



Bulletin II



2017
NORWAY



OSTFOLD
Euromeeeting
2.-3. september

Welcome to Østfold

It's a great pleasure to welcome you all to Eurometing 2017, and to the county of Østfold. This is the first time for many of you to get more knowledge about this region in the South-East part of Norway. You will also have the pleasure to visit the 1000-years old city of Sarpsborg, which is the host city for WOC 2019. Here you will find the official event hotel and the venue for the medal ceremonies. Sarpsborg is known for its long industrial history, a lot of green areas and the big waterfall called Sarpefossen. In 2016 the biggest orienteering event in Norway, O-festivalen, was arranged in and around the city. During 3 days about 3000 participants had the pleasure to run in beautiful surroundings.

The venues for Eurometing 2017 are placed near to the city of Moss and close to Rudskogen, the national venue for motorsports. By taking part in the competitions, you will get a lot of useful experience ahead of the WOC 2019. You will also have the opportunity to train in different terrains after the competitions. Østfold also has a variety of nice terrain and high quality maps for training. Our clubs in the region will organize different technical challenges for you. Most of these trainings are only a short drive from the WOC 2019 hotel.

I look forward to seeing you at the exciting competitions during the weekend and wish you all good luck. I also wish you a very nice stay in Sarpsborg, the WOC 2019-city.



Sigmund Vister

Chairman of the board, VM Orienteering 2019 AS

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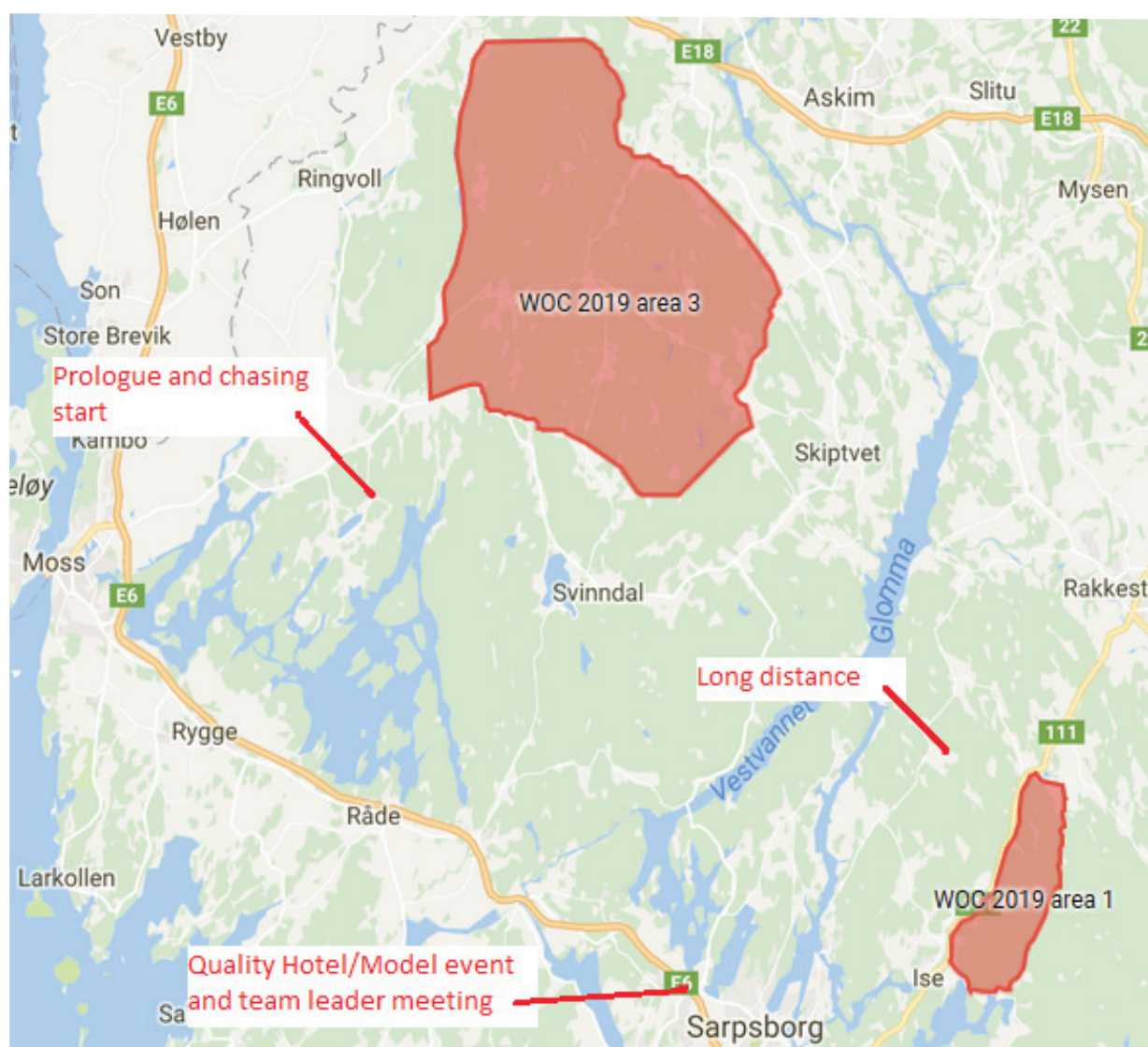
1. Location

