



# BULLETIN 4

## WORLD CUP LIBEREC 2011 – 7<sup>th</sup> and 8<sup>th</sup> stage

### 1 ORGANIZATION

#### Organizing Committee:

Event Director  
Map Makers  
Course Planners  
Technical Director  
Marketing Manager  
Director of National Competitions

Přemek Škoda  
Ivo Habán, Martin Lejsek, Miroslav Horáček  
Michal Horáček, Robert Heczko  
Robert Heczko  
Ivan Matějů  
Michal Matějů

#### Event advisors

IOF Senior Event Advisor  
National Controller

Kjell Blomseth, NOR ([kjeblo@frisurf.no](mailto:kjeblo@frisurf.no))  
Dušan Vystavěl, CZE ([orienteering@geodetika.cz](mailto:orienteering@geodetika.cz))

### 2 EVENT CENTRE/ EVENT OFFICE

The Event Centre and the Event office are located in **Hotel Arena in Liberec** ([www.hotelarena.cz](http://www.hotelarena.cz)).

**Address** - Jeronýmova 570/22, 460 07 Liberec 7

**GPS** - 50°45'14.482"N, 15°2'54.488"E

At the Event Centre, all teams will get all necessary information including Bulletin 4, model event maps, and training maps. Opening ceremony, team leaders meeting and banquet will also take place in Hotel Arena.

#### The Event Office opening hours

Thursday, 22 September	12:00 – 21:00
Friday, 23 September	8:00 – 12:00, 17:00 – 20:00
Saturday, 24 September	7:30 – 8:30, 16:00 – 20:00
Sunday, 25 September	7:30 – 8:30

Event Office contact – Bohdana Heczková ([info@owcliberec2011.cz](mailto:info@owcliberec2011.cz), + 420 725 311 368)

### 3 WORLD CUP COMPETITION CENTRE

The World Cup Competition Centre is situated in the Recreation and sport complex Vesec in Liberec.

**GPS:** 50°43'35.931"N, 15°4'5.641"E



## 4 PROGRAMME

### Thursday, 22 September

Free Training – 13:00 – 19:00

### Friday, 23 September

Model event – Middle Distance, Long Distance – 10:00 – 16:00

Opening ceremony at the Event Centre (for team officials only) – 17:00 – 17:30

Team leaders meeting at the Event Centre – 18:00 - 19:00

### Saturday, 24 September

World Cup 7<sup>th</sup> stage - Middle Distance - 1<sup>st</sup> start 9:13

Prize giving ceremony – 14:05

National public race – Middle Distance – 1<sup>st</sup> start 14:30

Team leaders meeting at the Event Centre – 19:00 – 20:00

### Sunday, 25 September

World Cup 8<sup>th</sup> stage - Long Distance - 1<sup>st</sup> start 9:30

Prize giving ceremony – 12:50

National public race - Long Distance - 1<sup>st</sup> start 12:00

Banquet at the Event centre – 19:00

## 5 COMPETITION RULES

The “Competition Rules for IOF Foot Orienteering Events”, valid from January 1, 2011 are applied. Participation restrictions, classes, qualification and starting procedure are in compliance with the “Special Rules for 2011 World Cup in Orienteering”:

### **Competitions 7 & 8, the Czech Republic**

**7) Middle Distance, individual interval start.** There is no prior qualification. 40 runners with the highest World Cup standings start last in reverse order (the leader starts last); for the remaining competitors the start order is determined by the reverse standings of the official World Rankings as published at the end of August 2011\*. The start interval is 2 minutes.

**8) Long distance, chasing start** with the start times based on the times of competition 7. Only those runners, who started in competition 7, can take part in the chasing start. The Runners who were not placed or did not start in competition 7 will take part in a separate interval start competition on in the same course with the first runner starting 10 minutes after the last chasing start runner has departed. There will be a 2 minute start interval and individual start times are drawn at random. The results of competition 8 do not count as a World Ranking Event.

## 6 ANTIDOPING

Doping is forbidden. The “IOF Anti-Doping Rules 2010”, valid from January 1, 2010, and the „Regulations for Doping Control and Sanctions in Sport in the Czech Republic” (2009) are applied.

