



**JWOC**  
Junior World  
Orienteering  
Championships  
**2019 Denmark**



**Bulletin 4**

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# 1.0 Welcome to JWOC 2019

**Dear guests,**

It is a great pleasure for Aarhus to be able to bid you welcome to the Junior World Orienteering Championships this year 2019. In Aarhus, we love sport and the effect it has on the daily life of our citizens.

In that spirit, we have already hosted a considerable number of large and influential sporting events. In 2006, we welcomed the World Orienteering Championships to our city. Over the last decade Aarhus has staged the Youth Sailing World Championship, the UEFA under-21 European Championship, Men's and Women's European Handball Championships, and the SportAccord Convention – the largest sports convention in the world. Last year we were very proud to host the Hempel Sailing World Championships 2018, one of the largest sporting events ever to be held in Denmark.

So we consider ourselves experienced, capable and ready for the Junior World Orienteering Championships, and we cannot wait to welcome athletes, spectators and officials alike to our city. We have the skills and expertise it takes to host a major event like this, and we hope that every guest will enjoy their stay in our city.

We warmly recommend everyone to visit Aarhus during the Championships. Our status as the European Capital of Culture in 2017 has heightened the culture, cuisine, hospitality and touristic experiences available to visitors. With forests and the sea as neighbours and heathland just a bicycle ride away, Aarhus is an accommodating place for the sporting and/or outdoor person.

Aarhus is known as the city of smiles. In Denmark, we say that a smile is the shortest distance between two people. In fact, no part of Aarhus is far away. The many things to experience in the city can be reached in only a few minutes by the new light rail system or one of the many free city bikes.

I wish you all good luck, happy orienteering and a very warm welcome to our city.

**Jacob Bundsgaard**

Mayor of the City of Aarhus



**Dear guest,**

It's an honour for Silkeborg to be hosting the Junior World Orienteering Championships in 2019, and I'd like to thank the international Orienteering Federation for choosing us.

Silkeborg is also known as Denmark's Outdoor Capital. Our town is situated in the centre of the Danish Lake District and has the perfect landscape for these championships. Everywhere you go you find forests, lakes, rivers and hills: a perfect place for orienteering.

We expect that about 400 athletes from 40 countries will participate in the Junior World Orienteering Championships 2019 in Silkeborg and our beautiful surroundings. We expect more than 1,000 spectators, and we will be ready to assure them that the championships will run smoothly, and everybody will enjoy 6 fantastic days, both when it comes to competition and to relaxation. We expect too that they will take long-lasting memories back home.

Arranging an international championship of this size is a big responsibility. We believe we have the experience needed to host a professional, high class championship like this. Silkeborg often organises big sports events and is known to succeed, both when it comes to planning and running competitions, and when it comes to other activities. I know the organisers here have planned some interesting social and cultural experiences for the participants.

We expect to welcome more than 1,500 athletes and spectators during the championships. You can expect hospitality from all of us. So, go and explore our culture, enjoy our nature, take a stroll through our streets, go shopping and relax afterwards with some fresh local cuisine and perhaps an excellent beer, brewed right around the corner.

I look forward to seeing you in Silkeborg and to watching some excellent performances from talented runners from all over the world.

**Steen Vindum**

Mayor of Silkeborg Municipality



## Welcome from Orienteering Club Pan and Silkeborg Orienteering Club

The two clubs wish you all welcome to JWOC 2019, and we hope that we can contribute to everyone enjoying unforgettable experiences during the event. Together the clubs have more than 750 members, among them many experienced organisers and national team runners.

With the aid of huge goodwill from the region's forestry authorities and private forest owners, we have the opportunity to show you some of the Danish Lake District's finest forest terrain.

We hope that you will enjoy the delightful forests you will be running in, and that you will get the opportunity to forge many new friendships.

**Lone Secher Andersen**, Chairperson OK Pan

**Christian Biering**, Chairperson Silkeborg OK



## **2.0 Organisation**

### **Steering Committee**

Dorthe Hansen, Silkeborg OK  
Mogens Hagner, Silkeborg OK  
Kell Sønnichsen, OK Pan  
Bjarne Knudsen, OK Pan  
Morten Pedersen, OK Pan

### **IOF Senior Event Advisor**

Hannu Pyy, Finland

### **National Controller**

Keld Gade, Viborg OK

### **Jury**

Christine Brown, Australia - appointed by IOF  
Alen Gavar, Turkey - appointed by IOF  
Száva Zsigmond, Hungary - to be confirmed at the first Team Officials Meeting

### **Contact info**

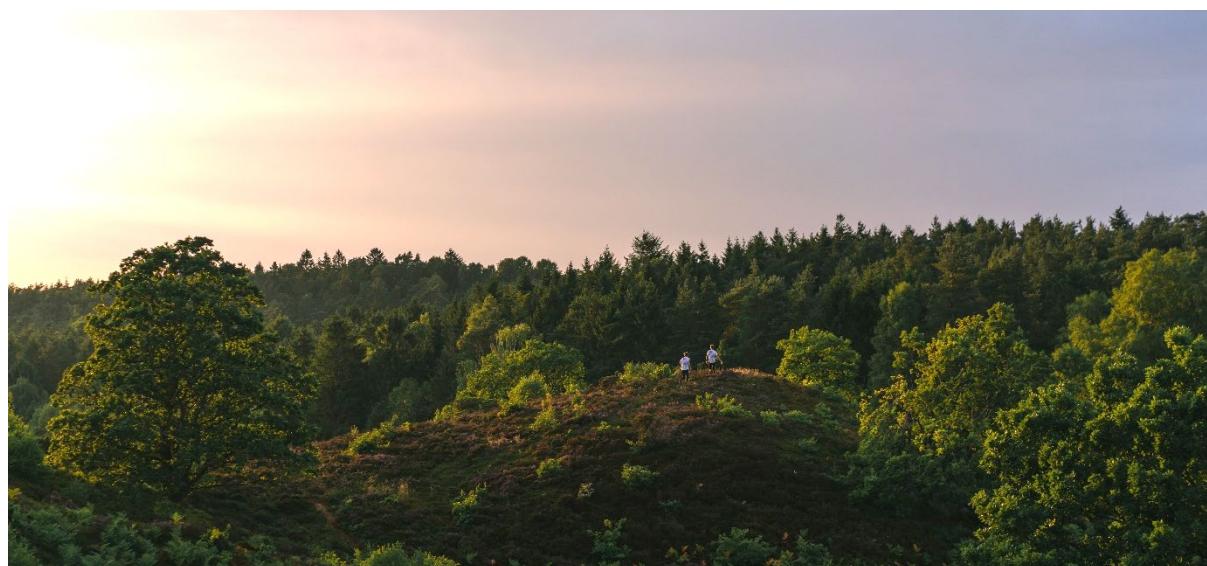
Website: [www.jwoc2019.dk](http://www.jwoc2019.dk)  
Email: [info@jwoc2019.dk](mailto:info@jwoc2019.dk)

### **Event Director**

Dorthe Hansen, tel. +45 3066 4285

### **Technical Event Director**

Kell Sønnichsen, tel. +45 21656687



## 3.0 Event Centre

The Event Centre is at College360 (Silkeborg Tekniske Skole).

Address: Kejlstrupvej 87, 8600 Silkeborg, Denmark.

GPS coordinates: N56° 11.435' E009° 33.276'

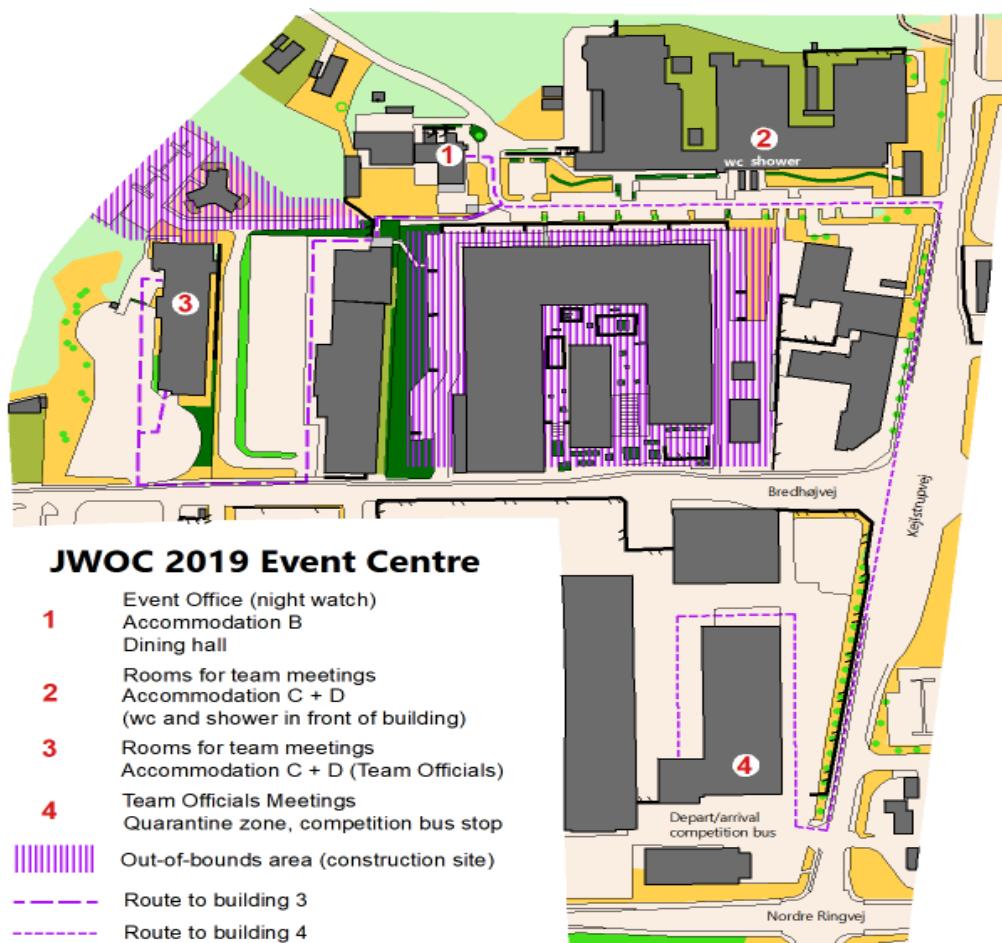
College 360 is situated in the northern part of Silkeborg. The main entrance is on Kejlstrupvej, 400 m north of the main northern ring road (route 195), on the left opposite a large car sales centre.

**From the east** leave the motorway at junction 28 – Søholt, and follow the main road (195) westwards. Turn right on to Kejlstrupvej at the second set of traffic lights.

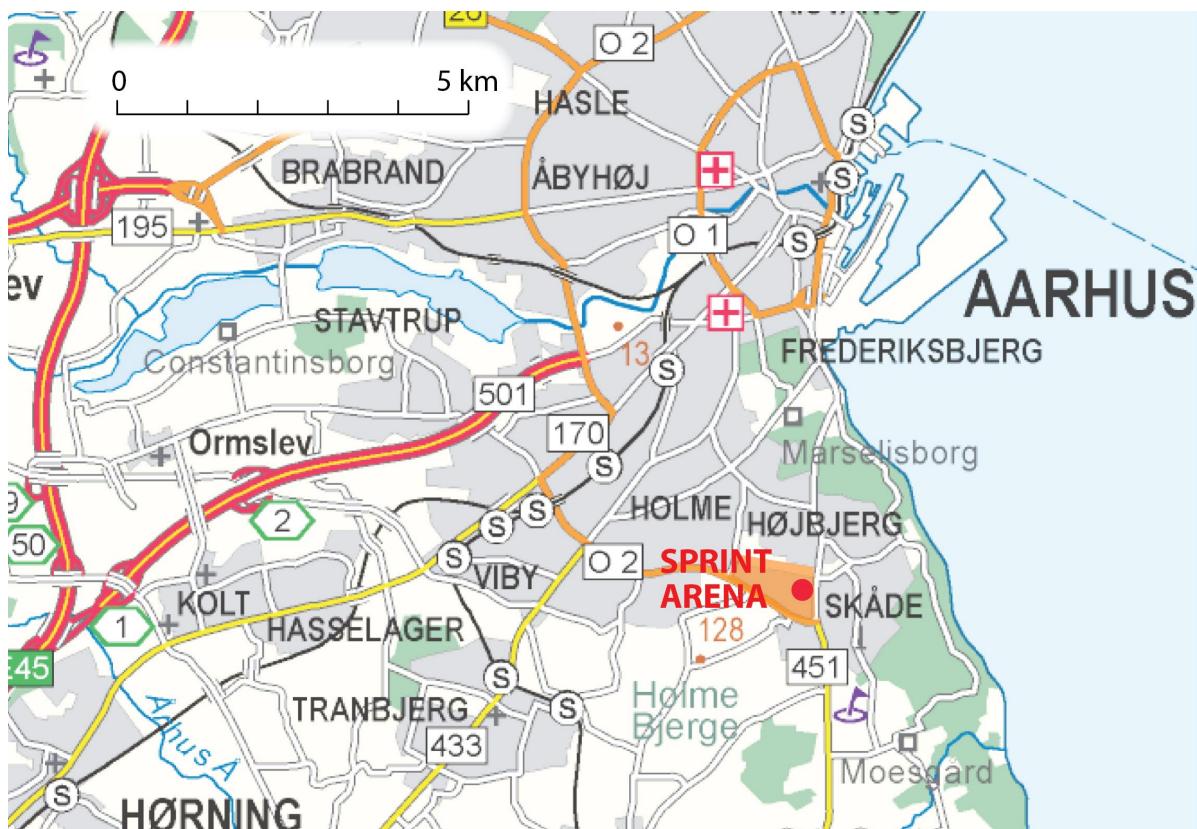
**From the west and north** join the motorway, and exit at junction 29 – Høje Kejlstrup. After leaving the motorway, follow signs for Silkeborg. After two roundabouts, the main College 360 buildings are on the right after passing a stretch of woodland.

