



INTERNATIONAL ORIENTEERING FEDERATION



WORLD CUP 2024

Round #1 SUI

Olten/Switzerland, 24-26 May 2024

BULLETIN 4



Wenn deine Gesundheit
keine halben Sachen mag.

Komplementärmedizin ist Teil unserer DNA.

goodbye calories
hello vitamins



DOUBLE ZERO

ZERO | **ZERO**
ADDED SUGAR | SWEETENERS



**YUMMY
POWER**





WELCOME TO OLTEN

Dear athletes and teams

More than 250 athletes of 32 countries will participate in the first World Cup round 2024 in the cities of Zofingen and Olten. Great to see that you will be part of this event!

The organizing team is looking forward to the EGK Orienteering World Cup races and to see you all in the middle of Switzerland.

We hope you will enjoy the incredible atmosphere at sprint races in Switzerland and be inspired by the urban atmosphere in Olten and Zofingen.

You are warmly welcome to Switzerland!

Matthias Niggli

Event Director EGK Orienteering World Cup

WORLD CUP 2024

The World Cup 2024 consists of the following 10 competitions.

<i>Comp.</i>	<i>Date</i>	<i>Format</i>	<i>Venue</i>
1	25 May	Knock-Out Sprint	Olten / Switzerland
2	26 May	Sprint	
3	1 June	Sprint	Genova / Italy
4	2 June	Sprint Relay	
5	17 August	Middle	Mór / Hungary
6	18 August	Long	
7	20 August	Relay	
8	26 September	Long	Kuopio / Finland
9	28 September	Middle	
10	29 September	Relay	

In the individual World Cup, athletes are awarded World Cup points as per 2024 World Cup special rules, where winners of individual races receive 100 point and top 40 are rewarded.

The Teams World Cup points are awarded according to 2024 World Cup special rules, where relays are most important and counted together with the sum of the scores in the individual races.

1. ORGANIZATION AND CONTACT

1.1 ORGANIZING COMMITTEE

Matthias Niggli
Simone Niggli
Brigitte Grüniger Huber
Hansueli Steinmann / Reto Pfister
Roland Ludwig
Daniel Leibundgut
François Borner / Lukas Schubnell
Véronique Ruppenthal

Event Director
Technical Director
Event Office, Finances
Security
Finish, Arena, Infrastructure
Results, IT Services
Live-Production (TV)
Media

Event Advisors
Janos Manarin
Urs Hofer
Michael Eglin

IOF Senior Event Advisor, ITA
National Event Advisor, SUI
National Event Advisor, SUI

1.2 CONTACT ADDRESS

EGK Orienteering World Cup 2024
Matthias Niggli
Luchliweg 5A
CH-3110 Münsingen

Mobile +41 79 222 13 87
matthias.niggli@ol-weltcup.ch
www.ol-weltcup.ch

2. EVENT PROGRAMME

WEDNESDAY, 22 MAY 2024

Arrival of the teams
Event Centre open
Free training

Olten, Kirchgasse 1	14:00-17:00
Olten	14:00-18:00

THURSDAY, 23 MAY 2024

Event Centre open
Free training / Model event
Event Centre open
Team Officials' Meeting

Olten, Kirchgasse 1	09:00-12:00
Olten	09:00-18:00
Olten, Kirchgasse 1	17:00-19:00
Olten, Kirchgasse 15	17:30-18:30

FRIDAY, 24 MAY 2024

Quarantine Check-in opens
Quarantine closes
First start KO-Sprint Qualification, MEN
First start KO-Sprint Qualification, WOMEN
Heat choice MEN
Heat choice WOMEN

Zofingen, BZZ	12:30
Zofingen, BZZ	13:30
Zofingen	14:00
Zofingen	14:50
Zofingen, Markthalle	15:30
Zofingen, Markthalle	16:15

SATURDAY, 25 MAY 2024

National Competition, Sprint	Olten	10:00-14:00
Quarantine Check-in opens	Olten, Stadthaus	09:00
Quarantine closes	Olten, Stadthaus	09:30
First start ¼ Final MEN (every 5 minutes)	Olten	10:00
First start ¼ Final WOMEN (every 5 minutes)	Olten	10:30
First start ½ Final MEN (every 12 minutes)	Olten	12:09
First start ½ Final WOMEN (every 12.5 min.)	Olten	12:47
Start Final MEN	Olten	13:27
Start Final WOMEN	Olten	13:42
KO-sprint terrain open to all	Olten	14:10-14:40
Price Giving Ceremony	Olten, Munzingerplatz	20:00
Starting number presentation Sprint	Olten, Munzingerplatz	20:10

SUNDAY, 26 MAY 2024

National Competition, Sprint	Olten	09:30-13:00
Quarantine Check-in opens	School Starrkirch-Wil	10:30
Quarantine closes	School Starrkirch-Wil	11:30
First start WOMEN Top 40	Olten	12:03
First start MEN Top 40	Olten	13:16
Start times higher than Top 40 W/M	Olten	14:25
Price giving ceremony	Olten, Kirchgasse	16:30

3. VENUES, ACCESS AND TRANSPORT

3.1 TRANSPORT

Olten is easily reachable by train or rental car from the airports Zurich, Basel and Geneva.

The competitions are held in the heart of Olten and in Zofingen (9km from Olten).

There will not be any official transport to the competitions, all sites are reachable by public transport.

3.2 COMPETITION ARENAS

KO-Sprint Qualification: [Alter Postplatz, Zofingen](#), 47° 17'19.1"N 7° 56'42.9"E

Sprint Finals and individual Sprint: [Kirchgasse, Olten](#), 47° 20'59.6"N 7° 54'06.6"E

3.3 WASTE MANAGEMENT

Help us keep our arenas clean!

Please use our rubbish bins for your waste. PET-bottles are collected separately in order to be recycled, while the residual waste will be re-used for energy recovery.

Lanyards for the accreditation will be collected on Sunday and re-used.

4. EVENT CENTRE

The Event Centre is located in Olten at the [McDonalds Restaurant](#) 47°20'59.8"N 7°54'08.3"E.

Access is only allowed from the parking Schützenmatte and through Mühlegasse, even for pedestrians from the train station (exit at station Olten Hammer). Please consider the map of the [embargoed area](#) and be careful.

5. ENTRY

5.1 ENTRIES AND ENTRY DEADLINES

All entries are only to be made in IOF Eventor. The entry form is available on <https://eventor.orienteering.org/Events/Show/7767>

The deadline for Late Entries, Changes of Team Size or Team Names is 23 May 2024 at 12:00

No late entries or changes will be accepted after that date. Late entries and changes will always have a defined extra cost (surcharge). Late entries and changes will always be treated equally and must be communicated directly to the organizer

matthias.niggli@ol-weltcup.ch.

