



European
Orienteering
Championships
Ticino
Switzerland
2018



Bulletin 2

April 2017

Version 02 – Last update: 19.05.2017



EOC 2018
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Welcome



After the incredible experience of the JWOC in 2005, Ticino is now getting prepared for a new adventure. We are very pleased to welcome participants, trainers and fans who will visit our region in 2018 in occasion of the European Championships (EOC2018) and the EGK Swiss 5-days event of orienteering running. Being part of World Cup Round 1, the organization of the EOC2018 is a challenge we took upon ourselves with commitment and enthusiasm in order to guarantee a successful sporting event. What do you expect from this exciting week? A unique experience for the athletes, which will challenge each other by running through the beautiful woods and the typical narrow streets of our region, and a once-off occasion for the public, that will be able to closely experience the magic of orienteering. Ticino is not only a lovely region for orienteering, it is also a land to visit and taste: there are many fascinating places, also in the competition areas, where you will be able to try local delicacies. We really hope that athletes and orienteering lovers from all parts of the world appreciate their stay in our region and that, at the end of the event, they might come back to visit Ticino. A special thank you goes to the many volunteers that have been working for months at the organization of EOC2018. Moreover, the Organizing Committee would like to sincerely thank all sponsors as well as the authorities of the single municipalities that will host the competitions: thank you for your active and constant support!

Francesco Guglielmetti
Chairman
Organizing Committee

Jürg Hellmüller
President
Swiss Orienteering Federation



sw!ss
orienteering



Tourism, Gastronomy and Culture



A lot of sport, but also a lot of tourism. For ten days Ticino will attract the attention of regional, national and international media. It will be an important occasion not only to share a great passion, but also to admire the beauties of the landscape: mountains, lakes, streams, castles and typical villages... the wonders of Ticino are really many and all to be explored!

Gastronomy

Particularly privileged from a gastronomic point of view, Ticino honours culinary tradition and has been rewarded by the fact that many of its excellent restaurants have ranked top in the most important gastronomic guides.

Culture

Culture, in its different expressions, plays an important role in Ticino's global image. It is not surprising, therefore, that in the last decade the Canton has devoted huge resources to this sector.

More information on <http://www.ticino.ch>





Classes and participation



EOC2018 belongs to World Cup Round 1.

- Classes M21 and W21, no age restrictions.
 - Competitors representing member Federations of the IOF, defined by the International Olympic Committee as belonging to the European continent, can compete in EOC.
 - Competitors representing other member Federations of the IOF can participate in EOC, but will not be eligible for European titles, medals or diplomas.
 - There is no limit on the number of runners and officials in a team.
 - In the sprint and middle competitions, where qualification races are planned, each Federation may enter a maximum of 6 runners in each class. The European Champion 2016 for the competition is given a wild card to enter the qualification in addition to the ordinary entries from his/her Federation (in which case one starting group may have three competitors from that Federation).
 - In the sprint competition, the best 17 European runners of each qualification heat may run in the A-final. Non European runners ranked 17th and better in each qualification heat may also run in the A-final. No final race is foreseen for not qualified runners.
 - In the middle competition, the best 17 European runners of each qualification heat may run in the A-final. Non European runners ranked 17th and better in each qualification heat may also run in the A-final. The remaining competitors will have the possibility (for free) to run the Public race (EGK Swiss 5-days event) in the Elite class, provided they register at the info desk the day before.
 - In the relay a Federation may enter 2 teams in each class, each consisting of 3 competitors, but only the better-placed team will count in the medals' ceremony. Incomplete teams and teams with runners from more than one Federation are not allowed.
-



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- In the long distance competition the qualification criteria are based on national quotas as follows:
 - For any Federation having 4 or more competitors in the top 30 of the World Ranking: the number of competitors the Federation has in the top 30 of the World Ranking are allowed to participate (up to a maximum of 6 per Federation);
 - For any other Federation having at least 3 competitors in the top 200 of the World Ranking: 3 competitors per Federation are allowed to participate;
 - For all other Federations: 2 competitors per Federation are allowed to participate;
 - Personal place for the current European Champion in long distance
 - The home country is allowed to have at least 4 athletes in each class;
 - The World Ranking as of 1st of January 2018 will be used to identify the number of qualifiers for each country.
 - Competitors who do not fall on previous rules will have the possibility to enter the Public race (EGK Swiss 5-days event) which takes place the same day (Elite class, by paying the regular fee).
- In the sprint relay each Federation may enter one team, consisting of 4 competitors (of whom at least 2 must be women). Incomplete teams and teams with runners from more than one Federation are not allowed.
- Each participating Federation shall appoint a team manager to act as a contact person between the team and the organizer. It is the team manager's duty to check that the team receives all necessary information.
- Competitors participate at their own risk. Insurance against accidents shall be the responsibility of their Federation or themselves, according to national regulations.



