



WMOC 2010

Pays de Neuchâtel

31 juillet – 7 août 2010

www.wmoc2010.org



photo ©G. Benoit à la Guillaumie

Sa 31 juillet LA CHAUX-DE-FONDS
Di 1^{er} août NEUCHÂTEL
Ma 3 août LES BREULEUX
Me 4 août LES CERNETS-VERRIERES
Ve 6 août LE CERNIL



CHAMPIONNATS DU MONDE MASTERS DE COURSE D'ORIENTATION


VICTORINOX


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 **LA CHAUX-DE-FONDS**

 **Ville de Neuchâtel**

 **VILLE DU LOCLE**

 **ine.ch**
REPUBLIQUE ET CANTON DE NEUCHÂTEL

Les Breuleux 

 **ONDE VERTE**

 **JURA RÉGION**



 **JURA**
RÉPUBLIQUE ET CANTON DU JURA

 **Le Locle**
Région Sport





 **LE MUSÉE OLYMPIQUE**

 **ROLLIER PAYSAGE**

AMMANN

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METALOR

 **LE GRUYÈRE**
RÉGION

 **OF**
ORIENTEERING FEDERATION

 **swiss orienteering**

 **L'EXPRESS**  **L'Impartial**

 **RJB**  **RTN**  **RFJ**



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WMOC 2010 Event Center.**

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1.1 OPENING GREETINGS

1.1.1 Welcome from Åke Jacobson, President of the International Orienteering Federation

It gives me great pleasure to welcome you to the 2010 World Masters Orienteering Championships (WMOC) in Pays de Neuchâtel, Switzerland.

The WMOC continues to attract increasing numbers of masters from around the world, making it without doubt the biggest Championship event in orienteering. It is wonderful to see over 4000 masters competing at this year's event. The World Masters Orienteering Championships epitomise one of the fundamental values of our sport - orienteering truly is a lifelong sport.

The 2010 World Masters Orienteering Championships clearly reflect the IOF's philosophy for the event.

The IOF is committed to establishing high quality events.

The vision of the Organising Committee is to provide a unique orienteering experience in challenging Jura terrain, that of the 1981 World Orienteering Championships. You will find the courses and the terrain both satisfying and challenging.

Neuchâtel is regarded as a green canton, diverse and rich in nature. The experience will be in harmony with another of orienteering's fundamental values – at one with nature.

At the WMOC 2010, you will also discover, or again experience, the renowned precision and quality of Switzerland in the centre of the epic story of watch-making, La Chaux-de-Fonds.

The event will not only be a unique orienteering experience but also a most enjoyable social and cultural occasion for orienteers from around the world. It will be an opportunity to share friendship, a lifelong love of orienteering and physical activity and a chance to experience Swiss hospitality. Enjoy the atmosphere, experience Switzerland and appreciate the hospitality.

I sincerely thank the organisers of 2010 World Masters Orienteering Championships for making the event a great success. The IOF appreciates their tremendous efforts. I wish each participant personally rewarding performances.

Åke Jacobson

President of the International Orienteering Federation

1.1.2 Welcome from Marcel Schiess, President of the Swiss Orienteering Federation

Dear athletes from all over the world, dear guests

On behalf of Swiss Orienteering I extend to all participants a very warm welcome to the 2010 World Masters Orienteering Championships. Swiss Orienteering is delighted to host this event for the first time. The WMOC continues to attract increasing numbers of masters from around the world, making it without doubt the biggest Championships event in orienteering. It shows that orienteering truly is a lifetime sport.

The WMOC organising committee of the "Association Neuchâteloise de Course d'Orientation (ANCO)" has been working very hard in the past years to organise a memorable high quality championships week for you. I am convinced that the combination of the Sprint races in the urban areas of la Chaux-de-Fonds and Neuchâtel and the Long distance race in the typical Jura-terrain with its rolling hills and semi-open forest will challenge all your orienteering skills.

While being in our country, enjoy the rich offer of nearby tourist landmarks. The Pays de Neuchâtel and its surroundings are ideal places to combine sports and holidays. I do hope that this week will take a top-place in your orienteering memories and that it will be the incentive for future visits in our country. Swiss Orienteering has more to offer in the near future: first, the Swiss O Week 2011 in the eastern alpine region, and then, the elite World Orienteering Championships 2012 with accompanying public races in the south-west. Everywhere you will experience the concept of combining fantastic orienteering events and recreation in beautiful surroundings. Make use of this WMOC as an excellent opportunity to share friendship and to experience the Swiss hospitality.

I would like to express my sincere thanks to the organisers for making the 2010 Master World Orienteering Championships a great success. Certainly, to them, the very large number of participants is already a sign of real appreciation.

I wish every participant good luck and a personally rewarding performance.

Marcel Schiess

President Swiss Orienteering

1.1.3 Welcome from Pierre Hirschy, President of the WMOC 2010 Association

C'est un plaisir de souhaiter la bienvenue à autant de coureurs de tous pays. Vous êtes, Mesdames et Messieurs, la récompense pour les organisateurs de cette grande manifestation. En effet, votre intérêt pour venir passer une semaine de compétition dans notre région nous ravit et la région jurassienne se présentera de la meilleure manière possible.

Ces paysages de nature authentique, faits de pâturages boisés, ont un charme particulier. Tous les habitants de ce pays ont une fois ou l'autre parcouru cette région avec à la clé une halte pour cuire le saucisson dans la braise d'une torée.

Les villes également s'ouvrent à vous, villes de dimensions humaines où les gens se connaissent encore.

Les décors pour les compétitions semblent être faits pour garantir une parfaite harmonie entre les athlètes et le terrain.

Cet événement exceptionnel réunira les participants, les accompagnants et la population locale dans une ambiance de découvertes, de rencontre et d'amitié.

Puissions-nous être très nombreux à vivre ces moments fantastiques et si le soleil daigne être de la partie, ce sera encore mieux.

Bienvenue à tous.

Pierre Hirschy

Ancien Conseiller d'Etat

Président du comité d'organisation WMOC 2010

1.2 STRATEGIC COMMITTEE

PRESIDENT	Pierre Hirschy
VICE PRESIDENT	Jérôme Attinger
MEMBER	Yann Engel
	Jean-Pierre Veya
	Alain Juan
	Michael Lauenstein
	Marcel Cuenin

1.3 ORGANISING COMMITTEE

EVENT COORDINATOR	Jérôme Attinger
TECHNICAL DIRECTOR	Alain Juan
TECHNICAL TEAM	Giorgio Bernasconi, Véronique Juan, Arnaud Ecabert, Bernard Monnier, Antoine Attinger, Jean-Claude Guyot, Henri Cuhe, Grégoire Perret, Gilles Renaud, Luc Béguin and Pascal Junod
MAPPERS	Beat Imhof, Urs Steiner, Pierre-Alain Matthey
STARTS	François Schürch
FINISH	Christian Cattin
FINANCIAL DIRECTOR	Marcel Cuenin
SPONSORING AND VIP TEAM	Michael Lauenstein (director), Anita Bourquin, Olivier Attinger and François Vermeulen
IT	Peter Fritschy
INTERNET / WEBMASTER	MediaSprint gmbh and Stéphane Blaser
GRAPHIC DESIGN & REALISATION	Annick Béguin
LOGISTICS	Aldo Cantoni
PARKING AND SIGNS	Patrice Blanc
TRANSPORT	Nicolas Grandjean
MEDICAL TEAM DIRECTOR	Dr Gilbert Villard
ENTRIES	Mike Arnold with the Internet entry portal www.go2ol.ch
INFORMATION	Stefan Lauenstein
MEDIA	Anne-Noëlle Lebet
OFFICIAL CEREMONIES	Julien Lebet and Georges Alain Boulaz
MERCHANDISING	Aline Besson
EVENT CENTRE	Alexandre Houlmann
OFFICIAL CAMPING	Jean-Claude Chautems
FOOD	Christian Masini
SUSTAINABLE DEVELOPMENT	Luc Rollier
REFRESHMENT	Anton Khlebnikov
STAFF	Jan Béguin
SPEAKER	Timo Teinila, Véronique Humbel Renaud and Marcel Neuenschwander
CHILDCARE SERVICE	Christelle Blaser
IOF SENIOR EVENT ADVISER	Tony Thornley (GB)
IOF COUNCIL REPRESENTATIVE	Timo Ritakallio (FIN)
NATIONAL CONTROLLER	Hans Laube
NATIONAL DAY CONTROLLERS	Christian Schneebeli, Paul Corrodi and Ulu Aeschlimann

1.4 JURY

David May, GBR, appointed by IOF
Jan R. Lien, NOR, appointed by IOF
Michael Eglin, SUI, appointed by SwissOrienteering
Tony Thornley, SEA, – non-voting chairman

2 GENERAL INFORMATION

2.1 GENERAL PROGRAMME

2.1.1 Thursday, 29 July 2010

14.00 – 21.00..... Event Centre open in La Chaux-de-Fonds
14.00..... Opening official Camping in La Chaux-de-Fonds

2.1.2 Friday, 30 July 2010

10.00 – 21.00..... Event Centre open in La Chaux-de-Fonds
13.00 – 18.30..... Model Event Sprint Race in La Chaux-de-Fonds
13.00 – 18.30..... Model Event Long distance Race in Le Prévoux and in Le Communal de La Sagne

2.1.3 Saturday, 31 July 2010

10.00 – 22.00..... Event Centre open in La Chaux-de-Fonds
10.00 – 19.00..... Model Event Sprint Race in La Chaux-de-Fonds
17.00 – 20.00..... Qualification Sprint Race in La Chaux-de-Fonds
20.00 – 21.00..... Open race 1 in La Chaux-de-Fonds
21.00 – 22.30..... Opening ceremony in centre of La Chaux-de-Fonds
22.00..... Fireworks in La Chaux-de-Fonds

2.1.4 Sunday, 1st August 2010

10.00 – 12.00..... Event Centre open in La Chaux-de-Fonds
12.00 – 18.00..... Info Desk open at Sprint Final in Neuchâtel
13.00 – 16.00..... Final Sprint Race (SFI) in Neuchâtel
16.00 – 17.00..... Open race 2 in Neuchâtel
17.30..... Prize giving ceremony Sprint Race in Neuchâtel
22.00..... Fireworks in Neuchâtel

2.1.5 Monday, 2 August 2010

10.00 – 20.00..... Event Centre open in La Chaux-de-Fonds
09.00 – 18.00..... Model Event Long distance Race in Le Prévoux and in Le Communal

2.1.6 Tuesday, 3 August 2010

09.00 – 16.00..... Info Desk open at LQ1 in Les Breuleux
10.00 – 14.00..... Long distance Qualification Race 1 (LQ1) in Les Breuleux
14.00 – 15.00..... Open race 3 in Les Breuleux
17.00 – 20.00..... Event Centre opens in La Chaux-de-Fonds

2.1.7 Wednesday, 4 August 2010

09.00 – 16.00..... Info Desk open at LQ2 in Les Cernets/Verrières
10.00 – 14.00..... Long distance Qualification Race 2 (LQ2) in Les Cernets/Verrières
14.00 – 15.00..... Open race 4 in Les Cernets/Verrières
17.00 – 20.00..... Event Centre opens in La Chaux-de-Fonds
18.00..... Official Banquet

2.1.8 Thursday, 5 August 2010

10.00 – 20.00..... Event Centre open at La Chaux-de-Fonds
10.00 – 16.00..... Model Event Long distance Race in Le Prévoux and in Le Communal / Tourism programme

2.1.9 Friday, 6 August 2010

09.00 – 16.00..... Info Desk open at Long Final Race in Le Cernil
10.00 – 14.00..... Long distance Final Race (LFI) in Le Cernil
15.00..... Prize giving ceremony Long distance race and closing ceremony
17.00 – 20.00..... Event Centre opens in La Chaux-de-Fonds

2.1.10 Saturday, 7 August 2010

08.00 – 12.00..... Event Centre open in La Chaux-de-Fonds

2.1.11 Sunday, 8 August 2010

12.00..... Closing of Official camping in La Chaux-de-Fonds

2.2 EVENT CENTRE (EC)

Location:

Rue de la Charrière 78
CH-2300 La Chaux-de-Fonds

Phone and fax (during EC open hours)

International + 41 32 968 07 87
From Switzerland: 032 968 07 87

2.2.1 How to reach the Event Centre (EC)

The EC is located at Stade des Sports in La Chaux-de-Fonds, easily accessible by car or public transport.

By car: Please follow the official signs. Public parking is available

By bus: Bus no 2 from station La Chaux-de-Fonds to La Charrière. Bus stop Parc des Sport.

Staff will be available at the EC Secretariat Desk to answer questions and hand out the team packages. These should be collected by the team leader. All teams must pay any remaining payments before they can collect their bag. A team is a group of runners whose entry fees have been paid together.

The bag includes:

- Team-ID card (one per group) to collect maps after the races
- Official Bulletin 3 for each participant
- Bibs
- Rented SPORTident cards
- Model event maps
- Prepaid Parking Pass
- Prepaid tickets for Banquet
- Souvenir prize and presents

The bib is considered as the ticket for all public transport.

For participants travelling by plane, please note that the Swiss knife souvenir prize is not allowed in the plane cabin and can not be carried in your hand baggage.

The EC Secretariat Desk will deal with all enquiries.

Information about accommodation will also be provided at the EC.

2.2.2 Services at the EC

Different services will be available at the EC:

Extra parking pass and tickets for all the events (official Banquet and Tourism programmes)

- Merchandising
- Sport shops until Sat. 31 July
- Free wireless internet access
- A little Internet corner with available laptops
- Tourism information
- Pizza corner and beverage

2.2.3 The EC Opening hours

Thursday, July 29th	EC La Chaux-de-Fonds.....	14.00 – 21.00
Friday, July 30th	EC La Chaux-de-Fonds.....	10.00 – 21.00
Saturday, July 31st	EC La Chaux-de-Fonds.....	10.00 – 22.00
Sunday, August 1st	EC La Chaux-de-Fonds.....	10.00 – 12.00
	SFI Neuchâtel	12.00 – 18.00
Monday, August 2nd	EC La Chaux-de-Fonds.....	10.00 – 20.00
Tuesday, August 3rd	LQ1 Les Breuleux.....	09.00 – 16.00
	EC La Chaux-de-Fonds.....	17.00 – 20.00
Wednesday, August 4th	LQ2 Les Cernets-Verrières.....	09.00 – 16.00
	EC La Chaux-de-Fonds.....	17.00 – 20.00
Thursday, August 5th	EC La Chaux-de-Fonds.....	10.00 – 20.00
Friday, August 6th	LFI Le Cernil	09.00 – 16.00
	EC La Chaux-de-Fonds.....	17.00 – 20.00
Saturday, August 7th	EC La Chaux-de-Fonds.....	08.00 – 12.00

2.3 TICKETS

If you have pre-ordered a ticket when you registered it will be provided in your personal package. Parking passes, tickets for tourism programmes and for the Banquet are available at the EC, but are limited to available places. For the Opening Ceremony no ticket is necessary.

Tickets sold in the EC:

- Parking pass 40.00 CHF
- Tourism programmes 117.00 / 243.00 CHF (see page 61)
- Banquet 100.00 CHF



2.4 MERCHANDISING WMOC 2010

Several WMOC 2010 merchandising items will be available in EC and in the race arenas:



CALIXA POLO
CHF 30.–



DAGAN POLO
CHF 30.–



PET ROSS
CHF 35.–



WHALE T-SHIRT
CHF 15.–



WHALE T-SHIRT
CHF 15.–



CAP
CHF 10.–



SI CARD WMOC 2010 BRANDED
CHF 60.–



SWISS CHOCOLATE
CHF 3.–



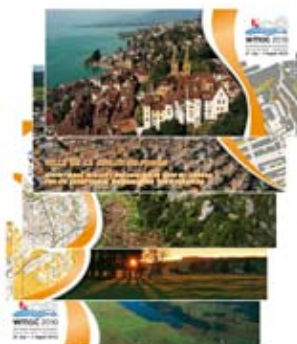
VICTORINOX FORRESTER
ONE HAND
CHF 48.–



VICTORINOX SWISS TOOL
CHF 128.–



VICTORINOX SWISS CARD
CHF 26.–



WMOC 2010 POSTCARDS
CHF 2.50 / 1 CARD
CHF 10.– / SET OF 5 CARDS



WINE PACK (white, œil de perdrix, red / 3x75cl)
CHF 45.–

RED WINE BOTTLE
CHF 17.–

ŒIL DE PERDRIX BOTTLE
CHF 17.–

WHITE WINE BOTTLE
CHF 12.–

You will also have the possibility at the merchandising stand to order the WMOC 2010 Official DVD for CHF 25.00 (included postal cost). Possibility to pay with credit cards (minimum of CHF 20.00). Possibility to pay in Euros.

