



WORLD CUP SKI-O 2010

1-7.02.2010

Uzana, Gabrovo, BULGARIA



BULLETIN 4



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1. General Information

1.1. Welcome



DEAR SPORTSMEN, TRAINERS, ORGANIZERS AND FRIENDS OF THE ORIENTEERING SPORT,

For me it is a pleasure to welcome you in Gabrovo and Uzana. I am pleased to meet you here – in the geographic center of Bulgaria, the heart of the Balkan mountain, where the second round of the World cup in ski orienteering will take place.

Choosing our city for a host of this prestigious competition is a great honor for me and my fellow-citizens and also an opportunity for promoting the Uzana region among ski orienteering lovers and all who will experience the race.

Orienteering traditions in Gabrovo date back to 1954. Tourist orienteering club „Uzana” is one of the founders of the sports orienteering in Bulgaria. It brings forth Kosyo Ivanov - the first national competitor, who ran for the national flag in Hungary. Through the years the Gabrovian orienteering school has conceived many prominent competitors, who have contributed for the development of this sport on a national level. During the last two years sports orienteering club „Uzana” was rated number one in Bulgaria, as its scholar is the best Bulgarian sports orienteering competitor – the Gabrovian Iliana Shandurkova.

I am proud to meet the world elite in ski orienteering in Uzana on the occasion of the World cup competition and I hope that foreign sportsmen and guests will taste the hospitality of Gabrovians and will feel the beauty of our land.

Orienteering is a sport of a true self challenge. The road to winning demands, high skills performance and a strong will.

I believe in the success of the Bulgarian competitors and wish good luck to the foreign participants. I am convinced that this tournament will become a memorable experience.

Good luck!

TOMISLAV DONCHEV

Mayor of Gabrovo

1.2. Organizers

Bulgarian Orienteering Federation and Sport club Orienteering “Uzana”

Chairman of OC	Tomislav Donchev – Mayor of Gabrovo
Vice Chairman of OC	Mariyan Kostadinov – District Governor
2 nd Vice Chairman of OC	Atanas Georgiev – President of BGOF

Event director	Lachezar Iliev
Course setter	Vasil Shandurkov
IOF Event Adviser	Tatiana Kalenderoglu
National Adviser	Ivan Todorov and Kiril Tonchev

Accommodation director	Miroslav Penchev
Transport director	Stoyan Dachev
Media director	Konstantin Koynov
Timing director	Ivan Dimitrov
Marketing director	Racho Sheitanov
Arena director	Petko Ignatov
Start	Eleonora Nikolova
Finish	Tsany Nikolov
Finance Director	Ilian Pavlov
Event secretary	Iliana Shandurkova

1.3. Jury

Wolfgang Pötsch (AUT)

Ivan Belomazhev (BUL)

Thierry Jeanneret (SUI)

1.4. Event Center

Event center is located in Hotel Impuls at Uzana Resort, 25 km from Gabrovo city.

Contact Hotel Impuls (Accommodation A):

Reception: +359 895 63 36 50

Event Secretary:

Iliana Shandurkova , mobile +359 882 63 30 79, e-mail wcskio2010@bgof.org

At the info desk at the EC you can collect the following:

- Bulletin 4
- Places of individual Accommodation
- Accreditation Cards
- SI-Card (if needed)
- Tourist information
- Answers to all your questions

Opening hours of Event Center:

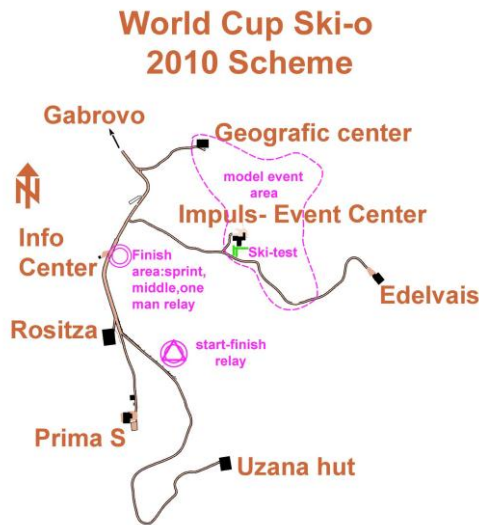
January 30 – 17.00-21.00

January 31 – 10.00-21.00

February 01 to 06 – 8.00-21.00

February 07 – 8.00-10.00

1.5. Scheme of venue



All area is forbidden for skiing. The organizers will open some areas for skiing after each race.

