



**European Orienteering Championships**  
15-20 August 2024 – Mór, Hungary



**Bulletin 1&2**

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# Welcome

Dear Orienteering Friends,

On behalf of the Hungarian orienteering community, I warmly welcome you from all over the continent and the countries outside Europe.

I remember the EOC 2002 in Sümeg, Hungary, where races of all formats, including sprint, were staged as forest competitions – now in retrospect, a piece of history of our sport. Two decades later it is a great honour to Hungarian Orienteering to have the opportunity to host the Championships again.

In the heart of the Vértes mountains exciting competitions await you on tough, demanding continental terrain. There is also a series of training events available to get tuned to the challenge. And the accompanying Hungária Cup offers enjoyable orienteering for all spectators on the same terrain.

Together with the organising team we look forward to welcoming competitors, spectators, coaches and officials to a high quality and thrilling European Orienteering Championships!

Balázs Kovács  
President of Hungarian  
Orienteering Federation





# World Cup 2024

The World Cup 2024 consists of the following 10 competitions.

Comp.	Date	Format	Event	Venue	Country
1	25 <sup>th</sup> May	Knock Out Sprint	World Cup round 1	Olten	Switzerland
2	26 <sup>th</sup> May	Sprint			
3	1 <sup>st</sup> June	Sprint	World Cup round 2	Genova	Italy
4	2 <sup>nd</sup> June	Sprint relay			
5	17 <sup>th</sup> August	Middle	World Cup round 3 with European Championships	Várgesztes	Hungary
6	18 <sup>th</sup> August	Long			
7	20 <sup>th</sup> August	Relay			
8	27 <sup>th</sup> September	Sprint Relay	World Cup round 4	Kuopio	Finland
9	28 <sup>th</sup> September	Middle			
10	29 <sup>th</sup> September	Long			



# 1. Organisation and Contact

## Organising Committee

Event Director	Ádám Lengyel
Technical Director	Viktor Morandini
Event Office, Secretary	Ildikó Hentes
Arena, Infrastructure	István Bujdosó
IT	Sándor Ambrus
Event Director Spectator Races	Lajos Mauer, György Kiss

## Event Advisors

IOF Senior Event Adviser	Jerzy Antonowicz (POL)
National Controllers	Péter Molnár, Zoltán Mihácz

## Contact Information

Official information:	<a href="https://eventor.orienteering.org/Events/Show/6731">https://eventor.orienteering.org/Events/Show/6731</a>
Email:	<a href="mailto:info@eoc2024.hu">info@eoc2024.hu</a>
Website:	<a href="http://www.eoc2024.hu">www.eoc2024.hu</a>
Phone:	+36 70 644 7340
Training:	<a href="mailto:training@eoc2024.hu">training@eoc2024.hu</a>
Media:	<a href="mailto:info@eoc2024.hu">info@eoc2024.hu</a> (+36 70 644 7340)





## 2. Event Programme

The preliminary programme for European Championships 2024 is as shown in the table below. The final programme will be presented in Bulletin 3 and at [www.eoc2024.hu](http://www.eoc2024.hu) when the agreements for live TV are settled.

Day	Date	Event	Location
Wednesday	14 <sup>th</sup> August	Arrival + training	Várgesztes
Thursday	15 <sup>th</sup> August	Model Middle & Long + technical model	Csákberény
Friday	16 <sup>th</sup> August	Middle qualification	Csákberény
Saturday	17 <sup>th</sup> August	Middle final	Csókakő
Sunday	18 <sup>th</sup> August	Long distance	Csókakő
Monday	19 <sup>th</sup> August	Rest day	
Tuesday	20 <sup>th</sup> August	Relay	Várgesztes



## 3. Venue, Access and Transport

The event will take place in the Vértes Hills, located in the central part of Hungary, 80 kilometres from Budapest, the capital of Hungary. Event Centre will be situated in Várgesztes.

