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MTBO

WORLD CHAMPIONSHIPS



WORLD MTB ORIENTEERING CHAMPIONSHIPS
JUNIOR WORLD MTB ORIENTEERING CHAMPIONSHIPS
MTB ORIENTEERING WORLD CUP, ROUND 2
11 – 17 August 2025, Warsaw, Poland

BULLETIN 4





WELCOME TO WARSAW!

The Polish Orienteering Federation and Team 360 Degrees are pleased to welcome participants of the World MTB Orienteering Championships and Junior World MTB Orienteering Championships 2025 to Warsaw!

The capital of Poland is not only the biggest and one of the most interesting cities for tourists in our country; it's also an excellent place to practice MTB Orienteering. Picturesque forests, crossed by a dense network of paths, were already an arena of a big MTBO event – the European Champs in 2006. This time we are going to take a visit in this area once again – enjoying World Championships in 2025!



Władysław Kosiniak- Kamysz – doctor, local government official and politician. Member of the Polish Sejm in its 8th,9th and 10th term. President of the Polish People's Party since 2015.

Born in 1981 in Cracow, he is an alumnus of the Jan Sobieski's 2nd High School and the Faculty of Medicine at the Jagiellonian University's Collegium Medicum, holding a doctoral degree in medicine. He is a lecturer at the Internal Medicine and Agricultural Medicine Clinic at the Jagiellonian University's Collegium Medicum. He earned his doctoral degree in 2010, and conducted his research at the Emory University School of Medicine in Atlanta, USA, among others.

He was a member of Cracow's city council between 2010 and 2011. In this role he took part in the sessions of the Family and Social Policy Committee, Health and Prophylaxis Committee and the Property and Entrepreneurship Committee.

Between 2015 and 2023 he was the leader of Polish People's Party parliamentary club, and became a member of the National Security Council in 2016.

Between 2012 and 2021 he was the Chairman of the Popular Sports Teams Association's Main Council.

He is the grandson of Władysław, a soldier of the 13th Wilno Uhlan Regiment and the Peasant Battalions, and the son of Andrzej Kosiniak-Kamysz, Health Minister in the cabinet of Tadeusz Mazowiecki.

He married Paulina, with whom he has two daughters and a son.



Ministerstwo
Obrony Narodowej

Ladies and Gentlemen, Dear Athletes, Dear Guests,

It is with great pleasure and pride that I welcome you to Warsaw, the heart of Poland, where this year's edition of World MTB Orienteering Championships, Junior World MTB Orienteering Championships and MTB Orienteering World Cup – Round 2 will be held from 11 to 17 August 2025. This unique sporting event will be an opportunity not only to present one of the most demanding and fascinating sports but also to promote physical activity and to discover the beauty of our country. I am convinced that the competitions will offer a possibility to test your skills and will be an occasion for international integration and exchange of experience.

I am pleased that Poland has been selected to host this prestigious event. Warsaw and its green surroundings offer excellent conditions for sports competitions as well as for relaxation and reflection on what is most important in sport: passion, fair play and respect for the competitors.

Dear Athletes, you will be taking part in the top-level sports competitions in the beautiful but demanding area of Mazowsze region's forests. I wish you excellent sporting results as well as joy, satisfaction and memorable experiences. I believe that the principle of fair play will guide you throughout the competitions.

I wish true sports emotions and excitement to all the guests. I hope that you will have many positive memories of Poland, not only as the host of the competitions but also as a country that is hospitable, open and full of passion for sport.

Jakub Rutnicki

Minister of Sport and Tourism

Ministerstwo
Sportu i Turystyki



Dear Organisers and Participants,

It is a great pleasure to welcome you to Mazovia – the heart of Poland. I am proud that our region has been chosen to host the World MTB Orienteering Championships and the Junior World MTB Orienteering Championships. I am confident that our region will leave a lasting impression on you, and that beyond the thrill of competition, you will have the opportunity to enjoy the natural beauty of our landscape. The routes will take you through a variety of terrains – from winding trails in dense forests to dynamic, technically demanding sections in urban and suburban settings.

These Championships represent more than just a sporting challenge. They are a celebration of healthy living and physical activity – values that are deeply cherished by the Self-Government of Mazowieckie Voivodship. For many years, we have been implementing our own support programmes to encourage residents to engage in sport. Each year, we assist municipalities and counties in renovating and constructing gymnasiums, sports halls, pitches, outdoor gyms, tennis courts, skateparks and cycling paths. Our aim is to ensure that modern sports infrastructure is accessible to all. In parallel, we support local health promotion initiatives – from cycling rallies and preventive screenings to health education and efforts to combat lifestyle diseases.

Supporting this event is both an honour and a privilege for the Self-Government of Mazowieckie Voivodship. The values of physical activity, sporting spirit and fair play resonate strongly with us. Together, we demonstrate that sport has the power to unite.

I would like to extend my sincere congratulations to the Polish Orienteering Federation, which, in collaboration with Team 360 Degrees and the International Orienteering Federation, has organised this outstanding international event. It has brought many outstanding athletes from around the world to Mazovia.

To all participants, I wish you every success, excellent results and above all – an enjoyable experience.

Adam Struzik

Marshal of the Mazowieckie Voivodship



I have the great pleasure of welcoming all the participants, supporters, and guests of the MTBO World Championships to our city.

I am delighted that Warsaw has become the center of sporting competition for the athletes who have come from all over the world to take part in one of the most demanding sporting events.

The MTBO World Championships are a true celebration of sport, combining passion, determination, remarkable precision, and endurance. I am proud that Warsaw can host such a unique, world-class event and that our capital serves as the backdrop for one of the most important races in the MTBO calendar.

The competitors will face challenging courses, while spectators will have the opportunity to admire their strength, fighting spirit, and extraordinary skills. I hope all participants feel at home here and that the atmosphere will foster not only competition but also mutual support—and that everyone will simply enjoy taking part.

I would like to thank the organizers, volunteers, and everyone who contributed to making the MTBO World Championships such a significant sporting event in our region. I wish all the athletes the best of luck, and to all the fans, I wish you unforgettable experiences!

Rafał Trzaskowski

Mayor of Warsaw



Prezydent
miasta stołecznego
Warszawy



Dear Athletes, Coaches, and Guests,

On behalf of the Polish Orienteering Association, it is my immense pleasure to welcome you all to the World Mountain Bike Orienteering Championships. We are truly honored to host this prestigious event, bringing together the best MTBO talent from across the world.

This championship is not only a celebration of athletic excellence but also an opportunity to foster camaraderie, exchange knowledge, and create lasting memories. Poland, with its rich history, vibrant culture, and stunning landscapes, will offer a unique backdrop to the competition. Our team has been working tirelessly to ensure that every participant experiences the best of Polish hospitality and world-class event organization.

We look forward to witnessing remarkable performances, exciting races, and the spirit of friendly competition that defines our sport.

Thank you for joining us. We wish you all the best of luck and unforgettable experiences as you embark on this incredible journey!

Łukasz Charuba

Chairman of Polish Orienteering Federation



Honorary Committee



Commander of Warsaw Garrison,
**Major General Tomasz
Dominikowski**



Commandant-Rector
of Military University of Technology,
Brigadier General, Professor
Przemysław Wachulak



Forester of Celestynów
forest district,
dr Artur Dawidziuk



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1. ORGANISATION

1.1. Organisers

Polish Orienteering Federation (PZOS)
Team 360 Stopni



1.2. Organising team

Event Director: Igor Błachut
Course Planner: Remigiusz Nowak
Maps: Jarosław Bartczak, Karol Galicz, Grzegorz Marcinkiewicz, Piotr Pietroń, Przemysław Patejko
IT/time keeping: Ramune Arlauskienė (LTU)
Jury members: Ursula Häusermann (SUI), Jiri Vraný (CZE), Keith Dawson (GBR) – reserve member

1.3. Event advising / event control

IOF Senior Event Adviser: Mario Ruggiero
National Controller: Ludomir Parfianowicz

1.4. Information and contact

Website: www.wmtboc2025.pl
Email address of organiser: wmtboc@wmtboc2025.pl
Telephone number: +48 609-833-555
facebook: <https://www.facebook.com/events/501140486053455>
competition office: Mercure Hotel Wiązowna Brant, located in Majdan, 05-462 Wiązowna, Równa street 3, Poland.
Email address: office@wmtboc2025.pl
This event is organised under the authority of the International Orienteering Federation (IOF).