2.5 TRANSPORT & PARKING

2.5.1 Private car parking

Free parking is available at the EC. This parking will also be used for the Model Event for Sprint Qualification, for the Sprint Qualification race and for the Opening Ceremony. Parking passes are mandatory and are available for purchase at the EC for private cars for all others races and Model Events Long (40.00 CHF). Please have your parking pass visible on the dashboard of your vehicle from the Sunday 1st August. Vehicles without a pre-purchased parking permit will be charged 60.00 CHF at the venues. A special parking pass will be distributed for runners older than 80 years. This "+80 Parking pass" will allow runners to park near to Assembly arenas or Shuttle stations.

2.5.2 Coach parking

Groups or Tour Operators with coaches (more than 40 seats) can have direct access to competition centres for LQ2, LFI and Model Events 1 & 2 for Long distance to unload competitors. A coach parking pass has to be ordered **BEFORE THE 15 JULY** from the information team (info@wmoc2010.org) specifying the number of participants in the coach and the group number.

Date	Distance from Coach unload place to Assembly area	Coach parking after unloading
Saturday, 31st July	5 minutes walking	Directly near EC
Sunday, 1st August	2 minutes walking	Parking coach 15 km from Assembly area
Tuesday, 3rd August	5 to 10 minutes walking	Directly near Assembly area
Wednesday, 4th August	5 minutes walking	Parking coach 15 km from Assembly area
Friday, 6th August	5 minutes walking	Parking coach 15 km from Assembly area

2.5.3 Public transport

Every participant will get a free pass for public transport from July 30th to August 6th (8 days) for the "Onde Verte" area which includes the entire canton of Neuchâtel and the region of Les Breuleux. The bib number is as well the transportation pass and will have to be shown in case of control by a conductor. On July 30th before runners fetch their bib numbers the SPORTident card can be shown instead of the bib.

http://www.ondeverte.ch/onde_verte/flashblocks/data/doc/PlanZonesSite.pdf

2.5.4 Motorway System

To use motorways, you will have to buy a tax sticker for motor vehicles and trailers weighting up to 3.5 tonnes (40.00 CHF). This sticker should be bought at the customs booths as you enter the country.

2.6 PRESS AND MEDIA

Media representatives will have access to full results, to results per nation, to official photographs and to press releases reporting the competition in English.

Media representatives must ask for accreditation at press@wmoc2010.org before the 15th July 2010. Press accreditation will be distributed at the EC on Friday 30th July and Saturday 31st July.

Press accreditation doesn't allow media representatives to have direct access by car to the Assembly arena for Long Distance Qualification 2 Race in Les Cernets/Verrières and for the Long Distance Final in Le Cernil. Media representatives must take the official transport.

A visit to La Chaux-de-Fonds will be organised on Monday, 2nd August at 10.00 for media representatives. Media representatives have to sign up for this activity at the address press@wmoc2010.org.

2.7 RENTED SPORTIDENT CARD

If you asked to rent a SPORTident card (SI-card) when you registered, you will find it in your personal package. A deposit of 50.00 CHF will be required at the EC for each rented SI-card. Please return the card to the Information desk after your last race where you can reclaim the CHF 50.00 deposit.

Competitors may buy a SI-Card at the WMOC 2010 Merchandising stand or in the Sport Shops. No SI-card will be provided at any of the race sites for competitors who do not have their own card and have not rented a card at the EC.

2.8 ACCOMMODATION

You will get all the necessary information about accommodation at the EC. Volunteers will be at the EC prepared to receive the athletes, give the necessary information and send them to respective pre-booked accommodation if necessary.

2.9 CLIMATE

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

For more information about weather, please look at : <http://www.meteosuisse.admin.ch/web/en/weather.html>

2.10 OFFICIAL CAMPING WMOC 2010

The Official camping will be open from Thursday, 29 July 2010 at 14.00 to Sunday, 8 August 2010 at 12.00.

2.10.1 How to reach the camp site

The official Camping is situated adjacent to the EC in La Chaux-de-Fonds. A 15 minutes parking period will be available for campers to unload baggage. Payment and registration will be done at the EC. Please follow the camping rules which will be distributed to all campers on arrival.

2.10.2 Food at the camp site

A self-service restaurant will be open in the camping area for campers.

The number of places is limited to 100 persons.

Breakfast and dinner will be offered. Campers must buy tickets for this service at the EC.

Breakfast

For breakfast, tickets should be bought before 18.00 the day before. Breakfast will be served from 06.30 to 08.30.

Dinner

For dinner, tickets should be bought before 10.30 the same day. Dinner will be served from 18.30.

A Pizza corner and drinks will also be available at EC.

2.10.3 Other services at the camp site and around

Electricity will be provided for campervans.

WC and showers are available at the Official Camping.

A bakery will be open near to the Official camping from 06.00 to 19.00 from Monday to Friday, from 06.00 to 12.30 on Saturday. It will be closed on Sunday.

A lot of services will be available in the centre of La Chaux-de-Fonds (about 1 km far away from camping). More information about services and shops : www.reseaucentreville.ch

2.11 FOOD AND DRINK

Several private cafes and restaurants are available at the Finish Arena at the Sprint races.

For the Long Distance races, a restaurant will be available at each arena with a variety of foods and drinks.

It will be possible to pay with credit cards (minimum of 20.00 CHF).

2.12 SPORT SHOPS

Sport and O-shops will be present at the Arenas of each competition.

See announcement below.

Please note that no unregistered Sport- and O-Shops will be allowed on any of the WMOC 2010 areas.

2.13 LOST AND FOUND

Found items may be handed in and lost items claimed at the EC and at the EC Secretariat desk at the Assembly Areas.

The lost items will be kept by the organiser until the end of August 2010. After this date, the items will be disposed of.

2.14 BANKING FACILITIES

There are many banks with Automatic Teller Machines (ATM) in and around La Chaux-de-Fonds and Neuchâtel cities. All these banks will exchange foreign currency. Banks work on weekdays (from Monday to Friday) usually from 08.30 to 12.00 hours and from 13.30 to 17.00. The ATM machines are available 24h per day. In the Long distance races, such facilities are not available. But competitors may pay with credit cards at the Merchandising stand and at the food stand.

2.15 EMERGENCY CARE

In case of emergency dial 144.

In La Chaux-de-Fonds :

Hôpital neuchâtelois La Chaux-de-Fonds
Rue de Chasseral 20
2303 La Chaux-de-Fonds
Phone + 41 32 967 21 11
Open 24h/24h

In Neuchâtel :

Hôpital neuchâtelois Pourtalès
Maladière 45
2000 Neuchâtel
Phone +41 32 713 43 00
Open 24h/24h

A paediatric hotline is also available:

Phone +41 32 713 38 48

2.16 FIRE EMERGENCY

In case of fire dial 118.

2.17 PHARMACY

In Switzerland prescription and non-prescription medication are sold at a "Pharmacie", usually open from 09.00 to 18.00 hours.

In La Chaux-de-Fonds, the "Pharmacie de la Gare" at the train station is open every day until 19.00

In Neuchâtel, the "Pharmacie de la Gare" at the train station is open every day until 20.30.

2.18 INSURANCE

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

Participants without sufficient insurance can buy a 15-days insurance during their stay in Switzerland.

More information about this opportunity: http://www.erv.ch/UserFiles/File/en/pdf/INFO_E06_03_09.pdf

Participants can order this insurance at the WMOC 2010 Information (info@wmoc2010.org).

Just send, before the 15th July 2010: surname, first name, date of birth and tariff position. The insurance certificate will be prepared for your venue at the EC and the participant will get it on payment of the premium.

2.19 WASTE AND RUBBISH

Help us to maintain a clean environment in sorting your rubbish in the different bins. All these bins will be available in the Assembly arena, Event Centre and Official camping. Look for the flag to find them.



Red bin : non-recyclable rubbish



Blue bin : glass



Yellow bin : aluminium



Pet bin : PET (plastic)



2.20 FIRE

No open fire will be allowed at the Competition Areas, Assembly Arenas or Official Camping.

3 COMPETITION INFORMATION

3.1 GENERAL INFORMATION

3.1.1 Late entry and changes

All changes have to be sent to change@wmoc2010.org. They will be accepted up to Saturday July 17, 2010 only. No late entry will be accepted after this date.

- Change of name, first name and SI Card will not be charged
- Change of class or late entry (within available vacant places only) will be charged CHF 20.00
- Late entry for WMOC 2010 classes will be accepted - if there is space - up to Saturday, 17 July 2010. Late entrants will be charged 290.00 CHF.
- Late entry for Open classes can be done at each race site.

Payment for changes and late entry should be done at the EC

3.1.2 Competition Rules

The competitions will be conducted under Competition Rules for IOF Foot Orienteering Events (2010 Edition). Copies of these can be downloaded from: <http://www.orienteeering.org/rules.htm>.

3.1.3 Fair Play

All competitors shall behave with fairness and honesty. During the races athletes are forbidden to speak to each other.

All Long race competition areas are embargoed. Any attempt to survey, walk or train in the competition areas is forbidden. Attempts to gain any information related to the course, beyond that provided by the Organiser, is forbidden before and during the competition. Having crossed the finish line, a competitor may not re-enter the competition terrain without the permission of the Organiser. This includes the start and start area. It is not allowed to bring any previous or new maps along to the competition arenas. A competitor who breaks any rule, or benefits from the breaking of any rule, may be disqualified.

The embargo rules for the two **Sprint races** have to be more flexible as some competitors may well have accommodation within the competition area. However, as for the Long race restrictions, competitors are not allowed to survey or train in the Sprint areas before the respective competitions are held. **A strict embargo on the two areas will be enforced from 04.00 hours before the first start on the day of each race.**

For the Sprint competitions, runners who stay in the competition areas (La Chaux-de-Fonds or Neuchâtel) must use the shortest route to get to the Assembly arena. Also, athletes are not allowed to re-enter either Sprint area after they have finished their race, except via the marked route to the assembly area or after the last starter has finished their race.

At any time, respect fences, walls, individual properties and local population.

Always respect embargoed areas.

Do not disturb animals.

Never waste any object or paper and use specific containers.

Always use official toilets by EC, Assembly, Prestart and Finish areas.

MOVE FOR SPORT, MOVE WITH FAIR PLAY

3.1.4 Drug Policy

The IOF Anti-Doping Rules apply to all IOF events. See web address below for rules.

The WMOC 2010 will follow the antidoping rules of the WADA. It's possible that the Swiss agencies (SWISSOLYMPIC and ANTIDOPING.CH) will carry out antidoping tests during the competitions.

Each competitor is responsible for following the antidoping rules, and avoiding any prohibited substances. If anyone has to follow a special medical treatment, s/he has to confirm with his doctor that the drug isn't prohibited. In case of doubt, the doctor should provide a certificate for medical use. You can find the list of prohibited substances with the links:

http://www.wada-ama.org/Documents/World_Anti-Doping_Program/WADP-Prohibited-list/WADA_Prohibited_List_2010_EN.pdf

In case of conflict or a positive test, all competitors must accept the arbitration of SWISSOLYMPIC or ANTIDOPING.CH according to the WADA rules. The Swiss court of justice is designated to deal with any cases.

3.1.5 Bibs

Every competitor will be issued with a numbered bib which must be worn on the chest for each race. Information on bibs will consist of competitor's name, SI-card number, club/group ID, age class and heat, start times for the qualification races.

The coloured background (green, white, red) indicates the start location which is the same for all races:

- M/W35-50: Green
- M/W55-60: White
- M/W65-95: Red

Every competitor is asked to complete the back of his bib with emergency contact. This information could be helpful for the medical team in case of emergency.

The best ten (10) runners in the A-finals will receive a numbered (10 to 1) sticker five minutes before their pre-start time. An official will assist with this. See also 'How you qualify for the Finals' later in this section.

Lost bibs can be replaced at Information desk (CHF 5.00).

3.1.6 Terrain

The Sprint races will be urban only (streets and parks).

The Long Distance races will take place in various typically Jura terrains. See specific terrain description later in each race description.

The altitude of the competition areas is between 430 meters (Sprint Final) and 1000 to 1250 meters (all other races) above sea level.

3.1.7 Clothes and shoes

For Sprint races there are no restrictions on the type of clothing to be worn. Studded shoes are not advised for the Sprint races.

Long trousers and leg protection are strongly recommended for the Long Qualification 2 and the Long Final competitions.

In Switzerland, dobbed spikes are allowed but not spiked shoes.

There will be no clothing transfer available from the pre-start to the finish area.

3.1.8 Maps

The WMOC2010 orienteering maps have been made according to IOF drawing specifications. The printing method used is offset litho.

Sprint Qualification and Final race maps have a **1:4,000 scale and a 2,5 meters** contour interval for all classes and are drawn according to ISSOM 2007, the International Sprint Map standard.

Long Qualification and Final race maps have a **1:10'000 scale and a 5 meters** contour interval for all classes and are drawn to ISOM 2000.

Competition maps will be printed on water resistant paper. Plastic bags are not required.

Map dimensions will be maximum 485 x 328 mm.

Control descriptions are printed on the front side of the maps and loose control description (not water resistant) will also be available in the start lanes.

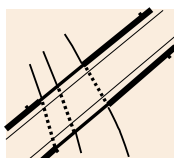
All competition maps will be collected at the finish. After the last start of each race, new competition maps will be available at the Information desk in the assembly area. Each group leader should bring their group-ID card (issued when you register at WMOC) to collect them.

3.1.9 Special map features

SPECIAL MAP FEATURES FOR SPRINT RACES



All areas mapped by a green/yellow (olive green) colour are strictly forbidden to enter (private terrain)



The usual bridge symbol has been slightly modified in one case: Both sides lines are partly thicker (like impassable walls) than normal. This is to improve the readability of the map in the area of a big bridge. This change has been made with the agreement of the IOF senior event adviser. Standard symbols have been used for other small bridges. Routes beneath bridges are shown with the standard ISSOM dot symbol.

The thick black lines always represent features which are impassable. YOU MUST NOT CROSS, or even lean over, the walls or fences which are marked as "impassable".

SPECIAL MAP FEATURES FOR LONG RACES



ATTENTION: Some double wire fences contain high voltage. They can be dangerous and should not be touched. They are marked with a thick purple line. Crossing points are marked and are to be strictly respected. This situation occurs on Long Qualification 1 only. In general, single wire fences are normally not mapped as they are temporary and movable. They can be crossed with care.



Typical rocky areas are represented by small black dots. Many stones and small rock crevasses will require the highest attention.

3.1.10 Warm-Up Maps

For Sprint Qualification, the model event map 3 (La Chaux-de-Fonds) can be used.

For Long Qualification and Final races there will be warm-up areas, along the path leading to the start, where runners will find little boxes with small warm-up maps. The control points are marked with orienteering flags, but do not have SI-units or codes.

3.1.11 Controls

Each control is equipped with:

- the control flag
- two electronic punching stations (SPORTident stations)
- one pin punching device (for use in the rare case that neither electronic unit works). On each map you find little squares (reserve boxes) that you must use if you have no visual or audible feedback from the SPORTident station.
- the control code is located on top of the SPORTident box, the number codes used range from 31 to 250.