EOC schedule



	Time	Events
Friday 4 th May	14:00	Event centre opening
Saturday 5 th May	09:00 – 18:00	Model events
	14:00	Deadline for entries sprint
	17:30	Team officials meeting
Sunday 6 th May	09:30 – 11:30	Qualification sprint Bellinzona
	16:00 – 18:00	Final sprint Mendrisio
	18:20	Flower ceremony
	18:30	Opening ceremony
	18:45	Price giving ceremony sprint
Monday 7 th May	09:00 – 18:00	Model events
	14:00	Deadline for entries middle distance
	17:30	Team officials meeting
Tuesday 8 th May	10:00 – 12:10	Qualification middle distance Carona
	(17:30)	Team officials meeting



Wednesday 9 th May	10:00 – 13:30	Final middle distance Monte San Giorgio
	13:30	Flower ceremony
	14:00	Deadline for entries sprint relay
	17:30	Team officials meeting
Thursday 10 th May	17:00 – 18:10	Sprint relay Capriasca-paese
	18:10	Flower ceremony
	18:25	Price giving ceremony middle distance
	18:40	Price giving ceremony sprint relay
Friday 11 th May	09:00 – 18:00	Model events, rest day
	14:00	Deadline for entries relay
	17:30	Team officials meeting
Saturday 12 th May	14:00 – 15:50	Relay men Tesserete
	15:50	Flower ceremony relay men
	16:00 – 17:40	Relay women Tesserete
	17:40	Flower ceremony relay women
	14:00	Deadline for entries long distance
	18:30	Team officials meeting
Sunday 13 th May	09:30 – 12:15	Start long distance women Capriasca
	10:30 – 13:15	Start long distance men Capriasca
	13:30	Flower ceremony women
	15:00	Flower ceremony men
	15:15	Price giving ceremony relay
	15:30	Price giving ceremony long distance
	15:45	Closing ceremony
	19:00	Banquet athlete
Monday 14 th May	08:00	Event centre closing



Travel opportunities, Transportation



The European Orienteering Championships (EOC) 2018, the World Cup races and the EGK Swiss 5-days event will be held in the region of Lugano, Switzerland. The official Event Centre (EC) as well as the Media Centre of EOC2018 will be situated at the “Centro Eventi, 6814 Cadempino, Switzerland”, just 6 km from the city centre of Lugano, easily reachable by train or by bus.

Parking is available at the EC for car, private caravans and busses.

All competitions will be located within 25 minutes driving from the EC.

If you require help to organize the public transport for your team, please inform us.

By plane

Lugano (LUG) airport is just 5 km from the EC.

Milano-Malpensa (MXP) international airport is reachable by train, by shuttle bus (from/to Lugano station) or by car (1 h).

Zürich (ZHR) airport is reachable by car or by train (3h).

By car

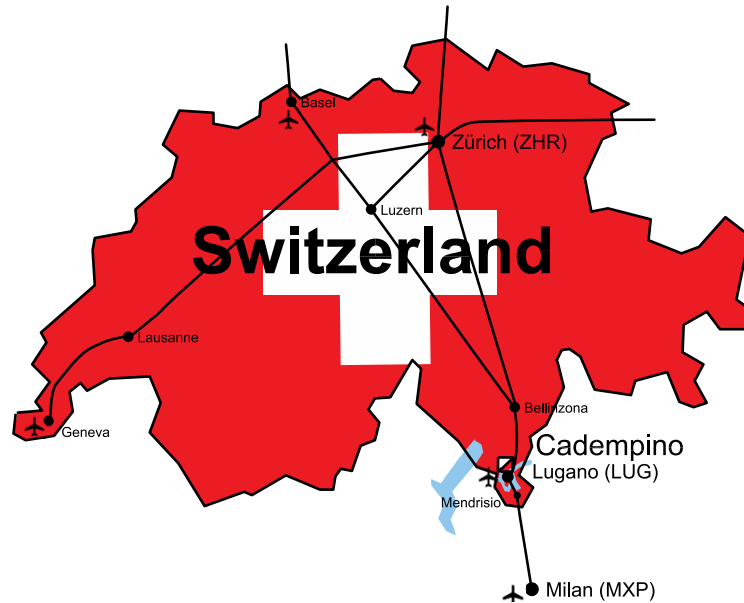
Cadempino is easily reachable from the highway A2-E35 (only 2 km from the exit Lugano-Nord).

