email: mtbowocisrael2009@gmail.com

7th Mountain Bike Orienteering World Championship Israel 2009

Bulletin 3

Entry Details

Entry Form C – Final

To be submitted by July 12, 2009, with payment in full

- Country
- Team manager and contact information
- Final list of participants
- Final list of team officials
- Emit card number
- Entry fees
- Detailed accommodation requirements
- Arrival information and transportation requirements
- Lowest O on Earth race entries and package (tour and transportation)

Entry Form D – Open races including Lowest O

To be submitted by July 12, 2009, with payment in full

- Competitor information: name, gender, class and birth date
- Race entries
- EMIT card number
- Detailed accommodation requirements
- Arrival information and transportation requirements

האיגוד לספורט הניווט בישראל
Israel Sport Orienteering Association
Yad Hana 42840 Israel Tel: +972-9-8765444 Fax: +972-9-8765409 www.nivut.org.il

Entry Fees

MTB-WOC

- All participants (competitors and officials): € 50 / per person
- Sprint distance: € 50 / per person
- Middle distance: € 50 / per person
- Long distance (includes Qualification and Final): € 80 / per person
- Relay: € 150 / per team
- EMIT card renting: € 10 / per card. € 30 deposit is required / per card.

Open Competitions

- The Lowest O on Earth – Dead Sea: € 20 / per person (open to all)
- Open races: € 20 / per person / per race

Summary of Entries

Country	Men	Women	Men's Teams	Women' s Teams	Officials
Australia	1	1	0	0	1
Austria	5	3	2	1	2
China	0	0	0	0	1
Czech Republic	6	6	2	2	2
Denmark	4	1	2	0	1
Estonia	3	0	1	0	1
Finland	6	6	2	0	0
France	6	1	2	0	1
Germany	4	1	1	0	0
Hungary	1	1	0	0	1
Israel	4	2	1	0	0
Italy	3	3	1	1	2
Japan	7	1	2	0	0
Lithuania	6	3	3	0	0
Poland	3	2	1	0	1
Portugal	3	1	1	0	2
Russia	7	7	2	2	5
Slovakia	0	1	0	0	0
Spain	5	3	2	1	1
Switzerland	5	3	1	1	0
United Kingdom	3	5	1	1	0
TOTAL	**82**	**51**	**27**	**9**	**21**

Accommodations

Ben-Shemen Youth Village (Event Center)

The Ben Shemen Youth Village is one of Israel's oldest and most esteemed educational institutions. It is situated in the hills of Jerusalem on the road between Tel-Aviv and Jerusalem. The hostel is located at the event center and offers, bike storage, Internet access, and swimming pool. From the village there is access to the Model area.

- **Option A**

  Air conditioned rooms, including bathroom facilities, for 3-4 people per room (full board): € 40 / per person / per day

Note: *Maximum occupancy is limited to 250 people*

Note: *For more accommodation options, see Bulletin 2 – Update 06.04.09*

Transportation

Rental cars are available at Ben Gurion International Airport. Public transportation (bus, taxi) is also available, but less convenient. The organizing committee will provide the following transportation on request:

- Ben-Gurion Airport to Event Center: 20 €/person (includes one bike)
- Event Center to Ben-Gurion Airport: 20 €/person (includes one bike)
- Event Center to all competition venues: 50 €/person (includes one bike)

Note: *Transportation will be provided only between the hostel in the Ben Shemen Youth Village (event center) and competition sites. All other accommodation options will require guests to arrange their transportation.*

Payment

All payments are to be made to the **Israel Sport Orienteering Association**, as follows:

IBAN ACCOUNT NO: IL480109490000019587053

Bank Identification – SWIFT CODE: LUMIILITTLV

Leumi Bank – Sokolov 69, Ramat Hasharon, Israel

Training Opportunities

Training camps #1, #2 and #3 have been completed.

Training prior to the WOC: Individual competitors or federations arriving in Israel before WOC may obtain a variety of training maps from the Israel Sport Orienteering Association.

Climate

During the summer, the weather in the eastern Mediterranean region is very hot with no precipitation. Average temperatures in August are between 21°-31° C, and humidity is between 55-70%. Maximum solar radiation is 3.22 mJ/m^2, meaning very high.

