



# 2026 Swiss Orienteering Sprint Relay Championships and 2026 Swiss Orienteering Sprint Individual Championships, World Ranking Event (WRE)

Saturday, 9 May 2026

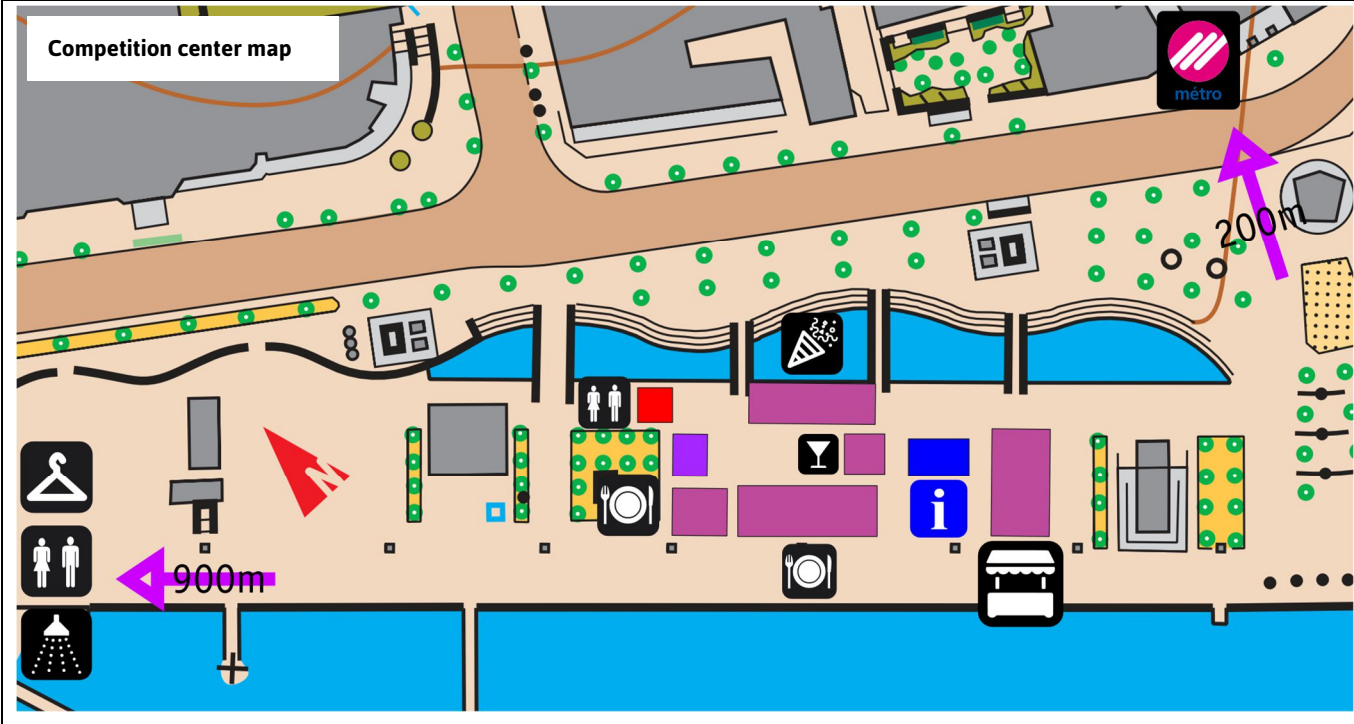
Sunday, 10 May 2026

**Disclaimer:** This is a translated version. In the event of any discrepancy or dispute, the French version shall prevail.

