

# PRE WOC RACES WRE



## TRAINING CAMP 29 SEPTEMBER - 3 OCTOBER



### 4 OCTOBER 2025

ARENZANO (GE)



KNOCK-OUT SPRINT

### 5 OCTOBER 2025

GENOVA PEGLI



SPRINT RELAY

## #ROADTOWOC26



FEDERAZIONE  
ITALIANA  
SPORT  
ORIENTAMENTO



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## GENERAL INFORMATION

### PROGRAM

#### Monday 29/9

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.*

#### Tuesday 30/9

10.00-17.30: trainings in Voltri - Villa Duchessa. Downhill course (T9) and village control picking (T10). Partly new map. New courses. Stripes.

#### Wednesday 1/10

10.00-12.00: training in Masone (T11). Change of speed, longer legs / short controls. New course. Small flags. New map and course.

14.30-17.30: official training in Campo Ligure (flags, Sport Ident). Sprint (T12). New course. New map and course

#### Thursday 02/10

10.00-12.00: training in Rapallo (T13). Sprint/sea front. New course. Small flags. New map and course

14.30-17.30: official training in Manesseno (flags, Sport Ident). Sprint (T14). New maps and course.

#### Friday 03/10

11.00-18.00: model event in Pegli. Free order with suggested courses close to sprint relay area of Pre WOC. New course.

#### Saturday 04/10: PRE WOC WRE Knock out Sprint in Arenzano (GE)

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

9.00-12.00: Qualification

14.00-18.00: QF, SM and Final (A+B)

18.15: Prize giving ceremony

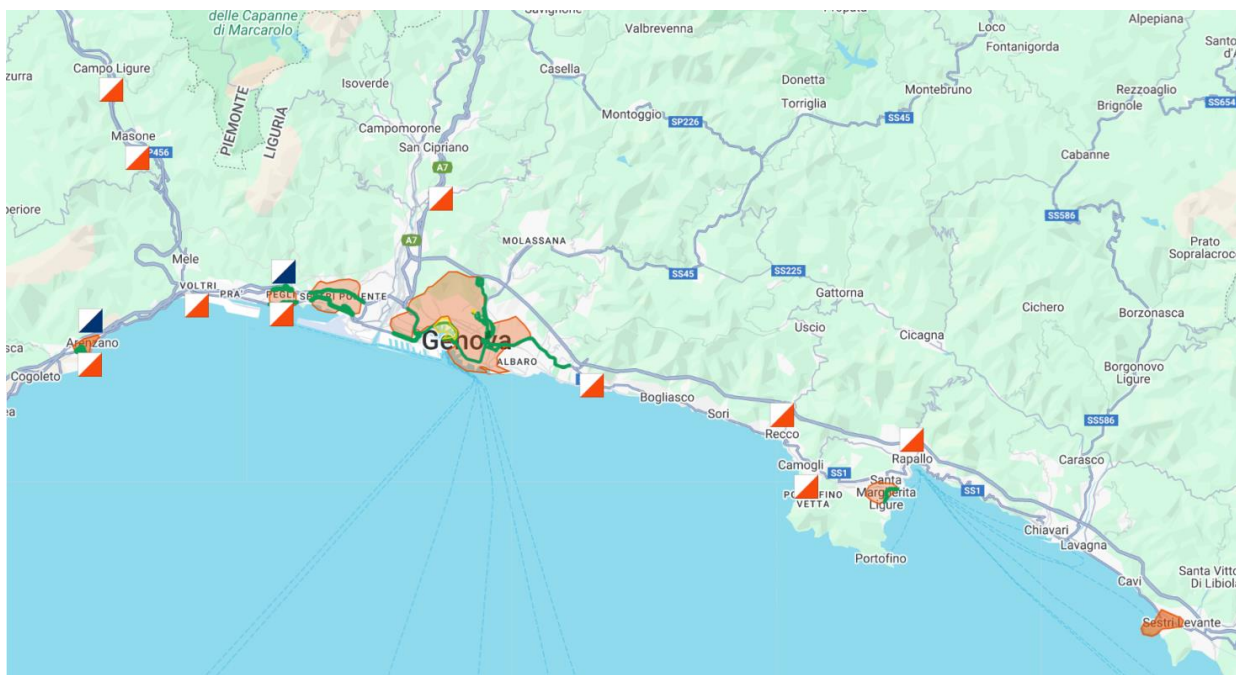
#### Sunday 05/10: PRE WOC Sprint relay in Pegli (GE)

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

10.00-11.00: Sprint relay

12.30: Prize giving ceremony





Embargoed areas with permitted routes can be consulted at this link:

<https://eventor.orienteering.org/Documents/Event/9104/1/Embargoed-areas-for-WOC'26-ver.5>.

