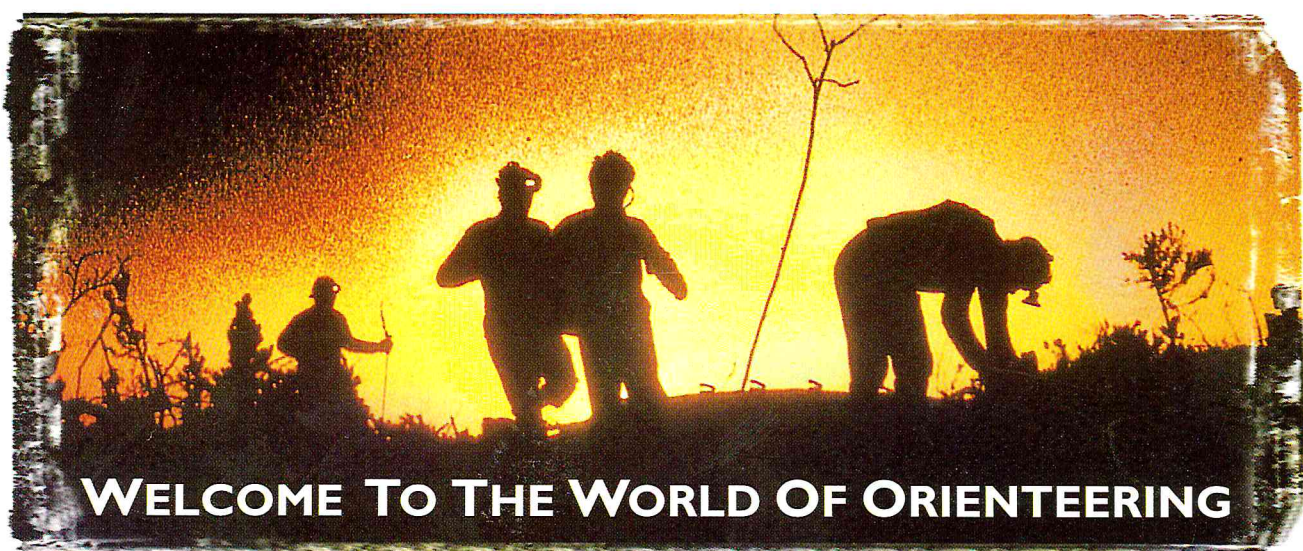
A full-page photograph of a female orienteer running through shallow water. She is wearing a blue athletic suit with a white star on the chest and a white race bib with the number '12'. She is holding a map in her left hand. The water is splashing around her, creating a dynamic and energetic scene. The background is a soft, out-of-focus green, suggesting a natural outdoor setting.

THE WORLD OF ORIENTEERING

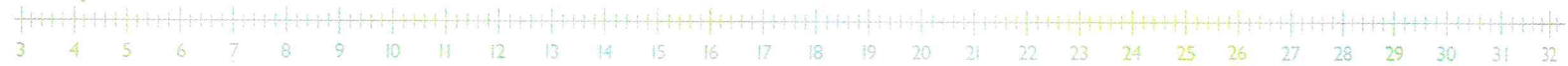
INTERNATIONAL ORIENTEERING FEDERATION

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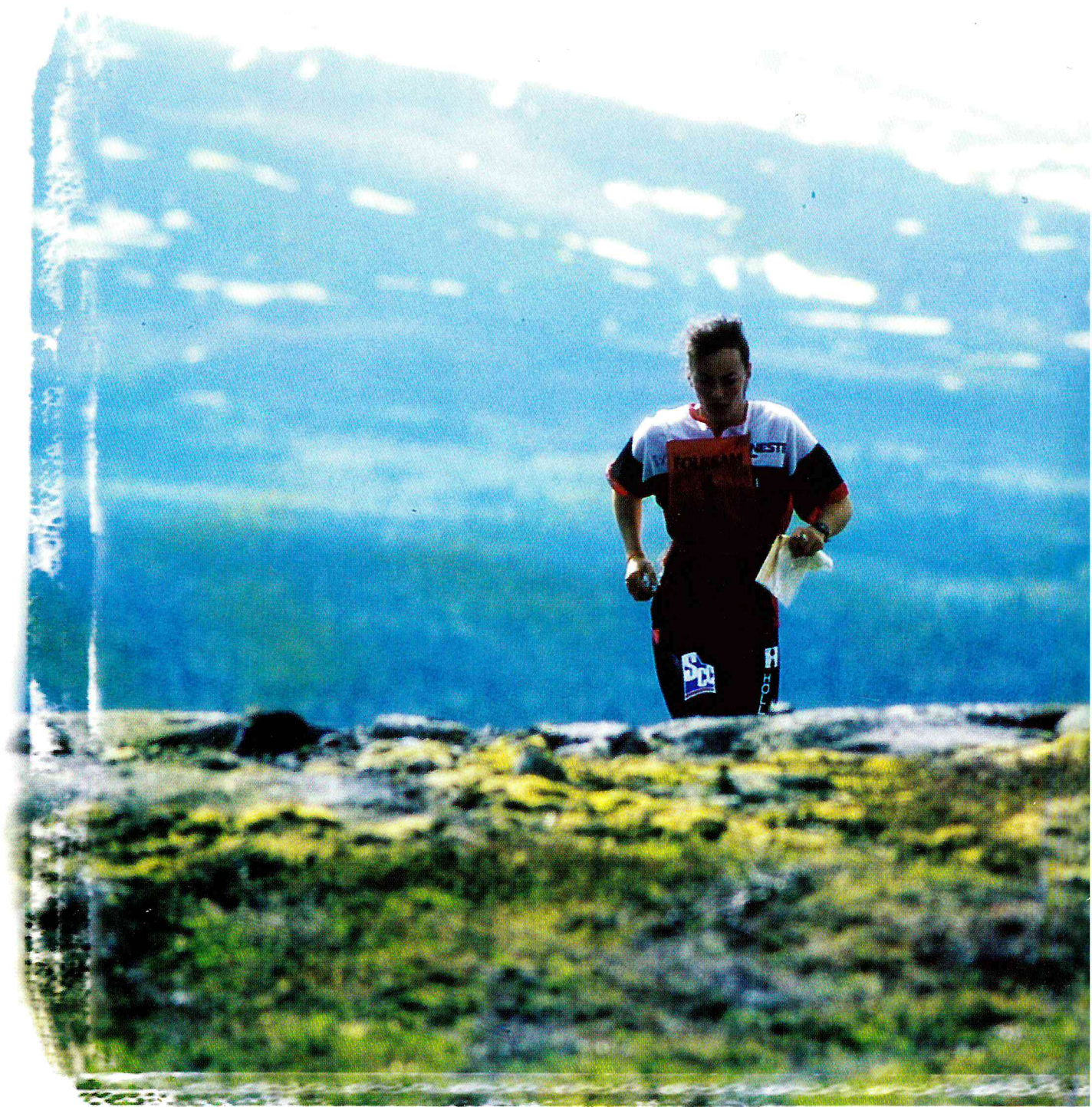


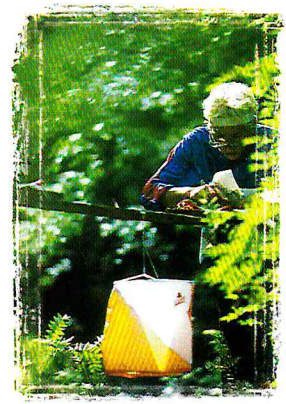
ORIENTEERING IS...

