



BULLETIN n° 2

PROGRAM

Saturday 26th October 2019:

[Italian Cup Sprint Distance WRE](#) - Peschiera del Garda (VR)

Sunday 27th October 2019:

[Italian Championship Sprint Relay](#) - Bardolino (VR)



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1.0 Welcome to Garda 2019

ASD Orient Express Verona and ASD Erebus Orientamento Vicenza welcome you to the “Garda2019” orienteering event.

Two sprint races will allow you to discover two authentic pearls on Lake Garda: Peschiera del Garda and Bardolino. Over two days, you will be invited to take part in the seventh and final round of the Italian Cup WRE and the Italian Sprint Relay Championships.

In addition to the competitive sporting facet, we hope this event will also be an opportunity to discover a marvellous territory, one that is rich in history, natural splendours and - why not? - some great opportunities to have fun.

See you soon!

I am pleased to present one of the most spectacular events on the 2019 calendar: “Garda2019”, a 2-day national competition held in Verona, in the magnificent setting of Lake Garda.

Throughout the last weekend of October, Peschiera del Garda and Bardolino will respectively host the Final of the Sprint Distance WRE Italian Cup and the Italian Sprint Relay Championships.

These will be the last events on the national calendar for the year 2019, with the awarding of the corresponding titles.

For the ASD Orient-Express Verona, the event organisation company that I represent, this is one of the most important occasions ever held in all the years in operation. Since its establishment in 1987, ASD Orient-Express Verona has been focused on the promotion and dissemination of sports events throughout the territory, via local competitions and educational-didactic activities.

It is thus with great pride that I have the honour of inviting you to take part in this event, with the promise that our group will do its utmost to ensure an unforgettable time that will see you leave a piece of your heart on the shores of Lake Garda.

Diego Milani

President of ASD Orient-Express Verona

Event Coordinator

It gives me great pleasure to invite you to two important events taking place near the beautiful Lake Garda in the province of Verona. In collaboration with A.S.D. Orient-Express Verona, A.S.D. Erebus Orientamento Vicenza is proud to organise the Italian Sprint Relay Championship and the 2019 Italia Cup final, in Bardolino and Peschiera del Garda respectively, on October 26 and 27, 2019. The Italia Cup also qualifies as a World Ranking Event.

The entire Garda region is famous for its theme parks, its beautiful nature, the broad range of hiking and cycling activities it offers and much more... The region also boasts an outstanding culinary and vinicultural tradition.

We look forward to seeing you there!

Federico Bruni

President of A.S.D. Erebus Orientamento Vicenza



2.0 Organisation

Steering Committee



Italian Cup Sprint Distance WRE

I.O.F. Event Adviser: RAUS STEFANO

Event director: MILANI DIEGO
FISO advisor: CAVAZZANI AUGUSTO
Course setter: BELLOTTO CRISTIAN
Controller: FRANCO MICHELE / BIROLI GIANNI / GELMINI ROBERTO
Start: SARTORI MASSIMO
Finish: SCAMPERLE DAVIDE
Event desk: DE VALIER RUGIADA
IT: SABBADDINI ALESSIO / BARI TOMMASO
Speaker : GALLETTI STEFANO

ORGANIZING CLUBS:

A.S.D. EREBUS ORIENTAMENTO VICENZA

A.S.D. ORIENT-EXPRESS VERONA



Italian Championship Sprint Relay

Event director: MILANI DIEGO
FISO advisor: CAVAZZANI AUGUSTO
Course setter: BELLOTTO CRISTIAN
Controller: GELMINI ROBERTO / BIROLI GIANNI
Start: SARTORI MASSIMO
Finish: SCAMPERLE DAVIDE
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Speaker: GALLETTI STEFANO

