



FEDERAZIONE ITALIANA SPORT ORIENTAMENTO



2025 JWOC

JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS

ALTOPIANO DI PINÉ e VALSUGANA - TRENTINO - ITALY

JUNE 26th - JULY 4th 2025



BULLETIN 2

September 2024

SUMMARY

1	ORGANIZATION	5
1.1	ORGANISING COMMITTEE	5
1.2	EVENT ADVISERS	5
1.3	CONTACT INFORMATION	5
2	PROGRAM	6
2.1	PROGRAM.....	6
3	VENUE ACCESS and TRANSPORT	7
3.1	VENUE	7
3.2	AIRPORT and SHUTTLE	7
3.3	TRANSPORTS	7
4	EVENT CENTRE	8
4.1	EVENT CENTRE JWOC 2025	8
5	REGISTRATION, FEES and PAYMENTS	9
5.1	TEAM REGISTRATION	9
5.2	ENTRY FEE.....	10
5.3	PAYMENTS.....	10
6	ACCOMODATION and FOOD	11
6.1	ACCOMODATION.....	11
6.2	FOOD	11
7	EMBARGOED AREAS	12
7.1	EMBARGOED AREA INFORMATION.....	12
7.2	EMBARGOED AREAS MAP	12
8	TRAININGS	13
8.1	TRAINING INFORMATION.....	13
8.2	PROGRAM.....	13
9	CLASSES and PARTICIPATION RESTRICTION	14
9.1	CLASSES and ENTRY REGULATIONS.....	14
9.2	RULES.....	14
9.3	ANTI-DOPING CODE.....	14
9.4	INSURANCE.....	14
9.5	CLIMATE and HAZARDS	14
9.6	VISAS.....	14
10	MEDIA	15
10.1	MEDIA INFORMATION.....	15
11	RACE INFORMATION	15
11.1	PUNCHING.....	15
11.2	CLOTHING and FOOTWEAR.....	15
12	EVENT INFORMATION	16
12.1	SPRINT RELAY	16
12.2	SPRINT DISTANCE	16
12.3	LONG DISTANCE	17
12.4	MIDDLE DISTANCE.....	17
12.5	RELAY.....	18
12.6	PRELIMINARY COURSE INFORMATION.....	18
13	SPECTATORS and 5 DAYS OF ITALY	19
13.1	5 DAYS OF ITALY	19



WELCOME TO JWOC 2025!

WELCOMING ADDRESSES OF THE LOCAL AUTHORITIES

MAURIZIO FUGATTI - Governor of the Autonomous Province of Trento



Trentino is ready to host the 2025 Junior World Orienteering Championships. An event with athletes from more than 40 nations and a busy program of trainings and races that will involve over 1,500 participants and generate about 20,000 overnights. In fact, on the same days, the prestigious “5 Giorni d’Italia – 5 Days of Italy” will also be held. A great orienteering festival that will attract athletes and supporters from all over the world.

These are important numbers that honour the intense work done by six teams of the Trentino’s Orienteering Federation. With the support of their respective national Federations, Trentino Marketing, the Tourism Boards of Trento and Valsugana Tourism Board, they have managed to bring this important international event to the Altopiano di Piné and Valsugana.

Trentino has always been a land of sport and these Championships represent an opportunity to combine spectacular races with the enhancement of our natural landscapes.

A heartfelt thanks therefore goes to the entire organizing committee, with the knowledge that the commitment and professionalism of our sports associations and the many volunteers involved will make this event an edition to remember. Likewise, our tourism Boards will be able to manage at best the presence of a large crowd of people to the area.

I therefore wish all the best for the success of this event, which will certainly be appreciated by all participants and will allow athletes, coaches and supporters who will be fascinated by this ever-expanding sporting discipline to discover our splendid territory.

Happy Junior World Championships to everyone!

