

ITALIAN CHAMPIONSHIPS SPRINT AND LONG 2019 - WRE

BULLETIN 3



Friday 6th September 2019 - Middle Prologue, Trentino Cup
Costa di Folgaria (TN)

Saturday 7th September 2019 - Italian Championship SPRINT WRE
Folgaria (TN)

Sunday 8th September 2019 - Italian Championship LONG WRE
Millegrobbe (TN)

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ORGANIZING COMMITTEE

Chairman		Roberto Sartori
IOF Event Adviser		Dmytro Miller
National Adviser		Dmytro Miller
Event director		Roberto Pezzé
Course Setters	Middle Prologue	Samuele Tait
	Sprint	Carlo Cristellon
	Long	Luigi Girardi
Controllers	Middle Prologue	Alessio Dalfollo
	Sprint	Samuele Tait
	Long	Giacomo Pezzé
Secretariat		Paola Donà
IT Responsible		Alessio Dalfollo
Finish Responsible		Giuliano Dalfollo
Start Responsible		Caterina Pezzé
Speaker		Stefano Galletti

ORGANIZING TEAM

Gronlait Orienteering Team A.S.D.
Via Roma 67 - Folgaria (TN)

www.3giornialpecimbria.it
Email: info@3giornialpecimbria.it

Contacts: Roberto Sartori, phone number +39 3386087332
Samuele Tait, phone number +39 3463069444 (english-speaking)

OVERVIEW MAP OF THE AREA



MIDDLE PROLOGUE - TRENTINO CUP

Costa di Folgaria, Friday 6th September 2019

SCHEDULE

Event Center opening: 13:30

First Start: 15:00

Prize giving ceremony: 18:00

MEETING POINT

Località Colpi, Costa di Folgaria (TN)

via Madonna delle Grazie

Coordinates: 45.913349, 11.188678

PARKING

Parking lots, signposted from the main road, for cars are 900 meters from the meeting point, for campers are in via A. Maffei in Folgaria, coordinates 45.916690, 11.186644, nearly 1300 meters from the meeting point.

RACE MAP

"Costa di Folgaria"

Scale 1:7.500/1:10.000 Contour Interval 5 m - ISOM 2017

M55, W55, M65, W65, M70, W70, MB, WB and BEGINNERS will have 1:7.500, while all other classes will have 1:10.000

Realization 2007 - Updating 2019

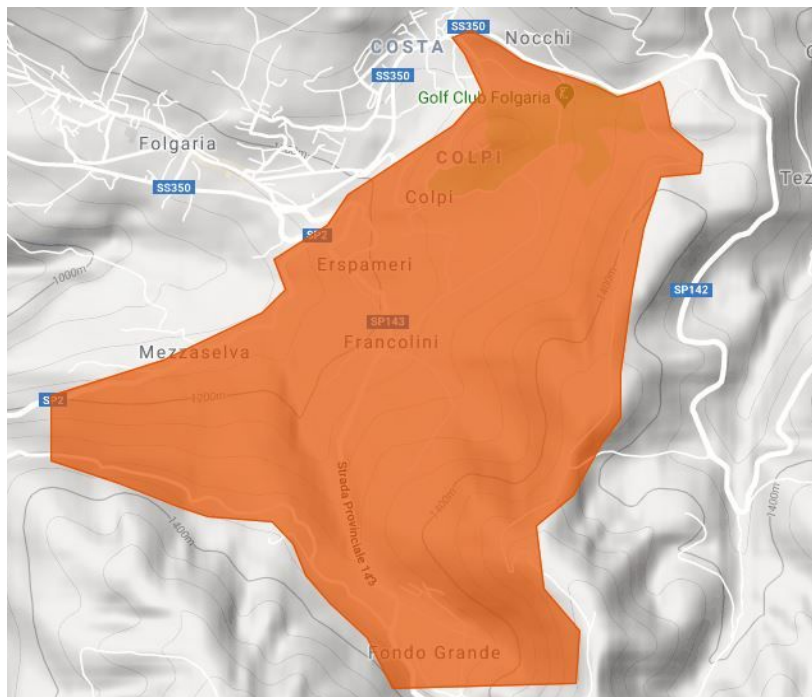
A4 format for all classes

TERRAIN

The terrain is typically alpine with coniferous and broad-leaved woods, there are also open areas used for grazing. In some areas there are some crashed trees that can hinder the running. Runnability from excellent to limited, visibility from excellent to limited. The altitude is between 1250 and 1400 m a.s.l.

