

ITALIAN CHAMPIONSHIPS SPRINT AND LONG 2019 - WRE

BULLETIN 4



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



Link to all the locations and embargoed areas:

<https://www.google.com/maps/d/u/0/viewer?mid=1NoQbWe9WjLN18dlwTlaAV6bR3Z0yUXfq&ll=45.93648250548166%2C11.25962375000006&z=12>

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

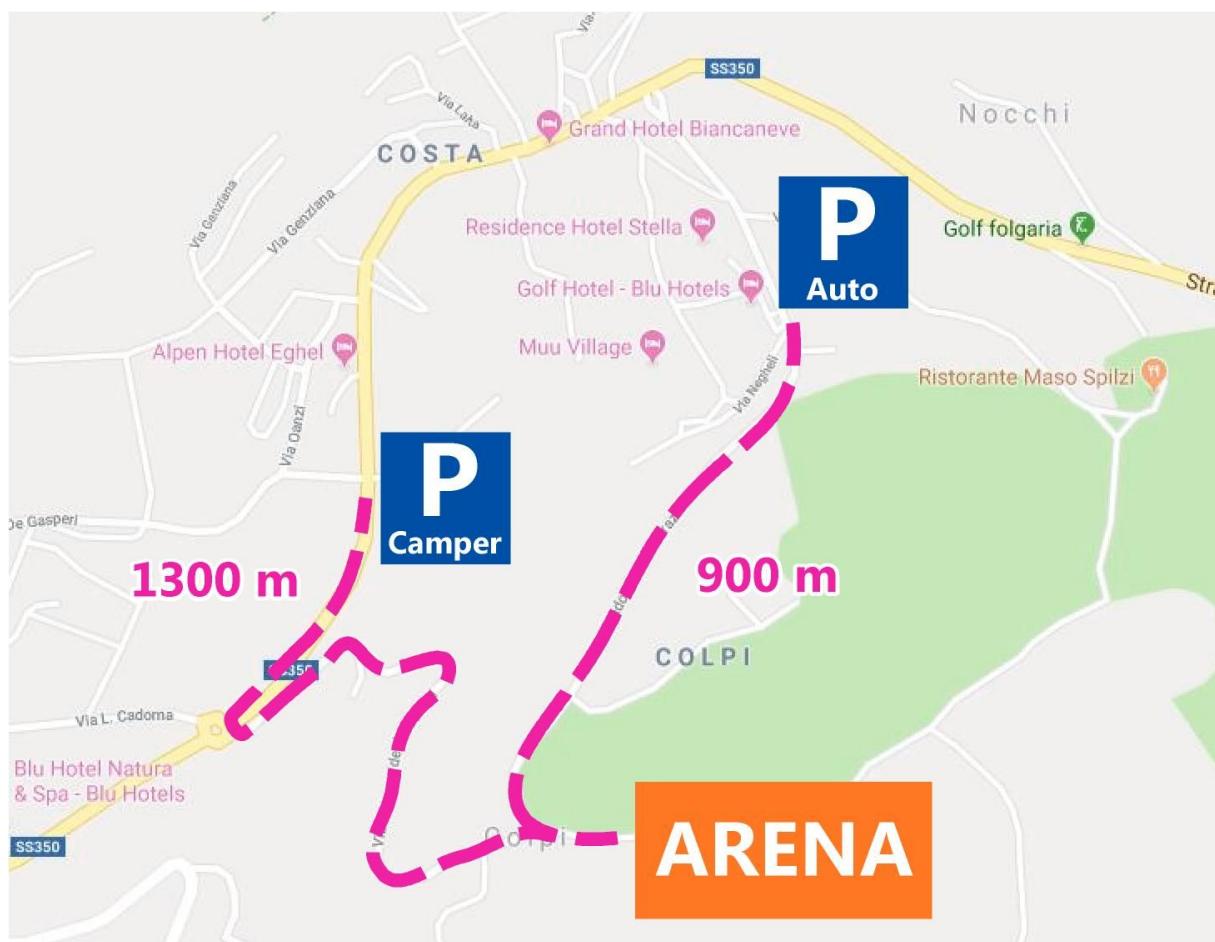
Località Colpi, Costa di Folgaria (TN)

