



## 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  
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e-mail: info@wuoc2010.se



**XVII WORLD UNIVERSITY  
ORIENTEERING CHAMPIONSHIP**  
**19<sup>th</sup> July – 23<sup>rd</sup> July 2010**  
**BORLÄNGE, SWEDEN**  
***Bulletin #4***  
***18<sup>th</sup> July 2010***

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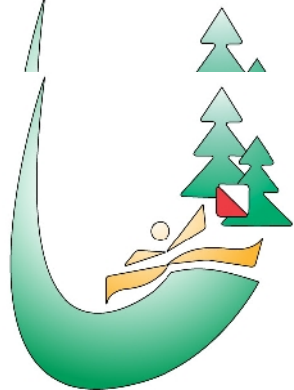
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# Welcome to World University Orienteering Championship 2010 in Borlänge, Sweden



*I would like give you all a warm welcome to Borlänge and the 17th World University Orienteering Championship. It is now finally time to realize a long, intense and extremely inspiring planning process into a rarely seen sports festival. We hope and believe that these days will be a memory for life, for all of us. It is with joy and expectation that we note that the conditions for this event are looking great.*

*In Borlänge, there is a strong culture of sport, great experience in organizing competitions, and beautiful surroundings - perfect for orienteering. In addition, there is record high interest in participation in these competitions. Never before have there been so many participants at a World University Orienteering Championship including a large number of world class orienteers. All this makes me feel certain that we will look back on this WUOC with warmth, for a long time to come.*

*Finally, I and the entire organization would like to give you all - participants, leaders and spectators a challenge -Do not forget to enjoy the moment out there in the woods, this is student sport at its best!*

Stefan Bergh,  
Vice President  
Chairman, FISU Development Committee  
**FISU, International University Sports Federation**



**Dear Orienteering friends,**

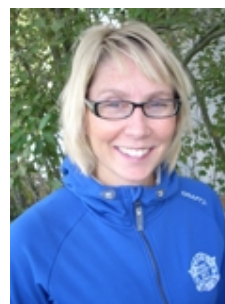
*On behalf of the municipality of Borlänge I would like to welcome competitors, team leaders and guests to Borlänge and the XVII World University Orienteering Championship 2010.*

*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

# 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 km<sup>2</sup>, 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 km<sup>2</sup>. 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 18000.

## 2. Environmental profile

The city of Borlänge has a well known environmental and recycling profile and is well known for its splendid water!. The same will apply for these championships. As the sport of orienteering uses the nature and forest as our competition arena it is important for us to minimize the stress on that environment.

We have actively made the following environmental related choices when organizing these championships

- tried to minimize transportation with buses and cars
- used cars with environmentally friendly fuel
- not have any specific profile clothing for the championships - all officials use our normal club

- uniform
- every participant will get a bottle for drinking water. Fill the bottle with tap water and get the taste of natural, clean water without any chemical additives, instead of buying costly water in the stores

### 3. 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](mailto:info@saif.se), Web: [www.saif.se](http://www.saif.se)



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



Municipality of Borlänge, SE-781 81 Borlänge, Sweden  
Phone: +46 243 74000, Fax: +46 243 74550  
E-mail: [kommun@borlange.se](mailto:kommun@borlange.se), Web: [www.borlange.se](http://www.borlange.se)



University of Dalarna, SE-791 88 Falun, Sweden  
Phone: +46 23 778000, Web: [www.du.se](http://www.du.se)

### Organizing Committee

Johanna S:t Clair Renard	Swedish University Sports Federation	Chairman of Organizing Committee
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	

### 4. 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](mailto:info@wuoc2010.se), Web: [www.wuoc2010.se](http://www.wuoc2010.se)

**FISU Executive committee**  
**FISU CIC Member**  
**IOF Representative**

Ulp Kairis  
 Arie Rosenzweig  
 Björn Persson

**FISU Medical committee**  
**FISU Staff**

Dr José Luis Terreros  
 Milan Augustin

**Event coordinator** Christer Löfås, Stora Tuna OK

**Event director, middle** Sven Lundbäck, Stora Tuna OK

**Event director, relay** Sven Lundbäck, Stora Tuna OK

**Model event** Staffan Eriksson, Stora Tuna OK

**Course setting, long** Thomas Norgren, Stora Tuna OK

**Course setting, sprint** Lars Sjökvist, Stora Tuna OK

**Mapper, sprint** Claes Nideborn, Borlänge

**Finance** Sven Alexandersson, Stora Tuna OK

**Administration and accreditation** Elisabeth Löfås, Stora Tuna OK

**Sound** Nils Olsson, Stora Tuna OK

**IT and time keeping** Peter Löfås, Stora Tuna OK

**Anti-doping Reporters** Ulla-Kari Pontén, Stora Tuna OK  
 Dalarna University

**Event director, long** Johan Alfredsson, Stora Tuna OK

**Event director, sprint** Mari-Louise Lundgren, Stora Tuna OK

**Spectators event** Sture Sjödin, Stora Tuna OK

**Course setting, middle** Jesper Mårtensson, Stora Tuna OK

**Course setting, relay** Thomas Löfgren, Stora Tuna OK

**Mapper, relay** Karl Johansson, Hedemora

**Transportation** Bengt Hamelius, Säterbygdens OK

**Arena and construction** Andreas Persson, Stora Tuna OK

**Administration, competitions** Niklas Aldin, Stora Tuna OK

**Medical services** Gunilla Arvidsson, Stora Tuna OK

**Speaker** Ola Jodahl

## 5. Event controllers

**FISU controller** Ola Kåberg, Sweden  
**IOF Advisor** Bernt O. Myrvold, Norway

## 6. WUOC 2010 programme

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
<b>MONDAY, July 19, Model event</b>		
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 entries	Scandic Hotel
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 theatre
20.00 - 23.00	WUOC Pub	Maxim theatre
<b>TUESDAY, July 20, Long distance</b>		
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 theatre
20.00 - 23.00	WUOC Pub	Maxim theatre
<b>WEDNESDAY, July 21, Sprint distance</b>		
06.30 - 10.00	Breakfast	Scandic Hotel
08.00 - 21.00	Event office open	Scandic Hotel
09.00 - 12.00	EAS Network Seminar	Maxim theatre
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 - 18.00	Sprint distance competition	Borlänge
17.30	Medal ceremony	Competition arena
18.00	Press conference	Competition arena
18.30 - 19.30	Dinner	Scandic Hotel



19.30	Team officials meeting	Maxim theatre
20.00 - 23.00	WUOC Pub	Maxim theatre
<b>THURSDAY, July 22, Middle distance</b>		
06.30 - 10.00	Breakfast	Scandic Hotel
08.00 - 21.00	Event office open	Scandic Hotel
10-08-20	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 theatre
20.00 - 23.00	WUOC Pub	Maxim theatre
<b>FRIDAY, July 23, Relay</b>		
06.30 - 10.00	Breakfast	Scandic Hotel
08.00	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
13.15	Press conference	Competition arena
13.45	Mass start for VIP, Press and team officials	Competition arena
18.00	Closing ceremony	Maxim theatre
19.00	Banquet, disco and pub	Scandic Hotel
<b>SATURDAY, July 24, Departure</b>		
07.00 - 10.00	Breakfast	Scandic Hotel
07.00 - 12.00	Event office open	Scandic Hotel
07.00 - 12.00	Departure	Scandic Hotel

