Welcome to Kainuu – by Regional Mayor of Kainuu

Dear orienteering people all over the world,

When writing this, we in Finland are beginning to celebrate the Midsummer Eve. But in this year we in Kainuu are even more eagerly waiting for the World Orienteering Championships 2013 to begin on the 6th of July.

Kainuu is one of the smallest regions in Finland. The whole region has about 80,000 inhabitants, but the surface area of Kainuu is almost the same as Belgium has. This means that organizing the big event is a great challenge for the whole region. We have promised to organize the best World Championships of all times. But with no doubt, Kainuu will succeed.

Why I am able to promise this? Kainuu has very motivated, competent and experienced organizers within the orienteering clubs. Kainuu Orienteering Week is together with O-Hingen the world’s oldest multiday orienteering event – organized annually since 1966. During the last two years in Kainuu there has been organized two Kainuu Orienteering Week (Hakone 2011 and Kajaani 2012), EuroMeeting 2011, Youth Jukola Relay 2011 and 2012 national youth orienteering camp Kuusamo and the World Cup finals 2011.

On the behalf of Kainuu Regional Council I would like thank the organizing committee and all the volunteers who will take the great challenge in July.

At this moment we already know that Vuokatti WOC 2013 together with Kainuu Orienteering Week 2013 as a spectator race will be the biggest orienteering event in Finland by far. We are also happy to see that our event will attract a large number of foreign competitors and orienteering friends to visit us.

We already have seen the top athletes of orienteering to train in our forests and streets here in Kainuu. But when the competition guests are arriving from dozens of countries the atmosphere will be international. It is easy to imagine the atmosphere of electric and tingly excitement in the competition centres and – thanks to TV and Internet – even all over the orienteering world!

I hope that we all together will make the WOC 2013 week an unforgettable event. It is the best possible advertisement for orienteering and Kainuu region as well. We hope to see you also in the forthcoming years in Finland and participating Kainuu Orienteering Week – the next one will be organized in 2015 by Suomussalmi.

Let’s meet at the orienteering festivities in Vuokatti! Welcome to Kainuu Region.

Pentti Malinen
Regional Mayor
2. WTOC ORGANIZING TEAM

Chairman: Timo Härkönen
Vice Chairman: Timo Welby
Secretary General: Mika Tuononen
WTOC Event Director: Antti Flöjt
WTOC Secretary: Marita Kaipainen
WOC Event Director: Jyrki Uotila
WOC Secretary: Niina Jämsén
KOW Event Director: Jukka Liwha
KOW Secretary: Hilkka Moilanen
Marketing Manager: Markku Haverinen
Media Director: Kari Kinnunen
Communications Manager: Heidi Lehikoinen
Infrastructure: Ilkka Härkönen

Maintenance: Jyri Immonen
Ceremonies: Heikki Leimu-Pelkonen
Transport: Antti Karvelainen
Catering: Marika Paananen
IT: Kimmo Kauppinen
Security: Topi Härkönen
Medical: Marko Hoikka
Maps and courses: Pasi Jokelainen
VIP Hospitality: Kari Saukkonen
Finnish Orienteering Federation: Mika Ilomäki
Finnish Orienteering Federation: Petteri Palmi
Sotkamo Municipality: Jarmo Vilmi

COMPETITION OFFICIALS

Mapping
Pasi Jokelainen: Head of Maps, PreO, TempO Qualification
Eero-Antti Lonka: TempO Final
Pertti Hartman: Adjusting for Trail-O

Event Advisers
Roberta Falda: IOF Senior Event Adviser
Liber Forst: IOF Assistant Event Adviser
Hannu Niemi: National Controller

