



13TH-14TH SEPTEMBER 2025

LAGDEI + LAGONI

ITALIAN CHAMPIONSHIPS

RELAY + LONG DISTANCE



BULLETIN #3

09/11/2025



100 LAKES CHALLENGE



OLAND
CUSTOM TEAMWEAR

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ORIENTEERING ASD APS



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100lakes2025@oriparma.it



www.oriparma.it

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 Regione
Emilia-Romagna
2030

ITALIAN ORIENTEERING RELAY CHAMPIONSHIPS and ITALIAN LONG DISTANCE CHAMPIONSHIPS (WRE)

13th and 14th SEPTEMBER 2025

BULLETIN – 3

WELCOME

The Organizing Team, Orienteering Parma ASD, the Municipality of Corniglio, the Tuscan-Emilian Apennine National Park, and the 100 Lakes Regional Park welcome all the athletes and supporters.

The races will take place in the forests of the Apennines on Saturday, September 13th, 2025, for the Italian Relay Championship, in CANCELLI DI LAGDEI (PR), and on Sunday, the 14th, for the Italian Individual Long Distance Championship, in LAGONI (PR).

ORGANIZING TEAM

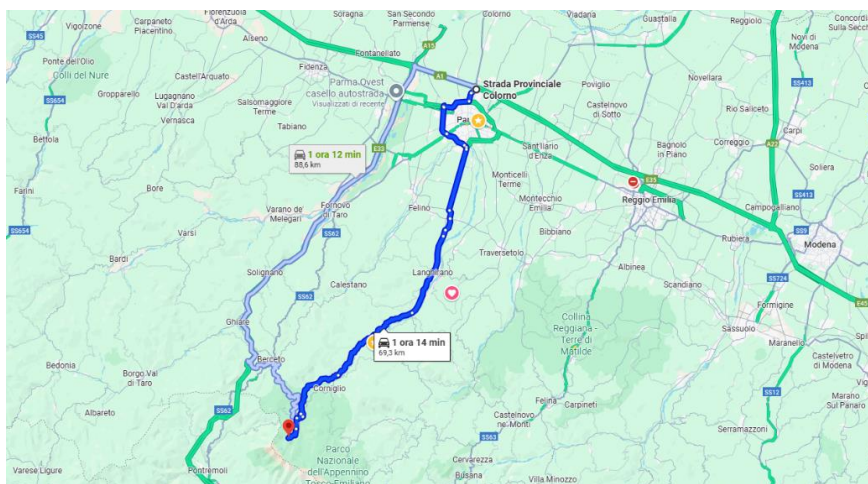
- Orienteering Parma ASD
- Via Lungolorno, 20 – 43052 Colorno (PR)
- P.I. 03051880346 | C.F. 92189500348
- IBAN IT51M0306909606100000170425 – BIC/SWIFT: BCITITMMXXX
- SDI W7YVJK9 | PEC oriparma@pec.virgilio.it
- email: info@oriparma.it | web: <https://www.oriparma.it/>

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VENUE

In order to reach the competitions, we recommend to exit the motorway "A1" at the "PARMA" toll booth and then follow the road indications for Langhirano – Bosco di Corniglio (travel time from Parma toll booth to Cancelli di Lagdei: approximately 75 minutes, 65 km).

Alternatively, you can take the Cisa motorway "A15" and exit at the "BERCETO" toll booth, then continue on "Strada Provinciale 74" (check carefully if it is open) towards Marra, Bosco di Corniglio, and continue on "Strada Provinciale 86" to Cancelli di Lagdei (travel time from Berceto toll booth to Cancelli di Lagdei: approximately 45 minutes, 28 km).



TRAFFIC WARNING

SP75 Provincial Road connecting the municipalities of Corniglio and Monchio delle Corti is CLOSED to traffic.

On SP40 Provincial Road that connects Bosco di Corniglio with Rifugio Lagdei, there is a one-way section regulated by a traffic light system. On race days, a 10-minute waiting time is required to pass this section.

Event arenas will be accessible via **Passo della Colla** for vehicles displaying the pass downloadable from the competition web page on the website: www.fiso.it

When driving along the **Passo della Colla** road, it is PROHIBITED to enter the forest, as this is the race area.

