email: mtbowocisrael2009@gmail.com

7th Mountain Bike Orienteering World Championship Israel 2009

Bulletin 4

Greetings

The Israeli Sport Orienteering Association is proud and honored to host the 2009 Mountain Bike Orienteering World Championships in Israel – the Holy Land.

The land of Israel is home to sites of biblical and historical significance to several major religions. The region of the country in which the races will be held has seen countless battles over the centuries. Warriors throughout the centuries have had to combat not only their opponents but also the summer heat, rocky terrain, and a lack of water.

If your goal at MTBO WOC is to wave your country's flag in victory, you must be prepared physically and mentally, just like a conqueror and world champion!

האיגוד לספורט הניווט בישראל

Israel Sport Orienteering Association

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CTC
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Organizers

In addition to the official Organizing Committee, many dedicated volunteers from Israel's various orienteering clubs have played an invaluable role in planning this event.

The Modi'in Orienteering Club deserves a special mention, along with the clubs of Galil, Carmel, Emek Izrael, Ramat HaSharon, ASA Tel Aviv, Emek Hefer and Lev HaSharon.

Organizing Committee

Event director	Amit Wainer
Event deputy director	Zvika Dudelzak
Finance & foreign relations	Michael Friedlander
Sponsors	Zohar Drori
Volunteers	Shai Ram
Ceremonies	Doron Kissinger Keinar
Logistics director	Ezra Barkai
Logistics coordinator	Ami Gancharsky, Tal Redler Sion
Internet	Yoram Shechory
Secretariat	Michal Yaniv, Keren Ziv, Roni Da-Costa
Publications editor	Lisa Mishli
Time keeping	Ziv Noiman
Mapping	Eitan Amiaz, Daniel Griff, Oren Yaniv
Course setters	Noam Ravid, Tamir Alon, Ilan Shacham
National controller	Erez Shalev
IOF event advisor	Jiri Urvalek (CZE)

ISOA Contact Information

Israel Sport Orienteering Association
Kibbutz Ein HaChoresh, Israel
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Fax +972 153544513817
E-mail: nivut@netvision.net.il
Event e-mail: mtbowocisrael2009@gmail.com

Event Center

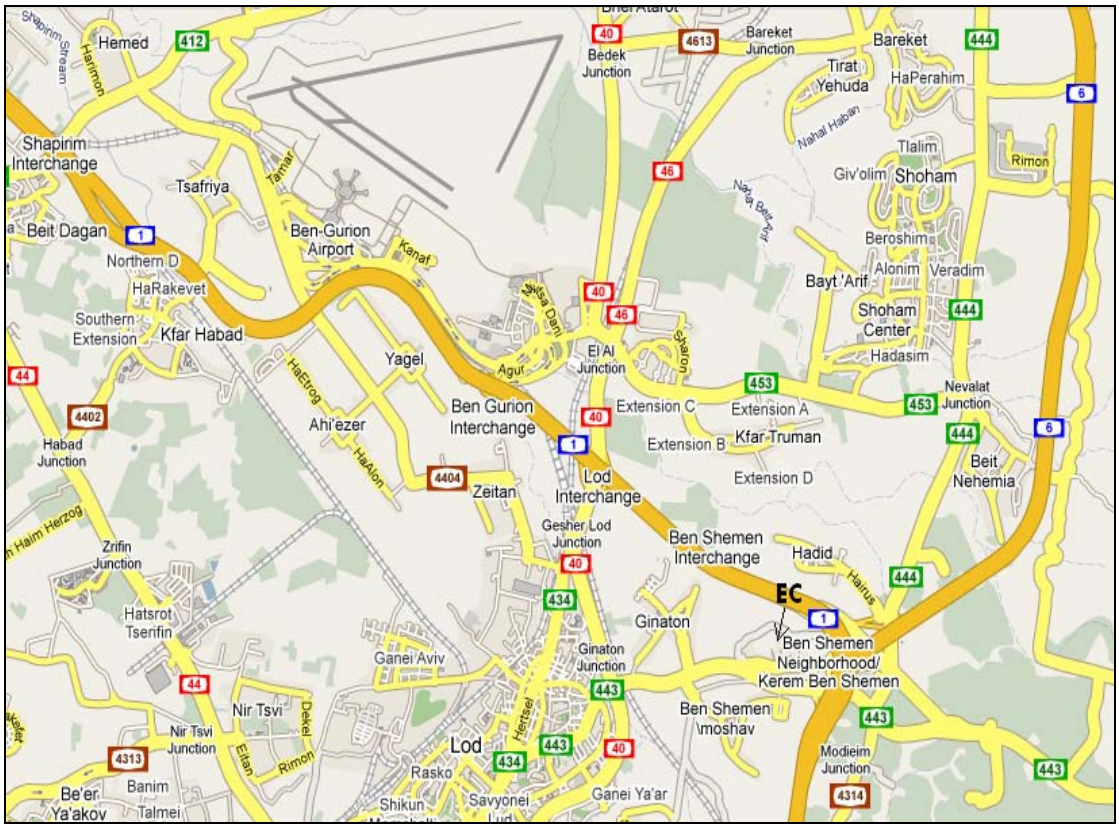
Ben Shemen Youth Village

Event Center (EC) Facilities

Event office, meeting rooms for team leader meeting and EA clinics, Internet, dining room, swimming pool, grocery store, agricultural museum.

Event Office

The event office is located in the faculty lounge of the Ben Shemen high school. Maps, start lists, and other information will be available at the office. During events, the office will be transferred to the competition finish arena, according to the hours specified.



From the Airport, by Car

Highway 1 from the airport heading toward Jerusalem. Exit at Ben Shemen interchange heading west on Route 443. Total distance from International Terminal is approximately 12 km, or a 15 minute drive. It is another 40 minute drive east to Jerusalem or 20 minutes northwest to Tel-Aviv.

See also: http://en.wikipedia.org/wiki/Ben_Shemen_Youth_Village

Event Program

Main Program

Saturday	August 8	Arrival, Model event
Sunday	August 9	Model event
Monday	August 10	**Long distance qualification**, Opening ceremony
Tuesday	August 11	Middle distance final
Wednesday	August 12	Rest day, Event advisors clinic
Thursday	August 13	**Relay**
Friday	August 14	**Sprint distance final**, Open race
Saturday	August 15	**Long distance final**, Open race, Banquet
Sunday	August 16	Departure

Detailed Schedule

All locations are in Ben Shemen Youth Village unless otherwise specified.

Saturday, August 8	**Arrival**
11:00-22:00	Open hours at the event office
12:00-14:00	Lunch
14:00-20:00	Model area open (Tel Hadid)
19:00-21:00	Dinner

Sunday, August 9	**Model**
07:00-09:00	Breakfast
05:00-20:00	Model area open (Tel Hadid)
09:00-22:00	Open hours at the event office
12:00	Deadline for long distance qualification entries
12:00-14:00	Lunch
14:00-17:00	Model event (Tel Hadid)
18:00-19:00	Lecture: How to survive the climate of the Israeli summer
19:00-20:00	Team leader meeting
19:00-21:00	Dinner

Monday, August 10	**Long Qualification Race**
06:00 – 08:00	Breakfast
07:00 - 22:00	Open hours at the event office at event center
09:00 - 13:00	Open hours of the event office at Kfar Menahem
09:10 - 09:20	Ribbon-cutting ceremony with Mayor of Regional Council (Haruvit forest)
09:00 - 13:00	Long distance qualification (Haruvit forest) First start at 09:30 Post-finish quarantine zone ends: 10:45
12:00	Deadline for middle distance entries
13:30 -15:00	Lunch
18:00 -20:00	Dinner
19:00 -20:00	Team leader meeting
20:30 -21:30	Opening ceremony at event center

Tuesday, August 11	**Middle Distance Final**
07:00-09:00	Breakfast
08:00 -21:00	Open hours at the event office at EC
09:30 -16:00	Open hours at the event office at Kfar Daniel
10:00-15:30	Middle distance final (Ben Shemen Forest)
	First start at 10:00
	Post-finish quarantine zone ends: 12:30
12:30 -14:00	Lunch
18:30 -19:00	Medal ceremony
19:00 -21:00	Dinner

