



Flims Laax



# WOC 2023

**SWITZERLAND**  
World Orienteering  
Championships

## Bulletin 3





# Wenn deine Gesundheit keine halben Sachen mag.

Komplementärmedizin ist Teil unserer DNA.



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Flims Laax Falera

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## Dear athletes, dear coaches

Have you ever seen me before? I am Capri the Ibex, the official mascot of the 2023 World Orienteering Championships in Flims Laax in Switzerland. I am a local original, everyone knows me in Switzerland – sometimes we ibexes are also called the Kings of the Alps. Together with my colleagues from the organising committee, I am really looking forward to the upcoming championships in the heart of the Graubünden region.

We offer you unforgettable and challenging competitions in the impressive nature of the mountains. Pay attention: Some people have already got lost in the legendary Flimserswald. So I recommend that you prepare well. ;-)

I'm already looking forward to welcoming you all in the finish arena of the WOC 2023 and to celebrating your successes in the evening at the Medal Plaza in the rocksresort.

On behalf of the entire organising committee,

**Capri**  
the official mascot of WOC 2023



WOC 2023



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## ORGANIZING COMMITTEE

### Verein OL WM 2023 Flims Laax

<b>Event Director</b>	Brigitte Grüniger Huber	brigitte.grueniger@woc2023.ch
<b>Sports Director</b>	Matthias Niggli	matthias.niggli@woc2023.ch
<b>Secretary General</b>	Nils Eyer	nils.eyer@woc2023.ch
<b>Event Production</b>	Alex Wenger	alex.wenger@woc2023.ch
<b>Communication/Marketing</b>	Severin Furter	severin.furter@woc2023.ch
<b>Infrastructure</b>	Roland Ludwig	roland.ludwig@woc2023.ch
<b>Safety &amp; Security</b>	Hansueli Steinmann	hansueli.steinmann@woc2023.ch
<b>Finances</b>	Stefan Hess	stefan.hess@woc2023.ch

### Event Advisers

<b>IOF WOC Project Manager</b>	Áron Less (HUN)	aron.less@orienteering.sport
<b>IOF Senior Event Adviser (Competition)</b>	Carl-Göran Strutz (SWE)	
<b>National Controllers</b>	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.app](https://www.woc2023.app)

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



### Open office door

To give you all the possibility to get in contact with us easily, we offer you two days with an open office door, you can easily (virtually) step into our WOC office and talk with us. You will get your questions answered and can also let us know your needs, your criticism and your positive feedback. This offer is for team officials but also for athletes. Don't be shy and come and visit us:

#### MS Teams Link "Open office door"

**Wednesday, 03.05.2023 / 16:00 until 18:00 CET**

**Monday, 12.06.2023 / 09:00 until 11:00 CET**

The following person will be present in the WOC office on these two days:  
Simone Niggli (Trainings, Selection races)  
Matthias Niggli (Sports Director)  
Nils Eyer (General Secretary, Accommodations)  
Brigitte Grüniger Huber (Event Director)

Of course you are also welcome to contact us any other time if you have questions or feedback!

# Spring in the mountains

from 17 April to 29 May 2023

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## RECREATION

SPA Around – Treetop walk – hiking

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## NATURE

Rhine Gorge – Lakes – Flims forest

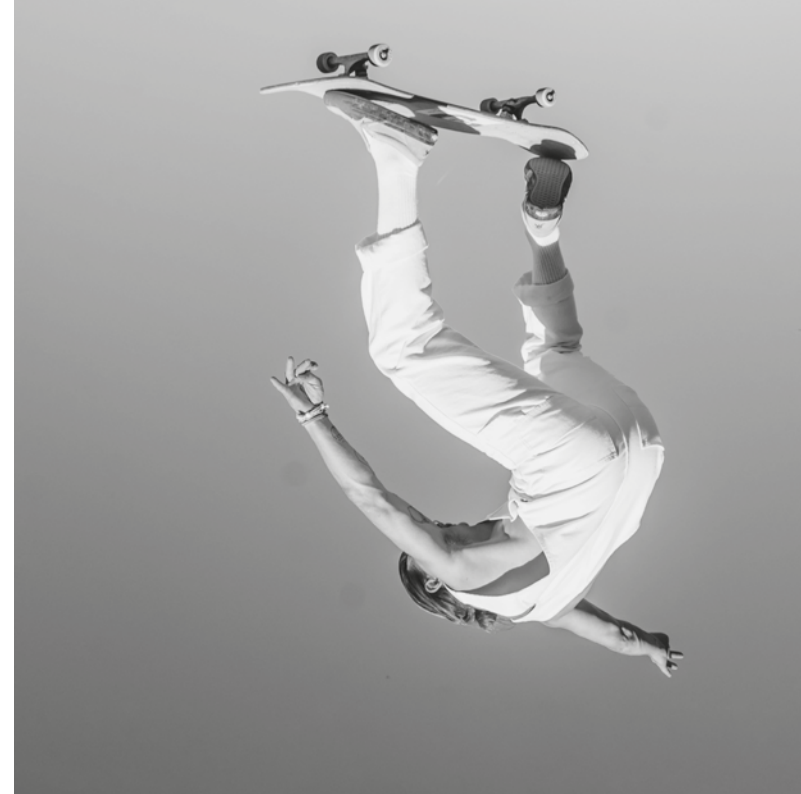
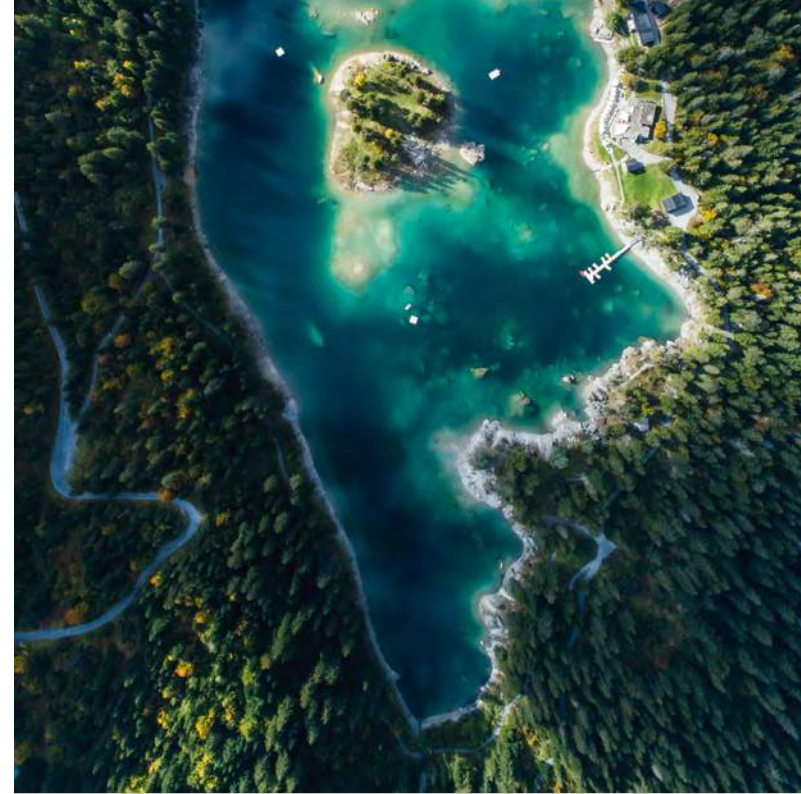
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## PLEASURE