### Competition Areas

#### Middle qualification

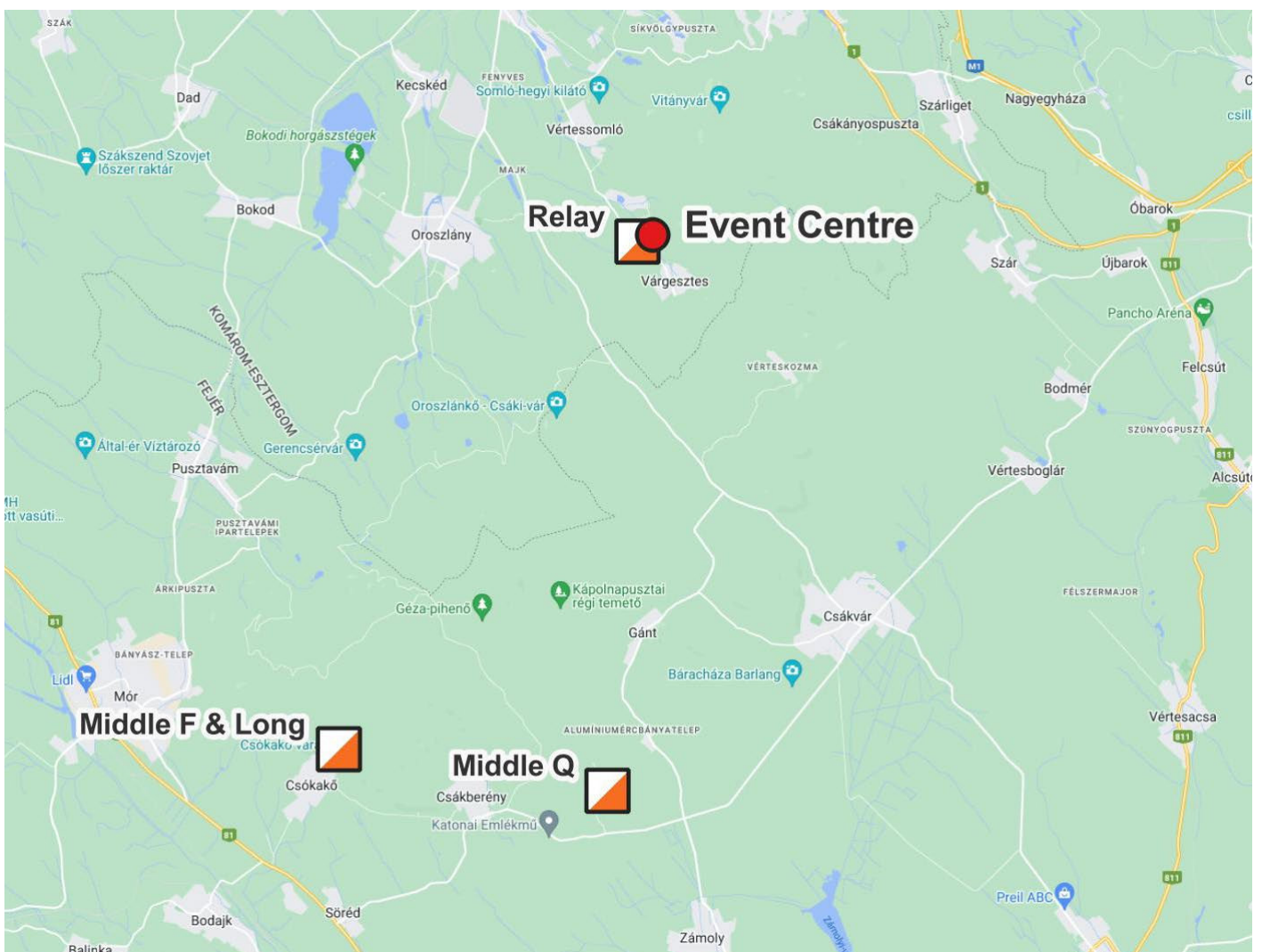
This will take place at Csákberény, 38 km (35 min of driving) from the Event Centre in Várgesztes.

#### Middle final & Long distance

These will take place at Csókakő, 43 km (47 min of driving) from the Event Centre in Várgesztes.

#### Relay

This will take place at Várgesztes (Event Centre).





