



**ORIENTEERING WORLD CUP
FINALS 25.-29. 9.2024
KUOPIO/FINLAND**



ROUTE-MAP-TO-WOC2025

2024

2025

Welcome to Kuopio – the capital of good living!

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

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

Looking forward to seeing you in September 2024!"

Soile Lahti
Mayor of Kuopio



KUOPIO



oomi



GRANO



Hertz

SAVON
SANOMAT



SUUNNISTAJAN
KALUPPA



Welcome

ROUTE-MAP-TO-WOC2025, KUOPIO is reaching its exciting last stages while all the best athletes meet at Northern Savonia terrain and will decide the overall World Cup winners for the long orienteering season 2024. This late season event will set the pace for preparations towards the WOC2025 and winners will have to bear the biggest pressure over the soon starting long training season all the way until our reunion Mid July next year at Kuopio-Tahko.

You are most welcome to Finland, Northern Savonia and Kuopio-Tahko – let the best orienteers take home the overall victories of the season!

Jari Kymäläinen

Event Director

Orienteering World Cup, Final Round 2024



KUOPIO



oomi



GRANO



Hertz

SAVON SANOMAT



SULNNISTAJAN KILPPA



OFFICIAL PARTNERS

VENUE PARTNER

KUOPIO

GOLD PARTNERS



oomi

SILVER PARTNER



BRONZE PARTNERS

Hertz

GRANO

**SAVON
SANOMAT**



**SUUNNISTAJAN
KAUPPA**

SUPPORTING PARTNERS



BREAK BY
SONGS HOTELS



CENTRAL BOOKING OFFICE

KYLPIYLÄ
RAUHALAHTI HOTELLI

MATKAILUKESKUS
RAUHALAHTI

HOTEL SAVONIA

WELCOME

1. ORGANISATION AND CONTACTS

2. EVENT PROGRAMME

**3. VENUE, ACCESS AND
TRANSPORTATION**

4. EVENT OFFICE

5. ACCREDITATION AND ENTRIES

**6. ACCOMMODATION, CATERING AND
BANQUET**

7. EMBARGOED AREAS

8. TRAINING

**9. OVERALL INFORMATION OF THE
COMPETITIONS**

10. THURSDAY 26TH LONG DISTANCE

11. SATURDAY 28TH MIDDLE DISTANCE

12. SUNDAY 29TH RELAY

13. ARENA

14. GENERAL INFORMATION

15. MEDIA SERVICES

16. PRIZE MONEY

17. SPECTATOR RACES

18. BULLETIN VERSIONS



KUOPIO



oomi



GRANO



Hertz

SAVON
SANOMAT



SULNNISTAJAN
KLUUPPI



1. ORGANISATION AND CONTACTS

Event Director	Jari Kymäläinen	jari.kymalainen@woc2025.fi
Secretary General	Sakari Hyvönen	sakari.hyvonen@woc2025.fi
Event Office	Sanna Multala	eventoffice@woc2025.fi
Arena	Aarne Keurulainen	arena@woc2025.fi
Competition	Ari Taskinen	competition@woc2025.fi
Economy and marketing	Timo Suhonen	marketing@woc2025.fi
EHS	Heikki Kääriäinen	ehs@woc2025.fi
Media	Tiina Tervaniemi	media@woc2025.fi
Technology	Arja Liemula	technology@woc2025.fi
Spectator races	Ari Kauhanen	woc2025@woc2025.fi

Event office

Break Sokos Hotel Tahko

73310 Tahkovauri

[Google Maps](#)

eventoffice@woc2025.fi

General information

Secretary General

Sakari Hyvönen

+358 452314747

info@woc2025.fi

www.woc2025.fi

Instagram, Facebook

@woc2025

WOC Senior Event Adviser	Ivar Maalen (NOR)
National controller	Jaakko Lajunen (FIN)
Assistant controller	Simo Martomaa (FIN)
Assistant controller	Pekka Hiltunen (FIN)

2. EVENT PROGRAMME

Wednesday	25th September	Where
08.00–19.30	Event office open	Break Sokos Hotel Tahko
10.00–12.00	Technical model event	Tahko, Google Maps
by 12.00	Name entries (long)	IOF Eventor
12.00–15.00	Model event	Parking, Google Maps
by 15.00	Deadline TOM Q&A	IOF Eventor
18.00–19.00	Team officials' meeting (long)	Break Sokos Hotel Tahko (hybrid)
18.00–19.00	Quarantine 1 open (team's own material)	Nilsinä Sports Hall

Thursday	26th September	Where
07.00–10.00	Event office open	Break Sokos Hotel Tahko
08.00	Quarantine 1 open	Nilsinä Sports Hall
08.35	First bus to pre-start	Nilsinä Sports Hall
09.25	Quarantine 1 entry closing	Nilsinä Sports Hall
09.29.30	First start men	
09.56	First start women	
11.00–17.00	Event office open	Arena Lastulahti
13.46	Last bus to pre-start	Nilsinä Sports Hall
After competition	W & M Flower ceremony (long)	Arena Lastulahti
16.35	W & M Prize giving ceremony (long)	Arena Lastulahti

Friday	27th September	Where
8.00–12.30	Event office open	Break Sokos Hotel Tahko
10.00–14.00	Model event training	Parking, Google Maps
by 12.00	Name entries (middle)	IOF Eventor
15.00–19.30	Event office open	Break Sokos Hotel Tahko
by 15.00	Deadline TOM Q&A (middle/relay)	IOF Eventor
18.00–19.00	Team officials' meeting (middle/relay)	Break Sokos Hotel Tahko (hybrid)

Friday	27th September	Where
8.00–12.30	Event office open	Break Sokos Hotel Tahko
10.00–14.00	Model event training	Parking, Google Maps
by 12.00	Name entries (middle)	IOF Eventor
15.00–19.30	Event office open	Break Sokos Hotel Tahko
by 15.00	Deadline TOM Q&A (middle/relay)	IOF Eventor
18.00–19.00	Team officials' meeting (middle/relay)	Break Sokos Hotel Tahko (hybrid)

Saturday	28th September	Where
07.00–09.30	Event office open	Break Sokos Hotel Tahko
08.00	Quarantine 1 open	Nilsiä Sports Hall
08.31	First bus to pre-start	Nilsiä Sports Hall
09.30	Quarantine 1 entry closing	Nilsiä Sports Hall
09.40	First start women	
10.30–17.30	Event office open	Arena Lastulahti
10.25	First start men	
13.58	Last bus to pre-start	Nilsiä Sports Hall
After competition	W & M Flower ceremony (middle)	Arena Lastulahti
16.05	W & M Prize giving ceremony (middle)	Arena Lastulahti
18.00	Relay team entries and changes	IOF Eventor , Event Office

Sunday	29th September	Where
08.00–10.00	Event office open	Break Sokos Hotel Tahko
09.30	Quarantine 1 open	Nilsinä Sports Hall
10.45–17.00	Event office open	Arena Lastulahti
10.00	First bus to pre-start	Nilsinä Sports Hall
10.59	Men start	Arena Lastulahti
11.00	Quarantine 1 entry closing	Nilsinä Sports Hall
After competition	Flower ceremony men	Arena Lastulahti
13.02	Women start	Arena Lastulahti
13.07	Last bus to pre-start	Nilsinä Sports Hall

Sunday	29th September	Where
After competition	Flower ceremony women	Arena Lastulahti
15.10	Prize giving ceremony (relay)	Arena Lastulahti
15.15	Prize Giving ceremony WC2024 overall	Arena Lastulahti
15.20	Tribute to Best Team 2024	Arena Lastulahti
18.00	World Cup 2024 final dinner and party	Break Sokos Hotel Tahko
Monday		
09.00–10.00	Lost&found etc	Break Sokos Hotel Tahko

3. VENUE, ACCESS AND TRANSPORTATION

General information [Google Maps](#).

