WORLD ORIENTEERING CHAMPIONSHIPS 7.-12.7.2025



BULLETIN 2



2023

2024



Welcome to Kuopio - the capital of good living!

I am delighted to welcome all competitors and participants in the orienteering World Cup event to the Kuopio region. The setting and scenery in Northern Savonia and Kuopio provide the race with a unique element and make it an unforgettable experience. Kuopio region is a clean and safe but versatile place to run the race. The water and air quality are one of the best in the world and they will boost the performances to the best.

Kuopio is the 8th biggest city in Finland, with nearly 123,000 inhabitants. Kuopio residents are statistically very satisfied with the recreational opportunities and residential environment of their hometown. In addition to the World Cup you are welcomed to Kuopio Market Place or "Mualiman napa" "The center of the Universe, as we locals call it.

Looking forward to seeing you in September 2024!"

Soile Lahti Mayor of Kuopio















Welcome to the 2025 World Orienteering Championships!

Dear competitors, coaches, officials, and orienteering enthusiasts,

We are delighted and proud to welcome you all to the 2025 World Orienteering Championships in Kuopio. This event brings together the world's best orienteers to compete for the championship in challenging and varied terrains. It is a great honor to host this prestigious event and offer you experiences both in the heart of the forests and the pulse of the city.

It is particularly significant that Finland is hosting these World Championships for the fifth time. The first World Orienteering Championships were held right here in Finland in 1966. This demonstrates the strong and esteemed orienteering culture in our country. Orienteering is a well-known and highly respected television sport in Finland, reflecting the level of attention and enthusiasm it receives.

We wish all competitors success and excellent performances. We hope this event will be remembered as a wonderful experience and that you will experience cheering of more than 10 000 spectators in arenas.

Warm welcome and good luck in the competition!

Timo Ritakallio President Finnish Orienteering Federation









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Pohiola Vakuutus





Welcome

It is our great pleasure to welcome you all to long awaited final stage of the ROUTE-MAP-TO-WOC2025, KUOPIO journey. It is long over due to be able to present the best of Northern Savonia terrain and nature on the highest international orienteering level. We believe that memories from terrain and orienteering challenges you are going to face will become unforgettable in this picturesque capital of the lakes district of Finland and we are sure that the best athletes really will earn their medals.

Organizing highest level of international orienteering event is always a challenge. This World Orienteering Championship, and the earlier stages in this journey, is no exception and our humble gratitude of good collaboration goes to public authorities, institutional partners, sponsors and landowners. Support we have received from the Finnish Orienteering Federation and City of Kuopio already before the "journey" had even started, and ever since, has been invaluable.

While enjoying the best course setting and the challenges in terrain, please take a chance also to dip into clean lakes of Finland and enjoy local seasonal culinary with local Kallavesi lake catch, vendace ("muikku") as a crown to your meal. You are most welcome to Finland, Northern Savonia and Kuopio-Tahko!

Jari Kymäläinen Event Director,

World Orienteering Championships 2025















OFFICIAL PARTNERS



VENUE PARTNER





SILVER PARTNER







ORIGINAAL









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SUPPORTING PARTNERS







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VÄRSKA

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1. ORGANISATION AND CONTACT

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Arena	Aarne Keurulainen	arena@woc2025.fi
Competition	Ari Taskinen	competition@woc2025.fi
Economy and marketing	Timo Suhonen	marketing@woc2025.fi
EHS	Heikki Kääriäinen	ehs@woc2025.fi
Media	Tiina Tervaniemi	media@woc2025.fi
Technology	Arja Liemula	technology@woc2025.fi
Spectator races	Ari Kauhanen	woctour@woc2025.fi



















Event office Break Sokos Hotel Tahko 73310 Tahkovuori **Google Maps**

General information **Secretary General** Sakari Hyvönen +358 452314747 info@woc2025.fi

