



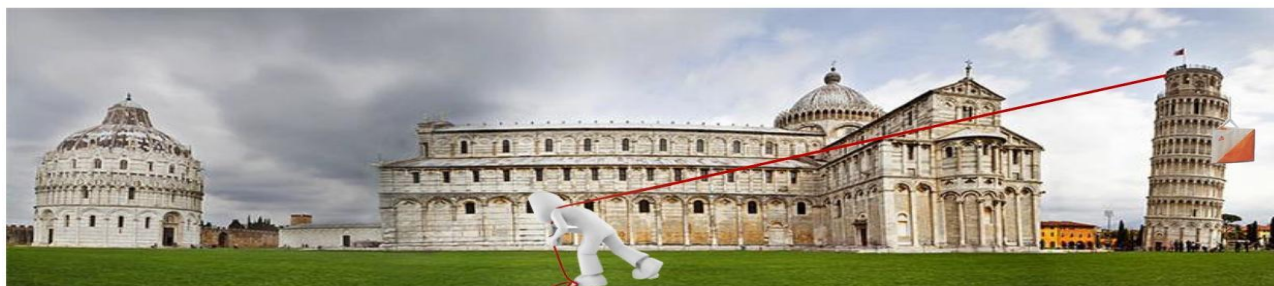
FEDERAZIONE
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G.S. ORIENTEERING FOLGORE ASD



INTERNATIONAL ORIENTEERING FEDERATION



ITALIAN ORIENTEERING CHAMPIONSHIP SPRINT RACE (WRE) AND SPRINT RELAY PISA 23 – 24 MAY 2026

orifolgore@gmail.com www.fiso.it www.orienteingonline.net

...COME ALONG! HELP US STRAIGHTEN UP THE TOWER!...

CAMPIONATI ITALIANI SPRINT E SPRINT RELAY

PISA - 23 & 24 MAGGIO 2026


TECHNICAL BULLETIN

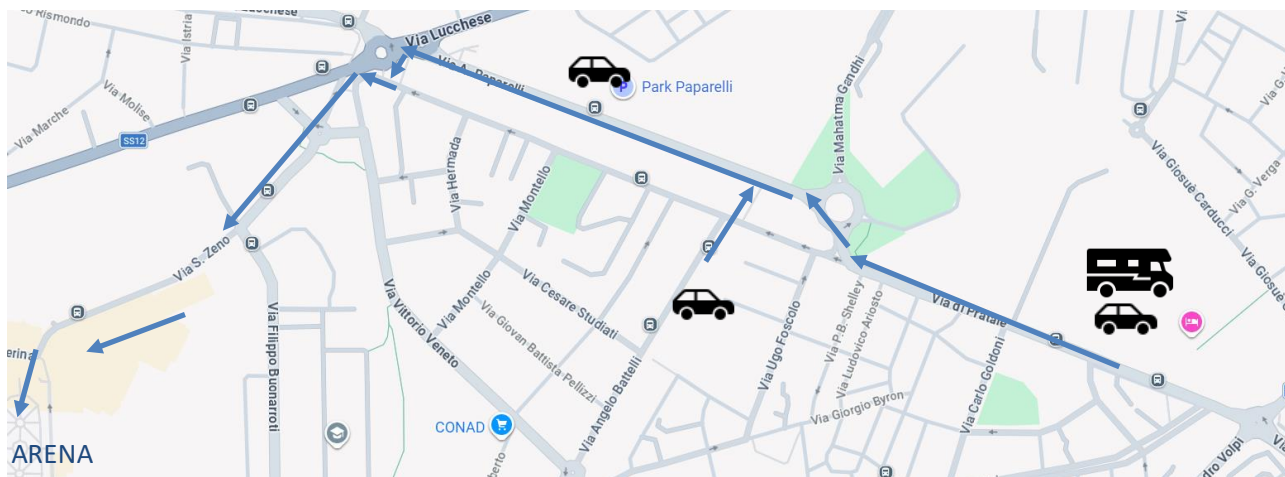
EMBARGOED AREA


During the weekend, the entire race area will be under a "full embargo"; therefore, access is strictly prohibited on the streets highlighted in green on the map:

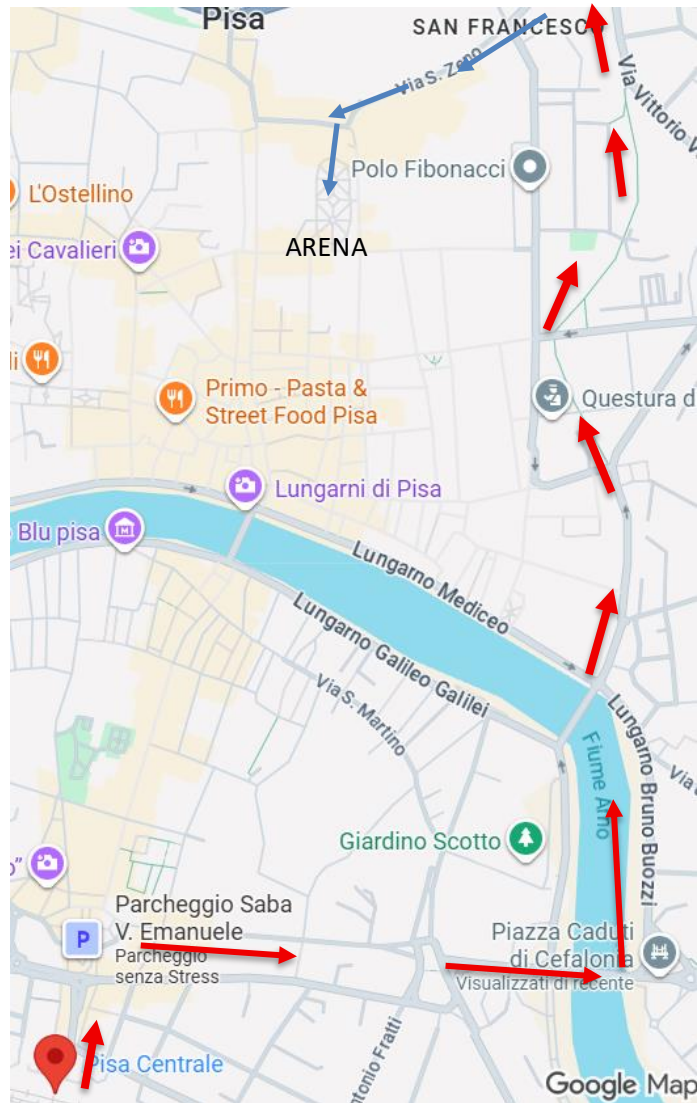
<https://www.google.com/maps/d/u/0/edit?mid=1PRkBWrp2T5KsjnTN6HzaeyIPxJ3GL1A&usp=sharing>

ARENA ACCESS ROUTES

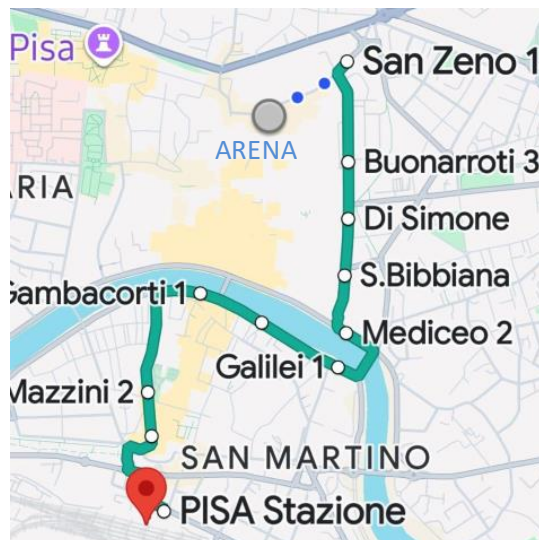
For both races, the arena can be accessed via the taped route () leading from the parking lots to Piazza Santa Caterina.



For those arriving in Pisa by train or plane, or staying in the southern part of the city, please follow the route, see image below ().



Alternatively, you can take bus no. 4, which runs every 30 minutes (see image below).



RACE MAP

The map is created using ISSprOM 2019-Rev. 06 symbology. Surveying was conducted in August 2024, with the latest updates in May 2026; cartography by Emiliano Corona, course mapper/controller Andrea Bruno. It will be in A4 format with a 1:4000 scale for all categories and printed on BlueBack (waterproof/tear-resistant) paper. Depending on the category, courses run 70-90% on paved areas, with the remainder in parks and on unpaved terrain; running shoes are recommended, while spiked shoes are strictly prohibited.

