

WOC 2024

**Sprint World Orienteering
Championships Edinburgh**
11–16 July 2024

IOF
INTERNATIONAL ORIENTEERING FEDERATION

Bulletin 3
Revision 1



SHARE THE MOMENTS THAT MATTER



Kyloe Restaurant, Edinburgh

[VISITSCOTLAND.COM](https://visitscotland.com)

CONTENTS

WELCOME TO EDINBURGH and SCOTLAND	4
PARTNERS and SPONSORS	5
ORGANISATION	6
EVENT CENTRE	6
EVENT PROGRAMME	7
LOCATION	8
GETTING HERE	9
GETTING ABOUT	9
RULES & PREVIOUS MAPS	10
EMBARGOED AREAS	10
ENTRIES	11
ACCREDITATION	12
PAYMENT	13
ACCOMMODATION	14
MEDIA SERVICES	15
ANTI-DOPING	15
MEDICAL SERVICES	15
RACE DETAILS	15
TRAINING OPPORTUNITIES	22
COMPETITION OPPORTUNITIES	22
WOC TOUR	23

Changes from the previous issue of Bulletin 3 are shown in red.



Photo credit: Kristina Lindgren

WELCOME TO EDINBURGH and SCOTLAND

Dear Athletes, Teams, Officials and IOF Family,

It's now less than one hundred days until we welcome you to Edinburgh for WOC 2024. The final pieces of planning are well underway to ensure that Scotland's capital is ready to host a memorable World Championships and the accompanying WOC Tour races.

We look forward to seeing you in Edinburgh in July and wish you the best of luck in your final months of training and racing ahead of WOC 2024.

Andy Mitchelmore
EVENT DIRECTOR, WOC 2024

Edinburgh and Scotland are the perfect stage for events and EventScotland is delighted to be supporting WOC 2024.

In a few short months we look forward to welcoming athletes, officials and supporters from across the world to Edinburgh. In our incredible capital city, they will be surrounded by an abundance of history, top quality attractions and beautiful architecture – all making it the ideal backdrop for the Championships.

Part of an exciting portfolio of sporting and cultural events taking place across the country this year, WOC 2024 will provide another opportunity to further strengthen Scotland's position as a world-leading events destination.

Events play an important role in our communities by giving us the chance to connect, enjoy and share memorable experiences. As we continue the countdown to 12 July, we look forward to continuing to work with our local partners and the wider orienteering community to deliver a world-class event showcasing sprint orienteering.

Paul Bush OBE
DIRECTOR OF EVENTS, VISITSCOTLAND

With just three months to go until WOC 2024, the organising team are working hard to get everything ready for what promises to be a fantastic event in Edinburgh this July.

I hope that your training is going well and continues over the coming weeks so that you arrive in Scotland in the best possible shape to compete for a WOC 2024 medal.

Good luck!

Steve Cram CBE
PRESIDENT, BRITISH ORIENTEERING

Edinburgh is a city of great sporting traditions and has staged many world-class sporting events in recent times, as well as hosting the world's biggest arts festival every year.

The city is renowned for its unique history, heritage and cultural vibrancy, and the Old Town is one of two World Heritage Sites here. Its narrow lanes and cobbled streets will provide a spectacular backdrop to the Championships and should afford those coming to spectate some stunning vantage points.

I look forward to welcoming all athletes, officials and spectators to this captivating city, and I would like to assure everyone that a traditionally warm and friendly Scottish welcome awaits.

Robert Aldridge
THE RT HON LORD PROVOST OF THE CITY OF EDINBURGH

PARTNERS and SPONSORS

ORGANISING PARTNERS



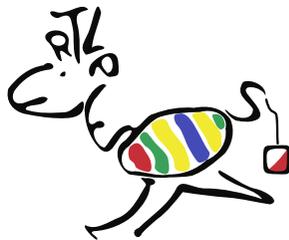
EVENT PARTNERS



EVENT TRANSPORT PARTNER



SPONSORS



ORGANISATION

Organising Committee:

Andy Mitchelmore	Event Director
Jon Cross	Assistant Event Director
Bob Dredge	Finance Director
Mark Stodgell	IT Director
Jon Hollingdale	Technical Director
Iain Smalls	Arena Manager
Rona & Jonathan Molloy	Athlete Services & WOC Office
Lorna Eades	Broadcast Director
Lindsey Knox	WOC Tour
Simon Errington	Media Operations
Marc Hope	Sponsorship Consultant to WOC 2024
Flip	Communications Agency
Fiona Eades	Graphics & Bulletin Design

Event Advisers, National Controllers and Referees:

Áron Less	Senior Event Adviser & IOF Project Manager (HUN)
Jari Kymäläinen	Assistant Senior Event Adviser (FIN)
Tony Thornley	National Controller (GBR)
Rob Hickling	Assistant National Controller (GBR)
Helge Lang Pedersen	Referee (DEN)
David Rosen	Assistant Referee (GBR)

Contact information:

Event information	IOF Eventor
Web	https://www.woc2024.org
General enquiries	info@woc2024.org
Event Director telephone	+44 (0)7703 751 916
Training (Ian Maxwell)	training@woc2024.org

EVENT CENTRE

The WOC 2024 Event Centre, the WOC Office, and the main athlete accommodation are all located at Pollock Halls of Residence.

Address: 18 Holyrood Park Road, Edinburgh, EH16 5AY

GPS coordinates: 55.940293, -3.1717960

Rail: Edinburgh Waverley station, 2km

Air: Edinburgh Airport, 15km

Central Edinburgh is embargoed. Athletes and team officials may only use permitted routes to pass through the embargoed area. The permitted routes will change from 1 July 2024. Further information is in the 'Embargoed Areas' section on page 9 and at [IOF Eventor](#).