## 7. Daily programme

### 7.1 Model event

**Monday, July 19, 09.00 - 12.00**

<b>Location:</b>	Skräddarbacken, Borlänge - 5 km from Scandic Hotel
<b>Duration:</b>	09.00 - 13.00

<b>Route:</b>	Bus line 602, direction Skräddarbacken. Departure every 20 minutes. Bus stop "Lapp Anders väg". Please respect your team's departure time. Your accreditation card will be valid as ticket.	
<b>Maps:</b>	Skräddarbacken (rev 2009), scale 1:10 000, contour interval 5m, size 297 mm X 210 mm (A4). Map maker: Erik Sundberg, same as long distance.	
<b>Terrain description:</b>	<b>Land forms:</b> Hilly terrain with a height difference up to 40 meters. <b>Vegetation:</b> Mixed pine and fir forest. Clearings of varying age, some green areas. <b>Ground:</b> Runability varies due to older clearings with dense vegetation and blueberry bushes. <b>Visibility:</b> Varies from bad to very good. <b>Roads and paths:</b> One gravel road crossing the area. A small numbers of tracks and paths.	
<b>Area/Course descriptions:</b>	<b>Start:</b> The Pre-start will be close to the bus stop. There will be a tent where you can leave clothes. There is a toilet here. Then it's 100m to the Time-start where you will get the map. <b>Course:</b> 5,8km with 11 controls, there is the possibility to make a shorter alternative. Control descriptions are printed on the map. Separate control descriptions will be available at the pre-start. The size of the control descriptions are a maximum of 60mm wide. <b>Controls:</b> Flags with SI-units. <b>Control stands:</b> Three different types. All types will be used on the WUOC competitions. <b>Punching:</b> SI-system. <b>Finish:</b> Close to the bus stop. Follow map back to the prestart where you can get your SI-splits.	
<b>Course planner:</b>	Staffan Eriksson	
<b>Transport</b>	Departure	Teams
	08:40	AUS, BLR, LTU, UKR
	09:00	AUT, CZE, DEN
	09:20	BUL, CAN, ESP, IRL, ISR
	09:40	EST, FIN, FRA
	10:00	GBR, GER, HUN
	10:20	ITA, CHN, LAT
	10:40	JPN, MDA,NOR, NZL
	11:00	POL, SUI, RUS
	11:20	SWE, SVK, USA
<b>Special considerations for Model event</b>	There is a small lake with a beach about 500 m south of the Finish where it is possible to have a swim.	


**Tuesday, July 20, 09.30 - 14.30**

**Tuesday, July 20, 09.30 - 14.30**

- 1 Team lunch
- 2 Food shop
- 3 Sports shop
- 4 Team tent
- + 5 First aid
- 6 Doping test
- 7 VIP/Media
- 8 Parking
- 9 Bags from start
- 10 Warm down along these roads
- 11 Start WUOC Tour
- 12 Buses to Hotel
- WC Toilets
- ☕ Refreshments
- ⋮ Finish line

<b>Competition arena:</b>	Gyllfäbodarna - 20 km from Scandic Hotel. GPS Position: WGS84 N 60° 24.205' , E 15° 11.038'
<b>First start:</b>	09.30, start interval 2 min
<b>Route:</b>	Road 50 - Idkerberget - Gyllbergen
<b>Transport:</b>	The organizer's transport to the start area is mandatory for all competitors. Other team members must use the organizers bus to get to the competition arena. The first bus departure time will preliminary be at 07:30, with a transport time 30 minutes. The exact time schedule for the buses will be distributed in



	<p>the team boxes at the Event centre before the team leaders meeting.</p> <p>A transportation service will be provided from the start area to the competition arena for competitor's bags. Team officials also have to use the bus transport from the start area to the competition arena. Team officials are not allowed to return to the start area if they have visited the competition arena.</p>					
Map:	<p>Scale 1:15 000, contour interval 5.0 m, size A3 (297 x 420 mm), mapped by Erik Sundberg, final revision June 2010. Drawn according to the International Specification for Orienteering Maps (ISOM 2000). The maps will be put into sealed plastic bags.</p> <p>Bare rock, glades and other open areas in the forest are all drawn with the colour yellow. Small hunting huts (see photo below) are not shown on the map. Trails for hiking and skiing which are marked in the terrain are only shown with the path symbol on the map when there is a distinct path on the ground. Some of the wider ski-trails are shown with yellow too. The minimum rock size is about 1.0 metres for small boulders and about 2.5 metres for large boulders.</p>  <p><b>Special map symbols</b>  Black O : Charcoal burning area  Black X : Ruin of a small hut (most of them are adjacent to charcoal burning areas)</p>					
<b>Terrain description:</b>	<p><b>Land forms:</b> Hilly terrain with a height difference of 20 - 60 meters. Small contour details in some areas.  <b>Vegetation:</b> 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.  <b>Ground:</b> Mostly soft due to moss and other ground vegetation in the forest. Some areas with bare rock. Marshes can be very soft in wet conditions.  <b>Visibility:</b> Varies from very good to good.  <b>Roads and paths:</b> Almost no roads or paths.</p>					
<b>Control descriptions:</b>	<p>Control descriptions are printed on the map. Separate control descriptions will be available. The size of the control descriptions are a maximum of 60 x 105 mm for Women and a maximum of 60 x 185 mm for Men  First Aid in the forest is where the Refreshments are located. The refreshments are only marked with a sign by a cup on the control descriptions.</p> <p><u>Special control descriptions:</u>  Ruin of a small hut is represented with a black cross ( X).</p>					
<b>Course planner:</b>	Thomas Norgren					
<b>Course information:</b>	<b>Length</b>	<b>Controls</b>	<b>Climb</b>	<b>Expected winning time</b>	<b>Maximum running time</b>	<b>Refreshment controls</b>
<b>Women</b>	7 660 m	12	235 m	57 min	240 min	50 %, 65 %
<b>Men</b>	11 990 m	17	390 m	75,30 min	240 min	30 %, 70 %

<b>Start procedure</b>	<pre> graph TD     A[SCANDIC HOTEL] -- "Transportation with bus" --&gt; B[PRE-START AREA Registration of runners and Team leaders. Warm-up map Empty and Check SI Card]     B -- "Follow streamers 600 meters" --&gt; C["- 7 minutes (In pre-start area)"]     C -- "Follow streamers 250 meters" --&gt; D["- 3 minutes"]     D --&gt; E["- 2 minutes Control descriptions"]     E --&gt; F["- 1 minutes"]     F --&gt; G["Start time Start gate Runner gets map at start time"]     G --&gt; H[Start point]     H --&gt; I[Finish]     I --&gt; J[Bag claim]     J --&gt; K[Transportation back to hotel By organisations buses]     L["Transport every 30 minutes. Team leaders allowed according to available seats"] --&gt; G     </pre>
<b>Radio controls:</b>	There are two radio controls on both courses
<b>Spectators control:</b>	There will be no spectator control
<b>Refreshment:</b>	Water will be available at the pre-start area and after the finish. Water and Sports Drink (Maxim) will be available at the refreshment controls.
<b>Special information for the long distance</b>	In some weather conditions there are many mosquitoes in the terrain. It is therefore good to bring protective clothing to wear both before starting and after finishing.

