



# INSTRUCTIONS TO THE GP SILESIA



**Event Center: Velká Kraš, meadow opposite to the „Habina“ Camp**  
(applies for all stages and the „Sprint Ultra“)

**Dates: July 31 – August 3, 2014** (Thursday – Sunday)

**Organizer:** Orienteering Club „POBO“ (Friends of Orienteering Opava)

## Program:

Stage		Start	Course Setter
Thursday 31/07	E1 Middle	15:00	Kovalčík
Friday 01/08	E2 Long	09:00	Valík
<i>Friday 01/08</i>	<i>Ultra Sprint</i>	<i>17:00</i>	<i>Holas</i>
Saturday 02/08	E3 Middle	09:00	M. Hadač
Saturday 02/08	E4 Sprint	16:00	Borunský
Sunday 03/08	E5 Long (shortened)	09:00	Schuster/Rossmannith

## Categories:

D10, D12AB, D14AB, D16AB, D18AB, D20, D21EAB, D35AB, D40AB, D45AB, D50AB, D55AB, D60, D65

H10, H12AB, H14AB, H16AB, H18AB, H20, H21EAB, H35AB, H40AB, H45AB, H50AB, H55AB, H60AB, H65AB, H70, H75

TK (shorter), TL (longer), HDR ..... children (accompanied), simple track, no streaming (marked by emoticons)

DH10N .... simple track, no streaming (marked by emoticons)

For categories HDR, TK and TL it is possible to sign up for individual stages even a day before, within a limit of scheduled vacancies. Individual stages do not add up.

## Categories for Sprint Ultra (so called „vlozeny sprint“):

D10, D12, D14, D16, D18, D21, D35, D45, D55

H10, H12, H14, H16, H18, H21, H35, H45, H55

## Ranking:

Stages E1, E2, E3, E4, E5 shall be calculated in the Czech ranking, coef. 1.0.

<b>Registration:</b>	Wednesday 30/7	<b>16:00 – 21:00</b>	
	Thursday 31/07	<b>10:00 – 13:00</b>	
	Friday 01/08	07:30 – 08:00	15:30 - 16:00
	Saturday 02/08	07:30 – 08:00	14:30 - 15:00
	Sunday 03/08	07:30 – 08:00	

Registrations always at the event center.

Handing over the registration packet only after all payments for a particular club have been settled.



# INSTRUCTIONS TO THE GP SILESIA



## Accommodation in Camp:

In marked area at the event center. No open fires allowed. Camp opens 30/07 from 16:00 o'clock, closes on 03/08 at 15:00 o'clock.

## Parking:

Follow organizers' instructions. Competitors staying in camp may approach their tents by cars **only in case of no rain**. The area is not controlled, please be considerate. Commuting competitors shall use reserved parking (this parking will also be used for campers in case of rain). Distance from parking to the event center ca. 300 m.

## Maps:

<b>E1:</b> Middlef	1:10 000	cont. = 5 m	A4
<b>E2:</b> Longf	1:10 000	cont. = 5 m	A3-
<b>E3:</b> Middle	1:10 000	cont. = 5 m	A4
<b>E4:</b> Sprint	1: 5 000	cont. = 2,5 m	A4
<b>E5:</b> Long (shortened)	1:10 000	cont. = 5 m	A4
<b>Sprint Ultra</b> , micro	1: 5 000	cont. = 2,5 m	A4

Maps waterproofed, will not be collected at finish.

Map makers: Z. Lenhart, E. Cigoš (mapped in 2014).

Maps drawn under **ISOM** standards, sprints under **ISSOM**.

Printing technology: laser.