- MAURIZIO FUGATTI –
Governor of the Autonomous Province of Trento

FRANCESCA GEROSA - Councilor for Sport of the Autonomous Province of Trento



Trentino, the sportiest Italian province, is the ideal location to host the JWOC2025, which will take place between the Piné Plateau, the Cembra Valley, the Vigolana Plateau and Valsugana. In these four areas, forests and natural slopes will test the athletic and technical skills of the 350 athletes who represent 40 nations and will compete for the world youth title in the different types of competitions.

This Championship is a new prestigious event with an international dimension that will both entertain the entire population of our valleys for over a week, thanks to the numerous foreseen side events, and inspire our young people by boosting their desire and passion to practice a sport, exercise in a healthy way and in an outdoor setting.

Hosting this event in Trentino, after 15 years in which it has taken place outside of Italy, is not only a source of great pride, but also the result of the joint efforts of numerous sports clubs guided by the shared desire to organize such a big event. This objective has been also achieved through the involvement of hundreds of volunteers, to whom I am



most sincerely grateful. They have been working for months to give athletes and technicians from all over the world an unforgettable week in Trentino.

Good luck and happy World Championships to everyone.

- FRANCESCA GEROSA -
 Vice-Governor and Councilor for
 Education, Culture and Sport, Family,
 Youth and Equal Opportunities Policies
 of the Autonomous Province of Trento

ROBERTO FAILONI - Councilor for Tourism of the Autonomous Province of Trento



The Junior World Orienteering Championships, an important sporting event, have returned to Italy after over 16 years, and the venue chosen is Trentino.

This choice is a source of immense pleasure for us, as it means that the natural beauty of our province and the skills and organisational ability of our sports federations and clubs have been unanimously recognised, both at national and international level.

For one week, several thousand sportspeople, including athletes, technical and supporting staff and managers from 40 different countries will stay at our facilities. These are significant numbers that will undoubtedly put the hospitality system in our area to the test at the beginning of the summer holiday season.

Trentino will also be able to distinguish itself in these circumstances, thanks to the quality of our services and to cooperation with local tourist offices, which will welcome guests to facilities in the Val di Cembra, Piné, Vigolana and Valsugana.

Trentino’s tourist system will once again prepare to play host to the participants in the best possible way, enabling them to fully enjoy every aspect of their experience.

At the competition venues, it will instead be the many irreplaceable volunteers who will ensure that everything runs smoothly, always with our full support for their invaluable work.

I wish you all a good time and an enjoyable stay in Trentino.

- ROBERTO FAILONI -
 Councilor for Handicraft Commerce,
 Tourism, Forestry, Hunting and Fishing
 of the Autonomous Province of Trento

SERGIO ANESI – President of Italian Orienteering Federation



Hosting a Junior World Orienteering Championships in Trentino is a normal event for someone. Trentino is perhaps the territory where the movement for all sports has consolidated strongly thanks to large investments in sports facilities. But it is also the territory where the Italian orienteering movement was born and consolidated. A movement which uses a map and a compass to practice one of the most beautiful sports in nature that you can imagine. Maybe because the mountains, which are its essence (and of Trentino), have always characterized the beauty of the places and contributed to educate the people who live there. It will be because those who live in the mountains always try to climb high to look at new horizons, but Trentino has a particular charm for the orienteers.

The forests and the villages have a unique beauty that always transmits strong emotions. The same will be for this great Junior event. Baselga di Pinè and the locations



where this edition of the World Championships will take place are ready to host an event dedicated to the immersion into nature that will convey strong emotions to everyone. I am particularly pleased to welcome all the athletes and coaches at JWOC, a competition that FISO strongly wanted - alongside the many international events that have characterized this FISO 4-year plan, and which lead us towards the 2026 World Championships.

A sincere THANK YOU to the organizing committee who was able to seize this opportunity and who has replaced in due course another Italian location to which the IOF and FISO had initially entrusted this race. Thanks also for the formula which permit a wide involvement of Trentino clubs. A beautiful example of how collaboration can overcome even last-minute difficulties. We hope that on the field the athletes will feel all the emotion for high level competitions. We also hope these moments will represent for each of them a goal, and at the same time a new starting point for other important sporting achievements.

