

## INSTRUCTIONS FOR COMPETITORS

Dear orienteering friends,

Our town Rovensko pod Troskami is a traditional center of orienteering competitions organised by OOB Turnov. This year we are proudly going to host already 22nd Nice Holidays in Bohemian Paradise orienteering event. Not only elite runners, but also plenty of children or whole families will participate in this race which is held also in our beautiful Borecké rocks natural reservation.

Orienteering is a sport with a very long tradition in our town. In our orienteering club started her career world champion Dana Brožková, her sister WOC medalist Radka Brožková or OOB Turnov elite runner Martin Vlček. Dana Brožková is going to participate also this year!

We are very glad that our small town has again the opportunity to host this international orienteering event for more than 1100 competitors.

I wish to all participants beautiful weather, good route choices and success in the race!

**Zdeňka Nejedlá, Mayor of Rovensko p. T.**

### COMMON INFORMATION FOR ALL STAGES

**Event centre:** Camping Palda, Rovensko pod Troskami

GPS: 50°31'41.181"N, 15°16'47.640"E, follow signs,

**Registration:** in the Event centre (EC), we ask for a registration of whole clubs at once

Friday 23.8.2013 6 pm to 10 pm

Saturday 24.8.2013 7.30 am to 9 am

Sunday 25.8.2013 8 am to 9 am

**Parking:** In the event centre according to the instructions of organizers. Parking fee of 50 CZK per car for the whole competition weekend is to be paid directly on the spot! Please respect one-way traffic! It is forbidden to park out of our parking place!



**Accommodation:** In your chosen and paid type of accommodation. On spot you can buy only accommodation in your own tent. All competitors receive ID bracelet, in EC accommodated competitors with different color. Event centre is closed after 8pm for non-accommodated people! It'll be checked.

Arrival and check-in for accommodation in EC is possible:  
on Thursday from 5pm to 9pm  
on Friday from 2pm to 9pm  
on Saturday from 7am

**Note:** On Friday from 2 pm is possible to make registration of the clubs, payments and accommodation, but any changes can be made only after 6 pm (time of registration).

**Washing:** Toilets, water and showers are available in the EC.

**Refreshment:** In the EC we offer restaurant - beer, lemonade, cakes, hot meal and beverages.

**Baby sit:** available in the EC.

**Control descriptions:** Due to Czech tradition available only in the EC!

**Punching system:** *SportIdent*, in case of malfunction use the "R" fields on the map. If "R" fields are used, please, hand over your map immediately in the finish area. Please, check your SI card number in the start list and if it is wrong, ask for the correction at the registration desk. In case of loss of hired SI card 1000 CZK will be charged.

**Reading SI card:** behind finish line, please read your SI card immediately after finishing the stage

**First aid:** There is a doctor available in the finish area. **Competitors compete at their own risk.**

**Regulation:** Rules of Czech orienteering federation (ČSOS) apply.

**Key for overall standings:** Overall standings are made up of sum of times of all 3 stages.

**Awarding ceremony:** Sunday, August 25th in the EC. As soon as possible and as the particular class is finished. The exact time depends on you. Please do not hesitate with the reading of your SI card. The prizes will be given in the overall standings to the first three in all classes.

**Expected jury line-up:** Michal Jedlička SHK, Martin Janata DKP, Jan Pícek TJN

#### **Other:**

Ways to starts are marked with blue-white ribbons.

Maps for all stages are waterproof.

Courses for classes HDR a HD10L are marked with red-white ribbons.

HDR class can use 2 maps – for a runner and for a parent.

#### **Attention:**

**It is strictly forbidden to use grip and spike shoes. It will be checked!** But we recommend you cross shoes suitable for running in a tough forest.

There are huge rocks and cliffs in competition areas, be careful! Competitors compete at their own risk.

The competition is held in the area which is in the particular interest of the Protected Natural Area Bohemian Paradise Administration. Please, keep all the instructions of organizers! You are not allowed to arrange any individual training without prior consultation with OOB Turnov club or directly with PNABPA, even when you have the maps from this competition!

#### **BUS TRANSPORT:**

**All competitors have to use official bus transport from EC to the pre-start** and back from the finish to EC of all three stages. It's strictly forbidden to use your own cars! All competitors accommodated away from EC have to park their car in EC first. There is no space for parking in private areas near areas of the stages. Transport with your own car will lead to disqualification from the race. Bus transport is free of charge for all competitors, ID bracelet is a ticket.

**STAGE 1 – middle distance**  
**Saturday 24<sup>th</sup> August 2013**

**Start:** 00 = 9:30, interval start  
Bus stop - start: 450m, tent for clothes available  
HDR class may start from start time 90.

**Map:** Skaláček, scale 1:10000,  
contour interval 5m, stand 2013, A4

**Finish area:** Finish area – bus stop: 650m via pre-start area.

**Terrain:** Rocky and hilly terrain, deep valleys and steep slopes with cliffs.

**Course planner:** Jana Omová

**Main referee:** Daniel Wolf

**Time limit:** 90 minutes

**Attention:**

Tent for clothes, WC and water available at pre-start, there is no space for your own tents.

