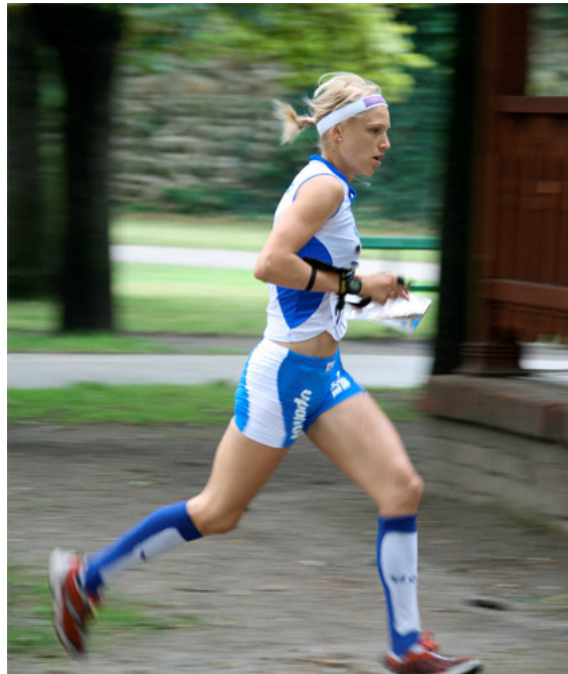




**WORLD CUP
NOC 2009
SALO FINLAND**



BULLETIN 2

THE OPEN NORDIC ORIENTEERING CHAMPIONSHIPS 2009

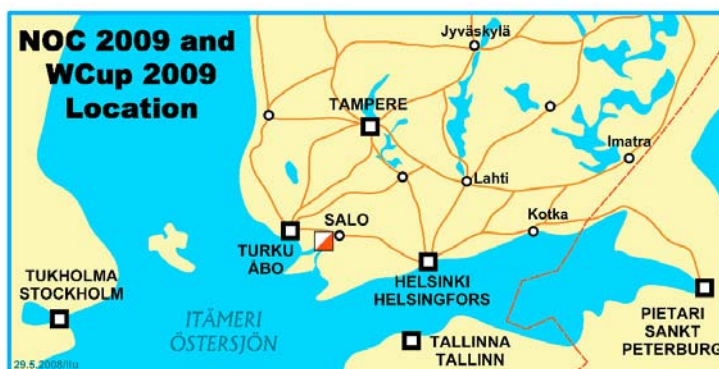
THE WORLD CUP IN ORIENTEERING 2009, EVENTS 1 AND 2

The Finnish Orienteering Federation (FOF), the organising club Angelniemen Ankkuri and the city of Salo are pleased to welcome you to the Open Nordic Orienteering Championships (NOC 2009) and The World Cup in Orienteering 2009, Events 1&2 (WCup 2009, 1&2).

VENUE

Salo is a beautiful small town on the south-west coast of Finland, between the Finnish capital Helsinki, and Turku, the oldest town in Finland. In Finland, Salo is close to everything and everyone. The area

has been inhabited as early as 7,000 years ago. More than two million Finns live within a 100-km radius of Salo. Today, Salo has about 50,000 inhabitants, and it continues to attract more and more people. The area is well known for its good orienteering terrain.



ACCESS

By plane:

The nearest international airports Turku 50 km and Helsinki 130 km. International flights to Turku go via Copenhagen or Stockholm. There are 4 daily flights from Stockholm and 2 from Copenhagen. Flights are operated by SAS. Low cost airline Wizz Air flies from Gdansk to Turku.

By ship:

There are several daily ferry connections from Sweden to Turku operated by Viking Line and Tallink Silja, and from Germany, Sweden and Estonia to Helsinki.

By train and bus:

Buses and trains run between Helsinki and Turku even at night time, stopping in Salo at least once every hour or at best many times an hour.

PROGRAMME

Thursday, June 4th	Arrival of teams
Friday, June 5th	Model event: Long and Middle distance and Relay
Saturday, June 6th	Long distance (NOC 2009)
Sunday June 7th	Relay (NOC 2009)
Monday, June 8th	Model events: Middle distance and Sprint
Tuesday, June 9th	Middle distance (NOC2009 & WCup, Event 1)
Wednesday, June 10th	Sprint, Qualification and Final (NOC2009 & WCup, Event 2).

