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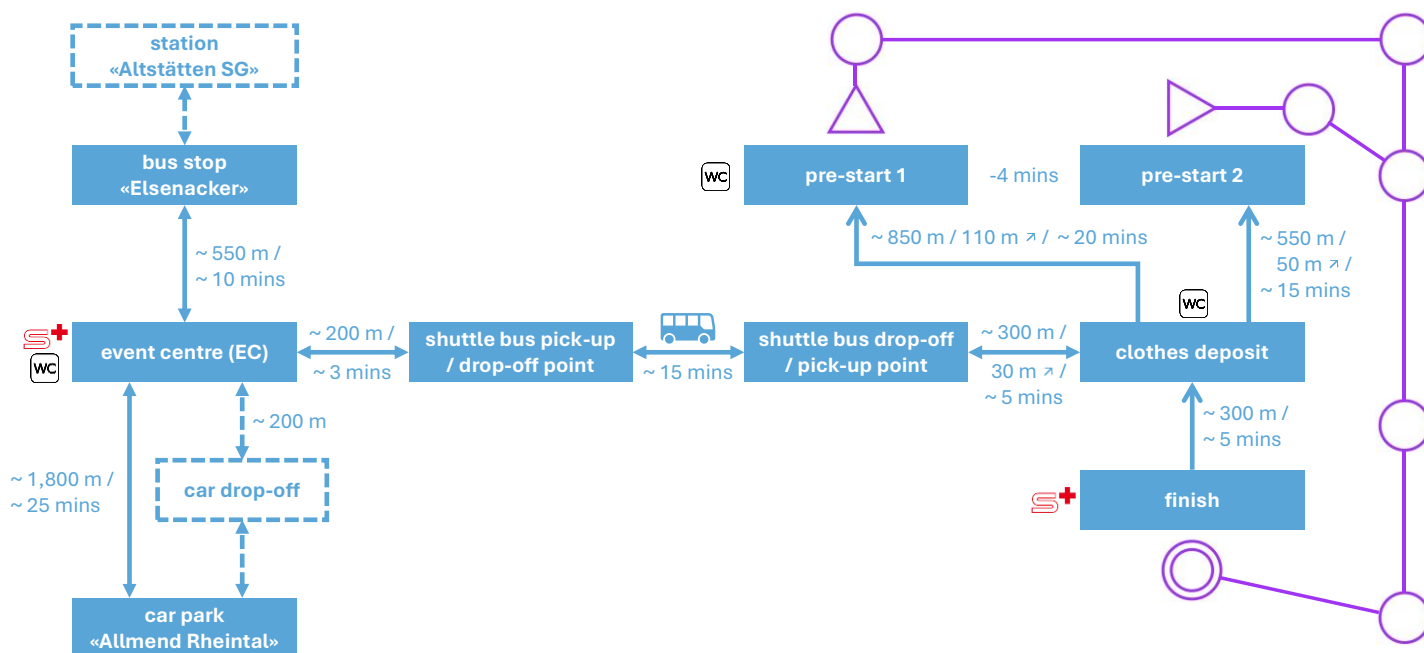
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# RHEINTALER OL-WEEKEND