Culinary-Trail – Grisons wine-trail in Flims



Flims Laax Falera



flims.com | laax.com



## PROGRAMME / TIMETABLE

### Saturday, 08.07.2023

All day	Model Event / Training	Flims Laax
10:00 - 18:00	Welcome Desk open	rocksresort

### Sunday, 09.07.2023

All day	Model Event / Training	Flims Laax
10:00 - 18:00	Welcome Desk open	rocksresort

### Monday, 10.07.2023

All day	Model Event / Training	Flims Laax
10:00 - 18:00	Event Office open	rocksresort

### Tuesday, 11.07.2023

All day	Model Event / Training	Flims Laax
10:00 - 18:00	Event Office open	rocksresort
12:00	Entry deadline Middle Qualification	IOF Eventor
15:30 - 17:30	Technical Model	rocksresort
16:00 - 17:15	Antidoping Seminar for athletes + team officials	Peaks Place
17:30	Team Officials Meeting Middle Qualification	Peaks Place
20:00 - 21:00	Opening Ceremony	Medal Plaza

### Wednesday, 12.07.2023 Middle Qualification

08:00	Quarantine opens	Flims Laax
09:30	Quarantine closes	Flims Laax
10:00 - 11:30	Start times MEN	Flims Laax
11:40 - 13:00	Start times WOMEN	Flims Laax
15:00	Entry deadline Long Distance	IOF Eventor
16:00 - 20:00	Event Office open	rocksresort
17:30	Team Officials Meeting Long Distance	Peaks Place

### Thursday, 13.07.2023 Long Distance

07:30	Quarantine opens	Flims Laax
09:00	Quarantine closes	Flims Laax
09:00 - 12:35	Start times WOMEN	Flims Laax
10:45 - 14:40	Start times MEN	Flims Laax
14:00	Flower Ceremony WOMEN	Prau la Selva
16:15	Flower Ceremony MEN	Prau la Selva
19:00 - 20:30	Event Office open	rocksresort
20:00 afterwards	Prize-giving Ceremony Long Distance Concert by «Baba Shrimps»	Medal Plaza

### Friday, 14.07.2023

All day	Model Event / Training	Flims Laax
10:00 - 12:00	Event office open	rocksresort
13:30 - 15:30	IOF Family-/Media race	rocksresort
16:00 - 20:00	Event Office open	rocksresort
17:30	Team Officials Meeting Middle Final and Relay	Peaks Place
19:00	IOF Family Dinner	Flims Laax

## Saturday, 15.07.2023 Middle Final

09:15	Quarantine opens	Flims Laax
10:30	Quarantine closes	Flims Laax
10:30 - 12:30	Start times WOMEN	Flims Laax
12:15 - 14:15	Start times MEN	Flims Laax
13:10	Flower Ceremony WOMEN	Prau la Selva
14:50	Flower Ceremony MEN	Prau la Selva
17:00	Entry deadline Relay	IOF Eventor
19:00 - 20:30	Event Office open	rocksresort
20:00 afterwards	Prize-giving Ceremony Middle Distance Concert by «Pat Burgener»	Medal Plaza

## Sunday, 16.07.2023 Relay

09:00 - 13:00	Starting times SOW 1 <sup>st</sup> stage	Flims
09:50	Quarantine opens	Prau la Selva
11:10	Quarantine closes	Prau la Selva
12:20	Mass start MEN	Prau la Selva
14:15	Flower Ceremony MEN	Prau la Selva
14:30	Mass start WOMEN	Prau la Selva
16:20	Flower Ceremony WOMEN	Prau la Selva
19:00 - 21:00	Event Office open	rocksresort
20:00	Prize-giving Relay & Closing ceremony	Medal Plaza
21:00	Let's start the (farewell-)party	Riders' Club





## VENUE, ACCESS, FACILITIES AND TRANSPORT

### Overview

WOC 2023 will take place in Flims Laax / Switzerland. Flims Laax is located in the canton of Graubünden, 130 km south-east of Zurich and can be reached by train and bus in 2 hours 20 minutes from Zurich Airport.

The athletes' village and the Event Office are located in Laax Murschetg at «rocksresort».

### Competition Arenas

The finish arena for all three final races is in the **Prau la Selva sports centre** in Flims, which can be reached on foot in 15 minutes from Laax Murschetg or from Flims village. GPS coordinates: 46.82382, 9.27600



The finish arena for the Middle Distance Qualification race is in Trin Mulin  
GPS coordinates: 46.82373, 9.32724.

### Facilities in the finish arenas

In the finish arena for the middle distance qualification we will provide tents for changing your clothes. Teams are allowed to bring their own tents. Drinking water is provided. Toilets on site. You can buy a coffee, beverages and small snacks.

In the finish arena for the finals the after finish zone is in a covered area, no team tents allowed. Changing rooms, showers, toilets and drinking water are available after the individual finals. Small outdoor zone for cool-down. Toilets are available in the relay (changing rooms and showers only after the last finish). A wide range of Swiss food will be available.

### Facilities in the quarantines

All quarantines for the individual races will be indoor with toilets, changing rooms and drinking water. Good possibilities for outdoor warm up on a map on the way to the pre-start. The quarantine for the relay will be a covered area with toilets. Small outdoor zone for warm up and cool-down running (no map). No team tents allowed in any of the quarantines.

## Transport / Travel services

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

From the athletes' village and from Flims, all model events, races, ceremonies and shopping facilities can be reached quickly and easily on foot, by bike or by the free shuttle bus in less than 15 minutes. We therefore recommend everyone to travel here by public transport!

Compulsory transport to quarantines will be organized for the teams in all individual competitions. To the relay quarantine you have to walk from the athletes' village.

Non-competing athletes and coaches heading to the Middle Distance Qualification arena take the shuttle bus to the finish or their own cars.

Transport back to the athletes' village from the Middle Distance Qualification finish arena will be organized for the teams with shuttle busses. It is allowed to bring your own car to Trin Mulin (there is a signed parking for teams and staff). Non-competing athletes and coaches heading to the finish arena of the finals walk from the athletes' village to the finish arena. A map with the allowed route choices will be provided in Bulletin 4.

The finish arena of all the final races is within walking distance of the athletes' village. We will provide transport for the teams' equipment.

No parking in the finish arena (parking is in the athletes' village in rocksresort).

All guests of Flims Laax Falera will receive a tourist card for the days of your stay which allows free use of the official shuttle busses between the three villages of Flims – Laax – Falera. The bus will run at least every 15 minutes during daytime.

