



# Final Bulletin

## Sprint races

5<sup>th</sup> World Deaf Orienteering Championships  
Deaf Masters Orienteering World Cup





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# 1. Embargoed area

## SPRINT & SUPER-SPRINT RELAY – 30<sup>th</sup> + 31<sup>st</sup> AUGUST



The areas for the individual sprint and the Super-Sprint relay are under hard embargo during Wednesday 30<sup>th</sup> and Thursday 31<sup>st</sup>. Buses from Event Center will drop off at two different spots during these days.

### Parking with car

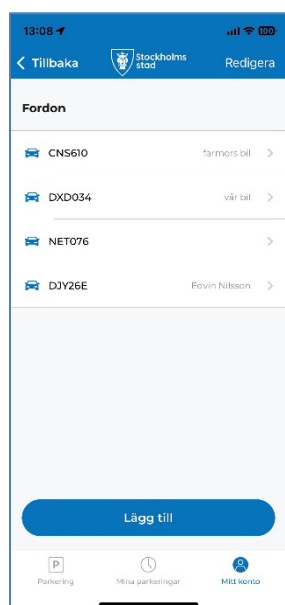
Runners and team leaders that arrive by car must find parking spots on the streets east from the bus drop off. Parking fee is paid through the mobile phone application 'Betala P' and by register credit card and license plate you choose the parking zone 'Taxa 4'.

See picture below!

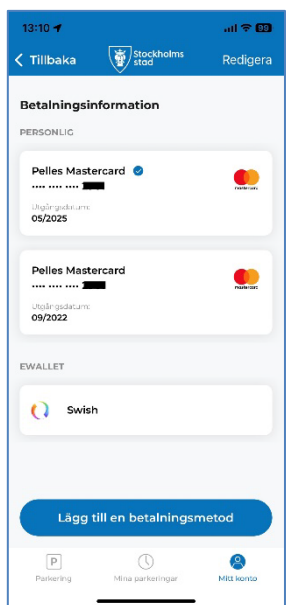




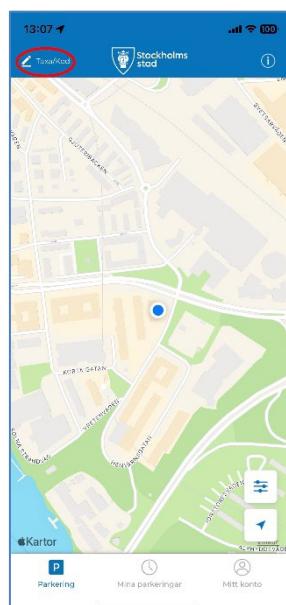
**Add vehicle**



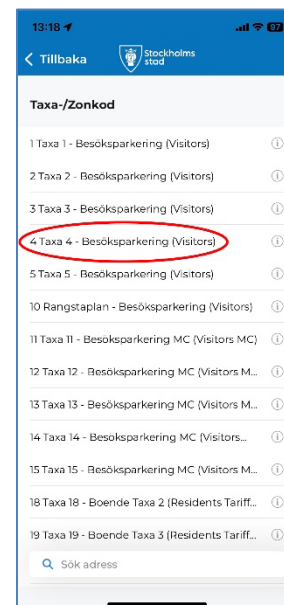
**Add bank card**



**Choose zone**



**Choose zone**



## 2. General information – Individual Sprint

**Competition:** Individual Sprint

**Date & time:** 30 August – first start 15.00

**Organizing club:** IFK Enskede

**Competition director:** Pelle Bengtsson

**Course setter:** Per Forsberg

**Event controller:** Lars Forsberg, *Swedish Orienteering Federation*  
Oleg Lavryk, *Sports Director ICSD*

**Scale:** 1:4000 for MW21 and 1:3000 for DMOWC

**Contour intervals:** 2m

- Distance:** M21 – 2210m – **WDOC23**  
 W21 – 2010 m – **WDOC23**  
 M40 – 1960 m  
 M50 – 1700 m  
 M60 – 1480 m  
 M70 – 1330 m  
 W50 – 1480 m  
 W70 – 1170 m