<u>www.woc2025.fi</u> Instagram, Facebook: @woc2025

IOF WOC Project Manager	Aron Less (H
WOC Senior Event Adviser	Ivar Maalen
National controller	Jaakko Laju
Assistant national controller	Simo Marto

HUN) (NOR)

unen (FIN)

maa (FIN)













GRANO

aron.less@orienteering.sport





2. EVENT PROGRAMME

Date	WOC event	WOC location	WOC TOUR	Tour location
Sa 5.7.	Event office open	Tahko	TOUR Info	Tahko
to	Training (all day)	Välimäki, Tahko	Not permitted to WOC TOUR participants	
Su 6.7.	Training (all day)	Jynkänvuori, Kuopio	Not permitted to WOC TOUR participants	
	Training (all day)	Puijo (north)	Not permitted to WOC TOUR participants	
Mo 7.7.	Event office open	Tahko	Tour Info open	Arena
	Technical model	Tahko	Stage 1. Sprint	Nilsiä
	Model event	Tahko		
	Opening ceremony	Tahko		
	Team Officials Meeting (MQ)	Tahko		

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Date	WOC event	WOC location	WOC TOUR	Tour location
Tu 8.7.	Event office open	Tahko	TOUR Info open	Tahko
	Middle distance qualification	Tahko	Stage 2. Long distance	Tahko
	Team Officials Meeting (MF, LF)	Tahko		
We 9.7.	Event office open	Arena	TOUR Info open	Tahko
	MIddle distance final	Neulaniemi, Kuopio	Stage 3. Middle distance	Tahko
Th 10.7.	Event office open	Arena	TOUR Info closed	
	Long distance final	Neulaniemi, Kuopio	Rest Day	



UPM







Date	WOC event	WOC location	WOC TOUR	Tour location
Fr 11.7.	Event office open	Tahko	TOUR Info open	Arena
	VIP, IOF Family and Media race	Tahko		
	Rest day		Stage 4. Middle distance	Neulaniemi, Kuopio
	Prize giving ceremonies (MF, LF)	Tahko	Prize giving ceremonies 1-4.	Tahko
	Team Officials Meeting (Relay)	Tahko		
Sa 12.7.	Relay	Puijo, Kuopio	Stage 5. Middle distance	Puijo, Kuopio
	Prize giving ceremony relay	Puijo, Kuopio	Prize giving ceremonies TOUR winners	Puijo, Kuopio
	Closing ceremony	Puijo, Kuopio		

MQ Middle distance qualification

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MF Middle distance final

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SAVON SANOMAT LF Long distance final

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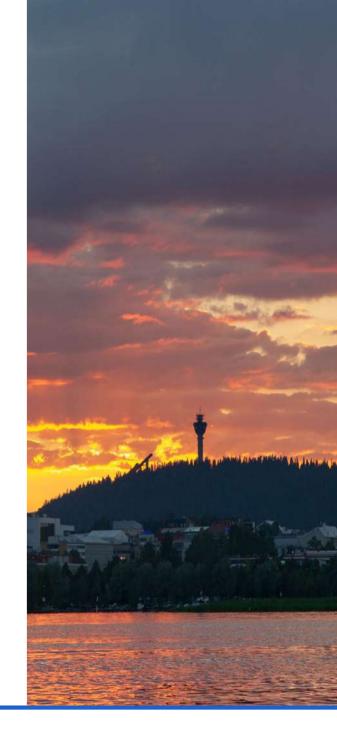
3. HOST TOWN AND TRANSPORTATION

3.1. Host town of Kuopio

Kuopio, World Orienteering Championships 2024 host town in Northern Savonia, offers a blend of urban amenities, outdoor activities, and a vibrant sports scene. Situated by Lake Kallavesi, it's renowned for its natural beauty and active lifestyle. With a charming city centre, stunning lakes, and nearby national parks, Kuopio is perfect for outdoor enthusiasts.

