















GIRONA 2025
8th - 15th AUGUST



BULLETIN 2



MERCHANDISING

 <p>Orienteering T-shirt Bryzos T-shirt mesh back Pre-order 34€ Wmoc 38€</p>	 <p>Sprint T-shirt Bryzos T-shirt sprint Pre-order 28€ Wmoc 31€</p>	 <p>Technical T-shirt Recycled polyester fabric Pre-order 11€ Wmoc 14€</p>	 <p>Technical T-shirt Recycled polyester fabric Pre-order 11€ Wmoc 14€</p>
 <p>Polo Shirt Polyester polo breathable Pre-order 15€ Wmoc 18€</p>	 <p>Hoodie Hoodie kangaroo pocket Pre-order 28€ Wmoc 32€</p>	 <p>Orienteering socks Oland protection socks Pre-order 17€ Wmoc 20€</p>	 <p>Orienteering marker 6x6cm Pre-order 4€ Wmoc 6€</p>
 <p>Cap Organic cotton cap Pre-order 9€ Wmoc 12€</p>	 <p>Retro Mug Metal cup 380ml Pre-order 8€ Wmoc 10€</p>	 <p>Carabiner Mug Metal cup 230ml Pre-order 8€ Wmoc 10€</p>	 <p>tienda de orientacion www.tiendadeorientacion.com</p>

Girona Orienteering Week

28 July - 3 August 2025

7 days PRE WMOC city races
all around Girona region



- Caldes de Malavella
- Platja d'Aro
- Anglès
- Verges
- Banyoles
- Albons
- Girona

RACES:

- short, medium and long
- afternoon: dep. from 6 to 8 pm.
- timing: SportIdent.
- water and fruits on site.

Extra training days
before WMOC 6-7.08.2025
Montilivi and Taialà (Girona city)

Orienteering with a
touch of culture

More info:

WWW.ALIGOTS.CAT/GOW

SPRINT EVENT & WARM-UP for WMOC2025 Girona

TIC BCN 2025

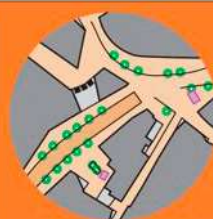
18th TROFEU INTERNACIONAL CIUTAT DE BARCELONA
Barcelona Old Town / 4th - 5th August 2025

4 Aug 2025

9:00 Sprint Qualif. 1

10:00 Sprint Qualif. 2

Qualification Races



5 Aug 2025

9:30 Elite Finals

9:45 Veteran Finals
Youth Finals

10:30 All Finals B
Popular Sprint

Elit	MW45+	MW65+	MW12-	MW20-	Beg. Adults	ENTRIES
MW35+	MW55+	MW75+	MW16-	Open	Beg. Children	Febr 2025



ticbcn2025.clubcoc.cat

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Welcome!



Welcome to Girona!

As the Mayor of the city, it is an honour to welcome you to the World Masters Orienteering Championship. Very soon, you will discover why we believe Girona is an excellent host for orienteering events. I would like to take this opportunity to thank the Catalan Orienteering Federation and the Ali-gots club for their involvement in organizing this event taking place in our city.

Girona is a vibrant city, and sport is one of its driving forces. That is why we are proud to continue expanding the range of sporting events that can be held here. As you will discover, Girona is set in a privileged environment that is worth exploring in many different ways.

We are therefore very pleased to host an event that is a highlight on the calendar for people from all over the world. Orienteering is a sport that brings together people of all ages through a shared appreciation of physical effort and nature, while also promoting gender equality.

It is a sport that aligns perfectly with the values of our city and our country. Orienteering brings movement to our streets, fills our natural environment with life, and invites people to discover our land with an active and respectful attitude. It is a perfect example of how sport can transform cities and connect people.

I wish you a stay full of memorable experiences and a challenging, rewarding competition. I hope you take home great memories of our city, our region, and our country, Catalonia. And I also hope that, beyond the sporting challenge, you find in Girona a welcoming place.
Best of luck!

Lluç Salellas i Vilar
Mayor of Girona



For the first time, Catalonia will host the World Masters Orienteering Championship 2025 and the organization has chosen our municipality to hold some of its events.

This is a very important milestone because it positions Pals as the host of a high-calibre sporting event that will bring together veterans from all over the world to compete in this exciting discipline.

It is a great opportunity to show the beauty, natural wealth and hospitality of Pals to visitors and participants from all over, in addition to contributing to boosting tourism, the local economy and the projection of our environment as a reference destination for sporting and cultural events.

We are proud to see how our town is incorporated into such an important event, contributing to promoting health, sport and social cohesion among all of us who are part of the community.

We are very excited about this initiative, and we trust that it will be a great success that will highlight everything Pals has to offer.

Carles Pi Renart
Mayor of Pals



We warmly welcome all participants and organizers of the World Masters Orienteering Championships (WMOC 2025), a sporting event of great international importance that brings together athletes from 47 countries and five continents. This year, the championship takes place in the city of Girona and several emblematic locations across the Girona region, including Cassà de la Selva, which will host the Forest Long Distance Final on the last day of WMOC 2025.

Cassà is a town marked by the manufacture of cork, an element that has shaped the landscape, the economy, and the traditions of the town and the entire region. Cork is an example of how nature and people are integrated in a system that shapes life, landscape and culture in a sustainable and respectful manner. This legacy coexists with a privileged natural environment, positioning us as the gateway to the Gavarres Massif, a protected natural area of high ecological and scenic value.

Cassà offers an extensive network of well-marked trails and routes for hiking and cycling, inviting visitors to discover the richness of our surroundings: cork oak forests, spectacular views, and a peaceful landscape that blends nature and culture. At the heart of the Gavarres Natural Area, at the foot of the massif and within our municipality, lies Can Vilallonga, a publicly owned property consisting of a large medieval farmhouse and the surrounding lands and forests. It is located in a unique setting, a mosaic of cork oak woods and cultivated fields.

We are confident that this environment will provide an exceptional backdrop for the sport of orienteering, and a great opportunity to discover our town.

We are proud to host one of the stages of this year's World Masters Orienteering Championships, and we wish everyone a most enjoyable stay in Cassà de la Selva.

Pau Presas
Mayor of Cassà de la Selva



Orienteering races connect deeply with the values we defend - sustainability, respect for the environment and roots in the territory -, and the Girona regions offer an unbeatable setting for this sport, with a diversity of environments ranging from the coast to mountain areas, and which lends themselves to the creation of circuits that are both technically demanding and visually spectacular.

The organization of the World Masters Championship should make us proud because it puts the region at the centre of the international map of this sporting discipline. For one week in August, the event will bring together more than 4,000 participants from all over the world, with athletes over 35 years old who have made orienteering a passion and a way of living an active and healthy life.

Without a doubt, this is an opportunity for the territory; on the one hand, thanks to the economic boost it will bring to the hospitality industry and local commerce and, on the other, thanks to the international visibility it will give to the Girona regions as a benchmark for sport, nature and quality of life.

From the Diputació de Girona, we believe in this project and, therefore, we support it, as we will also do with the World Orienteering Championship scheduled for April 2028. I am convinced that this event will be an enriching and memorable experience for all participants. Enjoy the challenge, the landscape and the hospitality of our region, which is also your home.

Miquel Noguer i Planas
President of the Girona Provincial Council
(Diputació de Girona)



When we presented the WMOC, we said that we had set out with a double intention. On the one hand, to make this wonderful sport known in our country, where it is still very much a minority; on the other, to show our land and its potential to orienteers from all over the world.

To show our natural environment and our medieval villages, idyllic for practicing orienteering. To show our culture and traditions, our gastronomy, our climate, ideal for enjoying during holidays, training or competitions. And to demonstrate the organizational and welcoming capacity of our society, forged over years of major events and being a world-renowned tourist destination.

We also wanted it to be a first step towards receiving more high-level international competitions. We have done it, and so it will be. Now we know that this event will only be the first of many and will be followed by the Spanish Championship that will be held in Cerdanya during Easter 2026, a World Cup event that will be held in Tarragona in November 2027, and the World Orienteering Championship that will put Girona, Catalonia and Spain at the centre of the world of Orienteering in the spring of 2028.

I can do nothing more than thank everyone who has made it possible: administrations, clubs, volunteers, owners, members of FEDO and IOF who have given us their trust... We assume the great responsibility that it implies and the challenge of working to live up to it.

Welcome to Catalonia, from now on, the home of orienteering. Your home!

Josep Maria Santiago
FCOC president and Director of WMOC



Dear Athletes and Organisers of the World Masters Orienteering Championship 2025.

On behalf of the International Orienteering Federation, it is my great pleasure to extend a warm welcome to all participants, volunteers and supporters of the World Masters Orienteering Championships 2025.

WMOC is a celebration of lifelong passion for orienteering, bringing together athletes from across the globe to compete, connect, and share in the unique spirit of our sport. This year, we are fortunate to be hosted in Girona - a region rich in history, culture, and breathtaking landscapes. The terrain here promises both challenge and beauty, offering a great stage for good competitions and unforgettable experiences.

Unfortunately, for the first time in several years, I will not be able to join you as a fellow competitor this year due to other IOF commitments. I promise however to follow the event closely and will be with you all in spirit.

My sincere thanks go to the organising team and local partners for their outstanding commitment to delivering a world-class event. Their hard work, enthusiasm, and attention to detail are deeply appreciated and will undoubtedly create an exceptional experience for all.

I wish you successful races, enriching encounters, and wonderful memories during your time in Girona.

Warm regards,

Tom Hollowell
IOF President



In just a couple of months, thousands of veteran orienteers of all nationalities will gather in Girona (Catalonia, Spain) to participate in WMOC 2025. I have no doubt that the terrain and courses will be to the liking of all competitors. But let's remember that the competition centre is located in the attractive city of Girona. I am sure that this and the nearby towns will be an appealing reason to take advantage and do some tourism. Furthermore, we must not forget the impressive gastronomic offer and the hospitality of its inhabitants, hallmarks of Girona.

This year, we had the opportunity to host WMTBOC 2025 in Murcia (Spain), which was a resounding success in terms of participants and execution. Next year, in autumn 2027, Catalonia will also host a World Cup event, and we will culminate, for now, this process with the organization of WOC 2028, also in Catalonia. This is how, with the confidence of the IOF, our country is placed in a prominent position in the celebration of international Orienteering events.

The Catalan Orienteering Federation (FCOC) has been designated as the organizer of this WMOC. The members of the organizing team—who are working with great enthusiasm—have proven experience and, as expected, the approval and confidence of the international federation (IOF) and, of course, the Spanish one (FEDO). The enormous effort being made by the FCOC to ensure that this competition is enjoyed by all veterans is much appreciated. I wish them, and I am sure it will be, a total success for the championship.

All that remains is for me to wish veteran orienteers from all over the world who will travel to Girona to enjoy these magnificent terrains where they can practice our wonderful sport of Orienteering, delight in attractive landscapes, discover places full of history, and take the opportunity to savour delicious cuisine.

See you in Girona!

Francisco Gómez Cobas
Spanish Orienteering Federation (FEDO) president



For the first time, Catalonia is hosting a World Masters Orienteering Championship. This is both a challenge and a source of pride, positioning our country at the forefront of international sports destinations. For one week, we will be the epicentre of a sport that has great growth potential in our region.

Hosting this championship will help promote orienteering among the population and raise the level of our athletes, who will have the opportunity to compete alongside top athletes from other countries. With nearly 4000 participants and gender parity, this is yet another reason why the Government has fully supported this event, in line with our commitment to equality in sports.

For the Department of Sports, the economic and social return of an event of this magnitude is also very important, along with environmental awareness to ensure it is respectful of our surroundings. We are working to boost sports tourism through the organization of events across all regions of the country in a decentralized manner. Without a doubt, the towns in the Girona area hosting the competitions will benefit from this.

Furthermore, within the framework of the Esport360 initiative, we aim to leverage the diverse impact of sport and physical activity on society so that it becomes a source of wealth and employment in all areas, as well as a factor of social cohesion and the promotion of healthy habits among the population - even at older ages, as we will see during these days.

This World Masters Championship also highlights the organizational capacity of Catalan sport, especially the Catalan Orienteering Federation, which has proven experience in hosting competitions in this sport. The good collaboration between institutions, federations, and clubs to carry out exciting initiatives like this championship is, in this regard, a key factor.

All in all, there are many incentives that guarantee the success of this exciting week ahead, which I hope will attract many fans to enjoy a spectacular and engaging sport - by the sea, in the forest, or in the cities of the Girona region.

Berni Álvarez Merino
Sports Minister of the Generalitat de Catalunya

Organisers, Advisers, Jury and Contact Information



Organisers

Catalan Orienteering Federation - FCOC
Spanish Orienteering Federation - FEDO

Organising Committee

Event director	Josep M. Santiago
Secretary general	Assumpció Termens
Financial manager	Lucas de Feo
Technical director	Pau Llorens
Media	Josep Maria Puig
Public race director	Joana Martí
Safety manager	Albert Perramon
Parking	Ricard Masferrer
IT and website	Pau Comerma
Healthcare	Jordi Riuró
Catering	Mariona Triola
Accommodation	Mariona Triola
Finish / Arenas	Toni Serrallonga
Info	Katja Werno
Volunteers	Carlos de Manuel
Control setup	Roger Virgili
Protocol	Gemma Solé

Competition Managers

Sprint and Forest Models	Aniol Bisquert
Sprint Qualification	Marc Amat
Sprint Final	Roger Vives
Forest Qualification	Anna Garriga
Middle Final	Maite Torrejón
	Jordi Ginés
Long Final	Jordi Izquierdo

Mapping

Sprint Model, Qualification, Final	Pau Llorens
Middle Model, Qualification, Middle Final	Ludek Krticka
Long Model, Final	Ivo Habán
	Tommy Juahni Tölkö



Course Planning

Sprint Qualification, Final	Pau Llorens
Forest Qualification	Eloi Martí
	Lleí Viles
Middle Final	Sergi Oliveras
	Lluís Bedos
Long Final	Marc Serrallonga

Event Advisers

IOF Senior Event Advisers	Janos Manarin
	Simone Grassi
National controller	Lourdes Cano

IOF Representatives

IOF Vice President	Linda Take (SWE)
IOF Council	Takashi Sugiyama (JPN)

Jury

Ronan Cleary (GBR)
 Nicholas Dent (AUS)
 David Roach (LUX)
 Willard Ong (SGP), substitute.

