

July 2012

WORLD ORIENTEERING
CHAMPIONSHIPS



Bulletin 4

World Orienteering Championships Lausanne 2012

Swiss 5 Days 2012

www.woc2012.ch

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Dear Orienteering Runners,
Ladies and Gentlemen,

The World Orienteering Championships are being realised for the third time in Switzerland after 1981 in Thun and 2003 in Rapperswil/Jona. I am bidding a hearty welcome to the runners from all over the world coming

to Lausanne and the neighbouring forests of the Jura Vaudois.

The sport of Orienteering is a fascinating discipline. It demands great concentration and alertness while reading the map in the terrain. Map reading and running at the same time is much more thrilling than only running. I also liked to take part in orienteering races but now I am wearing glasses, and they tend to always fog up.

Orienteering maps in Switzerland are of high quality. This fact guarantees fair and high standing competitions for all disciplines, be it in the sprint in the city or on the South slope of the Col du Marchairuz. Even so, the Swiss team, led by 17-time World Champion Simone Niggli-Luder, may have a slight home advantage. In the 5 Days Orienteering Event, taking place concurrently for the spectators and afterwards in the finish area of the World Orienteering races, Swiss people will be in the majority.

I would like to extend my best wishes for success in realising these Championship Events to the Organising Committee and the many volunteers as well as to the competitors lots of luck finding the controls.

Ueli Maurer
Federal Councillor
Head of the Federal Department of Defence, Civil Protection and Sport



It is a great moment for sports in our Canton to welcome you to Lausanne for the 29th World Orienteering Championships as well as the Swiss 5 Days.

It is a pleasure and at the same time a privilege for our country to offer our hospitality to such an event. Switzerland is known

for its long history and its success in the sport of orienteering proven by collecting many medals and first places over the years.

The state government of the Canton of Vaud particularly welcomes the presence of these competitions in the French speaking part of Switzerland. We clearly hope that this sport will gain as many followers in the Romandie as it already enjoys in the German speaking part.

By also opening the doors to the recreational runners, the organisers are allowing as many people as possible to practice and experience orienteering; a vital factor for the success of any sport. It is a complete sport as it requires perfect coordination between the head and the feet: between reflection and endurance. The fact that it takes place outdoors, in the middle of nature, increases the benefits of this sport.

It is our wish that you will find optimal conditions in the Canton of Vaud where no fewer than 35 communities were asked to pull together for an event of this magnitude. It would also please us if the IOF joined the 56 international sports associations and federations already based here.

We are wishing a hearty welcome to the teams of competitors as well as congratulating sincerely the organising committee, its president and the numerous volunteers, and are looking forward to witnessing great moments of competition by the athletes.

Philippe Leuba
Councillor Canton of Vaud
Head of the Department for Economy and Sport



Welcome to Lausanne

Lausanne, the Olympic Capital, the Office of the International Olympic Committee (CIO) and about 40 international member federations would like to extend a hearty welcome to all the athletes who are going to face each other in competition during the 29th World Orienteering Championships from 14th to 21st of July.

Lausanne was officially granted the Championships in 2008, and we are very pleased to host an event of that magnitude for the first time in the French speaking part of Switzerland, the Romandie. It will help raise awareness to the sport of orienteering which is much better known in the German speaking part.

Situated at the crossroad of Europe, Lausanne is a city of tourism and culture as well as an administrative capital for international sport organisations, and it favours the realisation of recreational or elite sport events. The city of Lausanne supports and participates in organising numerous regional, national and international competitions which it has been doing for many years. With the "Bicycle Day", the "20 km of Lausanne", the triathlon and also a marathon, it appreciates especially the endurance disciplines.

These 29th World Orienteering Championships fit very well into that framework as the authorities valued particularly the sustainability development.

In fact, orienteering requires physical performance coupled with mental concentration thus being a 'complete' discipline centred upon nature and with a great respect for it. Being an intense and dynamic sport, it is only appropriate to make orienteering better known in the French part, the Romandie, even though all the school children have had the opportunity here or there to learn about the basic rules.

Lausanne and its region lend themselves perfectly to that effect, and everything was done through an optimal organisation to allow competitions for approximately 350 participants coming from some 50 countries to discover the richness and the contrast of the orienteering courses being set on the shores of Lake Geneva up to the close-by mountains.

Welcome to everybody having come for this event to Lausanne and we urge you not to forget, if you can spare some time outside the competitions, to take advantage of this region with its warm and generous hospitality where quality of life has always been a priority.

Have a wonderful stay!

Marc Vuilleumier
Municipal Councillor
Director for public safety and sport



The 29th IOF World Orienteering Championships in Lausanne, Switzerland, the Olympic Capital, will take place between the world's third largest sports event, the UEFA EURO Football Championships and the world's largest sports event, the XXX Olympic Summer Games in London! This will definitely be an exciting summer full of athletic action!

On behalf of Swiss Orienteering, I would like to welcome you and invite everybody to enjoy a memorable week on the shores of Lake Geneva. Watching fantastic sporting action is not only the domain of the big Olympic disciplines but will also be a highlight of the week in Lausanne and its surroundings. The organising committee has prepared a full and spectacular orienteering week for athletes, coaches, spectators, the media representatives and all the guests, with plenty of memorable athletic highlights as well as opportunities for leisure activities. Of course, at the centre of the championship week stand the athletes. I have no doubt that the world's best orienteers will deliver excellent, fair and enthusiastic athletic performances, worthy of comparison with many sports in London 2012.

We will have the pleasure of closely following all the excitement and action, thanks to short travel distances to all events and environmentally friendly transport systems, thanks to arenas optimised for the needs of athletes, media and spectators, and thanks to the latest technology bringing the dramatic moments out of the forest to the fans in the arena, to those in front of a TV or watching on a PC.

Swiss Orienteering is proud to host the World Orienteering Championships for the third time in our country. Thun, in 1981, demonstrated the state of the art at that time: high-quality maps and courses were the focus. Rapperswil, in 2003, took the sport of orienteering a huge step forward: dramatic sport events in the midst of thousands of spectators and orienteering in the city. The ambition in Lausanne 2012 is to deliver what is state of the art today: high quality courses and maps, bringing athletes and spectators close together in the arena, viewing the competitions in the forest live thanks to the latest technology from GPS, Internet and the world of TV. And all this is happening on the doorstep of the IOC headquarters. The organising committee and Swiss Orienteering are therefore very satisfied to be able to combine all these factors, to showcase the sport of orienteering, and thereby to assist IOF in positioning orienteering for inclusion in the Olympic Games.

All participating athletes and teams have their personal goals for this week. The organising committee has its ambitious goals for the World Championships, and all fans have dreams for their heroes. I, therefore, wish everybody good luck and personally rewarding performances and hope that goals and dreams may come true.

Marcel Schiess
President Swiss Orienteering



Association for the World Orienteering Championships 2012

The World Orienteering Championships 2012 are organised under the umbrella association "L'Association des Championnats du Monde de Course d'Orienteering 2012"

President	Jacques Perrin
City Council member for security and sports	Marc Vuilleumier
City of Lausanne, Head sports services	Patrice Iseli
City of Lausanne, sports services	Patrice Schaub
Canton de Vaud, delegate for international sports	Cosima Deluermoz
Swiss Orienteering, President	Marcel Schiess
Suisse Romande, representative Swiss Orienteering	Hansjörg Suter
Regional Clubs, Representative	René Jotterand

Executive Committee Members:

President of WOC Organising Committee	Jacques Perrin
Event Director	Ruedi Gloor
Assistant Event Director	Gaël Lasserre
Technical Director WOC	Pierre-André Baumgartner
Technical Director Swiss 5-Day	Denis Cuche
Finances	Hans-Ruedi Walser
Marketing	Marc Baumgartner
Communication	Nicolas Russi
Secretary	Verena Reymond
Human Resources	Jacques Strahm

Committee Members:

Infrastructure	Jean-Luc Cuche
IT	Daniel Leibundgut
Competitions	Hansjörg Suter
Maps	Fritz Rufer
Accommodation	Lausanne Tourism (Steeve Pasche)
Sponsoring	Grand Chelem Management (Grégory Perret)
Transport	Jürg Landolt
Medical	Dr. Alain Sauty
Catering	Beaulieu Restauration, Gilles Marmy, Director
Events	Eric Hoyois
VIP Hospitality	Annie Matthey, Cosette Gloor
Environment	Jean-François Huck
IOF Assembly	Karin Haueter
Bulletin	Beatrice Garzoni
Security	Pierre-André Zeiter
Secretary Swiss 5 Days	Paola Forni
Coordination Trainings	Alison High

WOC Contact:

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En Prassy 2
CH-1682 Lovatens
Tel. +41 21 315 41 41 (from outside Switzerland)
or 021 315 41 41 (from within the country)
administration@woc2012.ch
www.woc2012.ch



Mapping and Course Setting

WOC 2012 Mapping Team:

Fritz Rufer, head of mapping team
Urs Steiner, Beat Imhof, Pierre-Alain Matthey, Roland Hirter, Fred Läderach

WOC 2012 Course Setters:

Sprint	Domenico Lepori & Philippe Ballif
Middle	Pierre-Alain Matthey & Luc Béguin
Long	Roland Hirter & Dieter Hulliger
Relay	Stefano Maddalena & Roberto Tettamanti

Event Controllers and Jury

Event Controllers:

IOF Senior Event Adviser	David Rosen (GBR)
Assistant IOF Senior Event Adviser	Unni Strand Karlsen (NOR)
National Controller	Urs Hofer (SUI)
Assistant National Controller	Stefan Schlatter (SUI)

Jury:

Blair Trewin (AUS)
David Aleš (CZE), replaced by Áron Less (HUN) for the Relay
Jørn Sundby (NOR)
Göran Andersson (SWE)
Nermin Fenmen (TUR)



Orienteering is a magnificent sport and its 'playground' is Mother Nature. In order for orienteering to survive, we need to respect her and the environment.

This is the reason the WOC 2012 Organising Committee has adopted a binding Charter to organise an event which respects sustainable development. To achieve this goal, it is essential as a runner or as a spectator to respect the principles of sustainability.

Transport for Swiss 5 Day Events

With the entry fee to the Swiss 5 Day events, you will benefit by receiving a free ticket for all public transport in the region to reach all the competition sites. We strongly encourage you to take advantage of this offer and to leave your cars at home in the garage. You will find all the useful information for your travels under 'transport' on the www.woc2012.ch internet site or in the bulletin.

For those who do need to use their private cars despite all, we encourage you to share your ride with other passengers. You may sign-up for co-sharing under www.e-covoiturage.ch where you will find a special site dedicated to WOC2012.

There will be limited parking spaces close to the competition sites. A fee will be asked for the parking. We ask you to strictly adhere to the parking instructions. Under no circumstances should you leave your vehicle in the fields or on a forest road.

Travelling from your home to the WOC 2012 events near Lausanne will generate some CO2 emissions. We encourage you to compensate on a voluntary basis in some way. You may check any of the many web sites for this purpose, one of which would be www.myclimate.org.

Forest Access for Training for WOC Athletes

It is not allowed to drive on the forest roads and trails unless exceptions have been granted. We ask the teams that organise training before WOC starts to respect these rules and park their cars outside the forests on the spaces designated by the organisers.

Between April and mid-July when training areas are open for use, you may expect numerous forest workers in action. We ask you under no circumstances to go into those areas of lumber cutting even if a control flag was placed there, and to respect the security measures imposed by the Forest Service. It is for the sake of your own safety.

Protection of sensitive surroundings

The forests we have chosen for our competitions hold great biological riches and diversity. The courses have been planned so that most sensitive areas are avoided. We ask you to respect the following points as well:

- under no circumstances should you enter areas marked out-of-bounds on your map,
- do not run through any swampy areas or wet meadows,
- do not run or walk along the river beds,
- avoid going into dense bushes!

Rubbish / Trash

An event of the magnitude of WOC 2012 generates a great amount of waste.

We have arranged for a system of recycling and collection of rubbish at all the venues. We ask you to use the numerous waste bins that are on site.

We are planning to recycle them in coordination with the local communities that host our events.

Cold drinks will be served in hard plastic cups that are handed out against a deposit. They will be re-used after being washed in specialised centres. Plastic, glass, the compostable trash and the burnable rubbish will be optimally recycled. You will help us making WOC 2012 a 'clean' event by respecting the rules of waste separation.

We have arranged for a sufficient number of toilets close to the starts in the forests and in the areas of the finish to avoid you having to use Mother Nature.

Please leave your cups and wrappers at the refreshment stations.

Local, healthy products

The kitchens and local stands will offer a diverse plate of products originating in the Suisse Romande. Take advantage and taste the salads, the fruit, and other quality products of the region.

Cool and Clean

WOC 2012 is taking place under the label «cool and clean» for the protection from second hand smoke and in respect to provisions for youth protection against consumption of alcohol.

Please support us to reach that goal by not smoking in closed-in buildings or in outdoor venues of the event. If you are under 18 years of age, please do not consume any alcohol.

Meet with the population

Sustainable development deals not only with the protection of the environment. Social interaction is included as well. Every evening we are going to organise events on the 'Place de la Navigation' in Ouchy. You may enjoy listening to regional musicians and sharing your passion about orienteering with the people of Lausanne.

Ruedi Gloor
Event Director

Jean-François Huck
Responsible for the environment and sustainability

To all WOC and Swiss 5 Day participants:

Please present your official badge or start number to receive FREE entry to the "Piscine de Bellerive", Ave de Rhodanie, 1007 Lausanne, only 200 m from the Event Centre.

Valid from 14 to 20 July 2012.