via Madonna delle Grazie

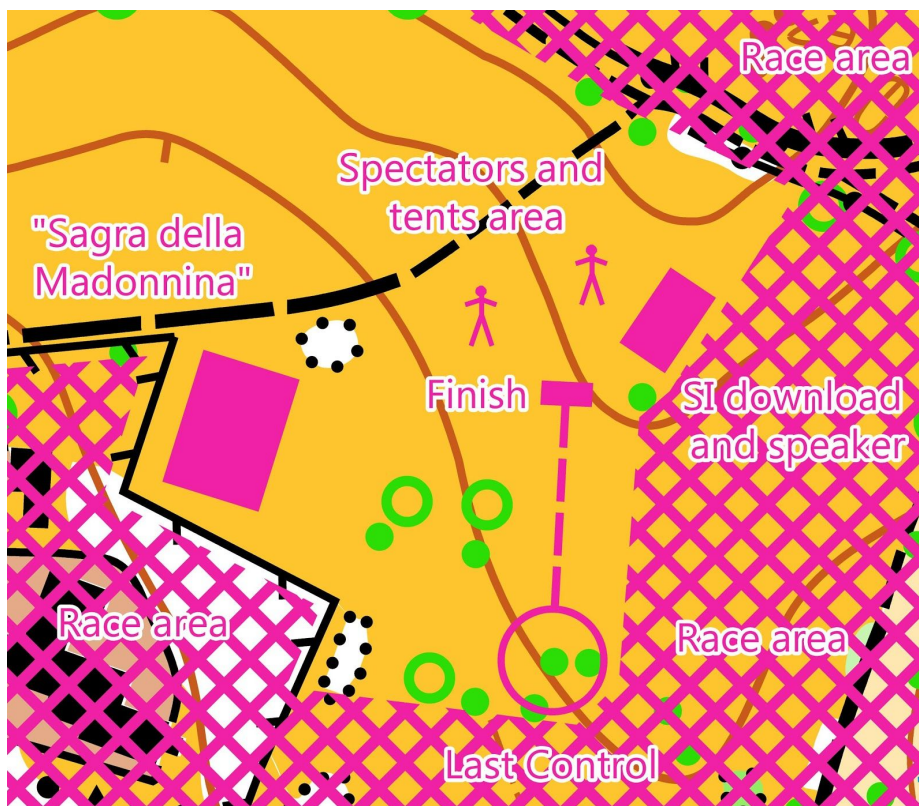
Coordinates: 45.913349, 11.188678

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.



ARENA



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 2019

A4 format for all classes

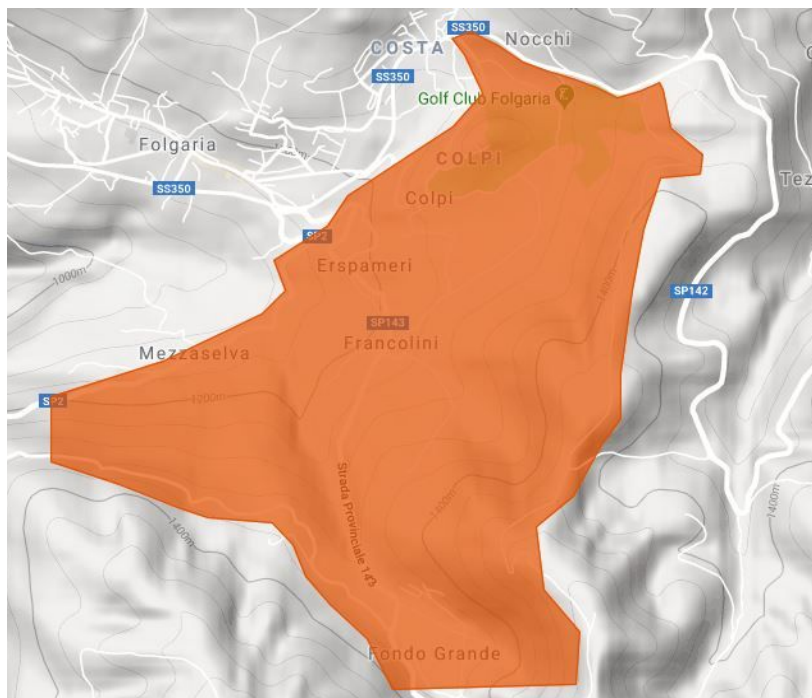
The race map will be printed on a blue-back water resistant paper, however plastic bags will be available at the pre start. Maps of M 21 ELITE and W 21 ELITE will be already sealed in plastic bags.

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.

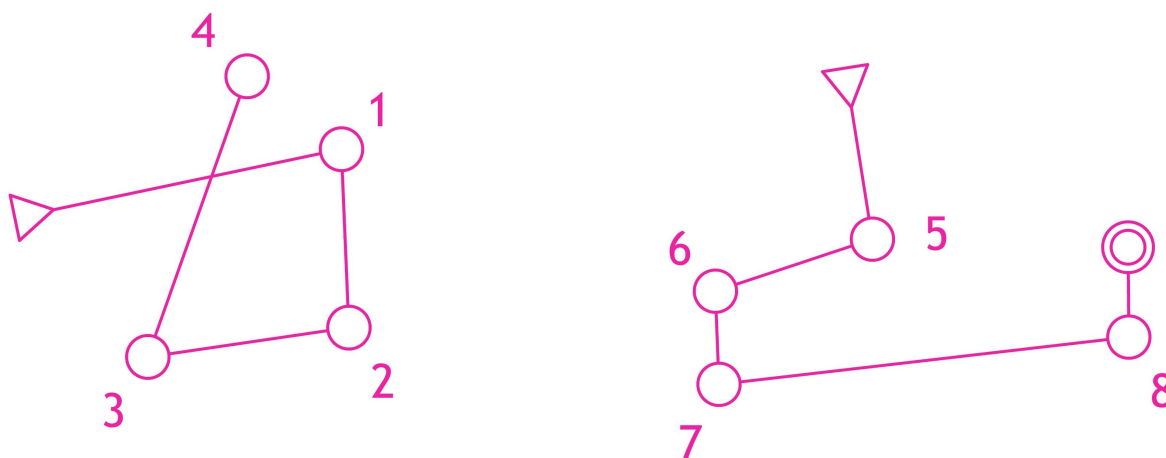
For BEGINNERS and M/W -12, both at the pre-start and on the map there will be both symbolic type and text type control description only in Italian.

Maximum dimensions of the control description is 48 x 156 mm.