There are lots of controls. Make sure always to check your control codes !

3.1.12 Control Descriptions

Control descriptions will be printed on the front side of all competition maps. Loose copies of the control descriptions (not water resistant) will also be available in the start lanes as part of the start procedure. They will not be distributed with registration material before the event. Competitors who intend to collect control descriptions at the start are reminded that they will have one minute to secure their control description sheet the way they choose. The maximum size of the loose control description dimensions – for 30 controls - is 55 x 210mm. Courses with fewer controls will have proportionately smaller sheets. Each grid square has a 6mm side.

3.1.13 Electronic Punching System

The SPORTident (SI-card) system will be used for all races.

If you are using a rental SI-card, please return it to the Information desk after your last race where you can reclaim the CHF 50.00 deposit.

3.1.14 SPORTident card

It is very important that you always use your own registered SI-card, or the SI-card you rented from WMOC2010. It will be checked at the start. SI-cards of series 5, 6, 8 and 9 are allowed. SI-cards can be bought at the WMOC2010 Merchandising stand (limited edition wmoc2010-SI-card-9) or at the sport shops.

Clear and check

Each SI-card must be cleared and checked before each event. Stations to clear SI-cards will be located at the entrance to the -4 min start box. Insert your SI-card and wait a few seconds until the "clear" unit beeps and flashes, verifying that previous data has been deleted. After clearing your SI-card, please place the SI-card into a "check" unit where the "check" unit will beep and flash immediately, confirming that the SI-card is ready to use.

Start-line-check

In the last minute before your start time, before you move to your map box, a check-station has to be punched. This check is used to register competitors that have started and to check the correct starting time.

At each control

At each control insert your SI-card into the control unit until the unit beeps and flashes. The red light and beep do not guarantee that the competitor is at the correct control. This should be checked in the usual manner by reading the control code on top of the SPORTident-station. If you do punch at an incorrect control, simply continue to the correct control; the extra punch will be disregarded by the results software. If the control unit does not function (there is no beep and no flash) then use the pin punch attached to the control stand and punch in a reserve box on your map. If you have pin punched any controls on your map you must hand the map in at the problem desk before leaving the finish area and explain what you have done. All controls are equipped with two SPORTident units. You may use either of the units.

At the finish

At the finish you must punch at one of the SI units on the finish line. Your elapsed race time only stops when you punch one of these SI units. Competitors must punch one of these finish units even if they don't complete their course.

After the finish line

After the finish line you will be directed to the download station where the data from your SI-card will be transferred to the results system. The system will verify that you have visited all controls on your course in the correct order. Your split times will be printed immediately.

If you are using a rental SI-card and this is your last race, please return your SI-card at the Arena Information desk where you can reclaim the CHF 50.00 deposit.

3.1.15 Start Lists and Results

For the qualification races, competitors in classes with more than 80 entrants are allocated to parallel heats by a random draw. The heats are indicated by numbers after the age class, e.g. W55-2 is the second heat for W55 runners. Each runner will be in the same heat for both Long Qualification races, but the heats for the Sprint race will be drawn differently. Start lists for the qualification races are included later in this Bulletin. Start lists for the qualification and final races will also be available for review by participants on the www.wmoc2010.org website, on the

www.swiss-orienteeing.ch website, at the EC in La Chaux-de-Fonds, at the Information desk at each competition Arena and at each pre-start.

Start times for the Sprint Final will be available on www.swiss-orienteeing.ch website by 22.00 hours, Saturday July 31st, as well as at the EC. They will also be posted at the Information desk in the Arena and at the start area on Sunday morning. The first start time for the final is at 13.00 hours. The last start time for each course is indicated below, with the individual course data.

Start times for the Long Final will be available on the www.swiss-orienteeing.ch website by 19.00 o'clock, Wednesday August 4th, as well as at the EC. They will also be posted at the Information desk in the Arena and at the start area on Friday morning. The first start time for the final is at 10.00 hours. The last start time for each course is indicated below, with the individual course data.

Individual split times will be given to each competitor after crossing the finish line. Provisional results lists will be continuously updated at each Arena. At the Sprint Final (Neuchâtel), only the top 20 in each class will be displayed in the Finish Arena; the full list will be displayed at the Assembly Arena.

The complete results lists will be displayed at the EC from 20.00 hours after each race. All start lists, results lists, split-times and accumulated times will be made available on the website www.swiss-orienteeing.ch as well.

3.1.16 SPORTident sms service

A new service will be provided by SPORTident. Each competitor can be informed about his personal result and the start times for the finals by sms. This service can be activated by filling in the form on <http://www.sportident.com/events/wmoc/register.php>

3.1.17 How to search for your clubname or clubID in the Start and Results Lists

On the Swiss Orienteering website, you can view the start and result list by clubname or clubID, sorted by starttime if you wish.

In the field "Club" you should enter either your clubname or your clubID. You can enter more than one clubname or clubID by separating the clubnames with a comma. In the option field, you can sort all the selected runners by start time.





home | o-l.ch | archive | forum | termine | startlisten | ranglisten | punkteliste | läufer DB admin

Start lists

Event: All events: [1997](#) | [1998](#) | [1999](#) | [2000](#) | [2001](#) | [2002](#) | [2003](#) | [2004](#) | [2005](#) | [2006](#) | [2007](#) | [2008](#) | [2009](#) | [2010](#)

☐ Overview of classes
☐ Overall start list ☒ Youth classes

Class:

Club:

Options: ☒ Sort by time

3.1.18 Commentary

Race commentary will be provided by Timo Teinila (FIN), Véronique Humbel Renaud (SUI) and Marcel Neuenschwander (SUI). They will provide competition news, class leader results and more in different languages.

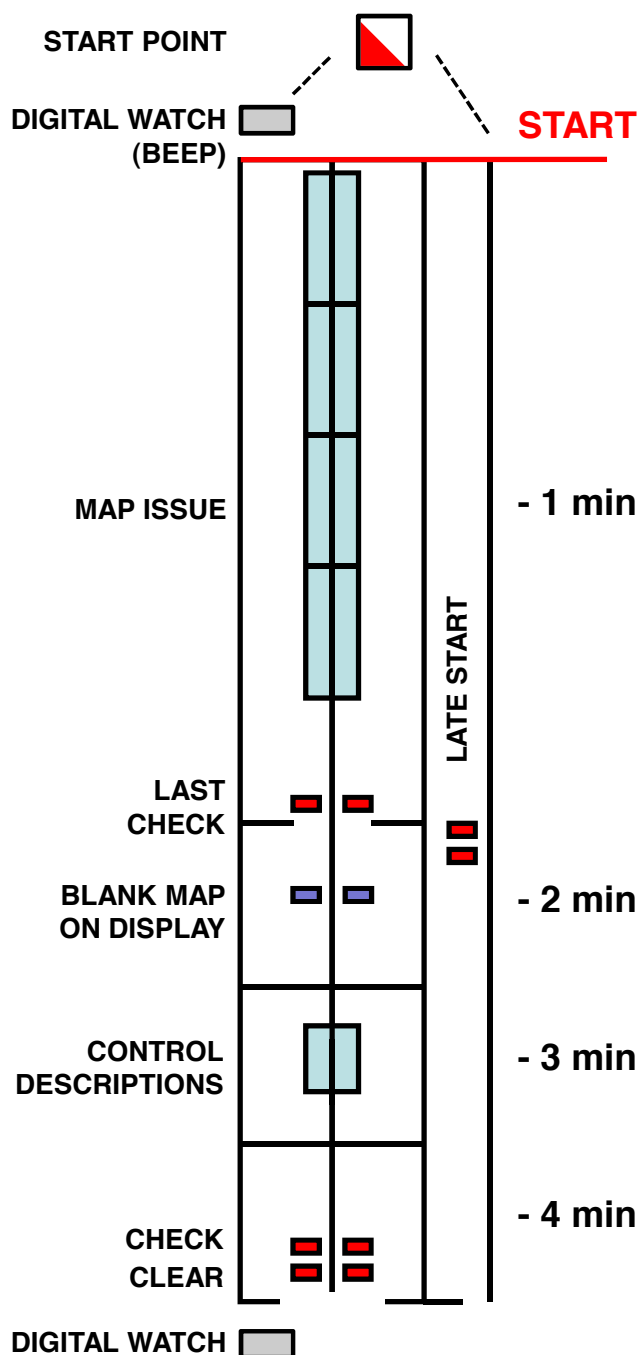
3.1.19 Official WMOC time

Clocks used at Start procedure will be radio-controlled CEST-time (DCF-77 Frankfurt)

3.1.20 Start Procedure

Start organisation:

Your bib colour (green, white or red) indicates one of the three starts locations. Each runner is responsible for following the correct marked route. For all races (qualification and finals) there will be a pre-start area before the start line. **The competition area is out of bounds until your start time.** Distances to the pre-start and time from pre-start to the start location are specific to each race. Refer to the detailed race description in next sections.



Every starting procedure is **a silent process**, and it is **the runner's responsibility to be there on time!**

In the start area, runners will pass through 4 consecutive starting boxes, and remain one minute in each one. When the clock in front of the first start box (-4 min) displays the runner's **starting time**, the runner steps in. This will be 4 minutes before the start. At this point the bib number and the starting time are checked.

Runners without an SI-card or without a bib will not be allowed to start. If you lose your bib you can get a replacement at the information desk.

At the entrance to the first box (-4 min) SI-cards are cleared and checked, supervised by a WMOC2010 official.

In the second box (-3min) each runner will pick up his/her loose control description (optional). There will be no tape available for athletes' use. Runners must bring their own equipment to carry the loose control descriptions during the race. The control descriptions will also be printed on the map.

In the third box (-2 min) blank maps of the competition area are displayed.

In the last minute before start time, the competitor steps over the line into the -1 min box (the one with the maps). When entering the box, he/she punches the start-line-check-station (presented by a WMOC2010 official) and proceeds to the map issue box labelled with his/her correct class and waits besides the map box for the remaining part of the minute. The start-countdown will be indicated by a long beep at -10 seconds and a series of 5 beeps at -5 to 0 seconds. At the last beep the competitor's race time starts running and the runner can take the map from the map box. **The runner is responsible for taking the correct map.**

Runners will then follow a marked route to the start point which is indicated by a control flag in the terrain and a triangle on the competition map. The distance to the triangle control flag will be between 10 to 40m for Sprint races and 50 to 150m in the Long Distance races. You must follow the marked route to the start point.

LATE START :

Runners who arrive after their designated start time must use the late start lane where an official will accompany him/her. Your SI-card has to be cleared along the lane. Control descriptions and the competition map will be handed out by a WMOC2010 official. The competitor then starts the race by punching the start-unit. AFTER punching the start-unit the runner has to register his SI-Card in the start-line-check-station, presented by an official. Having done this, he/she is free to proceed to the starting point and begin the race.

The results of runners who start late will be based on their original start time **(with no time compensation)**. Only if their lateness is the fault of the organiser will their actual race time be used (IOF rules 22.9 and 22.10).

Any runner who is late, whether through their own fault or otherwise, should not discuss this with the start officials. If the competitor believes the organiser is responsible, he/she should make a complaint, after running, at the Information desk in the finish area.

3.1.21 Finish Procedure

All runners are required to pass and punch at the finish line, including those runners who do not complete the whole course. Runners who do not punch at the finish line will be considered as "missing in the forest", and may cause a search in the forest for the missing person. Your bib number must be clearly visible as you cross the finish line.

When the runner reaches the finish line, he has to punch one of the control units situated directly on the finish line. The time will then be recorded and the race is over. When leaving the finish area (after map collection and refreshment) the runner has to download his/her SI-card at one of the manned download stations, located at the exit. As a confirmation of the completed download, a slip with the runtime and the split-times will be printed out.

3.1.22 Maximum time

Maximum time for Sprint races is 1.0 hour

Maximum time for Long races is 2.5 hour

3.1.23 Disqualification

If a runner is missing one or more controls, or the controls were not visited in the correct order, the runner will be disqualified. Note: If a competitor runs with an SI-card different from the one he/she is registered with in the start lists, the runner will get no time and will be disqualified. It is the runner's responsibility to run with the correct SI-card.

3.1.24 Complaints and Protests

Any complaint should be made in writing to the Organiser at the information desk in the Arenas as soon as possible. The Organiser will decide on the outcome and inform the complainant of the result as soon as possible. There is no fee for a complaint. If the runner is not satisfied with the result of the complaint, a protest can be made against the organiser's decision, not later than 1 hour after that decision has been given to the runner. Protests must be in writing and handed in at the Information desk. It will immediately be forwarded to the IOF Senior Event Adviser. Protests will be handled by the jury, who will communicate their decision to the complainant as soon as possible. There is no fee for a protest.

3.1.25 Map Reclaim

Runners will receive a new map with their course printed on it. Maps can be collected every day at the information desk after the last competitor's start. The maps will be sorted by groups and only a person presenting the group-ID card may pick up the clean maps.

3.1.26 Refreshments

Sprint races will have water available at the pre-start and at the finish. For the other races, except the Model Events, in addition to water supplies at the pre-start and at the finish there are also water points in the competition area. The water stations in the forest will be supervised by officials. Locations in the forest are not at controls but are close to optimal route choices and will be shown using the standard drinks symbol on the map.

3.1.27 First Aid

There will be first aid facilities at the finish of all the races. First aid locations in the forest on the Long Distance competition maps will be designated by the standard IOF symbol (a purple cross). In case of accident, illness or injury fellow competitors are obliged to assist. Further assistance may be obtained from either First Aid or Drink stations.

3.1.28 How to Qualify for the Finals

The qualifying system is described in detail in the *IOF Competition Rules (6.14) handbook*.

For **Sprint** races: The fastest competitors from each qualification heat will qualify for the A Final of their class.

For **Long** races: The fastest competitors from each heat will qualify for the A final of the class, based upon the combined times of the two qualification races.

For all finals, the next best competitors from each heat will qualify for the B Final and so on.

A maximum of 80-84 competitors will qualify for the A final in each class, the exact number depending on the number of entries and heats.

The best 10 runners in each A Final will wear an additional sticker on their bibs, which will distinguish them from the others. These distinctive stickers will be distributed at the pre-start by an official.

3.1.29 Responsibility and Safety

All competitors who take part in the WMOC2010 and in the spectator races (including Warm up and Open races) must consider any risks and take their own safety precautions, and will be totally responsible for any injuries which might occur during the races.

3.1.30 Future WMOC and O-Events Information

- WMOC 2011 in Hungary in Pecs, www.wmoc2011.hu
- EMG 2011 in Italy in Lignano, www.lignano2011.it
- WMOC 2012 in Germany in Bad Harzburg, www.wmoc2012.de
- Swiss-O-Week 2011 in Switzerland, Flims/Laax, www.swiss-o-week.ch
- WOC 2012 and Swiss 5 Days in Switzerland, Lausanne, www.olwm2012.ch

All these organisers will have an information stand to promote their event.

3.1.31 GPS / Equipment

GPS data loggers with no display or audible feedback can be used" (IOF Rule 21.4). Any other GPS equipment is forbidden.

3.1.32 OPEN Race for Young People and Companions

It is also possible for everybody to take part in the Open races. Start and finish areas are situated in the daily Race Arenas, so it is possible for the participants of the Open races to follow the progress of the WMOC 2010 event.

A "yellow" background will be used for bibs of OPEN classes. The start location will always be the same as the start "white" of WMOC2010 classes

Saturday 31st July: La Chaux-de-Fonds, start between 20.00 and 21.00.

Entry possible from 18.30 to 19.30

Sunday 1st August: Neuchâtel, start between 16.00 and 17.00.

Entry possible from 14.30 to 15.30

Tuesday 3rd August: Les Breuleux, start between 14.00 and 15.00

Entry possible from 12.30 to 13.30

Wednesday 4th August: Les Cernets-Verrières, start between 14.00 and 15.00

Entry possible from 12.30 to 13.30

There is no Open race on Friday 6th August.

