



## BULLETIN 3

### Dubbo Information

Dubbo is home to one of the world's greatest open range zoos and boasts numerous other delightful attractions. Dubbo City is perfectly situated right in the centre of New South Wales and within easy reach from most of the eastern interior and seaboard of Australia.

A thriving and prosperous city, Dubbo is home to a rapidly expanding resident population and is well serviced to provide for the half million plus visitors that come each year.

Good food, shopping, entertainment, accommodation and customer service are par excellence. A standard that is demanded of a city but here it is accompanied with a country smile.

<http://www.dubbotourism.com.au/>

<http://www.dubbo.com.au>

### Getting to Dubbo

Dubbo is located at the meeting point of the Newell, Mitchell and Golden Highways. Dubbo is a five hour drive from Sydney (414km). There is a daily train (XPT) service between Sydney and Dubbo. The trip takes approximately six and a half hours. Dubbo is less than an hour's travel from Sydney by commercial aircraft. Regular daily flights are offered by Regional Express Airlines and Qantas Link, to and from Dubbo, seven days a week.

[www.qantas.com.au](http://www.qantas.com.au)

[www.regionalexpress.com.au](http://www.regionalexpress.com.au)

There is also a daily bus service from Lithgow to Dubbo which links with the regular train service from Sydney to Lithgow.

[www.greyhound.com.au](http://www.greyhound.com.au)

[www.countrylink.nsw.gov.au](http://www.countrylink.nsw.gov.au)



## Climate/Weather

The Dubbo area experiences a temperate climate. During the winter months, the average daily temperature varies from 3°C to 17°C, with some occurrences of early morning frost. Dubbo has even distribution of rainfall throughout the year. Average annual rainfall for Dubbo is 584mm with January being the wettest month. The event will occur in the middle of winter and so the days will be short- approximate sunrise at 7:06 and sunset at 17:14.

## JWOC Office Information

### Before competition

**JWOC 2007**  
 c/o Nick Dent  
 8 Irving Close,  
 Terrigal 2260  
 NSW, Australia  
 +61 2 43843627

### During competition

**JWOC 2007**  
 Event Office  
 Dubbo Mainstay Motor Lodge  
 Mb +61-428-251-786  
 Fax +61-2-6881-8370

### Email

[dentwood@bigpond.com](mailto:dentwood@bigpond.com)

### Web page

[www.jwoc2007.orienteering.asn.au](http://www.jwoc2007.orienteering.asn.au)

**\*\*There is a lot of additional information available on this website\*\***

## JWOC Event Centre

The event centre will be located at the Dubbo Mainstay Motor Lodge (Accommodation A). To reach it, continue on the Mitchell Highway (Route 32) over the bridge across the Macquarie River, turn left at the roundabout. The Mainstay Motor Lodge is on the right, after 1.5 kilometre.

The Event Centre is across the road from Accommodation B and C. **This is on a very busy main highway so competitors and officials are asked to be very careful when crossing the road.** In Australia we drive on the left side of the road so always look to your right first then look to your left. The event centre will open on Friday 6<sup>th</sup> July at 17:30 and close on Saturday 14<sup>th</sup> July at 09:00.



**Key:**

- 1 = Western Plains Zoo
- 2 = Accommodation A (Mainstay Motor Lodge)
- 3 = Accommodation B & C (Dubbo Cabin and Caravan Parklands)
- 4 = Dubbo R.S.L (Opening Ceremony)
- 5 = Dubbo Civic Centre (Closing Ceremony)
- 13 = Dubbo Aquatic Centre (Western Plains Carnival event Centre)

**2007 Organising Committee**

Chairperson	Ron Pallas
Planning Director	Robert Spry
Technical Director	Dave Lotty
Finance Director	Barry Hanlon
Marketing Director	Paul Prudhoe
Events Director	Ted Mulherin
JWOC Team Liaison	Nick Dent

## Event Controllers

IOF Event Advisor

Urs Hofer (SUI)

Email: [urs.hofer@dplanet.ch](mailto:urs.hofer@dplanet.ch)

National Controller

Christine Brown

Email: [christine.brown@education.tas.gov.au](mailto:christine.brown@education.tas.gov.au)

Assistant National Controller

Robert Vincent

Email: [ravinnie@yahoo.com](mailto:ravinnie@yahoo.com)