The city also hosts various sporting events, including the Kuopio Ice Marathon, cross-country skiing and ski jumping competitions. The local football and ice hockey teams play on the highest national level. Whether seeking relaxation or sports adventures, Kuopio provides an unforgettable experience.

Tahko, nestled in the Finnish Lakeland, is a captivating destination known for its natural beauty, outdoor activities, and vibrant sports scene. With stunning lake views and a renowned ski resort, Tahko offers thrilling adventures for skiing, water sports, hiking, and golf. Relax in the cosy village, indulge in local cuisine, and experience the charm of this Finnish gem.



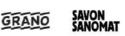




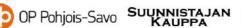
KUOPIO

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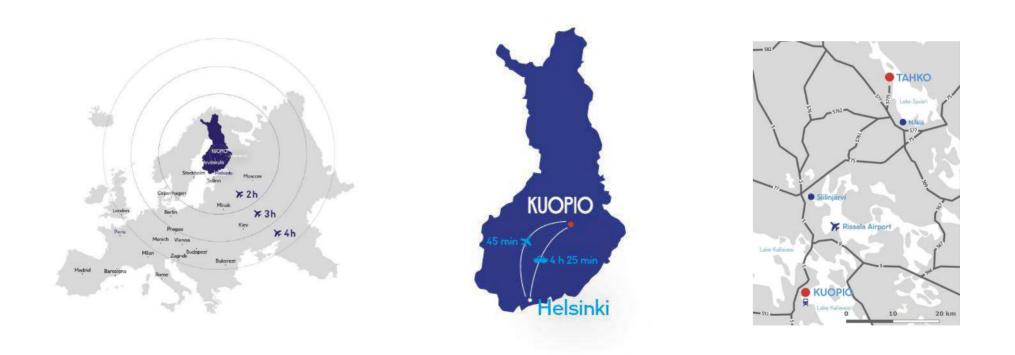


3.2. Transportation

To get to the Kuopio-Tahko area, you have the option of travelling by plane, train, or bus, depending on your starting location.

Plane

The most convenient way to reach the Kuopio-Tahko area from a distant location or an international destination is by flying to Kuopio Airport (KUO). Kuopio Airport is the closest airport to the Tahko area and is located approximately 50 kilometres from Tahko. After arriving at the airport, you can take a taxi or arrange for transportation to the Tahko area. <u>Finnair</u>





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Train

If you prefer to travel by train, you can take a train to Kuopio Railway Station, which is located in the city centre of Kuopio. From there, you can continue your journey to the Tahko area by other means of transportation, such as a bus or taxi. The Tahko area is approximately 50 kilometres from Kuopio, and you can find local transportation options to reach your destination within the Tahko area. <u>VR.fi</u>

Bus

Several bus companies operate routes to Kuopio Bus Station, which is located in the city centre of Kuopio. From Kuopio, you can then take a local bus or arrange for transportation to the Tahko area. Buses provide transportation between Kuopio and Tahko, and the journey typically takes around 1–1.5 hours. Vilkku (Kuopio region public transport)

It's recommended to check the availability and timings of flights, trains, or buses based on your specific travel dates and starting location. Additionally, consider the transportation options within the Tahko area to reach your final destination within Tahko.

Welcome to the journey with our

Official car rental company

Hertz.

As a partner of The Finnish Orienteering Federation, we offer a discount

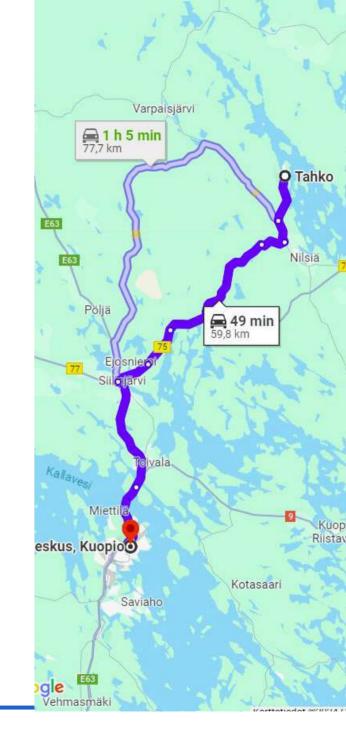
of up to 10% on short term car hire in Finland.

