



Sports Promotion Fund



# Bulletin4

## World Ski Orienteering Championships 2009

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



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Grant of the Sports Promotion Fund

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## 1. General information

### Organiser

Japan Orienteering Association

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

### Event Controllers

IOF Senior Event Adviser: KORTENIEMI Veli-Markku (FIN)  
Assistant IOF Event Adviser: PUSSINEN Tapio (FIN)  
National controller: KIMURA Keishi

### Event centre

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

Contact details:

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

TEL (Mobile): +81-90-6005-6027 or +81-80-5159-4593 (Shin MURAKOSHI)

e-mail : skiwoc\_2009@yahoo.co.jp

Competition office: Meeting Room, South Wing 2<sup>nd</sup> floor  
Team officials' Meetings: Seminar Hall, North Wing 3<sup>rd</sup> floor  
Media services: Meeting Room, South Wing 2<sup>nd</sup> floor  
Prize giving ceremony: Rusutsu Arena  
Banquet: Crescent Hall, North Wing 2<sup>nd</sup> floor

## 2. Fairness

### To ensure the fairness of the competitions:

Team officials and non-competing athletes are not allowed to enter the competition terrain areas.

Telecommunication equipment, including mobile phones, may not be used in coaching areas, start areas and in transportations except by the organisers.

Any GPS equipment or equipment containing possibility to collect GPS signals may not be carried by competitor during competitions. This is a special rule valid during the WSOC 2009 in Rusutsu.

Team members may not take any maps of the competition terrain to the pre-start areas, start areas and transports to competition centres.

Using radio sets is prohibited in the pre-start areas, start areas and transports to competition centres.

Coaching (handover of any information, equipment, material, drinks, etc.) is only allowed in indicated coaching zones. Only team officials can arrive to the coaching zones.

The above rules will be enforced by the organizer. A competitor who breaks any rule, or who benefits from the breaking of any rule, shall be disqualified. Officials who break any rule are liable to disciplinary actions.

### **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.

### **3. Jury**

The Jury's work during SKI-WOC 2009 will be led by IOF Event Adviser KORTENIEMI Veli-Markku.

Wolfgang Poetsch	(AUT)
Hana Hanchikova	(CZE)
Vladimir Telnov	(KAZ)
Sture Noren	(SWE)
Greg Walker	(USA)

### **4. Detailed Programme information**

#### **Programme timetable:**

\* Please note that Competition office will be closed from 30 minutes before each race begins to the end of the race.

#### **March 2, 2009 (Monday): Team arrival, Competition office opens**

9:00-21:00 Competition office opens (Meeting Room, South Wing 2<sup>nd</sup> floor)  
17:30-19:30 Dinner

#### **March 3, 2009 (Tuesday): Model Event, Opening ceremony**

7:00- 9:00 Breakfast  
8:00-21:00 Competition office opens  
10:00-16:00 Model event  
15:00 Entry deadline for Sprint distance  
16:30-17:30 Opening ceremony (Rusutsu Arena)  
17:30-18:30 Welcome reception (Sports Pub ' Cricket ' , South Wing 1<sup>st</sup>-floor)  
18:00-20:00 Dinner  
19:00-20:00 Team officials' meeting (Seminar Hall, North Wing 3<sup>rd</sup> floor)

#### **March 4, 2009 (Wednesday): Sprint Distance**

6:30- 8:30 Breakfast  
8:00-21:00 Competition office opens

8:30-10:30 Transportation to the start area for Men  
 9:30- Sprint distance, Men  
 10:45 Flower ceremony & press conference for Men (Finish area)  
 10:30-12:00 Transportation to the start area for Women  
 11:30- Sprint distance, Women  
 12:30 First shuttle bus to Rusutsu Resort Hotel depart  
 12:45 Flower ceremony & press conference for Women (Finish area)  
 14:00 Last shuttle bus to Rusutsu Resort Hotel departs  
 15:00 Entry deadline for Long distance  
 16:00-16:30 Prize giving ceremony (Rusutsu Arena)  
 17:30-19:30 Dinner  
 18:30-19:30 Team officials' meeting

### **March 5, 2009 (Thursday): Long Distance**

6:30- 8:30 Breakfast  
 8:00-21:00 Competition 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 (Finish area)  
 13:45 Flower ceremony & press conference for Women (Finish area)  
 15:00 Last shuttle bus to Rusutsu Resort Hotel departs  
 16:00 Prize giving ceremony (Rusutsu Arena)  
 17:30-19:30 Dinner

### **March 6, 2009 (Friday): Rest Day**

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

### **March 7, 2009: (Saturday) Middle Distance**

6:30- 8:30 Breakfast  
 8:00-21:00 Competition 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 (Finish area)

- 12:30- Middle Distance, Women
- 14:15 Flower ceremony & press conference for Women (Finish area)
- 15:00 Last shuttle bus to Rusutsu Resort Hotel departs
- 16:00 Entry deadline for Relay
- 16:00-16:30 Prize giving ceremony (Rusutsu Arena)
- 17:30-19:30 Dinner
- 18:30-19:30 Team officials' meeting

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

- 6:30- 8:30 Breakfast
- 8:00-21:00 Competition 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 (Finish area)
- 14:10 Flower Ceremony & Press conference for Women (Finish area)
- 15:00 Last shuttle bus to Rusutsu Resort Hotel departs
- 16:00-17:00 Prize giving ceremony & closing ceremony (Rusutsu Arena)
- 19:00- Dinner & banquet (Crescent Hall, North Wing 2<sup>nd</sup> floor)
- 21:30- Dance Party (Convention No.18 Hall, North Wing 4<sup>th</sup> floor)

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

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

**Opening ceremony**

Opening ceremony of SKI-WOC 2009 is on March 3 from 16.30 to 17.30 at Rusutsu Arena. All participants are asked to gather at Banquet Room, 2<sup>nd</sup> floor of Highland Lodge (Main Building) at 16.00. Please wear official team uniform at the opening ceremony

## **5. Competition information**

### **5.1 Overall information of competitions**

#### **Competition office**

Competition office is located in Meeting room, 2nd floor, South Wing, Rusutsu Resort Hotel. Opening hours of the Competition Office are as in Programme timetable.

