

# BULLETIN 2

**European Trail-O Championship**

**Bollnäs, Sweden**

**4-6 August 2010**



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## **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. Bulgaria unfortunately has declared that they do not have the possibility to arrange the ETOC 2010 in combination with EOC 2010.

In early 2009 therefore Sweden was asked to arrange ETOC 2010 and we are happy to accept this request although the preparation time is very short. We have therefore in cooperation with the Orienteering Club **Rehns BK** in the city of Bollnäs decided to arrange the ETOC 2010 in combination with the Nordic Team Event in Trail-O which already was planned to take place in Bollnäs and arranged by Rehns BK.

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

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

Once again welcome to Sweden and to Bollnäs.

**Tomas Bruce**  
President of the Swedish Orienteering Federation (SOFT)

## Welcome by the Mayor of Bollnäs

### Bollnäs opportunities municipality.

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. Event Program

### Tue 3 Aug

Arrival in Bollnäs

12.00-15.00 18.00 – 20.00 Event Centre is open in Bollnäs

### Wed 4 Aug

09.00-10.00 Event Centre is open in Bollnäs

12.00-15.00 Event Centre is open at the Competition Centre

12.00-15.00 Model Event

18.00-20.00 Event Centre is open in Bollnäs

18.00 Opening ceremony

19.00 Team Leaders meeting

### Thu 5 Aug

11.00-14.00 **ETOC Day 1**

14.00-15.00 Public competition

19.00 Team Leaders meeting

### Fri 6 Aug

10.00-13.00 **ETOC Day 2**

13.00-14.00 Public competition

14.30 Flower Ceremony

19.00 Price giving Ceremony

19.30 Banquet

### Sat 7 Aug

Departure for Trondheim and WTOC 2010

### **3. Organizing Committee**

Event Director:	Anders Johansson
Course Planner:	Lennart Wahlgren
Assistant Planner:	Stefan Larsson
Secretary:	Rolf Karlsson
Assistant Secretary:	Elisabeth Norsell Karlsson
Economy:	Sture Mesch
Media:	Conny Forsell
Accommodation/Food:	Ing-Marie Granath
IOF Event Advisor:	Vibeke Vogelius, Denmark
National Controller:	Owe Fredholm

### **4. Competition Rules**

The competitions will follow the IOF Trail-Orienteering Competition Rules (edition of 1st February 2009) and the IOF Technical Guideline for Trail-O.

### **5. Classes and participations restriction**

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

- All competitors, regardless of sex, age or physical ability/disability are eligible to be entered for the ETOC. (5.1)
- Only competitors, who have some permanent physical disability (including hidden disabilities) which gives a significant disadvantage in Foot Orienteering competitions are eligible to be entered for the European Paralympic Championship competition. Competitors shall prove their Paralympic eligibility by providing an eligibility form (available at [www.orienteering.org](http://www.orienteering.org)) completed by a doctor. (5.2)
- A competitor may represent only one Federation during any one calendar year. (6.1)
- Competitors who are representing a Federation shall have full passport-holding citizenship of the country of that Federation. (6.2)
- Each participating Federation shall appoint a team manager to act as a contact person between the team and the organiser. It is the team manager's duty to see that the team receives all necessary information. (6.3)
- Competitors participate at their own risk. Insurance against accidents shall be the responsibility of their Federation or themselves, according to national regulations. (6.4)

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

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

### **6. 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

## 7.              **Embargoed Area**

With reference to the WTOC Competition Rules, the listed areas are embargoed for all potential ETOC 2010 team members (competitors, team leader, coach, escort, etc.) as well as others with strong links to elite trail orienteering. Offences must be reported to ETOC 2010 Event director. The area is situated approx. 20 km, as the crow flies, southwest of Bollnäs. Close to the cottage Jönsbo between the small villages Gruvberget and Annefors. See the attached map.

## 8.              **Maps**

Maps are drawn according to International Specification for Orienteering Maps (ISOM) 2007. Scale 1:5000; Contour interval 5 m. Map format is A4.

## 9.              **Courses**

Approximate parameters of the courses:

Model:                      Length: 1,4 km. Controls: 12+1 Climb: 60 m

Competition Day 1:      Length: 1,4 km. Controls: 20+2 Climb: 70 m

Competition Day 2:      Length: 1,2 km. Controls: 20+2 Climb: 55 m

## 10.             **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.

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

From the **CC** there is about 400 meters to the **Start and Finish**, which also is the same 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.

## 11.             **Training Opportunities**

There will be no special training courses organised prior to the ETOC 2010 except the model event.

## 12.             **Anti-Doping**

The rules of the IOF Anti-Doping Code, valid from January 1, 2007, apply.

### **13. Public Events**

In conjunction with ETOC 2010 the traditional Nordic Team Event (NTE) will be arranged. For more information about NTE please contact Owe Fredholm at [owe.fredholm@telia.com](mailto:owe.fredholm@telia.com). There will also be an opportunity for non European Countries as well as others not participating in ETOC to compete in an open class. There will be a invitation for the public competition available on the homepage [www.rehnsbk.nu](http://www.rehnsbk.nu) at the latest in May 2010.