Bellerive-Plage
1937-2012
75 ans



<i>Date</i>	<i>Event</i>	<i>Place</i>
Wednesday 11 July	12.00-16.00 Model events Long qualification Middle qualification Middle final Long final, Relay	Apples (Bois de Duin) St-George (La Palud) St-Cergue (La Pile Dessus) Peney-le-Jorat (Les Gares)
Thursday 12 July	10.00-16.00 Model events Long qualification Middle qualification Middle final Long final, Relay	Apples (Bois de Duin) St-George (La Palud) St-Cergue (La Pile Dessus) Peney-le-Jorat (Les Gares)
	18.00 Total embargo of the sprint qualification area	Dorigny / UNIL / EPFL
Friday 13 July	10.00-16.00 Model events Long qualification Middle qualification Middle final Long final, Relay	Apples (Bois de Duin) St-George (La Palud) St-Cergue (La Pile Dessus) Peney-le-Jorat (Les Gares)
	12.00 Deadline for final team entry Deadline for Entry Sprint qualification	Lausanne-Ouchy (curling hall)
	14.00-16.00 Model Sprint and Technical (Start/Finish, electronic punching and GPS tracking will be demonstrated)	Lausanne - Vidy - Pierre de Coubertin
	19.00 Team officials' meeting	Lausanne-Ouchy (curling hall)
Saturday 14 July	09.00-11.00 Sprint Qualification	Dorigny / UNIL / EPFL
	10.00-16.00 Model events Long qualification Middle qualification Middle final Long final, Relay	Apples (Bois de Duin) St-George (La Palud) St-Cergue (La Pile Dessus) Peney-le-Jorat (Les Gares)
	12.00 Deadline for Entry Long qualification	Lausanne-Ouchy (curling hall)
	16.00-18.15 Sprint Final	Lausanne - Ouchy
	18.15 Flower ceremony sprint	Lausanne - Ouchy
	18.30 Team officials' meeting	Lausanne-Ouchy (curling hall)
	19.20 Opening ceremony	Lausanne - Ouchy
	20.30 Prize-giving ceremony Sprint	Lausanne - Ouchy
Sunday 15 July	08.00-12.00 Swiss 5 Days - Stage 1	Dorigny / UNIL / EPFL
	10.00-16.00 Model events Middle qualification Middle final Long final, Relay	St-George (La Palud) St-Cergue (La Pile Dessus) Peney-le-Jorat (Les Gares)
	12.00 Deadline for Entry Middle qualification	Lausanne-Ouchy (curling hall)
	13.00-16.00 Long Qualification	Ballens
	19.00 Team officials' meeting	Lausanne-Ouchy (curling hall)
	19.00 Prize giving ceremony Swiss 5 Days Stage 1	Lausanne-Ouchy



<i>Date</i>		<i>Event</i>	<i>Place</i>
Monday 16 July	10.00-14.00	Swiss 5 Days - Stage 2	St-George / La St-George
	10.00-16.00	Model events Middle final Long final, Relay	St-Cergue (La Pile Dessus) Peney-le-Jorat (Les Gares)
	13.00-16.00	Middle Qualification	St-George / La St-George
	19.00	Team officials' meeting	Lausanne-Ouchy (curling hall)
	19.00	Prize giving ceremony Swiss 5 Days Stage 2	Lausanne-Ouchy
Tuesday 17 July	10.00-16.00	Model events Long final, Relay	Peney-le-Jorat (Les Gares)
	10.00-14.00	Swiss 5 Days - Stage 3	St-Cergue / Col de la Givrine
	12.00-16.00	Middle Final	St-Cergue / Col de la Givrine
	16.00	Flower ceremony Middle	St-Cergue / Col de la Givrine
	19.00	Prize giving ceremony Swiss 5 Days Stage 3	Lausanne - Ouchy
	20.30	Prize giving ceremony Middle	Lausanne - Ouchy
Wednesday 18 July	13.00-16.00	Model events Long final, Relay	Peney-le-Jorat (Les Gares)
	10.00-15.00	Swiss 5 Days - Stage 4	Villars - Bretaye
	15.00-17.00	VIP and Media Race	Lausanne - Sauvabelin
	19.00	Team officials' meeting	Lausanne - Ouchy (curling hall)
	19.00	Prize giving ceremony Swiss 5 Days Stage 4	Lausanne - Ouchy
Thursday 19 July	09.00-12.00	IOF Pre-General Assembly Seminar	Lausanne (Hotel Alpha Palmiers)
	11.30-16.15	Long Final	Lausanne - Chalet-à-Gobet
	16.15	Flower ceremony Long	Lausanne - Chalet-à-Gobet
	19.30	Prize giving ceremony Long	Lausanne - Ouchy
	20.15	Soirée Swiss Orienteering, City of Lausanne and Canton de Vaud	Casino Montbenon, by invitation only
Friday 20 July	10.00-14.00	Swiss 5 Days - Stage 5	Lausanne - Chalet-à-Gobet
	12.00	Deadline for Entry Relay	
	09.30-	IOF Ordinary General Assembly	Lausanne (Hotel Alpha Palmiers)
	13.00-16.00	Model events Relay	Peney-le-Jorat (Les Gares)
	18.30	Prize giving ceremony Swiss 5 Days overall	Lausanne - Ouchy
	19.00	Team officials' meeting	Lausanne - Ouchy (curling hall)
Saturday 21 July	11.30-16.00	Relay final	Lausanne - Chalet-à-Gobet
	16.00	Prize giving ceremony Relay	Lausanne - Chalet-à-Gobet
	16.15	Closing ceremony	Lausanne - Chalet-à-Gobet
	20.00	Banquet / WOC Soirée	Lausanne - Sauvabelin



The Accreditation, Event and Media Centre is located in the Curling Hall next to the "Place de la Navigation" in Lausanne-Ouchy on the shores of Lake Geneva.

Accreditation, the Event Office, information and team leaders' meetings will be in the Curling Hall.

For accreditation, team leaders must show the team members' passports to prove their nationality and full passport-holding citizenship of the country of their Federation (Rule 6.2.). Team leaders will also be asked to complete a form giving their mobile phone numbers and details of the team accommodation.

Entry forms will be provided to each team for each competition. Entry forms must be submitted on paper – e-mail is not acceptable!

Please note that noon (12.00) on Friday 13 July is the deadline for changes to the Team composition and for entry to the Sprint Competition.

The media facilities, both in Ouchy and in the arenas after the Final races will be fully equipped to facilitate the best media coverage.

From the railway station, the Event and Media Centre can quickly be reached by metro M2 (south to Ouchy).

Address: Curling d'Ouchy, chemin des Pêcheurs 7, 1007 Lausanne,
Coordinates: 46.5080 N / 6.6225 E
Tel/Fax 021 315 41 41
E-Mail address for the Event Centre: administration@woc2012.ch

Opening Hours Event and Media Centre Curling Hall, Lausanne Ouchy

Wed	11 July	12.00 – 21.00	
Thur	12 July	08.00 – 21.00	
Fri	13 July	08.00 – 21.00	
Sat	14 July	11.00 – 21.00	
Sun - Fri	15 - 20 July	08.00 – 13.00	18.00 – 21.00
Sat	21 July	08.00 – 10.00	18.00 – 19.00
Sun	22 July	08.00 – 13.00	

Event Office in the Arenas, Opening Hours

Sat	14 July	Dorigny	08.00 – 12.00
Sun	15 July	Ballens	13.00 – 17.00
Mon	16 July	St-George	13.00 – 17.00
Tue	17 July	La Givrine	13.00 – 17.00
Thu	19 July	Chalet-à-Gobet	13.00 – 17.00
Sat	21 July	Chalet-à-Gobet	10.00 – 17.00

7 Payments

Payments for all WOC entry and accreditation fees should have been received by now.

Late payments can be accepted at accreditation. Payment by credit cards will also be possible. Please note that no participant will receive accreditation unless all invoices have been settled.



General Information

Maps showing the location of each arena and each quarantine zone are shown in Chapter 34 A-G.

Teams, VIPs and media that have requested and paid for a transport package

Transport will be provided to those teams, VIPs and media that have requested and have paid for a transport package. A WOC Welcome Desk for information purposes will be located in the main hall of the Lausanne railway station from July 12 to 14.

At time of accreditation (in the Curling Hall in Lausanne-Ouchy), they will receive their detailed schedules and the location of the bus stops. Departure times at the different bus stops must be strictly adhered to! No alternative transport is available to those who miss the bus.

Getting to and from WOC 2012 Events

Teams, VIPs and the media are free to use their own transport to all events. There are reserved parking areas at all the arenas except for the sprint final. In Lausanne-Ouchy the city's public parking facilities or public transport must be used. You will receive parking permits together with maps and descriptions of the routes to all arenas and model events with accreditation. Please note that vehicles without a parking permit are not allowed to park at the venues. Please have your parking pass visible on the dashboard of your vehicle.

We encourage you to share your ride with other passengers. You may sign-up for co-sharing under www.e-covoiturage.ch where you will find a special site dedicated to WOC2012

Getting from the quarantine zone to the arena

Please note that teams will not be allowed to drive their own vehicles between the quarantine zone and the pre-start area. Transport will either be provided by the organisers or there will be a short walk.

A shuttle transport service will be provided from the quarantine zones to the WOC event arenas for competitors' bags and clothes. Coaches can use this shuttle from the quarantine zone to the WOC event arena.

Distances Event Centre - Venues and expected travelling times by car

Event	Road	Direction	Exit	Itinerary	km	Time
Model Apples	A1	Genève	15	Morges-Apples	24	28'
Model St-George	A1	Genève	15	Morges-Bière-Marchairuz-La St-George	40	50'
Model St-Cergue	A1	Genève	12	Gland-Begnins-St-Cergue-La Givrine	56	56'
Model Vidy	--			Av. Rhodanie - Stade Coubertin	3	10'
Model Peney	A9	Simplon	10	Vennes-Epalinges-Montpreveyres-Corcelles-le-Jorat - Peney-le-Jorat	33	35'
Sprint Q Arena	--			Maladière - Bourdonnette - St-Sulpice	8	15'
Sprint Q Quar.	--			Av. Rhodanie - Vidy	4	10'
Sprint F Arena	--			Ouchy	0	0
Sprint F Quar.	--			Av. Rhodanie - Stade Coubertin	3	10'
LONG Q Arena	A1	Genève	15	Morges - Apples - Ballens	26	30'
LONG Q Quar.	A1	Genève	15	Morges - Apples	22	25'
LONG F Arena	A9	Simplon	10	Vennes - Epalinges - Chalet-à-Gobet	22	30'
LONF F. Quar.	A9	Simplon	9	Blécherette - Le Mont - Cugy	19	25'
MIDDLE Q Arena	A1	Genève	15	Morges-Bière-Marchairuz-La St-George	40	50'
MIDDLE Q Quar.	A1	Genève	15	Morges-Bière-Marchairuz	40	50'
MIDDLE F Arena	A1	Genève	12	Gland-Begnins-St-Cergue-La Givrine	54	55'
MIDDLE F Quar.	A1	Genève	12	Gland-Begnins-St-Cergue	49	50'
RELAY Arena	A9	Simplon	10	Vennes - Epalinges - Chalet-à-Gobet	22	30'
RELAY Quar.	A9	Simplon	10	Vennes - Epalinges - Chalet-à-Gobet	22	30'

Rush Hour can slow your driving time significantly during the working week mostly between 07.00 – 09.00 and 16.00 – 19.00. Please keep that in mind.

Transport in greater Lausanne

Accredited participants who are staying in an official hotel will receive a free pass for public transport during the stay. The pass allows free use of the public transport system in Lausanne including some neighbouring communities (zones 11, 12, 15, 16, 18, 19). All the venues in Ouchy, Dorigny and Chalet-à-Gobet are included. For details see:

<http://www.lausanne-tourisme.ch/DataDir/LinkedDocsObjDir/19923.pdf>





The team officials' meetings will be held in the Event Centre, the Curling Hall, in Lausanne-Ouchy.

Only accredited team officials (maximum 2 per team) and IOF officials and specially invited guests will be admitted. The team officials will receive the start lists and official information at the door prior to the meeting.

NOTE: Entries for the athletes competing in each competition must be submitted at the Event Centre before 12 noon (12.00) the day before the respective competition! Each team will receive special forms for each competition.

