



## ÖFOL ELITE TEAM FOOT ORIENTEERING v1.2

### 1.1 Selection Criteria Sprint season 2026

#### PRINCIPLES

- Focus on sprint excellence at WOC Italy 7–11 July
- Early identification to optimize preparation
- Transparent, objective selection with limited discretion
- Separate forest-season selections after WOC
- **Non-national team members** interested in participation at international high level events (WOC, EOC, Worldcup), indicate their interest by email to sports director Gernot Ymsén ([leistungssport@oefol.at](mailto:leistungssport@oefol.at)) no later than **28th of February (sprint season) resp. 31st of May** (forest season), including their goal analysis for the next three years. Participation at HLE can only take place after a positive sports fitness assessment (Sportfreigabe).

#### SELECTION RACES

	Date	Event	Location	Weight
A	14/3	AC sprint	Purbach	1.5
B	28/3	3000m track test	Hungary	1.0
C	11/4	Czech O Tour E1	Třebíč, CZ	1.0
D	11/4	Czech O Tour E2	Třebíč, CZ	1.0
E	24/4	WC sprint	Locarno, SUI	1.0
F	25/4	WC Sprint Relay	Locarno, SUI	X
G	26/4	WC KO-sprint	Locarno, SUI	1.0
H	16/5	WOC test race	Genoa, IT	1.5 (1.0 for WC)
I	17/5	WOC test race	Campomorone, IT	1.5 (1.0 for WC)
J	28/5	WC KO-sprint	Lidköping, SWE	1.0
K	30/5	WC sprint	Skara, SWE	1.0
L	31/5	WC sprint relay	Skara, SWE	X

## COMMONS

- In exceptional situations also an athlete not taking part in test races can be selected.
- Austrians score points in each individual race 10 – 8 – 6 – 5 – 4 – 3 – 2 – 1; pre-selected don't score points; in case of a tie sum of times from selection races (KO quali only).
- Track test generates points according to the Scoring table attached.
- **Need to score at least 1 point in a 3000m track test** (between 1st of January and 11th of April 2026 for WC and until 31st of May for WOC) **to be selected for a sprint World Cup/WOC**

## WC ROUND 1 Switzerland | April 24-26

Selection size <u>assumption</u>	5-6m / 3-4w
Direct places	<ul style="list-style-type: none"> <li>▪ First 3m + 2w from the selection races ranking (A, B, C, D)</li> </ul>
Wild cards based on	<ul style="list-style-type: none"> <li>▪ WC selection races A, B, C, D</li> <li>▪ Performance trends, attitude and perspective</li> <li>▪ WC 2025 sprint &amp; KO-sprint races</li> </ul>
Decision published by	April 13th

## WC Round 2 Sweden | May 28 -31

Selection size <u>assumption</u>	5-6m / 3-4w
Direct places	<ul style="list-style-type: none"> <li>▪ Top 10 WC 2026 individual result</li> <li>▪ Best 3m + 2w from the selection races ranking E, G, H &amp; I</li> </ul>
Wild cards based on	<ul style="list-style-type: none"> <li>▪ selection races B, E, F, G, H &amp; I</li> <li>▪ Performance trends, attitude and potential</li> </ul>
Remarks	<ul style="list-style-type: none"> <li>▪ </li> </ul>
Decision published by	May 18th

## WOC Italy | July 7-11

Selection size	3-4m / 3-4w
Direct places	<ul style="list-style-type: none"> <li>▪ 2m+1w from selection races H, I &amp; K ranking</li> </ul>
Wild cards based on	<ul style="list-style-type: none"> <li>▪ WOC selection races H, I, J, K &amp; L</li> <li>▪ Potential, performance trends, KO-specialist (F&amp;I)</li> </ul>
Remarks	<ul style="list-style-type: none"> <li>▪ Direct selection is a selection "into team" (no specified disciplines) and gives the right to run at least one race at WOC</li> <li>▪ Selection will be confirmed early to secure time for throughout preparation</li> </ul>

