



Flims Laax

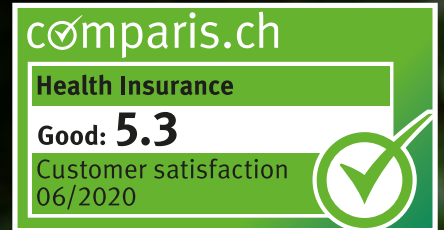
**WOC
2023**

SWITZERLAND
World Orienteering
Championships

Bulletin 1

Nature is my best medicine

Unrestricted access to natural and complementary medicine with EGK



EGK-Gesundheitskasse | Birspark 1 | 4242 Laufen
061 765 51 11 | info@egk.ch | www.egk.ch



WELCOME

Focussing on the athletes!

Our ultimate goal is to organize this World Orienteering Championships 2023 with the athletes in mind: we will focus on the best interest of the athletes and teams. You are the stars and we will work endless hours to offer **pure excitement. pure challenge. pure joy!**

We hope that the days in Flims Laax will be perfect, and you will enjoy the outstanding terrain and breathtaking scenery of Flims Laax. The largest landslide ever seen in the Alps tumbled 7 cubic kilometres of limestone down from the Flimserstein into the Rhine River and thus created this terrific orienteering area.

Every team will benefit from the same conditions: with the support of the destination Flims Laax and our Presenting Partner EGK, we are able to offer to all teams the accommodation in our athletes' village (for 3 women, 3 men, 2 coaches) free of charge!