## Event Officials

### Mappers

Eric Andrews

Alex Tarr

### Course Planners/ Controllers

Sprint

David Meyer/Nick Wilmott

Long

Julian Dent/ Basil Baldwin

Middle Qualification

Jim Merchant/Terry Bluett

Middle Final

David Shepherd/Bill Jones

Relay

Phoebe Dent/Dick Ogilvie

## Travel to Australia

### Visa details

All travellers, except New Zealand citizens, must obtain a visa or travel authority before travelling to Australia. Visas will be issued to travellers as an electronic record on the department's computer systems and/or as a label or a stamp in your passport. Travellers from the following countries can apply for an Electronic Travel Authority (ETA) visa- Austria, Belgium, Canada, Denmark, Finland, France, Germany, Greece, Hong Kong SAR, Ireland, Italy, Japan, The Netherlands, Norway, Portugal, South Korea, Spain, Sweden, Switzerland, United Kingdom, USA.

More information: [www.eta.immi.gov.au](http://www.eta.immi.gov.au)

Travellers from all other countries need to apply (**at least 6 weeks in advance of their travel date**) for a short stay Business Visa (456).

More information:

[www.immi.gov.au/allforms/pdf/456.pdf](http://www.immi.gov.au/allforms/pdf/456.pdf)

[www.immi.gov.au/contacts/overseas/index.htm](http://www.immi.gov.au/contacts/overseas/index.htm)

## Jet Lag

Due to the distance that most teams will have to travel to Australia jet lag needs to be considered when arranging timing of travel. The effects of jet lag on athletes can be quite serious and we strongly suggest you take account of this in your arrangements for travel to Australia. Have a look at the following website [http://www.medicinenet.com/jet\\_lag/article.htm](http://www.medicinenet.com/jet_lag/article.htm) for the latest information on what you can do to alleviate the effects.

In Australia we have extensive experience of the effects of jet lag, as we regularly send our competitors to Europe for orienteering. The Australian Institute of Sport recommends that you allow 12 hours recovery for every 1 hour of time difference.

## Program

### Friday 6<sup>th</sup> July 2007 Arrival

PM Arrival at accommodation  
17:30-22:30 Event Centre open  
18:30-20:00 Dinner

### Saturday 7<sup>th</sup> July 2007 Model Event - Opening ceremony

07:30-09:00 Breakfast  
07:00-09:00 Competition Office open  
10:00-12:00 Model Event  
12:00 Deadline for Entries for Sprint Distance Event  
13:00-14:00 Lunch

#### Opening Ceremony

15:30 March- from Information Centre to RSL Club  
16:00- 17:30 Opening Ceremony RSL Auditorium  
18:00-22:00 Competition Office open  
18:00-18:30 Team Leaders Meeting  
18:30-20:00 Dinner

### Sunday 8<sup>th</sup> July 2007 Sprint Distance

07:00-8:30 Breakfast  
07:00-9:00 Competition Office open  
09:30-12:00 Sprint Distance Event  
12:00 Presentation Ceremony at event arena  
12:00 Deadline for entries for the Long Distance Event  
13:00-14:00 Lunch  
17:30-22:00 Competition Office open  
18:00- 18:30 Team Leaders Meeting  
18:30-20:00 Dinner

### Monday 9<sup>th</sup> July Long Distance

06:00-9:00 Breakfast  
07:00-9:00 Competition Office open  
09:00-15:30 Long Distance Event  
15:30 Presentation Ceremony at event arena  
18:00-22:00 Competition Office open  
18:30-20:00 Dinner

### Tuesday 10<sup>th</sup> July Rest day

07:30-09:00 Breakfast  
09:00- 13:00 Excursion- Zoo Tour  
10:00 Deadline for Entries for the Middle Distance Qualification  
13:00-14:30 Lunch  
17:00-22:00 Competition Office open  
17:30-18:00 Team Leaders Meeting  
18:30-20:00 Dinner

### **Wednesday 11<sup>th</sup> July Middle Distance Qualification**

7:00-8:30 Breakfast  
7:00-9:00 Competition Office open  
10:00-13:00 Middle Distance Qualification Event  
13:00-14:30 Lunch  
17:00-22:00 Competition Office open  
18:00-18:30 Team Leaders Meeting  
18:30-20:00 Dinner

### **Thursday 12<sup>th</sup> July Middle Distance Final**

06:30-8:30 Breakfast  
07:00-9:00 Competition Office open  
09:00-12:45 Middle Distance Final Event  
12:45 Presentation Ceremony at event arena  
13:00-14:30 Lunch  
15:00 Deadline for entries for the Relay  
17:30-22:00 Competition Office open  
18:00-18:30 Team Leaders Meeting  
18:30-20:00 Dinner