Photo credit: Kenny Lamb

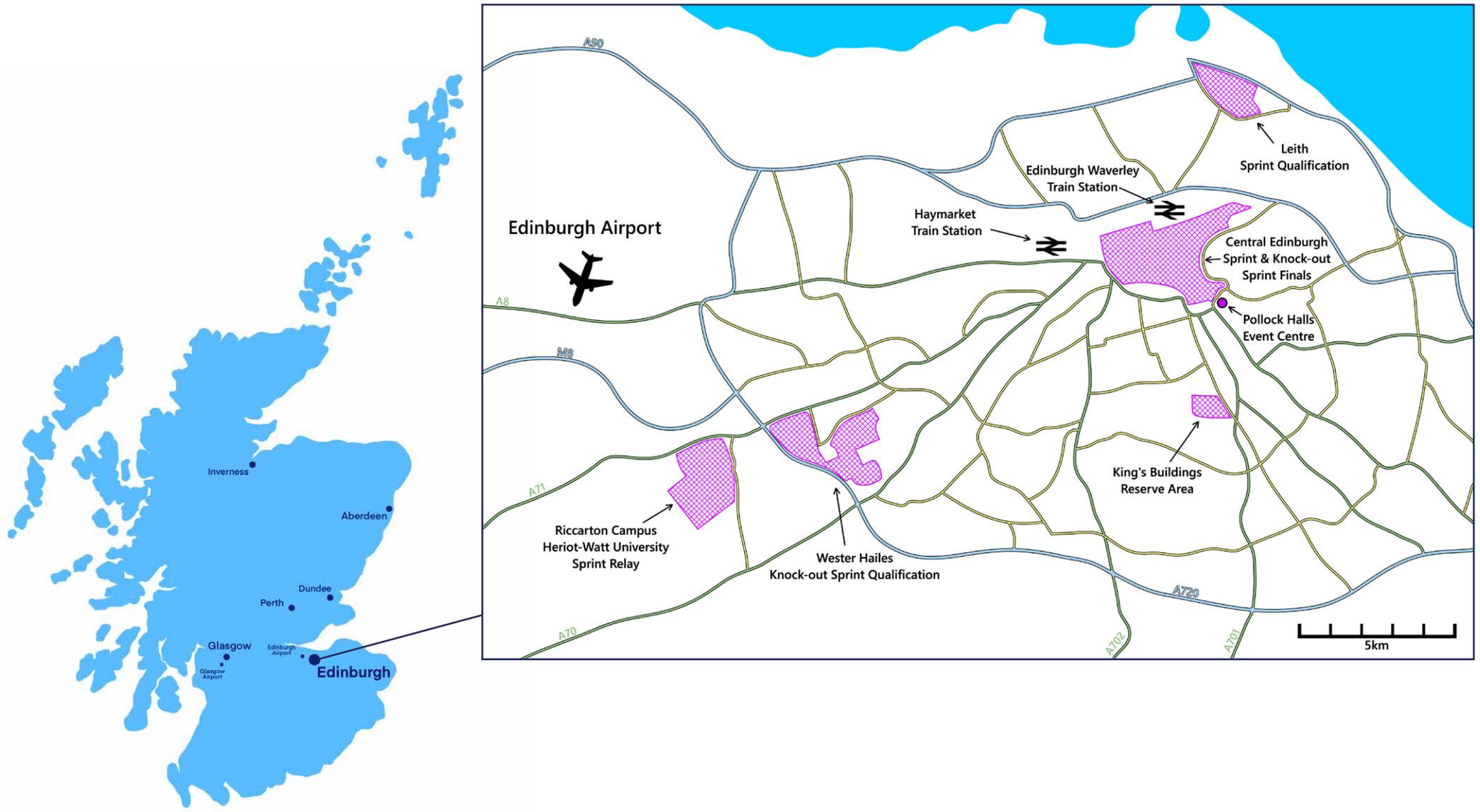
EVENT PROGRAMME

Wednesday 10 July			Monday 15 July		
Event Office open	12:00–19:00	Event Centre	Event Office open	09:00–12:00	Event Centre
Thursday 11 July			Knock-out Sprint entry deadline	12:00	via IOF Eventor
Event Office open	09:00–19:00	Event Centre to be confirmed	Event Office open	16:00–19:00	Event Centre
Technical Model Event	10:00–14:00		Team Officials Meeting: Knock-out Sprint	17:00–18:00	
Model Event			Tuesday 16 July – KNOCK-OUT SPRINT		
Deadline for late entries, changes and payment	12:00	via IOF Eventor	Mandatory transfer to Qualification quarantine	07:00	from Event Centre
Sprint entry deadline				Qualification	09:00–11:00
Team Officials Meeting: Sprint	17:00–18:00	Event Centre	Heat selection: Women	10:05	Qualification race arena
Friday 12 July – SPRINT			Heat selection: Men	10:45	
Mandatory transfer to Qualification quarantine	07:00	from Event Centre	Mandatory transfer to Finals quarantine	13:30	from Event Centre
Qualification	09:00–11:00	Leith	Quarter-finals first start: Women	14:25:00	Central Edinburgh
Mandatory transfer to Finals quarantine	13:00	from Event Centre	Quarter-finals first start: Men	15:01:00	
Opening ceremony	14:00	Finals race arena	Semi-finals first start: Women	16:12:00	
Finals	15:00–18:00	Central Edinburgh	Semi-finals first start: Men	16:53:00	
Medal ceremony	18:00	Finals race arena	Final start: Women	17:31:30	
Saturday 13 July			Final start: Men	17:52:00	Finals race arena
Event Office open	09:00–12:00	Event Centre	Medal ceremony	18:20	
Sprint Relay entry deadline	12:00	via IOF Eventor	Closing ceremony	18:30	Event Centre
Event Office open	16:00–19:00	Event Centre	Farewell party	20:30–01:00	
Team Officials Meeting: Sprint Relay	17:00–18:00			Sunday 14 July – SPRINT RELAY	
Mandatory transfer to quarantine	10:00	from Event Centre	Mandatory transfer to quarantine	10:00	from Event Centre
Sprint Relay start	12:45	Riccarton Campus	Sprint Relay start	12:45	Riccarton Campus
Medal ceremony	14:30	Race arena	Medal ceremony	14:30	Race arena

All times are in British Summer Time (BST, UTC+01:00).

All timings are provisional and may change. **The timings for the Knock-out Sprint Finals on 16 July were updated in Bulletin 3 Revision 1.** Confirmed timings will be in Bulletin 4.

