

Cup of liberation of the city of Pilsen

memorial of Ivan Zápotocký and Jan Wavok Vodrážka

Championship of the ZČO region in sprint orienteering,
First and second race of the ZČO ranking,
Public races

BULLETIN

ORGANIZER: Orienteering club Slavia Plzeň

DATUM: April 6 and 7, 2024

RACES: Saturday 6.4. morning sprint, afternoon middle distance
Sunday 7.4. long distance

APPLICATIONS: Until **31. 3. 2024** through the application system **ORIS**.
Z categories (beginners, without chips and without timing) can register on the spot.
Other late and on site applications for a 50% charge

ACCOMMODATIONS: **Autocamp Ejpovice** (center of the Sunday race) – 10 cabins, caravans, tents, **it isn't** provided by the organizers, book for yourself here: <https://www.kempejovice.cz>
Ejpovice gym only from Saturday to Sunday - a limited number of places, in your own sleeping bags. Price: CZK 100/person. **Order via ORIS (under additional services for the middle distance race).**

FOOD: **Saturday sprint-** there will be nothing in the center, use the restaurant Na střelnici next to the parking lot for a coffee before the race and lunch after the race.
Saturday middle- pub in the village of Kyšice, unfortunately they do not make meals, for dinner we provide a choice of 2 dishes at the U Salcmanů restaurant, where the prize ceremony and ANTYBÁL will take place. Again **Order via ORIS (under additional services for middle distance).**
Sunday long - there is a restaurant right in the center (Autocamp).

EMERGENCY: at the race finish line, phone: **+420 775 975 903**

CULTURE: Saturday evening at U Salcmanů in Ejpovice <https://en.mapy.cz/s/kegotuhoke> we organize **ANTYBÁL** - an invitation is in ORIS

PUNCHING: SportIdent - units will be set to contactless mode
BEACON (allowing punching up to a distance of 0.5 m).
Possibility to borrow an SI chip (version 5) for CZK 40 (for non-registered users, with a refundable deposit of CZK 1,000). The organizers do not provide the rental of SIAC chips.
The training courses can also be completed in the Z variant (beginners) - without a chip and without timing (individually or in a smaller group).

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PROTESTS: On paper with a deposit of CZK 200 in the hands of the head referee

REGULATION: It is raced according to the valid foot orienteering rules

PROTECTION OF PERSONAL DATA:

By registering for this race, each participant agrees to the publication of their personal data in the valid ČSOS format in the form of an application, start list and results on the race website and in the ORIS information system. 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 souvenir of the races, for the promotion of the OB club, etc.), especially from the announcement of the results and the finish line. If you do not agree to be photographed, please let the photographer know.

INFO: Watch <http://kosslaviaplzen.cz>

INSTRUCTIONS FOR THE SPRINT CHAMPIONSHIP

All competitors confirm with their application that they will compete **in full traffic** and will respect Act No. 361/2000 Coll. about road traffic!

DATE: 6.4.2024

START 00: 9:30, the start of the HDR category will be from 10:00 a.m. (after HD10F starts)

TYPE OF RACE: city sprint

CATEGORIES: D10, D12, D14, D16, D18, D20, D21, D35, D45, D55, D65

H10, H12, H14, H16, H18, H20, H21, H35, H45, H55, H65, H75

- expected times of the winners according to the ZČO competition rules

HD10F - Ribbon course- (under 10 years, unaccompanied!!!)

HDR - Ribbon course- (under 10 years accompanied by parents)

Training courses- T1(1.5 km) light, T3(2 km) medium, "shadowing" allowed

PARKING: Parking lot at Střelnice <https://mapy.cz/s/jazufezoho> - from the parking lot this way to the center, between points 2 and 3 go under the bridge:
<https://en.mapy.cz/s/pocuhagofe>

CENTER: natural playground in Lobzy Park <https://mapy.cz/s/hufajuluza>

PRESENTATION: 8-9:00

TERRAIN: city streets, park

SHOES: without limits

MAP: 1: 4,000, revision 3/2024, E 5m, A4, author Aleš Hejna, print on Pretex - water resistant

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DISTANCES: Parking - center 1300 m
Center = Finish - start 1200 m

REFRESHMENT: water with juice at the finish line

MANDATORY SECTIONS: start - map start and collection control - finish, marked with red and white ribbons

PUNCHING SYSTEM: Electronic, SportIdent units will be set to non-contact punching mode including finish units (allowing punching up to a distance of 0.5 m). In the starting corridor, you have to reset your chip (CLEAR box) and perform a zeroing check (CHECK, start contactless punching). After punching the finish, contactless punching will turn off. In the event of a failure of the SI units at the controls, the competitor is obliged to mark the passage through the control by punching the map with pliers. The competitor is obliged to hand over the map with a spare punch for inspection at the finish line.

FINISH: Maps will not be collected. **FOLLOW fair play!** After reaching the finish line, the competitor is obliged to have his chip read, even if the race is not completed. The finish line will be closed after the time limit of the last starting competitor has expired.