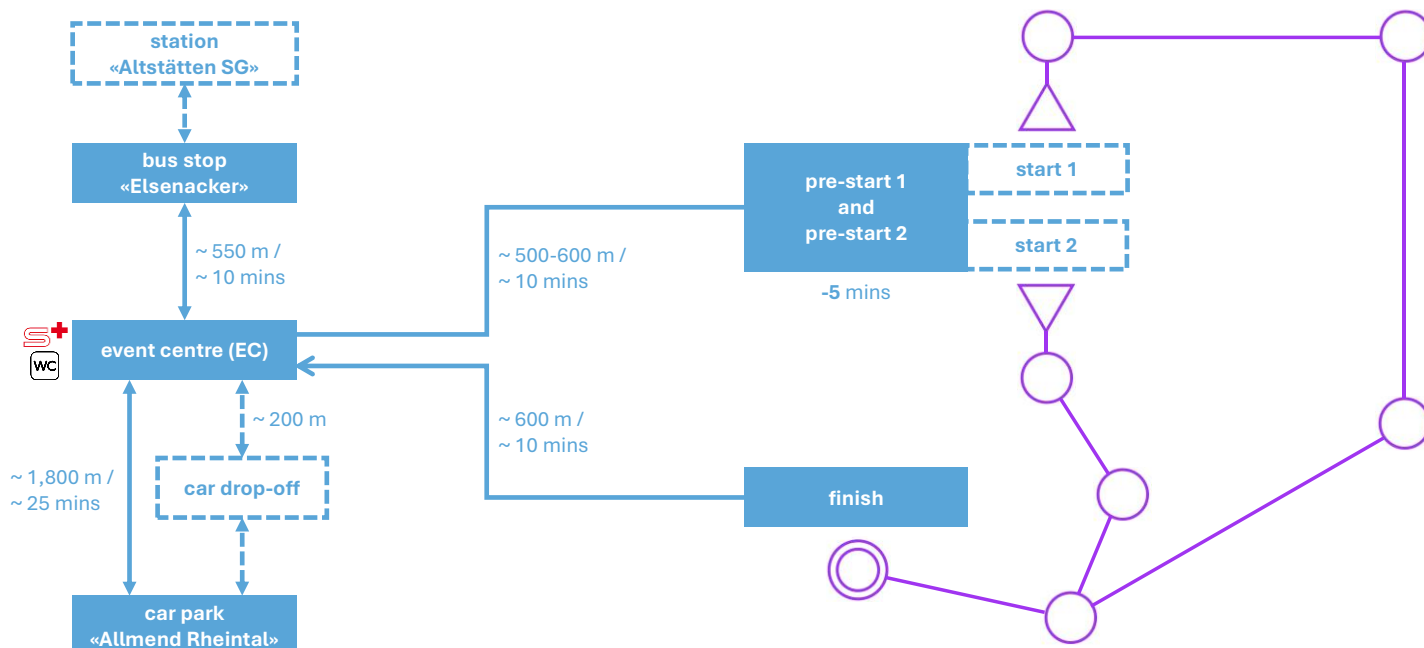
18./19. April 2026



## Overview – 3rd national race / Saturday, 18 April 2026



## Overview – 4th national race / Sunday, 19 April 2026





Welcome to our anniversary!

## Instructions

## 3rd national race

## 4th national race



57th Engelburger OL – counting event of the ROLV  
NOS Youth Championships  
**IOF World Ranking Event (WRE)**

76th St.Galler OL – counting event of the ROLV  
NOS Youth Championships & the «Stadt OL Cup»  
**IOF World Ranking Event (WRE)**

Date	Saturday, 18 April 2026	Sunday, 19 April 2026
<b>Competition format</b>	Long distance	Sprint distance
<b>World Ranking Event (WRE)</b>	The national classes DE and D20 together form the WRE class W21E, the national classes HE and H20 together form the WRE class M21E (merging of classes according to elite-sport regulations).	
<b>Organiser &amp; website</b>	Orienteering club «Orientierungslauf-Gruppe St.Gallen/Appenzel», <a href="http://www.olgsga.ch/row">www.olgsga.ch/row</a>	
<b>Event director &amp; information</b>	Erwin Wälter, +41 76 472 13 68, <a href="mailto:row2026@olgsga.ch">row2026@olgsga.ch</a>	
<b>Media</b>	Christoph Ammann, +41 78 636 07 46, <a href="mailto:medien@olgsga.ch">medien@olgsga.ch</a>	
<b>Course setter / Course controller</b>	Michael Huber / Miklas Kossert	Mario & Monika Ammann
<b>Technical/event adviser</b>	Beat Okle (TA) / Christian Schneebeli (IOF EA)	Christian Schneebeli
<b>Competition judge</b>	Heinz Weber	
<b>Jury</b>	Christian Schneebeli (IOF EA, chair without voting right), Urs Hofer, Beat Oklé (TA), Stefan Schlatter, Erwin Wälter (organiser's representative without voting right)	Christian Schneebeli (TA/IOF EA, chair without voting right), Therese Achermann, Marc Eyer, Simone Niggli, Erwin Wälter (organiser's representative without voting right)
<b>Map</b>	Map «Schwamm» Scale: see course data at the back Equidistance: 5 m Status: spring 2026 Cartographer: Beat Imhof Print: digital printing, paper: Teslin Format: see course data at the back	Map «Altstätten» Scale: see course data at the back Equidistance: 2 m Status: spring 2026 Cartographer: Beat Imhof Print: digital printing, paper: Teslin Format: see course data at the back
<b>Terrain &amp; existing maps</b>	It is a dense spruce forest between 500 and 900 metres above sea level with few young trees and clear-cuts, as well as fallen trees in places. The slope is criss-crossed by large ditches, countless gullies, streams and old cart tracks and is physically demanding. Photos and old map (generated with LiDAR): <a href="http://www.olgsga.ch/row">www.olgsga.ch/row</a>	It is a «classic» old town with rows of houses and surrounding residential areas. There are also several school complexes and a few park-like areas. The area is mostly flat or only moderately sloping, but there are also some challenging inclines. Photos and old map: <a href="http://www.olgsga.ch/row">www.olgsga.ch/row</a>
<b>Out of bounds</b>	The out of bounds can be viewed at <a href="http://www.swiss-orienteeing.ch/de/wettkaempfe/gelaendesperren.html">www.swiss-orienteeing.ch/de/wettkaempfe/gelaendesperren.html</a> .  Participants of the 4th national race are allowed to enter the out of bounds without a map until Saturday. It is forbidden to enter the out of bounds on Sunday, except during one's own race and after finish closure (cf. Art. 31 & 53 «Wettkampfordnung»). Exceptions: - see «Arrival by public transport» and «Arrival by car» - Participants staying overnight within the out of bounds must leave it on Sunday by 8:30 via the green roads (see «Arrival map» at the back).	
<b>Event centre (EC)</b>	School complex «Schöntal» (Bildstrasse 10, 9450 Altstätten) with changing rooms / showers, information desk, registration for open classes, catering, orienteeing shops, childcare, children's/school orienteeing Opening hours – Saturday: 9:30 to 19:00 Opening hours – Sunday: 8:30 to 14:30	





