

Welcome

On behalf of the community of Primiero, the organising committee would like to extend a warm welcome to all the participating athletes, trainers, collaborators, staff and public.

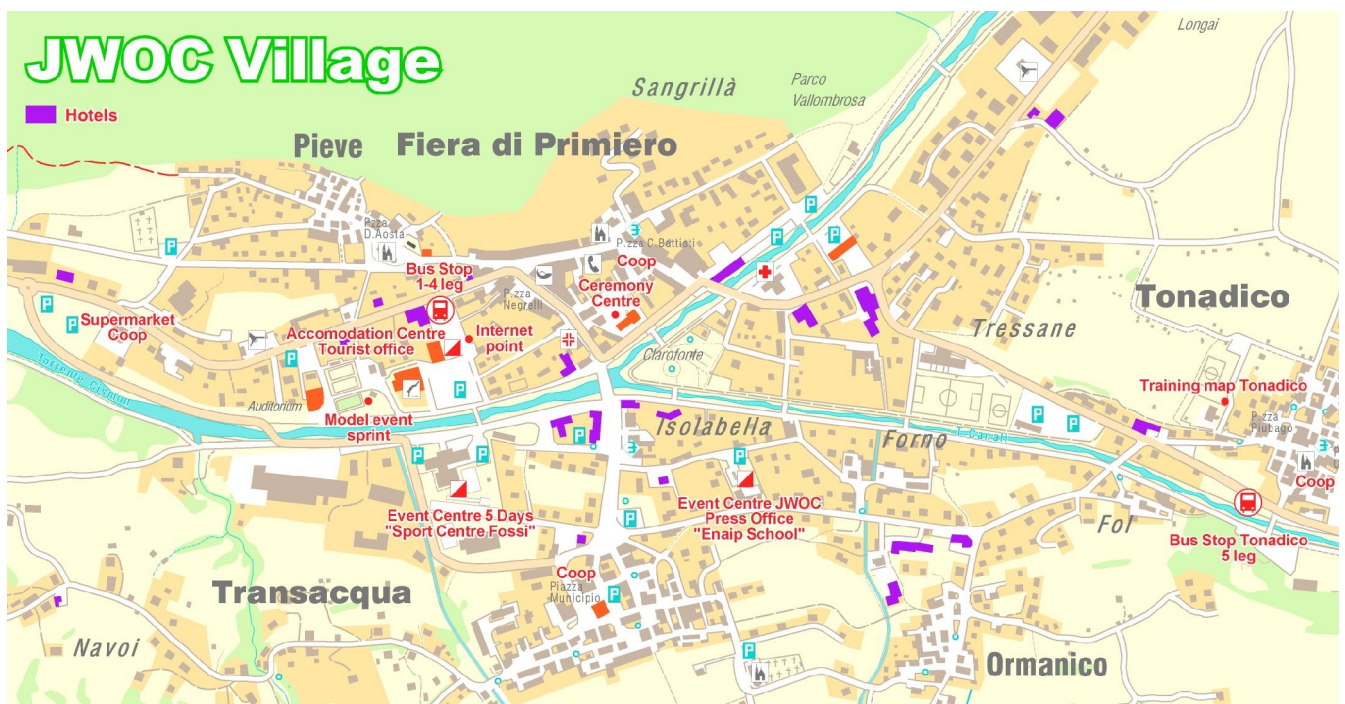
The entire community will be involved in organising this important event!

We hope you will find the racing terrain interesting, the courses challenging and the welcome friendly.

We would like to express a huge thank you to all the volunteers involved in the organisation.

We hope that the event will unfold within the spirit of fair play, friendship and solidarity between nations.

Map of JWOC Village: Fiera di Primiero



JWOC Event Centre and Competition Office

The JWOC Event Centre and Competition Office are at the ENAIP School in Fiera di Primiero.

Address: Via Forno, 12 - 38054 Transacqua.

The Event Centre will open on Saturday 4th July at 14:00 and will close on Sunday 12th July at 12:00. For opening hours see the detailed programme. There will also be an Information Desk in the Event Arena at each race. Accreditation for all teams will be at the Event Centre from 14:00 on Saturday 4th July.