ORGANIZING CLUBS:
A.S.D. EREBUS ORIENTAMENTO VICENZA
A.S.D. ORIENT-EXPRESS VERONA

Others information

Jury
The jury will be communicated as soon as nominated

Contact info
Website: www.garda2019.it
Email: info@garda2019.it

Event Director
Milani Diego, tel. +39 3285627672

Technical Event Director
Bellotto Cristian, tel. +39 3495279593



3.0 Event Centre

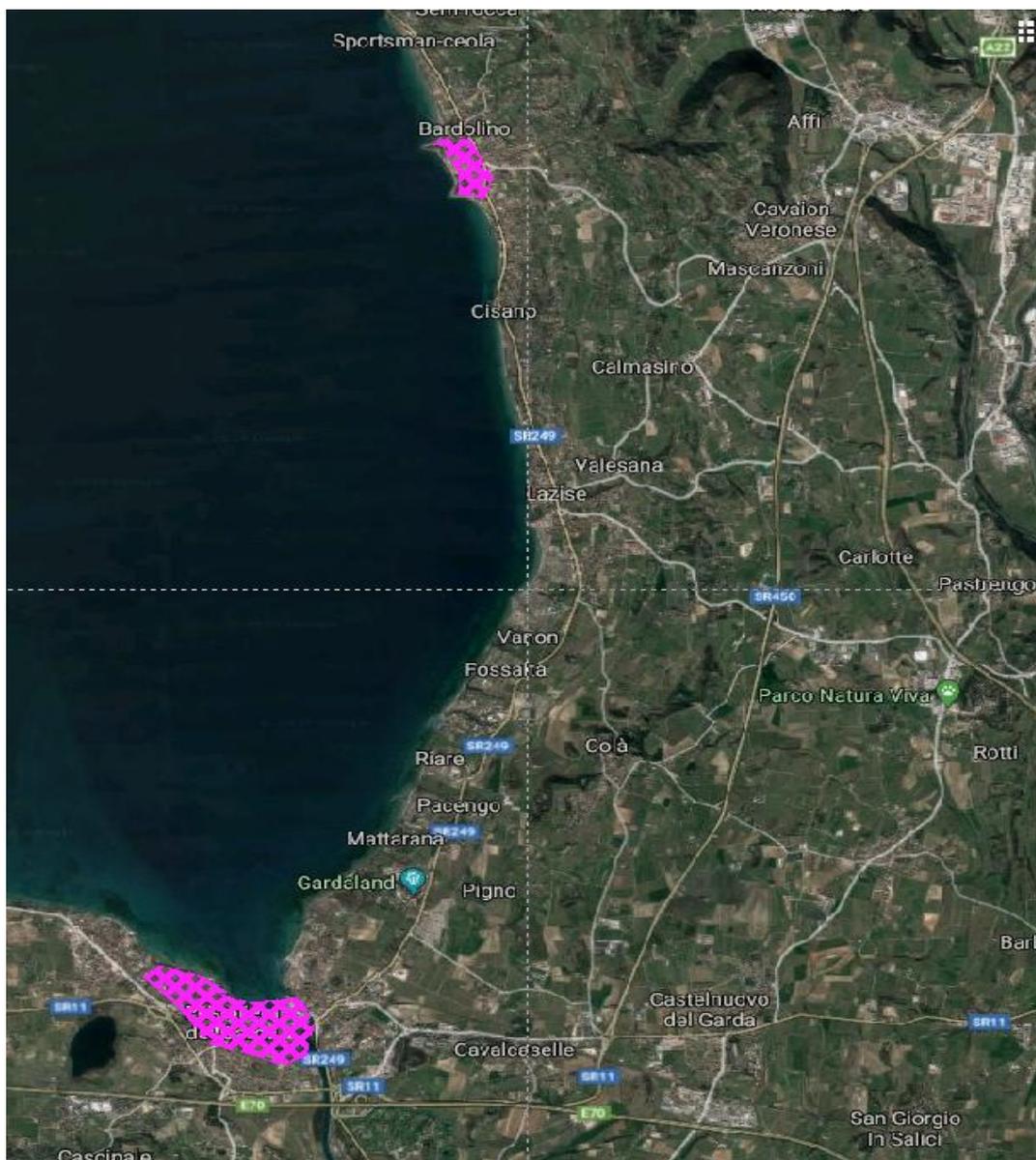
The Event Centre is:

26/10: . Peschiera del Garda

GPS coordinates: 45,436283
10,692088

27/10: . Bardolino

GPS coordinates: 45,549517
10,716640





4.0 Detailed programme

	Time	Activity	Location
Sat 26 October	13.30 – 17.00	Event Office opens	Event Office, Peschiera del Garda football field
	15.00 - 17.15	Italy Cup, Sprint WRE	Peschiera del Garda
	18.00	Prize giving ceremony	Peschiera del Garda football field
Sun. 27 October	8.30 - 14.00	Event Office opens	Event Office, Bardolino Carrara- Bottagisio Park
	10.00	Italian Sprint Relay Championship	Bardolino
	13.30	Prize giving <u>ceremony</u>	Bardolino Carrara- Bottagisio Park



5.0 Competition Rules

The Competition Rules for International Orienteering Federation (IOF) Foot Orienteering events, valid from 1 February 2019, will be applied

<https://orienteering.org/wp-content/uploads/2019/01/IOF-Rules-2019.pdf>

5.1 Start draw

For Sprint, the reverse WRE table on Sprint distance will be applied for drawing.

5.2 Complaints and protests

Any complaint shall be made in written form and handed in at the Event Office at the arenas as soon as possible. Complaints regarding the results shall be made no later than 15 minutes after the publication of the provisional results list.

A written protest can be made against the Organizer's decision about a complaint. Written protests shall be delivered personally at the Event Office at the arenas no later than 15 minutes after the organizer has informed the complainant of the decision about the Complaint.

A Protest fee of 50 EUR shall be paid to the IOF Event Adviser for Sprint and National Controller for Sprint Relay in cash when making a Protest.

The fee will be returned if the jury accepts the protest, otherwise the fee will be sent to the IOF / FISO.

Forms for making a complaint or protest will be available at the arena Event Office.

6.0 Anti-doping

Doping is strictly forbidden. The IOF Anti-Doping Code and rules and the World Anti-Doping Code 2015 apply as of 1st January 2015.

Competitors who are eventually selected for the doping tests must bring an official identification (with photo) to the doping test area.

The competitor should also bring along his/her Therapeutic Use Exemption (TUE) if applicable. For more information, please consult: IOF Anti-Doping Rules

<https://onedrive.live.com/embed?resid=663580750D0C0BCE%2117535&authkey=!AGmrGJGDx3xdkY&em=2&wdHideHeaders=True&wdDownloadButton=False>

7.0 First Aid

First-aid services will be available at the arenas.

8.0 GPS

The use of GPS from the organizers is not expected. Runners can carry their own GPS-enabled devices that have no map display and are not used for navigation purposes.

9.0 Ceremonies

Prize-giving ceremonies.

The prize-giving ceremonies will take place at the arena after each competition. From each class, competitors and teams ranked 1-3 will be awarded.



10.0 Fairness

1. It is not allowed (and not fair) to gain any unofficial information about the race, especially about courses, maps, location of pre-start etc.
2. Except for the Relay, competitors heading to pre-start are not allowed to visit the arenas before their respective competitions.
3. Competitors are only allowed to use passive GPS devices, i.e. not providing any navigational or mapping function for tracking the route.
4. Each runner will put his map into the team bag after the finish line.
5. Violations of these rules should be immediately reported to any official, to preserve fairness.
6. Violations of these rules may result in the disqualification of the whole team.

11.0 Model Events

No model events will be held.

12.0 General information about the competitions

12.1 Quarantine

There will be no Quarantine. Please, follow fair play rules.

12.2 Start procedure for individual race

The pre-start is situated as indicated in the detailed information for Sprint.

At the pre-start, competitors make their way towards the start when their start time is shown on the start clock.