At the time of reservation please use the Discount Code (CDP) 930742.

2025 World Orienteering Championships l Hertz Car Hire

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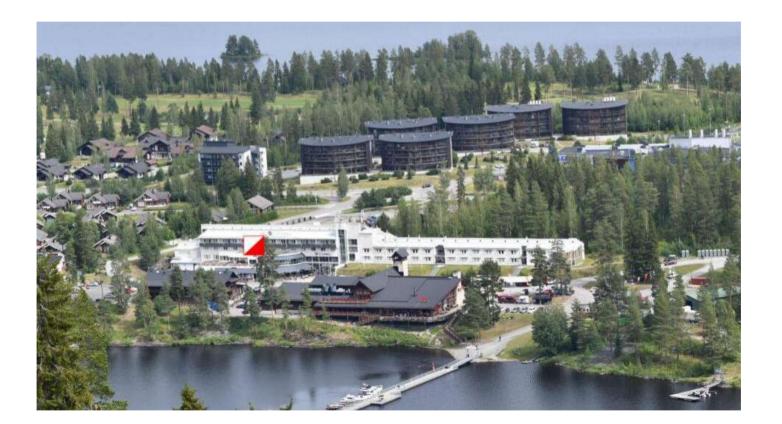


4. EVENT CENTRE AND COMPETITION ARENAS

4.1. Event centre at Tahko

The event centre will be located at Tahko.

Event office and team official meetings in person and on-line (hybrid) will be held in the Break Sokos Hotel Tahko.



<u>Google Maps</u>.







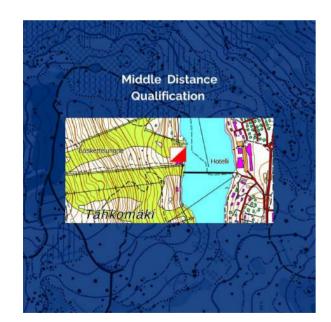


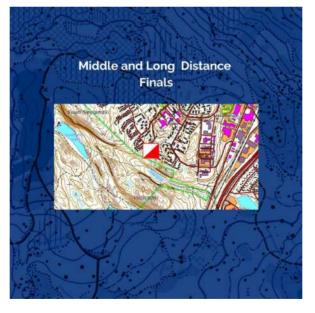


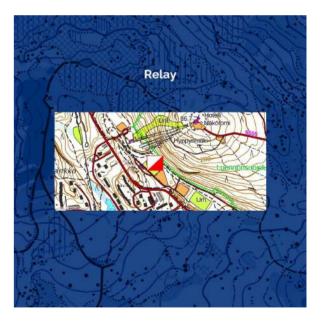
4.2. Arenas

The exact location of each WOC arena.

Date	Competition	Address	Google Maps
8.7.2025	Middle distance qualification	Tahkolaaksontie 134, 73310 Kuopio	63°17'30.4"N 28°01'48.2"E
9.7.2025	MIddle distance final	Raiviopolku, 70150 Kuopio	62°52'47.5"N 27°36'24.7"E
10.7.2025	Long distance final	Raiviopolku, 70150 Kuopio	62°52'47.5"N 27°36'24.7"E
12.7.2025	Relay	Suurmäentie 85, 70200 Kuopio	62°54'26.0"N 27°38'55.9"E

















5. EMBARGOED AREAS

Embargoed areas are valid for the World Cup Finals 2024 and WOC 2025 competitions. The areas can be found in <u>IOF Eventor</u>. Trespassing into the marked areas is strictly forbidden. It is allowed to visit Puijo Tower using paved road marked in IOF Eventor. This applies to people with close links to potential WOC athletes. Please remember to check <u>IOF Eventor</u> before visiting training areas.