The World Mountain Bike Orienteering Championships, Junior World Mountain Bike Orienteering Championships and round 2 of CX80 MTBO World Cup are organised under the authority of the International Orienteering Federation (IOF) www.orienteering.sport

2. VENUE

2.1. General map of the region

POLAND
WARSAW



2.2. Event centre

Event Centre is located in Mercure Hotel Wiązowna Brant, located in Majdan, 05-462 Wiązowna, Równa street 3, Poland.
<https://www.branthotel.pl>
 Google maps: [here](#).

2. VENUE

SPRINT

The sprint arena is located on the grounds of the Military University of Technology, one of the best technical universities in Poland. The sprint will be held in a nearby forest, cut by a dense network of paths and roads.

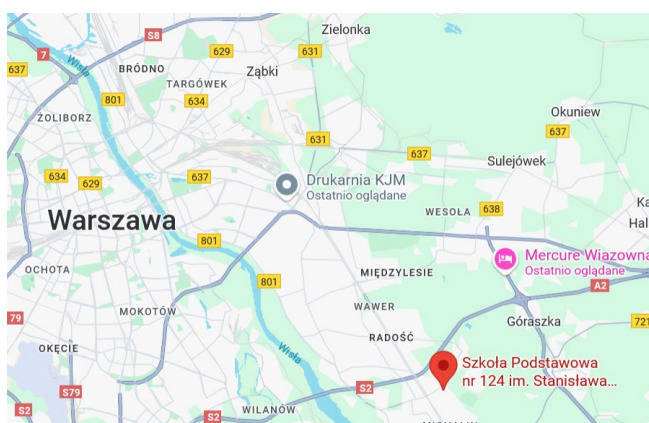
Distance from EC (by car) - 45 km, 30 min
[GOOGLE WAT](#)



MIDDLE

Arena for middle distance is located in Falenica - a suburban district of Warsaw whose inhabitants can say of themselves that they "live in the forest". Dunes, a pine forest, very many paths - this is the setting of the EA, which is located in a local school.

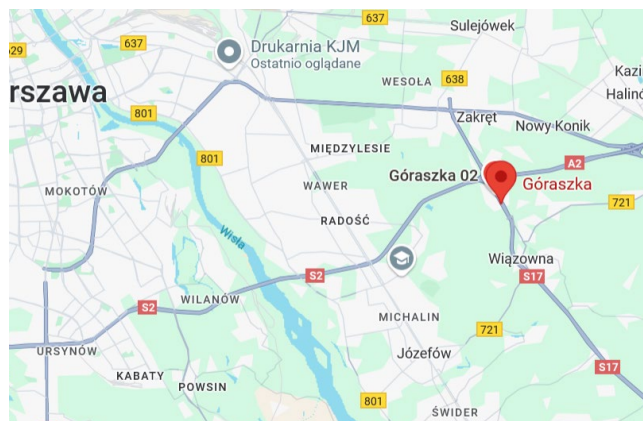
Distance from EC (by car) - 12 km, 12 min
[GOOGLE FALENICA](#)



2. VENUE

LONG / MASS START

Arena for mass start and long distance is located on a former sports airfield in Góraszka, just outside the administrative boundaries of Warsaw. There used to be an airport here, now - the "Góraszka Project" envisages the construction of a shopping centre here, but also cinemas, an amusement park, restaurants, a gym and everything to provide attractive leisure and family entertainment. For the duration of WMTBOC, however, bicycles, maps and compasses will rule here :)



Distance from EC (by car) - 3 km, 5 min
[GOOGLE GÓRASZKA](#)



**PROJEKT
GÓRASZKA**

RELAYS

And finally, the venue for the relays. The arena of the competition is the equestrian centre in Stara Miłosna. The Hippodrome currently serves the soldiers of the representative unit of the Polish Army; you can meet both soldiers and mounts of the Representative Cavalry Squadron of the Polish Army there!

Distance from EC (by car) 4 km, 7 min
[GOOGLE HIPODROM](#)



3. TRAVEL AND TOURIST INFORMATION

3.1. Transport from airport to Event Centre

Event Centre is readily accessible by major roads and public transport.

Distance by car

From Warsaw Chopin Airport	30 km, 25 minutes
From Warsaw Modlin Airport	57 km, 60 minutes

Distance by bus (public transport)

From Warsaw Central Railway Station	20 km, 55 minutes
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3.2. Directions for obtaining entry permits (visas)

Passports and maybe a visa are needed to enter Poland for some countries. Poland is a full Schengen member state. Application for the visa should be submitted at the nearest Polish Embassy.

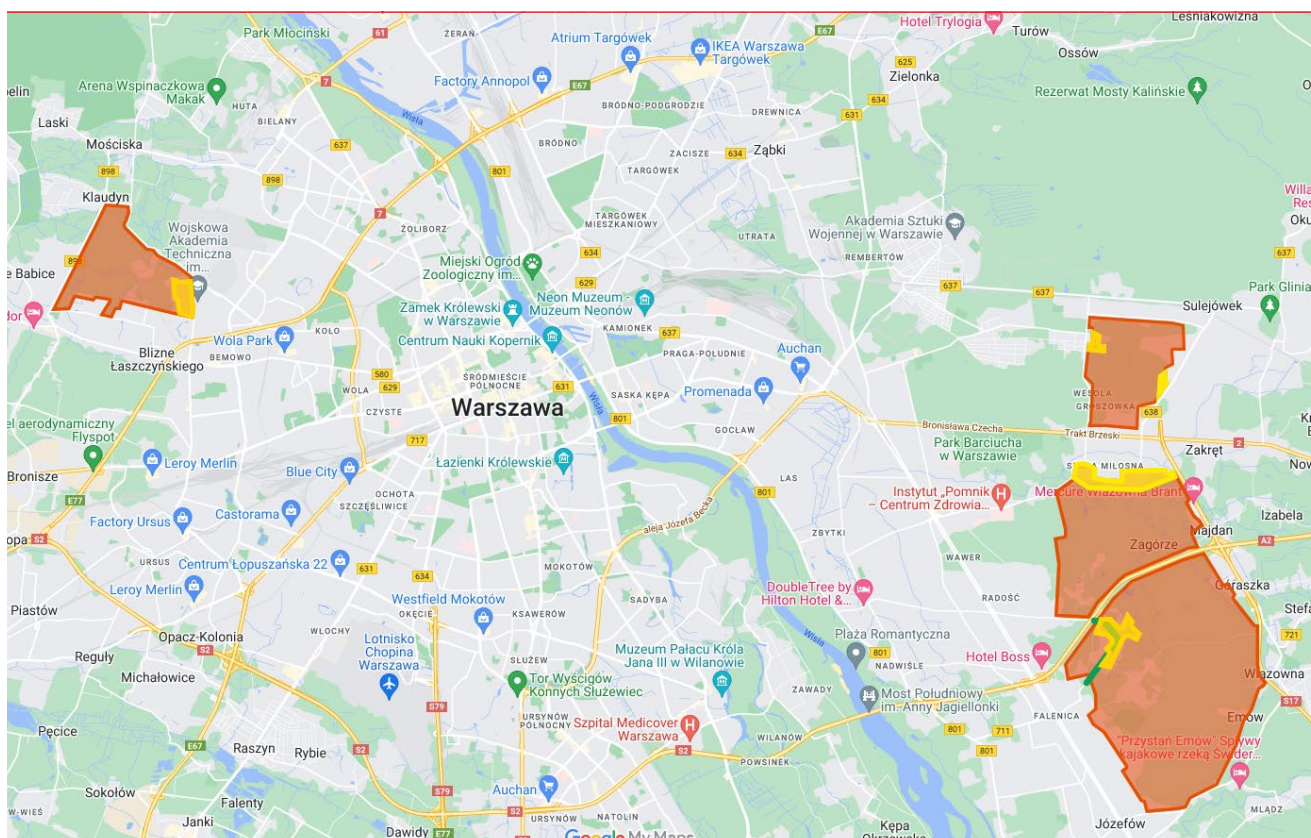
4. TRANSPORT

All the competitions are within 10 km from the Event Centre and can be reached by bike (except for the sprint, which is about 30-40 km by car from the EC). The organisers do not offer any transport from the EC to the competitions.