... the sport where competitors
navigate their way between control
points marked on a map.

For the experienced athlete,
orienteering means the challenge of
reading the map and choosing the
best route over rough natural terrain
while moving at high speed.







AT ONE WITH NATURE

Orienteering can serve as a new way to build a personal relationship with nature

and thereby become more responsible for taking care of it. It is an environmentally friendly

sport. Orienteers are keenly interested in environmental protection.



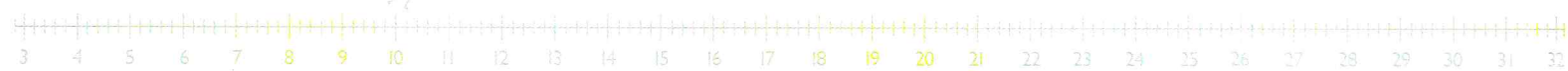
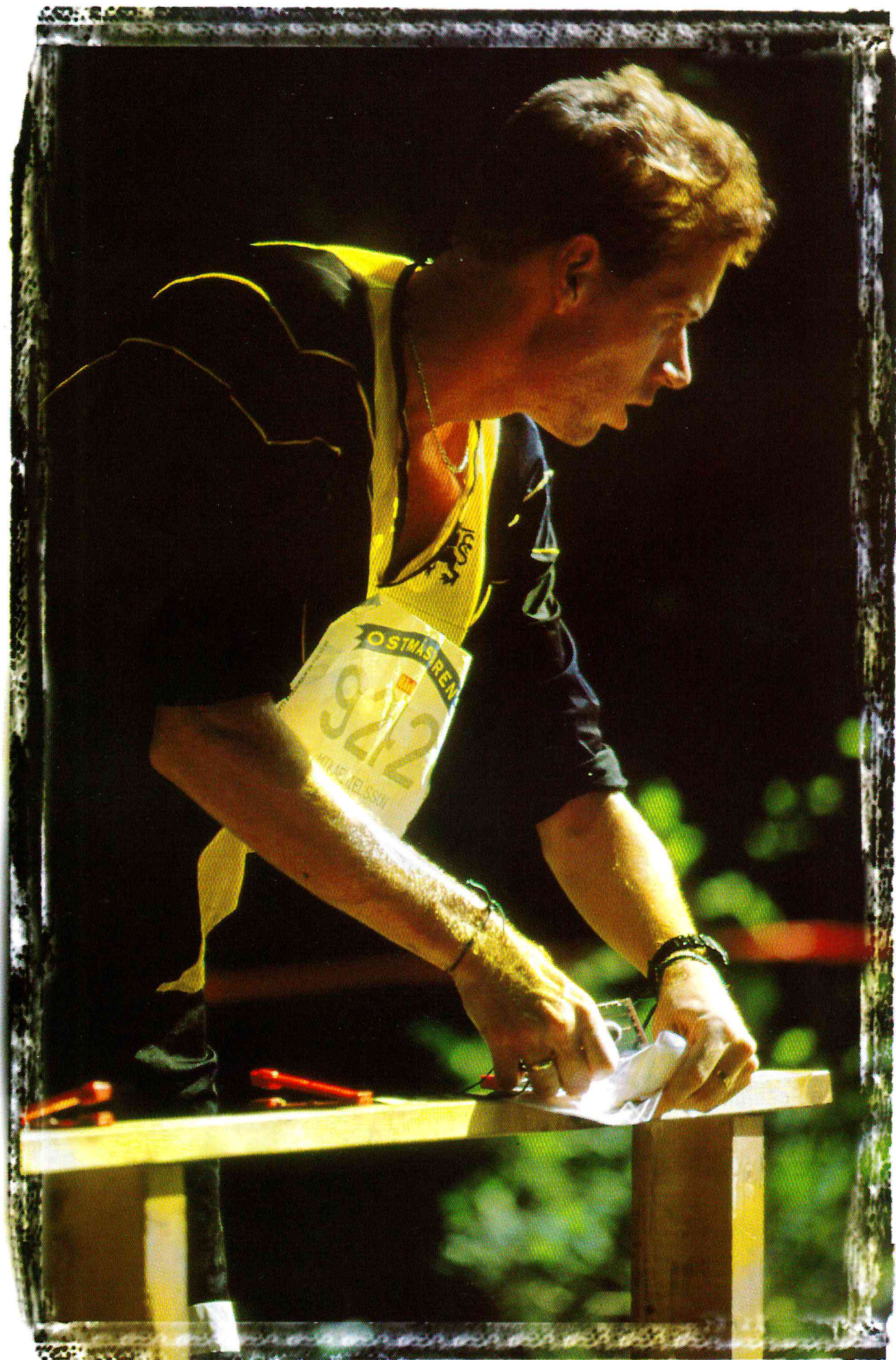


A CHALLENGE FOR BODY AND MIND

As few other sports, orienteering is a true challenge for body and mind. Orienteering demands the advanced skill of being able to read a detailed map and choose the best route between the controls while

finding your way over complex terrain and moving at high speed. In order to be successful, the athlete must combine physical and mental strength and skills.



