

WOC 2024

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

IOF
INTERNATIONAL ORIENTEERING FEDERATION

Bulletin 4



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Photo credit: Kristina Lindgren

WELCOME TO EDINBURGH and SCOTLAND

Dear Athletes, Teams, Officials and IOF Family,

On behalf of all of the local organising team, I have great pleasure in welcoming you to Edinburgh for WOC 2024! After huge amounts of hard work, everything is ready for what promises to be a truly memorable World Championships.

We hope that you enjoy some exciting and challenging competition in the varied terrain around the Scottish capital and have the chance to take in the iconic sights and landmarks and experience the world-famous hospitality during your time in Edinburgh.

Good luck!

Andy Mitchelmore
EVENT DIRECTOR, WOC 2024

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 welcome 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

Welcome to WOC 2024. Congratulations on being selected to represent your country at this World Championships. I hope that you enjoy your time in Edinburgh and arrive in Scotland in the best possible shape to compete for a WOC 2024 medal.

Good luck!

Steve Cram CBE
PRESIDENT, BRITISH ORIENTEERING

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

We welcome athletes, officials and supporters from across the world to Edinburgh. In our incredible capital city, you 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. 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

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1. ORGANISATION

1.1. ORGANISING COMMITTEE

Event Director	Andy Mitchelmore
Assistant Event Director	Jon Cross
Finance Director	Bob Dredge
IT Director	Mark Stodgell
Technical Director	Jon Hollingdale
Assistant Technical Director	Alasdair Pedley
Arena Managers	Iain Smalls Pete Hughes
Arena Day Managers	Andy Llewellyn Martin Ward
Quarantine Team Leader	Alasdair McLeod
Start Team Leaders	Andy Yeates Alison Yeates
Safety Manager	John McNeill
Athlete Services & WOC Event Office	Rona Molloy Jonathan Molloy
Broadcast Director	Lorna Eades
WOC Tour	Lindsey Knox
Media Operations	Simon Errington
Commercial Director	Marc Hope
Communications Agency	Flip
Graphics & Bulletin Design	Fiona Eades
Bulletin Editors	Scott Collier Anne Edwards

1.2. EVENT ADVISERS & NATIONAL CONTROLLERS

Senior Event Adviser & IOF Project Manager	Áron Less (HUN)
Assistant Senior Event Adviser (Technical)	Jari Kymäläinen (FIN)
Assistant Senior Event Adviser (IT)	Finn Arildsen (DEN)
National Controller	Tony Thornley (GBR)
Assistant National Controller	Rob Hickling (GBR)

1.3. REFEREES

Referee	Helge Lang Pedersen (DEN)
Assistant Referee	David Rosen (GBR)

1.4. CONTACT INFORMATION

Event information	IOF Eventor
Web	https://www.woc2024.org
General enquiries	info@woc2024.org
Event Director	+44 7703 751 916 (Andy Mitchelmore)
WOC Event Office	wocoffice@woc2024.org Phone or WhatsApp: +44 7745 957 326 (Rona Molloy) +44 7803 616 471 (Jonathan Molloy)
Media	media@woc2024.org (Simon Errington)
Training	training@woc2024.org (Ian Maxwell)
IOF Senior Event Advisor	aron.less@orienteering.sport

2. EVENT PROGRAMME

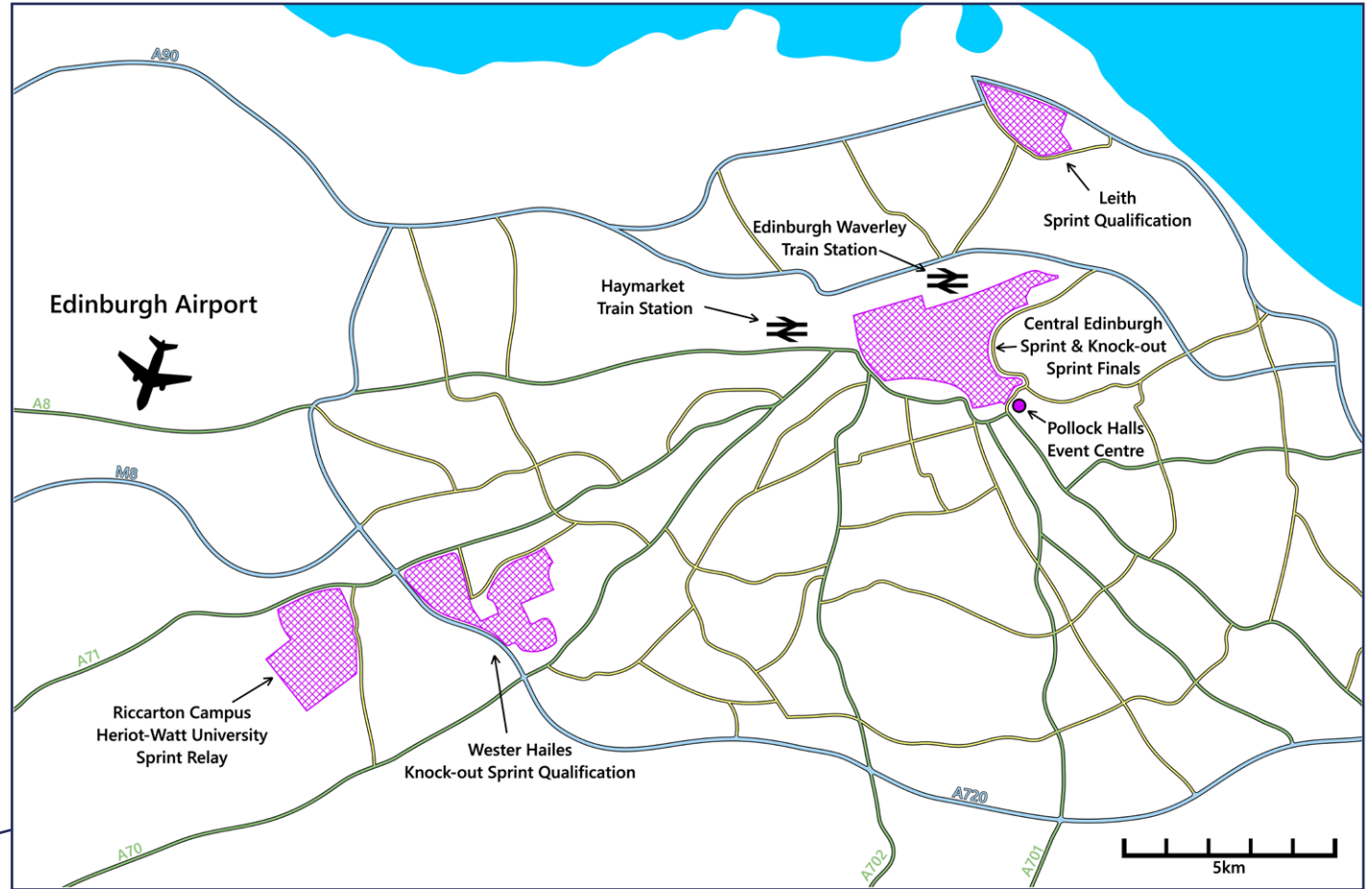
Wednesday 10 July		
Event Office open	12:00–19:00	Event Centre
Thursday 11 July		
Event Office open	09:00–19:00	Event Centre
Model Event & Technical Model Event	10:00–14:00	
Deadline for late entries, changes and payment	12:00	via IOF Eventor
Sprint athlete declaration deadline		
Team Officials Meeting: Sprint	17:00–18:00	Event Centre
Friday 12 July – SPRINT		
Mandatory transfer to Qualification quarantine	07:00	from Event Centre
Qualification first start: Men	09:01	Leith
Qualification first start: Women	09:46	
Mandatory transfer to Final quarantine	13:00	from Event Centre
Opening ceremony	14:00	Finals race arena
Final first start: Men	15:12:30	Central Edinburgh
Final first start: Women	16:29	
Medal ceremony	18:15	Finals race arena
Saturday 13 July		
Event Office open	09:00–12:00	Event Centre
Sprint Relay athlete declaration deadline	12:00	via IOF Eventor
Event Office open	16:00–19:00	Event Centre
Team Officials Meeting: Sprint Relay	17:00–18:00	

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

Sunday 14 July – SPRINT RELAY		
Mandatory transfer to quarantine	10:00	from Event Centre
Sprint Relay start	12:45	Riccarton Campus
Medal ceremony	14:30	Race arena
Monday 15 July		
Event Office open	09:00–12:00	Event Centre
Knock-out Sprint athlete declaration deadline	12:00	via IOF Eventor
Event Office open	16:00–19:00	Event Centre
Team Officials Meeting: Knock-out Sprint	17:00–18:00	
Tuesday 16 July – KNOCK-OUT SPRINT		
Mandatory transfer to Qualification quarantine	07:00	from Event Centre
Qualification first start: Women	09:01	Wester Hailes
Qualification first start: Men	09:41	
Quarter-final heat selection: Women	10:05	Qualification race arena
Quarter-final heat selection: Men	10:45	
Mandatory transfer to Finals quarantine	13:30	from Event Centre
Quarter-finals first start: Women	14:25:00	Central Edinburgh
Quarter-finals first start: Men	15:01:00	
Semi-finals first start: Women	16:12:00	
Semi-finals first start: Men	16:53:00	
Final start: Women	17:31:30	
Final start: Men	17:52:00	
Medal ceremony	18:20	Finals race arena
Closing ceremony	18:30	
Farewell Party	20:30–01:00	Event Centre

3. GETTING TO EDINBURGH

3.1. LOCATION MAP



3. GETTING TO EDINBURGH

3.2. TRAVEL TO EDINBURGH

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 (4.5 hours) 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](#).

3.3. 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.

3.4. 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.

4. IN EDINBURGH

4.1. 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.

Central Edinburgh is embargoed. Accredited athletes and team officials may only use permitted routes to pass through the embargoed area. The permitted routes changed on 1 July 2024. Accredited athletes or team officials who wish to take the bus between Princes Street or Waverley station and the Event Centre at Pollock Halls must use bus #30 or #33. Travel from the airport via bus #100 or Edinburgh Trams does not go through the embargo area. Further information is in section 10.2 and at [IOF Eventor](#).

There will be no car parking for athletes or team officials at the Event Centre or at any race venue. (In any case the roads will be closed in the competition areas).

4. IN EDINBURGH

4.1. GETTING ABOUT (continued)

For competitors and team officials who are going to quarantine, mandatory transport from the Event Centre at Pollock Halls will be provided by the organisers. **All competitors and team officials who are going to quarantine must use this transport.** It is the competitor's responsibility to be on time for the mandatory transport to quarantine.

Optional transport from the Event Centre to each race arena will be provided by the organisers for any non-competing 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. The departure location for this transport will be marked on competitor cool-down maps, and will be available from the WOC Event Office in the team zone.

4.2. ACCOMMODATION

For information about accommodation, please see Bulletin 3.

4.3. CATERING

For teams staying at the Event Centre at Pollock Halls, the possibility to order lunch and/or dinner every day during WOC has been offered in advance.

Arthur's Food & Drink, which is at Pollock Halls in the same building as the WOC Event Office, also offers meals every evening until 22:00 BST, and offers lunch on weekdays.

There is no meal service at any of the race arenas.

4.4. 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.

4.5. EMERGENCY SERVICES

Athlete medical services will be provided at the races (see section 14.20).

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

5. EVENT CENTRE & EVENT OFFICE

5.1. LOCATION

The WOC 2024 Event Centre, the WOC Event 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

There will be no car parking for athletes or team officials at the Event Centre.

Central Edinburgh is embargoed. Accredited athletes and team officials must only use permitted routes to pass through the embargoed area. The permitted routes changed on 1 July 2024. Accredited athletes or team officials who wish to take the bus between Waverley station and the Event Centre must use bus #30 or #33. Further information is in section 10.2 and at [IOF Eventor](#).

