



INTERNATIONAL ORIENTEERING FEDERATION



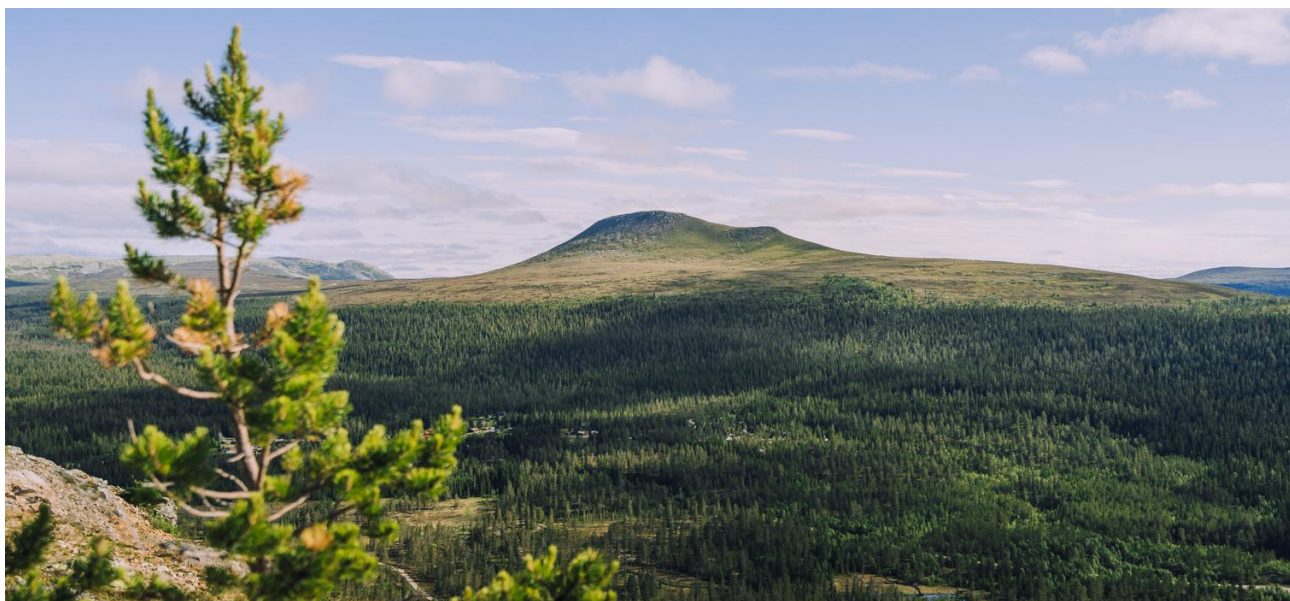
WORLD CUP 2025



Round #1

Idre Fjäll/Sweden, 18-22 June 2025

BULLETIN 4



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WELCOME

Idre Fjäll hosts the Orienteering World Cup 2025

We are proud to announce that Idre Fjäll will host the 2025 Orienteering World Cup #1.

For many years, we have hosted an annual week dedicated to orienteering, and we are committed to developing the sport of orienteering at Idre Fjäll. To host the Orienteering World Cup once again is an honour and a recognition that we are on the right path.

We are delighted to welcome participants, audience, and sponsors to Idre Fjäll to experience orienteering in the true wilderness. We believe that the wilderness here can give our guests a unique orienteering experience, whether they are participating or cheering.

Idre Fjäll was established in 1965 to halt the depopulation of Idre. Since then, supporting outdoor sports and encouraging people to explore nature has been a crucial cornerstone of our foundation. We possess extensive experience in hosting major high-level events, with no fewer than three annual World Cup competitions held at Idre Fjäll: Ski Cross, Speed Ski, and Moguls. Consequently, we are delighted to extend our hosting of World Cups into the summer season with the Orienteering World Cup 2025.

When you stay at Idre Fjäll, everything is nearby, allowing you to concentrate on enjoying the outdoors and the adventures we have to offer. We provide you with a comprehensive experience, which includes training opportunities, comfortable accommodation, food, and activities.

Welcome to the Orienteering World Cup 2025 at Idre Fjäll!



Tommy Halvarsson,
Marketing & Sales Manager Idre Fjäll



A warm welcome to Idre Fjäll and the Orienteering World Cup!

We are delighted to welcome you to the beautiful scenery of Idre Fjäll for this year's first World Cup orienteering event. One of Sweden orienteering's most important partners is Idre Fjäll. Therefore, it is a fantastic opportunity to organise this high-profile event in a place that offers some of the world's most challenging terrain.

Idre Fjäll, with its majestic mountains and vast forests, is a fantastic arena for orienteering and a paradise for outdoor enthusiasts. From its opening day in 1965 until today, Idre Fjäll has grown into one of the most popular resorts in the Swedish mountains. We hope you will take the opportunity to explore the area and enjoy all that this unique destination has to offer.

During World Cup Orienteering Round #1, we will welcome the world's best orienteers to compete in challenging terrain. Whether you're here to compete, cheer on your team favourites or experience the friendships that orienteering brings, we hope you have an unforgettable experience.

I would like to take this opportunity to thank all the volunteers, officials, and sponsors who are making this event possible. Orienteering is built on the passion of dedicated individuals like you. Your commitment is essential to ensuring the success of an event like the Orienteering World Cup.

My warmest thanks to you!

Welcome to Idre Fjäll and good luck to all of you!

Anders Sahlén

President, Swedish Orienteering Federation



Idrefjällens OK is once again hosting the Orienteering World Cup

Dear friends,

We are delighted to once again invite the finest orienteers from around the globe to Idre Fjäll for the Orienteering World Cup 2025, round #1. The northwestern region of Dalarna offers challenging and exciting events; all set against some of the most stunning natural scenery.

Every summer, Idrefjällens Orienteering Club organises an orienteering week at Idre Fjäll called 'Idrefjällveckan' (Idre-Fjäll-Week). This 5-day event always takes place during the last week of June in connection with the midsummer celebrations in Sweden and with Idre Fjäll as the natural choice of location.

Idre Fjäll offers exceptional facilities both during and after the World Cup events, featuring superb accommodation, a variety of restaurants, conference rooms, a sports hall, indoor and outdoor pools, and a selection of enjoyable activities suitable for families and adventurers.

Idrefjällens Orienteering Club warmly welcomes you all to Idre Fjäll in the summer of 2025, and we promise to do our utmost to create a fantastic event for everyone, including runners, Team officials, spectators, partners, sponsors, and media representatives. We are confident that this event, the Orienteering World Cup Idre Fjäll 2025, will provide you with wonderful memories.

Welcome to Idre Fjäll and Sweden!

Per Forsberg
Event Director





ORIENTEERING WORLD CUP 2025

The World Cup 2025 consists of the following 9 competitions.

#	Date	Format	Event	Location
	18 June [Q]	Shortened Long	World Cup round #1	Idre Fjäll, Sweden
1	19 June	Long		
2	21 June	Middle		
3	22 June	Relay		
4	27 August	Sprint relay	World Cup round #2	Hasselt, Belgium
5	29 August	Knock-Out sprint	European Sprint Orienteering Championships (EOC)	
6	31 August	Sprint		
7	26 September	Sprint	World Cup round #3	Uster, Switzerland
8	27 September	Sprint Relay		
9	28 September	Knock-Out sprint		

Runners are awarded World Cup points as per 2025 World Cup special rules.