TECHNICAL INFO

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).



BARBED WIRE

In the competition area there is a short section of barbed wire fence placed on the ground, it will not be marked on the map, but it will be taped with white and red ribbon on the ground, pay attention!

FALLEN TREES

In the competition area there are single fallen trees (see photo) which are not mapped.



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.

PRIZES

First three competitors of all classes will be awarded and all the runners of BEGINNERS, M12 and W12 will be awarded with a little prize.

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.

JURY

1° member: Hueller Fabio

2° member: Vivian Gino

3° member: Biella Roberto

Reserve: 1° substitute member: Curzio Leonardo

2° substitute member: Galli Cristina

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	65	10	W 12	2,4	65	10
M 14	2,6	75	8	W 14	2,6	75	8
M 16	3,2	130	13	W 16	2,8	115	11
M 18	3,7	135	15	W 18	3,1	120	13
M 21 E	4,4	175	20	W 21 E	3,6	125	16
M B	2,2	60	8	W B	2,0	60	7
M 35	3,7	135	15	W 35	3,1	120	13
M 45	3,6	125	16	W 45	2,6	95	10
M 55	2,8	115	11	W 55	2,2	60	8
M 65	2,6	95	10	W 65	2,0	60	7
M 70	2,2	60	8	W 70	2,0	60	7
ESO	1,8	20	7	DIRECT	2,6	75	8

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

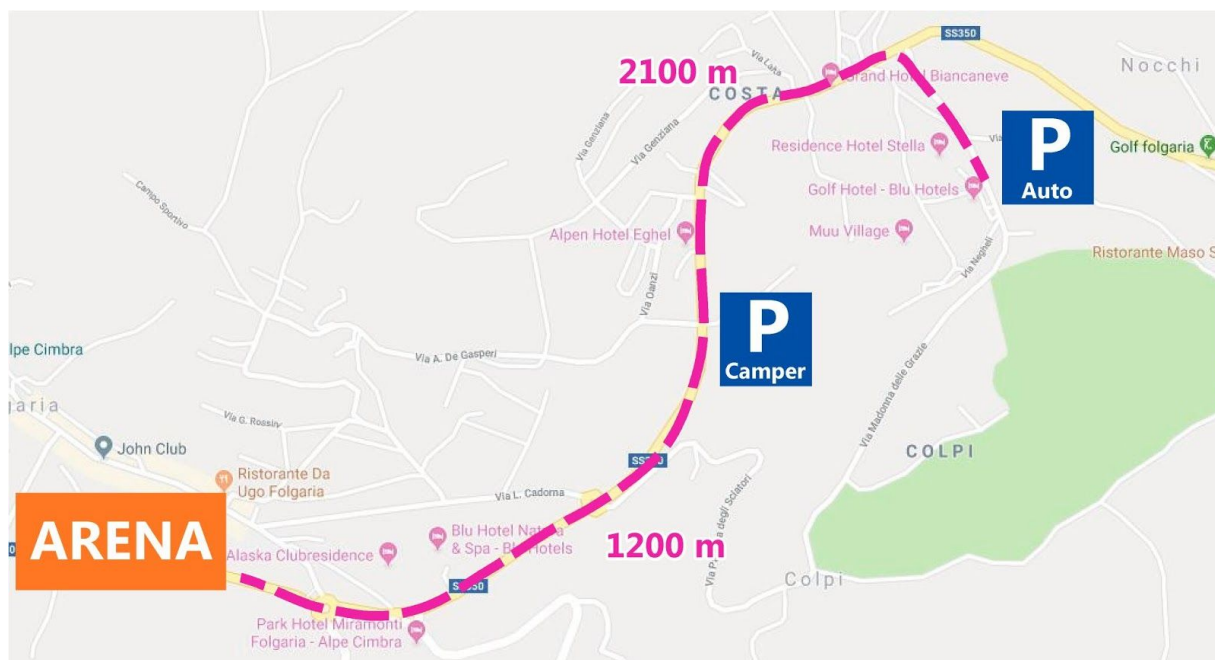
Palaghiaccio di Folgaria

via delle Nazioni Unite, Folgaria (TN)