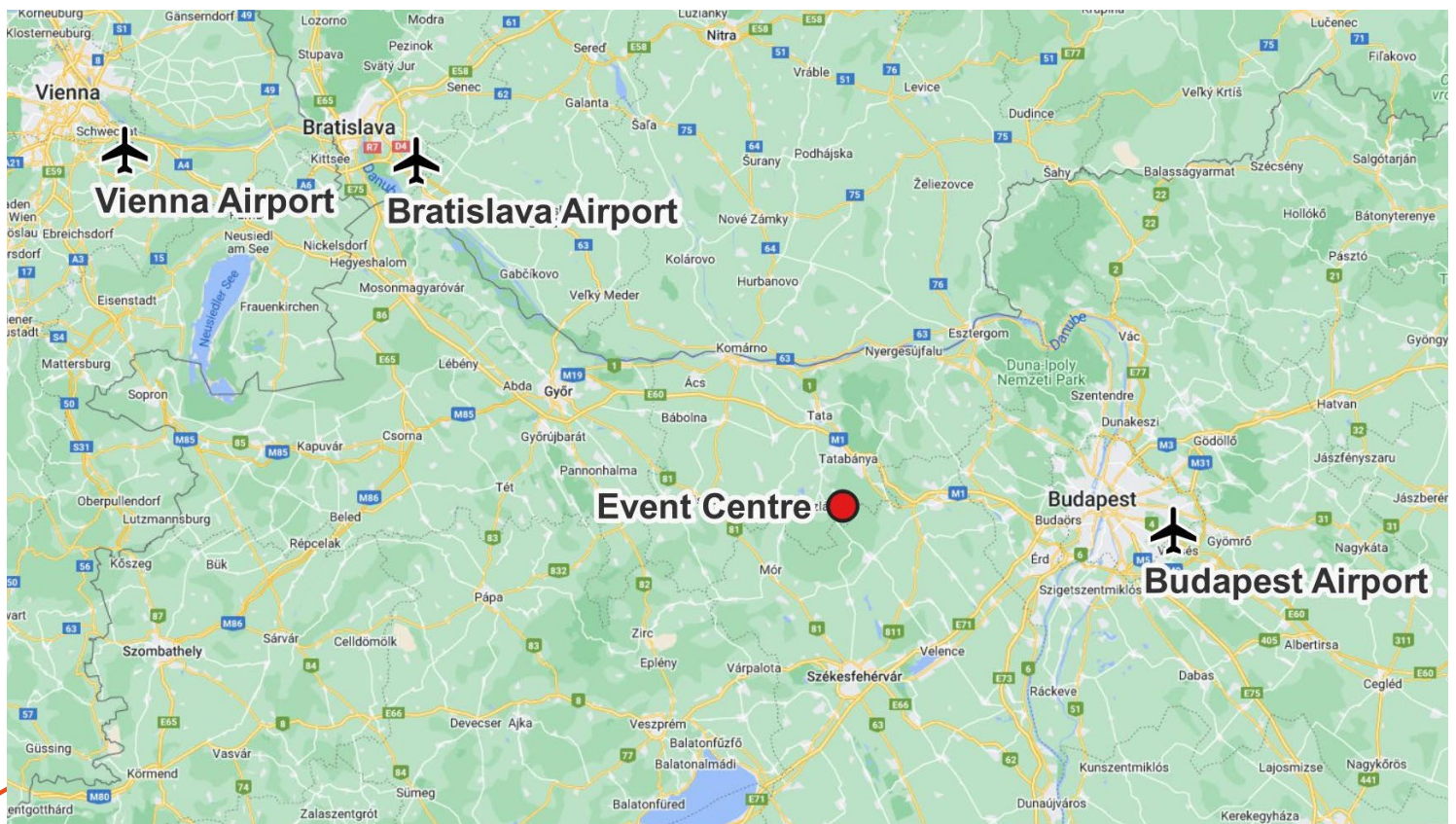
## Transport / Travel Opportunities

Teams are encouraged to use their own transport throughout the whole event. We recommend transport by car/minibus.

The nearest airport is Liszt Ferenc International Airport (Budapest Airport - BUD), which has direct air links to numerous European cities. Located in Budapest - 100 km from Várgesztes, it takes 1h 10min by car to reach Várgesztes by M1 highway.

Another option is Vienna International Airport (VIE) – 180 km from Várgesztes. It takes 1h 45min by car to reach Várgesztes by M1 highway.

The last option is Bratislava Airport (BTS) – 160 km from Várgesztes. It takes 1h 45min by car to reach Várgesztes by M1 highway.





## 4. Event Centre

The Event Centre will be located at [Villapark Várgesztes](#).

GPS coordinates: [N47.48454; E18.38759](#)

This is also the official accommodation.



## 5. Entries and Fees

### Entries and Entry Deadlines

All entries can only be made in IOF Eventor. The entry form will be available from 1st January 2024 on: <https://eventor.orienteering.org/Events/Show/6731>

- The event start date is 16<sup>th</sup> August 2024.
- The deadline for Team Size Entry is 15<sup>th</sup> June 2024 (- 2 months).
- The deadline for Team Names Entry is 7<sup>th</sup> August 2024 (- 8 days).
- The deadline for Late Entries, Changes of Team Size or Team Names for accreditation is 15<sup>th</sup> August 2024 at 12:00.

