



Magglingen – Biel/Bienne 2022

FISU
WORLD
UNIVERSITY
CHAMPIONSHIP
ORIENTEERING



17 – 21 August 2022

BULLETIN 4



WELCOME TO MAGGLINGEN – BIEL/BIENNE

Dear athletes, ladies, and gentlemen,

The Organising Committee warmly welcomes you once again to the 2022 FISU World University Championship Orienteering in Magglingen – Biel/Bienne. We are looking forward to offering you fair and demanding competitions in different types of terrain and a memorable stay at the Swiss Federal Institute of Sport Magglingen SFISM.

The Championship will start soon. We hope your last preparations are going well and we wish you all good luck in the competitions. In the sport of orienteering the motto of the International University Sports Federation FISU, “Excellence in Mind and Body”, is clearly exemplified. To become a champion, you will need both.

We are ready to start – and I’m sure you are, too. Let’s have a great week together!

Fritz Aebi

President OC / Event Director 2022 World University Championship Orienteering

ORGANISATION AND CONTACT

ORGANISING COMMITTEE

Event Director/President OC	Fritz Aebi
Technical Director/Vice President OC	Jost Hammer
Administration	Salome Weber
Event Centre	Thomas Wyss
Arenas	Fabian Borner/Jürg Schaller
Transport	Urs Josi
Security	Christoph Schilter
Results / IT	Peter Fritschy/Meieli Sieber (picotiming)
Live-Production	Raffael Huber-Svensson (livemotion)
Media	Marc Streit
Finances	Michael Mathys
Sponsoring	Bens Rütli
Swiss Championships	Thomas Kämpfer/Patrik Grossenbacher
FISU Senior Executive Member	Verena Burk
FISU International Medical Committee Member	Peter Katzmaier
FISU Technical Committee Chair	Ola Kaberg (SWE)
IOF Technical Delegate	Szava Zsigmond (HUN)
National Event Adviser WUC	Michael Eglin (SUI)
National Event Advisers Swiss Championships	Daniel Leibundgut/Therese Achermann

CONTACT

Mail: info@wucorienteering2022.ch

Website: www.wucorienteering2022.ch

Fritz Aebi, Event Director, Mob +41 79 607 18 65,
eventdirector@wucorienteering2022.ch

Jost Hammer, Technical Director, Mob +41 79 415 71 58,
technicaldirector@wucorienteering2022.ch

Event Office at SFISM, HHG 401/404 open from Monday, 15 August, 10.00.
 Mob +41 79 260 52 23 or Salome Weber, Mob +41 79 641 17 00

COVID-19 MEASURES

Covid measures have been lifted in Switzerland on 2 May. Nevertheless, it is important to follow certain rules of caution. All information is presented in the special Covid-19 Bulletin on our website.

EVENT PROGRAMME

Monday, 15 August 2022 Arrivals and accreditation Free training First general technical meeting	HHG 404/401 Biel / Magglingen Auditorium 1/341	10:00 – 21:00 10:00 – 17:00 20:00
Tuesday, 16 August 2022 Model events Free training	Obersteckholz / Gänsbrunnen Biel / Magglingen	08:30 – 17:00 08:30 – 17:00
Wednesday, 17 August 2022 Free training Sprint First start Flower ceremony Opening ceremony	Biel / Magglingen Biel Biel – Ringplatz	08:30 – 10:30 12:30 – 16:50 14:30 17:00 17:15 – 18:00
Thursday, 18 August 2022 Long First start Flower ceremony Second technical officials meeting	Gondiswil Auditorium 1/341	09:00 – 15:50 09:00 16:00 20:00
Friday, 19 August 2022 Sprint relay Mass start Flower ceremony Medal ceremony 1	Langenthal Magglingen	13:15 – 15:50 14:30 16:00 20:00
Saturday, 20 August 2022 Middle First start WOMEN First start MEN Flower ceremony	Corcelles	08:45 – 13:15 08:45 09:00 13:30
Sunday, 21 August 2022 Relay Mass start MEN Mass start WOMEN Flower ceremony Medal ceremony 2 and closing ceremony Banquet Party	Gondiswil Magglingen	08:45 – 12:30 09:00 09:10 12:45 18:00 19:00 – 22:00 ...
Monday, 22 August 2022 Departures	Magglingen	06:00 – 10:00

RULES, ENTRY AND GENERAL INFORMATION

COMPETITION RULES

The FISU Regulations for World University Championships and the Competition Rules for the IOF Foot Orienteering events (valid from 1 January 2022) will be applied in the event.

PARTICIPATION

The FISU regulations published in previous bulletins (eligibility, balance of registration fees etc.) will apply. Please make sure that upon arrival all fees are paid to the following bank account:

WUC Orienteering 2022, Herzogenbuchsee
BIC (Swift): RBABCH22450
IBAN: CH80 0645 0600 2844 5267 3
Clearing: 6450

ACCREDITATION

The accreditation will be at the event office at HHG 404/401. All participants must obtain accreditation from FISU International Control Commission and from the Organising Committee (OC). Head of Delegations are requested to present passports/identity cards and eligibility forms of the whole delegation.





























ATHLETES' REGISTRATION

Athletes' names for each discipline must be entered at the latest at 14:00 on the day before the respective competition. The list must be handed in at the event office. For Sprint Relay, Middle and Relay this can also be done at the info point in the team zone.

Each country may enter in:

Long distance	four (4) males and four (4) females
Middle distance	four (4) males and four (4) females
Sprint distance	four (4) males and four (4) females
Relay	two (2) male teams of three (3) persons and two (2) female teams of three (3) persons
Sprint relay	one (1) team of two (2) female runners and two (2) male runners

ENTRY SUMMARY (as on 1 August 2022)

Country	Men	Women	Officials	Team Size
 Australia	6	6	2	14
 Austria	4	4	2	10
 Belgium	5	2	1	8
 Brazil	2	2	4	8
 Bulgaria	4	3	2	9
 Canada	1	0	0	1
 Czech Republic	5	5	3	13
 Denmark	3	4	1	8
 Spain	4	4	2	10
 Finland	6	6	2	14
 France	6	6	4	16
 United Kingdom of Great Britain and Northern Ireland	6	6	2	14
 Germany	5	4	2	11
 Hong Kong, China	4	4	2	10
 Hungary	6	4	2	12
 Ireland	1	2	1	4
 Israel	1	0	0	1
 Italy	2	2	1	5
 Japan	6	6	2	14
 Nepal	1	1	3	5
 Norway	6	6	2	14
 New Zealand	6	3	1	10
 Poland	4	4	3	11
 Switzerland	6	6	3	15
 Slovakia	4	3	2	9
 Sweden	6	6	3	15
 United States of America	5	6	1	12
 Ukraine	4	2	0	6
Total	119	107	53	279

DOPING CONTROLS

Doping is strictly forbidden. Controls will be organised by Swiss Sport Integrity/Antidoping Switzerland. Doping controls may be carried out any time during the championship in accordance with the procedures described in the WADA International Standard of Testing and Investigations. The FISU- and the IOF Anti-Doping rules and the World Anti-Doping Code apply as 1 January 2022.

Athletes who are selected for doping control must strictly follow the instructions of the controllers. They must bring an official identification (with photo) to the doping test area. The

athlete should also present the personal therapeutic use exemption (TUE) if applicable. In general, it is advisable that athletes take their ID to all competitions.

INSURANCE

The organisers decline any liability that might occur through participation in 2022 FISU World University Championship Orienteering and trainings. Each person participates at her/his own risk and is responsible for her/his own insurance coverage (illness and accident).

The sprint competitions take place in urban areas. Local traffic will be reduced, but not completely forbidden. Vehicles used by residents, or used for urgencies, public transportation, or taxis may drive in the streets. Competitors must pay attention any time. The organisers and the cities of Biel/Bienne and Langenthal decline any responsibility in case of accident.

LOCAL WEATHER CONDITIONS

Average temperature in August is 18.9°C, Maximum 25°C and Minimum 14.0°C. Average precipitation is 113mm.

EVENT CENTRE

PASS MAGGLINGEN

All participants will get the "Pass Magglingen". Arriving by plane at Zurich airport on Monday, 15 August, you will get it from our volunteers already, delegations arriving in Switzerland earlier or by private vans/cars will get it at the event office. The pass allows free public travel in Biel/Bienne (zones 300/303/315) and on the cable car to Magglingen from 15 to 22 August. It also contains all useful information about the event centre/campus (accommodation, catering, facilities, training on site etc.).

PARKING

For delegations arriving by private vans/cars there will be a signposted car park (P4) as a short time parking on the arrival day only. After unloading, all vehicles must be parked in the free long-term parking lot (P11) during the whole week. At the event office you will get a map showing the long-term parking.

