



European
Orienteering
Championships
Ticino
Switzerland
2018



Bulletin 3

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Welcome



After the incredible experience of hosting JWOC 2005 in Ticino we are now getting ready for a new adventure. We are very pleased to welcoming participants, trainers and supporters who will visit our region in 2018 for the European Championships (EOC2018) and the EGK Swiss 5-days orienteering event.

Being part of World Cup Round 1, the organisation of EOC2018 is a challenge we took upon ourselves with commitment and enthusiasm in order to guarantee a successful sports event. What to expect from this exciting week? It is a unique experience for the athletes, which will challenge them by running through the beautiful woods and the typical narrow streets of our region. It is also a unique opportunity for the public to experience the magic of orienteering up-close.

Ticino is not only a lovely region for orienteering, it is also an area to visit and taste its culinary specialties: there are many fascinating places and some of them can also be found in the competition areas where you will be able to try local delicacies.

We really hope that athletes and orienteering “aficionados” from all parts of the world will enjoy their stay in our region and that they might come back to visit the Ticino someday again.

A special thank you goes to the many volunteers that have been working for months in the organisation of EOC2018. Furthermore, the Organising Committee would like to sincerely thank all the sponsors and the authorities of each municipality that will be hosting the competitions. Thank you for your active and constant support!

Francesco Guglielmetti
Chairman
Organising Committee

Jürg Hellmüller
President
Swiss Orienteering Federation





Tourism



The Canton of Ticino offers a lot of sports activities, but also a lot of touristic highlights. For ten days, the Ticino will attract the attention of the regional, national and international media.

It will be an important occasion not only to share our great orienteering passion, but also to admire the beauties of the landscape with its mountains, lakes, streams, castles and typical villages... the wonders of Ticino are really many and all can be explored!

Gastronomy

The Ticino is particularly privileged from a gastronomic point of view as it honours culinary traditions and has been rewarded as such that many of its excellent restaurants have been top-ranked in the most important gastronomic guides.

Culture

Culture and its different expressions play an important role in Ticino's global image. It is not surprising, therefore, that in the last decade the Canton has devoted huge resources to this sector.

More information on <http://www.ticino.ch>





EOC2018

classes and participation restrictions



EOC2018 belongs to World Cup Round 1.

- Classes Men and Women, no age restrictions.
- Competitors representing member federations of the IOF, defined by the International Olympic Committee as belonging to the European continent, can compete in EOC.
- Competitors representing other member federations of the IOF can participate in EOC, but will not be eligible for European titles, medals or diplomas.
- There is no limit in the number of runners and officials in a team.
- In the sprint and middle competitions with planned qualification races each federation may enter a maximum of 6 runners in each class. The European Champions 2016 (M/W) for those competitions is given a wild card to enter the qualification in addition to the ordinary entries from his/her federation (in which case one starting group may have three competitors from that federation).
- In the sprint competition, the best 17 European runners of each qualification heat may run in the A-final. Non-European runners ranked 17th and better in each qualification heat may also run in the A-final. No final race is foreseen for not qualified runners.
- In the middle competition, the best 17 European runners of each qualification heat may run in the A-final. Non-European runners ranked 17th and better in each qualification heat may also run in the A-final. The remaining competitors will have the possibility (for free) to run the public race (EGK Swiss 5-days event) in the Elite class, provided they register at the info desk the day before.
- In the relay a federation may enter 2 teams in each class, each consisting of 3 competitors, but only the better-placed team will be eligible for receiving a medal. Incomplete teams and teams with runners from more than one federation are not allowed to compete.



- In the long distance competition the qualification criteria is based on national quotas for Men and Women as follows:
 - For any federation having 4 or more competitors in the top 30 of the World Ranking: the number of competitors the Federation has in the top 30 of the World Ranking are allowed to participate (up to a maximum of 6 per Federation);
 - For any other federation having at least 3 competitors in the top 200 of the World Ranking: 3 competitors per federation are allowed to participate;
 - For all other federations: 2 competitors per federation are allowed to participate;
 - Personal place for the current European Champions (W/M) in long distance;
 - The home country is allowed to have at least 4 athletes in each class;
 - The World Ranking as of 1st of January 2018 will be used to identify the number of qualifiers for each country;
 - Competitors who do not fall on previous rules will have the possibility to enter the public race (EGK Swiss 5-days event), which takes place on the same day (in elite class, by paying the regular fee).
- In the sprint relay each federation may enter one team, consisting of 4 competitors (of which at least 2 must be women). Incomplete teams and teams with runners from more than one federation are not allowed to compete.
- Each participating federation shall appoint a team manager to act as a contact person between the team and the organiser. It is the team manager's duty to check that the team receives all necessary information.
- Competitors participate at their own risk. Insurance against accidents shall be the responsibility of their federation or their own personal responsibility, according to each national regulation.



EOC schedule



Date and time	Events	Location
Friday 4th May		
14:00	Arrival teams	EC Cadempino
14:00 – 20:00	Event Centre open	EC Cadempino
Saturday 5th May		
09:00 – 21:00	Event Centre open	EC Cadempino
09:00 – 18:00	Model events	4 areas offered
12:00	Deadline for name changes	IOF Eventor
12:00	Deadline for entries Sprint	IOF Eventor
16:30	Technical Model Event for all races	EC Cadempino
17:30	Team officials meeting Sprint qualification+final	EC Cadempino
Sunday 6th May		
08:00 – 13:00	Event Office open	Bellinzona
09:30 – 11:30	Sprint Qualification	Bellinzona
14:00 – 19:00	Event Office open	Mendrisio
16:00 – 18:15	Sprint Final	Mendrisio
18:20	Flower ceremony	Mendrisio
18:30	Opening ceremony	Mendrisio
18:45	Price giving ceremony Sprint	Mendrisio
Monday 7th May		
09:00 – 18:00	Model events	4 areas offered
12:00	Deadline for entries Middle Distance	IOF Eventor
16:30 – 20:00	Event Centre open	EC Cadempino
17:30	Team officials meeting Middle qualification+final	EC Cadempino
Tuesday 8th May		
08:00 – 13:00	Event Office open	Carona
10:00 – 12:10	Middle Distance Qualification	Carona

