

SLOVAK ORIENTEERING ASSOCIATIONS, Junácka 6, 832 80 Bratislava

INSTRUCTIONS

LOW 2014 Unesco world heritage orienteering

Organizer: Orienteering club Ružomberok

Program:

23rd May 2014 (Friday) Registration

24th May 2014 (Saturday) Middle distance - **E1**
Score with mass start **E2**

25th May 2014 (Sunday) Long distance **E3**

Classification:

2-day event - Open individual competition: middle and long distance with specified order of control points and score with mass start and free choice of control points

Competition Centre:

Vlkolínec near Ružomberok – Slovakia - open-air theatre - GPS 49.037603° 19.277707°

Registration:

23th May 2013 (Friday) 18:00 - 19:30 guest house Sidorovo www.penzionsidorovo.sk
24th May 2013 (Saturday) 8.00 - 9.30 at the event centre

Each competitor gets discount 30 % on entry fee to Aqua vital park Lúčky Spa GPS 49.134607° 19.397954° to the outdoor pools during the LOW 2014 competition.
To get discount you have to show the starting number.

Transport:

Organizer will not provide transport.

How to get to competition centre:

- **Taxi - Ruzomberok:** Tel: 00421 800 500 112
- **Tvoje Taxi Tel:** +421 908 229 522
- **RK Taxi** +421 902 577 799, +421 915 141 416
- **Tatra taxi** +421 907 330 022
- **Taxi Európa** +421 905 323 528
- **Taxi Pohoda** +421 905 487 781, +421 908 664 334
- **Taxi Smrekovský** +421 905 331 991

Bus - Use the buses from Ruzomberok bus station

<http://imhd.zoznam.sk/rk/mapa-schema-fullscreen/323/Linky-MHD-20110501.html>

Bus line n. 4: <http://www.sadliorbus.sk/foto/files/MAD/RK/MAD4-RK.pdf>

To get to guest house Sidorovo get off the bus at bus stop KOVOSTAV

To get to apartments in Hrabovo get off the bus at bus stop Hrabovo - lanovka

Bus line n. 100: <http://www.sadliorbus.sk/foto/files/MAD/RK/MAD100-RK.pdf>

To get to guest house Sidorovo get off the bus at bus stop KOVOSTAV or carry on to centre of event village Vlkolínec

Parking:

In Trlenská dolina GPS 49.032938° 19.271323°, near turn of the road to Vlkolínec, behind the guest house Sidorovo in direction to Vlkolínec 2 km up the valley. Distance to the competition centre is 1 km, climb 100m. There is no entry for cars of competitors to upper car park on Vlkolínec. Heavier things like tents, backpacks and some people can take local taxi which will run from the car park to Vlkolínec. On request from the guest house Sidorovo.

Phone number: **0901 723 528**

Price 3€ per car from guest house Sidorovo or from the car park 0.5€ per person.

Information for accommodated in gym:

GYM - Sokolovňa GPS 49.083899° 19.301464° - Ružomberok town centre, A. Bernoláka street, it is situated opposite the Post office next to the Tatra Banka in town centre. Entry to gym after registration on Friday from 20.00 on Saturday from 19.30. Leave gym at least on 25th May at 9.00.

Start:

E1 start- 11:00 We recommend leaving to start E1 at least 45 minutes before their starting time to be able take part on the training before the start.

E2 start- 16:00

E3 start- 10:00

Distances:

Parking- competition centre 1 km /100 m climb

Competition centre - start E1 1,5 km /200 m climb

Start E1 - training 0 km

Competition centre - start E2 150 m

Competition centre - start E3 150 m

Competition centre - finish 0m

Maps:

Middle distance: 1:7500, spring 2014, digitally printed on waterproof paper A4 size,

Long distance: 1:10 000, spring 2014, digitally printed on waterproof paper A4 size and 30x25cm,

Score: 1:4000 spring 2014, digitally printed on waterproof paper A4 size

There is used symbol „ruined stone wall“ on the map, but in terrain there are boulders lying in line. Map includes a lot of details, recommendation for people with poor eyesight to use a compass with magnifying glass, especially in the scale of 1:10 000 see also other special symbols on the map.

The maps are not returned at the finish. Keep the principles of fair play and don't show to other runners which has not finished the race.

Map samples:

**Terrain:**

Beautiful mountain terrain with lots of details Challenging mountain terrain with plenty of rocks (boulders) in coniferous vegetation, terraces (earthen banks), and overgrown meadows with plenty of terraces. Built-up area - urban area.

Control description:

Control description will not be printed on the map, but you will get them on competition center before start.

Score race:

Mass „punching" start with time limit 30 min. in order to collect as many points as possible.

Control points are rated 5,10 and 15 points. Controls 31,33,35 .. 65 are rated with 5 points.

Controls 32, 34, 36, 64 ... are rated with 10 points except 40,50,60 which are rated for 15 points.

Simply it means that the odd controls are rated with 5 points, even controls are rated with 10 points excluding controls 40,50,60 which are rated with 15 points.

After the time limit of 30 minutes runners loses 5 points for every started minute, and after 5 min late the runner loosing all points.

Competitors gather at least 10 minutes before the start at the restricted space where they clear their SI cards. After start the runners run to the map start where they have to punch the start so they start timing (punching start). Runners have 5 minutes from mass start to punch the punching start. After collection of the map runner mustn't show the map to other competitors. Breaking this prohibition means disqualification.

Timing system:

Sport Ident

Sport Ident timing system will be used.

Hire of SI card: 2 € per day. Loss of hired SI card 40 €.

Refreshment and meals:

There will be refreshment close to competition centre near chalet. Other options are Sidorovo Guest house and other restaurants in the surroundings. Take advantage of eating particular on Vlkolínec and at our sponsor in the Guest house Sidorovo.

Washing:

At event centre in the stream – limited

Toilets:

Mobile toilets, in gallery, in a shop

Refreshment:

Middle distance race: after race at the finish area,

Long distance race: after race at the finish area and for some courses during the race

Time limit:

Middle distance **90 min.**

Long distance **180 min.**

Score: 35 min. Score race is closing **45 min. after start**

Objections and protests in the hands of the head referee with a deposit of EUR 10.

Forbidden area:

Area out of competition centre and refreshment area is forbidden. To take tour and to see cottages with exposure you need to purchase a ticket at the parking at the entrance to Vlkolíneč.

Yellow trail from Vlkolíneč to the top of Sidorovo is permitted even it is going through the village. From the hill Sidorovo is a beautiful view to the race area.

Restriction of movement in the space race:

Do not enter private land. Violation of this prohibition will result in disqualification.

Rating:

The sum of the times of two stages E1 and E3 /middle a long/ of the competition will decide about the winner. Score race will be priced separately.

Prices:

The winners of first second and third place in all categories will get prices from our partners. Prices are valuable vouchers for accommodation, discount vouchers, sport goods and other.

The main category of men, women (M, W 21 E): winners will receive 4-day stay (3 nights) in the guest house Sidorovo for two people.

Race officials:

Race director: Valter Sohler

Main referee: Martin Václavík

Course planners: Cyril Fatin – E1, Peter Glončák- E3, Valter Sohler – E2

Warning:

All competitors take part in the competition at their own risk and responsibility, without any claim for personal injury or injury caused during or as a result of these races.

Valter Sohler
Race director
Partneri:

Martin Václavík
Main referee



OZ VLKOLÍNEC

Ružomberok

