

# Competition information WOC testraces and information WOC trainingscamp #2 31 May – 6 June 2023



## Program

5 training sessions in the region of Flims Laax from 31 May to 2 June  
Testrace Middle in Uaul Runcs, Saturday 3 June 2023  
Testrace Middle in Salums, Sunday 4 June 2023  
Model Event in Susch Lavin, Monday 5 June  
Testrace Long in Ftan, Tuesday 6 June 2023

Map overview:

<https://drive.google.com/open?id=1wJQIHlgc46etkyLbPfNDftFkaDJ a70db&usp=sharing>

Presenting Partner



Host City



Destination



Main Sponsors



Sponsors



Host Broadcaster



Media Partner



Partner



## General information training camp #2

### Trainings

Flims Laax	Laax Larischs	10000	2023	All races	One-Man-Relay, 2 course WOMEN/MEN with forking possibilities. No flag at control 41.
	Ladir	10000 15000	2022	Long	Slope running, 2 courses WOMEN/MEN. No start flag.
	Ils Aults Domat Ems	10000	2022	Middle/Relay	0-Intervals with slope-preload, 1 course.
	Bot Fiena Trin	10000	2022	Middle/Relay	Reduced map, Fine-0, 2 courses WOMEN/MEN. No start flag.
	Bot Tschavir Bonaduz	10000	2022	Middle/Relay	Multi-technique, 1 course. No start flag.
Ftan	Susch Lavin	15000	2021	Long	Model Event. No start flag.

### Parking

Please use only the parking places marked on the training maps!  
For training Laax Larischs use the following arrival by car:



## Maps

Pre-ordered maps need to be picked up at the Tourist Office (Via Nova 62, Flims)

Opening hours:

27/5:	8:30-12:00, 13:30-16:00
28/5:	closed
29/5:	8:30-12:00
30/5-2/6:	8:30-12:00, 13:30-17:00
3/6:	8:30-12:00, 13:30-16:00
4/6:	closed
5/6:	8:30-12:00, 13:30-17:00



## Medical support

If you need any medical support during the training camp or the test races, you may contact the two medical offices in either Flims/Laax or Scuol/Ftan:

### Flims/Laax

Dr. Durisch Ragetti Arztpraxis Stenna  
Via Nova 80, 7017 Flims Dorf  
[www.praxisstenna.ch](http://www.praxisstenna.ch), +41 81 911 1207

### Scuol/Ftan

Hospital Scuol  
Via da l'Ospidal 280, 7550 Scuol  
[www.cseb.ch](http://www.cseb.ch); +41 81 861 10 50

Presenting Partner



Host City



Destination



Main Sponsors



Sponsors



Host Broadcaster



Media Partner



Partner





## General information testraces

<b>Event Centre</b>	There will not be an event centre. Organizers will be available at the competition day before the race at the assembly point of the competitions.
<b>Transport</b>	Nothing organised, we suggest using your own cars.
<b>Classes</b>	WOMEN and MEN. Due to the high number of participants, the runners are divided into two fields each. Runners from the same nation will start in the same field.
<b>Insurance</b>	The organizers decline any liability that might occur through participation in the testraces and trainings. Each person participates at her/his own risk and is responsible for her/his own insurance coverage (illness and accident).
<b>Punching system</b>	SPORTident AIR+. You have to use your own SIAC, please check that you use the right SIAC which you have entered for the competitions. Rental SIAC are available at the assembly point of the competition (CHF 5.- for all three races).
<b>GPS tracking</b>	No GPS-tracking from the organizers. The races will be available on Livelox afterwards.
<b>Live coverage</b>	Live results will be available at <a href="https://woc2023.app/live">https://woc2023.app/live</a>
<b>Quarantine</b>	No quarantine before the races. Runners may keep the map after the finish. If you want to set your runners into a quarantine before the race, you may organize it by yourself.
<b>Startlists</b>	Will be available latest on Wednesday, 31 May 2023.
<b>Number bibs</b>	Available at the assembly point
<b>Start procedure</b>	<ul style="list-style-type: none"> <li>-4' Clear and check SIAC</li> <li>-3' pick up the control description</li> <li>-2' SIAC check to verify proper functioning of SIAC contactless punching mode</li> <li>-1' punch Start-check</li> <li>Start Competitor takes the map</li> </ul>
<b>Out-of-bounds</b>	Please respect the out-of-bounds areas. They are marked on the map. If the area is shown with a continuous purple line, there will be ribbon in the terrain.
<b>Finish</b>	Middle races: Time keeping by light beam. Long race: Competitors must punch contactless at the finish line.
<b>Any questions</b>	Contact Simone Niggli, <a href="mailto:simone.niggli@woc2023.ch">simone.niggli@woc2023.ch</a>

