

BULLETIN 4



20
22 JUNIOR WORLD
ORIENTEERING
CHAMPIONSHIPS

AGUIAR DA BEIRA × PORTUGAL



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1. Presentation

Welcome to JWOC 2022

Welcome to Aguiar da Beira – Portugal. Welcome to the Junior World Orienteering Championships 2022!

As local organizer, Ori-Estarreja and the County of Aguiar da Beira are committed to organize one of the greatest JWOCs ever! With the support of the Portuguese Orienteering Federation and the International Orienteering Federation, we are committed to achieve this goal.

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

Welcome messages

It is with great commitment and interest that the Municipality of Aguiar da Beira is co-organizing the Junior World Orienteering Championship 2022. Given the importance of such an event for our municipality, for the region and for the country, other entities are involved in this organization. All together we aim to meet the high expectations of the athletes, the Orienteering community worldwide and the local population. Aguiar da Beira terrains present excellence conditions to Orienteering, which mobilize us to value more and more what is ours, what is rare and beautiful, with a particular and relevant characteristic – Orienteering generates a carbon footprint close to zero, being environmental amazing. Welcome to Aguiar da Beira!



Virgílio Cunha, Mayor of Aguiar da Beira

We are just few days away from JWOC 2022 and the Portuguese Orienteering Federation is eagerly awaiting your arrival in Aguiar da Beira - Portugal - between the 10th and 17th of July 2022.

The difficulties brought by the pandemic did not stop us, on the contrary, they gave us more courage and desire to provide you with some days of fierce competition, excellent fraternization, and also pure pleasure in the lands of Beira Alta region, where we offer you fascinating tourist attractions, traditional Portuguese markets and several historic centers.

We believe that the technical quality of the terrains and the organizing quality of all the volunteers involved will, once again, build a very successful event.

We are waiting for you!



Carlos Garcia, Portuguese Orienteering Federation President

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."*

For me, an Orienteering passionate since my thirteens, it's a pleasure to be able to serve Portuguese Orienteering, Ori-Estarreja and the County of Aguiar da Beira and to lead this ambitious project. The Junior World Orienteering Championships 2022 are just around the corner and I am very confident about the path we took the last 4 years.



I want to use this small statement to thank all the people involved on this amazing journey. Thanks to the Municipality of Aguiar da Beira and their workers for such a commitment. Thanks to the local firefighters and police members who protect us during the competitions. Thanks to Ori-Estarreja Club members. Thanks to all Orienteers from Portugal and abroad joining the staff. And a special thanks to my wife and to my family.



And now, let's get ready for an amazing week! We wish you all a competitive, challenging and fun event!

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

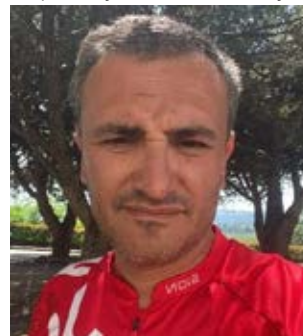
Almost 4 years have passed since we presented our bid to the International Orienteering Federation. During those years a lot has happened in the world, but we kept working hard to create great challenges for all competitors.

We are very proud that, even with the shadow of the pandemic, more than one thousand athletes from all over the world came to Aguiar da Beira on training camps, preparing themselves the best way possible for this championship. I'm sure that they fell in love... not only with the terrain but also with the hospitality of the territory!

On this topic I would like to use this opportunity to kindly thank all the stakeholders, with a special remark to the County of Aguiar da Beira. From the first competition in 2014 to the JWOC in 2022... in 8 years they managed to elevate the county to the main orienteering area in Portugal. What a remarkable job!

To end... a word to all competitors. Even though we worked hard to deliver a high-quality technical event, we really want this to be a fun, social and experience sharing JWOC. May the best win, but may all have an enjoyable and entertaining JWOC2022.

Enjoy JWOC2022!



Bruno Nazário, JWOC 2022 Technical Event Director

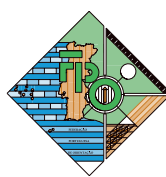
2. Organizing Committee



Ori-Estarreja
Main organizing Club



Aguiar da Beira City Hall
JWOC 2022 city-host



Portuguese Orienteering
Federation (POF)



International Orienteering
Federation (IOF)

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

Sebestyen Istvan, ROM

Milka Reponen, FIN

Szava Sigmond, HUN

3. Welcome to JWOC 2022 Bulletin 4

In the JWOC 2022 Bulletin 4 you will only find information useful to the Championships' week.

If you need information related to these subjects, you will find it in Bulletin 3 in the section shown in parenthesis "()": Travel (section 2), Entries (section 6), Accommodation, Food and car rental (section 7), Training (section 10), and Booking of non-mandatory transport (section 23).



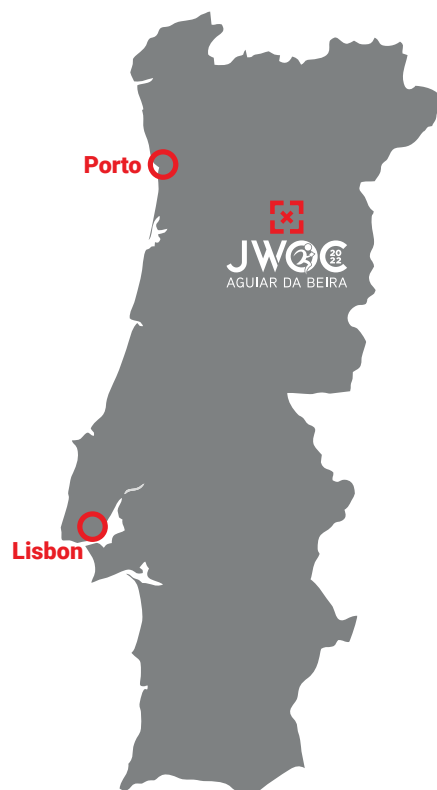
4. Location

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. Information about **travel** 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



Major places in Aguiar da Beira





5. 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'll find the **Event Office** of JWOC (and also JWOC TOUR) 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.

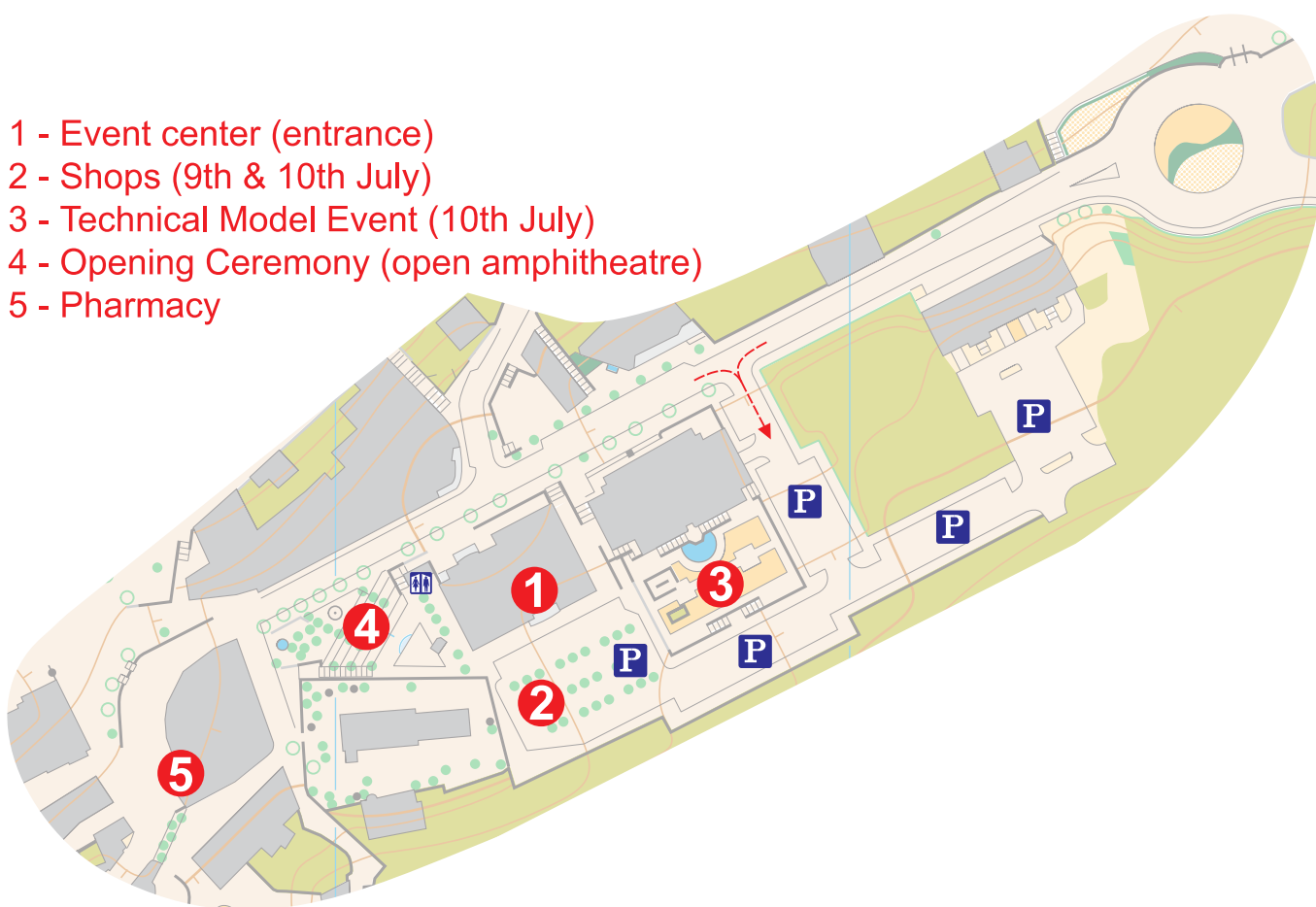
Contact: eventoffice@jwoc2022.pt (for contacts related with JWOC entries and similar subjects only)

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.

- 1 - Event center (entrance)
- 2 - Shops (9th & 10th July)
- 3 - Technical Model Event (10th July)
- 4 - Opening Ceremony (open amphitheatre)
- 5 - Pharmacy



As you can see from the above map, we are expecting to have Shops (Sports' material but also from some local producers) close to the Event Center during Saturday and Sunday (9th and 10th July).

The opening ceremony will take place in the open amphitheatre next to the Event Center building. However, the meeting point for the teams for the opening ceremony is in another location as described later in this bulletin.



5.1 Accreditation

All registered participants, both athletes and team officials, must go through accreditation process at the JWOC Event Office before 12h00 on Sunday 10th July. 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 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 organizers can communicate with.

A personal JWOC ID card (badge) with 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, Transports, Arena's Team Area, etc.

At the accreditation Organizers will also deliver a small gift to all accredited people, GPS vests, SPORTident units, safety pins for bib numbers, Bulletin 4 copies and other relevant or advertisement material.

Model event maps will be delivered during accreditation.

6. Traffic instructions

The organizers will provide additional traffic inside each competition day section. It is very important that all people involved in JWOC 2022 follow Organizers' instructions to avoid entering embargoed areas.

Arrival to Event Center

When entering Aguiar da Beira from any side you will find Organizers' white/orange arrows with "Event Center" written. Follow those arrows to arrive to the Event Center's parking.

Guidance towards all JWOC relevant locations

Organizers will set arrows from the Event Center parking to the Long Model Event, to the Middle/Relay Model Event, to the competition Arenas and to the Quarantine building.





