

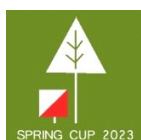


## Spring Cup 2023 / Spring Cup 2023

2 days x WRE ([Middle](#), [Long](#))

22...23-04-2023

### BULLETIN No. 3



#### Event organisers:

Orienteering sports club:

Competition Director:

Head Judge:

Secretaries:

Maps, courses:

IOF Competition Advisor:

Jury:

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## Programme:

### 2023-04-22 Middle distance (WRE):

Arrival and check-in at the event centre from 12:00-13:30

Opening ceremony 13:30

Start at 14:00

### 2023-04-23 Long distance (WRE):

Arrival and check-in at the event centre from 10:00-11:30

Start at 12:00

Awards 15:30

Closing ceremony 16:00



## Competition venue:

Aukštadvaris, Trakai district.

The competition is held in the territory of the Aukštadvaris regional park.

The park asks for support for its activities:



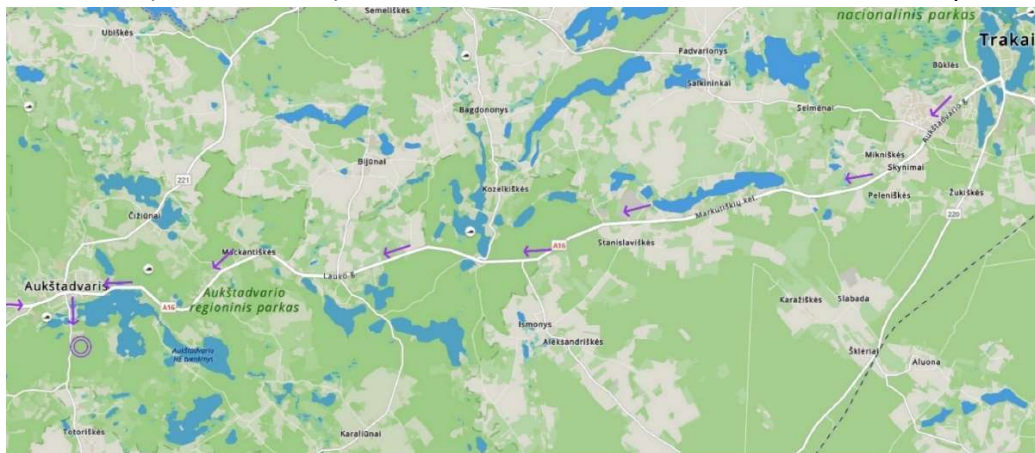
Info: <https://arp.lt>

Thanks to the Directorate of Aukštadvaris Regional Park.



## Arrival/Departure/Traffic:

In Aukštadvaris (Trakai district) turn towards Onuškis, drive 1.2 km to the competition center.





## Event centre:

Coordinates of the Event Centre:

[https://www.google.com/maps/place/54°34'08.4"N+24°31'51.6"E/@54.5690031,24.5288113,17z/data=!3m1!4b1!4m4!3m3!8m2!3d54.569!4d24.531](https://www.google.com/maps/place/54°34'08.4)

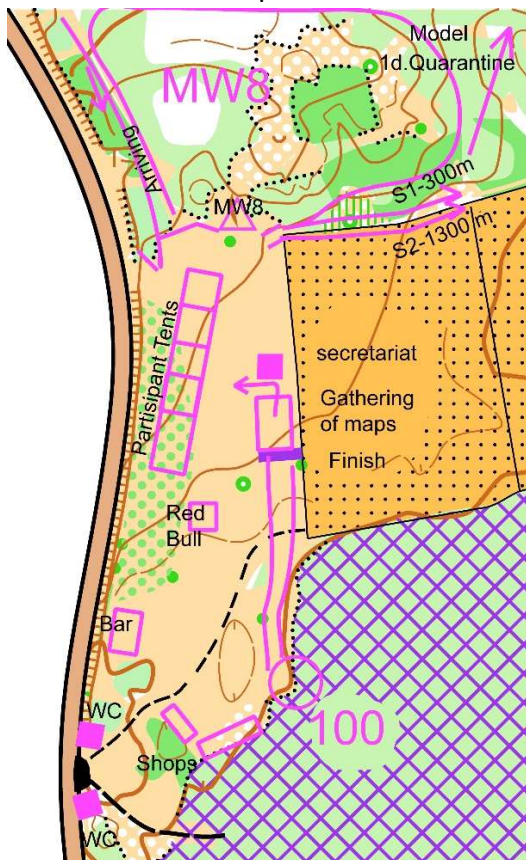
54.569, 24.531



Park on M. Mongird street up to the mound and in the paid (2 EUR) parking lot 250m from the competition center near the resident.