**From the south** from route 52 drive into Silkeborg and keep going straight along on the main road east of the town centre. Bear right at the second set of traffic lights after the bridge crossing the lake. The College is 1.5 km further on the left, after three more sets of traffic lights.

There are a number of parking areas on the College campus.







## 4.0 Accreditation

All registered participants must check in for accreditation at the JWOC Event Centre before 11.00 on Saturday 6 July. **Each registered team member and team leader must be present and show her/his personal passport before she/he can be accredited.**

A personal JWOC ID card with photo will be handed out at accreditation. All accredited persons must wear it at all relevant times, and present it for access to all means of transport and authorised zones. The online entry form asks that all persons to be accredited provide a personal portrait photo in Eventor for use on the ID card.

## 5.0 Detailed programme

	<b>Time</b>	<b>Activity</b>	<b>Location</b>
<b>Wed. 3 July</b>	10.00 - 21.00	Event Office open - accreditation possible	College360 / Teknisk Skole
	All Day	Pre-JWOC training camp	Silkeborg Sønderskov
<b>Thu. 4 July</b>	8.00 - 21.00	Event Office open - accreditation possible	College360 / Teknisk Skole
	All day	Pre-JWOC training camp	Aarhus - Sprint Silkeborg Vesterskov
<b>Fri. 5 July</b>	8.00 - 21.00	Event Office open - accreditation possible	College360 / Teknisk Skole
	All day	Pre-JWOC training camp	Silkeborg Nordskov
<b>Sat 6 July</b>	8.00 - 13.00	Event Office open	College360 / Teknisk Skole
	17.00 - 21.00		
	9.00 - 10.30	Model Event - Long distance and Relay	Himmelbjerget
	11.00	Deadline for accreditation	College360 / Teknisk Skole
	12.00	Deadline for names and start groups for Sprint in Eventor	Eventor
	12.15 - 13.15	Opening Ceremony	Silkeborg Town Centre
	14.00 - 16.30	Model Event Sprint	Silkeborg
	17.00 - 18.30	Technical Model Event	College360 / Teknisk Skole
	19.00 - 20.00	Team Officials Meeting - Sprint and general matters	College360 / Teknisk Skole
<b>Sun. 7 July</b>	7.00 - 10.00	Event Office open	College360 / Teknisk Skole
	17.00 - 21.00		
	9.00 - 17.00	Event Office open	Event arena
	10.00 - 13.15	<b>Sprint</b>	Lyseng
	12.00	Deadline for names and start groups for Long distance in Eventor	Eventor
	ca 13.45	Prize-giving	Lyseng
	19.00 - 19.30	Team Officials Meeting - Long distance	College360 / Teknisk Skole

<b>Mon. 8 July</b>	6.30 - 10.00 17.00 - 21.00	Event Office open	College360 / Teknisk Skole
	8.30 - 18.30	Event Office open	Event arena
	9.00 - 15.30	<b>Long distance</b>	Velling - Snabegaard
	ca 16.15	Prize-giving	Velling - Snabegaard
<b>Tue. 9 July</b>	8.00 - 13.00 17.00 - 21.00	Event Office open	College360 / Teknisk Skole
	9.00 - 12.00	Model Event Middle distance	Gjern Bakker
	12.00	Deadline for names and start groups for Middle distance in Eventor	Eventor
	14.30 - 17.00	Social activities	College360 / Teknisk Skole
	19.00 - 19.30	Team Officials Meeting - Middle distance Qualification and Final	College360 / Teknisk Skole
<b>Wed. 10 July</b>	7.30 - 10.00 17.00 - 21.00	Event Office open	College360 / Teknisk Skole
	9.30 - 17.30	Event Office open	Gjern Bakker
	10.00 - 13.30	<b>Middle Qualification</b>	Gjern Bakker
<b>Thu. 11 July</b>	6.30 - 10.00 17.00 - 21.00	Event Office open	College360 / Teknisk Skole
	8.00 - 18.30	Event Office open	Gjern Bakker
	9.00 - 13.30	<b>Middle Final</b>	Gjern Bakker
	12.00	Deadline for names in teams and on legs for the Relay in Eventor	Eventor
	ca 13.45	Prize-giving	Gjern Bakker
	19.00 - 19.45	Team Officials Meeting Relay, party and closure	College360 / Teknisk Skole
<b>Fri. 12 July</b>	7.00 - 9.30 16.00 - 20.00	Event Office open	College360 / Teknisk Skole
	8.30 - 17.30	Event Office open	Thorsø Bakker
	10.00 - 13.00	<b>Relay</b>	Thorsø Bakker

ca. 13.30/14.00	Prize-giving and Closing Ceremony	Thorsø Bakker
Immediately after Closing Ceremony	Team Officials and VIP race	Thorsø Bakker
ca. 20.00 - 01.00	Party	Silkeborg
<b>Sat. 13 July</b>	8.00 - 10.00	Event Office open
10.00	Deadline for departure from accommodation	College360 / Teknisk Skole



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## **6.0 Accommodation and catering**

B, C and D-types of accommodation are situated in the Event Centre (EC) at Teknisk Skole (College360) at Kejstrupvej 87, 8600 Silkeborg, Denmark. GPS: N56° 11.435' E009° 33.276'

A1, A2, A3 and A4-types of accommodation are situated at Hotel Scandic Silkeborg, Udgårdsvej 2, 8600 Silkeborg. GPS: N56° 10.246' E009° 30.828'.

Check-in for accommodation A is possible from 15.00. Check-out until 12.00

Check-in for accommodation B, C and D opens at 10.00 on 3 July, and 8.00 on other days. Check-out until 10.00

### **6.1 Catering**

#### **Breakfast**

Breakfast is included in accommodation A, B, C and D. Breakfast consists of a buffet with a variety of cereals, bread, cold meat and cheese etc. and various drinks.

#### **Lunch**

Lunch is included for accommodation choices B, C and D + and for teams at Scandic who have ordered additional Lunch and Dinner (A5). Lunch is served at the arenas on competition days. On non-competition days lunch is served in the quarantine zone at EC/ Teknisk Skole.

#### **Evening meal**

Evening is included for accommodation choices B, C and D + and for teams at Scandic who have ordered additional Lunch and Dinner (A5). It will be served at the Student House at EC.

The evening meal consists of a buffet with different ingredients including a meat dish, pasta, rice, potatoes and salad/vegetables.

The JWOC ID card must be shown in order to receive the meals.

### **Time Schedule for catering**

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner*</b>
<b>Wed. 3 July</b>	-	12.00-14.00 (EC)	18.00-19.00
<b>Thu. 4 July</b>	7.30-9.00	12.00-14.00 (EC)	18.00-19.00
<b>Fri. 5 July</b>	7.30-9.00	12.00-14.00 (EC)	18.00-19.30
<b>Sat. 6 July</b>	7.30-9.00	11.00-12.00 (EC)	17.45-20.00
<b>Sun. 7 July</b>	6.45-9.00	11.00-14.00 (Arena)	17.45-20.00
<b>Mon. 8 July</b>	5.45-9.00	11.00-16.00 (Arena)	18.30-20.15
<b>Tue. 9 July</b>	7.30-9.00	12.00-14.00 (EC)	17.45-20.00
<b>Wed. 10 July</b>	6.45-9.00	11.00-14.00 (Arena)	17.45-20.00
<b>Thu. 11 July</b>	6.15-9.00	11.00-14.00 (Arena)	17.45-20.00
<b>Fri. 12 July</b>	6.45-9.00	11.00-14.00 (Arena)	17.45-20.00
<b>Sat. 13 July</b>	8.00-10.00	-	-

\* Teams will be divided into 2 or 3 different sittings.

## **6.2 Washing of clothes**

It will be possible to have clothes washed at the Event Centre for a small charge. Further information can be obtained at the Event Office, where washing of clothes can also be booked.

## **7.0 Competition Rules**

The Competition Rules for International Orienteering Federation (IOF) Foot Orienteering events, valid from 1 February 2019, will apply. See

<https://orienteering.org/wp-content/uploads/2019/01/IOF-Rules-2019.pdf>

## **7.1 Permitted deviations from the rules**

A 1 minute start interval will be used in the Middle Distance B- and C-finals.

## **8.0 Start draw**

For Sprint, Middle Qualification and Long Distance, nations are responsible for dividing their competitors between 3 start groups (early, middle and late). This must be done by 12 noon at the latest on the day before the relevant competition.

In Middle Distance Qualification, competitors are divided into 3 heats for women and 3 heats for men. In Middle Distance Finals the 20 best-placed competitors from each qualification heat compete in the A-Final. Competitors placed 21-40 run in the B-Final, and the remainder in the C-Final.

## **9.0 Anti-doping**

Doping is strictly forbidden and the organisers of JWOC 2019 are dedicated to supporting the anti-doping authorities in their work. Doping tests are always carried out in accordance with the procedures described in the WADA International Standard for Testing. The IOF Anti-Doping Code and rules and the World Anti-Doping Code 2015 apply as of 1st January 2015.

Competitors who are selected for the doping tests must bring an official identification (with photo) to the doping test area - the JWOC ID card is acceptable.

The competitor should also bring along their Therapeutic Use Exemption (TUE) if applicable. In general, it is advisable that competitors bring their ID to all the competitions and events.

For more information, please consult: IOF Anti-Doping Rules

<https://onedrive.live.com/embed?resid=663580750D0C0BCE%2117535&authkey=!AGmrGJGD-X3xdkY&em=2&wdHideHeaders=True&wdDownloadButton=False>

## **10.0 Complaints and protests**

Any complaint shall be made in written form and handed in at the Event Office at the arenas as soon as possible. Complaints regarding the results shall be made no later than 15 minutes after the publication of the provisional results list.

A written protest can be made against the Organiser's decision about a complaint. Written protests shall be delivered personally at the Event Office at the arenas no later than 15 minutes after the organiser has informed the complainant of the decision about the Complaint.

A Protest fee of 50 EUR (or 375,- DKR) shall be paid to the IOF Senior Event Adviser in cash when making a Protest. The fee will be returned if the Protest is accepted by the jury, otherwise the fee will be sent to the IOF.

Forms for making a complaint or protest will be available at the arena Event Office.

## **11.0 First Aid**

First-aid services will be provided in the arenas.

At College360 / Teknisk Skole, the Event Office will help with contacting the appropriate service. Each federation is responsible for its own insurance (see IOF Competition Rules §6.4).

## **12.0 Arena production**

There will be a TV production which will be shown on the big screen in the arenas. This means that there may be cameras in the terrain, and the competitors will run with GPS units.

## **13.0 Team Officials Meetings**

For each competition, a Team Officials Meeting will be held before the competition day, providing all important information about the competitions. There will be just one meeting for Middle distance, covering both Qualification and the Final.

All Team Officials Meetings will be held at the Event Centre (Teknisk Skole). If you have questions for the meetings, please send them to [info@jwoc2019.dk](mailto:info@jwoc2019.dk) before 16:00 on the respective day, and we will answer them during the meeting.

	<b>Time</b>	<b>Topics</b>
<b>Sat. 6 July</b>	19.00 - 20.00	Sprint, Code of ethics, General matters
<b>Sun. 7 July</b>	19.00 - 19.30	Long Distance
<b>Tue. 8 July</b>	19.00 - 19.30	Middle Qualification & Final
<b>Thu. 10 July</b>	19.00 - 19.30	Relay and Party

Location: see Event Centre map earlier in this bulletin.



## 14.0 Ceremonies

### Opening Ceremony

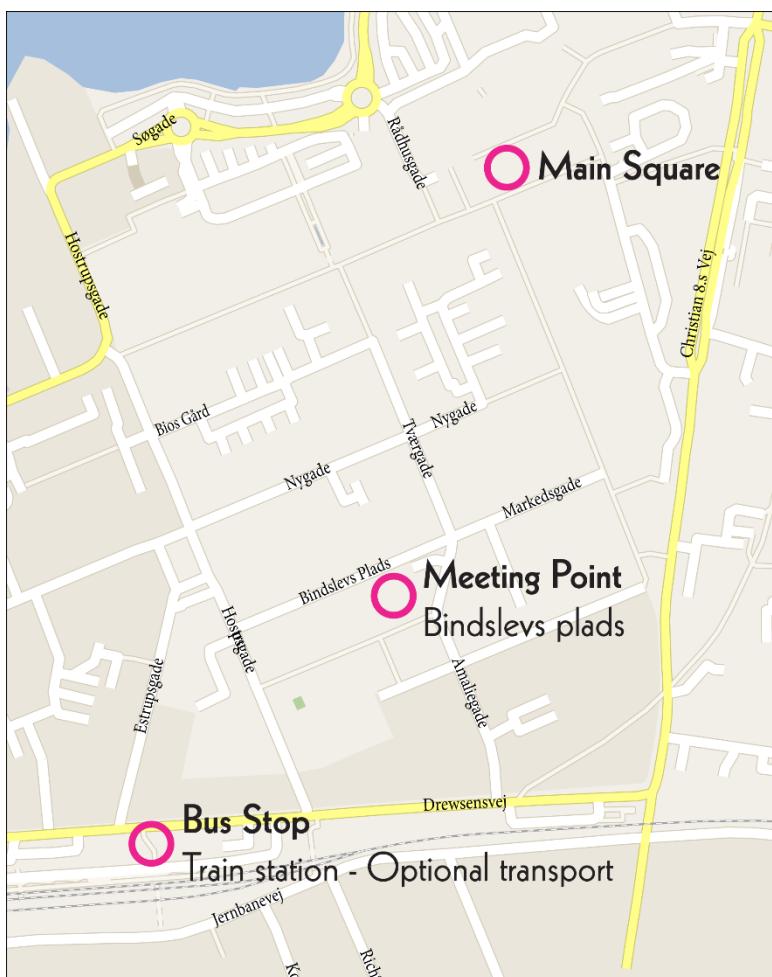
The Opening Ceremony of JWOC 2019 will take place on Saturday, 6<sup>th</sup> July between 12.30 and 13.15 in the main square (N56° 10.173' E009° 33.000') in Silkeborg.

