Gunilla Arvidsson, Stora Tuna OK
Ulla-Kari Pontén, Stora Tuna OK

Speaker

Ola Jodahl

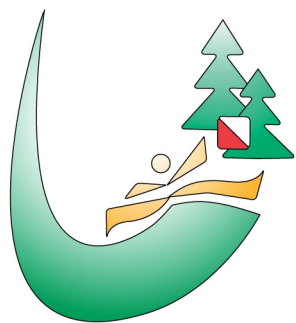
Media

Dalarna University

4. Event controllers

FISU controller
IOF Advisor

Ola Kåberg, Sweden
Bernt O. Myrvold, Norway



ORIENTEERING 2010 Borlänge Sweden

July 19-23
17 th World University
Championship

WUOC 2010
P.O. Box 98
S-781 21 Borlänge
Sweden

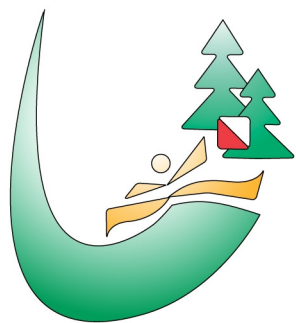
Phone (00)46-24-36 80 26
Fax (00)46-24-38 66 00
e-mail: info@wuoc2010.se



5. WUOC 2010 programme

Date	Day	WUOC 2010	Spectators event
July 17 - 18	Saturday, Sunday	Arrival, accreditation	
July 19	Monday, day	Model event	
	Monday, afternoon	Opening ceremony	
July 20	Tuesday	Long distance	Long
July 21	Wednesday, afternoon	Sprint distance	Sprint
July 22	Thursday	Middle distance	Middle
July 23	Friday, day	Relay	
	Friday, evening	Closing ceremony, banquet	
July 24	Saturday	Departure	

SATURDAY, July 17		
10.00	Opening of event centre	Scandic Hotel
10.00 - 17.00	Free training	
10.30 - 17.00	Team accreditation	Scandic Hotel
18.00 - 20.00	Dinner	Scandic Hotel
SUNDAY, July 18		
07.30 - 10.00	Breakfast	Scandic Hotel
08.00 - 17.00	Event office open	Scandic Hotel
08.00 - 17.00	Team accreditation	Scandic Hotel
10.00 - 17.00	Free training	
12.00 - 13.00	Lunch	Scandic Hotel
18.00	Deadline for EAS seminar entries	Scandic Hotel
18.00 - 20.00	Dinner	Scandic Hotel
19.00	CISCA Meeting	
MONDAY, July 19, Model event		
06.30 - 10.00	Breakfast	Scandic Hotel
08.00 - 21.00	Event office open	Scandic Hotel
09.00 - 12.00	Model event	Skräddarbacken
12.00	Deadline for long distance	Scandic Hotel



ORIENTEERING 2010 Borlänge Sweden

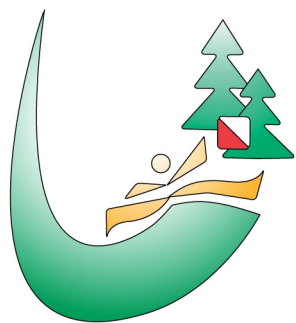
July 19-23
17 th World University
Championship

WUOC 2010
P.O. Box 98
S-781 21 Borlänge
Sweden

Phone (00)46-24-36 80 26
Fax (00)46-24-38 66 00
e-mail: info@wuoc2010.se



	entries	
11.00 - 13.00	Lunch	Scandic Hotel
14.00	Deadline for team accreditation	Scandic Hotel
16.00 - 17.00	Opening ceremony	Folkets Park
17.30	Reception with Mayor of Borlänge	
18.00 - 20.00	Dinner	Scandic Hotel
19.00	Team officials meeting	Maxim
TUESDAY, July 20, Long distance		
06.30 - 10.00	Breakfast	Scandic Hotel
07.30	First bus to long distance start area leaves	Scandic Hotel
08.00 - 21.00	Event office open	Scandic Hotel
09.30 - 14.30	Long distance competition	Gyllbergen
09.30 - 14.30	Information desk open	Competition arena
12.00	Deadlines for entries, sprint	
12.00 - 15.00	Lunch	Competition arena
15.00	Medal ceremony	Competition arena
15.30	Press conference	Competition arena
18.00 - 19.00	Dinner	Scandic Hotel
19.00	Team officials meeting	Maxim
WEDNESDAY, July 21, Sprint distance		
06.30 - 10.00	Breakfast	Scandic Hotel
08.00 - 21.00	Event office open	Scandic Hotel
09.00 - 12.00	EAS Network Seminar	Maxim
12.00	Deadline for middle distance entries	
11.00 - 13.00	Lunch	Scandic Hotel
13.00	Quarantine for sprint runner starts	Scandic Hotel
15.30 - 17.00	Sprint distance competition	Borlänge
17.30	Medal ceremony	Competition arena
17.45	Press conference	Competition arena
18.30 - 19.30	Dinner	Scandic Hotel
19.30	Team officials meeting	Maxim



