

29. & 30. MÄRZ 2025

1. & 2. Nationaler OL olkrafzerfeld.ch

Supplement 25
March: Mutations can
be made until 7pm the
evening before.

General instructions (for both days)

Organising Club	OLK Rafzerfeld-Bülach
Event Director	Corina Strässler
Information	olkrb2025@gmail.com
Competition Centre	Sporthalle Sportzentrum Hirslen, Hochfelderstrasse 77, 8180 Bülach
Restricted Access Old Town	<p>From 7:00 am on Sunday, the entire running area is closed and can only be crossed on the paths marked on the map below and on the way CC-start and finish-CC.</p>
Arrival by public transport	<p>Travelling by public transport is strongly recommended. Good connections by SBB to Bülach.</p> <p>From Bülach railway station on foot: 1.2 kilometres, approx. 15 minutes</p> <p>For families or senior citizens: Bus 535 at XX:38, 5-minute journey to "Bülach, Hirslen", on Saturday additionally bus 515 at XX:08. The bus does not run with increased capacity.</p>
Arrival by car	<p>Paid parking spaces at Bülach Stadthalle. Marked from the Bülach-Süd motorway exit. Costs: CHF 5 per day (cash or Twint).</p> <p>Vehicles parked outside the official car park will be disqualified. Walking distance to the CC: 1.5 km, 15 to 20 minutes.</p>

Time changeover	Attention: From Saturday to Sunday the time change to summer time takes place!
Overnight stay / Camper	Special rate for orienteers at the Hotel Tailormade Bachenbülach CHF 190.-- for double room with breakfast, please state "OLK Rafzerfeld- Bülach" when booking, there are no reserved rooms. Further hotels and accommodation on common platforms. Campers (self-contained) may be left in the car park overnight for CHF 15 (no infrastructure!).
Day care for children	Saturday from 11:00 am and Sunday from 8:30 am in the CC. For children from 2 years. Pre-registration via form until 23 March 2025: https://forms.office.com/r/7pd5tHjjs2
Children's orienteering	Children's orienteering in the CC on Saturday and Sunday
Punching system	Sportident, AIR+ -system is activated
Start lists	Will be published approx. 1 week before the run on www.swiss-orienteering.ch
Start numbers	Start numbers only on Sunday. No start numbers on Saturday!
Course data	Are published at www.olkrafzerfeld.ch/nationales_ol_weekend_2025 or in these directives.
Catering	Extensive offer in the CC with pasta, hot dogs, garlic bread and many delicious desserts; on Sunday additionally with Bircher muesli. Cash payment and Twint.
Results by	Meieli Sieber, Picotiming
Complaints	Before submitting a complaint, the competition judge must be consulted in order to settle the matter amicably. If no amicable solution can be found, the complaint must be submitted in writing to the information centre no later than one hour after the finish time using the form provided. Complaining persons must remain at the disposal of the arbitration panel.
Result lists	Liveresults: https://results.picoevents.ch Definitive ranking list will be published on www.swiss-orienteering.ch
Race cancellation	Any race cancellation will be communicated on www.swiss-orienteering.ch and www.olkrafzerfeld.ch .
Livelox	Activated after the last start.
Insurance	Is the responsibility of each participant. The organisers disclaim any liability towards the participants for themselves and their auxiliary persons, insofar as this is legally permissible.
Anti-doping	By registering, each participant accepts the anti-doping rules of SwissOlympic. Anyone can be tested for doping. In the Cat. D/HE, D/H2O only those who have signed and submitted the declaration on the doping statute may start.
Media	Nadja Enz, nadjaenz93@gmail.com
Data protection policy	The Swiss Orienteering guidelines of the 24th of august 2024 apply. Anyone taking part in an orienteering event listed on the Swiss Orienteering event list at o-l.ch accepts that he/she will appear in the published start and ranking lists. Subsequent removal of the name or the time or rank from the ranking list is excluded. Swiss Orienteering determines how long the start and ranking lists remain publicly visible.






In case of doubt, the German version is relevant.