## ORGANISING COMMITTEE

info@woc2026.it

Event director: Gianluca Carbone

gianluca.carbone@woc2026.it / +393356966752

IOF Event Adviser: Simone Grassi

Race director: Aaron Gaio

Course setters: Alessio Tenani / Marcello Lambertini

Start: Daniele Pagliari

Race office: Eleni Lutaj

IT: Daniele Guardini

Speaker: Stefano Galletti

## ENTRIES

Entries for training camp are already closed, if you missed deadline, you could contact [alessio.tenani@woc2026.it](mailto:alessio.tenani@woc2026.it)

Entries for PRE WOC races should be done via IOF EVENTOR at the latest by Saturday 20th September 2025, late entries should be possible until 29th Sep.

Normal entry fees are 20 € for individual race and 80 € for relay team; late entries prices are 30 € and 120 € respectively.

Incomplete and mixed teams can be added directly in Eventor. If you are unable to add a mixed team, please contact [daniele.guardini@woc2026.it](mailto:daniele.guardini@woc2026.it). Incomplete teams will be combined at organisers' discretion in order to create additional mixed teams.

Runners that do not have a relay can run a mass start at the end of the sprint relay.

Model event in Pegli must be booked as a training of the camp filling out this form as soon as possible: <https://forms.gle/p3dCJhKim3KLezKF7>. Cost is 4 € per athlete for pdf file, or 6 € per printed map.

## PAYMENT

All entries must be paid in advance with a bank transfer, preferably one for national team (TC+races).

The total amount for training camp will be sent directly to coaches; summary of fees for PRE WOC races will be uploaded online (Eventor).

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

Please send the receipt of payment until Friday evening to [lucia.curzio@woc2026.it](mailto:lucia.curzio@woc2026.it)

IBAN: IT55E0538701411000003861810

BIC: BPMOIT22XXX

Payee: COMITATO GENOVA 2026 A.S.D.

Reason: entries team XXXX

## TRAININGS INFORMATION

From Tuesday to Friday: during the official time window for each training stripes (on Tuesday) or small controls flags (Wednesday morning and Thursday morning) 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.

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

**Suggested parking:** <https://maps.app.goo.gl/66YB2hSbpVK4LH689> (€) or surroundings

**Sprint intervals (NEW COURSE: October 2025)**

**Livelox:** <https://www.livelox.com/Events/Show/167485/Pre-WOC-training-Nervi>



**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> or Piazza Matteotti

<https://maps.app.goo.gl/EWA5aTzEZaP5opJk9>



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 and Marcello Lambertini.

Technical info: focus on tricky orienteering, stairs, up and down, change of speed.

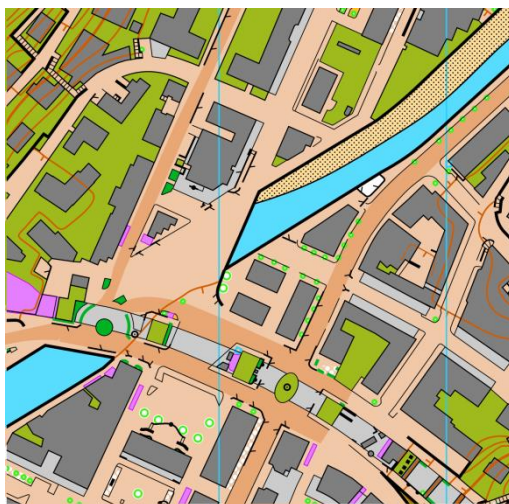
Take care of the crossings of the roads, some narrow passages. 100% asphalt.

