



ST. GALLEN 2023
European Universities
Orienteering Championship

EUSA



**European
Universities
Orienteering
Championship
2023**

August 24-27 2023

**Bulletin 3
General Handbook**



ST.GALLEN 2023
European Universities
Orienteering Championship

EUSA

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GENERAL INFORMATION

WELCOME MESSAGE FROM THE PRESIDENT OF THE EUROPEAN UNIVERSITY SPORT ASSOCIATION

Dear Friends,

My warmest welcome to all participants of the European Universities Championships 2023. The European Universities Championships, as previous editions have proved, are a wonderful occasion to be together and experience the beauty of University sport. I am pleased that a great number of students and officials, sharing their love for sport, respecting Fair Play, competing in truly University Sport spirit will meet in many cities across the Europe.

During such events we do more than just sport – we broaden our horizons, get to know other cultures, we promote a healthy society, we stand on the side of peace, respecting and celebrating diversity.

Being the Organizer of the Championship is challenging but at the end rewarding as well. I want to express my appreciation to the Organizing Committees, its Partners and the volunteers who give their crucial contribution to the success of the event. My gratitude extends to the National, Regional and Local Authorities for their auspices of this event. I believe that the European Universities Championships will bring the participants unforgettable experiences and lots of personal achievements. I hope all of you will enjoy your time, and lifelong friendships between European Students will be legacy of all the events.

With wishes of good luck, I welcome you on behalf of EUSA to the European Universities Championships 2023!

ADAM ROCZEK

President of the European University Sports Association (EUSA)



ABOUT EUSA

The European University Sports Association (EUSA) is an umbrella organization that comprises of National University Sports Associations (NUSA) from 47 European countries, providing sporting activities, educational events, and expertise in policy making and programming. The organization is well known within the sector as a safe and strong voice for University sports in Europe, promoting fair play values, and supporting their membership by partnering with European Sports Federations and lobbying within the European Union, the Council of Europe and other institutions for funding to improve the provision of sport. EUSA is a proud and active associated member of the International University Sports Federation (FISU), strategically cooperating also with other Continental University Sports Federations (CUSF), as well as key governing bodies and organisations active in the field of sport, education and youth. Since its founding in 1999, EUSA has organised 15 seasons of the European Universities Championships, attracting over 38.000 student-athletes to 174 University competitions held across Europe. In four previous editions of the European Universities Games, almost 15.000 student-athletes from over 400 different Universities across Europe have participated in the 54 different sporting competitions organised during these multi-sports events.

Through its Institute, EUSA also engages in several social responsibility projects and initiatives on various topics, including Anti-Doping, Dual Career, Equal Opportunities and Inclusion, Good Governance, Mobility, Safeguarding, Skills Development, Sustainability and Volunteering. Many of the projects are supported by the European Union.

EUSA ACTIVITIES, SPORT EVENT

European Universities Games

European Universities Games (EUG) is a multi-sport University sports competition governed by the European University Sports Association (EUSA). Participants in these events are European University teams and individuals. The Games are organised on a biannual basis, starting with 2012. The Games as such represent the largest European multisport student event and the next edition is the one in Debrecen-Miskolc in 2024.

European Universities Championships

European Universities Championships (EUC) are University sports competitions governed by the European University Sports Association (EUSA). Participants in these events are European University teams and individuals. The championships have been organised annually since 2001, starting with two sports. EUSA sports programme as continued to grow, and this year the championships are organised with 20 sports taking place across Europe.



DEBRECEN-MISKOLC 2024
EUROPEAN UNIVERSITIES GAMES





ST. GALLEN 2023
European Universities
Orienteering Championship



Sport	Location	Official dates
Football	Tirana, Albania	June 25- July 2
Tennis	Granada, Spain	July 3-9
Table Tennis	Olomouc, Czech Re- public	July 4-9
Handball	Podgorica, Montenegro	July 8-14
Badminton	Miskolc, Hungary	July 13-19
Water Polo	Miskolc, Hungary	July 13-19
3x3 Basketball	Debrecen, Hungary	July 15-19
Volleyball	Braga, Portugal	July 16-23
Futsal	Split, Croatia	July 18-26
Combat Sports: Judo Karate Kickboxing Taekwondo	Zagreb, Croatia	July 20-23
Basketball	Aveiro, Portugal	July 23-30
Orienteering	St.Gallen, Swizerland	August 24-27
Rugby 7s	Lisbon, Portugal	August 28-31
Golf	Ferrara, Italy	September 6-9
Rowing	Bydgoszcz, Poland	September 7-10
Beach Sports: Beach Handball Beach Volleyball	Malaga, Spain	September 20-23 September 19-24
Winter Sports: Alpine Skiing Snowboarding	Val di Zoldo, Italy	December 18-21



WELCOME TO SWITZERLAND

Dear competitors, dear orienteering friends,

The Organising Committee warmly welcomes you to the 2023 EUSA European Universities Orienteering Championship. We are happy that until today about 69 Universities have registered and we are looking forward to seeing all of them soon in St. Gallen. Since the release of Bulletin 1+2 the Organising Committee has been working hard on preparing everything for the Championship week in August. The competition areas will show a tricky middle-terrain and nice cities for urban orienteering as well. I'm sure you have already taken a short insight to the terrains on our website and maybe you are also following us on social media. Our map makers and course setters have done a great job. The maps with fair and challenging courses are ready to be printed soon. Are you ready, too?

I wish you all a good preparation - stay healthy and tuned!

JÜRIG HELLMÜLLER

Vice President OC/Technical Director 2023 European University Championship Orienteering





ST.GALLEN 2023
European Universities
Orienteering Championship



ST.GALLEN / GAIS / APPENZELL

The European Universities Orienteering Championship will be held in the three municipalities of St. Gallen, Gais and Appenzell. Details about the running areas can be found in the second part of the bulletin.

ST.GALLEN

St. Gallen acts as the cultural and economic center of Eastern Switzerland, the city is considered the metropolis of Eastern Switzerland. It is located on the main traffic axis Munich - St. Gallen - Zurich (Zurich is about 1 hour away) and is considered the gateway to Appenzellerland. The city is interesting for tourists because of the collegiate church and the collegiate library, which was included by UNESCO in the list of the world cultural heritage. St. Gallen is also known for its embroideries. These can be seen today in the St. Gallen Textile Museum, which is dedicated to the history of the textile industry in eastern Switzerland. Apart from the highest cantonal authorities, the University of St. Gallen and the Federal Administrative Court are also based in the city. (Source: Wikipedia)

GAIS

Gais is preferably located in the middle of the beautiful Appenzellerland. Nestled in a gently rolling landscape, the view opens up far to the striking peaks of the Alpstein mountains. In the midst of the lush, gently sloping meadows of a plateau lies the village of Gais, the center of the community. The municipal territory extends from the Gäbris in the north to the Hirschberg in the south. To the east, the steeply sloping slopes of the Rhine valley form the boundaries, and towards the west, the Rotbach forms the border with the community of Bühler and the canton of Appenzell Innerrhoden. Free of fog and with its good climate at around 900 meters above sea level, Gais is the valued center of life for around 3,000 inhabitants.

(Source: <https://www.gais-tourismus.ch/unsere-gemeinde/portrait-geschichte>)

APPENZELL

The village of Appenzell and the Canton of Appenzell Innerrhoden are situated in a singularly beautiful landscape of rolling hills. The region is known for rural customs and traditions such as the ceremonial descent of the cattle in autumn and cultural events such as folk music and rustic dances, as well as hiking tours in the Alpstein region.

With about 7,000 inhabitants, Appenzell is the political, economic and cultural center of Appenzell Innerrhoden, the smallest Swiss canton. The car-free village beckons with pretty lanes and a myriad of small stores and boutiques that are ideal for shopping and browsing. The facades of the buildings are decorated with frescoes. Appenzell Museum, which is in the town hall, shows a cross section of Appenzell's history and culture.

Appenzell is also famous for its colorful local festivals, including the Lands-gemeinde, an annual open-air assembly where citizens gather to vote on local issues. The village is also known for its folk music, traditional dances, and regional cuisine, such as the famous Appenzeller cheese.