At the pre-start it will be checked that competitors have their bib number and SI-card number

Forward towards the actual start, the procedure for the individual races is as follows:

-3 minutes	Call, checking the bib and the SI-card number Clear and Check of SI Card. It is the competitors' responsibility to clear and check their SI-card correctly.
- 2 minutes	Control descriptions desk.
-1 minute	Competitor stands beside the correct map. It is placed so that the competitor cannot see the actual map.
Start time	The competitor may take the map and run towards the start point. The start point is marked with an flag and the route to it is marked with a tape. The tape <i>shall</i> be followed forward to the start point.

12.3 Late start

If a competitor is late for the start, he/she must check in at the pre-start call-up. The competitor will then be allowed to proceed to the start and go through the start procedure as fast as possible, after all checks and under indication starting judge.

If the competitor is late through his/her own fault, the original start time will count for timing.

If a competitor is late through the fault of the organizer, the real start time will be used.



12.4 Time-taking and punching system

The SPORTident system will be used for time-taking and punch control.

Each competitor must compete with his/her assigned SI-card.

Time-keeping will be to 1-second accuracy in all competitions.

SportIDENT punching units are not activated for Air+ contactless timing system.

12.5 Abandoning/DNF

If abandoning the race, the competitor must immediately go to the finish area to report and read out his/her SI-card.

12.6 Number bibs

All competitors must wear their number bibs at all competitions. The bibs must be worn on the chest.

They must be visible in their entirety – they must not be folded or cut.

12.7 Finish procedure

Time will be measured at the moment at the finish station for individual race, and when crossing the finish line for the Relay. Upon crossing the finish line, competitors enter a restricted-access area for SI-card download. Cool down is possible within the arena limits – see arena plans.

12.8 Map-drawing

Maps are drawn in line with the current version of the International Specification for Sprint Orienteering Maps (ISSOM 2007).

Print technology is digital printing with courses overprinted.

12.9 Other people in the terrain

None of the competition areas are closed. Controls will be manned. Other features might be manned, please see instructions for each competition below. There may also be photographers or cameramen from the media or TV production in the terrain.

12.10 Refreshments

There will be water and tea at the Finish on all competition days.

12.11 Competition clothing

There are no special regulations applying to competitors concerning the type of clothing they choose to wear.

It is forbidden to use shoes with dot spikes.

12.12 Embargo

Entering the competition area is forbidden for competitors who have finished, until the last competitor has finished. Exemption from the above restriction is the arena.



13.0 Special instructions for each competition



13.1 Sprint – Saturday, October, 26th

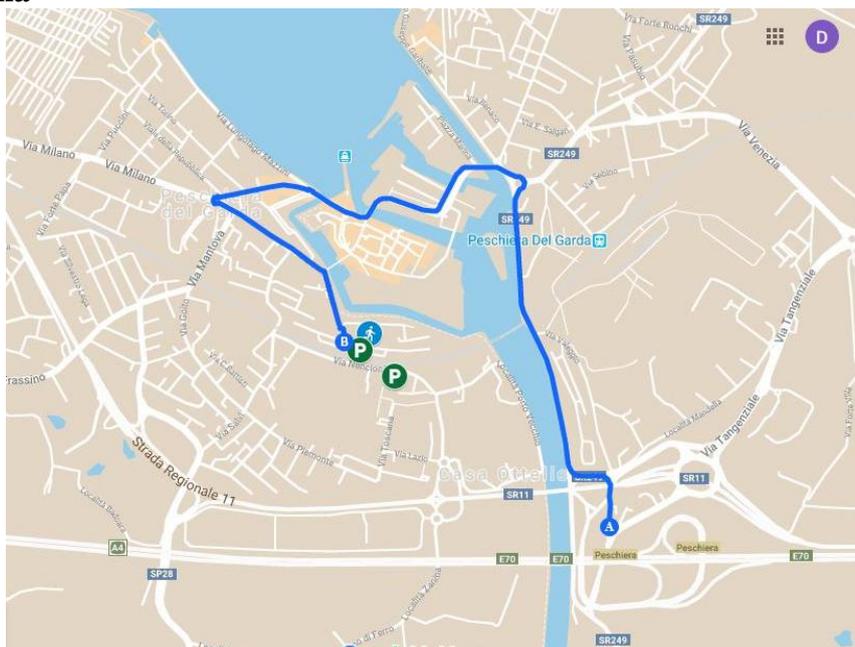
Venue and arena

Peschiera Del Garda, Sport Center “Manuel Cerini”