Livelox: <https://www.livelox.com/Events/Show/163575/Pre-WOC-2026-trainings-Camogli>

## 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 – Updated map 2025)

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 (update of old map of Remo Madella)

**Course setters:** Marcello Lambertini, Alessio Tenani

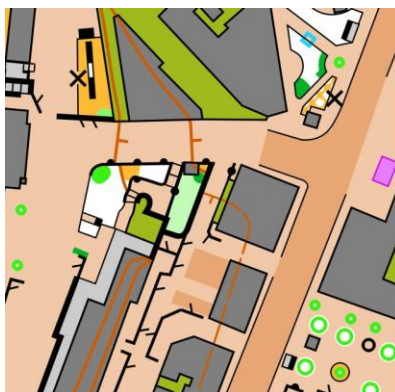
**Technical info:** focus on stairs, change of speed, seafront, competition routine. Fake barriers are only on the map, not in the terrain.

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

**Livelox** (from last year): <https://www.livelox.com/Events/Show/126401/World-Cup-2024-Genova-T6-Recco-Sprint-intervals-with-SI->

## **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

**Livelox** (from last year):T1: <https://www.livelox.com/Events/Show/126381/World-Cup-2024-Genova-T1-Bolzaneto>

T2: <https://www.livelox.com/Events/Show/126382/World-Cup-2024-Genova-T2-Bolzaneto>

## **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)

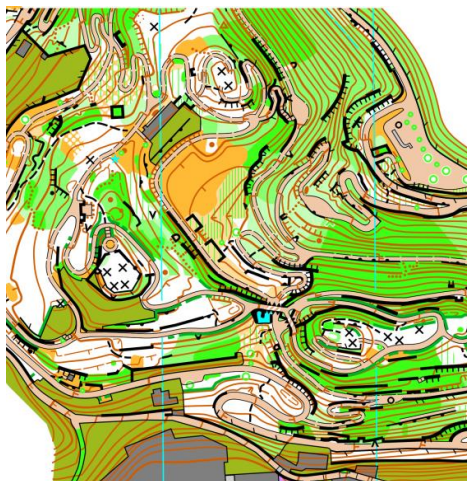
### Sprint trainings (NEW COURSES)

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

Mapper: Samuele Curzio

Course setters: Marcello Lambertini, Alessio Tenani

### Training T09 – Downhill



LiveloX: <https://www.liveloX.com/Events/Show/167482/Pre-WOC-2026-training-Voltri-T9-Downhill>

Length/Climb: 3,1km + 95

Technical info: focus on downhill orienteering, wild parts. 20% asphalt, 80% grass. Some steep parts, take care; shoes with rubber studs suggested.

### Training T10 – Downtown



LiveloX: <https://www.liveloX.com/Events/Show/167483/Pre-WOC-2026-training-Voltri-T10-Downtown>

Length/Climb: 3,2km + 90

Technical info: focus on tricky orienteering, short controls.

Take care of the crossings of the roads. Some narrow passages. 95% 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:** 4,2km + 115. 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

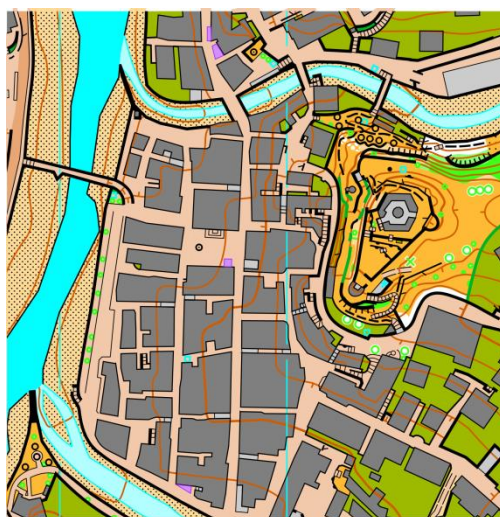
**Technical info:** focus on change of technical speed, long route choices. 95% asphalt, 5% grass.

**Livelox:** <https://www.livelox.com/Events/Show/167529/Pre-WOC-training-Masone>

### Campo Ligure / 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

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

**Length/climb:** Men: 3,5km + 95

Women: 3,1km + 75. Checked by course setters.

**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.

**Livelox:** <https://www.livelox.com/Events/Show/167526/Pre-WOC-2026-timed-training-Campo-Ligure>

## Rapallo / 02.10.2025 (10.00 - 12.00)

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**Parking and meeting point:** Parcheggio Porto di Rapallo.

