



Flims Laax

**WOC
2023**

SWITZERLAND
World Orienteering
Championships

Bulletin 2



Natur – meine Medizin

5%

Rabatt auf die
Zusatzversicherung

EGK-Gesundheitskasse | 4242 Laufen | 061 765 51 11
egk.ch/sun



CONTENT

Welcome	4
Organizing Committee	5
Event Programme	7
Event Centre and Athletes' Village	9
Accommodation	9
Map of the Athletes' Village	10
rocksresort	11
Peaks Place	12
Hotel Signina	13
Finish Arenas / WOC Transport	14
Entry Teams	16
Payment	17
Food	17
Embargoed Areas	18
Training	19
Competition Rules	20
Classes and Participation Restrictions	20
Anti-Doping / Insurance / Visa Permits	20
Athlete Licence	21
Climate and Hazards	21
Prize Money	21
Competition Information	22
Terrain	22
Maps	23
Preliminary Course Details	23
Media	23
IOF Family and Guests	23
Swiss O Week (SOW)	24

Presenting Partner



Host City



Flims Laax Falera

Destination



Main Sponsor



Sponsor



Partner



Host Broadcaster



Dear athletes, dear coaches,

We want you to be happy! Our ultimate goal is to organize this World Orienteering Championships 2023 with the athletes in mind; thus, 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!** Please stay in touch with us and let us know your needs to be able to perform well.

Hopefully, our offer that every team is invited to stay free of charge in the athletes' village (3 women, 3 men, 2 coaches) will help to give the same conditions to everyone. We are happy to receive the support of the destination Flims Laax and our Presenting Partner EGK as well as from all our other partners to be able to offer an unforgettable week in the outstanding terrain and the breath-taking scenery of Flims Laax in Switzerland!

On behalf of the entire organizing committee,

Hansueli Steinmann
President

Brigitte Grüniger Huber
Event Director

Matthias Niggli
Sports Director



SUPPORT YOUR IMMUNE SYSTEM!

PERFORM WITH EMMI AKTIFIT



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 WOC Project Manager	Áron Less (HUN)	aron.less@orienteering.sport
IOF Senior Event Adviser (Competition)	Carl-Göran Strutz (SWE)	
National Controllers	Urs Hofer (SUI) and Michael Eglin (SUI)	

Contact

General Questions: info@woc2023.ch | +41 800 84 23 23

Trainings: Simone Niggli | simone.niggli@woc2023.ch

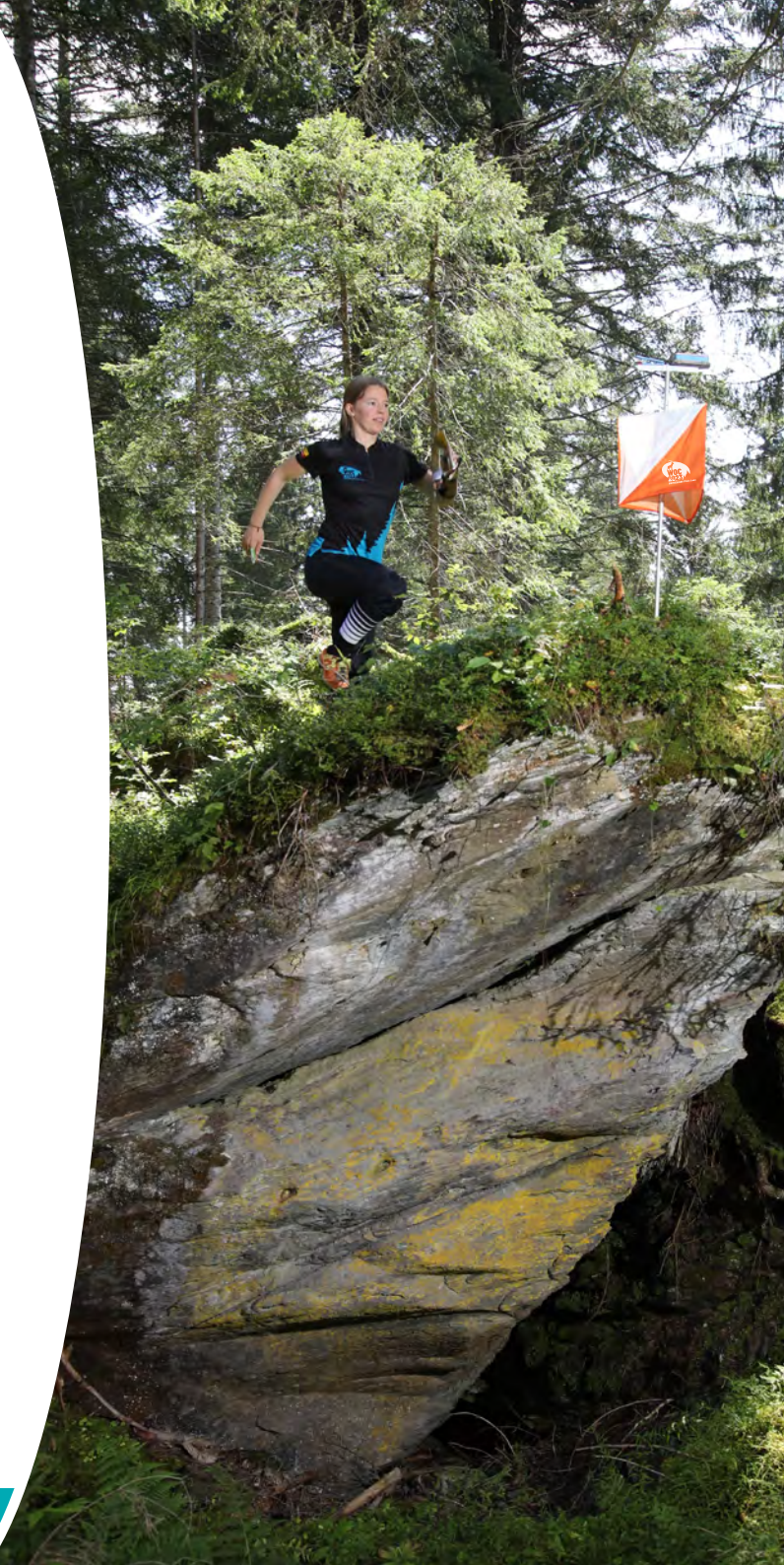
Accommodation: Nils Eyer | nils.eyer@woc2023.ch