	Saturday, 9 May 2026 Swiss Sprint Relay Championships - SSM	Sunday, 10 May 2026 Swiss Individual Sprint Championships - SPM
<b>Organiser</b>	Club de Course d'Orienteering Lausanne-Jorat / COLJ <a href="http://www.colj.ch">www.colj.ch</a>	
<b>Event co-ordinator</b>	Raoul Gendroz <a href="mailto:raoul@lausanne2026.ch">raoul@lausanne2026.ch</a> +41 79 839 11 78	
<b>Information</b>	Guy Müller <a href="mailto:info@lausanne2026.ch">info@lausanne2026.ch</a> +41 79 442 76 34	
<b>Course planner</b>	Christophe Ingold	Jérémie Wichoud
<b>Course controller</b>	Ibrahim Naceur	Damiano Luzzi
<b>Technical adviser</b>	Jean-Claude Guyot	André Wirz
<b>Judge</b>	Albert Meyer	Christophe Ingold
<b>Jury</b>	André Wirz (Swiss-Orienteering) Jean-Claude Guyot (Technical Delegate) Beat Müller (CO Lausanne-Jorat)	Therese Achermann (Swiss-Orienteering) Brigitte Grüninger (Swiss-Orienteering) Alain Juan (Swiss-Orienteering) André Wirz (Technical Delegate, non-voting) Beat Müller (CO Lausanne-Jorat, non-voting)
<b>Website</b>	<a href="http://www.lausanne2026.ch/en/welcome">www.lausanne2026.ch/en/welcome</a>	
<b>Social</b>	<a href="https://www.facebook.com/lausannejorat">www.facebook.com/lausannejorat</a> <a href="https://www.instagram.com/co_lausanne_jorat">www.instagram.com/co_lausanne_jorat</a>	
<b>Map and scales</b>	Ouchy / map 1702, version 2026 Contour interval 2.5m Cat. SS12, SS16, SSE, SSA, SS0, SS40: 1:4'000 Category SS60: 1:3'000 For all categories: A3 format Old map (2021): <a href="http://www.lausanne2026.ch/ssm-old">www.lausanne2026.ch/ssm-old</a>	Lausanne City / map 1692, version 2026 Contour interval 2.5m From D/H50 and DAK/HAK: 1:3'000, A3 format All other categories: 1:4'000, A4 format Old map (2021): <a href="http://www.lausanne2026.ch/ssm-old">www.lausanne2026.ch/ssm-old</a>
<b>Terrain</b>	A fast-paced urban sprint! Navigating residential neighbourhoods, school playgrounds, narrow passageways and parks, runners will have to tackle a demanding terrain with ascents and descents for an intense and technical course.	Highly urban terrain in the heart of Lausanne's old town, alternating between wide streets and narrower alleyways. The terrain is known for its steep gradients in places and its numerous staircases. Runners must also be mindful of a few multi-level sections.



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<b>Embargoed areas</b>		
	<p>Embargo zones</p>	
<b>Competition center</b>	<p>Place de la Navigation, 1006 Lausanne (Switzerland) Information, first aid, O-stands, catering, entertainment</p> <p>Photo: Lausanne Tourism</p>	
	<p>Google Maps</p> <p>Video teaser</p>	
<b>Opening hours</b>	11:00 am – 11:00 pm Information stand closes at 5:00 pm	8:30 am – 4:00 pm
<b>Changing rooms</b>	Changing rooms and showers are available at the Auguste-Piccard Gymnasium, 900m (15 mins) from the competition centre, following the signposted route.	

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<p>Competition center map</p> 		
<p><b>GOOD TO KNOW!</b></p>	<p>Concerts and food stands will be organised to <b>celebrate the 50th anniversary of the COLJ / Club de Course d’Orientation Lausanne-Jorat</b> on Saturday afternoon and evening.</p>	
<p><b>Public transport</b></p>	<p>Train connections throughout Switzerland are available every half hour. The competition centre is accessible from the station only via the M2 metro line and is located 200m (5 mins) from the “Lausanne, Ouchy-Olympique” stop.  Clubs travelling in groups of 10 or more by public transport can benefit from SBB/CFF group fares; see <a href="http://www.lausanne2026.ch/cff">www.lausanne2026.ch/cff</a></p>	
<p><b>Access by car</b></p>	<p>We recommend using public transport. No parking will be provided for the race!  If you wish to come by private car nevertheless, please use the P+R park-and-ride facilities (P+R Vélodrome, P+R Grand-Mont, P+R Bourdonnette and P+R Valmont – free on Saturday/Sunday) or the City of Lausanne’s long-stay car parks (CHF 8.00/day), then travel to the competition centre by public transport (to cross the race area, use metro M2 only).  <u>Please note:</u> the Bellerive long-stay car park will be closed during the race weekend.  More information at <a href="http://www.lausanne2026.ch/parking">www.lausanne2026.ch/parking</a></p>	
<p><b>Cancellation</b></p>	<p>Any cancellation of the race on Saturday due to extreme weather conditions or other major events will be announced at the latest by 10:00 pm on Friday, 8 May 2026 on <a href="http://www.lausanne2026.ch">www.lausanne2026.ch</a>, social media and <a href="http://www.swiss-orienteing.ch">www.swiss-orienteing.ch</a> (under "Veranstalter-Info") For the race on Sunday, any cancellation will be announced before 8:00 pm on Saturday, 9 May 2026.  In the event of a race being cancelled, a refund of the entry fee will be issued, subject to the recovery of costs already incurred.</p>	

