

OL WM 2003
RAPPERSWIL/JONA 
3-9 AUGUST

World Orienteering
Championships 2003
Bulletin



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Welcome to OL WM 2003 the 20th World Orienteering Championships in Rapperswil/Jona, Switzerland

Dear orienteering friends,

Welcome to Switzerland! The Swiss Orienteering Federation and the Organizing Committee OL WM 2003 are proud to invite you to interesting competitions in different settings, offering you a cross-section of diverse landscape, orienteering challenge and runability.

22 years have passed since Switzerland hosted the last World Orienteering Championships in the western part of Switzerland. The development of our sport since then has been impressive, mainly based on more detailed and more reliable maps, on increased physical ability of the competitors, but also with respect to improvements in information technology used for time keeping, checkpoint control and data transmission and processing. In recent years we also have learned that interest of the media and the general public is important for the development and well-being of our sport. We shall offer you a fair balance between orienteering problems out in the forest undisturbed by media and spectators and restricted zones where we all may observe and follow closely the races.

Switzerland offers a lot of tourist activities and we hope that you all find time to enjoy your stay in our country. Our general program of public competitions before and during OL WM 2003 is designed to show you some of the most attractive spots of Switzerland. But even the arenas for the OL WM 2003 competitions themselves will offer nice views, starting with the sprint race and ending with the closing ceremony in Rapperswil/Jona. Let us have a true orienteering festival with participants from as many nations as possible, find the champions of our sport in fair and challenging competitions and open a show-case of orienteering to the outside world.

Konrad Becker
President Swiss Orienteering Federation

*Romantic old city
and natural charm
at Lake of Zurich*

**Rapperswil
Jona**

www.olwm-rapperswil-jona.ch

1 «Orienteering to the Public»

This is what we aim to achieve with OL WM 2003. We want to present our sport in a modern and dynamic way to the broad public leaving the «we for us» mentality behind. OL WM 2003 shall be the place where thousands of enthusiastic spectators will cheer and celebrate their stars. Therefore we have planned to have the spectators as close as possible to the places where the action is and we have included the electronic medias as our partners to show to the public where and why a new world champion has won the race and what modern orienteering is all about.

To attract the attention of the broad public and to warm up for OL WM 2003 the project «Orienteering to the public» has already started: on May 23, 2003 thousands of Swiss orienteers have organized together with more than one thousand schools in all the regions of Switzerland 1359 orienteering events simultaneously where more than 200 000 children, adults and VIPs run with maps in urban areas and punched some 5 mio controls at the same day. Achievement: the biggest sport event ever done world wide within one day and a new world record for the book of records (till today: Boston Marathon with 50 000 runners)!

The Sprint Final in the city of Rapperswil with the finish in the Ice Hockey Stadium Lido will be covered live by our host broadcaster Swiss TV SF DRS. This will be the first orienteering race ever shown live on Swiss TV. The other final races of OL WM 2003 will be covered with 15-minute summaries each that will be broadcasted to international channels with edited versions.

In order to have the broad public as our invited guests we need a joint approach of openness and fairness between organizers, competitors, officials and the media. Together we can show that orienteering is more than maps, controls and wood-stories. Our official WM song «We'll find the way!» shall encourage everybody to take on this challenge. We are looking forward to welcome all on our open platform OL WM 2003. Have a safe trip to Rapperswil/Jona and see you soon!

Sönke Bandixen
President of the Organizing Committee



2 The Organizers

The Patron of OL WM 2003

We are honoured and pleased that Federal Councillor, Mr. Samuel Schmid, Head of the Federal Department of Defence, Civil Protection and Sports, has consented to be the president of the honorary board of OL WM 2003.

The Organizing Committee

on behalf of Swiss Orienteering Federation SOLV

Heinz Tschudin	Chairman OL WM 2003
Sönke Bandixen	President of the Organizing Committee
Mario Ammann	Director Competitions
Marianne Bandixen	Secretary General
Christian Fiechter	Director Sponsoring
Hansjörg Graf	Director Finance
Lukas Jenzer	Director Media
Daniel Leibundgut	Director IT
Peter Oehy	Director WM Arenas
Hansueli Steinmann	Director Technique
Thomas Schneider	Director Swiss O Week
Gabriel Gysel	Director Tour O Swiss

The organization of OL WM 2003 is co-ordinated with a total of 17 orienteering clubs with 700 volunteers and a unit of 500 soldiers of the Swiss Army. Together with Rapperswil/Jona and the Swiss Orienteering Federation we are delighted to be the host for the 20th World Orienteering Championships 2003.

3 OL WM 2003 Controllers

IOF Event Advisor
Assistant IOF Event Advisor
National Controller

Flemming Nørgaard (DK)
Klavs Madsen (DK)
Urs Hofer (CH)



4 Entries

A record number of 42 IOF member federations have applied for participation in OL WM 2003 (update May 27, 2003):

Nation	Athletes			Team Total	Relay	
	Women	Men	Officials		Women	Men
Australia	5	6	3	14	1	1
Austria	4	7	4	15	1	1
Belgium	3	6	2	11	1	1
Belarus	3	4		7	1	1
Bulgaria	4	5	2	11	1	1
Canada	3	3		6	1	1
China*	5	5	4	14	1	1
Croatia	3	4	1	8	1	1
Czech Republic	6	6	4	16	1	1
Denmark	4	6	5	15	1	1
Spain	3	5	1	9	1	1
Estonia	3	3	1	7	1	1
Finland	7	7	5	19	1	1
France	5	7	6	18	1	1
Great Britain	7	7	6	20	1	1
Germany	4	4	3	11	1	1
Hong Kong	3	5	1	9	1	1
Hungary	3	3	1	7	1	1
Ireland	3	6	1	10	1	1
Israel		3	1	4		1
Italy	3	5	3	11	1	1
Japan	6	6	4	16	1	1
Kazakhstan*	3	3	1	7	1	1
Latvia	3	4	1	8	1	1
Liechtenstein*		1	3	4		
Lithuania	4	4	2	10	1	1
Netherlands	1	1		2		
Norway	7	7	6	20	1	1
New Zealand	3	5	3	11	1	1
Poland	3	4	3	10	1	1
Portugal	1	4	1	6		1
Romania	3	1		4	1	
Republic of South Africa	2	4	1	7		1
Russia	5	5	5	15	1	1
Slovenia		3		3		1
Switzerland	7	7	5	19	1	1
Slovakia*	2	3	2	7		1
Sweden	7	7	6	20	1	1
Chinese Taipei*		3	2	5		1
Ukraine*	4	4	1	9	1	1
United States of America	4	4	2	10	1	1
Yugoslavia		3		3		1
Total Entries	146	190	102	438	33	39

*) The participation is not confirmed as the deposit payments have not been received.