CONTROL DESCRIPTIONS: pick up in the race center, they are not on the map

WC: TOI-TOI in the race center only!!! They are not at the start!

PRIZE CEREMONY: Evening in the hall of U Salcmanů in Ejpovice at 19:15 -
before ANTYBÁL

OFFICIALS:

Director	Michal Tošner
Chief Referee	Ondřej Hašek
Course setter	Radim Tokár

COURSE LENGTHS:

H10 2.5 km 50m	D10 2,2 km 50m	HD10F 3,0 km 40m
H12 2,6 km 50m	D12 2,4 km 50m	HDR 3,0 km 40m
H14 2,8 km 50m	D14 2,5 km 50m	T1 1.6 km 40m
H16 2,9 km 55m	D16 2,8 km 55m	T3 2,1 km 50m
H18 3,1 km 60m	D18 2,9 km 60m	H65 2,5 km 50m
H20 3,4 km 65m	D20 3,1 km 65m	H75 2.3 km 45 m
H21 3,4 km 65m	D21 3.1 km 65m	D65 2,3 km 50m
H35 3,2 km 60m	D35 2,9 km 60m	D75 2.1 km 45 m
H45 2,9 km 55m	D45 2,7 km 55m	
H55 2,7 km 50m	D55 2,5 km 50m	

NOTICE: The bridge between the ponds is closed
It is forbidden to cross it!



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INSTRUCTIONS FOR MIDDLE DISTANCE - 1st ZČO race

DATUM: 6.4.2024

START 00: 15:00, start of HDR category from 15:40

TYPE OF RACE: middle distance

CATEGORIES: D10, D12, D14, D16, D18, D21, D35, D45, D55, D65

H10, H12, H14, H16, H18, H21, H35, H45, H55, H65, H75

- expected times of the winners according to the ZČO competition rules

HD10F - ribbon course - (under 10 years, unaccompanied!!!)

HDR - ribbon course - (up to 10 years accompanied by parents)

Training courses- T1(2 km) light, T2(2.5 km) medium, T3(3 km) harder,

"shadowing" allowed

CENTER: meadow next to Kyšice <https://en.mapy.cz/s/degecamage>

PRESENTATION: 14:00-14:30 in the center or already in the morning together with the sprint

PARKING: on the meadow in the center, follow the organizers' instructions, parking fee 50 CZK
(have change ready, we don't take cards)

TERRAIN: typical Pilsen forest, good runability, not too hilly, occasional rocks

MAP: 1 : 10,000, revision 3/2024, E 5 m, A 4, author Aleš Hejna, print on Pretex - water resistant

COURSE DESCRIPTIONS: pick up in the center, they are not on the map

WC: TOI-TOI in the center only!!! They are not at the start!

DISTANCES : Parking = center
center - start 1400m
center - finish 500 m

REFRESHMENT: at the finish line, water with juice, in Kyšice pub U hřiště (no meals),
in Ejpovice (warm meals)

SPECIAL MAP MARKS: black cross - artificial object
green cross - tree stump
green circle - prominent tree

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MANDATORY SECTIONS: *start - map start and collection control - finish*, marked with red and white ribbons

PUNCHING SYSTEM: Electronic, SportIdent units will be set to non-contact punching mode including finish units (allowing punching up to a distance of 0.5 m). In the starting corridor, you have to reset your chip (CLEAR unit) and perform a zeroing check (CHECK, starts contactless punching). After punching the finish, contactless punching will turn off. In the event of a failure of the SI units at the controls, the competitor is obliged to mark the passage through the control by punching the map with pliers. The competitor is obliged to hand over the map with a spare punch for inspection at the finish line.

FINISH: The finish line is 500 m from the center of the race (the same route as the start). **Maps will not be collected. Follow fair play!** After reaching the finish line, the competitor is obliged to have his chip read, even if the race is not completed. The finish line will be closed after the time limit of the last starting competitor has expired.

PRIZE CEREMONY: Evening in the hall of U Šalcmanů in Ejpvovice at 19:30, before **ANTYBÁL**

OFFICIALS:

Director	Ondřej Hašek
Chief Referee	Ondřej Vodrážka
Course Setter	Ondřej Sobota

COURSE LENGTHS:

H10 2,0 km 20m	D10 1,9 km 20m	HD10F 3,2 km 20m
H12 2,2 km 20m	D12 2,1 km 20m	HDR 3,2 km 20m
H14 2,9 km 50m	D14 2,6 km 50m	T1 2,1 km 30m
H16 3.6 km 70m	D16 3.5 km 50m	T2 2.5 km 30m
H18 4,6 km 90m	D18 3,6 km 70m	T3 3,5 km 90m
H20 5.2 km 110m	D20 4.5 km 100m	
H21 5.2 km 110m	D21 4.5 km 100m	
H35 4,6 km 100m	D35 3,5 km 60m	
H45 4,2 km 90m	D45 3,4 km 60m	
H55 3.6 km 60m	D55 2.7 km 55m	
H65 2,8 km 40m	D65 2,4 km 40m	
H75 2.5 km 40m	D75 2.3 km 20m	

CULTURAL EVENING: **ANTYBÁL**

Come and enjoy the typical Pilsen orienteering party!

