



## Junior World Orienteering Championships 2005

July 10th - 17th 2005, Tenero (Switzerland)

# BULLETIN No. 3

*Dear Orienteering Friends !*

The clock is ticking and there are now only two months left to JWOC 2005 in Switzerland. With this Bulletin 3 we will give you the exact and actual information about this competition, information useful for competitors, coaches and everyone practising orienteering all over the world.

We wish participants, leaders and representatives from all IOF member nations, as well as all orienteering friends from all the corners of the world, welcome to JWOC 2005 in Tenero, Switzerland.

### ***Host Territory***

Ticino is the southernmost Canton of Switzerland, shaped as a small triangle protruding into Italy. With a total surface area of 2811 square kilometres it is one of the 26 cantons in the country, and with a total population of roughly 300,000 makes it one of the less populated. Ticino joined the confederation as a full member only 200 years ago, but since then it has grown to become one of the most important cantons in Switzerland. Ticino has always been one of the favourite travelling routes connecting Northern and Southern Europe. Over the centuries this has exposed the Ticino people to a number of different civilisations and cultures, which have profoundly impacted the area and the people themselves. Politically and historically Ticino is a proud member of the Swiss Confederation, but its origin, culture and language have profound roots in Italy. This creates a unique blend, reflected in a society which combines the typical Swiss values with the more Italian way of living. From its mountain peaks covered with perennial snow such as Adula and Pizzo Tencia, down to the lakes Maggiore and Ceresio, Ticino contains a whole variety of different geological, natural, climatic and architectural features, which make it one of the most frequently visited areas in the country. From the rough granite cliffs of the Riviera valley to the soft hills of Mendrisiotto, from the firs of the Leventina valley to the chestnut woods in the southern hilly regions, from the Basodino glacier to the orange trees on the Brissago islands, from the traditional stone huts in the mountains to the luxury villas on the lake's banks, from the very rural and quiet Val Bavona to the very busy Pian Scairolo, within a very short time visitors can find unspoiled nature and thriving city life alike in a whole variety of colours, sounds and perfumes. As a border region, Ticino has often experienced people emigrating and foreigners settling in. Historically, emigration has seen people going to Paris, London, Florence, Russia and America, where they worked as glass-makers, bakers and confectioners, chimney-sweepers, cow-boys, masons and artists. The luckiest ones made a fortune and eventually managed to come back to build homes, mansions and churches in their home towns whether in the mountain valleys or in the cities. Many of these buildings were sumptuously decorated with paintings and statues, and together with the beauty of the landscape and the agreeable climate, have attracted and still to this day fascinate painters, sculptors, writers and foreign men of

learning from all over the world. These artists have always found ideal conditions fostering creativity: the towns of Ascona, Minusio, Castagnola, Montagnola, Meride, Sagno and Comologno, have attracted some very famous people such as the Nobel literature laureate Hermann Hesse, and have inspired very famous artworks. In recent years Ticino has become one of the most popular vacation areas especially for young tourists: it offers a virtually inexhaustible spectrum of activities such as sports ranging from easy hikes to some of the most thrilling adventures, notably canyoning, cliff diving and bungee jumping, an incredible variety of bars, restaurants and nightlife attractions, not forgetting its relaxed way of living which is second to none. Some important international appointments, like Festival Jazz, and the Film Festival of Locarno, have made it well known in all the world. We hope that Ticino can inspire and delight with its beauty all participants at the JWOC 2005, enabling everybody to take home some of his or her best memories ever.

### ***JWOC2005 Office Address, Information***

Before the competition:

JWOC 2005  
c/o Daniela Guglielmetti, Via Campagnola 3, CH-6928 Manno  
Tel. + Fax: +41 91 6051553

During the competition week:

JWOC 2005  
c/o Centro Sportivo Tenero, CH-6598 Tenero  
Tel.: +41 91 735 61 11, Fax: +41 91 735 61 02  
For letters, please specify exact recipient information.

e-mail:

[jwoc2005@asti-ticino.ch](mailto:jwoc2005@asti-ticino.ch)

Internet site:

<http://www.asti-ticino.ch/jwoc2005>

### ***Organiser***

The Junior World Orienteering Championships 2005 are organised by ASTi, the regional orienteering federation of Ticino, which groups all orienteering clubs of the region.

