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Bulletin 3

SKI-WOC 2009 Japan
World Ski Orienteering Championships 2009

March 3 - March 8, 2009
Rusutsu, Hokkaido, JAPAN

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1. General information

Organiser

Japan Orienteering Association

Contact address

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

FAX: int +81-3-3467-4549 TEL: int +81-80-5159-4593(MURAKOSHI Shin)

e-mail : skiwoc_2009@yahoo.co.jp

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

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

Event Controllers

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

National controller: KIMURA Keishi

Venue

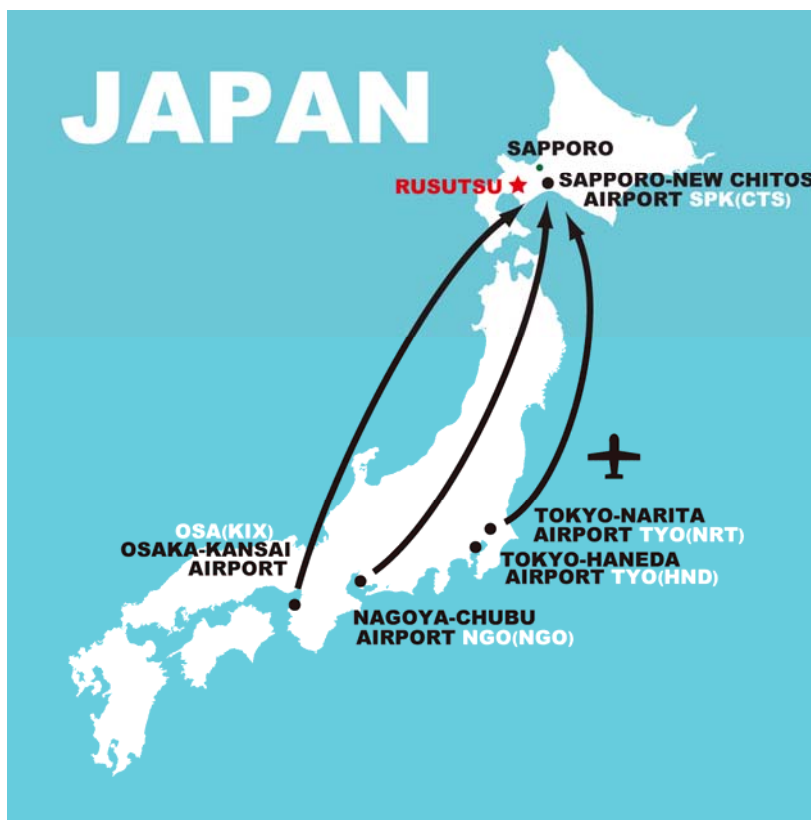
The event centre is Rusutsu Resort Hotel in Rusutsu, Hokkaido.

The resort is located in the northern island of Japan, about 70 km south of Sapporo city. For further information about Rusutsu, Visit <http://en.rusutsu.co.jp/winter/access.html>

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).

All Nippon Airways
<http://www.ana.co.jp/eng/index.html>

Japan Airlines International
<http://www.jal.co.jp/en/>



Access from New Chitose airport to Rusutsu

Regular shuttle bus services from New Chitose airport to Rusutsu Resort Hotel are available between 09.15 and 21.00. The travelling time is 2 hours in winter season. Please note that pre-booking (7 days prior to the date of departure) is essential.

Check the link:

<http://www.goodsports.co.jp/eng/whiteliner/bus-cts.html#rusutu>

White Liner: 2,000 yen per person

On the departure day (March 9th, 2009), the organiser runs a special shuttle bus leaving Rusutsu Resort Hotel at 05.00, which arrives New Chitose airport at around 06.50. This bus is suitable for those who intend to board ANA 2152, leaving New Chitose airport at 07.50 to Tokyo-Narita airport.

The cost is 3,000 yen per person. Booking for this service must be made at the time of final entry.

Car hire is also available at New Chitose Airport. Prices vary depending upon the type of vehicle.

Ex.

Stational Wagon / From 7,000 to 9,000 yen per day

Compact Minivan / From 9,000 to 12,000 yen per day

Nippon Rent-A-Car <http://www.nipponrentacar.co.jp/english/index.html>

Detailed Programme

* The event office may be closed while races are being held. Detailed opening hours will be provided in Bulletin 4.