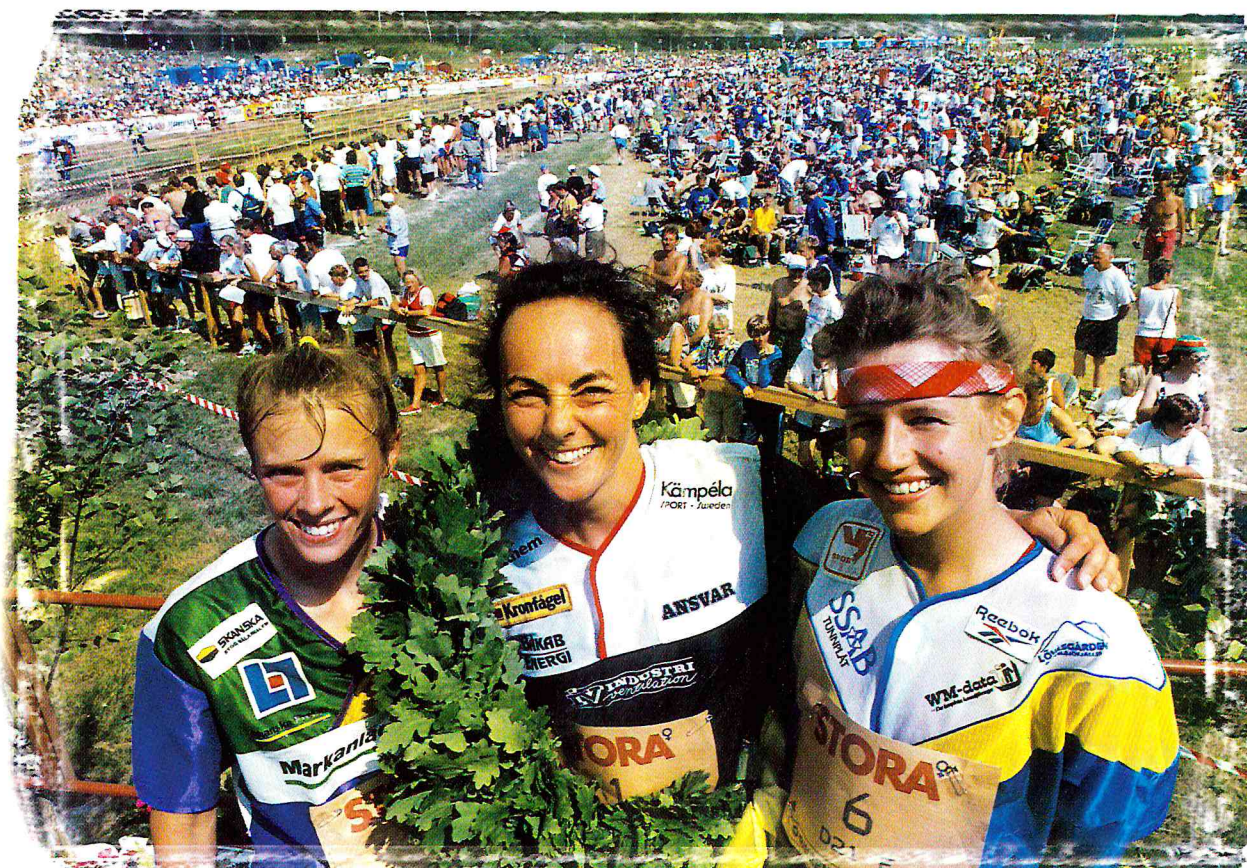


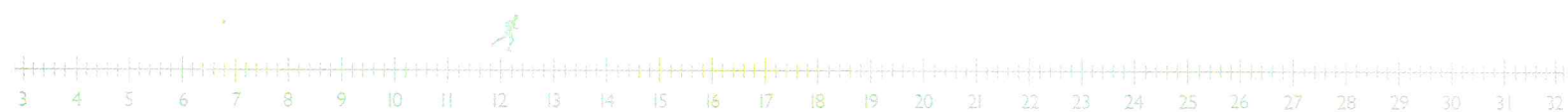
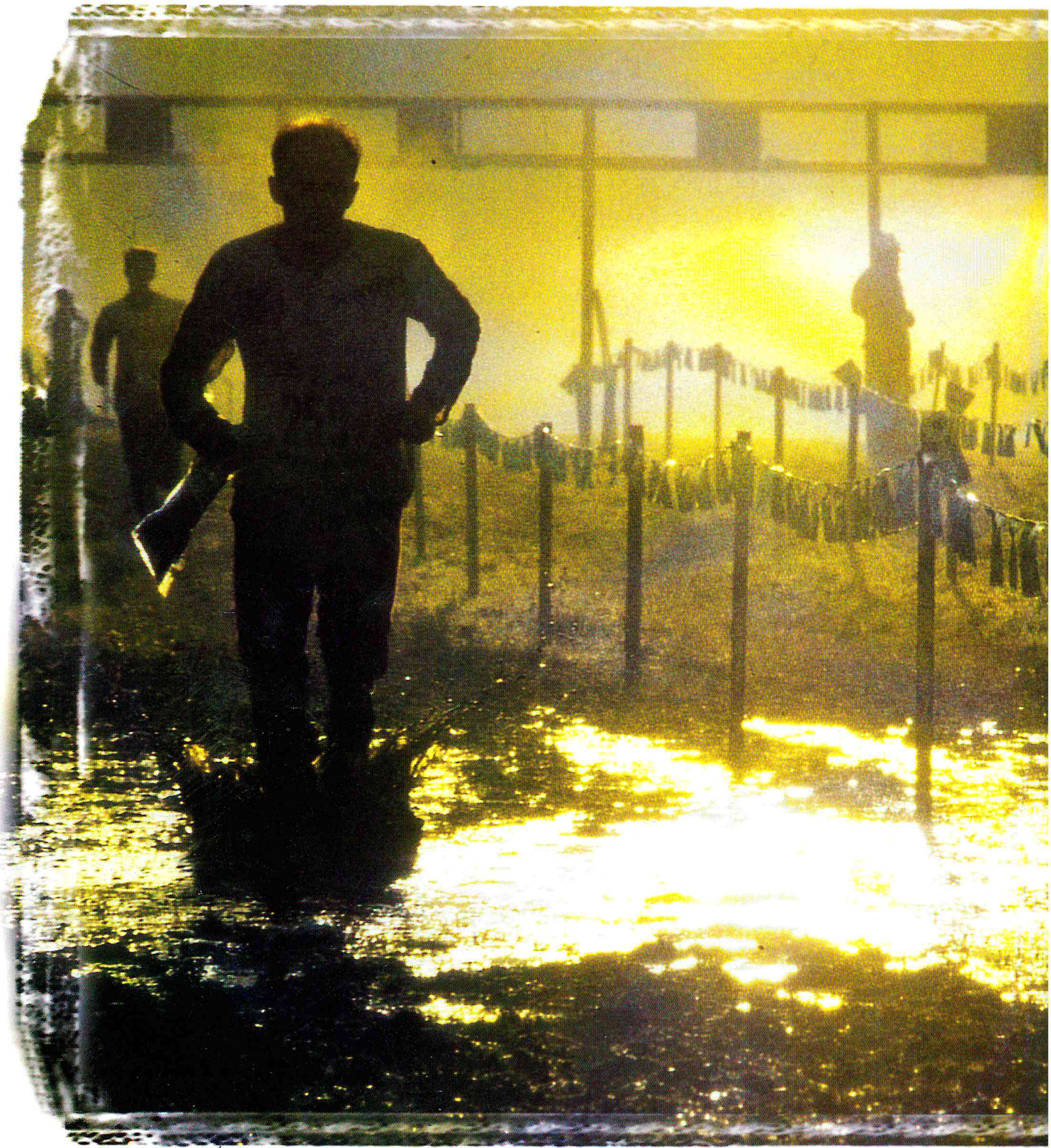


WOMEN AND MEN EQUALLY

In orienteering, women and men enjoy equal status and opportunities for training and competing.

Major championships are held at the same time and place for women and men, and each attracts equally large interest from the media.





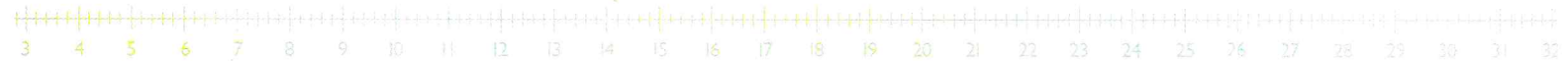


MINIMUM INFRASTRUCTURE

Orienteering requires no permanent buildings, and there

are no high investment costs for organising an event.

Natural terrain is the sports stadium, the event being adjusted to fit the local conditions.





