



Swiss O Week

Invitation / Bulletin 1



Main sponsors



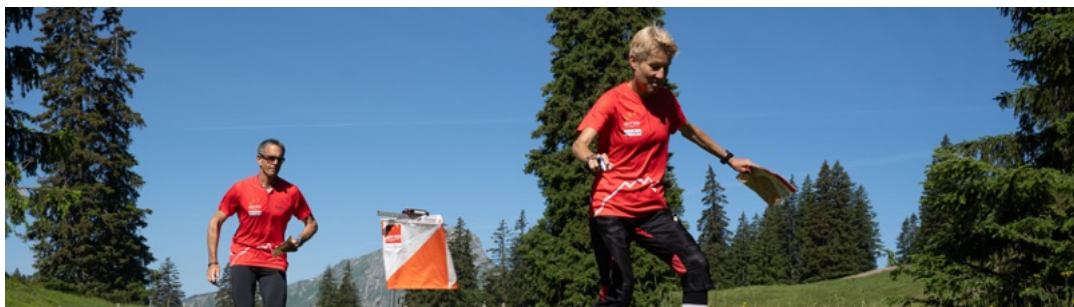
In co-operation with





Invitation to Swiss Orienteering Week 2026

Organisation	Swiss O Week 2026 Portes du Soleil Association		
Event site	Région Dents du Midi – Portes du Soleil		
Event date	Saturday, 11.07. to Saturday, 18.07.2026		
Information	info@swiss-o-week.ch, www.swiss-o-week.ch		
Programme	Date	Event	Venue
	Wednesday 08.07. - Wednesday 15.07.2026	Training	Région Dents du Midi – Portes du Soleil
	Friday 10.07. - Sunday 12.07.2026	Check-In	Event centre, Morgins
	Sunday 12.07 - Saturday 18.07.2026	Stages 1 to 6	Région Dents du Midi – Portes du Soleil
	Wednesday 15.07.2026	Rest day	
Organising committee	President Competitions Safety and security Logistics Communication Events Finances Secretary	Marcel Schiess, Paul Stalder Felice Büchi, Paul Corrodi Stephan Gürtler, Reto Misteli Thomas Schneider, Michael Zumsteg Annina Müller, Severin Müller Myrtha Jung, Renate Hörnlimann Christoph Brand Rahel Moser	
Event Centre	Multi-purpose hall in Morgins, coordinates 46.238, 6.854 Check-in, information, prize giving, evening entertainment, O-shops, souvenir shop		
Stage 1	La Foilleuse, long distance, 100 % of the reference time according to Swiss competition rules (rtaScr), 1'500 - 1'900 metres a.s.l. Course-setters Pierre Mahieu, Agnès Mercier		
Stage 2	Chalets de Plaine Dranse, long distance, 100 % of the "rtaScr" 1'600 - 2'200 metres a.s.l. Course-setters Franziska Wolleb, Tom Eyer		
Stage 3	Col du Chésery, middle distance, 100 % of the "rtaScr" 1'850 - 2'100 metres a.s.l. Course-setters Hansruedi Kohler, Käthi Kohler		
Stage 4	Portes du Soleil, middle distance, 135 % of the "rtaScr" 1'700 - 2'100 metres a.s.l. Course-setters Biiit Okle, Simon Ott		



Portes du **Soleil**
Ski & Bike

Stage 5	Avoriaz, sprint/map change/middle distance, 100 % of the "rtaScr" 1'500 - 1'800 metres a.s.l. Course-setters Dom Fleurent, Théo Fleurent
Stage 6	Super Châtel, middle distance, 120 % of the "rtaScr" 1'600 - 1'800 metres a.s.l. Course-setters Nik Moser, Res Wenger
Embargoed areas	See website www.swiss-o-week.ch
Event advisors	Marc Eyer, Christophe Ingold and Alain Juan
Competitive classes	All competitive classes according to the competition rules of the Swiss Orienteering Federation, see also the table below with the requirements in the individual classes. In addition, the following short classes are offered: D45K, D50K, D55K, D60K, D65K and H45K, H50K, H55K, H60K, H65K. The competitive classes are for individual competitors.
Open classes	Challenge ultra, Challenge long, Challenge middle and Challenge short, Holiday long and Holiday short. In these classes, it is possible to start either as an individual or as a team. Children may be accompanied by an adult. If the adult is running in a competitive class, they must complete their own run before shadowing the child,
Control system	SPORTident SI-Card5 and SI-Card6 can no longer be used at Swiss O Week 2026. Please refer to the relevant information below.
Maps	H/D16, H/D18, H/D20 and HE/DE: <ul style="list-style-type: none"> • 1:15'000 for the long distance stages • 1:10'000 for the middle distance stages • 1:4'000 for the sprint half-stage For all other competitive classes: <ul style="list-style-type: none"> • 1:10,000 for the long and middle distance stages; 1:7'500 from H/D50 onwards • 1:4'000 for the sprint half stage; 1:3'000 from H/D50 Challenge and Holiday categories <ul style="list-style-type: none"> • 1:10'000 for the long and middle distance stages • 1:4'000 for the sprint half stage All maps as of 2026, size up to A3 Mappers: Yves Nager, Flavio Poltéra, Urs Steiner, Beat Imhof