6. TRAINING

The preparations for WOC 2025 include official training camps and training possibilities in typical terrains of Northern Savonia. All training activities shall be coordinated with the organizer. Detailed information about training maps, training camps and competitions can be found from our webpage <u>woc2025.fi</u>.

For any training purposes contact <u>training@woc2025.fi</u> for additional advice.

Training maps available for a national team or their challenge group

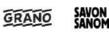
- OCAD file for personal use 150 € / file. No other payment.
- OCAD files during national team training camp 10 € / map.
- Printed maps of Training package 15 € / map.
- Pdf for self printing 10 € / map.

Go to WOC2025Shop









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OCAD file for personal use

The OCAD file is a national team member and challenge group-specific. The buyer of the OCAD file is responsible for ensuring that the map file and any prints made from it are only used for their own training as a national team athlete or official challenge group member. The buyer of the OCAD file is responsible for not sharing the file outside or making it publicly available for download. Failure to comply with these terms will result in a ban on using the OCAD file and prints made from it. Misuse of the material will result in an additional fee of 2,500 €. Requests via email training@woc2025.fi. The buyer will receive the OCAD file within 1–3 days. **Send your all controls map to the same email address**, if you use your own control flags or other markers. Collect your own control flags out from the forest after your training session to help us maintain good relations with landowners! We want to keep our terrains clean. By purchasing an OCAD file, you accept the terms of use.





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OCAD files during national team training camp

OCAD files for national teams and a challenge group member can be purchased free of charge for self-printing, but it is the responsibility of the teams to count and report back to the organiser the number of prints. Invoicing will be based on the number of prints used by athletes participating in specific training sessions. OCAD files are available for all the maps of Kuopion Suunnistajat during national team orienteering camp or open camp (not including embargoed areas).

- 10 € / map
- requests about the OCAD files via email training@woc2025.fi.
- invoice will be sent to your email

The buyer of the OCAD file is responsible for not sharing the file outside or making it publicly available for download. Failure to comply with these terms will result in a ban on using the OCAD file and prints made from it. Misuse of the material will result in an additional fee of 2,500 €. By purchasing an OCAD file, you accept the terms of use.

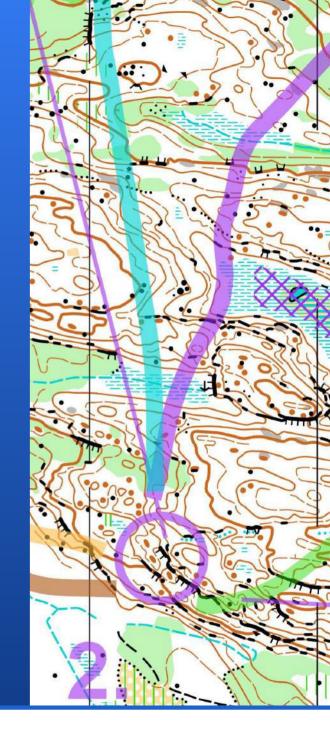
Training package printed maps

Printed maps of the training package are for personal use. The buyer of the printed map is responsible for using it solely for their own training. The buyer is responsible for not copying it for others to use.

Printed maps can be collected at:

Kylpylä Hotelli Rauhalahti, Katiskaniementie 8, 70700 Kuopio

Spa&Hotel Kunnonpaikka, Jokiharjuntie 3, 70910 Vuorela













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Printed maps are with course markings. Control flags are in the forest with small identification cards with a WOC logo and control number on it. They are available for all customers. Failure to comply with these terms will result in a ban on using the map material. Misuse of the material will result in an additional fee of 500 €, but of course the buyer can use the same (once bought) map again. By purchasing a printed map, you accept the terms of use.