Contact information

Secretary: Assumpció Termens
 Email: info@wmoc2025.cat | secretary.wmoc2025@orientacio.cat
 Phone: +34 630 110 427
 Website: www.wmoc2025.com
 IOF Eventor: <https://eventor.orienteeering.org/Events/Show/8111>

Event Programme

Thu, 7 Aug	10:00 - 20:00	Event Centre is open	Girona - Fontajau
	10:00 - 20:00	Technical Model Event	Girona - Fontajau
Fri, 8 Aug	08:30 - 20:00	Event Centre is open	Girona - Fontajau
	10:00 - 20:00	Technical Model Event	Girona - Fontajau
	09:00 - 18:00	Sprint Model Event	Banyoles & Besalú
Sat, 9 Aug	08:30 -	Sprint Qualification	Girona
	07:30 - 14:00	Event Centre is open	Girona - Fontajau
	18:00	Opening Ceremony	Girona - Fontajau
Sun, 10 Aug	08:30 -	Sprint Final	Girona
	07:30 - 14:00	Event Centre is open	Girona - Fontajau
	13:00	Prize giving Ceremony	Arena
Mon, 11 Aug	09:00 - 13:00	Model Event for Forest Qualification and Middle Final	Pals
	08:30 - 14:00		Girona - Fontajau
		Event Centre is open	
Tue, 12 Aug	08:30 -	Forest Qualification	Pals
Wed, 13 Aug	08:30 -	Middle distance Final	Pals
	18:30	Prize giving Ceremony	Plaça Independència, Girona
Thu, 14 Aug	09:00 - 13:00	Model Event for Forest Long Final	Cassà de la Selva
Fri, 15 Aug	08:30 -	Long distance Final	Cassà de la Selva
	14:00	Prize giving Ceremony Closing Ceremony	Arena Arena

Venue Information



Catalonia is an autonomous community in northeastern Spain with a distinct cultural identity, language (Catalan), and history. Known for its dynamic cities, rich traditions, and diverse landscapes, Catalonia stretches from the Pyrenees mountains to the Mediterranean Sea. Its capital, Barcelona, is an international hub of architecture, art, and innovation, but the region also includes quieter rural areas, historic towns, and natural parks that reflect its deep heritage.

Girona, located in the northeastern part of Catalonia, is a region of remarkable variety and beauty. It features medieval villages, Romanesque churches, rugged coastlines along the Costa Brava, and scenic mountain ranges. Girona city, located just 100 kilometres from Barcelona, is known for its well-preserved Old Town, cultural vibrancy, and strategic location near both France and the Mediterranean.

Girona is also a gateway to the stunning Costa Brava coastline and the scenic Pyrenees mountains, making it a perfect base for exploring both nature and culture. With a vibrant culinary scene, a mild Mediterranean climate, and a relaxed pace of life, Girona offers visitors an authentic Catalan experience away from the crowds.

Pals is a picturesque medieval village located in the Baix Empordà region of Catalonia, just a few kilometres from the Costa Brava. Perched on a small hill, the village offers stunning views of the surrounding countryside, rice fields, and the Mediterranean Sea in the distance. The nearby Platja de Pals beach and natural parks offer a perfect mix of cultural heritage and outdoor activities, making it a popular destination for both relaxation and exploration.

Cassà de la Selva is a cork town in Girona, located in a privileged natural environment within the protected area of the Gavarres massif. Located in a strategic point in the south of the Girona region, Cassà is 14 kilometres from Girona and 20 kilometres from towns on the Costa Brava such as Platja d'Aro.

Climate

Girona is a Mediterranean climate zone where temperatures are cool during winter and warm during summer. July and August tend to be the hottest months and although rains are not common, downpours might occasionally happen. Enjoying the beaches and nautical sports is possible over many months due to the plentiful presence of the sun (300 days per year). The water's temperature is pleasant and during summer it is at an average of 26 °C.

The temperature in August ranges from minimums of 16 °C at night to maximums of 35 °C or even more during the afternoon. 30 °C is reached on most days, but usually not until 11:00 or later. Even on the very hottest days, 33 °C is not often reached until after 12:30. The effect of the heat in the mornings is also usually moderated by a breeze, and by low humidity levels.



Tourism

Catalonia is a territory with a Mediterranean spirit and a unique essence based on ancient history and ancestral traditions. This entrepreneurial and creative region has much to offer: from culture and nature to gastronomy, sports, heritage, and beyond.

There are many tourist attractions in and around the WMOC 2025 areas. We have brought together some of them on the wmoc2025.cat website, or you can go to:

catalunya.com

costabrava.org

girona.cat/turisme

Association of Guides of Girona offer 118 visits

The Association of Guides of Girona specialised in guiding tours in Girona and its Province. They will organise regular tours for the days of the competition in Girona and the Province. WMOC participants and their companions who wish to discover the area with an official guide authorised by the Generalitat of Catalonia can already make reservations through the website

guiesdegirona.com

For more information, you can look at Instagram or contact them at guiesgirona@gmail.com



**VISIT GIRONA AND
GIRONA PROVINCE
WITH US**



**FROM JULY 28TH
UNTIL AUGUST 15TH**



BOOK NOW!!!!
www.guiesdegirona.com



Drinking Water

Catalonia has high quality water and tap water is safe to drink. Please fill your bottle with tap water and take it to the Arenas. You can also refill your bottle in the Arenas.

Parking in the city of Girona

Girona's historic centre is best explored on foot, but if you're arriving by car, it's important to plan your parking in advance. The city offers a mix of paid car parks, regulated street zones, and some free options.

Information about getting around can be found at <https://www.girona.cat/turisme/eng/>

Parking during the Sprint events is described in the day-to-day information.

Currency / Payment

The local currency in Spain is the Euro (EUR). Credit and debit cards are widely accepted in shops.

Restaurants

Girona has many restaurants where you can enjoy a wide range of cuisines including Catalan, Basque, Mediterranean, Oriental, signature, fusion, market, vegetarian, and many more. The city is located in an area known for its great culinary vitality, with an outstanding variety of high-quality products and ingredients from the sea and the mountains.

Haute cuisine is heavily established in Girona's territory, where 13 restaurants with Michelin stars can be found, one of them with 3-Michelin stars, the maximum distinction, "El Celler de Can Roca": guide.michelin.com/es/es/catalunya/girona/restaurantes

Restaurants and Cafés in Girona: girona.cat/turisme

Visa

You do not need a visa if you come from an EU country or the Schengen area. Other international travellers may be required to hold a Spanish visa prior to travel to Spain, depending on the country of residence. For more information, it is recommended to visit ja.cat/wmoc25-visa

If you require further assistance, please email info@wmoc2025.cat.

Healthcare

Catalan legislation obliges all participants of any sporting event to have a sports accident insurance. For this motive, the organization has decided to include this insurance in the registration fee. Through the WMOC entry, all athletes will have sports accident insurance that will cover medical and surgical treatment, pharmaceutical needs within the hospital system, and hospitalisation, among others.

Private travel insurance is recommended to ensure appropriate care for the remainder of your stay in Spain. If you come from an EU or EEA country, the United Kingdom, or Switzerland, you will be able to receive medically necessary treatment with the European Health Insurance Card.

In the event of acute illness or injury outside the competitions, call the “CatSalut Respon” before you go to the hospital. It is a telephone and online service that you can use whenever you have a question, a query, or a health problem. By calling 061 - open 24/7 - you can receive information about healthcare services and benefits, check the location of the assigned primary care centre (CAP), clarify doubts and receive advice about your health or the treatment that has been indicated to you. You can also receive information about administrative procedures or procedures related to the health card or request assistance, home care, or an ambulance, among others.

The hospital is open 24/7. Address:

- Hospital Universitari de Girona Doctor Josep Trueta
- Avinguda de França, S/N. 17007-Girona
- Tel. +34 972 94 02 00
- WGS84 Coordinates: 41.99822 N, 2.81996 E

In case of a life-threatening emergency, call the emergency number 112.

For pharmacies, google “farmacia”. The closest pharmacy (15-min walk) to the Event Centre is: Farmàcia Nebot

- Avinguda de França, 40. 17007-Girona
- WGS84 Coordinates: 41.9947 N, 2.81962 E
- Opening hours: 9:00 - 20:00 (Mon-Fri) | 9:00 - 13:30 (Sat)

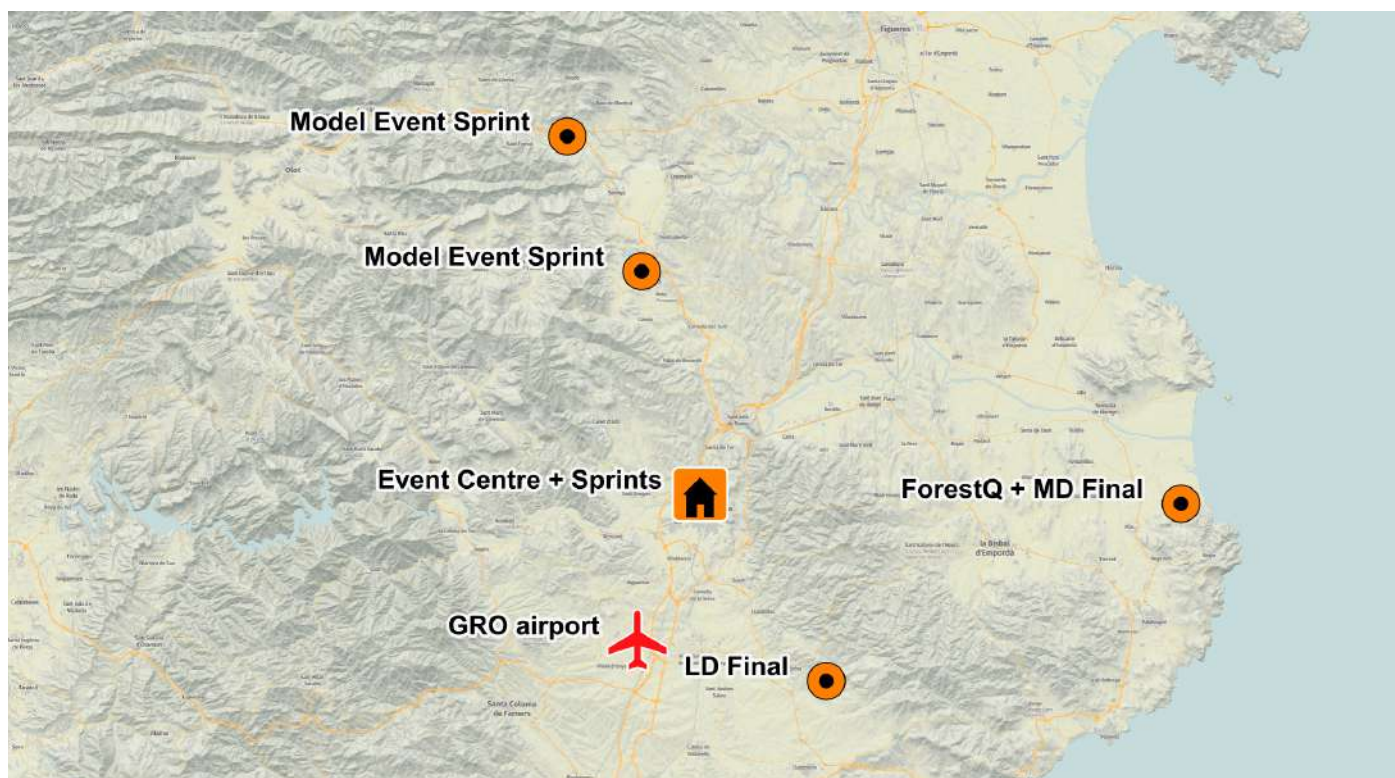
Emergency phone numbers

Emergency number (Police, Ambulance, Fire service)
112

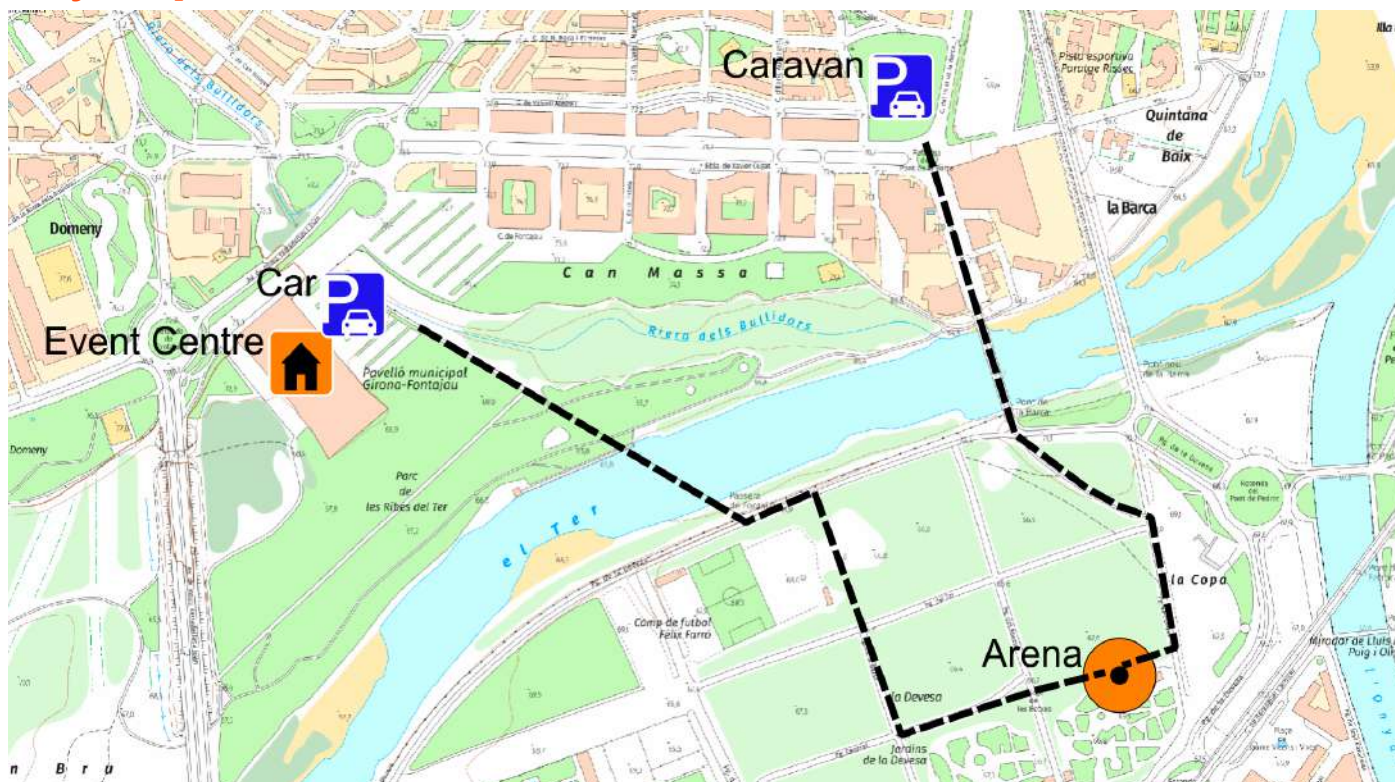
Medical helpline (24 h a day, 365 days a year)
061

Overview Map

General overview of events



City map of Girona



Event Centre, Event Office, Accreditation



Event Centre

The Event Centre is located in the Pavelló Municipal Girona-Fontajau ("Girona-Fontajau").