March 2, 2009 (Mon): Team arrival, Event office opens

9:00-21:00 Event office opens (Meeting Room, South Tower 2nd floor)

17:30-19:30 Dinner

March 3, 2009 (Tue): Model Event, Opening ceremony

7:00- 9:00 Breakfast

8:00-21:00 Event office opens

10:00-16:00 Model event

15:00 Entry deadline for Sprint Distance

16:00-17:00 Opening ceremony (Gymnasium)

17:30-19:30 Dinner

18:00-19:00 Team officials' meeting (Seminar Hall, North Wing 3rd floor)

March 4, 2009 (Wed): Sprint Distance

6:30- 8:30	Breakfast
8:00-21:00	Event office opens
8:30-10:30	Transportation to the start area for Men
9:30-	Sprint Distance, Men
11:10	Flower ceremony & press conference for Men
10:30-12:00	Transportation to the start area for Women
11:30-	Sprint Distance, Women
12:30	First shuttle bus to Rusutsu Resort depart
13:00	Flower ceremony & press conference for Women
14:00	Last shuttle bus to Rusutsu Resort departs
15:00	Entry deadline for Long Distance
16:00-16:30	Prize giving ceremony (Gymnasium)
17:30-19:30	Dinner
18:00-19:00	Team officials' meeting

March 5, 2009 (Thu): Long Distance

6:30- 8:30	Breakfast
8:00-21:00	Event office opens
8:30	First shuttle bus to the competition centre departs
10:00	Long Distance, Men, mass-start
12:00	Long Distance, Women, mass-start
12:10	Flower ceremony & press conference for Men
13:45	Flower ceremony & press conference for Women
15:00	Last shuttle bus to Rusutsu Resort departs
16:00	Prize giving ceremony (Gymnasium)
17:30-19:30	Dinner

March 6, 2009 (Fri): Rest Day

7:00- 9:00	Breakfast
8:00-21:00	Event office opens
9:00-	Excursion
14:00-15:30	VIP/IOF/Media race
15:00	Entry deadline for Middle Distance
17:30-19:30	Dinner
18:00-19:00	Team officials' meeting

March 7, 2009: (Sat) Middle Distance

6:30- 8:30	Breakfast
8:00-21:00	Event office opens
8:30	First shuttle bus to the competition centre departs
10:00-	Middle Distance, Men
12:00	Flower ceremony & press conference for Men
12:30-	Middle Distance, Women
14:15	Flower ceremony & press conference for Women
15:00	Last shuttle bus to Rusutsu Resort departs
16:00	Entry deadline for Relay
16:00-16:30	Prize giving ceremony (Gymnasium)
17:30-19:30	Dinner
18:00-19:00	Team officials' meeting

March 8, 2009 (Sun): Relay, Closing ceremony, and Banquet

6:30- 8:30	Breakfast
8:00-21:00	Event office opens
8:30	First shuttle bus to the competition centre departs
10:00	Relay, Men
12:00	Relay, Women
12:10	Flower Ceremony & Press conference for Men
14:10	Flower Ceremony & Press conference for Women
15:00	Last shuttle bus to Rusutsu Resort departs
16:00-17:00	Prize giving ceremony & closing ceremony (Gymnasium)
19:00-	Dinner & banquet (Crescent Hall, North Wing 2 nd floor)

March 9, 2009 (Mon): Event office closes, Team departure

5:00	Special shuttle bus to New Chitose airport departs
7:00- 9:00	Breakfast
8:00-12:00	Event office opens

2. Entries and related information

Entries

All entries should be sent by E-mail. Entry forms can be downloaded from <http://www.orienteering.or.jp/swoc2009/en/>

E-mail address: skiwoc_2009@yahoo.co.jp

Preliminary Entry

The deadline for preliminary entry has been extended to January 12, 2009. Preliminary entries should include number of competitors and team officials, each person's gender and name, and contact address of the team leader.

Final Entry

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

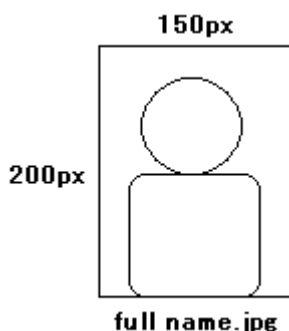
Summary of pre-entries received:

	NOR	SWE	KAZ	CAN	LAT	JPN	USA	CZE	FIN	AUT	SWI	GER	LTU
W	1	5	4	1		6	5	4	5	1	2		3
M	4	5	6		3	7	5	4	5	1	5	2	4
TL	2	5	4			1		2	5		2		1
P		1				2							

Entry fee and accreditation fee:

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

ID photo



All participants are requested to wear a photo ID during the competition. The organiser would like all competitors, team officials, and other representatives to attach a photo with the final entry form.