All teams must be present no later than 12.15 at Bindslevs Plads (N56° 09.975' E009° 32.893') close to Silkeborg town centre.

Buses will provide transport from the Event Centre to the town centre for those who have paid for optional transport. After the Opening Ceremony, the buses will go direct from the setting-down point to the Model Event for Sprint.

All other participants should use the car parks in the town centre - see

<https://webkort.silkeborg.dk/cbkort?profile=parkeringsapp&page=mobile-content>.



On arrival at Bindslevs Plads, all teams are asked to meet up behind the board with their nation's name and flag. At 12.30, all nations will walk in procession to the main square, where the Opening Ceremony will take place between 12.45 and 13.15. Participants are required to dress in their national team dress.

Additional information will be handed out at Accreditation.

### **Optional transport** Sat. 6 July

<b>From</b>	<b>To</b>	<b>Bus 1</b>		<b>Bus 2</b>	
		<b>Dep.</b>	<b>Arr.</b>	<b>Dep.</b>	<b>Arr.</b>
<b>Event Centre</b>	<b>Opening Ceremony</b> Silkeborg - Train Station	11.50	12.00	11.50	12.00
<b>Opening Ceremony</b> Silkeborg - Train Station	<b>Model Event Sprint</b> Gødvad	13.30	13.40	13.30	13.40
<b>Model Event Sprint</b> Gødvad	<b>Event Centre</b>	14.40	14.45	14.40	14.45

The fee for this transport is part of the "optional transport" fee

### **Prize-giving ceremonies**

The prize-giving ceremonies will take place at the arena after each JWOC final. Competitors and teams ranked 1-6 shall be present behind the podium 5 minutes prior to the beginning of the respective ceremony in their official national team dress. No equipment shall be brought to the podium and no sunglasses or hats shall be worn. Final instructions to the participants will be given prior to the ceremony on site.

### **Closing Ceremony**

The Closing Ceremony will be held on Friday 12th July at the Relay arena and directly after the prize-giving ceremony for the Relay competition. The short programme will include lowering the flags and handing over the IOF flag to the organisers of JWOC 2020 in Turkey.

## **15.0 Rest Day activities**

In connection with the Rest Day - Tuesday 9 July - social activities in the form of games, sport and challenges will be arranged at the Event Centre at the Teknisk Skole from 14.30 - 17.00.

JWOC team members who want to join in should simply show up at the Event Centre and take part.

## **16.0 JWOC Party**

The JWOC Party will take place on Friday 12th July from 20.00 – 01.00 at the Jysk Arena, Ansvej 114, 8600 Silkeborg (1.8 km. from the Event Centre).

Entry will be allowed only for team members and team officials with their JWOC ID cards. A bar will be selling soft-drinks, beer etc. Special conditions and rules regarding drinking alcohol and inappropriate behaviour before, during and after the Party will be set and announced during the last Team Officials Meeting. Team officials carry full responsibility for their team members' behaviour.

There will be bus transportation from the JWOC Party back to the Event Centre between 23.45 and 01.15 (approx. every 20 minutes). There will be no bus transport from the Event Centre to the JWOC Party. A social walk will be organised, or teams can use their own transport.

## **17.0 Code of Ethics**

### **'Team presentation' and 'Top 10 list' policy**

Both in social media and in displays in accommodation sites there has, over time, developed a tradition to create so called 'top-10 lists'. Here, competitors from different teams appear to have been ranked according to physical appearance. In the same media, 'team presentation' pictures and videos that may appear to be sexually expressive have been published.

Such activity is incompatible with the IOF Code of Ethics and the IOF Policy on Preventing Sexual Harassment and Abuse, and any such activities may lead to sanctions towards individuals or the federations they represent, should these individuals be found responsible for the activities.

The acceptable level as to when a picture or a video may be seen as sexually expressive is unlikely to be the same for different individuals. A guiding principle will be to look at what clothing the competitors would use in e.g. a sprint competition. Any less clothing than this should not be expected to be considered acceptable. This both relates to posts in a JWOC-related social media or web page and in physical prints in the JWOC accommodation sites.

Team officials of all teams entered for JWOC 2019 are requested to discuss these principles with all competitors that will be entered for the JWOC 2019 competitions. This issue will also be addressed as an item on the agenda of the first Team Officials Meeting in connection with JWOC. Any questions or comments regarding this topic can be put to the JWOC 2019 Social Officer: Vibeke Vogelius, +45 24255506, [info@jwoc2019.dk](mailto:info@jwoc2019.dk) or Steering Group member Morten Pedersen, +45 29208944, [info@jwoc2019.dk](mailto:info@jwoc2019.dk)

For reference, the IOF Code of Ethics and [IOF Policy on the Prevention of Sexual Harassment and Abuse](#) can be found on the IOF website.

## **18.0 Fairness**

1. It is not allowed (and not fair) to gain any unofficial information about the race, especially about courses, maps, location of pre-start etc.
2. Except for the Relay, competitors heading to pre-start are not allowed to visit the arenas before their respective competitions. It is also not allowed (and not fair) to gain any unofficial information about the arenas from other persons.
3. When staying in the quarantine, mobile phones must be completely turned off (random checks possible).

4. It is allowed to use music players without any built-in connectivity. Inside the quarantine, competitors wearing headphones might be randomly asked to display their players for checking.
5. All tents inside the quarantine must stay open so that it is possible to look inside.
6. In quarantine it is strictly forbidden to bring any electronic devices (except for watches) to bathrooms or any other private rooms - no matter whether the devices are turned on or not.
7. Competitors are only allowed to use passive GPS devices, i.e. not providing any navigational or mapping function for tracking the route.
8. It is not allowed to use any old maps of the competition areas after having left the accommodation on competition day.
9. Violations of these rules should be immediately reported to any official, to preserve fairness.
10. Coaching, i.e handover of information, equipment, material, drinks etc. is only allowed in the designated Coaching Zones (maximum two coaches per team). Transferring information regarding the remainder of the courses is strictly forbidden.
11. Violations of these rules may result in the disqualification of the whole team.

## **19.0 Transport**

All buses from the Event Centre will be leaving from the quarantine zone at the Event Centre (Bredhøjvej 73, 8600 Silkeborg)

### **Transport to pre-start**

All competitors and accompanying team officials going to the pre-start of the individual races are required to use the official transport from the Event Centre (where quarantine starts). For transportation to the Relay arena, private/own transport is allowed.

Competitors must use the buses assigned for them in accordance with the relevant transport schedule. The assignment of participants is based on their start times. Competitors and team officials must show their JWOC ID cards when boarding buses/entering the quarantine area. Transportation schedules are listed under the section for each competition.

### **Other transport**

Teams are allowed to organise their own transport to the JWOC arenas for non-competing team members and team officials. Arrival at the arena is not allowed before the Quarantine is closed. After arrival at the arena these team members are not allowed to go to the pre-start area or to make contact with the rest of the team heading to pre-start (fairness).

Team members not competing and other team officials can use specific buses going from the Event Centre to the arena (see transport schedule under each competition).

Teams can use their own transportation from arenas to their accommodation.

Transport back from JWOC competitions and to the Relay will be organised for the teams that have ordered 'optional transport'. Buses back from the arenas to the Event Centre will depart according to the transport schedule.

Bus-transportation to and back from Model Events and Opening Ceremony will also be organised for teams that have ordered ‘optional transport’. The transport Schedule can be found under the sections ‘Model Events’ and ‘Opening Ceremony’.

## **20.0 Media and VIPs**

All media and VIPs are welcome to JWOC 2019. Basic media services and facilities, together with internet connections and photography areas, will be provided in the arenas. Accreditation for media and VIPs takes place in the Event Office.

### **VIP, Media and Coaches' race**

The VIP, Media and Coaches' race will take place after the Closing Ceremony on Friday 12th July. It will be organised as a mass start using the JWOC Relay maps. All accredited persons who did not run in the JWOC Relay may participate.

## **21.0 Climate**

Denmark has a temperate, Atlantic climate.

At the time of the event the weather is normally warm and pleasant, with temperatures around 16-20°C.

The highest temperature at this time of year is around 28°C and the lowest 6°C.

Rain and showers, some heavy, can occur at this time of the year.

## **22.0 Technical Model Event**

The Technical Model Event will be held alongside College360 / Teknisk Skole at the times given in the detailed programme above. The Technical Model Event will demonstrate control equipment used at the competition, GPS and vest, SI Air+ punching system, refreshment control (including sports drink for Long Distance), taping, start and finish procedure. The Technical Model Event will also show examples of an artificial barrier and a stile (a construction that enables passage across a fence).

## 23.0 Model Events

Model Events will show relevant examples of terrain, maps, map drawing, control sites and control descriptions.

**Opening hours** The time schedule for Model Events is given in the detailed programme. It is not allowed to visit the Model Event areas outside these times.

**Maps** Model Event maps will be handed out at the time of accreditation.

The maps are with all controls and without courses. The course planners are the same as for the competitions.

Sprint: Søren Bobach

Long Distance and Relay: Henrik Jørgensen and Jens Børsting

Middle Distance: Kent Lodberg

The scales and contour intervals are the same as for the competitions. For the Long Distance and Relay, the map will be issued at both 1:10,000 and 1: 15,000 scales.

**Cartography** The map-makers for the Model Events are the same as for the competitions.

Sprint: Kell Sønnichsen

Long Distance and Relay: Steen Frandsen

Middle Distance: Flemming Nørgaard and Frank Linde

**Control Markings** Control points will have standard control flags, but without SPORTident units.

**Clothing** The same rules apply as for the competitions. Please see the section Competition clothing.

**Toilets** Toilets are available.

### 23.1 Model Event Long Distance and Relay - Saturday 6 July

**Distance** 21 km from Event Centre

**Venue** Himmelbjerget. Address: 100 m southeast of Bøgedalsvej 9, 8680 Ry. Coordinates: N56° 06.577' E009° 39.987'

### 23.2 Model Event Sprint - Saturday 6 July

**Distance** 5 km from Event Centre

**Venue** Arendalsvej. Address: Dybkærskolen, Arendalsvej 271, Silkeborg. Coordinates: N56° 11.478' E009° 35.875'

### 23.3 Model Event Middle Distance - Tuesday 9 July

**Distance** 13 km from Event Centre

**Venue** Gjern Bakker. Address: Svostrupvej 15, 8883 Gjern. Coordinates: N56° 13.650' E009° 42.703'  
The embargo for Gjern Bakker is now changed, in that the Model Event area is no longer covered by the embargo. It is allowed to drive through the embargoed area on Svostrupvej to gain access to the Model Event area.

## 23.4 Transport to Model Events

Transport Schedule for teams that have ordered **optional transport** to Model Events:

**Sat. 6 July** Model Events Long + Relay, Opening Ceremony & Model Event Sprint

<b>From</b>	<b>To</b>	<b>Bus 1</b>		<b>Bus 2</b>	
		<b>Dep.</b>	<b>Arr.</b>	<b>Dep.</b>	<b>Arr.</b>
<b>Event Centre</b>	<b>Model Event Relay + Long</b> Himmelbjerget	8.50	9.15	8.50	9.15
<b>Model Event Relay + Long</b> Himmelbjerget	<b>Event Centre</b>	10.15	10.40	10.15	10.40
<b>Event Centre</b>	<b>Opening Ceremony</b> Silkeborg - Train Station	11.50	12.00	11.50	12.00
<b>Opening Ceremony</b> Silkeborg - Train Station	<b>Model Event Sprint</b> Gødvad	13.30	13.40	13.30	13.40
<b>Model Event Sprint</b> Gødvad	<b>Event Centre</b>	14.40	14.45	14.40	14.45

**Tue. 9 July** Model Event Middle

<b>From</b>	<b>To</b>	<b>Bus 1</b>		<b>Bus 2</b>	
		<b>Dep</b>	<b>Arr.</b>	<b>Dep.</b>	<b>Arr.</b>
<b>Event Centre</b>	<b>Model Event Middle</b> Gjern	9.25	9.45	10.15	10.35
<b>Model Event Middle</b> Gjern	<b>Event Centre</b>	10.45	11.05	11.35	11.55

## 24.0 Training opportunities

The official pre-JWOC training camp will be organised from Wednesday 3 July 2019.

