

Bulletin 4



2012 Sierra Ski-O Tour

January 29 - February 5
Lake Tahoe, CA, USA

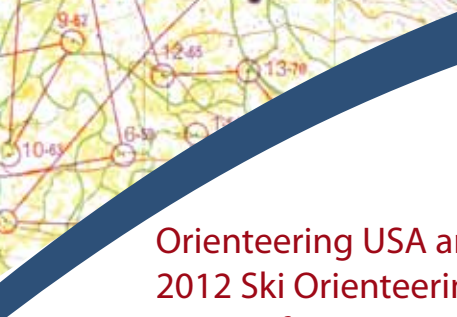
World Cup 2012

Round 1

Bay Area Orienteering Club

www.baoc.org





Orienteering USA and the Bay Area Orienteering Club (BAOC) invite you to the 2012 Ski Orienteering World Cup Round 1, at Lake Tahoe, California, in the United States of America. The Lake Tahoe region and Squaw Valley were the venue for the VIII Olympic Winter Games in 1960.

For the latest information, go to the event web site at http://baoc.org/wiki/Schedule/2012/Ski-O_Tour.

Organizers:

Bay Area Orienteering Club

Orienteering USA

Event Director:

Tony Pinkham

Course setters:

Greg Walker

National controller:

Ken Walker Sr., CSU

IOF Event Advisers:

Markku Vauhkonen, FIN

Myllärinen Antti, FIN

Event Center:

Community Arts Center

10046 Church St., Truckee, CA

(GPS:39.32911N, -120.18325W)

Email: SierraSkiOTour@gmail.com

Event Center is open on Sunday, January 31st, from 3:00 PM to 7:30 PM for registration.

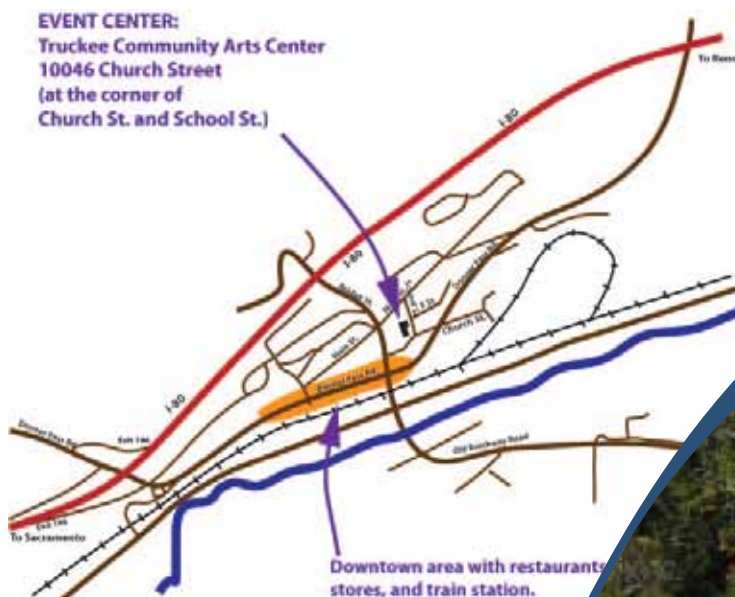
The competition materials are handed out during the WCup team leader meeting that starts at 5:30 PM. The registration and info office is open at the competition centers starting one hour before the first start until the closing of the finish.

Jury:

Alexander Bliznevsky, Russia

Carl Fey, United States

Eivind Tonna, Norway



Schedule

| Day | Date | Location | Time | Event |
|--------|--|---|---|--|
| Sun. | 29-Jan. | Northstar-at-Tahoe | 9AM -3PM | Model event -->Pickup your previously purchased trail pass at the Starbucks café (go to the rear of the café) in Northstar village. A few extra passes available for sale. -->Registration packets handed out at Starbucks café until 2PM and at event center after. -->Restrooms in village, Starbucks, cross country center. |
| | | Community Arts Center 10046 Church St, Truckee | 3-7:30PM 5:30PM | -->Registration. Handing out of SI-sticks and number bibs for WCup teams. -->WCup team leader meeting |
| Mon. | 30-Jan. | Tahoe Donner Cross Country | 6AM-3PM | -->Parking opens 6 AM at Tahoe Donner Club House at 12850 Northwoods Blvd, Truckee, CA., (GPS: 39.35266 N, -120.23258 W)shuttle buses available for competitors and team leaders to the competition center. First shuttle bus leaves at 6 AM. Event center and e-punch in tents. Cafe and restrooms in lodge. -->Allow 20 minutes for shuttle ride to race. |
| | | | 7AM-11:30AM | -->Registration opens |
| | | | 8AM | -->World Cup Long mass start (includes M-21+ and F-21+ classes from the NA Champs) |
| | | | 9AM | -->NA Long Champs mass start |
| | | | 10:30AM 10:30AM-noon 2PM | -->Flower Ceremony for WCup winners -->Late NA Long Champs and recreational starts -->Course closure; NA Champion medals awarded. |
| Tues. | 31-Jan. | Royal Gorge Cross Country | 9AM | -->Parking opens. Event center, E-punch upstairs in Summit building. Restrooms and café downstairs. |
| | | | 10AM | -->NA Middle Champs starts |
| | | | 11:30-noon | -->Late and recreational starts |
| | | | 2:00PM | -->Course closure; NA Middle Champs medals |
| | | | 5:30PM | -->Team meeting and handing out bibs for the WCup sprint. |
| Weds. | 1-Feb. | Auburn Ski Club Training Center | 7:30-11:30 | -->Registration open |
| | | | 9:00AM | -->WCup competitors into the quarantine area |
| | | | 9-10:30 AM | -->World Cup Sprints starts |
| | | | 10:30 AM | -->NA Sprints Champs starts |
| | | | 11:30AM | -->Flower Ceremony for WCup winners |
| | | | 11:30-Noon | -->Late and recreational starts |
| | | | 2:00 PM | -->Course closure |
| | | | 2:00 PM | -->NA Sprint Champs medals |
| 5:30PM | -->WCup team leader meeting and handing out number bibs for middle race. | | | |
| Thurs. | 2-Feb. | Tahoe Cross Country | 8:00AM | -->WCup competitors into quarantine by 9:00 |
| | | | 9:00AM | -->WCup competitors into the quarantine area by 9:00 |
| | | | 10:30AM | -->US Champs |
| | | | 11:00AM | -->Flower ceremony for WCup winners |
| | | | 11:30 AM | -->Late and recreational starts |
| | | | 12:00noon | -->Registration of teams to WCup mixed sprint relay |
| | | | 5:30PM | -->WCup team leader meeting and handing out of number bibs for mixed sprint relay. |
| | | | Community Arts Center 10046 Church St, Truckee | |

Schedule, cont.

| Day | Date | Location | Time | Event |
|------|--------|--|--|---|
| Fri. | 3-Feb. | Tahoe XC WCup Mixed Relay/Open Relay North Tahoe High School auditorium | 9:00AM 10:00AM 1:15PM | -->WCup mass start -->Open relay mass start -->WCup prize giving and closing ceremony (please do not arrive before 1:00 PM as that is when the high school lunch break ends). |
| Sat. | 4-Feb. | Tahoe Cross Country WRE/US Champs middle | 9:00AM 10:00AM 11:30AM 2:00PM | -->WRE middle starts -->US Champs middle starts -->Late and recreational starts -->Course closure, US Sprint medals |
| Sun. | 5-Feb. | Auburn Ski Club WRE/US CHAMPS SPRINTS | 9:00AM 10:00AM 11:30AM 2:00PM | -->WRE starts -->US Champs sprint starts -->Late and recreational starts -->Course closure, US Sprint medals |

GENERAL REGULATIONS:

Safety First!

We encourage all the teams and competitors to keep safety first. The competition terrains are open to other people, so caution and consideration must be taken when approaching other people skiing or hiking in the terrain. External people are aware of our races, but do not have the experience and understanding how fast elite ski orienteers can ski and thus may not be able to get out of way. So be certain that you can pass them with a safe distance. On the middle distance race, parts of the courses comes close to a dog trail, be specifically cautious if passing our four legged friends.