On behalf of the whole organizing committee,

Hansueli Steinmann
President

Brigitte Grüniger Huber
Event Director

Matthias Niggli
Sports Director



Presenting Partner



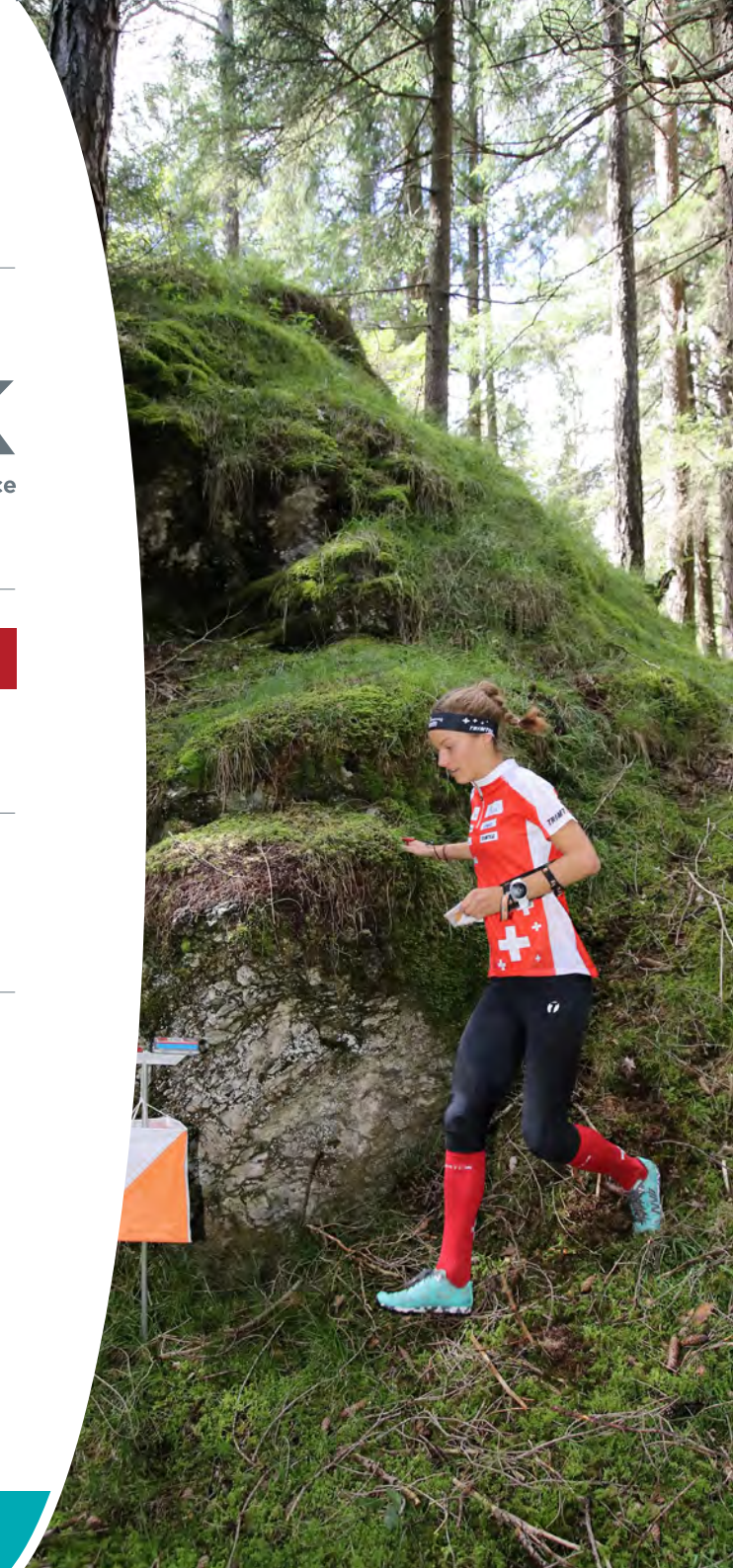
Host City



Destination



Partner



ORGANIZING COMMITTEE

Verein OL WM 2023 Flims Laax

Event Director	Brigitte Grüniger Huber	brigitte.grueniger@woc2023.ch
Sports Director	Matthias Niggli	matthias.niggli@woc2023.ch
Secretary General	Nils Eyer	nils.eyer@woc2023.ch
Event Production	Alex Wenger	alex.wenger@woc2023.ch
Communication/Marketing	Severin Furter	severin.furter@woc2023.ch
Infrastructure	Hansueli Steinmann	hansueli.steinmann@woc2023.ch
Finances	Stefan Hess	stefan.hess@woc2023.ch

Event Advisers

IOF Senior Event Adviser SEA	Áron Less (HUN, ad interim)
IOF Assistant Event Adviser (Competition)	Carl-Göran Strutz (SWE)
National controllers	Urs Hofer (SUI) and Michael Eglin (SUI)

Contact information

www.woc2023.ch

info@woc2023.ch

IOF Eventor: <https://eventor.orienteering.org/Events/Show/6496>

Old maps are available
on IOF Eventor.



