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1 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 pleased to welcome you in Rapperswil/Jona, the city of roses at the upper Lake of Zurich. 5 years of preparation work is now behind us. And together with our plans to present a modern profile of our sports at OL WM 2003 also the IOF family has grown since. With 424 athletes and team officials from 41 member federations we are honoured to host the biggest World Orienteering Championships ever.

«Orienteering to the public!» is what we aim to achieve with OL WM 2003. We want to present our sport in an open and dynamic way to the broad public. 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.

We all know it but we also hope to never experience it: nature is the wonderful stadium for our sports but it can be disastrous as well. On July 16, 2003 less than three weeks before the opening of OL WM 2003 an unusual hard storm with a gust of wind with 176 km/h has hit the area of Rapperswil/Jona hard. The preparation work of almost 4 years for a spectacular relay race in the area of Chlosterwald was destroyed within 3 minutes... We have tried hard to safe the relay race. Therefore we have decided to relocate the event to the area of Pfannenstiel (World Cup Final 1988) close to Rapperswil/Jona. With a Swiss O Week race planned in there all necessary permissions could be brought in very quickly. Until the race day we will have produced a new map, set new courses, build up a new arena, arranged new transportation and parking concepts etc. Will it work? Yes, we are convinced that we can safe the full programme of OL WM 2003 if mother nature does allow it...

We have invited the broad public as our guest at OL WM 2003 and therefore we ask our partners for a joint approach of openness and fairness. 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 welcome all on our open platform OL WM 2003. Let us have a true orienteering festival and find the champions of our sport in fair and challenging competitions.

Sönke Bandixen
President of the Organizing Committee

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

**Rapperswil
Jona**

www.olwm-rapperswil-jona.ch

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.

2.1 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 |
| Beat Imhof | Head of Mapping, mapper |
| Urs Steiner | Mapper |
| Kilian Imhof | Head of Course Planning |
| | Course Planner Sprint and Middle Distance Final |
| Kurt Schmid | Course Planner Long Distance Qualification and Relay |
| Urs Steiner | Course Planner Long Distance Final and Middle Distance Qualification |
| 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 1300 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.

2.2 OL WM 2003 Controllers

| | |
|-----------------------------|------------------------|
| IOF Event Advisor | Flemming Nørgaard (DK) |
| Assistant IOF Event Advisor | Klavs Madsen (DK) |
| National Controller | Urs Hofer (CH) |



3 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 team registration | WM Centre |
| 12.00 | Deadline for Long Distance Qualification entries | WM Centre |
| 16.00–20.00 | Model Start & Finish | Ice Stadium Lido, Rapperswil |
| 17.00 | Official start list Long Distance Qualification is available | WM Centre, internet |
| 17.30–19.30 | Dinner | Team accommodation |
| 18.15–18.45 | 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 |
| 08.00–14.00 | WM Info in arena is open | WM Arena Unterägeri |
| 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 |
| 18.15–18.45 | Medical Meeting | WM Centre |
| 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 |
| 15.50–16.05 | - 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 | |
| 19.15–19.45 | Medical Meeting | WM Centre |
| 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 |
| 10.00–16.30 | WM Info in arena is open | WM Arena Winterthur |
| 17.00–19.00 | WM Centre is open | HSR Rapperswil |
| 09.00–19.00 | Model Middle | Model terrain |
| 12.00 | Latest check in for athletes and team officials | Rekrutierungszentrum Rüti |
| | Long Distance Final | |
| 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 |
| 08.00–11.00 | Model Relay | Relay terrain |
| 09.00–19.00 | WM Centre is open | HSR Rapperswil |
| 09.00–19.00 | Model Middle | Model terrain |
| 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 |
| 18.15–18.45 | Medical Meeting | WM Centre |
| 19.00–19.30 | Team Captains Meeting | WM Centre |

Friday, August 8, 2003

| | | |
|-------------|--|--------------------------|
| 06.00–08.00 | Breakfast | Team accommodation |
| 08.00–18.30 | WM Info in arena is open | WM Arena Trin |
| 19.30–21.00 | WM Centre is open | HSR Rapperswil |
| 09.45 | Latest check in for athletes and team officials | Team zone, WM Arena Trin |
| | Middle Distance Qualification | |
| 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 and team officials | Team zone, WM Arena Trin |
| | Middle Distance Final | |
| 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 |
| 11.00–17.00 | WM Info in arena is open | WM Arena Forch |
| 17.30–21.00 | WM Centre is open | HSR Rapperswil |
| 11.00–15.00 | Model Relay | Model terrain, WM Arena Forch |
| 13.00–16.30 | Relay | WM Arena Forch |
| 13.00 | - Start men | |
| 13.20 | - Start women | |
| 16.00 | - Flowers ceremony | |
| 18.00–19.30 | Dinner | Team accommodation |
| 19.30–20.30 | Farewell Apéro | Lido, 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 |

4 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.