If you come to Cadempino with your own car (but this applies also for cars rented abroad) remember to ensure it is equipped with a valid “2018 vignette” (motorway sticker, valid one year on all Swiss highways and which can be bought at the borders for 40 CHF).

By train

Lamone-Cadempino’s railway station, situated at 800 m from the EC, is served by the TILO trains, which during the day run every 30 minutes from Lugano main station.

Lugano main station, which is just 5 km from Lamone-Cadempino, can also be reached by bus (bus TPL number 5).



When planning a training camp or your stay at EOC 2018, please consider the following important issue before choosing accommodation in Italy: please take into consideration that the road from the EC to Ponte Tresa (Italy) has very heavy traffic at any time of the day during working days and also at weekends. This means that the travelling time for just a few km may be extremely unpredictable. Similarly, the highway from the EC to Mendrisio-Chiasso (and then Italy) during working days is characterized by heavy traffic at peak hour (especially in the early morning in direction South-North and in the evening in the opposite direction).

Transportation

Shuttle busses guarantee regular transport between the Milano-Malpensa airport and the station of Lugano.

Costs and schedules available at:

- <http://malpensa-express.com>
- <http://www.luganoservices.ch>
- <http://www.jetbus.ch/schedule>

All competitions and training areas can generally be reached by means of public transports. Although most probably also in 2018 people staying at an official accommodation structure (hotel, hostel, camping) will have the possibility to travel locally for free (thanks to the Ticino Card), it is recommended that competitors and officials use their own (or rented) vehicle in order to be more flexible.

The organizers will not provide official transportation to the arenas: solutions will be however established for all teams that decide to rely on public transport by finding suitable transport to the trainings and event locations.



Visas, Climate, Clothing, Hazards



Visas

All EOC participants are advised to check the up-to-date regulations regarding their conditions to enter Switzerland (please visit <https://www.ch.ch/en/entering-switzerland-visa/>). According to current regulations, citizens of some countries must obtain a visa in order to enter Switzerland.

Please also note that conditions of entry may change.

Climate, Clothing, Hazards

Temperatures registered during the month May range from 14° to 22° Celsius during the day and from 10° to 18° at night. The probability of rain is moderate.

For EOC2018 races: there are no regulations regarding clothing. While the choice of footwear is free for the forest competitions, no spikes are allowed for the sprint and sprint relay competitions. No dangerous snakes or animals live in this region, and presence of infected ticks is very limited.



Locations

With reference to the IOF Competition Rules (Article 26.6), the areas indicated on the following maps and street plans are embargoed. Potential team members, leaders and others, whose knowledge of the terrain could influence the results of the EOC competition, are prohibited from entering these areas with or without map.

