



ORIENTACIJSKI KLUB
KOMENDA



OK AZIMUT

OK KOMENDA

OK TIVOLI

pripravljajo / *prepare*



ALPE ADRIA O CUP SLOVENIA IN 3 DAYS

16. 6. – 18. 6. 2017

mednarodno orientacijsko tekmovanje na sončni strani Alp
international orienteering competition on the sunny side of the Alps



BILTEN 2 / BULLETIN 2



ORGANIZATORJI / ORGANIZERS:

- OK Komenda (štafeta / *relay*, AAOC)
- OK Azimut (srednja razdalja / *middle*, AAOC, WRE)
- OK Tivoli (dolga razdalja / *long*, AAOC, WRE; sprint SOL)

VODJA TEKMOVANJA / *EVENT DIRECTOR*: Andrej Borštnik

IOF WRE SVETOVALCI / *IOF WRE ADVISERS*:

- Cesare Tarrabocchia, srednja razdalja / *middle*
- Klemen Kenda, dolga razdalja / *long*

KONTAKTI / *CONTACTS*:

Tel.: 00386 31 434 202

E-mail: slo3days@gmail.com

WWW: <http://www.slo3days.si>

PRIZORIŠČE / *VENUE*: Ljubljana, Slovenija

TEKMOVANJA / *COMPETITIONS*:

- **16. 6.** (popoldan / *afternoon*), Štafeta / *Relay*, AAOC, Komenda
- **17. 6.** (dopoldan / *in the morning*), Srednja razdalja / *Middle*, AAOC, WRE, Kalce
- **17. 6.** (popoldan / *afternoon*), sprint SOL, Tivoli (Ljubljana)
- **18. 6.** (dopoldan / *in the morning*) Dolga razdalja / *Long*, AAOC, WRE, Rašica

KATEGORIJE / *CLASSES*:

1. dan / *1st Day*: AAOC Štafeta / *Relay*

MW18*, M21, W21, MW35*

MW10 (posamezniki / *individuals*), MW14*, MW45*, MW55* (kategorije ne štejejo za AAOC / *classes are not considered for AAOC*)

* mešane štafete / *mixed relay* (ekipa mora vsebovati 3 tekmovalce, najmanj 1 ženska in najmanj 1 moški tekmovalec; druga etapa je krajša / *team must have 3 competitors, minimum 1 female and 1 male competitor; second leg is shorter*)

2. dan / *2nd Day*: AAOC Srednja razdalja / *Middle distance* (WRE)

in / and

3. dan / *3rd Day*: AAOC Dolga razdalja / *Long distance* (WRE)

M10, M12, M14, M16, M18, M21A, M21B, **M21E**, M35, M40, **M45**, M50, **M55**, M60, M65, M70
W10, W12, W14, W16, W18, W21A, W21B, **W21E**, W35, W40, **W45**, W55, W65, W70

2. dan / *2nd Day*: Sprint (SOL)

MW10, M12, M16, M18, M21, M35, M50
W12, W16, W18, W21, W35, W45

VSI DNEVI / *ALL STAGES*:

KIDS, BEGINNER, OPEN (posamezniki / *individuals*)

Kategorije označene z **rdečo** štejejo za SOL. Classes marked with **red** count for Slovenian ranking.



Tekmovalci v OTROŠKI, ZAČETNIŠKI in OPEN kategoriji gredo lahko skozi progo sami, v paru, z družino ali s prijatelji.

Competitors in KIDS, BEGINNER and OPEN class can go through the track alone, in pairs, with family or friends.

PRIJAVE / ENTRIES:

- Uradna prijavnica za AAOC ekipe na <http://ww.slo3days.si> / Official entry form for AAOC teams at <http://ww.slo3days.si>
- Eventor (**obvezna prijava** za vse WRE tekmovalce! / **mandatory entry** for all WRE participants!)
 - Srednja razdalja / Middle: <https://eventor.orienteering.org/Events/Show/5728>
 - Dolga razdalja / Long: <https://eventor.orienteering.org/Events/Show/5729>
- Ostale prijave / Other entries: <http://www.orienteeringonline.net/>
- Rok za prijavo / Deadline: **1. 6. 2017**
- Po tem datumu so prijave možne v primeru prostih mest (startnina se poveča za 50%).
After this date, entries are possible in case of vacancies (entry fee will be increased by 50%).

