

## National orienteering races

A few years after the European Orienteering Championships (EOC2018), and after the national races in Campra 2022, Ticino is ready to once again host a major event dedicated to this sport. A national EOC competition weekend, valid for the WRE, is scheduled for April 20 and 21, 2024 in the beautiful terrains of the Vallemaggia.

These races were originally scheduled to take place in 2020, only to be cancelled due to the pandemic. The registration fees the participants did not ask for reimbursement made up a sum of 5'269 CHF, which was donated to Casa Martini in Solduno.

VM2024 will be a unique occasion for all fans of orienteering: in Vallemaggia, competitors will face exciting and very different terrains, ranging from the small and intricate village centres, characterised by narrow streets and sudden changes of direction, to beech forests dotted with irregular boulders, dry stone walls, small valleys and sudden changes of slope.

On Saturday 20 April, a national sprint race will take place in the villages of Aurigeno, Maggia and Moghegno.

The final race is scheduled for Sunday 21 April with the Swiss Medium Distance Championships (MOM), which will take place in the woods above Lodano and Aurigeno.

There will also be many tourist activities available for participants who wish to stay in the region before, during and after the weekend of races. Not only are there plenty of interesting tourist destinations in the Vallemaggia region to choose from, but it's also easy to get to the towns of Ascona, also known as "The Pearl of Lake Maggiore", and Locarno, a culturally rich city.

During their stay in Vallemaggia runners who decide to explore the region will have plenty of options: they will be able to go on excursions suitable for all levels and all ages (among others, the Sentieri di Pietra), visit museums (such as the Museo di Valmaggia in Cevio), practice other sports (such as bungee jumping, cliff or indoor climbing, pump track, mountain biking) or discover some cultural places of great historical and scenic value (among others, the church of Mogno, the Val Bavona villages, and the village of Bosco Gurin).

