

SLOVAK ORIENTEERING ASSOCIATIONS, Junácka 6, 832 80 Bratislava

INVITATION

LOW 2015 Liptov orienteering weekend

Organizer:

Orienteering club Ružomberok

Program:

17th April 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/

18th April 2014 -Saturday- Middle distance

19th April 2014 -Sunday- Middle distance

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:

Jazierce near Ružomberok - Slovakia.

Classes:

| | |
|---|---------------------|
| N – beginners | M,W 21-E; |
| OPEN only for day score, for competitors which don't want to run night score | M,W 21-B; M 21D; |
| K3 – around 3km open age and sex | M,W 35A; |
| M,W10R (with guide) | M,W 40A; |
| M,W 10; | M,W 45A; |
| M,W 12A; | M,W 50A; |
| M,W 14A; | M,W 55A; |
| M,W 16A; | M,W 60A; |
| M,W 18A; | M,W65A; |
| M 20A; | M70 |

Entries:

Deadline 1st April 2015

Use our on-line system on: <http://www.orienteeringonline.net/>

in special cases you can send your entry by e-mail to: rbk@orienteering.sk

Organizer reserves the right to combine categories in case of small number of competitors.

Entry fee:

THREE STAGES

| Classes | Till 1 st April 2015 |
|-------------------------------|---------------------------------|
| N- beginners, M/W 10R, W/M-10 | 9 € |
| W/M-12, - 14, -60,-65,-70,K3 | 21 € |
| Others | 27 € |

ONE STAGE

| Classes | Till 1 st April 2015 |
|------------------------------|---------------------------------|
| N beginners, M/W 10R, W/M-10 | 5 € |
| W/M-12, - 14, -60,-65,-70,K3 | 9 € |
| Others | 11 € |

Competitors who are not registered with any orienteering club (covered by any national association registered under IOF) have to pay 1€ per stage in addition, except beginners.

Entries and changes after 1st April 2015 will be accepted in case there will be vacant places in start list and 50% surcharge will be applied in addition to entry fee.

Entries and changes after 1st of April 2015 will only be accepted within the available capacity in the starting list for a 50% surcharge to the original entry fee. Entry fee is not refundable in absence of competitors. After 1st of April we accept changes only at presentation. Organiser reserves the right to merge categories in case of low number of competitors in a category.

Payments:

Pay the entry fee and low standard accommodation until 1st of April 2015 by bank transfer

Name of the account: SOHLER VALTER

Bank: Tatra Banka a.s.

Bank address: Hodzovo namestie 3, 81106 Bratislava

IBAN: SK44 1100 0000 0026 1095 0264

SWIFT: TATR SK BX

Registration:

17th May 2013 Friday - **will be specified** - guest house Sidorovo www.penzionsidorovo.sk

Accommodation:

A: The exclusive accommodation at a discounted price during the race at the event centre in the **resort Jazierce** / www.jazierce.sk/. The price include the entry fee to wellness 2 hrs./day. Price is € 25 per person / night. Accommodation booking: Martina Michalova 0910 913 623, jazierce.prenajom@gmail.com

B: **Guest house Sidorovo:** Accommodation is situated close to Vlkolínec and Jazierce, price: 15 € per person/night, without breakfast, or 17 € per person/night with breakfast. Accommodation booking: directly to the owner <http://www.penzionsidorovo.sk/en>

C: Low standard accommodation in own sleeping bags on the floor- 4€ per person and night, booking and payment with entry fee.

Group discount for clubs: only when paid in advance and payment is in time. For 5 or more members € 3 per person /night, and for 20 and more members of club for the price € 2 per person/night.

Transport:

Organizer will not provide transport.

How to get to centre of the event:

1. Airplane:

Flight to Bratislava, train from Bratislava to Ruzomberok.

Flight to Vienna (Austria), bus from Vienna to Bratislava, train from Bratislava to Ruzomberok .

2. Hire a car (Ruzomberok)

ASTAX AUTOSHOP Ružomberok, Bystrická 45, Tel.: +421 44 432 47 75

Autopožičovňa Ruža Ružomberok, Podhora 26, Tel.: +421 907 120 220

3. Traveling by train

For children, students and pensioners from the European Union, we recommend to travel by train which is free of charge.

4. Taxi

Taxi - Ruzomberok: 00421 800 500 112 **Tvoje Taxi** :+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

5. Bus - Use the buses from Ruzomberok bus station

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

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

Start 00:

Will be added soon

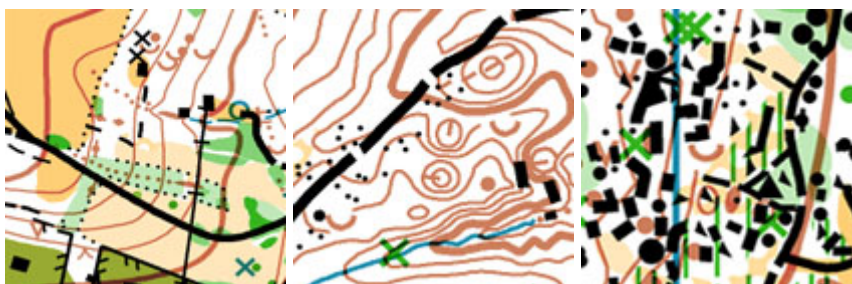
Maps:

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

Middle distance Saturday: 1:7500 E 5 m, ISOM 2000, digitally printed, surveyed in 2014 by: Valter Sohler

Middle distance Sunday: 1:5000 E 5m, ISOM 2000, digitally printed, surveyed in 2014 by: Valter Sohler

Map sample:



Photos from the terrain:
www.rbk.orienteering.sk/low2015

Terrain:

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.

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.

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.

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

Race officials :

Race director: Valter Sohler

Main referee: Miroslav Karcol

Course planners: Andrea Sohlerová, Blažej Mirek, Valter Sohler

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.

Prices:

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 wellness stay in Jazierce resort for two people. Some of the strongest Veteran classes 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.

Information:

E-mail: rbk@orienteering.sk

www.rbk.orienteering.sk/low2015

Mobile phone: 00421 905 683 618

Warning:

All competitors take part in the competition at their own risk and responsibility, without compensation when an injury or accident caused during or because of this competition. The organizer is not responsible for damages that are caused by competitors.

More info

This year we prepared a photo competition, more info on the contest can be found on the website of the race. Please follow further information on the race and accompanying events on the website of the race.

Valter Sohler
Race director

Miroslav Karcol
Main referee

Partners:



Ružomberok

