



EUROPEAN ORIENTEERING CHAMPIONSHIPS

/World Cup/

Bulletin 3

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1) Welcome to the 7th EOC and World Cup in Ventspils, Latvia

The Organising Committee, organising orienteering clubs and the Latvian Orienteering Federation are pleased to welcome all orienteering friends to the 7th European Orienteering Championships.

Peteris Apinis
President of the Latvian Orienteering Federation

2) Organising committee

Event Director: Martins Gaigals

Secretary General: Inese Purgaile, e-mail: info@eoc2008.lv

Personal manager: Maris Blodons

Financial Director: Girts Mamis, e-mail: lof@orient.lv

Chief mapper and course planner: Indulis Peilans

Media Director: Martins Lismanis, e-mail: media@eoc2008.lv

IT Director: Guntars Mankus

Training: Martins Lismanis, e-mail: training@eoc2008.lv

Arenas: Oskars Zernis

Transport: Kaspars Lulis, e-mail: kl@levadija.lv

Acommodation: Iveta Rivane, e-mail: tobago@skatvis.net

3) Events Controllers

IOF Senior Event Adviser: Rimas Jovaisas /Lithuania/, e-mail: rimasj@infoseka.lt

National Controller: Jurgis Krastins /Latvia/, e-mail: krasts_krasts@yahoo.co.uk

4) Contacts

For any assistance, please do not hesitate to contact the organising committee!

Inese Purgaile (secretary general)
E-mail: info@eoc2008.lv
Tel. /mobile/: +371 29751855
Fax: +371 3107045

5) EOC 2008 Program

Saturday, 24.05		
16.00 – 22.00	Ventspils Olympic Centre (OC)	Event Centre is Open
Sunday, 25 .05		
9.00 - 20.00	Ventspils OC	Event Centre is open
12.00	Ventspils OC	Deadline for Team registration (Event Centre) Entries to Sprint Distance Event Qualification
From 10.00	Liepene	Model Event for Long Distance, Middle Distance, Relay (Model Distance will be available anytime before 31.05. 18.00 p.m.)
16.00 - 18.00	Ventspils OC stadion	Model Event for Sprint Distance and Model for Start,Finish and control arrangement for all courses
18.30 - 19.00	Ventspils OC	Opening of the EOC 2008 and World Cup Event
19.00	Ventspils OC	Team Officials' Meeting
Monday 26.05		
7.30 - 8.30	Ventspils OC	Event Centre is open
7.30 - 8.30	Ventspils, the Venta river embankment	Check-in for Sprint Distance Qualification
9.00 - 11.00	Ventspils, the Venta river embankment	Sprint Distance Event, Qualification, Pre start area
9.01		-first start women
9.35		-first start men
9.00 - 12.00	Arena - Ventspils Aqua Park	Information desk is open
12.00	Arena – Ventspils Aqua Park	Deadline for entries to Long Distance Event Qualification
12.00	Arena – Ventspils Aqua Park	Deadline for withdrawal of B-final entries
14.00 - 15.15	Near Piejūras camping	Check-in for Sprint Distance A-final, Handing out of number bibs for Sprint Finals (A,B)
15.30 - 18.15	Arena - Ventspils Aqua Park	Sprint Distance Event, Finals (A, B)
15.31		- first start women (A-final)
16.30		- first start men (A-final)
16.45-17.30		Check-in for Sprint Distance B- final
17.35		Start of Sprint Distance B-final
18.00	Ventspils Aqua Park	Prize-giving ceremony
18.30 - 20.30	Ventspils OC	Event Centre is open
19.00	Ventspils OC	Team Officials' Meeting
Tuesday 27.05		
8.00 - 9.00	Ventspils OC	Event Centre is open
11.00 - 14.00	Arena - Liepene	Information desk is open
9.30-11.30	Liepene	Check-in for Long Distance Qualification
11.00 – 14.00	Arena - Liepene	Long Distance Event, Qualification
11.00		-first start women
11.21		-first start men
12.30 - 14.30	Arena-Liepene	Lunch
19.00	Ventspils OC	Team Officials' meeting (Long Distance Final)