## Distances:

	Event Center – Start	Event Center – Finish
<b>E1</b>	600 m / 35 m	0 m
<b>E2</b>	1600 m / 50 m	0 m
<b>E3</b>	2700 m / 75 m	2300 m / 60 m
<b>E4</b>	700 m / 20 m	600 m / 15 m
<b>E5</b>	1700 m / 60 m	1100 m / 40 m
<b>Sprint Ultra</b>	2700 m / 90 m	2300 m / 75 m

Paved roads to start and finish of E3, E4, E5 a VS. **Own bicycles may be used.** E3, E4, E5 and Sprint Ultra, follow the blue-white ribbons from finish to event center, **same track as to start.**

## Punching:

Electronic (SportIdent) for all 5 stages and Sprint Ultra. In case of SI reading failure use the manual punch as substitution, the manual punch must be checked by the Chief Referee. Manual punching spaces R1, R2, R3 are to be found on your map, in one of the bottom corners. Each competitor must clear and check their SI card at start, it is compulsory to let the SI card read to computer at finish (also in case of unfinished event).

**SI cards reading is at the event center, competitors are obliged to do so in shortest possible time after completion of their race.**



# INSTRUCTIONS TO THE GP SILESIA



**Trail Orienteering:** See special instructions (ask Ms. Jana Glabazňová at registration).

## **Terrain:**

Varied, lots of stones, knolls, small depressions, variable vegetation. In competition area there are a lot of smaller and larger stone quarries. **Please be cautious.**

## **Categories HDR, TK and TL:**

Competitors may start at their own will from starting time 00 – until the start of the last starting competitor according to posted starting lists for individual stages.

Starting time by punching the SI unit at start. More detailed information regarding the HDR category provided separately.

## **Starting Lists:**

Shall be posted at the event center and in close vicinity of starting area.

## **Starting Bibs:**

Each competitor is obliged to wear their starting bib, to be collected at registration. In the HDR, TK and TL categories, starting bibs only for competitors who had duly signed up for all stages.

**Control Descriptions:** Printed on maps E1 – E5, Sprint Ultra.

## **Utilization of Specific Map Symbols:**

Root stock (green cross), distinctive tree (green circle), other object (black cross), map symbol for a boundary stone is decreased.

## **Start:**

Interval start for all stages (incl. Sprint Ultra). Beginning of orienteering (real starting point) is marked by a control flag within 200 m from start (info at start), marked by red ribbons (compulsory stretch). Competitors collect their maps after start.

**Route Marking from event center to start:** blue-white ribbons

## **Finish:**

Marking finish by punching finish SI unit (placed on finish line). Last control to finish marked by red ribbons (compulsory stretch). Time to close finish area is: time of start + starting time of last competitor + time limit.

<b>Time Limits:</b>	Stage 1	90 minutes
	Stage 2	150 minutes
	Stage 3	90 minutes
	Stage 4	60 minutes
	Stage 5	120 minutes
	Sprint Ultra	60 minutes



# INSTRUCTIONS TO THE GP SILESIA



## **Refreshment at Start:**

Route to start via finish, where there is also the refreshment point (flavored drinking water) for competitors taking part in E3, E4, E5 and Sprint Ultra.

## **Refreshment after Race:**

Flavored drinking water at finish.

**Refreshment during Competition:** Drinking water E2, E5 – marked on map.

## **Catering:**

Vendors selling fast food, drinks and warm dishes at the event center.

## **Washing:**

In mobile showers and makeshift troughs, water there **not to be used for drinking**. Time schedule specifying operational hours shall be posted on an Info Board at the event center.

**Drinking water: Only cistern tanks in camp, shall be duly marked.**

**Toilets:** Mobile chemical toilets at the event center.

## **Forbidden Areas:**

The area of each individual stage is forbidden only in time of the particular on-going competition.

## **Health Care:**

Elementary treatment provided, for stages E3, E4, E5 and Sprint Ultra at finish, others at the event center.

## **Claims:**

In writing together with a deposit of 200 Czk to the hands of the Chief Referee. Late claims by post to the Chief Referee – Mr. Luděk Valík, Šeděnkova 20, Opava, Zip Code 747 07, e-mail: ludek.valik@atelier38.cz.

## **Jury:**

Arrangement shall be announced at the event center.

## **Rules:**

The event is organized according to the valid rules of orienteering, department of the Czech Union of Orienteering Sports (ČSOS) and these complementary instructions. Preliminary winning times are set in line with the Competition Rules of Orienteering with an adjustment for long distance (80%), the shortened long proportionally adjusted also.