The event will take place in Lastukoski, which is located 22 kilometres from holiday resort Tahko and 60 kilometres from Kuopio. It is the major city of eastern part of Finland.

Competition centre

Arena Lastulahti

Address

Lastulahdentie 188, 73320 Kuopio

[63°11'07.6"N 28°15'06.3"E](#)

Event Office

[Break Sokos Hotel Tahko](#).

Meeting room Tahko/Vuori

Address

Sääskiniementie 560, 73310 Tahkovuori

[63°17'29.9"N 28°02'17.8"E](#)

Technical model event

Tahko

Address

Tahkolaaksontie 61, 73310 Kuopio

[63°17'09.3"N 28°02'02.2"E](#)

Model Event

Address for parking

Aniaisentie 382, 73320 Kuopio.

[63°10'20.9"N 28°13'45.5"E](#)



KUOPIO



oomi



GRANO



Hertz

SAVON
SANOMAT



SUUNNISTAJAN
KALUPPA



Transportation

To get to the Kuopio–Tahko area, you have the option of travelling by plane, train or bus, depending on your starting location. From the Helsinki or Kuopio teams are encouraged to use their own transport throughout the whole event. We recommend transport by rented car or minibus.

Welcome to the journey with Hertz.

As a partner of The Finnish Orienteering Federation, we offer a discount of up to 10% on short term car hire in Finland.

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

[2025 World Orienteering Championships | Hertz Car Hire](#)

Hertz®



KUOPIO



oomi



GRANO



Hertz

SAVON
SANOMAT



SUUNNISTAJAN
KLUUPPI



4. EVENT OFFICE

Meeting room Tahko/Vuori

[Break Sokos Hotel Tahko.](#)

Address

Sääskiniementie 560, 73310 Tahkovouri

[63°17'29.9"N 28°02'17.8"E](#)

- Accreditation of Athletes and Team Officials
- Book meeting rooms with email
reception.tahkovouri@sokoshotels.fi
- Bulletin 4, 5 printed versions / team
- Additional Bulletins available if needed
- ID card
- emiTags
- Model event maps
- Team parking permission
- Training maps
- Two training maps for free (Kortejoki and Hussonmäki)

Friendly reminder to athletes and team officials: there will be Octoberfest with loud live music at the Piazza in front of the Break Sokos Hotel during competition days 27th to 28th September from 18.00 to late night.



KUOPIO



oomi



GRANO



Hertz

SAVON
SANOMAT



SUUNNISTAJAN
KLUUPPI



Event office open hours

Wednesday 25th	08.00–19.30	Break Sokos Hotel Tahko
Thursday 26th	07.00–10.00	Break Sokos Hotel Tahko
	11.00–17.00	Arena Lastulahti
Friday 27th	08.00–12.30	Break Sokos Hotel Tahko
	15.00–19.30	Break Sokos Hotel Tahko
Saturday 28th	07.00–09.30	Break Sokos Hotel Tahko
	10.30–17.30	Arena Lastulahti
Sunday 29th	08.00–10.00	Break Sokos Hotel Tahko
	10.45–17.00	Arena Lastulahti

5. ACCREDITATION AND ENTRIES

Accreditation

Accreditation takes place at the Event Office. A personal ID card will be handed out. All accredited persons must wear it at all relevant times and present it for access to authorised zones. An athlete with no accreditation will not be allowed to start a race. 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. At accreditation, every team receives a package with the ID card, emiTags, a printed version of Bulletin 4, model event maps, two training maps (Kortejoki and Hussonmäki) and a small present. The emiTags are personally assigned and shall be used in all competitions. It must not be used by other athletes. Parking permits for team cars are also handed out at accreditation. Accreditation for the event is only possible if all payments have been fully settled. Teams need to provide an email address and a telephone number so that the organisers can quickly contact the team officials if necessary.



KUOPIO



oomi



GRANO



Hertz

SAVON
SANOMAT



SUUNNISTAJAN
KLUUPPI



Entries

All entries are only to be made in IOF Eventor. The entry form has been available from 1st June 2024 on <https://eventor.orienteering.org/Events/Show/7766>.

Important deadlines

- Team Size Entry (- 2 months) deadline was 26th July 2024
- Team Names Entry (- 10 days) deadline 16th September 2024
- Late Entries and changes deadline the day before each race
- Names of the competitors and their starting group, shall be entered in IOF Eventor before 12.00 on the day before for the long distance

Team names entry (- 10 days, deadline 16th September 2024)

The following information shall be filled in:

- Names of each Team athlete and official by selecting from federation members in IOF Eventor

Late entries, changes of team size or team names

	Start of Entry 1st June 2024 at 00.01	Team Size Deadline 26th July 2024 at 23.59	Team Names Deadline. Entries Payment Deadline. 16th September 2024 at 23:59	Late entries and changes deadline
Team size entry	Team size	+20% (80% refund)	+50% (50% refund)	
Team names		Team names	+ 10 €	
Payment schedule				Pay/refund changes
Long entry				25th September
Middle entry				27th September
Relay entry				28th September

Late entries

After the team size deadline additional entries may be made with a surcharge of 20% and withdrawals receive an 80% refund.

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

Late Entries and changes will be accepted, if possible, up to one day before event start date:

Long distance 25th September 2024 at 12.00

Middle distance 27th September 2024 at 12.00

Relay 28th September 2024 at 18.00

- No late entries or changes will be accepted after those dates
- Late entries and changes will always have a defined extra cost (surcharge)
- Late entries and changes will always be treated equally and must be communicated directly to the organiser eventoffice@woc2025.fi
- The organiser makes the changes in IOF Eventor after deadlines

Entry summary

Federation	Men	Women	Team officials	Total
Australia	4	2		6
Austria	6	6	4	16
Belgium	2	3		5
Canada	3			3
Czechia	6	6	3	15
Denmark	8	10	3	21
Estonia	6	4	1	11
Finland	10	10	9	29
France	9	6	4	19
Germany	10	5	3	18
Great Britain	9	9	3	21
Hong Kong China	4	4	2	10
Hungary	4	1	1	6
Ireland	4	2		6
Israel	4			4
Italy	4	3	1	8
Japan	3	1		4
Latvia	9	6	1	16
Lithuania	2	1		3
Moldova, Republic of	1			1
Netherlands	1	2	1	4
New Zealand	3	2		5
Norway	11	9	4	24
Poland	3	4	1	8
Portugal	3	1		4
Romania	1		1	2
Slovakia	4	2		6
Spain	5	5		10
Sweden	10	10	4	24
Switzerland	10	10	4	24
Ukraine	4	4	1	9
United States	2	1		3
Sum	165	129	51	345

Payment

After the Team Size deadline (26th July 2024), the organiser invoiced the federation for entries and services. The invoices should have been paid before Team Names deadline (16th September 2024). If the Federation has made changes after 16th September 2024, it will be paid/refunded at latest at the event at the Event Office. All bank costs must be covered by the payer. Please note that a late payment fee of 10 EUR per person will be added for late payment!

Accreditation (athletes and team officials)	90 €
Long Distance	50 €
Middle Distance	50 €
Relay team	150 €

Please ensure that all payments are made before the event. For more information about payments, please email us at financecheck@woc2025.fi.

Payment of the entry fees:
Kuopion Suunnistajat ry
FIO4 5600 0520 6000 19
IBAN: FIO4 5600 0520 6000 19
BIC: OKOYFIH

6. ACCOMMODATION, CATERING AND BANQUET

Accommodation

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

Catering

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



KUOPIO



oomi



GRANO



Hertz

SAVON
SANOMAT



SULNNISTAJAN
KLUUPPI



Banquet

Banquet, with buffet and after party, will take place in Sokos Hotel Tahko, Sääsiniementie 560, 73310 Tahkovuori. The buffet menu and after-party are included in the entry fee.

A buffet menu will be served at the Hillside Restaurant and will include appetizers, main courses, desserts, coffee, and tea. Lactose-free, gluten-free, milk-free, and vegan options will also be available.