### **Friday 13<sup>th</sup> July Relay**

06:00-7:30 Breakfast  
07:00-08:30 Competition Office open  
09:30 Men's Relay Start  
09:40 Women's Relay Start  
11:25 Expected Finish Women's Relay  
11:45 Expected Finish Men's Relay  
12:15 Presentation Ceremony at event arena  
13:00 Team Leaders, Press and VIP Race  
13:00-14:00 Lunch  
16:00-18:00 Competition Office open  
18:30 Closing Ceremony, Banquet  
20:00-02:00 Disco/Dancing/Party

### **Saturday 14<sup>th</sup> July Departure**

07:30-09:00 Breakfast  
08:00-09:00 Competition Office open  
10:00 Accommodation checkout

## Preliminary Entries

No	Country	Women	Men	Relay W	Relay M	Officials	Total
1	Australia	6	6	2	2	4	16
2	Austria	2	3	0	1	1	6
3	Bulgaria	1	3	0	1	2	6
4	Belgium	0	2	0	0	1	3
5	Canada	1	4	0	1	0	5
6	China	3	3	1	1	4	10
7	Czech Republic	4	6	1	2	3	13
8	Denmark	6	6	2	2	3	15
9	Estonia	4	6	1	2	2	12
10	Finland	5	5	1	1	3	13
11	Germany	2	4	0	1	2	8
12	Great Britain	4	6	1	2	3	13
13	Hungary	3	3	1	1	3	9
14	Hong Kong	3	4	1	1	3	10
15	Ireland	0	5	0	1	2	7
16	Italy	1	4	0	1	1	6
17	Japan	6	6	2	2	4	16
18	Latvia	3	3	1	1	1	7
19	Lithuania	3	3	1	1	1	7
20	Mongolia	0	1	0	0	1	2
21	New Zealand	6	6	2	2	3	15
22	Norway	6	6	2	2	3	15
23	Poland	1	3	0	1	1	5
24	Russia	6	6	2	2	4	16
25	Slovakia	0	3	0	1	1	4
26	Spain	3	4	1	1	1	8
27	Sweden	6	6	2	2	3	15
28	Switzerland	6	6	2	2	4	16
29	United States	3	6	1	2	2	11
	<b>Total</b>	<b>94</b>	<b>129</b>	<b>27 (off)</b>	<b>39 (off)</b>	<b>66</b>	<b>289</b>

## Entries

Changes to above numbers must be sent to the organisers by **18<sup>th</sup> May 2007**. Final entries with the names of competitors and officials must be received by the **15<sup>th</sup> June**. Please use the **Official Entry Form** available on the event website.

## Payments

All payments are to be made by **18<sup>th</sup> May 2007** to the JWOC 2007 bank account in Australian Dollars (\$AUD).

### Bank Account Details:

Beneficiary :	OANSW JWOC 2007
Beneficiary's account No:	062279 10209432
Bank :	Commonwealth Bank of Australia
Address of Bank :	Stockland Mall, Baulkham Hills, NSW 2153, Australia.
SWIFT code :	CTBA AU2S

## Entry fees in Australian Dollars (AUD)

<b>Category</b>	<b>A</b>	<b>B</b>	<b>C</b>
	<b>\$700AUD</b>	<b>\$600AUD</b>	<b>\$500AUD</b>

### Cost breakdown

Category	Competition	Food	Accommodation
A	\$60	\$300	\$340
B	\$60	\$300	\$240
C	\$60	\$300	\$140

## Accommodation and Food

There are two locations for the team accommodation at the event centre. They are across the road from each other. All categories include breakfast, lunch and dinner from dinner Friday 6<sup>th</sup> July to breakfast Saturday July 14<sup>th</sup>. All meals will be served in the accommodation places except lunch on Long Distance (Monday), Middle Final (Thursday) and Relay (Friday) when a packed lunch will be available at the event arena. Competitors staying at accommodation A will eat at the Motel and competitors staying at accommodation B and C will eat at the Lodge (accommodation C). This is 150m from accommodation B. All competitors and officials will receive identity cards which must be shown when entering the restaurants. Special food requirements must be indicated in advance on the final entry form. All accommodation is heated.

**Category A-** Motel rooms with 3, 4 or 5 beds, toilet, shower and TV.

**Category B-** 5 bed cabins with shower and toilet, some cooking facilities, refrigerator and TV.

**Category C-** Lodge accommodation with rooms of 5 double bunk beds with shared toilet and shower facilities.

## Competition rules

All **JWOC 2007** competitions are organised according to “Competition Rules for International Orienteering Federation Foot Orienteering Events” valid from January 1<sup>st</sup> 2007.