## How to get to Flims Laax

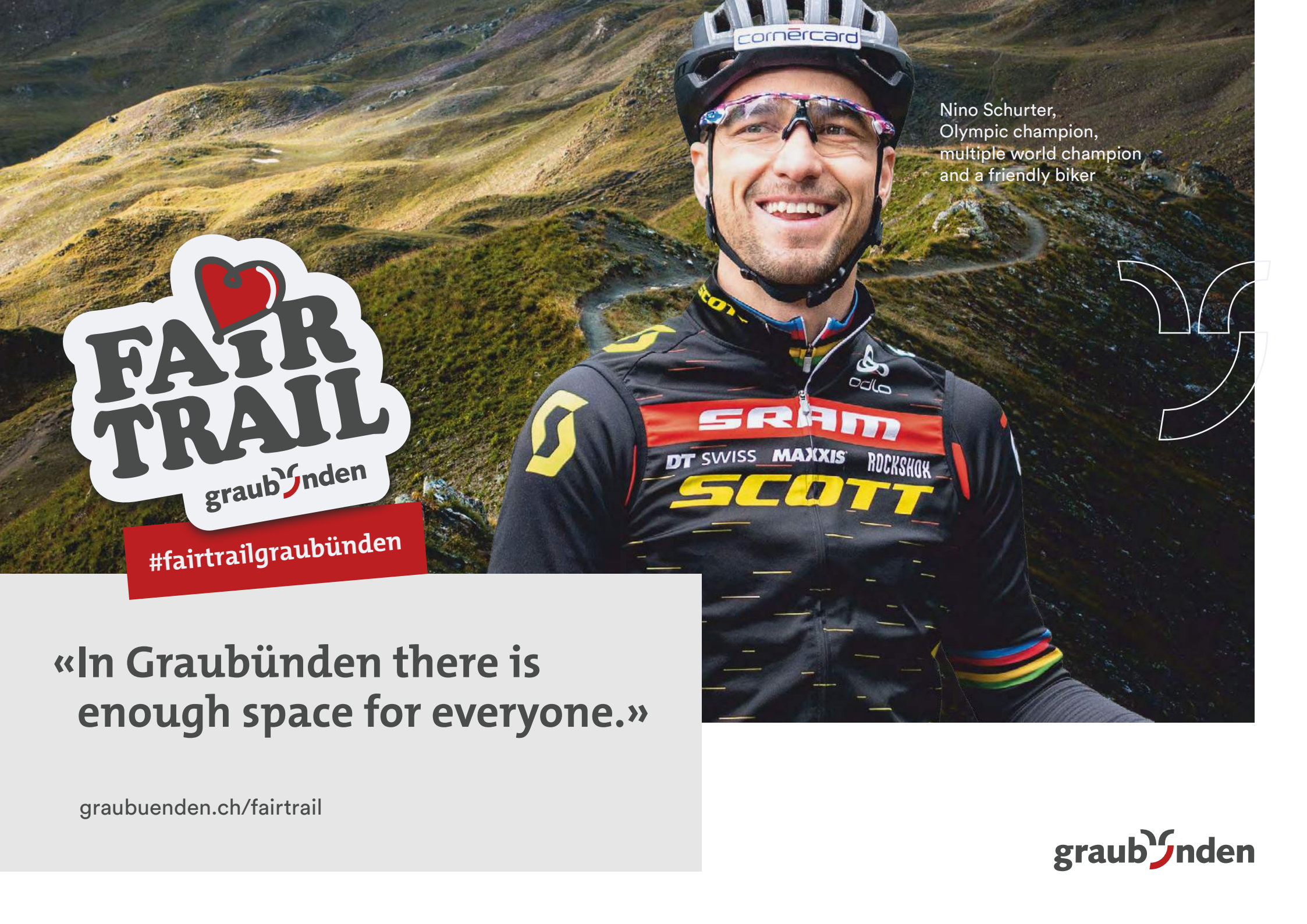
By **train and bus** from Zurich Airport to Flims Laax: the journey will take 2h 20min and runs every 30 min in daytime. From the airport you take the train to Zurich Main Station and to Chur and change there to the bus towards Flims Laax. The ticket costs approx. CHF 60.- one way p.p. Information, timetable and online tickets at: [www.sbb.ch/en](http://www.sbb.ch/en)

On request we will organize a **shuttle service** from/to Zurich airport. This journey takes approx. 2h (depending on traffic) and will cost between CHF 35.- to 80.- one way per person depending on the size of the bus booked. Booking this shuttle service must be done by 25 May 2023 by email to [info@woc2023.ch](mailto:info@woc2023.ch).

By **car** from Zurich: Take the A3 highway until exit 18 "Reichenau" and follow road 19 up to Flims Laax. Depending on the traffic, the journey will take between 1h 45min and 2h 45min (during the main traffic hours). Parking is possible in the parking garage of rocksresort (CHF 15.- per day).







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



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graubünden

## EVENT OFFICE AND ATHLETES' VILLAGE

The **Event Office** will be located within the athletes' village "rocksresort" in Laax Murschetg. You will find us in House D, room "Diva 1".

GPS coordinates: 46.81920, 9.26393

Bus stop: Laax, Bergbahnen

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

### WOC Welcome Desk

From Saturday, 08.07.2023 to Sunday, 09.07.2023 a WOC Welcome Desk will be open where you can obtain your room key, the training maps and answers to your questions.

### Accreditation

The accreditation will be possible on Monday, 10.07.2023 and Tuesday, 11.07.2023. All athletes must attend in person in order to obtain their accreditation. All athletes need to show their passport and have their photo taken as part of the accreditation process. These photos will be used for the following purposes:

- Their athlete profile on [woc2023.app](#)
- Interactive start/result lists with links to your athlete profile
- Social media posts connected to WOC 2023
- Stories/photos connected to WOC 2023 on [woc2023.app / woc2023.ch](#)
- Media archive

You can download your profile photo to use freely for your own social media posts, for example. If possible, all members of the respective teams should attend the accreditation process together so that the accreditation process will be easier to handle for the organizer. Please book your team's accreditation time in advance so that you will not have to wait in the queue. You can book your team accreditation time from 01.07.2023 on the [woc2023.app/teams](#) website.

### Event-Stage and Medal Plaza

All ceremonies will take place on our medal plaza on the "Piazza" of the rocksresort.

### Team Officials Meetings

The Team Officials Meetings (TOM) will be held in Peaks Place (in room "Piz Fess II"). Please note that there will be a combined TOM for the Middle Final and Relay on Friday 14th July.

### Farewell Party

The farewell party for all team members will take place in the Riders' Club (in the rocksresort). Only accredited team members will have access to the party so please bring your WOC accreditation.

### Grocery store

In the rocksresort, you can find the small "**Volg**" grocery store. Opening hours:  
Saturday, 08.07.: 08:00 – 12:30  
Sunday, 09.07.: closed  
Monday, 10.07. – Monday, 17.07.: daily 07:00 – 18:00

Next to the Peaks Place you can find a small shop at the gas station "**Coop Pronto**".  
Opening hours: daily from 5.30-22.00