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



### Sprint training (T13) NEW COURSE

**Format:** sprint course

**Length/climb:** 3,9km + 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)

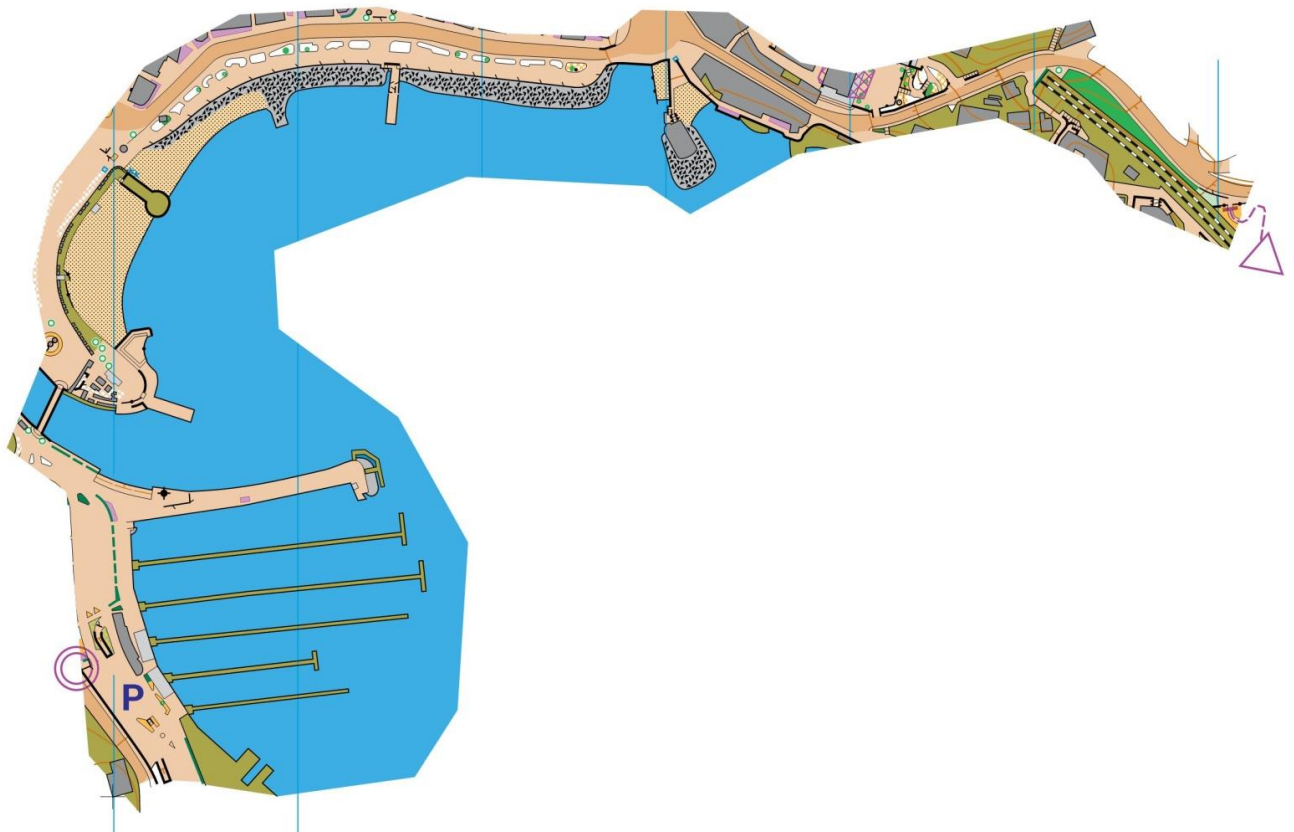
**Course setters:** Marcello Lambertini, Alessio Tenani