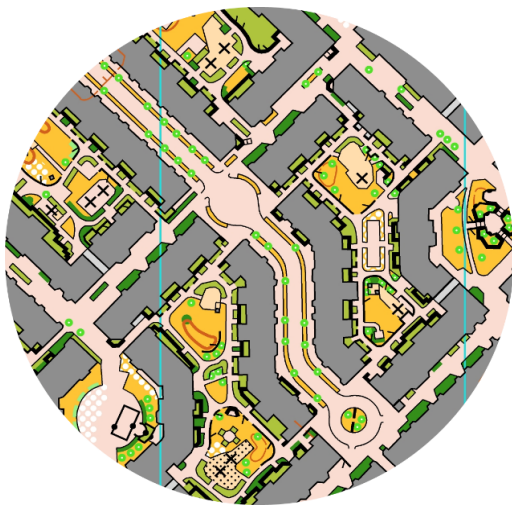
## Description of the terrain

The area is built up in the 1980's by three floor buildings mostly formed in squares around courtyards with walking paths and children's playgrounds. There are almost no cars except for local streets for low-speed transportation to the apartments in the area. On certain sports there will be traffic wardens to help runners to avoid accidents.

The area has never been mapped although it is a very interesting sprint-area where you must be a fast map reader. It is important to keep in mind what to do next if you like to run fast, which is possible since there is almost no climb at all in this area.

The surface contains around 90 % asphalt and 10 % grass.

**Be extra careful in the courtyards since there can be children playing. The life goes on as usual in there and we are guests in this residential area.**



## FINAL ENTRY REGISTRATION – WDOC23

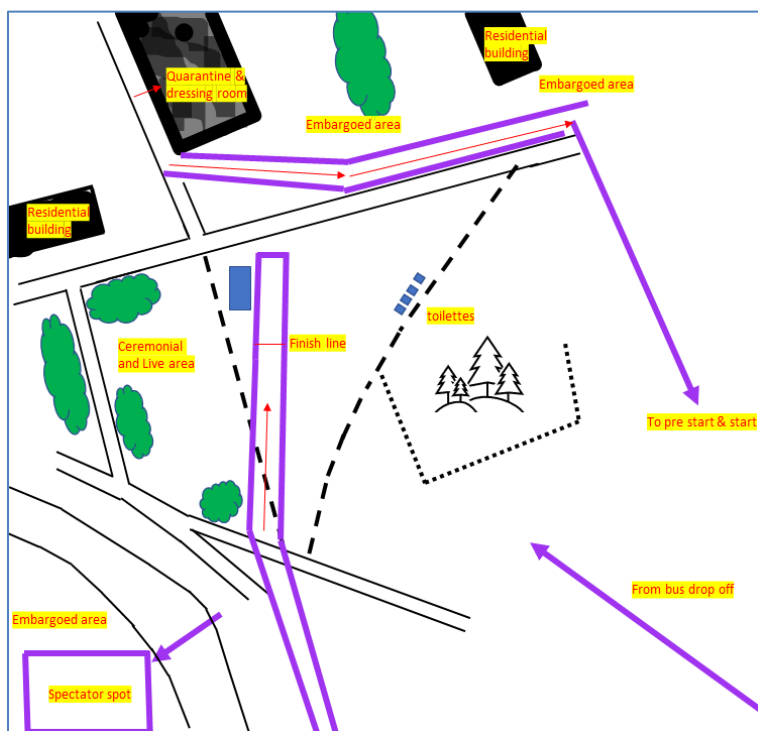
Deadline for the final entry registration to all individual races is 29<sup>th</sup> August 2023 at 12.00, every nations must send the Final Entry Registration Form to ICSD acting Sports Director, **Oleg Lavryk**, at [orienteeing@edso.eu](mailto:orienteeing@edso.eu) with copy to [wdoc23@dovidrott.se](mailto:wdoc23@dovidrott.se).