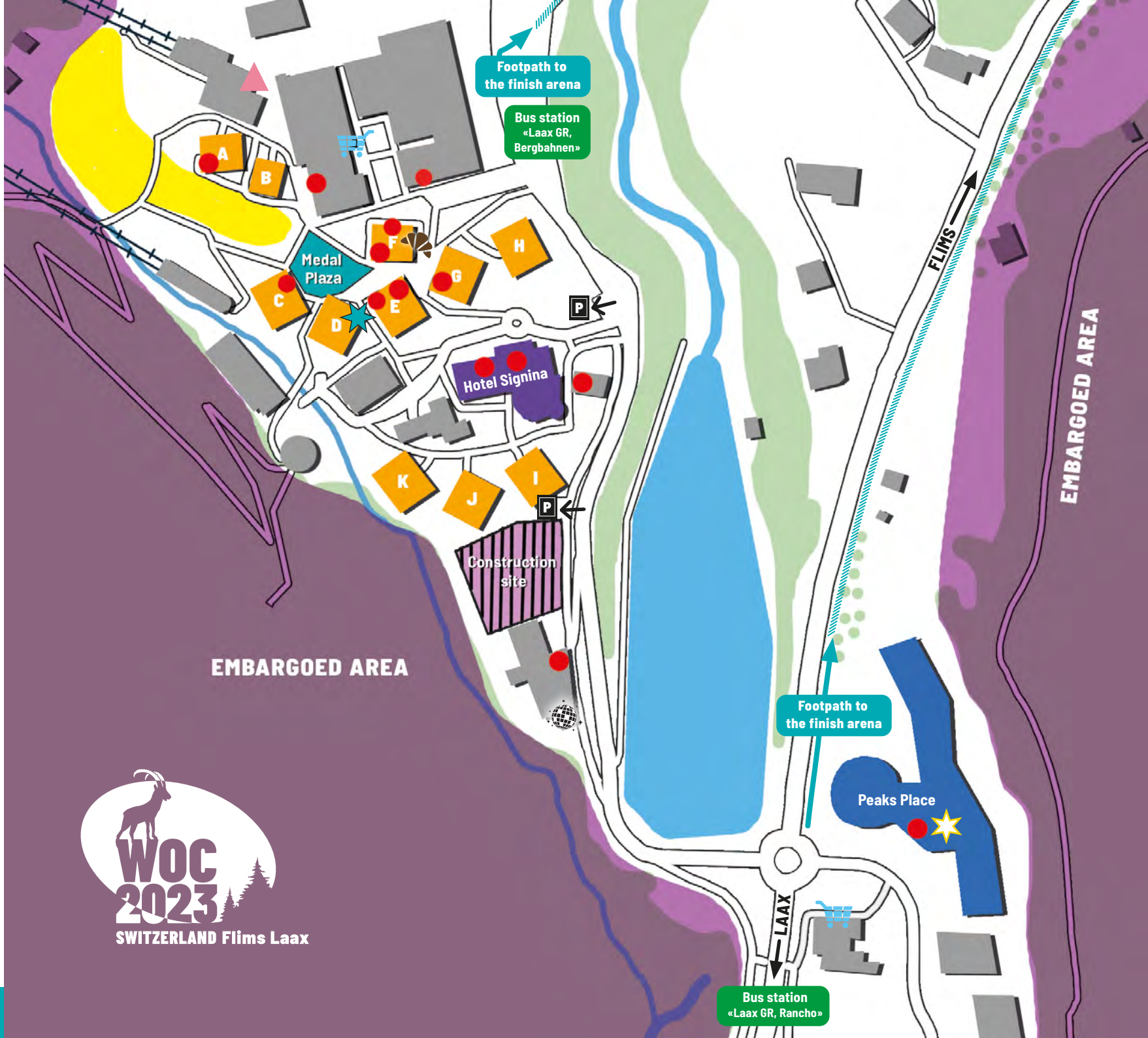
### Overview Athletes' village

See next page



# WOC 2023 ATHLETES' VILLAGE

-  Rocksresort (A-K)
-  Hotel Signina
-  Peaks Place
-  WOC Medal Plaza
-  WOC Event Office
-  Team Officials Meetings
-  Restaurants & Bars
-  Riders Club
-  Groceries
-  Bakery
-  Cable car (to Crap Sogn Gion)
-  Bus station
-  Parking
-  Embargoed areas
-  Skaterpark
-  Footpath to the finish arena



# REGISTRATION

## Team Registration, Entry Fee

**Accreditation fee:** CHF 120.- per person (athletes and officials) includes start fee (for athletes), transport to competitions, entry to the farewell party 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 to [nils.eyer@woc2023.ch](mailto:nils.eyer@woc2023.ch) by the Team Size Entry deadline of 12 May 2023. Your accommodation preferences cannot be guaranteed.

The entry is open in IOF Eventor:

<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 this deadline of 12 May 2023. For bookings after this deadline, the accommodation must be paid according to the prices stipulated in the Accommodation section of Bulletin 2. If the number of team members is reduced after this deadline, the surplus beds will be charged extra according to the prices stipulated in the Accommodation section of Bulletin 2 (even if the final number of members is lower than the

number of team accommodation 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.

The Team Size Entry must include the following information:

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

The Team Names Entry must include the following information:

- Name of each athlete selected from federation members in IOF Eventor (note that all participating athletes need to have an athlete's licence)
- 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 accreditation fee (surcharge, see scheme below).
- Extra costs for the accommodation connected with late entries or changes will be charged.
- They will be treated equally and must be communicated directly to the organizer on [info@woc2023.ch](mailto:info@woc2023.ch) if you can't make the change yourself in IOF Eventor anymore.

	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 15:00
Relay entry:				15 July 17:00



## Competition entries, National Quota

Names of the competitors and, if required, their starting group must be entered in IOF Eventor before 12:00 noon on the day before the Middle Qualification race and before 15:00 on the day before the Long Distance. The names of Relay team members and their running order for the relay must be entered in IOF Eventor before 17:00 on Saturday, 15 July 2023.

Number of team athletes in the individual competitions: The national quotas, including the additional starting places for WOC 2023 are published on the IOF website in the „National Quota for FootO WOC and World Cup 2023“ document.

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

## Registration for IOF Family

Your accreditation fee as an **IOF Family Member** is CHF 80.-\*. This includes:

- 3-day-ticket to the finish arena (finals)\*\*
- Admission to the IOF Family area with services at the event arena
- Drinks and snacks at the arena
- Competition maps

\* If you are entered for the Swiss O Week, you can get an additional CHF 30.- discount on the IOF Family Member Accreditation fee since you already have the

3-day-ticket to the finish arena. When registering (see below), select "Save and order services" and then select "Discount for participants in the Swiss O week". This gives you a CHF 30.- discount.

\*\* Discounted standing room only tickets in the IOF Family tent. Separate tickets for seating in the grandstand.

**IOF Family Dinner** on Friday, 14 July from 19:00 in Flims Laax: CHF 50.- This includes:

- Dinner buffet (starter, main course, dessert), one welcome drink and tap water (other beverages and drinks must be paid separately)

**IOF Family and Media Race** on Friday 14 July from 13:30 to 15:30 in Laax (rocksresort): CHF 10.-

All registrations for IOF Family Accreditation, IOF Family Dinner and IOF Family Race must be made in IOF Eventor. Which group to enter and how to get an IOF Eventor account is described in the IOF Family invitation document in the WOC 2023 page in IOF Eventor.

Follow this link and enter under "VIP and media entry" in the top of the right column:

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

**Deadline for registration is 31 May 2023.**

IOF will invoice you in advance of WOC (if your costs are not covered by the IOF).





## Registration for Media

Information and registration for media will be published on our website:

[woc2023.app/media](https://woc2023.app/media)

More information is available on page 31.

## Payments

Payments must be transferred to the WOC 2023 bank account.

Payment in Switzerland is in Swiss Franc (CHF).

**Important note:** The payer covers all applicable bank charges.

National federations can request copies of invoices via email: [info@woc2023.ch](mailto: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

It will be possible to make any payments for last minute changes at the Event Office by credit card or in cash.