Entries for Open races, if not made during the registration period, can be made at the Arena on the day of the race. Each race costs 15.00 CHF.

3.1.33 Childcare service

There will be a Childcare service at the Arenas of the five races (Qualifications and Finals) to look after children aged between 2 and 10 years whilst their parents are running their courses.

Childcare service opening hours:

Saturday, 31 July 2010..... From 15.00 to 20.00 in La Chaux-de-Fonds. 10 minutes walk from EC / Assembly arena.

Sunday 1st August :..... From 12.00 to 17.00 in Neuchâtel. Directly at Assembly arena.

Tuesday, 3 August 2010 From 09.00 to 15.00 in Les Breuleux. Directly at Assembly arena.

Wednesday, 4 August 2010..... From 09.00 to 15.00 in Les Cernets/Verrières. Directly at Assembly arena.

Friday, 6 August 2010 From 09.00 to 15.00 in Le Cernil. Directly at Assembly arena.

Material to bring:

Each child must be provided with their own bag which contains their personal belongings, lunch and nappies. Childrens' belongings should be clearly labelled with their name.

No lunch will be given to the children. Water, cereal bars and fruits will be available.

Access to some childcare locations is by stairs.

Insurance is a matter for the children's parents; the childcare team does not accept any responsibility.

Children have to be registered before Friday, 16th July on the form that can be downloaded from the official WMOC 2010 website

<http://www.wmoc2010.org>

More information about childcare service : **childcare@wmoc2010.org**

3.1.34 Toilets

There will be toilets at all the arenas (Warm up, Model Events, Qualification Races and Final Races). Limited toilet facilities will be provided on the way to the starts. Please use official toilets.

Doing it in the forest gives orienteers a bad reputation and could make organisation of future O-Event in these regions difficult.

3.1.35 Showers

There will be showers at all the competition arenas. For ecological reason, gel shower will be provided by the organiser at the LQ2 and LFI. No personal gel shower will be allowed at these events.

3.1.36 Training opportunities

One map is available for training beside the Official Model Event.

Maps can be bought at the EC.

3.1.37 Massage services

Massage services for the runners will be offer on 1st August at the SFI in Neuchâtel and on 3rd August at the LQ1 in Les Breuleux.

3.2 MODEL EVENTS

The Model Events demonstrate the terrain types of the WMOC 2010 competition areas, map quality, control features and the positioning of the controls. The controls are marked with a flag. Control descriptions will be printed on the maps.

Model Event maps will be included in the participant club packages for WMOC 2010.

Additional model maps will be available in the EC for CHF5.00 (package model event 1, 2, 3).

Please use the free of charge public transport network (trains and WMOC 2010 shuttles).

No parking is possible at either of the Long Model Events. Parking and shuttles are available in and from Le Locle.

MODEL EVENTS 1+2 (LONG)

Le Prévoux / Le Communal



30. July 13.00 – 18.30
2. August 09.00 – 18.00
5. August 10.00 – 16.00

MODEL EVENT 1 Le Prévoux

Distances

EC > Parking 10 km
Parking > Shuttle 100 - 300 m
Shuttle > Assembly 250 m



MODEL EVENT 1

30. July

Le Locle > Le Prévoux

dep. XX.20
dep. XX.50
from 12.50 to 16.50

Le Prévoux > Le Locle

dep. XX.00
dep. XX.30
from 13.00 to 18.00

02. August

Le Locle > Le Prévoux

dep. XX.20
dep. XX.50
from 08.50 to 16.20

Le Prévoux > Le Locle

dep. XX.00
dep. XX.30
from 09.00 to 17.30

05. August

Le Locle > Le Prévoux

dep. XX.20
from 09.20 to 14.20

Le Prévoux > Le Locle

dep. XX.30
from 09.30 to 15.30



MODEL EVENT 2

30. July

Le Locle > La Sagne

dep. XX.15
dep. XX.45
from 12.15 to 16.15

La Sagne > Le Locle

dep. XX.00
dep. XX.30
from 12.30 to 17.30

02. August

Le Locle > La Sagne

dep. XX.15
dep. XX.45
from 08.15 to 16.45

La Sagne > Le Locle

dep. XX.00
dep. XX.30
from 09.00 to 18.00

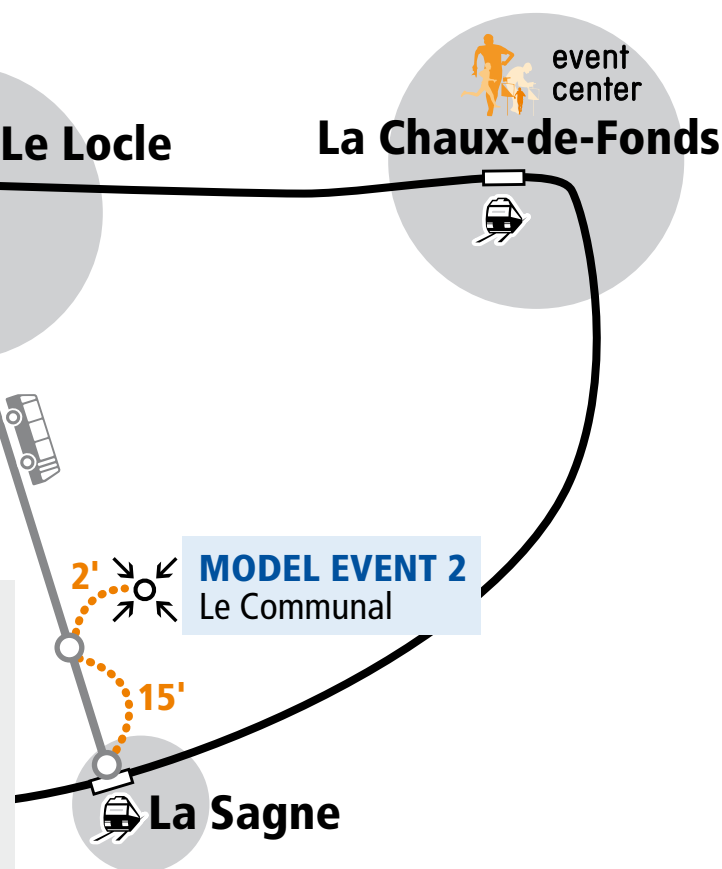
05. August

Le Locle > La Sagne

dep. XX.45
from 09.45 to 14.45

La Sagne > Le Locle

dep. XX.00
from 10.00 to 16.00



La Chaux-de-Fonds > Le Locle

dep. XX.02 arr. XX.10
dep. XX.18 arr. XX.26

Le Locle > La Chaux-de-Fonds

dep. XX.50 arr. XX.58
dep. XX.32 arr. XX.40

La Chaux-de-Fonds > La Sagne

dep. 09.04 arr. 09.18
dep. 11.02 arr. 11.16
dep. 12.08 arr. 12.22
dep. 13.04 arr. 13.28
then every hour dep. XX.04, arr. XX.18

La Sagne > La Chaux-de-Fonds

dep. 10.42 arr. 10.56
dep. 11.37 arr. 11.51
dep. 12.42 arr. 12.56
dep. 13.18 arr. 13.32
then every hour dep. XX.42, arr. XX.56



BY CAR: parking in Le Locle (WMOC marking)+ use shuttle

No parking in Le Prévoux, no parking in La Sagne

GPS Parking N47 03.274 E6 44.501

PLEASE FOLLOW SIGNS



Assembly



Car parking

Walk



Train station



WMOC shuttle

MODEL EVENT 1+2 (LONG) – Le Prévoux/Le Communal

MAP	Le Prévoux / Le Communal
SCALE	1:10'000, contour interval 5 m
MAPPERS	Pierre-Alain Matthey
CARTOGRAPHY	2009 - May 2010
COURSE PLANNERS	Pascal Junod, Henri Cuche, Hansjörg Suter

TERRAIN

Le Prévoux > To test the rocky Jura

Mostly in forest, the west part is similar to LQ2 and LFI. Please strictly respect the forbidden areas. Do not enter the meadows where there are cows. The mother cows can be very dangerous. Take care when crossing roads.

Le Communal > To test the fast Jura

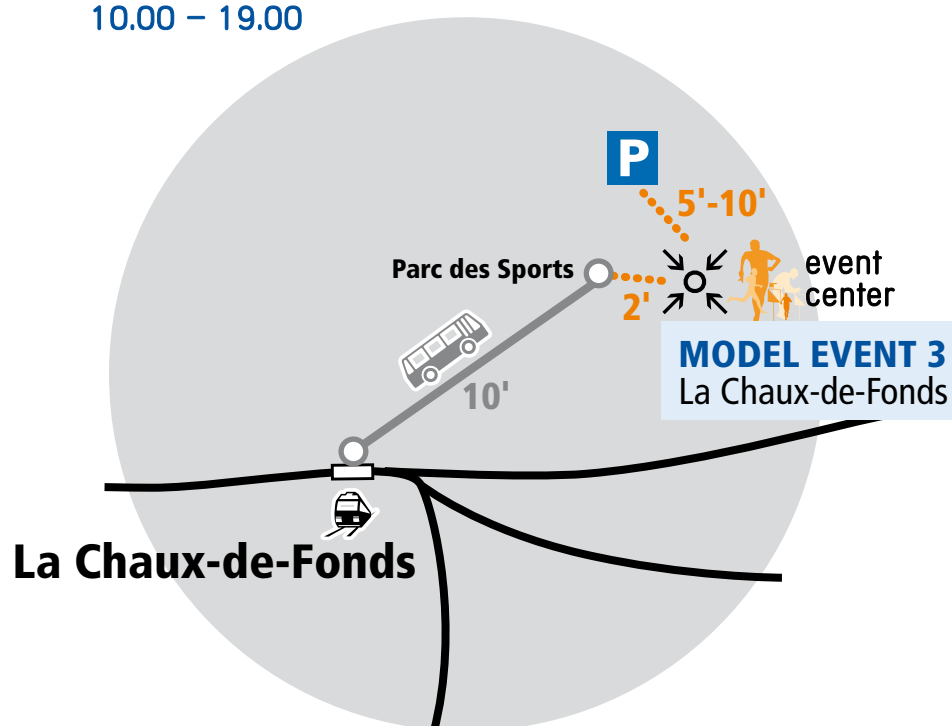
Here you will find a mix of forest and fields where the forest/open area boundaries are difficult to see. The east part of this terrain and vegetation are similar to LQ1. The west part is more similar to LQ2. Take care when crossing roads.

MODEL EVENT 3 (SPRINT)

La Chaux-de-Fonds



30. July 13.00 – 18.30
31. July 10.00 – 19.00



Neuchâtel > La Chaux-de-Fonds

dep. XX.31 arr. XX.59
dep. XX.37 arr. XX.16

La Chaux-de-Fonds > Neuchâtel

dep. XX.42 arr. XX.19
dep. XX.01 arr. XX.30
till 20.01, then
dep. XX.42 arr. XX.19

Biel/Bienne > La Chaux-de-Fonds

dep. XX.17 arr. XX.58
dep. XX.50 arr. XX.47

La Chaux-de-Fonds > Biel/Bienne

dep. XX.02 arr. XX.42
dep. XX.13 arr. XX.09
till 20.02, then
dep. XX.51 arr. XX.42

Distances

EC > Parking
Start point

0 - 500 m
Directly by EC



**WMOC shuttle
or Bus line Nr. 2 direction "Charrière"**
Every 10 minutes



GPS Parking N47 06.619 E6 50.476

PLEASE FOLLOW SIGNS



Assembly



Car parking

Walk



Train station



WMOC shuttle

MODEL EVENT 3 (SPRINT) – La Chaux-de-Fonds

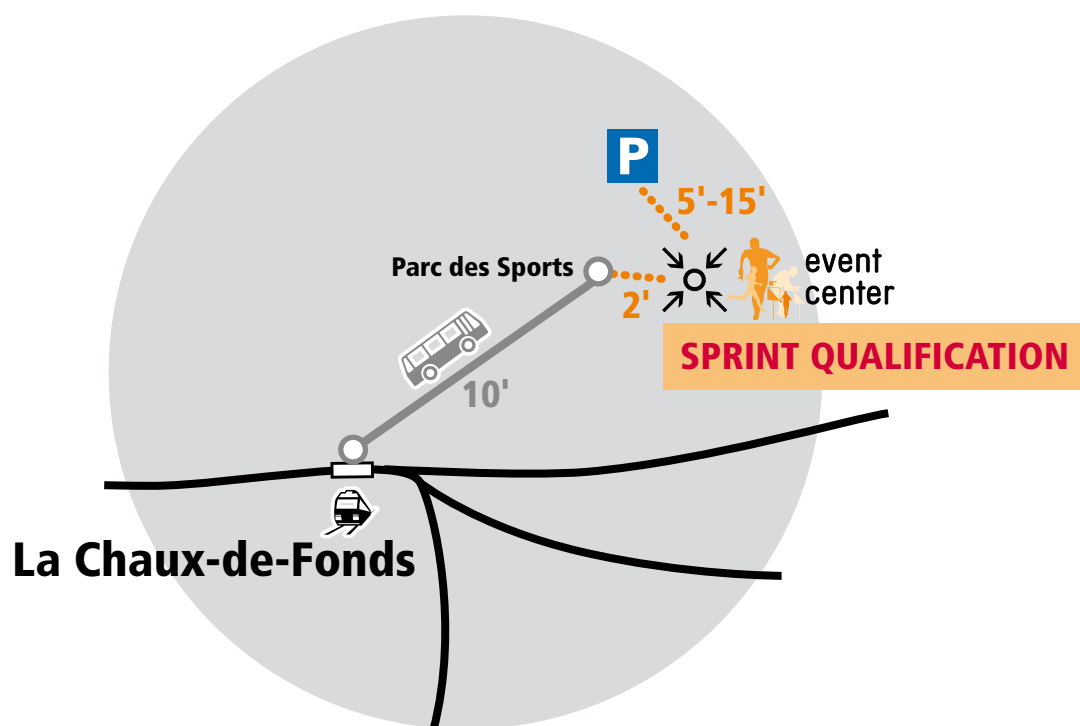
MAP	La Chaux-de-Fonds
SCALE	1:4'000, contour interval 2.5 m
MAPPERS	Fausto Tettamanti, Giorgio Tettamanti, Beat Imhof
CARTOGRAPHY	2009 - May 2010
COURSE PLANNERS	Véronique Juan, Bernard Monnier, Hansjörg Suter

TERRAIN *La Chaux-de-Fonds > To go left, right, left, right, ...*

ATTENTION: Traffic is unrestricted - be very careful. The map can also be used as the warm-up map before the Sprint Qualification. Stay within map limits, to avoid entering the embargoed area.