5 Competition Areas/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.

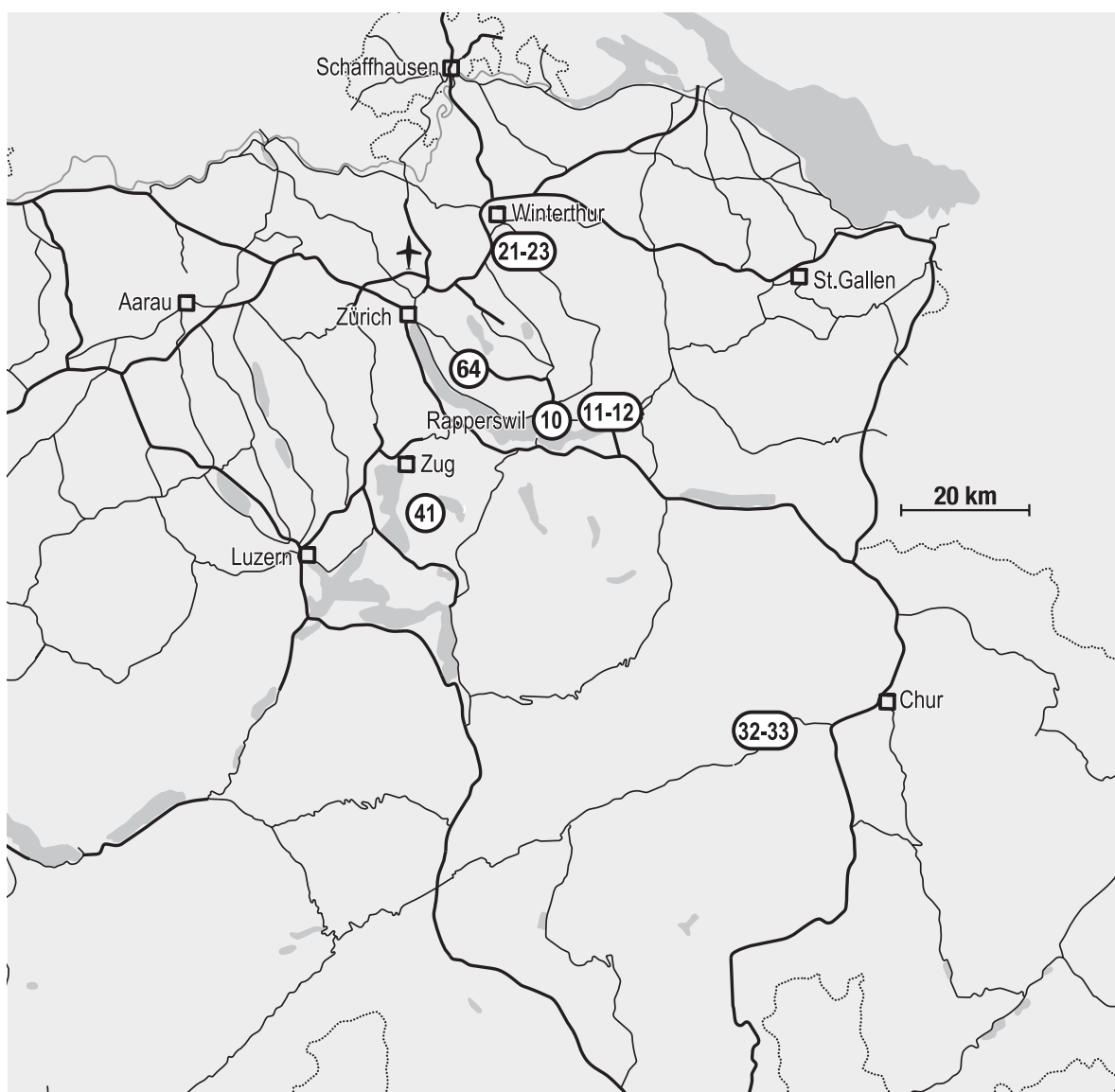
Exceptions:

- 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).
- To the new terrain for the Relay race, Pfannenstiel (area no. 64) there will be access with the old O map no. 932, 1:10 000 on August 7, 2003 from 08.00–11.00 hr.
- 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, ++41 1 926 45 26, ++41 76 437 45 26

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: cancelled (storm damages: safety risks) |
| 12 | Tölttsch-Burgerwald | O map 481 | 1:15 000 | Reserve (storm damages: safety risks) |
| 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 | Homberg/Kemptthal | Topo map 1072 | 1:25 000 | Long Distance Final |
| 32 | Uaul Grond | O map 920 | 1:10 000 | Middle Distance Qualification |
| 33 | Trin/Digg | Topo map 1195 | 1:25 000 | Middle Distance Final |
| 41 | Zugerberg | O map 890 | 1:15 000 | Long Distance Qualification |
| 64 | Pfannenstiel | O map 932 | 1:10 000 | Relay: new embargoed area |

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



6 Event Centre

The WM Centre OL WM 2003 as well as the Media Centre OL WM 2003 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

7 Media

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. 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.

Mail address from August 2 – 9, 2003: OL WM 2003 Media Centre
Postlagernd · CH-8640 Rapperswil · Switzerland
T +41-55 222 4924 · F +41-55 211 8972

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 Forch, 25 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, Forch Relay | 09.00 – 12.30 16.00 – 22.00 | 12.00 – 18.00 |
| Sunday, August 10, 2003 | 09.00 – 16.00 | |

7.1 Media Conferences

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

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

7.2 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 their personal ID card to gain access to any OL WM 2003 media zone.

7.3 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. This 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.

7.4 Free Photo Event Service

OL WM 2003 offers an official event service with pictures taken from the competitions. From August 4 – 9, 2003 you will 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

7.5 Data from the Athletes

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

7.6 Media Race

The VIP/Media/IOF Race will be held on Thursday, August 7 from 09.00 –11.30 hr. in Rapperswil, Ice Stadium Lido (entry fee CHF 15.–). The subsequent social program (including lunch) will be announced upon arrival.

Map:

Sprint Final map «Rapperswil»: six-coloured O map issued 7/2003, scale 1:4000, vertical contour interval 2.5 m, distance between the north lines is 150 m. The size of the map is 440 x 220 mm.

In contradiction to the ISSOM specification for sprint orienteering maps paved areas are printed with a slightly darker brown color (25%). The model map Weesen is printed with the same brown color.

| Class | Length | Climb | Controls | Winning Time | Refreshment Controls/Points |
|--------------------|--------|-------|----------|--------------|-----------------------------|
| VIP/Media/IOF Race | 4.0 km | 70 m | 20 | 30 min | Finish |

Control descriptions:

Will be printed on the map.

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8 Model Events

The model events will be open at the following times:

| | | | |
|--|----------------|-----------------|------------------|
| Start & Finish | August 3 | 16.00-20.00 hr. | Ice Stadium Lido |
| Sprint Final: | August 2-4 | 09.00-19.00 hr. | Weesen |
| | August 5 | 09.00-11.00 hr. | Weesen |
| Long Distance Qualification: | August 2 and 3 | 09.00-19.00 hr. | Gottschalkenberg |
| Long Distance Final: | August 2, 3, 5 | 09.00-19.00 hr. | First |
| | August 4 | 14.00-19.00 hr. | First |
| Middle Distance Qualification and Final: | August 6 and 7 | 09.00-19.00 hr. | Ils Aults |
| Relay: old O map without controls pre start map with controls | August 7 | 08.00-11.00 hr. | Pfannenstiel |
| | August 9 | 11.00-15.30 hr. | Pfannenstiel |

Please not: the terrain Pfannenstiel is part of the embargoed areas. It is prohibited to visit the terrain at any other time.

Model Start & Finish

It will be demonstrated: the procedures at the pre start, the start and after the finish line, the set-up of the controls, the refreshment points (water and hypotonic sports drink), kind of fixing material for the control descriptions, marked routes and out-of-bounds areas.

All other model events

This events will demonstrate the terrain type, the control features, some typical routes (controls connected with a line) and the manner of the map-drawing. The controls are marked with normal control flags.