Wednesday, August 12	**Rest Day**
07:00 - 09:00	Breakfast
07:00 - 21:30	Open hours at the event office
08:00-12:00	IOF Event Advisors Clinic at EC
12:00	Deadline for relay entries
12:00-14:00	Lunch
16:00-19:00	Model for long distance (Zor'a map)
19:00-21:00	Dinner
20:00-21:00	Team leader meeting

Thursday, August 13	**Relay**
07:00-09:00	Breakfast
09:00- 22:00	Opening hours of the event office at EC
15:00- 20:00	Opening hours of the event office at Mitspe Modi'in
12:00	Deadline for sprint distance entries
12:00-14:00	Lunch
16:00-19:30	Relay (Ben Shemen forest)
16:00	Men's relay: start of 1st leg
16:15	Women's relay: start of 1st leg
18:30	Expected finish time
19:00-19:30	Medal ceremony (Mitspe Modi'in)
19:30-21:00	Dinner
20:30-21:30	Team leader meeting

Friday, August 14	**Sprint Final**
07:00-09:00	Breakfast
08:00 -21:30	Open hours at the event office at EC
09:00 -14:00	Open hours at the event office at Neot Kedumim
10:00 -12:00	Sprint (Neot Kedumim)
	First start 10:00
	Pre-start quarantine zone begins: 10:00
12:00 -12:30	Medal ceremony
12:30 -14:00	Lunch
18:00 -20:00	Dinner
19:00 -20:00	Team leader meeting

Saturday, August 15	**Long Distance Final**
06:00 – 08:30	Breakfast
08:00 - 20:00	Open hours at the event office at EC
09:00 - 17:00	Open hours at the event office at Mesilat Zion
10:00 - 15:00	Long final (Eshtaol forest) First start 10:00 Pre-start quarantine zone begins: 12:30 Post-finish quarantine zone ends: 12:30
12:00 -15:00	Packed lunch
15:00 -19:00	B-Final and Open race
20:30 - 23:00	Medal ceremony and banquet (Mesilat Zion)

Open Race Schedule

Friday, August 14	**Sprint**
13:30 -15:30	Open race day 1 (Neot Kedumim) First start 13:30

Saturday, August 15	**Long distance**
15:30 - 18:30	Open race day 2 (Eshtaol forest) First start 15:30
19:00	Open race award ceremony (Mesilat Zion)
20:30	WOC medal ceremony and banquet

Logistics

Registration

All teams are required to pay in full, all entry and accommodation fees reserved through WOC organizers upon arrival to registration. Thereafter, team leaders will receive accommodation vouchers, WOC ID cards, model event maps and other materials for their team.

Accommodation

Room keys will be distributed to team leaders upon registration at the event office.

Catering

The youth village dining room will begin serving meals from August 4 (lunch). The menu is designed by a dietitian specifically for athletes (low-fat meat, rich in protein and carbohydrates). Breakfast includes cereal, cheese, vegetables/salad, eggs, etc. Lunch and dinner will both be served hot, and include a lean meat or vegetarian option, carbohydrates and salad. For off-site competitions during lunch-time, such as the long final race, competitors will receive at 12:00 PM at the event arena a hot meal including two meat/veggie pita sandwiches.

Transportation

Transportation is available only for teams who have pre-ordered and paid for the service. The time schedule for transportation is listed below in the daily event details.

Internet

The internet room is located next to the event office at the event center.

Bike Storage

A bike room will be available close to the accommodation under surveillance of a security guard. The Event Organizer recommends using this room in order to prevent damage of any kind to your gear.

Participation Restrictions

Each participating federation may register a team of up to 16 competitors, 8 female, 8 male. The number of accompanying officials is unrestricted. Each participating federation may register the following entries per competition:

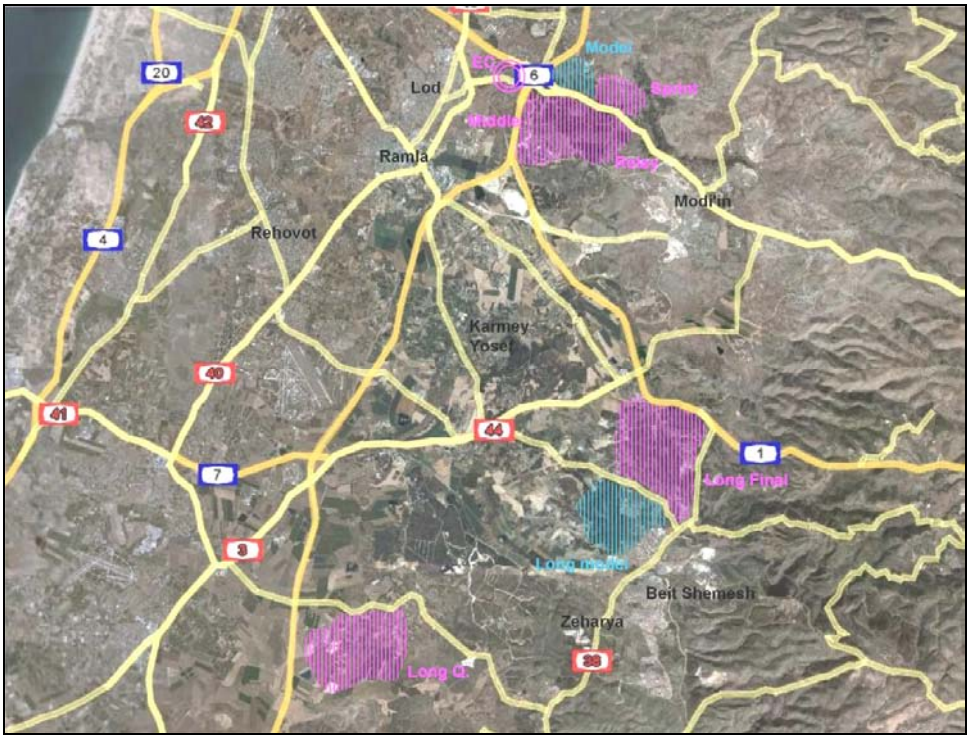
- Long event: max. 6 male, 6 female / federation /competition
- Sprint event max. 4 male, 4 female / federation /competition
- Middle event max. 6 male, 6 female / federation /competition
- Relay event max. 2 male teams, 2 female teams / federation

Classes

There will be only one category for women and one category for men, with no age restriction.

Embargoed Areas

Entrance into the Ben Shemen forest is **permissible only after the relay race** on Thursday. Please take precautions to prevent accidentally entering the forbidden area on your way to the model area in Tel Hadid.



Climate

During the summer, weather in the eastern Mediterranean region is very hot with no precipitation. Average temperatures in August are between 25–35˚C, and humidity is between 55–70%. Maximum solar radiation is 3.22 J/m^2 - very high.

Israel meteorological service: http://www.ims.gov.il/IMSENG/All_Tahazit/homepage.htm

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

A **special lecture** about competing in extreme temperatures will be given by Ran Shilon, a leading triathlon coach in Israel, on Sunday, August 9 at 18:00 at the event center.

Press

Event representative to the press: Ms. Keren Ziv
Email: kerenziv@hotmail.com Tel: +972 52 4291396

Team Leader Meetings

Team leader meetings will be located in a room adjacent to the event office with times listed in the time-table. The Event Organizer requests all team leaders to be prompt.

Name Registration Before Races

Registration of competitor names before each competition will be submitted to the Organizer in the event office according to the time specified in the time table. Please include the division of competitors into individual draw-groups. One competitor should be added to each group prior to placing a second competitor in any group. For the Relay, women may be registered as part of a men's team and associated relay course. Teams that combine riders from different countries are invited to participate but will not be ranked.

Race Number

Every competitor will receive one race number for all individual competitions and a different race number for the relay competition. The race number should be visibly attached to the bicycle handlebars during all competitions.

Special Competition Rules

Competitions will be organized according to the "COMPETITION RULES FOR IOF MTB-O EVENTS", valid as of July 1, 2008.