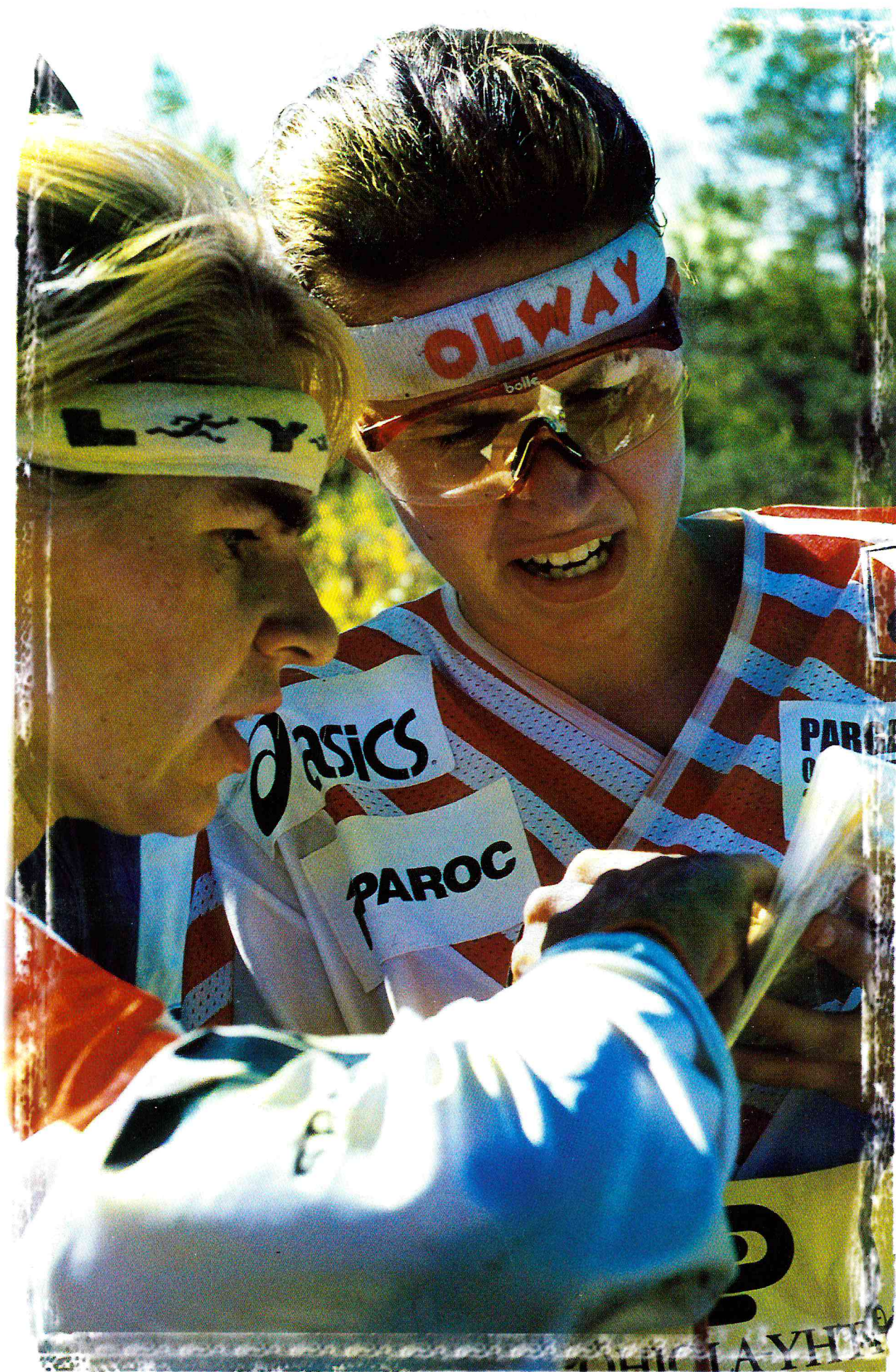
DEVELOPMENT TOWARDS THE OLYMPICS

An area of natural terrain is used for the competition. The area can vary from heath and moorland to deep forest, from plains to hills or mountains. No specific stadium or sports hall is required. The event is adjusted to fit the local conditions.

The race area is available to all competitors beforehand. An accurate, detailed large-scale orienteering map is needed. Maps are made available to all competitors beforehand. A pre-set course consisting of a series of control

points is planned for each of the two categories (women and men) in the individual event. There also is a course for mixed relay teams consisting of two women and two men. The course is revealed to the competitor on the start line.







RACING SUIT

A lightweight, stretchy suit protects from undergrowth whilst allowing maximum freedom of movement even if it gets soaking wet.

SHOES

Light, strong shoes with non-slippery soles allow sure grip on all types of ground - including mud and bare rock.

MAP

The map provided by the organiser shows the course with the control points which must be visited. The map is designed to give detailed information on the terrain - hills, ground surface, and features such as boulders or cliffs.

COMPASS

There is a wide variety of sophisticated compasses to choose from. Basically they can be divided into two main categories: base plate and thumb compasses.



CONTROL CARD

To prove that he/she has visited all control points in the right order, the orienteer has to punch the control card at each control using an electronic device.



FOOT ORIENTEERING

Foot orienteering is an endurance sport which involves a huge mental element. There is no marked route - the orienteer must navigate with map and compass while running. The map gives detailed information on the terrain such as hills, ground surface, obstacles etc. To be successful in foot orienteering, the athlete needs excellent map reading skills, absolute concentration and the ability to make quick decisions on the best route while running at high speed.

Orienteers run over rough ground, completely unprepared forest terrain or rough open hills - cross country in the true sense of the word. Therefore, considerable body strength and agility is needed. Fitness similar to that of a 3,000 m steeplechase or marathon runner is required.

There is a wide variety of orienteering events: individual competitions and relays, ultra-short park races and mountain marathon events. Night orienteering with the

aid of a head lamp also is a popular form of orienteering.

In uneven years, the best foot-orienteers in the world fight for the World Champion titles, whilst the victory of the World Cup is at stake in even years. The programme of the World Championships today includes three competitions for both women and men; classic distance, short distance and relay. Foot orienteering became a recognized Olympic sport in 1977.



SKI ORIENTEERING

Ski orienteering is a cross-country endurance winter sport. Similar to the orienteering disciplines practised in the summer season, ski orienteering requires an extremely high level of both physical and mental fitness. An elite level ski orienteer needs excellent skiing and map reading skills - and the ability to combine those two. The athlete has to take hundreds of route choice decisions at high speed during every race.

The prepared ski tracks are of various quality. Throughout the competition the ski orienteer has to make decisions about which route is the fastest between the controls. The route choice is made on the basis of the quality of the ski tracks, gradient and distance, all of which can be read from the map. In respect of physical condition, ski orienteering is comparable with marathon running or cross-country skiing.

World Cup competitions are organised every year, whilst World Championships in ski orienteering are held every two years. The programme includes competitions in long distance, short distance and relay for both women and men.

Having its origins in the 1890s, ski orienteering is a sport with long traditions. Ski orienteering became a recognized Olympic sport already in 1949.



RACING EQUIPMENT

Ski orienteers use the same kind of racing skis, ski poles, boots and suits as cross-country skiers.

MAP HOLDER

A specially designed map holder attached to the chest makes it possible to view the map while skiing at full speed.

COMPASS

The compass is attached to the map holder or to the skier's arm.

CONTROL CARD

A control card is attached to the competitor's arm.

At each control, the competitor punches the card as proof of having visited that control.

MAP

The map provided by the organiser shows the control points which must be visited. The map is designed to give all the information the competitor needs in order to decide which route is the fastest.