EMBARGO

Total embargo (see map)



START

The start is located 5 minutes of walking away from the meeting point. The start triangle is 140 meters far from the pre-start.

LATE STARTERS

Latecomers have to warn the start responsible and follow a different procedure in a corridor next to the pre-start. In order not to disturb the other competitors in their class, the latecomers will have to wait for the start responsible to authorize them to take their own description and map and then to start. The start time assigned by the start responsible to the athlete will not be changed unless the delay is due to the organization.

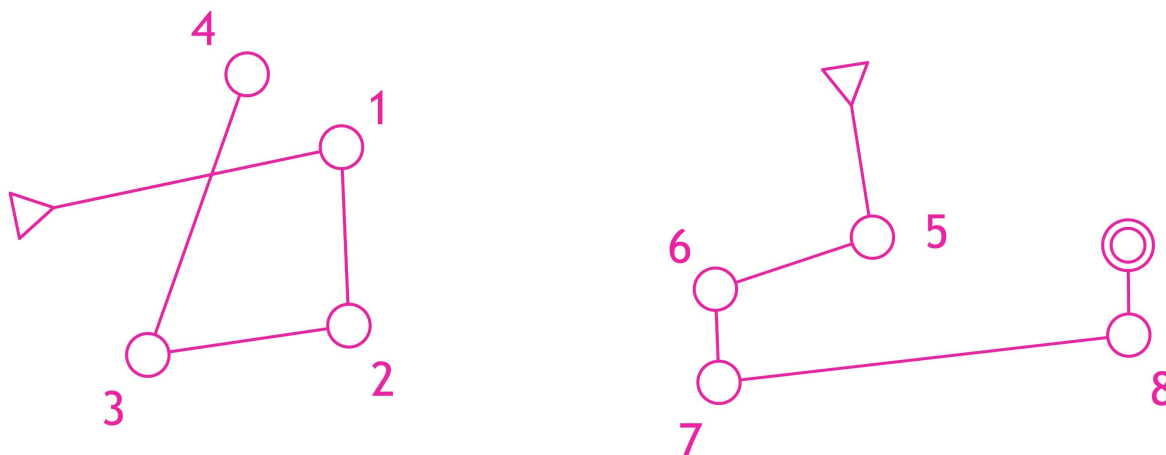
CONTROL DESCRIPTION

The control description is on the map and loose control description is available at the pre-start. It will be symbolic type for all classes.

For BEGINNERS and M/W -12, both at the pre-start and on the map there will be both symbolic type and text type control description only in Italian.

MAP EXCHANGE

For M 21 ELITE there will be a map exchange. The second map will be on the back of the first one. The second map will begin with another start triangle corresponding to the last control of the first map. Control sequence is progressive from the last control of the first map (see the example below).



MAP COLLECTION

Maps will not be collected after the finish. We hope in the athletes fair play.

TIME LIMIT

The time limit to finish the race is 1 hour and 30 minutes.

COMPLAINTS

Complaints must be addressed to the Event Director who will manage them in accordance with paragraph 3.7.7 of the FISO RTF. Complaints submitted more than half an hour after the publication of the official result list cannot be accepted.

CATERING

From 18.00 kitchens of "Sagra della Madonnina" will be opened near the meeting point, live music and DJ set following.

