
SLOVENSKÝ ZVÄZ ORIENTAČNÝCH ŠPORTOV, Junácka 6, 832 80 Bratislava



INFORMATION / BULLETIN

National Orienteering Ranking “INOV8 cup” Competition on Middle and Long Distances



CENTRAL EUROPEAN SPRING ORIENTEERING MEETING 2016
Held the 9-th year



Orienteering club KOBRA Bratislava in cooperation with municipality of Borský Mikuláš and the main partner - Slovenská sporiteľňa a.s. welcome the competitors in Borský Mikuláš on 9-th international orienteering competition CESOM 2016.

Please mind the following information for succesful participation:

Date 16-th April 2016 (Saturday) - national INOV8 cup ranking competition on middle distance
17-th April 2016 (Sunday) - national INOV8 cup ranking competition on long distance

Classification Open day individual competitions with defined order of control points

Event Centre Borský Mikuláš – Municipality centre (GPS 48.627793, 17.212908, see image no.1).

Parking Open area in the municipality area (see image no. 1), please mind the orders of the organisers.

Registration In the event centre:

16-th April 2016 09:00-12:00, **changes possible only until 11:30**

17-th April 2016 08:00-09:00

Categories The category W60-A was merged to W55-A.s

Accommodation Sleeping in own sleeping bags – gym of elementary school and Municipality culture house in Borský Mikuláš (see image nr. 1).

It's possible to accommodate on Friday after registration (in gym - from 19.00).

On Saturday between 9.00 and 15.00 the accommodations will be closed.

Please do not leave your personal belongings in the gym during the day.

The club leaders are responsible for leaving the accommodation facilities clean and tidy.

Catering In buffet in competition centre and in nearby restaurants

Start 000 16-th April, 2016 13:00 (Middle)

17-th April, 2016 09:30 (Long)

Marked by blue ribbons.

Starting bibs All competitors have to wear starting numbers to make them visible, on their chest

Descriptions The control point descriptions are printed on the map, in the event centre they will be available in printed form
For M/W10, RD and N using descriptions in Slovak in event centre - but only pictograms printed on the maps!

WC Toilets in municipality centre /culture house. Additional mobile toilets in the event centre and for those accommodated in gym.

Washing In event centre

Embargoed areas Warm-up possible only in the event centre and on the marked way to start.

Distances	sleeping bags accommodation – event centre	0 – 500 m,
	parking – event centre	0 - 500 m,
	event centre – middle start	1300 m, elevation 0m
	event centre – middle finish	1400 m, elevation 10m
	event centre – long start	1200 m, elevation 0m
	event centre – long finish	900 m, elevation 10m

Childrens race At event centre both days, control points using images. Free start time between 000 – last startlist group of middle and long.
Classical paper punching.

Free start The competitors of W/M10 and RD can start as they like, following the start officers orders. Possible start time 000 – last startlist group

Maps **middle** – Jarolímkův průsek, 1 : 10 000, E=2,5 m, format A4 for all categories,
long –
 BÚRE 4, **1 : 15 000, E=2,5 m, format A3** for categories:
 M21-E, M-20A, M21-B, M35-A, W21-E, M-18A,
 BÚRE 3, **1 : 10 000, E=2,5 m, format A3** for categories:
 M-16A, M21-D, M40-A, M45-A, M60-A, W40-A,
 BÚRE 2, **1 : 15 000, E=2,5 m, format A4** for categories:
 W-18A, W21-B, W35-A,
 BÚRE 1, **1 : 10 000, E=2,5 m, format A4** for all other categories.

Maps for middle and long are according to ISOM 2000 standard, authors Z. Lenhart, E. Cigoš, P. Matula, revision February – March 2016 L. Barták, J. Wallner.

Laser print, 120g/m² paper.

The maps will be waterproof (transparent cover) for all competitions and categories.

The maps are not collected in finish. We ask for fair-play attitude. Any misuse will lead to disqualification.

Terrain Plain terrain with sand dunes, fine terrain details, runnable, pine forest. Dense network of paths, marshes or small lakes. Some wet parts with undergrowth and less runnable.
 We recommend to use proper orienteering clothing for legs.

Time limit middle 120 minutes
 long 180 minutes

Refreshment water in the Finish.
 Long – courses above 60 minutes estimated time - water.

First aid In event centre

Results 17-th April 2016 at cca 13.30. Intermediate results in the event centre

Prizes The first 3 competitors in each category (summary result of both competitions) win souvenir prizes.
 The first three competitors of W21E and M21E category win financial prizes according to invitation.

Org. comitee Competition Director Štefan Máj
 Main referee Lukáš Barták
 Course setting Paulína Májová middle
 Ondrej Piják long
 secretary Paulína Májová

Jury will be set the first day of competition or when needed (according to orienteering rules)

- Protests** Protests can be issued to main referee with 10 EUR deposit according to rules
- Rules** The competition is held in accordance with SZOŠ rules.
- Attention** All the competitors start at their own risk, with no possibility for a claim in case of injury happened during or as a cause of this competition.

