



## 7th Swiss National Orienteering Event - Middle distance

and

## Swiss Orienteering Championships in Long Distance 2023 World Ranking Event (WRE)

Saturday, 16 September 2023

Sunday, 17 September 2023

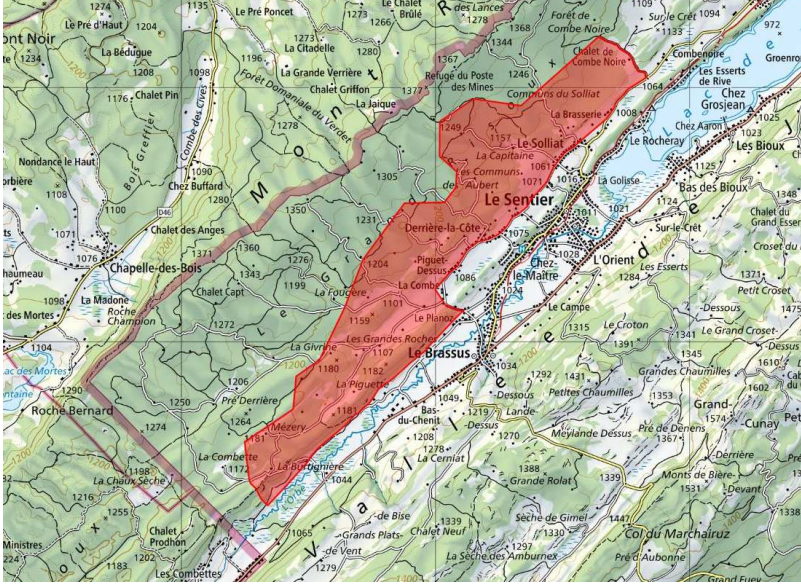



**Disclaimer:** This is a translated version. In the event of any discrepancy or dispute, the French version shall prevail.

	Saturday, 16 September 2023 7th Swiss National Orienteering Event	Sunday, 17 September 2023 Swiss Championships in Long Distance
<b>Organizer</b>	Club de Course d'Orienteering Lausanne-Jorat colj.ch	
<b>Event director</b>	Guy Müller                      guy@lom2023.ch                      +41 79 442 76 34	
<b>Information</b>	Elisabeth Pilloud                      info@lom2023.ch                      +41 79 905 22 47	
<b>Course planner</b>	Pierre Ecoffey & Loïc Baud	Jérémie Wichoud
<b>Course controller</b>	Beat Müller	Konrad Ehrbar
<b>Technical advisor</b>	Jean-Claude Guyot Alison High (assistant)	Daniel Leibundgut
<b>Referee</b>	Albert Meyer	Albert Meyer
<b>Jury</b>	Reto Pusterla (Swiss-Orienteering) Jean-Claude Guyot (Technical advisor) Guy Müller (CO Lausanne-Jorat)	Sabrina Meister (Swiss-Orienteering) André Wirz (Swiss-Orienteering) Reto Pusterla (Swiss-Orienteering) Daniel Leibundgut (Technical advisor) Guy Müller (CO Lausanne-Jorat)
<b>Website</b>	lom2023.ch	
<b>Social Media</b>	facebook.com/LOM2023Weekend	instagram.com/co_lausanne_jorat
<b>Map</b>	Communs du Solliat, newly mapped 2023 contour interval 5m	Communs des Aubert, newly mapped 2023 contour interval 5m
<b>Scales</b>	1:7'500 (from H50/D50 and H/DAK) 1:10'000 (for all other categories)	1:15'000 (HE/DE HAL/DAL H16-20/D16-20) 1:7'500 (from H50/D50 and H/DAK) 1:10'000 (for all other categories)
<b>Terrain</b>	Typical Swiss "jurassic" Terrain between 1'050 and 1'200 m.o.s. Dense forest interspersed with semi-open areas and pastures. Forms: Coarsely structured undulating terrain, characterized by some larger hills, with fine details. Varied vegetation: open deciduous forest, mixed forest with deciduous and coniferous trees, only few young stands, intermediately dense canopy. Runnability mostly moderate, with stony ground in forest areas, some parts fairly good (open terrain). In some areas the visibility is poor and the rocky limestone pavement makes it difficult to run fast. Fast change between good and slow runnability. Visibility good to moderate. Roads: Several forest roads and trails, with small indistinct paths in some areas. The terrain has many rootstocks, but only the	