The organizer makes the changes in IOF Eventor after deadlines.

Competition Entries

Names of the competitors shall be entered in IOF Eventor on the day before the competitions:

- Knock-out sprint qualification before 12:00 noon (Thursday)
- Sprint before 15:00 (Saturday)

5.2 ENTRY FEES

Late entry fee for competition package is CHF 150.- for competitors and CHF 75.- for team officials.

5.3 PAYMENT

The competition package must be paid latest at arrival. No accreditation will be made without final payment before. Credit card payment is possible at the Event Center.

Please note that all bank charges must be paid by the applicant. Please note, that we will add a late payment fee of CHF 20.- per person for late payment!

Bank
IBAN
SWIFT Code
Clearing Nr.
To the credit of

PostFinance, Nordring 8 CH-3003 Bern,
CH75 0900 0000 8771 7328 8
POFICHBEXX
09000
Swiss Cup, Im Freien 5, CH-8712 Stäfa

5.4 ACCREDITATION AT THE EVENT CENTER

































To get accredited for the competitions, all payments need to be done before.

An ID-card will be handed out with accreditation. All accredited persons must wear it at all relevant times and present it for access to authorized zones.

With accreditation, every team receives a bag with the ID cards, bulletins, SIAC-punching cards and training maps.

Teams need to provide a telephone number so that the organizers can quickly contact key team officials if necessary.

5.5 ENTRY SUMMARY (AS ON 13 MAY 2024)

Federation	Women	Men	Official	Total
 Australia	2	4		6
 Austria	5	5	3	13
 Belgium	1	4	1	6
 Canada		1	1	2
 Colombia	1	2	1	4
 Czechia	7	7	4	18
 Denmark	10	8	4	22
 Estonia	3	5		8
 Finland	8	8	4	20
 France	6	8	3	17
 Germany	6	6	3	15
 Great Britain	7	6	5	18
 Hong Kong China	4	4	2	10
 Hungary	2	3	1	6
 Ireland		1		1
 Israel		3		3
 Italy	3	3	1	7
 Japan		2		2
 Latvia	3	2	1	6
 Lithuania	3	2		5
 Rep.of Moldova		1		1
 Netherlands	2	2	1	5
 New Zealand	4	4		8
 North Macedonia	1			1
 Norway	8	9	6	23
 Poland	4	4	1	9
 Portugal	1	3		4
 Spain	6	6		12
 Sweden	10	9	5	24
 Switzerland	8	8	4	20
 Ukraine	4	4	1	9
 United States	2	3		5
Total	121	137	52	310

6. ACCOMMODATION AND FOOD

There is no accommodation or food provided from the organizer.

No food or drinks will be offered in quarantines. At the arena in Olten, a large section of food stands will be ready for you.

Be aware that grocery stores will be closed on Sunday. Small shops at gas stations/railway stations will be open.

7. EMBARGOED AREAS

See the map of all [embargoed areas](#). For competitors, team officials and others who, through knowledge of the terrain or the competitions, may influence the results of the competitions, it is prohibited to enter the embargoed areas.

These embargoed areas are valid until the day prior to the competition. On competition day, special rules set by the organiser will apply covering access to the competition areas and to quarantines (see 12. EVENT INFORMATION).

Both Zofingen and Olten informed their inhabitants about closed roads and affected areas by the competitions. You can find the official documents on [IOF Eventor](#).

7.1 PREVIOUS ORIENTEERING MAPS

There are previous orienteering maps from Olten and Zofingen, they can be downloaded from [IOF Eventor](#).

8. TRAINING

Two small training maps in Olten are available from Wednesday, 14:00 onwards. No controls.

Please be careful, there is normal traffic running in the streets.

The training maps will be given to all entered runners and coaches at accreditation and can be downloaded as an OCAD-file on [IOF Eventor](#).

8.1 TRAINING MAP OLTEN BANNFELD

Orienteering Map 2024, 1:4000, 2m contours. Mapmaker: Beat Imhof.

No official parking. There are parking possibilities in the neighborhood streets (marked with blue lines). Parking is allowed for 60 minutes, you must indicate your arrival time with a parking disc visible on the front windscreen.

Public transport: Take bus 501 from Olten Railway Station to the stop Olten Hammermühle.

8.2 TRAINING MAP OLTEN HARD

Orienteering Map 2024, 1:4000, 2m contours. Mapmaker: Beat Imhof.

There are two parking possibilities marked on the map:

- The [car park Neuhard](#) (paid parking). 47°21'01.4"N 7°54'35.9"E
- Parking places at [Martin-Disteli-Strasse](#) (marked with blue lines). Parking is allowed for 60 minutes, you must indicate your arrival time with a parking disc visible on the front windscreen. 47°21'04.4"N 7°54'39.6"E

The map is accessible by foot from Olten Railway Station.

9. RULES AND GENERAL INFORMATIONS

9.1 COMPETITION RULES

The [Competition Rules](#) for IOF Foot Orienteering Events 2024, valid from 1 January 2024 and the [Special Rules](#) for the 2024 Orienteering World Cup (updated by 2 May 2024) apply.

9.2 CLASSES AND PARTICIPATION RESTRICTIONS

There are two classes, Women and Men.

Participation restrictions, classes and qualification system will follow the Special Rules for the 2024 World Cup in Orienteering.

9.3 ANTI-DOPING

Doping is strictly forbidden, and the organisers of the World Cup are dedicated to supporting the Anti-Doping authorities in their work. Doping controls may be carried out any time during the competitions 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 2024 apply as of 1st of January 2024. Athletes who are selected for doping control must bring an official identification (with photo) to the doping test area. The athlete should also bring along their therapeutic use exemption (TUE) if applicable. In general, it is advisable that athletes bring along their ID to all competitions and events. For more information, please consult: <https://orienteering.sport/iof/anti-doping/>.

9.4 INSURANCE

The organizers decline any liability that might occur through participation in World Cup Events 1 and 2 and trainings. Each person participates at her/his own risk and is responsible for her/his own insurance coverage (illness and accident).

All competitions take place in urban areas. Local traffic will be reduced, but not completely forbidden. Vehicles by local residents, or used for urgencies, public transportation, or taxis may drive in the streets. Competitors must pay attention any time. The organizers and the host city of Zofingen and Olten decline any responsibility in case of accident.

9.5 CLIMATE

Average temperatures in Olten in May lies between 10 and 25° C during daytime.

9.6 VISA PERMITS

The prerequisite for immigration into Switzerland is a valid passport. For travelers from certain countries a visa or further documents are required.

Please check with your embassy if you need visa permits.

<https://www.sem.admin.ch/sem/en/home/themen/einreise.html>.

9.7 ATHLETE'S LICENCE

All athletes need to have an [IOF athlete's license](#) to participate at the World Cup races.

