

Bulletin 3 FYOC 2018 28 JUNE-1JULY-VELIKO TARNOVO, BULGARIA





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Sprint distance Final – 29.06.2018

Long distance Final – 30.06.2018

Relay - 1.07.2018

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1.Welcome



Greetings from the President of Bulgarian Orienteering Federation

Dear young orienteering friends,

I am over excited to have the honor and the pride to welcome you all in Bulgaria and the old capital Veliko Tarnovo. Our country and the Bulgarian Orienteering Federation have great traditions in our favourite sport orienteering. Together, along with 9 other countries in 1961 we founded the International Orienteering Federation. Until then, we organized really well a few World and European Orienteering championships here in Bulgaria. That is why I strongly believe that our federation, together with the orienteering club in Veliko Tarnovo, can organize very good European Youth Orienteering Championships on very technical and interesting terrains.

I wish to all of you - young competitors, very successful starts.

Good luck!

Prof. Atanas Georgiev President of Bulgarian Orienteering Federation



Dear Young Athletes and Events Organizers,

It is a great pleasure that Veliko Tarnovo and Bulgaria welcomes all of you to the European Youth Orienteering Championships (EYOC 2018).

I am sure that this medieval town, which was the Capital of The Second Bulgarian Kingdom for 208 years, will be a charming scenario and highly challenging for all of you.

Do not miss the opportunity to visit the Tsarevets and



Trapezitsa fortresses, where the great Bulgarian kings from the Asenevci dynasty lived. Veliko Tarnovo.

I wish all the best for all of you, O-friends! Let the best win!

Daniel PANOV Mayor of Veliko Tarnovo

ORGANIZERS





МИНИСТЕРСТВО НА МЛАДЕЖТА И СПОРТА



ФЕДЕРАЦИЯ ОРИЕНТИРАНЕ



































PARTNERS





2.Organizers

	Bulgarian Ministry of Youth and Sports			
	Bulgarian Orienteering Federation			
	Municipality of Veliko Tarnovo			
	Municipality of Elena			
	Municipality of Lyaskovets			
	SCO Trapezitsa 1954Veliko Tarnovo			
Organizing				
committee				
Event director	Todor Pedev			
Technical director	Konstantin Koynov			
Secretary General	Grigor Karaivanov			
Infrastructure &	Krasimir Danailov			
Logistics				
Mapper	Georgi Kartalov			
Course Planners	Ivan Sirakov, Tihomir Kuzmanov, Georgi Kartalov			
IOF Senior Event	Nermin Fenmen (TUR)			
Adviser				
National Controller	Vladimir Atanasov (BUL)			
IOF Representative				
IOF Council Member	Maria Silvia Viti			



3.Event center

	Hotel Momina Krepost
Address	Mestnost Ksilifor, м. Ксилифор, 5000 Ксилифор, Veliko
	Tarnovo
GPS coordinates	
Link to maps	https://goo.gl/maps/oCNSB5Kn95w
Phone	+359 89 675 7049
Website	www.trapezitca1902.com
Working hours	
27 June 2018	16:00 – 20:00h
28 June 2018	10:00 – 22:00h
29 June 2018	15:00 – 17:00h, 19:30 – 21:00h
30 June 2018	15:00 – 17:45h
1 July 2018	08:30 – 10:00h – Finish arena Relay





