

# ITALIAN CUP GOLD WRE RACES



## GOLD

World Ranking Event



### 14 MARCH 2026

PIETRA LIGURE (SV)



SPRINT

### 15 MARCH 2026

ALBENGA (SV)



SPRINT

#ROADTOWOC26



FEDERAZIONE ITALIANA SPORT ORIENTAMENTO



Ministro per lo Sport e i Giovani



## **PROGRAMME**

### **Pietra Ligure / 14.03.2026 GOLD WRE Sprint**

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<https://eventor.orienteering.org/Events/Show/8563>

<https://www.fiso.it/gara/20261>

12.00 Race office opens

14.30 First start

17.30 Last start

18.30 Prize giving in the theater/event center

### **Albenga / 15.03.2026 GOLD WRE Sprint**

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<https://eventor.orienteering.org/Events/Show/8565>

<https://www.fiso.it/gara/20262>

08.00 Race office opens

09.30 First start

12.30 Last start

13.30 Prize giving in the arena

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

[https://woc2026.com/wp-content/uploads/2025/11/Embargoed-Areas-for-IOF-World-Cup-2024-and-WOC-Urban-2026-Genova-Italy\\_version-6.pdf](https://woc2026.com/wp-content/uploads/2025/11/Embargoed-Areas-for-IOF-World-Cup-2024-and-WOC-Urban-2026-Genova-Italy_version-6.pdf)

Please note specifications for races' days in section "Arena and parking" below in this bulletin.

## **ORGANISING COMMITTEE**

[info@woc2026.it](mailto:info@woc2026.it)

Event director: Gianluca Carbone

[gianluca.carbone@woc2026.it](mailto:gianluca.carbone@woc2026.it) / +393356966752

IOF Event Adviser and national controller: Simone Grassi

Race director: Aaron Gaio

Technical director: Alessio Tenani ( [alessio.tenani@woc2026.it](mailto:alessio.tenani@woc2026.it) )

Course setters: Alessio Tenani / Marcello Lambertini

Start: Daniele Pagliari

Race office: Karin Sanna

IT: Daniele Guardini

Speaker: Stefano Galletti

## **PAYMENT**

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

Entries of national teams will be directly added at the invoice for training camp.

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

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

IBAN: IT55E0538701411000003861810

BIC: BPMOIT22XXX

Payee: COMITATO GENOVA 2026 A.S.D.

Reason: entries club XXXX

## **PUNCHING SYSTEM**

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

All changes of SI-card numbers have a fee of 2 €.

## **BIBS**

Bibs will be provided at the race office, one bib for both competitions.

## **GPS**

30 ME and 30 WE will use GPS units (Livelox tracker).

This is the list of athletes:

### **MEN**

### **WOMEN**

Michiels Yannick	Aebersold Simona
Harlem Fossier Kasper	Gemperle Natalia
Heikkila Tuomas	Lundberg Hanna
Gustafsson Jonatan	Harju Venla
Krivda Tomas	Haestad Bjornstad Victoria
Polsini Tino	Raturier Tereza
Svensk Emil	Vik Pia Young
Barros Vallet Mathias	Agervig Kristiansson Ida
Rancan Riccardo	Beauvir Maelle
Suter Timo	Sianoja Maija
Hubmann Daniel	Molloy Grace
Oksanen Teemu	Van Dongen Eef
Mariani Francesco	Sonesson Alva
Ruohola Akseli	Toledo Ana Isabel
Baklid Jorgen	Nurminen Inka
Capbern Loic	Agervig Kristiansson Malin
Aebersold Fabian	Dyrkorn Ane
Casado Alvaro	Mag Viktoria
Street Ralph	Ohtsson Karolin
Delenne Adrien	Von Krusenstierna Vilma
Glonek Jakub	Gemperle Eline
Jonas Ferenc	Lind Josefine
McNulty Henry	Gross Paula
Mollen August	Vikstrom Frida
Breivik Eirik Langedal	Berger Ines
Bujdoso Zoltan	Peterova Jana

Von Krusenstierna Isac	Gydesen Hedvig Valbjorn
Eidsmo Havard Sandstad	Klemettinen Veera
Verove Guilhem	Stadler Deborah
Runefors Gustav	Hilo Hanne

If you need a vest, you can borrow it at the race office, GPS devices will be delivered at the start.

## **PRIZE GIVING CEREMONY**

Top 3 for all age classes will be rewarded, except for Elite classes where top 10 competitors will be awarded prizes.

