



European
Orienteering
Championships
Ticino
Switzerland
2018



Bullettin 4

May 2018

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Corriamo insieme

BancaStato è fiera sostenitrice degli European Orienteering Championships Ticino Switzerland 2018, competizione di spessore internazionale che il Ticino ha l'onore di ospitare nella cornice dei suoi incantevoli paesaggi. Auguriamo a tutti i corridori ed in particolare all'atleta Elena Roos un ottimo successo.

noi
per
voi

 **BancaStato**



Index

Welcome	5
Tourism	6
Venue and access	7
EOC schedule	9
Locations	12
Ebargoed areas	13
EOC general information	15
EOC competitions	26
Model Sprint	28
Model Middle Quali and Relay	29
Model Middle Final	30
Model Long	31
Technical Mode	32
Sprint Qualification	34
Sprint Final	38
Sprint Relay	52
Relay	56
Long Distance	60
Summary of entries	66
Organisation structure and contacts	68





Welcome



After the incredible experience of hosting JWOC 2005 in the Ticino we are now getting ready for a new adventure. We are very pleased to welcoming participants, trainers and supporters who will visit our region in 2018 for the European Championships (EOC2018) and the EGK Swiss 5-days orienteering event.

Being part of World Cup Round 1, the organisation of EOC2018 is a challenge we took upon ourselves with commitment and enthusiasm in order to guarantee a successful sports event. What to expect from this exciting week? It is a unique experience for the athletes, which will challenge them by running through the beautiful woods and the typical narrow streets of our region. It is also a unique opportunity for the public to experience the magic of orienteering up-close.

Ticino is not only a lovely region for orienteering, it is also an area to visit and taste its culinary specialties: there are many fascinating places and some of them can also be found in the competition areas where you will be able to try local delicacies.

We really hope that athletes and orienteering “aficionados” from all parts of the world will enjoy their stay in our region and that they might come back to visit the Ticino someday again.

A special thank you goes to the many volunteers that have been working for months in the organisation of EOC2018. Furthermore, the Organising Committee would like to sincerely thank all the sponsors and the authorities of each municipality that will be hosting the competitions. Thank you for your active and constant support!

Francesco Guglielmetti
Chairman
Organising Committee

Jürg Hellmüller
President
Swiss Orienteering Federation





Tourism



The Canton of Ticino offers a lot of sport, but also a lot of touristic highlights. For ten days, the Ticino will attract the attention of the regional, national and international media. It will be an important occasion not only to share our great orienteering passion, but also to admire the beauties of the landscape with its mountains, lakes, streams, castles and typical villages... the wonders of Ticino are really many and all can be explored!

Gastronomy

The Ticino is particularly privileged from a gastronomic point of view as it honours culinary traditions and has been rewarded as such that many of its excellent restaurants have been top-ranked in the most important gastronomic guides.

Culture

Culture and its different expressions play 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 under <http://www.ticino.ch>





Venue and access



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”, GPS coordinates [46.034853](#), [8.930082](#), just 6 km from the city centre of Lugano and easily reachable by train or bus. Parking (max 4 hours) is available at the EC for cars, private caravans and busses.

Facilities available at the EC:

- Event office
- Meeting room for Team officials’ meetings
- Media centre
- Parking (max 4 hours)

Contact:

Daniela Guglielmetti

info@eoc2018.ch

tel +41 76 548 31 94





Event Office opening hours

Day	Event Centre Cadempino	Event Office in the Arenas
Friday 4 th May	14:00 – 20:00	
Saturday 5 th May	9:00 – 21:00	
Sunday 6 th May		8:00 – 13:00; 14:00 – 19:00
Monday 7 th May	16:30 – 20:00	
Tuesday 8 th May		8:00 – 13:00
Wednesday 9 th May	16:30 – 20:00	8:00 – 14:00
Thursday 10 th May		14:00 – 19:00
Friday 11 th May	16:30 – 20:00	
Saturday 12 th May		11:00 – 18:30
Sunday 13 th May	17:00 – 19:00	7:00 – 16:00
Monday 14 th May	8:00 – 10:00	

Travel distances to competitions (from event office)

Arena	Distance	Time by car	Parking distance
Bellinzona	27 km	25 min	200 m
Mendrisio	25 km	25 min	100 m
Carona	16 km	25 min	200 m
Serpiano	32 km	40 min	100 m
Tesserete	7 km	10 min	200 m
Vaglio	6 km	10 min	600 m

Times are calculated on a normal base, during daily peak hours allow some additional spare time.

Please let us know if you need help to organise public transport for your team.



EOC schedule



Date and time	Events	Location
Friday 4th May		
14:00	Arrival teams	EC Cadempino
14:00 – 20:00	Event Centre open	EC Cadempino
Saturday 5th May		
09:00 – 21:00	Event Centre open	EC Cadempino
09:00 – 18:00	Model events	4 areas offered
12:00	Deadline for name changes	IOF Eventor
12:00	Deadline for entries Sprint Distance	IOF Eventor
16:30 – 17:30	Technical Model Event for all races	EC Cadempino
17:30	Team officials meeting Sprint qualification+final	EC Cadempino
Sunday 6th May		
08:00 – 13:00	Event Office open	Bellinzona
09:30 – 11:30	Sprint Qualification	Bellinzona
14:00 – 19:00	Event Office open	Mendrisio
16:00 – 18:15	Sprint Final	Mendrisio
18:20	Flower ceremony	Mendrisio
18:30	Opening ceremony	Mendrisio
18:45	Price giving ceremony Sprint	Mendrisio

**Monday 7th May**

09:00 – 18:00	Model events	4 areas offered
12:00	Deadline for entries Middle Distance	IOF Eventor
16:30 – 20:00	Event Centre open	EC Cadempino
17:30	Team officials meeting Middle qualification+final	EC Cadempino

Tuesday 8th May

08:00 – 13:00	Event Office open	Carona
10:00 – 12:10	Middle Distance Qualification	Carona

Wednesday 9th May

08:00 – 14:00	Event Office open	Serpiano
10:00 – 13:30	Middle Distance Final	Serpiano
13:30	Flower ceremony	Serpiano
14:30	Deadline for entries Sprint relay	IOF Eventor
16:30 – 20:00	Event Centre open	EC Cadempino
17:30	Team officials meeting Sprint Relay	EC Cadempino

Thursday 10th May

14:00 – 19:00	Event Centre open	Tesserete
17:00 – 18:15	Sprint Relay	Tesserete
18:10	Flower ceremony	Tesserete
18:20	Price giving ceremony Middle Distance	Tesserete
18:40	Price giving ceremony Sprint Relay	Tesserete

Friday 11th May

09:00 – 18:00	Model events	2 areas offered
12:00	Deadline for entries Relay	IOF Eventor
16:30 – 20:00	Event Centre open	EC Cadempino
17:30	Team officials meeting	EC Cadempino

**Saturday 12th May**

11:00 – 18:30	Event Office open	Vaglio
12:00	Deadline for entries Long Distance	IOF Eventor
14:00 – 15:50	Relay women	Vaglio
15:50	Flower ceremony Relay women	Vaglio
16:00 – 17:50	Relay men	Vaglio
17:50	Flower ceremony Relay men	Vaglio

Sunday 13th May

07:00 – 16:00	Event Office open	Tesserete
09:30 – 14:10	Long Distance women	Capriasca
09:30 – 15:15	Long Distance men	Capriasca
14:15	Flower ceremony women	Tesserete
15:20	Flower ceremony men	Tesserete
15:30	Price giving ceremony Relay	Tesserete
15:40	Price giving ceremony Long Distance	Tesserete
15:50	Closing ceremony	Tesserete
from 16:30	Banquet for athletes and team leaders	Rivera
17:00 – 19:00	Event Centre open	EC Cadempino

Monday 14th May

08:00	Teams departure	EC Cadempino
08:00 – 10:00	Event Centre open	EC Cadempino



Locations

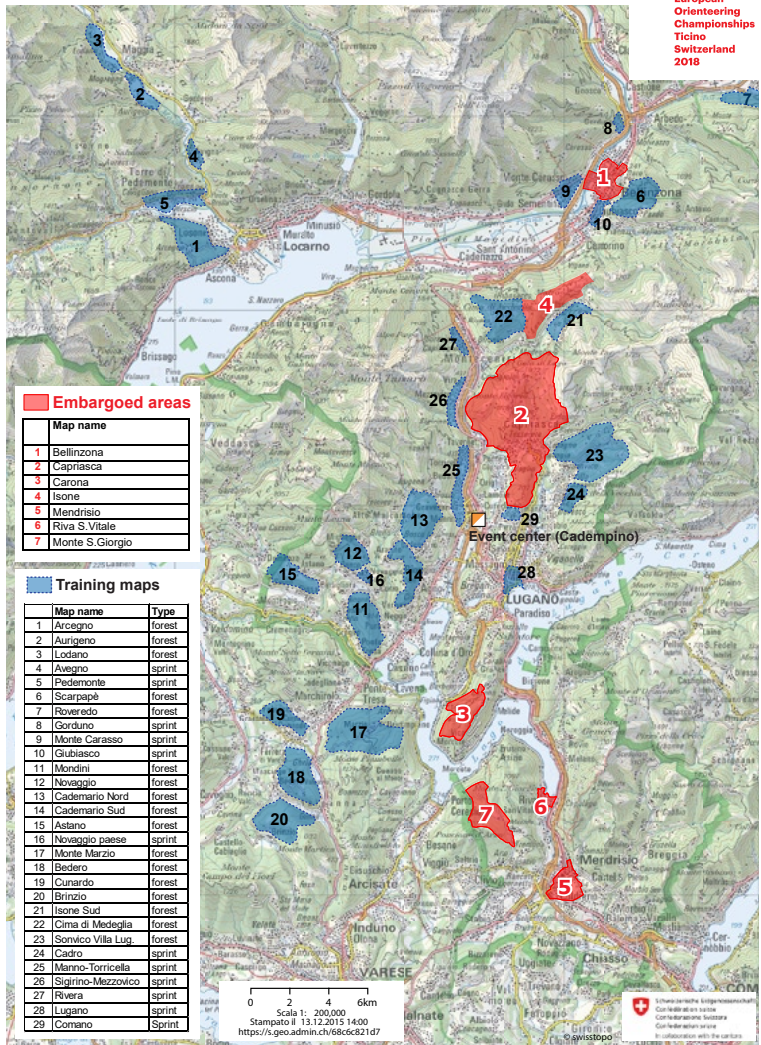


Embargoed areas and training maps

5.02.2017



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Embargoed areas



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.

