



## 5th national-O 2011 sprint

### Estavayer-le-lac

**Saturday, September 3rd 2011**

**52nd O of CA Rosé**

**"Neuchâtel lake"- O-Week-end**

**World Ranking Event (WRE)**

**[ECHT BIO.]-OL-Grand Prix 2011**

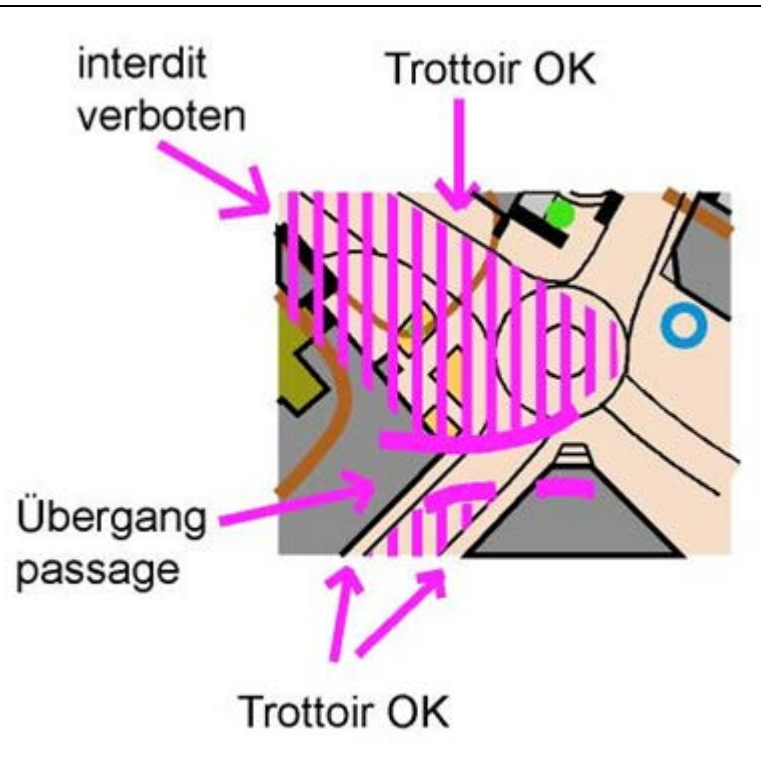
**Swiss Town-O-cup 2011**



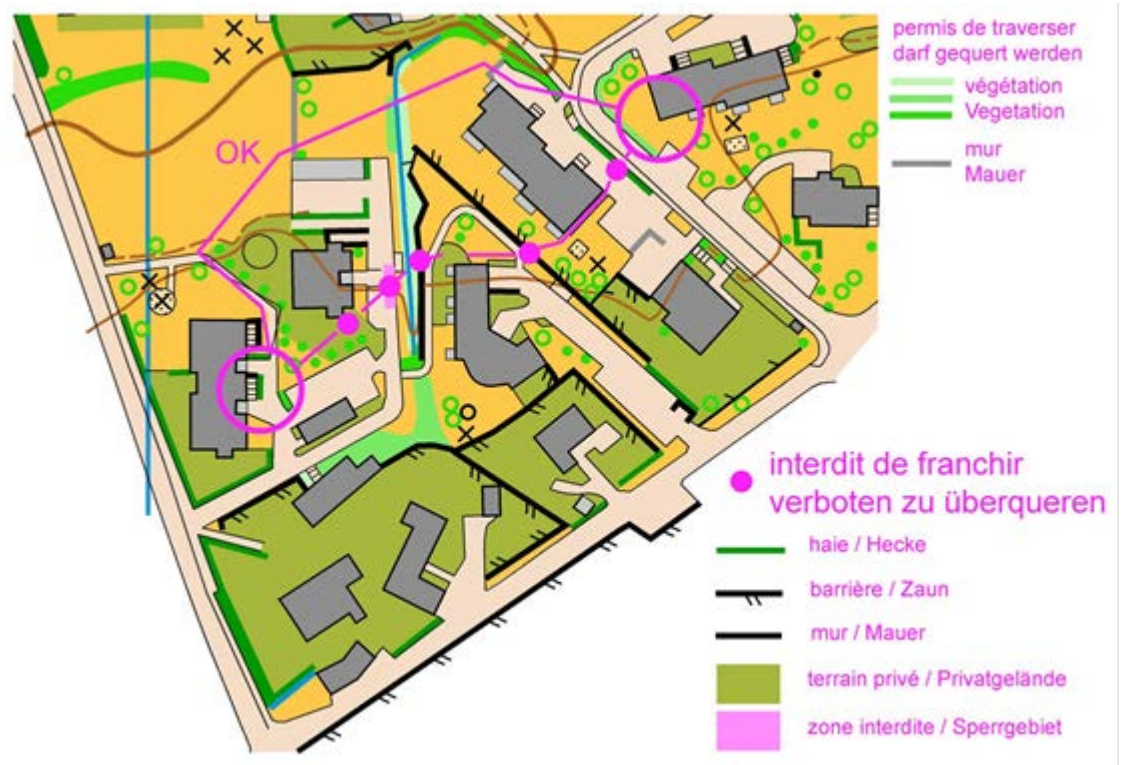
## Instructions

Organizer:	CA Rosé
Event manager:	Denis Cuche
Courses setter:	Valérie Suter
Courses controller:	Hansjörg Suter
Event advisor:	Res Gyax
Map:	Estavayer-le-Lac, 1 : 4'000, Last revision August 2011, map dimension 33 x 35 mm, printed courses.
Information:	Denis Cuche, route de Belmont 25, 1776 Montagny-la-Ville, ++4126 660 4881, denis.cuche "at" hefr.ch.
Competition Center:	Estavayer-le-Lac, sport center "Amarante" , open from 15h00.
Public transport:	Train station Estavayer-le-Lac. 15 min. from the competition center.
Parking:	Access from the south of the town (Highway A1). Parking places in the vicinity of the CC (max 15 min).
Starting list :	<a href="http://www.o-l.ch/cgi-bin/results?type=start&amp;year=2011&amp;event=5.+Nationaler+OL+A&amp;kat=-">http://www.o-l.ch/cgi-bin/results?type=start&amp;year=2011&amp;event=5.+Nationaler+OL+A&amp;kat=-</a>

	<a href="#">-&amp;club=</a>
Further instructions :	<a href="http://www.teddies.ch/ca-rose/">www.teddies.ch/ca-rose/</a>
Bib number :	Self-service at the CC.
Start:	<p>Start 1: 2km, 20'. The way to the start 1 passes by start 2.</p> <p>Start 2: 1km, 10'.</p> <p>Model maps at the start 2 (self service).</p> <p>Start procedure:</p> <p>S-3: call of the competitor (Bib number), erase and control of the SI-card.</p> <p>S-2: description of control points.</p> <p>S-1: the competitor goes in front of his categorie's map-box</p> <p>Start : take the map and run till the starting point (flag)</p>
