

INSTRUCTIONS

**National ranking orienteering competition on middle , sprint and long distance
INOV-8 Cup 2018 in orienteering**



Organizer: Slovak Orienteering Association

Technical support: Orienteering club Ružomberok

Program: 5th July 2017 -Thursday - Middle distance - Stage 1 (E1)
6th July 2017 -Friday - Longer sprint - Stage 2 (E2)
7th July 2017 -Saturday - Middle distance - Stage 3 (E3)
8th July 2017 -Sunday - Long distance - - Stage 4 (E4)

Competition Centre:

Campsite ATC Račková dolina /Pribylina/ - Slovakia
GPS 49.130673° 19.792403°

Parking: Competition centre and registration, Training T1 and Stage 4.

On field approx. 300m from north end of campsite GPS 49.133617 19.796294,

The driver has the responsibility to secure a car against leakage of petroleum substances. Drivers will be checked at the entrance to the parking field whether they have got the tray or carton to put under the car. If the car would not be secured, parking will not be allowed. In case of very rainy weather parking will be by the road near by campsite.

For campers, we highly recommend parking right in the campsite, because the competition centre is close to campsite.

Training T2 and Stage 1

On field on training map-training T2 GPS 49.116046° 19.843818°. The driver has the responsibility to secure a car against leakage of petroleum substances. Drivers will be checked at the entrance to the parking field whether they have got the tray or carton to put under the car. If the car would not be secured, parking will not be allowed. In case of very rainy weather parking will be by the road in direction to Pribylina.

Parking Stage 2

Public central parking on Strbske Pleso GPS 49.119810° 20.066057°.

A fee is charged according to the current price list for the public.

Parking Stage 3

Parking in front of Open air museum Pribylina (Skanzen Pribylina) GPS 49.105426° 19.806223° A fee is charged according to the current price list for the public.

Registration: 4th July 2018 - Wednesday from **16:00** to **18:00** near the chalet, close to parking field **GPS 49.133617 19.796294**.

5th July 2018 - Thursday from **9:00** to **11:00** near the chalet, close to parking field **GPS 49.133617 19.796294**. Limited option - no changes and payments!

Priority registration: For participants in hurry or at an earlier date there is an option of priority registration charged with 5€ fee.

Changes: Each change via e-mail as well as on registration will be charged with 2€ fee. Registration on 5th of July 2018 after 11:00 will be strictly closed. Category changes will no longer be possible. If you will miss the registration you have to wait until the end of the first day race and then you can register and you can start normally the following days. For contestants who will start only on one stage, the opportunity to present themselves will be before each stage or for those who will want to report changes every day from 8:00 to 8:30 at the SI reading area.

Training: Training is not an organized event, but an individual program of individuals. The organizer does not take responsibility for the behaviour of the competitors. Control points are marked with ribbon and control point number. Paths and tracks could be less visible on open areas of the map during the summer.

Race T-shirt: Clubs will get ordered T-shirts at registration. Possibility to buy T-shirts in limited quantity.

Meals: Meals will be served in ATC Rackova Dolina campsite restaurant during all stages. Please use mainly this catering. There will be also an option to buy some refreshment / sausages, ect./ There will be no catering at competition centre or finish area. For accommodated in Pribylina / gym, guest houses / we recommend boarding in Guest house Temo Tatry which is just opposite the gymnasium. Ordering meals in advance by e-mail to fakturacia@pribylina.sk

Restaurant menu - campsite ATC Rackova doline **4 €/ soup and meal**

04th July 2018 : Potato soup
Chicken breasts with ham and cheese, rice

05th July 2018 : Chicken soup with pasta
Bratislava's pork shoulder, pasta

06th July 2018 : Vegetable soup
Pan-fried steak, potatoes, vegetable

07th July 2018 : Pea soup
Chicken soté, pasta

08th July 2018 : Garlic soup
Natural pork steak with mushrooms, potatoes

Ordering meals in advance by e-mail to fakturacia@pribylina.sk

Information for accommodated in gym:

The Gym is located on beginning of Pribylina village. You can find it on the poster with training maps. One person will have got the keys, who will be responsible for unlocking and locking of the gym. You have to leave gym every morning at 8:00 and at 18:00 the gym will be unlock again. In case that someone with unpaid accommodation fee will stay in gym, he will be excluded from the race and the fine 100€ will be given.

Shops: Grocery in the centre of the village Pribylina, in front of Skanzen Prybilina you can buy souvenirs and handmade cheeses. Also there will be possibility to buy orienteering goods at competition centre.

Transport: Organizer provide bus transport for stages S1, S2, S3 only for pre-ordered runners. The place to board the bus is in campsite in front of the restaurant.

Boarding times - buses from the campsite:

Stage 1: 12:00, 12: 20, 12: 40, 13:00

Stage 2: 7:30, 8:15, 9:00, 9:45

Stage 3: 9:15 9:30, 9:45, 10:00

Boarding times - buses to the campsite:

Stage 1: one bus will take runners continuously from 14:00 from the main road to the camp.

