



Bulletin 2

SKI-WOC 2009 Japan
World Ski Orienteering Championships 2009
March 3 - March 8, 2009
Rusutsu, Hokkaido, JAPAN

Contents

1. General information
 - Organiser
 - Event controllers
 - Venue
 - Program
2. Competition information
 - Competition rules
 - Embargoed area
 - Terrain and tracks
 - Preliminary information about courses and maps
 - Anti-doping policy
 - Training opportunities
3. Accommodation and catering
4. Entries and related information
 - Entries
 - Entry fee and accreditation fee
 - Visa
 - Payment methods
5. Other information
 - The weather in Rusutsu area
 - Media service

1. General information

Organiser

Japan Orienteering Association

Contact address

Kishi Memorial Hall, 1-1-1, Jinnan, Shibuya-ku, Tokyo, Japan

FAX: int +81-3467-4549 e-mail : skiwoc_2009@yahoo.co.jp

Web: <http://www.orienteering.or.jp/swoc2009/>

Event director: TACHIBANA Naotaka
Course Setter: TAKASHIMA Kazuhiro
Cooperation: Finish Orienteering Federation

Event Controllers

IOF Senior Event Adviser: KORTENIEMI Veli-Markku (FIN)

National controller: KIMURA Keishi

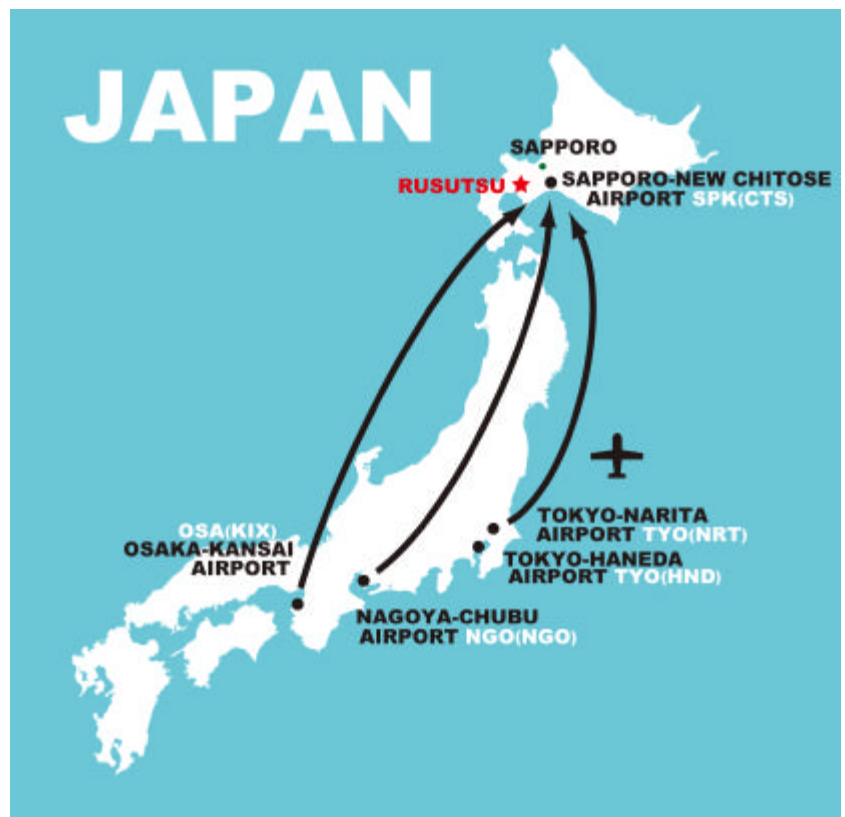
Venue

The event centre will be Rusutsu Resort Hotel in Rusutsu, Hokkaido. The resort is located in the northern island of Japan, about 70 km south of Sapporo city. For further information about Rusutsu, Visit <http://www.rusutsu.co.jp/english/>

The nearest airport is Sapporo (New Chitose Airport: CTS). Direct connection flights to Sapporo are operated daily from major international airports, such as Tokyo (NRT), Nagoya (NGO) and Osaka (KIX).

There is a public bus service from New Chitose Airport to Rusutsu resort almost every hour. Pre-booking is necessary. The fee is 2000 yen (one way). The traveling time is 2 hours by bus in winter season. Detailed information about the bus service will be published in Bulletin 3 or our web site.