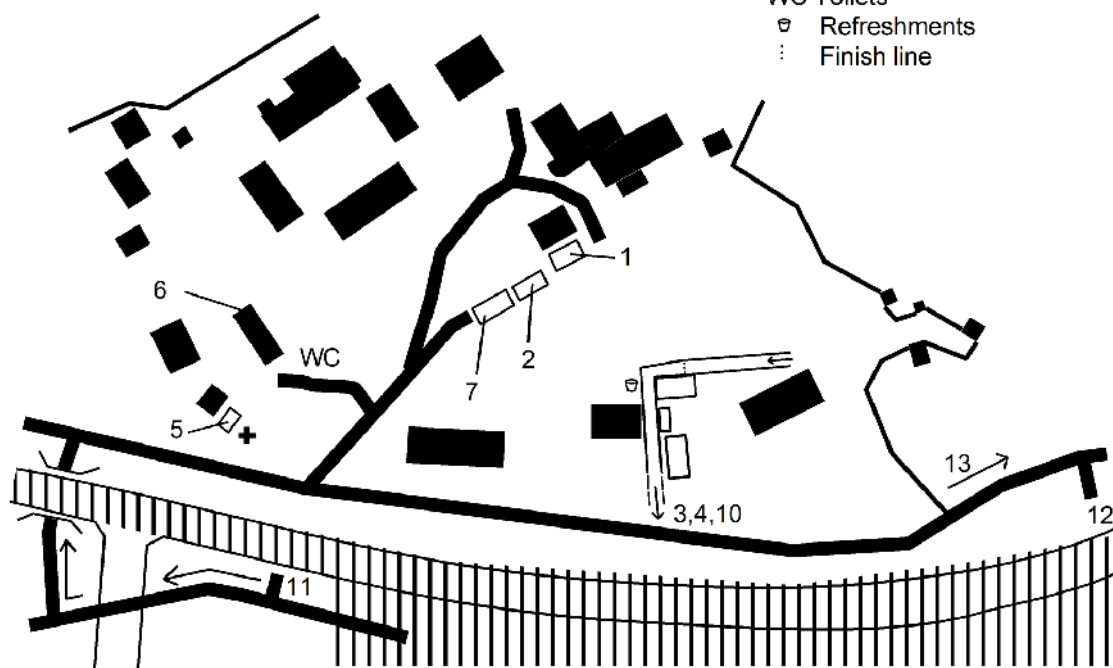
**Wednesday, July 21, 15.30 - 18.00**

**Wednesday, July 21, 15.30 - 18.00**

- 1 Food shop and BBQ
- 2 Sports shop
- 3 Team tent
- 4 Bags from start
- + 5 First aid
- 6 Doping test
- 7 VIP/Media
- 10 Quarantine, with water and WC
- 11 Bus 602 from Hotel towards "Sjukhus"  
(bus stop "Gammalgården")
- 12 Bus 602 to Hotel towards "Centrum"  
(bus stop "Domnarvsgården")
- 13 Start WUOC Tour

WC Toilets

- ☉ Refreshments
- ⋮ Finish line



<b>Competition arena:</b>	Gammelgården, Borlänge - 2 km from Scandic Hotel. GPS Position: WGS84 N 60° 29.753' , E 15° 26.364'
<b>First start:</b>	15.30
<b>Route:</b>	Bus line 602 - direction <b>"Sjukhuset"</b> , departure every 20 minutes. Bus stop <b>Gammelgården</b> . Your Accreditation card is valid as a bus ticket.
<b>Quarantine</b>	Quarantine starts at 13.00 and the runners and team leaders must stay inside the hotel. Team leaders and non competing runners may leave, but not return to the hotel after 13.00. After the finish there will be a quarantine for the competitors.
<b>Transport:</b>	Competitors will walk from the hotel to the pre-start area in groups, see special schedule. Other team members can use the public bus or walk to get to the competition arena. Transport back to hotel by foot or public buses.



	A transport service will be provided from the pre-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.					
<b>Map:</b>	<p>Scale: 1:4 000, Contour interval: 2,5 m Map size: 297 x 420 mm , mapped by Claes Nideborn.</p> <p>Drawn according to the International Specification for Sprint Orienteering Maps (ISSOM 2007). The maps will be put into sealed plastic bags.</p> <p>Paved areas are shown with brown 20 % for asphalt/concrete and 10% brown for hard gravel.</p> <p>At the free website <a href="http://www.hitta.se">http://www.hitta.se</a> you can use a service called "Gatubild" ("Street view") to see pictures from Borlänge city combined with a detailed map. We inform you 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 apply.</p>					
<b>Terrain description:</b>	<p><b>Land forms:</b> Mostly flat but some parts with steep slopes.</p> <p><b>Vegetation:</b> A mix of urban areas, parks, and farm fields with trees, some high grass and some stinging nettles.</p> <p><b>Ground:</b> Mostly firm and dry. Steeper parts may be slippery in wet conditions.</p> <p><b>Visibility:</b> Very good.</p> <p><b>Roads and paths:</b> A developed network of city roads and paved bicycle paths.</p>					
<b>Control descriptions:</b>	Control descriptions are printed on the map. Separate control descriptions will be available, a maximum of 140 x 60mm for Women and 155 x 60mm for Men. Radio controls are marked on the control description.					
<b>Course planner:</b>	Lars Sjökvist					
<b>Course information:</b>	Length	Controls	Climb	Expected winning time	Maximum running time	Refreshment controls
<b>Women</b>	2 600 m	17	50 m	approx 13.30 min	50 minutes	None
<b>Men</b>	3 300 m	20	60 m	approx 14.30 min	50 minutes	None
<b>Clothing</b>	<p>Shoes with spikes or metal studs are <u>not</u> allowed.</p> <p>The Swedish rules that the runners should wear clothing covering the whole body does not apply for the sprint race.</p>					

<p><b>Start and finish procedure</b></p>	<pre> graph TD     A["<b>SCANDIC HOTEL</b> Quarantine starts at 13.00. All runners and Team leaders must stay inside hotel. 14.20 Departure Group A 14.30 Departure Group B 14.40 Departure Group C 14.50 Departure Group D"] -- "Max 20 minutes walk" --&gt; B["<b>PRE-START AREA</b> Last entry time 15.10 Registration of runners and Team leaders. Warm-up map Empty and Check SI Card"]     B --&gt; C["- 3 minutes (In pre-start area)"]     C --&gt; D["Follow streamers 170 meters"]     D --&gt; E["- 2 minutes Control descriptions"]     E --&gt; F["Follow streamers 20 meters"]     F --&gt; G["- 1 minutes"]     G --&gt; H["Follow streamers 10 meters"]     H --&gt; I["<b>Start time</b> Start gate Runner gets map at start time"]     I --&gt; J["<b>Start point</b>"]     J --&gt; K["<b>Finish</b>"]     K --&gt; L["<b>Finish quarantine</b> Runners are allowed to leave quarantine 15 minutes after last start time"]     L --&gt; M["<b>Transportation back to hotel</b> By foot or by public buses"]     B -- "Bag drop" --&gt; N["Transport every 15 minutes. Team leaders allowed according to available seats"]     N -- "Bag claim" --&gt; L </pre>
<b>Radio controls</b>	There are two radio controls and one pre-warning on both courses.
<b>Spectators control</b>	Both courses will have a spectators control close to the finish area.
<b>Refreshments</b>	Water will be available at the pre-start area and after the finish.
<b>Special considerations for the sprint</b>	<ul style="list-style-type: none"> <li>Control stands will be of two different types. Both types will be set up in the pre-start area. All controls have two SI units. The controls are guarded.</li> <li>There will be cars, bicycles and pedestrians in the competition area, be aware of this during your race. We have "traffic guards" and traffic signs in some places to inform drivers and the public about the competition.</li> <li>Areas marked on the map with ISSOM symbols "528.1 Area with forbidden access" may be marked with blue and yellow tapes in the terrain to make the boundary more visible.</li> <li>A passable fence marked on the map is 1.1 meter high. To make it easier to cross, wooden pallets (one or two layers) are positioned in places where runners are expected to cross the fence. There are other route choices to</li> </ul>

