

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
Sprint (2.5km - 4km)		
Middle Distance (6km – 7.8km)		

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

Venue:

Abu Dhabi – Location released in the final version of the competition guide.

Competition format

All races will be run in accordance with the participation terms and conditions of OMGAD2026.

Age categories

In line with the sport-specific rules, an athlete must compete in their designated age group, with their age determined as of 31 December 2026. For example, if you turn 40 by 31 December 2026, you will compete in the 40-44 age category.

The following age categories will be offered:

Sport	Discipline	Age Categories
Orienteering	Sprint (2.5km - 4km)	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+
	Middle Distance (6km – 7.8km)	30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+, 90+, 95+, 100+

Technical Delegate

The Technical Delegate endorsed by the Orienteering Federation will be Dr. Khamis Alblooshi. The Technical Delegate will oversee the implementation of all sport specific rules and requirements at the Games.

Updates

The final version of the competition guide will be released by December 1st. Important additional information, including the sports schedule, will be available at that time. In the meantime, please address all inquiries to: sports@omgad2026.ae

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