<b>Start times</b>	12:00 to approx. 15:30	10:00 to approx. 12:30
<b>Start order</b>	All competition classes except WRE classes: regional draw; WRE classes [DE/HE/D20/H20] according to IOF Method B: The start field is divided into groups of 5 runners and groups are ordered according to the World Ranking as of 6 April 2026 (reversed, best ranked group starts last). Within each group, the start order is drawn by lot. As a result, the start interval within the classes DE/HE/D20/H20 is not the same (contrary to Art. 102 «Wettkampfordnung»).	
<b>Start lists</b>	The start lists will be published approx. 1 week before the race at <a href="http://www.swiss-orienteering.ch">www.swiss-orienteering.ch</a> .	
<b>EC → start 1 &amp; 2</b>	<p>1) Walk from the EC to the shuttle bus pick-up point (marked): approx. 200 m / 3 mins. 2) Shuttle transport for runners: approx. 15 mins. Any waiting times at the pick-up point are not included. 3) Walk from the shuttle bus drop-off point via the clothes deposit to the start (marked): → Start 1: approx. 1,150 m and 140 m ↗ / 25 mins → Start 2: approx. 850 m and 80 m ↗ / 20 mins</p> <p><b>Shuttle transport:</b> The shuttle buses run every 10 mins and have a capacity of 90 people. Please fill the buses accordingly! Shoes with dobb spikes must be taken off in the buses. First departure: 10:30. Accompanying persons will only be transported if space is available; participants have priority.</p>	<p>Walk from the EC to start 1 and start 2 (marked): approx. 500–600 m / 10 mins</p> <p>→ <b>Same pre-start for start 1 and start 2</b> (Details: see «start 1» and «start 2»)</p>
<b>Clothes deposit</b>	A partially covered clothes deposit is available on the route from the shuttle bus drop-off point to the start and from the finish to the shuttle bus pick-up point.	No clothes deposit, no clothing transport
<b>Warm-up / warm-up map</b>	At pre-start 1, a warm-up map with a few orienteering controls (without SI units) is provided. The maps are available for self-service and must be returned after the warm-up.	At the pre-start, a warm-up map with a few orienteering controls (without SI units) is provided. The maps are available for self-service and must be returned after the warm-up.
<b>Start 1 (competition classes)</b>	<p>Start time -4 mins: Entry according to start list, clear and check SI Card</p> <p>Start time -3 mins: Self-service control descriptions</p> <p>Start time -2 mins: Display of map box arrangement</p> <p>Start time -1 min: SI Card start check, access to the map box</p> <p>The map may only be taken from the map box when the start signal sounds. All participants are responsible for clearing/checking their SI Card and starting with the correct map.</p> <p>Compulsory route to the start point (orienteering control without an SI unit): 30 m</p>	<p>Start time <b>-5 mins:</b> Entry according to start list, clear and check SI Card</p> <p>Start time -4 mins: Road crossing</p> <p>Start time -3 mins: Self-service control descriptions</p> <p>Start time -2 mins: Display of map box arrangement</p> <p>Start time -1 min: SI Card start check, access to the map box</p> <p>The map may only be taken from the map box when the start signal sounds. All participants are responsible for clearing/checking their SI Card and starting with the correct map.</p> <p>Compulsory route to the start point (orienteering control without an SI unit): 25 m</p>
<b>Start 2 (open classes)</b>	Participants report to the start team 4 mins before their start time. The start is triggered by punching with the SI Card. The start point is located directly at the start.	<p>Same pre-start for start 1 and start 2. Participants enter the separate open-classes corridor <b>5 mins</b> before their start time.</p> <p>Start time <b>-5 mins:</b> Entry according to start list, clear and check SI Card</p> <p>Start time -4 mins: Road crossing</p>

