

INSTRUCTIONS

SKI-O WORLD RANKING EVENT 2015

Czech Cup 2015

Bundesranglistenlauf 2015

Vysoké n. Jizerou., Czech Republic

31st January –1st February 2015

Organizers: Czech O-Federation, TJ Slovan Praha Zdravotník

Dates: **Saturday 31. 1. 2015** – Long distance (WRE)

Saturday 31. 1. 2015 – evening: Sprint (Czech cup)

Sunday 1. 2. 2015 – Middle distance (WRE)

Competition centre: Vysoké nad Jizerou, Cross-country stadium Šachty [zde](#) (GPS: 50°41'34.994"N, 15°23'26.280"E)

Expected times: According to Czech ski-o regulations

Terrain: Long + Middle: Foothill terrain, meadows, forested valleys with steep slopes, sometimes occurring small forested areas and isolated forests. Altitude 600-720 m s.l. Moderately dense network of ski roads and tracks of varying quality. Sprint: City park with adjacent sloping meadows. Heavy network of ski tracks.

Notice: For long and middle distance events we recommend using old skies because of potential risks to damage them (mainly in steep downhill). On the meadows there is a frosted base and about 30 cm new snow up on it and in the forests up to 10 cm new snow without any proper base.

Presentation: Friday: 30. 1. 2015 from 18,00 to 21,00 hod. in the Competition centre (Cross-country stadium Šachty)

Saturday: 31. 1. 2015 from 8,00 to 9,30 hod. in the Competition centre (Cross-country stadium Šachty)

Sunday: 1. 2. 2015 from 8,00 to 9,00 hod. in the Competition centre (Cross-country stadium Šachty)

Ski tracks: **Very wide track (symbol 801):** prepared by groomer, width >3 m

Wide track (symbol 802): prepared by snow machine or by groomer, width 1,5-3 m

Track (symbol 803): prepared by snow machine, width 0,8-1,5 m

Track slow (symbol 804): prepared by skier or once by snow machine, eventually a danger downhill

Public snow mobile route (symbol 813)

Tracks proportions: Long: 10:10:69:1:10

Sprint: 0:0:100:0:0

Middle: 12:10:77:1:0

Notice: There might also be found another ski tracks in the competition area done by private and commercial ski machines, that are not prepared by the organizers and marked in the map. Please read the maps and tracks carefully!

Punching system: Touch less system Sportident Air+ is to be used.

Notice: The competitor is requested to attend the start at least 5 minutes before his start time. The competitor shall receive his/her chip from the organizers at the start. He/she is requested to clear and check the chip before his real start. Punching the control is managed free of touch with the control check, the competitor may follow this control check in the distance less than 1 meter. A proper punching of the control shall be signal by the flashing diod on the chip. The finish time is recorded in the chip when the competitor passed the finish control checks.

You may watch a video with the way how to punch free of touch on the following webpage (<http://sportident.us/SPORTident-Air-Touchless-touchless.htm>). After reading the chip, the competitor is requested to return the chip to the organizers (the competitors who will not finish their race are also requested to let read their chips in the finish and to return them to the organizers). Another chip shall always be provided to the competitors by the organizers for the following race. In case of technical failer of the punching system, the competitor is requested to manually punch the control in the map or into a paper card.

Parking: A special parking space for the competitors shall be available close to the Competition centre for the fee of CZK 40 (EUR 2)/car/weekend. Please do not use a parking belonging to the Skia area Sachty – see the map below

Dressing and ski waxing: In your vehicles and in the Competition centre (limited space). There is a connection to elektricity available in the Competition centre on a limited basis.

WC: In the Competition centre

First Aid: In the Competition centre

Training: There is area for ski-warm up available for the competitors – see the map. On Sunday skiing available on the way to start. We inform you that the standard cross-country tracks at the Competition centre are forbidden to use for training.

Refreshment: After finishing the race (tea). Please visit kiosks in the Competition centre or restaurants in Vysoké nad Jizerou.

Maps collection: The maps shall not be collected from the competitors after their race. Pleae follow fair-play principles!

Accomodation: Accomodation is not provided by the organizers. There is many possibilites for the accomodation available in the area of competitions:

<http://www.vysokenadjizerou.cz/?section=5>,
<http://www.vysokenj.cz/index.php/cs/ubytovani>,

Objection: Any objections should be forwarded to the main organizer together with a deposit of CZK 200.

Results: Ongoing results shall be available in the Competition centre. The final results, including split times, shall be published in the webpage of the competitions and in ORIS.

Flowers ceremony: Long: on Saturday after finishing of the Long race (at about 15,00 hod.)

