

# European Foresters' Orienteering Championships 2025 August 2-7 / Tartu, Estonia



**Eesti Metsaselts**  
Estonian Forest Association



**RMK**

**STIHL**

## COMPETITION PROGRAM

<b>Monday, August 4</b>	<b>Sprint</b>	<b>First start 13:00</b>
<b>Tuesday, August 5</b>	<b>Middle</b>	<b>First start 10:00</b>
<b>Thursday, August 7</b>	<b>Relay</b>	<b>First start 10:00</b>

## CATEGORIES:

Sprint & Middle:

WM10, WM12, WM14, WM16, WM18, WM20, WM21, WM35, WM40, WM45, WM50, WM55, WM60, WM65, WM70, WM75, M80, OPEN.

Relay:

Two legs – WM12, WM14, WM18, WM20, WM 140\*, OPEN

Three legs – WM21, WM105\*, WM135\*, WM165\*, WM195\*, OPEN

*\*Note: participation for runners from the class WM 21 class in relay teams 105, 140, 135, 165 and 195 is not allowed, even if the cumulative age of runners in a relay team fits the respective master class limit.*

## MAPS

Maps are drawn according to the international standards: International Specifications for Orienteering Maps (ISOM 2017) and International Specification for sprint orienteering maps (ISSPrOM 2019). All maps are updated in July 2025. Maps are printed on waterproof paper (without plastic bag) in A4 paper size. There will be areas on all days where the CPs are close to each other. Please make sure you punch the correct CP!

### Map scale

- Sprint 1:4000
- Middle: categories WM60 and older 1:7500, other categories 1:10000
- Relay: categories WM140 and older 1:7500, other categories 1:10000
- Model 1: 10 000.

## **STARTING PROCEDURE**

Participants must enter the pre-start area 3 minutes before the actual start time and a referee checks the SI-card number. 1 minute before the start participant moves to his/her map and starts with the sound signal. Warm-up is only allowed in designated areas. There are additional control descriptions at the start. There are no fixing aids at the start.

There will be bib numbers. Each athlete will be provided with one bib for both individual races. Bibs for the relay race will be handed out in Elva, before the relay competition. Starting lists will be published on <https://efol2025.ee/en> website.

## **PUNCHING SYSTEM**

SPORTident Air+ punching system will be used in all categories, but the regular SI system also functions. SI-cards can be rented from the organizers. In case of losing or breaking the SI-card, a fee of 60 € will be charged. It is the participants responsibility to check the punching in control points.

## **GPS EQUIPMENT**

On all competition days some participants will be fitted with GPS transmitters and runners' movements can be tracked online. Competition classes and the list of GPS recipients will be published after the end of registration. Assigned runners must collect GPS equipment from the Event Office (located in the Competition Center) before the start. The runners have to return the GPS device to the organizers at the finish.

## **FINISH and RESULTS**

The finish time is obtained by punching at the finish line. After the finish, every competitor will receive his/her split times. Results will be available in the competition centre and on the competition website: <https://efol2025.ee/en> . Online results: <https://otse.osport.ee/> For every participant there is a bottle of Värskä drinking water at the finish. NB! Crossing the finish line is mandatory for all competitors, including those who do not complete the course or exceed the control time.

The competitor who has finished is not allowed to give away any information about the race to a competitor who has not yet started! After completion of the race, athletes must hand away maps. Maps will be returned after all participants have started. The athlete who has finished cannot go to the competition area before the competition is over.

## **FACILITIES at the COMPETITION CENTRE**

All competition centres are equipped with toilets, washing facilities will be available at the Middle and Relay competitions, including showers and a sauna. It is possible to buy drinks and light snacks on site.

## **MW10 CLASS**

MW10 class will have open start time, which means there are no start lists, starting is possible during opening of the start - from 13.00 to 15.00 on Sprint competition August 4th, and from 10.00 to 12.00 on Middle competition, August 5th. A participant will punch at the starting station.

If parents or guardians want to accompany a participant on MW10 class, then this is allowed however: a) parent or guardian cannot do it before his/her competition, only after b) if parent or guardian accompanies the participant, then the start official must be told. c) the participant will get the result, but will be placed after other participants.