photo: wilcze.OKO; FOTOGRAFIA – Arkadiusz Jaskuła

5. EMBARGOED AREAS



The areas **marked in red** on the map are fully embargoed, which means that these areas may not be entered at all (unless specifically permitted by the organisers). The embargoed areas are out of bounds for all potential participants and team members, including competitors, team leaders, coaches, doctors, escorts, and any other person who through their knowledge of the terrain may influence the result of the competitions.

So, no participants and no one with a potential connection to a team (athletes or others) may visit the embargoed areas, not even without a map.

The area **marked in yellow** is open for everyday use (e.g. living, school, etc.) - but the use of orienteering maps there is prohibited.

Roads **marked in green** passing through the embargoed area are open for everyday travel (commuting).

Full details about embargoed areas are given at: [HERE](#)

Dates and types of competitions			
Date	Hours	WMTBOC&JWMTBOC	Open categories
Sun 10 August	16:00 – 20:00 16:00 – 20:00	Team arrivals, accreditation Event office open at EC	
Mon 11 August	12:00 – 20:00 12:00 – 20:00 14:00 – 17:00 14:00 19:00	Event office open at EC Team arrivals, accreditation Model event (Stara Miłosna) Competition entry deadline (final name entries) for Sprint distance Team officials' meeting at EC	
Tue 12 August	11:00 – 17:00 12:00 12:00 – 16:00 12:00 16:30 18:00 – 20:00 19:00	Event office open at sprint arena (WAT Bemowo) <i>Start quarantine closed</i> Sprint competition Competition entry deadline (final name entries) for Middle distance competition Opening Ceremony & Prize-giving Ceremony for Sprint (event arena, WAT) Event office open at EC Team officials' meeting at EC	
Wed 13 August	10:00 – 16:00 11:00 11:00 – 16:00 12:00 17:30 – 20:00 18:00 19:00	Event office open at arena (SP 124, Falenica) <i>Start quarantine closed</i> Middle distance competition Competition entry deadline (final name entries) for Mass Start Event office open at EC Prize-giving ceremony at EC Team officials' meeting at EC	16:00 – 1st start
Thu 14 August	10:00 – 16:00 11:00 – 14:30 18:00	Event office open at event arena (Góraszka) Mass Start competition Prize-giving ceremony at EC	14:30 – mass start of open categories
Fri 15 August	 14:00-20:00 14:30 17:00 19:00	Rest day Event office open at EC Competition entry deadline (final name entries) for Long distance competition MTBO Forum/Open Meeting by the MTBO Commission at EC Team officials' meeting at EC	
Sat 16 August	09:00 – 16:30 10:00 10:00 – 16:00 12:00 17:30 – 20:00 18:00 19:00	Event office open at arena <i>Start quarantine closed</i> Long distance competition Competition entry deadline (final name entries) for Relay Event office open at EC Prize-giving ceremony at EC (joined with medal ceremony of YGWS of MTBO) Team officials' meeting at EC	16:00 – 1st start
Sun 17 August	10:00 – 15:00 11:00 15:00 16:00 – 18:00 18:30	Event office open at arena (Hipodrom Stara Miłosna) <i>Start quarantine closed</i> Relay Prize-giving and closing ceremony at arena Event office open at EC Banquet at EC	

- For the JWMTBOC, team officials must allocate their athletes to starting groups **by the competition entry deadline**.

This is the deadline to confirm each team member's entry for this competition. All team officials are asked to submit the names of the competitors who will start in each class and the cycling order in relays. This can be done hand in the provided paper forms to the event office at the finish arena or at the event centre.

In individual competitions, between the competition entry deadline and two hours before the first start in the class, a competitor may be replaced for a valid reason (e.g. accident or illness). In the Relay, changes of names of the relay team members and/or their cycling order must reach the organiser at least two hours before the start of the relay class.

7. CLASSES AND PARTICIPATION

WMTBOC

- There is one class for women (called Women) and one for men (called Men). There are no age restrictions.
- All competitors must be citizens of the country of the federation they are representing.
- Competitors participate at their own risk. Third party insurance and personal injury insurance is compulsory and is the responsibility of the competitors' federation or themselves.
- All competitors represent a federation. Each federation may enter a team of an unlimited number of competitors and team officials.
- In each individual competition, every federation may enter up to 6 women and 6 men plus the current World Champions for the distance. Additionally, each federation may enter up to a further 2 women and 2 men, who qualify for the Women U23 and Men U23 classes respectively, in the Sprint, the Middle distance and the Mass start. No U23 classes are offered in the Long distance.
- In the Relay, each federation may enter up to 2 women's teams and 2 men's teams, each consisting of 3 team members.
- Each competitor must have a valid IOF Athlete Licence.

JWMTBOC

- There is one class for women (W20) and one for men (M20). Only competitors who are entitled to compete in these classes may participate.
- All competitors must be citizens of the country of the federation they are representing.
- Competitors participate at their own risk. Third party insurance and personal injury insurance is compulsory and is the responsibility of the competitors' federation or themselves.
- All competitors represent a federation. Each federation may enter a team of an unlimited number of competitors and a number of team officials.
- For all individual competitions, each federation may enter up to 6 women and 6 men.
- In the Relay, each federation may enter up to 2 women's teams and 2 men's teams, each consisting of 3 team members.

Open Categories

There will be three classes in the individual events (middle distance, mass start, long distance): open long, open middle, open short. No relays and no sprint event is going to be held.

Starting groups

For the WMTBOC competitions with an interval start (Sprint, Middle and Long distance), there are four starting groups that remain the same for all races. They are based on the World Ranking list as published on 1/8/2025. Starting group 1 starts first, followed by starting group 2, 3 and at the end starting group 4.

There are three starting groups at the JWMTBOC for the individual competitions. They are based on the allocation made by the team officials.

A maximum of two competitors can be allocated to each group. Before allocating a second competitor to a group, one competitor must be allocated to each group.