Rent-a-car service is also available at the airport. Please note that you drive on left-hand side in Japan (same as in the UK.)



Program

Mon	2 nd	March	Competition Office is opened (12.00-22.00) Teams arrive
Tue	3 rd	March	Model Event Opening Ceremony
Wed	4 th	March	Sprint Distance
Thu	5 th	March	Long Distance
Fri	6 th	March	Rest day VIP, Media, IOF, Team leader competition
Sat	7 th	March	Middle Distance
Sun	8 th	March	Relay Banquet
Mon	9 th	March	Teams depart Competition Office is closed

2. Competition information

Competition rules

The Competition Rules for IOF Ski Orienteering Events (valid from 1 August 2007) apply.

Embargoed Area

As in the right map.

Terrain and tracks

The competition terrain consists of different types of forests and open areas. The competition area is partly flat and partly hilly with big altitude differences. Open areas are mainly on golf courses. Forest type is mainly deciduous forest and visibility is good nearly everywhere. In hilly areas there are many steep valleys. Also in the flat area there are small but uncrossable gullies. The competition area can be seen similar to the map of the embargoed area.



Tracks will be in 4 categories and percentages of each are as follows

- 3-6 m wide tracks prepared with big ski track machine - wide continuous line - 3 %
- 2-3 m wide tracks prepared by a track machine or by a snow mobile - continuous line - 36 %
- 0,8-1,5 m wide tracks prepared by a snow mobile - dashed line - 61 %
- < 1 m dotted tracks only in difficult terrain points

Preliminary information about courses and maps

There are Men and Women classes in Sprint, Long and Middle Distances and Relay. Preliminary information about courses is as follows:

Race		Winning time	Course Length	Total Climbing	Map Scale Contour Interval
Sprint	Men	10min	3.6km	110m (170m down)	1:5,000 5m
	Women	10min	3.0km	70m (130m down)	
Long	Men	95min	25.0km	950m	1:15,000 5m
	Women	60min	15.0km	500m	
Middle	Men	45min	11.0km	300m	1:10,000 5m
	Women	40min	9.0km	280m	
Relay	Men	30min	8.5km	200m	1:10,000 5m
	Women	30min	7.5km	150m	

Winning times, course lengths (following the shortest sensible route choice), and total climbing are approximate. Further information will be updated in Bulletins 3 and 4.

Time keeping system

Emit electronic punching and timing system will be used for the competitions. The organiser will prepare the cards for competitors.

Anti-doping policy

Doping is strictly forbidden: "think positive – test negative". Doping tests will be held.

The organisers are committed to make every effort to support the official anti-doping authorities to do their work successfully and openly. We strongly support all positive actions to keep our sport clean and doping free. The rules of the IOF Anti-Doping Code, valid from January 1, 2007 apply.

Training Opportunities

Training opportunities will be arranged by the Ski-WOC 2009 organiser between 25th February and 1st March. The training area is in Otaki village, 30km from Rusutsu, and there are permanent cross-country skiing tracks. Information about the training camp, fees, transports and expected ski-orienteeing events will be given in autumn 2008. Accommodation is in Rusutsu Resort Hotel and daily bus transportation will be arranged by the Ski-WOC 2009 organiser.

During the championships, there are training and skiing opportunities in Model Event area in Rusutsu.

3. Accommodation and catering

Accommodation and catering are arranged in Rusutsu Resort Hotel. There are three categories (Rank A-C) in hotel accommodation with breakfast & buffet dinner. Rank D accommodation is room only. Rank-A room can be booked as a single room or twin room at an extra cost. Hotel rooms are wall-to-wall carpeting.

Log cottage accommodation (room only, no kitchen facility) is also available, which provides good private space for a team. Log cottages are a part of Rusutsu Resort Hotel, situated in just outside of the hotel buildings.

You can visit website <http://www.rusutsu.co.jp/english/>

Varieties of light meals are available in the resort. Also, Small convenience stores are in just 200m from the resort. The organiser will provide shuttle bus services to a supermarket nearby for the teams, which require extra food or snacks.