## Compass

All competitors will need to have a Southern Hemisphere mid latitude compass.

## Anti doping

IOF anti-doping rules valid from 1<sup>st</sup> January 2007 apply.

## Identity Cards

Identity cards will be issued to all competitors and officials at accreditation. They must be carried at all times during the week for accommodation, meals, transport, closing ceremony and disco.

## Punching System

Electronic SPORTident punching system will be used in all JWOC 2007 events. It is compulsory to use the SI cards issued by the organisers. Competitors will run all races with the same SI card. Cards will be issued at Registration and team leaders are responsible for returning all rented SI cards after the relay event.

## Clothing

According to competition rules for IOF foot orienteering events, the choice of clothing and footwear is free. The organisers recommend full covered legs and arms and eye cover especially in the Long Distance event. *Shoes with spikes or metal studs will not be allowed in the Sprint Distance event.*

## Team Leaders Meetings

Team leader meetings will be held on the day before each competition at the time indicated in the program. They will be held at the event centre.

## National Flags

Teams are requested to bring one national flag (recommended size 100x150cm) in the eventual situation of multiple runners on the finish podium. The flag will need to be taken by the team manager to the event arena for each event as all presentations are at the event arena.

## Classes

Classes are W20 and M20. All competitors must be born in 1987 or later.

## Event transport

Transport from the Event Centre to all competitions except the Sprint Distance event but including the Model Event will be provided and the cost is included in the entry fee. All competitors must use the transport organised to the start area on all days except the Sprint Event (Sunday). All competitors and officials will walk to the Sprint Event (Western Plains Zoo) on Sunday morning (approx 2km).

## Press and Media Representatives

Accreditation including access to media designated areas and copies of start lists, results, maps and entry to the Zoo will be free. Payment for other services will be required on a fee for service basis. Press and media representatives who require accommodation, transport and full support will be accommodated at or near the Event Centre and will have telephone, fax and internet connections. The price for the full package is \$640AUD. This fee includes full board, model event, media race, transport and banquet. Everyone seeking media accreditation must lodge their request with the organisers by **15<sup>th</sup> June 2007** using the Press and Extra Representatives Accreditation Form on the JWOC 2007 website.

## Cultural program

All teams will have the opportunity of a guided tour of the Western Plains Zoo on Tuesday 10<sup>th</sup> July. Further details will be in Bulletin 4.

## Public Event

A program of public events will be organised during JWOC in Dubbo. These events will be on 7<sup>th</sup> July, 8<sup>th</sup> July (pm), 10<sup>th</sup> July, 12<sup>th</sup> July (pm), 14<sup>th</sup> July and 15<sup>th</sup> July. Further details are available on the website: [www.westernplainscarnival.asn.au](http://www.westernplainscarnival.asn.au)

## Important dates

Full payment for all competitors and officials 18<sup>th</sup> May 2007.

Training Camp form with full payment 18<sup>th</sup> May 2007.

Final entries with competitors names 15<sup>th</sup> June 2007.

Media registration 15<sup>th</sup> June 2007

## JWOC Maps

All maps conform to IOF standard ISOM 2000 and ISSOM 2007.

	Scale	Contour Interval
Sprint Distance	1:5,000	2.5m
Long Distance	1:15,000	5m
Middle Distance	1:10,000	5m
Relay	1:10,000	5m

## Course Details

Event	Length	Climb	Controls	Drinks
<b>Sprint Final</b>				
Men	3.3km	25m	18	0
Women	2.7km	25m	17	0
<b>Long Distance Final</b>				
Men	11.0km	495m	27	4
Women	7.1km	320m	16	3
<b>Middle Qualification</b>				
Men Heat 1	3.5km	135m	17	0
Men Heat 2	3.6km	140m	17	0
Men Heat 3	3.6km	120m	17	0
Women Heat 1	2.9km	100m	14	0
Women Heat 2	2.9km	105m	14	0
Women Heat 3	3.0km	100m	14	0
<b>Middle Distance Final</b>				
Men A	4.5km	115m	22	1
Women A	3.6km	85m	21	1
<b>Relay</b>				
Men	7.0-7.1km	290-320m	18	2
Women	4.5-4.7km	190-220m	13/14	2

## Terrain Descriptions

### Sprint

The sprint event will be held at the **Western Plains Zoo**. It is a flat forested area with sections of open parkland. It has an irregular road and track network with some buildings and fences along with numerous out of bounds areas. It is a public area with pedestrians, bicycles and cars and will be operating as normal during the event.