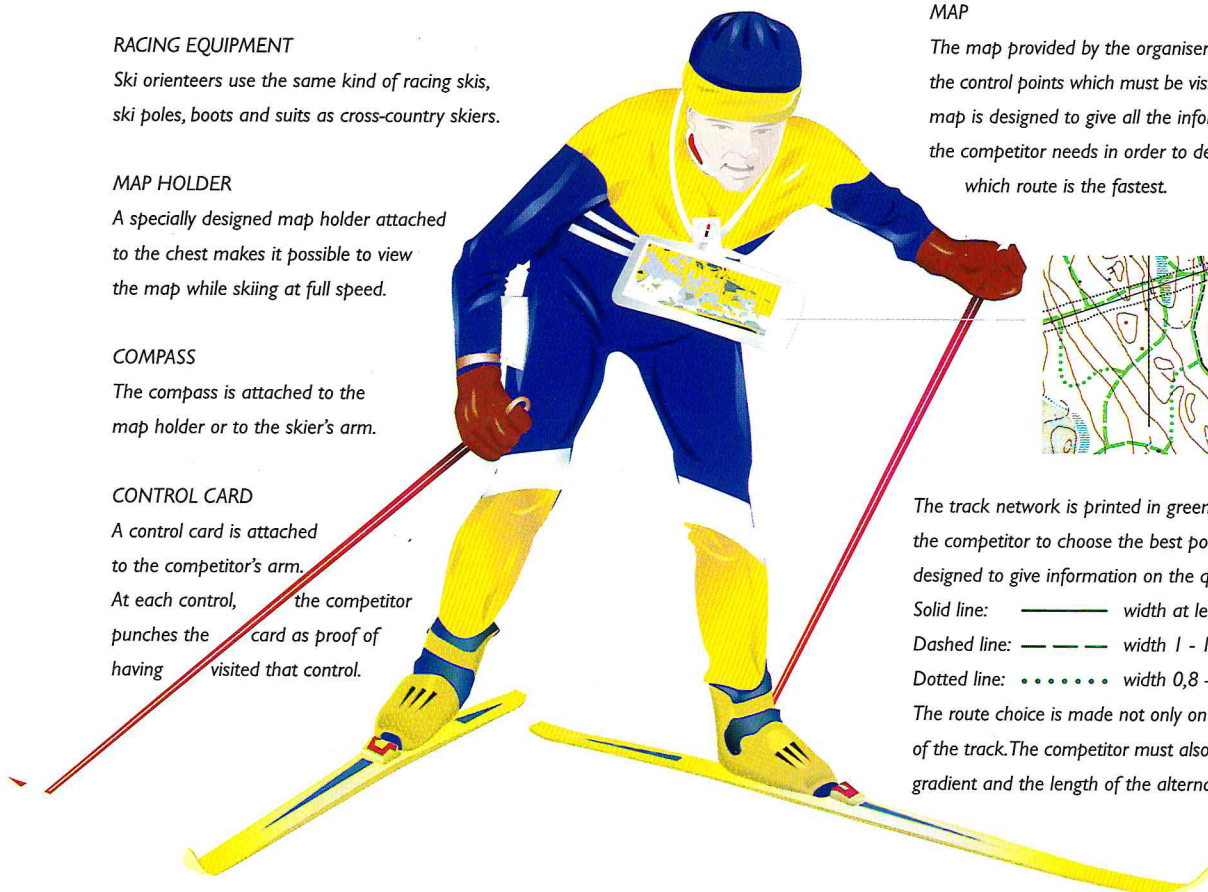
The track network is printed in green on the map. To help the competitor to choose the best possible route the map is designed to give information on the quality of the tracks.

Solid line: ————— width at least 2 m

Dashed line: - - - - - width 1 - 1,5 m

Dotted line: width 0,8 - 1 m

The route choice is made not only on the basis of the quality of the track. The competitor must also take into consideration gradient and the length of the alternative routes.





2





MAP

The map provided by the organiser can be a special mountain bike map, a ski orienteering map or an adjusted foot orienteering map.

COMPASS

The compass is attached to the competitor's arm or to the map holder.



MAP HOLDER

A map holder attached to the bike or to the competitor's chest makes it possible to view the map at high speed without stopping.



HELMET

A hard helmet is compulsory.

BIKE

Competitors use robust mountain bikes. For safety reasons, the condition of the bike (e.g. brakes) is checked by the organiser before the start.

TOOLS

Competitors may carry tools and replace spare parts but may not seek or obtain help to carry out repairs.

MOUNTAIN BIKE ORIENTEERING

Mountain bike orienteering is an endurance sport attracting both orienteering and mountain bike enthusiasts. The most important orienteering skills needed are route choice and map memory. Extremely good bike handling and ability to cope with steep slopes both up and down is an absolute must for a top level athlete.

Mountain bike orienteering can be practised in many different types

of terrain. The essential requirement is a large number of paths, tracks and roads offering the athlete challenging navigation. Navigating between control points means matching map to ground at high speed, correctly interpreting the maze of paths and tracks. As an environmental safeguard, competitors may not leave paths and tracks.

Mountain bike orienteering is

the newest of the orienteering disciplines administered by the IOF. It started in the late 1980s at club level in countries where mountain biking was a popular outdoor sport. In 1997 national championships were already run in 12 countries - and the number is rapidly growing.

World Championships in mountain bike orienteering are proposed to be organised every second year from 2002 onwards.



MOBILITY AIDS

Any recognised mobility aids, apart from a combustion engine vehicle, are permitted. Requested physical assistance is also permitted.

COURSE

The course must be accessible to the least mobile. Competitors follow tracks, paths etc.

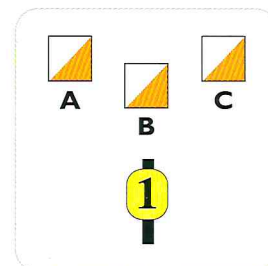
CONTROL CARD

Trail orienteers use a multiple choice control card.



MAP

The competitor interprets the map to choose which one of the control markers in the terrain represents the one marked at the map.



DECISION MAKING POINT

All competitors make the control choice from the same decision making point which is fully accessible for those with disabilities.

TRAIL ORIENTEERING

Trail orienteering is an orienteering discipline centring round map reading in natural terrain. The discipline has been developed to offer everyone including people with limited mobility a chance to participate in a meaningful orienteering competition. Manual or electric wheel chairs, walking sticks, and assistance with movement etc. are permitted as speed of movement is not part of the competition.

Trail orienteers must identify on the ground control points shown on

the map. As this is done from a distance, both able-bodied and participants with disabilities compete on level terms. Proof of correct identification of the control points does not require any manual dexterity, allowing those with severely restricted movement to compete equally. Most trail orienteering events have classes open for everyone.

European Championships in trail orienteering have been organised every year since 1994. Athletes who

cannot participate on reasonably equal terms in the sport for able-bodied people because of a functional disadvantage due to a permanent disability are eligible for the event (i.e. the same criterion as for participation in the Paralympics).

World Championships in trail orienteering are proposed to be held every second year from 1999 onwards.





FACTS



- Orienteering is a recognized Olympic sport
- The sport originated in Norway in 1897.
- The International Orienteering Federation (IOF), founded in 1961, is the world governing body for foot orienteering, ski orienteering, mountain bike orienteering and trail orienteering.
- The IOF is a member of
 - General Association of International Sports Federations (GAISF)
 - Association of Recognized International Sports Federations (ARISF)

- International World Games Association (IWGA)
- International Masters Games Association (IMGA)
- Orienteering attracts young and old, women and men, beginners and experienced athletes, in countries all over the world on five continents.
- Orienteering events take place over a variety of outdoor terrain, from parks to countryside, moorland, forest and mountains.
- Orienteering takes place in all weather conditions.

- The categories range from 10-year-old competitors to those aged over 90.
The difficulty and length of the course vary to suit age and skill level.
- The biggest orienteering event in the world is O-Ringen, the Swedish 5-days, which every year attracts some 15,000 orienteers of both genders and different ages and nationalities.
- World Championships in foot orienteering and ski orienteering are held every second year
- World Cup in foot orienteering is organised every other year, and World Cup in ski orienteering every year
- Junior World Championships in both foot orienteering and ski orienteering are organised every year as are the World Masters Championships for athletes of 35 and older.
- The first World Championships in trail orienteering are proposed to be held in 1999, and the first mountain bike championships in 2002.

