



Orienteering
WORLD CUP
FOOT ORIENTEERING



WELCOME TO
FALUN/MORA/ORSA
2012

PHOTO: PETER HOLGERSSON

Organizers



Hosts



Main partners



Partners



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Organizers



INTERNATIONAL ORIENTERING FEDERATION



Svenska Orienteringsförbundet



Hosts

REGION DALARNA



FALUN
BORLÄNGE
GÄDDER
LUDVIGA
SÄTERS
SÄTER

FALUN



MORA



ORSA





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A Challenge and a Festival

EOC 2012 in Dalarna, the heart of Swedish sport, is a championship for the world's best orienteers, and a race where all orienteers can meet the challenge of the same terrain as the elite level orienteers.

Fantastic, virgin terrain in Mora and Orsa. Challenging and spectator friendly races in Falun. A championship for all sports enthusiasts who love challenges, experiences and festivities.



Organizers



Hosts

REGION DALARNA



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1. Welcome to Dalarna

As governor of Dalarna I welcome you all to the EOC 2012 in Dalarna. You are coming to a region with a very long and proud history. This applies particularly to sports. Sweden's first official sport competition was arranged in Falun, the capital of Dalarna, already in 1792! Since then, the people in Dalarna have been gladly devoted to participating in sports and competitions. Orienteering and skiing have always been popular.

Dalarna often symbolizes the image of the whole of Sweden and is visited by many tourists who want to experience the beautiful scenery. The terrain is exciting with a diverse mixture of forest, mires, mountains and valleys.

For me, it's very important to experience the nature in Dalarna. Here I can get more energy and inspiration. I have a professional background in forestry and I can tell you that the forests of Dalarna offer great opportunities for recreation and sport.

You are most welcome to Dalarna and EOC 2012. When the event is over, you are always welcome back - both for temporary visits or more permanent stays!

Maria Norrfalk, governor of Dalarna

FALUN

We have been looking forward to welcoming you as participants, accompanying participants, competition management or officials. Falun has been a well-known sports and event city for many years. Year round there is a great choice of events and activities to enjoy for both citizens and visitors! Now we are also pleased to be the first city in Sweden, to welcome the European Championships in orienteering! Falun has a wide range of cultural activities and business opportunities, broad educational opportunities and not least a well-developed lifestyle in sports and training. All this and more makes Falun an attractive place to work and study in. And With its closeness to nature and forests Falun also is is also an excellent place of residence of home for the enthusiastic orienteer! See you in Falun and at the competitions!



Jonny Gahnshag
Jonny Gahnshag, Mayor of Falun

MORA

Now it's time for this spring's main sporting attraction in Dalarna and I am proud to represent one of the hosting EOC 2012 municipalities. Mora has a long standing tradition of organizing big sporting and cultural events. It is part of our community's spirit to make ideas and dreams come true and that is why I look forward with confidence and expectations to the upcoming contests. Lots of competition will take place in dramatic surroundings provided by the challenging Mora landscape and that makes this championship a tough test even for the top orienteer.

I do hope that all of you; athletes, service teams and spectators, will like it here in this part of Sweden. And also that you get some spare time to enjoy at least something of what the region offers.

Welcome to Mora, together we can make EOC 2012 a world-class orienteering event!



Bengt-Åke Rehn
Bengt-Åke Rehn, Mayor of Mora

ORSA

It's with great pleasure that I welcome you all to Orsa and Skattungbyn for our part in EOC 2012. I promise you all that we are going to do the best to give you a great experience. Orsa is well-known as a tourist-region and that's for a reason. As a competitor you will find out that reason for yourself. Our fantastic environment with terrain made for orienteers is our greatest resource!



Marie Olsson
Marie Olsson, Mayor of Orsa

Organizers



Hosts

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MORA



2. Organizers



Kenneth Wählberg, OK Kåre, Lars Ambrosiusson, IFK Mora, Niclas Johansson (Event director), Mats Adolfsson, OK Kåre and Ylva Grape-Andersson, IFK Mora (small picture). Photo: ULF PALM/EOC2012.

EOC2012 BOARD

Kenneth Wählberg OK Kåre
(chairman of the board)

Ylva Grape-Andersson IFK Mora

Lars Ambrosiusson IFK Mora

Mats Adolfsson OK Kåre

Organizers



Hosts

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| | | Email | Telephone |
|------------------------|---|--|--|
| Event Director | Niclas Johansson | niclas.johansson@eoc2012.se | +46 (0)706 521 768 |
| Secretary | Per Rapp | skogsfirma.per.rapp@swipnet.se | +46 (0)703 041 675 |
| Finance | Björn Olhans | olhans@telia.com | +46 (0)705 220 925 |
| Technology | Per Bergman | per.bergman@atea.se | +46 (0)847 747 22 |
| Maps and Courses | Lars Ambrosiusson | lars.ambrosiusson@skogsstyrelsen.se | +46 (0)705 470 094 |
| Arenas | Christer Morell Erik Svensson Robin Johansson | morell@dalateleservice.se erik.svensson@stmikael.mora.se robin.johansson.skid@stmikael.mora.se | +46 (0)706 064 950 +46 (0)703 535 756 +46 (0)703 015 213 |
| Competitions | Alf Larsson Mark Baljeu Kerstin Eriksson (Falun) Agne Nyberg (Falun) Marie Rapp (Mora/Orsa) Elisabeth Johansson (Mora/Orsa) Tord Hederskog (ETOC) | alf.larsson@hdl.se mark.baljeu@oringen.se kerstin.kme.eriksson@telia.com agne.nyberg@telia.com rappmarie@hotmail.com elisabeth.hj.johansson@utb.mora.se tord.hederskog@telia.com | +46 (0)730 666 097 +46 (0)706 268 655 +46 (0)705 353 761 +46 (0)705 135 493 +46 (0)730 641 187 +46 (0)762 491 172 +46 (0)702 616 749 |
| Marketing/ sponsors | Mats Adolfsson | mats.adolfsson@oringen.se | +46 (0)104 765 379 |
| Information/ media | Lars Stenback | lars.stenback@eoc2012.se | +46 (0)706 827 096 |
| Mapping team | Håkan Holmberg Tord Hederskog, Kenneth Kajsajuntti | hakan@kartsam.se tord.hederskog@telia.com kartprojekt@gmail.com | |
| Course setters EOC | Roger Larsson Eva Jurenikova | ragang@telia.com eva@evajurenikova.com | |
| Course setter ETOC | Erik Lundqvist | hulansbygg@telia.com | |



The organizers of EOC 2012 in Dalarna, Sweden - OK Kåre and IFK Mora - both have experience hosting competitions at the international level.



OK KÅRE

The club was formed in 1948 and is one of Sweden's oldest dedicated orienteering clubs. OK Kåre has 400 active members who have organized OL-Touren Dalarna since the 50´ s. OK Kåre was one of the main organizing clubs for O-Ringen 2008. Other events that the club has held are O-Ringen 1985, with the event centre located at Arena Lugnet (25 000 participants), The Swedish Elitserien in 2000 and 2011 and a World Ranking Event in 2004.

www.okkare.se



IFK MORA

The club was formed in 1909 and is one of Sweden's oldest sports clubs. IFK Mora's orienteering section has 450 active members who organize national standard races every year. IFK Mora was one of the main organizing clubs for O-Ringen 2008 (including World Cup status). Every winter the club organizes the world's biggest ski race, Vasaloppet, with more than 50 000 participants.

www.ifkmora.se/ok

Organizers



Hosts

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3. Contact

EOC 2012/ETOC 2012/EOC Tour office

c/o Vasaloppets hus
S-792 32 Mora, Sweden
Phone: +46 (0)725 41 57 54
E-mail: info@eoc2012.se
Web: www.eoc2012.se

Event director

Niclas Johansson
c/o Visit Södra Dalarna, Trotsгатan 10, S-791 83 Falun, Sweden
Phone +46 (0)70 652 17 68, E-mail: niclas.johansson@eoc2012.se

4. Event controllers

| | | |
|-------------------------------|---|--------------------|
| IOF Senior Event Adviser | Jörgen Holmboe, NOR jholmbo@broadpark.no | |
| National controller | Lennart Smedenmark, SWE lennartsmedenmark@telia.com | +46 (0)705 715 984 |
| National controller, sprint | Göran Andersson, SWE goran@halsosparet.se | +46 (0)706 015 326 |
| IOF Senior Event Adviser ETOC | Arne Ask, NOR arne-ask@online.no | |
| National controller ETOC | Ola Wiksell, SWE ola.wiksell@gmail.com | +46 (0)701 729 891 |

5. Jury

| | |
|------------------------------------|--|
| Middle and long qualification | Lars Lindstrøm, DEN Göran Andersson, SWE Radek Novotny, CZE |
| Sprint qualification | Lars Lindstrøm, DEN Lennart Smedenmark, SWE Radek Novotny, CZE |
| Middle final, long final and relay | Lars Lindstrøm, DEN David May, GBR Sören Jonsson, SWE |
| Sprint final | Lars Lindstrøm, DEN David May, GBR Lennart Smedenmark, SWE |

ETOC

Members of the jury will be announced at the team officials' meeting on Thursday, May 17.

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6. Programme

EOC 2012 PROGRAMME

| Date | Time | Event | Venue |
|----------------------------|--|--|--|
| Sunday May 13 | 10:00 - 13:00 12:00 19:00 - 19:30 | Model event middle and long* Deadline for entry middle Q Team officials' meeting, | Skattungbyn Andreasgården, Mora |
| Monday May 14 | 10:00 - 13:00 10:00 11:30 12:00 15:00 - 15:30 | Middle distance qualification First start men First start women Deadline for entry long Q Team officials' meeting | Arena Hökberg Andreasgården, Mora |
| Tuesday May 15 | 10:00 - 14:30 10:00 11:30 12:00 16:00 - 16:30 | Long distance qualification First start women First start men Deadline for entry sprint Q Team officials' meeting | Arena Hökberg Andreasgården, Mora |
| Wednesday May 16 | 9:30 - 11:00 9:30 10:15 12:00 - 12:30 | Sprint distance qualification First start men First start women Team officials' meeting | Arena Dalavallen Hotel Grand, Falun |
| Thursday May 17 | 9:00 - 17:00 9:00 9:30 11:30 12:15 14:00 16:45 17:30 - 18:00 | Middle distance final First start B-final men First start B-final women Opening ceremony First start A-final men First start A-final women Prize giving ceremony Team officials' meeting | Arena Skattungbyn Skattungbyn school |
| Friday May 18 | 8:30 - 16:30 8:30 9:00 11:15 11:45 16:00 17:00 - 17:30 | Long distance final First start B-final men First start B-final women First start A-final men First start A-final women Prize giving ceremony Team officials' meeting | Arena Skattungbyn Skattungbyn school |
| Saturday May 19 | 13:30 - 17:00 13:30 15:00 16:30 16:30 18:00 - 18:30 | Sprint distance final First start A-final men First start A-final women First start B-final men & women Prize giving ceremony Team officials' meeting | Arena Lugnet Hotel Grand, Falun |
| Sunday May 20 | 11:00 - 16:30 11:00 13:20 16:00 19:00 - 00:00 | Relay Mass-start men Mass-start women Prize giving ceremony Closing ceremony and banquet | Arena Lugnet |

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* Manned hours. All 3 EOC-model events (middle&long in Skattungbyn, sprint in Falun and relay in Falun) will be open (unmanned) Fri May 11 - Sun May 20

ETOC2012 PROGRAMME

| Date | Time | Event | Venue |
|---------------------------|----------------------|-------------------------------------|---------------------------|
| Thursday May 17 | 10:00 - 13:00 | Model event | Hälsingberg, Falun |
| | 19:00 - 19:30 | Team officials' meeting | Hotel Grand, Falun |
| Friday May 18 | 9:30 | Opening ceremony ETOC | Skyttepaviljongen, Lugnet |
| | 10:00 | Start European Tempo Trophy | |
| | 14:00 | First start public event Tempo | |
| | 15:00 | Prize giving ceremony | |
| | 19:00 - 19:30 | Team officials' meeting | Hotel Grand, Falun |
| Saturday May 19 | 10:00 - 14:00 | ETOC day 1 | Hälsingberg, Falun |
| | 10:00 | First start | |
| | 14:00 | First start public event | |
| | 14:00 | Deadline for entry ETOC day 2 teams | |
| | 19:00 - 19:30 | Team officials' meeting | Hotel Grand, Falun |
| Sunday May 20 | 9:00 - 14:00 | ETOC day 2 | Falun Mine |
| | 9:00 | First start | |
| | 14:00 | First start public event | |
| | 16:00 | Prize giving ceremony | Arena Lugnet |
| | 19:00 - 00:00 | Closing ceremony and banquet | Arena Lugnet |

Organizers



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7. Competition rules

EOC

The Competition Rules for IOF Foot Orienteering Events, version valid from 1st January 2012, shall be applied to participation in EOC 2012.

<http://orienteering.org/wp-content/uploads/2010/12/Competition-Rules-for-IOF-Foot-Orienteering-Events.pdf>

ETOC

The Competition Rules for IOF Trail Orienteering Events, version valid from 1st January 2012, shall be applied to participation in ETOC 2012.

<http://orienteering.org/wp-content/uploads/2010/12/Competition-Rules-for-IOF-Trail-Orienteering-Events.pdf>

8. Special conditions (EOC only)

- Accredited EOC team members can participate in the open classes of EOC Tour (ÖM - Öppen motion 1-9) on May 18, May 19 and May 20 (stage 2-4) for free. Please, bring your EOC ID card to the "Direktanmälan" (Open courses) tent in the arena for registration. However, it is not allowed to participate in both an EOC Tour competition and an EOC competition on the same day. This applies also to the team officials accompanying athletes to the quarantine area.
- Please note that on Thursday, May 17, no EOC team members are allowed to participate in the EOC Tour (stage 1).
- A forking system will be used in the long distance A-final (for men only) and long distance B-final (for men only).
- In the long distance A-final (for men only) and in the sprint finals (for all) there will be a map exchange.
- No EOC team members are allowed to have their accommodation in the village of Skattungbyn.

9. Classes and participation restrictions

EOC

There is one class for women and one class for men. All three individual finals are part of the IOF World Cup.

Competitors representing federations of the IOF, defined by the International Olympic Committee as belonging to the European continent, can compete in EOC. Competitors representing other full member federations of the IOF can participate in EOC but will not be eligible for European titles, medals or diplomas.

Competitors who are representing a federation shall have full passport-holding citizenship of the country of that federation. A competitor may represent only one federation during any one calendar year.

There is no limit on the number of runners and officials in a team. In the individual events a federation may enter a maximum of 6 runners in each class. The current European Champion shall be given a wild card to enter the qualification in the next EOC in addition to the ordinary entries from his/her federation (in which case one starting group may have three competitors from that federation). In each individual competition, the competitors placed number 17 and better in each qualification race heat may run in the A-final.

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.

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

Each participating Federation shall appoint a team manager to act as a contact person between the team and the organizer. It is the team manager's duty to see that the team receives all necessary information. Competitors participate at their own risk. Insurance against accidents is the responsibility of the Federation or the individual competitor according to national regulations.