**Wednesday 9th May**

08:00 – 14:00	Event Office open	Serpiano
10:00 – 13:30	Middle Distance Final	Serpiano
13:30	Flower ceremony	Serpiano
14:30	Deadline for entries Sprint relay	IOF Eventor
16:30 – 20:00	Event Centre open	EC Cadempino
17:30	Team officials meeting Sprint Relay	EC Cadempino

Thursday 10th May

14:00 – 19:00	Event Centre open	Tesserete
17:00 – 18:15	Sprint Relay	Tesserete
18:10	Flower ceremony	Tesserete
18:20	Price giving ceremony Middle Distance	Tesserete
18:40	Price giving ceremony Sprint Relay	Tesserete

Friday 11th May

09:00 – 18:00	Model events	2 areas offered
12:00	Deadline for entries Relay	IOF Eventor
16:30 – 20:00	Event Centre open	EC Cadempino
17:30	Team officials meeting Relay + Long Distance	EC Cadempino

Saturday 12th May

11:00 – 18:30	Event Office open	Vaglio
12:00	Deadline for entries Long Distance	IOF Eventor
14:00 – 15:50	Relay women	Vaglio
15:50	Flower ceremony Relay women	Vaglio
16:00 – 17:50	Relay men	Vaglio
17:50	Flower ceremony Relay men	Vaglio

Sunday 13th May

07:00 – 16:00	Event Office open	Tesserete
09:30 – 14:10	Long Distance women	Capriasca
09:30 – 15:15	Long Distance men	Capriasca
14:15	Flower ceremony women	Tesserete
15:20	Flower ceremony men	Tesserete
15:30	Price giving ceremony Relay	Tesserete
15:40	Price giving ceremony Long Distance	Tesserete
15:50	Closing ceremony	Tesserete
from 16:30	Banquet for athletes and team leaders	Rivera
17:00 – 19:00	Event Centre open	EC Cadempino

Monday 14th May

08:00	Teams departure	EC Cadempino
08:00 – 10:00	Event Centre open	EC Cadempino



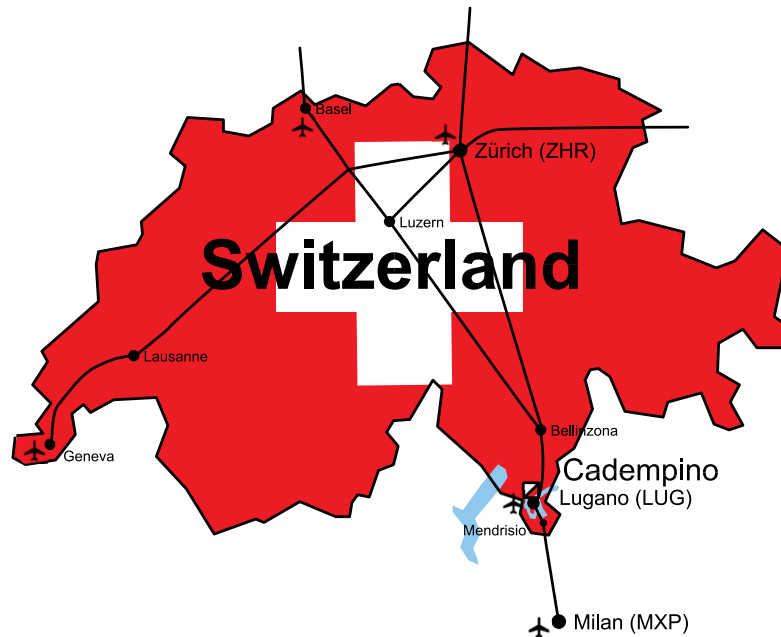
Travel opportunities



The European Orienteering Championships (EOC) 2018, the World Cup races and the EGK Swiss 5-days event will be held in the region of Lugano, Switzerland. The official Event Centre (EC) as well as the Media Centre of EOC2018 will be situated at the “Centro Eventi, 6814 Cadempino, Switzerland”, [GPS coordinates 46.034853, 8.930082](#), just 6 km from the city centre of Lugano and easily reachable by train or bus. Parking is available at the EC (also for busses).

Event Office opening hours

Day	Event Centre Cadempino	Event Office in the Arenas
Friday 4 th May	14:00 – 20:00	
Saturday 5 th May	9:00 – 21:00	
Sunday 6 th May		8:00 – 13:00; 14:00 – 19:00
Monday 7 th May	16:30 – 20:00	
Tuesday 8 th May		8:00 – 13:00
Wednesday 9 th May	16:30 – 20:00	8:00 – 14:00
Thursday 10 th May		14:00 – 19:00
Friday 11 th May	16:30 – 20:00	
Saturday 12 th May		11:00 – 18:30
Sunday 13 th May	17:00 – 19:00	7:00 – 16:00
Monday 14 th May	8:00 – 10:00	



By plane

Lugano (LUG) airport is just 5 km from the EC.

Milano-Malpensa (MXP) international airport is reachable by train, shuttle bus (from/to Lugano train station) or by car in an hour.

Zürich (ZRH) airport is reachable by car or by train in 3 hours.

