



Final Details

Swiss Long Distance Orienteering Championship (LOM)

Sunday 7th September 2025

World Ranking

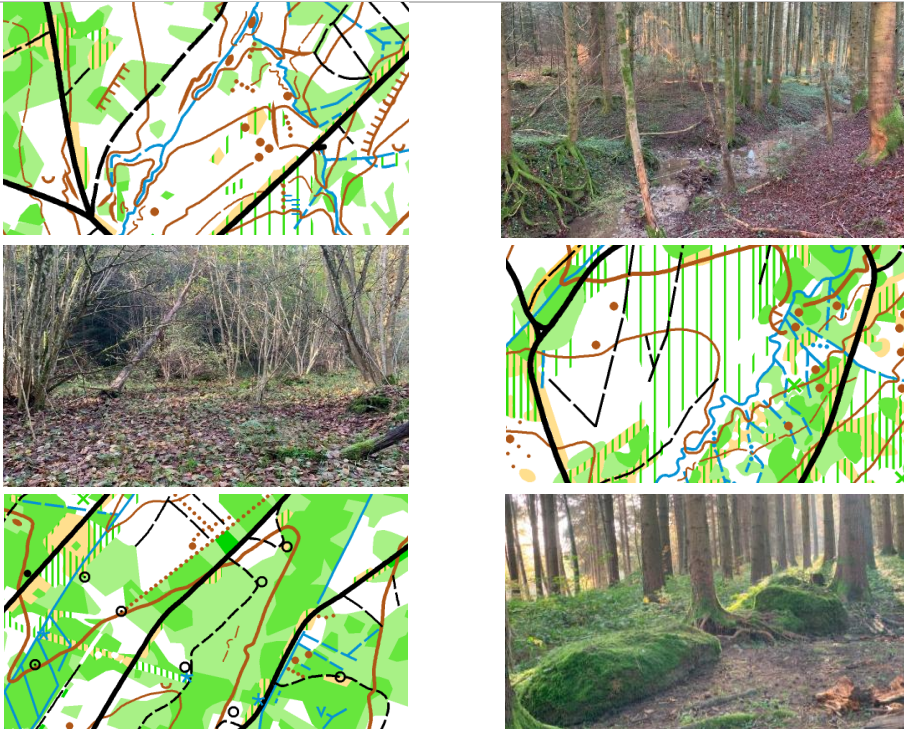




Montagne de Lussy, near Romont FR

Grand Slam





Date	Sunday 7th September 2025
Start times	Starts between 9.30am and c. 1pm
Event Centre	La Montagne de Lussy, Swiss army firing range, near Romont FR https://s.geo.admin.ch/jz26xaaocgdd Information and the restaurant will be open from 8am
Race format	Long distance orienteering race World Ranking Event (WRE) for the elites and juniors (H/D 20)
Event concept	Creating a vibrant arena with everything close-by! The event centre, the catering, the finish and one of the starts are all together on the shooting range. There is plenty of space for club tents, and race commentary to create a great atmosphere.
Website	https://ca-rosé.ch/lom-2025 You can also find us on Instagram
Model Event (Training)	A Model Event (training) will be organised the day before the LOM, Saturday 6 th September 2025, with SPORTident timing and results. <ul style="list-style-type: none"> - Forest hut Châtonnaye FR, https://s.geo.admin.ch/n9pqkuacfa5w - Starts between 2pm and 4pm - Three courses : Short and easy, short and technical, medium and technical ; at scale 1:15'000, 1:10'000, 1:7'500 as preferred - Inscription de préférence via https://ol-events.ch before 3 sept. 2025 For more details, please see https://ca-rosé.ch/lom-2025
Organising club	CA Rosé, Athletics and orienteering club based in the commune of Avry-Rosé FR
Organiser	Thomas Bühler, 079 548 27 49, tom.buehrer@bluewin.ch
Planning and controlling	Mathias Blaise, Marion Risse, Quentin Mertenat
Information	In German : Jolanda Wehrli, 079 295 89 48, jolanda.wehrli@bluewin.ch In French or English : Alison High, 079 891 23 75, highs@bluewin.ch
Technical delegate	Christophe Ingold
Race referee	Alison High, 079 891 23 75
Race Jury	Urs Hofer (Swiss Orienteering), Reto Pusterla (Swiss Orienteering), Alain Juan (Swiss Orienteering), Christophe Ingold (technical delegate) Thomas Bühler (in a consultative rôle, on behalf of the organising committee)
Map and scale	La Montage de Lussy, mapped summer 2025

