

BULLETIN 3

European Trail-O Championship

Bollnäs, Sweden

4-6 August 2010

Content

1. Welcome to ETOC 2010
2. The host city Bollnäs
3. Organizing Committee
4. Event controllers
5. Jury
6. Event program
7. Entries
8. Final entries
9. Competition Rules
10. Classes and Entry Regulations
11. Anti Doping Rules
12. Embargoed areas
13. Maps and Courses
14. Peculiarities
15. Terrain description
16. Punching system
17. Start Bibs
18. Team Officials Meeting
19. Transportation
20. Event Centre
21. Accommodation
22. Meal Services
23. Accreditation
24. Weather and Climate
25. Training Opportunities
26. Visas
27. Media Services
28. IOF Delegates and VIP guests
29. Nordic Team Event
30. Officials and Public Competition
31. Payments
32. Important Deadlines

Attachments

- ETOC 2010 Final Team Entry Form
- ETOC 2010 Final Name Entry Form
- ETOC 2010 Entry Form Media
- ETOC 2010 Entry Form IOF and Guests
- Nordic Team Event Final Name Entry Form
- Invitation to Officials and Public Competition
- Inbjudan till Publiktävling



1. Welcome by the president of the Swedish Orienteering Federation, SOFT

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. In the previous bulletins 1 and 2 my predecessor as president of SOFT, Mr Tomas Bruse, welcomed you. I am his successor as President of SOFT elected at this years General Assembly. However I am not new in the game. I have been member of the board for many years. I have also, personally, been engaged in Trail-O when my orienteering club has arranged Trail-O competitions. Therefore I know very well this challenging discipline of orienteering.

I am of course very happy that Sweden and Rehns BK will be the host country and host club for ETOC 2010 and I strongly agree with what the previous President said in Bulletin 1 and 2 and I am also convinced that you will have some days of very interesting and challenging Trail-O in the forests close to Bollnäs.

Once again welcome to Sweden and to Bollnäs.

Lena Larsson

President of the Swedish Orienteering Federation (SOFT)

Welcome by the Mayor of Bollnäs



As mayor in Bollnäs I want to welcome you all to the European Trail Orienteering Championships 2010. The organizing club, Rehns BK, celebrated their 75:th anniversary last year, and I'm sure that they will organize a competition that you will find challenging.

I hope you will take the possibility to visit the city of Bollnäs and the countryside. We have a lot to see. If you don't have enough time I hope you will come back the year of 2011, when the big orienteering competition O-ringen will be arranged here.

It will be five days of trail-O and more chances to see the sights in Bollnäs.

Finally I wish you a pleasant stay in Bollnäs and I wish you all good luck in the ETOC 2010!

Olle Nilsson-Sträng
Mayor of Bollnäs

2. Host City Bollnäs

Bollnäs opportunities municipality

Bollnäs - the municipality in the centre of the cultural countryside of Hälsingland with 26,500 inhabitants has all the convenience of town life as well as outstanding nature and wide-open and exciting countryside. There is a rich cultural life here; above all. Music is prominent. At Onbacken, in the middle of the town, there are early iron age remains confirming that this area has long been populated. In 1942, Bollnäs officially became a town. Today, Bollnäs is a lively town with a wealth of small companies, great opportunities and much to experience recreationally.

When visiting Bollnäs there is one thing you at least should see; It's the "Farmhouses of Hälsingland". It was, amongst other things, flax growing which created a wealthier class of farmers. It was these farmers who began to build the impressive "Farmhouses of Hälsingland". There was a competition amongst the villages for splendour and adornment of the farmstead's buildings. Folkart was out of a skilful, high quality with beautiful paintings and superb craftsmanship in woodwork and carvings.

For more information see www.bollnas.se and www.halsingegardar.se

3. Organizing Committee

Event Director:	Anders Johansson
Course Planner:	Lennart Wahlgren
Assistant Planner:	Rolf Karlsson, Elisabeth Norsell Karlsson, Anders Johansson
Assistant Planner (map):	Karl-Erik Engblom
Secretary:	Rolf Karlsson
Assistant Secretary:	Elisabeth Norsell Karlsson
Economy:	Sture Mesch
Media:	Conny Forsell
Accommodation/Meal service:	Ing-Marie Granath
Transport:	Håkan Karlsson
Ceremony:	Bertil Hult
Speaker:	Per-Erik Pettersson

4. Event Controllers

IOF Senior Event Advisor:	Vibeke Vogelius, Denmark
National Controller:	Owe Fredholm

5. Jury

To be nominated by IOF.