5.2. FACILITIES

The Event Centre will host:

- » WOC Event Office
- » Team Officials' Meetings
- » Media Centre
- » IOF Family Dinner
- » Farewell Party
- » accommodation for teams, IOF Officials, Media, and others
- » IOF General Assembly and various commission meetings

Facilities at the Event Centre include:

- » meeting rooms for teams and other relevant groups

- » free internet access
- » restaurant and café
- » social areas

Meeting rooms can be booked on a first come, first served through the WOC Event Office.

5.3. WOC EVENT OFFICE

On non-race days, the WOC Event Office will be located at the Event Centre. On race days, the WOC Event Office will be located at the race arena.

The WOC Event Office will be open from 12:00 BST (midday) on Wednesday 10 July.

WOC Event Office opening hours

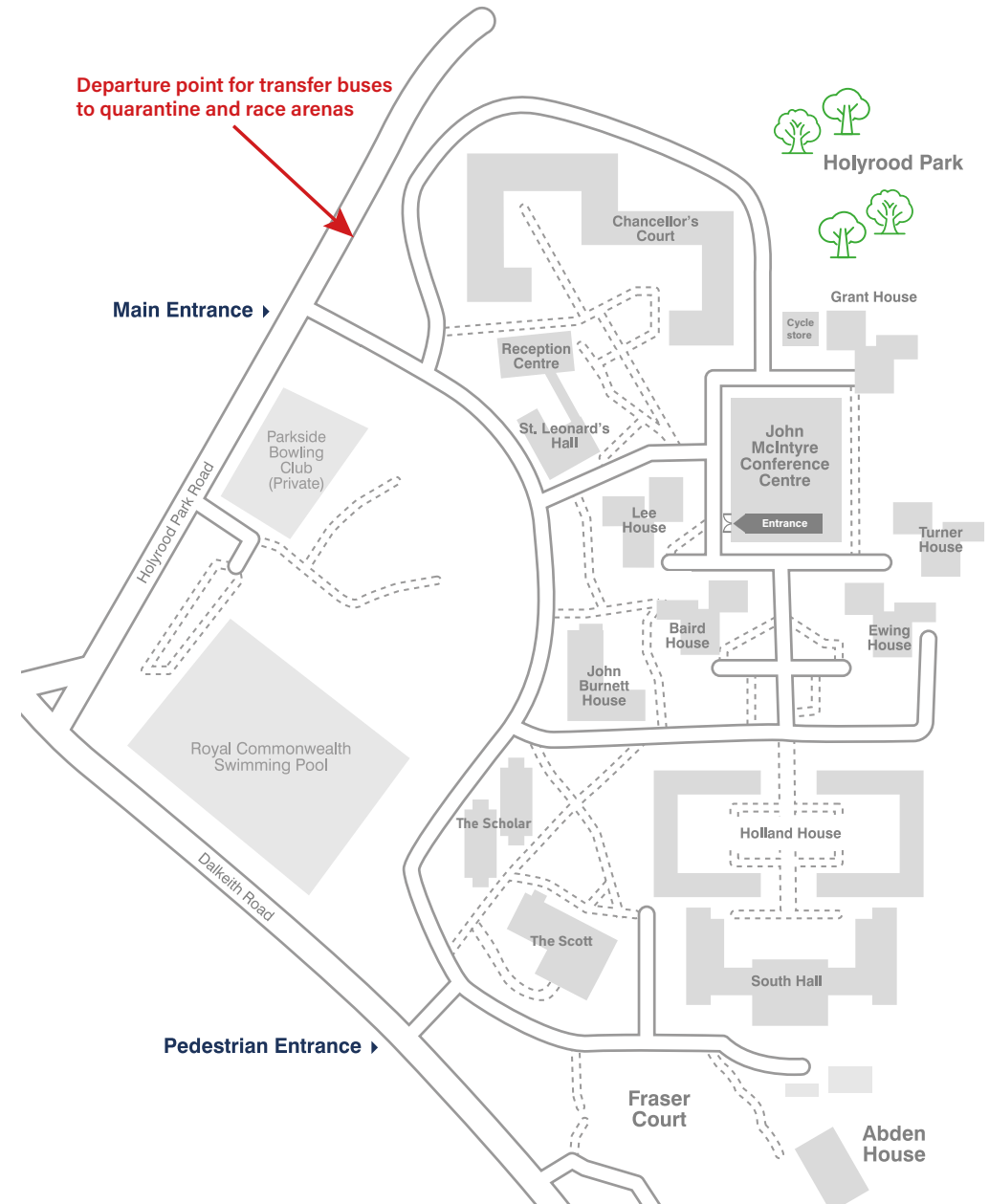
Date	Programme	Event Centre	Race Arena
Wednesday 10 July	Team arrivals and accreditation	12:00–19:00	
Thursday 11 July	Team arrivals and accreditation	09:00–19:00	
Friday 12 July	Sprint Qualification		08:30–12:00
	Sprint Final		14:30–18:30
Saturday 13 July	Rest day	09:00–12:00	
		16:00–19:00	
Sunday 14 July	Sprint Relay		12:00–14:30
Monday 15 July	Rest day	09:00–12:00	
		16:00–19:00	
Tuesday 16 July	Knock-out Sprint Qualification		08:30–11:00
	Knock-out Sprint Finals		14:00–18:30

All times are in BST.

5. EVENT CENTRE & EVENT OFFICE

5.4. EVENT CENTRE MAP: POLLOCK HALLS

WOC Event Office	John McIntyre Conference Centre
Additional meeting rooms	St. Leonard's Hall
Accommodation key collection	Reception Centre
Athlete & IOF Family accommodation	Chancellor's Court
	Fraser Court
	Holland House
	Baird House
	The Scott The Scholar
IOF Family Dinner	South Hall
Farewell Party	South Hall

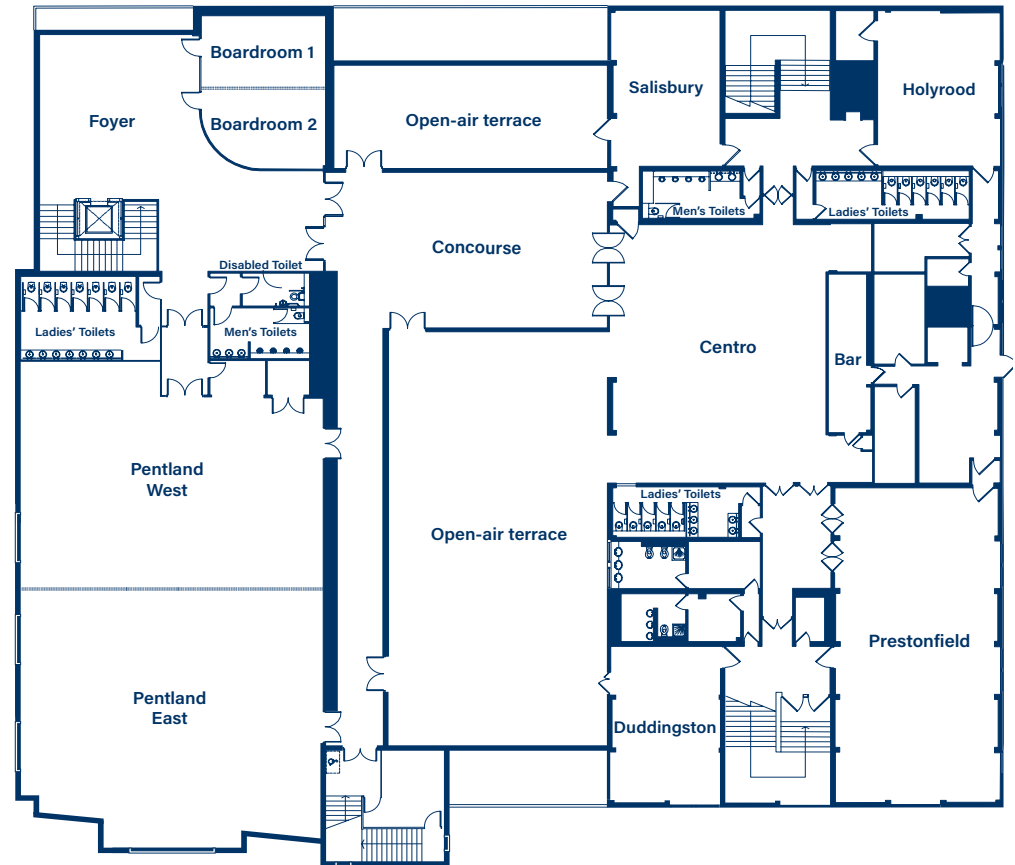


5. EVENT CENTRE & EVENT OFFICE

5.5. EVENT CENTRE MAP: JOHN MCINTYRE CONFERENCE CENTRE

WOC Event Office	Salisbury
Meeting rooms	Duddingston Prestonfield Boardrooms 1 & 2
Informal meeting spaces	Centro Open-air terrace

Meeting rooms can be booked on a first come, first served through the WOC Event Office. Additional meeting rooms are available in St. Leonard's Hall.



6. TEAM ENTRY & ACCREDITATION

6.1. SUMMARY OF ENTRIES

As of 12:00 BST on 3 July, entries had been received from 45 federations.

Federation	Men	Women	Team Officials	Total
Australia	5	5	2	12
Austria	3	3	3	9
Belgium	3	3	1	7
Brazil	4	4	1	9
Bulgaria	4	3		7
Canada	3	2	2	7
China	4	4	4	12
Colombia	3	3	1	7
Croatia	1			1
Czechia	4	4	3	11
Denmark	4	4	4	12
Ecuador	1			1
Egypt	1			1
Estonia	2	2	1	5
Finland	4	3	4	11
France	3	3	3	9
Germany	4	3	3	10
Great Britain	5	5	6	16
Hong Kong China	3	3	3	9
Hungary	3	3	2	8
Ireland	5	4	2	11
Israel	2			2
Italy	3	3	2	8

Federation	Men	Women	Team Officials	Total
Japan	4	5	2	11
Kazakhstan	1			1
Republic of Korea	3	3		6
Latvia	3	3	3	9
Lithuania	3	3		6
Moldova	1			1
Netherlands	2	2	1	5
New Zealand	4	4	2	10
North Macedonia		1		1
Norway	5	4	5	14
Paraguay	1			1
Poland	3	3	1	7
Portugal	3	2		5
Serbia	1	1		2
Slovakia	1	1	1	3
South Africa	1	1	1	3
Spain	3	3	1	7
Sweden	5	6	6	17
Switzerland	6	4	6	16
Türkiye	3	3	1	7
Ukraine	3	3	1	7
United States	4	4	1	9
Total	134	120	79	333

6. TEAM ENTRY & ACCREDITATION

6.2. LATE ENTRIES & CHANGES

Teams had to name their athletes for accreditation by 23:59 BST on 2 July. There is now a £10 charge to change the name of an accredited athlete.

Late entries received after 23:59 BST on 2 July must pay an extra 50% charge in addition to the relevant entry fee, as specified in Bulletin 3.

The deadline for late entries and changes to accredited athletes is 12:00 BST (midday) on 11 July. No entries or changes will be accepted after this time.

Teams who wish to withdraw an accredited athlete between 23:59 BST on 2 July and 12:00 BST on 11 July will be entitled to a refund of 50% of the original entry fee.

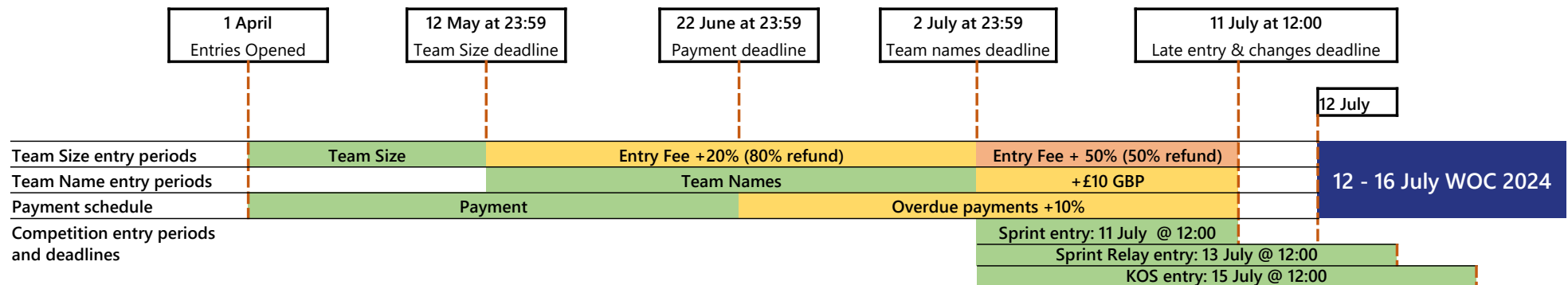
6.3. DECLARING ATHLETES FOR COMPETITIONS

Team managers must use IOF Eventor to declare accredited athletes to compete in each competition by 12:00 BST (midday) on the day before the competition.