The address is:

- Avinguda del President Josep Tarradellas i Joan, 22-24. 17007 Girona.
- Coordinates: 41.99083 N, 2.81055 E

The Event Centre is open during the accreditation days, Thursday, 7 August and Friday, 8 August.

During these days, the Event Centre will host the Event Office, OrientaMarket (orienteering and sports shops), Information, and the Technical Model. After that, the Event Centre in Girona-Fontajau will only be open on Saturday, 9 August, Sunday, 10 August and Monday, 11 August to host the Event Office. For more details of opening hours, see below.

Getting to the Event Centre and Parking

Car, Caravan, Bus:

- There is a parking place with limited capacity in Girona-Fontajau. Please follow the signs and instructions of our staff.

Public transport

- You can also reach the Event Centre by public transport (ja.cat/wmoc25-public-transport-girona-city) or you can come on foot.

Event Office

The Event Office is the information centre for WMOC 2025, and will be dealing with:

- Distribution of competitor's material
- Sale of, if available, services tickets (parking, bus, etc.).
- SI-Card rental and SI-Card number changes
- Replacement of lost number bibs. Fee: €5.00
- Lost and found items service
- Costa Brava O-Cup public race office (separate desk)

Payments in the Event Office can be made by card, but cash will be accepted if card payment is not possible.

During opening hours, the Event Office can be contacted by phone: +34 630 110 427

Email contact is info@wmoc2025.cat or secretary.wmoc2025@orientacio.cat. Response to emails might be delayed.

Opening times and locations of the Event Office are shown in the table below.



Date	Time	Location
Thu, 7 Aug	10:00 - 20:00	Girona - Fontajau
Fri, 8 Aug	08:30 - 20:00	Girona - Fontajau
Sat, 9 Aug	07:30 - 14:00	Girona - Fontajau & Arena
Sun, 10 Aug	07:30 - 14:00	Girona - Fontajau & Arena
Mon, 11 Aug	08:30 - 14:00	Girona - Fontajau
Tue, 12 Aug	07:30 - 14:00	Arena - Pals
Wed, 13 Aug	07:30 - 14:00	Arena - Pals
Fri, 15 Aug	07:30 - 14:00	Arena - Cassà de la Selva

Accreditation - Competitor Material

You can pick up your competitor material in the Event Centre, Girona-Fontajau. See opening hours in the table above. On the days of the Forest Qualification races, you can also collect your competitor material at the Arena Event Office. You cannot pick up your competitor material at the Sprint or Forest Model events.

Each competitor material envelope contains:

- Number bibs
- Safety pins
- Maps for the model events
- Services tickets (parking, bus, etc.), if pre-ordered
- A SI-card, for those who have hired in advance, and for those who have not hired in advance but have left the SI number blank in IOF Eventor. If this latter is the case, the competitor must pay for the SI-card rental at the Event Office. The price for SI-card rental is €20.00 for the whole competition.
- A participant gift.

Bulletin 2 in print will be available separately for anyone wanting copies.

Competitor material for tour operators can be collected for the entire group. The envelopes for the group will be packed separately and be ready for pickup. Please send an email by 31 July 2025 to secretary.wmoc2025@orientacio.cat if you plan to pick up the material for your group.

Changes and late entries

Changes (SI-Card number, club, class, etc.) made from 1 July 2025 will incur a cost of €10.00 and can be made by filling out the form ja.cat/wmoc25_entry_changes by 31 July 2025. After that date, changes will only be made at the Event Office when you pick up your competitor material.

If as a result of a change there is a refund to process, a small commission will be applied for bank costs.

Payment

You will only be able to pick up your competitor material if the organisers have received your full payment. If there are any unpaid amounts, you will first have to pay the balance due.

Cancellation

Unfortunately, we are not able to refund your payment after the last entry deadline of 30 June 2025. If you are for some reason unable to attend, it would still be much appreciated if you could let us know that you will not take part.

Please notify us on secretary.wmoc2025@orientacio.cat.

Press and Media

There will be a dedicated area for the media in the Arena at all races.

For accreditation, please contact secretary.wmoc2025@orientacio.cat by 31 July 2025. Please provide your name, the name of the media you represent, and your contact information.

Ceremonies and Social Activities

Opening Ceremony, 9 August 2025

The Opening Ceremony will begin at 18:00 in Girona-Fontajau. The venue will open at 17:15. The opening ceremony will feature the parade of flags from all the participating countries, a taste of traditional Catalan culture such as a human tower exhibition ("castells"), local music, dances of giants and carnival figures ("gegants i capgrossos"), and other surprises. Also, there will be welcome speeches by the different authorities.

Prize-giving ceremonies

The prize giving ceremony for the Sprint Final will be held at the Girona Arena on 10 August 2025 as soon as the competition has finished.

The prize giving ceremony for the Middle Distance Final will be held in Girona, Plaça Independència, at 18:30, on 13 August 2025.

The prize giving ceremony for the Long Final will be held at the Long Final Arena, immediately after the Closing Ceremony (14:00 approx.).

IOF gold, silver, and bronze medals will be awarded to the three best placed competitors in each age group for men and women in the A-Finals. Before the start of the awards ceremony, all medal winners will be invited to gather in front of the ceremony podium. Seating will be provided. The time for this will be announced by the speaker.

For each age group, the three best men and women respectively will be escorted to the podium as one group in order. All six medallists will receive their medals at the same time.

Closing ceremony, 15 August 2025

The Closing Ceremony will take place in the Long Final Arena, together with the Long Final Prize-giving ceremony. The IOF flag will be handed over to the organizers of WMOC 2026 in Rzeszów (Poland). There will be a local music group performing at the event.

Transport and Parking



Transport to Sprint events (qualification and final)

There is no transport provided by the organisers to the Sprint events.

Public transport (outside of Sprint event days)

If you want to travel by public transport during the WMOC, the organisers suggest the use the web-site mou-te.gencat.cat/itinerary

Transport provided by WMOC organiser

Bus transport provided by the organisers will be arranged only for the Forest events and all Model Events (sprint and forest).

Tickets for bus transport have been sold via IOF Eventor until 30 June 2025. These pre-ordered bus tickets will be delivered with the competitor material. After 30 June, bus tickets will be sold only if there are seats available. Please contact info@wmoc2025.cat or inquire at the Event Office in Girona-Fontajau.

The bus service is available only to competitors who have prepaid tickets. Every passenger must have their prepaid ticket ready when travelling by bus. Please be prepared to show your ticket to the official every time you board the bus

All buses will leave in a short interval and will be accompanied by volunteers from the organisation.

Timetable

See the detailed schedules in the table below and on the WMOC 2025 website.

On the days when there are two buses on the same route leaving at different times, boarding priority may be given depending on the competitors' start times. If, for organisational reasons, the start times of the competitions are modified, the departure and arrival times of the buses may also be modified.

Date	Departure	Arrival
Fri, 8 August 2025	09:00 - Girona-Fontajau 11:00 - Banyoles 12:45 - Besalú	09:30 - Banyoles 11:15 - Besalú 13:15 - Girona-Fontajau
Mon, 11 August 2025	09:00 - Girona-Fontajau 10:45 - Pals	09:45 - Pals 11:30 - Girona-Fontajau
Tue, 12 August 2025 Wed, 13 August 2025	07:00 - Girona-Fontajau 08:00 - Girona-Fontajau 14:00 - Pals	07:45 - Pals 08:45 - Pals 14:45 - Girona-Fontajau



Date	Departure	Arrival
Thu, 14 August 2025	10:00 - Girona-Fontajau 11:30 - Cassà de la Selva	10:30 - Cassà de la Selva 12:00 - Girona-Fontajau
Fri, 15 August 2025	07:15 - Girona-Fontajau 08:15 - Girona-Fontajau 14:00 - Cassà de la Selva 15:00 - Cassà de la Selva	07:45 - Cassà de la Selva 08:45 - Cassà de la Selva 14:30 - Girona-Fontajau 15:30 - Girona-Fontajau

Parking

Parking tickets will be delivered in the competitor material for those competitors who have pre-ordered them. If you have not pre-ordered a parking ticket, you can buy one at the Event Office, either at the Event Centre or in one of the Arenas.

All tickets will be checked at the entry. We recommend that you buy parking tickets before at the Event Office.

It is not allowed to use any car parking areas before or after the period of the competitions.

If the situation on site allows, car transporting competitors aged 85+ will be allowed to park as close to the Arena as possible. Please show your VIP85 ticket at the entrance to the car park to get directions on where to park.

Be careful when entering the parking areas, as the access is narrow. As there may be traffic delays, we advise that you plan to arrive at a reasonable time to allow extra time for parking. More detailed information on parking areas is included in the day-to-day event information.

Bus parking

There is a separate parking area for buses on the Forest Qualification and both Finals days. It is forbidden to park buses along the roadside.

Please contact secretary.wmoc2025@orientacio.cat for details on how to proceed.

Senior transport service for M/W 85+

To support our oldest competitors, the planners are providing start locations for M/W 85+ very close to all the Arenas. No specific transport to the starts are being provided.

Accommodation

Please see wmoc2025.com for information on different accommodation options.

Overnight parking is not allowed at the Arenas, or at the Arena parking areas. Overnight parking is only allowed at authorised locations, and only for authorised vehicles displaying WMOC Caravan Parking tickets.

Caravan, motorhome and van areas

The organisers recognise that many orienteers, especially at multi-day competitions and with journeys of many kilometres from their place of origin, travel with caravans or in motorhomes or vans that allow sleeping inside. For this reason, the organisation has arranged three different sites, so that caravans, motorhomes and vans can park and spend the night during the days and nights before competitions. These sites are very close to the Event Centre in Girona and the different Forest Arenas. They will be exclusive to the competition, with security at the entrance, and will have portable toilets. Due to the capacity of these sites, places will be limited and only available on IOF Eventor by strict order of registration until they are sold out. WMOC Caravan Parking tickets will be issued to participants buying this service.

Remember that the competition areas are very touristic. Parking for these types of vehicles outside the authorised areas or campsites is very restricted and can often result in fines.

The schedules for each area are:

Location	Opening	Closing	Coordinates
Girona	Fri, 8 Aug, 15:00	Sun, 10 Aug, 16:00	41.99316 N 2.81814 E
Pals	Sun, 10 Aug, 19:00	Wed, 13 Aug, 16:00	41.98642 N 3.18783 E
Cassà de la Selva	Wed, 13 Aug, 19:00	Fri, 15 Aug, 16:00	41.87579 N 2.90181 E

Technical Information

Rules

The competitions will be conducted according to the IOF Foot Orienteering Competition Rules 2025 WMOC published on 5 December 2024 on IOF official site and the latest version of the WMOC Manual 2025 published on 10 June 2025.

Training

Maps of areas similar to WMOC areas for self-training can be provided by the organisers. Contact info@wmoc2025.cat. The organiser will not provide controls, etc.

If you want to come to Catalonia a few days earlier, the organisers recommend the following competitions.



Girona Orienteering Week
28 July - 3 August 2025

7 days PRE WMOC city races all around Girona region

- Caldes de Malavella
- Platja d'Aro
- Anglès
- Verges
- Banyoles
- Albons
- Girona

RACES:

- short, medium and long
- afternoon: dep. from 6 to 8 pm.
- timing: Sportident.
- water and fruits on site.

Extra training days before WMOC 6-7.08.2025 Montilivi and Tàrrida (Girona city)

Orienteering with a touch of culture

More info: WWW.ALIGOTS.CAT/GOW

Girona Orienteering Week

The Aligots club from Girona is offering a week of races and training in different towns from the surroundings. It's an ideal way to acclimatise, get ready for the WMOC, and get to know some of the municipalities in the region. You will find all the information at www.aligots.cat/gow.



SPRINT EVENT & WARM-UP for WMOC2025 Girona

TIC BCN 2025
18th TROFEU INTERNACIONAL CIUTAT DE BARCELONA
Barcelona Old Town / 4th - 5th August 2025

4 Aug 2025

- 9:00 Sprint Qualif. 1
- 10:00 Sprint Qualif. 2

Qualification Races

5 Aug 2025

- 9:30 Elite Finals
- 9:45 Veteran Finals
- 9:45 Youth Finals
- 10:30 All Finals B
- 10:30 Popular Sprint

Elit	MW45+	MW65+	MW12-	MW20-	Beg. Adults	ENTRIES
MW35+	MW55+	MW75+	MW16-	Open	Beg. Children	Febr. 2025

Logos: COC, FCOC, WMOC, Ajuntament de Barcelona, Generalitat de Catalunya, esportcat

ticbcn2025.clubcoc.cat

TIC Barcelona 2025

The Club d'Orientació Catalunya (COC) is organising the XVIII TROFEU INTERNACIONAL CIUTAT DE BARCELONA. It'll be a great opportunity to do some sightseeing in Catalonia's capital during the days before WMOC and to train for the sprint competition on some maps of the old town of Barcelona. The terrain is similar to the WMOC areas. All the information is at ticbcn2025.clubcoc.cat

Embargoed Areas

Information about embargoed areas is published on IOF Eventor. A map is also available on Google Maps: ja.cat/wmoc2025_embargoed_areas

Basic rules:

- Sprint areas - soft embargo. Areas are accessible until the time specified in the day-by-day information, at which time a strict embargo will apply. Orienteering activities and training are forbidden there. Be aware that many accommodation facilities might be located within these embargoed areas, so do not forget to leave the embargoed area on time. For details of when the strict embargo will begin, see the relevant day-by-day information.
- Forest areas - strict embargo. These are embargoed until the competitions are over.