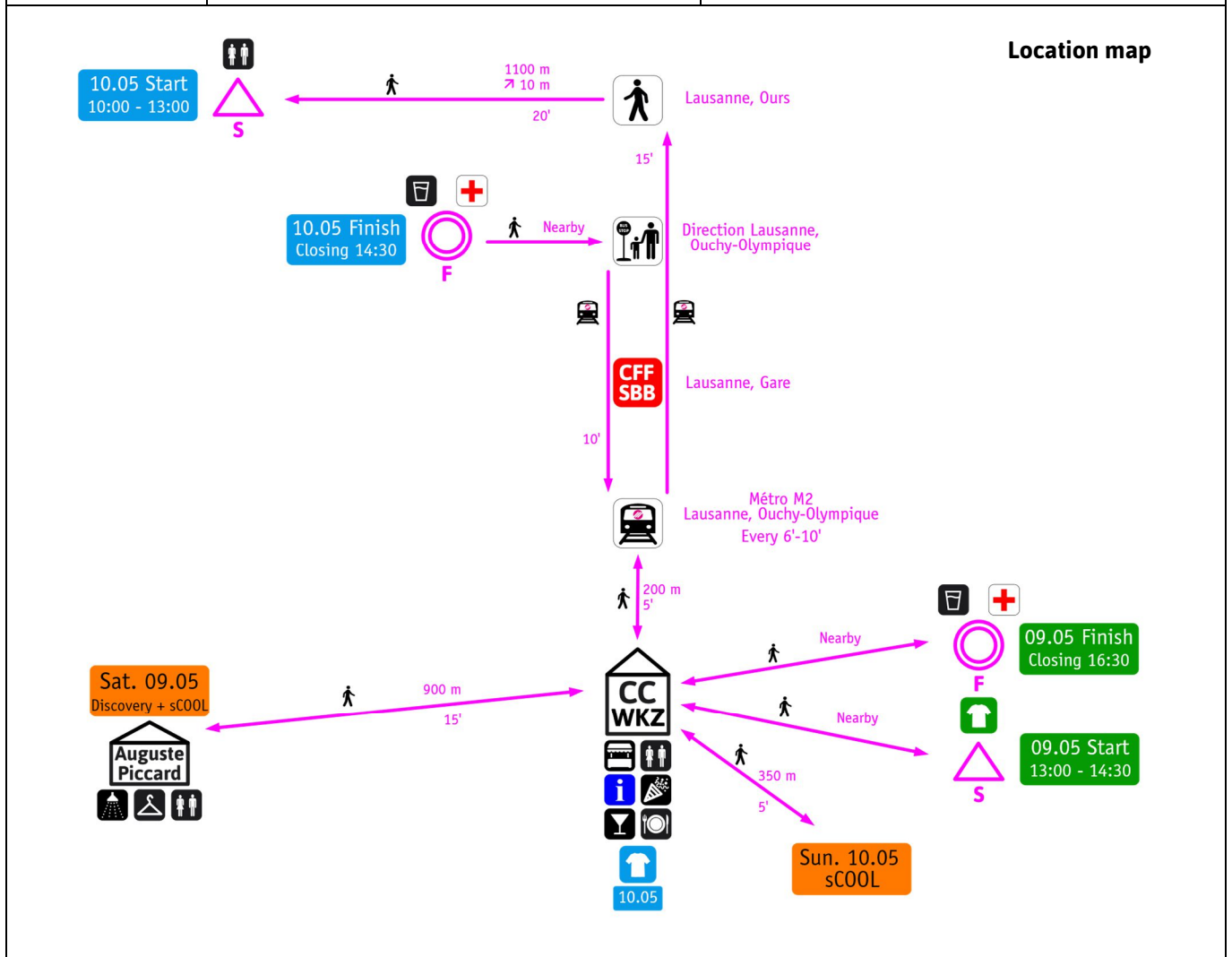
	Saturday, 9 May 2026 Swiss Sprint Relay Championships - SSM	Sunday, 10 May 2026 Swiss Individual Sprint Championships - SPM
<b>Mutations</b>	<p>Changes can be made free of charge until the online registration deadline.</p> <p>Changes to the team line-up can then be made free of charge until 8 May 2026 at 8:00 pm via <a href="http://www.lausanne2026.ch/registration-ssm">www.lausanne2026.ch/registration-ssm</a></p> <p>Changes to the SI number may, in exceptional cases, be made site at Informations desk before 12:00 on the day of the race.</p>	<p>Changes, which are free of charge, must be made online before the registration deadline at <a href="http://www.lausanne2026.ch/registration-spm">www.lausanne2026.ch/registration-spm</a></p> <p>After this date and until 8:00 pm on 9 May 2026, only changes to the SI number can be made via the <a href="http://modify.picoevents.ch">modify.picoevents.ch</a> portal</p> <p>Changes to the SI number may, in exceptional cases, be made on site at the Informations desk before 12:00 on the day of the race.</p>
<b>Late registrations</b>	No late registrations are permitted.	
<b>Categories</b>	<p>Relay team of 2 women and 2 men, starting order W-M-M-W (except SS0)</p> <p>Categories SS12, SS16, SSE, SSA, SS0, SS40, SS60</p>	<p>43 categories (including H/D10) in accordance with Art. 42 CR.</p> <p>No open category.</p>
<b>Registration fees</b>	<p>SSE, SSA, SS40, SS60: per team CHF 128.00</p> <p>SS0: per team CHF 116.00</p> <p>SS12, SS16: per team CHF 56.00</p> <p>SportIdent chip rental: CHF 3.00 (available at the competition centre)</p>	<p>2005 and older: per runner CHF 34.00</p> <p>2006 to 2009: per runner CHF 22.00</p> <p>2010 and younger: per runner CHF 16.00</p> <p>SportIdent chip rental: CHF 3.00 (available at the competition centre)</p> <p>Transport from the competition centre to the start and from the finish back to the competition centre (CHF 2.00) is included in the entry fee.</p>
<b>NEW FOR 2026</b>	<p><b>An open SS0 relay category with no gender or age restrictions</b> is available for the relay race.</p> <p>A <b>team-mate exchange</b> can be found on <a href="http://www.lausanne2026.ch/team">www.lausanne2026.ch/team</a></p> <p>Once you have registered for the exchange, we will contact you to suggest teammates.</p> <p>No individual races will be permitted.</p>	
<b>Anti-Doping</b>	<p>Anti-doping tests may be carried out in all categories. By registering, all participants agree to comply with the Swiss Olympic anti-doping regulations.</p> <p>For the SSE, H/DE and H/D20 categories, entry to the competition is only permitted after signing the anti-doping declaration available at <a href="http://www.lausanne2026.ch/anti-doping">www.lausanne2026.ch/anti-doping</a>.</p>	
<b>Start numbers</b>	<p>For all categories: available on a self-service basis at the competition centre on the morning of each race (different race numbers for Saturday and Sunday). All runners must wear their personal race number visibly on their chest.</p>	



