

TRAININGS AND TEST RACES MAY 2026 Bulletin 2



PROGRAM

MAY		
11	Free trainings: Alassio, Albenga, Pietra Ligure, Finalborgo, Spotorno, Celle Ligure, Masone, Campoligure, Voltri, Nervi, Recco, Camogli, Rapallo, Deiva Marina, La Spezia, Lerici	
12	Free trainings: Alassio, Albenga, Pietra Ligure, Finalborgo, Spotorno, Celle Ligure, Masone, Campoligure, Voltri, Nervi, Recco, Camogli, Rapallo, Deiva Marina, La Spezia, Lerici	
13	Free trainings: Alassio, Albenga, Pietra Ligure, Finalborgo, Spotorno, Celle Ligure, Masone, Campoligure, Voltri, Nervi, Recco, Camogli, Rapallo, Deiva Marina, La Spezia, Lerici	
14	Free trainings: Alassio, Albenga, Pietra Ligure, Finalborgo, Spotorno, Celle Ligure, Masone, Campoligure, Voltri, Nervi, Recco, Camogli, Rapallo, Deiva Marina, La Spezia, Lerici	
15	Model event: Bolzaneto (GE) - All day (relevant for WOC Test Race 2)	Model event: Arenzano (GE) - All day (relevant for WOC Test Race 1)
16	Free training / model event	WOC Test Race 1 - Sprint (PM): Sestri Levante (GE)
17	WOC Test Race 2 - Sprint (AM): Campomorone (GE)	Free training
18	Training: Pegli (GE)	Training: Manesseno (GE)
19	Timed training: Knock out Casella (GE)	
20	Free trainings: Alassio, Albenga, Pietra Ligure, Finalborgo, Spotorno, Celle Ligure, Masone, Campoligure, Voltri, Nervi, Recco, Camogli, Rapallo, Deiva Marina, La Spezia, Lerici	
21	Free trainings: Alassio, Albenga, Pietra Ligure, Finalborgo, Spotorno, Celle Ligure, Masone, Campoligure, Voltri, Nervi, Recco, Camogli, Rapallo, Deiva Marina, La Spezia, Lerici	
22	Free trainings: Alassio, Albenga, Pietra Ligure, Finalborgo, Spotorno, Celle Ligure, Masone, Campoligure, Voltri, Nervi, Recco, Camogli, Rapallo, Deiva Marina, La Spezia, Lerici	
23	ITA SPRINT CHAMPS - WRE PISA	Not WOC staff organisation
24	ITA SPRINT RELAY CHAMPS - WRE PISA	Not WOC staff organisation

For different individual program and other maps, take a look on <https://woc2026.com/trainings/>



Photo: Severin Müller

TEST RACES

PROGRAMME

Sestri Levante (GE) / 16.05.2026 Test race – Sprint #1

Info: <https://www.fiso.it/gara/2026101>

14.00 Race office open
15.00 First start W ELITE
16.00 First start M ELITE
17.00 Spectator race Trofeo Liguria
17.30 Last start
18.00 Prize giving in the arena

Campomorone (GE) / 17.05.2026 Test race – Sprint #2

Info: <https://www.fiso.it/gara/2026102>

08.00 Race office open
09.00 First start M ELITE
10.00 First start W ELITE
11.00 Spectator race Campionato regionale Sprint Liguria
12.00 Knock out Casella heat selection
12.30 Prize giving in the arena

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: Eleni Lutaj
IT: Daniele Guardini

ENTRIES

Until Sunday 10th May.

Entry fees: 10 €/person/race, 7 € up to born in 2010.

Italian runners on FISO website.

Foreign runners on [Orienteering Online](#).

PAYMENT

All entries must be paid in advance with a bank transfer, one for the entire club.
Summary of fees for each club will be upload online after the entry's deadline, please wait and check the amount before payment.

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

Training camp and test races May 2026

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, one bib for both competitions.

GPS

The list of competitors that will use live GPS will be communicated in Bulletin 3.

PRIZE GIVING CEREMONY

Top 3 for all competitive classes will be rewarded.

LIVELOX

You can add your track on Livelox.

Sestri Levante: <https://www.livelox.com/Events/Show/185208/WOC-Test-Race-1-Sestri-Levante>

Campomorone: <https://www.livelox.com/Events/Show/185209/WOC-Test-Race-2-Campomorone>

SATURDAY

Sestri Levante

Parking: <https://maps.app.goo.gl/qPQszw9rLQ8533dc9>

Arena: <https://maps.app.goo.gl/uGGbEi8YigQCjApa9>

CLASSES AND LENGHTS

SATURDAY – Sestri Levante (0 - 1%)

M ELITE	4.3
W ELITE	4.0
Open Black	3.7
Open Blue	2.8
Open Red	2.1
Open White	1.8

MAP

Sestri Levante, 2026 (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 competition area is located in the urban and semi-urban parts of Sestri Levante, mainly on flat terrain close to the coastline.

The area consists of a mix of narrow historic streets, small squares, residential zones, and open urban spaces. Runnability is generally very good, with fast surfaces such as asphalt, paved areas, and compact paths.