## **COMPLAINTS and PROTESTS**

In case of complaints, please contact the Event Office. The deadline for protests is 15min after last competitor finishes. Protests must be submitted in written form and will be handled by the Event Jury selected in the team leaders meeting on Sunday.

## **OTHER**

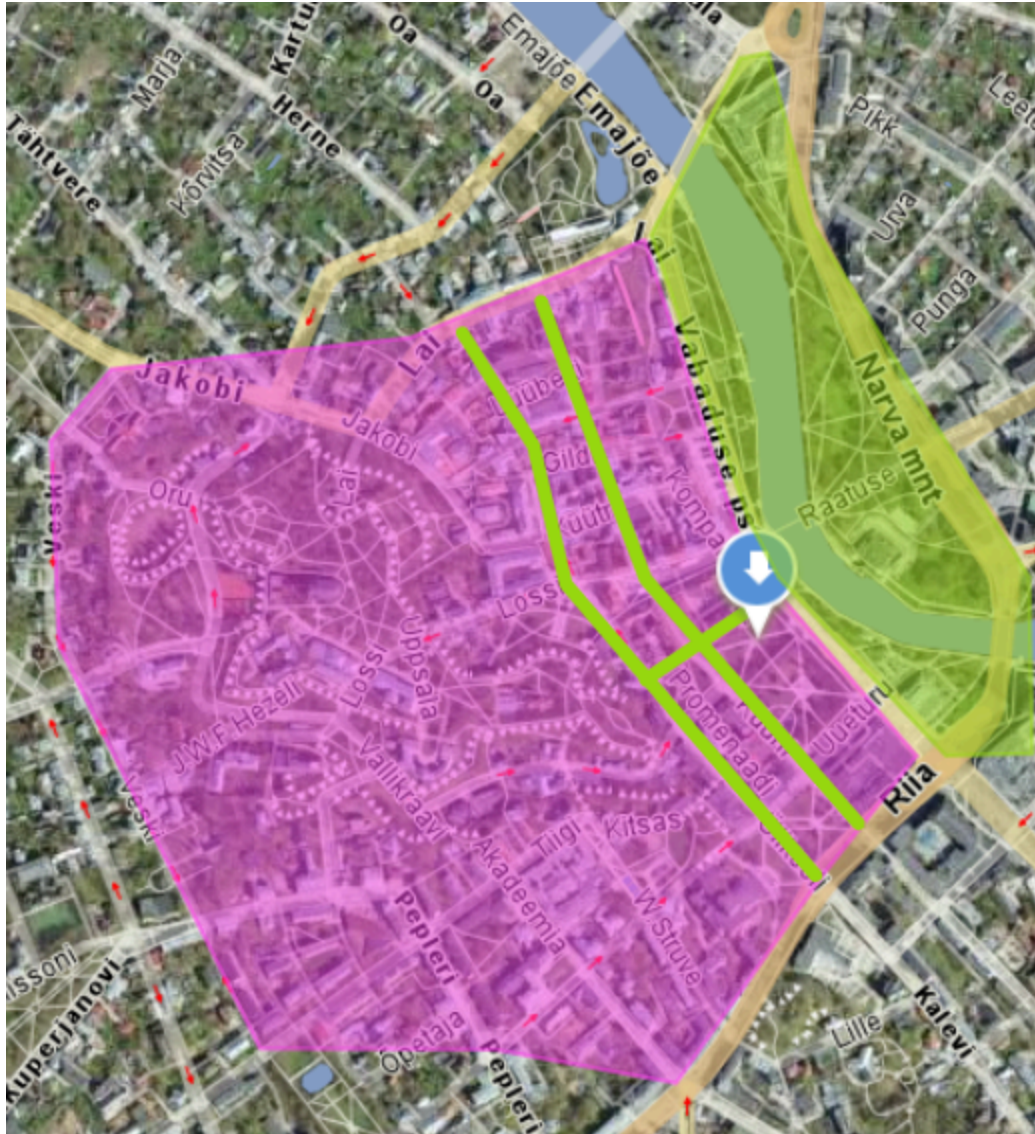
There will be vacant places in each class for those who wish to participate after registration is closed.