Finally, let me express the gratitude to those who will be close to this great event, from the participating nations, but also to the institutions and sponsors and the volunteers involved.

An "Arrivederci" therefore on the competition ground for an event that will once again be one of the most beautiful stories of world orienteering sport (as Italy has always guaranteed), also because the events sees in field the young orienteers who will measure themselves with the difficulties of the competition, but also with the enthusiasm and emotions that only young people can convey and in the name of fair play.

Happy Trentino, Happy World Championships to everyone. Welcome to Italy!

- SERGIO ANESI -
FISO President

ALESSANDRO SANTUARI - President of the Organising Committee



The natural playground of Trentino is waiting for you! Nature and sport are a heritage that Trentino recognizes as an enormous wealth to be shared and enhanced.

The Piné Plateau, Valsugana and Val di Cembra, in the heart of the Alps, are proud to host the JWOC2025, which represent an authentic concentration of the values on which we want to build the future of our small mountain communities: love for the territory, attention to young people, connection with many different cultures, and appreciation for voluntary work.

The sport of orienteering represents our communities for many reasons. Its playing field is outdoor, it respects the environment, it combines physical strength and tactical skills, it is silent and leaves no trace after its passage. Orienteering is a metaphor for life: setting a goal, establishing a strategy to reach it in the shortest possible time, giving oneself intermediate milestones, relying on, and trusting in simple tools to keep the right course.

The event will result from a collaboration between numerous sports clubs and hundreds of volunteers united by their love of sport. Thanks to all of them in advance for the time and passion they will use to organize this event.

I wish all participants excellent sporting results in our forests and in our historic villages, and above all to enjoy a unique experience in Trentino, in Valsugana, on the Piné Plateau.

- ALESSANDRO SANTUARI -
Mayor of Baselga di Piné,
President of the Organising Committee
(and orienteering athlete)



1 ORGANIZATION

JWOC 2025 A.S.D. is the organiser of the Junior World Orienteering Championships 2025

1.1 ORGANISING COMMITTEE

President OC	Alessandro Santuari	president@jwoc2025.it
Event director	Andrea Rinaldi	director@jwoc2025.it
Head of Trainings	Aaron Gaio	training@jwoc2025.it
Head Cartographer	Marco Bezzi	
Head of Course Setters	Fabio Hueller	
Head of IT Service	Edoardo Tona	

1.2 EVENT ADVISERS

IOF Senior Event Adviser	Michael Eglin - SUI
IOF Assistant Event Adviser	Szava Zsigmond-Heinczinger - HUN
FISO National Controller	Janos Manarin - ITA

1.3 CONTACT INFORMATION

Organizing Association	JWOC 2025 A.S.D.
Legal Address	Via C. Battisti, 50 – 38042 Baselga di Pinè (TN) - ITALY
Operative Address	Via C. Battisti, 36 – 38042 Baselga di Pinè (TN) – ITALY
Website	www.jwoc2025.it
Email	info@jwoc2025.it
Contact Media	media@jwoc2025.it
Contact Accommodation	booking@jwoc2025.it



2 PROGRAM

2.1 PROGRAM



Thursday, June 26th	Arrival, Model Events	Arrival
Friday, June 27th	Model Events, Opening Ceremony	Prologue
Saturday, June 28th	SPRINT RELAY	1st STAGE of 5 DAYS of ITALY
Sunday, June 29th	SPRINT DISTANCE	2nd STAGE of 5 DAYS of ITALY
Monday, June 30th	LONG DISTANCE	Rest day
Tuesday, July 1st	Rest day	3rd STAGE of 5 DAYS of ITALY
Wednesday, July 2nd	MIDDLE DISTANCE	4th STAGE of 5 DAYS of ITALY
Thursday, July 3rd	RELAY , Closing Ceremony	5th STAGE of 5 DAYS of ITALY
Friday, July 4th	Departure	Departure

