
Recognized Federations

IOF

For the second summer in a row, O-ingen, the association of Swedish elite orienteers, will be hosting international Competition and Development clinics in conjunction with the Swedish 5-Day tournament, an extremely popular event. The Competition course is aimed towards elite runners and features practical exercises and technique training. The Development group covers course planning, introducing the sport to children and basic training. Two persons from each country are invited to take part, either both in a single category or one in each.