CLASSES

M/W 21 ELITE

M/W -12, M/W -14, M/W -16, M/W -18, M/W 35+, M/W 45+, M/W 55+, M/W 65+, M/W 70+

Not competing for Trentino Cup: BEGINNERS, M/W B and DIRECT

ENTRY FEES

BEGINNERS, M/W -12, M/W -14, M/W -16 : € 3,50

All other classes: € 7,00

COURSES DATA

CLASS	LENGTH	CLIMB	CONTROLS	CLASS	LENGTH	CLIMB	CONTROLS
M 12	2,4	70	10	W 12	2,4	70	10
M 14	2,7	85	11	W 14	2,7	85	11
M 16	3,3	135	12	W 16	2,8	105	11
M 18	3,7	140	15	W 18	3,0	115	13
M 21 E	4,5	185	20	W 21 E	3,6	125	16
M B	2,3	60	8	W B	2,0	60	7
M 35	3,7	140	15	W 35	3,0	115	13
M 45	3,6	125	16	W 45	2,6	100	10
M 55	2,8	105	11	W 55	2,3	60	8
M 65	2,6	100	10	W 65	2,0	60	7
M 70	2,3	60	8	W 70	2,0	60	7
ESO	1,8	15	7	DIRECT	2,7	85	11

EXISTING MAP



Scala 1:10.000
Equidistanza 5 m
Realizzazione 2007

ITALIAN CHAMPIONSHIP SPRINT - WRE

Folgaria, Saturday 7th September 2019

SCHEDULE

Event Center opening: 13:30

Quarantine opening: 14:15

Quarantine closing: 14:45

First Start: 15:00

Prize giving ceremony: 18:00

MEETING POINT

Palaghiaccio di Folgaria

via delle Nazioni Unite, Folgaria (TN)

Coordinates: 45.913663, 11.173556

PARKING

Parking lots, signposted from the main road, for cars are from 300 to 2100 meters from the meeting point, for campers are in via A. Maffei in Folgaria, coordinates 45.916690, 11.186644, nearly 1200 meters from the meeting point.

RACE MAP

"Folgaria"

Scale 1:4.000 Contour Interval 2,5 m - ISSOM 2007

Realization 2013 - Updating 2019

A4 format for all classes

TERRAIN

In the center of the village of Folgaria most of the terrain is paved, there are narrow alleys and large roads, the village is located on a single slope facing south, the differences in altitude can also be very significant. There are also parts of the competition in public parks and / or woods with good accessibility. Excellent runnability and visibility. The altitude is between 1100 and 1275 m a.s.l.

The percentage of hard surface is 85-95%, while the remaining 15-5% is open land or forest of good runnability.

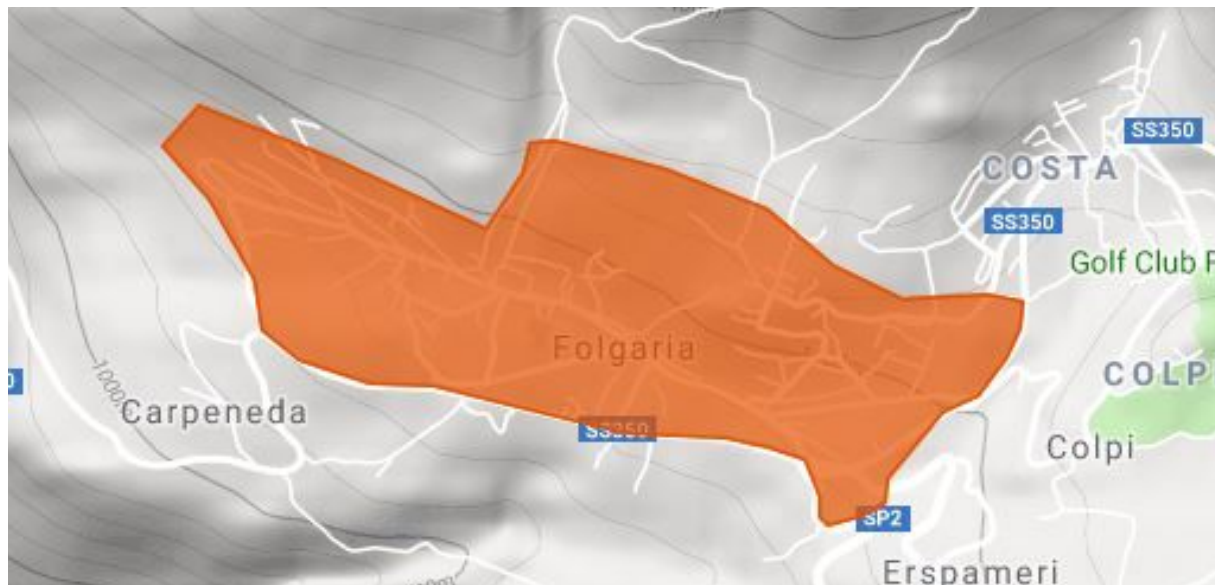
The competition area is partially closed to traffic, pay attention in the crossings and respect traffic laws. Pay attention to pedestrians and cyclists.