RACE BIB¹

It must be worn on the front, without folding it or obscuring any parts. The race bib is the same for both days of competition and will be assigned as follows:

From 1001 – first leg

From 2001 – second leg

From 3001 – third leg

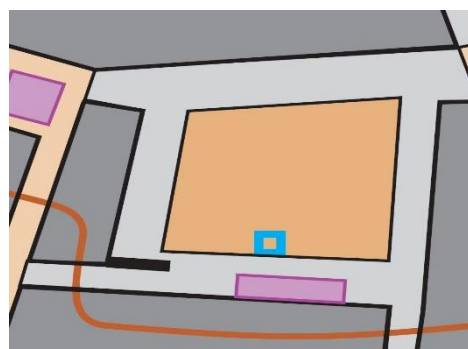
From 4001 – fourth leg (Elite only)

OUTDOOR SEATING & CONSTRUCTION SITES

The city of Pisa features numerous "dehors"—outdoor seating areas for bars and restaurants equipped with tables and chairs, sometimes bordered by planters and screens, located on public land such as sidewalks, squares, and gardens.

The map for both races is updated as of Monday, May 18, but multiple site inspections have shown that the layout of tables and chairs is never exactly the same. Therefore, it is possible that during the event weekend, competitors may find minor discrepancies between reality and the map layout. Additionally, some mapped outdoor seating areas might not actually be set up on public ground due to restaurant closures.

Please note in particular a small square that may be crossed during Saturday's individual race: given the constantly changing arrangement of the various outdoor seating areas, it was decided to omit them from the drawing and colouring the square in dark brown as a "paved area with heavy pedestrian traffic".



¹ It is mandatory; anyone who loses it MUST go to the office to collect a replacement.

In any case, maximum attention toward customers and waiters is highly recommended. Please remember that passing directly between tables and chairs is strictly prohibited; competitors must run around the outdoor seating areas and/or use the clear paths ("corridors") left open between the different commercial businesses.

Additionally, there are a few small construction sites that will not affect the conduct of the race. On the map, outdoor seating areas and construction sites will be represented using the symbols shown below:

 Simbolo 714

PLATEATICI / TAVOLINI BAR

 Simbolo 709

CANTIERI

VEHICULAR & PEDESTRIAN TRAFFIC

Both races take place in areas with low vehicular traffic; however, competitors are required to remain alert and respect traffic regulations.

Pisa is a highly famous city of art, meaning many tourists will be walking through the city center streets. Please pay close attention, slow down near blind corners, and stop immediately in the event of any collision with tourists, residents, or other athletes.

ARTIFICIAL BARRIERS



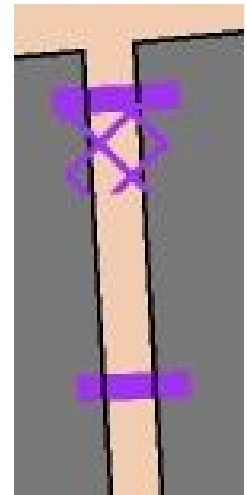
For both races, artificial barriers will be deployed on the terrain. White "IOF" tape will be secured to the ground,

and all barriers will be monitored by event staff. Please note that this staff will be clearly visible but will not interact with competitors.

Crossing these barriers is strictly prohibited and will result in disqualification.

All categories, including non-competitive ones, may encounter artificial barriers along their race course.

These barriers will mostly be indicated by the thick magenta line for "impassable boundary," paired with the magenta cross-hatching for



"out-of-bounds area" (symbols 708 and 709). In some cases, to improve map clarity, only the thick magenta line for "impassable boundary" (symbol 708) will be used.

SPECIAL ITEM SYMBOL

The final controls and a few other control points will be positioned on the map at an "X" (symbol 531), which in reality will be represented by a sail banner from the organizing club.

ISSprOM 2019-2

It's not allowed to cross the following symbols:

- 411 "Uncrossable vegetation" (hedges and flowerbeds)
- 515 "Uncrossable wall"
- 518 "Uncrossable fence"
- 520 "Area that shall not be entered"
- 709 "Out-of-bounds area" (construction site)
- 714 "Temporary construction or closed area" (dehor)

Some wall and some private area or flowerbeds are marked on the terrain with IOF white stripes.