EVENT OFFICE

The event office is at HHG 404/401.

Opening hours:

Monday, 15 August	10:00 – 21:00	
Tuesday, 16 August	08:00 – 18:00	
Wednesday, 17 August	08:00 – 12:00	18:00 – 21:00
Thursday, 18 August	08:00 – 09:00	18:00 – 21:00
Friday, 19 August	08:00 – 10:00	18:00 – 20:00
Saturday, 20 August	08:00 – 09:00	18:00 – 20:00
Sunday, 21 August		16:00 – 17:30
Monday, 22 August	07:00 – 10:00	

On competition days, the event office is at the arena (info-point in the zone of the team tents).

ACCOMMODATION

The participants of the World University Championship Orienteering will occupy all available beds at the campus. Due to the changes made by the delegations after the quantitative entry of July 17 there is no guarantee that all competitors of a nation will have their rooms in the same accommodation building. Athletes are accommodated in single, double- and three-bed

rooms. Officials are accommodated in single rooms. You will get your room key/badge at the event office.

Check-in to hotel room on Monday, 15 August from 11:30 a.m., check-out on Monday, 22 August before 09:00 a.m. The room badge and the plastic folder of the Pass Magglingen must be handed in at the reception of the Swiss Olympic House (for those accommodated there) or at the event office (for all others).

CATERING

All meals in Magglingen (except the banquet after the closing ceremony) will be served at Restaurant Bellavista. The catering times for breakfast, lunch and dinner are adapted to the competition schedule. Please make sure, that you respect these time slots.

Lunch on Monday, 15 August is not included. However, the restaurant of the campus is open between 11:30 and 13:30.

On Tuesday, 16 August a lunch bag will be prepared for everybody (athletes and officials), even if you plan to stay in Magglingen. Please take your lunch bag right after the breakfast. If you intend not to travel to the competition arena and would like to have lunch at Restaurant Bellavista on Thursday, Saturday or Sunday you need to inform us at the event office or at the info point in the arena at least 24 hours in advance.

Aug 15	Lunch Dinner	- 18:00-20:00	not offered by the organiser. Restaurant Bellavista is open from 11:30 – 13:30 Bellavista; Snacks available at the bar until 23:00
Aug 16	Breakfast Lunch Dinner	06:30-09:00 - 18:00-19:30	Bellavista Lunch bag for everybody, also for those who do not travel to model events Bellavista
Aug 17	Breakfast Lunch Dinner	06:30-09:00 11:00-13:30 18:00-19:30	Bellavista Bellavista Bellavista
Aug 18	Breakfast Lunch Dinner	05:30-08:00 11:00-16:15 18:00-19:30	Bellavista Arena Gondiswil Bellavista
Aug 19	Breakfast Lunch Dinner	06:30-09:00 11:00-13:00 18:00-19:30	Bellavista Bellavista Bellavista
Aug 20	Breakfast Lunch Dinner	05:30-08:00 10:30-14:00 18:00-19:30	Bellavista Arena Corcelles Bellavista
Aug 21	Breakfast Lunch Dinner	05:30-08:00 10:30-13:30 19:00-22:00	Bellavista Arena Gondiswil Sport-Toto-Halle; banquet after the closing ceremony
Aug 22	Breakfast	06:30-09:00	Bellavista

MEDICAL SERVICE

The Medical Centre Magglingen (point # 1 in Pass Magglingen) is available from Monday-Friday 08:00 – 17:00, on +41 58 467 63 26. In emergency, call 112. There will be medical services also at the arenas.

There will be medical services also at the arenas. During the weekend, please refer to these or for medical information after the competitions contact the CMO (Christian Aebersold), on +41 79 350 65 56.

SPORT AND OTHER FACILITIES

During the stay in Magglingen a lot of sport and other facilities are available for all participants. Find detailed information in the Pass Magglingen.

OPENING AND CLOSING CEREMONY

The opening ceremony will take place directly after the flower ceremony of the Sprint at the arena "Ringplatz", Biel/Bienne. The closing ceremony will be held at the Sport-Toto-Halle (point # 3 in the Pass Magglingen). At both ceremonies, one representative per nation will have the honour of carrying the respective flag up to the stage and placing it there to announce the start and the end of the championship. The representatives for the opening ceremony are expected to meet in the athletes' zone behind the church on Wednesday, 17 August, 17:00. Contact person: Marcel Muri. Meeting point for the closing ceremony on Sunday, 21 August, 18:00, is at the entrance/foyer of the Sport-Toto-Halle. Contact Person: Andrea Wüst.

TRANSPORT

ARRIVAL AND DEPARTURE

Our volunteers are going to welcome the delegations arriving on Monday, 15 August, in the arrival's hall of Zurich airport according to their transmitted travel plans. Upon arrival everybody will get a ticket for public transport to SFISM Magglingen. In addition, you will get a public transport pass ("Pass Magglingen"), valid for the whole week in Biel/Bienne for all public transport (zones 300/301/315) and on the cable car Biel – Magglingen at the event office.

Those leaving Switzerland by plane will get a return ticket from Magglingen to Zurich airport.

TRANSPORT TO MODEL EVENTS AND COMPETITIONS

Delegations travelling by private vans are expected to use their own vehicles to go to the model events in order to get more flexibility. Therefore, we provide bus transport only for delegations without private vehicles. On competition days the transport by official busses is mandatory for all athletes and officials. According to the start times/number bibs of the competitors the busses will follow a strict transport plan. On the first buses only officials with reference to the corresponding number bibs are allowed to join their athletes (as a rule: 1 per nation).

The meeting point for the bus transport is the same during the whole week. It is located on the terrace between the main buildings HHG and Grand Hotel (point #16 on Pass Magglingen).

In all organised transports it's mandatory to wear face masks.

INFORMATION AND MEDIA

REGISTRATION

Registered media representatives may collect their media badge and parking ticket for the competitions at the event office in Magglingen or at the info point of the respective competition.

If you have special needs or wish to register as media representative contact media@wucorienteering2022.ch

LIVE PRODUCTION

There will be live productions from the Sprint race and from the Middle-distance race. These races can be followed on the Live Centre on WUC Orienteering website, on FISU TV, or on IOF Live Centre.

<https://wucorienteering2022.ch>

<https://www.fisu.tv>

<https://orienteering.sport/live>

During the competitions, athletes may encounter camera crews in the terrain. Camera controls and intermediate time controls are not marked on the control description. Athletes may also be followed by a running camera or by camera-drones during the race.

PHOTO AND VIDEO DISCLAIMER

Please note that photographs and footage will be taken throughout the FISU World University Championships Orienteering 2022. These will be used by the event organization for marketing and publicity purpose in our publications, on our website and in social media or in any third-party publication during and after FISU WUC Orienteering 2022. Please contact the event director if you have any concerns or if you wish to be exempted from this activity.

EMBARGOED AREAS

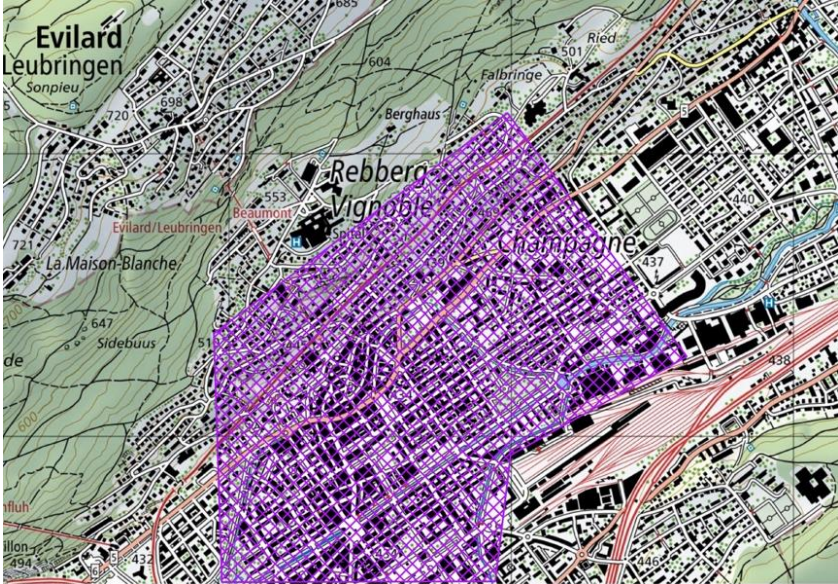
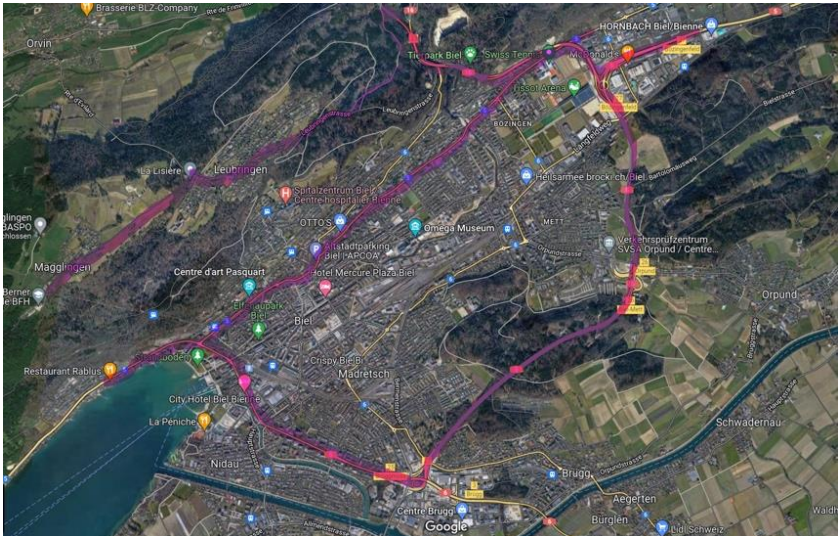
With reference to the Competition Rules for IOF Foot Orienteering Events, the listed areas are strictly out of bounds for all potential 2022 Championship Orienteering team members (competitors, team leaders, coaches, doctors etc.) and other persons who, through their knowledge of the terrain or the events, may influence the result of the competitions.

