

Saturday May 18th and Sunday 19th 2019

FRENCH MOUNTAIN BIKE ORIENTEERING CHAMPIONSHIPS

SPRINT and LD

2 World Ranking Events

Organiser : « Scapa Nancy Orientation » web: <https://cfco-vtt-2019.000webhostapp.com/>

Event organisation :

Event Director : Nelly DEVILLE

Technical Coordinator : Philippe POGU

English speaking contact person: Georges MAHLER: georges.mahler@gmail.com, +33 6 257 57 333

Course Setter : Nelly DEVILLE (sprint) Benoît VERDENAL (LD)

National Event Advisor: Bernard MORTELLIER

National Controller : Dominique ETIENNE (sprint) François LORANG (LD)

IOF Event Advisor: Bernard MORTELLIER

| | Sprint | LD |
|-----------------------|--|---|
| Event center | Villers lès Nancy Stade Roger BAMBUCK | Maison des Associations Plateau de Loisirs de Ludres |
| Distances | | |
| Parking- event center | 0-900m | 0-500m |
| Event center -Start | 1600m | 600m |
| Finish- event center | 600m | 300m |
| Program: | | |
| Event center opening | 12 am | 8 am |
| First Start | 1.30pm | 9 am |
| Price-giving ceremony | Sunday 1.30 pm for both events | |
| Closure of courses | 5 pm | 2 pm |

Courses & classes: In accordance with IOF competition rules for M21E and W21E

Convenience: Drinks and sandwiches, toilet facilities, first aid post, mountain bike wash, showers (only for sprint).

Start list is available on <https://cfco-vtt-2019.000webhostapp.com/>

Summary of entries received :

| | Sprint | LD |
|------|--------|----|
| M21E | 16 | 17 |
| W21E | 8 | 8 |

How to reach the Event: Marked roads:

- Sprint: Stade Roger BAMBUCK- avenue de Maron, 54600 VILLERS-LES-NANCY
- LD: Espace Chaudeau Ludres; GPS : 48.619881, 6.171391. (garage sale → slow traffic)

Embargoed areas:



Entries : <https://eventor.orienteering.org/Events> only WRE class M/W21E

Entries must be received by the organizer no later than May 5, 2019

Entry fees:

M/W21E : 13,22€

SIAC chips available for rent: 2€ per day/ 70€ deposit.

Payment by bank transfer

- IBAN : FR76 1027 8049 0000 0208 9680 112
- BIC : CMCIFR2A

No transport will be organized

Accommodation : <http://www.nancy-tourisme.fr/sejourner/hebergement/>

Entry permits: <https://france-visas.gouv.fr/web/france-visas/ai-je-besoin-d-un-visa>

Punching System: Sport Ident SI air+ 30-60cm

Maps: Sprint : scale 1/10000 contour intervals 5m, size map : A4

LD: scale: 1/15000 ; contour intervals 5m, size map : A3 and map change (recto-verso)

Details of the terrain :

Sprint: rolling, mostly flat terrain; some steep slopes, some small roads and houses. Dense path network.

LD: Many parcels are partitioned by transects that can sometimes be confused with paths. Only the transects with a ground trace are indicated on the map

The terrain is a calcareous clay plateau which is fast-riding in the dry season but very slippery and sticky in the wet period

Some single tracks are very narrow; watch out if your bike features a wide handlebar!

The plateau is bordered by steep flanks and dangerous cliffs. There are many traces of mining as well as some mining collapses. On the flanks, the paths are often stony with apparent roots, the cyclability is reduced.

Check yourself carefully for ticks at the end of your race.

Courses

| | Sprint | Winning Time | Length | Climb | Nb. controls | Real KM estimated | Closing of the courses |
|---|--------|--------------|---------|-------|--------------|-------------------|------------------------|
| A | M21E | 20-25 mn | 6.1 km | 120 m | 18 | 8,2 km | 15h |
| B | W21E | 20-25 mn | 4.96 km | 110 m | 14 | 6,6km | 15h |

| | LD | Winning Time | Length | Climb | Nb. controls | Real KM estimated | Closing of the courses |
|------|------|--------------|---------|-------|--------------|-------------------|------------------------|
| A | M21E | 100-115 mn | 27.8 km | 600 m | 27 | 42 km | 12h45 |
| Abis | W21E | 100-115 mn | 22.8 km | 540 m | 24 | 34 km | 12h30 |

Rules deviation:

Riding is allowed only on the paths - on which all controls are placed. Maps will be printed on waterproof paper.

Complaints:

Complaints shall be made in writing at the competition office, on the dedicated form, no later than 30 minutes after the last runner in the class crossed the finish line.

Jury:

Will be displayed at the event center.

Opportunities for training: warm up maps will be available at the sprint start.