Detailed Programme

Saturday 4th July 2009: Accreditation

- 14:00 – 21:00 Event Centre is open
14:00 – 21:00 Accreditation of National Teams

Sunday 5th July 2009: Opening Ceremony

- 08:00 – 13:00 Event Centre is open
10:00 – 12:00 Model event Long San Martino – Caffè Col
12:00 Deadline for entries for the Sprint Final
12:00 – 13:00 Lunch at accommodation
16:00 – 21:00 Event Centre is open
16:30 – 17:00 Team Leaders' Meeting
18:00 – 19:00 Opening Ceremony – Fiera di Primiero
19:30 – 20:30 Dinner for VIP

Monday 6th July 2009: Sprint Final, Mezzano

- 07:30 – 09:30 Breakfast
08:00 – 13:00 Event Centre is open
09:00 – 11:00 Model event for Sprint - Pieve
12:00 Deadline for entries for the Long Final
11:00 – 13:30 Lunch at accommodation
13.40 First bus to start
15:00 – 18:20 Sprint final
18:30 – 18:45 Flower ceremony in the Event Arena
18:00 – 21:00 Event Centre is open
19:15 Last bus to accommodation
19:15 – 19:45 Team Leaders' Meeting
20:00 – 21:30 Dinner at accommodation

Tuesday 7th July 2009: Long Final, Passo Rolle

- 06:30 – 10:00 Breakfast
07:00 – 10:00 Event Centre is open
07:45 First Bus to start
09:30 – 16:45 Long Final
12:00 – 16:30 Lunch at Event Arena
17:00 – 17:15 Flower ceremony in the Event Arena
16:00 – 21:00 Event Centre is open



- 18:00 Last bus to accommodation
- 19:00 – 20:30 Dinner at accommodation
- 21:00 – 21:30 Prize giving ceremony for Sprint and Long at Fiera di Primiero

Wednesday 8th July 2009: Rest Day

- 07:30 – 10:00 Breakfast
- 08:00 – 12:00 Event Centre is open
- 09:00 – 14:00 Excursions to Altopiano Rosetta by cabin lift
- 12:00 Deadline for entries for the Middle qualification
- 12:00 – 14:00 Lunch at the accommodation or packed lunch
- 15:00 – 17:00 Model event for Middle and Relay San Martino sud
- 16:00 – 21:00 Event Centre is open
- 18:00 – 18:30 Team Leaders' meeting
- 19:30 – 20:30 Dinner at the accommodation

Thursday 9th July 2009: Middle Qualification, San Martino

- 06:00 – 08:30 Breakfast
- 07:00 – 10:00 Event Centre is open
- 07:30 First bus to start
- 09:00 – 12:00 Middle Distance qualification
- 12:00 – 14:00 Packed lunch at Event Arena
- 14:00 Last bus to accommodation
- 16:00 – 21:00 Event Centre is open
- 18:00 – 18:30 Team Leaders' meeting
- 19:30 – 20:30 Dinner

Friday 10th July 2009: Middle Final, San Martino

- 06:00 – 09:00 Breakfast
- 07:00 – 10:00 Event Centre is open
- 07:30 First bus to start
- 09:00 – 12:30 Middle Final
- 12:00 Deadline for Relay entries at the Event Arena or Event Centre

- 13:15 – 13:30 Flower ceremony in the Event Arena
- 14:30 Last bus to accommodation
- 14:30 – 21:00 Event Centre is open
- 18:30 – 19:30 Team Leaders' meeting
- 19:30 – 20:30 Dinner



21:00 Prize giving ceremony for Middle at Fiera di Primiero

Saturday 11th July 2009: Relay, Val Canali

08:00 – 13:00 Event Centre is open
08:00 – 10:00 Breakfast
11:00 – 13:00 Lunch at accommodation
12:30 First bus to start Relay
14:30 – 14:40 Start of the Men's - Women's Relay
16:25 Expected finish of Women's Relay
16:45 Expected finish of Men's Relay
17:30 – 17:45 Flower ceremony in the Event Arena
19:00 Last bus to accommodation
16:00 – 21:00 Event Centre is open
19:30 – 20:30 Dinner
21:00 Prize giving ceremony for Relay at Fiera di Primiero
21:15 Closing ceremony at Fiera di Primiero
21:30 – 02:00 Party - music and disco

Sunday 12th July 2009: Departure

08:00 – 10:00 Breakfast
08:00 – 12:00 Event Centre is open

General Information

Organising Team

The Event is organised by the Committee Primiero JWOC 2009.

Event Director: Roberto Pradel

e-mail info@jwoc2009.it

Web page: <http://www.jwoc2009.it>

Via Terrabugio, 18

38054 – Fiera di Primiero (TN)

Phone +39 340 8553022 fax +39 0439 64217

Vice Event Director: Franco Orler

Course Planners

Head of Course Planners: Pierpaolo Corona.

Sprint: Emiliano Corona.

Middle: Gabriele Bettega and Daniele Pagliari.

Long: Pierpaolo Corona



Relay: Pierpaolo Corona.

Mappers

Middle and Relay: Roberto Pradel.