	1st January at 00:01 Start of entry	15th June at 23:59 Team size deadline	7th August at 23:59 Team names deadline	15th August at 12:00 Late entries and changes deadline
			7th August at 23:59 Entry deadline	16th August Event start date
Team size entry periods	Team size	+20% (80% refund)	+50% (50% refund)	EVENT
Team name entry periods		Team names	+ 10 EUR	
Payment schedule		Payment		Pay/refund changes

### Team Size Entry

The following information shall be given:

- Team manager (chosen from list in IOF Eventor)
- Number of Team athletes (Men and Women)
- Number of Team officials
- Number of Team athletes in the individual races (Federation Quota will be published by the IOF)
- Number of teams for the relays

There is no maximum number of officials per team.

## **Team Names Entry**

The following information shall be given:

- Name of each Team athlete by selecting from federation members in IOF Eventor
- Ordering of rental SIAC cards

## **Competition Entries**

- Names of the athletes and, if required, their starting group, shall be entered in IOF Eventor before 12:00 (noon) on the day before an individual competition.
- Names of the athletes and their running order shall be entered in IOF Eventor before 12:00 (noon) on the day before a relay competition.

## **Late Entries, Changes of Team Size or Team Names**

Late Entries and changes will be accepted, if possible until 15<sup>th</sup> August 2024 at 12:00. No late entries or changes will be accepted after that date. Late entries and changes will always have a defined extra cost (surcharge).

## **Entry Changes**

- 15<sup>th</sup> June – 7<sup>th</sup> August 2024 – surcharge 20% on new entries, withdrawals receive a 80% refund.
- 7<sup>th</sup> August – 15<sup>th</sup> August 2024 – surcharge 50% on new entries, withdrawals receive a 50% refund.
- After 15<sup>th</sup> August 2024 12:00 CET – no other entries or changes will be accepted.

## **Name Changes**

- 7<sup>th</sup> August – 15<sup>th</sup> August 2024 – surcharge 10 EUR
- Changes of names for competition according to IOF rules, no fee.

Late entries and changes will always be treated equally and must be communicated directly to the organiser on [info@eoc2024.hu](mailto:info@eoc2024.hu). The organiser makes the changes in IOF Eventor after deadlines





## Entry Fees

Accreditation fee for athletes <sup>1</sup>	110 EUR
Accreditation fee for team officials <sup>1,2</sup>	110 EUR
Middle distance <sup>3</sup>	140 EUR
Long distance	110 EUR
Relay (team)	270 EUR
SIAC card rent <sup>4</sup>	15 EUR

Notes to the entry fees:

1. Accreditation fee covers model events, parking and a set of competition maps.
2. For teams where the function of the team official is performed by an athlete, there will be no charge for a team official.
3. Middle distance fee contains participation in the model event, qualification and final (either A or B).
4. Per person per week. The pre-ordered rental SIAC cards will be handed out in the Event Office as a part of the accreditation. A team manager shall return all rented SIAC cards at the Event office after the last race. Any missing or lost SIAC-card will be charged with a fee - 60 EUR. SIAC cards must be ordered with team names entry (7<sup>th</sup> August 2024).

## Payments

After the Team Size deadline (15<sup>th</sup> June 2024), the organiser will invoice the federation for entries and services. If you need any particular data on your invoice, please write your inquiry before that date to [info@eoc2024.hu](mailto:info@eoc2024.hu). The invoices should be paid before Team Names deadline (7<sup>th</sup> August 2024). If the Federation has done changes after that date, it will be paid/refunded on the event at the Event Office at the latest. All bank costs must be covered by the payer.

Please note that we will add a late payment fee of 10 EUR per person for late payment!

### Payment details

Bank:	MagNet Bank (H-1062 Budapest, Andrásy Ave 98.)
IBAN:	HU11 16200010 10111077 00000000
BIC (SWIFT):	HBWEHUHB
Account owner:	Tabáni Spartacus SKE
Reference:	Invoice number

## 6. Accommodation and Food

### Accommodation for Teams

The official accommodation is [Villapark Várgesztes](#) next to Várgesztes at the same complex as the Event Centre.



[Comfort apartment houses](#) can be booked here with wide living room and an open kitchen with every accessories like microwave, a fridge, cooking equipment and a coffee machine. Each house has 4 rooms with 2 beds in each one (maximum capacity: 8 person) and 2 bathrooms. Cars can be parked safely on the parking place next to the house. With the booking of the house you gain access to the [wellness pools](#) and the [sauna](#).