Israel Meteorological Service: http://www.ims.gov.il/IMSENG/All_Tahazit/homepage.htm

Note: *Unavoidably, competition will take place during midday sun. Competitors are advised to take extra precautions to avoid dehydration, heatstroke and sunburn.*

Event Schedule

***Note**: All locations are in Ben Shemen Event Center unless otherwise specified.*

Saturday, August 8th, Arrival

11:00–22:00	Event center office open
12:00–14:00	Lunch
16:00–19:00	**Model event** (Tel Hadid)
19:00–21:00	Dinner

Sunday, August 9th, Model

07:00–09:00	Breakfast
09:00–22:00	Open hours at the event office
09:00–12:00	**Model event** (Tel Hadid)
12:00	Deadline for qualification entries
12:00–14:00	Lunch
14:00–17:00	**Model event** (Tel Hadid)
19:00–20:00	Officials and team leaders meeting
19:00–21:00	Dinner

Monday, August 10th, Long qualification race

07:00–09:00	Breakfast
09:30–13:00	**Long qualification** (Tsafit school), Haruvit Forest, start times 09:30–11:00
12:00	Deadline for middle entries
13:30–15:00	Lunch
18:00–20:00	Dinner
19:00–20:00	Officials and team leaders meeting
20:30–21:30	Opening ceremony (Neot Kedumim)

Tuesday, August 11th, Middle distance final

07:00–09:00	Breakfast
10:00–15:30	**Middle final** (Kfar Daniel), Ben Shemen Forest, start times: 10:00–14:00
12:00–14:00	Lunch (packed lunch optional)
18:00–20:00	Dinner
20:30–24:00	Medals ceremony and dance party

Wednesday, August 12th, Rest day

07:00–09:00	Breakfast
08:00–12:00	IOF event advisors clinic
12:00	Deadline for relay entries
12:00–14:00	Lunch
16:00–19:00	**Model** for long distance (Tzor'a map)
19:00–21:00	Dinner
20:00–21:00	Officials and team leaders meeting

Schedule (continued)

Thursday, August 13th, Relay

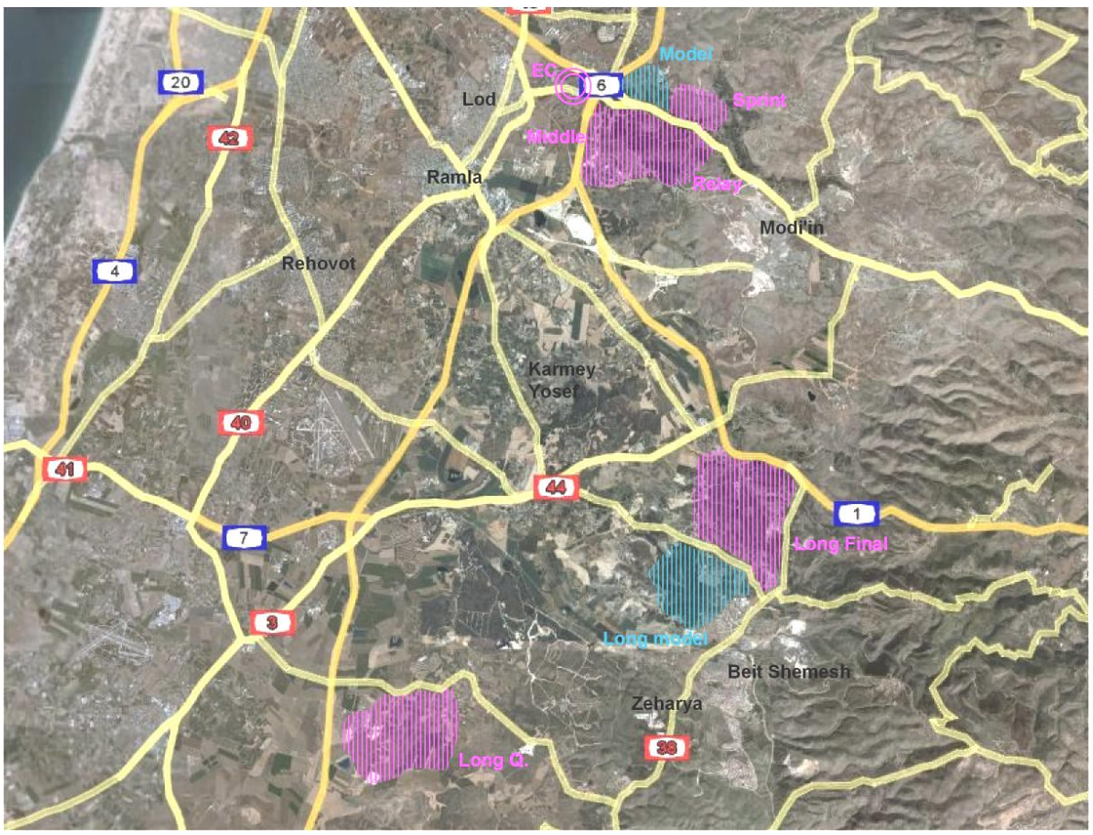
07:00–09:00	Breakfast
12:00	Deadline for sprint entries
12:00–14:00	Lunch
16:00–19:30	**Relay** (Mitzpe Modi'in), start times: M–16:00, W–16:15
19:00–19:30	Medal ceremony (Mitzpe Modi'in)
19:30–21:00	Dinner
20:30–21:30	Officials and team leaders meeting