Embargoed areas are the same as published in Bulletin 3. Make sure to follow them strictly and check also our website for the interactive map (www.wucorienteering2022.ch).

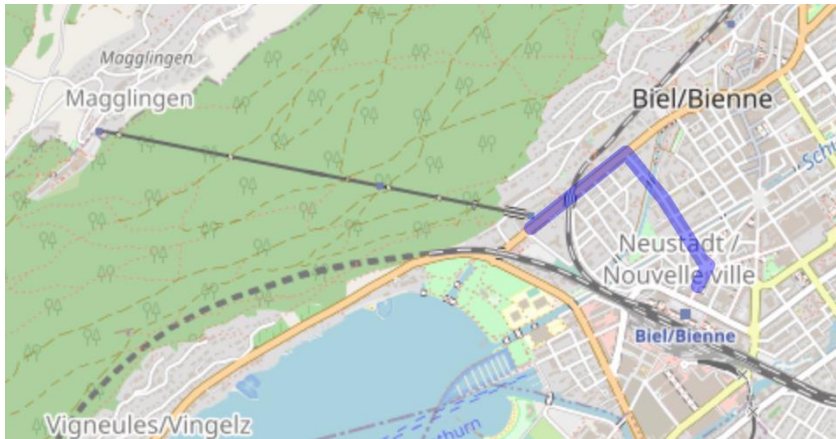
Please note that on our website we have published two unofficial maps showing parts of the embargoed area in Biel/Bienne. We got them as a courtesy by the Swiss runner Fabian Aebersold (not participating in the sprint!) who made them as part of his Matura thesis back in 2018/2020.

OVERVIEW MAP

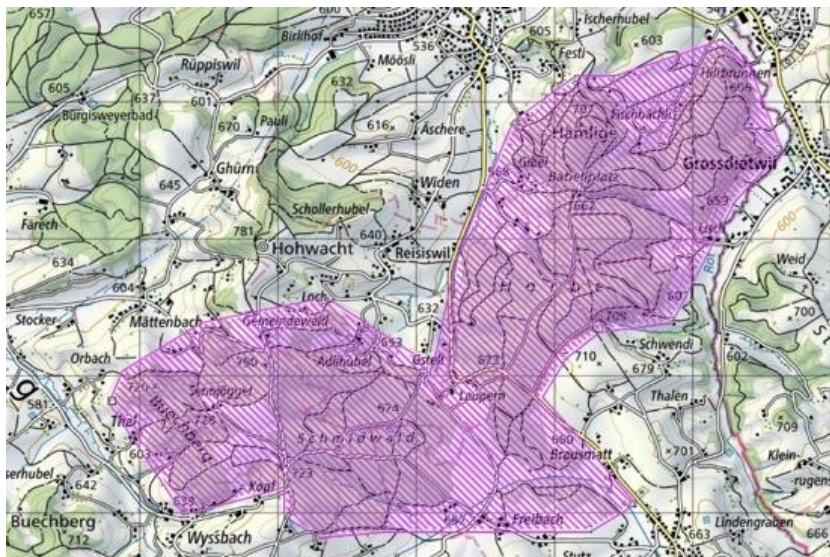


#	Area on the overview map	Previous O-maps (latest edition)
1.	Magglingen (Event Centre at SFISM)	
2.	<p data-bbox="264 376 647 409">Biel/Bienne (Sprint Distance)</p>  <p data-bbox="264 1064 1094 1167">When travelling in Biel before the Sprint Day (17 August) ONLY THIS ROUTE (marked purple) AND THIS BUS LINE ARE ALLOWED:</p> <ul data-bbox="316 1171 911 1346" style="list-style-type: none"> • Main road Solothurn – Neuchâtel; • A5 Solothurn – Biel/Bienne • National road #16 • Main road Bözingen – Leubringen/Evilard-Magglingen/Macolin  <p data-bbox="1137 1850 1297 1883">©swisstopo</p>	<p data-bbox="1137 376 1302 443">No previous official map</p>

- Bus #11



3. Schmidwald-Horben (Long Distance and Relay)

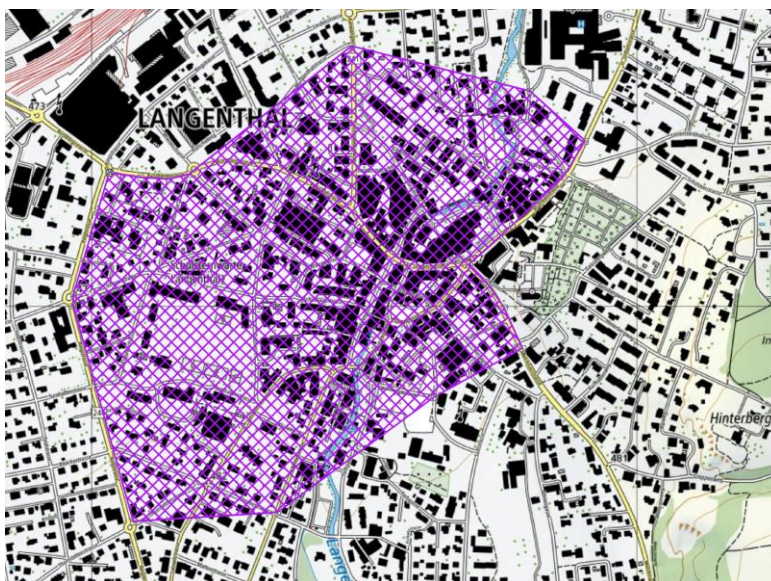


Schmidwald
Horben (2009)
1:15'000

Schmidwald (2016)
1:10'000

©swisstopo

4. Langenthal (Sprint Relay)

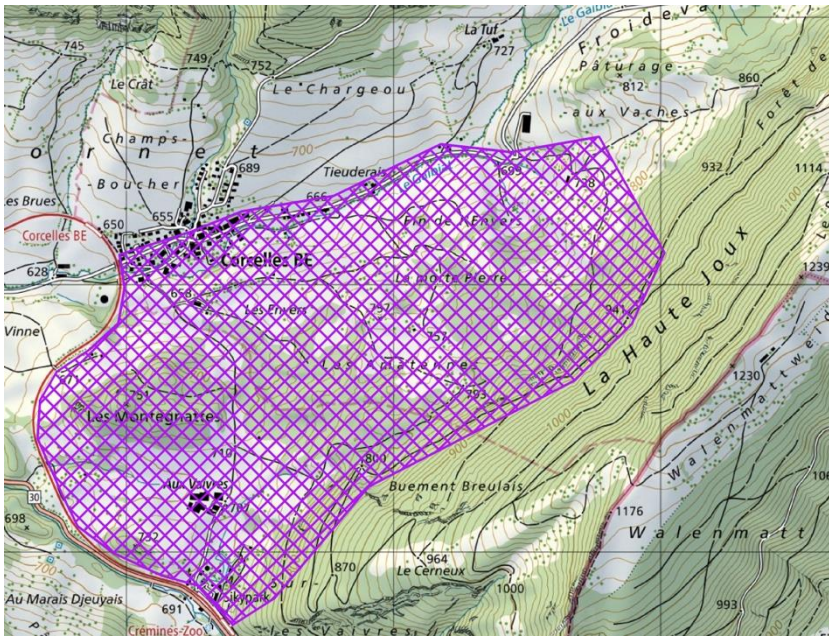


Stadt Langenthal
(2014)
1:4'000

©swisstopo

5. Corcelles (Middle Distance)

Corcelles (2016)
1:10'000



©swisstopo

TRAINING OPPORTUNITIES AND TRAINING MAPS

MODEL EVENTS

The official model events on updated maps (spring 2022) will be organised on Tuesday, 16 August. Maps: Langenthal “Rappenchof” (relevant for Long Distance and Relay) and Gänsbrunnen “Brunnersberg” (relevant for Middle Distance).