# INSTRUCTIONS TO THE GP SILESIA



**Results:** Posted continually at the event center.

**Awarding Ceremony:** Always at the event center.

<b>Thursday</b>	<b>19.30 – 20:00</b>	E1
<b>Friday</b>	<b>19.30 – 20:00</b>	E2, Sprint Ultra
<b>Saturday</b>	<b>19.30 – 20:00</b>	E3, E4
<b>Sunday</b>	<b>13:30</b>	E5, overall results (total of E1 – E5)

## **Awarding of Individual Stages:**

Winners of all „A“ categories (in case a category is not marked = considered as „A“),  
Winner of D21E, winners of DH12B – 18B, in H21E first 3 competitors.  
No awarding for HDR, TK and TL.

## **Awarding Overall Results:**

1st – 3th place for DH21E, all categories „A“ and DH12B – 18B. First six places in H21E.  
Winners of other „B“ categories.  
No awarding for HDR, TK and TL.

**Sprint Ultra:** Only winners, in H21E 1st – 3th place

## **Notification:**

In the forest there are constructions of new bicycle paths underway (so called Single Tracks). These were not mapped since they have been being built only in the past two weeks. There is also some amount of forest trees extraction in progress. Participants compete **at their own risk**. Elementary medical care for free provided only after completion of competition at finish. Any additional medical treatment must be borne by each individual from their own insurance.

**Entry to the SILVA O´camp** (the HABINA Cabins Camp) strictly forbidden.

**No trespassing** to private lands or into fenced areas.

**It is strictly forbidden to set open fires within event center or competition areas.**

Please do not leave valuables unattended in your tents, organizer is not liable for any prospective losses.

There are a lot of bikers moving around in competition area, please be careful.

**Waste & Recycling:** Waste plastic bags shall be arranged at the event center, in camp, at finish and at start.

**YELLOW bags**, marked by a sign „POUZE PLASTY“ (Plastic Only) to be used solely for plastic waste (without any additions: e.g. paper, leftovers of meal, etc.)

## **Event Officials:**

Event Director:	Jana Kostková R3	+420 777 896 979
Technical Backup:	Jan Peřinka R3	+420 602 677 755
Sporting Events:	Mirek Hadač R1	+420 602 719 817
Chief Referee:	Luděk Valík R2	+420 777 814 526

**Information:** [www.silesia.obopava.cz](http://www.silesia.obopava.cz)



# SPRINT ULTRA AND THE HDR CATEGORY



## Complementary Instructions to the Sprint Ultra.

Physically undemanding sprint that is built on the basis of the **micro-o**. Starting interval 1 minute.

On track there are some map tricky set-ups prepared and with those each competitor will have to quickly come to terms.

The map shall have the sprint track duly printed out. However, **control descriptions will have no codes as usual.**

On the spot of a control point there will mostly be several controls posted out.

Only based on **accurate map reading and assessment of control description** it will be possible to properly decide, which control is the correct one.

Thus at same object there might be **one or more controls.**

The non-pointed objects shall have corresponding center circle placement, same in real and on map.

**Wrong-punched** controls shall be penalized by **1 minute.**

**If more controls** than defined on map have been punched, for each such extra punch there is a **1-minute penalty**. This means it will not be possible to perform a corrective punch, there is only one attempt to punch correct control.

Manual corrective punching to the R1, R2, R3 fields on map is acknowledged only in case of proved non-functioning of the SI unit.

## Specific Instructions to HDR Category:

The HDR is **not a competing category**, shall not be awarded, no order shall be announced either (achieved time in particular stage shall be provided only on the paper slip printed after SI card reading). The category is designed for children to learn basis of orienteering.

Each kid who passes finish line shall be „**sweet awarded**“ directly at finish.

### What may children expect on their track?

A simple track that is easy manageable on roads and paths.

After each decision making at crossroads or forking, shortly down the road, they will find a confirmation – either a smiling face (circled emoticon mark) in case of proper decision or a **frowning face** in case of bad decision (the marks shall not be visible directly from the spots from which have to decide – choose their route).