## Accreditation

The accreditation process takes place at the WOC Event Office (see page 12). Although the accreditation process must be carried out by a Team Official, all registered competitors must also be present at accreditation to have their photo taken (see page 12) and to verify their identity by presenting their passport (or other officially recognised identity document accepted in Switzerland). A personal WOC ID card with photo will be provided on accreditation.

All accredited persons must wear this WOC ID card at all relevant times and present it in order to access official WOC transport and authorized zones. The online entry through IOF Eventor requires that all persons to be accredited must provide a personal portrait photo for use on the ID card.

Participation in WOC events is only possible if all outstanding payments are made by 12:00 noon on 11 July 2023 at the latest.





## ACCOMMODATION AND FOOD

### Accommodation for Teams

The same conditions apply for everyone:

**The Organizing Committee together with the Flims Laax Falera tourism organization 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.

For a detailed description of the accommodation options, please see Bulletin 2.

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 in Bulletin 2). Of course, any additional services ordered must be paid for too.

Please indicate your preferred accommodation and make sure your payment reaches us at the latest by the Team Size Entry deadline. After this deadline and if you have not paid the accreditation fee, you must pay the full price for the accommodation according to the prices stipulated 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.

**If you do not wish to stay in the athletes' village, you are free to book your own accommodation.**

You can find other 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](mailto:reservation@flf.ch)

Please make sure your accommodation is outside the embargoed areas.

### Accommodation for Media and IOF Family

Rooms for media representatives and IOF Family members are pre-reserved in three hotels in Flims from Tuesday, 11 July to Sunday, 16 July (early arrivals and late departures may be possible on request).

**Please book your rooms directly with the hotel you choose before 31 May 2023!**

All pre-reservations will be cancelled after this date.

There is a CHF 5.- tourist tax per person and night which will be charged separately by all hotels. Prices may be subject to change.

**The three pre-reserved options for IOF Family / Media are:**

**Hotel Adula** in Flims is a sports-friendly 4-star superior mountain hotel with a wellness area and fantastic cuisine. They have 50 Vintage and Lodge Double rooms pre-reserved for you in the guest-house Soldanella and the main house Adula.

- CHF 170.- per night in a double room for single use incl. breakfast
- CHF 320.- per night for a double room incl. breakfast

Half board: possible to book for CHF 45.- (3-course menu)

Parking: CHF 12.- per night in garage / CHF 10.- outside

Book directly with the hotel using the code "IOF Member" by phone: +41 81 928 28 28 or by email: [info@adula.ch](mailto:info@adula.ch)

[www.adula.ch](http://www.adula.ch)

**The Hide Hotel** in Flims offers a comfortable and cosy atmosphere but with a very subtle urban touch. Although very cosy, it is anything but a city hotel. The architecture and interior design are characterised by the Alpine lifestyle and the modern Alpine way of life.

A total of 40 rooms have been pre-reserved.

- CHF 200.- per night in a double room for single use incl. breakfast
- CHF 250.- per night for a double room incl. breakfast

Parking: CHF 20.- per night in garage

Book directly with the hotel using the code "IOF Member" by phone: +41 81 911 15 11 or by email: [welcome@thehideflims.ch](mailto:welcome@thehideflims.ch) [www.thehidehotelflims.ch](http://www.thehidehotelflims.ch)

**Hotel Cresta** is quietly and sunny situated in a large park in Flims Waldhaus. The spacious 3-star hotel complex with beautiful and comfortable hotel rooms has a spacious wellness area with up to four saunas, year-round heated outdoor pool and unheated bio pool, Kneipp pool, solarium, whirlpools, massage and small fitness room offers plenty of space for rest and relaxation. Book directly with the hotel by phone: +41 (0)81 911 35 35 or by email: [info@cresta.ch](mailto:info@cresta.ch) **The 10 pre-reserved rooms are already booked,** so unfortunately others were faster. [www.cresta.ch](http://www.cresta.ch)

### Accommodation for Spectators

You can find the accommodations in the region of Flims Laax Falera 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](mailto:reservation@flf.ch)

### Food

For self-catering you will get your purchases in the grocery store "VOLG" and in the local bakery in the rocksresort. There is also a small shop at the gas station next to the Peaks Place, and also a supermarket "Coop" in Flims (bus stop "Flims Dorf, Bergbahnen").

Breakfast is available in Hotel Signina and in the Peaks Place (must be ordered by 12 May 2023 at [info@woc2023.ch](mailto:info@woc2023.ch)).

A wide range of Swiss food will be available in the finish arena of the final races.

For dinner you can order a 3-course buffet dinner for CHF 30.- (salad, main course, dessert and tap water) at the Camino restaurant in Hotel Signina (must be ordered by 12 May 2023 at [info@woc2023.ch](mailto:info@woc2023.ch)).

Or you can enjoy a meal at one of the restaurants in the rocksresort: <https://www.rocksresort.com/en/restaurants/> (reservation for groups are highly recommended to avoid waiting time) or order a meal as a take-away.

There will be no dinner at the farewell party at the Riders' Club, but there will certainly be plenty to drink at the bar. And if you do get hungry, you can buy a variety of snacks.