Maps

Comments

1 [Bellinzona](#)

It is allowed to cross the competition area by railway.

The railway station can only be reached from the N-side.

It is allowed to cross the competition area only by public transport on the marked tracks (to/from Monte Carasso and to/from Giubiasco), but without stopping or exiting into the embargoed area. Access to the hospital is only allowed in case of emergencies.

2 [Capriasca](#)
(Gola di Lago-Comano)

It is allowed to cross the competition area on the marked main roads (Origgio-Sala-Tesserete, Canobbio-Luggaggia-Tesserete, Valcolla-Tesserete and Roveredo-Tesserete), but without stopping or exiting into the embargoed area.

However, access to the North (to Bigorio/Contra and Lelgio/Gola di Lago) is not allowed.

3 [Carona](#)

4 [Isona](#)

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 into the embargoed area. Access to the 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 into the embargoed area.
- 7 [Serpiano](#)

Latest colour copy of maps of embargoed areas.

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



EOC

general information



Accreditation

Only one person per team is requested to check in at the Event Office in Cadempino for accreditation of the whole team.

As part of this process, all team members' passports must be shown to prove their nationality.

To avoid lengthy waiting times at accreditation, please upload photos of all team members on IOF Eventor. Otherwise do not forget to bring missing photos with you...

Teams will be asked to provide a telephone number so that the organisers can quickly contact key team officials if necessary.

Each team will get an information package at the event office after accreditation which includes:

- Bulletin #4
- Small gift
- Map of Ticino
- Accreditation cards for all team members
- Form for contact information (to be filled in and left at Event Centre)
- Parking permits for Arena/Quarantine
- GPS vest for each athlete (EOC gift)
- SI-cards for all competitions
- List of SI-card assignments (each SI card is personally assigned to a competitor) and shall not be used by another athlete)
- Model event maps
- Vouchers for ordered services (banquet).

Hours of accreditation for EOC teams:

- 4th May: 14:00 to 20:00
- 5th May: 09:00 to 21:00

There will be a separate accreditation office for the EGK Swiss 5-days event in the Event Centre.

Payment

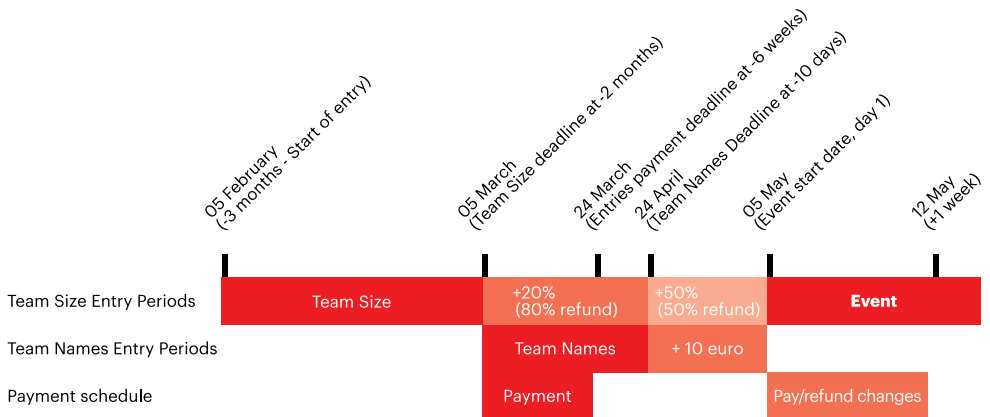
All fees and pre-ordered services (banquet, accommodation) must be paid before accreditation can be granted.

Late payments (changes only) can exceptionally be accepted at accreditation time. **Payment by credit cards will not be possible.**



Refunds will be paid back at accreditation time.

Please note that the payer is responsible for all bank fees and charges.



Punching system

SportIdent Air+ punching system will be used for all competitions.

Team leaders will receive SI-cards free of charge for all athletes of the team at accreditation in the event office.

Each competitor must compete with the assigned SI-card.

SI-cards must be returned to the Info desk after the last competitor's competition. Lost SI-cards will be charged to the team's federation(s) at 80 EUR per SI-card.

In case the Sportident Unit will not work in contactless mode, competitor has to try the backup systems in these sequence:

- Try to punch in "normal mode" inserting your SI-Card in the hole
- If this also fails, punch manually in the spare boxes on your map using the pin punch.

Control numbers are only on the Sportident unit.

Athlete licence

All participants need a valid IOF Athlete licence. To have a valid licence, the athlete needs to sign an athlete licence form and pay an annual fee of 30 EURO. If the athlete has signed the form in 2016 or 2017, he doesn't need to sign a new form. Payments of the annual licence fee is done in IOF Eventor, please consult the proper IOF Eventor Guide for this. For more information, please consult:

<http://orienteering.org/athletes-licence/>. Last minute signed licence forms can be scanned/photographed and sent to iof@orienteering.org for a "Preliminary" registration status of the licence. The original can be either sent directly to IOF Office or handed over to the Event Office. The IOF will not accept cash payments of the licence fee.

If your federation needs any special arrangements, you must contact david.wastlund@orienteering.org.



Training possibilities

There are several training maps available on request for 5.- CHF each. See more information on our online application: <http://omap.mo2mo.ch>.

Model events

The Model Events will take place in the locations and at the times indicated in the table below. Maps are handed out at accreditation. Model events are intended to be representative of the terrain. Control features and the mapping are typical for each format of the EOC competitions. There will be no timing equipment. Controls will be equipped with flags without SI-units and will not be guarded.

	Map	Training from	Training to
Sprint Qualification +FinalSprint Relay	Comano	4.5.2018 16:00	9.5.2018 18:00
Middle Qualification Relay	Cademario Nord	5.5.2018 9:00	11.5.2018 18:00
Long	Cima di Medeglia	5.5.2018 9:00	12.5.2018 18:00
Middle Final	Monte San Giorgio N	5.5.2018 9:00	8.5.2018 18:00
Technical model	Event Centre Cadempino	5.5.2018 16:00	5.5.2018 17:00

Team Officials' Meetings

Team officials' meetings (TOM) will be held in the Event Centre in Cadempino, according to the program. Only accredited team officials (maximum 2 per team) and invited guests will have access to the team officials' meetings.

Questions to be responded at TOM should be sent either in written form (preferred) to tom@eoc2018.ch or by phone at the helpdesk number (printed on the back side of the badge) no later than one hour before the start of the meeting.

Date	Time and location	Purpose
5 th May	17:30, Event Centre	Sprint Qualification + Final
7 th May	17:30, Event Centre	Middle Qualification + Final
9 th May	17:30, Event Centre	Sprint Relay
11 th May	17:30, Event Centre	Relay + Long Distance



Entry for competitions

Entry of athletes for the respective competitions must be submitted via the IOF Eventor form before 12:00 of the preceding day (with some exceptions, see schedule).

Free wireless internet access will be available at the Event Centre in Cadempino at the opening times specified in the program and also in the different arenas. At the EOC info desk (in the EC or in the arenas) you may ask for help (PC with internet connection).

Clothes

For EOC2018 races there are no regulations regarding clothing. According to the Swiss Orienteering Competition Rules (WO Art. 54,2;c) it is forbidden to run with spike shoes in Switzerland. However dobb spikes are allowed, but only for forest competitions.

Competition maps

All competition maps were revised in March 2018.

Last updates (if any) will be marked with purple colour.

Maps are printed on water resistant paper and will not require plastic bags.

1:15'000 maps (long distance and model long) are printed in offset mode, while all other maps are printed with laser / digital printing.

Number bibs

All competitors must wear their number bibs at all competitions.

The bibs must be worn on the chest and be visible in their entirety. They may not be folded over or cut down.

Bibs will be available each day in the quarantine.

For the Sprint Relay there will be two bibs, for chest and back.

Toilets

There will be toilets in (or near) the quarantines and at (or near) the starts and in the finish area of each competition.

Quarantine

Quarantine zones are shown in detail in each competition's section. There will be a check-in when entering the quarantine zone at each competition. Competitors and team officials must show their accreditation cards and sign the list.

Teams are allowed to take their own tents to the quarantine areas of all competitions with exception of the sprint qualification and sprint final.

In the quarantine there is water and coffee available.

