

# WORLD ORIENTEERING CHAMPIONSHIPS 7.-12.7.2025

BULLETIN 4



ROUTE-MAP-TO-WOC2025

2023

2024



**WOC2025**  
WORLD ORIENTEERING  
CHAMPIONSHIPS

Finland | Kuopio



## Welcome to Kuopio – the capital of good living!

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

Kuopio is the 8<sup>th</sup> biggest city in Finland, with nearly 126,000 inhabitants. Kuopio residents are statistically very satisfied with the recreational opportunities and residential environment of their hometown. In addition to the WOC you are welcomed to Kuopio Market Place or "Mualiman napa" "The center of the Universe, as we locals call it.

Looking forward to seeing you in July 2025!

Soile Lahti  
Mayor of Kuopio



## Welcome to the 2025 World Orienteering Championships!

Dear competitors, coaches, officials and orienteering enthusiasts.

We are delighted and proud to welcome you all to the 2025 World Orienteering Championships in Kuopio. This event brings together the world's best orienteers to compete for the championship in challenging and varied terrains. It is a great honor to host this prestigious event and offer you experiences both in the heart of the forests and the pulse of the city.

It is particularly significant that Finland is hosting these World Championships for the fifth time. The first World Orienteering Championships were held right here in Finland in 1966. This demonstrates the strong and esteemed orienteering culture in our country. Orienteering is a well-known and highly respected television sport in Finland, reflecting the level of attention and enthusiasm it receives.

We wish all competitors success and excellent performances. We hope this event will be remembered as a wonderful experience and that you will experience cheering of more than 10 000 spectators in arenas.

Warm welcome and good luck in the competition!

Timo Ritakallio  
President  
Finnish Orienteering Federation



## Welcome

It is our great pleasure to welcome you all to long awaited final stage of the ROUTE-MAP-TO-WOC2025, KUOPIO journey. It is long overdue to be able to present the Northern Savonia terrain and nature on the highest international orienteering level. We believe that memories from terrain and orienteering challenges you are going to face will become unforgettable in this picturesque capital of the lakes district of Finland and we are sure that the best athletes really will earn their medals.

Organizing highest level of international orienteering event is always a challenge. This World Orienteering Championship and the earlier stages in this journey, is no exception and our humble gratitude of good collaboration goes to public authorities, institutional partners, sponsors and landowners. Support we have received from the Finnish Orienteering Federation and City of Kuopio already before the "journey" had even started, and ever since, has been invaluable.

While enjoying the best course setting and the challenges in terrain, please take a chance also to dip into clean lakes of Finland and enjoy local seasonal culinary with local Kallavesi lake catch, vendace ("muikku") as a crown to your meal. You are most welcome to Finland, Northern Savonia and Kuopio-Tahko!

Jari Kymäläinen  
Event Director  
World Orienteering Championships 2025





## OFFICIAL PARTNERS

### VENUE PARTNER

# KUOPIO

### GOLD PARTNERS



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### SILVER PARTNER



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### SUPPORTING PARTNERS



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### BULLETIN VERSIONS

## 1. ORGANISATION AND CONTACTS

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**Google Maps**

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**info@woc2025.fi**

**www.woc2025.fi**  
Instagram, Facebook: @woc2025

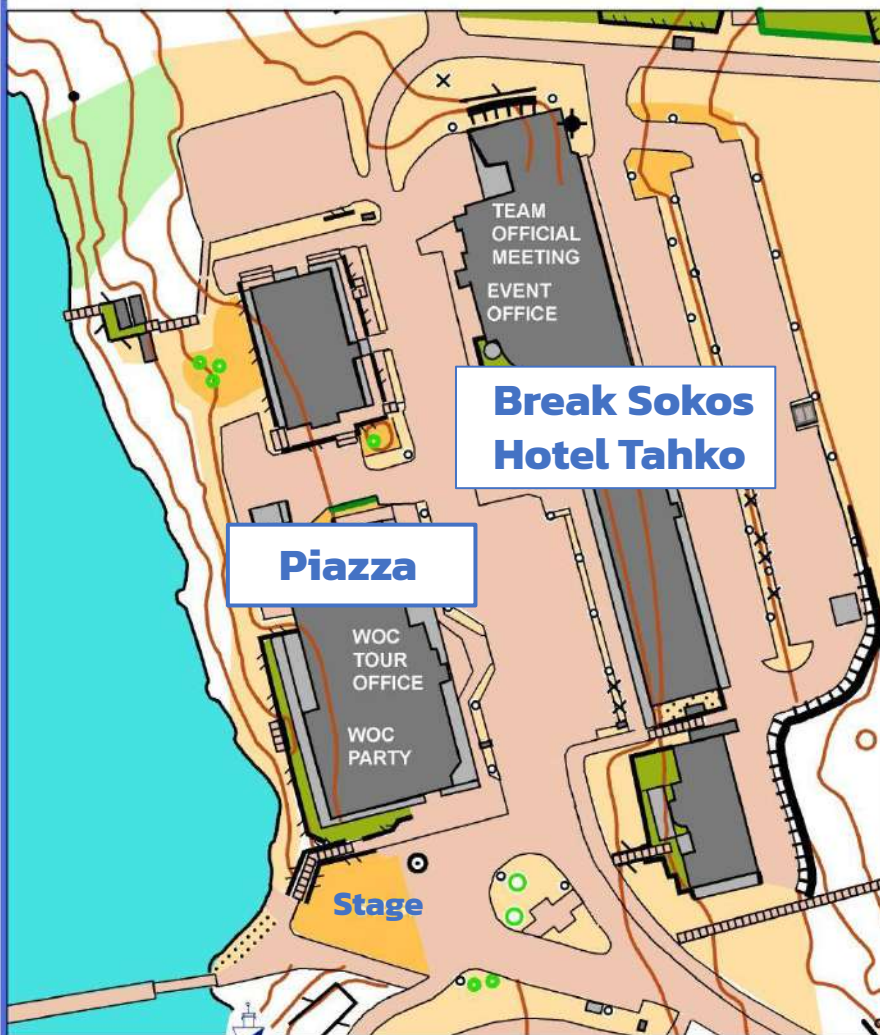


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WOC Senior Event Adviser	Ivar Maalen (NOR)	
National controller	Jaakko Lajunen (FIN)	
Assistant national controller	Simo Martomaa (FIN)	







## TAHKO EVENT SQUARE

EVENT OFFICE

OPENING CEREMONY

PRIZE GIVING CEREMONY  
FOR MIDDLE AND LONG

TEAM OFFICIAL MEETING

WOC PARTY

[Google Maps](#)

[63.291182, 28.037788](#)

**1:2000/ / 2m**

Map: Vesa Tiihonen 2025

KUOPIO



oomi



GRANO



Hertz



SUUNNISTAJAN KAUPPA



WORLD ORIENTEERING  
CHAMPIONSHIPS  
Finland 1 Kuopio

## 2. EVENT PROGRAMME

Date	Time	WOC event	WOC location
Sat 5.7.	14:00-18:00	Event office open, Accreditation starts	Tahko
	All day	Training	Välimäki, Tahko
Sun 6.7.	14:00-18:00	Event office open	Tahko
	All day	Training	Puijo, Kuopio
Mon 7.7.	08:00-20:00	Event office open	Tahko
	10:00-12:00	Technical model event	Tahko
	by 12:00	Middle distance Qualification name and start group entry, Accreditation deadline	<a href="#">IOF Eventor</a>
	12:00-14:00	Model event (middle and long)	Välimäki, Tahko

<b>Date</b>	<b>Time</b>	<b>WOC event</b>	<b>WOC location</b>
Mon 7.7.	17:00–18:00	Opening ceremony	Tahko
	ca. 18:00–19:00	Team Officials Meeting Middle distance Qualification	Tahko
Tue 8.7.	07:30–09:00	Event office open	Tahko
	07:30	Middle distance Qualification Quarantine open	Tahko
	08:59	Middle distance Qualification Quarantine closed	Tahko
	09:00–11:01	Middle distance Qualification Start times MEN	Tahko
	11:10–12:52	Middle distance Qualification Start times WOMEN	Tahko
	13:00–20:00	Event office open	Tahko
	15:00–18:00	VIP / Media / IOF Family Race	Tahko
	15:30–16:30	Team Officials Meeting Middle and Long distance finals	Tahko



Date	Time	WOC event	WOC location
Wed 9.7.	12:00	Middle distance Final Quarantine open	Neulaniemi
	13:45	Middle distance Final Quarantine closed	Neulaniemi
	15:00–19:00	Event office open	Neulaniemi
	13:40–15:38	Middle distance Final Start times MEN	Neulaniemi
	15:33–17:31	Middle distance Final Start times WOMEN	Neulaniemi
	16:35	Middle distance Final Flower ceremony MEN	Neulaniemi
	18:15	Middle distance Final Flower ceremony WOMEN	Neulaniemi
	by 18:30	Long distance name entry	<a href="#">IOF Eventor</a>

<b>Date</b>	<b>Time</b>	<b>WOC event</b>	<b>WOC location</b>
Thu 10.7.	08:00–10:00	Event office open	Tahko
	09:00	Long distance Quarantine open	Neulaniemi
	10:30	Long distance Quarantine closed	Neulaniemi
	10:54–14:30	Long distance Start times WOMEN	Neulaniemi
	12:24–16:30	Long distance Start times MEN	Neulaniemi
	13:00–19:00	Event office open	Neulaniemi
	16:10	Long distance Flower ceremony WOMEN	Neulaniemi
	18:15	Long distance Flower ceremony MEN	Neulaniemi

Date	Time	WOC event	WOC location
Fri 11.7.	08:00–12:30	Event office open	Tahko
	10:00–14:00	Model event	Puijo, Kuopio
	by 12:00	Relay names entry	<a href="#">IOF Eventor</a>
	17:00–18:00	Prize giving ceremonies Middle and Long distance	Tahko
	ca. 18:00–18:30	Team Officials Meeting Relay	Tahko
	18:00–20:00	Event office open	Tahko
Sat 12.7.	08:00–11:30	Event office open	Tahko
	11:30	Relay Quarantine open	Puijo
	13:20	Relay Quarantine closed	Puijo
	11:30–18:30	Event office open	Puijo



<b>Date</b>	<b>Time</b>	<b>WOC event</b>	<b>WOC location</b>
Sat 12.7.	13:28	Relay WOMEN start	Puijo
	15:19	Relay WOMEN flower ceremony	Puijo
	15:30	Relay MEN start	Puijo
	17:23	Relay MEN flower ceremony	Puijo
	17:30	Relay prize giving ceremony	Puijo
	ca. 17:50	Closing ceremony	Puijo
	19:30–	WOC Party	Tahko
Sun 13.7.	09:00–12:00	Event office open	Tahko

## 3. HOST TOWN AND TRANSPORTATION

### 3.1. Host town of Kuopio

Kuopio, World Orienteering Championships 2025 host town in Northern Savonia, offers a blend of urban amenities, outdoor activities, and a vibrant sports scene. Situated by Lake Kallavesi, it's renowned for its natural beauty and active lifestyle. With a charming city centre, stunning lakes, and nearby national parks, Kuopio is perfect for outdoor enthusiasts.

The city also hosts various sporting events, including the Kuopio Ice Marathon, cross-country skiing and ski jumping competitions. The local football and ice hockey teams play on the highest national level. Whether seeking relaxation or sports adventures, Kuopio provides an unforgettable experience.

Tahko, nestled in the Finnish Lakeland, is a captivating destination known for its natural beauty, outdoor activities and vibrant sports scene. With stunning lake views and a renowned ski resort, Tahko offers thrilling adventures for skiing, water sports, hiking and golf. Relax in the cosy village, indulge in local cuisine and experience the charm of this Finnish gem.

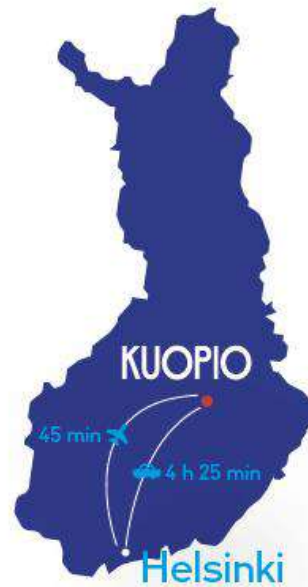


## 3.2. Transportation

To get to the Kuopio-Tahko area, you have the option of travelling by plane, train or bus, depending on your starting location.

### Plane

The most convenient way to reach the Kuopio-Tahko area from a distant location or an international destination is by flying to Kuopio Airport (KUO) by Finnair. Kuopio Airport is the closest airport to the Tahko area and is located approximately 50 kilometres from Tahko. After arriving at the airport, you can take a taxi or rent a car from our official car rental partner, Hertz.