avoid the fence. See photo below



**Guidelines for spectators**

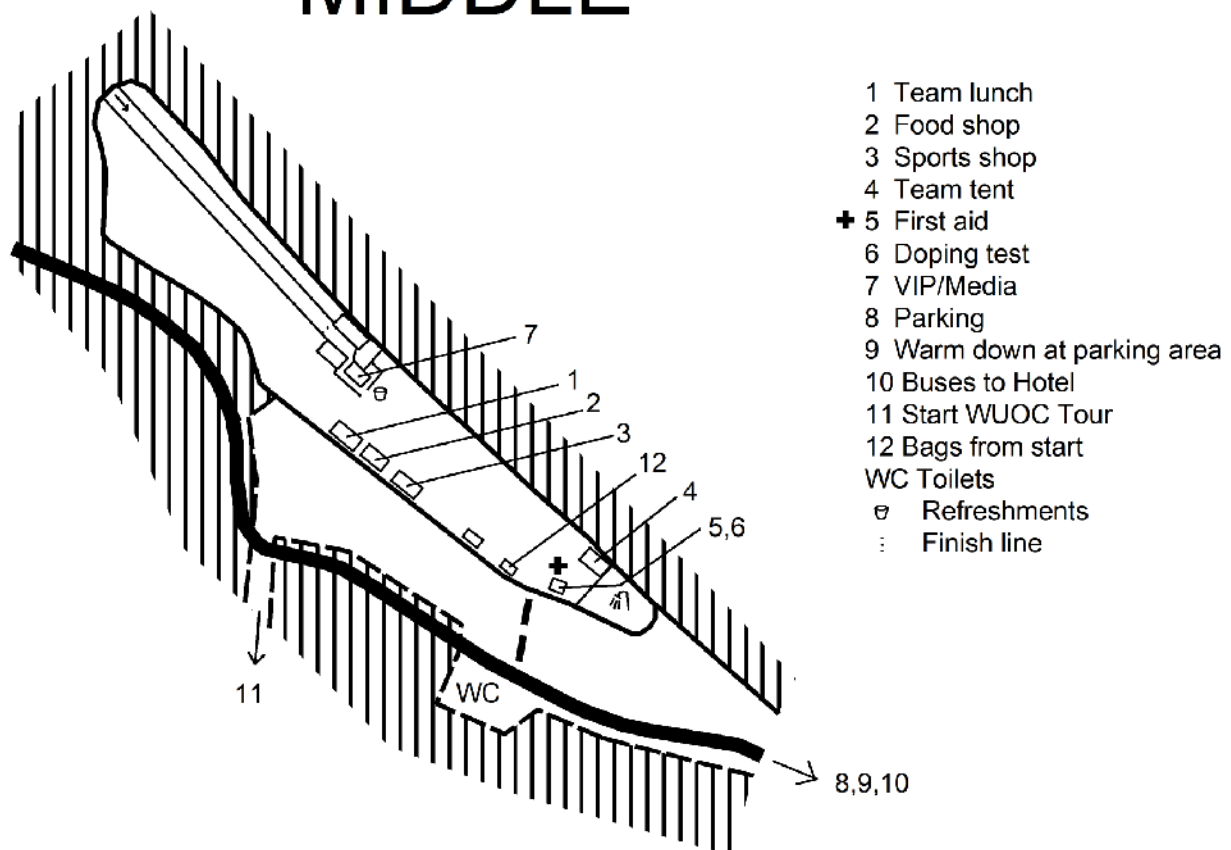
- Do not enter out of bounds area
- Do not get in way of the runners
- Keep at least 5 meters from all controls and 20 meters from the start point
- Do not run with the runners



