



INTERNATIONAL ORIENTEERING FEDERATION



WORLD CUP 2025

Round #3 SUI

Uster/Switzerland, 26-28 September 2025

BULLETIN 1+2

Event Director: Matthias Niggli
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WELCOME TO USTER

Dear athletes and teams

The city of Uster as well as the organizing team are looking forward to the EGK Orienteering World Cup and to seeing you all in the middle of Switzerland.

After the World Cup in Olten in Mai 2024 it is a pleasure to have you back in Switzerland for three thrilling sprint competition.

We offer you exciting competitions and an attractive package price including entry fee and starting fee for all races. We hope you get attracted by our offer, the incredible atmosphere at races in Switzerland and by the urban atmosphere in Uster.

You are warmly welcome to Switzerland!

Matthias Niggli
Event Director EGK Orienteering World Cup

WORLD CUP 2025

The World Cup 2025 consists of the following 9 competitions.

| <i>Comp.</i> | <i>Date</i> | <i>Format</i> | <i>Venue</i> |
|--------------|--------------|------------------|---------------------|
| 1 | 19 June | Long | Idre Fjäll / Sweden |
| 2 | 21 June | Middle | |
| 3 | 22 June | Relay | |
| 4 | 27 August | Sprint Relay | Hasselt / Belgium |
| 5 | 29 August | Knock-Out Sprint | |
| 6 | 31 August | Sprint | |
| 7 | 26 September | Sprint | Uster / Switzerland |
| 8 | 27 September | Sprint Relay | |
| 9 | 28 September | Knock-Out Sprint | |

In the individual World Cup, athletes are awarded World Cup points as per 2025 World Cup special rules, where winners of individual races receive 100 point and top 40 are rewarded.

The Teams World Cup points are awarded according to 2025 World Cup special rules, where relays are most important and counted together with the sum of the scores in the individual races.

1. ORGANIZATION AND CONTACT

1.1 ORGANIZING COMMITTEE

Matthias Niggli
Rachel Marxer
Reto Pfister/Hansueli Steinmann
Roland Ludwig/Joël Schmutz
Daniel Leibundgut
Alex Wenger / François Borner
Brigitte Grüniger Huber

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

Event Advisors
Flemming Jørgensen
Urs Hofer
Michael Eglin

IOF Senior Event Advisor, DEN
National Controller, SUI
National Controller, SUI

CONTACT ADDRESS

EGK Orienteering World Cup 2025
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CH-3110 Münsingen

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www.ol-weltcup.ch

Bulletin 3 will be published by 26 July 2025.

Final details will be released in Bulletin 4 upon arrival at the Event Centre in Uster and on Eventor on 24 September 2025.



2. EVENT PROGRAMME

WEDNESDAY, 24 SEPTEMBER 2025

| | |
|----------------------|-------------|
| Arrival of the teams | |
| Event Centre opens | 14:00-17:00 |
| Free training | 14:00-18:00 |

THURSDAY, 25 SEPTEMBER 2025

| | |
|-----------------------------|-------------|
| Event Centre opens | 09:00-12:00 |
| Free training / Model event | 10:00-18:00 |
| Event Centre opens | 17:00-19:00 |
| Team Officials' Meeting | 17:30-18:30 |

FRIDAY, 26 SEPTEMBER 2025

| | |
|-----------------------------------|-------------|
| EGK Orienteering World Cup Sprint | 13:30-18:00 |
| Price Giving Ceremony | 18:15 |

SATURDAY, 27 SEPTEMBER 2025

| | |
|---|-------------|
| National Competition, Middle | 12:00-16:00 |
| EGK Orienteering World Cup Sprint Relay | 16:00-18:00 |
| Price Giving Ceremony | 18:15 |

SUNDAY, 28 SEPTEMBER 2025

| | |
|---|-------------|
| National Competition, Sprint | 09:00-12:30 |
| EGK Orienteering World Cup Knock-Out Sprint | 12:00-16:15 |
| First start Quarter Final approx. | 12.15 |
| Semi-Final approx. | 14:00 |
| Final approx. | 15:30 |
| Price giving ceremony | 16:00 |
| World Cup Final party | 19:00-00:00 |

3. VENUES, ACCESS AND TRANSPORT

The competitions are held in Uster (20km from Zürich).

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

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

4. EVENT CENTRE

The Event Centre is located in Uster.

5. ENTRY

5.1 ENTRIES AND ENTRY DEADLINES

All entries are only to be made in IOF Eventor. The entry form will be available from 1 December 2024 on <https://eventor.orienteering.org/Events/Show/7954>

- The deadline for Team Size Entry is 26 July 2025 (- 2 months)
- The deadline for Team Names Entry is 16 September 2025 (- 10 days)
- The deadline for Late Entries, Changes of Team Size or Team Names is 25 September 2025 at 12:00

Team Size Entry (deadline 26 July 2025)

The following information shall be filled in:

Team manager (chosen from list in IOF Eventor)

- 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: Federation Team Quota will be published by the IOF.

Team Names Entry (deadline 16 September 2025)

The following information shall be filled in:

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

Competition Entries

Names of the competitors and, if required, their starting group, shall be entered in IOF Eventor before 12 noon on the day before the sprint and before 18:00 for the sprint-relay.