All out-of-bounds areas printed on the maps may not be crossed by anybody at any time.

Model Sprint Final «Weesen»

A main road with quite some traffic crosses the map from southwest to northeast. Be very careful when crossing this road. No special measures have been taken to restrict any traffic in the town of Weesen. Normal traffic rules apply and anybody is responsible for their own safety.

Please not: it is forbidden to pass the ISSOM symbols Impassable wall (521.1), Impassable fence or railing (524) and area with forbidden access (527.1) at any time.

9 Accommodation and Food Services

9.1 Accommodation

The accommodations for the Federation Teams have been booked according to their requirements all within 6 km of the WM Centre.

9.2 Food

All official bookings for the 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 of OL WM 2003 or
- cold lunch packets to be picked up in the mornings.

Cold lunch packets have to be ordered and paid in advance the day before until 19.00 hr. at the WM Centre. The ordered lunch packets can be picked up the next morning from 07.30 hr. at the WM Centre.

Lunch tickets for warm lunch can be purchased at the WM Centre.

10 Team Captains Meetings TCM

Team Captains Meetings TCM will be held where the organizers release official information for the following competitions and where the Team Information Packages TIP will be handed out. Times and venues are indicated in the official program. Only accredited Team Captains (2 per team) and invited guests (IOF officials, organizers) have access to the TCM.

The Team Information Packages TIP will be handed out (in the TCM meeting room) 15 minutes prior to the opening of the TCM. The TIP include:

- start lists
- number bibs
- control descriptions lists
- SPORTident-Cards

At the end there will be time to ask questions.

11 Medical Services

OL WM 2003 offers a full range of medical services for the benefit of the athletes prior, during and after the competitions. Medical Director OL WM 2003: Dr. Reto Winkler, Tel 079 632 1456.

Medical Meetings MM will be held each day (exception August 8, 2003) 45 minutes prior to the Team Captains Meeting in the WM Centre in Rapperswil (separate meeting room).

Participants: medical team OL WM 2003, medical staff of the teams, doctors, physiotherapists and paramedics. For those teams that do not have their own medical staff present please delegate a team official to the daily MM.

The following information will be released in the MM:

- Availability and organisation of the official medical services of OL WM 2003
- Emergencies procedures
- Anti Doping procedures
- Contact addresses and procedures to further medical diagnostics

12 Anti-Doping

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

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

Important

It is compulsory for each team to disclose its intended location/stay from the day of accreditation until August 9, 2003 at least 12 hours in advance to the organizers by fax or by written schedule: Please leave a plan at the WM Centre indicating the places where you intend to stay during the whole week and disclose an official phone contact number, where you can be reached during 24 hours a day. If there are changes to your plan please give notice as early as possible, but **at least 12 hours in advance** to the WM Centre.

Missing or incorrect plans of the teams are subject for possible Anti-Doping investigations.

13 Instructions for Ceremonies

WM Opening Ceremony

The WM Opening Ceremony of OL WM 2003 will be held on Tuesday, August 5, 2003, 15:45-16.30 hr. at the Ice Hockey Stadium Lido in Rapperswil. All members of the teams (athletes and officials) are invited to participate in the sequence «marching in of the nations» however in two separate groups:

- a) All participating athletes in the Sprint Final (mandatory for women, voluntary but most welcomed for men) and for non-participating teams at least one athlete per nation in official national race dresses: running in and presentation of their federation in a dynamic sequence during the WM Opening Ceremony, 10 seconds duration per team. The athletes will be transported right after their very short part directly to the pre start zone of the Sprint Final.
- b) All other team members: seats in the stadium, please stand up and wave to the crowd when your team mates appear during the show.

Detailed instructions will be given at the TCM on Monday, August 4, 2003, 19.00 hrs. and during lunch at Tuesday, August 5, 2003, 13.30 hrs.

Medals Ceremonies

The official medals ceremonies for the men and woman final races are held 15 minutes after the closing of the last race in the WM Arenas. Athletes ranking 1–6 shall be present 5 minutes prior to the beginning in their official national dresses. Special bib numbers will be handed out and must be worn on their chest during the ceremonies. No sun glasses or hats shall be worn during the ceremonies. Final instructions to the participants will be given prior the ceremonies on site.

After the relay race there will be held a flowers ceremony at the WM Arena. The medals ceremony will be held during the WM Closing Ceremony.

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WM Closing Ceremony

The WM Closing Ceremony of OL WM 2003 will be held on Saturday, August 9, 2003, 21.30-22.45 hr. at the harbour in Rapperswil.

The first part will be the official medals ceremony for the relay races followed by the formal hand over and closing act. As the show is on a swimming stage the participants must check in early and will be transported to the stage by vessel.

The second part will be a big fireworks that will close OL WM 2003 with fantastic pictures and sounds.

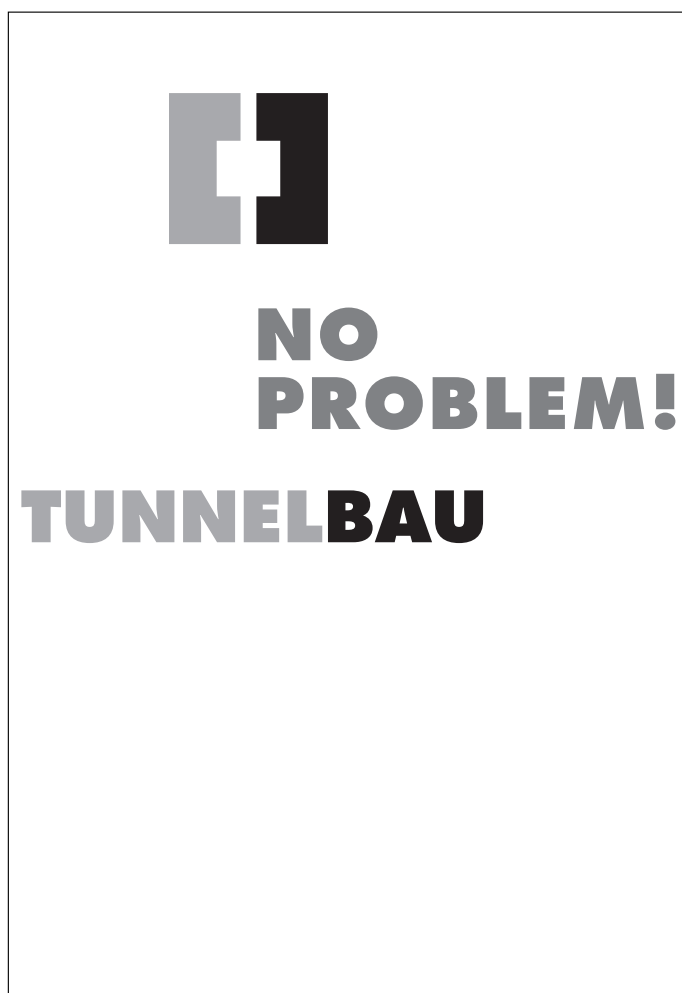
Detailed instructions shall be given to all participants at the Farewell Apéro on Saturday, August 2003, 19.30 hr. in the Ice Stadium Lido in Rapperswil.