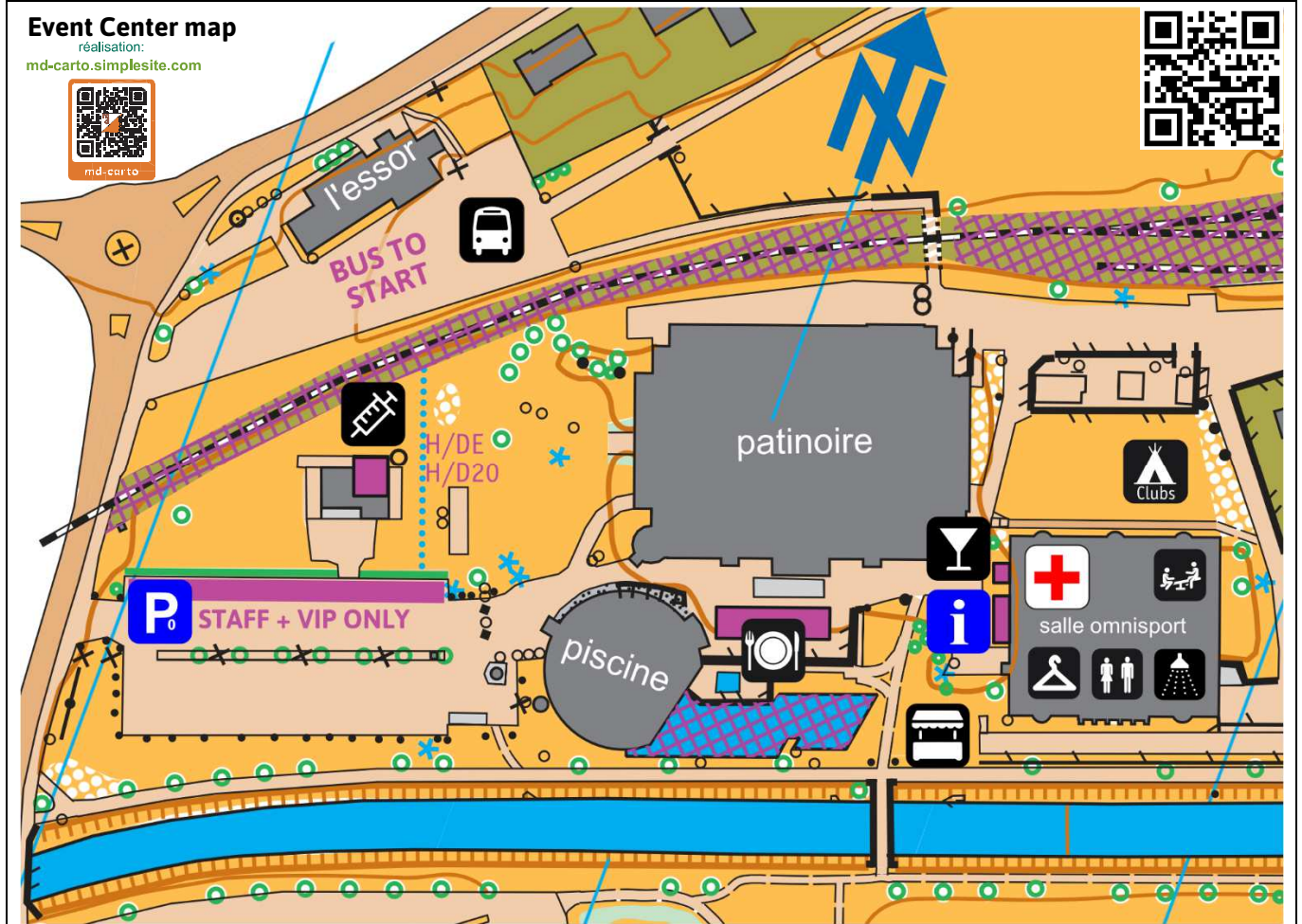


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Le BrassusFONDS  
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VAUDOIS