Aqua plus apartment houses can also be booked. In these villas everything can be found what is included in the comfort apartment. However downstairs you can find your own wellness section: a 20 square meter heated indoor swimming pool and a Finnish sauna. A wide open kitchen with all kitchen accessories for 8 persons and the lovely living room with leather sofa, LCD TV and a direct exit to the terrace. On the first floor there are 4 bedrooms and a big bathroom with separate shower and bath.



### Category

### Price / house

Comfort Apartment House  
(max. 8 person)

265 EUR / night

Aqua Plus Apartment House  
(max. 8 person)

440 EUR / night

Apartments can be booked for less than 8 people but only on the same price, no discount provided. If you are coming with a smaller team and searching for some competitors to share the house with just send this request to us by booking.

Meals can only be ordered with the accommodation on the following prices:

Breakfast	14 EUR / person
Dinner	23 EUR / person

Lunch can be ordered in the restaurant (à la carte).

The organiser has reserved a fixed number of apartments at discounted rates. These must be booked via [info@eoc2024.hu](mailto:info@eoc2024.hu). The principle “first-come, first-serve” applies. Latest date for reservation of the official accommodation is **15<sup>th</sup> May 2024**. After that date we can not guarantee the availability of any house!

There are some hotels, hostels and other accommodation facilities in the area (Mór, Oroszlány, Székesfehérvár). Teams are allowed to book their own accommodation besides the accommodation provided by organisers.

## Food

In the quarantine and the team zone in the arenas, we offer refreshments and water. Hot and cold food and drinks will be for sale in the arenas.

Most hotels, restaurants and grocery stores have a variety of food options, also for special diets, vegetarians, and allergy sufferers.





# 7. Embargoed Areas

## Embargoed Areas Information

According to the IOF Competition rules (§ 26.5), embargoed areas are forbidden for all potential European Championships 2024 athletes, team officials and other persons, who, through knowledge of the terrain, may influence the results of the competitions. All embargoed areas are 'strict embargo'. More information and maps are available on <https://eventor.orienteering.org/Events/Show/6731> and the website [www.eoc2024.hu](http://www.eoc2024.hu).

### Embargoed Areas

- Gránás (Middle Q)
- Csákberény (Middle F & Long)
- Várgesztes 1 & 2 (Relay)
- Kőhányás 1 & 2 (Reserve area for Middle & Long)
- Vérteskozma (Reserve area for Relay)

A detailed interactive map can be found [here](#).

Old maps of the areas will be uploaded to the website [www.eoc2024.hu](http://www.eoc2024.hu).



# 8. Training

## Official Training Events

### 1. Autumn Spartacus Cup 2023

More information will be provided [here](#).

Preliminary programme:

Day 1	04.11.2023.	Long Distance	Vértes Mountains
Day 2	05.11.2023.	Middle Distance	Vértes Mountains

### 2. Spring Spartacus Cup 2024 & Central European Youth Orienteering Cup (CEYOC)

More information will be provided [here](#).

Preliminary programme:

Day 1	05.04.2024.	Relay	Vérteskozma
Day 2	06.04.2024.	Middle Distance	Vérteskozma
Day 3	07.04.2024.	Long Distance	Vérteskozma

### 3. Selection races

More information will be provided on [www.eoc2024.hu](http://www.eoc2024.hu)

Preliminary programme:

Day 1	27.07.2024.	Middle Distance	Szárliget (Zuppa)
Day 2	28.07.2024.	Long Distance	Szárliget (Zuppa)



# Open Training Camps

## 1. Open training camp with Autumn Spartacus Cup 2023

**Date:** 02-07.11.2023

Programme: The training camp will be organised around the Autumn Spartacus Cup. On the competition days, no second training will be held. On the other 4 days, 2 open trainings will be held daily on the official training terrains.

Details will be published in August 2023 on [www.eoc2024.hu](http://www.eoc2024.hu)

## 2. Open training camp with Spring Spartacus Cup & CEYOC 2024

**Date:** 04-09.04.2024

Programme: The training camp will be organised around the Spring Spartacus Cup. On Saturday and Sunday, no training will be held. On the other 3 days, 2 open trainings will be held daily on the official training terrains.