WOC 2023



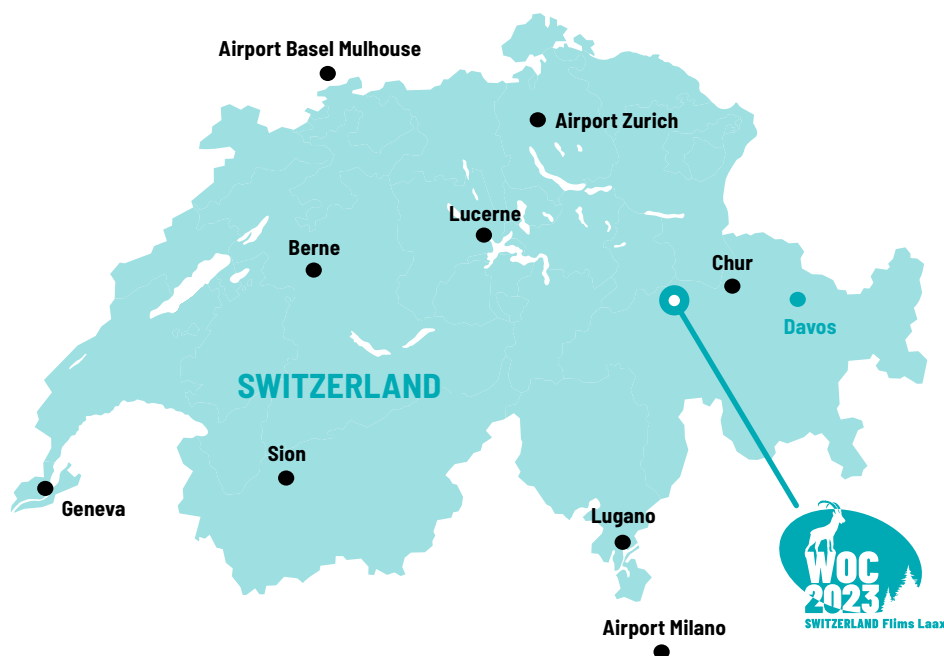
EVENT PROGRAM

Date	WOC Event	Location	Swiss O Week (Spectator race) more information on page 13
Tuesday 11 July	Opening Ceremony	rocksresort / Laax Murschetg	
Wednesday 12 July	Qualification Middle distance	Flims Laax	
Thursday 13 July	Long distance	Flims Laax	
Friday 14 July	Rest day		
Saturday 15 July	Final Middle distance	Flims Laax	Accreditation
Sunday 16 July	Relay Closing ceremony Party	Flims Laax rocksresort / Laax Murschetg Crap Sogn Gion	1 st stage
Mon 17 – Sat 22 July			2 nd – 6 th stage

VENUE AND ACCESS

We highly recommend arriving by train and bus to Flims Laax as you will not need a car to get around at WOC 2023!

We will offer shuttles to reach the trainings and competitions. All other services will be within walking distance from the athletes' village. On request, we can offer shuttles from / to the airport in Zurich.



from Airport Zurich

1h 45min by car

2h by train and bus

from Airport Basel Mulhouse

2h 30min by car

3h 30min by train and bus

from Airport Milano

3h by car / 5h by train and bus



EVENT CENTRE / ACCOMMODATION

Event centre and athletes' village: **rocksresort in Laax Murschetg**

The rocksresort combines urbanity in a stunning natural environment. Many activities and shops, restaurants or bars are within the rocksresort area and offer endless possibilities from morning to evening. It will be the hub of the orienteering world in summer 2023 with the event centre for WOC and the Swiss O Week!

The rocksresort impresses with its unique architecture, design and regional building materials. You will have breathtaking nature of the destination Flims Laax on your doorstep in the rocksresort and all facilities within walking distance.

Accommodation

The same conditions apply for everyone:

The organizing committee together with the tourism organization Flims Laax Falera invite you to stay in our athletes' village for free!

For every national team, 3 women, 3 men, and 2 coaches are invited to stay from Tuesday, 11.07. to Monday, 17.07.2023 in the athletes' village.

Teams will only pay the accreditation fee (CHF 120.- per person) and the accommodation for extra members and extra days.

The following apartments and hotel rooms are available within walking distance of the event centre:

4, 6 and 8-person apartments in the **rocksresort**:
You choose between self-catering or eating in a restaurant or a mix by using the hotel services according to your needs. There is a wide range of restaurants for breakfast, lunch and dinner. For a drink in the evenings, the Piazza is the meeting place. In the nearby Hotel there is a swimming pool, a sauna and a small gym (extra fee).



2, 4 and 6-person apartments in **Peaks Place**:
Here too, you choose between self-catering or eating in the restaurant and using the hotel services of your choice. The Spa & Wellness zone In the Peaks Place is a good place to relax after the competitions.

