

## Bulletin-2

# Vas-Veszprém-Zala Middle distance and Relay Championships

04.05.2024

Cák

**Organiser:** Alpokalja Szabadidősport és Környezetvédő Egyesület

**Location:** Cák, playground (47.357503, 16.515631)

**Organizing committee:**

- **President:** Juhász Júlia (+3630 351 6930)
- **Secretary:** Szalay Levente
- **Course setter:** Molnár Péter (middle), Szalay Levente (relay)
- **Event adviser:** Szalay Levente (middle)

**Race format:** In the morning individual regional ranking middle distance race, in the afternoon non-ranking relay. In all cases, relays will consist of 3 runners and there must be a minimum of 1 female runner on the team.

- **10:00:** Middle distance
- **15:00:** Relay

**Time keeping:** The SI electronic timing system is used in the competition. SI Air+ mode will be enabled on the boxes.

**SI rental:** SIAC: 800 HUF/runner/race. Traditional SI: 500 HUF/runner/race. SIAC rentals are only available to those who have made a reservation.

**Terrain:**

- The terrain is made up of the typical steep hillsides of the Alpokalja region, dense ditch systems and mostly well runnable old oak forests.

## Map:

- Drawn in 2024 with the use of LIDAR data by Molnár Péter
- Scale: 1:10000 /5m except in M/W60 and M70 categories. Also relay V120 and V180 has 1:7500 /5m map.

## Categories:

Middle distance:

| Kategória/category              | táv/distance | szint/ascent | Cancelled or merged categories        |
|---------------------------------|--------------|--------------|---------------------------------------|
| F10D                            | 2.6km        | 85m          | F18B->F21A                            |
| F10DK                           | 2.6km        | 85m          | F35A->F21A                            |
| F12C                            | 1.6km        | 85m          | F45A->F40A                            |
| F14B                            | 2,7km        | 125m         | F55A->F50A                            |
| F15-18C                         | 2.4km        | 75m          | F65A->F60A                            |
| F16B                            | 3.4km        | 130m         | F75A->F70A                            |
| F21A                            | 4.1km        | 165m         | F80- cancelled                        |
| F40A                            | 3.4km        | 130m         | N16B->N18B                            |
| F50A                            | 2.8km        | 115m         | N45A->N40A                            |
| F60A                            | 2,1km        | 75m          | N55A->N50A                            |
| F70A                            | 1,8km        | 80m          | N65A->N60A                            |
| N10D                            | 2.6km        | 85m          | N35A- cancelled                       |
| N10DK                           | 2.6km        | 85m          | N70A- cancelled                       |
| N12C                            | 1.6km        | 85m          | N75A- cancelled                       |
| N14B                            | 2,7km        | 115m         | Open Advanced during relay- cancelled |
| N15-18C                         | 2.4km        | 75m          | Open Beginner during relay- cancelled |
| N18B                            | 3.1km        | 130m         |                                       |
| N21A                            | 3.4km        | 165m         |                                       |
| N40A                            | 3,1km        | 125m         |                                       |
| N50A                            | 2,1km        | 75m          |                                       |
| N60A                            | 1,8km        | 80m          |                                       |
| Nyílt Kezdő (Open Advanced)     | 1.6km        | 85m          |                                       |
| Nyílt Technikás (Open Beginner) | 3.4km        | 130m         |                                       |
| V14                             | 2,4km        | 105m         |                                       |
| V18                             | 3,9km        | 150m         |                                       |
| V21                             | 4,6km        | 170m         |                                       |
| V120                            | 2,9km        | 115m         |                                       |
| V180                            | 2,4km        | 110m         |                                       |

## Start-event center:

Middle distance: 1km/40m elevation (blue-white ribbon)

Relay: both Start and Finish are in the event center

## Relay specific info:

- We use forking in the relay courses. The forkings are giving an equal result after the third

runner. During the race they might seem sometimes unfair, but at the end every team will have the same legs.