ORIENTEERING 2010 Borlänge Sweden

July 19-23
17 th World University
Championship

WUOC 2010
P.O. Box 98
S-781 21 Borlänge
Sweden

Phone (00)46-24-36 80 26
Fax (00)46-24-38 66 00
e-mail: info@wuoc2010.se

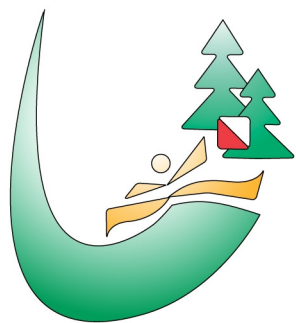


THURSDAY, July 22, Middle distance		
06.30 - 10.00	Breakfast	Scandic Hotel
08.00 - 21.00	Event office open	Scandic Hotel
08.30	First bus to middle distance start area leaves	Scandic Hotel
10.00 - 14.30	Middle distance competition	Gustafs
16.00	Deadlines for relay entries	
12.00 - 15.00	Lunch	Competition arena
15.00	Medal ceremony	Competition arena
15.30	Press conference	Competition arena
18.00 - 19.00	Dinner	Scandic Hotel
19.00	Team officials meeting	Maxim
FRIDAY, July 23, Relay		
06.30 - 10.00	Breakfast	Scandic Hotel
07.30	First bus to relay competition arena leaves	Scandic Hotel
08.00 - 17.00	Event office open	Scandic Hotel
08.30	Deadline for relay team changes	Competition arena
09.30 - 13.30	Relay competition	Gustafs
12.00 - 15.00	Lunch	Competition arena
12.45	Medal ceremony	Competition arena
13.00	Press conference	Competition arena
13.30	Mass start for VIP, Press and team officials	Competition arena
18.00	Closing ceremony	To be decided
19.00	Banquet	To be decided
SATURDAY, July 24, Departure		
07.00 - 10.00	Breakfast	Scandic Hotel
07.00 - 12.00	Event office open	Scandic Hotel
07.00 - 12.00	Departure	Scandic Hotel

6. Daily programme

6.1 Model event

Monday, July 19, 09.00 - 14.00



ORIENTEERING 2010 Borlänge Sweden

July 19-23
17 th World University
Championship

WUOC 2010
P.O. Box 98
S-781 21 Borlänge
Sweden

Phone (00)46-24-36 80 26
Fax (00)46-24-38 66 00
e-mail: info@wuoc2010.se

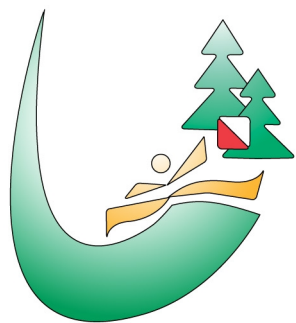


Location:	Skräddarbacken, Borlänge - 5 km from Scandic Hotel
Duration:	09.00 - 12.00
Route:	Bus line 602, direction Skräddarbacken. Departure every 20 minutes. Bus stop "Lapp Anders väg". Please respect your team's departure time. Accreditation card will be valid as ticket.
Maps:	Skräddarbacken (rev 2009), scale 1:10 000, contour interval 5m, size 210mm X 300mm (A4). Map maker: Erik Sundberg, same as long distance. Maps will be handed out at the event centre, Scandic Hotel.
Terrain description:	Land forms: Hilly terrain with a height difference up to 40 meters. Vegetation: Mixed pine and fir forest. Clearings of varying age, some green areas. Ground: Runability varies due to older clearings with dense vegetation and blueberry bushes. Visibility: Varies! Roads and paths: One gravel road crossing the area. A small numbers of tracks and paths.
Course descriptions:	Course: 5,9km with 11 controls, possibility to make a shorter alternative. Control descriptions only on map. Punching: SI-system. Start: Close to the bus stop. Pre-start and time start. Controls: Flags with SI-units. Finish: Tent with SI-printer close to the bus stop.
Course planner:	Staffan Eriksson

6.2 Long distance

Tuesday, July 19, 09.30 - 14.30

Competition arena:	Gyllfäbodarna - 20 km from Scandic Hotel. GPS Position: WGS84 N 60° 24.205' , E 15°
---------------------------	--



ORIENTEERING 2010 Borlänge Sweden

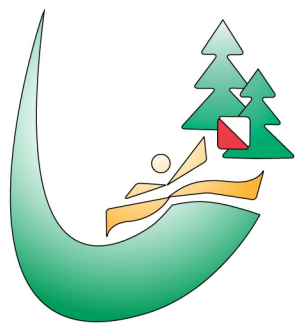
July 19-23
17 th World University
Championship

WUOC 2010
P.O. Box 98
S-781 21 Borlänge
Sweden

Phone (00)46-24-36 80 26
Fax (00)46-24-38 66 00
e-mail: info@wuoc2010.se



	11.038'				
First start:	09.30, start interval 2 min				
Route:	Road 50 - Idkerberget - Gyllbergen				
Transport:	Organizer's transport to start area is mandatory for all competitors. Team members must use organizers bus to get to competition arena.				
Map:	Scale 1:15 000, contour interval 5.0 m, size A3 (295 x 420 mm), mapped by Erik Sundberg, final revision June 2010.				
Terrain description:	Land forms: Hilly terrain with a height difference of 20 - 60 meters. Small contour details in some areas. Vegetation: Mixed pine and fir forest. Blueberry bushes and heather up to a height of 0.4 meters in parts of the forest. Almost no felled or green areas. Ground: Mostly soft due to moss and other ground vegetation in the forest. Some areas with bare rocks. Marshes can be very soft in wet conditions. Visibility: Varies from very good to good. Roads and paths: Almost no roads or paths.				
Control descriptions:	Control descriptions are printed on the map. Separate control descriptions will be available at pre-start.				
Course planner:	Thomas Norgren				
Course information:	Length	Controls	Climb	Expected winning time	Refreshment controls
W 21	7 570 m	12	235 m	approx 60 min	50 %, 65 %
M 21	11 910 m	17	390 m	approx 80 min	30 %, 70 %
Radio controls:	There are 2 radio controls on the W21 course and 2 radio controls on the M21 course				
Spectators control:	There will be no spectator control				
Refreshment:	Plain water will be available at the start area and after the finish. Plain water and Sports Drink (Maxim) will be available at the refreshment controls.				
Start area:	A transportation service will be provided from the start area to the competition arena for competitor's bags. Team officials have to use the bus transport from the start area to the				



ORIENTEERING 2010 Borlänge Sweden

July 19-23
17 th World University
Championship

WUOC 2010
P.O. Box 98
S-781 21 Borlänge
Sweden

Phone (00)46-24-36 80 26
Fax (00)46-24-38 66 00
e-mail: info@wuoc2010.se

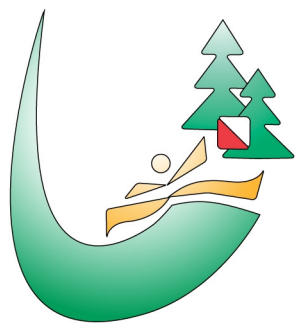


	competition arena. Team officials are not allowed to return to the start area if they have visited the competition arena.
--	---