(Source: <https://www.myswitzerland.com/en-ch/destinations/appenzell>)

ORGANISERS and PARTNERS

On behalf of the European University Sports Association (EUSA), the 2023 EUSA European University Championship Orienteering will be organised by

- 2023 European Universities Orienteering Championship Organising Committee
- University of St.Gallen

In co-operation with

- Swiss University Sports
- OLG St.Gallen/Appenzel, OL Regio Wil, OL Amriswil, Thurgorienta
- Swiss Orienteering

Contacts: Please see the last page of the document.

Thank you to all co-organisers and partners!!!

Organizer



Support





ST.GALLEN 2023
European Universities
Orienteering Championship



EVENT PROGRAM OVERVIEW

(event program in detail see next page)

WEDNESDAY, 23 AUGUST 2023

Arrivals and accreditation	St. Gallen	All day
Free training Middle	St. Gallen	14:00 – 18:00

THURSDAY, 24 AUGUST 2023

Model events (Middle/Sprint/Relay), free training	St. Gallen	09:00 – 16:00
General technical meeting	St. Gallen	17:00 – 18:00
Opening ceremony	St. Gallen	19:30 – 20:30

FRIDAY, 25 AUGUST 2023

Sprint distance Qualification	St. Gallen	09:30 – 10:30
Sprint distance Final	St. Gallen	14:30 – 17:30
Flower ceremony	St. Gallen	17:50
Technical Meeting	online	20:00

SATURDAY, 26 AUGUST 2023

Middle distance	Gais	09:30 – 13:00
Flower ceremony	Gais	14:30
Technical meeting	online	20:00

SUNDAY, 27 AUGUST 2023

Sprint relay	Appenzell	11:00 – 14:00
Flower ceremony	Appenzell	14:45
Medal ceremony for all events	St. Gallen	18:00

MONDAY, 28 AUGUST 2023

Departures	St. Gallen	06:00 – 10:00
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Times: As of today. Slight adjustments are possible. The binding times will be published at the general technical meeting.





ST. GALLEN 2023
European Universities
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EVENT PROGRAM DETAILS

WED 23.8.

Arrival, Zürich, St.Gallen

Accreditation, Event Office, University of Applied Science OST

14.00-18.00 Model Middle, Sitterwald (fixed controls)

THU 24.8.	FRI 25.8.	SAT 26.8.	SUN 27.8.
7-10 Breakfast <i>Hotels</i>	6-8 Breakfast <i>Hotels</i>	6-8 Breakfast <i>Hotels</i>	6-8 Breakfast <i>Hotels</i>
9.00-16.00 Model Sprint/Relay <i>Rotmonten-Linsebühl</i>	8.00-9.15 Entry into Quarantine <i>University of St.Gallen</i>	No Quarantine	9.00-10.00 Entry into Quarantine M/M <i>Village Appenzell</i>
9.00-16.00 Model Middle <i>Sitterwald</i>	09.30-10.30 Sprint Q M & W <i>SG Rosenberg</i>	09:30-13.00 Middle <i>Gais/Hirschberg</i>	11.00 Sprint relay Mass start M/M <i>Village Appenzell</i>
13.00-16.00 Testparcour <i>WBZ</i>	10.30-13.00 Lunch <i>University of St.Gallen</i>	14.30 Flower ceremony <i>Competition Center</i> <i>Gais</i>	10.00-11.00 Entry into Quarantine W/W, W/M <i>Village Appenzell</i>
17.00-18.00 General Technical meeting <i>University of Applied Science OST</i>	13.15-14.00 Departures Bus	14.45 Reception EUSA/Heads of delegation	1200 Mass start W/W <i>Village Appenzell</i>
18.15-19.15 Dinner <i>University of Applied Science OST</i>	13.00-14.30 Entry into Quarantine <i>SG St.Georgen</i>	11.00-15.00 Lunch, <i>Competition Center</i> <i>Gais</i>	1300 Mass start W/M (W first) <i>Village Appenzell</i>
19.30-20.30 Opening ceremony <i>University of Applied Science OST</i>	14.30-17.30 Sprint F MF-B, WF-B WF-A, MF-A <i>SG Old town</i>	17.00 Cultural activity <i>City of St.Gallen</i>	14.45 Flower ceremony <i>Wühre Appenzell</i>
	17.50 Flower Ceremony <i>SG Gallusplatz</i>	19.00 Dinner <i>Hotels</i>	18.00 Medal awarding, Closing Ceremony, Dinner, Party <i>University of St.Gallen</i>
	19.00 Dinner, <i>Hotels</i>	20.00 Technical Meeting <i>Online</i> https://unisg.zoom.us/j/66811833597	Before the start of the EUOC athletes there will be a junior orienteering race
	20.00 Technical Meeting <i>Online</i> https://unisg.zoom.us/j/66811833597	After the starts of the EUOC athletes there will be a junior orienteering race and a public race	

MON 28.8.

6-10 Breakfast, Hotels

Departure

Times: As of today. Slight adjustments are possible. The binding times will be published at the general technical meeting.

Planning in even greater detail will be presented in Bulletin 4 and at the General Technical Meeting

PARTICIPANTS

According to the EUSA European Universities Championships Rules & Regulations 2023 only competitors, who satisfy the following conditions may take part:

- Students who are officially registered for and pursuing a course of study at an University.
- Athletes must not be younger than 17 and older than 30 years. Athletes must be born between the 01/01/1993 and 31/12/2006.
- former students of the institutions mentioned above who obtained their academic degree or diploma after January 01, 2022.

The details regarding participation refer to the EUSA Rules & Regulations 2023.

According to the current registration status, athletes from the following Universities will participate:

Austria	University of Vienna	France	University of Lorraine
Austria	University of Graz	France	National Institute of Applied Sciences Lyon
Czech Republic	University of Defence	France	University of Clermon Auvergne
Czech Republic	Masaryk University	Germany	Heidelberg University of Education
Czech Republic	Czech University of Life Sciences Prague	Germany	Jade University of Applied Sciences
Czech Republic	Charles University	Germany	University of Regensburg
Czech Republic	Brno University of Technology	Germany	Technical University of Munich
Czech Republic	Tomas Bata University in Zlin	Germany	University of Göttingen
Czech Republic	Jan Evangelista Purkyne University	Hungary	University of Sopron
Czech Republic	Mendel University Brno	Hungary	Eszterhazy Karoly University
Czech Republic	Technical University Prague	Hungary	University of Debrecen
Czech Republic	Palacky University in Olomouc	Hungary	University of Sopron
Estonia	Estonian Academy of Security Sciences	Hungary	University of Veterinary Medicine
Finland	Jyväskylä University of Applied Sciences	Hungary	University of Miskolc
Finland	Abo Akademi University	Hungary	Obuda University
Finland	University of Turku	Hungary	Hungarian University of Sports Science
Finland	University of Helsinki	Hungary	Eotvos Lorand University
Finland	Aalto University		
Finland	Finnish Student Sport Federation	<i>Continued on the next page</i>	

Ireland	University College Cork	Switzerland	University of Applied Sciences and Arts Northwestern Switzerland
Israel	Open University of Israel	Switzerland	Uni Zürich
Israel	Technion - Israel Institute of Technology	Switzerland	Swiss Federal Institute of Technology Lausanne
Israel	Ben-Gurion University of the Negev	Switzerland	OST Fachhochschule
Netherlands	Delft University of Technology	Türkiye	Mugla Sitki Kocman University
Netherlands	University of Twente	Türkiye	Ankara University
Poland	University of Warsaw	Türkiye	Anadolu University
Poland	Wroclaw University of Economic	Türkiye	Anadolu University
Poland	Technical University Breslau	Ukraine	V.N. Karazini Kharkiv National University
Poland	University School of Physical Education in Breslau	Ukraine	O. M. Beketov National University of Urban Economy in Kharkiv
Spain	University of Valencia	United Kingdom	University of Oxford
Switzerland	Bern University of Applied Sciences	United Kingdom	Imperial College London
Switzerland	Swiss Federal Institute of Technology Zürich	United Kingdom	University of Sheffield
Switzerland	University of Fribourg	United Kingdom	University of Cambridge
Switzerland	University of Berne		



INSURANCE

The organisers decline any liability that might occur through participation in 2023 EUSA European Universities Orienteering Championship and trainings.