Previous maps

Older maps are published on the official website: wmoc2025.com

Punching system

The punching system that will be used is the SPORTident Timing system (referred to as "SI"), with both classic and AIR+ (contactless) punching systems in use. Therefore, both regular SI-Cards and SIACs can be used.

However, following the announcement from SPORTident about the end of life for the SI-Card5 (1 – 499.999) and SI-Card6 (500.001 – 999.999) models: ja.cat/end_life_si5_si6

Please note that with the latest updates (firmware) of control stations and SI products, we cannot guarantee that those SI-Card models will work fine at WMOC 2025.

We would like to ask all runners with a SI-Card 5 or 6 to buy a newer SI-Card model or rent one for the competition. If you decide to compete with your old SI-Card, we will not be held responsible in case of any issues or errors.

So, for clarification, these are the "accepted" models: SI-Card8/9/10/11, ComCard Up/Pro, and SIAC.

SI-Card Rental

A renting option will be available (SI-Card8/9, not SIACs type) with a price of €20.00 for the whole competition. For any lost or missing SI-Card, €30.00 will be charged.

The SI-Card number that you provided in your entry in Eventor will be printed on your bib. If for any reason you will be using a different SI-Card, you should specify the new SI-Card number via ja.cat/wmoc25_entry_changes by 31 July 2025. After that date, any changes must be requested at the Event Centre or Arena. Any changes after 30 June 2025 are subject to a payment of €10.00.

SI-Card numbers will be checked against competitor names as part of the start procedure.

SIAC information

In the unlikely situation of a SIAC failing to register in contactless mode (AIR+), the competitor must make a direct punch by placing the SIAC into the SPORTident station. In the unlikely situation of a SI station failing to respond with direct punch (neither an optical nor acoustical feedback signal is received, beep or light), the competitor must punch manually on the map using the pin-punch on the control stand.

If you have pin-punched any controls on your map, you must hand your map to the Problems Desk before leaving the Finish area and record which controls are pin-punched.

As most competitors will be using SIACs, some controls will be equipped with only one SI station. Please pay attention that the feedback signal you hear and see is the feedback from your own SI-Card punch.

Be aware that SIACs contain a battery which is expected to serve reliably for 4 years and about 100 clearing cycles. To avoid any problem, use the SIAC battery test stations available at the Event Centre and all Arenas to check if your SIAC battery is OK. In the event that the battery of the SIAC is exhausted, it should still work in direct punch mode. More information on the topic can be found on the SPORTident website:

<https://docs.sportident.com/products/cards/siac-information-for-athletes>

Forgotten or wrong SI-card

If you find out in the Arena that you have forgotten your SI-Card, you can hire a SI-Card8/9 (not SIAC) at the Event Office. The cost is €20.00 for the whole competition.

If you notice that you have a wrong SI-Card with you, you should go to the Event Office and change the SI-Card number before your start. The cost is €10.00.

If you happen to arrive at the start without your SI-Card, you can hire an SI-Card8/9 (not SIAC) from the Start staff. Rental payment will be paid later at the Event Office, the cost is €10.00.

If you happen to arrive at the start with a wrong SI-Card, the correction has to be arranged after your race at the Problem Desk, which is always located at the end of the finish corridor. This change costs €10.00, and will have to be paid at the Event Office.

Clothing

For Sprint events, shoes with metal dobs or spikes are forbidden. Road or trail running shoes will work best. Shorts and a running shirt or singlet are recommended.

For Forest events, regular orienteering clothing with full leg protection is recommended. No other requirements apply. Please consider that there are patches of thorny bushes in the Long Model and Long Final areas.

Fair play

The organiser encourages all competitors to act with fairness and in ways that keep conditions equal for all competitors. In particular, competitors are reminded that they are bound by the fair play obligations set out in the IOF Competition Rules. These rules include the following mandatory requirements:

- All persons taking part in an orienteering event must behave with fairness, honesty, and a spirit of friendship.
- Competitors must show respect for each other, for officials, media, spectators, and the inhabitants of the competition area.
- Competitors must be as quiet as possible in the terrain.
- Except in the case of an accident, seeking to obtain or obtaining assistance from other competitors, or providing assistance to other competitors, during a competition is forbidden. Competitors must not speak to each other during races. It is the duty of all competitors to help injured runners.

These fair play rules will be applied strictly at all times, and any breach could result not just in disqualification from races but also in other disciplinary measures.

Use of any orienteering or other maps of the competition area (either on paper or on screen) is prohibited during the competition day, until the last competitor has started. This prohibition applies to all parties, not just competitors. (IOF Competition Rule 15.6)

Smartphones and other telecommunication devices

IOF Competition Rule 21.4 requires that competitors must not use or carry communication devices that can transmit or receive information, to or from a remote source, between entering the start area and reaching the finish in a race, unless the equipment is approved by the organiser.

For all the WMOC 2025 races, the organiser has approved the carrying of a smartphone or other mobile phone by any competitor throughout any of the races. Indeed, especially during the Forest races, competitors in the older age classes, or who have any health or injury concerns, are strongly encouraged to carry a mobile phone. However, between entering the start area and reaching the

finish the mobile phone should be in silent mode and competitors may only use their phone for the sole purpose of seeking help in the event of an emergency.

Use of equipment with GNSS

A GNSS (Global Navigation Satellite System) is basically a team of space “buddies” (e.g. satellites) sending out signals, and your gadget listening to them to pinpoint exactly where you are on Earth. GPS is the one most people know, but there are also others such as Galileo, GLONASS or BeiDou.

GNSS enabled devices (watches, trackers...) can be carried by competitors provided that:

- They have no map display
- They have no telecommunication capability
- They are not used for navigational purposes

Head cameras and other filming devices

Providing that they are not capable of transmitting information, head cameras or other filming devices may be worn or carried, and used, throughout any of the races. However, they must then be handed in at the finish area. Devices may be reclaimed from the problem desk only when map reclaim has begun. Devices must be clearly marked with the owner’s name and phone contact number.

Anti-Doping

IOF anti-doping rules apply. Available at: orienteering.sport/iof/anti-doping/.

Environment protection and sustainability

Environment protection and sustainability are important for the WMOC 2025 organisers and for our sport as a whole. We kindly ask you to act responsibly and to:

- Use correct recycling bins for separating waste collection
- Use your own cups if possible
- Share your car with other competitors – fewer cars means less CO2 and faster parking
- Save water
- Do not release chemicals into the environment

The organiser’s emergency contact number is printed on the map, +34 608 117 691

Baggage Storage

It is possible to leave your belongings in a supervised baggage area next to the Event Office in all Arenas. The baggage storage area will have the same opening hours as the Event Office. You do not need to book luggage storage in advance.

Start number bibs

All competitors will receive two number bibs in their accreditation package. In the Sprint competitions, one has to be worn on the chest so that the number is visible, and the other has to be worn similarly on the back. In the Forest competitions, one has to be visible on the chest as for Sprint and the second bib can be kept as a backup in case the first one is lost. Safety pins will be handed out with the bibs.

Model number bib:



Full name, address & date of birth	
Emergency contact: Full name, address & telephone number	
Medical problems (eg. Heart disease, Asthma, Diabetes)	
Current Medication	
Medication allergies	
Details of anyone with you on race day: Full name & telephone number	
Any other details	

Please complete the information on the back side of at least one of your start bibs with health data and emergency contact. This information could be helpful to the medical team in an emergency.

Lost bibs can be replaced at the Event Office for a charge of €5.00. Start details for the Sprint Qualification and Forest Qualification races are printed on your start bib. You are requested to enter the details for the three final races (start number and your start time), when they become available.

The ten last starters in each A-final must wear an additional start bib (numbered 1-10) for the final in question. The original bib must still be worn and visible below the new one. These start numbers must be collected by competitors at the start area – self-service. Numbers will be available near the entrance to the start corridor.

Start lists

Start lists will be published in IOF Eventor and on the WMOC 2025 website as soon as they are available. These will also be displayed in the Arenas and at the start of all races. For Sprint Qualification, start lists will also be displayed in the Event Centre during accreditation.

Eventor: eventor.orienteering.org/Events/Show/8111

Web: wmoc2025.cat

Start lists for the Sprint Qualification and the Forest Qualification races

The start draws, and heat allocation are based on IOF Competition Rule 12.20. For the qualification races, the competitors of each class are allocated to parallel heats by random draw. The heats of one class shall be as equal in size as is mathematically possible, and no heat shall have more than 80 competitors. There shall be as few heats as possible; if there are 80 competitors or fewer, there is only one heat for that class. Competitors from the same Federation, and medallists at any of the last three WMOCs have each been equally distributed among the heats (IOF Competition Rule 12.20). The heats are indicated by numbers after the age class, e.g. M65-2 is the second heat for M65 runners.

How to qualify for the Sprint Final and the Middle Final

The qualification system is explained in the IOF Competition Rule 12.21. Qualification is based on your position in the relevant qualification race. The highest placed competitors from each qualification heat qualify for the A-final of the class. The next best competitors from each qualification heat qualify for the B-final and so on.

If there are between 20 and 160 entrants in a class, then they will be split as equally possible between an A-final and a B-final, with the A-final having at least half the total number of entrants.

If there are fewer than 20 entrants, all compete in the A-final.

In case two or more competitors tie for a place in a final, all of them qualify for that final.

Competitors who start but are not placed, or who do not start, in the qualification race are all allocated to the lowest ranked final of their class. They will start in random order before the competitors in that final who were placed in their qualification race. If there is more than one final for their class, these competitors are competitive in this lowest ranked final. If there is only one final for a class (which will be the A-final), then these competitors are still allocated to this A-final despite not being placed in the qualification race, but will appear in the result list as not placed.

How to qualify for the Long Final

The qualification system is explained at length in the IOF Competition Rule 12.22.

The Long distance finals have the same composition as the Middle distance finals, except that some competitors are promoted to a higher final and some are relegated to a lower final according to their result in the Middle distance final.

If there is a single Middle distance A-final in a class, there will just be a single Long distance A-final with the same composition.

If there are only two Middle distance finals (A and B) in a class, the bottom 10% (rounded down) of the A-final are relegated to the B-final. The number in the A-final is brought back up to the number in the Middle distance A-final by promoting the next best-placed competitors from the B-final.

If there are more than two Middle distance finals in a class, then promotion and relegation is carried out according to the table:

		Middle distance final results				
		A	B	C	D	E
3 Finals	Promotion		Top 10 to A	Top 2 to A Next 8 to B		
	Relegation	Bottom 12 to B	Bottom 10 to C			
4 Finals	Promotion		Top 12 to A	Top 1 to A Next 9 to B	Top 2 to A Next 8 to C	
	Relegation	Bottom 15 to B	Bottom 12 to C	Bottom 10 to D		
5 Finals	Promotion		Top 14 to A	Top 1 to A Next 10 to B	Top 1 to A Next 9 to C	Top 2 to A Next 8 to D
	Relegation	Bottom 18 to B	Bottom 14 to C	Bottom 12 to D	Bottom 10 to E	

Any competitors who start but are not placed, or who did not start, in the Middle distance final are regarded as having finished last in that Middle distance final.

If there is a tie of two or more competitors in the Middle distance final, and they are in the last qualifying place for promotion, they are all promoted. Where there is a tie in the last qualifying place for relegation, all are relegated.

Note that, because all competitors who are not placed are treated as coming last, they are all regarded as having tied for last place. This means that potentially more competitors than the number listed in the table above could be relegated. However, it does not mean that a correspondingly larger number of competitors are to be promoted from the next lower final: the numbers listed in the table above will still apply.

The top 4 from each Qualification heat are guaranteed personal places in the Long distance A-final, so long as they start in the Middle distance final, but regardless of their performance in that race. Any who fail to qualify for the Long A-final in the standard way are then added to the Long A-final as extra starters. If a “top 4” competitor did not start in the Middle distance final, the guaranteed place is simply lost.

Note that any “top 4” competitors in a qualification heat, who then start but are not placed in their Middle distance A-final, are still treated as having come last (or joint last) in that final, and are thus initially to be regarded as relegated. The rule in the paragraph above then causes them to be promoted again. One consequence of this treatment is that the number of competitors actually relegated will be fewer (by the number of these “top 4” competitors) than the number shown in the above table.

In each Long distance final, the start order is in groups in reverse order of the Middle distance final in which the competitors ran. For example, where there are three Middle distance finals, in the Long-B final those promoted from the Middle C-final start earliest, those who ran the Middle B-final start next, and the latest group are those relegated from the Middle A-final. Within those groups the order is the reverse of their positions in those finals, i.e., the fastest starts last. Any who were not placed in a Middle distance final start within their group in random order, but before those who were placed.

Note that competitors who are added to the A-final start list as extra starters because they are guaranteed a personal place are treated as being promoted into that A-final. They will start in random order before other promoted competitors who were placed in the Middle distance final.

It is not necessary to have been placed in the Middle final in order to be placed in the Long final.

Start list for Sprint Final and Middle Final

Start lists should be available via IOF Eventor and the WMOC 2025 website by 19:00 the day before Sprint and Middle Final competition.

Start list for the Long Final

Start lists should be available via IOF Eventor and the WMOC 2025 website by 12:00 the day before the Long Final competition.

Maps

All maps are printed on Pretex waterproof paper and will not be in plastic covers. Maps are drawn according to ISOM 2017-2 Revision 6 January 2024 and ISSprOM 2019-2 Revision 6 January 2024.

Model maps will be included in the accreditation package.

Warm-up maps

Warm-up maps will be available at the exit of the Arenas for all forest races. They are printed on non-waterproof paper at scales 1:7 500 and 1:10 000.

They are simplified versions of the competition maps, used before a race to mentally and physically prepare. Not only that, but they show the terrain around the start area, including paths, vegetation, and key features, helping orienteers get used to the map symbols, scale, and terrain type.

Control descriptions

IOF Control descriptions (version 2024) are printed on the front side of all competition maps. Copies of loose control descriptions (not water-resistant) will be available in start Box 3. Competitors have 1 minute to pick up and prepare their control descriptions. There will be transparent tape and scissors available in start box 2.

Control setup

Each control site is equipped with:

- One control flag
- One or two electronic punching devices (SI stations in Air+ mode)
- One pin punching device for use if an SI-Card fails

There will be more than one SI station on controls used by a high number of competitors.

The control code is shown on the top of the SI stations. The code numbers range is between 31 and 200. There are many controls out in the terrain, please check your control codes carefully! Examples of the control stands will be available in the Technical model event.