If you are missing the form, contact **Oleg Lavryk** as soon as possible. It's mandatory for WDOC23 participants to be registered in the Final Entry Registration Form including the choice of drawing groups for the starting list. This doesn't apply for DMOWC participants.





### 3. The Arena – Nytorp



#### Arrival & opening ceremony

Opening ceremony will be held at the ceremonial area on the western side of the finish at 13.00.

#### Quarantine Zone

All **WDOC23** runners and selected team leaders (1 per country) must register at the quarantine by no later than 14:00. No check-in beyond this time is permitted. In the quarantine area, the use of electronic devices is not allowed to prevent any unauthorized advantage from live broadcasts.

As the quarantine area is a sports hall, we kindly ask you to remove your shoes. Water and toilets are available.

Once runners have checked into the quarantine, they can only leave the area to start the race and cannot re-enter until the race concludes. The same rule applies to team leaders who check into the quarantine. Once you have exited the area, re-entry is not possible.

#### GPS-tracking units

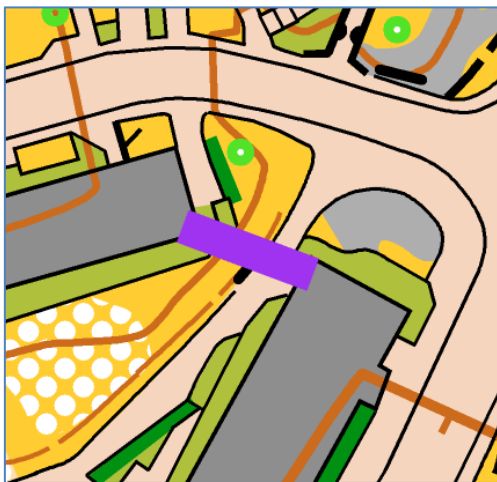
WDOC classes will also receive their tracking units in quarantine. Wearing the live tracking units is mandatory; these units are small, measuring 44 x 43 x 20 mm, and can easily fit into a small pocket. For runners without a suitable pocket, waist bags will be provided. The tracking units will be collected after each race.





## 4. The map

There are several additional artificial barriers present in the terrain, each of which is identified by the "708" out-of-bounds boundary symbol. These barriers are delineated using blue and yellow plastic tape, as depicted below. Organizer staff actively oversee these barriers and crossing them will result in disqualification.



*It is strictly prohibited to cross the blue and yellow tape, even if it is on the ground. In order to ensure the unrestricted movement of local residents within their residential area, we occasionally need to establish artificial barriers, as shown in the provided picture examples. Passing under or over the blue and yellow tape is also not allowed.*





Blue and yellow tape is used at important points in the terrain. These match areas marked as off-limits on the map. The tape makes it clearer where you can't go. The map colors still show if an area is off-limits. Sometimes, we use the tape to make things clearer. Remember, going into restricted areas gets you disqualified, even if there's extra tape.

### Map exchange

For the W21 and M21 categories, a map exchange is implemented by flipping the map around and proceeding with the course on the reverse side, commencing at a new triangle point. For further details on this process, please refer to the "Prestart and start" section.

## 5. Controls & Punching-system

### Controls

Each control is identified by a single 30x30 cm control flag. Every control point is equipped with two punching units positioned 100-120 cm apart from each other. These punching units, along with the control flag, are affixed to trestles or fiberglass sticks.



*These punching units, along with the control flag, are affixed to trestles or fiberglass sticks.*

### Punching System

The Sportident punching system is employed for all WDOC and DMOWC races. In sprint distances, the Air+ function is activated, allowing control registration to occur at a distance of up to 50 cm for those using an SIAC punching card.



*SIAC Air+ punching card*

Runners without that rented the SI-cards will receive these during the Technical Meeting for Sprint races.

SI cards will be collected after the relay competition on Monday, the 4th. In the event of loss or non-return of the card, a fee of 90 EUR will be imposed. The SIAC card







operates on an internal battery. Battery test units will be available in the quarantine area to ensure battery functionality. If the battery indicates low capacity, rental cards can be obtained at the prestart.