ORGANIZING COMMITTEE

Race Director	Corrado Arduini Tel. +39 393 749 2560 Email: arduinicorrado@gmail.com
IOF and FISO Advisor	Edoardo Tona
Course Setter – Relay	Stefano Zonato
Course Controller – Relay	Riccardo Fava
Start Supervisor – Relay	Giovanni Schembari
Course Setter – Long	Augusto Cavazzani
Course Controller – Long	Cristian Greci
Start Supervisor – Long (S1)	Alain Ben Rejeb
Start Supervisor – Long (S2)	Andrea Bocchi
Start Supervisor – Long (S3)	Samanta Pincolini
Finish Supervisor	Mirko Reggiani
Race Office	Alice Talignani
IT Data Management	Filippo Bertolotti Tel. +39 338 851 0425 Email: filob46@gmail.com
Competition Doctor	Daniele Cattani Tel. +39 339 123 5098
Speaker	Stefano Galletti
Media Event	Mirko Reggiani
Prize Giving Cerminoy Supervisor	Filippo Allodi

PROGRAMME

Friday 12th September – Training in Lagdei (PR)

From 2:00 p.m. – training is available with a map free of charge, downloadable from the FISO website. Printed maps are available upon request for € 2/each (please contact talignanialice@gmail.com by Thursday, September 11th).

Saturday 13th September – Italian Foot-O Relay Championships

- 11 a.m. – Race office opening time in Cancelli di Lagdei (44.415038, 10.019978)
- 02 p.m. – First start

Sunday 14th September – Italian Foot-O Long Distance Championships (WRE)

- 08.30 a.m. – Race office opening time in Lagoni (44.390818, 10.047357)
- 10.00 a.m. – First start
- 02.00 p.m. – Prize giving ceremony for both races

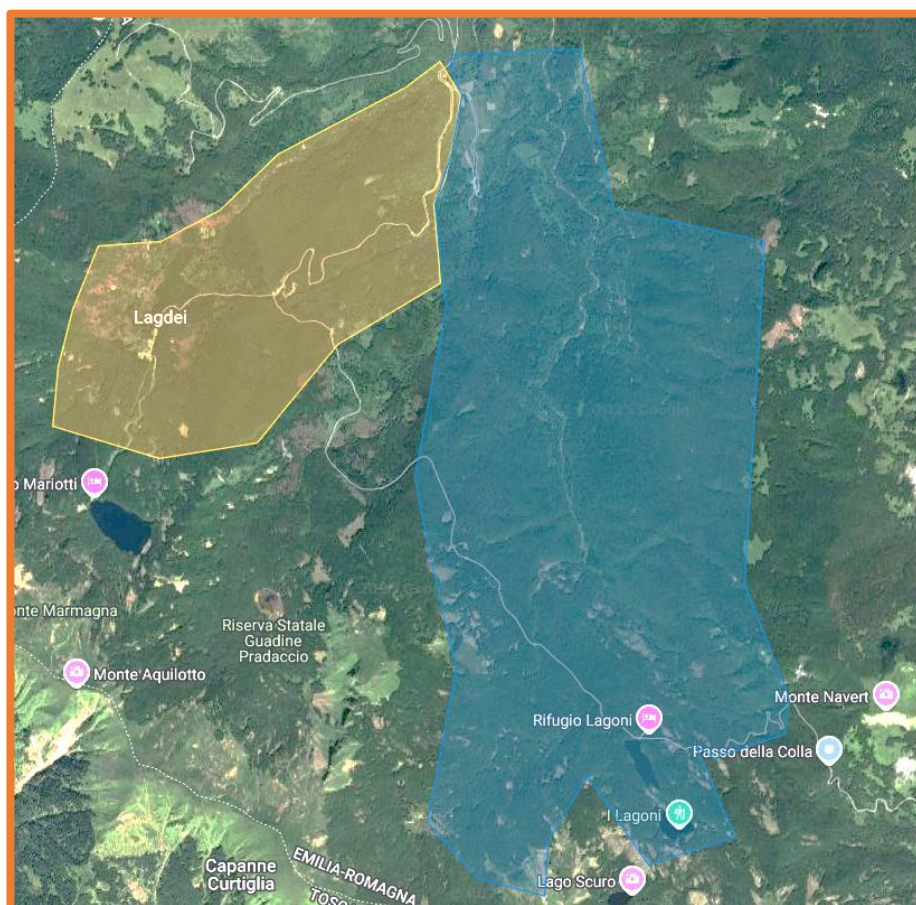
EMBARGOED AREAS

Link to an interactive Google map with all embargoed areas:

<https://tinyurl.com/24squeya>

Yellow area: embargo Lagdei
Relay, 13th Sept

Blue area: embargo Lagoni
Long Distance, 14th Sept



ACCOMODATIONS

A list of recommended accomodations is available on the FISO website at the following link:

https://www.fiso.it/_files/f_media/2025/06/38003.pdf

Backpackers can stay overnight at the Corniglio Municipal Gym (on Via Giuseppe Micheli, 20) for a fee of €10. The facility will be open from 6:00 PM on Saturday, September 13th. To reserve a spot, please email segreteria@oriparma.it

PHARMACIES

- Farmacia Settembrino – Corniglio (PR), open Saturday from 8.30 am to 12.30 pm.
- Farmacia Ghiare di Bandini Dr. Claudia – Vestola/Ghiare (PR), open Saturday from 8.30 am to 7 pm.
- Farmacia Comunale di Berceto – Berceto (PR), open Saturday from 8.30 am to 1 pm and from 4 pm to 7pm