The organisation of the races will follow the guidelines and requirements for the organisation of sports competitions. This is a public event, where photographs may be taken and filmed and the material recorded may be made public. The protocols of the competition are public and may be used for statistical and historical purposes. The information requested from participants when registering for the competition will be used only for organisational purposes

**Contacts:** <https://www.efol2025.ee/contact>

## **SPRINT – 4 AUGUST, MONDAY**

- First start 1:00 PM,
- Start interval: 1 min
- Maximum running time: 60 min
- Start is in the Competition Center. There is no quarantine.
- **It is forbidden to enter the competition area, marked violet, on competition day from 10 am until the end of competition.**
- It is only allowed to move on the main streets, marked green line, to get to the Competition Center if needed.
- The warm up area is located on both sides of river Emajõg, marked green on the scheme. Be careful and make sure you cross the road safely!
- DANGEROUS PLACES: the roads are open for traffic, be careful when crossing the roads. Also, the old town might be full of tourists, so be careful not to hit anybody.



**Course setter (Kaarel Hendrik Zernant) comment:**

Participants in the EFOL Sprint have a unique opportunity to race on the very same terrain where the world's elite competed during the 2017 World Orienteering Championships.

The course takes through the streets of Tartu's Old Town and ascends on the slopes of Toomemägi (Toome Hill).

Tartu's Old Town offers a vibrant atmosphere, with lively streets and open-air cafés. While the terrain here is mostly flat, runners must take caution while navigating the area as the streets are full of tourists. In contrast, the slopes of Toomemägi are steep and demanding, featuring historic bridges—each with its own name—and the ruins of a 13th-century cathedral. Route choices here require careful consideration of elevation changes and terrain complexity.

Previous map from this terrain: <https://app.orienteerumine.ee/kaart/db/kaart/2017003.gif>

Category	Length	No of controls
M10	1,4 km	9
M12	1,5 km	10
M14	1,6 km	12
M16	2,7 km	19
M18	3,0 km	19
M20	3,3 km	25
M21	3,7 km	23
M35	3,3 km	25
M40	3,0 km	19
M45	3,0 km	19
M50	2,7 km	19
M55	2,0 km	17
M60	1,8 km	13
M65	1,8 km	13
M70	1,6 km	12
M75	1,5 km	10
M80	1,5 km	11

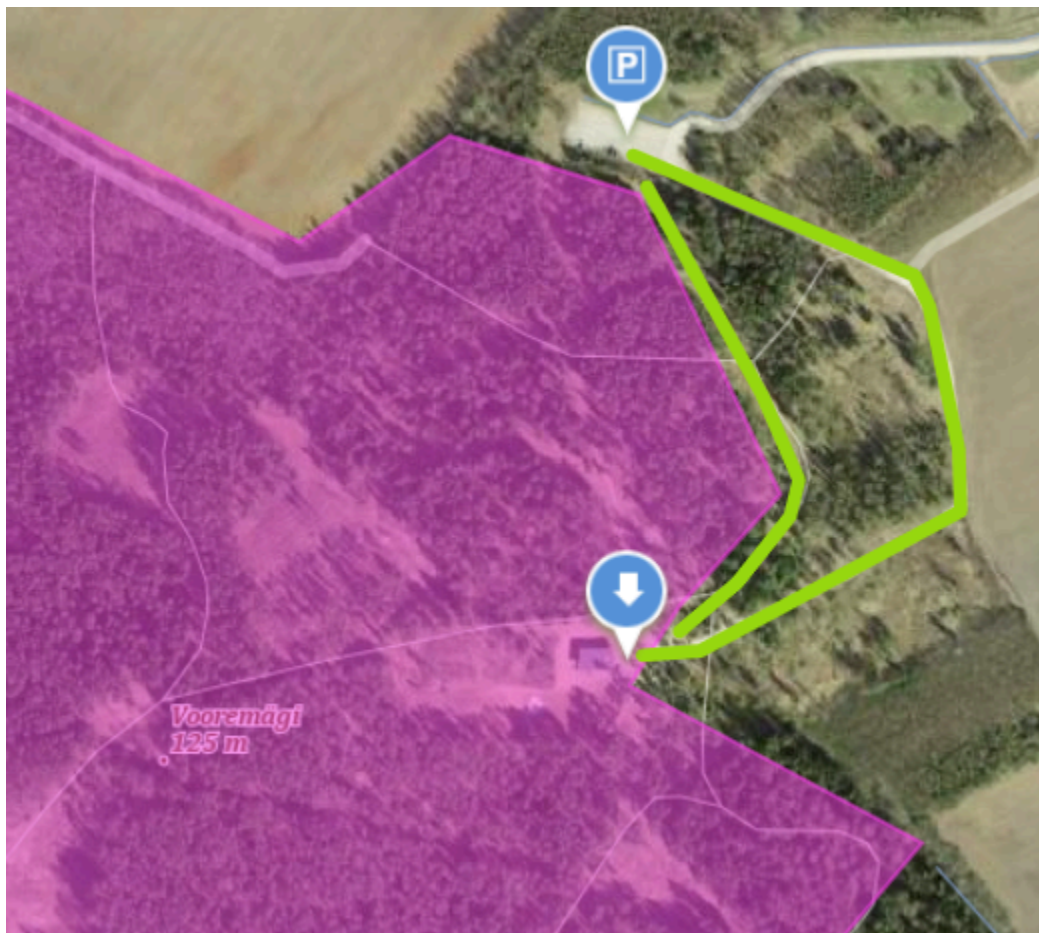
Category	Length	No of controls
W10	1,4 km	9
W12	1,5 km	10
W14	1,6 km	12
W16	2,0 km	17
W18	2,2 km	18
W20	3,0 km	19
W21	3,3 km	25
W35	2,2 km	18
W40	2,2 km	18
W45	2,0 km	17
W50	1,8 km	13
W55	1,8 km	13

