

# French Championship Middle (WRE)

2021 – 08 – 01 Montchavin Les Coches (Savoie) Bulletin 2



# Organization

Organizing club: Comité de Savoie de Course d'Orientation Event organizer: Laurent ASTRADE Course planner: Mickaël BLANCHARD 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: 35 minutes for M21, 35 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 1,200 m and 1,900 m on the ski resort of La Plagne, mainly in forest, with few ski slope.



# 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: <u>http://www.meteofrance.com/previsions-meteo-montagne/les-arcs-bourg-st-maurice/73700</u> Entry permits: <u>https://france-visas.gouv.fr/web/france-visas/ai-je-besoin-d-un-visa</u>

#### 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<a href="http://licences.ffcorientation.fr/inscriptions/">http://licences.ffcorientation.fr/inscriptions/</a>MW21: 13,67 €

FFCO unlicensed: on line on the OrienteeringOnLine website <a href="http://www.orienteeringonline.net/">http://www.orienteeringonline.net/</a> 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 : <u>cdco73@free.fr</u>

### Access

Signposting from Bellentre (N90/D220 intersection).

### 🖌 <u>Мар</u>

Montchavin les Coches, 1/10 000 ISOM IOF; Matthieu Barthélémy Cartomatt, 2019 update 2021.

#### 🖌 <u>Bib</u>

Mandatory to take the ski lift and for the departure.

#### Horaires

Reception from 8am, first departures at 9.30am. Circuits close at 4pm.

#### Parking, Arena, Reception

100-500 m.

### Monchavin Les Côches - Aréna CFMD 01 août



### **Start**

Departure 1: access by cable car from the Lac Noir (opening at 9am):

- access at the bottom of the cable car: 100 m from the quarantine.
- then about 15 minutes of ascent by cable car,
- then 500 m downhill from the top of the cable car to the start workshop.

A ticket is compulsory (essential for the operating company); to avoid forgetting and stress, it will be given to each runner with a race number just before the cable car entrance.

### Start time

On the event website, by club and by circuit. Start intervals of 2 min, except for the 15 elites (3 min).

## Quarantine

Mandatory for all HD21 (circuits A and B). Entry to the quarantine area between 8:50 am and 9:15am is compulsory.

The entrance to the quarantine is 350 m/60 m of positive altitude difference (or by a small free gondola) from the arena (signposted). The control of the numbers is done at the exit of the quarantine (opening of the ski lift at 9 am). The moment of exit from the quarantine is the responsibility of the runner.

All means of telecommunication are forbidden from the entrance to the quarantine (telephone, tablet,...).

The quarantine is in a large room and outside. Your belongings can stay in the quarantine. In case of bad weather (cold, rain), clothes can be left at the start; they will be regularly brought back down. There is a hundred meters between the quarantine and the bottom of the gondola (where the ticket will be given), then 12-15 min of ascent, then 500 m downhill from the top of the gondola to the start. It is on this part that the Warm Up is located.

# Services

Toilets, bars, restaurants, shops.

### Water supply

None; please make your own arrangements.

### **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.

#### Races

H21 (A): 5,7 km, +235 m, 24 postes.	Description: 18 cm
D21 (A): 4,7 km, +175 m, 19 postes.	Description: 14 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.