ETOC

The following regulations based on The IOF Trail-Orienteering Competition Rules (edition of 1st January 2011) shall be applied to participation in the ETOC2012: In ETOC there are two classes. All competitors, regardless of sex, age or physical ability/disability are eligible to be entered for the European Championship Open class competition. Only competitors who have a permanent disability that significantly reduces their mobility are eligible to be entered for the European Championship Paralympic class competition. Competitors for the Paralympic class shall submit to the IOF, at least eight weeks before the competition, an eligibility form (available at www.orienteing.org) completed by a doctor. When approved, a certificate authenticating their Paralympic status will be issued.

The rules for representing a country are the same as for EOC. The rules for ETOC classes will be revised in 2012 (must be approved by the European Working Group) in order to harmonise with the WTOC-rules.

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In the individual events a federation may enter a maximum of 6 persons in each class + defending European champion. Competitors may only be entered for one class. In the team competition a federation may enter 2 teams with three competitors, including at least one Open class competitor and at least one Paralympic class competitor. Only the better-placed team will count in the prize list.

10. Anti doping

Doping is fundamentally contrary to the spirit of sport. The organizers of EOC 2012 are committed to doing everything required to support the official anti-doping authorities in the successful and transparent realization of their work. The World Anti-Doping Code and its rules shall be enforced during EOC 2012.

Doping control may be carried out at any time during the competition period. The doping tests will be conducted in accordance with the procedures laid down in the WADA International Standard for Testing.

Athletes who are notified for a doping test must report to the Doping Control Station with any official identity document with photo and a copy of the TUE (Therapeutic Use Exemptions) if applicable. All athletes are advised to have these documents with them (or collected by the coach) at the competitions. The official EOC accreditation card is NOT accepted as the identity document.

It is compulsory for each team to disclose its intended accommodation venue from the day of accreditation until departure. On accreditation, please leave a written statement at the event office indicating the places where your team members intend to stay during the whole competition period, from arrival to departure, together with the phone number of an official team contact person, reachable 24 hours a day. A special form will be available on the EOC website (section Anti-doping) and also at the event office.

If there are changes to the team plan you must give notice to the event office as early as possible, and at least 12 hours in advance of the changes taking effect. Missing or incorrect plans for teams are subject to possible Anti-Doping investigations. All communication with the organizers about doping control issues should be done through the event office.

www.wada-ama.org

Organizers



Hosts

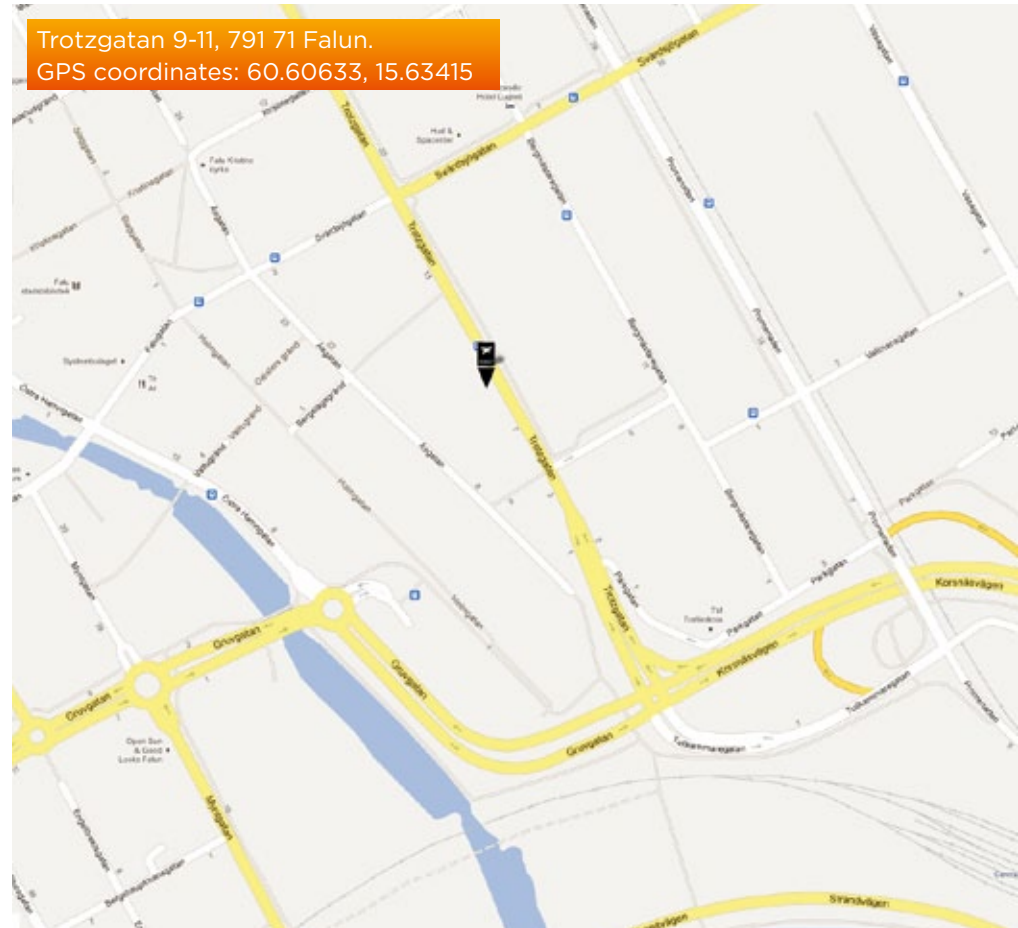
REGION DALARNA



FALUN



11. Event centre and accreditation



The Event Centre and the Media Centre with the official Event Office of EOC/ETOC 2012 is in Hotel Grand Falun.

www.firsthotels.com/Our-hotels/Hotels-in-Sweden/Falun/First-Hotel-Grand-Falun

Please, remember to pay the parking fee (coins or card) in the parking machines at the parking areas outside the hotel.

Only one person per EOC/ETOC team is requested to check in at the event office for accreditation of the whole team. All fees and pre-ordered services must be paid before the accreditation can be completed.

All EOC athletes are required to come to the event centre in Hotel Grand, Falun either on Sunday, May 12 between 13:00 and 17:00 or on Saturday, May 13 between 11:00 and 15:00. Photos (passport format) will be taken. These photos will be used for the TV graphics (in similar way as for example in alpine skiing). The whole process will be very quick.

ACCREDITATION IS POSSIBLE:

EOC teams:

Friday 11th May: 12:00-21:00

Saturday 12th May: 9:00-21:00

Sunday 13th May: 9:00-12:00

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MORA



ORSÅ

OPENING HOURS OF THE EVENT OFFICE

| Date | Time | Place |
|--------------------------|-------------------------------|---|
| Friday, May 11 | 12:00 - 21:00 | Hotel Grand, Falun |
| Saturday, May 12 | 9:00 - 21:00 | Hotel Grand, Falun |
| Sunday, May 13 | 9:00 - 18:00 | Hotel Grand, Falun |
| Monday, May 14 | 9:00 - 15:00 | Middle Qualification, Arena Hökberg |
| Tuesday, May 15 | 9:00 - 16:00 | Long Qualification, Arena Hökberg |
| Wednesday, May 16 | 9:00 - 14:00 16:00 - 20:00 | Sprint Qualification, Arena Falun Hotel Grand, Falun |
| Thursday, May 17 | 9:00 - 18:00 18:00 - 19:00 | Middle Final, Arena Skattungbyn Hotel Grand, Falun - ETOC only |
| Friday, May 18 | 9:00 - 18:00 | Long Final, Arena Skattungbyn |
| Saturday, May 19 | 11:00 - 18:00 | Sprint Final, Arena Lugnet |
| Sunday, May 20 | 9:00 - 18:00 | Relay, Arena Lugnet |

Head of the event office:

Per Rapp
info@eoc2012.se
 +46 (0)725 41 57 54

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EOC

Entry of athletes/teams to the respective competitions shall be submitted to the event office before 12:00 on the preceding day. The entries may be submitted in writing on a specific form available at the event office, or by email using a special excel form available on the EOC website. For teams: Entries to hans.ove.johansson@telia.com. If a team submits several different forms for one competition, only the latest form will be considered. In case of email submission, the entry is regarded as accepted only if confirmed (you get a confirmation of acceptance on the email address you sent the entry from).

ETOC

Entry of athletes to the European TempO Trophy shall be submitted by email to Johan Stefansson stefansson.j@telia.com no later than May 12 at 24:00. The entry is regarded as accepted only if confirmed (you get a confirmation of acceptance on the email address you sent the entry from).

Entry of teams to ETOC Day2 should be submitted to the event office, in writing on a specific form, no later than May 19 at 14:00.

12. Team officials' meetings

Team officials' meetings (TOMs) will be held in, Falun (Hotel Grand), Mora (Andreasgården) and Skattungbyn (school). Only accredited team officials (maximum 2 per team) and invited guests will have access to the team officials' meetings.

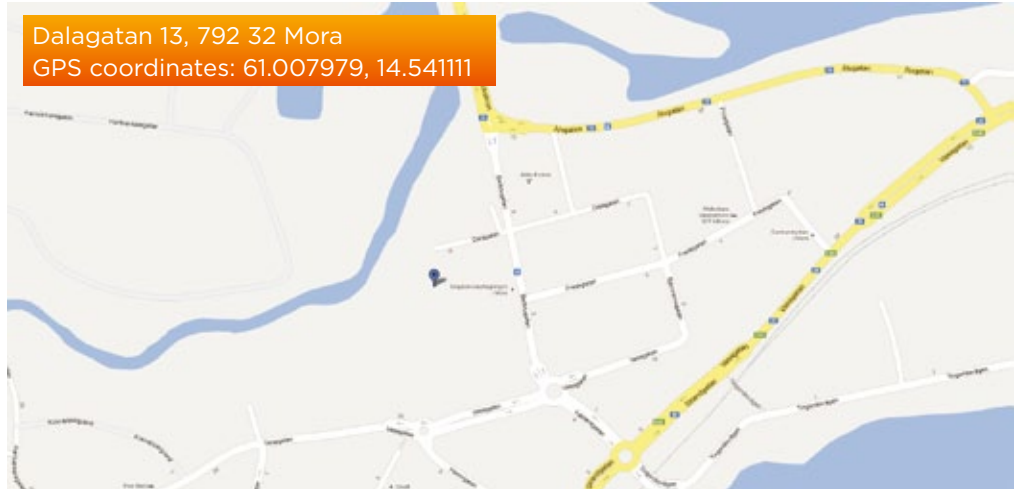
Number bibs will not be distributed at the Team officials' meetings. They will be handed over to the team officials at the quarantine areas in the morning before every competition.

FALUN - HOTEL GRAND (EOC: MAY 16, MAY 19, ETOC: MAY 17, 18, 19)

See previous page.

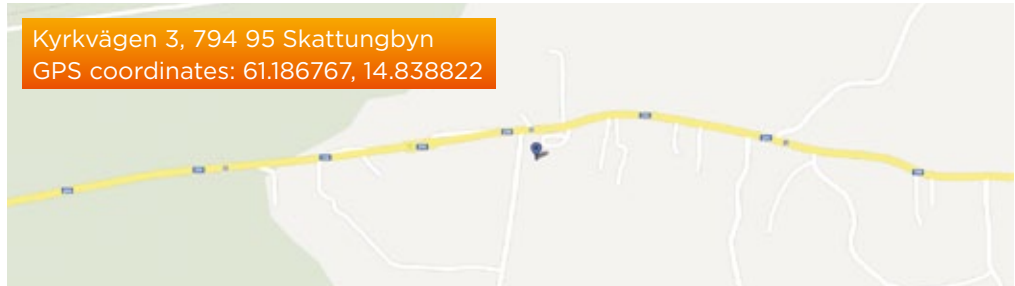
MORA - ANDREASGÅRDEN (EOC: MAY 13, MAY 14, MAY 15)

Dalagatan 13, 792 32 Mora
GPS coordinates: 61.007979, 14.541111



SKATTUNGBYN - "SCHOOL" (EOC: MAY 17, MAY 18)

Kyrkvägen 3, 794 95 Skattungbyn
GPS coordinates: 61.186767, 14.838822



Organizers



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TIME SCHEDULE FOR TEAM OFFICIALS' MEETINGS (EOC)

| Date | Time | Place |
|--------------------------|-------|---------------------|
| Sunday, May 13 | 19:00 | Andreasgården, Mora |
| Monday, May 14 | 15:00 | Andreasgården, Mora |
| Tuesday, May 15 | 16:00 | Andreasgården, Mora |
| Wednesday, May 16 | 12:00 | Hotel Grand, Falun |
| Thursday, May 17 | 17:30 | School, Skattungbyn |
| Friday, May 18 | 17:00 | School, Skattungbyn |
| Saturday, May 19 | 18:00 | Hotel Grand, Falun |

TIME SCHEDULE FOR TEAM OFFICIALS' MEETINGS (ETOC)

| Date | Time | Place |
|-------------------------|-------|--------------------|
| Thursday, May 17 | 19:00 | Hotel Grand, Falun |
| Friday, May 18 | 19:00 | Hotel Grand, Falun |
| Saturday, May 19 | 19:00 | Hotel Grand, Falun |

13. Food service (EOC only)

Hot meals will be served in arenas (team zone) to EOC participants who pre-ordered and paid for the service. There is a limited possibility to buy additional hot meal tickets in the event office.

The price is 9 €/person per meal.

MENU

| | |
|--------------------|--|
| Monday, May 14: | Minced beef, tomato sauce, rice |
| Tuesday, May 15: | Breaded fish, Rhode Island sauce, potatoes |
| Wednesday, May 16: | Nasi-goreng (rice dish), curry sauce |
| Thursday, May 17: | Swedish hash (potato dish), beetroot, cucumber |
| Friday, May 18: | Pasta gratin with ham and cheese, vegetables |
| Saturday, May 19: | Chicken stew, rice |
| Sunday, May 20: | BBQ beef, pepper sauce, potatoes |

All meals will be served with bread, butter, vegetables and orange juice. Every day it is possible to order a vegetarian alternative.

14. Ceremonies and banquet

The EOC opening ceremony will be held on Thursday, May 17 in the arena Skattungbyn, approximately 11:30-12:00, during the middle final. There is no common parade. Those who participate in the middle A-final and coaches at the start will not have the possibility to watch the opening ceremony. Sweden's Minister for Culture and Sports, Lena Adelsohn Liljeroth, will inaugurate the EOC.

The ETOC opening ceremony will be held on Friday, May 18 at the ETOC arena Falun Lugnet, before the start of the European TempO Trophy.

The prize and medal awarding ceremonies for the EOC middle, long & sprint distance finals, EOC relay and ETOC day 1 & day 2 are scheduled in the detailed programme.

Athletes and teams ranked 1-6 shall be present behind the podium 5 minutes prior to the beginning of the prize-giving ceremony, in their official national kit. No sunglasses or hats shall be worn during the ceremonies. Final instructions to the participants will be given prior to the ceremonies on site.

The closing ceremony will be held during the banquet on Sunday, May 20.

The banquet will be held on the evening of Sunday, May 20 in Falun, in a big tent at the edge of the arena Lugnet. Doors will open from 18:30. The banquet will start at 19:00 and last until 24:00. The dinner will be served in buffet style. Alcoholic drinks are not included in the price. After the dinner a live band will play dance music. Teams wishing to present their own cultural program after the official part should consult the banquet toastmaster. For teams who do not want to travel to their accommodation after the relay competition, there are showers available close to the arena Lugnet.