Anti-doping

	<b>Saturday, 9 May 2026</b> <b>Swiss Sprint Relay Championships - SSM</b>	<b>Sunday, 10 May 2026</b> <b>Swiss Individual Sprint Championships - SPM</b>
<b>Start numbers (continuation)</b>	Race numbers are grouped by teams.	The race number serves as an M2 metro ticket for journeys on Sunday only: - outward journey from the competition centre to the start - return journey from the finish line to the competition centre
<b>Start times and lists</b>	1:00 pm – 2:30 pm  Mass starts will take place at the following times (subject to change; please refer to the official start lists): <ul style="list-style-type: none"> <li>• SS16: 1:00 pm</li> <li>• SS40: 1:05 pm</li> <li>• SS12: 1:24 pm</li> <li>• SS0: 1:45 pm</li> <li>• SS60: 1:50 pm</li> <li>• SSA: 2:10 pm</li> <li>• SSE: 2:30 pm</li> </ul>	10:00 am – 1:00 pm
	The start lists will be published approximately one week before the competition on the Swiss Orienteering website: <a href="http://www.swiss-orienteing.ch">www.swiss-orienteing.ch</a>	
	Several mass starts will be organised for non-relay runners according to the following provisional schedule: <ul style="list-style-type: none"> <li>• SS16/SS40: 2:35 pm</li> <li>• SS12/SS0/SS60: 3:02 pm</li> <li>• SSA/SSE: 3:45 pm</li> </ul> Please follow the speaker's instructions.	In accordance with Art. 106 CR, the starting order is, in principle, drawn by lot.  The start lists will be drawn up in accordance with the guidelines of the IOF and/or the Elite Sport Commission as follows: <ul style="list-style-type: none"> <li>• For HE/DE/H20/D20 in reverse WR order</li> <li>• For H18/D18/H16/D16 in reverse PISTE order</li> </ul>
<b>How to get to the start</b>	The start is located in the immediate vicinity of the competition centre.	M2 metro journey <b>mandatory</b> : 15 mins Then on foot: 1,100 m / ↗ 10 m / 20 mins (signposted)  M2 metro departs from "Lausanne, Ouchy-Olympique" every 6–10 minutes. <b>Alight at "Lausanne, Ours" (mandatory)</b> . Allow plenty of time! The organiser cannot be held responsible for any delays.  Travel on foot between the competition centre and the "Lausanne, Ours" M2 stop is not permitted, under penalty of disqualification.  The race number serves as a valid ticket for the journey between the competition centre and the start, and for the return to the competition centre



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		from the finish. Any other journeys during the day require a valid ticket at the runner's own expense.  In the event of a disruption to the M2 metro service, a signposted walking route will be put in place; please follow the instructions provided at the competition centre by the speaker, on the website and on social media.
<b>Toilets</b>	Available in the changing rooms, at the competition centre and near the start lines.	
<b>Storage and transport of clothes</b>	A fixed clothing drop-off point is provided near the relay waiting area.	A fixed clothing drop-off point is available at the competition centre on Place de la Navigation.
<b>Warm-up</b>	A warm-up area is provided near the relay waiting area.	On the route between the mandatory "Lausanne, Ours" M2 stop and the start. A warm-up area will also be set up near the start.