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

**Distance to start:** 1,2km (see map)

**Livelox:** <https://www.livelox.com/Events/Show/163574/Pre-WOC-2026-training-Rapallo>



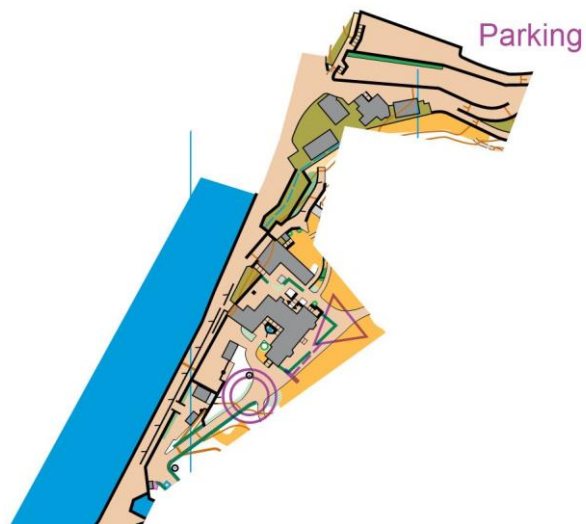


## Manesso – Villa Serra / 02.10.2025 (14.30 - 17.30)

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

**Meeting point:** Parco di Villa Serra – Sant’Olcese

<https://maps.app.goo.gl/EFNMa265tzHPqrYn8>



**Sprint training (T14) NEW COURSE**



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

**Length/climb:** Men: 4,4 km + 110

Women: 3,9km + 95

**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.

**Livelox:** <https://www.livelox.com/Events/Show/167469/Pre-WOC-2026-training-Manesseno>

**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 course. Flags on the controls.

**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.

**Livelox:** <https://www.livelox.com/Events/Show/167488/Pre-WOC-model-event-Pegli>



# PRE WOC RACES INFORMATION

## PUNCHING SYSTEM

The punching system used is SPORTident SIAC Air+. SIAC can be rented from the organisation (€ 5). If you do not add a SIAC number to your entry, the organisation will assume that you will rent a SIAC. Competitors will use one SIAC only (personal or rented).

## BIBS

Bibs will be provided at the entrance of the quarantine.

## GPS

GPS units from Livelox and Loggator will be used in KO-Sprint from QF. In Sprint Relay, many teams will use GPS units.

Please send an email to [daniele.guardini@woc2026.it](mailto:daniele.guardini@woc2026.it) if you need to borrow a vest by 28/09.

## PRIZE GIVING CEREMONY

Top 6 for KO-Sprint and top 3 team in the sprint relay will be rewarded.

## RESULT

Live result on <https://app.liveresults.it/prewoc2026>

## COMPLAINTS

A referee system will be used in both competitions.

## Arenzano / 04.10.2025 WRE Sprint Knock Out

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

**Formula:** qualification in three different heats, best 12 athletes in each qualification go through. Best 3 of each QF go to SF. Best 2 of each SF go to final, 3rd and 4th of each SF go to B-final.

The head allocation will be held in the finish area at the end of the qualification of each class. The 12 best placed competitors in each heat will be responsible for choosing their own quarter final heat in the following order

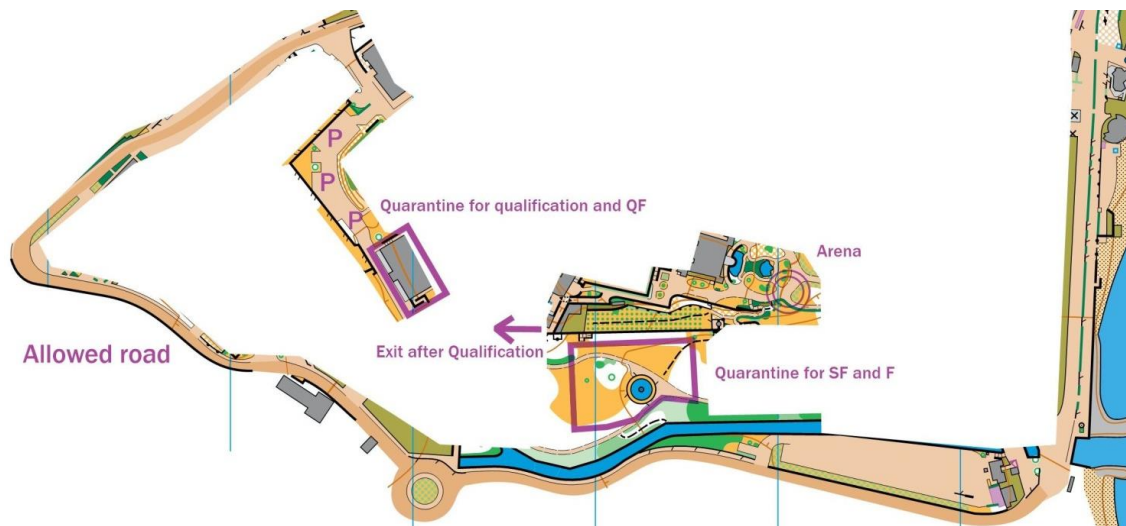
7th -> 12th (i.e. 3H3, 3H2, 3H1, 4H3, 4H2, 4H1)