CLASSES – RELAY

- Classes with three legs: M/W 13, M/W 17, M/W 20, M/W Elite, M/W 35, M/W 45, M/W 55, M65
- Classes with two legs: W 65
- Non-competitive classes (no Italian title): OPEN, M/W AK
- Non-competitive classes (individual race): M/W 10, ESORDIENTI, DIRECT

CLASSES – LONG DISTANCE

- Competitive classes: M/W 12, M/W 14, M/W 16, M/W 18, M/W 20, M/W Elite, M/W A, M/W B, M/W C, M/W 35, M/W 40, M/W 45, M/W 50, M/W 55, M/W 60, M/W 65, M/W 70, M/W 75
- Non-competitive classes: M/W 10, M/W 75, M/W 10, DIRECT 1 EASY, DIRECT 2 LONG
- Recreational classes: ESORDIENTI

ENTRIES

Registrations must be completed by 11.59 p.m. on Monday, 8th September 2025, using the FISO registration system. ITALIAN ELITE athletes must have an IOF ID in their personal details on the FISO website; FOREIGN ELITE athletes must register using the EVENTOR platform.

Foreign athletes must submit their entries to filob46@gmail.com

For ESORDIENTI, M/W 10, DIRECT classes, registrations will be accepted up to 30 minutes before the first start or until all maps are over.

The organizers may, at their discretion, accept late registrations or changes, requiring an additional fee as defined in the Federal Technical Regulation.

REGISTRATION FEES

Si-CARD RENTAL AND REGISTRATIONS CHANGES FEES

- | | |
|---|---------|
| ▪ SportIdent Rental (No SIAC) | € 2,00 |
| ▪ Refund in case of loss on the rented SportIdent card | € 30,00 |
| ▪ Any changes submitted after the entry deadline | € 5,00 |
| ▪ Late entries until maps run out (except ESO, M/W 10, GIALLO, ROSSO courses) | +50% |

Additionally, athletes who are not affiliated with Italian Orienteering Federation (FISO) need a daily membership called "DAY CARD":

- | | |
|--|--------|
| ▪ DAY CARD for recreational classes: allows the participation to ESORDIENTI class; a medical certificate is not required | € 2,00 |
| ▪ Non-competitive DAY CARD: allows the participation to DIRECT, M/W 10 categories; a medical certificate for non-competitive sports is required (i.e., a certificate from a general practitioner or paediatrician) | € 2,00 |
| ▪ Competitive DAY CARD: allows the participation to competitive courses; a medical certificate for competitive sports (provided by a sports doctor) is required | € 5,00 |

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ITALIAN ORIENTEERING RELAY CHAMPIONSHIPS (fees for each competitor)

- | | |
|--|---------|
| ▪ ESORDIENTI, DIRECT, MW/10 courses and M/W 13, M/W 17 relay courses | € 7,00 |
| ▪ Other classes | € 15,00 |

After the competition entry deadline, changes to the names of relay team members and/or their running order must be submitted to the IT manager until Saturday 13th September, at 12 pm (no later than two hours before the start of the relay competitions). Any category changes or new registrations will be accepted with a 50% charge.

ITALIAN ORIENTEERING LONG DISTANCE CHAMPIONSHIPS (fees for each competitor)

- | | |
|--|---------|
| ▪ ESORDIENTI, DIRECT, M/W 10, M/W 12, M/W 14, M/W 16 courses | € 7,00 |
| ▪ Other classes | € 15,00 |



PAYMENT

Registrations made before the day of the race (no later than September 8th) must be paid exclusively by bank transfer to the current account in the name of **ORIENTEERING PARMA ASD**:

BANCA INTESA SAN PAOLO – BIC/SWIFT CODE: BCITITMMXXX

IBAN: **IT51 M030 6909 6061 0000 0170425**

Please send a payment slip to filob46@gmail.com

Registration fees completed on race day (accepted while maps last) can only be paid in cash.

TIME KEEPING SYSTEM

SportIdent cards will be used as time keeping system. You can punch your card using standard mode (by inserting the SportIdent card into the SPORTident station's hole) or AIR+ mode (for those with a SIAC-type SportIdent card).

If the SPORTident station is not working (for example, it does not emit an acoustic or visual signal), the competitor must punch their map with the manual punching machine and show this punching to the Finish Supervisor upon arrival and then immediately hand it over to the IT Data Manager.

START LIST AND RESULTS

Startlist and results will be published online on the FISO website and on LiveResults:

<https://app.liveresults.it/>

START NUMBERS BIBS

Two bibs will be issued for each athlete: one for the relay race and one for the long distance race.

FINISH

Finish SportIdent stations will also be active in AIR+ mode. Therefore, they can be punched in standard mode or contactless mode (only for those with a SIAC).

