



Flims Laax



WOC 2023

SWITZERLAND
World Orienteering
Championships

Bulletin 4

Wenn deine Gesundheit keine halben Sachen mag.

Komplementärmedizin ist Teil unserer DNA.



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Great emotions and an unforgettable sports festival!



I am very happy indeed that the 2023 World Orienteering Championships will be held in our country. The Swiss O Week, which is being organized in tandem with the WOC, offers interesting and challenging orienteering races for both elite and recreational orienteers. I am convinced that the sport of orienteering will provide a lot of excitement, great emotions and an unforgettable sports festival in the mountains of the Grisons (Graubünden) for orienteers and spectators of all ages.

After hosting the Swiss O Week in 2011, the Flims Laax Falera destination will once again provide the

perfect setting for the internationally renowned multiday orienteering event in the Swiss Alps. More than 4,000 participants will be combining their holidays and sport at the Swiss O Week. I am particularly pleased to see that many families will be among the spectators who will follow the 2023 World Orienteering Championships. A big thank you must be given to the organizing committee and its many volunteers. It is their commitment, drive and focused planning that has made it possible for these logistically demanding competitions to take place in the fascinating mountain world of the Surselva, and so providing competitors and visitors alike from all over the world with an unforgettable experience in Switzerland.

I extend a warm welcome to all athletes from home and abroad. I wish you success in your competitions, that you delight in and appreciate our wonderful countryside, and that you enjoy all the different social events organized here, and the chance to meet other orienteers from around the world.

Viola Amherd
Federal Council

Allegra! Benvenuti! Welcome to Graubünden!



Dear athletes and team officials

We are very proud indeed to host the 2023 World Orienteering Championships in Graubünden and it is my great pleasure to welcome you to the wonderful natural setting of our Canton and everything it has to offer.

The 2023 World Orienteering Championships continues our long tradition of hosting major events and international championships in our region. We will also be hosting several more such important events in coming years, which is testimony to our reputation and expertise in this field.

I hope that in addition to focusing on your sporting goals, you will also find some time to explore more of the 150 valleys and the more than 600 lakes in Graubünden, and to discover the linguistic and cultural diversity of our region too.

I would like to express my sincere thanks and appreciation to the organizing team of the World Orienteering Championships and all the volunteers who make these championships possible. Their amazing enthusiasm and drive, coupled with the invaluable support of many voluntary helpers, is the guarantee for the success of the Championships.

And to you, the competitors, I wish you all successful, injury-free and fair competitions and hope that you will take many unforgettable experiences and memories from your stay in Graubünden.

Jon Domenic Parolini
The State Council of the Canton of Graubünden



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Flims
Flims Laax Falera



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Welcome and Beinvegni!



The wait is finally over. It will all be starting very soon. We look forward to welcoming you to the 2023 World Orienteering Championships (WOC) in Flims Laax Falera.

Our aim is to set new standards for the Championships, both in terms of spectacular surroundings and as a really welcoming and accommodating host location. We want to provide you with the best conditions so that you can focus on your races and perform successfully. We hope that you will make new friends, have wonderful experiences and discover the amazing natural surroundings of our area.

The concept that Flims Laax Falera represents is to host a World Orienteering Championships of short distances. Not in terms of short races, but in the sense that everything is in the immediate vicinity. You won't need to travel far to the competitions or to find anything you may need. All the facilities you require will be close at hand, and all in a spectacular natural setting.

Our area has a unique landscape formed by a landslide 10,000 years ago. This created the Rhine Gorge and the Caumasee lake, scattered boulders all over to decorate the landscape and prepared the ground for the green carpet of grass, trees and plants you see today. And we have even more of the earth's history for you to experience. The Sardona UNESCO World Heritage Tectonic Arena demonstrates very clearly the almost unimaginable powers with which millions of years ago nature shaped the area in which we live. A location that you ought to get to know in its winter glory too!

Enjoy the competitions! Celebrate successes! Enjoy the fellowship of all the other orienteers and spectators! And have a great time with us in Flims Laax Falera!

André Gisler

Director of Tourism | CEO Flims Laax Falera



1/ 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	Roland Ludwig	roland.ludwig@woc2023.ch
Finances	Stefan Hess	stefan.hess@woc2023.ch
President Verein OL WM 2023	Hansueli Steinmann	hansueli.steinmann@woc2023.ch

Competition:

Head of course setters: Simone Niggli
Maps: Fritz Rufer
Start: Martin Oppliger / Severin Oppliger

Arena: Peter Oehy
Ticketing: David Grossmann
Catering: Nik Meier
Antidoping: Natascha Steinmann / Ladina Rutz

Event Production:

TV-Production: Lukas Schubnell
Timing: Daniel Leibundgut
GPS: Markus Gloor
IT/Event technical: Leroy Byland

Marketing & Communication:

Media: Véronique Ruppenthal
WOC Events / Ceremonies / Graphic design:
Doris Grüniger
Social Media: Sandro Anderes
Digital Project: Lukas Erne
Side Events: Julia Gürtler
VIP: Dieter Lüscher
Project Coordination: Ramona Heer

Infrastructure:

Planning: Gilbert Roulier / Lorenzo Mangiarratti
Logistics: Thomas Mörgeli / Werner Hürlimann
Arena construction: Markus Hitz

Administration:

Event Office:
Christoph Aeschlimann / Sandra Schärer
Volunteers: Michel Zwahlen
Sustainability: Marc Eyer
Safety & Security: Reto Pfister

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)

Jury

Helge Lang Pedersen	DEN
David Rosen	GBR
Janos Manarin	ITA
Jerzy Antonowicz	POL
Unni Strand Karlsen	NOR
Daniel Wolf	CZE (reserve in the event of a conflict of interest)



Contact

General Secretary / Event Office: Nils Eyer and Christoph Aeschlimann |
info@woc2023.ch | +41 800 84 23 23

Training: 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


woc2023.app

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

 WOC 2023 Flims Laax

 @woc2023flimslaax

 Verein OL WM 2023

 World Orienteering Championships 2023

#woc2023flimslaax



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2/ PROGRAMME – TIMETABLE

Saturday, 08.07.2023

all day	Model Event / Training	
10:00 – 18:00	Welcome desk open	Rocksresort (Diva I)

Sunday, 09.07.2023

all day	Model Event / Training	
09:00 – 18:00	Welcome desk open	Rocksresort (Diva I)

Monday, 10.07.2023

all day	Model Event / Training	
10:00 – 18:00	Event Office open	Rocksresort (Diva I)

Tuesday, 11.07.2023

all day	Model Event / Training	
10:00 – 18:00	Event Office open	Rocksresort (Diva I)
12:00	Entry deadline Middle Qualification	Eventor
15:30 – 17:30	Technical Model	Rocksresort
16:00 – 17:15	Antidoping Seminar for for Athletes + Team Officials	Peaks Place (Piz Fess II)
17:30	Team Official Meeting	Peaks Place (Piz Fess II)
20:00 – 21:00	Opening Ceremony	Medal Plaza

Wednesday, 12.07.2023 Middle Qualification

all day	Model Event / Training	
08:00	Quarantine opens	Schulhaus Flims
10:00	Quarantine closes	Schulhaus Flims
10:00 – 11:30	Starttimes MEN	
11:40 – 13:00	Starttimes WOMEN	

15:00	Entry deadline Long	Eventor
16:00 – 20:00	Event Office open	Rocksresort (Diva I)
17:30	Team Official Meeting	Peaks Place (Piz Fess II)

Thursday, 13.07.2023 Long Distance

all day	Model Event / Training	
07:30	Quarantine opens	Crap Sogn Gion
08:55	Quarantine Womens closes	Crap Sogn Gion
09:10	Quarantine Men closes	Crap Sogn Gion
09:00 – 12:35	Starttimes WOMEN	
10:45 – 14:40	Starttimes MEN	
14:05	Flower Ceremony WOMEN	Prau la Selva
16:15	Flower Ceremony MEN	Prau la Selva
19:00 – 20:30	Event Office open	Rocksresort (Diva I)
20:00	Price giving Ceremony Long	Medal Plaza
afterwards	Concert by Baba Shrimps	

Friday, 14.07.2023

all day	Model Event	Salums and Uaul Runcs
10:00 – 12:00	Event office open	Rocksresort (Diva I)
12:00	Startlist Middle Final published	
13:30 – 15:30	IOF Family/Media/Volunteer race	Rocksresort
16:00 – 20:00	Event office open	Rocksresort (Diva I)
17:30	Team Official Meeting	Peaks Place (Piz Fess II)
19:00	IOF Family Dinner	Tegia Larnags, Laax

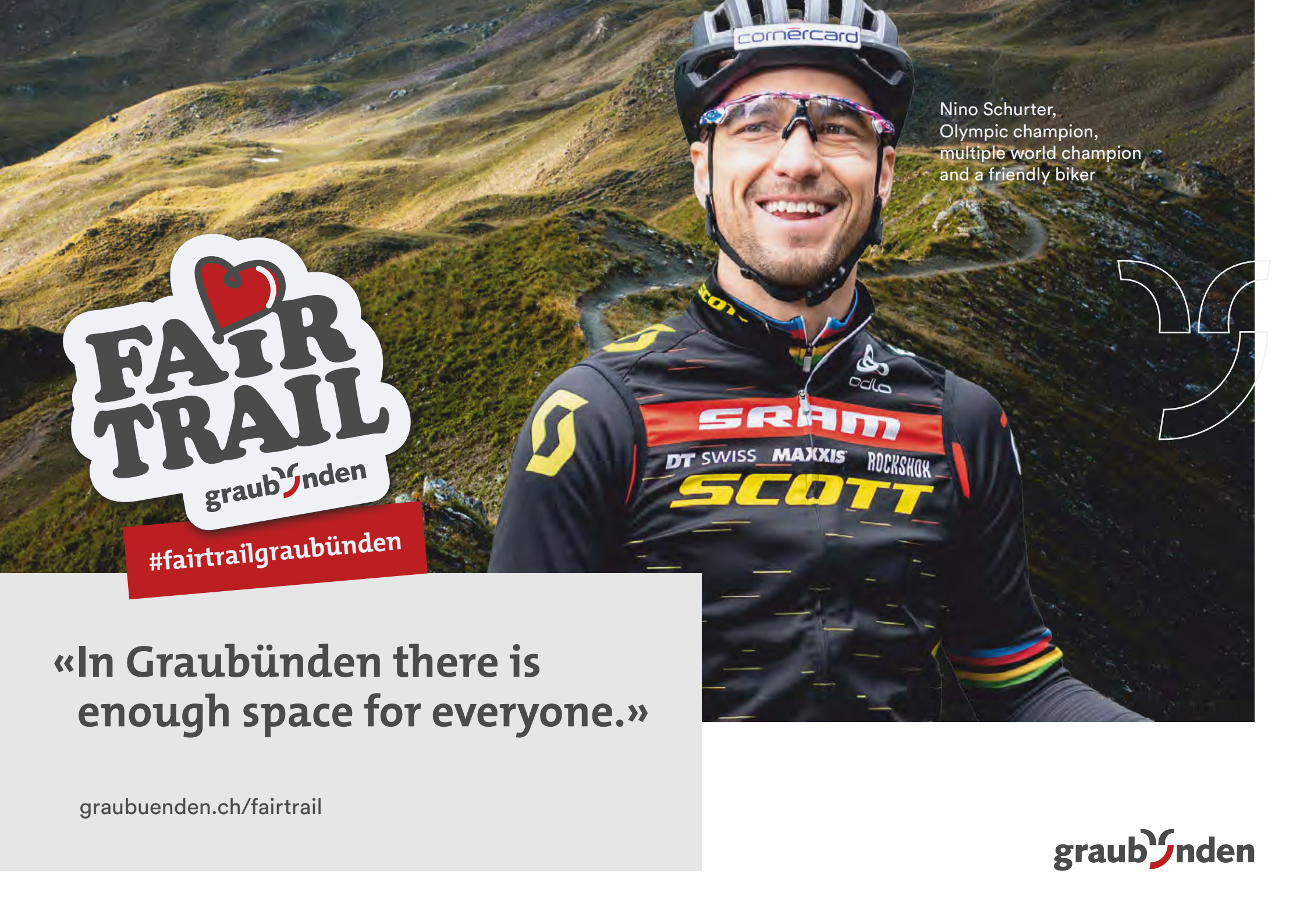
Saturday, 15.07.2023 **Middle Distance**