## Train

If you prefer to travel by train [VR.fi](https://www.vr.fi), you can take a train to Kuopio Railway Station, which is located in the city centre of Kuopio. From there, you can continue your journey to the Tahko area by other means of transportation, such as a rental car, bus or taxi. The Tahko area is approximately 50 kilometres from Kuopio.

## Bus

Several bus companies operate routes to Kuopio Bus Station, which is located in the city centre of Kuopio. From Kuopio, you can then take a local bus or arrange for transportation to the Tahko area. Buses provide transportation between Kuopio and Tahko and the journey typically takes around 1.5 hours. Check summer schedule from [Vilkku](https://www.vilkku.fi) (Kuopio region public transport).

It's recommended to check the availability and timings of flights, trains, or buses based on your specific travel dates and starting location. Additionally, consider the transportation options within the Tahko area to reach your final destination within Tahko.



Welcome to the journey with our

Official car rental company.

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

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

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



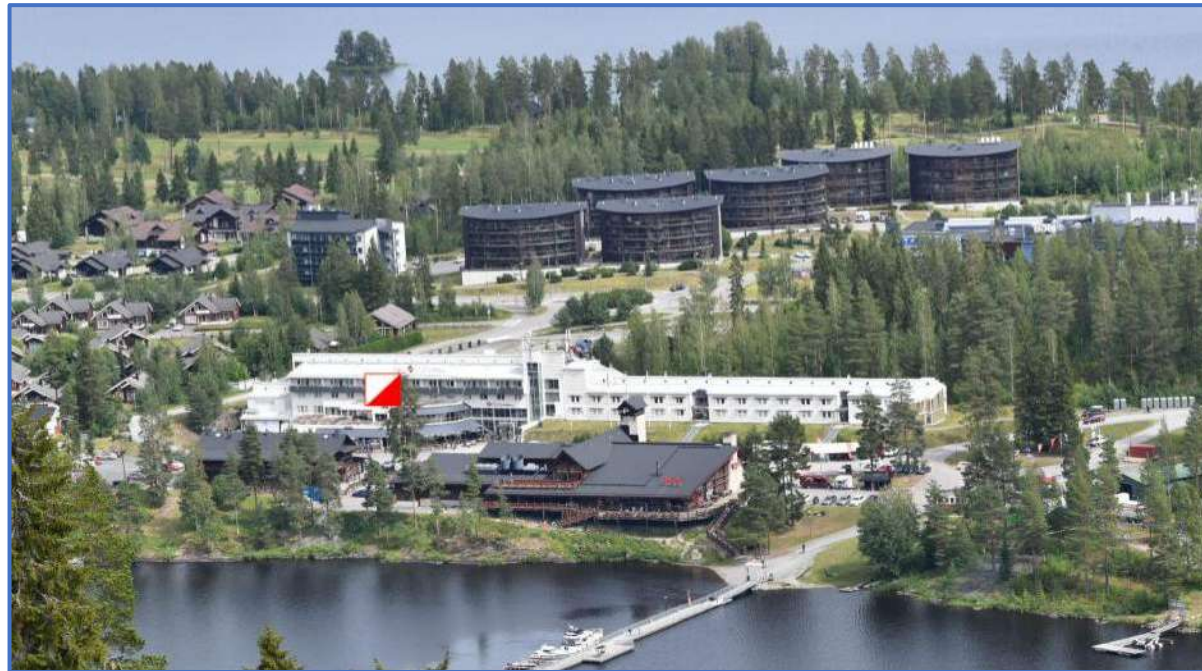
## 4. EVENT RELATED INFORMATION

### 4.1. Event centre at Tahko

The event centre will be located at Tahko.

Event office and team official meetings in person and on-line (hybrid) will be held in the [Break Sokos Hotel Tahko](#).

Accreditation begins at the event centre on Saturday, 5 July during event office hours from 14:00 to 18:00. The accreditation deadline is on Monday, 7 July at 12:00.



[Google Maps](#)

## 4.2. Accreditation

Accreditation takes place at the Event Centre. A personal ID card will be handed out. All accredited persons must wear it at all relevant times and present it for access to authorised zones. An athlete with no accreditation will not be allowed to start a race.

A team manager must be present at accreditation in case any clarification is needed about citizenship, validity of IOF licence, etc. Personal passports of all athletes and team officials must be presented. The team manager can bring the passports of all their athletes and officials to accreditation. It is not necessary for all athletes and officials to come to accreditation in person.

At accreditation, each athlete will receive the following items:

- ID card
- 2 emiTags
- 2 Training maps:
  - Välimäki (Women's long selection race – held on 8 May, scale 1:15 000)
  - Puijo (Men's middle selection race – held on 7 June), scale 1:10 000)
- Model event maps Puijo and Tahko

In addition, a limited number of paper copies of Bulletin 4 and Parking Permits for team cars will also be available at the accreditation desk. Accreditation for the event is only possible if all payments have been fully settled. Teams need to provide an e-mail address and a telephone number so that the organisers can quickly contact the team officials if necessary.

More information about accreditation: <https://forms.gle/N6SepdAzzLJP7aYGA>



### 4.3. Team Officials' Meetings

Three Team Officials' Meetings (TOM) will be held during WOC 2025 according to the schedule below:

- Monday, 7 July at 18:00–19:00 for the Middle qualification race
- Tuesday, 8 July at 15:30–16:30 for the Middle final and Long distance races
- Friday, 11 July at 18:00–18:30 for the Relay race

TOMs will be held in a hybrid way: it's possible to participate in person in Break Sokos Hotel Tahko in the auditorium behind the Event Office or online, through Microsoft Teams. Information about the participation link for the online participation will be communicated to each team's contact e-mail addresses 2 hours before the first meeting.

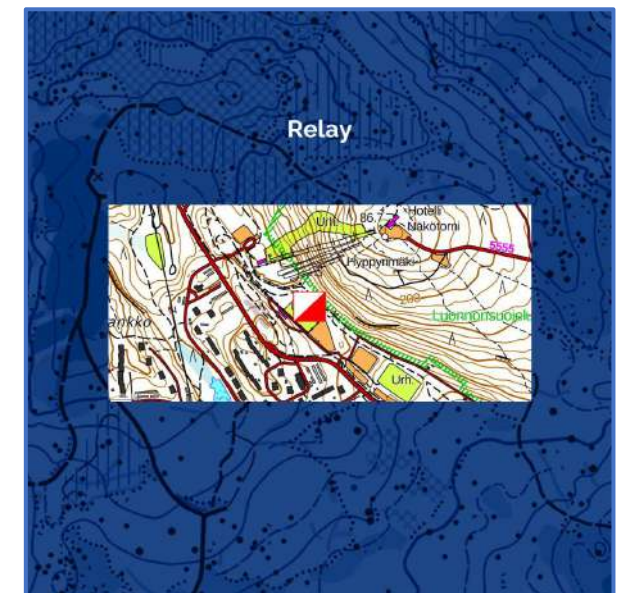
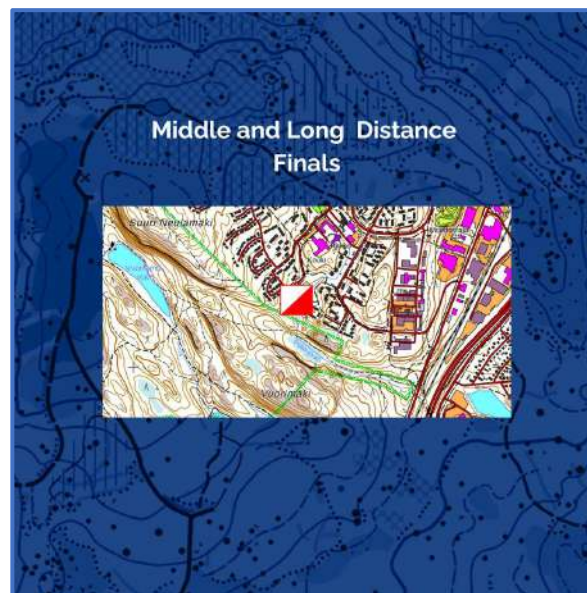
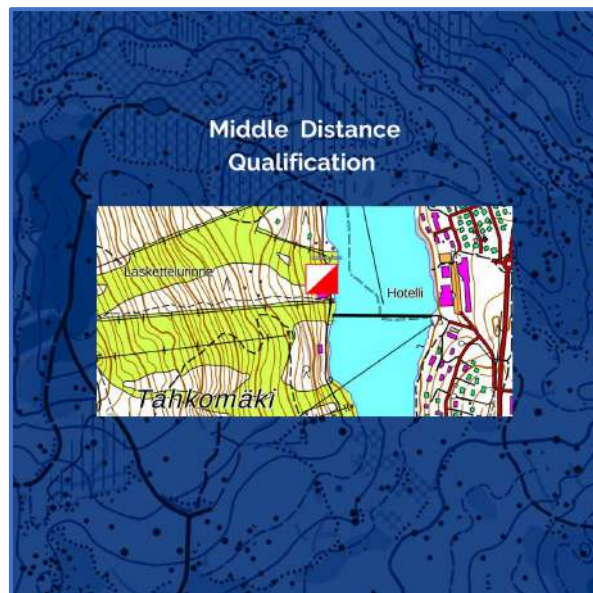
Questions for the Team Officials' Meetings should be sent by email to [eventoffice@woc2025.fi](mailto:eventoffice@woc2025.fi) before 15:00 on the day of the meeting, and will be answered during the meeting.

The final presentation (with the Q&A) will be available online on IOF Eventor within 30 minutes of the end of each meeting.

## 4.4. Arena locations

The exact location of each WOC arena.

Date	Competition	Address	Google Maps
8.7.2025	Middle distance qualification	Tahkolaaksontie 134, 73310 Kuopio	<a href="https://www.google.com/maps/place/63.291778,28.030056">63.291778, 28.030056</a>
9.7.2025	Middle distance final	Raiviopolku, 70150 Kuopio	<a href="https://www.google.com/maps/place/62.879861,27.606861">62.879861, 27.606861</a>
10.7.2025	Long distance final	Raiviopolku, 70150 Kuopio	<a href="https://www.google.com/maps/place/62.879861,27.606861">62.879861, 27.606861</a>
12.7.2025	Relay	Suurmäentie 85, 70200 Kuopio	<a href="https://www.google.com/maps/place/62.907200,27.650111">62.907200, 27.650111</a>



## 4.5. Parking locations for the arenas

Parking location for the arenas for teams, media, VIP & IOF Family.

Date	Competition	GPS coordinates
8.7.2025	Middle distance qualification	63.289949, 28.041785
9.7.2025	Middle distance final	62.882805, 27.609222
10.7.2025	Long distance final	62.882805, 27.609222
12.7.2025	Relay	62.905840, 27.653766



**Tahkolahti parking**



**Neulaniemi parking**



**Puijo parking**



## 5. EMBARGOED AREAS

Embargoed areas are valid for WOC 2025 competitions. Trespassing into the marked areas is strictly forbidden. This applies to people with close links to WOC athletes.

Note! The embargoed area of Puijo will be expanded. New parts included in the embargo area

- Puijo Tower and its surroundings and Puijontie (i.e. road to Puijo Tower)
- Area between Suurmäentie and the present boundary of the embargoed area
- It is allowed to move along roads "Suurmäentie" and "Rypysuontie"

Please, check the expanded embargoed area at [\*\*IOF Eventor\*\*](#). The expansion is valid from Monday, 7 July at 23:59

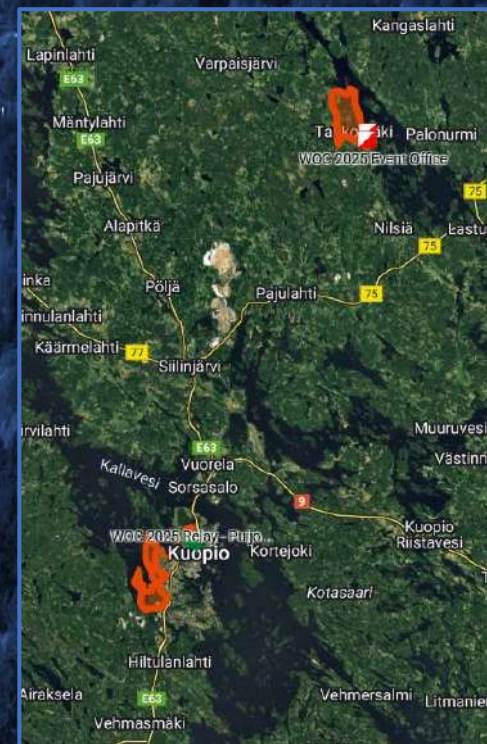
## 6. TRAINING

The preparations for WOC 2025 include training possibilities in typical terrains of Northern Savonia. All training activities shall be coordinated with the organizer. Detailed information about training maps can be found from our webpage [\*\*woc2025.fi\*\*](http://woc2025.fi). For any training purposes contact [\*\*training@woc2025.fi\*\*](mailto:training@woc2025.fi) for additional advice.