IOF and/or the national federation may conduct drug testing at any time during the stay of the participants of World Cup in Liberec.

Athletes must be able to prove their identity by their ID or passports in case of a doping test.

## 7 EMBARGOED AREAS/ MODEL EVENT/TRAINING OPPORTUNITIES

The whole competition area shown in the overview map (appendix of this Bulletin) is embargoed, including the Competition centre.

### 7.1 Model Event

Model event will be organized on Friday 23 September from 10:00 – 16:00 in the area “Srňčí Důl” in Jablonec nad Nisou. The model event for both middle and long distances is organized in order to familiarize the competitors with the terrain, controls and map features, start procedure and type of refreshment.

Maps, the driving instructions and other practical information regarding Model Event will be available at the Event office upon the arrival of the teams. The teams that will not be able to pick up the maps for the model event at the Event office may ask the organizers to take the maps directly to the Model event.

#### Access



Follow the road R35 (E442) from Liberec in the direction to Turnov (Prague), on exit 33 turn to the road number 65 and continue to Jablonec nad Nisou. In Jablonec nad Nisou (after 500 m) turn left to the parking place (turning to the parking place will be marked with the MODEL sign). Since there is a limited parking area, please respect the organizers' instructions during parking. The route from prestart to start will be marked.

**GPS:** 50°42'56.196"N, 15°9'20.925"E

#### Distances

Event centre (Hotel Arena) - Parking	19km
Parking - prestart	0m
Prestart - start	300m

#### Map

Map name	Srňčí důl
Scale	1:10 000 and 1:15 000
Contour interval	5m
Size	230x210mm
Standard	ISOM2000
Printing technology	offset (CMYK+B)
Special features	distinctive tree  , rootstock 

Authors of last revision: Ivoš Habán, Miroslav Horáček

Date of last revision: September 2011

Maps for Model Event will be in sealed plastic bags.

### 7.2 Trainings

There are three official trainings prepared for the competitors:

#### 1. Training 1

Map – Žulák vysílač 1:10 000, 1: 15 000, e=5

#### 2. Training 2

Map – Karlínka 1:10 000, 1: 15 000, e=5

#### 3. Training 3

Map – Dobrá voda 10 000, 1: 15 000, e=5

Maps for trainings can be bought at the Event Office for 40 CZK each.



## 8 COMPETITIONS

### 8.1 General information

#### 8.1.1 Access

All team members have to access the competition area only through Quarantine zone and Pre-start. Follow the road R35 (E442) from Liberec in the direction to Turnov (Prague), take the exit number 26 and continue in the direction towards Dlouhý Most, then follow the TEAMS signs.

**GPS** - 50°43'19.617"N, 15°4'1.945"E

#### Distances

Event Centre (Hotel Arena) – Parking at Quarantine zone	8km
Parking – Pre-start	250m
Parking – Competition centre	500m

#### 8.1.2 Terrain

It can be characterized as a broken terrain in a hilly spruce forest with many valleys and ridges. The terrain offers a variety of details which are the vestiges of former mining activities. Granite stones, cliffs and boulders cover the whole area in a various concentration, creating stone labyrinths in some locations. Valleys are characterized by streams and marshes. The whole competition area is covered with a network of forest roads and paths. Visibility as well as runnability is generally very good, limited only by young forest which covers app. 20% of the area. In peripheral parts of the forest areas seasonal vegetation can occur. The 407 and 409 “Undergrowth” symbols are mainly used for blackberry areas. These areas are not large. Since on Saturday the World Cup and the Public competitions have a common competition area, on Sunday there may appear smaller tracks created by the runners of Public competition.

#### Attention

During both competitions the competitors will cross a low frequented road. Speed limit will be reduced to 30km/hour at this place, nevertheless we ask competitors to be careful when crossing the road!

#### 8.1.3 Controls

Controls can be guarded during the competitions by organizers, who may be sitting close to the control point or at a certain distance. TV controls both in the middle distance as well as long distance are not marked on the control descriptions.

#### 8.1.4 Punching System

SPORTident punching system will be used. For Long Distance competition the SI-Cards 6 or SI-Cards 9 are necessary. The competitors may use their own SI-Cards or SI-Cards rented at the registration. The rented SI card will be available at the Event Office.