all day	Model Event	Salums and Uaul Runcs
09:15	Quarantine opens	Schulhaus Flims
10:30	Quarantine closes	Schulhaus Flims
10:33 – 12:31	Starttimes WOMEN	
12:14 – 14:12	Starttimes MEN	
13:10	Flower Ceremony WOMEN	Prau la Selva
14:50	Flower Ceremony MEN	Prau la Selva
17:00	Entry deadline Relay	Eventor
19:00 – 20:30	Event office open	Rocksresort (Diva I)
20:00	Price giving Ceremony Middle	Medal Plaza
afterwards	Concert by Pat Burgener	

Sunday, 16.07.2023 **Relay**

09:00 – 13:00	Starttimes Swiss O Week	Flims
09:50	Quarantine opens	Prau la Selva
11:10	Quarantine closes	Prau la Selva
12:20	Masstart MEN	Prau la Selva
14:15	Flower Ceremony MEN	Prau la Selva
14:30	Masstart WOMEN	Prau la Selva
16:20	Flower Ceremony WOMEN	Prau la Selva
19:00 – 21:00	Event Office open	Rocksresort (Diva I)
20:00	Price giving Relay & Closing ceremony	Medal Plaza
21:00 – 3:00	Farewell-Party (only for Teams)	Rider's Club





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



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«In Graubünden there is
enough space for everyone.»

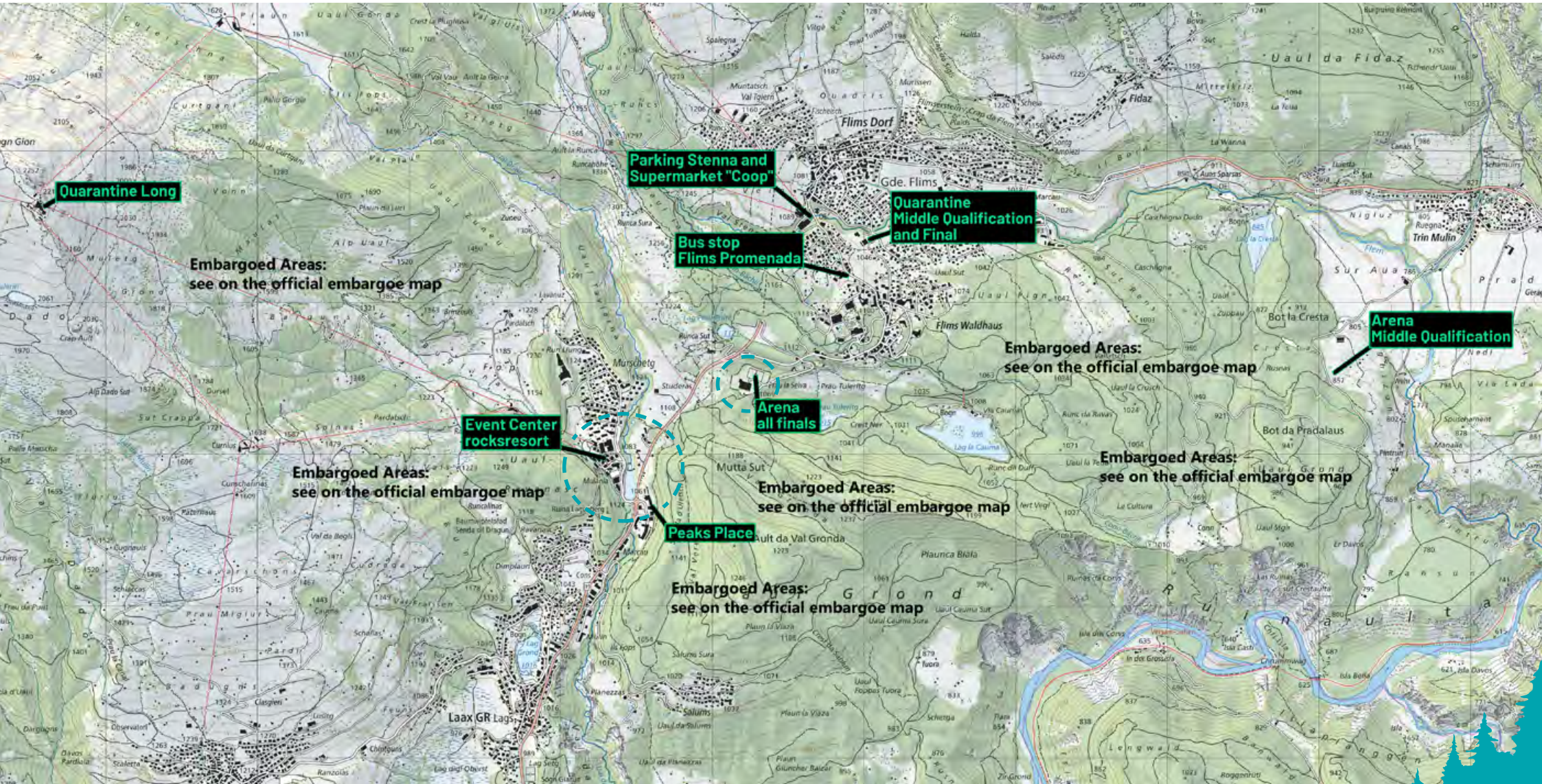
graubuenden.ch/fairtrail

graubünden

3/ VENUE, ACCESS AND TRANSPORT

Details see map p. 46/48

3.1 Overview



3.2 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.

3.3 Transport and 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!

All guests of Flims Laax Falera will receive a tourist card for the duration of your stay which allows free use of all busses between the three villages of Flims - Laax - Falera. All accredited persons can use these buses for free with the WOC accreditation card.

Buses will run at least every 15 minutes during daytime.

4/ EVENT OFFICE AND ATHLETES' VILLAGE

4.1 Arrival

Please get the keys for your accommodation in Peaks Place at the reception at the Peaks Place. If you stay in Hotel Signina or in apartments in the rocksresort, you will get your keys at the reception in Hotel Signina.

4.2 Event Office

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

GPS coordinates: 46.81920, 9.26393

Bus stop: Laax, Bergbahnen

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

Opening hours of the WOC Welcome Desk:

Saturday, 08.07.2023 10:00 - 18:00

Sunday, 09.07.2023 09:00 - 18:00

From Saturday, 08.07.2023 to Sunday, 09.07.2023 the Event Office will function as a WOC Welcome Desk where you can obtain the training maps and have any questions answered.

Opening hours of the WOC Event Office:

Monday, 10.07.2023 10:00 - 18:00

Tuesday, 11.07.2023 10:00 - 18:00

Wednesday, 12.07.2023 16:00 - 20:00

Thursday, 13.07.2023 19:00 - 20:30

Friday, 14.07.2023 10:00 - 12:00

16:00 - 20:00

Saturday, 15.07.2023 19:00 - 20:30

Sunday, 16.07.2023 19:00 - 21:00

During the competition days you can meet us in the arena at the Event Office desk in the After-Finish Zone.

4.3 Accreditation

After accreditation all teams, officials, media and the IOF Family will get their accreditation card at the Event Office. The accreditation process is on Monday, 10.07.2023 and on Tuesday, 11.07.2023. All athletes must attend in person to obtain their accreditation. All athletes need to show their passport and have their photo taken as part of the accreditation process. Portrait photos with a green screen background will be taken. Please wear your national team clothing unless these contain green shades in their upper part. In such a case, we recommend wearing neutral colors for the photo shoot. Thank you for your cooperation. These photos will be used for the following purposes:

- 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
- Media archive



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



Please update your profile on IOF Eventor, so we have the latest information.
<https://eventor.orienteering.org/>

You can also 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 at the Event Office so that you will not have to wait in a queue.

5/ REGISTRATION

5.1 Team Registration

All entries can only be made in IOF Eventor. The entry is available on: <https://eventor.orienteering.org/Events/Show/6496>

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.

- Late entries will be treated equally and must be communicated directly to the organizer on info@woc2023.ch if you can't make the change yourself in IOF Eventor anymore.

5.2 Competition Entries

Names of the competitors and, for the Middle Qualification race also their starting group (according to IOF rule 9.17), 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.

In the event of a replacement after the competition entry deadline, according to IOF rules 9.10 to 9.13 you must contact the organizer by sending an email to info@woc2023.ch or do it in written form at the Event Office.

A request to change is valid when the Federation has received a confirmation from the organizer.

5.3 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 Foot-O 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.