		After the road crossing, participants separate according to their start allocation. Open-class participants proceed to start 2 and receive their control description and map there. The start is triggered by punching with the SI Card. The start point is located directly at the start.
<b>Late start</b>	Participants arriving late report to the start team.	
<b>GPS-enabled devices</b>	GPS-enabled devices (watches, etc.) may be carried during the race, provided they are not used for communication or navigation.	
<b>Courses</b>	The course is printed on the map. The orienteering controls are numbered consecutively and must be punched in the correct order.	
<b>Control description</b>	The control description is printed on the map using IOF symbols. In addition, they are available separately for self-service 3 mins before start 1 or at start 2. For the open classes, text-based control descriptions are also available there (in German only).	
<b>Punching system</b>	SPORTident, AIR+ activated. A SIAC Battery Check is available at the evaluation in the EC.	
<b>Orienteering controls / punching</b>	White-orange control flag in accordance with the «Wettkampfordnung», with SI units. Punch controls using the SI Card. If the AIR+ does not work (SIAC battery empty), hold the SIAC into the hole of the SI unit to punch. If the SI unit does not work (no acoustic and no visual signal) or is missing, punch with the control punch on the map. Inform the helper team unprompted at the finish and hand in the map with your name on it for verification. Inform the officials at the evaluation accordingly.	
<b>Out of bounds areas</b>	Out of bounds areas printed on the map must be respected. Out of bounds areas with boundary lines are additionally marked in the terrain. Areas mapped in olive green must not be entered. Failure to comply will result in non-classification or disqualification. In general, the <a href="#">official map symbol information sheets</a> must be observed.	
<b>Special</b>	Stream structures: see description and photo at the back	Special objects / symbols: see descriptions and photos at the back
<b>Traffic</b>	An asphalted mountain road with considerable excursion traffic (especially in good weather) runs through the competition area. <b>Please take care when crossing. The Swiss Road Traffic Act applies!</b>	The competition area is traffic-calmed (no through traffic). Nevertheless, cars, public buses, motorbikes, bicycles and pedestrians may be encountered. <b>The Swiss Road Traffic Act applies!</b>
<b>Refreshment points</b>	Refreshment points for classes with a winning time over 45 mins are marked on the map or in the control description. Refreshment: water.	No refreshments
<b>Map exchange for WRE</b>	The WRE classes [DE/HE/D20/H20] have a map exchange at an orienteering control. The used map must be thrown into the container provided. The new map can then be taken from the map box provided (self-service).  Map return: The maps can be collected at the information desk in the EC on Sunday from 8:30	No map exchange
<b>Maximum running time &amp; finish closure</b>	150 mins, finish closure: 150 mins after the last start	90 mins, finish closure: 90 mins after the last start
<b>Finish</b>	Same finish for all classes. For classes D10/H10/D12/H12/OK/FAM, the route from the last control to the finish is marked. For all other classes, there is a catching, marked funnel somewhere along the route from the respective last control to the finish. The finish must be punched with the SI Card. Finish refreshments: water and syrup.	Same finish for all classes. The route from the last control to the finish is marked. The finish must be punched with the SI Card. Finish refreshments: water and syrup.
<b>Fairness</b>	The maps may be kept after finishing but must not be shown to participants who have not yet started. In general, sharing information about the race with participants who have not yet started is prohibited. Publication of the race on the internet (Strava, etc.) is only permitted after the last start.	