Late Entries, Changes of Team Size or Team Names

Late Entries and changes will be accepted, if possible, up to Event start date, 25 September 2025 at 12:00.

No late entries or changes will be accepted after this date. Late entries and changes will always have a defined extra cost (surcharge). Late entries and changes must be communicated directly to the organiser matthias.niggli@ol-weltcup.ch.

The organiser makes the changes in IOF Eventor after deadlines.

5.2 ENTRY FEES UNTIL 26 JULY 2025

Competition package:

CHF 80.- for competitors, CHF 50.- for team officials, CHF 100.- per relay team.

This includes:

- Starting fee for the races (competitors only)
- Training and model maps, competition maps

5.3 PAYMENT

The competition package must be paid by 26 July 2025.

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

| | |
|------------------|---------------------------------------|
| Bank | PostFinance, Nordring 8 CH-3003 Bern, |
| IBAN | CH75 0900 0000 8771 7328 8 |
| SWIFT Code | POFICHBEXX |
| Clearing Nr. | 09000 |
| To the credit of | Swiss Cup, Im Freien 5, CH-8712 Stäfa |

6. ACCOMMODATION AND FOOD

There is no official accommodation provided from the organiser. The region of Uster and Zürich offers a great number of hotel, guest rooms and apartments.

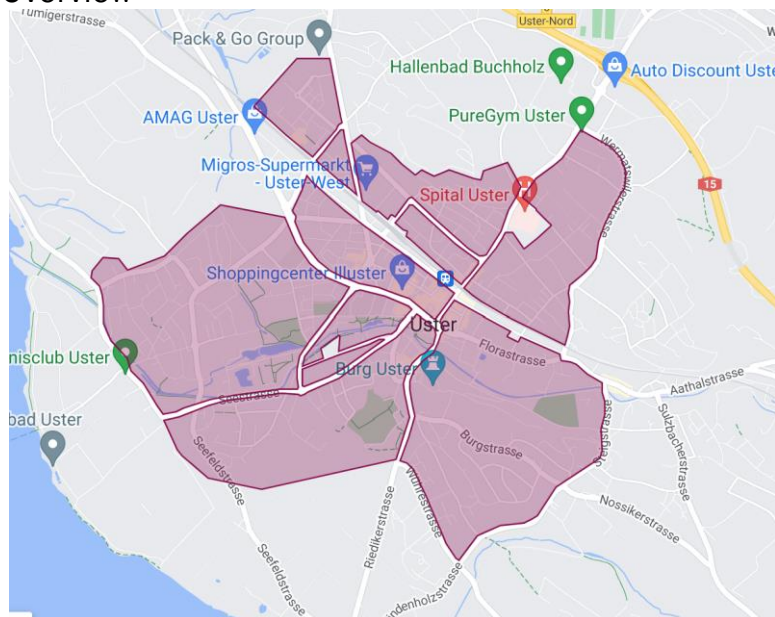
Please check the embargoed areas before booking an accommodation.

7. EMBARGOED AREAS

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

Note that the embargoed areas will be changed, and new versions and rules will apply on the competition days (see Bulletin 4).

Overview



Embargoed area Uster

7.1 PREVIOUS ORIENTEERING MAPS

There is a previous orienteering map from Uster, it can be downloaded from Eventor as PDF or as an OCAD-File.

8. TRAINING

One training map/model event map in the region of Uster will be available. The training map will be given to all entered runners and coaches at accreditation. Other training possibilities are available but need to be organised by the teams.

9. RULES AND GENERAL INFORMATIONS

9.1 COMPETITION RULES

The Competition Rules for IOF Foot Orienteering Events 2025, valid from 1 January 2025 and the Special Rules for the 2025 Orienteering World Cup apply.

9.2 CLASSES AND PARTICIPATION RESTRICTIONS

There are two classes, Women and Men.

Participation restrictions, classes and qualification system will follow the Special Rules for the 2025 World Cup in Orienteering.

9.3 ANTI-DOPING

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

9.4 INSURANCE

The organisers decline any liability that might occur through participation in World Cup Events 7, 8 and 9 and trainings. Each person participates at her/his own risk and is responsible for her/his own insurance coverage (illness and accident).

9.5 CLIMATE

Normal temperatures in Uster in September lies between 10 and 25° C in daytime.

9.6 VISA PERMITS

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

Please check with your embassy if you need visa permits.

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

9.8 ATHLETE'S LICENCE

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

10. MEDIA SERVICES

We welcome all media representatives as our partners to broadcast the thrilling events of the EGK Orienteering World Cup 2025 to a broad public.

For media accreditation please contact media@o-worldcup.ch.