Additional notes:

1. Competitors must reach all control points with their bikes. The EMIT card must be attached to the bike.
2. Riding off-trail is allowed, except during the sprint race. During the sprint, running or walking off-trail is permissible as long as the bicycle is raised 20 cm above ground in order to protect vegetation.
3. Weather conditions may be extremely hot. Competitors must carry at least one (1) liter of fluids to each race, and a half (1/2) liter to the sprint. This will be enforced at the start.
4. In Israel, driving is on the right side of road. Riders must ride on the right side of all roads and trails. Overtaking of slower riders should be made on the left.

Punching System

The EMIT punching system will be used for all events. Competitors are responsible for providing their own EMIT card. The cost for rental of an EMIT card is 10 Euro per card for the entire WOC competition. A mandatory 30 Euro deposit will be returned in exchange for return of the card to the Event Organizer at the end of the competition.

Competitors are responsible for clearing their EMIT cards before the start of each race. Record of finish times of all individual competitions will be marked by punching the finish unit located at the finish line. If the electronic card should malfunction, the organizer will manually check the markings on the carton card attached to the EMIT.

The Event Organizer requests that teams will present their EMIT cards upon arrival to verify the card number. In case of a faulty card or mismatch, the Event Organizer will rent out a replacement for the event.

Health and Medical Safety

The Event Organizer 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 Event Organizer will not bear responsibility related to medical costs for participants. It is recommended that all participants obtain a personal health insurance policy.

Anti-Doping

All competitors shall follow rules of the WOC 2009 Anti-Doping Rules. The top three (3) competitors for each final event shall be available at the finish area for spontaneous drug testing by an accredited anti-doping laboratory.

Jury

The jury members include:

Wolf Eberle	Austria
Arbo Rae	Estonia
Andre Hermet	France

Ceremonies

Ribbon-Cutting Ceremony

Prior to the start of the Long Qualification race, the mayor of the Yoav Regional Council will cut the ribbon and thereby open the championships. This will take place near the start point at Haruvit forest on Monday, August 10 at 09:10.

Opening Ceremony

The opening ceremony will take place on Monday August 10 at 20:30 at the Event Center in Ben Shemen Youth Village. It will consist of a flag ceremony, 4 speakers, and entertainment by a song and dance troupe.

Prize Ceremony

Official prize ceremonies will be held after every competition at the finish area except for the Long final and Middle distance final. There will be no flower ceremonies.

- Middle distance ceremony: Tuesday, August 11, 18:30 at event center.
- Relay ceremony: Thursday, August 13, 19:00 at Mitzpe Modi'in.
- Sprint distance ceremony: Friday, August 14, 12:00 at Neot Kedumim.
- Long distance ceremony: Saturday, August 13, 20:30 at Mesilat Zion.

Closing Ceremony and Banquet

The closing ceremony will take place in conjunction with the prize ceremony of the Long distance competition on Saturday, August 13 at 20:30. The banquet will take place just after the closing ceremony at the swimming pool.

The Event Organizer recommends using organized transportation. The transportation schedule to the closing ceremony and banquet is as follows:

19:45	Bus From EC to Mesilat Zion
23:30	Bus From Mesilat Zion to EC

Masters of Ceremonies (MCs)/Announcers

English – Maria Cutova (Slovakia)
Hebrew, English, German – Doron Kissinger Keinar (Israel)

The Event Organizer requests that all awardees arrive at the ceremonies dressed in national uniform and on time.

Model Events

Model Event for Long Distance Qualification, Middle Distance and Relay

Official time of the model event:

Saturday, August 8:		14:00 - 20:00 (Model area open, No time keeping)
Sunday, August 9:		05:00 - 20:00 (Model area open, No time keeping)
		14:00 - 17:00 (Time keeping and start procedure)
Center/start/finish:		Tel Hadid
Distances:	By car:	4.2 km from Ben Shemen Youth Village to Tel Hadid
	By bike:	5 km from Ben Shemen Youth Village to Tel Hadid

The bicycle route to the model area is marked with red and white stripes along the way, and indicated on the model map. The Model event map has scales of 1:15000 and 1:20000 like in the middle distance, relay and long qualification races.

Model Event for Long Distance Final

Official time of the model event:

Wednesday, August 12:		16:00 - 19:00 (No time-keeping).
Center/start/finish:		Tel Zor'a, Sculpture road
Distances:	By car:	29 km from Ben Shemen Youth Village to Tel Zor'a

Transportation schedule (for teams who have ordered and paid for the service):

15:00	Bus from EC to Tel Zor'a
19:00	Bus from Tel Zor'a to EC

The Model event map has a scale of 1:20000 as the Long distance final and shows the terrain, mapping quality and flow of trails.

Events (by Day)

Long Distance Qualification Race

Monday, August 10, 2009

Finish Arena: Kibbutz Kfar Menachem, swimming pool.

Distances: By car: Via Highway 6 (toll): 34.7 km from EC to Kfar Menachem
By car: Via Route 40: 37.4 km from EC to Kfar Menachem

To start: 3.1 km (30m climb) from parking lot to Start.

The route is marked with red and white stripes.

Terrain: 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.

Transportation schedule (for teams who have ordered and paid for the service):

07:00	Bus from EC to Kfar Menahem
07:45	Bus from EC to Kfar Menahem
12:00	Bus From Kfar Menahem to EC
12:30	Bus From Kfar Menahem to EC

Map: Haruvit forest, scale 1:20000, E=5m, size 26 X 20 cm.

Courses: Course setter Noam Ravid

Category	Optimal length [km]	Climbing [m]	Controls	Refreshments*	Expected winner time [minutes]
Women (A, B)	19.1-19.7	145	10	1 (65%)	55
Men (A, B, C)	21.9-22.3	185	11	1 (70%)	60

* The refreshment control will include cold water and sport drinks.

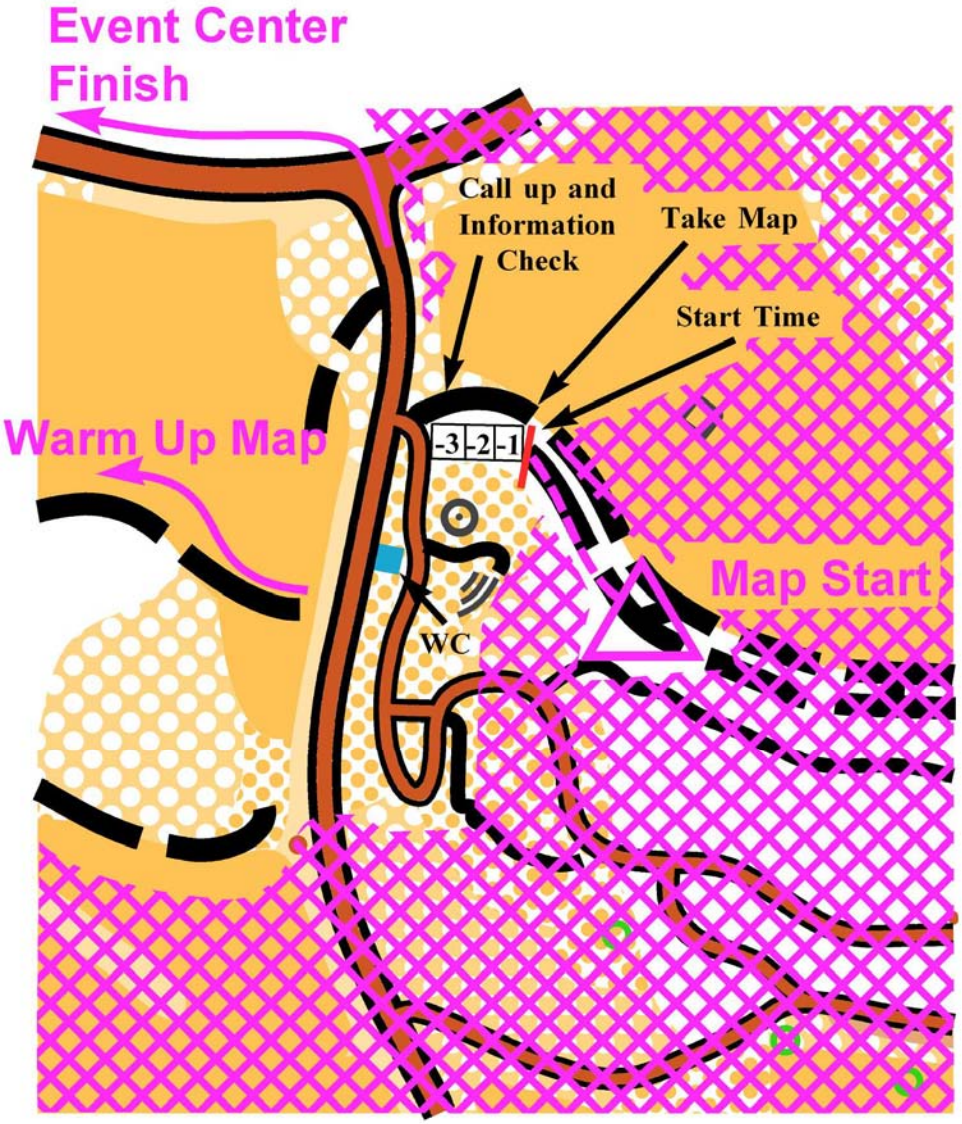
Maximum cycling time limit: 120 minutes for both categories.