#### **Competition rules**

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

Special rules:

All GPS equipment or other equipment containing possibility to collect GPS signals may not be carried by competitor during competitions.

#### **Anti-Doping control**

Doping Control will be arranged under the supervision of the IOF Anti-Doping Controller. The doping test rooms are in Tower Hotel. Competitors must have the organiser's photo ID or passport when they will be registered in the test room.

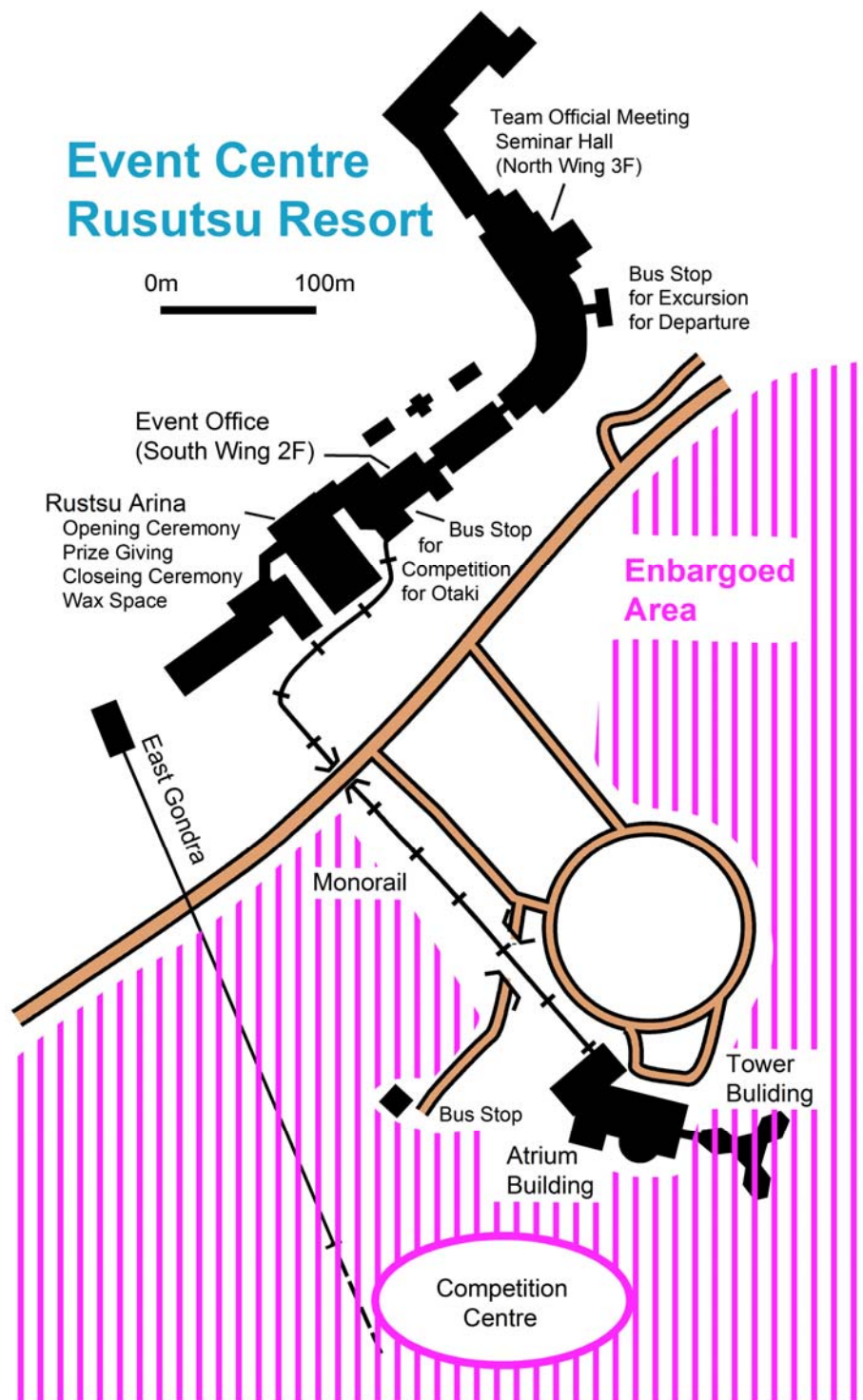
IOF Anti-Doping Controller is Roger Aerts (BEL).

#### **Embargoed Area**

As on the map bulletin 3 and in layout of the Event centre (see, map below).

Use of "East No.1" gondola and "Tower pair" ski lift are strictly prohibited all team members until the end of the events, because they are a part of the embargoed area,

All team members are also not permitted to enter Rusutsu Tower Hotel. However, Atrium lobby, monorail, guest houses, and convenience stores in the embargoed area can be accessible.



### Terrain (Overall information)

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 (Overall information)

Tracks will be in 3 categories and percentages of each are as follows

- 6 m wide tracks prepared with big ski track machine - wide continuous line - 23 %

- 3 m wide tracks prepared by a track machine or by a snow mobile
  - continuous line - 15 %
- 0,8-1,5 m wide tracks prepared by a snow mobile - dashed line - 62 %

There are no dotted tracks. Total amount of track is 65km.

### Training Opportunities

Ski-O map is ready around the main building of Rusutsu resort and team members can use for training.

Otaki Cross Country Ski Courses are available. In Otaki, there is a small ski lodge (accept max. 20 people) and normal cross country ski tracks (10 kilometres long). Please note that there are no restaurants or shops in Otaki.

### Model event

The Model Event is open on Tuesday from 10.00 AM to 13.00 PM.

Maps for the Model Event are given in the team's box in the Event Office 8:00 on Tuesday.

There are three scales 1:5 000, 1:10 000 and 1:12 500 on the same map.