10. MEDIA SERVICES

10.1 REGISTRATION

We welcome all media representatives as our partners to broadcast the thrilling events of the EGK Orienteering World Cup 2024 to a broad public.

For media accreditation please contact Véronique Ruppenthal, +41 78 619 62 58,

veronique.ruppenthal@ol-weltcup.ch.

All information for media representatives can be found [here](#).

For media accreditation please contact Véronique Ruppenthal, +41 78 619 62 58,

media@o-worldcup.ch.

10.2 LIVE PRODUCTION

There will be live-productions from the final races broadcasted on TV and on the Live Center of the International Orienteering Federation.

During the competitions, athletes may encounter camera crews in the terrain. Camera controls and intermediate time controls are not marked on the control description. Athletes may also be followed by a running camera or by camera- drones during the race. The drones will keep proper distance to the athletes.

10.3 PHOTO AND VIDEO DISCLAIMER

Please note that photographs and footage will be taken throughout the EGK World Cup. These will be used by the event organization for marketing and publicity purpose in our publications, on our website and in social media or in any third party publication during and after the competition. Please contact the event director if you have any concerns or if you wish to be exempted from this activity.

11. COMPETITION INFORMATION

11.1 PUNCHING, TIMING SYSTEM, GPS TRACKING

Contactless SPORTident Air+ punching will be used. Participants will be provided with one SIAC-card by the organizer. 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.

All SIAC-Cards must be handed in teamwise during/after the Sunday's sprint competition at the event office tent in the arena. Missing SIAC-Cards will be charged with 90 CHF/card.

The technical specification for maximum distance to record a punch is 30 cm.

If a competitor at the call up (pre start) presents a different SIAC number compared to the published start list, the presented SIAC will be taken away and replaced with a new SIAC-card. This new SIAC shall be used throughout all upcoming competitions of the event.

Start timing

Knockout qualification: 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. Early start leads to disqualification.

Knock-out Sprint Finals: Mass start. Listen to the commands of the start official. Start signal will be given through the start official. Early start leads to disqualification.

Sprint: 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.

Finish timing

In all races, the finish time will be taken when the athletes' 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' SIAC crosses the finish line. The running times will be rounded down to the nearest second.

GPS tracking

GPS tracking services will be provided. GPS units will be given to some competitors in all races.

GPS units will be handed out at the prestart. For the KO-finals GPS units will be handed out at the check-in. Athletes keep the same unit for semifinals and finals.

It is mandatory for these runners to carry the GPS device. If a runner refuses to carry the device, the runner will be disqualified.

Please take your own GPS-vest with you (hygienic reasons). The organiser provides GPS-vests only in exceptional cases. They will be handed out to the competitor for the whole event in the quarantine of the KO-Sprint qualification and must be handed in on Sunday together with the SIAC-Cards. Missing GPS-vests will be charged to the federations with CHF 40.-/vest.

GPS-enabled devices (watches etc.) can be carried provided that they are not used for communication or navigation.

11.2 CLOTHING

There are no regulations on clothing, but spikes or dobb-spikes are not allowed in the competitions.

11.3 TEAM OFFICIALS' MEETING

The team officials' meeting for both competitions will be held on Thursday, 23 May 2024 at the Kirchgemeindehaus Olten, Kirchgasse 15, starting at 17:30.

All information of the meeting will be published on IOF Eventor afterwards. (e.g. presentation TOM, start lists, weather forecast).

Questions for the team officials' meeting shall be sent by e-mail to matthias.niggli@ol-weltcup.ch latest until Thursday, 23 May 2024, 15:00.

11.4 NEW COMPETITION MAPS

The competitors may keep their map after the races except for the KO-quarterfinal and semifinal. Team officials can get their souvenir maps in the arena at the infopoint.

11.5 QUARANTINE

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

Competitors will get number bibs and warm-up maps when entering the quarantine. Competitors must wear the number bib on their chest. Please take your own safety pins with you and re-use them.

Warm-up maps are considered as part of quarantine. All competitors are strongly advised to perform the SIAC battery test and in case of low battery indication request an SIAC replacement at the quarantine check-in desk. All quarantines offer covered area/buildings. You may stay inside or outside (except on Saturday for all races, inside only).

Toilets and water are available. No own team tents will be allowed at all 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.

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

11.6 PRE-START AND START

The pre-start is marked on the warm-up map. There are toilets available at the pre-start of all competitions.

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.

The time before start for the first call-up at the pre-start is different in every competition.

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

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

The detailed start procedure will not be demonstrated.

11.7 LATE START

Competitors who are late for their start will be starting between the next start interval.

If the lateness is the fault of the competitor, they will be timed as if they had started at their allocated start time. Competitors who are late through the fault of the organizer will be timed with their real start time.

11.8 COACHING ZONE

There are no coaching zones at the competitions.

11.9 FINISH

Competitors must follow the marked route from the last control to the finish.

On the Knock-out Sprint Finals and the Sprint, the finish line will be at the beginning (bottom) of the stage-ramp.

After the finish, the competitor will be guided through the finish zone.

- Download SIAC data. Should the punch check indicate a miss-punch the competitors are taken through a special procedure before continuing.
- Returning GPS unit and vest (if you had one, only on the last day).
- Can take official FOCUSWATER refreshment (contact with the team leader is possible).
- Occupies the leader chair on the podium if you are the current leader.
- You get a cool-down map (except at the KO-Sprint finals).

- Go forward to the media zone where journalists may ask question and make short interviews.
- Leave the arena at the designated exit after cool-down and change of clothes. Only the officially accredited team coaches will have access to the finish zone to welcome incoming runners. Competitors shall be ready for live interviews with the speaker or TV on the stage.

Competitors not competing on any day may visit the arena as normal spectators or change their “role” and act as a team official and check-in at the quarantine. Spectators have no access to quarantines or team zones during the official quarantine times.

11.10 QUITTING A RACE

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

11.11 MEDIA CONTROLS

Competitors may meet TV staff or journalists/photographers near control points, not marked in the control description.

11.12 CEREMONIES

Flower Ceremony

Only a few minutes after the conclusion of the race, there will be a flower ceremony for the best 3 competitors on the stage with live broadcasting on TV. Please be ready for this award if you are on the podium. For the sprint on Sunday, the flower ceremony will take place after the first 40 starters finished their race.

Prize giving ceremonies

Competitors ranked on positions 1 – 6 are kindly requested to line up behind the stage 10 minutes prior to the prize giving ceremonies. It's the competitors' responsibility to be there on time. Otherwise, a competitor will miss out on the prize money!

Competitors taking part in the prize giving should wear their national team uniform.

Prize giving ceremony for the KO-sprint will take place at 20:00 on Saturday on the stage of the concert area at Munzingerplatz in Olten. For the sprint, the prize giving ceremony takes place at 16:15 on Sunday in the finish arena.