	<p>Mappers : Denis Cuche & Hansjörg Suter</p> <p>Map scale according to category : 1:15'000, 1:10'000, 1:7'500, (see the table with course details) ; contour distance 5 m</p>
Terrain and courses	<p>The large size of the Montagne de Lussy forest gives us a lot of flexibility in planning the courses. This is a typical forest of the Swiss plateau, with many changes between areas with good visibility and runnability, and others with denser vegetation. Route choice and precise orienteering in the detailed areas will be crucial for a quick race time. With a good path network, this forest is also ideal for beginners.</p>
Map extracts and photos of the terrain	
Embargoed areas	<p>As published by Swiss Orienteering : https://s.geo.admin.ch/xgpbui1zyd4g</p> <p>You are allowed to participate in the Model Event on 6th September 2025 which is held on a part of la Montagne de Lussy.</p>
Event centre	<p>Swiss Army firing range at the Montagne de Lussy:</p> <ul style="list-style-type: none"> - Information, opening hours 8:00 a.m. - 4:00 p.m. <ul style="list-style-type: none"> - Bibs for HE/DE and H20/D20 - 1:15,000 warm-up cards for WRE HE/DE and H20/D20 categories - Return of Anti-Doping Forms for HE/DE and H20/D20 - Registration for open categories and confirmation of registration for those previously registered for open categories. - Change of SI-card number - Protests - Start 2 - Arrival - Catering in the canteen tent - Mobile toilets and in the building of the shooting range - Possibility to wash outside the firing range building <ul style="list-style-type: none"> No changing rooms or showers - Medical service in the firing range building - Area to set up club tents

	<ul style="list-style-type: none"> - Orienteering supplies shop - See sketch at the end of the Final Details. 	
Public transport	<p>We encourage you to travel by public transport ! Take the train to Romont FR, a station on the line between Berne and Lausanne</p> <p>A special shuttle bus will run for the 10 minute journey between Romont station and the event centre.</p> <p>The return ticket costs CHF 5.-, to be paid by TWINT on the bus or in cash at the entry to the arena.</p> <p>Shuttle bus schedule:</p> <ul style="list-style-type: none"> - To the arena : Every 15 minutes between 8am and 11am - Back to the station: 12h50 – 13h50 – 14h50 – 15h20 – 15h35 – 15h50 – 16h05 – 16h20 – 16h35 – 16h50 - 	
Price for the special bus		
Transport by car	<p>Signed from the cantonal road between Romont FR and Châtonnaye.</p> <p>Drive carefully and slowly on the access road to the firing range. Runners cross this road during their race.</p> <p>Parking spaces in the vicinity of the firing range, max. 10' walk to the event centre</p> <p>The price per car is CHF 5.-, to be paid by TWINT or in cash at the entry to the arena.</p>	
Drive carefully		
Price for parking		
Camping-cars	<p>From Saturday 6 to Sunday 7 September, the parking of motorhomes at the firing range is allowed. Please register at Information with your name, mobile phone number and license plate. Parking must be in the LOM car park area. There is no water or electricity available. If emptying of grey water or chemical toilets is necessary, it must be done at the official motorhome area of the city of Romont, Promenade des Avoines, 1680 Romont, coordinates 46.69757, 6.91783 / N 46° 41' 51.3", E 6° 55' 4.2".</p> <p>Price CHF 10.- to be paid by TWINT or in cash at the entry to the arena.</p>	
Possible cancellation of the race	Any cancellation of the race due to weather or other reasons will be published on https://ca-rosé.ch/lom-2025 no later than 7 September 2025 at 7:00 am	
Entries	<p>Catégories selon RC & catégories ouvertes : via https://ol-events.ch/races/665</p> <p>Catégories ouvertes : inscription aussi possible sur place le jour de la course à l'information</p>	
Entry deadline	25 août 2025	
Mutation	<p>Transfer of category and/or starting place only possible online until 25 August 2025.</p> <p>After this date, only changes to the SI-card number are possible, via the https://modify.picoevents.ch portal or on the day of the race at Information (free of charge).</p>	
Categories	<p>According to the Swiss Orienteering Competition Regulations (RC):</p> <p>H10/12/14/16/18/20/HE/HAK/HAM/HAL/HB/H35/40/45/50/55/60/65/70/75/80/85</p> <p>D10/12/14/16/18/20/DE/DAK/DAM/DAL/DB/D35/40/45/50/55/60/65/70/75/80</p>	

