



FEDERAZIONE ITALIANA  
SPORT ORIENTAMENTO

**Delegazione LIGURIA**



Organize in occasion of the World Cup



May 31 - June 2 2024, Liguria  
**3 DAYS OF APENNINES**

Italian Cup Middle + Italian Cup Sprint  
**\*\*3 World Ranking Events\*\***

**BULLETIN 2**

# GENERAL INFORMATION

---

## PROGRAMME

Friday, May 31 – WORLD RANKING EVENT MIDDLE C-O, REGIONAL EVENT TRAIL-O – Piani di Praglia, Ceranesi (GE)

10.00 race office opens  
10.30 first start Trail-O  
11.30 Model Event opens  
15.30 first start C-O

Saturday, June 1 – ITALIAN CUP MIDDLE WRE – Passo del Faiallo, Urbe (SV)

11.00 race office opens  
15.30 first start **(NEW!)**  
18.00 prize giving ceremony

Sunday, June 2 – ITALIAN CUP SPRINT WRE – Campo Ligure (GE)

9.00 race office opens  
10.00 first start  
14.00 prize giving ceremony

## ORGANIZING COMMITTEE

[spectator.race@woc2026.it](mailto:spectator.race@woc2026.it)

Spectator race manager:	Andrea Immovilli
Event Adviser:	Simone Grassi
Race Director:	Andrea Roberto
Event Office:	Elena Lutaj
Technical Director:	Emiliano Corona
Course Setters:	Michele Caraglio (day 1) Dario Bertolini (day 2) Emiliano Corona (day 3)
Course controllers:	Enrico Immovilli (day 1) Enrico Gottardo (day 2) Andrea Immovilli (day 3)
Start:	Valter Pallaver
Finish:	Ottavio Parodi
Prize giving ceremony:	Susanna Parodi
IT:	Claudio Balbo
First Assistance:	Croce Rossa Ceranesi, Croce Rossa Campo Ligure, Croce Rossa Urbe
Trail-O:	Andrea Roberto (RD), Giuliano Michelotti (CS)



## CLASSES

Competitive classes: MW-12, MW-14, MW16, MW-18, MW-20, MWE, MWA\*, MWB, MWC\*, MW35+, W40+, MW45+, MW50+, MW55+, MW60+, MW65+, MW70+.

Non competitive classes: MW-10, MW75+, Red, Beginners.

\*For these classes there will not be the 3 days final ranking.

Trail-O: Open, Beginners

## LENGTHS

	Piani di Praglia			Passo del Faiallo			Campo Ligure		
	31.05.2024			01.06.2024			02.06.2024		
	Length	Elevation	Points	Length	Elevation	Points	Length	Elevation	Points
W10	1790	35	9	1710	55	10	1200	20	13
W-12	2000	40	9	2170	65	9	1380	25	13
W-14	2060	55	10	2370	115	10	2050	50	17
W-16	2250	85	11	2420	120	11	2200	65	15
W-18	2720	105	11	2710	130	11	2450	75	13
W-20	2720	105	11	3060	130	12	2600	85	13
W Elite	3850	155	13	3430	180	15	2600	85	13
WA	3230	145	11	2420	120	11			
WB	2250	85	11	2510	130	10	2200	65	15
WC	2060	55	10	1700	60	7			
W35+	3230	145	11	3330	170	11	2450	75	13
W40+	3230	145	11	3060	130	12	2450	75	13
W45+	2720	105	11	3060	130	12	2200	65	15
W50+	2550	85	9	2710	130	11	2200	65	15
W55+	2550	85	9	2710	130	11	1750	50	12
W60+	2100	60	9	1890	75	8	1750	50	12
W65+	1740	60	7	1890	75	8	1550	35	10
W70+	1740	60	7	1610	75	7	1550	35	10
W75+	1740	60	7	1610	75	7	1550	35	10
	Piani di Praglia			Passo del Faiallo			Campo Ligure		