Pdf for self-printing

Pdf for self printing are for personal use. **Send your all controls map via email to** <u>training@woc2025.fi</u>, if you use your own control flags or other markers. Collect your own control flags etc out from the forest after your training session to maintain good relations with the landowners! We want to keep our terrains clean. The buyer of the downloadable map is responsible for using it solely for their own training. The buyer of the downloadable and printed map is responsible for not copying it for others to use. Failure to comply with these terms will result in a ban on using the map material. Misuse of the material will result in an additional fee of 500 \in , but of course the buyer can use the same (once printed) map multiple times. By purchasing a map file, you accept the terms of use. Price for self-printed map is 10 \in / map.

Training camps and test races

2024

• Open WOC training camp 5.-8.9.2024

2025

Test races

- Saturday 7.6.2025 (H/D21 middle) Puijo north
- Sunday 8.6.2025 (H/D21 long, middle) Tahko



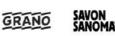
Please coordinate your requests for the test races with training@woc2025.fi





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7. ENTRIES AND FEES

7.1. Entries and deadlines

All entries are only to be made in IOF Eventor <u>https://eventor.orienteering.org/Events/Show/6497</u>

Important deadlines

- Team Size Entry deadline is on 8th May 2025
- Team names entry deadline 28th June 2025 23:59 (- 10 days)
- Late Entries and changes 7th July 2025 at 12:00 (-1 day)

7.2. Team size entry

Team Size Entry deadline is on 8th May 2025 and included

- the total number of competitors of each sex
- the number of competitors in each competition
- the number of relay teams
- the team manager's name, e-mail address and mobile phone number (from the list in IOF Eventor)
- the number of team officials (there is no maximum number of officials per team)
- the team using the accommodation offered by organizer

The entry will be possible from 1st December 2024 in <u>IOF Eventor</u> https://eventor.orienteering.org/Events/Show/6497.

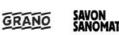


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7.3. Team names entry

Team names entry deadline 28th June 2025 23:59 (- 10 days)

- name of each Team athlete
- name of each official (from the list in IOF Eventor)

	Start of Entry 1st December 2024 at 00:01	Team Size Deadline 8th May 2025 at 23:59	Team Names Deadline. Entries Payment Deadline. 28th June 2025 at 23:59	Late entries and changes deadline
Team size entry	Team size	+20% (80% refund)	+50% (50% refund)	
Team names		Team names	+ 10 €	
Payment schedule				Pay/refund changes

• After the team size deadline (see 9.6), additional entries may be made with a surcharge of 20% and withdrawals receive an 80% refund.

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• After the team names deadline (see 9.7), additional entries incur a surcharge of 50%, withdrawals receive a 50% refund, and name changes incur a 10 euro fee.







SUUNNISTAJAN



7.4. Entry fees until 8th May 2025

- Accreditation 160€ (athletes and team officials)
- Long Distance 145€
- Middle Distance
- Relay team

•

Accreditation fee 160 € per person (athletes and officials) includes transport to the farewell party from Kuopio (WOC partner accommodations) to Tahko area and back. All entries can only be made in IOF Eventor.

145€

255€

Payment of the entry fees

Kuopion Suunnistajat ry FIO4 5600 0520 6000 19 IBAN: FIO4 5600 0520 6000 19 BIC: OKOYFIHH











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8. ACCOMMODATION AND FOOD

8.1. Accommodation

The <u>Break Sokos Hotel Tahko</u> is the official accommodation for IOF members, VIP persons and accredited media representatives . There is the event office, where you can pick up your accreditation card, training maps etc. The team official meetings in person and on-line (hybrid) will also be held in the same place. Prize giving ceremonies will be held at Tahko Piazza in front of the hotel. The Accommodation in the athletes' village at Break Sokos Hotel Tahko must be booked by 7.5.2025. Use the code **BOFFICIAL2025.** Free rooms will be released for sale after that date.



Google Maps

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😳 Pohjola Vakuutus





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Athlete and spectator accommodation

The cost of reasonable accommodation in the Tahko and Kuopio area varies from 50 to 150 euros per night/person. In Tahko, you can choose from over 8,600 beds and nearly 1,000 accommodations. Teams book and manage their accommodation on their own. Our accommodation partners can be found from our website www.woc2025.fi. Make sure to use the code **woc2025** while making a reservation.

