

BULLETIN 2

SPRING CUP 2016

April 16-17, 2016
Trakai, Lithuania



Pavasario Taurė - Spring Cup 2016

**2 WRE events (Middle and Long distances)
2016.04.16- 2016.04.17**



Event patron: Mayor of Trakai district - Edita Rudelienė.



Event organization:

OK „Medeina“

Event director: Dovilė Lažinskienė

Maps and courses: Rimvydas Kutka

IOF event adviser: Rimas Jovaišas



Contacts:

Rimvydas Kutka +37068544037

tukmir@gmail.com



Programme:

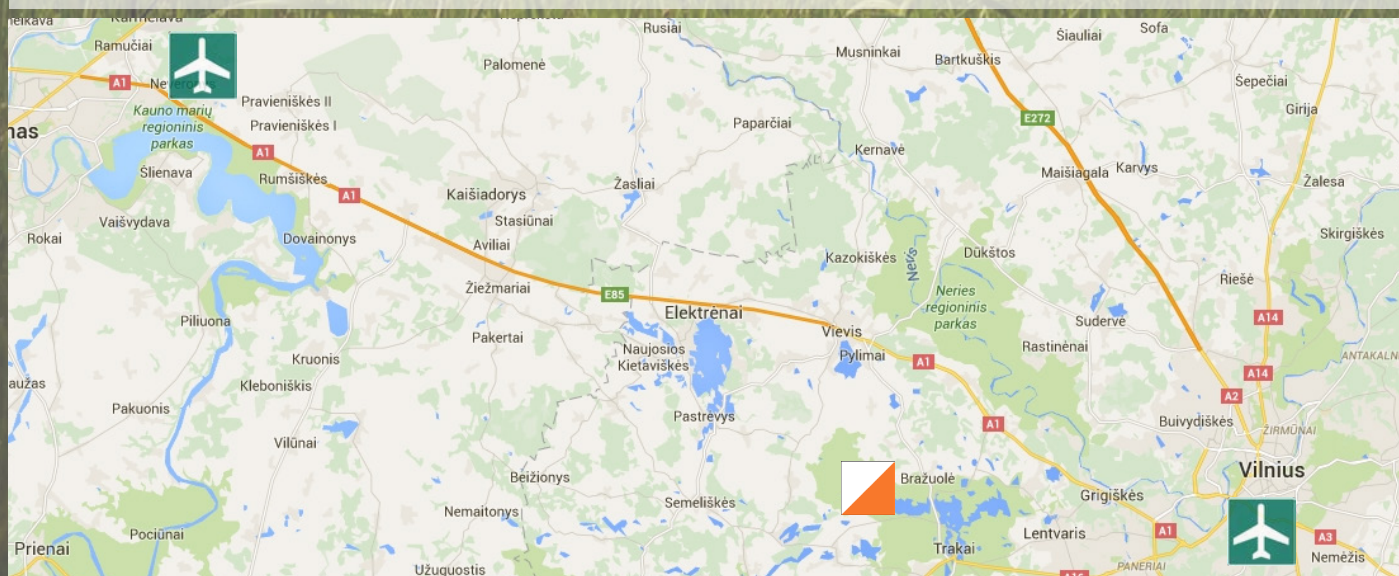
16.04.2016. Middle distance (WRE). Start 14:00

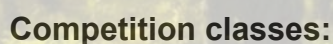
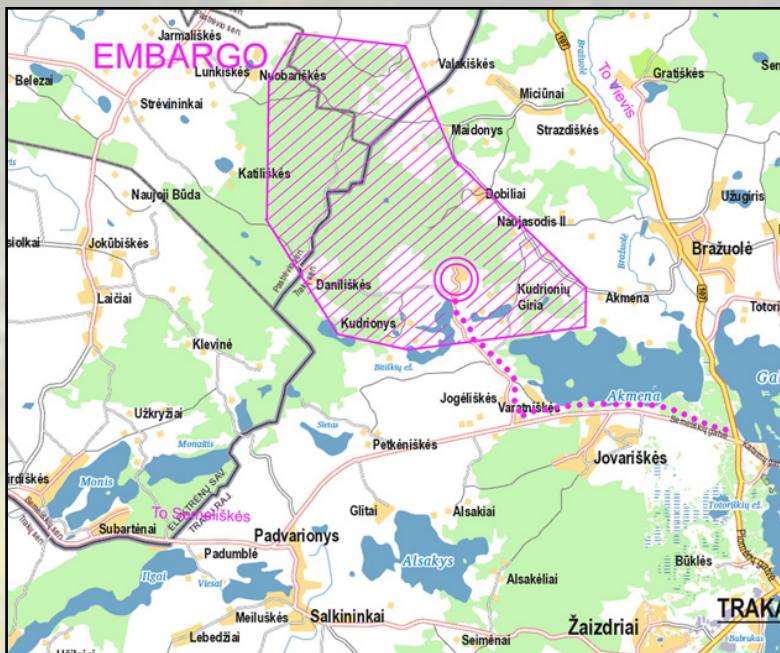
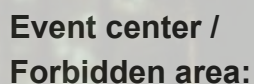
17.04.2016. Long distance (WRE). Start 12:00