The World Cup Final after-party will be held at Hophaus in the same hotel. Alcoholic beverages will be available for purchase at the bar at your own expense.



KUOPIO



oomi



GRANO



Hertz

SAVON
SANOMAT

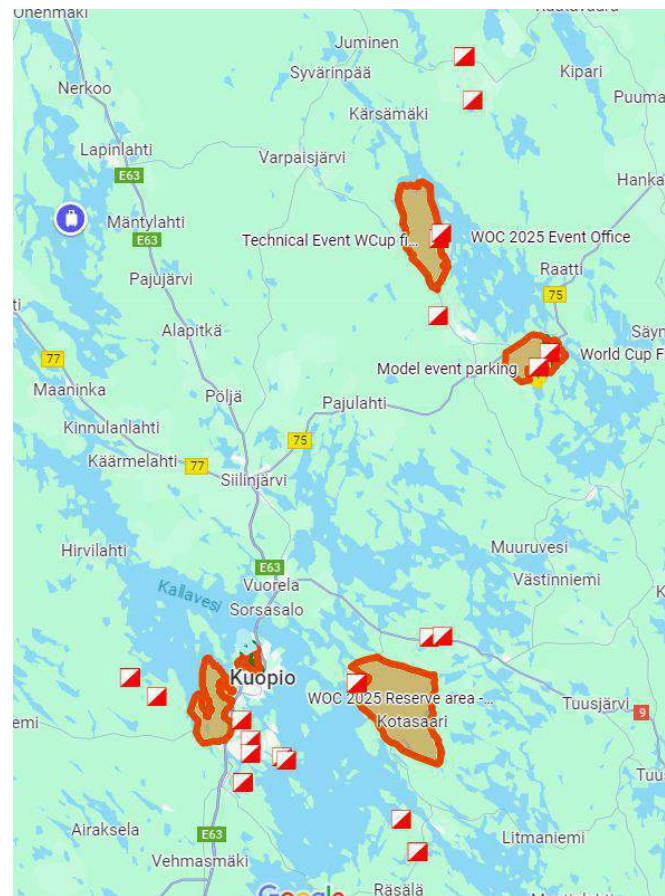


SUUNNISTAJAN
KLUUPPI



7. EMBARGOED AREAS

Embargoed areas are valid for all World Cup (2024) and WOC 2025 competitions (for both athletes and coaches). The areas can be found on [IOF Eventor](#). The areas marked on the map are strictly embargoed. No visiting, orienteering or training are allowed in those areas. All restricted areas have certain specific features that need to be taken into account. Also those with links to possible World Cup and WOC team members are not allowed to visit those areas. World Cup areas will be released from the embargo after the relay 29th September, but avoid the farmyards during your training session.



8. TRAINING

The preparations for World Cup 2024 and WOC 2025 include official training camps and training possibilities in typical terrains of Northern Savonia. We will organise training packages for your preparation. The package for 2024 consists of several trainings - ready to use - with control flags in the forest. It is also possible to use ocad files and printed maps without route markings. All training activities shall be coordinated with the organiser. Information about training maps, training camp and payment can be found from our website woc2025.fi. Training maps can be purchased from the Event office. For any training purposes contact training@woc2025.fi for additional advice.

2024

- Ocad for national teams
- Printed map with course setting
- Printed map without course setting
- Free of charge Training Package 2024 Kortejoki and Hussonmäki between 23th to 29th September 2024



KUOPIO



oomi



GRANO



Hertz

SAVON
SANOMAT



SUUNNISTAJAN
KLUUPPI



9. OVERALL INFORMATION OF THE COMPETITIONS

Rules

The complete rules for the World Cup 2024 consist of:

- IOF Orienteering Competition Rules valid from 1st January 2024
- IOF Orienteering World Cup Special Rules for 2024
- National Quota for FootO WOC and World Cup 2024

Latest versions of the Rules are found on the [IOF webpage](#). Runners are awarded World Cup points as per 2024 World Cup Special Rules.

Classes and participation restrictions

There are two classes: Women and Men. Participation restrictions, classes and qualification system will follow the IOF Orienteering World Cup 2024 Special Rules.

Previous maps

You can find previous maps (in PDF format) of the embargoed areas on [Eventor](#).



KUOPIO



oomi



GRANO



Hertz

SAVON
SANOMAT



SULNNISTAJAN
KALUPPA



Technical model event

Technical model event will be on Wednesday 25th September at 10.00 to 12.00.

Address

Tahkolaaksontie 61, 73310 Kuopio

[63°17'09.3\"N 28°02'02.2\"E](https://www.google.com/maps/place/63°17'09.3\)

Model Event

The Model Event is a relevant training session for the World Cup competitions. The maps are created by the World Cup cartographers. Model Event maps will be handed out to team officials at the Event Office upon accreditation. The Model Event is available on Wednesday 25th from 12.00 to 15.00. The controls are marked with flags only, and there is no timekeeping. Please ensure that you do not block the road with your car.

Address for parking

Aniaisentie 382, 73320 Kuopio.

[63°10'20.9\"N 28°13'45.5\"E](https://www.google.com/maps/place/63°10'20.9\)

Map Aniainen 8/2024

- scale 1:10 000,
- contour interval 5 m

by Timo Joensuu and Janne Weckman



Team official meetings

Two team officials' meetings will be held in person and on-line (hybrid) in the [Break Sokos Hotel Tahko](#). Please send questions before meetings using Google Forms in IOF Eventor. You can use the same forms for all competitions. Q&A will be at the end of the meeting session.

[Break Sokos Hotel Tahko](#).

Meeting room Maisemasali

Address

Sääskiniementie 560, 73310 Tahkovuori

[63°17'29.9"N 28°02'17.8"E](#)

Day	Date	Time	Event
Wednesday	25th	18.00-19.00	Long
Friday	27th	18.00-19.00	Middle and Relay

National quota

Women's Middle Distance + Long Distance

- 8 Spots – SWE, SUI, NOR, FIN, DEN, CZE.
- 6 Spots – GBR, FRA, AUT, LAT, HUN, GER, ESP, EST.
- 4 Spots – All other (non-suspended) IOF member Federations.
- Extra allocations: both competitions –Tove Alexandersson (SWE), Simona Aebersold (SUI)



KUOPIO



oomi



GRANO



Hertz

SAVON
SANOMAT



SUUNNISTAJAN
KLUUPPI



Men's Middle Distance + Long Distance

- 8 Spots – SWE, SUI, NOR, FIN, FRA, CZE.
- 6 Spots – GBR, DEN, AUT, ITA, GER, LAT, ESP, EST.
- 4 Spots – All other (non-suspended) IOF member Federations.
- Extra allocations: both competitions – Matthias Kyburz (SUI), Kasper Harlem Fosser (NOR)

Relay

A Federation may enter 3 teams in the Women's Relay and 3 teams in the Men's Relay competitions, but only the best-placed team will be placed in the official results. Incomplete teams, and teams with runners from more than one Federation are allowed to start but are not included in the official results.



KUOPIO



oomi



GRANO



Hertz

SAVON
SANOMAT



SUUNNISTAJAN
KILPPA



Terrain

Land form	The total height difference is less than 100m, and there are no steep slopes or high cliffs. The terrain includes challenging detailed areas and places where there are just a few features to navigate.
Stones	Stone density is generalized to make the map readable for modern orienteering.
Vegetation	Pine trees dominate the landscape. Vegetation in the lower parts of the terrain is usually dense in the late summer and fall.
Runnability	The area has a basic structure of economic forests causing changes in runnability. Runnability varies.
Visibility	The area has a basic structure of economic forests causing changes in visibility.
Track density	There are only few tracks, forest roads and signs of forestry machine.
Any special features	Typical finnish forest.

Competition ABC

Abandoning a race

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

Arena

Except for the relay, team members heading to pre-start are not allowed to visit the arenas before the respective competitions. It is also not allowed (and not fair) to gain any unofficial information about the arenas from other persons.