18.30 - 20.30	Ventspils OC	Event Centre is open
Wednesday 28.05		
9.00-10.00		Event Centre is open
14.00 - 18.00	Arena - Irbene	Information desk is open
15.30	Irbene	Latest check-in for Long Distance Final
15.00- 20.00	Irbene	Long Distance Event, Final
15.00		-first start women A-final
15.01		-first start men A-final
12.00 - 14.00	Arena - Irbene	Lunch
16.45	Irbene	Long Distance B - final
18.30	Irbene	Prize-giving ceremony
Thursday 29.05		
		Training, rest day
9.00 - 12.00	Ventspils OC	Event Centre is open
12.00	Ventspils OC	Deadline for entries to Middle Distance Event, Qualification (Event Centre)
19.00	Ventspils OC	Team Officials' meeting (Middle Distance Qualification)
18.30 - 20.30	Ventspils OC	Event Centre is open
Friday 30.05		
8.00 - 9.00	Ventspils OC	Event Centre is open
10.00- 13.30	Arena - Jaunupe	Information desk is open
9.30 - 10.30		Check-in for Middle Distance Qualification
10.00 - 13.30	Jaunupe	Middle Distance Event, Qualification
10.00		-first start women
11.21		-first start men
12.00-14.00	Arena - Jaunupe	Lunch
14.00	Arena - Jaunupe	Team Officials, VIP, Media race
18.30 - 20.30	Ventspils OC	Event Centre is open
19.00	Ventspils OC	Team Officials' meeting (Middle Distance Event Final)
Saturday 31.05		
8.00 - 9.00	Ventspils OC	Event Centre is open
11.00 - 15.00	Jaunupe	Information desk is open
11.30	Jaunupe	Latest check-in to Middle Distance Final
12.00	Arena Jaunupe	Deadline for entries to Relay Event at Middle Distance Event Centre / Competition area
11.00 - 17.30	Jaunupe	Middle Distance Event, Final
11.00		-first start women A-final
12.01		-first start men A-final
13.00 - 15.00	Arena-Jaunupe	Lunch
14.30		Latest check-in for Middle Distance B - final
14.30	Jaunupe	First start of Middle Distance B-final
14.45	Jaunupe	Prize-giving ceremony in Competition Arena
19.00	Ventspils OC	Team Officials' meeting (Relay)
18.30-20.30	Ventspils OC	Event Centre is open
Sunday 01.06		
7.30 - 8.30	Ventspils OC	Event Centre is open
09.00 - 13.30	Arena-Piejūras camping	Information desk is open

09.00 – 13.30	Piejūras camping	Relay Event
09.00		- women start
10.30		- men start
11.00 - 13.30		Lunch
13.30		Prize giving ceremony in Piejūras camping
19.00	Ventspils	Banquet in Ventspils OC
17.00 - 19.00	Ventspils OC	Event Centre is open
Monday 02.06		
9.00 - 12.00		Event Centre is open

6) Competition Rules

The Competition Rules for IOF Foot Orienteering Events (edition of January 1, 2007) apply for EOC 2008.

7) Classes and Participation Restrictions

Competitors representing IOF full member Federations can compete in the EOC.

In each individual competition, the competitors placed number 17 and better in each qualification race heat may run in the A-final; the remaining competitors run in the B-final. Competitors who start, but are not placed, in the qualification race may start before the qualified runners in the B-final but shall appear in the result list as not placed.

In the relay a Federation may enter 2 teams each consisting of 3 competitors, but only the better-placed team will count in the prize list. Incomplete teams and teams with runners from more than one Federation are not allowed. Under no circumstances may persons other than entered competitors participate in the competition.

