



Nirvana MTB-O Quest

Coppa Italia Middle WRE

Campionato Italiano Long WRE

18-19 Aprile 2026 | Venegono Superiore (VA) – Italia

Bulletin 2

Organization

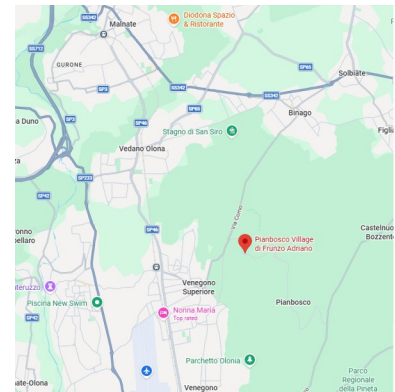
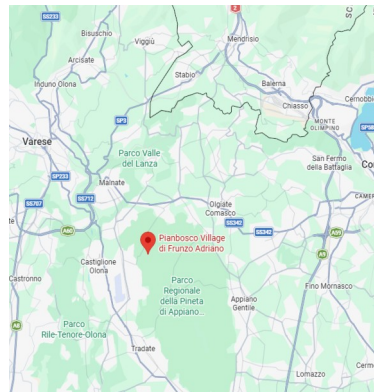
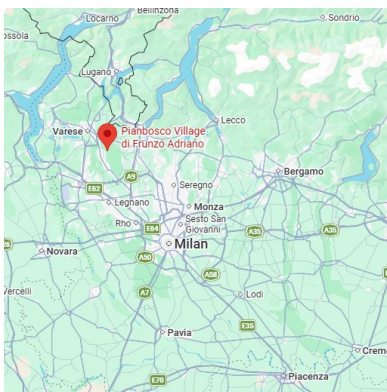
- **Organizer:** ASD Nirvana Verde
- **Event director:** Davide Spagnoli
- **Course setter:** Mario Ruggiero
- **Controller:** Marco Colombo
- **IOF Event Adviser:** Giaime Origgi
- **Contacts:**
 - Telephone: +39 347 7524977
 - Email: info@nirvanaverde.it
 - Web: www.nirvanaverde.it

Event Center and Logistics

Event center: [Pianbosco Village - Via Fratelli Kennedy, 1, Venegono Superiore \(VA\)](#).

Large parking area is available for cars and campers.

Changing rooms with restrooms and showers are available. There is a restaurant, open both Saturday and Sunday.



Program

- **Saturday 18/04/2026:** Coppa Italia Middle WRE.
 - Event Center opens at 12:00
 - First start at 14:00.
 - Prizegiving at 17:30
- **Sunday 19/04/2026:** Campionato Italiano Long WRE.
 - Event Center opens at 9:00
 - First start at 10:00.
 - Prizegiving at 13:00

Technical info

- **Map:** ISMTBOM 2022 R4 A3 format, newly created 2026, scale from 1:7500 to 1:15000 (see classes' details), contour interval 5 m. Printed on Pretex paper.
- **Terrain:** Typical pre-Alpine terrain with shallow valleys, a dense network of paths and cycle paths.
- **Punch system:** Sport Ident AIR+ range 50 cm

Categories

- **WRE:** Men Elite (M21), Women Elite (W21). I'IOF Athlete ID is required.
- **National Classes:** According to IOF specifications and FISO rules (M/W 12, 14, 17, 20, 40, 50, 60, 70). Non-competitive "Giallo" (yellow - beginners) and "Rosso" (red - Open) classes are also available.

The first 3 athletes of all the competitive classes will be awarded.

Entries

- **WRE Athletes:** on Eventor website (<https://eventor.orienteering.sport/Events/Show/8906> e <https://eventor.orienteering.sport/Events/Show/8906>)
- **non-WRE FISO members:** on FISO website (<https://www.fiso.it>).
- **Others:** by email to info@nirnaverde.it

Entry Fees:

- **Giallo, W/M 12, 14 e 17:** 7,00 €
- **all other classes:** 15,00 €
- **SI-Card rental (no Air+):** 2,00 €
- **payment:** wire transfer to ASD Nirvana Verde, IBAN: IT75Z062305120000015043601, BIC / SWIFT: CRPPIT2PXXX

Entry Deadlines:

- **Competitive classes:** Sunday 12/04/2026 at 23:59. Late registrations may be accepted at the discretion of the organization, with a 50% additional fee.
- **Non-competitive classes:** at 10:00 of the event day, subject to map availability.

Rules

Wearing a helmet is mandatory. A bicycle must be carried at all times.

It is not permitted to leave the trails marked on the map.

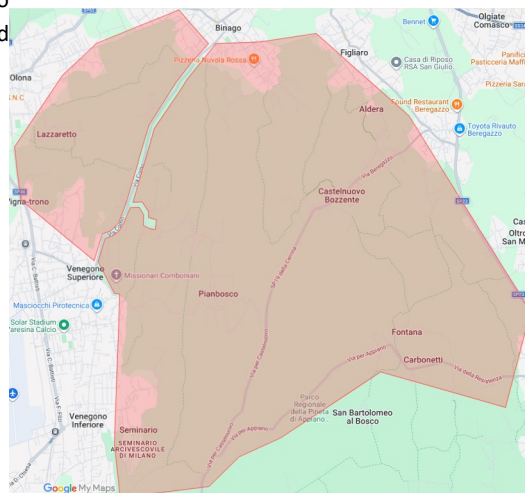
Tracks marked as "not passable" (symbols 716 "Forbidden route" and 718 "forbidden to pass") are strictly forbidden, offenders will be disqualified.