Requirements	Class	Difficulty	Start	Middle-distance	Long-distance
	Competitive classes				
	H10	■	3	10-15'	10-20'
	H12	■■	2	15-20'	25-35'
	H14	■■■	2	20-25'	35-45'
	H16	■■■■	1	25-30'	45-55'
	H18	■■■■■	1	25-30'	55-65'
	H20	■■■■■■	1	30-35'	65-80'
	HE	■■■■■■■	1	30-35'	80-100'
	HAL	■■■■■■■	1	30-35'	65-80'
	HAM	■■■■■■■	1	25-30'	50-60'
	HAK	■■■■■■■	2	20-25'	30-40'
	HB	■■■■	2	25-30'	45-55'
	H35	■■■■■■■	1	30-35'	50-60'
	H40	■■■■■■■	1	30-35'	50-60'
	H45	■■■■■■■	1	30-35'	50-60'
	H45K	■■■■■■■	3	25-30'	45-55'
	H50	■■■■■■■	2	30-35'	50-60'
	H50K	■■■■■■■	3	25-30'	45-55'
	H55	■■■■■■■	2	30-35'	50-60'
	H55K	■■■■■■■	3	25-30'	45-55'
	H60	■■■■■■■	2	30-35'	50-60'
	H60K	■■■■■■■	3	25-30'	45-55'
	H65	■■■■■■■	2	30-35'	50-60'
	H65K	■■■■■■■	3	25-30'	45-55'
	H70	■■■■■■■	2	30-35'	50-60'
	H75	■■■■■■■	2	30-35'	45-55'
	H80	■■■■■■■	3	30-35'	40-50'
	H85	■■■■■■■	3	30-35'	40-50'
	Competitive classes				
	D10	■	3	10-15'	10-20'
	D12	■■	2	15-20'	25-35'
	D14	■■■	2	20-25'	35-45'
	D16	■■■■	1	25-30'	45-55'
	D18	■■■■■	1	25-30'	50-60'
	D20	■■■■■■	1	30-35'	55-65'



Requirements	Class	Difficulty	Start	Middle-distance	Long-distance
Competitive classes					
	DE	■■■■■■■	1	30-35'	55-70'
	DAL	■■■■■■■	1	30-35'	55-70'
	DAM	■■■■■■■	1	25-30'	50-60'
	DAK	■■■■■■■	2	20-25'	30-40'
	DB	■■■■	2	25-30'	40-50'
	D35	■■■■■■■	1	30-35'	45-55'
	D40	■■■■■■■	1	30-35'	45-55'
	D45	■■■■■■■	1	30-35'	45-55'
	D45K	■■■■■■■	3	25-30'	35-45'
	D50	■■■■■■■	2	30-35'	45-55'
	D50K	■■■■■■■	3	25-30'	35-45'
	D55	■■■■■■■	2	30-35'	45-55'
	D55K	■■■■■■■	3	25-30'	35-45'
	D60	■■■■■■■	2	30-35'	45-55'
	D60K	■■■■■■■	3	25-30'	35-45'
	D65	■■■■■■■	2	30-35'	45-55'
	D65K	■■■■■■■	3	25-30'	35-45'
	D70	■■■■■■■	2	30-35'	40-50'
	D75	■■■■■■■	2	30-35'	40-50'
	D80	■■■■■■■	3	30-35'	40-50'
Open classes					
	Challenge short CS	■■■■	3	20-25'	20-30'
	Challenge middle CM	■■■■■	3	25-30'	30-40'
	Challenge long CL	■■■■■■■	3	30-35'	40-50'
	Challenge ultra CU	■■■■■■■	3	30-35'	50-60'
	Holiday short HS	■■■	3	15-20'	20-30'
	Holiday long HL	■■■	3	20-25'	25-35'
■ = Very easy			■■■■■■■ = very difficult		