Clothing

There are no regulations regarding clothing. Dobb shoes are allowed, but shoes with spikes are not. In September an average temperature is 10°C (51°F), the relative humidity 83% and we have 9 rainy days on average.

Coaching zone

There will be a marked coaching zone at the arena. It can be entered by team officials. Teams who don't have any accredited team officials will get two special accreditation cards to enter the coaching zone.



KUOPIO



oomi



GRANO



Hertz

SAVON
SANOMAT



SUUNNISTAJAN
KILPPA



Complaints and protests

Any complaint must be made in written form and handed to the organiser situated at the readout/IT tent as soon as possible. A special form is available for this. A written protest can be made against the organiser's decision about a complaint. Written protests must be delivered personally to the organiser at the readout/IT tent no later than 15 minutes after the organisers have announced the decision about the complaint. A protest fee of 50 EUR shall be paid preferably in cash to the IOF Senior Event Adviser. The fee will be returned if the protest is accepted by the jury.

Cool down

In every race there will be a dedicated road for cool down starting from the team zone. No cool down map will be provided.

Control Descriptions

Control descriptions are in accordance with the IOF standard. The control descriptions will be available in the start corridor. The control descriptions are also printed on the maps. For the Relay competition, control descriptions are only printed on the map.

GPS Tracking

GPS tracking services (GPS Seuranta) will be provided for all competitors in all races. The size of the GPS tracking units is max 69mm x 39mm x 24mm, and the weight is 66g. It is mandatory for all runners to wear the GPS-unit on their back in an elastic harness (vest). Personal GPS data loggers will only be permitted if they have no display or audible feedback. GPS vest – please bring your own. Let us know at the accreditation at the latest if you need one. They must be returned to the Event Office on Sunday, 29.09.2024 (at the arena or in the Event Centre). Any missing vest will be invoiced for 50 EUR. GPS watches are allowed to be worn in the Quarantine and during the competition, but must not be used for navigation purposes. Watches with eSIM cards are not allowed either in the Quarantine or during the competition. There will be random checks at the Quarantine.

Jury

IOF has appointed the following jury for the competition:

Brigitte Grüniger Huber (SUI)

Carl-Göran Strutz (SWE)

Börje Vartiainen (FIN)



KUOPIO



oomi



GRANO



Hertz

SAVON
SANOMAT



SUUNNISTAJAN
KILPPA



Late starts

Athletes who miss their start time due to their own fault are permitted to start, but are timed as if they had started at their allocated start time. Runners who are late because of a fault by the organizers are given a new start time. In both cases, the following procedure must be used at the start: A late athlete must report at the entrance of the pre-start. If the organizers decide there is still enough time to start at the allocated start time, she/he can continue through the start lanes, followed by an official. If it is not possible for the athlete to start at the allocated start time, she/he will be allowed to start in the first half part of the next start interval. However, athletes from the same federation are not allowed to start consecutively.

Maps

Map (6-colour printing 9/2024) is made by Timo Joensuu and Janne Weckman (WRE 2023 / World Cup 2024 / WOC 2025). The maps are inside sealed plastic bags. Paper and digital printing for model event and warm-up maps are not the same used in competition.

Map flip

There will be a map flip at long and middle distance. Relay map is one-sided.

Media Controls

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



KUOPIO



oomi



GRANO



Hertz

SAVON
SANOMAT



SULNNISTAJAN
KLAUPPA



New Competition Maps

Team officials and athletes get their new competition maps from the Event office after each competition.

Number bibs

Competitors will receive their number bibs when entering the Quarantine 1. Two number bibs will be distributed for all competitors at the Quarantine zone of each competition. Competitors must wear the number bib on their chest and back. It may not be folded or cut. Safety pins will be provided, but please re-use them, if possible. Check that the start number is fixed properly so you don't lose it during the competition.

Out-of-bound area

Out-of-bound areas may be marked with tape in the terrain in case they are difficult to distinguish in the terrain. The black-yellow coloured tape will be used.



Punching system

Emit Touch-Free Pro punching and timing system is used in all races. Each runner will wear two emiTags on the same wrist. During the race, both emiTags must be carried on the same arm next to each other. The emiTag with the blue band is the primary punching unit. The emiTag with the green band, which is a backup, should be used separately. The punching is performed by holding the emiTag 0 – 50 cm above the Emit control unit for a short moment. The LED light in the emiTag will start flashing after a successful punch and will keep flashing for 5 seconds. In case of any Emit-unit failure (no feedback signal), athletes must punch using the second Emit unit as a backup. It will be possible to test the system at the technical model event.

EmiTags to athlete

The emiTags are handed out in the Event Office as a part of the accreditation. It is the athlete's responsibility to check they got the right emiTag and bring them to the start for each race. The emiTags are tested at pre-start on all competitions. There is a list of emiTags for each team to check the correct number of punching units.

Returning EmiTags

The emiTags will be collected at the finish of the relay. For athletes not running the relay, a team manager shall return all emiTags at the Event Office no later than Sunday at 17:00. Any lost or missing emiTag will be charged 80€.



KUOPIO



oomi



GRANO



Hertz

SAVON
SANOMAT



SUUNNISTAJAN
KLUUPPI



Special object on the map

531 Prominent man-made feature – x.

The special feature marked with symbol 531 on the map is a wooden structure. Examples below.



Team zone

There is a team zone at the arena. You are allowed to set up your own team tent.

Bag-drop is close to the team tents.

Quarantines

We are using two Quarantines due to the possibility of "cold" weather at the end of September. The average temperature can be around 10 degrees celsius during the day. Remember to have warm clothes with you at all times. Please respect the fairness rules in the Quarantine. Teams or athletes can leave their material to the Quarantine 1 between 26th to 29th September. Doors will be locked after last athletes have left the Quarantine 1.

Quarantine Fairness Rules:

- Coaches can leave the Quarantine (1 or 2) at any time, but once they have left, they are not allowed to return
- While in Quarantine, mobile phones must be completely turned off (there may be random checks)
- It is strictly forbidden to bring any electronic devices (except for watches) to toilets or any other private rooms—regardless of whether the device is on or off
- It is allowed to use music players without any built-in connectivity
- Inside the Quarantine athletes with headphones on might be randomly asked to show their players for checking
- It is not allowed to use any maps of competition areas after entering the Quarantine
- All tents inside the Quarantine must remain open

Violation of these rules may result in the disqualification of the entire team.

Quarantine 1 for all distances

Teams must use their own transportation to Quarantine 1, which is a sports hall in Nilsinä. However, the organizers will provide assistance with transporting drivers from the arena back to Quarantine 1 if needed. Team materials left to the quarantine can be picked up on Thursday and Saturday from 17.00 to 18.00.

Check-in to Quarantine 1

Upon arriving at Quarantine 1, competitors and team officials must check-in by showing their accreditation card and signing the list before Quarantine 1 closes. No one will be allowed into the Quarantine area after the closing time.