There are two model event areas;

Model A (map name 'Hachinohara') is located around North-Wing of Rusutsu hotel. Start point is in tennis court which is near the alpen ski entrance at South-Wing. Start procedures will be demonstrated ONLY in Model A.

Model B (map name 'Ponnukibetsugawa') is located at river on the south part of the national road. Start point is located south side of the road 1km from Rusutsu Resort Hotel. See the model map for the detail.

## 5.2 Detail information of each competition

### The Sprint distance (4th March)

The start area is approximately 50 m higher than the finish area, so in this race there are more downhill than climbing. Distance will be held mainly in golf courses. Differences in altitude are moderate and there is a permanent ski track network circling the area. Visibility is good in whole area and because of depth of snow there are no signs of undergrowth. Only noticeable factors are 1.5 meter high sticks on golf courses which are not fully on view because of snow (can be dangerous in short-cutting) and light poles which are not in the map.

In sprint area there are 5 kilometers of 6 meters wide tracks, 5 kilometers of 3 meters wide tracks and 6 kilometers of narrow ski-o tracks.

Map scale	1:5,000
Contour interval	5m
Map size	21 x 29 cm

Course	Length Straight / shortest sensible	Total climb/down	Number of controls	Winning time	Max. time
Men	3,25 / 4,45 km	75 m/120 m	8	12 min	90 min
Women	2,75 / 3,75 km	55 m/105 m	7	12 min	90 min

### Tracks

- 0,8-1,5 m wide tracks prepared by a snow mobile - dashed line - 38 %
- 3 m wide tracks prepared by a track machine or by a snow mobile - continuous line - 41 %

- 6 m wide tracks prepared with big ski track machine - wide continuous line - 21 %  
235 crossing/km<sup>2</sup>

#### Transportation

Buses to the start leave from the entrance of South wing in Rusutsu resort (see maps). The travel time is approx. 10 min.

#### Bus schedule

8:20 ->8:30 9:30-9:59  
8:40 ->8:50 10:00-10:29  
9:00 ->9:10  
9:20 ->9:30  
10:20 ->10:30  
10:40 ->10:50  
11:00 ->11:10

#### The start

Kiosk and toilet for alpine skier are available at the bus stop. There is also a shelter.

The distance from the bus stop to the start is 5 minutes maximum by skiing. The clothes and other equipment can be leave at the shelter or at the start. The clothes are transported by the organizer to the finish (see the map for detail).

The wide track from bus stop to the start can be used for warm-up.

#### Start procedure

At the gate of start box, competitors bib number and e-card are checked. competitors are called by the bib number and name three minutes before the start time and are allowed to enter the -3 min box. With the beep of -2 min/ -1 min, competitors are allowed to proceed to the -2 min/ -1min box. 15 seconds before the start, a competitor are handed his/her map and with the final beep, he/she can start.

The route to the start flag is marked with pink tapes.

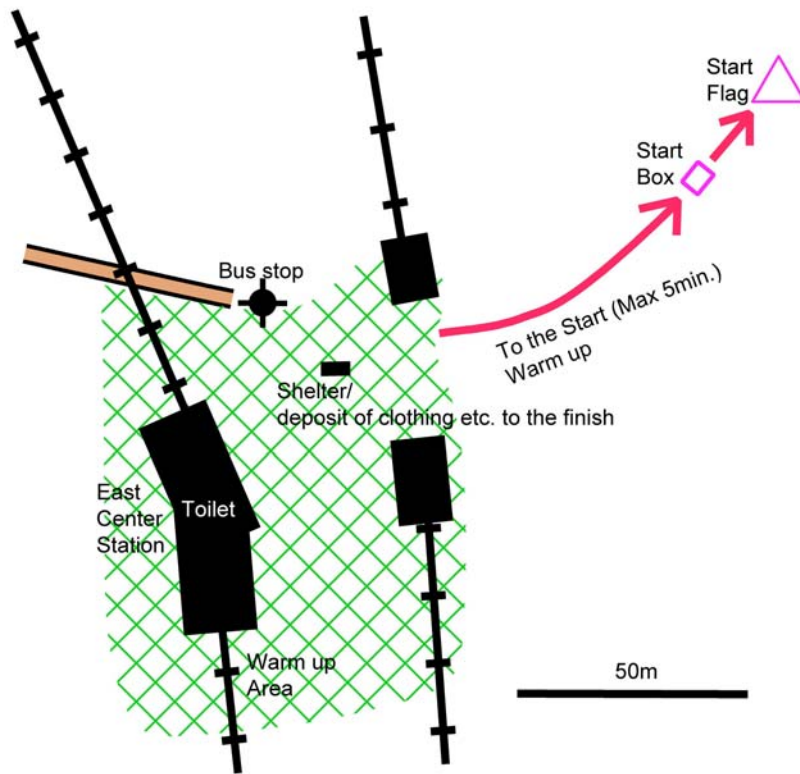
#### Finish procedure

After crossing the finish line, follow instruction of the staff. The competition map is collected and E-card is read. If there is trouble with the record, the back-up label is collected with signature of the competitor.