### **14. Host City – Bollnäs**

Bollnäs - the municipality in the center 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 splendor and adornment of the farmstead's buildings. Folkart was out of a skillfull, high quality with beautiful paintings and superb craftsmanship in woodwork and carvings.

For more information see [www.bollnas.se](http://www.bollnas.se) and [www.halsingegardar.se](http://www.halsingegardar.se)

### **15. Transportation**

#### **Transport to/from Bollnäs**

##### **Arriving by plane**

The nearest international airport is Stockholm International Airport/Arlanda about 270 km south of Bollnäs.

Ryanair and other low price companies arrive in Stockholm South/Skavsta at the city of Nyköping 100 km south of Stockholm or to Stockholm/Västerås about 80 km west of Stockholm.

##### **Train**

From Stockholm and Stockholm/Arlanda airport there are about 15 train connections per day to Bollnäs, of which about 5 are direct train connections without change of train.

From Nyköping (Skavsta) there are busses direct to Stockholm. There is also a possibility to go by train from Nyköping to Stockholm. From Västerås there is frequent train connections to Stockholm.

##### **Bus**

There are also bus-connections from Stockholm to Bollnäs.

##### **Car**

The travelling time with car from Stockholm and Arlanda to Bollnäs is less than 3 hours.

#### **Transport from Bollnäs to WTOC in Trondheim.**

More information will be given in Bulletin 3.

### **Transport during ETOC**

Organisers will provide on previous request transport for ETOC participants between Event Centre and Competition Centre of Model, Competition Day 1, and Competition Day 2, including transport adapted for wheelchairs and electrical wheelchairs. If necessary even between Event Centre and Opening Ceremony and between Event Centre and Banquet depending on where they will be. More information about that in Bulletin 2B that will be published in October 2009. In Bulletin 2B you will also find the cost of ETOC transportations. The organiser transport should be ordered in entry forms in due dates.

### **16. Event Centre**

The Event Centre will be at the accommodation. More information about the Event Centre will come in Bulletin 2B in October 2009. Event Centre will be at the CC during the Model Event.

### **17. Accommodation and boarding**

There will be information available about accommodation and boarding in Bulletin 2B that will be published in October 2009.

### **18. Entries - Participants**

The preliminary entries for Federation teams shall be submitted on ETOC 2010 Preliminary Team Entry Forms and shall contain at least the following information:

- **Number of competitors for Open and Paralympic classes**
- **Number of wheelchair users needing help**
- **Number of team officials**
- **Name, address, phone/fax number, and e-mail address of the Team Manager.**

Preliminary entries, including reservations for transport and accommodation for Federation Teams, should be submitted preferably by e-mail to ETOC 2010 office by **1 March 2010** as latest. The final entries for Federation teams shall be submitted on ETOC 2008 Final Team Entry Forms.

The team entries and all related reservation for accommodation, boarding and transport will be valid only if all respective payments are received **before 1 May 2010**. Late entries will be charged an additional fee (see below). No late entries will be accepted **after 15 June 2010**. The ETOC 2010 Final Name Entry Forms indicating surname, first name, gender, competition category and date of birth of each competitor and team official should be submitted to the ETOC 2010 office preferably by email by **15 June 2010** as latest.

<b>Entry Fees</b>	<b>1 May</b>	<b>15 June</b>
Competitors	120 €	150 €
Officials	60 €	90 €
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
- 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.

All interested persons will be allowed to enter and follow ETOC competition courses in a noncompetitive manner at defined period after the last start of ETOC participants. The access of public to ETOC courses area is subject to the approval of IOF Adviser and can be limited by organisers according weather conditions.

## **19. Entries Media**

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 Bollnäs 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 EOC Entry Form for Media.

## **20. Entries IOF Officials 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.

## **21. Payment**

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**



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.

## **22. Visas and entry permits**

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

## **23 Weather**

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.

## **24. Health Care and Insurance**

Organisers will arrange medical assistance and emergency service in every competition centre during ETOC. EU-member state citizens are entitled to the medical service according valid EU legislation, if holders of EU-standard medical insurance. However all participants are advised to arrange their own travel insurance covering also sport activities.

Non-EU-member state citizens are entitled to medical assistance in emergency cases, however they will be required by to reimburse the corresponding costs to the medical centre if not covered by their own travel health insurance.

## **25. Contact Address:**

By e-mail: [etoc2010@rehnsbk.nu](mailto:etoc2010@rehnsbk.nu)

By mail: ETOC 2010  
c/o Karlsson  
Röste 1244 Nybons  
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By phone: +46 278 801 33

By fax: +46 278 138 32

Website: [www.rehnsbk.nu](http://www.rehnsbk.nu)