	THURSDAY 26/06	FRIDAY 27/06	SATURDAY 28/06	SUNDAY 29/06	MONDAY 30/06	TUESDAY 01/07	WEDNESDAY 02/07	THURSDAY 03/07	FRIDAY 04/07
JWOC	Arrival	Opening Ceremony	SPRINT RELAY	SPRINT DISTANCE	LONG DISTANCE	Rest	MIDDLE DISTANCE	FOREST RELAY	Departure
5DAYS	Arrival	Prologue	1ST STAGE	2ND STAGE	Rest	3RD STAGE	4TH STAGE	5TH STAGE	Departure



3 VENUE ACCESS and TRANSPORT

3.1 VENUE



In the setting of the Dolomites, a UNESCO World Heritage Site, TRENTINO is a region rich in history and evocative landscapes. Trentino is the northernmost Italian region and is almost entirely mountainous, located in the southern side of the Alps. Trentino is able to offer moments full of adventure and fun, but also of rest and relaxation. Evocative natural panoramas await you, occupied by the flourishing vegetation of picturesque valleys.

The event centre is located in BASELGA DI PINÉ, a municipality of 5.000 inhabitants located on a plateau at 1000 meter a.s.l., and surrounded by lakes and mountains covered by conifers; the area is renowned for its tourism features and cultivation of berries.

The location is part of one of the largest valley of Trentino, VALSUGANA, which lies in the eastern part of the region. Valsugana is recognized at international level for the recreative offer guaranteed by lakes, cycling paths, mountain tracks, ski areas, and is the perfect playground for an active holiday.

3.2 AIRPORT and SHUTTLE

If you're travelling to Trentino by plane, the nearest airports are:

- Verona (115 km)
- Treviso (140 km)
- Venice (170 km)
- Bergamo (200 km)
- Milan Linate (235 km)
- Bologna (245 km)
- Milan Malpensa (290 km)

Transport from the airports to the Event Centre can be organized on request by the organizers. For specific requests write to: info@jwoc2025.it



3.3 TRANSPORTS

Teams are encouraged to use their own transport throughout the whole JWOC. We recommend transport by car/minibus.

Any form of transport service for the competition, model events and quarantine is not planned.

Regarding travel services, requests from the teams must be sent by February 28, 2025. Any costs will be borne by the teams.



4 EVENT CENTRE

4.1 EVENT CENTRE JWOC 2025

Location: CENTRO CONGRESSI PINÉ 1000

Address: Via del Fosch, 1 - Baselga di Pinè (TN) - ITALY

Coordinate GPS: [46.133932 N, 11.249241E](https://www.google.com/maps/place/46.133932,N,+11.249241,E)



TEAM OFFICIAL MEETING ROOM: CINEMA



JWOC SECRETARIAT: ROOM PINE' 1000



5 REGISTRATION, FEES and PAYMENTS

5.1 TEAM REGISTRATION

All entries can only be made in IOF Eventor (<https://eventor.orienteering.org/Events/Show/7524>)

The entry form will be available from 15th January 2025

The following information shall be given:

- Information about team manager
- Number of Team athletes (Men and Women)
- Number of Team officials (There is no maximum number of officials per team)
- Number of Team athletes in the individual races
- Number of Teams for the relay (maximum 2 men’s relay and 2 women’s relay)
- Number of teams for the sprint relay (maximum 3 teams)
- Ordering of rental SIAC cards

The deadline for **Team Size Entry** is 30th April 2025

Registrations after 30th April and before 18th June will be increased by 20% and cancellations will be refunded 80%.

Registrations after 18th June 2025 will be increased by 50%.

There will be no refunds after 18th June 2025.

The deadline for **Team Names Entry** is 18th June 2025.

The following information shall be given:

- Name of each Team athlete by selecting from federation members in IOF Eventor
- Names of team officials

Name changes after 18th June 2025 and before 26th June 2025 will be charged 10 € for each athlete.