Event Director:	Francesco Guglielmetti e-mail: <a href="mailto:fguglielmetti@bluewin.ch">fguglielmetti@bluewin.ch</a> Tel.+ Fax +41 91 605 1553
Technical Supervisor:	Roberto Tettamanti
Race organisation:	Stefano Maddalena
Event centre:	Francesco Beltraminelli
Informatic:	Sandro Corsi
Press, Media:	Claudio Alfieri
Secretary:	Daniela Guglielmetti
Cartografy:	Fausto Tettamanti
Course planners:	Giovanni Carbonetti (middle qualification) Manuel Asmus (middle final) Roberto Tettamanti (long) Marco Tunesi (relay)
IOF Advisor	Petr Pernička (CZ) e-mail: <a href="mailto:petr.pernicka@volny.cz">petr.pernicka@volny.cz</a>
National Controller	Achilles Humbel e-mail: <a href="mailto:a.b.humbel@bluewin.ch">a.b.humbel@bluewin.ch</a>

### ***Event Centre***

The Centro Sportivo Nazionale della Gioventù (National Youth Sport Centre) in Tenero will serve as the main accommodation place as well as the event office and the press centre.

Peaceful and wonderful surroundings are sure to create a cheerful atmosphere for the competition.

The Event Centre will officially open Sunday 10<sup>th</sup> July at 9:00 and will close Sunday 17<sup>th</sup> July at 09:30. It is not absolutely possible to stay longer because of arrival of other guests.

## **Location, Access, Transport**

The town of Tenero is situated at the border of the Lake Maggiore.

If you use your own transport by car or bus it is easily accessible from the highway A2 (Chiasso - San Gotthard) - exit Bellinzona Sud - then take direction Locarno on the main road for ca 15 km until exit Tenero.

Transport by train is also possible, in Bellinzona take the train line direction Locarno up to Tenero station (1 km from the event centre).

The next airport is located in Lugano; it is a very comfortable, small and informal airport, but you will have probably few flight connections. Bigger airports are in Milano (Malpensa or Linate) or Zürich. We discourage to use Zürich, except if you travel by train, because of frequent traffic jams at the San Gotthard Road Tunnel.

Transportation from railway stations (Bellinzona or Lugano) and from Lugano Airport or Milano-Malpensa or Milano-Linate Airport will be arranged by the organisers (with an extra charge) only if requested explicitly before 31<sup>th</sup> May. We regret we won't be able to provide transport from other airports, especially from Zürich Airport (there is a good train connection from there).

Distances:

Bellinzona - Tenero:	15 km (ca 20 min by car, 18 min by train)
Lugano - Tenero	30 km (ca 30 min by car, 45 min by train)
Milano Malpensa - Tenero	100 km (ca 80 min by car, 2.5 hours by train)
Milano Linate - Tenero	120 km (ca 1.5 hours by car, 2.5 hours by train)
Zürich Airport - Tenero	210 km (ca 3 hours by car, 3.5 hours by train)

## **Program**

### **Sunday 10<sup>th</sup> July 2005 - Arrival**

09:00	Opening of the Event Centre
09:00 - 22:30	Competition office is open, accreditation and accommodation
13:30 - 16:00	Sprint race in Bellinzona
16:30 - 17:00	JWOC procession and final refreshment in Bellinzona
18:30 - 20:00	Dinner