5.4 Payments

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

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

	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

5.5 Summary of entries

	Men	Women	Team Officials	Total
Argentina	1			1
Australia	4	4	3	11
Austria	5	5	3	13
Belgium	4	3	2	9
Brazil	3	4	1	8
Bulgaria	5	4	2	11
Canada	3	1	3	7
China	4	4	3	11
Colombia	3	3	2	8
Croatia	3			3
Czechia	5	4	4	13
Denmark	5	5	6	16
Estonia	5	4	2	11
Finland	4	6	4	14
France	6	6	4	16
Germany	4	4	3	11
Great Britain	5	5	5	15
Hong Kong China	4	3	2	9
Hungary	4	4	3	11
Ireland	3	1	1	5
Israel	3			3
Italy	4	3	3	10

	Men	Women	Team Officials	Total
Japan	4	4	3	11
Korea, Democratic People's Republic of				1
Korea, Republic of	3	3		6
Latvia	4	4	2	10
Lithuania	4	2	2	8
Moldova, Republic of	3	3	1	7
Netherlands	3	3	2	8
New Zealand	5	4	3	12
Norway	6	5	6	17
Poland	3	4	2	9
Portugal	3	3	1	7
Romania	3	1		4
Serbia	1			1
Slovakia	3	1	2	6
Slovenia	1		1	2
South Africa	3	1	1	5
Spain	5	4	2	11
Sweden	9	8	6	23
Switzerland	6	6	6	18
Turkiye	3	3	1	7
Ukraine	3	3	2	8
United States	4	4	4	12
TOTAL	167	139	103	409

goodbye calories
hello vitamins



6/ ACCOMMODATION, FOOD AND ARENA

6.1 Accommodation

All teams are staying in the Athletes' Village either in rocksresort, in Hotel Signina or in Peaks Place. If you have any questions concerning the services in your accommodation, please go to the reception (for rocksresort in Hotel Signina) or ask us in the Event Office.

6.2 Food

Ordered breakfast is either in the Peaks Place if you stay in Peaks Place or in Hotel Signina if you stay in rocksresort. Those accommodated in the Hotel Signina will have the breakfast included. For your ordered (and paid) breakfast you will get vouchers at the accreditation. Breakfast: 06:00 – 09:00

Buffet dinner will be served in Restaurant Camino in Hotel Signina. For your ordered (and paid) dinner the team officials will get vouchers at the accreditation. Buffet dinner: 18:00 – 20:00

If you are self-catering, you can buy your food at the VOLG grocery store in rocksresort. There is also a "Coop Pronto" shop at the petrol station next to the Peaks Place as well as a Coop supermarket in Flims (bus stop "Flims Dorf, Bergbahnen").

Opening hours for the VOLG grocery store:

Saturday, 08.07.2023: 08:00 – 12:30

Sunday, 09.07.2023: closed

From Monday, 10.07.2023 daily (incl. Saturday+ Sunday): 07:00 – 18:00

Opening hours „Coop Pronto“ close to Peaks

Place: 05:30 – 22:00 all days

Opening hours COOP Supermarket in Stenna

Flims:

Monday – Friday: 08:00 – 20:00

Saturday: 08:00 – 19:00

Sunday: 08:00 – 18:00

Bakery „Pasternaria Romana“ (rocksresort):

Tuesday, 11.07. – Sunday, 16.07.: 08:00 – 13:00

A wide range of Swiss food will be available in the finish arena of the final races. In the finish area in Trin (Middle qualification), you can buy small snacks.

In the rocksresort you can enjoy a meal at one of the restaurants:

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

(a reservation for groups is highly recommended to avoid waiting time) or order a meal as a takeaway. At the medal plaza you can get take-away as well.

There will be no dinner at the farewell party at the Riders' Club, but there will certainly be enough to drink at the bar. And if you do get hungry, there will be a range of snacks for sale.

6.3 Washing machines

In the rocksresort and in Peaks Place you will find washing machines to wash your dirty clothes. Ask at the reception, where you can find it.

6.4 Arena

In the arena for the finals there will be facilities for competitors, spectators and other participants:

- Restaurants
- Dining area inside the ice hall
- First aid
- Info
- Toilets
- Merchandising
- Sponsoring village
- VIP tent
- IOF Family tent
- Media tent
- Mixed zone
- Office desk (Event office) in the after-finish zone
- Tribune (with ticket only)
- Standing area (free with your team accreditation)

Sportshops: There are no Sportshops in the finish arena. From 14.07.2023 there are Sportshops with orienteering gear open at the accreditation of the Swiss O Week in Flims (Eventhalle).

If you need some orienteering clothes / compass before, you can check on www.orienteering.ch and ask Marco Rancan to bring it to you (Tel. +41 79 934 74 16, marco@orienteering.ch).

6.5 Live services

You can follow us live on woc2023.app/live and in the [IOF Live center](#).

6.6 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. You can expect a DJ who will make you forget that your legs are actually tired! There will be no dinner, but plenty to drink at the bar at reduced prices. And if you do get hungry, there will be a range of snacks for sale. Please be aware that it's not allowed to bring your own drinks into the club. Don't miss the opportunity to take one last selfie with Capri, our mascot! The party will be from 21.00 – 03.00.



6.7 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.

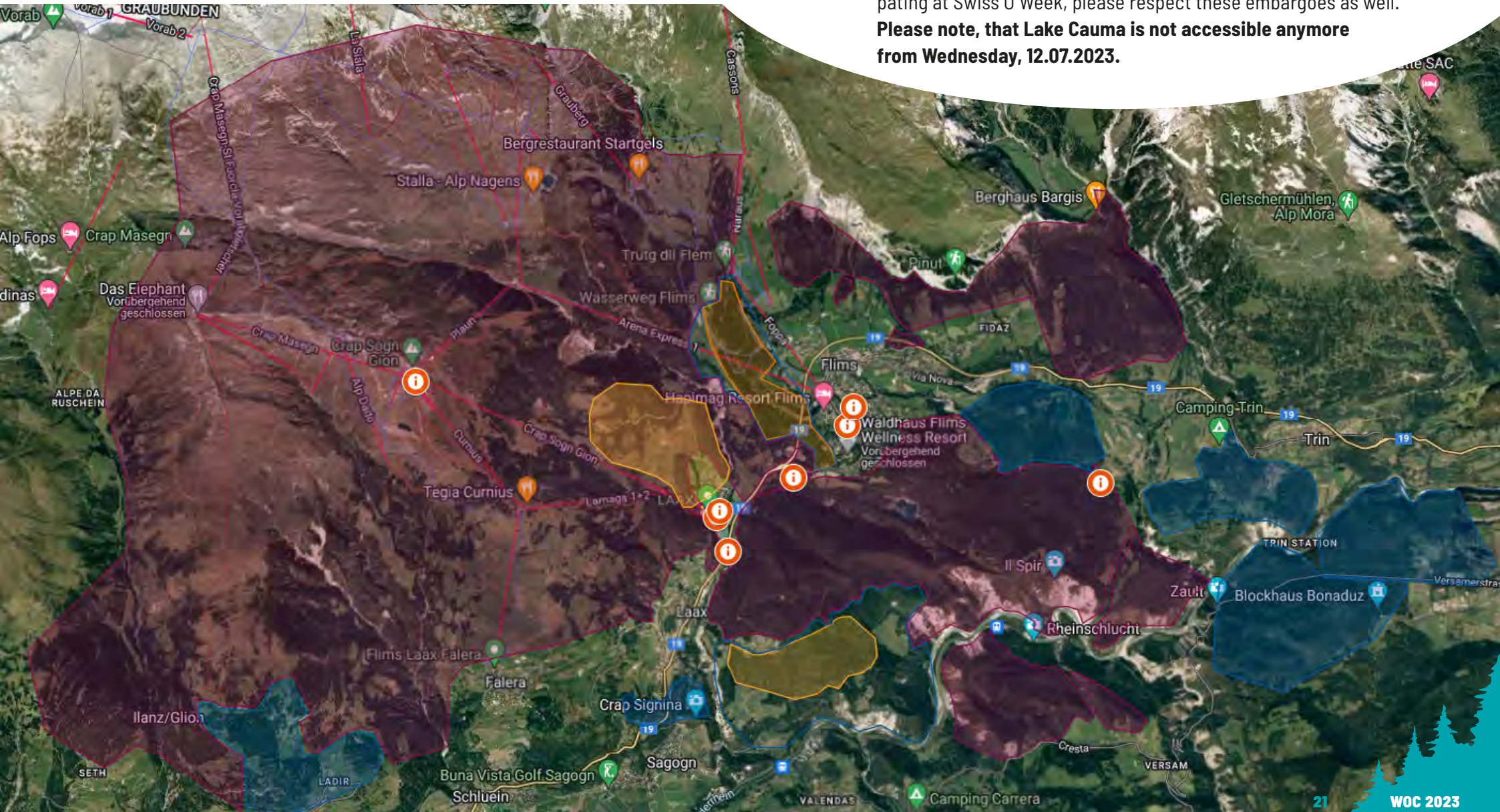
**The organizers,
the Flims Laax region,
and the environment thank you
for your cooperation!**

7/ EMBARGOED AREAS

7.1 Embargoed Areas Information

- Embargoed areas
- Training maps
- Model Events

All embargoed areas remain embargoed outside of the competition until Sunday, 16.07.2023 at 20:00, except for the IOF Family and Media Race (Friday, 14.07.2023) and the first stage of Swiss O Week (Sunday, 16.07.2023) on the respective map area. If you are participating at Swiss O Week, please respect these embargoes as well. **Please note, that Lake Cauma is not accessible anymore from Wednesday, 12.07.2023.**



8/ TRAINING OPPORTUNITIES

8.1 Training

There are 5 official trainings from training camp #3 available until Thursday, 13 July 2023. Maps can be bought at the Event Centre (CHF 6.-/map). From 8 July onwards, 3 Model Events will also be available (see chapter 11, Race Information). All Model Events are within walking distance. There is no parking possibility at the Model Events.

WOC competitors and team officials are allowed to participate in the first stage of the Swiss O Week on Sunday, 16 July 2023. Registration for the Challenge and Holiday classes 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.

9/ RULES AND OTHER RELATED INFORMATION

9.1 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.

9.2 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.).

9.3 Anti-doping Code

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

Please always bring your passport/identity card to the finish arena.

9.4 Anti-doping seminar

The anti-doping seminar will be held on 11 July from 16:00 to 17:15 in Peaks Place / room Piz Fess II in Laax (same room as Team Official Meetings).

Topics:

1. Introduction to the anti-doping landscape
2. Anti-doping rule violations (ADRVs)
3. Medications – including useful tips
4. Supplements – how to make informed decisions and food-first approach
5. Therapeutic use exemptions (TUEs)

The main presentation of the seminar will be delivered by Dilhan Karac from the International Testing Agency's Education Department. Participants are welcome to ask questions during the seminar.

The target group for this seminar is the athletes and team officials. Others with an interest for the topics are also welcome to attend.

9.5 WOC Fairness rules

Team officials and other team members are not allowed to make contact with any athlete during their competitions unless otherwise stated.