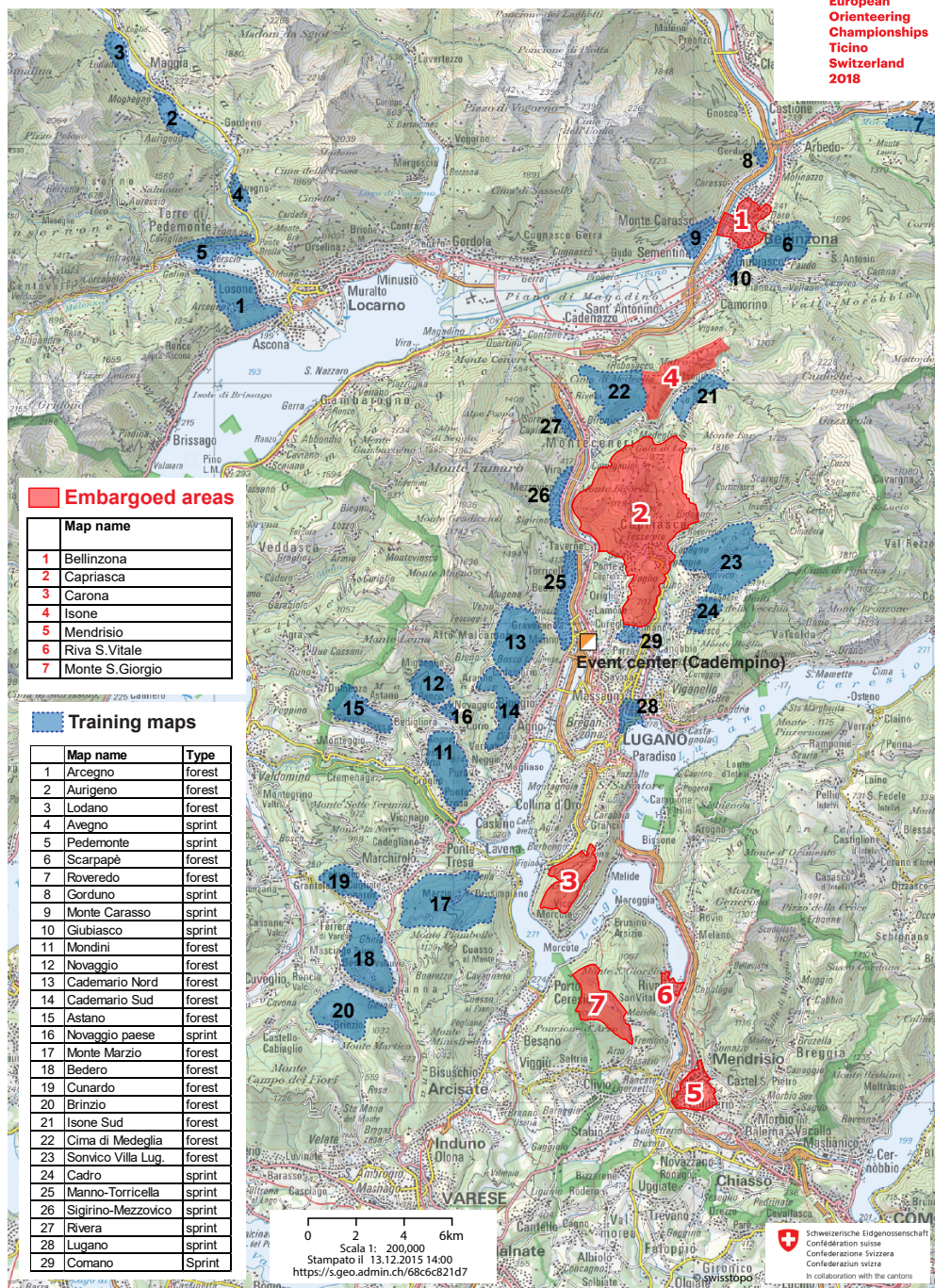
Please consult here the [general map](#) of the embargoed and training areas.

Embargoed areas and training maps

5.02.2017



**European
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Ticino
Switzerland
2018**





Embargoed areas



Maps

Comments

- | | | |
|---|--|--|
| 1 | Bellinzona | It is allowed to cross the competition area by railway. The railway station can be reached only from the N-side. It is allowed to cross the competition area only by public transports on the marked tracks (to/from Monte Carasso and to/from Giubiasco), but without stopping or exiting in the embargoed area. Access to hospital is allowed only in case of emergencies. |
| 2 | Capriasca
(Gola di Lago-Comano) | It is allowed to cross the competition area on the marked main roads (Origlio-Sala-Tesserete, Canobbio-Lugaggia-Tesserete, Valcolla-Tesserete and Roveredo-Tesserete), but without stopping or exiting in the embargoed area. However, access to the North (to Bigorio/Condra and Lelgio/Gola di Lago) is not allowed. |
| 3 | Carona | |
| 4 | Isonne | Part of the original area has been opened for trainings. |
| 5 | Mendrisio | It is allowed to cross the competition area along the marked main road (from/to highway exit – Monte Generoso/Castel San Pietro), but without stopping or exiting in the embargoed area. Access to hospital is allowed only in case of emergencies. |
| 6 | Riva San Vitale | It is allowed to cross the competition area along the marked main road (Capolago-Brusino and Capolago-Rancate), but without stopping or exiting in the embargoed area. |
| 7 | Monte San Giorgio | |



Embargoed areas

Latest colour copy of maps of embargoed areas.



Maps

-
- 1 [Bellinzona](#)
 - 2 [Capriasca, Tesserete, Capriasca paese](#)
 - 3 [Carona](#)
 - 4 [Cima di Medeglia - Isonne](#)
 - 5 [Mendrisio, Casvegno](#)
 - 6 [Riva San Vitale](#)
 - 7 [Monte San Giorgio](#)
-



Training possibilities



In the previous general schema you may find several training maps (blue area in the map at page 14) of terrains with identical characteristics of those which will be used for the EOC2018.

Empty maps on Pretex paper available for 5.- CHF.

OCAD map files can also be obtained for 100.- or 150.- CHF, depending on the map size.

There are some fixed trainings set in the following forests:

- Cademario Nord and Cademario Sud
- Sonvico and Villa Luganese
- Cima di Medeglia
- Arcegno
- Roveredo
- Taverne

The latter maps, with all controls or suggested courses, are available for 6.- CHF.