- The runners will first run a bigger loop then they pass the event center and also punch the control nr.100 (that is also the last control), but first they go further for a second smaller loop (5-10min). Then they get back, punch nr.100 again and run to the finish.
- There is marked route to the start flag (red-white ribbons), but for the better visibility we don't sign it on the map.
- There is a stone mine on the terrain that is marked forbidden. Please be fair and don't enter this area.

**Prizes:** Medals will be awarded to the 1st to 3rd place overall in each category. The races will be judged separately and the results will be announced after the relay. No results will be announced in open categories.

**Entry fee:**

- **On-site registration:**

- M/W18 and younger, also M/W65 and older categories 2000 ft/person/race
- M/W20 and older categories 2500 ft/person/race
- Open and D, DK categories 2000 ft/person/race
- Relay 5500ft/team
- On-site entry is only available for the free spots of the start lists, and is very limited

Competitors without an MTFSZ annual licence will have to pay a daily race licence fee of 1000 ft/person/race in addition to the entry fee, except for Open Beginner, Open Technical and F/N10D, 10DK, 12D categories. Does not apply for relay.

Entry is subject to payment.

**Entry:**

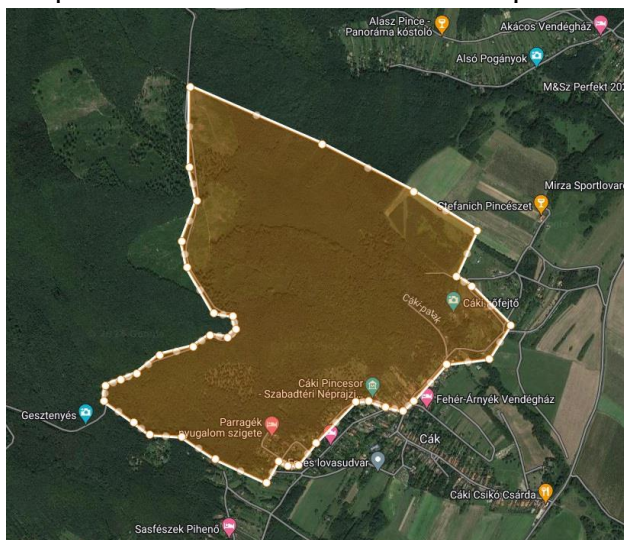
- [E-nevezés](#)
- [szalaylevente99@gmail.com](mailto:szalaylevente99@gmail.com) via e-mail. When registering, please indicate your name, club, licence number(if exists), SI number, category. If you do not receive a reply to your e-mail entry within 48 hours, please repeat your entry.

**Payment:**

- Preferably by credit card at the time of registration.
- By bank transfer
- Name: Alpokalja Szabadidosport es Kornyezetvedo Egyesulet
- Bank: Nyugat Takarekszoetkezet (Hungary)
- IBAN: HU57721002371112296000000000
- Note: Club or competitor's name

If the transfer does not arrive until the payment deadline, you will have to pay according to the next entry fee level. In case of difficulties or too high fees for the international transfer, you can also pay by cash at the competition center. Please write an e-mail to our secretary (szalayleventeg@gmail.com)

**Embargoed areas:** from the date of publication of the Bulletin until the end of the competition, based on the map below. Athletes who are doing orienteering in the areas indicated will be disqualified from the competition by the jury. Banned areas:



**Data protection:** by entering or participating in the event, competitors and their accompanying persons consent to the recording and publication of images and audio recordings of the event in online and print media and on online social media sites; and to the publication of their name, year of birth, gender and results in the list of entrants, start list, results list, online and print media and online social media sites.

**Other information:**

- Commercial activities are only possible with the permission of the organizers.
- The map material is waterproof pretext paper, no foil will be provided. Control description is on the map, a substitute will be provided at the start of the individual race only.
- No transport will be provided during the race. If you have difficulty getting to the race, please let us know by email and we will try to help.

**We look forward to welcoming you!**

Alpokalja Szabadidősport és Környezetvédő Egyesület