# goodbye calories hello vitamins








# EMBARGOED AREAS

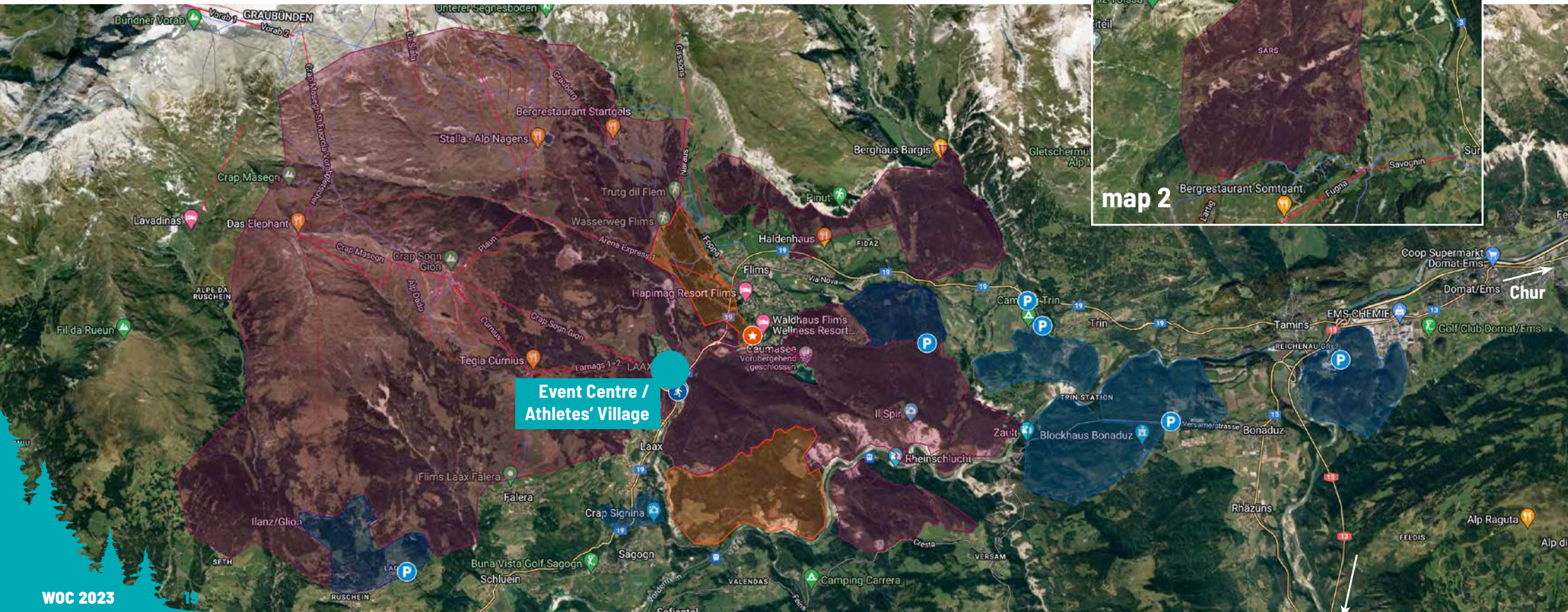
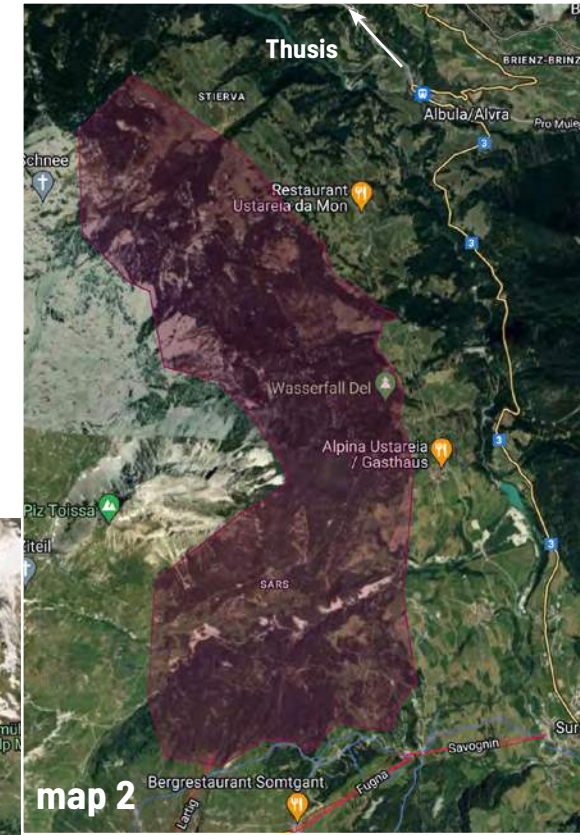
According to the IOF Competition Rules (§ 26.5), embargoed areas are forbidden for all potential WOC 2023 athletes, team officials and other persons, who, through knowledge of the terrain, may influence the results of the competitions. All embargoed areas are forbidden to enter. More information and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

Link to **Embargoed Areas**

Actual LIDAR-data: [www.swisstopo.admin.ch/en/geodata/height/surface3d.html](http://www.swisstopo.admin.ch/en/geodata/height/surface3d.html)

Link to [mapant.ch](http://mapant.ch): [mapant.ch](http://mapant.ch)

-  Embargoed areas
-  Training maps
-  Testtraces





## TRAINING OPPORTUNITIES

### 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. With the relevant local authorities, we have defined and agreed on access times for orienteering technique training locations. Therefore, all such training activities must be coordinated with the organizer and must be registered.

All training areas (with the allowed time periods) and the registration of the training activities can be found on the event website:

<https://woc2023.app/woc2023/teams/training>

For each agreed orienteering 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).

The training maps are also available during the whole WOC 2023 week until 16 July 2023.

Prior to and during the WOC 2023 week, it should be noted that the official accommodation is located close to the embargoed areas. Teams are responsible for adhering to and respecting the embargoed areas.

At the WOC 2023 event centre, all team members will receive an overview map of the athletes' village with the borders of the embargoed areas clearly marked. This overview map will also indicate where jogging and running training is possible.

The model events will be available from Saturday, 8 July. As they are all within walking distance of the event centre, no transportation will be needed, and no on-site parking is available.

WOC competitors are allowed to participate in the first stage of the Swiss O Week on Sunday, 16 July 2023. Registration for the Challenge and Holiday categories must be made no later than the day before via the Swiss O Week website. Similarly, all training maps of the Swiss O Week may be used throughout the week of WOC 2023. These maps can be purchased at the WOC 2023 event office.

GPS-tracking during training sessions: If you wish to track your team athletes during orienteering training sessions, please be aware that the 2G technology no longer works in Switzerland. We recommend that you check with your provider whether your GPS tracker works with 3G or 4G.





### Accommodation during training camps:

In Laax, we recommend using the apartments at rocksresort, or the Hotel Signina.

You may book online:

[www.rocksresort.com/en/](http://www.rocksresort.com/en/)

[www.signinahotel.com/en/](http://www.signinahotel.com/en/)

Our partner, «Weisse Arena», offers a discount of 15% for your stay at rocksresort or the 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  
Signina hotel Promocode: TRAINOL23SH

### Official Training Camps

During the training camps we will offer official orienteering training sessions at a cost of CHF 6.- per person, which includes the map, controls in the forest and the session fee.

#### Training camp 2: 31 May - 6 June 2023

Region of Flims Laax (31 May - 4 June 2023)

- 5 training opportunities
  - 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

#### Training camp 3: 6-9 July 2023

- 5 training opportunities
- 3 model events (from 8 July)

Training maps must be ordered in advance. More information will be available on the WOC 2023 website before the camps.

### Selection Races

- Middle Distance test race on 3 June 2023, Uaul Runcs
- Middle Distance test race on 4 June 2023, Salums
- Long Distance test race on 6 June 2023, Ftan

For these test races a special entry fee of CHF 40.- per athlete per race will apply. More information about entries will be given on the WOC 2023 website:

<https://woc2023.app/woc2023/teams/training>

Please coordinate your requests for the test races with Simone Niggli and she will consider your expectations: [simone.niggli@woc2023.ch](mailto:simone.niggli@woc2023.ch)







We maintain  
orientation for you:  
insurance,  
precaution, finance.





## RULES AND OTHER RELATED INFORMATION

### 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 Entry Regulations

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 (§ 6.1.).

### Anti-doping Code

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 event organizers will not be liable in any way for any claim for liability that may arise in connection with participation in WOC 2023 or in any other official training activities. All participants take part at their own risk and are responsible for arranging their own insurance cover (illness and accident).

### SIAC-cards

SIAC-cards will be provided by the organizer.

### Climate & 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. Maximum temperatures of up to 30° C are rare, but possible. In summer, sudden showers or thunderstorms may occur, mostly during the afternoon and evening. As the competition areas are at an altitude between 800 and 2000 m, major temperature differences are possible even within one competition day.

Wild bees and similar may possibly be encountered in the competition areas. Full arms and leg cover is recommended in order to avoid tick bites in the forest. Ticks can transmit Lyme disease and Meningoencephalitis.

### Visa

A valid passport is required for entry into Switzerland. Travellers from specific countries may require a visa or further documents in order to be allowed entry.