By car

Cadempino can easily be reached from the highway A2-E35 and is only 2 km from the exit Lugano-Nord. All cars (therefore also rental cars) need to have a valid "2018 vignette" (sticker) to drive on the Swiss highways for all of 2018 which can be bought at the borders for CHF 40.-.

By train

Lamone-Cadempino's railway station is about a 800 m walk away from the EC and is served by the TILO trains that run during the day every 30 minutes from Lugano main station.

Lugano main station is just 5 km from Lamone-Cadempino and can also be reached by bus TPL number 5.

Before choosing accommodations in Italy for your training camp or your stay at EOC2018, please consider the following important points:

The road from the EC to Ponte Tresa (Italy) encounters very heavy traffic at all times of the day during work days as well as on weekends.

Similarly, the highway from the EC to Mendrisio-Chiasso (and then to Italy) is also characterized by heavy traffic at peak hours, especially in the early mornings going North and in the opposite direction in the evening.

This means that travelling time for just a few kilometres is extremely unpredictable in both cases mentioned above.



Transport

Shuttle busses guarantee regular transport between the Milano-Malpensa airport and the railway station of Lugano. Costs and schedules under:

- <http://malpensa-express.com>
- <http://www.luganoservices.ch>
- <http://www.jetbus.ch/schedule>

Please contact the organisation if you require special transport from airports and we will try to find a solution.

All competitions and training areas can generally be reached by means of public transports. People staying at an official accommodation (hotel, hostel, camping) will travel for free in the area thanks to the Ticino Card. We recommend that competitors and officials use their own or rented vehicle in order to be more flexible. The organisers will not provide official transport to the arenas. However, for teams with no means for their own transport, solutions will be found for them to reach the trainings and event sites.

Arena	Distance	Time by car	Parking distance
Bellinzona	27 km	25 min	200 m
Mendrisio	25 km	25 min	100 m
Carona	16 km	25 min	200 m
Serpiano	32 km	40 min	100 m
Tesserete	7 km	10 min	200 m
Vaglio	6 km	10 min	600 m



Visas, climate, clothing, hazards



Visas

All EOC participants are advised to check the up-to-date visa regulations for entering Switzerland (please check under <https://www.ch.ch/en/entering-switzerland-visa/>). Under current regulations, citizens of some countries must obtain a visa in order to enter Switzerland. Please also note that requirements for entry may change.

Climate, clothing, hazards

Temperatures registered during the month of May range from 14 to 22 degrees Celsius during the day and from 10 to 18 at night. The probability of rain is moderate.

For EOC2018 races:

- There are no regulations in regards of clothing
- According to the Swiss Orienteering Competition Rules (WO Art. 54,2;c) it is not allowed to run with spike shoes in Switzerland. However, Dobb spikes are allowed only for competitions in the forests.

No dangerous snakes or animals live in this region and the presence of infected ticks is very limited.