#### 8.1.5 Start order

The start order for the middle distance will be made according to the “Special Rules for 2011 World Cup in Orienteering” and will be published after deadline of changes in nominal entries the web page [www.owcliberec2011.cz](http://www.owcliberec2011.cz) in the section for teams. Start list will be also presented at the Team leaders meeting (Friday 23 September at 18:00).

#### 8.1.6 Quarantine zone

The Quarantine zone (QZ) is located next to the parking area. The same QZ is used for both races. Each competitor and team member is obliged to enter QZ through the registration point situated by the entrance to the QZ. The competitor or team member who does not check-in until required time will not be allowed to

enter the QZ. It is strictly forbidden to use any electronic communication devices as cell phone, laptops, iPods, etc. Quarantine zone consists of parking area, registration point, team tents area, GSP device hand out and warm up area. At QZ a tent for competitors who will not have their own tent will be available, toilets, drinking water and warm-up maps for all runners. All team members are allowed to access the Competition centre only through QZ and Pre-start. Once the competitor or team member leaves the QZ, he or she is not allowed to go back.

Transport of bags will be organized from QZ to the Team zone in Competition centre.

### 8.1.7 GPS tracking system

GPS tracking system will be used in both competitions. Last 25 starting runners in Middle distance and first 25 starting runners in Long distance will be equipped with GPS transmitters. GPS units will be handed out within the quarantine zone. GPS units will be collected after the finish in both races.

### 8.1.8 Refreshment

The refreshment points will be located at control points and marked in control descriptions. At each refreshment point water and sport drink will be available.

### 8.1.9 Clothing

There are no restrictions regarding choice of clothing and footwear.

### 8.1.10 Finish area

The overview maps of the Competition center including finish area are in Appendix. There will be a Team zone with a tent provided by the organizers and there will be also possibility for teams to set up their own tents in that area. For cool down the area west of the finish can be used. It is strictly forbidden, during the cool down, to get in touch with runners in Quarantine zone.

## 8.2 MIDDLE DISTANCE – 24 September

### 8.2.1 Timetable for the Middle Distance

Quarantine gate opens	8:15
Quarantine gate closes	10:00
First start women (preliminary)	9:13
First start men (preliminary)	10:22
Last start women (preliminary)	11:25
Last start men (preliminary)	13:24
Last finishing time (maximum time)	15:00

### 8.2.2 Courses / winning times

Middle Distance					
	Length	Climbing	Number of controls	Number of Refreshment points	Expected winning time
<b>Men</b>	6,7 km	270 m	21	1	37'
<b>Women</b>	5,5 km	250 m	18	1	37'

### 8.2.3 Map

Map name	Mojžíšův pramen
Scale	1:10 000
Contour interval	5m
Size	320x230mm
Standard	ISOM2000
Printing technology	offset (CMYK+B)
Special features:	distinctive tree <span style="color: green;">○</span> , rootstock <span style="color: green;">x</span>

Authors of last revision: Ivoš Habán, Martin Lejsek, Miroslav Horáček  
Date of last revision: September 2011

The maps will be in sealed plastic bags.

### 8.2.4 Start procedure

#### Pre-start

Pre-start (gate – 8 minutes) is situated 250m from the quarantine zone. Beyond pre-start only starting competitors are allowed to come and team members are allowed to continue to the Competition centre.

There is a clock at pre-start showing the start time – it means the competition time + 8 minutes. It is the competitor's responsibility to watch for his/her starting time. The competitor's name and bib number are called out at pre-start.

At pre-start the GPS unit is switched on by the organizer.

#### Start

The distance between Pre-start and Start is 450m.

There is a clock at the first start box showing the start time – it means the competition time + 3 minutes.