In addition, all participants will get the map “Strandboden”, adjacent to the embargoed area (relevant for Sprint and Sprint Relay). There are permanent control flags from Monday, 15 August, 10:00 to Wednesday, 17 August, 10:30. Access to the training area only by the Biel - Magglingen cable car!

Model Event Transport plan

All departure times must be strictly observed.

Delegations in group 1 and 3 first travel to Gänsbrunnen (Model event for Middle); there athletes have 2 hours for training, then the bus continues to Obersteckholz (Model event for Long and Relay), where you have another 2 hours for training.

Delegations in group 2 and 4 first travel to Obersteckholz (Model event for Long and Relay); there athletes have 2 hours for training, then the bus continues to Gänsbrunnen (Model event for Middle), where you have another 2 hours for training.

08:30	Bus No. 1: Group 1	11:20	14:15	15:25
to Gänsbrunnen	DEN FIN HKG POL SVK	Bus departure time from Gänsbrunnen	Bus departure time from Obersteckholz	Arrival in Magglingen

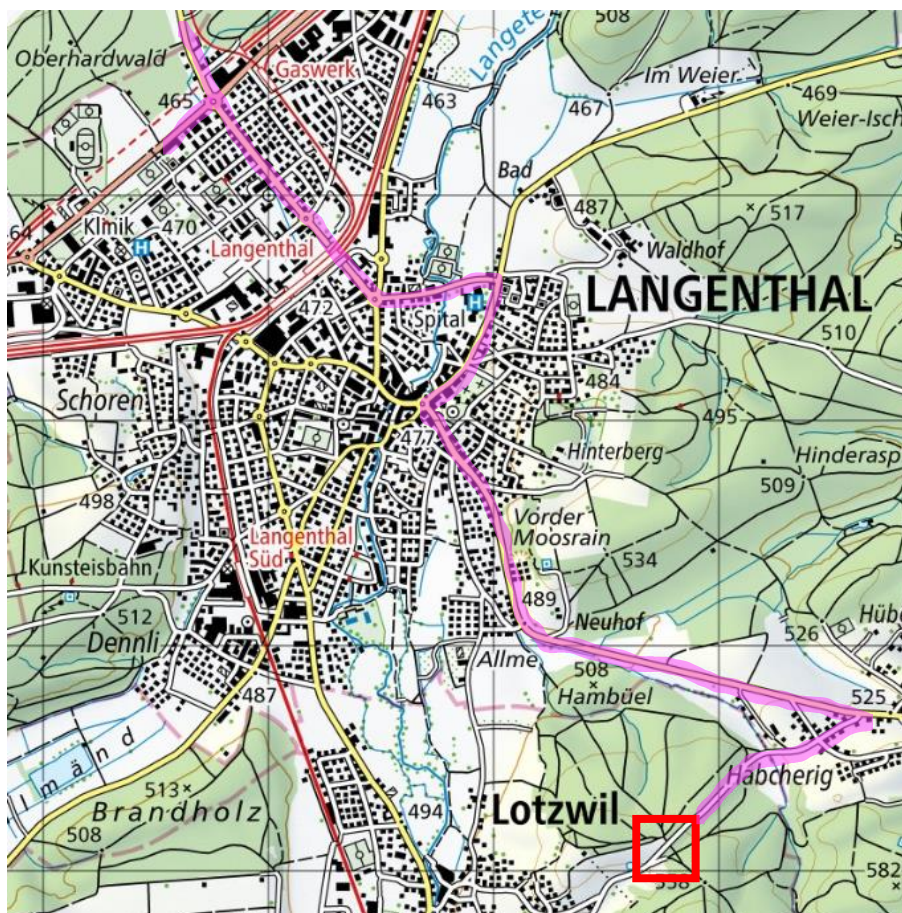
08:30	Bus No. 2: Group 2	11:40	14:35	15:25
to Obersteckholz	AUS IRL NZL USA SUI	Bus departure time from Obersteckholz	Bus departure time from Gänsbrunnen	Arrival in Magglingen

09:30	Bus No. 3 Group 3	12:20	15:15	16:25
to Gänsbrunnen	BRA JPN NOR GBR	Bus departure time from Gänsbrunnen	Bus departure time from Obersteckholz	Arrival in Magglingen

09:30	Bus No. 4 Group 3	12:40	15:35	16:25
to Obersteckholz	CAN ISR SWE UKR AUT GER ESP	Bus departure time from Obersteckholz	Bus departure time from Gänsbrunnen	Arrival in Magglingen

All other participants travel individually to the training session in their private vans.

When travelling by private vehicles to the model event in Obersteckholz (Rappenchopf), Tuesday 16 August, **only this route (marked purple) is allowed:**



Model Event Start

The setup of the start installation will be presented on the terrace between the main buildings HHG and Grand Hotel (point #16 on Pass Magglingen), from Monday, 15 August, 18:00 until Tuesday, 16 August, 20:00.

FREE TRAININGS

Upon arrival all participants will get the two existing maps of the Campus area in Magglingen (1:10'000 resp. 1:4'000, both updated in May 2022). The permanent controls are at your disposal during the whole competition week.

COMPETITION INFORMATION

PUNCHING, TIMING SYSTEM, GPS TRACKING

Touchfree SPORTident Air+ punching (SIAC) will be used. For Sprint and Sprint relay the controls are folding trestles, for Long, Middle and Relay stands with one unit and one flag and pliers as reserve punching.

In case that the SIAC-card give neither an acoustic nor a visual signal, a stamp is made somewhere on the map (pliers at the control) and this is reported at the finish.

Participants are asked to use their own SIAC-cards during the event. The organiser will offer rental SIAC-cards which shall be booked in advance at info@wucorienteeing2022.ch, until Monday, August 15, 20:00.

Rented SIAC-Cards must be handed in at the read-out of the Sunday's relay. Missing SIAC-Cards will be charged with 80 EUR/card.

The technical specification for maximum distance to record a punch is 30cm to the SI-unit.

For all competitions the same SIAC-Card must be used. This SIAC-Card must not be older than 2 years after purchase or battery exchange.

Please make sure that during the entry process the correct SIAC number is entered in the online entry system.

START TIMING

Sprint relay and Relay: Mass start. Listen to the commands of the start official. Start signal will be given through the start official. Early start leads to disqualification.

Sprint, Long and Middle: It's the competitors' responsibility to start at the correct time. The start beep and a visible start clock will show the countdown. Early start leads to disqualification.

FINISH TIMING

In all races, the finish time will be taken by punching a SI-unit (on trestle) on the finish line. It's the competitor's responsibility that the SIAC-unit has registered the punching (acoustic or visual signal on the SIAC-card). In case of a head-to-head run in in the mass start races the finish-judges will rule on the final placings based on the order that the competitors' chest cross the finish line.

The running times will be rounded down to the nearest second.

GPS TRACKING

GPS tracking services will be provided by Swiss Orienteering GPS-Team. GPS units will be given to selected athletes for all competitions. Names of the selected athletes will be published with the start lists.

It is mandatory for the selected runners to carry the GPS-tracking device. If a runner refuses to carry the device, the runner will be disqualified.

Please take your own GPS-vest with you (hygienic reasons). The organiser provides GPS-vests to those who don't have their own. They will be handed out to the athletes, together with the GPS-tracking devices, for each race in the quarantine and must be returned at the finish. Missing GPS-vests will be charged to the federations. Personal GPS data loggers are only allowed if they have no display or audible feedback.

CLOTHING

There are no clothing regulations, but according to the Swiss Orienteering Competition Rules it is forbidden to run with spike shoes in Switzerland. However, dobb spikes are allowed in forest races – not allowed in the Sprint and the Sprint relay.

NUMBER BIBS

Number bibs will be distributed on the evening before the competition, **19:00 at the latest**, together with the start lists in the post box at the event office. Athletes must wear the number bib unfolded on their chest.