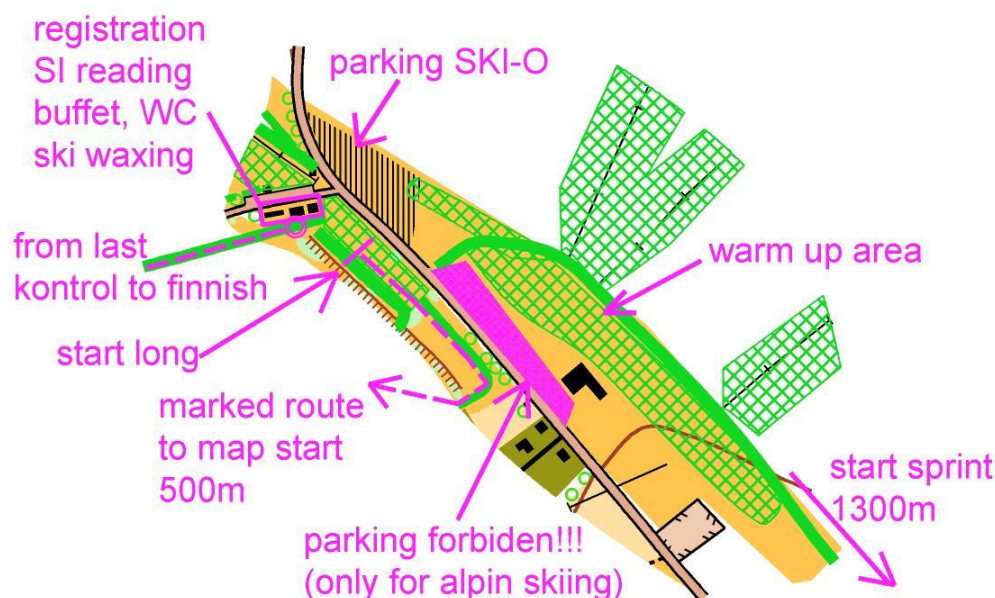
Sprint, Middle: on Sunday after finishing of Middle distance race (at about 14,00 hod.)

Jury: Milan Venhoda (SJI), Přemek Škoda (VLI), Jan Kolín (JIL)

Organizers: Director: Zdeněk Laciga
Courses preparation: Klasická trať – Radek Laciga, sprint: Roman Horyna, krátká trať: Vítek Pospíšil
Main organizer: Miro Kovář
Delegates: Přemek Škoda, Miland Venhoda

Information: In the web of the competitions: <http://zdravotnik-praha.webnode.cz/wre-a-cp-2015/>, or at Zdeněk Laciga, tel: +420 602 353 883, or on email: zdravotnikpraha@email.cz

Rules: The competitions shall be organized in line with Ski-o rules and Czech ski-o competition rules



SATURDAY 31. 1. 2015 – LONG

Categories: Czech championships: D17, D20, D21, H17, H20 a H21, D35, D45, D55, D65, H35, H45, H55, H65, H75

Others: D14, H14, H21B

Categories D21 and H21 are included into WRE – please provide your IOF-ID to the organizers!

Start: H21, D21 – mass start, H21 = 10 hod, D21 = 10,10 hod

remaining categories – interval start, start 00 = 10,00 hod.

Distances: Centrum – start = 0 km, centrum – finish = 0 km

Map start: 500 m (compulsory track to the map start shall be marked by small SWIX flags)

Map: Šachty – mistrovský, scale 1: 15 000, ekv. 5 m, size A4, map for ski-O, update from 01/2015

Forbidden ares: There is a forbidden are (orchard) marked in the map. This area shall not be marked in the terrain.

Notice: Most of courses shall cross the snowless local vehicle road. There shall be some places on the road, marked in the map by the symbol) (, where the snow shall be covered by the organizers. Nevertheless, the road might also be crossed on another places, but please be carefull.

Categories H21 a D21: For cources of both categories shall be used a distributive system. At the start the competitors shall receive three maps with their cources fixed together in the order how should be run. Each round starts on the map with the symbol for start (triangle = map start) and the controls are numbered from 1 on. From the last control in the given round (the central control = last control) the competitor is obliged to continue to the map start by the compulsory track (the lenght of this track is about 50 m, therefore it shall not be marked in the map nor in the terrain) and to continue into the next round marked on his/her following map, whereas controls shall be numbered again from number 1. The competitor is obliged to continue from the last control of his/her last round by a compulsory track to the finish, which is marked in the map as standard (two circles) and in the terrain placed by two finish SI stands.

Categories H20, H21B, H35: These categories shall have a change of the map during the race. The competitors shall receive both maps fixed together at the start. The second map begins with the symbol for start (triangel), the numbering of controls on the second map continues with the following number.

Courses: The lenght of respective cources and the number of controls shall be published in the Competition centre and in the web of the competition.

SATURDAY 31. 1. 2015 - SPRINT:

Categories: DE a HE, D14, D17, D20, D21, H14, H17, H20 a H21

Start: Interval start, start 00 = 18,00 hod.

Distances: Centre – start = 1,3 km, centre – finish = 1,4 km (finis is close to the start). No skiing possible on the way to start. Start is located in the city centre of Vysoke nad Jizerou (directly at the chirch), therefore no marking of the way to the start and from the finish shall be provided.

Map: Park básníků, scale 1: 5 000, ekv. 5 m, size A4, map for ski-O, update from 01/2015

Forbidden ares: There are small flowerbed areas in the park that are forbidden to acces during the race. Due to the better readabality, these areas shall be coloured by violet in the map and marked in the terrain accordingly.

Courses: The lenght of respective cources and the number of controls shall be published in the Competition centre and in the web of the competition.

SUNDAY 1. 2. 2015 – MIDDLE:

Categories: The Czech cup: DE a HE

D14, D17, D20, D21, H14, H17, H20 a H21, H21B, H35, H45, H55, H65, H75, D35, D45, D55, D65

Categories DE and HE are included into WRE – please provide your IOF-ID to the organizers!

Start: interval start, start 00 = 10,00 hod.

Distances: Center – start = 2,1 km, center – finish = 0,3 km. The way to the start can be accessible with skies. The track to start shall be marked by small SWIX flags in the terrain.

Map: Šachty - krátce, scale 1: 10 000, ekv. 5 m, size A4, map for ski-O, update from 01/2015

Courses: The length of respective courses and the number of controls shall be published in the Competition centre and in the web of the competition.