6.3 Sprint distance

Wednesday, July 20, 15.30 - 17.00

Competition arena:	Gammelgården, Borlänge - 2 km from Scandic Hotel. GPS Position: WGS84 N 60° 29.753', E 15° 26.364'
First start:	15.30
Route:	Bus line 602 - direction " Sjukhuset ", departure every 20 minutes. Bus stop Gammelgården . Accreditation card valid as ticket.
Transport:	Competitors will walk from the hotel to the quarantine area in groups. Other team members shall use the bus above to get to the competition centre.
Map:	<p>Scale: 1:4 000, Contour interval: 2,5 Map size: 297 x 420 mm , mapped by Claes Nideborn.</p> <p>Paved areas are shown with brown 20 % for asphalt/concrete, brown 10% for hard gravel.</p> <p>At the free website http://www.hitta.se you can use a service called "Gatubild" ("Street view") to see pictures from Borlänge city combined with a detailed map.</p> <p>We inform about this to give equal possibilities for all competitors since this is well known for Swedish runners. Observe that the rules regarding embargoed areas in section 13, below, still applies.</p>
Terrain description:	<p>Land forms: Mostly flat but some parts with steep sloops.</p> <p>Vegetation: A mix of urban areas, parks, and farm fields with trees, some high grass and some stinging nettles.</p> <p>Ground: Mostly firm and dry. Steeper parts may be slippery in wet conditions.</p> <p>Visibility: Very good.</p> <p>Roads and paths: A developed network of city roads and paved bicycle paths.</p>



ORIENTEERING 2010 Borlänge Sweden

July 19-23
17 th World University
Championship

WUOC 2010
P.O. Box 98
S-781 21 Borlänge
Sweden

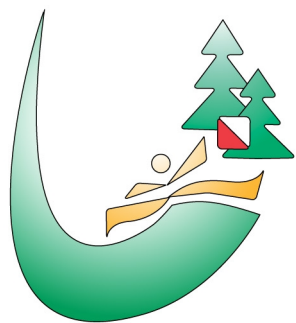
Phone (00)46-24-36 80 26
Fax (00)46-24-38 66 00
e-mail: info@wuoc2010.se

Control descriptions:	Control descriptions are printed on the map. Separate control descriptions will be available at pre-start.				
Course planner:	Lars Sjökvist				
Course information:	Length	Controls	Climb	Expected winning time	Refreshment controls
W 21	2 800 m	18	50 m	approx 13 min	
M 21	3 300 m	21	60 m	approx 14 min	
Radio controls:	There is 1 radio control on the M21 course and 1 radio control on the W21 course.				
Spectators control:	Both courses will have an spectators control.				
Refreshment:	Plain water will be available at the start area and after the finish.				
Start area:	A transport service will be provided from the start area to the competition arena for competitor's bags. Team officials that leave the pre-start area are allowed to walk or take the bus from the pre-start to the competition arena but they cannot then go back to the pre-start area.				

6.4 Middle distance

Thursday, July 21, 10.00 - 14.30

Competition arena:	Gustafs - 20 km from Scandic Hotel. GPS Position: WGS84 N 60° 23.543' , E 15° 37.369'
First start:	10.00
Route:	Road no. 70 towards Säter/Stockholm; marked route to competition arena will begin after 14 km along the Säter/Stockholm/Enköping road, at the exit to Gustafs/Stora Skedvi. There will be road signs from there to the competition arena.
Transport:	Organizer's transport to start area is mandatory for all competitors. Non-competing team members who use the organizers bus to get to competition arena must stay in the bus in the start area. Team members who use their own transport to the competition arena must follow the specified route.
Map:	Scale 1:10 000, contour interval 5.0 m, size



ORIENTEERING 2010

Borlänge Sweden

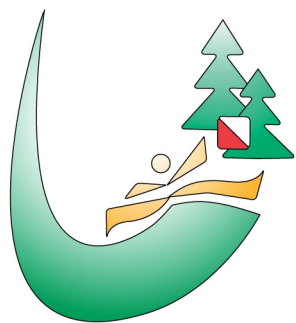
July 19-23
17 th World University
Championship

WUOC 2010
P.O. Box 98
S-781 21 Borlänge
Sweden

Phone (00)46-24-36 80 26
Fax (00)46-24-38 66 00
e-mail: info@wuoc2010.se



	320 x 310 mm, mapped by Karl Johansson, final revision June 2010.				
Terrain description:	<p>Land forms: Terrain with middle and small landforms with height difference up to 20 meters. Lot of small contour details. Some marshes of different size.</p> <p>Vegetation: About 90% forested area and 10% open area . Mixed forest, clearings of different age, some bushes and undergrowth. Runnability can vary on clearings and on areas with undergrowth in wide range. Dense vegetation on older clearings will slow down running speed remarkably. In young forests where improvement cuttings have done recently (shown on map with symbol 409) the runnability is remarkably reduced.</p> <p>Ground: Runnability varies from very good to bad (due to undergrowth and fallen trees). Some older clearings with dense vegetation may remarkably slow down running speed. Most of marshes are easily crossable, only some smaller marshes can be wet and soft.</p> <p>Visibility: Varies from very good to bad.</p> <p>Roads and paths: Moderately developed network of tracks and paths. Some less distinct forestry tracks are not shown on the map.</p>				
Course planner:	Jesper Mårtensson				
Course information:	Length	Control s	Climb	Expected winning time	Refreshment controls
W 21	3 800 m	14	255 m	35 min	None
M 21	4 900 m	16	290 m	35 min	None
Radio controls:	There is 1 radio control on the M21 course and 1 radio control on the W21 course.				
Spectators control:	There will be no spectator's control.				
Refreshment:	Plain water will be available at the start area and after the finish.				
Start area:	A transport service will be provided from the start area to the competition arena for competitor's bags. Team officials are allowed to walk or take the bus from the pre-start to the competition arena but they cannot then go back to the start area.				
Control	Control descriptions are printed on the map.				



