



Orienteering Tarzo a.s.d.
 FISO 0147 – CF 93011380263 - PI 04270090261
 Via Roma, 45 – 31020 Tarzo (TV)
 Recapito Postale: c/o Tona Mauro - Località Prapian 56
 31020 Tarzo - Tv - Italy - Tel 335/7616796
 www.ortarzo.it - info@ortarzo.it

ALPE ADRIA 2014



BULLETIN 2



PROGRAMME:

	Venerdi 27 giugno	Sabato 28 giugno	Domenica 29 giugno
08.00		RELAY Apertura segreteria CANSIGLIO	MIDDLE Apertura segreteria CANSIGLIO
09.00		RELAY CANSIGLIO	MIDDLE CANSIGLIO
10.00		RELAY Partenza CANSIGLIO	MIDDLE Prima Partenza CANSIGLIO
11.00		RELAY CANSIGLIO	MIDDLE CANSIGLIO
12.00	LONG Apertura segreteria CANSIGLIO	RELAY CANSIGLIO	MIDDLE CANSIGLIO
13.00	LONG CANSIGLIO	RELAY CANSIGLIO	MIDDLE CANSIGLIO
14.00	LONG Prima partenza CANSIGLIO	RELAY Premiazioni CANSIGLIO	MIDDLE Premiazioni CANSIGLIO
15.00	LONG CANSIGLIO		PRE-O CANSIGLIO
16.00	LONG CANSIGLIO	SPRINT Apertura segreteria CONEGLIANO	PRE-O CANSIGLIO
17.00	LONG CANSIGLIO	SPRINT CONEGLIANO	PRE-O CANSIGLIO
18.00	LONG Premiazioni CANSIGLIO	SPRINT Prima partenza (18.30) CONEGLIANO	
19.00		SPRINT CONEGLIANO	
20.00	Pasta party CONEGLIANO	SPRINT Premiazioni CONEGLIANO	
21.00	CONEGLIANO	Serata di gala CONEGLIANO	
22.00	CONEGLIANO	CONEGLIANO	

MEETING AND PARKING:

Race offices and Arrival of the competitions in the forest are situated at the picnic area "Archeton" in Cansiglio's plain. Parking lots (46.065777, 12.404489) are located approximately 700 meters from the race arena. Please follow the instructions of personnel's attendants.

The Race office for the sprint race is in Conegliano next to the bus station, the arrival is on the other site of the train station. Parking lots (45.883685, 12.297294) are located next to the office.

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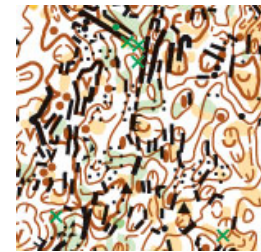
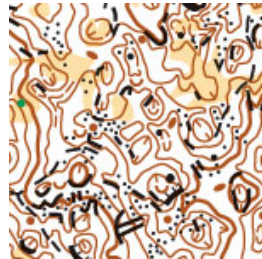
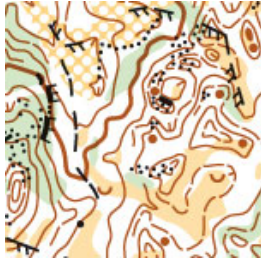




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TERRAIN:



Race terrain in Cansiglio is particularly insidious with numerous changes in terrain's level and rock formations. Due to one of the mildest winter on record you will encounter a particularly lush vegetation (especially in the clearings marked in yellow on your map). Many tracks on the ground were made by animals and have not been mapped.

Please note that the karst terrain of Cansiglio is characterized by many creeks and sinkholes that can be several hundreds meters deep. We marked and fenced all the most dangerous ones, we ask however to proceed with the greatest care.

We recommend therefore taping and long pants.

The sprint race will take place entirely in the city center, which will be closed to traffic for the occasion. It is advisable, however, to pay attention to any emergency vehicle that might on the roads.

MAPS

For Long race map of the categories 21-34 MW will be used the 1:15000 scale but for all other categories the used scale will be 1:10.000.

1:4.000 scale will be used for the Sprint race.

The maps for the Middle and Long races are printed in letterpress Pantone® colors on non-decaing paper. The maps for the Relay and Sprint races are laser printed in CMYK on non-decaing paper.

Plastic bags are available at the start of each race to protect your map in case of rain.

TIME KEEPING and PUNCHING

The SportIdent® System will be used for electronic punching and timekeeping. In case of station point's failure a manual punch is required in the appropriate box. The categories MW Senior will use the "SportIdent Contact Less System + Air®" during the Sprint race (instructions are available upon request.).