7. Detailed Programme

Date	Time	Event	Place
Saturday 9 th July	9h00 - 18h30	Event Office open	Event Center
	All day	Sprint Model Event	Aguiar da Beira
	All day	Long Model Event	Senhor do Castelinho
Sunday 10 th July	9h00 - 19h30	Event Office open	Event Center
	All day	Sprint Model Event	Aguiar da Beira
	All day	Long Model Event	Senhor do Castelinho
	12h00	Deadline for accreditation	Event Center
	13h00	Deadline for names and start groups for Sprint	Online
	15h00 - 16h30	Technical Model Event	Aguiar da Beira City Hall garden
	16h40 - 17h40	Opening ceremony	Monuments square & open amphitheater
18h15 - 19h15	TOM (Sprint, Long & general matters)	Event Center	
Monday 11 th July	8h00 - 14h00	Event Office open	Arena Carapito
	6h40 - 8h15	Quarantine check-in	Aguiar da Beira Sports Hall
	8h30	Sprint	Carapito
	12h00	Prize-giving ceremony	Arena Carapito
	13h00	Deadline for names and start groups for Long	Online
	18h00 - 19h00	Event Office open	Event Center
Tuesday 12 th July	8h00 - 17h00	Event Office open	Arena Carapito
	6h20 - 8h25	Quarantine check-in	Aguiar da Beira Sports Hall
	8h00	Long distance	Carapito
	15h20	Prize-giving ceremony	Arena Carapito
	18h00 - 19h00	Event Office open	Event Center
Wednesday 13 th July	10h00 - 12h00	Event Office open	Event Center
	16h00 - 19h00	Event Office open	Event Center
	All day	Middle & Relay Model Event	Quinta das Lameiras
	13h00	Deadline for names and start groups for Middle	Online
	14h00 - 17h30	Social activities	Aguiar da Beira Sports Center
17h30 - 18h15	TOM (Middle Q & F)	Event Center	
Thursday 14 th July	8:00 - 14:00	Event Office open	Arena Quinta das Lameiras
	7h15 - 8h55	Quarantine check-in	Aguiar da Beira Sports Hall
	9h00	Middle distance qualification	Quinta das Lameiras
	18h00 - 19h00	Event Office open	Event Center



Friday 15th July	8h00 - 14h00	Event Office open	Arena Quinta das Lameiras
	6h35 - 8h25	Quarantine check-in	Aguiar da Beira Sports Hall
	8h30	Middle distance final B & C	
	9h13	Middle distance final A – Women	Quinta das Lameiras
	10h12	Middle distance final A – Men	
	13h15	Prize-giving ceremony	Arena Quinta das Lameiras
	13h00	Deadline for names and leg allocation for Relay	Online
	17h00-19h00	Event Office open	Event Center
Saturday 16th July	17h30 - 18h15	TOM (Relay & Banquet)	Event Center
	8:00 - 14:00	Event Office open	Arena Quinta das Lameiras
	7h20 - 8h20	Relay Arena Quarantine check-in	Arena Quinta das Lameiras
	8h30	Relay – Woman	
	10h30	Relay – Men	Quinta das Lameiras
	13h00	Prize-giving & closing ceremony	Arena Quinta das Lameiras
	13h45	Team Officials & VIP race (mass start)	Arena Quinta das Lameiras
	16h00 - 18h30	Social activities	Aguiar da Beira Sports Center
19h00	Banquet	Aguiar da Beira Sports Hall	
17h00 - 18h00	Event Office open	Event Center	
Sunday 17th July	Morning	Departure	

TOM = Team Officials' Meeting





8. 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, as chestnut trees (*Castanea sativa*) and Oak trees (*Quercus*).

The area has moderate to high climb 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 by Finnish map makers Janne Weckman and Timo Joensuu using ISOM 2017-2. Map scales will be 1:15 000 for Long and 1:10 000 for the other forest disciplines. Contour interval of 5 meters.



Sprint

Carapito is a small old village located between 660 and 720 meters above sea level. The area has moderate to steep climb (for a sprint race). Most of the roads are small and narrow. High density of roads. No asphalt on most of the roads. Athletes can expect *pavê* (granite blocks) instead.

Model event for Sprint will be held in Aguiar da Beira. Organizers also recommend teams to train on Dornelas sprint map. Both maps have been drawn by the same mapper as JWOC 2022 Sprint map, using the same mapping criterium.

Sprint map has been mapped by Portuguese map maker [Rafael Miguel](#) ISSprOM 2019-2. Sprint map scale will be 1:4 000. Contour interval of 2,5 meters.

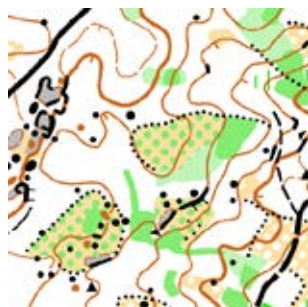




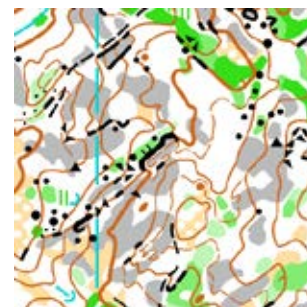
Map samples



Carapito
Sprint



Carapito
Long



Quinta das Lameiras
Middle & Relay

9. 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. Carapito has already been mapped in 2017. Old map can be found on [JWOC 2022 website](#).

1. JWOC 2022 Sprint and Long will be held in Carapito – East embargoed area.
2. Middle Qualification, Middle Final and Relay will be in Quinta das Lameiras – Northwest embargoed area. 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.

Until 1st April a third embargoed area was found South of area 2, but this third area is not embargoed anymore.



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



10. Competition rules

The Competition Rules for International Orienteering Federation (IOF) Foot Orienteering events ([Rules for the Junior World Orienteering Championships](#)), valid from 1st January 2022, will apply.

10.1 Fairness

- It is not allowed (and not fair) to gain any unofficial information about the race, especially about courses, maps, location of Starts, etc.
- Except for the Relay, athletes are not allowed to visit the arenas before their respective competitions. It is also not allowed (and not fair) to gain any unofficial information about the arenas from other persons.
- From the moment team members (athletes and team officials) enter the Quarantine building until they arrive to the arena mobile phones must be completely turned off (random checks possible). Other devices who enable communication with the exterior are also forbidden.
- It is allowed to use music players without any built-in connectivity. Inside the Quarantine and Pre-Start area, athletes wearing headphones might be randomly asked to display their players for checking.
- In Quarantine and Pre-Start area is strictly forbidden to bring any electronic devices (except for watches) to bathrooms or any other private rooms - no matter whether the devices are turned on or not.
- Use of GPS watches is forbidden according to Rules 21.5: GPS-enabled devices (watches etc.) must not be carried unless the device has been provided by the organiser.
- It is not allowed to use (look at) the old Sprint map after entering Quarantine on Sprint competition day. However it is allowed to look at other maps.
- Violations of these rules should be immediately reported to any official, to preserve fairness.
- Coaching (example: handover of information, equipment, material, drinks, etc) is only allowed in the designated Coaching Zones (maximum two team official per team). **Transferring information regarding the remainder of the courses is strictly forbidden.**
- Violations of these rules may result in the disqualification of the whole team.

10.2 Anti-doping

Doping is strictly forbidden and the organisers of JWOC 2022 are dedicated to supporting the antidoping authorities in their work. Doping tests are always carried out in accordance with the procedures described in the WADA International Standard for Testing. The [IOF Anti-Doping Rules 2021](#) and the [World Anti-Doping Code 2021](#) apply. Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area - the JWOC ID card is acceptable.

The athlete should also bring along their Therapeutic Use Exemption (TUE) if applicable. In general, it is advisable that athletes bring their ID to all the competitions and events.

Further information regarding anti-doping can be found here: <https://orienteering.sport/new-world-anti-doping-code-and-iof-anti-doping-rules-come-into-force/>

10.3 Complaints and protests

Any **Complaint** shall be made in written form and handed in at the Event Office at the arenas as soon as possible. Complaint forms are available at the Event Office.

Complaints regarding the results shall be made no later than 15 minutes after the publication of the provisional results list. That moment of the publication will be announced by the arena Speaker.

A written **Protest** can be made against the Organiser's decision about a Complaint. Written Protests shall be delivered personally at the Event Office at the arenas no later than 15 minutes after the organiser has informed the complainant of the decision about the Complaint.

A Protest fee of 50 EUR shall be paid to the IOF Senior Event Adviser in cash when making a Protest. The fee will be returned if the Protest is accepted by the jury, otherwise the fee will be sent to the IOF. Forms for making a complaint or protest will be available at the arena Event Office.



11. Start draw & Start intervals

For Sprint, Long distance and Middle distance qualification, teams are responsible for dividing their athletes in 3 start groups (early, middle and late). This must be done before 13h00 on the day before the respective competition.

Middle distance qualification will consist of 3 heats (1, 2 & 3) and athletes will be randomly distributed between them. The 20 best-placed athletes from each qualification heat will compete in Middle distance A final. Athletes placed 21-40 run in the B-Final, and the remainder in the C-Final.

Start intervals

Sprint: 1 minute

Middle distance final B & C: 1 minute

Long distance: 2 minutes

Middle distance final A: 2 minutes

Middle distance qualification: 3 minutes

12. First Aid, Health insurance & COVID-19

First-aid services will be provided in the arenas and in the terrain thanks to the precious help of Aguiar da Beira Firefighters.

In case of specific help needed (example: to reach-out a specific kind of medical treatment) Event Office members can help with contacting the appropriate services.

As stated in IOF Competition Rules (6.4): "*Competitors participate at their own risk. Insurance against accidents is the responsibility of their Federation or themselves, according to national regulations.*" Therefore, National team members must be covered by the insurance of their Federations. JWOC 2022 organizers do not provide any health insurance to athletes nor team officials.

As by now, no COVID-19 restrictions are expected to be active during JWOC 2022. National teams must read about eventual COVID-19 measures before their travel to Portugal here:

<https://www.visitportugal.com/en/content/covid-19-measures-implemented-portugal>

13. Arena production

Organizers will have a TV production which will be available at the arenas' big screen and online.

Every athlete will wear a GPS unit. More information regarding the use of this can be found further down in this Bulletin.

14. Team Officials' Meetings

There will be three Team Officials' Meetings (TOMs) providing relevant information about each race and some extra topics. All Team Officials' Meetings will be held at the Event Centre (Aguiar 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 respective day and we will answer them during the meeting.

Date	Time	Topics
Sunday 10th July	18h15 - 19h15	Sprint, Long, Code of Ethics & general matters
Wednesday 13th July	17h30 - 18h15	Middle qualification & final
Friday 15th July	17h30 - 18h15	Relay & Banquet



15. Ceremonies

15.1 Opening ceremony

The Opening Ceremony of JWOC 2022 will take place on Sunday, 10th of July, between 16h40 and 17h40. The opening ceremony will consist of a walk from the monuments square to the open amphitheatre located next to the Event Center building. There we will have a speech from the City Hall President, the Portuguese Orienteering Federation President and from a government representative. Then a short cultural dancing moment will be performed.

Opening ceremony procedure

1. **Not later than 16h40 (please don't get late!) all the Athletes and Team Officials must be at the monuments square ([40°48'59.5"N 7°32'43.6"W](#)).** When arriving, National team members should go to their Nation's name and flag. Teams must choose a specific member to be the standard-bearer.
2. We will call one Nation at a time for a photo moment and then teams will line-up in the square.
3. After we line-up all nations, we will walk in procession to the open amphitheatre, where the opening ceremony will take place. When arriving to the amphitheatre teams must seat according to Organizer's instructions and each team's standard-bearer should follow Organizer's instructions to place the flag on the correct place. Then the standard-bearer should return close to their teammates.

We ask all the team members to dress in their national team official clothes during the opening ceremony.

We recommend athletes and team officials to protect themselves against the sun and heat. No water will be provided by the Organizers.