	Open categories (individual or team start): increasing distance & difficulty: sCOOL – short – medium – long
Special race time	The time of the winner of the HE/H20 and DE/D20 courses has been reduced to 75 minutes.

Inscription fees	<p>Categories RC, age 21+ CHF 32.-</p> <p>Categories RC, Age 17-20 CHF 20.-</p> <p>Categories RC, age -16 CHF 14.-</p> <p>Categories open, depending on age CHF 14 / 20 / 26 per person or per team</p>
Grand Slam 2025	<p>The LOM is part of the Grand Slam of Swiss Orienteering presented by EGK.</p> 
World Ranking Event	<p>The LOM is a World Ranking Event (WRE) of the IOF. The HE/H20 & DE/D20 categories run the same course. The combined results count towards the World Ranking.</p> 
Antidopage	<p>By registering, all participants agree to be subject to Swiss Olympic's anti-doping rules. Anti-doping controls may be carried out on all participants.</p> <p>In the HE/ED and H20/D20 categories, only those who have signed the Declaration of Submission to Anti-Doping Status may participate. Information at Swiss Orienteering : https://www.swiss-orienteering.ch/de/integritaet/uebersicht-antidoping.html</p>
Bibs for HE/DE and H20/D20	Self-service near the Information at the event Centre. Bibs must be worn unfolded on the chest.
Start times	<p>Categories according to RC: departures according to start list between 9:30 a.m. and approx. 1:00 p.m.</p> <p>Open categories: free start between 9:30 am and 12:00 pm</p>
Start lists	<p>The start lists will be published no later than September 2, 2025 on https://www.o-l.ch/cgi-bin/results?type=start</p> <p>Production of starting lists:</p> <ul style="list-style-type: none"> - HE/DE: World Forest Ranking, the best at the end, draw by groups of five - H20/D20 and H18/D18 and H16/D16: PISTE, the best at the end, draw by groups of five - Other categories: draw by region
Route to the start	<p>Start 1: 1.5 km and 0 m climb from the race centre, see sketch below</p> <ul style="list-style-type: none"> - Two mobile toilets on the way to the start 1 <p>Start 2: at the arena</p>
Warm-up	<p>Departure 1: On the way to the start.</p> <ul style="list-style-type: none"> - Participants in the WRE (HE/DE and H20/D20) will receive a warm-up map, stapled to the bib. <p>Start 2: Within the perimeter of the arena and towards the parking lot.</p> <p>It is forbidden to warm up in the meadows outside to the perimeter of the arena or in the meadows next to the path to start 1.</p>
Start procedure for categories according to RC	<p>Start 1:</p> <p>Star time -5 minutes: crossing the cantonal road. After the crossing, standard procedure according to Swiss Orienteering, see below for departure 2.</p> <p>The organisers will slow the cars and secure the crossing.</p>