You will be able to test the SIAC+ Cards during the Model Event between 9.00-10.00 at Frösunda, close by Scandic Hotel – Järva Krog. Read more about this during **Model Event** section.

## 6. Number bibs

Number bibs **MUST** be worn by every **WDOC23** participants both in front and back side, the numbers must be fully visible. In case the volunteers feels that the bibs is wearing incorrectly they may request you to adjust the bibs, not wanting to do it may result in disqualification.

**DMOWC** runners are not required to wear the bibs in individual sprints.

The number bibs will be handed over to Team Leaders during the Technical Meeting.

## 7. Prestart and Start

### From quarantine to prestart: 400 m

At the prestart you will be registered to avoid crowding at the start. You are not allowed to leave the prestart more than 10 minutes before your starting time. At the prestart you can get an exchange SIAC card if your own card indicates low battery or if you have lost it somehow.

### From prestart to start: 470 m.

Before entering the steps of the start procedure, you need to clear your SI-card. There are two clocks in the start area. The first clock goes 3 minutes ahead actual time, and the second clock shows the actual time (see figure below).

### Start procedure, step 1.

When the first clock shows your starting time, you enter step 1 in the start procedure – **WDOC23** classes in the left lane and **DMOWC** classes in the right. In stage 1 you will be ticked off by staff and requested to check your SI-card. This is necessary because checking your card will activate the Air+ mode.

### Start procedure, step 2.

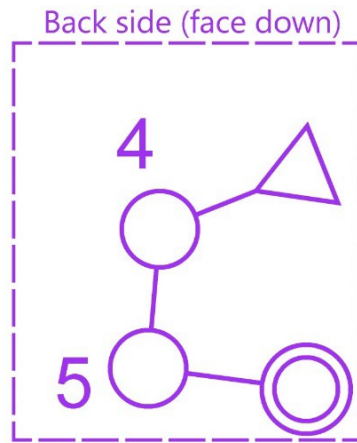
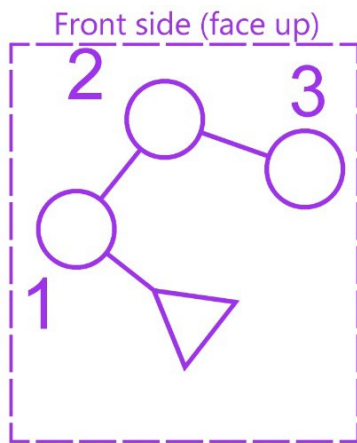
Two minutes before starting you enter the second step where you pick the control description. It is the runners responsibility to pick the right control description.





### Start procedure, step 3.

The last step of the start procedure begins with 1 minute left to start. During this time, you get ready to grab your map.



**WDOC23** classes have their maps on a small table, W21 on the left side and M21 on the right. W21 and M21 have map exchange by turning the map around and continue the course on the backside starting at a new triangle.

To secure that you initially read from the first triangle, note that the map is placed under a disc on the table

with **part 1** faced upwards and **part 2** faced downwards.

DMOWC classes find maps in boxes marked with your class name. It is the runner's responsibility to get the right map.

When the start goes - follow the blue tape to starting point 85 m where the course begins.



## 8. Live Service

Live service will be offered in the Live Center at the arena. You will be able to get live result updates in all classes, but also live tracking delivered through Livelox. Livelox is a very effective tool for analysis after the race. But you need an account and subscription to be able to watch all runners in a competition. But you can always analyze your own race.





## 9. General information – Super-Sprint Relay

**Competition:** Super-Sprint Relay

**Date & time:** 31<sup>st</sup> August – first start 15.00

**Organizing club:** IFK Enskede

**Competition director:** Pelle Bengtsson

**Course setter:** Per Forsberg

**Event controller:** Lars Forsberg, *Swedish Orienteering Federation*  
Oleg Lavryk, *Sports Director ICSD*

**WDOC23** - A combination of 2 mixed runners from same nation is going to run 3 laps each with changeovers between each leg. The men will start first leg and the women second.

