

BULLETIN 3.5



JWOC **2022** JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS
AGUIAR DA BEIRA x PORTUGAL



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1. Presentation

Welcome to Forest JWOC 2022

Welcome to the JWOC that never ends! Welcome to Aguiar da Beira – Portugal. **Welcome to the Forest Junior World Orienteering Championships 2022**, where the forest stages will take place.

The local organisers, Ori-Estarreja and the County of Aguiar da Beira, are tired from all that we have been through but the commitment to organize one of the greatest JWOCs ever is still among us more than ever! By the moment Bulletin 3 for JWOC 2022 Forest competitions is released we are still not sure if we will be able to deliver you the same high quality as we did in July, we do not know yet if we will be able to have funding to reach that level. However, we are fighting to deliver exactly what we planned to deliver in July. The TV Production feedback from JWOC 2022 part 1 was incredibly good but it was very costly. We will try to keep the level, so keep your fingers crossed.

Parallel with Junior World Championships we will organize a spectators' race – **JWOC TOUR 2022 part 2**. This way everyone will have a chance to enjoy this Orienteering festival.

Welcome messages

From JWOC 2022 part 1 Bulletin 4: "It has been a long journey since I wrote my first welcoming message to include in the JWOC 2021 Bulletin 1. A pandemic came by and postponed our event to 2022, but our ambition kept the same: "Our goal is to plan and deliver one of the best Junior World Orienteering Championships ever! For that, we will work with high quality standards and base our actions with that goal in mind.""

Well, what to say now?! Between all the tiredness from organizing an amazing JWOC 2022 and the disappointment from seeing it "all" going away, we had to find some motivation to start all over again.

Now it is time to stop complaining and roll up our sleeves. We have a lot to do once again and we will work hard to not disappoint anyone. The maps are here, the courses will be high quality and we will be ready when the time comes. I'm looking forward to seeing you all soon!



Rafael Miguel, Ori-Estarreja President & JWOC 2022 Event Director

After the desperation that came with the news of not being able to deliver the forest races, it was amazing to see how staff and all the stakeholders were able to come back and deliver a fantastic week during JWOC2022 part 1. It may not be the most competitive week, but for sure it was fun and social.

To cap that off, we hosted the first-ever JWOC Sprint Relay race – and what a fantastic one I may say! 28 seconds separating the top6! WOW!!!! The scenario was set by us but it was fantastic to see the commitment and fighting spirit of all the teams involved – congratulations to all!

Now we focus our attention on November – to deliver the long-awaited forest races. If Aguiar da Beira has fantastic small villages for sprint... the forests are astounding, and we really think that we can deliver high-level racing.

To end... a word to all competitors. Most of you experienced the terrains around Aguiar da Beira and really know how good it can be. So, let's spread the word and try to bring family and friends to come for JWOC Tour! Not only they can cheer for you, but they can also experience the fantastic forests of Aguiar da Beira.

Enjoy JWOC2022!



Bruno Nazário, JWOC 2022 Technical Event Director



2. Organizing Committee

JWOC 2022 main responsables

Event director: Rafael Miguel

Technical event director: Bruno Nazário

IOF Senior Event Adviser: Helge Lang Pedersen, DEN

IOF Assistant Senior Event Adviser: Kell Sønnichsen, DEN

National Controller: Carlos Monteiro

Jury members

To be announced.

3. Welcome to Forest JWOC 2022 Bulletin 3.5

In this Bulletin only useful and different information compared with the original Bulletin 3 from March will be found. This document is dedicated to the forest competitions of JWOC 2022. We decided to call this event "Forest JWOC 2022". To make sure no one confuses the original "Bulletin 3" with the present document, we will call this the "Forest JWOC 2022 Bulletin 3.5".





4. Detailed provisional programme

Date	Time	Event	Place
Wednesday 2nd November	9h30 - 12h30	Model event pick-up (no accreditation possible)	Aguiar da Beira Library
	14h00 - 17h30		
	All day	Middle & Relay model event	Quinta das Lameiras
	All day	Long model event	Sr. do Castelinho
Thursday 3rd November	9h00 - 19h30	Event Office open	Event Center
	All day	Middle & Relay model event	Quinta das Lameiras
	All day	Long model event	Carapito
	13h00	Deadline for names and start groups for Middle	Online
	18h00	Deadline for accreditation	Event Center
	18h15 - 19h15	TOM (Middle, Relay & general matters)	Event Center
Friday 4th November	8h00 - 14h00	Event Office open	Quinta das Lameiras Arena
	8h45	Quarantine closes	Middle Start location
	9h00	Middle distance	Quinta das Lameiras
	13h30	Prize-giving ceremony	Quinta das Lameiras Arena
	13h30	Deadline for Relay teams (names and order)	Online
	18h00 - 19h00	Event Office open	Event Center
Saturday 5th November	9h30 - 16:00	Event Office open	Quinta das Lameiras Arena
	10h15	Relay Arena Quarantine closes	Quinta das Lameiras Arena
	10h30	Relay – Woman	Quinta das Lameiras
	12h00	Relay – Men	
	14h30	Prize-giving ceremony	Quinta das Lameiras Arena
	15h00	Team Officials & VIP race (mass start)	Quinta das Lameiras Arena
	15h00	Deadline for names and start groups for Long	Online
	18h00 - 19h30	Event Office open	Event Center
	18h30 - 19h15	TOM (Long)	Event Center
Sunday 6th November	8h00 - 16h30	Event Office open	Arena Carapito
	9h45	Quarantine closes	Long Start location
	10h00	Long distance	Carapito
	15h20	Prize-giving & closing ceremony	Arena Carapito

TOM = Team Officials' Meeting



Note: Minor changes, especially on time schedules, may happen as we get closer to the event, and we get to know exactly how many Athletes will participate in Forest JWOC 2022. The final timetable information will be published in Forest JWOC 2022 Bulletin 4.5

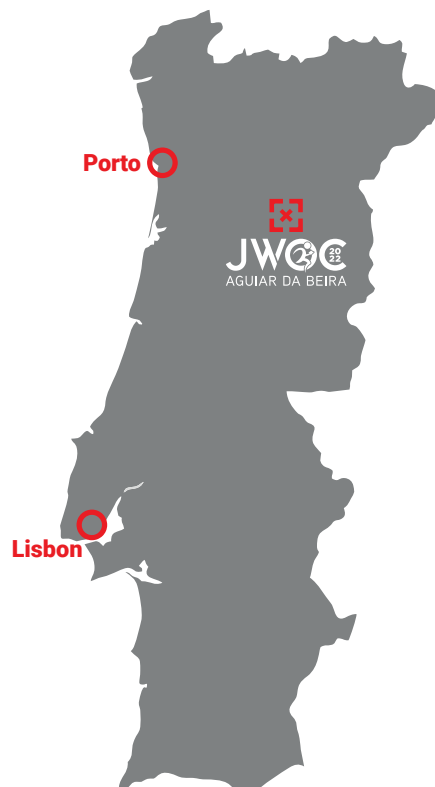
5. Location

Venue and access

Aguiar da Beira is a small County in the center of Portugal. With an impressive forested area, lovely sights, historical monuments and tasty regional gastronomy, Aguiar da Beira met Orienteering for the first time in 2014. Since then, many have been to the races held in the area and many Orienteers have visited us, both for competition and training camps. Travel information can be found in Bulletin 3.

Driving distances from key places to Event Center

Porto airport	180 km
Lisbon airport	330 km
Madrid airport	435 km
Viseu (nearest biggest city)	42 km



Travel

Travel information can be found in the original Bulletin 3.

6. Event Center

The Event Center will be located at Aguiar da Beira's Cultural Center. The front of the building, facing the main road, is the Municipal Library. You need to go to the back side of the building, as you can see on the map below.

In the Event Center, you will find the **Event Office** of JWOC and the **team boxes** (where daily paper information will be provided). **Team Officials' Meetings** will take place at the Event Center auditorium. Toilets are available at the place.