LOCATION



GETTING HERE

Edinburgh has great transport links to Europe and the rest of the World.

Rail: Waverley station in the city centre is served by direct trains (4.5hrs) run by [LNER](#) and [Lumo](#) from London Kings Cross, which is adjacent to the [Eurostar](#) terminal at London St Pancras.

Ferry: There is no direct ferry between Scotland and Europe, but [DFDS](#) has a daily sailing from Amsterdam to Newcastle, which is 90 minutes from Edinburgh by train.

Air: [Edinburgh Airport](#) (EDI), which is approximately 12km west of the city centre, has direct flights to many European cities. There are good public transport links from the airport to the city centre with [Edinburgh Trams](#) and [Lothian Buses](#).

VISAS

Citizens of some countries must obtain a visa in order to enter the UK. Potential WOC 2024 participants are advised to keep up to date with the current regulations. Check if you need a UK visa on [gov.uk](#).

INSURANCE

Each person participates in activities and competitions associated with WOC 2024 at their own risk, and each person is responsible for their own insurance coverage.

CLIMATE

Edinburgh's summer climate is mild and damp, with a daily mean temperature of 15°C and 5.5 hours of sunshine. Average monthly precipitation is 72mm, with >1mm falling on 11 days per month. Sunrise in mid-July is at approximately 04:45 BST and sunset at approximately 21:45 BST.

GETTING ABOUT

The Event Centre and all our venues are served by Edinburgh's excellent public transport system. This is usually the fastest and most reliable way of moving around Edinburgh, especially in the city centre during the busy summer tourism season.

For route maps, journey planners and fare details, see [Lothian Buses](#) and [Edinburgh Trams](#).

All accredited athletes and team officials will be provided at accreditation with a pass that allows them 20 free single journeys by public transport within Edinburgh. This pass can be used for journeys on Lothian Buses and Edinburgh Trams within the city (including to all race venues), but is not valid for journeys to/from Edinburgh Airport. The pass will be valid until 21 July.

There will be no car parking for athletes or team officials at any venue or at the Event Centre. **See the 'Race Details' section on page 15 for information about transport to race venues**, including mandatory transport for all athletes and team officials who are going to quarantine.



Photo credit: University of Edinburgh

RULES & PREVIOUS MAPS

The 2024 World Orienteering Championships will be run under the [2024 Competition Rules for IOF Foot Orienteering Events](#).

All athletes represent a Federation and must be citizens of the country of that Federation. All athletes must have an [IOF athlete licence](#) to participate at WOC 2024. There are no age restrictions.

In the Sprint and Knock-out Sprint competitions, there is one class for women and one for men. The classes are called Women and Men. A Federation may enter up to three women and up to three men in each competition.

Additional personal starting spots are allocated to reigning World and Regional Champions in the Sprint and Knock-out Sprint competitions, if they are selected by their Federation. The IOF has published the list of personal places in the [National Quota for Foot-O](#) document.

In the Sprint Relay, each Federation may enter one team consisting of four team members, of whom at least two must be women.

The [IOF Foot-O referee system](#) will be used for all races.

PREVIOUS MAPS

Previous maps of competition areas (where available) are available in OCAD and PDF formats from the Technical Director. For details, see the [WOC 2024 website](#).

Routegadget from previous events and information on public access mapping data are also available on the [WOC 2024 website](#).

EMBARGOED AREAS

Several areas in and around Edinburgh have been embargoed for WOC 2024. Up-to-date information on the embargo rules, the areas under embargo, permitted routes, and permitted areas for studying is available at [IOF Eventor](#).

Embargoed areas and permitted routes and areas may change at short notice. Potential WOC athletes and other interested parties should always check IOF Eventor for the most up-to-date information. All queries regarding embargoed areas should be sent to the Technical Director at technicaldirector@woc2024.org.

A stricter embargo will come into effect for Central Edinburgh **from 1 July 2024**, with the withdrawal of all permitted areas for studying and most permitted routes. The following permitted routes will remain open:

- » The railway to/from Waverley station
- » The A7 (North Bridge/South Bridge/Clerk Street) between Waverley station and the junction with East Preston Street

Athletes or team officials who wish to take the bus between Waverley station and the Event Centre at Pollock Halls must use bus #30 or #33.

A revised embargo area for Central Edinburgh will be published after the Sprint Finals on 12 July. This will allow athletes and team officials to compete in the Historic Edinburgh WOC Tour race on 15 July.

The embargoes for Leith, Wester Hailes and Riccarton Campus will not change. King's Buildings is embargoed as a reserve area and may be released on 1 July 2024 if no longer required.

ENTRIES

Entry opened on 1 April 2024. Entries can only be made in IOF Eventor. If you have any queries, contact entries@woc2024.org.

- » The deadline for Team Size Entry is 12 May 2024
- » The deadline for Team Names Entry is 2 July 2024
- » The deadline for Late Entries, changes of Team Size, or changes of Team Names is 12:00 BST (midday) on 11 July

At **Team Size Entry**, you must provide the following information:

- » Name of Team Manager (chosen from a list in IOF Eventor), including email address and mobile phone number
- » Number of team officials
- » Total number of male athletes and total number of female athletes in the team
- » Number of male athletes and number of female athletes you are entering in each individual competition
- » Whether you are entering a team for the Sprint Relay

There is no maximum number of officials per team.