6th -> 1st (i.e. 2H1, 2H2, 2H3, 1H1, 1H2, 1H3)

13th -> 36th (i.e. 5H3, 5H2, 5H1, ... 12H1)

To give all runners the chance to run the KO Final Rounds, it will be allowed to run the KO QF, SF and F after the race. These self-organised races can be done after the A-final, controls will remain in the terrain for 1 hour. Please be aware that this is fully self-organised: no start team, no timing, no monitored crossing of the street, no official results. Maps can be collected right after the A-Final at the Info Point of the Final quarantine.

**Parking:** Parcheggio Rodocanachi <https://maps.app.goo.gl/cskF7xQbEc1mnmdo8>



### Time planning

Qualification	1st start	Last start	Last finish
Quarantine opens	08:00		
Quarantine closes	09:00		
Men	09:30	10:30	10:40
Women	10:30	11:30	11:40
Men, KO Heat pick	11:00		
Women, KO Heat pick	12:00		
QF quarantine opens	13:00		
QF quarantine closes	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		17:27
MF-A	17:32		17:38
WF-B	17:43		17:50
WF-A	17:55		18:02
Prize-giving	18:10		

### Map

Arenzano (CS/T 1408)

2025 (M. Lambertini - S. Curzio), ISSprOM 2019-2. Scale 1: 4.000, 2,5 m

Format A4; the map is printed on tear-resistant material.

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

## Race terrain

Residential areas alternated with city parks of various sizes. Presence of staircases, a network of more and less intricate streets, and generally gentle elevation changes.

The race area is open to local traffic; crossings will be monitored.

60-80% asphalt / 20-40% park: regular running shoes are recommended. Spikes are not allowed.

## Quarantine

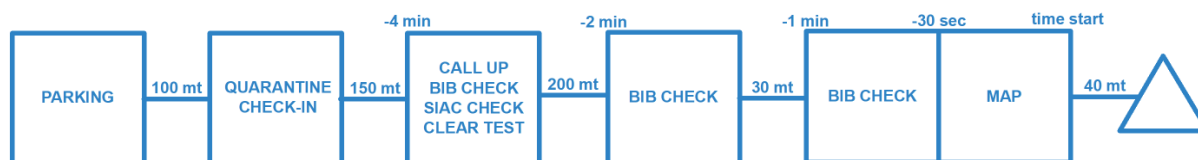
Qual and QF: entrance of the quarantine is Palacorradi (<https://maps.app.goo.gl/3xcLpb8ZTHDdX4mT8>); quarantine is indoor on hard floor, toilets available.

SF and F: entrance of the quarantine is directly from the “after finish zone” of the previous round; quarantine is outdoor, shelter and toilets are present.

Baggage drop will be at quarantine. Baggage will be moved continuously from quarantine to the “after finish zone” for pick up.

## Start

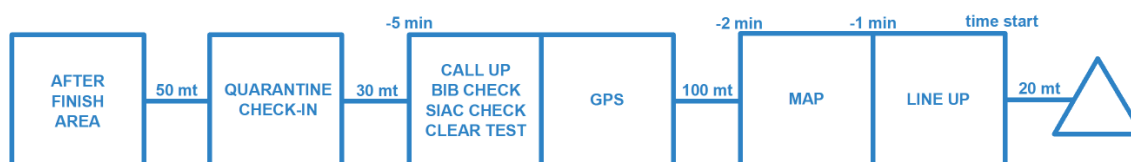
### Qualification



### Quarter Final



### Semi Final and Final



## After finish

All athletes will be guided after the race to an “after finish zone”. Qualified runners for next round may not leave this area until called up into quarantine for next round. Cool-down and warm-up as well as shelter and toilets are available. Knocked-out runners are free to go.



## Team officials

Team officials can enter each quarantine before deadline. Then they can leave it at any time, checking out at the quarantine entrance and following signs to arena (maximum 5 minutes walking), but may not return once they have left.