1. It is not allowed (and not fair) to gain any unofficial information about the race, especially about courses, maps, location of pre-starts etc.
2. Except for the relays, team members heading to pre-starts are not allowed to visit the arenas before their respective competitions. It is also not allowed (and not fair) to gain any

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unofficial information about the arenas from other persons.

3. When staying in the quarantine, mobile phones and other devices with internet access must be completely turned off. Random checks may be made.
4. It is allowed to use music players without any built-in connectivity. Inside the quarantine, athletes wearing headphones may be randomly asked to display their players for checking.
5. All tents inside the quarantine must stay open so one can have a look inside.
6. It is strictly forbidden to bring any electronic devices (except for watches) to bathrooms or any other private rooms inside the quarantine – no matter if the device is turned on or not.
7. It is not allowed to use any old maps of the competition areas after having left the accommodation on competition day.
8. It is strictly forbidden for team members to re-enter the competition area until the embargoed areas are released.
9. Violations of these rules should be immediately reported to any member of staff in order to preserve fairness.
10. Violation of these rules may result in the disqualification of the whole team.

9.6 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 the same competition day.

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

9.7 Emergency and health services

First aid services will be provided at the competition arenas. All controls will be manned in the competitions.

Outside the competitions you may use the emergency and health services of the region:

Dr. Durisch Ragettli
Arztpraxis Stenna
Via Nova 80, 7017 Flims Dorf
+41 81 911 12 07
www.praxisstenna.ch

Hospital in Ilanz:
Regionalspital Surselva AG
Spitalstrasse 6, 7130 Ilanz
+41 81 926 51 11

The phone number for an emergency call (police, firefighter, ambulance) in Switzerland is: 112

9.8 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).

9.9 Photo and video disclaimer

By taking part in WOC 2023 as a participant, team official or spectator, you acknowledge your consent to interview(s), photography, audio recording, video recording and its/their release, publication, exhibition, or reproduction to be used for news, webcasts, promotional purposes, telecasts, advertising, inclusion on websites, or any other purpose by WOC 2023 organizers and their affiliates and representatives. No drones are allowed in the competition area without written permission from the organizers.

10/ EVENT INFORMATION

10.1 Punching

Contactless SPORTident Air+ punching will be used. Participants will be provided with one new SIAC-card by the organizer which has only previously been used in 2022 World Cup Final in Switzerland.

Every athlete will receive their specific SIAC on accreditation. This SIAC's number will be used in timing software and for proper name assignment for TV graphics and online split times. For these reasons it is very important to check you have the SIAC assigned to you before leaving to go to quarantine. The SIAC-number will be checked at the pre-start. The number on the SIAC must be visible.

If the contactless SPORTident punching is not working (no feedback signal), the competitor must use one of the backup systems: either the classical SPORTident direct punching mode or the pin punching.

The SIACs must be returned team-wise to the event office on Sunday, 16.07.2023 by 20:00 at the latest (at the arena or in rocksresort).

Any missing SIAC will be invoiced for CHF 80.-.

10.2 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. GPS vest → please bring your own.

Let us know at the accreditation at the latest if you need one. They must be returned to the Event office on Sunday, 16.07.2023 (at the arena or in rocksresort). Any missing vest will be invoiced for CHF 50.-.

10.3 Clothing and Footwear

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

No dobb spikes in building, cable car and other places, where it's marked.

10.4 Team Officials' Meeting (TOM)

All Team Officials' meetings are physical meetings where no online participation is possible.

Please send your questions by 15:00 on the respective day to matthias.niggli@woc2023.ch.

They will be answered during the TOM.

The TOMs will all 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, 14 July.

The slides presented at the TOM will be published on IOF Eventor right after the TOM.

10.5 New competition maps

Team officials can obtain new competition maps at the Event Office desk in the after-finish area once the quarantine for the individual competitions is closed. At the relay, you will get the maps after the flower ceremony of the women.

10.6 Start number bibs

All number bibs will be distributed at the quarantine zone of each competition. Competitors must wear the number bib on their chest, and it may not be folded or cut. Please take your own safety pins with you and re-use them. Check that it is fixed properly so you don't lose it during the competition.

10.7 Control descriptions

Control descriptions are in accordance with the IOF standard.

The control descriptions will be available in the start corridor. The control descriptions are also printed on the maps.

At the Relay, control descriptions are only printed on the map.

10.8 Quarantines

Arriving at the quarantine, competitors and team officials must check in by showing their accreditation card and signing the list before the quarantine closes. No-one will be allowed into the quarantine area after the deadline.

Competitors will receive their number bib and warm-up map when entering the quarantine.

In all races you will receive a warm-up map with the location of the quarantine and the pre-start. Warm-up maps are considered as part of quarantine.

All competitors are strongly advised to perform the SIAC battery test and in the event of a low battery indication, to request an SIAC replacement at the quarantine check-in desk.

Toilets and water are available. No own team tents will be allowed at any of the quarantines. Please respect the fairness rules in the quarantine and on the warm-up map. Coaches and competitors can leave quarantine at any time, but once they have left, they are not allowed to return. Special rules apply for the relay.

Please be fair and remember the following important things:

- The use of mobile phones, computers or any communication device inside the quarantine is strictly forbidden
- It is not allowed to bring any maps into the quarantine zones

Facilities in the quarantines

All quarantine zones for the individual races will be indoors with toilets, changing rooms and drinking water. There will be good opportunity to warm up outdoors on a map on the way to the pre-start. The quarantine for the relay will be a covered area with toilets. There will be a small outdoor zone for warming up and cooling down (a small map will be available).

No team tents are allowed in any of the quarantines.

10.9 Pre-Start and Start

The pre-start is marked on the warm-up map.

Toilets are available at the pre-start.

Only competitors registered for that race have access beyond the pre-start. Once the competitors pass the pre-start, they are not allowed to go back to the quarantine.

It is the competitor's responsibility to watch for her/his start time.

Call-up at the pre-start is 4 minutes before the runner's start time for all individual races.

The start triangle is marked in the terrain by a control flag. The route to this flag is marked and compulsory for the competitors to follow all the way to the start point.

For specific details, see descriptions in each competition's section.

10.10 Coaching Zone

There is a coaching zone at the Relay, but not at the other races.

10.11 Finish

Procedure after Finish

After crossing the finish line, the athletes must read out their SIAC-card, hand in their map and return their GPS unit. One accredited team official per team is allowed to stay in a designated zone for team officials (finish coaching zone) inside the finish area. The accreditation card must be shown when entering the finish coaching zone. The current race leader must take his/her place on

the leader chair on the podium and stay there for at least 5 minutes. After that time, the current leader will be guided through the mixed zone to give interviews. Media representatives are not allowed to enter the finish coaching zone. Team officials in the finish coaching zone are not allowed to do any interviews. If there is no new leader in the meantime, the athlete must return to the leader chair. The stage management crew will guide the athletes through the entire process, and assist them with requests (handing over small bags/jackets etc.).

Cool down running is possible only after leaving the mixed zone. Athletes selected for antidoping testing will meet their chaperones in the finish area.

Facilities in the finish arenas

At the finish arena for the Middle Distance Qualification, we will provide changing tents (2-3 teams in one tent). Teams are allowed to set up their own tents. Drinking water and toilets are available. You can also buy coffee, beverages and small snacks.

In the finish arena for the finals, the after-finish zone is in a covered area. No team tents are allowed here.

Changing rooms, showers, toilets and drinking water are available after the individual finals. There is a small outdoor zone for cooling down. Toilets are available at the relay (changing rooms and showers only after the last finish).

A wide range of Swiss food will be available.

10.12 Cool down

Athletes will receive a cool-down map in the finish arena of all races.

10.13 Abandoning a race

Athletes who are forced to abandon a race must report to the finish staff and hand in their competition maps. A retiring athlete must not influence any other competitor.

10.14 Media controls

Athletes may encounter TV staff or journalists/photographers near control points, not marked in the control descriptions.

10.15 Complaints and Protests

A complaint must be made in writing as soon as possible and submitted to the Sport Director, the Event Director or handed in at the Event Office desk in the after-finish zone. There is no fee for a complaint. Complaints concerning results must be made no later than 15 minutes after the provisional results have been announced by the speaker. An IOF complaint form should be used, forms are available at the Event Office desk.

A protest may be made against the organizer's decision about a complaint. Any protest must be made in writing to the Sport Director, the Event Director or handed in at the Event Office desk no later than 15 minutes after the organizer has

informed the complainant of the decision about the complaint.

A protest fee of EUR 50 shall be paid in cash to the IOF Senior Event Adviser. The fee will be returned if the protest is accepted by the jury. When a protest is signed by more than one Federation, each Federation must pay the protest fee.

10.16 Ceremonies

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 clothing. We will welcome you and open the World Orienteering Championships 2023 with an entertaining show at the Medal Plaza in the rocksresort.

Flower Ceremony

Only a few minutes after the conclusion of each race, there will be a flower ceremony for the best 3 athletes/teams on the stage with live broadcasting on TV. Please be ready for this award if you are on the podium.

Medal Ceremonies

The best six athletes/teams in the individual final races/relay will be honoured at a special 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.

Athletes ranked on positions 1 – 6 are kindly requested to line up behind the stage in rocksresort 10 minutes prior to the medal ceremonies. It's the athletes' responsibility to be there on time. Otherwise, an athlete will miss out on his/her prize! Athletes taking part in the medal ceremony should wear their national team clothing.

Closing Ceremony

The WOC 2023 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.

10.17 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:

1st place CHF 2,000
2nd place CHF 1,500
3rd place CHF 1,000
4th place CHF 500
5th place CHF 300
6th place CHF 200

Relay (per Team):

1st place CHF 2,000
2nd place CHF 1,250
3rd place CHF 750

In addition, the World Champions in all formats will receive a unique 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 Champion's 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.



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11/ RACE INFORMATION

11.1/ Maps and mapping

All maps are mapped according to ISOM 2017-2. Symbol 520 (Area that shall not be entered), 708 (Out-of-bounds boundary) and 709 (Out-of-bounds area) must not be entered or crossed. It is technically allowed to cross or enter all other symbols used on the maps (e.g. symbol 301 (Uncrossable body of water) or 518 (Impassable fence)).

A solid purple line drawn on the border of an Out-of-bounds area indicates that the boundary is marked continuously with tape in the terrain.

The Staderas Bridge

The Staderas pedestrian and cycling bridge (between the rocksresort and Prau la Selva) is mapped as shown in the picture.



Fenced enclosures around young trees

Fences of different sizes can be found in the forest. The bigger ones are mapped, but the small ones with only a diameter of 1-2 meter are not mapped.



Mapped fence



Non-mapped fence

Technical installations on ski slopes

As the mapped area is used for winter sport, there are several technical installations in the terrain.