15.2 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 prior to 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 prior to the ceremony.



The organizers 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 flowers bows and/or kisses to the podium athletes until after both ceremonies (men and women) have been completed.

15.3 Closing ceremony

The Closing Ceremony will be held on Saturday, 16th of July, at Arena Quinta das Lameiras and directly after the prize-giving ceremony for the Relay competition and Team competition. The short programme will include handing over the IOF flag to the JWOC 2023 Organizers from Romania.

16. Rest day & Relay day social activities

During the rest day, Wednesday 13th July, we invite all national team members to the Aguiar da Beira Sports Center between 14h00 and 17h30. A series of social and sports activities will be available: outdoor swimming pool, football pitch, basketball court, tennis court, beach volleyball court and other activities/facilities.

As in the rest day, on Saturday 16th July, after the Relay, we invite all national team members to the Sports Center between 16h00 and 18h30. It is possible to take a shower and get dressed for Banquet at the Sports Center. Team members can go directly from here to the Banquet (Restaurant "O Padeiro").

In the referred time-windows on the two days, the facilities' access will be free to JWOC related people. The place has a bar service that will be working during JWOC social activities – JWOC team members are welcome to use this service.

JWOC team members who want to join in should simply show up at the Sports Center and take part – please use your accreditation badge.

There won't be any organized transport to JWOC 2022 social activities.

Aguiar da Beira Sports Center location

Address: Avenida da Europa 2, 3570-018 Aguiar da Beira

GPS Coordinates: [40°48'50.7"N 7°32'06.2"W](#)

Parking: Use the Sports Center parking.



17. JWOC 2022 Banquet

The official JWOC 2022 Banquet will be held on Saturday, 16th of July, at the restaurant "O Padeiro" (coordinates: [40°49'16.4"N 7°32'10.8"W](#)). Only for National team members using the JWOC ID cards are allowed to enter the place. Team members should arrive to the restaurant at 19h00 and the dinner will start around 19h30.

Self-service dinner and drinks (during the dinner) are included in the accreditation fee. After the dinner, a DJ will live up the night and the mood until 1h00 (approximate).



After the dinner, a bar service will be available, selling drinks and snacks at fair prices. We ask team members not to enter the place with pre-bought drinks.

Special conditions and rules regarding drinking alcohol and inappropriate behaviour before, during and after the Banquet will be set and announced during the last Team Officials' Meeting. Team Officials carry full responsibility for their team members' behaviour.

There will not be any organized transport to JWOC 2022 Banquet.

18. Code of Ethics

'Team presentation' and 'Top 10 list' policy

Both in social media and in accommodation sites there has, over time, developed a tradition to create so called "top-10 lists". Here, athletes from different teams have been ranked according to their physical appearance.

In the social media, "team presentation" pictures and videos that may appear to be sexually expressive have been often published. The acceptable level as to when a picture or a video may be seen as sexually expressive is unlikely to be the same for different individuals. A guiding principle will be to look at what clothing the athlete would use in a Sprint competition, for example. Any less clothing than this should not be expected to be considered acceptable. This both relates to posts in a JWOC-related social media or web page and in physical prints in the JWOC accommodation sites.

Such activity is incompatible with the IOF Code of Ethics and the IOF Policy on Preventing Sexual Harassment and Abuse. Any similar activities may lead to sanctions towards individuals or the federations they represent, in case these individuals are considered responsible for such activities.

Team Officials of all teams are requested to discuss these principles with their young Athletes. This issue will also be addressed as an item on the agenda of the first Team Officials' Meeting. Any questions or comments regarding this topic should be sent to info@jwoc2022.pt

For reference, the IOF Code of Ethics and [IOF Policy on the Prevention of Sexual Harassment and Abuse](#) can be found on the [IOF website](#).

19. Media and VIPs

Media representatives

We welcome all media representatives to JWOC 2022!

Media personal should have a Media identification badge. If you want to be a media representative at JWOC 2022 please send us an e-mail (info@jwoc2022.pt) and we'll make your entry as "Media". This must be done before 7th July.

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

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

As an official Media representative, you will have access to the Media tent in the arenas, where you will find a working station with tables, chairs, power and internet. In addition, Media representatives will get access to special Media photo zones, both in the Finish area and in the terrain.

Very Important Person (VIP) at JWOC 2022

A JWOC 2022 VIP is someone who have been important for building-up this event, such as local government members and sponsors. At the arenas Organizers will provide a special tent for VIPs.



20. Climate

Portugal is located in Southwest Europe, where Summer is usually hot and dry. July is the least rainy month of the year in Aguiar da Beira, with an average of 13 mm. The average temperature in July is around +20°C. The minimum average temperature is around +14°C and the maximum average is around +26°C. It is common to find days where the maximum temperature rise to around +33°C.

Based on the actual projections (1 week before the beginning of the JWOC 2022), we expect that maximum temperatures can go up to 36/37°C.

The organizer will reinforce refreshment controls on all forest stages.

During JWOC 2022 week sun will rise around 6h15min and set around 21h.



21. Hazards

No dangerous animals are found in Aguiar da Beira forests.

Sometimes it might be possible to find some ticks during spring and summer, but generally it does not represent any risk. However, it is still possible to get "tick fever" after getting bitten by an infected tick – extremely rare.

Usually there are no loose dogs in Aguiar da Beira forests. However, inside chicken farms' fences there are always dogs who start barking every time they hear/feel someone getting closer to the fence. These dogs are no risk for athletes, but can intimidate more sensible people.

Organizers and local government of Carapito will combine their efforts to be sure that no loose dogs will be around during JWOC Sprint competition.

22. Transport during JWOC

All transport described below is included in the accreditation fee.

In Portugal it is still mandatory to use face masks inside public transport, such as JWOC buses. Organizers ask all team members to follow this rule. Bring your own masks.

JWOC 2022 quarantine will be in the Sports Hall of Aguiar da Beira. All official transport will be departing from and returning to that place.

The organizer will provide official transport to all competitions, to the Long distance model event and to the Middle/Relay model event. No transport will be provided to Sprint model event, to the opening ceremony, to the social activities (on the rest day and after Relay) and to the Banquet, since all will be held in Aguiar da Beira.

Official transport will be provided from 9th to 16th July. If a national team arrives before that for some extra training days, transport will not be the responsibility of the organizer.

The use of **official transport is mandatory** in the following situations:

- From quarantine to pre-start on the Sprint, Long, Middle qualification and Middle final

The use of official transport is **non-mandatory** in the following situations:

- To travel to and from the Long distance model event and the Middle/Relay model event.
- To travel to arena parking for team officials, **who are not going to Quarantine and Pre-Start area**, on Sprint, Long, Middle qualification and Middle final days.
- To return from the Arenas on Sprint, Long, Middle qualification and Middle final days.



- To travel to and from arena parking for the Relay day.

Recommendation to use official transport

For all transport listed as **non-mandatory** above, organizers appeal to the national teams to use the official transport as much as possible, as the arenas' parking is very limited and long walks from parking to arenas may occur. Organizers ensure that there will be buses departing from Arenas to the Sports Hall Quarantine with regularity – no long waiting times are expected – especially right after prize-giving ceremony.

Booking of transport

It is **not necessary to book the non-mandatory official transport on these situations**, as organizers will plan the transports expecting that all team officials and athletes will use it:

- To return from the Arenas back to the Sports Hall Quarantine on Sprint, Long, Middle qualification and Middle final days.

The use of **non-mandatory** official transport **requires previous booking** in the following situations:

- On the Relay day, travelling from the Sports Hall to Arena Quinta das Lameiras and back (Relay Quarantine will be in the arena)
- From Sports Hall to Long and Middle/Relay model events and back.

The booking of this non-mandatory official transport should have been done through an online form during the weeks prior to event, **until 3rd of July**.

If a team forgot to book this transport, please send an e-mail to info@jwoc2022.pt as soon as possible. Organizers will try to fix the problem.

Organizers will NOT provide any kind of transport from or to accommodation sites. It is the National teams' responsibility to arrange their own transport from accommodation to Quarantine (the Sports Hall). If a national team stays in Aguiar da Beira, it is possible not to rent a car once you can walk from accommodation to the Sports Hall. It means that, if National teams don't want to rent cars, it is highly recommended to have accommodation in Aguiar da Beira.

22.1 Procedure to use official transport on model event days

As mentioned, the use of official transports to the model events requires pre-booking (until 3rd of July). Once you have booked these transports, use the following schedule to go from the Sports Hall to each model event.

On these days national team members don't need to go inside Sports Hall building. The call to enter the buses will be done outdoors, on the same place as in the other days (see "Quarantine" section to find the exact location of the bus departure).

Passengers will be boarded on a first-come, first-served basis.

22.1.1 Saturday 9th July – Long distance model event

FROM: Sports Hall TO: Long model event Saturday 9 th July				FROM: Long model event TO: Sports Hall Saturday 9 th July			
Bus n°	Departure	Arrival	Available places	Bus n°	Departure	Arrival	Available places
1	15h30	15h50	62	1	17h30	17h50	62
1	16h10	16h30	62	1	18h10	18h30	62



22.1.2 Sunday 10th July – Long distance model event

FROM: Sports Hall TO: Long model event Sunday 10 th July				FROM: Long model event TO: Sports Hall Sunday 10 th July			
Bus n ^o	Departure	Arrival	Available places	Bus n ^o	Departure	Arrival	Available places
1	8h50	9h10	62	1	10h50	11h10	62
1	9h30	9h50	62	1	11h30	11h50	62

22.1.3 Wednesday 13th July – Middle & Relay model event

FROM: Sports Hall TO: Middle & Relay model event Wednesday 13 th July				FROM: Middle & Relay model event TO: Sports Hall Wednesday 13 th July			
Bus n ^o	Departure	Arrival	Available places	Bus n ^o	Departure	Arrival	Available places
1	8h50	9h10	62	1	10h50	11h10	62
1	9h30	9h50	62	1	11h30	11h50	62

22.2 Procedure to use official transport on Relay day

As mentioned, the use of official transports on the Relay day (Saturday 16th July) requires pre-booking (until 3rd of July). Once you have booked this transport, use the following schedule to go from the Sports Hall to Arena Quinta das Lameiras Bus Stop.

On this day national team members don't need to go inside Quarantine building. The call to enter the bus will be done outdoors, on the same place as in the other days (see Quarantine section to find the exact location of the bus departure).

All women must take the first departing buses (departing at 7h00). After they are seated, team officials (and some male athletes) can fill the remaining seats.

Male athletes and the remaining team official should use second group of departing buses (departing at 7h40).

FROM: Sports Hall TO: Arena Qta Lameiras bus stop Saturday 16th July				FROM: Arena Qta Lameiras bus stop TO: Sports Hall Saturday 16th July			
Bus n ^o	Departure	Arrival	Available places	Bus n ^o	Departure	Arrival	Available places
1	7h00	7h15	62	1*	11h30	11h45	62
2	7h40	7h55	62	1*	12h30	13h45	62
				1	13h50	14h05	62
				1	14h25	14h40	62

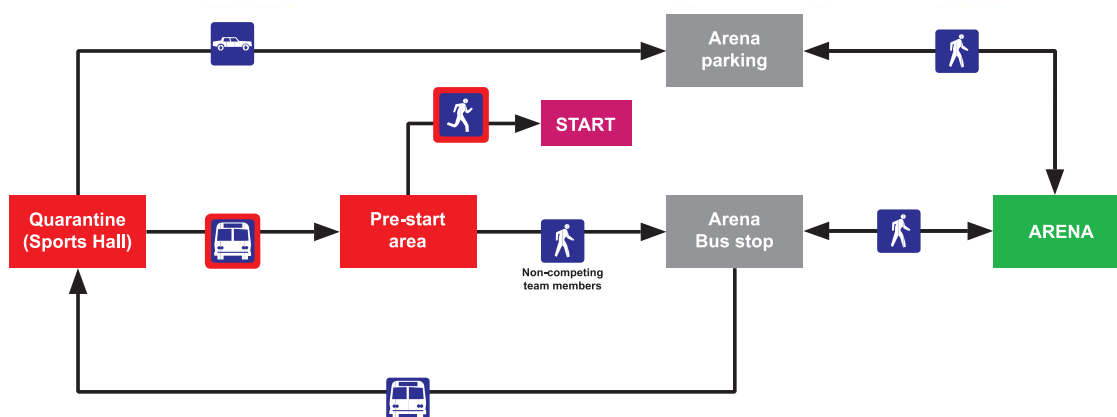
* Only if there are passengers waiting at the bus stop.