RACE JURY

The race jury consists of:

a – Gaio Aaron (GS Pavione)

b -Tona Edoardo (OR. Tarzo)

c – Carbone Gianluca (Comitato Genova 2026)

Riserve:

d – Guardini Daniele (Orsa Maggiore)

e – Simoni Giuseppe (Panda Orienteering)

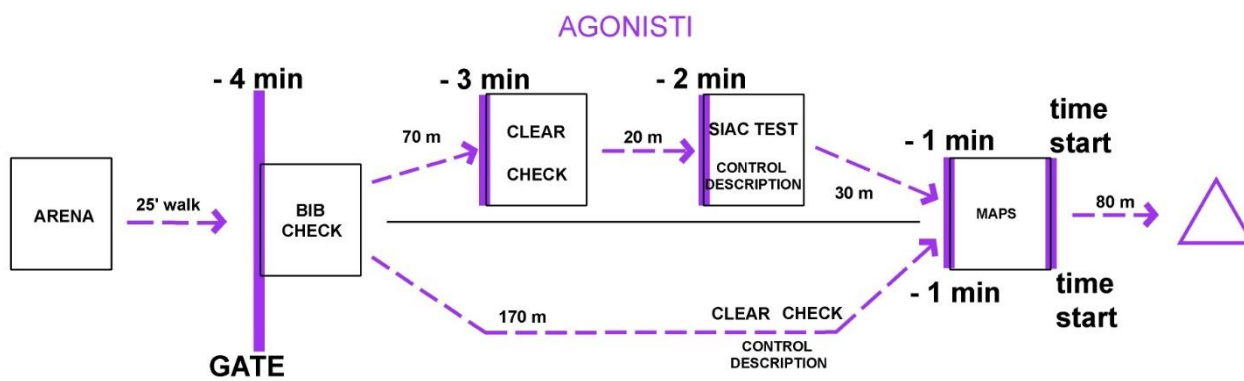
Italian Sprint Championships WRE – May 23rd 2026

FINAL COURSE LENGTHS

	Km	Disl	Punti		Km	Disl	Punti
W10	1,6	20	16	M10	1,6	20	16
W12	2	20	13	M12	2	20	13
W 13-14	2,5	20	13	M 13-14	2,7	20	14
W 15-16	2,7	20	14	M 15-16	3	20	16
W 17-18	2,8	20	15	M 17-18	3,3	20	17
W 19-20	3,2	20	17	M 19-20	3,9	20	22
W Elite	3,2	20	17	M Elite	3,9	20	22
W A	2,7	20	14	M A	3	20	16
W 35	2,8	20	15	M 35	3,3	20	17
W 40	2,8	20	16	M 40	2,9	20	14
W 45	2,8	20	16	M 45	2,9	20	14
W 50	2,6	20	15	M 50	2,8	20	15
W 55	2,6	20	15	M 55	2,8	20	15
W 60	2,5	20	13	M 60	2,7	20	13
W 65	2,5	20	13	M 65	2,7	20	13
W 70	2,2	20	13	M 70	2,4	20	12
W 75-80	2,2	20	13	M 75-80	2,4	20	12
W 81+	1,9	20	10	M 81+	1,9	20	10
Giallo	1,7	20	12				
Rosso	2,8	20	15				
Scuole	1,5	20	13				

START

The first start is scheduled for 15:30. The start area is a 25-minute walk away and can be reached by following the red and white tapes. Along the way to the start, at a certain point, it will be possible to do a warm-up using a dedicated map (warm-up maps can be collected at the event office). Therefore, it is mandatory to follow the tapes where there is no map coverage, and for those who use the warm-up map, it is strictly forbidden to leave the mapped area. After completing the warm-up on the map, competitors must continue following the red and white tapes to reach the start.



Punching start (W/M 10, W/M 12, Giallo, Scuole)

There is a drinking fountain in the start area, but no toilets are available. Call-up will take place at minute - 4. The control descriptions will be available inside the start lane and will also be printed on the map. They will be IOF symbols for all categories, except for M10, W10, YELLOW, and SCHOOL (text descriptions).