Snow lance, mapped



Snow cannon, mapped

Symbol on the map:



Symbol on the map:



Signpost, not mapped

Downhill biking trails

During the competitions, the downhill biking trails will be closed for bikers. You may cross the trails everywhere.

Fitness parcours

A fitness parcours goes through parts of the forest. Some stations are equipped with a gym apparatus, these are marked with a black circle on the map (symbol 530, prominent man-made feature).

Archery parcours



In the area of the archery parcours, you might meet life-size, artificial animals. Don't be frightened! The parcours will be closed on the competition days. The artificial animals are not on the map.

Example of an artificial animal.

Pasture fences

In the whole terrain, there may be pasture fences which you have to cross. Mobile pasture fences are not mapped. Some relatively hidden ones are marked with streamers hanging down at the fence but be careful in all parts of the terrain when running or crossing them.

Last control in all races

The last control is a wooden object mapped with a black cross (Symbol 531, Prominent man-made feature).



Sponsoring objects in the forest

At some TV-controls there will be wooden sponsoring objects close to the control. These are not on the map.

Markings Swiss Orienteering Week

As the Swiss Orienteering Week will take place in the same terrains after WOC, there may be small wooden markings in the forest. Just ignore these.

11.2/ Model Events

We offer 3 official model events as relevant training for the WOC competitions. Maps are made by the WOC cartographers. Model Event maps will be handed out to team officials at the Event Office from Saturday, 08. July 2023.

All model events are available from Saturday, 08 July 2023. Controls are equipped with flags only. There is no time keeping.

11.2.1. Model Pardatsch

No parking possibilities, reachable on foot from the Event Centre.

Map: Pardatsch, 1:15 000/1:10 000, contour interval 5m, standard ISOM 2017-2 by Beat Imhof. Offset printing.

Available from 08. - 13. July 2023.

11.2.2. Model Salums

No parking possibilities, reachable on foot from the Event Centre.

Map: Salums, 1:15 000/1:10 000, contour interval 5m, standard ISOM 2017-2 by Urs Steiner. Offset printing.

Available from 08. - 15. July 2023.

11.2.3. Model Uaul Runcs

No parking possibilities, reachable on foot from the Event Centre or by public bus (bus stop: Flims Waldhaus Camping).

Map: Uaul Runcs 1:10 000, contour interval 5m, standard ISOM 2017-2 by Urs Steiner. Offset printing.

Available from 08. - 15. July 2023.

11.2.4. Technical model event

Tuesday, 11 July 2023, 15:30-17:30 in the rocksresort, behind the building of the cable car. The purpose of this model event is to provide an example of the WOC start and finish procedure and examples of the punching system as well as the refreshment controls.

Bring your WOC2023 SIAC with you.

You can try the sport drink (Sponser Citrus Competition).

11.3/ Middle Distance Qualification, Wednesday, 12 July 2023

Arena

Trin Mulin. GPS coordinates: 46.82373, 9.32724.

Format

Qualification race with 3 heats in both classes. 2-minute start interval with 3 runners starting at the same time. The start order in each qualification heat will be drawn in three starting groups (early, middle, late).

Participation

Each national federation may enter up to 3 women and 3 men and, in addition, current Middle distance World Champions and Middle-distance Regional Champions or regional leaders in the World ranking may be entered.

For more details see:

<https://orienteering.sport/orienteering/competition-rules/>

Map

1:10 000, contour interval 5m, standard ISOM 2017-2 by Urs Steiner. Offset printing.

Course planners

Bruno Haldemann and Simone Niggli

Course lengths

Women 1: 3.3km, 145m climb, 14 controls
Women 2: 3.2km, 150m climb, 13 controls
Women 3: 3.2km, 155m climb, 13 controls
Men 1: 4.2km, 185m climb, 16 controls
Men 2: 4.2km, 200m climb, 17 controls
Men 3: 4.2km, 180m climb, 17 controls

Expected winning time 25 minutes.

No refreshment controls.

Control descriptions

Separate control descriptions will be handed out at -3 min. Maximum size 15x6cm. Control descriptions are printed on the competition map as well.

Terrain

The terrain is affected by the largest landslide ever seen in the Alps. Pre-alpine terrain with numerous contour details, forms, and rock formations at 800-1100 m above sea level.

Most slopes are moderate, some are steep and certainly with breathtaking views. The detailed, complex contours and the many rock details require accurate map reading. Magical moments are certain when navigating around knolls, 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.

Quarantine

Schule Flims. GPS coordinates: 46.83189, 9.28716. The quarantine is reachable by the public bus. The bus leaves approximately every 15 minutes from the Laax Rancho and Laax Bergbahnen bus stops. Get off the bus at Flims Waldhaus, Promenada. From there, follow the signs for 300m to the quarantine. The journey time by bus is 10 minutes.

Laax, Rancho	07.43	07.58	08.13	08.28
Laax, Bergbahnen	07.47	08.00	08.17	08.30
Flims Waldhaus, Promenada	07.55	08.08	08.25	08.38

Laax, Rancho	08.43	08.58	09.13	09.28
Laax, Bergbahnen	08.47	09.00	09.17*	09.30*
Flims Waldhaus, Promenada	08.55	09.08	09.25*	09.38*

*Additional capacity for runners

There is no parking at the quarantine. If you go by car, you must drop off the athletes at the Flims Waldhaus, Promenada bus stop. If you then need to park your car, you must drive to Stenna Parking and walk from there to the quarantine. See the overview map on page 13.

The quarantine is open from 08:00.

Check-in

You must sign in at the quarantine **by 10:00 at the latest**. There you will then receive your number bib and the warm-up map.

It is forbidden to enter the building in shoes with metal doobs or spikes.

Warm-up map

There is a warm-up map without controls guiding you from the quarantine to the pre-start. You are not allowed to leave the area marked on the warm-up map, the area of the warm-up map is considered as part of the quarantine.

Bags from quarantine to the finish

Bags will be transported from quarantine to the team zone in the arena. Please leave your bags at the baggage drop point in the quarantine. Please limit the size of your bags in order to avoid heavy transport.

To be certain to have your bag at the after-finish team zone when you arrive at the finish, you should leave it at the baggage drop at least 30 minutes before your start time.

Pre-start

Marked on the warm-up map. No markings in the terrain. Distance from the quarantine to the pre-start: 2800m, 30m climb. Shelter and toilets at pre-start. Teams are not allowed to set up their own tents.

Warm-up clothes

May be left at the pre-start. They will be transported to the Event Center after the last start.

Detailed start procedure

-4 min	Call up → Check SIAC number → Check start number → Control no private GPS
	→ Clear SIAC → Check SIAC → GPS-tracking device is given to all competitors
-3 min	
	→ pick up the control description Distance to -2 min: 50m
-2 min	
	→ SIAC check to verify proper functioning of SIAC touch free punching mode Distance to -1 min: 5m
-1 min	
	→ punch Start-check
START TIME	It is the competitor's responsibility to start at the correct time. The competitor takes the map him/herself.
STARTING POINT	Distance 40m

Start timing

The start beep and a visible start clock will indicate the countdown. The start beep starts at -5 seconds. The competitor is allowed to start when the start clock shows 00 and at the final start beep.

It is the competitor's responsibility to start at the correct time.

Competition map

The maps are sealed in plastic bags. The class and heat are written on the map. Competitors are responsible for taking the correct control description and map.



Team officials

Non-competing athletes and team officials who wish to travel to the Middle Distance Qualification arena can take the bus for the baggage transport from the quarantine to the finish, or use their own vehicles. Only two vehicles per nation are allowed at the parking "Crestasee" close to the arena. To reach the parking "Crestasee", you need to show your accreditation card to the guard at the end of the village Trin Mulin. Please drive carefully and be aware of the pedestrians.

If you have more cars, you can leave them at the parking "Punt Suraua" right before you cross the stream (1 km to walk to the arena).

On both parkings you will need to pay a ticket (CHF 1.-/h, max CHF 6.-/day).

Team officials going to the finish from the pre-start will be given a map at the pre-start to navigate to the finish. Only this official way from pre-start to finish is allowed. It is indicated on the map when you are out of the quarantine area and where it is allowed to use communication devices.

There is no coaching zone.

Finish timing

The finish time will be taken by a photocell when the athlete's chest crosses the finish line. Running times will be rounded down to the nearest second.

After crossing the finish line, the athletes must punch a SPORTident unit in the same order as they crossed the finish line.

Finish

The finish arena for the Middle Distance Qualification race is in Trin Mulin.

GPS coordinates: 46.82373, 9.32724.

There are some changing tents at the finish. There is space to set up your own team tents.

It is not allowed for athletes to visit the finish area before their start, and it is not allowed to go to the quarantine / pre-start area if you have been at the finish area.

Team officials and athletes who have finished their race are not allowed to go back to the competition area. Cooling down is possible within the arena, the team zone and the marked route from arena to the parking or bus stop (a cool-down map will be provided).

Maximum running time

90 minutes

Transport from the Middle Distance Qualification finish arena back to Flims Dorf Post will be provided for the teams by the WOC shuttle buses. You may also use your own vehicle for the return journey. From Flims Dorf Post you take the public bus to the Athletes' Village.



11.4/ Long Distance Final, Thursday, 13 July 2023

Arena

Prau la Selva. GPS coordinates: 46.82382, 9.27600.

Format

Individual race with a 3-minute start interval.

Participation

The number of participants per nation and additional participants is defined in the document about national quotas on <https://orienteering.sport/orienteering/competition-rules/>

Map

1:15 000, contour interval 5m, standard ISOM 2017-2 by Beat Imhof and Urs Steiner. Offset printing.

Course planners

Stefan Zingg and Bruno Haldemann

Course lengths

Women: 11.0km, 510m climb, 23 controls, 4 refreshment points. Expected winning time 82 minutes.

Men: 14.0km, 680m climb, 35 controls, 4 refreshment points. Expected winning time 90 minutes.

The refreshments are placed according to the IOF competition rules. Water and Sports drink.

(Sponsor Citrus Competition which can be tested at the technical model event) will be available.

Control descriptions

Separate control descriptions are available at -3 min. Maximum size 22x6cm. Control descriptions are printed on the competition map as well.

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.

Landforms

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.

Quarantine

Hangar, Crap Sogn Gion. GPS coordinates: 46.83474, 9.21549.

No access by car to the quarantine. The quarantine is reachable by the cable car only. Tickets will be distributed at the valley station on Thursday morning, 13 July 2023 from 07:15-08:45.