1. ORGANISATION AND CONTACT

1.1 EXECUTIVE TEAM

Per Forsberg
Matthias Niggli
Björn Alpberg
Mattias Karlsson
Malin Yngström
Peter Agerhäll
Karin Sjödin
Emit and Elite Timing
IOF Live Service
Mats Adolfsson
Inge Blomberg

Event Advisors

Kjell Blomseth, Norway
Leif Gustafsson, Sweden

Contact address (general)

Per Forsberg +46-73 320 68 80
Matthias Niggli, +41-79 222 13 87
Björn Alpberg +46-70 268 80 80

Event Director
Sports Director
Technical Director
Head of Courses
Event Centre
Start
Quarantine
Race administration, Timing/Punching
Live-Production
Marketing, partners
VIP

IOF Senior Event Advisor
National Controller

info@orienteeringworldcup.se
www.orienteeringworldcup.se

per.forsberg@orienteeringworldcup.se
matthias.niggli@orienteeringworldcup.se
bjorn.alpberg@orienteeringworldcup.se

2. EVENT PROGRAMME

2.1 MONDAY, JUNE 16, 2025

Arrival of teams		Idre Fjäll
Event Centre, Opening Hours	09.00-19.00	Vistet
Model Event (long/middle/relay)	10.00-17.00	P-Nipfjället

2.2 TUESDAY, JUNE 17, 2025

Arrival of teams		Idre Fjäll
Event Centre, Opening Hours	09.00-12.00	Vistet
Model Event (long/middle/relay)	10.00-17.00	P-Nipfjället
Entry deadline Qualification	12.00	IOF Eventor
Technical Model Event	14.00-15.00	Västbacken
Event Centre, Opening Hours	16.00-19.00	Vistet
Team officials meeting (qualification/long)	17.30-18.00	Krypljungen

2.3 WEDNESDAY, JUNE 18, 2025

Event Centre, Opening Hours	08.00-09.30	Vistet
Quarantine check-in opens	09.30	Sports Rental South
First start WOMEN, Qualification, Heat 1-2-3	11.00	
First start MEN, Qualification, Heat 1-2-3	11.00	
Event Centre, Opening Hours	11.00-14.30	Arena Ostliften
Quarantine check-in closes	13.00	Sports Rental South
After-finish quarantine until	13.10	Arena Ostliften
Event Centre, Opening Hours	17.00-19.00	Vistet

2.4 THURSDAY, JUNE 19, 2025

Event Centre, Opening Hours	09.00-10.00	Vistet
Quarantine check-in opens	09.30	Fjätersvålen
First start MEN, Long B-final	11.00	
First start WOMEN, Long B-final	12.00	
Event Centre Opening Hours	12.30-20.00	Arena Ostliften
First start WOMEN, Long A-final	13.05	
First start MEN, Long A-final	15.00	
Quarantine check-in closes	14.30	Fjätersvålen
After-finish quarantine until	14.40	Arena Ostliften
Flower ceremony WOMEN	17.45	Arena Ostliften
Flower ceremony MEN	19.45	Arena Ostliften
Prize-giving ceremony MEN and WOMEN	20.10	Arena Ostliften

2.5 FRIDAY, JUNE 20, 2025

Event Centre, Opening Hours	09.00-12.00	Vistet
Spectator Event #1, Middle distance	11.00-15.00	Arena Ostliften
World Cup Midsummer celebration	14.00-16.00	Fäboden
Event Centre, Opening Hours	16.00-19.00	Vistet
Team officials meeting (middle/relay)	17.30-18.00	Krypljungen

2.6 SATURDAY, JUNE 21, 2025

Event Centre, Opening Hours	09.00-10.00	Vistet
Quarantine check-in opens	11.00	Idre Fjäll Sports hall
Spectator Event #2, Shortened long	12.30-15.00	Arena Ostliften
First start MEN, Middle B-final	12.30	
Event Centre, Opening Hours	13.00-20.00	Arena Ostliften
First start WOMEN, Middle B-final	13.30	
Quarantine closes	14.30	Idre Fjäll Sports hall
First start MEN, Middle A-final	14.40	
After-finish quarantine until	14.40	Arena Ostliften
First start WOMEN, Middle A-final	16.25	
Flower ceremony MEN	17.47	Arena Ostliften
Flower ceremony WOMEN	19.25	Arena Ostliften
Prize-giving ceremony MEN and WOMEN	19.40	Arena Ostliften
Entry deadline relay	21.00	IOF Eventor

2.7 SUNDAY, JUNE 22, 2025

Spectator Event #3, Middle distance	09.00-11.30	Arena Ostliften
Event Centre, Opening Hours	09.30-16.00	Arena Ostliften
Quarantine check-in opens	09.30	Arena Ostliften
Quarantine closes	10.50	Arena Ostliften
Mass start WOMEN	10:59	Arena Ostliften
Flower ceremony WOMEN	12.55	Arena Ostliften
Mass start MEN	13:05	Arena Ostliften
Flower ceremony MEN	15.01	Arena Ostliften
Prize-giving ceremony WOMEN and MEN	15.15	Arena Ostliften
Event Centre Opening Hours	18.00-20.00	Vistet
Departure of teams		

2.8 MONDAY, JUNE 23, 2025

Departure day - Sleeping in for all teams		
Event Centre, Opening Hours	08.00-10.00	Vistet



3. VENUES, ACCESS AND TRANSPORT

The World Cup event will be organised at [Idre Fjäll](#), a year-round resort. Here, we can offer long, bright summer nights, heather underfoot, and beautiful mountains to explore. In addition, we will also provide untouched forests without clear-cut areas. This is the wilderness at its best.

Idre Fjäll is situated in the northwest of the county of Dalarna in Sweden, near the Norwegian border. Stockholm Arlanda Airport is about five hours by car from Idre Fjäll. You can also travel by train from Stockholm Arlanda Airport to Mora. From Gardermoen Oslo Airport, it is around a four-hour drive to Idre Fjäll. Mora Airport is a domestic airport, and it is approximately a two-hour drive by car or bus from Mora.

Map link: <https://goo.gl/maps/iAXLkYB6PwK2>

4. EVENT CENTRE

The Event Centre is at the Idre Fjäll Square (Torget), just beside ICA Nära (the grocery store) in a place called “Vistet”, conveniently close to the accommodation, meeting rooms, restaurants, and other facilities. The entrance to the Event Centre is available directly from ‘Torget’, just go up the stairs on the right side of ICA Nära.

At the Event Centre, accreditation will take place, and team officials will receive team bags containing all necessary accreditation badges, Bulletin 4 (max. five copies per team), emiTags, model maps, and training maps for the entire team. The Team bags also contain flag-shaped bag tags athletes can attach to their bags before leaving them at the bag drop.