Printed maps can be collected at:

**Kylpylä Hotelli Rauhalahti**, Katiskaniementie 8, 70700 Kuopio

**Spa&Hotel Kunnonpaikka**, Jokiharjuntie 3, 70910 Vuorela





## 7. ENTRIES AND FEES

### 7.1. Entries and deadlines

All entries are only to be made in **IOF Eventor**.

The event start date is on 7th July 2025. The deadline for Late Entries, Changes of Team Size or Team Names for accreditation is on Monday, 7 July 2025 at 12:00.

	Start of Entry 1st December 2024 at 00.01	Team Size Deadline 8th May 2025 at 23.59	Team Names Deadline. Entries Payment Deadline. 28th June 2025 at 23.59	Late entries and changes deadline
Team size entry	Team size	+20% (80% refund)	+50% (50% refund)	
Team names		Team names	+ 10 €	
Payment schedule				Pay/refund changes

- After the team size deadline (see IOF Competition Rule 9.6), additional entries may be made with a surcharge of 20% and withdrawals receive an 80% refund.
- After the team names deadline (see IOF Competition Rule 9.7), additional entries incur a surcharge of 50%, withdrawals receive a 50% refund, and name changes incur a 10 euro fee.
- Please ensure that all payments are made before the event – we follow principle ‘No Pay – No Run’. For more information about payments, please email us at [financecheck@woc2025.fi](mailto:financecheck@woc2025.fi).

All bank costs must be covered by the payer. Please note that a late payment fee of 10 EUR per person will be added for late payment!

## 7.2. Entry fees until 8th May 2025

- Accreditation 160€ (athletes and team officials)
- Long Distance 145€
- Middle Distance 145€
- Relay team 255€

### Payment of the entry fees

Kuopion Suunnistajat ry  
FIO4 5600 0520 6000 19  
IBAN: FIO4 5600 0520 6000 19  
BIC: OKOYFIHH

## 7.3. Competition entry deadlines

Names of the athletes and, if required, their starting group/running order, must be entered in IOF Eventor by the following times at the latest:

Middle distance: on Monday, 7 July at 12:00  
Long distance: on Wednesday, 9 July at 18:30  
Relay: Friday, 11 July at 12:00.

For Middle distance starting groups, please refer to IOF Competition Rule 9.17.

For replacing entered runners, please refer to IOF Competition Rules 9.10.-9.13.



## 8. COMPETITION

### Entry summary

Federation	Men	Women	Team Officials	Total
Australia	5	4	2	11
Austria	4	4	3	11
Belgium	3	1	2	6
Brazil	3	3	1	7
Bulgaria	3	3		6
Canada	4	1	3	8
China	3	3	4	10
Chinese Taipei		1	1	2
Colombia	3	3	1	7
Croatia	3			3
Czechia	5	4	3	12
Denmark	5	5	4	14
Ecuador	1			1
Estonia	4	4	2	10
Finland	4	4	9	17
France	4	4	3	11
Germany	4	4	3	11
Great Britain	5	4	4	13
Hong Kong China	3	3	3	9
Hungary	4	4	2	10
Ireland	3	3	1	7
Israel	3			3
Italy	4	3	2	9
Japan	4	4	3	11
Kazakhstan	1	1		2
Korea, Democratic People's Republic of	1			1
Korea, Republic of	3	3		6
Latvia	5	4	3	12
Lithuania	4	1		5
Mexico	1			1
Moldova, Republic of	1	1		2
Netherlands	3	3	1	7
New Zealand	5	4	3	12
Norway	6	6	5	17
Poland	3	3	1	7
Portugal	3	3	1	7
Romania	1	1		2
Serbia	1			1
Slovakia	3	2	1	6
Spain	4	4	2	10
Sweden	6	6	4	16
Switzerland	5	5	6	16
Turkey	3	1	3	7
Ukraine	3	3	1	7
United States	4	4	1	9
Sum	150	124	88	362





## 8.1. Rules, classes and participation restrictions

The competition rules for IOF Foot Orienteering Events, valid from January 1st 2025, will apply. Please refer to the competition rules on the IOF website:

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

Competitions are for WOMEN and MEN without any age restrictions (IOF Competition Rule § 5.7.). All competitors represent a Federation (§ 6.5.). A competitor may represent only one Federation at any one time. They must be a citizen of the country of that Federation. (§ 6.1.). National Quota for FootO WOC 2025 can be found from [IOF Eventor](#).

## 8.2. Terrain descriptions and previous maps

### Middle Distance Qualification (Tahko)

The qualification competition takes place in the surroundings of Tahko ski resort. The highest point of Tahkomäki is 201 metres above the nearby lake surface. Vegetation varies from open areas of ski slopes to old forest with deciduous trees, spruces and pines. Some open areas are due to forest logging. Runnability is mainly good in all areas. Elevation differences and stony surface makes it harder to run. Visibility varies from poor to excellent. Poorer parts can be bypassed with good route planning and execution. Tracks and paths network close to the arena are quite dense.





## Middle Distance Final and Long Distance Final (Neulaniemi)

The area is located 4 km southwest of the city centre. The landscape of the area is characterised by significant relative elevation differences, high rocky hills, and undulating terrain. Neulamäki rises 200 metres above sea level and 120 metres above Kallavesi (lake). The forests in the area have a basic structure of economic forests, but they have not been harvested for the last 30 years. The oldest forests are 100–130 years old, and approximately half of the forests are over 80 years old. Terrain is mostly coniferous, half of the forest is dominated by spruce and slightly less than half by pine trees. The proportion of deciduous forest is only small and it is sporadic. Runnability varies from good to challenging due to stony ground in some areas. Fallen trees in unharvested forests may slow down running speed. Visibility ranges from good to excellent.

## Relay (Puijo)

Competition terrain in Puijo has small detailed areas with boulders and small cliffs and steep slopes. There are also parts of the hill that are quite empty from details. Vegetation consists of an old forest with deciduous trees, pines and spruces. Runnability is good. Fallen trees may slow down running speed. Bigger elevation differences can make it physically harder. Visibility is mainly good. Track density is high because Puijo is a recreation area in the heart of Kuopio. Along with buildings, there are also other man-made objects.

## Previous maps of the areas

You can find previous maps (in OCAD and PDF format) of the embargoed areas in **IOF Eventor**.



### 8.3. Control units of the WOC Tour

The control units for the orienteering week are covered with plastic bags in the terrain while you navigate along the optimal route. There are small controller's notes at the orienteering week's control points, but no control flags near the optimal route. You might find some uncovered ones, if you draft too far from the optimal route.

### 8.4. Punching system and GPS

EmitTag Touch-Free Pro punching and timing system is used in all races. Each runner will wear two emiTags on the same wrist. During the race, both emiTags must be carried on the same arm next to each other. The emiTag with the **yellow** band is the primary punching unit. The emiTag with the **red** band, which is a backup, should be used separately. The punching is performed by holding the emiTag 0 – 50 cm above the Emit control unit for a short moment. The LED light in the emiTag will start flashing after a successful punch and will keep flashing for 5 seconds. In case of any Emit-unit failure (no feedback signal), athletes must punch using the second Emit unit as a backup. Do not lean heavily to the punching unit stands when punching at the control. It will be possible to test the system at the technical model event.





### EmiTags to athletes

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

### Returning EmiTags

The EmiTags should be returned at the Event Office when you don't need them anymore in competitions. No later than on Sunday, 13 July at 12:00. Any lost or missing emiTag will be charged 80€.

### GPS units, vests and own devices

GPS tracking services (GPS Seuranta) will be provided for all competitors in all races. The size of the GPS tracking units is max 69mm × 39mm × 24mm, and the weight is 66g. It is mandatory for all runners to wear the GPS-unit on their back in an elastic harness (vest). Personal GPS data loggers will only be permitted if they have no display or audible feedback. GPS vest – please bring your own. Let us know at the accreditation at the latest, if you need one. They must be returned to the Event Office on Saturday, 12 July at the relay arena. Any missing vest will be invoiced for 50 EUR. GPS watches are allowed to be worn in the Quarantine and during the competition, but must not be used for navigation purposes. Watches with eSIM cards are not allowed either in the Quarantine or during the competition. There will be random checks at the Quarantine. GPS units will be given at the start.



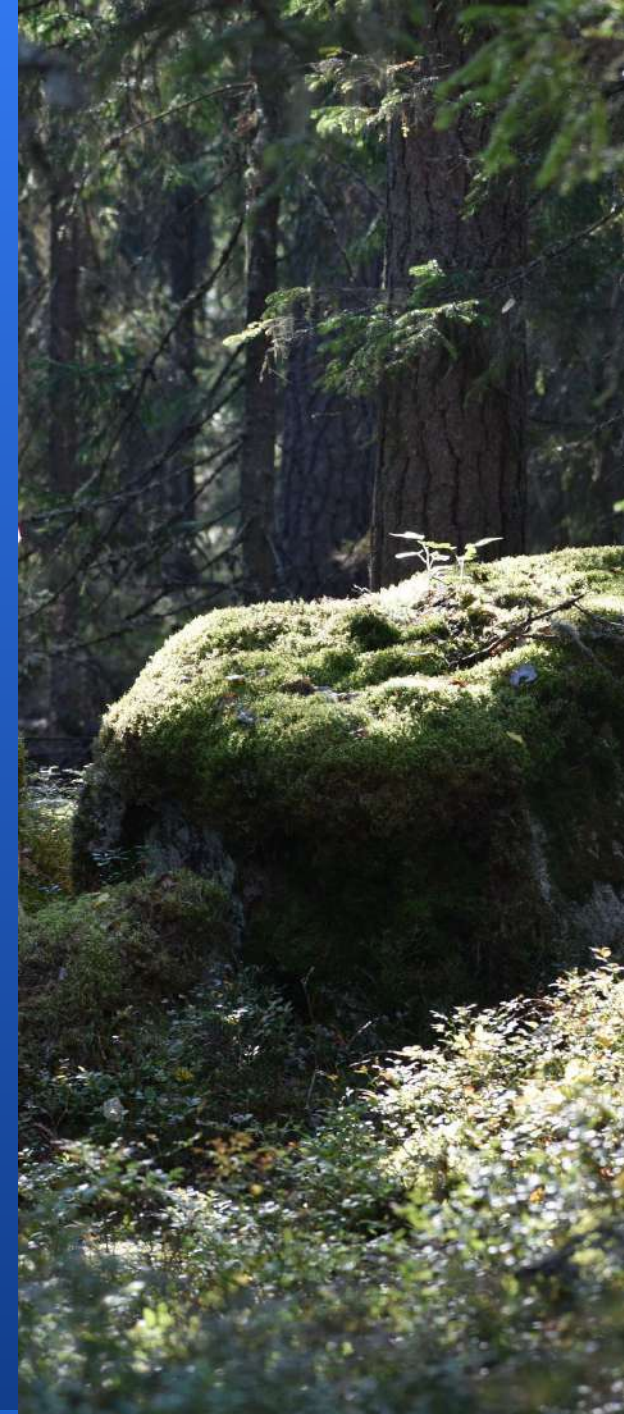
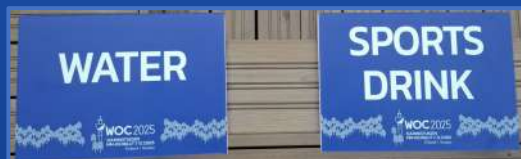
## 8.5. Number bibs and sports drink

In the middle qualification race, a single bib number is worn on the front. In the finals, the number is worn on both the back and the front. Bib numbers have designated spots for attaching safety pins. The material is more likely to tear if you pin it elsewhere. Competitors will receive their number bibs when entering the Quarantine. It may not be folded or cut. Safety pins will be provided, but please re-use them, if possible. Check that the start number is fixed properly so you don't lose it during the competition.



Water is available at the pre-start and finish in all competitions. In the middle distance final, long distance and relay, water and sports drink are available at the refreshment points during the race. The sports drink is Maxim Sport Drink. The powder is mixed with water in the ratio; 2 scoops of powder to 500 ml of water.

