



# Bulletin 3

## The World Cup in Ski Orienteering Round 1

January 15 – January 18, 2010  
Leningrad Region, Russia

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## 1. General information

### Organizers

Russian Orienteering Federation, Leningrad Region government, Leningrad Region Orienteering Federation. IOF is also represented in the Organizing Committee.

Event director  
IOF Event Adviser

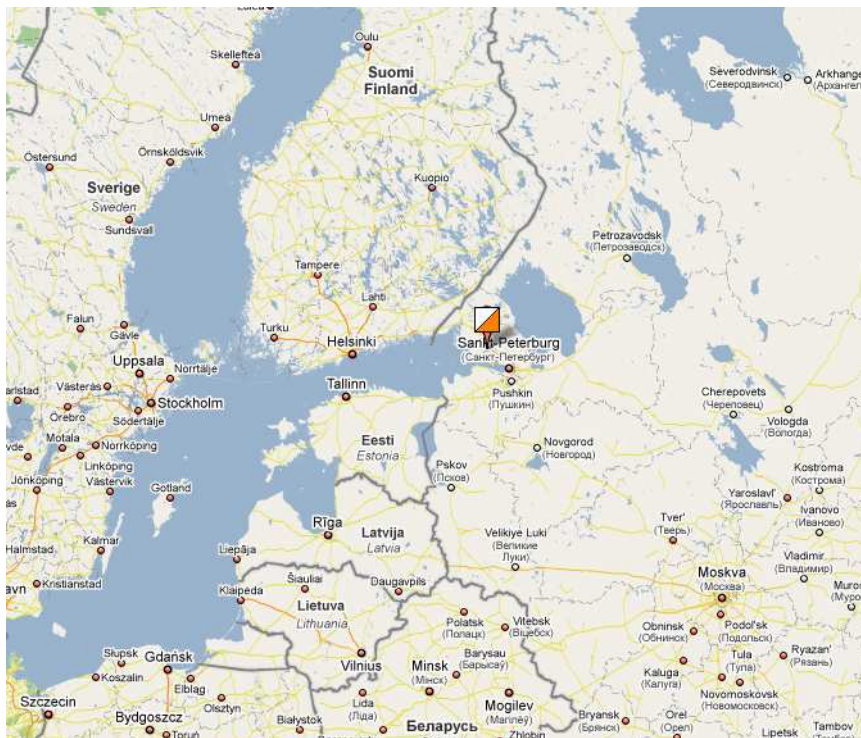
Alexander Kurdiumov  
Antti Myllärinen, FIN

Web site  
Event director contact

[www.o-worldcup.spb.ru](http://www.o-worldcup.spb.ru)  
E-mail: [sfr-system@mail.ru](mailto:sfr-system@mail.ru)

### Venue

All competitions will be organized at Leningrad region in Roshchino (Raivola), approximately 80 kilometers north from city of Saint Petersburg. JWOC in 2003 had been organized at the same area.



## How to get to the event centre?

- By airplane to international airports St. Petersburg-Pulkovo and Helsinki-Vantaa
- Local train from St. Petersburg (Finland railway station)
- Minibus number 680 departures from metro station Prospekt Prosveshchenia (7 am till 11 pm. with 20 minutes interval, travel time 1h 30 min)
- If you travel by your own car or bus, drive road M-10 from Vyborg 60 kilometers to the direction of St. Petersburg (or from St. Petersburg about 80 km to the direction of Vyborg-Helsinki) and turn to the road towards south which leads to the Roshchino (РОШЧИНО).
- Bus transfer for teams from St. Petersburg-Pulkovo and Helsinki-Vantaa airports is available upon request.

## Program

Time of driving from EC to the venues is about 20-25 min. Transport schedule will be published at Bulletin 4.