Entry and Accommodation Fees

The invoices for all the reservations made will be sent to the Member Federations in early June 2003. Please note that a final participation only can be confirmed if payments have been received until **June 16, 2003**.

Final Entry Registration

The final entry registration (form E4 attached) with name, first name, gender and date of birth of each athlete and team official must reach the OL WM 2003 office not later than **July 19, 2003**, by post mail or fax (with signature).

5 Training Camps

The official Training Camp 3 will be organized from July 26 – August 2, 2003 (for registered teams only). For any information please contact:

Thomas Meier
OL WM 2003 Training
Lindenweg 16a, CH-3110 Münsingen
Tel +41-79 338 1718
training@olwm2003.ch
www.olwm2003.ch

6 OL WM 2003 Program

Saturday, August 2, 2003

07.00–09.00	Breakfast	Team accommodation
09.00–21.00	WM Centre is open	HSR Rapperswil
09.00–19.00	Models Long Qualification, Long Final, Sprint Final	Model terrains
18.00–19.30	Dinner	Team accommodation

Sunday, August 3, 2003

07.00–09.00	Breakfast	Team accommodation
09.00–21.00	WM Centre is open	HSR Rapperswil
09.00–19.00	Models Long Qualification, Long Final, Sprint Final	Model terrains
12.00	Deadline for Long Distance Qualification entries	WM Centre
16.00–20.00	Model Start/Finish procedures	WM Centre
17.00	Official start list Long Distance Qualification is available	WM Centre, internet
17.30–19.30	Dinner	Team accommodation
18.30–19.00	Medical Meeting	WM Centre
19.00–19.30	Team Captains Meeting	WM Centre

Monday, August 4, 2003

06.00–08.00	Breakfast	Team accommodation
09.00–21.00	WM Centre is open	HSR Rapperswil
09.00–19.00	Model Sprint Final	Model terrain
14.00–19.00	Model Long Final	Model terrain
09.30–13.00	Long Distance Qualification	WM Arena Unterägeri
09.30	– First start men	
09.45	– First start women	
13.00	Deadline for Sprint Final entries	WM Arena Unterägeri or WM Centre
15.30–16.30	Media conference	Media Centre, Rapperswil
17.00	Official start list Sprint Final is available	WM Centre, internet
18.00–19.30	Dinner	Team accommodation
19.00–19.30	Team Captains Meeting	WM Centre

Tuesday, August 5, 2003

07.00–09.00	Breakfast	Team accommodation
09.00–14.00	WM Centre is open	HSR Rapperswil
19.00–21.00	WM Centre is open	HSR Rapperswil
09.00–11.00	Model Sprint Final	Model terrain
09.00–19.00	Model Long Final	Model terrain
13.00	Official start list Long Distance Final is available	WM Centre, internet
13.00–14.30	Joint lunch all team members	Restaurant Kreuz, Jona
13.30	Latest check in for athletes and team officials Sprint Final in the quarantine zone. The city of Rapperswil is restricted area.	Restaurant Kreuz, Jona
14.30–14.45	Briefing for the participation in the WM Opening Ceremony	
15.45–16.30	WM Opening Ceremony	WM Arena Lido, Rapperswil
15.50–16.00	– Presentation of Sprint Finalists in the show: mandatory for women, voluntary (but most welcomed) for men.	
16.30–19.00	Sprint Final	WM Arena Lido, Rapperswil
16.30	– First start men	
17.25	– First start women	
18.45	– Medals ceremony	
20.00–20.30	Team Captains Meeting	WM Centre
19.30–21.00	Dinner	Team accommodation
19.30–23.00	SOLV Reception & Guests Dinner	Rapperswil/Jona

Wednesday, August 6, 2003

07.00–09.00	Breakfast	Team accommodation
09.00–11.00	WM Centre is open	HSR Rapperswil
17.00–19.00	WM Centre is open	HSR Rapperswil
09.00–19.00	Models Middle, Relay	Model terrains
12.00	Latest check in for athletes Long Distance Final	Army Centre, Rüti
12.00–16.30	Long Distance Final	WM Arena Winterthur
12.00	– First start women	
12.31	– First start men	
16.15	– Medals ceremony	
19.00–24.00	Banquet of Nations	Restaurant Kreuz, Jona

Thursday, August 7, 2003

07.00–09.00	Breakfast	Team Accommodation
09.00–19.00	WM Centre is open	HSR Rapperswil
09.00–19.00	Models Middle, Relay	Model terrains
09.00–11.30	VIP, Media and IOF Race	Rapperswil
12.00	Deadline for Middle Distance Qualification entries	WM Centre
17.00	Official start list Middle Distance Qualification is available	WM Centre, internet
18.00–19.30	Dinner	Team accommodation
19.00–19.30	Team Captains Meeting	WM Centre

Friday, August 8, 2003

06.00–08.00	Breakfast	Team accommodation
19.30–21.00	WM Centre is open	HSR Rapperswil
09.00–19.00	Model Relay	Model terrain
09.45	Latest check in for athletes Middle Distance Qualification	Team zone, WM Arena Trin
09.45–12.00	Middle Distance Qualification	WM Arena Trin
09.45	– First start men	
09.46	– First start women	
12.00	Deadline for Relay entries	WM Arena Trin
13.00	Official start list Middle Distance Final is available	WM Arena Trin
13.15–13.30	Team Captains Meeting	Team zone, WM Arena Trin
14.30	Latest check in for athletes Middle Distance Final	Team zone, WM Arena Trin
14.30–17.30	Middle Distance Final	WM Arena Trin
14.30	– First start women	
14.51	– First start men	
17.15	– Medals ceremony	
17.30	Official start list Relay is available	WM Arena Trin, internet
18.15–18.45	Team Captains Meeting	Team zone, WM Arena Trin
19.30–21.00	Dinner	Team accommodation