Each person participates at her/his own risk and is responsible for her/his own insurance coverage (illness and accident).

FAIRNESS

Fair play is deeply embedded in the values of EUSA. The objective of promotion and encouragement of Fair Play is already set in the statutes of EUSA, as part of the core objectives of the organisation. Partnership with the European Fair Play Movement in 2013 proves this even more. Since 2007, EUSA announces the best gesture of fair play in its sports event for the current year and awards the winners the special fair play recognition, Enno Harms Fair Play Award, named after the first EUSA President, a person very much devoted to fair play.

At every EUSA sport event, the organisers, EUSA representatives, and technical delegates pay special attention to the fair play gestures and attitude throughout the duration of the event. By participating at an EUSA sport event, participants are thereby swearing on an oath of respect and fair play. The oath is announced to the world by the student athletes, and by the officials before the official opening of any EUSA sport event.

A first in 2017, EUSA introduced the Fair Play green

card at the European Universities Football Championship as a result of the close cooperation with the European Fair Play Movement. We are proud to see a successful introduction of this green card, which further promotes the values of Fair Play and good sportsmanship gestures on the field. As a result of these actions the people involved with the first showing of the Fair Play green card were welcomed at EUSA Gala 2018 in Madrid to collect the 2017 Enno Harms Fair Play award.

The prestigious annual EUSA Enno Harms Fair Play Award is awarded Athletes demonstrating fair play during the matches, following the rules and pursuing a “clean” game are awarded with a fair play recognition already during the event. EUSA Executive Committee members on its last meeting each year discuss the proposals received from all sporting events governed by EUSA in that year and select the team or individual to receive the Enno Harms Fair Play award which is formally handed to them at a special occasion – usually at the EUSA Gala.

ANTI DOPING

Doping is not a guarantee of success in sport. In fact, its effect is usually the opposite. A lot of elite sportsmen and sportswomen who did doping got caught. As a result, they lost pride and were banned for at least 2 years from participating in a sport they loved and lived for. An even bigger problem of doping are the effects on the body.

In elite sports, doping is defined as a violation of one or more anti-doping rules:

1. Presence of a prohibited substance in an athlete's sample
2. Use or attempted use of a prohibited substance or method
3. Refusing to submit sample collection after being notified
4. Failure to file athlete whereabouts information & missed tests
5. Tampering with any part of the doping control

process

6. Possession of a prohibited substance or method
7. Trafficking a prohibited substance or method
8. Administering or attempting to administer a prohibited substance or method to an athlete

You can find the list of prohibited substances and methods on the internet. It's updated every year by the World Anti-Doping Agency (WADA) and it's valid for every sport. You should check every substance you are taking. Athletes need to completely avoid steroids, erythropoietin (EPO), stimulants, human growth hormone (HGH), marijuana and narcotics, and pay special attention also to dietary or nutritional supplements.

EUSA is active in Anti-Doping promotion, and has been a partner in the European Anti-Doping Initiative (EADIn), project aimed at establishing an Euro-

pean-wide Anti-Doping mentality in the youth sector by establishing a moral tenor towards concepts such as Fairplay, sensitizing and raising awareness on all levels of the complex social environment surrounding the doping problematic and implementing strategies to motivate you people to pass on the message and create a strong multiplying effect. Also, the International University Sport Federation (FISU) has been actively promoting sports without drugs, also on University sport level.

EUSA is currently not enforcing doping tests at our events. In accordance with the national legislation of the host countries, however, doping controls may be implemented by the National Anti-Doping Agencies. If such doping tests are executed, the WADA rules and regulations are applicable to all

athletes. Please remember that testing can be conducted in-competition and out-of-competition. If you are identified in a Registered Testing Pool (RTP), you must provide current and accurate whereabouts information.

What can you do to be an excellent sportsman or sportswoman?

- Practice right and live healthy
- Get more information about consequences of Doping
- Play fair and be a good role model to younger athletes
- Be committed to sport without doping

Doping? No, thanks!

EMERGENCY / MEDICAL SERVICE

Emergency number: 144

Rescue service EU: 112

Air Ambulance: 1414

Emergency unit in the city of St. Gallen: Kantonsspital St. Gallen, Rorschacher Str. 95/Haus 03C, 071 494 1111

On race days, first-aid stations are located in the finish area and are accessible to everyone for free. Each station is equipped with two Samaritans who take care of minor injuries. If an injury requires transfer to a nearby hospital, this will be organized with the local rescue service (ambulance). In addition, we have medical support for short-term medical problems on site during race times (emergency number written on the race card).

EMERGENCY SERVICES 24H

Emergency unit in the city of St. Gallen: Kantonsspital St. Gallen, Rorschacher Str. 95/Haus 03C, 071 494 1111

The emergency unit is open 24 hours a day, 7 days a week. There may be waiting times.

MEDICAL EMERGENCY 24H

If you need medical help outside of the competition hours and cannot get to a nearby emergency station on your own, you can reach the rescue service (ambulance) on 144.

MASSAGE OR PHYSIOTHERAPY

There is no massage or physiotherapy organized on site.

EMERGENCIES INVOLVING POISONING 24H

Call 145, www.toxinfo.ch

EMERGENCY PHARMACY

Amavita Apotheke Rathaus at the Central Railway Station St. Gallen

+41 71 223 31 33

Opening hours: Monday – Friday 7.00 – 21.00, Saturday 9.00 – 20.00, Sunday 10.00 – 20.00

INFORMATION AND MEDIA

The official website for the 2023 EUSA European Universities Orienteering Championship is [HTTPS://ORIENTEERING2023.EUSA.EU](https://orienteering2023.eusa.eu)

On Facebook and Instagram you can find us by name.

Instagram: [EUSAORIENTEERING](https://www.instagram.com/EUSAORIENTEERING)

Facebook: [EUSA ORIENTEERING](https://www.facebook.com/EUSAORIENTEERING)

Live results: [HTTPS://LIVERESULTAT.ORIENTERING.SE](https://liveresultat.orientering.se)

Eventor: [HTTPS://EVENTOR.ORIENTEERING.ORG/EVENTS/SHOW/7848](https://eventor.orientering.org/events/show/7848)

TRAVEL / ARRIVING IN SWITZERLAND

ARRIVAL AT ZURICH AIRPORT:

Volunteers will be waiting for you at the airport, right after the customs check. You will recognize the volunteers by their white cap and green shirt. They'll have a sign with the EUOC logo with them.

The volunteers will give you a train ticket and accompany you to the train, which will take you directly to St.Gallen.

ARRIVAL AT ST.GALLEN TRAIN STATION:

Volunteers will be waiting for you at the platform of the St.Gallen train station. You will recognize the

volunteers by their white cap and green shirt. They'll have a sign with the EUOC logo with them. The volunteers will accompany you to the accreditation. The accreditation will take place in the building of the University of Applied Science OST, which is located directly at the train station.

ARRIVAL BY MINI BUS / CAR:

Drive to Lagerstrasse 10, 9000 St. Gallen, where you can park. The parking lot is right next to the Fachhochschule OST. Here is the office for accreditation - you will get more information there.

TRANSPORTS

Public transport for arriving and departing participants will be arranged from/to Zurich airport (ZRH, 80 km to St.Gallen). Upon arrival at Zurich airport delegations will be welcomed and will get tickets for the public transport to St.Gallen.

All transport by buses on the competition days is provided by the organisers. In addition, all participants will get with their accreditation a public

transport pass, valid for the duration of the EUOC in St.Gallen, respectively from St. Gallen to Appenzell (tariff zones 210, 211, 245, 247).

During the stay in St.Gallen and the competitions, transport is only allowed by public transport. This is for reasons of sustainability and as there are no parking spaces in some places.