The details will be published in November 2023 on [www.eoc2024.hu](http://www.eoc2024.hu)

# Individual Trainings

## Terrain Restrictions

The terrains are generally open for training between 1<sup>st</sup> April and 31<sup>st</sup> July.

The terrains are generally not available for training due to the hunting season from 1<sup>st</sup> August until 31<sup>st</sup> October.

From 1<sup>st</sup> November until 31<sup>st</sup> March the availability depends on a number of stakeholders, please consult us regarding the possibilities.

Night training is generally not possible, please contact us if you would still like to do this kind of training and we will try to find a solution.

## Register for a Training

You have to register for training minimum 2 weeks prior to it's date in order for the organiser to request permission!

The application form (Excel) can be found on our [website](#). Please send it back with the necessary data to [training@eoc2024.hu](mailto:training@eoc2024.hu)

## Permission

For every individual training you need a permission from the organisers!

Without a permission it is forbidden to use any of the terrains for orienteering.

We would like to emphasize again, that you have to register for a training minimum 2 weeks before it's date otherwise the permission may not arrive in time.

Please contact us: [training@eoc2024.hu](mailto:training@eoc2024.hu)

## Courses with Permanent Controls

There are fix courses on various terrains. These will be available from 1<sup>st</sup> April 2023.

The maps will be published in bad resolution to [www.eoc2024.hu](http://www.eoc2024.hu). If you want to use these, please contact us on [training@eoc2024.hu](mailto:training@eoc2024.hu)!

The planned courses can be found in the table below.

The controls will be marked with a wooden stick in the ground.

These are only visible when you are next to the control site.

## Parking Possibilities

We marked the parking possibilities on the [embargoed areas map](#) with a blue „P” symbol.

The closed roads are also marked on the map with a red barrier symbol. Please strictly avoid these roads, otherwise you and the organisers may be penalised.





## Prices

The following prices are valid only for individual trainings! In open training camps the prices may differ from these and will be determined in the open training camp's own information booklet.

### Prices for training maps

Price of map usage (without controls)	3 EUR / person / training
Price of map usage (with permanent controls)	4 EUR / person / training (+ map usage, printing)
Map printing (by organiser)	1.5 EUR / A4 map 2 EUR / A3 map
Organised training with SportIdent	100 EUR + 5 EUR / control point (+ map usage, printing)
Organised training only with flags	50 EUR + 3 EUR / control point (+ map usage, printing)

The above prices include a good quality .jpg map files.

The price for OCAD file is 50 EUR/terrain or 300 EUR for all terrains. Each federation (nation) should buy these once. In a joint training each participating federation (nation) should buy the OCAD files.

Examples:

You buy an OCAD file for a terrain and hold 2 trainings for 10-10 people which you print for yourself:

Price:  $50 + (10+10) \times 3 = 110$  EUR

You only use maps with permanent controls and hold 3 trainings for 5 people. You also need printing:

Price:  $(5+5+5) \times (4+1.5) = 82.5$  EUR

You ask for an organised training for 10 people with 20 controls. You do not need OCAD file but asked for printing:

Price:  $10 \times (3+1.5) + (100+ 5 \times 20) = 245$  EUR

## Training Terrains

The training terrains are marked on the [embargoed areas map](#) with **blue** and **yellow**.

Name	Survey	Last used for competition	EOC mapper?	Sample	Open	Relevance	Size [km <sup>2</sup> ]	Fix Courses
Öreg-kotló	2024 (LIDAR)	2024 (CEYOC)	Partly	<a href="#">LINK</a>	Only open after Spring Spartacus Cup 2024!	All competitions	11,5	None
Kápolna-puszta 2	2023 (LIDAR)	2023 (Hungarian Middle Distance Championships)	Partly	<a href="#">LINK</a>	Only open after Autumn Spartacus CUP 2023!	All competitions	14,5	None
Zuppa	2023 (LIDAR)	2024 (Selection Race)	No	<a href="#">LINK</a>	Only open after the EOC2024 Selection Race!	All competitions	8	None
Szépvízér	2022 (LIDAR)	2022 (Hungarian Long Distance Championship)	Yes	<a href="#">LINK 1</a> <a href="#">LINK 2</a>	See above	Middle Q, Relay	9	1 Middle course 1 Long Course
Gém-hegy	2021 (LIDAR)	2021 (WMOC)	Yes	<a href="#">LINK 1</a> <a href="#">LINK 2</a>	Only open after Spring Spartacus Cup 2023!	All competitions	11,5	1 Middle course
Ingókő	2021 (LIDAR)	2022 (Spring Spartacus Cup) 2021 (WMOC)	Yes	<a href="#">LINK 1</a> <a href="#">LINK 2</a>	See above	Middle Q, Relay	11	None
Kápolna-puszta 1	2021 (LIDAR)	2021 (Autumn Spartacus Cup)	Partly	<a href="#">LINK</a>	See above	All competitions	9.5	1 Long course
Kiskotló	2018	2018 (Central European Youth Orienteering Championship)	Partly	On request.	Only organised training possible!	Middle F, Long F	1,5	None
Kőhányás 3	2020	2020 (Autumn Spartacus Cup)	No	<a href="#">LINK 1</a> <a href="#">LINK 2</a>	See above	Relay	2,5	1 Middle course 1 Long Course
Szálláskút	2019	2019 (Spring Spartacus Cup)	Partly	<a href="#">LINK</a>	See above	Long F	11	1 Middle course