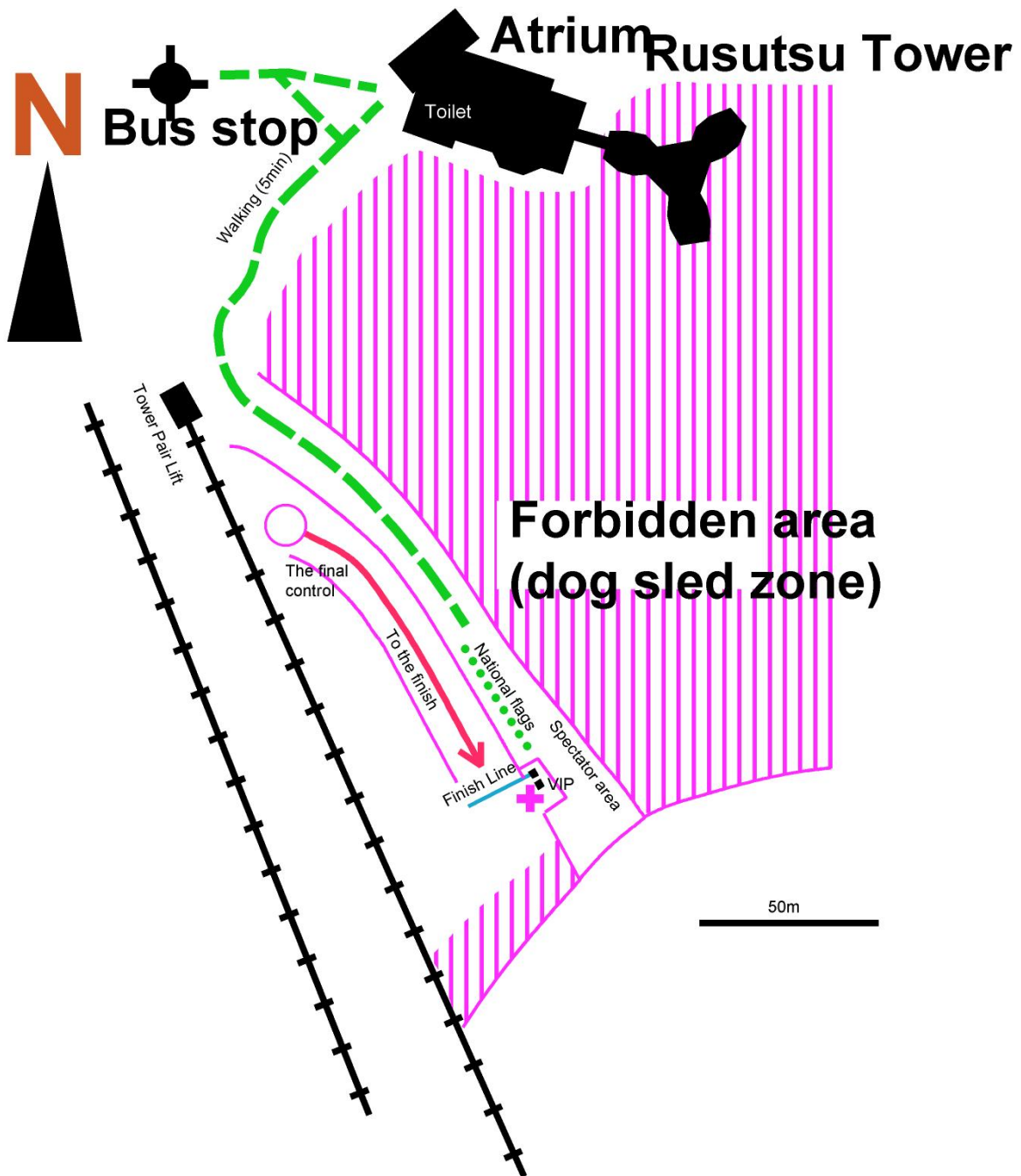
#### The competition centre (the finish area)

The competition centre is located near the Atrium/Tower Hotel building. The team officials who would like to go to the competition centre can use same official transport. The officials/competitors and spectators without skis can use the mono-rail from the Rusutsu resort to the Atrium/Tower Hotel building.

Those who are coaching at the finish area are not allowed to leave the area during the Sprint Competition.



## Layout of Start for the Sprint Distance



## Layout of Finish for the Sprint distance

### The Long distance (5th March)

The competition area consists of three different types of terrain. The hilly area has big altitude differences and tracks are mainly prepared by snow-mobile. Event organizers have tried to avoid too challenging slopes and make tracks as easy to ski as possible. Still competitors are requested to pay attention to downhills. Added to this, there are few steep snow walls blown by wind, which are dangerous if short-cutting. Some of them near tracks are marked to the map with the cliff symbol.

The other two terrain types consist of golf courses and forest land with small altitude differences. In the flat forest area there are small, mainly snow covered but uncrossable

watercourses. Even though visibility is good, the gullies and few snow steeps makes the orienteering challenging and short-cutting can cause problems. In open areas there are some 6 m wide tracks, but mainly tracks are narrow ski-o tracks.

The type of competition is mass start with 3 loops for men and 2 loops for women and map changes respectively.

Map scale                    1:12,500  
 Contour interval        5m  
 Map size                    21 x 29 cm

<b>Courses</b>	<b>Length</b> Straight / shortest sensible	<b>Total climb</b>	<b>Number of controls</b>	<b>Winning time</b>	<b>Max. time</b>	<b>Refreshment</b>	<b>Number of Map changes</b>
Men	18,8 / 25,7 km	785 m	21	95 min	3 h	8,5 km 17,0 km	2
Women	12,3 / 16,6 km	550 m	16	65 min	3 h	8,0 km	1

#### Tracks

- 0,8-1,5 m wide tracks prepared by a snow mobile - dashed line - 72 %
- 3 m wide tracks prepared by a track machine or by a snow mobile - continuous line - 15 %
- 6 m wide tracks prepared with big ski track machine - wide continuous line - 13 %

76 crossing/km<sup>2</sup>

#### Transportation

Buses to the competition centre run in every 15 minutes and leave from entrance of South wing in Rusutsu resort (see maps). The travel time to the competition centre is approx. 5 min. The officials/competitors and spectators *without skis* can use mono-rail from the Rusutsu resort to the Atrium/Tower building. The distance from the bus stop/ the Atrium/Tower building to the competition centre is ca. 300m.