For more specific information please contact: training@eoc2018.ch

Available training maps

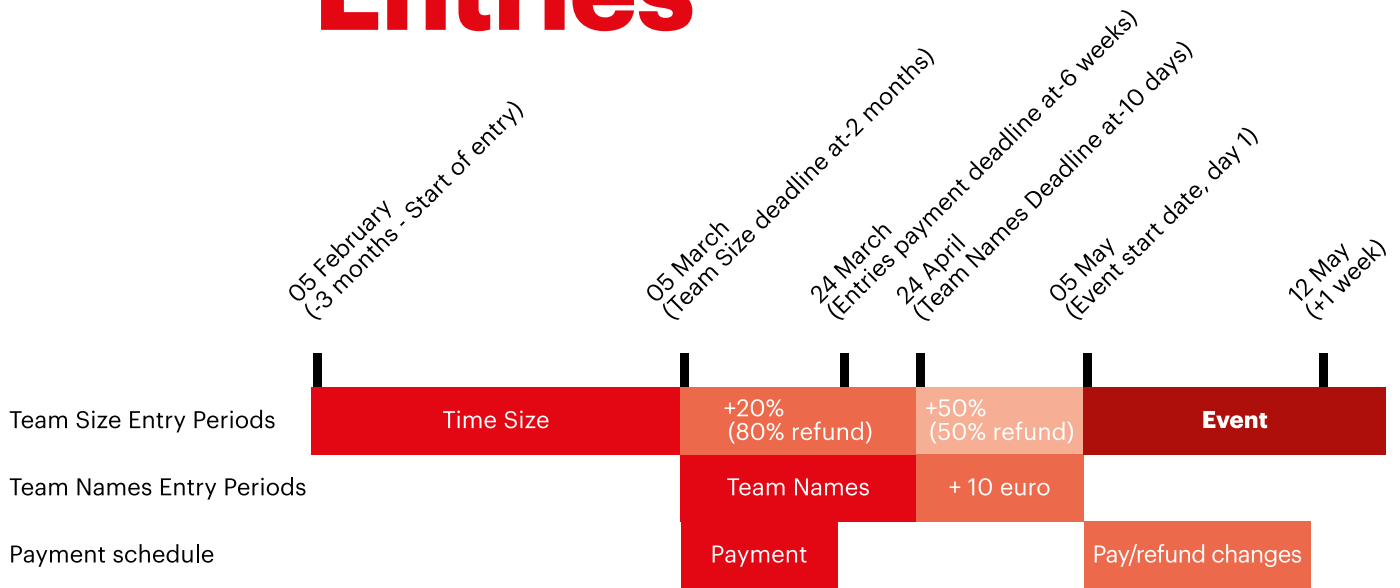
	Region	Map	Last update	Type
1	Locarnese	Arcegno	2012	forest
2	Locarnese	Aurigeno	2006	forest
3	Locarnese	Lodano	2007	forest
4	Locarnese	Avegno	2010	sprint
5	Locarnese	Pedemonte	2016	sprint



6	Bellinzonese	Scarpapè	2014	forest
7	Bellinzonese	Roveredo	2016	forest
8	Bellinzonese	Gorduno	2014	sprint
9	Bellinzonese	Monte Carasso	2012	sprint
10	Bellinzonese	Giubiasco	2016	sprint
11	Malcantone	Mondini	2008	forest
12	Malcantone	Novaggio	2007	forest
13	Malcantone	Cademario Nord	2014	forest
14	Malcantone	Cademario Sud	2014	forest
15	Malcantone	Astano	2007	forest
16	Malcantone	Novaggio paese	2013	sprint
17	Malcantone (Italy)	Monte Marzio	2013/2015	forest
18	Malcantone (Italy)	Bedero	2013	forest
19	Malcantone (Italy)	Cunardo	2014	forest
20	Malcantone (Italy)	Brinzio	2012	forest
21	Luganese	Isonne Sud	2010	forest
22	Luganese	Cima di Medeglia	2014	forest
23	Luganese	Sonvico+ Villa Luganese	part. 2014	forest
24	Luganese	Cadro	2014	sprint
25	Luganese	Manno-Torricella	2014	sprint
26	Luganese	Sigirino-Mezzovico	2014	sprint
27	Luganese	Rivera	2013	sprint
28	Luganese	Lugano	2012	sprint
29	Luganese	Comano	2017	sprint



Entries



All entries (preliminary team size and final team names) must be setup in IOF Eventor. The team size entry deadline is the 5th March 2018.