Due to warm weather and for the Tahoe region very low level of snow, the sun has melted some bare patches along the tracks and terrain. Some of the tracks go through areas with windfall tree trunks and rocks, be particularly alert and careful on those areas. If no new snow will fall during the World Cup week, the melting and freezing of snow will make the snow and tracks very icy and fast. All the creeks and streams in the competition terrains are open and often very deep, so do not try to short cut a creek or a stream for your own safety.

For first aid and medical emergencies, inform ski area personnel immediately.

Punching System:

SportIdent punching system is used in all competitions. The organizers will provide SI-sticks to all WCup participants. The competitors will use the same SI-stick in all events. It is now allowed to change the SI-sticks. The competitors are required to return the SI-sticks to the organizers. Team SI-sticks will be given out at the first team leaders meeting. After the last WRE race on Sunday, each team is responsible for returning the SI-sticks to the timing crew at the download tents. SI-Sticks can be returned early to the timing crew any day. Teams will be assessed \$50 for each lost or missing SI-stick.

Number Bibs:

Each World Cup event will have a set of number bibs, and the competitors will have a new number bib for each race. The number bibs will be handed out at the team leader meeting at the Event Center. Each competitor will receive two bibs, one for each leg. Pins for the bibs will be given out at the first coaches meeting and should be used for all the events. Pin through the holes in the bibs where possible to minimize tearing.

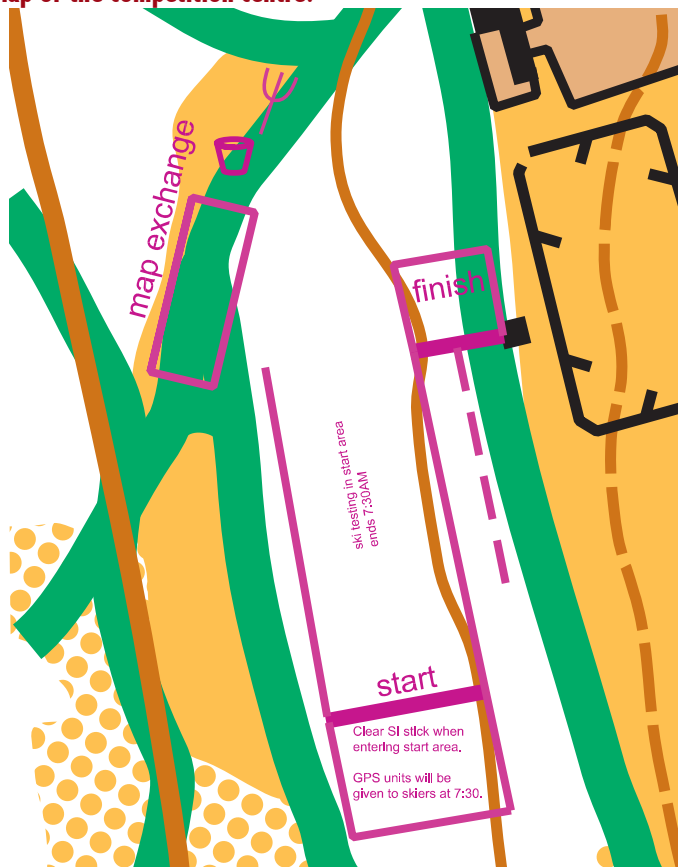
Event Information

World Cup – Event 1: Long Distance Mass Start

Event Venue: Tahoe Donner XC Ski Centre

Due to limited parking space at Tahoe Donner XC, the parking for the teams is at Tahoe Donner Lodge, 12850 Northwoods Blvd., Truckee, CA. The teams and competitors will be transported with a shuttle bus to the competition centre. The parking opens at 05:45 hrs and the first shuttle bus leaves at 06:00 hrs. Allow 20 minutes for shuttle ride to the competition centre.

Map of the competition centre:



Changing rooms and equipment/clothes storage:

There is a small locker room at the Tahoe Donner XC Ski Centre with a number of pre-paid lockers available for clothes and other equipment. Because the space is limited, we encourage teams to gather their equipment, clothes and other belongings on to one place outside.