THE KALEIDOSCOPE OF ORIENTEERING

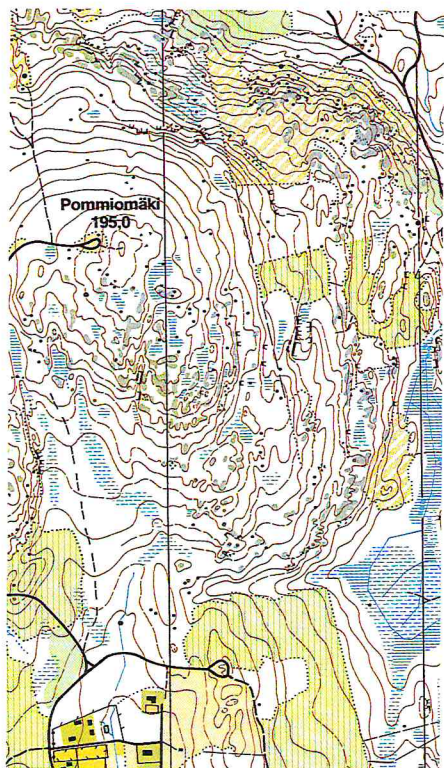


GIVE ME A MAP AND I'M MAGIC...







An accurate map is needed for all orienteering disciplines. The map is designed to give all the information the athletes need to

navigate and to find the control points which form the skeleton of the pre-set course.

There is no marked route - the athletes choose their own route between the control points.



Map symbols are classified into six categories:

Land forms (brown)	
Rock and boulders (black)	
Water and marsh (blue)	
Vegetation (green+yellow)	
Man-made features (black)	
Course symbols (purple)	

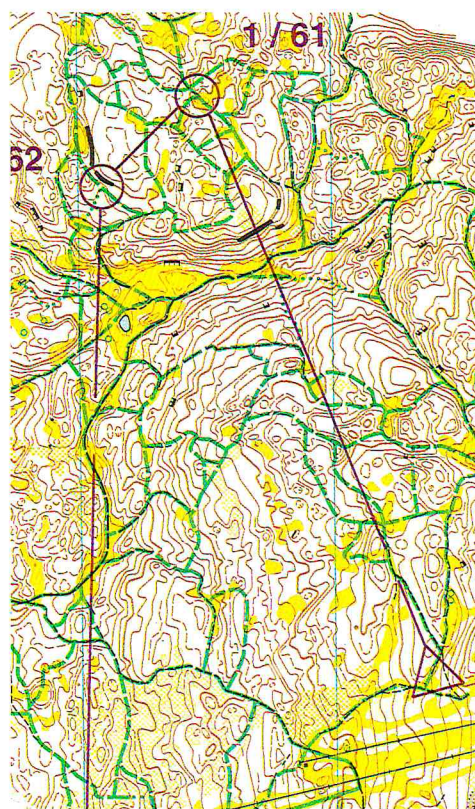
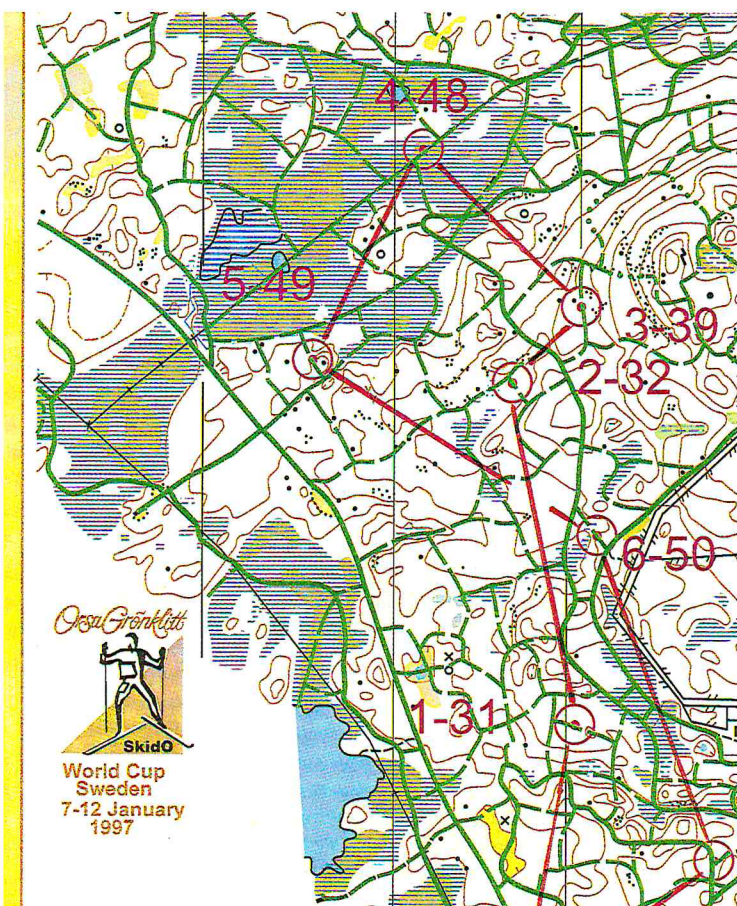
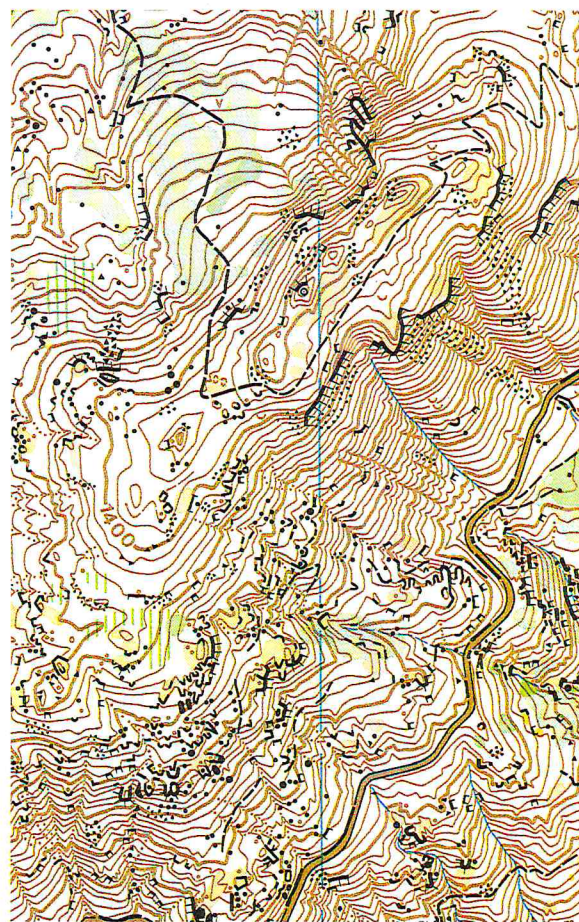
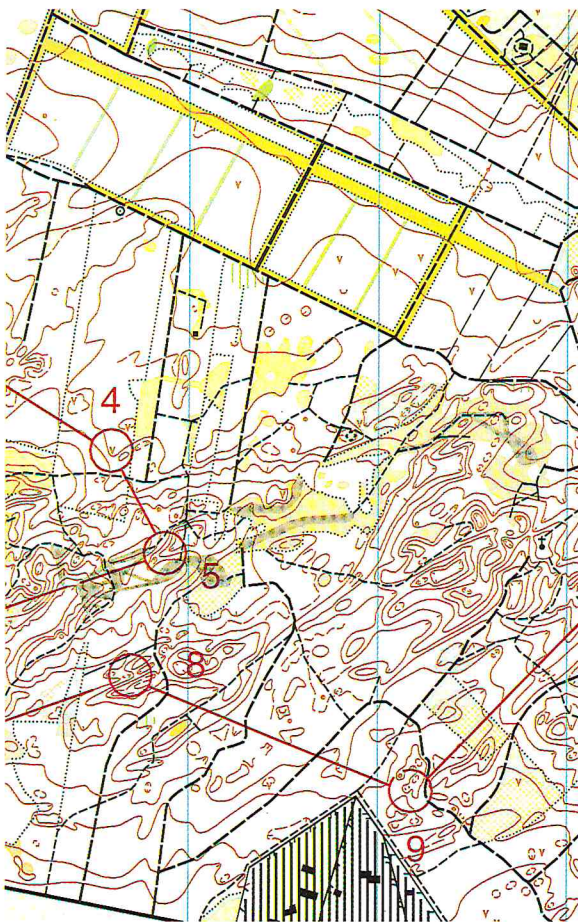