ORIENTEERING 2010 Borlänge Sweden

July 19-23
17 th World University
Championship

WUOC 2010
P.O. Box 98
S-781 21 Borlänge
Sweden

Phone (00)46-24-36 80 26
Fax (00)46-24-38 66 00
e-mail: info@wuoc2010.se



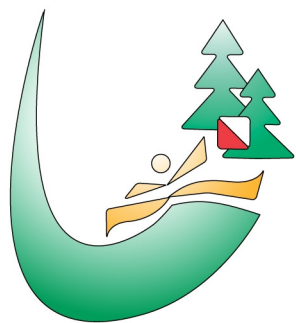
descriptions:

Separate control descriptions will be available at pre-start.

6.5 Relay

Friday, July 22, 09.30 - 13.30

Competition arena:	Gustafs - 20 km from Scandic Hotel. GPS Position: WGS84 N 60° 23.543' , E 15° 37.369'				
First start:	10.00				
Route:	Road no. 70 towards Säter/Stockholm; marked route to competition arena will begin after 14 km along the Säter/Stockholm/Enköping road, at the exit to Gustafs/Stora Skedvi. There will be road signs from there to the competition arena.				
Transport:	The organizer will arrange transport to the competition arena for all competitors. Team members who use their own transport to the competition arena must follow the specified route.				
Map:	Scale 1:10 000, contour interval 5.0 m, size 320 x 310 mm, mapped by Karl Johansson, final revision June 2010.				
Terrain description:	<p>Land forms: Moderately hilly terrain with a height difference in the range of 10-30 meters.</p> <p>Vegetation: Mostly pine forest. Some felled areas. Some areas with bushes and small trees due to older felled areas.</p> <p>Ground: Runability varies from very good to good (due to undergrowth and fallen trees).</p> <p>Visibility: Varies from very good to good but limited in dense areas.</p> <p>Roads and paths: Well developed network of roads and paths. Some less distinct forestry tracks are not shown on the map.</p>				
Control descriptions:	Control descriptions are printed on the map.				
Course planner:	Thomas Löfgren				
Course information:	Length	Controls	Climb	Expected winning time	Refreshment controls
W 21	5 700 m	15	265	approx 3 x 35 min	None
M 21	8 300 m	20	410	approx 3 x 45 min	None



ORIENTEERING 2010 Borlänge Sweden

July 19-23
17 th World University
Championship

WUOC 2010
P.O. Box 98
S-781 21 Borlänge
Sweden

Phone (00)46-24-36 80 26
Fax (00)46-24-38 66 00
e-mail: info@wuoc2010.se



Radio controls:	There is 1 radio control on the M21 course and 1 radio control on the W21 course.
Spectators control:	All courses will have a spectator's control.
Refreshment:	Plain water will be available at the start area and after the finish.
Start area:	The start is at the competition arena.

7. Event centre

The official Event Centre of WUOC2010 will be located at the Scandic Hotel,

<http://www.scandichotels.com/en/Hotels/Countries/Sweden/Borlange/Hotels/Scandic-Borlange/>

This hotel provides a high standard of accommodation. Meeting rooms and similar facilities will be provided. The hotel is located in the centre of Borlänge. Shopping centres and other facilities such as training facilities, swimming pools, etc., are located close to the hotel.

WUOC 2010 Office and Information

For more information about WUOC 2010, including associated events and training camps, please contact us at:

WUOC 2010

P.O. Box 98, SE-781 21 Borlänge, Sweden

Phone: +46 243 68026, Fax: +46 243 86600

E-mail: info@wuoc2010.se, Internet: www.wuoc2010.se

8. Accommodation

All WUOC participants and officials will be accommodated in the Scandic Hotel, Borlänge. There are rooms with 2 - 4 beds. All rooms have shower, TV and free wireless Internet.

Period of WUOC accommodation: from July 18 to July 24.

Persons who have special dietary requirements (vegetarian etc.) should note that on the Nominative entry form.

9. Competition rules

The Competition Rules for IOF Foot Orienteering Events (version valid from 1st June 2009); Swedish Orienteering Federation rules regarding clothing (specified in a later section); and the Regulations for FISU Events shall be applied to participation in the World University Orienteering Championships 2010.



ORIENTEERING 2010 Borlänge Sweden

July 19-23
17 th World University
Championship

WUOC 2010
P.O. Box 98
S-781 21 Borlänge
Sweden

Phone (00)46-24-36 80 26
Fax (00)46-24-38 66 00
e-mail: info@wuoc2010.se



Note specifically, IOF rule 24.12, which says that if a nation has more than one team in the relay that only the better team is considered in determining the country placing.

For further details on regulations please refer to the Competitions Rules on the IOF website: <http://www.orienteering.org/>

10. Participation

WUOC2010 Participants

- Have to be students who are currently officially registered as proceeding towards a degree or diploma at a university or similar institute whose status is recognized by the appropriate national academic authority of their country, or former students who have obtained their academic degree or diploma in the year 2009;
- Must be at least 17 and less than 28 years of age on January 1st, 2010 (date of birth must be between January 1st, 1982 and December 31st, 1992);
- Must have full passport-holding citizenship of the country they represent.

Each country may enter a team with a maximum of 12 competitors (6 woman and 6 men) and 5 team officials. The maximum number of competitors from each country who may participate in each race is:

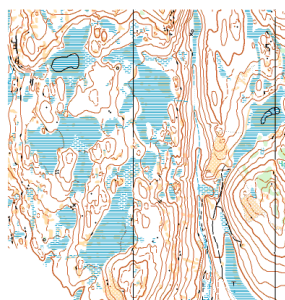
Sprint:	3 men and 3 women
Long distance:	4 men and 4 women
Middle distance:	4 men and 4 women
Relay:	2 men's teams (3 legs) 2 women's teams (3 legs)

11. Maps

Maps will be drawn according to the International Specification for Orienteering Maps (ISOM 2000) and the International Specification for Sprint Orienteering Maps (ISSOM 2005). Deviations from ISOM 2000 will be specified in the final bulletin.