Toilets:

Available at the Tahoe Donner XC Ski Centre.

Ski Waxing and Testing:

Ski Waxing must be done outside or at the Tahoe Donner XC Ski Center waxing room. There are two waxing rooms and four waxing benches available with electricity plugs. Ski testing can be done on the start area (please see the Arena map) until 07:30 AM.

Course information:

Men:

16.9 km straight line, 26.9 km shortest route, 35 controls, 550 m climbing. 60 % wide track, 40 % narrow tracks. Estimated winning time 90 minutes. Two map changes.

Women:

11.6 km straight line, 17.1 km shortest route, 20 controls, 440 m climbing. 60 % wide track, 40 % narrow tracks. Estimated winning time 80 minutes. Two map changes.

At the map change, the competitor first punches the control, then hands out the old map to the official, then takes a new map from the pole and starts to orienteer to the next control. Competitors are urged to ascertain that they take their own numbered map. Taking the wrong map will automatically lead to disqualification.

In both classes, there are refreshments available at the map changes.

Competitors can change their skis and other equipment at the map change control. The equipment change must be unassisted.

GPS tracking systems handed out to selected competitors starting 07:45 hrs at the entrance to the start area. Team leaders will be notified at the team leaders' meeting which competitors will be required to carry the GPS tracking device. Refusal to carry the GPS tracking device will cause the competitor to be eliminated from the race.

Maximum skiing time for long distance is 4 hours for both classes.

Start Order and Procedure:

World Cup Long Distance Mass Start starts at 08:00 hrs for both men and women. Men on the first row(s) and women on the second row(s). The starting position is according to the World Ranking position, where the best positioned competitors start in the centre.

The SI clearing and start registration starts at 07:45 and the start area is opened at 07:50 hrs. The competitors are required to be at their start position 3 minutes before the start, the maps will be handed out to competitors 2 minutes before the start. The competitors are required to put their left arm behind their back, where the organizers give the map. 15 seconds before the start, a command "Maps" is shouted, and the competitors are allowed to put their map into their holder. The start is given with a sound signal.

Skating is forbidden during the first 100 meters.

Flower ceremony:

Flowers for three best competitors in both classes will be handed out by Mr. Leho Haldna, vice president, International Orienteering Federation, 1 hour after the finish at about 10:30 hrs. The formal World Cup prize giving ceremony takes place on Thursday, February 3rd, at 1:15 PM at North Tahoe High School Auditorium, next to the Mixed Sprint Relay competition center.

After the competition, Tahoe Donner XC is open for training. For other days, please buy the trail pass from the Office before entering the terrain.

World Cup – Event 2: Sprint

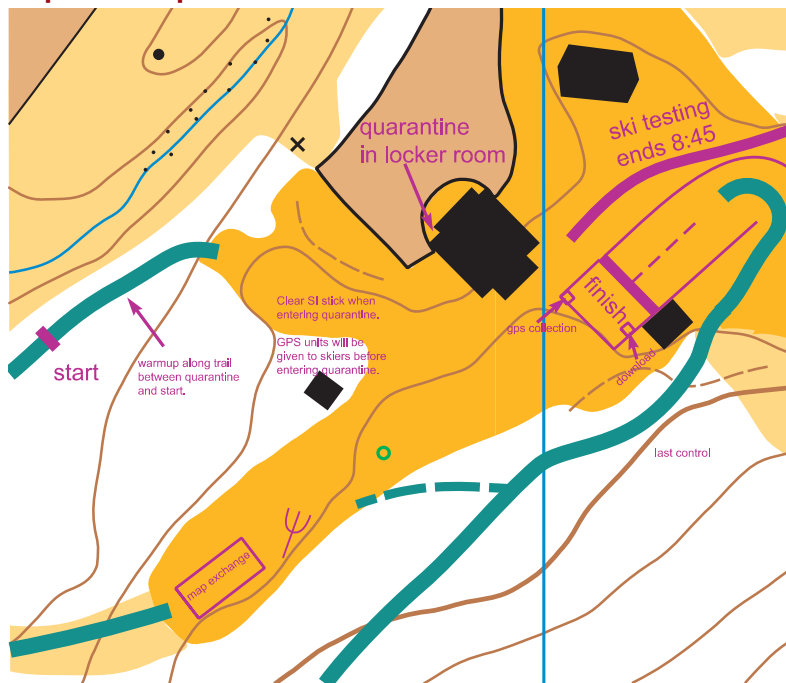
Event Venue: Auburn Ski Club

19749 Boreal Ridge Rd, Soda Springs, CA 95728

The competition center will be open at the Auburn Ski Club at 7:00 hrs.