<b>Finish → EC</b>	<p>1) Walk from the finish via the clothes deposit to the shuttle bus pick-up point (marked): approx. 600 m / 10 mins</p> <p>2) Shuttle transport for runners: approx. 15 mins. Any waiting times at the pick-up point are not included.</p> <p>3) Walk from the shuttle bus drop-off point to the EC (marked): approx. 200 m / 3 mins</p> <p><b>Shuttle transport:</b> The shuttle buses run every 10 mins. Shoes with dobb spikes must be taken off in the buses. Last departure: 18:00.</p>	<p>Walk from the finish to the EC (marked): approx. 600 m / 10 mins</p> <div data-bbox="975 353 1497 499" style="background-color: #4F81BD; color: white; padding: 10px; border: 1px solid white;"> <p style="text-align: center;"><b>Top tip for Saturday:</b></p> <p style="text-align: center;">There's a lovely farm shop near the shuttle bus pick-up point. It's well worth a visit!</p> </div>
<b>First aid</b>	First aid personnel at the finish and at the EC	First aid personnel at the EC
<b>Read the SI Card</b>	<p>The SI Card must be read immediately after returning to the EC.</p> <p>Participants who retire must also read their SI Card.</p> <p>Unnecessary search operations will be charged to the responsible participants.</p>	
<b>Results</b>	<p>Live results will be published at <a href="https://results.picoevents.ch">https://results.picoevents.ch</a>.</p> <p>The official results will be published at <a href="http://www.swiss-orienteeing.ch">www.swiss-orienteeing.ch</a>.</p>	
<b>Livelox</b>	Activated from 18:00	Activated from 14:00
<b>Catering at the EC</b>	<p>Offer: Pasta with meat/vegetarian, hot dogs, birchermüesli, fine cake buffet, drinks</p> <p>Opening hours – Saturday: 9:30 to 18:30 (hot food: 11:00 to 18:00)</p> <p>Opening hours – Sunday: 8:30 to 14:30 (hot food: 11:00 to 14:00)</p> <p>Payment: cash or via TWINT</p> <p>In addition, an external ice-cream truck will be present at the EC.</p>	
<b>Childcare</b>	<p>On both days, a childcare service is available at the EC for children aged 2 years and older.</p> <p>Opening hours – Saturday: 9:30 to 18:30</p> <p>Opening hours – Sunday: 8:30 to 14:00</p> <p>Registration is required via the form at <a href="http://www.olgsga.ch/row/kinderhort">www.olgsga.ch/row/kinderhort</a> until Tuesday, 14 April 2026.</p>	
<b>Children's / school orienteeing</b>	<p>On both days, a free children's / school orienteeing is offered at the EC (string course and short, easy courses with timing).</p> <p>Opening hours – Saturday: 9:30 to 18:30</p> <p>Opening hours – Sunday: 8:30 to 14:00</p>	
<b>Privacy policy</b>	<p>The guidelines of Swiss Orienteering dated 24 August 2021 apply. Anyone participating in an orienteeing event listed on the Swiss Orienteering calendar at <a href="http://www.o-l.ch">www.o-l.ch</a> accepts that they will appear in published start lists and rankings. Subsequent removal of the name or time or ranking from the ranking list is not possible. Swiss Orienteering determines how long the start and ranking lists remain publicly available. By registering, participants also acknowledge the organiser's privacy policy at <a href="http://www.olgsga.ch/datenschutzerklaerung">www.olgsga.ch/datenschutzerklaerung</a>.</p>	
<b>Complaints according to articles 159 ff. «Wettkampfordnung»</b>	<p>Before submitting a complaint, the competition judge must be consulted in order to resolve the matter amicably. If no amicable solution can be found, the complaint must be submitted in writing to the information desk no later than one hour after finish closure. The form available there may be used. Affected persons are required to cooperate as far as possible.</p>	
<b>Insurance</b>	<p>Insurance is the responsibility of the participants. Any liability on the part of the organiser and its auxiliary persons is rejected to the extent permitted by law.</p>	
<b>Cancellation</b>	<p>In the event of extreme weather conditions, information about any cancellation of the race will be provided by 8:00 on Saturday, 18 April 2026 (3rd national race) or 6:00 on Sunday, 19 April 2026 (4th national race) at <a href="http://www.olgsga.ch/row">www.olgsga.ch/row</a> and in the forum at <a href="http://www.swiss-orienteeing.ch">www.swiss-orienteeing.ch</a>.</p>	
<b>SIAC Battery Change</b>	No SIAC battery change service	<p>On Sunday, Mix Sieber offers an SIAC battery change service at the EC. Advance registration is requested. Further information: <a href="https://entry.picoevents.ch/siac.php">https://entry.picoevents.ch/siac.php</a></p>


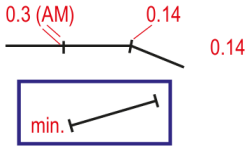

## Special – 3rd national race / Saturday, 18 April 2026

### Stream structures


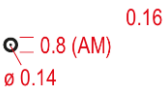

<p><b>Photo:</b></p> 	<p><b>Map:</b></p> 	<p><b>Note:</b></p> <p>Some of the streams are lined with stream structures that reach several meters in height. Caution! Upstream of these structures, the stream is wide, shallow and easy to cross.</p>
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## Special objects – 4th national race / Sunday, 19 April 2026