Drinks are served in mugs, self-service. The sports drink offered during the competitions is available for tasting in the technical model event. The drinks are marked on the serving tables in the field with the following signs:





## 8.6. Model events

### Technical model event

Technical model event will be at Tahko on Monday, 7 July at 10.00 to 12.00.

Address and parking:

Tahkolaaksontie 61, 73310 Kuopio

63.285917 28.033944

### Model events

The two model events are relevant training sessions for the competitions. The maps are created by the WOC mappers. Model event maps will be handed out to team officials at the Event Office upon accreditation. Control descriptions are only on the map. There is no timekeeping. There are two model events: Tahko and Puijo.

#### Tahko

The model event is available on Monday, 7 July from 12.00 to 14.00.

Maps: 1:10 000 and 1:15000

Contour interval 5 m

Mapper: Timo Joensuu and Janne Weckman.

Relevant for: Middle distance qualification, Middle distance final, Long distance

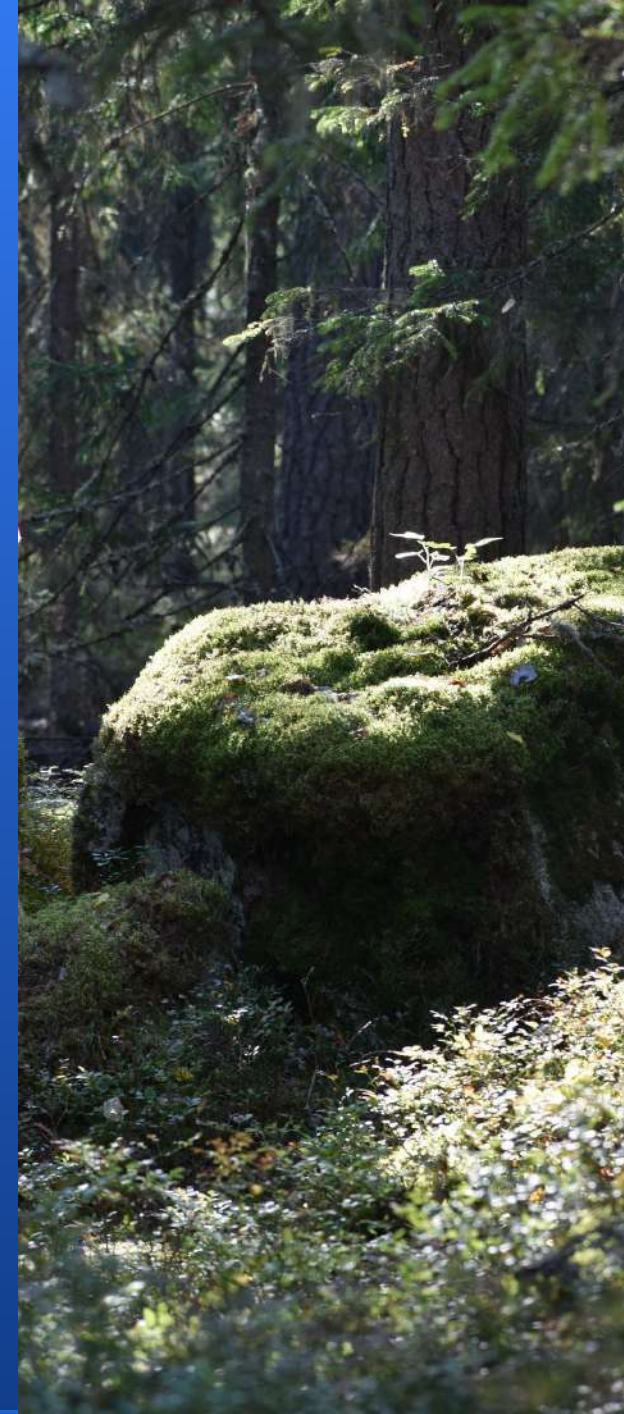
Control 161 is equipped like the competition controls; others have a control flag and code only. Model is relevant for all distances.

Parking:

Tahkolaaksontie 15-23, 73310 Kuopio

63.289667, 28.032389

Start and finish of the model event are 400m south from the parking.



## Puijo

The model event is available on Friday, 11 July from 10.00 to 14.00.

Map 1:10 000

Contour interval 5 m

Mapper: Timo Joensuu and Janne Weckman.

Relevant for the Relay competition

Control 186 is equipped like the competition controls; others have a control flag and code only. Model is relevant especially for relay.

### Parking:

Keski-Kaari 44, 73310 Kuopio

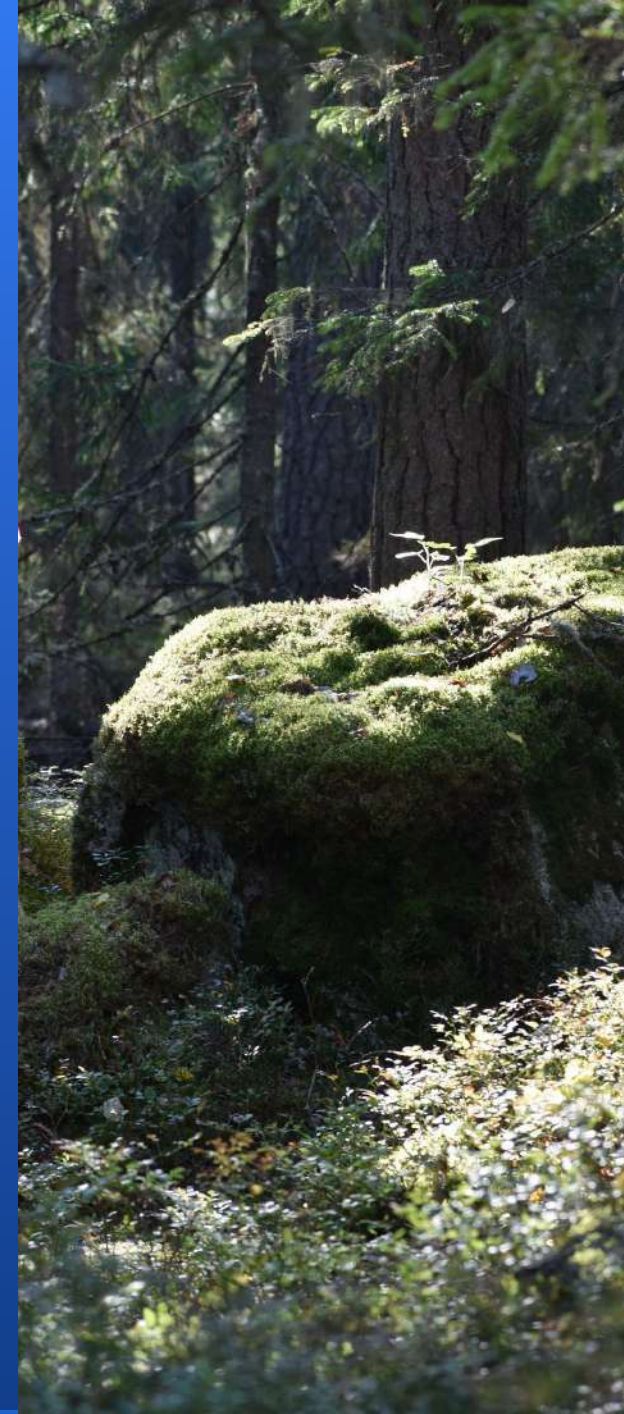
**62.932306, 27.657889**

Start and finish are close to the parking area. The parking is free for max 3 hours, but the start time of parking shall be clearly indicated by a parking disc or other device/document in the windshield of the car.

Note! During the model event, there are also other controls in the terrain, because the terrain is used for the WOC Tour competition on 12 July.

### 8.7. Quarantine check-in and check-out

When an athlete or team official enters quarantine, they check in (self check-in) by signing a team-specific form and then proceed to the quarantine facilities. Number bibs are available near the check-in point. If team officials return to team parking from quarantine, they must check out at the quarantine entry door. Warm-up maps will be given upon check-out from the quarantine. There is no transportation to the quarantine.



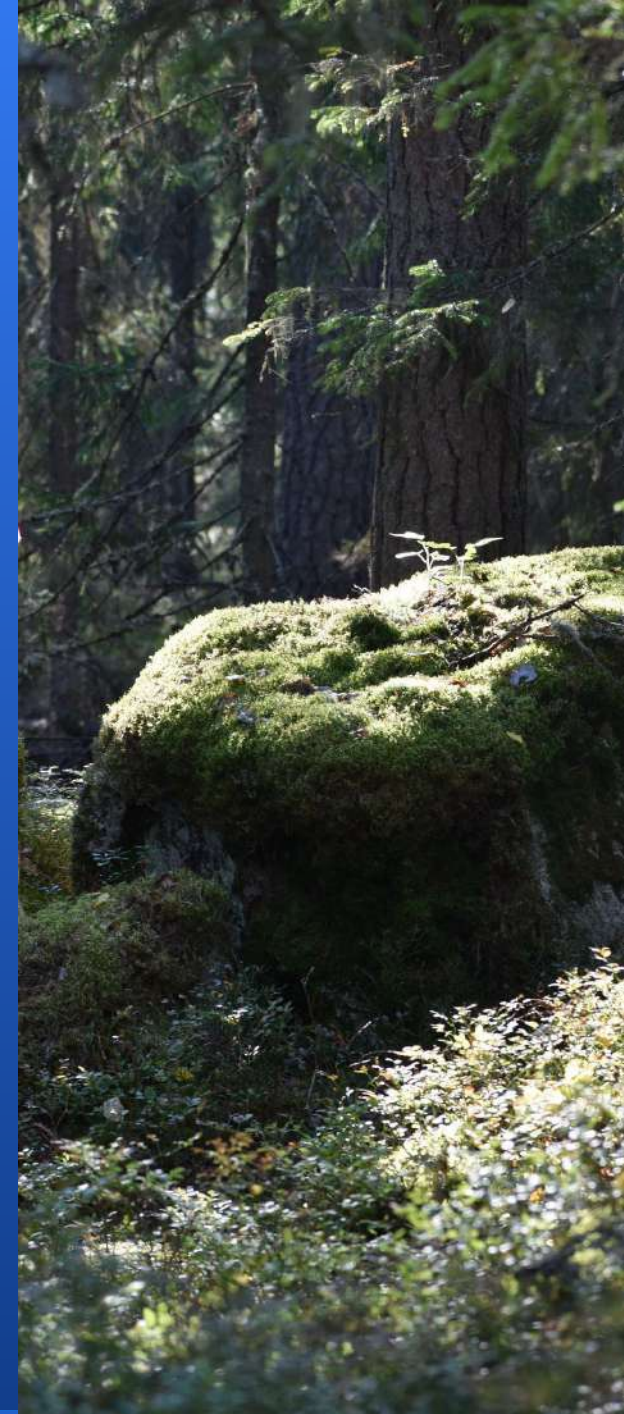


## 8.8. Late starts and abandoning a race

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

## 8.9. Complaints, protests and jury members

A complaint must be made in writing as soon as possible and submitted to the Event Director 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 provisional results have been announced by the speaker. An IOF complaint form should be used, forms are available in the after-finish zone and in the event office.