LOCAL WEATHER CONDITIONS TO BE EXPECTED

Climate data for St. Gallen (1991–2020)													[hide]
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Average high °C (°F)	2.9 (37.2)	3.8 (38.8)	7.9 (46.2)	12.2 (54.0)	16.5 (61.7)	19.9 (67.8)	21.7 (71.1)	21.3 (70.3)	16.8 (62.2)	12.4 (54.3)	7.0 (44.6)	3.9 (39.0)	12.2 (54.0)
Daily mean °C (°F)	0.2 (32.4)	0.8 (33.4)	4.4 (39.9)	8.1 (46.6)	12.2 (54.0)	15.7 (60.3)	17.5 (63.5)	17.2 (63.0)	13.1 (55.6)	9.2 (48.6)	4.3 (39.7)	1.3 (34.3)	8.7 (47.7)
Average low °C (°F)	-2.3 (27.9)	-2.0 (28.4)	1.0 (33.8)	4.2 (39.6)	8.2 (46.8)	11.8 (53.2)	13.6 (56.5)	13.6 (56.5)	9.9 (49.8)	6.3 (43.3)	1.6 (34.9)	-1.6 (29.1)	5.4 (41.7)
Average precipitation mm (inches)	67 (2.6)	64 (2.5)	87 (3.4)	103 (4.1)	156 (6.1)	170 (6.7)	174 (6.9)	185 (7.3)	138 (5.4)	105 (4.1)	93 (3.7)	90 (3.5)	1,433 (56.4)
Average snowfall cm (inches)	33 (13)	45 (18)	27 (11)	10 (3.9)	1 (0.4)	0 (0)	0 (0)	0 (0)	0 (0)	3 (1.2)	21 (8.3)	37 (15)	177 (70)
Average precipitation days (≥ 1.0 mm)	10.6	9.4	12.0	11.3	13.5	13.8	13.4	12.8	11.6	10.5	10.5	11.6	141.0
Average snowy days (≥ 1.0 cm)	6.3	6.4	4.8	1.7	0.2	0.0	0.0	0.0	0.0	0.4	3.5	6.0	29.3
Average relative humidity (%)	80	76	72	68	71	72	71	74	79	81	82	80	76
Mean monthly sunshine hours	57	79	132	168	186	200	227	209	154	101	59	48	1,619
Percent possible sunshine	27	32	38	43	42	44	50	50	44	34	26	25	40

Source: [MeteoSwiss](https://www.meteoswiss.ch/)^[15]

MONTHLY AVERAGE TEMPERATURES AND PRECIPITATION FOR ST.GALLEN

Source: https://en.wikipedia.org/wiki/St._Gallen

CULTURAL ACTIVITY CITY OF ST. GALLEN

Would you like to learn more about the city and its landmarks during a leisurely walk during your sporting days in St. Gallen? Taking part in a guided city tour is always an exciting journey of discovery. During the 1.5 hour guided tour you

will learn some interesting details about the city and its surroundings. When you arrive in St. Gallen, you are welcome to register for the cultural program. You will receive further information directly on site.

MEALS

WEDNESDAY, 23 AUGUST 2023

Arrivals	Snack on arrival at the accreditation
Lunch	At the hotels
Dinner	At the hotels

THURSDAY, 24 AUGUST 2023

Breakfast	At the hotels
Lunch bag	To grab at the hotels
Dinner	Before the opening ceremony at the University of Applied Sciences OST

FRIDAY, 25 AUGUST 2023

Breakfast	At the hotels
Drinks	Before and after the race
Lunch	After the race at the University of St.Gallen Before and after the Sprint Final
Dinner	At the hotels

SATURDAY, 26 AUGUST 2023

Breakfast	At the hotels
Drinks	Before and after the race
Lunch	After the race at the Competition Center Gais At the hotels
Dinner	At the hotels

SUNDAY, 27 AUGUST 2023

Breakfast	At the hotels
Drinks	Before and after the race
Lunch	After the race at the Competition Center Appenzell
Dinner	After the medal awarding and closing ceremony at the University of St.Gallen

MONDAY, 28 AUGUST 2023

Breakfast	At the hotels
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SPORTS RELATED INFORMATION – ORIENTEERING RACE

REGISTRATION / DEADLINES FOR ENTRIES

Individual entries	By 24 th Juli 2022
Travel schedules	
Registration for each race	The team leaders of the Universities must enter all participants for the three competitions in the registration system for the start list. For this purpose, the team leaders will receive the link. The deadline for registration is Monday 14 August 2023, 24:00. Changes are possible until the day before the competition at 14:00 and must be reported by the team leader to Maja Sieber via Text Message: +41 78 714 63 08.

COMPETITION RULES

The [EUSA REGULATIONS FOR EUROPEAN UNIVERSITY CHAMPIONSHIPS](#) and the [COMPETITION RULES FOR THE IOF FOOT ORIENTEERING EVENTS](#) (valid from 1st January 2023)

will be applied in the event. [EUSA RULES AND REGULATIONS](#) can be found on the EUSA Webpage

COMPLAINTS AND PROTEST

(This is an excerpt from the EUSA Rules and Regulations. In case of doubt, the current EUSA Rules and Regulations apply.)

The Competition Technical Commission (CTC) supports the Supervision, Control and Arbitration Commission (SCAC) and is responsible for: confirming the competition system (format) and daily schedule, dealing with any complaints or protests of technical nature and taking sanctions of a technical nature, appointing additional bodies and allocating responsibilities which might be required by rules of the concerned International Sports Federation by necessities of the competition.

Protest on non-technical matters:
REG 31 The SCAC is the highest authority of the EUC and controls overall organizational and technical aspects of the EUC. The SCAC main functions, but not limited to, are: the supervision and smooth running of the EUC, settling any dispute, dealing with complaints or protests of a nontech-

nical nature, taking emergency sanctions against participants (teams or individuals) who violate the EUSA Regulations, deciding on any other matters not covered in these Regulations, at the time of the EUC.

Protest on technical matters:
REG 36 CTC supports SCAC and is responsible for: confirming the competition system (format) and daily schedule, dealing with any complaints or protests of technical nature and taking sanctions of a technical nature, appointing additional bodies and allocating responsibilities which might be required by rules of the concerned ISF/ESF or by necessities of the competition.

REG 68 The HoD or authorised representative of the team may protest on behalf of competitors or team. Each protest shall be accompanied by a deposit of two hundred (200) EUR. If the protest is upheld, the fee will be returned.

The protests shall be submitted:

REG 68.1 within twenty (20) minutes after the end of the race, to the TD, for the match issues,
REG 68.2 before the start of next competition day, to the TD, if concerns results published by the OC,
REG 68.3 during the competition to the CTC for technical issues,
REG 68.4 during the competition to the SCAC for non-technical issues,

REG 68.5 within 7 (seven) days after the EUC to the EUSA EC.

For all possible questions concerning the competition, please send your questions to: orienteeing2023@eusa.eu. All the questions will be replied at the General Technical Meeting.

START INTERVALS, START DRAW ENTRIES FOR EACH COMPETITION

SPRINT QUALIFICATION: start interval is 1 minute. Starting groups (heat assignment) will be based on the IOF Sprint World Ranking points. Competitors in each class will be split into the heats randomly. Starting order in each heat will be drawn randomly.

heat in qualification will be drawn randomly into respective start places in the final. Competitors disqualified in the qualification will start at the beginning of the B final and will not be classified in the final results.

SPRINT FINAL: start interval is 1 minute. 60% of the athletes, but not more than 60 will qualify for the A final. The remaining will qualify for the B final. Starting order will be based on the result of qualification. Best competitor from heat B will start last, best competitor from heat A will start 2nd last etc. Competitors with the same time from the same

MIDDLE DISTANCE: starting interval is 2 minutes. Men starting every even minute, women starting every odd minute. Starting order will be drawn randomly.

SPRINT RELAY: there will be a mass start for all teams in each class.

EMBARGOED AREAS

EUOC 2023 embargoed areas can be found [HERE](#).

route choices ALLOWED: to visit as a student or tourist, to run without a map.