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<b>Start process</b>	<p><u>1st course – mass start</u></p> <ul style="list-style-type: none"> <li>- 8 minutes before the mass start time: check-in to clear and check the SI card and collect the rolled-up, sealed card.</li> <li>Free positioning on the mass start line.</li> <li>The card may be unrolled after the mass start.</li> </ul> <p><u>2nd to 4th legs</u></p> <ul style="list-style-type: none"> <li>At the entrance to the changeover zone, clear and check the SI card, and collect the rolled-up, closed map</li> <li>Final warm-up in the relay zone is possible with the card rolled up and closed.</li> <li>The card may only be unrolled after the baton has been passed.</li> </ul>	<p>Standard procedure according to Swiss Orienteering:</p> <ul style="list-style-type: none"> <li>- 4 mins: clear and check the SI card</li> <li>- 3 mins: collect control descriptions via self-service</li> <li>- 2 mins: indication of map box locations by category</li> <li>- 1 min: check SI card, wait next to the map box for your own category</li> <li>Start signal: the race map may not be taken from the map box until the start signal sounds. Each runner is responsible for taking the correct race map.</li> </ul> <p>Runners arriving late must report to the volunteers at the start and will be admitted to the "late runners" lane. Separate start lane for latecomers.</p>
	<p><u>Demonstration (SSM)</u></p> <p>A guided demonstration will take place in the relay zone at 12.30 pm.</p> <p>Layout of the start-relay-finish area:</p>	
<b>Start point</b>	<p>Mandatory route to the start. The start is marked by a triangle on the map and indicated by a lantern without an SI unit on the course.</p> <p>Distance from the start: 30m</p>	<p>Mandatory route to the start. The start is marked by a triangle on the map and indicated by a lantern without an SI unit on the course.</p> <p>Distance from the start: 30m</p>
<b>Footwear</b>	Spikes are prohibited.	
<b>Controls</b>	<p>White-orange control flag in accordance with the Rules of Competition, with SPORTident units (AIR+ activated). Punch the control using the SI-Card.</p> <p>If AIR+ is not working (flat SIAC battery), hold the SIAC in the slot in the SI unit to confirm.</p> <p>If the SI unit is not working (no acoustic or visual signal) or if there is no SI unit, please punch your card using the punch provided and report this at the finish.</p> <p>Please also present the card with your name on it for verification on arrival and inform the team at the chip-reading stand.</p>	

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<b>Printed map</b>	The control points are numbered consecutively and must be visited in the correct order.		
<b>Control descriptions</b>	IOF symbols, printed on the map for all categories.		
	No separate control descriptions.	Self-service at the start.	
<b>Restricted areas</b>	There are restricted areas within the course. For all restrictions, please refer to the Swiss-Orienteering documents at the link: <a href="http://www.lausanne2026.ch/symbole">www.lausanne2026.ch/symbole</a> However, the following elements are indicated on the map:		
	By the notation "708 – Impassable boundary": Artificial barriers may be present in the terrain. They are marked on the ground and must not be crossed.		
	By the notation "709 – Restricted area", prohibited areas may be present in the terrain and cannot be crossed. There are three distinct types:		
	The restricted area is marked on the terrain.	The restricted area is partially marked on the course.	The restricted area is not marked on the course.
By the symbol "714 – Temporary construction or restricted area": entry into these areas (terraces, building sites and temporary restricted areas) is prohibited. They are not marked on the course. Failure to comply with these guidelines will result in disqualification. Checks will be carried out on the course.			
<b>Compulsory routes</b>	Apart from the relay zone, there are no mandatory routes.	No mandatory routes.	
<b>Special features</b>	Some route-marking features can be found on the SPM map for <u>Sunday 10 May</u> :		
	There is a spiral staircase marked in this way. It is possible to use it to go from level 0 to level 1, and vice versa. However, it is forbidden to go down to level -1. Access to level -1 will be closed on race day.		

