



Poland2026
Przeworsk - Rzeszów
7th - 14th August

WORLD MASTERS ORIENTEERING CHAMPIONSHIPS

BULLETIN 1



Be O-Champion
in Poland2026

TABLE OF CONTENTS

<u>3</u>	1. Introduction
<u>4</u>	2. Greetings
<u>6</u>	3. Organisers
<u>6</u>	4. Information and contact
<u>6</u>	5. IOF Advisers and Controllers
<u>6</u>	6. Venue
<u>7</u>	7. How to get to WMOC2026
<u>8</u>	8. Event Centre
<u>8</u>	9. Visa and entering the country
<u>8</u>	10. Currency
<u>9</u>	11. Climate
<u>9</u>	12. Punching system
<u>10</u>	13. Official programme
<u>11</u>	14. Classes and winning times
<u>11</u>	15. Locations and travel distances
<u>12</u>	16. Insurance
<u>12</u>	17. Entries, changes and cancellation policies
<u>13</u>	18. Prizes
<u>13</u>	19. Clothing
<u>13</u>	20. Sprint
<u>13</u>	21. Forest Qualification and Middle Final
<u>14</u>	22. Long Final
<u>14</u>	23. Embargoed areas
<u>14</u>	24. Transport & Parking
<u>15</u>	25. Old maps
<u>15</u>	26. Training possibilities
<u>15</u>	27. Competitions close to WMOC2026
<u>15</u>	28. Accommodation
<u>16</u>	29. Public races
<u>16</u>	30. Terrain
<u>17</u>	Appendix 1 - old maps

1 INTRODUCTION

We are pleased to invite all orienteering enthusiasts to take part in the World Masters Orienteering Championships (WMOC), which will be held for the first time in history in Poland! The event will take place in Rzeszów, Przeworsk and their surrounding areas, offering unique challenges and unforgettable experiences.

WMOC 2026 is a one-of-a-kind opportunity to compete against the best athletes in your age category, while also discovering the beauty of the Podkarpacie region – rich in history, stunning landscapes, and warm hospitality. The race courses will lead you through picturesque forests, hills, and other terrains, providing a perfect challenge for every orienteer.

Whether you are an experienced competitor or new to the sport of orienteering, WMOC 2026 has something for everyone. It is not only a competition but also a chance to reconnect with friends, share experiences and celebrate the passion for this incredible sport.

Join us for WMOC 2026 – make it your best race ever!



2 GREETINGS



Leszek Kisiel
Mayor of Przeworsk

Dear Participants, Organisers, and Orienteering Enthusiasts!

As the Mayor of Przeworsk, it will be my great pleasure to host participants, organisers, and supporters at the World Masters Orienteering Championships in 2026. Przeworsk, a town rich in history and unique natural beauty, is proud to co-host such a prestigious event.

The sprint qualification races, which we will witness in our town, will bring together the best athletes from around the world. Przeworsk, along with Rzeszów, offers the perfect conditions for both sporting competition and the opportunity to discover the charm of our region. We hope that both athletes and spectators will feel at home here and experience unforgettable moments.

Hosting the World Championships is not only a great honour for us but also a unique opportunity to showcase the beauty and hospitality of Przeworsk. I believe these championships will provide all participants with exciting sporting moments and memories that will encourage you to return to our town in the future.

I wish you all inspiring performances, a wonderful atmosphere, and much success!



Konrad Fijołek
President of Rzeszów

Ladies and Gentlemen, dear orienteering enthusiasts!

I am extremely pleased that excellent, experienced runners from all over the world have set their sights on Poland in 2026 – on the scenic areas of the Podkarpackie Voivodeship, and within it on its dynamically developing capital, Rzeszów, and the nearby charming Przeworsk.

I would like to thank the International Federation and the Polish Orienteering Association for this choice in particular. I am convinced that we will prove it right and will not disappoint the trust that your community has placed in us. That the routes you will have to cover – both the downtown and out-of-town – will meet your sporting and sightseeing expectations. That together with your loved ones who will support you, you will be enchanted by our region, appreciate its tourist attractions and the hospitality of its inhabitants.

Orienteering, also known as the green sport, perfectly corresponds with the ambitions of the Rzeszów local government. By focusing on the sustainable development of the city, we try to protect the natural environment, invest in friendly technologies and promote outdoor recreation. The city also has no shortage of experience in organising orienteering races, and its residents and local government employees in participating in such competitions. I am convinced that your example will inspire other residents of Rzeszów, and along with them, residents of other regions of Poland, to combine their love for sports with the mental joy that following the map and compass can give!

I wish all participants in the World Masters Orienteering Championships the best possible results, positive emotions, warm support from the fans and, above all, satisfaction from their stay in a hospitable Polish region.