### **Monday 11<sup>th</sup> July 2005 - Model Event**

07:00 - 08:30	Breakfast
07:30 - 13:00	Competition office is open, accreditation and accommodation
09:30 - 12:30	Model event
12:00	Deadline for entries for the middle distance race
13:00 - 14:30	Lunch
16:00 - 19:00	Competition office is open, accreditation and accommodation
17:30 - 18:30	Team leader's meeting
18:30 - 20:00	Dinner
20:30 - 21:00	Open Ceremony at Centro Sportivo Tenero
21:00 - 22:30	Competition office is open

### **Tuesday 12<sup>th</sup> July 2005 - Middle distance qualification**

07:00 - 09:00	Breakfast
07:00 - 09:00	Competition office is open
10:00 - 13:00	Middle <b>distance qualification</b>
11:00 - 14:30	Lunch in the finish area
16:00 - 19:00	Competition office is open
17:30 - 18:30	Team leader's meeting
18:30 - 20:00	Dinner

20:00 - 22:00 Competition office is open

**Wednesday 13<sup>th</sup> July 2005 - Middle distance final**

06:00 - 09:00 Breakfast  
07:00 - 09:00 Competition office is open  
09:00 - 13:00 **Middle distance final**  
11:00 - 14:30 Lunch in the finish area  
12:00 Deadline for entries for the long distance race  
13:00 - 13:15 Flowers ceremony in the finish area  
13:15 - 13:30 Press conference in the finish area  
16:00 - 19:00 Competition office is open  
17:30 - 18:30 Team leader's meeting  
18:30 - 20:00 Dinner  
20:00 - 22:00 Competition office is open  
20:30 - 21:00 Price giving ceremony at Centro Sportivo

**Thursday 14<sup>th</sup> July 2005 - Long distance**

06:00 - 09:00 Breakfast  
07:00 - 09:00 Competition office is open  
09:00 - 16:00 **Long distance final**  
11:30 - 15:30 Lunch in the finish area  
16:00 - 16:15 Flowers ceremony in the finish area  
16:15 - 16:30 Press conference in the finish area  
16:00 - 19:00 Competition office is open  
18:30 - 20:00 Dinner  
20:00 - 22:00 Competition office is open  
20:30 - 21:00 Price giving ceremony at Centro Sportivo  
21:30 - 00:00 Disco

**Friday 15<sup>th</sup> July 2005 - Rest day**

07:00 - 09:30 Breakfast  
08:00 - 10:00 Competition office is open  
09:00 - 13:00 Excursions  
12:00 - 14:00 Lunch at Centro Sportivo  
12:00 Deadline for entries for relay  
15:30 - 16:30 IOF foot Orienteering commission meeting  
16:00 - 19:00 Competition office is open  
17:30 - 18:30 Team leader's meeting  
18:30 - 20:00 Dinner  
20:00 - 22:00 Competition office is open

**Saturday 16<sup>th</sup> July 2005 - Relay**

06:00 - 09:00 Breakfast  
07:00 - 08:30 Competition office is open  
09:30 Men's **Relay start**  
09:45 Women's **Relay start**  
11:30 Expected finish of first relays  
11:30 - 14:30 Lunch in the finish area  
13:00 - 13:15 Price giving ceremony in the finish area  
JWOC 2005 closing ceremony in the finish area  
13:15 - 13:30 Press conference in the finish area  
13:30 Start of team leaders, press and VIP race  
16:00 - 19:30 Competition office is open  
19:30 - 01:00 Banquet

**Sunday 17<sup>th</sup> July 2005 - Departure**

07:00 - 09:00 Breakfast  
07:00 - 09:30 Competition office is open  
09:30 The competition Centre is closed

**Preliminary entries**

Following counties registered for JWOC 2005 before 31<sup>st</sup> March deadline.