	15/01/2025	30/04/2025 01/05/2025	20/05/2025	18/06/2025 19/06/2025	26/06/2025 27/06/2025	
Team size entry periods	TEAM SIZE		+20% (80% refund)	+50% (no refunds)		EVENT
Team name entry periods	TEAM NAMES			+ 10 EUR		
Payment schedule	Payment must be made no later than 20th May 2025					

The procedure for the change and communication of changes after the deadline will be communicated in the next bulletins.



5.2 ENTRY FEE

Accreditation	Team Official	90,00 €
Accreditation	Athletes	90,00 €
Entry fee	Individual (per race and runner)	55,00 €
Entry fee	Relay (per race and runner)	50,00 €
SIAC card rent	Per person, per week	40,00 €
IOF Guests		No accreditation fee
Media		No accreditation fee

Accreditation fee for team officials covers model events, parking at the arenas and party.
 The pre-ordered rental SIAC cards will be handed out in the Event Office as a part of the accreditation.
 A team manager shall return all rented SIAC cards at the Event office after the last race.
 Any missing or lost SIAC-card will be charged with a fee of 60,00 €.
 SIAC cards must be ordered with team size entry (30th April 2025).

5.3 PAYMENTS

Payment must be credited to the organizer's account no later than 20th May 2025
 Full payment is required to consider an entry as valid
 Invoices will be issued at the end of April 2025
 All bank fees and charges must be covered by the payer.

Payment must be made by bank transfer to the following bank details:

Bank:	CASSA RURALE ALTA VALSUGANA
Account number:	23171072
IBAN:	IT64P0817834330000023171072
BIC/SWIFT:	CCRTIT2T47A
Account owner:	JWOC 2025 A.S.D.
Address of account owner:	Via Cesare Battisti, 50 – 38042 Baselga di Pinè (TN) – Italy
VAT Number:	02743730224
Reason for the transfer:	Invoice number on Eventor



6 ACCOMODATION and FOOD

6.1 ACCOMODATION

Accommodation will be provided through the local tourist board.

Email: booking@jwoc2025.it

Telephone number: +39 0461 216000

Contact: Booking office of local tourist board (APT Trento)

The organization, in collaboration with the local tourism office, coordinated prices with hotels in the area. The hotels are within a walking distance from the competition centre, the opening ceremony area and the awards ceremony.

The agreed price includes breakfast and dinner (half-board) and is:

Single room: 100,00 €

2 beds room: 130,00 €

3 beds room: 185,00 €

4 beds room: 230,00 €

There are also special prices for official training camps.

The organization is also available to help with different solutions depending on the team's requests and availability in the Piné Plateau or surrounding areas.

Each request must be sent to: booking@jwoc2025.it

6.2 FOOD

FOR LUNCHES: During the races it will be possible to have food in the competition area with dedicated services in Arena or with a packed lunch in quarantine. Prices will be communicated in Bulletin 3 and will be approximately 10-12 € per person per day.



