IOF World Cup Final
Switzerland

26 - 27 September 2009, Zurich

Bulletin 1 + 2
Welcome to Switzerland!

Dear athletes, ladies and gentlemen

Swiss Orienteering is honoured to host the 2009 IOF World Cup Final. The city of Zurich and the PostFinance Sprint – World Class Orienteering, again set the framework. The combination of a middle distance race in a typically Swiss midland terrain and a city sprint race in the charming heart of Switzerland’s financial capital will pave the grounds for a thrilling competition weekend. The competitors will have to make quick decisions and to master very varying terrains; the spectators will, hence, enjoy well-orchestrated entertainment.

We are looking forward to welcome the world orienteering elite and the media representatives in Switzerland and hope you will enjoy your stay in Zurich.

Marcel Schiess
President Swiss Orienteering

1. Organisation

Organising Committee
Brigitte Grüniger Event Director
Hansueli Steinmann Maps, courses
Nic Russi Event production
Daniel Leibundgut Results, IT services
Urs Bischof Arena, infrastructure
Brigitte Wolf Media services

Event Advisors
David Ales Senior IOF Event Advisor, CZE
Konrad Becker Swiss Orienteering Event Advisor, SUI

2. Event Centre

The Event Centre is located in Zurich, 10 km from the Airport Zurich.

Map 1: Overview

3. Programme

Thursday, September 24, 2009
Free training
Event Centre open 13.00-18.00

Friday, September 25, 2009
Free training
Event Centre open 09.00-18.00
Teamleader-meeting 18.00-18.30

Saturday, September 26, 2009
National public race 10.00-12.00
IOF World Cup event 8 (middle distance) 14.00-18.00
- Start men approx. 14.00
- Start women approx. 15.00
- Price giving ceremony 17.30
Banquet 20.00-24.00

Sunday, September 27, 2009
Public race “Zürcher Mannschafts-OL” 09.00-13.00
IOF World Cup event 9, PostFinance Sprint 13.30-17.00
- Presentation of world’s best orienteers 13.30-13.40
- Start men 13.45
- Start women 14.55
- Price giving ceremonies PostFinance Sprint & World Cup overall 16.00
4. Competitions

**IOF World Cup event 8 middle distance (Sept 26)**

Format: Middle distance, individual start, winning times 35' men and women.

Map: Orienteering map (ISOM 2000), 8/2009, scale 1:10,000, 5 m contours.

Terrain: Irchel (see also attached old map): Swiss midland terrain, between 450 and 680 m above sea level. Comparable terrain: Irchel (training map).

Forms: Plateau with a flat top and steep slopes with some valleys. Some parts of the slopes are rocky, the flatter parts of them are quite detailed with stones, small ditches and some contour forms. On the top, there are nearly no details.

Vegetation: Mixed forest of pine, spruce, beech- and ash-tree; changing from parts with undergrowth or thick vegetation (blackberries) to nearly no vegetation on the ground.

Runability: Mostly moderate, some parts fairly good, some parts very bad.

Visibility: Fairly good to very good.

Roads: Many forest roads and trails.

Pre start: Model map in pre start area.

Start: 35 km from Event Centre, scheduled bus transportation for athletes and team officials.

Finish: 35 km from Event Centre.

**IOF World Cup event 9 – PostFinance Sprint (Sept 27)**

Format: City sprint, individual start, winning times 13’ men and women.

Map: Orienteering map (ISSOM 2007), 8/2009, scale 1:4,000, 2 m contours.

Terrain: Urban city with historic old town (has never been mapped and used for orienteering before), between 405 and 430 m above sea level. Comparable terrain: Rapperswil (training map)

Forms: Mainly flat, Limmat river crossing the city, one small hill.

Traffic: Extended pedestrian area, no motorized traffic on the competition day in the other parts, some bikers, many spectators.

Prestart: Model map in pre start area.

5. Courses (preliminary)

**IOF World Cup event 8 middle distance (Sept 26)**

Men: 7 km, 450 m ▲, 1 ▲, winning time 35’

Women: 6 km, 350 m ▲, 1 ▲, winning time 35’

**IOF World Cup event 9 – PostFinance Sprint (Sept 27)**

Men: 3.0 km, 35 m ▲, winning time 13’

Women: 2.7 km, 35 m ▲, winning time 13’

6. Training

**Middle distance**: Irchel, orienteering map 2009, 1:10’000, 5 m contours, 30 km from Event Centre.

**Sprint distance**: Rapperswil, orienteering map 2009, 1:4’000, 2.5 m contours, 40 km from Event Centre.

Maps are available at the Event Centre.

7. Embargoed Areas

The competition areas “Irchel” (Middle distance) and “Zürich City” (Park sprint) are embargoed areas. For competitors, team officials and others who, through knowledge of the terrain or the competitions, may influence the results of the competitions, it is prohibited to enter the embargoed areas.

These embargoes are valid until the day prior to the competition. Special rules by the organizer will be valid at the day of competition.

Special rule for the embargoed area Zürich City:
- It is allowed to stay as a student, for business purposes or as a tourist, e.g. for sightseeing, visiting a restaurant, shopping, participating in an indoor sport event.
- It is prohibited to stay there with a map, to run, to jog, to orienteer through the embargoed area or to test route choices.
- It is prohibited to take part in a running event through the embargoed area.

Exception: “Zürich Marathon” 26 April 2009. Warm-up and cool-down running is only allowed on the official racecourse.
- This embargo is valid until the day before the competition. At the day of the competition there will be special directive (bulletin 4) regarding the access to the competition area.
8. Competition Rules
The Competition Rules for IOF Foot Orienteering Events, valid as of January 1, 2007 amended August 2008 apply.
Participation restrictions, classes and qualification mode according to the Special Rules for the 2009 World Cup in Orienteering.

