

MENINA TrailO

Menina planina & Kamnik, Slovenia
10-11/9/2022

World Ranking Events & European Cup in Trail Orienteering

Event	
Program	<p>Saturday, September 10th 9:00 - opening of the Competition Centre on Menina planina, in a mountain hut Dom na Menini planini. 9:30 - start of the PreO training (optional) 12:00 - start of the PreO competition</p> <p>Sunday, September 11th 10:00 - opening of the Competition Centre in Kamnik, in the CIRIUS Kamnik (Centre for Education and Rehabilitation of Physically Handicapped Children and Adolescents). 11:00 - start of the TempO competition 14:30 - prize giving ceremony</p>
Competition Center on Saturday Dom na Menini planini Menina 1, 3342 Gornji Grad GPS: 46.262 N, 14.819 E	<p>The Competition Centre on Menina planina is in a mountain hut <u>Dom na Menini planini</u> on the altitude of 1453 m. Access will be possible via a gravel road from the south side of the mountain (Kamnik - Tuhinj Valley - Češnjice v Tuhinju - Okrog pri Motniku - Biba planina - Menina planina). Access from the NORTH side (from Gornji Grad) is NOT possible because the road is in the EMBARGOED AREA. You need your own transport to arrive. It will take about 1 hour to get from Kamnik to Menina planina. There is no internet connection.</p> <p>Parking is available near Competition Center.</p> <p>Toilettes will be available in the Competition Center.</p> <p>A hot meal will be possible to order in the mountain hut.</p>
Competition Center on Sunday CIRIUS Kamnik Novi trg 43 a, 1241 Kamnik GPS: 46.219 N, 14.612 E	<p>The Competition Centre in Kamnik is in the CIRIUS Kamnik (Centre for Education and Rehabilitation of Physically Handicapped Children and Adolescents). It is possible to get to Kamnik by own and public transport (train from Ljubljana, bus).</p> <p>Parking is available near Competition Center.</p> <p>Toilettes will be available in the Competition Center.</p> <p>There are many restaurants in Kamnik.</p>

Embargoed areas and driving directions

Embargoed areas and driving directions

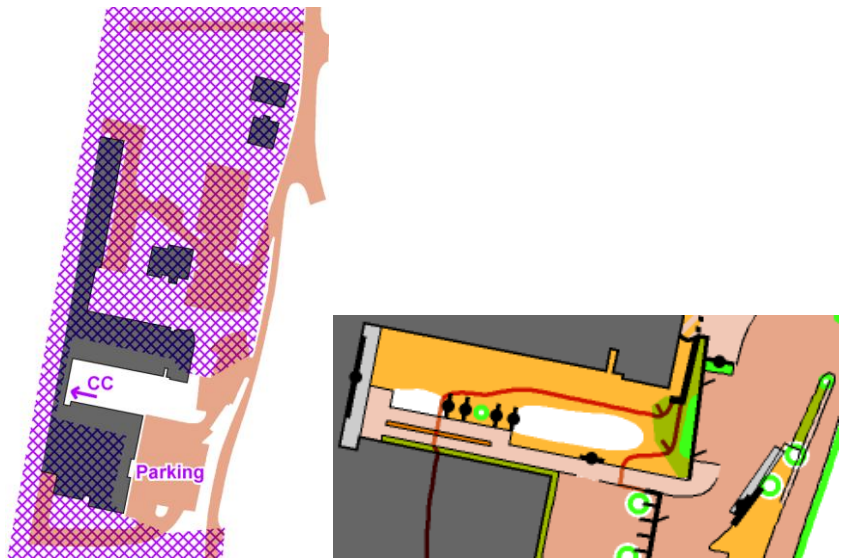
PreO

Access to Menina planina from the northern side is forbidden due to embargoed area. That route can be used only after finished competition.

The route from southern side will be marked with signs. Check the map!

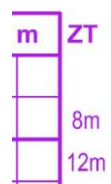
TempO

The correct sketch of the embargoed area is drawn on the overview map and not in the IOF Eventor.



Violation of the embargoed area leads to disqualification.

General information	
Classes	Elite (O - open, P - physically challenged, J - juniors), A
Courses	Free order of control picking between start and finish of the course.
Recording system	<p>Control cards with punchers will be used in PreO competition. Sportident will not be used.</p> <p>Please, bring your own puncher. Some punchers will be possible to borrow at the start.</p> <p>ANT system will be used in TempO competition.</p>
Start list	The start of the competitors will follow the start list, which is published on the competition website.
Maps	<p>Maps are printed on Pretex paper. Therefore, the PreO maps will not be protected in plastic covers. If you want, you can bring your own plastic cover.</p> <p>The maps should be returned at the finish.</p> <p>The maps will be returned to competitors after the start of the last competitor.</p>
Zero tolerance	<p>The general Zero tolerance is 4 m without exception.</p> <p>During course planning we considered a new Guidance for Zero Problems. As it is a new recommendation where in some situations used Zero tolerance should be bigger, we wrote used Zero tolerance next to the control descriptions for specific controls. This information is marked with ZT.</p>