Parking will be at the Auburn Ski Club and adjacent Boreal Ski Area.

Map of the competition centre:



Changing rooms and equipment/clothes storage:

There are no changing rooms available at the Arena.

Toilets:

Available at Auburn Ski Club or at Boreal Alpine Ski Area.

Ski Waxing and Testing:

There are no Ski Waxing facilities available and all waxing must be done outside. Ski testing can be done at the finish area (see the Arena map) until 08:45 AM

Start Order and Procedure:

Start order according to the World Cup standings and World Ranking points. The World Cup leaders in both classes start last, in seconds position second last, and so forth.

Those competitors who have not obtained World Cup points will be placed according to their World Ranking position. Competitors without World Ranking points will start first according to a start draw.

After exiting the quarantine building, competitors will be able to warm up along the track before the start. Competitors must be at the call up position 2 min before their start. Maps will be given out 15sec before start times. The start is given with a sound signal.

Course information:

Maximum skiing time for the sprint distance 1 hour.

Men:

2.8 km straight line, 4.5 km shortest route, 7 controls, 135 m climbing. 90 % wide tracks, 10 % narrow tracks. Estimated winning time 12 minutes. One map change.

Women:

2.4 km straight line, 3.9 km shortest route, 6 controls, 120 m climbing. 90 % wide tracks, 10 % narrow tracks. Estimated winning time 12 minutes. One map change.

At the map change, the competitor first punches the control, then hands the old map to the official, then takes a new map from the pole and starts to orienteer to the next control.

Equipment can be changed unassisted at the map change.

GPS tracking systems handed out to selected competitors starting 08:30 hrs at the quarantine area. Team leaders will be notified at the team leaders' meeting, which competitors will be required to carry the GPS tracking device. Refusal to carry the GPS tracking device will cause the competitor to be eliminated from the race.

Quarantine Procedure:

Due to live GPS tracking broadcast, pre-start quarantine is required. A warm room for quarantine is used. Transfer from quarantine area to start area 10 minutes before start. Registration and SI card clearance at the exit from the quarantine area. There is a warm-up area available at the start.

Prize giving ceremony:

Flowers for three best competitors in both classes will be handed out by Mr. Leho Haldna, vice president, International Orienteering Federation, 1 hour after the finish at about 10:30 hrs. The formal World Cup prize giving ceremony takes place on Thursday, February 3rd, at 1:15 PM at North Tahoe High School Auditorium, next to the Mixed Sprint Relay arena.