Opening hours:

June 16	Monday	09.00-19.00	@ Vistet, Torget Idre Fjäll
June 17	Tuesday	09.00-12.00 16.00-19.00	@ Vistet, Torget Idre Fjäll @ Vistet, Torget Idre Fjäll
June 18	Wednesday	08.00-09.30 11.00-14.30 17.00-19.00	@ Vistet, Torget Idre Fjäll @ Arena Ostliften @ Vistet, Torget Idre Fjäll
June 19	Thursday	09.00-10.00 12.30-20.00	@ Vistet, Torget Idre Fjäll @ Arena Ostliften
June 20	Friday	09.00-12.00 16.00-19.00	@ Vistet, Torget Idre Fjäll @ Vistet, Torget Idre Fjäll
June 21	Saturday	09.00-10.00 13.00-20.00	@ Vistet, Torget Idre Fjäll @ Arena Ostliften
June 22	Sunday	09.30-16.00 18.00-20.00	@ Arena Ostliften @ Vistet, Torget Idre Fjäll
June 23	Monday	08.00-10.00	@ Vistet, Torget Idre Fjäll

On Wednesday, Thursday, Saturday, and Sunday (competition days), a Sub-Event Centre will also be in a tent at the Arena Ostliften during the competitions.

4.1 LOST AND FOUND

All lost and forgotten items will be taken to the Event Centre at “Vistet” for collection.

4.2 CONTACT

Event Centre	Tomas Yngström	+46-70 381 00 07
	Malin Yngström	+46-70 615 96 37
E-mail:	info@idrefjallveckan.se	

Please do not hesitate to contact the Event Centre outside of opening hours via email or telephone.

4.3 IDRE FJÄLL AREA MAP



World Cup locations

- A** Event Centre - Vistet
- B** ICA Nära - Supermarket
- C** Fäboden – Midsummer celebration
- D** Reception Idre Fjäll
- E** Sports Hall (Quarantine Middle)
- F** Sports Rental South (Quarantine Qual.)
- G** Sports Rental West (Lift to Arena)
- H** Technical Model Event (Tuesday, June 17)

Restaurants and food services

- 1** Charlies/Gillestugan
- 2** Lilla Vildt/Torgbaren
- 3** Vårdshuset/Understället
- 4** Kött & Fiskbaren
- 5** Störröset
- 6** PW Kök & Bar

5. ENTRIES AND FEES

5.1 LATE ENTRIES AND ENTRY DEADLINES

Late entries, changes in team size or team athlete names

Late entries and changes will be accepted, if possible, up to the event start date, June 17, 2025, at 12:00. No late entries or changes will be accepted after this date. Late entries and changes will always incur an additional cost (surcharge). Late entries and changes will always be treated equally and must be communicated directly to the organiser.

The organiser makes the changes in the IOF Eventor for participants after the last registration period has passed.

5.2 ACCREDITATION

Accreditation badges for the team will be collected at the Event Centre by the team official

A personal accreditation card will be handed out. All accredited persons must wear it at all relevant times and present it for access to authorized zones.

At the accreditation, all teams receive a team bag containing Bulletin 4 (max. 5 printed copies/team), emiTags, model event maps and training maps for all entered runners and Team officials.



5.3 ENTRY SUMMARY (AS OF 10 JUN 2025)

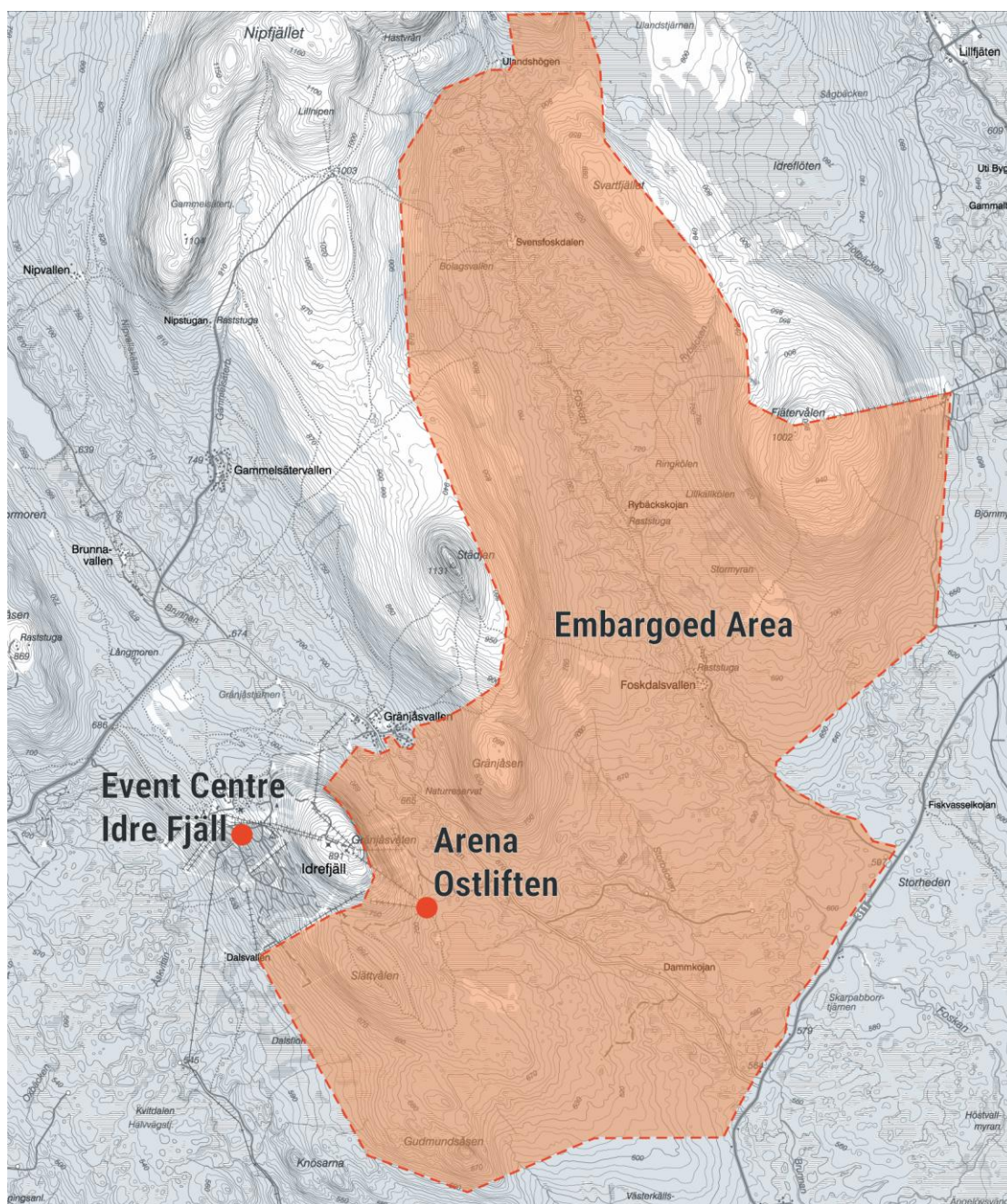
	Federation	Men	Women	Team Officials	Total
	Australia	8	4	1	13
	Austria	7	3	3	13
	Belgium	4	1		5
	Canada	5			5
	Czechia	7	4	3	14
	Denmark	9	10	3	22
	Estonia	6	4		10
	Finland	9	9	3	21
	France	9	7	3	19
	Germany	9	6	4	19
	Great Britain	9	6	3	18
	Hong Kong China	5	2	1	8
	Ireland		1	1	2
	Israel	6			6
	Italy	4	2	1	7
	Japan	7	2		9
	Latvia	9	5	2	16
	Lithuania	2			2
	Moldova, Republic of	7	3		10
	Netherlands	4	3	2	9
	New Zealand	8	5	1	14
	Norway	9	9	6	24
	Poland	3	4	1	8
	Portugal	3	3	1	7
	Slovakia	6	1		7
	Spain	6	4	1	11
	Sweden	10	10	3	23
	Switzerland	9	9	4	22
	Ukraine	4	3		7
	United States	4	1		5
	Sum	188	121	47	356

6. EMBARGOED AREAS

On this map, you will find the embargoed areas for Orienteering World Cup Idre Fjäll 2025. For all competitors, team officials, and others who, through knowledge of the terrain or the competition, may influence the results, it's prohibited to enter the embargoed areas.