	<b>Saturday, 16 September 2023</b> <b>7th Swiss National Orienteering Event</b>	<b>Sunday, 17 September 2023</b> <b>Swiss Championships in Long Distance</b>
	most significant are mapped. Due to drought and storms this year, foresters are working daily in the race area. As a result, some new rides and areas of felling may not appear on the map.	
<b>Embargoed area</b>	 <div style="text-align: right; margin-top: 10px;">   <a href="http://lom2023.ch/embargo">lom2023.ch/embargo</a> </div>	
<b>Event Center</b>	<p>Centre Sportif de la Vallée de Joux                      Rue du Centre Sportif 1, 1347 Le Sentier (Switzerland)</p> <ul style="list-style-type: none"> <li>- Distribution of race numbers for H/DE, H/D20 and H/D18</li> <li>- Registration for open categories</li> <li>- Return of anti-doping forms for H/DE and H/D20</li> <li>- SI number changes</li> <li>- Appeals</li> <li>- Changing rooms and showers</li> <li>- Refreshments</li> <li>- Childcare</li> <li>- Orienteering traders</li> </ul> <div style="text-align: center; margin-top: 10px;">  </div> <div style="text-align: right; margin-top: 10px;">   <a href="http://centresportif.ch">centresportif.ch</a> </div>	

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<b>Opening hours</b>	09:15 – 18:00	08:00 – 17:00
<b>Public transport access</b>	The race centre is a 5-minute walk from the Sentier-L'Orient SBB station. Clubs travelling by public transport with a minimum of 10 people benefit from a reduced fare of -30% when purchasing a group ticket. The trip must be booked online at a public transport sales point at least 2 working days before departure, using a SwissPass ID.	
<b>Access by vehicle</b>	Two payable car parks (CHF 5.00 for the weekend): P1 at 1'300m / P2 at 500m from the Event Center, signposted from the entrance to the village of Le Sentier from Le Lieu or from the centre of the village of Le Brassus or from the entrance to the village of L'Orient from L'Abbaye. Please follow the signs and instructions given by the volunteers on site. P0 is not open to participants (reserved for Organizing Committee and VIP guests). Two roads will be closed for roadworks: one on the ascent to the Col du Mollendruz in Mont-la-Ville and the other in the centre of the village of L'Orient.	
<b>Cancellation</b>	Any cancellation of the race due to weather or other events will be published on <a href="http://lom2023.ch">lom2023.ch</a>	
<b>Transfers/changes</b>	Category and starting place online (deadline 04.09.23) SI number possible in event center (free)	

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<b>Late registrations</b>	Late registration possible on race day until 2.30pm (Saturday) and 12.30pm (Sunday) for open categories only: OK (short), OM (medium) and OL (long).	
<b>Categories</b>	All categories according to RC (D80, H85, included) + open categories: OK, OM, and OL. Teams are only allowed in open categories.	
<b>Registration fees</b>	2002 and older: CHF 37.00 (per course)      2007 and younger: CHF 19.00 (per course) 2003 to 2006: CHF 25.00 (per course)      Open categories: CHF 25.00 (per course) Bus transport included.      Parking: CHF 5.00 (for 2 days) SportIdent chip hire: CHF 2.00 (available at the race centre)	
<b>Anti-Doping</b>	By their registration all participants agree to the Anti-Doping Rules Of Swiss Olympic. Access to the competition for H/DE et H/D20 is only permitted after signing the corresponding declaration available on <a href="http://lom2023.ch/anti-doping">lom2023.ch/anti-doping</a>	
<b>Race Numbers / Bibs</b>	none	Only for H/DE, H/D20 et H/D18 Self-service at the Event Center, information stand.
<b>Start times</b>	12h00 – 15h30	10h00 – 13h30 (approx.)
	The start lists will be published on <a href="http://swiss-orienteering.ch">swiss-orienteering.ch</a> Regional attribution in accordance with competition regulations (RC) art. 106.1 Open categories (OK, OM, OL) receive their start times directly at the start.	
		H/DE as per WRE list, Special requests for start times cannot be considered.
<b>Access to the start</b>	Walk from the Event Center to the bus stop: 200 m / 5'. Shuttle buses depart every 15 minutes. No signposted footpath between the Event Center and the starts (use of the bus is compulsory).	
	Bus journey: 10 min Continuation on foot: 450 m / ↗ 60 m / 12'	S1: DE, DAL, D20, HE, HAL, H20 Bus journey: 10 min Continuation on foot: 1'300 m / ↗ 140 m / 30'  S2: All other categories Bus journey: 15 min Continuation on foot: 550 m / ↗ 30 m / 10'
	Please allow plenty of time in case you have to wait for the bus! The organisers cannot be held responsible for any delays.	
<b>WC</b>	Mobile toilets available near the departures.	
<b>Transport of clothes</b>	Transport will be organised for bags and clothes from the clothes depot to near the finish for the both days.	
<b>Warming-up</b>	On the way to the start.	