Cloth transportation:	Only by bad weather
Arrival:	<p>Besides the CC. The competitor must punch the SI-box himself.</p> <p>Maps will be collected and redistributed after 19h00. The remaining maps will be brought to the relay's competition the next day.</p>
Control point:	Sportident units. If defective, you have to punch on the map with the punching pliers.
Anti-doping:	<p>The present status of anti-doping of Swiss Olympic prevails (<a href="http://www.dopinginfo.ch">www.dopinginfo.ch</a>).</p> <p>Competitors in the categories D20, H20, DE, HE are allowed to start only if they have signed (and taken knowledge of) the anti-doping declaration.</p> <p>Information and form are on the site of Swiss-Orienteering (<a href="http://www.swiss-orienteeing.ch/files/doping/unterstellungserklaerung_e.pdf">www.swiss-orienteeing.ch/files/doping/unterstellungserklaerung_e.pdf</a>) or will be available at the information desk of the event.</p>
In-place inscription and sCOOL:	<p>Only for open categories at the CC from 16h00. Starting time free between 17h00 and 18h30.</p> <p>sCOOL at the CC.</p> <p>SI-card location: 2.-</p>
Modification of runner's data	At the information
Forbidden area	<p>All olive zones are forbidden.</p> <p>All red zones are forbidden. Look at carefully. Street may be forbidden, but not the sidewalks (trottoir).</p>







Thick line (wall, Hedge, fence) are forbidden to cross (event if you are enough agile)