In case of malfunctions (for example, missing or incorrect punching), athletes must inform the IT team in order to understand and solve the problem.

MAPS

Competition maps must be deposited in the designated club bags just after the finish line and will be returned at the end of each competition.

PLEASE NOTE

Wood piles are NOT shown on the map.



WIHTDRAWAL

Competitors who do not finish the race must inform the IT team at the finish line and hand over the competition map.

AWARDS

The awards ceremony will take place immediately after the race on Sunday, September 14th.

- September 13th – Relay: Awards will be given to the top three finishers in all competitive categories and to the top finishers in the OPEN and M/WK categories.
- September 14th – Long Distance: Awards will be given to the top three finishers in all competitive categories and to the top finishers in the M/WA, M/WB, and M/WC categories.

All children in the M/W 10 category will receive awards.

TOILETS

Chemical toilets will be available in the event arena for both races.

REFRESHMENTS & LUNCH

At the end of the competitions, athletes will have access to a small refreshment area.



The event is classified as "**Plastic Free**," so athletes and companions are encouraged to bring water bottles and limit their consumption of plastic bottles as much as possible. Water will be available in the meeting area.

Biodegradable cups will be available at the finish.

On both days it will be possible to have lunch at the **Rifugio Lagdei**, located approximately 1km from the event Arena and finish line for the race on Saturday 13th. It's an excellent restaurant that also offers bar service.

On Sunday 14th, a refreshment stand will be open at **Rifugio Lagoni**, selling sandwiches, beers, soft drinks, and coffee.

NOTES

Clubs that want to display gazebos/banners/signs promoting a future event are kindly requested to contact the Race Director.

WARNING

Mobile phone coverage is extremely limited throughout the area. Not all carriers are available.

ITALIAN ORIENTEERING RELAY CHAMPIONSHIPS

13th SEPTEMBER 2025

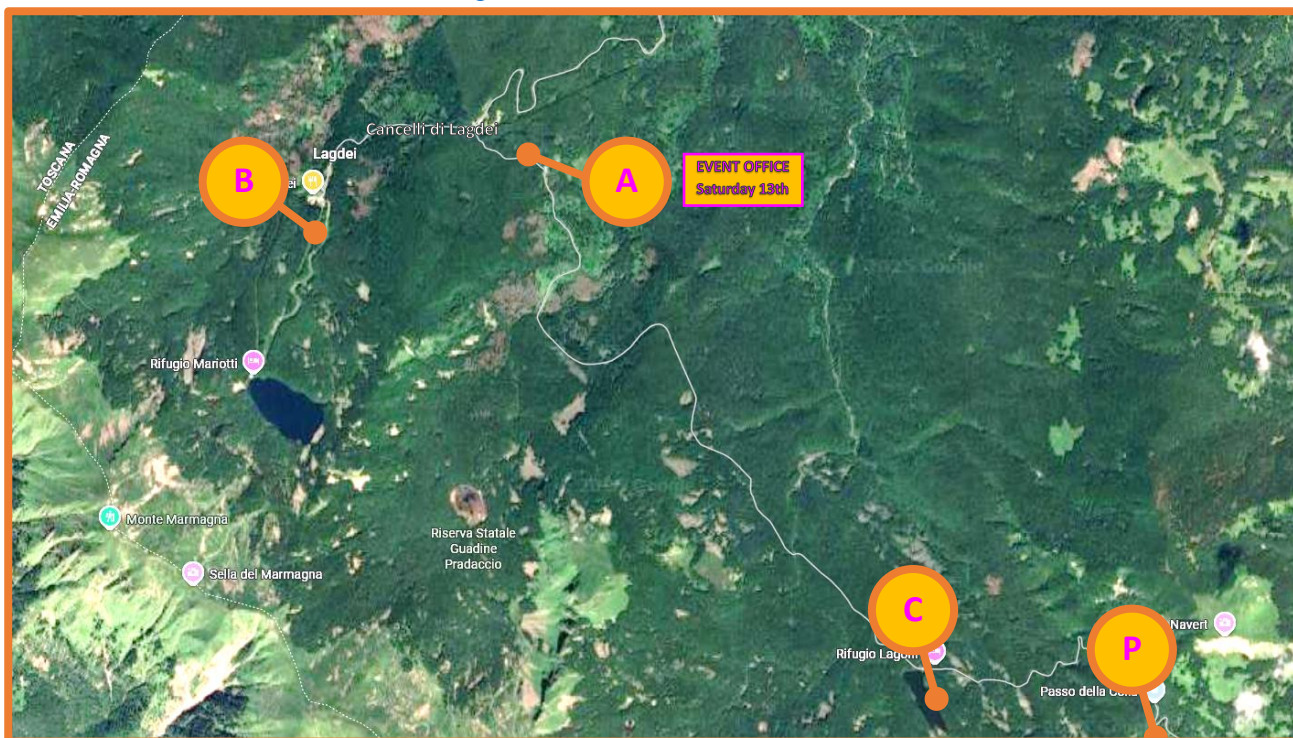
Event Arena

- Cancelli di Lagdei (zone "A") – Comune di Corniglio (PR) | Coordinates: 44.415038, 10.019978
- Race information here: <https://www.fiso.it/gara/202516>

Parking

Parking in zone "A" near "Parking Cancelli" is reserved for cars and located near the event arena. Parking in zone "B" is located near Rifugio Lagdei, approximately 800 meters from the event arena. On Saturday 13th, campers can park in zone "B", on Sunday 14th they can also use zone "A".