14 General Instructions for Competitions

14.1 Jury

The following persons have been appointed by IOF as members of the OL WM 2003 Jury:

- Flemming Nörsgaard (DEN), IOF Advent Advisor, Chairman
- Unni Strand Karlsson (NOR)
- Barry McCrae (AUS)
- Petr Pernicka (CZE)
- Lasse Forsberg (SWE)
- Tony Thornley (GBR)



14.2 Entries

Changes of the federation teams only can be made until August 3, 2003, 12.00 hr. at the WM Centre.

Entries for OL WM 2003 competitions shall reach the organizers as follows:

| | | | |
|-------------------------------|-------------------------|-----------|------------------------------|
| Long Distance Qualification | Sunday August 3, 2003 | 12.00 hr. | names and starting groups |
| Sprint Final | Monday August 4, 2003 | 13.00 hr. | names (athletes and coaches) |
| Middle Distance Qualification | Thursday August 7, 2003 | 12.00 hr. | names and starting groups |
| Relay | Friday August 8, 2003 | 12.00 hr. | names and running order |

Special entry forms will be handed out to the teams with the team information packages. These forms shall be used for the competitions indicated. Completed entry forms shall be handed over to the WM Centre either in Rapperswil or in the WM Arenas, or shall be sent by fax to +41 55 222 4581.

According to the IOF rules 9.10 and 9.11 replacements of competitors until 1 hour before the first start are possible. Changes shall be done using the official start list. The replacement shall be written and marked directly on the start list. This list shall be signed by the team captain and shall be handed over to the WM centre.

For the Sprint Final race replacements of competitors are only possible up to the latest check in into the quarantine zone on Tuesday August 5, 2003, 13.30 hr.

14.3 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 and the special rules for the World Orienteering Championships version 1.3, under the supervision of the IOF Event Advisors. There will be no public draw event.

Sprint Final:

- Each IOF Member Federation can enter one competitor per class (women and men).
- Following the IOF circular letter of November 18, 2002 (Qualification to the 2003 WOC sprint event final), 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.

14.4 Race Number Bibs

Competitors shall wear front and back start number bibs in all competitions. Bibs will be handed out with the team information packages at the team captains meetings. The number bibs have to be fixed on the chest and the back firmly. The number bibs shall not be folded or cut.

14.5 Punching System

The punching system in all OL WM 2003 competitions used will be SPORTident. It will not be used for official timekeeping. Split times recorded by SPORTident will be published as unofficial split times.

The system will be demonstrated at the Start & Finish Model Event. The SPORTident-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 SPORTident-Card number prefixed with the 4 digits «2003». Example: bib number 17 corresponds to the SPORTident-Card number 2003017.

14.6 Map Protection

All Competition maps will be printed on Pretex 120g/m². In addition they are protected with sealed plastic bags.

14.7 Check in, Pre start, Quarantine zones

To secure fair competitions, there will be a check in for each competition and quarantine zones for the Sprint Final and the Middle Distance Final.

Check in

In order to enter the pre start area competitors and coaches have to check in within the specified time windows. They have to show their personal WM badge and sign a list. Competitors and coaches who have missed the check in deadline are excluded from the race. The check in deadlines are handled very strictly by the organizers in order to ensure fair competitions.

Pre start

At each pre start area, the competitors and coaches have to show their personal WM badge.

Quarantine Zone Sprint Final (Q-Zone)

Restaurant Kreuz (the building including a small outside area), Jona is the entry point of the Q-Zones for the Sprint Final competitors and coaches. Max. 2 coaches are allowed per team, they must be named on the Sprint entry form and must wear their team coach badge. After the indicated Q-Zone deadline it is not possible to enter into the Q-zone any more. From there they will be transported to the pre start area via the WM opening ceremony stop over. The transportation vehicles, the pre start area and the warm-up area are Q-Zones as well. Anyone leaving the Q-Zones unguided, is not allowed to re-enter into the Q-Zones and therefore may not participate in the race.

Quarantine Zone Middle Distance Final

The competitors and the coaches for the pre start area have to pass the check in and enter into a quarantine zone at the Tennis Centre in Trin. From there they will be guided to the pre start area. The pre start area belongs also to the quarantine zone. Anyone leaving the quarantine zone unguided, isn't allowed to re-enter the quarantine zone and therefore may not participate in the race.

14.8 Starts

Only participating competitors and their coaches have access to the pre start areas (including the warm-up areas) of individual races.

The pre start is situated at the edge of the pre start area. Competitors will be called up by their names 4 – 8 minutes before the start time depending on the competition.

Separate control descriptions will be given out 2 minutes before the start time (4 minutes in the Middle Distance Final). Fixing material will be available.

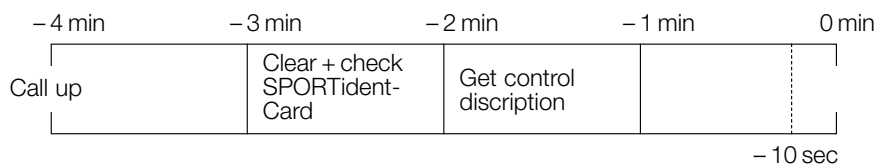
During the last minute before the start time the competitors may enter the waiting zone (5 m before start line). 10 seconds before the start time (beep), she/he can go to the start gate. A red light will be shown up to 5 seconds before the start time. 5 seconds before the start time, the light changes to yellow and the count down (beeps) begins to run. The start time is shown by changing from yellow to green and with a long beep. A competitor has got 5 seconds (green light window) to pass the start gate (begin of competition time) and to take the map.

If a competitor starts more than 5 seconds prior to the original start time, she/he has committed a false start and is disqualified. If a competitor starts more than 5 seconds after the original start time, the competitors running time starts at the original start time.