13.01 Wednesday	15.00 – 21.00 19.00 – 20.00	Event office open Dinner
14.01 Thursday	8.30 – 10.00 10.30 – 17.00 11.00 – 14.00 14.00 – 15.00 17.00 18.00 19.00 – 20.00 20.00	Breakfast Event office open Model event (at the EC - Raivola) Lunch Deadline for Middle entries Opening ceremony Dinner Team leader's meeting
15.01 Friday	7.00 – 8.30 10.30 12.00 14.00 – 15.00 17.00 19.00 – 20.00 20.00	Breakfast Mass start – Middle (men) Mass start – Middle (women) Lunch Deadline for Sprint and Sprint Relay entries Dinner Team leader's meeting
16.01 Saturday	7.00 – 8.30 10.00 11.00 11.30 – 12.30 13.00 14.30 19.00 – 20.00	Breakfast First start – Sprint (men) First start – Sprint (women) Lunch at the competition area Start – Sprint Relay (men) Start – Sprint Relay (women) Dinner
17.01 Sunday	8.30 – 10.00 11.00 – 13.00 14.00 – 15.00 17.00 19.00 – 20.00 20.00	Breakfast Open event – Ski-O-athlon (at the EC - Raivola) Lunch Deadline for Long entries Dinner Team leader's meeting
18.01 Monday	8.30 – 10.00 10.00 14.00 – 15.00 18.30 19.00	Breakfast First start – Long Lunch Prize giving and closing ceremony Dinner, Banquet
19.01 Tuesday	8.30 – 10.00	Breakfast Departure

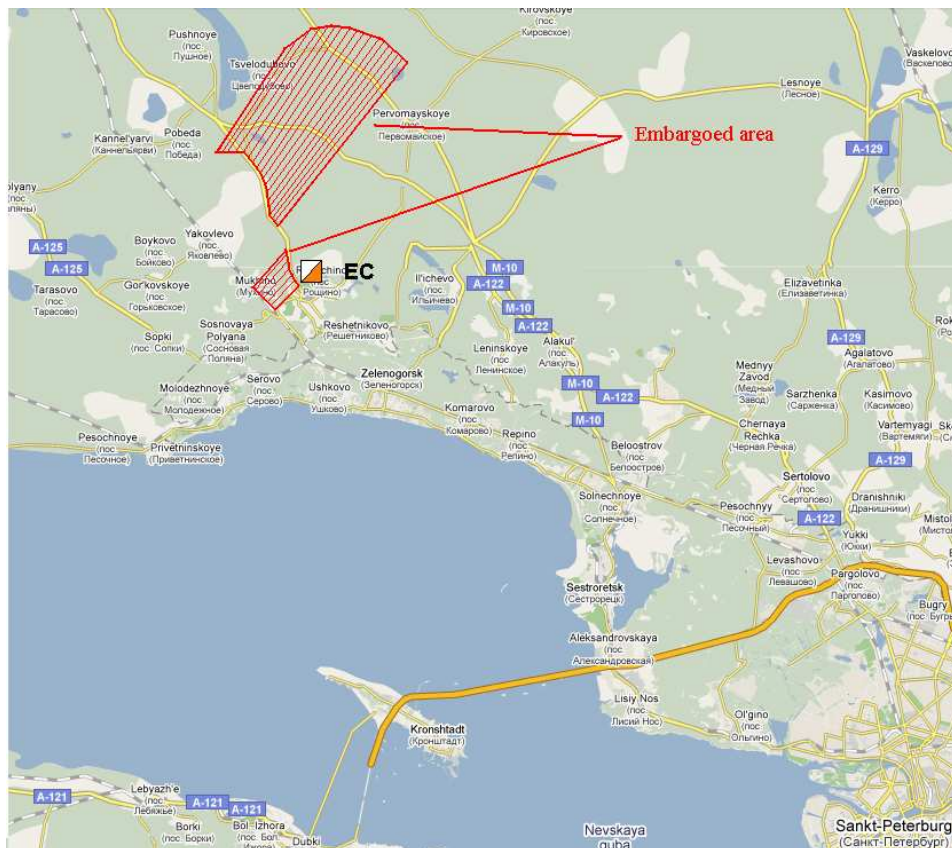
## 2. Competition information

### Competition rules

The Competition Rules for IOF Ski Orienteering Events (valid from 1st of December 2009) apply. The deviations (approved by IOF) are marked by \*

### Embargoed area

Area described in map below is embargoed between 1<sup>st</sup> of August 2009 and 15<sup>th</sup> of January 2009.