Parking on the Aukštadvaris-Onuškis road is prohibited!

Scheme of the competition center:







## Terrain / Maps:

The map was produced in autumn 2022 and will be corrected in spring 2023 using LIDAR data. There are old and new clearings. Pits and hills of various sizes, some with very steep slopes. Slopes up to 30 m. Average passability, poor in old clearings. There are many large and small impassable marshes, some of them dangerous.

Other dangerous places are small roads between villages, used only for local transport.

The following historical maps have been used, all by the same author as for this event:

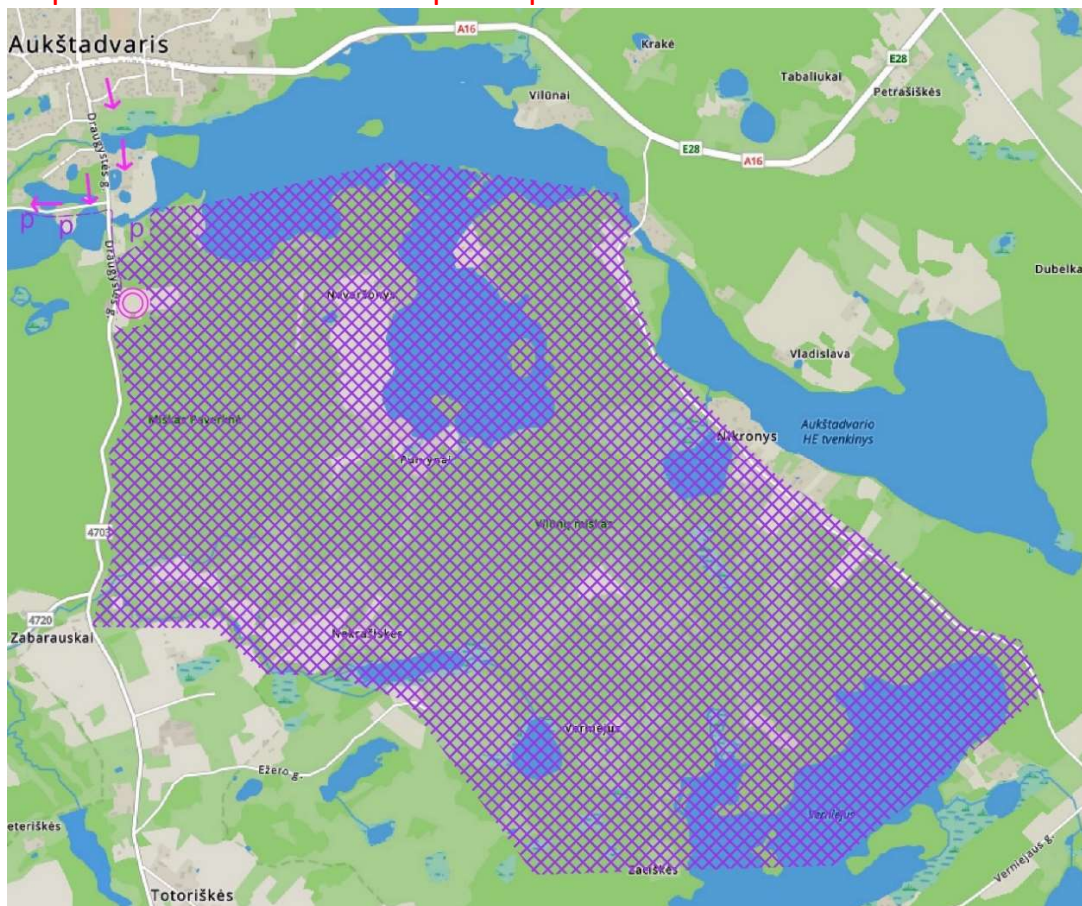
Aukštadvaris 1987 [LOSF 118](#)

Verniejus 2009 [LOSF 971](#)

Pavarkne Forest 2007 [LOSF 810](#)

Maps are printed on waterproof, tear-resistant paper. Legends are printed on the map and separately.

