

TRAININGS 29/09 – 03/10/2025

Bulletin 1

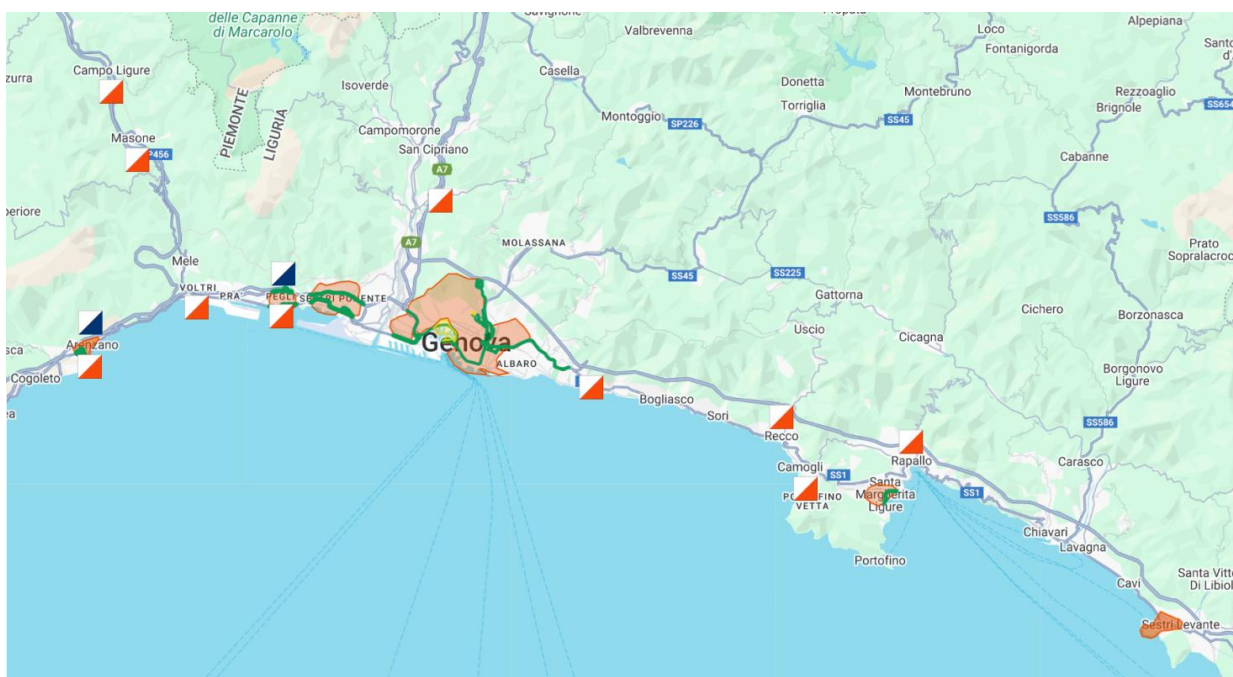
In the week before Pre WOC WRE Knock Out Sprint in Arenzano and Sprint Relay in Pegli (October, 4th and 5th) we offer a training camp in the surroundings of Genova.

PROGRAM

- Monday, 29/9 all day: free trainings in Camogli, Recco, Nervi, Bolzaneto (T05-T06-T07-T15-T01-T02). Mix of old and new courses.
These trainings will be available all week as extra trainings also.
- Tuesday, 30/9 10.00-17.30: trainings in Voltri - Villa Duchessa (T09) downhill course and village (T10) control picking. New courses.
- Wednesday 1/10 10.00-12.00: training in Masone (T11: change of speed, longer legs / short controls). New course.
 14.30-17.30 official training in Campo Ligure (flags, Sport Ident) – Sprint (T12). New course.
- Thursday 02/10 10.00-12.00: training in Rapallo (T13) – Sprint/sea front. New course.
 14.30-17.30 official training in Manesseno (GE) (flags, Sport Ident) – Sprint (T14). New course.
- Friday 03/10 11.00-18.00 model event in Pegli (GE) – Free order with suggested courses close to sprint relay area of Pre WOC. New course.