## Technical information

### Lengths of courses

	WOMEN	MEN
H1	2,0 km + 35	2,7 km + 50
H2	2,0 km + 35	2,6 km + 50
H3	2,0 km + 35	2,7 km + 50
QF	1,9 km + 40	1,9 km + 40
SF	1,7 km + 30	1,7 km + 30
F	1,7 km + 25	1,7 km + 25

## Pegli / 05.10.2025 Sprint Relay

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

**Parking:** Molo Archetti (<https://maps.app.goo.gl/KKJfrE1uy6mUNMiT9> , payment), back of railway station (free) or in the surroundings (free). Compulsory road to quarantine (see below).

**Arena:** Piazza Bonavino <https://maps.app.goo.gl/otaiMQ4VF6sgC7Tc7>



## Time planning

- 8.00 Quarantine opens
- 9.00 Quarantine closes
- 10.00 Start of relay
- 11.00 First team at the finish
- 11.15 Mass start for runners without relay
- 12.30 Prize giving ceremony

## Map

Genova Pegli  
2025 (M. Lambertini - S. Curzio), ISSprOM 2019-2.  
Scale 1: 4.000, 2.5 m

Format A4; the map is printed on tear-resistant material.

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

## Race terrain

Residential areas alternated with city parks of various sizes. Presence of staircases, a network of more and less intricate streets, and generally gentle elevation changes.

The race area is open to local traffic; crossings will be monitored.

60-70% asphalt / 30-40% park: regular running shoes are recommended, with some grip. Spikes are not allowed.

## Quarantine

Oratorio San Martino <https://maps.app.goo.gl/2Ajb3cH7x2uYr8JM7>

Quarantine is indoor on hard floor, toilets available.

Number bibs can be picked up at the quarantine info point.

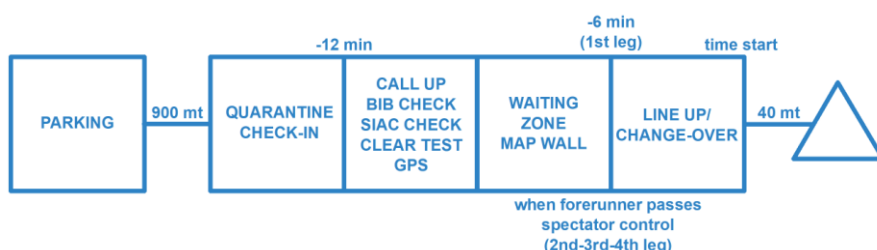
GPS units will be delivered to selected runners during start procedure; competitors are encouraged to use their own GPS vests.

Baggage will be transported from the quarantine to the team zone in the arena.

### Start and changeover

Competitors will enter the call up gate 12 minutes before mass start and expected change-over, then they will be guided to a waiting zone, where they will collect their rolled map from a map wall; it is not allowed to open the roll before the start/change over. Emergency toilet will be available upon request to organizers.

When foregoing runners will pass through the arena passage, outgoing competitors will be allowed to enter the change over area. The change-over will take place by touch over the changeover barrier, and the ingoing runner will continue through the finish line.



### Team officials

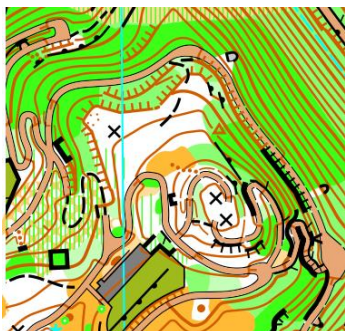
Team officials can enter the quarantine before deadline. Then they can leave it at any time, checking out at the quarantine entrance and following signs to arena (2 minutes walking), but may not return once they have left.

### Technical information

Lengths of courses: Women 1<sup>st</sup>-4<sup>th</sup> legs 3,1 km + 110, Men 2<sup>nd</sup>-3<sup>rd</sup> legs 3,5 km + 100

There will be an arena passage at about 50% of the race.

To improve readability, paved paths in the park are drawn with the darker brown and the black line beside is on the top of the colour list (view example).

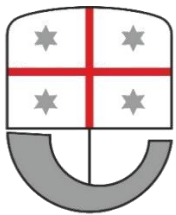




**Event organized by:**



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