Time controls and TempO stations	Loose maps will be prepared at the time controls and TempO stations. If you rather use bounded maps or point the answers, inform the marshal at each station.
Traffic	Traffic will not be restricted on the route where the PreO Training and PreO competition will take place. Traffic is usually very sparse, but be careful and take care of your safety.
Electronic devices	The use of other electronic devices is prohibited during the competition. This is especially true for mobile phones. Violation of this rule leads to disqualification.
Jury	Pavel Ptaček, Martin Fredholm, Koji Chino.
Results	The results will be published at the PreO and online at the TempO.
Prize giving ceremony	The overall ranking of Menina TrailO 2022 will be the sum of the point (calculated according to CHIS Cup formula used also in TORUS) of the two competitions. The top three competitors in classes A, Elite Physically Challenged, Elite Juniors and Elite Open will be awarded. The prize giving ceremony will take place on Sunday next to the Competition Center.


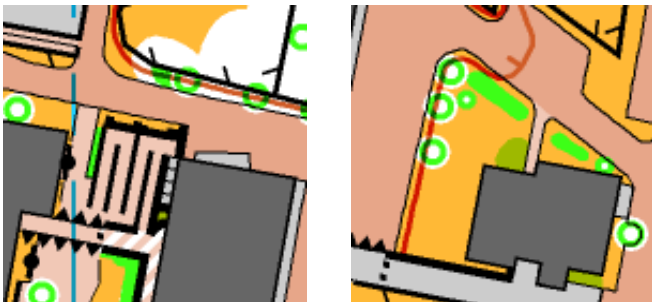
PreO Training, Saturday

Start	9:30 - 14:00
Distances	<ul style="list-style-type: none"> • CC (Competition Center) - START: 0 m • FINISH - CC: 0 m
Map	1:4000 / E = 2.5m, ISSprOM 2019-2 Mapped by Lauri Kontkanen in 2015. Special symbol: green X – bigger root stock.
Courses	Training 15 AZ controls, no time controls, 650 m / 10 m, time limit: 65 min. (O, J), 80 min. (P) Times on the course will not be measured. Forbidden crossing lines are not marked on the terrain.

PreO, Saturday

First start	12:00, START LIST
Distances	<ul style="list-style-type: none"> • CC (Competition Center) - START: 340 m • Parking - CC: 120 m • Parking - START: 220 m • FINISH - CC: 1250 m
Maps	1:4000 / E = 2.5m, ISSprOM 2019-2 Mapped by Remo Madella in 2021. Special symbol: green X – bigger rootstock.
Courses	Elite 27 controls + 2 x 3 time controls at the end of course, 665 m / 5 m, time limit: 101 min. (O, J), 121 min. (P)
Competition area and instructions	The terrain of the PreO competition is a pre-alpine pasture . The path is good gravel road. 

TempO, Sunday

First start	11:00 , START LIST
Distances	<ul style="list-style-type: none">• CC - START: 0 m• Parking - CC: 50 m• FINISH - CC: 150 m
Maps	<p>1:3000 / E = 2m, ISSprOM 2019-2 Mapped by Krešo Keresteš in 2021. Special symbol: black O – playground item, X – complex playground item. Special use of the symbol: passable wall (513.1) is used for the benches.</p> 
Courses	Elite 6 stations x 5 controls, 500 m / 5 m.
Competition area and instructions	<p>The terrain of the TempO competition is the area of a school, a dorm, and a rehabilitation center. The area is paved and adapted to disabled people.</p> 

Other information

Weather	<p>The weather will be changeable. There is a chance of thunderstorms. Note that the PreO competition will be held over 1000m higher than the TempO. This means that the temperature in PreO is expected to be 8 - 10 °C lower than in Kamnik. The precipitation radar image</p>
Sightseeing	<p>Sightseeing A festival called The Days of National Costumes and Clothing Heritage (https://narodnenose.si/en/about-the-festival/, https://www.facebook.com/dnevi.narodnih.nos.kamnik/) will be held in Kamnik this weekend. Most of the events and concerts will take place on the main square (Glavni trg). Food and home-crafted products will be also offered at the stalls. On Sunday at 15:00, a procession is planned, which will take place from Zaprice Castle, along Šutna Street, past Glavni trg, to Graben and Fužine.</p>

Officials

Organizer	Orientacijski klub Trzin
Contact person	Krešo Keresteš, kreso.kerestes@gmail.com
Event manager	Mateja Keresteš
Course planner	Krešo Keresteš
Event Adviser	Ján Furucz

We wish you a good competition at Menina TrailO 2022!