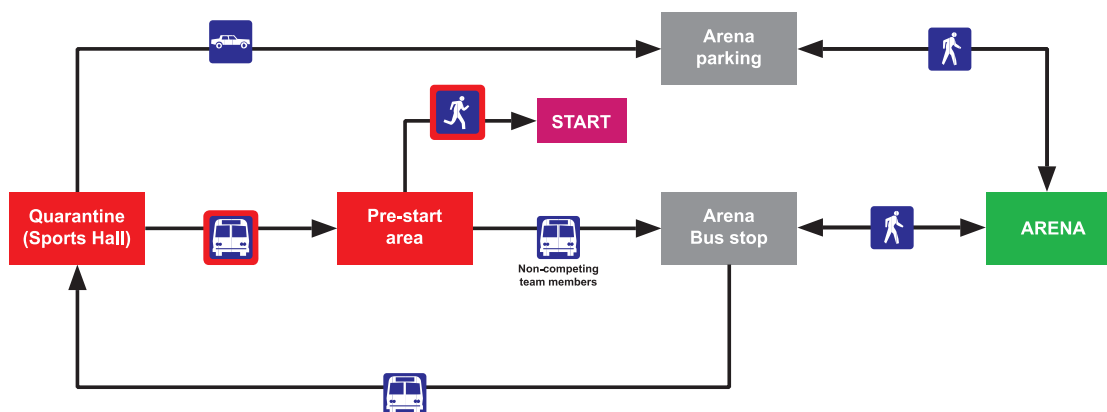
22.3 Procedure to use official transport on Sprint, Long, Middle Qualification and Middle Final days

- Inside Quarantine building, Organizers will call (shout out) athletes and team officials for the next bus. This call will be done 10 minutes before departure time.
 - Example: "Athletes with bib numbers between 123 and 140; and between 322 and 339 must come to the next bus. There are 13 available spots for team officials. Bus departures in 10 minutes."
- Athletes and team officials must make a line close to the bus.
- Athletes will enter first. Bib numbers will be controlled to ensure all athletes will take the correct bus.
- Team officials will enter after athletes.
- At the precise departure minute, the bus goes to the Pre-Start area.

General scheme for transports on Sprint day



General scheme for transports on Long, Middle Qualification and Middle Final days



23. Technical model event

The technical model event will be held at the Event Center in the City Hall backyard garden ([40°49'03.7"N 7°32'29.9"W](#)) right before the opening ceremony, on Sunday 10th July, and will be available between 15h00 and 16h30.

The technical model event will demonstrate:

- Start procedure
- Finish procedure



- Control equipment used at the competition
- Timing and punching system
- Refreshment control (including sports drink for Long distance)
- Taping (the way plastic tape will be used at the competitions)
- The way artificial barriers are set at the Sprint competition will not be shown on the technical model event. Athletes must collect that information from the model event map/area.

24. Model events

Model Events will show relevant examples of terrain, maps, map drawing, control sites and control descriptions. There will be 3 model events available: Sprint, Long distance, Middle distance & Relay.

Controls will be set using the same way they will be at competitions, both in Sprint and forest models, however no SPORTident units will be offered.

There will be toilets available at the model events. For Sprint model event go to the public toilet (see "Event Office" section to find the location).

24.1 Sprint model event

Availability: On 9th and 10th July – however the controls and barriers will be on site only on 10th July from 9h to 18h. Controls from JWOC TOUR stage 1 will be in the terrain between 13h30 and 17h30. Controls from the JWOC Sprint model event will also be used by TOUR courses. JWOC athletes will encounter controls that are not on their map.

Location: Aguiar da Beira

Parking: Use Event Center parking lot (parking and Event Center are on the model event map)

Organized official transport: Not available

Mapping: Rafael Miguel (Portugal) 2013. Updated to ISSprOM 2019-2 in 2022. Old version can be found on O-Solutions.pt webpage.

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

Map scale: 1:4 000

Contour interval: 2,5 meters

Specific terrain characteristics: This urban area is less complex than Carapito, however the type of construction, organization and floor is very similar to the JWOC Sprint area.

24.2 Long distance model event

Availability: From 9th to 12th July

Location: Senhor do Castelinho, Eirado. [40°46'47.0"N 7°29'51.4"W](https://www.google.com/maps/place/40°46'47.0)

Parking: Use the space around the start point.

The bus provided by Organizer can't reach Sr. do Castelinho. Bus will drop the passengers 700 meters SE from the start point, at this location: [40.775741, -7.493000](https://www.google.com/maps/place/40.775741,-7.493000)

Organized official transport: Available – booking needed (see "Transports during JWOC" section)

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.

24.3 Middle distance & Relay model event

Availability: From 9th to 16th July

Location: Termas Park Hotel, Quinta das Lameiras. [40°46'36.5"N 7°36'08.7"W](https://www.google.com/maps/place/40°46'36.5)



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

Organized official transport: Available – booking needed (see “Transports during JWOC” section)

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.

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 who prints all training maps used by O-Portugal. Digital printing will be used. Waterproof paper will be used. This paper is tear resistant, even though, competition maps will be inside plastic bags and professionally sealed.

Model event for Sprint will also be inside plastic bags and professionally sealed to demonstrate how the competition maps will be delivered.

25.2 Quarantine

For all individual races national team members need to check-in at the Quarantine, located at Aguiar da Beira Sports Hall. On each day, the Quarantine closing time will be different – see information regarding each competition day further down on this Bulletin.

Information regarding the use of old maps and electronic devices inside Quarantine is given above (section 10.1).

At Quarantine, showers and bathrooms are available in a large number. An electric kettle and some tea and coffee will be available. Tap water is drinkable and will be the only source of water inside Quarantine. Team members must use their own bottles or similar.

Bib numbers for each competition day (excluding Relay) will be provided at Quarantine check-in. When entering Quarantine building, 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 organizer 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 – it can't be collected by team officials.

As described on “Transports during JWOC”, **all competing athletes and all team officials (who want to go to Pre-Start area) need to use the official transports to proceed from Quarantine to Pre-Start area.**

Address: Bairro Padre José Augusto Fonseca, 3570-077 Aguiar da Beira

GPS Coordinates: [40°49'15.3"N 7°32'20.3"W](https://www.google.com/maps/place/40°49'15.3\)

Parking: There are plenty of parking lots around the Quarantine building. Do not park on the North side of Quarantine building (between the Sports Hall and the School).



Quarantine on Relay day

Quarantine on Relay day (16th July) will be at the arena. Official transport on this day requires pre-booking. Please read "Transports during JWOC" section above on this Bulletin. Bus boarding will be on the location you can find on this scheme.

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

25.3 Pre-Start area

The following instructions must be considered on all individual races. Relay instructions are provided below on "Relay" section.

After being inside Quarantine building, competing Athletes will arrive to Pre-Start area using the official buses only. It is not mandatory for a Team Official to come to Pre-Start area. A Team Official can go from Quarantine to arena, both using official buses or own car. However, if a Team Official wants to get inside Pre-Start area, it is mandatory to use official buses.

Pre-Start areas' locations will not be published (except for Relay).

All athletes will arrive to Pre-Start area at least 60 minutes before their start time.

At Pre-Start areas there will be **at least** 72 m² of shelter, provided by tents OR by big and spacious buildings. Enough sun-exposure protection area is offered, both by the offered shelter and by surrounding trees. It is possible for teams to bring and assemble their own tents.

Toilets are available at all Pre-Start areas. Drinkable water is available in large jerrycans and/or through tap water in the toilets (in Pre-Start areas working inside buildings). **Disposable cups will not be provided, athletes must use own bottles**, helping the Organizers and the Environment.

Transport from Pre-Start area to Arena

Non-competing team members can leave the Pre-Start area when they want. Once they exit the Pre-Start area, going back inside the Pre-Start area is not allowed.



When a non-competing team member wants to go from Pre-Start area to Arena, he/she needs to exit Pre-Start area at the indicated place and enter in one of the buses (buses are stopping there regularly) – on the Sprint day, the way from Pre-Start area to Arena is done by foot. Once inside the bus, team member can exit on Arena bus stop OR can stay inside the bus until it reaches Quarantine bus stop (naturally, it is not allowed to go inside Quarantine building again and it is strictly forbidden to try to communicate with members that are still inside Quarantine).

Bag drop

Athletes must leave their luggage in the indicated place in the Pre-Start area. Organizers will transport bags from the Pre-Start area to the Team Area at the Arena. Organizers are not responsible for any loss or damage. Please safely store your goods to avoid any problem. In your accreditation material you will find small national flags that we encourage you to attach to your bags.

GPS units

As stated before, all athletes must wear a GPS unit on 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 Relay arena quarantine. All athletes must collect their unit between 10 to 20 minutes before their departure. More information is given in section 25.9 below.

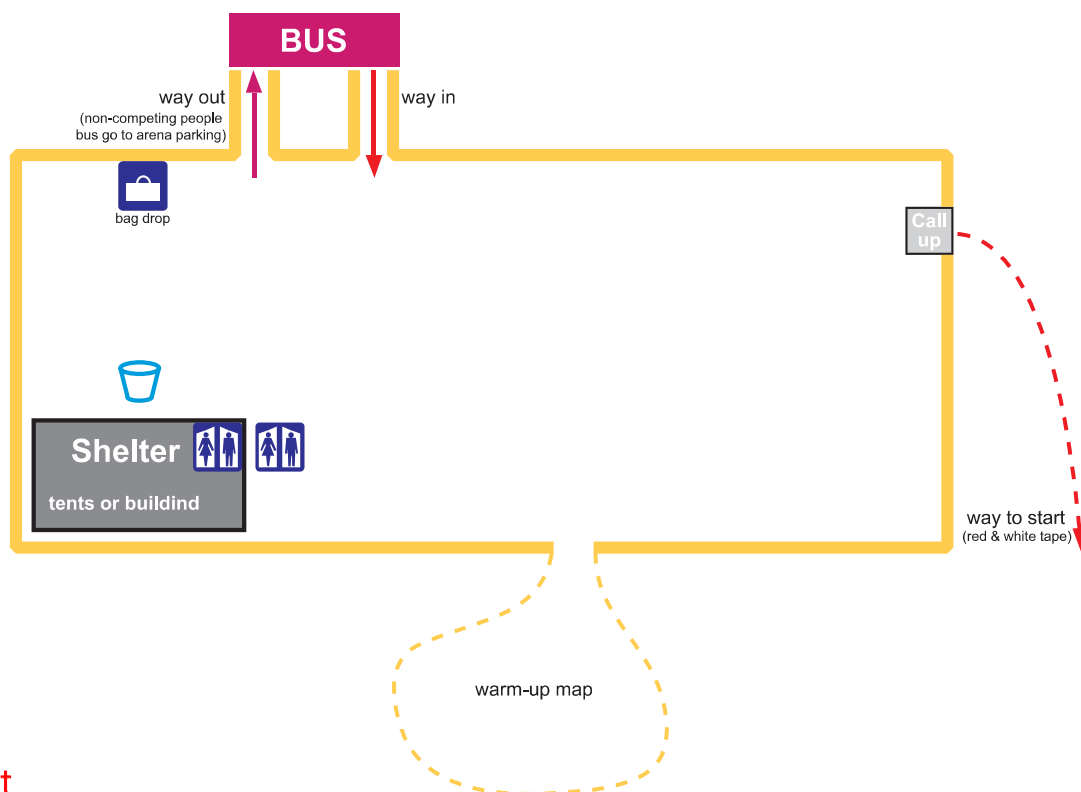
Call-up

A call-up will be made at the “border” of each Pre-Start area. Depending on the competition day, the call-up will be done at different timings (example: it can be -5 minutes in one day and -13 minutes in another).