Event informations 1. Nationaler OL, 29 March 2025

47. Rafzerfelder OL

IOF World Ranking Event (WRE)

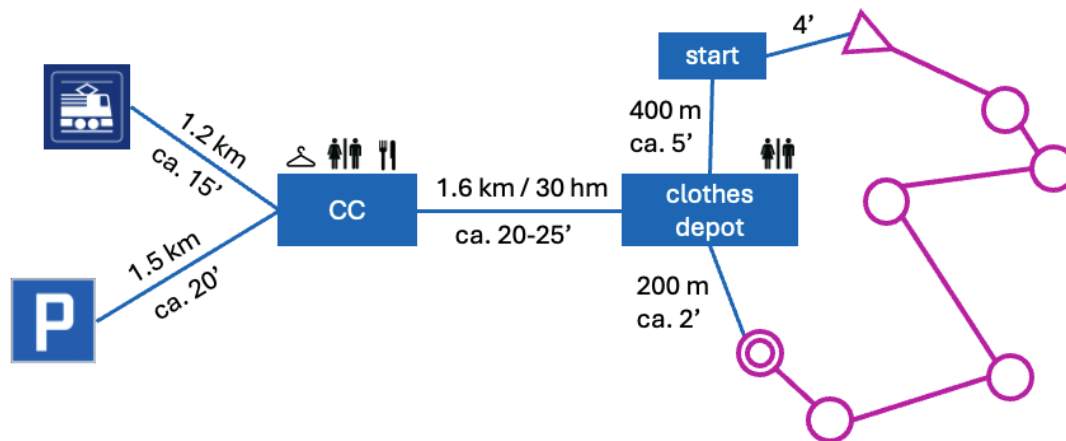
Event Youth Orienteering Championships ZH/SH+

Competition system	Middle distance in Strassberg
Course setter / Controller	Stefan Altorfer, Simon Jakob, Martin Mühlemann
Technical officer	Christian Schneeбели
Competition Judge	Christoph Ruedlinger
Competition Jury	Therese Achermann, Sabrina Meister, Andr. Wirz Corina Strässler (organiser without voting rights), Christian Schneeбели (TD/chair without voting rights)
Competition Centre	Open from 10:30 am to approx. 6:00 pm
World Ranking Event  INTERNATIONAL ORIENTEERING FEDERATION	All participants in the WRE must enter an IOF ID before the run. D/HE and D/H20 same track.
Map	Strassberg (March 2025) 1:7'500 DAK/HAK and from D/H50 (Format A3) 1:10'000 All other categories (Format A4+) Equidistance: 5m Cartography: Yevhen Mazur Old map at olkrafzerfeld.ch/nationales_ol_weekend_2025 Printed courses Special objects  115 Prominent landform feature, foxhole  313 Prominent water feature, well  419 Prominent vegetation feature, rootstock  530 Prominent man-made feature, bench oder fire pit
Terrain	The Strassberg is a flat midland forest with a dense network of paths. The gently sloping and twisting slopes are a special feature. Sections with obstructed views due to beech thickets alternate with sections that can be runed on quickly.
Out of bounds	According to the publication on www.swiss-orienteering.ch

Registration for open Categories	<p>Open short, medium, long as well as sCOOL and family On the day of the run from 11:00 am in the CC.</p> <p>Start in groups possible. If you want to start in both the performance and the open category, you must first complete the run in the performance category.</p> <p>up to 16 years: CHF 14 up to 20 years: CHF 20 from 21 years: CHF 32 Family: CHF 20. additional ticket: CHF 3 Rent SI-Card: CHF 2 Payment with Twint or cash</p>
Late entries and mutations	<p>There are two vacant starting places per category on a <i>first come, first serve</i> basis, which can be booked via the mutation portal https://modify.picoevents.ch. It is also possible to transfer starting places; this can be done independently via the mutation portal.</p> <p>Mutations cost CHF 10. Late registrations on Saturday for the D/H20 and Elite are not possible. Change SI-Card free of charge</p>
Start times	12:00 (noon) to 3:30 pm
Starting order	<p>Drawn starting times by region WRE: D/H20 start after D/HE on the same track (each drawn in groups of 5. The best runners start first according to WR (D/HE) or PISTE or, in the case of foreign runners, grouped and distributed according to the respective national ranking (D/H20)).</p>
Start numbers	none
Way to the start	<p>CC → clothes depot: 1.6 km, 20–25 minutes Clothes depot → Start: 0.4 km, 5 minutes</p>
Warm up	Possible on the way to the start and at the pre-start.
Warm up map	As part of the WRE run, a warm up map is offered as a sample run. The sample run is situated approx. 700 metres from the pre-start. The maps are available at the prestart and must be returned after the warm up.
Clothes depot	On tarpaulin, not covered, in case of wet weather conditions a rain cover is set up.
Toilets	In the CC, there are two toilets and a urinal by the clothes depot.
Start	<p>Standard procedure for national competitions. Each and every runner is responsible for deleting ("Clear") and checking ("Check") its SI-Card. It is obligatory to use the SI-Card specified during registration.</p> <p>Start time -4min: Entry according to starting list, cancellation and checking of the SI-Card Start time -3min: Self-service control description Start time -2min: Display arrangement of the map boxes Start time -1min: Start check SI-Card, then access to the map box. The map may only be removed from the map box when the start signal sounds. All participants are responsible for choosing and starting with the correct map.</p>
Start open cat.	Separate start corridor with flying start list until approx. 3:15 pm. Start release with SI-Card.
Course starting point	Marked with orienteering control without SI unit. The compulsory route to the starting point may not be left. Distance to starting point 10 m.
Restricted areas	Restricted areas printed on the route map must be observed.

