

INSTRUCTIONS

MSR middle 2020 a SRJ middle 2020

TATRY SKI ORIENTEERING

Organizer: Slovak Orienteering Association

Technical support Orienteering club Ružomberok with Pribylina village

Dates: 15th February - Slovak championship middle distance at 10:30 am
15th February - Slovak league-middle distance at 14:30 am

Classification An open individual competition for middle distance with specified order of control points.

Start list It will be published on the webpages and on the race presentation.

Centrum **Parking - Skanzen Pribylina Račková dolina** GPS 49.105567° 19.806222°
Centrum - results - Pohostinstvo Líbika with a small number of competitors
GPS 49.098082° 19.796910°
Centrum - results - with a many number of competitors GPS 49.062082°
19.750971°

Presentation 15th February from 8:00 am to 10:00 am Pohostinstvo Líbika GPS
49.098082° 19.796910°.

Distances

Air distance	MSR-stage 1	SRJ-stage 2
Parking -start	600 m	1 km
Start-finish:	100 m	600 m
Parking-finish	600 m	600 m

For Stage 2 for start we recommend taking the other members of the car near start and your skis and driver to go for parking and go back to the start on foot.

Start MSR-stage1

At the main road from the car park to the west. No labeling required.

Star SRJ-stage 2

By the same main road from the parking lot to the west. It is about 300 m from Jurky petrol station to the north. It will not be marked.

Finish Same for both races

SI download In the Líbika hospitality after the start of all competitors in every stage.

Classes

MW-14,-17,-20,21-,35-,45-,55-, K3, Open

Open is easy course for beginners

K3 je longer and harder course as Open

Organiser reserves the right to combine or cancel categories in case of small number of competitors (less than three).

Refreshment After a run in the hospitality tea. Possibility to buy stew

Start:00 15th February - Slovak championship middle distance at 10:30 am
15th February - Slovak league-middle distance at 14:30 am

Maps: Digital print on waterproof paper
1:10 000 E 5m ISOM 2017-2 mapping Valter Sohler

Terrain: flat terrain, tracks will be made mostly scooter.

Timing Sportident
borrowing of the SI-chip: **3,- EUROS/ 1 stage/person**
for a lost chip or a chip not given back: **40,- EUROS.**

Race officials Race director: Valter Sohler, R1
Main referee: [Valér Franko](#), R1
Course planners: Valter Sohler and [Valér Franko](#) without stage marks
Secretary: Andrea Sohlerová R1

Prizes: Winners of the 1st, 2nd, 3rd place in each category will get a gold, silver and bronze medal with other prizes for slovak runners and diplomas. **About 18.00 for both stages Líbika GPS 49.098082° 19.796910°.**

Information <http://www.tatry-orienteeing.sk/ski.php> e-mail: tatry.orienteeing@gmail.com
Tel.: 00421 911 462 532
00421 905 683 618 (slovenský a anglický jazyk) po 14.00

Tips for trips: Račková dolina, Podbanské, Štrbské pleso, ski training in Liptovská Kokava.

Račková valley, Podbanské, Štrbské pleso,..

Treining We recommend to visit the public cross-country trails in the neighboring village of Liptovska Kokava behind the team. Free entry. The possibility of training is also nearby Strbske Pleso. Worth visiting the skis are also Tatranské dolina Račková valley after Koliba.

Swimming pool /Wellness

We recommend to visit after a stay in the pool or wellness in the nearby hotel Permon.

Notes There is less snow in the southern part than in the northern and forested part. The maximum snow depth is approx. 50 cm. There are also crossings on the tracks. The height of the water in the shallow part of the passage is about 3-4 cm. A primitive footbridge will be made to better cross the brook. Other crossings are over small bridges. Therefore, here caution. Transitions will be marked separately on the map. There is a better readability of maps (only one type of green / densities) up to 30 percent green. It can be used without any effort on skis, but also off the tracks.

Regulation: this competition follows the rules of OB, competition rules and relevant competition regulations given for the year 2020

Warning: **All competitors take part in the competition on their own accord and at their own risk and responsibility, without any claim for personal injury or injury caused during or as a result of these races.** Competitors agree with the processing of personal data for the purpose of racing and making photos for the purposes of the promotion of sport and its archives. The organizer is not responsible for the damages caused by the racers. Parking only on places marked as a parking place. Right to change the race programme reserved. Follow the Tatra National Park rules for visitors and instructions of the organizer.



Valter Sohler
Race director

Valér Franko
Main referee