**The competition area is closed to participants!**



**Day 1 22-04-2023 (WRE) - Middle distance.**

Scale 1:10 000, with a Contours every 2.5 m. There will be one refreshment point in the forest.

Scale 1:7 500, with Contours intervals of 2,5 m - for clases M/W12,14,60+

Scale 1:4 000, Contours at 2,5 m intervals - for clases M/W10

Start interval 2 min. M/W predicted winning time 30 - 35 min. Control time 120min.

For WRE competitors, the starting lists will be based on the IOF rules, i.e. on the basis of ranks 12.04.2023d.

**WRE participants will be quarantined in the area of the model map. Quarantine gate must be passed till 14:30!**

At the entrance to the quarantine area participants get numbers and GPS transmitters will be issued to some of the WRE participants.

Maps will be collected and returned after the end of the start of day 2!

**Day 2 23-04-2023 (WRE) - Long distance.**

Scale 1:10 000, Contours, every 2.5 m. There will be up to 3 refreshment points in the forest. 3 refreshment points for WRE tracks.

Scale 1:7 500, with Contours intervals of 2,5 m - for clases M/W12,14,60+

Scale 1:4 000, Contours at 2,5 m intervals - for clases M/W10

Start interval 3 min. Control time 180min.

The WRE clases estimated winning times are: men - 90 minutes, women - 80 minutes.

**There will be a forking for WRE clases.**

For WRE competitors, the start lists will be based on the average course performance: the winner of the middle course will be the last to go.



## Courses parameters:

Route	Clases	Scale	Middle Km	Middle KP	Middle Climb m	Long Km	Long KP	Long Climb m
1	M	1:10000	5,5	22	200	14,2	30	400
2	M20, M40	1:10000	4,4	18	150	10,7	26	240
3	M35	1:10000	4,8	22	170	10,4	23	290
4	W	1:10000	4,5	17	150	10,4	26	280
5	M45	1:10000	4,3	16	150	8,9	21	250
6	M18, MA, M50	1:10000	4,3	15	150	8,2	21	220
7	W20, W35, W40	1:10000	3,7	13	160	7,2	17	220
8	M55	1:10000	4,0	16	140	6,8	16	210
9	M60	1:7500	3,8	15	140	5,9	21	190
10	W18, WA, W45, W50	1:10000	3,5	15	130	5,8	22	170
11	M65, M70	1:7500	3,3	14	120	5,2	17	160
12	W55	1:10000	3,0	13	90	4,0	16	140
13	W60	1:7500	3,0	13	90	4,0	16	140
14	M16, MB	1:10000	3,9	15	135	6,0	16	170
15	W16, WB	1:10000	2,9	14	90	4,7	14	150
16	M75, W65, W70	1:7500	2,5	12	80	3,5	12	120
17	M80, W75, W80	1:7500	1,7	9	65	2,7	9	110
18	M14	1:7500	2,9	12	70	3,1	12	90
19	W14	1:7500	2,6	10	65	2,9	10	80
20	M12, W12	1:7500	1,9	9	50	2,0	8	45
21	MW10	1:4000	1,5	8	60	1,5	7	60
22	OPEN1	1:10000	5,2	21	180	11,5	27	350
23	OPEN2	1:10000	4,1	15	140	7,1	17	240
24	OPEN3	1:7500	3,2	11	60	3,1	12	80
25	M8, W8	1:1000	0,5	5		0,5	5	



## Competition classes:

W (WRE), W8, W10, W12, W14, W16, W18, W20, WA, WB, W35, W40, W45, W50, W55, W60, W65, W70, W75, W80 (W23 is the same as W and corresponds to the IOF W21 designation)

M (WRE), M8, M10, M12, M14, M16, M18, M20, MA, MB, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80 (M23 is the same as M and corresponds to the IOF M21 designation)

OPEN-1, OPEN-2, OPEN-3.