Competition	Declaration deadline
Sprint	12:00 BST (midday) on Thursday 11 July
Sprint Relay	12:00 BST (midday) on Saturday 13 July
Knock-out Sprint	12:00 BST (midday) on Monday 15 July

After the declaration deadline, team managers must use the 'replacement of competitor form to make any changes arising from illness or injury. Copies of the form can be obtained from the WOC Event Office or downloaded from <https://www.woc2024.org/for-teams/>

Team managers must also communicate any changes after the deadline directly to the organiser by email to wocoffice@woc2024.org.



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

6. TEAM ENTRY & ACCREDITATION

6.4. 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. Please provide a clear reference with your payment, including your national team or federation identifier. Invoices and receipts will be issued on request. Contact finance@woc2024.org with any queries.

Participation in WOC events is only possible if all payments are made in full by 12:00 BST (midday) on 11 July 2024. Please bring proof of any payments made by bank transfer to accreditation.

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

6.5. ACCREDITATION PROCESS

Accreditation will take place on Wednesday 10 and Thursday 11 July at the WOC Event Office during published opening hours. Athletes must complete accreditation by the relevant declaration deadline (see section 6.3) for any competition in which they are competing.

Team managers must email wocoffice@woc2024.org to book a time for completing the accreditation process. Bookings can be made at any time after the publication of Bulletin 4.

A team manager must be present at accreditation in case any clarification is needed about citizenship, validity of IOF licence etc. Personal passports of all athletes and team officials must be presented. The team manager can bring the passports of all their athletes and officials to accreditation. It is not necessary for all athletes and officials to come to accreditation in person.

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 event 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.

Any member of a team (accredited athlete or team official) who has not provided a suitable photo via IOF Eventor will be issued with an ID card without a photo. These people must always carry photo ID together with their WOC 2024 ID card.

At accreditation, each team will receive the following items:

- » one printed copy of Bulletin 4 for each person in the group
- » one WOC 2024 ID card and lanyard for each person in the group
- » one card for each team which permits access to the finish coach zone (see section 14.16)
- » one back-up SIAC for each accredited athlete in the group
- » a list specifying the back-up SIAC allocated to each accredited athlete (athletes must use the allocated SIAC)

6. TEAM ENTRY & ACCREDITATION

6.5. ACCREDITATION PROCESS (continued)

- » one training map of Holyrood Park for each person in the group
- » one Model Event map for each person in the group
- » one city-wide transport pass (20 journeys) for each person in the group
- » Farewell Party tickets that have been ordered via IOF Eventor and paid for
- » forms for making changes to competition entries, in accordance with the rules (additional forms are available from the WOC Event Office)

7. MEDIA

7.1. ACCREDITATION

The deadline for application for media accreditation was 15 June 2024. Accreditation is only valid after confirmation of acceptance by the WOC 2024 Media Operations Manager.

Accreditation will take place at the WOC Event Office during published opening hours. A WOC 2024 ID card will be issued at accreditation and must be worn at all times at the race venues.

7.2. 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.

7.3. PRESS CONFERENCES

Moderated press conferences will be held at the arenas directly after the medal ceremonies. Press conferences will be held in English. The three best teams or competitors in every competition will be interviewed.

7.4. VIP, MEDIA & IOF FAMILY RACE

The VIP, Media and IOF Family Race will take place on Monday 15 July.

Registration and starts will be between 17:00 and 18:00 BST, 1km from the Event Centre. There will be two urban courses (Short and Long). Full details will be available at accreditation.

8. VIPs, IOF GUESTS & IOF FAMILY

8.1. ACCREDITATION

VIP accreditation is by invitation only. The deadline for IOF Family and IOF Guest registrations was 15 June 2024, but limited IOF Family places are still available for a late registration fee of £60. Registration is not valid unless payment has been made.

Accreditation will take place at the WOC Event Office during published opening hours. A WOC 2024 ID card will be issued at accreditation and must be worn at all times at the race venues.

8.2. IOF FAMILY & IOF GUEST FACILITIES

At the Sprint Qualification and Knock-out Sprint Qualification, there is no dedicated space for IOF Family or IOF Guests. Free copies of the race maps can be collected from the WOC 2024 merchandise stall after quarantine closes, by showing IOF Family or IOF Guest accreditation.

At the Sprint Final, Sprint Relay and Knock-out Sprint Finals, there will be an IOF Family point, where IOF Family and IOF Guests can collect drinks, snacks and free race maps. At the Sprint Relay, IOF Family and IOF Guests will have access to the ticketed area with a view of the relay changeover.

See section 7.4 for details of the VIP, Media and IOF Family Race.

8.3. VIP FACILITIES

At the Sprint Final, Sprint Relay and Knock-out Sprint Finals, there will be a dedicated VIP area where light refreshments will be served. Access to the VIP areas is by invitation only and instructions will be provided individually to invited guests.

9. CEREMONIES & FAREWELL PARTY

9.1. OPENING CEREMONY

The WOC 2024 opening ceremony will be held at the Sprint Final race arena on 12 July. It will start at 14:00 BST and will take about 30 minutes. There will be a short parade (without competitors), music, and speeches to declare WOC 2024 open.

Team officials and non-competing athletes who are not in quarantine for the Sprint Final are encouraged to participate as spectators at the opening ceremony.

9.2. FLOWER & MEDAL CEREMONIES

For details of the flower and medal ceremonies, see sections 14.24 and 14.25.

9.3. CLOSING CEREMONY

The WOC 2024 closing ceremony will be held at the Knock-out Sprint Finals race arena on 16 July, immediately after the Knock-out Sprint medal ceremony.

9.4. FAREWELL PARTY

The Farewell Party will take place at the Event Centre, Pollock Halls, from 20:30 BST on Tuesday 16 July.

The Farewell Party is for accredited athletes and team officials only and tickets must be purchased in advance. Tickets that have been purchased via IOF Eventor will be provided at accreditation. Additional tickets cost £10 and can be purchased from the WOC Event Office.

10. EMBARGOED AREAS

10.1. EMBARGO RULES

The following embargo rules apply to all WOC 2024 accredited athletes and team officials and those with links to elite squads, including coaches:

- » You must not enter an embargoed area
- » You may use “permitted routes”
- » You may enter a building directly from a permitted route if the building is directly adjacent to the permitted route
- » You must not exit a building into an embargoed area
- » You may take trains through an embargoed area
- » You may use other public transport (including buses and trams) through an embargoed area only along the permitted routes

Other orienteers and those associated with orienteers or orienteering must not do anything which could intentionally or unintentionally provide an unfair advantage to WOC 2024 competitors. This includes:

- » publishing of routes and timings on Strava or similar apps
- » testing route choices
- » using, marking up or annotating maps in any form, including paper or electronic

All competition areas are embargoed until the respective competition is finished. At the Knock-out Sprint Finals the competition area remains embargoed until the Final rounds have finished.

Competitors will be provided with maps showing permissible areas for post-race cool-downs. Non-competing athletes, team officials and competitors who have finished their race must stay within the arena

and cool-down areas and, where appropriate, follow prescribed routes to and from arenas. Team officials who travel to quarantine must follow the prescribed route from quarantine to the arena.

10.2. EMBARGOED AREAS

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 competitors 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 came 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 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

The embargoes for Leith, Wester Hailes and Riccarton Campus are unchanged. King’s Buildings, which was embargoed as a reserve area, was released from embargo on 1 July 2024.

Accredited athletes and team officials are permitted to enter WOC Tour races (see section 20.3). A revised embargo area for Central Edinburgh will be published on IOF Eventor after the Sprint Finals on 12 July. This will allow accredited athletes and team officials to compete in the Historic Edinburgh WOC Tour race on 15 July.

11. TRAINING & MODEL EVENTS

11.1. 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](#).

11.2 ROAD CLOSURES

Information about any road closures (“temporary traffic regulation orders” or TTROs) that will be put in place for WOC 2024 will be published on the [City of Edinburgh Council website](#).

11.3. TRAINING OPPORTUNITIES

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.

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

11.4. MODEL EVENT & TECHNICAL MODEL EVENT

On Thursday 11 July, between 10:00 and 14:00 BST, there will be a combined Model Event and Technical Model Event at the Event Centre, Pollock Halls. This event will act as a model for all WOC competitions. The map for the event will be supplied at accreditation.

The model event will provide relevant examples of cartography, terrain, and control descriptions. It will also show how uncrossable objects and out-of-bounds areas are taped and how artificial barriers are made in the terrain and marked on the map.

The map will be Pollock Halls, at a scale of 1:4,000 with a 2.5m contour interval, drawn by Dave Peel (Peel Land Surveys) 2023, with additional survey and cartography by Alasdair Pedley 2024.

A short model course will be available. The controls at the model event will be set up only during the scheduled time. The controls will be marked with orienteering flags only, and there will be no timing or punching system.

The technical model event will show the start procedure, the SIAC punching system and the control setup. Please bring your SIAC to the technical model event if you want to test the punching system.

12. RULES

12.1. APPLICABLE RULES

The 2024 World Orienteering Championships will be run under the [2024 Competition Rules for IOF Foot Orienteering Events](#). There will be no special rules or deviations from the IOF Competition Rules.

12.2. ELIGIBILITY & CLASSES

All competitors represent a Federation and must be citizens of the country of that Federation. All competitors must have an [IOF competitor 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 competitors, of whom at least two must be women.

12.3. 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.

12.4. QUARANTINE RULES

Competitors and team officials wishing to go to quarantine must use the free bus transport provided by the organisers. The buses will depart from outside the main entrance gate of Pollock Halls. Buses will depart when full, with the last bus departing at a fixed time. The last departure time is published in the relevant section for each race.

On arrival at quarantine, competitors and team officials must show their WOC 2024 ID card and check in before the quarantine deadline. No-one will be allowed to enter the quarantine area after the deadline.

If buses are delayed then quarantine restrictions will begin on the bus at the appropriate time (for example, at 08.00 for Sprint Qualification).

Toilets are available at all quarantine venues.

No team tents are permitted at any quarantine venue.

Team officials may leave quarantine at any time after the quarantine deadline but are not permitted to return. Travel instructions for team officials leaving quarantine are explained in the race-specific sections below.

Competitors will be released from quarantine a set time before their start. See the race details for further information.

Competitors and team officials in quarantine areas must not use or carry communication devices that can transmit or receive information to or from a remote source, between entering the quarantine zone and reaching the finish in a race.

12. RULES

12.4. QUARANTINE RULES (continued)

Mobile phones must be turned off and kept in bags at all times.

No laptops, tablets, e-book readers, gaming consoles or other internet-capable devices are permitted.

Competitors may wear GPS-enabled devices (such as sports watches) provided that they are not used for communication or navigation.

Competitors may use portable music players that cannot be connected to the internet.

Map of the embargoed areas of any kind are not permitted in quarantine or on the transport to quarantine. The only exceptions to this are the warm-up maps provided by the organiser and any maps included in Bulletin 4.

Quarantine officials will check that quarantine rules are followed. Competitors who breach the rules may be disqualified.

The following breaches of the quarantine rules will result in immediate disqualification:

- » viewing a map of the competition area
- » viewing the GPS tracking of the race
- » viewing the live results of the race
- » viewing the TV coverage of the race and/or listening to the TV commentary
- » looking at the screen of a prohibited device
- » using any messaging or communications app

Any other potential breaches of the quarantine rules will be reported to the organiser and may result in disqualification.