For different individual program and other maps, take a look on

<https://woc2026.com/trainings/>



Saturday 04/10

PRE WOC WRE Knock out Sprint in Arenzano (GE)

AM: Qualification

PM: QF, SM and Final (A+B)

info: <https://eventor.orienteering.org/Events/Show/8598>

spectator race: <https://www.fiso.it/gara/2025293>

Sunday 05/10

PRE WOC: AM Sprint relay in Pegli (GE)

info: <https://eventor.orienteering.org/Events/Show/8609>

spectator race: <https://www.fiso.it/gara/2025294>

TRAININGS

From Tuesday to Friday: during the official time window for each training stripes or small controls flags will be set in the terrain and printed maps can be collected at the meeting point. During timed trainings in Campo Ligure and Manesseno 30x30cm control flags and SI units will be used. Control descriptions will be on the maps, loose ones for timed trainings present at the meeting points.

ENTRIES - TRAININGS

In order to enter, teams have to fill out these forms at the latest by **Sunday 14th September 2025**:

TRAININGS (Monday-Friday) <https://forms.gle/p3dCJhKim3KLezKF7>

TIMED TRAININGS (Wednesday PM and Thursday PM):

<https://forms.gle/ZRBV2DUwoEKKtq9E6>

ENTRY FEES

There are different possibilities to buy maps for trainings:

1. Pdf map file with course: 4 € per athlete/training
2. Printed map with course: 6 € per training

CAMPO LIGURE AND MANESSENO

3. Official training with printed map, controls and SI units: 8 € per athlete

For specific requests please contact alessio.tenani@woc2026.it.

The invoice will be sent to the teams before the training camp.

*Note that the conversion from OOMAPPER file to OCAD file could compromise the quality of the drawing. It is forbidden to reproduce maps without the original graphic layout.

Bulletin 2 with detailed information for each training by **September 17th**



Nervi / 29.09.2025 and all week – free training (T15)

Suggested parking: <https://maps.app.goo.gl/66YB2hSkpVK4LH689> (€) or surroundings

Sprint intervals (NEW COURSE: October 2025)

Length/climb: 1,7km + 90; 1,4km + 45; 1,6km + 70; 1,9 km + 55. Checked by course setters.

Map: 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

Mapper: Samuele Curzio

Course setters: Marcello Lambertini, Alessio Tenani

Technical info: focus on tricky orienteering, stairs, route choices. Village + park.

Take care of the crossings of the roads, some narrow passages. 70% asphalt, 30% grass.



Camogli / 29.09.2025 and all week – free trainings (T05 – T07)

Suggested parking: Parcheggio comunale Via Ferrari, Camogli (GE)

<https://maps.app.goo.gl/9vjavE3earpUKjtU8>

2 possible trainings (sprint):

T05 (from May 2024)

Length/climb: 3,1km + 115. Checked by course setters.

T07 (NEW COURSE: October 2025)

Length/climb: 3,6km + 180. Checked by course setters.

Map: 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

Mapper: Samuele Curzio

Course setters: Alessio Tenani (T05), Marcello Lambertini (T07).



Technical info: focus on tricky orienteering, stairs, up and down, change of speed. Take care of the crossings of the roads, some narrow passages. 100% asphalt.