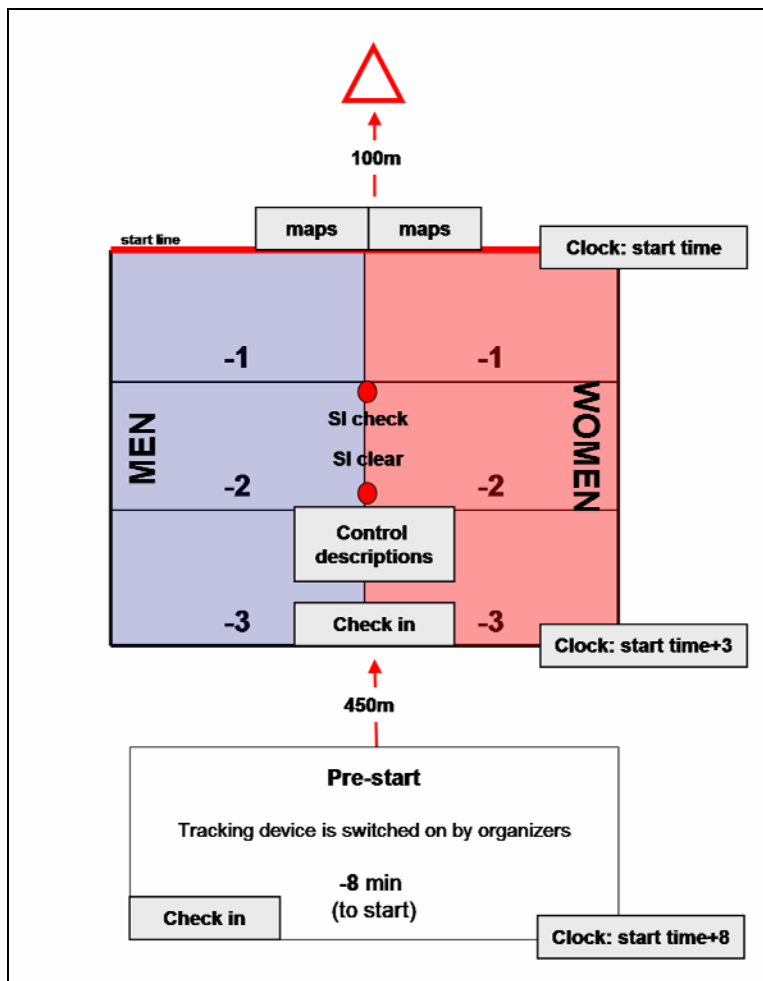
At –3 minutes box competitors' SI card and start numbers are checked and competitors can pick up control descriptions (also printed on in the map).

At –2 minutes box the competitors clear and check their SI cards.

At –1 minute box behind the starting line competitors take their maps.

The competitor's map is placed face down behind the start line. 5 seconds before start the count-down begins with short beeps and a long beep at the start time.

There is a marked route – about 100 meters – from time start to the start triangle marked with a control flag in the terrain.



## 8.2.5 Control descriptions

Control descriptions will be printed on in competitions maps in the left down corner. For Middle distance the separate control description will be available before start at -3 min box together with a tape and scissors. The size of the control descriptions is 160x60 mm for men and 140x60 mm for women.

## 8.2.6 Timekeeping

The start of each competitor will be signaled by a loud beep and the finish time will be stopped by punching on the finish line.

## 8.3 LONG DISTANCE – 25 September



### 8.3.1 Timetable for the Long Distance

Quarantine gate opens	8:30
Quarantine gate closes	9:30
First start men (preliminary)	9:30
First start women (preliminary)	11:30
Last finishing time (maximum time)	15:00

### 8.3.2 Courses / winning times

Long Distance					
	Length	Climbing	Number of controls	Number of Refreshment points	Expected winning time
<b>Men</b>	16.7 km	680 m	39	4	95'
<b>Women</b>	10.6 km	480 m	26	3	75'

### 8.3.3 Map

Map name	Císařský kámen
Scale	1:15 000
Contour interval	5m
Size	320x230mm
Standard	ISOM2000
Printing technology	offset (CMYK+B)
Special features:	distinctive tree  , rootstock 

Authors of last revision: Ivoš Habán, Martin Lejsek, Miroslav Horáček

Date of last revision: September 2011

The maps will be in sealed plastic bags.

### 8.3.4 Start procedure

#### Pre-start

Pre-start (gate – 8 minutes) is situated 250m from the quarantine zone. Beyond pre-start, only starting competitors are allowed to come or team members continue to the Competition centre.

There is a clock at pre-start showing the start time – it means the competition time + 8 minutes. It is the competitor's responsibility to watch for his/her start time. The competitor's name and bib number are called out at pre-start.