There is no limit on the number of runners and officials in a team.

Event distance	Max number from each federation W/M	Qualification race	Number of heats in qualification	Qualified from each heat/total in final
Sprint /WCup/	6 (+E Champion)	Yes	3	17/51
Long /WCup/	6(+E Champion)	Yes	3	17/51
Middle /WCup/	6 (+E Champion)	Yes	3	17/51
Relay	2 team 3 legs	No		

The current European Champion for each distance has a wild-card in the qualification race of the relevant event, provided that he/she is a member of the federation's team.

8) Anti-Doping

Let us keep our sport and the EOC 2008 free of doping! Doping controls are possible throughout the competitions. We, the organisers, are fully committed to support the endeavours of the anti-doping authorities with highest priority. The rules of the IOF Anti-Doping Code, valid from January 1, 2007 apply.

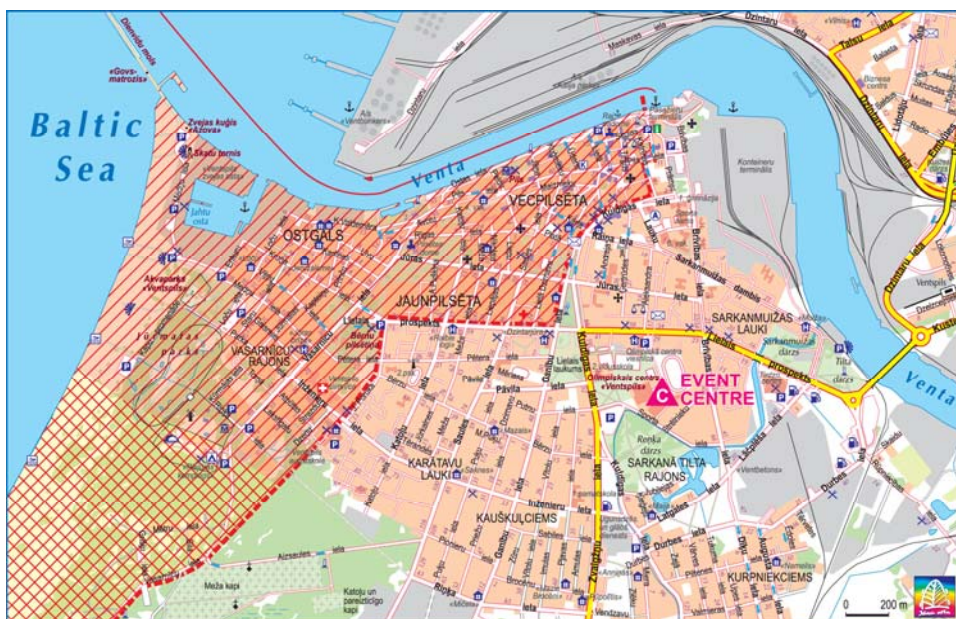
9) Embargoed areas

The following areas are embargoed until further notice.



<u>Map</u>	<u>Name of the map</u>	<u>Nearest settlement</u>
685	Ventspils-centre	Ventspils
686	Jaunupe-north	Jaunupe
687	Ventspils-camping	Ventspils
688	Jaunupe-south	Jaunupe
609	Staldzene	Staldzene
709	Seaside park	Ventspils
841	Liepene-camping	Liepene

Embargoed areas in Ventspils:

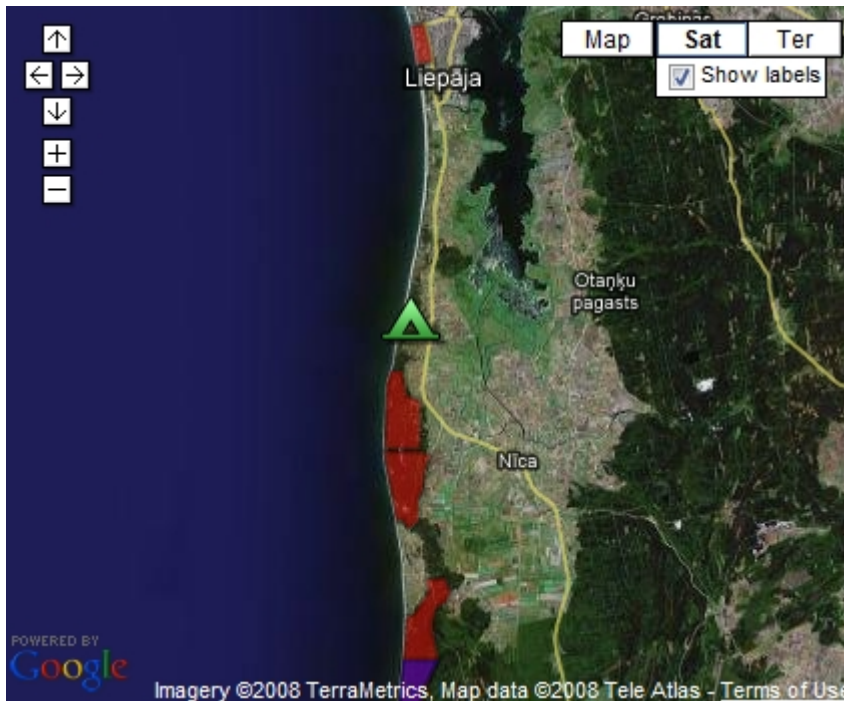


The part of the map marked with parallel lines is closed for any type of access till 19:00 on May 26; the area marked with grid remains closed till the end of relay competitions.

10) Opportunities for training

EOC2008 official training camp #2 - "PreEOC camp" – May 2008

Second official training camp will be organised in Liepaja one week before EOC (May 19 – May 24, 2008).



Possible customised camp organisation according to your wishes – ASK FOR MORE INFORMATION to get best training camp ever!

For additional information concerning EOC 2008 training contact:

Martins Lismanis

E-mail: training@eoc2008.lv

Phone: +371 26752100

11) Maps

Maps are drawn in accordance with the International Specification for Orienteering Maps (ISOM 2000) and the International Specification for Sprint Orienteering Maps (ISSOM 2007).



Race	Map Scale	Countour interval
Sprint Qualification	1:5000	2,5 m
Sprint Final /WCup/	1:5000	2,5 m
Middle Qualification	1:10000	2,5 m
Middle Final /WCup/	1:10000	2,5 m
Long Qualification	1:15000	2,5 m
Long Final /WCup/	1:15000	2,5 m
Relay	1:10000	2,5 m

12) Courses

	Gender	Length (km)	Climb (m)	Controls	Winning time	Refreshment	Map scale	Contour interval	Spectator control
Sprint Qualification	M	3.2	10	14	12-15min	0	1:5000	2.5m	0
	W	2.5	10	12	12-15min.	0	1:5000	2.5m	0
Sprint Final /WCup/	M	3.1	20	19	12-15min.	0	1:5000	2.5m	1
	W	2.5	15	17	12-15min.	0	1:5000	2.5m	1
Long Qualification	M	11.1	135	18	60min	2	1:15000	2.5m	0
	W	6.5	85	14	45min	2	1:15000	2.5m	0
Long Final /WCup/	M	17.5	260	33	95min	3	1:15000	2.5m	1
	W	11	140	23	75min	3	1:15000	2.5m	1
Middle Qualification	M	4.9-5.1	150	18	25	0	1:10000	2.5m	0
	W	3.9-4.1	120	15	25	0	1:10000	2.5m	0
Middle Final /WCup/	M	6.5	140	22	35	1	1:10000	2.5m	2
	W	5.2	110	15	35	1	1:10000	2.5m	2
Relay	M	8.9-9.1	220	18	135	1	1:10000	2.5m	2
	W	6.1-6.3	150	21	120	1	1:10000	2.5m	2

13) General description of terrain

Sprint qualification

Ventspils urban area; city parks. Maximum height difference 10 m.