Pre-Start areas general scheme

Pre-Start areas will be surrounded by yellow tape.

When existing, a warm-up map will be delivered. Athletes must respect out-of-bounds areas indicated in the warm-up map.



25.4 Start

The following instructions must be considered for all individual races. Relay instructions are provided bellow on “Relay” section.

As mentioned, the first call-up to the Start will be done at the “border” of the Pre-Start 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 “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 athletes 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.

25.5 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 own 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 to the Start line at 10h07min50sec, the Start will be at 10h08min00sec. If the athlete arrives at 10h08min10sec, the Start will be only at 10h10min00sec.

25.6 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 **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 Organizers. 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 Start call-up.

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

25.7 Abandoning (DNF)

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

25.8 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 Athletes' responsibility to reuse the provided safety pins through all the competitions.



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

Relay bib numbers will be at Relay arena quarantine. Bib number distribution for Relay is described on "Relay" section.

25.9 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 size 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 own vests. GPS units' size: 2,2*3,8*6,8 cm.

25.10 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 (by 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 overcrowd the place (space limitations and noise limitation). 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.

25.11 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' own tents
- A 150m² big tent will be provided
- Dedicated toilets
- Dedicated refreshment place (no cups provided, bring your own bottle)

25.12 Other people in the terrain

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

In the Sprint race controls will be guarded by the organisers.

Athletes will 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 forest stages, in the middle of the competition area, Organizers will place an emergency point operated by Aguiar da Beira Firefighters. These places will be marked on the map with "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.

25.13 Refreshments

At the refreshment stations pure water will be offered in all forest races.

In the Long distance, on all refreshment controls, there will be WADA-compliant sports drink available in addition to water.

There will be water at Quarantine, Pre-Start area, Finish restricted area, Team Area and Arena. Organizers will not offer any water after the first call-up (except for Middle Qualification, where Organizers will have jerrycans and cups before -2 minutes).

25.14 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 take this into consideration 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.

It is not allowed to use shoes with spikes in the Sprint competition and Sprint training areas.

25.15 Embargo

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

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

25.16 JWOC and JWOC Tour controls

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





26. Sprint – Monday 11th July

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

Quarantine check-in: 6h40 to 8h15 – Team member presence in the arena before Quarantine has closed is strictly forbidden.

First Start: 8h30 – Printed Start lists will be delivered at Team Boxes at the Event Center the day before (1 copy per nation).

First bus from Quarantine to Pre-Start area: 7h05 – First bus passengers must enter the quarantine right after it opens.

Driving to the Arena Carapito parking: To reach Arena Carapito parking it is mandatory to follow Organizer's instructions (arrows from the Event Center to Arena Carapito), otherwise there is a high risk of entering embargoed area. The arrival to Arena Carapito parking need to be done from West side – at N330 road, drivers must take the exit "Eirado" & "Carapito", as indicated by Organizer's arrows. All the other access possibilities to Carapito are forbidden to use. Entering Carapito urban area by car is, naturally, strictly forbidden. On site, please follow instructions from Organizers for parking.

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

Pre-Start to Arena: On the Sprint day the Pre-Start is located in a walking distance to the Arena. On this day, non-competing team members will not take the bus from Pre-Start to Arena. Instead, please follow the arrows to the Arena.

Official transports – schedules

FROM: Quarantine TO: Sprint Pre-Start (and to arena Carapito bus stop) Monday 11h July				FROM: Arena Carapito bus stop TO: Sports Hall Monday 11th July		
Bus n°	Departure	Athletes (bib number)	Non-competing members seats	Bus n°	Departure	Available places
1	7h05	1-18 / 201-218	14	1	7h25	50
2	7h20	19-36 / 219-236	14	2	7h40	50
3	7h40	37-54 / 237-254	14	3	8h00	50
1	8h00	55-74 / 255-274	10	1	8h20	50
2	8h20	75-94 - 275-294	10	2	8h40	50
3	8h40	95-114 / 295-314	10	3	9h00	50
1	9h00	115-134 / 315-334	10			
2	9h20	135-154 / 335-354	10			
3	9h40	155-... / 355-...	>35			

In addition to the above, at 7h05 and at 7h40 a van will go from the Quarantine to the Pre-Start with 8 + 8 available seats for Team Officials.

1*	10h30	50
2*	11h00	50
3*	11h30	50
1	12h40	50
2	12h50	50
3	13h00	50
1	13h30	50
2	13h40	50
3	13h50	50

* Only if there are passengers waiting at the bus stop.



Map & terrain

Mapping: Rafael Miguel (Portugal) 2017. Updated to ISSprOM 2019-2 in June 2022. Old version can be found on [JWOC 2022](#) webpage.

Map scale: 1:4 000 **Contour interval:** 2,5 meters

Warm up map: Will be available. No controls in the terrain. Maps will be delivered inside Pre-Start area.

Specific terrain characteristics: In addition to the description available at "Terrain & mapping – generalities" section, we call your attention to the rough open hilly area in the map. In this place, Organizers will ensure that the grass is cut so no big marks will be visible after the first athletes' passage.

Mapping specific characteristics

The 601 Magnetic north lines are blue.

"Green areas": The darkest vegetation symbol (411 *Uncrossable vegetation*) will not be used. The darkest vegetation present on the map is the symbol 410 *Vegetation: fight*. Therefore, it is allowed to cross all the vegetation symbols.

"Olive green" areas: As for all other training areas, the limits on "olive green" areas (520 *Area that shall not be entered*) are drawn the following way:

- 501.1 *Step or edge of paved area*: if the barrier between the two areas is very low or inexistent
- 513.1 *Passable wall*: if there is one mid-size wall between the two areas
- 515 *Uncrossable wall*: if there is one high wall between the two areas

In some places, areas marked as "olive green" (520 *Area that shall not be entered*) look too "normal" (example: look like an open land that can be entered). In those dubious situations, Organizers will place red & white tape.

Bellow you see an example of the described situation and the respective mapping. On competition days, such areas will be taped if needed.



Artificial barriers on roads: If existing, Sprint artificial barriers will be mapped using "708 *Out-of-bounds boundary*" symbol and, to increase awareness, "709 *Out-of-bounds area*" will be used. On the terrain, athletes can expect metallic barriers and red & white tape (to increase visibility). Bellow, on the left, you can see 2 examples of how artificial barriers will be mapped (if existing). On the right, you can see how a barrier will look like out in the terrain (if existing). Athletes must visit the model event for Sprint, where such situation will be demonstrated.



Artificial barriers in places other than roads: If existing, artificial barriers in places other than roads will be mapped "just" as a wall or a fence ("515 Uncrossable wall" or "518 Uncrossable fence or railing"). In the terrain, runners will find very similar way as the above right image. Such situations will be demonstrated in the model event for Sprint.

Special features: Bellow you can see examples of the special symbols used in the competition area map.

313 Prominent water feature



417 Prominent large tree





418 Prominent bush or small tree



526 Cairn, memorial, small monument or boundary stone



530 Prominent man-made feature



NOT ON THE MAP





Courses

Competitor	Class	Winning time	Length	Climb	Controls	Refreshments
Sprint	Women	13 - 15 min.	3,0 km	120 m	18	None
	Men	13 - 15 min.	3,3 km	135 m	19	None

Course setting: Daniel Silva & Rafael Miguel

Maximum running time: 50 minutes

Course specific characteristics: Between 10 and 15% of running distance will be on non-paved surface.

Control description size: Women = 15,5 cm * 5,5 cm | MEN = 16 cm * 5,5 cm

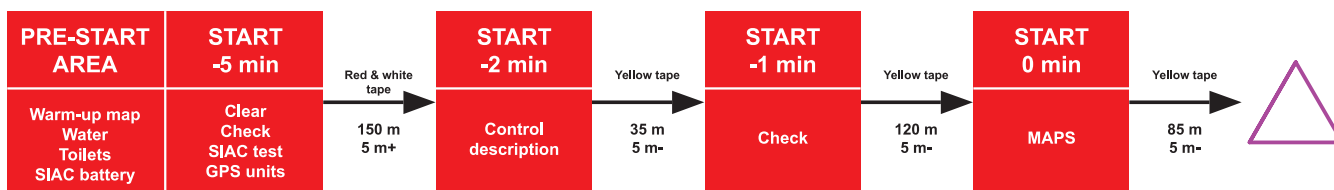
Map size: 22,5 cm * 32 cm

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 with part 1 facing up. Finish will not be shown on part 1.

Traffic: The roads in the competition area are not closed, however the traffic will be very limited by Police officers. Possible moving vehicles will be mainly by local residents. Residents, the general public and others can walk freely in the area. It is athletes' own responsibility to keep an eye on traffic.

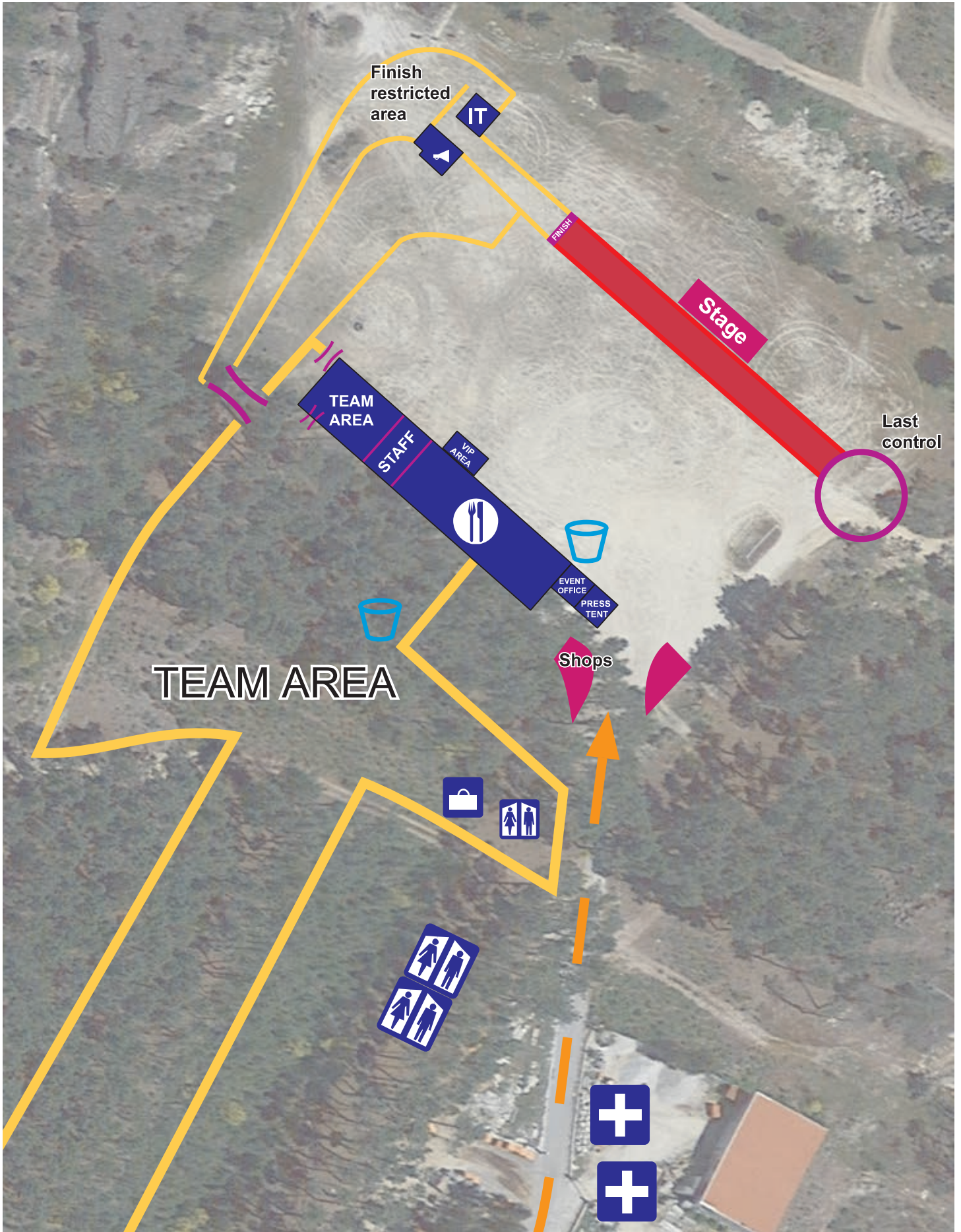
Staff members in the terrain: All Sprint controls will be guarded. Places where runners might cross forbidden areas (example: "515 Uncrossable wall", "518 Uncrossable fence or railing", "520 Area that shall not be entered") will be guarded and crossing such places will lead to disqualification. The most dangerous corners will have a staff member with a whistle. If runners hear a whistle sound, they must take extra care going through the corner.

