



# **Bulletin 1**

## **December 2015**

Version 01  
Last update: 22.12.2015



**EOC 2018  
Via Campagnola 3  
CH-6928 Manno  
+41 91 6051553  
[www.eoc2018.ch](http://www.eoc2018.ch)  
[info@eoc2018.ch](mailto:info@eoc2018.ch)**





---

# Index



---

<b>Welcome</b>	<b>5</b>
<b>EOC Schedule</b>	<b>6</b>
<b>Classes and Participation</b>	<b>7</b>
<b>Event Centre</b>	<b>8</b>
<b>Embargoed Areas</b>	<b>9</b>
<b>Existing Maps</b>	<b>10</b>
<b>Training Maps</b>	<b>11</b>
<b>General Plan of Terrains</b>	<b>13</b>
<b>General Terrain Description — Other Information</b>	<b>14</b>
<b>Swiss 5-Days Event</b>	<b>15</b>
<b>Organizers</b>	<b>16</b>

---



Capriasca



Lugano



Mendrisio



Bellinzona



---

# Welcome



---

The Ticino Sports Association (ASTI) is very pleased to welcome to Ticino competitors of the European Orienteering Championships and the International 5-Days event in 2018. The Organizing Committee is working hard to honour in the best way its commitment to orienteers from all parts of the world. We are convinced that this event goes beyond the purely competitive aspects, ranging from multisport and touristic to cultural perspectives. After the races, participants will in fact have the opportunity to choose from the lake, the mountains, or the many cultural opportunities that the region has to offer. The Organizing Committee would like to sincerely thank all sponsors and authorities of the individual venues that will host the event for their active and constant support. A special thanks also to the leaders of the military and civil protection, which will support the competitions by providing personnel and equipment. Lastly, the Organizing Committee would like to thank the competitors and their families, and all supporters, and extends to them the most cordial welcome to Ticino for the great celebration of orienteering sport.



Francesco Guglielmetti  
Chairman of the Organizing Committee

---



# EOC Schedule



## EOC 2018

5-DAYS

Saturday 5<sup>th</sup> May 2018

**Model Event**

Sunday 6<sup>th</sup> May 2018

**Sprint Qualification  
Sprint Final**

Monday 7<sup>th</sup> May 2018

**Model Event**

Tuesday 8<sup>th</sup> May 2018

**Middle Distance Qualification**

1<sup>st</sup> Day

Wednesday 9<sup>th</sup> May 2018

**Middle Distance Final**

2<sup>nd</sup> Day

Thursday 10<sup>th</sup> May 2018

**Mixed Relay**

3<sup>rd</sup> Day  
*Swiss Sprint  
Championships*

Friday 11<sup>th</sup> May 2018

**Model Event, Rest Day**

Rest Day

Saturday 12<sup>th</sup> May 2018

**Relay**

4<sup>th</sup> Day  
*National  
Competition*

Sunday 13<sup>th</sup> May 2018

**Long Distance**

5<sup>th</sup> Day  
*National  
Competition*



---

# Classes and Participation



- 
- 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 individual competitions a 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 each individual competition, the competitors placed number 17 and better in each qualification race heat may run in the A-final; the remaining competitors run in the B-final.
  - Competitors who start, but are not placed, in the qualification race may start before the qualified runners in the B-final but will appear in the result list as not placed.
  - In the Relay a Federation may enter 2 teams, each consisting of 3 competitors, but only the better-placed team will count in the prize list. Incomplete teams and teams with runners from more than one Federation are not allowed.
  - In the Sprint Relay each Federation may enter one team, consisting of 4 competitors (of whom at least two 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 see 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.
-



---

# Event Centre

## **Centro Eventi, 6814 Cadempino, Switzerland**

The EC is located only 800m from the railway station Lamone-Cadempino, just 6 km from the city centre of Lugano, easily reachable by train or bus.







# Embargoed Areas



## Maps

## Comments

1	<a href="#">Bellinzona</a>	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 the hospital is allowed only in case of emergencies.
2	<a href="#">Cademario Nord</a>	
3	<a href="#">Complete Capriasca</a> (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.
4	<a href="#">Carona</a>	
5	<a href="#">Cima di Medeglia</a>	
6	<a href="#">Lugano</a>	It is not allowed to cross the city on the road along the lake. Alternatively, use the road connection across the railway station, Piazza Molino Nuovo, Cassarate.
7	<a href="#">Mendrisio</a>	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 the hospital is allowed only in case of emergencies.
8	<a href="#">Riva San Vitale</a>	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.
9	<a href="#">Riviera</a>	
10	<a href="#">Monte San Giorgio</a>	



---

# Existing Maps

**Latest colour copy of maps of embargoed Areas.**



## Maps

- 
- 1 [Bellinzona](#)

---

  - 2 [Cademario Nord](#)

---

  - 3.1 [Capriasca](#)