There will be a prize for all under 10 competitors. No prizes for classes M/WA, M/WB, White and Red.

## **LIVELOX**

You can add your track on Livelox.

Pietra Ligure: <https://www.livelox.com/Events/Show/177017/WRE-Gold-Coppa-Italia-1-Pietra-Ligure>

Albenga: <https://www.livelox.com/Events/Show/177018/WRE-Gold-Coppa-Italia-2-Albenga>

All participants are reminded that it is prohibited to upload their GPS tracks to Strava or other social media before the end of the competition, under penalty of disqualification.

## **ACCOMMODATION**

All athletes, coaches and team members that could be involved in 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)

## **CLASSES**

Competitive classes:

M/W14, M/W16, M/W18, M/W20, M/W Elite, M/W A, M/W B, M/W35, M/W40, M/W45, M/W50, M/W55, M/W60, M/W65, M/W70, M/W75-80

Non-competitive classes:

M/W10, M/W12, M/W81+, BIANCO (white), ROSSO (red)

## **MODEL EVENT**

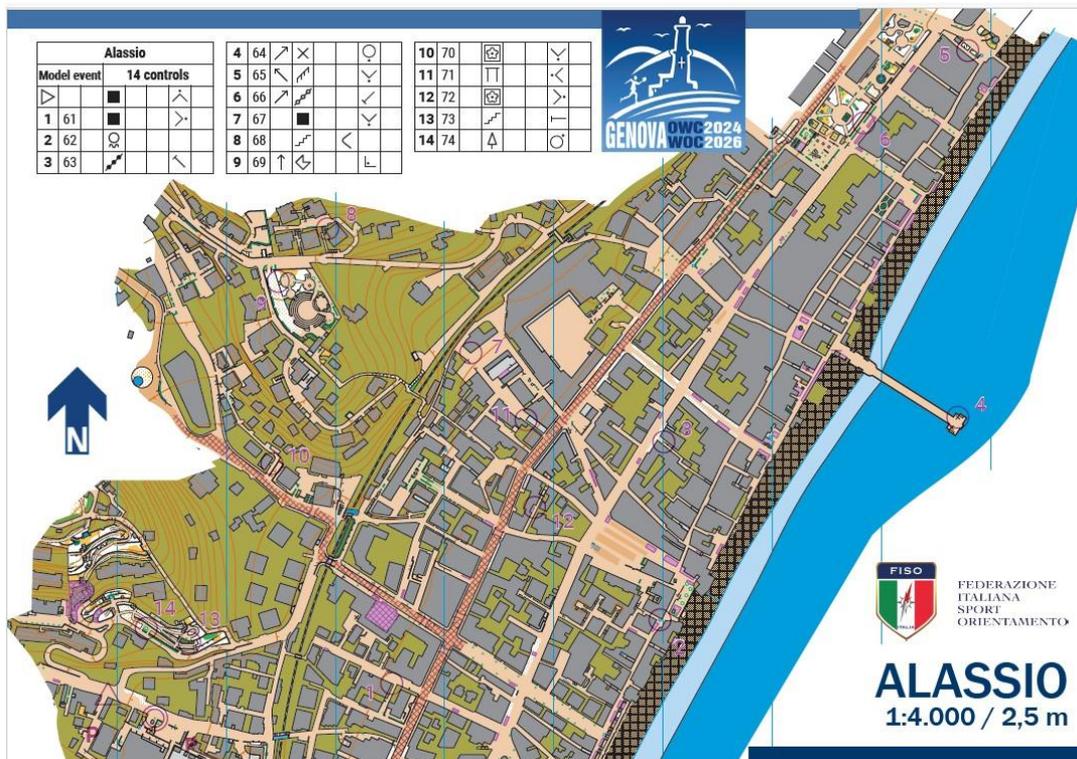
From Friday, a Model Event will be available in Alassio. You can order the maps through the trainings form: <https://forms.gle/nHk5g1EfJuaucQhc7>

Other training possibilities on

<https://eventor.orienteering.sport/Documents/Event/10087/1/Bulletin-2> (Trainings section)

Maps can be requested as PDFs or printed copies to be collected on site on Friday 13th from 10:00 to 12:00 in Alassio, here: <https://maps.app.goo.gl/nTmpTYQw1qDDnfUx5>

Flags will be out in the terrain from 10:00 on Friday until Sunday afternoon.