Start number presentation Sprint

Saturday evening at 20:10, there will be a start number presentation on the stage of the concert area at Munzingerplatz in Olten (access via parking Schützenmatt-Arena-Stage). The 10 last starters (top 10 in the World Ranking) must be present at the stage to be celebrated by the public. Please wear your national team uniform.

11.13 COMPLAINTS AND PROTESTS

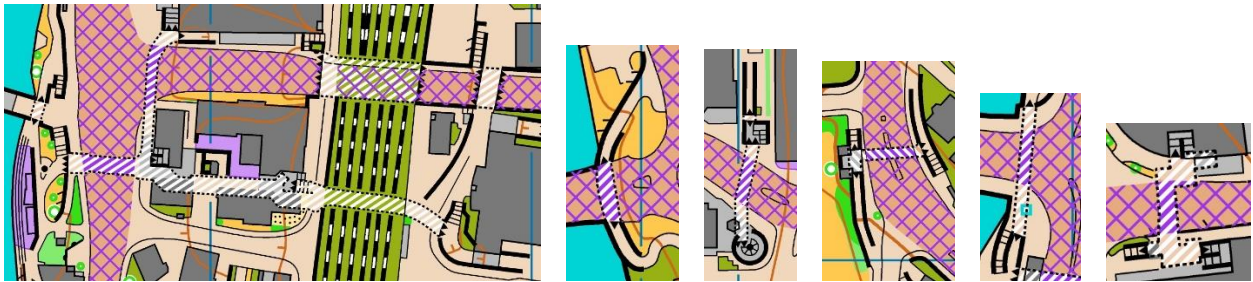
In all competitions, the [IOF Referee System](#) will be used.

11.14 REFEREE

David Rosen (GBR), referee; Flemming Jørgensen (DEN), assistant referee.

12. EVENT INFORMATION

There are several underpasses of main roads on the Olten map. Some of them are used during the competitions. As some of them look quite tricky, we show you all of them for your preparation.



There are also two stairs mapped which are difficult to understand. We show you them for clarification reasons.



12.1 EGK ORIENTEERING WORLD CUP KNOCKOUT-SPRINT

Format

Knockout-Sprint with Qualification, quarter final, semi-final and final.

For the elimination rounds, the courses may incorporate forking/splitting systems:

- No forking
- Forking with loops
- «Course Choice Model» where each competitor picks one of three options

There will be no announcement in advance which method is used in which round.

Map

Zofingen and Olten, 1:4000, 2m by Beat Imhof with ISSprOM 2019 – rev5.

Course planner

Eveline Husner (Qualification), Marius Kaiser/Severin Müller (Finals)

Terrain

Urban terrain with smaller and bigger buildings and park areas. The old town of both cities offers tricky orienteering in narrow streets and foot paths.

Forms

Rather flat with some small climbs.

Traffic

Traffic is reduced in most parts of the terrain, but there can be cars, bicycles and pedestrians passing through the terrain. Take care and follow the instructions of the officials.

Artificial barriers

Artificial barriers will be used. They are marked on the map with the purple symbol 708 (out-of-bounds boundary) and wherever possible the out-of-bounds symbol behind to clarify the situation. In the terrain, there is a mobile fence combined with grids and ribbon to show these barriers.



or



Artificial fences



Artificial fences will be used. These fences are grids and mobile fences, 110cm high.

On the map, they are shown with the purple symbol 708 (out-of-bounds boundary).

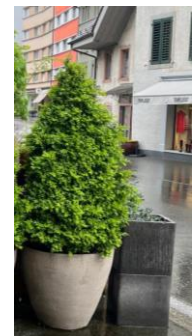
Special symbols



Playground equipments too close to be mapped individually are mapped with the symbol 533 Area with obstacles (ISSprOM 2019 – rev6).

Single playground equipments are mapped with a black circle or black cross (symbol 530 and 531 prominent man-made feature).

Flowerpots are used for the last control at some races (150cm of height). They are mapped with a black circle (symbol 530 prominent man-made feature) and in the control description the special item 6.2 (circle) is used.



Forbidden areas

To clarify some out of bound-areas and areas of private ground, we will tape off **some** of these areas. IOF-tape “no passage for Orienteering” will be used for that purpose.

Detailed start procedure of Knock-out Sprint qualification

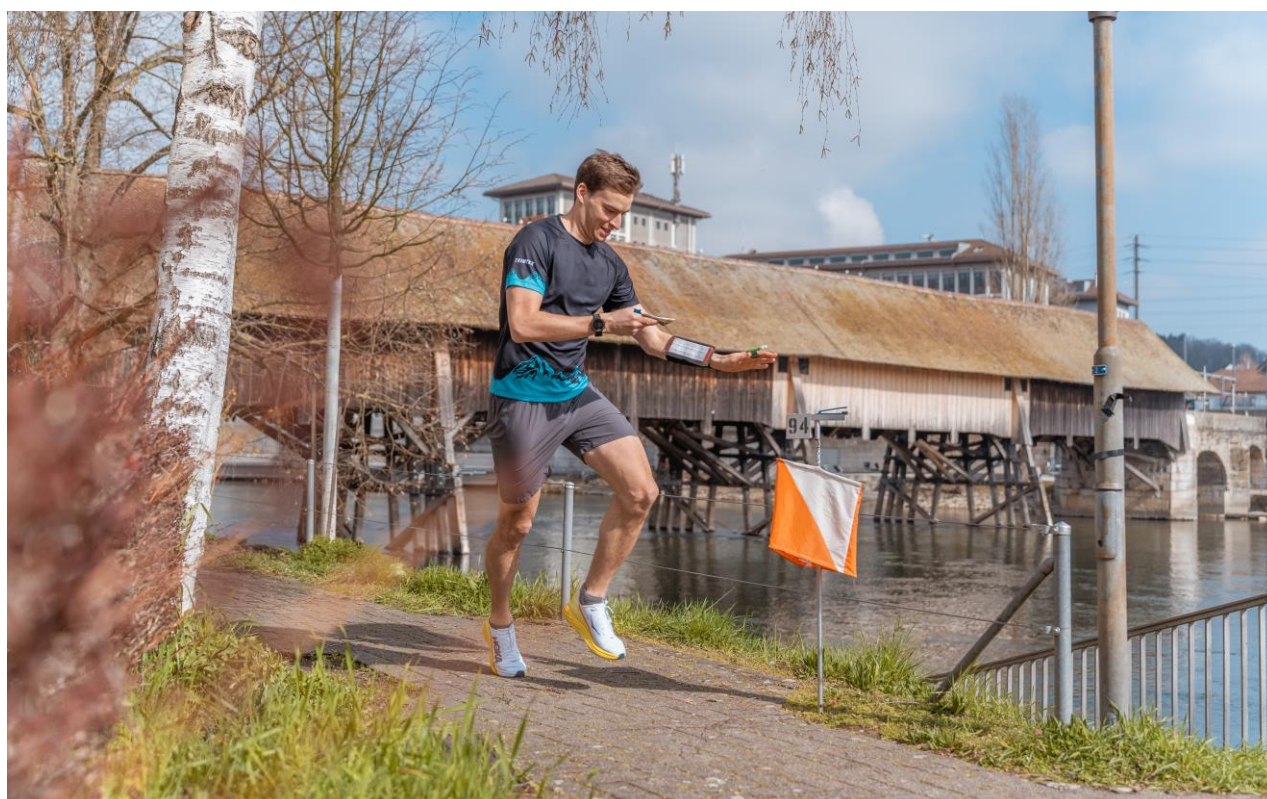
-4 min	Call up → Check SIAC number → Check start number
-3 min	→ Clear SIAC → Check SIAC → GPS-tracking device is given to selected athletes
-2 min	→ SIAC check to verify proper functioning of SIAC mode → take up position in the correct corridor (3 corridors) → pick up the control description
-1 min	→ punch Start-check unit → take up position behind the starting line
START TIME	It's the competitor's responsibility to start at the correct time. The start beep and a visible start clock will show the countdown. Early start leads to disqualification. Runner takes the map.
STARTING POINT	Distance see competition Instructions.