Starts

Start procedure

You are responsible for following the correct marked route to your start area. The competition area is out of bounds until your start time. All the start areas will be silent; it is your responsibility to be there on time. If you don't have a bib number and a SI-Card, you will not be allowed to start.

If you lose or forget your bib number and/or SI-Card, you can get a replacement in the Arena Event

Office. You have to pay €5.00 a bib and €10.00 for hiring an SI-Card.

If you have problems with your SI-Card at the start, you can get a one (not SIAC) from the start staff. Rental payment of €10.00 will be paid later at the Event Office.

Clear and check

Every SI-Card must be cleared and checked before each race. Clear and check stations will be in the start Box 1 (-4 minutes). Insert your SI-card into the “clear” station and wait a few seconds until the station beeps and flashes, verifying that previous data has been erased. After clearing your SI-Card, place the SI-Card into a “check” station, where the “check” station will beep and flash immediately, confirming that the SI-Card is ready to be used.

If you have a SIAC, an additional SIAC test station will be available in the start Box 2. To test if your SIAC is active, place it near the SIAC test station until your SIAC flashes and beeps. Start staff will be present to assist you throughout the process.

Start boxes

In the start area, competitors will pass through four consecutive start boxes and remain one minute in each one.

Box 1 (-4min)

When the clock in front of the first start box (-4 min) displays your start time, you enter the first start box. This will be 4 minutes before you start. At this point, your bib number, SI-Card number and start time will be checked.

In Box 1, you have to clear your SI-Card in the Clear SI station before checking it using the Check SI station.

Box 2 (-3min)

In Box 2, you can collect a loose control description for your course, where transparent tape and scissors will be available for self-service taping of loose controls descriptions. Please note that it is your responsibility to take the correct loose control description!

Box 3 (-2min)

Final checks will be made.

Box 4 (-1min)

In Box 4 you walk to the map folder which displays your class, take your map, check the class and the map, and go forward to the starting line waiting until the start beep sounds.

Your race starts at the start beep. *It is your responsibility to take the correct map, please take only one.*

From Box 4 there is a marked route to the start point. The start point is marked with a control flag in the terrain and a start triangle on the map. The marked route from the Box 4 to the start point must be followed.

Late at the start (IOF Rule 22.9)

If you arrive late at the start, please contact the staff at the late start gate. They will guide you to the start, through the late start procedure: clear the SportIdent card, get the correct control description list and map from the staff, as well as being given permission to start. Note that *it is a competitor's responsibility to check that he/she gets the correct map and control description list.*

If a competitor reaches the Late-Start start line less than half the start interval after their start time, they should start immediately.

If the competitor is at the Late-Start start line more than half the start interval after their start time, they should start at the next available half start interval.

In either case, the start official will give you the permission to start, please follow their instructions. You will be asked to punch your SI-Card, to have your precise starting time recorded.

Safety measures during the race

Numerous competitors will be in the terrain at the same time, especially during the Sprint races. Please be careful when running around corners and through doors, in order not to hurt yourself, other competitors, pedestrians, or cyclists. Please take special care when running around restaurant terraces in the Sprint races – they are marked with symbol 714 – temporarily closed area (area overprinted with 50% purple).

Specific hazards will be described further in the respective day-by-day information sections.

Last control and run-in

The last control is the same for all competitions, and its control code will be 200.

The run-in corridor will be marked with fence barriers.

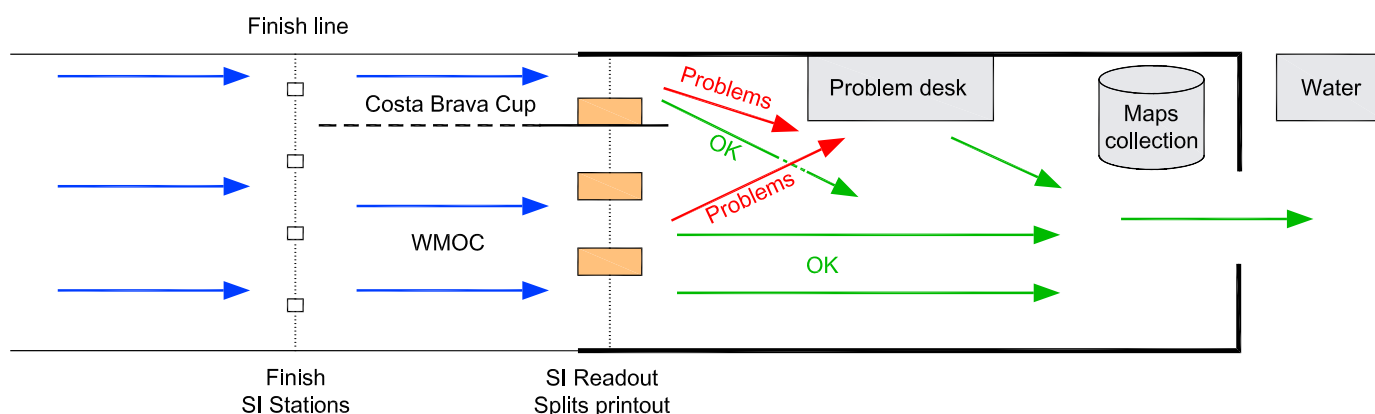
Finish procedure

You must punch at the Finish. You can do so at any of the SI stations at the Finish line, and just like any other control, all Finish SI devices will be configured with Air+ mode, so both classical and contactless punching will be possible at the Finish line (with the corresponding SI-Card model, see more in the punching system section above).

Your bib number must be clearly visible when you cross the Finish line.

After the finish line

The schematic flow diagram below shows how the finish system works. After crossing the finish line, you will be directed to a readout station to read out your SI-Card. The system will verify whether you have visited all controls on your course in the correct order.



Individual split times will be given to each competitor after the readout.

If you are using a rented SI-Card and this is your last race, you must return your SI-Card to the staff at the Arena Event Office.

You should report to the Problems desk if the readout displays an unexpected problem with your punches. You should also contact the Problems desk if you started late and believe that it is the organiser's fault.

Map reclaim

The map reclaim procedure will follow a similar process for all races.

New competition maps will be distributed at the Arena after the last WMOC start of each race. Competitors must present their start bib to ensure they receive the correct map variant. Please note that these maps will not be printed on the same high-quality paper as the ones used during the race.

Used competition maps will also be available for collection. These maps will be gathered at the finish area and sorted afterward. Competitors may retrieve them at the end of each race.

Refreshment

Adjust your fluid intake and especially in case of hot weather, remember to increase it before, during, and after the race to optimise your performance and prevent heatstroke.

Drinking water will be available at the Arena, at the different Start areas (see day-by-day information) and at the Finish area for all races.

In forest races, there will be also at several points along the course. The water stations will be supervised by volunteers. Locations will be shown using the standard drink cup on the map.

GastroMarket - Arena catering

The GastroMarket will be available at all Arenas. On all competition days it will open one hour before the first start and close at the end of the competition. The GastroMarket offers drinks and a selection of warm and cold dishes which will vary between days. There will be free drinking water available in all Finish areas.

Payment

GastroMarket will accept cash – in EUR - and in some shops, credit card payments (Visa and MasterCard) will be accepted. If paying by cash, please have ready banknotes of smaller value (especially in early trading hours) to make it easier for traders to give the change back. Generally, everything up to €50.00 banknote should work just fine.

Dietary restrictions

There will be a vegan option available every day, and a smaller selection of products for participants with lactose or gluten intolerance. Participants with other dietary restrictions are welcome to contact Arena catering personnel, and they will try to do their best to assist you.

Orienteering shops

Sports and Orienteering shops will be present at the Event Centre Girona-Fontjau on 7 and 8 August, after that, at all Arenas.

WMOC 2025 Official Merchandise

Our sponsor [La Tienda de Orientación](#) is in charge of selling the official WMOC 2025 products. You can collect your pre-orders at their location, and buy more items while stocks last. We recommend visiting them.

Showers

No showers at any of the races.

Physiotherapy service

There will be a physiotherapy service at all races. This is an additional service, which is not inclu-

ded in the WMOC entry: 20-minute sessions at a cost of €20.00 (cash payment only). It will be located in the Arena from 9:30 to 14:00. All staff are registered physiotherapists of the Col·legi de Fisioterapeutes de Catalunya.

Clothes transport from Start to Arena

There is no transport of clothes from the Start area back to the Arena. In the event of adverse weather, providing this service may be reconsidered. In such a case, additional information will be provided by the arena speaker.

Lost and found

Items found in the arenas should be handed in at the Event Office.

Commentary and live coverage

Race commentary will be provided by Per Forsberg, the well-known Swedish commentator. The commentary will be in English, interspersed at times with some information in the Spanish and Catalan languages.

Live results will be updated throughout each of the races on the O-Replay (oreplay.es)

News, photos, and videos will be published via WMOC social media and on the event website.

Please note that you may encounter photographers anywhere in the competition areas.



Results service

Individual split times will be given (printed) to each competitor at the readout.

The full provisional results will be published and live-updated on the results website O-Replay (oreplay.es), which can be viewed on your internet-connected devices, such as smartphones, tablets, or laptops. QR codes will be displayed at the Arena for easier access.

Furthermore, during the Forest events, there will be a screen next to the SPORTident area displaying the top results of each heat / final.

The official results will be published on the IOF Eventor website as soon as possible after each race. Split times and a web application for GPS uploading and sharing routes will also be available.

Split times and a web application for GPS uploading and sharing routes

During the WMOC, we are excited to present 'ORION' a new web platform developed by FEDO and funded by the Spanish Sports Council with EU Next Generation funds.

This tool helps runners analyse their race splits and compare their performance with others using different metrics.

It also includes an AI-generated optimal route for each course. Until now, no platform could automatically create an ideal route based on terrain, course design, and runner behaviour. This new feature gives a powerful way to see what decisions worked or didn't during the race.

Runners can upload GPX files or connect their devices directly to compare their actual route with the AI-suggested one.

Disqualification

There are some situations where a competitor will be disqualified from the race.

Mispunching

You will be disqualified if you miss one or more controls, or do not visit the controls in the correct order.

According to IOF Rule 20.5, a competitor with a control punch missing or unidentifiable shall be disqualified unless it can be established with certainty that the punch missing or unidentifiable is not the competitor's fault.

Maximum running time

A competitor who exceeds the maximum running time will be disqualified as "Out of Time" (OT). These are the maximum running times for each race:

Sprint events	60 min
Forest Qualification	120 min
Middle Final	120 min
Long Final	150 min

Not Finishing

A competitor who does not finish the race will be disqualified as "Did Not Finish" (DNF), even if the Finish control is punched.

You must report at the Finish area, even if you have not completed your course. If you do not notify the organisers, you will be considered “missing in the forest” which may prompt a search in the forest for you.

Note that a SIAC turns off when punching the finish control, so it is also recommended to do so in order to increase battery life.

Other disqualification reasons

In all races, and especially Sprint races, entering forbidden areas or crossing forbidden obstacles will lead to disqualification. Competitors who fail to respect signs and other instructions from the organisers and marshals may also be disqualified.

Complaints and protests

In accordance with IOF Competition Rules 27 and 28, complaints and protests must be made in writing (in English), using the appropriate complaint/ protest forms, which will be available at the Problems Desk.

Complaints should be handed in at the Problems Desk by competitors. The Competition Rules require complaints to be made as soon as possible. The final time limit for any complaints is 15 minutes after the full results have been published. If the complaint is of personal nature e.g., if you feel that you have been disqualified unfairly, the complaint should be made at the Problem Desk immediately.

The organiser will consider your complaint as quickly as possible and let you know the outcome. There is no fee for a complaint. If you are not satisfied with the organiser’s decision, then, within the next 15 minutes, you can make a Protest.

Protests should be made at the Event Office in the Arena, using the same form as the original complaint. A Protest fee of €50.00 must be paid when making a Protest.

Protests will be handled by the IOF Senior Event Adviser, who will convene the Jury. After due consideration, the Jury will communicate its decision to the protestor. The Protest fee will be returned if the Protest is accepted, otherwise the fee will be retained by the IOF.

First Aid during the races

There will be First Aid facilities in all Arenas on competition days. The first-aid teams will consist of qualified first-aid-providers. In the event of an accident, illness or injury in the terrain or in the arena, competitors are requested to aid the injured individual and to help summon assistance if necessary.

Information about potential hazards

Ticks

Tick-borne infections that occur in Catalonia are:

- Borreliosis / Lyme Disease: ja.cat/wmoc25_lyme
- Tick-borne encephalitis (TBE): ja.cat/iof_tick_info

If you encounter any ticks on your body, remove them as soon as possible. If you are concerned about a tick bite or about a possible infection, please consult a doctor.

Immunization against TBE is not considered necessary for WMOC 2025. Consider the use of repellent, and check your skin after returning to your accommodation.

Mosquitoes

There might be an increased appearance of mosquitoes if it is wet, especially in the Forest Model, Qualification, and Middle Final competition areas. Consider the usage of repellent.

Lightning

Lightning may occur during thunderstorms. Try to stay off the hilltops, and do not seek shelter under an isolated tree. Note also that lightning mostly occurs in the afternoons.

Overheating

In the event of hot weather, remember to increase your fluid intake before, during, and after the race to optimize your performance and prevent heatstroke. Bringing a tent or umbrella to the Arena to provide some sun protection, or staying in naturally shaded areas, is strongly recommended.

We have planned some measures to further mitigate the effects of the heat:

- Start times will be planned so that as many competitors as possible can run during the earlier, cooler part of the day. The first starts will be at 8:30. We'll be trying to give as many M and W 75's and older competitors as possible start times that are early within the overall time period for starting, in order to avoid the hotter temperatures.
- We'll be taking extra care to make sure that none of the winning times end up being longer than the IOF Rules specify.
- Some forest races will have courses that are shorter than at previous years' WMOCs:
 - For the Forest Qualification day, age classes M and W 70 and older will all have course

lengths planned to give winning times no longer than 35 minutes.

