

## Orienteering

Individual tournament for women and men (2 days) with additional team score (3 registered per company). The participants will be divided into 5 age groups: Group A (18–30 years), Group B (31–40 years), Group C (41–50 years), Group D (51–60 years) and Group E (over 60 years). There will be a classic and a sprint event.

## Competitions

23 June 2022, map: Papendal, scale 1:5000, classic distance , first start: 11.00am

24 June 2022, map: Heyendaal, Nijmegen University, scale 1:4000, sprint distance, first start: 11.00am

## Competition rules

The rules of the International Orienteering Federation (IOF) apply. The “Sport Ident” (SI) system will be used.

## Scoring

The scoring in the individual events is based on the results. The team score consists of the accumulated times of the 3 registered team members.

## Important information

(Dobb) Spikes are not allowed in both events. We advise to use normal running shoes at the sprint event.

Please be sure that you are in time at the event. There will be special bus transport to the start in Nijmegen.

Each person participates in the European Company Sport Games 2022 at their own risk. Each person is responsible for ensuring that he or she has appropriate accident insurance coverage.