Detailed start procedure of Knock-out Sprint quarter-final

-4'	Call up 6 runners → Check SIAC number → Check start number
-3'	→ Clear SIAC → Check SIAC
-2'	→ SIAC check to verify proper functioning of SIAC mode → take up correct order for starting corridors (6 corridors)
-1'	In case of course choice: → 3 choices are shown for 20 seconds → the runner chooses a course (rolled maps, letters A/B/C on the table in front of the map) → the runner proceeds to the start line
START TIME	Mass start commands announced by the start official Runner opens the map.
STARTING POINT	Distance see competition Instructions.

Detailed start procedure of Knock-out Sprint semi-final and final

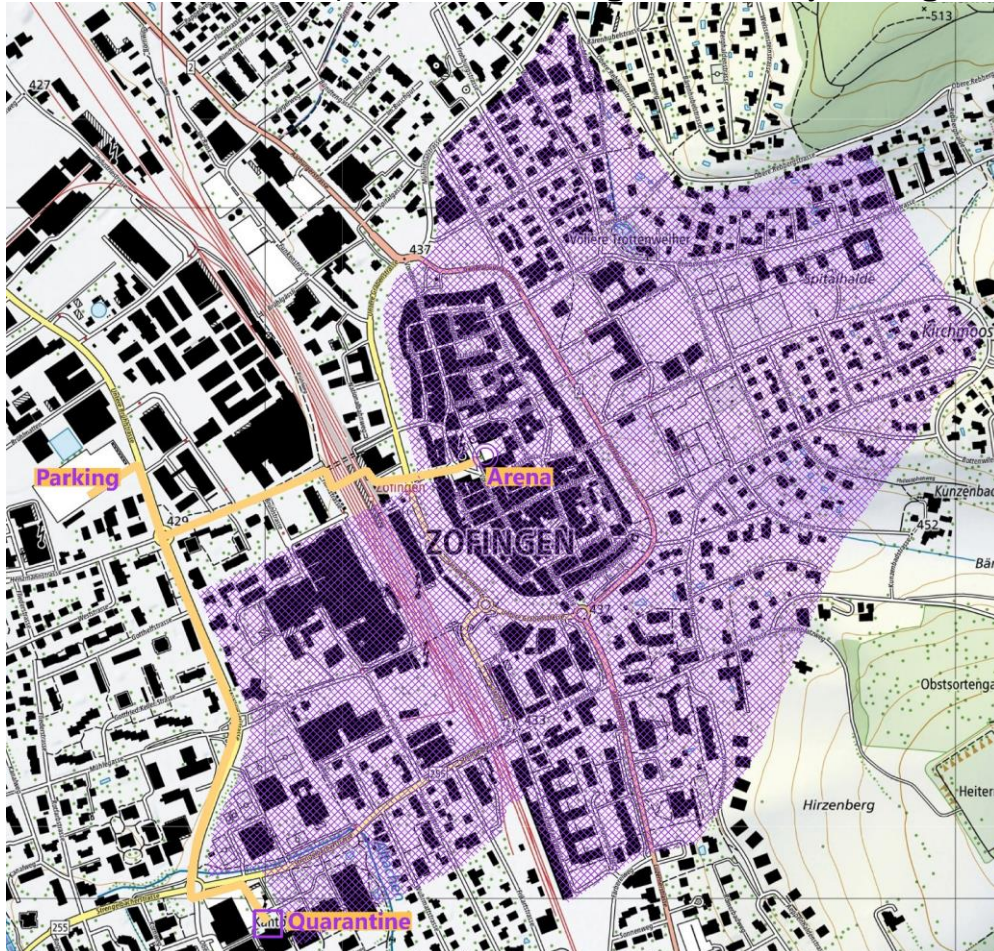
-5'	Call up 6 runners → Check SIAC number → Check start number
-4'	→ Clear SIAC, → Check SIAC → SIAC check to verify proper functioning of SIAC mode → escort to the start
-3'	→ take up correct order for starting corridors (6 corridors)
-2'	In case of course choice: → 3 choices are shown for 20 seconds → the runner chooses a course (rolled maps, letters A/B/C on the table in front of the map) → the runner proceeds to the start line
-1'30"	Runner's presentation for TV
START TIME	Mass start commands announced by the start official Runner opens the map.
STARTING POINT	Distance see competition Instructions.



KNOCK-OUT QUALIFICATION

Format

Qualification race with 3 heats in both classes. 1 minute start interval with 3 runners starting at the same time. The start order in each qualification heat is determined strictly by the order of the Sprint World Ranking as of 23 May 2024 (highest ranked start first). The top 12 runners in each heat qualify for the quarter final. In a case of a tie, the higher ranked runner in the Sprint World Ranking as of 23 May 2024 gets the better place.



Map Zofingen with the embargo for the competition day (24 May 2024)

Parking

Car park Brühlstrasse (paid parking), [47°17'17.9"N 7°56'14.8"E](https://www.google.com/maps/place/47°17'17.9\),
From there follow the signposts to the quarantine (900m) or to the arena (750m). No other parking allowed! Public transportation: train station Zofingen.

Quarantine

BZZ Zofingen, [47°16'56.9"N 7°56'27.4"E](https://www.google.com/maps/place/47°16'56.9\),
The quarantine is open from 12:30. It is allowed for team officials to go from quarantine or pre-start directly to the arena (see map above; from pre-start follow the signs to the railway station and go to the arena from there).