At-pre-start the GPS-unit is switched on by the organizer.

#### Start

The distance between Pre-start and Start is 250m.

At – 5 minutes box there is a clock at the first start box showing the start time – it means the competition time + 5 minutes. The competitors' start numbers are checked; competitors check and clear their SI cards.

At –3 minutes box competitors are continuously called out by the start marshals according to their bibs and their SI cards and start bibs are checked. Competitors go on through three boxes in the given order to the starting line. In each starting box, there is a starter.

Start box 1 bibs 1, 4, 7, 10 etc.

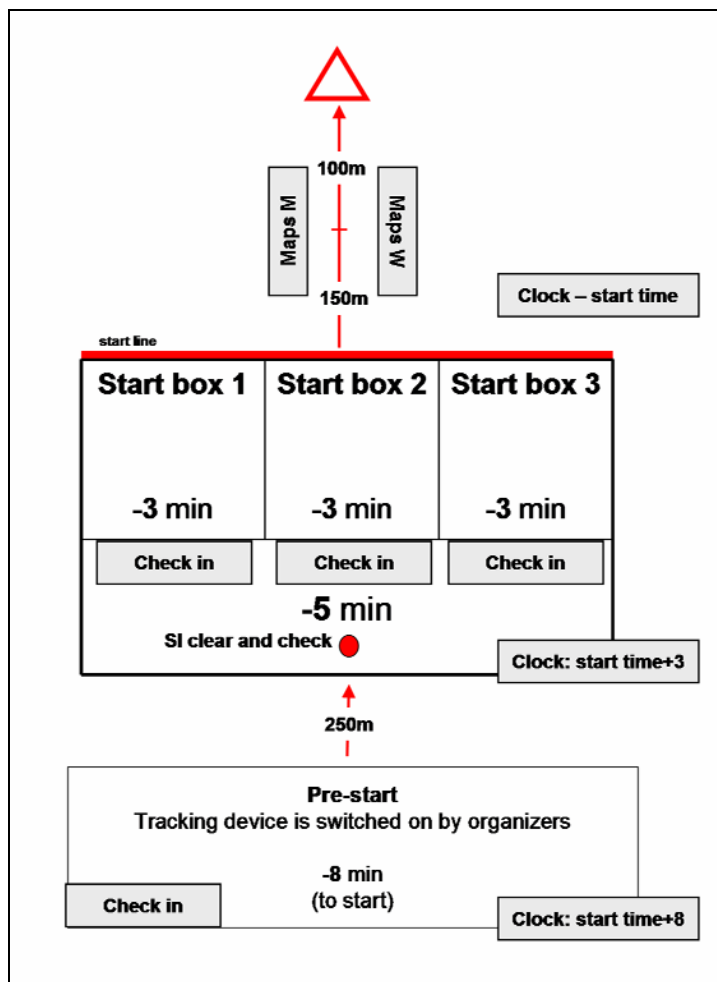
Start box 2 bibs 2, 5, 8, 11 etc.

Start box 3 bibs 3, 6, 9, 12 etc.

**Start line** In front of the Start line there is a big clock showing the start time. Competitors in each starting box start according to the starting time and signal from the particular starter. Competitors are responsible to start according to their given start time.

Competition maps are placed 150m behind the start line, arranged on the fence along both sides of the start corridor and arranged by start bibs (starting from bib No.1 resp. No.101). Maps for men are on the left side, women's maps are on the right.

There is a marked route – about 100 meters – from the map fence to the start triangle marked with a control flag in the terrain.



### 8.3.5 Map exchange

The Long distance course is organized in two parts in two parts and the competitors need to exchange maps. The route from the last control of the first part to the starting point of the second part is marked with tape (160m). The competitor shall leave (hand out) the first map at the marked place in front of the exchange place. The map exchange will be ruled by the organizers.

### 8.3.6 Control descriptions

Control descriptions will be printed only in competition maps in the left down corner. The control descriptions printed on in the map contain information only about the specific parts of the course.

### 8.3.7 Forking

Standard forking methods will be used – butterfly and/or phi-loop. The competitor must run in the order which is defined by the map.