ON SITE REGISTRATION FOR BEGINNERS

In all events one can sign up on the spot for the following categories: White (Beginners) and Red (similar to M16/M45). These categories do not have a starting list, and runners can start when they show-up by using the "Punch Start System". Both Red and White categories will have a dedicated starting point and those will be just a few meters across from each other. (please follow the instructions)

RACE BIB

All participants will receive a race number to be used in all competitions. Site registries (categories White and Red) will compete without bib.

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START

Here are the distances from the assembly/finish spot to the races starting point:

- LONG: 700 m, about 10 minutes walking (first start: 2.00PM)
- RELAY: Next to the finish line (first start 10.00AM)
- SPRINT: Next to the race office, 5 minutes walking from the finish line (first start: 6.30PM)
- MIDDLE: 800 m, about 15 minutes walking (first start at 10:00AM)

Runners will be called three minutes before their starting time. A separate venue will be set for latecomers. For Long, Middle and Relay races the holding stage is placed at about 100 meters from the starting line. For Sprint race, the holding stage is set at about 50 meters.

Next to the starting line of the Middle race is possible to warm up and become familiar with the terrain thanks to a Warm Up station available on site.

A clothing transfer service from the starting line to the finish line is planned for Long and Middle races.

The Relay race will go off in three mass starts:

- 00.00.00: M 21-34, M 50, W 35
- 00.10.00: W 21-34, M35, W50, W14
- 00.20.00: M 18, W 18, M 14, Open

Before the Relay race begins there will be a demonstration on how to make the switch, attached to the press release you will find a map of the arrival area.

Start for competitors who did not switched will take place 90 minutes after the start of the first runners in their category.

CONTROL DESCRIPTION

Control descriptions are printed on the maps for the Long race, they are available at the starting line for Middle and Sprint races and they are in text format for the White course.

ENTERTAINMENT POINTS AND MAP EXCHANGE

In the relay, there will be a show lap point located just a few minutes before the arrival. During the Sprint race, categories M and W Senior will have a map exchange at a dedicated show point.

REFRESHMENT POINTS

Along the Long race route two water stations are set up, these are marked on the map with the appropriate symbol and coincide also with aids' stations.

FINISH AREA

At the finish line of the Sprint race the categories M and W senior will have a dedicated chute, please pay attention and enter the right corridor. Upon arrival maps will be collected.

They will be returned as follow:

- Long race maps: after Relay race
- Relay race maps: after Middle race
- Sprint race maps: at the end of the race
- Middle race maps: at the end of the race

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Sotto l'Alto Patronato del Parlamento Europeo





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SHOWERS

Showers are not provided for Long, Middle and Relay races. For the Sprint race, athletes of categories M and W Senior who plan to participate at the Gala will have the opportunity to shower at the gym next to Enoteca Veneta where the gala is held (see map on the invitation).

KINDERGARDEN

A kindergarten service will be set up as the middle race take place, it will be near the finish line.

FOOD

A food stand where you can eat at reasonable prices will be set up in Cansiglio. It is located at about 200 meters from the finish line area.

MEDICAL ASSISTANCE

The organization has provided first aid stations inside the forest highlighted on the map with a cross. A safety plan is also available in the Race offices.

SLEEPING BAG ACCOMMODATIONS:

For the sleeping bag crowd there are two gyms available: Fregona (46.003563, 12.340206) and Vittorio Veneto (45.985184, 12.309521). Here are the opening times:

- Thursday, June 26th: 7:00 PM
- Friday, June 27th: until 11:00 AM and then from 6:00 PM again
- Saturday, June 28th: until 9:00 AM and then from 2:00 PM to 5:00 PM, and from 8:30 PM again
- Sunday, June 29th: until 9:00 AM

TRANSPORTATION SERVICE

A transportation service from Vittorio Veneto to the area of competition has been set up for athletes that have requested it. Traveling times and plans were communicated directly to the parties concerned.

MODEL EVENT

On Thursday 26th June (from 9:00AM to 6:00PM), and on Friday 27th June (from 9:00 AM to 1:00 PM), a model trial is available at just a few hundred meters from the meeting place. Numbered controls will be set out and maps can be purchased at a cost of € 1.

PASTA PARTY

On Friday, June 27th, there will be a free pasta party for athletes and coaches in Conegliano (45.898342, 12.299126) at 08.00PM. All sympathizers can participate with a contribution of € 5.

ALPE ADRIA TEAM LEADERS MEETING

The Alpe Adria team leader's meeting will take place on Friday 27th June at 8.15 PM in Conegliano. We shall meet at the pasta party to move to "Caffè Teatro" thereafter.

GALA

A Gala Dinner will be held on Saturday 28th June at 9:15 PM (for invited guests only) at the Enoteca Veneta in Conegliano. Categories MW Senior of Sprint race will be awarded on this occasion (all other awards are presented at the end of the sprint race).

CONTACT THE ORGANISERS: info@aac2014.it

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