Coordinates: 45.913663, 11.173556

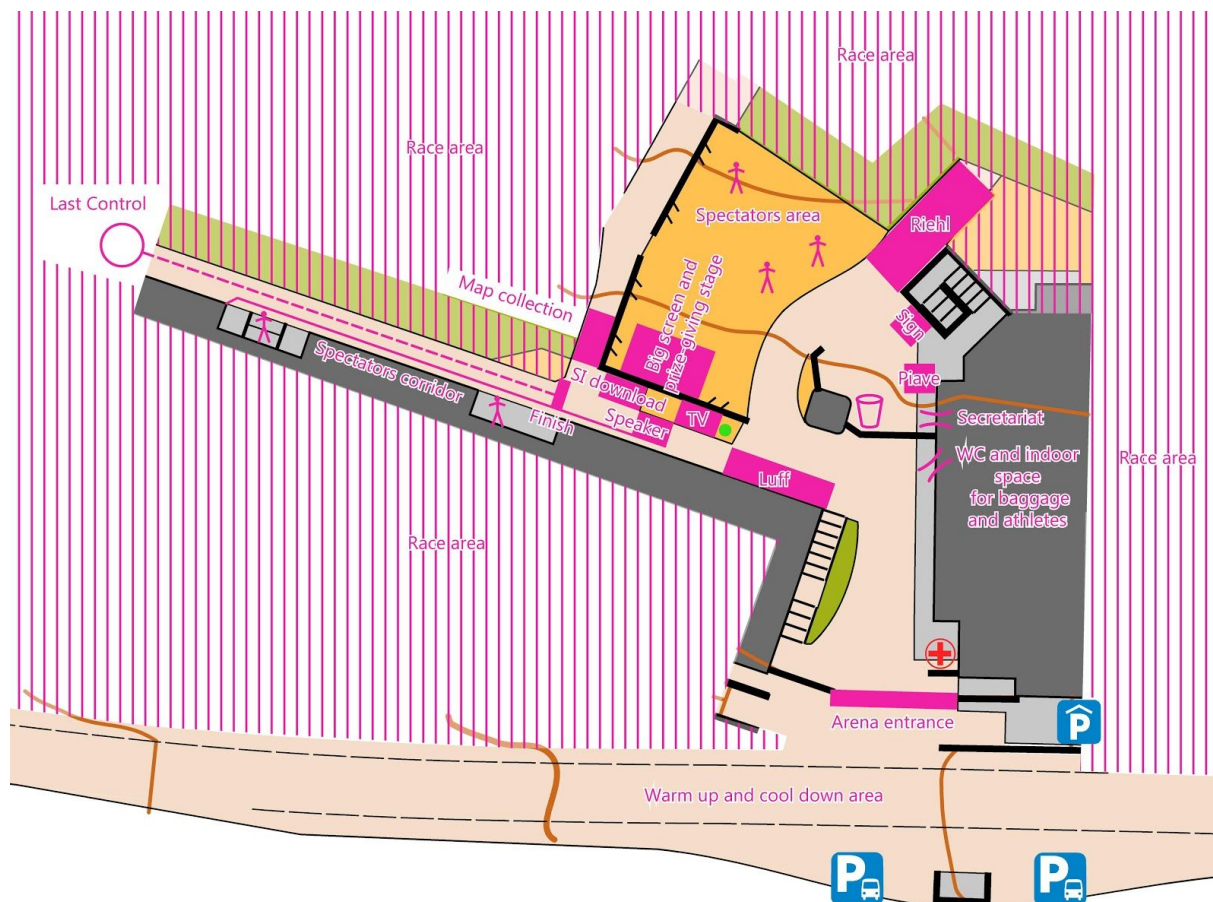
PARKING

Parking lots, signposted from the main road, for cars are from 300 to 2100 meters from the meeting point, some are toll parking (see map below), for campers are in via A. Maffei in Folgaria, coordinates 45.916690, 11.186644, nearly 1200 meters from the meeting point.





ARENA



RACE MAP

"Folgaria"

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

Realization 2013 - Updating 2019

A4 format for all classes

The race map will be printed on a blue-back water resistant paper, however plastic bags will be available at the pre start. Maps of M 21 ELITE and W 21 ELITE will be already sealed in plastic bags.

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.

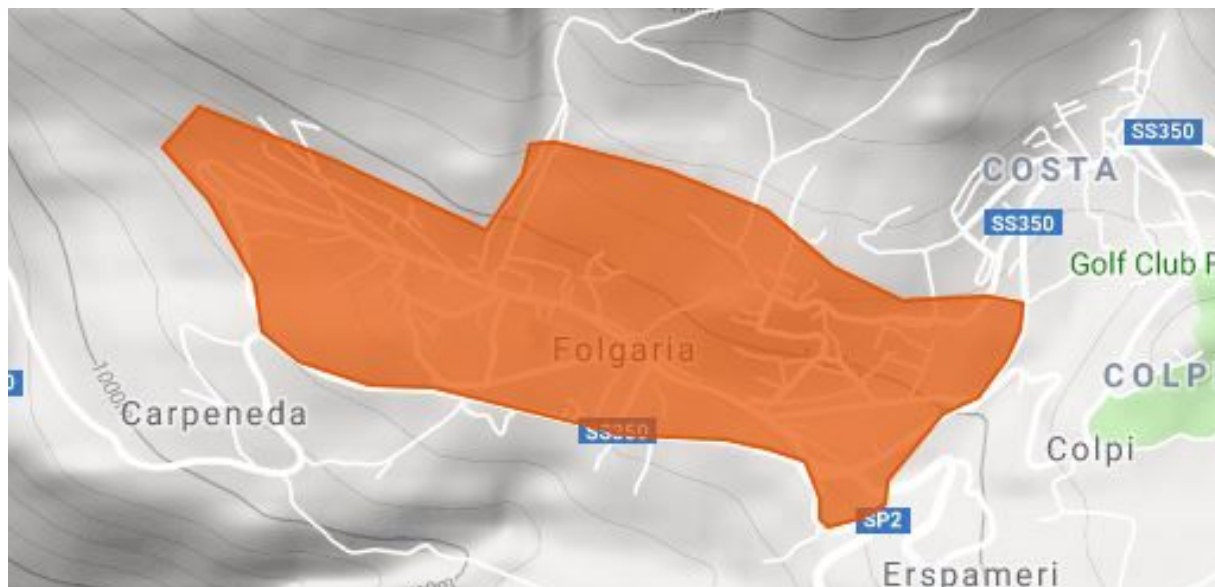
The competition area is partially closed to traffic, pay attention in the crossings and respect traffic laws. Pay attention to pedestrians and cyclists.