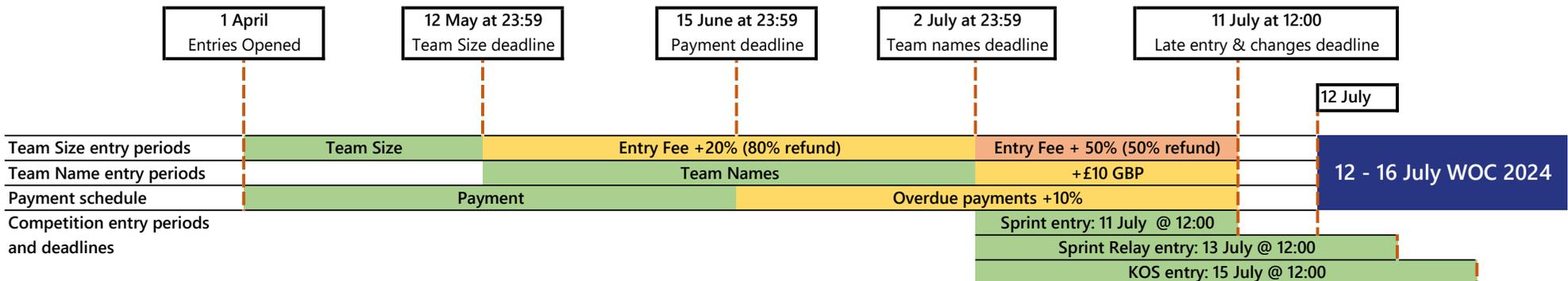
At **Team Names Entry**, you must provide the following information:

- » The name of each athlete in the team, by selecting from the Federation members within IOF Eventor
- » SPORTident ActiveCard (SIAC) numbers for each athlete

Late Entries, changes of Team Size or Team Names

- » Changes after the relevant deadline will be subject to a 10% additional charge
- » Changes must be communicated directly to the organiser via wocoffice@woc2024.org
- » The organiser will make the changes in IOF Eventor
- » No changes will be accepted after 12:00 BST (midday) on 11 July

Category	Detail	Fee
Athletes	Accreditation per athlete	£160
	Entry per athlete: Sprint	£125
	Entry per athlete: Knock-out Sprint	£125
Relay teams	Entry per team: Sprint Relay	£250
Team officials	Accreditation per team official	£160
Late payment	After 15 June 2024	+10%



All deadline times are in British Summer Time (BST, UTC+01:00).

ACCREDITATION

Accreditation will take place at the WOC Event Office during published opening hours.

A personal WOC 2024 ID card with photo will be issued at accreditation. All accredited persons must wear this card at all relevant times, and it must be presented in order to access all means of transport and authorised zones. All persons to be accredited must provide a personal portrait photo for use on the ID card via the online entry or registration form on IOF Eventor.

ATHLETES AND TEAM OFFICIALS

Each registered team member must present their personal passport at accreditation. Team Managers must be present at accreditation in case there are any issues about citizenship, IOF licence etc. that need clarification.

The accreditation fee includes: city-wide transport pass, Model Events, mandatory transport between Event Centre and race venues, race maps.

For teams where the function of the Team Manager is performed by an athlete there will be no additional accreditation charge.

Participation in WOC events is only possible if all payments are made in full by 12:00 BST (midday) on 11 July 2024.

VIPs, IOF FAMILY AND IOF GUESTS

VIP accreditation is by invitation only. All other IOF Family and IOF Guest registrations must be made via IOF Eventor. Please select the correct category and role.

IOF Family and IOF Guest registration opened on 1 April 2024. The deadline for registration and payment is 15 June 2024. Registration is not valid unless payment has been made. Payments after 15 June will have a 50% additional charge.

MEDIA

There is no charge for media services but **all media personnel must apply for accreditation via IOF Eventor by 15 June 2024**. Accreditation is only valid after confirmation of acceptance by the WOC 2024 Media Operations Manager. A WOC 2024 ID card will be issued at accreditation and must be worn at all times at the race venues.

Category	Detail	Fee
IOF Family including IOF Guests	Access to dedicated area at final arenas Drinks and snacks at final arenas Race maps at all races IOF Family and Media race on 15 July	£40
Media	Access to Media Centre at all finals Media briefing before all finals IOF Family and Media Race on 15 July	no fee
Additional services for IOF Family only	Dinner at Pollock Halls on 15 July	£50
Additional services for media and IOF Family	Transfer bus between Event Centre and race arenas for all races	£20
	'Citysmart' pass for 20 single bus or tram journeys within Edinburgh	£28
VIP	VIP services and accreditation are by invitation only	

PAYMENT

Payment must be made by bank transfer to the WOC 2024 bank account. Payment must be made in pounds sterling (GBP) and the payer must cover all bank charges. Invoices will be issued on request. Receipts will be issued on request and following receipt of payment. Contact finance@woc2024.org with any queries.

All payments must be received by 15 June 2024. Payments after 15 June must pay the relevant additional charge. Participation in WOC events is only possible if all payments are made in full by 12:00 BST (midday) on 11 July 2024.

Payee: Scottish Orienteering 6-Day Event Co Ltd
Payee address: National Orienteering Centre, c/o Glenmore Lodge, Glenmore, Aviemore, PH22 1QU
Bank: Bank of Scotland PLC, PO Box 1000, BX2 1LB
Account number: 10238866
Sort code: 80-09-88
IBAN: GB30 BOFS 8009 8810 2388 66
BIC: BOFSGB21023



Photo credit: Kenny Lamb



Photo credit: Petr Hap

ACCOMMODATION

POLLOCK HALLS

We recommend that athletes and team officials stay at the Event Centre at Pollock Halls of Residence. Teams are free to arrange their own accommodation elsewhere. However, many hotels are within the embargoed areas. It is the responsibility of every athlete to ensure that they comply with the embargoes.

Pollock Halls of Residence are part of the University of Edinburgh. During the summer vacation there are over 2,000 rooms available, including standard single, double and twin en-suite rooms.

The [University of Edinburgh Hospitality and Events Collection](#) has accommodation at Pollock Halls available for booking from Thursday 11 July to Wednesday 17 July 2024. Extended stays may be available on request.

National teams had priority for bookings until March 2024, but this priority period has now expired. Teams who would still like to stay at Pollock Halls should book as soon as possible.

Teams must make their own bookings directly with the University Hospitality and Events Collection.

To start the booking process, contact wocoffice@woc2024.org who will provide contact details for the University Hospitality and Events Collection and give you a booking code to use.

Each team must complete a customer creation form before a provisional booking can be made and booking contract sent out for signing. The signed booking contract must be returned within 14 days to confirm the booking, otherwise the accommodation will be released for resale. Payment is required 30 days prior to arrival.