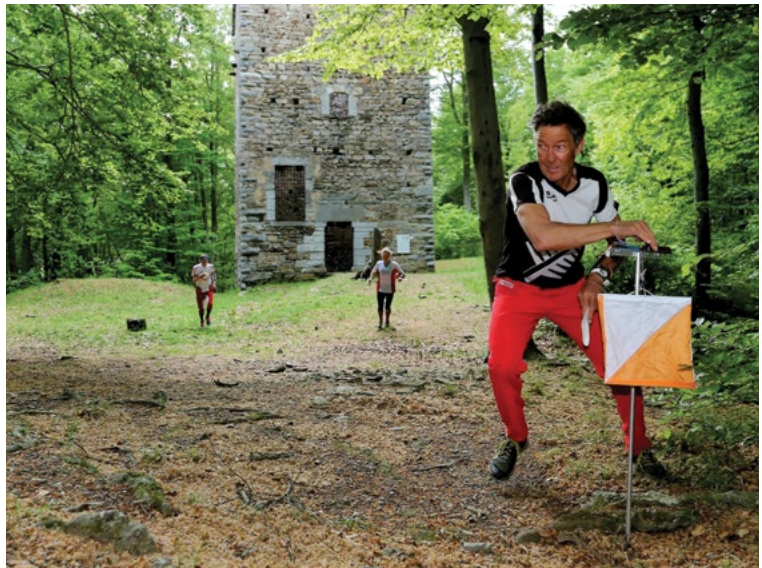
The use of mobile phones, computers or any other communication device inside the quarantine zones is strictly prohibited. It is not allowed to bring any maps of the competition areas into quarantine zones. Runners and coaches are not allowed to visit the finish area before entering the quarantine zone.

Competitors must enter the quarantine zone before the specified deadline; otherwise they will not be allowed to participate in the competition. Should you need help in case of “acts of nature beyond control”, contact the person indicated on the back of your badge.

Check-in deadlines for quarantine areas:

Date	Competition	Check-in Open	Deadline
Sunday 6 th May	Sprint Qualification	8:00	9:20
Sunday 6 th May	Sprint Final	14:30	15:50
Tuesday 8 th May	Middle Qualification	8:00	9:50
Wednesday 9 th May	Middle Final	8:00	9:50
Thursday 10 th May	Sprint Relay	15:40	16:50
Saturday 12 th May	Relay	12:30	13:50
Sunday 13 th May	Long Final	7:30	9:30

It’s possible that a TV team will enter the quarantine and takes movies of athletes (for presentation purposes). Athletes should be possibly cooperative if requested.



Tracking devices

Tracking devices will be used for viewing the competitions on the large video screen in the event arenas, for live transmission, and as part of the TV production.

The electronic tracking device is carried on the back of the runner in an elastic harness. Tracking will be offered at each competition except sprint qualification.

There will be 100 tracking devices assigned by the organisation.

In each quarantine there will be a list of athletes eligible to carry a tracking device.

Personal harness will be handed out by the organiser at accreditation time. Runners can use the harness provided by the organiser or a personal one.

Tracking devices will be placed into the harness by an official at the pre-start and collected at the finish.

Please remember wear your harness if you are eligible to carry a tracking device!

Transport

There is a mandatory transport for the three individual forest competitions.

Transport of the athletes to the pre-start is by means of minibuses at scheduled times according to competitors' start numbers.

The transport for coaches is usually separate from the athletes. The mini-buses for the coaches will leave when they are full. Please check the specific transport schedules for coaches in the transport-tables. The sequence of the bus stops is quarantine → pre-start → arena.





Start procedure

The competitor's name and bib number is called at the pre-start. It is the competitor's responsibility to watch for his/ her start time. There is also a clock showing competition time in the pre-start area. There will be clocks on the start line showing competition time.

Units for clearing and checking SI-cards are situated at the exit of the pre-start of the individual races or at the entry to the change-over area of relays. It is the athletes' responsibility to clear and check their SI-card correctly.

At all individual starts, the competitors pick up the control description at minute -3 from a table. Control description is always printed on the competition maps.

At all individual starts, the maps will be placed face down on a table next to the start line. An official releases the competitor by taking his hand off his/her shoulder at the start time.

At relay starts, the map of the first leg can be picked up from the ground at the start signal.

For the following legs, the athletes pick up their map when entering the change-over zone. The map can not be opened until the change-over has happened.

The start triangle is marked in the terrain by a control flag. The route to this flag is marked with tape and competitors must follow this marked route to the start point.

Finish procedure

Time will be measured at the moment of crossing the finish line.

After crossing the finish line, athletes may be requested to take immediately place on the leader chair. In this case a team official may hand over a jacket or some other clothes to an organizer, which will bring them to the runner to be worn. Change of clothes is not allowed as the athlete is live on TV.

The leader can follow the race on a TV-screen, and may only leave the stage according to the instructions of the organizer.

In all other cases, after the finish line the athlete enters an area of restricted-access for SI-card downloads and removal of tracking units. Coaches are allowed and drinks are available as well as access to first aid if needed. Athletes selected for anti-doping testing will be met here by their chaperones.



Anti-doping

Doping is strictly forbidden, and the organisers of EOC2018 are dedicated to support the anti-doping authorities in their work. Doping controls may be carried out any time during the competition period in accordance with the procedures described in the WADA International Standard of testing.

The IOF Anti-Doping Code and rules and the World Anti-Doping Code 2015 apply as of 1st January 2015. Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. The athlete should also bring along their therapeutic use exemption (TUE) if applicable.

In general, it is advisable that athletes bring along their ID to all competitions and events.

For more information, please consult:

<http://orienteering.org/anti-doping/>

Medical care, insurance

The organiser will provide first aid in each competition arena (medical tent).

Telephone number for medical care: +41 79 414 86 86

A qualified physiotherapist for musculoskeletal and sports-related issues is available free of charge for national teams without any such person in the staff.

The Physiotherapists speaks fluently Italian, English, German and French. On weekends and Ascension Thursday, the physiotherapist can be reached at +41 79 412 66 45.

Insurance against accidents is the responsibility of the federation or the individual competitor according to their national regulations. Competitors participate at their own risk (including the warm-up) and assume their own safety precautions. They will be held responsible for all injuries that might occur during EOC 2018.

Complaints

Final results will be available in paper form in the competitor's area and announced by the speaker.

Any complaint shall be made in written form and handed over to the organisers at the arena event office as soon as possible. A special form is available at the event office (in the event centre or in the arenas). Complaints regarding the results shall be made no later than 15 minutes after publication of the official results list.

A written protest can be made against the organiser's decision about a complaint. Written protests shall be delivered personally to a jury member or to the IOF senior event advisor no later than 15 minutes after the organisers have announced the decision about the complaint.

A protest has to be accompanied by a payment of 50 EUR, refundable in case the protest is accepted.



Coaching area

In arenas with an athlete's passage along the course there is an area reserved for coaches.

Only two coaches per nation are allowed at the same time.

Food

On competitions being held in the morning, warm food and drinks will be offered directly in the arena.

On Thursday 10th and Saturday 12th even though the competitions are held in the afternoon, food is offered in the big tent of the spectator race, near the arena.

On Sunday 6th only drinks and small snacks will be offered in the arenas. Interested EOC participants may book the food at least 24 hours in advance at a reduced price (6 CHF). However, it is always possible to buy food vouchers in the arena at normal prices (8 CHF, subject to availability).

TV / Live results

There will be TV cameras and photographers between and at controls (not marked on control description). Running cam and cable cam can also follow the athletes for a part of the course.

Team presentation or single athletes presentations for TV in advance of the races are possible. Instructions will be given during the Team Officials Meetings or in the quarantine. Please be ready to present your team.

The Sprint Final, Middle Final, Sprint Relay and the Relay races will be broadcasted live on Swiss national TV (SRF + RSI) and Finnish TV (YLE). All five final races can also be followed live on the internet worldwide on www.liveorienteering.com. The link to live Internet-TV, to GPS tracking and for the results can be found also at www.eoc2018.ch on the respective competition days.

Cost for live Internet-TV and GPS tracking is 6 EUR per race or 20 EUR for all 5 finals; live results are free.

Ceremonies

The EOC opening ceremony will be held on Sunday 6th May just after the Sprint Final race in the arena in Mendrisio at 18:15. During the first TOM, which will be held on Saturday, instructions for further detailed information about the opening ceremony will be available. Flower ceremonies will be at the arenas after the finals.

The prize and medal award ceremonies for EOC are scheduled as indicated in the detailed programme and will be held in the (daily) arenas of that day's competition. Athletes ranked 1-6 shall be present behind the podium 10 minutes prior to the beginning of the prize giving ceremony. National flags, signs, sunglasses, hats, headbands, bottles and other such items are not allowed on the stage. Final instructions to the participants will be given prior to the ceremonies on site. The closing ceremony will be held on Sunday 13th May in the long distance arena. Dress code for athletes:

- Opening ceremony: national team uniform.



- Flower ceremonies: national team's competition uniform.
- Medal ceremonies: national team uniform (or the national team's competition uniform if there is no time to change into the national team uniform).

Banquet

The banquet will take place in the evening of Sunday 13th May at the Splash&Spa Tamaro in Riviera starting at 16:30. The facilities include a wonderful SPA, swimming pools (with a wave pool) and water slides (such as Mania, Tunnel of Horror and more) which are available to all participants of the banquet until 22:00. Swim suits and a towel are required for using the facilities. For towel either bring your own or you may rent them for CHF 2.-.

The banquet will start at 19:30 and dinner is served buffet-style. There is no dress code required. Light music will accompany dinner and afterwards dance music will be played until midnight. Banquet tickets cost CHF 30.- and include entrance fee, food and beverage during dinner and up to 3 alcoholic drinks. Additional alcoholic drinks can be ordered and paid for when leaving the banquet. Tickets can be ordered on Eventor together with the entry fees. They will also be available for purchase in the event office until 12th May.

VIP and media

Media accreditation is free of charge and has to be done on IOF Eventor using the official form.