### 24.1 Training camp programme

**Wed. 3 July** Silkeborg Sønderskov, **forest distance**

**Thu. 4 July** Aarhus - Vejlby, **sprint** & Silkeborg Vesterskov, **forest distance**

**Fri. 5 July** Silkeborg Nordskov, **forest distance**

It will also be possible to train on a new map, Kejlstrup, direct from College360 / Teknisk Skole. No courses will be set out, but the permanent course in the Gødvad area east of Kejlstrup can be used.

Participation in training sessions must be booked in advance via [trainingcamp@jwoc2019.dk](mailto:trainingcamp@jwoc2019.dk).

Training maps can be purchased at the Event Office as long as stocks last.

### 24.2 Fees

6 EUR / person / training session.

**Prices include** Map with courses, printed on tear-resistant and waterproof paper, Control points marked with flags (no SPORTIdent or timing).

### 24.3 Transport during pre-JWOC Training Camp 3/7-5/7

Teams can use their own transport during the Training Camp.

On Thursday 4 July, teams can join the official JWOC transport to the training areas. Transport on Thursday 4 July in connection with the JWOC Training Camp costs 15 EUR, and must be booked at the same time as ordering maps, via [trainingcamp@jwoc2019.dk](mailto:trainingcamp@jwoc2019.dk).

Transport to training areas on Wednesday 3/7 and Friday 5/7 is possible using public transport and costs 22 Dkr. (ca. 3 EUR) each way.

The invitation and detailed information is published on the JWOC 2019 website, <https://www.jwoc2019.dk>, under JWOC -> Training Possibilities.

**Thu. 4 July** Transport Schedule Training Camp

From	To	Departure	Arrival
<b>Event Centre</b>	<b>Sprint Training</b> Aarhus	9.15	10.00
<b>Sprint Training</b> Aarhus	<b>Event Centre</b>	11.30	12.15
<b>Event Centre</b>	<b>Forest training</b> Silkeborg Vesterskov	14.15	14.30
<b>Forest training</b> Silkeborg Vesterskov	<b>Event Centre</b>	16.00	16.15

## **25.0 General information about the competitions**

### **25.1 Quarantine**

For all individual races, quarantine starts with check-in at the Event Centre (Teknisk Skole). Quarantine closes as described on the specific days. All competitors and accompanying team officials must be checked in by this time.

From here, there is bus transport to the Quarantine beside the start area.

For the Relay, quarantine starts at the arena.

### **25.2 Start procedure**

The pre-start is situated in the quarantine area, and from here competitors make their way towards the start when their start time is shown on the start clock. The length of time that this is before the actual start time will be different from race to race - see individual race details. At the pre-start it will be checked that competitors have their bib number, SI-card and GPS vest.

The GPS unit will be placed in the competitor's GPS vest when entering the pre-start. Here it will also be possible to exchange the vest for one of different size, if the one issued doesn't fit well.

Forward towards the actual start, the procedure for the individual races is as follows:

<b>-4 minutes</b>	Clear and Check of SIAC. It is the competitors' responsibility to clear and check their SI-card correctly. The touch-free function of the SI-card is activated by the "Check" SI-unit and can be verified by the slowly blinking green light at the tip of the card.
<b>-3 minutes</b>	Loose control descriptions available
<b>-2 minutes</b>	Final check of competitor
<b>-1 minute</b>	Competitor stands beside the correct map. It is placed so that the competitor cannot see the actual map.
<b>-10 seconds</b>	An official places a hand on the competitor's shoulder
<b>Start time</b>	The competitor may take the map and run towards the start point when the hand on the shoulder is raised. The start point is marked with an O-kite and the route to it is marked with unbroken white tape. The tape <i>shall</i> be followed forward to the start point.

The procedure for the Relay, and any differences from the above, are described in the individual race details.

## **25.3 Late start**

If a competitor is late for the start, he/she must check in at the pre-start call-up. The competitor will then be allowed to proceed to the start and go through the start procedure as fast as possible. If - upon arrival at the start line - the competitor is less than half a start interval after his/her start time, he/she will be allowed to start immediately. If the competitor arrives more than half a start interval after his/her start time, he/she will have to wait until the half start interval after the next starter.

If the competitor is late through his/her own fault, the original start time will count for timing. If a competitor is late through the fault of the organiser, the real start time will be used.

## **25.4 Time-taking and punching system**

The SPORTident AIR+ system will be used for time-taking and punch control. A SPORTident Active Card (SIAC) will be issued for every competitor at the first Team Officials Meeting. This must be kept throughout the event and returned after the Relay on the final day. Failure to return an SIAC card will result in a charge of 80 EUR.

Each competitor must compete with his/her assigned SI-card.

Time-keeping will be to 1-second accuracy in all competitions.

## **25.5 Abandoning/DNF**

If abandoning the race, the competitor must immediately go to the finish area to report and read out his/her SI-card.

## **25.6 Number bibs**

All competitors must wear their number bibs at all competitions. Number bibs will be placed at the pre-start and can be collected at any time. The bibs must be worn on the chest.

They must be visible in their entirety – they must not be folded or cut. Safety pins will be provided.

## **25.7 GPS Tracking**

All competitors must run with a GPS unit.

A numbered vest for holding the GPS unit will be issued at the first Team Officials Meeting and must be returned to the Event Office after the final race (Relay) and at the latest on departure, i.e. on Saturday July 13 at 10:00. If a vest is not returned there will be a charge of 40 EUR.

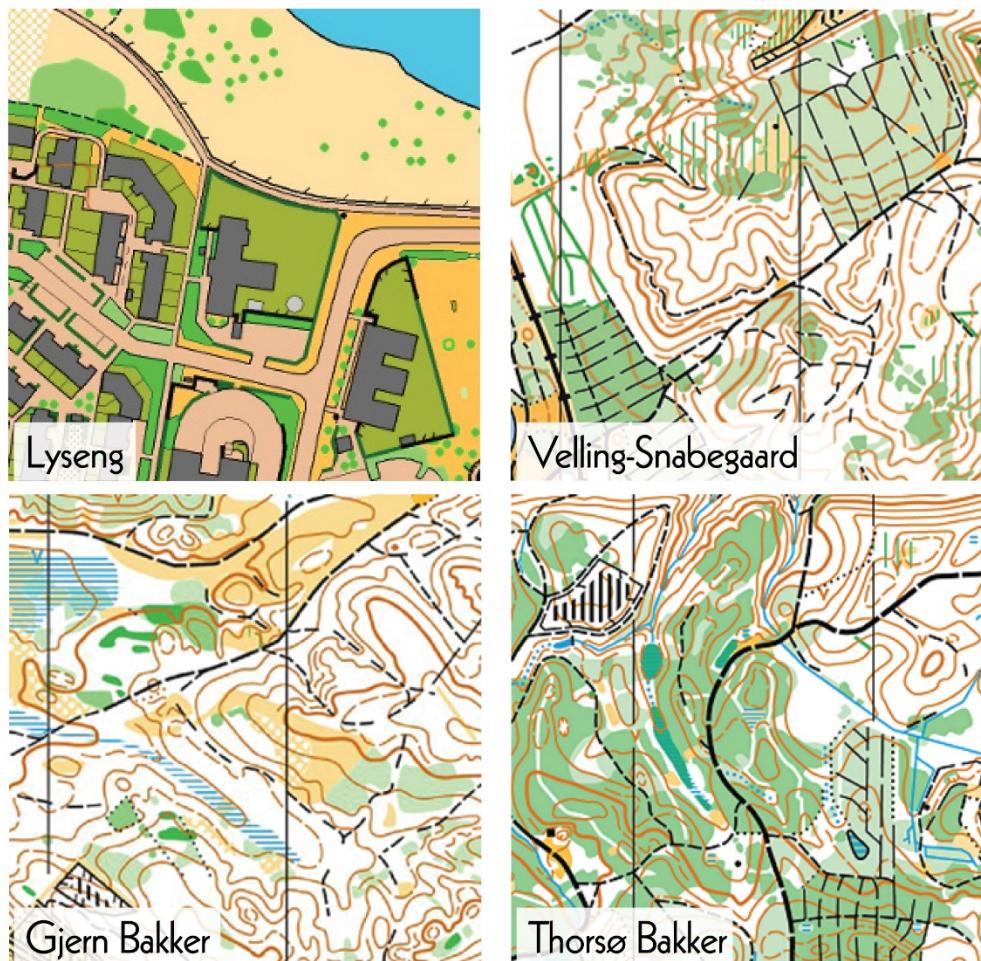
Vests will be issued in size XS for women and M for men. If it is necessary to exchange for a different size, this can be done at the pre-start. The vest must be worn underneath the competitor's running top.

## **25.8 Finish procedure**

Time will be measured at the moment of crossing the finish line. Upon crossing the finish line, competitors enter a restricted-access area for SI-card download and removal of GPS units. Coaches

are allowed in this area, there is water available and there is access to first aid if needed. Competitors selected for doping testing will be met by their chaperones here.  
Cool down is possible within the arena limits – see arena plans.

## 25.9 Recent map samples



## 25.10 Map-drawing

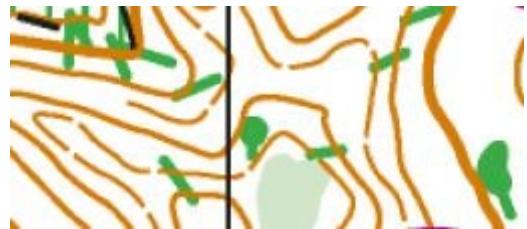
For the forest races, maps are drawn in line with the current version of the International Specification for Orienteering Maps (ISOM 2017, including changes announced nov. 2018).

For the Sprint race, maps are drawn in line with the current version of the International Specification for Sprint Orienteering Maps (ISSOM 2007).

Print technology will be demonstrated on the model event maps.

Fallen trees: In all three forest areas, especially in Velling-Snabegaard, dead and fallen trees have been left lying on the forest floor in some areas. Where these trees are so big and difficult to cross that they have influence on runnability, they are drawn on the map as in the example here. No special symbol is used - just the symbol for runnability number 410: Vegetation - fight.

To keep the map as readable as possible, most trees will be drawn with the same breadth, but the correct length which can be from 10-40 m. Very big tree canopies are drawn as shaped.



### **On the map**

Examples of trees that are difficult/impossible to cross:



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### **Not on the map:**

Example of tree that is easy to cross:



## **25.11 Out of bounds and forbidden access**

It is forbidden to pass through all areas drawn in olive-green on the maps (ISOM 520, ISSOM 528.1).

## **25.12 Other people in the terrain**

None of the competition areas are closed, so there is a chance of meeting other users of the terrain during the race. In the Sprint, controls will be manned, and this can be the case too for some controls in the forest races. Other features might be manned, please see instructions for each competition below. There may also be photographers or cameramen from the media or TV production in the terrain.

## **25.13 Refreshments**

At the refreshment stations pure water will be offered. In the Long distance, there will be WADA-compliant sports drink available in addition to water.

There will be water at the Finish on all competition days.

## **25.14 Competition clothing**

There are no special regulations applying to competitors concerning the type of clothing they choose to wear.

It is forbidden to use shoes with spikes in the Sprint competition and in Sprint training areas.

## **25.15 Hazards**

Adders can be encountered, especially in open areas. Ticks are found extensively in Danish forests and competitors should check for ticks after every run in the forest.

## **25.16 Embargo**

Entering the competition area is forbidden for competitors who have finished and for team officials, until the last competitor has finished. Exemption from the above restriction is the arena, where competitors who have finished can freely enter from the Team Zone.

Team officials are allowed to follow the marked routes from parking or quarantine to the arena.