Please do not access any private meadows and areas. All forest areas except pre-start and the way to pre-start is embargoed. During the race do not enter new clearings and forbidden areas, marked in the map as out of bounds area (709.0).

Most of the courses are crossing a minor road. Pay attention please.

**STAGE 2 – sprint distance**  
**Saturday 24<sup>th</sup> August 2013**

**Start:** 00 = 16:00  
Bus stop -start: 850m, Refreshment and WC at the pre-start  
HDR class may start from start time 90

**Map:** Borecké skály, scale 1:5000, contour interval 5m, ISSOM, stand VII. 2013, A4

**Finish area:** Finish area – bus stop: 500m

**Terrain:** Fast plateau bordered with huge rocks, slopes, rock labyrinth

**Course planners:** Patrik Horák and Daniel Wolf

**Main referee:** Jana Omová

**Time limit:** 60 minutes

**Attention:**

The way to start is not via finish area. In case of bad weather you can leave your clothes in organizers tent near bus stop. WC and water available.

Map is prepared in ISSOM2007 for orienteering sprint and is generalized for this competition. For example some of very narrow passages were closed in map. It's strictly forbidden to cross any of impassable symbols like 201.1 Impassable cliff, 527.1 Private area, 709.0 Temporary out of bounds area. All courses are crossing naturally protected area, marked in the map and in terrain.

**STAGE 3 – long distance**  
**Sunday 25<sup>th</sup> August 2013**

**Start:** 00 = 9:30

**Start 1:** BUS – start 1: 650m, Refreshment and WC near bus stop, all other classes

**Start 2:** BUS – start 2: 450m, Refreshment and WC near bus stop

**Start 2 only for classes:** DH10L, DH10, D12, D60, D65, D70, H65, H70, H75, HDR.  
HDR class may start from start time 90.

**Map:** Skaláček, scale 1:10000, contour interval 5m, stand 2013, A4, all other classes  
Skaláček – Rokytňák, scale 1:7500 for classes: DH10L, DH10, DH12, DH14,  
DH60, DH65, DH70, H75, HDR

**Finish area:** Finish area – Bus stop: up to 100m.  
Please don't hesitate with the reading of your SI card.

**Terrain:** Rocky and hilly. Deep valleys bordered with cliffs, rocky hill, slopes with stones.

**Course planners:** Martin Vlček and Jindřich Kořínek

**Main referee:** Martin Baier

**Time limit:** 150 minutes

**Attention:**

Tent for clothes, WC and water available near bus stop! Start 2 is on the way to Start 1.

Please do not access any private meadows, fields and areas near the way to pre-start areas. All forest areas except pre-start and the way to pre-start is embargoed. During the race do not enter new clearings and forbidden areas, marked in the map as out of bounds area (709.0).  
Most of the courses are crossing a minor road several times. Pay attention please.

### ACCOMPANYING PROGRAMME

#### Training, model event

There is model training available on the map Hlavatice (14km from EC, direction Turnov). You can buy printed training maps for 20,- CZK at registration desk in EC.

#### ICEBUG microsprint Friday 23<sup>th</sup> August 2013

**Place:** Event centre Palda, Rovensko pod Troskami

**Registration, entry:** from 1:30 to 7:00 pm in the information tent near competition office

**Classes:** Men (1,8 km), Women (1,6 km), Children (up to 12 years) (0,9 km)

**Fees:** Men and Women 30,- CZK, Children 10,- CZK, to be paid on spot.

**Descriptions:** on the map only without control codes

**Start:** **2pm – 7pm**, free start by punching SI unit

**Map:** Palda, scale 1:3000, contour interval 2m, ISSOM2007, stand 2013

**Finish area:** near info tent, please read your SI card immediately  
Finish closes at 7:45pm, time limit 45 minutes

**Course planner:** Tomáš Dlabaja

**Main referee:** Daniel Wolf

#### System of the race:

Sprint distance on ISSOM map (ISSOM rules apply) with micr-O controls. There are no control codes in descriptions. Runner has to choose the right control from plenty of similar controls in the circle only with the map and description. Every miss punch leads to 1 minute penalization. Runner always has to punch at least one control in the circle! On the course is also small labyrinth made by plastic tapes in forest. These tapes are impassable and control circles in the labyrinth are 20% smaller.

#### “PP Party” – official banquet Saturday August 24<sup>th</sup> 2012

Traditional Nice Holidays orienteering party, starts at 8 pm in EC, no entrance fee for PP participants. You can expect it as usual for PP – movie shot and photos from the first day, The best Puncher competition - final round and prize giving ceremony, party with our DJ.

**Píchač Pěkných Prázdnin (The best "Puncher" of Nice holidays)  
Saturday 24<sup>th</sup> August 2012**

Qualification rounds: 12.00 – 14.00 in the event centre, only 16 best punchers proceed to the final!  
Final rounds: approx. at 7:30 pm, before PP Party in EC in pairs on parallel courses according to Q.  
Entries for the qualification are to be made directly on the start. No starting fee for PP participants.