4.Programme

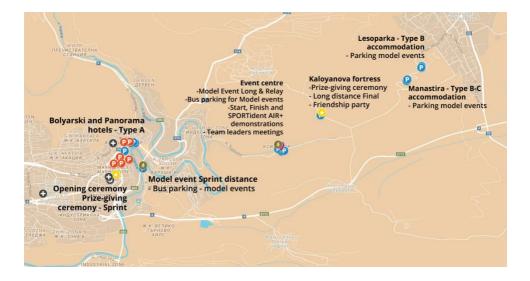
Date & Time	Event	Destination
Thursday, June 28		
until 20:00h	Team arrival	Hotels
10:00h – 22:00h	Accreditation	Event center
14:00h – 18:00h	Model events - Sprint, (Long +	Veliko Tarnovo
	Relay);	
	Technical model – Sport Ident	
	Start and Final demonstration	
19:00h	Team leaders meeting	Event center
19:30h- 21:00h	Dinner	Hotels
Friday, June 29		
07:00h – 09:00h	Breakfast	Hotels
08:30h – 10:00h	Quarantine Check-in	From buses
10:30h – 12:30h	Sprint Distance Final	Tsarevets
12:45h – 13:00h	Flower ceremony – Sprint	Finish arena
13:30h – 15:00h	Lunch	Hotels
17:30h – 18:30h	Official Opening ceremony	Park Marno pole
18:30h – 19:00h	Prize-giving ceremony	Park Marno pole
19:30h – 20:30h	Team leaders meeting	Event center
20:00h – 21:30h	Dinner	Hotels
Saturday, June 30		
06:30h – 08:00h	Breakfast	Hotels
08:30h – 09:30h	Quarantine Check-in	From buses
10:00h – 14:00h	Long Distance Final	Miikovtsi
14:00h – 14:15h	Flower ceremony	Miikovtsi
17:45h – 18:45h	Team leaders meeting	Event center
19:00h – 19:30h	Prize-giving ceremony	Kaloyanova fortress
19:30h – 22:00h	Dinner and party	Kaloyanova fortress

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Sunday, July 1		
07:00h - 08:30h	Breakfast	Hotels
10:00h – 13:00h	Relay	Hotels Petropalovski
		monastery Finish arena Relay
13:00h – 13:30h	Prize-giving ceremony, Relay	Finish arena Relay
	Prize-giving ceremony, Teams	Finish arena Relay
13:30h	Closing ceremony	, Finish arena Relay
After 14:00h	Prize-giving ceremony, Relay Prize-giving ceremony, Teams Closing ceremony Lunch and departure	Hotels



See the general interactive map in Google.



5. Preliminary Entries

Federation ¹	Men 16	Women 16	Men 18	Women 18	Team Official	Total
Sum	92	91	102	83	73	441
Austria	3	3	3	3	3	15
Belgium	3	4	3	3	2	15
Bulgaria	4	4	4	3	2	17
Croatia	1	2	1	1	1	6
Denmark	4	4	4	2	3	17
Estonia	4	4	4	4	2	18
+-Finland	4	4	4	4	3	19
France	4	4	4	4	3	19
Germany	4	4	4	2	3	17
Great Britain	3	2	3	3	4	15
Hungary	4	4	4	4	4	20
Ireland	2	1	4	1	2	10
Israel	4		4	1	2	11
Italy	3	4	3	2	2	14
Latvia	4	4	4	4	4	20
L ithuania	4	4	4	4	2	18
H Norway			4	4	2	10

¹ According to IOF Foot-O Rules, competitors representing member Federations of the IOF, defined by the International Olympic Committee as belonging to the European continent, can compete in EYOC. Competitors representing other member Federations of the IOF can participate in EYOC but will not be eligible for European titles, medals or diplomas.



Poland	4	4	4	4	2	18
Portugal	3	3	4		2	12
Romania	4	4	4	4	2	18
Russian Federation	4	4	4	4	3	19
Slovakia	4	4	4		3	15
Slovenia	2	4	1	2	2	11
Spain	4	4	4	4	2	18
Sweden			4	4	2	10
	4	4	4	4	4	20
Turkey	4	4	4	4	5	21
Ukraine	4	4	4	4	2	18

6.Important deadlines

15 June, Friday,	Deadline for competitors name	Eventor
23:59 h	entries	
28 June, Thursday	Deadline for final entries for Sprint	Eventor
16:00 h	distance	
29 June, Friday	Deadline for final entries for Long	Eventor
16:00 h	distance	
30 June, Saturday	Deadline for final entries for the	Eventor
16:00 h	Relay	
	• · · · - · · ·	

All the entries must be submitted via Eventor for each start.

7. Transportation & Parking

All competitors and coaches are obliged to use the organizers transportation during the official EYOC programme. For the Relay, it is allowed to use own transportation.



For the Model events it is also compulsory to use the official transport. There will be organized buses travelling to and from accommodations to the model events. Teams may use their own transportation for the Relays.

Spectators and EYOC Tour participants should park their vehicles only in the allowed parking places, set up by the organizers.

In Bulletin 4 there will be detailed schedule for the transportation by hours, including layouts and GPS coordinates.

Note: For the Model event Sprint – teams, accommodated in hotel Bolyarski and Panorama – Type A, will have to walk (10 minutes) to the Model Event Sprint. There will be the only Parking and Bus departure and arrival for the Long+Relay Model event.