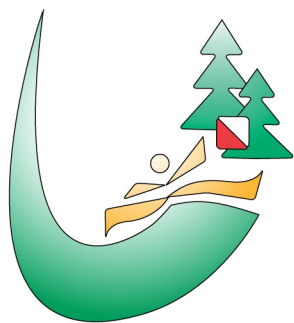
The following map scales and contour intervals will be used:

Competition: Long
Scale: 1:15 000
Contour interval: 5 m



Competition: Middle
Scale: 1:10 000
Contour interval: 5 m





ORIENTEERING 2010 Borlänge Sweden

July 19-23
17 th World University
Championship

WUOC 2010
P.O. Box 98
S-781 21 Borlänge
Sweden

Phone (00)46-24-36 80 26
Fax (00)46-24-38 66 00
e-mail: info@wuoc2010.se



Competition: Sprint
Scale: 1:4 000
Contour interval: 2,5 m



Competition: Relay
Scale: 1:10 000
Contour interval: 5 m



11. Old maps

Copies of the most recent versions of the orienteering maps of the embargoed areas are published on the website of WUOC2010 (in pdf and jpg format).
On request the maps can be sent on a CD at a price of 30 €.

12. Training opportunities

There are currently four training opportunities published on www.wuoc2010.se.

A training camp will be arranged 21th to 27th of June and 12th to 18th with control-flags in the forest.
Contact info@wuoc2010.se if you are interested in participating in the official training camp.

During other weeks the official WUOC-trainings are available with smaller flags marking controls in forest.

The following local O-Events are recommended for training:

27 June - 1 July Idre O-week (Idre is in the northern part of Dalarna) - <http://www.kart-bosse.se/idrefjall/>

Please see <http://www.wuoc2010.se/Home/Training> for the latest information about training packages.

13. Embargoed areas

With reference to the IOF Competition Rules (article 26.6), the listed areas are embargoed (for both summer and winter) for all potential



ORIENTEERING 2010 Borlänge Sweden

July 19-23
17th World University
Championship

WUOC 2010
P.O. Box 98
S-781 21 Borlänge
Sweden

Phone (00)46-24-36 80 26
Fax (00)46-24-38 66 00
e-mail: info@wuoc2010.se



WUOC2010 team members including coaches and team leaders and also including other persons that may be in a position to give information to team members.

Specifically, until WUOC2010 is finished, in the embargoed areas there will be:

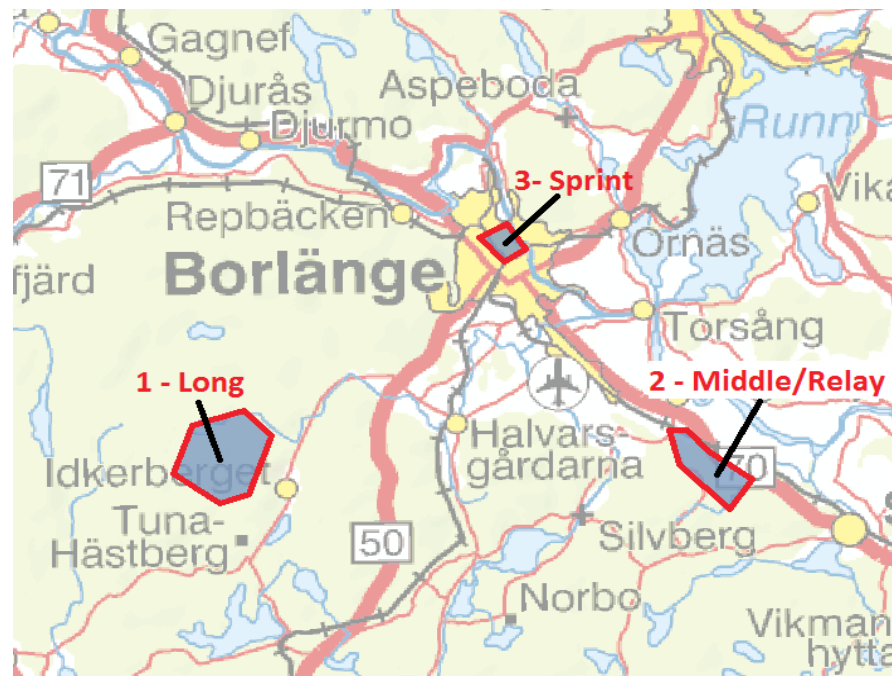
- NO orienteering activities (excluding WUOC itself)
- NO training sessions, route testing, races, etc. This includes winter cross-country skiing.
- NO surveying or other use of maps

It is allowed to pass through the embargoed areas using paved public roads only

In addition, for the embargoed area for the sprint competition, the following applies:

- It is allowed to pass through the embargoed area using paved public roads.
- It is allowed to visit shops and restaurants from paved public roads.
- No surveying or other use of maps.
- All movement outside of paved public roads such as backyards or parks is not allowed.
- **The areas A, B and C (on sprint map below) are completely forbidden areas, even including paved public roads/paths.**

