

BULLETIN 3

SPRING CUP 2016

April 16-17, 2016
Trakai, Lithuania



Pavasario Taurė - Spring Cup 2016

2 WRE events (MIDDLE and LOND)
2016.04.16- 2016.04.17



Event patron's greeting:

Region of Trakai is one of the most visited places in Lithuania, attractive not only for it's history, nature, architectural uniqueness, but also cultural and sport events.

Over 500 participants from ten countries will participate and compete in international orienteering competition in this region. Race will take place in the surroundings of the awakening spring where athletes will become acquainted with the unique Region of Trakai, identifying the best athletes in this sport.

Such international events and the medals won will no doubt make orienteering sport more popular in both, Trakai and across the country, will give a new momentum to the attractiveness and the development of the sport in our region.

Patroness of International orienteering competition "Pavasario Taurė (Spring Cup) 2016"

Trakai District Municipality Mayor - Edita Rudelienė



Event organization:

OK „Medeina

Event director: Dovilė Lažinskienė

Maps and courses: Rimvydas Kutka

IOF event adviser: Rimas Jovaišas

Jury: Antanas Paužas, Devis Žilovas, Romualdas Veršinskas



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Programme:

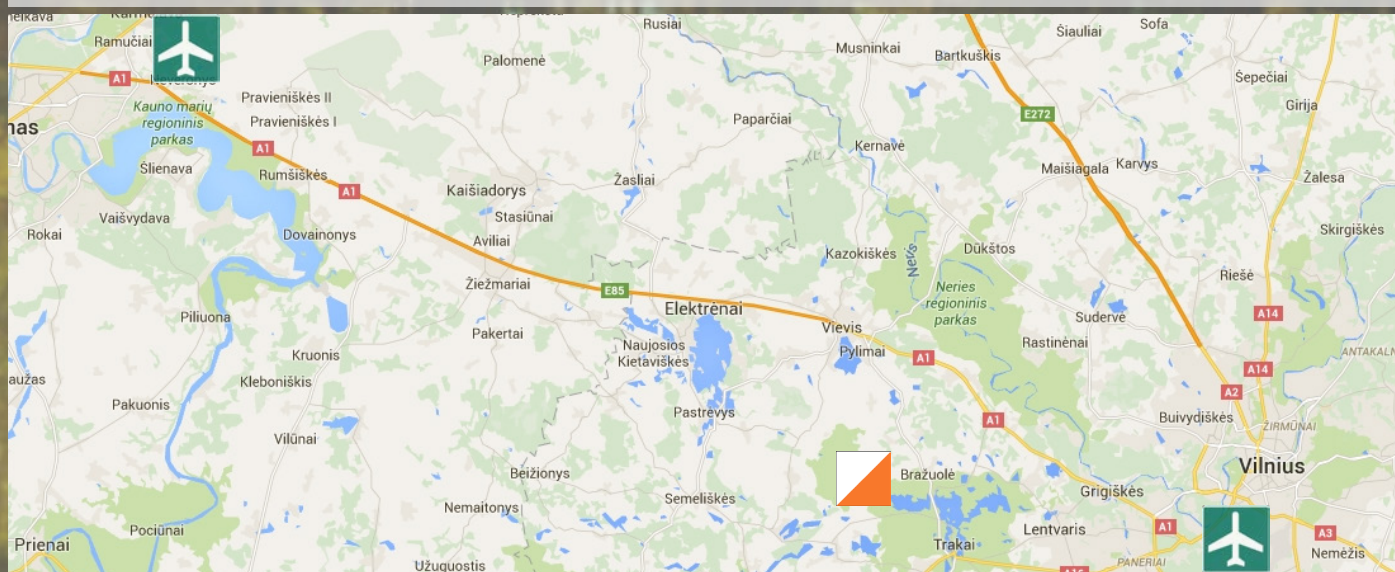
16.04.2016. Middle distance (WRE). Start 14:00

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

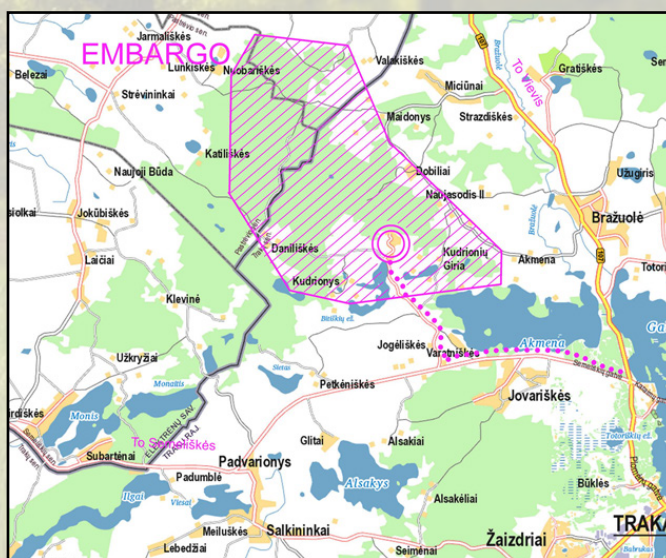


Venues- Getting there:

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



Event center / Forbidden area:



Competition classes:

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



Terrain / Maps:

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.