TYPE AND COST OF AVAILABLE ACCOMMODATION

Scholar Hotel

Per room per night, including breakfast:

- » Single occupancy in twin or double deluxe en-suite room – £160
- » Double occupancy in twin or double deluxe en-suite room – £180

Pollock Halls Catered Student Accommodation

Per room per night, including breakfast:

- » Single standard room with shared bathroom – £50
- » Single en-suite room in Holland House – £60
- » Twin occupancy en-suite room in Chancellors Court – £120

The self-catered apartments in Fraser Court that were previously available are now fully booked.

CATERING

Standard buffet lunch and dinner prices for 2024, per person per day:

- » Buffet lunch at John McIntyre Conference Centre – £14.50
- » Buffet dinner at John McIntyre Conference Centre – £20.50
- » Packed lunch – £9.00

Groups that require lunch and/or dinner can discuss preferential rates based on numbers.

MEDIA SERVICES

Accredited media personnel will have access to a Media Centre at or near each final arena. Services for media will include:

- » Facilities for working, including wireless internet access (fair usage policies apply)
- » Displays showing the broadcast/arena TV production
- » Race maps
- » Start lists and results
- » Coffee and tea
- » Managed access to the photo and media zones
- » Managed access to the mixed zone

There will be no car parking for media at race arenas. We are asking everyone to use public transport to get about within Edinburgh. Please see the 'Getting About' section on page 9.

Media accreditation is free but all media personnel must be accredited. The process for media accreditation opened on 1 April 2024. Please see the 'Accreditation' section on page 12.

ANTI-DOPING

Doping is strictly forbidden. The organisers of WOC 2024 are committed to supporting the anti-doping authorities in their work. Doping controls may be carried out any time during the competition period in accordance with the procedures described in the [WADA International Standard for Testing and Investigations](#).

The [IOF Anti-Doping Rules](#) and the [World Anti-Doping Code 2021](#) apply as of 1 January 2021.

MEDICAL SERVICES

Athlete medical services will be provided at the race arenas.

Outside of races:

- » to contact the emergency services (Police, Ambulance, Fire, Coastguard) in a life-threatening situation, dial 999
- » for an urgent medical problem that is not a life-threatening emergency, dial 111

RACE DETAILS

All event information on this and the following pages is provisional. In particular, all GPS coordinates are subject to confirmation, and all course information is approximate and subject to final controlling. The distances given from the Event Centre to race arenas are by road.

TRANSPORT

There will be no car parking for athletes or team officials at any race venue.

For athletes and team officials who are going to quarantine, mandatory transport from the Event Centre at Pollock Halls will be provided by the organisers. **All athletes and team officials who are going to quarantine must use this transport.**

Optional transport from the Event Centre to each race arena will be provided by the organisers for any accredited athletes and team officials who are not going to quarantine.

Optional transport from each race arena back to the Event Centre will be provided by the organisers for all accredited athletes and team officials.

TEAM TENTS

Team tents are not allowed in the pre-start zones, in the quarantine areas or in the team zone at the finish.

CLOTHING

Shoes with spikes or metal dobbs are not allowed. There are no other clothing regulations.

PUNCHING AND TIMING SYSTEM

SPORTident Air+ punching will be used for all races.

For sustainability reasons, athletes should use their own SPORTident ActiveCard (SIAC) during the event. Athlete SIAC numbers must be provided in Eventor at Team Names Entry. Athletes who cannot provide their own SIAC can hire a SIAC from the organiser.

One SIAC will be loaned to each athlete free of charge as a backup in case their own SIAC fails during a race.

GPS

GPS tracking will be provided by Loggator and will be shown live online, on the large screens at the arena, and as part of the TV broadcast.

All athletes in all races must be prepared to carry a GPS tracker. The device will be carried on the back of the athlete in an elastic harness. For hygiene and sustainability reasons, all athletes should bring their own harness. The size of the GPS units is 69mm x 39mm x 24mm, and the weight is 66g.

MODEL EVENT

On 11 July, there will be a Technical Model Event (at the Event Centre, Pollock Halls) and a Model Event (venue to be confirmed). Both events will act as models for all WOC competitions. Maps for the Technical Model Event and Model Event will be supplied at accreditation.

ARTIFICIAL BARRIERS & OUT-OF-BOUNDS AREAS

Artificial barriers may be used in races. Where metal fences are used as artificial barriers, they will (subject to IOF approval) be marked on the map using ISSprOM 709 'Out-of-bounds area' with a 0.5mm solid boundary line, and will always be marked in the terrain with IOF tape.

Boundaries which are mapped using a passable symbol but which must not be crossed on the courses will be marked on the map using 708 'Out-of-bounds boundary' and will always be marked in the terrain with continuous IOF tape.

Outdoor seating areas for restaurants and cafés will be marked on the map with 714 'Temporary construction or closed area'.

Out-of-bounds areas and uncrossable line features that are difficult to recognize on the map or distinguish in the terrain may be marked with continuous IOF tape.

Bulletin 4 will contain full details of how out-of-bounds areas, uncrossable features and artificial barriers will be mapped, and include images of the metal barriers and IOF tape that will be used. Examples of artificial barriers and IOF tape will be displayed at the Model Event.



SPRINT QUALIFICATION – Friday 12 July (am) – Leith

Format	Sprint Qualification				
Arena	Leith Links GPS coordinates: 55.970600, -3.166000 Distance from Event Centre: 4km				
Transport	See the 'Race Details' section on page 15 for transport information, including details of mandatory transport from the Event Centre to quarantine.				
Map	Leith, 1:4,000, 2.5m contour interval, ISSprOM 2019-2 Drawn by Graham Gristwood (GGMaps)				
Venue	Leith is a historic port area at the mouth of the Water of Leith in the north of Edinburgh. After decades of industrial decline and resultant depopulation in the post-war era, Leith has seen an upturn in fortunes in recent decades, with significant redevelopment of housing and office space and the arrival of tourist attractions such as the Royal Yacht Britannia. Leith was named as the fourth 'coolest neighbourhood in the world' by Time Out in 2021. The Newkirkgate shopping centre is the main retail hub. The extensive parkland of Leith Links makes it a popular recreation area. Leith is served by buses and trams from the centre of Edinburgh.				
Terrain	Leith has an asymmetric street plan and an eclectic mix of older and newer residential properties, including some significant blocks of social housing. The waterfront area has numerous shops and cafés. Running surfaces will be mostly paved, with some cobbles and limited areas of grass. The area is mostly flat with only limited gradients.				
Hazards	River (Water of Leith) Tram line Pedestrians				
Start interval	1 minute				
Course setters	Frank Townley and Ross McLennan				
Courses		Length	Climb	Controls	Estimated winning time
	Women	3.4km	20m	17	13:00
	Men	4.0km	20m	20	13:00