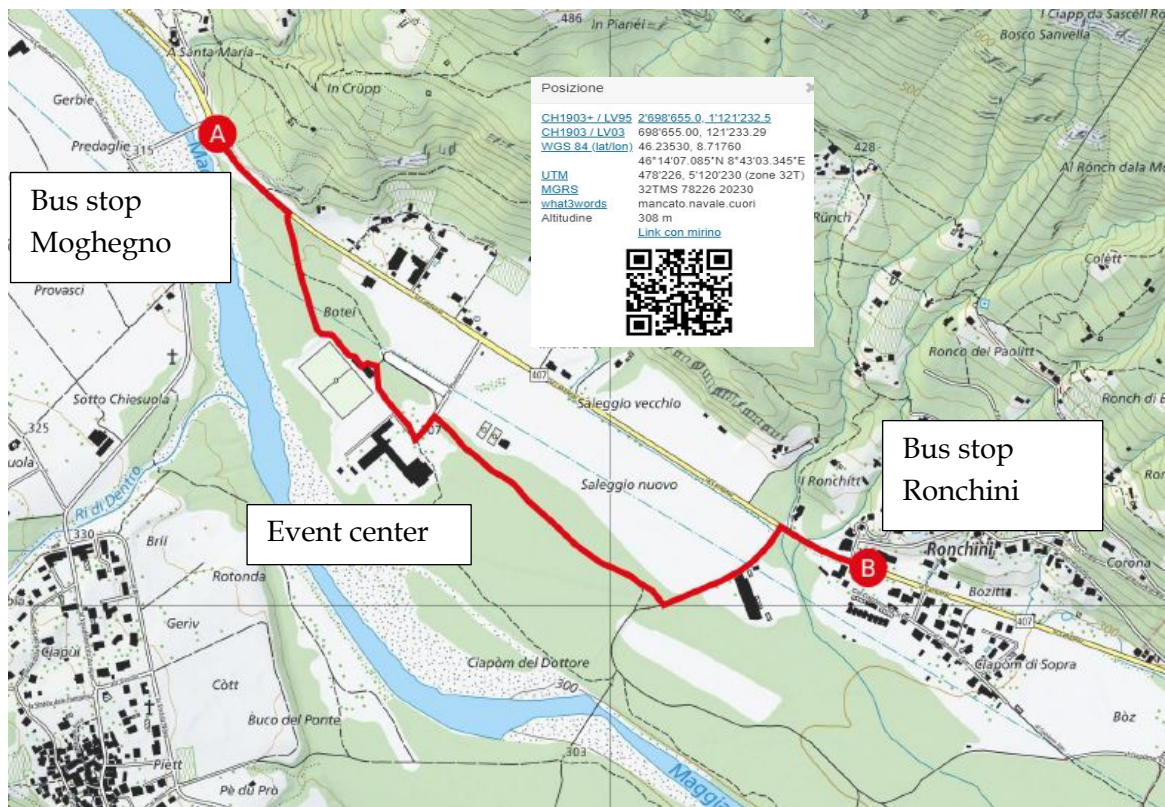
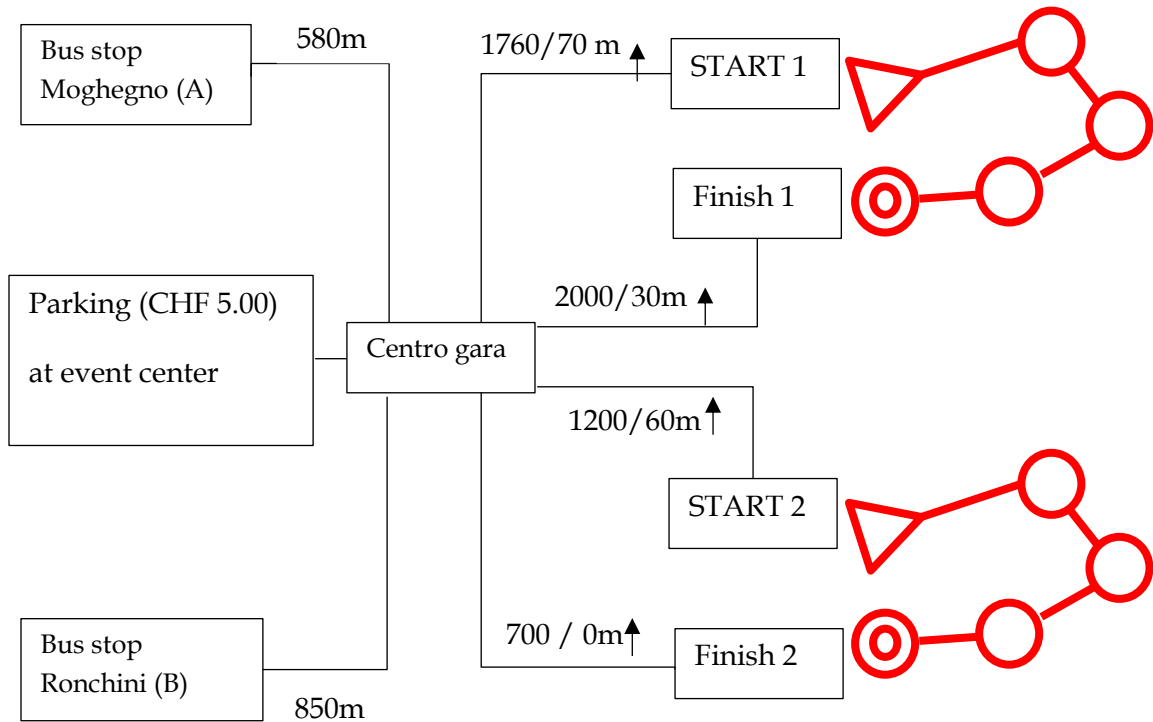
Finally, there will be plenty of opportunities to try local gastronomic dishes, with traditional grotti and more contemporary restaurants serving traditional dishes (polenta cheese, meat) as well as modern interpretations of local dishes.

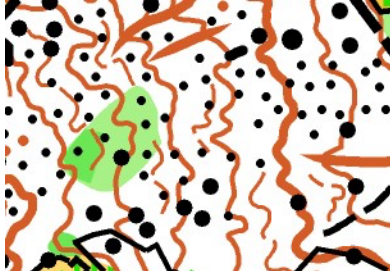

For all the above reasons VM2024 will be a once-in-a-lifetime chance to explore a region with so much to offer.

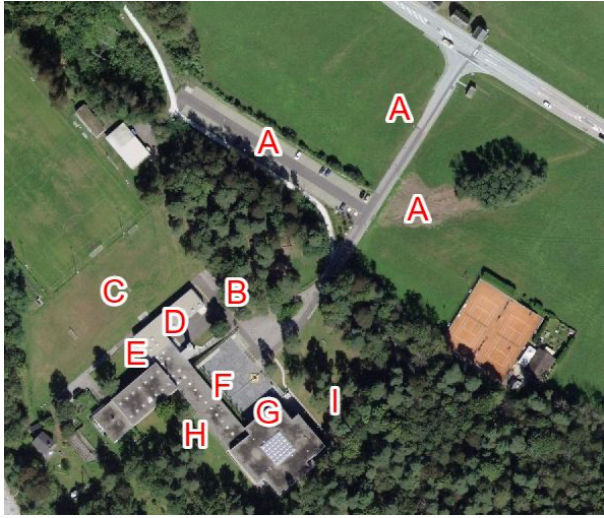
We look forward to seeing you in Vallemaggia!