	<ul style="list-style-type: none"> <li>Potential reserves stay on home ground, but need to be ready to jump in until June 28th</li> </ul>
Decision published by	June 3rd

## TRACK TEST SCORING TABLES 2026

Men 3.000m			Women 3.000m		
WR	8:10	8p	WR	10:00	8p
8:11	8:20	7p	10:01	10:11	7p
8:21	8:29	6p	10:12	10:22	6p
8:30	8:38	5p	10:23	10:32	5p
8:39	8:47	4p	10:33	10:43	4p
8:48	8:56	3p	10:44	10:54	3p
8:57	9:05	2p	10:55	11:04	2p
9:06	9:15	1p	11:05	11:15	1p

## 1.2 Selection Criteria Forest season 2026

### SELECTION RACES

	Date	Event	Location	Weight
M	25/7	Observation Middle	Rýmařov, CZE	
N	26/7	Observation Long	Rýmařov, CZE	
O	5/8	WC Quali	Vyssi Brod, CZE	
P	6/8	WC Long	Vyssi Brod, CZE	
Q	8/8	WC Middle	Vyssi Brod, CZE	
R	9/8	WC Relay	Vyssi Brod, CZE	
S	29/8	EOC selection	LTU	
T	30/8	EOC selection	LTU	

WC Round 3 Czechia | August 5-9

Selection size assumption	6-8m / 4-5w (team size depends on performance level in relevant races )
Direct places	<ul style="list-style-type: none"> <li>WOC-team+reserves</li> </ul>
Possible wild cards based on	<ul style="list-style-type: none"> <li>observation races 25-26/7</li> <li>recent performance level in forest orienteering races (June, July)</li> <li>suitability for the race type</li> <li>perspective, trend, ability to perform when it counts</li> </ul>

Remarks	<ul style="list-style-type: none"> <li>▪ Due to WOC in early July and various summer races no pure test race</li> <li>▪ WUOC selections might influence WC selections and vice versa</li> </ul>
Decision published by	July 26th

EOC Lithuania | September 23-27

Selection size	Minimum 5m+4w
Direct places	<ul style="list-style-type: none"> <li>▪ Top 15 in P or Q</li> <li>▪ 3m + 2w from selection races S &amp; T</li> </ul>
Wild cards based on	<ul style="list-style-type: none"> <li>▪ EOC selection races S &amp; T</li> <li>▪ performance trends and perspective</li> </ul>
Decision published by	September 1st

## 2. NATIONAL TEAM & NATIONAL TEAM GROUPS 2027 SELECTIONS

Based on	<ul style="list-style-type: none"> <li>▪ performance level (performances in relation to world class)</li> <li>▪ high level events results</li> <li>▪ development, age, potential, attitude</li> <li>▪ other international results</li> </ul>
Direct places	<ul style="list-style-type: none"> <li>▪ group <b>Worldclass</b>: any Top10 result in an individual EOC, WOC or WC final race, except of KO-competitions (place in final required) or Top 10 in overall Worldcup</li> <li>▪ group <b>Worldcup</b>: any Top25 result in an individual EOC, WOC or WC final race, except of KO-competitions (place in SF required) or scoring three times Top 40 in World Cup.</li> </ul>
Remarks	<ul style="list-style-type: none"> <li>▪ group <b>Challengers</b>: selected according to first paragraph</li> <li>▪ Consideration for injury or longer periods of illness possible</li> </ul>
Decision published by	End of October

## SELECTION PROCESS

Always two steps:

1. Selection proposal made by the coaches (head coach, assistant coach).
2. Committee assessment (ÖFOL Sports Director, Head of ÖFOL Department of Foot-O Competitive Sports, head coach).

Vienna, January 22<sup>nd</sup> 2026

*Mårten Boström* (ÖFOL Elite Team Head Coach)

*Lucie Rothauer* (Head of ÖFOL Department of Foot-O Competitive Sports)

*Gernot Ymsén* (ÖFOL Sports Director)