Embargoed areas





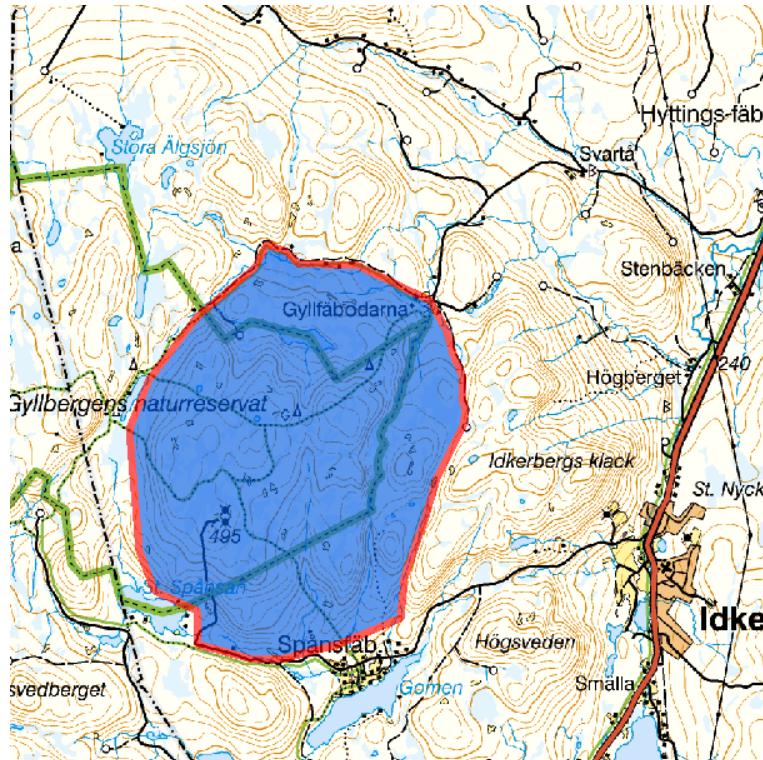
ORIENTEERING 2010 Borlänge Sweden

July 19-23
17th World University
Championship

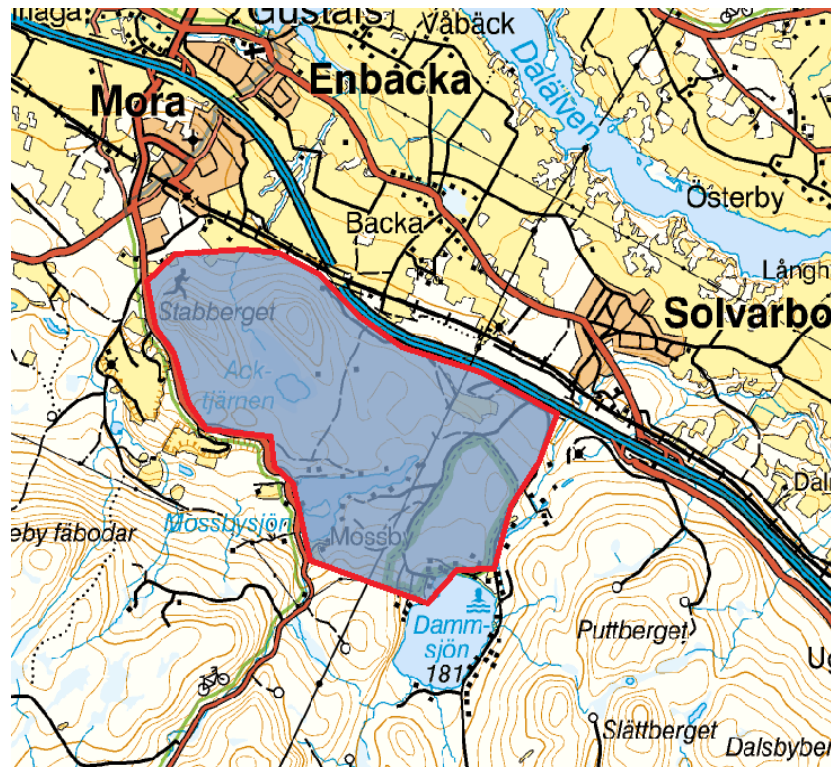
WUOC 2010
P.O. Box 98
S-781 21 Borlänge
Sweden

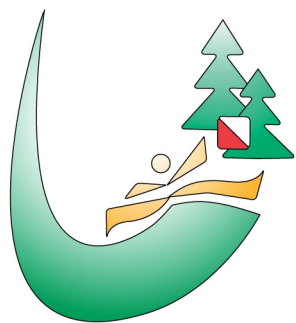
Phone (00)46-24-36 80 26
Fax (00)46-24-38 66 00
e-mail: info@wuoc2010.se

Long



Middle and relay





ORIENTEERING 2010 Borlänge Sweden

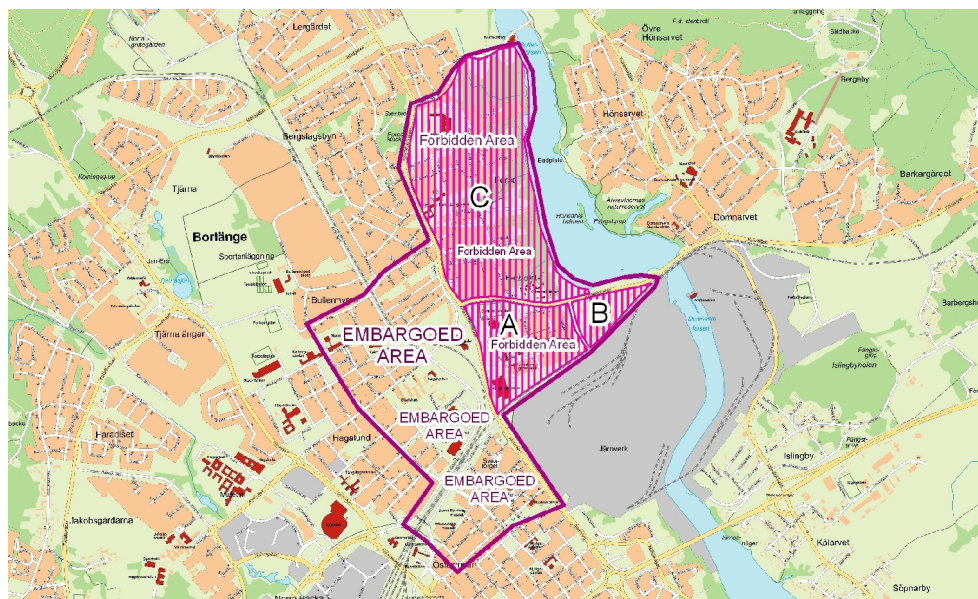
July 19-23
17th World University
Championship

WUOC 2010
P.O. Box 98
S-781 21 Borlänge
Sweden

Phone (00)46-24-36 80 26
Fax (00)46-24-38 66 00
e-mail: info@wuoc2010.se



Sprint



16. Punching system and timing

WUOC will use the SPORTident punching system on all events.

It is allowed to use your own SPORTident (only version 5 & 6 is allowed). The entry fee will cover the rental of SPORTident cards.

For those using their own SPORTident card, the SPORTident card number should be reported to the organizer at the same time as the nominative entry. This should be 19th June at the latest.

The competitor must use the same SI card for all the races.