Competition mode	<p>Multi-day orienteering with 6 stages.</p> <p>In all categories except for Holiday, the total result will be calculated into a point value by taking the results of the individual stages using the formula "winning time divided by own time and multiplied by 1000". For the overall result, the total of the five best results count.</p> <p>In the Holiday category the orienteering experience is more important than the running time. The results of the participants will be shown in alphabetical order indicating the time. There will be no overall ranking.</p>		
Registration	Via the Swiss O Week registration portal at www.trackmaxx.ch .		
Limitation of participation	The number of participants per category may be limited by the organiser; in the competitive classes at 120 people, in the open classes at 200 people.		
Entry fee	The entry fee includes the registration, the Swiss O Week transport pass and a comprehensive event programme.		
	Entry fees for competitive classes:		
		early bird until 31.01.2026	fees until 31.05.2026
	Born 2010 and younger	CHF 120.-	CHF 135.-
	Year 2006 - 2009	CHF 175.-	CHF 195.-
	born 2005 and older	CHF 250.-	CHF 275.-
	Entry fees Holiday and Challenge categories: Individual runner or oldest runner of a team		
		early bird until 31.01.2026	fees until 31.05.2026
	Born 2010 and younger	CHF 120.-	CHF 135.-
	Year 2006 - 2009	CHF 175.-	CHF 195.-
	born 2005 and older	CHF 250.-	CHF 275.-
	Entry fees Holiday and Challenge categories: Additional runner of a team, with a map		
		early bird until 31.01.2026	fees until 31.05.2026
	Born 2021 and younger	free of charge	free of charge
Year 2010 - 2020	CHF 70.-	CHF 80.-	
Year 2006 - 2009	CHF 85.-	CHF 95.-	
born 2005 and older	CHF 95.-	CHF 105.-	



Payment	<p>At the end of the registration process online payment is possible with VISA, Mastercard, Postcard, PayPal, TWINT, invoice (ES) or an international bank transfer.</p> <p>Entries which have not been paid within 10 days of registration will be deleted.</p> <p>Vouchers from Swiss O Week 2023 can be used as a part payment.</p>
Deadlines	<p>Early bird registration for all classes: 31.01.2026</p> <p>Deadline for competitive classes: 31.05.2026</p> <p>After this date it is not possible to register in those classes</p> <p>Deadline for Challenge and Holiday classes: 30.06.2026</p> <p>Registration on a day by day basis will be possible from 01.07.2026, see below.</p>
Transports	<p>All mountain transports required for Swiss O Week 2026 are included in the entry fee.</p> <p>Accompanying persons may use the regularly available mountain transport services at their own cost.</p>
Groups	<p>Groups and clubs may register using the group registration. The person in charge indicates all participants. This may be edited until 31.05.2026. The total entry fee payment must be made by the person in charge.</p>
Competition regulations	<p>The Swiss O Week competition rules must be accepted at the time of registration of the event. These can also be found on the Swiss O Week website.</p>
Medical requirements for participation in OL in France	<p>Participation in an orienteering competition in France is <u>no longer</u> subject to the presentation of a medical certificate confirming fulfilment of the medical requirements.</p> <p>However, in order to participate in Swiss O Week 2026, which includes stages in France, one of the following two conditions must be met:</p> <ul style="list-style-type: none"> • To hold an annual licence from the French Orienteering Federation OR a French UNSS licence (Union Nationale du Sport Scolaire). Other sports licences are not accepted. • Non-licensed participants must confirm that they have read the French Orienteering Federation's health questionnaire and the 10 golden rules of the French Association of Sports Cardiologists. This questionnaire is integrated into the registration process.
Event annulation	<p>No partial or complete refund of the entry fee can be granted in case of cancellation of the Swiss O Week 2026 due to higher powers, extraordinary risks, or official directive (Swiss competition rules art. 156 al. 2 is reserved).</p> <p>In such a case, it is at the discretion of the organiser to communicate a possible goodwill arrangement.</p>



