



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 1 / BULLETIN 1*



### 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](mailto: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, MW14, MW45, MW 55 (kategorije ne štejejo za AAOC / *classes are not considered for AAOC*)

#### 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, M45, M50, **M55**, M60, M65, M70  
W10, W12, W14, W16, W18, W21A, W21B, **W21E**, W35, 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

*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.*




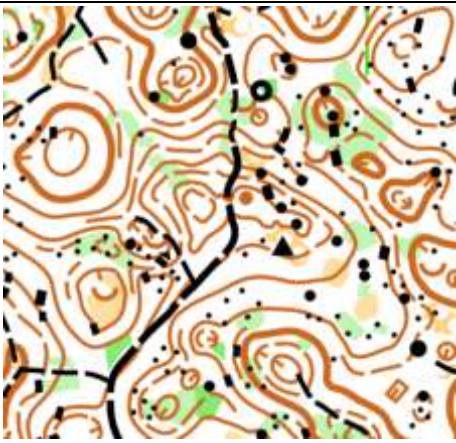
## PRIJAVE / ENTRIES:

- 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:

	<p><b>ŠTAFETA / RELAY: KOMENDA</b></p> <p><i>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.</i></p> <p>M = 1:7500, E = 5m M = 1:5000, E = 5m (KIDS, BEGINNERS. M10, W10)</p>
	<p><b>SREDNJA RAZDALJA / MIDDLE: KALCE</b></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>

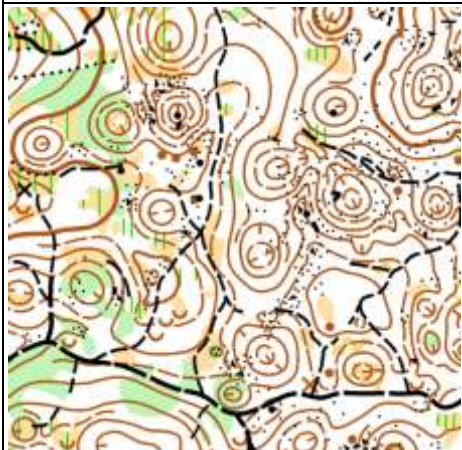




### **SPRINT: TIVOLI**

*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.*

ISSOM, M = 1:4 000, E = 2,5m



### **DOLGA RAZDALJA / LONG: RAŠICA**

*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.*

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)

### **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**

**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)**

**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)**

### **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 PREDHODNIH KART / COPIES OF PREVIOUS MAPS:

- Kalce: [info@cerkno-cup.com](mailto:info@cerkno-cup.com)
- Komenda: [orienteeing.komenda@gmail.com](mailto:orienteeing.komenda@gmail.com)
- Rašica, Tivoli: [slo3days@gmail.com](mailto:slo3days@gmail.com)

## DRUGA OBVESTILA IN INFORMACIJE / OTHER NEWS AND INFORMATION:

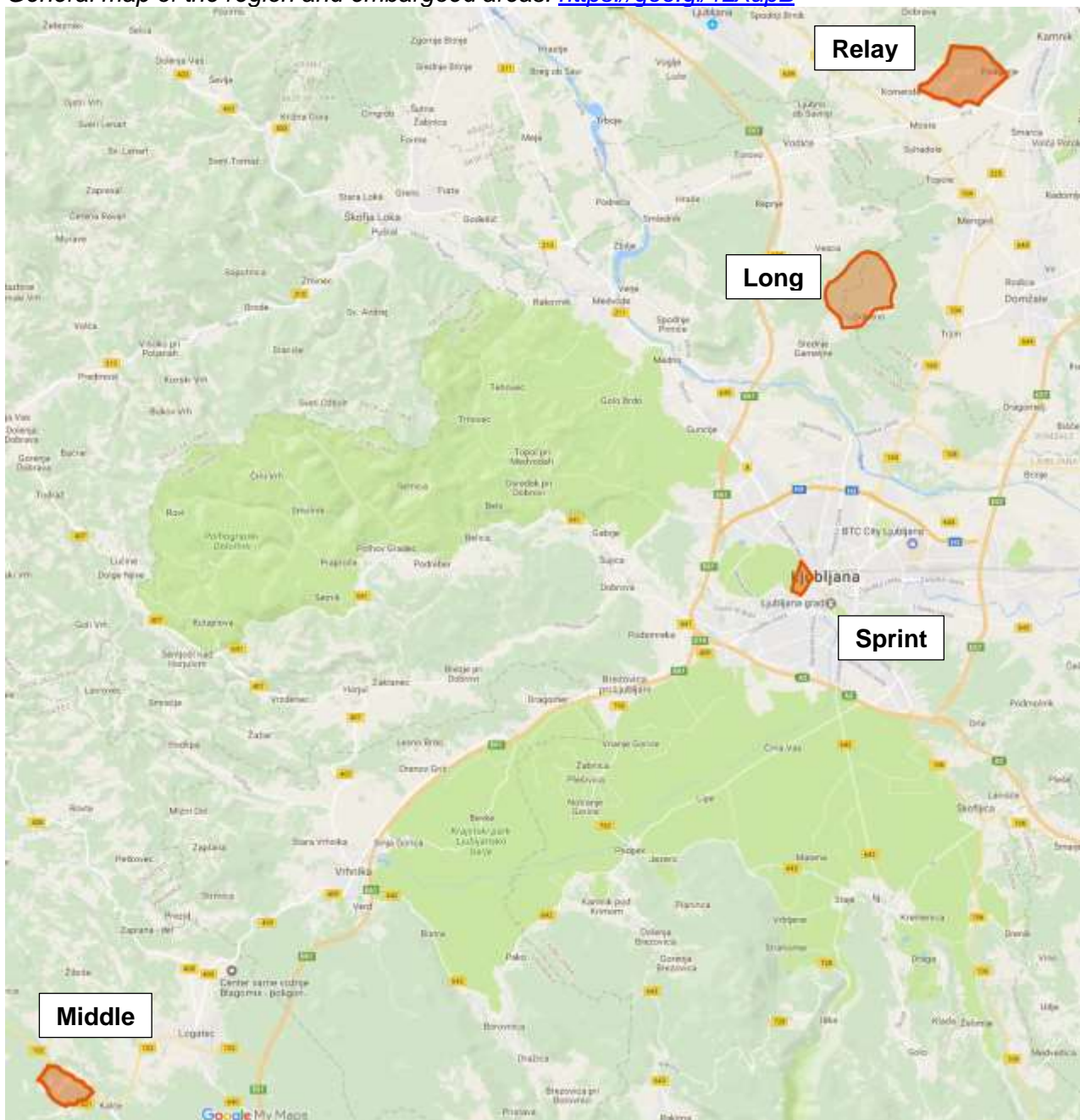
### Nastanitev in hrana / Accommodation and food: -

### 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 Cerknó Cup



**SEE(M)OC**  
**CERKNÓ CUP**

Slovenia, 22. 08. – 26. 08. 2018