---

  - 3.2 [Tesserete](#)

---

  - 3.3 [Capriasca paese](#)

---

  - 4 [Carona](#)

---

  - 5 [Cima di Medeglia - Isonne](#)

---

  - 6 [Lugano](#)

---

  - 7.1 [Mendrisio](#)

---

  - 7.2 [Casvegno](#)

---

  - 8 [Riva San Vitale](#)

---

  - 9 [Riviera](#)

---

  - 10 [Monte San Giorgio](#)

---



# Training Maps



	<b>Region</b>	<b>Mapname</b>	<b>Lastupdate</b>	<b>Type</b>
1	Locarnese	Arcegno	2012	forest
2	Locarnese	Aurigeno	2006	forest
3	Locarnese	Lodano	2007	forest
4	Locarnese	Avegno	2010	sprint
5	Locarnese	Pedemonte	2015/2016	sprint
6	Bellinzonese	Scarpapè	part. 2014	forest
7	Bellinzonese	Gorduno	2014	sprint
8	Bellinzonese	Monte Carasso	2012	sprint
9	Malcantone	Mondini	2008	forest
10	Malcantone	Novaggio	2007	forest
11	Malcantone	Cademario Sud	2014	forest
12	Malcantone	Astano	2007	forest
13	Malcantone	Novaggio paese	2013	sprint
14	Malcantone (Italy)	Monte Marzio	2013/2015	forest
15	Malcantone (Italy)	Bedero	2013	forest



---

# Training Maps



	<b>Region</b>	<b>Mapname</b>	<b>Lastupdate</b>	<b>Type</b>
16	Malcantone (Italy)	Cunardo	2014	forest
17	Malcantone (Italy)	Brinzio	2012	forest
18	Luganese	Isonne Sud	2010	forest
19	Luganese	Villa Luganese	part. 2014	forest
20	Luganese	Cadro	2014	sprint
21	Luganese	Manno-Torricella	2014	sprint
22	Luganese	Sigirino-Mezzovico	2014	sprint
23	Luganese	Comano	2013	sprint

---



# General Plan of Terrains

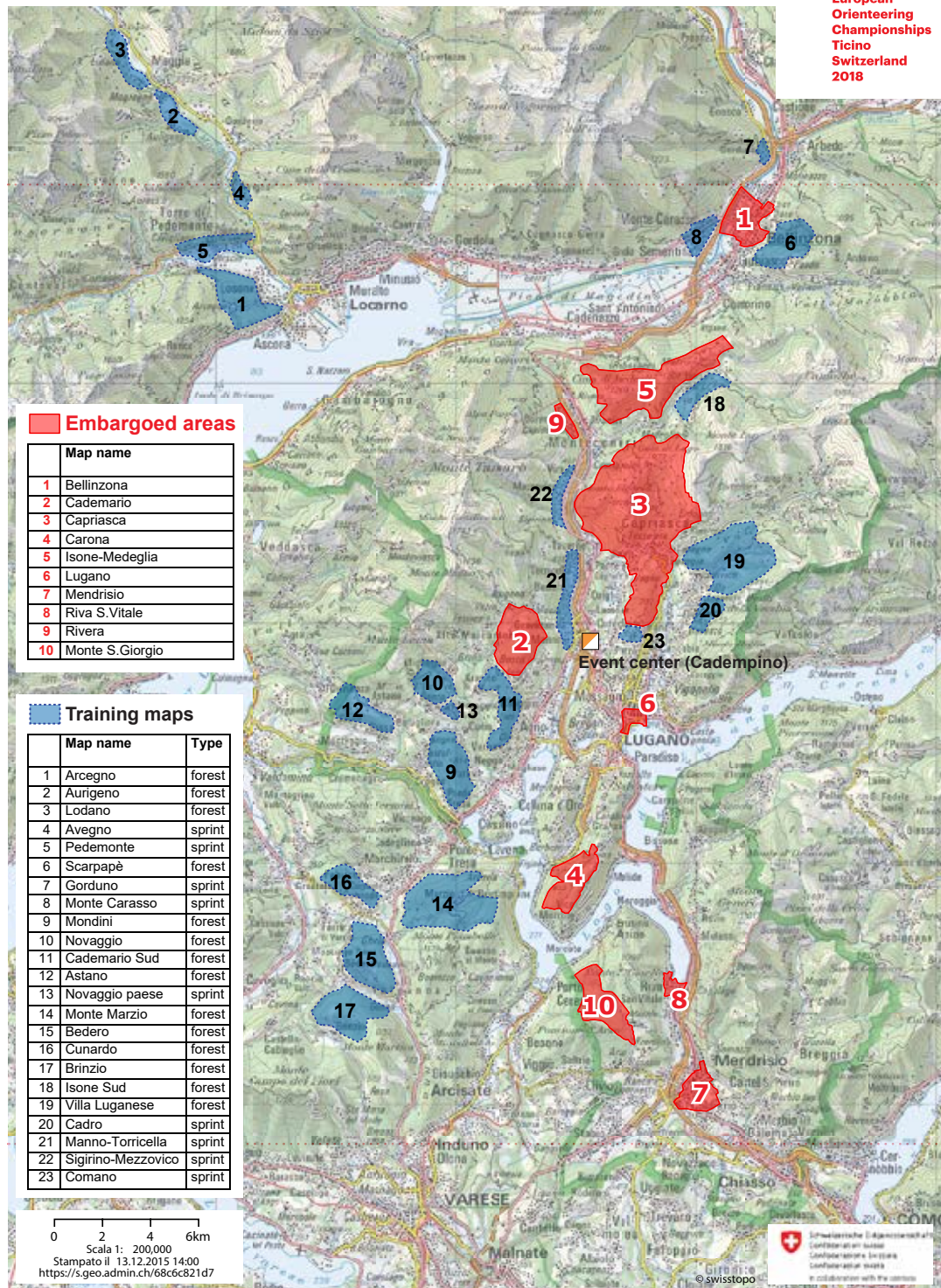
Here you can find a [general map](#) of the embargoed and training areas.