Check-in

By signing-in at the quarantine **by 13:30 at the latest**. There you will receive your number bib and the warm-up map.

Clothes

Transport from the quarantine to the after-finish zone. Please leave your bags at the marked zone in the quarantine. No transport of warm-up clothes from pre-start to the after-finish zone. Please limit the size of your bags or put the big bags directly into your car to avoid heavy transports. To be sure to have your bag at the after-finish zone when arriving in the finish, you have to leave it at the zone marked with your start time at least 30 minutes before your start.

Warm-up map

There is a warm-up map without controls. You are not allowed to leave the area marked on the warm-up map.

Pre-Start

The location is visible on the warm-up map (not marked in the terrain). Distance from quarantine to pre-start: 800m, 5m climb.

Start

Call up at -4 min. Distance from the start line to the start point: 40m.

Maps

Maps are in plastic bags (unsealed) with the class and heat written on the back. Runners are responsible to get the correct control description and map.

There is a map flip during the race. The maps will be positioned on the table with the first part of the course facing down. The first part finishes at a control, the second part is on the other side of the map where the course starts with the new start triangle.

Control numbers are continuous.

Course lengths

Women qualification: 2.8km, 16m climb, 16-18 controls, 9-10 minutes

Men qualification: 3.2km, 20m climb, 19-22 controls, 9-10 minutes

Control descriptions

Separate control descriptions are handed out at -2 minutes. Maximum size 18x6cm. Maximum running time 30 minutes.

Finish/Arena

Alter Postplatz, Zofingen, [47°17'19.1"N 7°56'42.9"E](https://www.google.com/maps/place/47°17'19.1\)

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

Cool-down zone

It is only allowed to run in the area indicated on the cool-down map available at the finish.

Heat choice for the Knock-out Sprint Finals

The heat choice meeting will be held in the team zone at the finish, 15:30 for MEN, 16:15 for WOMEN.

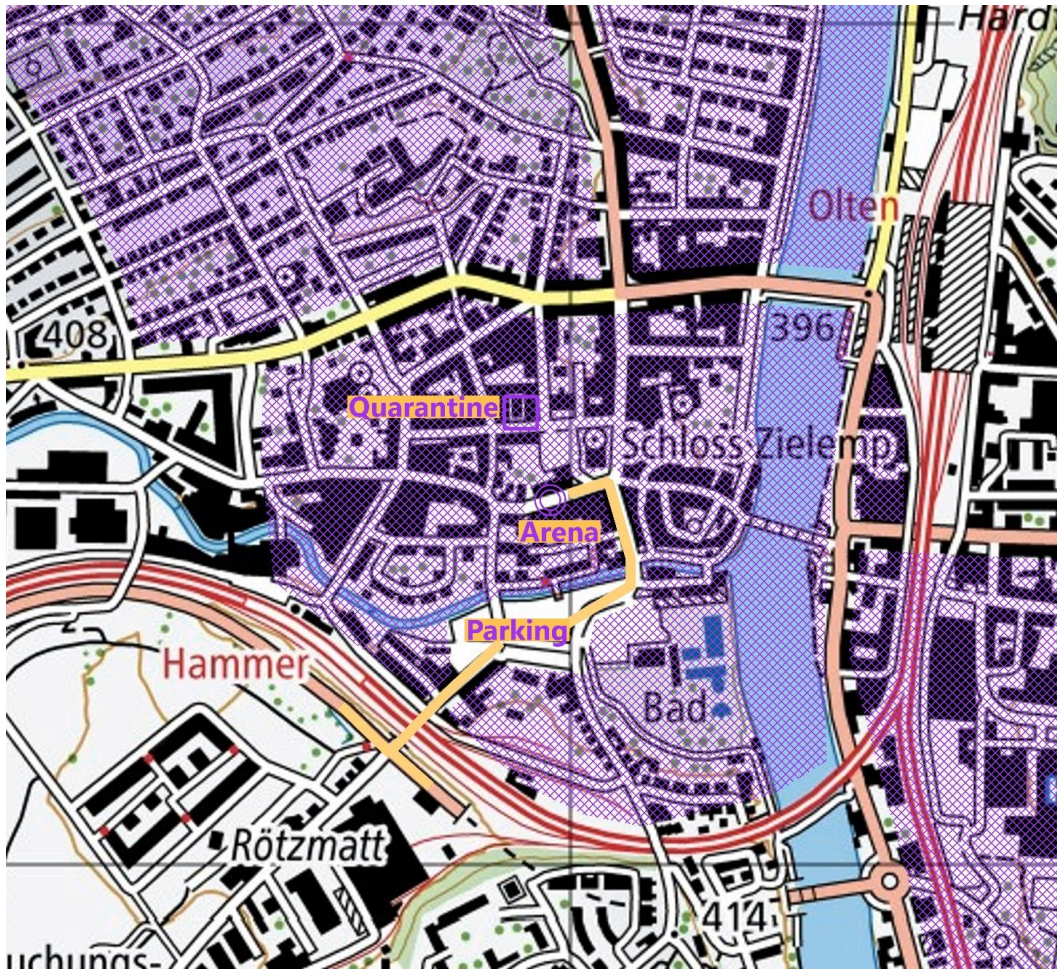
All competitors qualified for the elimination rounds or a team official should be present.

If a competitor is not present at the time of the heat choice, the competitor will lose her/his right to choose the heat. After everyone present made their choices, competitors who are not present will receive the available spots at random.

KNOCK-OUT FINALS

Format

6 quarter finals, 3 semi-finals and 1 final per class with 6 runners in each final. The top 3 from each heat of the quarter final and the top 2 from each heat of the semi-final qualify for the next round.



Map Olten with the embargo for the competition day (25 May 2024)

Parking

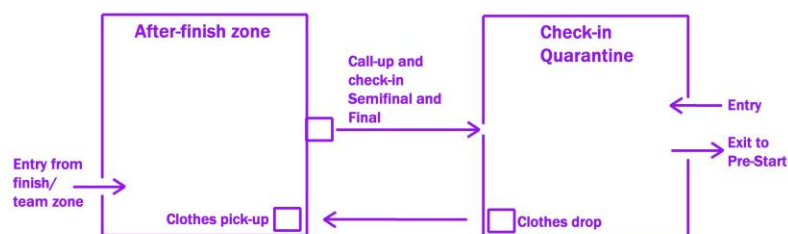
Car park Schützenmatt (free of charge), [47°20'54.8\"N 7°54'05.0\"E](https://www.google.com/maps/place/47°20'54.8\)

From there follow the signposts to the arena (300m) and from there to quarantine (additionally 200m). No other parking place allowed! Public transport: train station Olten Hammer.