EMBARGO

All the village of Folgaria is competition area, respect the embargo! (see map)

Only athletes or members of clubs that stay in facilities located within this area for the three days of competitions are excluded, but it's not allowed to run, use any map of the area and try route choices inside of the embargoed area.

However, **by 12:30 on Saturday 7 September 2019** all athletes or members of clubs accomodated in such facilities **must be outside the embargoed area!** The only permitted area is the competition arena. There will be controls by the organization!



START LISTS

For M 21 ELITE and W 21 ELITE the start list will be drawn up according to "Sprint Orienteering World Ranking List" on 3rd September 2019.

QUARANTINE

There will be quarantine only for M/W 21 ELITE. The quarantine is near the meeting point, the athletes will be able to enter from 14.15 but will have to enter by 14.45 pm. Late athletes will **not** be able to take part in the race. In the quarantine area it is forbidden to use any electronic device or to communicate with the outside, under penalty of disqualification. Any attempt to communicate between the inside and the outside of the quarantine and vice versa will be punished with disqualification. Baggage will be transported from the quarantine to the meeting point.

GPS

Some of the runners of M 21 ELITE e W 21 ELITE will use gps tracking devices, gps have to be taken at the pre-start, while gps vests have to be taken at the entrance of the quarantine. Names of the athletes with gps tracking will be published on Bulletin 4 and there will be a list in the quarantine. Selected athletes must carry the gps, not carrying

the device leads to disqualification. There will be live tracking of the event available on loggator.com.

START

The start is located 5 minutes of walking away from the meeting point. The start triangle is 60 meters far from the pre-start.

LATE STARTERS

Latecomers have to warn the start responsible and follow a different procedure in a corridor next to the pre-start. In order not to disturb the other competitors in their class, the latecomers will have to wait for the start responsible to authorize them to take their own description and map and then to start. The start time assigned by the start responsible to the athlete will not be changed unless the delay is due to the organization.

CONTROL DESCRIPTION

The control description is on the map and loose control description is available at the pre-start. It will be symbolic type for all classes.

For BEGINNERS and M/W -12, both at the pre-start and on the map there will be both symbolic type and text type control description only in Italian.

MAP COLLECTION

All maps will be collected after the finish and returned after the last athlete's start.

TIME LIMIT

The time limit to finish the race is 1 hour.

COMPLAINTS

Complaints must be addressed to the Event Director who will manage them in accordance with paragraph 3.7.7 of the FISO RTF. Complaints submitted more than half an hour after the publication of the official result list cannot be accepted.

CLASSES

M/W 21 ELITE (WRE)

M/W -14, M/W -16, M/W -18, M/W -20, M/W 35+, M/W 40+, M/W 45+, M/W 50+, M/W 55+, M/W 60+, M/W 65+, M/W 70+, M/W 75+

Not competing for the Italian title: M/W -12, BEGINNERS, M/W B and DIRECT

ENTRY FEES

BEGINNERS, M/W -12, M/W -14, M/W -16: € 5,00

All other classes: € 12,00

COURSES DATA

CLASS	LENGTH	CLIMB	CONTROLS	CLASS	LENGTH	CLIMB	CONTROLS
M 12	1,7	60	11	W 12	1,7	60	11
M 14	2,8	105	13	W 14	2,3	90	12
M 16	2,8	105	13	W 16	2,3	90	12
M 18	3,2	115	14	W 18	2,5	105	13
M 20	3,2	115	14	W 20	2,5	105	13
M 21 E	3,6	140	20	W 21 E	2,7	110	15
M B	2,2	85	10	W B	1,9	75	9
M 35	3,2	115	14	W 35	2,3	90	12
M 40	3,2	115	14	W 40	2,3	90	12
M 45	2,8	105	13	W 45	2,2	85	10
M 50	2,8	105	13	W 50	2,0	75	9
M 55	2,5	105	13	W 55	2,0	75	9
M 60	2,5	105	13	W 60	1,9	75	9
M 65	2,2	85	10	W 65	1,9	75	9
M 70	2,0	75	9	W 70	1,7	65	8
M 75	1,9	75	9	W 75	1,7	65	8
ESO	1,7	60	11	DIRECT	2,0	75	9

