

Orienteering

Orienteering is a sport that combines both a physical and a mental element. The basic idea in orienteering is to proceed from course start to finish by visiting a number of control points in a pre-determined order, using only a detailed map and a compass.

In order to choose the best possible route, orienteers look at the characteristics of the terrain, and the winner is the person who completes the course in the fastest time.

Orienteering is unique in that an orienteer must navigate and make quick decisions while running at high speed.

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Annual orienteering events include:

- World Orienteering Championships
- Junior World Orienteering Championships
- World Masters Orienteering Championships.
- World Cup series
- 100+ World Ranking Events

Regional Championships take place in five out of six IOF Regions:

- Asia • Europe • North America
- Oceania • South America

Orienteering is an active participant in Multisport Games:

- The World Games
- World Masters Games
- CISM Winter Military World Games
- FISU organises biennial World University Orienteering Championships.
- CISM organises annual World Military Orienteering Championships.
- Ski Orienteering was included in the Asian Winter Games in 2011.



The International Orienteering Federation (IOF) is the international governing body of the sport of orienteering.

The IOF governs four orienteering disciplines: foot orienteering, mountain bike orienteering, ski orienteering, and trail orienteering.

The IOF was founded in 1961 and recognised by the International Olympic Committee (IOC) in 1977.

As of 15 May 2013, the IOF has 74 member countries on all continents.

The vision of the IOF is that orienteering shall be a truly global sport and included in the Olympic and Paralympic Games.



Orienteering

- Challenging outdoor adventure sport
- Mental and physical excellence

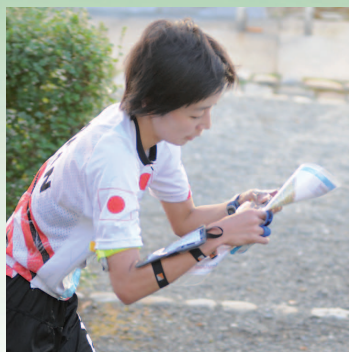


20-fold World Champion
Simone Niggli,
Switzerland



• **Orienteering is mentally and physically challenging.**

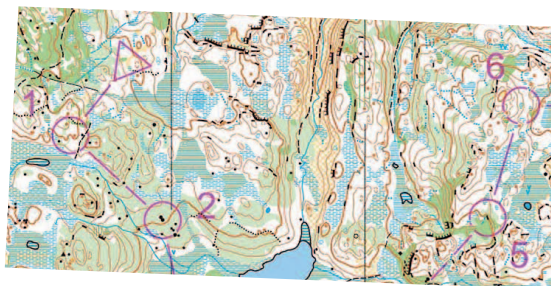
• **Orienteering is at one with nature.**



ORIENTEERING features a variety of different formats ranging from the traditional long distance forest races to the more recently developed city sprints.

By using electronic punching and GPS tracking, orienteering has become a sport visible to big audiences by means of real-time broadcasting on TV, on the internet and on big arena screens.

The first orienteering competitions are known to have been held in the 1890s.



ORIENTEERING is characterised by the **spirit of adventure**. Through the challenges of navigation, orienteering develops **self-confidence, independence and life skills**. It is a lifelong sport, enhancing the quality of life.

Orienteering is committed to being a **drug free** sport.

Orienteering is characterised by a strong spirit of **friendship** and is committed to the notion of **fair play**.

Orienteering is committed to the highest standards of **governance** and **transparency** in the conduct of its business.

Orienteering is a sport...

- for top elite athletes
- for forest and city
- for summer and winter
- at the forefront in using technology
- attractive to young and old – a sport for life
- demanding complex decision-making on the run
- and an adventure in unknown terrain

13-fold
World Champion
Eduard Khrennikov,
Russia



• **Orienteering is fully inclusive.**