Recco / 29.09.2025 and all week – free training (T06)

Suggested parking: Piazza Matteotti, Recco (GE), and surroundings

<https://maps.app.goo.gl/XWrd9nnMw8ZDHAPR9>

Sprint intervals (from May 2024)

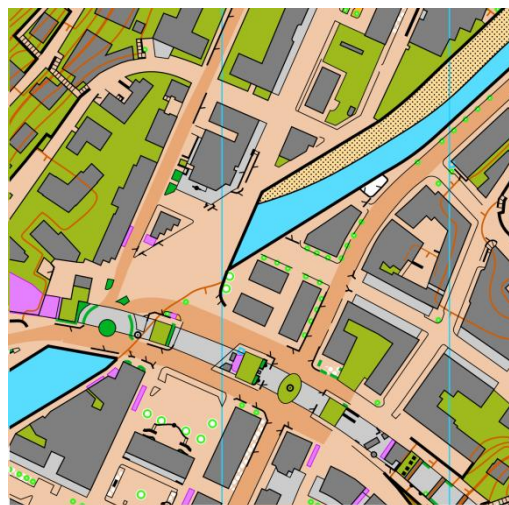
Length/climb: 1,7km + 35 (0,1km) 1,5km + 85 (0,1km) 1,7km + 60.

Possibly shortened controls 23 – 29

Map: 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

Mapper: Samuele Curzio

Course setters: Marcello Lambertini, Alessio Tenani



Technical info: focus on stairs, change of speed, seafront, competition routine. Fake barriers are only on the map, not in the terrain.

Pay attention in crossing roads, both during intervals and in between.

Bolzaneto / 29.09.2025 and all week – free training (T01 – T02)

Suggested parking: <https://maps.app.goo.gl/JpgqYaEa9RXtAZMn9> and surroundings

Map: 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

Mapper: Samuele Curzio

Course setters: Alessio Tenani, Marcello Lambertini

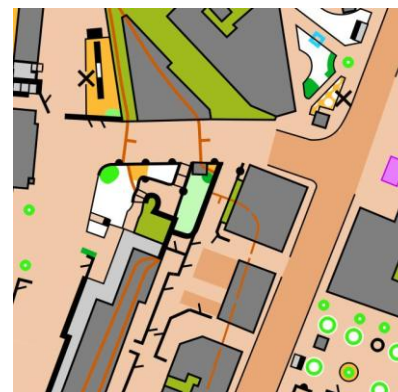
Control description: on map

T1 (from May 2024) - Sprint

Length/climb: 3,9 km + 130. Possibly shortened controls 8 – 13

Checked by course setters. Controls are not taped neither with flags.

Technical info: focus on fake barriers, route choices, change between flat and steep orienteering. Fake barriers are only on the map, not in the terrain.



T2 (from May 2024) - Sprint

Length/climb: 3,7 km + 95. Possibly shortened controls 9 – 12

Checked by course setters. Controls are not taped neither with flags.

Technical info: focus on multi levels, longer legs, downhill orienteering

Voltri / 30.09.2025 (10.00 - 17.30)

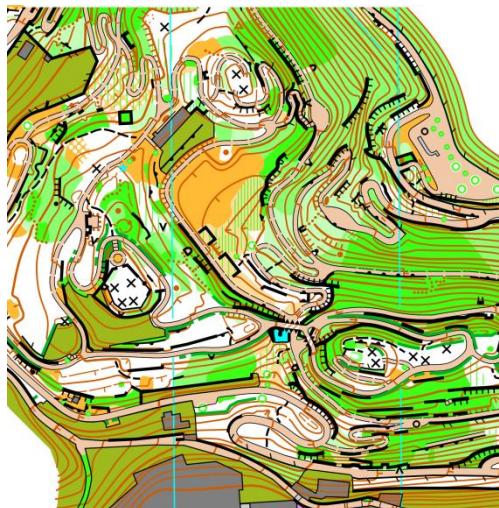
Parking and meeting point: Piazza Sebastiano Ruggero

(<https://maps.app.goo.gl/89B1VMMrfCMuv3887>)

Alternative parking: Parcheggio pubblico

(<https://maps.app.goo.gl/P8gq6pWFFgH9wS946>),

Voltri (GE)



Sprint trainings (NEW COURSES)

