

Preliminary programme IOF WOC Clinic 2019

8th -18th August 2019

Date	activity
Thursday 8 th August	Arrival to Moss. 15:00-17:00 registration and accommodation in Moss hostel, address: Nesparken 11, 1530 Moss, Norway The gps coordinates are : 59.436285, 10.675517 NOTE: Arrivals after 17:00h are not allowed!!! All participants must arrive before this time. 18:00h Dinner 19:00h Opening and welcoming of IOF WOC Clinic participants
Friday 9 th August	1 st Clinic day 08:00h Breakfast First training in the morning 12,30h Lunch Second training in afternoon 19:00h Dinner 20:30h Evening meeting/lecture/presentation
Saturday 10 th August	2 nd Clinic day 08:00h Breakfast Third training in the morning. 12:30h Lunch Fourth training in the afternoon 19:00h dinner. 20:30h Evening meeting/lecture/presentation

**Detailed WOC time table, quarantines etc will be updated
when Bulletin 3 is published.**

Sunday 11 th August	3 rd Clinic day 08:00h Breakfast Fifth training in the morning
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	<p>13:00h Lunch</p> <p>Registration in the WOC event center</p> <p>19:00h Dinner</p> <p>20:30h Evening meeting/preparation for events</p>
<p>Monday 12th August</p>	<p>08:00h Breakfast</p> <p>Model event in the morning</p> <p>13:00h Lunch</p> <p>Opening ceremony in the afternoon</p> <p>19:00h Dinner</p> <p>20:30h Evening meeting/preparation for events</p>
<p>Tuesday 13th August</p>	<p>08:00h Breakfast</p> <p>Qualification for middle distance event</p> <p>13:00h Lunch</p> <p>Rest</p> <p>19:00h Dinner</p> <p>20:30h Evening meeting/evaluation of middle distance qualification/preparation for long distance</p>
<p>Wednesday 14th August</p>	<p>08:00h Breakfast</p> <p>Rest</p> <p>13:00h Lunch</p> <p>Long distance final event</p> <p>19:00h Dinner</p> <p>20:30h Evening meeting/evaluation of long distance</p>
<p>Thursday 15th August</p>	<p>08:00h Breakfast</p> <p>Rest</p> <p>13:00h Lunch</p> <p>Tourist visit</p> <p>19:00h Dinner</p> <p>20:30h Evening meeting/preparation for middle final event</p>
<p>Friday 16th August</p>	<p>08:00h Breakfast</p> <p>Rest or spectator race.</p> <p>13:00h Lunch</p> <p>Middle final event</p>

	19:00h Dinner 20:30h Evening meeting/evaluation of middle distance final event
Saturday 17 th August	08:00h Breakfast Rest or spectator race. 13:00h Lunch Relay event, official closing Dinner and farewell party
Sunday 18 th August	08:00h Breakfast Departures in the morning

NOTES:

-More about WOC you can find here www.woc2019.no Pay attention to embargoed zones which are published at the web site!

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

Bus from OSL- www.flybussen.no, train from OSL- www.nsb.no.

Bus from Torp to Horten: paulsenbuss.no, Ferry from Horten- Moss: basto-fosen.no. Moss Hostel is about 2km walking distance from the ferry.

-Participants are responsible for their own insurance during stay in Norway and participating in IOF WOC Clinic.

-Participants are responsible for their own visa if needed. After selection, we will make official invitation letters to selected IOF WOC Clinic participants.

-We are expecting from all participants to take part in all WOC Events. We have qualification race just for middle event. For long distance final race each country have a right to take part with minimum 1 participant in men and women class. During the days when are you are not running WOC races, you shall be able to participate in spectator events.

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

-Last updates of programme will be done before 25th July 2019 and we will send it to all participants by e-mail.

WELCOME TO NORWAY!

WELCOME TO IOF WOC CLINIC 2019!

19th December 2018.