The first start gate will be common to all competitors; after that, categories with a punching start (M/W 10, YELLOW, RED, SCHOOL) will have a dedicated route to follow

MANDATORY TAPED ROUTE

All courses will have a mandatory taped route 100m long. The taped section is marked on the map with the symbol 707; it starts from a checkpoint and leads to the next checkpoint. After the second checkpoint, there is also a short 20m taped section, after which the courses continue with the connecting line to the next checkpoint. It is mandatory to follow both taped sections.

GPS TRACKING ATHLETE LIST

The tracking device must be worn on the back using a dedicated vest. The GPS unit will be inserted into the athlete's vest inside the start lane (at minute -4) and will be collected at the finish. Athletes are requested to use their own vests. If an athlete does not own one, the organization will provide a vest on loan in the pre-start area.

Loggator event link: <https://log.gl/pisa2026>

M ELITE		W ELITE	
Mariani Francesco	Polisportiva Masi	Dallera Caterina	Park World Tour Italia
Zagonel Giacomo	Polisportiva Masi	De Biasi Maddalena	Orienteering Tarzo
Scopel Mattia	Fonzaso	Lucchetta Jessica	Park World Tour Italia
Angeli Ilian	Orienteering Folgore	De Nardis Caterina	Polisportiva Masi
Tait Samuele	Gronlait O Team	Palumbo Martina	Gronlait O Team
Amadesi Fabio	Park World Tour Italia	Pradel Anna	US Primiero
Pellegrino Tecco Edoardo	Pro Team Nord-Ovest	Selem Alice	Polisportiva Masi
De Biasi Lorenzo	Orienteering Tarzo	Riz Nicole	US Primiero
Corona Mattia	US Primiero	Fignon Giulia	Semiperdo Maniago
Gaio Paride	US Primiero	Scalzotto Annarita	Park World Tour Italia