A limited number of additional tickets for the banquet will be available for purchase from the event office no later than Thursday, May 17.

Organizers



INTERNATIONAL ORIENTERING FEDERATION



Svenska Orienteringsförbundet



Hosts

REGION DALARNA



FALUN
BORÅNGE
GÄDDEN
LUDVIGA
SÄTTERBÄCKEN
SÄTER

FALUN



MORA



15. Embargoed areas

EOC

With regard to the IOF Competition Rules (article 26.5) and with a sense of fair-play between athletes, the listed areas are embargoed for all potential EOC2012 team members as well as coaches, team leaders and other persons that may be in a position to give information to the team members. Specifically, until EOC2012 is finished, in the embargoed areas there will be:

- No organized orienteering activities
- No training sessions, route testing, etc.
- No surveying or other use of maps

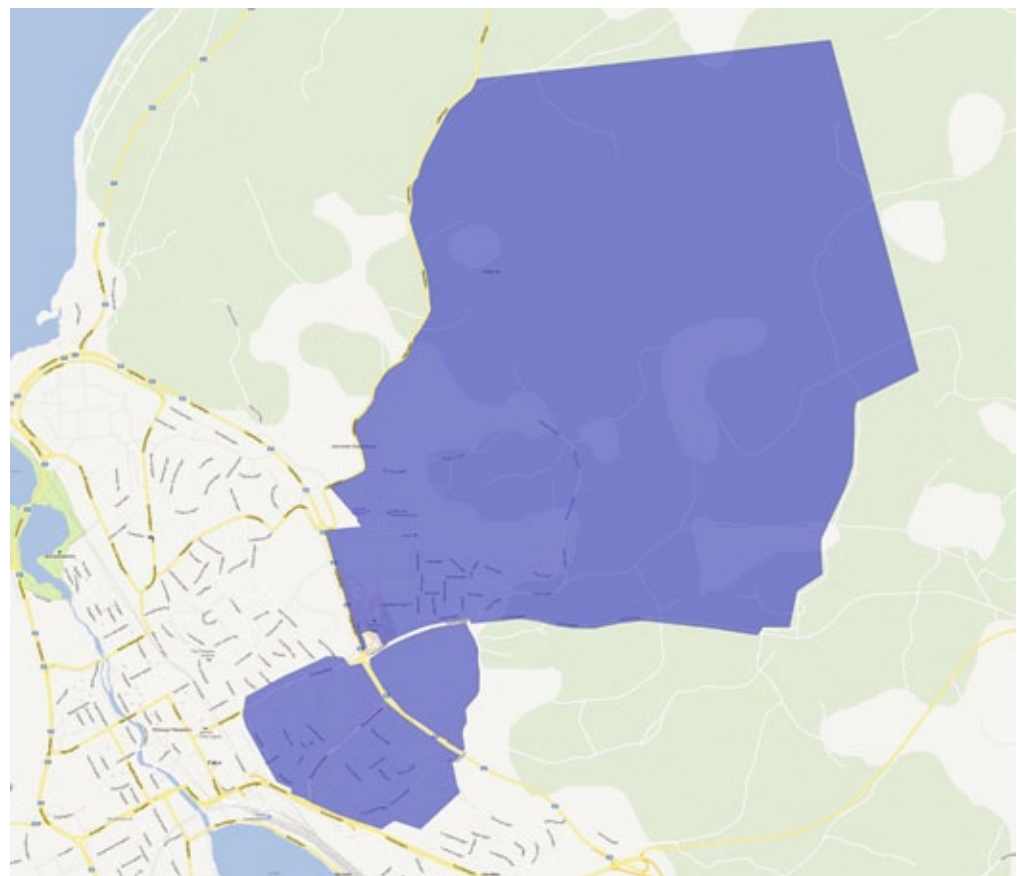
This applies to potential participants and to persons who may become team leaders, coaches or similar. It is permissible to pass through the embargoed areas using paved public roads.

In addition, for the embargoed area for the relay and the sprint competitions (Falun), the following applies:

- From Monday, May 7, 2012 the whole embargoed area in Falun will be totally closed, with the only exceptions being announced at the team officials' meetings. The map of the embargoed area in Falun was updated in the beginning of May 2012.

Offences shall be reported to EOC2012 info@eoc2012.se

EMBARGOED AREA FALUN (UPDATED IN THE BEGINNING OF MAY 2012)



Organizers



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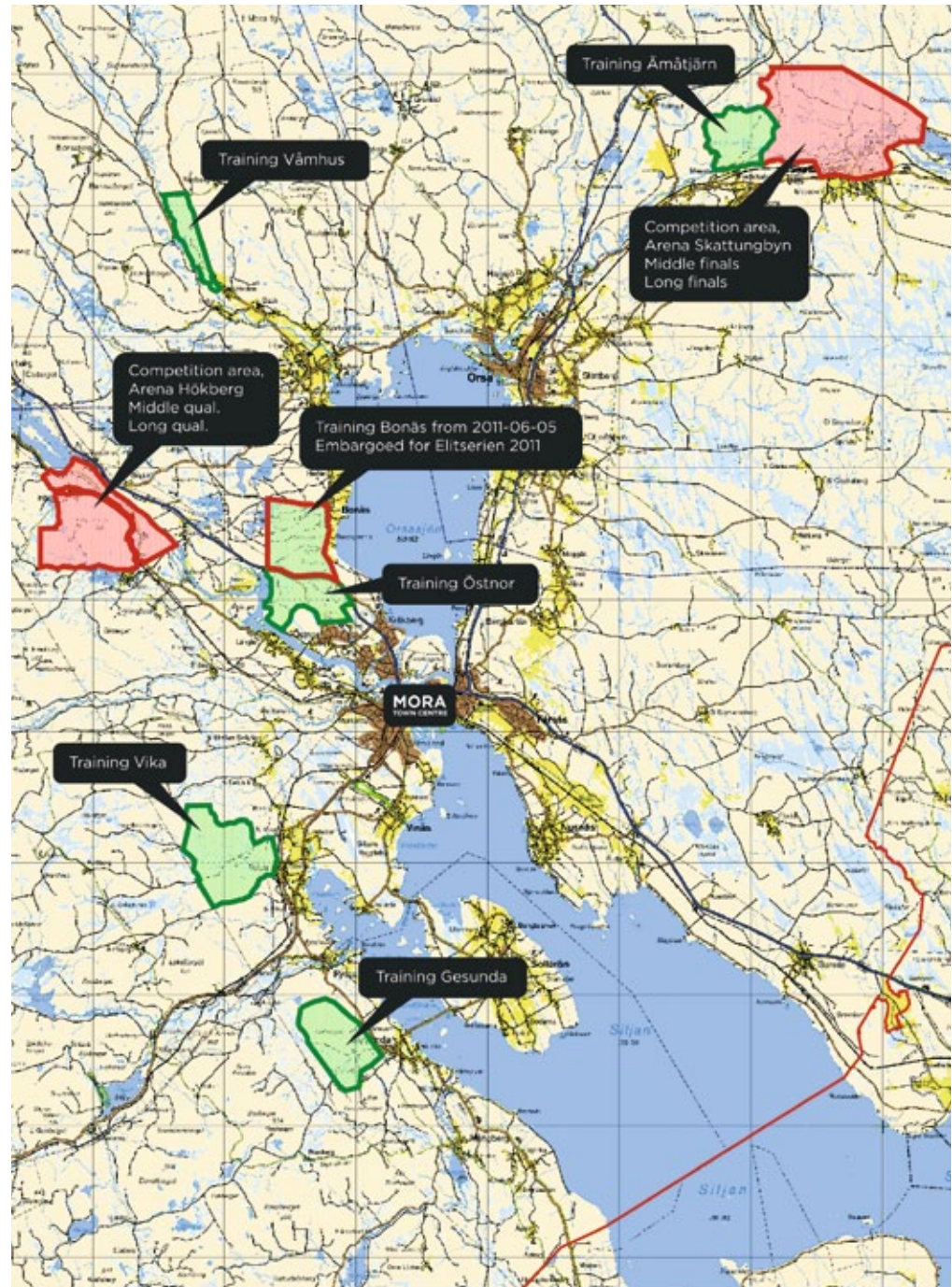
FALUN



MORA



OVERVIEW OF EMBARGOED AND TRAINING AREAS IN MORA AND ORSA



Organizers



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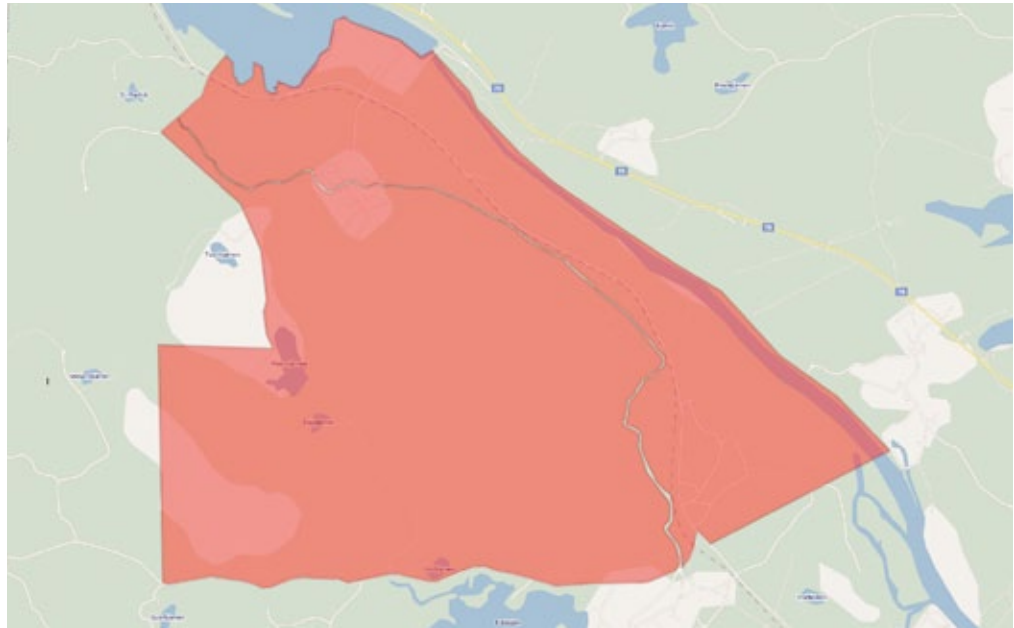


FALUN

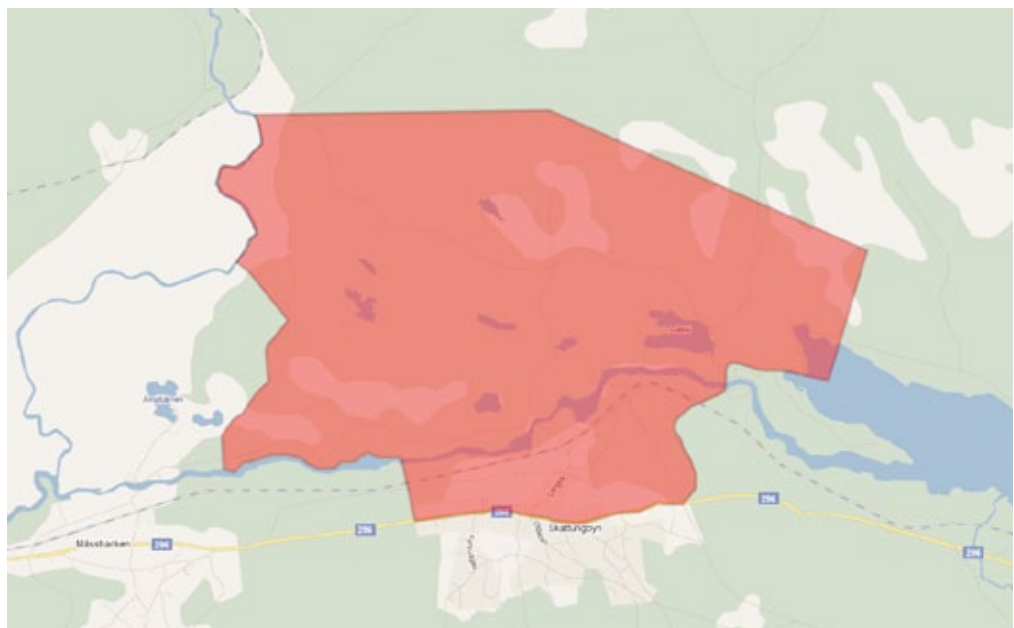


EMBARGOED AREAS MORA-HÖKBERG AND ORSA-SKATTUNGBYN

Arena Hökberg - Middle Qualification, Long Qualification



Arena Skattungbyn - Middle Final, Long Final



Organizers



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MORA



ETOC

EMBARGOED AREA FALUN LUGNET - EUROPEAN TEMPO TROPHY



EMBARGOED AREA FALUN HÄLSINGBERG - ETOC DAY 1



EMBARGOED AREA FALUN MINE - ETOC DAY 2:



Organizers



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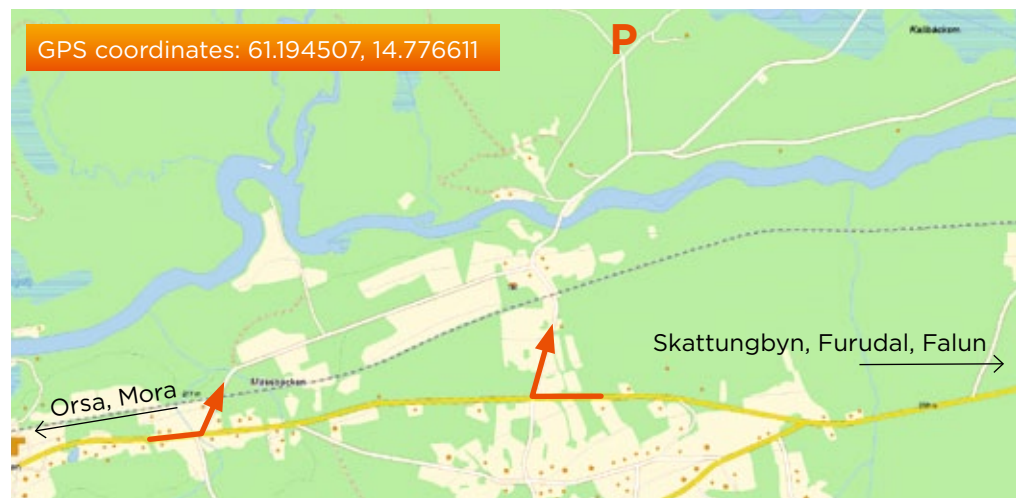
MORA



16. Model events

EOC MODEL EVENT FOR LONG AND MIDDLE DISTANCE - ÄMÅTJÄRN

The same area as EOC training "Ämåtjärn". This area is located 4km NW from Skattungbyn, next to the embargoed area for the middle and long distance finals. Please, follow the driving instructions given on the map below.