Sprint finals

Ventspils urban area, parks, dunes abundant in detailed contour. Height difference up to 15 m.

Long distance qualification

Coniferous forest with good and medium runnability prevails. 10% of the mapped area is taken up by marshes with various runnability. Maximum height difference 25m.

Long distance finals

Coniferous forest with good and medium runnability prevails. The areas along the river banks have medium and limited runnability. 20% of the area on the map is taken up by marshes with various runnability. A part of the mapped area used to host army units and a polygon, hence the ruins of buildings, barbed wire etc. on the terrain. Maximum height difference 25 m.

Middle distance qualification and finals

Coniferous forest with good and medium runnability prevails. Stretches of dunes alternate with elongated narrow marshes (20% of the area in qualifications and 30% in the finals). On many occasions the contour is very detailed. Maximum height difference up to 25m.

Relay

Coniferous forest with good and medium runnability. Nearly entire area used to host an army base, hence the ruins of buildings, barbed wire etc. on the terrain. A large part of the course is set in open dunes. The dune area is saturated with a lot of detailed contour. Maximum height difference up to 25m.

14) Punching and timing systems

The EMIT punching system will be used.

15) Weather and Climate

At the end of May weather is normally warm and pleasant, with temperature about 17-25°C. The highest temperature at this time of year is around 30°C and the lowest 12°C. Rain may occur at this time of the year. For more information visit: www.meteo.lv

16) Event Centre and Accommodation

The Event Centre will be situated right in the heart of Ventspils, 7/9 Sporta iela. All EOC participants will be accommodated in hotels.

A1 – 1 persons per room, WC, shower, breakfast.

Price: 45 EUR per person / per night

A2 – No more than 2 persons per room, WC, shower, breakfast

Price: 33 EUR per person / per night

B – No more than 4 persons per room, WC, shower, breakfast

Price: 25 EUR per person / per night

C – No more than 4 persons per room, shared WC and shower, breakfast is not included

Price: 12 EUR per person / per night

Dinner and lunch in training days will be available at the accommodation places or at the facilities within no more than 5 minutes walking distance, on days of competition lunch will be served at the competition centres.

Price: 10 EUR per person / 1 meal

17) Transport

EOC organisers will provide transportation from all the official accommodation places for all competitors and team officials who pre-request such a service (see entry forms for details).

Price for transportation to and back from competitions, model events, banquet and opening ceremony is 38 EUR per person / for all EOC 2008 period.

For opportunities of car rental please AVIS website at www.avis.lv/?l=en

On May 31 parking for buses will be about 1500m from the finish area. Car and van parking will be only 100m from the finish area.

Detailed information about transportation to and from competition centres will be provided during team officials' meetings.

18) Entry Permits to Latvia

For visa information and entry details please contact the nearest Embassy/ Consulate of Latvia or visit website of office of citizenship and migration affairs: www.ocma.gov.lv.

Conditions of entry may change, and all visitors are encouraged to check the latest information when planning the visit.

For having a letter of invitation, the approved athletes should provide the following information to the organisers:

- name (-s) and surname;
- citizenship (nationality);
- date of birth;
- place of birth;
- the address of the place of residence;
- anticipated place of residence and duration of stay in Latvia;
- the location (office) where the visa application will likely be submitted;

Price for the first persons invitation is 10 eur and for every next 3 eur.

Information must be sent to **info@eoc2008.lv**

19) Entries, Federation Teams

Events	Races	Services	Entry fee per person, EUR
Accreditation		<ul style="list-style-type: none"> • Access to all arenas • Maps, start and results lists • Banquet • Participation in ceremonies 	40
Sprint /WCup/	Model + Qualification + Final		70
Middle /WCup/	Model + Qualification + Final		70
Long /WCup/	Model + Qualification + Final		70
Relay	Model + Final		90 per team
Team official	Access to all official areas		30

Participants / team officials must pay the accreditation fee in addition to the fee for each race / team official fee.