Map printing	Printed courses for all categories. The controls are numbered consecutively and must be run in the correct order.
Controls	Orange and white flags. Confirm with SI-Card (AIR+ or classic). Some of the controls are very close together (check the control numbers!). If a unit does not work: Use the control tongs (stamp on the map and inform when reading out).
Control description	IOF symbols (for D/H10 also as text description available). Self-service 3 minutes before the start and printed on the map. For open categories at the open start; self-service as IOF or text description. Printed on the map with IOF symbols.
Finish	The route from the last control to the finish is marked. The finish must be acknowledged with the SI-Card. The maps can be kept at the finish. Please do not show them to runners who have not yet started. We ask for fairness!
Finish refreshements	Focus Water and water at the clothing depot (approx. 200 metres from the finish). No refreshements in the forest.
Fairness	Sharing information about the race with runners who have not yet started is prohibited. The maps can be kept at the finish, but may not be shown to runners who have not yet started. Publication of the race on social media (Strava etc.) is also prohibited until 3:30 pm.
Way from finish to CC	From the clothes depot the same way back as the way there (1.6 km / approx. 20 to 25 minutes)
Course evaluation	On arrival at the CC after the run, please read the SI-Card immediately. Surrendering participants must also read out their SI-Card to prevent searches!
Maximum time limit	120 min, finish 120 min after the last start.
First Aid	In the CC
SIAC-Battery change	Battery exchange SIAC possible. Mix Sieber asks you to register at https://entry.picoevents.ch/siac.php further information can also be found here,

General plan Saturday



Course data 1. Nationaler OL, Saturday 29 March 2025

cat.	distance km	climb m	controls
H10	1.9	45	8
H12	2.6	65	12
H14	3.9	85	14
H16	4.9	145	17
H18	5.1	165	18
H20	6.4	200	23
HE	6.4	200	23
HAL	5.6	175	19
HAM	4.2	105	18
HAK	3.3	95	14
HB	3.7	75	13
H35	5.5	175	19
H40	5.5	175	19
H45	5.3	175	19
H50	5.2	160	18
H55	5.0	150	18
H60	4.3	140	18
H65	4.1	120	16
H70	3.6	90	15
H75	3.4	90	14
H80	3.1	95	13
H85	2.5	70	11

cat.	distance km	climb m	controls
D10	1.9	45	8
D12	2.5	65	11
D14	3.5	80	13
D16	4.2	120	15
D18	4.3	115	19
D20	5.5	180	21
DE	5.5	180	21
DAL	4.6	135	18
DAM	3.6	110	16
DAK	2.8	90	12
DB	3.5	80	13
D35	4.3	115	19
D40	4.5	130	19
D45	4.5	130	19
D50	4.3	115	16
D55	4.2	105	18
D60	3.6	110	16
D65	3.5	95	15
D70	3.1	95	13
D75	2.5	70	11
D80	2.5	70	11

OL	5.0	125	20
OM	3.4	90	14
OK	2.7	55	10
FAM	2.7	55	10
OS	2.1	60	9




Scale	1:10'000
Scale	1:7'500

Event informations 2. Nationaler OL, 30 March 2025


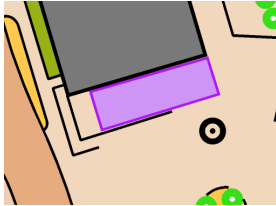
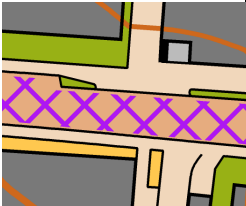
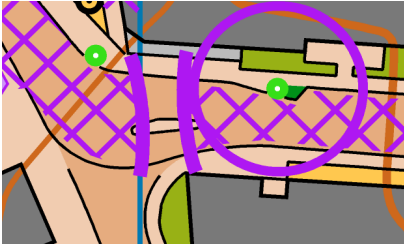
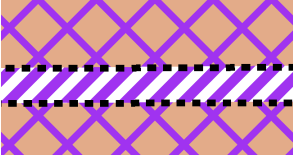
43. Bülacher OL


Event Youth Orienteering Championships ZH/SH+

CHANGE TO SUMMERTIME!