## LENGTHS (km)

Class	PIETRA LIGURE	ALBENGA	Class	PIETRA LIGURE	ALBENGA
M10*	1,3	1,3	W10*	1,3	1,3
M12	1,8	1,8	W12	1,8	1,8
M14	2,6	2,6	W14	2,6	2,6
M16	3,3	3,4	W16	2,8	2,6
M18	3,4	3,5	W18	2,8	2,9
M20	3,4	3,5	W20	2,8	2,9
ME	4,1	4,0	WE	3,5	3,7
MA	3,2	3,1	WA	3,2	2,8
MB	2,3	2,4	WB	2,3	2,3
M35	3,3	3,4	W35	3,0	2,9
M40	3,2	3,1	W40	3,0	2,9
M45	3,2	3,1	W45	3,0	2,6
M50	3,2	2,8	W50	3,0	2,6
M55	3,2	2,8	W55	2,8	2,6
M60	3,0	2,6	W60	2,3	2,3
M65	2,3	2,4	W65	2,3	2,3
M70	2,3	2,4	W70	2,2	2,2
M75	2,2	2,2	W75	2,2	2,2
M81+	1,9	2,0	W81+	1,9	2,0
BIANCO	1,4	1,4	ROSSO	2,8	3,0

Climb is between 0% and 3% in Pietra Ligure, 0% in Albenga for all classes.

\*In the **MW10 categories**, shadowing by an adult is allowed, provided the adult has already finished their race or is not participating, and they may follow the child for safety reasons without assisting.

NOTE: Winning times for **master classes** are longer than 15', according to the new guidelines of FISO.

## **MAXIMUM TIME**

Maximum race time is 1 hour (and in any case not less than twice the winning time).

## **RESULTS**

Live result on <https://app.liveresults.it/liguria2026>

## **COMPLAINTS** (IOF Rules 27 and 28.5)-(RTF3.7))

Complaints may only be made by team officials or competitors, and must be made in writing to the organiser as soon as possible (desk close to IT Tent). The time limit for Complaints is 15 minutes after the result has been published for the competitor whose result is the subject of the complaint.

A protest may be made against the organiser's decision about a complaint. A protest may only be made by the team official or competitor who made the complaint and must be made in writing to the organiser no later than 15 minutes after the organiser has informed the complainant of the decision about the complaint.

There is no fee for both complain and protest.

## **JURY**

Federica Anedda – Or. G. Galilei

Andrea Roberto – Oricuneo

Mario Ruggiero – Nirvana Verde

Reserves: Elena Poli (Pol. Besanese), Michele Cera (Erebus Or. Vicenza), Cristian Greci (Atletica Interflumina)

## **WEATHER FORECAST**

### SATURDAY

	Notte	Mattina	Pomeriggio	Sera
<b>CONDIZIONI METEO</b>	 Nubi sparse con ampie schiarite	 Coperto con pioggia debole	 Coperto con pioggia	 Coperto con pioggia debole
<b>TEMPERATURA</b> °C °F	8°C	6°C	13°C	10°C
Percepita	7°C	5°C	12°C	8°C
Windchill	5°C	5°C	11°C	7°C
Zero Termico	2076 m	1759 m	1667 m	1760 m
Quota neve	1650 m	1550 m	1550 m	1650 m
<b>PRECIPITAZIONI</b>				
Quantità	-	2.0 mm	4.5 mm	0.9 mm
Intensità	Assenti	Deboli	Moderate	Deboli
Probabilità	8%	64%	68%	62%

### SUNDAY

	Notte	Mattina	Pomeriggio	Sera
<b>CONDIZIONI METEO</b>	 Poco o parzialmente nuvoloso per velature sparse	 Nubi sparse e schiarite	 Nubi sparse e schiarite	 Nubi sparse con ampie schiarite
<b>TEMPERATURA</b> °C °F	8°C	9°C	17°C	12°C
Percepita	7°C	6°C	17°C	12°C
Windchill	5°C	5°C	14°C	8°C
Zero Termico	1636 m	1724 m	1794 m	1928 m
Quota neve	1300 m	1450 m	1550 m	1700 m
<b>PRECIPITAZIONI</b>				
Quantità	-	-	-	-
Intensità	Assenti	Assenti	Assenti	Assenti
Probabilità	59%	62%	40%	21%

## **EMERGENCY PROTOCOL**

### General behavior:

- Respect pedestrians, residents, and local businesses.
- Pay attention to steps, uneven surfaces, and blind corners.
- Slow down in crowded areas.
- Cross streets only at designated points and with caution.
- Follow the instructions of the volunteers.