Long: Marcello Pradel.

Sprint: Emiliano Corona.

IOF Event Adviser: Simon Errington (GBR) e-mail: jwoc@maprunner.co.uk

National Controller: Cesare Tarabocchia (ITA) e-mail: cesare@tarabocchia.it

Press Centre

The press centre will be located at Event Centre JWOC – Enaip School.

There will be a tent for accredited press and media at each Event Arena.

Identity Cards

Identity cards will be issued to all competitors, team leaders, press and VIP. They must be carried at all times during the week for accommodation, meals, transport, closing ceremony and disco.

Accommodation/Catering

All accommodation is in hotels and apartments within a short distance of the Event Centre. All categories include breakfast, lunch and dinner from dinner Sunday 5th July to breakfast Sunday 12th July. Packed lunch for competition days and pasta ticket in Passo Rolle for Long final.

Party

After the Relay Prizegiving Ceremony and Closing Ceremony there is a Party to celebrate the end of the event for JWOC participants. Dinner will be served at your hotel/restaurant before the Prizegiving Ceremony.

The Party will be held at the “Centro Sportivo Fossi” behind the 5 Days Event Centre.

Remember to show your pass!!

Internet Access

The Internet Point is in the Bus Terminus square opposite the tourist office. (Under Italian law all people using this service must register.)

Opening, Closing and PrizeGiving Ceremony

Ceremonies will take place in the Municipio Square in Fiera di Primiero at the times shown in the detailed programme. There will be entertainment provided before the Ceremonies, including screens showing TV film from the races. Flower Ceremonies will be held in the Event Arena after each race.

Team Leaders' Meetings

Team Leaders' Meetings will be held in the JWOC Event Centre on the day before each competition at the times indicated in the detailed programme.



Press/VIP and Team Leader Race

The Press/VIP and Team Leader Race will be held after the Relay in Val Canali on Saturday 11th July.

Dolomites 5-Day Event

The Dolomites 5-Day Event is taking place in parallel with JWOC and has attracted 3500 entries from around the world. The 5-Day Event Centre is located in the Gym of the “Scuola Negrelli” Centro Sportivo Fossi.

Technical Information

Competition Rules

The Competition Rules for IOF Foot Orienteering Events, valid from 1st June 2009, apply. Please note in particular the revised Rule 21.3:

“During the competition the only navigational aids that competitors may use or carry are the map and control descriptions provided by the organiser, and a compass.”

The following information is taken from the IOF statement relating to this revised rule:

The IOF is aware of the increasing popularity of GPS-based position recording devices over the last years as a tool for post-race analysis of performance and to share route-choice information etc. This is welcomed, and it is not the intention to prohibit such usage. The IOF, therefore, wants to make it clear that any position recording device that is not capable of informing the athlete about position or navigation during the race, is allowed. In practice this means that GPS data-logger devices without a display or sound communication may be used.

It should be clear that an athlete that carries a device that has the functionality to inform about position, direction, distance or altitude during the competition will risk disqualification. It should be clear that covering a display with a temporary seal, such as tape or other means, is not accepted.

Maps

Maps were produced in 2008 with final updates in 2009, and conform to IOF standards (ISOM 2000 and ISSOM 2007). All maps will be sealed in plastic bags.

Race	Map	Scale	Contour Interval	Size
Sprint	Imer-Mezzano	1:4,000	2.5m	39cm x 24cm
Long	Passo Rolle	1:15,000	5m	30cm x 36cm
Middle Qualifier	San Martino	1:10,000	5m	30cm x 21cm
Middle Final	San Martino	1:10,000	5m	30cm x 21cm
Relay	Val Canali	1:10,000	5m	30cm x 21cm

Special Symbols

The following special map symbols are used:

Black X: man-made object.

Brown X: charcoal burning platform



Control Descriptions

Control descriptions will be printed on the maps and will be available in the start lanes. A list of all control descriptions will be distributed at the Team Leaders' meetings.

Transport to the Events

Transport to all races and model events will be provided from the Bus Station in Fiera di Primiero. All competitors must use the official bus service to the pre-start for each race. It is the responsibility of each competitor to choose the correct bus. No transport will be provided for the sprint model.

Team officials can use the official bus service to get to the Event Arenas. They may also use their own transport, with the exception of the Relay where everybody must travel by bus.

Electronic Communication Devices

It is forbidden to use mobile phones or other communication devices during the transport to the pre-start and in the pre-start and start areas until after the last competitor has started.

Number Bibs

Number bibs will be handed out at the Team Leaders' meetings before each event. The number bibs must be attached to the chest. Number bibs must not be folded or cut.