SPRINT QUALIFICATION

31. July – La Chaux-de-Fonds



Neuchâtel > La Chaux-de-Fonds

dep. XX.31 arr. XX.59
dep. XX.37 arr. XX.16

La Chaux-de-Fonds > Neuchâtel

dep. XX.42 arr. XX.19
dep. XX.01 arr. XX.30
till 20.01, then
dep. XX.42 arr. XX.19

Biel/Bienne > La Chaux-de-Fonds

dep. XX.17 arr. XX.58
dep. XX.50 arr. XX.47

La Chaux-de-Fonds > Biel/Bienne

dep. XX.02 arr. XX.42
dep. XX.13 arr. XX.09
till 20.02, then
dep. XX.51 arr. XX.42

Distances

Parking > Assembly 300 - 1'200 m
Bus stop > Assembly 200 m

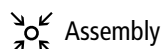


**WMOC shuttle
or Bus line Nr. 2 direction "Charrière"**
Every 10 minutes



GPS Parking N47 06.619 E6 50.476

PLEASE FOLLOW SIGNS



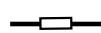
Assembly



Car parking



Walk



Train station



WMOC shuttle

SPRINT QUALIFICATION 31. July – La Chaux-de-Fonds

MAP	La Chaux-de-Fonds	First start WMOC	17.00 h
SCALE	1:4'000, contour interval 2.5 m	Last start WMOC	20.00 h
MAPPERS	Fausto Tettamanti, Giorgio Tettamanti, Beat Imhof	First start OPEN	20.00 h
CARTOGRAPHY	2009 - May 2010	Last start OPEN	21.00 h
COURSE PLANNERS	Véronique Juan, Arnaud Ecabert, Bernard Monnier	Finish closing time	22.00 h
NATIONAL CONTROLLER	Christian Schneebeili		

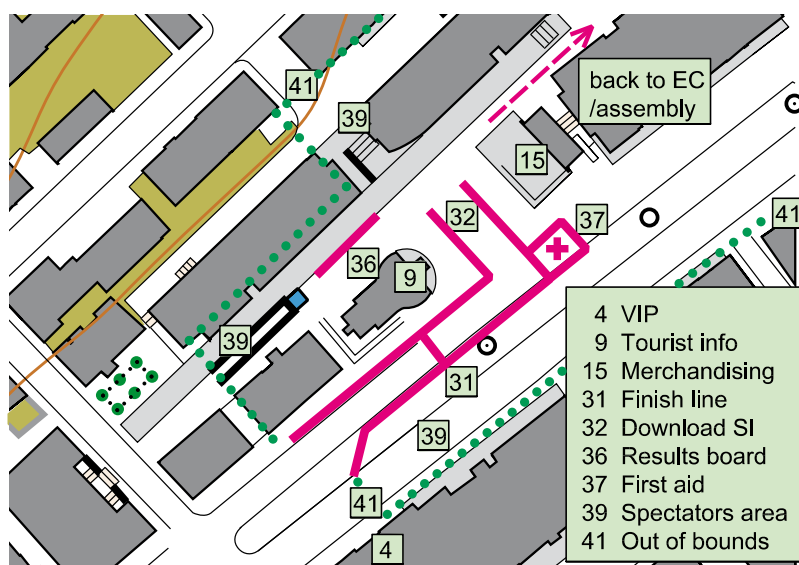
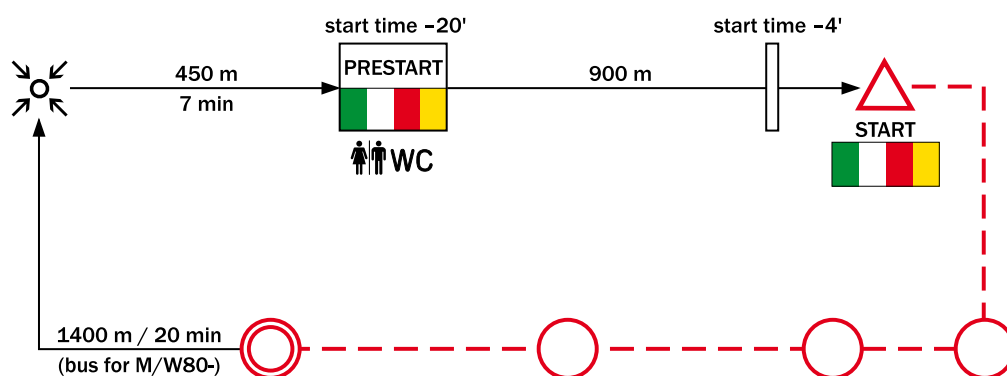
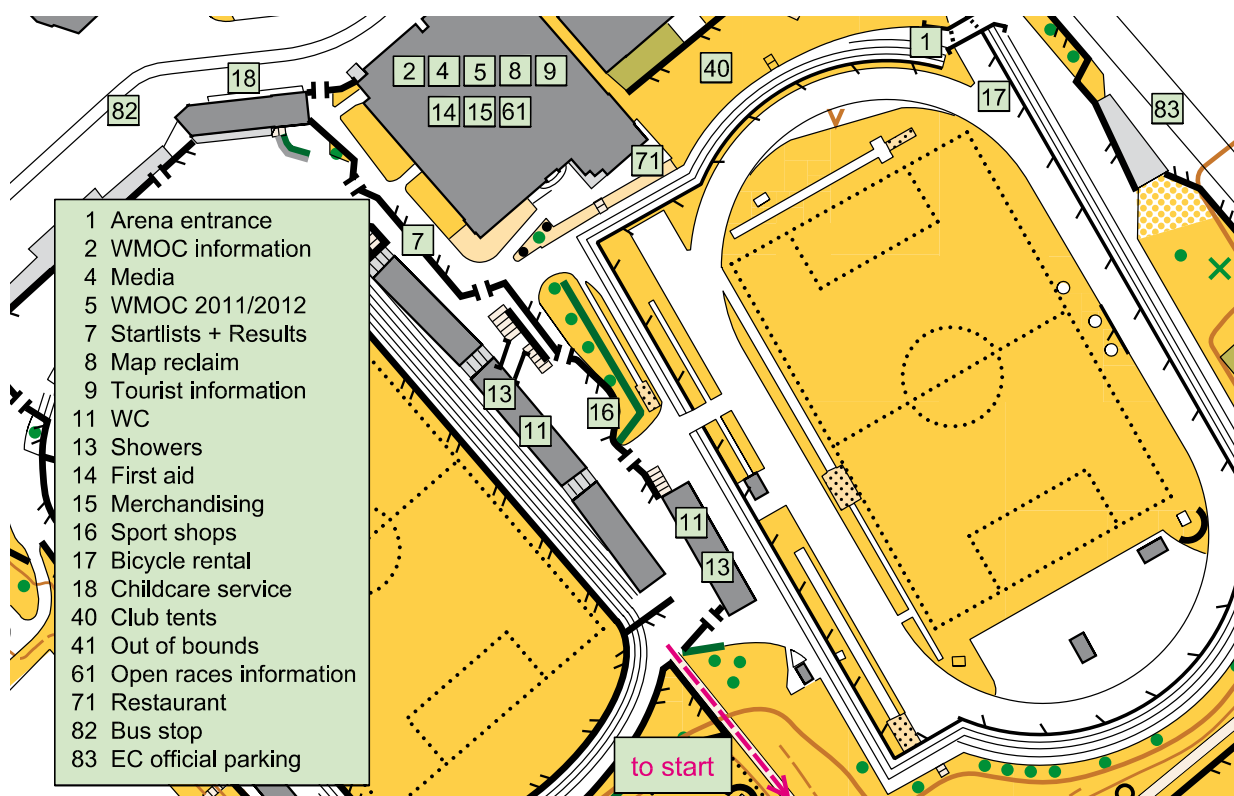
TERRAIN Mostly urban, with a mix of fields, small parks and steps leading up and down specially through the old town. As usual, the private areas mapped in yellow-green are not to be crossed. Breaking this rule will lead to disqualification and will be controlled by officials !!! ATTENTION: Normal car traffic will be restricted. Nevertheless, residual traffic may occur (max. speed 20 km/h). All courses will be crossing a local train line (max. speed 20 km/h). Public transport and emergency services have priority. Be very careful !!! Crossing out of bounds will lead to disqualification ! As usual, the private areas mapped in yellow green and walls and fences which are marked as uncrossable must not be crossed (see examples in 3.1.9, page 22).

Look at the map like a swiss watch : with precision !

SPRINT QUALIFICATION - COURSES DATA

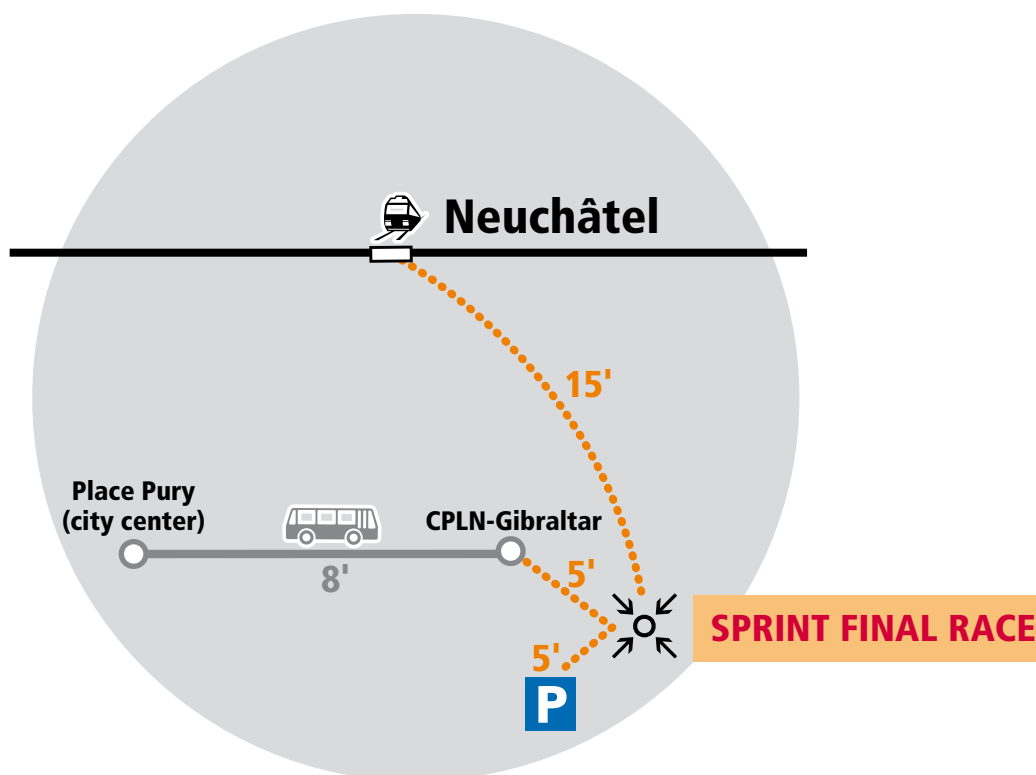
Class	Heat	Start	Length [m]	Climb[m]	Controls
M35	1,2	Green	2550-2700	45-60	15-18
M40	1,2,3	Green	2500-2650	40-55	15-18
M45	1,2,3,4	Green	2300-2450	40-55	15-18
M50	1,2,3,4,5	Green	2250-2400	35-50	14-17
M55	1,2,3,4,5	White	2150-2300	30-45	14-17
M60	1,2,3,4,5,6	White	1900-2050	30-45	13-15
M65	1,2,3,4,5	Red	1800-1950	25-35	13-15
M70	1,2,3,4	Red	1600-1750	20-30	12-14
M75	1,2	Red	1300-1450	15-25	9-11
M80	1	Red	1300	10	9
M85	1	Red	1200	5	8
M90	1	Red	1000	5	8
M95	1	Red	1000	5	8
W35	1,2	Green	2150-2300	35-50	15-18
W40	1,2	Green	2000-2150	35-50	15-18
W45	1,2,3	Green	1950-2100	30-45	14-17
W50	1,2,3	Green	1850-2000	25-35	14-16
W55	1,2,3,4	White	1650-1800	25-35	11-13
W60	1,2,3,4	White	1550-1700	20-30	10-12
W65	1,2,3	Red	1350-1500	20-30	10-12
W70	1,2	Red	1200-1300	15-25	9-11
W75	1	Red	1200	10	8
W80	1	Red	1100	5	8
W85	1	Red	1000	5	8
W90	1	Red	1000	5	8

SPRINT QUALIFICATION 31. July – La Chaux-de-Fonds



SPRINT FINAL RACE

01. August – Neuchâtel



La Chaux-de-Fonds > Neuchâtel

dep. XX.01 arr. XX.29
dep. XX.42 arr. XX.19

Neuchâtel > La Chaux-de-Fonds

dep. XX.31 arr. XX.59
dep. XX.37 arr. XX.16

Distances

EC > Parking	22 km
Parking > Assembly	100 - 200 m
Station > Assembly	1000 m



Bus line Nr. 1 direction "Marin"

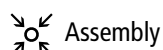
Every 20 minutes



Road marking from highway (Neuchâtel, exit Maladière) to parking place

GPS Parking N46 59.775 E6 56.716

PLEASE FOLLOW SIGNS



Assembly



Car parking



Walk



Train station



WMOC shuttle

SPRINT FINAL RACE 01. August – Neuchâtel

MAP	Neuchâtel
SCALE	1:4'000, contour interval 2.5 m
MAPPERS	Fausto Tettamanti, Giorgio Tettamanti, Beat Imhof
CARTOGRAPHY	2009 - May 2010
COURSE PLANNERS	Giorgio Bernasconi, Antoine Attinger
NATIONAL CONTROLLER	Hans Laube

First start WMOC	13.00 h
Last start WMOC	16.00 h
First start OPEN	16.00 h
Last start OPEN	17.00 h
Finish closing time	18.00 h
Prize giving	17.30 h