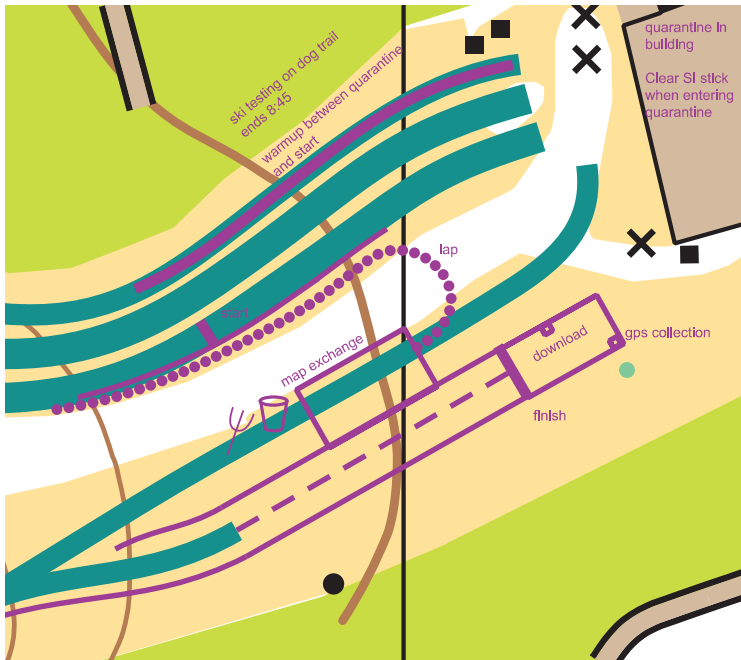


World Cup – Event 3: Middle Distance

Event Venue: Tahoe XC

925 Country Club Drive, Tahoe City CA, 96145
The competition center will be open at 7:00 hrs.
Parking will be at the Tahoe XC parking lot.

Map of the competition centre:



Changing rooms and equipment/clothes storage:

There are no changing rooms available at the Arena.

Toilets:

Available at Tahoe XC ski center.

Ski Waxing and Testing:

There are no Ski Waxing facilities available and all waxing must be done outside. Ski testing can be done at the finish area (see the Arena map) until 08:45 AM

Start Order and Procedure:

Start order according to the World Cup standings and World Ranking points. The World Cup leaders in both classes start last, in seconds position second last, and so forth. Those competitors who have not obtained World Cup points will be placed according to their World Ranking position. Competitors without World Ranking points will start first according to a start draw.

After exiting the quarantine building, competitors will be able to warm up along the track before the start. Competitors must be at the call up position 2 min before their start. Maps will be given out 15sec before start times. The start is given with a sound signal.

Course information:

Maximum skiing time for middle distance 2 hours.

Men:

11.1 km straight line, 14.8 km shortest route, 29 controls, 185 m climbing. 45 % wide tracks, 55 % narrow tracks. Estimated winning time 45 minutes. One map change.

Women:

8.8 km straight line, 11.6 km shortest route, 19 controls, 135 m climbing. 45 % wide tracks, 55 % narrow tracks. Estimated winning time 42 minutes. One map change.

At the map change, the competitor first punches the control, then hands out the old map to the official, then takes a new map from the pole and starts to orienteer to the next control.

In both classes, there are refreshments available at the map changes.

Equipment can be changed unassisted at the map change.

GPS tracking systems handed out to selected competitors starting 08:30 hrs at the quarantine area. Team leaders will be notified at the team leaders' meeting, which competitors will be required to carry the GPS tracking device. Refusal to carry the GPS tracking device will cause the competitor to be eliminated from the race.

Quarantine Procedure:

Due to live GPS tracking broadcast, pre-start quarantine is required. A warm room for quarantine is used. Transfer from quarantine area to start area 10 minutes before start. Registration and SI card clearance at the exit from the quarantine area. There is a warm-up area available at the start.

Prize giving ceremony:

Flowers for three best competitors in both classes will be handed out by Mr. Leho Haldna, vice president, International Orienteering Federation, 1 hour after the finish at about 10:30 hrs. The formal World Cup prize giving ceremony takes place on Thursday, February 3rd, at 1:15 PM at North Tahoe High School Auditorium, next to the Mixed Sprint Relay competition center.

World Cup – Event 4: Mixed Sprint Relay

Event Venue: Tahoe XC

North Tahoe High School, 2945 Polaris Rd Tahoe City, CA 96145

The competition centre opens at 07:00 hrs

Parking:

Available at the North Tahoe High School parking area. Please follow the instructions.

Map of the competition centre:



Changing rooms and equipment/clothes storage:

There are no changing rooms available at the Arena.

Toilets:

The toilets of the North Tahoe High School are available for the competitors.

Ski Waxing and Testing:

There are no Ski Waxing facilities available and all waxing must be done outside. Ski testing can be done at the finish area (see the Arena map) until 08:45 AM

Start Order and Procedure:

The running order for the relay is:

Man – Woman – Man – Woman – Man - Woman

World Cup Mixed Sprint Relay Mass Start starts at 09:00 hrs. The starting position is according to the 2011 World Championships results, where the best positioned teams start in the front. The second, third and so on teams for each nation start behind their respective first national teams.