More information about the region: <https://www.ascona-locarno.com/en/esplora/vallemaggia>

# Map: Parking, Bus stops, Event center, Start 1, Start 2





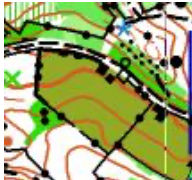
<b>Organizing society</b>	ASTI Ticino
<b>Event Director</b>	Riccardo Maddalena
<b>Course setters</b>	Gioele Maddalena, Martino Beretta
<b>Controller</b>	Sergio Cantoreggi
<b>Technical Director</b>	Therese Achermann-Aeberhard
<b>Internet</b>	<a href="http://www.gare-di.co/VM2024">www.gare-di.co/VM2024</a>
<b>Type of competition</b>	Swiss Championship Middle Distance (MOM) (Word Ranking Event - WRE)
<b>Information</b>	Monica Caprari <a href="mailto:vm2024@gare-di.co">vm2024@gare-di.co</a>
<b>Maps</b>	Lodano, Aurigeno 1:10'000 / 1:7'500 da H/D 50 e H/DAK Marzo 2020/ partially updated in 2024 by Francesco Guglielmetti
<b>Embargoed areas</b>	<a href="http://www.swiss-orienteing.ch/it/gare/gelaendesperren.html">www.swiss-orienteing.ch/it/gare/gelaendesperren.html</a>
<b>Types of terrains</b>	<p><b>Lodano:</b> In general, terrain with smooth running, but with many low walls and some rocky areas. In the northernmost part presence of ferns that slow the run.</p>  <p><b>Aurigeno:</b> Alternating between areas with brambles and flowing areas, and presence of stony areas and low stone walls.</p> 



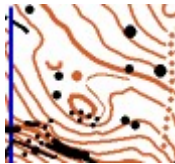

<b>Categories</b>	HE DE HAL DAL HAM DAM H35 D35 H40 D40 H45 D45 H50 D50 H55 D55 H60 D60 H65 D65 H70 D70 H75 D75 H80 D80 H85 H20 D20 H18 D18 H16 D16 H14 D14 H12 D12 H10 D10 + OK e OM Identical routes for DE/20 e HE/20 (requested by Leistungssport of Swiss Orienteering)
<b>Late entries</b>	Not accepted for competitive categories but possible for Open OK and OM categories.
<b>Categorie Open OK &amp; OM</b>	Between 10:00 and 13:00 registration and payment (CHF 10.00) at the Info at the event centre.  Start at the event centre.  Two possible routes: short and easy (OK) or medium and medium difficulty (OM).  No ranking and no prize-giving.
<b>Troll (I)</b>	A children's mini-route is organised at the event centre, registration on site at a cost of Fr 5. Open from 09:30 to 13:30.
<b>Event center</b>  <b>Centro Scolastico Ronchini</b>  <b>A: Parking</b>  <b>B: Shop (orienteering)</b>  <b>C: Society tents</b>  <b>D: Changing rooms/showers</b>  <b>E: Reading of SI-Card</b>  <b>F: Marquee/buvette</b>  <b>G: Info and entries</b>  <b>H: Nursery</b>  <b>I: Troll</b>	 <p>The event center opens at 08:00</p>
<b>How to reach the event center</b>	<u>Public transportation</u> : By train to Locarno then by bus to the "Aurigeno Moghegno" or "Ronchini" stops, then 580m/850m to the event center.  More information: <a href="http://www.gare-di.co/VM2024">www.gare-di.co/VM2024</a>  <u>By car</u> : Via the Gotthard or San Bernardino to Bellinzona, then direction Locarno and Vallemaggia. Please plan your trip with plenty of time, as the north-south road axis is always very busy.
<b>Parking</b>	At the event center, CHF 5.- per car