**DMOWC** – A combination of 2 runners that's combined by the organizer is going to run 2 laps each with changeover between the legs. The team may be by mixed or same sex, the organizer created a combination of teams, see below 'Start List'. DMOWC will start the Super-Sprint Relay after WDOC23 Super-Sprint Relay is completed!

### Description of the terrain

Compared to the individual sprint area this one is quite hilly. The buildings are much more scattered in this neighbourhood much more characterized by the nature with a lot of trees and slopes in between. You can keep high speed since you probably will find it quite easy. The challenge is instead finding the best runnable way between these buildings and of course to be alert in all three laps!

The surface contains around 60-70 % asphalt and 30-40 % grass and gravel.

**Be extra careful in the courtyards since there can be children playing. The life goes on as usual in there and we are guests in this residential area.**



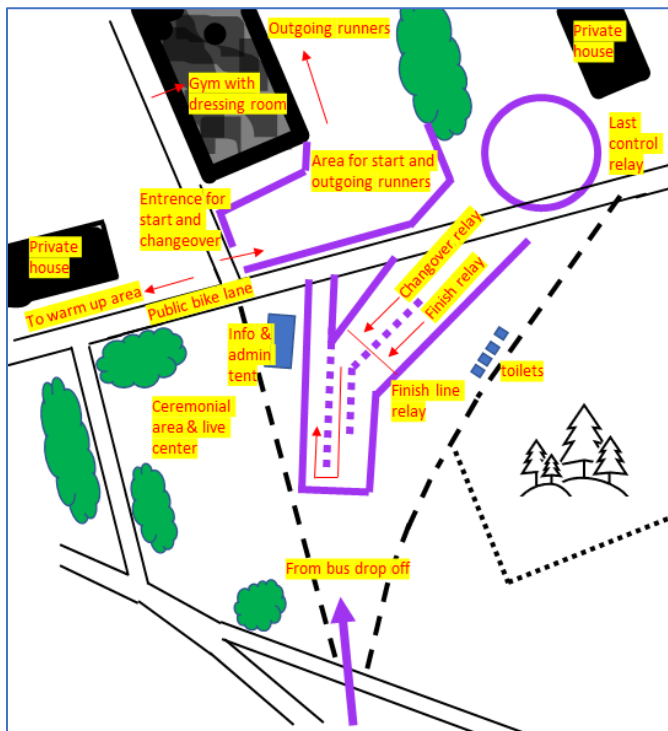


## FINAL ENTRY REGISTRATION – WDOC23

Deadline for the final entry registration to Super-Sprint Relay is **30<sup>th</sup> August 2023 at 21.00**, every nations must send the Final Entry Registration Form to ICSD acting Sports Director, **Oleg Lavryk**, at [orienteering@edso.eu](mailto:orienteering@edso.eu) with copy to [wdoc23@dovidrott.se](mailto:wdoc23@dovidrott.se).

If you are missing the form, contact **Oleg Lavryk** as soon as possible. It's mandatory for WDOC23 participants to be registered in the Final Entry Registration Form including the choice of drawing groups for the starting list. This doesn't apply for DMOWC participants.

## 10. The Arena – Nytorp



### Arrival

The bus drop off will be different to the day before. This time in front of Dalen Hospital.

### Quarantine Zone

From 14:30 until the conclusion of the relay, all runners and selected team leaders – those who will interact with runners - are required to remain on the north side of the public bike lane or within the designated warm-up area west of the arena.

Please refer to the map on the left for reference. Beyond 15:00, the use of electronic devices is strictly prohibited to prevent any potential unauthorized advantage arising from live broadcasts.