<b>No</b>	<b>Country</b>	<b>Women</b>	<b>Men</b>	<b>Officials</b>	<b>Total</b>
1	AUSTRALIA	6	6	3	15
2	AUSTRIA	4	4	2	10
3	BELARUS	4	3	3	10
4	BELGIUM	2	6	2	10
5	BULGARIA	5	6	3	14
6	CANADA	2	4	0	6
7	CROATIA	3	3	2	8
8	CZECH REP.	6	6	4	16
9	DENMARK	6	6	3	15
10	ESTONIA	3	6	1	10
11	FINLAND	6	6	3	15
12	FRANCE	6	6	4	16
13	GERMANY	4	4	2	10
14	GREAT BRITAIN	6	6	4	16
15	HONG KONG/CHINA	6	6	3	15
16	HUNGARY	4	4	2	10
17	IRLAND	4	6	3	13
18	ISRAEL		3	1	4
19	ITALIA	4	6	2	12
20	JAPAN	6	6	4	16
21	LATVIA	4	4	2	10
22	LITHUANIA	3	3	1	7
23	HOLLAND	0	3	1	4
24	NEW ZEALAND	5	5	2	12
25	NORWAY	6	6	4	16
26	POLAND	4	4	3	11
27	PORTUGAL	1	3	1	5
28	ROMANIA	3	4	1	8
29	RUSSIA	6	6	3	15
30	SLOVAKIA	3	3	1	7
31	SLOVENIA		1		1
32	SOMALIA	2	2	2	6
33	SPAIN	6	6	3	15
34	SWEDEN	6	6	4	16
35	SWITZERLAND	6	6	4	16
36	UKRAINA	4	4	0	8
37	USA	3	5	4	13
<b>TOTAL</b>		149	174	87	411

## **Entries**

Modifications to above numbers must be sent to the organisers before 15<sup>th</sup> May. Final entries with the names of competitors and officials must be received by the organisers by June 15th, 2005. Please use the official entry form on this event website (can be processed by means of MS-Word) and send it in electronic format to: [jwoc2005@asti-ticino.ch](mailto:jwoc2005@asti-ticino.ch)).

After having sent the form, we need your help to fill out participant data, that will be made available to everybody before and during the competitions.

You need to access as soon as possible following internet site:

[http://www.asti-ticino.ch/jwoc2005/entry/entry\\_form.php](http://www.asti-ticino.ch/jwoc2005/entry/entry_form.php)

with the userid and password we will provide you, complete the electronic form with all relevant data and publish one photo of each participant (competitor or official). More details can be read in the form itself.

Thanks in advance for your co-operation.

## **Accommodation**

Category A: 1-2 bedded rooms, showers and WC on the floor, 650 CHF per person.

Category B: 4-6 bedded rooms, showers and WC on the floor, 600 CHF per person

Feather pillow and bed-sheets are available.

Teams will receive one key of the assigned rooms. Rooms have also a safe, that can be closed with a small lock (has to be brought or bought by the teams).

Category C: big tents with cement floor, mattresses and electric light, toilets and showers in the Central house (50 m), 450 CHF per person sleeping bag suggested (few blankets available) tents can not be locked, wardrobe to store valuable items are available outside the sport hall (a refundable 2 CHF coin can be used to close it and take the key, it will be given back when opened again)

Category D: participation to competitions only, 250 CHF per person or special arrangements

All accommodation is in the Event Centre area (up to 400 m distance).

Full board is arranged for accommodation category A, B and C.

Accommodation A and B will be assigned according to the dates of preliminary entries.

## **Food**

For accommodation A, B, and C only. First meal will be the dinner on Sunday 10<sup>th</sup>, last meal the breakfast on Sunday 17<sup>th</sup>.

Meals will be in the "mensa" (cafeteria) of the Event Centre. During the JWOC competition days, it will be served in the finish areas.

At the accreditation, everybody will receive food tickets, that have to be shown at restaurant entrance.

Special food requirements (vegetarian, gluten free,...) should be mentioned in advance on the final entry form.