Start lists (WMTBOC, World Cup) will be published prior to the first event.
MTBO World Ranking List as of 01.08.2025

MEN		
Rank	Name	Federation
GROUP 4		
1	Vojtech LUDVIK	Czechia
2	Andre HAGA	Finland
3	Andreas WALDMANN	Austria
4	Fabiano BETTEGA	Italy
5	Jonas MAISELIS	Lithuania
6	Samuel POKALA	Finland
7	Krystof BOGAR	Czechia
8	Jan HASEK	Czechia
9	Ignas AMBRAZAS	Lithuania
10	Vojtech STRANSKY	Czechia
11	Martin KANTA	Czechia
12	Teemu KAKSONEN	Finland
13	Jiri HRADIL	Czechia
14	Riccardo ROSSETTO	Italy
15	Armel BERTHAUD	France
GROUP 3		
16	Milka NURMI	Finland
17	Adrian JAEGLI	Switzerland
18	Paul DEBRAY	France
19	Noah RIEDER	Switzerland
20	Jeremi POURRE	France
21	Lauri MALSROOS	Estonia
22	Jussi LAURILA	Finland
23	Jonas Vytautas GVILDYS	Lithuania
24	Tomi NYKANEN	Finland
25	Luca DALLAVALLE	Italy
25	Hannes HNILICA	Austria
27	Bartosz NIEBIELSKI	Poland
29	Pierre MARTINEZ	France
30	Rasmus NORDGREN	Sweden
GROUP 2		
31	Flurin SCHNYDER	Switzerland
32	Georg KOFFLER	Austria
33	Oliver FRIIS	Denmark
34	Matej MULLER	Slovakia
35	Albin DEMARET JOLY	France
36	Joao FERREIRA	Portugal
38	Sander PRITSIK	Estonia
39	Grzegorz NOWAK	Poland
40	Andris SARKSNA	Latvia
41	Stanimir BELOMAZHEV	Bulgaria
42	Daniel MARQUES	Portugal
43	Sverre ROJGARD	Sweden

MEN	
GROUP 1	
Tatu Aaltonen	Finland
Toshio Adachi	Japan
Sebastian Anders	Germany
Hiro Ayano	Japan
Tobias Breitschaedel	Austria
Enrique Chousa Esteban	Spain
Fabio Goncalves	Portugal
Per Haehnel	Germany
Margus Hallik	Estonia
Kazushige Hatori	Japan
Hendrik Hess	Germany
Bjarne Hoffmann	Denmark
Noah Tristan Hoffmann	Denmark
Mark Huster	Germany
Martin Illig	Austria
Mihkel Jarve	Estonia
Regimantas Kavaliauskas	Lithuania
Renat Khasanshin	Ukraine
Hubert Kielak	Poland
Bernhard Kogler	Austria
Mihkel Mahla	Estonia
Rokas Mickevicius	Lithuania
Ildar Mihnev	Bulgaria
Nikolay Nachev	United States
Tsach Nahari	Israel
Morten Oernhagen Joergensen	Denmark
Sergi Oliveras i Ferrer	Spain
Oleksandr Oryshko	Ukraine
Emilis Petkevicius	Lithuania
Priit Poopuu	Estonia
Danielius Pralgauskis	Lithuania
James Robertson	Australia
Riivo Roose	Estonia
Krzysztof Rzenca	Poland
Mitsuhiro Sano	Japan
Juan Sanz	Spain
Jakub Skoda	Czechia
Sebastian Svard	Sweden
Lennart Voss	Germany
Will Palmer Whittington	Australia
Lukas Wilms	Germany
Krzysztof Wroniak	Poland
Vor Yiu	Hong Kong China
Aivis Zetmanis	Latvia

Start lists (WMTBOC, World Cup) will be published prior to the first event.
MTBO World Ranking List as of 01.08.2025

WOMEN		
Rank	Name	Federation
GROUP 4		
1	Nikoline SPLITTORFF	Denmark
3	Martina TICHOVSKA	Czechia
4	Ruska SAARELA	Finland
5	Algirda MICKUVIENE	Lithuania
6	Gabriella GUSTAFSSON	Sweden
7	Camilla SOEGAARD	Denmark
8	Constance DEVILLERS	France
9	Valerie KAMEREROVA	Czechia
10	Caecilie CHRISTOFFERSEN	Denmark
12	Marika HARA	Finland
13	Ursina JAEGLI	Switzerland
14	Tilda PALM	Sweden
15	Iris Aurora PECORARI	Italy
GROUP 3		
16	Celine WELLENREITER	Switzerland
18	Antonia HAGA	Finland
19	Rozalie KUCHAROVA	Czechia
21	Lou GARCIN	France
22	Anna KAMINSKA	Poland
23	Jana HNILICA	Austria
24	Jana LUSCHER ALEMANY	Switzerland
25	Siiri RASIMUS	Finland
26	Lucie NEDOMLELOVA	Czechia
27	Marisa COSTA	Portugal
28	Laurane MEYERS	France
29	Karin GUSTAFSSON	Sweden
GROUP 2		
31	Blanka TAMAS	Hungary
33	Anna TKACZUK	Poland
34	Karolina MICKEVICIUTE JUODISIENE	Lithuania
35	Elena YLLAN ORTIZ	Spain
38	Agne MUSAJEVAITE	Lithuania
40	Eleri HIRV	Estonia
42	Marii Isabel ALLIKBERG	Estonia

WOMEN	
GROUP 1	
Sandra Arak	Estonia
Kosara Boteva	Bulgaria
Magni Chiara	Italy
Greta Dimitrova	Bulgaria
Nerea Garcia Rodriguez	Spain
Marie Kamarytova	Czechia
Naoko Kano	Japan
Elvira Larsson	Sweden
Lai Han Dennex Lui	Hong Kong China
Marketa Mulickova	Czechia
Nataliia Pustova	Ukraine
Aleksandra Szaturska	Poland
Teodora Tabakova	Bulgaria
Juste Umbrasaite	Lithuania
Stella Varotti	Italy

8. ENTRY SUMMARY

Federation	MEN	WOMEN	Team officials	total
Australia	2		1	3
Austria	6	1	2	9
Bulgaria	2	3	1	6
Czechia	7	6	1	14
Denmark	4	3	2	9
Estonia	7	3	10	
Finland	7	5	1	13
France	5	3	2	10
Germany	6			6
Hong Kong China	1	1	1	3
Hungary		1		1
Israel	1			1
Italy	4	3	1	8
Japan	4	1	1	6
Latvia	2		1	3
Lithuania	7	4	1	12
Poland	5	3	1	9
Portugal	3	1		4
Slovakia	1			1
Spain	3	2	1	6
Sweden	3	4	1	8
Switzerland	3	3	1	7
Ukraine	2	1		3
United States	1			1
SUM	86	48	19	153

Federation	M20	W20	Team officials	total
Australia		1		1
Bulgaria	2		1	3
Czechia	6	6	1	13
Denmark		2	2	4
Estonia	3	1		4
Finland	6	6	2	14
France	3	3	1	7
Germany	1	3		4
Hong Kong China		1	1	2
Hungary	1			1
Italy	3	1	1	5
Latvia	5	2		7
Lithuania	4	4		8
Poland	6	4	2	12
Portugal	4			4
Spain	3	3		6
Sweden	4	3	2	9
Switzerland		1	1	2
SUM	51	41	14	106

9. COMPETITION RULES

9.1. Information about rules

All competitions will be organised in accordance with the following rules valid at the time of the event:

- IOF MTBO Competition Rules
- Special Rules MTBO World Cup

All the rules can be found at <https://orienteering.sport/mtbo/competition-rules>

Further general MTBO rules:

- Competitors must get to all control points with their bikes.
- The bicycle must be with the competitor at all times.
- Wearing a rigid safety helmet is compulsory during competitions and training sessions.
- It is forbidden to use roads or tracks marked with purple crosses or a purple zigzag line on the map.
- Riding outside the mapped area during the competition is not allowed.
- National traffic rules must be followed.

Non-compliant competitors or competitors who break any rule may be disqualified.

9.2. Deviation from the rules

- Due to the military procedures, organisers had to change the team names deadline from 1st August 2025 to 29th July 2025.
- Symbol 215 (Trench) from ISOM 2017-2 is used on the sprint map
- The start interval at the Long distance will be 2 instead of 3 minutes

9.3. Info about off-track riding

Riding off the track, trail or path is generally allowed, but it is forbidden in cultivated land such as farmlands, forestry cultivation and similar. Off-track riding speed may vary a lot.

9.4. Controls not situated on paths

Control points may be off-track, in rideable open areas. They will be set so as not to require control descriptions.