Time limit for protests: 150 minutes after start of last competitor in the category.

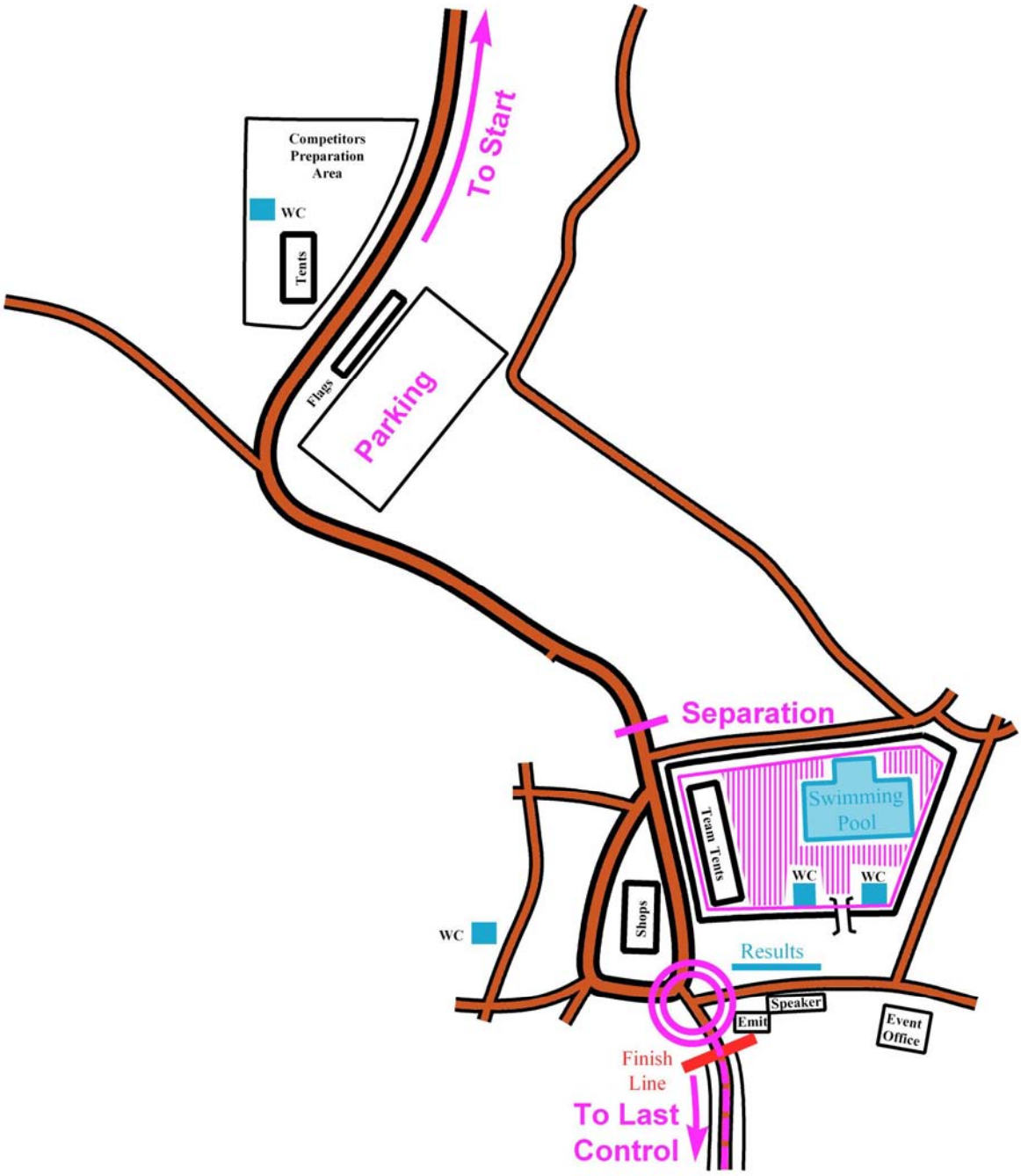
Start: First start is at 09:30. The time interval between starts in each category is 3 minutes. Competitors will register at the start 3 minutes before their start time. The heat allocation of each competitor will not be revealed to the competitor until after the start.

Separation: To ensure fairness and to avoid information transfer, competitors/officials who enter the finish arena will not be allowed to exit the area or use mobile phones until the last competitor has started.

Long Distance Qualification Race- Plan of START AREA



Long Distance Qualification Race – Plan of FINISH AREA



Middle Distance Race

Tuesday, August 11, 2009

Finish Arena: Kfar Daniel, swimming pool.

Distances: By car: 2.4 km from EC to Start, 2.2 km from Start to Kfar Daniel
By bike: 2.7 km (45m climb) from EC to Start
The route is marked with red and white stripes.

Terrain: 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.

Transportation schedule (for teams who have ordered and paid for the service):

08:30	Bus from EC to Start, Kfar Daniel
10:00	Bus from EC to Start, Kfar Daniel
13:00	Bus from Kfar Daniel to EC
14:30	Bus from Kfar Daniel to EC

Map: Ben Shemen map, scale 1:15000, E=5m, size 27 X 27 cm.

Category	Optimal length [km]	Climbing [m]	Controls	Refreshments*	Expected winner time [minutes]
Women	15.6	225	15	1 (65%)	55
Men	20.4	355	19	1 (70%)	60

* The Refreshment control will include cold water and sports drinks.