Competitors are reminded if the IOF rules that says:

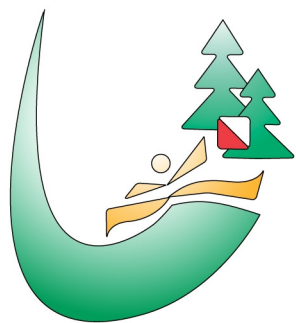
- It is the competitors responsibility to ensure correct punching
- If a SPORTident station fails to operate then the competitor must use the backup pin punch to make a mark in the reserve box provided on the map and report this at the finish.

SPORTident will not be used for official timekeeping, but will be used for split time presentation. Unofficial split times recorded by SPORTident will be published.

An independent backup timing system will be used throughout the competition.

17. Clothing

In accordance with Swedish Orienteering Federation rules, the runners should wear clothing **covering the whole body** except for head, neck and arms. Shoulders and knees must be covered. This does not apply to the sprint competition. There are no restrictions



ORIENTEERING 2010 Borlänge Sweden

July 19-23
17th World University
Championship

WUOC 2010
P.O. Box 98
S-781 21 Borlänge
Sweden

Phone (00)46-24-36 80 26
Fax (00)46-24-38 66 00
e-mail: info@wuoc2010.se



with regard to footwear.

18. Weather

The weather in Borlänge in July is normally nice and warm during the day and mild at night. Average daily temperatures this month range from 18 - 25 degrees Celsius. There is approximately 2-3 hours of darkness during the nights.

19. Travel information

Borlänge is situated about 130 km north of Stockholm/Västerås Airport (served by Ryan Air); 200 km north-west of Stockholm/Arlanda Airport (2 hours by train). From Stockholm/Skavsta airport (served by Ryan Air and Wizz Air), the distance to Borlänge is about 270 km (there are no direct connections by train or bus from Stockholm Skavsta to Borlänge).

The organizers will arrange one complimentary transport from Stockholm/Arlanda to Borlänge. This transport will be sometime during Sunday 18th July, depending on travel plans for the arriving teams. Exact time will be communicated after the 19th June.

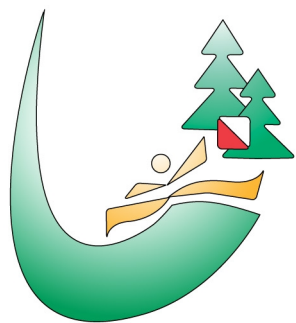
The organizers will arrange one complimentary transport from Borlänge to Stockholm/Arlanda on Saturday morning 24th July.

The organizers can, if there enough persons who are interested, arrange transportation to O-Ringen in Örebro 2010, the 5-days competition. There will be an extra fee for that transportation.

For teams arriving to Stockholm/Arlanda on other times we recommend train transportation directly from the airport to Borlänge, the timetable is:

Day	From Stockholm/Arlanda	To Borlänge
Saturday July, 17	10:07	12:07
	12:07	14:07
	14:07	16:07
	18:07	20:07
Sunday July, 18	10:07	12:07
	12:07	14:07
	14:07	16:07
	18:07	20:07
Monday July, 19	08:07	10:07
	10:07	12:07

The one-way fee for the train Stockholm/Arlanda to Borlänge is



ORIENTEERING 2010 **Borlänge Sweden**

July 19-23
17th World University
Championship

WUOC 2010
P.O. Box 98
S-781 21 Borlänge
Sweden

Phone (00)46-24-36 80 26
Fax (00)46-24-38 66 00
e-mail: info@wuoc2010.se



approximately 10 - 20 Euro. Early booking is recommended for lower prices. Take the train directly from Sky-City between terminals 4 & 5 within the airport (do NOT travel into Stockholm city first).

20. Event transportation

The organizers will arrange all transportation between the Event Centre and competitions during the WUOC. Team members not competing can use their own cars to the competition arena for the middle distance and relay races. To the long distance competition arena the use of buses from the organizer is mandatory.

21. Accreditation

Accreditation will start at the Event Centre, Saturday 17th July.

Deadline for accreditation will be 14:00, Monday, July 19th.

22. Antidoping

“Doping is fundamentally contrary to the spirit of sport” - Doping is strictly prohibited.

The organizers of WUOC2010 are committed to do everything required to support the official anti-doping authorities in the successful and transparent realization of their work. We strongly support all positive efforts to keep our sport clean and free of doping. IOF Anti-Doping Code and its rules, valid from 1st June 2009, shall be in force during WUOC2010.

The doping tests will be conducted in accordance with the procedures laid down in WADA International Standard for Testing and the FISU Medical Regulation, valid from July 2007. A doping control may be carried out at any time during the competition period. All communication with the Organizers about doping control issues should be done through the WUOC Office.

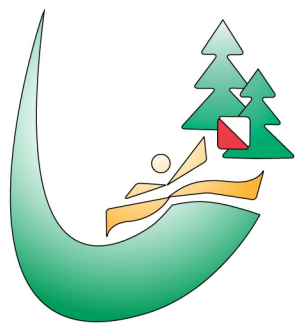
23. Medical services

Emergency medical services are available at the event arenas for all races. For other medical problems we will refer you to the local hospital and medical centres in Borlänge. The organizer can assist in arranging healthcare services for participants in WUOC2010 if required.

24. Media

Media representatives can receive information at the website www.wuoc2010.se. The Press centre will be open at the Event Centre throughout the whole week. Internet and phone services will be available. Accommodation for media representatives can be arranged in Borlänge on request.

Entry applications from media representatives should be submitted to the address info@wuoc2010.se by June 19th, 2010 at the latest.



ORIENTEERING 2010 Borlänge Sweden

July 19-23
17th World University
Championship

WUOC 2010
P.O. Box 98
S-781 21 Borlänge
Sweden

Phone (00)46-24-36 80 26
Fax (00)46-24-38 66 00
e-mail: info@wuoc2010.se



25. Entries

Registration is done using the online system: <http://event.feratel.at/fisu>.

In order to register athletes and officials for your country please insert your NUSF individual user-code (as sent by FISU) and password to enter the secure website area. The WUOC 2010 EventCode is F110ORIE. Final, nominative entries, containing full name, date of birth and other information about competitors and team officials must be submitted by June 19th, 2010. Entry forms for this are available on www.wuoc2010.se.