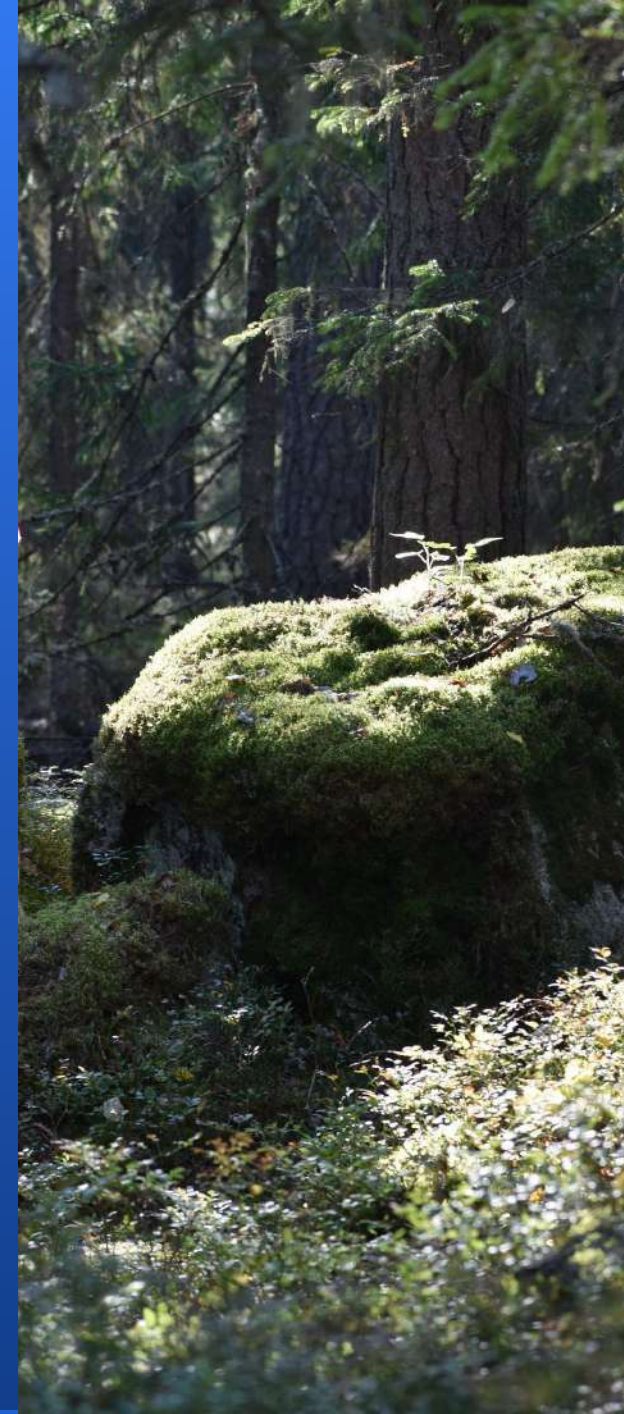
A protest may be made against the organizer's decision about a complaint. Any protest must be made in writing to the Event Director no later than 15 minutes after the organiser has informed the complainant of the decision about the complaint. A protest fee of EUR 50 shall be paid to the IOF by card:

<https://orienteering.sport/iof/governance-and-organisation/iof-office/>

The fee will be returned if the protest is accepted by the jury. When a protest is signed by more than one Federation, each Federation must pay the protest fee.

### Jury members

Jury member	Nationality	Competition
Brigitte Grüniger Huber	SUI	All
David Rosen	GBR	All
Helge Lang Pedersen	DEN	Middle Final, Long distance and Relay
Bjørn Axel Gran	NOR	Middle Qualification





## 9. RACE INFORMATION

### 9.1. Special terrain and map features

#### Areas of fallen trees

Single fallen trees and groups of fallen trees exist in all competition terrains. Symbols 407 and 409 indicate reduced running speed on the map and adjacent photos are examples about how they look like in the terrain.

Symbol 407: Vegetation, slow running, good visibility



Symbol 409: Vegetation, slow running, good visibility



The map symbol "prominent vegetation feature" (419) represents tall rootstocks in the terrains Tahko and Neulaniemi.



Symbol 419: Prominent vegetation feature

Tall rootstocks also exist in the terrain of Puijo, but **they are not presented on the map of Puijo**. This decision was made to improve the legibility of other symbols on the map.

In Puijo, areas of multiple fallen tree trunks and rootstocks are marked with symbols 407 and/or 409.

### Anthills

The symbol "prominent landform feature" (115) is used to present anthills on the competition maps





## Man-made objects

The map symbol “prominent man-made feature” (531) represents significantly visible man-made objects in the terrain.

This symbol represents following objects in different terrains

- snow cannon (Tahko)
- shanty (Tahko)
- passenger car as the last control point (Neulaniemi, Puijo)

Symbol 531: Prominent man-made feature – x

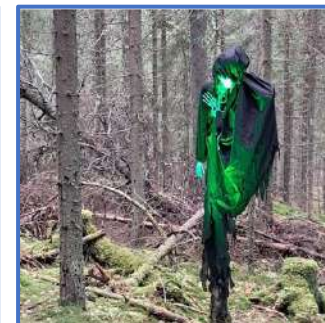
x

Several prominent and non-prominent man-made objects that are not presented on the maps exist in the terrains.

These include

- low-lying pipes (Tahko and Puijo)
- disc golf baskets (Puijo)
- outdoor fitness equipment (Puijo)
- artwork objects (Puijo)
- trampolines (Puijo)

In addition, there are some taped markings along the biking trails of Tahko terrain. They are small in size and easy to bypass. They are not out-of-bounds areas and not printed on the map.





## 9.2. Forbidden features in competitions

Following map symbols representing forbidden areas and objects are used in all competitions

- Symbol 520: "Area that shall not be entered"
- Symbol 708: "Out-of-bounds boundary"
- Symbol 709: "Out-of-bounds area"

Some boundaries of the out-of-bounds areas (709) are marked with a solid purple line on the map, indicating a yellow-black tape with "STOP"-text in the terrain.

Some boundaries of private areas (indicated by symbol 520 on the map) are poorly visible in the terrain. In these locations, STOP tape has been used to mark the boundary whenever the optimal route passes close to a private property. However, the tape is not indicated on the map by any symbols.

In Relay (Puijo), there is one OOB boundary (708) with some crossing points (710) on the map. In the terrain, this is a cca. 1 m wide corridor which has been marked with STOP-tapes on both sides of the corridor. The crossing points are 1-5 m wide in the terrain.

There are also some small out-of-bounds areas and forbidden linear features that are not indicated on the map. They are marked with STOP tape in the terrain. The longest feature is ca. 30 m long and it can be seen from afar.

520



709



710



## Symbol 710 Crossing point

Certain out-of-bounds areas cover sections of public roads and include corridor-like crossing points as shown below. At the edge of the road area, there is a gap in the STOP tape. Several metres off the gap there are traffic cones standing on the paved road shoulders. The competitor must pass between the cones on both sides of the road when crossing the road.

Out-of-bounds issues will be explained in detail in Team Officials' Meetings.



### 9.3. COURSE DETAILS

Courses	Length (km)	Total climb (m)	Controls	Winning time	Refreshments
<b>Middle Q</b>					
Men 1	3.9	190	12	25 min	-
Men 2	3.9	185	13	25 min	-
Men 3	3.9	185	12	25 min	-
Women 1	3.3	160	11	25 min	-
Women 2	3.3	150	11	25 min	-
Women 3	3.3	160	11	25 min	-
<b>Middle F</b>					
Men	5.8	255	18	33 min	1
Women	5.0	230	16	33 min	1
<b>Long</b>					
Men	16.0	565	27	90 min	4
Women	13.3	475	23	90 min	4
<b>Relay</b>					
Men	6.4-6.5 (legs 1, 2) 6.2 (leg 3)	305-315 (legs 1, 2) 295-305 (leg 3)	15-17 (legs 1, 2) 18-19 (leg 3)	32-33 min	1
Women	5.2 (legs 1, 2) 5.5 (leg 3)	260-265 (legs 1, 2) 245-250 (leg 3)	14-16 (legs 1, 2) 18-19 (leg 3)	31-32 min (legs 1,2) 33-34 min (leg 3)	1



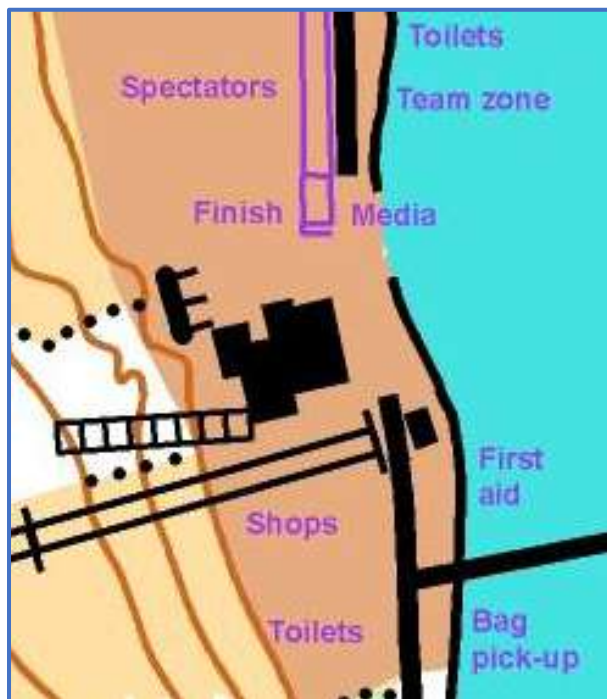
## 9.4. Middle distance qualification 8.7.2025

### Arena Tahkolahti

Tahkolaaksontie 134, 73310 Kuopio

[Google Maps](#)

63.291778, 28.030056



### Format

Individual race with a 3-minute start interval.

### First Start (preliminary)

Men 09:00

Women 11:10

### Participation

Each national federation may enter up to 3 women and 3 men and, in addition, current Middle distance World Champions and Middle-distance Regional Champions or regional leaders in the World ranking may be entered. For more details [Competition Rules for Orienteering](#). See also IOF Competition Rule 9.17. for start group allocations.

### Map

Map (6-colour printing 6/2025), ISOM 2017- 2 by Timo Joensuu and Janne Weckman. The maps are inside sealed plastic bags. Scale 1:10 000, contour interval 5 m.

### Course setter

Marko Uotila

### Team parking at the arena

[Google Maps](#)

63.289949, 28.041785

## Team parking at the quarantine

It takes approximately 50 min to drive to the team parking from the [Kuopio railway station](#).

Address: Tahkolaaksontie 56, 73310 Kuopio. 63.285254, 28.033213

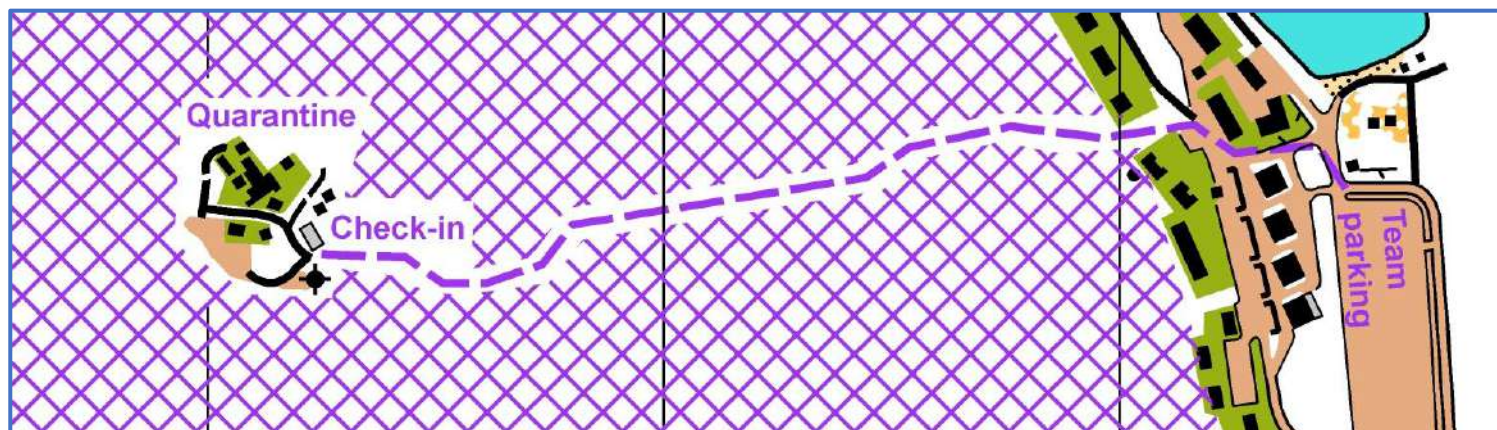
## Quarantine

### Pehkubaari

Pehkuntie 457,  
73310 Tahkovuori

[Google Maps](#)

63.286861, 28.019056



The quarantine is opened at 07:30. Route from the team parking to the quarantine is marked with blue WOC-tapes. It takes approximately 40 minutes to walk to the quarantine site, as there are almost 200 metres of climbing. There are outdoor toilets available for athletes and team officials. Limited indoor facilities are available. Water and first aid kit are also available. You must sign in at the quarantine by 08:59 at the latest.

## Team tents

There are limited indoor facilities available in the quarantine. Teams can leave their tents and other team material at the team parking at latest by 07:30. Organizer will transport them to the quarantine. All tents must be open so one can have a look inside. Same material can be picked up from the team parking after the women's last start. Please note that the equipment in the team parking area is not guarded.

### **Bags from the quarantine to the finish**

Bags will be transported from quarantine near to the bridge over Tahkolahti bay at the arena side. Please leave your bags at the bag drop point in the quarantine. Please limit the size of your bags in order to avoid heavy transport.

### **Warm-up map and area**

The warm-up map (scale 1:10 000, contours 5 m, made by Timo Joensuu and Janne Weckman) is printed on a different material than the competition map. The route from the quarantine to the warm-up area and the pre-start is indicated on the same map. There are no control flags or markings indicating the boundaries of the area in the terrain. The competitors and coaches are not allowed to go outside the designated area.