The valley station of the cable car is situated in the rocksresort and signposted (Cable car Crap Sogn Gion). See the map at the end of the bulletin on page 46.

rocksresort cable car	07:30	08:00	08:15
Crap Sogn Gion	07:42	08:12	08:27

rocksresort cable car	08:30	08:45 (men)
Crap Sogn Gion	08:42	08:57

Last possible cable car for WOMEN is at 08:30.

Last possible cable car for MEN is at 08:45.

Team officials may take any cable car.

The cable car takes you up to Crap Sogn Gion in 12 minutes.

From the mountain station of the cable car, there is a walk of 5 minutes to the quarantine (signposted).

The quarantine is open from 07:30.

Check-in

Sign in at the quarantine by **08:55 (WOMEN) and 09:10 (MEN and team officials) at the latest.**

There you will then receive your number bib and the warm-up map.

It is forbidden to enter the building in shoes with metal doobs or spikes.

Warm-up map

There is a warm-up map without controls guiding you from the quarantine to the pre-start. You are not allowed to leave the area marked on the warm-up map, the area of the warm-up map is considered as part of the quarantine. The first part of the route to the pre-start is mandatory and marked in the terrain. It is clearly indicated on the warm-up map.

Bags from quarantine to the finish

Bags will be transported from the quarantine to the team zone in the Finish Arena. Please leave your bags at the baggage drop point in the quarantine. Please limit the size of your bags to avoid heavy transport.

To be certain to have your bag at the after-finish team zone when you arrive at the finish, you should leave it at the baggage drop at least 30 minutes before your start time.

Pre-start

Marked on the warm-up map. The first part to the pre-start is marked in the terrain, afterwards there are no more markings in the terrain. Distance from the quarantine to the pre-start: 1800m, 10m climb. Shelter and toilets at pre-start. Teams are not allowed to set up their own tents.

Warm-up clothes

May be left at the pre-start. They will be transported to the Event Centre after the last start.

Detailed start procedure

-4 min	Call up → Check SIAC number → Check start number → Control no private GPS
	→ Clear SIAC → Check SIAC → GPS-tracking device is given to all competitors
-3 min	
	→ pick up the control description Distance to -2 min: 60m
-2 min	
	→ SIAC check to verify proper functioning of SIAC touch free punching mode Distance to -1 min: 70m
-1 min	
	→ punch Start-check
START TIME	It is the competitor's responsibility to start at the correct time. The competitor takes the map him/herself.
STARTING POINT	Distance 30m

Start timing

A start gate will be used. The start beep and a visible start clock will indicate the countdown. The start beep starts at -5 seconds. The competitor is allowed to start between -3 seconds and +3

seconds according to the start time. It is the competitor's responsibility to start at the correct time. A start earlier than -3 seconds will result in disqualification. If the gate is activated after +3 seconds, the original start time will be used for time keeping. A red/green light on the start clock indicates when the competitors are allowed to start.

Competition map

The maps are sealed in plastic bags. The number bib is written on the control description and on the map. Competitors are responsible for taking the correct control description and map.

Map exchange

There is a map exchange during the race in both classes. Punch the last control of the first map, drop the map, take the new map, refreshment station and follow the compulsory route to the new start point (marked on the map and in the terrain). It is the competitor's responsibility to take the correct map for his/her class.

Team officials

Non-competing athletes and team officials must walk from the Athletes' Village to the finish arena. See the map at the end of the bulletin on page 47. We will provide transport for the teams' equipment from the Athletes' Village to the finish arena: There are two marked dropping points for your heavy teams' equipment:

rocksresort: in parking (floor -2). Access from house G, marked zone close to elevator.

Peaks Place: at the entrance, see picture below.

rocksresort	09:30	10:00	Every 30 min	17:30
Peaks Place	09:35	10:05		17:35
Finish arena	09:45	10:15		17:45
Peaks Place	09:50	10:20		17:50
rocksresort	09:55	10:25		17:55

There is no parking in the finish arena (parking is in the Athletes' Village in rocksresort).

Team officials going to the finish from quarantine or pre-start must take the same transport back to the Athletes' Village and walk to the arena from there. Once in the cable car, they are outside of the quarantine and may communicate with the outside world.

There is no coaching zone in the Long Distance competition.

Finish timing

The finish time will be taken by a photocell when the athlete's chest crosses the finish line. Running times will be rounded down to the nearest second.

After crossing the finish line, the athletes must punch a SPORTident unit in the same order as they crossed the finish line.

Finish

The finish arena for the Long Distance competition is in Prau la Selva.

GPS coordinates: 46.82382, 9.27600.

There is a team zone at the arena. You are not allowed to set up your own team tent.

It is not allowed for athletes to visit the finish area before their start, and it is not allowed to go to the quarantine / pre-start area if you have been at the finish arena.

Team officials and athletes who have finished their race are not allowed to go back to the competition area. Cooling down is possible within the arena, and the team zone as well as on the way back to the Athletes' Village (a cool-down map will be provided).

Maximum running time: 240 minutes.

From the WOC finish arena you can walk back to the Athletes' Village using the designated route. You can leave the arena whenever you want. There will be transport for heavy bags / material from the after-finish area (where you get your bags from quarantine) to the Athletes' Village.



Deposit for teams' equipment to the finish arena

11.5/ Middle Distance Final, Saturday, 15 July 2023

Arena

Prau la Selva. GPS coordinates: 46.82382, 9.27600.

Format

Individual race with a 2-minute start interval based on the result of the qualification race.

Participation

The number and sequence of participants based on the qualification is described in the IOF competition rules (12.10. & 12.11.)

Map

1:10 000, contour interval 5m, standard ISOM 2017-2 by Urs Steiner. Offset printing.

Course planners

Simone Niggli and Urs Steiner

Course lengths

Women:

4.8km, 180m climb, 19 controls, 1 refreshment point. Expected winning time 34 minutes.

Men:

5.9km, 220m climb, 22 controls, 1 refreshment point. Expected winning time 34 minutes.

The refreshment points are placed according to the IOF competition rules. Only water will be available.



Control descriptions

Separate control descriptions are handed out at -3 min. Maximum size 18x6cm. Control descriptions are printed on the competition map as well.

Terrain

The terrain is affected by the largest landslide ever seen in the Alps. Pre-alpine terrain with intricate contour details, forms and rock formations at 950-1200m above sea level.

Most slopes are moderate, some are steep and certainly with breathtaking views. The detailed, complex contours and the numerous rock details require accurate map reading. Magical moments are certain when navigating around knolls, 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.

Quarantine

Schule Flims. GPS coordinates: 46.83189, 9.28716.

The quarantine is reachable by the public shuttle bus.

The bus leaves every 15 minutes from the Laax Rancho or Laax Bergbahnen bus stops. Get off the bus at Flims Waldhaus, Promenada. From there, follow the signs for 300m to the quarantine. Journey time by bus is 10 minutes.

Laax, Rancho	08.58	09.13	09.28
Laax, Bergbahnen	09.00	09.17	09.30
Flims Waldhaus, Promenada	09.08	09.25	09.38

Laax, Rancho	09.43	09.58
Laax, Bergbahnen	09.47*	10.00*
Flims Waldhaus, Promenada	09.55*	10.08*

*Additional capacity for runners

There is no parking at the quarantine. If you go by car, you must drop off the athletes at the Flims Waldhaus, Promenada bus stop. If you then need to park your car, you must drive to Stenna Parking and walk from there to the quarantine. See the overview map on page 13. The quarantine is open from 09:15.

Check-in

Sign in at the quarantine **by 10:30 at the latest**. You will then receive your number bib and the warm-up map. It is forbidden to enter the building in shoes with metal doobs or spikes.

Warm-up map

There is a warm-up map without controls guiding you from the quarantine to the pre-start. You are not allowed to leave the area marked on the warm-up map, the area of the warm-up map is considered as part of the quarantine.

Bags

Transport from quarantine to the team zone in the arena. Please leave your bags at the baggage drop-off point in the quarantine.

To be sure to have your bag at the after-finish team zone when arriving at the finish, you have to leave it at the baggage drop at least 30 minutes before your start.

Pre-start

Marked on the warm-up map. No markings in the terrain. Distance from the quarantine to the pre-start: 1000m, 100m climb. Shelter and toilets at pre-start. Teams are not allowed to set up their own tents.

Warm-up clothes

May be left at the pre-start. They will be transported to the Event Centre after the last start.

Detailed start procedure

-4 min	Call up → Check SIAC number → Check start number → Control no private GPS
	→ Clear SIAC → Check SIAC → GPS-tracking device is given to all competitors

-3 min	
	→ pick up the control description Distance to -2 min: 120m
-2 min	
	→ SIAC check to verify proper functioning of SIAC touch free punching mode Distance to -1 min: 60m
-1 min	
	→ punch Start-check
START TIME	It is the competitor's responsibility to start at the correct time. The competitor takes the map him/herself.
STARTING POINT	Distance 70m

Start timing

A start gate will be used. The start beep and a visible start clock will show the countdown. The start beep starts at -5 seconds. The competitor is allowed to start between -3 seconds and +3 seconds according to the start time. It is the competitor's responsibility to start at the correct time. A start earlier than -3 seconds will result in disqualification. If the gate is activated after +3 seconds, the original start time will be used for time keeping. A red/green light on the start clock indicates when the competitors are allowed to start.

Competition map

The maps are sealed in plastic bags. The class is written on the map. Competitors are responsible to get the correct control description and map.

Coaches

Non-competing athletes and coaches must walk from the Athletes' Village to the finish arena. See the map at the end of the bulletin on page 47. We will provide transport for the teams' equipment. No parking in the finish arena (parking is in the Athletes' Village in rocksresort). There are two marked dropping points for your heavy teams' equipment:
rocksresort: in parking (floor -2). Access from house G, marked zone close to elevator.
Peaks Place: at the entrance – see the photo in the Long Distance section of this Bulletin.

rocksresort	09:30	10:00
Peaks Place	09:35	10:05
Finish arena	09:45	10:15
Peaks Place	09:50	
rocksresort	09:55	

Finish arena	14:15	14:45	Every 30 min	17:45
Peaks Place	14:20	14:50		17:50
rocksresort	14:25	14:55		17:55
Peaks Place	14:30	15:00		
Finish arena	14:35	15:05		

Coaches going to the finish from quarantine or pre-start get a map at the quarantine to navigate to the finish. Only this official way from pre-start to finish is allowed. It is indicated on the map when you are out of the quarantine area and where it is allowed to use communication devices.

There is no coaching zone for the Middle Final race.

Finish timing

The finish time will be taken by a photocell when the chest crosses the finish line.

The running times will be rounded down to the nearest second.

After crossing the finish line, the runners must punch a SPORTident unit in the same order as they crossed the finish line.

Finish

The finish arena for the Middle Final is in Prau la Selva. GPS coordinates: 46.82382, 9.27600.