These embargoed areas remain valid until the day before the competition. However, on each competition day, the embargo is lifted along the road from the event centre to the arena, along the route with the lift, and along the marked path from the event centre to the arena. This applies on Wednesday from 10:00 to 15:00, Thursday from 10:00 to 20:30, Saturday from 11:30 to 20:30, and Sunday from 09:30 to 16:00.

Those who have entered the main embargoed area along these permitted times, cannot return to the Event Centre until the After-finish quarantine is lifted respectively day.



Link to the IOF Eventor, Embargoed areas.

<https://eventor.orienteering.org/Documents/Event/6596/3/Embargoed-areas>

6.1 PREVIOUS ORIENTEERING MAPS

Certain parts of the Idre Fjäll area have been mapped recently (2019-), and these maps have also been utilised during the Idre-Fjäll-Week from 2019 to 2024 and the World Cup in 2021.

Mappers: Kenneth Kaisajuntti, Per Forsberg and Tord Hederskog.

There is also an older map (2000-2018) that covers the entire Idre Fjäll area, created by “Kart-Bosse”. All previous maps are published on the IOF Eventor.

Web-link: <https://eventor.orienteering.org/Events/show/7919>

6.2 ARENA LOCATION

For the Orienteering World Cup, Idre Fjäll 2025, the same arena will be used for all competition days, including qualification and spectator events. The competition arena will be situated at the lift station - “Ostliften” at Idre Fjäll (see map above).

Map link for Arena Ostliften¹: <https://maps.app.goo.gl/6oSazwM9eNSLxN1a7>



¹ Ostliften means ‘Eastern ski lift.’

7. TRAINING AREAS

The organiser provides a selection of training areas relevant to World Cup Round #1 2025. The following areas will be accessible for training during World Cup Idre Fjäll 2025.

Map name	Location/Use	Scale
1. Burusjön Mappers: Kenneth Kaisajuntti and Per Forsberg	Long-distance area World Cup 2021 Location: 5,0 km from Event Centre	1:15 000/ 1:10 000
2. Hemmeråsen Mapper: Kenneth Kaisajuntti	Partly relevant area to World Cup 2025 Location: 2.5 km from Event Centre	1:15 000
3. Skidstadion/Nordliften Mappers: Kenneth Kaisajuntti and Tord Hederskog	Model Event area World Cup 2021 Location: 0.5 km from Event Centre	1:15 000/ 1:10 000
4. Åskvitan Mappers: Kenneth Kaisajuntti and Per Forsberg	Partly relevant area to World Cup 2025 Location: 0.5 km from Event Centre	1:10 000
5. Fjället Mappers: Kenneth Kaisajuntti and Per Forsberg	Partly relevant area to World Cup 2025 Location: 7,0 km from Event Centre	1:15 000

Map-link: <https://eventor.orienteering.org/Documents/Event/6596/3/Embargoed-areas>

All controls in the training areas are equipped with a normal flag on a pole except for the map “Fjället” where the control points are marked with a wooden pole. All controls are marked with a code number.

Upon arriving at the Event Centre, all teams will receive training maps for every registered runner and Team official. The teams will also be provided with Model event maps. Each runner or Team official will receive one printed map for each area, including the Model event. The total number of maps that each enrolled individual will receive is eight (8) maps.

All training and Model Event maps are printed by the same print shop as the competition maps. Please bring plastic bags for the maps. All the maps are in size A3 (297x420mm). Plastic bags will be available for purchase in the Event Centre.



8. RULES AND GENERAL INFORMATION

8.1 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.

Special rules: <https://orienteering.sport/orienteering/competition-rules/>

8.2 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.

8.3 ANTI-DOPING

Doping is strictly forbidden, and the World Cup organisers are dedicated to supporting the Anti-Doping authorities in their work. Doping controls may be carried out during competitions following the procedures described in the WADA International Standard of Testing and Investigations. The IOF Anti-Doping Rules and the World Anti-Doping Code 2025 take effect as of January 1, 2025.

Athletes selected for doping control must bring an official identification (with a photo) to the doping test area. The athlete should also bring their therapeutic use exemption (TUE) if applicable. Generally, athletes should bring their ID to all competitions and events. For more information, please consult.

<https://orienteering.sport/iof/anti-doping>



8.4 INSURANCE

The organisers disclaim any liability for participation in the Orienteering World Cup Round #1 and associated training sessions. Each participant does so at their own risk and is responsible for their own insurance coverage (illness and accident).

8.5 CLIMATE AND WEATHER CONDITIONS

The average daytime temperature in Idre Fjäll in June ranges from 13 °C to 19 °C.

SUNRISE AND SUNSET IN IDRE FJÄLL JUNE 20



SUNRISE
03.21

SUNSET
23.01

In this part of Sweden, the sun remains visible for a long time during the summer months, with early mornings and late evenings. Sunrise is at around 03:20, and sunset is at around 23:00 during this period at Idre Fjäll.

Mosquitoes are common in the mountains, especially if the weather is damp and windless. You can buy mosquito repellent in the supermarket at Idre Torget (ICA Nära).



9. MEDIA SERVICES

9.1 REGISTRATION

We welcome all media representatives and partners to cover the exciting competitions of the World Cup Idre Fjäll 2025.

For media accreditation and other related information, please visit www.orientteeringworldcup.se

Media registration: [Accreditation Form](#)

9.2 LIVE-TV PRODUCTION

All three World Cup events at Idre Fjäll will be broadcast live on Swedish Television (SVT), as well as other broadcasters and the IOF Live Centre.

During the competitions, athletes may encounter camera crews in the terrain. Camera controls and intermediate time controls are not marked on the control description. A running camera or camera drone may also follow athletes during the race.

TV broadcasting times (CET):

- | | |
|----------------------------------|-------------|
| • Thursday 19 June 2025 (long) | 15.45-19.50 |
| • Saturday 21 June 2025 (middle) | 15.50-19.30 |
| • Sunday 22 June 2025 (relay) | 10.50-15.05 |



<https://orientteering.sport/live>

9.3 PHOTO AND VIDEO DISCLAIMER

Please note that photographs and footage will be taken throughout the World Cup Idre Fjäll. These will be used by the event organisation for marketing and publicity purposes in our publications, on our website and in social media or any third-party publication during and after the World Cup Idre Fjäll. Please contact the event director if you have concerns or wish to be exempted from this activity.



10. COMPETITION INFORMATION

10.1 PUNCHING, TIMING SYSTEM, AND GPS TRACKING

EMIT Touch-Free Pro 3 (TFP3) will be used for all competitions; it is the latest version of EMIT 's touch-free punching system



All runners will receive two (2) emiTag cards each: one main chip and one for backup. The emiTags for the athletes will be delivered in the team bags upon accreditation.

All emiTags shall be returned to the Event Centre at the Arena or Event Centre after the last race, before departure. emiTags not returned will be charged with 85 EUR/emiTag.

The two emiTags must be worn on the same wrist.