Saturday, August 9, 2003

07.00–09.00	Breakfast	Team accommodation
09.00–12.00	WM Centre is open	HSR Rapperswil
18.00–21.00	WM Centre is open	HSR Rapperswil
09.00–12.00	Model Relay	Model terrain
13.20	Latest check in for athletes Relay first leg women	Start, WM Arena Jona
13.45	Latest check in for athletes Relay first leg men	Start, WM Arena Jona
13.30–17.00	Relay	WM Arena Jona
13.30	– Start men	
13.55	– Start women	
16.30	– Flowers ceremony	
18.00–19.30	Dinner	Team accommodation
20.00–20.45	Farewell Apéro	Rapperswil
21.30–22.45	Medals ceremony, WM Closing Ceremony and fire works	Lake Arena Rapperswil
22.45–	Lake Festival	Rapperswil

Sunday, August 10, 2003

07.00–09.00	Breakfast	Team accommodation
09.00–12.00	WM Centre is open	HSR Rapperswil

HSR Hochschule Rapperswil

- C** WM Centre, accreditation
- MC** Media Centre

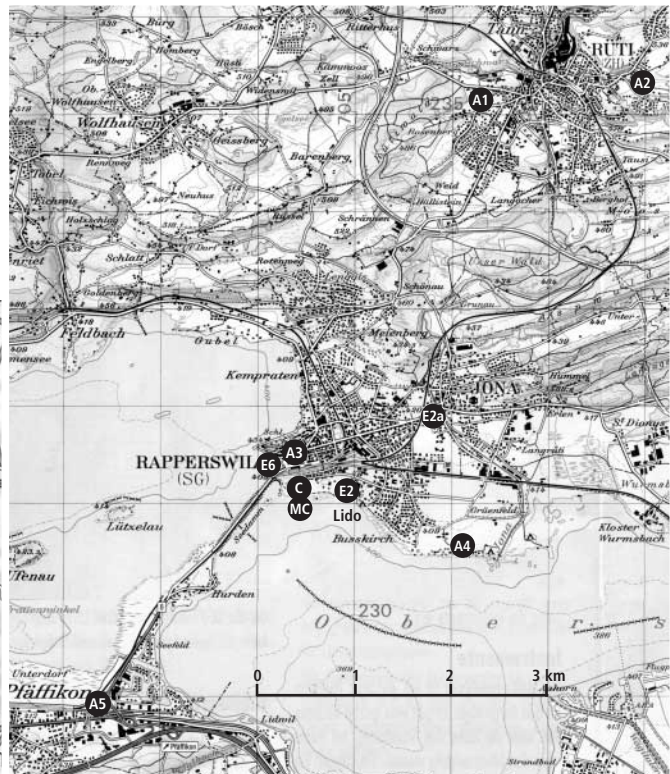
Accommodation

- A1** Army Centre, Rüti
- A2** Hotel Laufenbach, Rüti
- A3** Hotel Speer, Rapperswil
- A4** Youth Hostel, Jona
- A5** Hotel Seedamm Plaza, Pfäffikon SZ



Model Terrains

- C** Model Start/Finish Procedures
- M1** Model Long Distance Qualification
- M2** Model Sprint Final
- M3** Model Long Distance Final
- M4** Model Middle Distance Qualification and Final
- M5** Model Relay



WM Events

- E1** Long Distance Qualification
- E2** WM Opening Ceremony and Sprint Final
- E2a** Sprint Final: check in athletes
- E3** Long Distance Final
- E4** Middle Distance Qualification and Final
- E5** Relay
- E6** WM Closing Ceremony



7 Maps and Courses

The Mappers

Beat Imhof, Urs Steiner

All maps are produced in accordance with the specification of the International Orienteering Federation (ISOM 2000) as published on the web site of the IOF: <http://lazarus.elte.hu/taj-futas/isom2000/index.html>.

The sprint map is in accordance with the final draft of the sprint orienteering map specifications (ISSOM2002: version February 28, 2003) as published on the IOF web page: <http://lazarus.elte.hu/mc/issom/index.html>.

Competition	Length	Climb	Controls	Winning Time	Refreshment Stations	Map Scale	Contour Interval	Course Planners
Sprint Final, Rapperswil								
Women	2.6 km	60 m	17	12 min	-	1:4'000	2.5 m	Kilian Imhof
Men	2.8 km	65 m	18	12 min	-			
Long Distance Qualification, Unterägeri								
Women A	6.2 km	220 m	13	45 min	2	1:15'000	5 m	Kurt Schmid
Women B	6.2 km	220 m	14	45 min	2			
Women C	6.9 km	230 m	13	45 min	2			
Men A	9.5 km	390 m	21	60 min	3			
Men B	9.5 km	410 m	21	60 min	3			
Men C	9.5 km	375 m	21	60 min	3			
Long Distance Final, Winterthur								
Women	11.8 km	310 m	18	70 min	4	1:15'000	5 m	Urs Steiner
Men	16.7 km	510 m	34	90 min	5			
Middle Distance Qualification, Trin								
Women A	3.5 km	150 m	14	25 min	-	1:10'000	5 m	Urs Steiner
Women B	3.5 km	150 m	15	25 min	-			
Women C	3.4 km	150 m	14	25 min	-			
Men A	3.8 km	200 m	15	25 min	-			
Men B	3.7 km	210 m	15	25 min	-			
Men C	3.8 km	190 m	15	25 min	-			
Middle Distance Final, Trin								
Women	4.6 km	250 m	18	34 min	2	1:10'000	5 m	Kilian Imhof
Men	5.0 km	290 m	21	34 min	2			
Relay, Jona								
Women leg 1	5.2 km	210 m	15	33 min	1	1:10'000	5 m	Kurt Schmid
Women leg 2	7.0 km	290 m	20	47 min	1			
Women leg 3	5.8 km	240 m	18	38 min	1			
Women total				118 min				
Men leg 1	5.8 km	210 m	15	31 min	1			
Men leg 2	8.3 km	330 m	23	48 min	1			
Men leg 3	7.4 km	280 m	20	41 min	1			
Men total				120 min				

8 Embargoed Areas

According to the SOLV Competition Rule 49 and the IOF Competition Rule 26.5 it is prohibited for any potential member of an official OL WM 2003 team (heads of delegation, athletes, coaches, medical staff) and others who through knowledge of the terrain and the competition details may influence the results of the OL WM 2003 competitions to enter these areas.