	31.05.2024			01.06.2024			02.06.2024		
	Length	Elevation	Points	Length	Elevation	Points	Length	Elevation	Points
M10	1790	35	9	1710	55	10	1200	20	13
M-12	2000	40	9	2170	65	9	1380	25	13
M-14	2060	55	10	2370	115	10	2050	50	17
M-16	2560	100	12	2600	125	12	2350	70	15
M-18	3480	155	11	2860	150	13	2650	90	13
M-20	3850	155	13	3170	160	13	3300	105	20
M Elite	5000	230	16	4760	275	18	3300	105	20
MA	3850	155	13	3170	160	13			
MB	3480	155	11	2600	125	12	2350	70	15
MC	2060	55	10	1700	60	7			
M35+	3860	195	13	3880	215	14	2650	90	13
M40+	3860	195	13	3620	185	13	2650	90	13
M45+	3480	155	11	3170	160	13	2250	65	15
M50+	3230	145	11	2860	150	13	2250	65	15
M55+	3110	130	13	2860	150	13	2000	60	14
M60+	3110	130	13	2540	125	10	2000	60	14
M65+	2550	85	9	2540	125	10	1750	50	12
M70+	2100	60	9	1890	75	8	1550	35	12
M75+	2100	60	9	1890	75	8	1550	35	12
Beginners	1790	35	9	1710	55	10	1380	25	13
Red	2560	100	12	2510	130	10	2350	70	15

## MAPS

Piani di Praglia: scale 1:10.000/1:7.500, 2023, CO1316, mapper Francesco Buselli

Passo del Faiallo: scale 1:10.000/1:7.500, 2024, mapper Francesco Buselli

Campo Ligure-Valle Stura: scale 1:4.000, 2024, CS/T 1357, cartography Team 3days

Trail-O: Piani di Praglia, 2022

Embargoed Areas can be downloaded from <https://www.fiso.it/gara/20249>,  
<https://www.fiso.it/gara/202410> e <https://www.fiso.it/gara/202411>.



## ENTRIES

### CO RACES

Until Sunday, May 25.

WRE entries (only Elite classes) on Eventor:

<https://eventor.orienteering.org/Events/Show/7864>

<https://eventor.orienteering.org/Events/Show/7869>

<https://eventor.orienteering.org/Events/Show/7865>

All others entries on <https://oriens.welldan.it/index.php?menu=7&id=9>

### ENTRY FEES

Non competitive classes and runners up to MW16: 7 € per race

Competitive classes from MW18: 12 € (sprint), 15 € (forest) per race

### SPECIAL OFFER

All the competitors that have run in Bolzaneto e Praglia 2023 can use their 5 € voucher, please indicate it with entries.

### TRAIL-O race

<https://www.fiso.it/gara/2024219>

7 € per race

All others entries by email to [spectator.race@woc2026.it](mailto:spectator.race@woc2026.it).

Please provide these information for each competitor: Name, Surname, Club, Nation, Year of Birth, Class, SI-card.

## PAYMENT

All entries must be paid in advance with a bank transfer, one for the entire club. Summary of fees for each club will be upload online after the entries deadline, please wait and check the amount before payment.

Please note that we will accept payments only in euro currency.

## MODEL EVENT

Friday, May 31 a Model Event is settled from the arena. You have to book it by email to [spectator.race@woc2026.it](mailto:spectator.race@woc2026.it). It costs 2 € per person, maps can be collected at the race office.

## PUNCHING SYSTEM

The punching system used is SPORTident SIAC Air+. You can hire Sport-Ident (no Air+) for 2 € a day.

## PRIZE GIVING CEREMONY

For each stage, Top 3 for all competitive classes will be rewarded.

For the 3 Days of Apennines, Top 6 elite, best A, B, C and Red and top 3 of other classes will be awarded.

The ranking of the 3 days will be drawn up according to the following scores:

### Scores 3 Days of Apennines:

- 20 scores 1st classified
- 17 scores 2nd classified
- 14 scores 3rd classified
- 12 scores 4th classified
- 11 scores 5th classified

Then, decreasing by one point up to the fifteenth classified, who will receive one point, like all the other classified beyond the fifteenth place. Athletes who are not classified or not registered will be assigned 0 points.

Top 3 of the Trail-O race will be rewarded.