### **Warm-up clothes**

Warm-up clothes will be transported from the pre-start to the bag pick-up near the bridge at the Tahkolahti arena.

### **Pre-start**

It takes about 40 minutes from the quarantine to the pre-start on foot (without running). The route to the pre-start follows roads, paths and trails. There are 2 toilets and urinal, water and first aid kit at the pre-start. Team officials are allowed to go to the pre-start, but are not allowed to go back to the quarantine. They must take the organizers' transportation, which is used for warm-up clothes, to the arena. All clocks at the pre-start and start are showing competitors' start times.

### **Control descriptions**

Separate control descriptions will be available at -3 min. Maximum size 12x6 cm. Control descriptions are printed on the competition map as well.



## Detailed start procedure

### Pre-start

-6 min	Enter
-5 min	emiTag check, GPS Distance to -4 min: 50 m
-4 min	emiTag clear Distance to -3 min: 50 m
-3 min	Control description Distance to -2 min: 50 m
-2 min	Distance to -1 min: 75 m
-1 min	Distance to Start: 5 m
Start time	
Starting point	Distance to map start: 80 m

### Start timing

The start gate is not used in the middle qualification. A beep and a visible start clock will indicate the countdown. The start beep starts at -5 seconds. The competitor is allowed to start when the start clock shows 00 and at the final start beep. It is the competitor's responsibility to start at the correct time.

### Competition map

The maps are sealed in plastic bags. The class and heat are printed on the map. Competitors are responsible for taking the correct control description and the map.

### Media controls

Athletes may encounter photographers near control points, not marked in the control descriptions.

### Finish time

The finish time will be taken by a photocell when the athlete's chest crosses the finish line. Running times will be rounded down to the nearest second. After crossing the finish line, the athletes must punch a emiTag unit in the same order as they crossed the finish line.

### Mixed zone and team zone

After the readout of competitor's emiTag, the competitor is guided to a mixed zone. The GPS device is removed and live interviews are conducted. Refreshment is available.

The team zone consists of 10 tents (4×4 m each, 3–5 teams in one tent). Teams are not allowed to set up their own tents.

Toilets are available.

### Cool down

Cool down route (1500 m) goes around the Tahkolahti bay. No cool down map will be provided.

### Maximum running time

90 min.

### Coaching Zone

The teams' tents are along the run-in. Athletes and coaches are allowed to cheer for those finishing along the run-in, but do not block the roadway. Spectators are on the other side of the run-in.



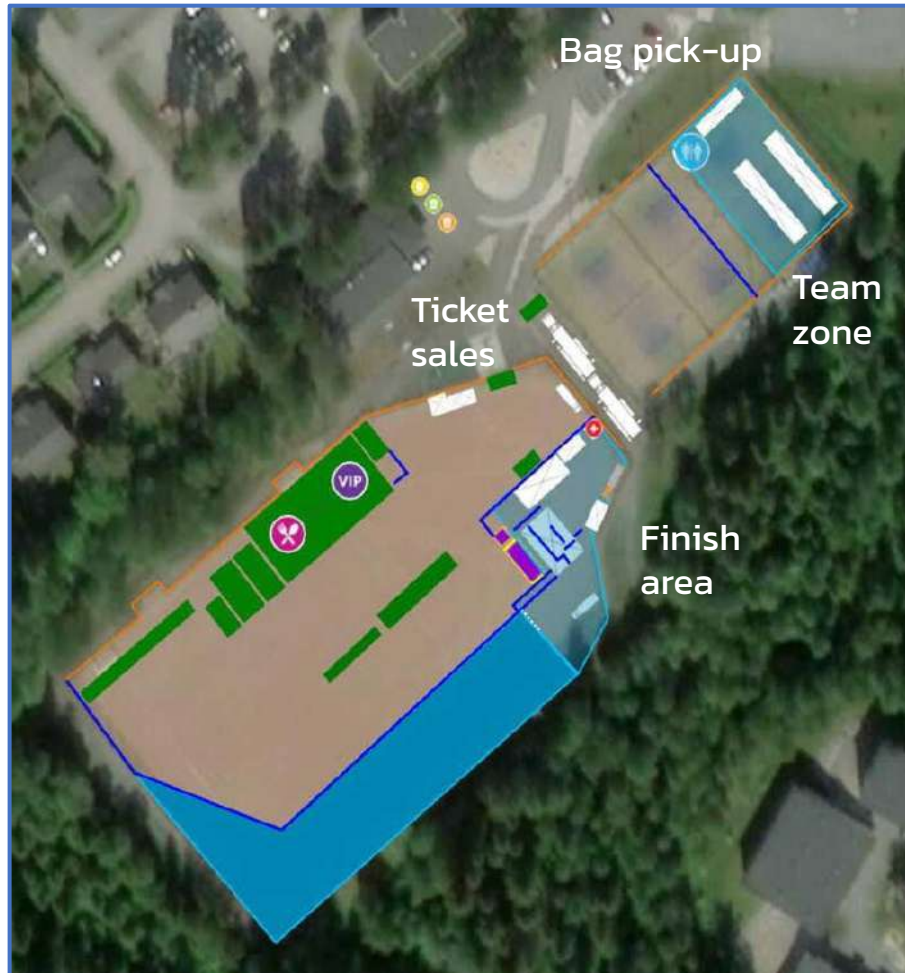
## 9.5. Middle distance final 9.7.2025

### Arena Neulaniemi

Raiviopolku, 70150 Kuopio

[Google Maps](#)

62.879861, 27.606861



### Format

Individual race with a 2-minute start interval based on the result of the qualification race.

### First Start (preliminary)

Men 13:50

Women 15:30

### Participation

The number and sequence of participants based on the qualification is described in the IOF competition rules (12.10. & 12.11.)

### Map

Map (6-colour printing 6/2025), ISOM 2017- 2 by Timo Joensuu and Janne Weckman.

The maps are inside sealed plastic bags.

Scale 1:10 000, contour interval 5 m.

### Course setter

Marko Uotila

### Team parking at the arena

[Google Maps](#)

62.881941, 27.609580



### **Team parking at the quarantine**

It takes approximately 50 min to drive to the team parking from the Tahko event centre. Team parking and quarantine are at the same location. The location of the team parking for middle distance final will be announced during the team official meeting (hybrid) on July 8th, starting at 15:30 and will be sent to all teams by e-mail afterwards.

### **Team tents**

Own tents are not allowed.

### **Quarantine**

There is plenty of indoor space at the quarantine. Quarantine opens at 12:00. There are toilets available for athletes and team officials. Coffee, water and first aid kit are also available. You must sign in at the quarantine by 13:45 at the latest.

### **Bags from the quarantine to the finish**

Bags will be transported from quarantine to the team zone at the Neulaniemi arena. Please leave your bags at the baggage drop point in the quarantine. Please limit the size of your bags in order to avoid heavy transport.

### **Warm-up map and area**

The warm-up map (scale 1:10 000, contours 5 m, made by Timo Joensuu and Janne Weckman) is printed on a different material than the competition map. The route from the quarantine to the warm-up area and the pre-start is indicated on the same map. There are no control flags or markings indicating the boundaries of the area in the terrain. The competitors and coaches are not allowed to go outside the designated area.

## Warm-up clothes

Warm-up clothes will be transported from the pre-start to the team zone at the Neulaniemi arena.

## Pre-start

It takes about 30 minutes from the quarantine to the pre-start on foot (without running). The route to the pre-start follows paths and trails. There are markings in the cross roads in the terrain. There are 2 toilets and a urinal available for athletes and coaches. Water and first aid kit are also available. Coaches are allowed to go to the pre-start, but are not allowed to go back to the quarantine. They must take the organisers' transportation, which is used for warm-up clothes, to the quarantine to pick up their cars or to the arena. More information will be provided at the Team Officials' Meeting on 8th July at 15:30.

## Control descriptions

Separate control descriptions will be available at -3 min. Maximum size 15x6cm. Control descriptions are printed on the competition map as well.

## Detailed start procedure

### Pre-start

-6 min	Enter
-5 min	emiTag check, GPS Distance to -4 min: 80 m
-4 min	emiTag clear Distance to -3 min: 75 m
-3 min	Control description Distance to -2 min: 60 m
-2 min	Distance to -1 min: 40 m
-1 min	Distance to Start: 5 m
Start time	
Starting point	Distance to map start: 150 m

### Start timing

The start gate and clock are used. A beep and a visible start clock will indicate the countdown. The start beep starts at -5 seconds. At the start beep, the competitor takes the map, which is under the plate. The exact start time is measured with a start gate which the runner opens with his/her leg when starting the race. It's allowed to start between -3 and +3 seconds of the given start time. A runner starting more than 3 seconds after the given start time will get the allocated start time instead of the gate time.

### Competition map

The maps are sealed in plastic bags. The class is printed on the map. Competitors are responsible for taking the correct control description and the map.

### Finish time

The finish time will be taken by a photocell when the athlete's chest crosses the finish line. Running times will be rounded down to the nearest second. In the finish tent after crossing the finish line, the athletes must punch a emiTag unit in the same order as they crossed the finish line.

### Mixed zone and team zone

After the readout of competitor's emiTag, the competitor is guided to a mixed zone. The GPS device is removed and live interviews are conducted. Refreshment is available.

The team zone consists of 10 tents (4x4 m each, 3-5 teams in one tent). Teams are not allowed to set up their own tents. Drinking water and toilets are available.

### Cool down

Cool down route (250 m) leads to north-east from the team zone. No cool down map will be provided.



### Coaching Zone

Coaching zone is at the arena.

### Maximum running time

90 min.



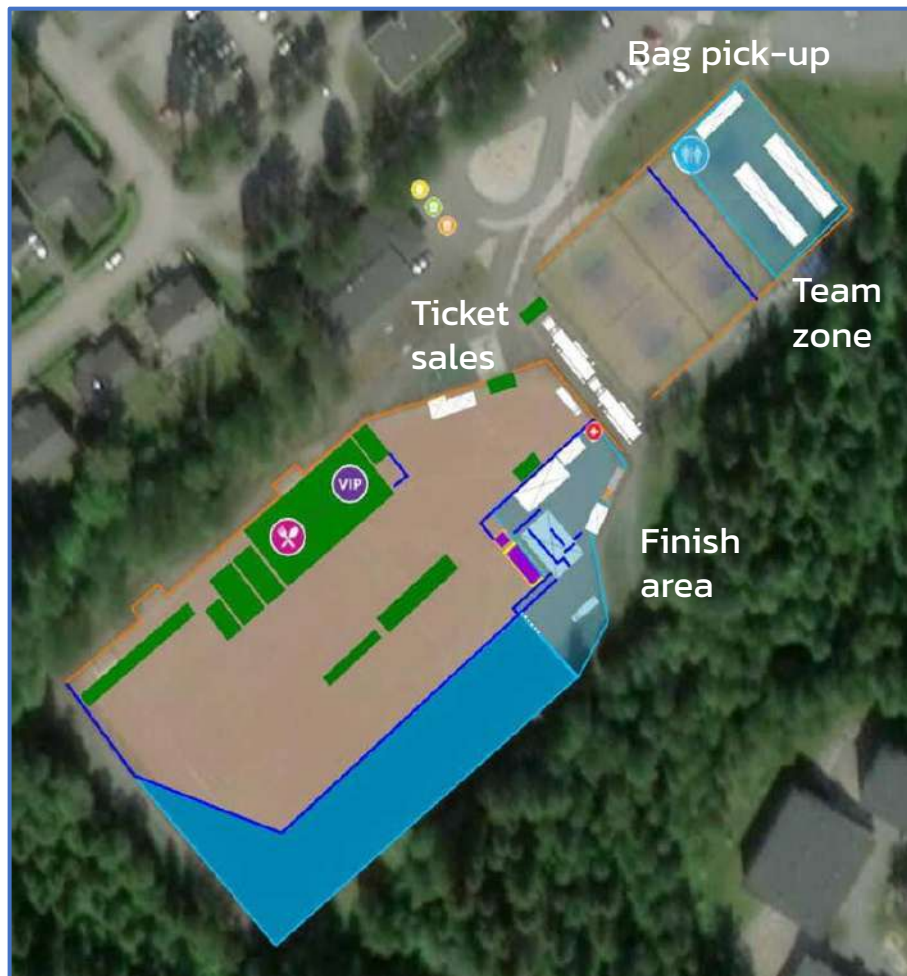
## 9.6. Long distance final 10.7.2025

### Arena Neulaniemi

Raiviopolku, 70150 Kuopio

[Google Maps](#)

62.879861, 27.606861



### Format

Individual race with a 3-minute start interval.