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<p><b>Location map</b></p>		
<p><b>Departure procedure</b></p>	<p>Standard procedure according to Swiss Orienteering:</p> <ul style="list-style-type: none"> <li>- 4 min clear and check the SI-card</li> <li>- 3 min self-service of control descriptions</li> <li>- 2 min display of map box layout</li> <li>- 1 min SI-Card check, wait next to the map box for your own category</li> <li>- Start signal: the race map may only be removed from the card box when the start signal sounds. Each competitor is responsible for taking the correct race map.</li> </ul> <p>Runners arriving late must report to the volunteers at the start and will be admitted to the "late runners" lane. Separate start lane for latecomers and open categories (OK, OM, OL)</p>	
<p><b>Starting point</b></p>	<p>Mandatory route to the starting point. The start point is marked with a standard flag without an SI box.</p>	

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<b>Distance to the starting point</b>	120 m	S1: 110 m S2: 80 m
<b>Controls</b>	White-orange flag as per RC with SPORTident units (AIR+ activated). Punch the control with the SI-Card. If AIR+ does not work (SIAC battery empty), dib the SIAC in the hole in the SI unit to register a punch. If the SI unit does not work (no acoustic or optical signal) or if there is no SI unit, please punch your card with the needle punch provided and report this to the finish. Please also present your map with your name for checking on arrival and inform the team at download.	
<b>Course order on the map</b>	The controls are numbered consecutively and must be completed in the correct order.	
<b>Control descriptions</b>	IOF symbols, printed on the map for all categories, self-service at the start. For open categories: self-service text descriptions in four languages at the start.	
<b>Out of Bounds areas</b>	There are out of bounds zones in the terrain. These are marked on the map with the "out of bounds area" symbol (709.000) and must not be crossed. Checks will be carried out in the field.	
<b>Special features</b>	There are a few gates/fence posts on the course. These are not indicated on the map but must be opened/turned if necessary. When crossing a fence, never stand on the wire. Please report any damage to fences at the finish, when downloading or at information.  <u>For LOM S1 start competitors (17.9):</u> You may encounter livestock during the competition. Do not frighten them and keep your distance. Take care when crossing pasture fences. There are sometimes also pasture fences in forested areas.	
		The times for the winners of the H/DE and H/D20 categories have been reduced as follows, at the request of Swiss-Orienteering: HE = 80', DE = 70', H20 = 70' et D20 = 62'
<b>Refreshments</b>	No refreshments during the race. Water on the finish.	For the longer routes, water refreshment points are symbolized by a cup on the map and in the descriptions.
<b>First Aid</b>	At the finish and at the Event Center. Weekend emergency number <b>+41 77 282 04 35</b>	
<b>Finish closing time</b>	17:30, maximum time 120 minutes	16:00, maximum time 150 minutes
<b>Finish</b>	Please set the time at the finish line. The classification will be based on the finish time indicated on the SI-Card. Refreshments (water) near the finish.	
	A single finish for all categories	Finish F2: H80, H85, D75, D80, H12, H10, D12, D10, OM, OK. Finish F1: All other categories Maps will be collected at the finish

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	<p>Access from the Event Centre to the finish is signposted: 2'800m / ↗ 150-200m / 50'. Limited space due to numerous prohibited areas and the presence of livestock.</p> <p>Please note: certain categories of the LOM of 17.9 pass close to the F2 finish during the competition. This zone is not marked as out of bounds on the map so as not to influence the choice of route. It is possible to cross finish zone 2, but care must be taken not to pass close to the SI units, otherwise your SIAC may register that finish and contactless mode be deactivated.</p>	
<b>Back to Event Center</b>	<p>Walk to bus departure point: 750 to 1'400m from finish point / 10 to 20 min on foot            Bus journey: 10min            Continue on foot to the race centre: 200m / 5 min            Possibility of returning to the Event Centre on foot 2'800m / ↘ 140 m / 50', signposted route from the bus departure point.</p>	
<b>Abandon</b>	<p>Runners who abandon the race must download their SI-Card at the Event Centre. If searches have to be carried out unnecessarily because the person has not downloaded their SI card, the costs will be charged to the missing runner.</p>	
<b>Race maps</b>	<p>The maps can be kept after the race. Please do not show them to anyone who has not yet run.</p>	<p>Available at the Event Centre from around 13:30; no maps will be sent out after the race</p>
<b>SI Download</b>	<p>In the finish area before returning to the Event Centre.</p>	
<b>Results</b>	<p>Live results on <a href="https://lom2023.ch/live">lom2023.ch/live</a>            Full results including split times will be published after the race on <a href="https://swiss-orienteeing.ch">swiss-orienteeing.ch</a></p>	
	 Live 16.09.23	 Route 16.09.23
	 Live 17.09.23	 Route 17.09.23
<b>Protests</b>	<p>Protests must be lodged using the form in accordance with RC 159ff at the information desk in the Event Centre. The race jury must be informed in advance. Persons lodging a protest need to remain available to the race jury. Deadline in accordance with RC 162.</p>	
<b>Grand Slam 2023</b>	<p>The race is part of the <i>Swiss Orienteering Grand Slam</i> presented by EGK.</p>	