Map: 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

Mapper: Samuele Curzio

Course setters: Marcello Lambertini, Alessio Tenani

Training T09 – Sprint

Length/Climb: 3,1km + 95

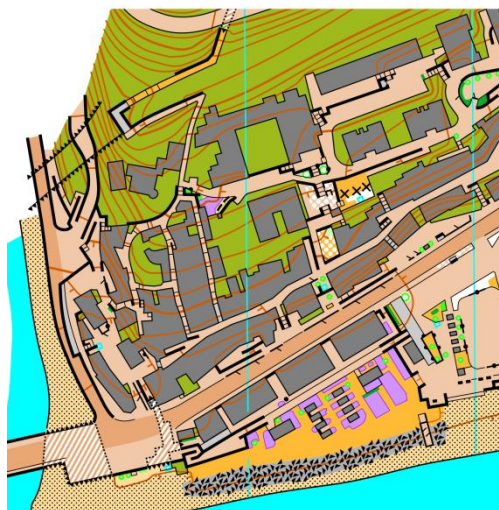
Technical info: focus on downhill orienteering, wild parts. 20% asphalt, 80% grass.

Training T10 – Sprint

Length/Climb: 3,2km + 90

Technical info: focus on tricky orienteering, short controls.

Take care of the crossings of the roads. Some narrow passages. 100% asphalt.



Masone / 01.10.2025 (10.00 - 12.00)

Parking and meeting point: Parcheggio ex-Cerusa, Masone (GE)
(<https://maps.app.goo.gl/wvoecsxrwqSEuyW87>) – Free.

Sprint training : T11 (longer than normal)
NEW COURSE

Length/climb: 4,1km + 110. Checked by course setters.

Map: 1:4000, 2m, 2025 (ISSprOM 2019-2 version 2024)

Mappers: Samuele Curzio, Marcello Lambertini
(update of old map by Remo Madella)

Course setters: Marcello Lambertini, Alessio Tenani

Technical info: focus on change of technical speed, long route choices. 95% asphalt, 5% grass.

**Campo Figure / 01.10.2025 (14.30 - 17.30)**

Parking and meeting point: Parcheggio piazzale Europa (free)
<https://maps.app.goo.gl/uXq71u2BMqW5yWwQ8>

Sprint (T12) NEW COURSE

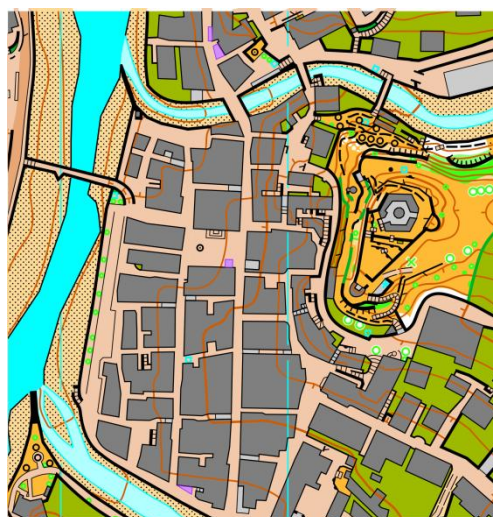
Length/climb: 3,1km + 125. Checked by course setters.

Orienteering flags + SI units are on controls.
Session is timed, you can read out your SI-card at the meeting point. Free start.

Map: 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024)

Mapper: Marcello Lambertini (update of old map of Emiliano Corona)

Course setters: Alessio Tenani, Marcello Lambertini
Control description: also on map



Technical info: focus on route choices, different surfaces. Take care of the crossings of the roads; some narrow passages. 80% asphalt, 20% grass.

Rapallo / 02.10.2025 (10.00 - 12.00)

Parking and meeting point: Parcheggio Porto di Rapallo.

(<https://maps.app.goo.gl/Y7j4mFvwW3Gf5JNW8>)

Sprint training (T13) NEW COURSE

Format: sprint course

Length/climb: 4,2km + 45. Checked by course setters.