Please check with your embassy if you need a visa or entry permit. [www.sem.admin.ch](http://www.sem.admin.ch)

### Athlete Licence

All participating athletes need a valid IOF Athlete Licence. To obtain a valid licence, the athlete needs to sign an athlete licence form and pay an annual fee of EUR 40.-. Payment of the annual licence fee is made in IOF Eventor. Please consult IOF Athletes Licence page for more information: <https://orienteering.sport/iof/for-athletes/athletes-licence/>

If you have any question about the IOF Athlete Licence, please contact the IOF Office by email to [iof@orienteering.sport](mailto:iof@orienteering.sport)

## Prize money and prizes

A total of CHF 30'000.- will be paid to the best 6 runners in the Middle and Long Distance competitions and to the best 3 teams in the Relay.

### Middle and Long Distance:

1 <sup>st</sup> place	CHF 2'000.-
2 <sup>nd</sup> place	CHF 1'500.-
3 <sup>rd</sup> place	CHF 1'000.-
4 <sup>th</sup> place	CHF 500.-
5 <sup>th</sup> place	CHF 300.-
6 <sup>th</sup> place	CHF 200.-

### Relay (per Team):

1 <sup>st</sup> place	CHF 2'000.-
2 <sup>nd</sup> place	CHF 1'250.-
3 <sup>rd</sup> place	CHF 750.-



In addition, the World Champions in all formats will receive an extraordinary natural prize.

**The World Champions in the Long Distance** will receive a trophy with the horn of a Capricorn. The trophy is donated by the canton of Graubünden.

**The World Champions in the Middle Distance** will receive a World Champions Ring. The World Champions Ring for the female World Champion is donated by Gustav Lienhard. The World Champions Ring for the male World Champion is donated by Benedikt Humbel.

**The World Champions in the Relay** will receive a wooden Capricorn Trophy from the local woodcarver and wood artist Simon Simonett. The Trophies will be donated by our Presenting Partner EGK.

## Opening Ceremony

We hope that all athletes and team members will attend the Opening Ceremony on Tuesday, 11. July 2023 at 20:00 wearing their national team wear. We will welcome you and open the World Orienteering Championships 2023 with an entertaining show at the Medal Plaza in the rocksresort.

## Medal Ceremonies

The best six athletes/teams in the individual final races/relay will be honoured at an atmospheric medal ceremony in the evening of the race days at 20:00. These ceremonies will take place at the Medal Plaza in the rocksresort in the heart of the athletes' village and will be accompanied by a concert.

## Closing Ceremony

The closing ceremony will take place right after the Medal Ceremony for the Relay on Sunday, 16 July 2023 at the Medal Plaza in the rocksresort.

## Live services

All competitions from the World Orienteering Championships 2023 will be available through the [IOF Live Centre](#) and [www.woc2023.app/live](http://www.woc2023.app/live). In our interactive start- and resultlist you can also find information about the runners and their previous results.

After their competitions, the athletes have to follow the procedure in the finish, that will be specified in Bulletin 4. There will be a leader chair on the finish podium in the Middle and the Long Distance.





**TIME TO THE FINISH LINE = TIME TO MARKET.**

Swiss innovation and orienteering - a symbiosis on a new level.

innovation  
@ **speed**



## COMPETITION INFORMATION

### Punching and Timing

#### Punching system

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

#### Timing system

Middle Qualification: at the start beep, the competitor will be released by an official who is removing a hand from the map. The listed start times will be used.

Middle and Long Final: a start gate will be used. The timing of an athlete starts when the athlete opens the gate with his/her legs.

Relay: the start signal will be given by the start official.

At finish, the time is taken when the athlete's chest crosses the finish line. There is no punching at the finish line. The running times are rounded down to full seconds.

### 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 will only be permitted if they have no display or audible feedback. No GPS watches are allowed. There will be checks at the start.

### Clothing and Footwear

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

### Starting groups and Start Interval

The starting groups will be based on the IOF Competition Rules.

Start Interval at the Middle Qualification and Middle Final: 2 minutes.

Start interval at the Long Final: 3 minutes.

### Terrain description

#### Long Distance

##### Terrain

The mountainous terrain is dominated by steep slopes, deep stream systems and ditches changing to moderate hills with more rounded 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 1000–2000 m above sea level. The slopes will have both tough uphill 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.

##### Runnability

Good to very good runnability 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 certainly with breathtaking views. The detailed, complex contours and the countless rock details require accurate map reading. Magical moments are certain when navigating around hills, depressions or boulders and seeing the control exactly where you expect it to be!

##### Vegetation

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

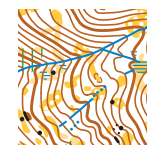
##### Runnability

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



## MAPS

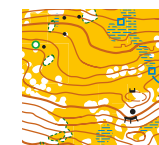
Competition	Scale / contour interval	Specification	Map maker
<b>Middle Qualification</b>	1:10'000 / 5m	ISOM2017-2	Urs Steiner
<b>Long Distance</b>	1:15'000 / 5m	ISOM2017-2	Beat Imhof / Urs Steiner
<b>Middle Distance Final</b>	1:10'000 / 5m	ISOM2017-2	Urs Steiner
<b>Relay</b>	1:10'000 / 5m	ISOM2017-2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



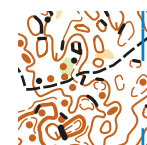
Long



Long



Long



Middle/Relay



Middle/Relay



Middle/Relay

## PRELIMINARY COURSE DETAILS

Competition	Class	Winning time	Preliminary length / climbing	Number of controls	Refreshments	Course planners
<b>Middle Qualification</b>	Women	25 min	3.2km / 140 m	13-14 controls	0 refreshments	Bruno Haldemann
	Men	25 min	4.2 km / 180 m	16-17 controls	0 refreshments	Simone Niggli
<b>Long Distance</b>	Women	82 min	11.2 km / 480 m	24 controls	4 refreshments	Stefan Zingg
	Men	90 min	14.2 km / 710m	35 controls	4 refreshments	Bruno Haldemann
<b>Middle Distance Final</b>	Women	35 min	5.0 km / 170 m	19 controls	1 refreshment	Simone Niggli
	Men	34 min	6.1 km / 200 m	23 controls	1 refreshment	Urs Steiner
<b>Relay (per leg)</b>	Women	34 min	4.7 km / 280 m	16 controls	1 refreshment	Urs Steiner
	Men	35 min	5.8 km / 320 m	20 controls	1 refreshment	Stefan Zingg



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Confederazione Svizzera  
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**16. bis 20. August 2023**

Waffenplatz Kloten-Bülach



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## ENVIRONMENTAL CONCEPT

WOC 2023 in Flims Laax and the Swiss Orienteering Week will take place in one of the most beautiful areas in the mountain canton of Graubünden. It is the impressive mountain formations that border the competition area in the north, the Rhine Gorge, which wildly and inaccessibly limits the competition maps in the south, and the unique flora and fauna in the forests and on the lakes in and around the area in which the competitions will take place, that provide the unique setting for these events. The attractiveness of the region attracts many tourists in both winter and summer. Good planning and management of visitor activities is necessary in order to reconcile the needs of tourism with the protection requirements of the ecosystems. The Flims Laax region does a lot to manage the region sustainably and has developed its own green style environmental charter for this purpose. Therefore, the events and all the participants are not automatically welcome in the region during the two weeks in July 2023. In order for the orienteering events to be carried out sustainably in this ecologically valuable area, careful planning and a lot of work is also necessary on the part of the organizers.



A comprehensive environmental concept has therefore been developed for the WOC 2023/SOW 2023. It describes measures regarding permits, agreements and communication, waste, littering and noise, material, traffic, transport, energy and infrastructure, as well as nature and landscape.