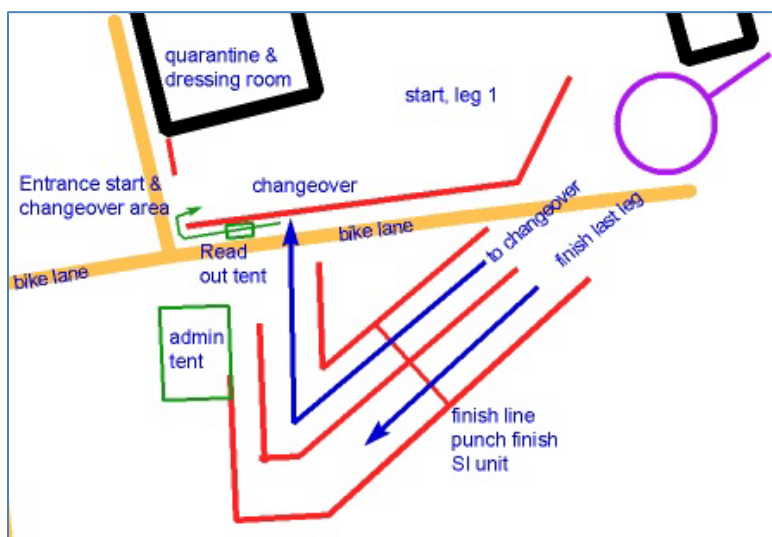
**WDOC23 participants:** Starting at 15:00, all runners and team leaders who engage with runners in WDOC teams are to confine themselves to the start and changeover area. Between completed legs and before embarking on the next leg, all runners must proceed directly via readout to the changeover area once again.

**DMOWC participants:** DMOWC runners are required to remain within the quarantine building between 15:05 and 15:25. Starting from 15:25, DMOWC runners are allowed to utilize the designated warm-up area. The start and changeover area for DMOWC teams will become accessible at 15:40.

Since quarantine and dressing room are inside a sports hall, we ask you to take off your shoes. Water and toilettes are available.

**Ticking off upon entering and exiting the changeover and warm-up areas will not be implemented due to practical difficulties in management. As a result, all participants and team leaders are expected to adhere to the principles of fair play and the competition regulations, which stipulate that no one is permitted to acquire information that would confer an unauthorized advantage.**

## 11. Changeover procedure



All competitors are required to punch at the finish line. Changeovers are conducted through a hand clap over the white tape (note that the white tape is indicated as red in the changeover procedure map).

Each competitor must collect their respective map independently before the start or changeover. Each team has a designated location for their maps. The

map is rolled up and secured with a label bearing the team number and name.

During the start moment, signaled by a hand clap or start signal, the seal is broken, and the map is opened. Immediately following the completion of the race, every





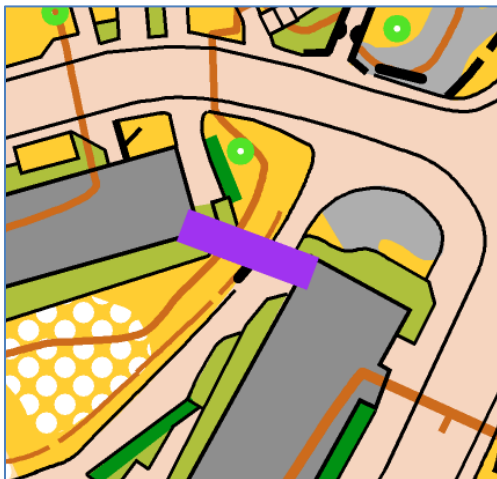
competitor must read out their punching card (SIAC) in the designated readout tent (depicted as a small green square).

If you have remaining legs to run, proceed directly back to the changeover area (indicated by a green arrow), verify and check your SIAC, and collect your next map without breaking the seal until the subsequent starting moment. As is customary, the responsibility for selecting the correct map lies with the runner. It's important to note that prematurely breaking the sealed map before the designated starting moment will result in disqualification.

## 12. The map

There are several additional artificial barriers present in the terrain, each of which is identified by the "708" out-of-bounds boundary symbol. These barriers are delineated using blue and yellow plastic tape, as depicted below. Organizer staff actively oversee these barriers and crossing them will result in disqualification.