The Organisers

**Orienteering club KOBRA Bratislava, municipality of Šajdíkove Humence
and Slovenská sporiteľňa, a.s.
wish you a pleasant stay and long-lasting impressions!**

Štefan Máj, competition director

Lukáš Barták, main referee

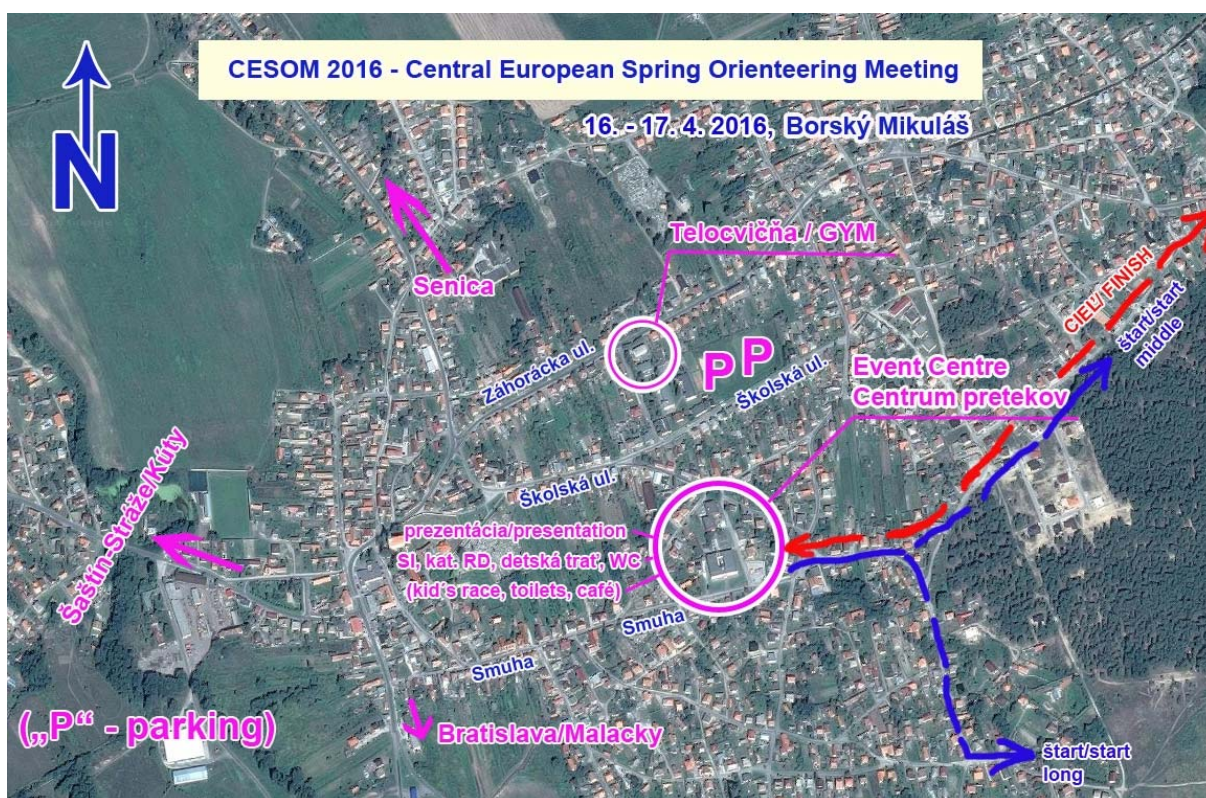


Image nr. 1: Borský Mikuláš – event situation



Course lengths, elevations and number of control points for all categories

Category	Length [km]		Elevation [m]		Contr. points	
	<i>E1</i>	<i>E2</i>	<i>E1</i>	<i>E2</i>	<i>E1</i>	<i>E2</i>
W-12A	3,1	3,5	15	20	10	8
W-14A	3,1	4,3	15	25	10	10
W-16A	4,1	5,8	25	75	11	12
W-18A	4,3	7,7	25	80	14	13
W-20A	5,3	8,9	50	85	14	15
W21-E	5,6	11,2	50	125	18	19
W21-B	5,3	7,6	50	80	14	12
W35-A	4,3	7,6	25	80	14	12
W40-A	4,1	7,0	25	55	11	12
W45-A	4,1	6,0	25	50	11	13
W50-A	4,1	6,0	25	50	11	13
W55-A	3,4	5,4	25	45	11	13
W65-A	3,1	4,0	15	30	10	11
M-12A	3,1	3,5	15	20	10	8
M-14A	4,1	5,8	25	75	11	12
M-16A	4,3	8,9	25	85	14	15
M-18A	5,6	10,7	50	105	18	17
M-20A	6,3	12,3	45	120	16	21
M21-E	8,1	18,9	60	155	24	29
M21-B	6,3	12,3	45	120	16	21
M21-D	4,1	8,9	25	85	11	15
M35-A	6,3	11,7	45	110	16	15
M40-A	5,6	11,2	50	105	18	17
M45-A	5,5	11,2	50	105	18	17
M50-A	5,5	8,9	50	85	18	15
M55-A	5,3	8,1	50	80	14	15
M60-A	4,3	7,0	25	55	14	12
M65-A	4,1	6,0	25	50	11	13
M70-A	3,1	5,4	15	45	10	13
W-10	1,6	2,0	5	20	8	6
M-10	1,6	2,0	5	20	8	6
K3	3,4	4,0	25	30	11	11
N	1,6	3,0	5	20	8	8
RD	1,3	1,4	10	10	10	10
Childrens rade	max 1km	max 1km	5	10	8	8