Druimorond Hill

Six Days of
Scottish Orienteering
10th Anniversary



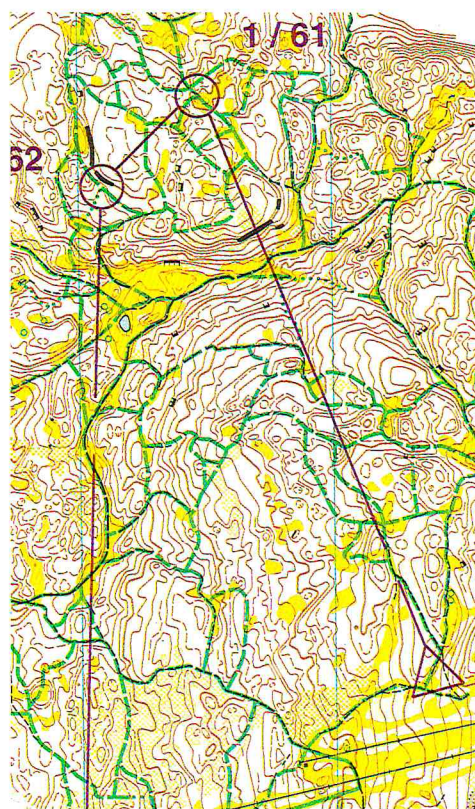
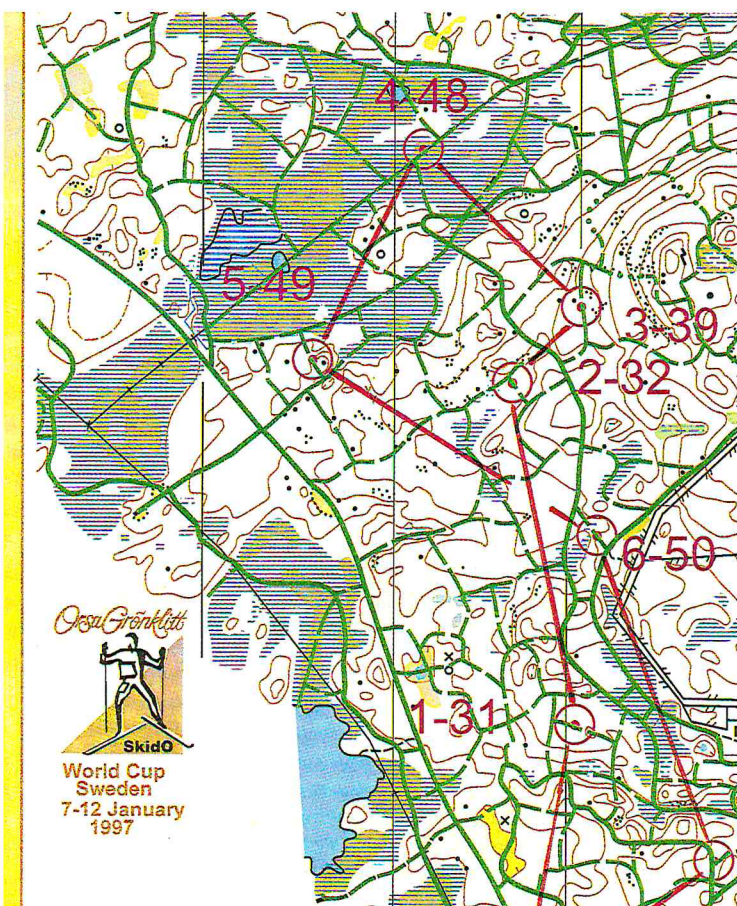
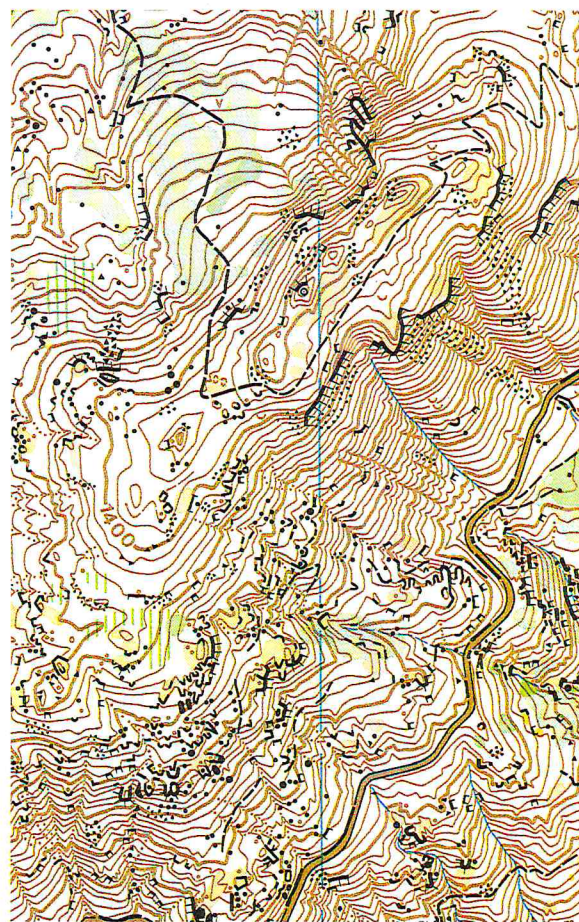
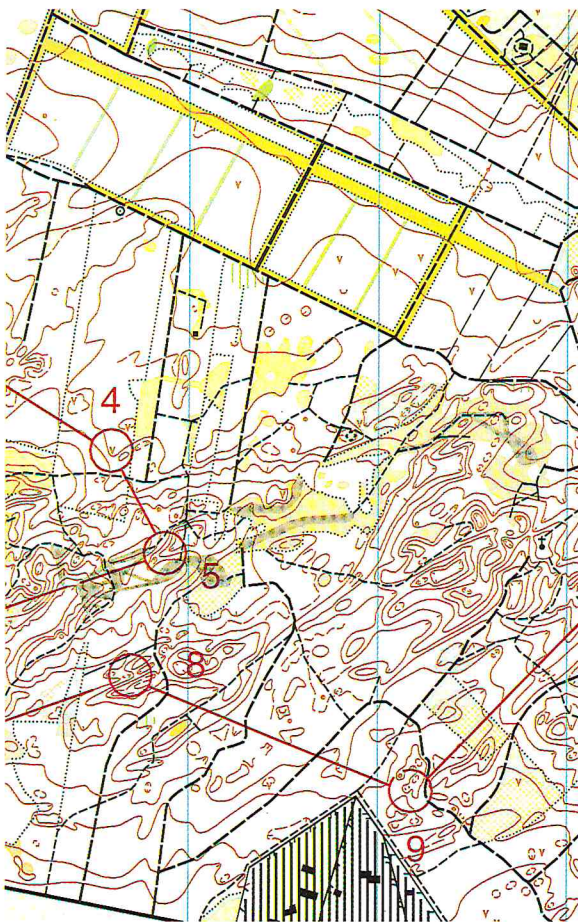
Breadalbane '97
3rd to 9th August 1997



The track network is printed in green on the map.