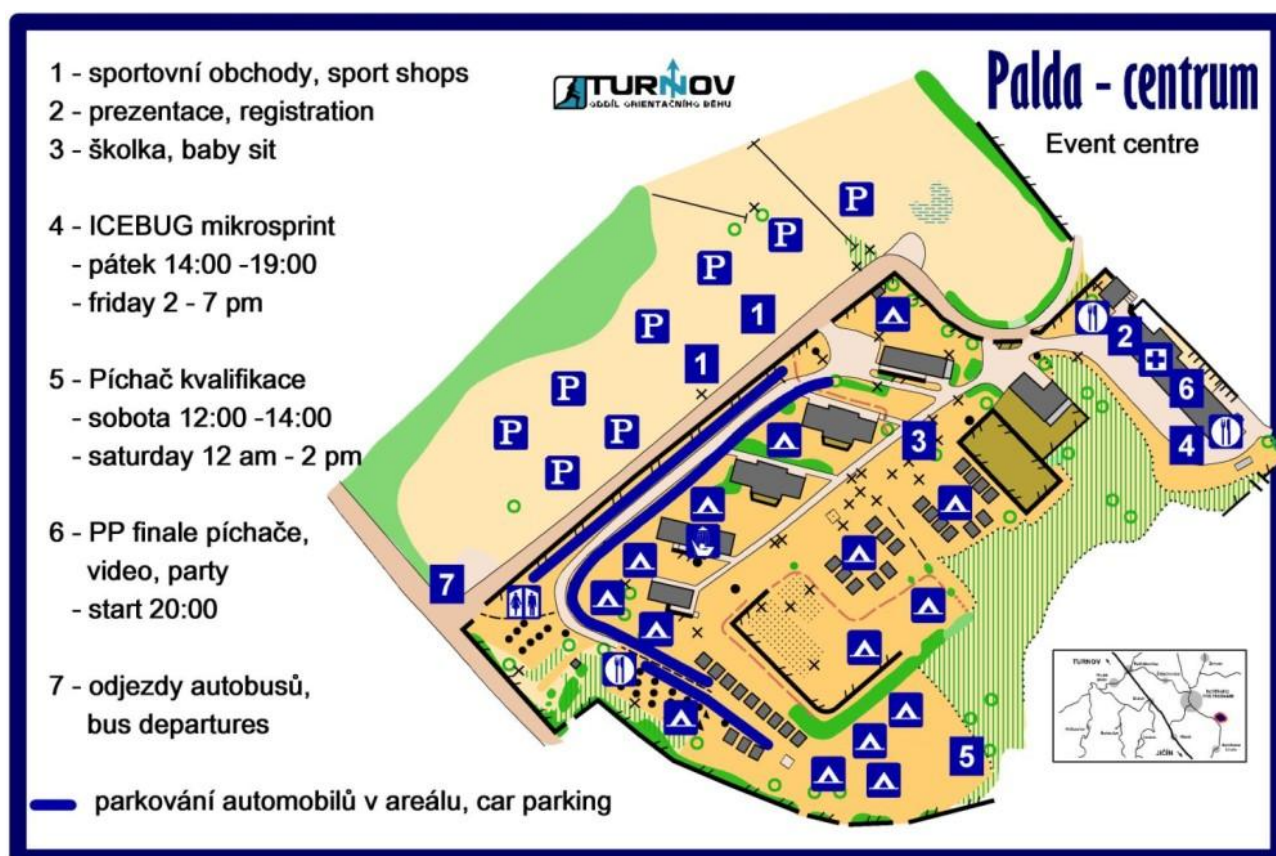
**Thank you for coming and we wish you nice holidays with orienteering in Rovensko!**

Head of OC:	Jindřich Kořínek
Sports director, Main referee:	Daniel Wolf
Course planners:	J. Omová, P. Horák, D. Wolf, M. Vlček, J. Kořínek
IT, entries:	Martin Váňa
Mappers:	Josef Borůvka, Vladislav Vlček, Daniel Wolf, Martin Baier
Maps, training maps:	Pavel Hradec
Accompanying program:	Tomáš Dlabaja, Vít Zakouřil

Web: <http://www.tur.cz/pekneprazdniny/>

<http://www.niceholidays.cz>

**The competition is held in the Protected Natural Area Bohemian Paradise (CHKO Český ráj). It is strictly forbidden to use grip and spike shoes. It will be checked!**



## Partneři oddílu:



## Partneři závodů:



Zvláštní poděkování za spolupráci: CHKO Český ráj, KÚ Libereckého kraje, Obec Hrubá Skála, Město Rovensko pod Troskami, Lesy ČR s.p. i všem ostatním vlastníkům dotčených pozemků.

**We would like to invite you to other events organized by OOB Turnov**

**Czech Cup, Czech junior A-league and B-league Bohemia**

**May 17<sup>th</sup> -18<sup>th</sup> 2014**

**Turnov - Rokytá / Mukařov / Jabloneček**

**NICE HOLIDAYS IN BOHEMIAN PARADISE**

**August 23<sup>th</sup> -24<sup>th</sup> 2014**

**Castle Kost / Branžež / Drhleny**

**[www.niceholidays.cz](http://www.niceholidays.cz)**