### Personal safety:

- Stop in case of your own injury or that of others.
- Immediately report emergencies to the volunteers.
- Avoid risky behavior.

### Environment and respect for the place:

- Do not leave litter.
- Do not enter private property.
- Respect the historical and architectural heritage.

## SATURDAY

### **ARENA, SERVICES and PARKING**

Pietra Ligure (SV)

Parking: Piazzale Flavio Geddo

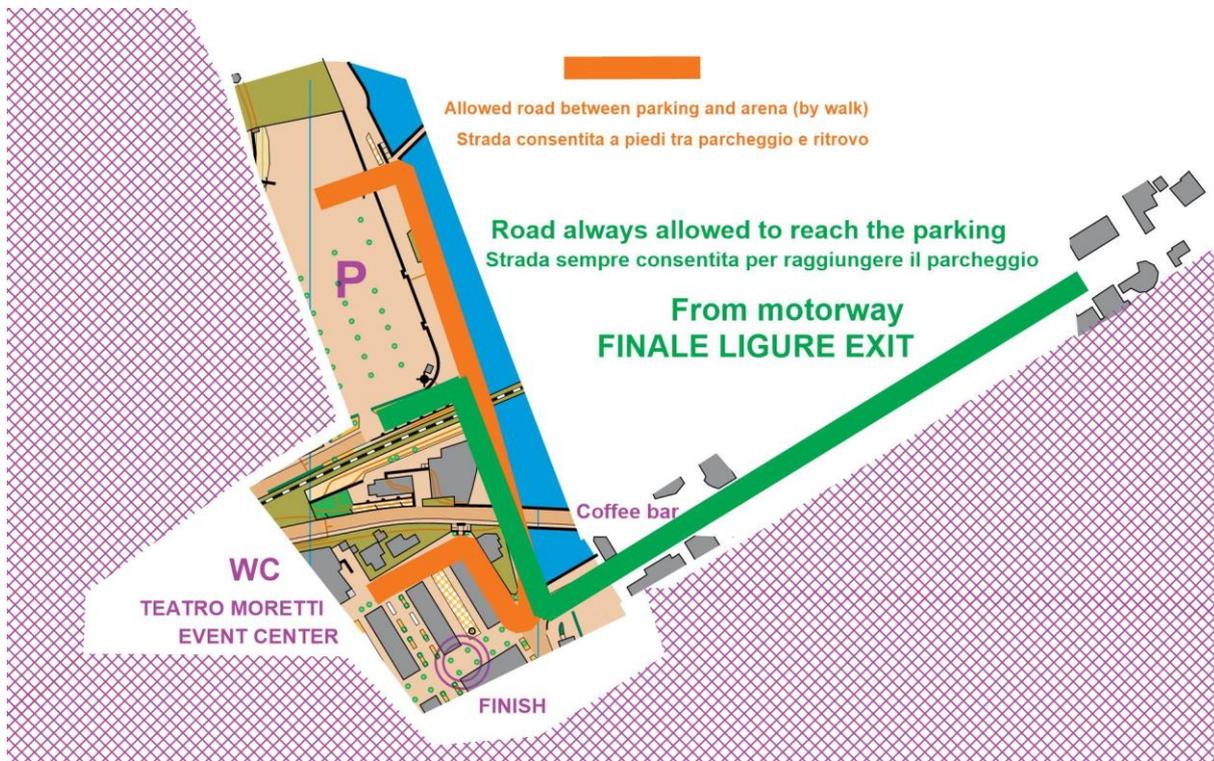
<https://maps.app.goo.gl/PXKDowuqXt3hp36bA>

Camper: area camper <https://maps.app.goo.gl/qFrdHFExojRvTAzf6> (24 € overnight)