Teams wishing to arrive on site by Tour Bus must inform the organization by sending a communication to the following email address: arduinicorrado@gmail.com



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On Saturday 13th, **Passo della Colla** (zone "P") will be accessible for vehicles displaying the **pass** downloadable from the competition web page on the website: www.fiso.it. It is **PROHIBITED** to enter the forest.

ATTENTION! On Saturday, September 13th, the Lagdei-Lagoni connecting road (from zone "A" to zone "C") **will no longer be accessible on foot**, as it is a competition area.



Lunch

Rifugio Lagdei (zone "B") will be open for lunch.

Terrain

The race area is located near Lagdei, between 1,000 and 1,300 masl. The terrain is moderately hilly with some steeper parts, while the forest is characterized primarily by fir and beech trees. The runnability and visibility varies from medium to excellent. Abundant network of forest roads and tracks. Please note that there are forestry work in progress in the map area.

Map

- "Lagdei" CO n°0998-2017 | Scale 1:7.500 for all categories | Contour interval 5 m
- Mapper: Francesco Buselli
- Map approver: Emiliano Corona
- Lagdei old map available here: https://www.fiso.it/_files/f_media/2024/12/36033.jpg

Start – change – finish

At Cancelli di Lagdei, near the meeting point, the start for all categories is scheduled for 2:00 PM.

Approximately 20 minutes before the start, the correct "handoff" procedure will be demonstrated.

A show pass (which competing athletes must follow, under penalty of disqualification) will be held 3-4 minutes before the handoff area.

Waiting athletes, after their partner has passed through the arena, will pick up the map, checking that it matches their bib number. They will only be able to read it when their partner makes the handoff by clapping their partner. Remember to remove the elastic band and throw it in the designated container. Please inform the staff if you cannot find your map; a spare map will be provided.

Individual categories must follow the marked route to reach their start, which is **800 meters** from the race office.

There are no refreshment points during the race.

In the event of a sprint finish, the competitor who crosses the FINISH line first will prevail.

Relay Team Composition

Name changes will be possible until 12:00 noon on Saturday, September 1st. Any category changes or new registrations will be accepted upon payment of a 50% surcharge.

All relay teams will consist of three legs. Only the W65 relay will consist of two legs.



Further information

The individual categories M/W10 – ESOREDIENTI – DIRECT will start in punching start mode: the start [2] and the finish will be separated by the relay Arena [1] (approximately **800m** from the event Arena, on a course with white and red ribbons). For these categories, the last control point will have code [88].

Relay Throwing Sequence (First Leg)

The athletes will start from the Relay Arena divided by category, according to this sequence:

1st Throw 2:00 PM WE – M35 – W20 – W45 – W55 – M65

2nd Throw 2:05 PM WE – W35 – M55 – W65

3rd Throw 2:10 PM M20 – M45 – MK – M13 – OPEN

4th Throw 2:15 PM M17 – W17 – W13 – WK

Maximum Throw Time (Second and Third Legs Late)

If the previous athlete has not yet arrived, the athletes of the next leg will start without a changeover, with the following throws:

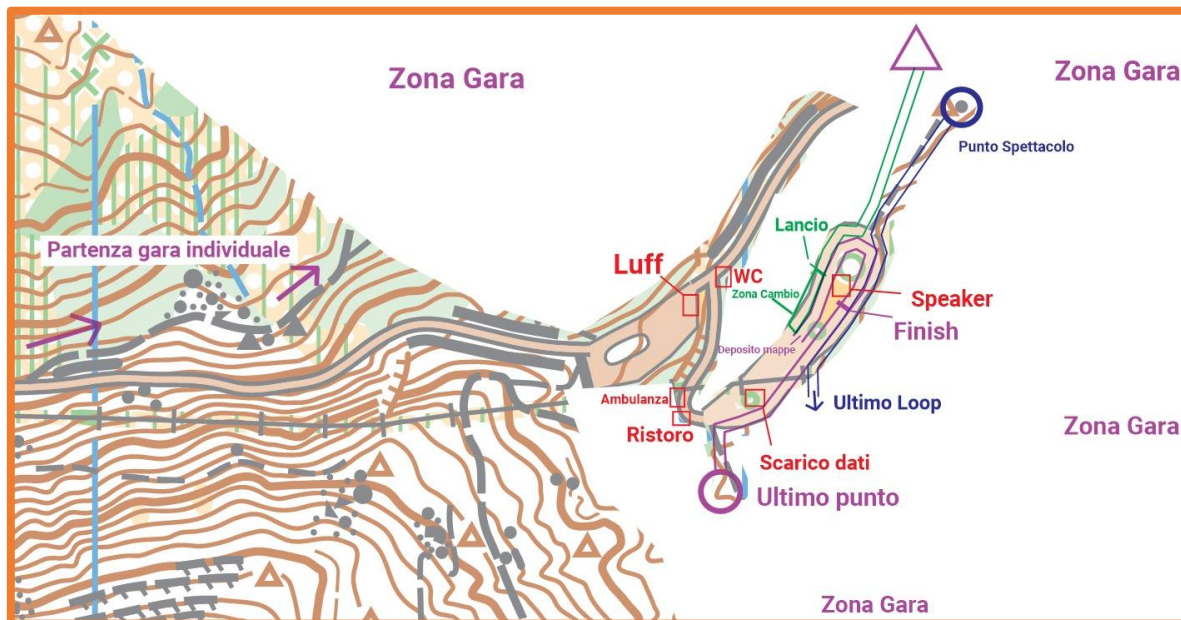
2nd Leg 3:45 PM

3rd Leg 4:30 PM

Lengths

CLASS	LEN (m)	HIGH (m)	Km/S	START
M13	2690	155	4,24	[1]
M17	3420	170	5,12	[1]
M20	3750	200	5,75	[1]
ME	4550	230	6,85	[1]
MK	2900	155	4,45	[1]
M35	3750	200	5,75	[1]
M45	3420	170	5,12	[1]
M55	3100	155	4,65	[1]
M65	2800	150	4,3	[1]
W13	2100	90	3	[1]
W17	2900	155	4,45	[1]
W20	3420	170	5,12	[1]
WE	3750	200	5,75	[1]
WK	2690	155	4,24	[1]
W35	3420	170	5,12	[1]
W45	2940	170	4,64	[1]
W55	2860	160	4,46	[1]
W65	2750	155	4,3	[1]
OPEN	2750	155	4,3	[1]
CLASS	LEN (m)	HIGH (m)	Km/S	START
M10	1600	60	2,2	[2]
W10	1600	60	2,2	[2]
ESO	1400	65	2,05	[2]
DIRECT	1800	105	2,85	[2]

Arrival scheme



Course Closure and Time Limit

Courses will close as per the Federal Technical Regulations (Article 6.15): The time limit will be 3 hours (sum of times), and in any case, no less than twice the time of the winner of the category.

After this time limit, the organizers will remove checkpoints, and competitors who are about to finish the course must go directly to the SI-card reading station at the finish line. These competitors will be considered "Out of Time."

Race Jury

The race jury is composed of the following:

Member	SIMONI GIUSEPPE	PANDA OR. VALSUGANA
Member	ANEDDA FEDERICA	OR. G. GALILEI
Member	ROBERTO ANDREA	ORICUNEO ASSOCIAZIONE SPORTIVA
Reserve	D'AMICO DARIO	POL. CIRCOLO DOZZA
Reserve	HUELLER FABIO	OR. CREA ROSSA

First Aid

Medical vehicles will be stationed near the finish area. The doctor can be reached during race hours at +39 339 123 5098.

ITALIAN ORIENTEERING LONG DISTANCE (WRE) SUNDAY 14TH SEPTEMBER 2025



Event arena

- Lagoni (zone "C") – Comune di Corniglio (PR) | Coordinates: 44.390818, 10.047357
- Race information here: <https://www.fiso.it/gara/202515>