Course planning
Pertti Hartman

Partners and suppliers

Main sponsors

Partners

Partners and suppliers
3. WTOC Programme

World Trail Orienteering Championships in 2013

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Place</th>
</tr>
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<tbody>
<tr>
<td>Saturday 6 July</td>
<td>15.00 WTOC Office opens</td>
<td>Vuokatti, Event Centre</td>
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<tr>
<td>Sunday 7 July</td>
<td>Arrival of the teams</td>
<td></td>
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<tr>
<td>Monday 8 July</td>
<td>16.45 Opening Ceremony</td>
<td>Sotkamo, Huiska stadium</td>
</tr>
<tr>
<td>Tuesday 9 July</td>
<td>10.00 – 14.00 PreO&amp;TempO model event</td>
<td>Vuokatti, Sports Institute</td>
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<td>19.00 Team Officials’ Meeting</td>
<td>Iso-Pöly / Event Centre</td>
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<tr>
<td>Wednesday 10 July</td>
<td>10.00 PreO Day 1</td>
<td>Vuokatti, Sports Institute</td>
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<td>17.00 WTOC Open Competition</td>
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<td>18.00 Team Officials’ Meeting</td>
<td>Iso-Pöly, Event Centre</td>
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<tr>
<td>Thursday 11 July</td>
<td>10.00 PreO Day 2</td>
<td>Sotkamo, Huiska</td>
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<tr>
<td></td>
<td>18.00 Team Officials’ Meeting</td>
<td>Iso-Pöly / Event Centre</td>
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<tr>
<td></td>
<td>20.00 Awards Ceremony</td>
<td>Event Centre</td>
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<tr>
<td>Friday 12 July</td>
<td>8.30 WTOC TempO Qualification</td>
<td>Vuokatti, Sports Institute</td>
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<tr>
<td></td>
<td>14.30 WTOC TempO Final</td>
<td>Vuokatti, Vuokatinvaara</td>
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<td></td>
<td>20.00 Awards Ceremony</td>
<td>Event Centre</td>
</tr>
<tr>
<td></td>
<td>20.45 WTOC Banquet</td>
<td>Vuokatti</td>
</tr>
<tr>
<td>Saturday 13 July</td>
<td>Departures</td>
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</table>

4. EVENT CENTRE

Event Centre is located in Vuokatti Sports Institute.
Address: Vuokatin Urheiluopisto
Opiston tie 1
88615 Vuokatin Urheiluopisto

Photo: Arja Korhonen

WOC 2013
EVENT CENTRE

1. Sports Institute
2. Vuokattila
3. Parkhaili
4. Solve Hotel
5. IOF meetings
6. Sompo Accommodation
7. Chalets
8. VIP and media race
9. More accommodation
10. Awards ceremony
11. Box shop
12. Carlton/Clubhouse
13. Ice rink
WTOC Quarantine

www.woc2013.fi
5. WTOC Office

WTOC Office is located in the Event Centre in Vuokatti Sports Institute. Accreditation and entries are made in WTOC Office in Pallohalli building. Team Officials’ meetings are held in the same building in auditorium Iso-Pölly.

In the competition arenas, WTOC office will be located on the site of the finish area. Teams will be asked to supply the phone numbers of team contacts so that the organizers can quickly contact key team officials if necessary.

6. GENERAL INFORMATION

Accreditation cards

All participants will be given an accreditation card which should be worn at all times during the competitions and at the Event Centre.

For accreditation, team leaders must show their team members’ passports to prove their nationality and full passport-holding citizenship of the country of their Federation.

Number bibs

All competitors must wear their respective number bibs at all the WTOC 2013 competitions. There will be separate number bibs for PreO and TempO competitions. Number bibs will be handed to the teams on the day before the competitions in the Team Officials’ Meeting.

Team Officials’ Meetings

Team Officials’ Meetings are held in auditorium Iso-Pölly in the Event Centre (same building with WTOC office). A maximum of two members from each Federation may attend the meetings.

Team Officials’ Meetings times are:
- Tuesday 9.7.2013 8.00 – 13.00
- Wednesday 10.7. 8.00 – 15.00
- Thursday 11.7. 8.00 – 10.00
- Friday 12.7. 7.00 – 21.00
- Saturday 13.7. 8.00 – 13.00
- Sunday 14.7. 8.00 – 13.00
- Monday 15.7. 8.00 – 15.00
- Tuesday 16.7. 8.00 – 13.00
- Wednesday 17.7. 8.00 – 15.00
- Thursday 18.7. 8.00 – 10.00
- Friday 19.7. 7.00 – 21.00
- Saturday 20.7. 8.00 – 13.00

Meals at the Event Centre / lunch packs

Meals in the restaurant at the Event Centre will be served nonstop every day from 7.00 am until 22.00 pm.

Teams who have ordered the lunch packs can pick them up from the restaurant.

Transport and parking

Teams, VIPs and the media are free to use their own transport to all events. There are reserved parking areas at all the arenas. Parking tickets are available from the WTOC office (Max 3 tickets / team).

Transport will be provided to the arenas and model events for those teams, VIPs and the media who have requested and have paid for a transport package. Transport routes and schedules to the arenas and back to the Event Centre will be provided in the accreditation package and are available also in the WTOC office. Remember to drive on the right!