- For the Long Final day, age classes M and W80 and M and W85 will have course lengths planned to give a 45-minute winning time, and M and W90 a 40-minute winning time.
- On the Long Final day, it is usual for the “lower-ranked” finals to be shorter than the A-final. For WMOC 2025, we’ll be making these “lower-ranked” finals even less long than the A-finals, but making sure that they are still technically as challenging as possible.
- The terrain for both the Forest Qualification and the Middle Distance Final days will be physically very gentle and easy to run in – almost flat, very clean underfoot, and with sandy and soft soil and no dangerous steep or rocky areas.
- The beech forest terrain for the Long Distance Finals day is at a much higher altitude, and so for this last, longer race you are very likely to be running in a much milder, pleasant air temperature.
- Both Sprint days will have the same Arena. It is a completely shaded area, and will have large humidifiers. It will be possible to use the municipal swimming pool (and showers) after the races, paying the ticket at entrance.
- The Forest Qualification and Middle Distance Finals days will have the same Arena. There will be shaded areas around the Arena, and it will have large tents, and humidifiers. The parking area will be in the field next to the Arena, and the bus stop will be located 50 m from the Arena entrance. And don’t forget that the beach will be less than 2 km from the Arena!
- The Arena for the Long Distance Finals day is surrounded by shaded areas. Again, there will be large tents, and humidifiers. The parking area and the bus stop will be located 400 metres from the Arena entrance.
- We’ll be doing all we can to make sure that you stay well hydrated. Out on all the forest race-courses, there will be lots of extra refreshment points. And we’ll make sure that there’s enough water and cups for even the last starters.
- Drinking water will also be available throughout the day at all the Arenas, and at (or very near) all start areas each day.
- And we’ll be trying to cool you down after you have run, too. As well as humidifiers, there will be plenty of medical support, with ice ready for anyone who’s feeling that they’re even just a bit unsteady because of the heat.

Fire Hazard

August is typically a dry season, which means an increased risk of fire. Be aware that in all Arenas and car parking areas smoking and all actions involving any open flames are strictly forbidden. Be careful while operating electronic devices and driving cars. Immediately notify an organiser if you observe any signs of smoke or fire..

Injury prevention

Take extra care, especially around buildings and when negotiating stairs in the Sprint areas, as well as in steep areas and around cliffs in forest areas. The most dangerous crevices in Long Final will be marked on the map as forbidden areas, as well as by tape in the terrain.

Traffic

There will be measures taken to limit traffic in the Sprint areas and on the roads around forest Are-

nas. Bear in mind that public roads are never going to be traffic free. Please take extra care while crossing the road and always look both ways before crossing.

Forbidden actions

It is forbidden to advertise or sell any products or services in any part of any event area, including the parking areas, without prior written permission from the event organiser. Advertising other orienteering events is only allowed on the information board reserved for this purpose. It is not permitted to distribute advertisements on car windscreens without permission.

Use of drone cameras is forbidden for security reasons in all the Arenas.

Smoking is forbidden in all event Arenas. The use of open fire, and the use of any outdoor barbecue or gas cooker, is strictly forbidden in all event Arenas, including the parking areas.

Camping in any of the event Arenas, including parking areas, is forbidden.

General data protection regulation (GDPR) statement - personal data storage

Individuals entering the WMOC will do so by submitting personal data to IOF Eventor, an IOF-hosted platform. From here, the local organisers will collect the data that are necessary for that individual's participation in the championships including, but not restricted to, name, age, address, country, and e-mail address. During the event, newsfeeds, start times and results will be published on the internet and may contain individual competitors' name, age class, and home country.

The local organisers will not share any participants' personal data with a third party, will store the data safely on the appropriate media, and will delete files containing personal data as soon as feasible after WMOC is finished. By submitting an entry for and participating in or attending WMOC and its related activities, the participant / attendant acknowledges the right of the organisers to store said data until the WMOC is finished. For information on data storage by the IOF, please refer to <https://orienteering.sport/iof/governance-and-organisation/data-protection-at-the-iof-gdpr/>

Photography and filming

Race photos

The WMOC 2025 will have its own team of photographers. Photos of each race will be uploaded to the WMOC website during the following days.

O-Photocall

There will also be the new O-Photocall service, a free photocall area where everyone can take a photo using their SI-Card. This service will be located in the competition Arenas. Just remember

to bring your SI-Card to automatically activate the camera. By punching the photo-control, a count-down will start, so be ready to pose for the camera!

Search your photos

Next to the O-Photocall there will be a screen with a reader control, so that on punching it, the last photos from the O-Photocall associated with your SI-Card will be displayed.

All photographs (from each race and the O-Photocall) will be available on the WMOC website, and they will be free to download.

Printing Service

There will be a digital printing service to print your photos (from races and O-Photocall) with the official logo, so that those who wish can take home a top-quality souvenir of their participation. . It is a payment service (€10.00 per photo or a pack of 3 per €20.00) and will be located in the competition Arenas (near the O-Photocall).

To print a photo, you will need to indicate which is the desired one. There will be a person to help you find your photos to print them. However, for a faster service, each photo will have an identifier code (displayed next to each photo in the website) so you can directly ask to print a specific photo by providing this code. Photos taken at the O-Photocall will show their code at the O-Photocall display.

Image rights

All these images may be used on future promotional materials for WMOC or other events organised by the IOF. By attending or participating in WMOC and related activities, the participants acknowledge that the event or part of it may be filmed by audio, visual, audiovisual or electronic means or photographed, including photographs of individuals or groups of participants.

The participant agrees to permit the WMOC organisers, or any third party licensed by the IOF or WMOC, to use and distribute such footage and photographs, which may feature images of you, in all or any media (including social media) whether now known or hereafter to be invented throughout the world in perpetuity for the purposes of advertising, publicity, reporting and otherwise in relation to the exploitation of such recordings and photographs. Please inform the photographer if you do not wish to be included in any individual or group photographs.



Technical Model Event

Thursday and Friday 7 and 8 August 2025



Area

A Technical Model will be available at the Event Centre in Girona-Fontajau. The address is:

- Avinguda del President Josep Tarradellas i Joan, 22-24, 17007 Girona.
- WGS84 coordinates: 41.99083 N, 2.81055 E
- Google Maps: https://ja.cat/wmoc2025_event_centre

Timetable

	From	To
7 August 2025	10:00	20:00
8 August 2025	10:00	20:00

In the Technical Model, you can test your SI-Card and the SPORTident punching systems.

To avoid any problem, use the SIAC battery test stations available at the Technical Model to check if your SIAC battery is OK. In the event that the battery of the SIAC is exhausted, you can replace it at the stand of our sponsor [La Tienda de Orientación](#).

Getting there and parking

See information for reaching the Event Centre.



Sprint Model Event

Banyoles, Friday 8 August 2025



Start/ finish point

- Plaça Major, Banyoles.
- WGS84 coordinates: 42.11812 N, 2.76503 E
- Google Maps: https://ja.cat/wmoc2025_sprint_model_events

Timetable

	From	To
8 August 2025	9:00	18:00

Getting there and parking

Car, Caravan and Bus

You can park in the different areas available in Banyoles; however, the organisers suggest using the parking area of La Draga marked on the map below.

Bus

Please contact secretary.wmoc2025@orientacio.cat for details on how to proceed.

Organiser Transport

The bus stop for the organiser transport will be at Avinguda Països Catalans, 15. Please check for any updated information. This will be notified on the website and at the Event Office.

Distances

From	From	To
Parking - La Draga	1 000 m	15 min
Bus stop - organiser transport	200 m	5 min

Terrain

Urban terrain near the centre of Banyoles. The terrain consists of parks, and urban areas with private houses and public building



Sprint Model Event

Besalú, Friday 8 August 2025



Start/ finish point

- Passeig Francesc Cambó, 4, 17850 Besalú
- WGS84 coordinates: 42.19914 N, 2.69509 E
- Google Maps: https://ja.cat/wmoc2025_sprint_model_events

Timetable

	From	To
8 August 2025	9:00	18:00

Getting there and parking

Car, Caravan

You can park in the different areas available in Besalú.

Bus

Please contact secretary.wmoc2025@orientacio.cat for details on how to proceed.

Organiser transport

The bus stop for the organiser transport will be at N-260, a 300 m (5 minute) walk to the start/ finish point. Please check for any updated information. This will be notified on the website and at the Event Office.

Terrain

Urban terrain near the centre of Besalú. The terrain consists of parks, and urban areas with private houses and public buildings.

Course details

The start and control points will be marked by control flags without SPORTident punching equipment, and these can be visited in any order. Running the controls in numbered order can be considered as one single sprint course with some route choices.



Sprint Qualification Race

Girona, Saturday 9 August 2025



Area

The Sprint Qualification Arena will be located in the Devesa Park, Girona.

Address of the Arena:

- Passeig de l'Onyar, 17001 Girona
- WGS84 coordinates: 41.98825 N, 2.82123 E
- Google Maps: https://ja.cat/wmoc2025_sprint_qualification_and_final

The map shows the routes from several locations (Event Centre, parking areas) to the Arena. You must follow the white marking tapes. To return, take the same way. No other access routes can be used.

GIRONA Saturday 9th August, Sprint Qualification
Sunday 10th August, Sprint Final



- 1 Caravan parking.
Rbla Xavier Cugat / Avda França
- 2 Cars parking.
Pavelló Fontajau. Avda J. Tarradellas 22
- 3 Last control, finish line, Sportident,
maps collection, water, Public toilet.
Pg. de José Canalejas
- 4 Arena. Foodtrucks, secretary, tents.
Parc de la Devesa

Timetable

9 August 2025	From	To
Strict embargo	6:00	14:00
Arena open	7:30	15:00
Starts	8:30	12:00

Note: If you are staying inside the embargo area, you must exit via the shortest way out of the embargo area by 6:00 at the latest.

Getting there and parking

Car

Avinguda del President Josep Tarradellas i Joan, 22-24, 17007 Girona.
WGS84 coordinates: 41.99097 N, 2.81141 E

Caravan

Avinguda de França, 17007 Girona
WGS84 coordinates: 41.99316 N, 2.81814 E



Bus

Please contact secretary.wmoc2025@orientacio.cat for details on how to proceed.

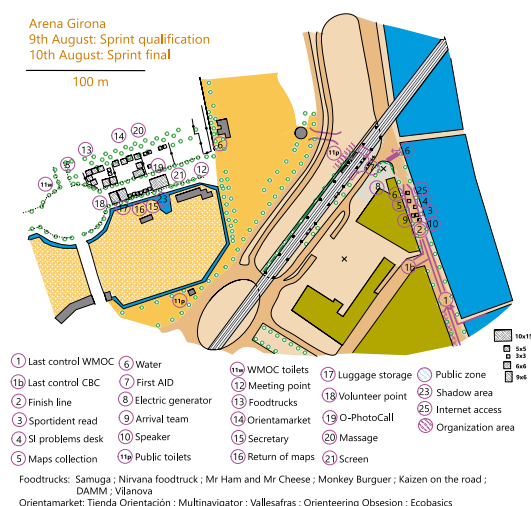
Distances

From	From	To
Event centre and Car parking	1 000 m	15 min
Caravan parking	900 m	10 min

Overview map

See the map in the Arena section above.

Arena Map - Sprint Qualification



Start

Start	Distance from Arena	Elevation	Marking type
S1	1 850 m	120 m	green
S2	1 150 m	60 m	yellow
S3	700 m	0 m	blue
S4	800 m	0 m	red

Water and toilets will be available on the way to all starts.

Terrain

The terrain for the sprint qualification consists of some old town areas full of interesting irregular streets combined with some small bridges and walls that will make enjoyable and difficult runs for all the courses.

For those longer courses there will also be some unpaved rough areas, always with runnable paths or clean tracks, that will force the runners to use all their orienteering sprint skills in the same way as between walls and buildings.

Special features and mapping

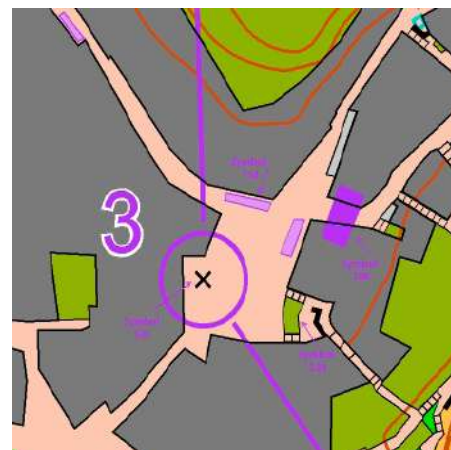
All features will be represented by IOF standard symbols (ISSprOM 2019-2).

Forbidden areas (mapped with *symbol 520 "area that shall not be entered" - olive green*) will be marked on the ground with tape only for those where it is otherwise unclear that access is forbidden, to make them more visible and explicit.

Publicity banners will be mapped as special point features. These few objects will be very clear on both map and on the ground, being used for just a few special control points. These features will be marked on the map using *Symbol 531 - "Black Cross"*.

Outdoor seating at bars and restaurants will be mapped using *Symbol 714 - Temporary construction or closed area*. There might also be a few of these on the model event maps. **These areas must not be entered or crossed by any participant.** It is also strongly recommended to not run between these areas and adjacent buildings, where waiters will be working.

Artificial barriers may be used in the competition areas, which will be marked in the terrain by a mixture of metal fences and tape. Marshals will be present to allow pedestrians and cyclists to pass, and there may be gaps in the barriers or tape to facilitate this. These gaps will be small and arranged in a way that will not affect the overall visibility of the barrier to competitors. These artificial barriers will be shown on the map using *symbol 708 "Out-of-bounds boundary"*, in places where competitors can approach the barriers from both sides.



Club tents

There is no space for club tents. It is forbidden to put up beach flags on the lawn areas.

Map

Name	Variant	Scale	Contour Interval	Size
Girona Old Town	A	1:3 000	2.5m	SRA3
Girona Old Town	B	1:3 000	2.5m	SRA4

Course details

It is possible that there might not be as many heats in the actual competition as are mentioned in the table below. All course lengths show the shortest possible running distance.