	<p>Departure 2: standard procedure according to Swiss Orienteering:</p> <p>Start time -4 minutes: clear and check the SI-card</p> <p>Start time -3 minutes: self-service control descriptions</p>
	<p>Start time -2 minutes: information on the arrangement of the map boxes</p> <p>Start time -1 minute: check SI-Card and wait next to the map box of your own category</p> <p>After the starting signal, take your map. All participants are responsible for taking the correct map of their category.</p>
Start procedure for Open categories	<p>Separate corridor for open categories.</p> <p>Similar procedure to start 2, with the difference that after taking the map, the runner must trigger the start by punching the starting SI unit with his SI-card.</p>
Start point	<p>Signposted route to the starting point. The starting point is shown with the triangle on the map and marked with a flag with no SI unit in the terrain.</p> <p>Distance to starting point:</p> <ul style="list-style-type: none"> - Start 1 : 30 m - Start 2 : 180 m
Late Runners	<p>Announce yourself at the separate lane of late runners. An official will guide you as soon as possible at the start. Depending on the circumstances, it may be necessary to punch the departure manually.</p>
Out of Bounds areas	<p>The Out of Bounds areas are indicated on the map with the symbol 709 (red hatching). Failure to comply with them will lead to disqualification.</p>
Cantonal road = forbidden zone	<p>The cantonal road and its shoulders are a prohibited zone. It is marked on the map with the symbol 709 (red hatching). It is forbidden to run along the cantonal road and its shoulders.</p>
Forest borders	<p>You are allowed to run along the forest borders if the map leaves a clear space between the symbol 709 (red hatching) and the forest border.</p>
Drinks	<p>Water supply points are symbolized by a cup on the map.</p>
First Aid points	<p>Medical service in the building at the arena and near the finish. A first aid point will also be available near the crossing of the cantonal road.</p> <p>Emergency number: 079 251 03 06</p>
Crossing the cantonal road	<p>Runners from start 1 cross the cantonal road during their race. The crossing is part of a compulsory route. The organisers will slow the cars and secure the crossing. Runners are asked to be careful and follow the instructions of the organizers.</p>
Crossing the access road to the firing range and event centre	<p>Runners from start 1 cross the access road to the firing range. Runners have the right to cross the access road at any location. Organizers will slow cars and buses will travel at a reduced speed, but runners are asked to be careful when crossing this access road.</p>
Controls	<p>White-orange flag according to RC with SPORTident units (AIR+ activated). Record the time with the SI-Card. If AIR+ is not working (SIAC battery empty), hold the SIAC in the hole of the SI unit to validate. In the event of non-operation of the SI unit (no acoustic or optical signal) or absence of the SI unit, please punch your card with the pin punch provided for this purpose and report it on arrival. Please also present the map with your name for inspection on arrival and inform the team at the SI-Card download.</p>
Control descriptions	<p>IOF symbols, printed on the map and self-service in the start lane.</p>

Finish	<p>Please record the time at the finish line by punching the SI box. The ranking is based on the arrival time recorded on the SI-Card. The SI-Card will be downloaded immediately after arrival.</p> <p>Maps will be collected at the finish. The runners put their map in the bag of their category. Maps can be collected from the bags after the last departure. No maps will be sent.</p>
Drinks	Water supply near the finish.
Course closing time	approx. 3.30pm, maximum race time 2 hours 30 minutes
Abandon	<p>Runners who abandon the race must download their SI-Card at the finish.</p> <p>The costs of unnecessary searches may be charged to the offending runner.</p>
Results	<p>Live results on https://results.picoevents.ch</p> <p>Official results will be published after the race on: https://www.o-l.ch/cgi-bin/results</p>
Protests	Protests must be submitted using the form according to RC 159ff at the event centre, at the Information. The referee must be informed in advance. Persons submitting a complaint must remain available to the race jury. Deadline for complaint: according to RC 162.
No childcare	As start 2 and finish are located at the arena, parents are asked to organise themselves with the help of members of their club.
Restauration	Large selection of drinks and food in the restaurant tent at the arena. Payment by TWINT or cash.
Awards Ceremony	<p>From 3pm in the restaurant tent.</p> <p>Medals for the elite and junior categories. In-kind prizes for the first three in each category.</p> <p>Cash Prize of the Grand Slam of Swiss Orienteering presented by EGK</p> <ul style="list-style-type: none"> - HE/DE : CHF 400 – CHF 300 – CHF 200 - H20/D20 : CHF 200 – CHF 150 – CHF 100 - The H20/D20 run the same course as the elites. The organizer pays the difference in the prize money in cash, if an H20/D20 finishes in the top three of the scratch ranking. <p>Prizes will not be sent.</p>
Insurance	Is the responsibility of the participants. Liability according to RC Art 21. To the extent permitted by law, the Organizer accepts no liability.
Media	<p>Photos and videos will be taken on the race day, which may be published on the internet and in the media. By registering, participants agree to their publication.</p> <p>Media Contact: Laurine Cudré-Mauroux, 079 420 95 69, laurine.cudremauroux@bluewin.ch</p>
Accommodation	<p>Fribourg tourisme : https://fribourg.ch</p> <p>Romont and region : https://fribourg.ch/fr/romontregion</p>