7 EMBARGOED AREAS

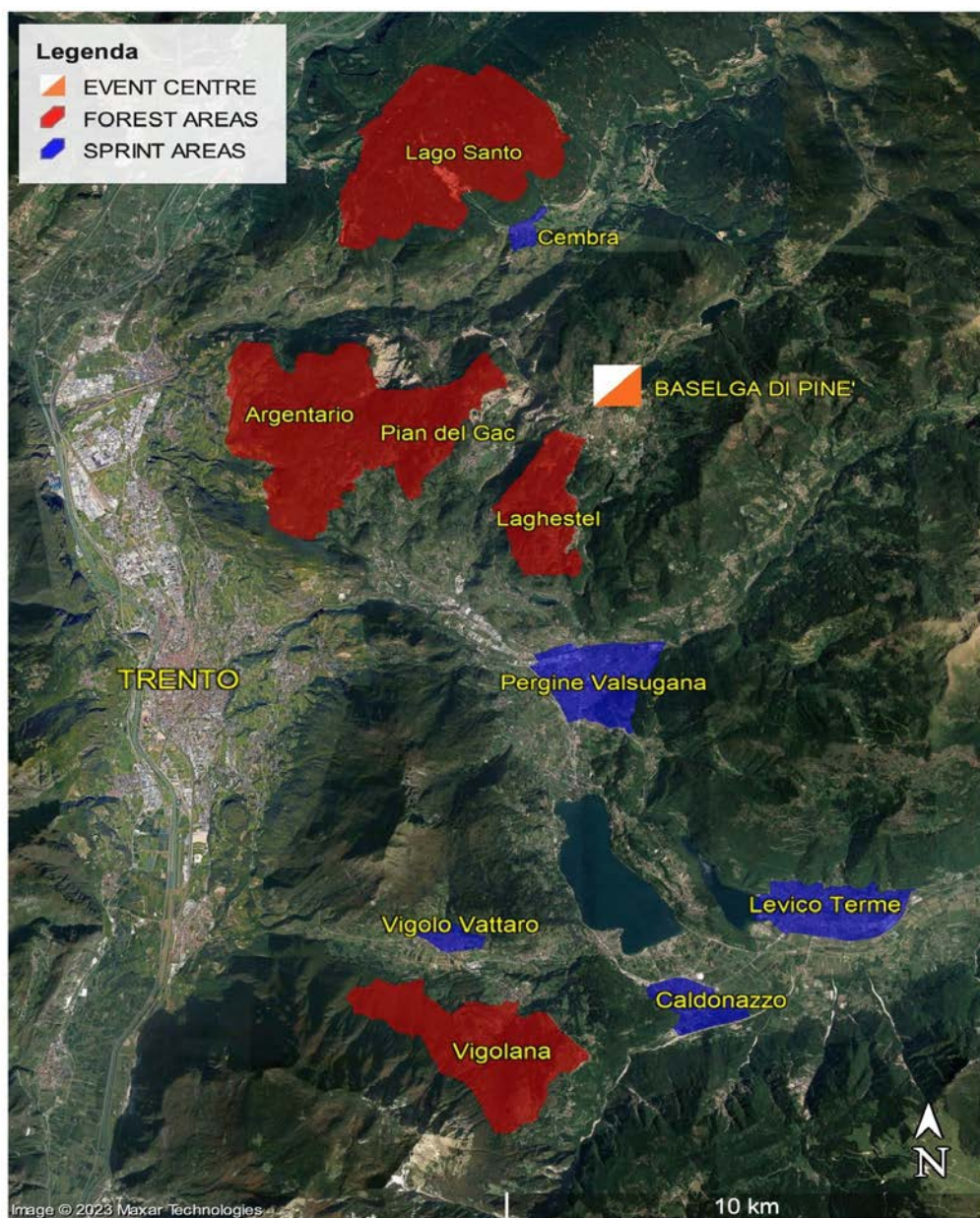
7.1 EMBARGOED AREA INFORMATION

According to the IOF Competition rules (§ 26.5), embargoed areas are forbidden for all potential JWOC 2025 athletes, team officials and other persons, who, through knowledge of the terrain, may influence the results of the competitions. All embargoed areas are 'strict embargo'.

More information and maps are available on [Eventor](https://www.eventor.com) and on the website www.jwoc2025.it

7.2 EMBARGOED AREAS MAP

The following areas are under embargo:



FOREST AREAS:

Argentario
Laghestel
Lago Santo
Pian del Gac
Vigolana

SPRINT AREAS:

Caldonazzo
Cembra
Levico Terme
Pergine Valsugana
Vigolo Vattaro

Link to an interactive Google map with all embargoed areas and training maps: [EMBARGOED AREAS](#)

Link to a folder with the most recent version of any previous orienteering maps of the embargoed areas: [PREVIOUS MAPS](#)



8 TRAININGS

8.1 TRAINING INFORMATION

All information and details on training are available in the specific section of the website: www.jwoc2025.it/training/

Training will be available to teams throughout summer and autumn 2024 and spring 2025.

Terrains are around 300 m to 1000 m a.s.l. and usually snow-free March to November.

A general map with all the available trainings can be consulted at the link: [TRAININGS MAP](#)

All training activities should be coordinated with the organizers.