## **Payments**

All payments (accommodation, entry fee and extra ordered services) must be paid to JWOC accounts by May 15<sup>th</sup> 2005, free of charge for the receiver, by means of:

- o Post payment (Post account 65-770876-0 JWOC 2005, 6928 Manno)
- o Bank transfer to account 65-770876-0, JWOC 2005, 6928 Manno  
Bank SWISS POST, PostFinance, 3030 Bern, Switzerland  
Swift Code POFICHBEXXX, IBAN CH26 0900 0000 6577 0876 0

## **Visa**

At present, the following participating countries need visas for entering Switzerland: Belarus, Russia, Somalia, Ukraine.

We recommend you to check the current situation through your Ministry of Foreign Affairs or through this link:

[http://www.imes.admin.ch/einreise/visumvorschriften\\_e.asp](http://www.imes.admin.ch/einreise/visumvorschriften_e.asp)

## **Competition rules**

All competitions are organised according to "Competition rules for International Orienteering Federation foot orienteering events" valid since January 1<sup>st</sup>, 2004.

Middle distance Final B and C were allowed by the IOF to start in 1 minute interval.

## **Anti-doping**

Current IOF Anti-doping rules apply.

The organizers are committed to do everything required to support the official anti-doping authorities to successfully and transparently do their work. We strongly support all efforts to keep our sport clean and doping free.

## **Identity cards**

There are identity cards for runners, team leaders, press and VIP. They will be handed over at accreditation time in the Event Centre. They have to be carried the whole week (for accommodation, transport, food, ...)

### **Team leader's meeting**

The team leader meetings are held at 17:30 in the Event Centre on the day before each competition, according to detailed program.

### **Prize-giving ceremonies**

Relay prize-giving ceremony will take part directly in the finish area of the competition.

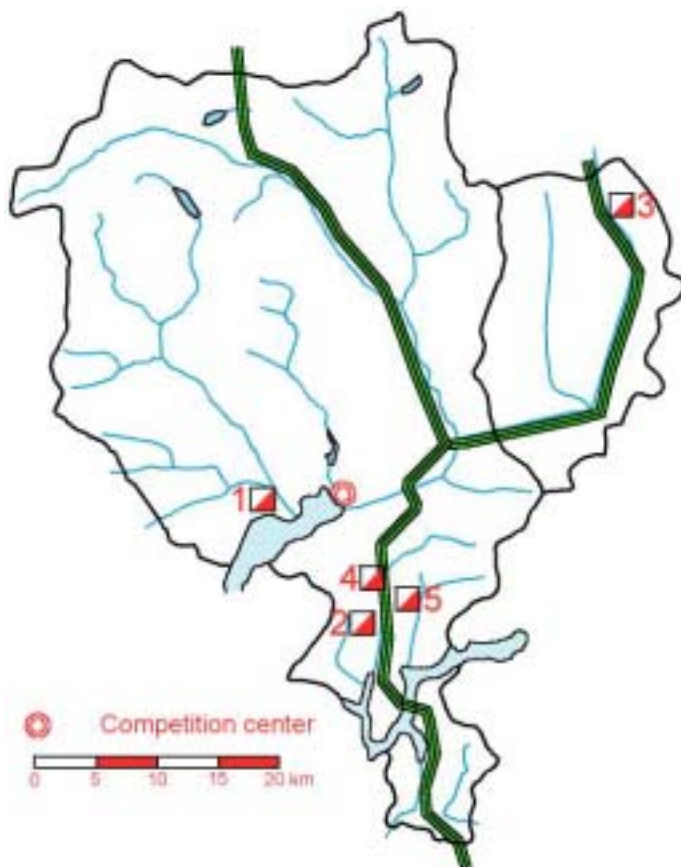
Prize-giving ceremonies of the middle and the long distance will be organised in two phases. The flower ceremony will take place in the finish area at the end of the competition, and the official ceremony at 20:30 in the Event Centre in Tenero.

From 1<sup>st</sup> to 3<sup>rd</sup> place there will be medals, diplomas and prizes, from the 4<sup>th</sup> to the 6<sup>th</sup> place diplomas and prizes.

### **Embargoed Areas and Maps**

See the map of embargoed areas below.