Stage 2: 13:00 a 13:30 a 14:15 a 14:45

Stage 3: from 11:00 appx every hour

Distances:**Stage 1 (E1)**

Parking – Competition centre: 6,7 km

Parking (BUS stop) – Start: 0,4 km

Parking (BUS stop) – Finish: 0,2 km

SI reading, control description and registration are in competition centre.

Stage 1 (E2)

Parking (BUS, car) – Competition centre: 30 km

Parking – Competition centre E2: appx 0,7 km

Competition centre E2 –Start: 0,1 km

Competition centre E2 –Finish: 0 km

SI reading, control description and registration are in competition centre E2

Stage 3 (E3)

Parking – Competition centre 3,9 km / 0 km *

Competition centre –Start: 3,1 km

Competition centre –Finish: 3,3 km

BUS stop – Start: 0,2 km

BUS stop – Finish: 0,2 km

* At Stage 3 you can leave your car at competition centre or leave the car on parking in front of Pribylina open air museum.(appx. 0,5 km from start/finish) for more info read parking information.

SI reading, control description and registration are in competition centre

Stage 4 (E4)

Parking – Competition centre: 0 km

Competition centre – Start 1,3 km

Competition centre – Finish 0 km

SI reading, control description and registration are in competition centre

Start 000 Stage 1 13:00

Stage 2-4 10:00

Open categories have got punching start. The path to the start will be marked by blue and white ribbons.

Time limit: Middle distance: 90 min

Long distance: 180 min

Sprint: 60 min

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

Restriction of movement in racing area:

Do not enter the private land. Forbidden area is marked as hatched on the map, it is also art of the campsite. In 3rd Stage the hatched area isn't forbidden but this area is almost impassable. Do not enter forbidden area. Forbidden area except races is everywhere outside the hiking trails. Violation of this prohibition will result in disqualification! Park only on places marked as parking place.

Control description:

You can collect control descriptions for all stages at registration and also you can find control descriptions on our web site <http://www.tatry-orienteeing.sk/event.html> to download and print.

Start number: The competitor has the responsibility to have a start number placed on a visible place during the race.

Maps: Map size - A4. Digitally printed on waterproof paper. Control descriptions are not printed on maps! Mapping finished in spring 2018 by Valter Sohler.
www.mapsfororienteeing.com

Stage 1 Hrdovo 1:7500 E 5m, ISOM 2017

Stage 2 Štrbské pleso 1:5000 E 5 m, ISSOM 2017

Stage 3 Krivul'a 2 1:7500 E 5m, ISOM 2000

Stage 4 Slabejka 2 1:7500 E 5 m, ISOM 2000

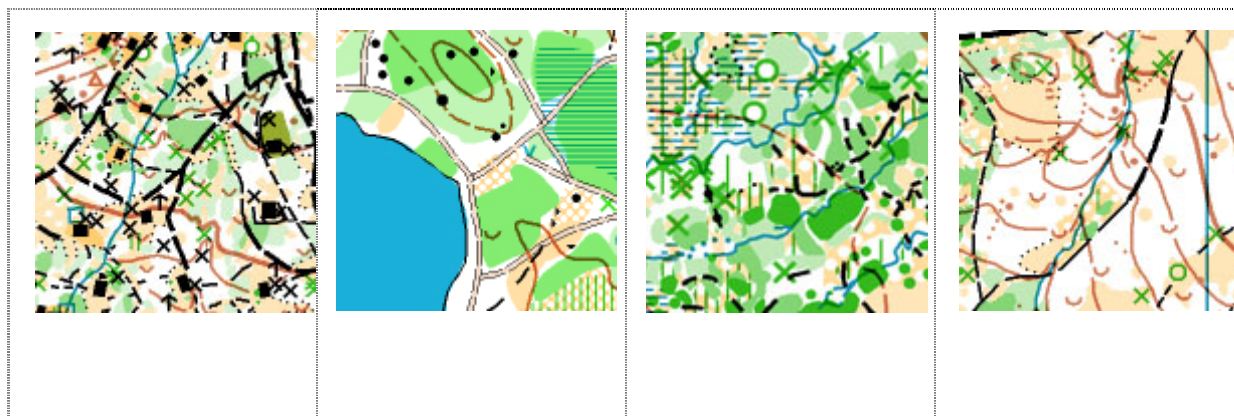
Training maps:

AUTOKEMPING 1: 1:7500 E 5m, ISOM 2000

BELÁ 1: 1:7500 E 5m, ISOM 2017

After Stage 2 there is a possibility to buy a map of Strbske Pleso in scale 1:6000, price: 2€/map. The race map of Štrbské Pleso in scale 1:5000 does not cover the whole area.

Map sample:



Photos from the terrain:

<http://www.tatry-orienteeing.sk/fotografie-tatry-orienteeing.html>

More photos on Facebook:

<https://www.facebook.com/tatryorienteeing>

Terrain:

Depending on the stage, from slightly hilly to almost complete flat, average density of roads and tracks, forest with varying runability with lot of details / pits, small depressions, small open areas in forest../. Some courses run trough mountain meadows and semi-open or open areas. Greater amount of marshes - Nordic Scandinavian terrain. Extremely demanding terrain, especially in variable vegetation.