May it bring you only good memories and encourage you to visit again. I cordially invite you!



Łukasz Charuba
President of Polish Orienteering Federation



Marcin Leśnicki
WMOC2026 Event Director

Dear Competitors,

It is with great pleasure that I invite you to participate in the World Masters Orienteering Championships 2026.

Orienteering is not just a sport, it is a passion and a way of life. WMOC 2026 is an opportunity to meet enthusiasts from around the world, challenge yourself on exceptional courses, and enjoy an unforgettable time in the company of others who share your love for this wonderful discipline.

We are delighted that the organisation of this prestigious championship has been entrusted to Poland by the International Orienteering Federation. It is a great honour and responsibility for us to ensure that you have an unforgettable experience and to create conditions that will allow you to fully enjoy the competition and the atmosphere of this exceptional event.

I am confident that the championships in Poland will be an unforgettable experience for you, filled with emotions, new challenges, and inspiring encounters. We are excited to welcome all those who wish to take part in this sporting celebration.

**See you on the courses of WMOC 2026
in Przeworsk and Rzeszów!**

Dear Orienteering Friends!

It is with great pleasure that I invite you to participate in the World Masters Orienteering Championships (WMOC 2026), which will take place from August 7 to 14, 2026, in Poland, in the beautiful region of Podkarpacie, in Przeworsk and Rzeszów.

This unique event will bring together orienteering enthusiasts from around the world to compete in various age categories, in scenic and challenging terrains. The championships will be an excellent opportunity to test your skills, make new friends, and experience unforgettable moments with like-minded people.

Our goal is to provide you with an unforgettable experience, professional organisation, and hospitality that will make you feel at home. We believe that WMOC 2026 will be one of the most significant events in the orienteering calendar, and celebrating our shared passion for this sport in Poland will stay with you for a long time.

We look forward to seeing you in Przeworsk and Rzeszów!



3 ORGANISERS

UKS Azymut Dębów Orienteering Club
Polish Orienteering Federation
City of Rzeszów
City of Przeworsk

Event Director: Marcin Leśnicki

4 INFORMATION AND CONTACT

www.wmoc2026.pl
info@wmoc2026.pl
<https://fb.com/wmoc2026>
+48 576 438 929

5 IOF ADVISERS AND CONTROLLERS

IOF Senior Event Advisers

- Julie Cleary (GBR)
- Ronan Cleary (GBR)

National Controller

- Jerzy Antonowicz (POL)

6 VENUE

Poland, located in Central Europe, is a country rich in history, culture and natural beauty. It is known for its medieval towns, stunning castles and vibrant cities like Warsaw, Kraków and Gdańsk. The country is also home to diverse landscapes, from the Baltic Sea in the north to the Tatra Mountains in the south. Poland offers a blend of modernity and tradition, with a lively arts scene, a rich culinary heritage and numerous UNESCO World Heritage sites. With its welcoming people and strong sporting culture, Poland is an exciting destination for tourists and athletes alike.

Rzeszów and Przeworsk are charming towns located in southeastern Poland, both rich in history and culture.

Rzeszów, the regional capital of the Podkarpackie Voivodeship, is a vibrant city known for its dynamic mix of modernity and tradition. It boasts beautiful historic buildings, such as the Rzeszów Castle and the Town Hall, alongside a bustling city centre with cafes, shops and cultural events. The city is also a hub for education and business, with a growing international presence.

Przeworsk, a smaller town located just 20 kilometers from Rzeszów, is steeped in history, particularly from the medieval and early modern periods. Known for its picturesque surroundings and historical landmarks, including the Przeworsk Palace and Holy Spirit Church, it offers a peaceful atmosphere ideal for visitors interested in exploring Poland's rich heritage.

Both towns are surrounded by beautiful landscapes, offering outdoor activities and a welcoming environment for tourists and locals alike.



7 HOW TO GET TO WMOC2026

Rzeszów is a city with excellent transportation connections, making it easy for participants in the WMOC to travel to the event. The city has an international airport – Rzeszów-Jasionka Airport, offering fast access to many European destinations. Additionally, Rzeszów is connected by international road links: the A4 motorway, linking the east with the west and the S19 expressway, connecting the north with the south. Rzeszów also has a railway station offering numerous domestic and international connections, ensuring convenient access to the city from various parts of Poland and Europe.



