



Kamianna
8-10 listopad 2013

Górskie Ekstremalne Zawody na Orientację

Buletin

XII GEZnO, Kamianna 9-10 listopada 2013

Information - Rules

Term: 09-10 listopada 2013 r.

Place: Kamianna - Beskid Niski (Góry Grybowskie)

Event center: Dom Pszczelarza w Kamiannej

Organizers:

"Compass", 30-084 Kraków, ul. Podchorążych 3

Jura Sport Włodzimierz Dyzio

Piotr Pietroń LimaMaps

Małopolski Związek Biegu Na Orientację

Rules of participation:

Rules of participation: Teams of two are allowed to take part in the competition. They have to sign a declaration of good physical health. Sport insurance is recommended.

Classes:

KK- 2 women, no age limit

MM – 2 men, no age limit

MIX – man and woman, no age limit

VMM1 - 2 men, sum of ages – minimum 90 years

VMM2 - 2 men, sum of ages – minimum 110 years

VMIX - man and woman or 2 women, sum of ages – minimum 90 years

R – easy navigation shorter

RX – easy navigation, longer

Competition form and rules of qualification:

Teams of two follow a course of control points marked on a map. Both team members must complete the course. Splitting of the team is not permitted and will result in disqualification. Each team member receives a map and individual punching card, which will be attached to the wrist. Removing the card during the competition will result in disqualification of the team.

Teams must finish the courses in the shortest time possible, including penalties. Missing a control point will be fined by adding penalty minutes, given on the map next to each control point (45 – 180 minutes, depending on class and point).

To be classified, you must punch 50% + 1 control points (e.g. 5 with a total of 8, or 4 with a total of 7).

Time limit for all classes during both stages is 8 hours. Finishing after the time limit will be punished with penalty minutes, 5 penalty minutes for every minute of lateness. After a delay of 30 minutes, the team will be disqualified.

The competition consists of two stages. Stage 1 (E1) on Saturday and stage 2 (E2) on Sunday. Mass start on Saturday. On Sunday, best teams start with a handicap, up to 30 minutes loss to the best team. The remaining teams have a mass start. E1 is a scorelauf, E2 has a set order of control points.

Fair play:

Teams follow the courses individually. Teams can agree to run together. However, following another team without their permission will be treated as cheating and fined with penalty minutes.

Equipment:

Teams are required to take with them at least one working mobile phone and a flashlight. The rest is discretionary. Organizers suggest wearing trekking shoes and taking a compass and a backpack with first aid kit, food and drinks and a change of clothes.

Course lengths (straight line and real-life) and number of control points (PK) in each class for E1 and E2.

Kat.	Stage 1			Stage 2		
	Course length straight line (km)	Real-life length(km) Climbing (m)	Number of control points	Course length straight line (km)	Real-life length(km) Climbing (m)	Number of control points
MM	32,8	44,3/1630	14	29,4	38,5/1250	9
MIX	26,6	33,1/1500	11	24,1	32,8/1080	7
KK	22,7	27,1/1010	9	17,7	23,1/750	6
R	13,5	20,3/810	7	12,7	21,5/770	6
RX	-	42,3/1290	8	-	36,6/1130	7
VMM1	23,8	33,5/1405	11	20,0	27,5/950	7
VMM2	20,1	27,8/1050	8	16,9	23,0/810	6
VMIX	20,5	28,0/1020	8	17,8	23,9/870	6

Map scales for each class and stage:

Classes:	Stage 1	Stage 2
MM	1:50000	1:50000
MIX	1:40000	1:45000
VMIX	1:35000	1:35000
R	1:35000	1:35000
RX	1:45000	1:50000
VMM1	1:40000	1:35000
VMM2	1:35000	1:35000
KK	1:35000	1:40000

Each control point will be marked with a lantern, a perforator and a card with the PK code. Additionally, a lantern symbol and the PK code will be sprayed on a nearby tree. If the perforator is missing, please continue and notify the organizers at the finish line.

Using any GPS devices is strictly forbidden.

The exceptions are the R and RX courses.

Event schedule:

Friday (8th November)

20:00 – 23:00 - Competition centre office hours

Saturday (09.13.)

6:00 - 7:30 - Competition centre office hours

8:00 – Mass start

13:00 - 14:00 – First teams to arrive

16:00 – End of time limit

16.30 – Closing of finish line

13:00 – 16:30 - Hot meal for competitors

18:00 – Party in the restaurant downstairs

Sunday (10)

7:00 – Handicap start

7:30 – Mass start

11:00 - 12:00 – First teams to arrive

15:30 – End of time limit

15:45 – Closing ceremony and decoration

16.00 – Closing of finish line

11:00 – 16:00 - Hot meal for competitors