## 7.4 Middle distance

Thursday, July 22, 10.00 - 14.30

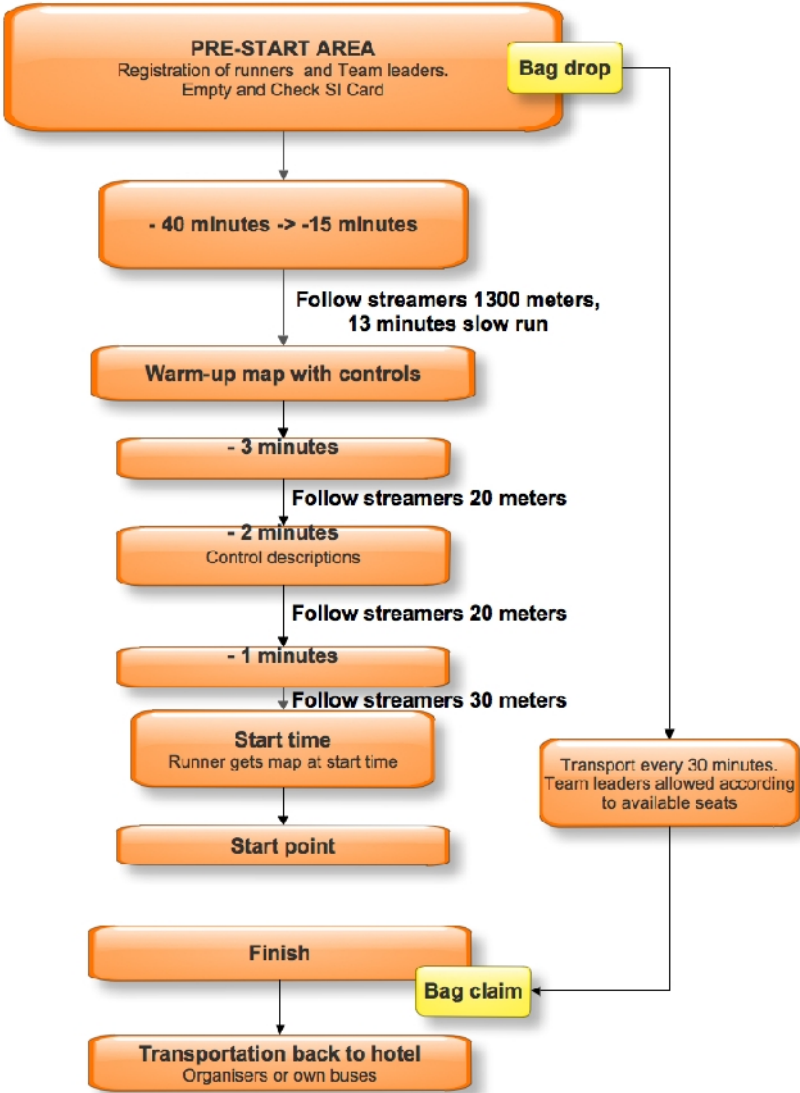
# MIDDLE



<b>Competition arena</b>	Gustafs - 20 km from the Scandic Hotel. GPS Position: WGS84 N 60° 23.543' , E 15° 37.369'
<b>First start</b>	10.00
<b>Route</b>	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.
<b>Transport</b>	<p>Organizer's transport to the start area is mandatory for all competitors. Non-competing team members who use the organizers bus to get to the competition arena must stay in the bus in the pre-start area. First bus departure time will preliminary be at 08.20, with a transportation time of 25 minutes. The exact time schedule for the buses will be distributed in the team boxes at the Event centre before the team leaders meeting.</p> <p>Team members who use their own transport to the competition arena must follow the specified route.</p>

<b>Map</b>	<p>Scale 1:10 000, contour interval 5.0 m, size 420 x 297 mm, mapped by Karl Johansson, final revision June 2010. Drawn according to the International Specification for Orienteering Maps (ISOM 2000). The maps will be put into sealed plastic bags.</p> <p>Special map symbols Black O – charcoal burning area</p> 
	<p>Black X – small hut for hunting</p>
	<p>Some small tracks made by forest cutting or wood transporting machines can be visible in newly cut areas, either on areas without trees or areas with young forest and where small trees have been cut and left on the ground.</p> <p>Some areas have recently been thinned; this has resulted in smaller areas with less dense forest which now have new fern plants which have not been possible to draw on the map.</p> <p>Symbol 407 Undergrowth: slow running have mostly been used to mark areas where fern plants grow, or where there have been small trees cut and left on the ground.</p>
<b>Terrain description</b>	<p><b>Land forms:</b> Terrain with medium sized and small landforms with height difference up to 20 meters. Lot of small contour details. Some marshes of different size.</p> <p><b>Vegetation:</b> About 90% forested and 10% open. Mixed forest, clearings of varying age, some bushes and undergrowth. Runability can vary significantly in clearings and in areas with undergrowth. Dense vegetation in older clearings will slow down running speed significantly. In young forest where thinning has been done recently (shown on</p>

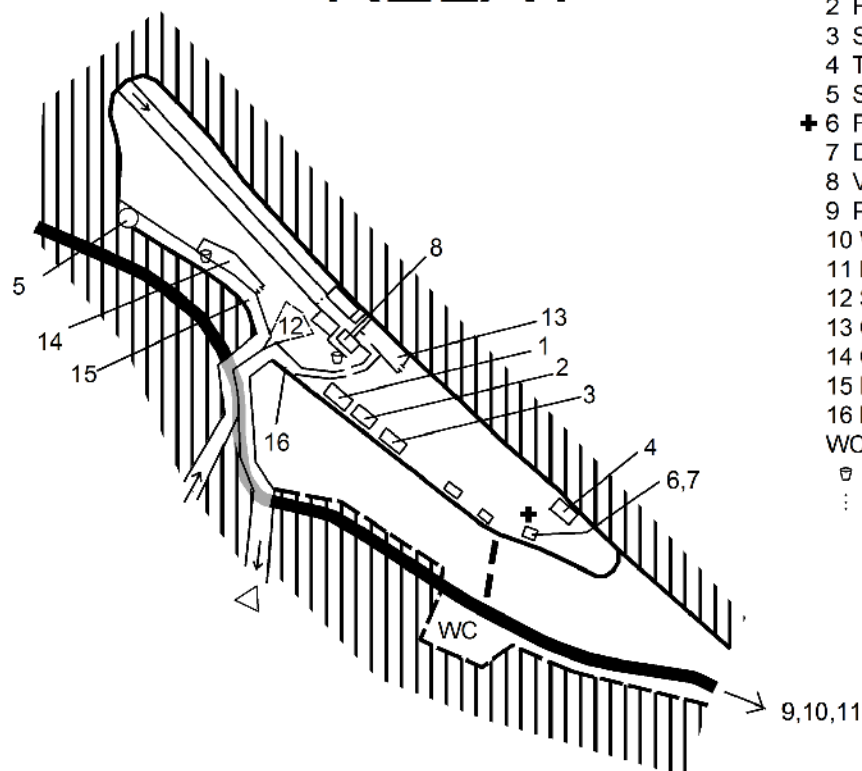
	map with symbol 409) the runability is significantly reduced. <b>Ground:</b> Runability varies from very good to bad (due to undergrowth and fallen trees). Most of marshes are easily crossable, only some smaller marshes can be wet and soft. <b>Visibility:</b> Varies from very good to bad. <b>Roads and paths:</b> Moderately developed network of tracks and paths. Some less distinct forestry tracks are not shown on the map.					
<b>Control descriptions</b>	Control descriptions are printed on the map. Separate control descriptions will be available. Control description size are maximum 60 x 135 mm Men, 60 x 120 mm Women					
<b>Course planner</b>	Jesper Mårtensson					
<b>Course information</b>	Length	Controls	Climb	Expected winning time	Maximum running time	Refreshment controls
<b>Women</b>	3 800 m	14	255 m	33 min	90 minutes	None
<b>Men</b>	4 900 m	16	290 m	32 min	90 minutes	None
<b>Warm-up map</b>	There is a small warm-up map between the Pre-start area and the -3 minute position. Runners are allowed to leave the Pre-start area 40 minutes before their start time. They must leave not later than 15 minutes before their start time.					

<p><b>Start and finish procedure</b></p>	 <pre> graph TD     A["<b>PRE-START AREA</b> Registration of runners and Team leaders. Empty and Check SI Card"] --&gt; B["- 40 minutes -&gt; -15 minutes"]     B --&gt; C["Follow streamers 1300 meters, 13 minutes slow run"]     C --&gt; D["Warm-up map with controls"]     D --&gt; E["- 3 minutes"]     E --&gt; F["Follow streamers 20 meters"]     F --&gt; G["- 2 minutes Control descriptions"]     G --&gt; H["Follow streamers 20 meters"]     H --&gt; I["- 1 minutes"]     I --&gt; J["Follow streamers 30 meters"]     J --&gt; K["<b>Start time</b> Runner gets map at start time"]     K --&gt; L["<b>Start point</b>"]     L --&gt; M["<b>Finish</b>"]     M --&gt; N["<b>Transportation back to hotel</b> Organisers or own buses"]     A -- "Bag drop" --&gt; O["Transport every 30 minutes. Team leaders allowed according to available seats"]     O -- "Bag claim" --&gt; N </pre> <p>The flowchart details the start and finish procedure. It begins in the <b>PRE-START AREA</b> for registration and SI Card checks. A <b>Bag drop</b> occurs here. The timeline then follows streamers for a 13-minute slow run, followed by a warm-up map with controls. Subsequent steps include following streamers for 20 meters (twice) and 30 meters, with time markers at -40 to -15 minutes, -3 minutes, -2 minutes (control descriptions), and -1 minute. At <b>Start time</b>, runners get their maps at the <b>Start point</b>. The race ends at <b>Finish</b>, followed by <b>Transportation back to hotel</b> via organizers or buses. A <b>Bag claim</b> station is located near the finish. A transport service for team leaders runs every 30 minutes from the pre-start area to the bag claim station.</p>
<p><b>Radio controls</b></p>	<p>There is one radio control on both courses.</p>
<p><b>Spectators control</b></p>	<p>There will be no spectator's control.</p>
<p><b>Refreshments</b></p>	<p>Water will be available at the pre-start area and after the finish.</p>
<p><b>Special considerations for the middle</b></p>	<p>There are some paths marked with white streamers for the WUOC Tour races. These are not marked on the WUOC maps.</p> <p>There are other controls in the terrain, used by the WUOC Tour.</p> <p>Runners can bring clothes and a small bottle with water from the Pre-start to the time-start. These clothes and bottles are then brought to the competition arena after all runners have started.</p>