Ceremonies

Opening Ceremony:

The WOC / WTOC Opening ceremony is held on Mon 8 July at 16.45 hrs at Hiukka Arena. The ceremony lasts 45 mins followed by the WOC Sprint Final start immediately after the Opening ceremony at the same venue.

All members of team participating the ceremony are asked to wear the National Team outfit.

Reserved seats for the teams are in the sections O2, D3 and D4. Seats are in alphabetical order according to IOC country code (e.g. ARG, AUT etc.) and the teams are asked to sit in the designated area. There will be wheelchair places on the lower part of the sections O2, D3 and D4. National flags and presentation of teams is the first number in the ceremony, so we kindly ask teams to be seated by 16.35 hrs.

Presentation of teams

National flags are brought to the Arena by local school children. There is no team parade. When the announcement welcomes your flag and country in, the team stands up and greets the audience by waving hands.

Flower Ceremonies

The flower ceremony will be held as soon as top three athletes have been established. The athletes must go to the flower ceremonies in the competition or team outfit.

In the end of the ceremony, the photographers will have a brief possibility for photo shoot with all medalists or individual athletes.

Award Ceremonies

Award ceremonies will take place at the Event Centre (Event Centre Olympic Stadium) together with WOC and Kainuu Orienteering Week. Award ceremonies for WTOC will take place on Thursday 11th July at 20.00 (PreO and Team competition) and on Friday 12th July at 20.00 (TempO).

The top 6 athletes / teams are asked to assemble in the call room (close to the podium) 15 minutes prior to the ceremony.

Dress code: National Team outfit. No items such as sunglasses, bottles, competition equipment, mobile phones, hats, neckbands, headband, other gadgets are allowed on the stage.

Banquet

The Banquet will be held on Friday 12th July at 20.45 at the restaurant of “À la Katti” located in Vuokatti skiing slopes. Official programme will take place at 21.00-23.00 but it is possible to stay there and have fun together until 01.00.

Banquet will be a sit-down dinner with drinks (3 drink tickets / person). There is a bar where more drinks can be bought. Guests may not bring their own drinks.

Those who have already reserved and paid Banquet tickets, the tickets will be given on arrival together with team material. Banquet tickets can be bought also from WTOC office (30 EUR per person).

Transport and parking

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Anti-Doping

Doping is strictly forbidden, and the organisers of WOC2013 are dedicated to supporting the anti-doping authorities in their work. Doping controls may be carried out at any time during the competition period. As some sites for the doping controls may be a few minutes’ drive away, we suggest that athletes are prepared at all events to take along some dry clothes to change into after their race.

Doping tests are always carried out in accordance with the procedures described in the WADA International Standard of testing. The IOF Anti-Doping Code and rules apply as of 1st February 2010. Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. The athlete should also bring along their therapeutic use exemption (TUE) if applicable. In general, it is advisable that the athletes bring along their ID to all the competitions and events.

Doping controls on the competition days will take place after the flower ceremony. Antidoping chaperones will accompany the athletes all the way.

Media

WOC2013 media services are covering widely also WOC events. There will be wide range of press releases and interviews made by WOC Media office and all the photos in the photo archive of the event website (www.woc2013.fi -> media) are for free use for all the teams.

More information: Heidi Lehikoinen Communications Manager media@woc2013.fi

Public event

There will be a public event after the PreO Day 1 on Wednesday 10th of July 2013. More information from the WTOC office.

Smoking

Smoking is not permitted on any of the WTOC, WOC, KOW or public courses.

Medical service

There is a first aid station at the competitive centres during competitions. At the event area there are also travelling first aid squads. If a competitor is injured at terrain, the situation and the location of the patient must be notified to the nearest control point person / finish line. First aid and the evacuation are organized by the first aid crew.

Injuries / illness occurring outside of competitive activities are treated by the public health care system.

Sotkamo health centre, Keskiuutikatu 10, Sotkamo
An on-duty doctor for appointments Monday – Friday 8.00-15.00
Nurse, health advice / appointments +358 8 6156 6009
At other times:
Kainuu Central Hospital, Sotkamontie 13, Kajaani
Emergency duty service on Monday – Thursday 15.00-8.00
Weekend service from 15.00 on Friday to 8.00 on Monday.