Contact: eventoffice@jwoc2022.pt (for contacts related to JWOC entries and similar subjects only)

Address: Avenida da Liberdade 21, 3570-160 Aguiar da Beira

GPS Coordinates: [40°49'03.3"N 7°32'32.2"W](#)

Parking: In the back of Aguiar da Beira City Hall and Library you will find a lot of parking slots, all free of charge. Please do not overcrowd the slots closer to Event Center (West area). If full, go to the East area. Do not park over the sidewalks.



6.1 Accreditation

All registered participants, both athletes and team officials, must go through the accreditation process at the JWOC Event Office before 18h00 on Thursday 3rd November. A team official can go to accreditation carrying the official ID of each team member. The official ID card must have a photo.

Important to emphasize that **all team members must have an IOF Eventor profile with a passport-style photo**. Also, during the entry process, each Nation must provide a contact person, an e-mail address and a phone number that JWOC organisers can communicate with.

A personal JWOC ID card (badge) with a photo will be handed out at accreditation. All accredited people must wear it at all relevant times, presenting it to access restricted zones like Quarantine, Arena's Team Area, etc.

At the accreditation, Organisers will also deliver GPS vests, SPORTident units, safety pins for bib numbers, **Forest JWOC 2022 Bulletin 4.5** copies and other relevant or advertisement material.

Delivery of model event maps

It will be possible to collect the model event maps (for Middle & Relay and for Long) on Wednesday 2nd November at the Municipal Library – no accreditation is possible on Wednesday.

If a National team did not collect the model event maps on 2nd November, these will be delivered during accreditation on the next day.

7. Entries

Entries for JWOC 2022 National team members must be done through IOF Eventor. **Every team official and every athlete must have an IOF Eventor profile with a passport-style photo**. Each Nation must provide a contact person and address that JWOC organisers can communicate with.



Doubts related to entries and payments should be sent to: eventoffice@jwoc2022.pt

	Athlete	Team official
Accreditation fee	0 €	30 €
Relay (per runner)	35 €	
Middle	35 €	
Long	35 €	

Note: If a runner is, at the same time, a team official, only one entry should be done as an Athlete. Then, the athlete should e-mail the organiser at eventoffice@jwoc2022.pt explaining the situation, so two credentials can be provided, one for each category.

Discount for non-European Countries

Due to extra traveling costs, Organisers will give a 50% discount to all non-European Countries. We believe it is fair and will help more Nations to take part in Forest JWOC 2022.

Accreditation fee includes:

- Maps for the model events (Middle & Relay and Long)
- New maps after each race (collected at the arena's Event Office)

Classes and age restrictions

The competition classes are W 20 and M 20. The letter "W" will stand for Women and the letter "M" for Men.

All competitors must be born in 2002 or after and must be full passport-holding citizens of the country they are representing.

Maximum numbers per team

Each Nation can enter a maximum of 6 women, 6 men and 4 team officials, to a maximum of 16 people.

Entry permits (visas)

A list of countries where a visa is required to visit Portugal is available here: <https://vistos.mne.gov.pt/en/short-stay-visas-schengen/general-information/who-needs-a-visa>

If an official invitation letter from JWOC 2022 organisers is needed, please send an official request by e-mail to: eventoffice@jwoc2022.pt

Registration of any extra representatives of federations

If a national federation wishes to register representatives in addition to the allowed maximum (16 people/nation), please contact us by e-mail (eventoffice@jwoc2022.pt) and explain the situation as well as possible.



Entries deadlines and payment

Entries will open in IOF Eventor on the 5th of September. National Federations and/or team officials should follow the deadlines shown in the table below. Be aware that these deadlines are for entries only, not for accommodation or food (see the next chapter for information regarding those subjects).

Deadlines for entries and payment	Opens	Closes
Team size entries (people/team - no names required)	1 st September	25 th September
Payment window (full payment is required)	1 st September	25 th September
Team names entries (athletes and team officials names)	26 th September	25 th October

All fees should be paid by bank transfer no later than 25th September – full payment is required to consider an entry as valid. Please note that the payer is responsible for all bank fees and charges, when applicable, both in their own country and in Portugal.

For additions to the size of the team (both athletes or team officials) between 26th September and 25th October, there will be a surcharge of 20% of the total cost.

For cancellation of participants (both athletes and team officials) between 26th September and 25th October, 80% of the amount paid will be refunded.

For additions to the size of the team (both athletes or team officials) between 26th October and 31st October, there will be a surcharge of 50% of the total cost.

For cancellation of participants (both athletes or team officials) between 26th October and 31st October, 50% of the amount paid will be refunded.

Name changes of athletes or team officials made between 26th October and 31st October will cost 10€ (per each name changed).

	1 st September	25 th September	26 th September	25 th October	26 th October	31 st October
Team size entries	Team size	Addition = +20% Cancellation = 80% refund			Addition = +50% Cancellation = 50% refund	
Payment window	Payment					
Team names entries			Athlete + team official names		Change = 10€	

Payment details

After payment, please send a bank transfer proof to eventoffice@jwoc2022.pt with a clear message of who is paying and what is being paid and, if possible, mention that information also on the "bank transfer description" while making the transfer.

Recipient: ORI ESTARREJA CLUBE ORIENTACAO ESTARREJA

IBAN: PT50 0035 0291 00039421930 34

BIC SWIFT: CGDIPTPL



8. Accommodation, food and car rental

JWOC 2022 organization has a partnership with [O-Portugal.pt](https://www.o-portugal.pt) – they are responsible for managing the official accommodation, food and car rental services. All the matters regarding those subjects (booking, payment, general questions) should be sent directly to O-Portugal company. IOF Eventor will not be used for booking accommodation, food and car rental services. Also, no further information will be displayed on JWOC 2022 webpage.

All team officials that registered for JWOC2022 part 1 were contacted to fill in a form regarding JWOC2022 part 2. See the form here: <https://forms.gle/DL3QZubwjHE7hYJFA> . All teams that filled the form will be contacted to book accommodation.

More information will become available at <https://www.o-portugal.pt/jwoc2022/>

9. Terrain & mapping – generalities

Forest

Aguiar da Beira area is located between 600 and 900 meters above sea level. Forest is mostly covered by pine trees (*Pinus pinaster*). In some areas, you can find some deciduous trees, such as chestnut trees (*Castanea sativa*) and Oak trees (*Quercus*).

The area has moderate to high climbs and large areas of bare rock can be found. A lot of rock details are present in most of the areas, both boulders and cliffs.

Some undergrowth and dense vegetation can be frequently found, especially in the deepest valleys. Darker vegetation is typically impassable, consisting mostly of blackberry bushes (*Rubus fruticosus*). Genista (*Genista cinerascens*) is also very common in the region.

Runnability varies a lot from place to place. It varies from very easy to very difficult.

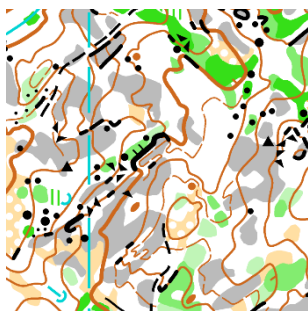
Forest discipline areas have been mapped, using ISOM 2017-2, by Finnish map makers Janne Weckman and Timo Joensuu, and updated by the Portuguese Rafael Miguel. Map scales will be 1:15 000 for Long and 1:10 000 for the other forest disciplines. Contour interval of 5 meters.

Organisers will review all the competition maps and, if needed, Rafael Miguel will update them and fresh prints will be made for Forest JWOC 2022. If no changes are detected at all, we will use July maps.