Breaches of quarantine rules by team officials may result in sanctions being applied to the entire national team.

12.5. REFEREE SYSTEM

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

12.6. MEDIA DISCLAIMER

By taking part in WOC 2024 as an accredited competitor, team official or spectator, you acknowledge your consent to interview(s), photography, audio recording, video recording and its/their release, publication, exhibition, or reproduction to be used for news, webcasts, promotional purposes, telecasts, advertising, inclusion on websites, or any other purpose by the WOC 2024 organisers and their affiliates and representatives.

Drones must not be used in the competition area without written permission from the WOC 2024 organisers.

12.7. FAIR PLAY

Competitors and team officials are reminded of section 26 of the IOF rules, and in particular:

All persons taking part in an orienteering event must behave with fairness, honesty and a spirit of friendship. Competitors must show respect for each other, for officials, media, spectators and the inhabitants of the competition area. The competitors must be as quiet as possible in the terrain.

12. RULES

12.7. FAIR PLAY (continued)

Except in the case of an accident, seeking to obtain or obtaining assistance from other runners or providing assistance to other competitors during a competition is forbidden. It is the duty of all competitors to help injured runners.

Any attempt to survey or train in the competition terrain is forbidden, unless explicitly permitted by the organiser. Attempts to gain any information related to the courses, beyond that provided by the organiser, is forbidden before and during the competition.

13. TEAM OFFICIALS' MEETINGS

13.1. TIMINGS

The Team Officials' Meetings will take place the day before each competition:

Sprint Qualification Sprint Final	17:00 BST on Thursday 11 July
Sprint Relay	17:00 BST on Saturday 13 July
Knock-out Sprint Qualification Knock-out Sprint Finals	17:00 BST on Monday 15 July

13.2. LOCATION

All Team Officials' Meetings will take place at the Event Centre, Pollock Halls, in the Prestonfield conference room, which is adjacent to the WOC Event Office.

It will not be possible to access the Team Officials' Meetings online.

13.3. SUBMITTING QUESTIONS

Questions for the Team Officials' Meetings should be sent by email to technicaldirector@woc2024.org before 15:00 BST on the day of the meeting, and will be answered in the meeting.

13.4. ACCESSING SLIDES

The slides presented at the Team Officials' Meetings will be published on IOF Eventor after the meeting. Any additional questions answered during the meeting will be included in the slides.

14. GENERAL RACE INFORMATION

14.1. PUNCHING & TIMING SYSTEM

Contactless SPORTident Air+ punching will be used for all races.

All competitors will carry two SPORTident ActiveCards (SIACs). Accredited athletes should provide one SIAC themselves. One SIAC with a finger loop will be loaned to each accredited athlete free of charge as a back-up in case their own SIAC fails during a race. These back-up SIACs will be distributed at accreditation.

Both SIACs should be worn on the same hand, adjacent to each other. Accredited athletes must use the same allocated back-up SIAC for all races. Back-up SIACs will not be collected at the finish.

Control units will be mounted on trestles, with two SPORTident units per trestle. A control flag will be hung from the trestle. There will be no back-up pin punch. Examples of trestles will be on display at the model event.

When punching, it is the competitor's responsibility to ensure they receive the feedback signal. If the contactless SPORTident punching is not working and no feedback signal is received, the competitor must use either the back-up unit or SPORTident 'direct punching' mode to obtain a feedback signal.

The SIACs will be used in timing software, for TV graphics and for online split times. For these reasons, it is vital that competitors check that they have the correct SIACs before leaving to go to quarantine. The SIAC numbers must be visible and will be checked at the pre-start.

All SIACs provided by the organisers must be returned to WOC Event Office by the team manager no later than 18:30 on Tuesday 16 July. Each team must return all of its SIACs together. There will be a charge of £70 for any SIAC that is lost or not returned on time.

14.2. GPS TRACKING

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 competitors will be tracked at all races. The size of the GPS tracking units is 69mm × 39mm × 24mm, and the weight is 66g. The tracker will be carried on the back of the competitor in an elastic harness. For hygiene and sustainability reasons, all accredited athletes should bring their own harness. A small number of spare harnesses will be available in quarantine.

Trackers will be distributed either at the exit from quarantine or during the pre-start process and will be collected after the finish. Different trackers will be provided in each round of the Knock-Out Sprint Finals.

14.3. RACE BIBS

Competitors will wear race bibs on their front and back for each race. The bib dimensions are 220mm wide × 210mm high. Bibs must not be folded.

Bibs for each race will be distributed in quarantine. Safety pins will be provided by the organiser.

14. GENERAL RACE INFORMATION

14.4. MAP

Maps will be digitally printed on Teslin 115gsm. Teslin is waterproof and maps will not be bagged.

All maps are drawn to ISSprOM 2019-2 v6.

The following special symbols are used:

✕ 531 is used for play equipment

➤ 528 is used for linear play equipment

○ 530 is used for other man-made objects, including those used for control sites (at the final control and elsewhere)



On two maps, 501.1 (step or edge of paved area) is used in conjunction with 522 (canopy) to show a "spiral staircase", where the stairs turn back on themselves by 360 degrees or more. Full information is given in the specific race details.

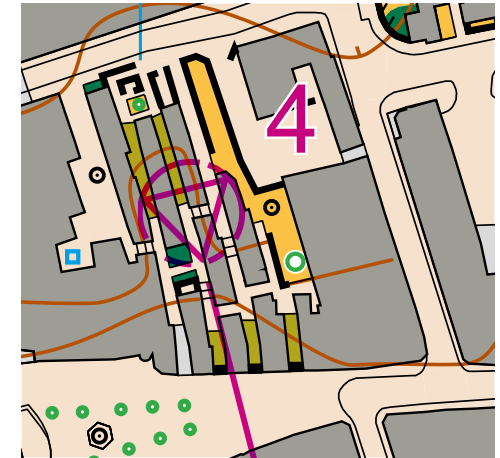
Areas in busy car parks that are like to contain parked cars are shown with the 50% brown version of symbol 501 (paved area). This symbol is also used to show roads which are open to traffic, which in most cases are marked as out of bounds to competitors using 709 (out-of-bounds area) (see section 14.11 for further information).

Map excerpts are not to scale.

The new symbol 715 (continuing point after map exchange) is used to show the continuation of the course after a map flip or a map exchange. The triangle points in the direction of the following control. The control number of the map flip or map exchange is shown on both parts of the map.



Part 1



Part 2

14. GENERAL RACE INFORMATION

14.5. OUT OF BOUNDS AREAS & UNCROSSABLE FEATURES

Out-of-bounds areas and uncrossable boundaries that are difficult to recognize on the map or to distinguish in the terrain may be marshalled and/or marked in the terrain with IOF tape. This may include areas that are marked on the map using symbols such as 520 (area that shall not be entered), 301 (uncrossable body of water) or 411 (uncrossable vegetation), or boundaries that are marked on the map using symbols such as 515 (uncrossable wall) or 518 (uncrossable fence or railing).



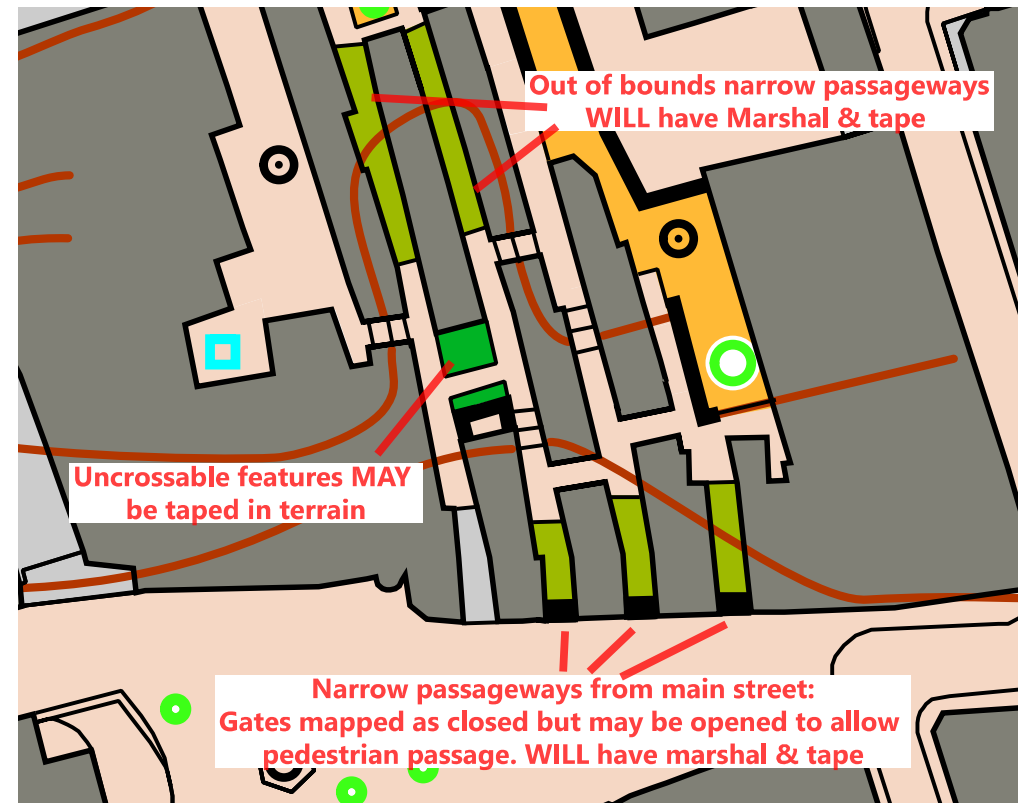
The Central Edinburgh map, used for the Sprint Final and the Knock-out Sprint Finals, has many narrow passageways, some of which have gates and/or are out of bounds to competitors.

Gates that are shown on the map as open will always be open during the race.

Gates that are shown on the map as closed may be temporarily opened to allow pedestrians and vehicles to pass. These gates will be marshalled and are forbidden to pass for competitors.

The absence of IOF tape or of marshals does not mean that these areas can be entered or crossed. Where there are marshals, it is not the responsibility of the marshals to prevent competitors entering out of bounds areas. It is the competitor's responsibility to read the map.

Construction areas, roadworks and outdoor seating areas for restaurants and cafés will be marked on the map with 714 (temporary construction or closed area).



Map excerpts are not to scale.

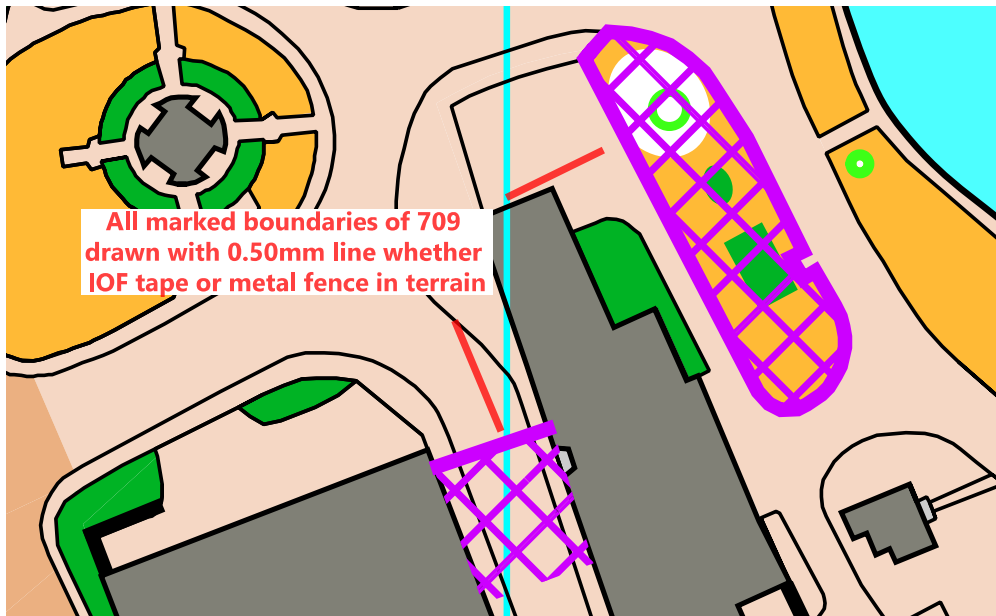
14. GENERAL RACE INFORMATION

14.6. ARTIFICIAL BARRIERS

Artificial barriers may be used in the competition areas.