9.5. Anti-doping

Doping is strictly forbidden and the organisers of WMTBOC/World Cup and JWMTBOC are dedicated to supporting the anti-doping authorities in their work. Doping tests are always carried out in accordance with the procedures described in the WADA International Standard for Testing. The IOF Anti-Doping Rules and the World Anti-Doping Code apply. Athletes who are selected for doping tests must bring an official identification (with photo) to the doping test area. The athlete should also bring along their therapeutic use exemption (TUE) if applicable. In general, it is advisable that the athletes bring along their ID to all the competitions and events.

For more information and anti-doping documents, please consult: <https://orienteering.sport/iof/anti-doping>

10. COMPETITION INFORMATION

10.1. Punching system

SPORTident Air+ (system for contactless punching with SI Active Cards SIAC) with a working range of 150 – 180 cm will be used.

It is recommended that competitors use a backup SIAC/a second SIAC. The data recorded in the backup SIAC will only be used when the main SIAC did not work properly, i.e. in the case of failure of the main SIAC during the race. The backup SIAC cannot be used to rank a competitor if they lost their main card.

To make sure that all controls are recorded by the backup SIAC from the beginning, the backup SIAC must be carried in close proximity to the main SIAC (on the same hand or arm).

In addition to the unit for contactless punching, there will be classical/ non contactless SI unit at each control, which is a backup for failure of the punching unit – but also for failure of the SIAC. Each control will also be equipped with needle punch as a second backup.

10.2. Rental

Competitors may use their own SIAC, but organisers will provide SIACs for rent.

Rental SIACs will be available at € 20 for the whole event – deposit € 80. Team leaders may get those devices in the event office.

10.3. GPS devices

Each competitor in elite categories (WE, ME) will have to take GPS device before the start. Devices will be supplied by organizers. Competitors should take them before entering the first corridor of the starting zone (pre-start; up to 20 minutes). The transmitters will be equipped with arm-bands. GPS transmitters are to be returned by competitors at the finish line.

10.4. Winning times

Winning times in minutes (according to the IOF MTBO Competition Rules)

Format (distance)	WOMAN, MEN	M20, W20
Sprint	20 – 25	16 – 20
Middle	50 – 55	40 – 44
Mass start	75 – 85	60 – 68
Long	105 – 115	84 – 92
Relay: average for each leg	40 – 45	35 – 40
total winning time	120 – 135	105 – 120

10.5 Team officials meeting

- The meetings (with physical attendance) will be held in the Event Center, on the day before each competition at 19:00 (details see at 6. - Event Programme)
- A maximum of 2 team officials per federation may attend the meeting.
- The information from the meeting will be published on the organiser's website <https://wmtboc2025.pl/> by 22:00.

11. RACE DETAILS

11.1. Model event

- Model event map is located near the area where the competition will be held. The map on which the model event will take place was used during this year's Mazovia Cup (long distance).
- **The training will be open from 2:00 to 5:00 p.m.**
- **Maps will be available at the event office.**
- The controls are in free order, and there is no timekeeping.
- You will have the opportunity to try out the SPORTident AIR+ system. Bring your SIAC with you!
- **Distance from EC (by car) - 4,5 km, 9 min**
- The car park (located next to the start of the model event) is 4 kilometres from the event office.
[MODEL GOOGLE](#)


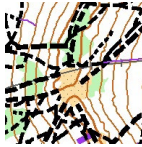



11.2. Course parameters

Sprint 1:5000	Length	Nr of Controls	Optimal route	Total climb	Change map	Map size
M21	6,6 km	34	9,2 km	20 m	5,5 km	A3
W21	5,8 km	28	7,9 km	20 m	5,2 km	A3
M20	6,0 km	30	8,1 km	20 m	4,9 km	A3
W20	5,3 km	26	6,4 km	20 m	5,1 km	A3
Middle 1:10 000	Length	Nr of Controls	Optimal route	Total climb	Refresh- ments	Map size
M21	17,6 km	37	20,9 km	360 m	No	A3
W21	13,4 km	28	16,5 km	260 m	No	A3
M20	14,3 km	30	18,8 km	290 m	No	A3
W20	10,6 km	24	13,4 km	215 m	No	A3
Long 1:15 000	Length	Nr of Controls	Optimal route	Total climb	Refresh- ments / change map	Map size
M21	37,5 km	28	47,8 km	400 m	24,8 km	A3
W21	28,9 km	21	35,1 km	360 m	17,4 km	A3
M20	32,5 km	23	39,8 km	375 m	20,8 km	A3
W20	24,7 km	20	30,1 km	320 m	15,5 km	A3
Mass 1:12 500	Length	Nr of Controls	Optimal route	Total climb	Refresh- ments	Map size
M21	24,6 km	35	33,5 km	270 m	No	A3
W21	20,4 km	31	27,3 km	250 m	No	A3
M20	23,0 km	31	30,5 km	270 m	No	A3
W20	19,1 km	26	25,0 km	220 m	No	A3
Relay 1:10 000	Length	Nr of Controls	Optimal route	Total climb	loop distance*	Map size
M21	12,6 - 13,4 km	27	14,7 - 16,3 km	130 m	2,2 km	A3
W21	10,3 - 10,7 km	23	12,4 - 13,4 km	110 m	1,9 km	A3
M20	10,5 - 11,2 km	23	12,4 - 13,4 km	110 m	2,2 km	A3
W20	9,1 - 9,5 km	15	9,8 - 10,4 km	110 m	1,9 km	A3

* - loop – distance from spectator control to the finish line (relays)

11.3. Maps and terrain

All maps will be made according to the International Specification for MTB Orienteering Maps ISMTBOM 2022 valid at the time of the event (see <https://orienteering.sport.iof/mapping>).

Competition Scale / vertical contour intervals	Description of terrain	Recent map sample showing type of terrain
Sprint 1:5 000 / 2,5 m	Forest terrain; used by army as an exercise area. Mostly flat. Very dense net of tracks and paths.	
Middle 1:10 000 / 2,5 m	Forested area, mostly pine and beech wood (very good visibility). Dense net of tracks; sandy dune in the second part of the course requires very careful navigation.	
Long 1:15 000 / 2,5 m	Mostly forested, mostly flat area with some dunes. Quite a dense net of paths and tracks; most of the tracks are fast, although there are some sandy parts, additionally damaged by horses.	
Mass start 1:12 500 / 2,5 m	Event area similar to the long and middle distance; plenty of tracks, mostly good rideability, mostly good visibility.	
Relay 1:10 000 / 2,5 m	Part of the area (event arena) located in the military equestrian centre; therefore paths close to the centre are damaged by horses. Mostly flat, northern part of the area very fast and very dense net of paths.	

Competition	Scale / vertical contour intervals	Map size
Sprint	1 : 5 000 / 2,5 m	420x297mm (A3)
Middle	1 : 10 000 / 2,5 m	420x297mm (A3)
Mass start	1 : 12 500 / 2,5 m	420x297mm (A3)
Long	1 : 15 000 / 2,5 m	420x297mm (A3)
Relay	1 : 10 000 / 2,5 m	420x297mm (A3)

A symbol from the ISOM 2017-2 (Trench – 215) is used on the sprint map. On the map it looks like follows:

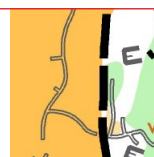
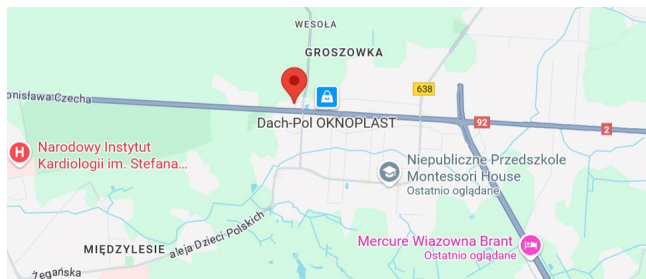


Photo from the event area >



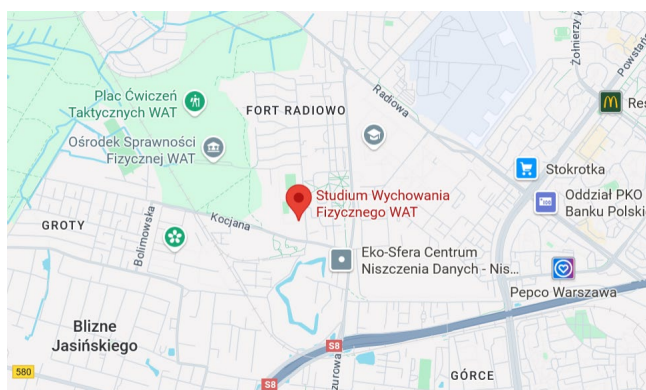
11.4. Event centers - details

MODEL EVENT



<https://maps.app.goo.gl/uAwJN64R5tq5gUES6>

SPRINT



Arena

Military University of Technology:

<https://maps.app.goo.gl/5hhS7Rz4SAi29QnS8>

The event office at the arena is open from 11:00 to 17:00.