For any information and to organize your training camp contact training@jwoc2025.it

8.2 PROGRAM

To date the following are scheduled:

24-27 October 2024	JWOC Official Training Camp 1
17-22 April 2025	JWOC Official Training Camp 2
30 May 02 June 2025	Selection races and Camp 3
31 May 01 June 2025	National competitions (sprint, long)



9 CLASSES and PARTICIPATION RESTRICTION

9.1 CLASSES and ENTRY REGULATIONS

There are two classes, WOMEN and MEN. Participation restrictions, classes and qualification system will follow the IOF Rules for JWOC for 2025. All competitors must be born in 2005 or after and must be full passport-holding citizens of the country they are representing.

9.2 RULES

The complete rules for the Junior World Orienteering Championship 2025 consist of IOF competition rules. Latest versions of the rules are found on the IOF webpage.

9.3 ANTI-DOPING CODE

Doping is strictly forbidden and the organizers of the JWOC 2025 are dedicated to supporting the anti-doping authorities in their work. Doping tests are always carried out in accordance with the procedures described in the WADA International Standard for Testing. The IOF Anti-Doping Code and rules and the World Anti-Doping Code 2021 apply as of 1st January 2021. Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. The athlete should also bring along their therapeutic use exemption (TUE) if applicable. In general, it is advisable that the athletes bring along their ID to all the competitions and events. For more information, please consult: <https://orienteering.sport/iof/anti-doping/>

9.4 INSURANCE

The organizers decline any liability that might occur through participation in the IOF JWOC Events and training opportunities. Each person participates at their own risk and is responsible for their own insurance coverage (illness and accident).

9.5 CLIMATE and HAZARDS

The climate of Baselga di Piné, a city in north Italy located at 960 metres above sea level, is moderately alpine, characterised by cold winters with temperatures often below freezing (0 °C), and mild to pleasantly warm summers. In summer, the temperatures are pleasant and suitable for outdoor activities, although sometimes there can be rain and thunderstorms. July is the warmest month with the average minimum temperature 13.5°C (usually the minimum temperature is noted during the night). The average maximum daytime temperature lies around 25°C. There can be short hot periods with maximum temperatures exceeding 30°C. The average precipitation in July is 70 mm. You can expect on average 7.5 hours of sunshine per day in this summer month.

Ticks, carrying Tick-borne Encephalitis and Lyme-disease, are present in the forests.

9.6 VISAS

According to the current regulations citizens of some countries must obtain a visa in order to enter Italy. Please note that conditions of entry to Italy can change and all potential JWOC participants are advised to keep up to date with the current situation. Please visit <https://vistoperitalia.esteri.it/home/en>



10 MEDIA

10.1 MEDIA INFORMATION

Journalists, photographers, camera personnel and social media content creators are welcome.
All registrations will be made in IOF Eventor.
Further information, instructions and registration deadlines will be part of Bulletin 3.

Email: media@jwoc2025.it

Telephone number: +39 339 7417833

Contact person: Alessandro Gretter

11 RACE INFORMATION

11.1 PUNCHING

SPORTident Air+ punching will be used for all competitions.

JWOC participants are requested to use their own SIAC-cards as primary SIAC during the event, for sustainability reasons.

The organisers will offer SIAC cards for rent; they can be booked through IOF Eventor as a service along with team-size entry (30th April 2025). SIAC card numbers must be given with the Team Names Entry via Eventor by 19st June 2025 at the latest.

One back-up SIAC card will be provided by organisers for free (no need to book), as a reserve in case of primary SIAC card failure only. It is not allowed to use this back-up SIAC card as the primary one and enter its number to Eventor. A team manager shall return all back-up SIAC cards at the Event office after the last race; any missing or lost SIAC-card will be charged with a fee of 60,00 €.

11.2 CLOTHING and FOOTWEAR

There are no regulations regarding clothing.

For all sprint races and sprint training sessions shoes with metal dobbs and spikes are forbidden.

For all forest races and forest training sessions shoes with metal spikes are forbidden and shoes with dobbs are permitted.