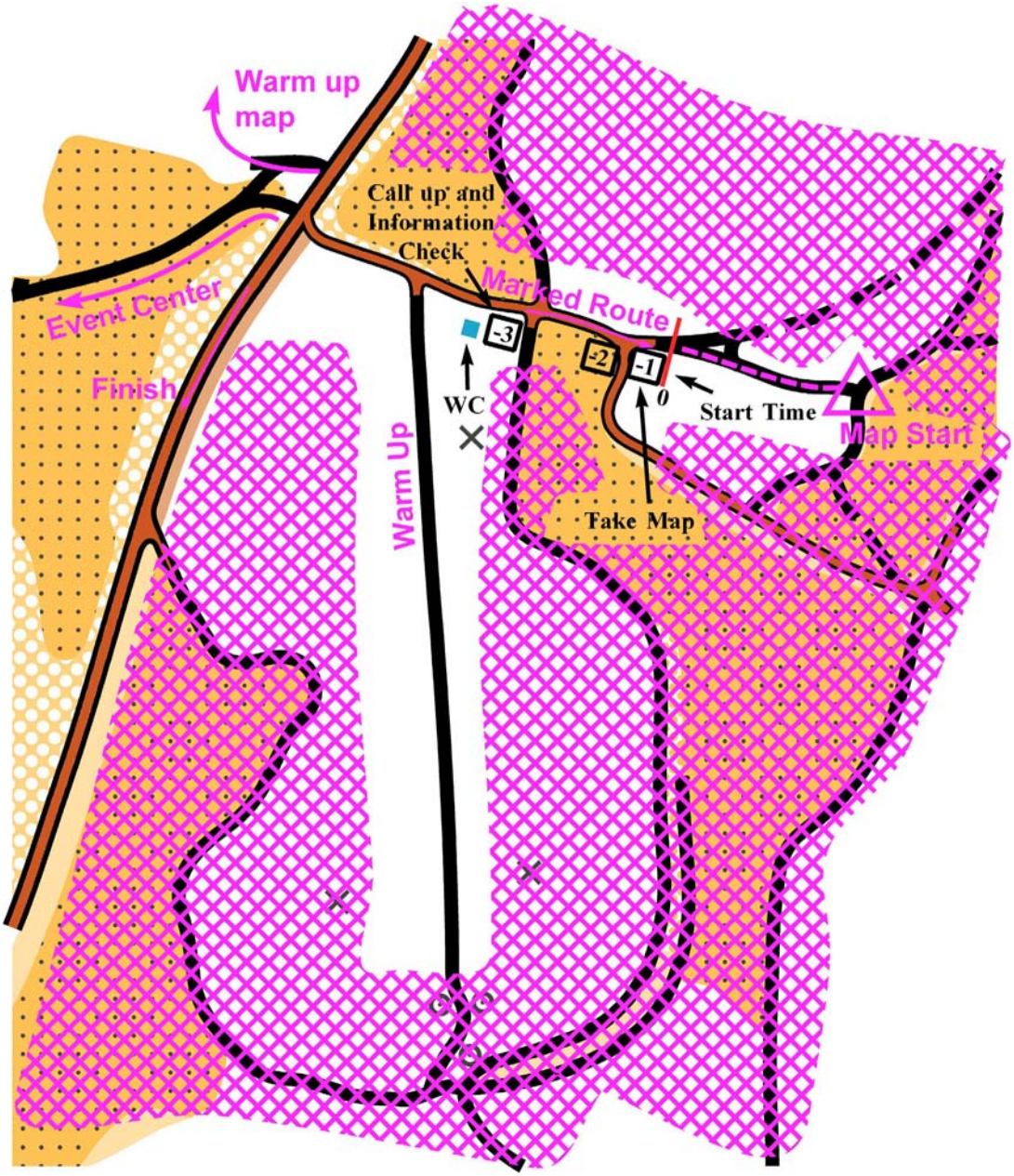
Maximum cycling time limit: 120 minutes for both categories.

Time limit for protests: 150 minutes after start of last competitor in the category.

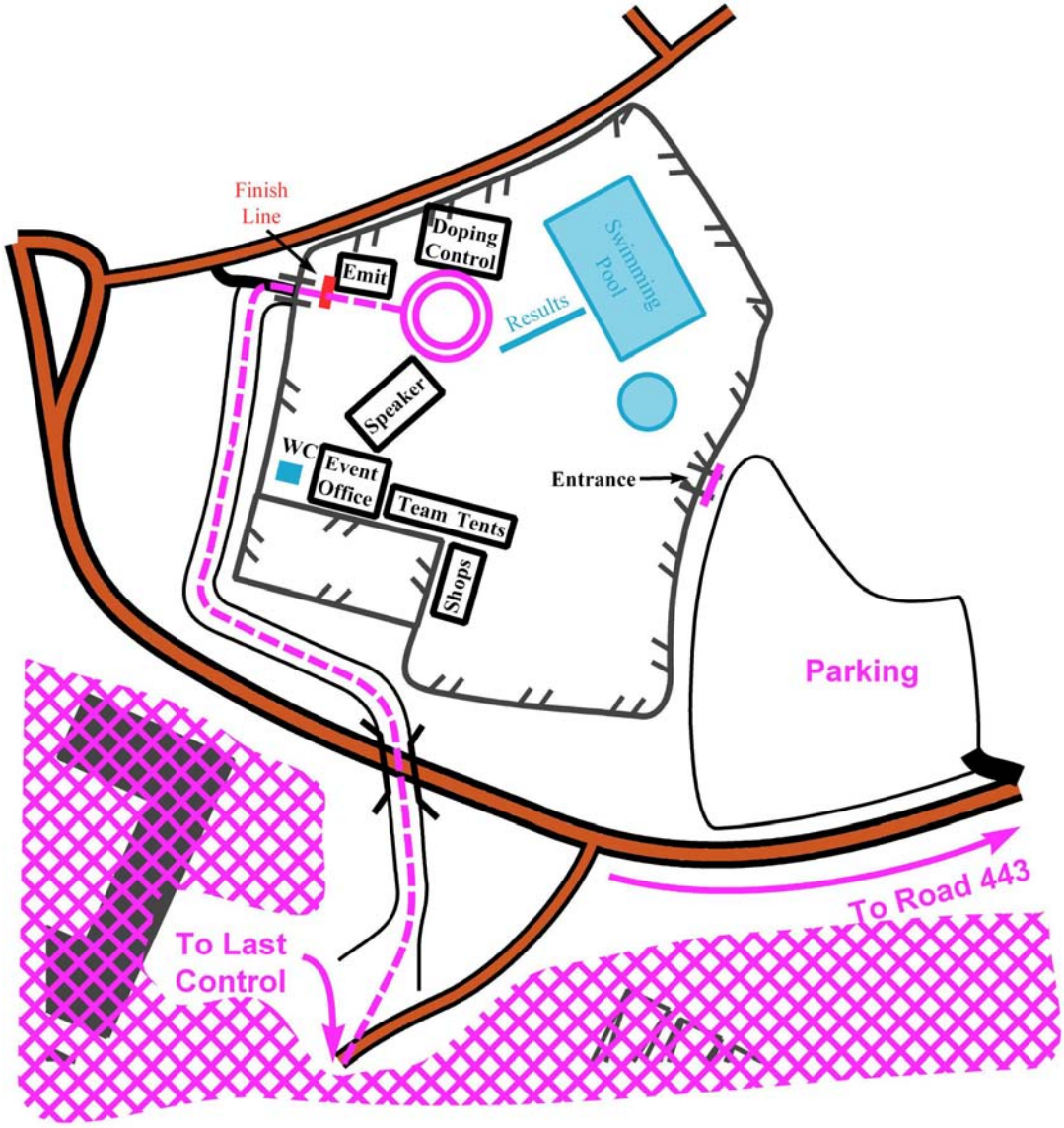
Start: First start is at 10:00. The time interval between starts in each category is 2 minutes. Competitors shall register at the start, 3 minutes before their start time.

Separation: To ensure fairness and to avoid information transfer, the competitors/ officials that enter the finish area (the area of the swimming pool) are not allowed to exit the area until 12:30.

Middle Distance Race Plan of START AREA



Middle Distance Race Plan of FINISH AREA



Relay Race

Thursday, August 13, 2009

Venue: Mitspe Modi'in.

Distances: By car: 4 km from EC to Relay venue
By bike: 4.7 km (105m climb) from EC to Relay venue
The route is marked with red and white stripes.

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

Warm-up map: Use model map.

Transportation schedule (for teams who have ordered and paid for the service):

14:15 Bus from EC to Mizpe Modi'in
19:30 Bus from Mizpe Modi'in to EC
Competitors can cycle back to EC

Map: Ben Shemen map, scale 1:15000, E=5m, size 20 X 27 cm.

Courses: Course setter - Tamir Alon

Category	Optimal length [km]	Climbing [m]	Controls	Refreshments*	Expected winner time [minutes]
Women	12.0-12.5	225-250	13	1 (70%)	40
Men	14.2-15.0	305-330	15	1 (75%)	45

* The refreshment control will include cold water and sports drinks.

Maximum cycling time limit: 210 minutes for both categories.

Time limit for protests: Latest by 19:00.

Start: Mass-start of 1st leg:

Men 16:00

Women 16:15

The map will be distributed to the competitor, the competitor then runs to his/her bike located 20 m ahead. The competitor rides through the marked route to the beginning of the map 350 m ahead, and begins orienteering.

The Event Organizer requests that all competitors be at the start area 15 minutes early in order to register and clean their EMIT card.