GPS coord: 45,436283

10,692088

Access to the Arena



The distance between the car parking and the arena is 200 m.

Pre-start and Start

The start procedure is as described in the section on start procedure. Start interval is 1 minute.

Terrain

Altitude: Terrain area is located 65-80 m above sea level.

Land Form: Urban area, mostly flat.

Vegetation: Open grass areas with scattered vegetation, urban areas.

Runnability: Dry and mainly level underfoot, therefore good runnability.

Visibility: The visibility is generally good.

Paths and Roads: Developed network of paths and roads in the whole area, including surfaced roads and gravel tracks.



Traffic:

The roads in the area are not closed. There will be moving traffic, mainly that of local residents. Residents, the general public and others can walk freely in the area. It is competitors' own responsibility to keep an eye on traffic. There will be one mandatory crossing point on a busy road, marked on the map with the appropriate symbol.

Map

Map: Scale 1:4.000, Contour Interval 2.5 m, Standard ISSOM 2007, issued 6/2019, Size A3 or A4
Cartography: Remo Madella

Out of Bounds and Forbidden Access:

	304.1	Impassable area of water
	309	Impassable marsh
	421	Impassable vegetation
	521.1	Impassable wall
	524	Impassable fence or railing
	526.1	Building
	528.1	Area with forbidden access
	707	Uncrossable boundary
	709	Out-of-bounds area

Where there is a risk of competitors crossing forbidden and out of-bounds areas or objects by mistake, these will be marked by white/red coloured tape in the terrain.

During the competition, there will be artificial barriers in the terrain. These will be drawn on the map as a combination of 707, Uncrossable boundary and 709, Out-of-bounds area as shown in this example.





Courses

Course Planner: Cristian Bellotto

Maximum Running Time: 50 minutes for women and men.

Courses

Class	Length, Climb	Controls
Eso MW12	1800, 20	13
W14 WB	2300, 25	16
M14 MB	2950, 30	18
W60 W65 W70 W75	1780, 20	17
W50 W55 M65 M70 M75	2030, 25	15
W40 W45 M55 M60 Dir	2700, 30	16
W16 W35 M45 M50	2880, 30	18
W18 M16	3040, 35	19
W20 M40	3270, 40	17
M20 M35	3740, 45	19
M18 W21E	3660, 45	22
M21E	4030, 50	23