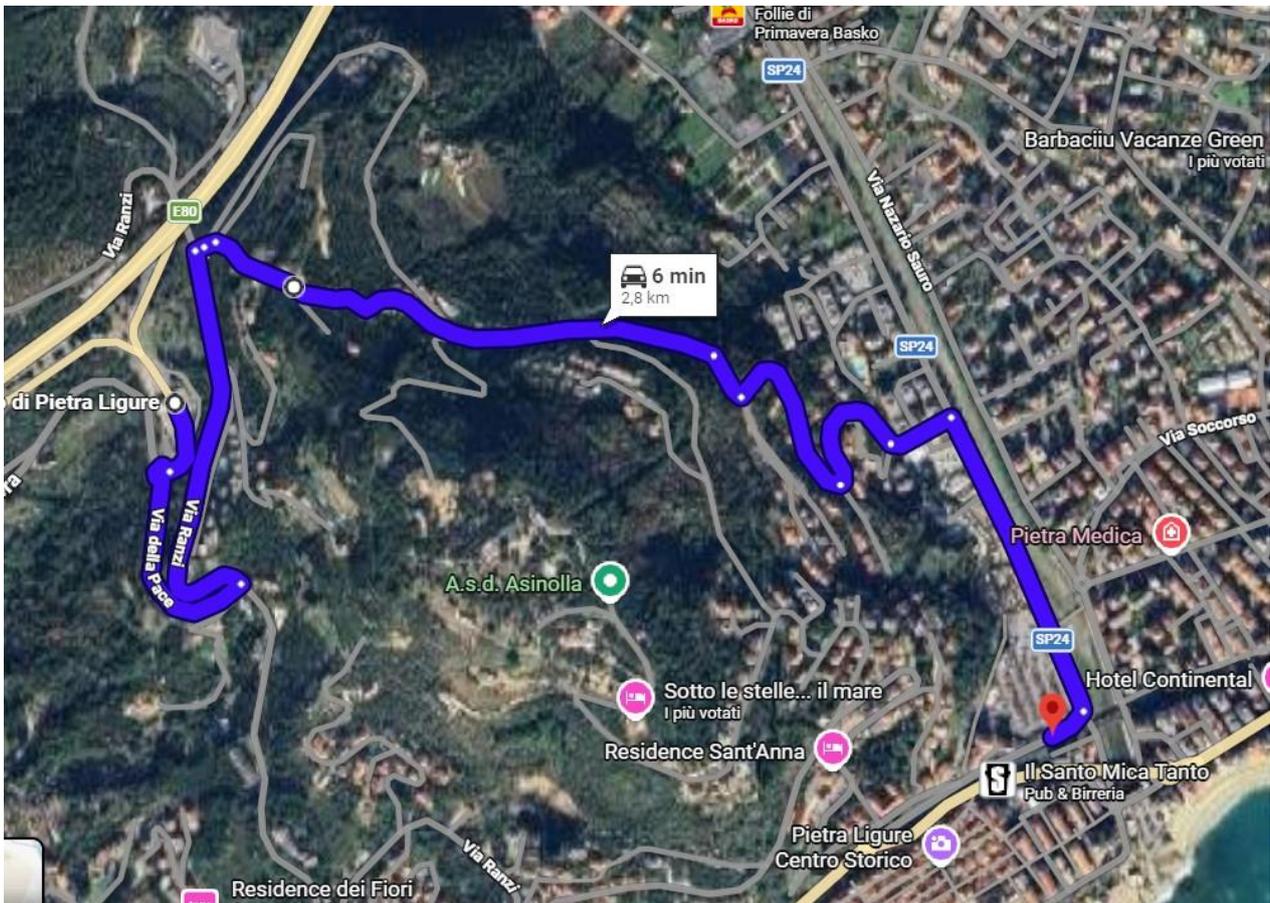
<https://maps.app.goo.gl/YgEvNrAgZ1un26fh6> (some free places available)

WC available at the event center

Note that, as there is no quarantine, IOF Rule 15.5 will apply. This currently provides that use of either any orienteering map, or any other map, of the competition area is prohibited at the competition venue, until permitted by the organiser. This prohibition should preferably apply to all parties, not just competitors.



Please note that the allowed road presented in the “embargo PDF” is valid until March 13<sup>th</sup>, the day of the race parking and arena can be reached only from east (green road) and from the road in the image below, from the motorway exit (Pietra Ligure).



By train: the allowed train station is **Borgio Verezzi**. From there competitors can take a public bus or walk along **Via Aurelia** (2 km). **Pietra Ligure train station must not be used**, as it is located inside the embargoed area.

## **MAP**

Pietra Ligure (CS/T 1475)

2025 (S. Curzio), ISSprOM 2019-2. Scale 1: 4.000\*, 2.5 m

\***From class MW50 (and older), Scale 1:3.000**

Format A4; the map is printed on tear-resistant material; plastic protective sleeves are available at the start for anyone who wants them.



## **RACE TERRAIN**

The race takes place in the historic centre of Pietra Ligure, featuring a dense network of narrow streets, small squares, passages and stairways that create complex route-choice

challenges. The area includes seaside sections along the promenade, small urban parks, and changes of level with steps and ramps, requiring constant map contact and quick decision-making.

Terrain: 90% asphalt, 10% soft surface.



