



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

WC Round 2 Sweden | May 28 -31

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

WOC Italy | July 7-11

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

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

TRACK TEST SCORING TABLES 2026

Men 3.000m

WR	8:10	8p
8:11	8:20	7p
8:21	8:29	6p
8:30	8:38	5p
8:39	8:47	4p
8:48	8:56	3p
8:57	9:05	2p
9:06	9:15	1p

Women 3.000m

WR	10:00	8p
10:01	10:11	7p
10:12	10:22	6p
10:23	10:32	5p
10:33	10:43	4p
10:44	10:54	3p
10:55	11:04	2p
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"> WOC-team+reserves
Possible wild cards based on	<ul style="list-style-type: none"> observation races 25-26/7 recent performance level in forest orienteering races (June, July) suitability for the race type perspective, trend, ability to perform when it counts

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

EOC Lithuania | September 23-27

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

2. NATIONAL TEAM & NATIONAL TEAM GROUPS 2027 SELECTIONS

Based on	<ul style="list-style-type: none"> performance level (performances in relation to world class) high level events results development, age, potential, attitude other international results
Direct places	<ul style="list-style-type: none"> group Worldclass: 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 group Worldcup: 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.
Remarks	<ul style="list-style-type: none"> group Challengers: selected according to first paragraph Consideration for injury or longer periods of illness possible
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 22nd 2026

Mårten Boström (ÖFOL Elite Team Head Coach)

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

Gernot Ymsén (ÖFOL Sports Director)