SOFT EMBARGO in all urban areas. It means that is: NOT ALLOWED: to run with a map, to test

HARD EMBARGO in all forest areas: no entry.

PUNCHING AND TIME-KEEPING SYSTEM

SportIdent Air+ system will be used both for punching and time-keeping. All competitors are encouraged to use their own SportIdent Active Card (SIAC) chips. Competitors without SIAC will be offered to rent SIAC chip from the organisers. Time will be measured down to whole seconds. Punching is contactless – competitors are encouraged to visit the Technical Model Event on Thursday (August 24th / 13:00-16:00 pm) to practice the whole procedure:

1. Clearing the SI card at the start
2. Checking the SI card at the start
3. Test SIAC functionality at the start > if the test is not successful, a replacement SIAC

will be provided by the organiser.

4. Punching a regular control
5. Punching the finish control

After starting, the functioning of the SIAC card and correct punching is the responsibility of the competitors! No complaints will be accepted in such cases.

If the SIAC card provided by the organizer is not functioning after the start, all remaining controls must be punched onto the map of the competitor. At the finish, the map must be handed over to the organizers and a written protest must be handed in according to the protest rules described above.

LIVE INTERNET SERVICES

The main source of information for everything concerning the European Universities Orienteering Championships is the official EUOC website WWW.ORIENTEERING2023.EUSA.EU

News, starting lists, results and information will be published on it.

Live results will be available on website [HTTPS://](https://)

LIVERESULTAT.ORIENTEERING.SE Free WLAN is installed in the finish areas, in the competition centers and in the hotels.

In addition, information is also published on eventor: [HTTPS://EVENTOR.ORIENTEERING.ORG/EVENTS/SHOW/7848](https://EVENTOR.ORIENTEERING.ORG/EVENTS/SHOW/7848).

SPECIAL SYMBOLS

Sprint maps:

Black circle with central point (symbol no. 526):

Memorial stone, wayside cross, art object or underground waste container.

Black circle (symbol no. 530):

Large tables or bar-becue areas.

Black cross (symbol no. 531)

Playground equipment.

Middle map:

Black circle (symbol no. 530): Benches, barbecue areas or huts.

CONTROL DESCRIPTIONS

Control descriptions will be printed onto to the competition maps. There will be a loose control description available also in the start corridor at

minute -2 (except of Sprint Relay). Control description sizes see below in the competition details.

START BIBS

All competitors are required to wear the assigned starting bibs on their chest. Starting bibs will be available in the quarantine areas (sprint and sprint relay) and in the competition center (middle). They must be collected individually. The bibs must be

visible in their entirety – they must not be folded over or cut down. Safety pins will be provided by the organisers.

The start may not be started without a start number.

CLOTHING

The EUOC are Universities championships. It is preferable if you run in your official University dress.

There are no regulations applying to runners concerning the type of clothing they choose to wear; although organisers recommend to wear long trousers for the forest (middle) competitions.

According to the Swiss Orienteering Competition Rules it is forbidden to run with spike shoes in Switzerland. However, dobb spikes are allowed in forest races. Dobb spikes are not permitted at the sprint and at the sprint relay competitions. The use of spikes will result in disqualification.

QUARANTINE ZONES

There is a quarantine in the sprint races and the sprint relay. There is no quarantine for the middle. Quarantine opening and closing time are mentioned in this bulletin. A competitor must show his/her accreditation card and has to sign the quarantine entry form. All competitors must enter the quarantine before the quarantine closing time. Upon entering, a competitor must have with him/her the SIAC card, the accreditation card and the vest for the GPS tracker, if one was distributed.

The use of mobile phones, computers or any other communication devices inside the quarantine zones is strictly forbidden – even in flight mode! It is not allowed to bring any maps into the quarantine zones.

Team officials, who want to go to pre-start must go through the same quarantine procedure as the competitors. Every competitor is responsible

that he/she is early enough in quarantine and has enough time for bus transportation and warming up. The organiser transports warm-up gears to the finish arena.

All athletes and team officials going to start must be checked-in before the closing time of the quarantine. Team officials can leave the quarantine area when they want, but they are not allowed to re-enter the quarantine. There will be a transport of the clothes from the quarantine to the finish. For team officials a corridor map showing the way from the quarantine to the finish will be handed out upon leaving the quarantine.

GPS tracking devices will be handed out to selected athletes in the quarantine area and will be collected right after finishing of the competition. There will be toilets and drinking water available in the quarantine.

START PROCEDURE

Toilets are available in the Quarantine (Sprint and Sprint Relay) and at the Pre Start (Middle). Drinks in pet bottles can be brought along.

The competitor's start time is called up at the pre-start. It is the competitor's responsibility to watch out for his/her start time.

Unit for clearing SIAC cards is situated prior to entering pre-start (Sprint and Sprint Relay) and in the 2nd start corridor (Middle Distance competition). Unit for checking SI cards is situated inside 2nd last start corridor of the individual competitions or at the entry to the changeover area of the Sprint Relays. It is the competitors' responsibility to clear and check their SIAC cards correctly.

In the last start corridor, there is a SIAC TEST unit available so that the competitor can check the functionality of his/her SIAC card.

Successful clearing and checking of the SIAC card is reported when the LED light of the respective unit starts flashing and the unit starts beeping.

At all individual starts, the maps will be placed in boxes. The competitor's map is placed face down on the start line.

The start triangle is marked in the terrain by a control flag. The route to this flag is marked with corridors or tapes. Competitors must follow this marked route to the start point.

LATE START

Late competitors must report at the pre-start call-up. The competitor will be allowed to proceed through to the start line. If, on arrival at the start line, the competitor is less than half the start interval after his start time, he/she will be allowed to start immediately. If the competitor arrives more than half the start interval after his/her start time, he will have to wait until the half start interval after the next starter. In all cases of lateness caused by the competitor, their original start time will count for timing. If a competitor is late through the fault of the organiser, he or she will be timed with their real start time.

FINISH PROCEDURE

Time will be measured in the moment of punching the FINISH control. Based on the fact that punching is contactless this means the moment when getting into the proximity of ca 30-50cm from any of the two FINISH controls.

After crossing the finish line, athletes enter a

ABANDONING THE RACE

In case of abandoning the race, the competitor must immediately go to the finish area to read out his/her SIAC card. In case of injury, the competitor must inform the first aid staff about abandoning the

restricted access area for SIAC card read-out. Coaches are allowed in this area, and there are drinks available and access to first aid if needed.

Cooling down is possible within the arena limits – see Arena plans.

TRANSPORT TO THE RACES

St. Gallen is easily accessible by train from all major Swiss cities and is located on the EuroCity train line connecting Zurich and Munich. International railway travelers can reach St. Gallen by day or night train from many European cities including Paris, Hamburg, Cologne, Frankfurt, Stuttgart, Berlin, Milan or Vienna by connecting in Zurich, Munich, Arth-Goldau, Konstanz or Bregenz. The online timetable of Swiss Railways is accessible at [HTTPS://WWW.SBB.CH/EN/TIMETABLE.HTML](https://www.sbb.ch/en/timetable.html)

For athletes arriving by plane, public transport will be arranged from/to Zurich airport (ZRH, 80 km to St.Gallen). Upon arrival at Zurich airport delegations will be welcomed and will get tickets for public transport to St.Gallen.

All participants will get a public transport pass, valid for the duration of the EUOC in St.Gallen, respectively from St. Gallen to Appenzell (tariff zones 210, 211, 245, 247).

It is compulsory to use EUOC public and shuttle transport (bus or train, see instructions for specific competitions) for all athletes and coaches heading to the prestart areas, except for the Sprint Final, where the prestart area will be accessible by foot.

Athletes must use the buses assigned to them in accordance with the relevant transport schedule. The distribution is based upon start times.

Athletes & coaches must show their accreditation

cards upon boarding.

SPRINT

Athletes and coaches must take the public bus to the competition centre. From the bus stop (St. Gallen, Uni/Gatterstrasse, Bus 9) they must immediately follow the marked route to the quarantine at the competition centre.