AIRPORTS

RZESZÓW-JASIONKA - 5KM
LUBLIN-ŚWIDNIK - 180KM
KRAKÓW - BALICE - 180KM



HIGHWAYS A4, S19

KRAKÓW - 160KM / 1H 45'
LUBLIN - 180KM / 1H 50'
WARSZAWA - 330KM / 3H 30'
WROCŁAW - 430KM / 4H 50'



RAILWAYS

KRAKÓW - 1H 30'
LUBLIN - 2H 30'
WARSZAWA - 4H 50'
WROCŁAW - 5H 10'

Rzeszów
 (Event Centre)

8 EVENT CENTRE

The WMOC2026 Event Centre will be located at Rzeszów University of Technology

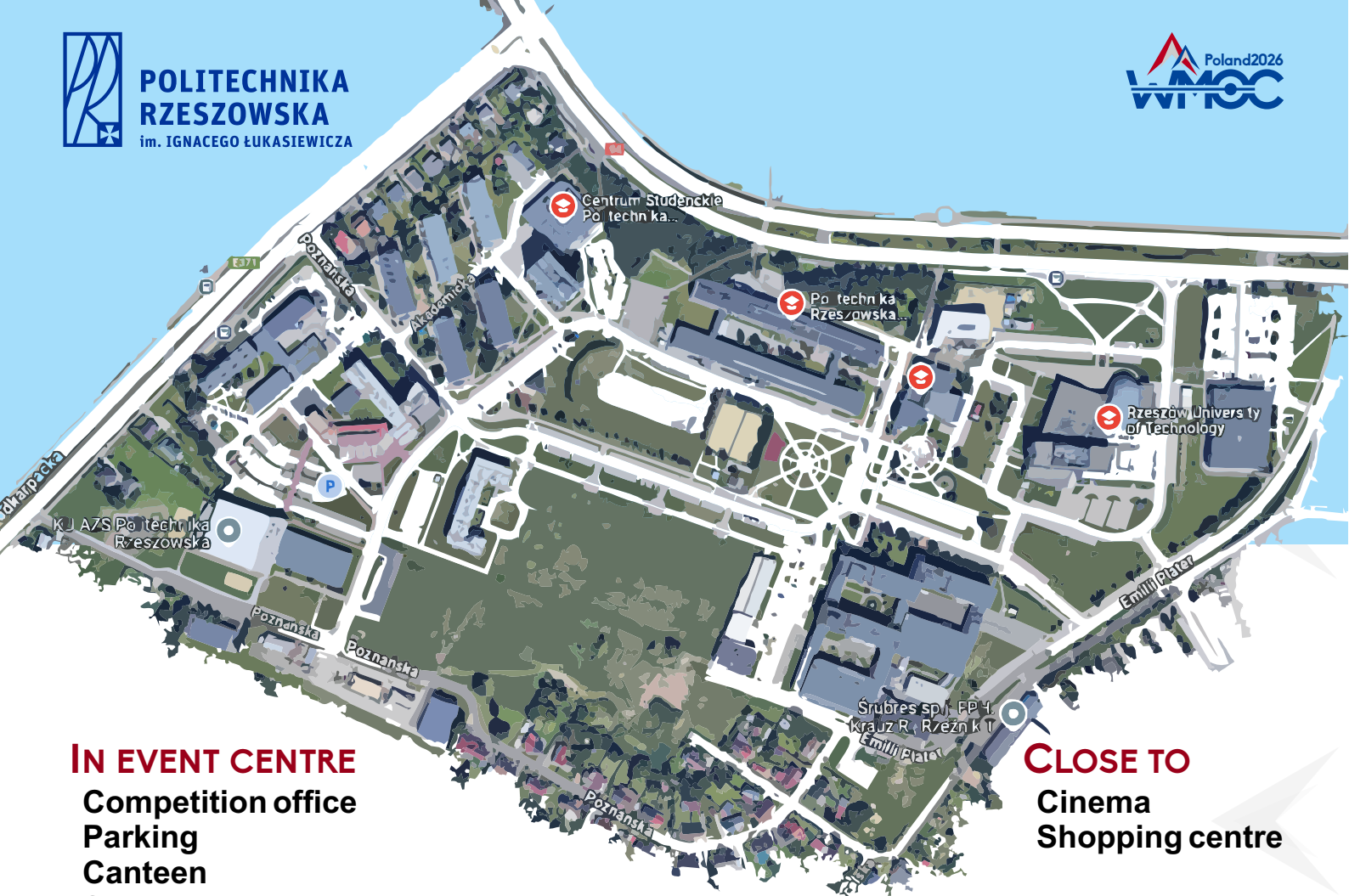


9 VISA AND ENTERING THE COUNTRY

Poland, as a member of the European Union and the Schengen Area, has specific entry requirements depending on the country of origin. Citizens of non-EU countries may need a Schengen visa (for stays up to 90 days) or a national visa (for long-term stays). Citizens of EU, EEA, and some other countries, such as the UK, USA or Canada, can enter without a visa for up to 90 days. It is always advisable to check the current visa requirements on the official website www.gov.pl/web/dyplomacja or contact the nearest Polish diplomatic mission, as regulations may change.