TEAM OFFICIALS' MEETING

Two technical meetings will be held. The 1st General Technical Meeting on Monday, 15 August, 20:00, at the SFISM Magglingen, Auditorium 1/341 will provide information for Model events, Sprint and Long and further information (e.g., start lists, weather forecast). A second team officials' meeting on Thursday, 18 August, 20:00, will provide information for Sprint relay, Middle and Relay and further information (e. g. start lists, weather forecast, closing ceremony, banquet, departures).

All other information is included in this bulletin and in the separate COVID-19 bulletin on the website.

Questions for the team officials' meeting shall be sent by e-mail to technicaldirector@wucorienteering2022.ch **no later than Monday, 15 August 2022, 15:00**, resp. **Thursday, 18 August 2022, 15:00**.

NEW COMPETITION MAPS

Team officials will get new maps for athletes which have completed the competition in the event office in Magglingen after the race or at the following day.

QUARANTINE

Athletes and coaches must travel to the quarantines on the official buses according to the transport plan. Athletes running the long- and middle-distance races and everyone else, taking the buses from 08:00 and later, may not use any mobile phones or internet compatible devices. From the quarantine, busses or minibuses will continue to the arenas for unloading (other coaches and non-competing team members).

The exception is the Sprint. Athletes and coaches will take the Magglingen-Biel cable car and then walk to the quarantine. A separate map for this will be given on arrival at the station in Biel. The same applies to all other coaches and non-competing athletes who go directly from there, also on foot, to the arena "Ringplatz".

It is not allowed to drive to the competitions with own vehicles.

Arriving at the quarantine, the athletes must check in by showing their accreditation card and sign the list before the quarantine closes. No-one will be allowed entering the quarantine area after the deadline.

Athletes will get warm-up maps when entering the quarantine. Warm-up maps are considered as part of quarantine. All competitors are strongly advised to perform the SIAC battery test and in case of low battery indication request an SIAC replacement at the quarantine check-in desk. All quarantines offer covered area/buildings. Toilets and water are available. No own team tents will be allowed at all the quarantines.

Please respect the fairness rules in the quarantine and on the warm-up map. Coaches and athletes can leave quarantine at any time, but once they have left, they are not allowed to return.

Please be fair and remember the following important things:

- The use of mobile phones, computers or any communication device inside the quarantine is strictly forbidden
- It is not allowed to bring any maps into the quarantine zones
- Due to COVID-19 reasons wear a mask at any time indoor (check-in, toilets, staircases, gym hall).

PRE-START AND START

The pre-start is marked on the warm-up map. There are toilets available at the pre-start. Only athletes registered for the respective race have access beyond the pre-start. Once the athletes pass the pre-start, they are not allowed to go back to the quarantine.

It is the competitors' responsibility to watch for his/her start time.

The time before start for the first call-up at the pre-start is different in every competition. In individual races 10 seconds before the start time the competitor hears a signal from the start clock. 5 seconds before start, the count-down begins with short beeps and a high beep at the start time.

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

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

For specific details, see descriptions in each competitions' section.

The detailed start procedure will **not** be demonstrated.

LATE START

Competitors who are late for their start will be starting between the next start intervals.

If the lateness is the fault of the competitor, they will be timed as if they had started at their allocated start time. Competitors who are late through the fault of the organiser will be timed with their real start time. Late starters must punch the late-start-unit before taking their maps.

COACHING ZONE

There are no coaching zones at the competitions.

FINISH

Competitors must follow the marked route from the last control to the finish.

At the Sprint, the finish line will be 2m before the stage-ramp (at the bottom, marked on the ground).

After the finish, the competitor will be guided through the finish zone. He/she:

- Downloads SIAC data
- Returns GPS-tracking devices and vest (if he/she had one).
- Can take official FOCUSWATER refreshment (contact with the team leader is possible).
- Can see the results displayed on two screens (Sprint and Middle also on the videowall).
- Gets a cool-down map.
- Takes his/her clothes/bag.

Athletes shall be ready for live interviews with the speaker on the stage.

QUITTING A RACE

Athletes who are forced to abandon a race must report to the finish staff, hand in their competition maps and download their SIAC-card. A retiring athlete may not influence any other competitor.

MEDIA CONTROLS

At the Sprint and Middle-distance race athletes may meet staff with running cams between controls or journalists/photographers near control points, not marked in the control description. All controls at the Sprint and Sprint relay are also guarded by the organisers.

CEREMONIES

Flower ceremony

Only a few minutes after the conclusion of the race, there will be a flower ceremony for the best 3 athletes on the stage. Please be ready for this award if you are on the podium.

Medal ceremonies

Two medal ceremonies will be held. The first ceremony for Sprint, Long and Sprint relay on Friday, 19 August, 20:00, on the terrace of the SFISM in Magglingen. The second medal ceremony for Middle and Relay will take place on Sunday, 21 August, 18:00, just before the closing ceremony. Medal winners are kindly requested to line up behind the podium 10 minutes prior to the medal ceremonies. It's the athletes' responsibility to be there on time. Athletes should wear their national team uniform.

COMPLAINTS AND PROTESTS

Complaints/protest must be handed over in writing using the official form to an event official in the finish area at the info point no later than 15 minutes after the official results have been published (separately for women and men; announced by the speaker).

JURY

The jury will be appointed at the 1st General Technical Meeting on Monday, 15 August 2022, 20:00. The constitution of the jury is 2 persons from Europe, but not from the same region, and 1 person non-Europe; mix of gender.

EVENT INFORMATION

SPRINT

Format

Sprint distance, no qualification.

Starting order drawn by lot in 4 starting blocks. Each team may enter 4 runners, one in each starting block, according to entry form which must be handed in at the event office in Magglingen on Tuesday, 16 August, **14:00 at the latest**.

The starting interval is 1'.

Map

Biel/Bienne, 1:4'000, 2m contours, by Martin Howald. Map size 24 x 31 cm, standard ISSprOM 2019-2

Course planners

David and Philipp von Arx

Course lengths

WOMEN: 2.9km, 20m climb, 18 controls, 12 minutes

MEN: 3.4km, 20m climb, 21 controls, 12 minutes

Control descriptions

Separate control descriptions are handed out at -3'. Maximum size 15.5x5cm.

Terrain

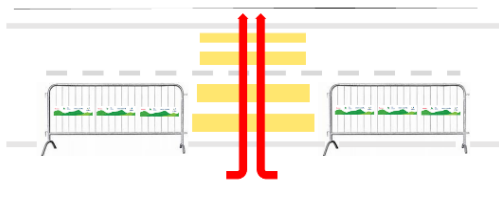
Urban terrain with smaller and bigger buildings and park areas. The old town of Biel/Bienne offers tricky orienteering in narrow streets and foot paths.

Controls

The controls are folding trestles with one unit and one flag and pliers as reserve punching. Some of the controls are located near each other, check the codes.

Traffic

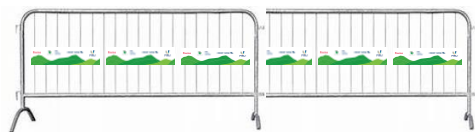
Traffic is reduced in some parts of the terrain, but there can be buses, cars, bicycles and pedestrians passing through the terrain. Take care and follow the instructions of the officials. During the race, main roads will be closed. The crossing is marked in the terrain with barriers on one side. Runners must pass between the barriers at the beginning and the end of the crossings. The crossing is secured by the organiser.



It is not allowed to cross these roads at other places or to cross other main roads. Running on the sidewalk along these streets is allowed.

Artificial barriers

Artificial barriers will be used. They are marked on the map with the purple symbol 708 (out-of-bounds boundary) and the out-of-bounds symbol behind to clarify the situation. In the terrain, there is a mobile fence combined with grids and ribbon to show these barriers.



Special object

Flowerpots are used for some control placements in the Sprint race (max. 120cm of height). They are mapped with a black cross (symbol 531 prominent man-made feature) and in the control description the special item 6.1 (cross) is used.

The Symbol 714 is used for the outdoor areas of restaurants. Please respect them.

Quarantine

Gym Hall "Esplanade", [47°08'09.3"N 7°15'02.9"E](https://www.google.com/maps/place/47°08'09.3\)

Athletes and coaches going to the quarantine will get a separate map on arrival at the cable car station in Biel/Bienne (walking distance: 1.6km, 20'). It's not allowed to leave the given path.

The quarantine is open from 12:30.

From quarantine and pre-starts, coaches are allowed to go to the arena/finish. Coaches who are leaving the quarantine towards the arena will get a separate map (walking distance: 1.1km, 15'). It's not allowed to leave the given path.

Check-in

By signing-in at the quarantine **by 14:30 at the latest**. There you will receive the warm-up map. GPS-tracking devices and vests (you may use your own vest as well) will be given to designated athletes.