Clothing

For the Middle, Long and Relay races all competitors shall wear clothes covering all parts of the body, except arms and head. The clothing in the sprint competition is of your own choice.

Warm-Up Area

Warm-up maps are available near the pre-start points for all events. Areas outside the warm-up map are considered competition area and are out of bounds. Please remain in the area indicated on the warm-up map to avoid disqualification.

Refreshments

Drinking water and cups will be available in the start areas. Refreshments during the event are marked on the map. Drinking water and cups will be available at these points. There will be plentiful water available at the Event Arena.

Start Procedure

Six minutes prior to their start time for Sprint and Long, and three minutes for the Middle, are required for competitors to be at the pre-start. A clock will display race time minus 6 or 3 minutes as appropriate. The start procedure will be silent; competitors' names will not be called out. The competitor will pass through start boxes, moving forward one box each minute. In the first box an official will check the competitor's SI card number. The SI card can then be "cleared and checked". Two minutes before the start, the control descriptions can be picked up (one each please).

One minute before the start, the competitor moves into the final box. The map, with the competitor's chest number on the back, will be face down on a small table. The start is indicated by a series of beeps. On the long beep the competitor picks up the map. It is compulsory to follow the marked route to the start point indicated by a control flag in the terrain and a triangle on the map.



Competitors who are late for their start time due to their own fault must wait for official indications and will be permitted to start, but they will be timed as if they had started at their allocated start time. Competitors who are late because of the fault of the organisers will be given a new start time. In both cases the following rules apply at the start: A late competitor must report at the call-up. If the organiser decides that a runner has enough time to start at the allocated start time, she/he can continue with the normal procedure followed by a guide. If it is not possible for a competitor to start at the allocated start time she/he will be allocated to start one minute before the next competitor on that course (30 seconds for the sprint). Competitors from the same federation are not allowed to start consecutively.

Coaching Zone

In the Long race there will be a clearly marked coaching zone where team coaches may coach their athletes as they pass by. Only accredited team coaches are allowed to enter this zone (maximum 2 per team). In order to maintain a high level of fairness the only activities allowed in the coaching zone are:

- Exchange of verbal communication with athletes – no written information;
- Exchange of personal equipment such as compasses, shoes, contact lenses etc.;
- Food and drinks may be handed out personally to the athletes.

During the race any exchange of information/material to/from athletes outside the official coaching zone is not permitted.

Punching System

The SportIdent punching system will be used in all events. Competition SI cards will be handed out at team accreditation together with other materials. Competitors will run all events with the same SI card. It is the responsibility of each competitor to take the correct SI card to the start. Competitors are responsible for clearing and checking their SI card using the control units in the start area.

In the case of SI malfunction you must punch in the reserve box on the competition map. Manual punching devices are on the control stand. Competitors must report any problems with the controls and punches at the finish.

SI cards must be returned to the Event Centre after the Relay. Team leaders are responsible for returning the SI cards.

Timekeeping

In all races the finish time will be taken using a light beam. After the finish line competitors must download their SI card. An independent backup timing system will be used throughout all races.

Complaints

Complaints must be handed to the Information Tent at each Event Arena. The time limit is 18:30 for the Sprint, 13:00 for the Middle Qualification and Final, 17:00 for the Long and 17:30 for the Relay.

Jury

Simon Errington (GBR), IOF Senior Event Adviser, will be Chairperson of the Jury. The IOF Foot-O Committee has appointed Kjell Blomseth (NOR), Ronan Cleary (GBR) and Lars Lindstrøm (DEN) as Jury members.



Anti-doping

IOF anti-doping rules valid from 1st June 2009 apply.

Embargoed Areas

All areas remain embargoed in accordance with the information published in Bulletin 3 until after the completion of the relevant races. The Official Training at Passo Rolle and Val Canali can be used only on the authorised days.

Model Events

There are three Model Events, as shown in the detailed programme. They will have SI controls. The start procedure will be demonstrated at the Long Model only.

Sprint Final: Imer and Mezzano: Monday 6th July

Terrain

The Sprint race will be held in the towns of Mezzano and Imer (650m-700m above sea level). The area is about 4 km from the Event Centre. Two villages with many old buildings and narrow passageways, and surrounded by fields. Many man-made features and little contour detail. Very good to excellent runnability. Around two thirds of the course will be on roads and hard surfaces, and one third will be on grass, depending on route choice. The Event Arena is in the Football Stadium in Mezzano.

Transport

Bus travel time is 10 minutes. There is indoor shelter and limited space for tents at the bus drop-off point.

Distance from bus drop-off to pre-start is 250m.