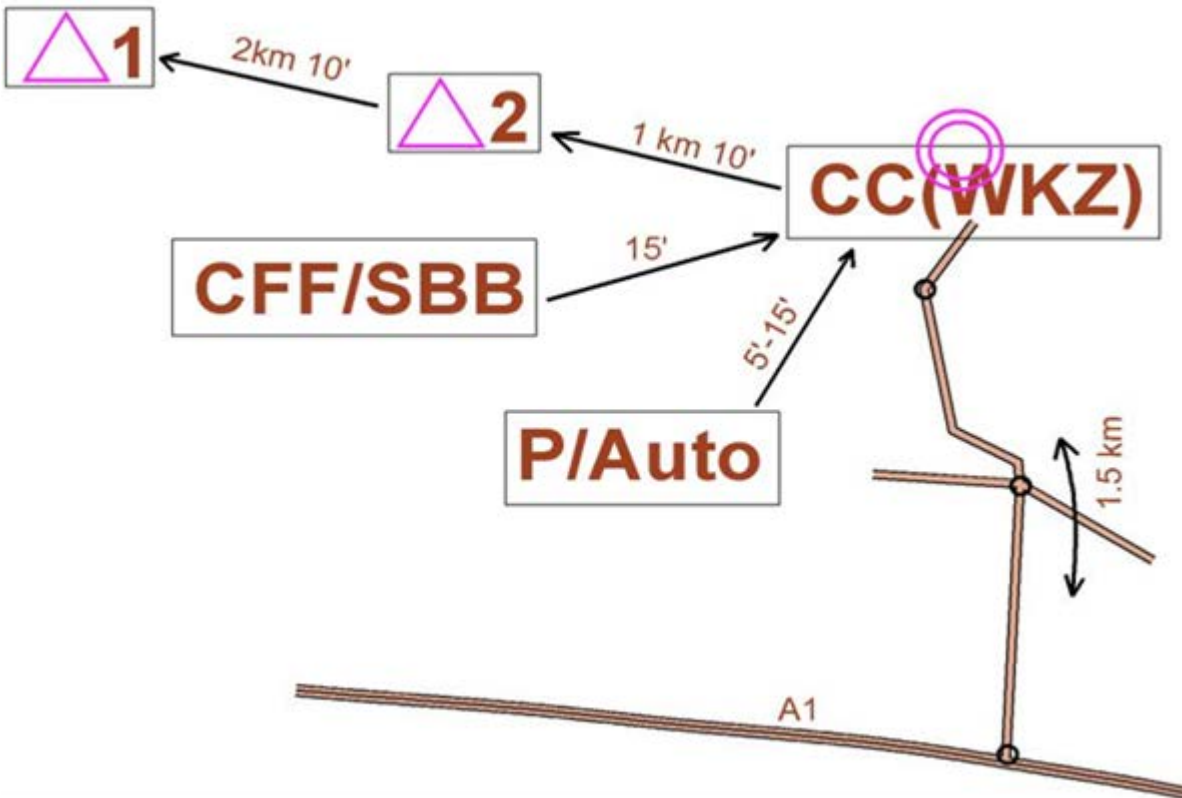
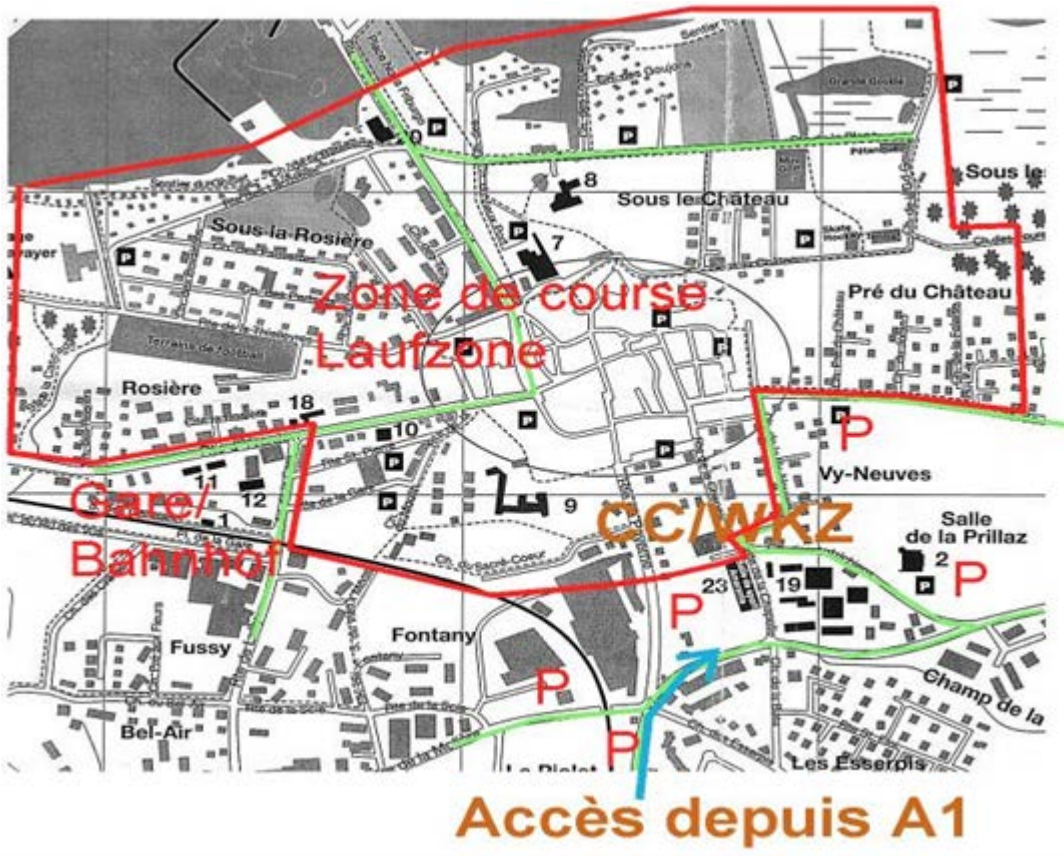


