



INTERNATIONAL ORIENTEERING FEDERATION



WORLD CUP 2025

Round #3 SUI

Uster/Switzerland, 26-28 September 2025

BULLETIN 3

Event Director: Matthias Niggli
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WELCOME TO USTER

Dear athletes and teams

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

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

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

You are warmly welcome to Switzerland!

Matthias Niggli
Event Director EGK Orienteering World Cup

WORLD CUP 2025

The World Cup 2025 consists of the following 9 competitions.

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

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

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

1. ORGANIZATION AND CONTACT

1.1 ORGANIZING COMMITTEE

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

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

Event Advisors
Flemming Jørgensen
Urs Hofer
Michael Eglin

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

CONTACT ADDRESS

EGK Orienteering World Cup 2025
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www.ol-weltcup.ch

Bulletin 4 will be published on Eventor by 23 September 2025 and handed out at accreditation at the Event Centre in Uster.



2. EVENT PROGRAMME

WEDNESDAY, 24 SEPTEMBER 2025

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

THURSDAY, 25 SEPTEMBER 2025

Event Centre opens	09:00-12:00
Free training / Model event	10:00-18:00
Event Centre opens	17:00-19:00
Team Officials' Meeting (on place or online)	17:30-18:30

FRIDAY, 26 SEPTEMBER 2025

EGK Orienteering World Cup Sprint	12:30-18:00
First start	12:45
First start Top 40 MEN	14:50
First start Top 40 WOMEN	16:00
Price Giving Ceremony	17:40

SATURDAY, 27 SEPTEMBER 2025

National Competition, Middle	12:00-16:00
EGK Orienteering World Cup Sprint Relay	16:00-19:00
Start Sprint Relay	17:15
Price Giving Ceremony	18:40
Heat choice KO-Sprint	18:50

SUNDAY, 28 SEPTEMBER 2025

National Competition, Sprint	08:00-11:15
EGK Orienteering World Cup Knock-Out Sprint	11:00-15:30
First start Quarterfinal WOMEN	11:00
First start Quarterfinal MEN	11:30
Semifinals	13:00
Finals	14:25
Price giving ceremony	15:10
World Cup Final party	20:00-02:00

3. VENUES, ACCESS AND TRANSPORT

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

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

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

4. EVENT CENTRE

The Event Centre is located in Uster at the [Stadthalle Uster](#). Access only from the north from Bahnhofstrasse-Zürichstrasse. Respect the embargoed areas!

Parking is allowed in the Parkgarage Illuster (subject to a fee) reachable only from Zürichstrasse, exit/entry by foot only through the southern exit to Zürichstrasse. Exit will be marked.

5. ENTRY

5.1 ENTRIES AND ENTRY DEADLINES

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

Team Size Entry (deadline 26 July 2025).

Team Names Entry (deadline 16 September 2025).

The following information shall be filled in:

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

Competition Entries

Names of the competitors and, if required, their starting group, shall be entered in IOF Eventor before 12 noon on 25 September 2025 for the sprint and before 19:00 on 26 September 2025 for the sprintrelay.

Late Entries, Changes of Team Size or Team Names

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

No late entries or changes will be accepted after this date. Late entries and changes must be communicated directly to the organiser matthias.niggli@ol-weltcup.ch.

The organiser makes the changes in IOF Eventor after deadlines.

5.2 ENTRY FEES

Competition package:

Until 25 July: CHF 80.- for competitors, CHF 50.- for team officials, CHF 100.- for a relay team. From 26 July until 16 September: CHF 96.-/60.-/120.-. From 16 September until 25 September: CHF 120.-/75.-/150.-.

This includes:

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

5.3 PAYMENT

The competition package must be paid by 26 July 2025.