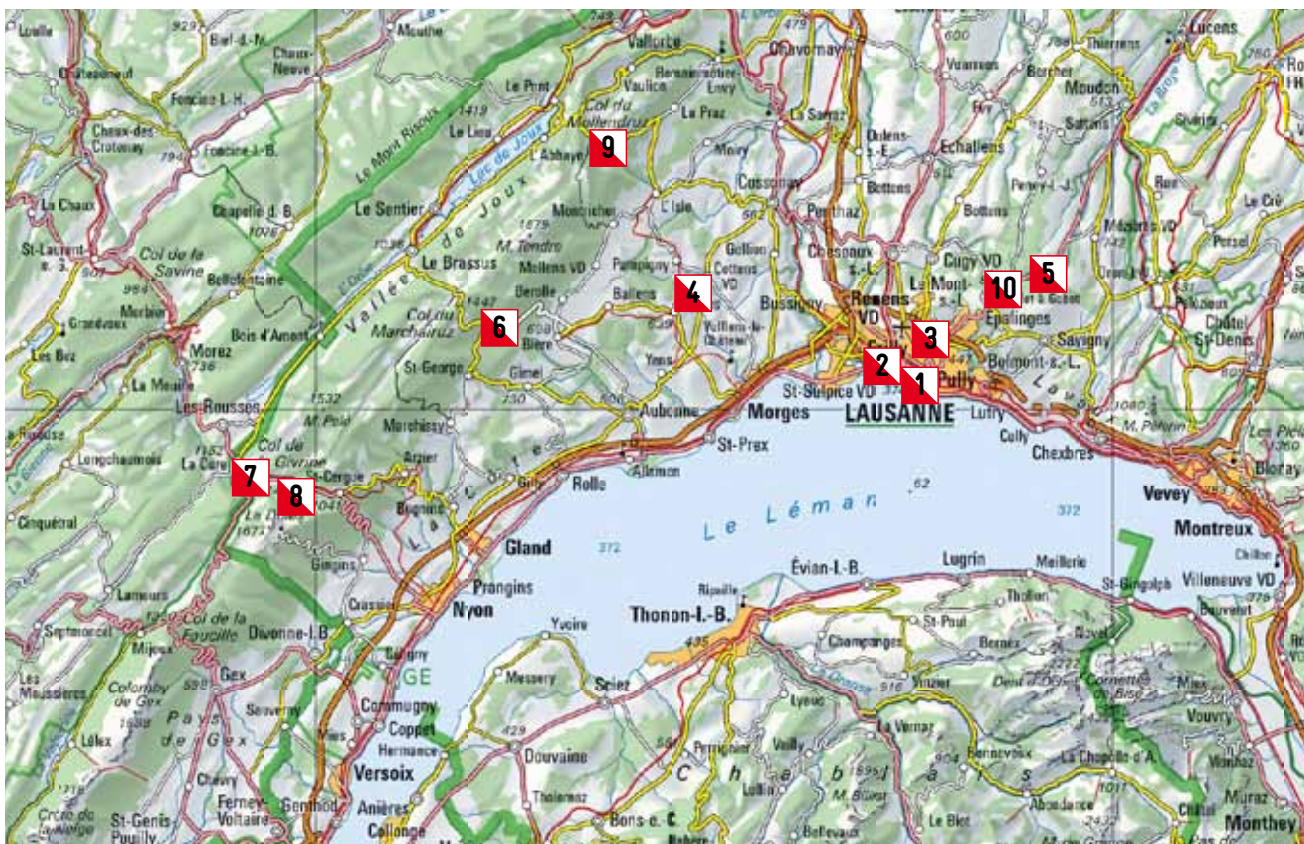
Special information for the sprint events:

Official results from the sprint qualification race will be posted in the finish arena in Dorigny after 11.30. The start list for the Sprint Final race will be posted in the Quarantine area.

Friday 13 July	19:00 - 20:00	Sprint Q + F	Lausanne - Ouchy	Curling hall
Saturday 14 July	18:30 - 19:00	Long Q	Lausanne - Ouchy	Curling hall
Sunday 15 July	19:00 - 19:30	Middle Q	Lausanne - Ouchy	Curling hall
Monday 16 July	19:00 - 19:30	Middle F	Lausanne - Ouchy	Curling hall
Wednesday 18 July	19:00 - 19:30	Long F	Lausanne - Ouchy	Curling hall
Friday 20 July	19:00 - 19:30	Relay	Lausanne - Ouchy	Curling hall

We offer the following remaining training opportunities which are unsupported and unmanned from July 11 – 14 (10-16 h):

	GPS N	E	Location	Map
1	46.5079	6.6225	Lausanne - Ouchy	Curling hall
2	46.5154	6.6017	Lausanne - Vidy	Lausanne-Vidy
3	46.5244	6.6359	Lausanne-Cité	Lausanne-Cité
4	46.5589	6.4103	Apples / Football ground	Fermens
5	46.6122	6.7178	Peney-le-Jorat	Les Mottex
6	46.5300	6.2808	St-George / La St-George	Mont Bally
7	46.4564	6.0807	St-Cergue / Col de la Givrine	Bois de La Pile
8	46.4494	6.1253	St-Cergue / Village	Les Pralies
9	46.6733	6.3620	Col du Mollendruz / Vaulion	La Breguette
10	46.5646	6.6900	Lausanne / Chalet-à-Gobet	Grand-Jorat 10 et 15



Model events will be available at the dates and times as indicated in the WOC Programme, Chapter 5. Maps and plastic cases will be in the team packages handed out at accreditation.

Model Events	Village / Town	GPS		Next to	Maps
		North	East		
LONG Q	Apples	46.5589	6.4103	Soccer field	Bois de Duin
MIDDLE Q	St-Georges	46.5300	6.2808	La St-George	La Palud
MIDDLE F	St-Cergue	46.4564	6.0807	Col de la Givrine	La Pile Dessus
SPRINT Q + F	Lausanne - Vidy	46.5154	6.6017	Stade Pierre de Coubertin	Vidy
Official Technical Model	Lausanne - Vidy	46.5154	6.6017	Stade Pierre de Coubertin	Vidy
LONG F + RELAY	Peney-le-Jorat	46.6122	6.7178	Hut „Le Mottex“	Les Gares 10-15

For distances, direction and expected travelling time look under Chapter 8 "Transport and Parking".

At the technical model event on Friday 13 July, from 14.00 – 16.00, the punching, timing and GPS-equipment as well as the layout of start and finish areas and procedures will be demonstrated.

At these model events control stands will be in the woods without the SI-units.

We ask all the teams to use those official control markers and courses in the woods of the model events and NOT to set out their own markers at any other location during that time. Thank you!

The model controls are set out in the in the woods from July 11 to 20.

MODEL Event LONG Qualification



Location :

Football field, Apples, GPS N 46.5589, E 6.4103

Access by car:

A1 Exit 15 Morges-Ouest (West)
Follow signs to Bière and signposts

Access by official transport:

See timetable transport package

Schedule:

11 July, 12.00 – 16.00
12 July, 10.00 – 16.00
13 July, 10.00 – 16.00
14 July, 10.00 – 16.00

MODEL Event MIDDLE Qualification



Location:

La St-George, St-George
GPS N 46.5300, E 6.2808

Access by car:

A1 Exit 14 Aubonne
Follow signs to Bière/St-George and signposts

Access by official transport:

See timetable transport package

Schedule:

11 July, 12.00 – 16.00
12 July, 10.00 – 16.00
13 July, 10.00 – 16.00
14 July, 10.00 – 16.00
15 July, 10.00 – 16.00

MODEL Event MIDDLE Final



Location:

Col de la Givrine, St-Cergue, GPS N 46.4564 ,E 6.0807

Access by car:

A1 Exit 11 Gland
Follow signs to St-Cergue/France and signposts

Access by official transport:

See timetable transport package

Schedule:

11 July, 12.00 – 16.00
12 July, 10.00 – 16.00
13 July, 10.00 – 16.00
14 July, 10.00 – 16.00
15 July, 10.00 – 16.00
16 July, 10.00 – 16.00

MODEL Event Sprint and Technical



Location:

Stade Pierre de Coubertin, Lausanne-Vidy, GPS N 46.5154, E 6.6017

Access by car:

A1-Exit 3 Maladière
Follow signs for Ouchy and signposts

Access by official transport:

See timetable transport package or by walking.

Schedule:

13 July, 14.00 – 16.00

MODEL Event LONG Final – Peney-le-Jorat



Location:

Refuge „Le Mottex“
Peney-le-Jorat
GPS N 46.6122, E 6.7178

Access by car:

A9 Exit 10 Lausanne-Vennes
Follow signs to Berne-Moudon and signposts

Access by official transport:

See timetable transport package

Attention:

Access by any other road is not allowed (em-bargoed areas)

Schedule:

11 July, 12.00 – 16.00
12 July, 10.00 – 16.00
13 July, 10.00 – 16.00
14 July, 10.00 – 16.00
15 July, 10.00 – 16.00
16 July, 10.00 – 16.00
17 July, 10.00 – 16.00
18 July, 14.00 – 16.00

Embargoed Areas

Any potential WOC2012 team member (i.e. runners, coaches, doctors, team leaders, etc.) or any other person who could influence in any possible way the outcome of the results of the competitions through any knowledge of the terrain, environment or control locations, is not allowed to enter the embargoed areas.

It is permissible to pass through embargoed areas using paved public roads. NO other roads may be used!

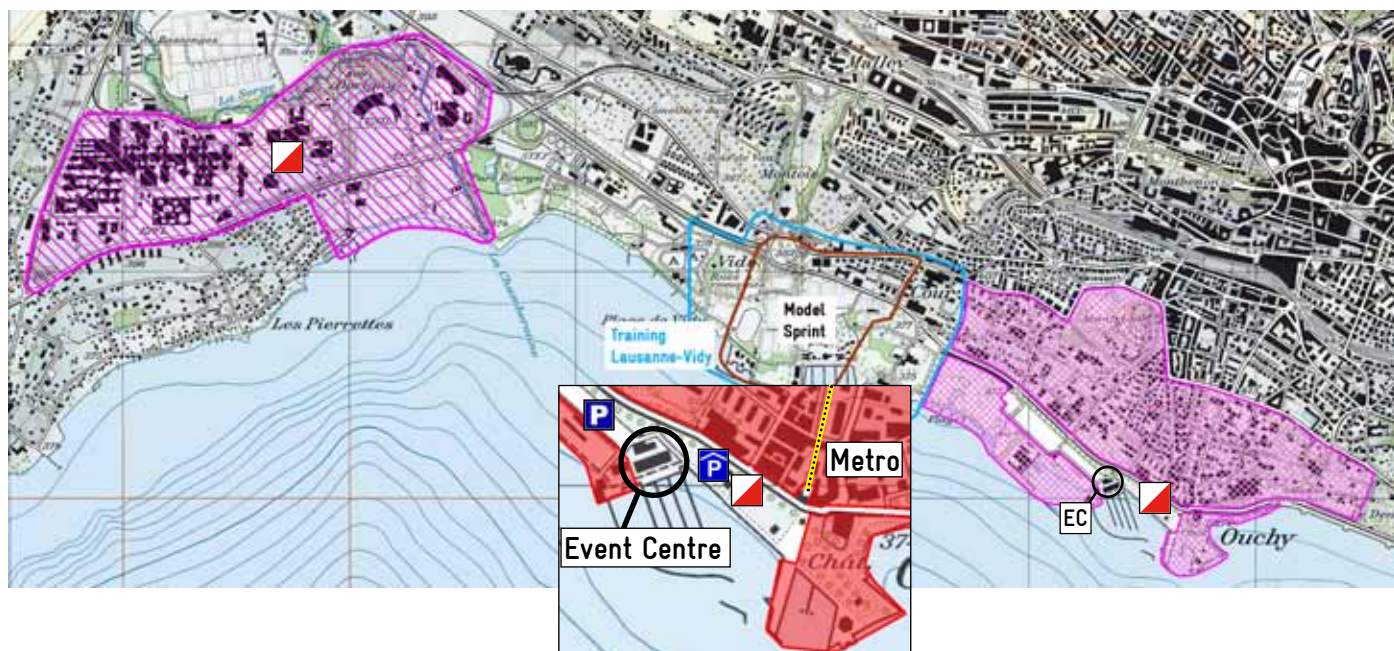
For the sprint qualification and final competition, the rules for the embargoed areas are as follows:

- The campuses of the University of Lausanne (UNIL) and the Swiss Federal Institute of Technology (EPFL) can be entered until 18.00 on Thursday 12 July, but no map may be used
- Running is not allowed on any of these campuses except on the athletic track
- The rest of the embargoed area must not be entered
- After 18.00 Thursday 12 July this area is totally embargoed
- The access road to Lausanne-Ouchy may be used
- The metro (underground) from the main railway station to Ouchy can be used (you are not allowed to leave the train at intermediate stops)

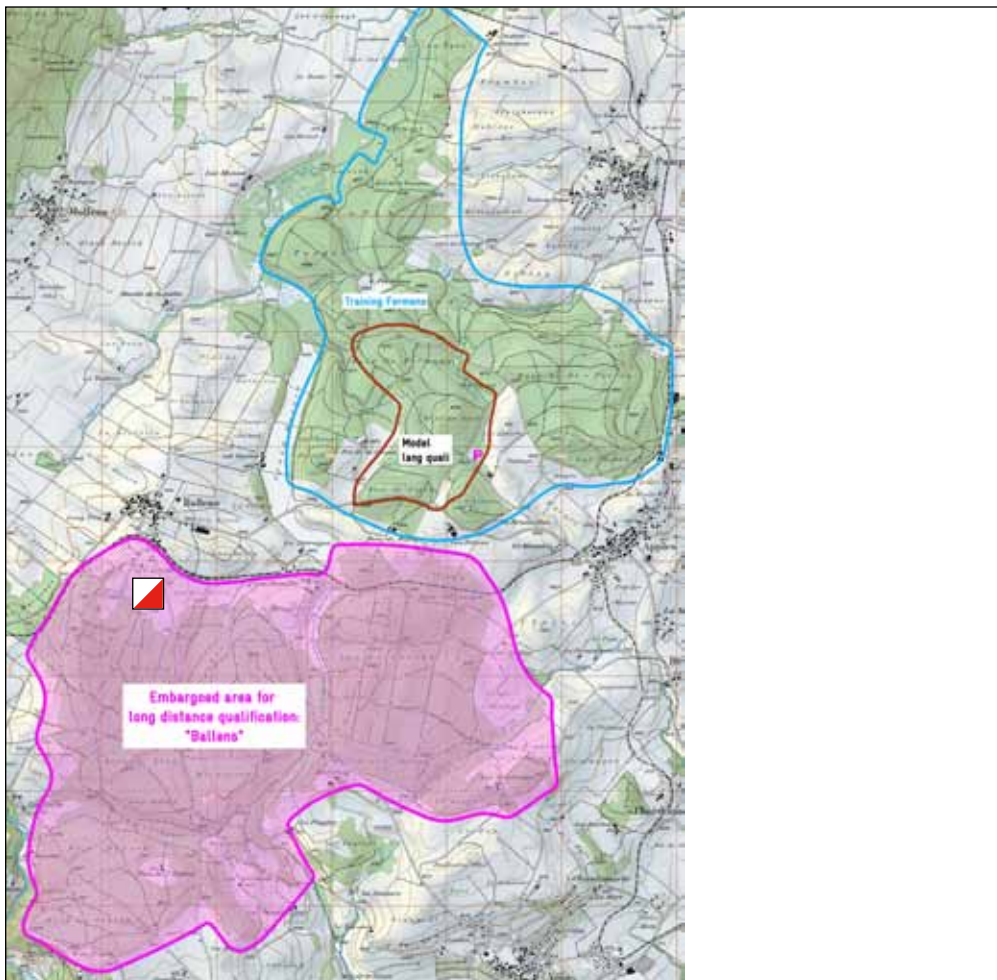
It is not allowed to go into the woods after the races that have been held until the end of 2012 WOC! However, WOC team members may run in the Swiss 5 Days races.