In the case of emergency: The national emergency number 112
24-h nurse health advice +358 8 6156 6800
There are private medical services also available at the Vuokatti.

7. TECHNICAL INFORMATION

Rules


1. Deviation from the rule 6.4. “Each Federation may enter up to a maximum of three competitors of any physical ability for the PreO competition in the Open class, a maximum of three eligible competitors for the PreO competition in the Paralympic class and a maximum of four competitors for the TempO competition.”

→ Each Federation may enter up to a maximum of three competitors of any physical ability for the PreO competition in the Open class, a maximum of three eligible competitors for the PreO competition in the Paralympic class and a maximum of three competitors for the TempO competition.

2. Deviation from the rule 6.7. “In the TempO competition only the 24 best placed competitors from the qualification may participate in the final, if there is just one qualification heat they will be the top 24. If there are two qualification heats the top 18 from each heat qualify for the final etc.”

→ In the TempO competition only the 24 best placed competitors from the qualification may participate in the final, there is just one qualification heat.

3. Deviation from the rule 16.9. “A TempO qualification course shall consist of at least 4 control stations and 20 timed controls. A TempO final course shall consist of at least 5 control stations and 25 timed controls. There should be at least three timed controls at each control station. A separate, specially prepared map is used for each timed control and the competitor is given the complete ordered set of maps for the control stations as a stack with a cover sheet on top.”

→ Exceptions are made to this rule in Finland 2013 and in Italy 2014. A TempO final course can consist of less control stations and timed controls, because of different way of ranking competitors.

4. Deviation from the rule 25.14. “In the individual World TempO Championship competitions, the competitors are ranked according to their placing in the final course.”

→ “Competitors who competed in the final course are ranked according to their total accumulated time from both the qualification course and the final course. The other competitors are not ranked.”

The following are strictly forbidden on the competition course:

• Mobile phones, radios, computers or other communication devices
• Navigational aids other than a compass

Competitors will be asked to hand in their phones when in leaving the quarantine area. These will be held securely in labeled bags and may be collected after the last competitor has finished.”
Entries

Name entry for the PreO competition should be returned to the WTOC competition office at the latest on Tuesday 9th of July at 12.00.

Entry for the Team Competition should be returned to the WTOC competition office at the latest on Wednesday 10th of July at 18.00

Name entry for the TempO should be returned to the WTOC competition office at the latest on Thursday 11th of July at 12.00.

All the entry forms are included in the team material and available also from the WTOC Competition Office.

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<tr>
<th>Country</th>
<th>Competitors</th>
<th>Officials</th>
<th>Other</th>
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| 93 | 15 | 11 | 119 | 49 | 35 | 51 |

Terrain

PreO:
Sandy-bottomed, round shaped hillocks (culmen) with plenty of hiking routes and paths. Trails are not paved but still quite well made. Predominantly pine forest with good visibility. Undergrowth is scanty. There are some built sport facilities and park structures. Trails are wide and the surface is relatively smooth. There are some spots with more sand and rough gravel and that is why rough profile tyres on wheelchairs are recommended. There will be escorts for bigger hills and those hills will be defined as “one way trails”.

TempO:
Qualification terrain same type than TrailO terrain. Accessibility of the trails is the quite same than in PreO but trails have mostly natural surface and they are more narrow in some places. At the final, large hilltop with partly rocky terrain with pine forest, that is slightly thicker than other terrain, partly cleared slopes and ski lifts. Trails are mostly car accessible and asphalt or gravelled road.
Course Details

Model Event
Course planner: Pertti Hartman

<table>
<thead>
<tr>
<th>Length (km)</th>
<th>Climb (m)</th>
<th>Controls</th>
<th>Time allowance</th>
<th>Refreshment</th>
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<tbody>
<tr>
<td>Vuokatti</td>
<td>0.9</td>
<td>20</td>
<td>PreO: 8</td>
<td>TC</td>
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</table>

- 2 timed controls (PreO) at 1 station before the main start
- Distance to the main start: 0.3km
- Distance to TempO model: 0.3km
- TempO model: 1 station, 3 controls
- Distance from TempO model to the assembly: 1.0km

PreO Day 1
Course planner: Pertti Hartman

<table>
<thead>
<tr>
<th>Length (km)</th>
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<tr>
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<td>36</td>
<td>20 + 4 TC</td>
<td>120</td>
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</tbody>
</table>

- Distance from the assembly to the quarantine: 0.4km
- Distance from the quarantine to the start: 0.6km
- 2 timed controls at 1 station before the main start
- At 1.3km point, the time will be paused and the control card checked. The non-timed section is 0.4km and mainly downhill (not included in the total length of the course).
- At the finish: 2 timed controls at 1 station.
- Refreshments: Water and toilets at 1.3km point.