## **START**

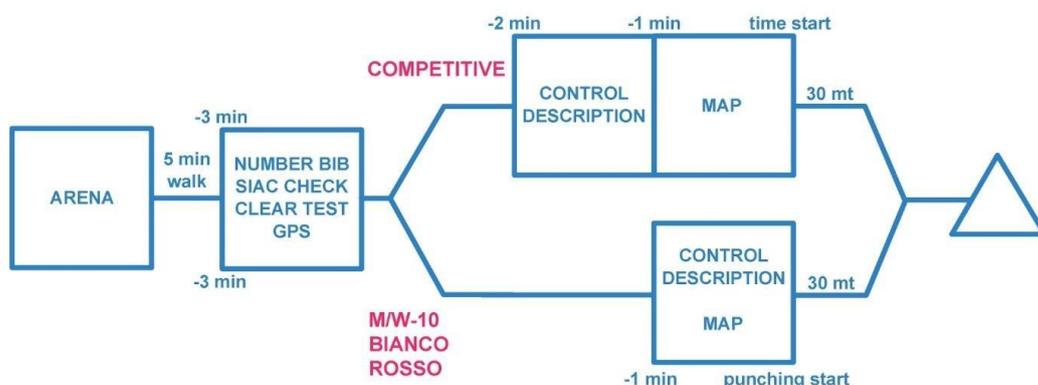
The start is a 5-minute walk from the arena; follow the signs. Warm-up is only allowed on the road between the arena and the start.

The call will be made at the -3 minute; there will be two separate paths for competitive categories and M/W-10 - Bianco (White course - easy) - Rosso (Red course - medium).

M/W-10, Bianco and Rosso have free start from 15.00 to 17.00.

The control descriptions are available inside the starting corridor, and adhesive tape and scissors will be provided. They are also printed on the race map.

The start is a delayed start, and the start point is 30 meters from the map distribution.



## **TECHNICAL INFORMATION**

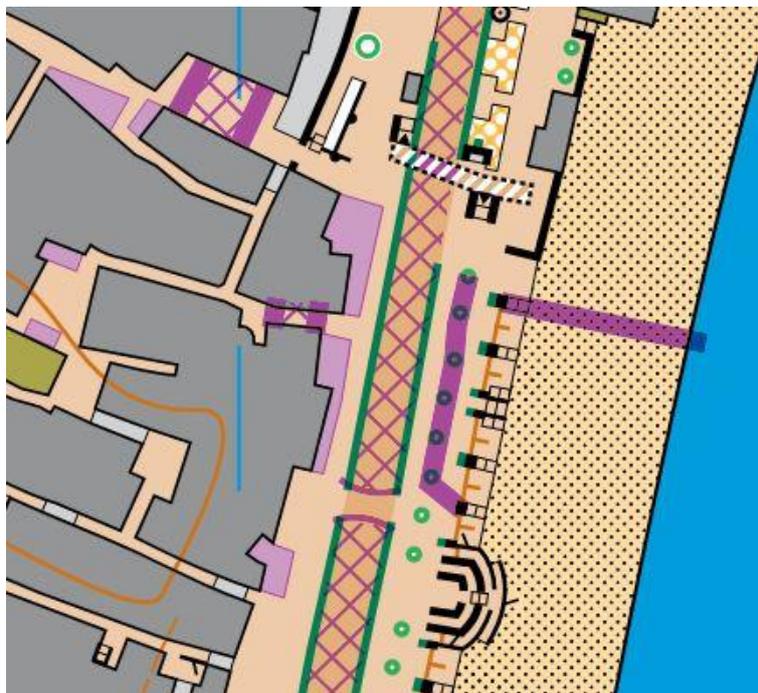
Symbol 530 (black circle) is used also for beach flags like the one in picture.



**Artificial barriers will be installed in the race area.**

They are marked on the map by a **1 mm thick purple line (symbol 708)**, sometimes accompanied by an **out-of-bounds area (symbol 709)**.

**Symbol 709** is also used to forbid crossing the uncrossable road. The road may only be crossed at the **designated crossing points** (underpass or ground level, see image below).