A special characteristic of the World Orienteering Championships/Swiss Orienteering Week 2023 is the compactness of the event. WOC 2023 will use only one finish area for all the main events. The distances between the competition centres and the accommodations are short and mostly accessible by bike or on foot. For longer distances, a well-developed network of public transport is available. The WOC/SOW 2023 will thus become the „World Championships of short distances“!

The overall goal of the environmental concept is to organize attractive competitions without any sustainable impairment to the valuable flora and fauna, and at the same time to demonstrate and provide insight into a future-oriented approach to organizing sustainable major events. The behaviour of all the participants also plays a crucial role in achieving this goal.

As participants of the WOC 2023, you can contribute to the successful implementation of the environmental concept by adopting specific measures, for example, by adhering to the following principles:



### Mobility

Whenever possible, please use public transportation for your trip to Flims Laax (including your travel to Switzerland). This helps protect the environment, and you won't need your own vehicle once you're here.

During the World Championships, please use the well-developed public transportation system for getting around. You can easily walk or bike between the main competition arena and the Athletes' Village.



### Waste disposal

Please use the designated waste bins for the disposal of your waste. In Switzerland, we consistently separate PET from residual waste, even in the finish area. The rocksresort and

Peaks Place also have separate collection points for glass, metal, paper and special waste.

During the competition, do not throw away empty power gel tubes or similar items in the forest, but deposit them at a control or official refreshment points.



### Landscape and Infrastructure

Use the existing infrastructure appropriately. Use the toilets provided, use the designated parking areas for bicycles and luggage, and respect areas that have „Do Not Enter“-signs, both during the competition in the terrain, and in the arenas.

Report any damage caused to the infrastructure in the terrain (such as damaged fences) at the finish or to the nearest official.

Consider yourselves as guests of this valuable cultural and natural area, behave respectfully, appreciate and enjoy the wonderful landscapes.

**The organizers,  
the Flims Laax region,  
and the environment thank you  
for your cooperation!**



## MEDIA

We look forward to welcoming media professionals from all over the world to the WOC 2023 in Flims Laax. We will provide a media centre on site in the Prau la Selva finish arena.

The following will be available for accredited media representatives:

- Workplaces with power supply
- Internet (W-LAN)
- Live services (results, video streaming, GPS, maps, OCAD files, etc.)
- Access to the finish arena and photo spots
- Free image service
- Meals

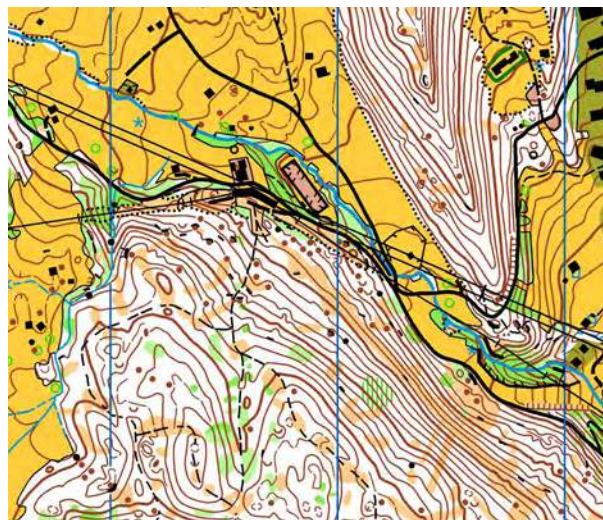
The accreditation form and the opening hours of the media centre will be published from 1 Mai 2023 at [woc2023.app/media](https://woc2023.app/media)

Please note: on the day of the Middle Distance Qualification (12 July), there will be no workplaces available for media professionals in the arena. Photo spots for photographers will be provided in the finish area and in the competition area.

### Media contact

Véronique Ruppenthal, Head of Media Services,  
[media@woc2023.ch](mailto:media@woc2023.ch), +41 78 619 62 58

## IOF FAMILY AND MEDIA RACE

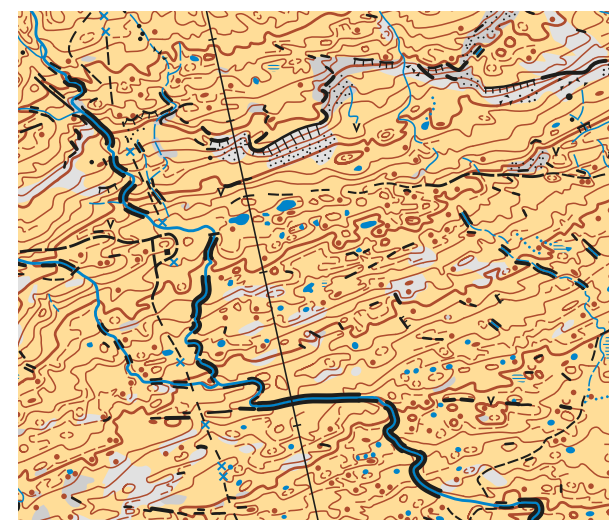


On Friday, 14 July (WOC rest day), from 13.30 to 15.30 we will organize the IOF Family and Media Race in the forest and alpine area close to the athletes' village / Event Office at rocksresort in Laax – start and finish will only be 10 minutes' walk away.

The race entry fee is CHF 10.-.

WOC national team members are allowed to participate in the IOF Family/Media Race. The entry and payment must be made no later than the day before in the Event Office.

## SWISS ORIENTEERING WEEK (SOW) – SPECTATOR RACES



WOC national team members are allowed to participate in all competitions of the Swiss O Week (including the first day on Sunday, 16 July).

Registration for the Challenge and Holiday classes must be made no later than the day before via the Swiss O Week website.

For more informations see next page  
or [www.swiss-o-week.ch](http://www.swiss-o-week.ch)

**SOW 2023**

SWISS ORIENTEERING WEEK  
15–22 JULY 2023

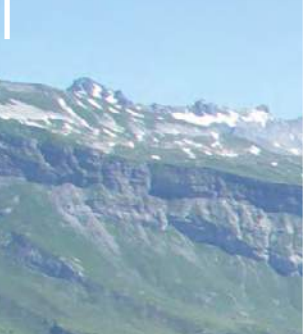
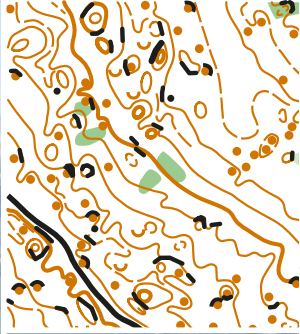
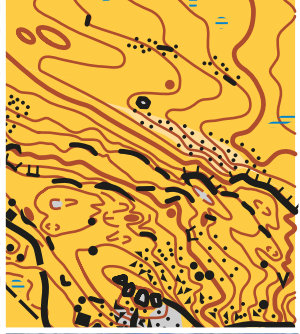

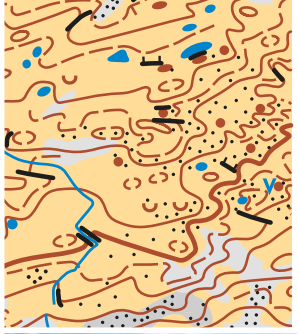



**Flims LAAX**

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](http://www.swiss-o-week.ch)