Clothes

Transport from the quarantine to the after-finish zone. Please leave your bags at the marked zone in the quarantine. No transport of warm-up clothes from pre-start to the after-finish zone.

Please limit the volume of your bags. To be sure to have your bag at the after-finish zone when arriving in the finish, you must leave it at the zone marked with your start time at least 20 minutes before your start.

Warm-up map

There is a warm-up map without controls. You are not allowed to leave the mapped area.

First start

14:30

Pre-Start

The location is visible on the warm-up map (not marked in the terrain). Distance from quarantine to pre-start: 50m, 0m climb

Detailed start procedure

Call up	- Check start number
-4 min	- Clear SI card - Check SI card
-3 min	- proceed to -2min - pick up the control description
-2 min	- Contactless SIAC check to verify proper functioning (AIR+ mode)
-1 min	- punch Start-check unit - proceed to starting line
START TIME	It's the competitors' responsibility to start at the correct time. The start beep and a visible start clock will show the countdown. Early start leads to disqualification. Runner takes the map from the table
STARTING POINT	Distance 30m

Maps

Maps are printed on waterproof paper (Antius, no plastic bags) with the class visible for the athletes. Runners are responsible to get the correct map (self-control).

There is a map flip during the race. The first part of the course facing up on the map on the table. The first part finishes with a compulsory route to the new start triangle. The second part of the course is on the backside of the map. So just turn the map. The course starts with the new start triangle. The start triangle is marked with a control flag (no control unit) in the terrain.

Control numbers are continuous.

Arena passage

There will be an arena passage. The passage will be clearly marked on the map and on the ground.

Finish

Arena "Ringplatz", [47°08'29.9"N 7°14'47.4"E](#)

No indoor facilities are available in the after-finish zone. There is limited space in two changing tents. Teams are not allowed to set-up their own tents.

Coaches and non-competing athletes must walk to the arena (walking distance: 1km, 12'). A separate map will be given on arrival at the cable car station in Biel/Bienne). It's not allowed to leave the given path.

It is not allowed for those athletes, who are going to run in the competition, to visit the finish area before their start, and it is not allowed for coaches to go to the quarantine/start/pre-start area if you have been at the finish area.

Maximum running time 45 minutes.

Cool-down zone

It is only allowed to run in the area indicated on the cool-down map available at the finish.

For departure, after the opening ceremony, teams are allowed to leave the arena and go back to Magglingen via the indicated route and by using the cable car. Separate maps will be handed out in the finish-zone.

LONG

Format

Long distance, no qualification.

Starting order drawn by lot in 4 starting blocks. Each team may enter 4 runners, one in each starting block, according to entry form which must be handed in at the event office in Magglingen or in the arena "Ringplatz" in Biel/Bienne on Wednesday, 17 August, **14:00 at the latest**.

The starting interval is 3'.

Map

Schmidwald-Horben, 1:15'000, 5m contours, by Ernst Kläy. Map size 28x28cm, standard ISOM 2017-2 CH.

Course planners

Reto Flückiger and Beat Zimmermann.

Course lengths

WOMEN: 10.8km, 290m climb, 26 controls, 70 minutes

MEN: 14.0km, 470m climb, 33 controls, 80 minutes

Control descriptions

Separate control descriptions are handed out at -3'.

Maximum size MEN: 21x5cm; WOMEN: 17.5x5cm

Terrain

Orienteering terrain between 600 and 750 m above sea level. Mostly coniferous forest. Hill sides with moderate to steep slopes. Some forest roads and hiking trails, varying vegetation on the ground. Runnability mostly good; visibility good.

Traffic

All runners will cross a main road, marked on the map (control). Traffic is controlled by security personal. Please take care!

Transport

All departure times must be strictly observed.

Bus departure time from Magglingen:

06:20	Bus No. 1	Gender	Number bibs	Officials
		Women	1 to 15	Only officials with reference to the corresponding number bibs of bus No. 1
		Men	101 to 115	

06:50	Bus No. 2	Gender	Number bibs	Officials
		Women	16 to 35	Only officials with reference to the corresponding number bibs of bus No. 2
		Men	116 to 135	

07:50	Bus No. 3	Gender	Number bibs	Officials
		Women	36 to 53	Only officials with reference to the corresponding number bibs of bus No. 1-3
		Men	136 to 153	

08:05	Bus No. 4	Gender	Number bibs	Officials
		Women	54 to 73	

		Men	154 to 173	Officials and non-competing team members
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08:50	Bus No. 5	Gender	Number bibs	Officials
		Women	74 to 83	Officials and non-competing team members
		Men	174 to 183	

08:50	Bus No. 6	Gender	Number bibs	Officials
		Women	84 to 95	Officials and non-competing team members
		Men	184 to 200	

Return trip from Gondiswil/Freibach to Magglingen:

Departure time		
13.00	First bus	Buses depart as soon as they are nearly full
...	...	
16.30	Last bus	

Quarantine

Gym Hall "Grossdietwil", [47°10'14.4"N 7°53'09.2"E](https://www.google.com/maps/place/47°10'14.4\)

Athletes and coaches must go to the quarantine according to the transport plan.

The quarantine is open from 07:15.

Check-in

By signing-in at the quarantine **by 09:00 at the latest**. For those taking bus no. 3, 4, 5 and 6 the quarantine begins by entering the bus!

Entering the quarantine, you will receive the warm-up map. GPS-tracking devices and vests (you may use your own vest as well) will be given to designated athletes.

Clothes

Transport from the quarantine to the after-finish zone. To be sure to have your bag at the after-finish zone when arriving in the finish, you must leave it at the marked zone. Please limit the volume of your bags.

No transport of warm-up clothes from pre-start to the after-finish zone.

Warm-up map

There is a warm-up map without controls. You are not allowed to leave the area marked on the warm-up map.

First start

09:00

Pre-Start

The location is visible on the warm-up map. Distance from quarantine to pre-start: 1.1km, 20m climb.

Detailed start procedure

Call up	- Check start number
-4 min	- Clear SI card - Check SI card
-3 min	- proceed to -2min - pick up the control description
-2 min	- Contactless SIAC check to verify proper functioning (AIR+ mode)

-1 min	- punch Start-check unit - proceed to starting line
START TIME	It's the competitors' responsibility to start at the correct time. The start beep and a visible start clock will show the countdown. Early start leads to disqualification. Runner takes the map from the table
STARTING POINT	Distance 40m

Maps

Maps are printed on waterproof paper (Antius, no plastic bags) with the class and start number visible for the athletes. Runners are responsible to get the correct map (self-control with own number bib).

Forest rides or prominent traces (5.3; ISOM 508) are clearly visible but varying vegetation on the ground, the runnability differs.

There is a map flip during the race. The first part of the course facing up on the map on the table. The second part of the course is on the backside of the map. So just turn the map. The start of the second part is marked with a start symbol on the map and is at the same place as the last control of the first part. Control numbers are continuous.

Forking system as a Phi-loop for both classes.

Refreshment controls

There are refreshment controls (manned; still water) for both classes. In the control description the special item 13.2 (refreshment point) is used.

Men: 4 refreshment controls; after about 25', 40', 50' and 60'

Women: 3 refreshment controls; after about 20', 35' and 50'

Arena passage

There will be an arena passage. The passage will be clearly marked on the map and on the field. There is a possibility for coaches to handover personal refreshments.

Finish

Arena "Gondiswil" [47°09'09.0"N 7°51'22.2"E](https://www.google.com/maps/place/47°09'09.0\)

No indoor facilities are available in the arena. There are separate team tents with limited space.

Coaches and non-competing athletes take the busses no. 4, 5, or 6 to get to the arena.

It's prohibited for all team members to use private vehicles to get to the quarantine or arena!

Maximum running time 2 hours 30 minutes.

After the maximum time has expired, return immediately to the finish!

Cool-down zone

In the arena. It's not allowed to enter the forest again.

SPRINT RELAY

Format

Sprint relay, mass start. 4 legs (WOMEN-MEN-MEN-WOMEN). A federation may enter 1 team consisting of 4 competitors (2 men and 2 women), according to entry form which must be handed in at the event centre in Magglingen or in the arena "Gondiswil" on Thursday, 18 August, **14:00 at the latest**.

Incomplete teams and teams with runners from more than one Federation are not allowed. The starting order is determined by the results from WUC 2018, thereafter in alphabetical order.

Map

Langenthal, 1:4'000, 2m by Martin Howald. Map size A4, standard ISSprOM 2019-2

Course planners

Severin Howald and Joël Morgenthaler

Course lengths

Leg 1 and 4 (WOMEN): 3.3km, 10m climb, 18 controls, 13 minutes

Leg 2 and 3 (MEN): 3.8km, 10m climb, 20 controls, 13 minutes

Control descriptions

No separate control descriptions, only on the map. No control codes beside the control numbers on the printed map.