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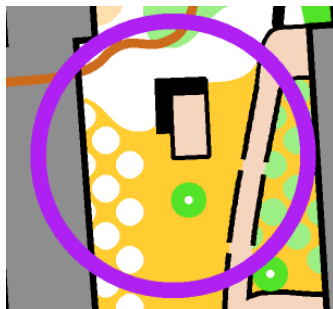
*It is strictly prohibited to cross the blue and yellow tape, even if it is on the ground. In order to ensure the unrestricted movement of local residents within their residential area, we occasionally need to establish artificial barriers, as shown in the provided picture examples. Passing under or over the blue and yellow tape is also not allowed.*





## Clarification

Control 60 is a wooden platform but is shown as an asphalt or gravel area on the control description.



## 13. Controls & Punching-system

### Controls

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### Punching System

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*SIAC Air+ punching card*





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SI cards will be collected after the relay competition on Monday, the 4th. In the event of loss or non-return of the card, a fee of 90 EUR will be imposed. The SIAC card operates on an internal battery. Battery test units will be available in the quarantine area to ensure battery functionality. If the battery indicates low capacity, rental cards can be obtained at the prestart.

You will be able to test the SIAC+ Cards during the Model Event between 9.00-10.00 at Frösunda, close by Scandic Hotel – Järva Krog. Read more about this during **Model Event** section.

## 14. Number bibs

Number bibs **MUST** be worn by every **WDOC23** and **DMOWC** participants both in front and back side, the numbers must be fully visible. In case the volunteers feels that the bibs are wearing incorrectly they may request you to adjust the bibs, not wanting to do it may result in disqualification.

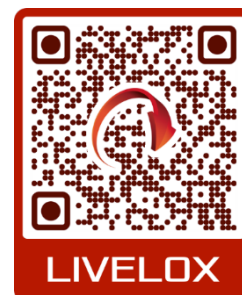
The number bibs will be handed over to Team Leaders during the Technical Meeting.

## 15. Legs information

Class	Legs	Odd legs	Even legs	Distance & climb, odd legs	Distance and climb, even legs	Teams	Start
WDOC	6	Men	Women	1220-1370 m 20-34 m (76 m)	960-1160 m 14-26 m (60 m)	10	15.00
DMOWC	4			1220-1370 m 20-34 m (54 m)	960-1010 m 14-26 m (40 m)	12	15.45

## 16. Live Service

Live service will be offered in the Live Center at the arena. You will be able to get live result updates in all classes, but also live tracking delivered through Livelox. Livelox is a very effective tool for analysis after the race. But you need an account and subscription to be able to watch all runners in a competition. But you can always analyze your own race.







## 17. Model Event – Sprint

The model event sprint will be available between 9 and 10 o'clock on Wednesday, the 30th. The model event will take place in Frösunda, 1.5 km from the WDOC23 Event Center at Hotel Scandic Järva Krog.

Use your phone to navigate, aided by the map behind the QR code, or refer to the map to the right. The model event offers you an opportunity to test the touch-free punching procedure.

The course consists of two laps on a map that has not been used for sprint competitions but was created for a local school by Solna Orienteering Club. It has been adjusted to a scale of 1:4000/3000 and 2-meter contour intervals as of August 2023.

There won't be official timing during the model event. Participants can optionally receive their own result strip if they want to compare with friends.

**NOTE:** Please note that the model event area is **NOT** directly relevant to the WDOC sprint.



## 18. Startlist

The start list for individual sprints WDOC23 & DMOWC will be provided during the Technical Meeting as well as published on our website at following link: [Startlist & results | WDOC23](#)

### WDOC23 Super-Sprint Relay – nations

 <b>BRAZIL</b>	 <b>CZECH</b>	 <b>FINLAND</b>	 <b>HUNGARY</b>	 <b>LITHUANIA</b>
 <b>SWEDEN</b>	 <b>ESTONIA</b>	 <b>TURKIYE</b>	 <b>UKRAINE</b>	 <b>USA</b>





