

SLOVAK ORIENTEERING ASSOCIATIONS, Junácka 6, 832 80 Bratislava

INSTRUCTIONS
Orava Orienteering weekend

Organizer:

Orienteering club Ružomberok

Classification:

2-day event - Open individual competition: middle and long distance with specified order of control points.

Competition Centre:

GPS 49° 9'53.61"S 19°18'33.66"V

Cottage settlement Brestova near the village Jasenova, Dolny Kubin county – Slovakia. (There isn't Cottage settlement Brestova on the maps, but the name comes from the mountain pass which separates Liptov and Orava) Event centre is on the large opened land. You can find google map on the web site of the event.

Classes:

N – beginners	M,W 21-B,
K3 – around 3km open age and sex	M 21D,
M,W10R - child with guide	M,W 35A;
M,W 10;	M,W 40A;
M,W 12A;	M,W 45A;
M,W 14A;	M,W 50A;
M,W 16A;	M,W 55A;
M,W 18A;	M,W 60A,
M 20A;	M,W65A,
M,W 21-E;	

Classes M 70 and M 65 were combined for the cause of small number of competitors.
Organizer reserves the right to combine categories in case of small number of competitors.

Registration:

24th May 2013/ Friday/ from 18.00 to 20.00 in guest house Sidorovo /www.penzionsidorovo.sk/
25th May 2013 /Saturday/ on event centre from 8.00 to 9.30
Don't leave the registration to last minute, please!

Parking:

There are ongoing works (extending the lane) on the main road Ruzomberok - Dolny Kubin , it is not currently possible to use car parks near the main road. Parking is on the end of the village Jasenova at the farm. We recommend that the driver stop at a sharp bend of the main road with a building under construction, to leave there passengers. Meanwhile there are parked building site

trucks /event centre is 15 minutes to walk/ Drivers have to park on the southern end of the village Jasenova at the Farm. The event centre is 35 minutes to walk from the parking area. Please park along the road and on the paved area in front of the farm. The parking fee is 1€ / day /car.

Place to leave participants: GPS 49 ° 9'49 .83 "S 19 ° 18'6 .21" W

Parking: GPS 49 ° 9'58 .49 "S 19 ° 17'39 .73" W

Transport:

Organizer will not provide transport.

Accommodation:

For registered: Community house (Valaska Dubova) from Friday 18.00 to Sunday 9.00

- In your own sleeping bags on the floor

Meals:

We recommend to use buffet at event centre and Janosikova krcma pub in village Valaska Dubova. There will be special offer of meals for competitors in Guest house Sidorovo where you can collect training maps of Vlkolinec.

Washing:

At event centre – limited

Toalet:

In the forest - limited

Start 00:

24th May 2013 middle distance 11.00 am

25th May 2013 long distance 10.00 am

Time limit:

24th May 2013 middle distance **90 minutes**

25th May 2013 long distance **200 minutes**

Maps:

Middle distance: A4 size, 1:10 000, E 5 m, ISOM 2000, spring 2013, digitally printed on waterproof paper, surveyed by: Valter Sohler: www.mapsfororienteeing.com.

Long distance: A4 size, 1:10 000, ISOM 2000, spring 2013, digitally printed on waterproof paper, surveyed by: Valter Sohler www.mapsfororienteeing.com.

Photos from terrain:

www.rbk.orienteeing.sk/oow2013

Terrain:

Beautiful mountain terrain with lots of details (plenty of rocks and boulders of various sizes small shallow depressions). Mainly coniferous forest with good runnability, visibility and medium path network.

Notice:

Rootstock are marked as green cross. They are mapped from the little ones that are normally not mapped to large ones.

The blue ring is - spring from the earth.

Blue cross is a water feature

Be careful in the rocky and steep terrain especially in rainy weather.

Pictograms are on the map and will also be at the finish.

Timing system:

Sport Ident

Sport Ident timing system will be used.

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

Forbidden area:

Forest around centre of event is the forbidden area and is forbidden to enter and move beyond the access road to the centre of event. You can enter the forest in case of the emergency toilet.

Forbidden area is situated around event centre in 100m in diameter.

You can use the red tourist path to Large Choc.

Distances for both days:

Event centre, parking, start and finish are both days at the same place.

Drop-out point (main road) – Event centre: 700 m / 15 min /

Parking – Event centre: 1500 m / 35 min /

Event centre - finish: 0 m

Event centre - start: 150 m

Funkcionári pretekov :

Race director: Valter Sohler

Main referee: Veronika Vachová

Course planners: Valter Sohler

Rating:

The sum of the times of two stages of the competition will decide about the winner.

Prices:

The winners of first second and third place in all categories will get prizes from our partners. Prizes 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.

Informatios:

E-mail: rbk@orienteering.sk

Mobile phone: 00421 905 683 618 (after 15:00 working days)

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.

Training:

Training lasts from Friday to Sunday 18:00 8:00 (Free of charge). Maps are available at the guest house Sidorovo. Training area is on Vlkolínec map.

Special offer!

ADMISSION TO THE AQUAPARK

Each competitor receives 60% discount of the entry fee to the water park during the event. The price is € 5 for two hours of entry fee. Usual price is € 14 three-hour entry fee. Visitors will receive a discount 40% off the entry fee; If they collect discount coupons at the finish of the race at the first and second day of competition. <http://www.aquakubin.eu/>

ADMISSION TO ORAVA CASTLE

There will be admission discount 50% for each participant to Orava Castle and Chapel of st. Michael during the event (from 24th May to 26th May 2013) prices are as follows:

children under 6 years - free of charge

pupils - 2 € (standard price 3.50 €)

university students, adults, pensioners - 3 € (standard price 6 €)

SHOPPING IN SPORT SHOP

Competitors can make a purchase in the "Adam sport" shop during the event (from 24th May to 26th May 2013) with 20% discount; this discount also applies to purchase in online store. For the website of the shop use: <http://www.adamsport.eu/>

Valter Sohler
Race director

Veronika Vachová
Main referee

Partners:



Ružomberok



AQUA
RELAX