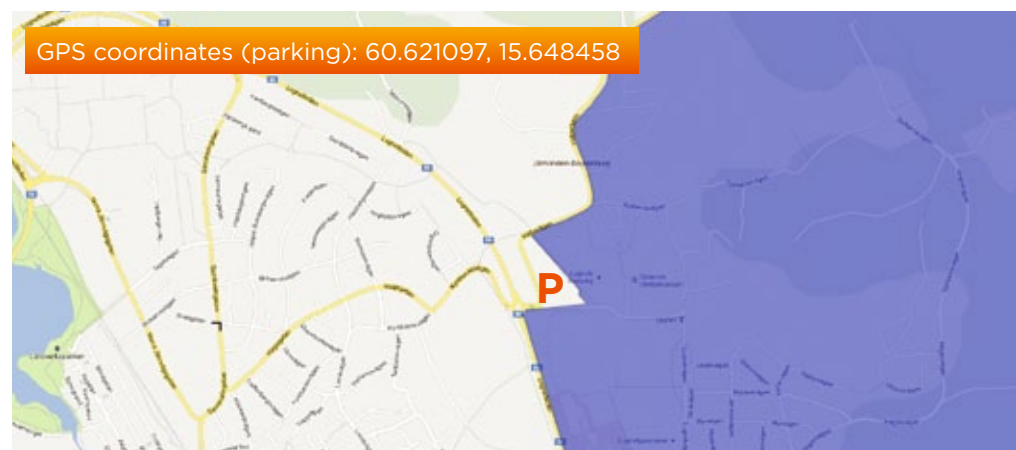


This model event is open from May 11 to May 20. There is one model control with emit equipment located at the start. At the same place on Sunday, May 13 from 10:00 to 13:00, it will be possible to try out an e-card for punching, an emiTag timing transponder and a GPS-harness. It will be possible to taste the sports drink which will be used at EOC.

There are new tracks and branches lying on the ground at many places in the "white" forest. These tracks have been made during forestry works in recent months and are not drawn on the map. They are not relevant to the EOC races.

EOC MODEL EVENT FOR RELAY - LUGNET

This area is located next to (NW from) the embargoed area for the relay and sprint. Please, make sure that you understand exactly where you are allowed to drive, run and walk (see section 15, embargoed areas).



This model event is open from May 11 to May 20, however some control flags might be removed during the EOC week.

Organizers



Hosts

REGION DALARNA

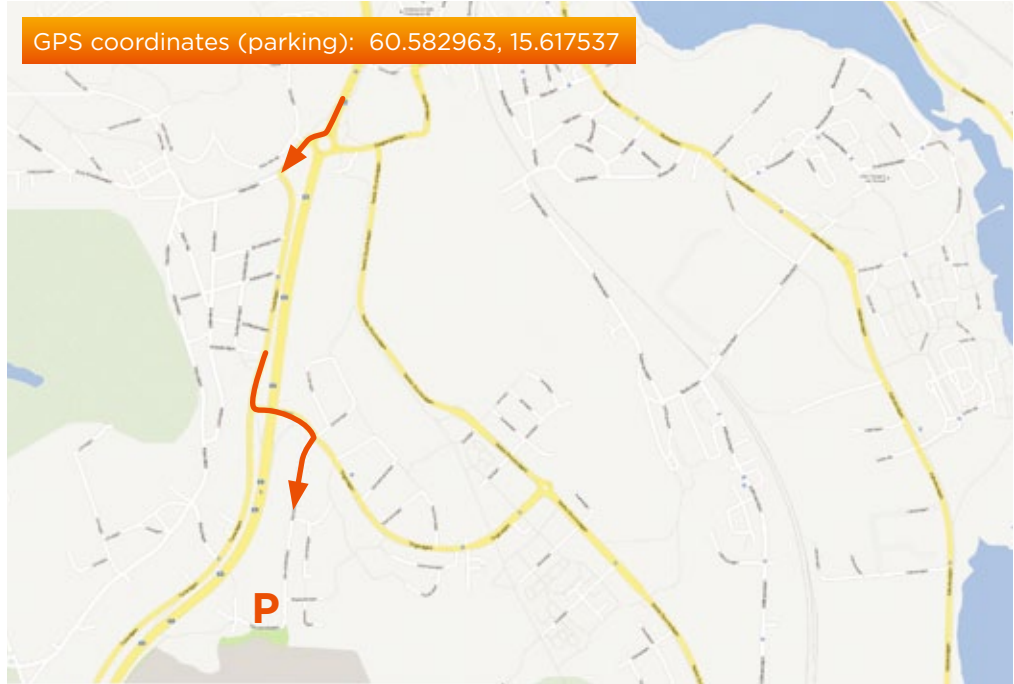


FALUN



EOC MODEL EVENT FOR SPRINT - GALGBERGET

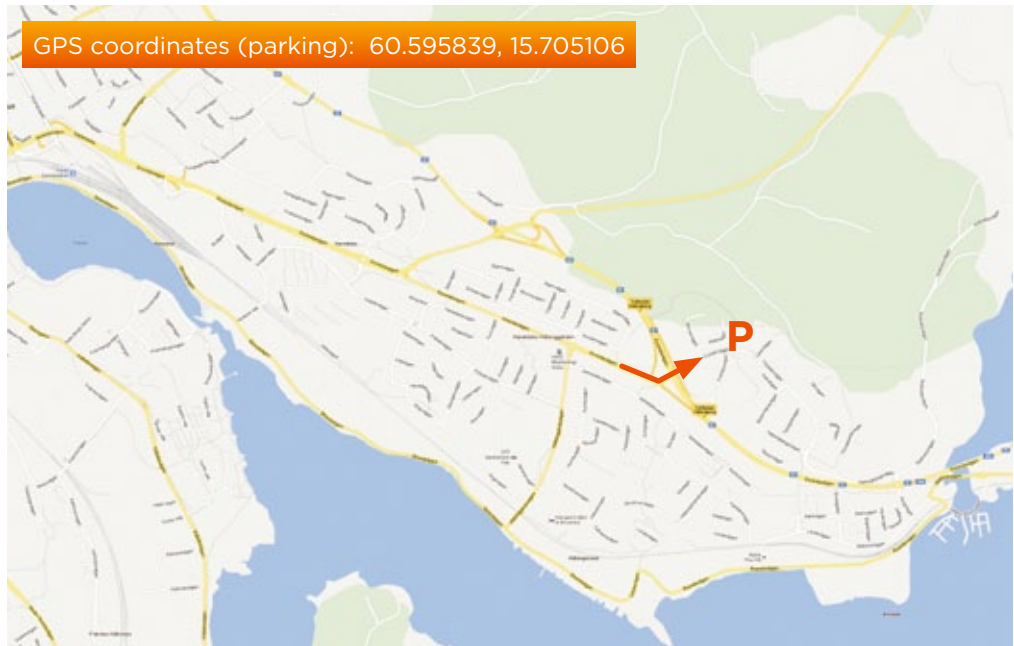
GPS coordinates (parking): 60.582963, 15.617537



The same area as EOC training "Galgberget". This model event is open from May 11 to May 20, however some control flags might be removed during the EOC week.

ETOC MODEL EVENT - HÄLSINGBERG

GPS coordinates (parking): 60.595839, 15.705106



The same parking and arena as ETOC day 1.
This model event is open on Thursday, May 17 from 10:00 to 13:00.
Map: "Hälsingberg" 1:5 000, e=5m. Length: 1,5 km. Controls: 10+1. Climb: 10m.

Organizers



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REGION DALARNA



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MODEL EVENTS FALUN - OVERVIEW



Organizers



Hosts

REGION DALARNA

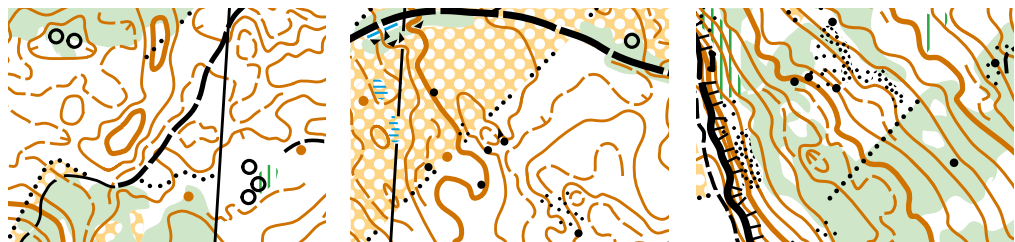


FALUN



17. Maps and courses

MAP SAMPLES HÖKBERG



MAP SAMPLES SKATTUNGBYN



MAP SAMPLES FALUN



MAP SAMPLE SPRINT



Organizers



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Special map symbols

EOC MIDDLE DISTANCE AND LONG DISTANCE

- o (black circle) – charcoal burning ground
- x (black x) – ruined hut
- o (green circle) – single tree

EOC SPRINT QUALIFICATION

- x (black x) – ruined hut, hut, pellets boiler, Kåre billy goat, signpost
- x (green x) – tree stump

EOC SPRINT FINAL

- x (black x) – ruined hut, hut, Kåre billy goat, beach flag, signpost

EOC RELAY

- o (black circle) – charcoal burning ground
- x (black x) – ruined hut, hut, Kåre billy goat



Kåre billy goat to the left.

Maps for the middle and long distance are drawn by Tord Hederskog and Kenneth Kajsajuntti and for the sprint and relay by Håkan Holmberg.

Magnetic north lines are not exactly parallel to the edge of the maps. The angle is approximately 3 degrees.

All EOC competition maps are in A3 format (297 × 420mm).

Maps are drawn according to the international specifications for orienteering maps (ISOM2000) and the international specifications for sprint orienteering maps (IS-SOM2007). All EOC maps are printed offset. The maps will be issued in sealed plastic bags.

MIDDLE DISTANCE QUALIFICATION - ARENA HÖKBERG

| Course | Length (km) | Climb (m) | Controls | Winning time | Refreshments |
|---------|-------------|-----------|----------|--------------|--------------|
| Women A | 4,0 | 170 | 14 | 25 | 0 |
| Women B | 3,9 | 170 | 14 | 25 | 0 |
| Women C | 3,9 | 170 | 14 | 25 | 0 |
| Men A | 5,0 | 210 | 18 | 25 | 0 |
| Men B | 5,0 | 210 | 18 | 25 | 0 |
| Men C | 4,9 | 210 | 17 | 25 | 0 |

LONG DISTANCE QUALIFICATION - ARENA HÖKBERG

| Course | Length (km) | Climb (m) | Controls | Winning time | Refreshments |
|---------|-------------|-----------|----------|--------------|--------------|
| Women A | 5,5 | 220 | 12 | 42 | 1 |
| Women B | 5,6 | 220 | 12 | 42 | 1 |
| Women C | 5,7 | 220 | 11 | 42 | 1 |
| Men A | 7,9 | 300 | 16 | 50 | 2 |
| Men B | 7,9 | 300 | 17 | 50 | 2 |
| Men C | 7,9 | 300 | 15 | 50 | 2 |

SPRINT QUALIFICATION - ARENA DALAVALLEN

| Course | Length (km) | Climb (m) | Controls | Winning time | Refreshments |
|---------|-------------|-----------|----------|--------------|--------------|
| Women A | 2,7 | 45 | 16 | 13 | 0 |
| Women B | 2,8 | 45 | 12 | 13 | 0 |
| Women C | 2,7 | 45 | 13 | 13 | 0 |
| Men A | 3,3 | 65 | 16 | 13 | 0 |
| Men B | 3,3 | 65 | 16 | 13 | 0 |
| Men C | 3,3 | 65 | 16 | 13 | 0 |

MIDDLE DISTANCE FINAL - ARENA SKATTUNGBYN

| Course | Length (km) | Climb (m) | Controls | Winning time | Refreshments |
|---------|-------------|-----------|----------|--------------|--------------|
| Women A | 5,2 | 260 | 18 | 35 | 1 |
| Men A | 6,2 | 310 | 23 | 35 | 1 |
| Women B | 5,2 | 230 | 16 | 35 | 1 |
| Men B | 6,1 | 280 | 19 | 35 | 1 |

Organizers



Hosts

REGION DALARNA



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MORA



LONG DISTANCE FINAL - ARENA SKATTUNGBYN

| Course | Length (km) | Climb (m) | Controls | Winning time | Refreshments |
|---------|-------------|-----------|----------|--------------|--------------|
| Women A | 9,7 | 450 | 24 | 70 | 4 |
| Men A | 15,4 | 630 | 33 | 90 | 4 |
| Women B | 8,8 | 340 | 15 | 60 | 3 |
| Men B | 12,4 | 490 | 26 | 75 | 3 |

SPRINT FINAL - ARENA LUGNET

| Course | Length (km) | Climb (m) | Controls | Winning time | Refreshments |
|---------|-------------|-----------|----------|--------------|--------------|
| Women A | 3,2 | 40 | 16 | 14 | 0 |
| Men A | 3,5 | 50 | 20 | 14 | 0 |
| Women B | 3,2 | 40 | 16 | 15 | 0 |
| Men B | 3,5 | 50 | 20 | 15 | 0 |

RELAY - ARENA LUGNET

| Course | Length (km) | Climb (m) | Controls | Winning time | Refreshments |
|--------------------|-------------|-----------|----------|--------------|--------------|
| Women leg 1 | 6,0 - 6,1 | 200 | 16 | 37 | 1 |
| Women leg 2 | 6,0 - 6,1 | 200 | 17 | 37 | 1 |
| Women leg 3 | 6,0 - 6,1 | 200 | 17 | 36 | 1 |
| Women total | 18,1 | | | 110 | |
| Men leg 1 | 7,1 - 7,2 | 280 | 19 | 37 | 1 |
| Men leg 2 | 7,1 - 7,2 | 280 | 18 | 37 | 1 |
| Men leg 3 | 7,1 - 7,2 | 280 | 19 | 36 | 1 |
| Men total | 21,5 | | | 110 | |

CONTROL DESCRIPTIONS - DIMENSIONS

| Distance | Men (mm) | Women (mm) |
|----------------------|-----------------|-----------------|
| Middle Qualification | 150x65 | 125x65 |
| Long Qualification | 145x65 | 115x65 |
| Sprint Qualification | 120x50 | 120x50 |
| Middle Final A | 155x55 | 125x55 |
| Middle Final B | 130x55 | 120x55 |
| Long Final A | 205x55 | 150x55 |
| Long Final B | 160x55 | 110x55 |
| Sprint Final A | 160x50 | 140x50 |
| Sprint Final B | 160x50 | 140x50 |
| Relay | On the map only | On the map only |

ETOC

Please, see the section 40.