Class-heat	Start	LEN (m)	Climb (m)	Ctrl	Map var.
M35-1	S1	3 280	95	15	A
M40-1	S1	3 280	95	15	A
M45-1	S1	3 160	95	16	A
M45-2	S1	3 160	85	18	A
M50-1	S1	3 160	95	16	A
M50-2	S1	3 160	85	18	A
M55-1	S1	3 000	75	15	A
M55-2	S1	3 020	75	16	A
M55-3	S1	2 940	80	15	A
M60-1	S1	2 850	65	16	A
M60-2	S1	2 780	65	15	A
M60-3	S1	2 850	65	17	A
M65-1	S2	2 480	90	14	A
M65-2	S2	2 480	90	15	A
M65-3	S2	2 360	90	17	A
M70-1	S2	2 270	75	13	A
M70-2	S2	2 250	75	13	A
M70-3	S2	2 230	75	13	A
M75-1	S3	2 030	65	14	B
M75-2	S3	1 980	50	12	B
M80-1	S4	1 760	50	13	B
M85-1	S4	1 380	15	11	B
M90-1	S4	1 150	10	9	B
M95-1	S4	870	5	7	B

Class-heat	Start	LEN (m)	Climb (m)	Ctrl	Map var.
W35-1	S1	2 850	65	16	A
W40-1	S2	2 610	95	16	A
W45-1	S2	2 480	90	14	A
W45-2	S2	2 480	90	15	A
W50-1	S2	2 480	90	15	A
W50-2	S2	2 360	90	17	A
W55-1	S2	2 270	80	13	A
W55-2	S2	2 270	80	14	A
W60-1	S3	2 170	75	14	B
W60-2	S3	2 170	75	13	B
W65-1	S3	2 090	65	13	B
W65-2	S3	1 980	50	12	B
W70-1	S3	1 820	55	14	B
W70-2	S3	1 770	55	13	B
W75-1	S4	1 550	50	10	B
W80-1	S4	1 380	15	11	B
W85-1	S4	1 150	10	9	B
W90-1	S4	870	5	7	B
W95-1	S4	870	5	7	B

LEN: Length | Ctrl: Controls | Map var.: Map variant

Services

Services at the Arena are shown in the map above: toilets, refreshment, first aid, GastroMarket, OriantaMarket, baggage storage, etc.



Sprint Final Race

Girona, Sunday 10 August 2025



Area

The Sprint Final Arena will be located at the same place as the Sprint Qualification day.

Timetable

9 August 2025	From	To
Strict embargo	6:00	14:00
Arena open	7:30	15:00
Starts	8:30	12:00

Note: If you are staying inside the embargo area, you must exit via the shortest way out of the embargo area by 6:00 at the latest.

Getting there and parking

The instructions and distances to get to the Arena are the same for the Sprint Qualification.

Overview map

See the overview map in the Sprint Qualification Arena section.

Arena map - Sprint Final

See the Sprint Qualification Arena map.

Starts

Start	Distance from Arena	Elevation	Marking type
S1	1 000 m	5 m	green
S2	1 000 m	5 m	yellow
S3	1 000 m	5 m	blue
S4	330 m	0 m	red

Water and toilets will be available on the way to all starts.



Terrain

Girona old town will be the epicentre of this Sprint Final, full of small and hilly streets, often combining pedestrian parts with some stairs, combined with flat and fast parts in between the old walls, where you will feel close to our ancestors.

Elevation will always be something to pay attention to when making route choices. This combined with the irregular streets pattern and the bridges crossing the Onyar river, will for sure make the difference for those who are trying to take the best choices from the first until the last controls.

Special features and mapping

See the notes on Special features and Mapping set out in the day-by-day information for the Sprint Qualification race. In particular, the same provisions regarding out-of-bounds areas and artificial barriers apply.

Club tents

There is no space for club tents. It is forbidden to put up beach flags on the lawn areas.

Map

Name	Variant	Scale	Contour Interval	Size
Girona Barri Vell	A	1:3 000	2.5m	SRA4

Course details

It is possible that there might not be as many finals in the actual competition as are mentioned in the table next page.

All course lengths show the shortest possible running distance.

Final	Start	LEN (m)	Climb (m)	Ctrl	Map var.
M35-A	S1	3 060	160	15	A
M35-B	S1	2 530	125	14	A
M40-A	S1	3 060	160	15	A
M40-B	S2	2 490	115	12	A
M45-A	S1	2 940	155	14	A
M45-B	S2	2 390	115	14	A
M50-A	S1	2 890	145	13	A
M50-B	S2	2 350	100	12	A
M55-A	S1	2 750	140	15	A
M55-B	S2	2 230	95	12	A
M60-A	S1	2 550	125	13	A
M60-B	S2	2 330	115	12	A
M60-C	S3	2 150	100	12	A
M65-A	S2	2 390	115	14	A
M65-B	S3	2 160	100	12	A
M65-C	S3	1 950	75	11	A
M70-A	S3	2 210	100	12	A
M70-B	S4	1 650	80	10	A
M70-C	S4	1 650	80	10	A
M75-A	S3	1 960	85	12	A
M75-B	S4	1 540	85	9	A
M80-A	S4	1 540	85	9	A
M80-B	S4	1 310	40	10	A
M85-A	S4	1 310	40	10	A
M85-B	S4	1 120	35	10	A
M90-A	S4	1 090	30	9	A
M95-A	S4	780	15	7	A

Final	Start	LEN (m)	Climb (m)	Ctrl	Map var.
W35-A	S1	2 550	125	13	A
W35-B	S3	2 080	100	12	A
W40-A	S1	2 530	125	14	A
W40-B	S3	2 080	100	12	A
W45-A	S2	2 490	115	12	A
W45-B	S3	2 030	95	11	A
W50-A	S2	2 350	100	12	A
W50-B	S3	1 960	85	12	A
W55-A	S2	2 230	90	11	A
W55-B	S4	1 710	80	11	A
W60-A	S3	2 150	100	12	A
W60-B	S4	1 610	85	9	A
W65-A	S3	1 950	75	11	A
W65-B	S4	1 510	60	12	A
W70-A	S4	1 610	85	9	A
W70-B	S4	1 380	50	11	A
W75-A	S4	1 510	60	12	A
W75-B	S4	1 290	35	11	A
W80-A	S4	1 290	35	11	A
W80-B	S4	1 120	35	10	A
W85-A	S4	1 090	30	9	A
W90-A	S4	780	15	7	A
W95-A	S4	780	15	7	A

LEN: Length | Ctrl: Controls | Map var.: Map variant

Services

Services at the Arena will be the same as on the Sprint Qualification day: toilets, refreshment, first aid, GastroMarket, OrientaMarket, baggage storage, etc.

Model Event for Forest Qualification and Middle Final

Pals, Monday 11 August 2025



Start/ finish point

The start/ finish point will be located in an open field in Els Masos de Pals. It is at the same location as the Arena for the Forest Qualification and Middle distance Final races.

Timetable

	From	To
11 August 2025	9:00	13:00

Getting there and parking

The instructions and distances to get to the start/ finish point are the same as for the Forest Qualification day.

Overview map

See the overview map in the Forest Qualification Arena section.

Map

NAME	SCALE	CONTOUR INTERVAL	SIZE
Pals - Begur	1:5 000	5 m	SRA4
Pals - Begur	1:7 500	5 m	SRA4
Pals - Begur	1:10 000	5 m	SRA4

Organiser's suggestion: you could do the Model Event on the same day as the Forest Qualification race, before your start time. You could then spend the Monday exploring our region.



Course details

There will be a start and a finish marked on the Model Event maps. The start will be marked with a control flag in the terrain, but no other equipment will be set out there. There will be a number of control points set out for it. At these control points, there will be control flags with control codes but without SPORTident punching equipment. No time keeping. The control features used are of the same types as will be used in the races.

There is a suggested crossing point to go over a road. It is your responsibility to use it.

Services

An information desk and toilets will be available at the start/finish point.

Forest Qualification Race

Pals, Tuesday 12 August 2025



Arena

The Forest Qualification Arena will be located in an open field in Els Masos de Pals.

- WGS84 coordinates: 41.98408 N, 3.18827 E
- Google Maps: ja.cat/wmoc25_gmap_pals

Timetable

12 August 2025	From	To
Strict embargo	In place	13 August 2025
Arena open	7:30	17:00
Starts	8:30	12:00

Getting there and parking

Follow the sign posting from road GIV-6502. No other ways to reach the parking area may be used.



Cars, Caravans

You must respect the order in which the parking areas are filled. There will be two car parks (VIP85's on P1) and one for caravans. You must follow the signs from the parking areas to the Arena.

Bus

There is a separate parking area for buses. It is forbidden to park buses along the roadside. Please contact secretary.wmoc2025@orientacio.cat for details on how to proceed.

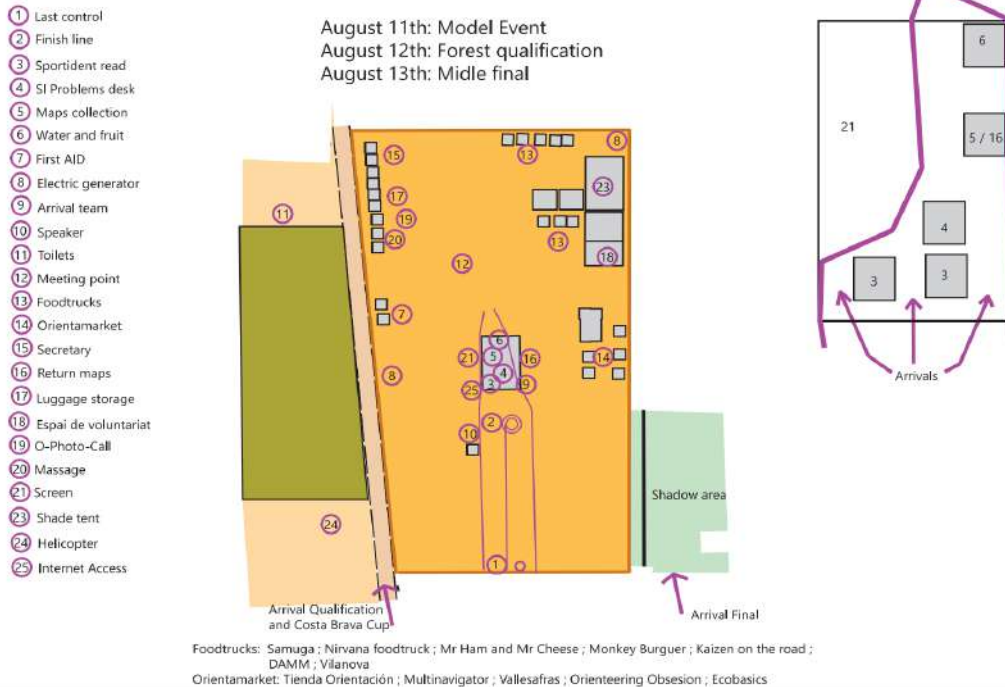
Organiser transport

The bus stop is situated in front of the Arena.



Overview map

C.C. Pals - WMOC 2025



Starts

Start	Distance from Arena	Elevation	Marking type
S1	2 100 m	35 m	green
S2	2 100 m	35 m	yellow
S3	2 100 m	35 m	blue
S4	280 m	0 m	red

Water and toilets will be available on the way to all starts

Terrain

The terrain is characterised by a set of small hills with different relief formations that divide it. Among them, there are areas of dunes with small relief forms. The dominant vegetation is pine, generally scattered throughout the area. The vegetation density is very variable, with many extensive areas with thick undergrowth making visibility and progression speed low. These divide the map into several areas. On the other hand, the areas without undergrowth ensure a high visibility and runnability.

The area features a very dense network of paths, tracks, and other traces, many of them poorly defined. These are often sandy, and slow to run on. Despite their abundance, these paths do not necessarily provide an advantage in either navigation or speed, especially where the sand is soft or deep.

Several man-made elements can be found across the terrain, including abandoned buildings, old dry stone walls, and ruins, particularly near urban edges or former agricultural zones.

Special features

Some old dry stone walls are mapped using the “stone wall” symbol when their structure is still clearly visible and maintains a linear form.

Ruined or partially standing buildings are mapped using the standard building or ruin symbols, depending on their condition.

Club tents

There is space for club tents in the Arena

Map

Name	Variant	Scale	Contour interval	Size
Pals - Begur	A	1:10 000	5 m	SRA3
Pals - Begur	B	1:7 500	5 m	SRA3
Pals - Begur	C	1:5 000	5 m	SRA3

Course details

It is possible that there might not be as many heats in the actual competition as are mentioned in the table next page.

All course lengths show the shortest possible running distance.

Class-heat	Start	LEN (m)	Climb (m)	Ctrl	Map var.
M35-1	S1	8 500	490	20	A
M40-1	S1	8 260	490	18	A
M45-1	S1	7 360	410	16	A
M45-2	S1	7 460	395	18	A
M50-1	S1	7 360	410	16	B
M50-2	S1	7 060	395	18	B
M55-1	S1	6 030	340	16	B
M55-2	S1	5 860	330	15	B
M55-3	S1	5 640	335	15	B
M60-1	S2	5 570	325	15	B
M60-2	S2	5 380	295	16	B
M60-3	S2	5 340	290	16	B
M65-1	S2	5 200	265	15	B
M65-2	S2	5 250	255	14	B
M65-3	S2	5 000	250	14	B
M70-1	S3	4 120	190	11	B
M70-2	S3	4 030	190	11	B
M70-3	S3	3 940	195	11	B
M75-1	S3	3 530	170	10	B
M75-2	S3	3 420	180	10	B
M75-3	S3	3 530	170	10	B
M80-1	S4	2 990	150	13	C
M85-1	S4	2 420	70	12	C
M90-1	S4	1 760	55	9	C
M95-1	S4	1 500	40	9	C

Class-heat	Start	LEN (m)	Climb (m)	Ctrl	Map var.
W35-1	S1	7 060	440	15	A
W40-1	S1	6 420	350	16	A
W45-1	S1	6 030	340	16	A
W45-2	S1	5 860	330	15	A
W50-1	S2	5 570	325	15	B
W50-2	S2	5 380	295	16	B
W55-1	S2	4 760	235	14	B
W55-2	S2	4 590	205	12	B
W55-3	S2	4 760	235	14	B
W60-1	S3	4 210	200	13	B
W60-2	S3	4 270	200	14	B
W65-1	S3	4 120	190	11	B
W65-2	S3	4 030	190	11	B
W70-1	S4	2 990	150	13	C
W70-2	S4	2 870	90	12	C
W75-1	S4	2 870	90	12	C
W80-1	S4	2 420	70	12	C
W85-1	S4	1 760	55	9	C
W90-1	S4	1 500	40	9	C
W95-1	S4	920	15	6	C

LEN: Length | Ctrl: Controls | Map var.: Map variant

Services

Services at the Arena are shown on the Arena map above: toilets, refreshment, first aid, Gastro-Market, OriantaMarket, baggage storage, etc.

Middle Final Race

Pals, Wednesday 13 August 2025



Arena

The Forest Middle distance Final Arena will be located in an open field in Los Masos de Pals. It is the same Arena as used for the Forest Qualification race.

Timetable

12 August 2025	From	To
Strict embargo	In place	17:00
Arena open	7:30	17:00
Starts	8:30	12:00

Getting there and parking

The instructions to get to the Arena are the same as for the Forest Qualification day.

Overview map

See the overview map for the Forest Qualification day.

