

2. Runner's INFORMATION **update 21 06 2022**



Competition Office: from 23. 06. - 26. 06. 2022 at the finish area of each stage.

Check in: You can take your startdocuments at the training and 1 hour before the first start.
Its not possible to make any changes or payments at the race on site.
Bank account: HSV OL VILLACH
IBAN: AT46 4213 0901 0019 0777 SWIFT: VBOEATWWKLA
Please transfer your entry fee until 20. 06.2022

Free Start: Beginners, Family, Open class have a free start.

Maps: all maps in pretex quality waterproof, not tear proof.
Please bring your own plastic cover.

Refreshments: no water supply stations in the forest. Please bring your own water bottle.

Control Description: available at the start in box 1

Number bibs: All runners have to wear the number bibs.

Insurance and medical assistance: Competitors are not insured by the organizer. Each competitor takes part on his/her own responsibility. Medical assistance will however be provided. An emergency medical car will be present at each stage at the Finish arena.

Prize Giving: Lake Cup ball only for participants in all 3 events. after the 3.race.
No award ceremony for categories: Open, Beginner, Family, Hobby

Terrain and Race Information

1. Stage Training Egelsee / Lake Cup 23. 06. 2022

CC: Lug ins Land, 9701 Rothenthurn, Oberzmöln 1

Coordinates: N 46.781133 E 13.557524

First Start: 10 Controls, no timekeeping

Map „Egelsee“ in scale: 1:7.500 for all categories

Terrain: continental European contours, lot of details, hills, rocks, slopes and valleys

2. Stage FRATRES Individual Lake Cup 24. 06. 2022

CC: Rojach 22, 9811 Lendorf, Sportcenter

Coordinates: N 46.826190, E 13.461094

First Start: 14.00 Way to start: 1. 200 m / 50Hm / 30min

Map „Fratres“ in scale: 1:10.000 for all categories

Terrain: typical continental European contours, some details, slopes and valleys

3. Stage Stadelbach Individual Lake Cup 25. 06. 2022

CC: Sportcenter Kroislerweg 2 , A-9722 Stadelbach

Coordinates: N 46.665121, E 13.728054

First Start: 14.00 Way to start: 1.500 m / 150 Hm / 35 min

2.nd Place to Start for M/W 10, Family and Beginners next to CC

Map „Töplitz-Kroislerwand“ in scale: 1:7.500 for all categories

Terrain: typical continental European contours, steep, ditches, hilly, rocks, stones and slopes

4. Stage Bleiberg Individual Lake Cup 26. 06. 2022

CC: Thermenweg 1, 9530 Bad Bleiberg

Coordinates: N 46.626177, E 13.675705

First Start: 11.00 Way to start: 500 m / 10 Hm / 10min

Map „Bad Bleiberg“ in scale: 1:7.500 for all categories

Terrain: typical continental European contours, some green, stones and slopes

Parking

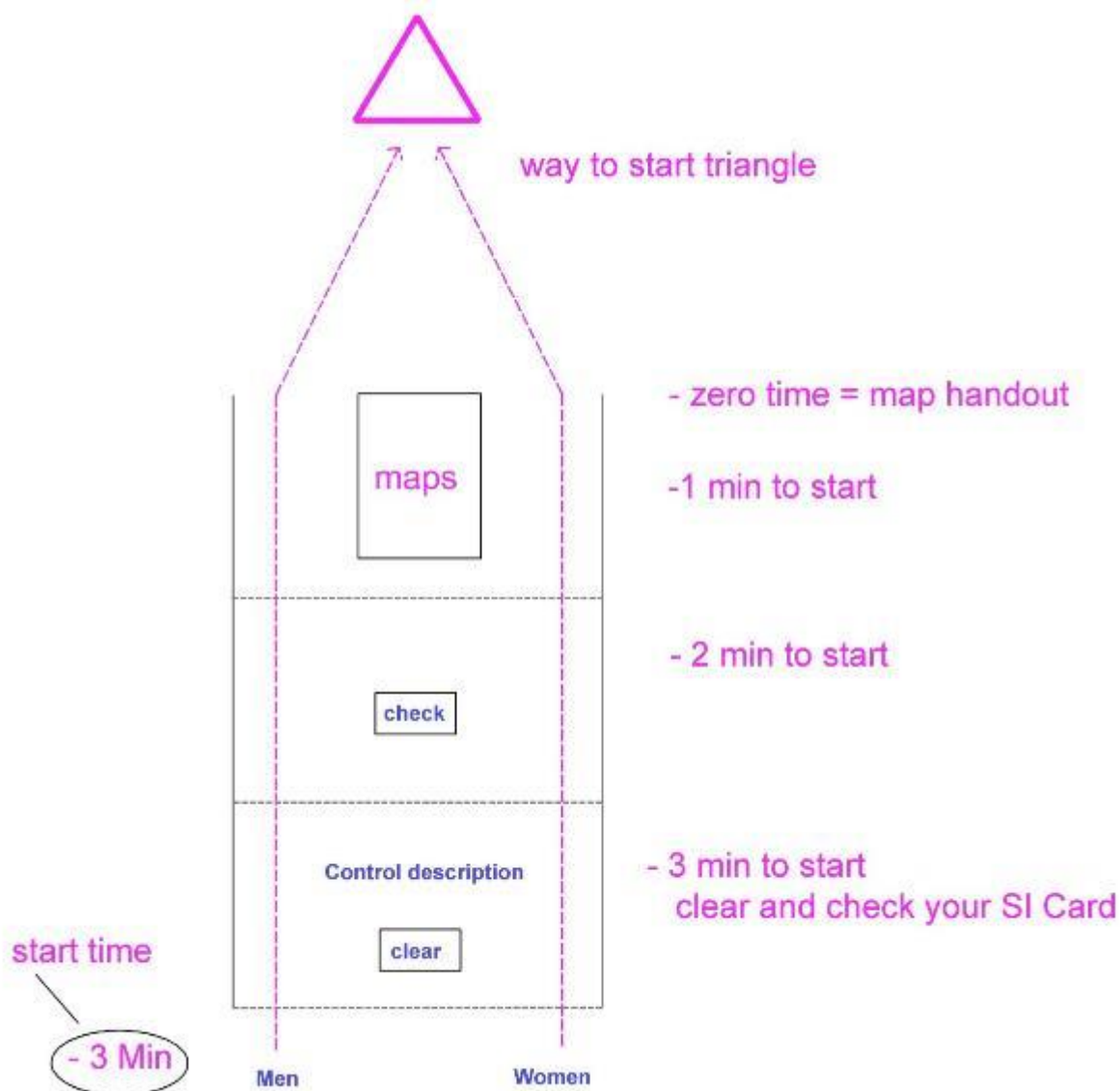
For stage 1, 2 and 3 you can use the parking area next the CC.

For stage 4 ist not so much space at the Competition Center, so please use the free parking area next to the road.

Start for individual:

Call up will be at -3, to check and clear your Si-Card. At -2 you can see the old version of the map.

At -1 you stand in front of your map-box. At zero it will be the time start. It is the athletes' responsibility to pick up the correct map.



Orienteering with friends - enjoy the nature and have a nice time!

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