### Terrain type and tracks

Moderately hilly terrain between 40 and 100 meters above sea level. Mostly coniferous forest with good visibility in general. There are no cross-country skiing tracks at the competition areas.

Tracks will be in 2 categories and percentages of each are as follows.

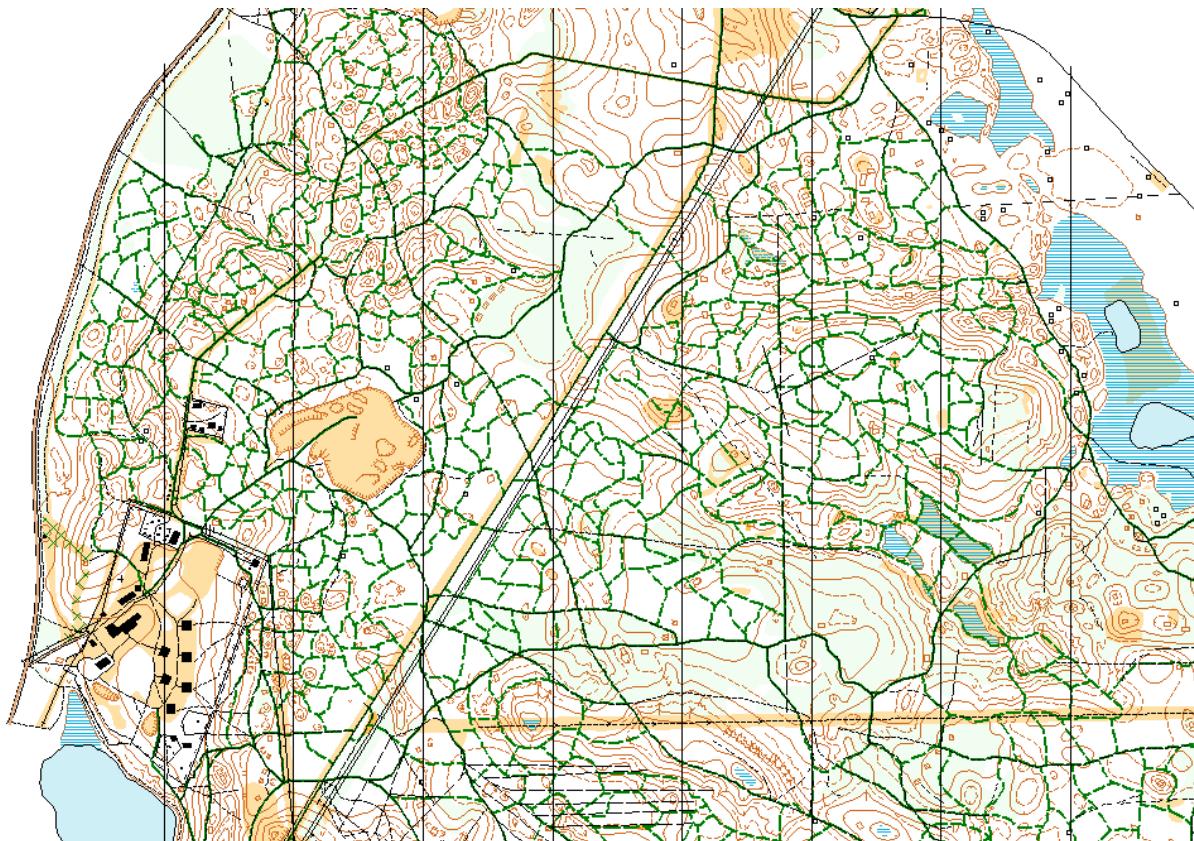
- 2-3 meters wide tracks prepared by a snow mobile, continuous line, 10-15 %
- 0,8 – 1,2 meters wide tracks prepared by a snow mobile, dashed line, 85-90%

## Event Centres

Middle and Long – 15 km from Event Centre, “Goluboe Ozero” Sports Camp, 3 km to the South from Tselodubovo village.