W8, M8 - the marked route is drawn with a red line on the map, checkpoints are located on the markings. There will be special maps and the start will be close to the event centre.

WM8 classes participants start at a time of their choice between 13:30-15:00 (22.04.2023), and 11:30-13:00 (23.04.2023).

W10, M10 - marked course, checkpoints are located on markers. Participants can run without having to follow the markings. There will be a separate start close to the event centre and the finish will be shared with all clases.

WM10 participants start at a time of their choice between 14:00-15:00 (22.04.2023), and 12:00-13:00 (23.04.2023).

All MW8 and MW10 participants will be awarded prizes immediately after the finish on both days.

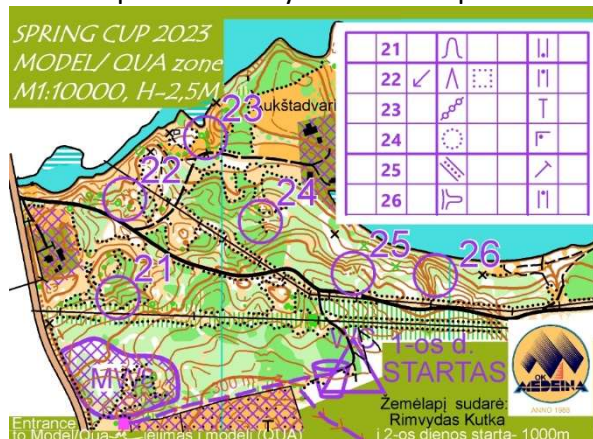
OPEN-1, OPEN-2, OPEN-3 - Registration is also available on the day of the event.

WB and MB - Technically easy course.



## Model map:

Warm-up on both days of the competition is possible only within the limits of the model map!.



## Athlete numbers:

The numbers of the competitors will be displayed with **ONE PIN** at the start. For WRE clases, numbers will be displayed at the entrance to the quarantine area. **Extra pins are to be brought with you! Competitors without a number are not allowed to start!** OPEN clases compete without a number.



## Punching system:

The SportIdent marking system is used in the event. Those who do not have an SI card will be able to rent one from the event organisers.

If the SI card is rented from the Event Organisers and not returned to the Organisers, a fine of the value of the card will be payable.





## Registration:

Registration for all classes is available on [DBsportas.lt](https://dbsportas.lt) website.

<https://dbsportas.lt/lt/varz/2023003>

W/M (WRE) classes registration is available on DBsportas.lt,

<https://dbsportas.lt/lt/varz/2023003>

the organisers will move the registration to the IOF Eventor website

[22.04.2023](#)

[23.04.2023](#)

start lists and results.

(The W/M 23 classes will be separated by age in the W/M classes. ) Registration requires the athlete's IOFID number!

Registration opens on 25-12-2022 at 12:00. "First 100" registration conditions are not valid for OK Medina members. Once the number of registered participants reaches 100, the early bird rates will apply.

Until 2023-04-16 [DBsportas.lt](https://dbsportas.lt) website is available for changes and free registration!

After this date, those who wish to check out or do not show up will not receive a refund of the entry fee.

Participants registered in classes MW 10-16 who do not start will pay a penalty of half the entry fee!

**Cash payment at the venue is subject to an additional fee of EUR 2 per person on top of the organisers' fee.**

Registration closes on 16 April 2023 23:59 min. Registrations not paid will be cancelled.

By registering for the event, participants agree to have their names, year of birth, team name and results published on DBsportas.lt. The year of birth is not displayed next to the results. Persons registering other people for the event must ensure that they have obtained consent from the persons they are registering for the above information to be published on the above website.

## IMPORTANT!

Due to the aggression of the Russian and Belarusian regimes against the sovereign Ukraine, our club joins the initiative of the International Orienteering Federation and forbids Russian and Belarusian athletes to take part in the international orienteering competitions Spring.

GLORY TO UKRAINE!