Media: Véronique Ruppenthal | media@woc2023.ch

Event Director: Brigitte Grüniger Huber | brigitte.grueniger@woc2023.ch

www.woc2023.ch

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



Old maps are available on IOF Eventor.



EVENT PROGRAMME

Date	WOC Event	Location	Swiss O Week (Spectator race) more information on page 24
Saturday, 08 July – Monday 10 July	Event office open (10:00–18:00) Training	rocksresort / Laax Murschetg Flims Laax	Training
Tuesday, 11 July	Event office open (10:00–18:00) Model event (all day) / technical model (afternoon) Opening ceremony (evening)	rocksresort / Laax Murschetg Flims Laax rocksresort / Laax Murschetg	Training
Wednesday, 12 July	Qualification Middle distance (morning)	Flims Laax	Training
Thursday, 13 July	Long distance (morning – afternoon) Medal ceremony (evening)	Prau la Selva / Flims Laax rocksresort / Laax Murschetg	Accreditation / Training
Friday, 14 July	Rest day / model event VIP, IOF Family and Media race (morning)	Flims Laax Flims Laax	Accreditation / Training
Saturday, 15 July	Final middle distance (afternoon) Medal ceremony (evening)	Prau la Selva / Flims Laax rocksresort / Laax Murschetg	Accreditation / Training
Sunday, 16 July	Relay (afternoon) Medal ceremony / Closing ceremony (evening) Party (evening and night)	Prau la Selva / Flims Laax rocksresort / Laax Murschetg Crap Sogn Gion	Stage 1 (morning)
Monday, 17 July	Departure		
Monday, 17 July – Saturday, 22 July			Stages 2 – 6





>

We keep the orientation for you:
insurance, pension, finance.

NEUTRASS AG

Schöngrund 26 · 6343 Rotkreuz

Tel. +41 41 799 80 40

info@neutrass.ch · www.neutrass.ch



neutrass

Versicherungen · Vorsorge · Finanzen

EVENT CENTRE AND ATHLETES' VILLAGE

The event centre will be located within the athletes' village **rocksresort** in Laax Murschetg. There you will pick up your accreditation, training maps and information. The team official meetings will be held in the rocksresort as well.

GPS coordinates: 46.81954, 9.26522

Bus stop: Laax, Bergbahnen

Parking: in the parking garage (CHF 15.- per day).

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 and athletes' village for WOC and accommodation for many runners of the Swiss O Week! The rocksresort impresses with its unique architecture, design and regional building materials. You will have breath-taking 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!

Every national team (3 women, 3 men and 2 coaches) is invited to stay from Tuesday, 11 July to Monday, 17 July 2023 in the athletes' village.

Teams will only pay the accreditation fee (CHF 120.- per person), the tourism taxes (CHF 5.- per night and person) and the accommodation for extra members and extra days (see prices on pages 11-13). Of course, this applies also for extra services if ordered.

Please indicate your preferred accommodation and make sure your payment reaches us by the team size entry deadline the latest. After this deadline and if you haven't paid the accreditation fee, you must pay the full price for the accommodation according to the prices below. Preferred accommodation and room sizes cannot be guaranteed, as there are limited options. We will contact the team officials as soon as we have made the allocation. If you book more beds than will be used, you will be charged the full price for these beds, even if they are within the team size offered for free.

For self-catering we recommend ordering groceries in an online shop yourself and it will be delivered to your doorstep the next day. There is also a grocery store in the rocksresort, a small shop at the gas station next to the Peaks Place and a supermarket in Flims.

In case you don't want to stay in the athletes' village, you are free to book your own accommodation.

Find your options here: <https://www.flimslaax.com/en/holiday-booking> or contact Flims Laax Falera Reservation:

Phone +41 (0)81 927 77 11

E-Mail: reservation@flf.ch

Please make sure your accommodation is outside the embargoed areas.

Accommodation for VIP, media, IOF Family

We will pre-book a limited number of rooms in a hotel in Flims. More information will be available on our website by end of 2022. Bookings must be done before 12 May 2023.

