

French National Long Distance (WRE)

Sunday July 19th 2020

La Plagne Tarentaise (Savoie, France)

Bulletin 1

Organization

Organizing club: Comité de Savoie de Course d'Orientation

Event organizer: Laurent ASTRADE

Course planner: Matthieu BARTHELEMY

FFCO and IOF course controller: Jean-Baptiste BOURRIN

FFCO representative: Hervé BODELET

FFCO referee: Stéphane RODRIGUEZ

Website: <http://cocs73.com/nat2020/>

Facebook page: <http://www.facebook.com/natse2020/>

Contact: cdco73@free.fr 06.99.93.33.13

IOF event advisor: Philippe POGU

National Long Distance and WRE informations

Winner time: 90 minutes for M21, 75 minutes for W21

(only riders with an IOF ID when the start times appear will score points)

Punching system: SPORTident, possibility of loan (guarantee or ID)

Map scale: 1/15 000

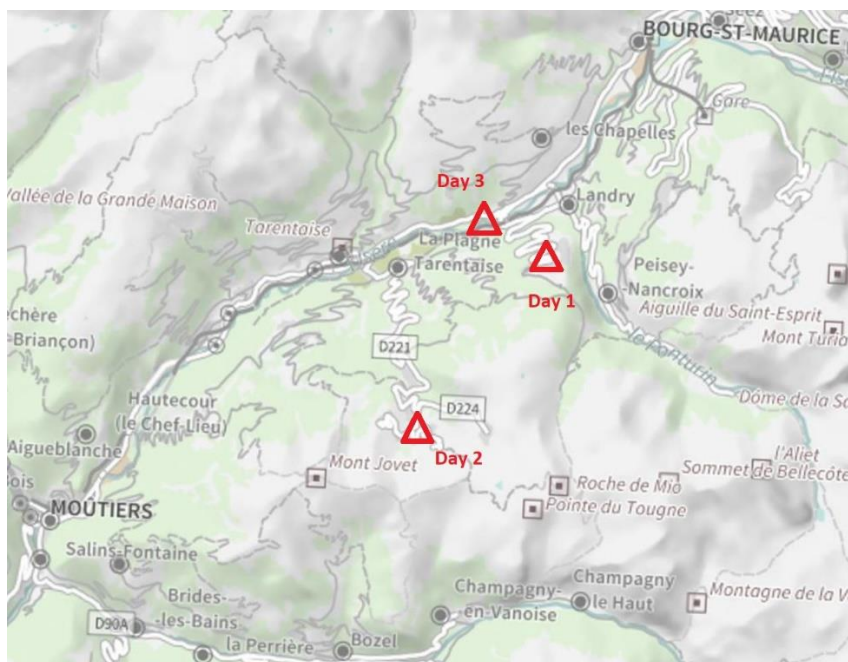
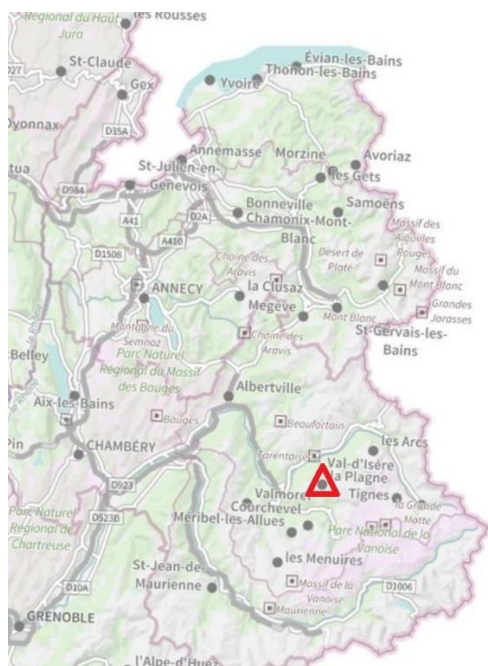
Competition area and terrain description: Mountain terrain between 1,970 m and 2,600 m on the ski resort of La Plagne, mainly in alpine lawn with a few patches of coniferous forest. Some areas with very dense topographic elements (depressions, cliffs).