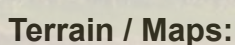
Venues- Getting there:

Kudrionių poilsio kompleksas, Trakai District (8 km from Trakai).





WM 12, 14, 16, 18, 20, 21 (WRE),
21A, 21B, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85



1-st day 16.04.2016 (WRE) – Middle distance.

Scale 1:10 000 , contours 2,5 m.

For classes MW 12, 65+ map scale 1:7 500, contours 2,5 m.

Map is made late 2015 and spring 2015 using LIDAR data.

Land surface forms are medium and small. There are depressions and hills of various sizes, some of them have very steep slopes.

Biggest slopes are up to 25 meters. A lot of uncrossable marshes, mostly made by beavers. Only few roads and paths. Runnability is middle level.

80% of terrain was never used for orienteering before. A lot of rides about 10 m wide from forest clearing works.

Part of the terrain 25-30 years ago was farmland, now it is derelict land partly forested.



There will be model map available in competition centre.

MW 21(WRE) winning times: 30-35 min

Start interval 2 min.

Distance from CC to start apr. 1,0-1,5 km.

All runners will run with bibs.



2-nd day 17.04.2016 (WRE) – Long distance.

For classes MW 21(WRE), 21A,35,40,18,20, map scale is 1:15 000 , contours 5,0 m.

For classes MW 12, 65+, map scale 1:7 500, contours 2,5 m

All other classes Scale 1:10 000 , contours 2,5 m.

Map compiled from three maps: 1st day middle distance, Long course of 2015, 2009 (Rusakalnis) and some new terrain never used for orienteering before. Revised in spring 2016 using LIDAR data.

For MW (WRE) – start times will be generated according to a results of Middle course.

W 21(WRE) winning times: 70-80 min

M 21(WRE) winning times: 90-100 min

Start interval 3 min for all classes.

Distance from CC to start apr. 1,0-1,5 km.

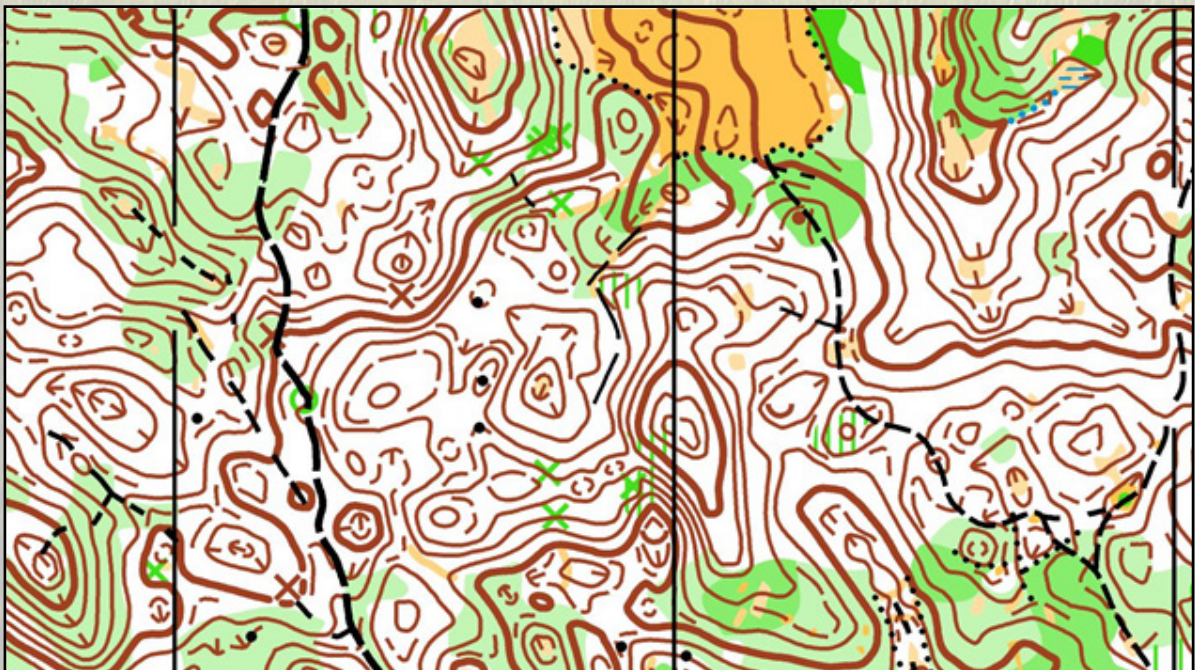
All runners will run with bibs.