#### The competition centre (the start and the finish)

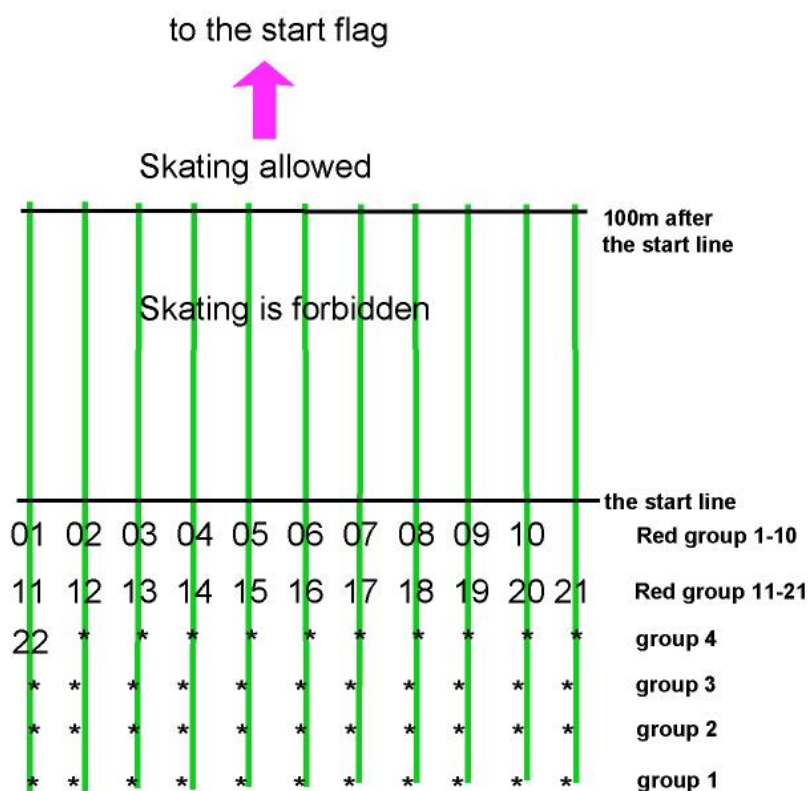
The competition centre is located near the Atrium/Tower building. There are a kiosk and toilet in the Atrium building (see maps). There is warm up area and glide test area in front of the Atrium/Tower Hotel building.

#### Start procedure

Five minutes before the start, competitors are called and may enter the mass start area. Before entering the area, the bib number and e-card are checked. The competitors should line up according to the bib number as shown in the diagram.

15 seconds before start, the competitors are handed their competition map and may start with the final start pistol.

Competitors have to use assigned track and skating is forbidden for the first 100 m. There is a line after which skating is allowed.



Layout of start line-up

### Map change

There are two map changes for men and one for women. Before map change, competitors have to give old maps to the officials. Before the map change, there is coaching zone, equipment deposit, and official refreshment (as shown in the layout).

### Restrictions to continue:

#### Men:

Map change for the 2nd and 3rd leg is closed 2 hours and 30 minutes after the start.

#### Women:

Map change for the 2nd leg is closed 2 hours and 15 minutes after the start.

#### Coaching:

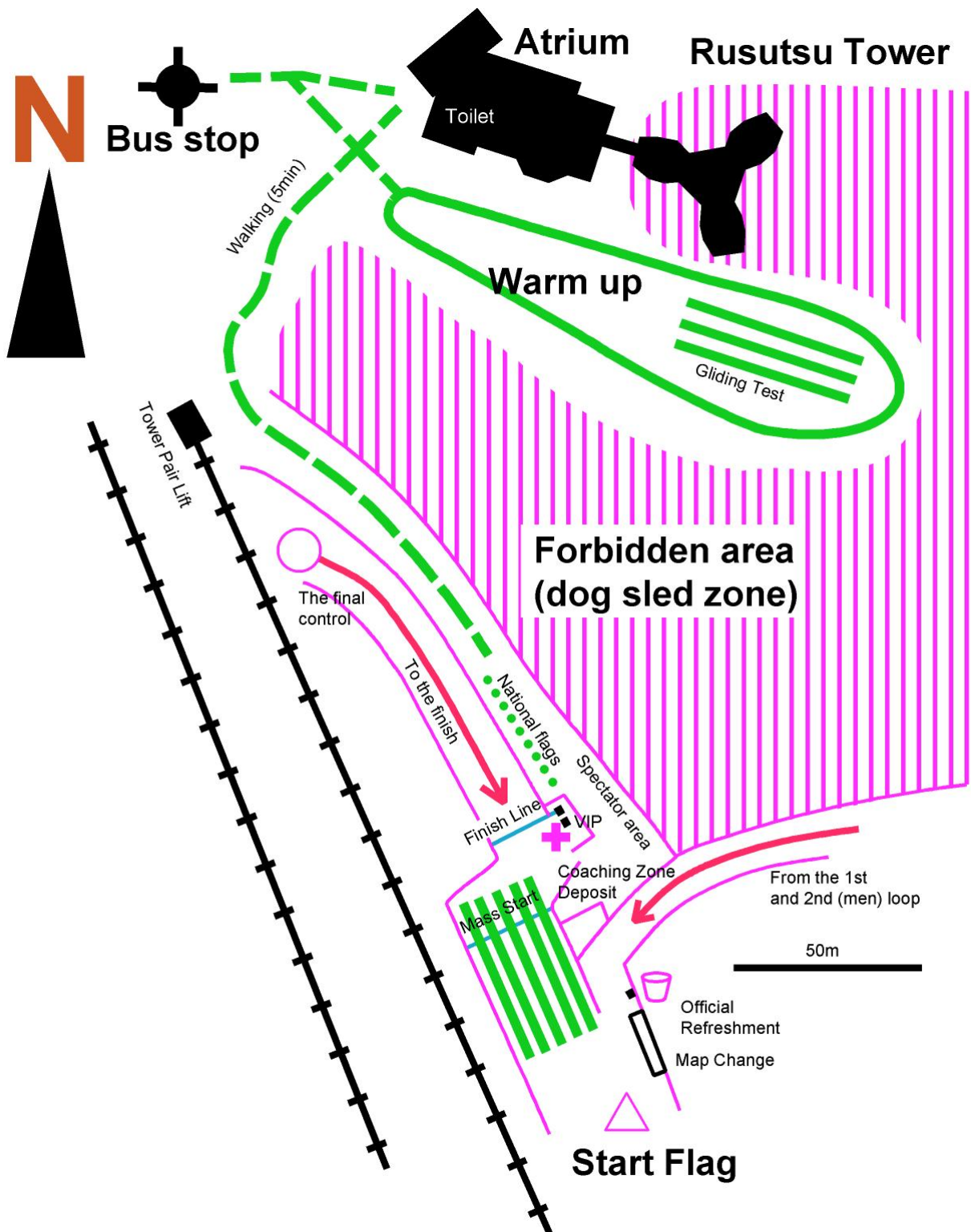
Coaching only on the coaching zone before the map change zone.