VIP and Media: All VIPs and media representatives may use their own transportation to all events. However, the need to follow the parking instructions at the Parking areas at the competitions.

Pre-starts are within walking distance from the quarantine.

8. Payment

Payments are accepted as cash during accreditation. Payment by credit card is not possible. Currency accepted is the Euro or the Bulgarian Leva. There are quite a few bank branches nearby where you may exchange currencies.

Payment details:

SCO Trapezitca 1954 79 Stefan Stambolov, V.Tarnovo, Bulgaria Plamen Legkostup BG77BUIN95611000593214 BUINBGSF Allianz Bank Bulgaria

9. Medical care

There will be an ambulance with first aid medical staff at the Arena during competitions. If a competitor is injured in the terrain, the situation and the location of the patient must be notified to the nearest official or at the finish line. First aid and



evacuation will be organized by the organizers and the medical crew.

Injuries / illness occurring outside of competition activities are treated by the public health care system. There is a general practitioner at Veliko Tarnovo center and two hospitals (marked with red H on the <u>general map</u>) nearby.

In the case of emergency: The national emergency number is 112. The staff at the emergency call center speak English. Additionally, telephone numbers of the organizers will be given to each competitor/official during accreditation to use in case of emergency.

10. Media

All media representatives will have a badge which allows them to go to specific areas throughout the competitions.

Media & Ceremonies

After finishing their competition and returning the GPS equipment, all athletes will exit through the press zone. Field interviews with athletes may take place before entering the press zone in cooperation with the host broadcaster.

11. Ceremonies

Timetable for the ceremonies:

Ceremony	Date and Time	Place
Flower ceremony - Sprint	29 June, 12:45	Finish arena - Sprint
Opening ceremony EYOC	29 June, 17:30	Veliko Tarnovo City center
Prize-giving ceremony - Sprint	29 June, 18:30	Veliko Tarnovo City center
Prize-giving ceremony - Long	30 June, 19:00	Kaloyanova fortress
Prize-giving ceremony – Relay Prize-giving ceremony – Teams Closing ceremony EYOC	1 July, 13:00 1 July, 13:00 1 July, 13:30	Finish arena – Relay Finish arena – Relay Finish arena – Relay

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Opening ceremony

The Opening ceremony will be held on Friday, 29 June at Veliko Tarnovo city center at 17:30. Teams will attend the opening ceremony in their official team uniforms. Provided the weather permits, teams will assemble on a specific spot and will be led into the Ceremony Area. Detailed map will be given in Bulletin 4.

Flower ceremony

The flower ceremony announcing the first three of each class in the EYOC sprint will be held in the final arena of the Sprint distance. Official team uniforms are not necessary for the flower ceremony.

Prize-Giving ceremony

The IOF Protocol for Prize-giving ceremonies will be followed. In this respect, the top 6 athletes will appear wearing their official team uniforms. The national anthem of the winner is played. All stand for the national anthem.

Closing ceremony

The Closing Ceremony for EYOC 2018 will be held immediately after the Relay and country teams Prize-Giving Ceremony at the Relay Arena.

12. Team Materials and Information

Each team will get an EYOC information/material package after accreditation.

The package includes the following items:

Team Package:

- Bulletin 4
- Model event maps (Sprint, Long + Relay)
- IOF Anti-Doping information
- SI-card The athlete must use the assigned SI-card during all starts.
- Souvenirs for the team

GPS tracking

GPS tracking will be used only for the Long distance Final. The runners to use a GPS



device will be announced the day before the start in the team leaders meeting. The GPS equipment shall be picked up by the athletes at the check-in of the quarantine zone.

Live results

There will be live results for all competition days. The URL for live results will be given in Bulletin 4.

Sources of information

Bulletin 4 is the most important source of competition information for the teams. Additional information may be distributed to the team boxes (in the Event center) before each Team Leaders' Meeting.

All Team Leaders may send questions or requests for the agenda up to 30 minutes before each meeting, thus giving the opportunity for necessary preparation. Send your questions at <u>info@eyoc2018.eu</u>

Minutes of the Team Leaders' Meeting will be published on the official website each day.

Model Events

All athletes are encouraged to participate in both the Model Events (1 for Sprint distance and 1 for Long and Relay).

