



INSTRUCTIONS

1. - 3. CZECH CUP RACE MTBO 2023

ORGANIZING AUTHORITY: Czech Association of Orienteering Sports

ORGANIZING ENTITY: OK Rakovník z.s. (JES)

DATE AND TYPE OF THE RACE: 15. 4. 2023 - middle, interval start, **00 = 10:00 AM**
15. 4. 2023 - sprint, interval start, **00 = 4:00 PM**
16. 4. 2023 - long, interval start, **00 = 10:00 AM**

CENTER OF THE RACE: [Muzeum JK Classics Lužná](#), okr. Rakovník,
GPS: 50.1384092N, 13.7873944E.

PRESENTATION: Saturday - in the center of the race 08:00 – 09:00 AM
Sunday - in the center of the race 08:00 – 09:00 AM

MAPS: middle: **MERKOVKA**, 1: 10 000, ekvid. = 5 m, size **30x34 cm**, condition 03/2023
sprint: **UDŮV RYBNÍK**, 1: 7 500, ekvid. = 5 m, size **16x33 cm**, condition 03/2023
long: **KOKRDOBORY** 1: 15 000, ekvid. = 5 m, size **29x32 cm** condition 03/2023
(long: a scaled map will be used for **all veteran categories 1:12 500**, ekvid. = 5m,
size **29x38,5 cm**)

Previous maps for OB: ŠEFELINKA, NA BORECH, NA KOKRDECH, all 1:10 000

During the Sunday Long, the **ME** category has an exchange of the double-sided map in the terrain
(THEY TURN THE MAP THEMSELVES).

Maps on paper 120g laser print in Žaket (**Long ME** in pretex – they rotate the map).

TERRAIN: A thick net of easily accessible roads and paths. Terrain in Saturday slightly undulating, at an altitude of 350–450 m above sea level. For MTBO a completely new area. Sunday similar to Saturday, a little flatter, at an altitude of 350–400 m. For the most part, a completely new area for MTBO. For all 3 races, it is **prohibited to cross the railway line except the marked passage**. Due to the limited space, **we cannot completely avoid to oncoming traffic**. Pay attention to oncoming riders especially during middle and sprint!!

CLARIFICATION OF THE RULES:

Middle and sprint – imperceptible paths are marked by red and white plastic strip (cut like ribbons) in the terrain. Movement outside the paths marked on the map and passable terrain areas is permitted according to the rules MTBO.

Long – prohibition of any off-road movement!!!

Keep the ten: [mtbo-desatero.pdf](#)

CATEGORIES : Categories listed in CZECH CUP:
ME, M14, M17, M20, M21, M40, M50, M60, M70
WE, W14, W17, W20, W21, W40, W50, W60
Other categories: M12, W12, MB, WB, MW10
OPEN-L – for adult beginners of any age and gender
OPEN-S – for child beginners of any age and gender
Conditions of participation are governed by MTBO implementing regulations for 2023.

DAMPING SYSTEM: The race is run with an electronic stamping system SPORTident, non-contact punching range 150-200 cm for SIAC chips. Must use SIAC(AIR) chips, other chip types will not work (the boxes do not have holes). For competitors without a SIAC chip, it is possible to borrow AIR chips for a fee 50 Kč for 1 race, a deposit may be collected from those who are not registered 2.000,- Kč. The same chip may not be used more than once in one race! OPEN categories start on the starting box. **Category MW10** will be able to use contact chips as well (boxes with a hole, non-contact punching reach 50 cm). This category will run its race next to the center area. On Saturday between races 1:00 – 3:00 PM, the distance to start 300 m. On Sunday morning 8:30 – 9:30 AM, the distance to start 300 m. They start on the starting box.

DISTANCE:	Saturday middle	Saturday sprint	Sunday long
center – start	800 m/10 m	900 m/10 m	5 500 m/20 m (near to finish)
center – finish	300 m/10 m	800 m/10 m	5 500 m/40 m (near to start)
center – parking	0 - 700 m	0 - 700 m	0 - 700 m

The route to the middle and sprint start will be marked with blue and white streamers. Everyone gets a printed map for the journey to the start of the Sunday long (in a club envelope), it **won't be marked**.

STARTING NUMBERS: Received at the presentation, it must be firmly and visibly fixed on the bike.

NOTICE: Technical control for Open, M/W10, 12, 14 and 17 competitors will be carried out in the starting corridor. Each competitor must be equipped with a properly attached bicycle helmet, without it they will not be allowed to start.