Start number MEN	Start number WOMEN	Start time	BUS departure	BUS arrival
1-18	201-218	15.00	13.40	13.50
19-39	219-239	15.19	14.00	14.10
40-59	240-259	15.40	14.20	14.30
60-82	260-282	16.00	14.40	14.50
83-105	283-305	16.23	15.00	15.10
106-128	306-328	16.46	15.30	15.40
129-151	329-334	17.09	16.00	16.10
152-180		17.32	16.30	16.40

Courses

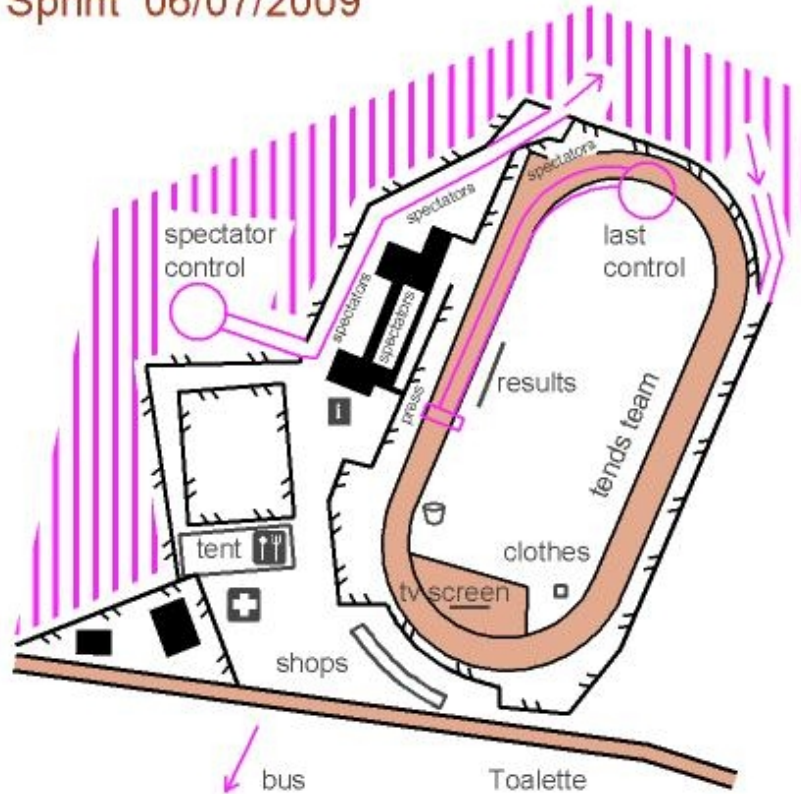
Course	Distance	Climb	Controls	Drinks	Winning Time	Control Descriptions
Men	3,1	90	24	no	15	5x18,5

Women	2,5	80	21	no	14.30"	5x16,5
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Symbols defined as forbidden to cross within ISSOM must not be crossed or you will be disqualified. Note particularly that this includes areas with forbidden access (olive green, symbol 528.1). In addition, areas mapped as cultivated land, seasonally out of bounds (black dots on yellow, symbol 415) are also to be treated as forbidden to cross.

Other Information

Sprint 06/07/2009



The start interval on both courses is 1 minute.

You may encounter some road traffic throughout the course, but this will light and moving slowly. Both courses have a taped route to a road crossing on the main road. You must follow this taped route and cross at the pedestrian crossing. The crossing will be marshalled, but please take care.

Several controls will be visible to spectators around the Event Arena.

Long Final: Passo Rolle: Tuesday 7th July

Terrain

The long distance race will be held at Passo Rolle (1400m-2000m above sea level). The area is about 20 km from the Event Centre. Mainly coniferous woods with good visibility. Plenty of rock and contour details. Mixed runnability from good to very slow (due to undergrowth and rocky terrain). The Event Arena is in open meadows near the top of the Pass.



Transport

Bus travel time is 50 minutes. There is indoor shelter and space for tents at the bus drop-off point. Distance from bus drop-off to pre-start is 300m.