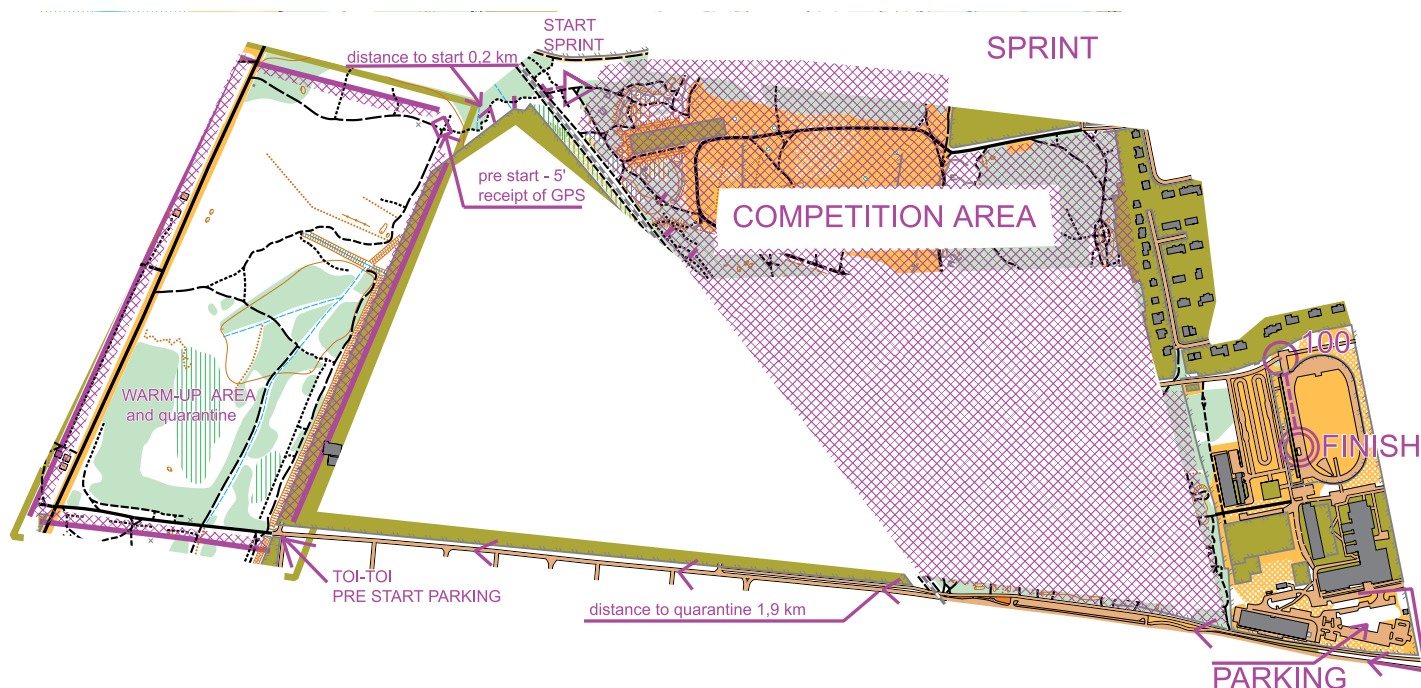
Parking

Parking inside the Event Arena; the competitors will be directed by marshals.

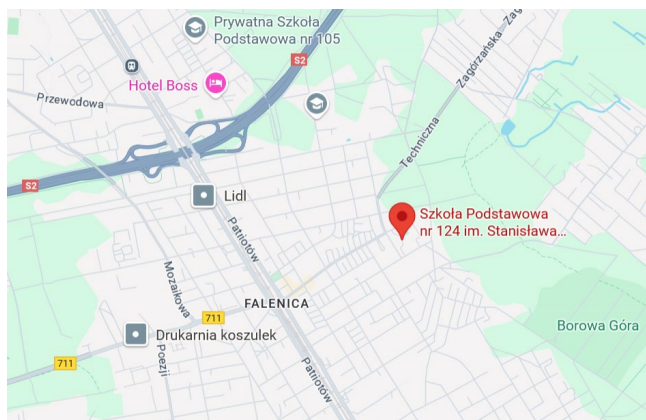
Map

Maps for all categories are printed on both sides.

Road to the start will be marked with lilac ribbons.



MIDDLE DISTANCE



Arena

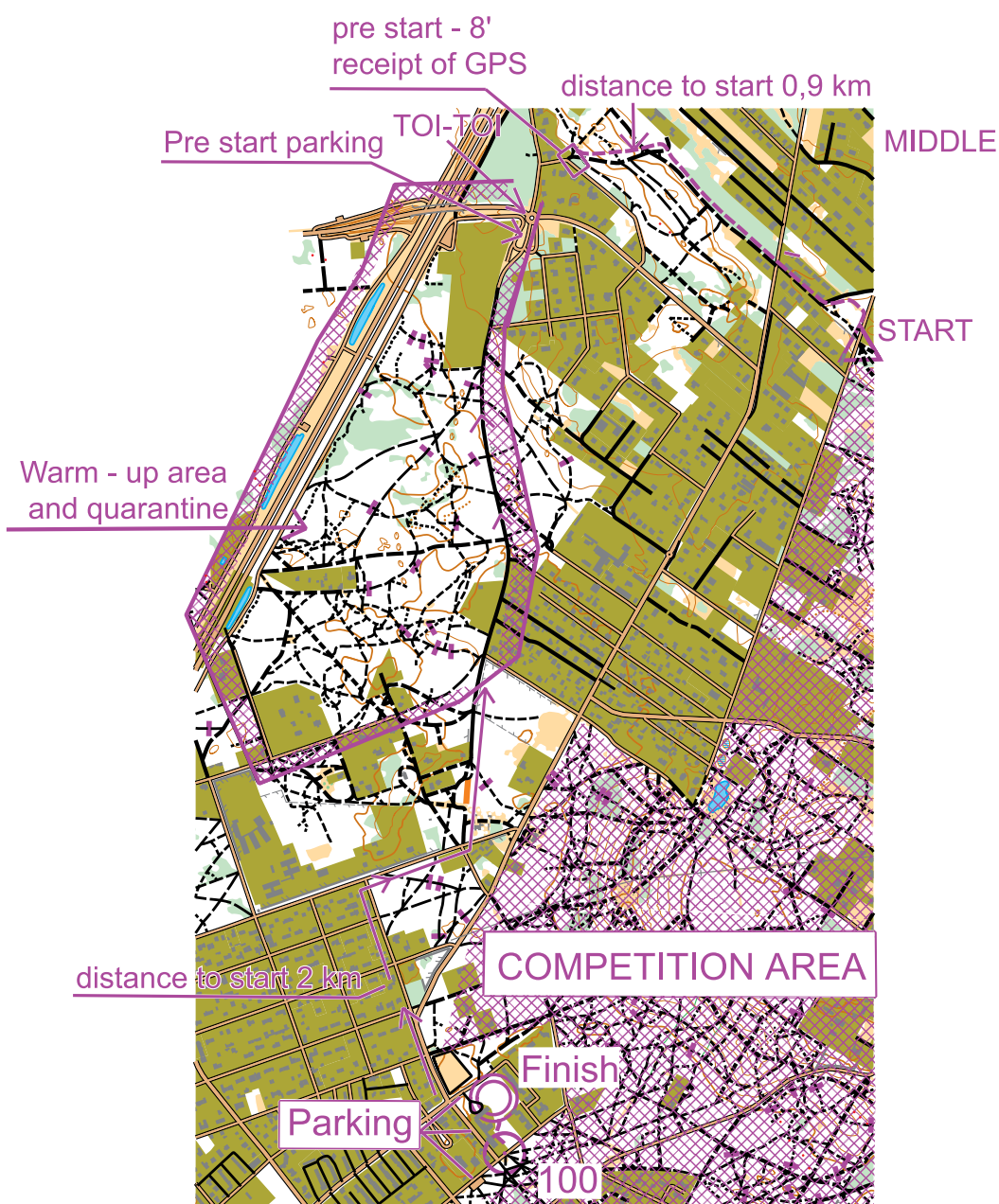
<https://maps.app.goo.gl/aano2LvMzC6mMw75A>