12 EVENT INFORMATION

12.1 SPRINT RELAY

LOCATION:	Sprint Relay will be held in Levico Terme
MAP:	Scale 1:4.000 / Contour interval 2,5 m
MAPPER:	Marco Bezzi
COURSE SETTER:	Federico Venezian
TERRAIN:	The terrain is urban with parks. Runners will run in a mix of streets, paved areas, residential areas and parks



12.2 SPRINT DISTANCE

LOCATION:	Sprint will be held in Cembra
MAP:	Scale 1:4.000 / Contour interval 2,5 m
MAPPER:	Marco Bezzi
COURSE SETTER:	Aaron Gaio
TERRAIN:	The terrain is urban in a small alpine village (670 m a.s.l.). Runners will face a mix of narrow streets, with underpasses and stairs, and residential areas.



12.3 LONG DISTANCE

LOCATION:	Long will be held in Pian del Gac
MAP:	Scale 1:15.000 / Contour interval 5 m
MAPPERS:	Viktor Kirianov - Vadym Prokopchuk - Oleksandr Mykhaylov
COURSE SETTER:	Daniele Pagliari
TERRAIN:	Mainly open deciduous and coniferous forest, with some areas of dense young forest. Altitude between 700 and 1000 meters above sea level. The terrain is moderately hilly with some steeper parts; some areas with plenty of holes and depressions, due to past intense mine activity. Some areas with ponds and marshes. The runnability and visibility varies from medium to excellent. Abundant network of forest roads and tracks.



12.4 MIDDLE DISTANCE

LOCATION:	Middle will be held in Laghestel
MAP:	Scale 1:10.000 / Contour interval 5 m
MAPPERS:	Viktor Kirianov - Vadym Prokopchuk - Oleksandr Mykhaylov
COURSE SETTER:	Simone Grassi
TERRAIN:	Mainly coniferous forest with clean undergrowth with fast to very fast running. Hills with various details to force a fine reading. Green areas characterised by low to very low runnability and visibility, especially near water retention areas



12.5 RELAY

LOCATION:	Relay will be held in Laghestel
MAP:	Scale 1:10.000 / Contour interval 5 m
MAPPERS:	Viktor Kirianov - Vadym Prokopchuk - Oleksandr Mykhaylov
COURSE SETTER:	Fabio Hueller
TERRAIN:	As in the Middle Distance, the forest tends to consist of conifers. The vegetation is relatively denser, especially in deep valleys. Part of the map is characterised by a large swamp. Finally, there are several open areas.



12.6 PRELIMINARY COURSE INFORMATION

DISCIPLINE	CLASS	WINNING TIME	PRELIMINARY LENGTH
Sprint relay (per leg)	Women	13-14 min	2.9 – 3.1 km
	Men	13-14 min	3.3 – 3.5 km
Sprint distance	Women	12-15 min	2.3 – 2.5 km
	Men	12-15 min	2.6 – 2.8 km
Long distance	Women	70 min	8.9 – 9.1 km
	Men	70 min	10.4 – 10.6 km
Middle distance	Women	20-25 min	3.6 – 3.8 km
	Men	20-25 min	4.1 – 4.3 km
Relay (per leg)	Women	30-35 min	4.9 – 5.1 km
	Men	30-35 min	5.8 – 6.0 km



13 SPECTATORS and 5 DAYS OF ITALY

13.1 5 DAYS OF ITALY

The 5 GIORNI DI ITALIA / 5 DAYS OF ITALY is organized to allow the public to witness the spectacular moments of the JWOC and be able to compete with the champions of the future on the same terrain.

In Trentino woods, lakes and mountains are all waiting to embrace you in their timeless energy: the scent of spruce trees, the distinctive breeze of alpine lakes, the infinite horizons for you to gaze upon, all in the embrace of the Dolomites. A stroll on foot, a bicycle ride, a fly with paraglide, a night under the stars: rediscover here your bond with nature.

Booking is already open, more details at www.jwoc2025.it/5days/