Accommodation for spectators

You can find a wide range of accommodations at <https://www.flimslaax.com/en/holiday-booking>

The following apartments and hotel rooms are part of the **athletes' village offer** and are within walking distance of the event centre:

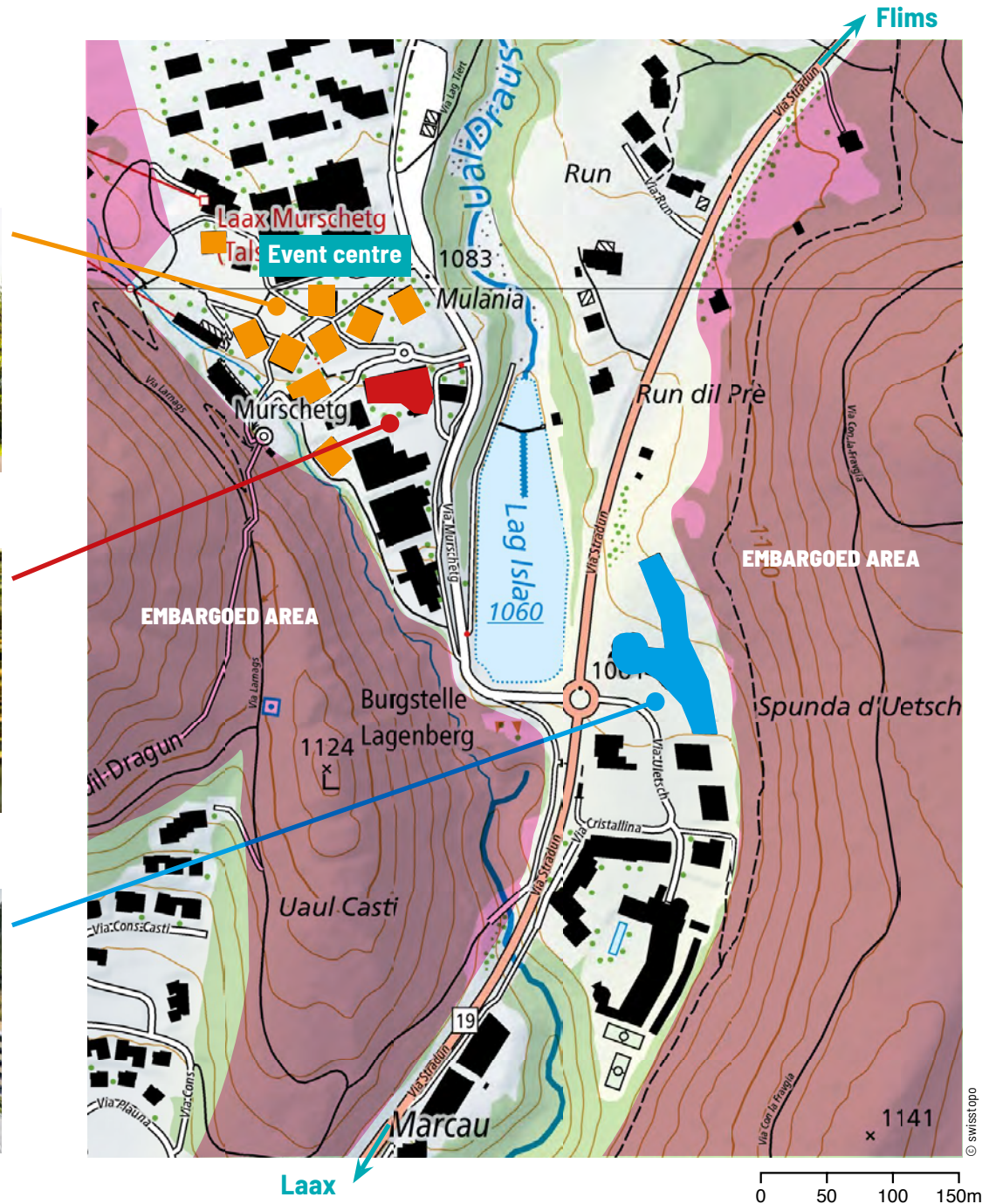
rocksresort (page 11)



Hotel Signina (page 13)



Peaks Place (page 12)



rocksresort

<https://www.rocksresort.com/en/>

4, 6 and 8-person apartments:

All apartments with twin and double rooms and a well-equipped kitchen, a table and a sofa.

Extra night:

(per night, per apartment, not per person)

4-person apartment: CHF 250.-

6-person apartment: CHF 350.-

8-person apartment: CHF 450.-

Extra person:

(For the entire period from Tuesday, 11 July to Monday, 17 July 2023, per person)

4-person apartment: CHF 375.-

6-person apartment: CHF 350.-

8-person apartment: CHF 340.-



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.

Breakfast in Hotel Signina:

CHF 25.- per person and day

(must be ordered until 12 May 2023)

In the nearby Hotel Signina there is a swimming pool, a sauna and a small gym (to pay directly at the reception, no reservation needed): CHF 30.- per person and day

Parking: CHF 15.- per car and day

The tourist tax (CHF 5.- per night and person) must be paid by everyone and is not included in the prices.