Particular objects on  
the map

Bridges and passages are represented in the following drawing:



Maximum time:	1h
Closure of the arrival:	1h after the last start.
Refreshment:	At the arrival. Water and dry fruit (fruchtis)
Medical care:	At the CC
Results:	Provisory results at the CC. Final results at: <a href="http://www.swiss-orienteering.ch">http://www.swiss-orienteering.ch</a>
Shoes:	We advise <b>not</b> to use Dobb spikes shoes.
Reclamation:	Must be writtenly deposed at the info before 20h30. The person must be attainable by the jury.
Jury:	André W. Schoepfer, Hans Laube, Kilian Imhof
Crèche:	At the CC, open from 16 to 20h.
Insurance:	To the responsibility of the competitor. The organizer declines any liabilities according to Swiss law.
Access to the competition area	Forbidden from 13h up to your starting time.  Traffic is mostly forbidden in the town, but please keep care when crossing road and coming out from small street.
Prize ceremony	At 20h for H/DE and H/D20
	  



## Courses description:

### Men

Category	Distance (km)	Declivity (m)	Nr. of controls	Start
HE	2.7	70	30	1
H10	1.7	25	22	2
H12	1.9	25	24	2
H14	2.1	50	26	2
H16	2.2	60	24	1
H18	2.5	50	26	1
H20	2.6	55	27	1
HAK	2.2	55	27	1
HAM	2.2	60	24	1
HAL	2.4	70	24	1
HB	2.0	40	21	1
H35	2.3	65	26	1
H40	2.3	65	26	1
H45	2.2	60	24	1
H50	2.0	45	21	1
H55	1.9	50	24	2
H60	1.8	30	23	2
H65	1.7	40	21	2
H70	1.7	25	19	2
H75	1.4	20	15	2
H80	1.2	20	16	2

### Women

Categorie	Distance (km)	Declivity (m)	Nr. of controls	Start
DE	2.2	55	29	2
D10	1.7	25	22	2

D12	1.8	30	21	2
D14	1.9	45	23	2
D16	2.0	45	21	1
D18	2.1	55	23	1
D20	2.1	55	24	1
DAK	1.6	30	20	2
DAL	2.2	55	27	1
DB	1.7	20	20	2
D35	2.0	45	26	2
D40	1.8	30	23	2
D45	1.7	40	21	2
D50	1.6	30	20	2
D55	1.7	25	19	2
D60	1.4	20	15	2
D65	1.3	25	17	2
D70	1.2	20	16	2

#### Catégories ouvertes

Catégorie	Distance (km)	Dénivelé (m)	Nbr. de postes	Départ
OK	1.5	20	19	2
OM	1.9	30	23	2
OL	2.1	50	22	2