Accommodation prices (per person per night)

Rank A (3 bed room, Breakfast & Dinner)	12,600 yen
- Single occupancy	17,850 yen
- Two people sharing	14,700 yen
Rank B (2 to 4 bed room, Breakfast & Dinner)	10,500 yen
Rank C (Dormitory, Breakfast & Dinner)	8,400 yen
Rank D (Dormitory, No meals)	5,500 yen

Log cottage (No meals, price per night)

Max. 6 people	35,000 yen
10-12 people	48,000 yen
18-24 people	90,000yen

Single meal options in Rusutsu Hotel Resort for those who stay in Log cottage or Rank D accommodation:

Breakfast buffet	2,100 yen
Dinner-A (buffet)	3,675 yen
Dinner-B (course dinner or buffet)	4,725 yen

Other snacks and light meals are purchased in the resort at a cost of 800-1000 yen.

4. Entries and related information

Entries

Entries will be made on-line.

Preliminary Entry

The deadline for on-line preliminary entry is December 19, 2008. Preliminary entries should include number of competitors and team officials, each person's gender and name, and contact address of the team leader. The on-line application form for preliminary entry will be available on the official website in November 2008.

Final Entry

The deadline for on-line final entries is February 17, 2009. In this stage, you must provide the names of competitors and team officials. The on-line application form for the final entry will be available in January 2009.

Entry Fee and Accreditation Fee

The entry fee for competitors (including banquet): 38,000 yen

Accreditation fee for team officials (incl. banquet): 20,000 yen

Accreditation fee for extra representatives of federations: 20,000 yen

Visa

If you are from the following countries, you need a visa to visit Japan.

BELARUS, BRAZIL, CHILE, COLOMBIA, REPUBLIC OF MOLDOVA, MONGOLIA, D.P.R.

KOREA, ROMANIA, SOUTH AFRICA, RUSSIA, UKRAINE.

Please ask your nearest Japanese Embassy for further details or visit following URL for latest information.

http://www.mofa.go.jp/j_info/visit/visa/02.html

Payment methods

All payment must be made by International Bank Transfer.

Payment detail information will be announced on the official website as well as Bulletin 3.

5. Other information

The weather in Rusutsu area

Rusutsu Resort

Elevation 420m Latitude 42.45 degree north and longitude 140.54 east

March	2002		2003		2004		2005		2006		2007		2008	
	Snow	Temp	Snow	Temp	Snow	Temp	Snow	Temp	Snow	Temp	Snow	Temp	Snow	Temp
1st	250	-1	195	0	150	-9	230	-8	310	-7	180	-3	200	-1
2nd	250	-1	195	0	160	-9	240	-10	310	-3	180	-3	200	-5
3rd	250	-5	195	-3	160	-10	240	-11	310	-6	180	-4	200	-7
4th	260	-5	195	-5	160	-10	240	-10	310	-4	180	0	200	-6
5th	260	-1	195	-5	170	-8	240	-7	310	-2	180	0	200	-4
6th	260	0	195	-2	170	-11	240	-4	300	0	170	-1	200	-3
7th	260	-1	195	-2	170	-7	240	-1	300	-6	170	-6	200	-3
8th	260	-5	195	-3	180	-6	240	-4	300	-2	170	-6	200	-1
9th	260	0	195	-5	180	-2	240	-9	320	-4	170	-5	180	0
10th	260	3	195	-10	180	-2	250	-5	320	-6	170	-6	180	2

Temperature: degree C
Snow depth: centimeter

Media service

Media service is located in the Event Centre. Accreditation fee for media representatives is free of charge. All media representative are kindly asked to register with the status (TV, radio, writing journalist, photo) by 10 February, 2009 (preferably on-line). The press centre provides the Internet, fax and copy services to media representatives at a reasonable cost.

Contact address for the media registration is;
Shin Murakoshi (ehsmura@ipc.shizuoka.ac.jp)

Mobile service in Japan

You can use your mobile phone number in Japan using SoftBank Mobile and NTT DoCoMo's 3G (3rd generation) service areas. Simply bring your own SIM card and insert it to a rental phone or your own 3G handset. A handset for only GSM or CDMA network can not be used in Japan.

For more detail, see,
<http://www.jnto.go.jp/eng/arrange/essential/index.html>

Electric devices in Japan

Please note that the shape of electric plug and the voltage in Japan is different from European types. The wall outlet type is Japanese JIS 8303 plug and the voltage is 100V. You will require appropriate plug adapters and electric transformers if you bring electric devices.

Further information

For further information about Ski-WOC 2009, contact skiwoc_2009@yahoo.co.jp by e-mail.