Accreditation for media representatives is at the media centre in the Event Centre in Cadempino. To a limited extent, accreditation will be possible upon arrival in the media centre, but it is preferred to register ahead of time on IOF Eventor. Please do not forget to include your photograph to avoid lengthy waiting times at accreditation.

Media centres both in the event centre and in the arenas will provide wi-fi internet connection and basic refreshments.

Spots for the best photographing will be available in the finish area and where possible in suitable places in the race terrain.

VIP & media race

A VIP & media race will take place on Friday 11th May in Tesserete. Start times are between 10:00 and 11:30.

Entry forms will be available in the media centre during the days before the race.

Entries are accepted until Thursday 10th May either in the daily Media tent or in the Event Office.

Jury EOC2018

Jaroslav Kacmarcik, CZE (SQ, SF, MQ)

David Aleš, CZE (MF, SR, Relay, LF)

Birgitte Husebye, NOR

André W. Schöpfer, SU





EOC competitions



Rules

The Competition Rules for IOF Foot Orienteering Events, as well as the Rules for European Orienteering Championships valid from January 2018 shall be applied for participation in the European Orienteering Championships 2018.

Classes and participation restrictions

EOC2018 belongs to World Cup Round 1.

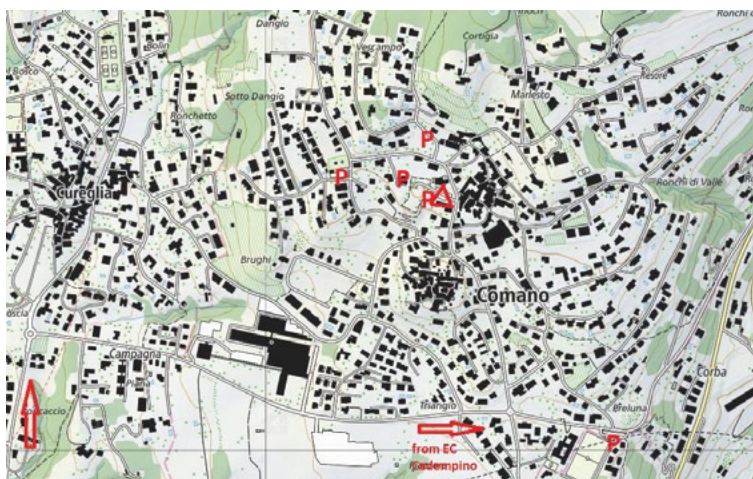
- Classes Men and Women, no age restrictions.
- Competitors representing member federations of the IOF, defined by the International Olympic Committee as belonging to the European continent, can compete in EOC.
- Competitors representing other member federations of the IOF can participate in EOC, but will not be eligible for European titles, medals or diplomas.
- There is no limit in the number of runners and officials in a team.
- In the sprint and middle competitions with planned qualification races each federation may enter a maximum of 6 runners in each class. The European Champions 2016 (M/W) for those competitions 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 be eligible for receiving a medal. Incomplete teams and teams with runners from more than one federation are not allowed to compete.

- In the long distance competition the qualification criteria is based on national quotas for Men and Women 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 Champions (W/M) 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 on the same day (in elite class, by paying the regular fee).
- In the sprint relay each federation may enter one team, consisting of 4 competitors (of which at least 2 must be women). Incomplete teams and teams with runners from more than one federation are not allowed to compete.
- Each participating federation shall appoint a team manager to act as a contact person between the team and the organiser. 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 their own personal responsibility, according to each national regulation.





Model Sprint



Date: from Friday 4th May 16:00 to Wednesday 9th May 18:00

Location: Comano (GPS start point [46.03704, 8.954645](#))

Teams will receive maps for each competitor at accreditation in the Event Office.

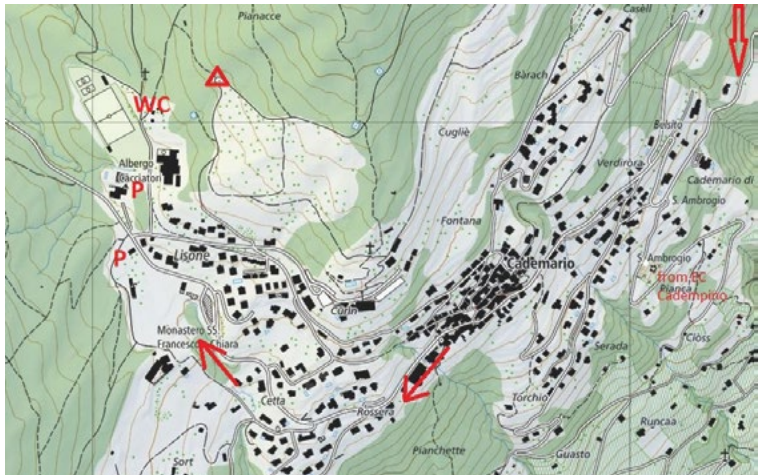
In this model area no traffic restrictions are foreseen. Please be aware of few vehicles in the area when crossing roads.

No flags or SI-units are placed at the control sites except on Saturday 5th May from 10:00 -12:00 when flags without SI-units will be set.

Public toilets are available at the start.



Model Middle Quali and Relay



Date: from Saturday 5th May 10:00 to Friday 11th May 18:00

Location: Cademario (GPS [46.022394](#), [8.885858](#))

Teams will receive maps for each competitor at accreditation in the Event Office.

Toilets are available between parking and start.



Model Middle Final



Date: from Saturday 5th May 10:00 to Tuesday 8th May 18:00

Location: Serpiano (GPS [45.910256, 8.927971](https://www.google.com/maps/place/45.910256,8.927971))

Teams will receive maps for each competitor at accreditation in the Event Office.

Toilets are available near the start.

The route to the model event crosses the embargoed area and it is forbidden to leave the route or to leave the perimeter of the model event map.



Model Long



Date: from Saturday 5th May 10:00 to Saturday 12th May 18:00

Location: Medeglia (GPS [46.127642, 8.963728](#))

Teams will receive maps for each competitor at accreditation in the Event Office.

Toilets are available near the parking.

The model event map is just beside the embargoed area and it is forbidden to leave the perimeter of the model event map.



Technical Model



Date: Saturday 5th May 16:30 to 17:30

Location: Event Centre Cadempino (GPS [46.034853, 8.930082](#))

The following procedures will be shown:

- start for individual competitions
- finish
- SportIdent Air+punching

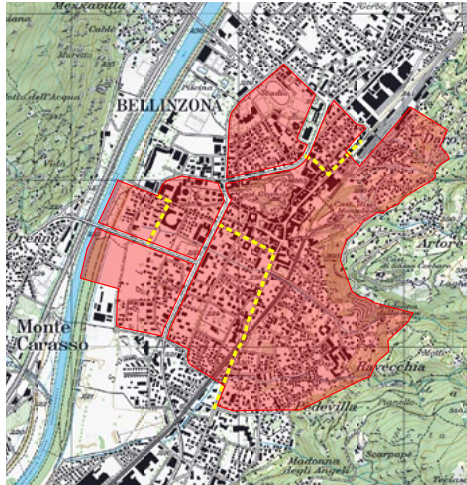
Please take your SI cards with you.

The sports drinks used at the refreshment controls will also be served and out-of-bound tapes are demonstrated.





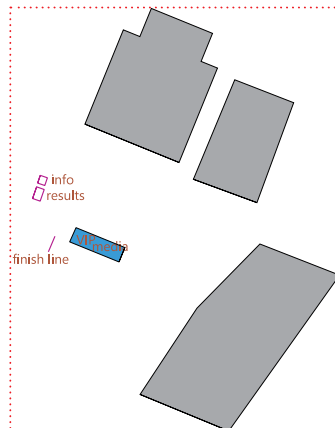
Sprint Qualification



Date: Sunday 6th May from 9:30 to 11:30.

Location: Bellinzona 22 km from the Event Centre
GPS coordinates arena:
[46.193266, 9.023917](https://www.google.com/maps/place/46.193266,9.023917)

Schema Arena



Quarantine

Location: Palasport, Via Giuseppe Cattori 3,
6500 Bellinzona,
GPS [46.194686, 9.014862](https://www.google.com/maps/place/46.194686,9.014862)

Access route: Three routes from the South, North and from the West (see plan) are allowed to be taken for reaching the quarantine. Taking any other route will result in disqualification.

Check-in time: from 08:00 to 09:20

Quarantine has an interior area, which is accessible only with clean sport shoes. Exiting the quarantine athletes and coaches may pick-up the warm-up map. The location of the pre-start is indicated on the warm-up map (600m from quarantine). Wandering outside the warm-up map borders may result in disqualification.

Because the pre-start is very close, toilets are available only in the quarantine and clothes will be transported from the quarantine zone to the finish.

Coaches may follow the taped route from quarantine to reach the arena.





Start procedure



Terrain	City, very good runnability, altitude 300m
Map	Bellinzona, scale 1 4'000, contour interval 2.5 m, mapped by Francesco Guglielmetti, size 22x30 cm, ISSOM 2007 rules apply
Course planner	Olivier Minotti
Number of heats	3, there will be 17 qualified European competitors from each heat + non-European competitors ranked 17 or better
Max. number of competitors	6 (+ European Champion) (men/women) from each Federation
Warning	Shoes with any kind of metal spikes are not allowed.

Sequence numbers To improve visibility, the sequence numbers have a light white border.