### First start (preliminary)

Women 10:30

Men 12:07

### Participation

The number of participants per nation and additional participants is defined in the document about national quotas on [Competition Rules for Orienteering](#).

### Map

Map (6-colour printing 6/2025), ISOM 2017- 2 by Timo Joensuu and Janne Weckman.

The maps are inside sealed plastic bags.

Scale 1:15 000, contour interval 5 m.

### Course setter

Jarmo Puttonen

### Team parking at the arena

[Google Maps](#)

62.881941, 27.609580

### **Team parking at the quarantine**

It takes approximately 50 min to drive to the team parking from the Tahko event centre. Team parking and quarantine are at the same location. The location of the team parking for long distance will be announced during the team official meeting (hybrid) on July 8th, starting at 15:30 and will be sent to all teams by e-mail afterwards.

### **Team tents**

Team tents are not allowed at the quarantine.

### **Quarantine**

There is plenty of indoor space at the quarantine. Quarantine is opened at 09:00. There are toilets available for athletes and coaches. Coffee, water and first aid kit are also available. You must sign in at the quarantine by 10:30 at the latest.

### **Bags from the quarantine to the finish**

Bags will be transported from quarantine to the team zone at the Neulaniemi arena. Please leave your bags at the bag drop point in the quarantine. Please limit the size of your bags in order to avoid heavy transport.

### **Warm-up map and area**

The warm-up map (scale 1:15 000, contours 5 m, made by Timo Joensuu and Janne Weckman) is printed on a different material than the competition map. The route from the quarantine to the warm-up area and the pre-start is indicated on the same map. There are no control flags or markings indicating the boundaries of the area in the terrain. The competitors and coaches are not allowed to go outside the designated area.

### **Warm-up clothes**

Warm-up clothes will be transported from the pre-start to the bag pick-up point at the Neulaniemi arena.

## Pre-start

It takes about 30 minutes from the quarantine to the pre-start on foot (without running). The route to the pre-start follows roads, paths and trails. There are markings in the cross roads in the terrain. There are 2 toilets and urinal available for athletes and coaches. Water and first aid kit are also available. Coaches are allowed to go to the pre-start, but are not allowed to go back to the quarantine. They must take the organizers' transportation, which is used for warm-up clothes, to the quarantine to pick up their cars or to the arena. More information will be provided at the Team Officials' Meeting on 8th July at 15:30.

## Control descriptions

Separate control descriptions will be available at -3 min. Maximum size 24x6 cm. Control descriptions are printed on the competition map as well.

## Start timing

The start gate and clock are used. A beep and a visible start clock will indicate the countdown. The start beep starts at -5 seconds. At the start beep, the competitor takes the map, which is under the plate. The exact start time is measured with a start gate which the runner opens with his/her leg when starting the race. It's allowed to start between -3 and +3 seconds of the given start time. A runner starting more than 3 seconds after the given start time will get the allocated start time instead of the gate time.

## Detailed start procedure

### Pre-start

-6 min	Enter
-5 min	emiTag check, GPS Distance to -4 min: 60 m
-4 min	emiTag clear Distance to -3 min: 30 m
-3 min	Control description Distance to -2 min: 35 m
-2 min	Distance to -1 min: 35 m
-1 min	Distance to Start: 5 m
Start time	
Starting point	Distance to map start: 100 m



### **Competition map**

The maps are sealed in plastic bags. The class is written on the map. Competitors are responsible for taking the correct control description and the map.

### **Map exchange**

There are two map exchanges during the race in both classes. More information will be provided at TOM.

### **Reserve maps**

There are limited number of reserve maps available at refreshment points on self-service principle. Reserve maps are meant only for serious map damage situations and it is not a service for a clean map cover. Play fair.

### **Finish time**

The finish time will be taken by a photocell when the athlete's chest crosses the finish line. Running times will be rounded down to the nearest second. After crossing the finish line, the athletes must punch a emiTag unit in the same order as they crossed the finish line.

### **Mixed zone and team zone**

After the readout of competitor's emiTag, the competitor is guided to a mixed zone. The GPS device is removed and live interviews are conducted. Refreshment is available.

The team zone consists of 10 tents (4×4 m each, 3–5 teams in one tent). Teams are not allowed to set up their own tents. Drinking water and toilets are available.

### **Cool down**

Cool down route (250 m) is the same than in the middle final. It leads to north-east from the team zone. No cool down map will be provided.

### **Coaching Zone**

Coaching zone is at the arena. More information will be provided at TOM.

### **Maximum running time**

4 hours.

## 9.7. Relay 12.7.2025

### Arena Puijo

Suurmäentie 85, 70200 Kuopio

[Google Maps](#)

62.907200, 27.650111

### Team parking at the arena

Only for athletes and coaches not going to the quarantine

[Google Maps](#)

62.905840, 27.653766



## Format

Relay men and women with 3 legs, mass start.

## First start

Women 13:28, men 15:30

## Participation

A federation may enter 1 team consisting of 3 competitors in each class. Incomplete teams, and teams with runners from more than one Federation are not allowed to start.

## Competition map

Map (6-colour printing 6/2025), ISOM 2017– 2  
by Timo Joensuu and Janne Weckman.  
The maps are inside sealed plastic bags.  
Scale 1:10 000, contour interval 5 m.

The maps are provided as rolled, sealed with a band and labeled with a country code and a team number with leg number (e.g. FIN, 4-1).

The maps are two-sided and there is one map flip during the course. Map 1 is inside and map 2 is outside of the roll. The side (i.e. part of the course, 1 or 2) is indicated on the map by a distinctive purple text: Women (1), Women (2), Men (1), Men (2).

Control descriptions (width 4.2 cm) are printed on the competition map only.

## Course setter

Olli-Jussi Korpinen

## Team parking at the quarantine

It takes approximately 50 mins to drive to the team parking from the Tahko event centre.

Rajalan Koulu,  
Sammakkolammentie 14, 70200 Kuopio  
[Google Maps](#)  
62.904111, 27.638417

## Team tents

Team tents are not allowed.

## Quarantine

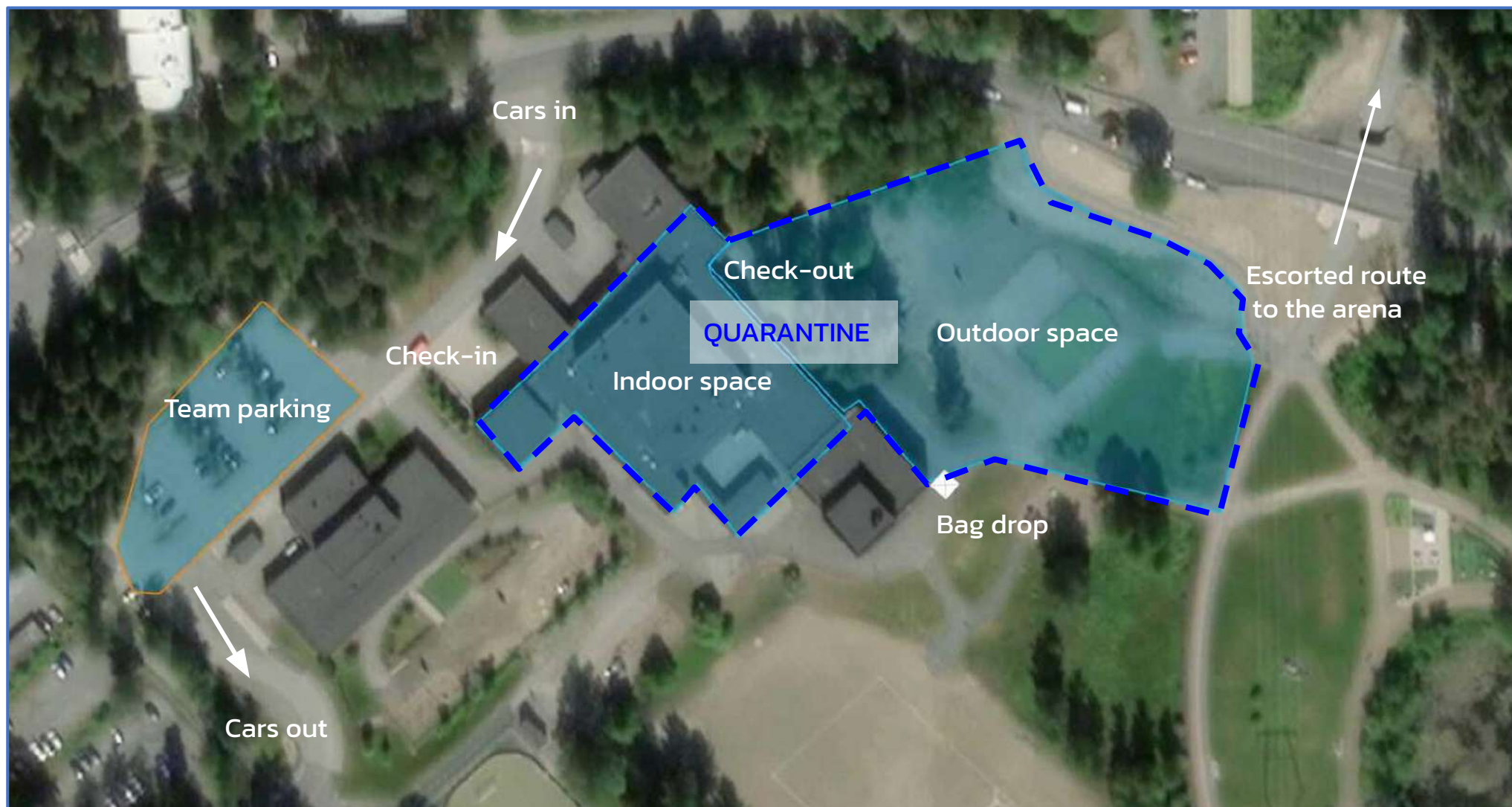
Quarantine is opened at 11:30. There is plenty of indoor space at the quarantine. There are toilets available for athletes and coaches. Coffee, water and first aid kit are also available. You must sign in at the quarantine by 13:20 at the latest.

## Bags from the quarantine to the finish

Bags will be transported from the quarantine to the team zone at Puijo arena. Please leave your bags at the bag drop point in the quarantine. Please limit the size of your bags in order to avoid heavy transport.

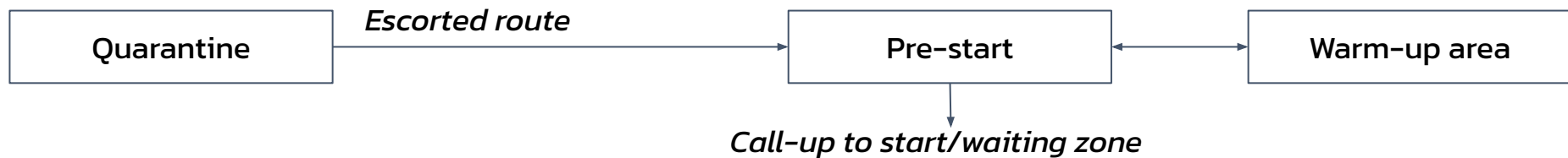


## Quarantine



## Warm-up map and area

The warm-up map (scale 1:10 000, contours 5 m, made by Timo Joensuu and Janne Weckman) is printed on a different material than the competition map. The route from the quarantine to the pre-start and the warm-up area is indicated on the same map. There are no control flags or markings indicating the boundaries of the area in the terrain. The competitors and coaches are not allowed to go outside the designated area.



## From quarantine to the pre-start

It takes 10–15 minutes from the quarantine to the pre-start by foot (without running). The route to the pre-start follows roads and paths. Teams will be escorted from the quarantine to the pre-start in 3 groups in each class.

### Women:

- First leg at 12:45
- Second leg at 13:15
- Third leg at 13:45

### Men:

- First leg at 14:45
- Second leg at 15:15
- Third leg at 15:45

## Pre-start

The pre-start area is divided into

- a shared space for competitors and coaches
- an area for competitors only, located just before the call-up

These areas are separated by a fence and a gate.

## Facilities

- There are 2 toilets and 1 urinal available for both athletes and coaches
- Two additional toilets are located near the call-up area
- Water and a first aid kit are available on site
- Warm-up clothes can be left nearby the map wall. They will be transported to the team zone.