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 accommodated 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.

Athletes with GPS

Bib number	Runner	Bib number	Runner
1	Merl Robert	101	Scalet Carlotta
2	Debertolis Mattia	102	Taufer Francesca
3	Scalet Riccardo	103	Donadini Eleonora
4	Tenani Alessio	104	Zagonel Viola
5	Inderst Sebastian	105	Caglio Anna
6	Curzio Samuele	106	Adrienne Brandi
7	Bettega Walter	107	Pozzebon Irene
13	Zagonel Giacomo	108	Lucchetta Jessica
17	Hadam Marek	111	Giovanelli Anna
24	Dallavalle Roberto	117	Scalet Nicole

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 from 17:35.

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.

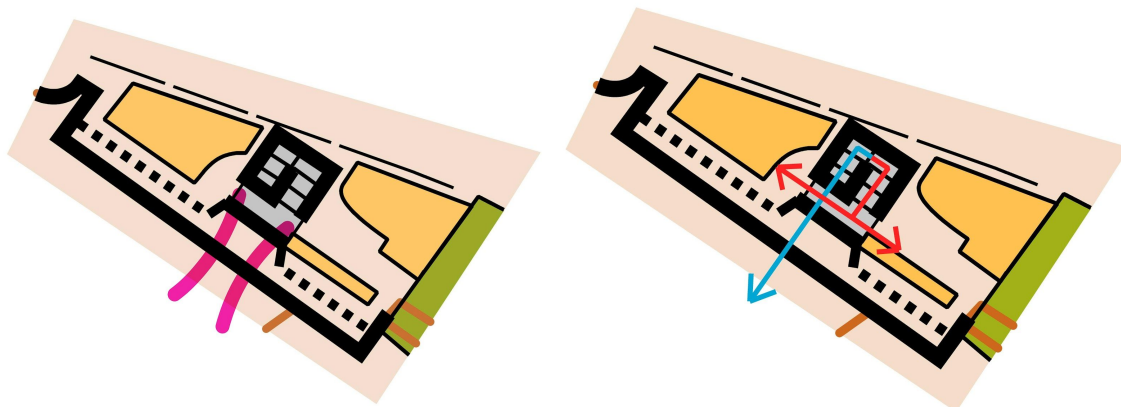
For BEGINNERS and M/W -12, both at the pre-start and on the map there will be both symbolic type and text type control description only in italian.

Maximum dimensions of the control description is 48 x 144 mm.

TECHNICAL INFO

MULTILEVEL

There is a multilevel area in the terrain, the main level, mapped as paved area (symbol n° 529) is the upper level. The secondary level, mapped as underpassing (symbol n° 518.1) is the lower level. The passage will be highlighted with the magenta symbol crossing point (n°708). In the left picture there is the area as it is mapped in the race map, in the right picture there is indicated the way to pass from one level to the other (lower level in blue and upper level in red).



Below there are the pictures of the area, upper left picture is from south-west to north-east, lower left is from south-east to north-west and right picture is from north-east to south-west.



IRON STAIRWAYS

In the competition area there are some iron stairways, pay attention in case of wet ground because they are particularly slippery!

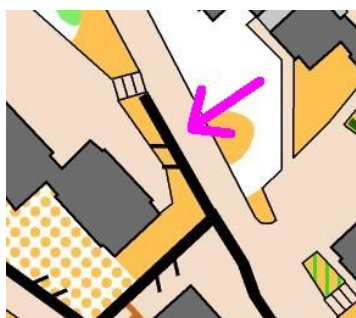
FORBIDDEN AREAS

In the terrain there are several forbidden areas, crossing these areas leads to disqualification! There will be controllers in the terrain!

These areas are represented in the terrain and mapped as the examples below.

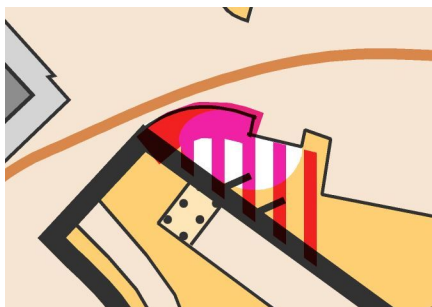
HIGHLIGHT NON-CROSSABLE ITEMS

To highlight non-crossable items such as walls and fences, if necessary, red and white ribbon will be used, as represented in the picture.



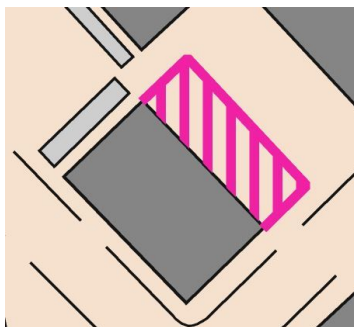
ARTIFICIAL BARRIERS

In the terrain there will be “artificial barriers” (placed to create route choices), crossing an artificial barrier leads to disqualification! These “artificial barriers are composed by a taped section with red and white ribbon, mapped in magenta (symbol n° 707) and a forbidden area near the taped section (symbol n°709) as represented in the picture.



CONSTRUCTION SITES

In the terrain there will be some construction sites which are mapped as forbidden area (symbol n°709). Crossing these areas leads to disqualification!