W60	1,6 km	12
W65	1,5 km	10
W70	1,5 km	11
W75	1,4 km	9
W80	1,4 km	9
OPEN	2,7 km	19



## MIDDLE – 5 AUGUST, TUESDAY

- First start 10:00 AM
- Start Interval: 2 min
- Maximum running time: 120 min
- Start is near the Competition Center (50m). There is no quarantine.
- Warm up area is on the two roads (green lines) coming from the parking site to the Competition Center.



### Course setter (Arvi Anton) comment:

Vooremägi is somewhat like a foreign body in the midst of the relatively flat surroundings of Tartu. The terrain offers exciting landforms, plenty of elevation gain, various types of forests, and even areas of former quarry landscapes. I've tried (at least with the longer courses) to take participants through all the different types of terrain and forest, and to create route choices on every leg. The area features a wide variety of trails, which mostly aid in navigation but can, at times, also cause confusion. The runnability is generally very good, allowing for fast and direct movement through the terrain. Of course, don't forget to take a moment to admire the beautiful Estonian forest.

Previous map from this terrain: <https://app.orienteerumine.ee/kaart/db/kaart/2018025.gif>



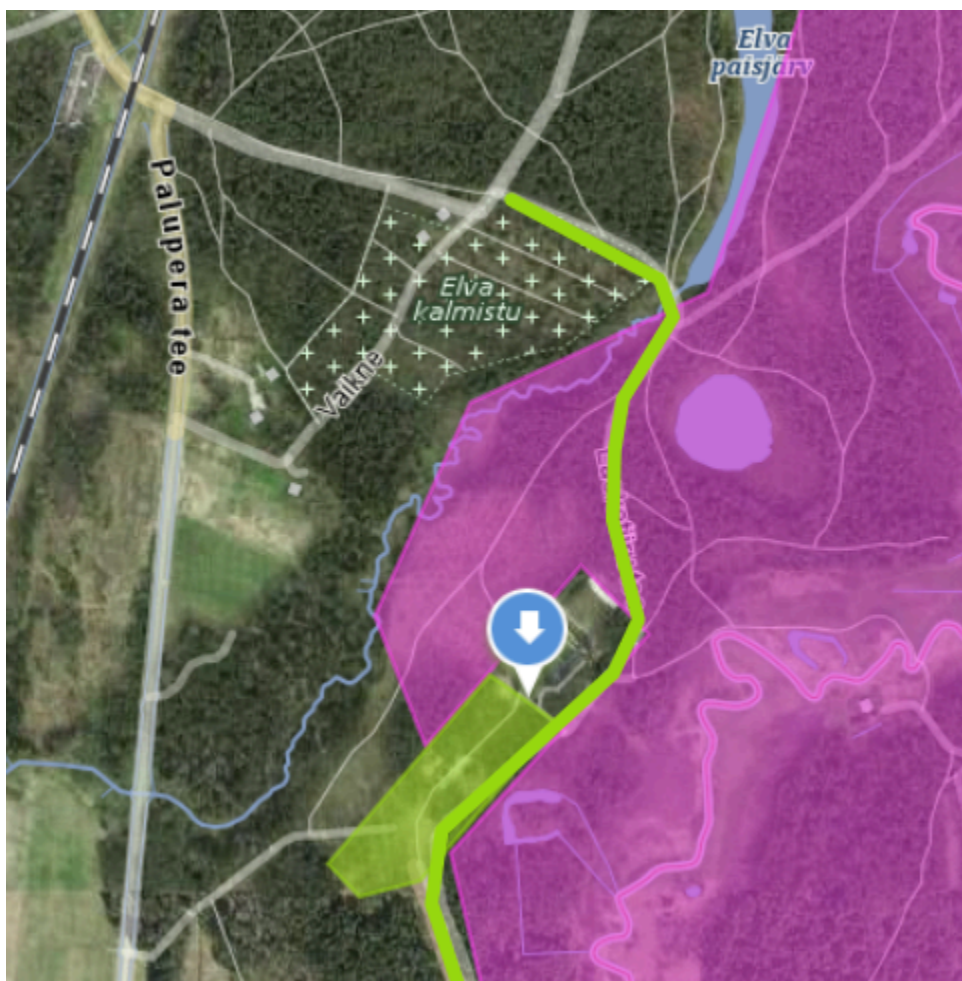
Category	Length	No of controls
M10	1,2 km	6
M12	1,6 km	7
M14	2,0 km	8
M16	2,7 km	10
M18	3,7 km	13
M20	3,7 km	13
M21	5,6 km	19
M35	3,9 km	15
M40	3,8 km	14
M45	3,8 km	14
M50	3,2 km	14
M55	3,2 km	14
M60	3,0 km	12
M65	2,8 km	10
M70	2,2 km	10
M75	1,9 km	9
M80	1,9 km	9

Category	Length	No of controls
W10	1,2 km	6
W12	1,5 km	8
W14	2,0 km	9
W16	2,1 km	10
W18	3,0 km	12
W20	3,0 km	12
W21	4,6 km	17