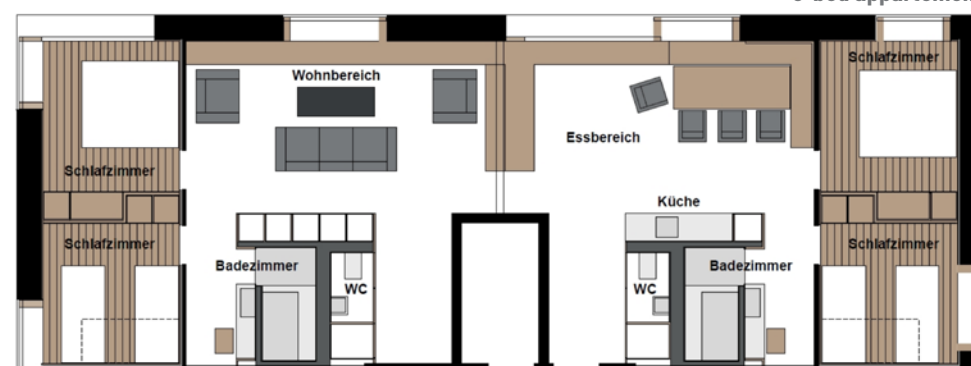
6-bed appartement



4-bed appartement



8-bed appartement



Peaks Place

<https://www.peaks-place.com/en/>

2, 4 and 6-person (+1) apartments:
All apartments with twin and double rooms and a well-equipped kitchen, a table and a sofa.
If you are an uneven number, you may have an extra bed in the living room.

Extra night:

(per night, per apartment, not per person)

2-(+1) person apartment: CHF 160.-

4-(+1) person apartment: CHF 250.-

6-(+1) person apartment: CHF 350.-

Extra person:

(for the entire period from Tuesday, 11 July to Monday, 17 July 2023, per person)

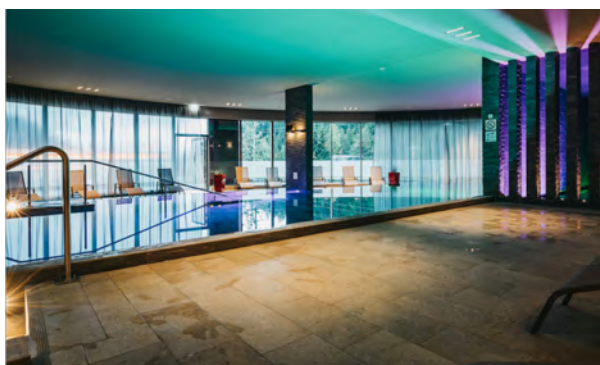
2-(+1) person apartment: CHF 480.-

4-(+1) person apartment: CHF 375.-

6-(+1) person apartment: CHF 350.-

Here too, you choose between self-catering or eating in the restaurant and using the hotel services of your choice. The spa and wellness zone in the Peaks Place (included) is an excellent place to relax after the competitions.

Breakfast (must be ordered until 12 May 2023):
CHF 17.- per person and day



Parking: CHF 10.- per day and car

The tourist tax (CHF 5.- per night and person) must be paid by everyone and is not included in the prices.

Hotel Signina

<https://www.signinahotel.com/en/>

Double- and twin-rooms:
Breakfast, hotel services, meals and other extras must be paid by the teams.

Compulsary service fee:
CHF 15.- per person and day
(Breakfast, swimming pool, sauna and small gym)

Extra night / extra person:

Double / twin room: CHF 80.- per night, per person, includes breakfast + wellness
Single room: CHF 100.- per night, per person, includes breakfast + wellness

Parking: CHF 15.- per day and car

The tourist tax (CHF 5.- per night and person) must be paid by everyone and is not included in the prices.



FINISH ARENAS / WOC TRANSPORT

Finish arenas

All finish arenas of the finals will be within walking distance from the athletes' village in the Sports Center «Prau la Selva» (GPS coordinates: 46.82382, 9.27606).

The finish area of the middle qualification will be published in Bulletin 3.

WOC transport

We highly recommend arriving by train and bus to Flims Laax as you don't need a car to get around at **WOC 2023 – the WOC of short distances!**

We will organize shuttles to reach the model events and trainings for a reasonable price. More information will follow as soon as possible. Transport to starts (all days) and from/to the athletes' village to the middle distance qualification finish area will be organized for the teams. The finish arena of the finals is within walking distance of the athletes' village. We will provide transport of team material.

All guests of Flims Laax Falera will get a tourist card which allows the use of the official shuttle busses between the three villages for free.

On request, we can organize shuttles from / to the airport in Zurich.

Shuttle bus (2h): between CHF 35.- and 80.- / one way per person (subject to size of the bus).

Tickets with train and bus (2h 20min / every 30min / change of train: 2): approx. CHF 60.- one way / per person.

Transport with the cable car to Crap Sogn Gion for the WOC party on Sunday, 16 July 2023 is included in the accreditation fee.





Nino Schurter,
Olympic champion,
multiple world champion
and a friendly biker



#fairtrailgraubünden

«In Graubünden there is
enough space for everyone.»

graubuenden.ch/fairtrail

graubünden

ENTRY TEAMS

Accreditation fee: CHF 120.- per person (athletes and officials) includes start fee (for athletes), transport to competitions, transport and entry to the farewell party at Crap Sogn Gion and accommodation (according to the conditions below).