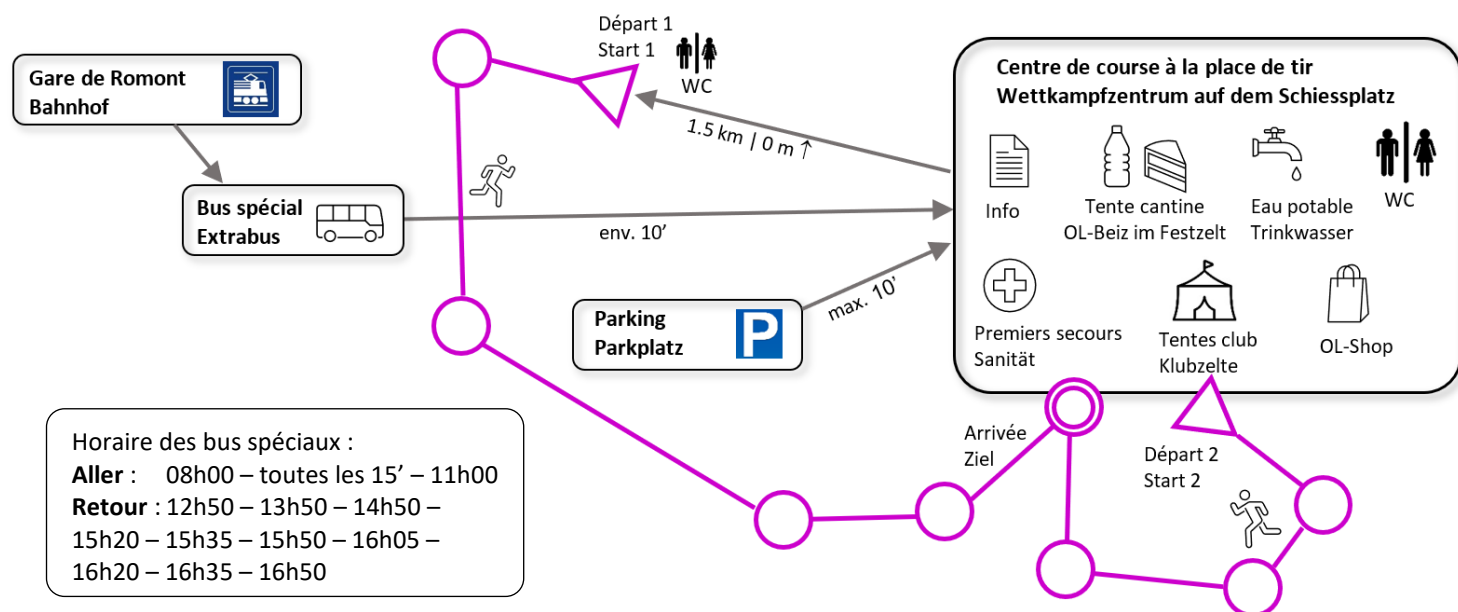
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We thank our valued partners!





Vue d'ensemble LOM 7.9.2025





Centre de course LOM

7.9.2025