10 CURRENCY

In Poland, the official currency is the Polish zloty (PLN). Banknotes and coins are widely used. Card payments are widely accepted as well, especially in large cities and tourist areas. Most shops, restaurants, hotels and service points accept payments by card (Visa, MasterCard, American Express) as well as contactless payments via mobile phones (e.g. Apple Pay, Google Pay). However, in smaller towns and rural areas, not all places may accept cards, so it's a good idea to have cash on hand just in case.



IN EVENT CENTRE

Competition office
Parking
Canteen
Shop
Accommodation
Bus stop

CLOSE TO

Cinema
Shopping centre

11 CLIMATE

In August, Poland experiences a warm, late-summer climate. The average temperature ranges from 18°C to 25°C, but it can be much hotter, especially in the south, where temperatures may reach up to 30°C. Days are long and sunny, although short thunderstorms and intense downpours are common. There is also a high humidity level. It's a great time for tourism and outdoor activities.

12 PUNCHING SYSTEM

The SPORTident punching system will be used. Touch free mode (Air+) will be activated in addition to classic SPORTident punching. Both SI Active-Cards (SIACs) and classic SI-cards can be used. SIACs can be hired from the organisers (via IOF Eventor) by choosing this option in the entry form. The hire charge is 8 EUR per day or 30 EUR for the entire week, if booked in advance. Without pre-registration, the hire charge is 15 EUR per day or 60 EUR for the entire week. Classic SI-cards can also be hired (via IOF Eventor). The hire charge is 20 EUR for the entire week, if booked in advance. Without pre-registration, the hire charge is 10 EUR per day or 40 EUR for the entire week. A deposit may be required to ensure the return of the device.

13 OFFICIAL PROGRAMME

➤ THURSDAY, 6TH AUGUST

RZESZÓW

ACCREDITATION IN EVENT CENTRE

➤ FRIDAY, 7TH AUGUST

RZESZÓW

ACCREDITATION IN EVENT CENTRE
SPRINT MODEL EVENT

➤ SATURDAY, 8TH AUGUST

PRZEWORSK

SPRINT QUALIFICATION
OPENING CEREMONY

➤ SUNDAY 9TH AUGUST

RZESZÓW

SPRINT FINAL
PRIZE-GIVING CEREMONY

➤ MONDAY, 10TH AUGUST

JASIONKA

FOREST QUALIFICATION AND MIDDLE
FINAL MODEL EVENT

➤ TUESDAY, 11TH AUGUST

KORNIĄTÓW

FOREST QUALIFICATION

➤ WEDNESDAY, 12TH AUGUST

KORNIĄTÓW

MIDDLE FINAL

RZESZÓW

PRIZE-GIVING CEREMONY

➤ THURSDAY, 13TH AUGUST

ŚWIĘTY ROCH

LONG FINAL MODEL EVENT

➤ FRIDAY, 14TH AUGUST

CZUDEK

LONG FINAL
CLOSING CEREMONY
PRIZE-GIVING CEREMONY



14 CLASSES AND WINNING TIMES

WINNING TIMES IN MINUTES			
Class	FQ	MF	LF
W35	50	30-35	70
W40	50	30-35	65
W45	45	25-30	60
W50	45	25-30	55
W55	40	25-30	50
W60	40	25-30	50
W65	40	25-30	50
W70	35	25-30	50
W75	35	25-30	50
W80	35	25-30	45
W85	35	25-30	45
W90	30	25-30	40
W95	30	25-30	40
W100	30	25-30	40

For all classes of sprint races (Sprint Qualification, Sprint Final), the winning time is 12-15 minutes.

WINNING TIMES IN MINUTES			
Class	FQ	MF	LF
M35	50	30-35	70
M40	50	30-35	65
M45	45	25-30	60
M50	45	25-30	55
M55	40	25-30	50
M60	40	25-30	50
M65	40	25-30	50
M70	35	25-30	50
M75	35	25-30	50
M80	35	25-30	45
M85	35	25-30	45
M90	30	25-30	40
M95	30	25-30	40
M100	30	25-30	40

