



Final Bulletin

Long and Middle Distances

5th World Deaf Orienteering Championships
Deaf Masters Orienteering World Cup



**5th WORLD DEAF
ORIENTEERING
CHAMPIONSHIP**
29 AUG - 5 SEP '23





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1. General information – Long and Middle Distances

Competition:	Long and Middle Distances
Date & time:	2 and 3 September – first start 10.00 both days.
Organizing club:	<i>Attunda OK and Bromma-Vällingby SOK</i>
Competition directors:	Lena Buhre, <i>Attunda OK</i> , Klara Håstad, <i>Bromma-Vällingby SOK</i> Christoffer Norrman, <i>Attunda OK</i>
Course setter:	Anders Bøgevig, <i>Bromma-Vällingby SOK</i> Daniel Roos, <i>Attunda OK</i>
Event controller:	Lars Forsberg, <i>Swedish Orienteering Federation</i> Oleg Lavryk, <i>Sports Director ICSD</i>

Scale: 1:10 000 for MW21 and 1:7 500 for DMOWC

Contour intervals: 5m

Distances

Long distance 2 September 2023	Middle distance 3 September 2023
M21: 9.3 km – WDOC23	M21: 4.3 km – WDOC23
W21: 6.7 km – WDOC23	W21: 3.5 km – WDOC23
M40: 7.6 km	M40: 4.0 km
M50: 6.5 km	M50: 3.5 km
M60: 4.6 km	M60: 3.2 km
W50: 4.2 km	W50: 2.8 km
W70: 3.0 km	W70: 2.0 km

Description of the terrain

Forest land with a few roads and paths, in parts fast running and in parts more difficult terrain. The area has great variety: marshes, flatter parts with less details, very detailed areas with slightly elevated areas and hillocks with both a high and low degree of detail.

Accessibility: Good accessibility overall, but there are smaller sections of restricted accessibility. The area contains bogs of varying sizes and runnability.

Elevation: Limited, but occasional heights with sharper steep edges occur.





2. The Arena – Stångberga

General information

The competitions are carried out in parallel with the Stockholm District Competitions, which will attract approximately 750 - 1,000 participants each day.

Sweden has had a summer with unusual drought followed by continuous rain. As a result, it was not possible to use the intended field as arena and parking spot, and the organizing clubs were recently forced to move the arena into the forest.

Transportation

The WDOC23 busses will drop off the participants about 700 m from the arena. One WDOC23 bus leaves from Ytterby 7:45 and Rösjöbaden 8:00. Another WDOC23 bus leaves from Scandic 8:15. Refer to the official WDOC23 Transportation Schedule!

Runners arriving in private cars should park at Roslagsstoppet at E18 (GPS: 59.6336842, 18.3308896). Please follow the control flags and directions given by the organizing clubs. The parking fee is 50 SEK (paid by Swish: 132 527 73 63, Attunda OK).



It is also possible to take the local bus 676 or 639 from Danderyds sjukhus (by the metro station) to Roslagsstoppet (bus stop Söderhalls trafikplats), see www.sl.se.





From Roslagsstoppet, rented buses leave every 7-15 min to the arena at Stångberga (5 min drive).

There is no parking close to the arena.

Arena

There is a canteen with hamburgers, sandwiches, home-made cakes, drinks and coffee etc. at the arena. They also provide gluten and lactose-free options.

There are tents at the arena, where the runners could change clothes after the race. There is no shower at the arena, so a wet cloth could be handy after the race.

Showers could be offered at Össeby IP in Brottbby, about 9 km from the arena. Please contact the competition directors, dm2023@attundaorientering.se, if you wish to use showers.

Toilets are found by the dirt road both north and south of the arena. There is no toilet at the start.

There is a medical tent at the arena for smaller injuries.

Mosquito repellent could be useful.

In case you have encountered large four-footed wild animals in the forest (eg. moose, deer, fox, badger), please report what, where and when you saw the animal to the competition expedition (by the finish) after finishing the race.

Orienteering equipment is sold by Orienteringsspecialisten in a large tent in Spångberga (where the WDOC23 buses leave and pick up the participants).

3. The map

The map was drawn in 2021 and has been slightly revised in August 2023.

Restricted areas are marked by violet raster on the map. The restricted areas have not been marked by tape in the forest. Remember, going into restricted areas gets you disqualified.

Some unclear paths have been marked with white tape in the forest, in order to facilitate for the youngest participants in the District Competitions. For the same





reason, a few paths have been created, which are marked by violet on the map and white tape in the forest. The WMOWC/DMOWC runners may, but are not obliged to, use these paths.



Example of a created path

All controls by cliffs (branter) will be located at the bottom of the cliff.

An "X" will be a hunting tower, often a smaller version.



Examples of hunting towers

Hunting towers are being moved around. Please be aware that some hunting towers may not be on the map whereas others have been moved from the spot marked on the map. Discrepancies noted by the organizers will be marked on a map in the starting zone.

The last few days there has been some tree thinning in a limited zone in the middle of the competition area. The competition map has not been updated, but again, major effects will be highlighted on a map in the starting zone.

Additional terrain pictures and map sections as well as examples of symbols of long & middle map can be found in **Bulletin 3!**





Control descriptions

Control descriptions are printed on the map and are available on separate papers at the start.

4. 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.



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Punching System

The Sportident punching system is employed for all WDOC and DMOWC races. The Air+ function is not activated in the long and middle races.

5. Number bibs and GPS-tracking units

Number bibs **MUST** be worn by every **WDOC23** participants, the numbers must be fully visible. In case the volunteers feels that the bibs are worn 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.

The **WDOC23** participants will receive their number bibs in the quarantine.

WDOC23 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.

6. Quarantine

All WDOC23 runners must register at the quarantine zone (tent around 100m north of the arena) by no later than 10:00. 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.

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.

The WDOC23 runners are not allowed to leave the quarantine more than [25] minutes before their starting time.

The quarantine will become accessible when all WDOC23 runners have left for start. WDOC23 runners who estimate that they will finish their race before all runners have left the quarantine are advised to put their bags in the WDOC23/DMOWC tent at the arena before 10:00.

There are two toilettes designated for the WDOC23 runners situated by the quarantine tent. There is no toilet at the start.

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.

Participants and team leaders who have visited the WDOC23/DMOWC tent at the arena after 10:00 are not allowed to leave the arena or meet with DMOWC runners before their race.

7. Start

From the quarantine to start: 900 m (Long Race) and 600 m (Middle Race).

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 your name and number will be ticked off by staff and you will be requested to put your SI-card into the “check” unit.

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.

The maps are found in boxes marked with your class name (both for WDOC23 and DMOWC), **the picture say ‘on table’ but it’s incorrect!** It is the runner’s responsibility to get the right map from the correct boxes.

When the start goes - follow the blue tape to the starting point where the course begins. The distance from the start to the starting point is 70 m at the Long Distance and 110 m at the Middle Distance.



There is no organized transportation of clothing from the start to the arena.

Participants and team leaders are not allowed to use electronic devices at the start to prevent any unauthorized advantage from live broadcasts.





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.



No runners are allowed to follow the live tracking before their own race.

9. Start list

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

10. Liquid stations

At the long distance, liquid stations are available in the forest for the WDOC23 runners as well as for runners in the classes M40 and M50 of the DMOWC.

There are no liquid stations at the middle distance.

11. Maximum time

The maximum time is 4 hours for the long distance and 90 minutes for the middle distance.

12. Technical Meeting – Long and middle races

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.

1 September – 17.00 – 19.00: Technical Meeting for Long and Middle Distances 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 on every important aspect of the competitions.

13. 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.