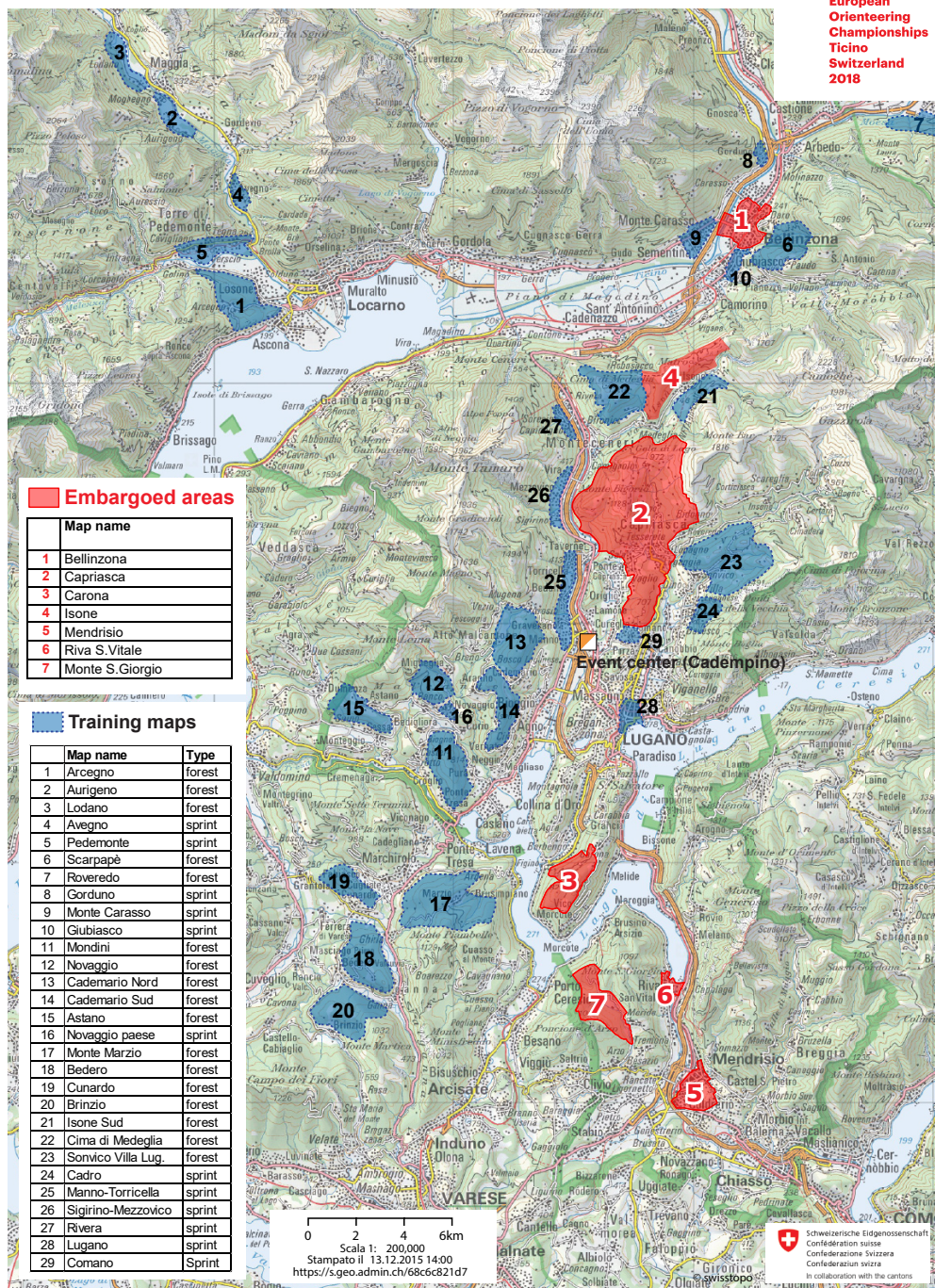


Locations

With reference to the IOF Competition Rules (Article 26.6), the areas indicated on the following maps and street plans are embargoed. Potential team members, team leaders, coaches and other people close to the teams, whose knowledge of the terrain could influence the results of the EOC competition, are prohibited from entering these areas with or without a map.

Embargoed areas and training maps

5.02.2017





Embargoed areas



Maps

Comments

- | | | |
|---|--|---|
| 1 | Bellinzona | It is allowed to cross the competition area by railway. The railway station can only be reached from the N-side. It is allowed to cross the competition area only by public transport on the marked tracks (to/from Monte Carasso and to/from Giubiasco), but without stopping or exiting into the embargoed area. Access to the hospital is only allowed in case of emergencies. |
| 2 | Capriasca
(Gola di Lago-Comano) | It is allowed to cross the competition area on the marked main roads (Origlio-Sala-Tesserete, Canobbio-Lugaggia-Tesserete, Valcolla-Tesserete and Roveredo-Tesserete), but without stopping or exiting into the embargoed area. However, access to the North (to Bigorio/Condra and Lelgio/Gola di Lago) is not allowed. |
| 3 | Carona | |
| 4 | Isonne | Part of the original area has been opened for trainings. |
| 5 | Mendrisio | It is allowed to cross the competition area along the marked main road (from/to highway exit – Monte Generoso/Castel San Pietro), but without stopping or exiting into the embargoed area. Access to the hospital is allowed only in case of emergencies. |
| 6 | Riva San Vitale | It is allowed to cross the competition area along the marked main road (Capolago-Brusino and Capolago-Rancate), but without stopping or exiting into the embargoed area. |
| 7 | Serpiano | |



Embargoed areas



Latest colour copy of maps of embargoed areas.

1 [Bellinzona](#)

2 [Capriasca](#), [Tesserete](#), [Capriasca paese](#)

3 [Carona](#)

4 [Isonne](#)

5 [Mendrisio](#), [Casvegno](#)

6 [Riva San Vitale](#)

7 [Monte San Giorgio](#)



Training possibilities



In the previous general map you may find several training areas (blue area on the map on page 14) which shows terrains with relevant characteristics of those used for EOC2018. You will find more information on those maps online under: <http://omap.mo2mo.ch>. Empty maps on water resistant paper are available for CHF 5.-. OCAD map files can also be obtained for CHF 100.- or 150.-, depending on map size.

There are some fixed trainings in the following forests:

- Cademario Nord and Cademario Sud (1:10'000)
- Villa Luganese (1:10'000)
- Sonvico (1:10'000)
(embargoed area for participants of WRE event of 7th April)
- Cima di Medeglia (1:10'000)
(embargoed area for participants of WRE event of 8th April)
- Arcegno (1:10'000)
- Roveredo (1:10'000)
- Taverne (1:10'000)
- Monte Ceneri (1:10'000)
- Minerva (1:7'500)
- Collina d'Oro - Posmonte (1:7'500, one man relay)
- Pedrinate (1:10'000)

These maps with all controls or suggested courses are available for CHF 6.-.
For more specific information please contact: training@eoc2018.ch

**Local competitions before EOC2018:**

- 4th March 1. TMO Villa Luganese, entries on go2ol.ch before 25th February
11th March 2. TMO Sonvico, entries on go2ol.ch before 4th March
(embargoed area for participants of WRE event of 7th April)

- 6th April WRE sprint Novaggio (possible selection race for EOC2018)**
7th April WRE middle distance Sonvico (possible selection race for EOC2018)
22nd April 3. TMO Aurigeno, entries on go2ol.ch before 15th April
29th April 4. TMO Cademario Nord, entries on go2ol.ch before 22nd April
1st May Trofeo Lombardia Brinzio, more info [here](#).

For all TMO races you can find additional info on: <http://www.asti-ticino.ch/co/>
For the WRE events info as usual on IOF Eventor.

No official training camp is planned. For help in the organisation of a training camp please contact training@eoc2018.ch.