Existing O-maps of all the embargoed areas are published on event website and can be downloaded and printed in a full version and suitable quality. On request, the maps can also be sent by post to team leaders.



1 - Arcegno: long distance + model event, ca 14 km, transport 20 min.

2 - Cademario: spare forest

3 - San Bernardino: relay ca 70 km, transport 65 min.

4 - Taverne: middle distance final ca 30 km, transport 40 min.

5 - Tesserete: middle distance quali, ca 38 km, transport 50 min.

### **Terrain Description**

#### **Middle distance qualification (Tesserete)**

Probably one of the most beautiful woods in Ticino, just 5 km from Lugano, hilly, in general steep, and above all almost free of undergrowth. It is a fairly compact forest, technically interesting all over. Even if there are many

paths, the orienteering is not that easy, since the paths are narrow, go in all directions, each one looks like another and are often covered in leaves. Runnability is mainly very good, as well as visibility, making Tesserete a fast terrain. In the last three months some new felled areas appeared, and the branches were partially left on the ground. This forest is situated between 500 and 700 m altitude.

#### **Middle distance final (Taverne)**

This terrain is more complicated than that of the qualification. It has much more fine details (rocks, boulders) but also interesting contours, that require high attention in map reading. Partially hilly, partially with steep slopes, mainly with reduced visibility, it is much slower as you can imagine, not only because of the partly stony ground, but also because you can not fully exploit your speed if you want to remain on the map... The forest is situated between 350 and 650 m altitude.

#### **Long distance (Arcegno)**

This terrain has lot of different features, sometimes complex, that make it perfect for orienteering. Knolls, re-entrants, rocks, boulders, crags and marshes are prevalent, criss-crossed by a good path network. Hilly and in general steep, has mainly a good runnability from the vegetation point of view, but is anyway not so fast because of reduced visibility and partially stony ground. Only 5 minutes from the city of Locarno, the forest is situated between 250 and 500 m altitude.

#### **Relay (San Bernardino)**

Alpine terrain of conifers, very beautiful and varied (one of the largest and most beautiful in the Italian part of Switzerland), similar to Scandinavian terrains. There are difficult wooded areas of technical interest, with intricate relief which requires great care. Particularly difficult is the area of 'Bosc da San Rem', criss-crossed by 'mughi' pines at times sharp and innumerable marshes. There are also fast areas which are more open and easy, but require anyway some attention. Visibility is mainly good, runnability varies depending on the ground (if grass or low typical alpine bushes), San Bernardino can be anyway categorised under the fast forests of the region. The altitude of this terrain varies from 1600 to 1900 m.

### **Event Transport**

Transport from the Event Centre to all races and model event will be arranged and its price is included in entry fee.

All competitors are required to use the bus service provided to the start of all races, except for the relay.

Individual transport to the finishing area will be allowed (no discount on entry fee).

### **Maps**

All maps are conform to IOF standard.

Long distance scale is 1:15'000, contour interval 5 m,

Middle distance and relay scale is 1:10'000, contour interval 5 m

### **Punching system**

Sportident punching system will be used. Sportident cards will be provided by the organiser on request.

### **Course lengths**

	Length (km)	Climb (m)	Controls	Winning time (min)	Refresh. Points
Middle distance 12 <sup>th</sup> July qualification					

	Women	3.2	120	11	22	0
	Men	3.9	160	12	22	0
Middle distance	13 <sup>th</sup> July					
finals	Women	3.0	115	13	25	0
	Men	3.5	155	17	25	0
Long distance	14 <sup>th</sup> July					
	Women	6.6	340	18	55	3
	Men	9.4	480	25	70	3
Relay	16 <sup>th</sup> July					
	Women	5.2	210	20	35	2
	legs 1-3					
	Men	7.1	340	27	45	2
	Legs 1-3					

## **PostFinance Sprint**

We decided to offer to the runners the possibility to run an unofficial sprint race already at JWOC 2005, combining it with the prestigious PostFinance Sprint, a yearly international event for Elite. The race will take place Sunday 10<sup>th</sup> July in the afternoon (because of TV coverage), as JWOC kick-off, in the city of Bellinzona, the capital of the state of Ticino, very interesting with its castles and small tracks.