There will be a Technical Model Event demonstrating the use of SI Touch-free system to familiarize themselves with what to expect during the competition. It will be held on the Model Event Long+Relay. Also, the start procedure, the finish and map stand for relay will be demonstrated only at the Long+Relay Model.

Number bibs

All competitors must wear their respective number bibs at all competitions. There will be a new number for each start. The bibs must be entirely visible and shall not be folded over, cut down or covered in any way.

The number bibs are **handed out to athletes on the teams leaders meeting** the day before. The bibs are required when going to the buses and entering the quarantines.

Teams Pigeon Holes

Each team will have a pigeon hole at the Event Center where they will receive start and results lists and any other information.



13. Anti-doping

Doping is strictly forbidden, and the organizers of the EYOC are dedicated to supporting the anti-doping authorities in their work.

14. Rules and procedures

Rules

The rules applicable for the event are

- IOF Foot Orienteering Events (valid from 1 January 2018)
- IOF Special Rules for the 2018 EYOC

These rules are accessible on the IOF website at http://www.orienteering.org

Competitions

The start interval in the Long distance competition is 2 minutes and in the Sprint distance is 1 minute.

Starting time is drawn randomly in 4 starting groups (1 - early, 4 - late). Each Federation may allocate a maximum of 1 athlete in each starting group. Competitors from the same Federation shall not start consecutively.

In the Relay competition, all teams in the same class start together.

Complaints

Complaints will be made using the official form provided by the organizer. The deadline for complaints is 15 minutes after the organizer announces the official results. The complaints should be submitted at the secretary tent and it is free of charge.

Arenas

There will be a "bag drop off" point for bags coming from the quarantine areas. Water will be available in the Final area. There will be toilet facilities available at all sites. For the Sprint distance – there will be team zone for changing and rest which can be reached by following a marked route.

For the Long distance Final and the Relay there will be common team tents.

Timing systems and punching

SPORTident AIR+ contactless punching with a range of 50cm is used as electronic punching and timing system. At the finish, the time is taken when crossing the finish-line at full speed, no station needs to be punched.

Coaching

Coaches are allowed to go to into the quarantine area. They are allowed to leave the



quarantine at any time after quarantine is closed but after leaving, it is not possible to come back.

For the Long distance Final coaches will be allowed to enter the pre-start area. They are not allowed to go back to the quarantine afterwards.

For the Sprint distance Final it is not allowed for coaches to go into the pre start area.

Accreditation

All competitors and officials are obliged to wear their official badge to the quarantine, all the arenas, during transportation, to the ceremonies and during the meals.

15. Training opportunities

Training maps are available to be bought by the teams for the days prior to EYOC's official programme start (28 June 2018).

All teams should order the number of maps before **20 June, Wednesday** via email. Please include map number(according the official map list at EYOC's webpage) and also quantity of each class or type of map (no controls, all controls, course/class)

16. Embargoed areas

Check the <u>Google map</u> to see all embargoed areas.

Tsarevets fortress and the suburbs are embargoed for orienteering activities, using any kind of map, and also for going for a walk.

The marked parts in the Google map (link above) are fully embargoed and forbidden to visit.

You may pass by a car/bus only using the main roads.

17. Locations of competitions

For the Sprint distance Final and the Long distance Final, it is obligatory to use the organizers transportation.

All competitors and officials will be taken from their accommodation places. After entering the bus, the quarantine for both Sprint Final and Long Finals starts. Competitors will be transported back after each race.

For the Relay there will be GPS coordinates in Bulletin 4.



18. Model events	
Model event - Sprint	
Control points	5 (only prisma flags)
Courses	There aren't pre-set courses for this model event
	Forbidden to use spikes or short-dobbed
Shoes	orienteering shoes
Model event – Long & Relay	
Control points	8 (SportIdent stations)
Courses	There aren't pre-set courses for this model event
	SPORTident AIR+
Test Model	Start corridors will be built demonstrating the
Start demonstration	procedure
	Finish corridor will be built and procedure will be
Finish demonstration	shown
	Map stand will be demonstrated
Relay	

19. Maps and courses

All the maps are drawn according to the International Specification for Orienteering Maps (ISOM 2017) and the International Specification for Sprint Orienteering Maps (ISSOM 2007).

All EYOC maps are spot colour offset printed. The maps will be handed out at the starts in plastic bags.

All descriptions are printed on the map.

Separate control descriptions are available 2 minutes before the start.