PROTESTS: In written form to the chief referee with a deposit of CZK 200 no later than one hour after the race has been closed. Later options, see MTBO Rules and Implementation Guidelines.

REGULATION: It is raced according to the valid documents of the MTBO section. Any violation of the rules, especially driving through the open forest and not observing prohibited areas will be a reason for disqualification. <https://www.mtbo.cz/sekce/dokumenty/>

PARKING: Parking in the center according to the organizers' instructions only in marked parking areas. Fee of CZK 100 will be cashed for the entire weekend. Parking outside these areas will not be possible, there is no space on the access road!

MUZEUM JK CLASSICS: Entry to the museum premises (both through the main gate and in the direction from the center) is only allowed with a tape from the organizer. Without this tape, only driving to the center and back is allowed (please respect). **Do not cycle or walk through the museum. Use the rear exit instead (see the map).**

ACCOMMODATION: In the center only in own tents or caravans for a fee of CZK 100 Person/night. You can use TOI TOI and outdoor cold shower, drinking water, bicycle storage (for everyone). **Do not sleep elsewhere, keep clean, we are from Lužná and we need to maintain good relations. The accommodation is available from Friday (let me know). The accommodation price includes free entry to [muzea JK Classics](#).**

Cabins only outside the center, not provided by the organizer, we recommend Cafex Rakovník, order in time:

[Kemp-bucek \(webnode.cz\)](https://www.kemp-bucek.cz/) <https://www.tyrsak.cz/> [CAFEX - Cafex](#)

REFRESHMENT: During the race from own supplies, at the finish long water and water with juice. In the center Kubát refreshment. Trusted, grilled chicken, beer and more

KINDERGARTEN: Right in the center, next to the presentation, see the map.

ANOTHER NOTICE: The operation of sales or promotional activities is possible only with the approval of the plant director. Competitors participate in the event at their own risk.

TIME LIMIT: Middle 150 min, sprint 60 min a long 210 min.

TARGET CLOSING: Middle 2:00 PM, sprint 6:30 PM, long 3:30 PM

RESULTS: Results will be posted continuously, and the total will be posted in the center in the evening. Online results can be found on the server: liveresultat.orientering.se. QR codes in the attachment.

DECLARATION: Middle 2:00 PM, sprint 7:00 PM, long 3:00 PM in the center

JURY: Radovan Mach, Michaela Lacigová, Robert Urbaník.

BIKE STORAGE: It will be available from Saturday to Sunday in the center according to the schedule. Bicycles will be accepted on Saturday from 7:30 PM to 8:30 PM. Bicycles will be delivered on Sunday from 8:00 AM to 9:00 AM.

GDPR: By registering for this race, each participant agrees to the publication of personal data in the scope of the mandatory ČSOS format, in the form of the application form, start list and results on the race website, in the ORIS information system, in the instructions for participants and at the meeting point. During the event, news photographs will be taken to inform the public about the race, account of subsidies for the event, etc. in accordance with § 89 of Act No. 89/2012 Coll., Civil Code. In addition, photos can be taken here for the personal needs of the competitors (as a memory of the races, for the promotion of the OB club), especially from the announcement of results and the finish line. In case you don't agree to be photographed, tell the photographer explicitly.

Plant officials:

director	Petr Vaníček
chief referee	Milan Bílý
track builders	Middle a Sprint Milan Bílý, Long Petr Bílý

Race website: www.ok-rakovnik.webnode.cz,
[ORIS - Český svaz orientačních sportů \(orientacnisporty.cz\)](http://ORIS - Český svaz orientačních sportů (orientacnisporty.cz))

Information: Milan Bílý, bilymilan@volny.cz, tel. 723 612 197

Race sponsors: město Rakovník, Pivovar Krušovice., Koupelny Ptáček, thanks to all.

In Rakovník 5th April 2023 **For OK Rakovník:** Milan Bílý

The instructions will not be in a printed version for everyone, but just posted on the information board in the center.

The race is held with kind permission Lesy České republiky s.p., město Rakovník, obce Lužná, obce Lišany, obce Olešná, obce Chrást'any. Thanks to all.