- No outdoor shoes are allowed inside the Quarantine 1 building
- Water available at the Quarantine.
- Several toilets inside the sports hall



Quarantine 1

[Nilsinä Sports Hall](#)

Address

Matintie 18, 73300

Kuopio

63°12'14.5"N 28°05'13.9"E

Quarantine 2
Prestart
Start

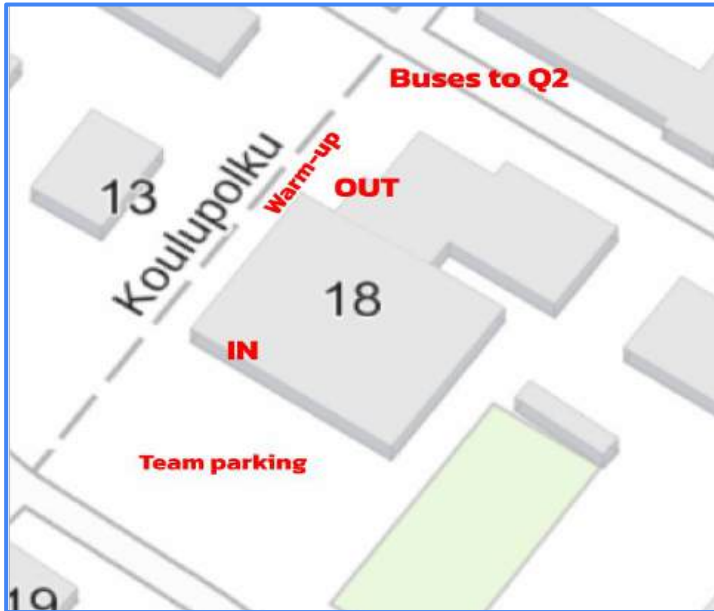
Quarantine 1 warm-up

There is a small taped warm-up area outside of the sport hall.
Athletes or coaches in Quarantine are not allowed to discuss to anyone outside the taped area.



Check-out from Quarantine 1

Athletes and coaches must use the organizers' transportation from Quarantine 1 to Quarantine 2. Check-out for Quarantine 2 is on the other side of the building than check-in. Team officials going out from Quarantine 1 to the arena will use the same door used for check-in. They are not allowed to return to Quarantine 1. There are two corridors outside the door; one for the warm-up, the other to check-out.



10. THURSDAY 26TH LONG DISTANCE

Format

Long distance with the start interval 3 minutes for the best ranked 40 competitors in competition and 2 minutes for all others.

Participation

The number of participants per nation and additional participants is defined in the official document about national quotas.

First start (preliminary):

Women 09.56

Men 09.29.30

Quarantine 1

Quarantine opens 08.00

Quarantine door closes 09.25

Map

1:15 000, contour interval 5m, mapped by Janne Weckman and Timo Joensuu

Map size

A4

Course planner Jarmo Puttonen

- Women 11.7 km, 290 m climb, 23 controls
- Men 14.5 km, 370 m climb, 25 controls
- Expected winning times 88 minutes
- Number of refreshments at the controls 3
- Loose control descriptions will be handed out at -3 min and are printed on the competition map as well

Mandatory bus from Q1 to Q2 (long distance)

Coaches and competitors can leave Quarantine 1 (Nilsia Sports Hall) in a pre-planned order and schedule determined by the organizers. There will be extra space for approximately 2-4 coaches per bus if they wish to go to Quarantine 2. Coaches who are not going to Quarantine 2 can check out and drive their team cars to the arena at any time, but they are not allowed to go to Quarantine 1 or 2.

Quarantine 2

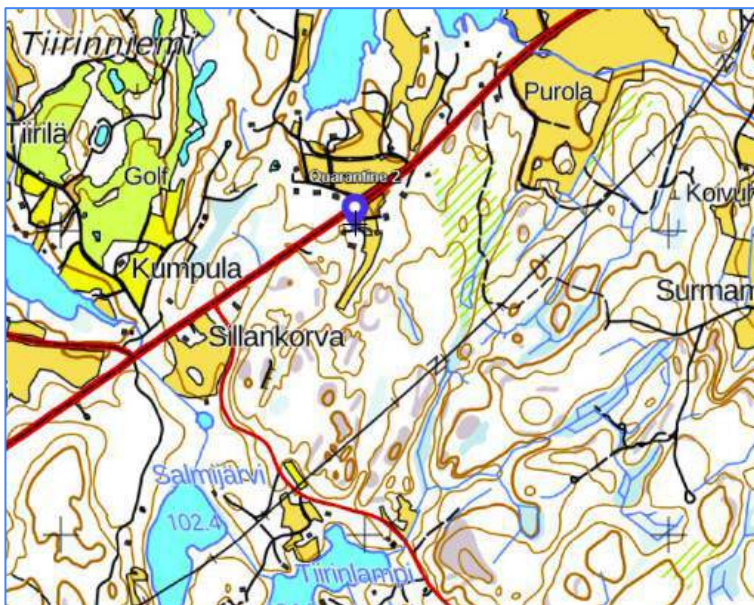
Address

Nurmeksentie 574, 73320 Kuopio

63°11'45.6"N 28°11'30.6"E

Distances at Q2

- Busstop - Q2 30 m
- Q2 - Warm-up 80 m
- Q2-Prestart 70 m



Bus schedule from Q1 to Q2 (long distance)

First bus to Q2 starts at 08.34, last bus starts at 13.46.

Travelling time from Q1 to Q2 10 min.

Interval for buses 14 min or less.

Buses are for 8 or 16 passengers.

Buses are filled by the start order. Schedules can be seen in quarantine.

Quarantine 2 and starting process (long distance)

Warm-up

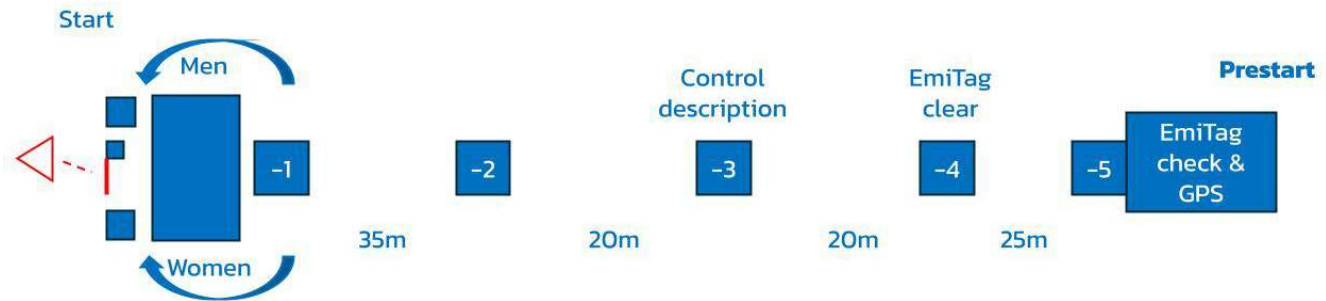
You will receive a warm-up map without controls when entering Quarantine 2. Warm-up maps are considered as part of Quarantine 2. Map is made by World Cup mappers Joensuu and Weckman. Area for warm up is taped, where it is unclear. Do not cross the line. The pre-start is alongside Quarantine 2 and is marked on the warm-up map. The warm-up map is printed to a different material than competition map.

Bag drop, team tents, toilets and drinking water

Athletes gear will be transferred to the competition centre from the start to the pick-up point close to the team zone. There is a small tent for covering bags and team own tents will be allowed to build up at the Quarantine. There are 4 toilets, but no drinking water or sports drink. Athletes should have their own sports drink at the Quarantine 2.

Pre-start and start (long distance)

Only competitors registered for that race have access beyond the pre-start. Once the competitors pass the pre-start, they are not allowed to go back to the Quarantine. It is the competitor's responsibility to watch for her/his start time. Call-up at the pre-start is 6 minutes before the runner's start time for all individual races. At the start beep, the competitor takes the map, which is under the plate (except for Relay). The exact start time is measured with a startgate which the runner opens with his/her leg when starting the race. It's allowed to start between -3 and $+3$ seconds of the given start time. A runner starting more than 3 seconds after the given start time will get the allocated start time instead of the gate time. The start triangle is marked in the terrain by a control flag. The route to this flag is marked and compulsory for the competitors to follow all the way to the start point.



11. SATURDAY 28TH MIDDLE DISTANCE

Format

Middle distance with the start interval 2.

Participation

The number of participants per nation and additional participants is defined in the official document about national quotas.