RESULT

<https://app.liveresults.it/pisa2026/sprint>

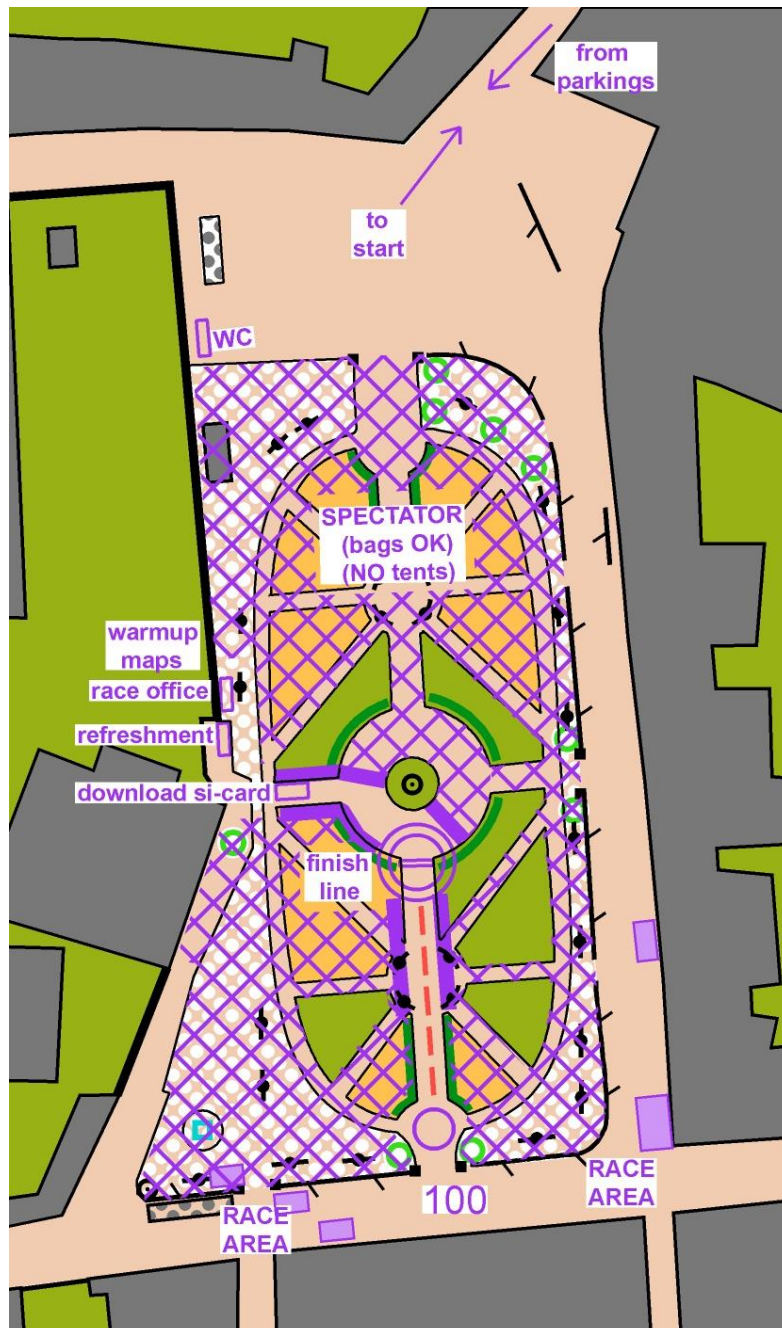
LIVELOX

At the end of the competitions, route maps will be available on Livelox, and it will be possible to add your own GPS tracks. **It is forbidden to download the track before the end of the race.**

RACE ARENA

Club tents are NOT allowed inside the arena. Chemical toilets and bins for paper, plastic, and general waste will be available.

Please show the utmost respect for the environment.



COOL-DOWN

Post-race cool-down is only allowed on the stretch of road leading to the start area or the parking lots. Access to other areas is NOT permitted.

Italian Sprint Relay Championships – May 24th 2026

FINAL COURSE LENGTHS

	Km	Disl	Punti
M/W 12	2,2	10	12
M/W 15	2,9/3,1	10	14-15
M/W 18	3,1 / 3,5	10	14-15
M/W Elite	3,5 / 4,2	10	14-19
M/W 35	3,1 / 3,6	10	14-16
M/W 50	2,9/3,1	10	12-13
MASTER 195+	2,3	10	11-12
OPEN	3,4	10	14
W10	1,9	10	14
M10	1,9	10	14
Giallo	1,9	10	14
Rosso	3,6	10	13
Scuole	1,5	10	12

WARM-UP

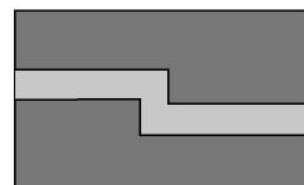
The warm-up can be done solely and exclusively on the road leading from the parking lot to the arena. It is strictly forbidden to leave Piazza Santa Caterina using any other streets.

CLOSE CONTROL POINTS

While complying with the regulations, competitors may encounter control points located close to each other during the race. Please pay close attention to the codes, which are indicated only on the control descriptions (not next to the consecutive control numbers).

CONTROL DESCRIPTIONS

Control descriptions will be in IOF symbols for all categories, except for M10, W10, GIALLO, and SCUOLE, which will be in text format. They are printed only on the race map for all categories, for both the relay and individual races.



PASSAGE THROUGH A BUILDING

Many courses will include a passage through a building: competitors will enter through one door, follow a corridor, and exit through another door. On the map, this passage will be indicated as a canopy/passageway (portico).

ARENA LAYOUT & PROCEDURES FOR START AND CHANGE-OVER

The start for competitive relay categories is located near the arena, and the start triangle is approximately 100–150 meters away from the mass start and change-over zones respectively. Passing through the start is mandatory.

There are three scheduled mass starts:

- **09:15** for categories **MW 35, MW 50**: call-up for these categories will be at 09:10;
- **09:20** for categories **MW 18, OPEN, MASTER 195**: call-up for these categories will be at 09:15;
- **09:25** for categories **MW Elite, MW 15, MW 12**: call-up for these categories will be at 09:20.

The first-leg runners of all three mass starts must complete their SI-card clearing and checking procedures (clear and check) BEFORE the change-over demonstration (09:00).