Start procedure scheme





Arena Carapito scheme – Sprint day





27. Long distance – Tuesday 12th July

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

Quarantine check-in: 6h20 to 8h25 – Team member presence in the arena before Quarantine has closed is strictly forbidden.

First Start: 8h00 – Printed Start lists will be delivered at the Quarantine entrance (1 copy per nation).

First bus from Quarantine to Pre-Start area: 6h45 – First bus passengers must enter the quarantine right after it opens.

Driving to the Arena Carapito parking: Same instructions as in Sprint.

Parking to Arena: Same instructions as in Sprint.

Official transports – schedules

FROM: Quarantine TO: Long Pre-Start (and to arena Carapito bus stop) Tuesday 12h July				FROM: Arena Carapito bus stop TO: Sports Hall Tuesday 12th July		
Bus n°	Departure	Athletes (bib number)	Non-competing members seats	Bus n°	Departure	Available places
1	6h45	1-18 / 201-218	14	1	7h10	50
2	7h20	19-36 / 219-236	14	2	7h45	50
1	7h55	37-54 / 237-254	14	1	8h20	50
2	8h30	55-74 / 255-274	10	2	8h55	50
1	9h10	75-94 - 275-294	10	1	9h25	50
2	9h50	95-114 / 295-314	10	2	10h15	50
1	10h30	115-134 / 315-334	10	1	10h55	50
2	11h10	135-154 / 335-354	10			
1	11h50	155-... / 355-...	>35			
				2*	12h00	50
				2*	13h00	50
				1*	14h00	50
				2*	15h00	50
				1	16h00	50
				2	16h10	50
				1	16h50	50
				2	17h00	50

In addition to the above, at 6h45 and at 7h20 a van will go from the Quarantine to the Pre-Start with 8 + 8 available seats for Team Officials.

After the last bus leaves from the Pre-Start area to the Arena bus stop, Team Officials can take a ride with a van (8 seats available at a time). That van is the one transporting luggage from the Pre-Start to the Arena team area.

* Only if there are passengers waiting at the bus stop.



Map & terrain

Mapping: Janne Weckman (Finland) & Timo Joensuu (Finland) using ISOM 2017-2. 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 Pre-Start 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 the 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. 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

Competiton	Class	Winning time	Length	Climb	Controls	Refreshments
Long	Women	55 minutes	7,3 km	310 m	20	3 or more
	Men	70 minutes	10,7 km	460 m	24	6 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 Long distance course. It is not mandatory to use such passage, just as in the model event for Long distance.

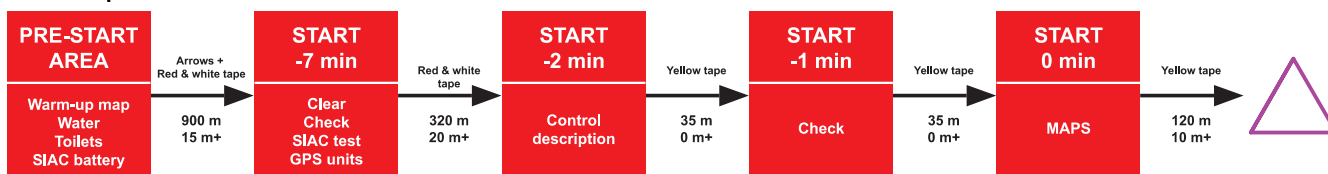
Refreshment points and coaching zone: The first-aid point, marked on the map using "712 First aid post", will also work as a refreshment point. There will be a coaching zone at the arena passage (see arena scheme). Coaches are allowed to give liquids/solids to their athletes. Organizers will also place 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 part 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 on part 1.

Start procedure scheme

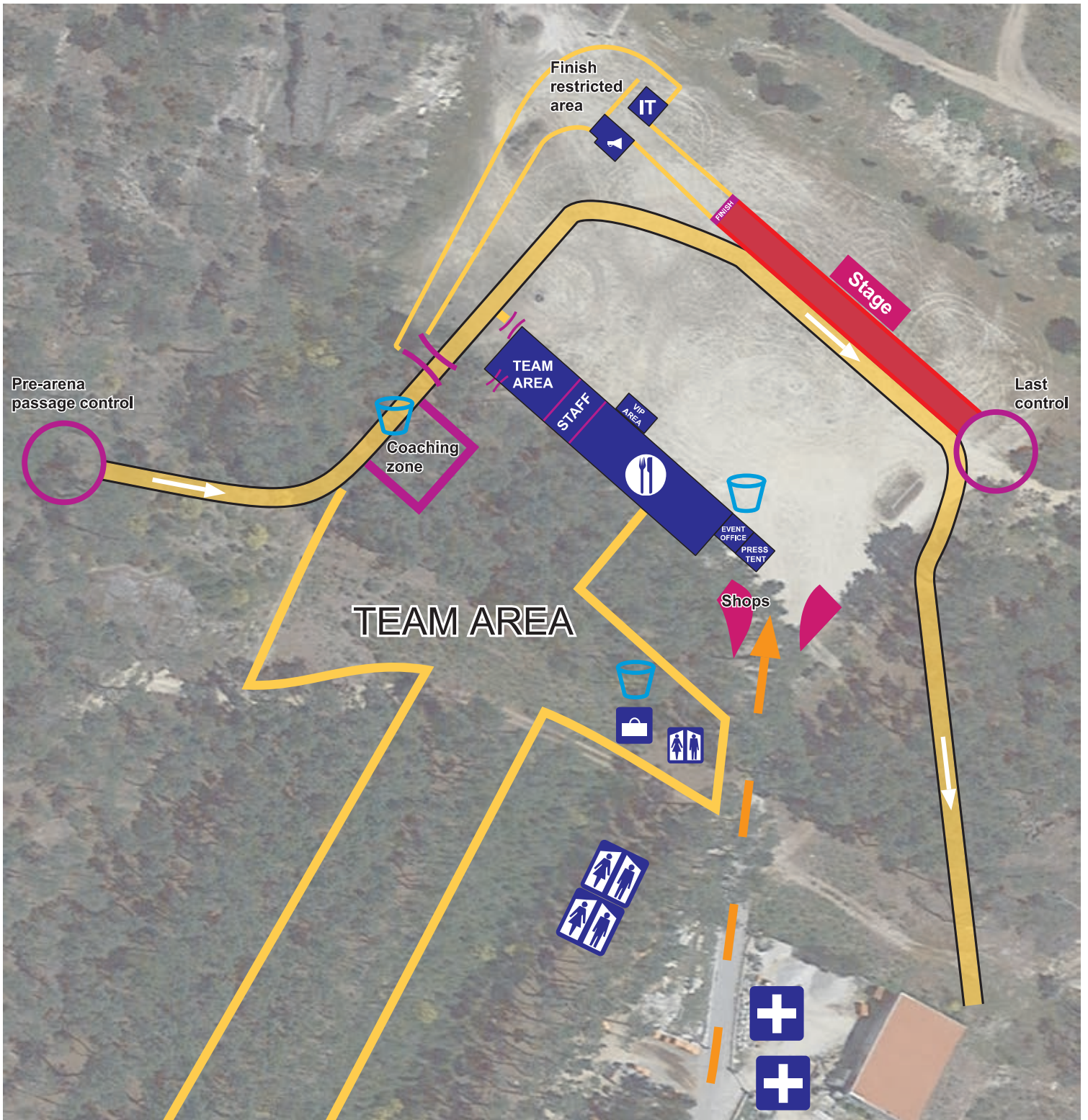


Way from Pre-Start shelter to call-up: To get to the Start call-up, athletes can both use the warm-up map or follow the marked route (arrows + red & white tape) from the Pre-Start shelter to the call-up. If using organizers instructions, team members need to cover 900 meters with 15 meters of climb.





Arena Carapito scheme – Long distance day





28. Middle distance qualification – Thursday 14th July

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

Quarantine check-in: 7h15 to 8h55 – Team member presence in the arena before Quarantine has closed is strictly forbidden.

First Start: 9h00 – Printed Start lists will be delivered at Team Boxes at the Event Center the day before (1 copy per nation).

First bus from Quarantine to Pre-Start area: 7h40 – First bus passengers must enter the quarantine right after it opens.

Driving to the Arena Quinta das Lameiras parking: Organizers will set arrows from the Event Center to Arena Quinta das Lameiras parking. Contrary to the situation in Carapito, it doesn't matter which way you arrive to Quinta das Lameiras. Parking arrows will be placed on road N229 and will be visible to drivers coming from West and from East. On site, please follow instructions from Organizers. 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.

Official transports – schedules

FROM: Quarantine TO: Middle Qual Pre-Start (and to arena Qta. Lameiras bus stop) Thursday 14 th July				FROM: Arena Lameiras bus stop TO: Sports Hall Thursday 14 th July		
Bus n°	Departure	Athletes (bib number)	Non-competing members seats	Bus n°	Departure	Available places
1	7h40	1-6 / 101-106 / 201-206 301-306 / 401-406 / 501-506	14	1	8h00	50
2	8h00	7-12 / 107-112 / 207-212 307-312 / 407-412 / 507-512	14	2	8h20	50
1	8h20	13-18 / 113-118 / 213-218 313-318 / 413-418 / 513-518	14	1	8h40	50
2	8h40	19-25 / 119-125 / 219-224 319-325 / 419-425 / 519-524	10	2	9h00	50
1	9h00	26-32 / 126/131 / 225-231 326-332 / 426-431 / 525-531	10	1	9h20	50
2	9h20	33-38 / 132-138 / 232-238 333-338 / 432-438 / 532-538	10	2	9h40	50
1	9h40	39-45 / 139-145 / 239-244 339-345 / 439-445 / 539-544	10	1	10h00	50
2	10h00	46-52 / 146-151 / 245-251 346-352 / 446-451 / 545-551	10	1*	11h00	50
1	10h20	53-... / 152-... / 252-...	>28	2*	12h00	50
				1	12h50	50
				2	12h50	50
				1	13h20	50
				2	13h30	50

In addition to the above, at 7h40 and at 8h05 a van will go from the Quarantine to the Pre-Start with 8 + 8 available seats for Team Officials.