STARTNINE / FEES:

- MW10 - MW18: 5 EUR / dan / stage
- MW21 – MW75: 10 EUR / dan / stage
- OTROŠKA / KIDS: BREZPLAČNO / FREE
- ZAČETNIŠKA / BEGINNER: 5 EUR / dan / stage
- OPEN: 8 EUR / dan / stage
- KIDS, BEGINNER, OPEN: prijave možne tudi na dan tekmovanja uro pred pričetkom v ciljnem prostoru za enako startnino / entries possible on the day of the competition an hour before the start in the finish area for the same entry fee

KARTE / MAPS:



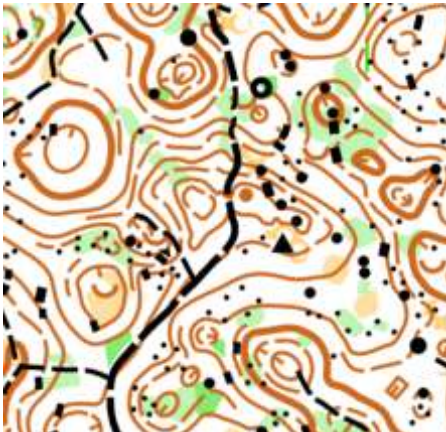


ŠTAFETA / RELAY: KOMENDA

Continental terrain with many reentrants, gullies also swamps. Terrain is partly very difficult to run due to soft ground and undergrowth. Hills are up to 60m high, moderately steep.

M = 1:7500, E = 5m

M = 1:5000, E = 5m (KIDS, BEGINNERS. M10, W10)



	<p>SREDNJA RAZDALJA / MIDDLE: KALCE</p> <p><i>Typical Slovenian karst terrain with stony ground and many depressions. Area has been affected by sleet (ice) storm in 2014 and there has been a lot of forestry work in the forest lately. There is a special symbol (black circle – see sample – which represents a deep chasm). Ground is mostly stony and sometimes difficult to run</i></p> <p>M = 1:10 000, E = 5m (Elita, AAOC kategorije / classes) M = 1:5 000 (KIDS, BEGINNERS, M10, W10) M = 1:7 500 (ostali / others)</p>
	<p>SPRINT: TIVOLI</p> <p><i>Park Tivoli in Ljubljana offers a lot of open areas and a labyrinth of paths. Part of the maps is also old open forest with some reentrants, rich path network and quite steep.</i></p> <p>ISSOM, M = 1:4 000, E = 2,5m</p>
	<p>DOLGA RAZDALJA / LONG: RAŠICA</p> <p><i>Rašica is a great map for long distance competition. Depressions here are usually larger and rich network of paths offers many different route choices. This area has also been affected by sleet and you should avoid green areas.</i></p> <p>ISOM, M = 1:15 000, E = 5m (Elita, M/W16-18) M = 1:10 000, E = 5m (ostali razen / others except KIDS, BEGINNERS, M10, W10) M = 1:5 000 (KIDS, BEGINNERS, M10, W10)</p>

PROGRAM / EVENT PROGRAMME:

1. dan / 1st Day: registracija / registration (Komenda), od 14:30 dalje / from 14:30

1. dan / 1st Day: AAOC Štafeta / Relay (Komenda), prvi start / first start 16:30

2. dan / 2nd Day: AAOC Srednja razdalja / Middle (Kalce, WRE), prvi start / first start 10:00
registracija od 9.00 do 11.00 / registration from 9.00 to 11.00

2. dan / 2nd Day: Sprint (Tivoli, SOL), prvi start / first start 18:00
tekmovanje se bo štelo tudi za **Slovensko orientacijsko ligo (SOL 3)**
*competition will also be considered for the **Slovenian orienteering league (SOL 3)***
registracija od 17.15 do 18.15 / registration from 17.15 to 18.15



3. dan / 3rd Day: AAOC Dolga razdalja / Long (Rašica, WRE), prvi start / first start 10:00
tekmovanje se bo štelo tudi za **Slovensko orientacijsko ligo (SOL 5)**
*competition will also be considered for the **Slovenian orienteering league (SOL 5)***
registracija od 9.00 do 11.00 / *registration from 9.00 to 11.00*

MERJENJE ČASA / TIMING: [SportIdent](#)

Možnost izposoje čipa za 2 EUR na tekmo. Izgubljeni čip se zaračuna 50 EUR.
SI-card can be rented for 2 EUR per stage. A lost SI-card will be charged (50 EUR).

ZMAGOVALNI ČASI / WINNING TIMES:

- Dolga razdalja / *Long*: M21E – 90 min, W21E – 70 min
- Srednja razdalja / *Middle*: M21E – 35 min, W21E – 35 min
- Preostali časi v skladu s pravili OZS / *Other times according to Slovenian federation rules:*
<https://goo.gl/SzWEvk>

KOPIJE PREDHODNIJH KART / COPIES OF PREVIOUS MAPS:

- Kalce: info@cerkno-cup.com
- Komenda: orienteering.komenda@gmail.com
- Rašica, Tivoli: slo3days@gmail.com

DRUGA OBVESTILA IN INFORMACIJE / OTHER NEWS AND INFORMATION:

Nastanitev in hrana / Accommodation and food:

Na Osnovni šoli Kašelj bo možna namestitev. Cena prenočevanja v lastni spalni vreči je 2 EUR po osebi na noč. <https://goo.gl/maps/L5xEtoPXnbw>