# 9. Rules and General Information

## Competition Rules

The complete rules for the World Cup 2024 consist of:

- IOF Orienteering Competition Rules valid from 2024
- IOF Orienteering World Cup Special Rules for 2024
- National Quota for FootO WOC and World Cup 2024

Latest versions of the Rules are found on the [IOF webpage](#). Runners are awarded World Cup points as per 2024 World Cup Special Rules.

## Classes and Participation Restrictions

There are two classes, Women and Men. Participation restrictions, classes and qualification system will follow the World Cup Special Rules for 2024.

## Anti-doping

Doping is strictly forbidden, and the organizers of the World Cup are dedicated to supporting the Anti-Doping authorities in their work. Doping controls may be carried out at any time during the competitions in accordance with the procedures described in the WADA International Standard of Testing and Investigations. The latest IOF Anti-Doping rules and the World Anti-Doping Code applies. Athletes who are selected for doping control must bring an official identification (with photo) to the doping test area. The athlete should also present the personal therapeutic use exemption (TUE) if applicable. In general, it is advisable that athletes take their ID to all competitions and events.

Further information on [IOF Anti-Doping web page](#).

## Insurance and Liabilities

The organisers decline any liability that might occur through participation in the IOF World Cup Events and Trainings. Each person participates at their own risk and is responsible for their own insurance coverage (illness and accident).

There are no other peculiarities for this event.



## Climate and Hazards

August is a warm month in Central Hungary, it brings some of the sunniest days with an average of 13 hours of sunshine. During the Event, temperatures during the day climb to around 27°C and often as high as 30°C, while at nights fall to 15°C. It is a bit cooler in the forest. Average August rainfall is 71.1mm. Expect to see some light to moderate rain and a chance of thunderstorms in the afternoons. August is quite calm with an average wind speed below 10 km/h. Humidity is also low during August.

Ticks, carrying Tick-borne encephalitis and Lyme-disease are present.

## VISA

You don't need a visa when entering Hungary if you are a citizen of a European Union country. Other international travellers may be required to hold a Hungarian visa prior to travel to Hungary, depending on your citizenship. For visa waiver agreements, please visit the homepage of the Ministry of Foreign Affairs of Hungary at <https://konzinfo.mfa.gov.hu/en/visa-free-travel-hungary>.

## Athlete's Licence

All participants need a valid IOF Athlete licence. To have a valid licence, the athlete needs to sign an athlete licence form and pay an annual fee of 40 EURO. From 2023 and onwards it is a digital process for athlete license that every athlete need to go through every year. Payments of the annual licence fee is done in IOF Eventor, please consult the IOF Eventor Guide regarding this.

Please note that IOF Athlete License holders are for the first time required to complete an e-learning course on Fair Play to have a valid license. The IOF Fair Play Education is available through e-learning courses on [education.orienteering.sport](https://education.orienteering.sport).

To find the rules and forms and more information, please consult: [Athletes licence](#)

If you have questions about IOF Athlete licence, please contact the IOF Office on [iof@orienteering.sport](mailto:iof@orienteering.sport).



## 10. Media Services

Journalists, photographers, camera personnel and social media content creators are welcomed. All registrations will be made in IOF Eventor. Further information, instructions and registration deadlines will be part of Bulletin 3.

A Media Centre is located at the Event Centre. In the arenas, the Media Centres are equipped with all the necessary communication facilities. Special access to the terrains may be provided to accredited photographers.

All participants accept, that photos and videos taken of them during the competition can be published in printed or online media.