Cancellations	<p>Registration cancellation can be made online in the Swiss O Week registration portal and costs 10 % of the entry fee when received until 31.05.2026, 30 % until received 30.06.2026 (based on 31.05.2026) plus eventual bank fees.</p> <p>No cancellations will be accepted after 31.05.2026.</p>
Annulation insurance	<p>Participants who do not have their own annulation insurance may register directly for 5% of the entry fee during the registration process.</p> <p>This insurance covers the non-participation due to illness or injury (with a medical certificate).</p> <p>The insurance does not cover cases of cancellation, annulation of the event or parts thereof by the authorities, by the organiser or due to force majeure (e.g. weather, pandemic).</p>
Exemptions to the competition rules	<p>Exemptions to the Swiss Orienteering Federation's competition rules were published on the Swiss Orienteering website on 07.04.2025.</p>
Start lists	<p>In the competitive classes, the start is always with a fixed allocated start time. For exceptions see below.</p> <p>As far as possible, members of the same club will have similar start times. The clubs will be assigned to start blocks which will then be rotated each day so that each club will have evenly balanced start times (both late and early) throughout the whole week. The start lists will be published on the Swiss O Week website from 01.07.2026.</p>
"Flying" start list	<p>The following classes use free choice of start times within a defined time window (without a determined start list, the so-called "flying start list"):</p> <p>D10, D45K, D50K, D55K, D60K, D65K, D80 H10, H45K, H50K, H55K, H60K, H65K, H80, H85 CU, CL, CM, CS, HL, HS</p> <p>The details for booking start times will be described in the instructions (programme book).</p>
Start time wishes	<p>Individual specific start time requests cannot be considered in the competitive classes. However, you can specify another club with whom you would prefer to start when you enter.</p> <p>Those who absolutely want to start at the same time as a child or partner, or parents who request different start times because of childcare, must enter a class with a "flying start list".</p>
Modifications of registration data (mutations)	<p>Mutations can be made online via the Swiss O Week registration portal free of charge up to the registration deadline.</p> <p>A category change is only possible until 31.05.2026 (registration deadline).</p> <p>After the deadline, changes of the registration data can be done free of charge through the modification portal except class changes and transfers of the registration which are no longer possible.</p> <p>Mutations of SI-Cards are always possible free of charge.</p>



Registration transfer	<p>Transferring a start place to a runner of the same category is allowed but must be reported to the organiser of the Swiss O Week. Anybody running under a false name will be disqualified.</p> <p>Until 31 May 2026 transfers can be done online free of charge via the Swiss O Week registration site. Following this process will ensure that the transfer is accepted by both parties. After 1 June 2026 up to the Swiss O Week a fee of CHF 10.- will be charged for the transfer of a start place.</p> <p>The start place cannot be transferred in case of a drop-out occurring during the Swiss O Week.</p>
SPORTident offer	<p>In December 2024, SPORTident announced that the SI-Card5 and SI-Card6 (SI-Card numbers lower than 1'000'000), which have been sold for more than 27 years, have reached the end of their life and will no longer be supported by future SPORTident hardware and software products.</p> <p>SI-Card5 and SI-Card6 can no longer be used at Swiss O Week 2026. SPORTident is therefore offering a 15% discount on the purchase of a new SIAC exclusively for Swiss O Week 2026 participants. The confirmation code received when registering on the Swiss O Week registration portal can be redeemed on the SPORTident website.</p>
Rental SI-Cards	<p>Rental SI-Cards can be pre-booked and paid for at registration. It costs CHF 8.- for the entire Swiss O Week or CHF 3.- per single day. The pre-reserved rental SI-Cards will be handed out together with the race documents. They need to be returned to the information desk at the last stage in the competition centre.</p> <p>The rental SI-Cards can be obtained at the information desk and must also be returned there.</p> <p>No deposit is required for the rental of SI-Cards; however, non-returned SI-Cards will be charged CHF 60.-</p> <p>Unfortunately, SIAC cards are not available for hire.</p>
Anti-doping	<p>Participants agree to the actual anti-doping-rules from Swiss Olympic by signing up to the competition. Doping controls could be done in all classes.</p> <p>Athletes starting in HE / DE and H20 / D20 must sign the "Athlete's agreement for anti-doping" before being allowed to start.</p> <p>Further information and the relevant form can be found under www.swiss-orienteeing.ch > Integrität > Anti-doping</p>
Instructions / Bulletin 2	<p>The bulletin will be posted online on www.swiss-o-week.ch by the end of June 2026. Programme books will be distributed at Check-In.</p>
Insurance	<p>Insurance is the responsibility of each participant.</p>




