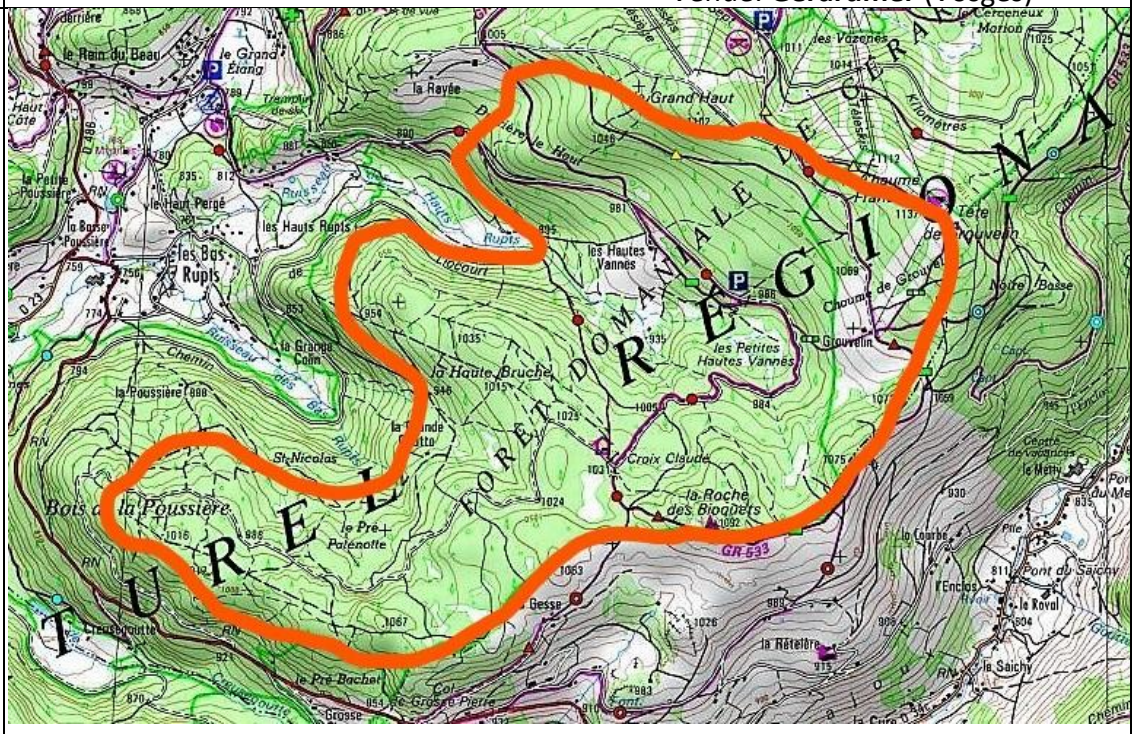
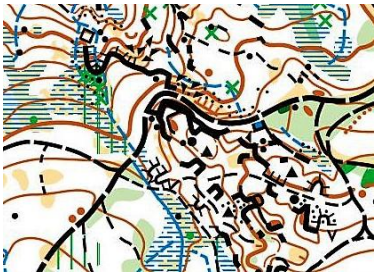
MIDDLE DISTANCE FRENCH CHAMPIONSHIP 2019

WRE Classes:	M21 and W21
Date and types of Competitions:	**4 May 2019** (after morning): Middle-distance French championship
Other Classes:	W10, W12, W14, W16, W18, W20, W35, W40, W45, W50, W55, W60, W65, W70, W75, W80 M10, M12, M14, M16, M18, M20, M35, M40, M45, M50, M55, M60, M65, M70, M75, W80
Organizers:	**Event Organisator : Hautes Vosges Orientation** Event Website:https://www.cfc2019.fr Event Manager: François LUTHRINGER Course setter: Jean Pierre GEROMEY IOF Event Advisor: Bernard MORTELLIER FFCO Advisor: Bernard MORTELLIER Event referee : Fabrice THOMASSIN Course Controller : Pascal DOTT Email: contact.cfc2019@gmail.com **English speaking contact person:** Name: Vincent ARNOULD Phone number: 33 (0) 649813398 Email: mailto:vince.arnould88@gmail.com  Venue: **Gérardmer** (Vosges)
General map of the region and relevant embargoed areas:	
WRE Entries:	By Iof Eventor Management Service only: https://eventor.orienteering.org/Events/Show/6185 Latest date for WRE entries: 26 April 2019

WRE Entry fees:	€13.22 (each race)
Other Classes Entries:	http://licences.ffcorientation.fr/inscriptions/ Latest date for entries: 18 April 2019
Entry fees:	€9.00 WM14 and younger. €9.00 WM 16 to WM 18 €11.00 other classes to be timed on a leisure course, you must hold a medical certificate of non-contra- indication to the practice of the competition in orienteering, not older than one year (photocopies accepted).
Payment:	Bank : CREDIT MUTUEL **Titulaire du compte (AccountOwner)** ASS HAUTES VOSGES ORIENTATION RIB : **10278 06331 00061842145 96 EUR** IBAN : **FR76 1027 8063 3100 0618 4214 596** BIC : **CMCIFR2A**
Terrains	**Land type** : forest Gérardmer, alternating fast and slower zones, micro-relief or more marked, rocky areas and old granite quarries, marshes and peat bogs. **Map scale** 1:10.000 - **contour interval** 5 m
Map Samples	 
Punching System:	Sport Ident – No SIAC System
Courses Info:	Estimated winning time = 35’ for D21E and H21E.
Training:	Training opportunities 2/3 May 2019 https://www.cfc2019.fr/copie-de-cfmd-induviduel-2019 please contact us : mailto:resacartes.cfc2019@gmail.com
Participation restrictions:	None
Accomodation	Tourist board in Gérardmer : Phone : 33 (0)3 29 27 27 27 Web site :https://www.gerardmer.net/
Access	**How to join us ?:** From Paris : Motorway A5-A31 via Vittel –Epinal (5h00) Nearest international airports : Paris Charles De Gaulle / Paris Orly From Strasbourg : Motorway A35-N159 via St Dié (1H30) Nearest international airports : Aéroport international Strasbourg From Bâle : Motorway A36 via Mulhouse (1H30) Nearest international airports : EuroAirport Basel-Mulhouse-Freiburg