All entries can only be made in IOF Eventor. Accommodation in the athletes' village must be booked by email at nils.eyer@woc2023.ch by the Team Size Entry deadline on 12 May 2023. Preferences of your accommodation can not be guaranteed.

The entry will be possible from 1 December 2022: <https://eventor.orienteering.org/Events/Show/6496>

- The deadline for team size entry is 12 May 2023 (-2 months). Free accommodation can only be booked by 12 May 2023. For bookings after this deadline, the accommodation must be paid according to the prices in the section «Accommodation». In case the team is getting smaller after this deadline, the empty bed(s) will also be charged extra according to the prices in the section «Accommodation» (even if within the team size offered for free).

- The deadline for team names entry is 2 July 2023 (-10 days).
- The deadline for Late Entries, Changes of Team Size or Team Names for accreditation is 11 July 2023 at 12:00 noon.

At the team size entry deadline, the following information shall be given:

- Team manager (chosen from the list in IOF Eventor) with e-mail address and mobile phone number (must be filled in on the Eventor list).
- Number of team athletes men and women.
- Number of team officials (there is no limit in the number of team officials).
- Preferred accommodation within the offered package or announce waiver of the offer if you are looking for your own accommodation.

At the team names entry deadline, the following information shall be given:

- Name of each athlete selected from federation members in IOF Eventor
- Name of each team official

Late entries, changes of team size or names:

- If possible, will be accepted until 11 July 2023, 12:00 noon. No entries or changes will be accepted after this deadline.
- A defined extra fee will always be charged on the start fee (surcharge, see scheme below) respectively extra costs for the accommodation.
- Will be treated equally and must be communicated directly to the organizer on info@woc2023.ch. The organizer makes the changes in IOF Eventor after the deadline.

	1 December 2022 at 00:01 Start of entry	12 May 2023 at 23:59 Team size deadline	2 July 2023 at 23:59 Team names deadline Entries payment deadline	11 July 2023 at 12:00 noon Late entries and changes, deadline
Team size entry	Team size	+20% (80% refund)	+50% (50% refund)	
Team names entry periods		Team names	+ 10.- CHF	
Payment schedule	Payment			Pay/refund changes
Middle entry:				11 July 12:00
Long entry				12 July 14:00
Relay entry:				15 July (tbd)

Competition entries:

Names of the competitors and, if required, their starting group need to be entered in IOF Eventor before 12:00 noon on the day before the middle qualification and before 14:00 on the day before the long distance. Names of the competitors and their running order for the relay shall be entered in IOF Eventor one hour after the last finish on Saturday, 15 July 2023 (exact time will be published in Bulletin 4).

Number of team athletes in the individual races: National quota for WOC 2023 will be published by the IOF.

Number of teams for the relays: one team per nation in both women's and men's relay.

SIAC-cards will be provided by the organizer.

Registration for VIP, media, IOF Family and guests: Will be available on IOF Eventor after 1 December 2022.

PAYMENT

The payment should be transferred to the WOC 2023 bank account. Payment in Switzerland is in Swiss Franc (CHF). Important note: The payer covers all bank charges. Federations can request copies of invoice via email: info@woc2023.ch

Payment details:

Bank: Zuger Kantonalbank

Postal address: Bahnhofstrasse 1, CH-6301 Zug

Account holder: Verein OL WM 2023 Flims Laax, CH-7017 Flims, Switzerland

IBAN CH50 0078 7785 8107 1267 0

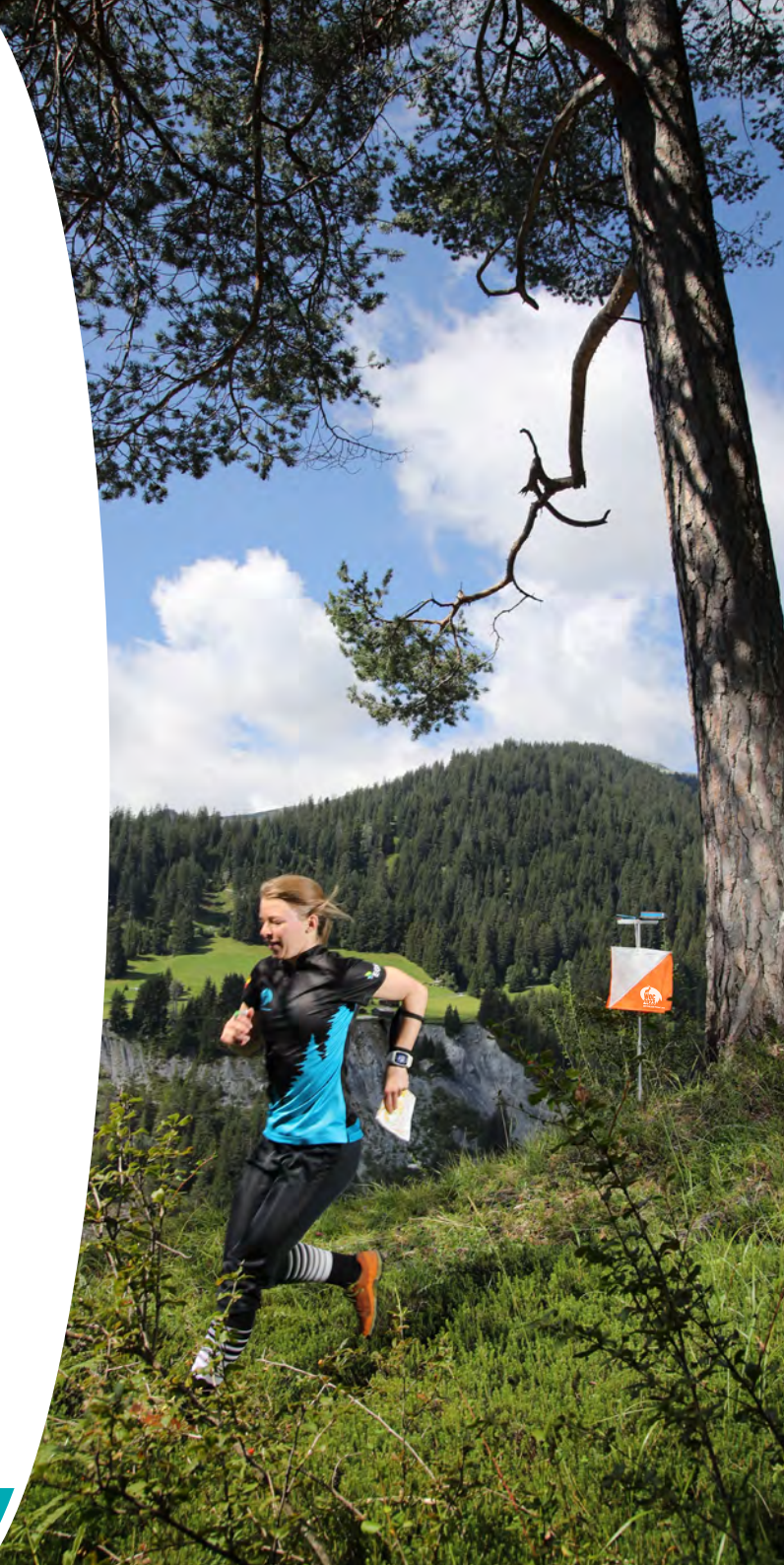
BIC: KBZGCH22

Swift code: 787

FOOD

A wide range of Swiss food is available in the finish arena of the finals.

For information about breakfast, lunch and dinner in the athletes' village see chapter «Accommodation».



EMBARGOED AREAS

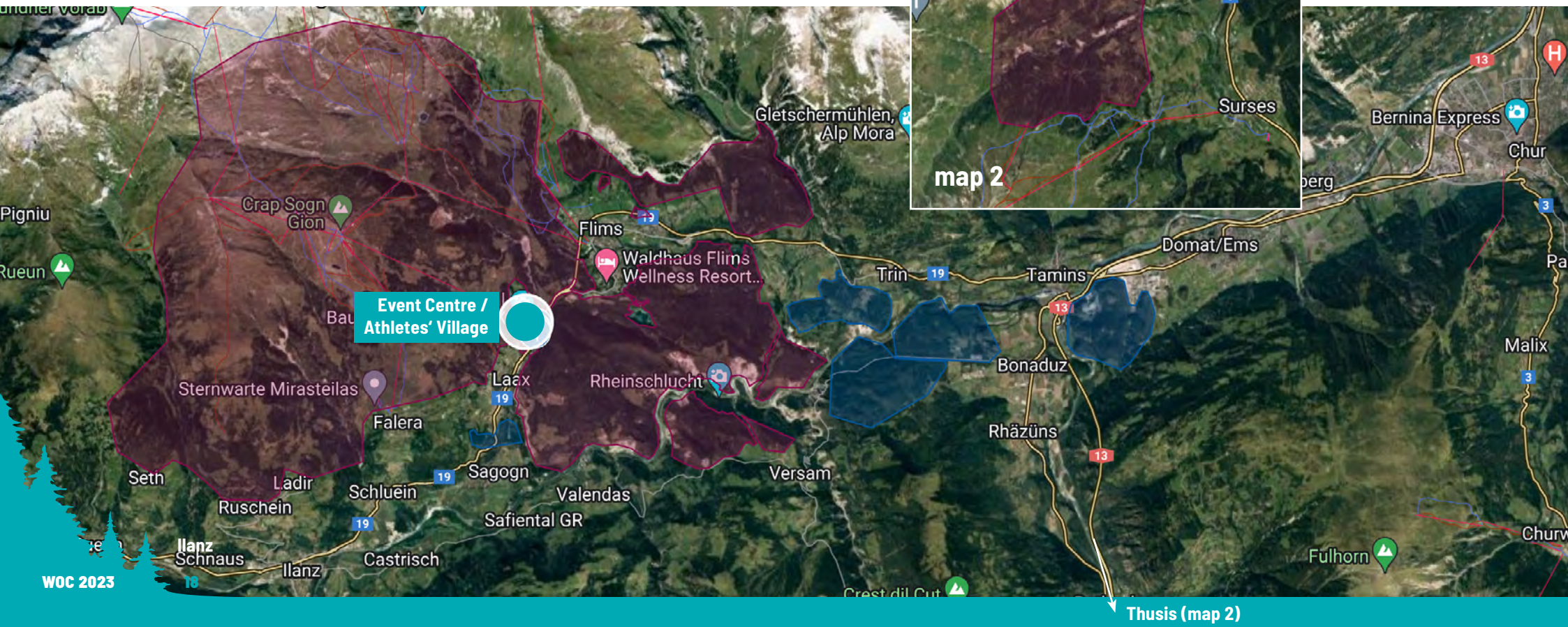
According to the IOF Competition Rules (§ 26.5), embargoed areas are forbidden for all potential WOC 2023 athletes, team officials and other persons, who, through knowledge of the terrain, may influence the results of the competitions.