The following information is mandatory:

- number of competitors of each gender
- number of competitors in each competition
- number of relay teams
- number of officials
- team manager's name, address, e-mail address, phone/fax numbers

The team names entry deadline is the 24th April 2018. Team names entries must contain the names of competitors and officials.

Entry fees (applicable for Team Sizes entered before 5th March):

Accreditation for athletes EOC	110.- CHF
Accreditation for officials	110.- CHF
Sprint M+Q+F (per competitor)	95.- CHF
Middle distance M+Q+F (per competitor)	95.- CHF
Long distance M+F (per competitor)	80.- CHF
Relay (per team)	160.- CHF
Sprint relay (per team)	160.- CHF
Late entries (after 6 th March 2018)	+20%



Entry applications of IOF officials and media representatives must arrive no later than the 5th March 2018.

Media

Media representatives do not pay an entry fee; they are however required to register in order to receive an ID card which will entitle them to access all model and competition areas as well as the media zones.

A Media Centre with limited space is located at Event Centre. In the arenas the Media Centres are equipped with all the necessary communication facilities. Special access to the terrains may be provided to accredited photographers.

Payment

EOC 2018 payments must be made in Swiss Francs (CHF, change is 1 EUR = 1.1 CHF) by bank transfer to:

- Bank name: Banca dello Stato del Cantone Ticino
- Bank Address: Viale Guisan 5, 6500 Bellinzona
- BIC/SWIFT: BSCTCH22
- IBAN: CH37 0076 4145 4020 72001
- Detail of payment: EOC2018 entries

Please note that the payer is responsible for all bank fees and charges. Entries will be accepted and confirmed after the arrival of the transfer. Entries will not be deemed valid until full payment has been received. The latest day for the entry fee payment is the 24th March 2018.



Accommodation, Food



Accommodation

There are various accommodation options at reduced rates near the EC for EOC2018 participants. Please consult the up-to-date online list (published on the EOC 2018 website).

Reservations must be made by contacting the accommodation facilities directly (by indicating EOC2018 as a booking code) or via the tourist offices of the regions (www.luganoturismo.ch, www.mendrisiottoturismo.ch, www.bellinzonaturismo.ch or www.ascona-locarno.com).

The organization can provide some assistance to find suitable accommodation, provided the requests are submitted before 31st January 2018.

Accommodation for IOF members, VIPs and Media partners is reserved at own cost at the following hotels: Hotel Vezia and Hotel Federale. Please confirm your reservations within 23.12.2017 by writing to accommodation@eoc2018.ch.

The EC offers camping possibilities (tent only, no caravan) for 100.- CHF (5x5m area) for the whole period of the event (from 4th to 14th May 2018). Tourism taxes are excluded and must be paid in addition (1.- CHF per night for each adult).

Food

On days where the competitions are held in the morning, warm food and drinks will be organized directly in the arena. Interested EOC participants can book the meal in advance (at least 24 hours) at a cheaper price. It is however always possible to buy vouchers in the arena (subject to food availability). On days with competitions in the afternoon (Sunday 6th and Thursday 10th) only drinks and small snacks will be offered in the arena.



EGK Swiss 5-days event (spectator race)



Program

Tuesday 8 th May 2018	1 st day (with EOC middle qualification)
Wednesday 9 th May 2018	2 nd day (with EOC middle final)
Thursday 10 th May 2018	3 rd day (sprint, with EOC sprint relay)
Friday 11 th May 2018	Rest day
Saturday 12 th May 2018	4 th day (with EOC relay)
Sunday 13 th May 2018	5 th day (with EOC long distance)

Classes

H/D 10/12/14/16/18/18K/20/E/AL/AM/AK/B/35/40/45/50/55/60/65/70/75/80
Additionally there are three Open classes (Open long, Open middle, Open short).

Maps

Use of the same maps as EOC competitions. All maps for all events comply with IOF rules and have scale 1:10'000 (for all classes), except day 3 (sprint, 1:4'000).

Punching system

SportIdent punching system will be used. Contactless SI-cards can be used.

Event Center (EC)

Centro Eventi, 6814 Cadempino
It is located only 800m from the railway station Lamone-Cadempino.
All races can be reached by means of public transportation.

Entries

Entry forms will be made available on this website by mid-2017.