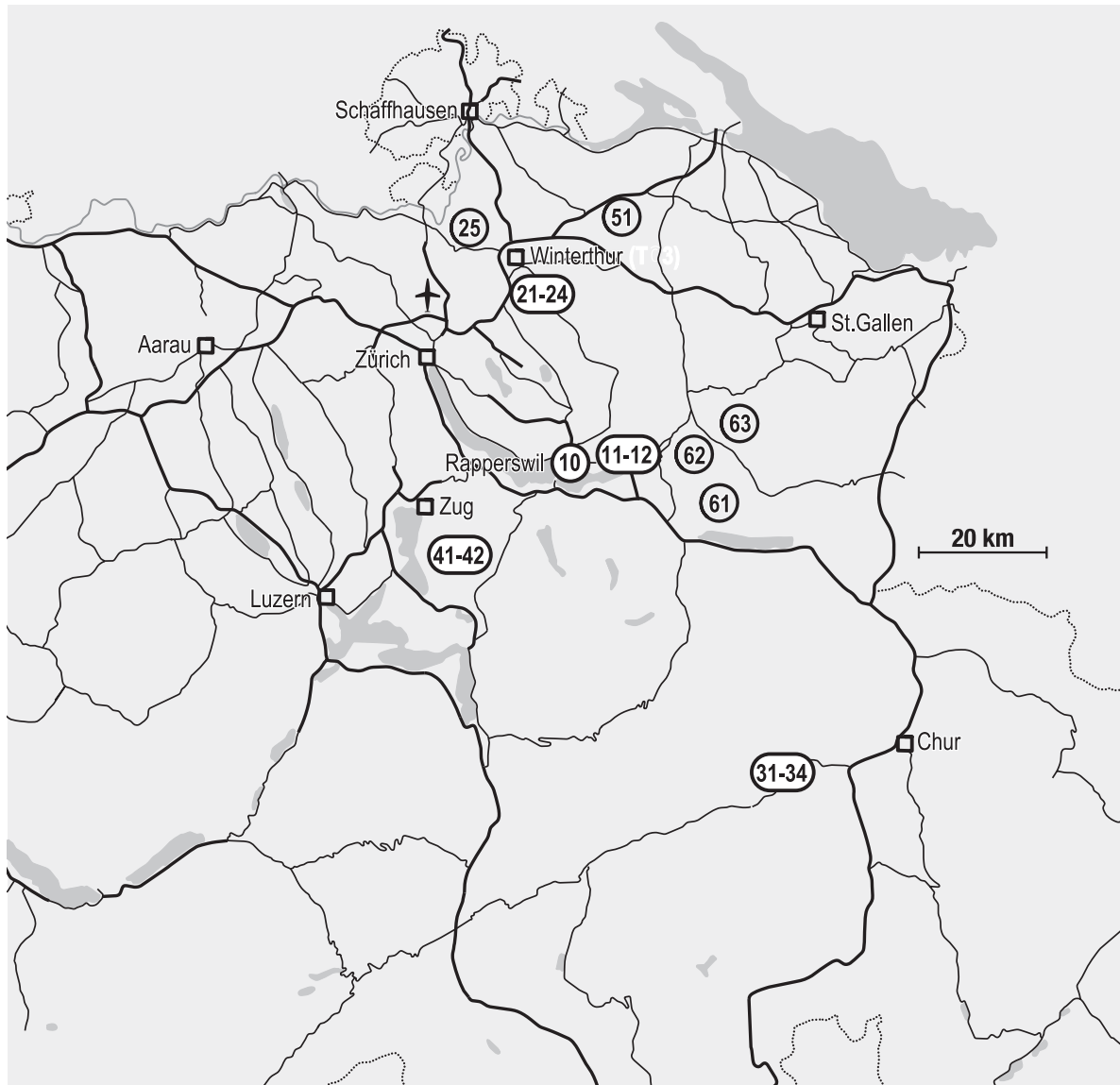
Exceptions:

- The passage through the embargoed areas is allowed on paved main roads.
- In contrary to all the other embargoed areas of OL WM 2003 potential members of an official OL WM 2003 team are explicitly allowed to visit Rapperswil/Jona (area no. 10) as tourists (sightseeing, visiting restaurants, shopping etc.). However it is not allowed to do training sessions i.e. running/races through the city, testing route choices etc. in Rapperswil.
- On August 5, 2003, the Sprint Final race day, Rapperswil/Jona (area no. 10) will become a restricted area from 13.30 – 18.30 hours. During that time all participants of the Sprint Final i.e. athletes and accompanying team officials are not allowed to enter the city of Rapperswil (area no. 10). They will have to check in to a quarantine zone in Jona and will be guided to their participation in the WM Opening Ceremony as well as to the pre start of the Sprint Final from there. If a member of a team leaves the quarantine zone unguided during the restricted time he/she shall be excluded from a participation in the Sprint Final race and may not re-enter the quarantine zone again.
- Between July 11 – August 2 controlled access to the areas 12 (Töltsch-Burgerwald), 25 (Irchel, only until July 28) and 31 (La Mutta) for selection races and the official training camp is possible. Further details can be obtained from the Technical Director of the organizing committee of OL WM 2003, Hansueli Steinmann, Im Freien 5, CH-8712 Stäfa, Switzerland, hsteinmann@olwm2003.ch.
- Offences to above rules shall be reported to the Technical Director of the organizing committee of OL WM 2003, Hansueli Steinmann, Im Freien 5, CH-8712 Stäfa, Switzerland, hsteinmann@olwm2003.ch.