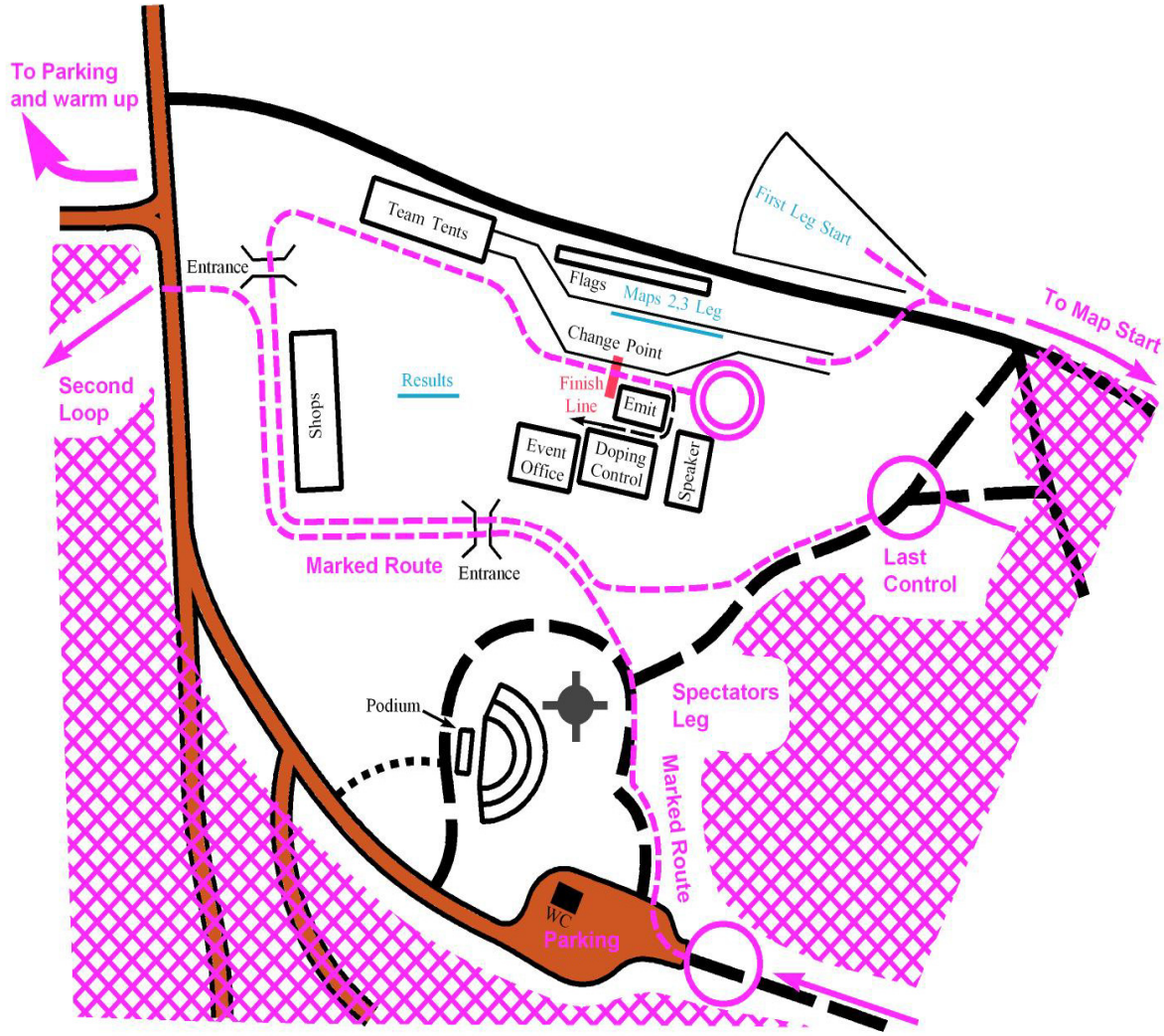
Spectator leg: There is one leg visible from the competition center, where riders can be observed (refer to the Relay Race Plan, below). The Event Organizer is not responsible for announcing the passing or arrival of riders. From the spectator leg, the riders will take approximately 10-12 minutes to reach the finish.

Changeover: As a rider approaches the hand-off area, he or she touches the next rider and then punches the finish unit. The new rider takes a map, rides 350 m to the map start and begins orienteering. All competitors must clear their EMIT card before entering the waiting area.

Finish: The finish unit is punched after crossing the finish line. The ranking is determined by the order in which the competitors cross the finish line. The faster team from a single federation, if represented by two teams, is counted in the final ranking.

Medal Ceremony: The medal ceremony will take place at 19:00 at the amphitheatre.

Relay Race – Plan of the start/finish area, public legs and changeover



Sprint Distance Race

Friday, August 14, 2009

Venue / Finish arena: Neot Kedumim, Yotam stage.

Distances: By car: 6.7 km from EC to Neot Kedumim
By bike: 1 km (20m climb) from finish area to Start
The route is marked with red and white stripes.

By bike: 7.1 km (185 m climb) from EC to Start

Terrain: Archeological site with many paths, some of which are paved. Mainly open ground with some small lakes and scattered agricultural structures.

Transportation schedule (for teams who have ordered and paid for the service):

08:30	From EC to Neot Kedumim
11:30	From EC to Neot Kedumim (for open race competitors)
12:30	From Neot Kedumim to EC
15:30	From Neot Kedumim to EC (for open race competitors)

Map: Neot Kedumim map, scale 1:10000, E=5m, size 29 X 18 cm

Courses: Course setter - Erez Shalev

Category	Optimal length [km]	Climbing [m]	Controls	Refreshments	Expected winner time [minutes]
Women	6.6	135	13	0	20
Men	7.9	175	16	0	22

Maximum cycling time limit: 50 minutes for both categories.

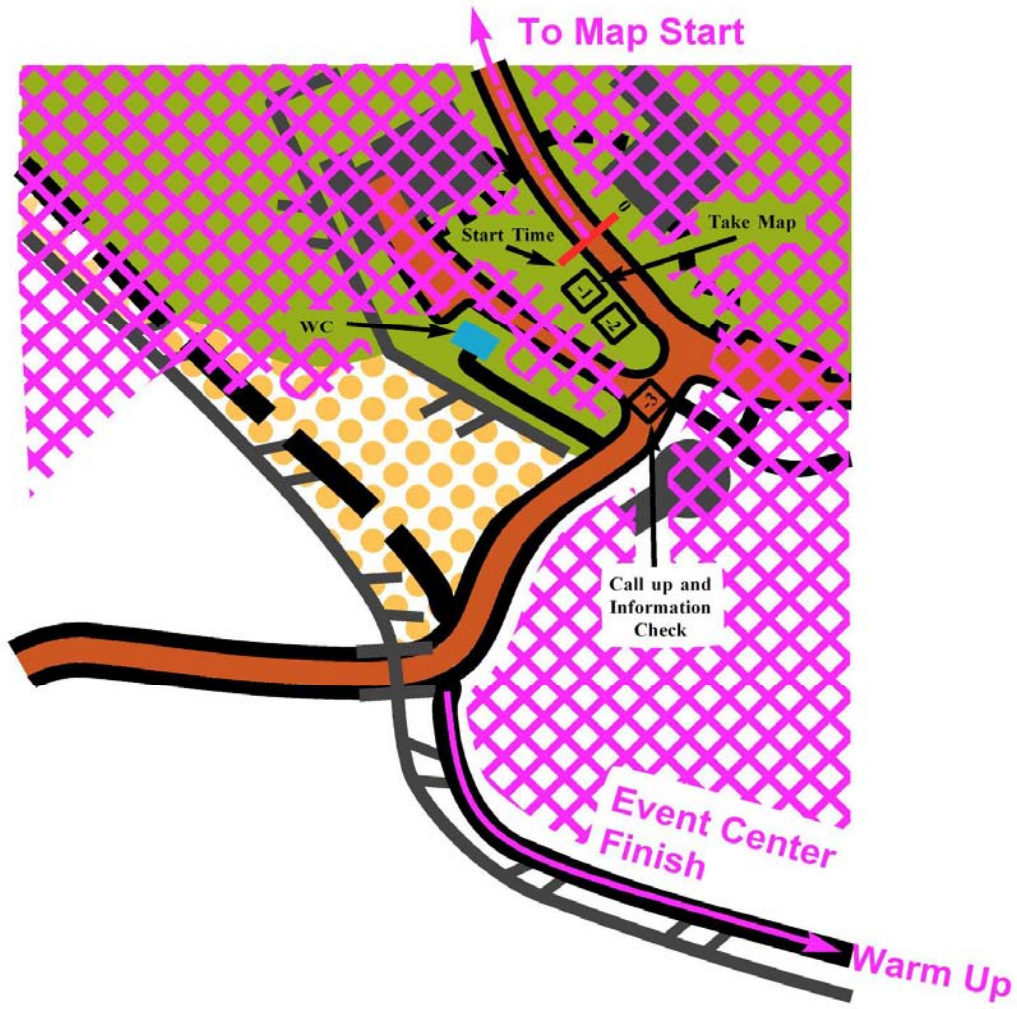
Time limit for protests: 60 minutes after start of last competitor in the category.