Program

Date	Race	Place
Sat 18th of July	National Middle	Montchavin les Côches
Sun 19th of July	National Long World Ranking Event for D21 and H21	La Plagne Station
Mon 20th of July	Departmental Middle	Macôt la Plagne

Location map



Weather: <http://www.meteofrance.com/previsions-meteo-montagne/les-arcs-bourg-st-maurice/73700>

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

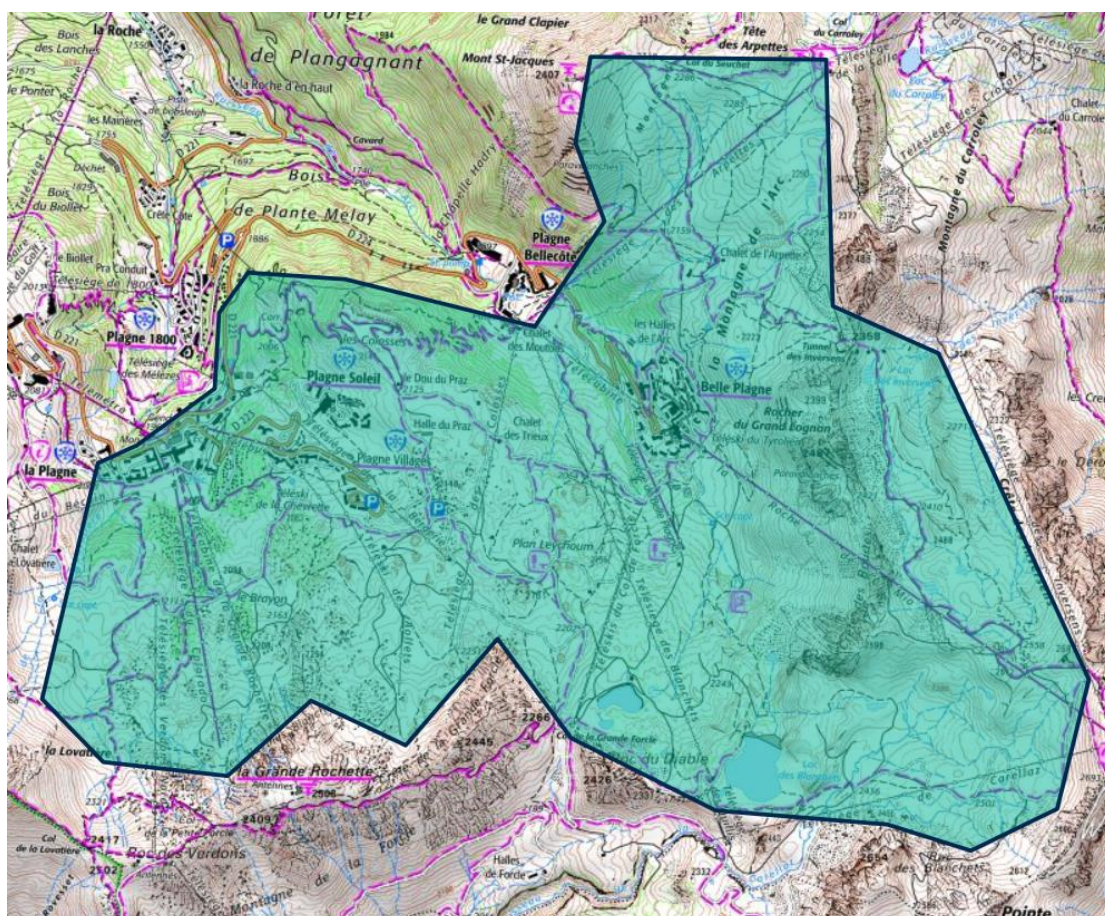
Airports and train station

Lyon St Exupéry airport 2 hours driving to La Plagne Tarentaise.

Geneva airport 2 hours driving to La Plagne Tarentaise.

SNCF train station in Chambéry, Moutiers, Aime la Plagne.

WRE Restricted area **Strictly forbidden access**



Accommodation

Several accommodations (gites, hotels, holiday centers) are proposed on the ski resort and on the Tarentaise valley. You can also visit the reservation center, at your disposal to help you in your search.

<https://www.laplagneresort.com/>

Online registration before 6th of July 2020

French federation (FFCO) licensed: on line on the FFCO website

<http://licences.ffcorientation.fr/inscriptions/>

MW21 : 13,22 €

FFCO unlicensed: on line on the OrienteeringOnLine website

<http://www.orienteeringonline.net/>

MW21 : 18 €, Pass'Compet included (compulsory day insurance).

Caution: FFCO unlicensed persons must show a medical certificate dated less than one year before the race day.

Medical certificate example in English on event website

<http://cocs73.com/nat2020/>

Payment by bank transfer:

Account holder: CDCO73

Bank: Crédit Agricole

RIB: 18106 00810 96711302953 65

IBAN: FR76 1810 6008 1096 7113 0295 365

BIC: AGRIFRPP881

Training

Possibilities to organize your own training on the WOC 2011 terrain (up dated map) and the French Championship 2019 terrain near Chambéry.

Contact : cdco73@free.fr

July 22-23: open training (with controls) on the grounds of the 2011 WOC and the 2019 French Championship. Online map ordering at the time of online registration (preferably) on the Orienteering On Line website (5€ per map). Payment and withdrawal of maps at the reception in La Plagne on 19-20th of July.