<b>Information (G)</b>	Change of SI-CARD Rental of SI-CARD Entries of OK and OM from 09:30 to 13:00 Delivery of appeals (appeal form)
<b>Bibs</b>	Self-service at the event center. You cannot run without a bib. The same bib will be used for both days.
<b>Anti-Doping</b>	Current Swiss Olympic doping regulations apply to these competitions. Doping controls can be performed on all participants. Registration subjects participants to Swiss Olympic's current doping regulations. In the D/H 18-20 and D/H Elite categories, only those who have signed the declaration of subordination to the anti-doping statute may participate. Information and forms <a href="http://www.swissorienteering.ch/files/2017_Antidopingerkl%C3%A4rung_d.pdf">www.swissorienteering.ch/files/2017_Antidopingerkl%C3%A4rung_d.pdf</a>
<b>Food</b>	Lunch at the event center - Reservation not required Polenta and stew - CHF 15.00 Polenta and milk - CHF 10.00
<b>Nursery (H)</b>	At event center (08:30-14:00)
<b>Accommodation</b>	ORGANIZZAZIONE TURISTICA LAGO MAGGIORE E VALLI: <a href="http://www.gare-di.co/VM2024/Accommodation/accommodation.html">www.gare-di.co/VM2024/Accommodation/accommodation.html</a> <a href="mailto:info@ascona-locarno.com">info@ascona-locarno.com</a> <a href="http://www.ascona-locarno.com/it/contatti">www.ascona-locarno.com/it/contatti</a>
<b>Camping</b>	WARNING ! Free camping in Vallemaggia is prohibited and subject to controls and fines ! Those who wish to camp must take advantage of the campsites or camper areas. In Vallemaggia there are two campsites (Avegno-Gordevio) and two camper areas (Avegno-Bignasco). It is not possible to leave campers parked overnight at the parking area at the race center
<b>WC</b>	At event center and 5 minutes before the pre-start
<b>Start lists, results</b>	<a href="http://www.swiss-orienteering.ch">www.swiss-orienteering.ch</a>
<b>Distance between event center and Start 1 and Start 2</b>	Start 1: 1.76 Km + 70 m uphill, approx. 20/40 minutes (walking) Start 2: 2.0 Km + 30 m uphill, approx. 15/30 minutes (walking)
<b>Start</b>	09:30 until approx. 13:30  At the request of the Leistungssport of Swiss Orienteering, the H20s start before the HEs, causing an extension of the start time for this course.
<b>Clothes transport</b>	Not foreseen

<b>Model event (warm up)</b>	Due to the lack of suitable terrain, the model event is unfortunately not planned.
<b>Start</b>	<p>Standard procedure for national races. Each runner is responsible for the cancellation (clear) and verification (check) of his/her SI-Card. It is mandatory to use the SI-Card indicated at the time of registration.</p> <p>Open categories: separate start at event centre</p> <ul style="list-style-type: none"> <li>- Minute - 4: call, start time verification, cancellation and verification of SI-Card (runner's responsibility)</li> <li>- Minute - 3: points description (self-service)</li> <li>- Minute - 2: sign with position of maps per category</li> <li>- Minute - 1: CHECK punch for control, stand next to the container containing the maps of your category</li> <li>- Start: the race map may only be taken out of the container at the starting signal.</li> </ul> <p>Each competitor is responsible for starting with the race map of his or her category. Starting point: marked with a flag without SPORTident unit. Competitors who are late please report to the start staff.</p>
<b>Compulsory route and distance to the starting point</b>	Only for Start 1: 50 m
<b>Control points</b>	Red/white lanterns as per WO. Each point carries a SPORTident unit (activated AIR+ mode). Punch using the SI-Card. In case the AIR+ mode does not work (battery of the SI-Card discharged), punch by inserting the SI-Card in the appropriate hole of the SI-unit ('box'). In case of SI-unit malfunction (absence of acoustic and visual signal) or if the SI-Card is missing, stamp on the card with the mechanical clamp. Immediately after finishing the race report the problem to the organisers at the finish line. Put your name on the race map and hand it in for the punching control, at the same time informing the data downloaders.
<b>Categories H/D 10</b>	<p>Between the start and the first point there will be a smile 😊 on the right path to follow and a sad face on the wrong path. 😞</p> <p>In the section towards point 3, you will have to follow the flags to make the route easier.</p>
<b>Dry-stone walls</b>	There are many mapped drystone walls between 80 and 180 cm high. Sometimes the height of the walls changes abruptly depending on their state of preservation. It is



	<p>therefore impossible to map where (and for whom) they can be crossed. Generally, every 30 to 40 metres there are points where everyone can cross.</p> <p>The walls are therefore all mapped as crossable walls.</p> <p>These are drystone walls that have cost the hard work of those who built them and those who maintain them. We therefore ask you to cross them with caution and without causing damage. Any damage can be reported to the info desk at the event centre.</p>
<p><b>Prohibited zones</b></p>	<p>These are dangerous fields or steep slopes.</p> <p>It is prohibited to cross fields or slopes marked with the symbol</p>  <p>Where a border is marked, there will be a delimitation tape.</p>  <p>Forbidden olive green</p>  <p>Crossing the forbidden zones is sanctioned by disqualification. Checks will be carried out.</p>