Accreditation fee is obligatory for all athletes/team officials

Final entry forms should reach the organisers by **11.05.2008** via e-mail: info@eoc2008.lv or fax: +371 3107045 .

20) Entries, Media Services

We welcome all media representatives to follow the exciting events and the cheerful atmosphere of EOC 2008. Entry applications from media representatives must reach the EOC 2008 office no later than 31.03.2008.

Entry

Entry and related requested reservations will be confirmed only if the full payment will be received by 11.04.2008. Please fill out the electronic version at www.eoc2008.lv.

Accommodation

For media representatives we can offer special EOC 2008 rates as long as there are rooms (see paragraph 16 for details) available for both: ETOC2008 and EOC2008, provided that the accommodation is booked through the EOC 2008

organisers. The EOC 2008 organisers will inform the registered media representatives on accommodation alternatives.

The Media Centre will be situated right in the heart of Ventspils, 7/9 Sporta iela

Contacts

Martins Lismanis

E-mail: media@eoc2008.lv

Phone: +371 26752100

Fax: +371 3107045

21) Summary of entries received

Country	Athletes woman	Athletes man	Team leaders	Total
Australia	1	0	0	1
Austria	2	4	2	8
Belarus	4	6	1	11
Belgium	2	2	2	6
Bulgaria	1	3	0	4
Canada	1	1	0	2
Czech Republic	6	7	4	17
Denmark	4	7	4	15
Estonia	5	6	3	14
Finland	8	8	4	20
France	4	6	4	14
Germany	1	3	0	4
Great Britain	6	6	3	15
Hungary	5	5	1	11
Israel	0	1	0	1
Italy	3	6	1	10
Japan	2	2	0	4
Latvia	8	8	2	18
Lithuania	6	6	1	13
New Zealand	0	3	0	3
Norway	7	7	5	19
Poland	1	3	1	5
Russia	7	7	4	18
Spain	3	4	1	8
Slovakia	0	3	1	4
Sweden	8	8	5	21
Switzerland	7	7	4	18
Ukraine	7	7	2	16
USA	1	1	0	2
Total:	110	137	55	302

22) Spectator Events – EOC Tour 2008

Three spectator races will be organised:

Training distance on Friday 30.05.2008. Open start from 13.30 till 15.00.

Middle distance on Saturday 31.05.2008 in Jaunupe after EOC middle final.

Long distance on Sunday 01.06.2008 in Ventspils after relay.

Starts are scheduled in a way to give you a chance to feel the atmosphere of one of the world's top orienteering events and to cheer your national team.

For further details please visit www.eoc2008.lv section "EOC TOUR" or e-mail eoctour@eoc2008.lv.

For more information about Ventspils, please visit www.ventspils.lv

23) Payments

All payments to EOC2008 have to be made to:

Account Name: Latvian Orienteering federation
Bank Name: SEB Latvijas Unibanka
SWIFT: UNLALV2X
IBAN: LV49 UNLA 0050 0045 4965 7

All payments must be made by **11.04.2008** to the Latvian Orienteering Federation bank account in **Euros**. Please note that all bank charges are due from the sender/payer.

24) Further Information

Web site: <http://www.eoc2008.lv/>

E-mail: info@eoc2008.lv; lof@orient.lv

Latvian Orienteering Federation
Marijas 13/1, Riga, Latvia
EOC Secretary General: Inese Purgaile

Tel. /mobile/: +371 29751855
Fax: +371 3107045

25) Important dates

Media registration deadline is 31.03.2008.

Full payment for all competitor, official and media entries and accommodation must be done by 11.04.2008.

Final entry should be sent to e-mail: info@eoc2008.lv or fax: +371 3107045 by **11.05.2008**.