First start (preliminary)

Women 09.40

Men 10.25

Quarantine 1

Quarantine opens 08.00

Quarantine closes 09.30

Map

1:10 000, contour interval 5m, mapped by Janne Weckman and Timo Joensuu

Map size

A4

Course planner Marko Uotila

- Women 4.5 km, 185 m climb, 16 controls
- Men 5.5 km, 220 climb, 20 controls
- Expected winning time 32 minutes
- Number of refreshment at the controls 1
- Loose control descriptions will be handed out at -3 min and are printed on the competition map as well

Mandatory bus from Q1 to Q2 (middle distance)

Coaches and competitors can leave Quarantine 1 (Sports Hall) in a pre-planned order determined by the organizers. There will be extra space for approximately 2-4 coaches per bus if they wish to go to Quarantine 2. Coaches who are not going to Quarantine 2 can check out and drive their team cars to the competition center at any time, but they are not allowed to go to Quarantine 1 or 2.

Quarantine 2

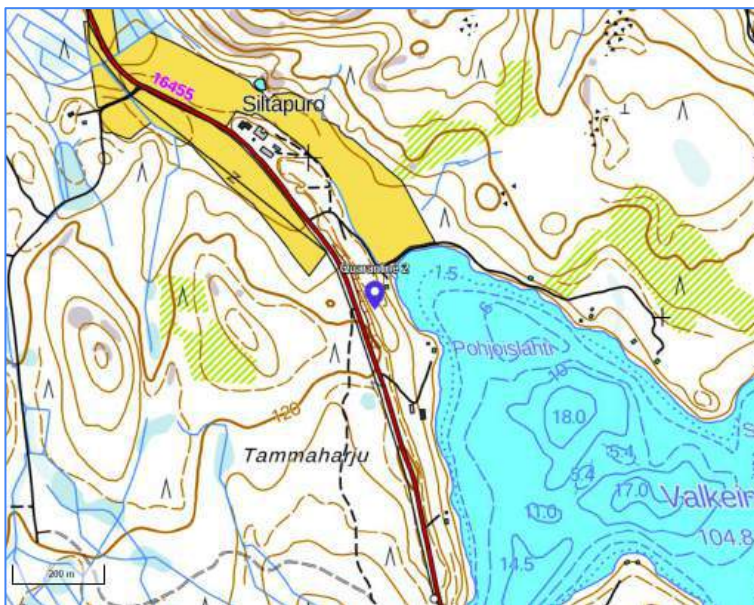
Address

Lastulahdentie 210, 73320 Kuopio

63°11'01.4"N 28°15'13.5"E

Distances at Q2

- Busstop - Q2 150 m
- Q2 - Warm-up 300 m
- Q2-Prestart 100 m



Bus schedule from Q1 to Q2 (middle distance)

First bus to Q2 starts at 08.31, last bus starts at 13.58.

Travelling time from Q1 to Q2 20 min.

Interval for buses 16 min or less.

Buses are for 8 or 16 passengers.

Buses are filled by the start order. Schedules can be seen in quarantine.

Quarantine 2 and starting process (middle distance)

Warm-up

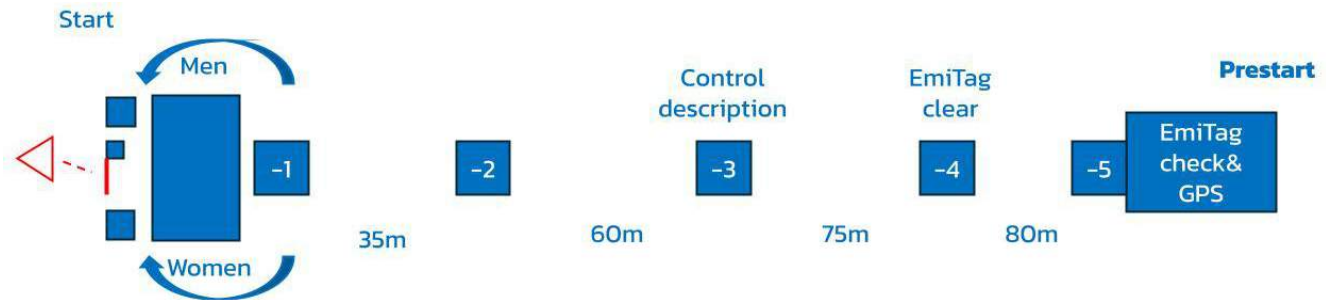
You will receive a warm-up map without controls when entering Quarantine 2. Warm-up maps are considered as part of Quarantine 2. Map is made by World Cup mappers Joensuu and Weckman. Area for warm up is taped, where it is unclear. Do not cross the line. The pre-start is alongside Quarantine 2 and is marked on the warm-up map. The warm-up map is printed to a different material than competition map.

Bag drop, team tents, toilets and drinking

Athletes gear will be transferred to the competition centre from the start to the pick-up point close to the team tent area. Team own tents will be allowed to build up at the Quarantine. There are 4 toilets, but no drinking water or sports drink. Athletes should have their own sports drink at the Quarantine 2.

Pre-start and start

Only competitors registered for that race have access beyond the pre-start. Once the competitors pass the pre-start, they are not allowed to go back to the Quarantine. It is the competitor's responsibility to watch for her/his start time. Call-up at the pre-start is 6 minutes before the runner's start time for all individual races. At the start beep, the competitor takes the map, which is under the plate (except for Relay). The exact start time is measured with a startgate which the runner opens with his/her leg when starting the race. It's allowed to start between -3 and $+3$ seconds of the given start time. A runner starting more than 3 seconds after the given start time will get the allocated start time instead of the gate time. The start triangle is marked in the terrain by a control flag. The route to this flag is marked and compulsory for the competitors to follow all the way to the start point.



12. SUNDAY 29TH RELAY

Format

Relay, separate classes for men and women with 3 legs, mass start.

Participation

A Federation may enter 3 teams each consisting of 3 competitors in each class. Incomplete teams, and teams with runners from more than one Federation are allowed to start, but are not included in the official results. Instructions to MIX team entries will be given in Team Officials Meeting Wed 25th of September.

First start:

Men 10.59

Women 13.00

Quarantine 1

Quarantine opens at 09.30

Quarantine closes 11.00

Map

1:10 000, contour interval 5m, mapped by Janne Weckman and Timo Joensuu

Map size

A4

Course planner Olli-Jussi Korpinen

- Women 4.7–4.9 km, 135 m climb, 13–15 controls
- Men 5.5–5.6 km, 155 m climb, 15–17 controls
- Expected winning times women 34/102 min, men 33 min/99
- Number of refreshment 1
- Control descriptions are printed on the competition map

Mandatory bus from Q1 to Q2 (relay)

Quarantine 2 is the same as in the middle distance. Coaches and competitors can leave Quarantine 1 (Sports Hall) in pre-planned order by organiser. There will be extra space for approximately 2-4 coaches per bus, if they wish to go to Quarantine 2. Coaches, who are not going to Quarantine 2, can drive their team cars to the competition centre, but it is not allowed to go to Quarantine 1 or 2.

Quarantine 2

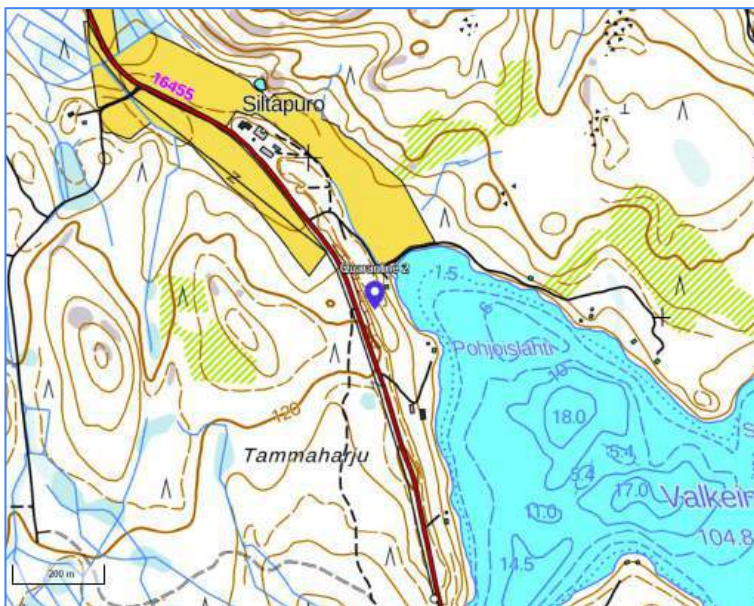
Address

Lastulahdentie 210, 73320 Kuopio

[63°11'01.4"N 28°15'13.5"E](#)

Distances at Q2

- Bus stop – Q2 150 m
- Q2 – Warm-up 280 m
- Q2–Prestart 100 m



Bus schedule from Q1 to Q2 (relay)

First bus to Q2 starts at 10.00, last bus starts at 13.07.