## **25.17 JWOC and JWOC Tour**

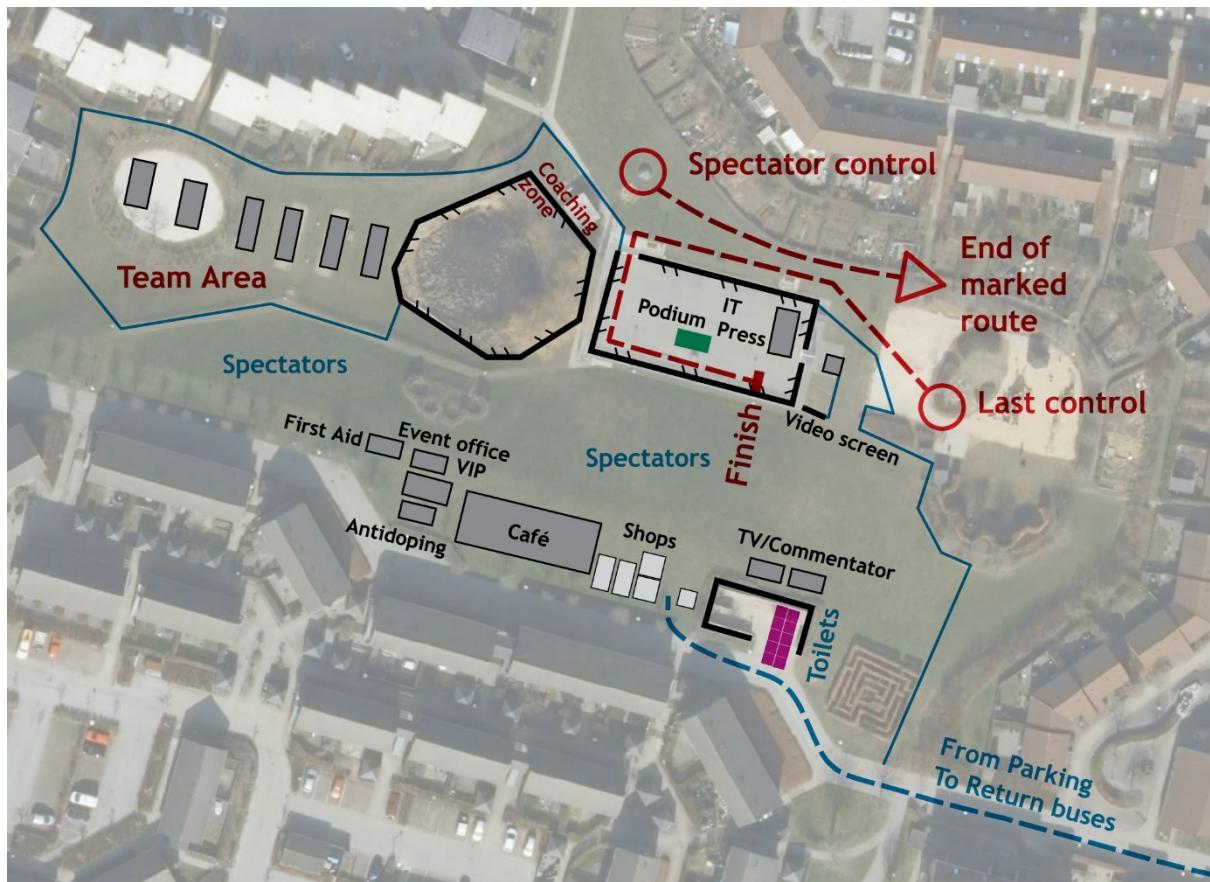
There will be JWOC Tour controls in the forest during the JWOC races. These controls will be set out before, and not during the JWOC race. JWOC Tour participants run after the JWOC race is finished.

## 26.0 Special instructions for each competition

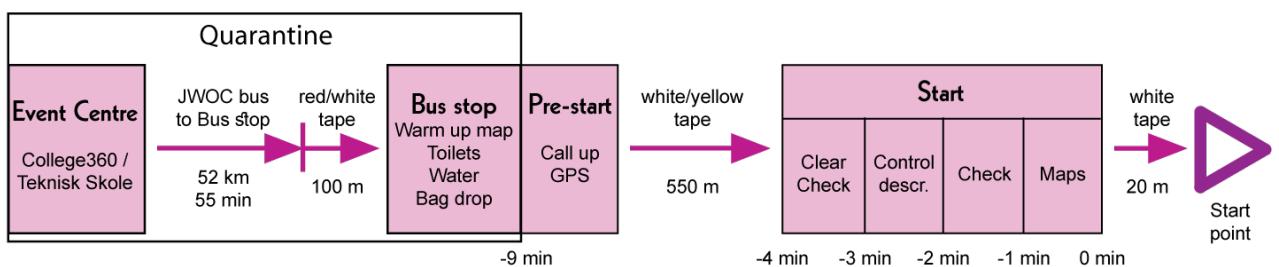
### 26.1 Sprint – Sunday 7 July

#### Venue and arena

Lyseng, N56° 06.443' E010° 11.877'



#### Distances



## Transport Sun. 7 July

	Departure <b>Event Centre</b>	Arrival <b>Bus stop</b>	<b>Start Times</b>		<b>Number of</b>		<b>Latest check-in at quarantine zone at Event Centre</b>
			<b>From</b>	<b>To</b>	<b>Athletes</b>	<b>Team officials</b>	
<b>Bus 1</b>	8.00	8.55	10.00	10.12	26	24	7.45
<b>Bus 2</b>	8.10	9.05	10.13	10.25	26	24	7.55
<b>Bus 3</b>	8.30	9.25	10.26	10.45	40	10	8.15
<b>Bus 4</b>	8.45	9.40	10.46	11.06	42	8*	8.30
<b>Bus 5</b>	9.10	10.05	11.07	11.28	44	6*	8.55
<b>Bus 6</b>	9.30	10.25	11.29	11.50	44	6*	9.15
<b>Bus 7</b>	9.55	10.50	11.51	12.08	36	14*	9.30
<b>Bus 8</b>	10.10	11.05	12.09	12.27	38	12*	9.30
<b>Bus 9</b>	10.30	11.25	12.28	Last start	41	9*	9.30

\* Incl. non-competing athletes and Team Officials going directly to the arena

### Transport from Pre-start to Arena

Team officials going from the quarantine area to the arena must follow the red-white marking from the Bag Drop in the quarantine area.

### Transport from Arena to Event Centre

Buses back to the Event Centre leave from the bus stop at the arena at 14.30. Distance from Arena to Bus Stop 450 m. Follow red/white tapes (towards parking area). The fee is part of 'optional transport'.



### **Own transport to the arena**

The route to parking will be signed in Aarhus from the Ringvej Syd/Saralyst Allé junction ( $N56^{\circ} 06.480' E010^{\circ} 11.258'$ ), from the Ringvej Syd/Oddervej junction ( $N56^{\circ} 06.152' E010^{\circ} 12.446'$ ) and from the Oddervej/Lyseng Allé junction ( $N56^{\circ} 06.611' E010^{\circ} 12.506'$ ).

The distance from parking to the arena is 800 m.

Arrival at the arena before the Quarantine has closed is not allowed.

### **Quarantine, Pre-start and Start**

Quarantine starts with check-in at the Event Centre (Teknisk Skole). Quarantine closes at 9.30; all competitors and accompanying team officials must be checked in by this time.

From here there is bus transport to the Quarantine in Lyseng.

On arrival at Quarantine in Lyseng, a warm-up map will be issued. It is forbidden to go into areas not on the map.

The start procedure is as described in the section on start procedure. Start interval is 1 minute.

Bags will be transferred regularly to the Team Area in the arena.

### **Terrain**

Altitude: Terrain area is located 40-60 m above sea level.

Land Form: Urban area, mostly flat.

Vegetation: Open grass areas with scattered vegetation, built-up areas, areas of open and more closely planted deciduous forest.

Runnability: Dry and mainly level underfoot, therefore good runnability.

Visibility: The visibility is generally good.

Paths and Roads: Developed network of paths and roads in the whole area, including surfaced roads, gravel tracks and small paths.

Traffic: The roads in the area are not closed. There will be moving traffic, mainly that of local residents. Residents, the general public and others can walk freely in the area. It is competitors' own responsibility to keep an eye on traffic.

## Special Features

### On the map

531, Prominent man-made feature



Playground equipment



### Not on the map

Short railings



Propped-up trees



Stairs beside buildings



Short staircases (less than 5 steps)



## Map

Map: Scale 1:4,000, Contour Interval 2.5 m, Standard ISSOM 2007, issued 6/2019, Size 277 x 150 mm

Cartography: Kell Sønnichsen

Out of Bounds and Forbidden Access:

	304.1	Impassable area of water
	309	Impassable marsh
	421	Impassable vegetation
	521.1	Impassable wall
	524	Impassable fence or railing
	526.1	Building
	528.1	Area with forbidden access
	707	Uncrossable boundary
	709	Out-of-bounds area

Where there is a risk of competitors crossing forbidden and out-of-bounds areas or objects by mistake, these will be marked by black/yellow coloured tape in the terrain. Taping will be demonstrated at the Technical Model Event.

During the competition, there will be artificial barriers in the terrain. These will be drawn on the map as a combination of 707, Uncrossable boundary and 709, Out-of-bounds area as shown in this example.

Artificial barriers will be demonstrated at the Technical Model Event.

The features listed above are forbidden to cross or pass through or over. Competitors violating this rule will be disqualified.



## Courses

Class	Winning Time	Length	Climb	Controls	Refresh-ment
Women	13 min	2900 m	35 m	17	None
Men	13 min	3300 m	40 m	23	None

Course Planner: Søren Bobach and Søren Schwartz Sørensen, OK Pan

Maximum Running Time: 50 minutes for women and men.

Map Change: There is a map turn-over for both women and men. The two maps are printed on opposite sides of the same sheet of paper. The controls are numbered consecutively. The last control on the first map (the first part of the course) is repeated as the first control on the second map (the last part of the course).

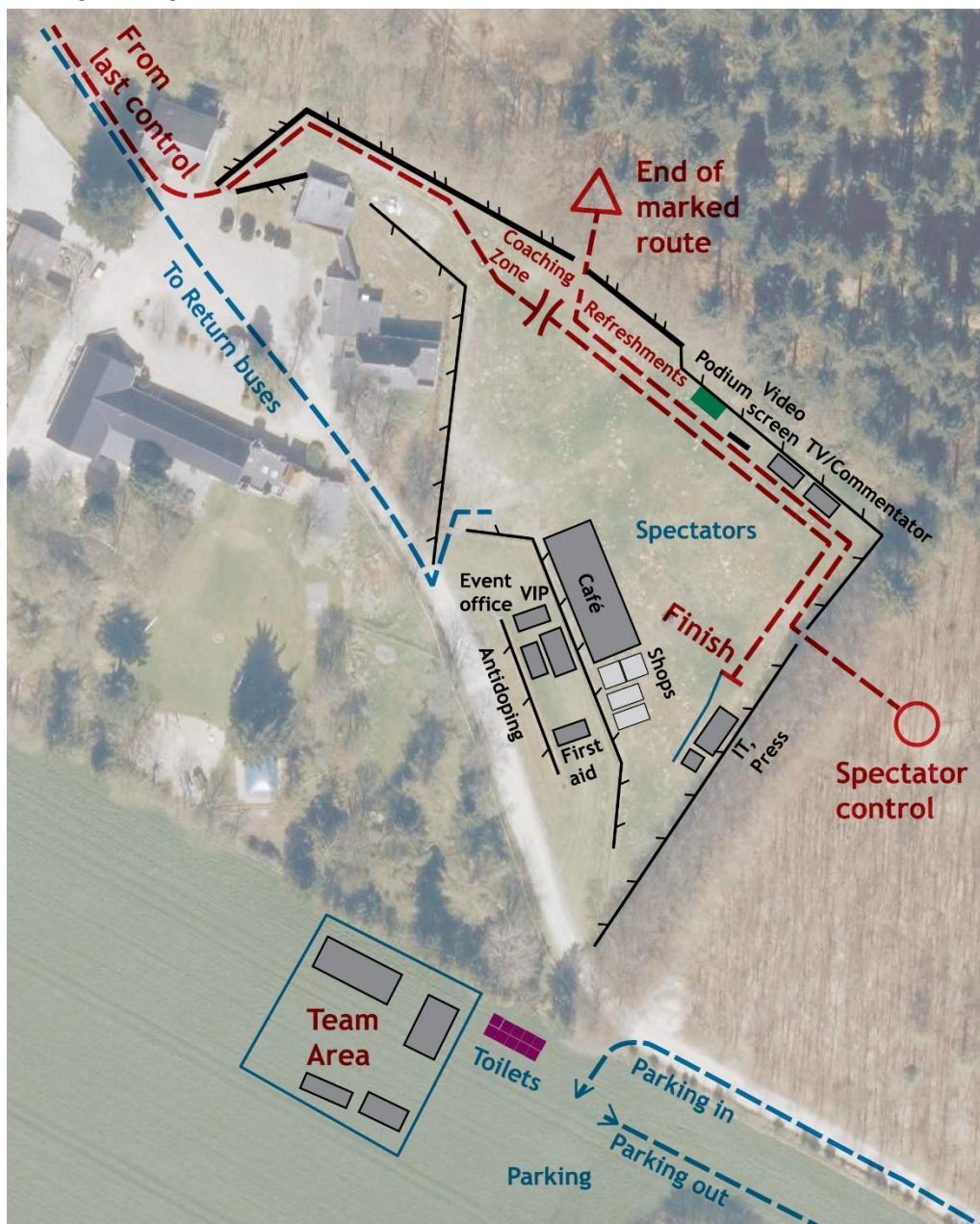
Arena Passage: On both the women's and the men's courses there is a spectator control and a marked route, marked with white tape. See arena plan above.

Control Description Size: Women, 138 x 50 mm. Men, 175 x 50 mm.