Athletes not qualified for the KO-finals may be as spectators in the arena. They are not allowed to communicate with the competing athletes unless they have been “converted” into coaches in the quarantine/pre-start or team zone/finish.



Quarantinebuilding



Map Olten Arena and Quarantine

Quarantine

Stadthaus Olten, east entrance, [47°21'02.9"N 7°54'04.9"E](https://www.google.com/maps/place/47.3505000,7.9180556)

The quarantine is open from 09:00.

Quarantine for quarterfinal, semifinal and final are at the same place.

Team officials may leave the quarantine and go to the arena or the after-finish area at any time. But they are not allowed to go back to quarantine/pre-start.

Team officials coaching before start will get marked when entering the quarantine. They can go back to quarantine any time throughout all races but are not allowed to go to the arena/finish/after-finish zones. If they leave the quarantine and go to the arena or the after-finish area, they are not allowed to go back to quarantine/pre-start.

Check-in

By signing-in at the quarantine **by 09:30 at the latest**. There you will receive your number bib and the warm-up map.

Clothes

Transport from the quarantine to the after-finish area (same building). Please leave your bags at the marked zone in the quarantine. No transport of warm-up clothes from pre-starts.

GPS

GPS unit will be given to all athletes at the quarantine. Athletes qualified for semifinal and final keep the same GPS unit for all races.

Warm-up map

There is a warm-up map without controls. You are not allowed to leave the area marked on the warm-up map.

Pre-Start

The location is visible on the warm-up map (not marked in the terrain). Distance from quarantine to pre-start:

- Quarter final: 600m, 10m climb
- Semi-final: 50m, 0m climb
- Final: 50m, 0m climb

Start

Call up at -4 min. (quarter final) or -5 min. (semi-final and final). Distance from the start line to the start point: 40m in quarter final, 50m in both semi-final and final.

Maps

Maps are in plastic bags (unsealed), they will be rolled. Runners are responsible to get the correct map.

There is a map flip during the race in semi-final and final. The first part of the course facing the inside of the roll. The first part finishes at a control, the second part is on the other side of the map where the course starts with the new start triangle.

Control numbers are continuous.

Course lengths (same lengths for MEN and WOMEN)

Quarter final: 1.9km, 10m climb, 9 controls, 6-7 minutes

Semi-final: 2.2km, 10m climb, 15 controls, 7-8 minutes

Final: 2.3km, 14m climb, 14 controls, 7-8 minutes

Control descriptions

No separate control descriptions will be handed out for the Knock-out Finals. They are printed on the map.

Passage of main road

In the quarter final, the athletes have to pass a main road. The passage is marked on the map and is compulsory. The passage is marked with red and white bars with the passage in between on both sides.



Arena passage

There will be an arena passage in both semi-final and final during the race. Passage control and last control are the same. You have to punch them twice. The passage is south of the run-in and will be clearly marked on the map and on the ground.

Maximum running time 15 minutes.

Finish/Arena

Kirchgasse, Olten, [47°20'59.5"N 7°54'05.8"E](#)

There is a small team-zone after the mixed zone with an area for cool-down. Shelter is available. From there you can go with an escort of the organizer to the after-finish area beside the quarantine to get your bag and material. A small cool-down area is available there as well.

Please be aware, that the area around the arena is embargoed terrain for the sprint competition on Sunday.

Cool-down zone

It is only allowed to run in the team-zone and after-finish area. All runners must go to the after-finish area in the same building as the quarantine and stay there until the results **of all heats** of the respective round and class are official. The runners qualified for the next round will then be announced and they may proceed to the next quarantine. Runners dropped out leave the after-finish area and may go back to the arena or parking.

Teams get clean competition maps at the event office tent in the arena. After the final of the WOMEN's race, the terrain of the KO-sprint finals are open to everyone from 14:10-14:40. You may have a walk, a short run or just cool-down from your KO-sprint. After 14:40, the terrain is embargoed again.

12.2 EGK ORIENTEERING WORLD CUP SPRINT

Format

Sprint distance. The starting order is determined by the order of the Sprint World Ranking as of 23 May 2024.

The starting interval and sequence will be as follows:

- 1st block: Top 40 WOMEN, start interval 1.5 minutes
- 2nd block: Top 40 MEN, start interval 1.5 minutes
- 3rd block: those outside the 40 best-ranked competitors entered, interval 1 minute

Terrain

Urban terrain with smaller and bigger buildings and park areas. The old town of Olten offers tricky orienteering in narrow streets and foot paths.

Forms

Rather flat with some small climbs

Traffic

Traffic is reduced in most parts of the terrain, but there can be cars, bicycles and pedestrians passing through the terrain. Take care and follow the instructions of the officials.

Artificial barriers

Artificial barriers will be used. They are marked on the map with the purple symbol 708 (out-of-bounds boundary) and the out-of-bounds symbol behind to clarify the situation.

In the terrain, there is a mobile fence combined with grids and ribbon to show these barriers.



Special symbols



Playground equipments too close to be mapped individually are mapped with the symbol 533 Area with obstacles (IS-SprOM 2019 – rev6).

Single playground equipment is mapped with a black circle or black cross (symbol 530 and 531 prominent man-made feature).

A flowerpots is used for the last control (150cm of height). It is mapped with a black circle (symbol 530 prominent man-made feature) and in the control description the special item 6.2 (circle) is used.



Forbidden areas

To clarify some out of bound-areas and areas of private ground, we will tape off **some** of these areas.

IOF-tape “no passage for Orienteering” will be used for that purpose.



Map Olten with the embargo for the competition day (26 May 2024)

Parking

Car park Schützenmatt (free of charge), [47°20'54.8"N 7°54'05.0"E](https://www.google.com/maps/place/47°20'54.8\)

From there follow the signposts to the arena (300m).

Quarantine

School Starrkirch-Wil, [47°20'55.2"N 7°55'35.4"E](#)

Parking at the school is only allowed for teams without team officials at the finish as the capacity is very reduced. Teams with several team officials drop off their athletes and team officials going to quarantine and park their car at the arena parking.

Cars from teams parking at the quarantine can be driven to the arena parking by team officials being at the start after the last start of her/his team (organize yourself). Alternatively, transport will be organized from arena to quarantine after the last start by the organizer.

Public transportation: Bus stop Starrkirch-Wil Gemeindezentrum.

The quarantine is open from 10:30.

Coaches will be transported from quarantine to the arena/finish by officials. Coaches from pre-start have to go back to quarantine for transport.

Check-in

By signing-in at the quarantine **by 11:30 at the latest**. There you will receive your number bib and the warm-up map.

Clothes

Transport from the quarantine to the after-finish zone. Please leave your bags at the marked zone in the quarantine. No transport of warm-up clothes from pre-start to the after-finish zone.

