

TROFEO INTERNAZIONALE TRE REGIONI 2009
CAMPIONATO REGIONALE FRIULI V. G. LUNGA DISTANZA
Aviano (PN) 8 marzo 2009

COMUNICATO GARA n° 1

1) EVENT CENTRE: Breakfast and lunch are available at reasonable prices in the event centre kiosk. Lunch and dinner is also available at l'agriturismo "Le Masiere", contact the restaurateurs directly.

2) MAP: Campo Delta scale 1:10.000 contour interval 5 metri, realised 2007.

3) CONTROL PUNING: Sport-Ident will be used. The loss of the isi-card brikette will incur a penalty of € 25.

4) START: is located 8 minutes walk from the registration point (0.5 km). The way is marked by streamers.

The first start is for 10,00 am

Competitors must be at the pre-start 3' before their start time.

The start method is the "Swedish type"

At the start there will be nylon plastic bags available for protecting the map, It is up to the competitor to use them.

5) CAUTION:

- There may be small timber.felled areas in operation and not shown on the map but there are not significant to be shown.
- There may be animal tracks and water trails not shown on the map.
- There is a prohibited area near the finish and it is maked on the race map.
- In the case that a sport Ident punching system does not function correctly there is a control punch on the control stand, that must be used (punch the map). This will prove you have been there otherwise you will be disqualified.
- Control descriptions are included in the team bags and are also printed on the map.
- For the **beginners course:** there is a mandotary section to pass and this is marked on the map..
- The rains of the lastdays have made the terrain very slippery take adequate care. The forest is full of spiky undergrowth please wear appropriate protective clothing.
- **These following catagories have been grouped: M65 in M60, W20 in WA, W50 in W45**

6) MAXIMUN RACE TIME: 2h30'.

7) NUMBERS: they must be returned at the finish, rented si-cards must be returned by the club official to the registration secretary.

8) PRIZEGIVING: at 14.30 pm near the finish area.

Semiperdo Orienteering Maniago wishes all of you great enjoyment.