6. Event Program

Tuesday 3 august

Arrival in Bollnäs (Alfta)

12.00-15.00, 18.00-20.00 Event Centre is open in AlftaQuren (AQ)

18.00-20.00 Dinner.

Wednesday 4 august

07.00-09.00 Breakfast

09.00-10.00 Event Centre open in AQ

10.30-13.00 Model Event

11.00-14.00 Lunch at Competition Centre (CC)

12.00-15.00 Event Centre open at CC.

18.00-20.00 Event Centre open in AQ

18.00 Opening ceremony in Bollnäs.

19.30 Dinner

20.30 Team Leaders meeting.

Thursday 5 august

07.00-09.00 Breakfast

11.00 First start ETOC.

14.45 Start, Officials and Public competition

12.00-15.00 Lunch at CC
 18.00-20.00 Dinner
 20.00 Team Leaders meeting

Friday 6 august

06.30-09.00 Breakfast
 10.00 First start ETOC.
 12.00-15.00 Lunch at CC
 14.00 Start Officials and Public competition.
 16.00 Flower Ceremony
 19.30 Price Ceremony at AQ
 20.00 Banquet at AQ.

Saturday 7 august

Departure for WTOC in Trondheim

7. Entries

ETOC 2010					
Nations	Competitors		Officials	Escorts	Total
CZE	5				5
CRO	8	prel			8
DEN	6			1	7
FIN	12		1	1	14
GBR	6		1	1	8
IRL	3	prel		2	5
LIT	8				8
LAT	12				12
ITA	4		1		5
JPN	6		1	3	10
NOR	10		1	2	13
GER	1				1
RUS	10	+ 9 prel NTE		1	20
SWE	12		1		13
UKR	11	prel	1		12
USA	2				2
Total	116	9	7	11	143

8. Final Entries

Final entries for Federation teams, including the **full name, sex, date of birth of each athlete and team official** must be sent to the organisers in the entry forms no later than **15 June 2010**. Final entry form, see appendix.

Entries and reservations for accommodation, board and transport will be valid once we receive full payment no later than 15 June 2010.

Entry Fees	1 May	15 June
Competitors	120 €	150 €
Officials	60 €	80 €
Escorts	0 €	20 €
IOF Officials	0 €	20 €
Banquet	10 €	10 €

The ETOC Entry fee includes:

Competitors:

- participation in all models and competitions
- all maps and result list
- opening and closing ceremony
- banquet

Officials

- participation in all models
- free access to the competition courses after the competition. Officials will be at the starting list of the public race without any additional entry.
- all maps and result list
- opening and closing ceremony
- banquet

Escorts and medical assistant do not pay any entry fee, but for the banquet if attended, however they are required to register to receive ID cards which will entitle them to access all ETOC model and competition areas.

Accommodation at Event Centre

All prices in type A – E below, includes breakfast.

We can offer the following types of accommodation.

- Type A: Single room, en suite, in the main building. 38 € per person and night.
- Type B: Double room, en suite, in the main building. 32 € per person and night.
- Type C: Double room, en suite, with an extra bed in the main building. 28 € pp and night.
- Type D: A bed in a dormitory. 20 € per person and night. WC and shower in the corridor.
- Type E: An own house with 8 beds in 4 rooms. Breakfast in the main building. Washing machine. 320 € per house and night. Additional 20 € per extra bed and night.

Accommodation at Event Centre is almost full booked. Late entries can **not** be guaranteed the prices above for accommodation.

Meals

There will be lunch available on **previous request** at the CC of model day, competition day 1 and day 2. The cost is 7 € per lunch.

Dinner at AQ will be available on **previous request**, on Tuesday, Wednesday and Thursday. The cost is 8 € per dinner.

On Friday evening there will be a banquet on **previous request** in connection to the prize giving Ceremony. The cost is 10 €. **The banquet is included in the entry fee for competitors and officials.**

Dinner, breakfast and banquet are served in the main building of AQ.