The event office at the arena is open from 10:00 to 16:00.

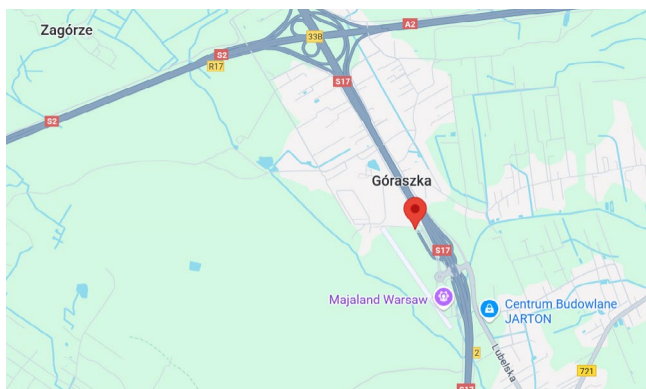
Parking

Competitors may park their cars along the streets located near EA. Please observe traffic regulations and prohibitions.

Road to the start will be marked with lilac ribbons.



MASS START



Arena

<https://maps.app.goo.gl/gzuDaCfy2ztMa2sG9>

Road from the roundabout will be marked with lilac ribbons.

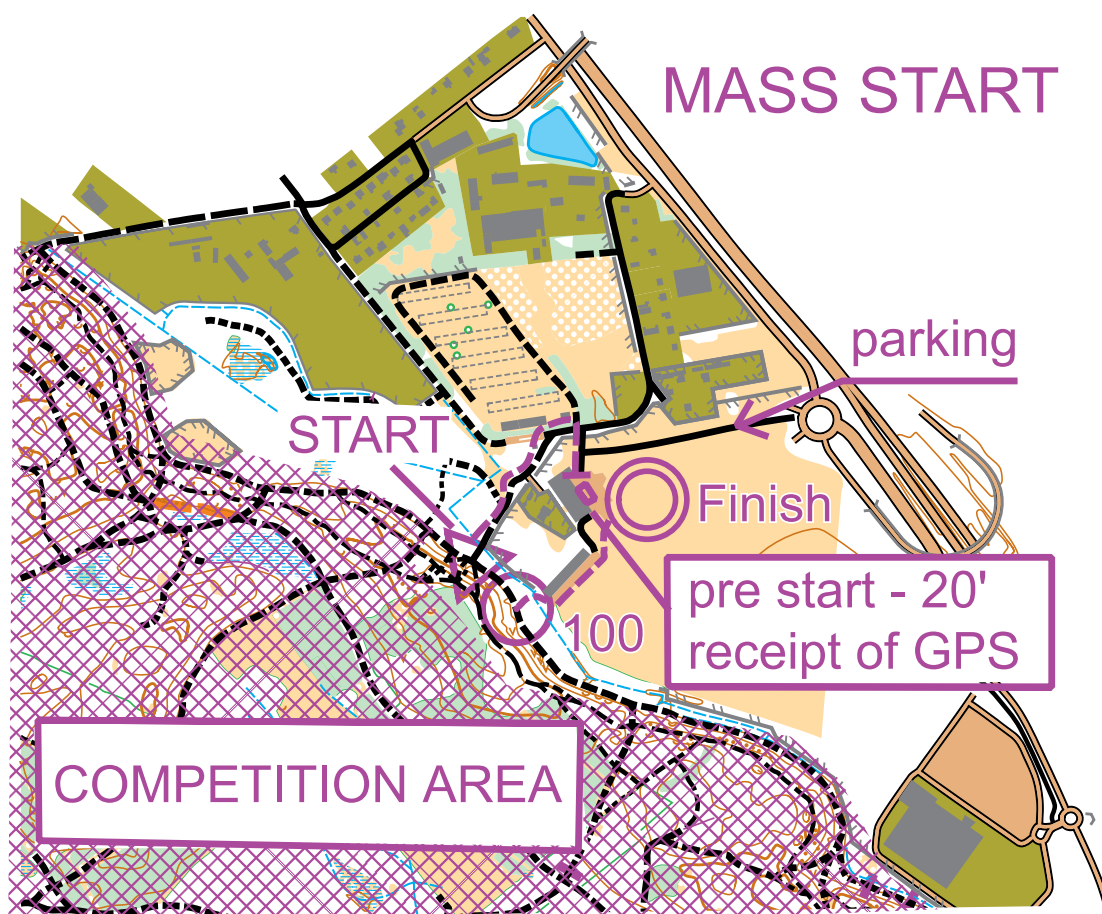
The event office at the arena is open from 10:00 to 16:00.

Parking

Parking inside the Event Arena; the competitors will be directed by marshals.

Map

The entire route is shown on a single map, which is printed on one side.



LONG DISTANCE



Arena

<https://maps.app.goo.gl/gzuDaCfy2ztMa2sG9>

Road from the roundabout will be marked with lilac ribbons.

The event office at the arena is open from 9:00 to 16:30.

Parking

Parking inside the Event Arena; the competitors will be directed by marshals.

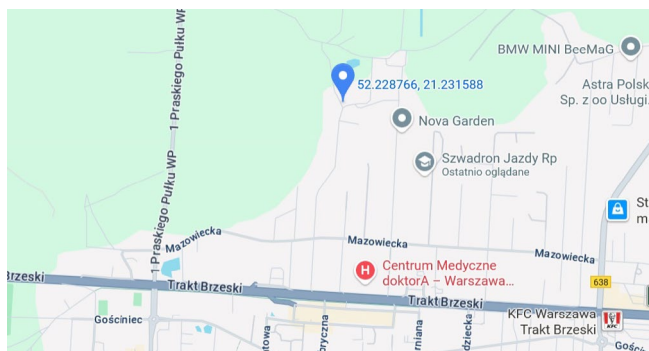
Map

Maps for all categories are printed on both sides.