Sprint and Sprint Relay – 2 km to the South-East from Middle and Long venue.

The sample of old ski-O map (2003 year) for Middle and Long area:



There are no old maps for Sprint and Sprint Relay area.

## Maps

Digital printed ski-O maps according to IOF standard, surveyed at 2009. Scales 1:5000 (Sprint and Sprint Relay), 1:7500\* (Middle), 1:12500\* (Long). Contour interval 5 m. Size A4 (210x297 mm).



## Courses

Winning times, maps scales and contour intervals of the different races are presented below.

Course	Classes	Length (straight line)	Length (reasonable route)	Winner's time
Middle	Men	12,3 km	14,5 km	45-50 min
	Women	9,1 km	11,2 km	40-45 min
Sprint	Men	3,6 km	4,4 km	13-14 min
	Women	3,0 km	3,7 km	13-14 min
Sprint Relay (per leg)	Men	1,4-1,6 km	1,8 -2,1 km	6-8 min (45 min total)
	Women	1,2-1,4 km	1,6 -1,8 km	6-8 min (45 min total)
Long	Men	21,8 km	26,1 km	85-90 min
	Women	13,4 km	16,5 km	60-65 min

## Time keeping system

SFR system will be used for punching\*. The rent of SFR cards is free of charge. More information about the punching system itself from: [www.o-worldcup.spb.ru](http://www.o-worldcup.spb.ru)  
Start gate and finish light beam will be used for timekeeping.

## Anti-doping policy

Doping is strictly forbidden: "Think positive – test negative". Doping tests are possible.

## Training opportunities

Model Event will be held on 14th of January. The area of model event is 200 m from Raivola hotel. This area will be used also for Ski-O-Athlon events on 16<sup>th</sup> of January from 11.00 to 13.00. The course of Model Event will be available during Model Event timetable. The area without control markers will be open for training all the time during the events.

## 3. Accommodation and catering

Accommodation and catering are arranged in hotel [Raivola](#).

Double room including breakfast: 3280 RUR per room per day.

Double room including full board: 4060 RUR per room per day.

Single room including breakfast: 1910 RUR per room per day.

Single room including full board: 2370 RUR per room per day.

More luxury accommodation is available on request.

The average rate of exchange in December is 1Euro = 44 - 45 RUR.

## 4. Entries and related information

### Entries

Entries will be made by e-mail using the application form. Please visit web site [www.o-worldcup.spb.ru](http://www.o-worldcup.spb.ru) and follow the instructions.

### Preliminary entries summary

Nation	Men	Women	Officials
BUL	1	0	1
CZE	4	2	1
FIN	6	6	4
GER	1	0	1
NOR	6	2	2
RUS	9	9	4
SUI	5	2	1
SWE	5	5	5
UKR	4	2	1
EST	2	0	-
ITA	3	0	1
<b>Total</b>	<b>46</b>	<b>26</b>	<b>21</b>

### Final Entries

The deadline for final entries is January 4<sup>th</sup>, 2010. The application form for the final entry is available on the official web-site of the event.

### Entry fee

Entry fee is 35 Euro per participant for any individual event and 70 Euro per relay team of two competitors. Accreditation fee for team officials is 35 Euro per person. Accreditation for mass-media persons is free.

### Payment method

All the payments may be made by bank transfer or on arrival by credit card or by cash. Bank data for payments may be sent on request.

### Accreditation fee

Accreditation fee for team officials is 35 Euro per person.  
There is no accreditation fee for mass-media persons.

### Visa

Participants outside Belarus, Kazakhstan, Ukraine, Moldova, Serbia, Croatia, Macedonia (and some other countries) need visa. For certain information (also for acquiring visa) please contact Russian Embassy in your country. Organizers will send the invitations to the teams according to their preliminary entry list.