Available training maps

	Region	Map	Last update	Type
1	Locarnese	Arcegno	2012	forest
2	Locarnese	Aurigeno	2006	forest
3	Locarnese	Lodano	2007	forest
4	Locarnese	Avegno	2010	sprint
5	Locarnese	Pedemonte	2016	sprint
6	Bellinzonese	Scarpapè	2014	forest
7	Bellinzonese	Roveredo	2016	forest
8	Bellinzonese	Gorduno	2014	sprint
9	Bellinzonese	Monte Carasso	2012	sprint
10	Bellinzonese	Giubiasco	2016	sprint
11	Malcantone	Mondini	2008	forest
12	Malcantone	Novaggio	2007	forest
13	Malcantone	Cademario Nord	2014	forest
14	Malcantone	Cademario Sud	2014	forest
15	Malcantone	Astano	2007	forest
16	Malcantone	Novaggio paese	2013	sprint
17	Malcantone (Italy)	Monte Marzio	2013/2015	forest

18	Malcantone (Italy)	Bedero	2013	forest
19	Malcantone (Italy)	Cunardo	2014	forest
20	Malcantone (Italy)	Brinzio	2012	forest
21	Luganese	Isonne Sud	2010	forest
22	Luganese	Cima di Medeglia	2014	forest
23	Luganese	Sonvico+ Villa Luganese	part. 2014	forest
24	Luganese	Cadro	2014	sprint
25	Luganese	Manno-Torricella	2014	sprint
26	Luganese	Sigirino-Mezzovico	2014	sprint
27	Luganese	Rivera	2013	sprint
28	Luganese	Lugano	2012	sprint
29	Luganese	Comano	2017	sprint



**Model events EOC2018:**

The Model events will take place at the locations and times indicated in table below. Maps are delivered at accreditation.

Model events are intended to be representative of the terrain, control features and mapping to be found in each format of the EOC competitions. There will be no timing equipment. Controls will have flags without an SI-unit and will not be guarded. In the Sprint Model in town of Comano there will be no flags set at the controls.

Typical control set-ups will be demonstrated at the technical model.

There will be presented:

- start procedure for individual competitions
- finish procedure
- SportIdent Air+ punching

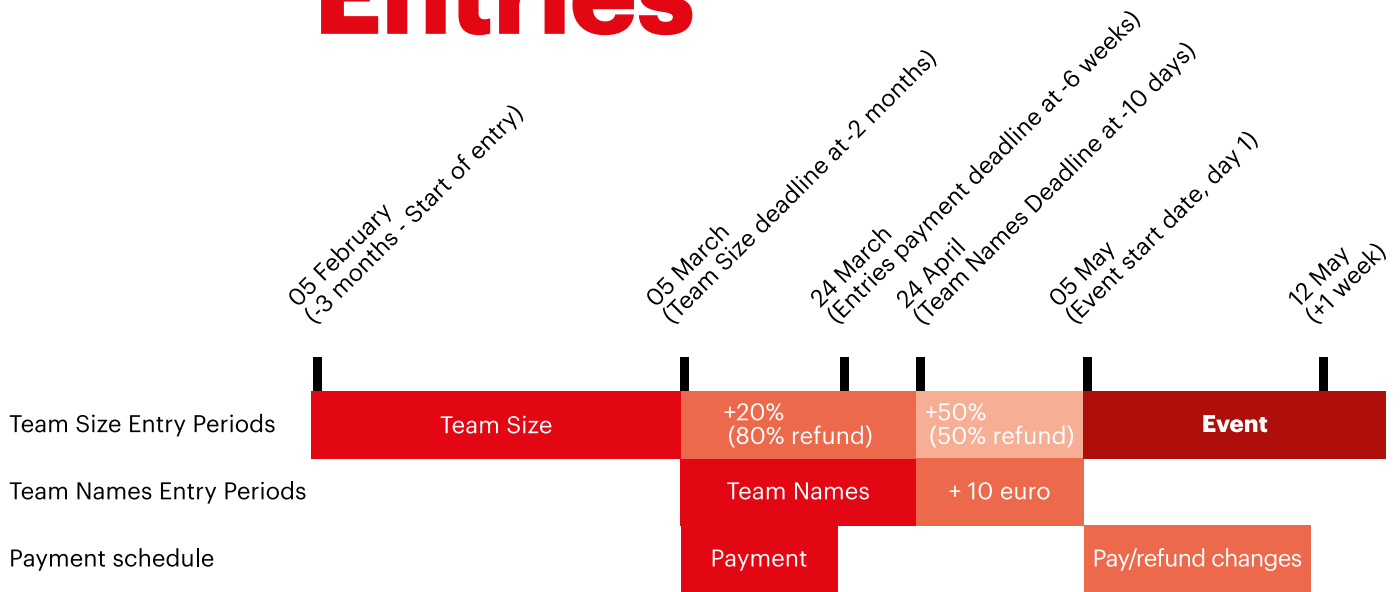
Please take your SI cards with you.

The sports drinks used at the refreshment controls will also be served and out of bound tapes demonstrated.

	Map	Training from	Training to
Sprint Qualification+final Sprint Relay	Comano	4.5.2018 16:00	9.5.2018 18:00
Middle Qualification Relay	Cademario Nord	5.5.2018 09:00	11.5.2018 18:00
Long	Cima di Medeglia	5.5.2018 09:00	12.5.2018 18:00
Middle Final	Monte San Giorgio N	5.5.2018 09:00	8.5.2018 18:00
Technical model event	Event Centre Cadempino	5.5.2018 16:30	5.5.2018 17:30



Entries



Each participating federation shall appoint a team manager to act as a contact person between the team and the organiser. It is the team manager's duty to ensure that the team receives all necessary information.

All entries (preliminary team size and final team names) must be setup in IOF Eventor.

The team size entry deadline is the 5th March 2018.

The following information is mandatory for team size entry:

- number of competitors of each gender
- number of competitors in each competition
- number of relay teams
- number of officials
- team manager's name, address, e-mail address, phone/fax numbers

The team names entry deadline is the 24th April 2018.

Team name entries must contain the names of competitors and officials.

There is the possibility to change team names up to the 4th May at 12:00.

**Entry fees** (applicable for Team Sizes entered before 5th March):

Accreditation for athletes	110.- CHF
Accreditation for officials	110.- CHF
Sprint M+Q+F (per competitor)	95.- CHF
Middle distance M+Q+F (per competitor)	95.- CHF
Long distance M+F (per competitor)	80.- CHF
Relay (per team)	160.- CHF
Sprint Relay (per team)	160.- CHF
Late entries (from 6 th March 2018)	+20%

Entry applications of IOF officials and media representatives must arrive no later than the 5th March 2018.