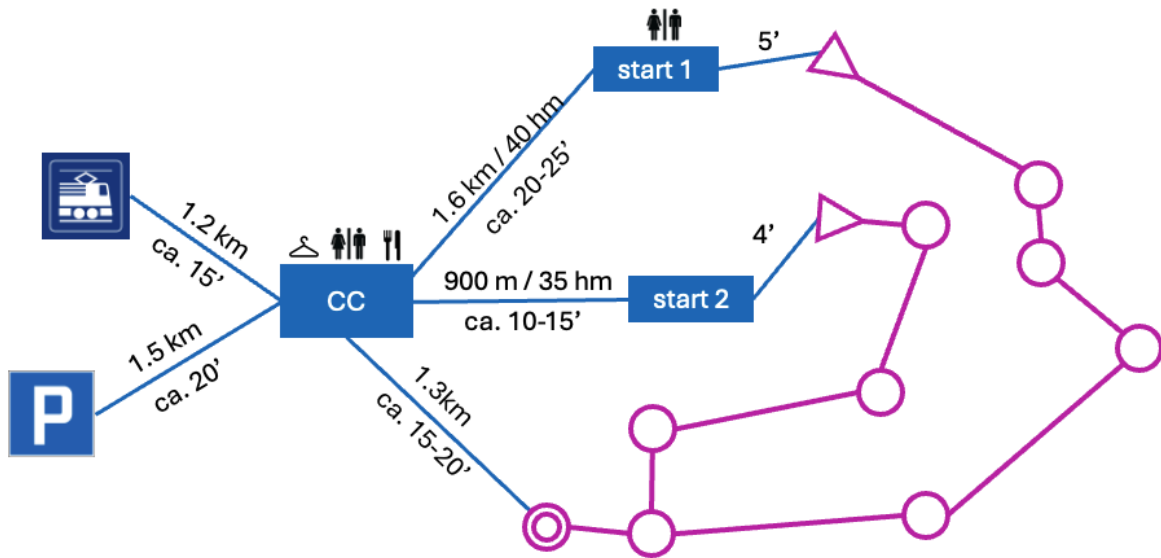
Competition system	Sprint in the town of Bülach, winning time according to WO Art. 42: 10 to 15 minutes
Course setter / Controller	Andreas Ruedlinger, David Ruedlinger
Technical officer	Roland Ludwig
Competition Judge	Christoph Ruedlinger
Competition Jury	Corina Strässler, Roland Ludwig, Therese Achermann
Competition Centre	Open from 8:00 am
Map	<p>Bülach (as of March 2025) 1:3,000 DAK/HAK and from D/H50 (format A3+) 1:4,000 All other categories (format A3) Equidistance 2 m Cartography: Chrigi Schellenberg Old map at olkrafzerfeld.ch/nationales_ol_weekend_2025 Printed courses</p> <p>Special objects The following signatures are used for mapping prominent man-made objects:</p> <p> 530 Prominent man-made feature, mailbox (control location)</p> <p> 531 Prominent man-made feature, play equipment</p> <p> 533 Area with obstacles (reduced runnability)</p>
Terrain	<p>The running area consists of an old town centre with some narrow alleyways and passages, various outer districts, park-like areas and winding buildings. It often allows for fast walking, but also requires precision and exact mapping techniques.</p> <p>Please be considerate of other runners and passers-by in narrow passages! The roads are generally open to traffic and pedestrians, bicycles, cars and postal buses are to be expected everywhere (including in the old town). The Road Traffic Act applies!</p> <p>Wearing shoes with Dobb spikes is not permitted.</p>
Out of bounds	<p>According to the publication on swiss-orienteering.ch From 7:00 am on Sunday, the entire running area is off-limits and may only be crossed on the routes published in the instructions (see above).</p>
Exceptional authorisation competition rules	<p>On 11 september 2024, the cantonal secondary school sports day took place on the old map of the town of Bülach. The national orienteering ban was lifted for participants for this event and registration for the national orienteering event is permitted.</p>