PUNCHING SYSTEM

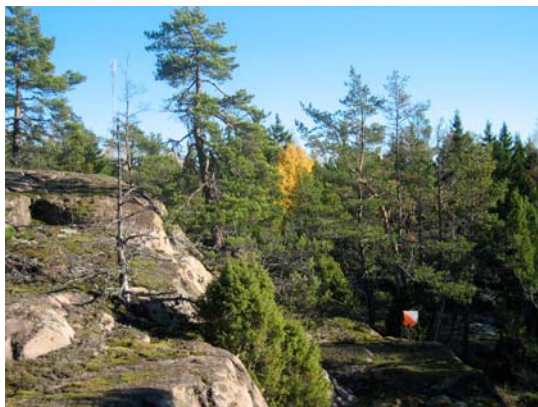
The official punching system used will be EMIT for all the races.

MAPS

Long distance 1:15 000, contour interval 5 m
Middle distance and relay 1:10 000, contour interval 5 m
Sprint 1:5 000, contour interval 2.5 m

TERRAIN

Long distance, Middle distance and Relay: Forest land with bare rock with moderate slopes and some marshes. These three races have the same Event Centre (see map of embargoed areas)



Sprint: urban area in the centre of the town Salo.

CLASSES

NOC 2009	M21, W21, M20 and W20
WCup 2009, Event 1 and 2	M21 and W21

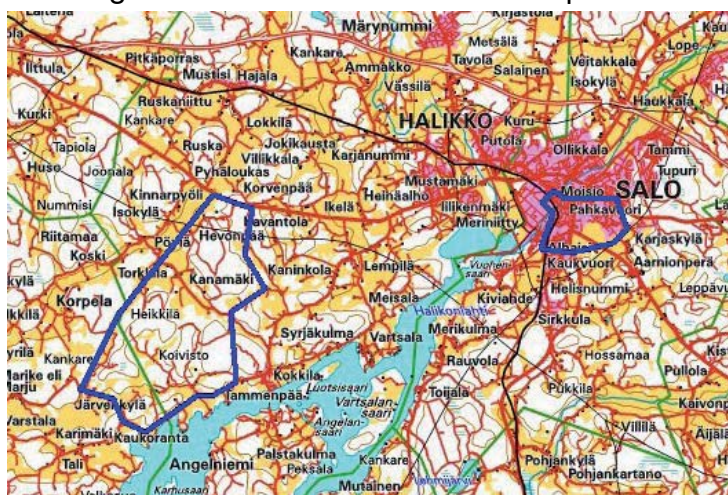
APPROXIMATE RACE DISTANCES

Long distance	M21	15.5 km/85 min
	W21	10.5 km/65 min
	M20	11.5 km/65 min
	W20	7.5 km/50 min
Middle distance	M21	6.0 km/30-35 min
	W21	5.2km/30-35 min
	M20	3.6km/22 min
	W20	3.0km/22 min
Relay (for each leg)	M21	7.2 km/45 min
	W21	6.0 km/40 min
	M20	6.2 km/40 min
	W20	4.8 km/33 min

Sprint, Qualification and Final: all classes 12-15 min

EMBARGOED AREAS

Embargoed areas are shown in the map below.



Using commercial services in the area as well as going by car through the area is allowed in spite of the embargo.

OLD MAPS OF THE EMBARGOED AREAS

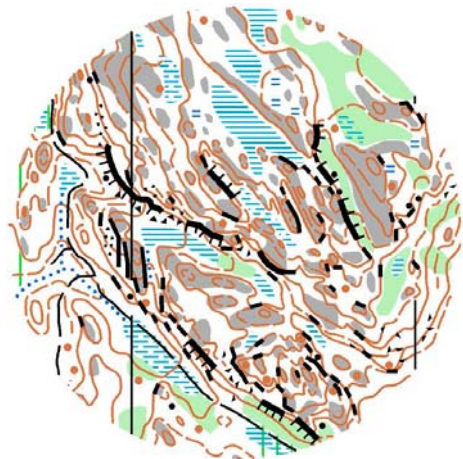
Long distance, Middle distance and Relay:
the Toppjoki -map from 1992:
<http://www.angelniemenankkuri.com/ilu/kartat/toppjoki.htm>