9. Punching System
The punching system used is SPORTident. Athletes may use their own SI-Cards.

10. Entry
Initial entry date:
The following information shall be sent to the organiser:
- Number of competitors (men and women)
- Number of team officials (men and women)
- Number of banquet tickets
- Team manager: Name, address, phone, fax, e-mail

Please use the official Entry Form E1.
Deadline: August 28, 2009

Nominal entry date:
The nominal entry has then to be done no later than September 7, 2009 by sending the following information:
- All competitors and team officials: family name, first name, nation, sex, year of birth, IOF ranking ID, SI-Card no.
- IOF officials: family name, first name, address, IOF function.

Note, that nominal entries can only be accepted if an initial entry was done in time by the federation!

Please use the official Entry Form E2.
Deadline: September 7, 2009

Entry fees
| Competitors | CHF 100.— |
| Team officials | CHF 50.— |

This includes:
- Start and result lists
- Training maps, new competition maps
- For competitors: Participation in IOF World Cup event 8 and IOF World Cup event 9 (if qualified) or in public race ("Zürcher Mannschafts OL")
- For team officials: transport to/from prestart area (Sept 26)
- For IOF officials: invitation to the guest hospitality program

Banquet | CHF 50.—

Free of charge offer
To the individual Orienteering World Champions 2009 and to the male and female leading athlete of IOF World Cup 2009 (after World Cup Event 7, 5 scores out of 7) we offer free of charge entry.

Payment
Entry fees and banquet tickets have to be paid before September 11, 2009.
Please note that it is the applicants' duty to add possible bank charges to the payments. Thanks.

Payment Deadline for entry fee: September 11, 2009
Please note, that we will (with permission from IOF and SEA) add a fee of CHF 40.- to each competitor and official for late payment!

Bank | PostFinance, Nordring 8
| CH-3003 Bern, Switzerland
Account Nr. | 87-717328-8
IBAN | CH75 0900 0000 8771 7328 8
SWIFT Code | POFICHBEXXX
Clearing Nr. | 09000
To the credit of | Swiss Cup, CH-8620 Wetzikon

11. Accommodation
There is a wide range of hotels and low cost accommodation available in Zurich. Please book accommodation directly through "Zurich Tourismus" and early in advance:

Hotel reservations:
Tel.: +41 44 215 40 40
Fax: +41 44 215 40 44
E-Mail: hotel@zuerich.com
Homepage: Zürich Tourismus

If you need assistance please contact Event Secretariat.
12. Price Money

A total prize money of CHF 10'000.- will be awarded from the organizer to the best men and women in two competitions:

**IOF World Cup event middle distance (Sept 26)**

- 1st place: CHF 750.— 4th place: CHF 200.—
- 2nd place: CHF 500.— 5th place: CHF 150.—
- 3rd place: CHF 300.— 6th place: CHF 100.—

**IOF World Cup event sprint – PostFinance Sprint (Sept 27)**

- 1st place: CHF 1'000.— 4th place: CHF 300.—
- 2nd place: CHF 800.— 5th place: CHF 200.—
- 3rd place: CHF 600.— 6th place: CHF 100.—

A total prize money of EUR 6'000.- will be awarded from the IOF to the best men and woman in the World Cup overall ranking 2009:

**IOF World Cup overall ranking 2009**

- 1st place: EUR 1'000.— 4th place: EUR 350.—
- 2nd place: EUR 750.— 5th place: EUR 250.—
- 3rd place: EUR 500.— 6th place: EUR 150.—

13. Clothing

According to the Swiss Orienteering Competition Rule (WO Art. 54(2)(c)) it is forbidden to run with spike shoes in Switzerland. However dobb spikes and common orienteering shoes are allowed. Otherwise, there are no regulations on clothing, but it is recommended to cover arms and legs to avoid tick bites. Ticks might transmit Boreliosis and Meningo-Encephalitis.

14. Anti Doping

Doping is forbidden. “think positive – test negative”!

IOF Anti-Doping Rules 2009 apply, valid as of January 1, 2009. The Swiss Orienteering Anti-Doping Rules are harmonised with the Anti-Doping Rules and procedures of Swiss Olympic Association and apply as well.

Both, the IOF and/or the Swiss Olympic Association can order doping tests at any time during the stay of the participants of PostFinance Sprint 2009 in Switzerland.

By signature (upon arrival) the athletes and coaches accept that they are subject to sanctions in the event of any doping offence.

15. Weather and Climate

Zurich is enjoying a mild and rather dry climate in September. Average temperatures: day 18° C, night 11° C.

16. Visa Permits

The prerequisite for immigration into Switzerland is a valid passport. For immigrants from certain countries visa or further documents are required.

17. Insurance

The organisers decline any liability that might occur through participation in IOF World Cup events and Post Finance Sprint 2009. Each person participating is responsible for his/her own insurance coverage (illness and accident).

18. Media Services

We welcome all media representatives as our partners to bring out the thrilling events of PostFinance Sprint 2009 to a broad public.

For media accreditation please contact:

Brigitte Wolf, Media Director PostFinance Sprint
Tel +41 27 927 1433
Fax +41 27 927 1433
media@postfinancesprint.ch

19. Information

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Bulletin 3 will be published until September 7, 2009. Final details will be released in Bulletin 4 upon arrival at the Event Centre in Zurich.

See you soon!

The Organising Committee and Swiss Orienteering are pleased to welcome all orienteering friends to another spectacular orienteering event in Switzerland!

Brigitte Grüniger Huber
Event director PostFinance Sprint

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