On condition a child meets the frowning face on his/her course it means he/she opted for a wrong route choice, must return back and choose some other choice (we do not assume they would be returning on the same road on which they had been coming to the spot).

Warning: at crossroads there will be no frowning faces in the opposite direction.

Between two controls there may be more route choices. If this is the case, each proper route choice shall be marked with smiling faces.

More difficult parts may be marked by several smiling faces in a row for more comfort in order the child manages such part better.

See also the map illustrating how smiling or frowning faces appear and are distributed, to be found on the registration packet.

Sprint Ultra			
CAT.	Dist.	Climb	contr.
H10	0,8	20	6
H12	0,9	30	6
H14	1,2	35	13
H16	2,0	80	17
H18	2,4	115	23
H21	2,7	140	26
H35	2,6	125	24
H45	1,8	80	15
H55	1,4	70	13

Sprint Ultra			
CAT.	Dist.	Climb	contr.
D10	0,9	20	6
D12	0,9	30	6
D14	1,2	45	11
D16	1,7	60	12
D18	2,3	110	18
D21	2,4	115	23
D35	2,3	95	21
D45	1,4	60	16
D55	1,2	50	12



# LENGTHS OF TRACKS



CAT.	E1			E2			E3			E4			E5		
	Dist.	Climb	contr	Dist.	Climb	contr	Dist.	Climb	contr	Dist.	Climb	contr	Dist.	Climb	contr
H10	2,0	30	7	1,9	20	6	2,0	50	7	1,3	40	12	2,1	40	6
H10N	1,7	30	6	1,8	20	6	2,0	50	6	1,4	40	11	1,5	40	4
H12A	2,4	55	11	2,8	50	7	2,1	70	8	1,3	50	13	2,6	65	7
H12B	2,2	50	9	2,2	40	6	1,9	65	6	1,1	40	12	1,9	55	6
H14A	2,4	90	12	5,4	100	8	3,0	100	13	1,5	55	16	3,4	80	8
H14B	2,3	80	12	3,9	70	7	2,3	90	9	1,4	50	15	2,9	70	8
H16A	3,5	160	17	6,9	140	12	3,8	135	17	1,8	60	19	5,1	170	12
H16B	3,1	130	14	6,0	110	10	3,0	125	11	1,7	55	16	4,6	150	11
H18A	3,9	185	19	7,9	150	15	4,5	160	18	1,9	60	19	6,6	250	14
H18B	3,5	140	17	7,0	110	12	3,6	150	17	1,8	55	16	5,1	210	12
H20	4,4	200	23	8,7	210	17	4,5	180	18	2,1	70	19	6,7	270	15
H21E	5,5	250	27	10,5	250	24	5,6	240	23	2,6	80	28	8,5	320	27
H21A	4,5	210	24	9,0	230	19	4,5	190	16	2,5	70	24	7,5	270	20
H21B	4,2	170	22	7,3	210	17	4,0	160	17	2,1	65	17	5,8	230	14
H35A	4,3	150	22	8,3	190	16	4,3	150	19	2,1	70	22	6,9	260	15
H35B	3,6	135	19	6,9	150	13	3,1	145	12	2,1	65	20	5,7	230	13
H40A	3,9	150	20	7,6	150	15	4,1	145	18	1,9	65	18	6,1	255	15
H40B	3,3	130	18	6,9	150	13	3,0	140	13	1,8	60	17	4,8	220	12
H45A	3,7	140	19	6,9	150	14	3,8	140	17	1,7	60	16	5,2	250	15
H45B	3,0	125	17	5,5	140	12	3,3	135	15	1,6	55	15	4,5	210	10
H50A	3,5	135	19	6,0	140	11	3,3	135	16	1,7	55	16	4,5	180	12
H50B	3,1	120	15	5,5	140	12	2,7	130	13	1,6	50	15	3,9	170	9
H55A	3,2	130	17	5,0	130	12	3,2	130	16	1,7	55	15	3,8	135	8
H55B	2,9	110	15	4,0	90	8	2,5	125	14	1,6	50	14	3,4	125	9
H60A	3,1	120	14	4,8	120	11	2,8	120	13	1,5	50	14	3,6	115	9
H60B	2,5	100	13	4,0	90	8	2,4	115	13	1,3	45	12	2,9	100	8
H65A	2,7	115	14	4,5	100	11	2,6	110	15	1,5	50	16	3,2	90	8
H65B	2,3	95	10	3,7	70	9	2,3	100	12	1,3	45	13	2,5	80	7
H70	2,1	90	10	3,7	70	9	2,2	90	12	1,3	45	15	2,3	70	8
H75	1,9	70	8	2,5	40	8	1,9	80	11	1,2	45	12	2,1	65	7