Be aware of other trail users (hikers, horseback riders, dog owners).

Always expect oncoming traffic and respect road rules (stay on right side, give way and caution and advise with one arm when crossing roads). Participants depart at their own risk. The organizers decline all liability. Insurance is the responsibility of the participants.

Forbidden Areas (Embargo)

In accordance with point 13 of the IOF regulations, the competition area is subject to an embargo. Access to the area indicated on the following map is prohibited to athletes, technicians, and accompanying persons:





Special information

In some cases, to improve the visibility of the trails marked with symbols 829 and 830 (orange dashed line), orange flags have been placed, identical to those shown in the photo on the side.

Regarding complaints and all technical aspects of the competition, the following rules apply:

- Elite classes: WRE rules. Any "complaint" must be submitted to the race office within 15 minutes of the publication of the competitor's result.
- All other classes: FISO rules.

Some classes include a "map flip"; please refer to the specific class table for each individual race.

According to IOF Rule 26.10, once a competitor has crossed the finish line, they may not re-enter the competition terrain without explicit permission from the organizer.

If the Finish punching station fails to validate the pass, the athlete must stop safely beyond the line and report it to the race officials rather than turning back. Failure to comply will result in disqualification.



Race-Specific Information

Coppa Italia Middle – April 18, 2026

The Start and the Finish are located 1.2 km and 2.6 km away from the Event center. There are no significant elevation changes along these routes.

The maximum competition time is set at 2 hours.

Estimated times are compliant with IOF guidelines (50–55 minutes for Elite classes) and FISO guidelines (for all other classes).

Please refer to the table below for specific class characteristics.

Class	Length (km)	Total Climb (m)	Controls	Scale	Map Flip
M12	3,2	50	9	1:7500	No
M14	4,4	55	12	1:7500	No
M17	9,4	115	14	1:7500	No
M20	16,5	130	18	1:10000	Yes
ME	18,2	150	23	1:10000	Yes
M40	16,5	130	18	1:10000	Yes
M50	12,6	115	21	1:7500	Yes
M60	11	115	15	1:7500	Yes
M70	9,4	115	14	1:7500	No
W12	3,2	50	9	1:7500	No
W14	4,4	55	12	1:7500	No
W17	7,4	85	14	1:7500	No
W20	12,6	115	21	1:7500	Yes
WE	16,5	130	18	1:10000	Yes
W40	11	115	15	1:7500	Yes
W50	9,4	115	14	1:7500	No
W60	7,4	85	14	1:7500	No
W70	7,4	85	14	1:7500	No
MB(AK)	11	115	15	1:7500	Yes
WB(AK)	7,4	85	14	1:7500	No
GIALLO	3,2	50	9	1:7500	No
ROSSO	7,4	85	14	1:7500	No



Campionato Italiano Long – April 19, 2026

The Start is located 2 km from the Event center, the Finish is at the Event center.

Classes M17, M20, ME (M21), M40, M50, M60, W20, WE, W40 e W50 involve a potentially dangerous road crossing. Two closely spaced control points (100 m apart) have been placed here with a time neutralization of up to 90 seconds.

Example: If a competitor takes 110 seconds to cover the stretch, only 20 seconds will be added to their total time. If a competitor crosses in under 90 seconds, no time will be recorded for that leg.

The maximum competition time is set at 3 hours.

Estimated times are compliant with IOF guidelines (105–115 minutes for Elite classes) and FISO guidelines (for all other classes).

Please refer to the table below for specific class characteristics

Class	Length (km)	Total Climb (m)	Controls	Scale	Map Flip
M12	5,5	60	10	1:10000	No
M14	8,1	70	15	1:10000	No
M17	17,8	200	16	1:12500	No
M20	26,3	350	23	1:15000	No
ME (M21)	35,5	460	26	1:15000	Yes
M40	26,3	350	23	1:15000	No
M50	21,9	270	16	1:15000	No
M60	20	250	15	1:12500	No
M70	15,8	180	13	1:10000	No
W12	5,5	60	10	1:10000	No
W14	8,1	70	15	1:10000	No
W17	12,7	150	14	1:10000	No
W20	21,9	270	16	1:15000	No
WE (W21)	26,3	350	23	1:15000	No
W40	20	250	15	1:12500	No
W50	17,8	200	16	1:12500	No
W60	12,7	150	14	1:10000	No
W70	12,7	150	14	1:10000	No
MB(AK)	15,8	180	13	1:10000	No
WB(AK)	12,7	150	14	1:10000	No
GIALLO	5,5	60	10	1:10000	No
ROSSO	12,7	150	14	1:10000	No