Sprint





Scale – 1:4000, e-2.5m, according to ISSOM

Moderately steep urban and fortress terrain. Lots of small paved roads, narrow stairs and walls. 70 % of the map covers the fortress.

Symbol 708 will be used for narrow passageways in a space with many stone walls and forbidden access. This passage will be marked with white-red tape on the terrain. Competitors must cross this area only on the marked places on the map. Due to the historical nature of the area orienteering shoes with spikes or dobbed spikes of any kind are forbidden.

The ground in the fortress is very uneven and most of the paths and alleys are paved with cobble stones.



On the terrain there are lights built specially for the famous Sound and Light show at the fortress. These lights will not be marked on the map. There won't be any control points on these objects.



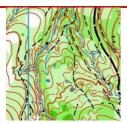




Courses – Sprint distance Final

Class	Length	Climb	CPs	Winning time
	Straight / Optimal route			
W16	1.71km / 2.00km	85m	15	10-12 minutes
W18	1.72km / 2.10km	90m	15	10-12 minutes
M16	1.71km / 2.20km	105m	14	10-12 minutes
M18	1.91km / 2.50km	115M	17	10-12 minutes

Long





Scale – 1:10000, e-5m, according to ISOM 2017

Moderately steep terrain with lots of microforms – summits, valleys and terraces. At some places there are some boulders, stony grounds and rocky formations. Vegetation is mostly deciduous, varies in all categories. The greater part of the area (80%) is of good runnability and visibility with paths of all categories.

In some areas there are many trees of varying nature which are not marked on the map as a distinct tree. There won't be control points on these distinct trees.

There are some old wide paths that are not used. **Symbol №** 508.000 & 508.004 is used to mark them on the map.

Most of the terrain is covered with stony ground.

On the map there won't be Symbol 419 (Prominent vegetation feature)

There will be one refreshment point for the Long distance for all classes.



Class	Length	Climb	CPs	Winning time			
W16	4.45 km	235 m	13	35-40 minutes			
W18	5.15km	365 m	14	40-45 minutes			
M16	5.50km	310 m	14	40-45 minutes			
M18	6.6okm	420 m	15	45-50 minutes			

Courses – Long distance Final

Relay



Scale – 1:10000, e-5m, according to ISSOM 2017

Moderately steep terrain with plateau. At some places there are stones, cliffs and rocky formations. Vegetation varies in all categories with parts of low visibility and runnability due to vegetation and stony ground. There are roads and paths of all categories.

In some areas there are many trees of varying nature which are not marked on the map as a distinct tree.

There won't be control points on these distinct trees.

On the map the Symbol 419 (Prominent vegetation feature) is not used.

There will be a refreshment point at the spectators control.

Most of the terrain is covered with stony ground.

Courses – Relay							
Class	Length	Climb	CPs	Winning time (whole team)			
W16	3.1-3.2km	100 M	16	75 minutes			
W18	3.2-3.4km	150 m	16	90 minutes			
M16	3.5-3.6km	165 m	17	90 minutes			
M18	3.8-4.1km	190 M	18	105 minutes			

(*) The organization reserves the right to make minor changes to the courses stated above





20. Quarantines

There will be quarantine areas for the Sprint distance Final and the Long distance Final. There is no quarantine for EYOC Tour races.

General Rules

At the check-in to the quarantine area, each athlete and coach must show his or her accreditation card and running bib. GPS units and vests will be handed out before entering the pre-start zone. These units will be returned immediately after the competition.

The use of mobile phones, computers or any other communication devices inside the quarantine zone is strictly forbidden. It is not allowed to bring any maps of the competition areas into the quarantine zone.

The quarantine will include indoor places as well as outdoor area.

There will be toilets and drinkable water in the quarantine.

Sprint distance Final Quarantine

For the Sprint distance the quarantine closes at 10:00h.

Clothes will be transported from the quarantine to the finish by the organization.

Please leave your clothes / bags in the drop off zone.

All coaches will be able to leave the quarantine at any time and walk to the finish arena following the marked route. Coaches may accompany the athletes as far as the pre-start.

Long distance Final Quarantine

For the Long distance the quarantine closes at 9:30h.

Clothes will be transported from the quarantine to the finish by the organizers. Please leave your clothes / bags in the drop off zone.

All coaches will be able to leave the quarantine at any time and walk to the finish arena following the marked route. Coaches may accompany the athletes as far as the start.