There is a team zone at the arena. You are not allowed to set up your own team tent.

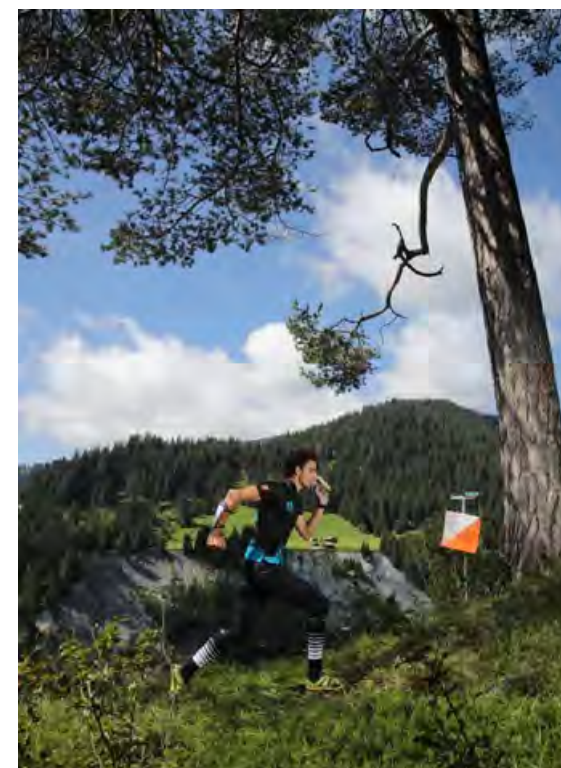
It is not allowed for athletes to visit the finish area after 20:00 on Thursday, and it is not allowed to go to the quarantine / pre-start area if you have been at the finish arena.

Team officials and athletes who have finished their race are not allowed to go back to the competition

area. Cooling down is possible within the arena, and the team zone as well as on the way back to the Athletes' Village (a cool-down map will be provided).

Maximum running time 90 minutes.

From the WOC finish arena you can walk back to the Athletes' Village using the designated route. You can leave the arena whenever you want. There will be transport for heavy bags / material from the after-finish area (where you get your bags from quarantine) to the Athletes' Village.



11.6/ Relay, Sunday, 16 July 2023

Arena

Prau la Selva. GPS coordinates: 46.82382, 9.27600.

Format

Relay men and women with 3 legs, mass start.

Participation

A Federation may enter 1 team consisting of 3 competitors in each class. Incomplete teams, and teams with runners from more than one Federation are not allowed.

Map

1:10 000, contour interval 5m, standard ISOM 2017-2 by Urs Steiner. Digital printing.

Course planners

Urs Steiner and Stefan Zingg

Course lengths

Women: 3 legs with 4.4km, 280m climb, 16 controls, 1 refreshment point. Expected winning time 105 minutes.

Men: 3 legs with 5.5km, 340m climb, 20 controls, 1 refreshment point. Expected winning time 105 minutes.

The refreshment points are placed according to the IOF competition rules. Only water will be available.

Control descriptions

No separate control descriptions will be available. Control descriptions are printed on the competition map.

Terrain

The terrain is affected by the largest landslide ever seen in the Alps. Pre-alpine terrain with numerous contour details, landforms and rock formations at 1000-1300m above sea level.

Most slopes are moderate, some are steep and certainly with breathtaking views. The detailed, complex contours and very many 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.

Quarantine

The quarantine is in Prau la Selva. GPS coordinates: 46.82382, 9.27600. There is no parking at the quarantine. The teams must walk from the Athletes' Village to the

quarantine. It is only allowed to walk on the official access roads/paths.

See the map at the end of the bulletin on page 47.

The quarantine is open from 09:50.

It is allowed for athletes to visit the finish area and the arena before quarantine closes, but only areas that are open to the public.

The quarantine is also the team zone after the finish. Competitors may go back to the quarantine after their race and share their experience with their team members, but they are not allowed to have any contact with spectators. No maps may be used.

Competitors and team officials may leave the quarantine or the pre-start/after-finish team zone in the arena at any time but are not allowed to go back or have contact with anybody still in quarantine.

Check-in

Sign in at the quarantine **by 11:10 at the latest**. You will then receive your number bib and the warm-up map.

GPS units will be provided in the quarantine for all runners. You should obtain them before you are leaving for the warm-up.

Warm-up map

There is a warm-up map without controls guiding you from the quarantine to the pre-start. You are not allowed to leave the area marked on the warm-up map, the area of the warm-up map is considered as part of the quarantine.

Bags

There is no transport of clothes as the quarantine is also the team zone. No transport of warm-up clothes from pre-start to the after-finish zone.

Pre-start

It will be checked at the pre-start if you have your GPS device.

The pre-start is at the arena. It is the competitor's responsibility to be at the pre-start in time for her/his start. Team officials may go to the pre-start area as well by following the warm-up map. At pre-start there is some shelter available. A TV-screen will display the intermediate times.

Mass start

The start area opens -15min before the mass start and closes -10min before the mass start. After entering the start area the competitor takes her/his rolled map from the map wall. It is not allowed to open the rolled map before the start signal.

Emergency toilet upon request to a staff member only (**without map!**).

At -6 min, competitors will be guided to the mass start. Listen to the commands of the start official. The line-up on the start line will be marked with the number on the ground. The start signal will be given through the start official. Early start leads to disqualification.

There is a mandatory route of 290 m to the starting point for all legs.

Changeover

The entrance to the waiting zone is at the pre-start. The waiting zone opens when the first competitor of the respective leg passes the arena passage. You may not leave the waiting zone after that.

The runner takes his/her rolled map from the map wall. It is not allowed to open the rolled map before the hand-over.

Emergency toilet upon request to a staff member only (**without map!**).

It is the competitor's responsibility to be in time at the waiting zone. From there one can see your incoming runner coming towards the finish.

When your runner arrives, you may step to the changeover barrier. The change-over is done by hand touch across a separation barrier after crossing the finish line. The outgoing runner is allowed to open the map immediately after the changeover.

Mass start for slow running teams

The mass start for 2nd and 3rd leg runners will be approx. 30 min after the first changeover for the 3rd leg.

Competition map

The maps are sealed in plastic bags, rolled and closed with a rubber band. It is the runner's responsibility to take the correct map from the map wall in the waiting zone themselves.

You will keep the rolled map in your hand until you can start. You are not allowed to remove the rubber band or to peek into the rolled map before you start.

The maps are marked with your start number and the leg number (for example team with number 12: 12-1, 12-2, 12-3).

Reserve maps

Reserve maps are ready in the waiting area near the map wall. Please contact the staff as soon as you have noticed that your map is not on the map wall anymore.

Arena passage and way to changeover

All runners have an arena passage in the last third of the race. There is a compulsory route from the previous control to the arena passage control. The arena passage control is identical to the last control. Follow the marked route (right hand side of the run-in) from the arena passage control to the end of the compulsory route where navigation

starts again (there is no start point on the map or in the terrain).

There is also a compulsory route from the second last control to the last control. From the last control follow the marked route (stay on the left side of the run-in) to the finish and the changeover on the left side on the finish podium.

A more detailed arena map will be shown at the Team Officials' Meeting on 14 July.

Team officials

Non-competing athletes and team officials going to the finish arena must walk from the Athletes' Village to the finish arena.

See the map at the end of the bulletin on page 47. We will provide transport for the teams' equipment. There is no parking in the finish arena (parking is in the Athletes' Village in rocksresort). There are two marked drop-off points for your heavy teams' equipment:
 rocksresort: in parking (floor -2). Access from house G, marked zone close to elevator.
 Peaks Place: at the entrance - see the photo in the Long Distance section of this Bulletin.

rocksresort	09:30	Every 30 min	10:30
Peaks Place	09:35		10:35
Finish arena	09:45		10:45
Peaks Place	09:50		
rocksresort	09:55		

Finish arena	15:15	15:45	Every 30 min	17:45
Peaks Place	15:20	15:50		17:50
rocksresort	15:25	15:55		17:55
Peaks Place	15:30	16:00		
Finish arena	15:35	16:05		

Team officials are allowed to leave the quarantine, stay in the arena or walk back to the Athletes' Village using the designated route. You can leave the arena whenever you want. There will be transport for heavy bags / material from the after-finish area (where you get your bags from quarantine) to the Athletes' Village.

There is a coaching zone at the arena passage. It is reachable through the quarantine, and you need to go back to quarantine when leaving the coaching zone. No contact with people outside of the quarantine.

Finish timing

The finish time will be taken when the athlete's SIAC crosses the finish line. In the event of a head-to-head run-in, a finish line camera will be used to determine the final positions based on the order in which the athletes' chest crosses the finish line.

The running times will be rounded down to the nearest second.

The map must be handed to the organizers immediately once the athlete has punched after the finish line.

Finish

The finish arena for the Relay is in Prau la Selva. GPS coordinates: 46.82382, 9.27600. There is a team zone at the arena. You are not allowed to put up your own team tent.

The maximum running time is 4.5 hours for the whole team.



12/ MEDIA

12.1 Accreditation

We look forward to welcoming media professionals from all over the world to the WOC 2023 in Flims Laax. The accreditation form can be found at woc2023.app/media.

12.2 Media centre

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 opening hours of the media centre:

Thursday, 13.7. 9:00 – 18:00

Saturday, 15.7. 9:30 – 18:00

Sunday, 16.7. 8:00 – 18:00

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.

12.3 Mixed zone

After crossing the finish line and once they have completed the finish procedure, the athletes will pass the mixed zone. This will be the case except for the current leader, who must take his/her place on the leader chair on the podium first and stay there for 5 minutes. After that time, the current leader will be guided through the mixed zone where the TV rights-holders can do their live interviews. Once this is done, the current leader must return to the leader chair.

After leaving the leader chair, the athletes will pass through the mixed zone and are available for interviews with media representatives. Media representatives are not allowed to enter the coaching zone at the finish. Team officials in the coaching zone at the finish are not allowed to do any interviews.

It is not possible to do any after-finish interviews outside the mixed zone – neither on the leader chair nor in the coaching zone at the finish. In the Long Distance and the Middle Distance finals, the above-mentioned procedure cannot be guaranteed for the last 20–30 minutes of each race as the current leader may have to stay on the leader chair. If the TV rights-holders wish to do an interview with the current leader during this time, you can ask the mixed zone manager and we will try to find a slot.

Directly after the flower ceremony, which starts 3 minutes after the last finish and lasts approx. 2 minutes, the TV rights-holders will have 2 minutes in which to do live interviews with the winner.

Then the winner must return to the stage for the official winner interview. After that, the winner will pass the complete mixed zone and will be available again for interviews with media representatives.