Map samples:

NO ENTRY



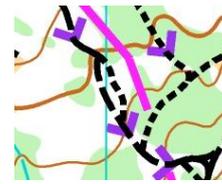
ENTRY ALLOWED



THERE IS NO OBSTACLE

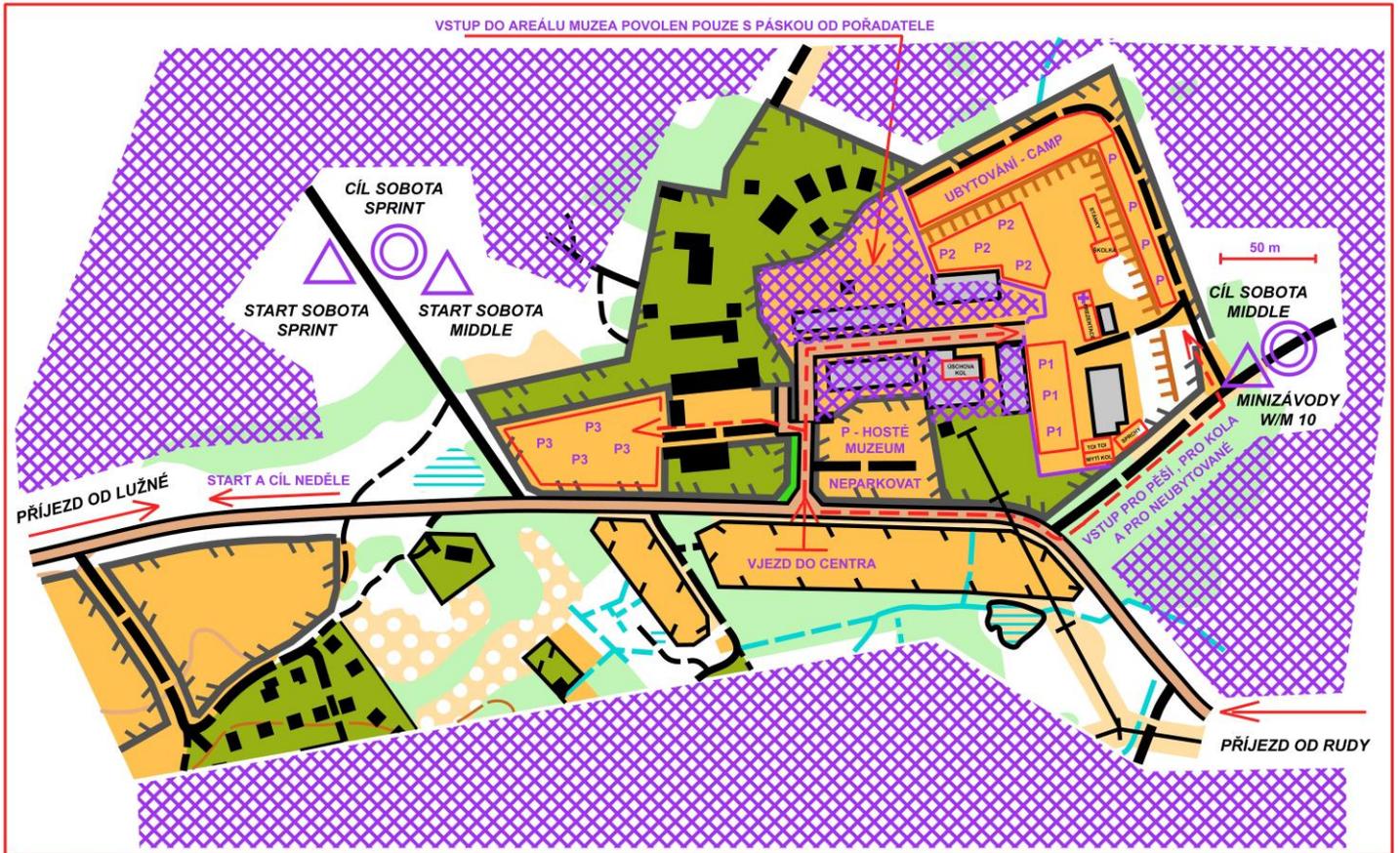


ONE WAY ENTRY



PLÁNEK CENTRA ČP MTBO 15. - 16. 4. 2023 LUŽNÁ - MUZEUM JK CLASICS

VSTUP DO AREÁLU MUZEA POVOLEN POUZE S PÁSKOU OD POŘADATELE



QR KOD ON-LINE RESULTS

MIDDLE

SPRINT

LONG



KRUŠOVICE

1581

ROUTE PLAN TO START AND FINISH SUNDAY – LONG