After the last bus leaves from the Pre-Start area to the Arena bus stop, Team Officials can take a ride with a van (8 seats available at a time). That van is the one transporting luggage from the Pre-Start to the Arena team area.

* Only if there are passengers waiting at the bus stop.



Map & terrain

Mapping: Janne Weckman (Finland) & Timo Joensuu (Finland) using ISOM 2017-2. 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, Organizers used forestry trucks to open passages through some areas of dense vegetation towards the last 1/3 of the course. These passages are marked as white forest ("405 Forest") in most of the cases. Light yellow ("403 Rough open land") has been used only in locations where the surrounding area is not forest. Below you can see how those passages will look like in the terrain. On the left image light yellow was used; on the right image white is used.



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

Competiton	Class	Winning time	Length	Climb	Controls	Refreshments
Middle qualification	Women 1	20 - 25 min.	3,1 km	140 m	14	1
	Women 2	20 - 25 min.	3,2 km	140 m	13	1
	Women 3	20 - 25 min.	3,1 km	140 m	13	1
	Men 1	20 - 25 min.	3,7 km	155 m	16	1
	Men 2	20 - 25 min.	3,6 km	155 m	16	1
	Men 3	20 - 25 min.	3,7 km	155 m	16	1

Course setting: Bruno Nazário

Maximum running time: 70 minutes

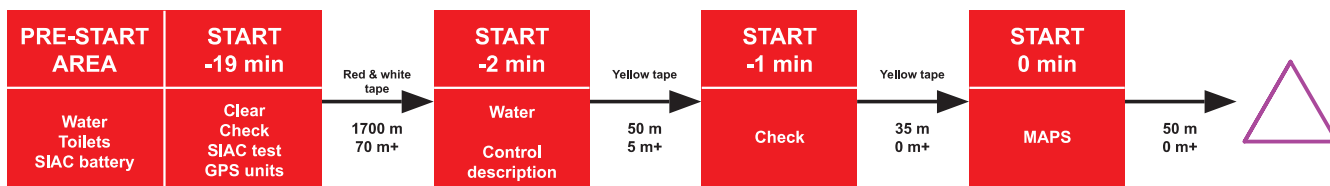
Course specific characteristics: There won't be any arena passage/spectator control. Therefore, coaching zone will not exist.

Refreshment points: The first-aid point, marked on the map using "712 First aid post", will **not** work as a refreshment point. Refreshment points are out of controls and are marked on the map using the symbol "713 Refreshment point".

Control description size: Women = 12,5 to 13 cm * 5,5 cm | MEN = 14 cm * 5,5 cm

Map size: 22,5 cm * 32 cm

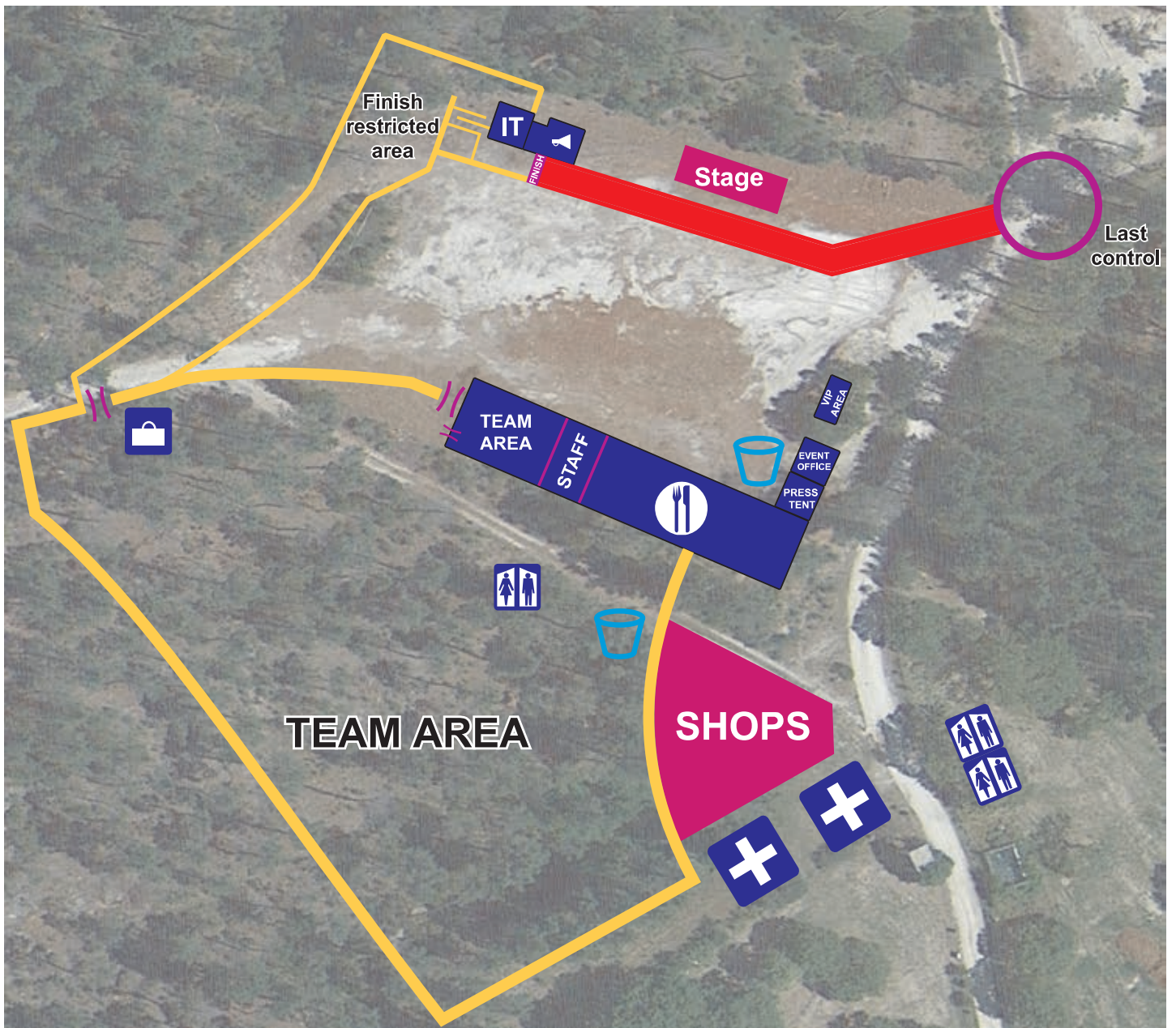
Start procedure scheme



We call your attention to the **-19 minutes call-up**. Because of the long way from the Pre-Start area to the Start, there will be water also right before -2 minutes.



Arena Quinta das Lameiras scheme – Middle distance qualification & final





29. Middle distance final – Friday 15th July

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

Quarantine check-in: 6h35 to 8h25 – Team member presence in the arena before Quarantine has closed is strictly forbidden.

First Start: B & C finals: 8h30

Women A final: 9h13

Men A final: 10h12

Printed Start lists will be delivered at the Quarantine entrance (1 copy per nation).

First bus from Quarantine to Pre-Start area: 7h00 – First bus passengers must enter the quarantine right after it opens.

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

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

Official transports – schedules

FROM: Quarantine TO: Middle Final Pre-Start (and to arena Qta. Lameiras bus stop) Friday 15 th July				FROM: Arena Lameiras bus stop TO: Sports Hall Friday 15 th July		
Bus n°	Departure	Athletes (bib number)	Non-competing members seats	Bus n°	Departure	Available places
1	7h00	201-210 / 401-410 301-310 / 501-510	10	1	7h20	50
2	7h10	211-220 / 411-420 311-320 / 511-520	10	2	7h30	50
3	7h20	221-230 / 421-430 321-330 / 521-530	10	3	7h40	50
4	7h30	231-240 / 431-440 331-340 / 531-540	10	4	7h50	50
1	7h50	1-5 / 241-253 341-353 / 541-550	9	1	8h10	50
2	8h00	6-20 / 254-262 354-362	17	2	8h20	50
3	8h20	21-42 / 101-113	15	3	8h40	50
1	9h05	43-60 / 114-131	14	1*	11h00	50
2	9h40	61-62 / 132-162	17	2*	12h00	50
				1	14h00	50
				2	14h10	50
				1	14h25	50
				2	14h35	50

In addition to the above, at 7h00 and at 7h30 a van will go from the Quarantine to the Pre-Start with 8 + 8 available seats for Team Officials.

After the last bus leaves from the Pre-Start area to the Arena bus stop, Team Officials can take a ride with a van (8 seats available at a time). That van is the one transporting luggage from the Pre-Start to the Arena team area.

* Only if there are passengers waiting at the bus stop.



Map & terrain

Mapping: Janne Weckman (Finland) & Timo Joensuu (Finland) using ISOM 2017-2. 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 Pre-Start 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 as to what can be found in some parts of the competition terrain. Passages through green areas as the ones described in Middle Qualification will not exist.

Mapping specific characteristics: same information as in Middle qualification day

Courses

Competiton	Class	Winning time	Length	Climb	Controls	Refreshments
Middle Final	Women A	20 - 25 min.	3,5 km	180 m	15	1
	Men A	20 - 25 min.	4,1 km	210 m	17	1
	Women B	20 - 25 min.	3,2 km	155 m	13	1
	Men B	20 - 25 min.	3,5 km	195 m	15	1
	Women C	20 - 25 min.	2,5 km	115 m	12	1
	Men C	20 - 25 min.	3,3 km	175 m	13	1

Course setting: Bruno Nazário

Maximum running time: 70 minutes

Course specific characteristics: There won't be any arena passage/spectator control. Therefore, coaching zone will not exist. There will be a "710 Crossing point" in Middle distance final course. It is not mandatory to use such passage, just as in the model event for Long distance.

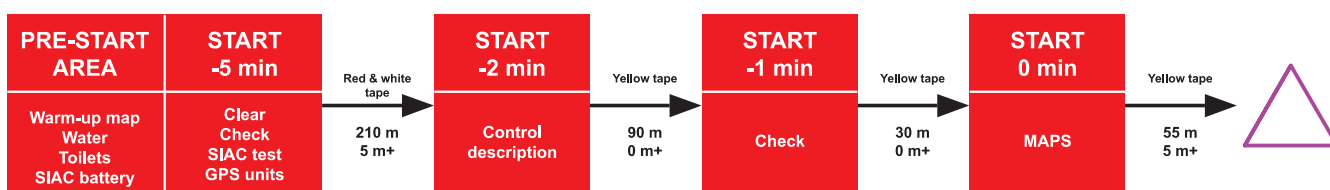
Refreshment points: The first-aid point, marked on the map using "712 First aid post", will **not** work as a refreshment point. Refreshment points are at controls and are marked on the control description.

Control description size: Women A = 14 cm * 5,5 cm | Women B = 13 cm * 5,5 cm | Women C = 12,5 cm * 5,5 cm

Men A = 15 cm * 5,5 cm | Men B = 14 cm * 5,5 cm | Men C = 13 cm * 5,5 cm

Map size: 22,5 cm * 32 cm

Start procedure scheme



Arena Quinta das Lameiras scheme: same scheme as in Middle qualification day





30. Relay – 16th Saturday July

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

Relay arena quarantine check-in: 7h20 to 8h20

First Start: 8h30

First bus from Aguiar da Beira Sports Hall to Arena Quinta das Lameiras bus stop: 7h00 – Official transport on Relay day is **non-mandatory and require pre-booking**. National teams are allowed to drive directly to Arena Quinta das Lameiras parking. Please read "Transports during JWOC" section above in this Bulletin.