Directions to start arenas will be provided at team leader's meetings and will be marked every competitions' day morning from Hotel Impuls.

Distances to Start:
 Sprint - 600m
 Long - 500m
 Middle - 750m
 Relay - 700m

1.6. Program

Sat	January 30 17.00 – 21.00	Arrival of the teams Competition office open, accreditation of participants
Sun	January 31 10.00 – 21.00 19.00 – 21.30	Arrival of the teams Competition office open, accreditation of participants Dinner
Mon	February 1 8.00 – 21.00 07.30 – 09.30 10.00 – 16.00 12.30 – 14.00 17.00 19.00 – 21.00 19.00	Model event Competition office open Breakfast Model event Lunch Deadline for withdrawal from sprint distance Dinner Team leaders' meeting
Tue	February 2 8.00 – 21.00 07.30 – 09.30 11.00 12.15 13.00 – 14.30 17.00 17.30 – 18.00 19.00 – 21.00 19.00	WCup Sprint Competition office open Breakfast Start Flower ceremony Lunch Deadline for withdrawal from long distance Opening ceremony Prize giving ceremony for Spring Distance at Hotel Impuls Dinner Team leaders' meeting

Wed	February 3	WCup Long Distance
	8.00 – 21.00	Competition office open
	7.30 – 09.30	Breakfast
	11.00	Mass Start M21
	11.10	Mass Start W21
	13.00	Flower ceremony
	13.00 – 15.00	Lunch
	17.30	Prize giving ceremony for Long Distance at Hotel Impuls
	19.00 – 21.00	Dinner
Thu	February 4	Rest days
	8.00 – 21.00	Competition office open
	07.30 – 09.30	Breakfast
	09.30 – 13:00	Trip to the Architectural-ethnographic complex “Etar”, House of Humor and Satire and Gabrovo city center.
	13.00 – 14.30	Lunch
	17.00	Deadline for withdrawal from middle distance
	19.00 – 21.00	Dinner
	19.00	Team leaders’ meeting
Fri	February 5	WCup Middle Distance
	8.00 – 21.00	Competition office open
	07.30 – 09.30	Breakfast
	10.30	Start
	12.45	Flower ceremony
	13.00 – 14.30	Lunch
	15.30	Deadline for relay name and order entries
	19.00 – 21.00	Dinner
	19.00	Team leader’s meeting
Sat	February 6	WCup Mix-Relays
	8.00 – 21.00	Competition office open
	07.30 – 09.00	Breakfast
	10.30	Start
	11.45	Flower ceremony
	12.30 – 14.00	Lunch
	17.30	Prize giving ceremony for Middle distance and Relays
		Closing ceremony at Hotel Impuls
	19.30	Banquet, Disco
Sun	February 7	Departure of the teams
	8.00 – 10.00	Competition office open
	07.30 – 9.30	Breakfast
	9.00	Bus departure to Romania

1.7. Media Center

Media center is located in the Competition Center. Copy services will be provided for media representatives upon request. Also wireless internet is available in hotel Impuls.

Media Director:

Konstantin Koynov, E-mail: bgof@mail.prosoft.bg, Mobile: +359 887 995 331

2. Competition Information

2.1. Maps and Courses

SPRINT distance

Distance	Map size Scale	Class	number of controls	straight line		shortest sensible route choice		Estimat ed time
				length	climb	length	climb	
Sprint	A 4 1:5000 H – 5 m	M 21	11	3000 m	75 m	4350 m	65 m	13 min
		W 21	7	2600 m	60 m	3670 m	50 m	13 min

Maximum skiing time: 45 min

Distance from Hotel Impuls to Start: 600 m.

The Finish arena will be quarantine zone until 12:00. Clothes will be transported from start to finish arena. Coaches can come to finish arena with the clothes' car or by foot.