Parking

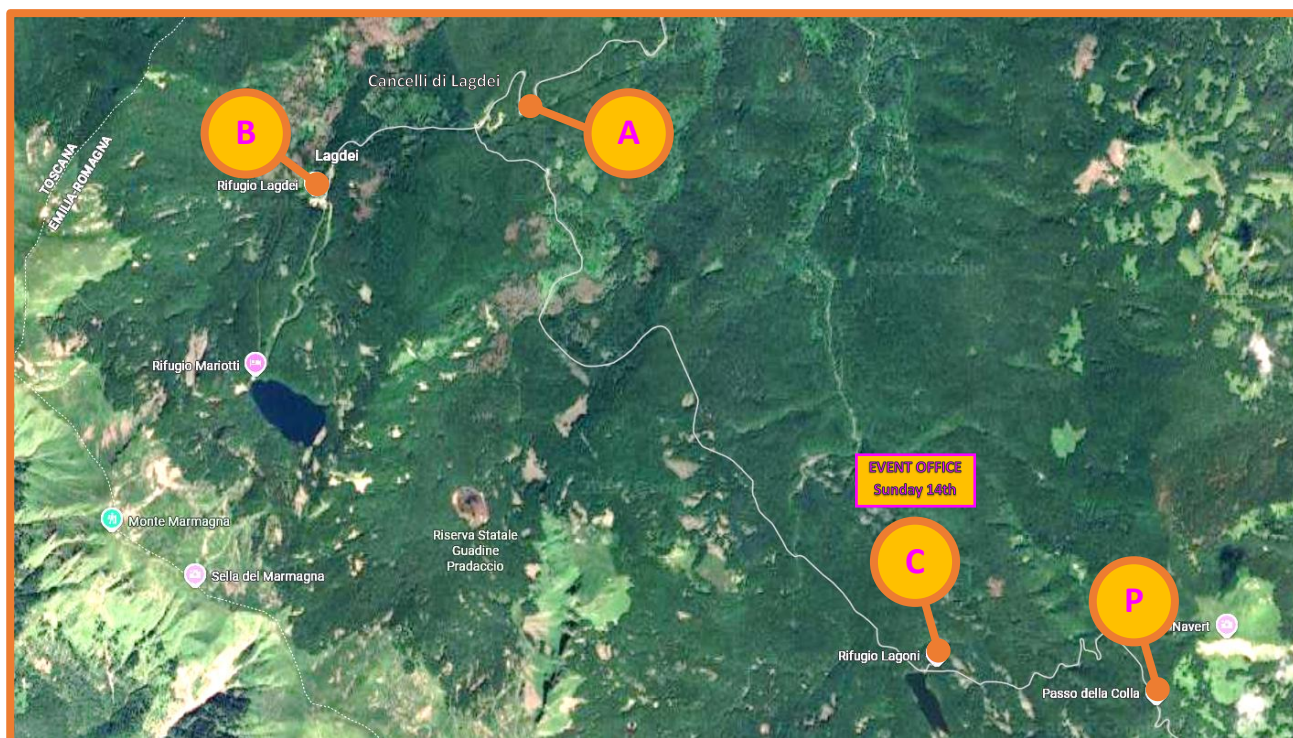
Parking in zone "C" is located near Rifugio Lagoni and along the road from Cancelli to Lagoni. Please follow the instructions provided by the organizing staff only.

Parking in zone "C" is reserved only for vans with at least 7 passengers, and cars with at least 3 passengers, for a maximum of 150 parking spots between vans and cars. In order to access to zone "C", you will need a pass, available on the [FISO website](https://www.fiso.it). The pass must be printed at home and placed on the dash. On Sunday, campers can park both in zone "A" or zone "B".

From Cancelli di Lagdei (zone "A") or Rifugio Lagdei (zone "B") parking, you can reach the Event Arena (Lagoni) by mountain bike without restrictions (4,5 km of unpaved road).

For teams coming by tour bus, please notify us in advance (arduinicorrado@gmail.com).

Starting at 7:45 a.m. the organizing Staff provides **transportation service** for campers and athletes, departing from Park zone "A" (Cancelli di Lagdei) to the Event Arena (Lagoni).



On Sunday 14th, **Passo della Colla** (zone "P") will be accessible for vehicles displaying the **pass** downloadable from the competition web page on the website: <https://www.fiso.it>. It is **PROHIBITED** to enter the forest.

Lunch

Rifugio Lagoni (zone "C") will be open for selling sandwiches, beers, soft drinks and coffee.

Rifugio Lagdei (zone "B") will be open for lunch.

Terrain

The race area is located near Lagoni, between 1,100 and 1,400 masl. The runnability and visibility varies from medium to excellent. Significant presence of rocky areas: the use of tape is strongly recommended.

Refreshment points with water are available and marked on the map.

During the race, athletes will be prohibited from using a stretch of carriage road from Cancelli to Lagoni: the section will be marked with the symbol ✕ ISOM 711 "out-of-bound". However, it will be possible to cross (not run on) the road and run through the near woods.

ATTENTION: prohibited and dangerous areas are indicated on the map with the ❁ ISOM 709 symbol.

Map

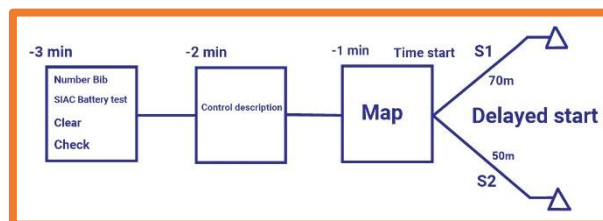
- "Lagoni" CO n°1442 – April 2025
- Scale 1:10.000 / 1:7.500 / 1:5.000 (depending on the category) – Contour intervals: 5 m
- Mapper: Francesco Buselli
- Map Approver: Augusto Cavazzani

Start

Three different departure points will be set up, the first two of which will be structured as shown in the diagram:

- START 1 (S1): distance from the arena 2.400 m + 160 m climb (approx. 40 mins by walk)
starting grid – delayed start and K point a 70m
- START 2 (S2): distance from the arena 1.200 m + 50 m climb (approx. 20 mins by walk)
starting grid – delayed start and K point a 50m
- START 3 (S3): near the arena (5 minutes by walk), only for ESORDIENTI, M/W 10 – punching start and last start at 12.00 am.