Please limit your volume of your bags. Only put the competition bag on the transport. Big travelbags may be left in your cars.

To be sure to have your bag at the after-finish zone when arriving in the finish, you have to leave it at the zone marked with your start time at least 30 minutes before your start.

Warm-up map

There is a warm-up map without controls. You are not allowed to leave the area marked on the warm-up map.

Pre-Start

The location is visible on the warm-up map (not marked in the terrain). Distance from quarantine to pre-start: 700m, 0m climb

Detailed start procedure

-4'	Call up on full minutes only → Check SIAC number → Check start number
-3'	→ Clear SIAC, → Check SIAC → GPS-tracking device is given to selected athletes
-2'	→ Pick up the control description
-1'	→ SIAC check to verify proper functioning of SIAC mode
-30"	→ runners divided to 30" if necessary → punch Start-check unit → proceed to starting line

START TIME	It's the competitor's responsibility to start at the correct time. The start beep and a visible start clock will show the countdown. Early start leads to disqualification. Runner takes the map.
STARTING POINT	Distance 20m

Map

Olten, 1:4'000, 2m, by Beat Imhof with ISSprOM 2019 – rev5.

Maps are in plastic bags (unsealed) with the class visible for the athletes. Runners are responsible to get the correct map.

Maximum running time 30 minutes.

Course planners

Julia and Nicolas Gürtler

Course lengths

WOMEN 3.4km, 20m climb, 23 controls, 13 minutes

MEN 3.9km, 20m climb, 25 controls, 14 minutes

Finish/Arena

Kirchgasse, Olten, [47°20'59.5"N 7°54'05.8"E](https://www.google.com/maps/place/47°20'59.5\)

There is a small team-zone after the mixed zone.

Cool-down zone

It is only allowed to run in the area indicated on the cool-down map available at the finish. You are allowed to leave the arena, but only on the marked route to the parking.



13. PRIZE MONEY

A total prize fund of EUR 10'800.- will be awarded from the event organizer to the best men and women in the 2 competitions:

EGK Orienteering World Cup Event 1 and 2 (individual races):

1st place:	EUR 1000.-
2nd place:	EUR 700.-
3rd place:	EUR 400.-
4th place:	EUR 200.-
5th place:	EUR 200.-
6th place:	EUR 200.-

A total prize fund of EUR 19'000.- will be awarded from the IOF, the Verein Swiss Cup and the other World Cup organizers to the best men and women in the World Cup overall ranking 2024 after the World Cup final round:

1st place:	EUR 5'000.-
2nd place:	EUR 2'000.-
3rd place:	EUR 1'000.-
4th place:	EUR 600.-
5th place:	EUR 500.-
6th place:	EUR 400.-

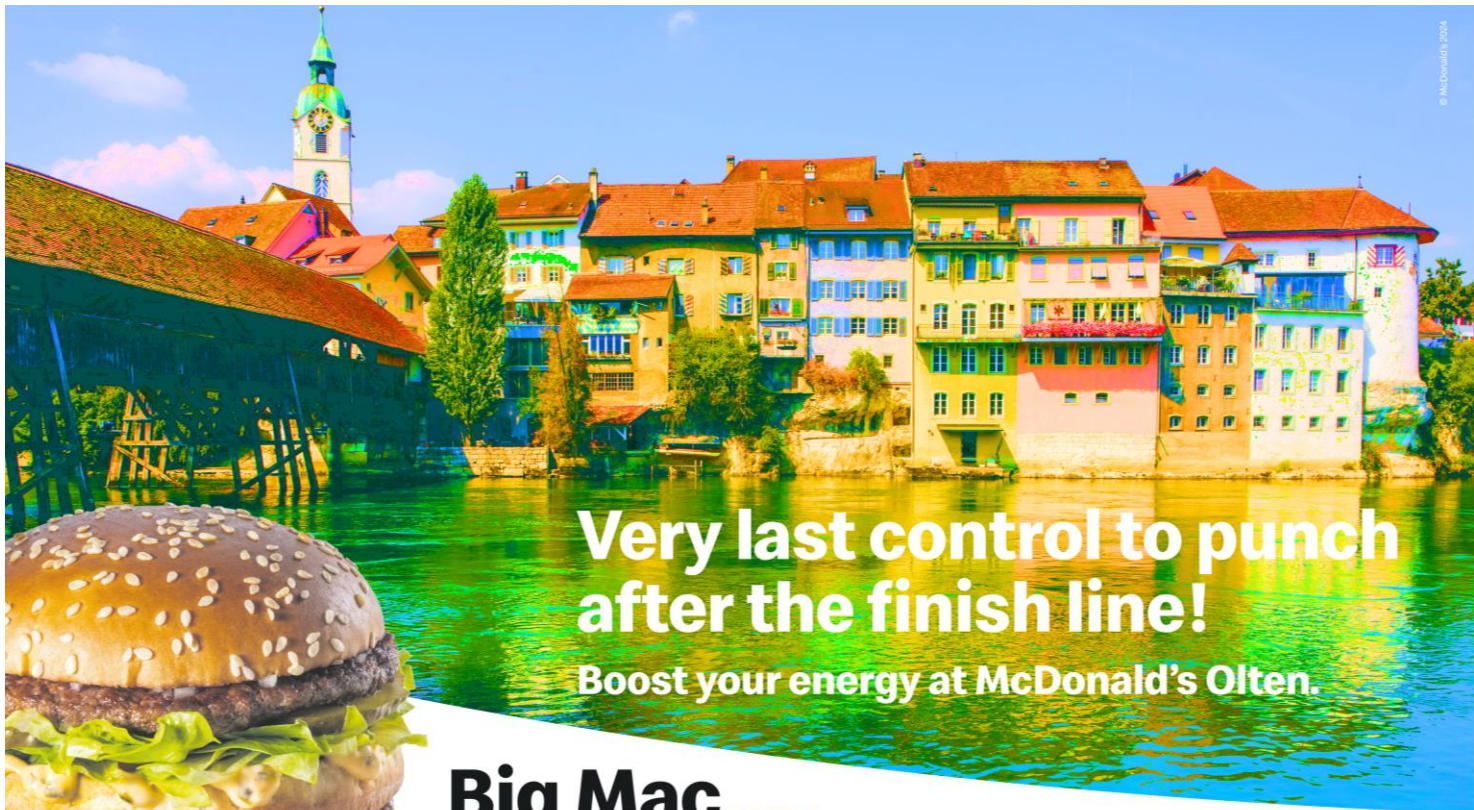
14. PUBLIC RACES

On Saturday and Sunday, two national sprint races will be organized at the same locations and in the same terrains as the EGK Orienteering World Cup.

For runners not qualified for the KO-sprint finals, participating at the national competition is allowed. You may enter for open classes on the day of the competition.

[Additional information.](#)





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