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

Actual LIDAR-data: www.swisstopo.admin.ch/en/geodata/height/surface3d.html

Link to mapant.ch: mapant.ch



TRAINING

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 and need to be registered.

All training areas and the registration for the trainings can be found on the event website:

woc2023.ch/training/

For each training session you will pay a session fee of CHF 3.- per athlete, per session. There is no extra fee for the OCAD files (see term of use of the ordered OCAD files on the website).

During the training camps we will offer official trainings (CHF 6.- per person, including map and session fee) and 1-2 competition sessions with time keeping and SI-controls (CHF 10.- per person, including map, session fee and timekeeping).

We want you to be well prepared for WOC 2023. Please coordinate your requests and needs with Simone Niggli: simone.niggli@woc2023.ch.

World Cup Final 2022 Davos Klosters

1-3 October 2022 the World Cup Finals 2022 will be organized by the same crew in Davos Klosters. The terrain is also relevant for WOC 2023. More information: woc2023.ch/wcf-2022/

Official training camps

Training camp 1: 4-9 October 2022

Right after the World Cup Final 2022, the first training camp starts in Davos Klosters (4/5 October 2022) and continues in the region of Flims Laax (5-9 October 2022).

Training camp 2: 31 May - 6 June 2023

Region of Flims Laax (31 May - 4 June 2023)
- 5 trainings
- 2 test races (middle distance) on 3/4 June 2023
Region Scuol/Engadine: 5/6 June 2023
- 1 model event
- 1 test race (long distance) on 6 June 2023

Test races are subject to a special entry fee: CHF 40.- per athlete and competition. More information about entries will be given on the website no later than by the end of 2022. Please coordinate your requests for the test races with Simone Niggli and she will consider your expectations: simone.niggli@woc2023.ch

GPS-tracking during training sessions: Please be aware, that in Switzerland the 2G technology doesn't work any longer, in case you plan to track your athletes during the trainings. We recommend that you check with your provider, if your GPS tracker is working with 3G or 4G.

Accommodation during training camps:

In Laax we can recommend the appartements in the rocksresort or the Hotel Signina. You may book online:

www.rocksresort.com/en/

www.signinahotel.com/en/

Our partner «Weisse Arena» offers a discount of 15% of your stay at the rocksresort or Signina Hotel for your training visits.

Enter the following code in the online booking or mention it when booking by phone / email: rocksresort Promocode: TRAINOL23rr
signinahotel Promocode: TRAINOL23SH

«Host an athlete»

The organizers of WOC 2023 want to enable as many nations and their athletes as possible to train locally around the WOC venue Flims Laax Falera. This applies, for example, for the training camp in October 2022.

For this reason, the organizers have launched the project «Host an athlete». Thus, athletes can stay with locals or owners of holiday apartments free of charge or at a very reduced price. Above all, this allows financially weaker nations to benefit and enjoy optimal training conditions in Switzerland.

In return, the orienteering athletes offer their hosts an insight into their everyday training, or they might organize a joint dinner or an orienteering training to introduce the hosts into the secrets of the sport of orienteering.

Teams and athletes who would like to take advantage of the «Host an athlete» programme are asked to contact Simone Niggli:

simone.niggli@woc2023.ch

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.).

ANTI-DOPING

Doping is strictly forbidden, and the organizers of WOC 2023 are dedicated to support 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 reject 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

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. Payments of the annual licence fee is done in IOF Eventor, please consult the proper IOF Eventor Guide for this.

The signed athlete licence form must be sent to the IOF Office at least one month before the event. Note that previously signed forms (season 2016-2022) are still valid if nothing else is communicated. Payment of the annual licence fee is always done in IOF Eventor by the athlete of the federation.

To find the rules and forms and more information, please consult: <https://orienteering.sport/iof/-for-athletes/athletes-licence/>

If you have questions about the IOF Athlete Licence, please contact the IOF Office on iof@orienteering.sport

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 1900 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.

PRIZE MONEY

A total of CHF 30'000.- / resp. CHF 10'000.- per day will be paid to the best 6 runners in the middle- and long-distance races and to the best 3 teams in the relay.

Additionally, the World Champions in all disciplines will get a extraordinary natural prize.

goodbye calories
hello vitamins



COMPETITION INFORMATION

Punching system

Touch free SPORTident Air+ punching will be used. Participants will get an SIAC-card provided by the organizer.

Timing system

Start times in the final races will be activated by start gates. At the relay, the start signal will be given through the start official. Early start leads to disqualification.