PreO Day 2
Course planner: Pertti Hartman

<table>
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<tr>
<th>Length (km)</th>
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<td>Sotkamo</td>
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<td>20 + 4 TC</td>
<td>150</td>
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- Distance from the quarantine to the start: 0.1km
- 2 timed controls at 1 station (+ 2 timed controls at 1 station for the Team competitors) before the main start
- Distance from the start to the time-start: 0.2 – 0.5 km respectively
- After the finish: 2 timed controls at 1 station
- Refreshments: water and toilets at 1.6km

TempO, Qualification
Course planner: Pertti Hartman

<table>
<thead>
<tr>
<th>Length (km)</th>
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<th>Stations</th>
<th>Controls</th>
<th>Max time at the station</th>
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<td>Vuokatti</td>
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- Distance from the quarantine to the start: 0.3km
- Distance from the finish to the assembly: 0.7km

TempO Final
Course planner: Pertti Hartman

<table>
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<th>Length (km)</th>
<th>Climb (m)</th>
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<td>Vuokatti</td>
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<td>90 s</td>
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</table>

- Distance from the assembly to the start: 0.2km

Permitted and forbidden trails

Only those trails and paths that are mapped with brown-filled symbols are permitted. Many this kind of paths are also forbidden using symbols on the map and markings/signs in the terrain.

A purple cross over a path on the map means that this certain leg of the path is forbidden for all of its length. There are signs and/or a tape across it in the terrain.

A purple line across the path on the map means that access is permitted until that point only. There is a tape across the path or/and signs in the terrain.
One-way legs
For fairness some steep parts of the trail have been determined to be one-way. On these legs it is forbidden to come backwards, but short stops are allowed, if the other competitors are not disturbed. Typically these parts of the trail are broad. On the map there are simple arrowheads over the trail and the text “ONE-WAY” in the control descriptions. In the terrain there are signs at the beginning and at the end of these legs.

Markings in terrain, but not on the map
Near the decision points there may be tapes on the ground. Crossing these tapes is forbidden. The tapes may restrict or expand the permitted area compared to the map.

Pit
There are pits in the terrain, the type of which could not be presented in the model. The dug material often forms a distinct rim around the pit. The flag in the illustration stands at “the pit, edge”.

Maps
All maps used during WOC are ISSOM, scale1:5000, contour interval 2.5m. For the map samples please see the previous maps on the event website. On each day all competition maps will be collected at the finish and placed in the team bags. They will be returned, along with solution maps, once the last competitor has finished the course.

Quarantine areas
Model: There is no quarantine. Assembly on the parking place of the Event Centre (south-west corner).
PreO Day 1: Assembly is next to the Sport Hall (Vuokathalli). Quarantine is located at the ice rink and it will close at 11.00.
PreO Day 2: Assembly and quarantine are at the hotel Tulikettu and it will close at 11:00.
TempO qualification: Assembly and quarantine are at the ice rink. Quarantine closes at 9.00.
TempO final: Assembly is in Vuokatinvaara (Vuokatti hills). Quarantine only at the finish. Finishers will be held in the quarantine area until the last competitor has started.

Toilets
There will be toilets in each competition arena including disabled facilities.

Punching / Timing
Pin punching will be used to mark control cards at the controls. At timed controls, timing will be done by stopwatch and answers will be given by pointing to the chosen letter or speaking using the International Phonetic Alphabet.

Complaints and protests
Any complaints must be made in writing using the form available at the competition office tent in the competition arena. Completed forms should be handed in at the competition office as soon as possible no later than 15 minutes after the last competitor has finished. An announcement will be made at the start and end of the 15 minute period.
Protests against the organiser’s decision on complaints must be made in writing (using the form available at the competition office tent in the competition arena) and handed to a member of the jury no later than 15 minutes after the organizer has given his decision on the complaint.
Sotkamo-Vuokatti

PreO Day 2. Quarantine area is at the Hotel Tulikettu, next to the start

Model start and the quarantine zone for PreO Day 1 and TempO Qualification

TempO Final

Sports Institute

Quarantine Zone
PreO 1, Tempo Q

Model start
Organising committee
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