Transport to this competition will be organized, starting from the event centre in Tenero. 50 juniors will be allowed to participate, hopefully representing all JWOC nations.

Teams which accepted the invitation should communicate participant names by means of the final entry form.

The best three juniors (men and woman) will be awarded cash prizes.

We expect that the teams and athletes not participating in the race will act as spectators and encourage the runners, so creating a great effect during the TV transmission. After the prize giving ceremony the teams are invited to take part to the short procession with final refreshment.

## **Training and Camps**

*Training before the JWOC 2005 are possible in following forests (see table below).*

Map	Year	scale	distance from EC	terrain	altitude
Passo del Lucomagno	1991	1:10'000	ca 70 km	alpine	1800-2200
Monte Generoso	1995	1:10'000	ca 70 km	compact + open	600-1300
Carona	1995	1:10'000	ca 40 km	compact	550-850
Campra	1997	1:10'000	ca 60 km	alpine	1300-1600
Dötra	1997	1:10'000	ca 60 km	alpine	1400-2000
Mondini	1997	1:10'000	ca 40 km	compact	300-800
Novaggio	1997	1:10'000	ca 40 km	compact	700-1100
Alto Malcantone	1999	1:10'000	ca 45 km	compact, steep	700-900
Pedrate	1999	1:10'000	ca 65 km	compact	350-500
Monte San Giorgio	1999	1:10'000	ca 65 km	compact	500-800
Monte Ceneri	2000	1:10'000	ca 15 km	compact	500-700
Cima di Medeglia	2000	1:10'000	ca 25 km	semi-open	900-1250
Sonvico	2000	1:10'000	ca 40 km	compact	550-1050
Villa Luganese	2000	1:10'000	ca 40 km	compact + open	550-1300
Isonne Nord	2001	1:10'000	ca 25 km	semi-open	800-1100
Capriasca Ovest	2002	1:10'000	ca 35 km	semi-open	700-1100
Isonne Sud	2002	1:10'000	ca 25 km	semi-open	800-1000
Gudo	2003	1:10'000	ca 10 km	compact, steep	450-700
Origlio/San Zeno	2003	1:10'000	ca 30 km	compact, small	350-500

Scarpapè	2004	1:10'000	ca 15 km	compact	400-800
Capriasca Est	2004	1:15/10'000	ca 35 km	semi-open	700-1200
Pian San Giacomo	2004	1:10'000	ca 50 km	alpine	1150-1400
Pizzo di Claro	2004	1:10'000	ca 30 km	compact + open	600-100
Aurigeno	2004	1:10'000	ca 20 km	compact, small	300-500
Curzutt	2005	1:10'000	ca 15 km	compact	400-700

For maps and preliminary information about accommodation you can contact the Event Office.

Further information about accommodation can be found or asked at:

- Ente Turistico Lago Maggiore, Via Luini 3, CH-6600 Locarno, phone: +41 91 791 0091, Fax: +41 91 751 9070, Internet site: [www.maggiore.ch/](http://www.maggiore.ch/)
- Ticino Turismo, internet site: <http://www.ticino-tourism.ch/control/almain?language=3&menu=0>

## **Early arrival in Ticino: accommodation and trainings**

Please notice that the Event Centre in Tenero is fully booked by other guests the week before JWOC.

The official arrival date for teams is the Sunday 10<sup>th</sup> July. The earliest possible arrival date (for exceptional cases) will be Saturday 9<sup>th</sup> July. If you have such a need please contact the Event Office as soon as possible.

For earlier arrival, the organisers will provide, for interested teams, a simple accommodation in mass-dormitories (each team will receive one dedicated room). In these mass-dormitories sleeping bags are required. Price will be 12 CHF per night. Note that there will be no kitchen available, nor it will be allowed to cook with gas in the accommodation (due to fire regulations). We suggest therefore that you make appropriate arrangements with a restaurant for taking meals during your stay.