Prologue and chasing start: Fjell Shooting range Våler, marked route from RV 115 by Rødsund Bridge. GPS coordinates: 59.461128, 10.861187

Long distance: Bø, Varteig, marked route from Varteig kirke.
GPS coordinates: 59.370927, 11.232705

Official accommodation: Quality Hotel Sarpsborg.
GPS coordinates: 59.295794, 11.06334

Model event: Sarpsborgmarka, Sarpsborg.
GPS coordinates: 59.295794, 11.06334



2. Program

Friday, 1/9.: 08.00 -15.00, Model event, Sarpsborgmarka, Sarpsborg
12.00 - 12.30, Team Officials' meeting all competitions, Quality Hotel Sarpsborg
12.30 - 13.00 Event office for the training camp,
16.00, Start prologue, Fjell shooting range Våler, Moss

Saturday, 2/9.: 11.00, Chasing start men, Fjell shooting range Våler, Moss
11.30, Chasing start women, Fjell shooting range Våler, Moss
12.45, Awards Ceremony 1-6, Fjell shooting range Våler, Moss

Sunday, 3/9.: 10.00 – 13.30; Long Distance, Bø Varteig
14.00; Awards Ceremony 1-6, Bø, Varteig

September 4.-10.: WC 2018/ WOC 2019 training camp 1

3. Registrations

| Country | Men | Women | Total |
|----------------|-----|-------|-------|
| Switzerland | 7 | 5 | 15 |
| Sweden | 12 | 12 | 24 |
| Norway | 8 | 8 | 16 |
| Czech Republic | 6 | 6 | 12 |
| Great Britain | 13 | 6 | 19 |
| DPR Korea | 1 | | 1 |
| Estonia | 2 | 1 | 3 |
| Finland | 4 | 1 | 5 |
| France | | 1 | 1 |
| Ukraine | 1 | 1 | 2 |
| Poland | | 1 | 1 |
| Total | 54 | 42 | 99 |

4. Terrain and map

Prologue and chasing start:

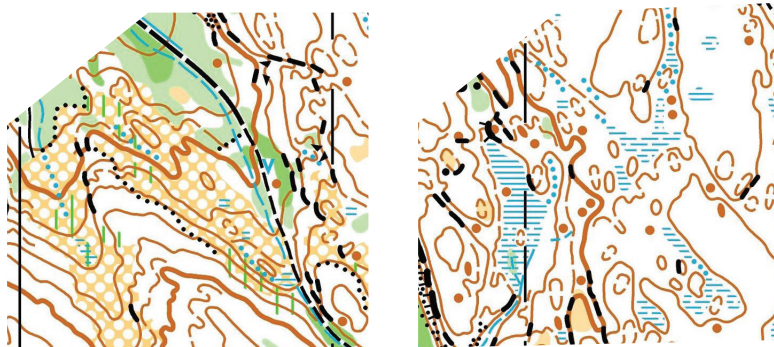
The competitions will be held in a WOC2019 relevant terrain on a newly updated map based on the same laserdata as the WOC2019 maps. The terrain is undulating and moderately detailed with small areas of marsh land. The forest is mainly good run ability with nice forest floor. The terrain is relevant for the WOC2019 terrain at Mørk.

The runners can expect a nice experience in typical terrain for the Moss area.