NB: Lengths are measured along the best route choice

EXISTING MAP



FOLGARIA (TN)

scala 1:5.000
equidistanza: 2,5 m
realizzazione 2013
aggiornamento 2016

ITALIAN CHAMPIONSHIP LONG - WRE

Millegrobbe, Sunday 8th September 2019

SCHEDULE

Event Center opening: 08:30

First Start: 10:00

Prize giving ceremony: 14:30

MEETING POINT

Malga Millegrobbe

Lavarone (TN)

Coordinates: 45.936311, 11.319231

PARKING

Parking lots, signposted from the main road, both for cars and campers are near the meeting point.

RACE MAP

"Millegrobbe"

Scale 1:10.000/1:15.000 Contour Interval 5 m - CO 0328 - ISOM 2017

M18, W18, M20, W20, M 21 ELITE, W 21 ELITE, MA, WA, M35 and W35 will have 1:15.000, all the other classes will have 1:10.000

Realization 2012 - Updating 2019

A4 format for M12, W12 and BEGINNERS, A3 format for all other classes

TERRAIN

The terrain is typical alpine with coniferous woods, there are open areas used for grazing and a lot of areas with fallen trees. Runnability from good to medium, visibility from good to medium. The altitude is between 1175 and 1550 m a.s.l.

EMBARGO

Total embargo (see map)



START LISTS

For M 21 ELITE and W 21 ELITE the start list will be drawn up according to "Orienteering World Ranking List" on 3rd September 2019.

GPS

Some of the runners of M 21 ELITE e W 21 ELITE will use gps tracking devices, gps have to be taken at the pre-start, while gps vests have to be taken at the secretariat. Names of the athletes with gps tracking will be published on Bulletin 4 and there will be a list at the secretariat. Selected athletes must carry the gps, not carrying the device leads to disqualification. There will be live tracking of the event available on loggator.com.

START

There will be two different starts: one for BEGINNERS, M12 and W12 and the other for all the other classes.

For BEGINNERS, M12 and W12 the start (P1) is located 5 minutes of walking away from the meeting point. The start triangle is 30 meters far from the pre-start.

For all the other classes the start (P2) is located 15 minutes of walking away from the meeting point. The start triangle is 30 meters far from the pre-start.

LATE STARTERS

Latecomers have to warn the start responsible and follow a different procedure in a corridor next to the pre-start. In order not to disturb the other competitors in their class, the latecomers will have to wait for the start responsible to authorize them to take their own description and map and then to start. The start time assigned by the start responsible to the athlete will not be changed unless the delay is due to the organization.