Further information about accommodation can be found or asked at:

- Ente Turistico Lago Maggiore, Via Luini 3, CH-6600 Locarno, phone: +41 91 791 0091, Fax: +41 91 751 9070, Internet site: [www.maggiore.ch/](http://www.maggiore.ch/)
- Ticino Turismo, internet site: <http://www.ticino-tourism.ch/control/almain?language=3&menu=0>

The organisers will also provide four training sessions in JWOC similar forests during the three days before JWOC begin. Only flags are set (no Sportident). Maps with controls can be collected by the teams from 1<sup>st</sup> July at the reception of the Centro Sportivo Tenero during opening hours (Monday-Friday from 8:00-12:00 and 13:30-18:00). Maps of other possible training forests (without controls set) will also be available at the reception. Price 3 CHF per map (to be paid at JWOC event center after 9<sup>th</sup> July).

## **Clothing**

Spikes will not be permitted but Dobb shoes are allowed. Organisers heavily recommend long trousers (because of the presence of ticks).

## **National flags**

Teams are requested to bring one national flag (recommended size 100 x 150 cm) for the case of multiple runners on the podium. The flag has to be handed over in the accreditation centre in such circumstances.

## **Climate Conditions**

Mediterranean climate which promise suitable weather conditions for the events. Daily temperatures in July range between 20-35 degrees C., dependent upon the altitude (in the only race at 1600 m above sea level you could find even 10 degrees in case of bad weather)

On our official Internet site (<http://www.asti-ticino.ch/jwoc2005/meteo>) there is a weather forecast service already active.

## **Cultural Programme**

During the rest day there will be several possibilities available.

- Stay on the beach, with some sporting facilities (e.g. Ping-Pong, Beach-Volley, Boccia, Climbing wall)
- Visiting the City of Locarno, with shopping, transport by boat
- Visiting Cardada (1600 m height) with boat and cable car, beautiful landscape on Locarno lake
- Monte Tamaro Program 1: gondola up to 1530 m height, visit of modern church of Architect Botta
- Monte Tamaro Program 2: gondola up to 1130 m height, visit of fun-park "Parco Avventura", duration ca 2.5 hours, number of places limited, see <http://www.montetamaro.ch/interna.asp?idarticolo=6595&immagine=si&img=parcoavventura>
- Brissago Islands: by boat to the island, visit of naturalistic park

More details will be published in Bulletin 4.

## **Press – Media and extra representatives**

Press - media and extra representatives of the Federations will also be accommodated in the Event Centre.

Press Centre will be located in the Event Centre - there will be a possibility of using telephone, telefax, e-mail, internet. There is also a good connection by GSM mobile phones (Swisscom, Sunrise, Orange) in the Event Centre and in the finish areas.

Price for press, media and extra representatives accommodation and services is 650 CHF per person for the whole week. The price includes full board, accreditation, model event, media race, start and result list, maps, transport to/from all events and banquet.

There is a very limited number of places available in the Event Centre: they will be assigned on a first come first served basis. Later on you have to count with an important supplement for lodgement in hotels in the region (up to ca. 80 CHF per day for single room).

Final registration should be sent to the organisers by June 15<sup>th</sup> 2005 using the entry form on event website. Fees should be paid by end of June in the same way as participants.

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## **Public Events**

At the same time as JWOC 2005 there will be a public event named "5 Giorni Svizzera 2005" (5-day international event).

Further information on website: <http://www.asti-ticino.ch/5days2005>

## **Important dates**

- May 15<sup>th</sup>: deadline for full payment of entries  
deadline for communication of changes in booking or number of participants
- May 31<sup>th</sup>: deadline for communication of transport needs from airports
- June 15<sup>th</sup>: deadline for final entries (with participant names)  
deadline for Press-Media and extra representatives