FQ - Forest Qualification
MF - Middle Final
LF - Long Final

15 LOCATIONS AND DISTANCES

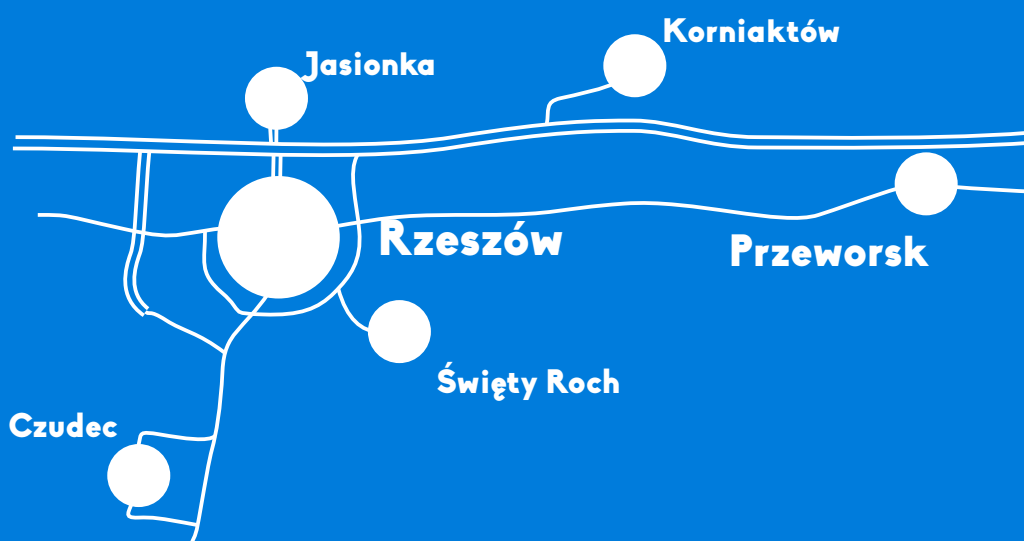
Rzeszów - Przeworsk
46km / 36' (car/bus)

Rzeszów - Jasionka
12km / 16' (car/bus)

Rzeszów - Korniałów
37km / 45' (car/bus)

Rzeszów - Święty Roch
10km / 16' (car/bus)

Rzeszów - Czudec
15km / 25' (car/bus)



16 INSURANCE

Each competitor participates in the event at his/her own risk. We recommend you obtain personal health and travel insurance prior to travel.

17 ENTRIES, CHANGES AND CANCELLATION POLICIES

Entries will be via IOF Eventor (www.entries.wmoc2026.pl) platform. The entry will be considered approved after payment via credit card or bank transfer. It will be at that stage, that the runner will appear in the list of participants. A partial registration for forest races or sprint races will also be possible.

DEADLINES	SPRINT	FOREST	FOREST + SPRINT
UNTIL 31.01.2026	120 EUR	130 EUR	160 EUR
1.02.2026 - 30.04.2026	140EUR	150 EUR	180 EUR
1.05.2026 - 30.06.2026	170 EUR	180 EUR	220 EUR

CHANGES

Changes made until 30th June 2026 are free of charge. After 30th June 2026, the fee is 10 EUR.

LATE ENTRIES

From 1st July 2026 registration will be accepted as long as there are free places and with an extra cost of 30 EUR.

WITHDRAWAL OR CANCELLATION

If a participant decides to withdraw an entry, entry fees will be refunded as follows:

DATE	REFUND
UNTIL 30.04.2026	70% REFUND
1.05.2026 - 30.06.2026	50% REFUND
FROM 1.07.2026	NO REFUND

The organiser reserves the right to cancel WMOC 2026 in the following circumstances:

- Force majeure.
- Inability to guarantee adequate security for competitors or organisers.
- On advice from the Polish Government or its agents e.g. the outbreak of an infectious disease, major environmental restrictions etc.

If the event has to be cancelled for any of these reasons, then all entry fees and fees for additional services ordered will be refunded, less a percentage that allows the organisers to retain sufficient funds to cover all of the costs that they have committed to incur before they were forced to cancel the event

18 PRIZES

Medals will be awarded to the top three finishing competitors in each class (A-finals)

19 CLOTHING

Spiked shoes are forbidden for all races. Dobbs shoes are forbidden for the Sprint races. For the urban races light clothing, shorts, sleeveless t-shirts and a cap for sun protection are recommended. For the forest races, full leg cover and short-sleeve t-shirts are recommended.

20 SPRINT

QUALIFICATION

The qualification race area in Przeworsk, including the Market Square, park and stadium, offers a diverse terrain for orienteering. The Market Square features urban elements requiring precise navigation, while the park provides natural terrain with trees and open spaces. Competitors will navigate a mixture of asphalt, grass, and urban and natural landscapes.

Scale 1:4 000 and/or 1:3 000
Contours: 2,5m

FINAL

The Old Town of Rzeszów offers a varied terrain for orienteering with narrow streets, squares and historic buildings creating a complex network of control points. The presence of the city moat and landmarks like Rzeszów Castle and St. Wojciech and Stanisław Church adds to the challenge. Competitors will navigate a mix of surfaces, including asphalt, cobblestones and grass, requiring precise navigation and quick decision-making.