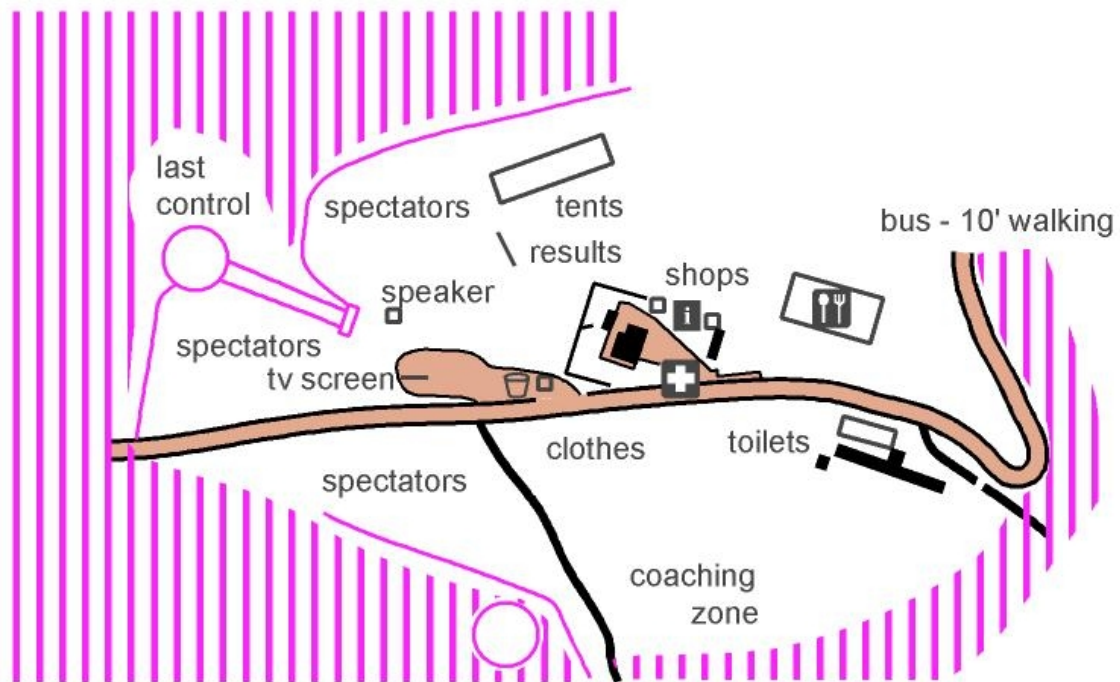
Start number MEN	Start number WOMEN	Start time	BUS departure	BUS arrival
1-16	201-216	9.30	7.45	8.36
17-32	217-232	10.04	8.15	9.06
33-51	233-251	10.36	8.45	9.36
52-69	252-269	11.14	9.15	10.06
70-87	270-287	11.50	9.45	10.36
88-105	288-305	12.26	10.15	11.06
106-123	306-323	13.02	11.00	11.51
124-141	324-334	13.38	11.45	12.36
142-159		14.14	12.15	13.06
160-180		14.50	12.45	13.36

Courses

Course	Distance	Climb	Controls	Drinks	Winning Time	Control Descriptions
Men	9,5 km	440	29	2	72	5x20,5
Women	5,7 km	275	18	2	54	5x17

Other Information

Long 07/07/2009



The start interval on both courses is 2 minutes.

There is a spectator control on the south side of the Event Arena on both courses.

The Men's course will include a butterfly to help split up runners.

Middle Qualification: San Martino: Thursday 9th July

Terrain

The middle distance races will be held in S. Martino di Castrozza (1400m-1600m above sea level). The area is about 11 km from the Event Centre. Mainly coniferous woods with visibility from good to poor. Plenty of rock and contour details. Mixed runnability from good to slow (due to undergrowth and rocky terrain). The Event Arena is at the Sporting Hall of San Martino di Castrozza.

Transport

Bus travel time is 35 minutes. There is indoor shelter and space for tents at the bus drop-off point. Distance from bus drop-off to pre-start is 1500m. There is also space for tents at the pre-start.



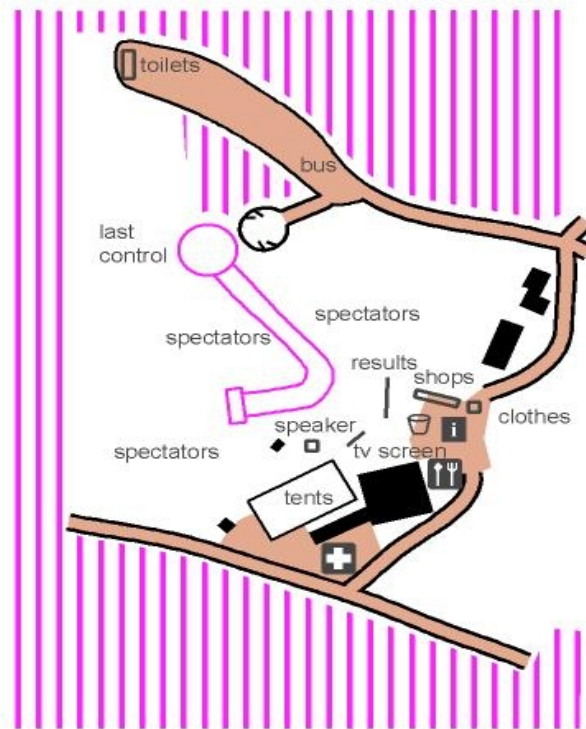
Start number MEN	Start number WOMEN	Start time	BUS departure	BUS arrival
1-17	201-217	9.00	7.15	7.50
18-34	218-234	9.11	7.30	8.05
35-52	233-252	9.22	7.45	8.20
53-70	253-270	9.34	8.00	8.35
71-88	271-288	9.46	8.10	8.45
89-106	289-306	9.58	8.25	9.00
107-126	307-326	10.12	8.40	9.15
127-146	327-334	10.26	8.55	9.30
147-166		10.40	9.10	9.45
167-180		10.54	9.25	10.00