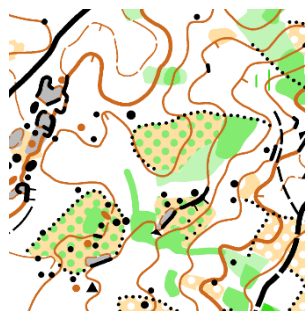




Map samples



Middle distance & Relay



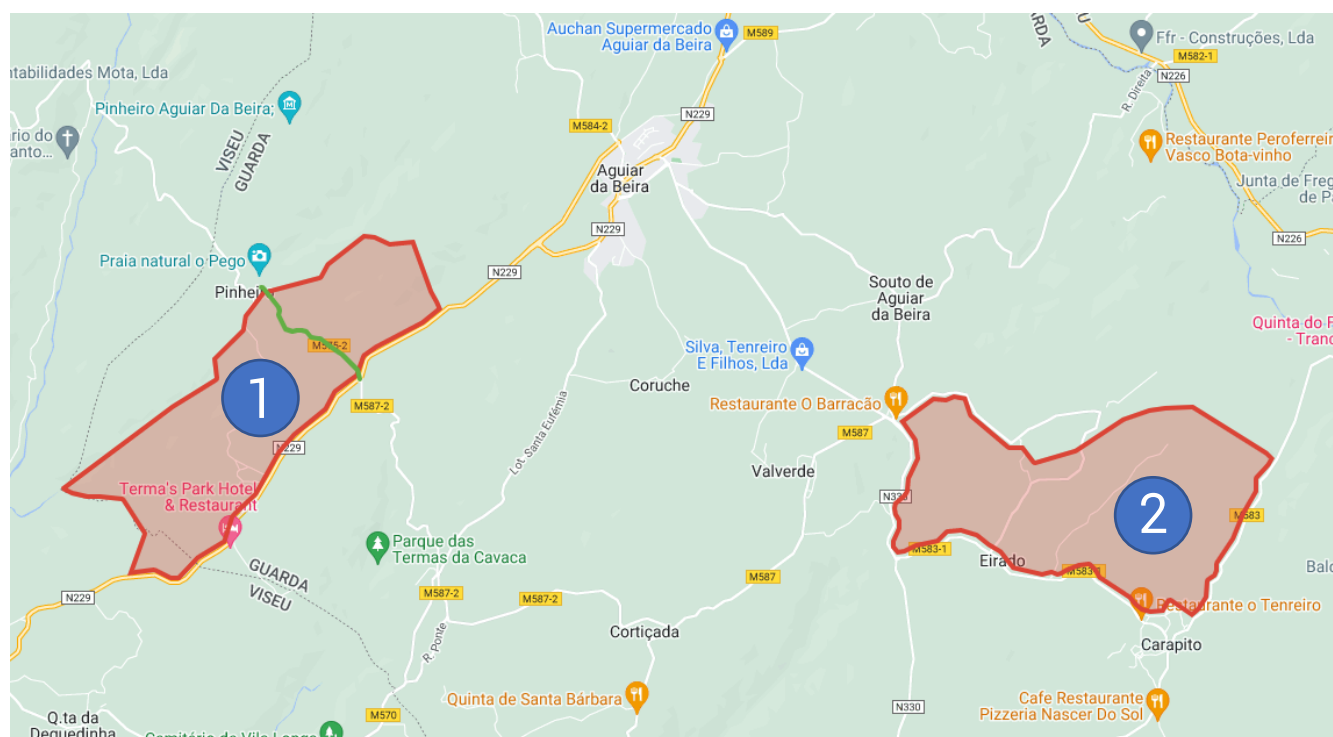
Long distance

10. Embargoed areas

The embargoed areas are completely forbidden to visit by athletes, team officials and other persons who, through knowledge of the terrain, may influence the competition's results.

No orienteering maps of the embargoed forest areas have been produced before.

1. Middle distance and Relay will be in Quinta das Lameiras. In the Northeast part of this embargoed area is a road allowed to drive to access Aguiar da Beira Norte map (Pinheiro side). No stopping is allowed when driving through the embargo.
2. Long distance will be held in Carapito – East embargoed area.



Detailed information regarding embargoed areas is available on [Eventor](#) or [JWOC 2022 website](#).

11. Training opportunities

Training maps and training camps will be organized by our official training partner [O-Portugal.pt](https://www.o-portugal.pt).

You can expect to find more than 40 permanent courses marked in the terrain with orange tape with control codes.

Courses, control places and control tapes will be changed frequently and trainings are available 365 days a year, making it possible to do training camps in JWOC 2022 relevant terrain whenever you want.

O-Portugal is the best training partner one can have. They will deal with all your needs, such as accommodation, car rental, meals, training maps and so on.

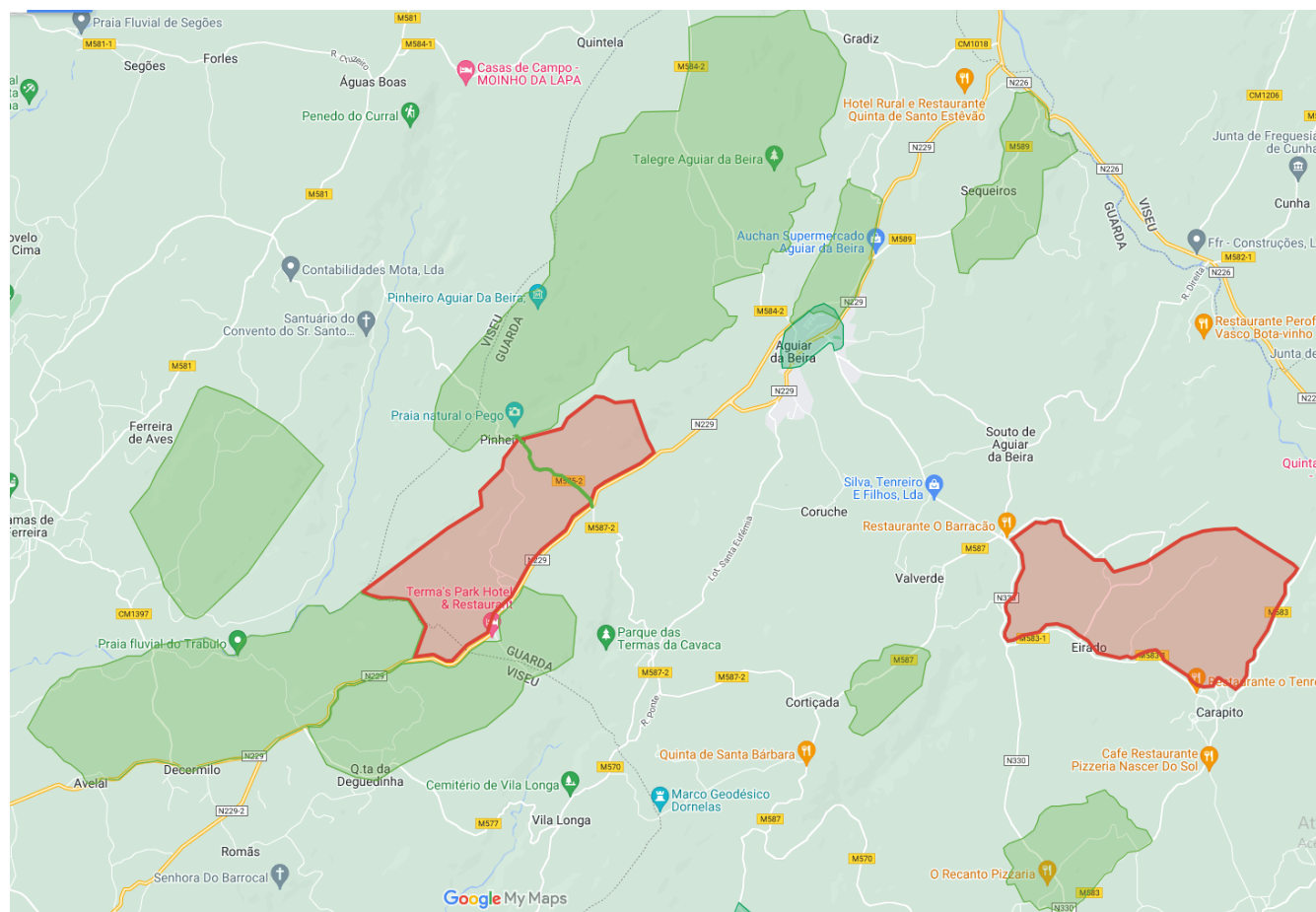
Aguiar da Beira Municipality provides free access to their gym, swimming pool and track-and-field to all orienteers training in the area with O-Portugal company.

Further information regarding training for JWOC 2022 is provided on www.o-portugal.pt/jwoc2022/.



Training areas

Below you will find the closest training maps (marked as green). More training maps and information (including the mapper of each area and the year of production/last update) can be found on IOF [Eventor](#), on [JWOC 2022 website](#) and on the [O-Portugal website](#).





