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SkiWOC 2004

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The organizers of SKIWOC 2004, the association of Frösö IF, Fältjägarernas IF, Litsbygdens SK, OK Storsjön, Åsarna IK and Östersunds OK welcomes you to participate at the 15th World Ski Orienteering Championships in Åsarna-Östersund, Sweden.

Monday	9 February	Arrival to Åsarna
Tuesday	10 February	Model Event and Opening Ceremony
Wednesday	11 February	SkiWOC Long distance
Thursday	12 February	VIP, Media, IOF, Team leader competition
Friday	13 February	SkiWOC Mass Start (middle distance)
Saturday	14 February	SkiWOC Relay and Public competition
Sunday	15 February	SkiWOC Sprint distance
Monday	16 February	Departure from Åsarna

4.1

Organizers

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Ove Boström

Homepage

www.asarna.com/skiwoc2004

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4.2 Venue

Event Centre is situated at Åsarna Skicenter in Åsarna. The competition centre is at the Ski-Stadium in Åsarna and at Jamtli Historyland in Östersund.

4.3 Deadline for ENTRY to SkiWOC 2004

Long distance

15.00 Tuesday 10th of February 2004.

Mass Start (middle distance)

15.00 Thursday 12th of February 2004.

Relay

15.00 Friday 13th of February 2004.

Sprint distance

16.00 Saturday 14th of February 2004.

4.4 Preliminary entries

	<u>AU</u>	<u>AU</u>	<u>BL</u>	<u>BU</u>	<u>CZ</u>	<u>DE</u>	<u>ES</u>	<u>FI</u>	<u>GB</u>	<u>GE</u>	<u>HU</u>	<u>IR</u>	<u>IT</u>
	<u>S</u>	<u>T</u>	<u>R</u>	<u>L</u>	<u>E</u>	<u>N</u>	<u>T</u>	<u>N</u>	<u>R</u>	<u>R</u>	<u>N</u>	<u>L</u>	<u>A</u>
W		1	1	4	4		1	5	1	3	1	1	2
M	2	2	3	1	4	3	4	6		4	1	1	4
T		1	1	1	2		1	6		2			2
O													
P		4		2	1		1	3					2

	<u>JP</u>	<u>LA</u>	<u>LT</u>	<u>NO</u>	<u>NZ</u>	<u>RO</u>	<u>RU</u>	<u>RS</u>	<u>SU</u>	<u>SV</u>	<u>S</u>	<u>UK</u>	<u>US</u>
	<u>N</u>	<u>T</u>	<u>U</u>	<u>R</u>	<u>L</u>	<u>M</u>	<u>S</u>	<u>A</u>	<u>I</u>	<u>K</u>	<u>W</u>	<u>R</u>	<u>A</u>
W	3	1	3	4			5		3		<u>E</u>		3
M	4	4	4	5	3	2	6	1	5		6	4	4
T	1		1	5			6		3		2	1	
O													
P							1	4			37	1	

4.5 Detailed programme

Monday 9 February – Arrival:

16.00 – 21.00 Event office open

17.00 – 21.00 Dinner

The model event terrain is open for training.

Tuesday 10 February – Model event and Opening ceremony:

07.00 – 09.00 Breakfast

08.00 – 10.00 Event office open

09.00 – 11.00 Model Event in Åsarna. Start from Åsarna Skicenter.

11.30 – 14.00 Lunch

13.00 Jury meeting

14.00 GPS-information with LIVE demo for Press and Team Officials
(at the Press centre at the Ski-Stadium)

14.00 – 21.00 Event office open

15.00 Deadline for entry for the SkiWOC long distance.

16.00 Team leaders meeting for SkiWOC long distance.

16.30 – 18.00 Dinner

19.00 Opening ceremony at Åsarna Ski-Stadium

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Wednesday 11 February – SkiWOC Long distance:

06.30 – 10.00	Breakfast
08.00 – 10.00	Event office open.
09.00	First bus to the start will leave Åsarna Ski-Stadium. The trip will take about 15 minutes.
10.01	First start Men SkiWOC long distance.
10.02	First start Women SkiWOC long distance
12.00 – 15.30	Lunch
16.00	IOF OPEN MEETING – at Åsarna Skicenter
16.00 – 21.00	Event office open
17.00	After Ski
18.00	Prizegiving ceremony
19.00 – 20.00	Dinner
21.00	Disco

Thursday 12 February – VIP, Media, IOF, Team leader competition:

07.30 – 09.00	Breakfast
08.00 – 10.00	Event office open
10.00 – 11.00	VIP, Media, IOF, Team leader competition. Start from Åsarna Skicenter.
09.00 – 15.00	Part of SkiWOC long distance area is open for training
12.00 – 14.00	Lunch
14.00 – 21.00	Event office open
15.00	Deadline for entry for the SkiWOC masstart (middle) distance.
16.00	Team leaders meeting for SkiWOC masstart (middle) distance.
19.00 – 20.00	Dinner

Friday 13 February – Masstart (middle) distance:

07.00 – 10.00	Breakfast
08.00 – 10.00	Event office open.
11.00	Start men SkiWOC masstart (middle) distance at Åsarna Ski-Stadium
12.30	Start women SkiWOC masstart (middle) distance at Åsarna Ski-Stadium
12.00 – 15.30	Lunch
14.00 – 21.00	Event office open
15.00	Deadline for entry for the SkiWOC relay distance.
16.00	Team leaders meeting for SkiWOC relay distance.
17.00	After Ski
18.00	Prizegiving ceremony
19.00 – 20.00	Dinner
21.00	Dancing night

Saturday 14 February – Relay distance and Public competition:

06.30 – 10.00	Breakfast
08.00 – 10.00	Event office open.
09.00 – 10.00	Public competition. Start from Åsarna Skicenter.
11.00 – 15.30	Lunch
11.00	Start women SkiWOC relay distance at Åsarna Ski-Stadium
13.00	Start men SkiWOC relay distance at Åsarna Ski-Stadium
14.00 – 21.00	Event office open
16.00	Deadline for entry for the SkiWOC sprint distance.
16.30	Team leaders meeting for SkiWOC sprint distance.
17.00	After Ski
18.00	Prizegiving ceremony
19.00 – 20.00	Dinner
21.00	Rock night

Sunday 15 February. Day of sprintdistance:

07.00 – 10.00	Breakfast
08.00 – 10.00	Event office open.
08.30	First bus to Jamtli, Östersund. The trip will take about 1 hour and 15 minutes.

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10.30	Last bus to Jamtli, Östersund. The trip will take about 1 hour and 15 minutes.
11.01	Start women SkiWOC sprint distance at Jamtli, Östersund
13.01	Start men SkiWOC sprint distance at Jamtli, Östersund
13.00 – 15.30	Lunch at Jamtli, Östersund
16.00 – 19.00	Event office open
19.00	Banquet and prizegiving ceremony

Monday 16 February:

07.00 – 10.00	Breakfast
07.00 – 10.00	Competition office open. Depart from Åsarna

Places for activities

Event office	Åsarna Skicenter
Competitions in Åsarna	Åsarna Ski-Stadium
Competitions in Östersund	Jamtli Historyland
Teamleader meeting	Åsarna Skicenter
Press centre	ÅIK-house at Åsarna Ski-Stadium
Prize giving ceremonies	PEAB tent at Åsarna Skicenter
After ski	PEAB tent at Åsarna Skicenter
Disco / Dancing / Rock night	PEAB tent at Åsarna Skicenter
Banquet	PEAB tent at Åsarna Skicenter

4.6

Classes and courses

Long	Distance	Total Climb	Number of controls	Refreshment	Mapchange
Men	23 230 m	975 m	28	6, 10, 15, 18 km	3
Women	15 940 m	555 m	22	4, 9, 12	2
Mapscale	1:12 500				