### Finish procedure

After crossing the finish line, follow instruction of officials. The competition map is collected and E-card is read. If there is trouble with record of the E-card, the back-up label is collected with signature of the competitor.

### Equipment control

The equipment control is in terrain and marked on the map by symbol  $\psi$ . Equipment for the equipment control has to be left at the marked place at latest 9.00 at the competition centre. Equipment has to be in ski-bags and marked clearly with nation's symbol.



## Layout of Start / Finish for the Long Distance

### The middle distance (7th March)

Middle distance terrain consists mainly of forest land and golf courses with moderate altitude differences. The track network is partly thick and there are some demanding downhill where careful concentration is needed. In most parties of middle distance terrain short cutting can be dangerous because of uncrossable (and also invisible) watercourses. Tracks are mainly narrow ski-o tracks.

Map scale 1:10,0 00  
 Contour interval 5m  
 Map size 21 x 29 cm

Courses	Length	Total climb	Number of controls	Winning time	Max. time
	Straight / shortest sensible				
Men	8,5/12,0 km	295 m	15	45 min	3 h
Women	6,76/ 9,50 km	245 m	15	40 min	3 h

#### Tracks

- 0,8-1,5 m wide tracks prepared by a snow mobile - dashed line - 69 %
- 3 m wide tracks prepared by a track machine or by a snow mobile - continuous line - 20 %
- 6 m wide tracks prepared with big ski track machine - wide continuous line - 11 %

132 crossing/km<sup>2</sup>

#### Transportation

Buses to the competition centre run in every 15 minutes and leave from entrance of South wing in Rusutsu resort (see maps). The travel time to the competition centre is approx. 5 min. The officials/competitors and spectators *without skis* can use mono-rail from the Rusutsu resort to the Atrium/Tower building. The distance from the bus stop/ the Atrium/Tower building to the competition centre is ca. 300m.

#### The competition centre (the start and the finish)

The competition centre is located near the Atrium/Tower building. There are a kiosk and toilet in the Atrium building (see maps). There is warm up area and glide test area in front of the Atrium/Tower Hotel building.

#### Start procedure

At the gate of start box competitors bib number and e-card are checked. Competitors are called by their bib number and name three minutes before the start time and are allowed to enter the -3 min box. With the beep of -2 min/ -1 min, they are allowed to proceed to the -2 min/ -1min box. 30 seconds before the start, competitors are handed their map and with the final beep, they can start.

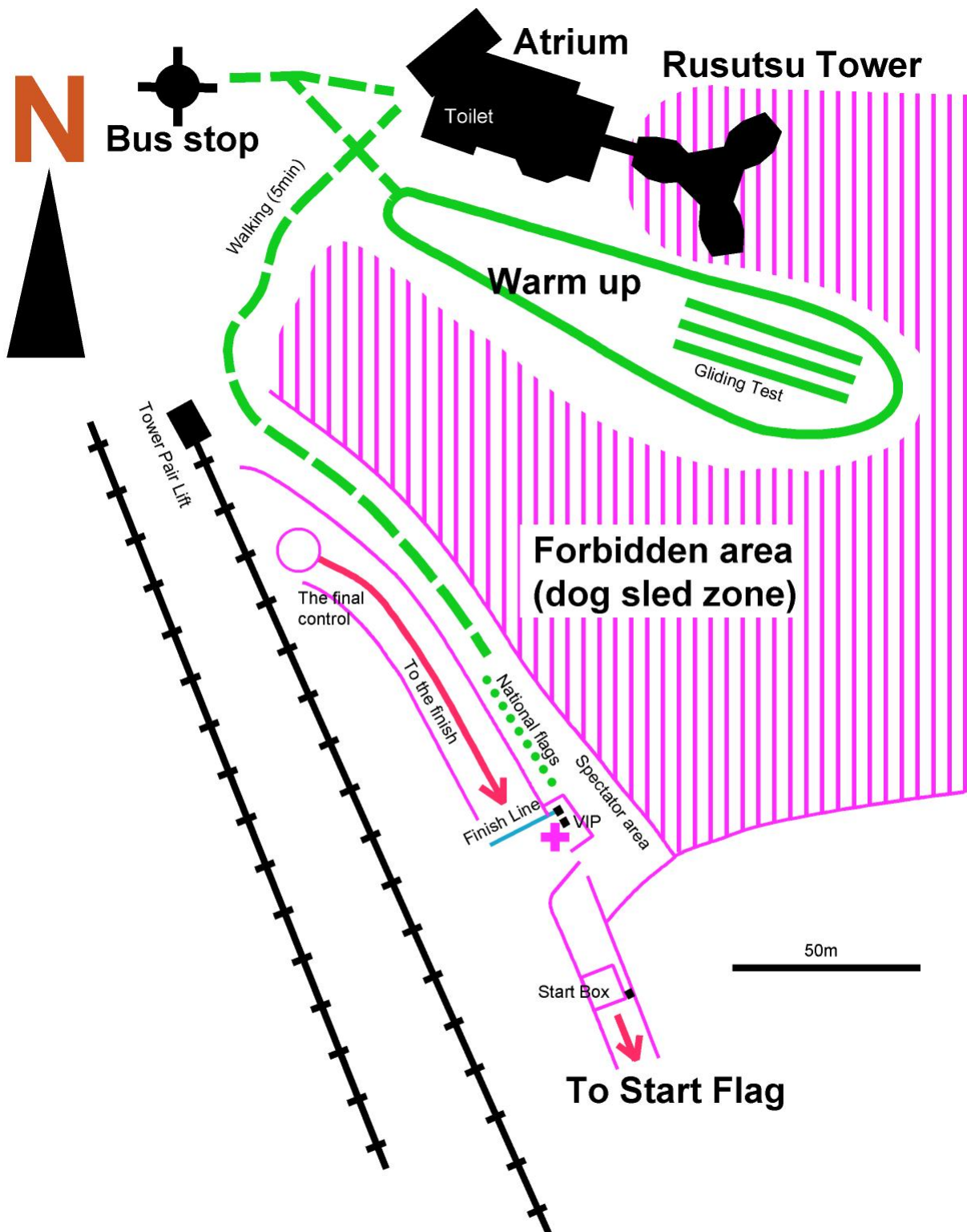
The route to the start flag is marked with fence (see map for the detail).