## ACCOMMODATION

All athletes, coaches and team member that could be involved in OWC 2024 and WOC 2026 must respect [the embargoed area](#), please pay attention when booking your accommodation.

For any question write to [accommodations@woc2026.it](mailto:accommodations@woc2026.it)

## RACE AREA

### PRAGLIA

Piani di Praglia offers a terrain rich in details with rocks and diverse topography. Wooded areas with good accessibility alternate with open terrain featuring moderately uneven ground. Dense vegetation patches are rare and do not hinder progress on the terrain. The morphology includes moderately steep areas while the trail network is limited.

### FAIALLO

Passo del Faiallo offers the classic Apennine terrain characterized by deciduous forests, with accessibility ranging from good to excellent within the woods and practically absent undergrowth. Some areas of open terrain with moderate to good accessibility are also present. The trail network is not extensive, and the trails are occasionally rough. There are slopes of varying steepness in some parts, rich in terrain details and rocks.

### CAMPO FIGURE

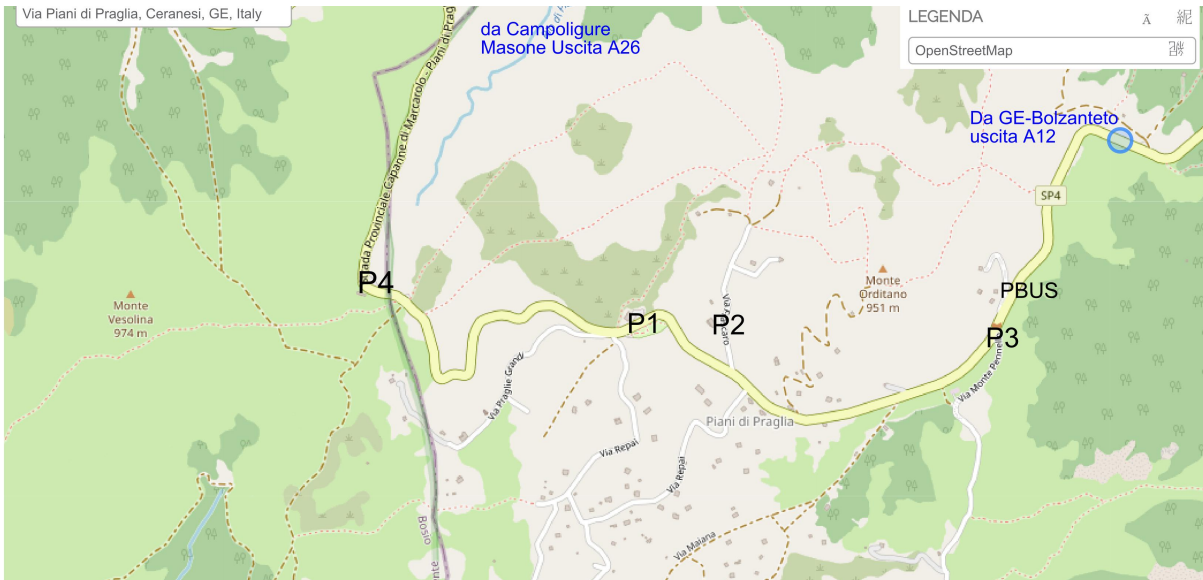
The town of Valle Stura is the "National Center of Filigree" and one of the "Most Beautiful Villages in Italy." Its historic center is a dense maze of narrow alleys enriched by numerous arcades and staircases. Dominating the town is the Spinola Castle, a perfectly restored building surrounded by a beautiful well-kept park. Surrounding the historic center is the recently constructed residential

area; the town's sports area is accessible via the beautiful medieval arched bridge of San Michele or Adelasia or Adelaide.

## PARKING

### Piani di Praglia

Along the provincial road n. 4



P1: 44.51692, 8.80750; P2: 44.51691, 8.80473; P3: 44.51641, 8.81782; P4: 44.51788, 8.79449  
PBus 44.51777, 8.81865

### Passo del Faiallo

Along the provincial road n. 40



P1: 44.46076, 8.66632; P2: 44.46218, 8.66782

### Campo Ligure

Two reserved parking spots in Piazza Europa , 44.54037, 8.69569