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 no quarantine zone for elite runners.

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 - 1,1 km.

All runners will run with bibs.



Middle distance - Courses:

Classes	km	Controls	E (m)	Scale	Classes	km	Controls	E (m)
M	6,7	28	230	10000/2,5	W	5,1	21	180
M12	2	10	50	7500/2,5	W12	2	10	50
M14	3,2	13	85	7500/2,5	W14	2,8	11	60
M16	4,2	16	135	10000/2,5	W16	3,2	13	85
M18	4,9	20	160	10000/2,5	W18	4,4	16	140
M20	5,2	23	190	10000/2,5	W20	4,4	16	140
M21A	5,1	18	175	10000/2,5	W21A	4,0	19	120
M21B	4,2	16	135	10000/2,5	W21B	3,2	13	85
M35	6,0	25	210	10000/2,5	W35	4,4	16	130
M40	6,0	25	210	10000/2,5	W40	4,4	16	130
M45	4,9	20	160	10000/2,5	W45	4,0	19	120
M50	4,9	20	160	10000/2,5	W50	4,0	19	120
M55	4,4	19	145	10000/2,5	W55	3,8	17	95
M60	4,4	19	145	10000/2,5	W60	3,8	17	95
M65	3,8	17	95	7500/2,5	W65	2,7	14	70
M70	3,8	17	95	7500/2,5	W70	2,7	14	70
M80	2,5	14	55	7500/2,5	W75	2,5	14	55
OPEN_N	2,2	10	60	7500/2,5	OPEN_N	2,2	10	60



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 1,5 km.

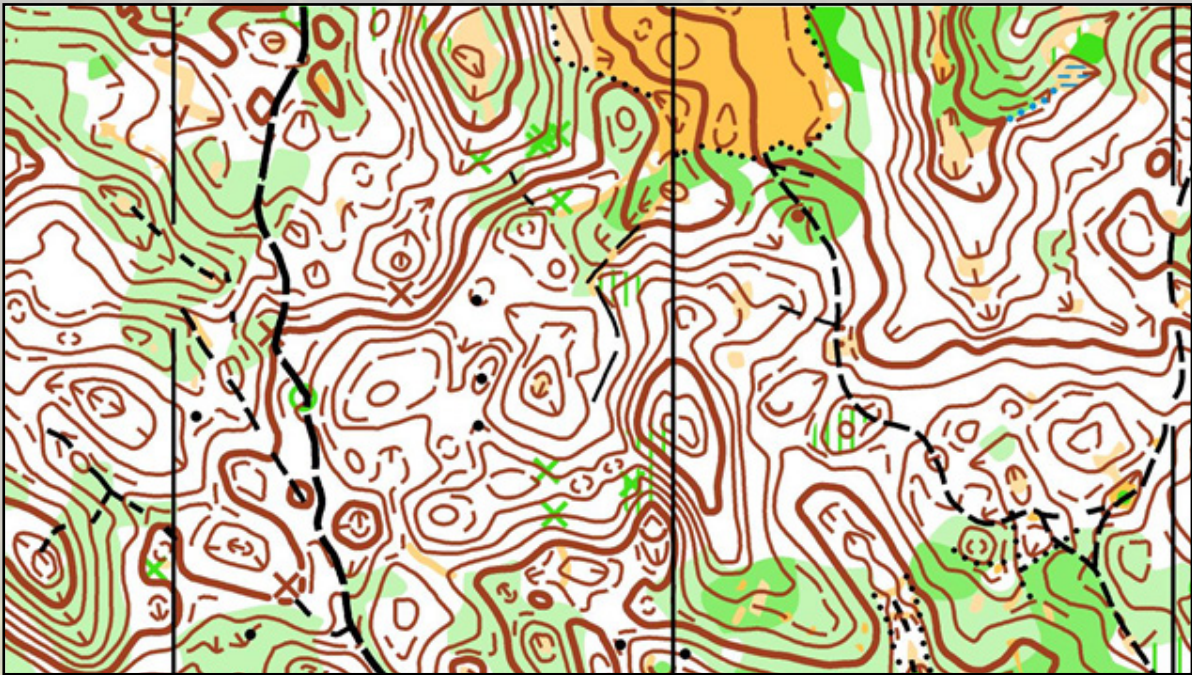
All runners will run with bibs.



