

Majstrovstvá SR v LOB na dlhých tratiach a v štafetách

INFORMATION

- Distances: parking – event centre: 0 - 200 m
centre – start: 0 m
- Start = 00: Saturday: 12,00, Sunday 10,30.
- Map: Skalka pri Kremnici 2020, 1:10 000, E 5. Situation II/2020, not waterproof, for relay, if needed folded. A4, laser printed.
- Punching: SI. Punching at the finish line on Saturday and after finish line on Sunday. After finish runners must go for SI read directly (in relay event late SI read means immediate disqualification).
- Catering: Individual, tea after finish in Relax centre. No refreshment in terrain.
- Centre: Ski arena Skalka, Relax centrum. Pre-warming only in the ski stadium or in direction to Krahule. All track are closed for athletes till the end of relay race. The central part of the stadium is reserved for Ski school. On Sunday public control at the stadium, app. 3-5 min before finish. Parking ticket (E EUR/day) shall be purchased in Relax centrum or in the info chalet at the stadium.
- Bibs: Only for relay, left leg placed.
- Tracks: 90 % are big tracks, prepared by grooming machine or scooter. Dotted tracks are not well skiable or dangerous. There will be many skiers on tracks – compete carefully. With extreme temperatures (predicted for Saturday), some track may not be hard enough. We do not recommend to use best skis.
- Saturday: Category M21E has two map changes (three laps). Categories MW14, W55 and K3 do not have map change. All other categories have one map change (2 laps). The map exchange will be at the stadium. After the last control (CP 100) the left corridor is for map exchange, right corridor to the finish. Finish is printed on all maps, but you go there only at the end of the final lap.
- First aid: In the event centre.
- Prize-giving: Saturday app. 15,30, Sunday app. 12,30, will be announced. Diplomas only for youth athletes.

Courses:

Saturday				Sunday			
Category	Length	Climbing	CP	Category	Length	Climbing	CP
M,W14,W55 open	2,5	30	5	M,W14, open	3	50	8-9
W17	6,7	100	14	M18	4,5	70	10
W20, W21, W35	7,6	100	15	M19	4,5	70	10
W45	7,2	100	13	M70	4,5	70	10
				M90	4,5	70	10
M17	7,2	100	13	M110	4,5	70	10
				W18	4,5	70	10
M21	10,6	150	19	W19	4,5	70	10
M35	7,6	100	15	W70	4,5	70	10
M45	7,2	100	13	W90	4,5	70	10
M55	6,7	100	14	W110	3	50	8-9

Main referee: Rastislav Veselovský

Event director: Peter Ďurčo

Course setter: Saturday: Juraj Nemec, st., Sunday: Andrej Patráš