Registration for open Cat.	Open short, medium, long as well as sCOOL and family On the day of the run from 9:00 am in the CC. Start in groups possible. If you want to start in the performance and open categories, you must first complete the run in the performance category. up to 16 years: CHF 14 up to 20 years: CHF 20 from 21 years: CHF 32 Family: CHF 20 additional ticket: CHF 3 Rent SI-Card: CHF 2 Payment with Twint or cash		
Late entries and mutations	There are two vacant starting places per category on a <i>first come, first serve</i> basis, which can be booked via the mutation portal https://modify.picoevents.ch . It is also possible to transfer starting places and can be done independently via the mutation portal. Mutations cost CHF 10. Change SI-Card free of charge		
Start times	9:30 am to 1:00 pm		
Starting order	Drawn start times by region		
Start numbers	Self-service in the CC. Runners in the Open category will receive their start number when they register. No start without a start number!		
Way to the start	CC → Start 1: 1.8 km, 25 minutes CC → Start 2: 0.9 km, 10 to 15 minutes Do not leave the marked path to the start!		
Warm up	On the way to the start or at the pre-start.		
Clothes depot	No clothes depot		
Toilets	No WC at the start 2 There is a public WC at the start 1 Please use the toilets in the CC.		
Start	There are two different starts. Observe the signposting! Each runner is responsible for cancelling ("clear") and checking ("check") their SI card. It is obligatory to use the SI-Card specified at registration. All participants are responsible for starting with the correct map. <table border="1" data-bbox="470 1467 1428 1937"> <tr> <td>Start 1 Start time -5min: Entry according to start list, cancellation and checking of the SI-Card Start time -4min: Self-service control descriptions Start time -3min: Road crossing Start time -2min: Display arrangement of the map boxes Start time -1min: Start check SI-Card, then access to the map box. The map may only be removed from the map box when the start signal sounds.</td> <td>Start 2 Start time -4min: Entry according to start list, cancellation and checking of the SI-Card Start time -3min: Self-service control descriptions Start time -2min: Display arrangement of the map boxes Start time -1min: Start check SI-Card, then access to the map box. The map may only be removed from the map box when the start signal sounds.</td> </tr> </table>	Start 1 Start time -5min: Entry according to start list, cancellation and checking of the SI-Card Start time -4min: Self-service control descriptions Start time -3min: Road crossing Start time -2min: Display arrangement of the map boxes Start time -1min: Start check SI-Card, then access to the map box. The map may only be removed from the map box when the start signal sounds.	Start 2 Start time -4min: Entry according to start list, cancellation and checking of the SI-Card Start time -3min: Self-service control descriptions Start time -2min: Display arrangement of the map boxes Start time -1min: Start check SI-Card, then access to the map box. The map may only be removed from the map box when the start signal sounds.
Start 1 Start time -5min: Entry according to start list, cancellation and checking of the SI-Card Start time -4min: Self-service control descriptions Start time -3min: Road crossing Start time -2min: Display arrangement of the map boxes Start time -1min: Start check SI-Card, then access to the map box. The map may only be removed from the map box when the start signal sounds.	Start 2 Start time -4min: Entry according to start list, cancellation and checking of the SI-Card Start time -3min: Self-service control descriptions Start time -2min: Display arrangement of the map boxes Start time -1min: Start check SI-Card, then access to the map box. The map may only be removed from the map box when the start signal sounds.		
Start open categories	Start 2 Separate start corridor with flying start list until approx. 12:45 pm. Start release with SI-Card.		