Organizers

ASTi Ticino <http://www.asti-ticino.ch>

Organizing Committee

Event Director Francesco Guglielmetti,
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Chief finance Patrick Rossetti,
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Logistics Andrea Ronchetti,
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Security and transport Vincenzo Pellegrini,
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Accommodation accommodation@eoc2018.ch

Administration EOC Daniela Guglielmetti,
info@eoc2018.ch

Chief Giovanni Furia,
EGK Swiss 5-days event giovanni.furia@eoc2018.ch

Administration Sheila De Lucia,
EGK Swiss 5-days event fivedays@eoc2018.ch

Event Controllers

IOF SEA Janos Manarin (Italy)

IOF ASEA Olivier Benevello (France)

Chief National Controller Tulla Spinelli



Contacts

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EGK Swiss 5-days event (spectator race)

<http://www.eoc2018.ch/fivedays>
e-mail: fivedays@eoc2018.ch

Swiss Orienteering Federation

CH-4600 Olten, Switzerland
Tel. +41 62 2873040
<http://www.swiss-orienteeing.ch>
e-mail: info@swiss-orienteeing.ch

Event details



1 Sprint qualification



Date	Sunday, 6 th May, from 9:30 to 11:30
Location	Bellinzona (25 km from EC, 25 min.)
Terrain	City, very good runnability, altitude 300m
Map	Bellinzona, scale 1 : 4'000, 2.5 m, Francesco Guglielmetti
Course planner	Olivier Minotti
Number of heats	3 (17 qualified European competitors from each heat)
Max. number of competitors (men/women) from each Federation: 6 (+ current European Champion)	
Approx. course length for women	2.6 km, 50 m climb
Winning time for women	13 min
Approx. course length for men	2.8 km, 50 m climb
Winning time for men	13 min

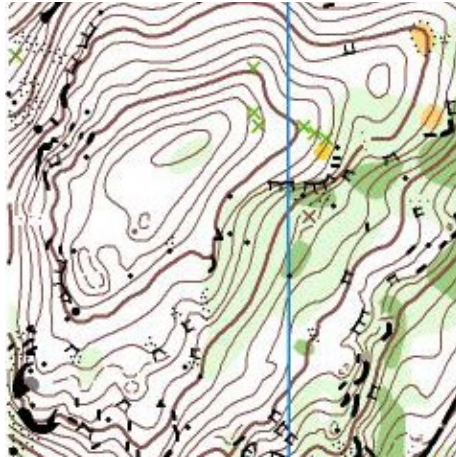
2 Sprint final



Date	Sunday, 6 th May, from 16:00 to 18:00
Location	Mendrisio (25 km from EC, 20 min.)
Terrain	City, very good runnability, altitude 300 m
Map	Mendrisio, scale 1 : 4'000, 2.5 m Camilla Moreni
Course planner	Giorgio Bernasconi
Approx. course length for women	3.6 km, 80 m climb
Winning time for women	15 min
Approx. course length for men	4.0 km, 80 m climb
Winning time for men	15 min

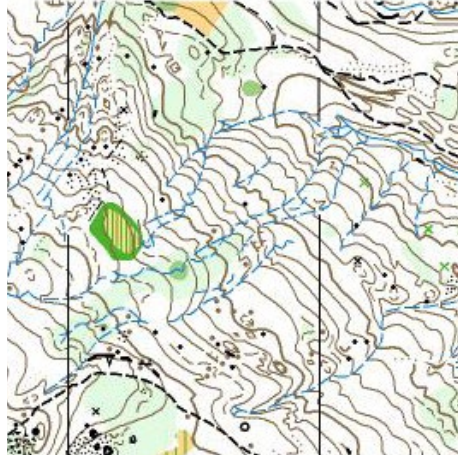


3 Middle qualification



Date	Tuesday, 8 th May, from 10:00 to 12:10
Location	Carona (15 km from EC, 25 min.)
Terrain	Hilly terrain with steep slopes and deep valleys, few paths, mostly good runnability and with good visibility, altitude 600-800 m
Map	Carona, scale 1 : 10'000, 5 m, ISOM2017 Beat Imhof
Course planner	Sergio Cantoreggi
Number of heats	3 (17 qualified European competitors from each heat)
Max. number of competitors (men/women) from each Federation: 6 (+ current European Champion)	
Approx. course length for women	3.6 km, 170 m climb
Winning time for women	25 min
Approx. course length for men	4.2 km, 230 m climb
Winning time for men	25 min