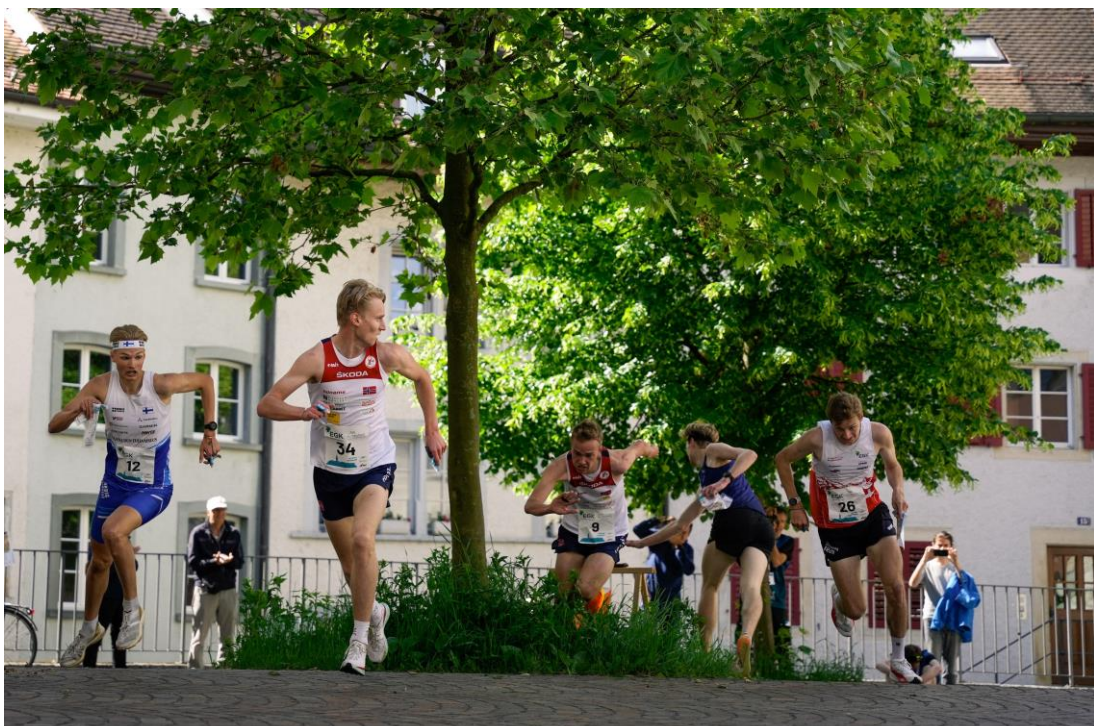
11. COMPETITION INFORMATIONS

11.1 PUNCHING SYSTEM

The punching system used is SPORTident Air+. SIAC-Cards will be provided by the organiser.

11.2 CLOTHING

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



12. EVENT INFORMATION

12.1 EGK ORIENTEERING WORLD CUP SPRINT

| | |
|----------------|---|
| Format | Sprint distance. |
| Map | Uster, 1:4'000, 2m, by Beat Imhof |
| Terrain | Urban terrain with smaller and bigger buildings and park areas. |
| Forms | Mostly flat to moderate climbs. |
| Traffic | Local traffic in some of the streets. |
| Women | winning time 12-15' |
| Men | winning time 12-15' |
| Course setters | Rachel Marxer, Silvan Ullmann and Nico Brechbühl |

12.2 EGK ORIENTEERING WORLD CUP SPRINT RELAY

| | |
|----------------|---|
| Format | Sprint Relay, 4 legs (WOMEN-MEN-MEN-WOMEN) |
| Map | Uster, 1:4'000, 2m, by Beat Imhof |
| Terrain | Urban terrain with smaller and bigger buildings and park areas. |
| Forms | Mostly flat to moderate climbs. |
| Traffic | Local traffic in some of the streets. |
| Courses | winning time 55-60' for the whole relay. |
| Course setters | Rachel Marxer, Silvan Ullmann and Nico Brechbühl |

12.3 EGK ORIENTEERING WORLD CUP KNOCKOUT-SPRINT

| | |
|----------------|--|
| Format | Knockout-Sprint with quarter final, semi-final and final. The sprint race from Friday counts as qualification. |
| Map | Uster, 1:4000, 2m by Beat Imhof |
| Terrain | Urban terrain with smaller and bigger buildings and park areas. |
| Forms | Mostly flat to moderate climbs. |
| Traffic | Local traffic in some of the streets. |
| Women | 6-8' for each elimination round and final. |
| Men | 6-8' for each elimination round and final. |
| Course setters | Rachel Marxer, Silvan Ullmann and Nico Brechbühl |



13. PRIZE MONEY

A total prize fund of EUR 12'900.- will be awarded from the event organiser to the best men, women and relay team in the 3 competitions:

EGK Orienteering World Cup Event 7 and 9 (individual races):

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

EGK Orienteering World Cup Event 8 (sprint relay):

| | |
|------------|-------------|
| 1st place: | EUR 1'000.- |
| 2nd place: | EUR 700.- |
| 3rd place: | EUR 400.- |

A total prize fund of EUR 19'000.- will be awarded from the IOF, the Verein Swiss Cup and the other World Cup project partners to the best men and women in the World Cup overall ranking 2025:

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

14. PUBLIC RACES

On Saturday and Sunday, national races will be organised nearby at the same location (Middle distance on Saturday, Sprint distance on Sunday).

Presenting Partner



Destination



uster

Wohnstadt am Wasser