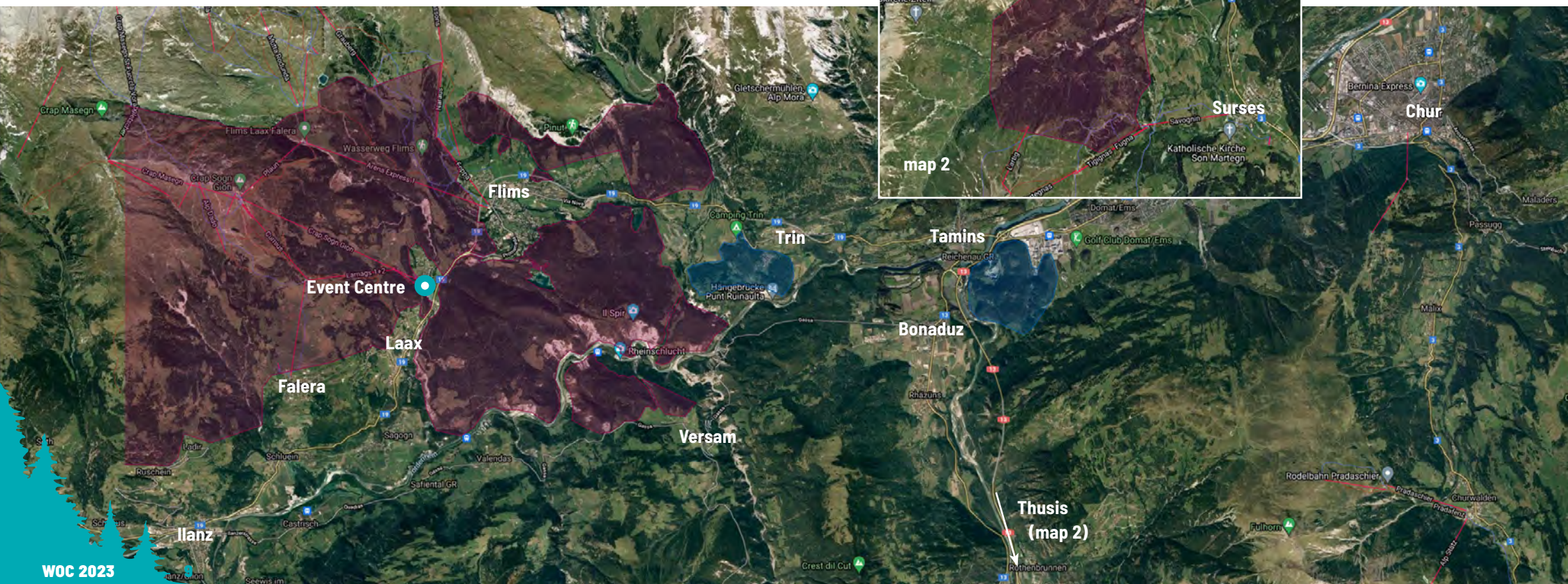
Double- and Twin-rooms in **Hotel Signina**.
Hotel services, extras and meals have to be paid by the teams.



EMBARGOED AREAS

According to the IOF Competition rules (§ 26.5), embargoed areas are forbidden for all potential WOC 2023 athletes, team officials and other persons, who, through knowledge of the terrain, may influence the results of the competitions. All embargoed areas are forbidden to enter. More information and previous maps of the embargoed areas are available on <https://eventor.orienteering.org/Events/Show/6496> and the website www.woc2023.ch

 Embargoed areas
 Training maps



TRAINING POSSIBILITIES

There are a lot of relevant and interesting training maps in the region around Flims Laax as well as in other parts of Switzerland. Together with the local authorities, we have defined and agreed on access times and possibilities. Therefore, all training activities shall be coordinated with the organizer.

The preparations for WOC 2023 include three official training camps in relevant and exciting terrain. All information about training maps, training camps and competitions in similar terrain in Switzerland will be available from September 2021 on www.woc2023.ch.

We want you to be well prepared for WOC 2023. Please coordinate your wishes and needs with us. For any training purposes contact the responsible person: **Simone Niggli**, simone.niggli@woc2023.ch

Scheduled training camps:

Training Camp 1

04–09 October 2022, right after the EGK Orienteering World Cup Final in Davos/Klosters.

Training Camp 2

31 May – 05 June 2023 in conjunction with selection races.

Training Camp 3

06–09 July 2023 just before WOC 2023.