Crossing a forbidden area leads to disqualification! There will be controllers in the terrain!

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.

PRIZES

First 6 competitors of M 21 ELITE and W 21 ELITE and first 3 of all other classes will be awarded and all the runners of BEGINNERS, M12 and W12 will be awarded with a little prize.

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.

JURY

1° member: Grassi Simone

2° member: Bazan Francesco

3° member: Carbone Gianluca

Reserve: 1° substitute member: Michelotti Giuliano

2° substitute member: Disette Paolo

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	55	11	W 12	1,7	55	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	55	11	DIRECT	2,0	75	9

NB: Lengths are measured along the best route choice

EXISTING MAP



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

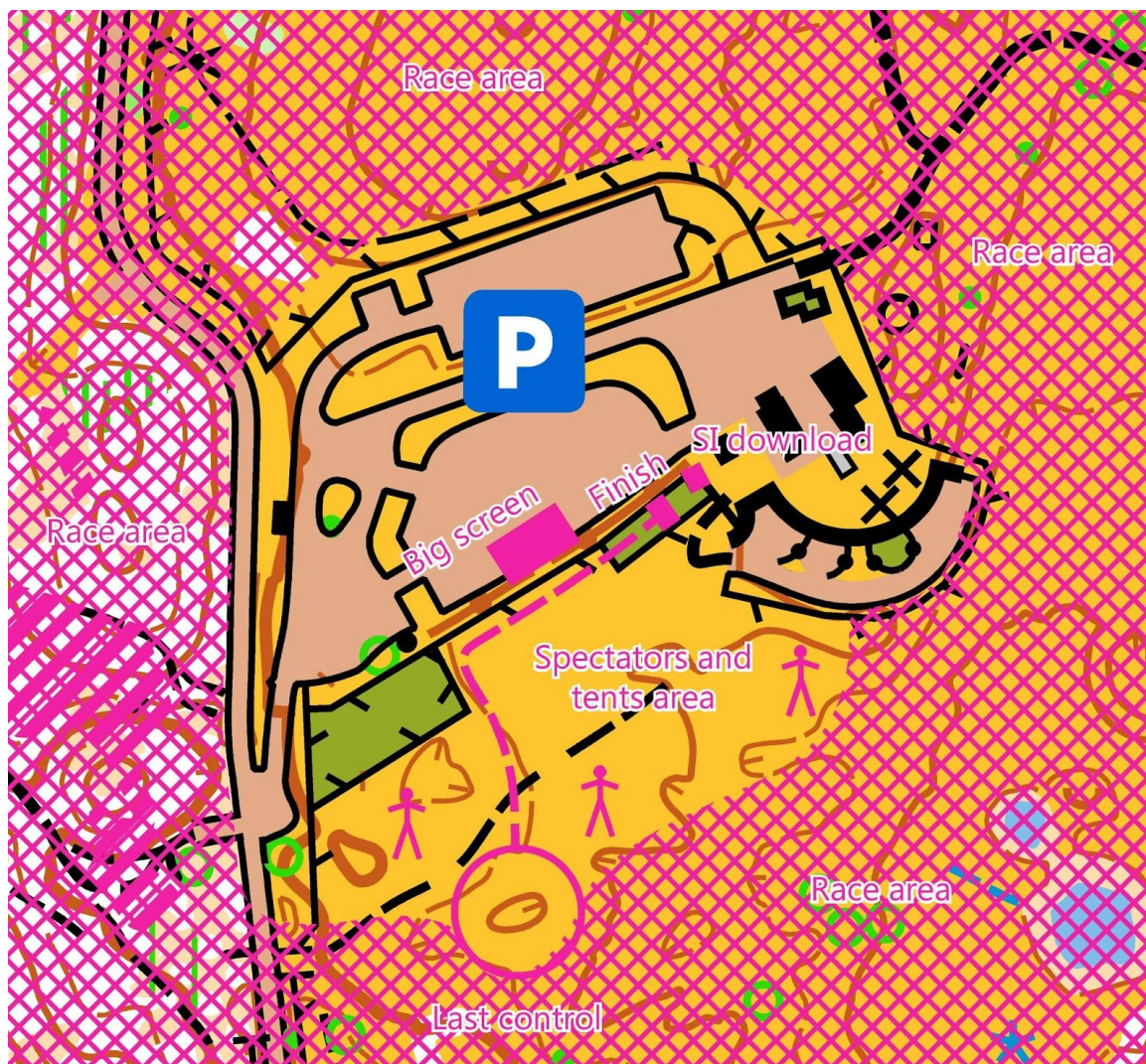
Lavarone (TN)

Coordinates: 45.936311, 11.319231

PARKING

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

ARENA



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

The race map will be printed on a blue-back water resistant paper, however plastic bags will be available at the pre start. Maps of M 21 ELITE and W 21 ELITE will be already sealed in plastic bags.

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.

Athletes with GPS

Bib number	Runner	Bib number	Runner
1	Merl Robert	101	Scalet Carlotta
24	Dallavalle Roberto	129	Troi Verena
5	Inderst Sebastian	102	Taufer Francesca
2	Debertolis Mattia	104	Zagonel Viola
3	Scalet Riccardo	107	Pozzebon Irene
4	Tenani Alessio	117	Scalet Nicole
76	Caraglio Michele	105	Caglio Anna
6	Curzio Samuele	106	Brandi Adrienne
7	Bettega Walter	108	Lucchetta Jessica
13	Zagonel Giacomo	130	Fauner Renate

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 from 12:28.