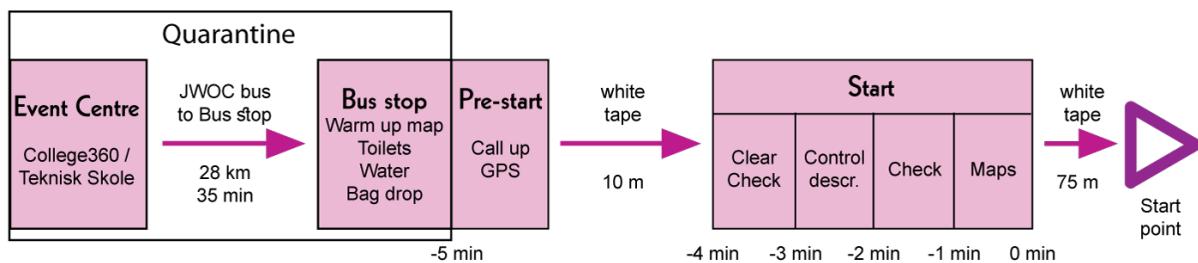
## 26.2 Long Distance – Monday 8 July

### Venue and arena

Velling-Snabegaard, N56° 02.280' E009° 30.838'



### Distances



## Transport

	Departure <b>Event Centre</b>	Arrival <b>Bus Stop</b>	Arrival <b>Arena</b>	<b>Start Times</b>		<b>Number of</b>		<b>Latest check-in at quarantine zone at Event Centre</b>
				<b>From</b>	<b>To</b>	<b>Athletes</b>	<b>Team officials</b>	
<b>Bus 1</b>	7.25	8.00		9.00	9.25	26	24	7.10
<b>Bus 2</b>	7.50	8.25		9.26	9.51	26	24	7.35
<b>Bus 3</b>	8.15	8.50		9.52	10.31	40	10	8.00
<b>Bus 4</b>	8.55	9.30		10.32	11.11	40	10	8.40
<b>Bus 5</b>	9.35	10.10	10.25	11.12	11.51	40	10*	9.20
<b>Bus 6</b>	10.15	10.50	11.05	11.52	12.31	40	10*	10.00
<b>Bus 7</b>	10.55	11.30	11.45	12.32	13.11	40	10*	10.00
<b>Bus 8</b>	11.35	12.10	12.25	13.12	13.51	40	10*	10.00
<b>Bus 9</b>	12.15	12.50	13.20	13.52	Last start	38	12*	10.00

\* Incl. non-competing athletes and Team Officials going directly to the arena

### Transport from Pre-start to Arena

There will be regular transport of team officials from the Pre-start to the Arena by shuttle bus or together with the transport of bags from the Bag Drop.

### Transport from Arena to Event Centre

Buses back to the Event Centre leave from the bus stop at the arena at 17.00 and 17.15. Distance from Arena to Bus Stop 800 m. Follow red/yellow tapes (towards Start 2 for JWOC Tour). The fee is part of 'optional transport'.

### Own transport

The route to the parking area will be signed from the roundabout Vindingvej (road 453)/Vellingvej (N56° 01.798' E009° 30.908')

Parking is beside the arena.

Arrival at the arena before the Quarantine has closed is not allowed.

## **Quarantine, Pre-start and Start**

Quarantine starts with check-in at the Event Centre (Teknisk Skole). Quarantine closes at 10.00; all competitors and accompanying team officials must be checked in by this time.

On arrival at race area quarantine, a warm-up map will be issued. It is forbidden to go into areas not on the map.

The start procedure is as described in the general section on start procedure. Start interval is 2 minutes. As the courses have forking, competitors will be split into even and odd start numbers:

M20	Clear Check	Even		
	Odd			
W20	Clear Check	Even		
	Odd			
	-4 min	-3	-2	-1 0

## **Terrain**

Altitude: Terrain area is located 50-125 m above sea level.

Land form: Hilly terrain with a lot of contour detail. The eastern part of the forest is a north-facing slope, cut through by deep valleys.

Vegetation: The vegetation is mixed forest together with a few open areas and areas with scattered trees. A few areas of closely-planted conifer.

Runnability: Generally good runnability. Some forest areas have variable amounts of brashings and light undergrowth. The forest is mainly dry underfoot, but there are some ditches, streams and marshy areas. In some places the forest has been left in a wild state, with dead and fallen trees left lying on the forest floor.

Visibility: The visibility is generally good, but there are areas with thicker vegetation.

Paths and Roads: Developed network of paths and forest roads.

Special Features: The courses cross a heritage railway, shown on the map with symbol 509, Railway. There will be no trains running on the day of the Long Distance, and the railway can be freely crossed. Competitors can also run along the railway line.

Traffic: There is a road crossing where competitors will cross a road with little traffic, at some point in a length of about 300 m. Warning signs will be set up for motorists together with a speed limit of 40 km per hour. The crossing section will not be manned and it is competitors' own responsibility to look out for traffic.

## **Map**

Map: Scale 1:15,000, Contour Interval 5 m, Standard ISOM 2017, issued 6/2019, Size 277 x 200 mm.

Cartography: Steen Frandsen

Out of Bounds and Forbidden Access: Out-of-bounds areas are marked on the map with symbol 709, Out-of-bounds area.

## Courses

Class	Winning Time	Length	Climb	Controls	Refreshments
Women	56 min	6520 m	395 m	18	3 *)
Men	69 min	10060 m	625 m	24	3 *)

\*) The last refreshment station for women and men is at the arena passage, where competitors can have their own drinks.

Course Planner: Henrik Jørgensen

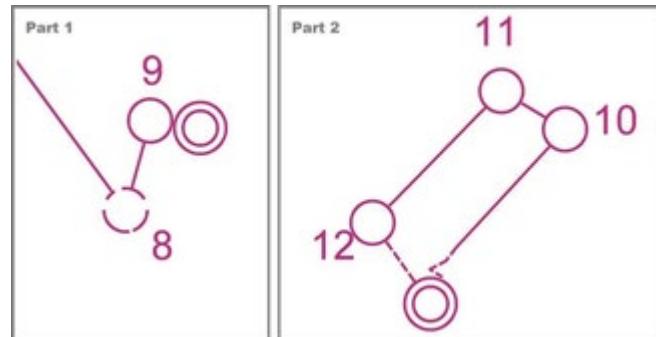
Maximum Running Time: 180 minutes for women and men.

Arena Passage: On both the women's and the men's courses there is a spectator control and a marked route, marked with white tape. See arena plan above.

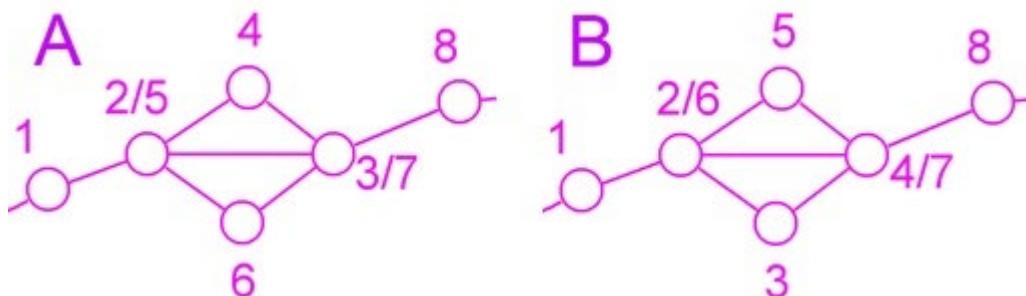
Map change: There is a map turn-over for both women and men at the arena passage. The two maps are printed on opposite sides of the same sheet of paper. The controls are numbered consecutively.

The marked route starts at the last control, the spectator control, on the first of the maps. On the second map, the marked route is shown with a dashed line. Where this route ends, the markings in the forest and on the map also end. From this point on, the course is printed as normal.

The fictitious example here shows how it would look on a course with 12 controls, where control 9 is the spectator control.



Forking: On both the women's and men's courses there is a 'diamond gaffling' as shown in the fictitious example below.

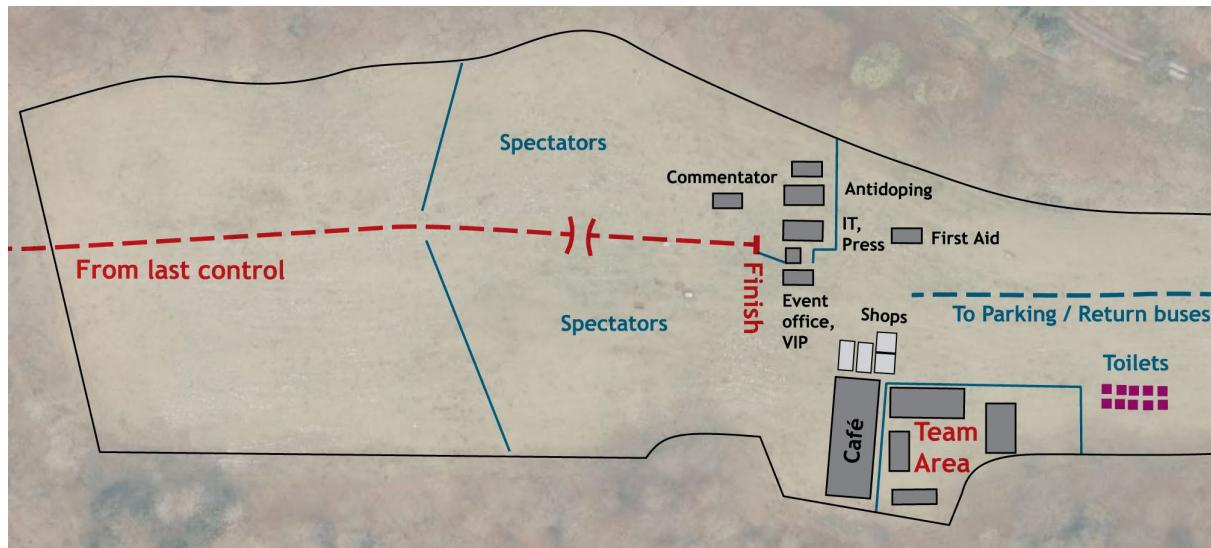


Control Description Size: Women, 138 x 50 mm. Men, 150 x 50 mm.

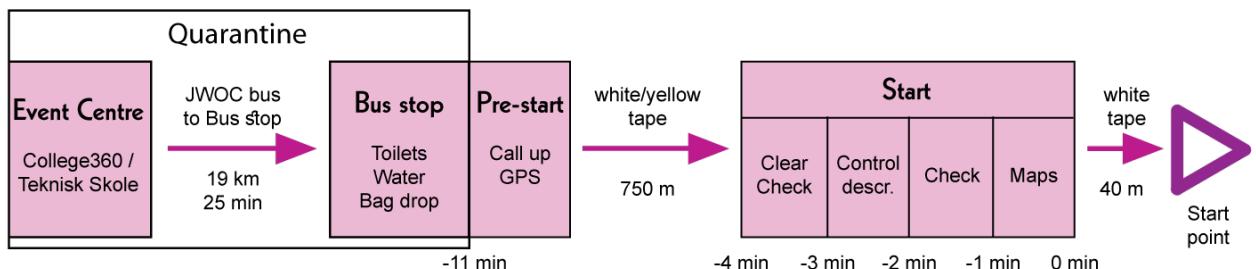
## 26.3 Middle Distance Qualification – Wednesday 10 July

### Venue and arena

Gjern Bakker, N56° 13.519' E009° 41.982'



### Distances



## Transport

	Departure <b>Event Centre</b>	Arrival <b>Bus stop</b>	<b>Start Times</b>		<b>Number of</b>		<b>Latest check-in at quarantine zone at Event Centre</b>
			<b>From</b>	<b>To</b>	<b>Athletes</b>	<b>Team officials</b>	
<b>Bus 1</b>	8.25	8.50	10.00	10.12	26	24	8.10
<b>Bus 2</b>	8.40	9.05	10.13	10.25	26	24	8.25
<b>Bus 3</b>	8.55	9.20	10.26	10.45	40	10	8.40
<b>Bus 4</b>	9.20	9.45	10.46	11.06	42	8	9.05
<b>Bus 5</b>	9.40	10.05	11.07	11.27	42	8*	9.25
<b>Bus 6</b>	9.55	10.20	11.28	11.48	42	8*	9.40
<b>Bus 7</b>	10.15	10.40	11.49	12.09	42	8*	10.00
<b>Bus 8</b>	10.35	11.00	12.10	12.30	42	8*	10.00
<b>Bus 9</b>	10.55	11.20	12.31	Last start	41	9*	10.00

\* Incl. non-competing athletes and Team Officials going directly to the arena

### Transport from Pre-start to Arena

Team officials going from the pre-start area to the arena must follow the red-white marking from the Bag Drop in the quarantine area.

### Transport from Arena to Event Centre

Buses back to the Event Centre leave from the bus stop at the arena at 14.00 and 14.15. The bus stop is beside the arena. Transport Fee is part of 'optional transport'.

### Own transport to the arena

The route to parking will be signed from the roundabout Skærbækvej/Smingevej in Resenbro (N56° 10.950' E009° 38.922'), the junction Sørkelvej/Svostrupvej (N56° 13.318' E009° 40.946') and the junction Østergade/Stationsvej (N56° 13.811' E009° 44.321').

Parking is beside the arena.

Arrival at the arena before the Quarantine has closed is not allowed.

### Quarantine, Pre-start and Start

Quarantine starts with check-in at the Event Centre (Teknisk Skole). Quarantine closes at 10.00; all competitors and accompanying team officials must be checked in by this time.

The start procedure is as described in the general section on start procedure. Start interval is 3 minutes in each heat.

## Terrain

Altitude: The terrain area is located 30-75 m above sea level.

Land Form: Hilly terrain with a lot of contour detail. The southern part of the terrain is dominated by a hilly area with scattered trees.

Vegetation: The vegetation is mixed forest together with open areas and areas with scattered trees.

Runnability: Generally good runnability. Some forest areas have variable amounts of brashings and light undergrowth. There are a few small areas with bracken cover. Open areas are mainly covered in grass and heather. The forest is mainly dry underfoot, but there are a few ditches, streams and larger, marshy areas.

Visibility: The visibility is generally good. In some areas with thicker vegetation, visibility is reduced but the runnability is still good.

Paths and Roads: Developed network of paths and forest roads.