Map: 1:4000, 2.5 m, 2025 (ISSprOM 2019-2 version 2024)

Mapper: Samuele Curzio (update of old map of Francesco Buselli)

Course setters: Marcello Lambertini, Alessio Tenani

Technical info: focus on route choices, different surfaces, flat orienteering. Take care of the crossings of the roads. 85% asphalt, 15% grass.

**Manesseno – Villa Serra / 02.10.2025 (14.30 - 17.30)**

Parking: <https://maps.app.goo.gl/Yo32RcF4Gexm8mwZ6> and in the surroundings (Free)

Meeting point: Parco di Villa Serra – Sant’Olcese
(<https://maps.app.goo.gl/EFNMa265tzHPqrYn8>)

Sprint training (T14) NEW COURSE

Length/climb: 3,2km + 145

Orienteering flags + SI units are on controls.
Session is timed, you can read out your SI-card at the meeting point. Free start.

Map: 1:4000, 2.5 m, 2025 (ISSprOM 2019-2 version 2024)

Mappers: Marcello Lambertini - Samuele Curzio (New map)

Course setters: Alessio Tenani, Marcello Lambertini

Control description: also on map

Technical info: focus on different kind of surface, route choices, competition routine. 70% asphalt, 30% grass.



Pegli / 03.10.2025 (11.00-18.00)

Parking and meeting point: Parcheggio Molo Archetti
(<https://maps.app.goo.gl/7HnuUActXn7SgeVY7>)

Format: model event: free controls with suggested courses. Flags on the controls. **NEW COURSE**

Map: 1:4000, 2.5 m, 2024 (ISSprOM 2019-2 version 2024) Marcello Lambertini, Samuele Curzio

Courses: Marcello Lambertini, Alessio Tenani

Technical info: focus on change of speed, seafront, park orienteering. 80% asphalt, 20% grass.



Arenzano / 04.10.2025 WRE Sprint Knock Out

Info: <https://eventor.orienteering.org/Events/Show/8598>

Spectator race: <https://www.fiso.it/gara/2025293>

Old map: <https://eventor.orienteering.org/Documents/Event/9160/1/Arenzano-old-map>

Meeting point/parking: Parcheggio Rodocanachi

<https://maps.app.goo.gl/G4F2ZUNLqBARKdaC8>

Preliminary time planning

Qualification	1st start	Last start	Last finish
Men	09:30	10:30	10:50
Women	10:30	11:30	11:50
Men, KO Heat pick	11:00		
Women, KO Heat pick	12:00		
QF quarantine opens	13:30		
MQF-1	14:10		14:17
MQF-2	14:15		14:22
MQF-3	14:20		14:27
MQF-4	14:25		14:32
MQF-5	14:30		14:37
MQF-6	14:35		14:42
WQF-1	14:45		14:53
WQF-2	14:51		14:59
WQF-3	14:57		15:05
WQF-4	15:03		15:11
WQF-5	15:09		15:17
WQF-6	15:15		15:23
MSF-1	16:10		16:17
MSF-2	16:20		16:27
MSF-3	16:30		16:37
WSF-1	16:43		16:51
WSF-2	16:54		17:02
WSF-3	17:05		17:13
MF-B	17:21		17:28
MF-A	17:32		17:39
WF-B	17:43		17:51
WF-A	17:55		18:03
Prize-giving ceremony	18:10		

15.00-16.00: spectators' race (individual, free start)

Pegli / 05.10.2025 Sprint Relay

Info: <https://eventor.orienteering.org/Events/Show/8609>

Spectator race: <https://www.fiso.it/gara/2025294>

Old map: <https://eventor.orienteering.org/Documents/Event/9159/1/Pegli-old-map>

Meeting point: Piazza Bonavino <https://maps.app.goo.gl/otaiMQ4VF6sgC7Tc7>

Preliminary time planning

10.00 Start of relay

11.00 First team at the finish

11.30-12.30: spectators' race (individual, free start)

12.30 Prize giving in the arena