8.2. Food

The Finnish Lakeland and its capital, Kuopio, are well-known among tourists who love unforgettable food made from the freshest, local and natural ingredients. Menus vary by season with fresh fish or tastes of the forest, as well as locally grown berries, vegetables and herbs which are available year-round. It's not just the food that is spectacular either, but the location and the ambiance. Food allergies are not a problem – just ask for more information. Prices for dinner or lunch vary from 10 to 50 euros.More details from Kuopio-Tahko. Warm lunch will be served in the competition centre on each competition day.







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9. COMPETITION

9.1. Rules

The competition rules for IOF Foot Orienteering Events, valid from January 1st 2024, will apply. Please refer to the competition rules on the IOF website: <u>https://orienteering.sport/orienteering/ competition-rules/</u>.

9.2. Classes and participation restrictions

Competitions are for WOMEN and MEN without any age restrictions (IOF Competition Rule § 5.7.). All competitors represent a Federation (§ 6.5.). A competitor may represent only one Federation at any one time. They must be a citizen of the country of that Federation. (§ 6.1.).

9.3. Terrain

Middle Distance Qualification (Tahko)

The qualification competition takes place in the surroundings of Tahko ski resort. The highest point of Tahkomäki is 201 metres above the nearby lake surface, and the slopes are occasionally small in detail. Vegetation varies from open areas of ski slopes to old forest with deciduous trees, spruces and pines. Some open areas are due to forest logging. Runability is mainly good in all areas. Elevation differences and stony surface makes it harder to run. Visibility varies from poor to excellent. Poorer parts can be bypassed with good route planning and execution. Tracks and paths network close to the arena are quite dense.

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Middle Distance Final and Long Distance Final (Neulaniemi)

The area is located 4 km southwest of the city centre. The landscape of the area is characterised by significant relative elevation differences, high rocky hills, and undulating terrain. Neulamäki rises 200 metres above sea level and 120 metres above Kallavesi (lake). The forests in the area have a basic structure of economic forests, but they have not been harvested for the last 30 years. The oldest forests are 100–130 years old, and approximately half of the forests are over 80 years old. Terrain is mostly coniferous, half of the forest is dominated by spruce, and slightly less than half by pine trees. The proportion of deciduous forest is only small and it is sporadic. Runability varies from good forest ground to stony surface. Fallen trees in unharvested forest may slow down running speed. Visibility varies from good to excellent.

Relay (Puijo)

Competition in Puijo has small detailed areas with stones and small cliffs and steep slopes. There are also parts of the hill that are quite empty from details. Vegetation consists of an old forest with deciduous trees, pines and spruces. Runability is good. Fallen trees may slow down running speed. Bigger elevation differences can make it physically harder. Visibility is mainly good. Track density is high because Puijo is a recreation area in the heart of Kuopio. Along with buildings, there are also other man-made objects.













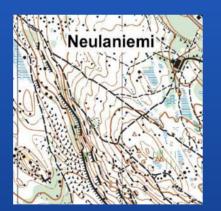


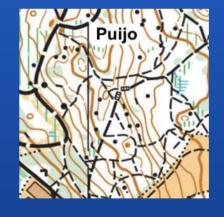
9.4. Competition and previous maps

Map (6-colour printing 6/2025) is made by Timo Joensuu and Janne Weckman. The maps are inside sealed plastic bags. You can find previous maps (in PDF format) of the embargoed areas in **IOF Eventor**.

Format	Scale	Contour	Paper size
Long distance	1:15 000	5 m	A3
Middle and Relay	1:10 000	5 m	A4







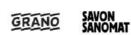
















9.5. Punching system and GPS tracking

The punching system used in the competition is Emit and emiTag. The organiser will reserve chips for those who have not given their Emit number upon entry. Rental chips (10€) are available from the event organiser and can be picked up from the Event Office. The organiser will charge 90€ for the lost chip. It will be possible to test the system in the technical model event.