### 8.3.8 Timekeeping

The starting moment for each competitor will be signaled by the starter. The finish time is stopped by crossing the finish line. Finish judges shall rule on the definitive placing based on the order that the competitors' chests cross the finish line.

## 9 TEAM OFFICIALS MEETING

Team officials' meetings will be held in Hotel Arena (Jeronymova 570/22, 460 07 Liberec 7)

Friday 23 September **18:00 – 19:00**

Saturday 24 September **19:00 – 20:00**

Only the accredited team leaders and invited guests have access to the meeting. During the meeting the official information about the competitions will be presented. Information packages for the race will be handed out to each nation.

The package will contain:

- the latest information related to each race
- start lists
- starting bibs

## 10 COMPLAINTS AND PROTEST

The Competition rules for IOF foot orienteering events are applied. Complaints can be made by team officials or competitors in a written form at the Info desk at the Competition centre. Complaints have to be made as soon as possible and no later than 30 minutes after finish of the last competitor.

A written protest may be made against organizer's decision about a complaint and delivered to a member of Jury.

## 11 JURY

Goran Andersson, Sweden

Lars Lindstrom, Denmark

Libor Zridkavesely, Austria

## 12 CEREMONIES

Six best men and women in their classes will be awarded and winners of both classes will receive IOF medals. The prize giving ceremonies will take place immediately after each competition at the Competition centre (there will be one common prize giving ceremony for men and women on Saturday at 14:05 and on Sunday at 12:50).

## 13 ENTRIES

### Final (nominal) entries

Changes in names given in Nominal Entries have to be done no later than on **Friday, 23 September 2011 by 12:00 at the Event office.**

### Final entries listed by countries

	Country	Middle		Long		Officials
		Men	Women	Men	Women	
AUS	<b>Australia</b>	1	1	1	1	0
AUT	<b>Austria</b>	6	1	6	1	1
CRO	<b>Croatia</b>	1	0	1	0	0
CZE	<b>Czech Republic</b>	6	8	6	8	3
DEN	<b>Denmark</b>	8	4	8	4	4
EST	<b>Estonia</b>	5	0	5	0	0
FIN	<b>Finland</b>	8	6	8	6	2
FRA	<b>France</b>	6	4	6	4	2
GBR	<b>Great Britain</b>	4	8	4	8	2
GER	<b>Germany</b>	4	1	4	1	3
HUN	<b>Hungary</b>	3	5	3	5	1
ITA	<b>Italy</b>	4	4	4	4	1
LAT	<b>Latvia</b>	3	1	3	1	0
NOR	<b>Norway</b>	8	5	8	5	3
POR	<b>Portugal</b>	1	0	1	0	0
ROM	<b>Romania</b>	1	0	1	0	0
SUI	<b>Switzerland</b>	9	8	9	8	4
SVK	<b>Slovakia</b>	5	1	5	1	1
SWE	<b>Sweden</b>	8	10	8	10	3
UKR	<b>Ukraine</b>	1	0	1	0	0
	<b>Total</b>	<b>92</b>	<b>67</b>	<b>92</b>	<b>67</b>	<b>30</b>

## 14 TRANSPORT

On request the organizers can provide transport from accommodation sites to and from Competition centre and the Quarantine zone. Requests for transport must be made in advance, at the latest on Friday, 23 September by 12.00 at the Event Office.

If you need any assistance in transport arrangements, please contact the Event secretariat ([info@owcluberec2011.cz](mailto:info@owcluberec2011.cz)).



## 15 DINING SERVICE (not included in the entry fee)

a) **Hot meals** – in the field restaurants at the Competition Centre

b) **Lunch packages** – there is possibility for the teams to order lunch packages for 150 CZK for each day. The lunch package contains – hot meal (on Saturday - chicken with fresh vegetables and steamed rice; on Sunday - chicken steak with steamed vegetable and pasta), cold drink, coffee or tea and fruits. Requests for these must be made in advance, at the latest on **Friday 23 September by 12.00 at the Event Office.**

## 16 LOCAL WEATHER CONDITIONS

The weather in September in Liberec Region is usually mild but rather wet and it can be also cold. The average temperature at the end of September is around 15° C during the day and 5° C at night.