### Long/Middle Qualification/Middle Final/Relay

The area is dominated by complex granite outcrops. Many of the higher hills support spectacular granite formations with grand views of the countryside. The terrain varies from flat and undulating to very steep. Generally broader hillsides with many gullies and saddles predominate throughout the area, although some complex contour details occur in some sections.

The forest is made up of native trees, mainly Eucalypts, Cypress Pine and Wattle with runnability mostly fast to very fast through open forest. The understorey in some sections of the forest restricts visibility and runnability greatly through a concentration of scrubby bushes, young Cypress Pine, fallen timber and rocky ground. The extensive rocky ground is a major feature of the area and reduces runnability in many sections of the area to slow run (as if it were light green). The area is a working farm so extensive areas of rough open pasture occur in the sections away from the rock, especially along the many broad valleys.

Granite rock is strewn throughout the area and presents many boulders (some towering over 6 metres), rockfaces, bare surface rock and rocky ground. Many clearings occur throughout the area. The region is currently experiencing drought and so water is rare. Most watercourses, pools and creeks are dry, with some small erosion gullies occurring.

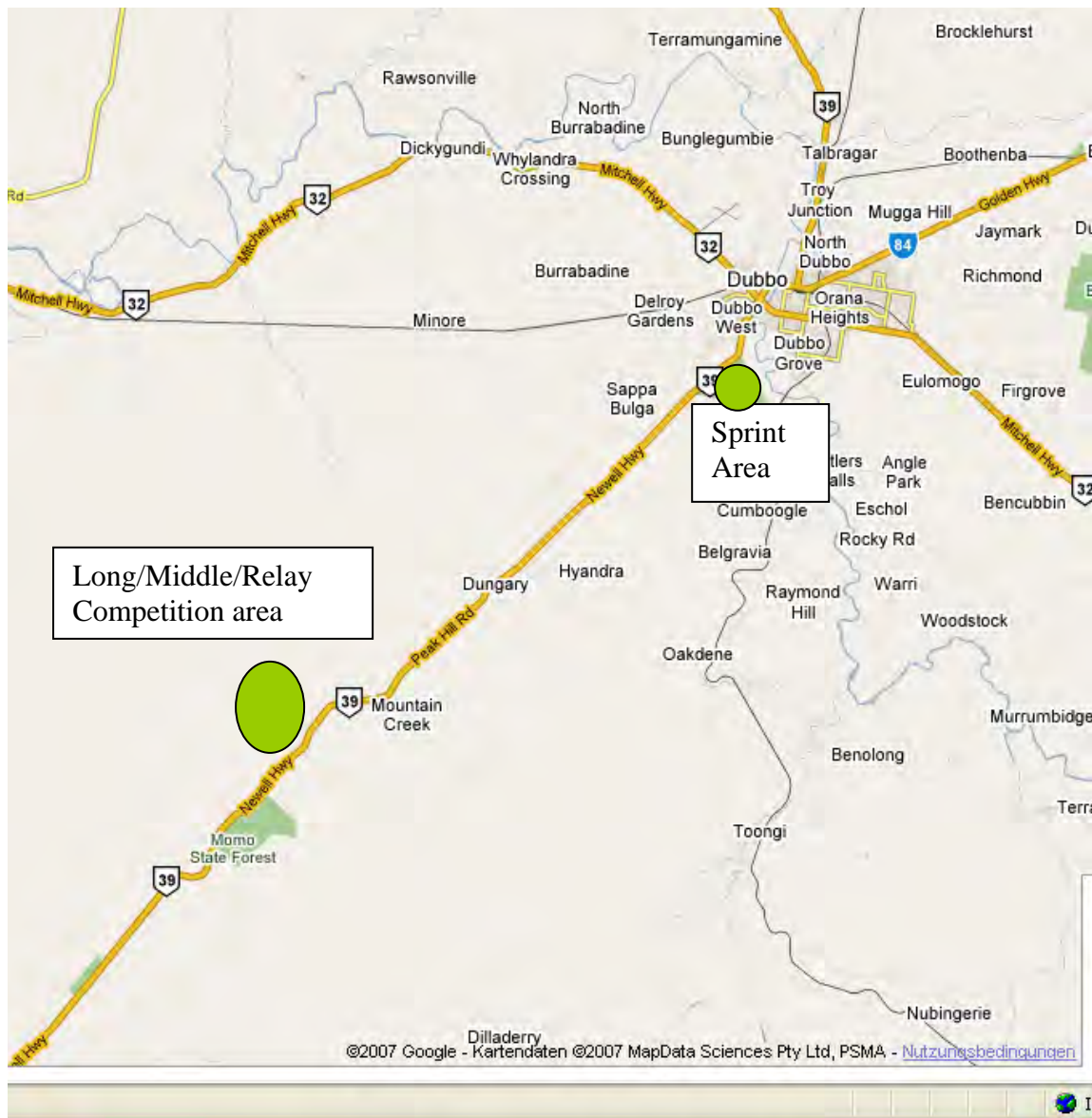
On the JWOC web page (Map/Terrain section) a Terrain Features Guide provides a more detailed description of the various aspects of the terrain and a number of photographs illustrating the terrain are also included.