Ski tracks

Distance	Wide Tracks 1,5 – 3 m	Tracks 0,8 – 1.5 m
Sprint	23 %	77 %

LONG distance

Dis tance	Map size Scale	Class	numb er of contr ols	straight line		shortest sensible route choice		Estimate d time	Chang e map % from Start	Refreshme nt % from Start	Ski service % from Start
				length	climb	length	climb				
Long	A 4 1:15000 H – 5 m	M 21	37	19060 m	640 m	23720 m	420 m	94 min	31 % 62 %	31 % 62 % 93%	31 % 62 % 93%
		W 21	22	13200 m	410 m	17100 m	340 m	72 min	31 % 62 %	31 % 62 % 93 %	31 % 62 % 93%

Maximum skiing time: 200 min

Distance from Hotel Impuls to Start: 500 m.

Ski tracks

Distance	Wide Tracks 1,5 – 3 m	Tracks 0,8 – 1.5 m
Long	30 %	70 %

MIDDLE distance

Distance	Map size Scale	Class	number of control s	straight line		shortest sensible route choice		Estimate d time	Ski service % from Start
				length	climb	length	climb		
Middle	A 4 1:10000 H – 5 m	M 21	16	8100 m	390 m	11900 m	350 m	42 min	60
		W 21	15	5800 m	260 m	7810 m	200 m	40 min	60

Maximum skiing time: 150 min

Distance from Hotel Impuls to Start: 750 m.

The Finish arena will be quarantine zone until 12:30. Clothes will be transported from start to finish arena. Coaches can come to finish arena with the clothes' car or by foot.

Ski tracks

Distance	Wide Tracks 1,5 – 3 m —————	Tracks 0,8 – 1.5 m - - - - -
Middle	40 %	60 %

RELAY distance

Distance	Map size Scale	Class	number of controls	straight line		shortest sensible route choice		Estimate d time	Visible contro l % from Start
				length	climb	length	climb		
Mixed- Relay	A4 1:5000 H- 5 m	M/W	11	2,2 – 2,4	25 m	2,9 – 3,1	25 m	11 min	55

Maximum skiing time: 100 min

Distance from Hotel Impuls to Start: 700 m.

Ski tracks

Distance	Wide Tracks 1,5 – 3 m —————	Tracks 0,8 – 1.5 m - - - - -
Mixed-relay	55 %	45 %

2.2. Competition Rules

Competition Rules for IOF Ski Orienteering Events valid from 1st of December 2009 apply. There are no deviations from the rules. But IOF has published “Ski Orienteering World Cup 2010 Special Rules”.

2.3. Terrain type

Uzana area is situated between 1200 and 1400 m above sea level. Mixed forest – deciduous and coniferous trees. Moderately hilly terrain with a big open area in the middle of competition area.

2.4. Arenas

During competition days competition arenas will be within walking/skiing distance. Way to arena will be clearly marked from EC. Please follow strictly the marked route. There will be both “by ski” and “by foot” way to arena.

2.5. Model Event

Maps for model event will be distributed at Event Center. The map is part of competition area so it is forbidden to ski outside the map. Additional training opportunities will be provided after second competition day.

2.6. Warm-up Areas

Warm-up areas will be provided right at the competition sites. Areas outside the warm-up area are considered competition area and thus forbidden. Please remain in the area indicated as warm-up. Detailed information and schemes of finish arenas will be given at the Team Leaders’ Meetings.

Ski test area will be prepared next to Hotel Impuls (see scheme of venue).

2.7. Start List and Start Draws

The start draws will be made according to the Ski Orienteering World Cup 2010 Special Rules under the supervision of the IOF Event Adviser. The draws and preparation of start lists will not be open to team officials, athletes or the public.

2.8. Start Number Bibs

Number bibs (sticker type) must be worn on the right leg and should not be folded. The bibs will be handed out to the teams at the Team Leaders’ Meetings.

2.9. Start Procedure

Sprint – 1 min interval map handing 15 sec before

Long distance – mass start map handing 15 sec before

Middle distance – 2 min interval map handing 30 sec before

Mixed-Relay – mass start map handing 15 sec before

Schemes will be handed out at the Team Leaders’ Meetings before every race day.