#### Finish procedure

After crossing the finish line, follow instruction of the staff. The competition map is collected and E-card is read. If there is trouble with record of the E-card, the back-up label is corrected with signature of the competitor.

#### Equipment control

The equipment control is in terrain and marked on the map by symbol  $\psi$ . Equipment for the equipment control has to be left at the marked place at latest 9.00 at the competition centre. Equipment has to be in ski-bags and marked clearly with nation's symbol.



## Layout of Start / Finish for the Middle Distance

### The Relay (8th March)

Relay will be held on challenging tracks described above (areas used in Sprint, Long and Middle distances). Accurate orienteering and good route choices are required. Downhills need concentration.

Map scale 1:10,0 00  
 Contour interval 5m  
 Map size 21 x 29 cm

	<b>Number of Legs</b>	<b>Distance</b> Straight / shortest sensible	<b>Total climb/</b>	<b>Number of controls</b>	<b>Winning time</b>
Men	3	6,7-6,9 / 9,0-9,2 km / leg	265 m/ leg	13	95 min
Women	3	4,6-4,9 / 6,1-6,4 km / leg	220 m/leg	9-10	80 min

### Tracks

- 0,8-1,5 m wide tracks prepared by a snow mobile - dashed line - 68 %
- 3 m wide tracks prepared by a track machine or by a snow mobile - continuous line - 19 %
- 6 m wide tracks prepared with big ski track machine - wide continuous line - 13 %

121 crossing/km<sup>2</sup>

### Transportation

Buses to the competition centre run in every 15 minutes and leave from entrance of South wing in Rusutsu resort (see maps). The travel time to the competition centre is approx. 5 min. The officials/competitors and spectators *without skis* can use mono-rail from the Rusutsu resort to the Atrium/Tower building. The distance from the bus stop/ the Atrium/Tower building to the competition centre is ca. 300m.

### The competition centre (the start and the finish)

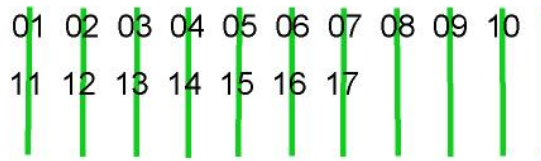
The competition centre is located near the Atrium/Tower building. There are a kiosk and toilet in the Atrium building (see maps). There is warm up area and glide test area in front of the Atrium/Tower Hotel building.

### Start

Five minutes before the start, competitors at the first leg are called and may enter the mass start area. Before entering the area, bib number and e-card are checked. The competitors should line up according to the bib number as shown in the diagram.

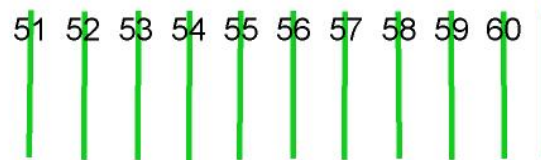
15 seconds before start, the competitors are handed their competition map and may start with the start pistol.