## 7.5 Relay

Friday, July 23, 10.00 - 13.30

# RELAY



- 1 Team lunch
- 2 Food shop
- 3 Sports shop
- 4 Team tent
- 5 Spectator control
- + 6 First aid
- 7 Doping test
- 8 VIP/Media
- 9 Parking
- 10 Warm up map
- 11 Buses
- 12 Start
- 13 Change over area
- 14 Coaching zone
- 15 Runners lane to spectators control
- 16 Maps for outgoing runners
- WC Toilets
- ☐ Refreshments
- : Finish line

<b>Competition arena</b>	Gustafs - 20 km from the Scandic Hotel. GPS Position: WGS84 N 60° 23.543' , E 15° 37.369'
<b>First start</b>	Men 10.00 Women 10.15
<b>Route</b>	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.
<b>Transport</b>	<p>The organizer will arrange transport to the competition arena for all competitors. First bus departure time will preliminary be at 08.00, with transport time 25 minutes. The exact time schedule for the buses will be distributed in the team boxes at the Event centre before the team leaders meeting.</p> <p>Team members who use their own transport to the competition arena must follow the specified route</p>



<b>Map</b>	<p>Scale 1:10 000, contour interval 5.0 m, size 420 x 297 mm, mapped by Karl Johansson, final revision June 2010. Drawn according to the International Specification for Orienteering Maps (ISOM 2000). The maps will be put into sealed plastic bags.</p> <p>Special map symbols Black O – charcoal burning area</p> 
	<p>Black X – small hut for hunting</p>
	<p>Some small tracks made by forest cutting or wood transporting machines can be visible in newly cut areas, either on areas without trees or areas with young forest and where small trees have been cut and left on the ground. Some areas have recently been thinned; this has resulted in smaller areas with less dense forest than before, but with new fern plants which have not been possible to draw on the map.</p> <p>Symbol 407 Undergrowth: slow running has mostly been used to mark areas where fern plants grow, or where there have been small trees cut and left on the ground.</p>
<b>Terrain description</b>	<p><b>Land forms:</b> Moderately hilly terrain with a height difference in the range of 10-30 meters.</p> <p><b>Vegetation:</b> Mostly pine forest. Some felled areas. Some areas with bushes and small trees due to older felled areas. Thinning has been done in the area during the summer. In these areas the running speed is limited and may not</p>

	<p>be marked on the map. There could also be new forestry tracks that are not shown on the map.</p> <p><b>Ground:</b> Runability varies from very good to good (due to undergrowth and fallen trees).</p> <p><b>Visibility:</b> Varies from very good to good but limited in dense areas.</p> <p><b>Roads and paths:</b> Well developed network of roads and paths. Some less distinct forestry tracks are not shown on the map.</p>					
<b>Control descriptions</b>	Control descriptions are printed on the map. Radio controls are marked on the control description.					
<b>Course planner</b>	Thomas Löfgren					
<b>Course information</b>	Length	Controls	Climb	Expected winning time	Maximum time	Refreshment controls
<b>Women</b>	5 700 m	16	265	approx 3 x 35 min	4 hours	1
<b>Men</b>	8 200 m	20	375	approx 3 x 45 min	4,5 hours	1
<b>Warm-up area</b>	Warming up area with controls is situated east of competition arena. Maps can be collected from the finish area.					
<b>Start procedure:</b>	<p>First leg: Check in to the start area four minutes before the start time. Stand behind the maps until one minute before the start time. Do not touch the maps.</p> <p>15 seconds before the start you are allowed place your hand on the map.</p>					
<b>Radio controls</b>	There is one radio control on both courses.					
<b>Spectators control</b>	All courses will have a spectator's control.					
<b>Coaching zone</b>	It is possible for team leaders to coach their runners and also provide water. Runners may also place their own water bottles on a designated table in the coaching zone before they start. The Coaching zone will thus also act as the refreshment station.					
<b>Refreshments</b>	Water will be available at the start area, when runners run to the spectators control and after the finish.					
<b>Change over and finish</b>	<p>Runners on leg one and two shall run in the lane marked with "LEG 1, LEG 2".</p> <p>The runners on leg one and two shall punch a control right behind the finish line, leave their map and change over by touching the outgoing runner.</p> <p>Runners on the last leg shall run in the lane marked "LEG 3". The teams finish time is measured by a photocell when the runner on the last leg crosses the finish-line. There will be a judge at the finish-line deciding the run-in order of runners where photocells fail to separate the runners.</p>					
<b>Changeover area</b>	Only runners on the next leg are allowed in the changeover area. Change-over by touching, The out-going runner must take the correct map: marked with their team number and leg.					
<b>Mass start</b>	At 13:00 all teams that have not already changed over will start. From the "map-board", procedure as for ordinary start.					
<b>Special information for the relay</b>	<p>Maps will be collected after the finish line until 13:00.</p> <p>There are other controls in the terrain, used by WUOC Tour.</p>					

## 8. Start draw

The start draws will be made according to the IOF competition rules (sections 9.14 and 12) under supervision of at least one jury member. The draws will not be open to team officials, athletes or to the public.

## 9. Number bibs

Every runner will wear a number-bib (21x15cm).

The number-bibs will be distributed in the team boxes at the event centre. Number-bibs MUST be worn visible (and not folded) on the runner's chest.

The number-bib shall be attached with four safety-pins provided by the organizer.

## 10. Pre-start area

There will be a check-in at the pre-start area at each competition. Competitors and coaches must show their WUOC2010 ID card and sign a list at the entry-point to the pre-start area. The boundaries of the warm-up area are not shown in the terrain.

The pre-start area will be equipped with toilets, water, tents for competitors and a tent to leave personal belongings to be transported to the finish area. A team may set up its own tents, except at the Sprint.

The use of mobile phones, computers or any other communication devices inside the pre-start area is strictly prohibited. It is not allowed to bring maps of the competition areas into the pre-start area. Runners and coaches may not visit the finish area before entering the pre-start area. Competitors must enter the pre-start area before the relevant dead-line; otherwise they will be not allowed to participate in the competition.