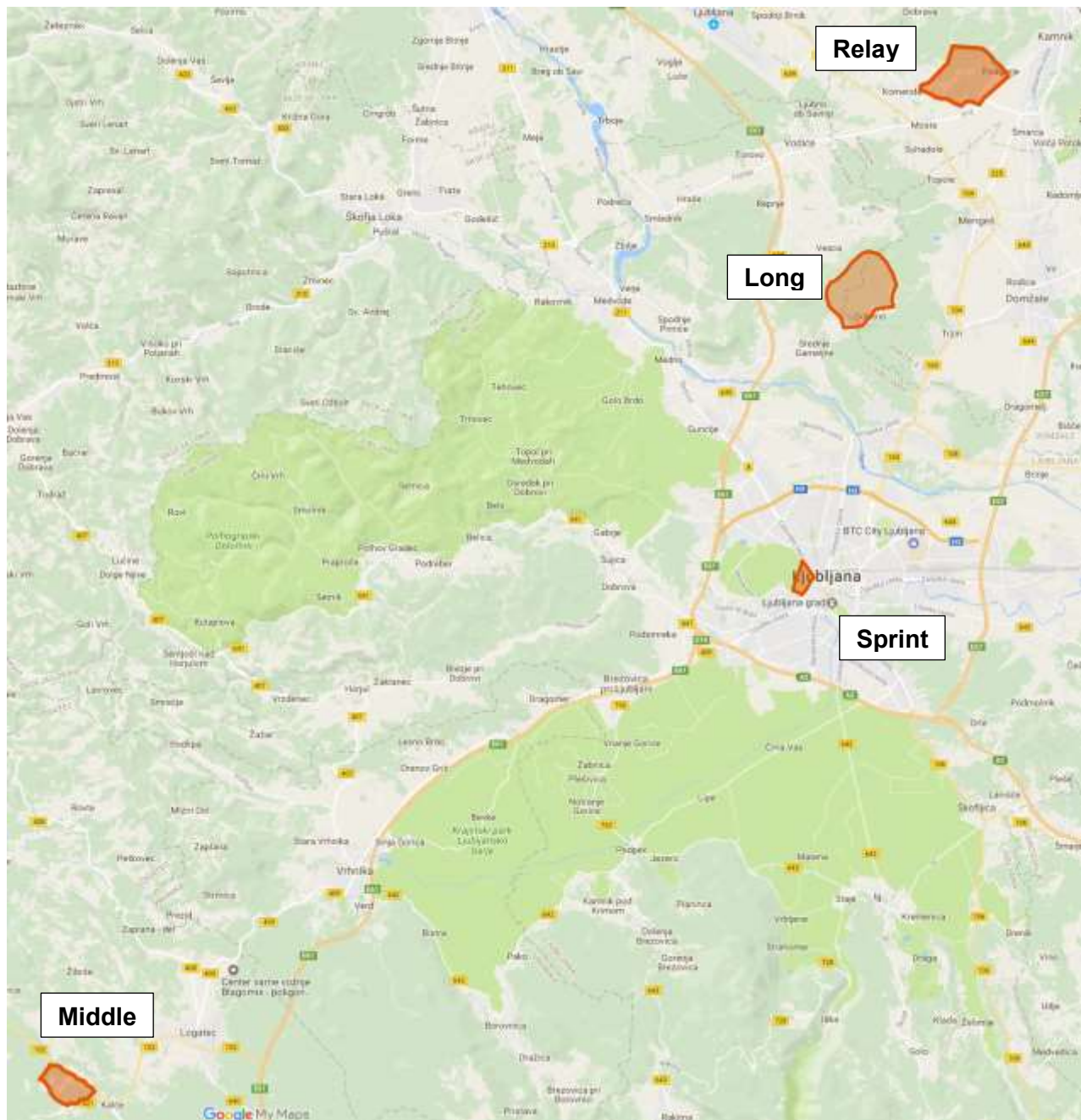
Hard floor accommodation will be possible at the elementary school Kašelj. Price of an overnight stay in your own sleeping bag is 2 EUR per person per night. <https://goo.gl/maps/L5xEtoPXnbw>

Transport:

ne bo organiziran, uporabite svojega / *will not be organized, use your own*



Celotna karta regije in prepovedana območja: <https://goo.gl/1zXupB>
General map of the region and embargoed areas: <https://goo.gl/1zXupB>



Tekmovalci tekmujejo na lastno odgovornost!
Each competitor takes part on his own responsibility.

Do tekmovanja je prepovedan tek na prepovedanih območjih.
Running on embargoed areas is forbidden for participants of the race.



VABILO / INVITATION

Orientacijski pokal Alpe Adria in Slovenia in 3 Days sta odlični pripravi za Jugovzhodno Evropsko (Masters) Orientacijsko Prvenstvo v letu 2018. Dobrodošli!

Alpe Adria Orienteering Cup and Slovenia in 3 Days are a great preparation for South East European (Masters) Orienteering Championships in 2018. Welcome!

8 th South East European
Orienteering Championship
20 th Cerknjo Cup



SEE(M)OC
CERKNJO CUP

Slovenia, 22. 08. – 26. 08. 2018