The SI clearing and start registration starts at 07:45 and the start area is opened at 07:50 hrs. The competitors are required to be at their start position 3 minutes before the start, the maps will be handed out to competitors 2 minutes before the start. The competitors are required to put their left arm behind their back, where the organizers give the map. 15 seconds before the start, a command "Maps" is shouted, and the competitors are allowed to put their map into their holder. The start is given with a sound signal.

Skating is forbidden during the first 100 meters

Course information:

The legs vary between 1.5-2.0 km straight line, 1.9-2.7 km shortest route. Men will run about 0.4 km longer legs than women. There are 8-11 controls per leg. 30-50 m climbing. 20 % wide tracks, 80 % narrow tracks. Estimated winning time 40 minutes. Competitors can change their skis and other equipment at the map change control. The equipment change must be unassisted.

GPS tracking systems handed out to selected teams starting 08:30 hrs at the SI registration and clearing point. Team leaders will be notified at the team leaders' meeting, which teams are required to carry the GPS tracking device. Refusal to carry the GPS tracking device will cause the team to be eliminated from the race. Maximum skiing time for the mixed sprint relay is 1:30 hours.

Exchange Procedure:

The waiting competitors enter the exchange area from the south side in the order of arriving teams. Arriving competitor touches the next team member at the exchange area. The departing competitor skis forward to the maps, where she/he takes the map and skis then forward to the start point (triangle). Competitors are urged to ascertain that they take their own numbered map. Taking wrong map will automatically lead to disqualification.

The arriving competitor then turns to right to SI-reading and clearing point located at the exit of the exchange area. Competitors will punch a finish box, download their SI-stick and then clear before entering the waiting area.

Before entering the waiting area their bib will be marked with the leg that was finished, and a SI check will be completed.

She/he can then put on warm-up clothes and ski on the waiting area to keep warm.

Prize giving ceremony:

The formal World Cup prize giving ceremony takes place on Thursday, February 3rd, at 1:15 PM at North Tahoe High School Auditorium, next to the Mixed Sprint Relay arena.

Results Services for teams, competitors and media:

The online results and intermediate times are available at <http://www.O-Reg.com/live-results>

Results will also be available in the arena on a wifi network, SSID: liveresults

In the arena the address for online results is <http://liveresults.liveresults>











GPS tracking for each day will be linked from the BAOC event page.

http://www.baoc.org/wiki/Schedule/2012/Ski-O_Tour/GPS_Tracking

Detailed Information about the World Ranking Events on Saturday, February 4 (Middle Distance at Tahoe XC), and on Sunday, February 5 (Sprint Distance at Auburn Ski Club) will be available on Wednesday, February 2nd.

Weather Forecast:

The forecast for the Tahoe area for the next 10 days. The weather changes often rapidly, please check the weather regularly for your ski waxing but also for your safety. The latest detailed weather forecast will be handed out at the team leaders' meeting the evening prior to the competitions.

| Tonight | Thu | Fri | Sat | Sun | Mon | Tue | Wed | Thu | Fri |
|---|---|---|---|---|---|---|---|---|---|
| Jan 25 | 26 | 27 | 28 | 29 | 30 | 31 | Feb 1 | 2 | 3 |
|  |  |  |  |  |  |  |  |  |  |
| Partly Cloudy | Partly Cloudy | Partly Cloudy | Mostly Sunny | AM Clouds / PM Sun | Partly Cloudy | Partly Cloudy | Few Snow Showers | Sunny | Mostly Cloudy |
| -- High | 11° | 8° | 10° | 11° | 9° | 9° | 7° | 9° | 11° |
| -3° Low | -4° | -9° | -7° | -6° | -6° | -6° | -7° | -7° | -6° |

Anti-Doping:

Competitors are advised to be aware and strictly follow IOF Anti-Doping Rules, valid February 1, 2010, and be prepared for testing according to the rules.

Complaints:

A complaint can be made about infringements of IOF Ski Orienteering rules or the organiser's directions. Complaints can be made by team officials or competitors. There is no fee for a complaint. The complaints should be made in writing to the Event Director as soon as possible, but by 13:00 hrs at the latest on the day of the competition. The complainant shall be informed about the decision immediately.