## Embargoed areas and training maps

12.12.2015



European  
Orienteering  
Championships  
Ticino  
Switzerland  
2018





---

# General Terrain Description

---

## Other Information



### General Terrain Description

---

In a distance from 5 km up to 35 km from the EC, there are very different terrains. The altitude of the race areas is between 300 and 1100 m above sea level. All terrains are characterized by some steep slopes. Some of them are compact beech and chestnut forests, mainly with good runnability, others have stony ground and are slower, whilst others have more open parts. In all cases there are few paths and the fine contours and details of the maps require good technical capabilities.

### Other Information

---

- The nearest airport is Lugano, just 5 km from the EC. However, there are cheap flights to Lugano only if your chosen carrier is Swiss or Lufthansa.
  - Alternatively, the closest airport is Milano-Malpensa, from where you can reach the EC by train.
  - If you rent a car, remember to ensure it's equipped with a valid "vignette" (motorway sticker, valid one year on all Swiss highways).
  - When you plan a training camp or organize your journey to EOC2018, take into consideration that the road EC-Ponte Tresa (Italy) has heavy traffic all the time during working days and also the weekends: travel times for these few km are really unpredictable! The same problem concerns the highway EC-Mendrisio (-Italy) during working days at peak hours.
-



---

# Swiss 5-Days Event

(spectator race)



---

## Program

---

Tuesday	8 <sup>th</sup> May 2018	1 <sup>st</sup> Day (with EOC Middle Qualification)
Wednesday	9 <sup>th</sup> May 2018	2 <sup>nd</sup> Day (with EOC Middle Final)
Thursday	10 <sup>th</sup> May 2018	3 <sup>rd</sup> Day (Swiss Sprint Championships, with EOC mixed relay)
Friday	11 <sup>th</sup> May 2018	Rest Day
Saturday	12 <sup>th</sup> May 2018	4 <sup>th</sup> Day (Swiss National Competition, with EOC relay)
Sunday	13 <sup>th</sup> May 2018	5 <sup>th</sup> Day (Swiss National Competition, with EOC long distance)

---

## Classes

---

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

---

## Maps

---

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.

---

## Event Center

---

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 about mid 2017.

---

## Contacts

---

Swiss 5-Days 2018  
Via Campagnola 3  
CH-6928 Manno

---

<http://www.eoc2018.ch>  
e-mail: [fivedays@eoc2018.ch](mailto:fivedays@eoc2018.ch)



---

# Organizers

EOC 2018  
Via Campagnola 3  
CH-6928 Manno  
Tel. +41 91 6051553  
[www.eoc2018.ch](http://www.eoc2018.ch)  
[info@eoc2018.ch](mailto:info@eoc2018.ch)

—  
Swiss Orienteering Federation  
CH-4600 Olten, Switzerland  
+41 62 2873040



## Organizers

---

**ASTi Ticino**

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

### Organizing Committee

---

**Event Director:**

Francesco Guglielmetti  
+41 91 605 1553  
[director@eoc2018.ch](mailto:director@eoc2018.ch)

**Technical Supervisor:**

Stefano Castelli

**IT and Timekeeping:**

Sandro Corsi

**Sponsor and Media:**

Claudio Alfieri

**Administration EOC:**

Daniela Guglielmetti,  
[info@eoc2018.ch](mailto:info@eoc2018.ch)

**Administration 5-Days:**

Sarah Ortelli  
[fivedays@eoc2018.ch](mailto:fivedays@eoc2018.ch)

### Event Controllers

---

**IOF Advisor**

Janos Manarin (Italy)  
Olivier Benevello (France)

**National Controller**

Tulla Spinelli

---