Schedules will be published at the General Technical Meeting and are posted in the accommodations. The schedule of the local bus is also integrated in the Swiss national railway timetable, available online: <https://www.sbb.ch/en/timetable.html>

MIDDLE

Athletes & coaches must travel by train from St. Gallen to Gais. From the train station, they must immediately follow the marked route to the information desk at the competition center.

Schedules will be published at the General Technical Meeting / Technical Meeting and are posted in the accommodations.

RELAY:

Athletes & coaches must travel by train from St. Gallen to Appenzell. From the train station, they must immediately follow the marked route to the quarantine area at the competition center.

Schedules will be published at the General Technical Meeting / Technical Meeting and are posted in the accommodations.

COMPETITION MAPS

Maps will not be collected after crossing the finish line in the Sprint and Middle competition. After Sprint Relays, athletes hand over their maps to an official after the finish line.

Relay maps will be handed out at the Info Point after

the flower ceremony or later at the medal ceremony.

Maps are drawn according to the International Specification for Orienteering Maps (ISOM2017 not ISOM2017-2) and the International Specification for Sprint Orienteering Maps (ISSprOM2019-2).

QUITTANCE OF THE CONTROLS

Each athlete is responsible for registration at the control. When the control is registered, the SIAC shows a sound and flashing signal. If this is not the case, the SIAC must be inserted into the opening of the control unit and the SIAC Card

must flash. If this is also not the case, the running card must be snapped with the pliers. The card must be handed over to the finish chief immediately upon crossing the finish line.



Picture: Swiss Orienteering Rémy Steinegger

SPECIAL INSTRUCTIONS FOR EACH COMPETITION

WEDNESDAY, AUGUST 23RD – FOREST MODEL, THURSDAY, AUGUST 24TH – FOREST MODEL AND SPRINT MODEL

There are two individual models organized. There is a forest model/training in Sitterwald (St. Gallen) on Wednesday and Thursday, which is relevant for the Middle Distance race.

A Sprint model in Rotmonten-Linsebühl (St. Gallen) will be open on Thursday, controls can be visited in free order. Maps and detailed information will be handed over to the heads of delegations at the time of accreditation.

These two models show the terrain and mapping style used for the Middle Distance, Sprint and

Sprint Relay.

SportIdent punching procedure will be demonstrated on Thursday 13:00-16:00 pm at the WBZ. No timekeeping will be in place.

Arena location: Weiterbildungszentrum (WBZ) St.Gallen, Holzstrasse 15, 9000 St.Gallen. There are dressing rooms and showers available. The way from the bus stop (Bus number 5, direction Rotmonten, end of the line Rotmonten) to the arena location will be marked.

FRIDAY MORNING, AUGUST 25TH – SPRINT QUALIFICATION

Format	Urban Sprint, Individual Start
Competition centre	Gym of the University of St. Gallen, Höhenweg 14, 9000 St. Gallen HTTPS:// GOO.GL/MAPS/IU6HZNVi56H9PLQP9
Terrain description	Located at 660 to 750 meters above sea level. Combination of historic city centre, commercial area, some parkland. Some flat parts, some slopes with moderate climb. 80-90% paved
Map	1:4.000, contour interval 5 m, ISSprOM2019-2, size: A4. All categories will have a map flip. The second part of the course is printed on the back side of the map.
Course setter	Rolf Wüstenhagen
Controllers	Lukas Deininger and Isabelle Hellmüller
Transport to the event	To get to the competition centre, all competitors will have to use public transport to the stop St. Gallen, Uni/Gatterstrasse (Bus no. 9). Please note that it is not allowed to disembark at any other bus stop to access the competition centre. No parking available at the competition centre. From the bus stop, please immediately follow the marked route to the quarantine at the competition centre (300 meters)
Quarantine	The quarantine for the sprint qualification is in the competition centre.
Quarantine closing time	9:15 a.m.
Luggage	No luggage transport. When leaving the quarantine for their race, athletes will deposit their luggage at a counter that is accessible from the post-race zone. Re-entrance of the quarantine area after the race is not allowed.
Warm-up	On the way from the quarantine to the start and/or in the area before the pre-start.
Shoes	The use of dobb spikes is not allowed and will result in disqualification.
Bibs / GPS vests	Bibs shall be picked up in the quarantine. Selected participants will be equipped with GPS vests. Further information will be provided at the General Technical on August 24.
Approximate start time window	Women & Men: 9:30 – 10:30 Depending on the final number of entries, there will be two or three qualification heats in parallel for both women and men. Start lists will be published on August 24.

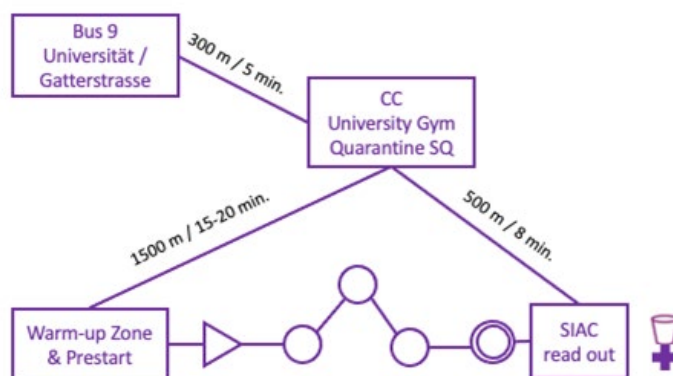


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Course length	Winning times 12-15 minutes for both men and women.
Time limit	60 minutes
Finish	The location of the finish / arena for the Sprint Qualification will be announced at the Team Leader Meeting on August 24. Important: The reading out for SIAC is placed directly after the finish.
Way back to Competition Centre	Less than 10 min walk from Finish / Arena Sprint Qualification back to the Competition Center (Höhenweg 14, 9000 St. Gallen).

Competition plan



FRIDAY AFTERNOON, AUGUST 25TH – SPRINT FINAL

Format	Urban Sprint, Individual Start
Competition centre	Gym of the University of St. Gallen, Höhenweg 14, 9000 St. Gallen, HTTPS://GOO.GL/MAPS/IU6HZNV156H9PLQP9 (same as Sprint Qualification)
Terrain description	Located at 660 to 750 meters above sea level. Combination of historic city centre, commercial area, some parkland. Some flat parts, some slopes with moderate climb. About 90% paved.
Map	1:4.000, contour interval 5 m, ISSprOM2019-2, size: A4. Most categories will have a map flip. The second part of the course is printed on the back side of the map.
Course setter	Rolf Wüstenhagen
Controllers	Lukas Deininger and Isabelle Hellmüller
Quarantine	The location of the quarantine for the Sprint Final will be published at the General Technical Meeting on August 24. Mandatory bus transfer (15 min.) from the competition centre (Höhenweg 14, 9000 St. Gallen) to the quarantine area.
Quarantine closing time	14:00 p.m.
Transport from Competition Center to Quarantine	Busses will leave from the competition centre to the quarantine of the Sprint Final every 15 min (13:15, 13:30, 13:45, 14:00). The busses will depart at the Bus Stop St. Gallen, Uni/Gatterstrasse and have the designation EUOCI, 2, 3, or 4.
Luggage	Luggage will be transported from the quarantine to the finish area (1 piece of luggage per athlete). Athletes must please label and mark their luggage.
Warm-up	In the warm-up zone adjacent to the quarantine and/or on the way to the pre-start (700 m).
Shoes	The use of dobb spikes is not allowed and will result in disqualification.
Bibs / GPS vests	New bibs for the Sprint Final shall be picked up in the quarantine. Selected participants will be equipped with GPS vests. Further information will be provided at the General Technical Meeting on August 24.