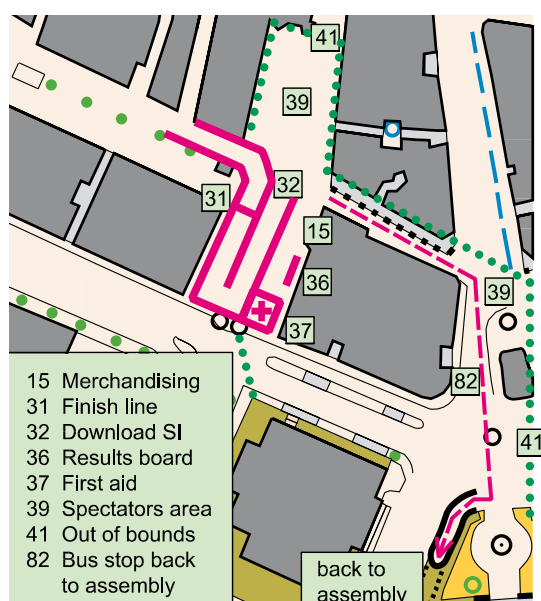
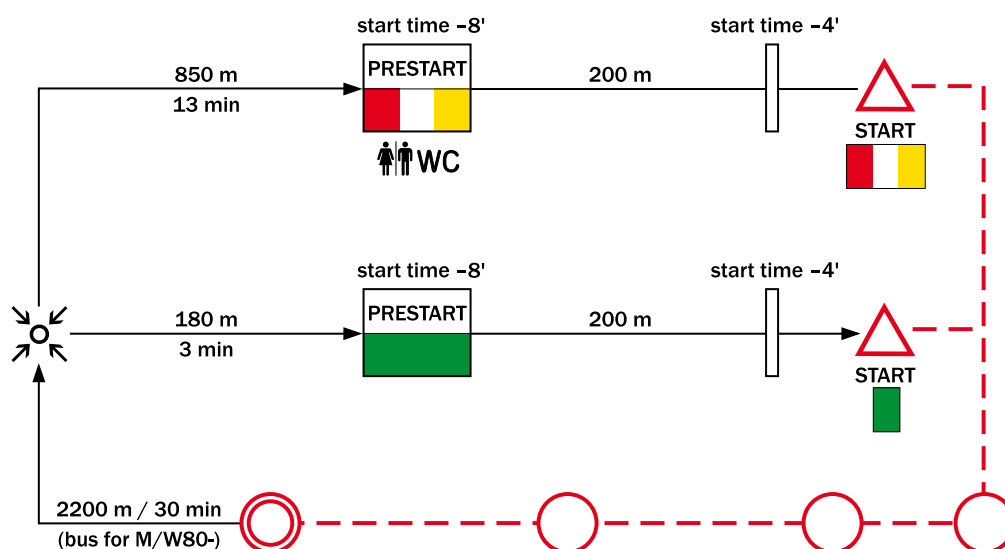
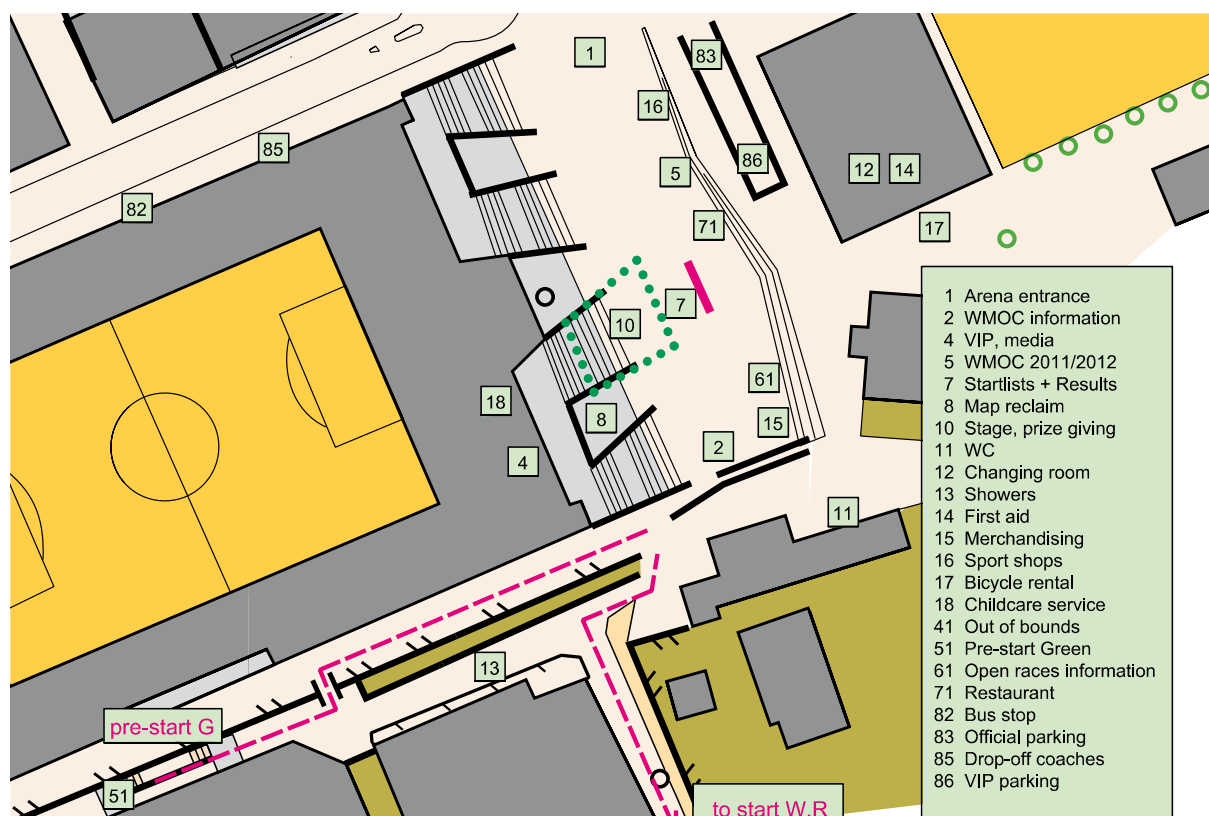
TERRAIN Mostly urban, with small parks and narrow streets in the old town. The ground is nearly all tarmac. Climbs, slopes and stairs can be slippery when wet. As usual, the private areas mapped in yellow-green are not to be crossed. Breaking this rule will lead to disqualification and will be controlled by officials!!! ATTENTION : Normal car traffic will be restricted. Nevertheless, residual traffic may occur (max. speed 20 km/h). Public transport and emergency services have priority. Be very careful!!! Crossing out of bounds will lead to disqualification ! As usual, the private areas mapped in yellow green and walls and fences which are marked as uncrossable must not be crossed (see examples in 3.1.9, page 22).

Not as easy at it looks ! And practice up and down stairs !

SPRINT FINAL RACE - COURSES DATA						
Class	Final	Start	Length[m]	Climb[m]	Controls	Last Start
W35	A	Green	1870	65	15	15:14
	B	Green	1660	50	12	13:54
W40	A	Green	1800	60	14	15:40
	B	Green	1670	35	15	15:54
W45	A	Green	1730	55	11	14:49
	B	Green	1610	30	12	14:20
	C	Green	1530	30	12	15:18
W50	A	Green	1710	45	13	14:55
	B	Green	1530	30	12	14:50
	C	Green	1520	20	14	13:54
W55	A	White	1500	45	11	14:36
	B	White	1600	30	11	15:29
	C	White	1440	25	11	14:20
	D	White	1390	25	12	14:04
W60	A	White	1250	55	8	14:19
	B	White	1390	25	11	15:19
	C	White	1090	35	9	14:19
	D	White	1100	20	10	14:51
W65	A	Red	1390	25	10	15:40
	B	Red	1090	35	9	15:56
	C	Red	1030	25	10	15:29
W70	A	Red	1240	20	10	14:00
	B	Red	970	20	9	14:30
W75	A	Red	1030	25	10	14:34
	B	Red	920	15	8	13:21
W80	A	Red	970	20	9	15:17
W85	A	Red	850	15	8	14:04
W90	A	Red	850	15	8	14:13

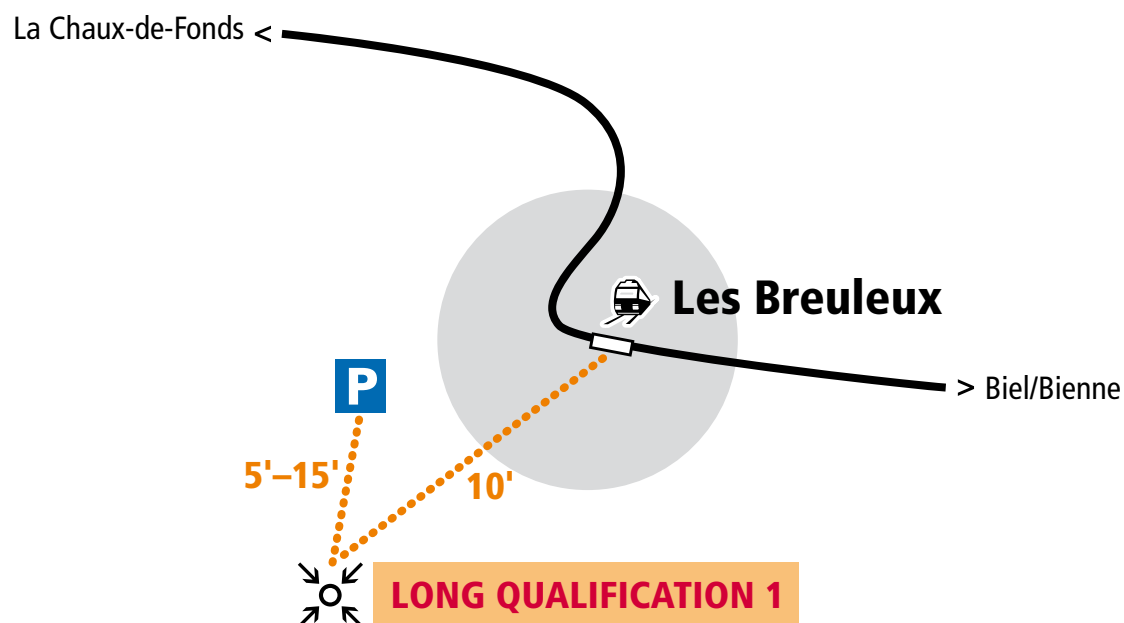
Class	Final	Start	Length[m]	Climb[m]	Controls	Last Start
M35	A	Green	2360	70	19	15:07
	B	Green	1880	65	15	14:16
M40	A	Green	2090	80	16	14:20
	B	Green	2050	70	13	15:50
M45	C	Green	1730	55	11	15:44
	A	Green	2050	70	13	14:25
	B	Green	2030	60	16	14:24
	C	Green	1860	40	14	15:49
M50	D	Green	1710	45	13	15:58
	A	Green	1970	70	13	14:48
	B	Green	1800	60	14	14:19
	C	Green	1960	40	15	16:09
M55	D	Green	1660	50	12	15:19
	E	Green	1670	35	15	14:29
	A	White	1750	80	12	14:19
	B	White	1740	55	13	14:35
	C	White	1720	50	12	15:54
M60	D	White	1700	30	15	14:19
	E	White	1470	45	11	15:28
	A	White	1570	65	12	14:34
	B	White	1720	50	12	14:28
	C	White	1700	30	15	15:53
	D	White	1540	45	11	14:24
	E	White	1500	45	10	15:48
M65	F	White	1620	30	11	14:07
	A	Red	1470	65	12	14:30
	B	Red	1540	45	11	15:56
	C	Red	1500	45	10	14:19
	D	Red	1440	25	11	15:44
M70	E	Red	1390	25	11	13:49
	A	Red	1470	45	11	14:19
	B	Red	1390	25	12	15:29
	C	Red	1270	25	9	14:38
	D	Red	1100	20	10	15:31
M75	A	Red	1270	30	11	14:09
	B	Red	1240	20	10	15:57
M80	A	Red	1240	20	10	14:51
	B	Red	920	15	8	13:47
M85	A	Red	970	20	9	14:52
M90	A	Red	850	15	8	13:57
M95	A	Red	850	15	8	14:18

SPRINT FINAL RACE 01. August – Neuchâtel



LONG QUALIFICATION 1

03. August – Les Breuleux



La Chaux-de-Fonds > Les Breuleux

dep.	arr.	extra train
08.03	08.40	
08.30	09.15	
09.03	09.40	
10.03	10.40	
11.03	11.40	

Recommended for start time

10.00 – 11.00
10.45 – 12.00
11.15 – 12.30
12.30 – 13.30
13.30 – 14.00

Les Breuleux > La Chaux-de-Fonds

dep. XX.17 arr. XX.57

Biel/Bienne > Les Breuleux (change in Sonceboz-Sombeval AND in Tavannes)

dep. 07.50	arr. 08.40	extra train
08.17	09.17	
09.17	10.17	
10.17	11.17	
11.17	12.17	

Recommended for start time

10.00 – 11.00
11.00 – 12.00
11.45 – 13.00
12.45 – 13.30
13.15 – 14.00

Les Breuleux > Biel/Bienne

dep. XX.41 arr. XX.42

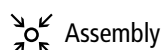
Distances

EC > Parking	20 km
Parking > Assembly	200 - 1'200 m
Station > Assembly	400 m



GPS Parking N47 12.548 E6 59.908

PLEASE FOLLOW SIGNS



Assembly



Car parking



Walk



Train station



WMOC shuttle

LONG QUALIFICATION 1 03. August – Les Breuleux

MAP	Les Breuleux	First start WMOC	10.00 h
SCALE	1:10'000, contour interval 5 m	Last start WMOC	14.00 h
MAPPERS	Urs Steiner	First start OPEN	14.00 h
CARTOGRAPHY	2009 - May 2010	Last start OPEN	15.00 h
COURSE PLANNERS	Henri Cuche, Jean-Claude Guyot	Finish closing time	16.30 h
NATIONAL CONTROLLER	Christian Schneebeili		

TERRAIN Typical Jura terrain with a mix of fields and forests whose boundaries are sometimes difficult to see. Precise orienteering will be required in some very detailed areas. There is little undergrowth which will allow fast running. Because of mandatory crossings, the number of controls is higher than usual for a long distance race.

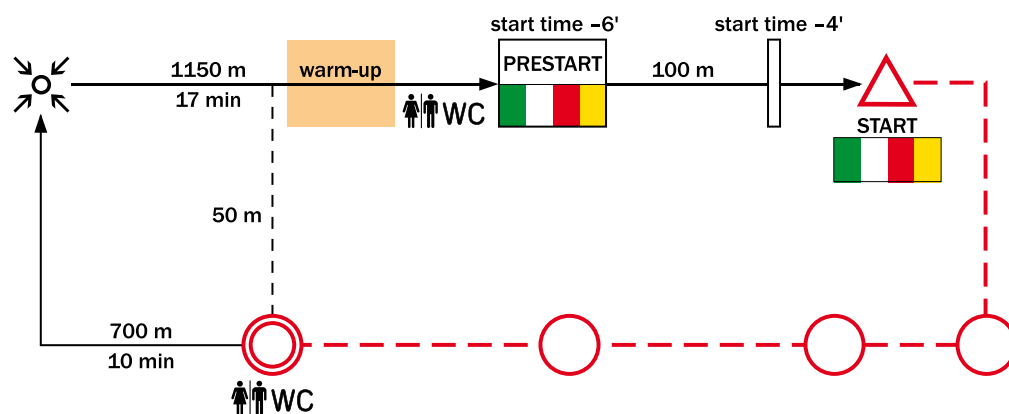
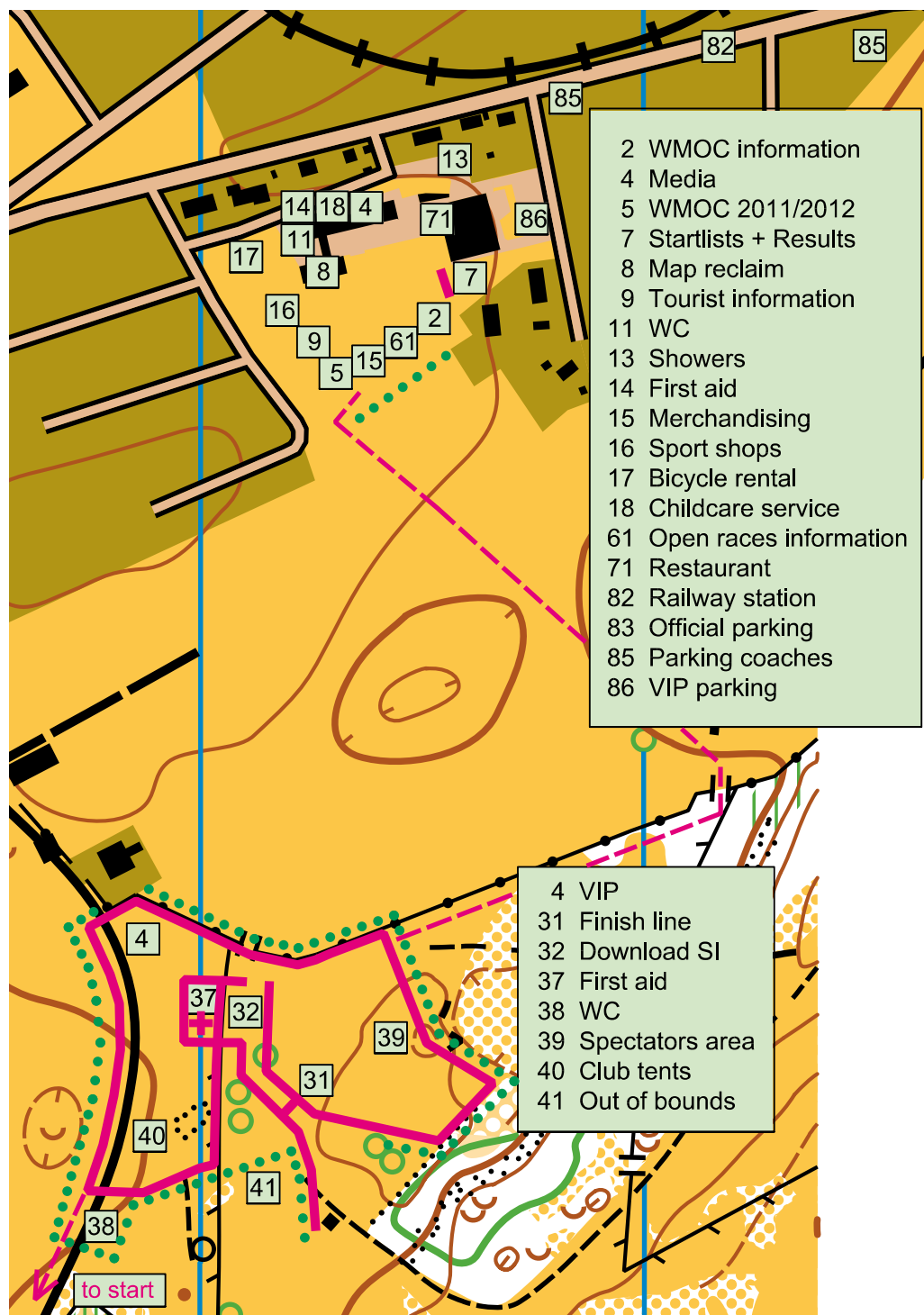
ATTENTION: Some double wire fences contain high voltage. They can be dangerous and should not be touched. They are marked with an additional purple line on the map. Crossing points are marked and are to be strictly respected. Other single strand wire fences are not mapped. They can be crossed with care. Animals, mainly cows, may be found. Please do not scare them.