Road to the start will be marked with lilac ribbons.

distance to start 2,8 km

RELAYS



Arena

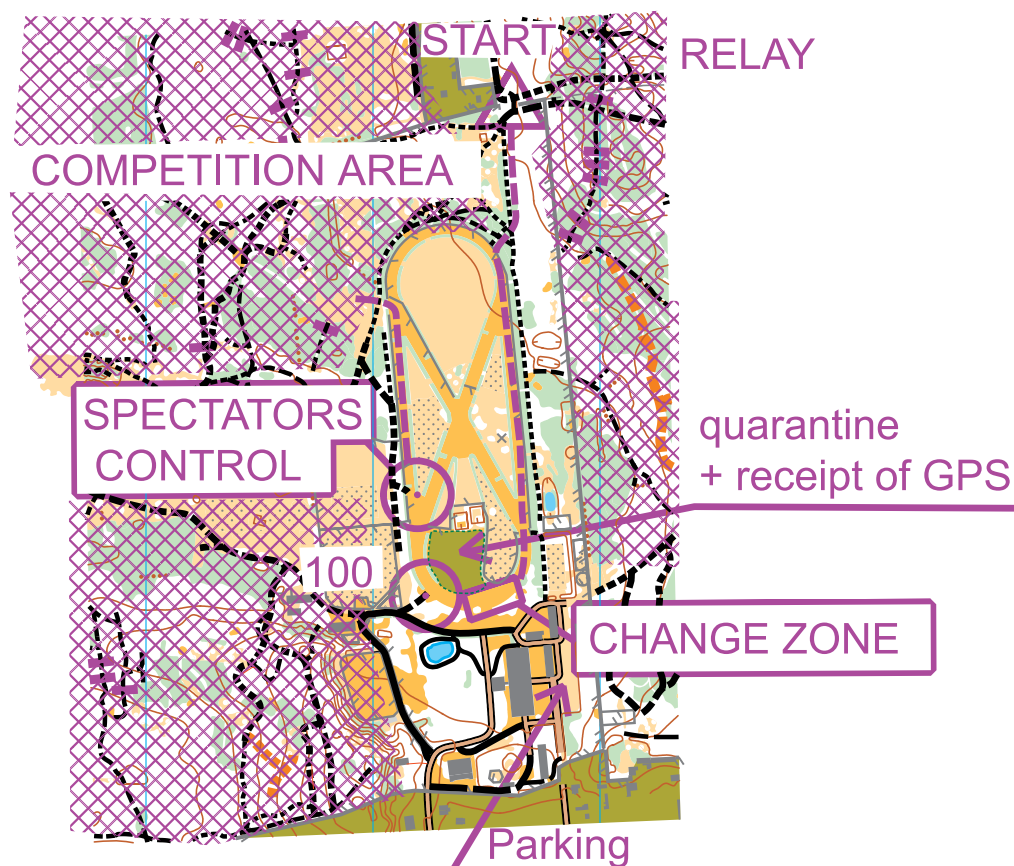
<https://maps.app.goo.gl/WpU1SpoifUdb22pr9>

Entrance to the relay arena from Szkolna Street (south part of the Hipodrom).

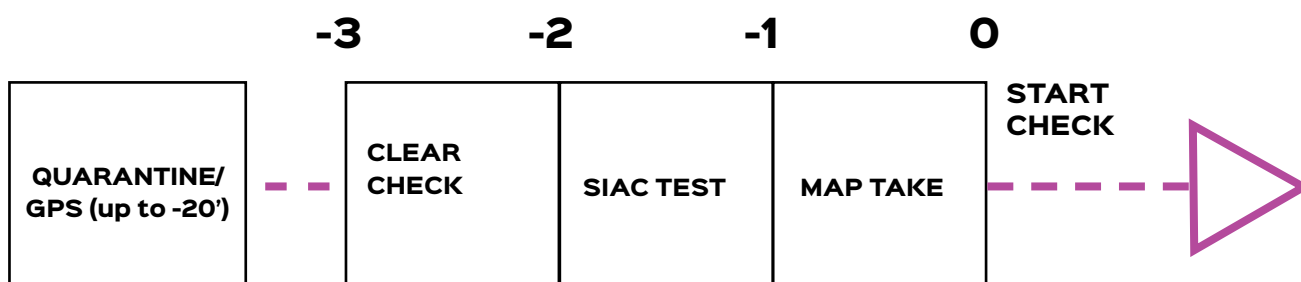
The event office at the arena is open from 10:00 to 15:00.

Parking

Parking inside the Event Arena; the competitors will be directed by marshals.



11.5 Start procedure (individual races, apart from mass start)



12. COMPLAINTS AND PROTESTS

12.1 Complaints

- A complaint may be made by team officials or competitors about infringements of the rules or the organiser's directions.
- Any complaint must be made in writing on the IOF complaint and protest form, which is available from the event office in the finish arena.
- Complaints must be made as soon as possible and handed in to the event office in the finish arena. The time limit for complaints is 15 minutes after the provisional results have been announced by the speaker. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint.
- There is no fee for a complaint. Complaints can be made by team officials or competitors (in writing) and delivered to the event office. The time limit for complaints is 15 minutes after the full results have been published. Complaint must be submitted to the event office in the finish arena.

12.2 Protests

- A protest may be made against the organiser's decision about a complaint. It may only be made by the team official or competitor who made the complaint.
- Any protest must be made in writing on the IOF complaint and protest form, which is available from the event office in the finish arena.
- A protest must be made no later than 15 minutes after the organiser has informed the complainant of the decision about the complaint. Protests received after this time limit may be considered at the discretion of the jury if there are valid exceptional circumstances which must be explained in the protest.
- A protest must be handed in to the event office in the finish arena.
- A protest fee of 50 EUR (or the equivalent in local currency) must be paid when making a protest. It is possible to pay the fee electronically directly to the IOF Office via the IOF website <https://orienteering.sport/iof/governance-and-organisation/iof-office/> (by credit card or via a PayPal account). If the protest is accepted by the jury, the fee will be returned.

13. SERVICE

13.1. Catering

Meals, ordered by teams before the competition, will be delivered to the event center. Team leaders/designated persons may take them from the spot, marked by the organizers (close to the event 's office)

13.2. Bike storage

Competitors may leave their bikes in the event arena of the mass start/ long distance; this is the only arena that it is possible. Bike storage is also accessible close to the Event Center (Wheeler company) in Majdan; access to the storage must be arranged at the competition office in the EC

13.3. Bike washing

Organizers will provide bike washing in the event arena.

13.4. Bike cometics

On the day of the long distance and relay races (Saturday and Sunday), a stand of the CX80 company (official sponsor of the MTBO World Cup) will be available in the competition centre. At the stand you will be able to try out a variety of bike maintenance and care products.

You're welcome!

14. MISCELLANEOUS

14.1. Climate and hazards

Climate

Mazovia experiences quite moderate climate. July and August are the warmest months in Warsaw and surrounding places, but the average temperature is about to 23 ° C. Possible rain – but most of the time at least the first half of the day is sunny.

Description of any hazards

- Wild animals like deer, wild boars, moose etc. might be present in the forests of competition areas.
- Wild bees can possibly be encountered in the competition areas.
- Ticks are not that commonly found in the pine forests, which are prevailing around Warsaw, but there are places where they can be encountered. They can spread Lyme disease or borreliosis, and tick-borne encephalitis (TBE). Competitors are asked to protect themselves and to check for ticks after every ride in the forest.

14.3. Media

We welcome all media representatives to cover the competitions of WMTBOC & JWMTBOC and World Cup in Warsaw/ Poland. For media accreditation and related requests, please send an email to: media@wmtboc2025.pl Accreditation should be made by 20th July 2025. **Note the information about military areas!**

- The media service includes a working area at the Event Centre and the arenas with free Wi-Fi and complimentary coffee or tea, parking close to the arena, and access to some controls in the competition areas.
- Media representatives and team officials are encouraged to bring their own Internet-enabled devices, as neither computers nor Wi-Fi services can be offered by the organisers.
- Weather-protected, quiet working space for media representatives will be provided in all finish arenas.
- Accredited media representatives are given the opportunity to take part in the Model Event.
- If desired, the organisers will assist media representatives with hotel accommodation booking.

14.4. Competition clothing

Competitors must wear the team clothing of their federation during all official events.

14.5. Insurance and liability

Everybody participates in competitions and other activities associated with the WMTBOC & JWMTBOC at their own risk, and each person is responsible for their own insurance coverage (illness/accident and third party insurance).

The organisers decline any liability; they are not responsible for theft or similar incidents either. Participant are encouraged to take necessary precautions.



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