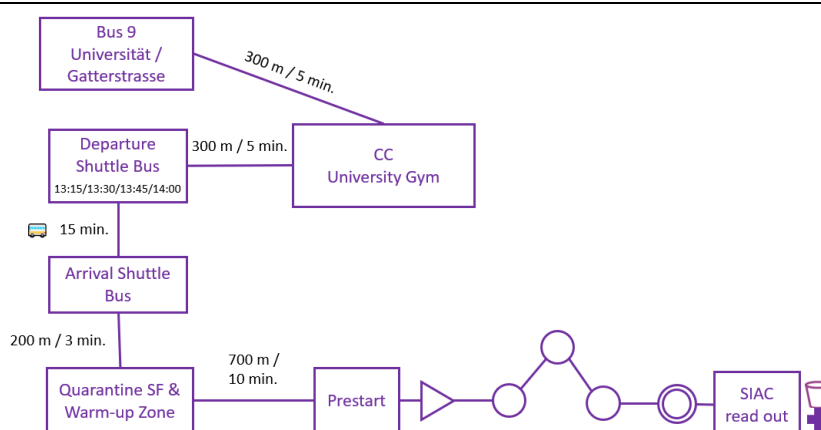


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Approximate start time window	B-Finals (Men & Women): 14:30 – 15:30 A-Finals (Women): 15:30 – 16:30 A-Finals (Men): 16:30 – 17:30 Start lists will be published online as soon as possible after the Sprint Qualification, no later than 13:00 pm on August 25. The fastest 60%, but not more than 60 runners will qualify for the A-Finals, the remaining runners will be in the B-Finals. Within each final, the fastest runners in the Sprint Qualification will start at the end.
Course length	Winning times 12-15 minutes for both men and women.
Time limit	60 minutes
Finish	The location of the finish / arena for the Sprint Final will be announced at the General Technical Meeting on August 24. IMPORTANT: The reading out for SIAC is placed directly after the finish.

Competition plan



SATURDAY, AUGUST 26TH – MIDDLE

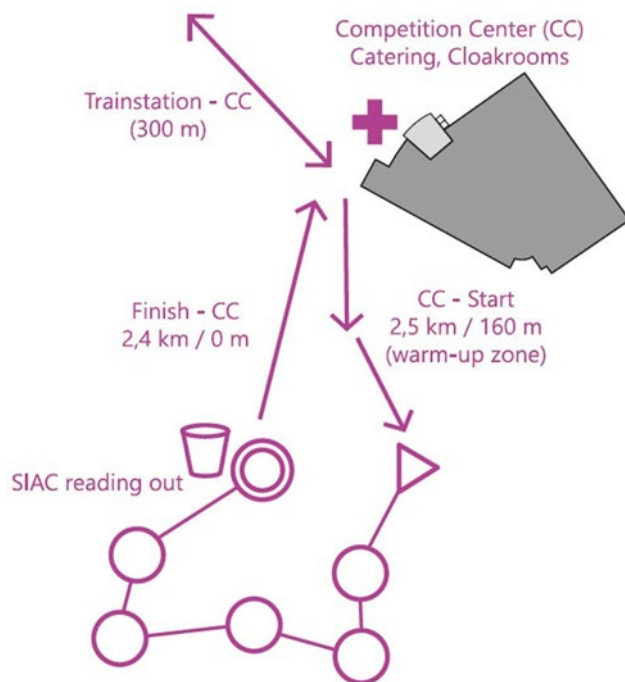
Format	Individual Start
Competition centre	Oberstufenzentrum in the city Gais GPS 47.359976 N, 9.454456 E
Terrain description	The map is between 950 to 1150 meters above sea level. The terrain is interspersed with ditches streams and the slope is uniformly. Some forests roads and hiking trails lead through the forest. Due to the versatility of the forest, you are technically and physically challenged. There are fast running passages but also passages which are impaired by small fir trees and a few blackberry bushes.
Warm-up map	No warmup map available.
Map	1:10.000, contour interval 5 m, ISSOM 2023, size: A4.
Course setter	Andrin Sutter
Controller	Willi Streuli
Transport to the event	The following are the train departure times from St. Gallen main station. Platform 11, train S21 direction to Appenzell 07:50, 08:26, 08:56, xx:26, xx:56 Duration of the journey: 27 minutes. Walking time from the train station to the competition centre is approximate 5 minutes.
Special remarks	<ul style="list-style-type: none"> Starting number and GPS tracker shall be picked up at Event Center. Important: The reading out for SIAC is placed directly after the finish. Expected winning time: 28 – 35 min minutes for all classes Time limit: 120 minutes At 14.00-16.00 a shooting training takes place in a shooting range at the edge of the forest and safety is ensured for everyone. The restricted area marked on



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	the map must be strictly adhered to and entering will result in disqualification.
Race program	09:30 First Start (2 minutes intervall per category, woman and man take turns every minute.)
Course parameters	Men: 4,8 km / 14 controls/ 220 m Women: 4,1 km / 12 controls / 180 m
Control description size	W - 17,5 x 5,1 cm, M - 18,1 x 5,1 cm
Competition plan	



YOUTH CUP AND REGIONAL ORIENTEERING

On Saturday, August 26, the Swiss Youth Cup and the regional orienteering will take place at the same time as the European championship competitions. Registrations for the regional orienteering are possible via [SOLV \(O-L.CH\)](#).



SUNDAY, AUGUST 27 TH – SPRINT RELAY

Regarding the Sprint Relay competition, there are three classes:

Woman-Woman = WW

Woman-Man = WM

Man-Man = MM

Each relay member runs twice, the 1st member runs 1st and 3rd leg, 2nd member runs 2nd and 4th leg. For the WM class, the 1st and 3rd leg runner must be a woman. A relay member may only run in one class.

The HoD must enter the team composition in the PicoEvents portal by 14:00 the day before the Sprint Relay.

Individual runners who are not placed in a team will be grouped by the organizer into mixed teams with runners from different Universities. NOTE: those teams will not be officially ranked.

Format	4 leg Sprint relay in teams of 2, mass start
Competition centre	Sport area Wühre in the city Appenzell GPS 47.328695N, 9.405077E https://goo.gl/maps/WnihvXLqXGJ74CcG6
Terrain description	Urban terrain with smaller and bigger buildings and park areas with little climbing only.
Warm-up	Warm-up is only allowed in the quarantine zone. No warmup map available.
Map	1:4.000, contour interval 2 m, ISSOM 2017, size: 320 x 225 mm
Course setter	Töby Imhof
Controller	Fiona Signer
Transport to the event	The following trains are to be boarded at St. Gallen main station: MM: at 8:26, Train S21 to Appenzell, arrival 9:05 WW: at 8:56, Train S21 to Appenzell, arrival 9:35 WM: at 9:26, Train S21 to Appenzell, arrival 10:05 (The times may be adjusted slightly - details at the General Technical Meeting) Walking distance from the train station to the quarantine is approx. 400m. Getting off the marked route results in disqualification.
Out of bounds and forbidden areas	Some forbidden areas have purple hatches (crosses). Some fences have purple "gate" overprint on them – these are possible to cross. General out of bounds areas according to IOF rules: <ul style="list-style-type: none">• Olive (private property)• Dark Green (Hedges)• Bold Fences (double dashes)• Bold Walls
Special remarks	<ul style="list-style-type: none">• Teams with runners from different Universities can participate but are not officially classified• The relay team composition needs to be defined latest 14:00 on the day before the sprint relay. The HoD is asked to enter this data in the timekeeping portal. The link to the portal will be announced in due time.• All competitors must first visit the quarantine.• Starting bib and GPS tracker shall be picked up at quarantine entry.• IMPORTANT: As leaving the quarantine you have to take all your luggage with you marked with your personal label. Prior entering the waiting area you can deposit your luggage in a place which is accessible after the race. See "luggage storage" in the outline of the competition arena below.• All competitors will get their map rolled up prior to the start of the leg from