The street network is intricate, especially in the old town. Passages, alleys, stairways, and underpasses create a complex environment that demands high concentration and quick decision-making.

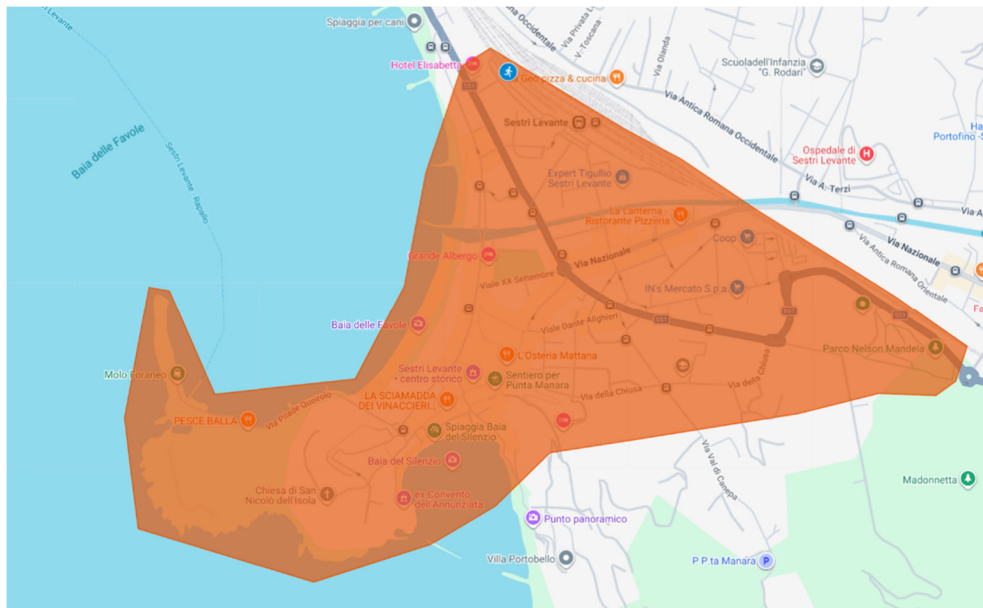
Vegetation is limited but present in parks, gardens, and small green areas. These areas are typically very runnable.

Training camp and test races May 2026

Pedestrian traffic can be significant, particularly in the central streets and along the seafront, where tourists and locals are frequently present. Competitors must be prepared to adapt their speed and maintain awareness in crowded sections. Overall, the terrain favors high running speed combined with strong technical ability, particularly in route choice execution and map reading at speed.



EMBARGO



SUNDAY

Campomorone

Parking: <https://maps.app.goo.gl/NuJaBqB2KBS7rfn9>

Arena: <https://maps.app.goo.gl/oX16xuuhFHiek4aZ7>

CLASSES AND LENGHTS

SUNDAY – Campomorone (climb 1 - 3%)

M ELITE	4.3
W ELITE	4.0
M14	2.0
W14	2.0
M18	3.4
W18	2.8
M45	3.4
W45	2.8
Open Red	3.4
Open White	1.5

MAP

Campomorone, 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; plastic protective sleeves are available at the start for anyone who wants them.



RACE TERRAIN

The competition area is located in and around the urban center of Campomorone, featuring a mix of village environment and semi-urban residential areas on predominantly flat to sloping terrain.

The street network is moderately complex, with a combination of regular and irregular

layouts.

In addition to the built-up area, there are small parks, school grounds, and green spaces with scattered trees, fences, and other urban features that can influence route choice. These areas are typically fast but may include mapped obstacles and restricted zones.

Pedestrian and car traffic can be present, especially near central areas and public facilities. Competitors should remain aware of their surroundings and be ready to adapt their speed when necessary.

Overall, the terrain favors high running speed combined with accurate navigation, with an emphasis on quick decision-making and clean execution of route choices.



EMBARGO



Bulletin 3 with latest information will be published by May, 14th.

TRAININGS

During the official time window for each training controls flags will be set in the terrain and printed maps can be collected at the meeting point. During KO sprint timed trainings of May 19th and all WOC simulation week timed trainings 30x30cm control flags and SI units will be used.

ENTRIES

In order to enter, teams have to fill out this form at the latest by **Sunday May, 3rd 2026**: <https://forms.gle/E2aPsoqj488W43Wm8>

For the WOC simulation week, we need to know the numbers of athletes by the deadline, team leaders will be directly contacted by the IT responsible later on to fill an excel with names and SI-card numbers.