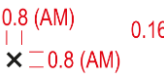

### Cableway on a playground

<p><b>Photo:</b></p> 	<p><b>Object on the map:</b></p> <p>«510 Power line, cableway or skilift»</p> 	<p><b>Symbol in control description:</b></p> <p>«5.5 Power line»</p> 
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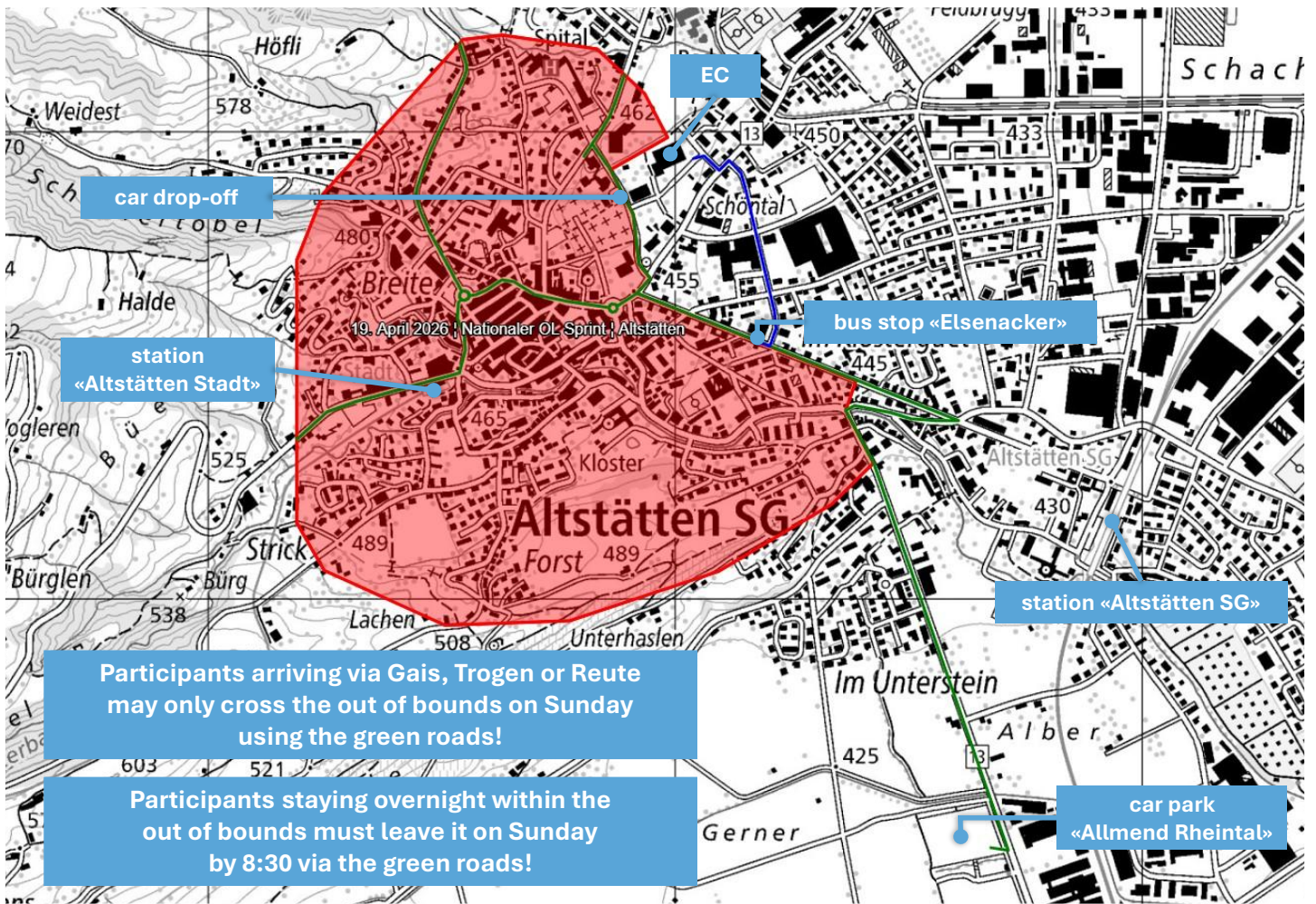
### Advertising column

<p><b>Photo:</b></p> 	<p><b>Object on the map:</b></p> <p>«526 Cairn»</p> 	<p><b>Symbol in control description:</b></p> <p>«5.17 Boundary stone, Cairn»</p> 
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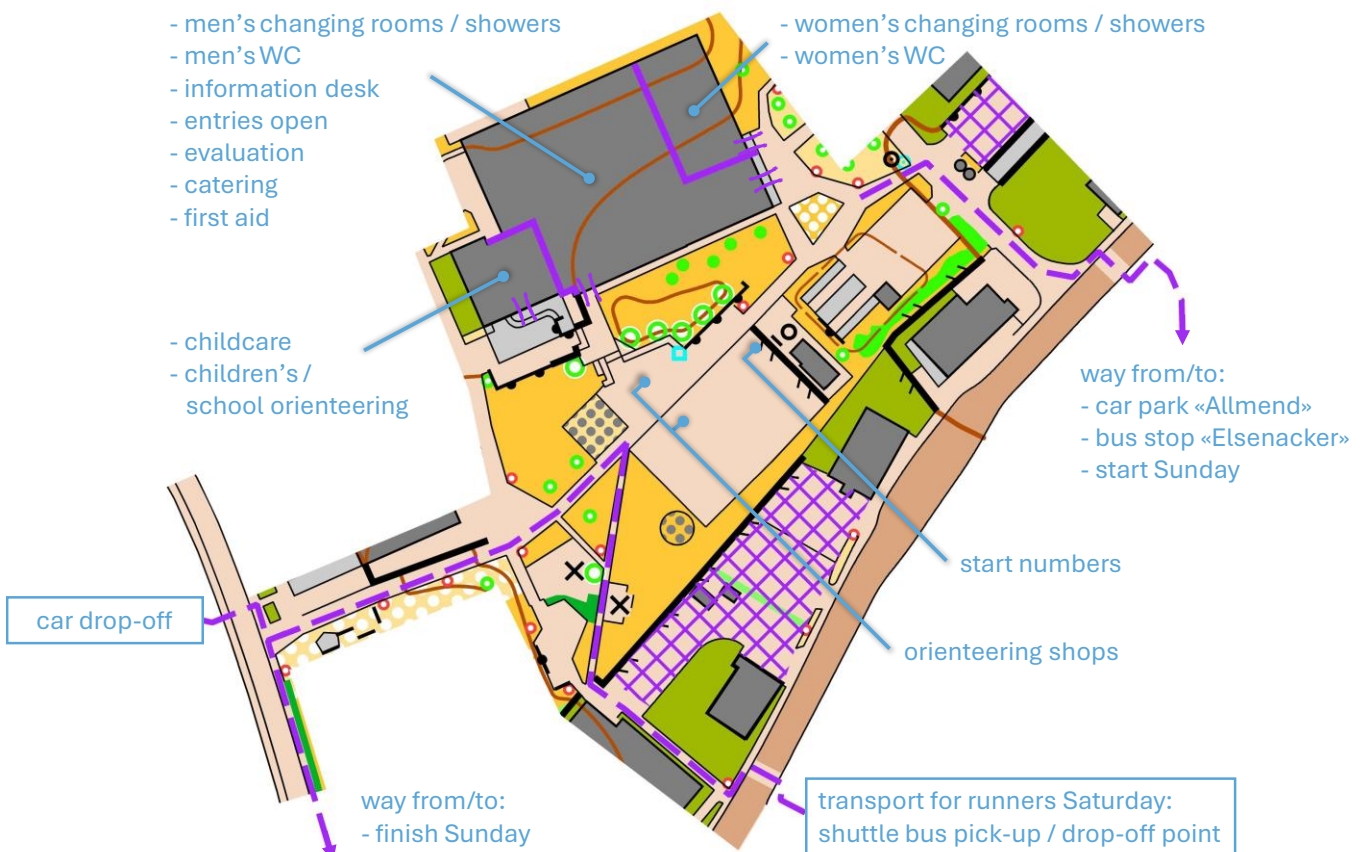
### Play equipment / flags