Existing maps of the competition areas were published in Bulletin #2 and can be downloaded from the website www.woc2012.ch.

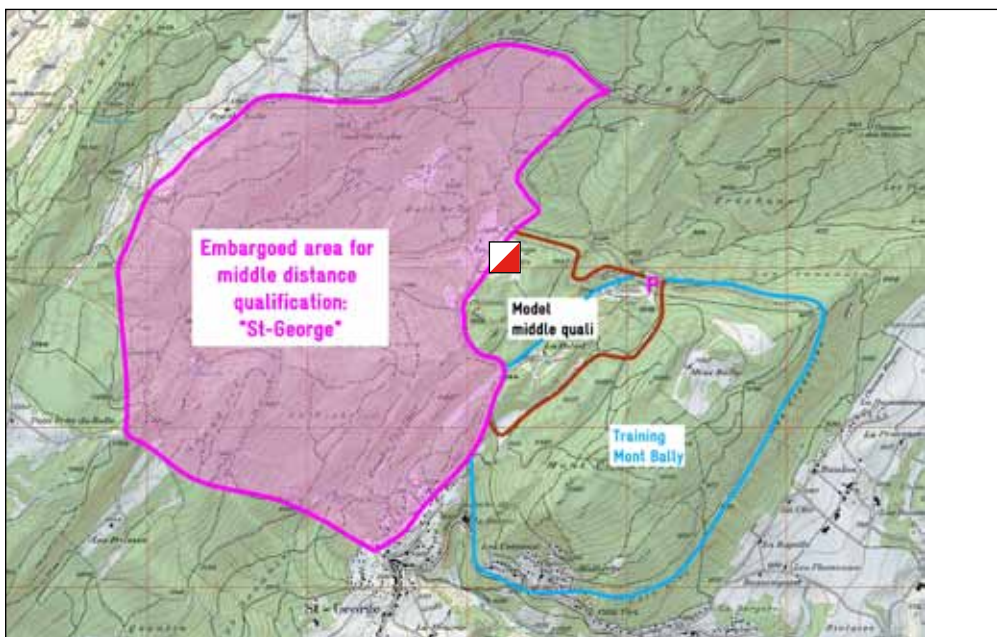
Embargoed area for sprint qualification and final: Dorigny and Lausanne - Ouchy



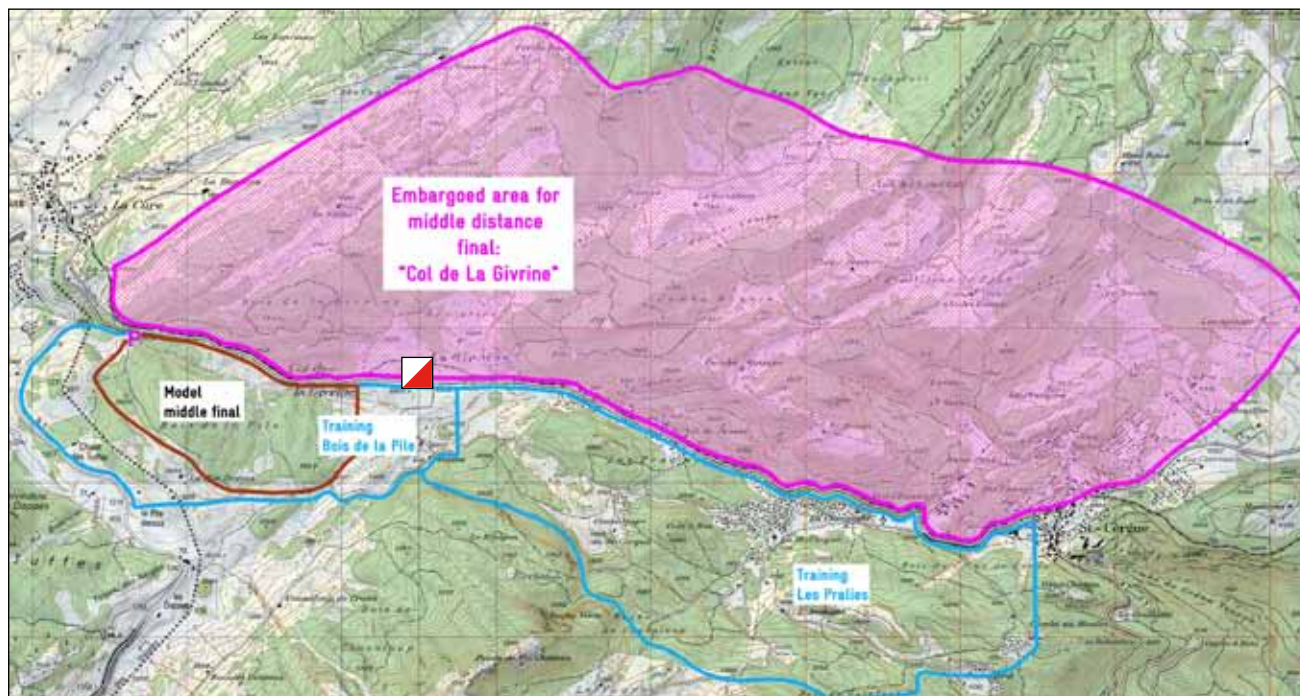
Embargoed area for long distance qualification: Ballens



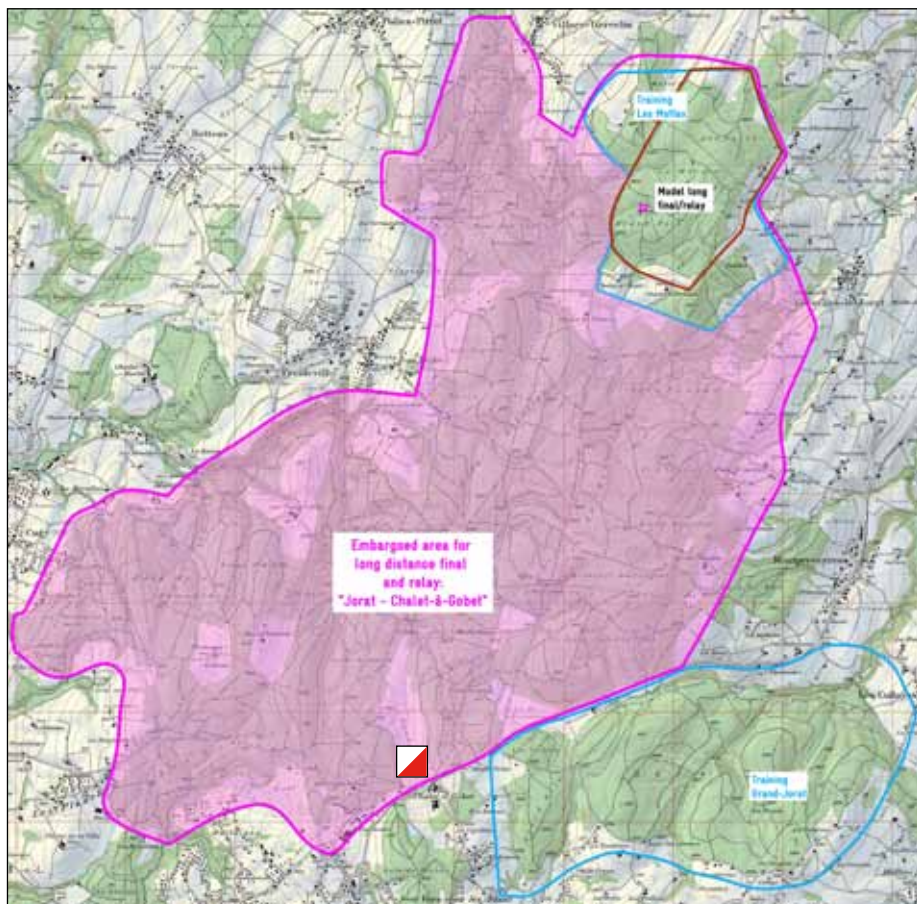
Embargoed area for middle distance qualification: St-George



Embargoed area for middle distance final: Col de La Givrine



Embargoed area for long distance final and relay: Jorat - Chalet-à-Gobet





The Competition Rules for IOF Foot Orienteering Events (valid from 1 January 2012) shall apply to the World Orienteering Championships 2012.

See IOF Competition Rules on the IOF website: <http://www.orienteeering.org>.

14 Anti-Doping

Doping is strictly forbidden, and the organisers of WOC 2012 are dedicated to supporting the anti-doping authorities in their work.

Doping controls may be carried out any time during the competition period as decided by IOF. 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 running their race.

Doping tests will be 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.

Teams must inform the WOC 2012 organisers of their intended accommodation and the phone numbers of team contacts between 10 and 21 July 2012, Official forms giving this information must be submitted to the accreditation desk in the Event Centre.

Any changes to their intended accommodation must be communicated at least 12 hours before they will occur. Athletes who are selected for the anti-doping tests must bring an official identification (with photo) to the anti-doping test area. The WOC accreditation card is an acceptable ID. The athlete should also bring along their therapeutic use exemption (TUE) if applicable.

In general, it is advisable that the athletes wear or bring along their accreditation card to all the competitions and events.











Maps are drawn according to the international specification for Orienteering Maps (ISOM2000) and the international specification for Sprint Orienteering Maps (ISSOM2007). All WOC 2012 maps are offset-printed (IOF colours and CMYK) on 135 g/m² paper. The maps will be handed out at the starts sealed in plastic bags.

All control descriptions are also printed on the maps.

WOC Maps and Sizes

Race	Map	Map scale	Contour interval	Size (cm x cm)	Map makers	Size Control Descriptions
Sprint Q	Dorigny	1:4'000	2.5 m	37.6 x 24.0	Beat Imhof	Men: 6x13 cm Women: 6x12 cm
Sprint F	Ouchy	1:4'000	2.5 m	33.1 x 35.7	Beat Imhof	Men: 6x17 cm Women: 6x16 cm
Long Q	Bière-Ballens	1:15'000	5 m	36.5 x 28.1	Pierre-Alain Matthey	Men: 6x18 cm Women: 6x13 cm
Middle Q	Bois Rond	1:10'000	5 m	29.5 x 26.6	Beat Imhof	Men: 6x12 cm Women: 6x13 cm
Middle F	La Givrine	1:10'000	5 m	33.8 x 27.8	Urs Steiner	Men: 6x15 cm Women: 6x14 cm
Long F	Jorat	1:15'000	5 m	29.7 x 47.8	Urs Steiner	Men: 6x23 cm Women: 6x18 cm
Relay F	Benenté	1:10'000	5 m	33.6 x 27.8	Roland Hirter	Men: 6x16 cm Women: 6x15 cm
Model Sprint Q+F	Vidy	1:4'000	2.5 m	29.2 x20.5	Beat Imhof	
Model Long Q	Bois de Duin	1:15'000	5 m	29.2 x20.5	Fred Läderach Pierre-Alain Matthey	
Model Middle Q	La Palud	1:10'000	5 m	29.2 x20.5	Beat Imhof	
Model Middle F	La Pile Dessus	1:10'000	5 m	29.2 x20.5	Urs Steiner	
Model Long F	Les Gares 15	1:15'000	5 m	29.2 x20.5	Urs Steiner	
Model Relay	Les Gares 10	1:10'000	5 m	29.2 x20.5	Urs Steiner	

Descriptions Special Objects in regards to ISSOM 2007

<p>420</p> 	<p>Bushes</p>	
<p>539</p> 	<p>Phone Booth</p>	
<p>540</p> 	<p>Objects on playground, or recreational site</p>	
<p>537</p> 	<p>Monument, Art Object, Column, Advertising</p>	

Description Special Objects in regards to ISOM 2000

<p>118</p> 	<p>Fox Hole</p>	
<p>312</p> 	<p>Fountain with running water</p>	
<p>314</p> 	<p>Covered water reservoir</p>	
<p>418</p> 	<p>Evergreen Holly</p>	
<p>419</p> 	<p>Big single tree</p>	
<p>420</p> 	<p>Bushes and small single tree in open area</p>	
<p>539</p> 	<p>Fireplaces</p>	
<p>540</p> 	<p>Objects on playground or recreational site</p>	

Sprint Qualification

Course planners: Philippe Ballif and Domenico Lepori

Maps	Sex	Courses	Length (km)	Climb (m)	Controls	Winning time (min.)	Refreshment stations	Map scale	Contour interval	Mandatory Distance to Start triangle
Dorigny	Men	A,B,C	4.0	10	17	14	0	1 : 4'000	2.5 m	70 m
Dorigny	Women	A,B,C	3.4	15	14/15	14	0	1 : 4'000	2.5 m	70 m

Sprint Final

Course planners: Domenico Lepori and Philippe Ballif

Maps	Sex	Courses	Length (km)	Climb (m)	Controls	Winning time (min.)	Refreshment stations	Map scale	Contour interval	Mandatory Distance to Start triangle
Ouchy	Men		4.2	80	20	15	0	1 : 4'000	2.5 m	70 m
Ouchy	Women		3.0	60	19	15	0	1 : 4'000	2.5 m	70 m