Start: First start is at 10:00. The time interval between starts in each category is 1 minute. Competitors shall register at the start 3 minutes before their start time.

Pre-start separation: All competitors and officials shall enter the pre-start separation area, and register through the gate by 10:00. No one will be allowed to enter the pre-start area thereafter.

Medal Ceremony: The medal ceremony will take place at 12:00 at amphitheatre.

Sprint Distance Race – Plan of START AREA



Sprint Distance Race – Plan of FINISH AREA

Long Distance Final

Saturday, August 15, 2009

Venue / Finish arena: Mesilat Zion, swimming pool.

Distances: By car: Via Highway 1: 23.5 km from EC to Mesilat Zion
To start: 1.5 km (70m climb) from finish area to Start
The route is marked with red and white stripes.

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

Transportation schedule (for teams who have ordered and paid for the service):

07:30	Bus from EC to Mesilat Zion
08:30	Bus from EC to Mesilat Zion
09:30	Bus from EC to Mesilat Zion
13:30	Bus from EC to Mesilat Zion
13:00	Bus from Mesilat Zion to EC
14:30	Bus from Mesilat Zion to EC
16:00	Bus from Mesilat Zion to EC

Map: Eshtaol forest, scale 1:20000, E=10m, size 30 X 22 cm.

Courses: Course setter - Erez Shalev

Category	Optimal length [km]	Climbing [m]	Controls	Refreshments*	Expected winner time [minutes]
Women	26.5	560	14	2 (40%, 70%)	85
Men	35.5	720	15	2 (35%, 65%)	100
Women B	24.3	440	12	1 (75%)	75
Men B	26.5	560	14	2 (40%, 70%)	85

* The Refreshment control will include cold water, sports drinks and self-prepared refreshments.

Maximum cycling time limit: 180 minutes for both categories.

Time limit for protests: 210 minutes after start of last competitor in the category.

Start: First start of A-final is at 10:00 and B-final is at 15:00. The time interval between starts in each A-final category 3 minutes and B-final category is 1 minute. Competitors will register at the start 3 minutes before their start time.

Map exchange: During the long distance final, the course will be divided into two maps. There will be a map exchange after 65-70% of the course for both men and women. The maps containing the second portion of the course will be located in a box on a table near the last control of the first portion.

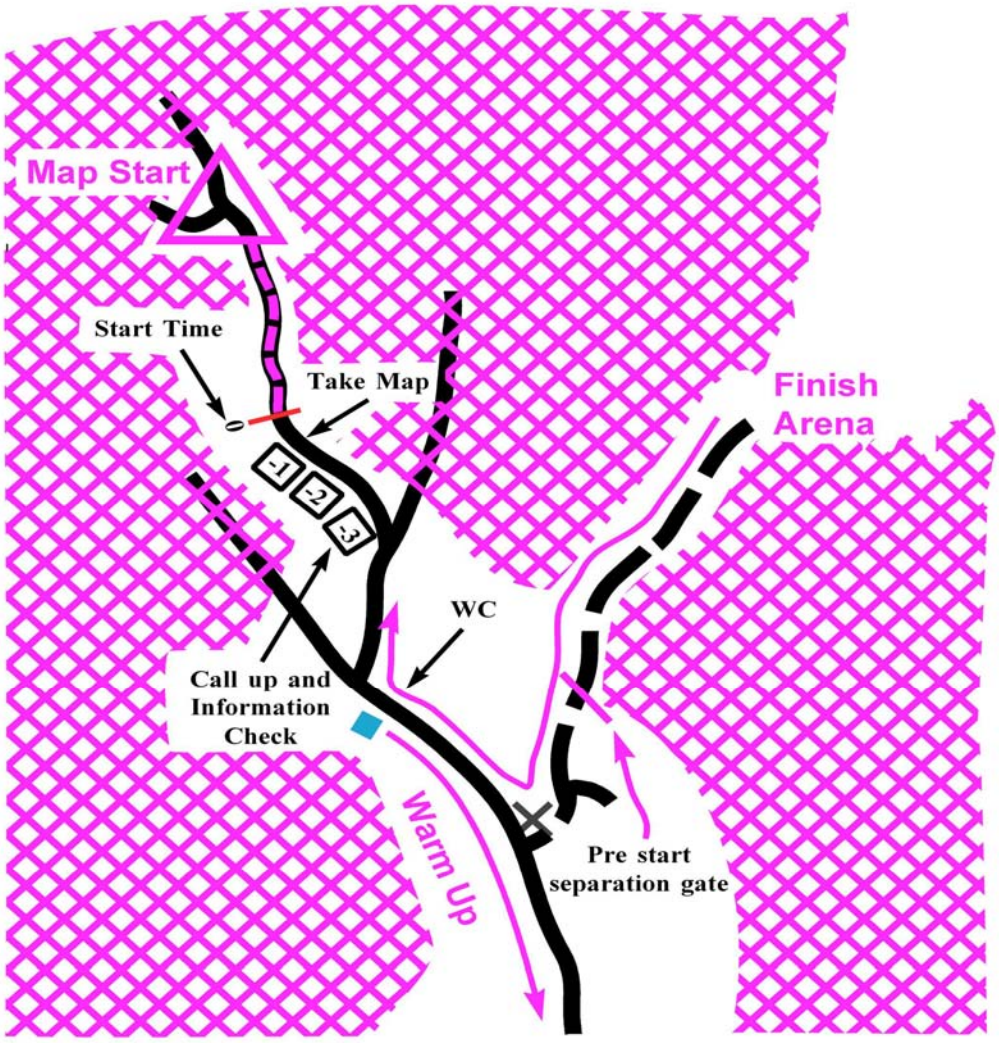
Separation: To ensure fairness and to avoid information transfer, two separation areas will be set up:

(1) Pre-start quarantine zone: All competitors and officials will enter the pre-start separation area (registering through the gate) at 12:30 latest. No one will be allowed to enter to start area (pre-start) thereafter.