Starts

Start	Distance from Arena	Elevation	Marking type
S1	400 m	25 m	green
S2	850 m	55 m	yellow
S3	850 m	55 m	blue
S4	250 m	0 m	red

Water and toilets will be available on the way to starts S2 and S3.

Terrain

Consolidated dune terrain with gentle relief but a high number of small landforms such as depressions, knolls, and distinct contour details. The dominant vegetation is pine, generally scattered throughout the area. In zones with denser vegetation, the undergrowth consists of bushes and shrubs, which may slightly reduce visibility and runnability.

The ground is almost entirely sandy, with frequent patches of deep sand that hinder movement and can significantly reduce running speed.



The area features a very dense network of paths, tracks, and other traces, many of them poorly defined, sandy, and slow to run on. Despite their abundance, these paths do not necessarily provide an advantage in either navigation or speed, especially where the sand is soft or deep.

Several man-made elements can be found across the terrain, including abandoned buildings, old dry stone walls, and ruins, particularly near urban edges or former agricultural zones.

Special features

Some old dry stone walls are mapped using the “stone wall” symbol when their structure is still clearly visible and maintains a linear form.

Ruined or partially standing buildings are mapped using the standard building or ruin symbols, depending on their condition.

Club tents

There is space for club tents in the Arena.

Map

Name	Variant	Scale	Contour interval	Size
Pals - Begur	A	1:10 000	5 m	SRA3
Pals - Begur	B	1:7 500	5 m	SRA3
Pals - Begur	C	1:5 000	5 m	SRA3

Course details

It is possible that there might not be as many final races in the actual competition as are mentioned in the table next page.

All course lengths show the shortest possible running distance.

Final	Start	LEN (m)	Climb (m)	Ctrl	Map var.
M35-A	S1	6 220	230	19	A
M35-B	S1	4 980	175	15	A
M40-A	S1	6 090	220	18	A
M40-B	S1	4 900	175	15	A
M45-A	S1	5 340	180	16	A
M45-B	S2	4 060	140	15	A
M50-A	S1	4 900	175	15	B
M50-B	S2	3 880	115	16	B
M55-A	S1	4 570	165	15	B
M55-B	S1	4 170	140	15	B
M60-A	S1	4 360	145	16	B
M60-B	S2	3 950	120	15	B
M60-C	S3	3 350	110	14	B
M65-A	S2	3 940	140	14	B
M65-B	S2	3 430	105	14	B
M65-C	S3	3 210	100	12	B
M70-A	S2	3 630	110	14	B
M70-B	S3	3 140	100	12	B
M70-C	S3	2 860	90	12	B
M75-A	S3	3 140	100	12	B
M75-B	S4	2 610	60	13	B
M80-A	S4	2 740	65	14	C
M80-B	S4	2 110	35	12	C
M85-A	S4	2 210	45	12	C
M85-B	S4	1 680	35	9	C
M90-A	S4	1 620	25	9	C
M95-A	S4	1 330	25	8	C

Final	Start	LEN (m)	Climb (m)	Ctrl	Map var.
W35-A	S1	5 340	180	16	A
W35-B	S2	4 060	140	15	A
W40-A	S1	4 980	175	15	A
W40-B	S2	3 940	140	14	A
W45-A	S1	4 170	140	15	A
W45-B	S3	3 140	100	12	A
W50-A	S2	3 950	120	15	B
W50-B	S3	3 050	100	12	B
W55-A	S2	3 760	120	15	B
W55-B	S3	2 860	90	12	B
W60-A	S3	3 350	110	14	B
W60-B	S4	2 740	65	14	B
W65-A	S3	3 150	95	13	B
W65-B	S4	2 540	60	12	B
W70-A	S3	2 820	90	12	B
W70-B	S4	2 210	45	12	B
W75-A	S4	2 540	60	12	C
W75-B	S4	1 930	35	11	C
W80-A	S4	2 110	35	12	C
W80-B	S4	1 680	35	9	C
W85-A	S4	1 620	25	9	C
W90-A	S4	1 050	20	8	C
W95-A	S4	8 10	10	6	C

LEN: Length | Ctrl: Controls | Map var.: Map variant

Services

Services at the Arena will be the same as on the Forest Qualification day: toilets, refreshment, first aid, GastroMarket, OrientaMarket, baggage storage, etc.



Model Event for Long Final

Cassà de la Selva, Thursday 14 August 2025



Start/ finish

The meeting point for the Model Event for the Long Final is at the same location as the Long Final race Arena.

Timetable

	From	To
Thu, 14 August 2025	9:30	13:00

Getting there and parking

The instructions and distances to get to the meeting point are the same as for the Long Final day.

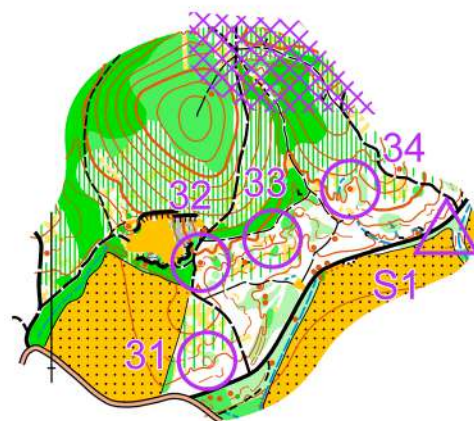
Overview map

See the overview map for the Long Final day.

Map

Name	Scale	Contour interval	Size
Cal Vilallonga	1:10 000	5 m	SRA4
Cal Vilallonga	1:7 500	5 m	SRA4

Organiser's suggestion: you could do the Model Event on the same day as the Long Final race, before your start time. You could then spend Thursday exploring our region.



Course details

There will be a start and a finish marked on the Model Event maps. The start will be marked with a control flag in the terrain, but no other equipment will be set out there. There will be a number of control points set out.. At each control point there will be a control flag with a control code, but without SPORTident punching equipment. No time keeping. The control features used are of the same types as will be used in the Long distance Final race.

Services

One information desk will be available at the meeting point adjacent to the start/ finish. Toilets will be next to the car parking.



Long Final Race

Cassà de la Selva, Friday 15 August 2025

Arena

The Forest Long distance Final race Arena will be located in an open field in Cassà de la Selva.
Location of the Arena:

- WGS84 coordinates: 41.87724 N, 2.90405 E
- Google Maps: https://ja.cat/wmoc2025_forest_cassa

Timetable

15 August 2025	From	To
Strict embargo	In place	17:00
Arena open	7:30	17:00
Starts	8:30	12:00

Getting there and parking

Car, Caravan

Follow the signposting from C-65 at Cassà de la Selva.

WGS84 coordinates: 41.86636 N, 2.88408 E. No other ways to reach the parking area may be used.

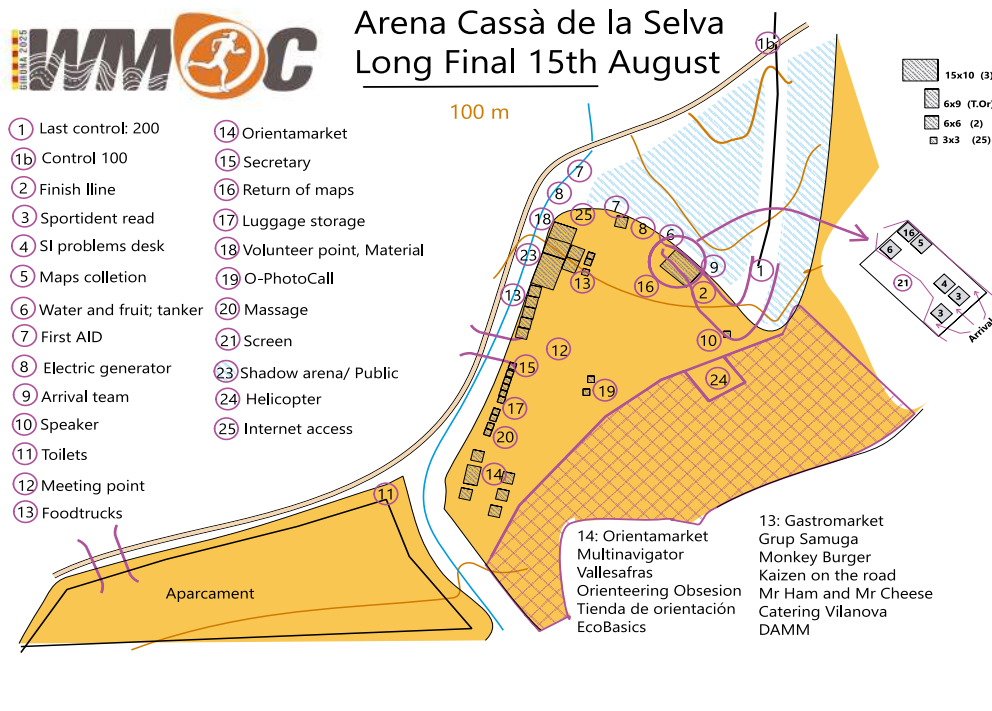
Bus

There is a separate parking area for buses. It is forbidden to park buses along the roadside. Please contact secretary.wmoc2025@orientacio.cat for details on how to proceed.

Organiser transport

The bus stop is situated in front of the Arena.

Overview Map



Starts

Start	Distance from Arena	Elevation	Marking type
S1	1 330 m	60 m	green
S2	930 m	30 m	yellow
S3	650 m	65 m	blue
S4	215 m	20 m	red

Water and toilets will be available on the way to starts S1, S2 and S3.

Terrain

Mediterranean forest of pines, holm oaks, cork trees and strawberry cherry trees. Undergrowth of heather and other shrub species.

The moderate gradients and good penetrability of the vegetation allow for a fast run. Overall, there is little presence of rock elements.

On the other hand, the network of paths is extensive and well-developed. There are some uncultivated fields. In general, very little human presence and activity.

Special features

Some remains of man-made dry stone walls that only slope to one side (walls that separated terraces) are drawn with the stone wall symbol.

Some small bridges in the south-eastern side of the map have been drawn using the symbol "528.0 prominent Line Feature" for ease of understanding. The bridges do not play.

Club tents

There is space for club tents in the Arena area.

Map

Name	Variant	Scale	Contour interval	Size	Map Flip
Cal Vilallonga	A	1:10 000	5 m	SRA4	Yes
Cal Vilallonga	B	1:10 000	5 m	SRA4	No
Cal Vilallonga	C	1:7 500	5 m	SRA3	Yes
Cal Vilallonga	D	1:7 500	5 m	SRA3	No
Cal Vilallonga	E	1: 5 000	5 m	SRA3	No

Course details

It is possible that there might not be as many finals in the actual competition as are mentioned in the table next page.

All course lengths show the shortest possible running distance.

Final	Start	LEN (m)	Climb (m)	Ctrl	Map var.
M35-A	S1	10 140	680	26	A
M35-B	S1	8 140	520	21	A
M40-A	S1	9 040	570	23	A
M40-B	S1	7 440	435	18	A
M45-A	S1	8 640	540	18	A
M45-B	S1	6 580	400	16	B
M50-A	S1	7 440	435	18	C
M50-B	S2	5 600	320	16	D
M55-A	S1	6 050	350	15	D
M55-B	S2	5 150	300	15	D
M60-A	S1	5 880	345	15	D
M60-B	S2	4 850	275	13	D
M60-C	S3	3 950	260	13	D
M65-A	S2	5 370	345	16	D
M65-B	S2	4 660	290	14	D
M65-C	S3	3 580	250	14	D
M70-A	S2	4 860	315	17	D
M70-B	S3	4 020	245	14	D
M70-C	S4	3 230	205	14	D
M75-A	S3	4 170	250	16	D
M75-B	S3	3 580	250	14	D
M80-A	S4	3 210	225	14	E
M80-B	S4	2 800	185	14	E
M85-A	S4	2 660	160	14	E
M85-B	S4	2 000	110	10	E
M90-A	S4	1 320	50	8	E
M95-A	S4	1 180	45	7	E

Final	Start	LEN (m)	Climb (m)	Ctrl	Map var.
W35-A	S1	8 640	540	18	A
W35-B	S1	6 580	400	16	B
W40-A	S1	7 470	475	20	A
W40-B	S1	5 880	345	15	B
W45-A	S1	6 580	400	16	B
W45-B	S2	5 370	345	16	B
W50-A	S2	5 600	320	16	D
W50-B	S2	4 700	250	14	D
W55-A	S2	5 080	315	16	D
W55-B	S3	3 950	260	13	D
W60-A	S2	4 700	250	14	D
W60-B	S3	4 100	220	12	D
W65-A	S3	4 120	250	15	D
W65-B	S3	3 530	235	15	D
W70-A	S3	4 100	220	12	D
W70-B	S4	3 230	205	14	D
W75-A	S4	3 210	225	14	E
W75-B	S4	2 800	185	14	E
W80-A	S4	2 660	160	14	E
W80-B	S4	2 000	110	10	E
W85-A	S4	2 000	110	10	E
W90-A	S4	1 180	45	7	E
W95-A	S4	1 180	45	7	E

LEN: Length | Ctrl: Controls | Map var.: Map variant

Services

Services at the Arena are shown on the Arena map above: toilets, refreshment, first aid, Gastro-Market, OriantaMarket, baggage storage, etc.

Public Event

Costa Brava OCup



The Public Event “Costa Brava OCup” will take place at the same time as the WMOC events. Details will be provided in a separate bulletin.



Summary of Entries

Total amount of entries	2 441
Argentina	3
Australia	38
Austria	31
Belgium	27
Brazil	12
Bulgaria	9
Canada	5
Chile	2
Chinese Taipei	2
Colombia	10
Czechia	118
Denmark	51
Estonia	131
Finland	344
France	175
Germany	33
Great Britain	117
Hong Kong China	29
Hungary	29
India	1
Iraq	9
Ireland	7
Israel	10
Italy	40

Japan	29
Kazakhstan	1
Latvia	34
Lithuania	31
Luxembourg	2
Moldova, Republic of	2
Netherlands	2
New Zealand	8
Norway	276
Poland	45
Portugal	52
Romania	10
Serbia	9
Singapore	2
Slovakia	22
Slovenia	4
Spain	207
Sweden	297
Switzerland	88
Turkiye	14
Ukraine	39
United States	34



UPCOMING EVENTS



2-5
April
2026

La Cerdanya (Lleida)
**Spanish National Championship
IOF WRE**



28-1
Oct-Nov
2027

Tarragona
**IOF OWC Final Round
Spanish National League**

28-30
April
2028

Girona
**World Orienteering
Championship**