Mass Start	Distance	Total Climb	Number of controls	Refreshment	Mapchange
Men	12 380 m	420 m	36	3.7 km x 3	3
Women	9 030 m	360 m	27	3 km x 2	2
Mapscale	1:10 000				

Relay	Distance	Total Climb	Number of controls	Refreshment	Mapchange
Men	4 x 9 900 m	4 x 280 m	4 x 21	---	1
Women	3 x 6 500 m	3 x 195 m	3 x 16	---	1
Mapscale	1:10 000				

Sprint	Distance	Total Climb	Number of controls	Refreshment	Mapchange
Men	3 960 m	115 m	21	---	1
Women	3 480 m	95 m	19	---	1
Mapscale	1:4 000				

Embargoed areas for training are: Åsarna Ski-Stadium and surrounding terrain, see the old map on our homepage. Jamtli Historyland in Östersund.

4.7

Transports in Åsarna and to Östersund,

In Åsarna

Transportation in Åsarna is not needed but there will be a shuttle bus between the event centre and the competition centre during the competitions.

To start for the Long distance

The bus to the long distance start to go at 09.00. The bus stop is at the Åsarna Ski-Stadium near the Press Centre. We have 4 minibus how are going as shuttle bus. The bus to the start takes about 15 minutes.

To Östersund for the Sprint distance

Time table for transport to Östersund from Åsarna, back and forth.

Depart Åsarna	Arrival Östersund	Depart Östersund
08.30	09.45	15.00
09.00	10.15	15.15
09.45	11.00	15.30
10.30	11.45	16.00

The shuttle bus in Åsarna and the transport to Östersund where the sprint distance take place on Sunday the 15th of February is included in the entry fee.

4.8 Opportunities for training

Training can do at the Model Event area. From Thursday you can also train south of the river, Ljungan. Every competitors gets a maps with a course of about 9 km on Thursdays morning.

4.9 Terrain, Climate, Hazards

The competition venue is situated at approximately 350 meters above sea level. There are mostly pine and spruce forest and open meadowlands. The middle temperature in Åsarna in February is

4.10 Punching system

Punching system is Emit. Emit's classic punching badge with the paper bit as backup.

The punching system is included in the entry fee. You are not allowed to use your own Emit card.

4.11 GPS

The 15 best IOF ranking competitors in the Men's Red Group for the long distance, the Women's Red Group for the masstart and Men's Red Group for the sprint distance are going to have a GPS-controller on the back. The size for the GPS-controller is 78x43x18 mm and weight is around 130 gram.

The controller, from Followit (www.followit.se) send the competitors position to a computer-server (ArcIMS-server) every minutes and it's going to be watching together with the competition map at the Internet (www.asarna.com/skiwoc2004).

4.12 Media, telephone number and E-mail of the official responsible

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No entry fee for media. Costs for accommodation are the same as for the competitors and team leaders – see 3.7.

4.13 Maps

Maps from Long, Mass Start and Relay is hanling out on Saturday evning and for the Sprint on Sunday evning.

4.14 Supplementary programme

Supplementary programme:

Monday	9 th	February	The teams arrival to Åsarna
Tuesday	10 th	“	19.00 Opening ceremony in Åsarna Ski Stadium

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Wednesday	11 th	“	17.00 After Ski at PEAB-tent 18.00 Prize giving ceremony at PEAB-tent 20.00 Disco night at PEAB-tent
Thursday	12 th	“	Day of rest
Friday	13 th	“	17.00 After Ski at PEAB-tent 18.00 Prize giving ceremony at PEAB-tent 21.00 Dancing night at PEAB-tent
Saturday	14 th	“	17.00 After Ski at PEAB-tent 18.00 Prize giving ceremony at PEAB-tent 21.00 Dancing/Rock night at PEAB-tent
Sunday	15 th	“	19.00 Banquet, Prize giving ceremony and Disco night at PEAB-tent
Monday	16 th	“	The teams departure from Åsarna