	Women	Men
First start	9:30	10:30
Start interval	1 min.	1 min.
Approx course length	3.25 km	3.72 km
Total climb	50	50
Number of controls	17	21
Number of refreshments	0	0



Winning time	14 min.	13 min.
Maximum running time	40 min.	40 min.
Control description size	48 x 115 mm	48 x 130 mm

Notes:

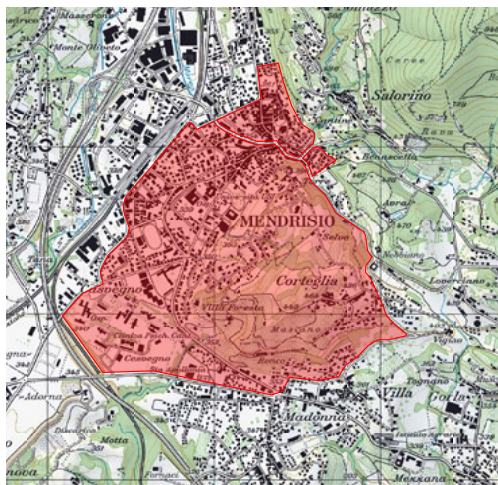
There are artificial barriers in the competition area, which are clearly marked on the map.

In the terrain it is strictly forbidden to cross those barriers.





Sprint Final



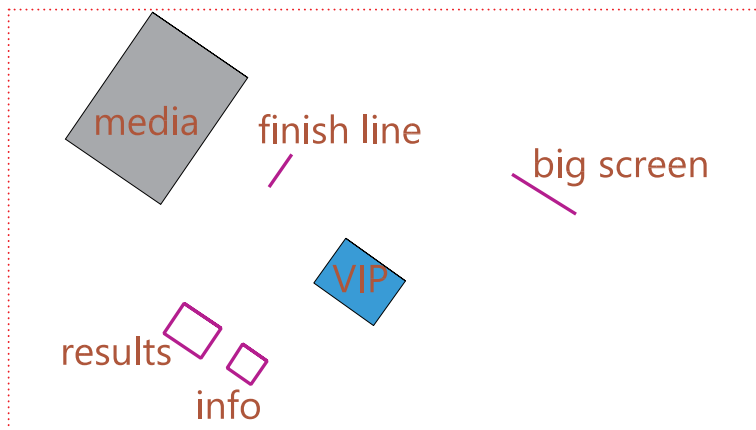
Date:

Sunday 6th May from 16:00 to 18:00.

Location Arena:

Arena Mendrisio (25 km from EC, 25 min.)
GPS coordinates: [45.867173](#), [8.985207](#)

Schema Arena



Quarantine

Location: Mercato Coperto, Via Campo Sportivo,
6850 Mendrisio,
GPS [45.865008](#), [8.978105](#)

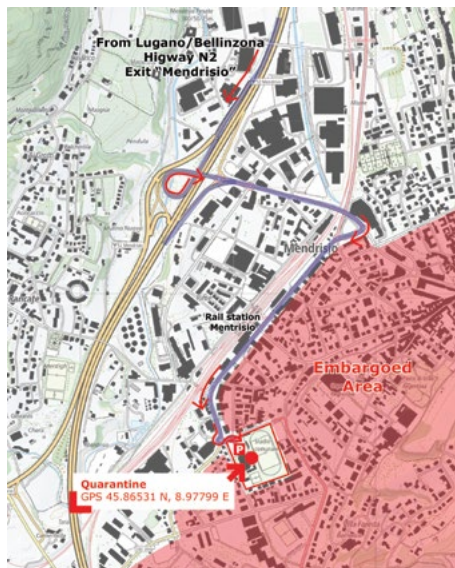
Access route: from the highway exit Mendrisio,
see schema.

Check-in time: from 14:30 to 15:50

The quarantine has an interior area, which is accessible only with clean sport shoes and an external field for warm-up.

No warm-up map is foreseen.

Pre-start is at the border of the quarantine, therefore, toilets are available only in the quarantine and clothes will be transported only from the quarantine to the arena. Coaches can go from the quarantine to the arena following a marked route.





Start procedure



Terrain City, very good runnability, altitude 300 m

Map Mendrisio, scale 1 : 4'000, contour interval 2.5 m, mapped by Camilla Moreni, size A4 (21x30 cm), ISSOM 2007 rules apply

Course planner Giorgio Bernasconi

Competitors All runners qualified for the A final. There will be no B final.

Warning Shoes with any kind of metal spikes are not allowed.

Sequence numbers To improve visibility, the sequence numbers have a light white border.



	Women	Men
First start	16:00	17:10
Start interval	1 min.	1 min.
Approx course length	3.72 km	4.12 km
Total climb	90	100
Number of controls	23	27
Number of refreshments	0	0
Winning time	14 min.	13 min.
Maximum running time	40 min.	40 min.
Control description size	48 x 160 mm	48 x 180 mm

Notes:

There is a map change for both, men and women classes. After punching the control, runners have to follow a compulsory route of 30 m over a bridge. At the end of this route the runners throw away the old map and take the new one from the table. Then they follow another 80 m compulsory route to the start flag which is marked as a triangle on the new map. The control number begins with the following number of the last control.

The race will be broadcasted live by Swiss Television. TV-staff may be close to several controls. A cameraman might even follow an athlete for a few meters.

There are artificial barriers in the competition area which are clearly marked on the map and in the terrain. It is strictly forbidden to cross those barriers.

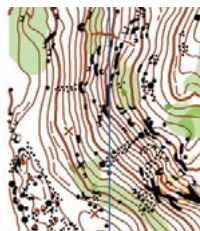
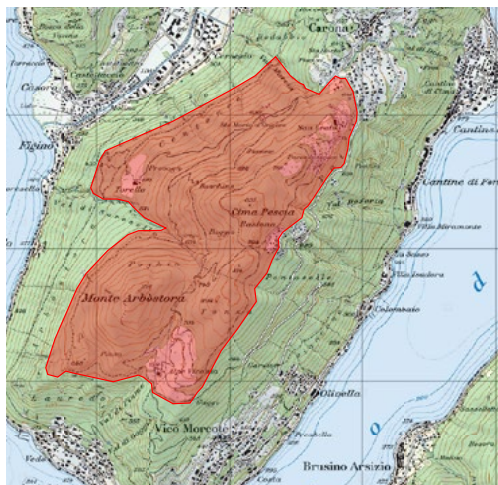


Pay attention in the old town when keeping track of the gates and accesses. Those marked as “passages” will surely be open; other gates and doors are marked on the map with a thick black line and may or may not be open, thus being more or less visible to the runners depending on the situation (see foto).





Middle Qualification



Date:

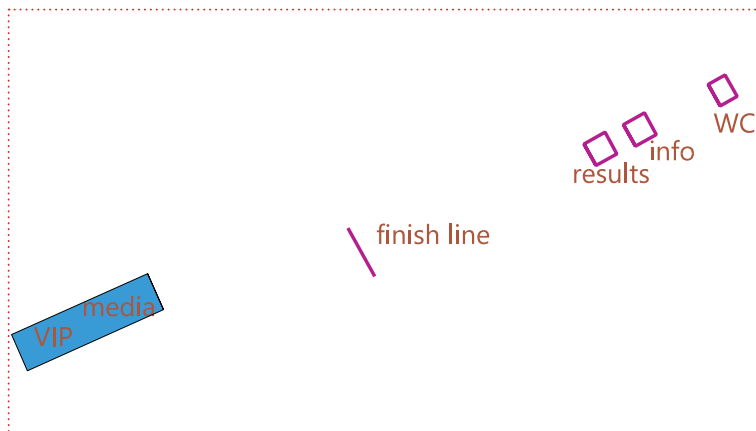
Tuesday 8th May from 10:00 to 12:10.

Location Arena:

Carona (16 km from EC, 25 min.)

GPS coordinates: [45.951685](#), [8.925115](#)

Schema Arena

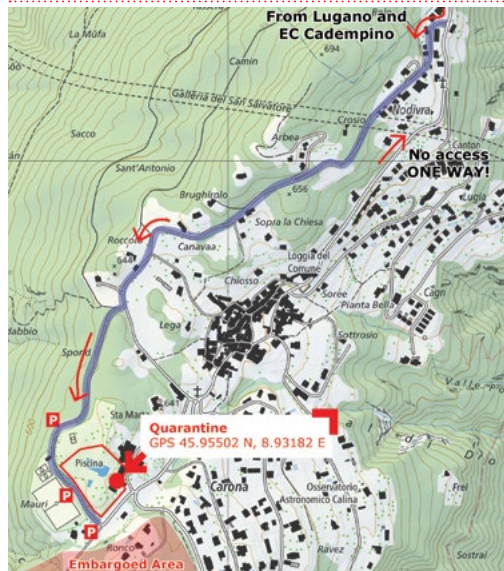


Quarantine

Location: Piscina Carona, Via Madonna d'Ongero, 6914 Carona, GPS [45.955058, 8.931327](#)

Access route: There is only one mandatory route to reach the quarantine from Lugano-Pazzallo-Carabbia.

Check-in time: from 08:00 to 9:50



The quarantine has covered spaced (not heated) and open spaces, where tents can be placed.

The Quarantine is surrounded by a fence. Athletes are allowed to leave the quarantine only for taking the minibus to the start.

Coaches can go directly from the quarantine to the finish following a marked route.