<p>Course starting point</p>	<p>Marked with orienteering controls without SI unit. The compulsory route to the starting point may not be left.</p>
<p>Restricted areas</p>	<p>Restricted areas marked on the map must be observed. Areas mapped in olive green may not be entered, controls are carried out in the terrain Failure to comply will result in disqualification. They not only lead to an unfair competitive advantage, but also to problems with the organisation of future events. We rely on the goodwill of numerous landowners and want to represent our sport in the best possible light.</p> <p>Out of consideration for those attending church services, parts around the churches are marked as restricted areas.</p> <p>Some places where the transition between permitted and prohibited areas is not clearly recognisable are marked with barrier tape.</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p><i>Olive green = private property</i> No trespassing!</p> </div> <div style="text-align: center;">  <p><i>Pink areas = temporary buildings or closed areas (building sites, street café)</i> No trespassing!</p> </div> <div style="text-align: center;">  <p><i>Purple shaded area = restricted area</i> No trespassing!</p> </div> </div>
<p>Construction sites</p>	<p>There are road construction sites in the area where the condition on the day of the race was not definitely known at the time the map was printed. Short-term changes will be communicated at the competition centre and at the start.</p>
<p>Road crossings</p>	<p>Some categories cross a road in a roadworks area. At this point, the road may only be crossed via the pedestrian crossing. The pedestrian crossing is marked on the map as a crossing (see map section). The path from the control in front of the crossing to the pedestrian crossing is cordoned off with route tape.</p> <div style="text-align: center;">  </div> <p>Some categories cross a busy main road. This may only be crossed via the mapped subway. Crossing above ground leads to disqualification. The subway is shown on the map half pink, half white (upper level indicates the colour = restricted area). No compulsory route is marked.</p> <p>Example:</p> <div style="text-align: center;">  </div>

	<p>The road is a restricted area. Walking is permitted on the lower level.</p> <p>Some categories pass through a subway that is used by cyclists and also by pedestrians. For safety reasons, the cycle path is cordoned off from the footpath. It is only permitted to walk on the area marked for pedestrians (see photo).</p>	
Map printing	Printed courses for all categories. The controls are numbered consecutively and must be run in the correct order.	
Controls	<p>Orange and white flags. Acknowledge with SI-Card (AIR+ or classic). If a unit does not work: Use the control tongs (stamp on the map and inform when reading out). Some of the controls are very close together (check the control numbers!).</p>	
Control description	<p>IOF symbols (for D/H10 also as text control description). Self-service at the pre-start. The control descriptions are printed on the map with IOF symbols. For open categories at the open start; self-service as IOF or text descriptions.</p>	
Finish	<p>The route from the last control to the finish is marked. The finish must be acknowledged with the SI-Card. The maps can be kept at the finish. Please do not show them to runners who have not yet started. We ask for fairness! Space at the finish line is limited. Please keep your stay in the finish area short.</p>	
Finish refreshements	Focus Water and water	
Fairness	Sharing information about the race with runners who have not started is prohibited. Publication of the race on social media (Strava etc.) is prohibited until 1:00 pm.	
Way from finish to CC	approx. 1.3 km / 15 to 20 minutes	
Course evaluation	<p>Read out immediately after returning to the CC. Surrendering participants must also read out their SI-Card to prevent searches!</p>	
Maximum time limit	90 minutes, finish 90 minutes after the last start	
First Aid	In the CC	

General plan Sunday



Course data 2. Nationaler OL, Sunday 30 March 2025

cat.	distance km	climb m	controls	start
H10	2.0	15	19	2
H12	2.5	25	23	2
H14	2.8	30	23	1
H16	3.0	35	22	1
H18	3.4	45	25	1
H20	3.7	50	25	1
HE	3.9	50	28	1
HAL	3.3	35	25	1
HAM	3.0	35	22	1
HAK	2.4	25	20	2
HB	2.3	15	20	2
H35	3.1	35	24	1
H40	3.1	30	21	1
H45	3.3	45	24	1
H50	2.9	25	22	1
H55	2.8	25	19	1
H60	2.8	25	21	1
H65	2.6	25	20	1
H70	2.4	25	20	2
H75	2.0	20	19	2
H80	2.0	20	19	2
H85	1.4	15	13	2

cat.	distance km	climb m	controls	start
D10	2.0	15	20	2
D12	2.3	20	21	2
D14	2.5	30	21	2
D16	2.7	30	20	1
D18	3.0	35	20	1
D20	3.1	40	24	1
DE	3.2	40	24	1
DAL	2.9	40	21	1
DAM	2.7	30	20	1
DAK	2.1	30	16	2
DB	2.1	25	18	2
D35	2.3	20	17	1
D40	2.7	25	20	1
D45	2.8	30	18	1
D50	2.8	20	19	1
D55	2.6	25	20	1
D60	2.3	25	20	2
D65	2.1	20	16	2
D70	2.1	20	16	2
D75	1.6	15	14	2
D80	1.4	15	13	2

OL	3.2	30	27	2
OM	2.4	20	20	2
OK	1.6	15	18	2
FAM	1.6	15	18	2
OS	1.4	10	15	2

Scale	1:4'000
Scale	1:3'000

Many thanks to our sponsors!



Flughafen Zürich