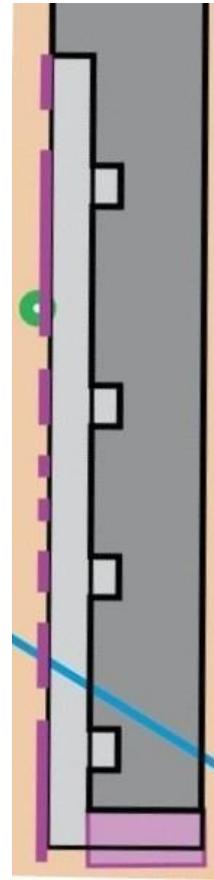
They are marked in the terrain with **IOF tape** (7.5 cm wide white plastic tape printed with IOF logos). The tape may be placed **either 1.20–1.50 m above the ground or directly on the ground** (see pictures).



Some minor roads ('caruggi') may be completely occupied by road works (see image below), but they remain passable.



**Scaffolding from a construction site** partially blocks the entrance to a canopy; it has been marked with the **709 symbol** (out-of-bounds area, solid boundary), with interruptions at the various access points (see map extract and photo).



## SUNDAY

### **ARENA, SERVICES and PARKING**

Albenga (SV)

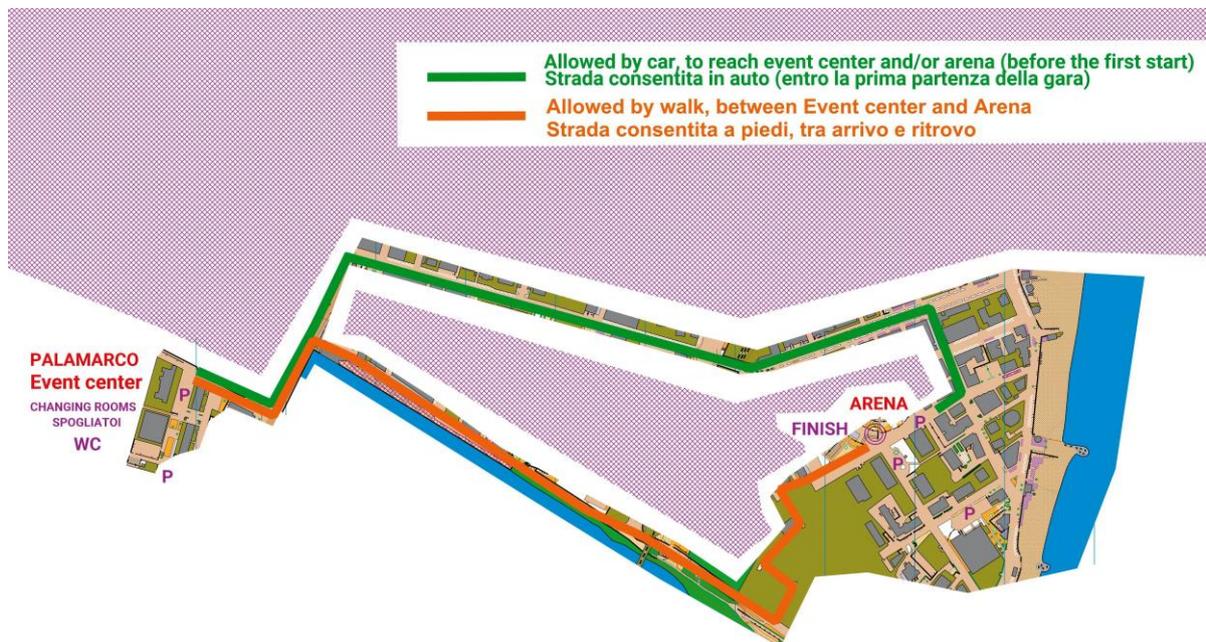
Free parking around event center / Palamarco

<https://maps.app.goo.gl/BwhW8RhxfOK6Ahu7>

It's also possible to drive to the finish area before the first start, using the 'green' road (see below).

WC and showers are available at the event center, 5 WC (toi-toi) at the arena.

Note that, as there is no quarantine, IOF Rule 15.5 will apply. This currently provides that use of either any orienteering map, or any other map, of the competition area is prohibited at the competition venue, until permitted by the organiser. This prohibition should preferably apply to all parties, not just competitors.