Friday, August 14th, Sprint final

07:00–09:00	Breakfast
10:00–12:00	**Sprint** (Neot Kedumim), start times: 10:00–11:00
12:00–12:30	Medal ceremony
12:30–14:00	Lunch
13:30–14:30	**Open race** (Neot Kedumim)
18:30–20:00	Dinner
20:00–21:00	Officials and team leaders meeting

Saturday, August 15th, Long distance final

06:00–09:00	Breakfast
10:00–15:00	**Long final** (Mesilat Zion), Eshtaol Forest, start times: 10:00–13:00
13:00–15:00	Packed lunch
15:00–19:00	B-Final and **Open race** (Eshtaol Forest)
20:00–23:00	Medal ceremony and banquet (Mesilat Zion)



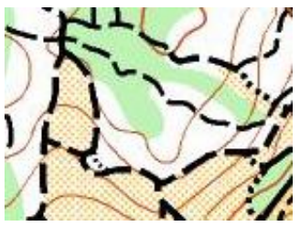
Terrain

Long qualification

Moderately hilly, large network of trails and paths, paved gravel or packed dirt. A minor road crosses the map. Vegetation is mainly pine forest and groves. The ground is covered with low thorny bushes.

Middle

Moderately hilly, large network of trails and paths, mostly gravel. The forest is covered with pines, but there are some open areas with low vegetation.



Relay

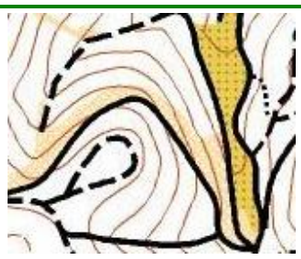
Moderately hilly, large network of trails and paths,
mostly gravel, some are stony. The forest is covered with pines.

Sprint

Archeological site with lots of paths, some paved.
Mainly open ground with some small lakes and scattered agricultural structures.

Long final

Mostly hilly, stony ground with steep climbs and downhills.
Pine forest with large network of fast gravel roads.



***Note**: During the summer, the ground is dry with an abundance of sharp thorns on the trails. Competitors are advised to use all necessary means to avoid flat tires.*

Course Information

** Details in this section may change.*

Event	Scale	Contours	Course Planner		
Category	Length (km)	Climb (m)	Controls	Refreshment points	Winning time (min)
Long Qualification	1:20000	5	Noam Ravid		
WOC Women	18.9	190	11	1	50
WOC Men	22.2	240	12	1	50
Middle	1:15000	5	Ilan Shacham		
WOC Women	16.6	275	15	1	50
WOC Men	20.5	295	19	1	50
Relay	1:15000	5	Tamir Alon		
WOC Women	16.7-17.5	225-260	12-13	1	45
WOC Men	19.5-21	215-240	15-16	1	45
Sprint	1:10000	5	Erez Shalev		
WOC Women	6.1	110	14	0	15
WOC Men	7.1	150	15	0	15
Long Final	1:20000	10	Erez Shalev		
WOC Women	30.8	570	15	2	110
WOC Men	36.4	750	15	2	110

Punching System

The EMIT system will be used for all events. Competitors start with their own EMITS.

The organizers will provide EMIT cards on request.

Competition Rules

1. Competitors must arrive at all control points with their bikes.
2. EMIT card must be attached to the bike
3. Climate might be significant severe weather, competitors must carry at least one (1) liter of liquid to each race, half (1/2) liter to sprint. Will be inspected at start.
4. Riding off-track is permitted.
5. In Israel one drives on the RIGHT side of road. Riders must ride on the RIGHT side of all roads and tracks; passing slower riders should be done on the LEFT.

Health and Medical Safety

The organizing committee will provide first aid at the event center and at each competition site. Emergency care and major hospitals are within a 30-minute drive from each of the competition sites. The organizing committee will not bear costs related to the health insurance of the participants. It is recommended that all participants obtain a personal health insurance policy.

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