

TRAINING RACES

BULLETIN 3

PROGRAMME

Montemarcello / 21.03.2026 Training race - Sprint relay

<https://www.fiso.it/gara/2026103>

13.30 Race office opens
15.00 Start
15.55 Finish of first team
16.00-16.30: Spectator race
17.00 Prize giving in the arena

Brugnato / 22.03.2026 Training race - Sprint

<https://www.fiso.it/gara/2026111>

08.00 Race office opens
08.30* First start
12.00 Last start
12.30 Prize giving in the arena

*Teams that need to leave the race early can ask to start from 8.30, normal start 10.00

ORGANISING COMMITTEE

info@woc2026.it

Event director: Gianluca Carbone
gianluca.carbone@woc2026.it / +393356966752

Race director: Aaron Gaio
Technical director: Alessio Tenani (alessio.tenani@woc2026.it)
Course setters: Alessio Tenani / Marcello Lambertini
Race office: Luisella Vitali
IT: Daniele Guardini

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 after the entry's deadline, please wait and check the amount before payment.

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

Please send the prove of payment to lucia.curzio@woc2026.it

PUNCHING SYSTEM

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

BIBS

Bibs will be provided at the race office; only used for the sprint relay teams.

GPS

GPS tracking will be used in the sprint relay; all runners will collect the device in the arena. We have some spare vest, when possible use yours.

PRIZE GIVING CEREMONY

Top 3 relay teams and top 3 for all competitive classes will be rewarded.

LIVELOX

You can add your track on Livelox.

Montemarcello: <https://www.livelox.com/Events/Show/177021/WOC-Training-race-March-2026-Sprint-relay-Montemarcello>

Brugnato: <https://www.livelox.com/Events/Show/177022/WOC-Training-race-March-2026-Sprint-Brugnato>

CLASSES

Saturday: Sprint relay Elite (W-M-M-W), Open individual Red, Open individual White

Sunday: Black M, Black W, Open Blue, Open Red, Open White

LENGTHS

Saturday	Sprint relay: 12-15' per leg (winning time)
	Red: 3 km
	White: 2km (beginners and dog orienteering)
Sunday	Black (M/W Elite): 3,3 km
	Blue: 2,5 km
	Red: 2,0 km
	White (beginners): 1,5 km

Climb is 1-2% in Montemarcello, nearly flat in Brugnato.

RESULTS

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

SATURDAY

ARENA, SERVICES and PARKING

Montemarcello (SP)

Parking: <https://maps.app.goo.gl/yXhQHT92hqvJSJvD7>

Batteria Chiodo (toilets, restaurant, coffee bar):

<https://maps.app.goo.gl/8nZ4Kivt17hz7hLn8>



MAP

Montemarcello

2025/2026 (M. Lambertini - S. Curzio - A.Tenani; totally updated and expanded from old map of Francesco Buselli), ISSprOM 2019-2. Scale 1: 4.000, 2.5 m. Format A4; the map is printed on tear-resistant material.



RACE TERRAIN

The race takes place in the historic village of Montemarcello, featuring a compact network of narrow stone alleys, archways and stairways winding between closely spaced houses. Frequent changes of level, tight corners and short legs demand precise navigation and constant attention to direction.

Some parts of the course reach the edges of the village, where small open areas, and panoramic paths through offer faster running and route-choice options.

Terrain: 80% asphalt, 20% soft surface (single track, forest).



START / CHANGEOVER

A demonstration of the procedure will take place at 14:45 in the arena. The first runners will be called to the line-up at 14:55.

Spectator race will start from the arena from 16.00 to 16.30, with punching start.

Mass start for the men without a team will start as soon as possible after the finish of the sprint relay team. Expected start time 16.00.

TECHNICAL INFORMATION

In the relay course there is a **map flip**, each part of the map is a A5 dimension, both parts are printed on the same A4, first part on the left, second part on the right.

Artificial barriers will be installed in the race area.

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



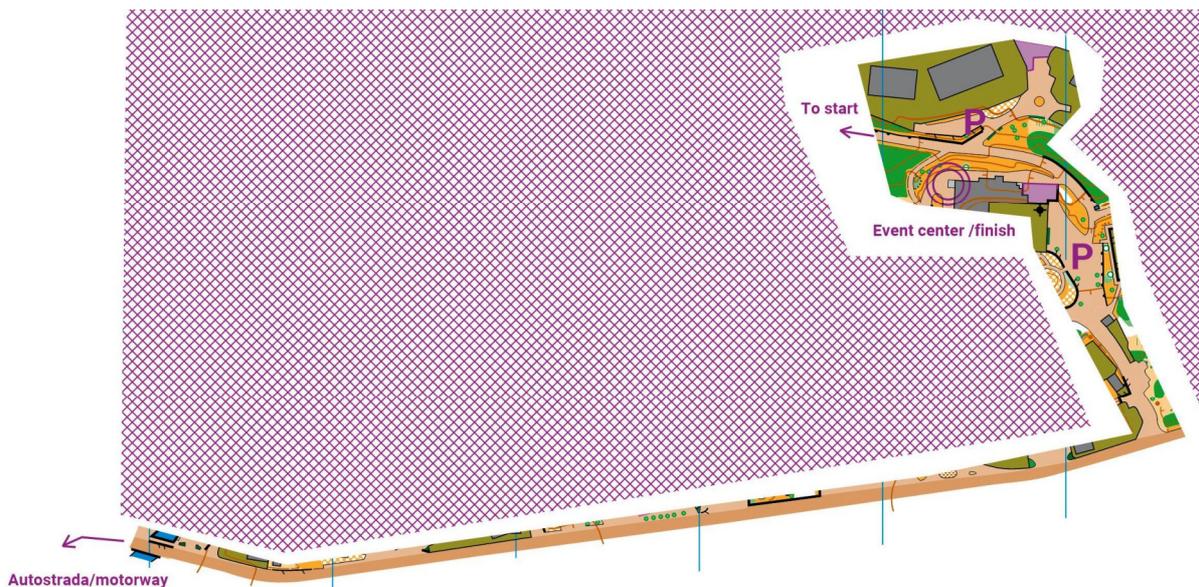
SUNDAY

ARENA, SERVICES and PARKING

Brugnato (SP)

Parking: <https://maps.app.goo.gl/n1Vp2Eeg8czS5bi6A>

Event center: indoor with toilets and showers.



MAP

Brugnato

2025/2026 (M. Lambertini, A. Tenani, S. Curzio), ISSprOM 2019-2. Scale 1: 4.000, 2.5 m (update of original map of R. Madella). Format A4; the map is printed on tear-resistant material.



RACE TERRAIN

The race takes place in the historic centre of Brugnato, featuring a compact layout of narrow streets, small squares and interconnected alleys that create frequent direction changes and route-choice challenges. Short legs, corners and passageways require precise navigation and continuous map contact.

Terrain: 95% asphalt, 5% soft surface



START

The start is a 5-minutes' walk from the arena; follow the signs. Warm-up is only allowed on the road between the arena and the start. Call up at -3'.

TECHNICAL INFORMATION

In black course there is a **map flip**, each part of the map is A5 dimension, both parts are printed on the same A4, first part is on top.

Event organized by:



FEDERAZIONE
ITALIANA
SPORT
ORIENTAMENTO



With the patronage of:



REGIONE LIGURIA



Thanks to:



 
Ministro per lo Sport e i Giovani