There are two punching units at each control. All controls are equipped with a flag and two glass-fibre poles.



Punching Unit
Size: 155x85x30 mm

The code number is marked on top of the punching units (see picture).

Punching is performed by holding the emiTag 0–30 cm from the punching unit at the control for a short moment.

The LED light in the emiTag will start flashing and continue to flash for 5 seconds after the punch. It is essential to notice this flashing, as it is the only indication that the punch is performed correctly.

Videos on how to punch correctly using EMIT:
<http://emit.tips/forcompetitors/foto/intro.html>

10.2 START TIMING

A-finals: Long-distance and Middle-distance

The exact start time will be recorded with a starting gate for the A-finals.

The time for the athletes starts when the athlete opens the gate with their leg.

- If the athlete opens the starting gate more than 3 seconds before their start time, a penalty according to Competition rule 26.10 will apply.
- If the athlete opens the start gate more than 3 seconds after their start time, they will get the allocated start time as their starting time.

It's the athlete's responsibility to start at the correct time. The start beep and a visible start clock will display the countdown to the starting time, along with the athlete's bib number.

B-finals: Long-distance and Middle-distance plus the Qualification

Athletes start without a starting gate. The runner is responsible for starting at the correct start time. A video camera will record the start sequence

It's the athlete's responsibility to start at the correct time. The start beep and a visible start clock will display the countdown to the starting time, along with the athlete's bib number.

Relay:

Mass start. Listen to the commands of the start officials. The start signal will be given by the start official with a beep. False start leads to disqualification.

10.3 FINISH TIMING

All individual races:

The finish time will be taken with light beams mounted 70 cm and 110 cm above the ground. When the athletes are breaking both beams, the time will stop.

Relay:

Finish time and the order of teams to finish will be recorded and determined using a photo-finish camera when the runner's chest crosses the finish line.

The race time for all events (finish timing – start time) will be rounded down to the nearest second.

10.4 GPS TRACKING

The organiser will provide GPS tracking services. GPS units will be distributed to selected athletes in all races. The names of the chosen athletes will be displayed at the quarantine. GPS units will be handed out to the chosen athletes at the Pre-start.

All selected runners must use the GPS. If a runner refuses to carry the device, they will be disqualified.

Please ensure you bring your own GPS vest with you for hygiene reasons.

The organiser provides GPS vests upon request. These vests will be given to the athletes for the duration of the event prior to their first use at the quarantine and must be returned on Sunday.

Federations will be charged for missing GPS vests.

Personal GPS data loggers are only permitted if they do not have a display or provide audible feedback.

GPS watches are allowed in all races but must not be used for navigation purposes.

10.5 MODEL EVENTS

The Forest Model Event takes place Monday and Tuesday June 16-17, 10.00-17.00. Controls will be marked with control flag. Tape as written in section 10.15 will be shown in the terrain.

The Technical Model Event will take place Tuesday 17 June 2025, 14.00-15.00 at the playground in Västbacken (Western slope). See map in section 4.3.

The purpose of this model event is to demonstrate the start and finish procedures, as well as provide examples of the punching system and the refreshment controls. Please bring your primary and secondary emiTag with you.

10.6 CLOTHING

According to Swedish competition rules, athletes are required to wear clothing that completely covers their torso and legs.

10.7 TEAM OFFICIALS' MEETING

All team officials' meetings will take place in person and online via Microsoft Teams. The TOM in-person meeting will be held in the Krypljungen conference room on the ground floor of the main building; please refer to the map.

Tuesday, 17 June 2025	17.30	Web link: Team Official Meeting 1
Friday, 20 June 2025	17.30	Web link: Team Official Meeting 2

All other information is included in this Bulletin 4 or will be published on IOF Eventor (e.g. start lists, weather forecasts etc).

Questions for the team officials' meeting shall be sent by e-mail to matthias.niggli@orienteeringworldcup.se at the latest by 15:00 on the day of the meeting.

10.8 NEW COMPETITION MAPS

Team officials will receive new competition maps after each race at the Event Centre. For Qualification and Relay, the new maps will be collected at the Event Centre Arena Ostlften. For Long and Middle distances, you can choose either the Event Centre at Ostlften on the same day or the following day at the main Event Centre Vistet at Torget.

10.9 QUARANTINE

Upon arrival at the quarantine, athletes and coaches must check in by presenting their accreditation card and signing the list before the quarantine closes. No one will be permitted into the quarantine area after the deadline has passed.

Warm-up maps are regarded as part of quarantine. All quarantines provide covered areas, buildings, and outdoor spaces.

Toilets and water are available. At the quarantine area, coffee and a smaller selection of snacks is available for purchase. Team tents are permitted in the quarantine area for the qualification, long-

distance, and relay events, but not for the middle distance.

Please adhere to the fairness rules during the quarantine and on the warm-up map. Team officials and athletes may leave quarantine at any time; however, once they have departed, they are not allowed to return.

- Please be fair and remember the following essential points:
- The use of mobile phones, computers, or any communication device inside the quarantine is strictly forbidden.
- Bringing any maps of the competition terrains into the quarantine is not permitted.

10.10 PRE-START AND START

The Pre-start is marked on the warm-up map.

Only athletes registered for that race have access beyond the Pre-start. Once the athletes pass the Pre-start, they are not allowed to return to quarantine.

It is the athlete's responsibility to watch for their start time.

The time before the start of the first call-up at the Pre-start is –5 minutes (except for Middle distance, which is –11) before the start of the individual competitions.

In mass start, the remaining time to the start will be announced in English.

The start triangle is marked in the terrain by a control flag. The route to this flag is marked and compulsory for the athletes to follow to the start point.

Water is available at all Pre-start areas.

For specific details, see descriptions in each competition's section.

10.11 LATE START

Athletes who arrive late for their start will be started according to Competition rule 22.9.

10.12 ARENA PASSAGE

There is no arena passage at any of the competitions.

10.13 COACHING ZONE

There are no coaching zones at any of the competitions.

10.14 FINISH

Athletes must follow the marked route from the last control to the finish. After the finish, the athlete will be guided through the finish area as follows.

- Download emiTag data. Should the punch check indicate a miss-punch, the athletes are taken through a special procedure before continuing.
- Returning the GPS unit and vest (*only after the last race, if they have a borrowed vest*)
- Refreshments, water (contact with the team official is possible).
- Occupies the leader chair on the podium if they are the new current leader.
- Takes their clothes/bag.
- Goes forward to the mixed zone where journalists may ask questions and conduct short interviews.

Only officially accredited team officials will have access to the finish zone to welcome incoming runners. Athletes should be prepared for live interviews with the speaker or television.

10.15 AFTER-FINISH-QUARANTINE

Athletes and team officials arriving at the finish/arena must remain in the team zone/cool-down zone until the after-finish quarantine and the restrictions are lifted.

Athletes and team officials are prohibited from communicating with anyone outside the team zone. The use of mobile phones or the internet is not allowed for runners and team officials in the team zone during the after-finish quarantine.

10.16 OUT-OF-BOUNDS BOUNDARY OR AREA

Restricted areas such as private land (520), temporary out-of-bounds boundary (708) and temporary out-of-bounds areas (709) may, in some locations, be marked with white tape in blue/yellow and are prohibited from entering or passing at any time.

10.17 ABANDONING THE 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

10.18 MEDIA CONTROLS

Athletes may encounter television staff, journalists and photographers near control points that are not indicated in the control description. The organisers may also protect certain controls.