The following areas, also indicated in the map below, are embargoed until further notice.

10	Rapperswil/Jona	City map	1 : 11'750	Sprint Final
11	Chlosterwald	O map 501	1 : 15'000	Relay
12	Töltsch-Burgerwald	O map 481	1 : 15'000	Reserve
21	Eschenberg/ Rossberg	O map 1218 O map 1081	1 : 15'000 1 : 15'000	Long Distance Final Long Distance Final
22	Weisslingen-Kyburg	O map 1034	1 : 15'000	Long Distance Final
23	Homburg/Kempththal	Topo map 1072	1 : 25'000	Long Distance Final
24	Dettenriederwald	Topo map 1072	1 : 25'000	Reserve
25	Irchel	O map 748	1 : 15'000	Reserve
31	La Mutta	O map 1113	1 : 10'000	Reserve
32	Uaul Grond Flims	O map 920	1 : 10'000	Middle Distance Qualification
33	Trin/Digg	Topo map 1195	1 : 25'000	Middle Distance Final
34	Uaul la Runca	Topo map 1194	1 : 25'000	Reserve
41	Zugerberg	O map 890	1 : 15'000	Long Distance Qualification
42	Hürital	Topo map 1131/1151	1 : 25'000	Reserve
51	Wellenberg	Topo map 1053	1 : 25'000	Reserve
61	Amden	Topo map 1134	1 : 25'000	Reserve
62	Regelstein-Ricken	O map 854	1 : 15'000	Reserve
63	Hemberg	Topo map 1114	1 : 25'000	Reserve

More detailed maps of each embargoed area are published on the OL WM 2003 homepage www.olwm2003.ch



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9 Terrain Descriptions

9.1 Long Distance Qualification

Location	Area 41, Zugerberg. WM Arena Unterägeri, 27 km SW of WM Centre.
Terrain Type	Pre-alpine, hill chain from north to south, between 750 to 1200 m above sea level.
Land forms	Steep slopes with deep valleys and ditches, some contour features and boulders. Fairly flat top with few details, parts with water ditches. Internal height differences 50 to 150 m.
Vegetation	Mixed forest, most spruce, some deciduous trees. Changing from parts with undergrowth or thick vegetation (black-berries, grass, blue-berries) to nearly no vegetation on the ground. Some parts with fallen trees (storm damages).
Runability	Mostly moderate, some parts fairly good, some parts bad.
Visibility	Mostly quite good.
Roads and trails	Some forest roads and trails.

9.2 Sprint Final

Location	Area 10, City of Rapperswil. WM Arena Ice Stadium Lido, 0.5 km E of WM Centre.
Terrain Type	Urban city with old town, shops and restaurants, between 405 to 435 m above sea level.
Land forms	Mainly flat, one hill (castle), internal height differences 5 to 25 m.
Architecture	60 % old town with castle, streets and places, paved roads, 40 % agglomeration, parks, university campus, zoo, sports grounds.
Traffic	Mostly no motorised traffic, some bikes and pedestrians (spectators, tourists).

9.3 Long Distance Final

Location	Areas 21-23, Eschenberg-Kyburg. WM Arena Winterthur, 45 km N of WM Centre.
Terrain Type	Swiss Midlands, two hills separated by a deep valley from the east to the west, between 440 to 690 m above sea level.
Land forms	Steep slopes with deep valleys and ditches around the hills, some contour features. Flat tops with few details, internal height differences 25 to 150 m.
Vegetation	Mixed forest, spruce, beech tree, ash tree. Changing from parts with undergrowth or thick vegetation (black-berries, grass) to nearly no vegetation on the ground, some parts also with small beech trees.
Runability	Often changing from bad to moderate, partly quite good.
Visibility	Mostly moderate, partly reduced, some parts quite good.
Roads and trails	Some smaller traffic roads, many forest roads, some trails.

9.4 Middle Distance Qualification

Location	Area 32, Uaul Grond. WM Arena Trin, 102 km SE of WM Centre.
Terrain Type	Alpine, ancient mountain slide, between 775 to 990 m above sea level.
Land forms	Some hills, moderate steep slopes, a lot of contour features and some boulders, especially on the hills and in the flatter parts. Internal height differences 50 to 125 m.
Vegetation	Mixed forest, mostly spruce and pine, some deciduous trees. Moderate thick vegetation with grass or blue-berries on the ground, some smaller deciduous trees.
Runability	Changing from mostly moderate to fairly good.
Visibility	Good.
Roads and trails	Some forest roads, some trails.

9.5 Middle Distance Final

Location	Area 33, Trin-Digg. WM Arena Trin, 102 km SE of WM Centre.
Terrain Type	Alpine, ancient mountain slide, between 705 to 935 m above sea level.
Land forms	Three hills with some steeper slopes, a lot of contour features and some boulders. Internal height differences 25 to 125 m.
Vegetation	Mixed forest, mostly spruce and pine, some deciduous trees. Grass or blue-berries on the ground, some small deciduous trees.
Runability	Changing from mostly moderate to fairly good.
Visibility	Good.
Roads and trails	Some forest roads, some trails.

9.6 Relay

Location	Area 11, Chlosterwald. WM Arena Jona, 5 km E of WM Centre.
Terrain Type	Swiss Midlands, hill chain from east to west, between 410 to 525 m above sea level.
Land forms	Smaller hill chains, moderately steep slopes with some contour features. Some parts with ancient sand stone quarries.
Vegetation	Mixed forest, spruce, beech tree, ash tree. Changing from parts with undergrowth or thick vegetation (black-berries, grass) to nearly no vegetation on the ground.
Runability	Mostly moderate, some parts fairly good, some parts bad.
Visibility	Mostly quite good.
Roads and trails	Many forest roads and trails.