4 Middle final



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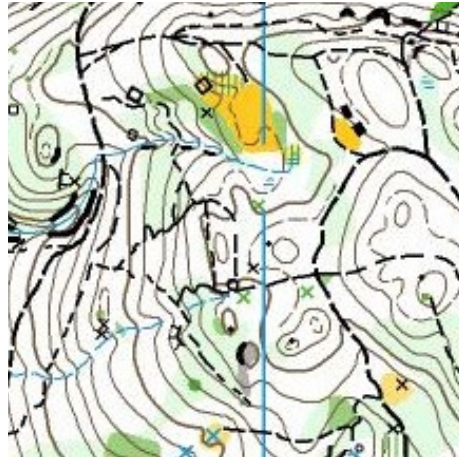
Date	Wednesday, 9 th May, from 10:00 to 13:30
Location	Meride-Serpiano (35 km from EC, 45 min.)
Terrain	Hilly terrain, steep slopes, deep valleys, few paths, medium runnability, visibility mostly good, altitude 600-800 m
Map	Monte San Giorgio, scale 1 : 10'000, 5 m, ISOM2017 Beat Imhof
Course planner	Vincenzo Jacomella
Approx. course length for women	4.8 km, 230 m climb
Winning time for women	35 min
Approx. course length for men	5.5 km, 335 m climb
Winning time for men	35 min

5 Sprint relay



Date	Thursday, 10 th May, from 17:00 to 18:00
Location	Tesserete (7 km from EC, 10 min.)
Terrain	City, very good runnability, altitude 500-600 m
Map	Capriasca paese, scale 1 : 4'000, 2.5 m, Francesco Guglielmetti
Course planner	Gianni Guglielmetti
Max number of relay teams for each Federation	1
Number of legs	4
Approx. length of legs	3.8km (men), 3.3 km (women)
Approx. leg times:	15-16 minutes
Winning time	62 min

6 Relay



Date Saturday, 12th May, from 14:00 to 18:00

Location Tesserete (7 km from EC, 10 min.)

Terrain Closed oak forest, moderately hilly, with some paths, mainly good runnability, visibility varies but mainly good, altitude 600-700 m

Map Tesserete, scale 1 : 10'000, 5 m, ISOM2017 Francesco Guglielmetti

Course planner Federico Tettamanti

Max number of relay teams for each Federation 2

Number of legs 3

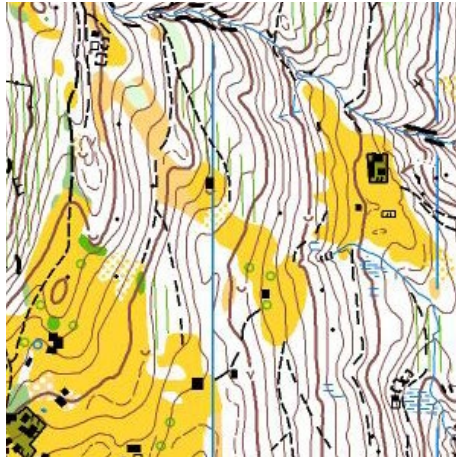
Approx. length of woman legs 5.0 km, 180 m climb

Winning time woman 100 min

Approx. length of men legs 6.7 km, 290 m climb

Winning time men 105 min

7 Long distance



Date	Sunday, 13 th May, from 9:30 to 15:00
Location	Tesserete (7 km from EC, 10 min)
Terrain	Chestnuts and birch forest with some clearings, steep slopes, deep valleys, few paths, mainly good runnability, visibility varies but mainly good, altitude 600-1100 m
Map	Capriasca, scale 1 : 15'000, 5 m, ISOM2017 Urs Steiner
Course planner	Michele Ren
Qualification mechanism	For any Federation having 4 or more competitors in the top 30 of the World Ranking (as of 1st of January 2018): the number of competitors they have in the top 30 of the World Ranking (up to a maximum of 6 per Federation). For any other Federation having at least 3 competitors in the top 200 of the World Ranking: 3 competitors For all other Federations: 2 competitors (+ current European Champion)
Approx. course length for woman	9.9 km, 530 m climb
Winning time woman	80 min
Approx. course length for men	14.8 km, 790 m climb
Winning time men	95 min



Sponsor and partners



Presenting sponsor



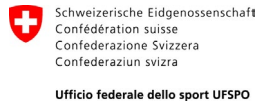
Main sponsors



Sponsor

Jannuzzi Smith

Institutional partners



Città di Lugano



Città di Bellinzona



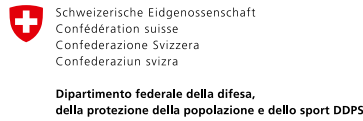
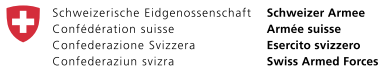
Città di Mendrisio



Comune di Cadempino



Comune di Capriasca



Official partners

Host broadcaster



Media partner



Car partner



Events partner



Prints partner