Long Qualification

Course planners: Roland Hirter and Dieter Hulliger

Maps	Sex	Courses	Length (km)	Climb (m)	Controls	Winning time (min.)	Refreshment stations	Map scale	Contour interval	Mandatory Distance to Start triangle
Bière / Ballens	Men	A,B,C	12.2	280	23/24	59	2	1 : 15'000	5 m	60 m
Bière / Ballens	Women	A,B,C	8.2/8.3	160	16/17	46	2	1 : 15'000	5 m	60 m

Middle Qualification

Course planners: Pierre-Alain Matthey and Luc Béguin

Maps	Sex	Courses	Length (km)	Climb (m)	Controls	Winning time (min.)	Refreshment stations	Map scale	Contour interval	Mandatory Distance to Start triangle
Bois Rond	Men	A,B,C	4.8/4.9	160-170	15	26	0	1 : 10'000	5 m	60 m
Bois Rond	Women	A,B,C	4.1/4.2	120-130	17	26	0	1 : 10'000	5 m	60 m

Middle Final

Course planners: Luc Béguin and Pierre-Alain Matthey

Maps	Sex	Courses	Length (km)	Climb (m)	Controls	Winning time (min.)	Refreshment stations	Map scale	Contour interval	Mandatory Distance to Start triangle
La Givrine	Men		6.5	240	20	35	1	1 : 10'000	5 m	50 m
La Givrine	Women		5.5	170	18	35	1	1 : 10'000	5 m	50 m

Long Final

Course planners: Roland Hirter and Dieter Hulliger

Maps	Sex	Courses	Length (km)	Climb (m)	Controls	Winning time (min.)	Refreshment stations	Map scale	Contour interval	Mandatory Distance to Start triangle
Jorat	Men		18.3	450	31	96	5	1 : 15'000	5 m	130 m
Jorat	Women		12.4	370	23	80	4	1 : 15'000	5 m	230 m

Relay Women

Course planners: Stefano Maddalena and Roberto Tettamanti

Maps	Sex	Leg	Length (km)	Climb (m)	Controls	Winning time (min.)	Refreshment stations	Map scale	Contour interval	Mandatory Distance to Start triangle
Benenté	Women	1,2,3	5.9	140	19	35	1	1 : 10'000	5 m	270 m
TOTAL	Women		17.7	420	57	105				

Relay Men

Course planners: Stefano Maddalena and Roberto Tettamanti

Maps	Sex	Leg	Length (km)	Climb (m)	Controls	Winning time (min.)	Refreshment stations	Map scale	Contour interval	Mandatory Distance to Start triangle
Benenté	Men	1,2,3	6.9	180	20	35	1	1 : 10'000	5 m	270 m
TOTAL	Men		20.7	540	60	105				



Sprint Qualification

Terrain Flat, urban and park areas, the buildings are very irregularly-shaped

Runnability Very good for high speed running

Sprint Final

Terrain City streets, parks and school areas with some hilly sections

Runnability Very good for high speed running

Middle Distance Qualification

Terrain Plateau of Jura hills; dense forest with varying relief features, large depressions, stony areas and rocks. There are areas with dead wood and branches on the ground and the vegetation can be dense with limited visibility

Runnability Medium-speed running

Middle Distance Final

Terrain Typical Jura forest on a mountain pass with vague relief features and rocky sections, large depressions, stony areas and rocks. There are areas with dead wood and branches on the ground. Fast running in meadows and semi-open areas

Runnability Quite good

Long Distance Qualification

Terrain Typical Swiss Middle land woods, with distinct relief features such as hills, valleys, ditches and knolls, trail and road network

Vegetation deciduous trees and firs; some areas with dense vegetation

Runnability Fast running in most areas

Long Distance Final and Relay

Terrain Typical Swiss Middle land forest with hills, valleys and knolls; dense trail and ditch network

Vegetation deciduous trees and firs. There are areas with dead woods and branches on the ground and the vegetation can be dense with limited visibility

Runnability Varying from fast running to slow



The start draws will be made according to the IOF competition rules (section 12) under the supervision of the IOF Senior Event Advisor. The draws will not be open to team officials, athletes or the public.

19 Race Numbers and GPS Tracking Devices

Race Numbers

All competitors must wear their Race Numbers at all the WOC 2012 races. The Race Numbers will be in the quarantine zones on a self-service stand. Safety pins will be available.

In the qualification races the competitors must wear their Race Numbers on the front. In the final and relay races the Race Numbers must be worn both on the front and back. The Race Numbers must be visible in their entirety; they should not be folded over or cut down.

GPS Tracking Devices

At each Final race, all competitors will wear a vest with a GPS-tracking device.

The vests will be distributed in the quarantine zone, the devices at the pre-start.

20 Punching and Timing System

WOC 2012 will use the SPORTident (SI) system at all the competitions. All SI-cards will be handed out to the team leaders for each of their competitors when accrediting their team. Team leaders must sign for receipt of the SI-cards. A charge of CHF 60.00 will be imposed for any lost or missing card. After the relay, team leaders must return all the SI-cards together at the Event Centre.

Each SI-card is assigned by name to each competitor and must be used by that athlete only! At each start, there will be spare SI-cards on hand in case a competitor has lost, misplaced or forgotten their card.

Starting Times:

In all individual races the starting time is determined as follows:

- Qualification races: an official releases the competitor on the assigned start time by taking the hand off the shoulder
- Final races: the starting clock is triggered by opening the starting gate

Finishing Times:

In all competitions, the finishing time is measured when the competitor's chest crosses the finish line. Double photocells are used to ensure that the time is not triggered by a competitor's hand. It is timed as follows:

- Sprint Final: the time will be rounded down to whole-tenths of a second
- All other races: the time is rounded down to whole seconds

At the Technical Model Event on Friday 13 July, 14.00 – 16.00, the punching and timing equipment and start and finish procedures will be demonstrated.

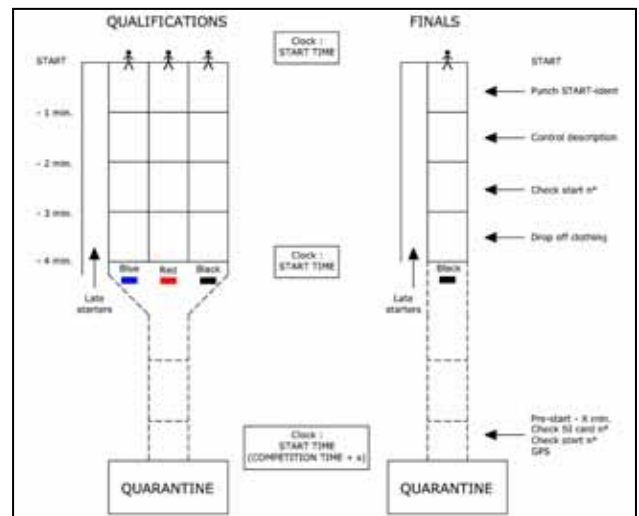
Start procedure

The competitor's name and bib number is called at the pre-start X minutes before the assigned start time. The competitor then enters the first box.

There is a clock at the entrance to the first box showing the start time (competition time + X minutes). It is the competitor's responsibility to watch for his/her start time.

In the first box, the competitor's SI card is checked and cleared. The tracking device is put into the competitor's harness. The distance to the 4 minute-box is specified for each event in Section 34. There are intermediate check points where the remaining distance and time is posted.

- 4 minutes: The competitor enters the box where they can leave clothing
- 3 minutes: Start numbers are checked
- 2 minutes: Control descriptions can be taken
- 1 minute: Position behind the start line and punching the Start-IDENT unit



Start: The competitor's map is placed face down next to the start line marked with the start number on the back of the map. 10 seconds before the start time, the competitor hears a signal from the start clock 5 seconds before the start time the count-down begins with short beeps and a long beep at exactly the start time

Start Procedure for

- Qualification races: an official releases the competitor by taking the hand off the shoulder.
- Final races: the competitors are allowed to start within +/-5 seconds of their allocated start time. If a competitor starts after this time window, their originally allocated start time is used. If anyone starts more than 5 seconds prior to the allocated start time, they will be disqualified.

The start triangle is marked in the terrain by a control flag. The route to this flag is marked with tapes. Competitors must follow this marked route to the start point.

Procedures for late starters

Late competitors must report at the pre-start call-up. If the organiser decides that the competitor has enough time to start at the allocated time, they will be accompanied through the normal procedure by an official to the start line.

If the competitor is too late to follow the normal procedure, they will be allowed to start one minute before the next competitor on that course (30 seconds for the Sprint).

In all cases of lateness caused by the competitor their allocated start time will be counted! If a competitor is late through the fault of the organiser, he or she will be timed with their real start time.

Finish Procedures

The finishing time will be recorded by a dual light beam when the chest of the competitor crosses the finish line. The procedure thereafter is as follows:

- After crossing the finish line punching the Finish-IDENT unit.
- Reading out the SI card data. Competitors will receive a print-out with their official time and the result of the punch control. Should the punch control indicate a mispunch, the competitor will be taken through a special procedure before continuing.
- Competitors will hand in their maps.
- Taking off and returning the harness with the GPS tracking device. There is a specific tent for this purpose.
- Entering the media and coaching area with refreshments. They will be asked to draw their route on a map.

At the Technical Model Event on Friday 13 July, 14.00 – 16.00, the punching and timing equipment and start and finish procedures will be demonstrated.



There will be quarantine zones for all races including the relay.

With the exception of the two sprint races and the relay a two-zone quarantine zone is used. The first zone is an indoor location with toilets and water. There will be a compulsory minibus transport to the second zone for athletes and coaches where the pre-start and the warm-up map are located. The transport to the second zone with the pre-start will take between 5 and 15 Minutes depending on the race (see chapter 34 for details). Clothes are transported from the second zone to the finish. Please leave your bags in the specially marked place near the minibus drop off place. There is only limited infrastructure (tents, toilets, water) in the second quarantine zone.

A warm-up map is available for all races except the relay. The mapped area is part of the quarantine zone. The boundaries of the warm-up area may not be marked in the terrain. Leaving the mapped area can result in disqualification.

Athletes and coaches must observe the check-in times for each WOC event. Please check for details in Chapter 34. There will be a latest check-in time defined after which no-one will be allowed to enter the quarantine zone any longer.

At the check-in to the quarantine zones, each athlete and coach needs to show their accreditation card or another form of identification with a picture and will then have to sign in on an entry form.

The use of mobile phones, computers or any other communication devices inside the quarantine zone (including both zones, the compulsory transport and the warm-up area) is strictly forbidden. It is not allowed to bring any maps of the competition areas into the quarantine.

The quarantine zone for the relay will be a designated part of the arena where no view onto the TV-screen is possible. The warm-up area, start and change-over zones will be part of the quarantine zone.

Please find detailed information for each WOC event in chapter 34 A - G.

23 Team and Coaching Areas

Team Zones at the Arenas

Only accredited team members and coaches with their personal WOC accreditation cards will be allowed in the team zones. All the Team Zones are protected from the weather, rain or sunshine!
Toilet facilities are available at all sites.

Coaching Zones

There will be clearly marked Coaching Zones in the Long Distance Final and the Relay close to the finish. Team coaches may support their athletes as they pass through.

On all the other events there will be no coaching zone provided.

Only two accredited coaches per team are allowed in those coaching zones. For reasons of fairness only the following actions are allowed:

- Verbal communication – no written information
- Exchange of personal equipment such as compasses, shoes, contact lenses and similar
- Food and drinks passed on directly to the athlete



In accordance with the IOF Competition Rule 19.8., refreshments will be offered at certain controls. Those controls are marked on the control descriptions.

Additionally, refreshments will be offered immediately before the coaching zone in the Long Final race. And this is neither marked on the map or the control description.

The course description for each WOC competition (section 16) lists the number of refreshment controls. Water and an energy drink (Sponser) will be available at the refreshment controls each in its own distinctly different type of cup.

The cups with the energy drink "Sponser" will have the logo printed on. The water cups are plain cups marked with the word "water".

On the courses the energy drink "Sponser Competition" will be available. It contains Isomaltulose (glucose+fructose) and trehalose (glucose+glucose) to ensure slower glycaemic and insulin increase. It will be diluted to a hypotonic level (240 mOsm). It contains high molecular starch hydrolysates with very low osmolality.

In the finish 2 "Sponser" products will be offered:

- "Sponser Isotonic" with a very high digestibility, enriched with vitamins and minerals and no artificial colourings and sweeteners. The broad spectrum of sugar allows a slow release effect.
- "Sponser Sport Tea" which has a light flavouring with no artificial sweeteners and low acidity for better digestibility.

At the technical model event on Friday 13 July, there will be an example refreshment control and the energy drink can be sampled.

25 Complaints and Protests

IOF Complaint/Protest forms are available online from the IOF web site as well as at the Event Office.

Any complaint shall be made in writing as soon as possible and handed over to the organiser in the Event Office. Complaints regarding the results shall be submitted no later than 15 minutes after publication of the official result list.

A written protest can be made against the organiser's decision on a complaint. It must be handed in as soon as possible at the Event Office or to a member of the jury and no later than 1 hour after the organiser has announced the decision of the complaint.

26 TV Coverage

TV coverage is planned for all WOC Final races with live coverage for the Sprint Final and the Relay races through the Swiss broadcasting company, SRF.

The camera positions on the courses are not marked on the map or the control description and will remain at the same spot for the entire race.

27 Toilets

There will be toilets at all the quarantine zones, the pre-starts and in the finish areas.