Scale 1:4 000 and/or 1:3 000
Contours: 2,5m

21 FOREST QUALIFICATION AND MIDDLE FINAL

The terrain for the qualification race and middle final features a flat landscape with micro-relief, providing an interesting challenge for competitors. The area is mostly easily runnable, with a well-developed network of tracks and paths and a moderate number of pits and hills. There are also open spaces that allow for faster running, but still require precise navigation. The terrain offers a dynamic race environment, combining navigational elements with smooth running sections.

Scale 1:10 000 and/or 1:7 500 and/or 1:5000
Contours: 2,5m

22 LONG FINAL

The terrain for the long final features significant elevation changes and a rich topography. The network of tracks and paths is sparse, and the vegetation is moderately dense, predominantly consisting of broadleaf forests. The area includes steep slopes and varied vegetation, requiring precise navigation and careful route choice.

Scale 1:10 000 and/or 1:7 500 and/or 1:5000
Contours: 5m

23 EMBARGOED AREAS

Embargoed areas are shown at IOF Eventor and on the WMOC 2026 web page.
<https://embargoed.wmoc2026.pl>

24 TRANSPORT & PARKING

Sprint Final: Sprint Final will be held in Rzeszów city centre. Therefore, going by foot is recommended for those staying in the city. For cars, there is a large, free city car park about 200m from the event area. There are also many city bus routes. Another possibility is to use taxi or Uber/Bolt which are widely available.

Sprint Qualification, forest races: For Sprint Qualification, forest races and model events, buses from Event Centre will be provided. Carparks for private vehicles will be set up by the organisation. Parking and bus-service reservations will be done via IOF Eventor.

PARKING PRICES		
UNTIL 30.04.2026	40 EUR 10 EUR	CAR FOR FOREST&SPRINTQ CAR FOR A DAY
	60 EUR 20 EUR	VAN/CARAVAN FOR FOREST&SPRINTQ VAN/CARAVAN FOR A DAY
	220 EUR 80 EUR	BUS FOR FOREST&SPRINTQ BUS FOR A DAY
	70 EUR 15 EUR	CAR FOR FOREST&SPRINTQ CAR FOR A DAY
FROM 1.05.2026	100 EUR 30 EUR	VAN/CARAVAN FOR FOREST&SPRINTQ VAN/CARAVAN FOR A DAY
	420 EUR 130 EUR	BUS FOR FOREST&SPRINTQ BUS FOR A DAY

BUS TRANSPORT	
50 EUR	UNTIL 30.04.2026 - ALL RACES & MODELS
90 EUR	FROM 1.05.2026 - ALL RACES & MODELS UNTIL ALL PLACES ARE COVERED NO LATER THAN 10.07.2026
10 EUR	RETURN JOURNEY UNTIL 30.04.2026 SPRINT Q, FOREST MODEL, FOREST Q, MIDDLE FINAL, LONG MODEL, LONG FINAL
16 EUR	RETURN JOURNEY FROM 1.05.2026 SPRINT Q, FOREST MODEL, FOREST Q, MIDDLE FINAL, LONG MODEL, LONG FINAL IN CASE OF FREE PLACES

If the transport is not booked by the first registration deadline, it may later be limited or completely unavailable.

25 OLD MAPS

Old maps of the competition areas are shown on the WMOC 2026 web page.
<https://oldmaps.wmoc2026.pl> parts of old maps can be found in appendix 1.

26 TRAINING POSSIBILITIES

Training competitions held in similar terrains before WMOC 2026 will be mentioned on the event web page with links to the events.

Maps of relevant areas for self-training can be provided by the organisers. More information on the event web page.

27 COMPETITIONS IN POLAND CLOSE TO WMOC2026

Competitions in Poland can be found on Polish Orienteering Federation website:
<https://zielonysport.pl> Every year in June and July following competitions are organised:



28 ACCOMMODATION

There are more than 8 000 beds available in Rzeszów and the surrounding area up to 15 km, from 4-5 star hotels to 2-3 star hotels and hostels. One of the easiest ways to make a reservation is through the **booking.com** service, which is one of the most popular in Poland. Recommended hotels will be listed on competition website.

The organiser will provide some low cost accommodation like student dormitory, hard floor etc. Information and entry form will be published on the competition website as soon as possible.

The nearest campsite is located in the town of Łańcut, situated along the A4 motorway, 15 minutes from Rzeszów, halfway to Przeworsk. The organiser will try to arrange a campsite at the Event Centre. Any information regarding this will be published on the event website as soon as possible.