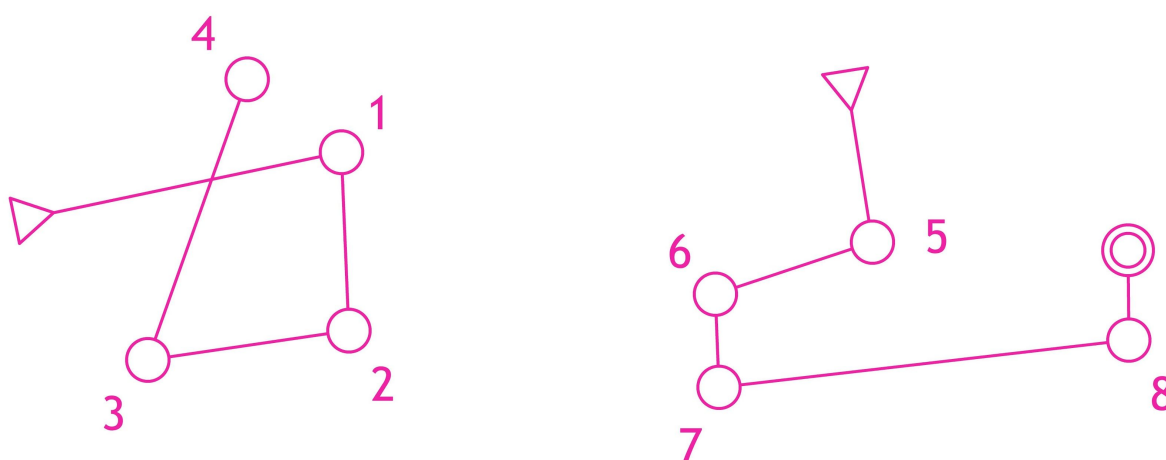
CONTROL DESCRIPTION

The control description is on the map and loose control description is available at the pre-start. It will be symbolic type for all classes.

For BEGINNERS and M/W -12, both at the pre-start and on the map there will be both symbolic type and text type control description only in italian.

MAP EXCHANGE

For M 21 ELITE and W 21 ELITE there will be a map exchange. The second map must be taken from a box that will be located near the last control point of the first map, be careful to take the map of the correct class!. The second map will begin with another start triangle corresponding to the last control of the first map. Control sequence is progressive from the last control of the first map (see the example below).



REFRESHMENTS

For all the classes there will be refreshments along the course, mapped with symbol n°713 or present in the control description if the refreshment point is located near a control. M 21 ELITE and W21 ELITE will have three refreshments, M35 and M40 two and all other classes one refreshment.

MAP COLLECTION

All maps will be collected after the finish and returned after the last athlete's start.

TIME LIMIT

The time limit to finish the race is 2 hours and 30 minutes.

COMPLAINTS

Complaints must be addressed to the Event Director who will manage them in accordance with paragraph 3.7.7 of the FISO RTF. Complaints submitted more than half an hour after the publication of the official result list cannot be accepted.

CATERING

It will be possible to have lunch at "Malga Millegrobbe".

CLASSES

M/W 21 ELITE (WRE)

M/W -14, M/W -16, M/W -18, M/W -20, M/W 35+, M/W 40+, M/W 45+, M/W 50+, M/W 55+, M/W 60+, M/W 65+, M/W 70+, M/W 75+

Not competing for the Italian title: M/W -12, BEGINNERS, M/W A, M/W B, M/W C and DIRECT

ENTRY FEES

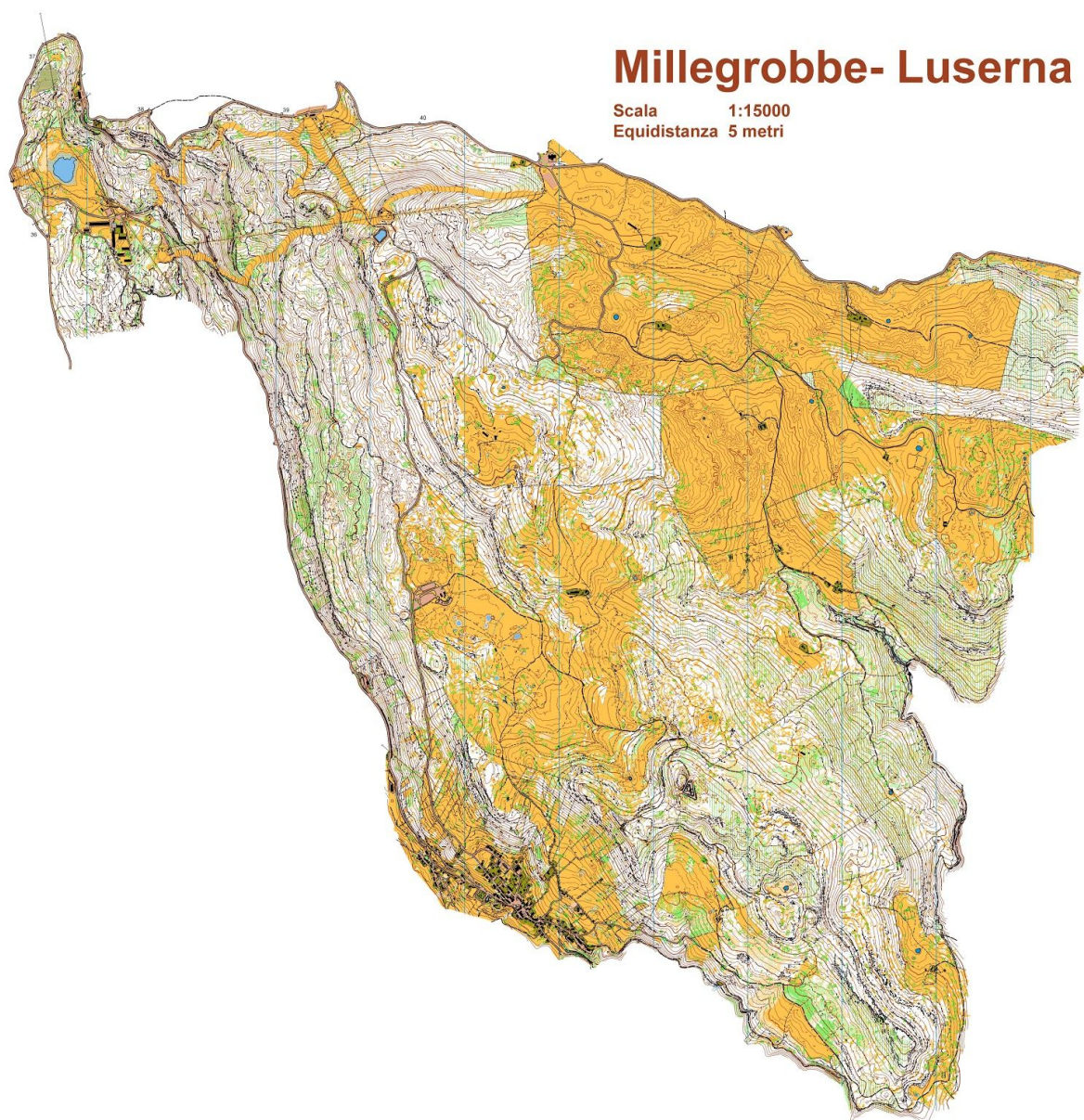
BEGINNERS, M/W -12, M/W -14, M/W -16: € 5,00

All other classes: € 12,00

COURSES DATA

CLASS	LENGTH	CLIMB	CONTROLS	CLASS	LENGTH	CLIMB	CONTROLS
M 12	2,2	25	8	W 12	2,2	25	8
M 14	4,0	180	12	W 14	3,1	85	9
M 16	5,6	190	14	W 16	4,7	125	12
M 18	7,7	290	19	W 18	5,6	190	16
M 20	9,3	340	23	W 20	7,3	275	17
M 21 E	13,7	470	29	W 21 E	8,9	330	22
M A	8,1	290	17	W A	5,7	165	14
M B	5,2	160	16	W B	3,9	115	11
M C	3,1	85	9	W C	2,8	65	9
M 35	9,8	350	21	W 35	6,6	300	17
M 40	8,1	340	19	W 40	5,6	275	16
M 45	6,9	190	18	W 45	5,2	200	14
M 50	6,7	195	18	W 50	5,2	160	16
M 55	5,6	190	16	W 55	5,2	195	15
M 60	5,1	200	14	W 60	4,0	130	13
M 65	4,8	165	12	W 65	4,0	130	13
M 70	4,6	180	14	W 70	3,9	115	12
M 75	4,0	105	12	W 75	3,9	115	12
ESO	2,2	25	8	DIRECT	5,7	110	13

EXISTING MAP



Link to embargoed areas:

<https://www.google.com/maps/d/u/0/viewer?mid=1NoQbWe9WjLN18dlwTlaAV6bR3ZQyUXfq&ll=45.93648250548166%2C11.25962375000006&z=12>

GENERAL INFORMATION

PUNCHING SYSTEM

The punching system used will be Sport-Ident, it will be possible to rent SI-Cards for a single race or for all the races. The cost for one SI-Card for one day is 2 euros.