Travelling time from Q1 to Q2 20 min.

Two buses are for 56 passengers each. Buses are filled by one leg in the same transportation.

Schedules can be seen in quarantine.



Quarantine 2 (relay)

Quarantine 2 is the same as it was for the middle distance. After arriving at Quarantine 2 and before their race, athletes are not allowed to visit the finish area. Coaches in Quarantine 2 cannot return after leaving.

Warm-up

Before pre-start

The warm-up with map without controls is the same as in middle distance. You will receive the map when entering Quarantine 2. Warm-up maps are considered as part of Quarantine 2. Map is made by World Cup mappers Joensuu and Weckman. Area for warm up is taped, where it is unclear. Do not cross the line. The pre-start is alongside Quarantine 2 and is marked on the warm-up map. It is athlete's responsibility to be at the pre-start and changeover in time.

After pre-start

The smaller warm-up area just before going to the start or the changeover is approximately 70 x 50 meters and is located near the arena passage and changeover. Competing athletes can be seen in the arena passage from the warm-up area. It is not allowed to return to the pre-start from the smaller warm-up area.

Bag drop, toilets and drinking water

Athletes' gear will be transferred from the pre-start to the pick-up point near the team tent area at the competition center. It is also possible to leave your warm-up clothes at the bag drop in the smaller warm-up area. There are 4 toilets in the Quarantine 2. Athletes should have their own sports drink in Quarantine 2.



KUOPIO



oomi



GRANO



Hertz

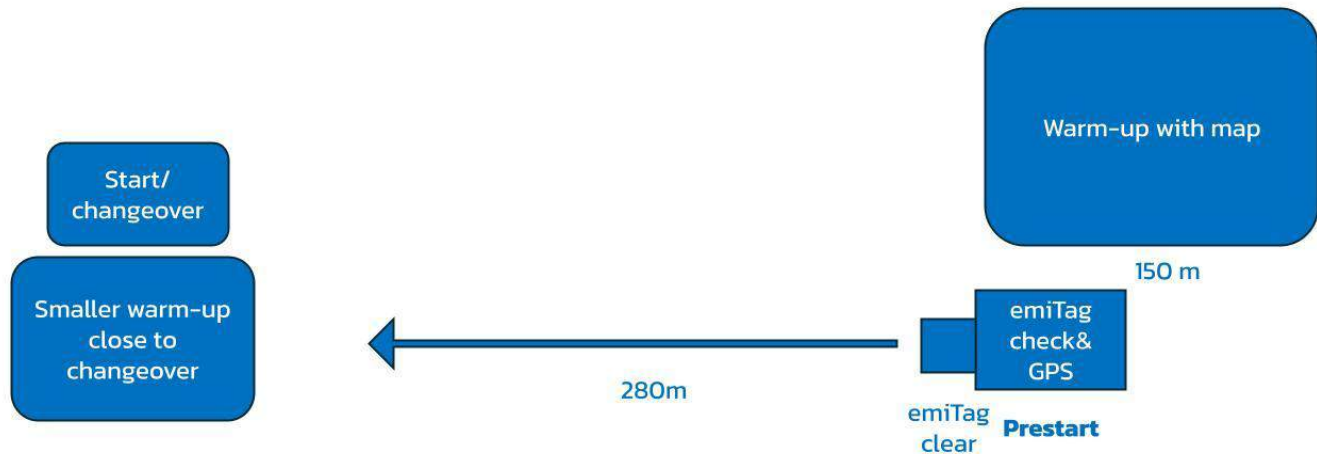
SAVON
SANOMAT



SUUNNISTAJAN
KLUUPPI



Starting process



The pre-start opens 15 minutes before the first leg mass start and closes 8 minutes before the mass start. The pre-start is at the same location as it was for the middle distance. There is a taped route to the smaller warm-up area close to changeover, and from there, you will be guided to the start lineup. The call to lineup will be made 5 minutes before the mass start. The first leg runner takes the map from the map stand located at the gate to the changeover. It is not allowed to open the map roll before the start signal. The maps are one-sided.

Mass start

All first leg runners must stay in their designated spot in the lineup area 2 minutes before the mass start. There are 8 teams in a row. The start signal will be given by the arena speaker.

Arena passage

There is one arena passage on all legs. Competing teams can be seen from the warm-up area.

Changeover

Both 2nd and 3rd leg runners have mandatory transport to Quarantine 2. After arriving from Nilsjö Sports Hall, 2nd and 3rd leg runners are allowed to go to the pre-start (GPS and emiTag check) and the warm-up area freely. There is a taped route to the warm-up area. Next leg's runner will be guided to the changeover from the warm-up area after your team member has passed arena passage. There is a different gate for the warm-up from pre-start and changeover. Reserve maps are along arena passage.

Next runner

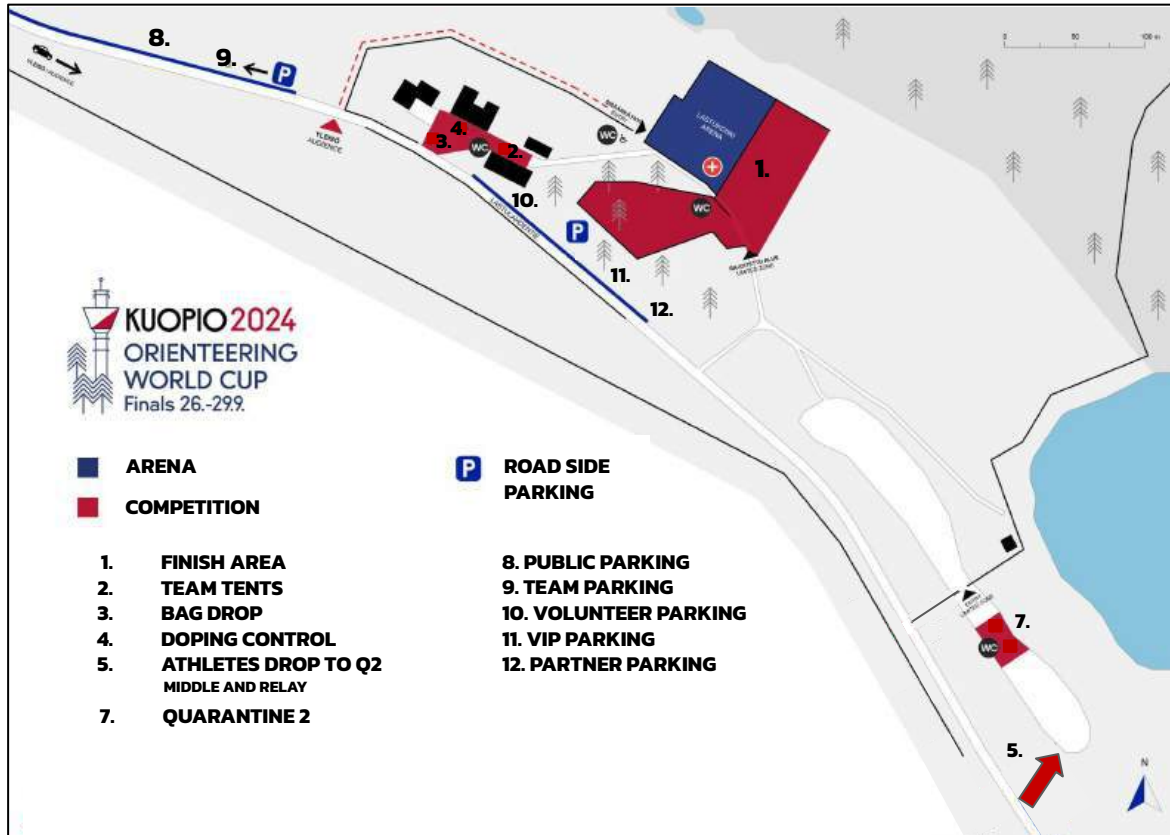
- Collect a map marked with bib number from map wall
- Go to the changeover fence

Incoming runner

- Cross the finish line and touch the next runner over the changeover fence
- Maps for the first and second leg runner will be collected after the finish line together with the gps unit
- Go to the Emit download

It's the competitors' responsibility to take the correct map. Teams running with the wrong map will be disqualified at the next changeover. The outgoing runner is allowed to open the map immediately after the changeover.