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	<p>The "Lausanne, Riponne - M. Béjart" M2 metro station is marked in this way on the map and can be crossed. To make the map easier to read, the platforms are not shown. They are also off-limits! On the map extract, the arrows indicate the locations where the photos were taken.</p>	
	<p>There are escalators within the competition area. You must not use them.</p>	
	<p>Please note the order of the control points. On some courses, the line connecting two control points passes through the middle of a control point that is visited later. The purple line will be cut off to improve readability and clarity regarding the order of the control points.</p>	
	<p>Some streets will have reduced traffic during the event, and certain areas may attract large numbers of tourists. Each participant is responsible for their own safety and is obliged to comply with the Federal Road Traffic Act (LCR) at all times.</p>	
<b>Refreshments</b>	<p>No refreshments will be provided during the race. Focus Water and fairtrade milk will be available at the finish line.</p>	
<b>First aid post</b>	<p>Every day at the finish line.</p>	
	<p><b>Weekend emergency number: +41 77 282 04 35</b></p>	

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<b>Finish line closure</b>	4.30 pm, maximum time: 120 minutes per team.	2.00 pm, maximum time: 45 minutes.
<b>Finish</b>	Please stop the clock at the finish line.	
	The rankings are determined by the order in which the last runners finish.	The ranking is based on the finish time shown on the SI-Card.
<b>Return to the competition centre</b>	The finish is located near the competition centre	After the finish: you must take the M2 metro towards "Lausanne, Ouchy-Olympique" to leave the race zone (restricted area) and travel at least as far as "Lausanne, Grancy". From "Lausanne, Grancy", you can return to the competition centre by M2 metro or on foot, following the route of your choice (unmarked).  The journey from the finish line to the competition centre on the M2 is free upon presentation of your race number.  Any other journeys during the day will require a valid ticket at the runner's own expense.
<b>Withdrawal</b>	Runners who withdraw from the race must scan their SI-Card at the timing point after the finish. If unnecessary searches have to be carried out because the person has not scanned their chip, the costs will be charged to the person in question.	
<b>Race maps</b>	Race maps must be returned after the race or withdrawal. They will be available on a self-service basis at the competition centre after the races.	
	from 3:45 pm	from 1:30 pm
<b>SI reading</b>	In the finish area (Place de la Navigation).	In the finish area (before returning to the competition centre).
<b>Results</b>	Live results at <a href="http://www.lausanne2026.ch/live">www.lausanne2026.ch/live</a> Full results, including split times, will be published after the race at <a href="http://www.swiss-orienteering.ch">www.swiss-orienteering.ch</a>	
	 Live SSM	 SSM Route
<b>Prize-giving</b>	The prize-giving ceremony will take place at the competition centre immediately after the competition. No prizes will be sent to your home address if you are absent.	
	Around 4:30 pm	Around 2:30 pm
<b>Rules</b>	The Swiss-Orienteering 2026 competition rules for foot orienteering will apply.	

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<b>Complaints</b>	Complaints must be submitted using the form in accordance with CR 159ff at the competition centre, information stand. The referee must be informed in advance. Those submitting a complaint must make themselves available to the race judges. Complaint deadline: in accordance with CR 162.			
<b>Grand Slam 2026</b> <b>World Ranking Event</b>	<p>The SPM race on Sunday 10 May forms part of the <i>Swiss Orienteering Grand Slam presented by EGK</i> and will be classified as a World Ranking Event (WRE).</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>			
<b>Accommodation</b>	<p>A wide range of accommodation options to suit all budgets is available on the Lausanne Tourism website: <a href="http://www.lausanne-tourisme.ch/fr/hebergements">www.lausanne-tourisme.ch/fr/hebergements</a></p> 			
<b>Race area</b>	Participants must have left the restricted area <b>by 10.00 am</b> on Saturday morning.	Hotels in the restricted area may be used for the night but must be vacated <b>by 8.00 am</b> on Sunday morning.		
<b>Childcare</b>	Open 11:30 am – 5:00 pm	Open 8:30 am – 3:30 pm		
	<p>A childcare facility will be available throughout the weekend in the Gymnastics Hall at the Auguste Piccard Gymnasium (900m from the competition centre) for children aged 6 months and over.</p> <p>Please register by emailing <a href="mailto:christine@colj.ch">christine@colj.ch</a> (before 5 May 2026), stating the desired date(s) and the child's age. Please provide a snack or packed lunch.</p>			
<b>sCOOL</b>	<p>sCOOL taster sessions for children near the changing rooms (Auguste-Piccard Gymnasium). 12:00 pm – 4:30 pm</p>	<p>sCOOL taster sessions for children at the Parc de l'Horloge Fleurie, near the CGN landing stage. 9:00 am – 2:00 pm</p>		
<b>Entertainment</b>	<p>To celebrate the <b>50th anniversary of the Lausanne-Jorat Orienteering Club</b> Lausanne-Jorat, concerts will be held on Saturday afternoon and evening at the competition centre (Place de la Navigation). Do come and celebrate this anniversary with us! <a href="http://www.lausanne2026.ch/animations">www.lausanne2026.ch/animations</a></p>  <p style="text-align: right;">Entertainment</p>			
	 Nina & Slyde	 Musique en scène	 Izia Jeen & Band	 The Black Shoe's Button