Competitors and coaches will be transported to the start according to the following schedule:

Athletes

departure	men	women
-----------	-----	-------

09:00	1-8	201-207
-------	-----	---------

09:05	9-15	208-215
-------	------	---------

09:10	16-23	216-222
-------	-------	---------

09:15	24-30	223-230
-------	-------	---------

09:20	31-38	231-237
-------	-------	---------

09:25	39-45	238-245
-------	-------	---------

09:30	46-53	246-252
-------	-------	---------

09:35	54-60	253-260
-------	-------	---------

09:40	61-68	261-267
-------	-------	---------

09:45	69-75	268-275
-------	-------	---------

09:50	76-83	276-282
-------	-------	---------

09:55	84-90	283-290
-------	-------	---------

10:00	91-98	291-297
-------	-------	---------

10:05	99-105	298-305
-------	--------	---------

10:10	106-113	306-310
-------	---------	---------

10:15	114-121	
-------	---------	--

10:20	122-129	
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Coaches

	to pre-start	pre-start to arena
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first departure	08:50	09:00
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last departure	09:20	11:45
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Above schedule allows athletes to be at the pre-start about 50 minutes before their effective start times.

The athletes can leave their bags in the quarantine because it is possible to return after finishing the race, as all athletes will already have left to the start at this point.

Therefore just let transport few clothes you really need at the finish (which is only 700 m from quarantine).

At the drop-off point athletes and coaches will get a warm-up map which brings them to the pre-start.

Leaving the perimeter of the map or entering the violet marked zone which is a natural protection area may lead to disqualification.

Due to limited accessibility to the start area, toilets are available only in the quarantine and at the drop-off point.

For the same reason, clothes will be transported only from the drop-off point to the arena.





Start procedure



Terrain Hilly terrain with steep slopes and deep valleys, few paths, with some rocky areas and other with dense holly trees and/or briar patches, altitude 600-800 m

Map Carona, scale 1:10'000, contours interval 5 m, mapped by Beat Imhof, size 20x30 cm, ISOM 2017 rules apply

Course planner Sergio Cantoreggi

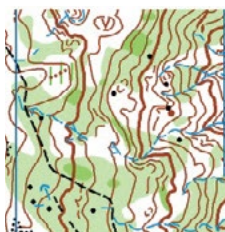
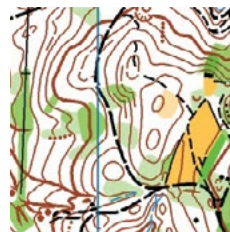
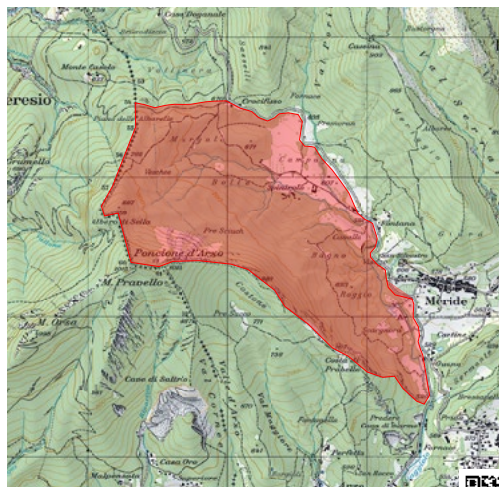
Number of heats 3, there will be 17 qualified European competitors from each heat + non-European competitors ranked 17 or better

Max. number of competitors 6 (+ European Champion) (men/women) from each Federation

	Women	Men
First start	10:01	10:00
Start interval	2 min.	2 min.
Approx course length	3.0 km	3.5 km
Total climb	170	190
Number of controls	12	16
Number of refreshments	0	0
Winning time	25 min.	25 min.
Maximum running time	75 min.	75 min.
Control description size	48 x 90 mm	48 x 110 mm



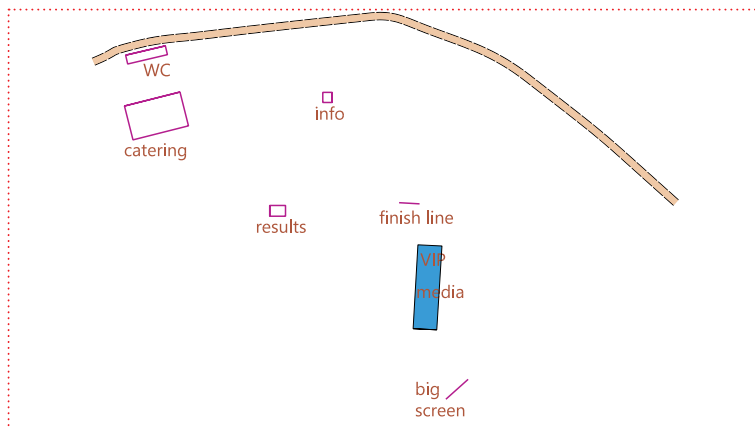
Middle Final



Date: Wednesday, 9th May, from 10:00 to 13:30

Location Arena: Meride-Serpiano (35 km from EC, 45 min.)
GPS coordinates: [45.897414](#), [8.939459](#)

Schema Arena



Quarantine

Location: Centro Sportivo Arzo,
Via Cave di Marmo 10-12, 6864 Arzo,
GPS [45.878402, 8.950102](#)

Access route: There is only one route to reach the quarantine from Mendrisio-Rancate-Bezasio-Arzo.

Check-in time: from 08:00 to 9:50



The quarantine is restricted to the Sport Centre area. The structure is not very big and it is allowed to bring the own tents. Athletes and coaches are allowed to leave the quarantine for taking the transport to the start. Coaches may also go directly to the arena by own cars.



Competitors and coaches will be transported to the start according to the following schedule:

Athletes

departure	men	women
09:00		101-108
09:15		109-115
09:30		116-123
09:45		124-130
10:00	1-7	131-138
10:15	8-15	139-145
10:30	16-22	146-153
10:45	23-30	
11:00	31-37	
11:15	38-45	
11:30	46-53	

Coaches

	to pre-start	pre-start to arena
first departure	08:50	09:00
last departure	09:50	12:55

Above schedule allows athletes to be at the pre-start about 50 Minutes before their effective start times.

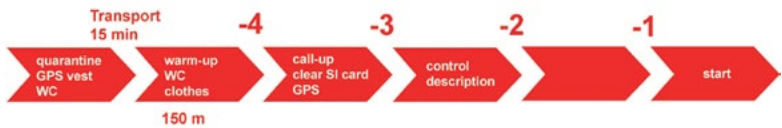
At the drop-off point athletes and coaches will get a warm-up map, which brings them to the pre-start.

Toilets are available in the quarantine and at the drop-off point only.

Clothes will be transported from the quarantine and drop-off point to the arena.



Start procedure



Terrain hilly terrain, steep slopes, deep valleys, few paths, middle runnability, visibility mostly good, altitude 600-800 m

Map Monte San Giorgio, scale 1:10'000, contours interval 5 m, mapped by Beat Imhof, size A4 (21x30 cm), ISOM 2017 rules apply

Course planner Vincenzo Jacomella

Competitors All those qualified for the A final in the qualification race in Carona. The runners which are not qualified are allowed to start for free in the spectator race of the afternoon in the classes Men and Women (without ranking), provided they sign-up at the Info desk the day before.

	Women	Men
First start	10:00	11:01
Start interval	2 min.	2 min.
Approx course length	4.3 km	5.4 km
Total climb	230	300
Number of controls	16	19
Number of refreshments	1	1
Winning time	35 min.	35 min.
Maximum running time	90 min.	90 min.
Control description size	48 x 120 mm	48 x 140 mm

Notes:

Water and sport drinks are available at the refreshment station.

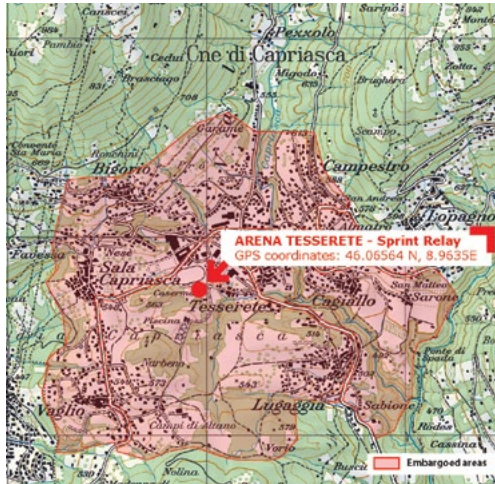
Powerlines are crossing the competition area. Some of them are very high and the runners may not notice them except for the pylons while running in the forest. For this reason, only the pylons and the first part of the line indicating the direction of the cables are mapped.

The race will be broadcasted live by Swiss Television. TV-staff may be close to several controls. A cameraman might even follow an athlete for a few meters.





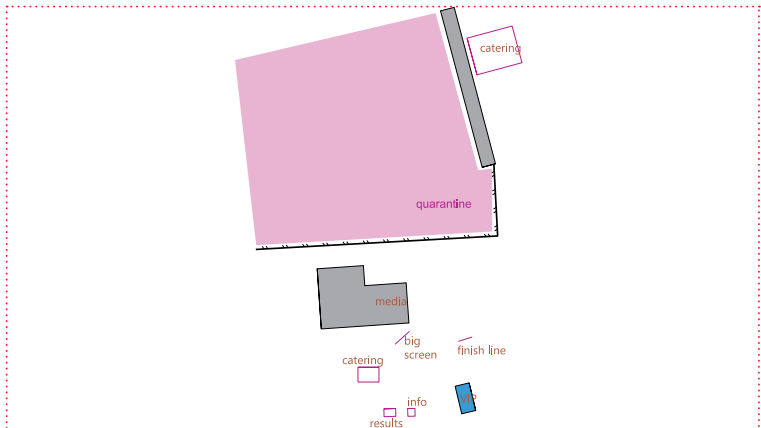
Sprint Relay



Date: Tuesday 10th May from 17:00 to 18:00.