Organizers



Hosts

REGION DALARNA



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MORA



18. Terrain descriptions

Middle distance qualification

| | |
|-----------------|---|
| Terrain | Moderately hilly , steep slopes. |
| Vegetation | Pine dominated coniferous forest of varying age. |
| Runnability | Ranging from runnable to very runnable. |
| Visibility | Mainly good, but reduced in young forest and dense areas. |
| Paths and roads | Forest with few roads and paths. |

Long distance qualification

| | |
|-----------------|---|
| Terrain | Moderately to very hilly. |
| Vegetation | Coniferous forest of varying age. |
| Runnability | Good runnability. Some small rocky areas. |
| Visibility | Mainly good, but reduced in young forest and dense areas. |
| Paths and roads | Forest with few roads and paths. |

Sprint distance qualification

| | |
|-----------------|---|
| Terrain | Mostly gently sloping. |
| Vegetation | A mixture of park terrain, urban areas and forested areas (combination of pine and birch wood). |
| Runnability | Ranging from runnable to very runnable. |
| Visibility | Mostly good but reduced in some dense areas. |
| Paths and roads | Urban and forested areas with a network of paths and roads. |

Middle distance final

| | |
|-----------------|---|
| Terrain | Moderately hilly, many large and small depressions, steep slopes. |
| Vegetation | Pine dominated coniferous forest of varying age. Some deciduous forest and meadows towards the end of the course. |
| Runnability | Ranging from good to very good runnability. Occasionally stony underfoot. |
| Visibility | Mainly good, but reduced in young forest and dense areas. |
| Paths and roads | Forest with few roads and paths. |

Long distance final

| | |
|-----------------|---|
| Terrain | Moderately hilly, many large and small depressions, steep slopes. |
| Vegetation | Pine dominated coniferous forest of varying age. Some deciduous forest and meadows towards the end of the course. |
| Runability | Ranging from good to very good runnability. Occasionally stony underfoot. |
| Visibility | Mainly good, but reduced in young forest and dense areas. |
| Paths and roads | Forest with few roads and paths. |

Sprint distance final

| | |
|-----------------|---|
| Terrain | Mostly gently sloping. |
| Vegetation | 50% urban areas and 50% park terrain/forested areas. |
| Runnability | Very good. |
| Visibility | Very good. |
| Paths and roads | Developed network of paths combined with a few roads. |

Relay

| | |
|-----------------|--|
| Terrain | Moderately steep to steep hills. |
| Vegetation | Coniferous and deciduous forest. Some formerly cultivated open land. |
| Runnability | Mostly very good. |
| Visibility | Good but limited in dense areas. |
| Paths and roads | Areas with developed network of paths, ski-tracks and forest roads. |

ETOC

| | |
|--------------------------------|---|
| European TempO Trophy Lugnet: | Both open meadows and forest with ski tracks. |
| Competition Day 1 Hälsingberg: | Open pine forest. |
| Competition Day 2 Falun Mine: | Old mining area with slag heaps, open land. |

Organizers



Hosts

REGION DALARNA



19. Start draws

The start draws will be made according to the IOF competition rules under the supervision of the IOF Event Adviser. The draws will not be open to the team officials, athletes or the public.

20. Coaching and team zones (EOC only)

Team zones are restricted areas where only accredited team members with their personal ID card have access and where privacy will be guaranteed during the competitions. The team zones in the EOC arenas are all within 100 m of the finish line. In the team zones there will be a limited number of tents provided by the organizers. Please, bring your own tents.

In the middle distance qualification, long distance qualification and long distance final there will be clearly marked coaching zones, no more than 200 metres from the finish, where team coaches may encourage and assist their athletes as they pass by. On the remaining competitions there will be no coaching zones. Detailed maps showing the coaching zones will be presented at the relevant Team officials' meeting. Only one accredited coach per team is allowed to enter these zones. In order to maintain a high level of fairness the only activities allowed in the coaching zone are:

- Exchange of verbal communication with athletes - no written information.
- Exchange of personal equipment such as compasses, shoes, contact lenses etc.
- Food and drinks may be handed out personally to the athletes.

The exchange of any information or material to or from athletes outside the official Coaching Zones is not permitted.

Organizers



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21. Transportation and parking



Organizers



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It is allowed to use your own transportation to all events (with exception for the transport between the quarantine zone stage 1 and quarantine zone stage 2 during the middle distance final and long distance final). At the team officials' meetings the organizers will provide detailed maps, showing how to reach the quarantine zones.

Scheduled transportation will be provided by the organizers to and from all EOC and ETOC events (races, model events and banquet) to teams which pre-ordered and paid for this service. The exact schedule of the organized transport to all events will be decided after a discussion with the teams during the accreditation.

BY CAR:

Falun – Hökberg 100km (85min)
Falun – Skattungbyn 90km (75min)
Falun – Mora 80km (65min)

EOC relay and sprint arenas and all ETOC arenas can be reached within 10-15 minutes by car from the event centre in Hotel Grand.

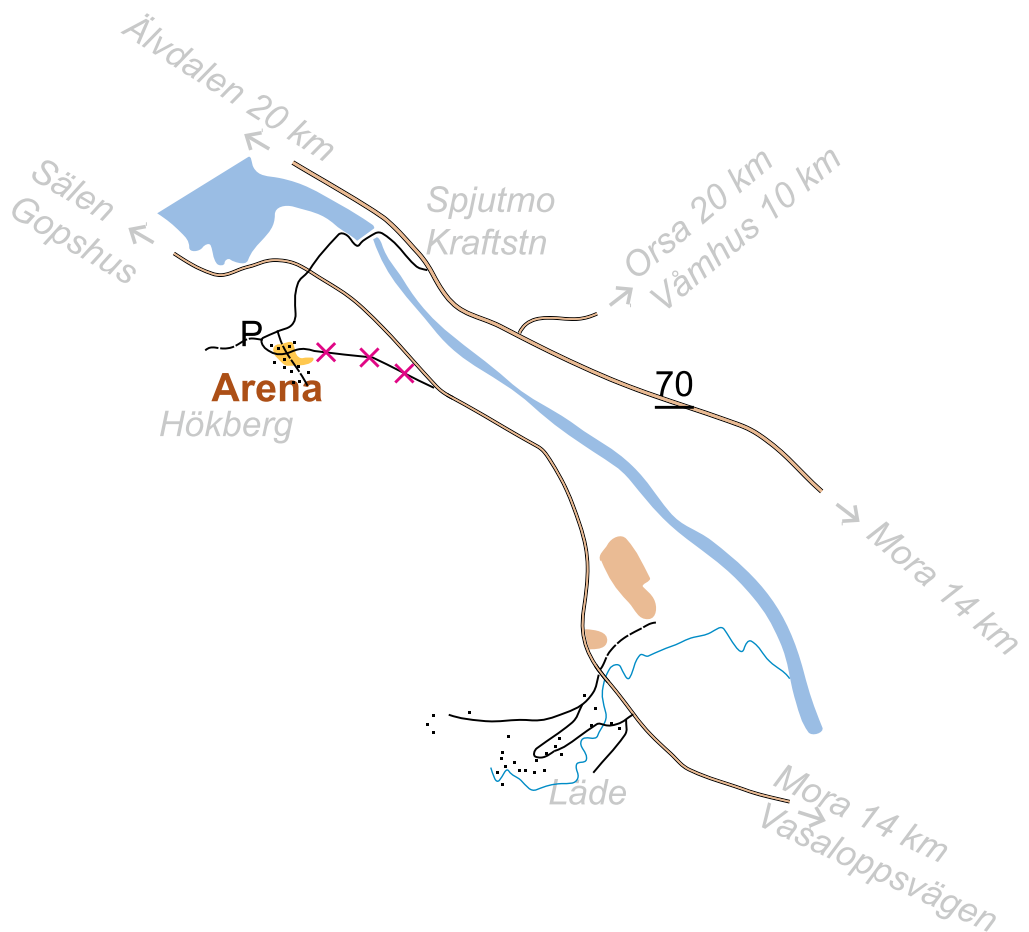
During the accreditation the teams will be given parking signs which should be placed behind the windscreens, clearly visible from outside. EOC teams should park at parking areas marked VIP/Media/Teams. For ETOC teams the parking areas are located close to the ETOC arenas.

EOC teams must not drive through the embargoed area in Falun. Please, see the details in the section 15.

TAXI

Sverigetaxi Dalarna 0775-50 50 50

Detailed map Hökberg



Organizers



Hosts

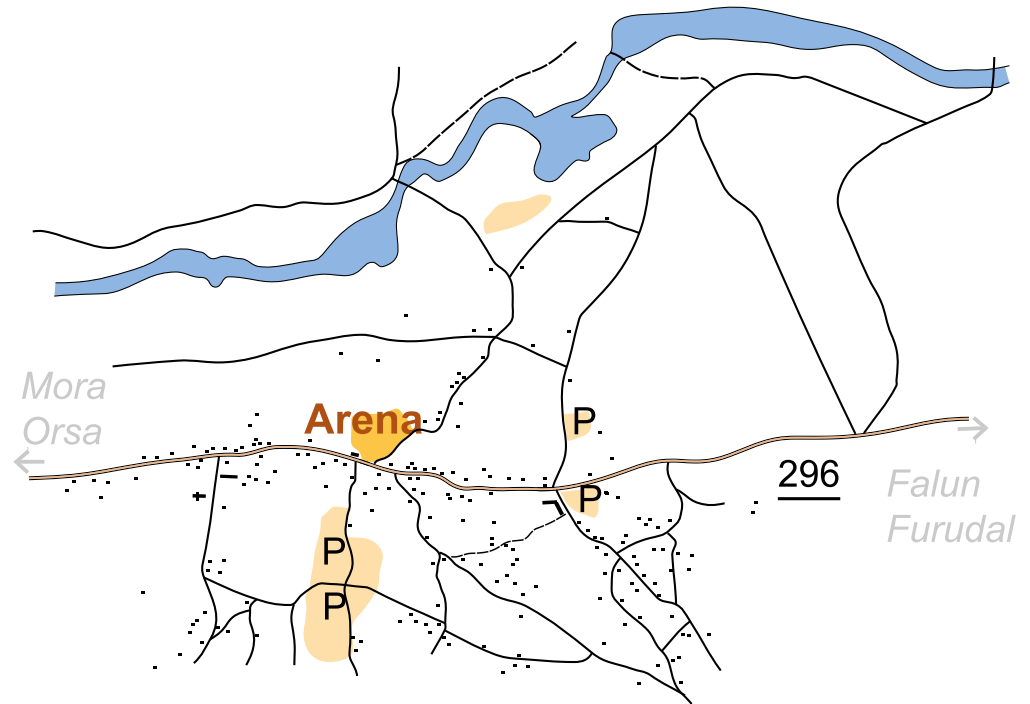
REGION DALARNA



FALUN



Detailed map Skattungbyn



Organizers



Hosts

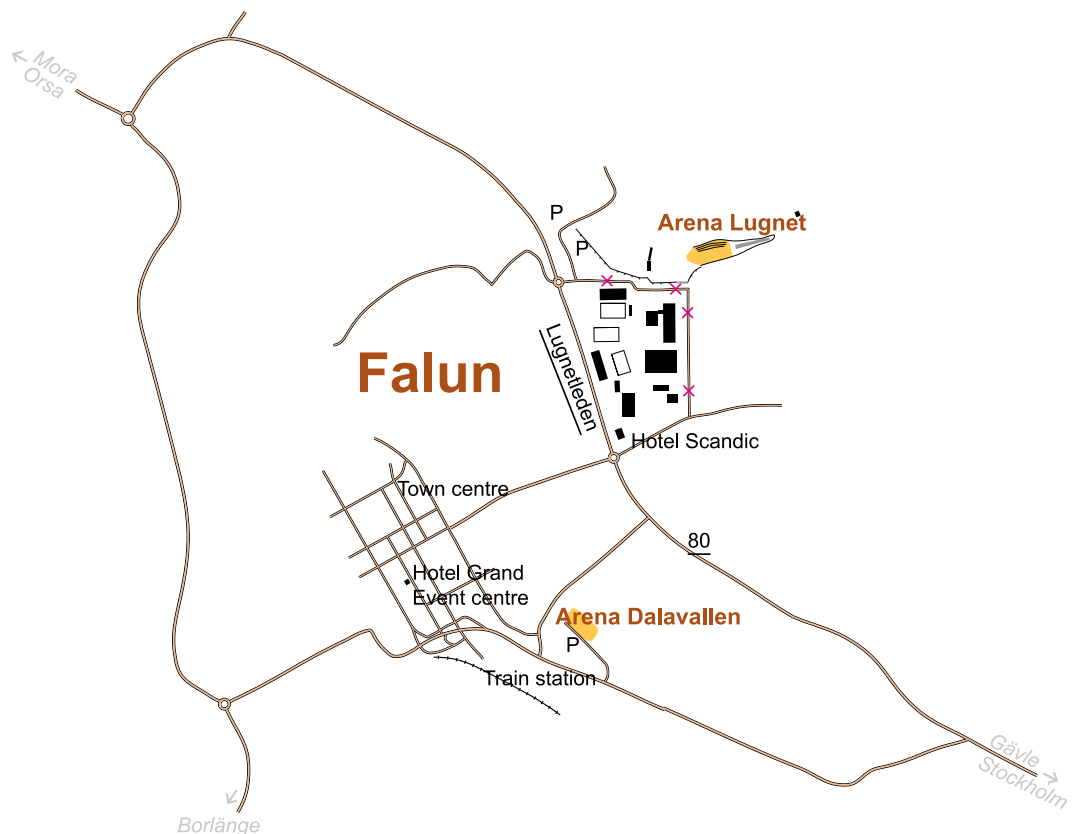
REGION DALARNA



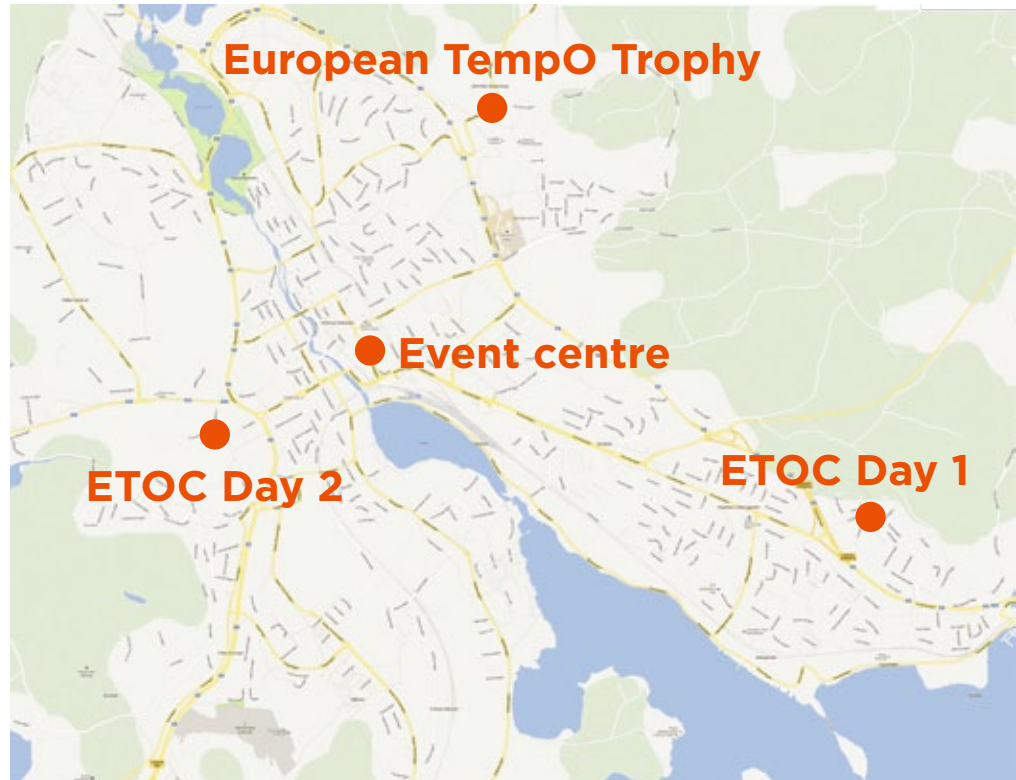
FALUN



Detailed map Falun (EOC venues)



Detailed map Falun (ETOC venues)



Organizers



Hosts

REGION DALARNA



FALUN



22. Number bibs

EOC

During the EOC events all competitors must wear number bibs. In the qualification races and in the B-finals competitors must wear bibs on the chest. In the A-finals and the relay the number bibs must be worn both on the chest and the back. Number bibs will not be distributed at the team officials' meetings. They will be handed over to the team officials at the quarantine zone (start information desk) in the morning before every competition.