12.4 Media contact

Véronique Ruppenthal, Head of Media Services, media@woc2023.ch, +41 78 619 62 58

12.5 IOF Family and Media Race

The IOF Family/VIP and media race will take place on the WOC rest day, Friday, 14 July. WOC national team members are allowed to participate in the IOF Family/Media Race. The race is a middle distance with 3 different courses in the forest and alpine area close to the rocksresort.

Meeting and information at the valley station of the Curnius cable car (closed in summer) at the rocksresort. No changing room or showers. Use the public toilets at rocksresort.

There is a marked route to the start and back from the finish, only 10 minutes' walk away. SI card read-out is at the meeting/information point. Competitors will receive their printed map at the start. Free choice of start time at the start. Assembly from 13.00 h, start from 13.30–15.30 h.

The race entry fee is CHF 10.–. Registration and payment must be made no later than the day before in the Event Office.

Easy: 1.8km/90m/10 controls

A short and enjoyable course in the beautiful forest of Laax Flims, even suitable for those with little experience of orienteering.

Medium: 2.8km/150m/14 controls

If you would like more challenges when running through the forest, this is your course. It requires more orienteering skills.

Hard: 3.8km/260m/16 controls

This course gets the best out of the terrain, both physically and technically. Compare your skills with the world's best orienteers.

13/ SPECTATORS

We welcome all spectators to WOC 2023 in Flims Laax. To see the final races in the finish arena you need a ticket. woc2023.app/tickets


















Participants of the Swiss O Week can download their 3-day-ticket (standing area) for free.

As an accredited person (runner, coach, media, IOF Family) you have free entrance to the standing area with your accreditation card.

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. www.swiss-o-week.ch

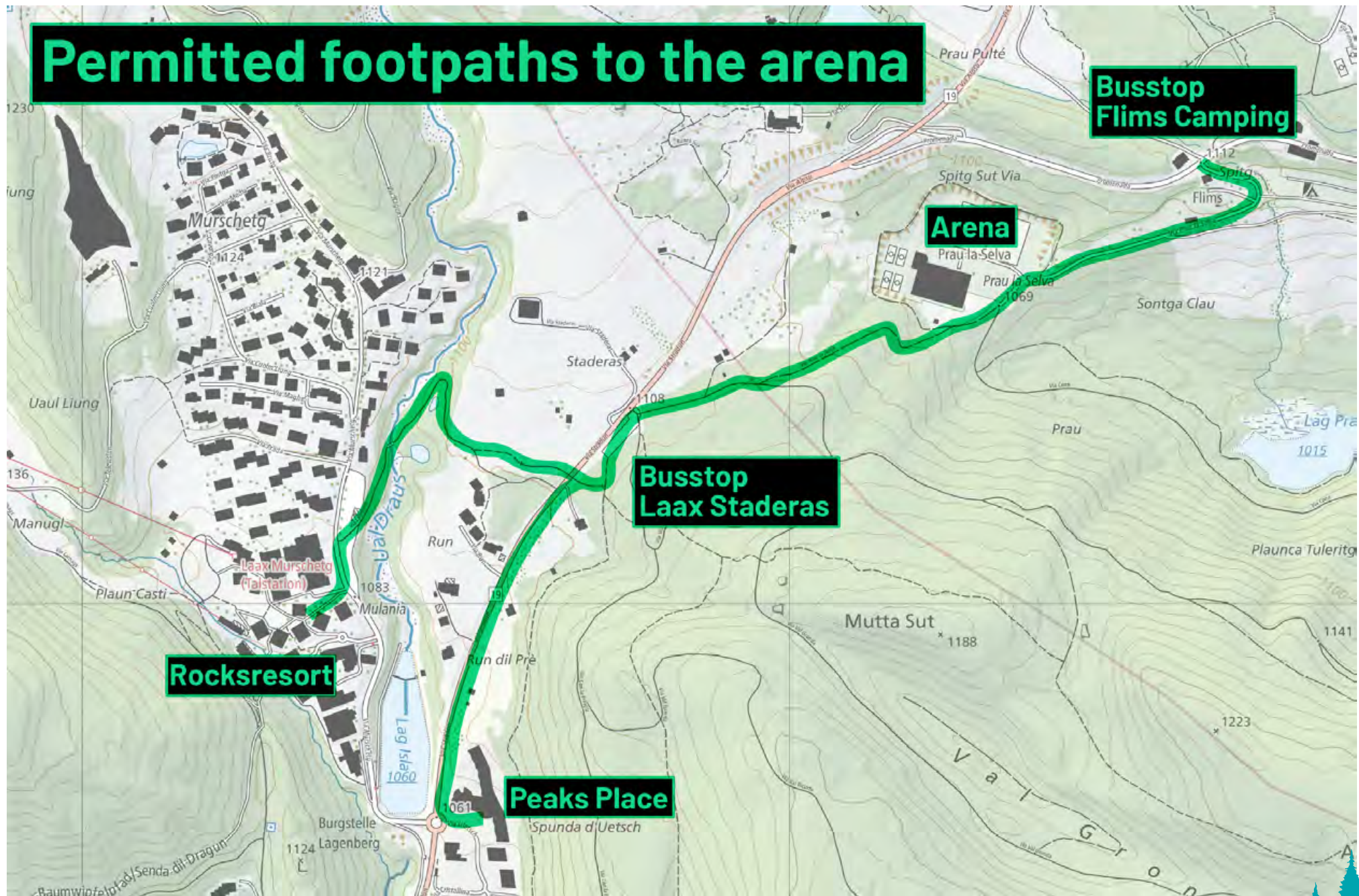


ATHLETES' VILLAGE

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



Permitted footpaths to the arena



**Busstop
Flims Camping**

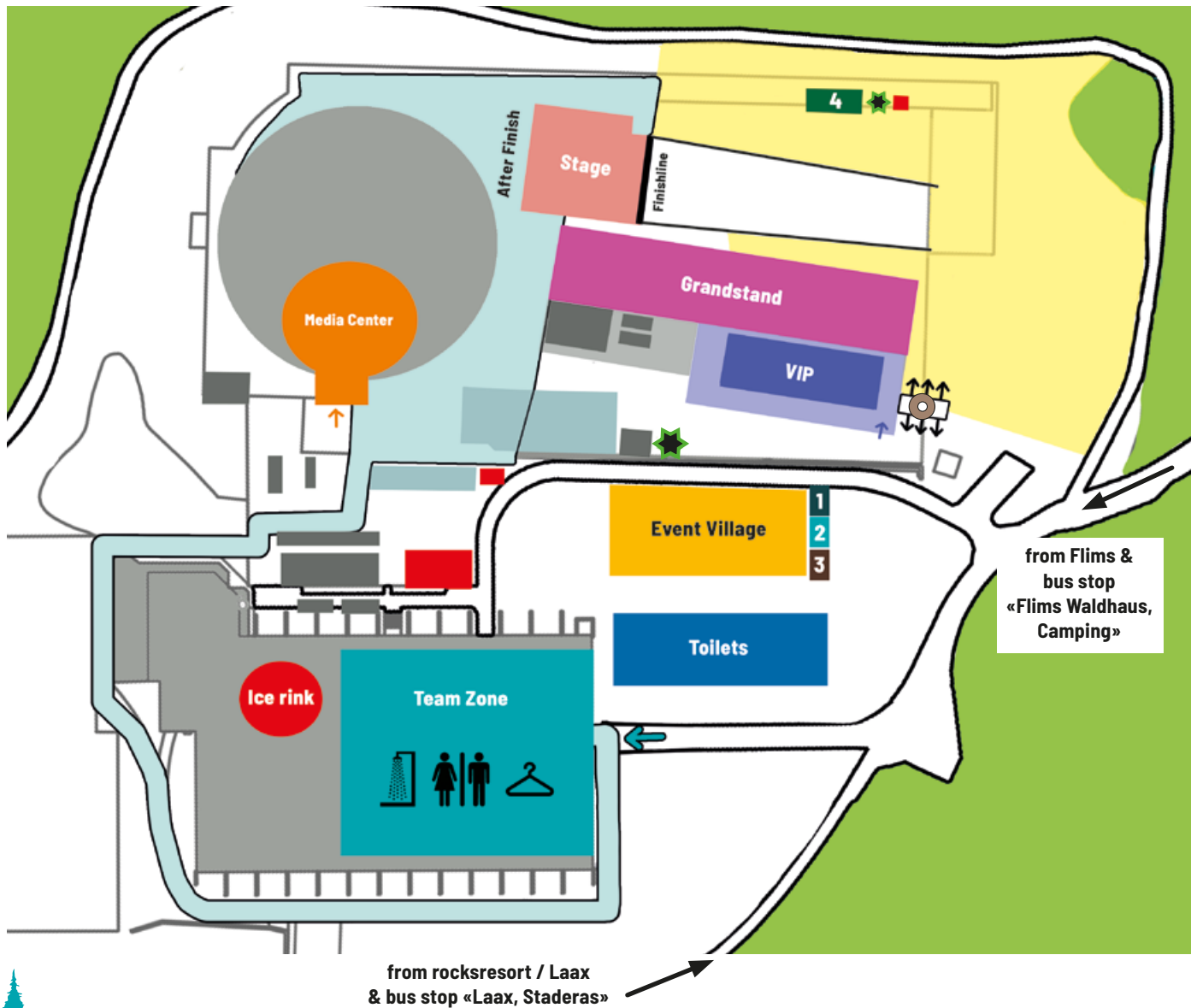
Arena

**Busstop
Laax Staderas**

Rocksresort

Peaks Place

ARENA PRAU LA SELVA



- 1** WOC-Ticketing
- 2** WOC-Information
- 3** SOW-Information
- 4** IOF-Family
- VIP
- Event Village
- Entrance/Exit Finish Arena
- Grandstand (seats)
- Finish Arena (standing area)
- After Finish
- Team Zone
- Media Center
- First aid
- Food & Beverages
- Toilets

Notes





SOW 2023

SWISS ORIENTEERING WEEK
15–22 JULY 2023

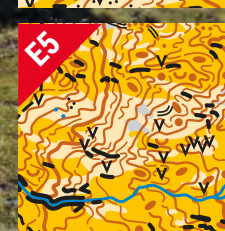
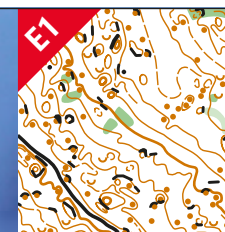
Flims LAAX

Flims Laax Falera

Swiss O Week

15. bis 22. Juli 2023 in Flims Laax

graubünden



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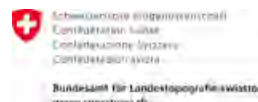
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