Location Arena: Tesserete (7 km from EC, 10 min.)
GPS coordinates: [46.065815](#), [8.963706](#)

Schema Arena

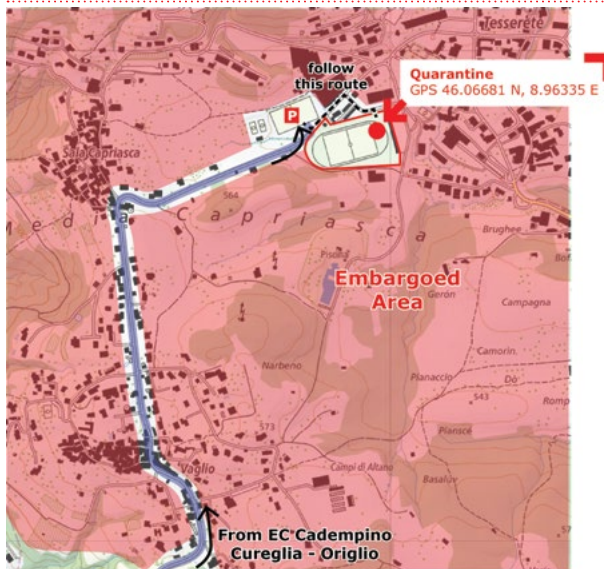


Quarantine

Location: Arena Sportiva,
Tesserete,
GPS [46.067028, 8.962976](#)

Access route: There is just one mandatory route allowed to reach the quarantine: from South, via Cureglia, Origlio, Vaglio, Sala Capriasca. The route coming from Lugano-Canobbio-Lugaggia crosses the embargoed area and is not allowed.

Check-in time: from 15:30 to 16:40



The quarantine has some limited covered space (not heated) and open spaces for warm-up, where tents can be placed. Quarantine borders are defined by the fence around the Sport Centre. Wandering outside this area after the quarantine check-in deadline may result in disqualification.

No warm-up map foreseen.

Toilets are available in the quarantine.

Clothes will be transported from the quarantine to the arena.



Start procedure

The quarantine area is very close to the arena.

First leg runners can leave the quarantine zone and enter the change-over area no sooner than 5 minutes before the start. The maps of the first leg are on the ground with the start number facing up. Runners line up behind their respective maps. At the start signal, runners will pick-up their maps.

2nd – 4th leg runners will be called approximately 5 minutes before the arrival of the first team of the previous leg and they will enter the change-over area. At the entrance of the change-over area they will pick-up their own map at the info tent. The map is rolled and cannot be opened before the change-over, which happens when the arriving runner touches the body of the leaving runner.

The space in the change-over area is limited, no possibility to warm-up, so leave the quarantine not too early...

Terrain	City, very good runnability, altitude 500-600 m
Map	Capriasca-paese, scale 1 : 4'000, contour interval 2.5 m, mapped by Francesco Guglielmetti, size A4 (21x30 cm), ISSOM 2007 rules apply
Course planner	Gianni Guglielmetti
Max number of relay teams for each Federation	1
Number of legs	4 (order: woman – man – man – woman)
Warning	Shoes with any kind of metal spikes are not allowed.
Special map symbols	black circle: different man made features (often park games)
Sequence numbers	Control numbers are beside the sequence numbers. To improve visibility, the sequence and control numbers have a light white border, which helps also to avoid forgetting controls on the same line when there is no direction change



Mass start	17:00
Maximum total running time	90 min.

	Legs 1+4	Legs 2+3
Approx course length	3.6 km	4.1 km
Total climb	135	155
Number of controls	17	18
Number of refreshments	0	0
Winning time	16 min.	16 min.

Notes:

Control descriptions are on the map only.

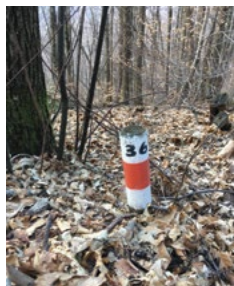
In the narrow streets of the towns there is the risk of collision between runners. In the most critical places there will be organization staff helping to avoid those cases. The race will be broadcasted live by Swiss Television. TV-staff may be close to several controls. A cameraman might even follow an athlete for a few meters.

The not passable features that may cause doubts in the runners are marked in the terrain with white/red tapes. There are artificial barriers in the competition area, which are clearly marked on the map and in the terrain. It's strictly forbidden to cross those barriers.

Permanent controls such as the ones shown below can be found in the forest. They should be ignored even if they happen to be at the same location as the EOC-controls.

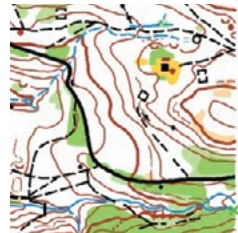
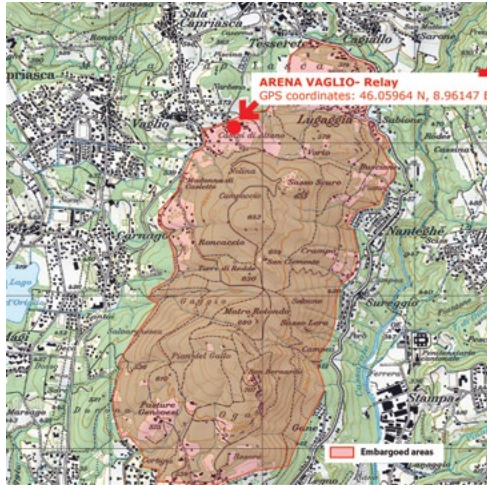
Attention:

Participants of the relay and the long distance races may only stay in the arena or in the town of Tesserete to avoid conflicts with embargoed areas of the coming competitions thus causing disqualification.





Relay



Date:

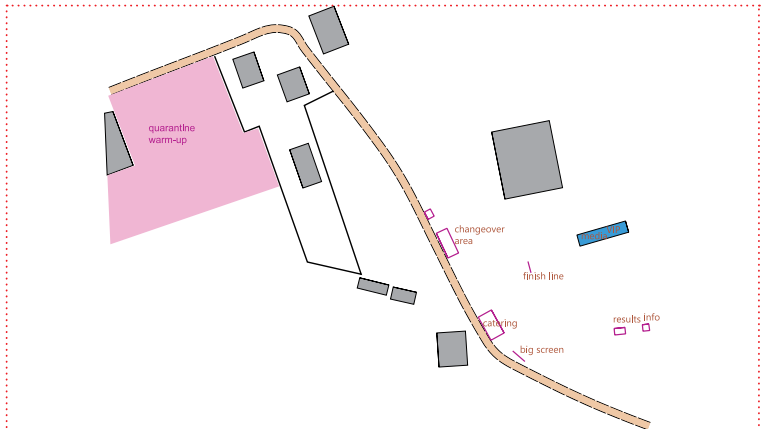
Saturday 12th May from 14:00 to 18:00.

Location Arena:

Tesserete (7 km from EC, 10 min.)

GPS coordinates: [46.05957, 8.961958](#)

Schema Arena

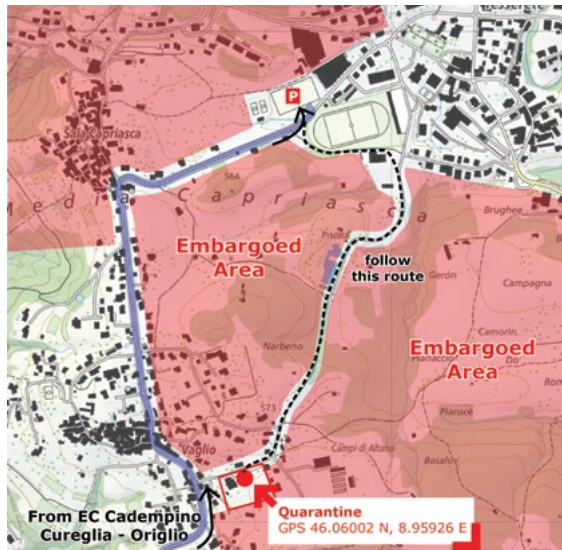


Quarantine

Location: Asilo Vaglio,
Via Altano, 6949 Vaglio,
GPS [46.06002, 8.95926](#)

Access route: The parking is in Tesserete. Then follow a path of approximately 600 m to the quarantine.
It's not allowed to stop on the main route near the quarantine as it is dangerous.

Check-in time: from 12:30 to 13:50



Quarantine borders are marked in the terrain by ribbons. Wandering outside this area after the quarantine check-in deadline is prohibited and may result in disqualification.

No warm-up map foreseen.

Toilets are available in the quarantine area only.

Clothes will be transported from the quarantine to the arena.

There will be a TV presentation of all teams, beginning 15 minutes before the start. Instructions will be given in the quarantine and during the teamleader meeting. Please be ready to present your team.

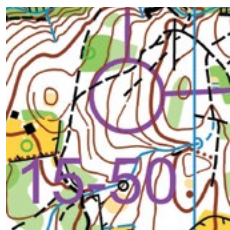
Start procedure

The quarantine area is very close to the arena.

First leg runners can leave the quarantine zone and enter the change-over area no sooner than 5 minutes before the start. The first leg maps are on the ground with the start number facing up. Runners line up behind their respective map. At the start signal runners pick-up their maps.

2nd - 3th leg runners will be called 5 minutes before the arrival of the first team and can move to the change-over area. Once entered into the change-over area they can not go back any more to quarantine. At the entrance of the change-over area they can pick-up their map at the info tent. The map is rolled and cannot be opened before the change-over which happens when the finishing runner is touching the body of the leaving runner.