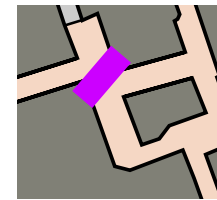
Artificial barriers will be marked in the terrain by a mixture of metal fences and IOF tape. Metal fences will be marked with IOF tape, and may also be dressed in various types of banners and advertisements. Examples of the metal fences and IOF tape will be on display at the model event.

Marshals will be present to allow pedestrians, cyclists and vehicles pass, and there may be gaps in the barriers or tape to facilitate this. These gaps will be small and arranged in a way that will not affect the overall visibility of the barrier to competitors.



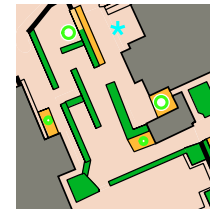
In most cases artificial barriers will be marked on the map by a 0.50mm thick line in upper purple accompanied by 709 (out-of-bounds area).

Alternative means of depicting artificial barriers have been used to improve clarity for competitors in some circumstances.



Where competitors can approach barriers from both sides and there is not enough space to use 709 (out-of-bounds area), a modified 1mm wide, upper purple version of 708 (out-of-bounds boundary) is used to show an artificial barrier, including metal fences and tape).

On one map, metal fences will be disguised as hedges using artificial hedging material. These artificial hedges will be marked on the map using 411 (uncrossable vegetation). There will be an example of an artificial hedge at the model event.



The model event will include an example of an artificial hedge.

Map excerpts are not to scale.

14. GENERAL RACE INFORMATION

14.7. CONTROL DESCRIPTIONS

Control descriptions will be printed in purple on the front of the map for all races.

Loose control descriptions printed in black will be provided in the pre-start for the Sprint Qualification, Sprint Final and Knock-out Sprint Qualification.

Loose control descriptions will not be provided for the Sprint Relay or the Knock-out Sprint Finals.

14.8. CLOTHING

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

14.9. START TIMING

See the specific race details for information on the start timing procedure.

Race	Start signal	Time taken from
Sprint Qualification	start clock long beep	published start time
Sprint Final	start clock long beep	start gate opening
Sprint Relay	'athletics-style' electronic start signal	start signal
Knock-out Sprint Qualification	start clock long beep	published start time
Knock-out Sprint Finals	'athletics-style' electronic start signal	start signal

14.10. LATE STARTS

The procedure for late starts is detailed in IOF Rule 22.9.

Competitors who are late for their start time will be permitted to start. Their new start time will be recorded.

In the Sprint Qualification, Sprint Final and Knock-out Sprint Qualification:

- » if a competitor is at the start line less than half the start interval after their start time, they will start immediately
- » if a competitor is at the start line more than half the start interval after their start time, they will start at the next available half start interval

In the Sprint Relay and the Knock-out Sprint Finals, a late competitor will start as soon as possible.

Competitors who are late for their start time through their own fault will be timed as if they had started at their original start time. Competitors who are late for their start time through the fault of the organiser will be timed from their new start time.

14.11. SAFETY & TRAFFIC

Edinburgh is an extremely busy city and attracts many thousands of visitors.

There will be extensive marshalling to manage pedestrians, with barriers employed to create safe running corridors in the busiest areas. However, it is impossible to completely clear all pedestrians from competition areas, and all competitors will encounter members of the public.

14. GENERAL RACE INFORMATION

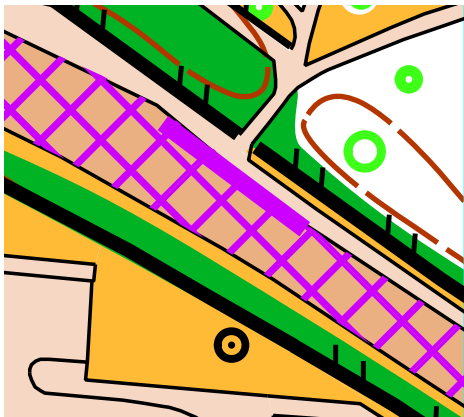
14.11. SAFETY & TRAFFIC (continued)

Paved areas which are expected to have high numbers of pedestrians are mapped with the 50% brown version of symbol 501 (paved area).

It is the competitor's responsibility to avoid collisions with the public and other competitors.

All WOC competition areas are subject to Temporary Traffic Regulation Orders. This means that vehicle movements will be greatly reduced, but not completely eliminated. Some limited local traffic may still occur in the competition area.

Roads entering the competition area will be blocked by red and white traffic barriers and traffic signs and will be staffed by traffic guards. These traffic barriers will not be shown on the map.



Roads which are open to traffic are mapped with the 50% brown version of symbol 501 (paved area). In most cases they are also mapped as out of bounds to competitors using 709 (out-of-bounds area). In some instances a metal barrier will be placed between the road and the pavement to provide a safe running corridor for competitors: this is shown with a 0.50mm purple line.

Map excerpts are not to scale.

14.12. MEDIA IN THE COMPETITION AREA

During the races, competitors may encounter photographers and TV camera crews in the competition area. Competitors may also be followed by a running camera operator during the race, or by drones. Drones will maintain a distance of at least 15 meters from the competitor.

14.13. COACHING ZONES

There are no coaching zones at any of the races.

14.14. FINISH TIMING

The finish time will be taken when the competitor's SIAC crosses the finish line.

In the Sprint Qualification, Sprint Final and Knock-out Sprint Qualification, times will be rounded down to a whole seconds. In races with mass or chasing starts, the results may show tenths of a second in order to correctly represent the order in which competitors crossed the finish line.

In the Sprint Relay and the Knock-out Sprint Finals, a photo-finish camera will be used where necessary to determine the final placings based on the order in which the competitors' chests cross the finish line. The results may show tenths of a second in order to correctly represent the order in which the competitors crossed the finish line.

14.15. ABANDONING A RACE

Any competitor who is forced to abandon a race must report to the finish, hand in their race map and download their SIAC. A retiring competitor must not influence any other competitor.

14. GENERAL RACE INFORMATION

14.15. ABANDONING A RACE (continued)

If the abandonment is caused by a medical emergency or if the competitor is physically unable to reach the finish, they should report to the nearest marshal and await medical assistance.

14.16. AFTER THE FINISH

After crossing the finish line, competitors will download their SIACs as directed by finish officials, hand in their map and return the GPS tracker.

A competitor who has crossed the finish line must not re-enter the competition terrain without the permission of the organiser. At all races except the Knock-out Sprint Finals, competitors will be given a cool-down map which shows where they are permitted to go.

Water will be provided at the finish. First aid will be available.

One accredited team official per team is allowed to remain in a designated zone (the "finish coach zone") inside the finish area. Each team will be issued at accreditation with one card which permits access to the finish coach zone and this card must be shown when entering the zone.

Competitors will pass through the media zone on their way to the team zone.

Competitors selected for anti-doping testing will meet their chaperones in the finish area.

14.17. LEADER'S CHAIR

At the Sprint Final only, the current leader will take their place in the leader's chair on the podium and remain there until a new leader comes to the chair.

14.18. COOL-DOWN & TEAM ZONE

The cool-down map shows where competitors are allowed to go after the finish. The cool-down map also shows the location of bag collection, team zone, and bus transfer back to the Event Centre.

There will be a results display in the team zone and water will be available. Team tents are not allowed in the team zone at any race.

14.19. BAG TRANSFER

For all races, one 'quarantine bag' for each competitor will be transferred from quarantine to the team zone at the race arena.

For some races, the 'quarantine bag' will not arrive at the arena until some time after the competitor has finished. For these races, competitors may also have a 'post-race bag'. There will be a bag drop at the place where the bus to quarantine departs and these bags will be taken directly to the race arena. See the specific race information for details of which races will provide a 'post-race bag'.

Any clothing or equipment left by competitors at the pre-start for any race will be transported back to the team zone at the arena after the last starter.

14. GENERAL RACE INFORMATION

14.20. MEDICAL SERVICES

Professional medical cover will be present at all WOC 2024 races. There will be first-aid support located at the finish area in the race arena for all races. For the Sprint Final, Sprint Relay and Knock-out Sprint Final, there will also be bicycle-based medics who will patrol the competition area.

If medical attention is required and no first-aiders are close-by, please alert a member of the WOC 2024 organising team, who will be able to contact medical support via the event radio network.

14.21. RESULTS DISPLAY & PUBLICATION

For the Sprint Qualification, Sprint Final and Knock-out Sprint Qualification, a 'most recent finisher' scoreboard will be visible after download for immediate provisional results.

For all races, a live provisional results screen will be available in the team zone, and provisional live results will be available during the race at <https://results.woc2024.org/woc/>

14.21. RESULTS DISPLAY & PUBLICATION (continued)

See section 19.14 for specific information about the results display at the Knock-out Sprint Finals.

Final results will be published on IOF Eventor following the determination of any complaints.

Detailed results including splits analysis will also be published at <https://results.woc2024.org/woc/>

14.22. COMPLAINTS

Competitors who wish to raise issues with the organiser over any aspect of the race or results may do so at the "troubleshooting" desk adjacent to download.

Competitors and team officials may also raise issues with the organiser at any time via the WOC Event Office in the arena or team zone (see race details below for location for each race).

The IOF referee system will be used for all races. The referee is Helge Lang Pedersen (DEN) and the assistant referee is David Rosen (GBR).

Competitors and team officials who are dissatisfied with the organiser's decision may lodge a formal complaint with the referee via the WOC Event Office desk in the arena or team zone.

Complaints must be made no later than 10 minutes after the official results have been published, except for the Knock-out Sprint Finals, where complaints must be made not later than 5 minutes after the corresponding heat results are published. Complaints may be made verbally but must be confirmed in writing as soon as possible.

No protest may be made against the referees' decisions.

14.23. NEW RACE MAPS

Race maps will be collected at the finish.

Team managers may collect new race maps from the WOC Event Office in the team zone.

14. GENERAL RACE INFORMATION

14.24. FLOWER CEREMONIES

Flowers will be presented to the top three competitors or teams in each class immediately after the conclusion of the Sprint Final, Sprint Relay and Knock-out Sprint Final. The flower ceremony will form part of the live TV broadcast.

It is the responsibility of the top three competitors or teams in each class to be ready on time for the flower ceremony. They should remain in the finish area until after the flower ceremony and follow the instructions from the organisers.

14.25. MEDAL CEREMONIES

Medal ceremonies for the top six competitors or teams in each class will take place in the finish area 20–30 minutes after the conclusion of the Sprint Final, Sprint Relay and Knock-out Sprint Final.

It is the responsibility of the top six competitors or teams in each class to be ready on time for the medal ceremony. They should line up behind the stage 10 minutes prior to the medal ceremony and follow the instructions from the organisers.

Competitors taking part in the medal ceremony must wear their national team uniform. In accordance with the IOF guidelines, national flags, signs, sunglasses, headbands, bottles, and other such items are not allowed on the stage during the medal ceremony. Headbands worn around the neck are allowed.



Photo credit: Petr Hap

15. SPRINT QUALIFICATION

15.1. TIMETABLE – FRIDAY 12 JULY

07:00	First bus from Event Centre to quarantine
07:15	Last bus from Event Centre to quarantine
08:00	Quarantine deadline
08:00–08:15	Bus departures from Event Centre to race arena for non-competing athletes and team officials
09:01	First start – Men
09:39	Approximate last start – Men
09:46	First start – Women
10:21	Approximate last start – Women
10:15–11:30	Return transport from arena to Event Centre

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

15.2. ARENA

Leith Links

GPS coordinates: 55.970600, -3.166000

Distance from Event Centre: 4km

If the optional transport from the Event Centre is not used, the arena is easily reached by bus or tram. Care should be taken to respect the embargoed areas at all times. The arena should be accessed from the south via Duncan Place.