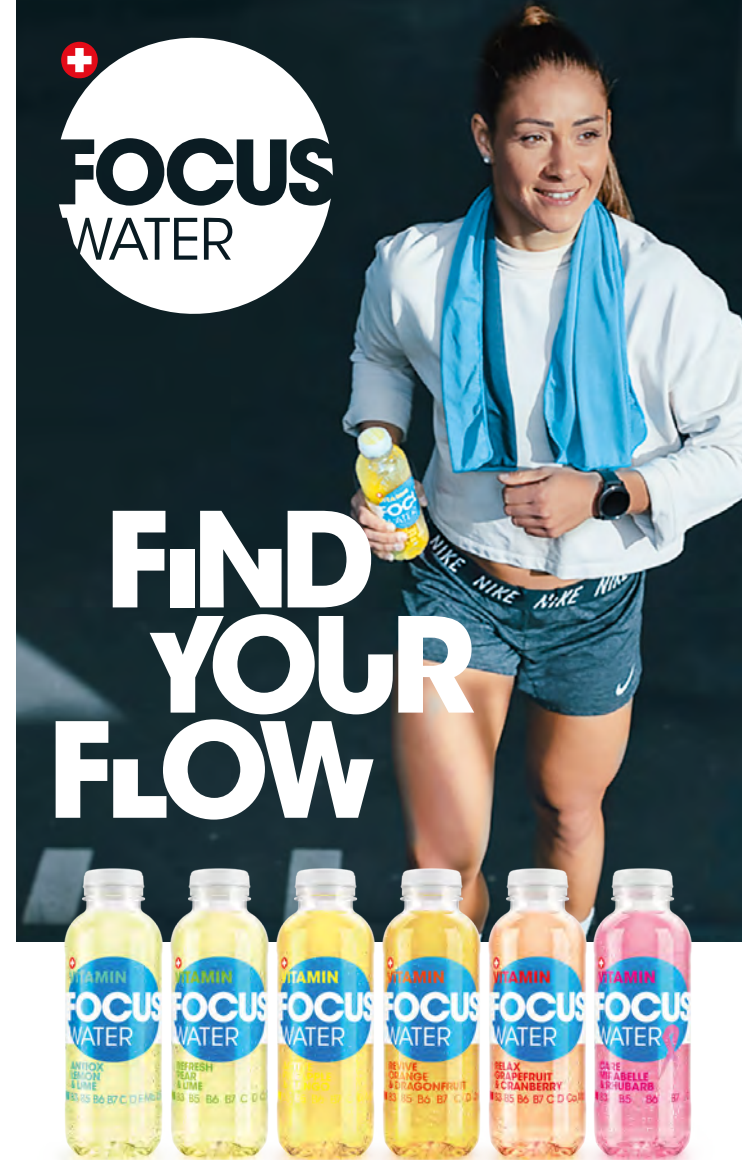
COMPETITION RULES

The Competition Rules for IOF Foot Orienteering Events 2023 will apply. Please refer to the Competition Rules on the IOF website: <https://orienteering.sport/orienteering/competition-rules/>

According to the Swiss Orienteering Competition Rule (WO Art. 54.2.c), it is forbidden to run with spike shoes in Switzerland. However, dobb spikes and normal orienteering shoes are allowed.

CLASSES AND PARTICIPATION RESTRICTIONS

Classes: WOMEN and MEN without any age restrictions (IOF Competition Rule § 5.7.). All competitors represent a Federation (§ 6.5.). All athletes shall be citizens of the country they are representing (§ 6.2.). Athletes being citizens of more than one country may represent only one Federation during any one calendar year (§ 6.1.).



Rich in vitamins

Low in calories

Swiss made

Natural

focuswater.ch



ANTI-DOPING

Doping is strictly forbidden, and the organizers of WOC 2023 are dedicated to supporting the Anti-Doping authorities in their work. Doping controls may be carried out any time during the event in accordance with the procedures described in the WADA International Standard of Testing and Investigations. The IOF Anti-Doping rules and the World Anti-Doping Code apply.

INSURANCE

The organizers decline any liability that might occur through participation in WOC 2023 and in trainings. Each person participates at her/his own risk and is responsible for her/his own insurance coverage (illness and accident).