Size: width 150px / height: 200px
File type: jpeg
File name: full names of each person

Also, please bring a copy of passport to show at the time of check-in at Rusutsu Resort Hotel.

Payment details

We accept all payments by international bank transfer to the following bank account.
The full fees must be paid by February 17, 2009.

To cover Japanese bank charge, please add 2,500 yen on each payment. In case any additional charges occur, the organiser would pass on the charges to the team on arrival.

Bank Name: Mitsui Sumitomo Bank
Branch: Shibuya branch
Branch: 654
Account Number: 8784734
Account Name Japan Orienteering Association
SWIFT Code: SMBCJPJT

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

3. Accommodation, Catering, and Excursions

Official accommodation

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.

For more details, visit website <http://www.rusutsu.co.jp/english/>

Hotel 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 accommodation prices (No meals, price per night)

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

Meal options

Varieties of light meals are available in Rusutsu Resort area. Also, small convenience stores are in just 200m from the hotel. The organisers will provide a daily shuttle bus services to a supermarket nearby for teams which require extra food or snacks. Single meal options in Rusutsu Resort Hotel for those who stay in Log cottage or Rank D accommodation:

Meal prices

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.

Excursions

The organisers will arrange excursions on the rest day (March 6th) and the departure day (March 9th.)

Excursions should be booked and paid at the time of final entry. Please note that these excursions may be cancelled if not sufficient number of people wants to join the tours. In case of cancellation, full fees for excursion will be refunded.

One day excursion on March 6th

09.00	Depart Rusutsu Resort Hotel
11.00	Arrive Mt. Okura Ski Jump Observatory & Winter Sports Museum (http://www.sapporo-dc.co.jp/eng/okurayama/index.html)
12.00	Depart Mt. Okura
12.30	Arrive JR Sapporo Station
12.30-16.00	Free time in Sapporo city centre
16.00	Depart JR Sapporo Station
18.00	Arrive Rusutsu Resort Hotel

Half-day excursion on March 9th

09.00	Depart Rusutsu Resort Hotel
11.30	Arrive Otaru Kitaichi Glass Museum & Shop (http://www.otaru-glass.com/english/atelier_08/index.html)
14.30	Depart Otaru to New Chitose Airport
16.30	Arrive New Chitose Airport

As mentioned before, a special shuttle bus from Rusutsu Resort Hotel to New Chitose airport (departs 05.00) is also available on March 9th. This service is guaranteed for operation regardless of the number of bookings.

One day excursion on March 6 th	4,000 yen
Half-day excursion on March 9 th	4,500 yen
Special airport shuttle bus on March 9 th	3,000 yen

4. Competition information

Competition office

Contact address :

Meeting room, 2nd floor, South Tower, Rusutsu Resort Hotel

13 Izumikawa, Rusutsu, Hokkaido, 048-1711, Japan

FAX: int +81-3-3467-4549 TEL: int +81-80-5159-4593(MURAKOSHI Shin)

e-mail : skiwoc_2009@yahoo.co.jp

Competition rules

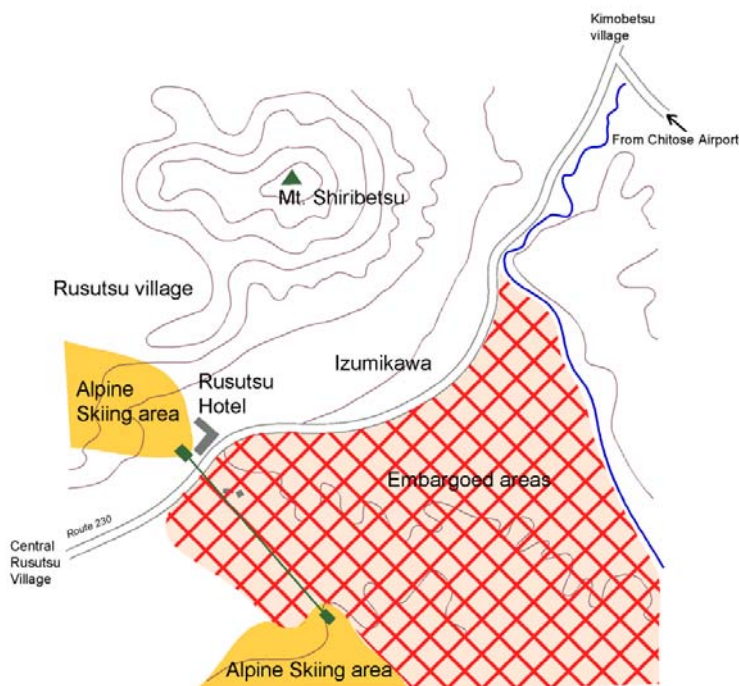
The Competition Rules for IOF Ski Orienteering Events (valid from 1 July 2008) apply.