Fast and straight ... if possible in the right direction !

LONG QUALIFICATION 1 - COURSES DATA

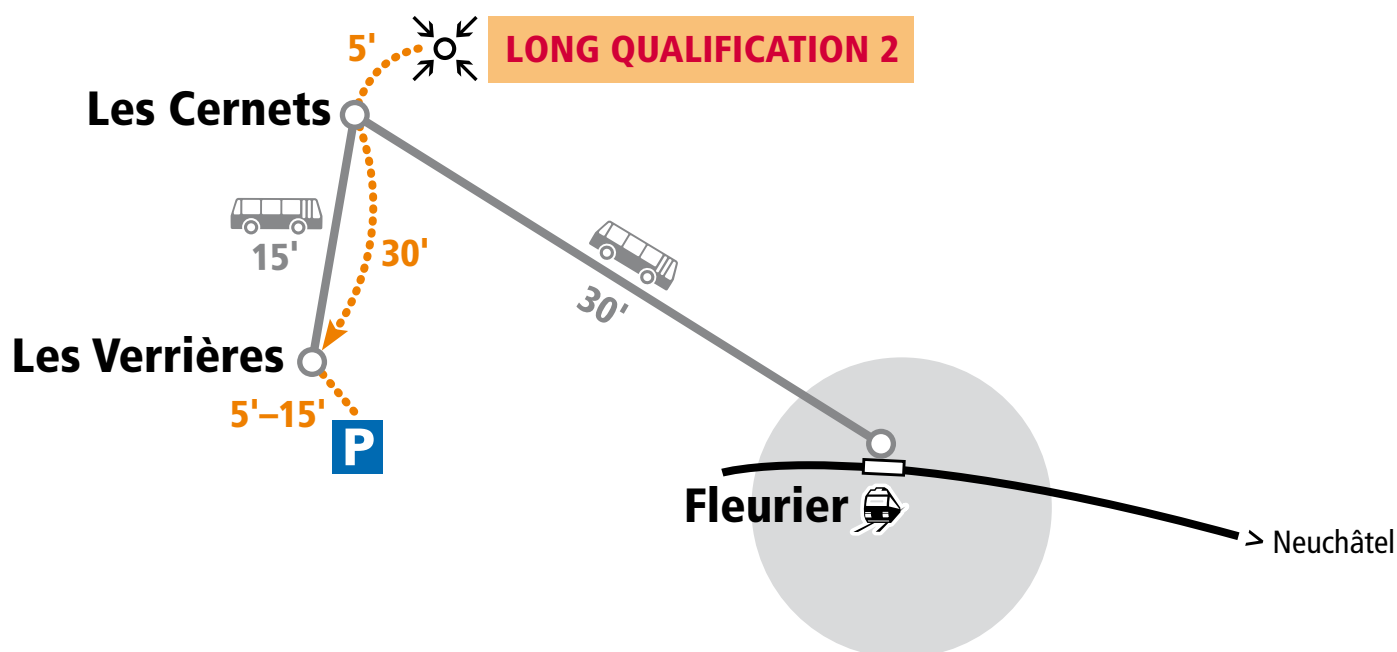
Class	Heat	Start	Length [m]	Climb[m]	Controls
M35	1,2	Green	10300-10500	200-220	26-28
M40	1,2,3,4	Green	9800-10000	160-180	24-26
M45	1,2,3,4,5	Green	8500-8700	130-150	23-25
M50	1,2,3,4,5,6	Green	7500-7750	110-140	22-24
M55	1,2,3,4,5,6,7	White	6150-6300	100-115	16-18
M60	1,2,3,4,5,6	White	5450-5650	80-110	16-18
M65	1,2,3,4,5	Red	5150-5350	85-110	16-18
M70	1,2,3,4,5	Red	4300-4450	80-95	14-16
M75	1,2	Red	3950-4100	65-75	12-14
M80	1	Red	2600	50	10
M85	1	Red	2200	45	8
M90	1	Red	1700	35	7
M95	1	Red	1700	35	7
W35	1,2	Green	6300-6450	100-120	17-19
W40	1,2	Green	5400-5550	100-115	17-19
W45	1,2,3	Green	4350-4500	80-100	14-16
W50	1,2,3,4	Green	4000-4150	80-95	11-13
W55	1,2,3,4	White	3900-4000	60-75	12-14
W60	1,2,3,4	White	3500-3650	55-65	11-13
W65	1,2,3	Red	3000-3100	65-75	10-12
W70	1,2	Red	2800-2900	50-60	10-12
W75	1	Red	2600	50	10
W80	1	Red	2200	45	8
W85	1	Red	1700	35	7
W90	1	Red	1700	35	7

LONG QUALIFICATION 1 03. August – Les Breuleux



LONG QUALIFICATION 2

04. August – Les Cernets



Distances

EC > Parking	47 km
Parking > Shuttle	200 - 1'200 m
Shuttle > Assembly	200 m



La Chaux-de-Fonds > Neuchâtel > Fleurier

dep. 07.01	change	dep. 07.40	arr. 08.19
dep. 08.01	change	dep. 08.40	arr. 09.19
dep. 09.01	change	dep. 09.40	arr. 10.19
dep. 10.01	change	dep. 10.40	arr. 11.19

Recommended for start time

10.00 – 11.10
11.10 – 12.10
12.10 – 13.10
13.10 – 14.00

Fleurier	> Neuchâtel	> La Chaux-de-Fonds
dep. XX.37	arr. XX.15	dep. XX.31
		arr. XX.59



Fleurier > Les Cernets

dep. 07.25	arr. 07.55
dep. 08.25	arr. 08.55
dep. 09.25	arr. 09.55
dep. 10.25	arr. 10.55
dep. 11.25	arr. 11.55

Les Cernets > Fleurier

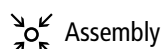
dep. 13.00	arr. 13.30
dep. 14.00	arr. 14.30
dep. 15.00	arr. 15.30
dep. 16.00	arr. 16.30
dep. 17.00	arr. 17.30

Les Verrières P < > Les Cernets
dep. every 15 minutes from 07.30



GPS Parking N46 54.305 E6 29.060

PLEASE FOLLOW SIGNS



Assembly



Car parking



Walk



Train station



WMOC shuttle

LONG QUALIFICATION 2 04. August – Les Cernets

MAP	Les Cernets	First start WMOC	10.00 h
SCALE	1:10'000, contour interval 5 m	Last start WMOC	14.00 h
MAPPERS	Urs Steiner	First start OPEN	14.00 h
CARTOGRAPHY	2009 - May 2010	Last start OPEN	15.00 h
COURSE PLANNERS	Gilles Renaud, Grégoire Perret	Finish closing time	16.30 h
NATIONAL CONTROLLER	Ulu Aeschlimann		

TERRAIN Perhaps the most difficult terrain of the WMOC 2010 Much fine contour detail, often rocky underfoot, with many small crevasses and rocky holes A high level of concentration and careful map reading will be essential Some (not all) deep holes are marked with coloured tape. Except for older competitors, the last parts of the courses are in very rocky areas. Be careful! Undergrowth will also reduce runnability and speed.

Be careful where you put your feet!

LONG QUALIFICATION 2 - COURSES DATA

Class	Heat	Start	Length [m]	Climb[m]	Controls
M35	1,2	Green	8400-8600	280-310	25-28
M40	1,2,3,4	Green	7600-7800	250-280	20-22
M45	1,2,3,4,5	Green	6200-6400	230-250	20-22
M50	1,2,3,4,5,6	Green	5300-5550	180-210	14-16
M55	1,2,3,4,5,6,7	White	4850-5050	150-170	16-18
M60	1,2,3,4,5,6	White	4200-4450	155-175	13-15
M65	1,2,3,4,5	Red	4050-4200	130-150	13-15
M70	1,2,3,4,5	Red	3700-3850	110-125	12-14
M75	1,2	Red	3050-3150	80-90	10-12
M80	1	Red	2400	60	11
M85	1	Red	1600	50	8
M90	1	Red	1300	50	6
M95	1	Red	1300	50	6
W35	1,2	Green	4850-5050	160-180	13-15
W40	1,2	Green	4100-4300	140-160	13-15
W45	1,2,3	Green	3500-3700	120-140	12-14
W50	1,2,3,4	Green	3350-3500	90-110	12-14
W55	1,2,3,4	White	3100-3250	85-110	11-13
W60	1,2,3,4	White	2700-2850	85-100	10-12
W65	1,2,3	Red	2500-2650	60-75	8-10
W70	1,2	Red	2400-2500	60-70	8-10
W75	1	Red	2400	60	11
W80	1	Red	1600	50	8
W85	1	Red	1300	50	6
W90	1	Red	1300	50	6

NB 1

Shuttle bus from Assembly to Start will be provided for competitors M85-/W80- and older.

Departure from Assembly (bus stop) at 10:00, 10:20, 10:40, 11:00

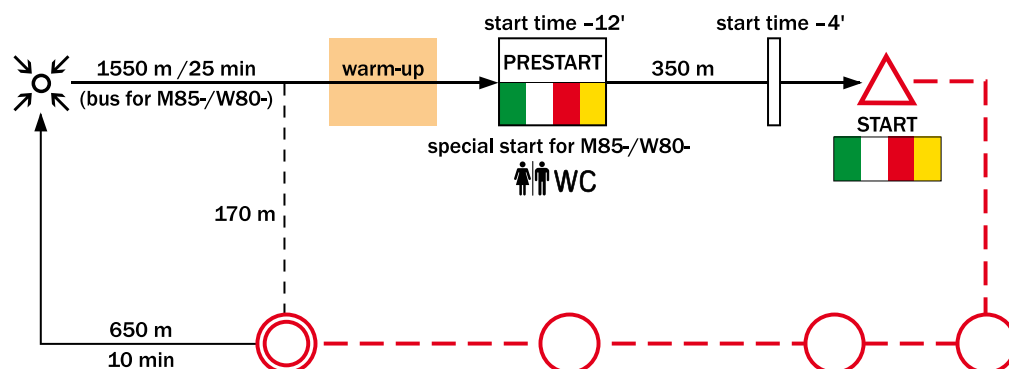
Special Start will be used for these classes. Please follow signs near pre-start

NB 2

Due to narrow road between Les Verrières and Les Cernets, coaches will not be allowed to reach Les Cernets (Assembly) after the race. Passengers of coaches will be asked to use WMOC shuttles to Les Verrières. Additional information will be given to coach drivers.

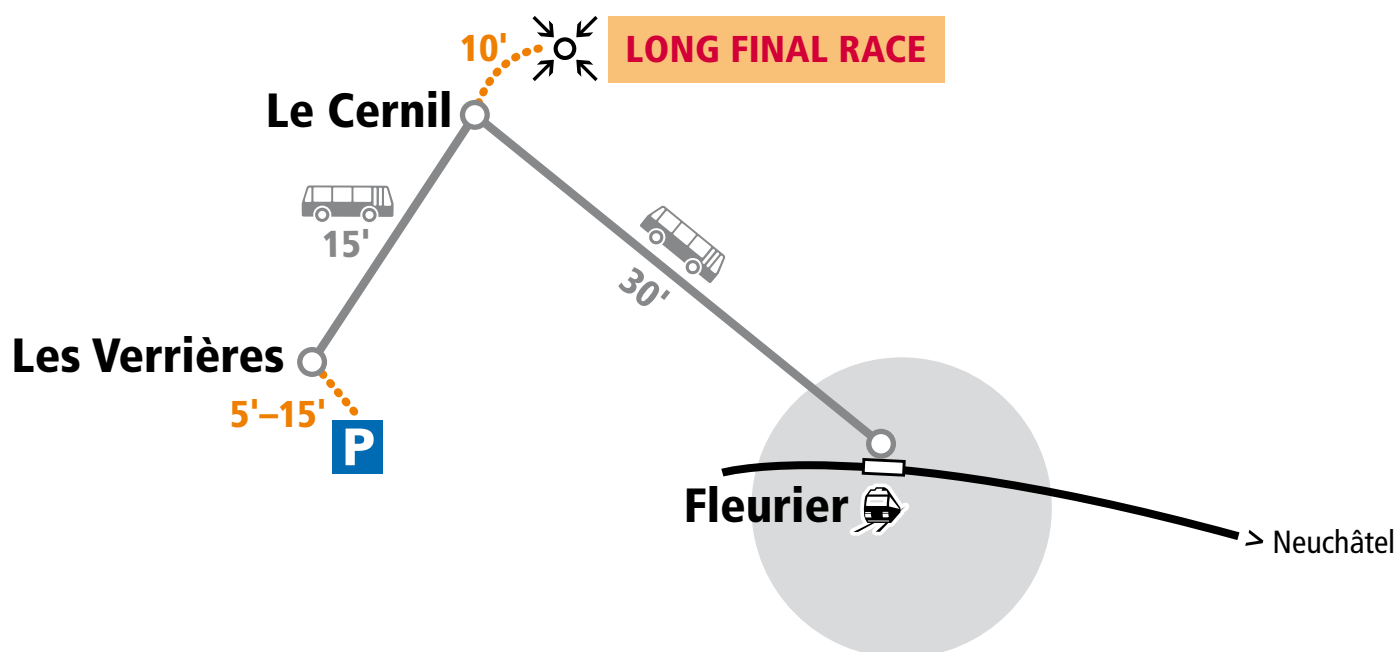
In order to minimize traffic problem, it is highly recommended to all participants to walk back to Les Verrières (about 30 min, nice path 80% in forest and field)

LONG QUALIFICATION 2 04. August – Les Cernets



LONG FINAL RACE

06. August – Le Cernil



Distances

EC > Parking	47 km
Parking > Shuttle	200 - 1'200 m
Shuttle > Assembly	500 m



La Chaux-de-Fonds > Neuchâtel > Fleurier

dep. 07.01	change	dep. 07.40	arr. 08.19
dep. 08.01	change	dep. 08.40	arr. 09.19
dep. 09.01	change	dep. 09.40	arr. 10.19
dep. 10.01	change	dep. 10.40	arr. 11.19

Recommended for start time

10.00 – 11.10
11.10 – 12.10
12.10 – 13.10
13.10 – 14.00

Fleurier	> Neuchâtel	> La Chaux-de-Fonds
dep. XX.37	arr. XX.15	dep. XX.31
		arr. XX.59



Fleurier > Le Cernil

dep. 07.25	arr. 07.55
dep. 08.25	arr. 08.55
dep. 09.25	arr. 09.55
dep. 10.25	arr. 10.55
dep. 11.25	arr. 11.55

Le Cernil > Fleurier

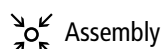
dep. 13.00	arr. 13.30
dep. 14.00	arr. 14.30
dep. 15.00	arr. 15.30
dep. 16.00	arr. 16.30
dep. 17.00	arr. 17.30

Les Verrières P < > Le Cernil
dep. every 10 minutes from 07.30



GPS Parking N46 54.305 E6 29.060

PLEASE FOLLOW SIGNS



Assembly



Car parking



Walk



Train station



WMOC shuttle

LONG FINAL RACE 06. August – Le Cernil

MAP	Le Cernil
SCALE	1:10'000, contour interval 5 m
MAPPERS	Pierre-Alain Matthey, Urs Steiner
CARTOGRAPHY	2009 - May 2010
COURSE PLANNERS	Luc Béguin, Pascal Junod
NATIONAL CONTROLLER	Paul Corrodi