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<b>Catering</b>   Price list Refreshments	<p>Wide selection of food and drink (hot meals and snacks) at the competition centre (canteen). Mineral water, speciality and craft beers, wine, hot meals, salads and homemade pastries.</p> <p>Voucher system. Payment by cash, card or TWINT. Deposit on cups and crockery.</p> <p>We strongly encourage all runners to bring their own tableware (cups, plates, cutlery)</p>	
<b>Introduction and discovery</b>	<p>A <b>free</b> map &amp; compass taster session with discovery trails will be offered near the changing rooms, around the Auguste-Piccard gym, for anyone wishing to try their hand at orienteering.</p> <p>Compasses and Sportident timing chips are available free of charge, subject to a deposit. (CHF 20.00 or ID)</p> <p>10.00 am – 4.30 pm</p>	
<b>Massages</b>	<p>Massages are available for runners. For reasons of hygiene, a shower is compulsory before the massage. If you are interested, please register in advance by emailing <a href="mailto:massages@lausanne2026.ch">massages@lausanne2026.ch</a>, preferably before <b>6 May 2026</b>. You can also register on the day of the race, subject to availability.</p>	
	2:00 pm – 4:30 pm	11:00 am – 4:30 pm
<b>Insurance</b>	<p>Is the responsibility of the participants. Liability in accordance with Art. 21 CR. To the extent permitted by law, the organiser accepts no liability.</p>	
<b>Media</b>	<p>Photos and videos will be taken on race days and may be published online and in the media. By registering, participants consent to such publication            Media contact: Mathéo Klingler <a href="mailto:matheo@lausanne2026.ch">matheo@lausanne2026.ch</a></p>	
<b>Data protection</b>	<p>The Swiss Orienteering guidelines dated 24 August 2021 apply.</p> <p>Anyone taking part in an orienteering event listed by Swiss Orienteering at <a href="http://www.o-l.ch">www.o-l.ch</a> agrees to their name appearing on the published start and results lists. Subsequent removal of a name, time or ranking from the results list is not permitted. Swiss Orienteering determines the period for which the start and results lists remain publicly accessible.</p> <p>By registering, runners also accept the data protection policy of CO Lausanne-Jorat: <a href="http://www.lausanne2026.ch/dpp">www.lausanne2026.ch/dpp</a></p>	

**COURSE DATA**

**Swiss Sprint Relay Championships – SSM**

Saturday, 9 May 2026

Category	Women (1st and 4th relay runners)			Men (2nd and 3rd relay runners)			Open (1st to 4th runner)			Cat.	Scale	Format
	km	Climb	Controls	km	Climb	Controls	km	Climb	Controls			
SSE	3.0	57	21	3.3	60	24				SSE	1:4,000	A3
SSA	2.3	50	16	2.7	50	17				SSA	1:4,000	A3
SS40	2.3	38	15	2.6	48	20				SS40	1:4,000	A3
SS60	2.1	42	11	2.3	50	13				SS60	1:3,000	A3
SS12	2.2	35	14	2.3	35	15				SS12	1:4,000	A3
SS16	2.7	50	17	3.0	55	21				SS16	1:4,000	A3
SS0							2.4	43	15	SS0	1:4,000	A3