Courses

Course	Distance	Climb	Controls	Drinks	Winning Time	Control Descriptions
Men A	4,4	150	15	0	20'	5x12
Men B	4,4	155	16	0	20'	5x13
Men C	4,5	155	16	0	20'	5x13
WomenA	3,3	90	12	0	20'	5x10,5
Women B	3,4	90	14	0	20'	5x11,5
Women C	3,5	100	14	0	20'	5x11,5

Other Information

Middle Qualification 09/07/2009



The start interval on all courses is 2 minutes. There are no spectator controls.

Competitors ranked number 20 and better in each heat will qualify for the A Final. Competitors ranked number 21 to 40 will qualify for the B Final. All remaining competitors, including those who start the qualification race but are not ranked, will run the C Final.

Middle Distance Final: San Martino: Friday 10th July

Terrain

The middle distance races will be held in S. Martino di Castrozza (1400m-1600m above sea level). The area is about 11 km from the Event Centre. Mainly coniferous woods with visibility from good to poor. Plenty of rock and contour details. Mixed runnability from good to slow (due to undergrowth and rocky terrain). The Event Arena is at the Sporting Hall of San Martino di Castrozza.

Transport

Bus travel time is 35 minutes. There is indoor shelter and space for tents at the bus drop-off point. Distance from bus drop-off to pre-start is 700m. There is also space for tents at the pre-start.

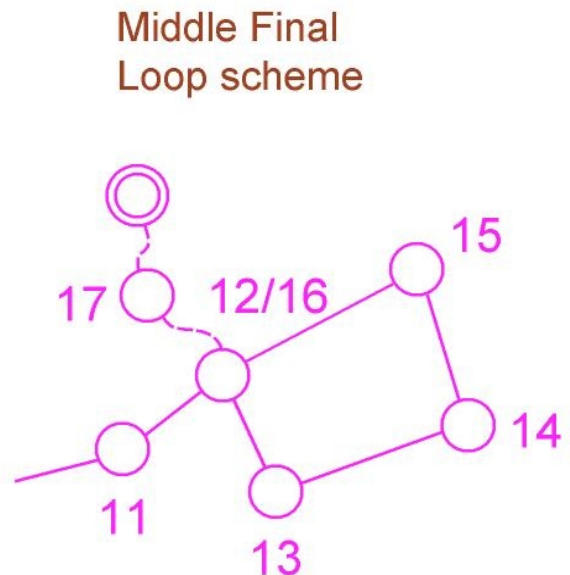
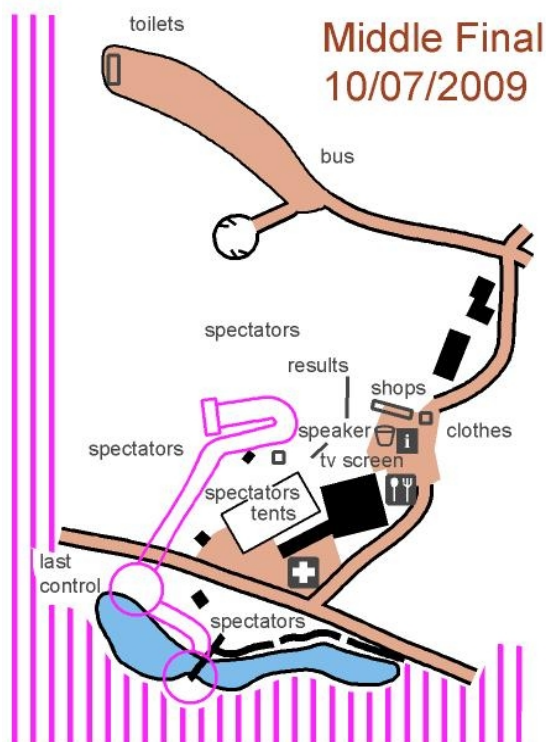
Courses

Course	Distance	Climb	Controls	Drinks	Winning Time	Control Descriptions
Men A	4,1	190	19	0	25'	5x15
Men B	3,3	135	16	0	25'	5x13
Men C	2,8	100	11	0	25'	5x10
Women A	3,1	140	15	0	25'	5x13
Women B	2,8	90	12	0	25'	5x10,5
Women C	2,7	90	12	0	25'	5x10,5

Other Information

The start interval is 2 minutes for the two A Finals, and 1 minute for all other courses.