Transport during ETOC

Organisers will provide on previous request for ETOC participants the following transports:

1. From AQ to CC on model day and back.
2. From AQ to Opening Ceremony in Bollnäs and back.
3. From AQ to CC day 1 and back.
4. From AQ to CC day 2 and back.

Transports are adapted for all wheelchair users. The cost is 40 euro.

Transport to WTOC

For the moment the organizers can't arrange any transport from Bollnäs to Trondheim. The questioner which was sent out to all countries about the interest to arrange a bus transport shows too low interest from participating countries.

9. Competition Rules

The IOF Trail-Orienteering Competition Rules (February 1, 2009) and the IOF Technical Guideline for Trail-O apply for ETOC 2010.

10. 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 Open class competition. (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 ETOC Paralympic class competition. (5.2)
- Competitors for the Paralympic class shall submit to the IOF Medical Commission an eligibility form (available at www.orienteering.org) completed by a doctor. When approved a certificate authenticating their Paralympic status will be issued, this must be available for inspection by competition organisers. (5.2)
- Only Federations entering teams with at least two Open competitors and at least two Paralympic competitors are eligible for the ETOC competition. (5.3)
- 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 responsibility of their Federation or themselves, according to national regulations. (6.4)
- All competitors represent a Federation. Each Federation may enter up to a maximum of six competitors of any physical ability for the ETOC Open class, and a maximum of six eligible competitors for the ETOC Paralympic class. (6.5)
- Disabled competitors requiring physical assistance from an able bodied escort shall inform the organiser when registering for the event. The organiser shall make arrangements for such assistance. It is not permitted for competitors to be accompanied by their personal or national team escorts in the competition area. However, in exceptional cases with the agreement of the IOF Event Adviser, competitors may be accompanied by their own medical attendant or, for those with restricted communication, an 'interpreter' familiar with their speech. Escorts must not assist in any way with the map reading, control site identification, analysis or selection process, nor disturb the concentration of any competitor. (6.6)
- Each Federation may have a number of officials in the team, in addition to the competitors and required escorts. The organiser shall fix the number of officials in accordance with available facilities, but the maximum number shall be at least four. The maximum number shall be the same for each team. (6.7)

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

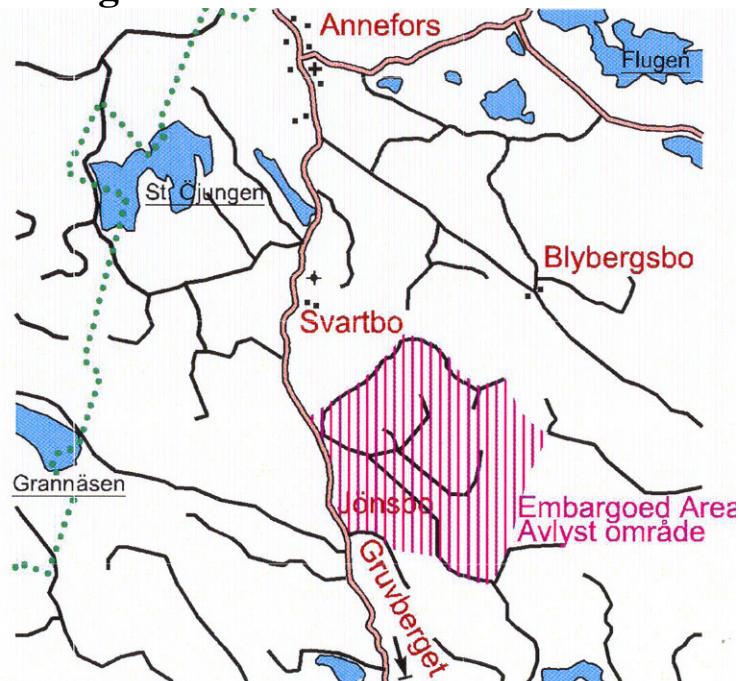
11. Anti Doping Rules

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

The organisers of ETOC 2010 are committed to do everything required to support the official anti-doping authorities in the successful and transparent realization of their work. We strongly support all positive efforts to keep our sport clean and free of doping practices.

Refer to the IOF Anti-Doping Rules: its rules, valid since June 1, 2009 apply.

12. Embargoed Areas



With reference to "The IOF Trail-Orienteering Rules" (article 27.5), the above area are out of bounds.