The competitors are not allowed to leave the pre-start area except via the start at their start-time. Before the competitors leave to the start they should leave their bags at the bag drop point, for transportation to the finish. Coaches should check-out before leaving the pre-start area, by signing a list. They are then not allowed to enter the pre-start area again. Coaches can use the bag transport to get to the finish. For the sprint it is possible to walk or take public transport to the finish.

For the relay, there is no check-in deadline and no quarantine zone.

## 11. Punching, timing system and finish procedure

### Punching

The punching system used in all competitions will be SPORTident. SPORTident control cards will be provided by the organizers for those that have not indicated that they will use their own in the Nominative entry. SI cards provided by the organizers will be given to competitors upon accreditation at the Event Office. They are personal and should be used for all events and must be returned, in one package per team, to the Event Office before the team departs after the championship. A charge of 50 euro for each lost or unreturned SI card will be made to their Federation for any team not returning all cards.

If a SI unit fails, punch with the old-style pin-punch in the marked square on the map. If the SI unit fails in the sprint use the other SI unit (there will be two on every control).

### Timing

The timing system will involve the use of electronic start gates and finish photocells. In the Sprint distance start times will be registered with start gates, when the runner's leg opens the gate. The competitors are allowed to start within 5 second interval, beginning from the first acoustic start signal of the start clock. The finish times will be taken by means of photocells when the runner breaks the beam at the finish line (according to IOF rule 23.5). The running times will be rounded down to the nearest 1.0 second, except in the Sprint, when they will be rounded down to the nearest 0.1 second.

### Finish

Competitors must follow the marked route to the finish. The finish time is registered when the runner crosses the light beam at the finish line. After crossing the finish line the competitors will punch the finish SI

unit (which does not influence the competitor's finish time, only records run-in order).

At the sprint there will be a quarantine after the competitors have reached the finish. The coaches are not allowed to be in the finish quarantine-zone. The competitors are allowed to leave the quarantine 15 minutes after last start. The competitors are able to claim their bags at the quarantine .

## 12. Team Zones

### Team zones in Long, Middle and Relay

In the Long, Middle and Relay there will be Team Zones. Team Zones are areas, where only accredited team members with their personal ID card have access. And where privacy will be guaranteed during the competitions. The Team Zones in the WUOC 2010 arenas are all within 200 m of the finish line.

It's allowed to put up private tents in the Team Zones. Toilet facilities are available in or near the Team Zones of all arenas.

## 13. 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](mailto:info@wuoc2010.se), Internet: [www.wuoc2010.se](http://www.wuoc2010.se)

## 14. Conference rooms

Reservation and payment for conference rooms is done at the hotel reception.

## 15. Accommodation and food service

All WUOC participants will be accommodated in the Scandic Hotel, Borlänge. There are rooms with 2 - 4 beds. All rooms have a 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 have noted it on the Nominative entry form.

Menu for the period July 19 to July 23:

Date	Lunch	Dinner
Monday July 19	Baked fish fillet with herb	Greek rissoles

	sauce and potatoes	
Tuesday July 20	Lunch pack at competition arena	Salmon fillet
Wednesday July 21	Pasta Bolognaise	Chicken Wok
Thursday July 22	Lunch pack at competition arena	Fish gratin
Friday July 23	Lunch pack at competition arena	Pork chops with pepper sauce, potato wedges and cooked vegetables. Dessert

Every dinner (excluding the banquet – 23 July) will be served with pasta, rice and potatoes. Salad, bread and a drink is also included.

The standard breakfast will be complimented with porridge. Other usual items may be reduced in order to place more emphasis on carbohydrates.

There will be no lunch served at the event centre those days where there is a lunch pack at the competition arena.

## 16. Competition rules

The Competition Rules for IOF Foot Orienteering Events (version valid from 1<sup>st</sup> 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.

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/>

## 17. GPS, electronic communication, mobile phones and watches

IOF Rules 21.3 and 21.4 apply.

It is forbidden to use GPS devices during the races. No mobile telephone communication in the buses running between Event Centre, pre-start area and competition arena is allowed. The bus drivers will report any phone conversation to the nearest WUOC official at either the pre-start area or at the Event Centre.

Team members that violate this rule will be excluded from the races. Mobile phones are not allowed in the start, pre-start, warm-up and other quarantine zones.

During the races it is forbidden to use watches that contains a GPS, climb counter, compass etc. Watches may be checked by the start officials.

## 18. 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.

At the sprint distance shoes with spikes or metal studs are not allowed.



## 19. Jury

The jury consists of three persons and is selected at the first team leaders meeting.

## 20. Complaints and protests

Any complaint shall be made in writing and handed over to the organizer at the arena's WUOC Information point as soon as possible. Complaints regarding the results must be made no later than 15 minutes after the full preliminary results have been posted.

A written protest can be made to the Organisers decision regarding a complaint. Written protests shall be delivered personally to the WUOC Event Director or to the FISU Event Controller Ola Kåberg.

## 21. 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 1<sup>st</sup>, 2010 (date of birth must be between January 1<sup>st</sup>, 1982 and December 31<sup>st</sup>, 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)

## 22. New competition maps

Maps will be collected after the finish line in the relay. New maps will be handed out at the Event centre after each race.

## 23. Embargoed areas

With reference to the IOF Competition Rules (article 26.6), the listed areas are embargoed for all potential 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.
- NO surveying or other use of maps

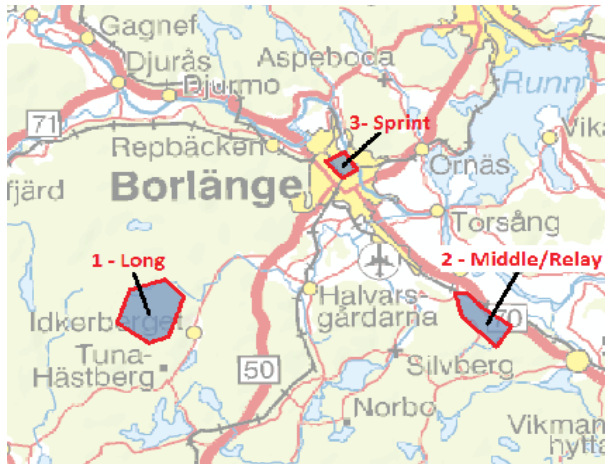
It is allowed to pass through the embargoed areas using paved public roads only

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

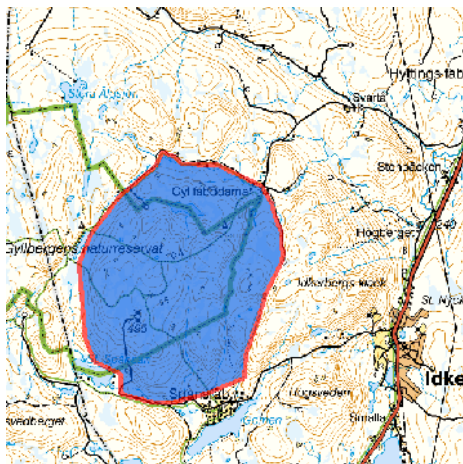
- It is allowed to pass through the embargoed area using paved public roads.
- It is allowed to visit shops and restaurants from paved public roads.
- No surveying or other use of maps.
- All movement outside of paved public roads such as backyards or parks is not allowed.