2.10. Finish Procedure

The finish corridor will be minimum 2 lines – 6 m. Schemes will be handed out at the Team Leaders’ Meetings before every race day.

2.11. Refreshment

Warm drinks will be available in the finish area. Refreshments during the Long Distance will be placed after the map change area. Coaches may give own drink to competitors at this refreshment point.

2.12. Fairness

For Competitors (and Coaches) it is forbidden to use mobile phones or other communication devices at the start and warm-up areas. A Competitor/Team who breaks any rule, or who benefits from the breaking of any rule, may be disqualified.

2.13. Clothing Transport

The clothes from the start will be transported to the finish.

2.14. Punching and timing system

The punching system will be SPORTident.

Competitors are responsible for correct clearing and checking of their SI-cards before the start, and for correct punching at the controls. If the SI unit at the control point doesn't work properly (no sound or optical signal) the competitor must use the backup punching system and inform the organizers about the problem upon arriving at the finish.

Light – beam system will be used at the finish but the running times will be rounded down to whole seconds in all races

3. Additional information

3.1. Summary of entries

Nation	Men	Women	Officials	TOTAL
Bulgaria	7	1	2	10
Czech Republic	2	2		4
Finland	5	4	4	13
Italy	1		1	2
Kazakhstan	5	5	1	11
Norway	4	3	2	9
Russia	7	5	5	17
Sweden	5	5	4	14
Switzerland	3	1	1	5
USA	1			1
TOTAL	40	26	20	86

3.2. Final entries

The deadline for withdrawal from a distance/final name entries is 17.00 the day before each individual start and 15.30 the day before the relay race.

3.3. Accreditation Cards

Accreditation cards will be provided for competitors, team leaders and media representatives, according to their national final entries. The cards will be handed out at the time of accreditation in the Event Center. The accreditation card has to be carried during the whole event time to guarantee access to the event areas, restaurant and banquet.

3.4. Insurance

Competitors participate at their own risk. According to the national regulations, insurance against accidents shall be upon the responsibility of their national federation or themselves.

3.5. Internet Access

There will be wireless internet at all accommodation places.

3.6. Medical Service and emergency

During all races medical assistance will be available at the finish. The emergency number for hospital is - 150 and for police – 166

3.7. Prize Giving

For all competition events there will be flower ceremonies at the finish area.

The official prize giving ceremonies will be held in front of Hotel Impuls (Event Center). Please refer to the program for detailed information.

3.8. Complaints and Protests

According to IOF Rules for Ski Orienteering events, complaints can be made by team officials and competitors. Any complaint shall be made in writing and handed over to the organizer at the local EC at the arena as soon as possible. Complaints regarding the results shall be made no later than 15 minutes after publication of the preliminary results list. A written protest can be made against the Organizers' decision about a complaint.

3.9. Doping Control

«Think Positive - Test Negative». Doping is forbidden. [IOF Anti-Doping Rules](#) apply, valid as of June 1, 2009. Doping controls may be carried out at any time during the competition period. The Organizers and participants are committed to do everything required to support the official anti-doping authorities to do their work successfully and transparently. We strongly support all efforts to keep our sport clean and doping-free.

3.10. Weather conditions

Weather forecast can be found through the following link: www.sinoptik.bg/?lid=5. Next day's weather forecast will be distributed at each team officials' meeting. Heavy snowfalls, strong wind and dense fog are highly possible at this area.

3.11. Sightseeing and tourism

Organizers and Gabrovo Municipality will offer sightseeing trip including visit to the world famous museums Architectural-ethnographic complex “Etar” and “House of Humor and Satire” and to Gabrovo city center during the rest day. The sightseeing tour will be free of charge. Entry forms for the tour will be available at Event Office upon arrival.

3.12. Banquet

Banquet will be organized at Hotel Impuls on 6th of February. Entrance with accreditation is free. Additional tickets for the banquet will be available at Event Office upon 10 euro. After banquet there will be disco at Hotel Impuls.