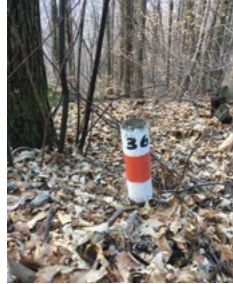
Terrain	Closed oak forest, moderately hilly, with some paths, mainly good runnability, visibility varies but is mainly good, altitude 600-700 m
Map	Tesserete, scale 1 : 10'000, contour interval 5 m, mapped by Francesco Guglielmetti, size A4 (21x30 cm), ISOM 2017 rules apply
Course planner	Federico Tettamanti
Max number of relay teams 2 per Federation	
Number of legs	3
Sequence numbers	Control numbers are beside the sequence numbers. To enhance the readability of the map, the control numbers are printed in smaller font (4.8 mm).



Note:

permanent controls such as the ones shown below can be found in the forest. They should be ignored even if they happen to be at the same location as the EOC-controls.

In the forest there are also some new mountain bike tracks, which are not mapped.



	Women	Men
Mass start	14:00	16:00
Winning time	100 min	100 min.
Maximum running time	180 min	180 min.
Leg information:		
Total climb	220	300
Number of controls	20	23
Number of refreshments	0	0
Winning time	35 min.	35 min.

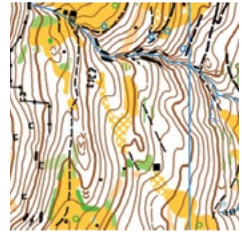
Notes:

Control descriptions are printed on the map only.

The race will be broadcasted live by Swiss Television. TV-staff may be close to several controls. A cameraman might even follow an athlete for a few meters.



Long Distance



Date:

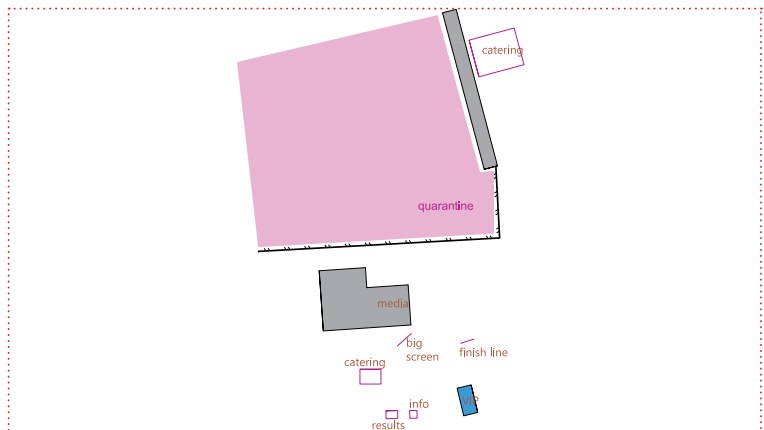
Sunday, 13th May, from 9:30 to 15:00

Location arena:

Tesserete (7 km from EC, 10 min)

GPS coordinates: [46.065815](#), [8.963706](#)

Schema Arena

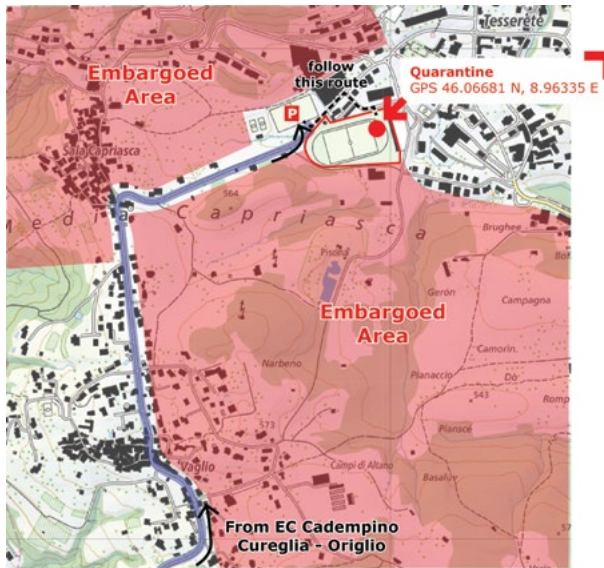


Quarantine

Location: Arena Sportiva,
Tesserete
GPS [46.067028, 8.962976](#)

Access route: There are two different routes to reach
the quarantine

Check-in time: from 07:30 to 9:30



The Quarantine is restricted to the Sport Centre area. Athletes and coaches are allowed to leave the quarantine for taking the transport to the start.

The covered area is not very big and it is allowed to bring the own tents into quarantine.



Competitors and coaches will be transported to the start according to following schedule (same minibuses for athletes and coaches).

ATHLETES

departure	men	women	places for coaches
08:10			8
08:20		101-103	13
08:30	1-2	104-106	3
08:40	3-5	107-110	9
08:50	6-9	111-113	1
09:00	10-12	114-116	10
09:10	13-15	117-120	1
09:20	16-19	121-123	9
09:30	20-22	124-126	2
09:40	23-25	127-130	9
09:50	26-29	131-133	1
10:00	30-32	134-136	2
10:10	33-35	137-140	1
10:20	36-39	141-143	1
10:30	40-42	144-146	2
10:40	43-45	147-150	1
10:50	46-49	151-153	1
11:00	50-52	154-156	
11:10	53-55	157-160	
11:20	56-59	161-163	
11:30	60-62	164-166	
11:40	63-65	167-170	
11:50	66-69	171	
12:00	70-72		
12:10	73-75		
12:20	76-78		

**Coaches**

	to pre-start	pre-start to arena
first departure	08:10	08:25
last departure	10:50	14:00

Travel time is approximately 15-20 minutes. The above schedule allows athletes to be at the pre-start about 50 minutes before their effective start times.

Due to limited accessibility to the start area, toilets are available only in the quarantine and at the drop-off point.

For the same reason, clothes will be transported only from the quarantine or from the drop-off point to the arena.

Start procedure

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, contours interval 5 m, mapped by Urs Steiner, size A3 (42x30 cm), ISOM 2017 rules apply
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. Additionally personal place for current European Champion.



	Women	Men
First start	09:30	09:44
Start interval	3 min.	3 min.
Approx course length	11.3 km	14.9 km
Total climb	680	910
Number of controls	25	35
Number of refreshments	3	3
Winning time	80 min.	95 min.
Maximum running time	180 min.	180 min.
Control description size	48 x 170 mm	48 x 210 mm

Notes:

At the refreshments the organiser will provide water and sport drinks. Refreshments located at a control will be marked on the control description, while refreshments located along a route will be marked on the map.

Personal drinks can be carried out to the first refreshment point, providing they are delivered to the organiser at the exit of the quarantine no later than 08:45 with the start number written on it.

There are a few natural protection areas (marshes) which are marked on the map but not in the terrain.

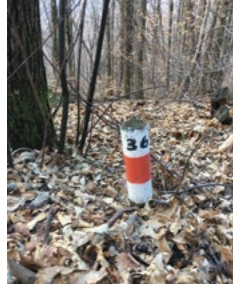
Please respect them, trespassing will be monitored.



There are also some forbidden areas marked on the map and in the terrain (red-white ribbons) as usual.

Permanent controls such as the ones shown below can be found in the forest. They should be ignored even if they happen to be at the same location as the EOC-controls.

The race will be broadcasted live by Swiss Television. TV-staff may be close to several controls. A cameraman might even follow an athlete for a few meters.





Summary of entries



Federation	Men	Women	Team officials	Total
Australia	2	3		5
Austria	4	5	4	13
Belarus		1		1
Belgium	8		2	10
Bulgaria	6	6	2	14
Croatia	2			2
Czech Republic	7	7	3	17
Denmark	6	6	6	18
Estonia	6	6	1	13
Finland	11	9	6	26
France	8	6	2	16
Germany	7	6	3	16
Great Britain	9	8	3	20
Ireland				0
Israel	3			3
Italy	6	6	1	13
Japan	1			1



Latvia	7	6	1	14
Lithuania	6	6		12
Moldova, Republic of	1			1
New Zealand	2	1		3
Norway	12	12	7	31
Poland	3	3	2	8
Portugal	3	2		5
Romania	4			4
Russian Federation	9	10	3	22
Slovakia	2			2
Spain	4	4	2	10
Sweden	11	11	5	27
Switzerland	10	11	6	27
Turkey	1	1		2
Ukraine	8	5		13
United States	3			3
Sum	171	141	59	371

	Men	Women	Officials	Teams
Sprint Qualification	123	100		
Middle Qualification	125	102		
Sprint Relay				21
Relay	37	32		
Long distance	76	70		



Organisation structure and contacts



Organisers

ASTi Ticino

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

Organising Committee

Event Director	Francesco Guglielmetti, tel. +41 91 6051553 francesco.guglielmetti@eoc2018.ch
Chief course planning	Stefano Castelli, stefano.castelli@eoc2018.ch
IT and Timekeeping	Sandro Corsi, sandro.corsi@eoc2018.ch
Sponsor	Claudio Alfieri, claudio.alfieri@eoc2018.ch
Media and communication	Lorenzo Patocchi, tel. +41 79 2352266 lorenzo.patocchi@eoc2018.ch
Chief finance	Patrick Rossetti, patrick.rossetti@eoc2018.ch
Logistics	Andrea Ronchetti, andrea.ronchetti@eoc2018.ch
Security and transport	Vincenzo Pellegrini, vincenzo.pellegrini@eoc2018.ch
Accommodation	Michele Santini accommodation@eoc2018.ch



Administration EOC Daniela Guglielmetti,
info@eoc2018.ch

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

Administration Alessio Pietra,
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

EOC

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EGK Swiss 5-days event (spectator race)

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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



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23 volte campionessa del mondo
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