10.19 CEREMONIES

Flower Ceremony

Only a few minutes after the race finishes, a flower ceremony will be held on stage for the top three athletes, with live broadcasting on television. Please be prepared for this award if you are on the podium.

Prize-giving ceremonies

Athletes ranked in positions 1–6 are kindly requested to line up behind the stage 10 minutes before the prize-giving ceremonies. It is the athletes' responsibility to be there on time.

Athletes attending the prize-giving ceremony should wear their national team uniforms.

10.20 COMPLAINTS AND PROTESTS

A complaint must be made in writing as soon as possible and submitted to the Sports Director, the Event Director or handed in at the Event Office desk in the after-finish zone. There is no fee for a complaint. Complaints concerning results must be made no later than 15 minutes after the announcer has announced the provisional results.

An IOF protest form should be used; forms are available at the Event Office desk. A protest may be made against the organiser's decision about a complaint. Any protest must be made in writing to the IOF Senior Event Advisor, Technical Director or the Event Director or handed in at the Event Office desk no later than 15 minutes after the organiser has informed the complainant of the decision about the complaint.

A protest fee of EUR 50 shall be paid in cash to the IOF Senior Event Adviser. The fee will be refunded if the jury upholds the protest. When multiple Federations submit a protest, each Federation must pay the protest fee.

10.21 JURY

IOF has appointed the following persons to serve as members of the jury:

- Leho Haldna, EST
- Helge Lang Pedersen, DEN
- C-G Strutz, SWE

11. RACE INFORMATION

11.1 QUALIFICATION, WEDNESDAY, JUNE 18, 2025

FORMAT

Shortened long distance, 3 heats per class. The starting order is determined by the World Ranking as of Monday, 16 June 2025, with the best-ranked runners starting last. However, rule 12.7, regarding separating runners from the same Federation, is also taken into consideration. Start interval: 3 min.

MAP INFO

Description	Slättvåla, 1:15'000, 5 m contours, ISOM 2017-2
Mapper:	Kenneth Kaisajuntti (2019-2025)
Map size:	A3.
Course planner:	Mattias Karlsson
Printing	Örebro University Repro, Digital print on paper (not waterproof).

COURSE INFO

	Course lengths	Estimated winning time	Climb	Number of controls	Drink stations
Women-1	7590 m	42 min	205 m	12	1
Women-2	7620 m	42 min	215 m	12	1
Women-3	7720 m	42 min	210 m	12	1
Men-1	8470 m	42 min	235 m	16	1
Men-2	8550 m	42 min	240 m	16	1
Men-3	8560 m	42 min	235 m	16	1

CONTROL DESCRIPTIONS, SIZE (MM):

Women, all heats: 90x50, Men, all heats: 95x50.

TERRAIN DESCRIPTION

General:	Forest with mainly pine trees, but some areas with spruce trees. Moderately hilly terrain.
Boulders, rocks:	There are not many boulders or cliffs, all medium-sized.
Visibility:	The terrain offers good to very good visibility.
Runnability:	The runnability is good to very good.
Track density:	Small- to medium-density network of paths and forest roads.
Special features:	Most of the competition area is within a nature reserve, which means there are no clear-cut areas and very few green areas.

QUARANTINE (QUALIFICATION)

The quarantine area is located at **Idre Fjäll Sports Rental South** (Ski Centre Syd):

Map link: <https://maps.app.goo.gl/qd6pdnVUar5XaZj28>

Opens	Closes	First start	After Finish Quarantine
9.30	13.00	11.00	Until 13.10

- No late arrivals will be accepted after closing time.
- Teams are encouraged to put up their own tents.

Team members who are not competing (athletes and team officials) must utilise their own transport to reach the finish area or arena from the quarantine zone.

See section 10.9 and 10.15 for more detailed information about quarantine and after-finish-quarantine.

GPS-TRACKING

See section 10.4 for detailed information.

WARM-UP CLOTHES

Transport from quarantine and the Pre-start area to the after-finish zone. Please leave your bags in the designated area at both the quarantine and Pre-start zones. Additionally, kindly limit the size of your bags.

WARM-UP MAP AND NUMBER BIB

Available when entering the quarantine area.

PRE-START

The exact location is marked on the warm-up map (500m from the quarantine). The route to the Pre-start is considered as a part of the quarantine. There are no toilets at the Pre-start.

DETAILED START PROCEDURE

Call up	<ul style="list-style-type: none"> Check emiTag number. Check start number.
-5 min	<ul style="list-style-type: none"> GPS-tracking device is given to selected athletes.
-3 min	<ul style="list-style-type: none"> Pick up control description.
-2 min	<ul style="list-style-type: none"> Check emiTag to verify functionality.
-1 min	<ul style="list-style-type: none"> Proceed to the start podium (map) The exact start time will be visible on the start clock. Start is allowed when the start clock shows 00 = the final start beep.
START TIME	<ul style="list-style-type: none"> Runner takes the map. It's the athlete's responsibility to pick the right map and to start at the correct time.
STARTING POINT	<ul style="list-style-type: none"> Distance 110 m

START/TIMING

See 10.2 for detailed information.

MAPS

Maps are in plastic bags (sealed) with the class visible to the athletes at the start. Runners are responsible for getting the correct map.

MAXIMUM RUNNING TIME: 180 minutes.

REFRESHMENTS

Water and sports drinks (Umara) will be available.

The refreshment control is set up by the IOF competition rules.



FINISH

Location: **Arena Ostliften** – [\[Google Map\]](#)

No indoor facilities are available in the after-finish zone. Tents will be provided in the Team zone, but we also encourage Teams to set up their own tents.

Teams are not permitted to visit the finish area before their start, nor are team officials allowed to enter the quarantine, start, or Pre-start area if they have been at the finish area.

COOL-DOWN ZONE

Cooling down is permitted only in the Team zone at the arena. No Cool-down map is available.

When returning to the accommodation, teams may use their cars, ski lifts, or walk or cycle along the marked route back to Idre Fjäll.

It is not allowed to leave the arena before **13:10** due to the after-finish quarantine

11.2 LONG DISTANCE, THURSDAY, JUNE 19, 2025

FORMAT

Long distance. The World Ranking determines the starting order as of Monday, 16 June 2025, with the best-ranked runners starting last. However, rule 12.7, regarding separating runners from the same Federation, is also taken into consideration. Start interval: 3 min in all classes.

MAP INFO

Description	Foskdalen, 1:15'000, 5 m contours, ISOM 2017-2
Mapper:	Kenneth Kaisajuntti (2019-2025)
Map size:	A3 (with map flip)
Course planner:	Mattias Karlsson
Printing	Örebro University Repro, Digital print on paper (not waterproof).

	Course lengths	Estimated winning time	Climb	Number of controls	Drink stations
Women A-Final	13 360 m	90 min	555 m	22	4
Men A-Final	16 210 m	90 min	620 m	25	4
Women B-final	10 070 m	80 min	390 m	13	3
Men B-final	13 580 m	80 min	455 m	18	3

CONTROL DESCRIPTIONS, SIZE (MM)

Women A-final, 160x50, Men A-final, 175x50, Women B-final, 115x50, Men B-final, 140x50

TERRAIN DESCRIPTION

General:	Challenging mountain terrain, altitude 650-900 m a s l. Hilly and physically demanding forest with mainly pine trees, but some areas with spruce trees.
Boulders and cliffs:	There are not many boulders and cliffs, medium-sized rocks and cliffs.
Visibility:	Diverse, ranging from open mountain terrain with very good visibility to larger slopes where the visibility is a bit less, but in general the visibility is good to very good
Runnability:	Overall, the runnability is good, but the speed will be reduced in some areas because of broken and stony ground.
Track density:	Small-density network of paths and forest roads
Special features:	Most of the competition area is within a nature reserve, which means there are no clear-cut areas and very few green areas.