**In Switzerland the medical emergency phone number is: 144
If you need to call the police, their number is 117**

First Aid and Emergency services will be available at each arena.

LAUSANNE

Hospital in Lausanne:
Centre hospitalier universitaire Vaudoise (CHUV)
Rue du Bugnon 21
1011 Lausanne
+41 (0)21 314 11 11
(24h/24h emergency)

The following medical centres are available without appointments in Lausanne :

Vidy Source
Av. Vinet 30
1004 Lausanne
+41 (0)21 641 25 25
Week : 07h – 23h ; week-end : 09h – 23h

Vidy Med
Route de Chavannes 11
1007 Lausanne
+41 (0)21 622 88 88
Week : 07h – 21h ; week-end : 09h – 21h

Permanence PMU-Flon
Bâtiment les Mercier A
Voie du Chariot 4
1003 Lausanne
(Metro M2 – stop "Flon")
+41 (0)21 314 90 90
Week : 07h – 21h ; week-end : 10h – 21h

Near ST-CERGUE, ST-GEORGE

Hospital in Nyon:
Hôpital de zone de Nyon
Monastier 10
1260 Nyon
022 994 62 13

Near BIERE, BALLENS

Hospital in Morges:
Hôpital de Morges
Ch. Du Crêt 2
1110 Morges
+41 (0) 21 804 22 11

Near BRETAYE

Hospital near Aigle:
Hôpital du Chablais
Route de Morgins
1870 Monthey
+41 (0)24 4 731 731

Beaulieu Restauration SA, the official catering service of the Congress Centre of Exposition in Lausanne, will provide all of the food services for the 2012 World Orienteering Championships. This includes the catering for the competitors, the public, the VIP and the media at the different arenas. We are used and trained to serve great numbers of guests and to manage the complex logistics for an event of this magnitude.



The competitors and spectators will find self-service food stands on site for hot meals and summer specific foods. Meals, snacks and sandwiches may be purchased at the different arenas. Other stands will also sell take-out foods such as sausages, etc.

Every person should find something for his or her taste and it should cover the needs of an athlete as well as a family on a stroll. All catering will be under the motto of "Hospitality and Diversity". This will especially be true for the site in Ouchy with its particular festive ambiance.

On the practical side, it will be possible to pay in CHF as well as in Euro. Credit and debit cards can also be used for payment.





Opening Ceremony

Saturday, 14 July, Place de la Navigation, Lausanne-Ouchy

The Opening Ceremony will take place on the same day as the Sprint races.

- 18.15 Flower Ceremony after the Sprint Final race
- 19.20 Opening Ceremony (Start of the Parade of the Athletes)
- 20.30 Prize Giving Ceremony for the Sprint Final

We will ask each team to carry their country flag in the parade.

We ask the athletes, coaches and team leaders to meet at 19.00 behind the Event Centre / Curling Hall for the parade of the participating countries which will head over to the nearby Place de la Navigation. It goes without saying that the teams should wear their National Team outfit.

Athletes will be able to sit during the Opening Ceremony.

Flower Ceremonies

Immediately following the Sprint, Middle- and Long Distance Finals in the event arenas.

Prize Giving Ceremonies

- | | | |
|--------------------------|-------|----------------|
| Sprint, Saturday 14 July | 20.30 | Lausanne-Ouchy |
| Middle, Tuesday 17 July | 20.30 | Lausanne-Ouchy |
| Long, Thursday 19 July | 19.30 | Lausanne-Ouchy |
| Relay, Saturday 21 July | 16.00 | Chalet-à-Gobet |

The athletes and teams placed 1st through 6th should meet behind the podium 15 minutes before the prize giving ceremony and wear their official National Team outfit. We request that nobody wears hats or sunglasses, please.

Bottles, national flags and accompanying persons are also not allowed on the podium.

Closing Ceremony

Saturday 21 July 16.15 WOC Arena, Chalet-à-Gobet

The closing ceremony follows the award ceremony for the WOC Relay event.

Banquet / WOC Soirée

Saturday 21 July 20.00 Sauvabelin, Lausanne

The Banquet doors open at 19.30 and the programme starts at 20.00. The food will be served at 20.30. The unofficial part of the Soirée is from 22.00 until 02.00 with disco music. Please bring an extra jacket in case of cold weather.

A special transport will be offered leaving at 19.00 from Place de la Navigation via Main Railway Station Lausanne to Sauvabelin.

Another transport back into town will run at 23.00 and 02.00 in the morning from Sauvabelin to the Place de la Navigation via the Main Railway Station.

Please reserve your transport tickets at the Event Centre.

Signing-up for the Soirée WOC can be done at the Event Centre information desk until Wednesday 18 July, 21.00. The price for additional tickets is CHF 40.00.

Further details about this Party will be given at the Event Centre during the WOC week.



IOF officials, delegations and guests are staying at the
Hôtel Alpha-Palmiers
Rue du Petit-Chêne 34, 1003 Lausanne, Suisse
T. +41 21 55 55 999, F. +41 21 55 55 998
E-Mail alpha@fassbindhotels.com

There is a WOC information desk in the lobby which will be manned daily from 09.00 to 12.00 and 18.00 to 20.00 except during WOC Final races and on Thursday evening.

The accreditation for IOF officials, delegates and guests will take place at the WOC Accreditation Centre in Lausanne-Ouchy, in the Curling Hall.

The Accreditation Centre is easily reachable by the metro m2.

Transport within the city area of Lausanne is included in the accreditation fee. Transport to the WOC races in Ballens, St.George, La Givrine and to the Swiss 5-Days in Villars-Bretaye is CHF 30.00 per day or the full transport package for 8 days costs CHF 150.00

VIPs and guests have to register for the Banquet/WOC Soirée on Saturday July 21st. Tickets will be available at the Event Centre and the WOC information desk in Hotel Alpha Palmiers for CHF 40.00 until Wednesday July 18 at 21.00.

32 Race for VIP, Media and IOF Officials

The Media / VIP Orienteering event will take place

Wednesday 18 July: 15.00 – 17.00 in Sauvabelin

The venue is at Place des Fêtes, Lausanne-Sauvabelin and 2 courses will be offered: 3 and 5 km

Participants can register until Tuesday 17 July at the Event Centre or the WOC Information Desk at Hotel Alpha Palmiers. Registration will also be possible on the day at Sauvabelin subject to the availability of maps; pre-registration is highly recommended.

Sauvabelin is reachable by public transport. From Ouchy take bus Nr. 2 in direction of Lausanne-Désert (12 minutes), change bus at bus stop "St-François" and take Nr. 16 in direction of Grand-Vennes (8 minutes) and get off at bus stop "Signal".

Special transport from the Event Centre and the main railway station to Sauvabelin and back can be reserved until Tuesday 17 July at the Event Centre and the WOC Information Desk in Hotel Alpha Palmiers.

After the race, refreshments and a barbecue will be served.



The IOF Congress and the XXVI Ordinary General Assembly will be held concurrently with WOC 2012 in the meeting rooms of the Alpha Palmiers Hotel in the centre of Lausanne.

Dates of planned meetings:

Thursday, 19 July 2012	08.30 – 09.00	Registration
	09.00 – 12.00	IOF Pre-General Assembly Seminar
Friday, 20 July 2012	08.30 – 09.30	Registration for General Assembly
	09.30 –	IOF General Assembly

Please check the WOC 2012 website (www.woc2012.ch) for further information under "IOF Congress".

IOF Officials will receive the programme for the IOF Congress, the General Assembly and the other meetings directly from IOF.

You may find additional details of commission meetings on the message board at the service desk in the hotel lobby.

Contact:

Swiss Orienteering (Schweizerischer OL-Verband)

E-Mail info@swiss-orienteeing.ch

Or directly for Karin Haueter: Karin@swiss-orienteeing.ch

Contact information to reach the WOC office:

WOC Contact:

administration@woc2012.ch
www.woc2012.ch

WOC Lausanne 2012

En Prassy 2

CH-1682 Lovatens

Tel. +41 21 315 41 41 (from outside Switzerland) or 021 315 41 41 from within the country

World Orienteering Championships Special Offer

-50%

From July 14th to 20th, on presentation of the *official badge* or of the *race number and the transport card*, the CGN offers to all WOC participants a 50% discount on every cruise leaving Switzerland, line N2 Lausanne-Thonon not included.

Infoline: +41(0)848 811 848
www.cgn.ch



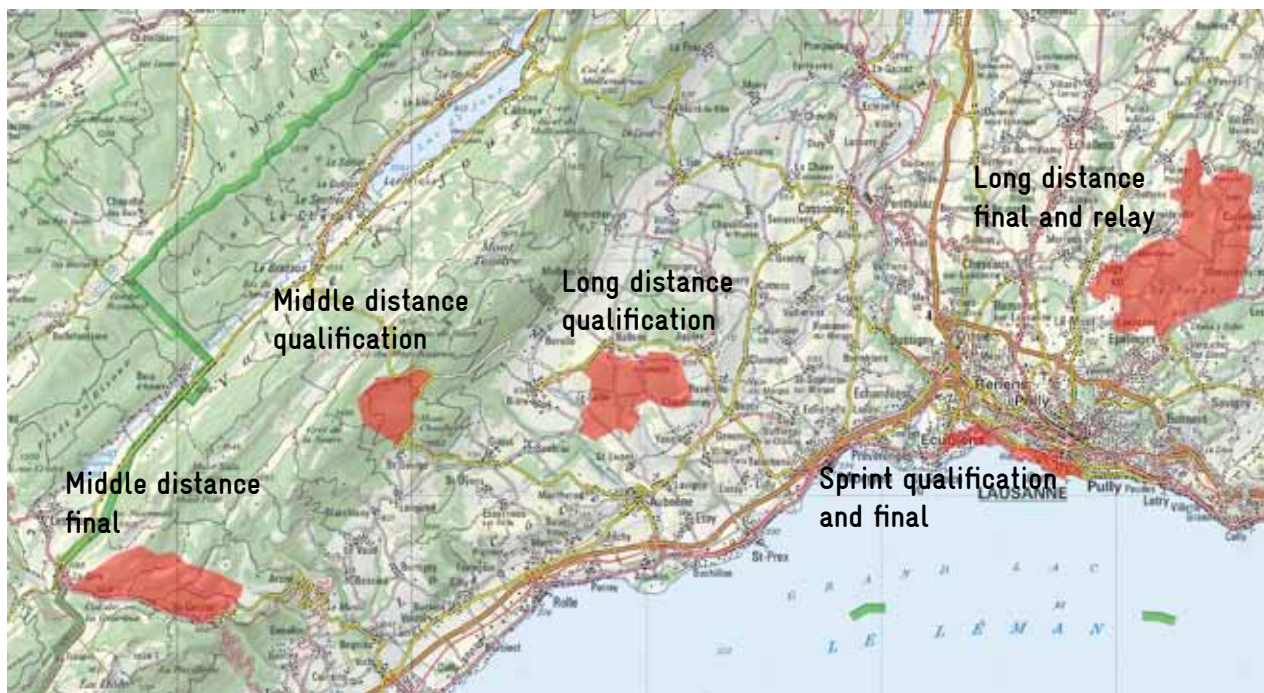
All controls are manned and guarded during the competitions. Those officials may or may not be sitting close to the control locations.

Radio and TV controls are not specified on the control descriptions.

All control descriptions are also printed on the maps.

Competitors must obey IOF Rule 21.4: Competitors may not use or carry telecommunication equipment between entering the pre-start area and reaching the finish in a race, unless the equipment is approved by the organiser. GPS data loggers with no display or audible feedback can be used. The organiser may require competitors to wear a tracking device.

Transportation of clothes from the quarantine to the finish. Please leave your bags at the specially marked place in the quarantine.



Dorigny, 14 July 2012

Quarantine: GPS N 46,5206 / E 6,5850

Athletic field with all facilities in Dorigny. Access will be marked from A1, Exit 2 Lausanne-Malley (follow signs to UNIL-EPFL and signposts) and Exit 3 Lausanne-Maladière (roundabout) (follow signs to Ouchy and signposts).

Driving time from A1, Exit 2: about 2 min / 500m; from A1, Exit3: about 6 min / 2.6 km

Check-In Times Quarantine: Opens at 07.00
Closes at 09.00

First Start women: 09.01 race numbers 1 - 120
First Start men: 10.01 race numbers 201 - 350

Start Interval: 1 minute

3 runners start at the same time. The three channels in the last 4 minutes are labelled with colours (blue = left, red = middle, black = right). The colours of the race numbers correspond to the channel.

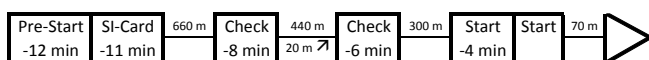
Additional Information:

- Warm-up map available without controls
- For better readability of the map simple rain canopies are not mapped



- There is very little undergrowth so shorts may be worn. Road racing shoes are suitable although there may be a few steep grassy slopes which could be slippery in wet conditions.
- After the quarantine closes (09.00), non-competing athletes, coaches etc may go anywhere in the competition area but must observe "fair play". They must not assist or obstruct any runner. If a runner has been given assistance, that runner may be disqualified.
- There will be an after race cool-down map. Runners are not allowed to leave this area until the competition is finished.