Terrain

Flat urban terrain with smaller and bigger buildings and park areas.

Controls

The controls are folding trestles with one unit and one flag and pliers as reserve punching. Some of the controls are located near each other, check the codes.

Traffic

Traffic is reduced in most parts of the terrain, but there can be buses, cars, bicycles and pedestrians passing through the terrain. Take care and follow the instructions of the officials.

Transport

All departure times must be strictly observed.

Bus departure time from Magglingen:

11:45	Bus No. 1	Gender	Number bibs	Officials
		Women	Leg 1 runners	Only officials coaching first leg runners

11:45	Bus No. 2	Gender	Number bibs	Officials
		Men	Leg 2 and leg 3 runners	Only officials coaching second and third leg runners

11:55	Bus No. 3	Gender	Number bibs	Officials
		Women	Leg 4 runners	Only officials coaching third and four leg runners
		Men	Leg 3 runners	

13:00	Bus No. 4	Gender	Number bibs	Officials
				Officials and non-competing team members. Bus travels directly to the arena.

13:00	Bus No. 5	Gender	Number bibs	Officials
				Officials and non-competing team members. Bus travels directly to the arena.

Return trip from Langenthal Theatre to Magglingen:

Departure time	Athletes, Officials, other team members		
16.30	First bus	Buses depart as soon as they are nearly full	
...	...		
16.40	Last bus		

Quarantine

Football Stadium "Rankmatte" [47°13'02.5"N 7°47'29.5"E](https://www.google.com/maps/place/47°13'02.5\)

Athletes and coaches must go to the quarantine according to the transport plan.

Check-in

By signing-in at the quarantine **by 13:15 at the latest**. There you will receive the warm-up map. GPS-tracking devices and vests (you may use your own vest as well) will be given to designated athletes.

Clothes

Transport from the quarantine to the after-finish zone. Please leave your bags at the marked zone in the quarantine. No transport of warm-up clothes from pre-start to the after-finish zone.

Warm-up map

There is a warm-up map without controls. You are not allowed to leave the mapped area.

Assembly area for the runners

The assembly area for the runners is at the southwest gate of the football stadium. Please be on time and follow the organisers' instructions.

Procedure for all legs:

- Call up
- Check start number
- runners will be guided to the pre-start area

Assembly times:

1. leg: 14:10
2. leg: 14:21
3. leg: 14:32
4. leg: 14:43

Pre-Start / Waiting area

Entering the pre-start:

- Clear SI card
- Check SI card
- Contactless SIAC check to verify proper functioning (AIR+ mode)
- Runner gets his rolled map , it is not allowed to open the roll before the start signal or the change over.

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

Mass start

14:30

The line-up at the start line will be in 4 lines with 6 runners each.

1. line: SUI; POL; FRA ; GBR; NOR; FIN
2. line: ESP; SWE; HUN; AUT; CZE; GER
3. line: AUS; SVK; JPN; ITA; NZL; USA
4. line: BEL; BRA; BUL; DEN; HKG; UKR

Please follow the organisers' instructions.

Mass start for 4th leg runners 10 min after the first change-over for the 4th leg.

Distance to the starting point: 40m

Change-over

Runners will be guided to the pre-start/waiting area. Entering the pre-start, the runners get their maps and clear/check their SIAC-card. It is not allowed to open the roll before the hand-over.

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

From the waiting zone runners will be called into the change-over area by the officials. From there one can see the foregoing runner coming towards the finish and hear the speaker announcing the runners.

When your runner arrives, you may step to the change-over barrier. The change-over is done after crossing the finish line by hand touch across a separation barrier. The outgoing runner is allowed to open the map immediately after the change-over.

Maps

Maps are printed on waterproof paper (Antius, no plastic bags) and are rolled and closed with a rubber band. Runners get the maps from the organiser, but it is the runners' responsibility to check the start number.

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

The maps are marked with team number, leg number and map side (e.g. 7.1 Sp-Relay (2), 7.2 Sp-Relay (2), 7.3 Sp-Relay (2), 7.4 Sp-Relay (2)). The first part of the course is on the inside of the roll.

Map change

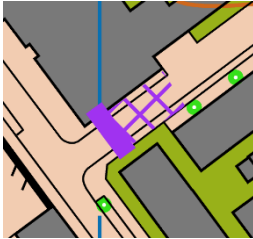
There is a map flip during the race for both women and men. The first part finishes with a compulsory route on the way to the new start triangle. The second part of the course is on the backside of the map. So just turn the map. The course starts with a short compulsory route to the new start triangle. The start triangle is marked with a control flag in the terrain. Control numbers are continuous.

Arena passage

There will be an arena passage. The passage will be clearly marked on the map and on the ground. **Beware that you stay left in the passage. On the right side you go to the finish/changeover.**

Artificial barriers

Artificial barriers will be used. They are marked on the map with the purple symbol 708 (out-of-bounds boundary) and the out-of-bounds symbol behind to clarify the situation. In the terrain, there is a mobile fence combined with grids and ribbon to show these barriers.



The Symbol 714 is used for the outdoor areas of restaurants. Please respect them. Some of the olive parts and hedges are marked in the terrain with the white/green ribbons, which you see above to help the runners. But it is the runners' responsibility to make sure that you run only where you are allowed to do.

Special Objects

X (black cross; symbol 531 prominent man-made feature) = skateboard obstacle

O (black circle; symbol 530 prominent man-made feature) = table

Finish

Arena "Wuhrplatz", [47°12'48.0"N 7°47'25.2"E](https://www.google.com/maps/place/47°12'48.0\)

No indoor facilities are available in the after-finish zone. There is limited space in two changing tents. Teams are not allowed to set-up own tents.

Coaches and non-competing athletes will be carried by bus nearby the arena (walking distance: 100m). It's not allowed to leave the given path.

It is not allowed for teams to visit the finish area before their start, and it is not allowed for coaches to go to the quarantine/start/pre-start area if you have been at the finish area.

Maximum running time 90 minutes per team.

Cool-down zone

It is only allowed to run in the area indicated on the cool-down map available at the finish.

MIDDLE

Format

Middle distance, no qualification.

Starting order drawn by lot in 4 starting blocks. Each team may enter 4 runners, one in each starting block, according to entry form which must be handed in at the event office in Magglingen or in the Arena "Wuhrplatz" in Langenthal on Friday, 19 August, **14:00 at the latest**.

The starting interval is 2'.

Map

Corcelles, 1:10'000, 5m contours, by Urs Steiner. Map size A4, standard ISOM 2017-2 CH

Course planners

Bettina and Marion Aebi

Course lengths

WOMEN: 3.7km, 250m climb, 15 controls, 32 minutes

MEN: 4.8km, 320m climb, 20 controls, 32 minutes

Control descriptions

Separate control descriptions are handed out at -3'.

Maximum size MEN: 16.5x6cm; WOMEN: 13.5x6cm

Terrain

Between 650 and 850 m above sea level. Coniferous and deciduous forest with small semi-open to open Jura pasture. Hill side with moderate to steeper slopes. Some forest roads and hiking trails, no or moderate vegetation on the ground, rich in contour and rock details.

Runnability mostly good, visibility good.

Transport

All departure times must be strictly observed.

Bus departure time from Magglingen:

06:30	Bus No. 1	Gender	Number bibs	Officials
		Women	1 to 30	Only officials with reference to the corresponding number bibs of bus No. 1
		Men	201 to 220	

06:50	Bus No. 2	Gender	Number bibs	Officials
		Women	31 to 50	Only officials with reference to the corresponding number bibs of bus No. 2
		Men	221 to 240	

08:00	Bus No. 3	Gender	Number bibs	Officials
		Women	51 to 70	Only officials with reference to the corresponding number bibs of bus No. 3
		Men	241 to 260	

08:15	Bus No. 4	Gender	Number bibs	Officials
		Women	71 to 92	According to space for officials and non-competing team members
		Men	261 to 299	

08:30	Bus No. 5	Gender	Number bibs	Officials
				Remaining officials and non-competing athletes

Return trip from Crémines-Zoo to Magglingen:

Departure time		
13.15	First bus	Buses depart as soon as they are nearly full
...	...	
16.00	Last bus	

Quarantine

Gym Hall "Crémines", [47°16'59.5"N 7°26'30.5"E](https://www.google.com/maps/place/47°16'59.5\)

Athletes and coaches must go to the quarantine according to the transport plan.

The quarantine is open from 07:00.

Check-in

By signing-in at the quarantine **by 08:45 at the latest**. For those taking bus no. 3, 4 or 5, the quarantine begins by entering the bus! Entering the quarantine, you will receive the warm-up map. GPS-tracking devices and vests (you may use your own vest as well) will be given to designated athletes.