## Team officials

- may accompany competitors moving to the pre-start area
- are allowed to leave the pre-start area and go to the team zone or the arena during the relay
- are not allowed to return to
  - the quarantine area once they have left the quarantine
  - the route leading to the pre-start once they have entered the prestart
  - the pre-start or warm-up area once they have moved to the team zone or the arena

## Call-up

- Leg 1: Competitors are called to line up 5 minutes before the start of the first leg
- Legs 2 and 3: The competitor is called to the waiting zone when the teammate on the previous leg has punched at the last intermediate control ca. 3 minutes before the changeover. A TV screen at the waiting zone will display the intermediate times
- The competitor takes his/her map from the map wall right after the call-up point. It is the competitor's responsibility to take the correct map. It is not allowed to open or look inside the map roll before the start signal (first leg) or changeover of competitor's team
- The competitor moves to the start area (leg 1) or the waiting zone (legs 2 and 3)



## Pre-start area



### **Waiting zone and start area**

A competitor who has left the call-up point is not allowed to return. A TV screen at the waiting zone will display the intermediate times of the last intermediate control of the previous leg.

All first leg competitors move to the start area and find their designated spots at least 2 minutes before the start. They must stay there until the start signal. There are 8 teams in a row. The start signal will be given by the arena speaker.

Other competitors arriving from the call-up shall wait in the waiting zone and move to the changeover fence when their teammates arrive to the arena. The changeover is done by a hand-touch between the competitors.

The competitor is allowed to open the map roll immediately after the start signal or accomplished changeover. The competitor may (and is recommended to) remove the seal band of the map roll before the respective start or changeover.

### **Reserve maps**

Reserve maps are ready near the waiting zone. Please contact the staff already at the map wall if you notice that your map is not available there.

### **Arena passage and refreshment**

There is an arena passage on each leg. There is a refreshment point along the marked route at the arena passage and the point is not marked on competition maps. In case of a serious map damage, a reserve map may be also given to a competitor passing the arena.

### **Arrival to changeover and finish**

A competitor approaching the changeover takes the right side of the run-in corridor, crosses the finish line and touches with hand the next leg's competitor at the changeover fence. The competitor will then move to readout of the emiTag and the mixed zone.

A competitor arriving to the finish crosses the finish line and moves to readout of the emiTag and the mixed zone. The finish time will be taken when the competitor crosses the finish line. In the event of a head-to-head battle, a finish line camera will be used to determine the final positions, competitor's chest being the decisive body part.

## Start, arena passage, changeover and finish





### **Mixed zone and team zone**

After the readout of competitor's emiTag, the competitor is guided to a mixed zone. The GPS device is removed and live interviews are conducted. Refreshment is available.

The team zone consists of 10 tents (4×4 m each, 3–5 teams in one tent). Teams are not allowed to set up their own tents. Drinking water and toilets are available.

### **Coaching zone**

There is a specific coaching zone at the beginning of the arena passage.

### **Mass start for slow running teams**

Mass starts for legs 2 and 3 may be organized for teams that have not changed over at 15:15 in women's class and at 17:15 in men's class. The competitors of these teams will be escorted to the start area. Please listen carefully to announcements from the staff official at the call-up point and the arena speaker for updates and exact timings.

### **Cool down**

Cool down is allowed inside the team zone and the arena. No cool down map will be provided.

### **Maximum running time**

4.5 hours



## 9.8. Non-competing athletes

Team parking is located near the arenas for athletes who are not competing on a given day and for team officials going straight to the arena. The distance to the arenas is 200–500 meters. Athletes and team officials can enter the final arena by showing their ID card.

### Tahkolahti parking



### Neulaniemi parking



### Puijo parking



Accredited athletes who do not compete in the WOC races on a given day, can compete in the WOC Tour races in the open classes. More information can be provided at the Event Office.



## 10. GENERAL INFORMATION

### 10.1. Anti-Doping

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

### 10.2. Liability, insurance, emergency and health services

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

First-aid services will be provided at the competition arenas and first-aid kits will be available in the quarantine areas. The phone number for emergency calls in Finland is 112.

Hospital in Kuopio: Kuopio University Hospital, Puijonlaaksontie 2, Kuopio.





### 10.3. Climate, ticks and competition clothing

In Kuopio, the peak temperatures are generally noted in July, averaging a high of 20.9°C (69.6°F) and a low of 12.9°C (55.2°F). The average relative humidity in July in Kuopio is 71%. The month with the most rainfall is July, when the rain falls for 13.7 days and typically aggregates up to 48mm (1.89") of precipitation.

There might be ticks (*Ixodes ricinus*) in the forest, so check your skin and clothing after training and competition. There are no restrictions on clothing. Spike shoes are forbidden. Dobb shoes and dobb shoes with metal studs are allowed.

### 10.4. Athlete's licence

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

### 10.5. IOF Clinic

The IOF WOC Clinic focuses on learning of orienteering skills and exchange of knowledge and experience with orienteering development between participating athletes and the Clinic coaches and leaders. Fourteen athletes from 9 different countries are participating in the IOF Clinic during WOC2025. They represent Ecuador, Colombia, Mexico, Brazil, Moldova, Romania, Serbia, Slovenia, and Kazakhstan. The athletes will be coached and supported by experienced orienteers: Gerardo Garcia and Anders Björklund.

### 10.6. WOC Party

Following the relay competition, a WOC Party is organised at the Tahko Piazza, 50 metres away from the Event Centre. The WOC Party starts on Saturday, 12 July at 19:30 and ends at 02:00. Entrance is included in the accreditation fee as well as bus transport from/to Kuopio. Sandwiches, snacks, mineral water, and soft drinks will be provided, and a DJ will be on hand to keep the music going. Alcoholic beverages will be available for purchase at the bar at your own expense. More information will be provided at the last Team Officials' Meeting. Registration for the party closes on Monday, 7 July at 23:59 at the event office.

## 10.7. Food

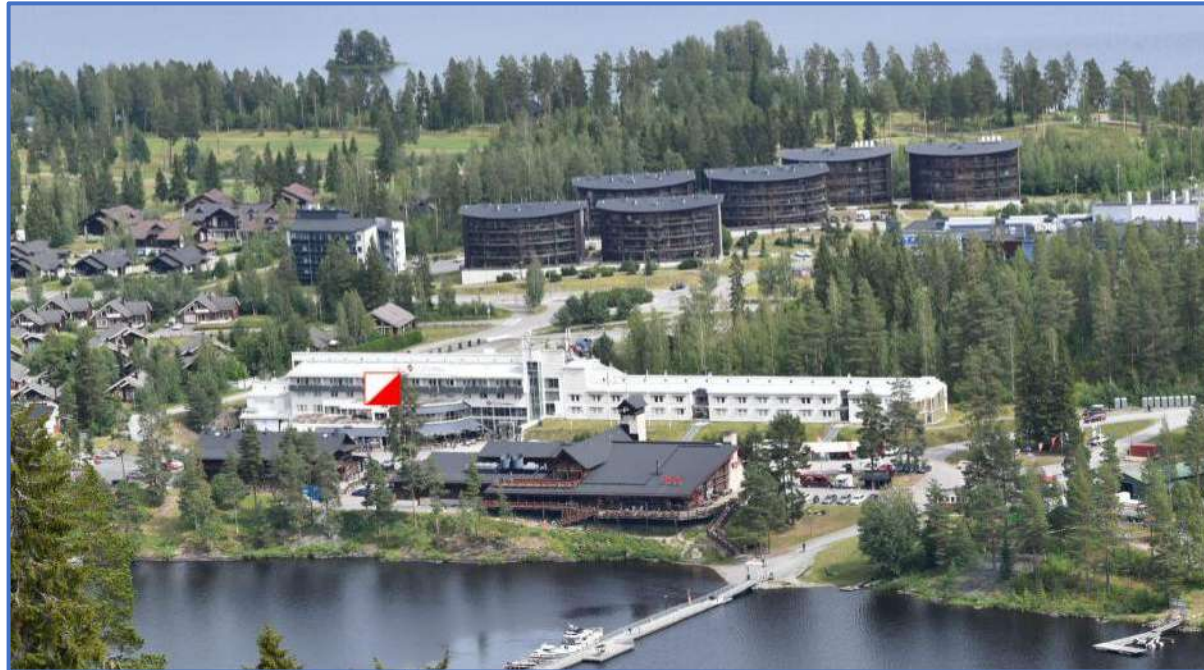
The Finnish Lakeland and its capital, Kuopio, are well-known among tourists who love unforgettable food made from the freshest, local and natural ingredients. Menus vary by season with fresh fish or tastes of the forest, as well as locally grown berries, vegetables and herbs which are available year-round.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





## 10.8 Accommodation

The [Break Sokos Hotel Tahko](#) in the athletes' village is the official accommodation for teams, IOF members, VIP persons and accredited media representatives. There is the event office, where you can pick up your accreditation card, training maps etc. The team official meetings in person and on-line (hybrid) will also be held in the same place. Prize giving ceremonies (middle and long distance) will be held at Tahko Piazza in front of the hotel.



[Google Maps](#)



## 11. CEREMONIES AND FAIRNESS RULES

### Opening ceremony

The opening ceremony (45 min) takes place at Tahko Event Square on Monday, 7 July at 5 pm. National teams in full numbers (all accredited athletes and team officials) are asked to be present at the opening ceremony.

Meeting point at 4.40 pm: [Tahkolahti bridge](#).

### Schedule

- All national teams will be organised in an alphabetical order with the guidance of the organisers. Team Finland as the host nation, will close the line of countries.
- Teams start to walk with a guide towards the entrance gate
- Teams enter the event place from the WOC2025 gate one by one as announced and stop for a moment at the gate for photographing. After that teams march on to the area reserved for them.
- Opening ceremony talks and cultural programme
- End of the opening ceremony

### Flower Ceremony

Only a few minutes after the conclusion of each race, there will be a flower ceremony for the three best athletes/teams on the stage with live broadcasting on TV. Please be ready for this 5 minutes before the ceremony in the finish tent.

### Prize-giving Ceremony

The six best athletes/teams in the individual final races/relay will be honoured at a special medal ceremony. These ceremonies will take place on Friday, 11 July at the Tahko Square and on Saturday, 12 July at the Puijo arena.. Please be ready behind the stage 10 minutes before the ceremony.

### Closing ceremony

The closing ceremony will take place right after the Relay prize-giving ceremony on Saturday, 12 July at the Puijo arena.

## WOC FAIRNESS RULES

1. Team officials and other team members are not allowed to make contact with any athlete during their competitions unless otherwise stated.
2. It is not allowed (and not fair) to gain any unofficial information about the race, especially about courses, maps, location of pre-starts etc.
3. Except for the relays, team members heading to pre-starts are not allowed to visit the arenas before their respective competitions. It is also not allowed (and not fair) to gain any unofficial information about the arenas from other persons.
4. When staying in the quarantine, mobile phones and other devices with internet access must be completely turned off. Random checks may happen.
5. It is allowed to use music players without any built-in connectivity. Inside the quarantine, athletes wearing headphones may be randomly asked to display their players for checking.
6. All tents inside the quarantine must stay open so one can have a look inside.
7. It is strictly forbidden to bring any electronic devices (except for watches) to toilets or any other private rooms inside the quarantine – no matter if the device is turned on or not.
8. It is not allowed to use any old maps of the competition areas after arriving in quarantine on competition day.
9. It is strictly forbidden for team members to re-enter the competition area until the embargoed areas are released.
10. Violations of these rules should be immediately reported to any member of staff in order to preserve fairness.
11. Violation of these rules may result in the disqualification of the whole team.

## 12. MEDIA SERVICES

Journalists, photographers, camera personnel, social media content creators and any extra representatives of the Federations are welcomed. All registrations should be made in **IOF Eventor**. More information and inquiries: Tiina Tervaniemi, [media@woc2025.fi](mailto:media@woc2025.fi), tel. +358 405271053

### 12.1. Live production

There will be live productions from all finals on YLE TV and on 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. Athletes may also be followed by a running camera or by camera-drones during the race. The drones will keep a proper distance from the athletes.

### 12.2. Photo and video disclaimer

By taking part in World Orienteering Championships 2025, all persons acknowledge their consent to interview(s), photography, audio recording, video recording and its/their release, publication, exhibition, or reproduction to be used for news, webcasts, promotional purposes, telecasts, advertising, inclusion on websites, or any other purpose by the organisers and their affiliates and representatives. No drones are allowed in the competition area without written permission from the organisers.

## 13. VIP AND IOF FAMILY

At the final arenas, there is a designated area and a tent for VIP and IOF Family members to gather. Snacks will be available in the tent. Access to the area is granted upon presentation of an ID card.

## 14. WOC TOUR 7.-12.7.2025

Along with the WOC there will be a WOC TOUR (Fin5 suunnistusviikko) with 5 spectator competitions. All information about WOC TOUR will be published at <https://fin5.woc2025.fi/>.





## Bulletin versions

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# WELCOME to WOC 2025!

Photo Vicente Serra

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