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<b>World Ranking Event</b>		<p>The race will be classified as a World Ranking Event (WRE).</p> 
<b>Accommodation</b>	<p>Online booking for individuals and couples: <a href="http://lom2023.ch/accommodation">lom2023.ch/accommodation</a>            Camping-car at car park P1 (approx. 1'300 m from the Event Center).            Price: CHF 5.00/vehicle for parking plus CHF 8.00/person for the night.            A list for clubs and groups is available on request at <a href="mailto:info@lom2023.ch">info@lom2023.ch</a></p>	
<b>Childcare</b>	Opening 09:15 - 17:00	Opening 08:00-16:00
	<p>At the Event Centre for children from 6 months.            Please register in advance with <a href="mailto:sandrine@colj.ch">sandrine@colj.ch</a> (before 12.9.23) indicating the child's age.            Please bring a snack or picnic.</p>	
<b>Catering</b>	<p>Wide choice of food and drink (hot meals and snacks) at the race centre (canteen).            Soft drinks, craft beers, wine, hot meals, home-made salads and cakes. Voucher system.            Payment by cash (Bancomat at the Event Center, Postomat at 600m) or TWINT.            Deposit on cups and plates.</p>   <p>Offers and prices</p>	
<b>Prize-giving ceremony</b>		<p>From 15:30 at the Event Center.            Prizes must be collected in person and will not be sent under any circumstances.</p>
<b>Insurance</b>	<p>In the responsibility of the participants. Liability in accordance with WO Art 21. To the extent permitted by law, the organiser declines all liability.</p>	
<b>Media</b>	<p>Photos and videos will be taken on race days, which may be published on the Internet and in the media. By registering for the event, participants agree to publication.            Media contact: Raoul Gendroz <a href="mailto:raoul@lom2023.ch">raoul@lom2023.ch</a></p>	