**Swiss Individual Sprint Championship – SPM**

Sunday, 10 May 2026

Category	km	Climb	Controls	Scale	Format	Category	km	Climbs	Controls	Scale	Format
DE	2.9	70	20	1:4,000	A4	HE	3.3	75	21	1:4,000	A4
DAL	2.6	60	17	1:4,000	A4	HAL	2.9	65	18	1:4,000	A4
DAM	2.2	45	14	1:4,000	A4	HAM	2.4	40	16	1:4,000	A4
DAK	1.9	30	13	1:3,000	A3	HAK	2.0	30	16	1:3,000	A3
DB	2.1	35	23	1:4,000	A4	HB	2.2	35	24	1:4,000	A4
D35	2.3	40	14	1:4,000	A4	H35	2.6	45	16	1:4,000	A4
D40	2.3	40	14	1:4,000	A4	H40	2.6	45	16	1:4,000	A4
D45	2.4	40	16	1:4,000	A4	H45	2.6	45	16	1:4,000	A4
D50	2.2	45	14	1:3,000	A3	H50	2.4	45	15	1:3,000	A3
D55	2.2	30	14	1:3,000	A3	H55	2.4	45	15	1:3,000	A3
D60	2.2	30	14	1:3,000	A3	H60	2.3	40	14	1:3,000	A3
D65	1.9	30	13	1:3,000	A3	H65	2.2	45	14	1:3,000	A3
D70	1.6	25	16	1:3,000	A3	H70	2.0	30	16	1:3,000	A3
D75	1.6	25	16	1:3,000	A3	H75	1.9	30	13	1:3,000	A3
D80	1.3	25	11	1:3,000	A3	H80	1.6	25	16	1:3,000	A3
						H85	1.3	25	11	1:3,000	A3
D20	2.9	70	20	1:4,000	A4	H20	3.3	75	21	1:4,000	A4
D18	2.6	60	17	1:4,000	A4	H18	2.9	65	18	1:4,000	A4
D16	2.6	55	17	1:4,000	A4	H16	2.8	55	19	1:4,000	A4
D14	2.4	50	15	1:4,000	A4	H14	2.6	55	17	1:4,000	A4
D12	2.1	35	23	1:4,000	A4	H12	2.2	35	24	1:4,000	A4
D10	1.8	30	22	1:4,000	A4	H10	1.8	30	22	1:4,000	A4

Distances are given based on the shortest optimal route.

## ACKNOWLEDGEMENTS

The organising committee would like to extend its warmest thanks to its many partners, in particular the **City of Lausanne** for the invaluable support of its Sports Department, the many orienteering **volunteers** from **CO Lausanne-Jorat** and friends, as well as a special thank you to **the many sporting volunteers from Lausanne** who give up some of their precious time to ensure everything runs smoothly and to welcome the athletes in the best possible way.

Thanks to all of you, runners from all over Switzerland and beyond will have wonderful memories of this orienteering weekend in the heart of Lausanne!

A big THANK YOU also to our generous institutional partners and private sponsors, without whom this weekend could not have taken place.

### Institutional partners



Ville de Lausanne



### Private sponsors – Place de la Palud package



Créateurs de moments gourmands





## Private sponsors – Partners



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### Lausanne 2026 Refreshment Stand – Menu and Prices

Subject to change

All prices in CHF / 1 EUR = 1 CHF

Savoury food	Voucher sales
Burger (beef patty, cheese, tomatoes, lettuce, onion, sauce) .....	18.-
Minced beef, vegetables, pasta .....	18.-
Minced chicken, vegetables, rice (gluten-free) .....	16.-
Pasta, tomato and vegetable sauce, grated cheese (vegetarian) .....	14.-
Pasta salad 250g (vegetarian) .....	8.-
Portion of nuggets (6 pieces) .....	9.-
Portion of fries .....	7.-
Sandwiches (ham / vegetarian) .....	7.-
Vegetable soup with bread .....	6.-
<b>Savoury and sweet pastries</b>	<b>4.-</b>
<b>Sweet waffles</b>	<b>5 - 10.-</b>
<b>Non-alcoholic drinks</b>	
Focus Water (Pineapple-mango, mirabelle plum-rhubarb) .....	PET 0.5 l 4.-
Soft drinks (Rivella, Coca-Cola, Ice Tea Lemon, Schorle, sparkling water) .....	cup 0.3 l 3.-
.....	bottle 1.5 l 9.-
Milk (Faireswiss, fair trade milk) .....	cup 0.3 l 2.-
Tea, Coffee (Velocissimo) .....	cup 3.-
<b>Beers</b>	
Warsteiner Blonde (Premium Pilsner) .....	cup 0.25 l 5.-
.....	jug 1.4 l 20.-
Wittekop (White), Vaudoise (Jorat), Ambrée (Jorat) .....	cup 0.25 l 6.-
.....	jug 1.4 l 25.-
<b>Wines</b>	
White (Chasselas Abbaye de Mont, City of Lausanne) .....	bottle 0.75 l 18.-
Rosé (Abbaye de Mont, City of Lausanne) .....	bottle 0.75 l 18.-
Red (Abbaye de Mont blend, City of Lausanne) .....	bottle 0.70 l 20.-
Glass (White, Rosé, Red) .....	0.1 l 4.-
<b>Deposit</b>	
Plates, cups, bowls .....	2.-
Cutlery (knife, fork, spoon) .....	1.-
Jugs (beer).....	5.-

Deposits will be refunded in cash at the deposit stand only, or offered to the COLJ juniors for their summer camp: Thank you in advance!