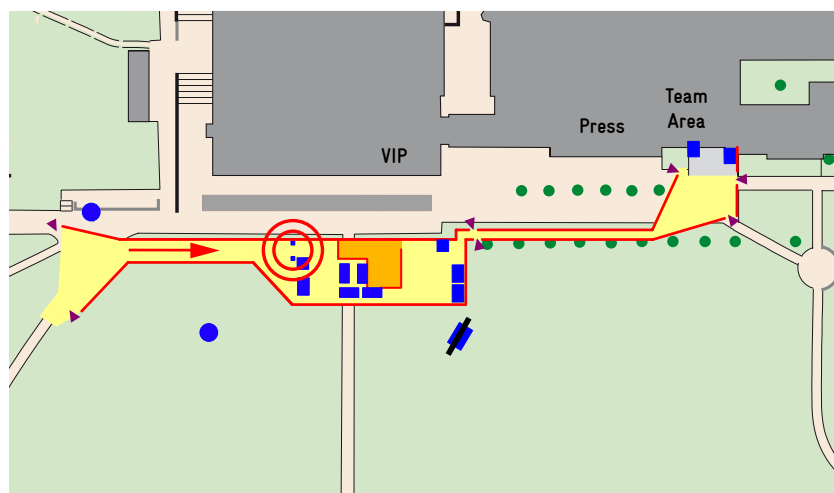
Pre-Start call-up: 12 minutes before start time
Pre-Start - Start 1400 m, 20 ↗ (3 checkpoints)



Special information for the sprint competition:
Official results from the sprint qualification race will be posted in the finish arena in Dorigny after 11.30.
The start lists for the Sprint Final will be posted in the Quarantine area.

-  = Closed Area
-  = Media Zone
-  = Fencing
-  = Cabins and Tents
-  = Crossing points
-  = Results
-  = Results Screen
-  = Finish line

Details of the Finish area






The route to the Finish area

Arena location

University Campus, Lausanne-Dorigny
GPS: N46.521, E6.5753

Access by car

A1-Exit 2 Lausanne-Malley
Follow UNIL-EPFL and signposting 

Access by public transport

Métro m1, UNIL-Sorge
tl line 33, MBC line 701, 705, EPFL




The route to the quarantine

Quarantine location

University Sports Centre, Lausanne-Dorigny
GPS N 46.5206 / E 6.5850

Access by car

A1-Exit 3 Lausanne-Malley
Follow UNIL-EPFL and signposting 

Access with official transport

see timetable transport package

Lausanne-Vidy, 14 July 2012

The race numbers, final information and the start lists for the Sprint Final will be given out in the quarantine zone.

Quarantine: GPS N46,5154 / E 6,6017

Track and field stadium with all facilities in Lausanne-Vidy, the same location as was used for the model event. Access will be marked from A1a, Exit 3 Lausanne-Maladière (roundabout) and follow Ouchy and signposting.

Driving time from A1a, Exit 3, about 2 min / 1 km

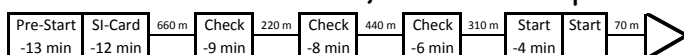
Check-In Times Quarantine: Opens at 13.00
Closes at 15:00

First Start Women: 16.01 race numbers 1 - 45
First Start Men: 17.11 race numbers 101 - 145
Start Interval: 1 minute

Additional Information:

- GPS vests will be given in the quarantine and tracking devices at the pre-start.
- Warm-up map available without controls
- The spectator control will be a plant pot marked with a green cross (ISSOM 420) on the map and with a cross on the control description.
- There is very little undergrowth so shorts may be worn. Road racing shoes are suitable although there may be a few steep grassy slopes which could be slippery in wet conditions.
- After the quarantine closes (15.00), non-competing athletes, coaches etc may go anywhere in the competition area but must observe "fair play". They must not assist or obstruct any runner. If a runner has been given assistance, that runner may be disqualified.
- There will be an after race cool-down map. Runners are not allowed to leave this area until the competition is finished.

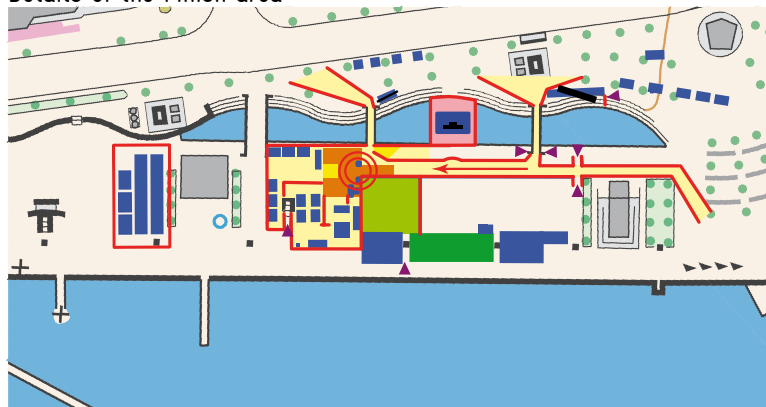
Pre-Start call-up: 13 minutes before start time
Pre-Start: 1600 m, 10 ↗ with 4 checkpoints



Flower Ceremony: 18.15 Arena Lausanne-Ouchy
Opening Ceremony: 19.20 Arena Lausanne-Ouchy
Prize Giving Ceremony: 20.30 Arena Lausanne-Ouchy

-  = Closed Area
-  = Media Zone
-  = Fencing
-  = VIP
-  = Tribune
-  = Stage
-  = Cabins and Tents
-  = Crossing points
-  = Results
-  = Video Screens
-  = Finish line

Details of the Finish area





The route to the Finish area

Arena location

Place de la Navigation, Lausanne-Ouchy,
GPS N46.521,E6.5753

Access to arena by car

A1-Exit 3 Lausanne-Maldière, follow Ouchy
and signposting 

Attention: no reserved parking places for
spectators and teams!

public transport

Métro m2, Ouchy or bus tl line 2, Ouchy




The route to the quarantine

Quarantine location

University Sports Centre, Lausanne-Dorigny
GPS N 46.5206 / E 6.5850

Access by car

A1-Exit 3 Lausanne-Malley
Follow UNIL-EPFL and signposting 

Access with official transport

see timetable transport package

Apples, 15 July 2012

Quarantine: GPS N 46,5507 / E 6,4312

Sports gym with all the facilities in Apples. Access will be marked from Highway A1 (in direction of Geneva) exit Nr. 15, Morges, in direction of Bière.

Driving time from the event centre about 25 min. / 22 km.

Check-In Times: Opens at 11.00
Closes at 13:00

First Start Men: 13.01 race numbers 1 - 120
First Start Women: 13.02 race numbers 201 - 350
Start Interval: 3 minutes

3 runners start at the same time. The three channels in the last 4 minutes are labelled with colours (blue = left, red = middle, black = right). The colours of the race numbers correspond to the channel.

Shuttle Bus to the Pre-Start :

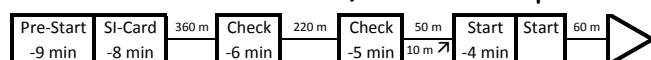
There is a compulsory shuttle bus for athletes and coaches from the first quarantine zone to the pre-start zone.

Bus leaves approximately every 10 minutes; driving time 5 minutes.

- Warm-up map available without controls
- There are toilets, water and simple shelters on site
- A jacket and/or small bag can also be left at the pre-start, but these clothes will not arrive at the finish before 16.00.

Way to pre-start: from the bus stop on marked route: 520 m / 25 &. The pre-start can also be found on the warm-up map.

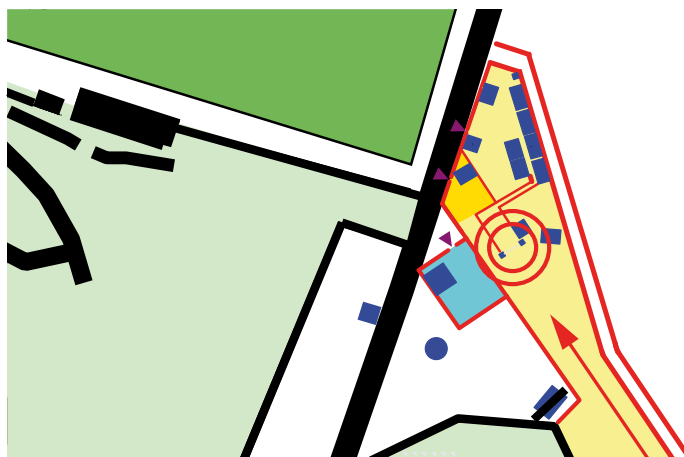
Pre-Start call-up: 9 minutes before start time
Pre-start to Start: 620m, 10m ↗ 3 checkpoints



Note: the mosquitoes are fierce and plentiful in the woods. We recommend that you either wear long sleeves and pants or invest in strong mosquito repellent sprays.

-  = Closed Area
-  = Media Zone
-  = Fencing
-  = VIP
-  = Team Area
-  = Cabins and Tents
-  = Crossing points
-  = Results
-  = Video Screen
-  = Finish line

Details of the Finish area






The route to the Finish area

Arena location

Ballens
GPS N46.5467,E6.3754

Access to arena by car

A1-Exit 15 Morges Ouest
Follow Bière and signposting 

Access by public transport

Train CFF Lausanne – Morges
Train BAM Morges – Ballens




The route to the quarantine

Location

Sports Hall, Apples, GPS N46.55087,E6.4312

Access by car

A1-Exit 15 Morges-Ouest
Follow Bière and signposting 

Access by official transport

See timetable transport package

Marchairuz, 16 July 2012

Quarantine: GPS E 6,2502 / N 46,5525

Hôtel du Marchairuz. Access will be marked from Highway A1 (in direction of Geneva) exit Nr. 15, Morges Follow direction to Bière and then Marchairuz and signposts.

Driving time from the event centre about 50 min. / 40 km.

Check-in Times Quarantine: Opens at 11.00
Closes at 13.00

First Start women: 13.01 race numbers 1 - 120
First Start men: 14.11 race numbers 201 - 350
Start interval: 2 minutes

3 runners start at the same time. The three channels in the last 4 minutes are labelled with colours (blue = left, red = middle, black = right). The colours of the race numbers correspond to the channel.

Shuttle Bus to the Pre-Start:

There is a compulsory shuttle bus for athletes and coaches from the first quarantine zone to the pre-start zone.

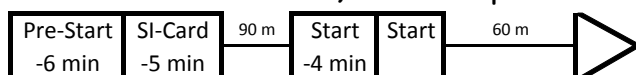
Bus leaves approximately every 5 minutes; driving time 5 minutes.

Way to pre-start zone: from the bus stop on marked route: 1700m / 0 m ↗.

Please plan sufficient time for the way with the bus and on foot to the pre-start zone.

- Warm-up map available without controls
- There are toilets, water and simple shelters on site
- A jacket and/or small bag can also be left at the pre-start, but these clothes will not arrive at the finish before 16.00.

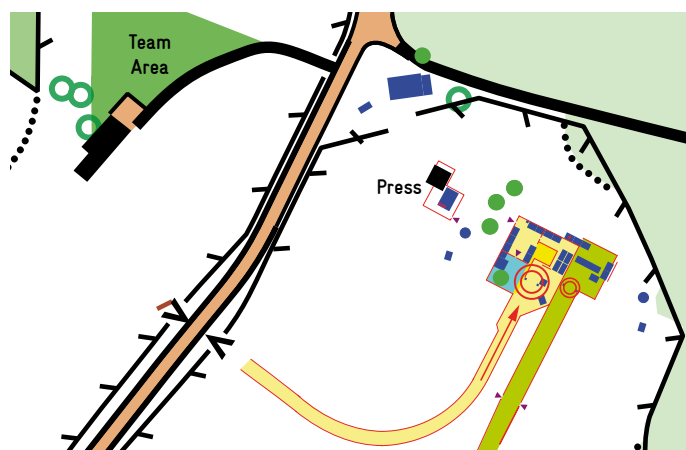
Pre-Start call-up: 6 minutes before start time
Pre-start to Start: 90m, 0m ↗ 1 checkpoint



Special information:

Access to the arena for teams is via A1 Exit 15 Morges-Ouest. Follow direction to Bière and Marchairuz and signposts to quarantine zone. On the way to Marchairuz there is a left turn to the arena.

-  = Closed Area
-  = Media Zone
-  = Fencing
-  = VIP
-  = Team Area
-  = Cabins and Tents
-  = Crossing points
-  = Results
-  = Video Screen
-  = Finish line






The route to the Finish area

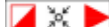
Arena location

La St-George, St-George
GPS N46.5334,E6.2683

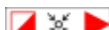
Access to arena by car for public

A1-Exit 14 Aubonne
Follow Bière/St-George and
signposting 

Access to arena by car for Teams

A1-Exit 15 Morges-Ouest
Follow Bière/Marchairuz and
signposting 

Access to arena by car for VIP/Media

A1 Exit 15 Morges-Ouest
Follow Bière/Marchairuz and
signposting 



Access by public transport

CFF Lausanne – Morges, BAM Morges –
Bière, Shuttle Bus Bière – La St-George




The route to the quarantine

Location

Hôtel du Marchairuz, GPS N 46.5525,E
6.2502

Access by car

A1-Exit 15 Morges-Ouest
Follow Bière, Marchairuz and
signposting 

Access by official transport

See timetable transport package

St-Cergue, 17 July 2012

Quarantine: GPS N 46,4466 / E 6,1557

Sports gym with all facilities in St-Cergue. Access will be marked from Highway A1 (in direction of Geneva), exit Nr. 12, Gland, follow in direction of Begnins.

Driving time from the event centre about 50 min / 49 km.

Check-in Times: Opens at 10.00
Closes at 12.00

First Start Women: 12.01 race numbers 1 - 45
First Start Men: 13.41 race numbers 101 - 145
Start Interval: 2 minutes

Additional Information:

- GPS vests will be given in the quarantine and tracking devices at the pre-start.

Shuttle Bus to the Pre-Start:

There is a compulsory shuttle bus for athletes and coaches from the first quarantine zone to the pre-start zone.

Bus leaves approximately every 10 minutes; driving time 10 minutes.