**By train:** from the train station of Albenga follow the allowed road to the arena (green one in the image)



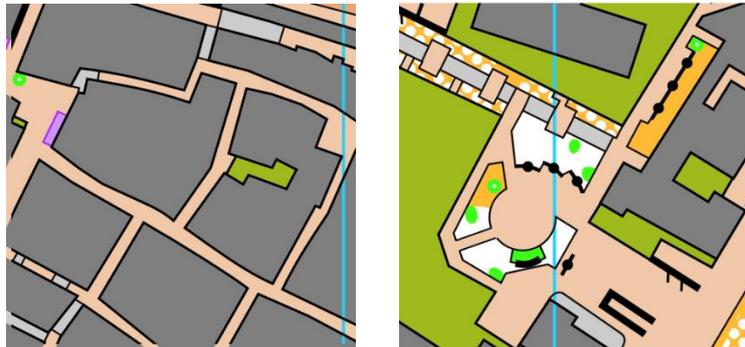
Please note that the allowed road presented in the “embargo PDF” is valid until March 14<sup>th</sup>, the day of the race parking and arena can be reached only from south (see screenshot of Google Maps).

## MAP

Albenga (CS/T 1476)

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

Format A4; the map is printed on tear-resistant material; plastic protective sleeves are available at the start for anyone who wants them.



## RACE TERRAIN

The race takes place in the historic centre of Albenga, characterized by a compact medieval layout with narrow alleys, small squares, arches and numerous passageways creating complex route-choice options. The area features historic towers, city walls and sudden changes of direction, demanding precise navigation and continuous map reading.

Parts of the course also extend into the more modern seaside district, with wider streets, open spaces near the promenade, and faster running sections that contrast with the intricate old town.

Terrain: 95% asphalt, 5% soft surface.



## **START**

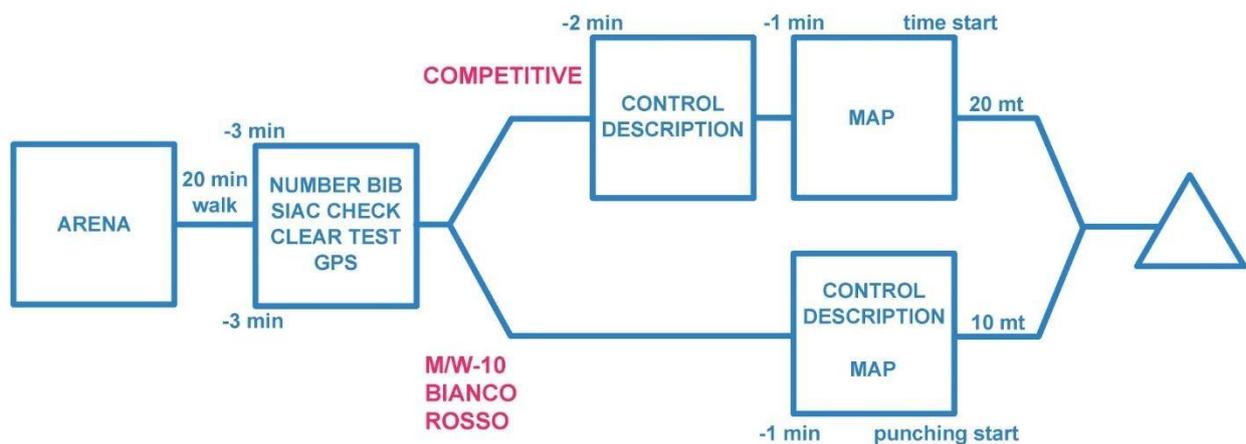
The start is a 20-minute walk from the arena; follow the signs. Warm-up is only allowed on the road between the arena and the start.

The call will be made at the -3 minute; there will be two separate paths for competitive categories and M/W-10 - Bianco (White course - easy) - Rosso (Red course - medium).

M/W-10, Bianco and Rosso have free start from 10.00 to 12.00.

The control descriptions are available inside the starting corridor, and adhesive tape and scissors will be provided. They are also printed on the race map.

The start is a delayed start, and the start point is 20 meters from the map distribution for competitive classes and 10 meters for non-competitive classes.



## **TECHNICAL INFORMATION**

Symbol 530 (black circle) is used for beach flags like the one in picture.



**Artificial barriers will be installed in the race area.**

They are marked on the map by a **1 mm thick purple line (symbol 708)**. They are marked in the terrain with **IOF tape** (7.5 cm wide white plastic tape printed with IOF logos), placed **directly on the ground** (see pictures).

**Symbol 709 (out-of-bounds area)** is used to forbid crossing the uncrossable road. The road may only be crossed at the **designated crossing points** (see image below). Sidewalks are always allowed to run on as in the image below.



Some minor roads ('caruggi') may be completely occupied by road works (see image below), but they remain passable.



**Event organized by:**



FEDERAZIONE  
ITALIANA  
SPORT  
ORIENTAMENTO



**With the patronage of:**



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**Thanks to:**



   
**Ministro per lo Sport e i Giovani**