15.3. ABOUT THE 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.

15.4. TERRAIN DESCRIPTION

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. 5%–10% of courses will be on grass and other natural surfaces. The area is mostly flat with only limited gradients.

15.5. QUARANTINE

Competitors and team officials wishing to go to quarantine must use the free bus transport provided by the organisers.

Buses will depart from outside the main entrance gate of Pollock Halls, at GPS co-ordinates 55.940821, -3.172500.

Buses will leave from 07:00 BST and will depart when full, with the last bus leaving at 07:15 BST.

If buses are delayed in transit, quarantine restrictions will begin on the bus at 08:00 BST.

15. SPRINT QUALIFICATION

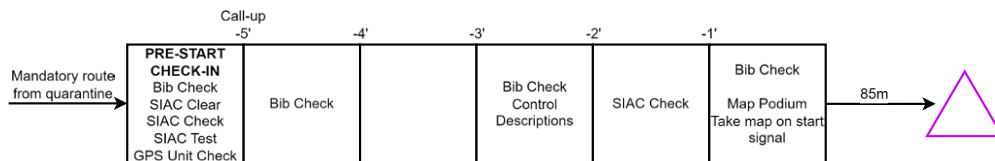
15.5. QUARANTINE (continued)

Team officials may leave quarantine at any time after 08:00 BST, but may not return once they have left. Team officials must walk to the arena via a mandatory walking route. The walking distance to the arena will be announced in quarantine and a map showing the mandatory walking route will be available.

Competitors leaving quarantine must follow a mandatory route to the pre-start. A map will be provided. Competitors will not be permitted to leave quarantine more than a fixed number of minutes before their start time. They may leave at any time after that. It is the competitor's responsibility to be at the pre-start on time.

The fixed number of minutes before start time for permitted departure from quarantine, and the distance from quarantine to the pre-start, will be communicated at the Team Officials' Meeting the evening before the competition.

15.6. PRE-START & START



There is a check-in at the pre-start where the competitor's bib number, GPS, and SIAC will all be checked. There is no exit from the pre-start after check-in.

There will be toilets and a small warm-up area (1,000 m²) available at the waiting zone.

Competitors may leave light clothes for warm-up at the waiting zone. These clothes will be brought to the team zone at the arena after the last start of the race.

At -5 min, competitors will proceed to a start box with a bib number check; at -3 min loose control descriptions will be available. In the last start box, maps will be released by an official at the start signal.

The front of the map will be hidden on the start table, but the course identifier will be visible so that competitors can check that they receive the correct course. It is the competitor's responsibility to ensure that they receive the correct map and control descriptions.

Times will be taken from the published start times. A start beep and a visible start clock will indicate the countdown. The countdown beeps will commence at -5 seconds. The competitor is allowed to start at the final long beep when the start clock shows 00. The competitor will be released by a start official at the long beep. It is the competitor's responsibility to start at the correct time.

The start triangle will be marked with a control flag and will be 85m from the map issue point. Competitors must follow the marked route to the start point.

15. SPRINT QUALIFICATION

15.7. CONTROL DESCRIPTIONS

Control descriptions will be printed on the map and loose control descriptions will be provided in the pre-start.

Dimensions of loose control descriptions:

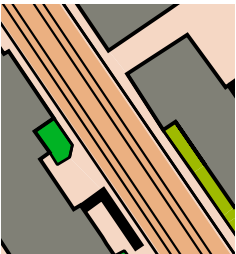
Women	approximately 120–130mm × 50mm
Men	approximately 140–150mm × 50mm

15.8. START INTERVAL

There will be three parallel heats in each class. The start interval is 1 minute, with three competitors in each class starting on each minute.

15.9. RACE MAP

Specification	ISSprOM 2019-2 v6
Scale	1:4,000
Contour interval	2.5m
Dimensions	225mm × 320mm
Survey and cartography	Graham Gristwood (GGMaps) 2024



Tram lines are mapped using 509.2 (tramway) and the roadway is mapped using the 50% brown version of 501 (paved area).



The stairs at the north-east end of Cables Wynd House (also known as the Banana Flats) have been mapped as shown above. The stairs rise one storey and turn through 360 degrees.

Map excerpts are not to scale.

15. SPRINT QUALIFICATION

15.10. SAFETY

The roads on the edge of the competition area are open to traffic and are strictly out of bounds to competitors. Barriers will be employed to create a safe corridor along the pavement in some places.

There will be very limited traffic within the competition area but competitors must be aware that they may encounter moving vehicles.

All competitors will cross a tram line. Tram services have not been suspended and moving trams may be encountered.

Competitors may cross the tram lines at any point. Courses have been designed to allow competitors to cross the tram line diagonally.

There is a river (the Water of Leith) in the competition area.

15.11. COURSE DETAILS

	Length	Climb	Controls	Estimated winning time
Men – 1	3.8km	20m	22	13 minutes
Men – 2	3.8km	20m	23	13 minutes
Men – 3	3.8km	20m	21	13 minutes
Women – 1	3.3km	20m	18	13 minutes
Women – 2	3.3km	20m	17	13 minutes
Women – 3	3.3km	20m	19	13 minutes

Course setter: Frank Townley

15.12. MAXIMUM RUNNING TIME

The maximum running time is 50 minutes.

15.13. QUALIFICATION

The top fifteen competitors in each heat will qualify for the Sprint Final.

15.14. SPECTATING

Non-competing athletes and team officials are welcome to spectate but must stay within the arena and cool-down area (Leith Links) and the team zone.

Free transport to the arena for non-competing athletes and team officials will be available, departing between 08:00 and 08:15 BST from outside the main entrance gate of Pollock Halls, at GPS co-ordinates 55.940821, -3.172500.

15.15. RETURN TO EVENT CENTRE

Free transport from the arena to Pollock Halls for competitors, non-competing athletes and team officials will be available between 10:15 and 11:30 BST.

Please note that the tram service from near the Sprint Qualification arena runs directly to the Sprint Final arena. Those not required to go to Pollock Halls for mandatory transfer to Sprint Final quarantine can choose to take the tram to the Sprint Final arena, but must not enter the embargoed area other than by accessing the Ross Bandstand area from directly above on Princes Street.

16. SPRINT FINAL

16.1. TIMETABLE – FRIDAY 12 JULY

13:00	First bus from Event Centre to quarantine
13:10	Last bus from Event Centre to quarantine
13:30	Quarantine deadline
14:00–14:15	Bus departures from Event Centre to race arena for non-competing athletes and team officials
15:12:30	Approximate first start – Men
16:18:30	Last start – Men
16:38	Flower ceremony – Men
16:29:00	Approximate first start – Women
17:35:00	Last start – Women
17:55	Flower ceremony – Women
18:15	Medal ceremony
17:30–19:00	Return transport from arena to Event Centre

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

16.2. ARENA

Princes Street Gardens

GPS coordinates: 55.950769, -3.2002033

Distance from Event Centre: 3km

If the optional transport from the Event Centre is not used, the arena is easily reached by bus or tram. Care should be taken to respect the embargoed areas at all times. The arena should be accessed from Princes Street above the Ross Bandstand.

16.3. ABOUT THE 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.

16.4. TERRAIN DESCRIPTION

The area features 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. 5%–10% of courses will be on grass and other natural surfaces.

There is significant variation in elevation across the city centre and there are some steep slopes and narrow stairways.

16. SPRINT FINAL

16.5. QUARANTINE

Competitors and team officials wishing to go to quarantine must use the free bus transport provided by the organisers. Competitors will need a 'quarantine bag' and a 'post-race bag' (see section 14.19).

Buses will depart from outside the main entrance gate of Pollock Halls, at GPS co-ordinates 55.940821, -3.172500.

Buses will leave from 13:00 BST and will depart when full, with the last bus departing at 13:10 BST.

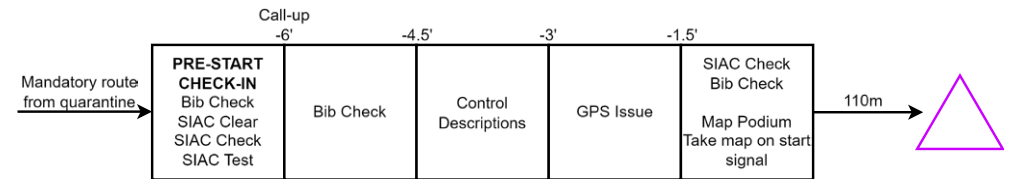
If buses are delayed in transit, quarantine restrictions will begin on the bus at 13:30 BST.

Team officials may leave quarantine at any time after 13:30 BST, but may not return once they have left. Team officials must walk to the arena via a mandatory walking route. The walking distance to the arena will be announced in quarantine and a map showing the mandatory walking route will be available.

Competitors leaving quarantine must follow a mandatory route to the pre-start. A map will be provided. Competitors will not be permitted to leave quarantine more than a fixed number of minutes before their start time. They may leave at any time after that. It is the competitor's responsibility to be at the pre-start on time.

The fixed number of minutes before start time for permitted departure from quarantine, and the distance from quarantine to the pre-start, will be communicated at the Team Officials' Meeting the evening before the competition.

16.6. PRE-START & START



There is a check-in at the pre-start where the competitor's bib number, GPS, and SIAC will all be checked. There is no exit from the pre-start after check-in.

There will be an emergency toilet at the pre-start.

Competitors may leave light clothes at the pre-start. These clothes will be brought to the team zone at the arena after the last start of the race.

At -6 min, competitors will proceed to a start box with a bib number check; at -4.5 min loose control descriptions will be available; and at -3 min the GPS units will be placed in the competitor's harness. At -1.5 min, the competitor will move forward to the start table.

The front of the map will be hidden on the start table, but the course identifier will be visible so that competitors can check that they receive the correct course. For the Men's course, which has a map flip, part 1 will be facing upwards.

It is the competitor's responsibility to ensure that they receive the correct map and control descriptions.

16. SPRINT FINAL

16.6. PRE-START & START (continued)

Start times will be taken using a start gate. A start beep and a visible start clock will indicate the countdown. The countdown beeps will commence at -5 seconds.

A competitor's time starts when they opens the start gate with their legs. If the competitor opens the start gate more than 3 seconds before their start time, the competitor will be disqualified. If the competitor opens the start gate more than 3 seconds after their start time, the competitor's time will be taken from their published start time.

The start triangle will be marked with a control flag and will be 110m from the map issue point. Competitors must follow the marked route to the start point.

16.7. CONTROL DESCRIPTIONS

Control descriptions will be printed on the map and loose control descriptions will be provided in the pre-start.

Dimensions of loose control descriptions:

Women	approximately 140mm × 50mm
Men	approximately 160mm × 50mm

16.8. START INTERVAL

The start interval is 90 seconds.

16.9. RACE MAP

Specification	ISSprOM 2019-2 v6
Scale	1:4,000
Contour interval	2.5m
Dimensions	225mm × 320mm
Survey and cartography	Graham Gristwood (GGMaps) 2024

All competitors will have a map exchange. This will take place immediately after the control indicated on the map.

The map exchange procedure will be:

- » Punch control
- » Discard old map
- » Pick up new map

Competitors on the Men's course will also have two map flips, one on each map.

16. SPRINT FINAL

16.9. RACE MAP (continued)



A spiral staircase within a building has been mapped as shown above. The stairs turn approx. 480 degrees and rise one storey. If approaching from below, the staircase is entered at the south east and rises in a clockwise direction, exiting to the north.



The covered steps up from Victoria Street to Victoria Terrace/Upper Bow are mapped as shown above. The specification does not permit the depiction of the many steep steps under the striped area.

Map excerpts are not to scale.

16. SPRINT FINAL

16.10. SAFETY

The competition area includes some very steep steps and cobbles which may be slippery when wet. There are also many narrow passageways and blind corners.