12. Competition rules

Consult original Bulletin 4.

12.1 Fairness

Consult original Bulletin 4.

12.2 Anti-doping

Consult original Bulletin 4.

12.3 Complaints and protests

Consult original Bulletin 4.

13. Start draw & Start intervals

In Middle distance and Long distance races, teams are responsible for dividing their athletes into 3 start groups (early, middle and late).

Start intervals

Middle distance: 2 minutes

Long distance: 2 minutes

14. First Aid, Health insurance & COVID-19

Consult original Bulletin 4.

15. Arena production

As stated at the beginning of this Bulletin, for the time being, Organisers are not sure if there will be, or not, Live-TV at the Forest JWOC 2022. If so, it will be available on the arenas' big screen and/or online.

Every athlete will wear a GPS unit, even if Live-TV is not happening.

16. Team Officials' Meetings

There will be two Team Officials' Meetings (TOMs) providing relevant information about each race and some extra topics. Both Team Officials' Meetings will be held at the Event Centre (Aguar da Beira Cultural Center). It will not be possible to participate online. If you have questions for the meetings, please send them to info@jwoc2022.pt before 16h00 on the same day and we will answer them during the meeting.

17. Ceremonies

17.1 Opening ceremony

There won't be another opening ceremony during Forest JWOC 2022.

17.2 Prize-giving ceremonies

The prize-giving ceremonies will take place at the arena after each JWOC final.

Times for prize-giving ceremonies are given in the bulletin programme but small changes may occur. As soon as the top 10 is decided, provisional results will be displayed on a results board at the Event Office, and the speaker will announce the start of the 15-minute complaint time. After the end of the complaint time, the medal ceremony timing will be announced by the speaker.

Athletes or teams ranked 1st to 6th shall be present at the prize-giving meeting point (entrance/exit of the team area) 10 minutes before the beginning of the respective ceremony.



Podium Athletes must be wearing their official National team clothes and should not be using sunglasses, hats, water bottles or similar items. Final instructions to the participants will be given on-site before the ceremony.

The organisers kindly ask the National team members to be on site until the end of each prize-giving ceremony. We also kindly ask team members not to go to the stage for delivering flower bows and/or kisses to the podium athletes until after both ceremonies (men and women) have been completed.

17.3 Closing ceremony

The Closing Ceremony will be held on Sunday, 6th of November, at Arena Carapito and directly after the prize-giving ceremony for the Long distance competition and Team competition. The short programme will include handing over the IOF flag to the JWOC 2023 Organisers from Romania.

18. Code of Ethics

Consult original Bulletin 4.

19. Media and VIPs

Media representatives

We welcome all media representatives to Forest JWOC 2022!

Media personnel should have a Media identification badge. If you want to be a media representative at Forest JWOC 2022 please send us an e-mail (info@jwoc2022.pt) and we'll make your entry as "Media". This must be done before 31st October.

If you need help with accommodation, please visit our official partner O-Portugal.pt website.

When arriving at Forest JWOC 2022, a media representative should go to Event Office and ask for his/her Media identification badge.

20. Climate

On average, the beginning of November in Aguiar da Beira presents an average of 120 mm of rain. The minimum average temperature is around +6°C and the maximum average is around +14°C. No snow is expected.

During Forest JWOC 2022 sun will rise around 7h10 and set around 17h20.



21. Hazards

Consult original Bulletin 4.

22. Transport during JWOC

No transport will be offered by the Organisers.

National teams are responsible to arrange their own transports during Forest JWOC 2022, including to Quarantine (where Starts will be located) and from Quarantine to Arena's parking.

In the last TOM in July, several teams volunteered to help smaller teams with their transport. We encourage the teams to work together according to this commitment. If some teams cannot find a transport solution, you may ask the organiser to help make contact with other teams.

23. Technical model event

There will not be a technical model event at Forest JWOC 2022. The procedures will be the same as in JWOC in July.



24. Model events

Model Events will show relevant examples of terrain, maps, map drawing, control sites and control descriptions. There will be 2 model events available: (1) Middle distance & Relay and (2) Long distance.

Controls will be set using the same way they will be at competitions, however no SPORTident units will be offered.

There will be toilets available at the model events.

24.1 Middle distance & Relay model event

Availability: 2nd & 3rd November

Location: Termas Park Hotel, Quinta das Lameiras.
[40°46'36.5"N 7°36'08.7"W](#)

Parking: Use the open field North of Termas Park Hotel.

Mapping: Janne Weckman (Finland) & Timo Joensuu (Finland) in September 2019. Updated in March 2022 ISOM 2017-2

Course setting: Bruno Nazário (all controls map – a suggestion of course will be provided on the map using the control codes)

Map scale: 1:10 000

Contour interval: 5 meters

Specific terrain characteristics: The forest around control 44 has been cleaned. We recommend athletes to visit this area.

24.2 Long distance model event

Availability: 2nd & 3rd November

Location: Senhor do Castelinho, Eirado. [40°46'47.0"N 7°29'51.4"W](#)

Parking: Use the space around the start point.

Mapping: Janne Weckman (Finland) & Timo Joensuu (Finland) in September 2019. Updated in March 2022 ISOM 2017-2

Course setting: Diogo Miguel (all controls map – a suggestion of course will be provided on the map using the control codes)

Map scale: 1:15 000

Contour interval: 5 meters

Specific terrain characteristics: The model event area has slightly more rock elements and less vegetation compared to the Long distance competition area.

25. General information about the competitions

25.1 Printing & paper

RGB Image company will print all JWOC maps and bib numbers. This company is the same that prints all training maps used by O-Portugal, using digital printing and waterproof paper. This paper is tear resistant, even though, competition maps will be inside plastic bags and professionally sealed.

25.2 Quarantine

Quarantine on Middle distance and Long distance days

The Quarantine for Middle and Long distances will be close to the Start. The call-up for the Start will be done at the Quarantine or close to it.

Bib numbers for each individual competition will be provided at Quarantine. When entering Quarantine, each athlete must pick up her/his correct bib number. After that, and before allowing the athletes to go further inside the Quarantine area, an organiser will certify if the bib number and the accreditation badge are matching. This will work as confirmation that each athlete entered the Quarantine. Bib numbers must be picked-up personally by each Athlete – they cannot be collected by team officials.

Parking: Will be close to the Quarantine site.



Quarantine on Relay day

Quarantine on Relay day (6th November) will be at the arena.

Bib numbers for the Relay will be provided, in self-service mode, inside the Relay arena quarantine.

Parking: Use Arena Quinta das Lameiras parking.

Quarantine sites

Quarantine locations will not be published (except for Relay). At the TOM for Middle distance Organisers will provide the GPS coordinates for the next day's parking. The same will happen for the Long distance.

In the Quarantine areas, there will be plenty of shelter, provided by tents or big buildings. Each team can bring and assemble their own tents.

Toilets are available at all Quarantine sites. Drinkable water is available in large jerry cans and/or through tap water in the toilets. **Disposable cups will not be provided, athletes must use their bottles**, helping the Organisers and saving the Environment.

Quarantine areas will be surrounded by yellow tape. At Middle and at Long distances a warm-up map will be delivered. Athletes must respect out-of-bounds areas indicated on the warm-up map.

Bag drop

Athletes must leave their luggage in the indicated place in the Quarantine areas. Organisers will transport bags from the Quarantine to the Team Area at the Arena. Organisers are not responsible for any loss or damage. Please safely store your goods to avoid any problems.

GPS units

As stated before, all athletes must wear a GPS unit for all races. At the individual stages, athletes will receive their GPS unit right after the call-up.

For the Relay, GPS units will be available inside the Relay arena quarantine. All athletes must collect their unit between 10 to 20 minutes before their departure. More information is given in the "Relay" section.

Call-up

A call-up will be made at the "border" of each Quarantine site. Depending on the competition day, the call-up will be done at different timings (for example: it can be -5 minutes on one day and -13 minutes on another).

25.3 Start

The following instructions must be considered for individual races. Relay instructions are provided below in the "Relay" section.

As mentioned, the first call-up to the Start will be done at the "border" of the Quarantine area. The exact call-up time of each day is mentioned inside each race section.