## Special Features:

531, Prominent man-made feature



Farming equipment/  
Materials



419, Prominent  
vegetation feature



Rootstock > 2 m



Traffic: There is a mandatory road crossing point and the courses have a control immediately before the crossing point. It is mandatory to follow the white tape marking to the crossing point. The crossing will be shown on the map as in this example. Officials manning the crossing will help competitors look out for traffic. They are not allowed to stop the traffic, and it is the competitor's own responsibility to cross the road safely.



## Map

Map: Scale 1:10,000, Contour Interval 5 m, Standard ISOM 2017, issued 6/2019, Size 180 x 198 mm.

Cartography: Flemming Nørgaard and Frank Linde

Out of Bounds and Forbidden Access: A part of both women's and men's courses is in a fenced area where the fence is 70-80 cm high with three strands of wire. This fence may be crossed only where there are permanent gates and where special stiles have been erected. The fence will not be marked with tapes, except that on both sides of stiles there will be some white taping to help make the stiles more visible.

Examples of gates and stiles. The gates are self-closing.



On the map the fence is drawn with map symbol 516, Fence, and additionally with symbol 708, Out-of-bounds boundary. Gates and stiles are drawn with symbol 519, Crossing point.



Out-of-bounds areas are marked on the map with symbol 709, Out-of-bounds area. For out-of-bounds areas on the map that have a solid line boundary, there is black/yellow taping along the boundary of the areas.

## Courses

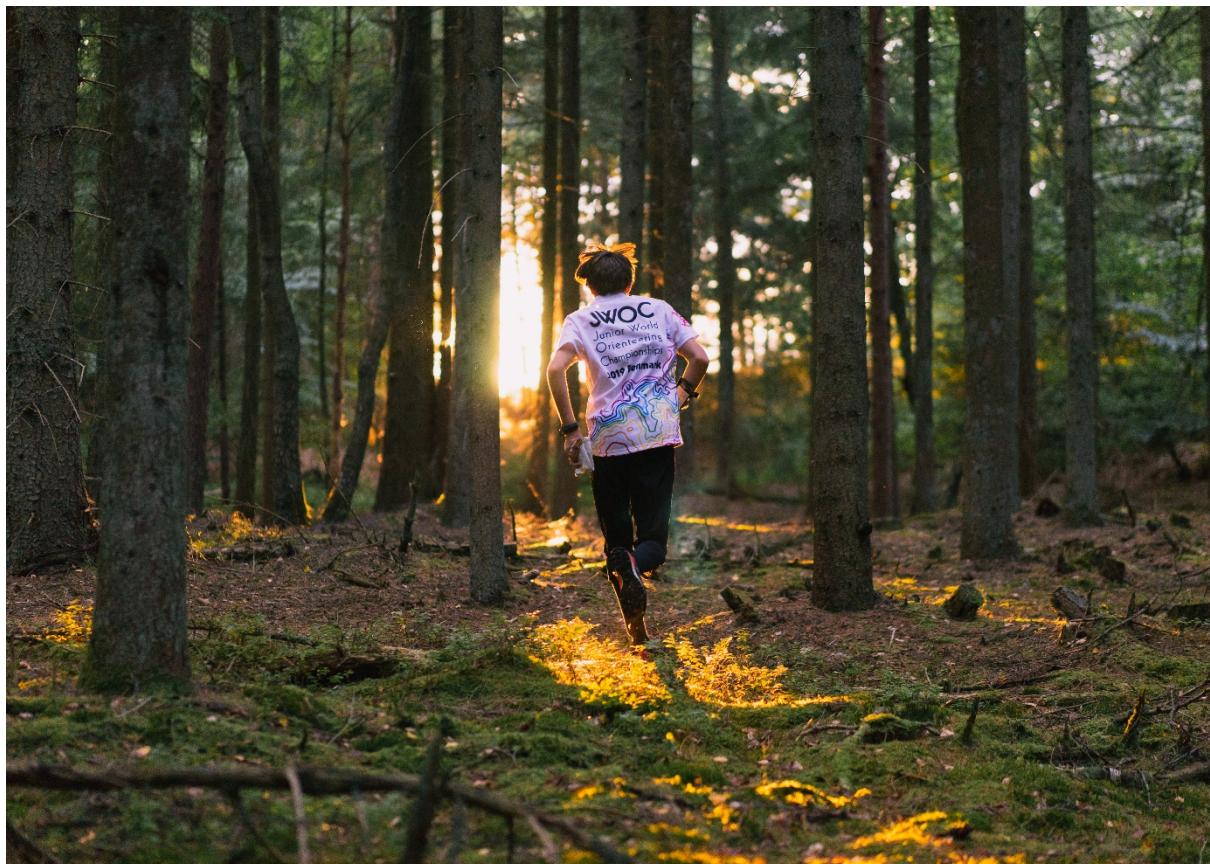
Class	Winning Time	Length	Climb	Controls	Refreshment
Women	25 min	3300 m	170 – 205 m	12-13	None
Men	25 min	4000 – 4100 m	250 m	16-17	None

Course Planner: Kent Lodberg

Maximum Running Time: 70 minutes for women and men.

Map Change: There will be a part 1 and a part 2 for both courses; both parts are printed on the front of the map.

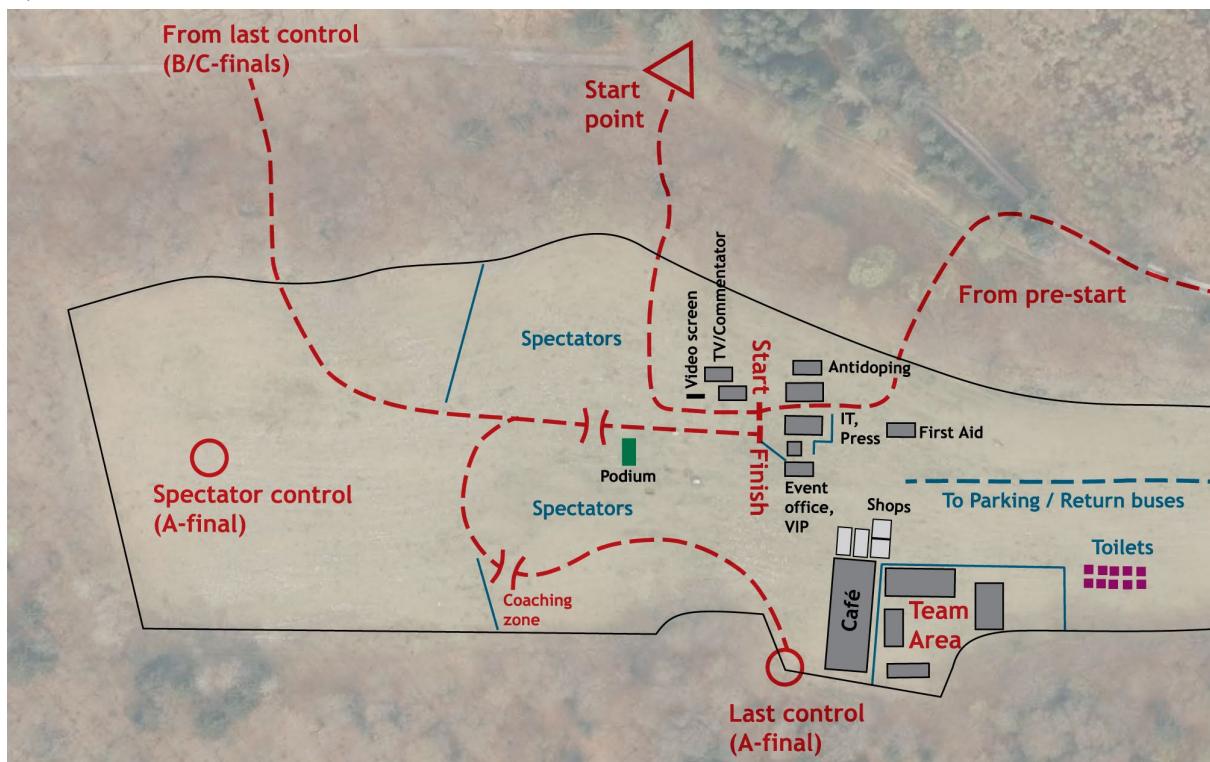
Control Description Size: Women, maximum 108 x 50 mm. Men, maximum 126 x 50 mm.



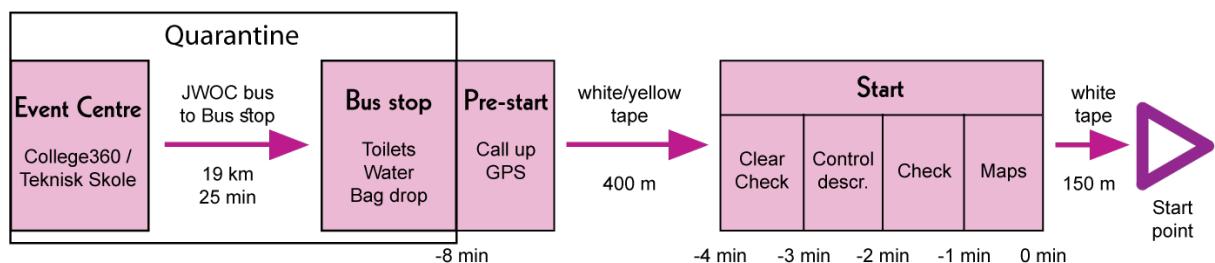
## 26.4 Middle Distance Final – Thursday 11 July

### Venue and arena

Gjern Bakker, N56° 13.519' E009° 41.982'



### Distances



## Transport

	Departure <b>Event Centre</b>	Arrival <b>Bus stop</b>	<b>Start Times</b>		<b>Number of</b>		<b>Latest check-in at quarantine zone at Event Centre</b>
			<b>From</b>	<b>To</b>	<b>Athletes</b>	<b>Team officials</b>	
<b>Bus 1</b>	7.30	7.55	9.00	9.06	28	22	7.15
<b>Bus 2</b>	7.35	8.00	9.07	9.13	28	22	7.20
<b>Bus 3</b>	7.45	8.10	9.14	9.21	32	18	7.30
<b>Bus 4</b>	7.55	8.20	9.22	9.32	44	6	7.40
<b>Bus 5</b>	8.05	8.30	9.33	9.44	45	5	7.50
<b>Bus 6</b>	8.15	8.40	9.45	10.14	46	4	8.00
<b>Bus 7</b>	8.40	9.05	10.15	11.08	39	10*	8.25
<b>Bus 8</b>	9.35	10.00	11.09	11.48	40	10*	9.00
<b>Bus 9</b>	10.15	10.40	11.49	Last start	41	9*	9.00

\* Incl. non-competing athletes and Team Officials going directly to the arena

### Transport from Pre-start to Arena

Team officials going from the quarantine area to the arena must follow the red-white marking from the Bag Drop in the quarantine area.

### Transport from Arena to Event Centre

Buses back to the Event centre leave from the bus stop at the arena at 14.15. The bus stop is beside the arena. The fee is part of 'optional transport'.

### Own transport to the arena

Parking is at the same place as for the Qualification, and is signed from the same places.

Arrival at the arena before the Quarantine has closed is not allowed.

### Quarantine, Pre-start and Start

Quarantine starts with check-in at the Event Centre (Teknisk Skole). Quarantine closes at 9.00; all competitors and accompanying team officials must be checked in by this time.

The start procedure is as described in the general section on start procedure. The start interval is 1 minute for B- and C-finals and 2 minutes for the A-final.

## Terrain

Altitude: The terrain area is located 40-100 m above sea level.

Land Form: Hilly terrain with a lot of contour detail.

Vegetation: The vegetation is mixed forest together with open areas and areas with scattered trees. A few areas of closely-planted conifer.

Runnability: Generally good runnability. Some forest areas have variable amounts of brashings and light undergrowth. There are a few small areas with bracken cover. Open areas are mainly covered in grass and heather. The forest is mainly dry underfoot, but there are a few ditches, streams and larger, marshy areas.

Visibility: The visibility is generally good, but there are areas with thicker vegetation. In some of the areas with thicker vegetation, visibility is reduced but the runnability is still good.

Paths and Roads: Developed network of paths and forest roads.

Special Features:

531, Prominent man-made feature



Caravan



419, Prominent vegetation feature



Rootstock > 2 m



## Map

Map: Scale 1:10,000, Contour Interval 5 m, Standard ISOM 2017, issued 6/2019, Size 182 x 240 mm.

Cartography: Flemming Nørgaard and Frank Linde

Out of Bounds and Forbidden Access: See description under Middle Distance Qualification above.

## Courses

Class	Winning Time	Length	Climb	Controls	Refreshment
Women A	25 min	4300 m	215 m	14	None
Women B	25 min	3300 m	195 m	9	None
Women C	25 min	3300 m	195 m	9	None
Men A	25 min	4700 m	260 m	17	None
Men B	25 min	3800 m	215 m	11	None
Men C	25 min	3700 m	270 m	9	None

Course Planner: Kent Lodberg

Maximum Running Time: 70 minutes for women and men.

Arena Passage: In the A-final, on both the women's and the men's courses there is a spectator control in the arena. There is no marked route.

Map Change: No

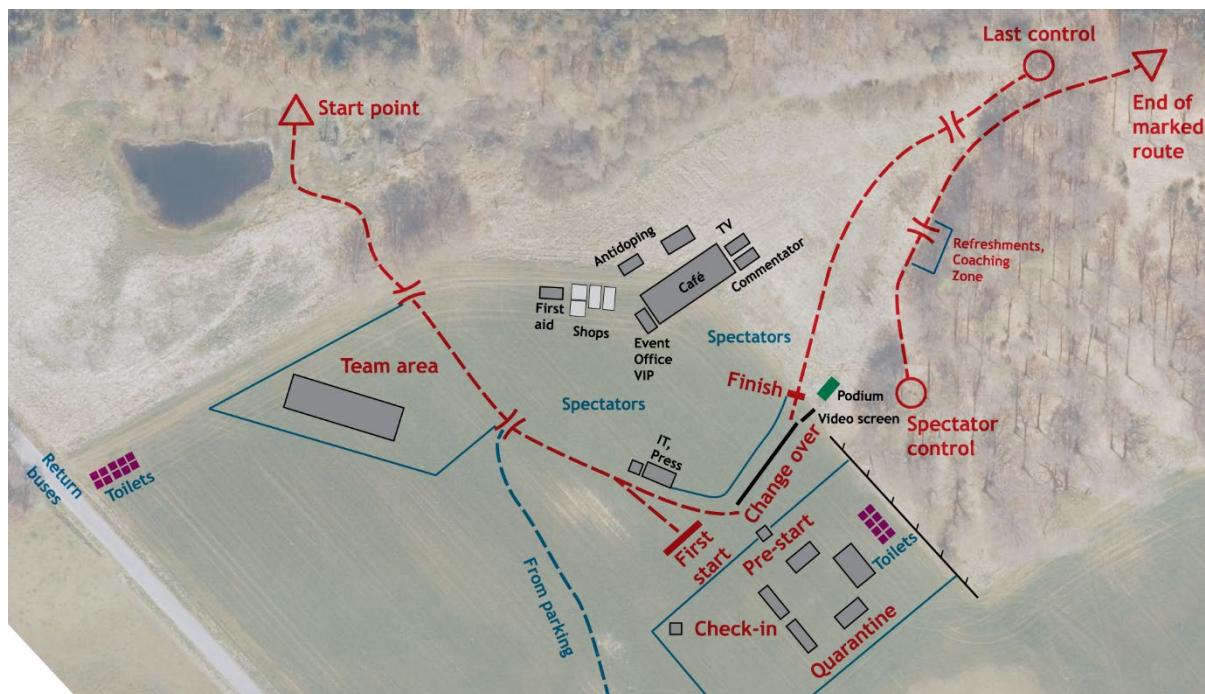
Control Description Size: Women, maximum 108 x 50 mm. Men, maximum 126 x 50 mm.



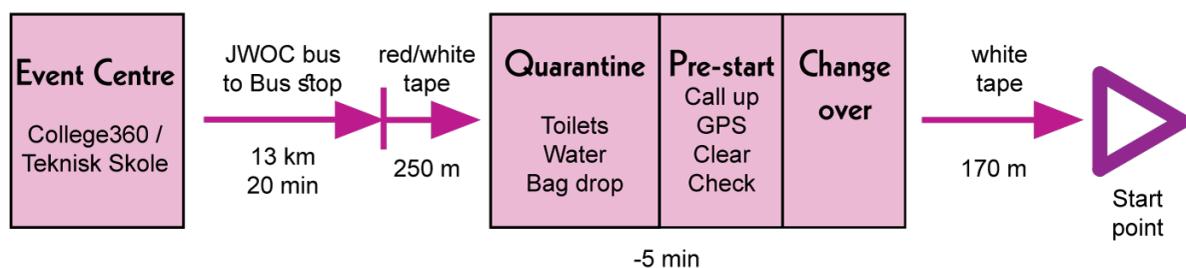
## 26.5 Relay – Friday 11 July

### Venue and arena

Thorsø Bakker, N56° 06.807' E009° 31.660'



### Distances



### Transport

Teams are allowed to use their own transportation to the Relay Arena.

### Optional transport

Departure <b>Event Centre</b>	Arrival <b>Bus stop</b>	<b>Passengers with first priority</b>	<b>Max. no. of passengers</b>	<b>Latest check-in at Bus stop at Event Centre</b>
<b>Bus 1</b>	8.25	M20 + Team Officials	50	8.10
<b>Bus 2</b>	9.10	W20 + Team Officials	50	8.55

## **Transport from Arena to Event Centre**

Buses back to the Event Centre leave from the bus stop at the arena at 14.30 and 15.15.

Distance from Arena to Bus Stop 250 m. Transport fee is part of ‘optional transport’.

## **Own transport to the arena**

The route to parking will be signed from the junction Horsensvej (road 52)/Voldbygårdvej south of Virklund (N56° 07.186' E009° 34.015'), the junction Brandevej/Rustrupvej in Gjessø (N56° 06.965' E009° 29.402') and the junction Silkeborgvej/Rustrupvej in Them (N56° 05.716' E009° 32.949').

The distance from parking to the arena is 200 m.

## **Quarantine**

Quarantine is in the arena. Check-in to Quarantine opens at 08.30 and closes at 09.50 - 10 minutes before the start of the men’s Relay. Check-in is placed within the quarantine area.

## **Start procedure - first leg**

Men start 10.00. Women start 11.15.

At the latest 5 minutes before the race start, first-leg competitors move into the change-over zone. At the entrance to the zone:

- The competitor has his/her bib number and SI-card checked
- The GPS unit will be placed in the competitor’s GPS vest. This can be done when convenient after check-in.
- Clear and Check of SIAC. It is the competitors’ responsibility to clear and check their SI-card correctly. The touch-free function of the SI-card is activated by the “Check” SI-unit and can be verified by the slowly-blinking green light at the tip of the card.

2 minutes before the start, competitors will be brought forward to stand behind their map. The countdown to the start begins 10 seconds before the start; competitors can bend down and grip their map. On the start signal, competitors take their map and follow the marked route (white tapes) to the Start Point.

## **Change-over**

About 5 minutes before the expected change-over, competitors for the next leg go into the change-over zone. At the entrance to the zone:

- The competitor has his/her bib number and SI-card checked
- The GPS unit will be placed in the competitor’s GPS vest
- Clear and Check of SIAC. It is the competitors’ responsibility to clear and check their SI-card correctly. The touch-free function of the SI-card is activated by the “Check” SI-unit and can be verified by the slowly blinking green light at the tip of the card.

Team officials are not allowed to go into the change-over zone.

The incoming competitor runs past the finish line and continues to the map board, where he/she takes the next competitor’s map and hands it over to the outgoing competitor, who follows the marked route (white tapes) to the Start Point.

The men's class has team numbers from 101-160 and the women's class has team numbers from 301-360. The maps are hung up in numerical order of teams with the lowest team number closest to the finish line.

The second-leg map is hung highest and the third-leg map lowest. The team and leg number (e.g. 102-3) is marked on the back of the map. It is the competitor's own responsibility to take the correct map. If a competitor's map is missing, because another competitor has taken it by mistake, the finish officials will supply a reserve map as quickly as possible.

## **Finish**

The last-leg competitor passes the finish line in the normal way. It is the passage of the competitor's chest across the line that determines the placing, in the case of a close finish. This will be decided by a finish judge.

## **Mass start**

For slow-running teams there will be a mass start for remaining competitors:

- M20: ca. 12.00
- W20: ca. 13.10

The precise time of the mass start will be announced at least 15 minutes beforehand.

## **Terrain**

Altitude: The terrain area is located 25-115 m above sea level.

Land Form: Hilly terrain with a lot of contour detail, with flatter areas in the southern part. The northern part is characterised by steep slopes down to Thorsø, a large lake to the north of the race terrain.

Vegetation: The vegetation is mixed forest together with open areas. A few areas of closely-planted conifer.

Runnability: Generally good runnability. Some forest areas have variable amounts of brashings and light undergrowth. Following felling and thinning, there are many branches on the forest floor in some areas that can affect runnability. Open areas are mainly covered in grass and heather. The forest is mainly dry underfoot, but there are some ditches, streams and marshy areas.

Visibility: The visibility is generally good, but there are areas with thicker vegetation.

Paths and Roads: Developed network of paths and forest roads.

Special Features: None

## **Map**

Map: Scale 1:10,000, Contour Interval 5 m, Standard ISOM 2017, issued 6/2019, Size 255 x 210 mm.

Cartography: Steen Frandsen

Out of Bounds and Forbidden Access: None, other than the olive-green areas referred to in section 25.11.

## Courses

Class	Winning Time	Length	Climb	Controls	Refreshment
Women 1	35 min	4690 – 4720 m	155 – 190 m	20	1
Women 2	35 min	4710 – 4740 m	155 – 190 m	20	1
Women 3	35 min	4840 – 4860 m	165 – 185 m	20	1
Men 1	35 min	5600 – 5640 m	210 – 245 m	21 – 22	1
Men 2	35 min	5620 – 5660 m	210 – 245 m	21 – 22	1
Men 3	35 min	5720 – 5750 m	220 – 240 m	21 – 22	1

Course Planner: Jens Børsting

Maximum Running Time: 240 minutes for the whole team

Arena Passage: On all legs on both the women's and the men's courses there is a spectator control and a marked route, marked with white tape. See arena plan above.

Map Change: No

Control Description Size: There are no loose control descriptions

## 27.0 Contact Information

Website: [www.jwoc2019.dk](http://www.jwoc2019.dk)

Email: [info@jwoc2019.dk](mailto:info@jwoc2019.dk)

Event Director: Dorthe Hansen, tel. +45 3066 4285



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**30.0 JWOC 2019 Tour and JWOC2019**

# Programme for JWOC Tour and JWOC

## JWOC Tour

## JWOC

<b>Sat. 6 July</b>	<b>Sprint prologue</b> Silkeborg town centre	<b>Opening Ceremony</b> Silkeborg town centre 12.30 - 13.15
<b>Sun. 7 July</b>	<b>Sprint</b> Lyseng	<b>Sprint</b> Lyseng 10.00 - 13.30 Prize-giving 13.45
<b>Mon. 8 July</b>	<b>Long distance</b> Velling - Snabegaard	<b>Long distance</b> Velling – Snabegaard 9.00 - 15.30 Prize-giving 16.15
<b>Tue. 9 July</b>	Activities day	Rest day
<b>Wed. 10 July</b>	<b>Middle distance</b> Gjern Bakker	<b>Middle distance Qual.</b> Gjern Bakker 10.00 - 13.30
<b>Thu. 11 July</b>	<b>Shortened Long distance</b> Gjern Bakker	<b>Middle distance Final</b> Gjern Bakker 9.00 - 13.30 Prize-giving 13.45
<b>Fri. 12 July</b>	<b>Middle distance</b> Thorsø Bakker	<b>Relay</b> Thorsø Bakker 10.00 - 13.00 Prize-giving & Closing Ceremony 13.30

All Tour events starts immediately after JWOC ceremony or price-giving



### 31.0 Overview of participating countries

	<b>Women</b>	<b>Men</b>	<b>Officials</b>	<b>Total</b>	<b>Relay W</b>	<b>Relay M</b>
<b>Australia</b>	6	6	3	15	2	2
<b>Austria</b>	5	6	3	14	1	2
<b>Belarus</b>	2	3	0	5	0	1
<b>Belgium</b>	5	4	2	11	1	1
<b>Brazil</b>	6	6	2	14	2	2
<b>Bulgaria</b>	4	5	2	11	1	2
<b>Canada</b>	5	4	2	11	1	1
<b>Croatia</b>	3	2	1	6	1	0
<b>Czech Republic</b>	6	6	4	16	2	2
<b>Denmark</b>	6	6	4	16	2	2
<b>Egypt</b>	2	2	2	6	0	0
<b>Estonia</b>	4	4	2	10	1	1
<b>Finland</b>	6	6	4	16	2	2
<b>France</b>	4	6	3	13	1	2
<b>Germany</b>	3	6	2	11	1	2
<b>Hong Kong</b>	2	6	3	11	0	2
<b>Hungary</b>	5	6	3	14	1	2
<b>Ireland</b>	5	1	2	8	1	1
<b>Israel</b>	0	4	1	5	0	1
<b>Italy</b>	3	4	2	9	1	1
<b>Japan</b>	6	6	3	15	2	2
<b>Latvia</b>	5	4	1	10	1	1
<b>Lithuania</b>	4	4	1	9	1	1
<b>Moldova, Republic of</b>	1	1	0	2	0	0
<b>New Zealand</b>	6	6	2	14	2	2
<b>Norway</b>	6	6	3	15	2	2
<b>Poland</b>	3	4	2	9	1	1
<b>Portugal</b>	1	3	1	5	0	1
<b>Romania</b>	1	3	1	5	0	1
<b>Russian Federation</b>	6	6	3	15	2	2
<b>Serbia</b>	0	1	1	2	0	0
<b>Slovakia</b>	5	6	2	13	1	2
<b>Slovenia</b>	0	1	1	2	0	0
<b>South Africa</b>	0	3	2	5	0	1
<b>Spain</b>	3	3	2	8	1	1
<b>Sweden</b>	6	6	4	16	2	2
<b>Switzerland</b>	6	6	4	16	2	2
<b>Turkey</b>	6	4	1	11	1	1
<b>Ukraine</b>	3	3	2	8	1	1
<b>United Kingdom</b>	6	6	4	16	2	2
<b>United States</b>	6	6	2	14	2	2
<b>Total</b>	162	181	89	432	44	56



# JWOC

Junior World  
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Championships  
**2019 Denmark**