In every competition the athletes must be prepared to carry a GPS tracking device. This must be carried on the competitor's back in an elastic harness. GPS tracking will be used for live TV production, arena production on the big video screen and live on-line transmission. Detailed information about allocation and picking up the GPS units will be presented in Bulletin 4.

9.6. Course details (preliminary for women/men)

Course setter: Marko Uotila (middle), Jarmo Puttonen (long), Olli-Jussi Korpinen (relay)

Format	Length	Total climb	Controls	Winning time	Refreshments
Middle Q	3.1 / 3.8	90/125	12/15	25/25	1
Middle F	4.6 / 5.7	220/260	17/22	33/33	1
Long	11.7 / 14.1	350 / 470	24 / 28	90 / 90	3
Relay	5.1 / 5.8-6.0	190/230	15-16 / 16-18	35/34 (leg)	1



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10. GENERAL INFORMATION

10.1. 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 latest IOF AntiDoping rules and the World Anti-Doping Code apply. Athletes who are selected for doping control must bring an official identification (with photo) to the doping test area. The athlete should also present their personal therapeutic use exemption (TUE) if applicable. In general, it is advisable that athletes take their ID to all competitions and events. For more information, please consult <u>https://orienteering.sport/IOF/antidoping/</u>.

10.2. Liability and insurance

The organisation of WOC2O25 declines any liability that might occur through participation in the event. All persons participate at their own risk and are responsible for their own insurance coverage (illness and accident).















10.3. Climate, ticks and competition clothing

In Kuopio, the peak temperatures are generally noted in July, averaging a high of 20.9°C (69.6°F) and a low of 12.9°C (55.2°F). The average relative humidity in July in Kuopio is 71%. The month with the most rainfall is July, when the rain falls for 13.7 days and typically aggregates up to 48mm (1.89") of precipitation. There might be ticks (Ixodes ricinus) in the forest, so check your skin and clothing after training and competition. There are no restrictions on clothing. Spike shoes are forbidden. Dobb shoes and dobb shoes with metal studs are allowed.

10.4. Athlete's licence

All athletes need to have an IOF athlete's licence to participate in the WOC races.

10.5. Passport, VISA and travel documents

Visa requirements and travel documents accepted by Finland

For travellers from certain countries, a visa or further documents are required. Please check with your embassy if you need visa permits. For an official letter of invitation please send an email with request to sakari.hyvonen@woc2025.fr.











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11. MEDIA SERVICES

Journalists, photographers, camera personnel, social media content creators and any extra representatives of the Federations are welcomed. All registrations should be made in <u>IOF Eventor</u>.

More information and inquiries Tiina Tervaniemi <u>media@woc2025.fi</u> tel. +358 405271053

11.1. Live production

There will be live productions from all finals on YLE TV and on the Live Centre 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 a proper distance from the athletes.

11.2. Photo and video disclaimer

By taking part in World Orienteering Championships 2025, all persons acknowledge their 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 the organisers and their affiliates and representatives. No drones are allowed in the competition area without written permission from the organisers.

12. WOC TOUR 7.-12.7.2025

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Along with the WOC there will be a WOC TOUR (Fin5 suunnistusviikko) with 5 spectator competitions. All information about WOC TOUR will be published at https://www.woc2025.fi/.

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OP Pohjois-Savo



Bulletin versions

12/06/2024

Bulletin 2 published

20/06/2024

Added Puijo north for middle distance test race 07/06/2025 (page 20). Added Tahkomäki for long distance test race 08/06/2025 (page 20).

26/06/2024

Fixed content page typos (page 6)

25/10/2024

Added test race for middle on Sunday 8.6.2025 (H/D21 long, middle) (page 20)

17/02/2025 No official training camp 1.-3.6.2025 (page 20)







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