

Invitation to the WOC testtraces and trainingcamp #2

31 May – 6 June 2023



Date	31 May – 6 June 2023
Program	5 training sessions in the region of Flims Laax from 31 May to 2 June Tetrace Middle in Uaul Runcs, Saturday 3 June 2023 Tetrace Middle in Salums, Sunday 4 June 2023 1 training session in the region of Scuol, Monday 5 June Tetrace Long in Ftan, Tuesday 6 June 2023 Map overview: https://drive.google.com/open?id=1wJ0IHlGc46etkyLbPfNDftFkaDJa70db&usp=sharing
Accommodation	In Laax, we can recommend using the apartments at rocksresort, or the Hotel Signina. You may book online: www.rocksresort.com/en/ www.signinahotel.com/en/ Our partner, «Weisse Arena», offers a discount of 15% for your stay at rocksresort or the Signina Hotel for your training visits. Enter the following code in the online booking or mention it when booking by phone / email: rocksresort Promocode: TRAINOL23rr Signina hotel Promocode: TRAINOL23SH Alternatives: Peaks Place Laax (https://www.peaks-place.com/), Youth Hostel Laax (www.youthhostel.ch/laax), Youth Hostel Trin (https://www.youthhostel.ch/de/hostels/trin), Flims Laax Tourism for apartments, hotels etc (https://www.flimslaax.com/en) In Scuol/Ftan, we recommend the Youth Hostel Scuol (www.youthhostel.ch/hostels/scuol/) and the Hotel Bellavista Ftan (http://bellavista-ftan.ch/).
Transport	Nothing organised, we suggest using your own cars.
Detailed bulletin	More detailed information will be published before the testtraces and the camp.
Any questions	Contact Simone Niggli, simone.niggli@woc2023.ch

World Orienteering Championships 11-16 July 2023



Training information

Trainings

Flims Laax	Laax Larischs	10000	2023	All races	One-Man-Relay, 1 course with forking possibilities
	Ladir	10000	2022	Long	Slope running, 2 courses WOMEN/MEN
	Ils Aults Domat Ems	10000	2022	Middle/Relay	O-Intervals with slope-preload, 1 course
	Bot Fiena Trin	10000	2022	Middle/Relay	Reduced map, Fine-O, 2 courses WOMEN/MEN
	Bot Tschavir Bonaduz	10000	2022	Middle/Relay	Multi-technique, 1 course

Ftan	Susch Lavin	15000	2021	Long	Model Event
------	-------------	-------	------	------	-------------

Entry

Registration on

<https://docs.google.com/spreadsheets/d/1UIwwxknIW1h0CrVN8r09J00FPv3dLcSEiLQJiBKz4Ds/edit?usp=sharing> until Friday, 19 May 2023.

You don't need to fill in the training registration which is used for individual training camps on the WOC-webpage.

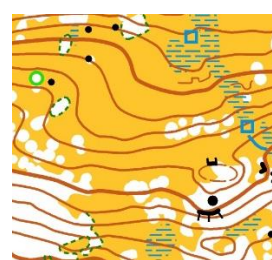
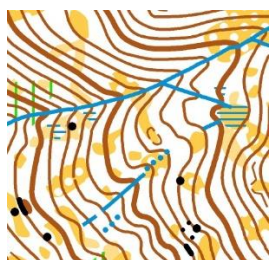
To spread the number of runners, there will be a maximum of 100 runners/half-day/training.

Costs

Training session with printed maps CHF 6.-.

Maps

Maps can be picked up from 30 May onwards at the Tourist Information in Flims.



World Orienteering Championships 11-16 July 2023



Testrace information

General information

- Event Centre** There will not be an event centre. Organizers will be available at the competition day before the race at the assembly point of the competitions.
- Entry** Registration must be made teamwise on entry.picoevents.ch. Every nation has to define a responsible to enter all the needed information. To enter a runner, you need the IOF-ID of this person.

Entry deadline: Friday, 19 May 2023.

Late entry deadline: Monday, 29 May 2023 (surcharge CHF 10.-/race).

- Entry Fee/Payment** CHF 40.- per race. **Payable latest until 19 May 2023.**

Payment details:

Bank: Zuger Kantonalbank

Postal address: Bahnhofstrasse 1, CH-6301 Zug

Account holder: Verein OL WM 2023 Flims Laax, CH-7017 Flims, Switzerland

IBAN CH50 0078 7785 8107 1267 0

BIC: KBZGCH22

Swift code: 787

Late payment will be surcharged with CHF 10.-/race.

- Classes** WOMEN and MEN. If there are many registrations, the participants will be divided into several fields. Runners from the same nation will start in the same field.

- Insurance** The organizers decline any liability that might occur through participation in the testtraces and trainings. Each person participates at her/his own risk and is responsible for her/his own insurance coverage (illness and accident).

- Punching system** SportIdent Air+. You have to use your own SIAC, please check that you use the right SIAC-number when entering for the competitions.

- GPS tracking** No GPS-tracking from the organizers. The races will be available on Livelox afterwards.

- Live coverage** There will be online controls and live results during the races.

- Quarantine** No quarantine before the races. Runners may keep the map after the finish. If you want to set your runners into a quarantine before the race, you may organize it by yourself.

- Startlists** Will be available latest on Wednesday, 31 May 2023. Starting order will be drawn. If you or your team have special wishes about the starting order within the team (early/late start, no mixing with other teams, etc.), let us know in advance. You may contact Simone Niggli, simone.niggli@woc2023.ch



World Orienteering Championships 11-16 July 2023



Testrace I, Middle, 03.06.2023

Assembly point Via Sorts Sura, no parking available at the assembly point.
GPS coordinates: 46.8265, 9.2836
Bus stop: Flims Waldhaus, Caumasee
Parking: at the parking Caumasee in Flims Waldhaus (GPS 46.8259, 9.2896) or in any other official parking places in Flims and Laax. Please be careful not to enter the WOC-embargoed areas!

Starttimes Between 12:00 and 16:00, start interval 2 minutes.

Map Uaul Runcs, 1:10'000, 5m by Urs Steiner. Standard ISOM 2017-2.

Course setter Urs Steiner

Course lengths
(preliminary) WOMEN 4.6km/180m
MEN 5.5km/220m

Testrace II, Middle, 04.06.2023

Assembly point Rocksresort, GPS coordinates: 46.81954, 9.26522
Bus stop: Laax, Bergbahnen
Parking: in the parking garage "rocksgarage" (CHF 15 per day)

Starttimes Between 09:00 and 13:00, start interval 2 minutes.

Map Salums, 1:10'000, 5m by Urs Steiner. Map size A4, standard ISOM 2017-2.

Course setter Simone Niggli

Course lengths
(preliminary) WOMEN 4.7km/240m
MEN 5.6km/280m

Testrace III, Long, 06.06.2023

Assembly point Ftan Fionas, GPS coordinates: 46.7950, 10.2462
Bus stop: Ftan Cumün
Parking: at the assembly, parking of the cable car station.

Starttimes Between 09:00 and 13:00, start interval 2-3 minutes, depending on the number of entries.

Map Ftan, 1:15'000, 5m by Urs Steiner. Map size A4, standard ISOM 2017-2.

Course setter Stefan Zingg and Bruno Haldemann

Course lengths
(preliminary) WOMEN 9.7km/660m
MEN 12.2km/840m



World Orienteering Championships 11-16 July 2023