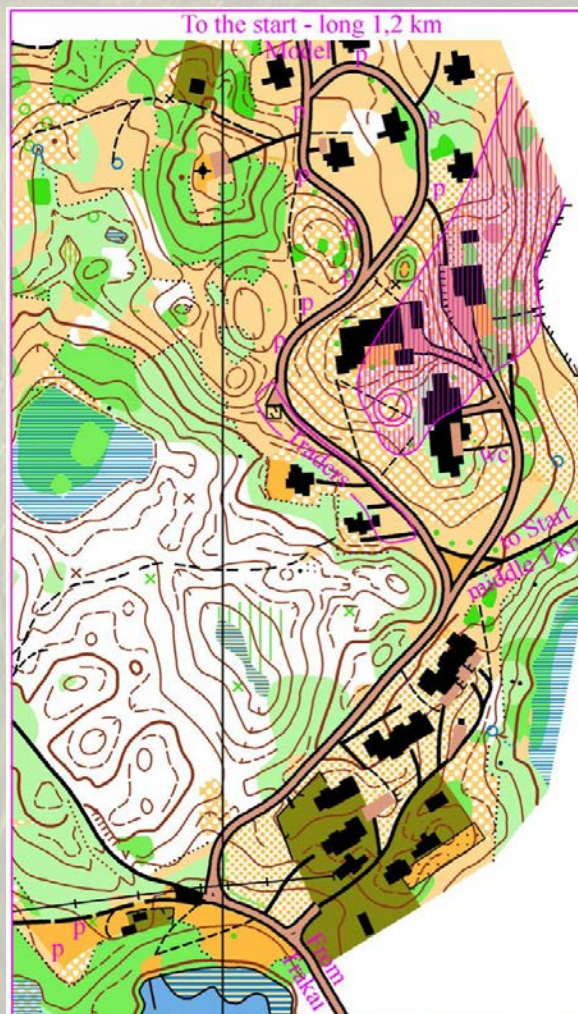
Long distance - Courses:

Classes	km	Controls	E (m)	Scale	Classes	km	Controls	E (m)
M	16,2	33	490	15000/5	W	10,6	26	335
M12	2,2	9	60	7500/2,5	W12	2,2	9	60
M14	3,0	12	100	7500/2,5	W14	2,6	11	80
M16	5,1	17	165	10000/2,5	W16	3,6	13	120
M18	9,5	20	275	15000/5	W18	7,2	23	230
M20	9,9	24	310	15000/5	W20	7,2	23	230
M21A	9,6	21	290	15000/5	W21A	5,3	17	180
M21B	5,1	17	165	10000/2,5	W21B	3,0	12	100
M35	11,5	26	360	15000/5	W35	7,3	25	240
M40	11,5	26	360	15000/5	W40	7,3	25	240
M45	9,3	27	280	10000/2,5	W45	5,3	17	180
M50	9,3	27	280	10000/2,5	W50	5,3	17	180
M55	5,9	20	200	10000/2,5	W55	4,9	17	160
M60	5,9	20	200	10000/2,5	W60	4,9	17	160
M65	5,0	16	175	7500/2,5	W65	3,4	13	130
M70	5,0	16	175	7500/2,5	W70	3,4	13	130
M80	2,6	9	65	7500/2,5	W75	2,6	9	65
OPEN_N	2,8	13	85	7500/2,5	OPEN_N	2,8	13	85

Map example:

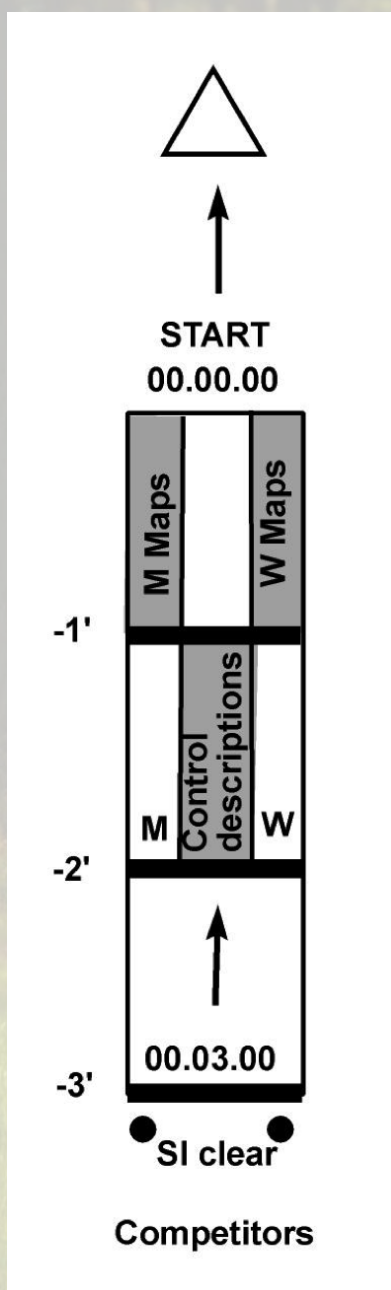


Competition Center:





Start Scheme:



GPS tracking:

GPS trackers will be given to 17 (M21E) and 8 (W21E) last runners in Start lists.



Model Map:

Model map will be the same for both days. The will be on scale 1:10 000 and 1:15 000.



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

There will be an OPEN course both days (Difficulty - W14). Fee: 9 euros a day.



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 04.04.2015 through DB Topas website.

Beneficiary: 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.



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

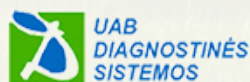
Rimantas Krasuckis

Svajūnas Ambrasas

General sponsors:



Sponsors:



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Participate:

