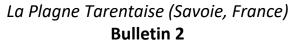


## French National Long (WRE)

2021 - 07 - 31





## 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/nat2021/

Facebook page: f http://www.facebook.com/natse2021/

Contact: cdco73@free.fr (33)6.99.93.33.13

IOF event advisor: Philippe POGU

# 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: 1/10 000

**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).

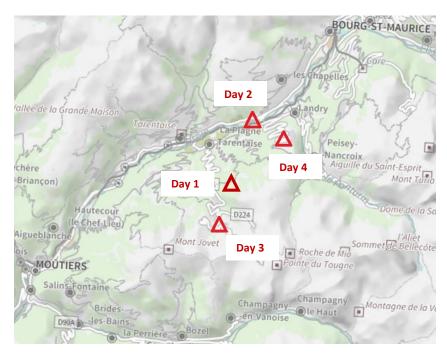


# Programme

Date	Course	Lieu
07-29	France Relay Championship	Les Frasses
07-30	Regional Middle	Macôt la Plagne
07-31	National Long World Ranking Event for W21 et M21	La Plagne Station
08-01	France Championship Middle World Ranking Event for W21 et M21	Montchavin Les Coches

## Plan de situation





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

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

### 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.

### Accomodation

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 15th of july 2021

French federation (FFCO) licensed: on line on the FFCO website http://licences.ffcorientation.fr/inscriptions/

MW21:13,67€

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 <a href="http://cocs73.com/nat2020/">http://cocs73.com/nat2020/</a>

#### Payment by bank transfer:

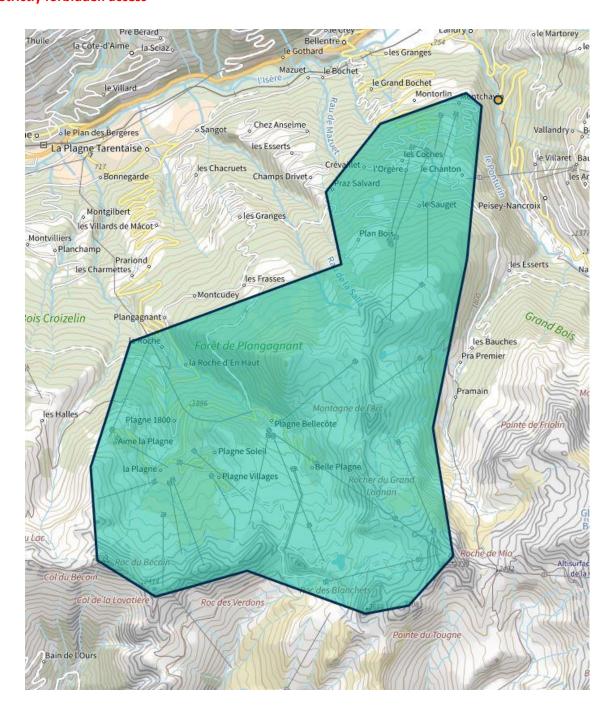
Account holder: CDCO73
Bank: Crédit Agricole

RIB: 18106 00810 96711302953 65

IBAN: FR76 1810 6008 1096 7113 0295 365

BIC: AGRIFRPP881

# WRE restricted area Strictly forbidden access



# 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

#### Access

Signposting from Macôt-la-Plagne (D220/D221 intersection).

## ✓ Map

La Plagne, 1/10 000 ISOM IOF; Matthieu Barthélémy Cartomatt, 2019 update 2021.

#### Bib

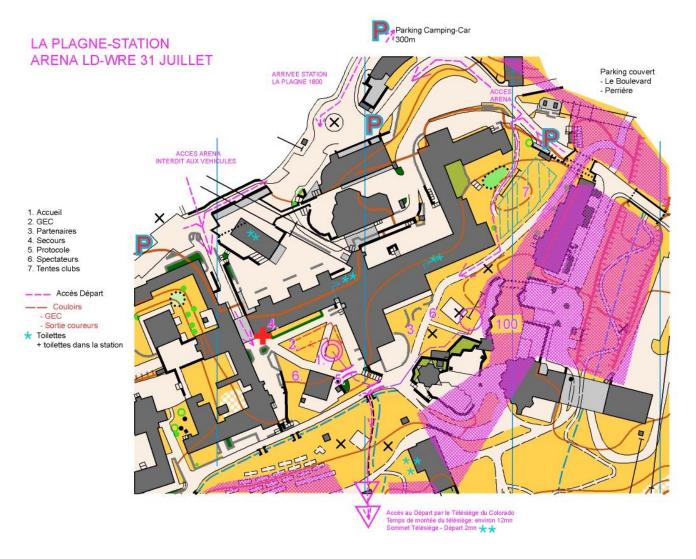
Mandatory to take the ski lift and for the departure.

#### Horaires

Reception from 9am, 1st departure at 12pm. Closing of the circuits at 7pm.

#### Parking, Arena, Reception

100-500 m.



# Start

Departure 1: access by cable car from the Colorado chairlift:

- bottom of the chairlift: on the arena (arrive at least 30 minutes before your departure time).
- then about 12 min of chairlift ride,
- then the departure workshop immediately at the top of the chairlift.

A ticket is compulsory (essential for the operating company); to avoid any forgetfulness or stress, it will be given to each runner with a race number just before the chairlift entrance lock.

#### Start time

On the event website, by club and by circuit. Start intervals reduced to 2 minutes.

#### Services

Toilets, bars, restaurants, shops.

## Water supply

One water supply on the circuit (small individual bottles).

## Results

Only on the event website and on https//helga-o.com/webres/

## Spetial instructions

You will cross many downhill mountain bike trails. Be careful not to damage the terraces (jumps, banked turns). The tracks will be closed in the area corresponding to the beginning of your circuits but open in the other sectors; be careful when crossing them.

Competitors must not use or carry any telecommunication equipment between the pre-start and the finish of the race (telephone, GPS with display, etc).

## Races

H21 (A): 10.6 km, +490 m, 22 stations. Description: 16 cm D21 (A): 7 km, +350 m, 15 stations. Description: 12 cm

#### Claims

30 min after official publication of the results on the race site; form to be handed in at the reception.















# SANITARY PROTOCOL

Following the latest government announcements, we are obliged to implement the SANITARY PASS.

The Sanitary pass will be required to collect your number at the reception for the 4 days. The access to the starting lockers will only be allowed for runners with their number..

All details and modalities on the page Infos / Sanitary Pass

#### ARENA, START, FINISH, RECEPTION

The respect of barrier gestures and social distancing remains in force. If the distance between people is less than 1 m, the wearing of a mask remains obligatory. It is strongly recommended not to spit on the ground and to blow one's nose in a single-use handkerchief to be disposed of in a dustbin.

#### **RECEPTION**

The number of people passing through the reception area should be as small as possible (one per club). Make sure you plan ahead, to register in advance, to pay in advance.

#### **RESULTS**

No results will be displayed, only on the website.

#### **REFRESHMENTS**

No self-service refreshments, please make your own arrangements. Bring your own water and snacks. and snacks individually.

#### **LIFTS**

Wearing a mask is compulsory: in the queue, when boarding, on the lift and when disembarking.

#### **IN RACE**

Reminder of the ethical rules: it is forbidden to follow each other in a race. In case of grouping during the race, the If possible, keep a distance of at least 2 metres between two competitors.