<p><b>Special symbols</b></p>	<p>1) Special object:</p>  <p>It can be: a chapel or wood pile</p>  <p>2) Stony knolls: some knolls marked with the symbol</p>  <p>may be on the ground piles of stones</p> 
<p><b>Control description</b></p>	<p>Printed for all categories, including the control description sheet (IOF symbols)</p>
<p><b>Maximum race time</b></p>	<p>120 minutes</p>
<p><b>Finish</b></p>	<p>Runners must register their arrival with the SI Card. The race map is collected and will be available at the event centre after the last start.</p>
<p><b>Finish area closure</b></p>	<p>120 minutes after the last start</p>
<p><b>Reading SI Card</b></p>	<p>At the event center</p>



<b>Medical services</b>	At finish area and at event center
<b>Refreshment</b>	Only at the finish area
<b>Ranking results</b>	Live only on the website: <a href="http://classifiche.asti-ticino.ch/o2rank/">http://classifiche.asti-ticino.ch/o2rank/</a>
<b>Prizes and prize-giving ceremony</b>	Prizes for the first three in each category (with the exclusion of Open categories).  Prize money to the top three athletes in the categories D/HE e D/H20.  The MOM prize-giving will take place from approx. 15:00 onwards, once the prize-giving ceremony of Saturday's national sprint race is over.
<b>Appeals</b>	Before lodging an appeal, competitors are requested to contact the race judge in order to resolve the matter amicably. If no solution can be found, the appeal must be submitted in writing no later than 1 hour after the finish using the appeal form available at the info desk. Those who have submitted an appeal must remain at the disposal of the jury.
<b>Race judge</b>	Sandro Corsi
<b>Jury</b>	Marc Eyer, Ulrich Aeschlimann and Andre Wirz
<b>Media</b>	Lorenzo Patocchi: <a href="mailto:lorenzo.patocchi@cryms.com">lorenzo.patocchi@cryms.com</a>
<b>Image right</b>	By registering to the competitions, participants agree to the publication of pictures and rankings in the media.
<b>Cancellation</b>	Any cancellation will be announced on <a href="https://www.gare-di.co/VM2024/News.html">https://www.gare-di.co/VM2024/News.html</a> and <a href="https://www.swiss-orientering.ch">https://www.swiss-orientering.ch</a>
<b>Insurance</b>	Each person participates at her/his own risk and is responsible for her/his own insurance coverage. The organizer disclaims any responsibility.



Categories	Start	Length	Total climb	N° control points	Map scale
DE/D20	1	3.56	265	14	1:10'000
HE/H20	1	4.42	340	17	1:10'000
D16	1	3.03	160	14	1:10'000
H16	1	3.30	190	14	1:10'000
D18	1	2.85	170	14	1:10'000
H18	1	3.30	250	14	1:10'000
DAL	1	3.37	160	16	1:10'000
HAL	1	3.45	280	13	1:10'000
DAM	1	2.82	135	13	1:10'000
HAM	1	2.91	175	13	1:10'000
D35	1	3.18	160	15	1:10'000
H35	1	3.26	250	14	1:10'000
D40	1	3.35	185	14	1:10'000
H40	1	3.38	260	12	1:10'000
D45	1	2.95	180	14	1:10'000
H45	1	3.53	240	13	1:10'000
D50	1	3.08	150	16	1:7'500
H50	1	3.31	255	15	1:7'500
H55	1	3.31	225	13	1:7'500
H60	1	3.34	175	15	1:7'500
H10	2	1.60	70	8	1:10'000
D10	2	1.47	65	7	1:10'000
H12	2	2.33	105	11	1:10'000
D12	2	2.06	80	10	1:10'000
H14	2	2.60	160	11	1:10'000
D14	2	2.44	120	11	1:10'000
HB	2	2.50	135	12	1:10'000
DB	2	2.17	110	11	1:10'000
HAK	2	2.46	110	10	1:7'500
DAK	2	1.96	105	8	1:7'500
D55	2	2.51	160	11	1:7'500
D60	2	2.27	150	12	1:7'500
H65	2	2.82	165	13	1:7'500
D65	2	2.11	110	9	1:7'500
H70	2	2.43	155	12	1:7'500
D70	2	1.80	90	9	1:7'500
H75	2	2.28	110	11	1:7'500
D75	2	1.71	80	8	1:7'500
H80	2	1.88	80	9	1:7'500
D80	2	1.74	65	10	1:7'500
H85	2	1.74	70	10	1:7'500