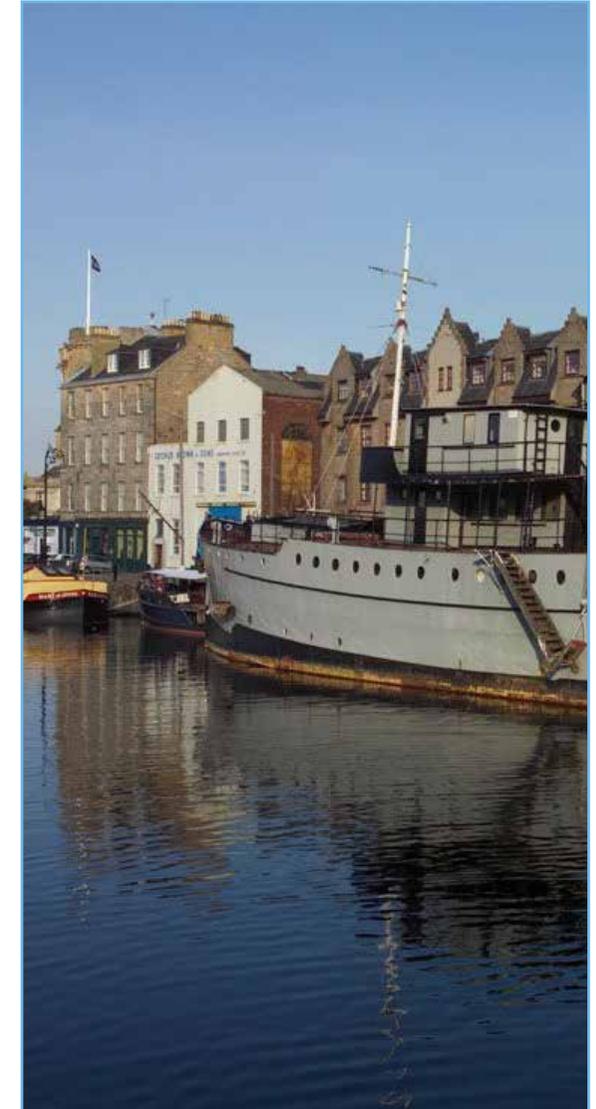


Photo credit: University of Edinburgh

SPRINT FINALS – Friday 12 July (pm) – Central Edinburgh

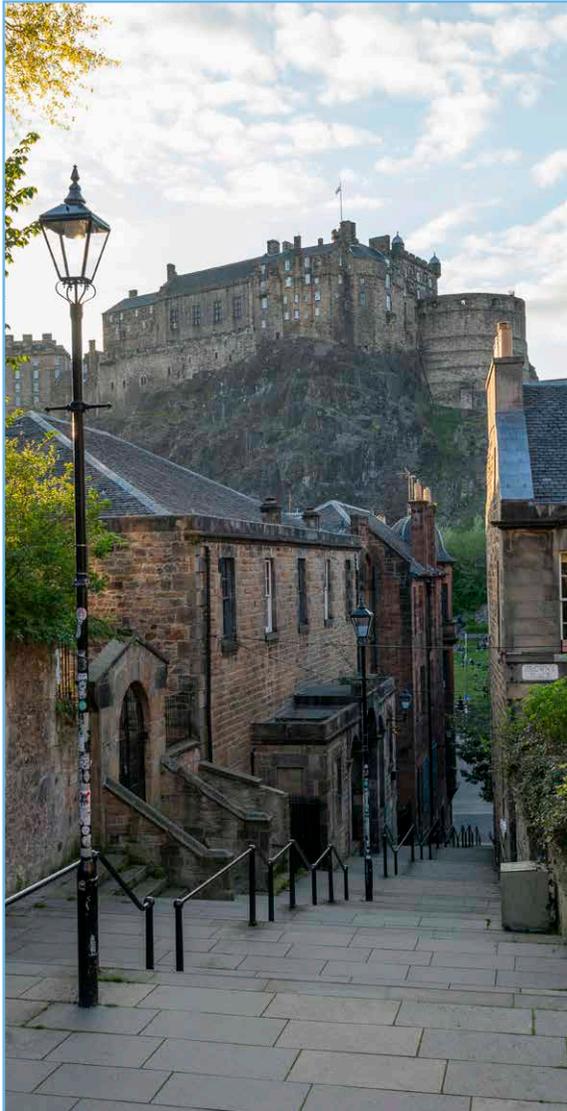


Photo credit: Chris Close

Format	Sprint Finals				
Arena	Princes Street Gardens GPS coordinates: 55.950769, -3.2002033 Distance from Event Centre: 3km				
Transport	See the 'Race Details' section on page 15 for transport information, including details of mandatory transport from the Event Centre to quarantine.				
Map	Central Edinburgh, 1:4,000, 2.5m contour interval, ISSprOM 2019-2 Drawn by Graham Gristwood (GGMaps)				
Venue	Edinburgh is the capital of Scotland: the centre of the city hosts the Scottish Parliament, government offices, the highest law courts and many iconic buildings including cathedrals, churches, libraries and museums, as well as public gardens and parkland. The skyline is dominated by Edinburgh Castle and Arthur's Seat in Holyrood Park. The University of Edinburgh, founded in 1582, occupies a significant number of buildings across the city. The city's historical and cultural attractions and summer festivals have made it the UK's second most visited tourist destination, attracting over 4 million visitors annually, supporting a wide range of restaurants and retail outlets, particularly along the Royal Mile.				
Terrain	Commercial and residential areas both historical and modern, with narrow vennels (passageways) and complex housing schemes providing a variety of orienteering challenges. Running surfaces will be mostly paved, with some cobbles and limited areas of grass. There is significant variation in elevation across the city centre and there are some steep slopes and narrow stairways.				
Hazards	Pedestrians: some areas will be very busy				
Start interval	To be confirmed				
Course setters	Frank Townley and Ross McLennan				
Courses		Length	Climb	Controls	Estimated winning time
	Women	3.6km	75m	18	14:30
	Men	4.1km	90m	21	14:30