13.2 Sprint Relay –

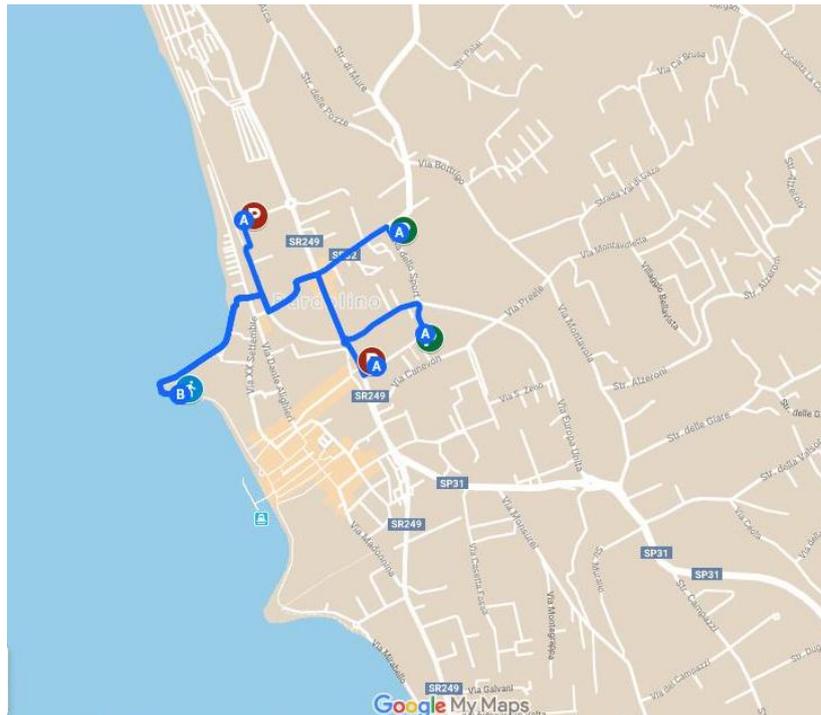
Venue and arena

Bardolino, Carrara-Bottagisio Park

GPS coord: 45,549517
10,716640

Sunday 27 October

Access to the Arena



Start procedure - first leg Men start 10.00

10.05

At the latest 5 minutes before the race start, first-leg competitors move into the change-over zone. At the entrance to the zone:

- The competitor has his/her bib number and SI-card checked
- Clear and Check of SI-card. It is the competitors' responsibility to clear and check their SI-card correctly.

2 minutes before the start, competitors will be brought forward to stand behind their map. The countdown to the start begins 10 seconds before the start; competitors can bend down and grip their map. On the start signal, competitors take their map and follow the marked route (white tapes) to the Start Point.

Change-over

After the spectator control passage, competitors for the next leg go into the change-over zone. At the entrance to the zone:

- The competitor has his/her bib number and SI-card checked;
- Clear and Check of SI-card. It is the competitors' responsibility to clear and check their SI-card correctly.



The incoming competitor runs touch the outgoing competitor, and this one continues to the map board, and follows the marked route (white tapes) to the Start Point.

The maps are hung up in numerical order of teams with the lowest team number closest to the finish line. The second-leg map is hung highest and the third-leg map lowest. The team and leg number (e.g. 102.3) is marked on the back of the map. It is the competitor's own responsibility to take the correct map. If a competitor's map is missing, because another competitor has taken it by mistake, the finish officials will supply a reserve map as quickly as possible.

Finish

The last-leg competitor passes the finish line in the normal way. It is the passage of the competitor's chest across the line that determines the placing, in the case of a close finish. This will be decided by a finish judge.

Terrain

- Land Form:** Urban area, mostly flat.
- Vegetation:** Open grass areas with scattered vegetation, built-up areas.
- Runnability:** Dry and mainly level underfoot, therefore good runnability.
- Visibility:** The visibility is generally good.
- Paths and Roads:** Developed network of paths and roads in the whole area, including surfaced roads and gravel tracks.
- Traffic:** The roads in the area are not closed. There will be moving traffic, mainly that of local residents. Residents, the general public and others can walk freely in the area. It is competitors' own responsibility to keep an eye on traffic.
- Special Features:** As in the Sprint

Map

Map: Scale 1:4,000, Contour Interval 2.5 m, Standard ISSOM 2007, issued 6/2019, Size A4

Cartography: Remo Madella

Out of Bounds and Forbidden Access: As in the Sprint

Courses

Class	Length	Controls
Senior	3040 3360	23
Junior (Master35)	2720 3120	21
Youth (Master50)	2650 2890	22
Master195-Open	2430	17
Eso MW12	1900	11

Course Planner: Cristian Bellotto

Maximum Running Time: 120 minutes for the whole team

Arena Passage: On all legs on both the women's and the men's courses there is a spectator control and a marked route, marked with white tape. See arena plan above.

Map Change: No

Control Description Size: There are no loose control descriptions



14.0 Sponsors



TENUTE

Ca' Botta



BELVEDEREVILLAGE.com



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