In the A Finals there is a spectator control on the side of a small lake to the south of the Event Arena. Runners will punch at this control before running a final loop. They will then punch at this control a second time before crossing the lake on a bridge. Spectators must stay on the north side of the lake, and are not allowed on the bridge.



Relay Event: Val Canali: Saturday 11th July

Terrain

The relay will be held in the Val Canali valley (1000m-1300m above sea level). The area is about 7 km from the Event Centre. Mixed coniferous woods with varied visibility, and areas of open meadow with scattered woodland. Plenty of rock and contour details. Mixed runnability from fast to slow. The Event Arena is in the field around Villa Welsperg.

Transport

Bus travel time is 15 minutes. Distance from bus drop-off to Event Arena is 200m. There is space for tents in the Event Arena.

	Start time	BUS departure	BUS arrival
1^-2^ LEGS MEN	14.30	12.40	12.55
1^-2^ LEGS WOMEN	14.40	12.40	12.55
3^ LEG MEN		13.30	13.45
3^ LEG WOMEN		13.30	13.45

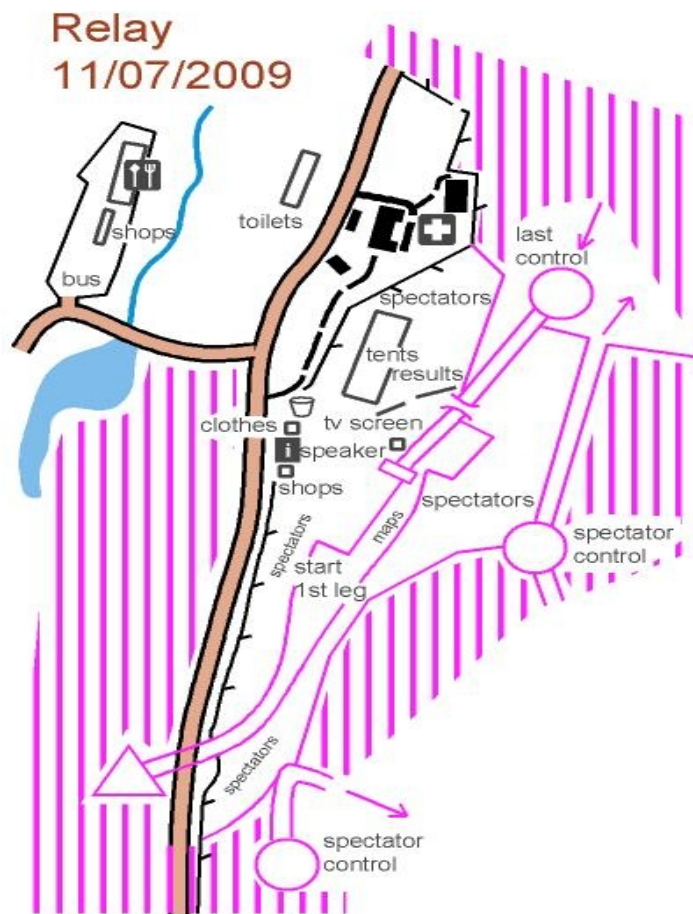
Courses

Course	Distance	Climb	Controls	Drinks	Winning Time (min)
Men	6,4	285	27	2	45
Women	4,5	210	18	2	36

Start

There is a taped route out of the Event Arena and across a road to the start triangle. This taped route is mandatory.

Other Information



All courses will use two maps which are back to back inside the same map bag. There is a mandatory taped route from the last control on part 1 to the start triangle for part 2. This taped route is on the edge of the Event Arena and will be visible to spectators. Part 2 of each course also includes a run along the edge of the Event Arena about five minutes before the finish.

All courses have two marshalled road crossings. One is on the way to the start triangle, and the second is early in all courses. Please take care at these crossings.

Runners on leg 1 and 2 will cross the finish line and change over by touching their next runner. They will then punch at a finish control to record as finish time. The outgoing runner will run to the map boards, collect the correct map and follow the taped route to the start triangle. It is the responsibility of the outgoing runner to take the correct map. Taking the wrong map will mean that the team is disqualified. The finish order on the last leg will be determined by the order in which teams cross the Finish line.