Embargoed Area

As on the map in the right.

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	11 min	3.7 km	80 m (150 m down)	1:5,000 5 m
	Women	11 min	3.3 km	60 m (120 m down)	
Long	Men	95 min	24.0 km	800 m	1:15,000 5 m
	Women	65 min	15.0 km	500 m	
Middle	Men	45 min	11.0 km	300 m	1:10,000 5 m
	Women	40 min	9.0 km	280 m	
Relay	Men	30 min	8.5 km	200 m	1:10,000 5 m
	Women	30 min	7.5 km	150 m	

Winning times, course lengths (following the shortest sensible route choice), and total climbing are approximate.

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 IOF Anti-Doping Rules, valid from 1 January 2009, will apply.

Waxing room

The organisers provide waxing space in the gymnasium in Rusutsu Resort Hotel. Each federation should have 1 ~ 2 outlets and a table(s). If necessary, teams can be hired an iron and partition boards.

Rental iron	5,000 yen
Partition boards	40,000 yen

Please note that the voltage in Japan is 100V and wall outlet type is Japanese JIS 8303 plug. You will require appropriate plug adapters and voltage converter.



Waxing table



Japanese JIS 8303 outlet

Training Opportunities

We provide training camp from Thursday, February 26 to Saturday, February 28 2009. Two terrains, in the Rusutsu Resort area (ca. 1km sq.) and Otaki Cross Country Ski Courses, are available during these dates.

Otaki is located 30km away from Rusutsu. Shuttle bus service (Morning & Afternoon) between Rusutsu and Otaki will be organised during these three days. However, the buses may not run everyday if not many participants need them. Those who require the shuttle bus service must let the organiser know on which dates they are planning to go to Otaki by the end of January, 2009.

In Otaki, there is a small ski lodge (accept max. 20 people) and normal cross country ski tracks (10 kilometers long). Some Ski-O training tracks will be set in a small area.

Training camp fees

Rusutsu Resort Area map	500 yen / map
Otaki map	500 yen / map
Shuttle bus to Otaki	2,500 yen / day (including one Otaki map)

Please note that lunch is not included in the training camp fee. Some restaurants, cafes, and convenience stores are open for lunch in Rusutsu Resort area, but there are no restaurants or shops in Otaki.



Ski lodge in Otaki



Inside the lodge

Training camp accommodation

During the training camp, official accommodation is provided in the Rusutsu Resort Hotel under the same rate as SKI-WOC 2009. Accommodation for the training camp can be booked with SKI-WOC 2009 application.

VIP/IOF/Media/Spectators race

VIP/IOF/Media/Spectators race is held on Thursday, March 6 at 14.00. The entry fee is 2,000 yen. The closing date for entry is March 5th. Full details will be on Bulletin 4.

5. Other information

Weather information 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

Start & Finish area

All competitions will be arranged in the area south from Rusutsu Resort Hotel and the finish area is near Rusutsu Tower Hotel (all start and finish areas are within walking distance or just a short bus ride.) See Embargoed Area map on Competition information.

Team officials' meeting

Team officials' meetings will be arranged in Rusutsu Resort Hotel (Seminar Hal, North Wing 3rd floor). See meeting times in the detailed programme

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 by e-mail). The press centre provides the Internet, fax and copy services to media representatives at a reasonable cost.

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

Insurance

All participants are strongly recommended to buy a medical and accident insurance policy in their own country. The organiser will sign up a sport group accident insurance, but this insurance is only valid for medical treatment in Japan.

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.

Transport service for shopping in Rusutsu town

The organiser will operate a free transport service once daily to go to shops and supermarket in Rusutsu town. Detailed information will be on Bulletin 4.