ETOC

Competitors must wear number bibs during the ETOC races.

23. Punching and timing systems

EOC

The punching system used in all EOC 2012 competitions will be Emit.

The competitors will carry one e-card for punching (version 4) and two emiTags (timing transponders) on their arm. The e-cards for punching and the two emiTags will be designated to all EOC competitors by name and they must be used exclusively. The e-cards and emiTags will be handed over to a team official during the accreditation and must be returned directly after the last competition to the event office. We kindly ask team leaders to bring all Emit equipment for the whole team at once. Please, check the numbers carefully and remember to bring all three devices to the pre-start of each competition. The e-card and also both emiTags must be worn on the same arm.

Two emiTag timing transponders must be strapped around the wrist as shown on the picture. Control description holder can be placed above the emiTags.



Back-up paper for all competitions will also be distributed during the accreditation. Athletes are responsible for mounting the back-up paper on the e-card for punching and for writing their current start number on the back-up paper.

Fasten the back-up paper with yellow side up on the back side of the e-card for punching. Bend the paper and insert both ends of the paper under the edges.



Press the paper down around the plastic knob, so that it will be well attached.

Write your current start number on the paper, using a ballpoint pen or a pen with permanent ink. **IMPORTANT!** Never fasten a paper which has been already used! There is a much larger risk that this paper will come off during the race.



At each control there will be at least 2 control units.

In the finish there are loops on the ground so the runners can pass the finish line at full speed. Electronic start gates will not be used. All times will be rounded down to the nearest 1.0 second.

Costs for lost electronic equipment will be charged to the respective federation. The e-cards and emiTags can be tried out at the start of the middle & long distance model event on Sunday, May 13, between 10:00 and 13:00.

ETOC

Pin punches, control cards and manual timing will be used at ETOC. All start, finish and other systems will be demonstrated at the model event.

Organizers



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24. Tracking of runners (EOC only)

Tracking devices will be used for the presentation of the competitions on the large video screen in the event arenas, during TV transmission, and as a part of the online web presentation.

The tracking device is an electronic device carried on the back of the runner in an elastic top (harness). The harness is available in three sizes: S, M and L. The harness can be tried out at the start of the middle & long distance model event on Sunday, May 13 between 10:00 and 13:00.

All competitors in the A-finals and relay, men in the long distance qualification and women in the middle distance qualification, must carry a tracking device on their back. Tracking devices will be handed out by the organizer at the pre-start, and collected at the finish. The harness will be handed out in the quarantine zone. Please, remember to pick it up before going to the pre-start.

Runners are allowed to do non-permanent adjustments with tape or similar to the harness. It is not allowed to cut off any parts of the harness. Runners must use the harness provided by the organizer. GPS-units will be placed into the harness by a start official.

25. Check-in and quarantine zones

There will be a check-in before the start at the quarantine zone at each competition for competitors and accompanying team officials. Competitors and team officials must show their accreditation cards and sign a list at the entry point into the quarantine zone.

In the middle qualification, long qualification, sprint qualification, sprint final and relay a warm-up area is a part of the quarantine zone. The pre-start is located at the edge of the quarantine zone, within 0-1000m from the check-in point. The pre-start is marked on the warm-up map.

In the middle final and long final there is a two-stage quarantine zone. The first stage is indoors without a possibility to warm up. There will be a compulsory minibus transport service to the stage two quarantine zone where the pre-start and warm-up map area are located. The minibus will stop close to the pre-start. The transport to the stage two quarantine zone (pre-start) will take approximately 15 minutes. Competitors must leave their bags at the first stage but they can bring jackets, bottles, etc. to the pre-start. Competitors are recommended to take a minibus leaving the first stage quarantine zone between 75 and 45 minutes before their start. There are no tents available at the stage two quarantine zone (pre-start).

A warm-up map is available for all races except the relay. The mapped area is part of the quarantine zone. The boundaries of the warm-up area may not be marked in the terrain. Leaving the mapped area can result in immediate disqualification.

The quarantine zones will be equipped with toilets, drinking water, tents for competitors (only some races) and a tent to leave personal belongings to be transported to the finish area. Teams are allowed to bring their own tents into the quarantine zone of the middle distance qualification, long distance qualification, sprint final and relay. Number bibs (sorted team-wise) must be collected by team officials from the start information desk. Also, GPS-harnesses will be available from the start information desk. They must be picked up by competitors who have been selected to wear GPS (all competitors in the A-finals and relay, men in the long distance qualification and women in the middle distance qualification).

Organizers



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FALUN



The use of mobile phones, computers or any other communication device inside the quarantine zones is strictly prohibited. It is not allowed to bring any maps of the competition areas into quarantine zones. Runners and coaches may not visit the finish area before entering the quarantine zone (with the exception of the relay).

Competitors must enter the quarantine zone before the specified deadline; otherwise they will not be allowed to participate in the competition. It is allowed to leave the quarantine zone via the check-in point. However, it is only possible to re-enter the quarantine zone if this is done before the check-in deadline.

CHECK-IN DEADLINES

| Date | Competition | Check-in open | Deadline |
|--------------------------|----------------------|---------------|----------|
| Monday, May 14 | Middle Qualification | 8:30 | 11:00 |
| Tuesday, May 15 | Long Qualification | 8:30 | 11:00 |
| Wednesday, May 16 | Sprint Qualification | 8:00 | 9:15 |
| Thursday, May 17 | Middle Final | 7:30 | 12:15 |
| Friday, May 18 | Long Final | 7:00 | 11:15 |
| Saturday, May 19 | Sprint Final | 12:00 | 13:15 |
| Sunday, May 20 | Relay | 9:30 | 11:00 |

The quarantine zone for the relay will be a designated part of the arena in which the competitors and team officials will be prevented from watching the TV/GPS production on the big TV-screen. The warm-up area, start and change-over zone will be part of the quarantine zone, the area behind the finish line will not. If an athlete or team official leaves the quarantine area after the entry deadline, he/she will not be allowed to enter it again before the end of the competition.

The location, driving instructions and detailed maps showing how to get to quarantine zones and from quarantine zones to finish areas will be distributed at team officials' meetings before each competition. There will not be any signs along the roads showing the way to the quarantine parking. Please, follow the driving instructions given at the TOMs carefully.

Same procedure for check-in and quarantine is used for both the A- and B-finals.

There are no quarantine zones for competitors who have finished their race. The area allowed for warm down will be marked on special maps available in team zones.

ETOC

Competitors must leave the arena before 11:15 on Saturday, May 19 and before 10:15 on Sunday, May 20. All competitors participating in European Tempo Trophy must stay in the finish of the qualification until all competitors complete the qualification course.

Organizers



Hosts

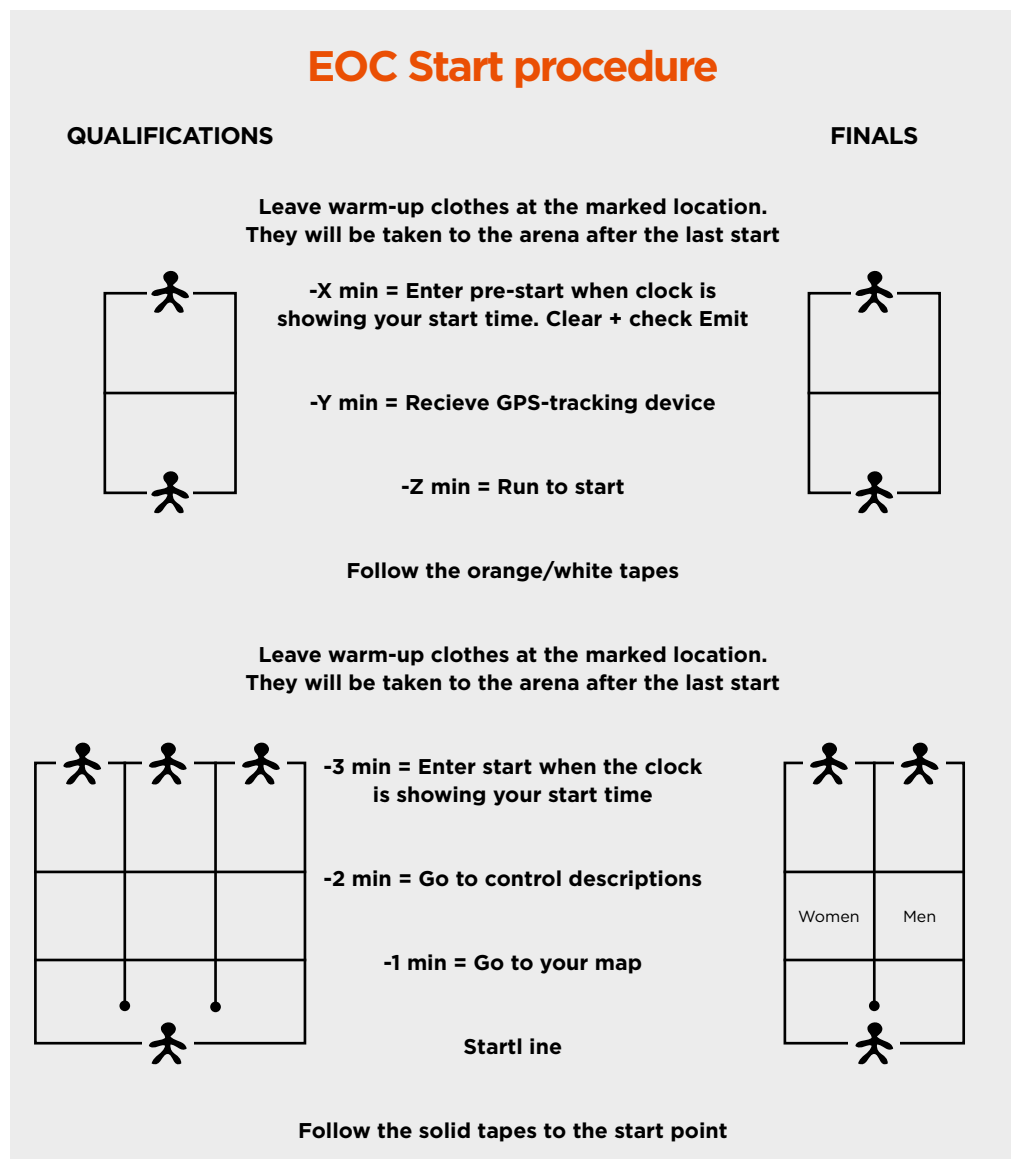
REGION DALARNA



26. Start procedures

EOC INDIVIDUAL RACES

The pre-start is located at the edge of the warm-up area, marked on the warm-up map. The competitor's name and bib number is called at the pre-start between 7 and 10 minutes before her/his start (the exact time will be specified for each competition at the relevant TOM).



At the entrance of the first box there is a clock showing the competition time -7 to -10 minutes (specified for each competition). It is the runner's responsibility to observe the start time. The competitor then enters the first box for a check of the e-card for punching and of the two emiTags.

When the clock shows his/her start time, the competitor must proceed to the next box, where an organizer inserts a GPS device into the GPS-harness (this rule applies only to runners who have been selected to carry GPS, see section 24).

Organizers



Hosts

REGION DALARNA



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The distance and time available to reach the next box is marked with a poster at each box.

Control descriptions will be handed out 2 minutes before the start time.

1 minute before the start time the competitors should proceed to the start line. 5 seconds before the start time, the count-down (short beeps) begins. The start time is indicated by the last beep with a different tone, and the start-official lifts his hand from the map so that it can be taken by the runner.

If the competitor does not follow the organizers' instructions, the competitor will have committed a false start and may be disqualified.

The map is located next to the start line within reach of the waiting runner. On the back of the map the bib number of the runner is displayed.

The start point is marked in the terrain by a control flag. A sign placed close to the start line shows the distance between the start line and the start point. The route from the start line to the start point will be marked by tapes. Competitors must follow the marked route.

Competitors who are late for their start time because of their own fault will be permitted to start, but they will be timed as if they had started at their allocated start time. Competitors who are late because of the fault of the organizers will be given a new start time. In both cases the following rules apply at the start: a late competitor must report at the pre-start. If the organizer decides that a runner has enough time to start at the allocated start time, she/he can continue with the normal procedure followed by a guide. If it is not possible for a competitor to start at the allocated start time she/he will be allowed to start one minute before the next competitor on that course (30 seconds for the sprint). Competitors from the same federation are not allowed to start consecutively.

The start procedure for the relay is described in Section 40 "Special Instructions for each Competition."

The runners may keep their warm-up clothes until 3 minutes before their start.

ETOC

At the start, competitors are called 2 minutes before their start time. The number bib is checked and a control card is handed over to the competitor. On Saturday, May 19 competitors are given map at the start. On Sunday, May 20 competitors first proceed to the timed control from the start. They are given map at the second start, after the timed control.

Organizers



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27. Finish procedures (EOC only)

There is an inductive field over the finish line. When the runner crosses the line, the emiTag transponders register the finish time so the runner can pass the finish line at full speed.

INSTRUCTION FOR COMPETITORS - PROCEDURE AFTER CROSSING THE FINISH LINE:

1. Proceed without unnecessary delay to the download zone
2. Punch the finish unit at the assigned place
3. Hand over your e-card to the organizer. The e-card is downloaded onto two independent systems, including a check for correct punching
4. The e-card is returned to you
5. If the electronic check of punching is accepted, go directly to the "Green Exit"
If the check of punching indicates a mispunch, proceed to the "Red Exit" for further investigation
6. Hand over the competition map to the organizer (only middle B-final, long B-final and relay)
7. If you carried a GPS device and harness, hand it over to the organizer
8. Continue to the media zone and refreshment station

The e-cards and emiTags will not be collected in the finish. They must be returned directly after the last competition to the event office. We kindly ask team leaders to bring all Emit equipment for the whole team at once.

A maximum of 2 accredited team officials are allowed to enter the coaching zone behind the finish line.

28. Refreshment controls

Refreshment stations are provided on the courses according to IOF Rules. These are located at control sites. In the middle final and long final a refreshment station is also located at one place on a road in between the controls (marked with a "refreshment point" symbol on the map). Controls with refreshments are marked on the control descriptions. The number of refreshment stations is shown together with the course parameters (see Section 17).

At the refreshment stations there will be water and sports drinks (Isostar Hydrate & Perform lemon flavour). The sports drink can be tasted at the start of the middle & long distance model event on Sunday, May 13 between 10:00 and 13:00.