More information: [info@eoc2024.hu](mailto:info@eoc2024.hu)

## 11. Competition Information

### Punching System

SPORTident Air+ punching will be used for all competitions. OWC participants are requested to use a SIAC card provided by the organisers (free of charge) as primary SIAC during the event. The participants requested to use their own SIAC cards as secondary SIAC during the event or they should rent one. The organiser will offer SIAC cards for rent, they can be booked through IOF Eventor as a service with team names entry (7<sup>th</sup> August 2024).

Detailed punching procedure will be presented in Bulletin 4.

### GPS Tracking

In every race, competitors shall carry a GPS tracking device if selected. It has to be carried on the back of the competitor in an elastic harness.

GPS tracking will be used for live TV production, arena production on the big video screen and live on-line transmission.

Detailed information about allocation and picking up the GPS units will be presented in Bulletin 4.

### Clothing

There are no regulations regarding clothing. The choice of footwear is free.

## 12. Event Information

### Terrain

#### Middle Q

Land form (contours)	Moderately hilly area with many erosion features (spurs and small re-entrants), man-made pits and trenches
Stones, rocks	Most parts have close to no stones, certain areas have many stones and medium sized rocks and cliffs.
Vegetation	Diverse, ranging from the large, open and semi-open areas with irregular thickets and bushes to forested areas.
Run ability	Generally good runnability, reduced in the green areas.
Visibility	The visibility is very good in the open and “white” forest areas, while limited at this time of year in the green parts.
Track density	Medium density network of paths and forest roads.
Any special features	There are multiple visible marks of human activity, such as hunting objects and remnants of world war era military pits and trenches.

#### Middle F & Long

Land form (contours)	Flat highlands and long ridges cut through by 50-75 meter deep valleys, some parts have detailed contours.
Stones, rocks	Flat parts have close to no stones, steeper parts have many stones, dolomite cliffs.
Vegetation	The vegetation is mixed deciduous forest together with a few open areas and areas with thicker vegetation.
Run ability	Generally good runnability, reduced by stony and steep slopes and green areas.
Visibility	The visibility is very good in the open and “white” forest areas, while limited at this time of year in the green parts.
Track density	Developed network of paths and forest roads.
Any special features	





## Relay

Land form (contours)	Hilly area with many erosion features (spurs and small re-entrants) and a smaller number of man-made pits
Stones, rocks	Most parts have close to no stones, certain areas have many stones and medium sized rocks.
Vegetation	The vegetation is mixed deciduous forest together with a few open areas and areas with thicker vegetation.
Run ability	Generally good runnability, reduced by stony and steep slopes and green areas.
Visibility	The visibility is very good in the open and “white” forest areas, while limited at this time of year in the green parts.
Track density	Medium to high density network of paths and forest roads.
Any special features	There are multiple visible marks of human activity, such as hunting objects and remnants of world war era military pits and trenches.



## Maps

Discipline	Scale / contour interval	Specification	Map makers
Middle Q	1 : 10 000 / 5 m	ISOM2017-2	Gábor Forrai, Miklós Forrai
Middle F	1 : 10 000 / 5 m	ISOM2017-2	Ábel Sulyok
Long	1 : 15 000 / 5 m	ISOM2017-2	Ábel Sulyok
Relay	1 : 10 000 / 5 m	ISOM2017-2	Zoltán Dénes

## Courses

Discipline	Class	Winning time (min)	Preliminary length (km)	Course setter
Middle Q	Women	25	3.9	Erik Kálmán
	Men	25	4.5	
Middle F	Women	34	4.5	Péter Györgyi
	Men	32	5.5	
Long	Women	90	12.4	Krisztián Liszka
	Men	90	15.3	
Relay	Women	105 / team	5.5	Gábor Forrai, Miklós Forrai
	Men	105 / team	6.5	





## 13. Spectator Races

In parallel to the EOC competitions, public races – Hungaria Cup - will take place. Public races give a good opportunity to test your own abilities on the same terrain as elite runners. 4 out of 5 stages will be in the same terrain as EOC. There will be an extra prologue race also in the old mine next to Gánt.

Day	Date	Distance
Day 0 (Prologue)	15 <sup>th</sup> August	Middle, only open categories
Day 1	16 <sup>th</sup> August	Middle
Day 2	17 <sup>th</sup> August	Long
Day 3	18 <sup>th</sup> August	Middle
Day 4	19 <sup>th</sup> August	Long
Day 5	20 <sup>th</sup> August	Shortened long

More information will be available on the [official website of Hungaria Cup](#).







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