The centre of Edinburgh is extremely busy. There will be extensive marshalling to manage pedestrians, with barriers employed to create safe running corridors in the busiest areas. It is however impossible to completely clear all pedestrians from the competition area, and all competitors will encounter members of the public.

It is the competitor's responsibility to avoid collisions with the public and other competitors.

Roads which are open to traffic are mapped with the 50% brown version of symbol 501 (paved area). In most cases they are also mapped as out of bounds to competitors using 709 (out-of-bounds area). In some instances a metal barrier will be placed between the road and the pavement to provide a safe running corridor for competitors: this is shown with a 0.50mm purple line.

16.11. COURSE DETAILS

	Length	Climb	Controls	Estimated winning time
Men	4.3km	85m	22	15 minutes
Women	3.8km	70m	18	15 minutes

Course setter: Frank Townley

16.12. MAXIMUM RUNNING TIME

The maximum running time is 50 minutes.

16.13. SPECTATING

Non-competing athletes and team officials are welcome to spectate but must stay within the arena (Princes Street Gardens) and the team zone.

Free transport to the arena for non-competing athletes and team officials will be available, departing between 14:00 and 14:15 BST from outside the main entrance gate of Pollock Halls, at GPS co-ordinates 55.940821, -3.172500.

16.14. RETURN TO EVENT CENTRE

Free transport from the arena to Pollock Halls for competitors, non-competing athletes and team officials will be available between 17:30 and 19:00 BST.

17. SPRINT RELAY

17.1. TIMETABLE – SUNDAY 14 JULY

10:00	First bus from Event Centre to quarantine
10:15	Last bus from Event Centre to quarantine
11:00	Quarantine deadline
11:00–11:15	Bus departures from Event Centre to race arena for non-competing athletes and team officials
12:45	Mass start
13:52	Flower ceremony
14:30	Medal ceremony
14:30–15:30	Return transport from arena to Event Centre

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

17.2. ARENA

Oriam, Riccarton Campus, Heriot-Watt University

GPS coordinates: 55.909407, -3.3159257

Distance from Event Centre: 11km

If the optional transport from the Event Centre is not used, there is bus travel to and parking at Hermiston Park and Ride (GPS coordinates 55.917539, -3.313528), from where you can follow signs to the race arena. The regular bus service to the Heriot-Watt campus will be terminating at Hermiston Park and Ride during the competition. Care should be taken to respect the embargoed areas at all times and only the marked route from the Park and Ride may be used.

There is a limit on spectator capacity within the area for views of the changeover. Non-competing athletes and team officials must show their WOC 2024 ID card to access to the arena, and there is a reserved

spectator area for them. The entrance to the reserved spectator area for national teams is opposite the team zone.

Others will have purchased arena tickets for views of the changeover, and those ticket holders have a separate reserved area with a separate entrance where tickets will be checked.

There is also a ‘fan zone’ with a big screen as well as good views for spectating competitors during their course. This fan zone will have stalls with event merchandise and maps, event sponsors, and food vendors.

17.3. ABOUT THE VENUE

Heriot-Watt University 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.

17.4. TERRAIN DESCRIPTION

The area features 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. 15%–25% of courses will be on grass and other natural surfaces.

The competition area is predominantly flat with some gentle gradients.

17. SPRINT RELAY

17.5. QUARANTINE

Competitors and team officials wishing to go to quarantine must use the free bus transport provided by the organisers.

Buses will depart from outside the main entrance gate of Pollock Halls, at GPS co-ordinates 55.940821, -3.172500.

Buses will leave from 10:00 BST and will depart when full, with the last bus departing at 10:15 BST.

If buses are delayed in transit, quarantine restrictions will begin on the bus at 11:00 BST.

Quarantine is adjacent to the arena. Quarantine will be in an indoor facility with toilets and a warm-up area outside on a paved area. There is limited space for warming up and no warm-up map is available.

Competitors may leave bags at the bag drop in quarantine. Organisers will transport these bags to the team zone at the arena.

Team officials may leave quarantine at any time after 11:00 BST, but may not return once they have left. Team officials must walk to the arena via a mandatory walking route.

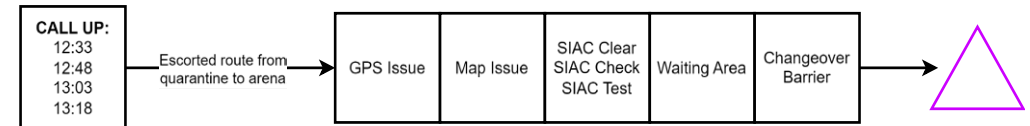
17.6. PRE-START & START

Call-up is in quarantine. All competitors on each leg are called up at the same time, approximately 12 minutes before the mass start or the changeover of the leading teams (as applicable).

The call-up times (in BST) are:

Leg 1	12:33
Leg 2	12:48
Leg 3	13:03
Leg 4	13:18

Competitors who are not ready at the call-up time may lose their right to start.



After a bib check, the competitors will be escorted to the arena in team number order. At the arena, GPS units will be placed in the harnesses of all competitors. Competitors will then be issued with their map.

The map will be rolled with the first part of the course on the inside, and labelled with team and leg number. It is the competitor's responsibility to make sure they have the map with the correct team and leg number. Teams running with the wrong map will be disqualified at the next changeover.

It is forbidden to unroll the map or peek inside the roll before the start signal or changeover. Competitors who open their maps before the start will be disqualified.

17. SPRINT RELAY

17.6. PRE-START & START (continued)

After map issue, competitors will move into the final waiting area. There is a small space here to continue to warm up.

An emergency toilet will be available upon request to an official (without the map!).

17.7. LEG 1 START

At -3 minutes, the leg 1 competitors will be called to the start line where they will line up for the start. Their exact start position will be marked with a number on the ground.

Following a verbal countdown, an 'athletics-start' electronic start signal will be triggered by the start official. Competitors who start before the start signal will be disqualified.

The start triangle will be marked with a control flag and will be 190m from the start line. Competitors must follow the marked route to the start point.

17.8. CHANGEOVER

Leg 2, leg 3 and leg 4 competitors will be released into the changeover pen once the leading competitors on the previous lap are approximately 1 minute from the finish. Once they can see their teammate, they will be allowed to proceed to the changeover barrier.

There will only be about 10 seconds from when the incoming teammate can be seen until the changeover. It is the competitor's responsibility to be ready for the changeover.

The changeover procedure will be:

- » The outgoing competitor enters the changeover area when it is possible to see their incoming teammate
- » The incoming competitor will cross the finish line and continue to the changeover zone
- » The incoming competitor makes a physical contact with their outgoing teammate over the changeover barrier
- » The outgoing competitor starts their race.

The incoming and outgoing competitors must make physical contact over the changeover barrier before the outgoing competitor begins their leg or unrolls their map.

17.9. MASS START FOR SLOWER TEAMS

There will be a mass start shortly after the leading leg 4 competitors finish for all remaining competitors who have not yet started.

17.10. CONTROL DESCRIPTIONS

Control descriptions will be printed on the map. There will be no loose control descriptions.

17. SPRINT RELAY

17.11. RACE MAP

Specification	ISSprOM 2019-2 v6
Scale	1:4,000
Contour interval	2.5m
Dimensions	225mm × 320mm
Survey and cartography	Dave Peel (Peel Land Surveys) 2023 with additional survey and cartography by Alasdair Pedley 2024

For clarity, metal fences in the arena will be mapped using 515 (uncrossable wall).

All courses will have a map flip.

17.12. SAFETY

The competition area features lakes, woodland and ruined fences. Some areas may be rough underfoot and slippery, especially if wet. Shoes with grip are recommended.

There will be very limited traffic within the competition area but competitors must be aware that they may encounter moving vehicles.

17.13. COURSE DETAILS

	Length	Climb	Controls
Women (legs 1 & 4)	3.8km	30m	20–21
Men (legs 2 & 3)	4.3km	35m	22–23

The estimated total winning time is 59 minutes.

Course setter: Graeme Ackland
Assistant course setter: Helen Bridle

17.14. MAXIMUM RUNNING TIME

The maximum running time for a team is 120 minutes total.

17.15. SPECTATING

Non-competing athletes and team officials are welcome to spectate but must stay within the arena, the team zone or the fan zone.

Free transport to the arena for non-competing athletes and team officials will be available, departing between 11:00 and 11:15 BST from outside the main entrance gate of Pollock Halls, at GPS co-ordinates 55.940821, -3.172500.

17.16. RETURN TO EVENT CENTRE

Free transport from the arena to Pollock Halls for competitors, non-competing athletes and team officials will be available between 14:30 and 15:30 BST.

18. KNOCK-OUT SPRINT QUALIFICATION

18.1. TIMETABLE – TUESDAY 16 JULY

07:00	First bus from Event Centre to quarantine
07:15	Last bus from Event Centre to quarantine
08:00	Quarantine deadline
08:00–08:15	Bus departures from Event Centre to race arena for non-competing athletes and team officials
09:01	First start – Women
09:35	Approximate last start – Women
09:41	First start – Men
10:05	Quarter-final heat selection – Women
10:19	Approximate last start – Men
10:45	Quarter-final heat selection – Men
10:30–11:30	Return transport from arena to Event Centre

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

18.2. ARENA

Canal View Primary School
 GPS coordinates: 55.915742, -3.2817403
 Distance from Event Centre: 9km

If the optional transport from the Event Centre is not used, the arena is easily reached by bus or train. Care should be taken to respect the embargoed areas at all times. The arena should be accessed from Westside Plaza and Murrayburn Gate, entering from the west via GPS co-ordinates 55.915638, -3.283193.

18.3. ABOUT THE 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; 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.

18.4. TERRAIN DESCRIPTION

The terrain is a mixed residential area. Running surfaces are a mix of paved roads, paths and communal grass areas between housing. 2%–5% of courses will be on grass and other natural surfaces.

The competition area is mostly flat with only limited gradients.

18.5. QUARANTINE

Competitors and team officials wishing to go to quarantine must use the free bus transport provided by the organisers.

Buses will depart from outside the main entrance gate of Pollock Halls, at GPS co-ordinates 55.940821, -3.172500.

Buses will leave from 07:00 BST and will depart when full, with the last bus departing at 07:15 BST.

If buses are delayed in transit, quarantine restrictions will begin on the bus at 08:00 BST.

18. KNOCK-OUT SPRINT QUALIFICATION

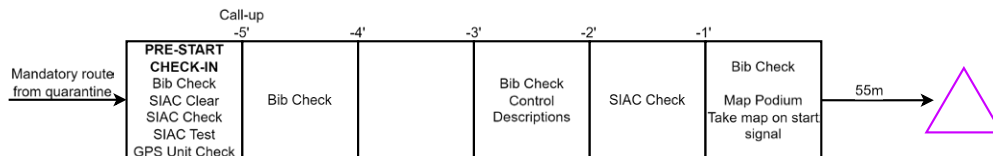
18.5. QUARANTINE (continued)

Team officials may leave quarantine at any time after 08:00 BST, but may not return once they have left. Team officials must walk to the arena via a mandatory walking route. The walking distance to the arena will be announced in quarantine and a map showing the mandatory walking route will be available.

Competitors leaving quarantine must follow a mandatory route to the pre-start. A map will be provided. Competitors will not be permitted to leave quarantine more than a fixed number of minutes before their start time. They may leave at any time after that. It is the competitor's responsibility to be at the pre-start on time.

The fixed number of minutes before start time for permitted departure from quarantine, and the distance from quarantine to the pre-start, will be communicated at the Team Officials' Meeting the evening before the competition.

18.6. PRE-START & START



There is a check-in at the pre-start where the competitor's bib number, GPS, and SIAC will all be checked. There is no exit from the pre-start after check-in.

There will be toilets and a small warm-up area (1,000 m²) available at the waiting zone.

Competitors may leave light clothes for warm-up at the waiting zone. These clothes will be brought to the team zone at the arena after the last start of the race.

At -5 min, competitors will proceed to a start box with a bib number check; at -3 min loose control descriptions will be available. In the last start box, maps will be released by an official at the start signal.

