

SLOVAK ORIENTEERING ASSOCIATIONS, Junácka 6, 832 80 Bratislava

INSTRUCTIONS

LOW 2015 Liptov orienteering weekend

Organizer: Orienteering club Ružomberok

Program:

17th May 2014 -Friday- day score with mass start 30 min / N; M, W 10,12,14, Open/
and night score with mass start 60 min / other classes/ - **S1**

18th May 2014 -Saturday- Middle distance - **S2**

19th May 2014 -Sunday- Middle distance - **S3**

Classification:

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

Competition Centre:

CHANGE! Guesthouse Sidorovo - S2 and S3

Podsúchá S1 GPS 48.992206 ° 19.282810° large parking on the main road towards Banská Bystrica near Bodega restaurant.

Registration:

17. 4. 2015 (Friday) 17:00 - 18:00 in guesthouse Sidorovo. [www.penzionsidorovo.sk /conference hall/](http://www.penzionsidorovo.sk/conference-hall/)

18. 5. 2015 (Saturday) 9:00 to 9:30 /limited/ in guesthouse Sidorovo, competitors can collect the race numbers only, no cash payment and changes.

We recommend to use the registration on Friday. Saturday is the only emergency option and limited alternative!

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 2015 competition and discount 10 % on indoor skydiving. To get discount you have to show the race 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

Parking:

At guesthouse Sidorovo.

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 on Friday from 22.00 Leave gym at least on 19th April at 9.00.

Start:

S1 start- 19:00 children and Open, 20:00 other categories

S2 start- 12:00

S3 start- 10:00

Distances:

Parking- competition centre S1, S2, S3 0 m

Competition centre - start S1 250 m 35 m climb

Competition centre - start S2 1,2 km 100 m climb

Competition centre - start S3 750 m 60 m climb

Competition centre - finish S1 50 m

Competition centre - finish S2, S3 800 m

Maps:

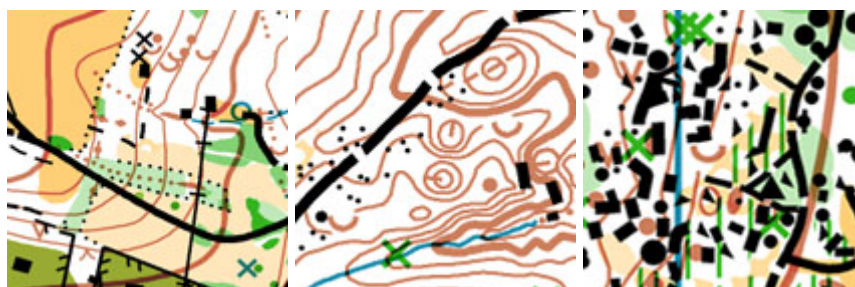
Score: 1:10 000 E 5m, ISOM 2000, digitally printed, surveyed in 2014 by: Valter Sohler

Control description you can collect at start and also are printed on maps

Middle distance Saturday: 1:7500 E 5 m, ISOM 2000, digitally printed, surveyed in 2014 by: Valter Sohler. Control description you can collect at competition centre and also are printed on maps

Middle distance Sunday: 1:5000 E 5m, ISOM 2000, digitally printed, surveyed in 2014 by: Valter Sohler Control description you can collect at competition centre. Control description are not printed on maps!

Map sample:



Photos from the terrain:

www.rbk.orienteering.sk/low2015

Terrain:

S1 Score: It's mostly open terrain in a recreation area with plenty of lodges and private areas. A large number of controls will be in relatively simple terrain. For experienced several control points will be in even more challenging rocky terrain, where part of the map reaches.

S2 Middle distance - Saturday: National ranking race middle distance. Mountain hilly terrain, half open, runnable, moderately hilly part of the course reaches the karst rocky areas with plenty of rocks and boulders, which will be run in the stage 3.

S3 Middle distance - Sunday: National ranking race on middle distance. Beautiful karst area with plenty of rocks, boulders, caves, tunnels in the rocks mapped in great detail. Various runability, and slightly hillier, but also slightly flat terrain. For better readability map of larger scale will be used.

Particular meadow tractor roads from the previous year on the map may be less significant after the winter. A week ago there was still snow on the ground.

There are more uprooted trees after a storm at the end of last year in the terrain than on the map.

Close to controls 66 and 65 on Sunday / S3 / are fresh fallen trees originally there was a forest. On the map there is used symbol rough open land with sc trees and undergrowth difficult to run. There could be more changes made in this area or elsewhere after maps were printed.

Attention

We ask competitors for extra care when running in rocks and steep terrain, especially in poor visibility and in case of rain. We ask competitors to increase attention and respect private land especially on Score race!

Special signs used on maps:**Špeciálne značky/special symbols**

✕ vývrat / root stock

▲ plošinka/ charcoal burning place

🕒 sk. tunel /rock tunnel

Score race:

Mass „punching" start with time limit 30/60 min. in order to collect as many points as possible.

Control points are rated 5,10 and 15 points. Controls 31,33,35..55 are rated with 5 points. Controls 32, 34, 36,...54 are rated with 10 points except 40,50 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 which are rated with 15 points.

After the time limit of 30/60 minutes runners loses 5 points for every started minute, and after 5 min late the runner losing 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. Provide us with your SI number in the entry form, please.

Hire of SI card: 3 € per day. Loss of hired SI card 40 €.

Meals:

Lunch will be provided on request in guest house Sidorovo. Please order the lunch in advance by clubs on our email: rbk@orienteering.sk until 1st of April 2015. Payment with entry fee. Price for meals ordered in advance € 3,5 Meals without order € 5.

Lunch on request: **Saturday:** Lunch No. 1: Goulash

Lunch No. 2: Chicken fillet with salad

Sunday: Lunch No. 3: Roasted chicken leg + mashed potatoes, vegetables

Lunch No. 4: Natural pork cutlet with rice + garnish

Dinner: free choice from four dishes

Washing:

In the stream – limited

Toilets:

use the restaurant equipment / customer / nearby. For S1 is preferred Bodega. For S2 and S3 Guesthouse Sidorovo and Vlčí dvor.

Refreshment:

After S1 score hot tea at finish

Time limit:

S1 Score for children and Open: 35 min. Night Score-for other categories: 65 min

Score race is closing **75 min. after start of night score**

S2 and S3 Middle distance **90 min.**

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

Forbidden area:

Area of Jazierce and Podsuchá

Forbidden areas / protected areas / are shown on the map in purple do not enter this area!

Restriction of movement in the race area:

Do not enter private land particular during Stage 1. Violation of this prohibition will result in disqualification!

Rating:

The sum of the times of two stages of the competition will decide about the winner. Winner have to take part on all three stages. In case that in category will be only competitors which will not takes all three stages we will give the prize to one competitor which will be chosen by drawing lots.

Prizes:

Various prizes from our partners. Prizes for the best in all categories devote our partners and are designed for competitors who complete all three stages. The winners of categories M, N 21 E will get stay in guest house Sidorovo for 3 nights for two people with breakfast. Prizes are given only if there are at least 3 runners in category.

Race officials:

Race director: Valter Sohler

Main referee: Miroslav Karcol

Course planners: Andrea Sohlerová, Blažej Mirek , Valter Sohler

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

Miroslav Karcol
Main referee

Partners:



Ružomberok