Disclaimer	<p>The organiser and partners decline any liability for the risks of runners and third parties of all kinds, especially health-related incidents. Participants should show-up at the start well trained and physically fit.</p> <p>The organiser also declines any liability for private items placed in the competition and events centres.</p>
Stage cancellation	<p>If a stage has to be interrupted or even cancelled due to weather conditions, this stage will not be included in the overall ranking.</p> <p>In the event of such a stage cancellation, in principle no partial or complete refund of the entry fee can be granted (Swiss competition rules art. 156 al. 2 is reserved).</p>
Notes	<p>Walking aids such as trekking poles are only allowed in the open Holiday Categories.</p> <p>Dogs are not allowed to accompany competitors during their runs. Dogs are allowed at the competition centres each day, but they must be well-behaved and on a lead.</p>
Pick-up race documents	<p>The race documents will be handed out at the Check-In from Friday, 10.07.2026 at the Swiss O Week Event Centre in Morgins.</p>
Trainings	<p>Two to three typical training areas will be offered. They will be available for use in the week before the event. The maps can be picked-up at the Check-In and at the Dents du Midi Region tourist office in Morgins.</p>
Childcare	<p>Childcare with various games and craft activities will be offered on every competition day. The children will be looked after during the competition time of the parent. This service is free of charge</p> <p>Sign-up needs to be done no later than 20.00 hrs the day before on the website www.swiss-o-week.ch.</p> <p>Parents are responsible for purchasing tickets for the mountain transport services to transport children to the competition centres (E1, E2, E5, E6).</p>
Children's orienteering	<p>On every competition day, various activities for 2 to 8-year-old children will be offered at the competition centres (string o-course, o-labyrinth, simple competitions with a real orienteering map, etc.).</p> <p>These services are free of charge and do not require pre-registration.</p> <p>Parents are responsible for purchasing tickets for the mountain transport services to transport children to the competition centres (E1, E2, E5, E6).</p>
Kids O Week	<p>Kids who are going to participate the entire week and would like a taste of orienteering, may sign-up for the Kids O Week. For CHF 80.00 they receive a Kids O Week set which will consist of a T-shirt with their own name, a personal bib number and the official Swiss O Week souvenir prize.</p> <p>Sign-up is via the Swiss O Week registration portal. All mountain transports required for Kids O Week 2026 are included in the entry fee.</p>



<p>Accommodation</p>	<p>During Swiss O Week 2026, the destination Région Dents du Midi – Portes du Soleil will have a wide range of offers to suit all requirements and budgets. The relevant booking portals will publish the offers for summer 2026 from autumn 2025.</p> <p>Further information about the destination Région Dents du Midi – Portes du Soleil is available from the guest information centre:</p> <ul style="list-style-type: none"> • Tourist offices of the Dents du Midi region Route du village 6, CH-1875 Morgins, tel. +41 (0)24 477 23 61 Rue du village 54, CH-1874 Champéry Tel. +41 (0)24 479 05 50 www.regiondentsdumidi.ch morgins@rddm.ch • Châtel Réservation 281 route de Thonon, F-74390 Châtel, Tel. +33 (0)4 50 73 30 22 https://en.chatelreservation.com info@chatelreservation.com
<p>Swiss O Week Camping</p>	<p>A campsite will be set up in Morgins, next to the Swiss O Week event centre. Reservations can be made from autumn 2025.</p> <p>Prices for tents:</p> <ul style="list-style-type: none"> • Pitch rental (4x2.5m): CHF 10 per night • Flat rate per person (access to sanitary facilities and tourist tax): <ul style="list-style-type: none"> ○ Adult: CHF 10 per night ○ Child*: CHF 5 per night ○ No electricity, charging point available in the event centre • Several pitches can be reserved if customers require more space <p>Prices for vans (e.g. VW buses):</p> <ul style="list-style-type: none"> • Pitch rental (6x4m): CHF 15 per night • Flat rate per person (access to sanitary facilities and tourist tax): <ul style="list-style-type: none"> ○ Adults: CHF 10 per night ○ Children*: CHF 5 per night ○ Electricity option: CHF 10 per night <p>Rates for motorhomes:</p> <ul style="list-style-type: none"> • Pitch rental (8x5m): CHF 20 per night • Flat rate per person (access to sanitary facilities and tourist tax): <ul style="list-style-type: none"> ○ Adults: CHF 10 per night ○ Children*: CHF 5 per night ○ Electricity option: CHF 10 per night <p>*Children: between 6 and 15 years old (free for children under 6) Other options can be booked at the various public campsites in the area.</p>
<p>Bicycles</p>	<p>Parking spaces for bicycles will be set up at or near the competition centres or at the valley stations of the mountain transports.</p>