In the long final there will be a coaching zone in the arena, with the opportunity to give competitors their own refreshment. The placing of the coaching zone will be presented at the relevant team officials' meeting.

ETOC

In case of hot weather there will be one refreshment station on both Saturday and Sunday (Day 1 and Day 2) in the middle of the course.

29. Clothing

According to the Swedish Orienteering Federation competitors must wear clothing covering the whole body except for head, neck and arms. This does not apply for the sprint competitions and the ETOC competitions. There are no regulations concerning the type of footwear.

Organizers



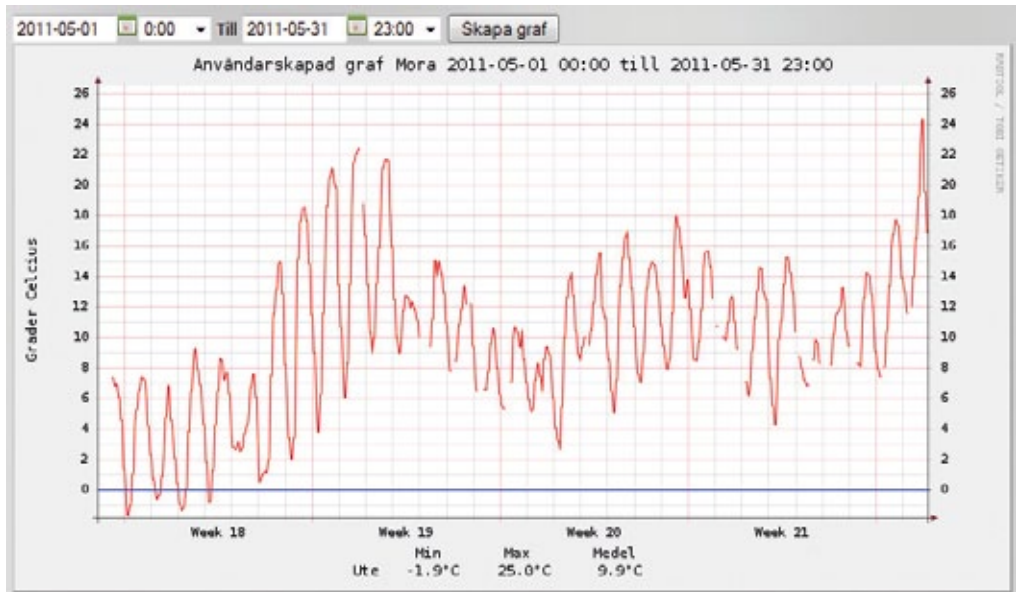
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30. Local weather

In May the weather in Dalarna can vary greatly, with temperatures ranging from 0 to 25 degrees Celsius.



Graph of temperatures measured in Mora May 1-31, 2011 (from www.temperatur.nu)
Weather forecast and observations from SMHI (Sweden's Meteorological and Hydrological Institute): www.smhi.se/en/Weather

31. Fairness

EOC

It is not allowed to bring mobile phones, radios, computers or any other communication devices into the quarantine zones and the pre-start areas. Neither is it allowed to bring any maps of the competition area.

During the competition the only navigational aids that competitors may use or carry are the map and control descriptions provided by the organizer, and a compass. Using or carrying GPS watches, for example, is forbidden.

Coaching, i.e. handover of information, equipment, material, drinks, etc. is only allowed in the dedicated coaching zones (maximum one coach per team).

Competitors and coaches are not allowed to visit the event finish arena before going to the start area, with the exception of the relay competition.

Competitors who have finished are not allowed to exchange any information with competitors who have not yet started, neither directly nor via other persons (with exception of the change-over zone of the relay).

On Thursday, May 17 no EOC team members are allowed to participate in the EOC Tour (stage 1).

A competitor or team who breaks any rule, or who benefits from the breaking of any rule, may be disqualified.

Organizers



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ETOC

It is forbidden to bring mobile phones, radios, computers or any other communication devices on the competition course.

The use of any navigational aids other than a compass (i.e. pencil, ruler, etc.) is forbidden.

Competitors who are on the course are not allowed to exchange any information with other competitors.

A competitor or team who breaks any rule, or who benefits from the breaking of any rule, may be disqualified.

32. Competition maps

EOC

Maps will be collected after the runner has crossed the finish line only in the middle distance B-final, long distance B-final and relay. New competition maps can be picked up by team officials from the event office after the last start in the qualification races, after the last start in the A-finals, and after 15:30 in the relay competition.

ETOC

Maps will be collected on both competition days after the competitors have crossed the finish line. Maps will be returned with the solution sheets after the last competitor has finished.

33. Complaints and protests

EOC

Any **complaint** shall be made in written form and handed over to the organizers at the arena event office as soon as possible. A special form is available at the event office. **Complaints** regarding the results shall be made no later than 15 minutes after publication of the official results list.

A written **protest** can be made against the organizers' decision about a complaint. Written **protests** shall be delivered personally to the EOC national controllers or to the senior event advisor no later than one hour after the organizers have announced the decision about the complaint.

ETOC

Any **complaint** shall be made in writing and handed to the ETOC event director no later than 15 minutes after the end of the competition. Message about a coming complaint shall be given within 10 minutes after the announced end of the competition.

A written **protest** can be made against the organizers' decision about a complaint. Written **protests** shall be delivered personally to the ETOC national controller no later than one hour after the organizers have announced the decision about the complaint.

34. TV controls (EOC only)

During the EOC finals, there will be TV and large video screen production based on 4-12 cameras positioned in the forest and in the finish area. Cameras are positioned close to controls and on legs. Cameras may be positioned on small temporary towers. Camera positions are not marked on the map. Camera teams in the forest will stay in the same position for all runners on a course.

Organizers



Hosts

REGION DALARNA



35. Toilets

EOC

There will be toilets in the quarantine zones and in the arenas.

ETOC

There will be toilets suitable for wheelchair users at the assembly areas on all competition days and the model event.

36. First aid

EOC

If a competitor becomes injured during a race and needs assistance he/she should go to the nearest control to find an organizer who has a telephone and a number to the event doctor. First aid will be available in all arenas. Ambulance car will be available in the arenas in Skattungbyn and Hökberg. The emergency services number in Sweden is 112. For other medical problems we refer to the local hospitals in Falun and Mora.

ETOC

Emergency medical services are available at the event arenas for all races. The emergency services number in Sweden is 112. For other medical problems we refer to the local hospital in Falun.

37. Media services

The official Media Centre of EOC/ETOC 2012 will be in First Grand Hotel in the town centre of Falun (Trotzgatan 9-11, 791 71 Falun).

Media representatives are kindly asked to make their accreditation upon the arrival in Media Centre. See below for the opening hours.

The Media Centre will provide an official event service including starting lists, official result lists and maps.

Fully equipped Arena Media centres will be available in the arenas of all EOC events, except for the sprint qualification. The arena for sprint qualification is within a short walking distance from the main Media Centre in First Grand Hotel.

Arena Media centres will provide working places, power for laptops, internet access, etc.

Media/press conferences will be held after the final races. These media/press conferences will take place immediately after the prize giving ceremonies at the Arena Media centres.

Photo zones for accredited photographers will be available in the arenas. During the final races there will also be a photo zone close to one of the control points in the competition area to which photographers will be accompanied in limited numbers. Further information about photo zones will be available in Arena Media centres prior to each race.

Streaming of speaker sound and TV production will be provided from our website. There will also be online results services on the website, live blog, and GPS-tracking. There is no Media Race, but media representatives are welcome to run "ÖM-classes" (Öppen motion) within the EOC Tour. Starting fee for each race is 90 SEK, registration at the arena.

Organizers



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REGION DALARNA



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MORA



Media representatives are also welcome to take part in the banquet on Sunday, May 20. See information about the banquet in section 14. The entrance fee is 35 EUR.

MEDIA CONTACT PERSON FOR EOC:

Lars Stenback, +46 (0)706 827 096
lars.stenback@eoc2012.se

MEDIA CONTACT PERSON FOR ETOC:

Roger Johansson, + 46 (0)703 779 089

OPENING HOURS OF THE MEDIA CENTRE

| Date | Media centre Hotel Grand Falun | EOC arena media centre | ETOC media service |
|-------------------|-----------------------------------|---------------------------|--------------------------|
| Friday, May 11 | 12:00 - 21:00 | | |
| Saturday, May 12 | 9:00 - 21:00 | | |
| Sunday, May 13 | 9:00 - 18:00 | | |
| Monday, May 14 | | 8:30 - 15:00 | |
| Tuesday, May 15 | | 8:30 - 15:00 | |
| Wednesday, May 16 | 8:00 - 17:00 | | |
| Thursday, May 17 | | 7:30 - 19:00 | |
| Friday, May 18 | | 7:30 - 19:00 | From 9:00 (Lugnet) |
| Saturday, May 19 | | 11:00 - 19:00 | From 10:00 (Hälsingberg) |
| Sunday, May 20 | | 10:00 - 18:00 | From 10:00 (Mine) |

Organizers



Hosts

REGION DALARNA



38. Payments

Payments to EOC2012 from countries other than Sweden must be made by bank transfer to:

Account No: 8166-1, 914 935 300-6
Bank name: Swedbank
Bank address: S-105 34 Stockholm, Sweden
IBAN: SE05 8000 0816 6191 4935 3006
Bic/SWIFT: SWEDSESS

Payments within Sweden to EOC2012 can be made to EOC2012's Swedish bankgiroaccount 646-7039.

We accept only the following credit cards: Visa, Mastercard.

Please note that the payer is responsible for all bank fees and charges. All fees and pre-ordered services must be paid before the accreditation can be completed.

39. Public events

EOC TOUR

An orienteering festival with four days of public races will be held in conjunction with EOC2012.

Stage 1 - May 17 Arena Skattungbyn, Orsa (long distance)

Stage 2 - May 18 May Arena Skattungbyn, Orsa (middle distance)

Stage 3 - May 19 Arena Lugnet, Falun (middle distance)

Stage 4 - May 20 May Arena Lugnet, Falun (extended middle distance)

Approximately 5000 people have already registered for EOC Tour. The public races are held in the morning, before the EOC races.

Accredited EOC team members can participate in the open classes of EOC Tour (ÖM - Öppen motion 1-9) on May 18, May 19 and May 20 (stage 2-4) for free. Please, bring your EOC ID card to the "Direkt anmälan" (Open courses) tent in the arena for registration. However, it is not allowed to participate in both an EOC Tour competition and an EOC competition at the same day. This applies also to the team officials accompanying athletes to the quarantine area.

Please note that on Thursday, May 17 no EOC team members are allowed to participate in the EOC Tour (stage 1).

Please, see the EOC website for more information: www.eoc2012.se/eoc-tour

ETOC PUBLIC EVENTS

Public events in TrailO will be held on Friday, May 18, Saturday, May 19 and Sunday, May 20, after the ETOC competitions.

Please, see the ETOC website for more information: www.eoc2012.se/etoc

40. Special instructions for each competition

See sections 15 and 21 for instructions and maps showing how to reach the arenas.

EOC

The location, driving instructions and detailed maps showing how to get to the quarantine zones and from the quarantine zones to the finish areas will be distributed at the team officials' meetings before each competition.

Organizers



Hosts

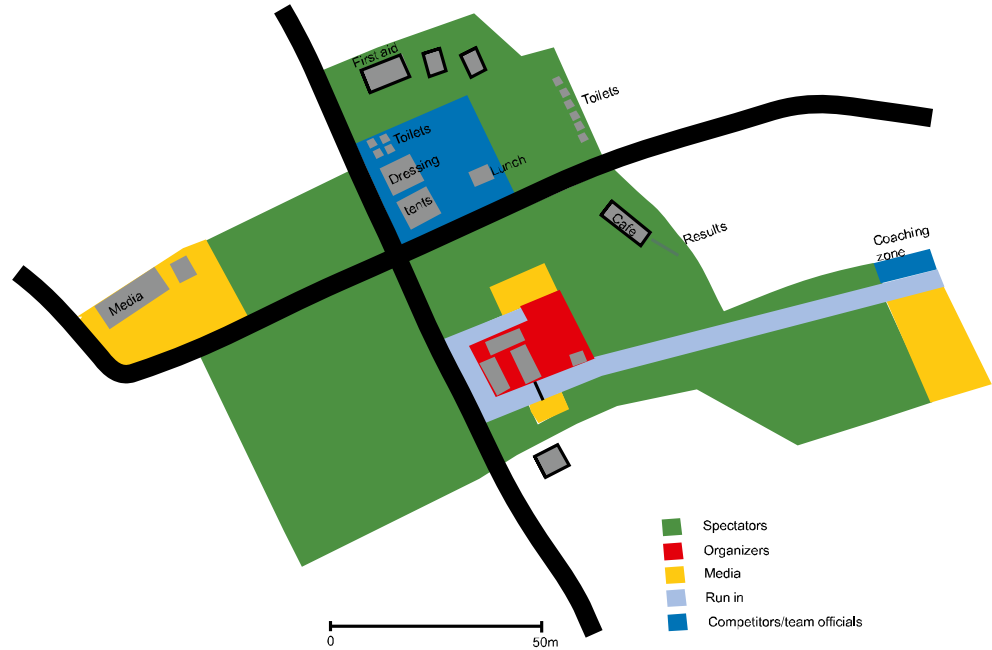
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Arena Hökberg



Organizers



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MORA



MIDDLE DISTANCE QUALIFICATION

GPS coordinates: 61.075025, 14.309848

Distance parking - arena: 200m

Maximum running time: 90 min

Coaching zone: Yes

Quarantine zone: Open from 08:30. Deadline for entering the quarantine zone is 11:00

Own tents in quarantine zone: Yes

Own tents in arena: Yes

Special instructions: It is **forbidden** to cross or run on the rails (marked with symbol 515 - railway and olive green colour in the background). A map will be shown during the start procedure to inform about some changes in the terrain, caused by a forestry work, which was done after the competition maps were printed. These changes are not printed on the competition map.

LONG DISTANCE QUALIFICATION

GPS coordinates: 61.075025, 14.309848

Distance parking - arena: 200m

Maximum running time: 180 min

Coaching zone: Yes

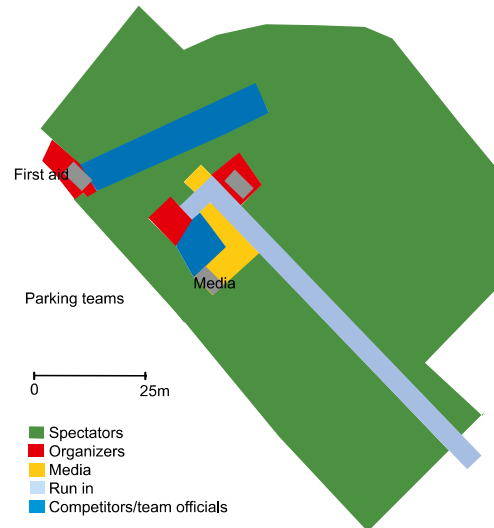
Quarantine zone: Open from 08:30. Deadline for entering the quarantine zone is 11:00

Own tents in quarantine zone: Yes

Own tents in arena: Yes

Special instructions: It is **forbidden** to cross or run on the rails (marked with symbol 515 - railway and olive green colour in the background). A map will be shown during the start procedure to inform about some changes in the terrain, caused by a forestry work, which was done after the competition maps were printed. These changes are not printed on the competition map.