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.

Maximum dimensions of the control description is 48 x 210 mm.

TECHNICAL INFO

FALLEN TREES

In the competition area there are several areas with fallen trees, where transit is very difficult or even impossible, as well as dangerous (see photo), these areas are indicated on the map with a special symbol (area with magenta lines at 45°), as shown below in the picture. However, these areas are **not** forbidden areas.

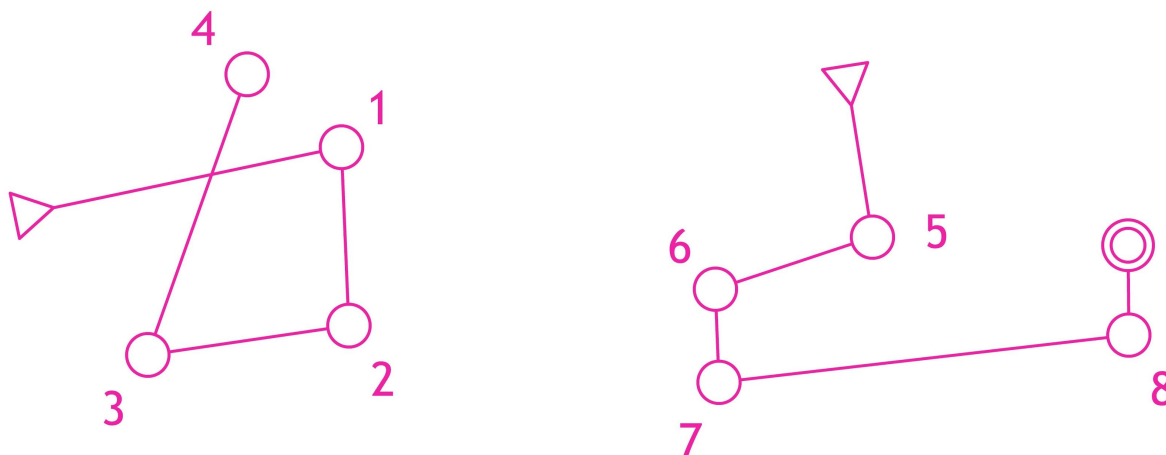


In the competition area there are also single fallen trees (see photo) which are not mapped.



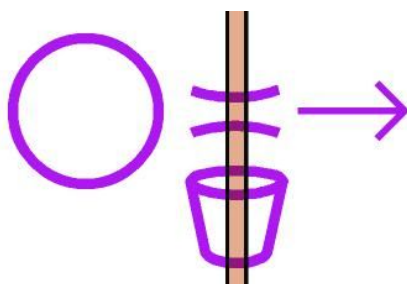
MAP EXCHANGE

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 except for M12, W12 and BEGINNERS there will be refreshments with water 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. Some classes will have a refreshment near a compulsory and manned road crossing, on the map the symbol of refreshment is located near the crossing point, but in the terrain it will be just before the road crossing running from the control (see picture).



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.

PRIZES

First 6 competitors of M 21 ELITE and W 21 ELITE and first 3 of all other classes will be awarded and all the runners of BEGINNERS, M12 and W12 will be awarded with a little prize.

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.