Other maps:
<http://www.angelniemenankkuri.com/ilu/kartat/kokkila.htm>
<http://www.angelniemenankkuri.com/ilu/kartat/hevonpaa4.htm>

TRAINING

There is good opportunity to train in terrain next to the event terrain:
http://www.angelniemenankkuri.com/ilu/kartat/kokkila_vartsala.htm
and relevant terrain in other parts of western Halikko:
<http://www.angelniemenankkuri.com/ilu/kartat/kankareenjarvi.htm>

For training, contact: Matti Mäkinen
Phone: +358 44 3362405
E-mail:
matti.makinen@angelniemenankkuri.com



OTHER EVENTS

Public events: 2 public events (national competitions) will be arranged:
Saturday, June 6th. Middle distance
Sunday, June 7th. Long distance.

More Information on web site or by email: info@noc2009.fi.

There will also be open orienteering in middle distance after the NOC/WCup - Middle distance in the same courses. Shorter and easier courses are also available.

WEATHER

The temperature can vary considerably, but the average temperature in June is 18 °C. The weather conditions can vary from rainy to sunny.

TRANSPORTATION

On request, transport between the accommodation and Event Centres will be arranged at cost price.

VISAS

Members of delegations belonging to the European Union don't need a visa. A national identity card or passport will be sufficient. For other countries, please inquire at the authorities in your own country.



REGISTRATION

Accreditation Fee for Competitors is 40 e.

Accreditation Fee for Team Officials and IOF / NORD VIPs and Special Guests is 40 e.

Entry Fee per individual Race is 40 e and 120 e per Relay Team.

The registration and accommodation form can be found on the website:

Entries giving the number of competitors in each gender, the number of relay teams and the number of team officials shall reach the organiser no later than April 6th. This is also the deadline for the payment of all registration fees.

PARTICIPATION

NOC

Each NORD-federation may enter a team of up to 10 competitors in each class and up to 8 team officials. Other IOF-federations may enter a team of up to 6 competitors in each class and up to 8 team officials.

In the individual competitions (ex. M21 and W21 in Middle distance and sprint, which are also WCup 1 and 2. For these see below World Cup), each NORD-federation may enter 10 competitors in each class and other IOF-federation 6 competitors in each class.

In the relay, each NORD-federation may enter three teams and other IOF-federations two teams in each class, each consisting of 3 team members. Incomplete teams and teams with runners from more than one federation will not be allowed.

World Cup

In World Cup 1 and 2 (Middle distance and Sprint) participation is based on *Special Rules for the 2009 World Cup in Orienteering*.

The allocations will be:

- Top 6 nations get 8 places
 - The top 6 nations for women will be published on the IOF website on January 15th 2009
 - The top 6 nations for men will be published on the IOF website on January 15th 2009
- All others get 6 places

A Federation may enter any runner irrespective of his/her position on the IOF World Rankings list.

All reigning Individual World Champions of 2008 shall be offered a free place in both competitions provided he/she is selected by his/her federation. This free place shall be additional to the national quota.

The organising nation ("home nation") shall have the right to enter additional 4 athletes of each gender (4 men and 4 women).

PAYMENTS

All payments should be sent to the following address:

Bank: Salon Seudun Osuuspankki
Code IBAN: FI075410501000108
Code: OKOYFIHH
Account name: Angelnien Ankkuri
Account number: 541050-11008

Any bank transfer fees must be paid by the sender and in euros

ACCOMMODATION

Official accommodation will be available in 3 categories:

- A) Hotel at reasonable price, max. 50 euros/person/day in double rooms including breakfast.
- B) Hostel, max. 30 euros/person/day in double rooms including breakfast
- C) Floor accommodation in schools max. 15 euros/person/day.

The last date for reservation of official accommodation is April 6th.

ADDRESSES

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Information for media
Media@noc2009.fi

Website
www.noc2009.fi



The Finnish Orienteering Federation



Angelnienmen Ankkuri



City of Salo