W35	3,4 km	11
W40	2,8 km	10
W45	2,8 km	10
W50	2,5 km	10
W55	2,5 km	10
W60	2,2 km	10
W65	1,9 km	9

W70	1,9 km	9
W75	1,7 km	8
W80	1,7 km	8
Open	4,2 km	15

## RELAY – 6 AUGUST, THURSDAY

- First mass start start 10:00 AM
- Maximum running time: 140 min (two legs relay) and 210 min (three legs relay).
- Start is near the Competition Center. There is no quarantine.
- The Warm up area is on the roads (green line) and on the Competition Center open area.



**Course setter (Kaarel Hendrik Zernant) comment:**

The forest of Illipalu offers flat terrain and good runnability in pine forest. The map is divided into two parts by the Elva River, which means the courses include two legs that cross the bridge twice.

Relay participants have an excellent opportunity to test their compass skills, as the terrain lacks features and clear attack points. While running in the pine forest is mostly pleasant and the pace can become quite high, it's easy to get disoriented and lose a lot of time getting back on track.

The best results come from orienteers who stay in control of their navigation while keeping a fast but careful running pace.

Previous map from this terrain: <https://app.orienteerumine.ee/kaart/db/kaart/2016051.gif>

Category	Length	No of controls	Legs
M12	3,0 km	12	2
M14	3,4 km	14	2
M18	4,6 km	16	2
M20	5,0 km	20	2
M21	6,0 km	24	3
M105	5,3 km	18	3
M135	5,0 km	20	3
M140	2,7 km	10	2
M165	4,6 km	16	3
M195	3,4 km	14	3
W12	3,0 km	12	2
W14	3,4 km	14	2
W18	3,8 km	12	2
W20	4,6 km	16	2
W21	5,3 km	18	3
W105	4,6 km	16	3
W135	3,8 km	12	3
W140	3,0 km	12	2
W165	3,4 km	14	3
W195	2,7 km	10	3
Open (2-leg)	5,0 km	20	2
Open (3-leg)	3,4 km	14	3