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

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

6. ACCOMMODATION AND FOOD

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

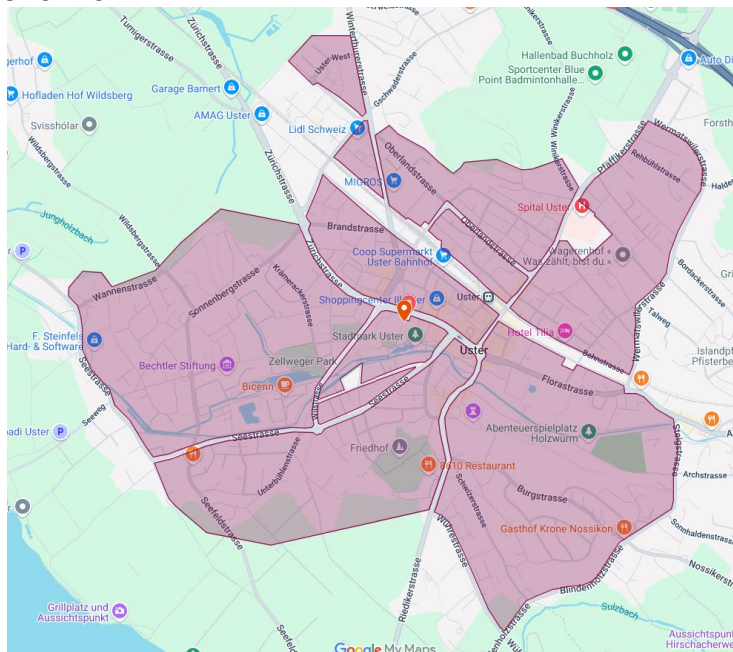
Please check the embargoed areas before booking an accommodation.

7. EMBARGOED AREAS

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

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

Overview



Embargoed area Uster

7.1 PREVIOUS ORIENTEERING MAPS

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

8. TRAINING

One training map/model event map in the region of Uster will be available. The training map will be given to all entered runners and coaches at accreditation. It is within the embargoed area. Check the access possibilities on Eventor.

Other training possibilities are available but need to be organised by the teams. The organizer can give you recommendations and contacts.

9. RULES AND GENERAL INFORMATIONS

9.1 COMPETITION RULES

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

9.2 CLASSES AND PARTICIPATION RESTRICTIONS

There are two classes, Women and Men.

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

9.3 ANTI-DOPING

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

9.4 INSURANCE

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

9.5 CLIMATE

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

9.6 VISA PERMITS

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

Please check with your embassy if you need visa permits.

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

9.8 ATHLETE'S LICENCE

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

10. MEDIA SERVICES

10.1 REGISTRATION

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

For media accreditation please contact media@ol-weltcup.ch.

10.2 LIVE PRODUCTION

There will be live-productions from the final races broadcasted on TV and on the Live Center of the International Orienteering Federation.

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 proper distance to the athletes.

10.3 PHOTO AND VIDEO DISCLAIMER

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

11. COMPETITION INFORMATIONS

11.1 PUNCHING SYSTEM

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

11.4 CLOTHING

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

12. EVENT INFORMATION

12.1 EGK ORIENTEERING WORLD CUP SPRINT

Arena	Stadthalle, Uster
Format	Sprint distance.
Map	Uster, 1:4'000, 2m, by Beat Imhof
Terrain	Urban terrain with smaller and bigger buildings and park areas.
Forms	Mostly flat to moderate climbs.
Traffic	Local traffic in some of the streets.
Course lengths (preliminary)	WOMEN 3.5 km, 16m climb MEN 4.0 km, 16m climb
Start intervals	60'' startintervall for the first runners, 90'' for Top 40 (TV-reasons) with a break in the starting sequence before the best 40 competitors (see World Cup special rules 2025).
Course setter	Rachel Marxer

12.2 EGK ORIENTEERING WORLD CUP SPRINT RELAY

Arena	Stadthalle, Uster
Format	Sprint Relay, 4 legs (WOMEN-MEN-MEN-WOMEN)
Map	Uster, 1:4'000, 2m, by Beat Imhof
Terrain	Urban terrain with smaller and bigger buildings and park areas.
Forms	Mostly flat to moderate climbs.
Traffic	Local traffic in some of the streets.
Course lengths (preliminary)	WOMEN 3.9 km MEN 4.4 km
Course setter	Nico Brechbühl

12.3 EGK ORIENTEERING WORLD CUP KNOCKOUT-SPRINT

Arena	Stadthalle, Uster
Format	Knockout-Sprint with quarter final, semi-final and final. The sprint race from Friday counts as qualification.
Map	Uster, 1:4000, 2m by Beat Imhof
Terrain	Urban terrain with smaller and bigger buildings and park areas.
Forms	Mostly flat to moderate climbs.
Traffic	Local traffic in some of the streets.
Course lengths (preliminary)	QUARTERFINAL 2.0 km, 12m climb SEMIFINAL 2.0 km, 10m climb FINAL 2.0km, 20m climb
Course setter	Silvan Ullmann

13. PRIZE MONEY

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

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

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

EGK Orienteering World Cup Event 8 (sprint relay):

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

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

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

14. PUBLIC RACES

On Saturday and Sunday, national races will be organised nearby at the same location (Middle distance on Saturday, Sprint distance on Sunday). Accredited persons are allowed to participate on Saturday, but not on Sunday.



Presenting Partner



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