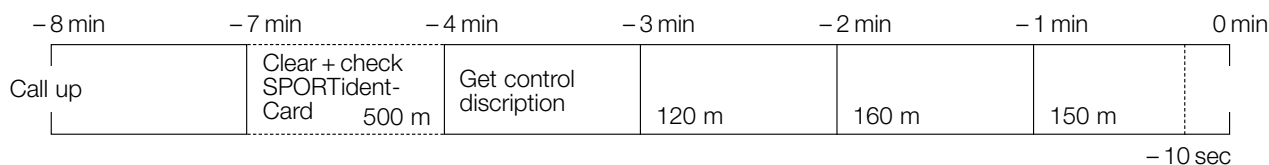
After the start, the competitor has to follow the marked route to the start point, marked in the terrain by a normal control flag.

The detailed procedure will be shown and can be tried at the Model Start & Finish.

Schematic representation of start arrangement:



Special arrangement for Middle Distance Final:



A shuttle transport is offered for the clothes of the competitors from the pre start area to the WM Arena.

14.9 Late Competitor

Competitors who are late for their start time because of their own fault will be permitted to start, but they will be timed as if they had started at their original start time. Competitors who are late because of the fault of the organizer will be given a new start time.

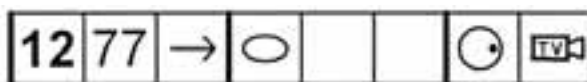
In both cases the following rules apply at the start: A late competitor will report at the pre start (call up). If the organizer decides that a runner has enough time to reach the original start time she/he can continue with the normal procedure. If it is not possible for a competitor to catch the original start time she/he will be sent one minute before the next competitor on that course (30 seconds for the Sprint Final). Competitors of the same federation may not be started consecutively.

14.10 Finish

A competitor shall follow the marked route from the last control to the finish. The finishing time will be taken when the chest of the competitor crosses the finish line. After crossing the finish line the competitor will be guided through the finish zone: enters a queue according to the run in order; punches a SPORTident unit; reads out the SPORTident-Card; receives the split time printout; returns the map; returns the SPORTident-Card; takes official refreshment (contact to the team zone is possible); gives flash interviews to media; draws the route choice and enters the media zone.

14.11 TV-Controls

Each race will be televised. The Sprint Final will be broadcasted live by Swiss Television. There are TV cameras in-between controls as well as nearby control sites. The latter are indicated on the control description with a TV symbol in last column.



14.12 Refreshment Points

There are controls (see control descriptions) or refreshment points (printed in purple onto the map with the cup symbol) with water and hypotonic sports drink in each race. The refreshment will be available at the start and at the finish.

The Model Start & Finish demonstrates the arrangements of the refreshment points and controls and the different drinks.

14.13 Coaching Zone

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.

14.14 Transportation

In the Sprint Final there will be a scheduled transport for competitors and accompanying coaches from the quarantine zone either directly or via the opening ceremony to the pre start area. In the Long Distance Qualification and Final and the Middle Distance Qualification races the transport will be from the check in zone to the pre start area. Competitors arrive at the start at least 45 minutes before their start time. Details about the exact timetables will be given at the corresponding team captains meeting.

In the Middle Distance Final the quarantine zone is nearby to the WM Arena and there is no official transport.

There is a scheduled transportation for team coaches from the pre start areas to the WM Arenas.

14.15 Showers

Showers in the WM Arenas are available in the Long distance Qualification, the Sprint Final, the Middle Distance Qualification and Final races. In the other WM Arenas cold water is available at several places.

14.16 Toilets

There will be separate toilets in the quarantine zones, check in zones and in the pre start areas for the competitors and the accompanying coaches. In the WM Arenas public toilets will be available.

14.17 First Aid

Medical services are available at the start and finish area of each race. Additional first aid stations in the competition areas are indicated on the maps with a purple cross.

14.18 Fairness

To ensure the fairness of the competitions:

- telecommunication equipment, including portable phones, may not be used in quarantine zones, in check in zones, on official transports to the pre start area and in the pre start area except by the organizers.
- any team member may not take any map of the competition terrain to quarantine zones, to check in zones, onto official transports to the pre start area and to the pre start area.
- using television or radio sets is prohibited in the quarantine zones, in check in zones, on official transports to the pre start area and in the pre start area.
- coaching (handover of any information, equipment, material, drinks, ...) is only allowed in the indicated coaching zones. The coaches must have a coaching badge (max. 2 per team).

The above rules will be watched by the organizer. A competitor who breaks any rule, or who benefits from the breaking of any rule, shall be disqualified. Officials who break any rule are liable to disciplinary actions.

14.19 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.

14.20 Returning of Competition Maps

Maps will be collected after crossing the finish line. New maps will be available to the teams at the WM centre in Rapperswil at the day of the race.

| | |
|------------------------------|----------------------|
| Long Distance Qualification: | 17.00 hr. |
| Sprint Final | 19.00 hr. |
| Long Distance Final | 18.00 hr. |
| Middle Distance | 18.15 hr. at the TCM |
| Relay | 18.00 hr. |

15 Special Instructions for each Competition

15.1 Long Distance Qualification

Details of the terrain:

| | |
|------------------|---|
| 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. 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. |
| Runability | Mostly moderate, some parts fairly good, some parts bad. |
| Visibility | Mostly quite good. |
| Roads and trails | Some forest roads and trails. |

Map:

Six-coloured orienteering map issued 7/2003, scale 1 : 15 000, vertical contour interval 5 m, distance between the north lines is 500 m. The size of the map is 215 x 340 mm.

| Class | Length | Climb | Controls | Winning Time | Refreshment Controls/Points |
|--------------|---------------|--------------|-----------------|---------------------|------------------------------------|
| Women A | 6.2 km | 220 m | 13 | 45 min | S, 35%, 75%, F |
| Women B | 6.2 km | 220 m | 14 | 45 min | S, 35%, 75%, F |
| Women C | 6.0 km | 230 m | 13 | 45 min | S, 35%, 75%, F |
| Men A | 9.5 km | 390 m | 21 | 60 min | S, 35%, 60%, 85%, F |
| Men B | 9.4 km | 410 m | 21 | 60 min | S, 35%, 60%, 85%, F |
| Men C | 9.5 km | 375 m | 21 | 60 min | S, 35%, 60%, 85%, F |

Refreshment Points:

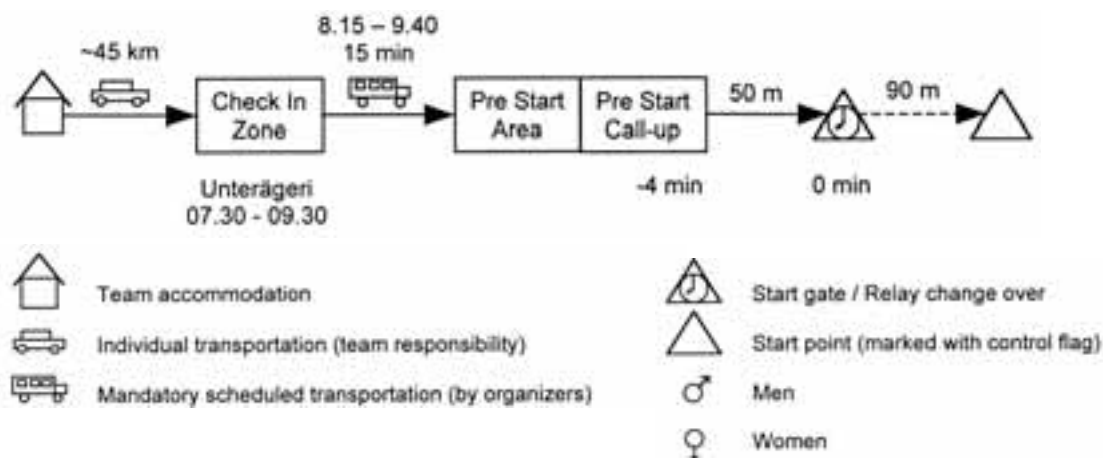
In addition to the refreshment handed out at control sites (see control descriptions) there is one refreshment point printed onto the map with the 'cup' symbol.

Control descriptions:

The size of the separate control descriptions is 45 x 100 mm for women, 45 x 140 mm for men.

Coaching:

There will be no coaching possibilities during the Long Distance Qualification race.



15.2 Sprint Final

Details of the terrain:

| | |
|--------------|--|
| 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 | No motorised traffic and bikes, only pedestrians (spectators, tourists). |
| Exception: | On the last part of the course runners may choose a route along a minor road with traffic. |

Map:

Six-coloured orienteering map issued 7/2003, scale 1 : 4 000, vertical contour interval 2.5 m, distance between the north lines is 150 m. The size of the map is 305 x 220 mm.

In contradiction to the ISSOM specification for sprint orienteering maps paved areas are printed with a slightly darker brown color (25%). The model map Weesen is printed with the same brown color.

Be aware that the ISSOM symbols Impassable wall (521.1), Impassable fence or railing (524) and area with forbidden access (527.1) are always forbidden to pass.

Pre start map:

A pre start map will be available in the warm up area.

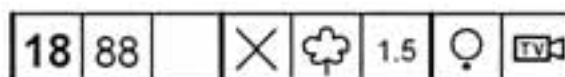
| Class | Length | Climb | Controls | Winning Time | Refreshment Controls/Points |
|-------|--------|-------|----------|--------------|-----------------------------|
| Women | 2.6 km | 60 m | 17 | 12 min | S, F |
| Men | 2.8 km | 60 m | 18 | 12 min | S, F |

Control descriptions:

The size of the separate control descriptions is 45 x 110 mm for women, 45 x 115 mm for men.

Special object:

The object of the final control in the ice stadium will be a tall bush of roses. It will be represented on the control descriptions as follows:



There are a number of restaurants with chairs and tables on public places. These are over-printed on the map with purple colour and partly marked with plastic bands. Competitors are not allowed to cross these areas. The model map in Weesen shows an example of the over-print.

In addition, three stages already set up for the «Seenachtfest» are printed on the map with dark purple colour. They cannot be crossed.

The heavy storm on July 16, 2003 passed also the city of Rapperswil. A number of trees got blown over. These trees have all been removed. Therefore, some of the mapped trees are only visible in the terrain as tree stumps.

Finally 2 out-of-bounds areas for a funfair are printed in dark purple colour on the map.

There are only 2 coaches allowed in the quarantine and pre start area. Their names have to be given together with the entries of the competitors.

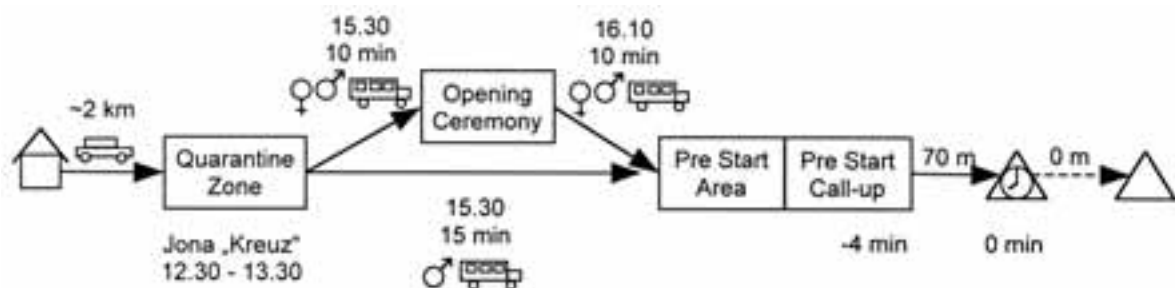
Coaching:

There will be no coaching possibilities during the Sprint Final race.

Fairness:

The terrain for the Sprint Final, Rapperswil will be open for public and non competing team members. Coaching (handover of any information, equipment, material, drinks, ...) guiding and also obstruction of competitors is prohibited.

The terrain will be watched by the organizer. A competitor who breaks any rule, or who benefits from the breaking of any rule, may be disqualified. Officials who break any rule are liable to disciplinary actions.



15.3 Long Distance Final

Details of the terrain:

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.

Map:

Six-coloured orienteering map issued 7/2003, scale 1 : 15 000, vertical contour interval 5 m, distance between the north lines 500 m. The size of the map is 340 x 375 mm.

In some of the felled areas the dead branches are collected in long wood walls which can not easily be crossed. They are represented as dark green lines (vegetation very difficult to run). The special symbol 539 (black circle) is used to represent stations of a gymnastic trail with workout equipment.

Pre start map:

A pre start map will be available in the warm up area.

| Class | Length | Climb | Controls | Winning Time | Refreshment Controls/Points |
|-------|---------|-------|----------|--------------|-------------------------------|
| Women | 11.8 km | 350 m | 19 | 70 min | S, 35%, 45%, 70%, 85%, F |
| Men | 16.7 km | 540 m | 34 | 90 min | S, 20%, 35%, 50%, 75%, 90%, F |

Control descriptions:

The size of the separate control descriptions is 45 x 140 mm for women, 45 x 220 mm for men.

