



WMOC 2010
World Masters Orienteering Championships
Pays de Neuchâtel – Switzerland

OFFICIAL BULLETIN (1&2)



CHALLENGE Neuchâtel, WOC Relay terrain from 1981...

The demands of the Jura terrain allow for interesting international races and offer competitors the opportunity to take part in an event where the WOC relay was held in 1981.

NATURE Neuchâtel, a «green» canton...

The diversity and the richness of nature that the Pays de Neuchâtel offers makes the region perfect for developing tourism. Holding the WMOC here supports this philosophy.

PRECISION Pays de Neuchâtel, homeland of the watch...

La Chaux-de-Fonds is in the centre of the story of watch making, which will help you discover Swiss precision.

CHALLENGE, NATURE AND PRECISION... THIS IS WHAT WE WILL OFFER TO THE RUNNERS FOR AN UNFORGETTABLE EXPERIENCE DURING THEIR STAY IN THE PAYS DE NEUCHÂTEL !

The Organising Committee

INFORMATION

WMOC 2010
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ORGANISER

Swiss Orienteering Federation
and the WMOC 2010 Association
Event Director *Pierre Hirschy*
Event Coordinator *Jérôme Attinger*
Event technical Chief *Alain Juan*
IOF Event Advisor *Tony Thornley (GBR)*
Swiss National Controller *Res Gyğax (SUI)*

VENUE

In “Le Pays de Neuchâtel”,
in the north west part of Switzerland

EVENT CENTER

The WMOC 2010 competition centre will be in
La Chaux-de-Fonds, in Canton of Neuchâtel











WMOC 2010 COMPETITION

- **Sprint competition:** there will be one qualification race for the Sprint. The best 80 runners in each field will qualify for the A-Final, the next 80 for the B-Final and so on.
 - **Long distance competition:** there will be two qualification races for the Long distance. Based on the two qualification races, the best 80 runners in each field will qualify for the A-Final, the next 80 for the B-Final and so on.
- All races will be conducted in accordance with IOF competition rules, including winning times.

PROGRAMME

Saturday 31 July	Arrival, Model event Sprint, Sprint Qualification race in City of La Chaux-de-Fonds 
Sunday 1 August	Opening ceremony
Sunday 1 August	Sprint Final race in City of Neuchâtel 
Monday 2 August	Model Event Long distance 
Tuesday 3 August	Long distance Qualification race 1 in Les Breuleux 
Wednesday 4 August	Long distance Qualification race 2 in La Brévine 
Thursday 5 August	Rest day
Friday 6 August	Long distance Final in Le Cernil
Friday 6 August	Closing ceremony 
Saturday 7 August	Departure



COMPETITION CLASS

World master categories for all runners born in 1975 or earlier:
W/M 35-, 40-, 45-, 50-, 55-, 60-, 65-, 70-, 75-, 80-, 85-, 90-

OPEN AND PUBLIC COMPETITION

Open competitions will be organised after the WMOC races on Saturday 31st July, Sunday 1st August, Tuesday 3, Wednesday 4 using the same maps.

Class	Difficulty	Sprint race	Long distance race
W-10 /M-10 W-12 /M-12 W-14 /M-14 W-16 /M-16 W-18 /M-18	very easy easy middle middle /strong strong	In accordance with SwissOrienteering competition rules	
OPEN 1	very easy	1.2 Km	2.5 Km
OPEN 2	easy	1.7 Km	3.5 Km
OPEN 3	middle	2.0 Km	4.0 Km
OPEN 4	middle /strong	2.3 Km	5.5 Km
OPEN 5	strong	2.8 Km	7.5 Km

MAPS

- ISSOM standard, scale 1:4'000, contour interval 5m, surveyed 2009-2010 for Sprint.
- ISOM standard, scale 1:10'000, contour interval 5m, surveyed 2009-2010 for Long distance.

Old maps are available in pdf format on WMOC 2010 website in section "Competition terrain".

PUNCHING SYSTEM

SPORTIdent with SCard. SCards will be available for hire on the entry form for all the races (15.00 CHF).

CONTROL DESCRIPTION

According to IOF rules. Will be available at pre-start and will be also printed on competition maps.

ENTRIES

Entries will be possible from March 2009 on

<http://www.go2ol.ch/wmoc>

It is not possible to enter only one competition (Sprint or Long distance).

Price in CHF:	until 31st October 2009	until 30th April 2010 (last entry opportunity)
Entry WMOC	220.00	270.00
Entry OPEN race (until 18 years)	110.00	140.00
Entry OPEN race (19 years and more)	150.00	190.00
Accreditation only (from 6 to 16 years)	50.00	60.00
Accreditation only (17 years and more)	80.00	100.00

No accreditation necessary for children until 6 years old.





WMOC class will include the accreditation, all model event and training maps, entry fee for Sprint and Long distance Championships, official transport, souvenir prize and a free public transport pass in the Canton de Neuchâtel during the week.

OPEN race class will include the accreditation, all model event and training maps, entry fee for OPEN races, official transport, souvenir prize and a free public transport pass in the Canton de Neuchâtel during the week.

Accreditation will include model event maps, official transport, souvenir prize and a free public transport pass in the Canton de Neuchâtel during the week.

For **individual entry or small groups** (up to 20 runners), payment online with credit cards.

For **group entries** (more than 20 runners), payment on bank account. All information about entry procedure on

<http://www.go2ol.ch/wmoc>

Entries not paid within 15 days after the registration deadline will automatically be cancelled.

CHANGES

Changes (class, SCard, club) will be possible online without charge until the 30th April 2010.