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

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

Official transports – schedules

The schedules for the official transport on Relay day are mentioned above on section "Transports during JWOC".

Map & terrain

Mapping: Janne Weckman (Finland) & Timo Joensuu (Finland) using ISOM 2017-2. 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, Organizers used forestry trucks to open passages though some areas of dense vegetation. See 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 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

Competiton	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 map, 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.**

Refreshment points and coaching zone: The first-aid point, marked on the map using "712 First aid post", will **not** work as a refreshment point. Refreshment control will be placed just before the arena passage control (last control of part 1/last control before the finish). This refreshment control will be shown on the control description.





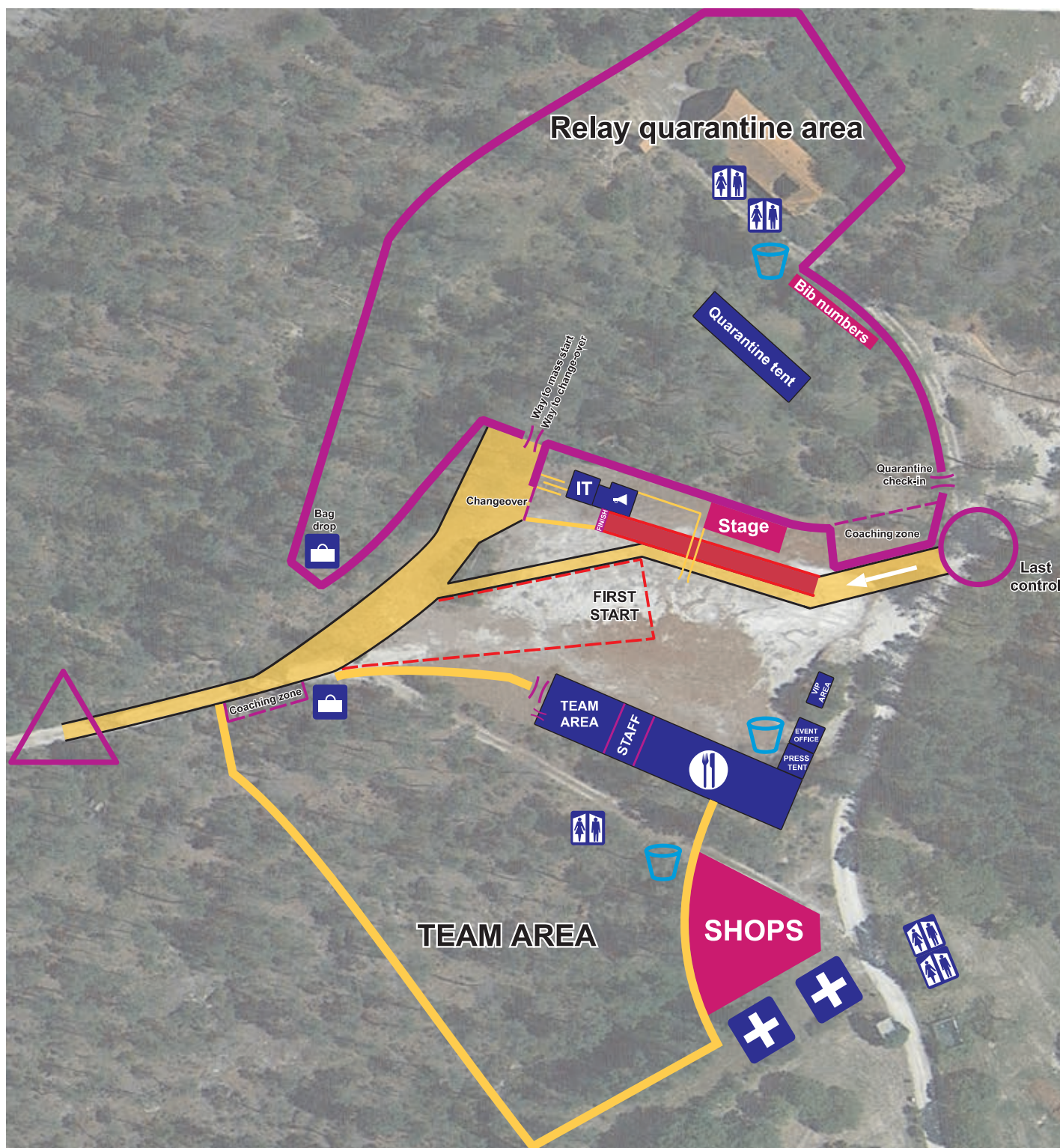
There will be two coaching zones at the arena passage (see arena scheme). Coaches are allowed to give liquids/solids to their athletes.

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. The 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 can not 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 own bottles. Besides the tent, a huge forested taped area will be offered, providing sun-exposure protection- Teams are allowed to set their own tents.
- From inside the Relay arena quarantine runners will clearly see their team mates 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, moment when Organizers 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.
- 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 team mate in the previous leg passing through the arena – that will be too late.
- After seeing their team mates 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 on the previous runner.
- Athletes are allowed to remove the elastic band only after seeing their previous team mate entering the run-in corridor. Athletes can unfold and look at the map only after the changeover. 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

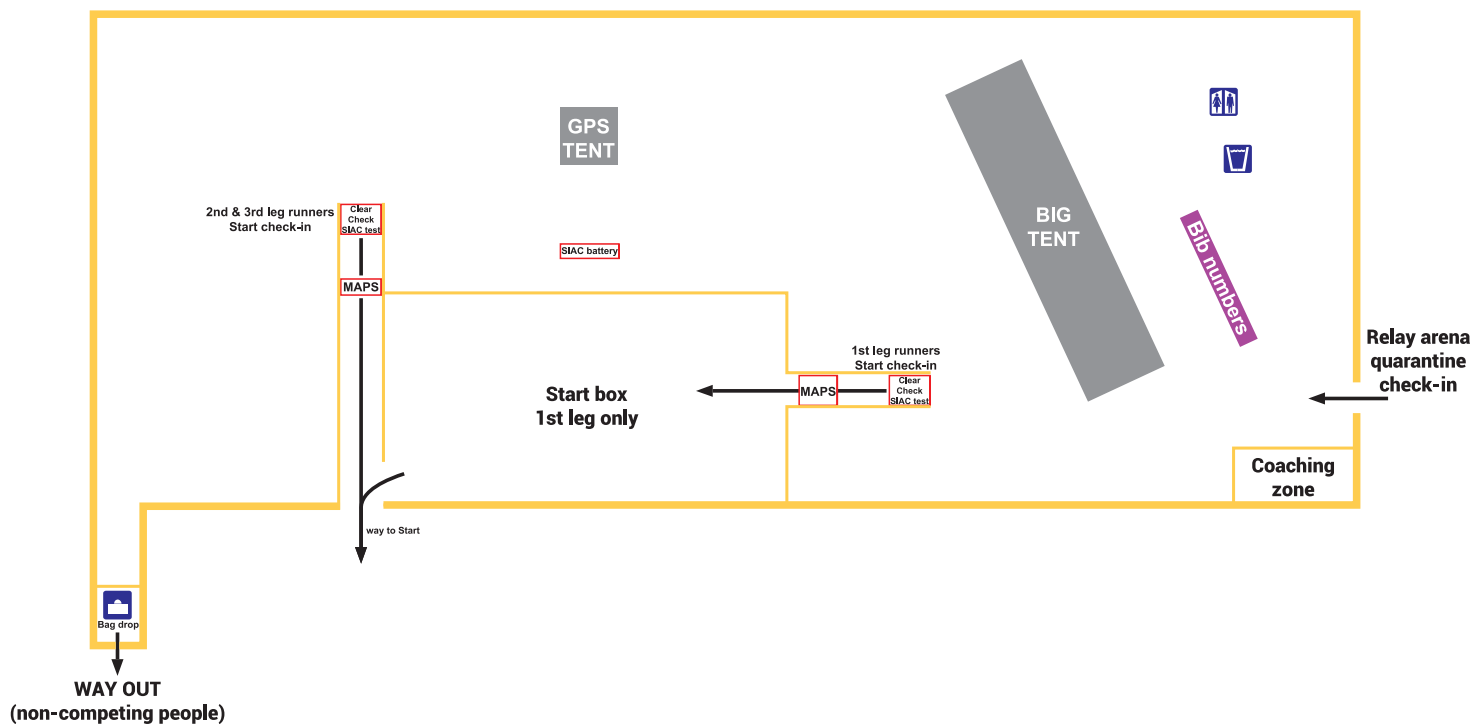
- Changeover is located after the Finish line.
- Once an athlete finishes the competition, she/he must follow Organizer's instructions, going to the SIAC download, GPS removal and refreshment places. From there, athletes will be sent directly to arena, and not to the Team Area.
- On Relay day we will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

Late athletes mass start

- If there is still Women athletes to start their races, at 10h30 these athletes must go to though the Start check-in. Then, at 10h40, these athletes will do a Mass Start from the changeover location.
- If there is still Men athletes to start their races, at 12h30 these athletes must go to though the Start check-in. Then, at 12h40, these athletes will do a Mass Start from the changeover location.



Relay arena quarantine & Relay Start scheme



After the finish of all athletes from each nation, a team leader must deliver all the SIAC units and GPS vests at the Event Office.

Team Officials & VIP race (mass start)

After the closing ceremony, on Saturday 16th of July, a mass start will take place at Arena Quinta das Lameiras using JWOC Relay maps. All accredited people are welcome to run this race. No timing will be performed during this race.





31. Contacts

JWOC 2022



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+351 961 640 295

JWOC TOUR 2022



www.tour.jwoc2022.pt

tour@jwoc2022.pt

Training camps and accommodation



www.o-portugal.pt/jwoc2022/

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Bruno Nazário
+351 965 197 376

32. Hosting & Government partners



Programa Valorizar

Linha de Apoio à Valorização Turística do Interior

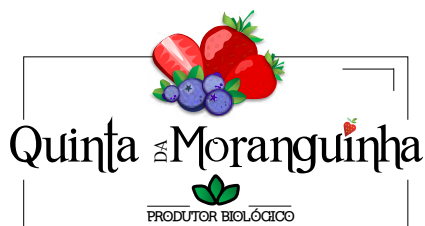




33. Sponsors



34. Sellers





35. 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.





36. Final entries

Federation	M20	W20	Team Official	Total
37	160	153	89	402
Australia	6	6	3	15
Austria	5	3	3	11
Belgium	6	3	2	11
Bulgaria	4	4	2	10
Canada	4	1	2	7
Croatia	1	1	1	3
Czechia	6	6	4	16
Denmark	6	6	4	16
Estonia	2	4	1	7
Finland	6	6	3	15
France	6	6	3	15
Germany	4	6	2	12
Great Britain	6	6	3	15
Hong Kong China	4	4	3	11
Hungary	4	4	4	12
Ireland	3	2	3	8
Israel	3	1	1	5
Italy	3	3	3	9
Japan	6	6	3	15
Latvia	6	6	3	15
Lithuania	3	3	1	7
Netherlands		1		1
New Zealand	6	6	3	15
Norway	6	6	4	16
Poland	4	4	2	10
Portugal	4	3	1	8
Romania	3	4	1	8
Serbia	1	1	1	3
Slovakia	4	4	2	10
Slovenia		2	2	4
South Africa	4	1	2	7
Spain	6	4	3	13
Sweden	6	6	4	16
Switzerland	6	6	4	16
Turkiye	6	6	2	14
Ukraine	6	6	1	13
United States	4	6	3	13

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