QUARANTINE (LONG)

The quarantine area is located at Fjätervålen

Map link: <https://maps.app.goo.gl/4fDrzZVuUWMv1ezH8>

Opens	Closes	First start W/M (A-finals)	First start M/W (B-finals)	After Finish Quarantine
9.30	14.30	13.05 / 15.00	11.00 / 12.00	Until 14.40

- No late arrivals will be accepted after closing time.
- Teams are encouraged to put up their own tents.

Driving distance Idre Fjäll – Fjätervålen is around 28 minutes (23 km). Detailed information about this travel will be given at TOM on Tuesday, June 17, 2025, at 17:30.

All athletes and Team officials accompanying athletes to the quarantine must drive their own cars directly to the quarantine.

Team officials from the quarantine area use their own transport to reach the finish area/arena

See section 10.9 and 10.15 for more detailed information about quarantine and after-finish-quarantine.

GPS-TRACKING

See section 10.4 for detailed information.

WARM-UP CLOTHES

Transport from quarantine and the Pre-start area to the after-finish zone. Please leave your bags in the designated area at both the quarantine and Pre-start zones. Additionally, kindly limit the size of your bags.

WARM-UP MAP AND NUMBER BIB

Available when entering the quarantine.

PRE-START

The exact location of the Pre-start is marked on the warm-up map.

The distance from quarantine to the Pre-start is 100 m. The route to the Pre-start is considered as a part of the quarantine
There are no toilets at the Pre-start.

START TIMING

See 10.2 for detailed information.

DETAILED START PROCEDURE

Call up	<ul style="list-style-type: none"> Check emiTag number. Check bib number.
-5 min	<ul style="list-style-type: none"> GPS-tracking device is given to selected athletes.
-3 min	<ul style="list-style-type: none"> Pick up control description.
-2 min	<ul style="list-style-type: none"> Check emiTag to verify functionality.
-1 min	<ul style="list-style-type: none"> Proceed to the start podium (map) [TV-broadcast] The exact start time will be recorded with a start gate (A-Final only). The time for the athlete starts when they open the gate with their leg (A-Final only).
START TIME	<ul style="list-style-type: none"> Runner takes the map. It's the athlete's responsibility pick the right map and to start at the correct time. Start beep, and a visible start clock will show the countdown.
STARTING POINT	<ul style="list-style-type: none"> Distance 75 m

MAPS

Maps are in plastic bags (sealed) with the class visible to the athletes at the start. Runners are responsible for getting the correct map.

There is a map flip during the race in all classes. According to ISSPrOM 2019-2 Revision 6 (January 2024), the new symbol below is used to continue the course.



715 Continuing point after map exchange (P)
Symbol marking the continuation of the course after the map flip or the map exchange. The triangle points in the direction of the following control.
Colour: purple (lower purple).

MAXIMUM RUNNING TIME: 180 minutes.

REFRESHMENTS

Water and sports drinks (Umara) will be available.

The refreshment controls are set up by the IOF competition rules.



FINISH

Location: Arena Ostlften

Web link: [\[Google Map\]](#)

No indoor facilities are available in the after-finish zone. Tents will be provided in the Team zone, but we also encourage Teams to set up their own tents.

Teams are not permitted to visit the finish area before their start, nor are team officials allowed to enter the quarantine, start, or Pre-start area if they have been at the finish area.

COOL-DOWN ZONE

Cooling down is permitted only in the Team zone at the arena. No Cool-down map is available

When returning to the accommodation, teams may use their cars, ski-lifts, or walk or cycle along the marked route back to Idre Fjäll.

11.3 MIDDLE DISTANCE, SATURDAY, 21 JUNE 2025

FORMAT

Middle distance.

For the starting order, the start lists will be based upon the results from the long-distance A-final, i.e., the winners from the long-distance A-final will start as the last runner, considering Rule 12.7, which relates to separating runners from the same Federation. Start interval: 2 min in all classes.

MAP INFO

Description	Gränjåsen S, 1:10'000, 5 m contours, ISOM 2017-2
Mapper:	Kenneth Kaisajuntti (2021-2025)
Map size:	A3
Course planner:	Mattias Karlsson
Printing	Örebro University Repro, Digital print on paper (not waterproof).

	Course lengths	Estimated winning time	Climb	Number of controls	Drink-stations
Men A-Final	6 070 m	35 min	230 m	21	1
Women A-Final	5 010 m	35 min	165 m	18	1
Men B-Final	5 570 m	35 min	190 m	18	1
Women B-Final	4 560 m	35 min	180 m	13	1

CONTROL DESCRIPTIONS, SIZE (MM):

Men A-final, 150x50, Women A-final, 135x50, Men B-final, 125x50, Women B-final, 100x50

TERRAIN DESCRIPTION

General:	Moderately hilly and physically demanding forest with a mix of pine- and spruce trees.
Boulders and cliffs:	There are not many boulders and cliffs, medium-sized rocks and cliffs.
Visibility:	Diverse, ranging from older spruce trees with good visibility to younger pine tree forests where the visibility is a bit less but in general good.
Runnability:	The runnability is good, but the speed will be reduced because of partly broken and stony ground.
Track density:	Small-density network of paths and forest roads
Special features:	Most of the competition area is within a nature reserve, meaning there are no clear-cut and very few green areas.

QUARANTINE (MIDDLE)

The quarantine area is located at **Idre Fjäll Sports Hall:**

Map link: <https://goo.gl/maps/ezvtHMBiZXXYhYAZ8>

Opens	Closes	First start M/W (A-finals)	First start M/W (B-finals)	After Finish Quarantine
11.00	14.30	14.40 / 16.25	12.30 / 13.30	Until 14.40

- No late arrivals will be accepted after closing time.
- Teams are encouraged to put up their own tents, but only at the Pre.start, not at the quarantine.

See section 10.9 and 10.15 for more detailed information about quarantine, Pre-start and after-finish-quarantine.

GPS-TRACKING

See section 10.4 for detailed information.

WARM-UP CLOTHES

Transport from quarantine and the Pre-start area to the after-finish zone. Please leave your bags in the designated area at both the quarantine and Pre-start zones. Additionally, kindly limit the size of your bags.

WARM-UP MAP AND NUMBER BIB

Available when entering the quarantine.

START TIMING

See information on section 10.2 Start timing on page 21 in this Bulletin 4.

PRE-START

The distance from the quarantine to the Pre-start is **2500 m, 75 m drop**. The route to and the location of the Pre-start will be clearly marked on the warm-up map. Athletes must use the map to find the Pre-start.

There are toilets at the Pre-start.

Team officials **must** check-in to the quarantine at the Sports Hall **before** going to the Pre-start. They can reach the Pre-start area by foot from the Sports Hall with the warm-up map or directly by own transportation. The location of the Pre-start will be announced at the Team Officials' Meeting the day before.