Terrain caution:

Be careful when running on wooden footbridges over the stream at the first stage for all racers, especially if it is wet.

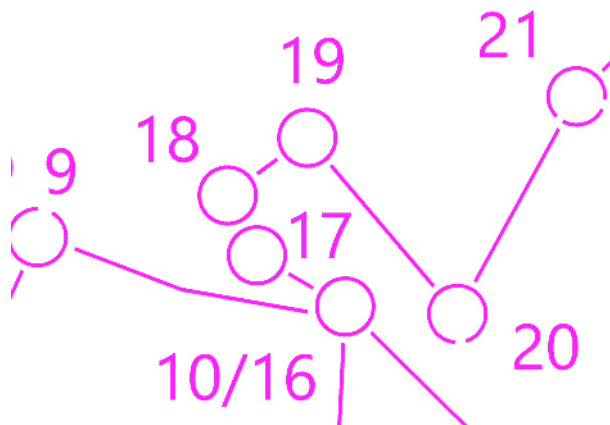
Be careful when running on asphalt roads - car traffic will not be regulated.

The terrain is the most demanding in the summer, when vegetation is the highest. The meadows can be uncut and cows can be in meadows. Some paths are less visible, or they may be completely invisible. Some small streams may be dry. Marshes areas - The borders of wetland and depth will depend on weather conditions. After rain, marshes can also appear on other places than drawn on the map. Changes on maps after 15 June will not be on the map. Give special attention to the most demanding third stage. It is very difficult to navigate in the terrain- vegetation is not clear, it is difficult to navigate by streams, and they are lost in high grass. There are few significant landmarks in the central part of the map; in case of loss of orientation we recommend a new beginning from the north or south of the terrain. In this stage, wet pits also occur. They are little ponds with a. In the marshes near streams you can fall up to your knees, elsewhere you can run depth of 1.5 meter quite well. There are also very small rocks of 0.5 meter size mapped in the terrain, because they are a good orientation aid.

Stage 1 - be careful when you will run close to cottages to avoid problems with their owners, do not enter private areas around the cottages!

Stage 2- watch out the tourists! There will be lot of tourists walking it the area, avoid collisions!

All Stages -Beware of crossing the tracks at all stages.



Refreshment during race: Stage 1 and 2 – water
Finish /Stage 1-4/ - water

Toilets: There are two main buildings with toilets and showers in North and South part of campsite area and there are more toilets in the forest.

Washing: On campsite are showers, solar shower, and wash basins by Jakubiná cottage
During 2nd stage in the stream by the competition centre.

Thermal swimming pool: Possibility to use the thermal swimming pool in Liptovsky Jan.
Price 4 € after 17:00.

<https://www.sorea.sk/nizke-tatry/hotel-sorea-maj/wellness>

Timing: Sportident

Race officials:

Race director:	Valter Sohler, R2
Main referee:	Jan Picek, R1
Course planners:	E1 - Valter Sohler, R2 E2 - Valter Sohler, R2 E3 - Valter Sohler, R2 E4 - Jan Picek, R1
Secretary:	Andrea Sohlerová R2

Rating: The sum of the times of four stages of the competition will decide about the winner.
The winner has to take part on all four stages.

Prizes: All runners will get participant medal at finish of 4th stage. Winners of 1st, 2nd, 3rd place in each category will get the gold, silver and bronze medal at price giving ceremony with others small prizes.

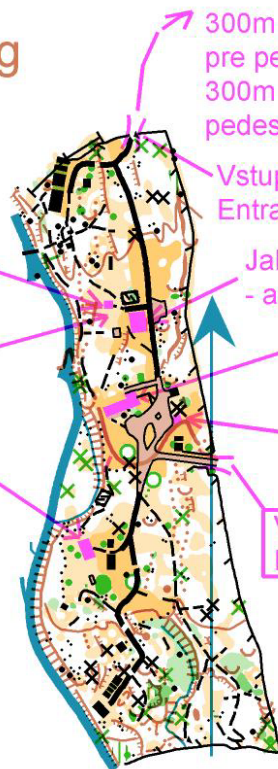
Information: www.tatry-orienteeing.sk e-mail: tatry.orienteeing@gmail.com
Tel.: 00421 905 683 618 (English) call after 14.00

Autokemping Camp

WC
Sprchy, umývadlá
Showers,
washbasins

Solárna sprcha
Solar shower

WC
Sprchy, umývadlá
Showers,
washbasins



300m - parkovanie, zhromaždisko, prezentácia
pre peších z kempu
300m - parking, center of event, registration
for pedestrians from camp

Vstup - len pre peších
Entrance - only for pedestrians

Jakubíná - ubytovane
- accommodation

Reštaurácia
Restaurant

Mini potraviny, občertvenie,
Mini grocery, refreshment

Vstup
Entrance

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. The organizer is not responsible for the damages caused by the racers. Parking only on places marked as parking area.

Donation:

The charity collection will be to repair the road in Rackova dolina from the main road to the campsite. The cashier will be at the competition centre. The trip repair will please all visitors who come here.

Valter Sohler
Race director

Jan Picek
Main referee