<p><b>Photos:</b></p> 	<p><b>Object on the map:</b></p> <p>«531 prominent man-made feature - x »</p> 	<p><b>Symbol in control description:</b></p> <p>«6.1 Prominent feature / Special item»</p> 
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## Arrival map with restrictions on Sunday



## Location map of the event centre (EC)



## Course data – 3rd national race / Saturday, 18 April 2026

Class	Distance	Climb <sup>↗</sup>	Controls	Start	Scale	Format
H10	2,5 km	55 m	10	1	1:10,000	30x21 cm
H12	3,9 km	175 m	14	1	1:10,000	30x21 cm
H14	5,0 km	230 m	14	1	1:10,000	30x21 cm
H16	6,1 km	275 m	17	1	1:15,000	30x21 cm
H18	7,6 km	405 m	14	1	1:15,000	30x21 cm
H20 *	10,6 km	575 m	21	1	1:15,000	30x21 cm
HE *	10,6 km	575 m	21	1	1:15,000	30x21 cm
HAL	8,8 km	430 m	15	1	1:15,000	30x21 cm
HAM	5,7 km	255 m	15	1	1:10,000	30x21 cm
HAK	3,4 km	120 m	10	1	1:7,500	40x28 cm
HB	4,1 km	180 m	11	1	1:10,000	30x21 cm
H35	6,2 km	265 m	16	1	1:10,000	30x21 cm
H40	6,3 km	310 m	14	1	1:10,000	30x21 cm
H45	6,2 km	310 m	14	1	1:10,000	30x21 cm
H50	6,3 km	265 m	16	1	1:7,500	40x28 cm
H55	5,9 km	260 m	17	1	1:7,500	40x28 cm
H60	5,6 km	250 m	16	1	1:7,500	40x28 cm
H65	5,0 km	235 m	13	1	1:7,500	40x28 cm
H70	4,4 km	170 m	13	1	1:7,500	40x28 cm
H75	3,6 km	140 m	12	1	1:7,500	40x28 cm
H80	3,2 km	105 m	11	1	1:7,500	40x28 cm
H85	2,2 km	65 m	8	1	1:7,500	40x28 cm

FAM	2,1 km	70 m	9	2	1:10,000	30x21 cm
OK	2,1 km	70 m	9	2	1:10,000	30x21 cm
OM	2,6 km	150 m	9	2	1:10,000	30x21 cm
OL	4,1 km	230 m	10	2	1:10,000	30x21 cm

Class	Distance	Climb <sup>↗</sup>	Controls	Start	Scale	Format
D10	2,5 km	55 m	10	1	1:10,000	30x21 cm
D12	3,5 km	145 m	12	1	1:10,000	30x21 cm
D14	4,2 km	180 m	11	1	1:10,000	30x21 cm
D16	5,4 km	250 m	16	1	1:15,000	30x21 cm
D18	6,0 km	300 m	12	1	1:15,000	30x21 cm
D20 **	8,3 km	450 m	18	1	1:15,000	30x21 cm
DE **	8,3 km	450 m	18	1	1:15,000	30x21 cm
DAL	6,5 km	320 m	13	1	1:15,000	30x21 cm
DAM	4,5 km	200 m	11	1	1:10,000	30x21 cm
DAK	2,9 km	85 m	9	1	1:7,500	40x28 cm
DB	3,9 km	155 m	10	1	1:10,000	30x21 cm
D35	4,7 km	195 m	12	1	1:10,000	30x21 cm
D40	5,5 km	245 m	14	1	1:10,000	30x21 cm
D45	5,7 km	250 m	14	1	1:10,000	30x21 cm
D50	4,9 km	230 m	12	1	1:7,500	40x28 cm
D55	4,6 km	200 m	11	1	1:7,500	40x28 cm
D60	4,5 km	185 m	13	1	1:7,500	40x28 cm
D65	3,8 km	145 m	10	1	1:7,500	40x28 cm
D70	3,6 km	130 m	12	1	1:7,500	40x28 cm
D75	2,8 km	75 m	9	1	1:7,500	40x28 cm
D80	2,2 km	65 m	8	1	1:7,500	40x28 cm