Sport-Ident AIR+ contactless system will **not** be activated in any of the 3 races.

Variations regarding SI-Cards have to be done before the start at the secretariat.

NUMBER BIBS

In clubs' envelopes there will be number bibs, each competitor's bib number is unique for all three races. The bib number must be positioned visibly on the chest and must not in any way be bent or cut. Competitors without bib numbers will not be able to start. After the race the bibs must not be returned.

PRIZES

All runners of BEGINNERS, M12 and W12 for the races of Saturday and Sunday will be awarded with a little prize.

GADGETS

Only for runners entered for all the 3 days there will be, included in the entry fee, gadgets in memory of the event.

ENTRIES

ENTRY DEADLINE

23.59, Monday 2nd September 2019

ENTRY METHOD

Italian athletes on: www.fiso.it

Athletes of M21E - W21E (WRE) **only** on: www.eventor.orienteering.org

International athletes (no WRE) via e-mail: info@3giornialpecimbria.it or on www.orienteeringonline.net

ENTRIES AFTER THE DEADLINE

After the deadline and the day of the race only BEGINNERS and DIRECT classes entries will be available.

PAYMENT

By bank transfer (showing the receipt of payment the day of the race) to: Gronlait Orienteering Team A.S.D.

IBAN: IT10X0801134820000040018886 – Bank: Cassa Rurale Vallagarina

BIC: CCRTIT2T01A

Or by cash the day of the race.

TRAINING POSSIBILITIES

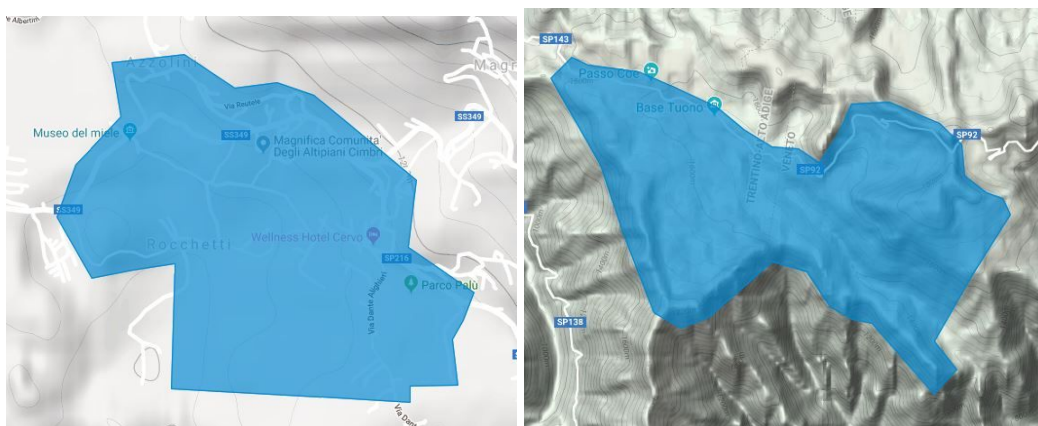
Training areas - Sprint - Lavarone and Long - Passo Coe

Possibility to have maps for self-organized training on request by sending an email at: info@3giornialpecimbra.it, there will be ribbons with control code in the terrain, 2,00 euros per map.

Coordinates of the trainings (starting point):

Sprint - Lavarone, Via Dante Alighieri, 38046 Lavarone Magnifica Comunità degli Altipiani Cimbri, Italia; Latitudine: 45.934752 | Longitudine: 11.274171

Long - Passo Coe, Lago Artificiale Coe, SP143, Laghi Magnifica Comunità degli Altipiani Cimbri, Italia; Latitudine: 45.870268 | Longitudine: 11.230257



TOURIST INFORMATIONS

Visit www.3giornialpecimbra.it in the section "Accommodation" there is a list with hotels, apartments and B&B available for the period.

For other informations:

Contact: Paola Donà, phone +39 338 3037 499

email: paola.dona31@gmail.com

The organizing company declines all responsibility for damage to persons, animals and / or things that may occur before, during or after the event.

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