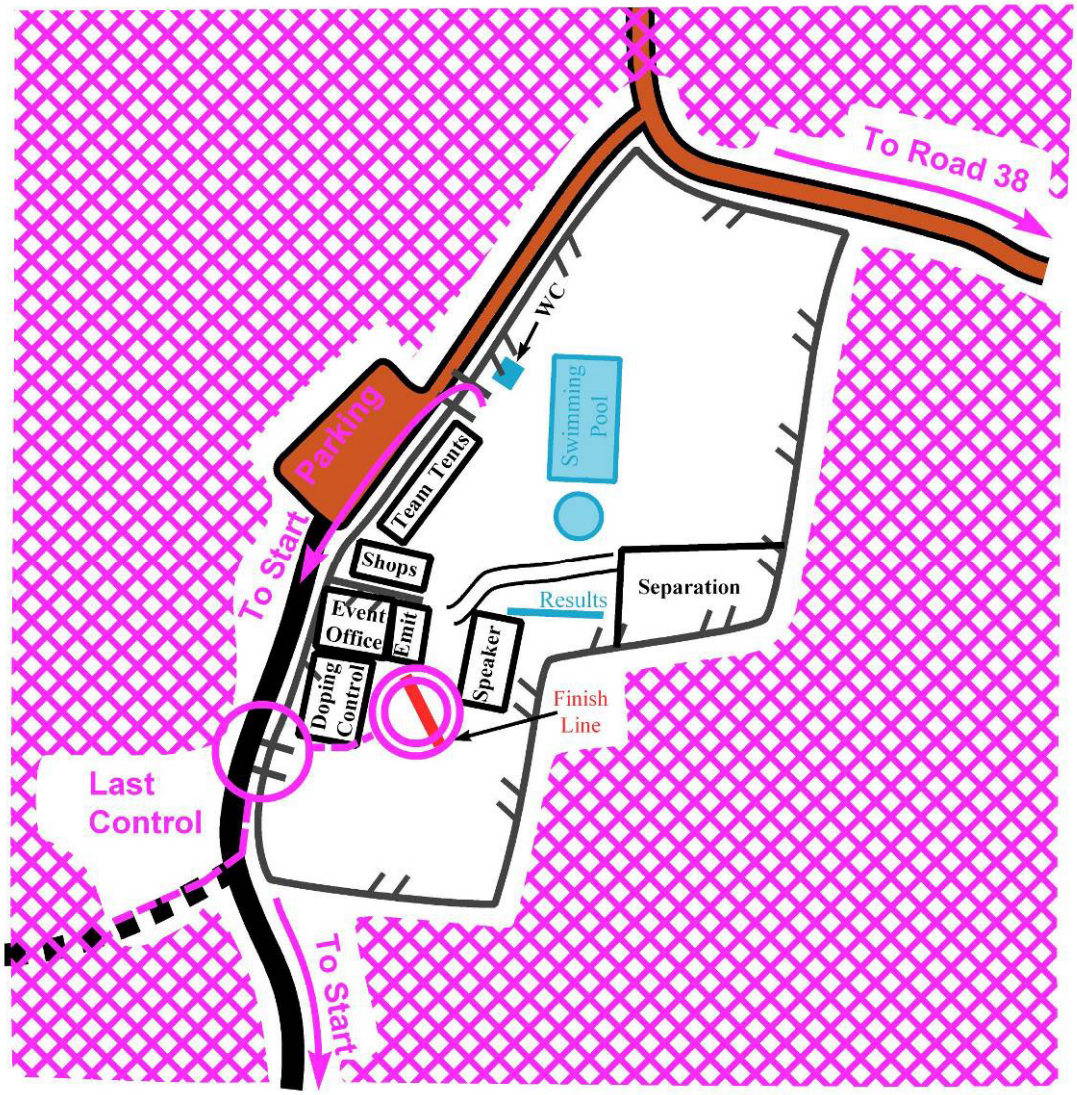
(2) Finish area: All finishing riders will remain in the finish separation area until 12:30. The Event Organizer will provide transport of competitor belongings from the start to the finish separation area.

Doping: Competitors chosen to undergo doping tests may move from the separation area only under supervision of the doping inspector.

Long Distance Final Plan of START AREA



Long Distance Final ***Plan of FINISH AREA***



Entries

	Country	Code	M	W	O	Total	Long		Middle		Sprint		Relay teams	
							M	W	M	W	M	W	M	W
1	Australia	AUS	1	1	1	3	1	1	1	1	1	1	0	0
2	Austria	AUT	6	3	1	10	5	3	5	3	4	3	2	1
3	China	CHI	0	1	0	1	0	0	0	1	0	0	0	0
4	Czech Republic	CZE	6	6	2	14	6	6	6	6	4	4	2	2
5	Denmark	DEN	3	3	1	7	3	3	3	3	3	3	1	1
6	Estonia	EST	3	0	1	4	3	0	3	0	3	0	1	0
7	Finland	FIN	4	4	1	9	4	4	4	4	4	4	1	1
8	France	FRA	6	1	1	8	6	1	6	1	4	1	2	0
9	Germany	GER	4	1	0	5	4	1	4	1	4	1	1	0
10	Hungary	HUN	1	1	1	3	1	1	1	1	1	1	0	0
11	Israel	ISR	4	2	0	6	4	2	4	2	4	2	2	0
12	Italy	ITA	3	3	2	8	3	3	3	3	3	3	1	1
13	Japan	JPN	7	1	1	9	6	1	6	1	4	1	2	0
14	Lithuania	LTU	6	3	0	9	6	3	6	3	4	3	2	1
15	Poland	POL	1	1	1	3	1	1	1	1	1	1	0	0
16	Portugal	POR	3	1	2	6	3	1	3	1	3	1	1	0
17	Russia	RUS	7	6	3	16	7	5	6	7	4	4	2	2
18	Slovakia	SVK	0	1	0	1	0	1	0	1	0	1	0	0
19	Spain	ESP	6	3	0	9	5	3	5	3	4	3	2	1
20	Sweden	SWE	1	0	0	1	0	0	0	0	1	0	0	0
21	Switzerland	SUI	5	3	0	8	5	3	5	3	4	3	1	1
22	United Kingdom	GBR	3	5	0	8	3	5	3	5	3	4	1	1
TOTAL		**22**	**80**	**50**	**18**	**148**	**76**	**48**	**75**	**51**	**63**	**44**	**24**	**12**

M = Men

W = Women

O = Officials

World Rankings

	MEN		
1	Adrian Jackson	AUS	359
2	Ruslan Gritsan	RUS	356
3	Viktor Korchagin	RUS	340
4	Lasse Brun Pedersen	DEN	334
5	Lubomír Tomeček	CZE	330
5	Beat Schaffner	SUI	330
7	Tobias Breitschädel	AUT	328
8	Simon Seger	SUI	316
9	Beat Oklé	SUI	314
10	Andreas Rief	AUT	300
11	Tõnis Erm	EST	298
12	Jiři Hradil	CZE	284
13	Jan Lauerman	CZE	276
14	Maxim Zhurkin	RUS	268
15	Erik Skovgaard Knudsen	DEN	261

	WOMEN		
1	Michaela Gigon	AUT	416
2	Christine Schaffner	SUI	376
3	Ksenia Chernykh	RUS	356
4	Ingrid Stengård	FIN	349
5	Anna Füzy	HUN	338
6	Hana Bajtošová	SVK	333
7	Nadia Mikryukova	RUS	327
8	Marika Hara	FIN	324
9	Marquita Gelderman	NZL	317
10	Sonja Zinkl	AUT	308
11	Martina Tichovska	CZE	294
12	Renata Paulíčková	CZE	276
13	Karolina Mickevičiūtė	LTU	272
14	Line Pedersen	DEN	268
15	Rikke Kornvig	DEN	266

2008 World Champions

Sprint		
W	Hana Bajtošová	SVK
M	Lasse Brun Pedersen	DEN
Middle		
W	Ksenia Chernykh	RUS
M	Adrian Jackson	AUS
Long		
W	Christine Schaffner	SUI
M	Ruslan Gritsan	RUS

In the Sprint and Middle Distance events, the red group will be used for the draw of the start sequence. The red group will consist of the top 10 world-ranking competitors and the 2008 world champions. This group will start last. The final list of red group names will be determined at least 1 hour before the team leaders meeting for the specific event.

Open Race

Friday, August 14	**Sprint**
13:30 -15:30	Open race day 1 (Neot Kedumim) First start 13:30

Saturday, August 15	**Long Distance**
15:30 - 18:30	Open race day 2 (Eshtaol forest) First start 15:30
19:00	Open race award ceremony (Mesilat Zion)
20:30	WOC medal ceremony and banquet

Day 1 – Sprint

Category	Optimal length [km]	Climbing [m]	Controls	Refreshments
H21A	7.9	175	16	0
H17 H21B H40 D21B	6.6	135	13	0
H15 H50 D16 D21B D40	6.6	135	13	0

Day 2 – Long Distance

Category	Optimal length [km]	Climbing [m]	Controls	Refreshments
H21A	26.5	560	14	2 (40%, 70%)
H17 H21B H40 D21B	24.3	440	12	1 (75%)
H15 H50 D16 D21B D40	20.4	360	10	1(65%)

Entries

	Country	Code	Women	Men	Total
1	Australia	AUS	1	1	2
2	Austria	AUT	0	2	2
3	China	CHI	1	0	1
4	Czech Republic	CZE	0	1	1
5	Hungary	HUN	0	1	1
6	Israel	ISR	0	10	10
7	Japan	JPN	0	2	2
8	Poland	POL	0	2	2
9	Russia	RUS	3	5	8
10	Sweden	SWE	0	1	1
	Total		**5**	**25**	**30**