Special objects:

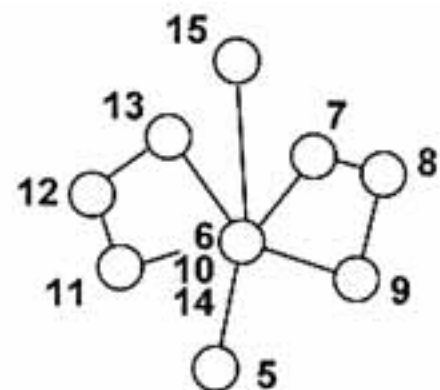
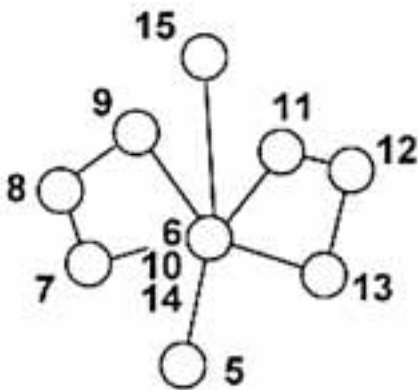
There are two controls in the finish arena on special objects. Both will be advertising objects and will be represented on the map and on the control descriptions with a cross:



Control nr. 61 will be an inflatable can («Rivella»), nr. 72 will be an inflatable arch («CREDIT SUISSE»).

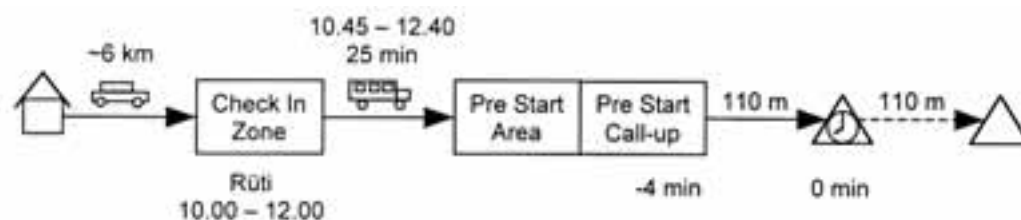
Forking system:

A forking system will be used in the men's course. It consists of 2 loops that have to be run in the opposite order by alternate runners. It is printed on the map as indicated in the following schemas:



Coaching:

There will be coaching possibilities for the women's class after 45 and 85 % of the race, for the men's class after 35 and 90 % of the race.



15.4 Middle Distance Qualification

Details of the terrain:

| | |
|------------------|--|
| 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. |

Map:

Six-coloured orienteering map issued 7/2003, scale 1 : 10 000, vertical contour interval 5 m, distance between the north lines 250 m. The size of the map is 300 x 210 mm.

Pre start map:

A pre start map will be available in the warm up area.

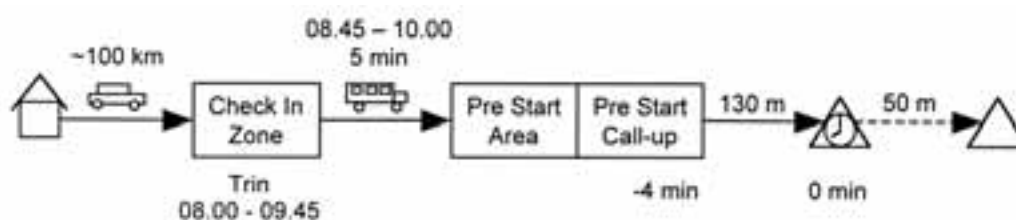
| Class | Length | Climb | Controls | Winning Time | Refreshment Controls/Points |
|---------|--------|-------|----------|--------------|-----------------------------|
| Women A | 3.5 km | 150 m | 14 | 25 min | S, F |
| Women B | 3.5 km | 150 m | 15 | 25 min | S, F |
| Women C | 3.5 km | 150 m | 14 | 25 min | S, F |
| Men A | 3.8 km | 200 m | 15 | 25 min | S, F |
| Men B | 3.8 km | 210 m | 15 | 25 min | S, F |
| Men C | 3.9 km | 190 m | 15 | 25 min | S, F |

Control descriptions:

The size of the separate control descriptions is 45 x 110 mm for women, 45 x 110 mm for men.

Coaching:

There will be no coaching possibilities during the Middle Distance Qualification race.



15.5 Middle Distance Final

Details of the terrain:

| | |
|------------------|--|
| 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. |

Map:

Six-coloured orienteering map issued 7/2003, scale 1 : 10 000, vertical contour interval 5 m, distance between the north lines 250 m. The size of the map is 300 x 210 mm.

The special symbol 539 (black circle) is used to represent stations of a gymnastic trail with workout equipment.

| Class | Length | Climb | Controls | Winning Time | Refreshment Controls/Points |
|-------|--------|-------|----------|--------------|-----------------------------|
| Women | 4.5 km | 250 m | 18 | 34 min | S, 55%, 85%, F |
| Men | 5.0 km | 290 m | 21 | 34 min | S, 55%, 85%, F |

Refreshment Points:

In addition to the refreshment handed out at control sites (see control descriptions) there is one refreshment point printed onto the map with the 'cup' symbol.

Control descriptions:

The size of the separate control descriptions is 45x130 mm for women, 45x145 mm for men.

Special object:

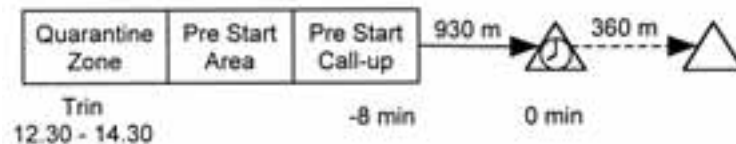
There is one control in the finish arena on a special object. It will be a bulldozer and will be represented on the map and on the control descriptions with a cross:



Control nr. 110 will be a bulldozer.

Coaching:

There will be coaching possibilities for the women and the men after 85 % of the race.



15.6 Relay

Details of the terrain:

Location Area 64, Pfannenstiel. WM Arena Jona, 20 km NW of WM Centre.

Terrain Type Swiss Midlands, hill chain from south east to north west, between 650 to 850 m above sea level.

Land forms Moderately steep slopes to the south west, steep slopes to the north east with some valleys and some contour features. Fairly flat top with few details. Internal height differences 25 to 120 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.

Runability Mostly moderate, some parts fairly good, some parts bad.

Visibility Mostly quite good, partly reduced.

Roads and trails Many forest roads and trails.