KAT.	E1			E2			E3			E4			E5		
	Dist.	Climb	contr	Dist.	Climb	contr	Dist.	Climb	contr	Dist.	Climb	contr	Dist.	Climb	contr
D10	1,8	30	7	1,8	20	6	2,0	50	7	1,3	40	10	1,8	40	5
D10N	1,7	30	6	1,8	20	6	2,0	50	6	1,4	40	11	1,5	40	4
D12A	2,1	50	8	2,6	50	8	2,1	70	8	1,3	50	14	2,3	60	6
D12B	1,7	45	7	2,2	40	6	1,7	65	7	1,1	40	12	1,9	50	5
D14A	2,4	75	11	3,2	80	6	2,5	100	12	1,4	50	14	2,7	80	8
D14B	2,2	65	10	2,7	50	6	2,3	90	9	1,2	40	12	2,4	70	6
D16A	3,0	140	13	4,6	130	10	3,0	125	14	1,5	50	15	3,7	140	8
D16B	2,6	125	13	3,8	80	8	2,7	120	11	1,4	50	14	2,9	120	8
D18A	3,7	160	16	5,5	150	10	3,3	135	15	1,7	60	18	4,6	180	10
D18B	3,1	115	14	4,0	90	10	2,9	125	12	1,7	60	17	3,7	140	10
D20	3,9	150	22	5,9	150	11	3,3	150	14	1,9	60	16	5,3	180	13
D21E	4,9	190	25	7,7	210	16	4,1	180	19	2,2	75	21	6,5	210	17
D21A	3,9	150	19	6,0	130	12	3,4	160	15	2,1	65	18	5,3	180	14
D21B	3,6	140	18	4,7	90	9	3,4	140	14	1,9	55	18	4,7	150	13
D35A	3,8	135	18	5,4	150	12	3,1	140	14	1,9	65	19	5,0	160	13
D35B	3,3	120	17	4,5	100	11	2,6	135	13	1,8	55	18	4,1	140	10
D40A	3,6	130	18	4,4	130	10	3,0	135	12	1,8	60	17	4,5	160	12
D40B	3,1	110	15	4,0	90	10	2,6	130	12	1,7	55	15	3,8	140	12
D45A	3,4	125	18	4,2	90	9	2,6	130	13	1,6	55	17	4,3	160	9
D45B	2,7	110	11	3,5	80	8	2,3	125	12	1,6	50	15	3,4	140	10
D50A	3,2	110	16	4,0	90	7	2,4	100	13	1,6	50	15	3,7	130	9
D50B	2,9	105	16	3,5	80	8	2,2	95	12	1,5	45	15	3,1	120	7
D55A	3,0	110	15	4,0	90	7	2,2	80	13	1,6	50	15	3,0	100	8
D55B	2,4	100	11	3,3	80	7	1,9	75	10	1,6	45	14	3,0	90	8
D60	2,5	100	13	3,3	80	7	2,0	70	9	1,5	50	15	2,7	80	8
D65	2,1	85	9	2,5	40	8	1,8	60	9	1,5	50	16	2,5	70	8
HDR	1,8	30	9	1,8	20	6	2,0	50	6	1,3	40	11	1,5	40	4
TK	2,1	40	9	3,5	60	8	2,2	70	9	1,5	50	16	2,4	70	8
TL	3,4	90	17	5,9	150	11	3,0	120	15	2,1	70	21	4,5	120	12