Presenting Partner



Host City



Destination



Main Sponsors



Sponsors



Host Broadcaster



Media Partner



Partner





## Testrace I, Middle, 03.06.2023

<b>Assembly point</b>	Via Sorts Sura, no parking available at the assembly point. GPS coordinates: 46.8265, 9.2836 Bus stop: Flims Waldhaus, Caumasee Parking: at the parking Caumasee in Flims Waldhaus (GPS 46.8259, 9.2896), in the Stenna parking garage or in any other official parking places in Flims and Laax. Please be careful not to enter the WOC-embargoed areas!
<b>Starttimes</b>	Between 12:00 and 16:00, start interval 2 minutes.
<b>Map</b>	Uaul Runcs, 1:10'000, 5m by Urs Steiner. Standard ISOM 2017-2.
<b>Course setter</b>	Urs Steiner
<b>Course lengths</b>	WOMEN 1: 4.3km/190m/19 controls WOMEN 2: 4.2km/190m/19 controls  MEN 1: 5.4km/230m/23 controls MEN 2: 5.4km/230m/24 controls  Maximum running time 75'
<b>Control description</b>	Separate control description at the pre-start
<b>Pre-start</b>	There is a warm-up map without controls guiding you from the assembly point to the pre-start. You are not allowed to leave the area marked on the warm-up map. Distance from the assembly to the pre-start: 2,4km/170m. There are toilets available at the pre-start.
<b>Starting point</b>	Distance from time start to starting point: 90m.
<b>Bike Trail</b>	The Downhill bike trail is closed during the race. Passing is allowed at any place.
<b>Special symbol</b>	Black cross x on the map shows snow cannon lance in the terrain:
<b>Finish</b>	At the assembly point



Presenting Partner



Host City



Destination



Main Sponsors



Sponsors



Host Broadcaster



Media Partner



Partner





## Testrace II, Middle, 04.06.2023

**Assembly point** Rocksresort, GPS coordinates: 46.81954, 9.26522  
Bus stop: Laax, Bergbahnen  
Parking: in the parking garage "rocksgarage" (CHF 15 per day)

**Starttimes** Between 09:00 and 13:00, start interval 2 minutes.

**Map** Salums, 1:10'000, 5m by Urs Steiner. Map size A4, standard ISOM 2017-2.

**Course setter** Simone Niggli

**Course lengths** WOMEN 1: 4.6km/220m/17 controls  
WOMEN 2: 4.5km/230m/17 controls

MEN 1: 5.4km/290m/20 controls  
MEN 2: 5.4km/290m/ 20 controls

Maximum running time: 75'

**Control description** Separate control description at the pre-start.

**Pre-start** There is a warm-up map without controls guiding you from the assembly point to the pre-start. You are not allowed to leave the area marked on the warm-up map.  
Distance from the assembly to the pre-start: 4.5 km/130m.  
There are toilets available 400m before the pre-start.

**Starting point** Distance from time start to starting point: 70m.

**Water pipe** Old water pipe is shown with symbol 306 "Minor/seasonal water channel" on the map. It carries no water.



**Finish** Distance from the finish to the assembly point: 2,2 km

Presenting Partner



Host City



Destination



Main Sponsors



Sponsors



Host Broadcaster



Media Partner



Partner







## Testrace III, Long, 06.06.2023

<b>Assembly point</b>	Ftan Fionas, GPS coordinates: 46.7950, 10.2462 Bus stop: Ftan Cumün Parking: at the assembly, parking of the cable car station.
<b>Starttimes</b>	Between 09:00 and 13:00, start interval 3 minutes.
<b>Map</b>	Ftan, 1:15'000, 5m by Urs Steiner. Map size A4, standard ISOM 2017-2.
<b>Course setter</b>	Stefan Zingg and Bruno Haldemann
<b>Course lengths</b>	WOMEN 1: 9.6km/660m/17 controls/ 2 refreshments WOMEN 2: 9.7km/660m/17 controls/ 2 refreshments  MEN 1: 12.1km/840m/ 31 controls/ 4 refreshments MEN 2: 12.2km/840m/31 controls/ 4 refreshments  Refreshments: water and sports drink (Sponsor Competition Citrus)  Maximum running time: 150'
<b>Control description</b>	Separate control description at the pre-start.
<b>Pre-start</b>	There is no warm-up map. Distance from the assembly to the pre-start: 0.6 km/60m. There are toilets available at the assembly and at the pre-start.
<b>Starting point</b>	Distance from time start to starting point: 40m
<b>Dangerous cliffs</b>	There are some dangerous cliffs in the terrain. Please be careful!
<b>Finish</b>	Distance from finish to assembly point: 0,4km

Presenting Partner



Host City



Destination



Main Sponsors



Sponsors



Host Broadcaster



Media Partner



Partner