Media

Media representatives do not pay an entry fee; they are, however, required to register to receive an ID card, which will entitle them access to all model and competition areas as well as the media zones.

The ordinary deadline for media accreditation via IOF Eventor is March 5th.

Local media (usually not registered on IOF Eventor) may request accreditation no later than 4th April by means of the form available at:

<http://www.eoc2018.ch/eoc2018/Media.html>

A media centre with limited space is located at the Event Centre in Cadempino. In the arenas the media centres are equipped with all the necessary communication facilities.

There is no dedicated transportation for media personnel, but we will arrange transportation to dedicated photo controls in the forest during some of the competition days.

There will be media parking areas on each race day. A media parking permit will be provided in the accreditation package.

IOF officials and guests

We are providing a VIP programme designed for IOF Officials, VIPs from the orienteering community and EOC guests.

The accreditation package includes:

- Access to VIP tent in the competition arenas
- Programme of VIP events
- Competition maps
- Start and result lists
- Travel maps to competition arenas

Accreditations through IOF Eventor by March 5th at the latest.

VIP & media race

A VIP & media race will take place on Friday 11th May in Tesserete.

Start times are between 10:00 and 11:30.

Entry forms will be available in the media centre during the days before the race.

Entries are accepted until Thursday 10th May either in the daily Media tent or in the Event Office.



Payment

EOC2018 payments must be made in Swiss Francs (CHF, change is approx. 1 EUR = 1.15 CHF) by bank transfer to:

- Account name: ASTI EOC 2018
- Account Address: Via Campagnola 3, 6928 Manno
- Bank name: Banca dello Stato del Cantone Ticino
- Bank Address: Viale Guisan 5, 6500 Bellinzona
- BIC/SWIFT: BSCTCH22
- IBAN: CH37 0076 4145 4020 72001
- Detail of payment: EOC2018 entries

Please note that the payer is responsible for all bank fees and charges. Entries will be accepted and confirmed after the arrival of the transfer. Entries will not be deemed valid until full payment has been received. The latest day for the entry fee payment is the 24th March 2018.



General information



Local currency

Swiss Francs (CHF).

Internet access

Free wireless Internet access will be available at the Event Centre in Cadempino during opening hours.

Punching system

Contactless SPORTident SI-cards will be used in all competitions. Upon arrival, all EOC competitors will receive a personalised SI-card free of charge to be used throughout all competitions; lost SI-cards will be charged to the teams' federations at CHF 60.- per SI-card.

Toilets

There will be toilets in the start and finish area of each competition.

Athlete licence

All participants need a valid IOF Athlete licence. To have a valid licence, the athlete needs to sign an athlete licence form and pay an annual fee of 30 EURO. If the athlete has signed the form in 2016 or 2017, they don't need to sign a new form. Payments of the annual licence fee is done in IOF Eventor, please consult the proper IOF Eventor Guide for this. For more information, please consult: <http://orienteering.org/athletes-licence/>

Anti-doping

Doping is strictly forbidden, and the organisers of EOC2018 are dedicated to support the anti-doping authorities in their work. Doping controls may be carried out any time during the competition period in accordance with the procedures described in the WADA International Standard of testing.

The IOF Anti-Doping Code and rules and the World Anti-Doping Code 2015 apply as of 1st January 2015.

Athletes who are selected for the 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 athletes bring along their ID to all competitions and events. For more information, please consult: <http://orienteering.org/anti-doping/>



Insurance

Insurance against accidents is the responsibility of the federation or the individual competitor according to their national regulations. Competitors participate at their own risk (including the warm-up) and assume their own safety precautions. They will be held responsible for all injuries that might occur during EOC2018.

Banquet

The banquet will take place in the evening of Sunday 13th May at the Splash&Spa Tamaro in Rivera starting at 16:30. The facilities include a wonderful SPA, swimming pools (with a wave pool) and water slides (such as Mania, Tunnel of Horror and more) which are available to all participants of the banquet until 22:00. Swim suits and a towel are required for using the facilities. Either bring your own or you may rent them for CHF 2.-. The banquet will start at 19:30 and dinner is served buffet-style. There is no dress code required. Light music will accompany dinner and afterwards dance music will be played until midnight. Banquet tickets cost CHF 30.- and include entrance fee, food and beverage during dinner and up to 3 alcoholic drinks. Additional alcoholic drinks can be ordered and paid for when leaving the banquet. Tickets can be ordered on Eventor together with the entry fees. They will also be available for purchase in the event office until 12th May.

Jury EOC2018

Jaroslav Kacmarcik, CZE (SQ, SF, MQ)
David Aleš, CZE (MF, SR, Relay, LF)
Birgitte Husebye, NOR
André W. Schöpfer, SUI

Accommodation

There are various accommodation options at reduced rates near the EC for EOC2018 participants. Please consult the up-to-date online list (published on the EOC2018 website). Reservations must be made by contacting the accommodation facilities directly (please indicate EOC2018 as a booking code) or via the tourist offices of these regions:

www.luganoturismo.ch

www.mendrisiottoturismo.ch

www.bellinzonaturismo.ch

www.ascona-locarno.com

The organisation can offer few places in good low cost accommodations.

For information contact us under accommodation@eoc2018.ch no later than the 5th March 2018 as the number of places is limited.

The EC offers camping possibilities (tent only, no mobile homes) for CHF 100.- (5x5m spot) for the entire time of the event (from 4th to 14th May 2018). Tourism taxes are excluded and must be paid in addition (CHF 1.- per night/ adult).