13. ARENA



Address
Lastulahdentie 188,
73320 Kuopio

Finish

The finish time will be taken by a photocell when the athlete's chest crosses the finish line. Running times will be rounded down to the nearest second. In the event of a head-to-head run-in, a finish line camera will be used to determine the final positions based on the order in which the athletes' chest crosses the finish line. The map must be handed to the organisers immediately once the athlete has punched after the finish line.

After finishing athletes are guided to mixed zone. There are refreshments, result check, GPS device taken away and Live TV interviews on the spot. Athletes are free to go to the arena after their competition. You're welcome to join us on-site to watch the race, where hot food will be available for purchase.

Re-start

There will be a mass start for the later legs for relay teams that have not changed over. It will take place approximately 10 minutes after the winning team finish. For exact re-start times and procedures, follow the arena speakers instructions.



KUOPIO



oomi



GRANO



Hertz

SAVON
SANOMAT



SUUNNISTAJAIN
K. LUPPIA



Ceremonies

Flower Ceremonies

During the live broadcast the best 3 athletes / 3 teams will be awarded with flowers on the stage immediately after the races have finished. Please note, that it is the responsibility of the athletes/teams in concern to be ready for the ceremonies. They are requested to remain in the finish area until after the flower ceremony. Please follow the guidance from the organisers.

Medal Ceremonies

The medal ceremonies will be held in Arena Lastulahti. After individual races athletes ranked to positions 1-6 will be awarded. After relay athletes/teams ranked in positions 1-6 are kindly requested to line up behind the stage 10 minutes prior to the medal ceremonies. It's the athletes' responsibility to be there on time. Athletes taking part in the medal ceremony must wear their national team uniform. Please follow the guidance from the organisers. The IOF guidelines for ceremonies will be followed: national flags, signs, sunglasses, headbands, bottles, and other such items are not allowed on the stage. Headbands around the neck are allowed.

At the prize giving ceremony the overall winner trophy is donated by the World Cup Consortium 2020-2024: Verein Swiss Cup and IOF.



KUOPIO



oomi



GRANO



Hertz

SAVON
SANOMAT



SUUNNISTAJAN
KLUUPPI



Long distance	
After competition	Flower ceremony
16.35	Prize giving ceremony
Middle distance	
After competition	Flower ceremony
16.05	Prize giving ceremony
Relay	
After competition	Flower ceremony men
After competition	Flower ceremony women
15.10	Prize giving ceremony
15.15	Prize Giving ceremony - Overall World Cup 2024
15.20	Award ceremony - Team World Cup 2024

14. PRIZE MONEY WORLD CUP 2024 (in EUR)

Place	Individual race	Relay race	Total individual World Cup
1	1000	1000	5000
2	700	600	2000
3	400	300	1000
4	200	0	600
5	200	0	500
6	200	0	400
Sum distributed per race	2700	1900	9500

15. GENERAL INFORMATION

Anti-Doping

Doping is strictly forbidden, and the organisers of the World Cup are dedicated to supporting the Anti-Doping authorities in their work. Doping controls may be carried out any time during the competitions in accordance with the procedures described in the WADA International Standard of Testing and Investigations. The latest IOF AntiDoping rules and the World Anti-Doping Code apply. Athletes who are selected for doping control must bring an official identification (with photo) to the doping test area. The athlete should also present their personal therapeutic use exemption (TUE) if applicable. In general, it is advisable that athletes take their ID to all competitions and events. For more information, please consult <https://orienteering.sport/IOF/antidoping/>.

Athlete's licence

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

Climate, ticks and deer fly

In September an average temperature is 10°C (51°F), the relative humidity 83% and we have 9 rainy days on average. There might be ticks (*Ixodes ricinus*) and deer flies (*Lipoptena cervi*) in the forest, so check your skin and clothing after training and competition.



KUOPIO



oomi



GRANO



Hertz

SAVON SANOMAT



SULNNISTAJAN K. LUUPPA



First aid

There are no first aid stations in the terrain. There is a person trained in first aid at some of the refreshment locations. Every location has a connection to the competition center and first aid packages.

Liability and insurance

The organisation of WOC2025 declines any liability that might occur through participation in the event. All persons participate at their own risk and are responsible for their own insurance coverage (illness and accident).

Passport, VISA and travel documents

[Visa requirements and travel documents accepted by Finland](#)

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

Telecom operator

At the competition center, Elisan's base station is used to ensure internet connectivity and phone communication. Please select a different telecom operator on your phone if you are unable to reach representatives of the organization at the event venue.



KUOPIO



oomi



GRANO



Hertz

SAVON
SANOMAT



OP Pohjois-Savo

SUUNNISTAJAN
KLUUPPI



16. MEDIA SERVICES

Journalists, photographers, camera personnel, social media content creators and any extra representatives of the Federations are welcomed. All registrations should be made in [IOF Eventor](#) beforehand. A confirmation will be sent for all those who have sent the accreditation in time.

More information and inquiries

Tiina Tervaniemi

media@woc2025.fi

tel. +358 405271053

Services for Media will include:

- Working facilities with Wi-Fi access and power supply
- Maps and start lists
- Coffee/tea
- Parking close to arena
- Access to photo control/zones
- Access to mixed zone



KUOPIO



oomi



GRANO



Hertz

SAVON
SANOMAT



SUUNNISTAJAN
KILPPA



Photo and Video

During the competitions, all photographers and video operators have to wear a special photo vest. The vests will be handed out at the event office at the arenas of each competition day. We will charge 50 € for missing vest. A media briefing for all photographers and video operators will be held on each competition day in the arena. The exact times will be published in the Media Bulletin (published in the webpage). The official photographers of the organisers will upload photos from each competition day to [SSL Media](#). These photos can be used free of charge, but please remember always to credit the author.

Transportation

There will be no dedicated transportation for the media to the arena. Media is expected to use their own transportation. In the competitions, there is guided photo opportunity for the terrain and the arena.

Live production

There will be live productions from all races on YLE Finland, SVT, Sweden, NRK Norway, TV8, France and on [IOF Live Center](#) with German and English commentary. During the competitions, athletes may encounter camera crews in the terrain. Camera controls and intermediate time controls are not marked on the control description. Athletes may also be followed by a running camera or by camera-drones during the race. The drones will keep a proper distance from the athletes.



KUOPIO



oomi



GRANO



Hertz

SAVON
SANOMAT



SULNNISTAJAN
KLUUPPI



17. SPECTATOR RACES 28.-29.9.2024

On the weekend there will be two middle distance competitions at the same competition area. Entry to the public races from the [World Cup -yleisökilpailu \(keskimatka\)](#). More info from our website [woc2025.fi](#).

18. BULLETIN VERSIONS

Version 1. 20th September 2024



KUOPIO



oomi



GRANO



Hertz

SAVON
SANOMAT



SUUNNISTAJAN
K. LUUPPA