**Route data**

Saturday, 16 September 2023 7th Swiss National Orienteering Event							Sunday, 17 September 2023 Swiss Championships in Long Distance							
Cat.	Km	D+	Controls	Start	Scale	Format	Cat.	Km	D+	Controls	Start	Finish	Scale	Format
DE	4.0	135	18	S1	10'000	A3	DE	9.5	300	14	S1	F1	15'000	A3
DAL	3.2	125	16	S1	10'000	A3	DAL	8.0	215	11	S1	F1	15'000	A3
DAM	2.7	65	9	S1	10'000	A3	DAM	4.8	155	10	S2	F1	10'000	A3
DAK	1.9	50	8	S1	7'500	A3	DAK	2.8	85	6	S2	F1	7'500	A3+
DB	2.0	70	9	S1	10'000	A3	DB	3.5	90	9	S2	F1	10'000	A3
D35	3.1	95	12	S1	10'000	A3	D35	5.0	180	10	S2	F1	10'000	A3
D40	3.4	100	14	S1	10'000	A3	D40	5.2	170	9	S2	F1	10'000	A3
D45	3.2	100	14	S1	10'000	A3	D45	5.2	175	9	S2	F1	10'000	A3
D50	3.1	100	13	S1	7'500	A3	D50	5.3	170	11	S2	F1	7'500	A3+
D55	2.6	80	10	S1	7'500	A3	D55	4.4	170	9	S2	F1	7'500	A3+
D60	2.7	65	9	S1	7'500	A3	D60	4.2	150	10	S2	F1	7'500	A3+
D65	1.9	100	8	S1	7'500	A3	D65	4.0	130	9	S2	F1	7'500	A3+
D70	1.9	60	8	S1	7'500	A3	D70	3.1	105	8	S2	F1	7'500	A3+
D75	1.7	45	7	S1	7'500	A3	D75	2.4	95	8	S2	F2	7'500	A3
D80	1.7	45	7	S1	7'500	A3	D80	2.2	85	7	S2	F2	7'500	A3
D20	3.8	105	16	S1	10'000	A3	D20	8.4	250	12	S1	F1	15'000	A3
D18	3.3	90	14	S1	10'000	A3	D18	6.9	210	12	S2	F1	15'000	A3
D16	3.3	100	11	S1	10'000	A3	D16	5.7	155	9	S2	F1	15'000	A3
D14	2.6	85	13	S1	10'000	A3	D14	4.4	155	9	S2	F1	10'000	A3
D12	2.6	80	10	S1	10'000	A3	D12	3.1	105	12	S2	F2	10'000	A3
D10	1.7	40	7	S1	10'000	A3	D10	1.9	70	7	S2	F2	10'000	A3
HE	5.3	145	21	S1	10'000	A3	HE	13.6	405	20	S1	F1	15'000	A3
HAL	4.6	115	18	S1	10'000	A3	HAL	9.7	290	15	S1	F1	15'000	A3
HAM	3.3	90	14	S1	10'000	A3	HAM	5.8	180	11	S2	F1	10'000	A3
HAK	2.4	95	9	S1	7'500	A3	HAK	3.6	145	8	S2	F1	7'500	A3+
HB	2.6	85	13	S1	10'000	A3	HB	4.4	140	11	S2	F1	10'000	A3
H35	4.0	105	15	S1	10'000	A3	H35	6.3	220	11	S2	F1	10'000	A3
H40	4.2	135	17	S1	10'000	A3	H40	6.8	220	14	S2	F1	10'000	A3
H45	4.2	135	17	S1	10'000	A3	H45	6.5	220	13	S2	F1	10'000	A3
H50	3.9	150	18	S1	7'500	A3	H50	6.5	225	14	S2	F1	7'500	A3+
H55	3.8	155	17	S1	7'500	A3	H55	6.3	215	11	S2	F1	7'500	A3+
H60	3.2	125	16	S1	7'500	A3	H60	5.7	180	11	S2	F1	7'500	A3+
H65	3.4	100	14	S1	7'500	A3	H65	5.3	155	9	S2	F1	7'500	A3+
H70	2.5	100	10	S1	7'500	A3	H70	4.6	130	8	S2	F1	7'500	A3+
H75	1.9	100	8	S1	7'500	A3	H75	3.9	110	7	S2	F1	7'500	A3+
H80	1.9	60	8	S1	7'500	A3	H80	2.4	95	8	S2	F2	7'500	A3
H85	1.7	45	7	S1	7'500	A3	H85	2.2	85	7	S2	F2	7'500	A3
H20	4.4	135	16	S1	10'000	A3	H20	10.9	325	14	S1	F1	15'000	A3
H18	4.0	120	15	S1	10'000	A3	H18	8.8	255	14	S2	F1	15'000	A3
H16	3.8	130	13	S1	10'000	A3	H16	6.9	210	12	S2	F1	15'000	A3
H14	3.1	105	13	S1	10'000	A3	H14	5.1	205	10	S2	F1	10'000	A3
H12	2.6	80	10	S1	10'000	A3	H12	3.3	110	13	S2	F2	10'000	A3
H10	1.7	40	7	S1	10'000	A3	H10	1.9	70	7	S2	F2	10'000	A3
OL	3.8	130	13	S1	10'000	A3	OL	4.7	140	9	S2	F1	10'000	A3
OM	2.0	70	9	S1	10'000	A3	OM	2.5	100	7	S2	F2	10'000	A3
OK	2.0	70	8	S1	10'000	A3	OK	1.9	70	7	S2	F2	10'000	A3



## ACKNOWLEDGEMENTS

The Organising Committee would like to extend its warmest thanks to the many volunteers who give up their time to ensure that everything runs smoothly and that the athletes are welcomed in the best possible way, so that they have excellent memories of this weekend in the Vallée de Joux!

A big THANK YOU also to our generous sponsors, without whom this weekend would not have been possible.

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### "Standard" Sponsor





## Race guidelines – Bulletin 2

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updated on 10.09.2023



## "Service providers" sponsors



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