No transport for runners is permitted at any time! Team officials at the Pre-start use their own transport to proceed to the finish area/arena.

The route to the Pre-start is regarded as part of the quarantine, also for Team officials who are driving to the Pre-start when leaving the Quarantine.

DETAILED START PROCEDURE

Call up	<ul style="list-style-type: none"> Check emiTag number. Check start number.
-11 min	<ul style="list-style-type: none"> GPS-tracking device is given to selected athletes. Athletes follow a map to the next gate at -3min (approx. 800m along a road or in the terrain)
-3 min	<ul style="list-style-type: none"> Pick-up control description.
-2 min	<ul style="list-style-type: none"> Check emiTag to verify functionality.
-1 min	<ul style="list-style-type: none"> Proceed to the start podium (map) [TV-broadcast] The exact start time will be recorded with a start gate (A-Final only). The time for the athlete starts when they open the gate with their leg (A-Final only). Runner takes the map.
START TIME	<ul style="list-style-type: none"> It's the athlete's responsibility pick the right map and to start at the correct time. Start beep, and a visible start clock will show the countdown
STARTING POINT	<ul style="list-style-type: none"> Distance 110 m

MAXIMUM RUNNING TIME: 120 minutes.

REFRESHMENTS

Water and sports drinks (Umara) will be available.

The refreshment control is established according to the IOF competition rules.



MAPS

Maps are in plastic bags (sealed) with the class visible to the athletes at the start. Runners are responsible for getting the correct map.

There is a map flip during the race in the A-finals (M and W). According to ISSprOM 2019-2 Revision 6 (January 2024), the new symbol below is used to continue the course.



715 Continuing point after map exchange (P)

Symbol marking the continuation of the course after the map flip or the map exchange. The triangle points in the direction of the following control. Colour: purple (lower purple).

FINISH

Location: Arena Ostliften

Web link: [\[Google Map\]](#)

No indoor facilities are available in the after-finish zone. Tents will be provided in the Team zone, but we also encourage Teams to set up their own tents.

Teams are not permitted to visit the finish area before their start, nor are team officials allowed to enter the quarantine, start, or Pre-start area if they have been at the finish area.

COOL-DOWN ZONE

Teams are only allowed to cool down in the Team zone at the arena. No Cool-down map is available

When returning to accommodation, teams may use their cars, take the ski lift, or walk back to Idre Fjäll via the marked route. Leaving the arena before 14:40 is prohibited due to the after-finish quarantine.



11.4 RELAY, SUNDAY, 22 JUNE 2025

FORMAT

Relay. Three legs per class. Mass start for the first leg runners. Mixed teams are welcome to enter.

MAP INFO

Description	Dammkojan, 1:10'000, 5 m contours, ISOM 2017-2
Mapper:	Kenneth Kaisajuntti (2023-2025)
Map size:	A3
Course planner:	Mattias Karlsson
Printing	Örebro University Repro, Digital print on paper (not waterproof).

	Course lengths	Estimated winning time	Climb	Number of controls	Drink stations
Men's Leg 1–2	6,3 km	32 min	150 m	16	1
Men Leg 3	6,4 km	33 min	150 m	16	1
Women's Leg 1–2	5,1 km	32 min	135 m	13	1
Women Leg 3	5,2 km	33 min	135 m	13	1

CONTROL DESCRIPTIONS

No separate control descriptions. The control descriptions are printed on the map.

TERRAIN DESCRIPTION

General:	Moderately hilly forest with a mix of pine- and spruce trees but also areas with deciduous trees.
Boulders and cliffs:	There are not many boulders and cliffs, medium-sized rocks and cliffs.
Visibility:	Diverse, ranging from older spruce trees with good visibility to younger pine tree forests where the visibility is a bit less but in general good.
Runnability:	Overall, the runnability is good to very good, but the speed will be reduced because of a partly broken and stony ground.
Track density:	Small-density network of paths and forest roads
Special features:	In the relay area, there are some clear-cut areas and a few green areas.

QUARANTINE (RELAY)

Arena Ostliffen (opens 09.30)

Teams are encouraged to put up their own tents.

Team parking 200 m from quarantine/team zone. All cars from teams must be parked there, including those of team officials travelling to the finish/arena. The quarantine is open from **09:30**.

CHECK-IN

Check-in at the quarantine no later than **10.50**

WARM-UP

Located within the quarantine. No Warm-up map is available.

WARM-UP CLOTHES

Please leave your bags in the designated area at quarantine; they will be moved to the team zone later. Additionally, kindly limit the size of your bags.

NUMBER BIBS

Available when entering the quarantine/Team Zone.

ASSEMBLY AREA FOR THE RUNNERS

The assembly area for athletes before their Leg is at the Pre-start. GPS units will be given to selected Teams.

MASS START

The assembly area opens 15 minutes before the mass start and closes 10 minutes before the mass start. The runner takes their rolled map from the map holders. It is not allowed to open the roll before the start signal.

Emergency toilet upon request to a staff member only (**without a map!**).

The lineup at the start line will be marked with the start number on the floor.

CHANGE-OVER

The entrance to the waiting zone is at the Pre-start.

GPS units are given at the gate. The runner takes their **rolled** map from the map holder when the preceding athlete is expected. It is not allowed to open the roll before the changeover.

Emergency toilet upon request to a staff member only (**without a map!**).

It is the athlete's responsibility to be on time at the waiting zone. When your team member arrives, you may step into the changeover barrier. The changeover is done after crossing the finish line by hand touch across a separation barrier. The outgoing runner can open the map immediately after the changeover.

MAPS

The maps are rolled and closed with a rubber band. In the waiting zone, it is the athlete's responsibility to take the correct map from the map holder themselves.

You will keep the rolled map in your hand until you are ready to start. You are not allowed to remove the rubber band or to peek into the roll before you start.

The maps are marked with a combination of team and leg number

Example for team 12: [12.1], [12.2], [12.3].

Mass start for all athletes not yet changed 10 minutes after the winner finishes the race.

RESERVE MAPS

Reserve maps are ready near the waiting zone. Please contact the organiser as soon as you have noticed that your map is not in the map holder.

MAXIMUM RUNNING TIME

Maximum running time 120 minutes/leg.

REFRESHMENTS

Water and sports drinks (Umara) will be available.

The refreshment control is established according to the IOF competition rules.



FINISH

Location: Arena Ostlften

Web link: [\[Google Map\]](#)

After finishing, all athletes and officials must proceed to the Team zone immediately following their run.

COOL-DOWN ZONE

It is only allowed to cool down in the Team zone at the arena. No Cool-down map is available. It is forbidden to have any contact with runners still waiting for their competition.

The Team zone will be divided into two sections (quarantine and Team zone), where finishing runners will remain in the Team zone after their leg. This is to prevent any contact with runners preparing for their competition.

When returning to the accommodation, teams may use their cars, ski lifts, or walk/cycle on the marked route back to Idre Fjäll.

12. Prize money

A total prize fund of EUR 14,600 will be awarded by the event organiser to the best women and men in the three competitions.

A total prize amount of EUR 19,000 will be awarded from the IOF, the Verein Swiss Cup and Idre Fjäll to the best women and men in the World Cup overall ranking 2025:

Place	Individual race EUR	Relay race EUR	Total Individual World Cup (EUR)
1	1,000	1,000	5,000
2	700	600	2,000
3	400	300	1,000
4	200		600
5	200		500
6	200		400





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