Swiss O Week Bus	<p>Swiss O Week 2026 will offer the following bus services:</p> <ul style="list-style-type: none"> • Shuttle bus between Morgins and Châtel: on the check-in day, July 11, all competition days and on all evenings with prize givings at the relevant times, • From Morgins: transport to stages 3 (Col de Chésery) and 4 (Portes du Soleil); this service also stops in Troistorrents (railway station), Val-d'Illiez (railway station), • From Châtel: transport to stages 2 (Avoriaz) and 5 (Plaine Dranse). <p>These services must be booked in addition to the entry fee and they run at least every hour. The more bookings there are, the more frequently the Swiss O Week bus will run.</p>  <p>Swiss O Week bus service costs</p> <table border="1" data-bbox="667 1041 1520 1346"> <thead> <tr> <th rowspan="2"></th> <th colspan="2">Morgins – Châtel</th> <th rowspan="2">Morgins – E3 and E4</th> <th rowspan="2">Châtel – E2 and E5</th> </tr> <tr> <th>by day</th> <th>entire week</th> </tr> </thead> <tbody> <tr> <td>Born 2010 and younger</td> <td>CHF 5.-</td> <td>CHF 25.-</td> <td>CHF 30.-</td> <td>CHF 15.-</td> </tr> <tr> <td>Year 2006 - 2009</td> <td>CHF 8.-</td> <td>CHF 40.-</td> <td>CHF 40.-</td> <td>CHF 24.-</td> </tr> <tr> <td>born 2005 and older</td> <td>CHF 10.-</td> <td>CHF 50.-</td> <td>CHF 60.-</td> <td>CHF 40.-</td> </tr> </tbody> </table> <p>Travelcards issued by Swiss transport companies are not valid.</p>		Morgins – Châtel		Morgins – E3 and E4	Châtel – E2 and E5	by day	entire week	Born 2010 and younger	CHF 5.-	CHF 25.-	CHF 30.-	CHF 15.-	Year 2006 - 2009	CHF 8.-	CHF 40.-	CHF 40.-	CHF 24.-	born 2005 and older	CHF 10.-	CHF 50.-	CHF 60.-	CHF 40.-
	Morgins – Châtel		Morgins – E3 and E4	Châtel – E2 and E5																			
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Born 2010 and younger	CHF 5.-	CHF 25.-	CHF 30.-	CHF 15.-																			
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born 2005 and older	CHF 10.-	CHF 50.-	CHF 60.-	CHF 40.-																			
Car parking	Travelling by private transport is easily possible and may be used for Swiss O Week participation. The car parks at the valley stations of the mountain railways are operating normally and will be charged accordingly on-site.																						
Daily registration	<p>Daily registration is possible from 01.07.2026.</p> <p>They can only be accepted in D45K –D65K, H45K – H65K, Challenge and Holiday categories. Registrations for one or more stages can only be made via the Swiss O Week registration portal, until 10 a.m. at the latest on the desired start day.</p>																						



Day registration	Daily registrants are responsible for their own travel to the competition centres. For stages 1, 2, 5 and 6, the tickets required for travel to the competition centres are not included in the entry fees, but the regular offers of the mountain railways are available.		
	Entry fee day registration: stages 1, 2 and 6 without transport parking – CC		
		Individual runner or oldest runner of a team	Additional runner of a team, with a map
	Born 2021 and younger	free of charge	free of charge
	Year 2010 - 2020	CHF 15.-	CHF 5.-
	Year 2006 - 2009	CHF 25.-	CHF 5.-
	born 2005 and older	CHF 35.-	CHF 5.-
	Entry fee day registration: stages 3, 4 and 5, incl. transport CC – start		
		Individual runner or oldest runner of a team	Additional runner of a team, with a map
	Born 2021 and younger	CHF 5.-	CHF 5.-
	Year 2010 - 2020	CHF 25.-	CHF 15.-
	Year 2006 - 2009	CHF 35.-	CHF 15.-
	born 2005 and older	CHF 45.-	CHF 15.-