## Entry fees:

Participant clases	From 25 December 2022	Early registration Until 14/02/2023		Regular price, registration Until 11/04/2023		Late registration Until 16/04/2023		SI rental
	12 pm.	23:59		23:59		23:59		
	first 100 participants, price for 2 days	Price for 1 day	Price for both days of registration	Price for 1 day	Price for both days of registration	Price for 1 day	Price for both days of registration	For both days
M/W (and 23)	26	18	30	20	34	24	44	3
M/W 21-60	24	15	26	17	30	22	38	3
M/W 20, 65+	18	13	24	15	28	18	32	2
M/W 12-18	14	8	14	8	14	8	14	2
M/W8-10, OPEN-M	10	5	10	5	10	5	10	
OPEN 1,2,3	25	15	25	15	25	15	25	3

Prices are in euros (EUR). The price is based on the payment date.



## Payment:

Payment is made via the DBsportas.lt website, redirecting you to the Paysera payment platform.

**Cash on the spot is charged at a fee of EUR 2!**

When paying to the account, details:

Receiver: Kauno orientavimosi sporto klubas „Medeina“

Receiver code: 193223913

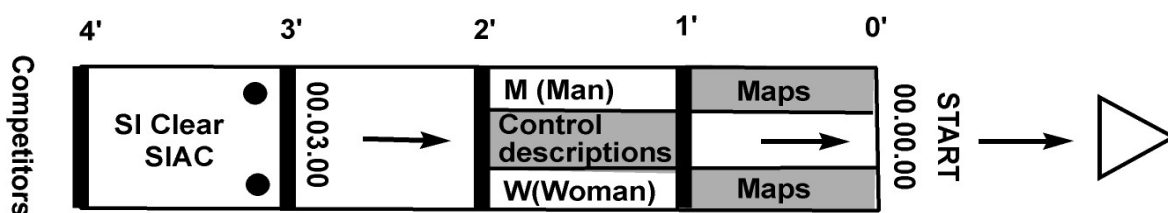
Receiver account: LT89 7044 0600 0310 4436

Receiver bank: AB SEB bankas, banko kodas: 70440

After payment to the account, send a copy of the transfer to [SpringCupLT@gmail.com](mailto:SpringCupLT@gmail.com)



## Start procedure:



Selected participants in classes M and W will run with GPS transmitters.

The list of athletes and links to the GPS broadcast will be published online the day before the race.

Late entrants will be released by the Chief Referee of the start according to IOF rules!

M/W8-10 and OPEN 1,2,3,M groups start with a free protocol during the start time.



## Prizes:

Clases winners will be awarded prizes for the total of both days. 6 places will be awarded in WRE clases! WM clases 8 and 10 will be awarded each day at the finish.



## Complaints:

Complaints about the start lists (entries) may be made at least 1 hour before the start of the first competitor.

Complaints about the conduct of the event, including the results, must be submitted to the organisers as soon as possible, but not later than 20 minutes after the finish of the athlete who initiated the complaint. If the complaint is submitted later, it may only be considered if there are important exceptional circumstances which must be stated in the complaint. Complaints shall be submitted in writing to the Chief Referee or Secretary at the venue (finish tent).



## Other:

All participants enter the Competition of their own free will, without being forced to do so, and assume all risks associated with their participation in the Competition (including any health problems and injuries) and undertake not to make any claims against the Organisers in respect thereof. Paramedic at the finish tent. **Athletes may take GPS-equipment (watches) on the course, which cannot display maps on the monitor. Phones are not allowed.**

By registering for the event, you agree that your personal data (without year of birth) will be published on <https://dbsportas.lt/lt/varz/2023003>. Participants agree to be photographed and filmed and their photographs and video footage may be used for publicity purposes.

Wash in the lake!



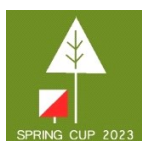
## Accommodation:

<http://www.trakai-visit.lt/en/accommodation>

<http://www.atostogoskaime.lt/lt/kaimo-turizmas/traku-raione>

**A valid visa is required for third-country nationals!**

<https://www.migracija.lt/noriu-gauti-viza1>



## COVID 19:

Participation in the event is prohibited for persons who are required to self-isolate on the day of the event due to the COVID-19 cases provided for by the Government of the Republic of Lithuania.



Event sponsors:



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UAB DIAGNOSTINĖS SISTEMOS

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