SPRINT RELAY – Sunday 14 July (pm) – Riccarton Campus, Heriot-Watt University

Format	Sprint Relay				
Arena	Oriam, Riccarton Campus, Heriot-Watt University GPS coordinates: 55.909407, -3.3159257 Distance from Event Centre: 11km				
Transport	See the 'Race Details' section on page 15 for transport information, including details of mandatory transport from the Event Centre to quarantine.				
Map	Riccarton Campus, 1:4,000, 2.5m contour interval, ISSprOM 2019-2 Drawn by Dave Peel (Peel Land Surveys) with additional survey and cartography by Alasdair Pedley				
Venue	Heriot-Watt was initially established in 1821 to provide practical knowledge of science and technology to Edinburgh's working men. It became a university in 1966, and began the development of a new campus on the Riccarton Estate, to the south-west of the city. The campus area now includes various blocks of student accommodation, a business park, a hotel, Scotland's elite Oriam Sports Performance Centre facility and the UK's first FlexBIO flexible downstream bioprocessing centre, all set in attractive parkland. The campus is adjacent to the Hermiston Park and Ride and is served by buses from the city centre.				
Terrain	University buildings in parkland. Running surfaces will be a mix of paved surfaces, unpaved paths and natural terrain, including significant areas of grass and runnable woodland. The competition area is predominantly flat with some gentle gradients.				
Hazards	Lakes Woodland Ruined fences				
Start interval	Mass start				
Course setters	Graeme Ackland and Helen Bridle				
Courses		Length	Climb	Controls	Estimated winning time
	Women	3.4–3.6km	35m	18	14:00
	Men	4.3–4.4km	40m	19	14:00
	Overall winning time: 56–57 minutes				



Photo credit: Lorna Eades

KNOCK-OUT SPRINT QUALIFICATION – Tuesday 16 July (am) – Wester Hailes



Format	Knock-out Sprint Qualification				
Arena	Canal View Primary School GPS coordinates: 55.915742, -3.2817403 Distance from Event Centre: 9km				
Transport	See the 'Race Details' section on page 15 for transport information, including details of mandatory transport from the Event Centre to quarantine.				
Map	Wester Hailes, 1:4,000, 2.5m contour interval, ISSprOM 2019-2 Drawn by Dave Peel (Peel Land Surveys) with additional survey and cartography by Alasdair Pedley				
Venue	Wester Hailes is a residential area in the south-west of Edinburgh. It was largely developed in the early 1970s, which is reflected in the dominant housing styles, mainly purpose-built flats and tower blocks. Extensive redevelopment in more recent years has involved replacement of high-rise flats with newer low-rise housing. Westside Plaza is the main social and shopping hub of the area; it includes a cinema and is served by buses and trains from the centre of Edinburgh. The Edinburgh and Glasgow Union Canal runs through the area.				
Terrain	Mixed residential area. Running surfaces are a mix of paved roads, paths and communal grass areas between housing. The area is mostly flat with only limited gradients.				
Hazards	Canal				
Start interval	1 minute				
Course setters	Joe Hudd and Jon Cross				
Courses		Length	Climb	Controls	Estimated winning time
	Women	2.2–2.3km	35m	13	9:00
	Men	2.6–2.7km	35m	15	9:00

Photo credit: Fiona Eades

KNOCK-OUT SPRINT FINALS – Tuesday 16 July (pm) – Central Edinburgh

Format	Knock-out Sprint Finals (Quarter-finals, Semi-finals and Finals)				
Arena	St John Street GPS coordinates: 55.950300, -3.180800 Distance from Event Centre: 1.5km				
Transport	See the 'Race Details' section on page 15 for transport information, including details of mandatory transport from the Event Centre to quarantine.				
Map	Central Edinburgh, 1:4,000, 2.5m contour interval, ISSprOM 2019-2 Drawn by Graham Gristwood (GGMaps)				
Venue	Edinburgh is the capital of Scotland: the centre of the city hosts the Scottish Parliament, government offices, the highest law courts and many iconic buildings including cathedrals, churches, libraries and museums, as well as public gardens and parkland. The skyline is dominated by Edinburgh Castle and Arthur's Seat in Holyrood Park. The University of Edinburgh, founded in 1582, occupies a significant number of buildings across the city. The city's historical and cultural attractions and summer festivals have made it the UK's second most visited tourist destination, attracting over 4 million visitors annually, supporting a wide range of restaurants and retail outlets, particularly along the Royal Mile.				
Terrain	Commercial and residential areas both historical and modern, with narrow vennels (passageways) and complex housing schemes providing a variety of orienteering challenges. Running surfaces will be mostly paved, with some cobbles and limited areas of grass. There is significant variation in elevation across the city centre and there are some steep slopes and narrow stairways.				
Hazards	Pedestrians: some areas will be very busy				
Start interval	Mass start				
Course setters	Jon Cross and Joe Hudd				
Courses		Length	Climb	Controls	Estimated winning time
	Quarter-final	1.9km	40m	10	7:30 Women; 6:30 Men
	Semi-final	2.0km	40m	8	7:30 Women; 6:30 Men
	Final	2.1km	35m	10	7:30 Women; 6:30 Men