Very close to the Start place a unit "SIAC battery" will be available. If a SIAC fails at the "SIAC battery test" (no light/beeping) the athlete must go to the call-up and require an alternative card.

Start procedure

- **Call-up: -X minutes**
 - Bib number confirmation; SIAC number confirmation; SIAC: Clear – Check – SIAC Test; GPS unit is entered into the athlete GPS vest by start officials.
- **-2 minutes**
 - Loose control descriptions available
- **-1 minute**
 - SIAC Check; Athletes move closer to map/start line
- **0 minute**
 - Maps will be placed on a table and an official will place one hand on the map and the other on the athlete's shoulder until the last watch signal (the last beep).
 - At the start signal, the athlete picks up the map and starts the race.





In the start procedure schemes for each race below, the distance between the entry points for each start box and the climb (number with a "+") or descent (number with a "-") is shown.

25.4 Late start

If an athlete is late for the Start, he/she must check in at the first call-up. The athlete will then be allowed to proceed to the next Start minute and go through the Start procedure as fast as possible. If, upon arrival at the Start line, the athlete is less than half a start interval after the Start time, he/she will be allowed to start immediately. If the athlete arrives more than half a start interval after his/her Start time, he/she will have to wait until the half start interval after the next starter.

If the athlete is late through his/her fault, the original start time will count for timing. If an athlete is late through the fault of the organiser, the real start time will be used.

Example: For a 10h07 start time on Long distance (2 minutes start interval), if a late athlete arrives at the Start line at 10h07min50sec, the Start will be at 10h08min00sec. If the athlete arrives at 10h08min10sec, the Start will be at 10h10min00sec.

25.5 Timekeeping and punching system

The SPORTident AIR+ system will be used for time-taking and control punch. This is a touch-free system (no need to insert the SI-card into the control unit) and will be demonstrated at the technical model event.

At the **Start** no punching is required – time will start running at the last “beep”. At **Finish** no punching is required – time will be stopped when Athletes cross the Finish line.

A SPORTident Active Card (SIAC) will be issued for every athlete at the accreditation. All Athletes will use a SIAC provided by Organisers. Borrowed SIAC must be kept throughout the event and returned after the Relay. Failure to return a SIAC card will result in a charge of 80 EUR.

Each athlete must compete with his/her assigned SIAC. In case of loss or in case SIAC fails to a test (battery or standard test), a replacement unit will immediately be provided at the Start call-up.

Timekeeping will be to 1-second accuracy in all competitions.

25.6 Abandoning (DNF)

If abandoning a race, an Athlete must immediately go to the finish area to report and read out the SIAC.

25.7 Bib numbers

All athletes must wear their bib numbers at all competitions. The bibs must be worn on the chest and must be entirely visible – they must not be folded or cut. Safety pins will be provided at the accreditation. It is the Athletes' responsibility to reuse the provided safety pins throughout all the competitions.

Bib numbers will be provided at Quarantine check-in for all individual races. Bib number distribution instructions are in the “Quarantine” section.

Relay bib numbers will be at Relay arena quarantine. Bib number distribution for Relay is described in the “Relay” section.

25.8 GPS Tracking

All Athletes must run with a GPS unit. Tracking service is provided by Loggator. A numbered vest for holding the GPS unit will be delivered at the accreditation in the Event Office and must be returned after the final race (Relay). If a vest is not returned, there will be a charge of 40 EUR.





Vests will be issued in sizes XS & S for women and M & L for men. If it is necessary to exchange for a different size, this can be done at the Event Center (prior to first races). The vest must be worn underneath the athlete's running top. It is allowed to bring and use their own vests. GPS units' size: 2,2*3,8*6,8 cm.

25.9 Finish procedure

Athletes' race time will stop when crossing the Finish line. No control flag will be at the Finish line. After crossing the line, athletes enter a restricted-access area for SIAC download and removal of GPS units (in this order). Right after, refreshments are available. Team officials are allowed in this area to pick up athletes after their races, however we ask that no more than one team official per nation will get to Finish restricted area to avoid overcrowding the place (space limitations and noise limitations). The access to the Finish restricted area for team officials is done from the Team Area.

From the Finish restricted area, an athlete can follow the tape to the Team Area.

For the Relay competition, no Finish restricted area will be available, so no team officials are allowed closer to the Finish. From the refreshments, athletes will go to Arena.

25.10 Team Area

At both arenas a Team Area is offered and will have the following characteristics:

- Only National team members can access the Team Area
- Large and taped area attached to the Arena – possible to follow the races from each Team Area
- Plenty of pine-covered space is available:
 - Offers natural sun-protection
 - Perfect to cool down after the race
 - Possibility to set national teams' tents
- A 150m² big tent will be provided
- Dedicated toilets
- Dedicated refreshment place (no cups provided, bring your bottle)

25.11 Other people in the terrain

None of the competition areas are closed, so there is a chance of meeting other people during the race.

Athletes might encounter several cameras with operators in the terrain. Athletes might be followed by "running-cam" operators. It'll be possible to find photographers in the terrain.

In the terrain, connection material may be found, such as cables, antennas, etc. These materials will be securely "packed" and will not cause problems to the athlete's progression.

At all competitions, in the middle of the competition area, Organisers will place an emergency point operated by Aguiar da Beira Firefighters. These places will be marked on the map with the "712 First aid post" symbol and there runners will encounter at least 1 firefighter truck and 1 ambulance. Besides, there will be firefighter trucks spread all around the competition area. These vehicles are not marked on the map.

25.12 Refreshments

Refreshment stations will be available only for the Long distance. There will be a WADA-compliant sports drink available in addition to water.

There will be water at Quarantine, Finish restricted area, Team Area and Arena. Organisers will not offer any water after the first call-up.

25.13 Competition clothing

There are no special regulations concerning the type of clothing during the competition however, in the forest races, we strongly recommend athletes to full-cover their legs to protect themselves from the thick green areas. The Blackberry bushes contain thorns. Athletes should consider this when selecting clothing.

Note that bare rock may be slippery - especially in wet conditions. Athletes are encouraged to take this into account when they select shoes for the forest distances.





25.14 Embargo

Entering the competition area is forbidden for Athletes who have finished and for Team Officials, even after the last athlete's Finish.

During the competition, National team members are only allowed to be at the Arena, in the Team Area and on the path connecting Arena to Parking.

25.15 JWOC and JWOC Tour controls

During JWOC races only JWOC controls will be in the competition areas.





26. Middle distance – Friday 4th November

Arena location: Arena Quinta das Lameiras ([40°47'26.2"N 7°35'39.5"W](#))

Quarantine closes: 8h45 – Team member presence in the arena before Quarantine has closed is strictly forbidden.

First Start: 9h00

Driving to the Arena Quinta das Lameiras parking: Organisers will set arrows from the Event Center to Arena Quinta das Lameiras parking. Parking arrows will be placed on road N229 and will be visible to drivers coming from the West and East. On-site, please follow instructions from the Organisers. Do not park on the side of the road unless you are asked to do so.

Parking to Arena: Walking distance between 800 and 1200 meters. The way from parking to Arena will be marked using arrows.

Map & terrain

Mapping: Janne Weckman (Finland) & Timo Joensuu (Finland) using ISOM 2017-2. The last updates in vegetation were done by Rafael Miguel (Portugal).

Map scale: 1:10 000 **Contour interval:** 5 meters

Warm-up map: Will be available. Controls in the terrain. Maps will be delivered inside Quarantine area.

Specific terrain characteristics: Typical Aguiar da Beira forest, with large bare rock areas and a lot of rock elements. The terrain around control 44 in the model event is cleaned in a similar way to what can be found in some parts of the competition terrain.

Mapping specific characteristics

The 601 *Magnetic north lines* are blue. To the symbol 416 *Distinct vegetation boundary*, the black dotted version will be used.

Very small and ruined stone walls are not mapped.

Special features: Very few “special symbols” are used on Quinta das Lameiras competition area. Below, you can see examples of the special symbols used in the competition area map.

311 Well, fountain or water tank





417 Prominent large tree & 418 Prominent bush or small tree

These 2 vegetation symbols are used in a few places. You can expect them to represent isolated trees in open land. If 417 is being used in the middle of the forest, runners can expect a huge Oak or Eucalyptus tree.