Map:

Six-coloured orienteering map issued 7/2003, scale 1 : 10 000, vertical contour interval 5 m, distance between the north lines 250 m. The size of the map is 300 x 210 mm.

Pre start map:

A pre start map will be available in the warm up area.

| Class | Length | Climb | Controls | Winning Time | Refreshment Controls/Points |
|-------------|--------|-------|----------|--------------|-----------------------------|
| Women leg 1 | 5.2 km | 180 m | 13 | 32 min | S, 55%, F |
| Women leg 2 | 7.0 km | 320 m | 20 | 47 min | S, 70%, F |
| Women leg 3 | 6.4 km | 260 m | 16 | 41 min | S, 70%, F |
| Women total | | | | 120 min | |
| Men leg 1 | 5.6 km | 200 m | 11 | 30 min | S, 50%, F |
| Men leg 2 | 8.4 km | 370 m | 19 | 48 min | S, 70%, F |
| Men leg 3 | 7.2 km | 330 m | 18 | 42 min | S, 70%, F |
| Men total | | | | 120 min | |

Control descriptions:

There will be no separate control descriptions.

Coaching:

There will be coaching possibilities for the women and the men just after the refreshment point in the race.

Start:

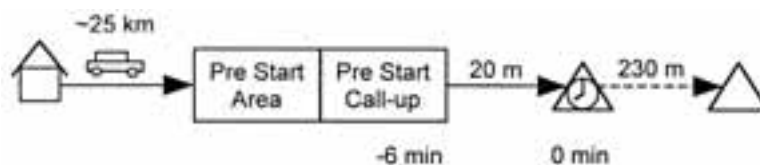
The mass start place is situated in the WM Arena. The runners of the first leg will be called by their names to the start about 6 minutes before start time. After checking the SPORTident-Card competitors move into the start area. 2 minutes before the start time, they can stand behind their maps. 1 minute before the start time, the countdown by the speaker begins. The map may be taken only after the start signal (Bang).

Change:

There will be a pre warning 4 to 5 minutes before change over. The new competitor passes the check of the SPORTident-Card and moves to the change area. The changeover between the arriving and outgoing members of teams take place by touch across a wooden bar. The outgoing competitor follows the marked route to the map wall and takes the map with team and leg number. The outgoing runner is responsible for taking the correct map. The arriving competitor continues to the finish line.

Mass start for not having changed teams.

There will be a mass start for all competitors not yet started 1 hour 55 minutes after start.



16 Weather

That's the only thing we cannot organize, and unfortunately we have had our experience recently. But the actual weather forecast for the first week in August 2003 from our official weather partner MeteoSchweiz is a pleasure to state:

«A very stable high pressure region determines the weather for the next several days.

From Saturday, August 2, 2003 summer comes back with clear conditions and daily highs reaching 29 to 32 degrees.»

17 Participating Federations

| Federation | | Athlete | | Official | Team Total | Relay | |
|------------|--------------------------|---------|-----|----------|------------|-------|-----|
| | | Women | Men | | | Women | Men |
| AUS | Australia | 5 | 6 | 3 | 14 | 1 | 1 |
| AUT | Austria | 4 | 6 | 4 | 14 | 1 | 1 |
| BLR | Belarus | 3 | 4 | | 7 | 1 | 1 |
| BEL | Belgium | 4 | 5 | 2 | 11 | 1 | 1 |
| BUL | Bulgaria | 4 | 5 | 3 | 12 | 1 | 1 |
| CAN | Canada | 3 | 4 | | 7 | 1 | 1 |
| TPE | Chinese Taipei | | 1 | 2 | 3 | | |
| CRO | Croatia | 2 | 4 | 1 | 7 | | 1 |
| CZE | Czech Republic | 6 | 6 | 5 | 17 | 1 | 1 |
| DEN | Denmark | 4 | 6 | 5 | 15 | 1 | 1 |
| EST | Estonia | 3 | 3 | 1 | 7 | 1 | 1 |
| FIN | Finland | 6 | 7 | 5 | 18 | 1 | 1 |
| FRA | France | 4 | 6 | 6 | 16 | 1 | 1 |
| GER | Germany | 5 | 5 | 3 | 13 | 1 | 1 |
| GBR | Great Britain | 5 | 6 | 6 | 17 | 1 | 1 |
| HKG | Hong Kong | 3 | 5 | 1 | 9 | 1 | 1 |
| HUN | Hungary | 3 | 4 | 1 | 8 | 1 | 1 |
| IRL | Ireland | 2 | 6 | 1 | 9 | | 1 |
| ISR | Israel | | 3 | 1 | 4 | | 1 |
| ITA | Italy | 4 | 5 | 4 | 13 | 1 | 1 |
| JPN | Japan | 6 | 6 | 4 | 16 | 1 | 1 |
| KAZ | Kazakhstan | 3 | 3 | 1 | 7 | 1 | 1 |
| LAT | Latvia | 3 | 4 | 1 | 8 | 1 | 1 |
| LIE | Liechtenstein | | 1 | 2 | 3 | | |
| LTU | Lithuania | 4 | 5 | 2 | 11 | 1 | 1 |
| NED | Netherlands | 1 | 1 | | 2 | | |
| NZL | New Zealand | 3 | 4 | 3 | 10 | 1 | 1 |
| NOR | Norway | 7 | 7 | 6 | 20 | 1 | 1 |
| POL | Poland | 3 | 4 | 3 | 10 | 1 | 1 |
| POR | Portugal | 1 | 4 | 2 | 7 | | 1 |
| RSA | Republic of South Africa | 2 | 4 | 1 | 7 | | 1 |
| ROM | Romania | 3 | 1 | | 4 | 1 | |
| RUS | Russia | 5 | 7 | 5 | 17 | 1 | 1 |
| SCG | Serbia and Montenegro | | 3 | | 3 | | 1 |
| SVK | Slovakia | 2 | 3 | 2 | 7 | | 1 |
| SLO | Slovenia | | 3 | | 3 | | 1 |
| ESP | Spain | 3 | 5 | 1 | 9 | 1 | 1 |
| SWE | Sweden | 7 | 7 | 6 | 20 | 1 | 1 |
| UKR | Ukraine | 3 | 5 | 1 | 9 | 1 | 1 |
| USA | United States of America | 4 | 4 | 2 | 10 | 1 | 1 |
| SUI | Switzerland | 7 | 7 | 6 | 20 | 1 | 1 |
| | Total | 137 | 185 | 102 | 424 | 30 | 37 |