Change-over demonstration at 09:00. Following the demonstration:

- **At 09:10**, the first-leg runners of the FIRST mass start (categories MW 35, MW 50) will enter the mass start area, positioning themselves on the start line of their category and according to their bib number. Clear signs will be present to quickly find the correct line and position on the start line. Two minutes before the mass start time (09:13), a staff member will hand over the race map, rolled up and secured with a rubber band.
- **At 09:15**, immediately after the first mass start, the first-leg runners of the SECOND mass start (categories MW 18, OPEN, MASTER 195) will move into the mass start area, following the same procedure described above; the second mass start will take place at 09:20.
- **At 09:20**, immediately after, the first-leg runners of the THIRD mass start (categories MW Elite, MW 15, MW 12) will move into the mass start area. The third and final mass start will take place at 09:25.

It is emphasized that it is the responsibility of each individual athlete to verify that the number printed on the back of the rolled map matches their bib number.

A SIAC test station will be located at the entrance of the mass start area. Backup clear and check stations will also be available.

In general, please strictly adhere to the instructions provided by the organizers!

Summary table of the relay race start times

Time	What	Who
08:30 – 08:50	SI-card clearing and checking procedures	All first-leg runners of the 3 mass starts
09:00	Start, change-over, and finish procedures demonstration	Staff
09:10	Entrance into the FIRST MASS START area	First-leg runners of categories MW 35, MW 50
09:13	Map distribution on the start line	Staff
09:15	FIRST MASS START	MW 35, MW 50
09:15	Entrance into the SECOND MASS START area	First-leg runners of categories MW 18, OPEN, MASTER 195
09:18	Map distribution on the start line	Staff
09:20	SECOND MASS START	MW 18, OPEN, MASTER 195
09:20	Entrance into the THIRD MASS START area	First-leg runners of categories MW Elite, MW 15, MW 12
09:23	Map distribution on the start line	Staff
09:25	THIRD MASS START	MW Elite, MW 15, MW 12
10:30	Mass start for late runners	All second and third-leg runners who have not yet received the change-over
11:00	Mass start for late runners	All fourth-leg runners (Elite category) who have not yet received the change-over

RECE ARENA



For all other legs of the relay, after seeing their teammate pass through the spectator control, athletes can proceed to the entrance of the change-over area, where they will perform the CLEAR, CHECK, and SIAC TEST. They will then find the gazebo with the maps rolled up and stacked on a dedicated support; these maps are personalized and will have their bib number and category printed on the back. The start staff will assist the competitor by pointing out the correct map, but it remains the competitor's responsibility to take their own map. In the event that a map is mistakenly taken by another athlete, the organization will provide a replacement map as quickly as possible.

Please note that competitors will have ONLY 1–2 minutes from the moment they see their teammate arrive at the spectator control until the actual change-over. As time is very limited, it is highly recommended to pay close attention to the passes at the spectator control and move quickly and orderly toward the collection of your race map. Once the SI-card is cleared and checked and your map is collected, the

competitor will wait a few seconds in the pre-start area and then move in front of the change-over barrier when their teammate punches the last control point.

ONLY while moving toward the change-over barrier may the rubber band be removed from the map and placed in the designated container provided, and ONLY after the hand-touch may the map be unrolled to begin reading it.

Upon completing their race, the competitor must deposit their race map into the designated box divided by leg, and then proceed toward the gazebo to download their SI-card. Please note that in the event of a sprint finish, the photo finish will determine the result based on the crossing of the line with the athletes' chest, not the punching of the FINISH station.

For individual NON-competitive categories, the start is located near the arena, from 09:45 until 11:30. The start will be a punching start, and as per regulations, shadowing for M/W10 is permitted only after completing one's own relay leg.

RESULT

<https://app.liveresults.it/pisa2026/sprint-relay>

LIVELOX

At the end of the competitions, route maps will be available on Livelox, and it will be possible to add your own GPS tracks. **It is forbidden to download the track before the end of the race**

AWARD CEREMONY

For the purpose of the race, prizes will be awarded to the top 3 (three) relay teams composed according to the regulations, including mixed teams. However, for the official title assignment, only relay teams composed according to the regulations and consisting of members from a single club will be eligible. In consideration of the high number of M12 runners compared to W12, FISO has decided that all-male teams will also be permitted to run in this category; however, they will be ranked at the bottom of the regular teams and will NOT compete for the title assignment.

NOTES

All competitive athletes who have NOT been placed in a category relay team will be assigned to the OPEN category.