- The areas A, B and C (on sprint map below) are completely forbidden areas, even including paved public roads/paths.
- For the sprint the area is embargoed until Wednesday July 21, 18.00

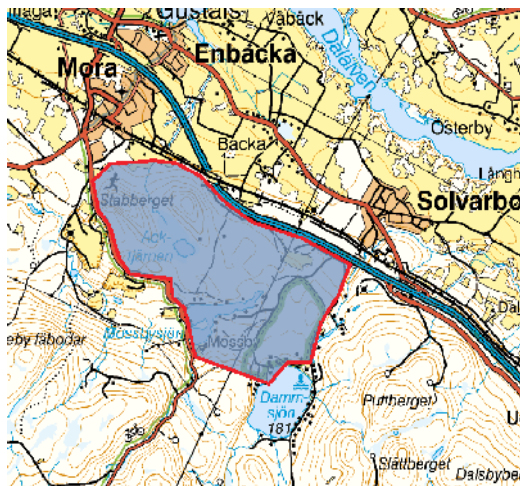
## Embargoed areas



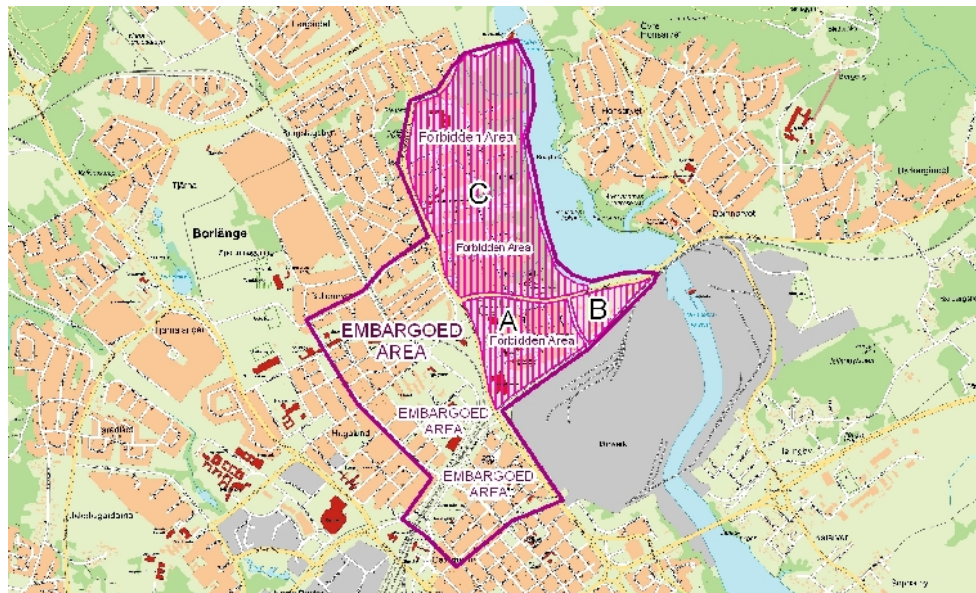
## Long



## Middle and relay



## Sprint



## 24. 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. Weather reports will be presented at the team leaders meeting. For accurate weather reports we recommend the Internet link <http://www.yr.no/place/Sweden/Dalarna/Borlänge/>

## 25. Ceremonies

The Opening Ceremony of WUOC 2010 will be held on Monday 18<sup>th</sup> July from 16.00 at Folkets Park, Borlänge. We kindly ask all WUOC 2010 participating teams to gather at 15.15 in their national team clothing outside the Event Centre for the national parade.

The Opening Ceremony on Monday, July 19 is held inside the embargoed area. Note that all Team members and competitors must follow restrictions according to the rules for embargoed area.

The races will be followed by a medal-awarding ceremony immediately after each race.

The Closing Ceremony will be held on Friday July 23<sup>th</sup> 18.00 at the Maxim theatre. The programme will include handing over the FISU flag to the organisers of WUOC 2012 and a cultural programme.

## 26. Social activities - WUOC Pub

From Monday to Thursday the WUOC Pub will be open from 20.00 to 23.00 at the Maxim theatre. At the pub there will be music, drinks, light meals and snacks. You will have access to computers and split-times for the day's race. The course-setter for each day's race will visit the pub.

## **27. Accreditation**

Accreditation can be done at the Event Office until 14.00 on Monday July 19. The representative of the team must present the documents proving student status or student cards and ID-card or passport of the team members. They must be prepared to pay the participation fee and the FISU fee.

At the accreditation desk the representatives will receive all materials concerning the competition, including SI cards which are to be returned after the relay competition.

Deadline for accreditation will be 14:00, Monday, July 19<sup>th</sup>.

## **28. 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.

## **29. Medical services**

Emergency medical services are available at the competition 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.

## **30. Media**

Media representatives can receive information at the website [www.wuoc2010.se](http://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](mailto:info@wuoc2010.se) by June 19<sup>th</sup>, 2010 at the latest.

## **31. Entered teams**

As of July 15<sup>th</sup> the following teams have made entries:

Team	Men Athletes	Women Athletes	Total athletes	Men officials	Women officials	Total Officials	Tot no in delegation
Australia	6	4	10	1		1	11
Austria	6	6	12	2		2	14
Belarus	3	3	6			0	6
Bulgaria	4	1	5	2		2	7
Canada	4	1	5	1		1	6
Czech Republic	6	6	12	3		3	15
Denmark	5	2	7				7
Estonia	6	4	10	1		1	11
Finland	4	4	8	1	1	2	10
France	5	5	10	3		3	13
Germany	5	3	8	2		2	10
Great Britain	6	6	12	4	1	5	17
Hungary	6	6	12	2		2	14
Ireland	2	1	3	1		1	4
Israel	1	0	1			0	1
Italy	6	4	10	2		2	12
Japan	6	4	10	2	1	3	13
Latvia	5	5	10			0	10
Lithuanie	3	4	7			0	7
New Zealand	3	3	6	1		1	7
Norway	6	6	12	2		2	14
Peoples republic of China	5	4	9	4	2	6	15
Polen	4	4	8	1	1	2	10
Republic of Moldavia	1	1	2			0	2
Russia	6	6	12			0	12
Slovakia	4	1	5			0	5
Spain	4	4	8	3		3	11
Sweden	6	6	12	2		2	14
Switzerland	6	6	12	1	2	3	15
Ukraine	4	5	9	1		1	10
USA	5	4	9	1		1	10
<b>TOTAL</b>	<b>143</b>	<b>119</b>	<b>262</b>	<b>43</b>	<b>8</b>	<b>51</b>	<b>313</b>

## 32. Participation fee

The participation fee will be applied in accordance with FISU 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

The organizer must have received the remaining 75% of the participation fee by the 19<sup>th</sup> 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.

## 33. VIP race

The race for WUOC guests, press and team officials will take place on Friday, July 23 at 13.45 after the medal ceremony for the relay. The start of the race will be held at the arena. SPORTident will be used as the time-keeping system. Participants can bring their own SPORTident cards or alternatively use the organiser's cards. There will a mass start.



## 34. 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 the 19<sup>th</sup> 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](http://www.wuoc2010.se)

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

## 35. Important phonenumbers

Event office	+46 243 68026
Attaches	+46 70 6887306
Hotel Scandic	+46 243 799000
Emergency/SOS	112
Police	114 14

## 37. City Map