Long distance:

The terrain is varied. Parts of the terrain are undulating with good runability. There are also green areas with intricate terrain details which challenge the map reading. The terrain also includes some felled areas and some areas of marsh land. In the southern and western areas there are parts which are hillier.



5. Prologe

Arena: Fjell shooting range, Våler

Parking: At arena

Map scale: 1:10 000

Contour interval: 5 m

Course planner: Harald Lundhaug and Astrid Bjørnerød

| Courses | Length, m | Climb, m | Controls | Winning time |
|---------|-----------|----------|----------|--------------|
| Women | 3040 | 145 | 8 | 21 min |
| Men | 3550 | 150 | 10 | 21 min |

Arena – Start: 600 m

Start intervals: 2 minutes

Men and women will start ever other minute.

Call-up at - 3 minutes.

Number bibs, EMIT card, EMIT tag, GPS and control description will be distributed at start.

Start list will be published some days prior to the competition: <http://eventor.orientering.no/Events/Show/7985>

6. Chasing start

Arena: Fjell shooting range, Våler

Parking: At arena

Map scale: 1:10 000

Contour interval: 5 m

Course planner: Harald Lundhaug and Astrid Bjørnerød

| Courses | Length, m | Climb, m | Controls | Winning time |
|---------|-----------|----------|----------|--------------|
| Women | 5150 | 225 | 20 | 38 min |
| Men | 6180 | 285 | 22 | 38 min |

Arena – Start: 100 m

Number bibs, EMIT card, EMIT tag and GPS will be distributed at the arena.

Start time men: 11.00

Start time women: 11.30

For runners more than 15 minutes behind, there will be a mass start 11.15 (men) and 11.45 (women).

Call up at – 5 minutes. The athletes should be at start in reasonable time before their starting time and follow instructions from the organisers.

Start list: based on the results from the prologue and published here:

<http://eventor.orientering.no/Events/Show/7891>

Disqualified runners are not allowed to start in the chasing start. They can attend the spectator race Sport8 Flex-O cup (<http://eventor.orientering.no/Events/Show/7890>) that start after the chasing start race.

7. Long distance

Arena: Bø, Varteig

Parking: Close to Arena (Remember to get a parking-permit at team leaders meeting)

Map scale: 1:15 000

Contour interval: 5 m

Course planner: Kjell Lunde

| Courses | Length, km | Climb, m | Controls | Winning time | Refreshment control |
|---------|------------|----------|----------|--------------|---------------------|
| Women | 8,8 | 285 | 18 | 70 min | 2 |
| Men | 13,6 | 360 | 24 | 88 min | 3 |

Arena – Start: 850 m

Number bibs, EMIT card, EMIT tag, GPS and control description will be distributed at start.

Start intervals: 2 minutes

Start list will be published some days prior to the competition: <http://eventor.orientering.no/Events/Show/7985>

Punching system: EMIT card and tag

8. Model Event

Model event Sarpsborgmarka, Sarpsborg.

Parking at Quality Hotel Sarpsborg. 450 m from parking to the model event terrain.

Maps are available at Quality Hotel Sarpsborg. Only controlsflags.

9. GPS tracking

GPS units will be distributed to selected competitors at start. Competitors assigned with GPS must carry the GPS device during the race. GPS units are provided together with vests and shall be collected by participants at the start area. GPS units and vests shall be returned at the finish of each race.

It's strictly forbidden to obtain information about terrain, map and courses before the competitions.

10. Organisers

Prologue and chasing start:

Moss OK, event director: Tore Bjørnerød

Long distance:

Varteig OL, event director: Kjell Einar Andersen (kean@sarpsborg.com)

6. Embargoed areas

All competition areas are embargoed until the competition day.

All race areas are fully embargoed for the athletes.

See Terrenssperringer Norsk Orientering for more info: <https://www.google.com/maps/d/viewer?mid=1Ty0mN9pGReL7mAXSvXWoEdVI-fc&usp=sharing>

Be aware that the terrain Fjell in Våler is embargoed after September 3. 2017.

An old map of the competition area in Våler and Varteig is available at www.woc2019.no

10. Training possibilities

Training camp:

WCup 2018 / WOC 2019 training camp 1 will take place from 4th September 2017 to 10th September 2017 in the Sarpsborg area. More detailed information about the program of the training camp can be found at www.woc2019.no Training possibilities on alternative dates are available upon request.

For more information, please contact: kinesteiwer@hotmail.com



Foto: Lars Ole Klavestad