The front of the map will be hidden on the start table, but the course identifier will be visible so that competitors can check that they receive the correct course. It is the competitor's responsibility to ensure that they receive the correct map and control descriptions.

Times will be taken from the published start times. A start beep and a visible start clock will indicate the countdown. The countdown beeps will commence at -5 seconds. The competitor is allowed to start at the final long beep when the start clock shows 00. The competitor will be released by a start official at the long beep. It is the competitor's responsibility to start at the correct time.

The start triangle will be marked with a control flag and will be 55m from the map issue point. Competitors must follow the marked route to the start point.

18. KNOCK-OUT SPRINT QUALIFICATION

18.7. CONTROL DESCRIPTIONS

Control descriptions will be printed on the map and loose control descriptions will be provided in the pre-start.

Dimensions of loose control descriptions:

Women	approximately 100mm × 50mm
Men	approximately 110mm × 50mm

18.8. START INTERVAL

There will be three parallel heats in each class. The start interval is 1 minute, with three competitors in each class starting on each minute.

18.9. RACE MAP

Specification	ISSprOM 2019-2 v6
Scale	1:4,000
Contour interval	2.5m
Dimensions	225mm × 320mm
Survey and cartography	Dave Peel (Peel Land Surveys) 2023 with additional survey and cartography by Alasdair Pedley 2024

18.10. SAFETY

There will be very limited traffic within the competition area but competitors must be aware that they may encounter moving vehicles.

Roads which are open to traffic are mapped with the 50% brown version of symbol 501 (paved area) and are also mapped as out of bounds to competitors using 709 (out-of-bounds area).

There is a canal in the competition area.

18.11. COURSE DETAILS

	Length	Climb	Controls	Estimated winning time
Women – 1	2.4km	30m	12	9 minutes
Women – 2	2.4km	30m	12	9 minutes
Women – 3	2.4km	30m	12	9 minutes
Men – 1	2.8km	35m	14	9 minutes
Men – 2	2.8km	35m	14	9 minutes
Men – 3	2.8km	35m	14	9 minutes

Course setter: Joe Hudd

18.12. MAXIMUM RUNNING TIME

The maximum running time is 30 minutes.

18. KNOCK-OUT SPRINT QUALIFICATION

18.13. QUALIFICATION & QUARTER-FINAL HEAT SELECTION

The top twelve competitors in each heat will qualify for the Knock-out Sprint Finals.

Heat selection for the Knock-out Sprint Quarter-finals will take place at the team zone at Canal View Primary School at 10:05 BST for Women and 10:45 BST for Men.

Qualified competitors will be ranked in the following order:

1st position:	1st in Heat 3
2nd position:	1st in Heat 2
3rd position:	1st in Heat 1
4th position:	2nd in Heat 3
5th position:	2nd in Heat 2
6th position:	2nd in Heat 1
...	
...	
34th position:	12th in Heat 3
35th position:	12th in Heat 2
36th position:	12th in Heat 1

Qualified competitors will choose their Quarter-finals heat according to these rankings, in the order 6th to 1st, followed by 7th to 36th.

In the event of a tie for any qualification place, tied competitors will be ranked in the order of their Sprint World Ranking as at 12:00 BST (midday) on 11 July 2024. Competitors who are also tied on Sprint World Ranking will be separated by a random draw.

18.14. SPECTATING

Non-competing athletes and team officials are welcome to spectate but must stay within the arena and cool-down area (Canal View Primary School).

Free transport to the arena for non-competing athletes and team officials will be available, departing between 08:00 and 08:15 BST from outside the main entrance gate of Pollock Halls, at GPS co-ordinates 55.940821, -3.172500.

18.15. RETURN TO EVENT CENTRE

Free transport from the arena to Pollock Halls for competitors, non-competing athletes and team officials will be available between 10:30 and 11:30 BST.

19. KNOCK-OUT SPRINT FINALS

19.1. TIMETABLE – TUESDAY 16 JULY

13:30	First bus from Event Centre to quarantine
13:35	Last bus from Event Centre to quarantine
13:45	Quarantine deadline
14:25	First Quarter-final start – Women
15:01	First Quarter-final start – Men
16:12	First Semi-final start – Women
16:53	First Semi-final start – Men
17:31:30	Final start – Women
17:46	Flower ceremony – Women
17:52:00	Final start – Men
18:05	Flower ceremony – Men
18:20	Medal ceremony
18:30	Closing ceremony
18:00-20:00	Return transport from arena to Event Centre

		First start	Start interval
Quarter-finals	Women	14:25	6 minutes
	Men	15:01	6 minutes
Semi-finals	Women	16:12	12 minutes
	Men	16:53	11 minutes
Final	Women	17:31:30	
	Men	17:52:00	

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

19.2. ARENA

St John Street

GPS coordinates: 55.950300, -3.180800

Distance from Event Centre: 1.5km

If the optional transport from the Event Centre is not used, the arena is best reached on foot. Care should be taken to respect the embargoed areas at all times. The arena should be approached from the south, at Holyrood Road. More information on the walking route to the arena will be published along with the revised embargo information after the Sprint Final on 12 July.

19.3. ABOUT THE 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.

19. KNOCK-OUT SPRINT FINALS

19.4. TERRAIN DESCRIPTION

The area features 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. 2%–5% of courses will be on grass and other natural surfaces in the Quarter-finals, 0%–1% in the Semi-finals and 0%–1% in the Finals.

There is significant variation in elevation across the city centre and there are some steep slopes and narrow stairways.

19.5. QUARANTINE

Competitors and team officials wishing to go to quarantine must use the free bus transport provided by the organisers. Competitors will need a 'quarantine bag' and a 'post-race bag' (see section 14.19).

The buses will depart from outside the main entrance gate of Pollock Halls, at GPS co-ordinates 55.940821, -3.172500.

Buses leave from 13:30 BST and will depart when full, with the last bus departing at 13:35 BST.

If buses are delayed in transit, quarantine restrictions will begin on the bus at 13:45 BST.

Team officials may leave quarantine at any time after 13:45 BST, but may not return once they have left. Team officials must walk to the arena via a mandatory walking route. The walking distance to the arena will be announced in quarantine and a map showing the mandatory walking route will be available.

Competitors will be in quarantine from their arrival at the quarantine for the Quarter-final until they are knocked out of the competition or after the Final. This means that they remain in quarantine after finishing a race and while waiting for the subsequent round.

There are two parts to the quarantine: the Start Quarantine (SQ) and the After-Finish Quarantine (AFQ). If a competitor has not qualified for the next round, they will leave the competition by exiting from AFQ to the team zone. Once a competitor has left AFQ they will not be allowed to re-enter the quarantine or the competition.

There are warm up and cool down areas in SQ and AFQ. These are small paved areas.

Call-up for each Quarter-final, Semi-final and Final will be in SQ, 8 minutes before the start of the race.

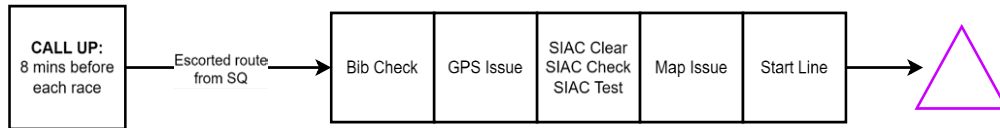
All competitors for a heat are called up at the same time. Competitors not ready at the time of call-up may lose their right to start. Competitors will be escorted from SQ to the start.

After the finish of each race, competitors will be escorted from the finish to AFQ, and competitors who have qualified for the next round will then be escorted from AFQ to SQ.

19. KNOCK-OUT SPRINT FINALS

19.6. PRE-START & START

After call-up, competitors will be escorted through a bib check, GPS issue, SIAC clear/check/test, and map issue.



Competitors will be issued with their map before the start. Maps will be rolled, with the first part of the course on the inside.

It is forbidden to unroll the map or peek inside the roll before the start signal. Competitors who open their maps before the start will be disqualified.

After map issue, competitors will move to the start line.

Following a verbal countdown, an 'athletics-start' electronic start signal will be triggered by the start official. Competitors who start before the start signal will be disqualified.

The start triangle will be marked with a control flag and will be 20m (in the Quarter-finals) or 170m (in the Semi-finals and Finals) from the map issue point. Competitors must follow the marked route to the start point.

19.7. CONTROL DESCRIPTIONS

Control descriptions will be printed on the map. There will be no loose control descriptions.

19.8. RACE MAP

Specification	ISSprOM 2019-2 v6
Scale	1:4,000
Contour interval	2.5m
Dimensions	225mm × 320mm
Survey and cartography	Graham Gristwood (GGMaps) 2024

All courses will have a map flip.

19.9. FORKING METHODS

The races may use any or all of the following forking methods:

- » no forking
- » forking with loops
- » "course choice", where each competitor has 20 seconds, before the start, to choose one of three maps, each with a different course

Whether or not each round will use one of these forking methods will not be announced.

19.10. SAFETY

The competition area includes some very steep steps and cobbles which may be slippery when wet. There are also many narrow passageways and blind corners.

The centre of Edinburgh is extremely busy. There will be extensive marshalling to manage pedestrians, with barriers employed to create safe running corridors in the busiest areas. It is however impossible to completely clear all pedestrians from the competition area, and all competitors will encounter members of the public.

19. KNOCK-OUT SPRINT FINALS

19.10. SAFETY (continued)

It is the competitor's responsibility to avoid collisions with the public and other competitors.

Roads which are open to traffic are mapped with the 50% brown version of symbol 501 (paved area). In most cases they are also mapped as out of bounds to competitors using 709 (out-of-bounds area). In some instances a metal barrier will be placed between the road and the pavement to provide a safe running corridor for competitors: this is shown with a 0.50mm purple line.

19.11. COURSE DETAILS

	Length	Climb	Controls	Estimated winning time	
				Men	Women
Quarter-finals	1.9km	40m	10	7 minutes	8 minutes
Semi-finals	2.0km	35m	8	7 minutes	8 minutes
Finals	2.1km	35m	9	7 minutes	8 minutes

Course setter: Jon Cross

19.12. MAXIMUM RUNNING TIME

The maximum running time is 15 minutes in each round.

19.13. FINISH

Following download, competitors will immediately be escorted via the mixed zone to AFQ. Between the finish and AFQ, competitors will be able to view the provisional results for their heat. Any complaint must be made to the representative of the organising team at the results display as soon as possible, and no later than 5 minutes after the provisional results for that heat are made available to the competitors.

If no complaints are received within 5 minutes of the provisional results being made available, the results will be considered final.

A live results screen will be available in AFQ.

Competitors in AFQ who wish to make a complaint to the referee can do so via the representative of the organising team, who will be stationed by the results display.

19.14. SPECTATING

Non-competing athletes and team officials are welcome to spectate but must stay within the arena and the team zone.

There will be no bus transport to the arena for non-competing athletes and team officials.

19.15. RETURN TO EVENT CENTRE

Free transport from the arena to Pollock Halls for competitors, non-competing athletes and team officials will be available between 18:00 and 20:00 BST.

20. WOC TOUR 2024

20.1. PROGRAMME

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

20.3. DETAILS

See the [WOC Tour 2024](#) website for full details of WOC Tour races.

20.2. WOC ATHLETE PARTICIPATION

Accredited WOC athletes and team officials may enter on the day for the WOC Tour spectator races on Fri 12 July, Sun 14 July, Mon 15 July, and Tue 16 July, which use maps drawn to ISSPrOM 2019-2 v6. On each day there will be a 'National Teams Men' and 'National Teams Women' category, which will use Course 4 of the WOC Tour.

All accredited WOC athletes and team officials must comply with the WOC embargoes (see section 10.2).

On each of these days (12/14/15/16 July), there will be at least 35 vacant start positions reserved for accredited WOC athletes and team officials. To participate, go to the WOC Tour event office at the arena and register for a start time. Entry for accredited WOC athletes and team officials is at a special discounted price of £10. Payment with credit cards is possible.



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NOTES

NOTES

WOC 2024



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

 Sprint World Orienteering
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