Food

On competitions being held in the morning, warm food and drinks will be offered directly in the arena. Interested EOC participants (athletes and team officials) may book the food at least 24 hours in advance at a reduced price at the Event Office. However, it is always possible to buy food vouchers directly in the food stands in the arena at normal selling prices.

On competitions scheduled in the afternoon (Sunday 6th and Thursday 10th) only drinks and small snacks will be offered in the arena.



EGK Swiss 5-days event (spectator race)



Program

Tuesday 8 th May 2018	1 st stage (long, same day as EOC middle qualification)
Wednesday 9 th May 2018	2 nd stage (middle, same day as EOC middle final)
Thursday 10 th May 2018	3 rd stage (sprint, same day as EOC sprint relay)
Friday 11 th May 2018	Rest day
Saturday 12 th May 2018	4 th stage (middle, same day as EOC relay)
Sunday 13 th May 2018	5 th stage (long, same day as EOC long distance)

Classes

H/D 10/12/14/16/18/18K/20/E/AL/AM/AK/B/35/40/45/50/55/60/65/70/75 and H80.
Additionally, there are three Open classes (Open long, Open middle, Open short).

Maps

The maps used are the same as for the EOC competitions. Maps for all events comply with IOF rules and map scale for all classes is 1:10'000, except for stage 3, where the sprint map scale is 1:4'000.

Punching system

Sportident and SportIdentAir+ (with contactless SI-cards) electronic system will be used for all races.

Event Center (EC)

"Centro Eventi", 6814 Cadempino, same location as EOC2018 Event Centre.
All races can be reached by means of public transport.

Entries

Entry form is available on www.go2ol.ch and can also be reached directly from our website www.eoc2018.ch/5days.



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EOC2018

organisation structure



Organiser

ASTi Ticino

<http://www.asti-ticino.ch>

Organisation Committee

Event Director Francesco Guglielmetti,
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Security and transport Vincenzo Pellegrini,
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Chief EGK Swiss 5-days event	Giovanni Furia, giovanni.furia@eoc2018.ch
Administration EGK Swiss 5-days event	Sheila De Lucia, fivedays@eoc2018.ch

Event Controllers

IOF SEA	Janos Manarin (Italy)
IOF ASEA	Olivier Benevello (France)
Chief National Controller	Tulla Spinelli



Contacts



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EGK Swiss 5-days event (spectator race)

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Swiss Orienteering Federation

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Event details





1 Sprint Qualification



Date	Sunday, 6 th May, from 9:30 to 11:30
Location	Arena Bellinzona (27 km from EC, 25 min.) GPS coordinates: 46.193266, 9.023917
Terrain	City, very good runability, altitude 300m
Map	Bellinzona, scale 1 : 4'000, 2.5 m, ISSOM 2007, Francesco Guglielmetti
Course planner	Olivier Minotti
Number of heats	3 (for each heat 17 European competitors and all Non-European runners ranked 17 th or better are qualified)
Max. number of competitors (men/women) from each Federation:	6 (+ European Champions 2016, M/W)
Warning	Shoes with any kind of metal spikes are not allowed



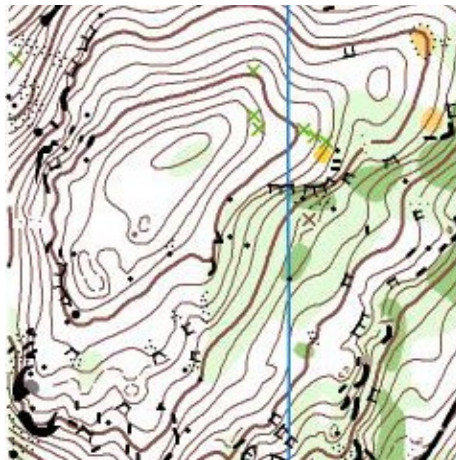
2 Sprint Final



Date	Sunday, 6 th May, from 16:00 to 18:15
Location	Arena Mendrisio (25 km from EC, 25 min.) GPS coordinates: 45.867173, 8.985207
Terrain	City, very good runability, altitude 300 m
Map	Mendrisio, scale 1 : 4'000, 2.5 m ISSOM 2007, Camilla Moreni
Course planner	Giorgio Bernasconi
Warning	Shoes with any kind of metal spikes are not allowed



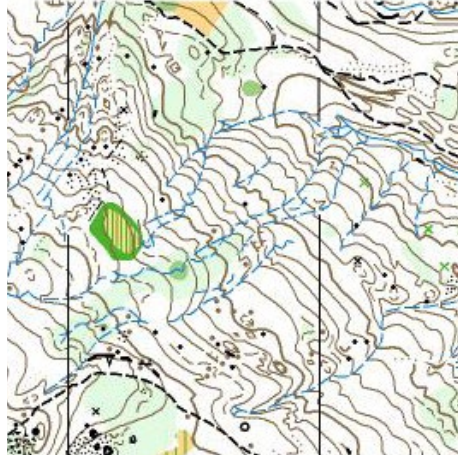
3 Middle Qualification



Date	Tuesday, 8 th May, from 10:00 to 12:10
Location	Carona (16 km from EC, 25 min.) GPS coordinates: 45.951685, 8.925115
Terrain	Hilly terrain with steep slopes and deep valleys, few paths, mostly good runability with good visibility, altitude 600-800 m
Map	Carona, scale 1:10'000, 5 m, ISOM 2017, Beat Imhof
Course planner	Sergio Cantoreggi
Number of heats	3 (for each heat 17 European competitors and all Non-European runners ranked 17 th or better are qualified)
Max. number of competitors (men/women) from each Federation:	6 (+ European Champions 2016, M/W)
Transport	Competitors will be transported to the start. Transport schedule allows athletes to be at the pre-start about 60 Minutes before their effective start times.



