ORIENTEERING SPORT INFORMATION GUIDE

Orienteering

A thrilling mix of navigation and speed, orienteering requires participants to find checkpoints across varied terrain using only a map and compass. It's a true mental and physical challenge.

Competition dates

The provisional Orienteering competition schedule for Open Masters Games Abu Dhabi 2026 (OMGAD2026) is as follows:

	February 7 Saturday	February 8 Sunday	February 9 Monday	February 10 Tuesday	February 11 Wednesday	February 12 Thursday
Sprint				■		
Middle Distance		■				

All dates and times are subject to change, pending final entries received. A detailed schedule by event for each discipline will be developed throughout 2025.

Venue: Abu Dhabi

📍 Pin Location

Competition format

All races will be run in accordance with the current versions of International Orienteering Federation (IOF) OF Rules and WMOC Guidelines and under the Participation Terms and Conditions of OMGAD2026.

Age categories

All orienteers aged 35 years of age or over on 31 December 2026 are eligible to compete.

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The following age categories will be offered:

Sport	Discipline	Age Categories
Orienteering	Sprint 2-3.5km	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
	Middle Distance 4-7km	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+

The SPORTident **punching system** will be used in all races. You will need an SI-Card. SI-cards may be hired from the organiser by selecting this option when registering. SIAC touch-free will not be used.

Technical Delegate

The Technical Delegate endorsed by IOF will be announced in Version 2 of the Guide. The Technical Delegate will oversee the implementation of all sport specific rules and requirements at the Games.

Updates

This guide will be updated Version 2 by 1 September 2025. Important additional information will be available at that time. In the meantime, please address all inquiries to: sports@omgad2026.ae

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