Clothes

Transport from the quarantine to the after-finish zone. Please leave your bags at the marked zone in the quarantine. No transport of warm-up clothes from pre-start to the after-finish zone.

Please limit the volume of your bags. To be sure to have your bag at the after-finish zone when arriving in the finish, you must leave it at the marked zone.

Warm-up map

There is a warm-up map without controls. You are not allowed to leave the mapped area. There is a small part of forest you can use. There in might be two controls visible from the Swiss Championships, which take place just after the WUC Middle race.

First start

08:45 WOMEN

09:00 MEN

Pre-Start

The location is visible on the warm-up map. Distance from quarantine to pre-start: 1.8km, 110m climb. Coaches who are leaving the pre-start towards the arena will get a separate map (walking distance: 1.3km, 20'). It's not allowed to leave the given path.

Detailed start procedure:

Call up	- Check start number
-4 min	- Clear SI card - Check SI card
-3 min	- proceed to -2min - pick up the control description
-2 min	- Contactless SIAC check to verify proper functioning (AIR+ mode)
-1 min	- punch Start-check unit - proceed to starting line

START TIME	It's the competitors' responsibility to start at the correct time. The start beep and a visible start clock will show the countdown. Early start leads to disqualification. Runner takes the map from the table
STARTING POINT	Distance 70m

Maps

Maps are printed on waterproof paper (Antius, no plastic bags) with the class visible for the athletes. Runners are responsible to get the correct map (self-control).

Controls Swiss Championships

There are controls stands (with flags on the ground) in the forest.

Arena passage

There will be an arena passage with a refreshment point (manned; still water) for all runners. The passage will be clearly marked on the map and on the field. It's also a possibility for coaches to handover personal refreshments.

Finish

Arena "Corcelles" [47°16'41.4"N 7°27'24.4"E](https://www.google.com/maps/place/47°16'41.4\)

No indoor facilities are available in the after-finish zone. There are separate team tents with limited space.

Coaches and non-competing athletes take the buses no. 4 or 5 to get to the arena.

It's prohibited for all team members to use private vehicles to get to the quarantine or arena!

Maximum running time 120 minutes.

After the maximum time has expired, return immediately to the finish!

Cool-down zone

In the arena. It's not allowed to enter the forest again.

RELAY

Format

Relay, mass start. 3 legs each class (WOMEN and MEN). A federation may enter 2 teams consisting of 3 competitors (3 men or 3 women, each class), according to entry form which must be handed in at the event office in Magglingen or in the arena "Corcelles" on Saturday, 20 August, **14:00 at the latest**.

Incomplete teams and teams with runners from more than one Federation are allowed. The starting order is determined by the results from WUC 2018, thereafter in alphabetical order.

Map

Schmidwald, 1 :10'000, 5m by Ernst Kläy. Map size 24x36cm, standard ISOM 2017-2 CH

Course planners

Silje Ekroll Jahren and Beat Roth

Course lengths

WOMEN: 5.6-5.8 km, 180m climb, 18 controls, 35 minutes

MEN: 7.0-7.3km, 230m climb, 22 or 24 controls, 35 minutes

Control descriptions

No separate control descriptions, only on the map. No control codes beside the control numbers on the map.

Terrain

Orienteering terrain between 600 and 750 m above sea level. Mostly coniferous forest. Hill sides with moderate to steep slopes. Some forest roads and hiking trails, varying vegetation on the ground. Runnability mostly good; visibility good.

Transport

All departure times must be strictly observed.

Bus departure time from Magglingen:

06:40	Bus No. 1	Gender	Number bibs	Officials
			Leg 1 and 2	Only officials with reference to the corresponding number bibs of bus No. 1
		Women	No. 1 to 10	
		Men	No. 101 to 110	

06:40	Bus No. 2	Gender	Number bibs	Officials
			Leg 1 and 2	Only officials with reference to the corresponding number bibs of bus No. 2
		Women	No. 11 to 20	
		Men	No. 111 to 120	

06:50	Bus No. 3	Gender	Number bibs	Officials
			Leg 1 and 2	Only officials with reference to the corresponding number bibs of bus No. 1 - 3
		Women	No. 21 to 35	
		Men	No. 121 to 136	

06:50	Bus No. 4	Gender	Number bibs	Officials
			Leg 1 and 2	Remaining officials
		Men	No. 137 to 139	
			Leg 3	
		Women	No. 1 to 10	
		Men	No. 101 to 110	

07:00	Bus No. 5	Gender	Number bibs	Officials
			Leg 3	Remaining officials
		Women	No. 11 to 35	
		Men	No. 111 to 139	

Return trip from Gondiswil / Freibach to Magglingen:

Departure time			
13.30	First bus	Buses depart as soon as they are nearly full	
...	...		
14.15	Last bus		
16:00	Extra bus	Likely departure for participants of the coaches' race	

Quarantine

Arena "Gondiswil" [47°09'09.0"N 7°51'22.2"E](https://www.google.com/maps/place/47°09'09.0\)

There are two separate zones, marked in the arena. One for first and second leg runners, and one for third leg runners. It's not allowed at any time to switch from one to the other zone until the mass start for runners who have not been relieved at 11:15.

Entering the quarantine zones GPS vests will also be given to designated teams (you may use your own vest as well).

Check-in

By signing-in at the quarantine **by 08:45 at the latest**. GPS-tracking devices and vests (you may use your own vest as well) will be given to designated athletes.

Clothes

There are team tents with limited space in both quarantine zones. You can leave your bags there.

Warm-up area

Warm-up is only allowed in the quarantine zones.

Pre-Start / Waiting area

Procedure entering the pre-start:

- Check start number
- Clear SI card
- Check SI card
- Contactless SIAC check to verify proper functioning (AIR+ mode)
- Runners get their rolled maps, it is not allowed to open the roll before the start signal (mass start) or the change over.

Mass start

09:00 MEN

09:10 WOMEN

The line-up at the start in lines will be made by the organiser, please follow the instructions. Mass start for runners who have not been relieved is at 11:15.

Change-over

Entering the waiting area, the runners get their maps and clear/check their SIAC-card. It is not allowed to open the roll before the hand-over.

From the waiting zone runners will be called into the change-over area by the officials. From there one can see the foregoing runner coming towards the finish and hear the speaker announcing the runners.

When your runner arrives, you may step to the change-over barrier. The change-over is done after crossing the finish line by hand touch across a separation barrier. The outgoing runner is allowed to open the map immediately after the change-over.

Maps

Maps are printed on waterproof paper (Antius, no plastic bags) and are rolled and closed with a rubber band. Runners get the maps from the organiser, but it is the runners' responsibility to check the start number.

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

The maps are marked with your number, team name and number, and leg number (e.g. for team 15 JPN: 15 JPN -1 / 1, 15 JPN-1 / 2, 15 JPN-1 / 3).

Controls Swiss Championships

There are controls stands (with flags on the ground) in the forest.

Refreshment controls

There are refreshment points (manned; still water) for each class, marked on the map with the special item 13.2 (refreshment point).

WOMEN: 2 possibilities; after ~18', ~23'

MEN: 2 possibilities; after ~15', ~23'

There is an optional third possibility for coaches to handover personal refreshments during the arena passage.

Arena passage

There will be an arena passage. The passage will be clearly marked on the map and on the field.

Artificial control

A flowerpot is used as last control (max. 120cm of height). It's mapped with a black cross (symbol 531 prominent man-made feature) and in the control description the special item 6.1 (cross) is used.

Finish

Arena "Gondiswil" [47°09'09.0"N 7°51'22.2"E](https://www.google.com/maps/place/47°09'09.0\)

No indoor facilities are available in the after-finish zone. There are separate team tents in the two quarantine zones with limited space.

Coaches take the busses no. 4 or 5 to get to the arena.

It's prohibited for all team members to use private vehicles to get to the quarantine or arena!

Maximum running time 200 minutes.

Cool-down zone

Until 11:15, only in the quarantine zones assigned to the legs (1./2. or 3.) After 11:15 the whole arena is free. It's not allowed to enter the forest again.

SWISS CHAMPIONSHIPS 2022

The Swiss Orienteering Championships Middle-Distance (MOM) and Relay (SOM) will be held on Saturday, 20 August and on Sunday, 21 August, right after the World University Championship competitions. For the Middle-Distance Championship, we have reserved a limited number of vacant places for coaches or athletes who did not register within the deadline published on the website earlier.

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WELCOME TO SWITZERLAND AND 2022 FISU WORLD UNIVERSITY CHAMPIONSHIP ORIENTEERING!