From May 1st to May 31st (latest possibility) 2010, all changes will be charged 20.00 CHF

EMBARGOED AREAS

Les Breuleux, Les Fontenettes and Le Cernil.

TERRAIN LONG DISTANCE

The typical «jurassic» terrain is situated between 1,000 and 1,300 meters above sea level and is generally alternating semi-open and pine forest. The forests are characterised – for the most part – by rolling hills, a diffuse track network and partially rocky ground with occasional smaller crevasses and crags. The predominant features are mainly rock and contour. For this reason runnability is relatively restricted in some parts of the forest.

ACCOMMODATION

A wide variety of accommodation (hotels, apartments, cottage, camping, B&B, groups lodgings) will be available in Le Pays de Neuchâtel and surrounding areas.

A camping area for tents, caravans and motor homes will be organised near the Event Centre. Breakfast and evening meals will be available at the Event Centre in La Chaux-de-Fonds.

Online bookings from March 2009 through Neuchâtel Tourism

<http://www.neuchatel tourism.ch/wmoc2010>

First price:

- for camping on the competition centre :
150.00 CHF for the week
- dormitory in La Chaux-de-Fonds (limited place):
450.00 CHF for the week with breakfast

TRANSPORT

You can access La Chaux-de-Fonds from one of the Swiss international airports : Geneva-Cointrin Airport (1 hr 20), Zurich-Kloten Airport (1 hr 50), Basel-Mulhouse airport (2 hr) or Bern-Bel Airport (1 hr). There are railway stations in Neuchâtel and La Chaux-de-Fonds.

The organisers will arrange bus transport from the Event Centre and from Official parking. Official parking pass will be required to access to parking areas. Due to limited parking areas on competition sites, use of private cars to travel to competitions will be forbidden.

Tour Operator or groups with coaches will have access with a “coach pass” directly to each competition area. For more information about this possibility, please contact the Competition Information.

Parking cards for “Official parkings” can be booked online (40.00 CHF for the whole week).

Each runner will get a free public transport pass in the Canton de Neuchâtel during the week.



CLOTHING

For all races there are no restrictions on the type of clothing to be worn, however in the Long distance races (Qualification and Final), it is advised to wear long trousers. Studded shoes are not advised for either Sprint race. Spiked shoes are not allowed in Switzerland. Dobb spikes are allowed.





CLIMATE

During August in La Chaux-de-Fonds (1,000m above sea level), you can expect temperatures from 10° to 20° Celsius during the day. In the Jura, the climate could be very variable at this time of year.

VISAS

Thanks to a strong collaboration with the Federal Office for Migration, a simplified Visa application procedure will be set-up for all runners requiring a visa for entering Switzerland. The whole procedure will be available on the WMOC 2010 website as of May 2009 under the "Tourism and journey" section.

OPENING CEREMONY

Will take place in La Chaux-de-Fonds, directly after the Sprint Qualification race on Saturday 31st July.

OFFICIAL BANQUET

Will take place on Wednesday 4th August (CHF 100.00). Online booking is possible with the entry form (number of participants limited).

CLOSING CEREMONY

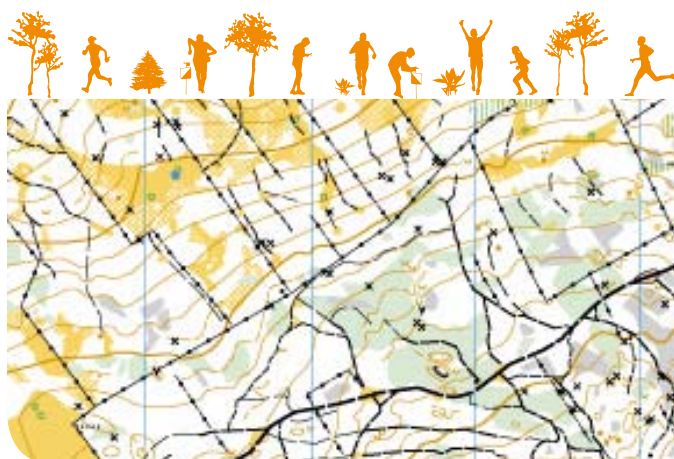
Will take place in Le Cernil, directly after the Long distance final on Friday 6th August.

OTHER SOCIAL ACTIVITIES

During the WMOC week, a free open air festival will take place in La Chaux-de-Fonds. More info on <http://www.laplage.ch>

INSURANCE

Is a matter for the participants; the organiser does not accept any responsibility.



TOURISM PROGRAMMES

Four different tourism programmes will be offered on Thursday 5th August. Online booking is possible with the entry form (number of participants limited).

Tour 1 In the Neuchâtel Mountains (CHF 117.00)

Tour 2 Neuchâtel and the Three-Lake Area (CHF 139.00)

Tour 3 From Montreux to the heart of the Alps (CHF 143.00)

Tour 4 Bernese Oberland and the Top of Europe (CHF 243.00)

Description of these programmes are available on WMOC 2010 website in the "Tourism and Travel" section.

CHILD-CARE

During the WMOC qualification and final races, a child-care service will be available for children up to 10 years old. Information and registration for this service will be described in Official Bulletin 3.

OTHER COMPETITION AND TRAINING OPPORTUNITIES

The real Swiss Cheese O Tour: A Tour-O-Swiss 2010 will take place from 24th to 31st July, the week before the WMOC. More information on Tour O Swiss website:

<http://www.tour-o-swiss.ch>

Other training opportunities will also be offered.

Avec le soutien de la



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