ENTRY FEES

There are different possibilities to buy maps for trainings:

1. Pdf map file with course: 4 € per athlete/training
2. Printed map with course: 6 € per training

TIMED TRAININGS AND WOC SIMULATION RACES

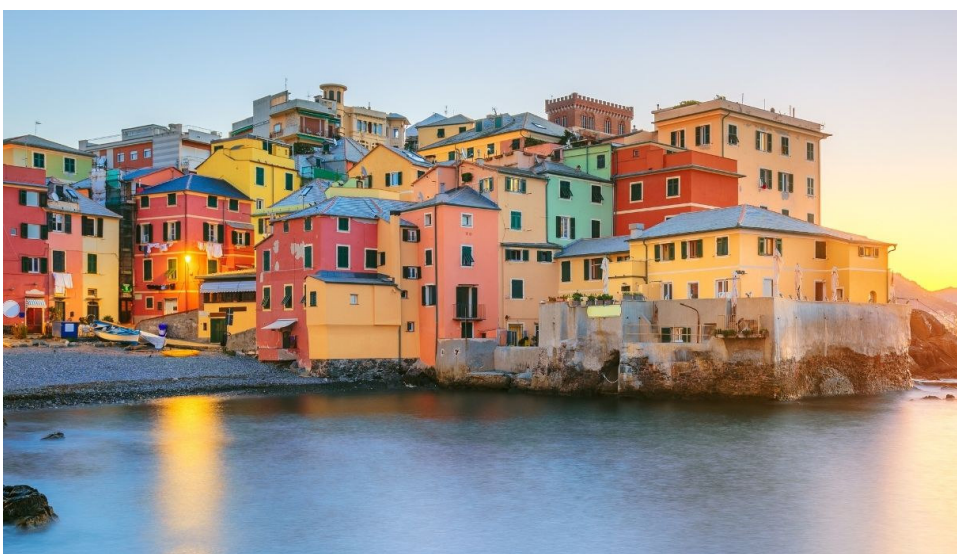
3. Official training with printed map, controls and SI units: 8 € per athlete

For specific requests please contact alessio.tenani@woc2026.it.

The invoice will be sent to the teams after the deadline, before the beginning of the training camp. For specific requests about invoices contact lucia.curzio@woc2026.it

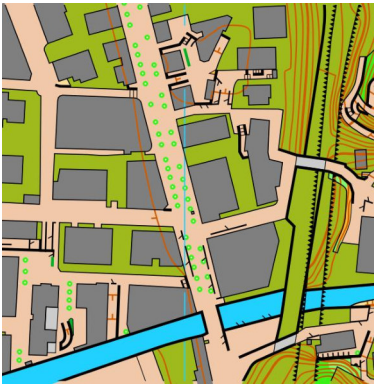
*Note that the conversion from OOMAPPER file to OCAD file could compromise the quality of the drawing. It is forbidden to reproduce maps without the original graphic layout.

We are waiting for you!



INFORMATION FOR EACH TRAINING

Bolzaneto (GE) / Model event from 15.05 (10.00) to 17.05 (18.00)



Suggested parking: <https://maps.app.goo.gl/p3LVks8Cd9zmDfbn8>

Model event: free order controls. Relevant for test race #2.

Map: 1:4000, 2.5 m, update 2025 and checked by course setters.

Mapper: Samuele Curzio

Course setters: Alessio Tenani, Marcello Lambertini

Arenzano / Model event from 15.05 (10.00) to 17.05 (18.00)



Suggested parking: <https://maps.app.goo.gl/uVCz2deBKyuKAyme7>

Model event: free order controls. Relevant for test race #1.

Map: 1:4000, 2.5 m, 2025

Mappers: Marcello Lambertini, Samuele Curzio

Course setters: Alessio Tenani, Marcello Lambertini

Pegli (GE) / 18.05.2026 (flags 10.00 - 12.00)



Suggested parking: <https://maps.app.goo.gl/RnbRrv6vEdKkBNap9>

NEW COURSE: 5,0 km

Map: 1:4000, 2.5 m, 2024

Mappers: Marcello Lambertini, Samuele Curzio

Course setters: Marcello Lambertini, Alessio Tenani

Technical info: change of legs and terrains

Manesseno (GE) / 18.05.2026 (flags 15.00 - 17.00)



Suggested parking: <https://maps.app.goo.gl/q3HMpe4u2bWxz9PS6>

Sprint Intervals (NEW COURSE): 2,2+2,0+1,4 km

Map: 1:4000, 2.5 m, 2025

Mapper: Samuele Curzio

Course setters: Marcello Lambertini, Alessio Tenani

Technical info: different terrains, long route choices

Casella (GE) / 19.05.2026 (Timed 10.30 - 14.00)



Suggested parking: <https://maps.app.goo.gl/pxZTKTmGcAfcWWy56>

KO Rounds: 3 x 5-8' mass start (2,1+1,9+2,2 km)

Map: 1:4000, 2.5 m, 2026 (Marcello Lambertini, Alessio Tenani: update of old map by Remo Madella)

Course setters: Alessio Tenani, Marcello Lambertini

Technical info: 3 rounds -> QF, SF, Final for all. Quarter final selection will be done on Sunday, before prize giving in Campomorone.

Free trainings – Both weeks

You can choose between the trainings of previous training camps: complete list and previews on <https://woc2026.com/trainings/>

Training camp and test races May 2026

Event organized by:



FEDERAZIONE
ITALIANA
SPORT
ORIENTAMENTO



With the patronage of:



REGIONE LIGURIA



COMUNE DI CAMPOMORONE