4 Middle Final



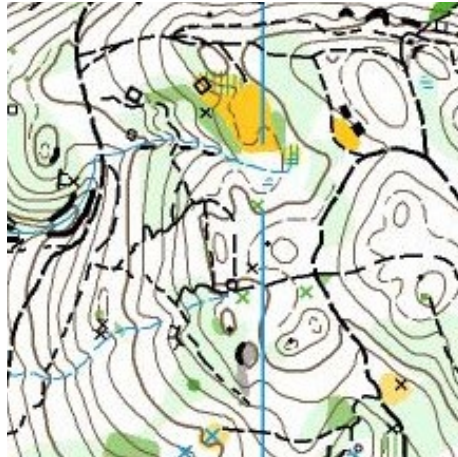
Date	Wednesday, 9 th May, from 10:00 to 13:30
Location	Meride-Serpiano (32 km from EC, 40 min.) GPS coordinates: 45.897414, 8.939459
Terrain	hilly terrain, steep slopes, deep valleys, few paths, medium runability, visibility mostly good, altitude 600-800 m
Map	Monte San Giorgio, scale 1 : 10'000, 5 m, ISOM2017, Beat Imhof
Course planner	Vincenzo Jacomella
Transport	Competitors will be transported to the start. Transport schedule allows athletes to be at the pre-start about 60 Minutes before their effective start times.

5 Sprint Relay



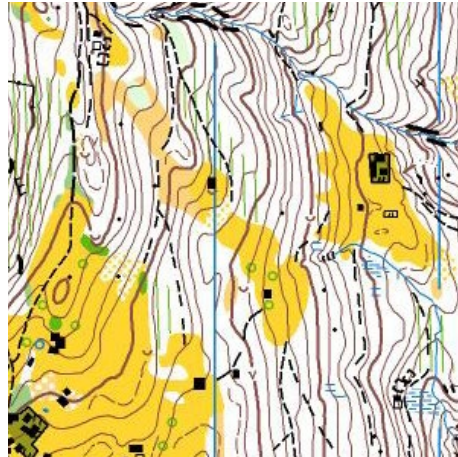
Date	Thursday, 10 th May, from 17:00 to 18:15
Location	Tesserete (7 km from EC, 10 min.) GPS coordinates: 46.065815, 8.963706
Terrain	City, very good runability, altitude 500-600 m
Map	Capriasca paese, scale 1 : 4'000, 2.5 m, ISSOM 2007, Francesco Guglielmetti
Course planner	Gianni Guglielmetti
Max number of relay teams for each Federation	1
Number of legs	4
Warning	Shoes with any kind of metal spikes are not allowed

6 Relay



Date	Saturday, 12 th May, from 14:00 to 18:00
Location	Vaglio (6 km from EC, 10 min.) GPS coordinates: 46.05957, 8.961958
Terrain	Compact oak forest, moderately hilly, with some trails, mostly good runability, visibility varies but mainly good, altitude 600-700 m
Map	Tesserete, scale 1 : 10'000, 5 m, ISOM2017, Francesco Guglielmetti
Course planner	Federico Tettamanti
Max number of relay teams for each Federation	2
Number of legs	3

7 Long distance



Date	Sunday, 13 th May, from 9:30 to 15:15
Location	Tesserete (7 km from EC, 10 min) GPS coordinates: 46.065815, 8.963706
Terrain	Chestnuts and beech forest with various clearings, steep slopes, deep valleys, few trails, mostly good runability, visibility varies but mainly good, altitude 600-1100 m
Map	Capriasca, scale 1 : 15'000, 5 m, ISOM2017, Urs Steiner
Course planner	Michele Ren
Qualification mechanism	For a federation having 4 or more competitors in the top 30 of the World Ranking (as of 1st of January 2018) - the number of athletes in the top 30, up to a maximum of 6 per federation is allowed. For other federations having at least 3 competitors in the top 200 of the World Ranking - 3 competitors are allowed. All other federations may enter 2 competitors. Additionally, the current European Champions (M/W).
Transport	Competitors will be transported to the start. Transport schedule allows athletes to be at the pre-start about 60 Minutes before their effective start times.



Technical race information



Race	Class	Distance (km)	Climb (m)	Controls	Winning time	Refreshments
Sprint Qualification	M	3.720	50	21	14	
	W	3.250	50	17	14	
Sprint Final	M	4.120	100	27	15	
	W	3.720	90	23	15	
Middle Qualification	M	3.630	170	17	25	
	W	3.270	150	15	25	
Middle Final	M	5.270	320	19	35	1
	W	4.230	205	16	35	1
Sprint Relay	W1	3.630	110	18	16	
	M2	4.040	125	19	16	
	M3	4.040	125	19	16	
	W4	3.630	110	18	16	
Relay	M1	7.320	290	24	35	
	M2	7.320	290	24	35	
	M3	7.320	290	24	35	
	W1	5.640	250	20	30	
	W2	5.640	250	20	30	
	W3	5.640	250	20	30	
Long	M	14.910	890	35	95	3
	W	11.210	630	25	80	2



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Presenting sponsors



Main sponsors



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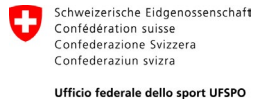
Jannuzzi Smith

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SECURITAS

Institutional partners



Città di Bellinzona



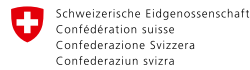
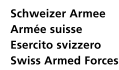
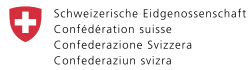
Città di Mendrisio



Comune di Cadempino



Comune di Capriasca



Dipartimento federale della difesa, della protezione della popolazione e dello sport DDPS



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