## DMOWC Super-Sprint Relay – team combinations

	NAME	AGE CATEGORY	CLUB	NATION	LEGS
1	Tomas Kuzminskis	M40	Vilnius DSC Gestas	LITHUANIA	1 & 3
	Arunas Kubaitis	M60	Vilnius DSC Gestas	LITHUANIA	2 & 4
2	Oleksandr Sankin	M40	Kyivska Rus	UKRAINE	1 & 3
	Andrii Ieger	M60	Kyivska Rus	UKRAINE	2 & 4
3	Ton Vlasveld	M40	KNDSB Minor OL	NETHERLANDS	1 & 3
	Matti Betlem	M60	Talkur	ESTONIA	2 & 4
4	Carl-Erik Sjöberg	M50	IK Virtus	SWEDEN	1 & 3
	Anne-Marie Strömsten	W50	IK Virtus	SWEDEN	2 & 4
5	Andis Krams	M50	NIK Zala Paparde	LATVIA	1 & 3
	Inguna Krama	W50	NIK Zala Paparde	LATVIA	2 & 4
6	Raitis Ozols	M50	NIK Zala Paparde	LATVIA	1 & 3
	Agita Intsone	W50	NIK Zala Paparde	LATVIA	2 & 4
7	Aldis Strozis	M50	NIK Zala Paparde	LATVIA	1 & 3
	Merike Mändsoo	W50	KAAR	ESTONIA	2 & 4
8	Peteris Kursitis	M50	IK Hephata	SWEDEN	1 & 3
	Jonas Berglund	M50	IK Hephata	SWEDEN	2 & 4
9	Adam Racki	M50	DSK Dalir	SWEDEN	1 & 3
	Ove Wallster	M60	IK Hephata	SWEDEN	2 & 4
10	Oleksii Nashyvochnikov	M50	Kyivska Rus	UKRAINE	1 & 3
	Josef Prochazka	M50	SK SKIVELO Olomouc	CZECH	2 & 4
11	Tom Wells	M50	Quantico OC	USA	1 & 3
	Ilvi Vare	W50	Pärnu KSS Eero	ESTONIA	2 & 4
12	Allan Thesbjerg	M50	DIK Dan	DANMARK	1 & 3
	Geir Willumsen	M50	Freidig	NORWAY	2 & 4

## 19. Technical Meeting - Sprint

Each country is allowed to have two delegates to the technical meeting in which one of the delegates **MUST** be Deaf. The technical meeting will be held in **Scandic Hotel – Järva Krog**, countries staying in other accommodation will receive transportation to the Technical Meeting.

### 29<sup>th</sup> August – 17.00 – 19.00: Technical Meeting for Sprint Competitions

The acting ICSD Sport Director for Orienteering **Oleg Lavryk** is responsible for the Technical Meeting together with ICSD Representative **Jaroslav Janiec**. Representatives from arranging clubs will also attend in the Technical Meetings to inform every important aspect of the competitions.

We will record the Technical Meeting for delegates from countries not arriving in time before the Technical Meeting.





## 20. Competition Rules

The Orienteering competitions will be conducted in accordance with the Technical Regulations WDOC 2023 and Regulations of the IOF version 1.21 valid from 1 February 2023:

<https://onedrive.live.com/embed?resid=663580750D0C0BCE%2148355&authkey=!AM5dXV3P5XjIAxY&em=2&wdHideHeaders=True&wdDownloadButton=False>.

Subsequent amendments will be published on the official IOF web site at <http://www.orientering.org/>. In case of disagreement in the interpretation of the Rules and Regulations, the English text shall prevail. Unforeseen incidents not covered by the Rules and Regulations shall be dealt with as follows:

- a) cases of a general nature will be resolved in accordance with ICSD Regulations, ICSD General Technical Rules and this Orienteering Technical Regulations.
- b) technical questions related to competition rules shall be resolved according to the IOF Rules and Regulations.
- c) only athletes who comply with the ICSD Regulations are entitled to take part in the ICSD Orienteering competitions.

**SEE YOU SOON IN SOLNA & STOCKHOLM!**



**5<sup>th</sup> WORLD DEAF  
ORIENTEERING  
CHAMPIONSHIP**  
29 AUG – 5 SEP '23