Finish times in all races will be taken by a light beam when the competitor's chest crosses the finish line. The running times will be rounded down to the nearest second.

GPS tracking

GPS tracking services will be provided for all competitors in all races. It is mandatory for all runners to wear the GPS-unit.

Personal GPS data loggers are only allowed if they have no display or audible feedback. No GPS watches are allowed, there will be checks at the start.

Clothing

There are no regulations on clothing. Shoes with spikes are not allowed in all races, however, dobb-spikes are allowed.

TERRAIN

LONG

Terrain

The mountainous terrain is dominated by steep slopes, deep stream systems and ditches changing to moderate hills with soft forms. The terrain is also affected by the largest landslide ever seen in the Alps.

Beautiful views from the alpine and pre-alpine terrain will change to steep slopes varying with a lot of contour details, rocks and cliffs at 1000–1900 m above sea level. The slopes will have both tough up- and downhill passages. Be ready for a physical challenge in mountainous surroundings.

Forms

Moderate to steep slopes. Detailed contours vary with slopes with few details.

Vegetation

Alpine, open and semi-open pine forest, meadows and grassland.

Runability

Good to very good runability with some undergrowth and stony parts.

MIDDLE QUALIFICATION AND FINAL, RELAY

Terrain

The terrain is affected by the largest landslide ever seen in the Alps. Pre-alpine terrain with countless contour details, forms and rock formations at 800–1500 m above sea level. Most slopes are moderate, some are steep and surely with breath-taking views. The detailed, complex contours and the countless rock details require accurate map reading. Magical moments are certain when taking turns around hills, depressions or boulders and the control is exactly where you expect it to be!

Vegetation

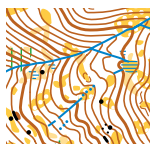
Pre-alpine, open and semi-open forest, mostly pine forest.

Runability

Good to very good runability with some undergrowth and rocky parts. Bracken and lying trees may reduce the running speed.

MAPS

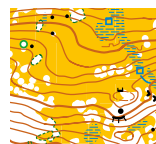
Competition	Scale / contour interval	Specification	Map maker
Middle Qualification	1:10'000 / 5m	ISOM2017-2	Urs Steiner
Long Distance	1:15'000 / 5m	ISOM2017-2	Beat Imhof / Urs Steiner
Middle Distance Final	1:10'000 / 5m	ISOM2017-2	Urs Steiner
Relay	1:10'000 / 5m	ISOM2017-2	Urs Steiner



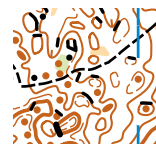
Long



Long



Long



Middle/Relay



Middle/Relay



Middle/Relay

PRELIMINARY COURSE DETAILS

Competition	Class	Winning time	Preliminary length and climbing	Course setters
Middle Qualification	Women	25	3.3km / 140m	Bruno Haldemann Simone Niggli
	Men	25	4.2km / 140m	
Long Distance	Women	80	11.5km / 450m	Stefan Zingg Bruno Haldemann
	Men	90	14.8km / 720m	
Middle Distance Final	Women	34	4.9km / 170m	Simone Niggli Urs Steiner
	Men	32	5.6km / 200m	
Relay (per leg)	Women	34	4.5km / 280m	Urs Steiner Stefan Zingg
	Men	35	5.8km / 320m	

MEDIA

Accredited media representatives will have access to a media centre at the arenas. There is no registration fee.

Services for medias include:

- working facilities with wi-fi and electricity
- access to photo control/zones
- access to mixed zone
- maps for all races
- start lists, results
- screens showing the broadcast/arena production
- coffee/tea
- VIP/media race (registration needed – information follows in the next bulletins. There will be a small registration fee for the race)

Information about the registration will be published on www.woc2023.ch
For questions, please contact:
Véronique Ruppenthal, media@woc2023.ch

IOF FAMILY AND GUESTS

All registrations are made in IOF Eventor. Accreditation, fees and payment details will be online after 1 December 2022.

SOW 2023

SWISS ORIENTEERING WEEK
15–22 JULY 2023


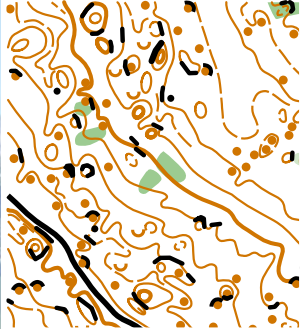
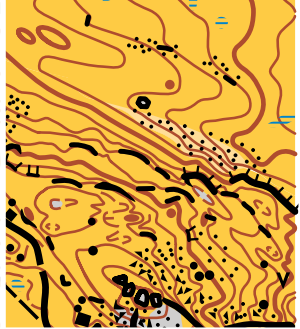

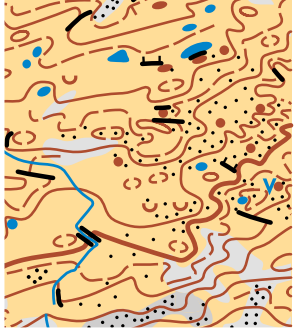


Flims LAAX

Flims Laax Falera

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
						

www.swiss-o-week.ch

Films

LAAX

Films Laax Falera