Courses:

GRUPÈS/ COURSES	VIDUT./MIDDLE	ILGA/ LONG
M21E	6,5	16,0
M35,M40	5,5	11,5
W21E	5,0	10,5
M18,M20	5,0	10,0
M45,M50, M21A	5,0	9,5
W35,W40,W18,W20	4,3	7,5
M55,M60	4,3	6,0
W45, W50, W21A	3,8	5,5
M65,M70,W55,W60	3,4	5,0
M75,W65,W70	3,0	3,5
M80,W75	2,5	2,5
M16,M21B	4,3	5,0
M14,W16,W21B	3,5	4,0
W14	2,8	2,7
M12,W12	2,0	2,2

Map example:





Entries:

Online entry is available on the [DBTopas website](#).

Deadline for the entries is Monday, 4th April 2015. After 4th April only vacant places will be available, though entry fee will be double(of regular price).

Classes MW21E. It is possible to enter to the WRE via [IOF Eventor](#).



Entry fees:

		1-100	Till 160208	Till 160328	Till 160404	Extra Fee**	SI rent
		Entries*	Reduced Price	Regular Price	Late Price		For 1 Day
MW21E	€	14	18	22	30	3	1
MW 21-60	€	12	16	18	22	2	1
MW 20, 65+	€	10	12	14	18	2	1
MW 14-18	€	8	8	12	16	1	0.5
MW 12	€	6	6	10	12	1	0.5

* For the registered 1-100 competitors overall classes according: [DBTopas](#)

** entry fee for one day - half price plus extra fee

Payments:

All international runners groups of 6 people or more should pay entry fee by bank transfer till 11 th of April. Smaller groups or individual runners may as well pay cash on arriving in EC.



Registration cancelation is accepted until 05.04.2015 through DB Topas website.

Bene iciary: Kauno orientavimosi sporto klubas Medeina

Bank name: SEB bank

SWIFT: CBVILT2X

IBAN: LT897044060003104436

Note: All bank transfers fees must be covered by payer.



Additional competitions:

Trail –O 2016. 04.16/17

**Punching System:**

SPORTident system will be used. All participants that do not have SI cards may rent it in the event centre.

**Prizes:**

3 best runners in all classes will receive prizes in overall ranking.

MW21E: Money Prizes in overall ranking:

1 st place – € 300, 2 nd place – € 200, 3 rd place - € 100, 4-6 places - € 50.

**Special Notes:**

Competitors take part on their own risk and responsibility.

There will be no risk or insurance covered by organizers.

**Accommodation/ visas:**

Accommodation in Trakai district:

<http://www.trakai-visit.lt/en/accommodation>

<http://www.atostogoskaime.lt/lt/kaimo-turizmas/traku-rajone>

List of countries citizens of which may enter Lithuania without a visa as well as information on how a visa can be obtained can be found on the following website:

<http://www.migracija.lt/index.php?1015128441>

**Sightseeing and cultural attractions:**

Trakai historical national park is in UNESCO world heritage tentative list.

<http://www.trakai-visit.lt/en/trakai>

<http://whc.unesco.org/en/tentativelists/1821/>

**Training:**

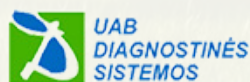
There are good training possibilities in a nearby areas, similar terrains.

Competitors who are interested in coming earlier may contact organizers for training maps and accommodation recommendation.

General sponsors:



Sponsors:



TRIMTEX

Participate:





Special thanks to:

Prof. dr. Alfonsas Sigitas Tamošiūnas

Donatas Kazlauskas

Kestutis Jokubauskas

Jonas Liesys

Jonas Gediminas Gvildys

Julius Meškauskas

Julius Ptašekas

Marius Ptašekas

Ričardas Zlatkus

Rimantas Krasuckis

Svajūnas Ambrasas