29 PUBLIC RACES

We warmly invite you to participate in the Open Competition during WMOC2026. This is a unique opportunity to compete in the same terrain where the Championship competitors will race, feel the atmosphere of world-class competition, and a great chance to visit Poland with your whole family and enjoy a sporting adventure together. More information about the competition will be available soon on the official WMOC2026 website.

Join us and experience a sporting adventure in championship conditions!

30 TERRAIN



APPENDIX 1 - OLD MAPS

PRZEWORSK - Park

SKALA 1:3 500, E - 2,5 m

125 m

OLD MAPS IN SPRINT
QUALIFICATION TERRAIN



PRZEWORSK - Rynek

SKALA 1:2 500, E - 2,5 m

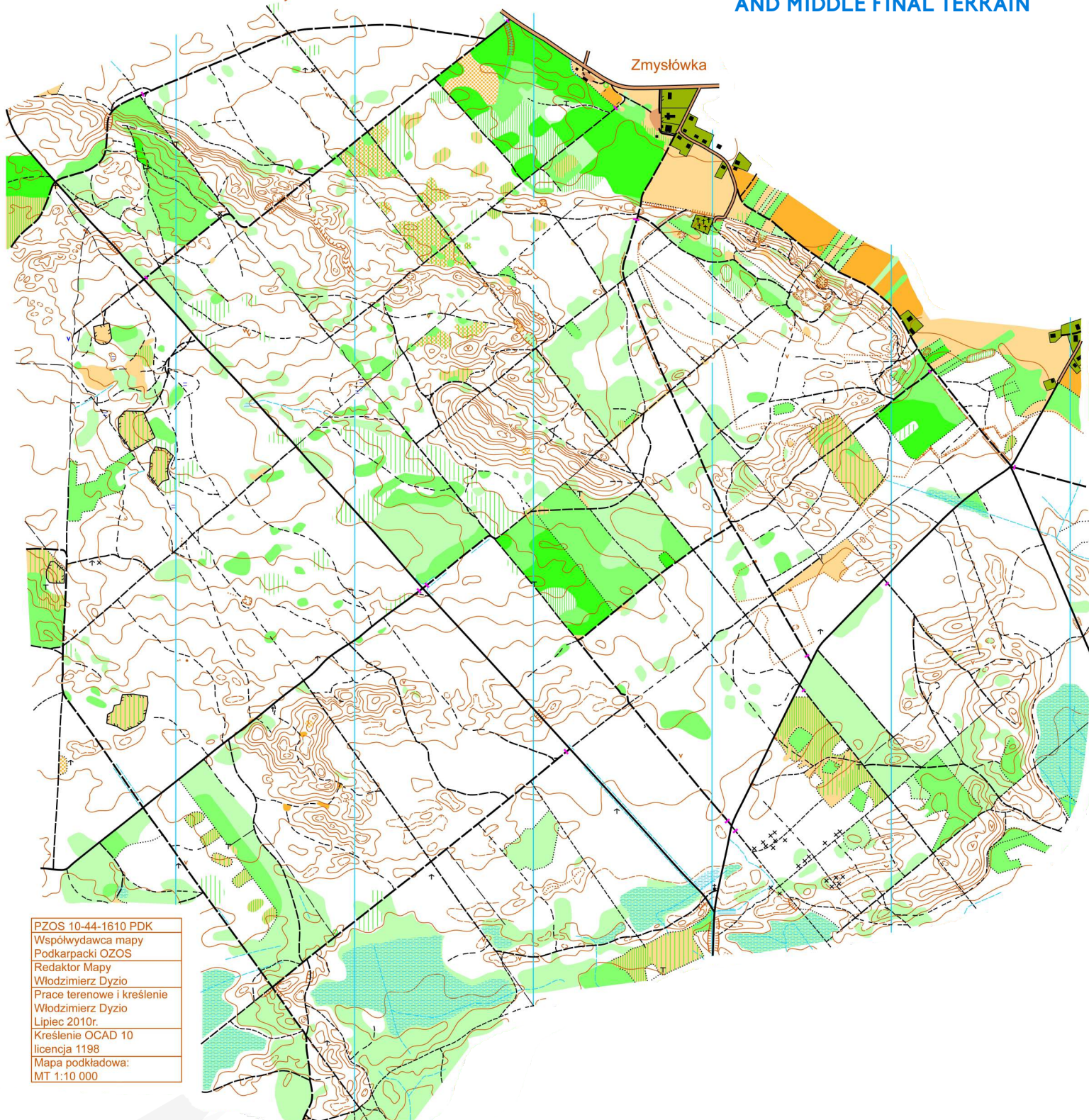
120 m



Wały Chmielnickiego

Skala 1:15 000 e-2,5m

PART OF FOREST QUALIFICATION
AND MIDDLE FINAL TERRAIN

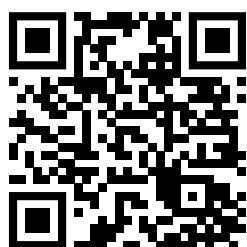
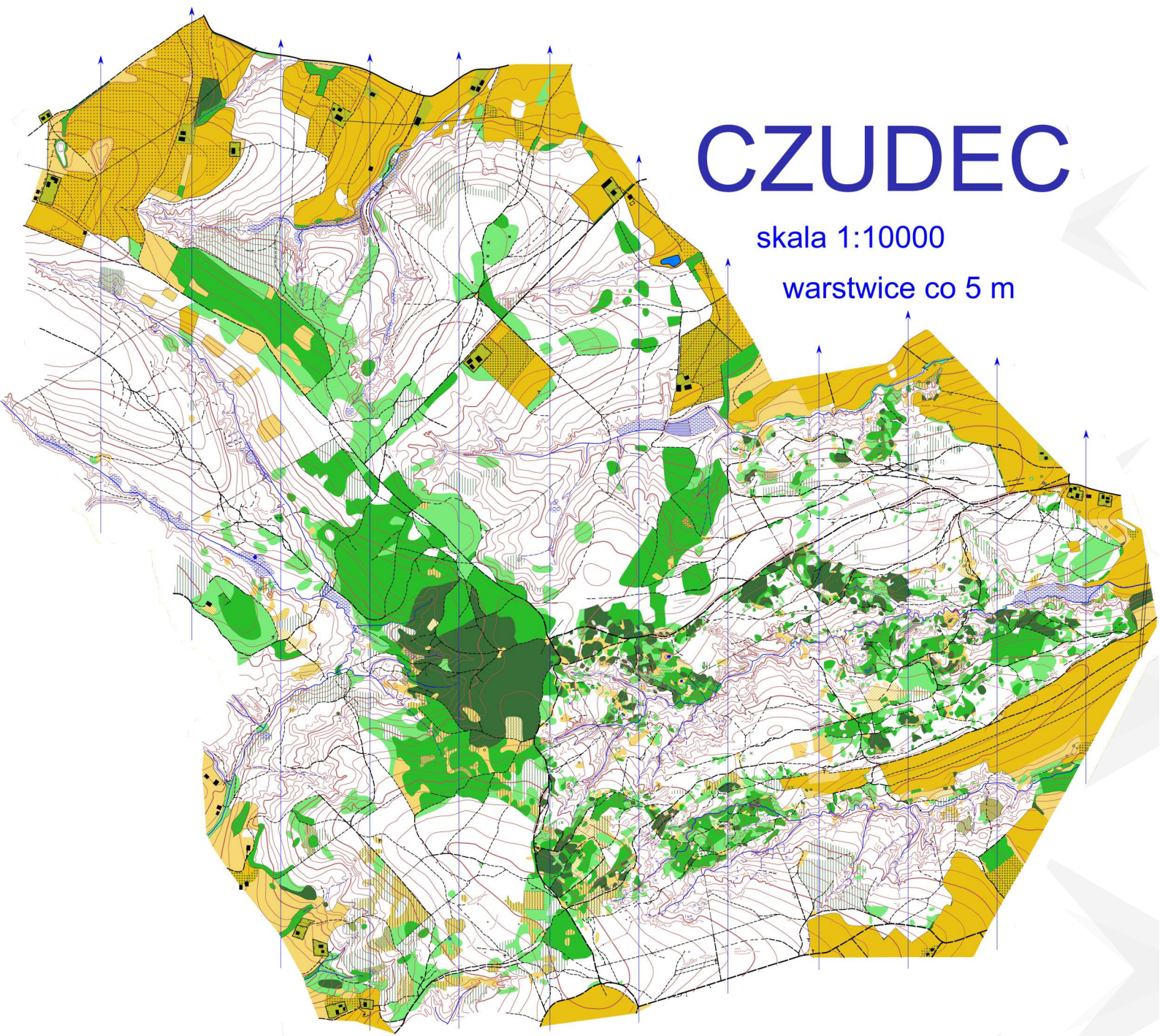


PART OF LONG FINAL TERRAIN

CZUDEC

skala 1:10000

warstwie co 5 m



OLD MAPS CAN BE FOUND ON
<https://oldmaps.wmoc2026.pl>
PUT IT IN BROWSER OR
SCAN QR CODE

BE O-CHAMPION IN POLAND 2026



SCAN QR CODE
TO DOWNLOAD
BULLETIN 1