10 Classes and Participation Restrictions

(Extracts of «IOF Competition Rules» and «Special Rules for the 2003 World Orienteering Championships»)

10.1 Classes

There is one class for women and one class for men. There are no age restrictions.

10.2 Participation

- A competitor may represent only one Federation during any one calendar year.
- Competitors who are representing a Federation shall have full passport-holding citizenship of the country of that Federation.
- Each participating Federation shall appoint a team manager to act as a contact person between the team and the organizer. It is the team manager's duty to see that the team receives all necessary information.
- Competitors participate at their own risk. Insurance against accidents shall be the responsibility of their Federation or themselves, according to national regulations.
- All competitors represent a Federation. Each Federation may enter a team of up to 14 competitors – up to 7 women and 7 men – and up to 6 team officials.

10.3 Sprint Final

- Each IOF Member Federation can enter one competitor per class (women and men).
- Following the special IOF rules (circular letter of November 18, 2002) the following Federations are entitled to enter a second competitor:
Women: SUI, SWE, NOR, GBR, FIN, CZE, GER, SVK, AUT, POL, DEN, RUS, LTU, ESP, EST, AUS.
Men: SUI, SWE, RUS, FIN, AUS, FRA, NOR, DEN, GBR, CZE, UKR, HUN, POL, SVK, AUT.
- In addition, the current Sprint Distance World Champions may be entered by their Federations provided that they are accredited members of their Federation's team.

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10.4 Long Distance Qualification

- Each Federation can enter 3 competitors per class (women and men).
- In addition, the current Classic Distance World Champions may be entered by their Federations in the qualification race provided that they are accredited members of their Federation's team.

10.5 Middle Distance Qualification

- Each Federation can enter 3 competitors per class (women and men).
- In addition, the current Short Distance World Champions may be entered by their Federations in the qualification race provided that they are accredited members of their Federation's team.

10.6 Relay

- Each Federation can enter one team per class (women and men).
- Each relay team consists of 3 competitors.
- Incomplete teams and teams with competitors from more than one Federation are not allowed.

11 Competition Rules

OL WM 2003 will be organized in accordance with the Competition Rules for IOF Foot Orienteering Events, valid from June 1, 2000, published on the IOF Internet page <http://orienteering.org>. Exceptions, deviations and supplements to these rules are fixed in the «Special Rules for the 2003 World Orienteering Championships», version 1.3, May 29, 2002, sent to the IOF Member Federations by the IOF Secretary on June 24, 2002.

12 Anti-Doping Code

Doping is forbidden: «think positive – test negative».

The organizers are committed to do everything required to support the official anti-doping authorities at OL WM 2003 to successfully and transparently do their work. We strongly support all positive efforts to keep our sport clean and doping free.

The rules of the IOF Anti-Doping Code, valid from January 1, 2001 apply.

SOLV Anti-Doping Rules: the SOLV Anti-Doping Rules are harmonised with the Anti-Doping Rules and Procedures of Swiss Olympic Association (www.swissolympic.ch) and apply as well.

Both, the IOF and/or the Swiss Olympic Association can order doping tests at any time during the stay of the participants of OL WM 2003 in Switzerland.

13 Peculiarities of OL WM 2003

- The Long Distance Qualification race will be held the day before the opening ceremony.
- The Sprint Distance race will be combined with the opening ceremony and will be the first ever World Orienteering Championship race on a city map. The finish and the opening ceremony will be in the Ice Hockey Stadium Lido in Rapperswil.
- The courses in the Long Distance Final, Middle Distance Final and Relay will have several loops with passages of the athletes through the finish arenas.
- The qualification race and the final race of the Middle Distance competition will be held at the same day.

14 Clothing

According to the SOLV Competition Rule 185a it is forbidden to run with spike shoes in Switzerland. However dobb spikes and common orienteering shoes are allowed. While running through the woods it is recommended to cover arms and legs to avoid tick bites. Ticks might transmit Boreliosis and Meningo-Encephalitis.

All national team members shall wear their official dress colours while being exposed to the public (before, during and after the competitions). The spectators, the media representatives and the organizers do appreciate.

Athletes who participate in the official flowers ceremonies or medals ceremonies shall wear their official national dresses. Caps and sun glasses are not allowed to wear during the ceremonies.

15 Bib Numbers

For all OL WM 2003 competitions the athletes must wear two identical bib numbers, one on their chest and one on their back. The bib numbers will be handed out at the respective Team Captains Meetings.

Special bib numbers will be handed out to the medallists just prior to the official medals ceremonies and must be worn on their chest during the ceremonies.

16 Punching System

The punching system in all OL WM 2003 competitions used will be SPORTident. The SI-Cards will be handed out at the respective Team Captains Meetings. The bib number of each competitor corresponds to the last 3 digits of the SI-Card number, which is led by the 4 digits «2003». Example: bib number 17 corresponds to the SI-Card number 2003017.

17 Start Draws

The start draws for the Long Distance Qualification race and for the Middle Distance Qualification race will be made according to the IOF competition rules (section 12) under the supervision of the IOF Event Advisors. There will be no public draw event.

18 Time-Keeping

In all individual competitions the start times will be taken using a gate start. The finish times will be taken by means of photocells when the runner's chest crosses the finish line. The running times will be rounded down to the nearest 1.0 second, in the Sprint Final the running times will be rounded down to the nearest 0.1 second. The start and finish procedures will be demonstrated at the Model Start/Finish procedures on Sunday, August 3, 2003 16.00 – 20.00 hours at the WM Centre.

19 Coaching Zones

In the Long Distance Final, Middle Distance Final and the Relay races there are clearly marked Coaching Zones where team coaches may coach their athletes while they pass by. Only accredited team coaches (2 passports per team) are allowed to enter into these zones. In order to keep a high level of fairness the only activities allowed in the coaching zone are:

- Exchange of verbal communication with athletes – no written information;
- Exchange of personal equipment such as compasses, shoes, contact lenses etc.;
- Food and drinks may be handed out personally to the athletes. Note, just before entering the Coaching Zones the athletes will pass by the official refreshment stations.