Coaches who entered the pre start area are not allowed to go back to the quarantine. They will be only able to go directly to the Finish arena.

21. Start procedure for EYOC

There is a clock showing the real time in the quarantine, at the start line, and at the finish.

- Pre start: GPS devices are distributed

-3 minutes: SI-cards are cleared, checked and tested.

-2 minutes: Control descriptions can be taken;



-1 minute: Position behind the start line.

Start: The competitor's map is placed face down next to the start line.

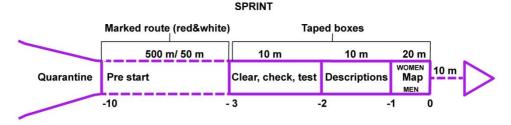
5 seconds before the start time, the count-down begins with short beeps and a long beep at exactly the start time.

For the Sprint distance there will be a punch start. (it will be tested on the Sprint Model demonstration)

At the last beep, the competitor starts by punching the start station, then taking his map and running to the map start marked on the map, by following the taped route in the terrain.

The map start (start triangle) is marked in the terrain by a control flag. The route to this flag is marked with tapes.

Start procedure – Sprint distance Final



Start procedure – Long distance Final

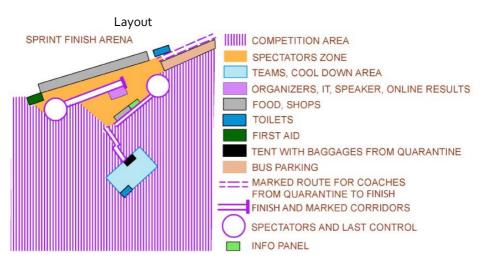
LONG Marked route (red&white) **Taped boxes** 1500 m/ 20 m 5 m 5 m 5 m WOMEN 50 m Quarantine Clear, check, test Descriptions Prestart Map MEN -20 - 3 -2 -1 0



22. Competitions

Sprint distance Final

Sprint distance
1 minute
40 minutes
1:4000, contours – 2.5m
A4 (210x297mm)
None on course, water at the finish
Due to the historical nature of the area orienteering shoes
with spikes or dobbed spikes of any kind are forbidden.
7km
10:00
10:30
Quarantine closes
First start EYOC
Flower ceremony
First start EYOC Tour
Opening ceremony
Prize-giving ceremony Sprint
Team leader's meeting
Dinner





Long distance Final

Start interval2 minutesMaximum time on course120 minutesMap scale1:10000, contours –5mMap sizeA4 (210x297mm)
Map scale 1:10000, contours —5m
Map size A4 (210x297mm)
Drinking stations There will be a refreshment point during the course for all
classes. (more information will be given in Bulletin 4)
There will be water at the finish.
Distance from Event 55km
center
Quarantine closes 09:30
First start 10:00
Detailed program
9:30 Quarantine closes
10:00 First start EYOC
14:00 First start EYOC Tour
17:45 Team leader's meeting
19:00 Prize-giving ceremony
19:30 Dinner & Friendship party at Kaloyanova fortress

Layout





Relay

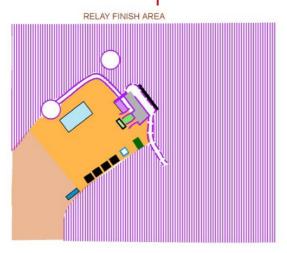
Start interval First Mass start Maximum time on course (team) Map scale Drinking stations Second Mass start Distance from Event center Detailed program 10:00 13:00 14:00

FormatRelay (3 runners)intervalMass start for first legass start10:00a course240 min(team)1:10000, contours -5m

A4 (210x297mm) There will be water at the spectator control Mass start for non-started runners will be given at 13:00. 5km

First Leg mass start EYOC Relay Mass start for remaining runners EYOC Relay Mass start EYOC Tour Lunch and departure

Layout







23. EYOC Tour

EYOC TOUR VELEKO TARNOVO 29 JUNE - 1 JULA 2018

All you need to know

Visit the website to see the full information. http://eyoc2018.eu/eyoc-tour/

24. Social events & Sightseeing

Friendship partyThe friendship party will be held right after the prize-giving
ceremony for the Long distance.
It will be held at Kaloyanova fortress for all teams and
team leaders.

A warm welcome to old capital of Bulgaria - Veliko Tarnovo!