This means that:

- No orienteering activity may take place.
- No-one with potential connection to a team may visit the above area.

Offences must be reported to the organisers at once.

13. Map and Courses

	Controls	Length	Refreshment stations	Radio controls	Map Scale	Contour interval	Climb
Model Event	12 + 1	0,8 km	0	0	1:5 000	5 m	30 m
Day 1	20 + 2	1,4 km	1	0	1:5 000	5 m	70 m
Day 2	20 + 2	1,2 km	1	1	1:5 000	5 m	55 m

History of the map

The map is drawn according to International Specification for Orienteering Maps (ISOM) 2007. All three competitions: Model Event, Day 1 and Day 2 will take place on the map "Blybergsbo". It was originally made for the National Team Event 1980 with teams from Sweden, Norway, Finland and Switzerland. The map was made by Kart-Bosse in scale 1:15 000. The following years it was used

several times. A highlight was the competition 1982 that was, and still is one of the largest single competitions arranged by one club. About 4 500 – 5 000 competitors was participating in Blybergsbo. In 1989 the Swedish Championships in “orienteering-biathlon” was arranged on the map. Then the map was updated by Mats Östberg for a test for Swedish “juniors” 1993 before the Nordic Championships that year. The map was digitalized by Erik Broman 2008 and updated 2009/2010 by Lennart Wahlgren for ETOC. The map owner is the club Alfta-Ösa OK which also arranged all arrangements above except ETOC. The updating of the map and the courses has been digitalized by Karl-Erik Engblom.

14. Peculiarities

X = Hunting Shed (colour = black)

15. Terrain description

The competition area is about 20 km SW of the City Bollnäs in forest-land with only forest and roads. You reach the area by car/bus from Bollnäs within 45 minutes, and from Alfta within 30 minutes.

Competition Centre (CC) is the same for the model, Day 1 and Day 2.

From the **CC** there are about 400 meters to the Start, which also is the same place all three days. The terrain, the same for all three days, is typical Swedish forest landscape with open parts with good visibility. There are lots of spurs, hills, knolls, re-entrants and boulders. The paths are vehicle roads for transport of timber. From the starting point the competitors goes in three different directions depending on which day it is.

16. Punching System

The Punching System used by ETOC 2010 will be by using pin punches, control cards and manual timing. It will be demonstrated at the Model Event.

17. Start Bibs

During ETOC 2010 all competitors must wear start bibs on the chest. The bib numbers will be handed out at the Team Officials Meeting at Wednesday evening.

18. Team Officials Meeting

At the Team Officials Meetings all materials related to competition days will be handed out. Attendance at Team Officials Meetings will be restricted to two persons per nation. The Team Officials Meetings will be held at AQ.

19. Transportation during ETOC

A scheduled transport service is available for accredited participants who have registered for this service. It is provided to and from all official ETOC events (that is Model Event, Opening ceremony, Day 1 and Day 2). Buses will depart from AQ. For transport to and from ETOC please see Bulletin 2B.

20. Event Centre

The Event Centre will be situated in the official accommodation in AQ. You can find the opening hours in the Event Program. During Model Event, Day 1 and Day 2 the Event Centre will be open at Competition Centre.

21. Accommodation

We are proud to be offer you such a good accommodation as AQ. For being in Sweden you will have a good stay for a reasonable rate. AQ is a building with full access for wheelchair users. It is built for rehabilitation of injured people in traffic accidents and includes premises for physical training, sauna and a heated pool. There is a outdoor bathing beach and you can borrow boats and bikes. There are plenty of rooms for your meetings.

The banquet and the Event Centre are also in AQ.

For more information about prices etc please read Bulletin 2B

22. Meal Service

The meal arrangements for accredited participants will be provided according to their requirements specified. All teams will receive the meal tickets corresponding to their request at the Event centre.

The times of meals are specified in the Event Program.

23. Accreditation

All registered participants of ETOC 2010, including team members, escorts, IOF officials, media representatives and guests are kindly requested to check in for accreditation at the ETOC 2010 Event Office in AQ upon their arrival.

Each registered ETOC 2010 competitors must present his or her personal passport before he or she is accredited. A personal ID card will be handed out at accreditation.

All accredited persons must wear their ID card at all relevant times - it must be presented for access to permitted zones, and this is based on the coloured access rights codes.