The exchange of any information/material to/from athletes outside the official Coaching Zones is not permitted.

20 Team Zones

Team Zones are restricted areas where only accredited team members with their personal OL WM 2003 ID card have access and where a certain privacy will be guaranteed during the competitions. The Team Zones in the WM Arenas are all within 500m from the finish line.

In the Team Zones in Unterägeri (Long Distance Qualification), Winterthur (Long Distance Final), Trin (Middle Distance Qualification and Final) and in Jona (Relay) the teams will be offered access to official team tents (size 9x5 m, 1–2 teams per tent). In the Team Zones in Rapperswil (Sprint) and in Trin (Middle Distance Qualification and Final) the teams will have access to showers. It is not allowed to install private tents in the Team Zones.

21 Team Captains Meetings

All Team Captains Meetings (TCM) will be held at the WM Centre in Rapperswil as indicated in the official program with the exception of the TCM on Friday, August 8 which will be held in the Team Zone in Trin. Only accredited Team Captains (2 passports per team) and invited guests (IOF officials, organizers) have access to the TCM. At the TCM the bib numbers, the control descriptions, the SICards and further official information will be distributed to the teams. All information will be available 15 minutes prior to the opening of the TCM.

22 OL WM 2003 Centre

The OL WM 2003 Event Centre and also the OL WM 2003 Media Centre are located at HSR Hochschule für Technik Rapperswil, Oberseestrasse 10, Rapperswil (Technical University of Rapperswil) just opposite (south) the train station in the city centre of Rapperswil. Opening hours are indicated in the program.

Mail address from August 2 – 9, 2003: OL WM 2003
Postlagernd · CH-8640 Rapperswil · Switzerland
T +41-55 222 4580 · F +41-52 222 4581
info@olwm2003.ch

23 Accreditation

All registered participants of OL WM 2003 i.e. team members, IOF officials, media representatives and guests are kindly requested to check in for accreditation at the WM Centre in Rapperswil upon arrival. Each registered team member must present his/her personal passport before he/she will be accredited. A personal OL WM 2003 ID card with photo and access rights code will be provided at accreditation.

All accredited persons must wear their OL WM 2003 ID card at all relevant times. The OL WM 2003 ID card must be presented in order to get access to the allowed zones (colour code).

The organizers decline any liability that might occur through the participation in OL WM 2003. Insurance: Each person involved in OL WM 2003 is responsible for his/her own medical insurance coverage (illness and accident).

24 Transportation

«Self Driving»

The majority of the participants of OL WM 2003 have chosen to drive on their own cost and risk to and from all OL WM 2003 events during the whole week. They will get parking access cards and maps with descriptions of the routes to all sites upon accreditation. Please note that only accredited vehicles can be parked in the special parking zones at the event sites. The use of public parking zones is subject to additional parking fees.

For individual rental car arrangements we recommend Sixt, the official rental car partner of OL WM 2003. For bookings with special discount rates (up to 35%) please call +49 180 5252525 or your local Sixt reservation office. OL WM 2003 discount code: 9900982.

For online reservations: <http://www.e-sixt.com/main.php3?/content/rental>

- corporate login
- Account Number 9900982
- Password olwm
- Country Switzerland

Scheduled Transportation Service

The official Scheduled Transportation Service is available for accredited participants who have registered for this service. Scheduled Transportation Services will be provided to all official OL WM 2003 events: 5 model terrains (teams only), 5 WM Arenas, WM Opening and Closing Ceremony, Banquet of Nations, Medical Meetings, Team Captains Meetings, Media Conferences.

Busses will depart from the individual accommodation and from the WM Centre. All return transportation services are scheduled as well. The transportation schedules will be published in Bulletin 4.

Transportation of Athletes to the Start

In the Long Distance Qualification, Sprint Final, Long Distance Final, Middle Distance Qualification competitions the athletes and the accompanying team officials will be transported (mandatory) from the check in areas to the pre-start areas about 45 minutes prior to the athletes start time.

25 Accommodation and Food Services

Accommodation

The accommodations for the Federation Teams have been booked according to their requirements all within 6 km of the WM Centre. Confirmations with all the details will be sent together with the invoice with separate mail individually.

Food

All official bookings for Federation Teams are with a half board service (exception: Hotel Seedamm Plaza****). For lunch we offer two different services each for the same reduced price of CHF 8.-:

- warm lunch meals in the field restaurants of the WM Arenas or
- cold lunch packets to be picked up in the mornings. Please note: cold lunch packets reservations must be placed at WM Centre in advance. Details see Bulletin 4.

Lunch tickets (same for warm or cold) can be purchased at WM Centre.

26 Media Services

We welcome all media representatives as our guests and partners to bring out the thrilling events and the cheerful atmosphere of OL WM 2003 to a broad public around the globe. For accreditation and transportation details please see entry form E2 (download via: http://www.olwm2003.ch/files/bulletin_2_forms.pdf).

The OL WM 2003 Media Centre (MC) is also located at HSR Hochschule für Technik Rapperswil, Oberseestrasse 10, Rapperswil (Technical University of Rapperswil) just opposite (south) the train station in the city centre of Rapperswil. At the Media Centre full media services and facilities are available. Opening hours are indicated in the program.

Mail address from August 2 – 9, 2003: OL WM 2003 Media Centre
Postlagernd
CH-8640 Rapperswil
Switzerland
T +41-55 222 4924

Media facilities will also be available in the WM Arenas of:

- Long Distance Final, August 6, near the city of Winterthur, 45 km from the Media Centre.
- Middle Distance Qualification and Final, August 8, in Trin, 102 km from the Media Centre.

Only reduced media facilities will be offered in the WM Arenas of:

- Sprint Distance, August 5, Ice Stadium Lido in Rapperswil, 0.5 km from the Media Centre.
- Relay, August 9, in Jona/Wagen, 5 km from the Media Centre.