Courses

Competition	Class	Winning time	Length	Climb	Controls	Refreshments
Middle Final	Women	20 - 25 min.	3,5 km	180 m	15	0
	Men	20 - 25 min.	4,1 km	210 m	17	0

Course setting: Bruno Nazário

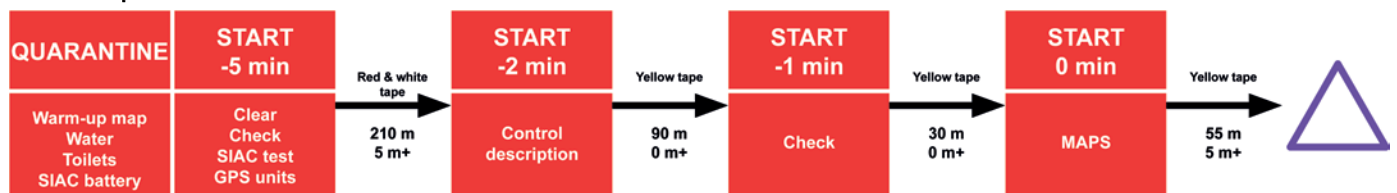
Maximum running time: 70 minutes

Course-specific characteristics: There will not be any arena passage/spectator control. Therefore, a coaching zone will not exist. There will be a "710 Crossing point" in the Middle distance course. It is not mandatory to use such passage. This type of passage is demonstrated in the model event for the Long distance.

Control description size: Women = 14 cm * 5,5 cm | Men A = 15 cm * 5,5 cm

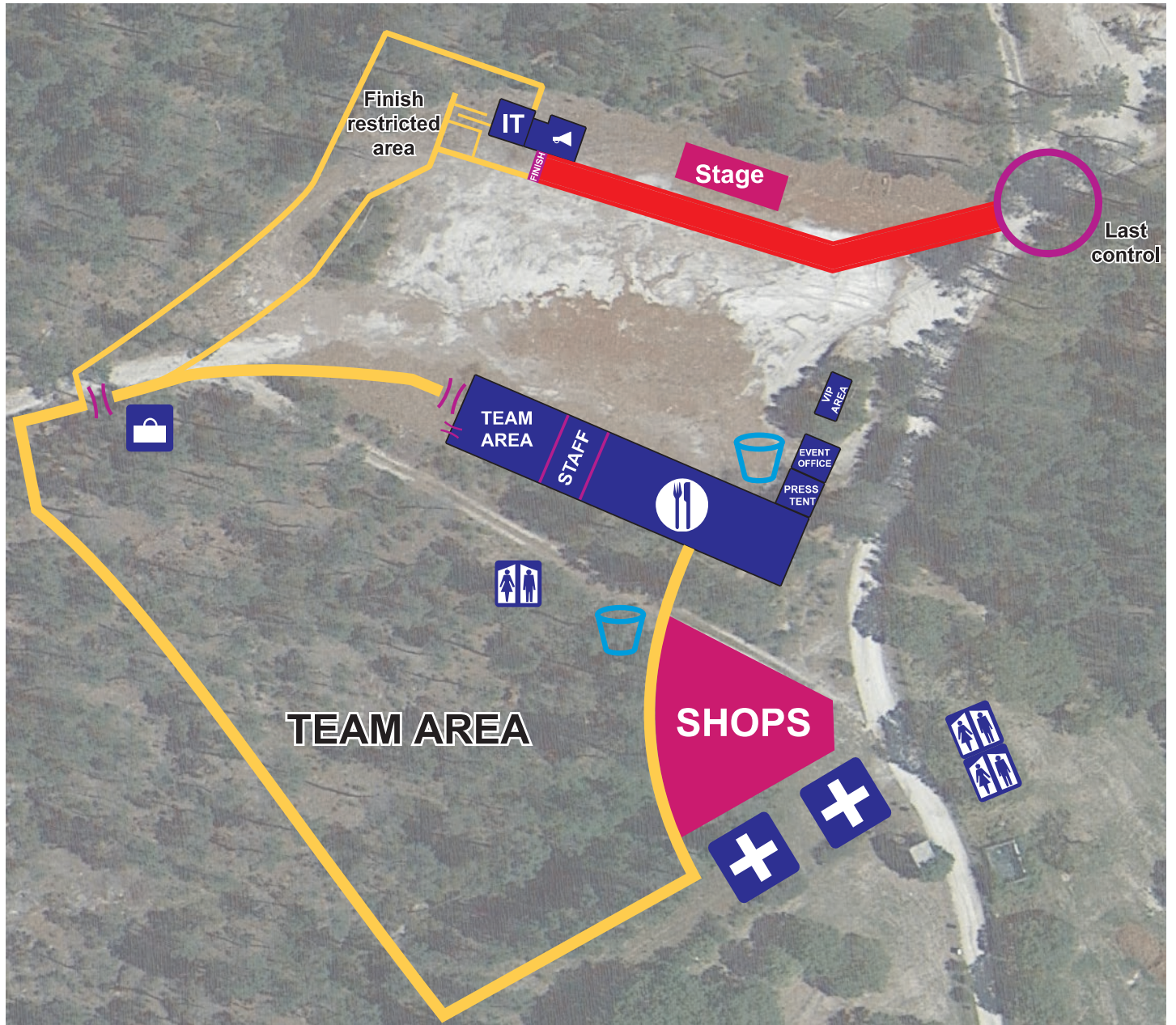
Map size: 22,5 cm * 32 cm

Start procedure scheme





Arena Quinta das Lameiras scheme – Middle distance





27. Relay – Saturday 5th November

Arena location: Arena Quinta das Lameiras ([40°47'26.2"N 7°35'39.5"W](#))

Relay arena quarantine closes: 10h45

Start: Women – 11h00 | Men – 13h00

Driving to the Arena Quinta das Lameiras parking: Same instructions as in Middle distance day.

Parking to Arena: Same instructions as in Middle distance day.

Map & terrain

Mapping: Janne Weckman (Finland) & Timo Joensuu (Finland) using ISOM 2017-2. The last updates in vegetation were done by Rafael Miguel (Portugal).

Map scale: 1:10 000 Contour interval: 5 meters

Warm-up map: Not available.

Specific terrain characteristics: Typical Aguiar da Beira forest, with large bare rock areas and a lot of rock elements. To improve courses' quality, Organisers used forestry trucks to open passages through some areas of dense vegetation. See the Middle Qualification section to collect information about those passages. It is important to mention that besides those passages through greener areas, we cleaned large areas of forest on the last loop of the courses (after the arena passage). Those areas are, basically, white and yellow with some small green areas all around.

Mapping specific characteristics: same information as in Middle qualification day

Courses

Competition	Class	Winning time	Length	Climb	Controls	Refreshments
Relay	Women	30 – 35 min.	4,1 km	190 m	19	1
	Men	30 - 35 min.	4,9 - 5,0 km	230 m	21	1

Course setting: Bruno Nazário & Rafael Miguel

Maximum running time: 240 minutes (whole team)

Course specific characteristics: There will be an arena passage, located between 1,6 and 1,8 km from the finish, on both Women and Men courses. As can be seen from the arena scheme, the last control is punched both before the arena passage and just before the finish. **It is the athlete's responsibility to follow the left route when passing the arena and the right route when running towards changeover/finish.**

Coaching zone: There will be two coaching zones at the arena passage (see arena scheme). Coaches are allowed to give liquids/solids to their athletes.