to the start flag



Layout of start line-up for relay for men

to the start flag



Layout of start line-up for relay for women

### Changeover

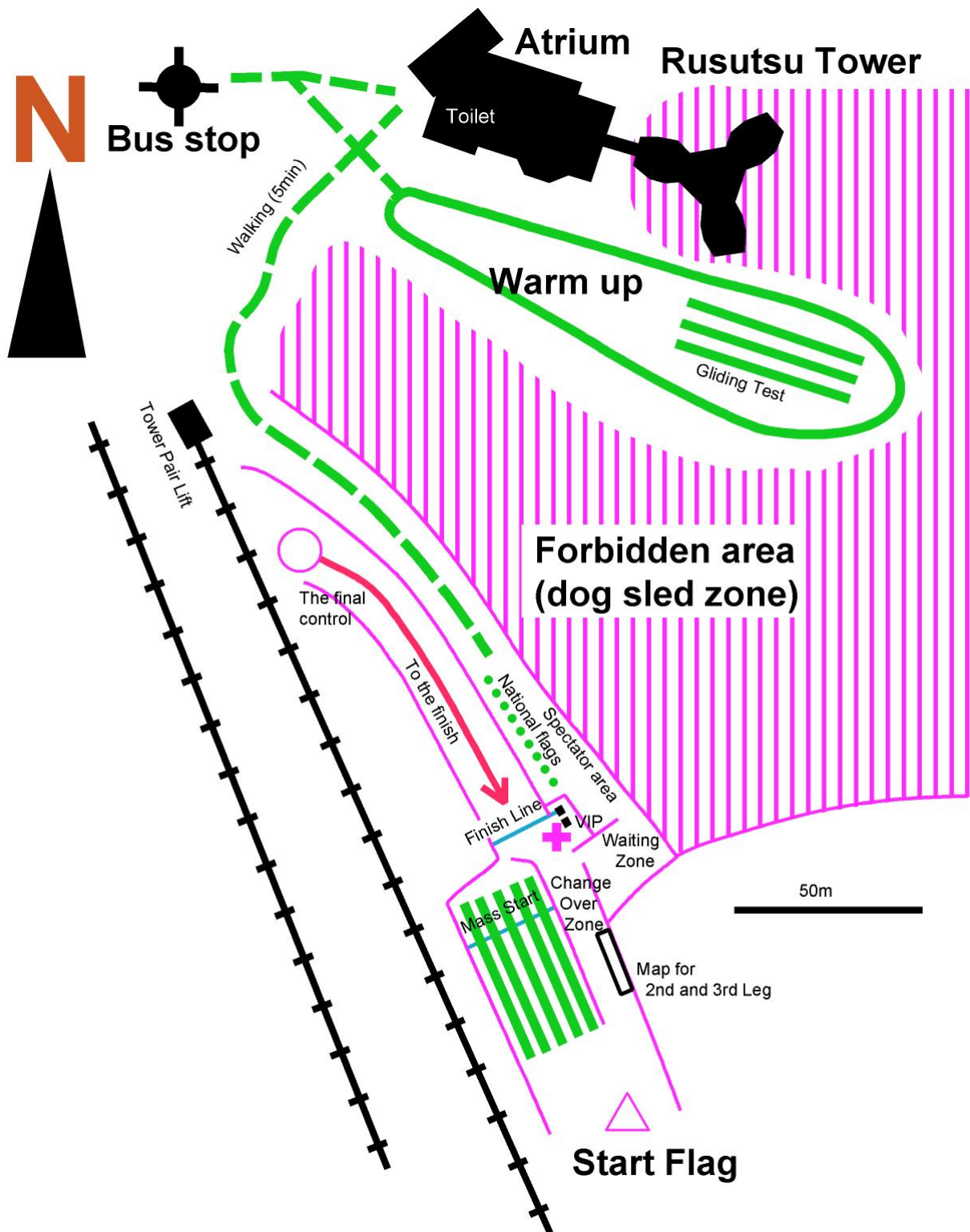
The changeover area is located just behind the finish line for the incoming competitors. The changeover takes place by touch between an incoming competitor and an outgoing competitor. The maps for the outgoing competitors are hanged 30m in front of the changeover area. The bib numbers are displayed on the back side of the map and hanged according to the bib number ( see the layout).

### Finish procedure

After crossing the finish line, follow instruction of the officials. The competition map is collected and E-card is read. If there is trouble with the record, the back-up label is collected with signature of the competitor.

### Equipment control

The equipment control is in terrain and marked on the map by symbol  $\psi$ . Equipment for the equipment control has to be left at the marked place at latest 9.00 at the competition centre. Equipment has to be in ski-bags and marked clearly with nation's symbol.



**Layout of Start / Finish for the Relay**

**5.3 Other competition information**

**Time keeping system**

EMIT electronic punching and timing system will be used for the competitions. The organiser will prepare the cards for competitors. The system will not be used for official time-keeping, but for split time presentation. Split times recorded by EMIT card will be

published as unofficial time 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

### **Number bib**

Number bibs should be displayed on both legs for each competition. Sponsor logos should not be folded.

### **Waxing room**

The organisers provide waxing space in the Rusutsu Arena in Rusutsu Resort Hotel. Each federation should have 1 ~ 2 outlets and a table(s).

The waxing space is available for 24 hours. However, the entrance is locked from 22.00 to 07.00. Please ask the hotel reception (South Wing 1st floor) to unlock and turn on the heating system and light.

\*Important: The waxing space is closed from 18.00 to 19.00 on March 4 when another group uses the arena.

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.

### **Abandon a race (DNF)**

If a competitor abandon a race, he/she must through finish line, report to the organizer at the Finish and hand over the map and EMIT card.

### **Refreshment Points**

During Long distance race, competitors pass refreshment points (Men: 2 times / Women: 1 time). There is no refreshment point in Sprint distance, Middle distance, and Relay.

### **Coaching Zone**

See the figure of competition centre.

### **Showers and Toilets**

There are no showers in the competition centre. Use showers in your accommodations. Toilets in Atrium Lobby of Rusutsu Resort Hotel are available.

### **Medical services**

In competition centre there is a medical group.

### **Returning of competition maps**

All maps will be returned at Competition office after the relay on March 8.

### **Complaint**

Any complaint shall be made in writing to the organiser as soon as possible at IT department at Event arena within 30 minutes after the official result is published.

### Protest

Any protest shall be made in writing to a member of the jury no later than one hour after the organiser has announced the decision about the complaint.

### The E-card return

E-cards will be collected when all competitions has over. All E-cards of the team shall be return together after relay competition at the finish tent. Those federations who do not enter relay, shall return all E-cards to competition office/finish tent at their last competition.

### Summary of entries received

	AUT	BUL	CAN	CZE	EST	FIN	GER	ITA	JPN		
Women	1	3	1	4		4			4		
Men	1	2		4	1	5	2	1	6		
TeamLeader		1		2		5		1	2		
	KAZ	LAT	LTU	NOR	ROM	RUS	SWE	SUI	UKR	USA	total
Women	5		3	1		6	5	2		4	43
Men	5	3	4	4	1	6	5	5	1	5	65
TeamLeader	2			2		2	4	2	1	1	21

## 6. Other information

### Weather information in Rusutsu area

The latest weather information is available at <http://tenki.jp/forecast/point-70.html>

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: centimetre

You can find weather forecast for the day of the competition at 12:00 and 17:00 on previous

day and 8:00 on the day of the competition.

### **Sunrise & Sunset time**

Sunrise 6:08    Sunset 17:29    (March 4th , 2009)

### **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.

### **Transport service for shopping in Rusutsu village**

The organiser will operate a free transport service once daily to go to shops and supermarket in Rusutsu village.

The shopping tour leaves in front of Rusutsu Arena at 15.00 everyday, except March 3 (leaving at 14.00.) As the places are limited, one person a team can be accepted. Please book a place by 14.30 (13.30 on March 3 ) at Competition office.