JURY

1° member: Grassi Simone

2° member: Bazan Francesco

3° member: Carbone Gianluca

Reserve: 1° substitute member: Michelotti Giuliano

2° substitute member: Disette Paolo

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

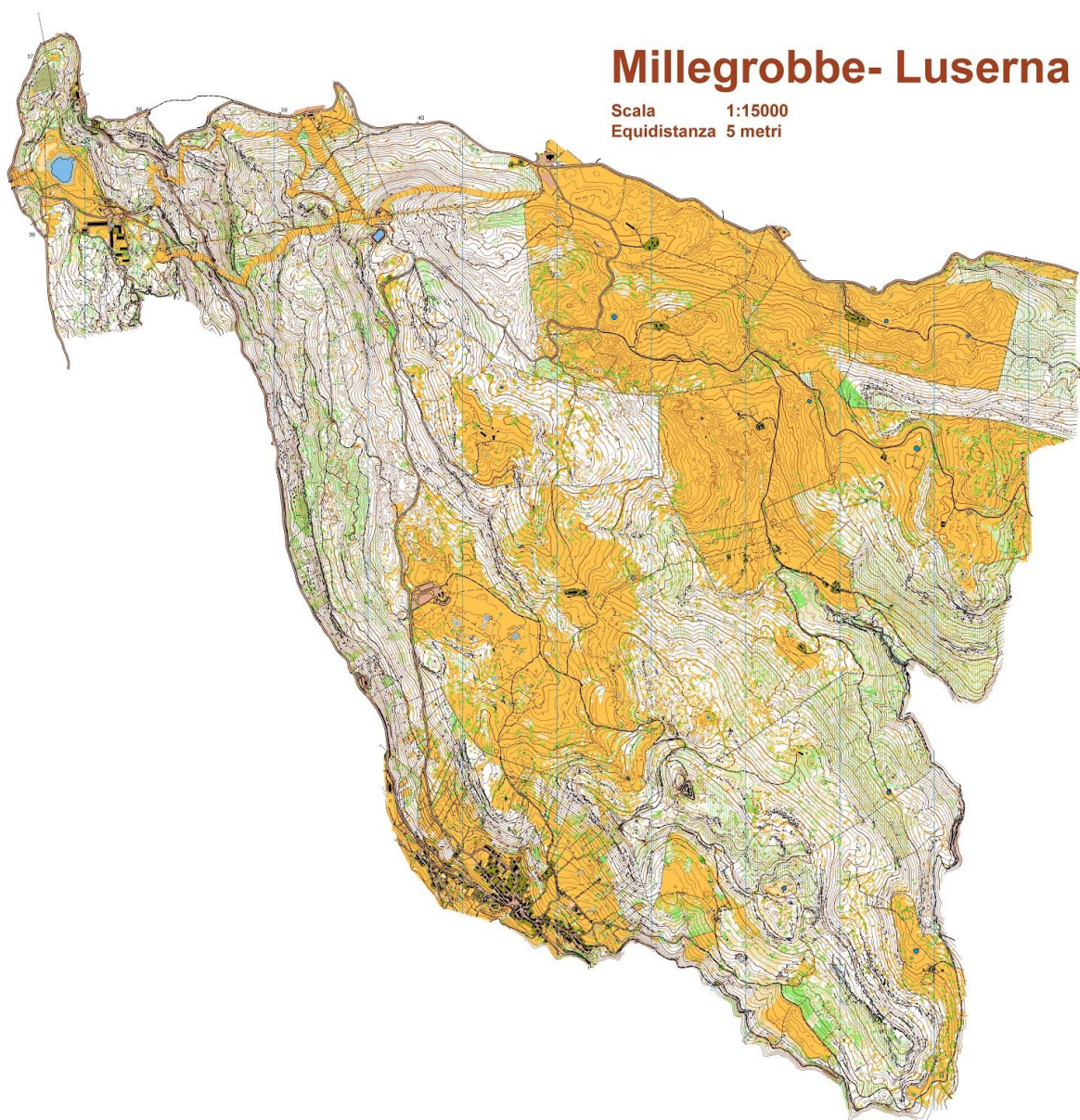
BEGINNERS, M/W -12, M/W -14, M/W -16: € 5,00

All other classes: € 12,00

COURSES DATA

CLASS	LENGTH	CLIMB	CONTROLS	CLASS	LENGTH	CLIMB	CONTROLS
M 12	2,2	40	8	W 12	2,2	40	8
M 14	4,0	110	12	W 14	3,1	75	9
M 16	5,7	235	16	W 16	4,7	130	12
M 18	7,7	315	19	W 18	5,6	235	16
M 20	9,3	410	23	W 20	7,3	310	17
M 21 E	13,7	540	29	W 21 E	9,1	425	23
M A	8,1	310	17	W A	5,7	170	14
M B	5,2	175	16	W B	4,0	130	11
M C	3,1	75	9	W C	2,8	75	9
M 35	9,8	385	21	W 35	6,7	285	17
M 40	8,1	365	19	W 40	5,7	225	16
M 45	7,0	270	18	W 45	5,2	205	14
M 50	6,7	255	18	W 50	5,2	175	16
M 55	5,6	235	16	W 55	5,2	185	15
M 60	5,2	215	14	W 60	4,1	105	13
M 65	4,8	205	12	W 65	4,1	105	13
M 70	4,6	140	14	W 70	3,9	105	12
M 75	4,0	125	12	W 75	3,9	105	12
ESO	2,2	40	8	DIRECT	5,7	180	13

EXISTING MAP



GENERAL INFO

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 races the bibs must not be returned.

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

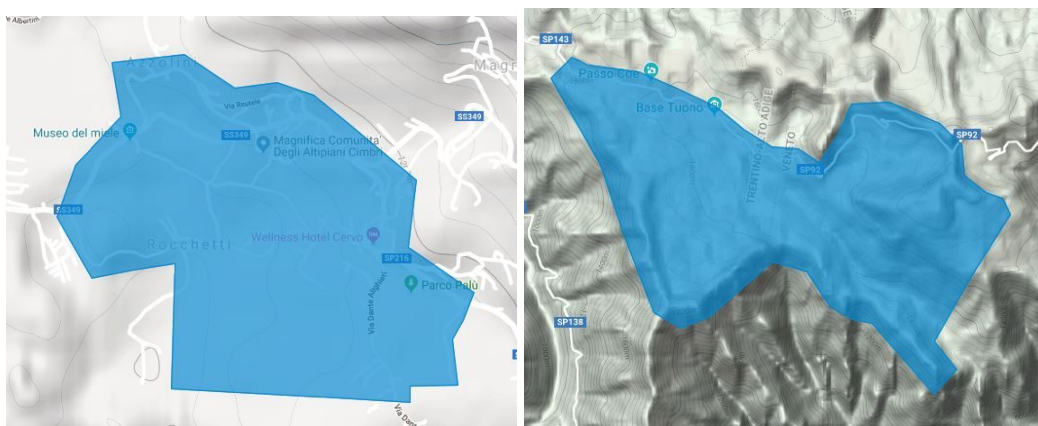
Training areas - Sprint - Lavarone and Long - Passo Coe

Possibility to have maps for self-organized training on request by sending an email at: info@3giornialpecimbria.it, there will be white and orange 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.3giornialpecimbria.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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