\* = WRE class M21E (same course for HE/H20), winning time: 65-70 mins

\*\* = WRE class W21E (same course for DE/D20), winning time: 65-70 mins

## Course data – 4th national race / Sunday, 19 April 2026

The course data correspond to the presumed ideal route.

Class	Distance	Climb <sup>↗</sup>	Controls	Start	Scale	Format
H10	2,4 km	40 m	25	1	1:4,000	30x21 cm
H12	2,9 km	40 m	27	1	1:4,000	30x21 cm
H14	3,3 km	45 m	24	1	1:4,000	30x21 cm
H16	3,2 km	50 m	25	1	1:4,000	30x21 cm
H18	3,4 km	45 m	24	1	1:4,000	30x21 cm
H20 *	3,7 km	55 m	26	1	1:4,000	30x21 cm
HE *	3,7 km	55 m	26	1	1:4,000	30x21 cm
HAL	3,3 km	55 m	23	1	1:4,000	30x21 cm
HAM	3,0 km	40 m	22	1	1:4,000	30x21 cm
HAK	2,5 km	35 m	18	1	1:3,000	32x23 cm
HB	2,3 km	35 m	19	1	1:4,000	30x21 cm
H35	3,2 km	45 m	23	1	1:4,000	30x21 cm
H40	3,0 km	45 m	21	1	1:4,000	30x21 cm
H45	3,0 km	50 m	21	1	1:4,000	30x21 cm
H50	3,1 km	50 m	20	1	1:3,000	32x23 cm
H55	3,1 km	45 m	21	1	1:3,000	32x23 cm
H60	2,9 km	45 m	22	1	1:3,000	32x23 cm
H65	2,4 km	45 m	19	1	1:3,000	32x23 cm
H70	2,4 km	35 m	18	1	1:3,000	32x23 cm
H75	2,1 km	25 m	18	1	1:3,000	32x23 cm
H80	1,9 km	25 m	19	1	1:3,000	32x23 cm
H85	1,6 km	20 m	13	1	1:3,000	32x23 cm

FAM ***	1,8 km	30 m	20	2	1:3,000	32x23 cm
OK ***	1,8 km	30 m	20	2	1:3,000	32x23 cm
OM	2,1 km	30 m	25	2	1:3,000	32x23 cm
OL	2,6 km	40 m	23	2	1:4,000	30x21 cm

Class	Distance	Climb <sup>↗</sup>	Controls	Start	Scale	Format
D10	2,2 km	40 m	24	1	1:4,000	30x21 cm
D12	2,7 km	40 m	25	1	1:4,000	30x21 cm
D14	2,7 km	35 m	19	1	1:4,000	30x21 cm
D16	2,9 km	40 m	21	1	1:4,000	30x21 cm
D18	2,9 km	45 m	21	1	1:4,000	30x21 cm
D20 **	3,2 km	45 m	22	1	1:4,000	30x21 cm
DE **	3,2 km	45 m	22	1	1:4,000	30x21 cm
DAL	2,7 km	35 m	19	1	1:4,000	30x21 cm
DAM	2,7 km	45 m	21	1	1:4,000	30x21 cm
DAK	2,5 km	40 m	21	1	1:3,000	32x23 cm
DB	2,1 km	40 m	17	1	1:4,000	30x21 cm
D35	2,3 km	40 m	21	1	1:4,000	30x21 cm
D40	2,5 km	40 m	19	1	1:4,000	30x21 cm
D45	2,6 km	40 m	20	1	1:4,000	30x21 cm
D50	2,5 km	40 m	20	1	1:3,000	32x23 cm
D55	2,5 km	40 m	19	1	1:3,000	32x23 cm
D60	2,2 km	40 m	20	1	1:3,000	32x23 cm
D65	2,2 km	40 m	19	1	1:3,000	32x23 cm
D70	2,0 km	40 m	18	1	1:3,000	32x23 cm
D75	1,6 km	20 m	15	1	1:3,000	32x23 cm
D80	1,4 km	20 m	15	1	1:3,000	32x23 cm

\* = WRE class M21E (same course for HE/H20), winning time: 12-15 mins

\*\* = WRE class W21E (same course for DE/D20), winning time: 12-15 mins

\*\*\* pram-friendly courses

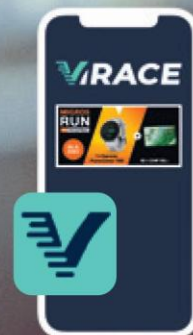
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