Solid line:	—————	width at least 2 m
Dashed line:	- - - - -	width 1 - 1,5 m
Dotted line:	width 0,8 - 1 m





The track network is printed in green on the map.

Solid line: — width at least 2 m
Dashed line: - - - width 1 - 1,5 m
Dotted line: width 0,8 - 1 m



THE FACE OF THE IOF

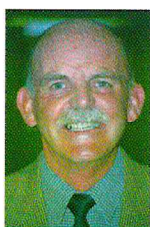
IOF Council (1996-1998)



Sue Harvey (GBR)
President



Åke Jacobson (SWE)
Senior Vice President



Hugh Cameron (AUS)
Vice President



Edmond Szechenyi (FRA)
Vice President



Thomas Brogli
(SUI)



Higinio Esteves
(POR)



Rimantas Mikaitis
(LTU)

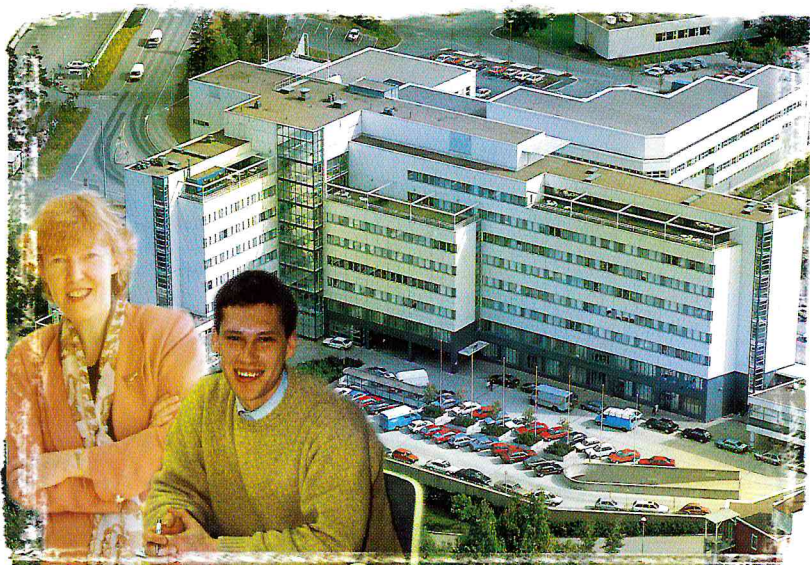


Flemming Nörgaard
(DEN)



Bruce Wolfe
(USA)

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ISR

Israel Sport Orienteering Association, Michael Friedlander, Pres. P.O.B. 335, IL-45102 Hod Hasharon, Israel,

Tel +972 9 7481 758, Fax +972 9 7414 251 Home page: <http://www.geocities.com/Colosseum/Track/7835/orient.htm>

ITA

Federazione Italiana Sport Orientamento Cas.Post 640, Corso 3 Novembre, 36, IT-38100 Trento, Italy, Tel +39 461 916 900, Fax +39 461 916 308 Unofficial home page: <http://www.alpcom.it/fiso/>

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LTU

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THE EARLY DAYS OF ORIENTEERING



In 1897 the first ever public orienteering competition was held in Norway. In its first century

orienteering has grown from an activity invented in a small corner of Northern Europe to a highly developed sport practised in countries widespread over the globe.

The centenary of the start of orienteering was celebrated by the IOF and its member federations during the year 1997/98 starting at the 1997 World Championships in Norway, the birthplace of orienteering.

The early days of orienteering

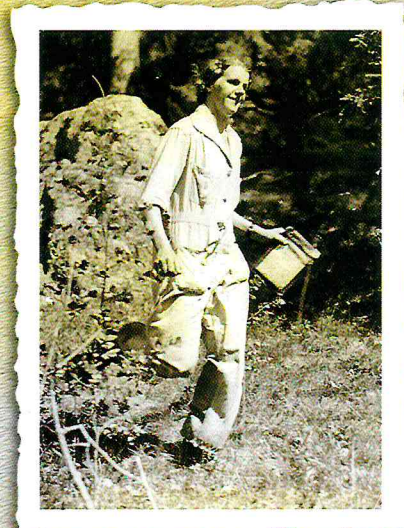
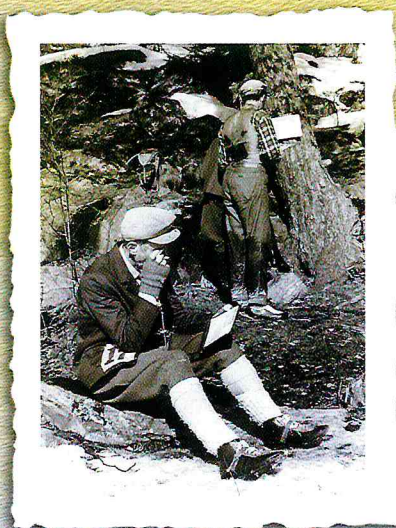


Photo courtesy Swedish Orienteering Federation.

NEW! The top of thumb compasses with an extra-large magnifying lens. Special model for left-handers.



Arrow-2/R and 2/L

Another top-class thumb compass in the Arrow family. Easy to use, clearly visible scales, rotating capsule.



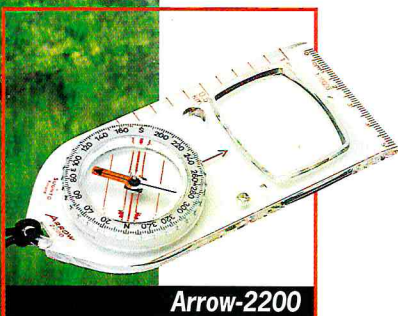
Arrow-1

A top-of-the-line compass that fits the hand. Ergonomically designed with rounded edges, hole for control marking, etc.



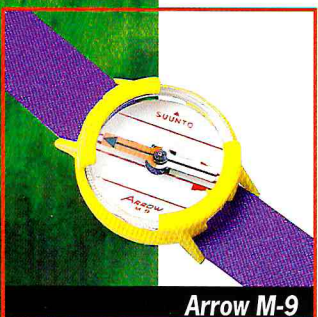
Arrow-2000

Similar to the Arrow 2000, with a TV-shaped magnifying lens.



Arrow-2200

The world's only double-bearing wrist compass. Can also be used for taking exact bearings as with a baseplate compass.



Arrow M-9

SUUNTO
ARROW

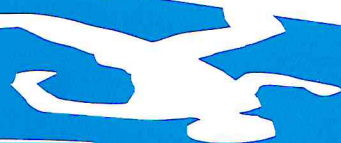
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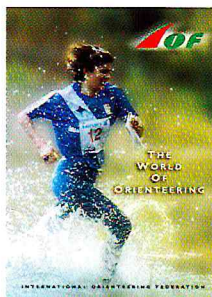
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