## 17 PUBLIC COMPETITIONS

Public competitions will be organized after the World Cup 2011 in the same Competition Area. For more information see [www.owcluberec2011.cz](http://www.owcluberec2011.cz).

## 18 MEDIA

Media representatives are welcome to the World Cup in Liberec 2011.

Media representatives are kindly requested to check in for accreditation at the Event Office upon arrival. Accreditation card will be handed out at accreditation. All accredited persons must wear their cards at all relevant times (it must be presented for access to permitted zones etc.).

The Media Centre will be located on in the Competition Centre. The starting lists, official results, working places, power for laptops and wireless Internet for media use will be available at the same place. The Media Centre will be open on Saturday 24 - 9:00 – 16:00 and on Sunday 25 - 9:00 – 14:00.

### Media contact:

Kateřina Horáčková  
[info@owcluberec2011.cz](mailto:info@owcluberec2011.cz)  
+420 777 253 373

## 19 INFORMATION

### World Cup 2011 contact (Event secretariat):

Bohdana Heczková  
[info@owcluberec2011.cz](mailto:info@owcluberec2011.cz)

### Contact address:

Slavia Liberec Orienteering  
Aloisina výšina, 632/108  
460 15 Liberec 15  
Czech Republic  
[www.owcluberec2011.cz](http://www.owcluberec2011.cz)  
[info@owcluberec2011.cz](mailto:info@owcluberec2011.cz)