**To illustrate some sample control sites an interactive map has been placed in the same section of the JWOC web page.**

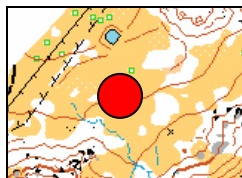
## Embargoed Areas

All forests and parkland within 50 km of Dubbo are embargoed for all potential members of JWOC 2007 teams (competitors and officials) and others who through knowledge of the terrain and competition details may influence results of JWOC 2007 competitions. This includes access to Western Plains Zoo.

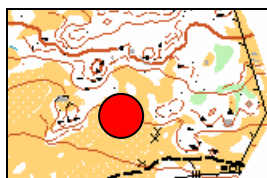
# Map of Dubbo Region



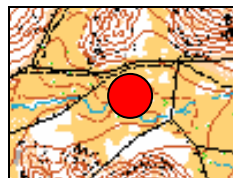
## JWOC Arenas



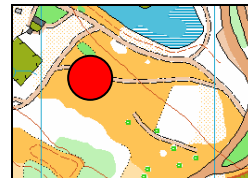
Long



Middle



Relay



Sprint

Websites for location maps

[www.street-directory.com.au](http://www.street-directory.com.au)

[www.whereis.com.au](http://www.whereis.com.au)

<http://www.maps.google.com.au>

# JWOC 2007 OFFICIAL TRAINING CAMP 2

**ORANGE, NSW**  
Friday 29<sup>th</sup> June- Friday 6<sup>th</sup> July 2007

## PROGRAM

DATE	MAP	SCALE	COMMENTS
Fri 29 <sup>th</sup> June			Arrive and recover
Sat 30 <sup>th</sup> June	Kahli's Rocks Charles Sturt University	1:10000 or 1:15000 1:5000	Long/Middle Sprint
Sun 1 <sup>st</sup> July	Gumble Creek	1:10000	Middle/Long
Mon 2 <sup>nd</sup> July	Gumble Pinnacles Seldom Seen	1:10000 1:10000 or 1:15000	Middle Long
Tues 3 <sup>rd</sup> July	Gumble Creek Bloomfield	1:10000 1:5000	Middle Sprint
Wed 4 <sup>th</sup> July	Gumble Pinnacles Seldom Seen	1:10000 1:10000 or 1:15000	Middle Long
Thurs 5 <sup>th</sup> July	Kahli's Rocks	1:10000 or 1:15000	Long/Middle
Fri 6 <sup>th</sup> July			Travel to Dubbo

*Please Note: The maps can only be used on the days mentioned. As they are all private property use of the maps has been negotiated with the landowners for the days listed in the program only. There is no access to the maps on other days.*

### Accommodation/Food

All accommodation will be at Kinross Wolaroi School located in Orange. Orange is located 261 km west of Sydney and 157 km south east of Dubbo. All meals will be provided including packed lunches if requested. Cost per day for accommodation and food will be \$70 per person

Teams must indicate on the training camp form the number of days they plan to attend the training camp.

### Maps

Maps with courses and controls will be available for purchase as well as blank maps. The controls will be either a flag and a stand or just a flag. Control descriptions will be on the maps. Two of the maps are available at either 1:10000 or 1:15000 scale. Map cost \$5 each. An order form will be sent to all team managers in early May.

### Transport

All teams need to provide their own transport during the training camp.

### Information

Teams will be given a package on arrival containing the ordered maps and instructions how to get to the maps.

### Payment

A **Training Camp Form** will be sent in early May to all teams who are participating in the Training Camp asking for details regarding number of days, arrival time, team composition, map orders and method and time for payment. This will need to be returned by 18<sup>th</sup> May.