VISA PERMITS

The prerequisite for immigration into Switzerland is a valid passport. For travellers from certain countries a visa or further documents are required. Please check with your embassy if you need a visa permit. www.sem.admin.ch

CLIMATE AND HAZARDS

July is the warmest month of the year in Switzerland. Daytime average temperatures in Flims Laax in July fall between 10 and 22° C. Maximal temperatures of up to 30°C are rare, but possible. In summer, surprising showers or thunderstorms may often occur, mostly during the afternoon and evening.

As the competition areas are at an altitude between 800 and 1800 m, major temperature differences are possible even within one competition day.

Wild bees can possibly be encountered in the competition areas.

It is recommended to cover arms and legs to avoid tick bites in the forest: Ticks might transmit Lyme-disease and meningoencephalitis.

WORLD CUP FINAL 2022

The 2022 World Cup Finals in Davos / Klosters will be the official pre-WOC event, organized by the same staff on 01-03 October. The program includes a Long Distance, a Middle Distance and a Relay competition (as for WOC 2023, but without the Middle Qualification race).

The aim is to offer a model / training event for WOC 2023 – on similar terrain, with the same map makers and course setters. This will be your unique opportunity to prepare yourself for WOC 2023!

For those not qualified for the World Cup Final there is the possibility to start in the national competitions on 1-2 October in the same areas. More information will be available on www.o-worldcup.ch and www.woc2023.ch.




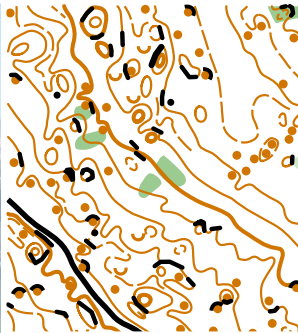
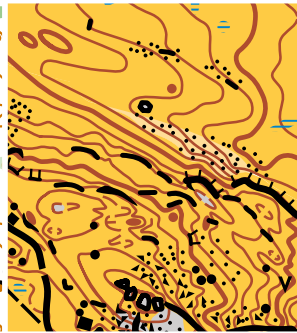

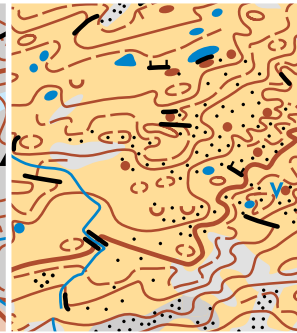
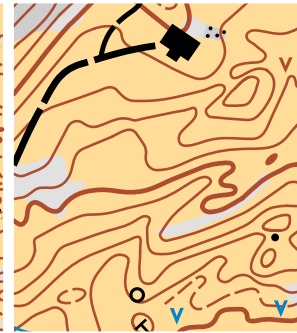
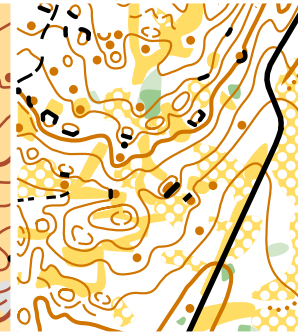










Hunting for controls at the Swiss O Week!

World-class orienteering and recreational sports can never be better combined than at WOC 2023! Experience the title races of the world's best athletes on site in the finish arenas. Afterwards, go hunt for the controls yourselves at the Swiss Orienteering Week.

The WOC 2023 is the ideal preparation for the participation at the Swiss O Week 2023. Enjoy the unique alpine mountain world during six stages and look forward to the hospitality and the variety of offers in the Flims Laax Falera holiday region!

Saturday 15.07.	Sunday 16.07.	Monday 17.07.	Tuesday 18.07.	Thursday 20.07.	Friday 21.07.	Saturday 22.07.
WOC (Middle)	WOC (Relay)					
Check-in/ Training	Stage 1 Flims Long distance	Stage 2 Crap Sogn Gion Long distance	Stage 3 Vorab Middle distance	Stage 4 Nagens Long distance	Stage 5 Tektonikarena Middle distance	Stage 6 Laax Long distance
						
						

KEEP IT
CALM
AND
BEAUTIFUL

Acting together for a mindful approach to nature.

flims.com/beautiful