Arena Dalavallen



Organizers



Hosts

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SPRINT QUALIFICATION

GPS coordinates: 60.605288, 15.648158

Distance parking - arena: 50m

Maximum running time: 60 min

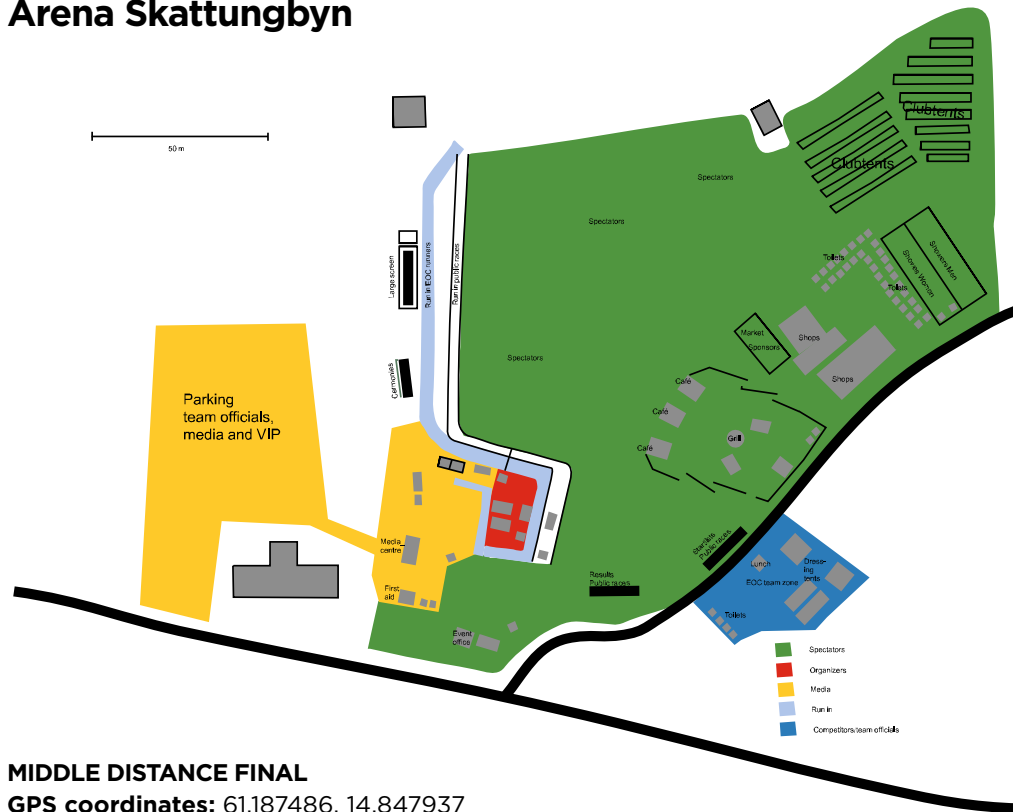
Coaching zone: No

Quarantine zone: Open from 08:00. Deadline for entering the quarantine zone is 09:15

Own tents in quarantine zone: No

Own tents in arena: Yes

Arena Skattungbyn



Organizers



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MIDDLE DISTANCE FINAL

GPS coordinates: 61.187486, 14.847937

Distance parking - arena: 100-700m

Maximum running time: 90 min

Coaching zone: No

Quarantine zone: Open from 07:30. Deadline for entering the quarantine zone is 12:15

Own tents in quarantine zone: No

Own tents in arena: Yes

Special instructions: It is **allowed** to cross and to run on the rails (marked with symbol 515 - railway). A two-stage quarantine zone is used, see section 25 for details.

LONG DISTANCE FINAL

GPS coordinates: 61.187486, 14.847937

Distance parking - arena: 100-700m

Maximum running time: 180 min

Coaching zone: Yes (Food and drinks may be handed out personally to the athletes)

Quarantine zone: Open from 07:00. Deadline for entering the quarantine zone is 11:15

Own tents in quarantine zone: No

Own tents in arena: Yes

Special instructions: It is **allowed** to cross and to run on the rails (marked with symbol 515 - railway). A two-stage quarantine zone is used, see section 25 for details.

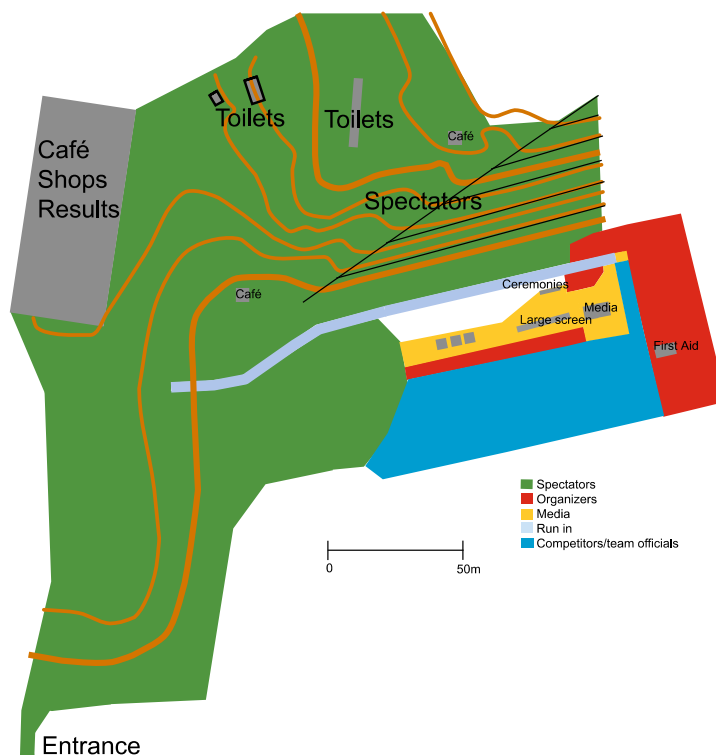
There are a few small bridges in the competition terrain, built by organizers to make it easier to cross a stream. It is not compulsory to use these bridges. It is possible to cross the stream at other places, without problems, as long as the edge of the stream is not drawn with a solid line. The bridges are marked with a bridge symbol in purple colour.

A forking system will be used in the long distance A-final (for men only) and long distance B-final (for men only).

In the long distance A-final (for men only) there will be a **map exchange**. Competitors with **odd** starting numbers (1, 3, 5 etc.) will run a course called **A**. At the start they will receive a map with a letter "**A**" printed on the backside of the map. At the map exchange they must pick up a map marked with a letter **A** again (on the backside of the map), from a box marked with an **A**.

Competitors with **even** starting numbers (2, 4, 6 etc.) will run a course called **B**. At the start they will receive a map with a letter "**B**" printed on the backside of the map. At the map exchange they must pick up a map marked with a letter **B** again (on the backside of the map), from a box marked with a **B**. It is the **competitor's** own responsibility to pick up the correct map at the map exchange. The map exchange is located at the last control on the first map. On the second map the course starts (marked with a triangle) at the same place. There is no marked route to or from the map exchange.

Arena Lugnet



Organizers



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Svenska Orienteringsförbundet



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SPRINT FINAL

GPS coordinates: 60.620124, 15.659122

Distance parking - arena: 500m

Maximum running time: 60 min

Coaching zone: No

Quarantine zone: Open from 12:00. Deadline for entering the quarantine zone is 13:15 (both A- and B-final).

Own tents in quarantine zone: Yes

Own tents in arena: Yes

Special instructions: There will be a map exchange in the arena for all competitors. Details will be given at the TOM.

RELAY

GPS coordinates: 60.620124, 15.659122

Distance parking - arena: 500m

Maximum running time: 210 min

Coaching zone: No

Quarantine zone: Open from 09:30. Deadline for entering the quarantine zone is 11:00 (both men and women).

Own tents in quarantine zone: Yes (but limited space)

Own tents in arena: Yes

Special instructions: The quarantine zone for the relay will be a designated part of the arena in which the competitors and team officials will be prevented from watching the TV/GPS production on the big TV-screen. The warm-up area, start and change-over zone will be part of the quarantine zone; the area behind the finish line will not. If an athlete or team official leaves the quarantine area after the entry deadline, he/she will not be allowed to enter it again before the end of the competition. A warm-up map is not available and the warm-up zone area is small.

The location of the start and change-over zone is at the edge of the quarantine zone. Team officials are not allowed to enter the start and change-over zone. However, they are allowed to communicate with the athletes inside these zones as long as they (the team officials) are standing inside the quarantine zone. There is only a small fence dividing these zones.

Competitors on the first leg should pass through the check-in gate to the start zone 10-15 minutes before their expected start time. 2 minutes before the start of the first leg, the competitors line up next to their maps. 1 minute before the start, the count-down by the starter begins. The map may not be touched earlier than 10 seconds before the start.

For the change-over after the first and second legs, there will be a spectator control 3-4 minutes before the change-over. The control is visible from the quarantine zone (change-over zone included). No other warning will be given by the organizers. It is the responsibility of the outgoing competitor to be ready.

Competitors on the second and third leg should pass through the check-in gate (to the change-over zone) 10-20 minutes before their expected start time. They will need time to mount the tracking equipment.

On the first leg and second leg the incoming runner crosses the finish line and continues to the change-over zone, still keeping his/her map. After the change-over the incoming runner proceeds to the emit downloading zone where he/she also hands in the map.

The outgoing runner follows a marked route to the map board. The maps are marked with the team's start number, starting with the lowest number. It is the runner's responsibility to take the correct map. Organizers will be present to guide the competitors in the case of problems.

With reference to IOF Rule 22.14, disqualified teams will not be allowed to continue the race.

Organizers



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ETOC

EUROPEAN TEMPO TROPHY

Arena Lugnet "Skyttepaviljongen" (close to Lugnet skiing stadium)

GPS coordinates: 60.62235, 15.65532

Parking - arena: 100-500m

Map: "Lugnet" 1:4000, e=2,5m

Number of competitors: maximum 12/nation in the qualification. 5 best competitors in each heat qualify for the final.

Qualification course: 4 heats with 3 timed stations (5 tasks/station, length: 1,6km, climb 70m)

Final course: 6 timed stations (5 tasks/station, length: 1,2km, climb less than 5m)

Maximum time: 150 seconds/station (30 seconds/task)

Warning: at 20 seconds left

Penalty for wrong answer: 45 seconds

Arena - start of the qualification: 50m

Start of the final is at the same place as the finish of the qualification.

Finish of the final is in the arena.

DAY 1

Arena Hälsingberg school

GPS coordinates: 60.595839, 15.705106

Parking - arena: 50-200m

Map: "Hälsingberg" 1:5000, e=5m

Course Length: 1,3km, controls: 20+2, climb 15m. The course is divided into 2 parts. The distance between the finish of the first part and the start of the second start is 500m, climb 20m

Maximum course time: 99 minutes

Maximum time: 90 seconds/station (45 seconds/task)

Warning: at 10 seconds left

Penalty for wrong answer: 60 seconds

Arena - start: 600m, climb 15m

Finish 2 - timed control: 500m

Timed control - arena: 400m

DAY 2 AND TEAM COMPETITION

Arena Falun Mine (Falu Gruva)

GPS coordinates: 60.60200, 15.61498

Parking - arena: 50-200m

Map: "Falu Gruva" 1:5000, e=2,5m (ISSOM)

Course Length: 1,7 km, controls: 20+2, climb 15m

Maximum course time: 111 minutes

Maximum time: 90 seconds/station (45 seconds/task)

Warning: at 10 seconds left

Penalty for wrong answer: 60 seconds

Arena - start 1: either 1,3km easy path, climb 35m or 1,1km steep path, climb 35m

Start 1 - timed control: 150m

Timed control - start 2: 200m

Finish - arena: 300m

Participants in the team competition will have an additional timed control station after the finish.

Organizers



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41. Entries

EOC

| Country | Men | Women | Team officials | Total | Relay men | Relay women |
|----------------|------------|------------|----------------|------------|-----------|-------------|
| Australia | 2 | | 1 | 3 | | |
| Austria | 7 | 4 | 3 | 13 | 2 | 1 |
| Belgium | 3 | | | 3 | 1 | |
| Belarus | 4 | 3 | | 7 | 1 | 1 |
| Bulgaria | 5 | 1 | 1 | 7 | 1 | |
| Canada | 1 | | | 1 | | |
| Czech republic | 6 | 6 | 4 | 16 | 2 | 2 |
| Denmark | 10 | 5 | 4 | 19 | 2 | 1 |
| Estonia | 6 | 3 | 2 | 11 | 2 | 1 |
| Finland | 10 | 9 | 4 | 23 | 2 | 2 |
| France | 6 | 4 | 4 | 14 | 2 | 1 |
| Great Britain | 10 | 8 | 2 | 20 | 2 | 2 |
| Germany | 7 | 2 | 1 | 10 | 2 | |
| Hungary | 3 | 3 | 1 | 7 | 1 | 1 |
| Ireland | 4 | 3 | 1 | 8 | 1 | 1 |
| Italy | 6 | 4 | 1 | 11 | 2 | 1 |
| Kyrgyzstan | 2 | 2 | 1 | 5 | | |
| Latvia | 6 | 4 | 1 | 11 | 2 | 1 |
| Lithuania | 7 | 7 | 1 | 15 | 2 | 2 |
| Moldova | 1 | | | 1 | | |
| Netherlands | 1 | | | 1 | | |
| Norway | 10 | 10 | 5 | 25 | 2 | 2 |
| New Zealand | 1 | | | 1 | | |
| Portugal | 5 | | | 5 | 1 | |
| DPR Korea | 1 | | | 1 | | |
| Romania | 1 | | | 1 | | |
| Russia | 12 | 12 | 5 | 29 | 2 | 2 |
| Serbia | 1 | | | 1 | | |
| Switzerland | 10 | 10 | 4 | 24 | 2 | 2 |
| Sweden | 12 | 9 | 6 | 27 | 2 | 2 |
| Turkey | 3 | 3 | 4 | 9 | 1 | 1 |
| Ukraine | 5 | 5 | 2 | 12 | 2 | 1 |
| United States | 1 | 1 | | 2 | | |
| 33 | 169 | 118 | 58 | 343 | 39 | 27 |

Organizers



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ETOC

| Country | Competitors day 1+2 | Tempo | Officials | Escorts | IOF Officials |
|----------------|---------------------|-----------|-----------|-----------|---------------|
| Croatia | 7 | 7 | | 2 | |
| Czech republic | 12 | 12 | | | |
| Denmark | 5 | 5 | | 1 | |
| Finland | 11 | 11 | | 3 | |
| Great Britain | 7 | 7 | | 1 | |
| Hungary | 1 | 1 | | | |
| Ireland | 2 | 2 | | | |
| Italy | 5 | | 1 | | |
| Latvia | 9 | 9 | | 1 | |
| Lithuania | 5 | 5 | | | |
| Norway | 7 | 7 | | | |
| Russia | 12 | 12 | 1 | 7 | |
| Sweden | 13 | 13 | 2 | 1 | 1 |
| 13 | 96 | 91 | 4 | 16 | 1 |

Organizers



Hosts

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Organizers



Hosts



MORA



Main partners



Partners