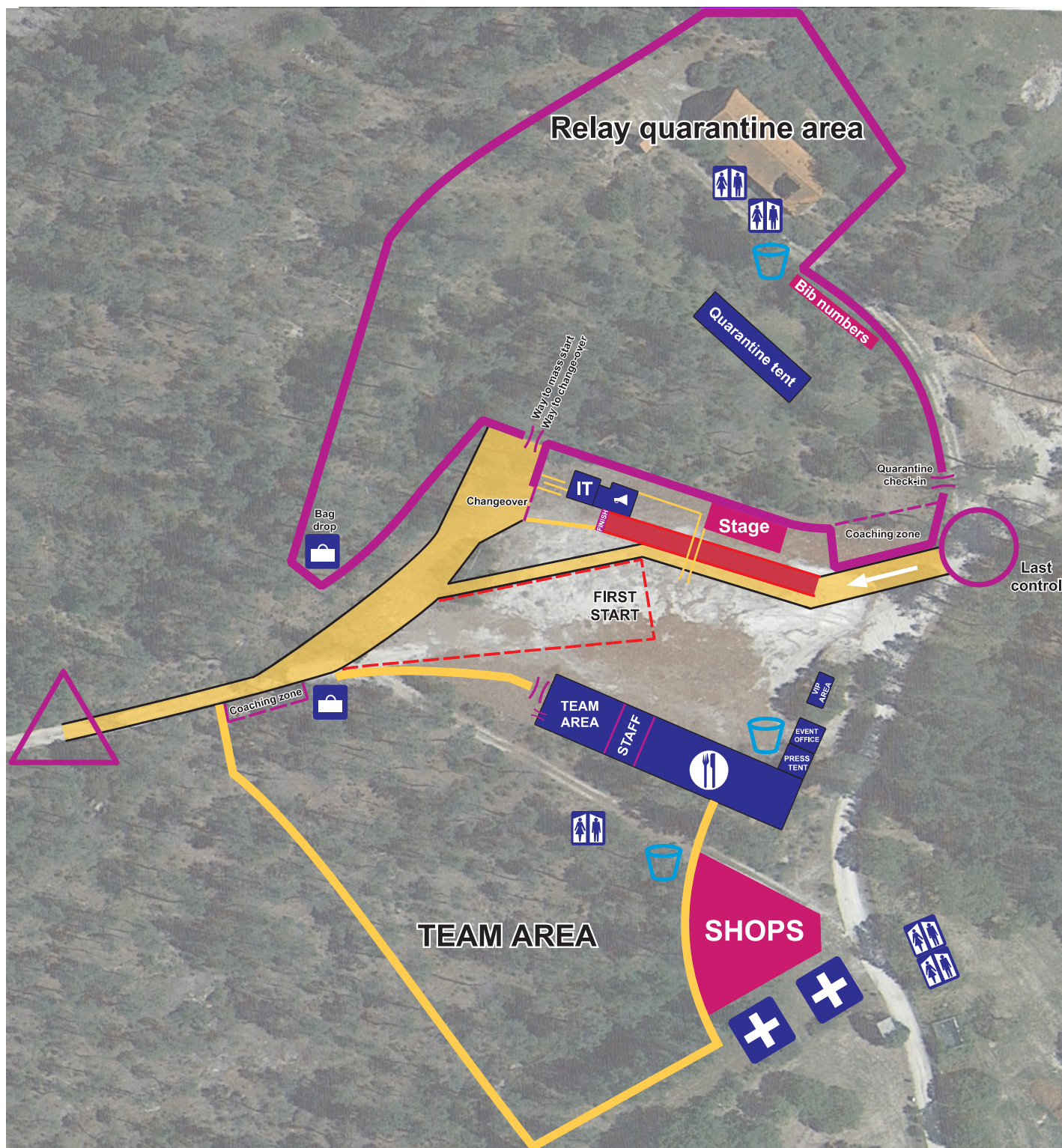
Control description size: Loose control descriptions won't available.

Map size: 22,5 cm * 32 cm

Map change: Both Women and Men courses will be divided into part 1 and 2 printed on opposite sides of the sheet. At the Start, athletes will get their maps wrapped with an elastic band. Part 1 will be the one in the external part of the roll. Part 1 will end at the arena passage. Contrarily to the other days, part 2 begins with a triangle – **be extra careful not to start with the wrong part.**



Arena Quinta das Lameiras scheme – Relay day



Relay workflow – before the Start

- All competing athletes must enter **Relay arena quarantine** during the indicated check-in time window. Team officials and non-competing athletes are not obligated to go inside this area, however, if they want to, the check-in time window must be respected. An athlete or Team Official who leaves the Relay arena quarantine after the closing of the quarantine cannot go back.
- Once inside the Relay arena quarantine, a team member must collect their team bib numbers. Bib numbers will be hanging along a rope, secured with safety pins, and should be collected in self-service mode.



- At Relay arena quarantine a big tent, toilets and water in jerricans will be provided – please bring your bottles. Besides the tent, a huge forested taped area will be offered, providing sun-exposure protection. Each team is allowed to set their own tents.
- From inside the Relay arena quarantine runners will clearly see their teammates approaching the arena passage.

Relay workflow – Start for 1st leg athletes

- Between 15 and 30 minutes before the Start athletes must go to the GPS tent to collect their GPS unit.
- At -15 minutes the 1st leg athletes must go to the Start check-in. At this point, the SIAC unit will be cleared and checked, and athletes will pick up their maps (maps will be wrapped with an elastic band). Then, athletes will enter the “Start box”.
- Athletes will wait inside the Start box until -8 minutes, the moment when Organisers will guide the 1st leg runners to the center of the Arena, where the Mass Start will take place.
- Once in position to the Start, a camera will do the presentation of the teams (if TV production is available).
- 30 seconds before the departure speaker will instruct athletes to remove the elastic band from the map.
- A 10-second warning will be performed by the speaker.
- The start will be announced by the speaker. Runners are allowed to unfold and look at the map only after the start signal has been given.

Relay workflow – Start for 2nd & 3rd leg athletes

- Between 15 and 20 minutes before their expected start time, 2nd and 3rd leg athletes must go to the GPS tent to collect their GPS unit. Please don't go to the GPS tent just after seeing your teammate in the previous leg passing through the arena – that will be too late.
- After seeing their teammates approaching the arena passage, athletes must go to the Start check-in. It will take more than 8 minutes of running time from the arena passage to the changeover.
- At the Start check-in, the SIAC unit will be cleared and checked, and athletes will pick up their maps (maps will be wrapped with an elastic band). Once all is ready with the Start check-in, athletes will pass to the change-over area, where they must wait for the finish of the previous runner.
- Athletes are allowed to remove the elastic band only after seeing their previous teammate entering the run-in corridor. Athletes can unfold and look at the map only after the changeover. The changeover from 1st leg to 2nd leg and from 2nd leg to 3rd leg is done by touching hands between the 2 athletes.

