

LA CABRERA

I Rock'n'O Trophy



March 17-18, 2018

Bulletin 1



LaLiga con el Deporte Español



Bulletin 1

IOF World Ranking Event (WRE)

4ª Prueba de la Liga Española de Orientación

4ª Prueba de la Liga Sprint Española

Event Organizers

Club Malarruta & Club Escondite Nature Sport

Event Directors: José Manuel Prieto & José Luis García Morales

English Speaking: Mikael Wiren (+34659057006)

Course Planners:

- Middle (WRE) (Mikael Wiren/Álvaro Prieto)
- Long (José Luis García Morales)
- Sprint (WRE) (Miguel Ángel Durán/Ángel Díaz)

Timing: Javier Serrano Molinero

Administration: Cristina del Campo/María José Martín

Starts: Malarruta & Escondite Nats Teams

Finish: Malarruta & Escondite Nats Teams

Logistics: Ángel Gutiérrez

IOF Event Advisor

Francisco Gómez Cobas

Event Information

Programme

Friday 16/03/2018

- 19:00 a 23:00 h. Reception of participants and delivery of bib numbers at La Cabrera Municipality.

Saturday 17/03/2018

- 09:30 h. Long Distance. La Cabrera (Madrid).
- 14:15 h. Long Distance finish closure.
- 15:00 h. Sprint race Quarantine zone closure.
- 15:30 h. Sprint WRE race. La Cabrera (Madrid).
- 18:30 h. Sprint finish closure.

Sunday 18/03/2018

- 09:00 h. Middle Distance WRE. La Cabrera (Madrid).
- 13:30 h. Middle Distance finish closure.
- 13:30 h. Rock'n'O Trophy Ceremony

Rules

The rules of The Spanish Orienteering Federation (FEDO), IOF's guidelines for World Ranking Events, the special rules of the Spanish FootO Leagues and instructions given by the organizers will be applied in the competition.

The rules of The Spanish Orienteering Federation are available on the website

<http://www.fedo.org/web/competicion/o-pie/reglamentos>

Punching System

The electronic punching system SPORTident will be used. Rental SPORTident cards available from the event organizer, fee 2,5€ per day.

SPORTident SIAC Air system will be available at Sprint WRE race.

Official Classes

Class (M-Male/F-Female)	Ages
U-10	Born in 2008 and later (unisex class)
M/F-12	Born in 2006 and later
M/F-14	Born in 2004 and later
M/F-16	Born in 2002 and later
M/F-18	Born in 2000 and later
M/F-20	Born in 1998 and later
M/F-E	Elite class. No age restriction. (WRE)
M/F-21A	No age restriction
M/F-21B	No age restriction
M/F-35A	Born in 1983 and earlier
M/F-35B	Born in 1983 and earlier
M/F-40	Born in 1978 and earlier
M/F-45	Born in 1973 and earlier
M/F-50	Born in 1968 and earlier
M/F-55	Born in 1963 and earlier
M/F-60	Born in 1958 and earlier
M/F-65	Born in 1953 and earlier
M/F-70	Born in 1948 and earlier

Open Classes (Unisex)

Class	Course details
Open Amarillo	Very easy difficulty / Short distance
Open Naranja	Easy difficulty / Medium distance
Open Rojo	Medium difficulty / Medium distance
Open Negro	Medium difficulty / Long distance

Entries

- The runners belonging to the Spanish Orienteering Federation (FEDO) or the Federação Portuguesa de Orientação (FPO) must register through the FEDO entries system.
<http://www.sico.fedo.org/login.php>
- The runners NOT belonging to FEDO/FPO must register through the [OrienteeringOnline](#) web page.
- ATTENTION!! Runners who participate in the Elite WRE class MUST register in addition to FEDO/OrienteeringOnline.net through IOF Eventor <http://eventor.orienteeing.org/>
- Entries finish on 7th March.

Entry Fees

Long Distance Race		
Class	With FEDO/FPO License	Without FEDO/FPO License
M/F-20 or lower	5€	13€
M/F-21 or higher	9€	17€
Elite	9€	17€
Open	5€	13€

Middle Distance Race (WRE)		
Class	With FEDO/FPO License	Without FEDO/FPO License
M/F-20 or lower	5€	13€
M/F-21 or higher	9€	17€
Elite	9€	17€
Open	5€	13€

Sprint Distance Race (WRE)		
Class	With FEDO/FPO License	Without FEDO/FPO License
All Classes	6€	14€

The bank details for entry fee payment are as follows:

Account owner: Club Deportivo Básico Malarruta

Bank name: ING DIRECT N.V.SUCURSAL EN ESPAÑA

IBAN: ES22 1465 0200 2419 0024 1206

BIC/SWIFT: INGDESMXXX

Payment receipts must be sent by email to tesoreria@malarruta.es

Payment limit is 11th March. After this date we cannot guarantee that there are maps available.

Signposting and venue:

La Cabrera is located 60 km north from Madrid and 50 km from the international Madrid-Adolfo Suarez Airport. Driving instructions will be signposted from the highway A-1 E-5 E-80 Exit 60

The event centre is in a school located at La Cabrera. The navigation address is Calle de los Colegios 15, 28751 La Cabrera. GPS Coordinates 40°52'23.3"N 3°36'29.3"W

Private cars should park in the streets of the village around the event center.

Motorhomes MUST park in the special zones reserved.

Embargoed Zones



Competition maps:

Long Distance:

- Scale: 1:15000 except for older and younger classes that will be at 1:10000 and 1:7500
- Contour interval: 5 m. Field survey made by Ricardo García Dengrá. The maps are printed in waterproof paper.
- Winning Times Elite Classes: 70'-80' for women and 90'-100' for men.

Middle Distance WRE:

- Scale: 1:10000 except for older and younger classes that will be at 1:7500
- Contour interval: 5 m. Field survey made by Ricardo García Dengrá. The maps are printed in waterproof paper.
- Winning Times Elite Classes: 30-35' for women & men

Sprint Distance WRE:

- Scale: 1:5000 for all classes
- Contour interval: 5 m. Field survey made by Manuel Jurado. The maps are printed in waterproof paper.
- Winning Times Elite Classes: 12-15' for women & men

Accommodation

There are many possibilities for lodging at La Cabrera and of course at Madrid city. Also will be a hard floor near competition.

Please check for accommodations at: <http://www.lacabrera.es/turismo/como-llegar/alojamiento/> for La Cabrera and in specialized web like <http://www.booking.com>, <http://www.trivago.es>, and many more for Madrid.

Weather and clothing:

In March, the weather in the centre of Spain could be anything from pleasantly warm and sunny (about 15-20 degrees C) to terribly cold, windy and rainy (about 0-5 degrees C). Competitors should be prepared for changeable weather.

Visa requirements:

According to current regulations, citizens of some countries must obtain a visa in order to enter Spain. Please check the following website for more information: <http://www.exteriores.gob.es/Portal/es/ServiciosAlCiudadano/InformacionParaExtranjeros/Paginas/RequisitosDeEntrada.aspx>

Final event instructions, start times and other information:

There will be more information on the organizer's web page closer to the date of the competition.

<http://rockando.malarruta.es>

Information request: rockando@malarruta.es

Bulletin 2 will be published at the end of february.

We are looking forward to meeting you in La Cabrera from March 16-17!