We are looking forward to seeing you!



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INSTRUCTIONS FOR THE LONG DISTANCE - 2nd ZČO race

DATUM: 7.4.2024

START 00: 10:00, start of the HDR category only from 11:00 a.m

TYPE OF RACE: long distance

CATEGORIES: D10, D12, D14, D16, D18, D21, D35, D45, D55, D65, D75

H10, H12, H14, H16, H18, H21, H35, H45, H55, H65, H75

- expected times of the winners according to the ZČO competition rules

HD10F - Ribbon course - (under 10 years, unaccompanied!!!)

HDR - Ribbon course - (up to 10 years accompanied by parents)

Training courses- T1(2 km) light, T2(3 km) medium, T3(4.5 km) harder,

"shadowing" enabled

PARKING: Next to the rail track in Ejpovice according to the instructions of the organizers

<https://mapy.cz/s/pulebacoro>

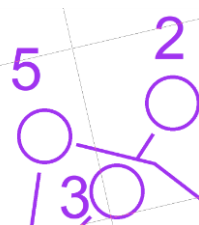
CENTER: Ejpovice camp <https://en.mapy.cz/s/mocaroholu>

PRESENTATION: 8:30-9:30 in the center or during the Saturday races

TERRAIN: Moderately hilly with many landforms, Former mining waste dump near the start and finish. Prohibited area around a landfill, marked in the map. There is logging going on in the forest - the possibility of new clearances and paths. There are freshly planted trees in the clearings in the SW part of the map, marked in the map, don't run on them.



BEWARE of crossing tracks and passing cyclists!



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MAP: revision 3/2024, E 5 m, author Evžen Cigoš, revised by Aleš Hejna, printed on Pretex - water resistant

Scales and dimensions:

HD 16 - HD 21 - 1:15 000, A4

H35, H45 - 1:10 000, A3

others - 1:10,000, A4

COURSE DESCRIPTIONS: pick up in the center, they are not on the map

DISTANCES: parking lot - center: 360m

center - start 1.5 km

center- finish 1 km

REFRESHMENT: water and juice at the finish line, a pub with a rich menu at the campsite in Ejpovice

SPECIAL MAP SYMBOLS: black cross - artificial object

green cross - tree stump

green circle - prominent tree

WC: **TOI-TOI + toilet in the camp. They are not at the start!**

MANDATORY SECTIONS: *start - map start and collection control - finish, marked with red and white ribbons*

PUNCHING SYSTEM: Electronic, SportIdent units will be set to non-contact punching mode including target units (allowing punching up to a distance of 0.5 m). In the starting corridor, you have to reset your chip (CLEAR unit) and perform a zeroing check (CHECK, start contactless punching). After punching the finish, contactless punching will turn off. In the event of a failure of the SI units at the controls, the competitor is obliged to mark the passage through the control by punching the map with pliers. The competitor is obliged to hand over the map with a spare punch for inspection at the finish line.

NOTICE: **in the forest, in addition to the controls (flag, SI unit) for the Regional Ranking race, there are also controls (red and white fangles) that mark the controls for JWOC trainings!! Please do not pick them up.**

PRIZE CEREMONY: In the center after the race.

OFFICIALS:	Director	Jana Sobotová
	Chief Referee	Šimon Kurz
	Course Setter	Antonín Svoboda

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MEMORIAL: Sunday's race is organized as a memorial to two former members of the organizing Slavia VŠ Plzeň club **Ivan Zápotocký**, who died as a climber in the Slovak Tatras in 1970, was running in the H21 category at the time. **Jan Vodrážka**, called **Wavok**, last skied in the Italian Dolomites in 2000. At that time he belonged to H55. In their honor, the pair of men from the same division with the best sum of times from these two categories becomes the winning team.

TRACK LENGTHS:

H10 1,6 km 20m	D10 1,6 km 20m	HD10F 1,5 km 25m
H12 3.7 km 75m	D12 3.2 km 65m	HDR 1.5 km 25m
H14 5,3 km 170m	D14 4,7 km 110m	T1 1,8 km 50m
H16 7.7 km 225m	D16 5.0 km 160m	T2 3.0 km 65m
H18 9,6 km 225m	D18 6,3 km 180m	T3 4,5 km 160m
H20 12,9 km 350m	D20 8,4 km 275m	
H21 12.9 km 350m	D21 8.4 km 275m	
H35 8,2 km 250m	D35 5,6 km 150m	
H45 7,7 km 225m	D45 5,0 km 160m	
H55 6,3 km 180m	D55 4,1 km 115m	
H65 4,8 km 150m	D65 3,4 km 100m	
H75 3.6 km 100m	D75 2.9 km 85m	