Relay workflow – at the Finish

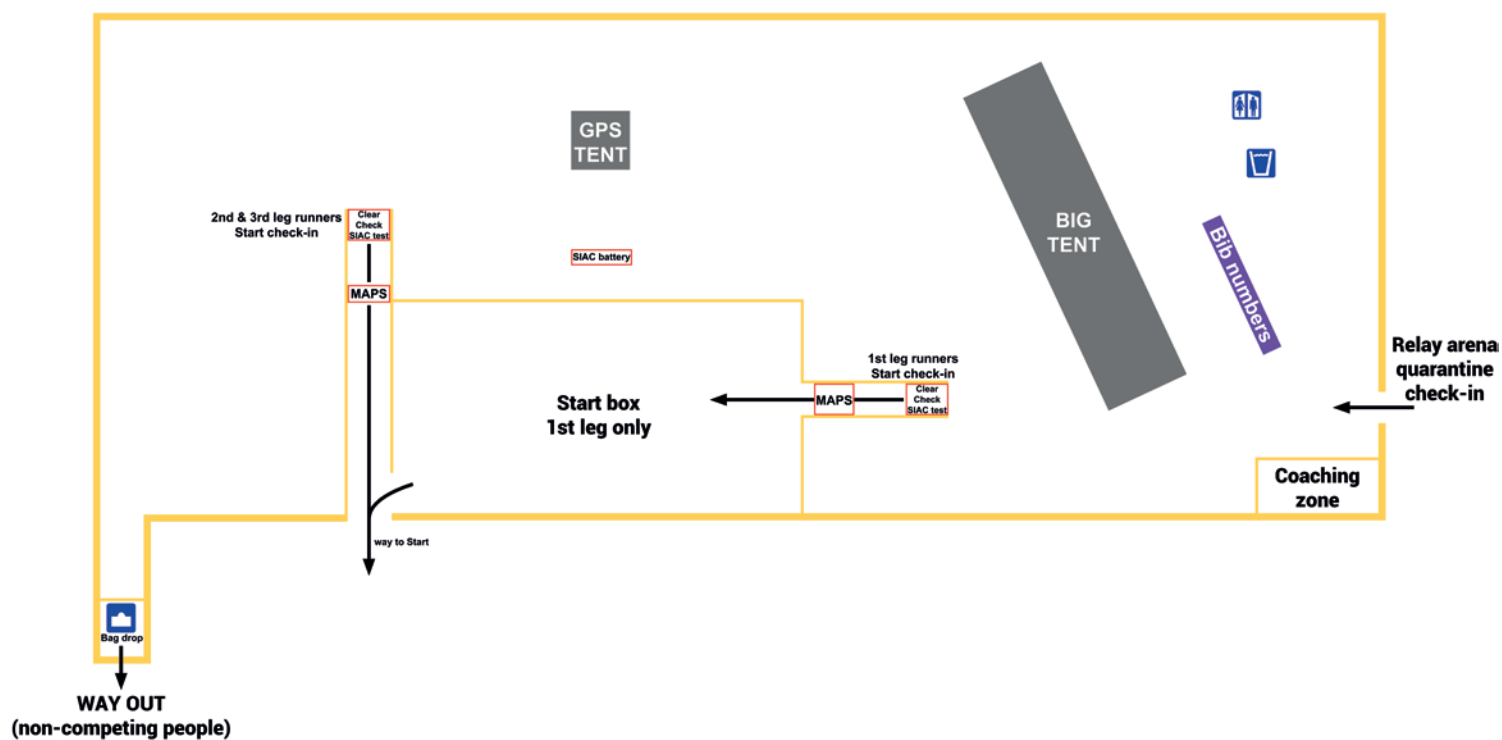
- Changeover is located after the Finish line.
- Once an athlete finishes the competition, she/he must follow Organiser's instructions, going to the SIAC download, GPS removal and refreshment places. From there, athletes will be sent directly to the arena, and not to the Team Area.
- On Relay day we will not allow team officials to come to the Finish restricted area due to limited space.

Late athletes mass start

- If there are still Women athletes to start their races, at 14h00 these athletes must go through the Start check-in. Then, at 14h10, these athletes will do a Mass Start from the changeover location.
- If there are still Men athletes to start their races, at 14h00 these athletes must go through the Start check-in. Then, at 14h10, these athletes will do a Mass Start from the changeover location.



Relay arena quarantine & Relay Start scheme



Team Officials & VIP race (mass start)

After the Relay prize-giving ceremony, on Saturday 5th of November, a mass start will take place at Arena Quinta das Lameiras using JWOC Relay maps. All accredited people are welcome to run this course. No timing will be performed during this race.





28. Long distance – Sunday 6th November

Arena location: Arena Carapito ([40°46'19.7"N 7°27'45.7"W](#))

Quarantine closes: 9h45 – Team member presence in the arena before Quarantine has closed is strictly forbidden.

First Start: 10h00

Driving to the Arena Carapito parking: To reach Arena Carapito parking it is not mandatory, but preferred, to follow Organiser's instructions (arrows from the Event Center to Arena Carapito), otherwise, there is a high risk of overcrowding the small village of Carapito. Preferably arrival at Arena Carapito parking should be done from the West side – at N330 road, drivers must take the exit "Eirado" & "Carapito", as indicated by Organiser's arrows.

Parking to Arena: Walking distance between 1000 and 1400 meters. The way from parking to Arena will be marked using arrows.

Map & terrain

Mapping: Janne Weckman (Finland) & Timo Joensuu (Finland) using ISOM 2017-2. The last updates in vegetation were done by Rafael Miguel (Portugal).

Map scale: 1:15 000 **Contour interval:** 5 meters

Warm-up map: Will be available. Controls in the terrain. Maps will be delivered inside Quarantine area.

Specific terrain characteristics: The JWOC 2022 Long distance forest, located between Carapito and Eirado, offers more forested (pines) area and less bare rock than usual in Aguiar da Beira County. Large areas of dense vegetation are found.

Mapping specific characteristics

The purple symbol *709 Out-of-bounds area* will be used in some places. If a road/path is under this symbol, it is forbidden to run on it.

The *601 Magnetic north lines* are blue. To the symbol *416 Distinct vegetation boundary*, the black dotted version will be used.

Very small and ruined stone walls are not mapped.

In a situation of having a distinct change in vegetation coinciding with a stone wall, the *416 Distinct vegetation boundary* will be used and not the *513.1 Wall* or *514 Ruined wall*.

Special features: Very few "special symbols" are used on Long distance competition area. See the instructions on the Middle distance day.

Courses

Competition	Class	Winning time	Length	Climb	Controls	Refreshments
Long	Women	55 minutes	7,3 km	310 m	20	2 or more
	Men	70 minutes	10,7 km	460 m	24	3 or more

Course setting: Diogo Miguel

Maximum running time: 180 minutes





Course-specific characteristics: There will be an arena passage in both Women's and Men's courses toward the end of the course. There will be a "710 Crossing point" in the Long distance course. It is not mandatory to use such passage. This type of passage is demonstrated in the model event for Long distance.

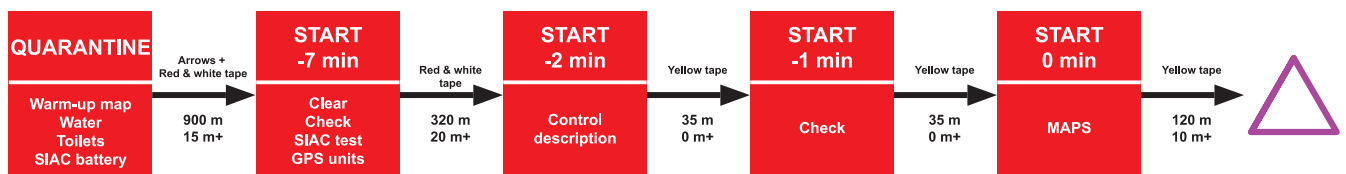
Refreshment points and coaching zone: There will be a coaching zone at the arena passage (see arena scheme). Coaches are allowed to give liquids/solids to their athletes. Organisers will also place a refreshment point at the arena passage corridor (close to the coaching zone). Besides the refreshment point at the arena passage, there will be only one more control with refreshment (marked on the control description). All the other refreshment points are out of controls and are marked on the map using the symbol "713 Refreshment point".

Control description size: Women = 16,5 cm * 5,5 cm | MEN = 18 cm * 5,5 cm

Map size: 22,5 cm * 32 cm

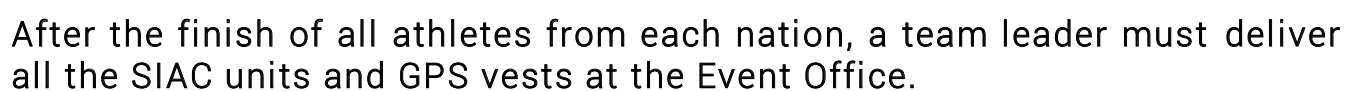
Map change: The Men's course will be divided into parts 1 and 2 printed on opposite sides of the sheet. At the Start, athletes will get their maps with part 1 facing up. Finish will not be shown in part 1.

Start procedure scheme



Way from Quarantine shelter to call-up: To get to the Start call-up, athletes can both use the warm-up map or follow the marked route (arrows + red & white tape) from the Quarantine shelter to the call-up. If using the organiser's instructions, team members need to cover 900 meters with 15 meters of climb.







29. Contacts

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30. Hosting & Governm



Programa Valorizar

Linha de Apoio à Valorização Turística do Interior





31. Sponsors



32. Sellers



33. Visit Aguiar da Beira



Oriented For Life - Aguiar da Beira

Since 2014 Aguiar da Beira City Hall has invested in order to become the most visited Orienteering destination in Iberian Peninsula. In 2018 was created the project Oriented For Life, which promoted national and international marketing initiatives to reach the main goal.

The organization of JWOC 2022, together with many other Orienteering events in the County, reaffirms the importance of the region to Orienteering Sport. On the other hand, Orienteering has been a different and efficient way to help developing this inner country region.



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