Media Centre Opening Hours

	Media Centre, Rapperswil	Media Zone, WM Arena
Saturday, August 2, 2003	14.00 – 20.00	
Sunday, August 3, 2003	10.00 – 21.00	
Monday, August 4, 2003, Unterägeri Long Distance Qualification	12.00 – 21.00	08.00 – 13.30
Tuesday, August 5, 2003, Rapperswil Sprint Final	09.00 – 16.00 18.30 – 22.00	14.00 – 20.00
Wednesday, August 6, 2003, Winterthur Long Distance Final	09.00 – 11.00 16.30 – 22.00	10.30 – 18.00
Thursday, August 7, 2003	09.00 – 21.00	
Friday, August 8, 2003, Trin Middle Distance Qualification and Final	17.30 – 22.00	08.30 – 20.00
Saturday, August 9, 2003, Jona Relay	09.00 – 12.30 16.00 – 22.00	12.00 – 18.00
Sunday, August 10, 2003	09.00 – 16.00	

Media Conferences

The international media conference on Monday, August 4 at 15.30 hours will be held at the Media Centre. The reigning world champions as well as representatives from IOF and the organizing committee will be present.

At each final race day there will be held a media conference 15 minutes after the official medals ceremony in the media tent at the WM Arena.

Accreditation

All registered media representatives are kindly requested to check in for accreditation at the WM Centre in Rapperswil upon arrival. A personal OL WM 2003 ID card with photo and access rights code will be provided at accreditation. All accredited media representatives must wear his/her personal ID card to gain access to any OL WM 2003 media zone.

TV Service

Swiss National Television, SRG SSR idée Suisse will act as host broadcaster for OL WM 2003 and will produce daily highlights of 15 minutes. These summaries will be distributed through the EBU channels. The Sprint Final on Tuesday, August 5 will be broadcasted live on Swiss Television SF DRS from 16.25-18.40 hours.

Free Photo Event Service

OL WM 2003 offers an official event service with pictures taken from the competitions. From August 4 – 9, 2003 you'll have daily access to 20 – 25 new pictures in high resolution quality for free download (action, emotion, winners, features). Please find the pictures on <http://www.swiss-image.ch>

For easy media access please use the following codes:

- For international medias: user = intmedia
password = olwm2003
- For Swiss medias: user = olwm2003
password = chmedia

Competitor Database

On our homepage <http://www.olwm2003.ch> we will offer a complete information database. Entering under «Community → Competitor Database» you will find lots of information about all athletes with his/her results record from national and international competitions.

Accommodation

As adequate accommodation we recommend Seedamm Plaza Hotel****, an international conference hotel with air conditioning, internet access in rooms etc., 3 km from the WM Centre, where we can offer attractive special OL WM 2003 rates. Only few rooms are still available.

Media Race

The VIP, Media and IOF Race will be held on Thursday, August 7 from 09.00 – 11.30 hours in Rapperswil (entry fee CHF 15.-). The following social program (including lunch) will be announced upon arrival.

Entry

Entry applications for media representatives (form E2) must reach OL WM 2003 office not later than June 16, 2003. The reservations only will be confirmed if the applicable payments have been received by June 16, 2003 as well.

Media Director OL WM 2003: Lukas Jenzer
Dornackerweg 16c
CH-4950 Huttwil
Switzerland
T +41-62 962 3332
F +41-62 962 3311
ljenster@olwm2003.ch

27 IOF Officials and Guests Services

Accommodation

We offer special accommodation and transportation packages for IOF Officials and for Guests that allow to visit all official OL WM 2003 events and to enjoy the cheerful atmosphere in the WM Arenas. For details please see entry form E3 via:

http://www.olwm2003.ch/files/bulletin_2_forms.pdf

As adequate accommodation we recommend Seedamm Plaza Hotel****, an international conference hotel with air conditioning, internet access in rooms etc., 3 km from the Event Centre, where we can offer attractive special OL WM 2003 rates. Only few rooms are still available.

Entry Confirmation

The reservations for registered IOF Officials and Guests of OL WM 2003 only will be confirmed if the applicable payments have been received until June 16, 2003.

28 Tickets

The ticket sale for the 4 final races and to the WM Opening and Closing Ceremonies started end of May 2003. Please note that all accredited participants of OL WM 2003 must present their OL WM 2003 ID card in order to get free access to the WM Arenas. Tickets can be ordered via Ticket Corner: www.ticketcorner.ch.

29 Entry Permits to Switzerland

According to the present rules of the Swiss Ministry of Foreign Affairs, citizens of the following countries do need visas to enter Switzerland:

Belarus, Bulgaria, People's Republic of China, Ecuador, Hong Kong, India, Indonesia, Yugoslavia, Kazakhstan, Columbia, North Korea, Cuba, Malaysia, Macedonia, Moldova, New Zealand, Pakistan, Romania, Russia, Thailand, Turkey, Ukraine.

Visas have to be applied for at a Swiss Embassy. However, conditions of entry can change and all visitors are advised to check on the latest information from the local Swiss Embassy.

30 Payments

All payments to OL WM 2003 have to be made to:

CREDIT SUISSE, CH-8070 Zurich, Switzerland

SWIFT-Code: CRESCH2280B

IBAN: CH1604839084173591000

To the credit of: Verein OL WM 2003, Wetzikon

Please note that bank charges might be added to your payment.

31 Public Events Tour O Swiss and Swiss O Week

We offer very attractive public orienteering events prior and during the week of OL WM 2003 in Switzerland. For details see <http://www.olwm2003.ch>

32 Weather and Climate

That's the only thing we cannot organize, the weather! And who ever has been to Switzerland knows, that you eventually must be prepared to face snow even in summer. But usually it is warm and pleasant (around 25° C up to 30° C) and the water temperature in the Lake of Zurich is above 20° C as well.

A weather forecast service for the OL WM 2003 region will be provided at the Team Captains Meetings.

33 Information

For any questions please contact:

OL WM 2003

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CH-8620 Wetzikon

T +41-1 932 5080

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More details will be released in Bulletin 4 of OL WM 2003 upon arrival in Rapperswil/Jona. See you soon!

Sport

powered by Credit Suisse.