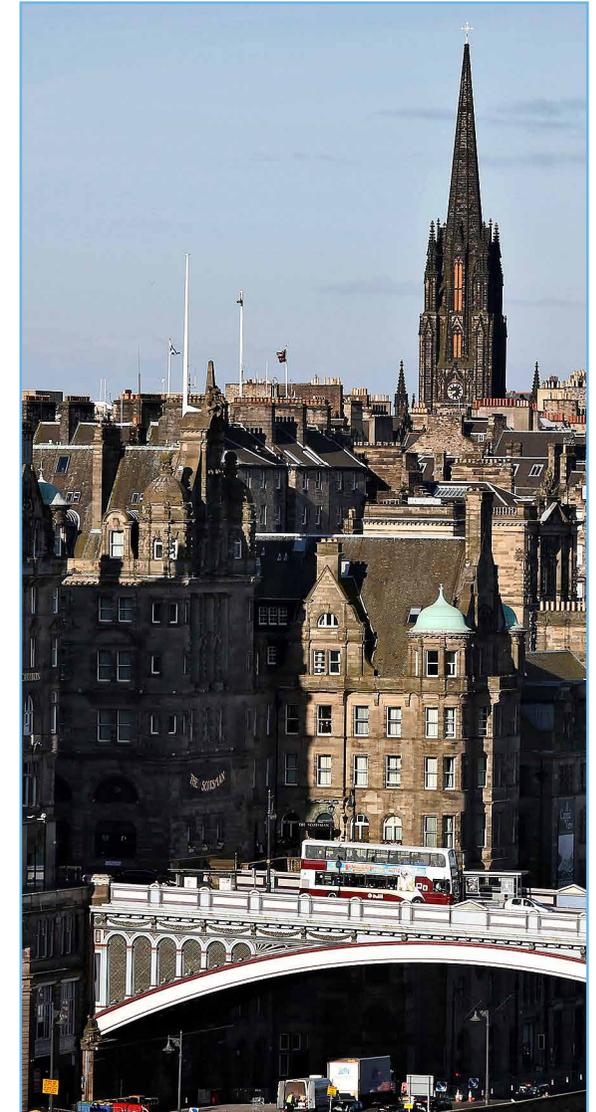


Photo credit: University of Edinburgh

TRAINING OPPORTUNITIES

A wide range of training opportunities is available in the period leading up to WOC 2024, from formal training sessions to provision of maps for self-organised training.

MAPS FOR SELF-ORGANISED TRAINING

The [WOC 2024 website](#) has a list of OCAD files of relevant areas across central Scotland which are available to national teams for self-organised training. Further areas will be made available in due course.

For costs and full terms and conditions, please contact Ian Maxwell, WOC 2024 Training Coordinator, at training@woc2024.org.



Photo credit: Robert Lines

COMPETITION OPPORTUNITIES

An extensive programme of competition opportunities is being organised in the run-up to WOC 2024, already including [Sprint Scotland 2023](#), [Euromeeing 2023](#) and [Big Weekend 2024](#).

Future events include:

Date	Competition	Organiser	Entry Deadline
4–5 May	Sprint Scotland 2024	Masterplan Adventure	28 April
10–12 May	Glasgow City Race	STAG	29 April
29–30 June	WOC 2024 Test Races	WOC 2024	to be confirmed

Sprint Scotland 2024 consists of two WRE Sprint races on 4 May and one WRE Sprint on 5 May. The maps are made by WOC 2024 mappers and the courses are being set by WOC 2024 course setters.

The **Glasgow City Race Weekend** includes a 2x2 Sprint Relay and a Sprint, both on 11 May. The courses for the 2x2 Sprint Relay and the Sprint are being set by a WOC 2024 course setter.

The **WOC 2024 Test Races** will consist of a Sprint on 29 June and a Knock-out Sprint on 30 June. The Knock-out Sprint is expected to have no qualification round, and to comprise three rounds of head-to-head racing for all competitors with relegation and promotion. Further details will be published on the WOC 2024 website. Entry information will be available by the end of April.

WOC TOUR 2024

At WOC Tour 2024 we welcome clubs, families and individuals from around the world to enjoy a diverse range of orienteering races in outstanding locations across Edinburgh. The WOC Tour races will be timed to enable you to watch the WOC races and to support your national teams.

PROGRAMME

Thu 11 July	Holyrood Park	Warm-up: open, hilly terrain
Fri 12 July	Leith	Sprint
Sat 13 July	King's Buildings, Edinburgh University	Indoor multi-storey building
Sun 14 July	Riccarton Campus, Heriot-Watt University	Urban middle
Mon 15 July	Historic Edinburgh	Urban long
Tue 16 July	Wester Hailes	Sprint

COMPETITION CLASSES

WOC Tour will offer a range of courses and competition classes. The WOC Tour races will be suitable for participants of all ages, from young juniors through to older veteran competitors, and for all levels of experience, including novices who want to try orienteering for the first time.

ENTRY

Entries are open on [SiEntries](#). The pre-entry deadline is 18 June. It may still be possible to enter online after 18 June if maps are available. See the [WOC Tour website](#) for full information.

TRAVEL & ACCOMMODATION

Please see the 'Getting Here' section on page 9 for more information on transport options for reaching Edinburgh. Edinburgh is well served by train and bus links to nearby towns, as well as the bus and tram services within the city itself. For route maps, journey planners and fare details, visit [ScotRail](#), [Lothian Buses](#), and [Edinburgh Trams](#).

Edinburgh and nearby towns offer a wide variety of accommodation possibilities including private rentals, deluxe apartments, and hotels ranging from budget to five-star. All of these can be found through well-known accommodation booking sites.

Our event partner the University of Edinburgh offers accommodation in student rooms and apartments during the summer, including some at the WOC 2024 Event Centre at Pollock Halls. Some rooms are already available, and we expect a limited number of further rooms to be released for public booking during April and May 2024.

TRANSPORT

All WOC Tour races are accessible using the extensive public transport network in Edinburgh. [Park & Ride](#) options are available for WOC Tour competitors using accommodation outside the city. We encourage WOC Tour competitors to use trains, buses, and trams to travel to the races where possible.

Lothian Buses is the Official Transport Partner to WOC 2024 and is offering a reduced-price transport pass for the duration of WOC Tour. This pass offers 20 single journeys within the city by bus or tram for a special WOC price of £28. It will be available to purchase from the end of April, can be collected from Thursday 11 July and will be valid until Sunday 21 July. Details will be on the [WOC Tour website](#) in due course.

WOC 2024



We can't wait to see
you in Scotland in July

 Sprint World Orienteering
Championships Edinburgh



© Scottish Orienteering 6-Day Event Company Limited
Registered in Scotland: Company no. SC112669
Registered Office: National Orienteering Centre,
c/o Glenmore Lodge, Glenmore, Aviemore, PH22 1QU