For each of them, the departure of the first competitor is set for 10.00 am.



Warm Up

Maps of the warm-up route between the event Arena and the START 1/START 2 points will be included in the club envelope. For these two starts, water will be available and clothing will be transported to the Finish Arena.

There will be no chemical toilets in the start areas.

Lengths and scales

CLASS	LEN (m)	HIGH (m)	SCALE	Km/S	START
M10	1150	40	1:5.000	1,5	S3
M12	1330	55	1:7.500	1,9	S2
M14	2840	140	1:7.500	4,2	S2
M16	4200	215	1:10.000	6,3	S2
M18	5460	320	1:10.000	8,6	S1
M20	7260	410	1:10.000	11,5	S1
ME	10310	630	1:10.000	16,6	S1
MA	5720	290	1:10.000	8,6	S1
MB	3950	210	1:7.500	6	S2
MC	2840	140	1:7.500	4,2	S2
M35	6740	350	1:10.000	10,3	S1
M40	5460	320	1:10.000	8,6	S1
M45	4850	295	1:10.000	7,8	S1
M50	4920	245	1:10.000	7,4	S1
M55	4700	190	1:10.000	6,6	S1
M60	4200	215	1:7.500	6,3	S2
M65	3950	210	1:7.500	6	S2
M70	3780	190	1:7.500	5,6	S2
M75	3170	165	1:7.500	4,8	S2

CLASS	LEN (m)	HIGH (m)	SCALE	Km/S
W10	1150	40	1:5.000	1,5
W12	1330	55	1:7.500	1,9
W14	2840	140	1:7.500	4,2
W16	3950	210	1:10.000	6
W18	4700	190	1:10.000	6,6
W20	6040	325	1:10.000	9,3
WE	7650	410	1:10.000	11,7
WA	4850	295	1:10.000	7,8
WB	3160	150	1:7.500	4,7
WC	2270	105	1:7.500	3,3
W35	4920	245	1:10.000	7,4
W40	4700	190	1:10.000	6,6
W45	4250	170	1:10.000	6
W50	3950	210	1:10.000	6
W55	3780	190	1:7.500	5,6
W60	3170	165	1:7.500	4,8
W65	3160	150	1:7.500	4,7
W70	2820	115	1:7.500	4
W75	2820	115	1:7.500	4

CLASS	LEN (m)	HIGH (m)	SCALE	Km/S	START
DIR 2 Long	4250	170	1:10.000	6	S2
DIR 1 Easy	2270	105	1:7.500	3,3	S2
ESO	1150	40	1:5.000	1,5	S3

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Arrival scheme

The arrival is located near the Event arena.



Course Closure

The courses will close as per the Federal Technical Regulations (Article 6.15): The maximum time will be 2 hours and 30 minutes, and in any case no less than twice the time of the winner of the category.

After this time limit, the checkpoints will be removed by the organizers, and competitors who are about to finish the course must go directly to the SI-card reading station at the finish line. These competitors will be considered "Out of Time".

Race Jury

The race jury is composed of:

Member	BIANCHI MASSIMO	IKP
Member	FEDEL ANDREA	JWOC 2025
Member	HUELLER FABIO	OR. CREA ROSSA
Reserve	CARBONE GIANLUCA	AMATORI OR. GENOVA
Reserve	GUARDINI DANIELE	ORSA MAGGIORE

Refreshment Stations

Two refreshment stations with water are provided on the longer courses, and one on the medium-length courses. Post-race refreshments will be available upon arrival.

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First Aid

Emergency vehicles will be positioned near the finish area. The doctor can be reached during race hours at +39 339 123 5098.

Parco Nazionale
APPENNINO
TOSCO-EMILIANO

PUBLIC BODIES SUPPORTING AND SPONSORS OF THE EVENT

Regione Emilia-Romagna

Provincia di Parma

Comune di Corniglio

Parco Nazionale dell'Appennino Tosco Emiliano

EuroParc | Riserva della Biosfera

Federazione Italiana Sport Orientamento

A.S.D. Atletica Interflumina

OTP-GEA Orienteering A.S.D. A.P.S.

Oland Sport

Parmigiano Reggiano

Piccinini e Conti

CementArt



13TH-14TH SEPTEMBER 2025

ITALIAN CHAMPIONSHIPS
RELAY + LONG DISTANCE

LAGDEI + LAGONI



+39 393 749 2560



100lakes2025@oriparma.it



www.oriparma.it

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