Insurance: Each person involved in ETOC 2010 is responsible for his/her own medical insurance coverage (illness and accident).

24. Weather and climate

Usual August weather in Bollnäs area is warm and pleasant (around 20° C up to 25° C), though rainy days with temperatures down to 15°C cannot be excluded.

25. Training Opportunities

The main training opportunity is of course, the Model Event. But there will also be one other possibility of training. Close to AQ (500 m) there will be a course available used for the local district championship 2010. The course is hilly. Maps will be sold at the Event Centre for 5 €. The course will be available Tuesday, Wednesday and Thursday at all hours. There will be no organisers at the

course. When buying a map you will also get a starting card and solutions. Bring your own punch. No entry in advance necessary. Number of maps available are limited.

26. Visas

According to the current regulations, citizens of the following countries do need visas to enter the Sweden:

European countries: Belarus, Georgia, Kazakhstan, Moldova, Macedonia, Russia, Republic Serbia, Turkey, Ukraine

Non European countries: China, Colombia, Cuba, Ecuador, Hong Kong, Indonesia, India, Jamaica, Kenya, Kyrgyzstan, Mongolia, Mozambique, Pakistan, DPR Korea, South Africa, Somalia, Thailand, Chinese Taipei

27. Media Services

All media representatives are cordially invited to come and spread their coverage of ETOC 2010. You will find all detailed information relevant to ETOC in the Event Centre in Alfta and ETOC Competition Centre.

There is no accreditation fee charged for Media representatives at ETOC 2010, but accreditation and corresponding Media ID cards will be required to obtain access to ETOC areas and to receive ETOC information materials. Entry applications from media representatives should be submitted preferably by e-mail or by post to the ETOC 2010 office no later than **15 June 2010**. For media accreditation details please see ETOC 2010 Entry Form for Media.

Media questions could be answered by Conny Forsell mail conny-forsell@telia.com or phone +46737581667

28. IOF Delegates and VIP guests

There is no accreditation fee charged for IOF representatives, Federations officials and VIP guests at ETOC 2010, but accreditation and corresponding VIP ID cards will be required to obtain access to ETOC competition and VIP areas and to receive ETOC information materials.

Entry applications from IOF Officials and guests should be submitted preferably by email to the ETOC 2010 office no later than **15 June 2010**. For accreditation details please see ETOC Entry form for IOF and Guests.

29. Nordic Team Event

Background: Originally this competition was arranged for the Nordic Team Event. But when Bulgaria reported that they were not able to arrange ETOC 2010 Sweden and Rehn BK was asked to arrange ETOC 2010 together with the Nordic Team Event. That means that at the same competition there will be one starting list but two result list one for ETOC 2010 and one for Nordic team Event. The countries which take part in both ETOC 2010 and the Nordic Team Event have to fill in Entry Forms for ETOC as well as Nordic team Event. There is no extra fee for competitors in both competitions. Competitors in only Nordic Team Event has to pay 16 € (150 SEK) per day 5th and 6th of August, the same fee as for Public Competitions. Model Course 4th of August 6 € (50 SEK).

30. Officials and Public competition

Direct after the last competitor has passed the finish will the Officials and Public competition start. That will be a mass start (all are starting at the same time) and they will have the same course as in ETOC but may take the controls in free order. Invitation to the Officials and Public competition will you find in the appendix as well as entry forms. Please note that competitors in the Public race from Sweden has to send there entry via the Swedish data system.

31. Payments

The deadline for sending all applicable payment for ETOC entry fees, accommodation and boarding is **1 May 2010** for entries made to this date. Entries made to 15 June 2010 must be paid to that date.

All payments to ETOC 2010 shall be made to:

NDEASESS

IBAN SE5595000099604201627645

Our bank connection is:

Nordea Bank AB

SE-105 71 STOCKHOLM

Our local branch:

Nordea

Box 170

SE-821 21 BOLLNÄS

Phone: 01146-771 22 44 88

Please note that all applied bank fees and charges should be paid by the payer.

Entries will not be valid until we receive the full payment.

32. Important Deadlines

June 15, 2010

Last day of Final Team Entry Form

Last day of Final Name Entry Form

Last day of full payment

July 4, 2010

Nordic Team Event

Public Competition