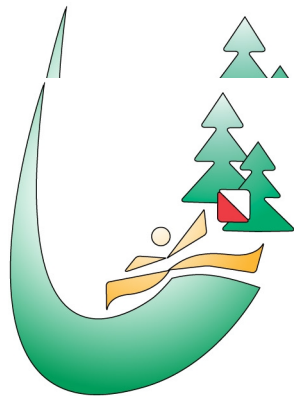
26. Entered teams

As of April 19th the following teams have made a quantitative entry:

Team	Runners Men	Runners Women	Officials	Tot no in team
Australia	6	4	1	11
Austria	6	6	2	14
Belarus	5	3	1	9
Bulgaria	4	1	2	7
Canada	4	1	1	6
Czech Republic	6	6	3	15
Denmark	5	2	1	8
Estonia	6	3	2	11
Finland	4	4	2	10
France	5	5	4	14
Germany	5	5	2	12
Great Britain	6	6	4	16
Hungary	6	6	2	14
Italy	6	4	2	12
Japan	6	4	2	12
Kazakhstan	0	0	0	0
Latvia	5	2	0	7
New Zealand	3	3	1	7
Norway	6	6	2	14
Peoples republic of China	6	6	6	18
Polen	4	4	2	10
Republic of Moldavia	1	2	0	3
Russia	6	6	1	13
Slovakia	3	3	1	7
Spain	4	4	3	11
Sweden	6	6	2	14
Switzerland	6	6	3	15
USA	5	4	1	10
TOTAL	135	112	53	300

27. Participation fee

The participation fee will be applied in accordance with FISU



ORIENTEERING 2010 Borlänge Sweden

July 19-23
17 th World University
Championship

WUOC 2010
P.O. Box 98
S-781 21 Borlänge
Sweden

Phone (00)46-24-36 80 26
Fax (00)46-24-38 66 00
e-mail: info@wuoc2010.se



Regulations (currently 60 Euro per person per day), the same fee applies for athletes and team officials. The account number for payment is:

Bank name: Swedbank AB
Bank address: SE- 105 34 Stockholm, Sweden
BIC: SWEDSESS
Account name: Stora Tuna OK
IBAN: SE51 8000 0816 6113 7676 8659
Text message: Please enter your federation and a contact name

A deposit payment of 25% should have been made by the 19th April 2010.

The organizer must have received the remaining 75% of the participation fee by the 19th July. Be aware of bank transfer days.

Please note that all bank charges are to be paid for by the sender.

A FISU fee of Euro 20 per person will also be claimed in cash upon accreditation.

28. Visas

Persons of the members states of EU and EEA do not need a

visa: Austria, Belgium, Bulgaria, Cyprus, Czech Republic, Denmark, Germany, Greece, Finland, France, Hungary, Iceland, Ireland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Norway, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, The Netherlands, United Kingdom and Switzerland are free to enter Sweden.

The travel documentation required to enter Sweden in this case is a personal ID-card or passport.

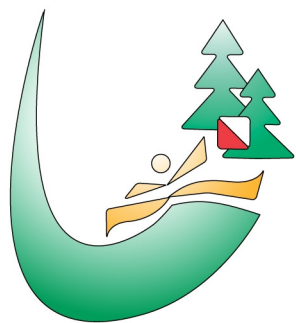
The holders of passports of the following countries do not need a visa to enter Sweden for stays of no more than three months in a six month period: Andorra, Argentina, Australia, Canada, Chile, Costa Rica, Croatia, Brazil, Brunei, El Salvador, Guatemala, Holy See, Honduras, The Hong Kong Special Administrative Region, Israel, Japan, The Macao Special Administrative Region, Malaysia, Mexico, Monaco, New Zealand, Nicaragua, Panama, Paraguay, San Marino, Singapore, South Korea, United States of America, Uruguay and Venezuela.

Citizens of all other countries need a visa.

Visa regulations are subject to changes. For up to date visa information and entry details please contact your nearest Embassy or Consulate of Sweden, or the consular department of the Foreign Ministry of Sweden,

Phone: +46 8 405 10 00 Fax: + 46 8 723 11 76

Web-site: www.swedenabroad.com



ORIENTEERING 2010 Borlänge Sweden

July 19-23
17 th World University
Championship

WUOC 2010
P.O. Box 98
S-781 21 Borlänge
Sweden

Phone (00)46-24-36 80 26
Fax (00)46-24-38 66 00
e-mail: info@wuoc2010.se



29. EAS-Network Seminar

The EAS-Network (The European Athlete/Student Network) in cooperation with Dalarna University, Dala Sports Academy and Stora Tuna OK invites you to a seminar on:

High performance Sport and Studies - Development Trends in Swedish Orienteering and Specific Training of Orienteering

Wednesday July 21st 0900 - 1200 2010, at the Maxim Theatre (same room as for the team officials meetings)

Preliminary programme

09.00	Welcome	
09.15	Presentation of the EAS-Network, organizing Universities and Sport Academies with members in 24 European countries	Bengt Nybelius
09.45	Coffe break	
10.00	The improvement of Sports Environment in Swedish Orienteering	Håkan Carlsson,
11.00	Specifics of orienteering training from a physiologists perspective	Prof. Michail Tonkonogi

Presenters

- Bengt Nybelius, Chairman of the EAS-Network, The European Network for High Performance Sport and Education
- Håkan Carlsson, National Team Trainer for the Swedish Orienteering Association
- Michail Tonkonogi, Professor at Dalarna University in Medical Science, Specializing in Exercise Physiology.

Certificate of attendance will be issued by Dalarna University.

Registration should be done to address bny@du.se before 19th June.

Last date for registration for persons accredited to the WUOC 2010: Sunday July 18th at the Event centre.

Fee: Seminar is free of charge

More information will be published on www.wuoc2010.se

Most Welcome all leaders, coaches, athletes and friends of WUOC 2010.

30. Further information

You can find further information at www.wuoc2010.se or in Bulletin 4. Bulletin 4 will be published before July 18, 2010.

31. Important dates

June 19, 2010	Final nominative entries must be sent to info@wuoc2010.se
July 19, 2010	Final date for full payment of entry fee
July 18, 2010	Bulletin 4 will be released