



BULLETIN 1

This is a preliminary Bulletin 1 which has to be completed later

Dear Trail-O Friends,

In the name of the Swedish Orienteering Federation (SOFT) may I welcome all the Trail-O competitors, their support staff and everyone who has an interest in this fascinating sport. Bulgaria unfortunately has declared that they do not have the possibility to arrange the ETOC 2010 in combination with EOC 2010.

In early 2009 therefore Sweden was asked to arrange ETOC 2010 and we are happy to accept this request although the preparation time is very short. We have therefore in cooperation with the Orienteering Club **Rehns BK** in the city of Bollnäs decided to arrange the ETOC 2010 in

combination with the Nordic Team Event in Trail-O which already was planned to take place in Bollnäs and arranged by Rehns BK.

In Sweden Trail-O has been an interesting and developing discipline of orienteering since decades and there is more than 40 Trail-O competitions arranged in Sweden every year. Since many years we have had national championships and from last year we also have national championships in night Trail-O as, what I believe, the first country in the world.

However the ETOC will of course be arranged in daytime - do not worry - and I am totally convinced that the organizing committee in **Rehns BK** will offer you interesting and challenging competitions. I know they have a staff of very experienced Trail-O people both as event organizers as well as competitors.

Once again welcome to Sweden and to Bollnäs.

Tomas Bruce
President of the Swedish Orienteering Federation (SOFT)

1. Organizing Committee

Rolf Karlsson, ETOC 2010 Director
Lennart Wahlgren, Planner
Stefan Larsson, Assistant Planner
(The committee has to completed)

2. Event Controllers

Vibeke Vogelius (Denmark) IOF Event Advisor
Owe Fredholm, National Controller

3. Program

Tue 3 Aug Arrival in Bollnäs
Wed 4 Aug Opening ceremony and Model Event
Thu 5 Aug **ETOC Day 1**
Fri 6 Aug **ETOC Day 2**, banquet
Sat 7 Aug Departure for Trondheim and WTOC 2010

4. Classes and Entry Regulations

The following regulations based on The IOF Trail-Orienteering Competition Rules (edition of 1st February 2009) shall be applied to participation in the ETOC 2010:

- All competitors, regardless of sex, age or physical ability/disability are eligible to be entered for the ETOC. (5.1)
- Only competitors, who have some permanent physical disability (including hidden disabilities) which gives a significant disadvantage in Foot Orienteering competitions are eligible to be entered for the European Paralympic Championship competition. Competitors shall prove their Paralympic eligibility by providing an eligibility form (available at www.orienteering.org) completed by a doctor. (5.2)
- A competitor may represent only one Federation during any one calendar year. (6.1)
- Competitors who are representing a Federation shall have full passport-holding citizenship of the country of that Federation. (6.2)

- Each participating Federation shall appoint a team manager to act as a contact person between the team and the organiser. It is the team manager's duty to see that the team receives all necessary information. (6.3)

- Competitors participate at their own risk. Insurance against accidents shall be the responsibility of their Federation or themselves, according to national regulations. (6.4)

Competitors representing IOF full member Federations and competitors representing European associate members of IOF can compete in the EOC.

Classes and participation restrictions are established in accordance with the Competition rules. In particular, up to 6 competitors of any ability may be entered for the ETOC Championships Open Class, and up to 6 eligible Paralympic competitors - for the ETOC Paralympic Championship. In the team competition may enter 2 teams, but only the better-placed team will count in the prize list. Paralympic competitors may be entered for both classes.

Structure and participation in ETOC 2010:

Open Class:

- individual event	Day 1 + Day 2	6 athletes
- team event	Day 2	2 teams with 3 athletes in each, Best 2 results in team are considered

Paralympic Class:

- individual event	Day 1 + Day 2	6 paralympic athletes,
- team event	Day 2	2 teams with 3 paralympic athletes in each, best 2 results in team are considered

5. Event Centre and Accommodation

Information will be given later.

6. Embargoed Areas

Information will be given later.

7. Transport

The city of Bollnäs is situated 270 km NV of Stockholm and can be reach by car, busses or direct trains from Stockholm International Airport, Arlanda. More and detailed information will be given later in the bulletins.

The distance from Bollnäs to Trondheim is approximately 500 km. By car the distance can be done in one day. There is also a railway connection. By flight you must go back to Stockholm for direct connection to Trondheim or via Oslo. More and detailed information will be given later in the bulletins.

8. Information

Until an event office is opened information can be given by:

The Event Director Rolf Karlsson (rolf.karlsson@skogfrit.se)
or by

The Planner Lennart Wahlgren (bus_lennart@hotmail.com)