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# Invitation IOF WOC Clinic 2019

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To: National Orienteering Federations members of IOF

## Welcome to the World Orienteering Championships 2019

**Dear orienteering friends,**

The International Orienteering Federation (IOF) has awarded the 2019 World Orienteering Championships (WOC 2019) to Norway. Following the successful development clinics held at the World Orienteering Championships in 2011-2018, the IOF Regional Youth and Development Commission (RYDC), the Norway Orienteering Federation and the WOC 2019 Organising Committee, Moss city Municipality and OK Moss, are jointly setting up a similar project to help development and participation of athletes from less developed and/or economically not so strong orienteering federations at the WOC 2019.

The clinic will be comprised of three days of lectures and practical exercises designed to assist your competitors' participation in the WOC and to encourage future development of the sport in your country.

**We will provide the following:**

- Accommodation and full board in Moss Hostel from Thursday 8<sup>th</sup> August until Sunday 18<sup>th</sup> August 2019.
- All transportation during the WOC week
- World Championship registration and entry fees
- Clinic lectures and practical exercises

**You will be responsible for the travel costs to and from Norway and visa costs.**

The preliminary programme can be found in the attachment. All lectures will be held in English.

WOC Clinic 2019 center is in the city Moss, Moss hostel, Nesparken 11, 1530 Moss Norway

The gps coordinates are : 59.436285, 10.675517

**PLEASE NOTE** that you must come to Moss on Thursday 8<sup>th</sup> August 2019 until 17:00 h. Later arrivals will not be accepted, it means in case of a later arrival, you will have to pay full price for your stay and participation.

**Your applications should be sent latest 15<sup>th</sup> April 2019 using the enclosed application form.**

**We will make selection of candidates and confirm participation latest on 5<sup>th</sup> May 2019!**

Before you start to fill in application form, please read carefully **main criteria for the selection of candidates:**

- o The IOF WOC Clinic is dedicated to athletes from National Federations which are the IOF members and do not send out athletes to the WOC 2019 due to economic or financial difficulties.
- o National Federations can enter maximum 1 female and 1 male athlete.
- o Candidates should be at an orienteering level to be able to successfully finish all WOC individual races
- o Candidates should already have some previous international competition experience and preferably a WRE ranking status in middle/long. If not WRE points, then a candidate must fulfil athletic norms criteria (female athletes: 5000 meters for max 20 minutes or 10000 meters for max 42 minutes, male athletes: 5000 meters for max 18 minutes or 10000 meters for max 39minutes).
- o Nomination of athletes younger than 30 years is especially encouraged.
- o Applicants should be able to understand and speak English.
- o Applicants should have ready budget for the travel costs at the moment of sending application.
- o Applicants shall have their IOF Athletes license signed and paid.
- o Chosen participants shall represent as many global regions as possible.
- o Countries/athletes who did not participate yet in the IOF WOC Clinics before will have priority.

Any information you need, such as explanation or help, can be asked of Zoran Milovanovic (e mail: [aeg.events@gmail.com](mailto:aeg.events@gmail.com) )

After application deadline, we will select participants and let you know about our decision latest on 5<sup>th</sup> May 2019.

Representatives of some competing nations will need to apply for Visa for entry to Norway. Before you send your application to us, please check what is needed for your visa to avoid problems later on. Check especially your passport validity!

Information about Visa as well as the list of countries which do not need a visa to enter Norway can be found here: [udi.no/en/word-definitions/persons-who-do-not-need-a-visa-to-visit-norway-/#link-708](http://udi.no/en/word-definitions/persons-who-do-not-need-a-visa-to-visit-norway-/#link-708)

Applications for visas must be made right after 5<sup>th</sup> of May 2019 in order to be ready in time for travel! We will assist you with the official invitations for visa.

The easiest way to travel to Moss is: By air to Oslo Airport Gardemoen ([www.osl.no](http://www.osl.no)) or Sandefjord Lufthavn Torp( [www.torp.no](http://www.torp.no)) + public transport to Moss.

Bus from OSL- [www.flybussen.no](http://www.flybussen.no), train from OSL- [www.nsb.no](http://www.nsb.no).

Bus from Torp to Horten: [paulsenbuss.no](http://paulsenbuss.no), Ferry from Horten- Moss: [bastofosen.no](http://bastofosen.no). Moss Hostel is about 2km walking distance from the ferry.

All about WOC you can find at [www.woc2019.no](http://www.woc2019.no)

We look forward to having the pleasure of welcoming you to Norway.

**Yours sincerely,**



Leho Haldna  
IOF President

Per Bergerud  
WOC 2019 Director



Zoran Milovanovic  
IOF RYDC Clinic Coach

Hanne Sophie Gundersen Wold  
WOC 2019 Clinic representative