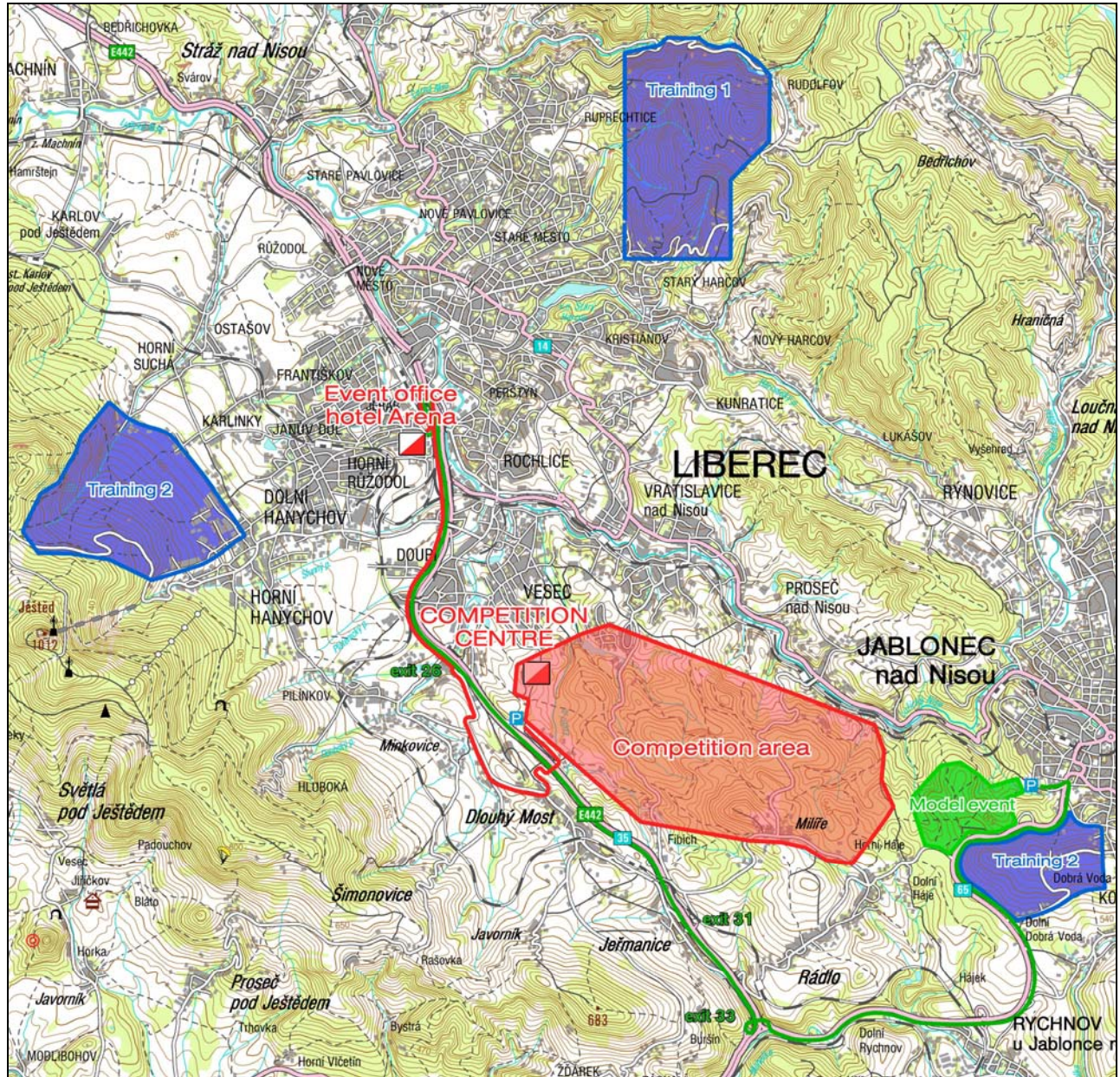
## GENERAL PARTNER



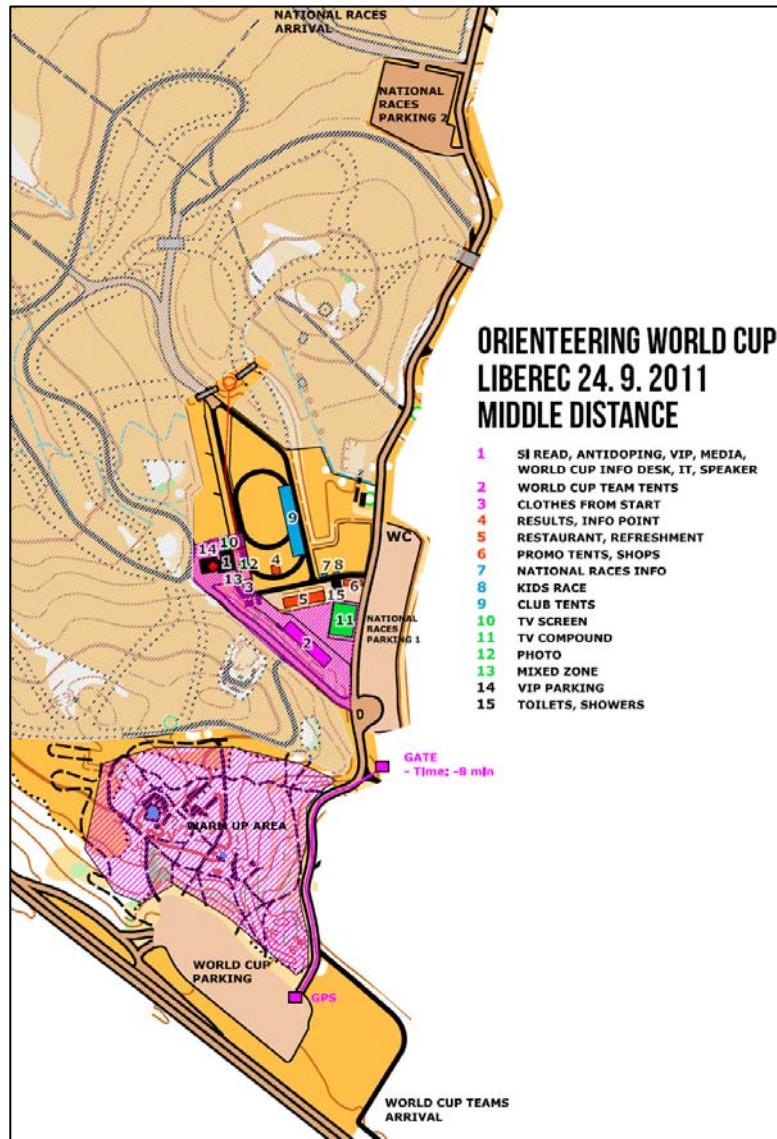
## PARTNERS



## OVERVIEW MAP



## COMPETITION CENTRE – MIDDLE DISTANCE



## COMPETITION CENTRE – LONG DISTANCE