First start WMOC	10.00 h
Last start WMOC	13.50 h
Prize giving	15.00 h
Closing ceremony	15.30 h
Finish closing time	16.20 h

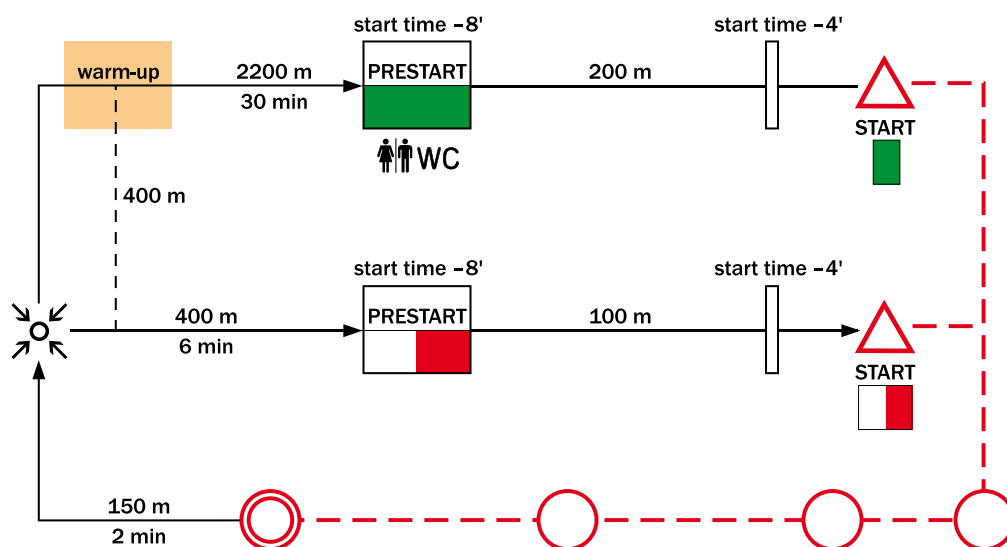
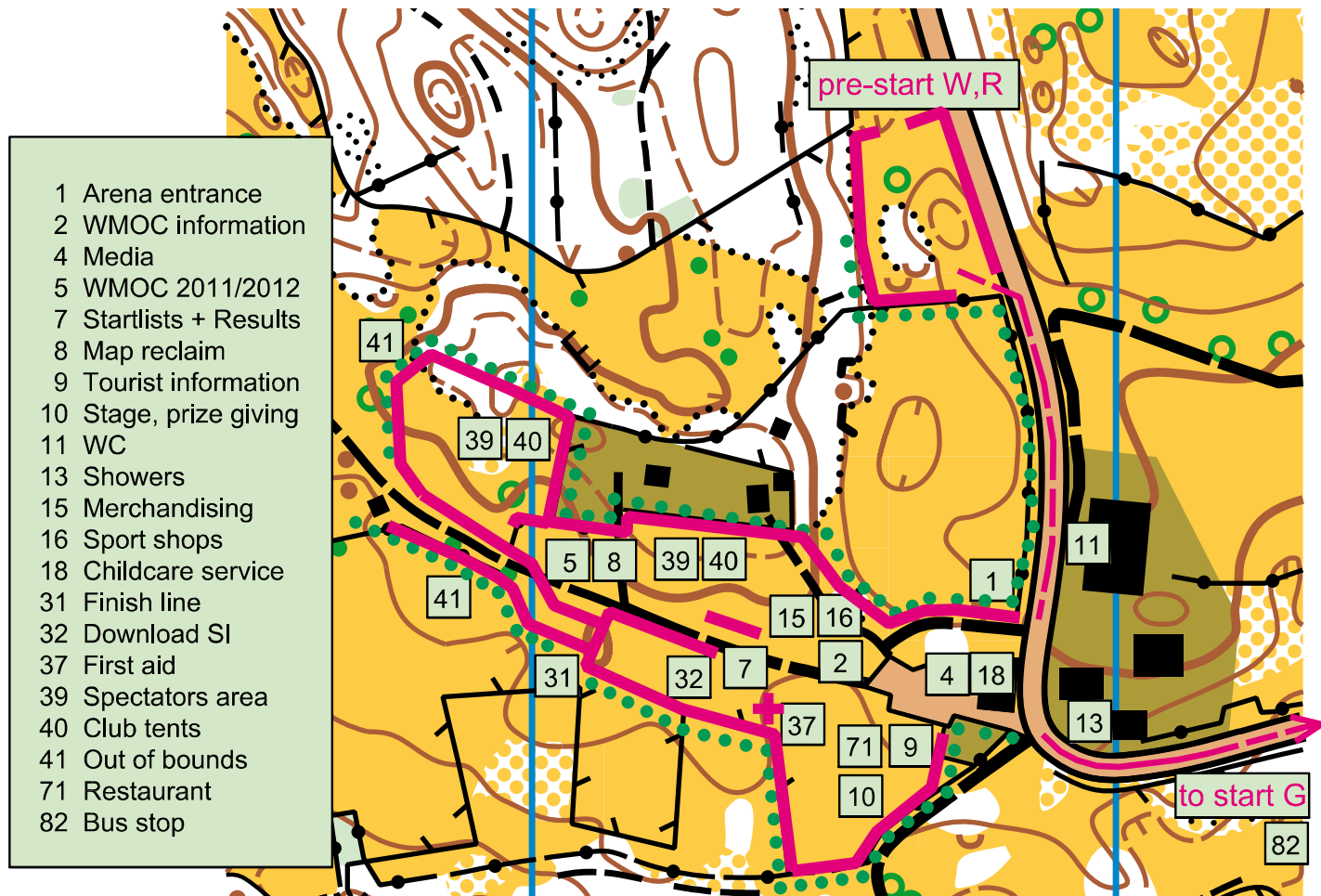
TERRAIN This famous terrain was used for the relay of WOC in 1981 It is one of the most interesting areas in the Jura. There is much fine contour details which, with rocky parts, will require a very high concentration Small rocky crevasses and holes will also require careful attention Some (not all) deep holes are marked with coloured tape There are also some faster areas Old walls are mapped. They can be crossed with care.

Enjoy the best of swiss Jura !

LONG FINAL RACE - COURSES DATA						
Class	Final	Start	Length[m]	Climb[m]	Controls	Last Start
W35	A	Green	5840	200	18	12:59
	B	Green	4640	150	13	12:45
W40	A	Green	5180	160	14	12:43
	B	Green	4000	155	14	12:40
W45	A	Green	4210	160	15	12:46
	B	Green	3660	110	11	13:42
	C	Green	3060	100	9	12:36
W50	A	Green	4300	130	14	12:39
	B	Green	3530	110	12	12:39
	C	Green	3060	100	9	12:10
W55	A	White	3790	135	12	12:38
	B	White	3280	125	12	12:40
	C	White	2940	105	10	12:38
	D	White	2550	105	9	11:19
W60	A	White	3290	130	11	13:01
	B	White	2780	120	10	13:00
	C	White	2520	90	10	12:40
	D	White	2330	75	9	12:22
W65	A	Red	3070	110	11	13:11
	B	Red	2540	105	11	12:42
	C	Red	2100	85	8	11:47
W70	A	Red	2610	115	10	13:05
	B	Red	2300	75	9	12:41
W75	A	Red	2280	90	11	13:08
	B	Red	2000	75	9	11:26
W80	A	Red	1710	75	8	11:26
W85	A	Red	1200	70	6	11:34
W90	A	Red	1200	70	6	12:14

Class	Final	Start	Length[m]	Climb[m]	Controls	Last Start
M35	A	Green	10100	355	27	12:50
	B	Green	7740	300	20	12:27
M40	A	Green	8780	295	26	12:40
	B	Green	7310	285	20	12:39
M45	C	Green	5520	235	15	11:51
	A	Green	7300	310	22	12:38
	B	Green	6540	235	18	12:40
	C	Green	5320	200	14	12:40
M50	D	Green	4260	140	12	12:18
	A	Green	6600	245	18	12:49
	B	Green	6110	210	16	13:46
	C	Green	5120	215	14	13:48
M55	D	Green	4540	190	13	13:47
	E	Green	3870	125	11	11:05
	A	White	5720	190	17	13:00
	B	White	5260	180	16	12:47
	C	White	4680	185	13	13:26
M60	D	White	4280	175	13	12:49
	E	White	3680	150	12	11:56
	A	White	5300	205	18	12:49
	B	White	5070	180	16	13:46
	C	White	4520	180	14	12:47
	D	White	4120	165	13	13:47
M65	E	White	3610	160	13	12:48
	F	White	3600	120	13	12:40
	A	Red	4590	180	14	12:45
	B	Red	4090	160	13	13:39
	C	Red	3720	155	12	13:40
	D	Red	3560	145	12	13:38
M70	E	Red	3310	115	12	12:58
	A	Red	4280	150	14	13:06
	B	Red	3430	150	12	12:38
	C	Red	2480	145	9	13:17
	D	Red	2030	100	9	11:23
M75	A	Red	3530	120	13	12:07
	B	Red	2910	105	11	13:19
M80	A	Red	2920	110	11	11:35
	B	Red	2390	90	9	13:33
M85	A	Red	2280	90	11	11:08
M90	A	Red	1710	75	8	12:10
M95	A	Red	1710	75	8	11:46

LONG FINAL RACE 06. August – Le Cernil



4 SOCIAL EVENTS

4.1.1 Opening ceremony

The Opening ceremony will take place on Saturday 31st July in La Chaux-de-Fonds just after the Sprint Qualification Race. Competitors are invited to join their fellow countrymen and march behind their flag. We hope that you will all join us in the opening ceremony of the World Masters Orienteering Championships 2010. Competitors should meet at the finish line of Sprint Qualification at 21.00 hour. The parade will start at 21.10 hour. "Soupe aux pois" will be distributed free before and after the Opening ceremony in La Place du Marché in La Chaux-de-Fonds. Fireworks will follow the Opening ceremony.

4.1.2 WMOC 2010 Sprint Prize Giving Ceremony

The Prize Giving Ceremony will be held on Sunday 1st August at 17.30 hours in the Assembly arena where first, second and third place winners of each A Final will be awarded WMOC medals. Each medallist should be seated on the appropriate chair before the beginning of the Ceremony. Fireworks will be at 22.00 from the Lake of Neuchâtel.

4.1.3 WMOC 2010 Long distance Prize Giving Ceremony and Closing ceremony

The Prize Giving Ceremony will be held at 15.00 hours in the finish area where first, second and third place winners of each A Final will be awarded WMOC medals. Each medallist should be seated on the appropriate chair before the beginning of the Ceremony. The Closing ceremony will follow the Prize Giving Ceremony.

4.1.4 Official Banquet

Official Banquet will take place in Neuchâtel.

Programme of the Banquet:

18.00..... Welcome to the port of Neuchâtel
18.30 – 19.00..... Boatcruise on the Lake of Neuchâtel with aperitif
20.00..... Official Banquet
22.00 – 02.00..... Bar and Dancing

Tickets for the Official Banquet could be order by email to **banquet@wmoc2010.org** with the mention of your start number. Payment will be done at the EC. The banquet is limited to 650 places. The cost is CHF 100.–. Including boatcruise, banquet, three glasses of wine, mineral water and one coffee per person.

MENU

Tartare d'écrevisses du lac
Poché à la Perdrix Blanche

Rôti de porc à la neuchâteloise et sa crème de moutarde à l'ancienne
Coup de porc farci d'un saucisson neuchâtelois
Feuilleté de pommes de terre et fines herbes
Potée de légumes de saison

Assortiment de fromages et ses garnitures

Cercle de chocolat noir Suchard et son cœur au marc d'Auvergnier

4.1.5 Tourism programme

Four different tourism programmes will be offered on Thursday 5th August. Tickets are sold in EC in La Chaux-de-Fonds.

TOUR 1 IN THE NEUCHÂTEL MOUNTAINS (CHF 117.00)

- Bus transfer from Neuchâtel to La Chaux-de-Fonds through La Vue-des-Alpes. This pass (1,283 m) is located between the lower and the upper part of the canton and offers a breathtaking panorama of the Alps.
- Visit of La Chaux-de-Fonds by bus. The watchmaking center is also the birthplace of the famous architect Le Corbusier as well as a significant Art Nouveau centre
- Transfer to Le Locle and Le Col-des-Roches and guided visit of the Underground Mills. Unique in Europe: a 17th-19th-century water-powered factory located in a cave.
- Transfer to Les Brenets and lunch on the bank of the river Doubs. The Doubs is a wild and romantic Franco-Swiss river, with many fjords, surrounded by a rich green nature.
- Cruise on the river Doubs from Les Brenets to the Saut-du-Doubs waterfall. This 27-m waterfall is the most important of the Jura massif.
- Transfer to Val-de-Travers, also called the Green Fairy Land. Visit by bus of the valley. In case of good weather conditions, ascent to Creux du Van. This imposing rocky cirque has been created by rain and snow erosion through the centuries. It is also a nature reserve where ibex, chamois and marmots live.
- End of excursion and transfer back to Neuchâtel at the beginning of the evening.

TOUR 2 NEUCHÂTEL AND THE THREE-LAKE AREA (CHF 139.00)

- Guided visit of the old town of Neuchâtel, as well as the Castle and Collegiate Church (12th century). Neuchâtel will celebrate its 1,000th anniversary in 2010. The town is located on the north side of the Lake of Neuchâtel and is also the capital of the canton. Its pale ochre opulent-looking houses seem to be carved out of a pat of butter (as Alexandre Dumas once said).
- Cruise on the Lakes of Neuchâtel and Murten. Lunch on board. Lake Neuchâtel is the largest lake entirely located within Swiss borders. 4 cantons (Neuchâtel, Vaud, Fribourg, Berne) share its shores. It is linked to Lake Murten by the channel "La Broye".
- Guided visit of the picturesque old town of Murten. The narrow streets with arches, the Castle and the city walls form wonderful historical whole enlivened by shops and terraces.
- Transfer to Kerzers (10 min) and visit of the Papiliorama-Nocturama. Exotic plants and over 60 tropical butterflies species fly free in Papilioram; Nocturama offers a moonlight atmosphere with mysterious animals of South America tropical forests.
- End of the excursion and transfer back to Neuchâtel at the beginning of the evening.

TOUR 3 FROM MONTREUX TO THE HEART OF THE ALPS (CHF 143.00)

- Bus transfer to Lausanne and short visit of the city by bus. Lausanne – capital of Canton of Vaud and olympic city – offers an international atmosphere.
- Transfer to Lausanne-Ouchy (port of Lausanne) and to the Olympic Museum. Guided visit of this unique museum.
- Lunch at the restaurant of the Museum on the last floor of the building (in case of good weather: on the terrace). Exceptional view of Lake Geneva and the Alps.
- Transfer to Montreux railway station.
- The Golden Pass Panoramic Express will take you to Gstaad in 1.5 hour, through the most beautiful alpine sceneries.
- Coffee break in the famous Bernese resort Gstaad. Bus transfer back to Neuchâtel through la Gruyère.
- End of the excursion in Neuchâtel at the beginning of the evening.

TOUR 4 BERNESE OBERLAND AND THE TOP OF EUROPE (CHF 243.00)

- Bus transfer to Interlaken and short visit of the town. Picturesque town in the heart of the Bernese Oberland very much appreciated by visitors from all countries.
- Transfer to Grindelwald, famous typical resort of the Bernese Oberland.
- Ascent aboard the Jungfrau train to the Kleine Scheidegg (2,061 m).
- Lunch in a restaurant of the Kleine Scheidegg.
- Optional ascent to the Jungfrauoch (3,454 m), "Top of Europe", a UNESCO World Heritage Site. The highest railway in Europe will take you to the extraordinary world of the High Alps.
- End of the excursion and transfer back to Neuchâtel at the beginning of the evening.

4.1.6 Other social activities

During the WMOC 2010 week, a free open air festival will take place in La Chaux-de-Fonds.

More info on <http://www.laplage.ch> or see announcement on page 38.