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	<p>organizers. Competitors shall check whether the number on the map corresponds to the number on the starting bib.</p> <ul style="list-style-type: none">• The map shall not be opened and read prior start or handover. Untimely unrolling and reading of the map leads to disqualification of the team.• Runners use the same personal SIAC chips for both legs. Therefore, reading out after the first round and clearing before the second round is mandatory between the legs.• Maps shall be handed in to the organiser right after each leg due to fairness. Relay maps will be handed out at the Info Point after the flower ceremony or later at the medal ceremony.• Expected total winning time: 45 minutes for all classes• Time limit for all 4 legs: 70 minutes
Procedure entering the pre-start (waiting area):	<ul style="list-style-type: none">• Call up. Runners shall take all personal items with them as they can't access the quarantine after the race.• Luggage storage outside the quarantine• Runners get their rolled maps• Check starting bib, map correspondence• Clear SIAC card• Check SIAC card• Contactless SIAC check to verify proper functioning (AIR+ mode) - optional
	<p>Toilets are available in the pre-start area.</p>
Change over	<ul style="list-style-type: none">• Foregoing runners pass the arena to the north of the waiting area.• Runners in the waiting area can enter the change-over area as the foregoing runner is entering the arena and is coming down the stairs.• Athletes punch the finish control and change over by a hand touch across a separation barrier. The outgoing runner is allowed to open the map immediately after the change-over.• Prior the second leg the runner shall read out, clear and check the SIAC card. The map has to be given back to the officials and a second rolled up map is handed out.• Water and refreshments are available prior entering the waiting area.
Race program	<p>09:00 Quarantine opening MM 10:00 Quarantine closed 10:30 Call up runners' assembly 10:45 Entering pre-start 10:55 Start readiness and instructions for first leg runners</p> <p>11:00 MASS START MM 11:01 2nd runner entering the pre-start ~11:10 1st handing over (leading team) ~11:20 2nd handing over ~11:30 3rd handing over ~11:40 Winner in finish MM 11:50 Mass start of remaining runners ~12:25 last finish MM 10:00 Quarantine opening WW und WM 11:00 Quarantine closed 11:30 Call for runners' assembly WW 11:45 Start readiness and instructions first leg runner</p> <p>12:00 MASS START WW 12:01 Entering pre-start 2nd runner ~12:10 1st handing over (leading team) ~12:20 2nd handing over ~12:30 3rd handing over ~12:40 Winner in finish WW 12:50 Mass start of remaining runners ~13:25 last finish WW 12:30 Call for runners' assembly WM 12:45 Start readiness and instructions first runner WM</p>



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13:00 MASS START WM

13:01 Entering pre-start 2nd runner
~13:10 1st handing over (leading team)
~13:20 2nd handing over
~13:30 3rd handing over
~13:40 Winner in finish WM
13:50 Mass start of remaining runners
~14:25 last finish EUOC

14:45 Flower ceremony EUOC (Competition arena Wühre Appenzell)

Medal Ceremony,
Closing Ceremony

18:00 Medal ceremony, closing ceremony, party (University of St. Gallen)

First Aid,
Wardrobes and
Catering

First aid, wardrobes and showers can be found in the building to the north of the arena. Catering will be available in the arena.

Course
parameters

Course parameters MM:
1st and 2nd leg: 2.3-2.4km / 15 controls / 50 m
Arena passage after approx. 60% of the race.
3rd and 4th leg: 2.7-2.8 km / 17 controls / 55 m
Arena passage after approx. 75% of the race.

Course parameters WW:
1st and 2nd leg: 2.1 km / 13 controls / 40 m
Arena passage after approx. 70% of the race.
3rd and 4th leg: 2.2 km / 15 controls / 45 m
Arena passage after approx. 85% of the race.

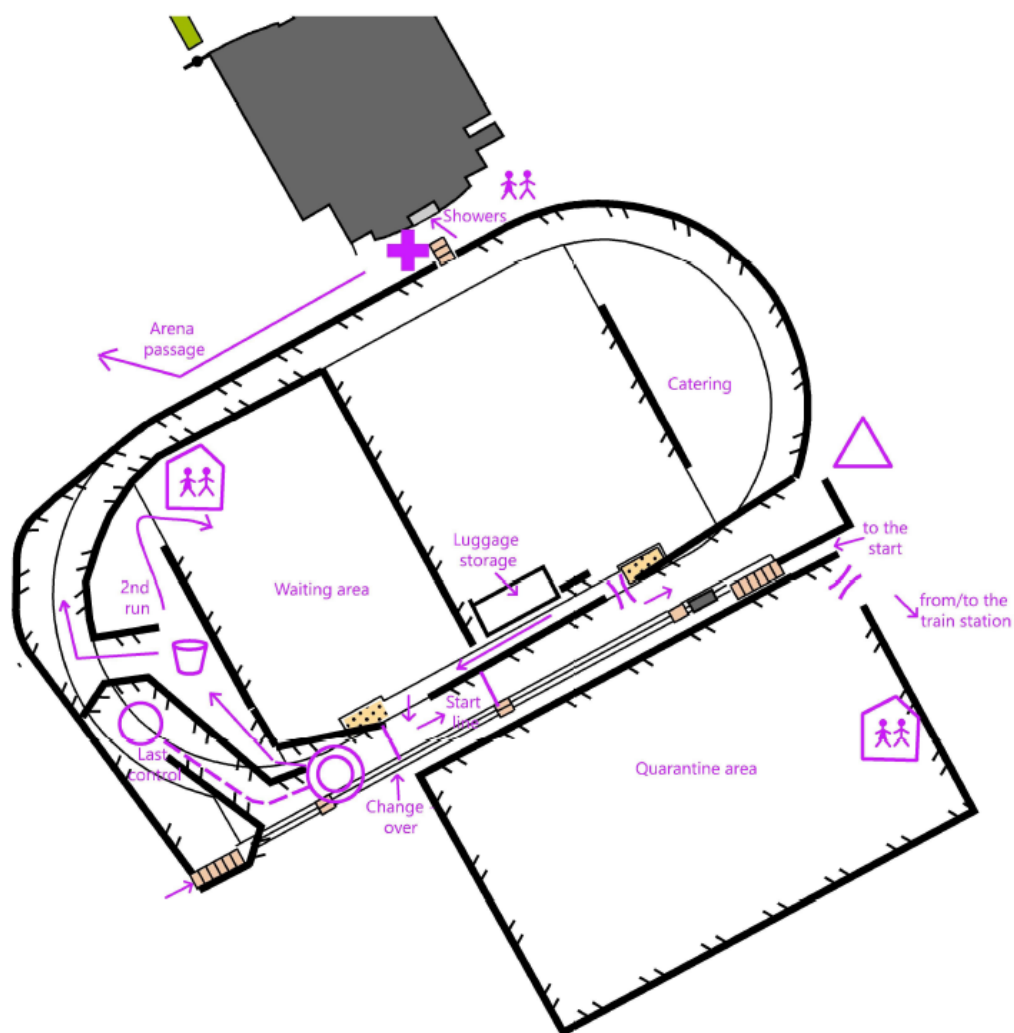
Course parameters WM:
1st leg: 2.1 km / 13 controls / 40 m
Arena passage after approx. 70% of the race.
2nd leg: 2.4 km / 15 controls / 50 m
Arena passage after approx. 60% of the race.
3rd leg: 2.2 km / 15 controls / 45 m
Arena passage after approx. 85% of the race.
4th leg: 2.6 km / 17 controls / 50 m
Arena passage after approx. 75% of the race



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Competition arena



Return trip

Return trip from Appenzell to St. Gallen:

- Follow the sign to the trainstation
 - Board the train S21 to St. Gallen/Trogen
 - Trains leave every 30min, xx:14 and xx:44
-



ST. GALLEN 2023
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EUSA

CONTACTS / EVENT OFFICE

INFORMATIO HOTLINE

(the number is only active during the EUOC) +41 77 436 45 02

INFORMATION

Mail orienteering2023@eusa.eu
Official website <https://orienteering2023.eusa.eu>
Facebook <https://www.facebook.com/eusaorienteering>
Instagram <https://www.instagram.com/eusaorienteering>

Live results <https://liveresultat.orienteering.se>
Eventor <https://eventor.orienteering.org/events/show/7848>

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EVENT OFFICE

The event office is located at the University of Applied Sciences OST at the site of accreditation. The organising committee can be reached at

- Event office phone: +41 71 224 22 50
- an information stand at each competition venue
- general information number during the EUOC: The Phone number will be published online and in the general technical meeting

WELCOME TO SWITZERLAND AND THE 2023 EUSA EUROPEAN UNIVERSITIES ORIENTEERING CHAMPIONSHIP