Way to pre-start: from the bus stop on marked route: 50m / 0 m ↗

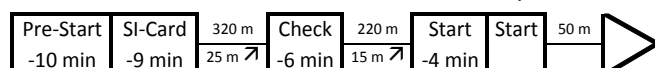
Pre-start: you will receive a warm-up map for the pre-start area without any controls on it.

Toilets and simple, small shelter on site.

A jacket and/or small bag can also be left at the pre-start, but these clothes will not arrive at the finish before 16.00.

Pre-Start call-up: 10 minutes before start time

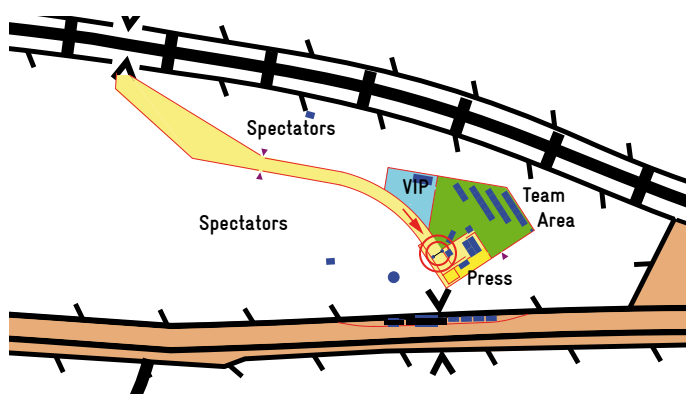
Pre-start to Start: 540m, 40m ↗ 2 checkpoints



Flower Ceremony: 16.00 Arena La Givrine
Prize Giving Ceremony: 20.30 Lausanne-Ouchy

-  = Closed Area
-  = Media Zone
-  = Fencing
-  = VIP
-  = Team Area
-  = Cabins and Tents
-  = Crossing points
-  = Results
-  = Video Screen
-  = Finish line


Details of the Finish area





The route to the Finish area

Arena location
Col de la Givrine, St-Cergue
GPS N46.4549521,E6.1064



Access to arena by car
A1-Exit 12 Gland
Follow St-Cergue and signposting 

Access by public transport
CFF Lausanne – Nyon
NSTCM Nyon – St-Cergue – La Givrine



The route to the quarantine

Location
Sport hall, St-Cergue, GPS N46.4466,E6.1557

Access by car
A1-Exit 12 Gland
Follow Begnins, St-Cergue
and signposting 
in St-Cergue 

Access by official transport
See timetable transport package

Cugy, 19 July 2012

Quarantine: GPS N 46,5822 / E 6,6437

Sports gym with all facilities in Cugy. Access will be marked from Highway A9 (in direction of Vevey, Simplon), exit Nr. 9, Blécherette, follow in direction of Le Mont.

Driving time from the event centre about 25 min / 19 km

Check-in Times: Opens at 09.30
Closes at 11.30

First Start Women: 11.31 race numbers 1 - 45
First Start Men: 12.02 race numbers 101 - 145
Start Interval: 3 minutes

Additional Information:

- GPS vests will be given in the quarantine and tracking devices at the pre-start.
- Warm-up map available without controls.
- There is an arena passage toward the end of the courses with refreshment and a coaching zone.

Shuttle Bus to the Pre-Start:

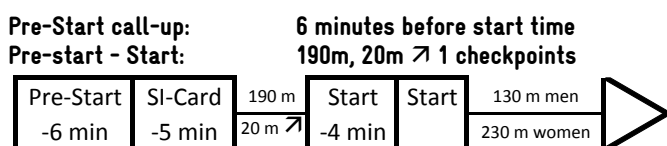
There is a compulsory shuttle bus for athletes and coaches from the first quarantine zone to the pre-start zone.

Bus leaves approximately every 10 minutes; driving time 10 minutes.

Way to pre-start: from the bus stop on marked route: 50m / 0 m ↗
Pre-start: you will receive a warm-up map for the pre-start area without any controls on it.

Toilets and simple, small shelter on site.

A jacket and/or small bag can also be left at the pre-start, but these clothes will not arrive at the finish before 16.00.

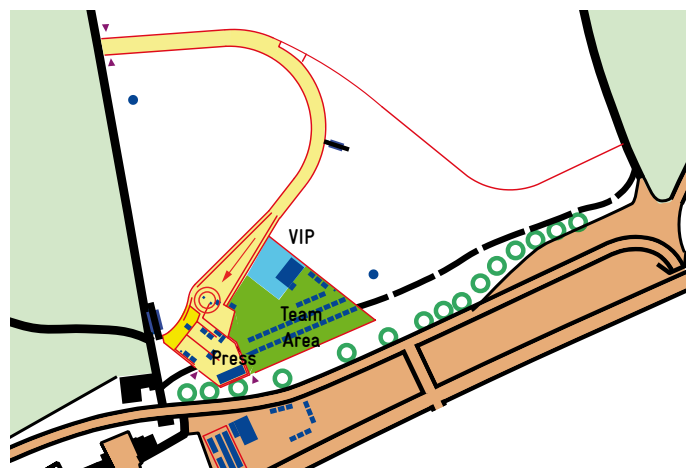


Flower Ceremony: 16.15
Prize Giving Ceremony: 19.30

Arena Mauvernay
Lausanne Ouchy

-  = Closed Area
-  = Media Zone
-  = Fencing
-  = VIP
-  = Team Area
-  = Cabins and Tents
-  = Crossing points
-  = Results
-  = Video Screen
-  = Finish line

Details of the Finish area






The route to the Finish area

Arena location

Plaine de Mauvernay, Lausanne-Chalet-à-Gobet
GPS N46.5652,E6.6895

Access to arena by car

A9-Exit 10 Lausanne-Vennes
Follow Berne/Moudon and
signposting 

Access by public transport

Métro m2, Croisettes
tl line 45, 46 or 64, Chalet-à-Gobet

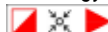


The route to the quarantine

Location

Sport hall, Cugy VD
GPS N 46.5822,E 6.6437

Access by car

A9-Exit 9 Lausanne-Blécherette
Follow Le Mont, Cugy and
signposting 

Access by official transport

See timetable transport package

Mauvernay, 21 July 2012

Quarantine: GPS N 46,5642 / E 6,6886

Field next to the arena with tents and no facilities. Access will be marked from Highway A9 (in direction of Vevey and Simplon), exit Nr. 10, Lausanne-Vennes, follow direction Moudon.

Driving time from the event centre about 30 min / 22 km.

Check-in Times: Opens at 10.00
Closes at 11.30

Mass start women: 11.30 (assembly at 11.20)
Mass start for remaining women's teams: 13.35
Mass start men: 13.30 (assembly at 13.20)
Mass start for remaining men's team: 15.45

Additional Information:

- Control descriptions are printed on the maps only!
- GPS vests and tracking devices will be given to selected teams.
- Transportation of clothes in bad weather only from the quarantine to the finish. Please leave your bags at the specially marked place.
- The runners will pass the finish area and will head out for a second smaller loop for approximately 5 to 10 minutes. At this point, the next runner in the team may go to the hand-off starting area.
- The change-over is done after crossing the finish line by hand touch across a separation barrier. The outgoing runner follows a marked route to the map board (120 m) and takes the map with the teams' start number on the back beginning with the lowest to highest number in the running direction. It is the competitors' responsibility to take the correct map.

The quarantine zone is a designated part of the arena where no view onto the TV-screen is possible. The warm-up area, start and change-over zones will be part of the quarantine zone.

Way to pre-start: from the quarantine on marked route: 50 m/0 m ↗

Once leaving the quarantine, you are not allowed to go back (athletes and coaches).

After the race: Runners are not allowed to leave the finish area until the third leg competitor has started!

Prize Giving Ceremony: 16.00
Closing Ceremony: 16.15

-  = Closed Area
-  = Media Zone
-  = Fencing
-  = VIP
-  = Team Area
-  = Cabins and Tents
-  = Quarantine
-  = Crossing points
-  = Results
-  = Video Screen
-  = Finish line

Details of the Finish area






The route to the Finish area

Arena location

Plaine de Mauvernay, Lausanne-Chalet-à-Gobet
GPS N46.5652,E6.6895

Access to arena by car

A9-Exit 10 Lausanne-Vennes
Follow Berne/Moudon and
signposting 

Access by public transport

Métro m2, Croisettes
tl line 45, 46 or 64, Chalet-à-Gobet





The route to the quarantine

Location

Mauvernay, Lausanne
GPS N 46.5642,E 6.6886

Access by car

A9-Exit 10 Vennes
Follow Moudon and signposting  and 

Access by official transport

See timetable transport package



The Swiss 5 Days Orienteering Event is offered to orienteers from all over the world, young and old. Athletes should be able to enjoy some high quality competitions and to cheer on the top athletes competing at WOC 2012.

We will provide the best quality maps and course-setting for the Swiss 5 Days. Tom Bühler, World Champion 2003 in the Long Distance, is the head of the course-setting team. The same map making team for the WOC 2012 maps is also in charge of the Swiss 5 Days maps. Thus, we can expect excellent and demanding orienteering races.

Transport:

The use of private cars is permitted and sufficient parking spaces will be provided. A daily parking fee of CHF 10. - will be charged. Tickets can be purchased in the event centre. Club buses can park for free! Parking outside the official parking areas will result in disqualification!

However, we encourage participants to use the public transport system and, where it is necessary, our special transport to bring you right to the event arenas.

People who have registered for the 5 Days Event will get a pass to the whole public transport network system for 8 days in the region of Lausanne which was included in their registration fee.

Accompanying people may purchase the same pass for CHF 100.00 for adults and CHF 60.00 for children. The deadline to order the pass was 31st May, but we still have some extra passes. Ask for them in writing at transport@woc2012.ch.

Every day, it is possible to participate in an Open Class ranging from easy to very demanding. Registration is at each competition centre the day of the race for CHF 32. - (Adults) and CHF 22. - (children). No advanced registration.

WOC athletes who did not qualify for their final races may start for free in the public races on the day of the WOC final race. They will have to sign-up on the day of the qualification race at the event office until 21.00.

Team Entries (status as of 29 June 2012)

Country	Athletes W	Athletes M	Officials	Entry Sprint Women	Entry Sprint Men	Entry Middle Women	Entry Middle Men	Entry Long Women	Entry Long Men	Entry Relay Women	Entry Relay Men
ARG	0	1	0	0	1	0	1	0	0	0	0
AUS	5	4	3	3	3	3	3	3	3	1	1
AUT	5	5	3	3	3	3	3	3	3	1	1
BEL	3	4	2	2	3	3	3	3	3	0	1
BLR	3	6	0	3	3	3	3	3	3	1	1
BRA	2	4	2	2	3	2	3	2	3	0	1
BUL	3	4	3	3	3	3	3	3	3	1	1
CAN	1	6	2	0	3	1	3	1	3	0	1
CHN	4	6	4	3	3	3	3	3	3	1	1
CRO	0	1	0	0	1	0	1	0	1	0	0
CZE	5	6	4	3	3	3	3	3	3	1	1
DEN	4	5	4	2	3	3	3	3	3	1	1
ESP	4	6	1	3	3	3	3	3	3	1	1
EST	3	4	2	3	1	3	3	2	3	1	1
FIN	7	7	7	3	3	3	3	3	3	1	1
FRA	4	6	5	3	3	1	4	2	3	1	1
GBR	7	7	3	3	3	3	3	3	3	1	1
GER	3	6	3	2	3	3	3	1	3	1	1
GRE	1	1	0	1	1	1	1	1	1	0	0
HKG	3	4	2	3	3	3	3	3	3	1	1
HUN	4	4	1	3	3	3	3	3	3	1	1
IRL	2	6	1	1	3	2	3	1	3	0	1
ITA	4	5	1	3	3	3	3	3	3	1	1
JPN	2	6	2	3	3	3	3	3	3	1	1
KAZ	0	1	1	0	1	0	1	0	0	0	0
KEN	0	1	0	0	1	0	1	0	1	0	0
KGZ	0	2	0	0	2	0	2	0	2	0	0
KOR	0	3	1	0	3	0	3	0	2	0	1
LAT	3	4	1	1	1	2	3	1	3	1	1
LIE	0	1	1	0	1	0	1	0	1	0	0
LTU	4	4	2	3	3	3	3	2	2	1	1
MDA	0	2	0	0	2	0	2	0	2	0	0
MKD	0	1	1	0	1	0	1	0	1	0	0
MNE	0	3	0	0	3	0	3	0	3	0	1
NED	0	3	0	0	3	0	2	0	2	0	0
NOR	6	7	7	3	3	3	3	3	3	1	1
NZL	5	5	2	3	3	3	3	3	3	1	1
POL	2	2	2	2	2	2	2	2	2	0	0
POR	1	4	1	1	3	1	3	1	3	0	1
PRK	0	1	0	0	1	0	1	0	1	0	0
ROU	0	3	0	0	3	0	3	0	3	0	0
RSA	0	3	0	0	2	0	3	0	2	0	1
RUS	6	6	4	3	3	3	3	3	3	1	1
SLO	1	1	0	1	1	1	1	1	1	0	0
SRB	1	1	2	1	1	1	1	1	1	0	0
SUI	6	6	7	3	3	3	3	3	3	1	1
SVK	1	4	1	1	2	0	3	1	2	0	1
SWE	6	6	7	4	3	4	3	4	3	1	1
TPE	1	2	1	1	2	1	2	0	0	0	0
TUR	3	3	3	3	3	3	3	3	3	1	1
UKR	5	5	2	2	2	3	3	2	2	1	1
URU	0	1	0	0	1	0	1	0	1	0	0
USA	5	5	1	3	3	3	3	3	3	1	1
TOTAL	135	204	102	90	126	94	133	88	123	27	36







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