



OK AZIMUT

ORIENTACIJSKI KLUB  
**KOMENDA**

OK KOMENDA



OK TIVOLI

pripravljajo / *prepare*



# *ALPE ADRIA O-CUP SLOVENIA IN 3 DAYS*

*16. 6. – 18. 6. 2017*

mednarodno orientacijsko tekmovanje na sončni strani Alp  
*international orienteering competition on the sunny side of the Alps*



## *BILTEN 3 / BULLETIN 3*



**ORGANIZATORJI / ORGANIZERS:**

- OK Komenda (štafeta / *relay*, AAOC)
- OK Azimut (srednja razdalja / *middle*, AAOC, WRE)
- OK Tivoli (dolga razdalja / *long*, AAOC, WRE; sprint SOL)

**VODJA TEKMOVANJA / EVENT DIRECTOR:** Andrej Borštnik

**IOF WRE SVETOVALCI / IOF WRE ADVISERS:**

- CesareTarrabocchia, srednja razdalja / *middle*
- Klemen Kenda, dolga razdalja / *long*

**SODNIKA / NATIONAL ADVISERS:**

- Roman Sladič, sprint
- Klemen Kenda, long

**KONTAKTI / CONTACTS:**

Tel.: 00386 31 434 202

E-mail: [slo3days@gmail.com](mailto:slo3days@gmail.com)

WWW: <http://www.slo3days.si>

**PRIZORIŠČE / VENUE:** Ljubljana, Slovenija

**TEKMOVANJA / COMPETITIONS:**

- **16. 6.** (popoldan / *afternoon*), Štafeta / *Relay*, AAOC, Komenda
- **17. 6.** (dopoldan / *in the morning*), Srednja razdalja / *Middle*, AAOC, WRE, Kalce
- **17. 6.** (popoldan / *afternoon*), sprint SOL, Tivoli (Ljubljana)
- **18. 6.** (dopoldan / *in the morning*) Dolga razdalja / *Long*, AAOC, WRE, Rašica

**POSEBNO OPOZORILO / SPECIAL WARNING:**

V preteklih tednih se karta Cajnar zelo spremenila. **Smo jo popravili, ampak bodite pripravljeni za kakršnokoli informacijo v zadnjem trenutku o spremembah.**

*In the last weeks the map Cajnar changed a lot. **We have updated the map, but be prepared for any last-minute information regarding the changes.***

**ZMAGOVALNI ČASI / WINNING TIMES:**

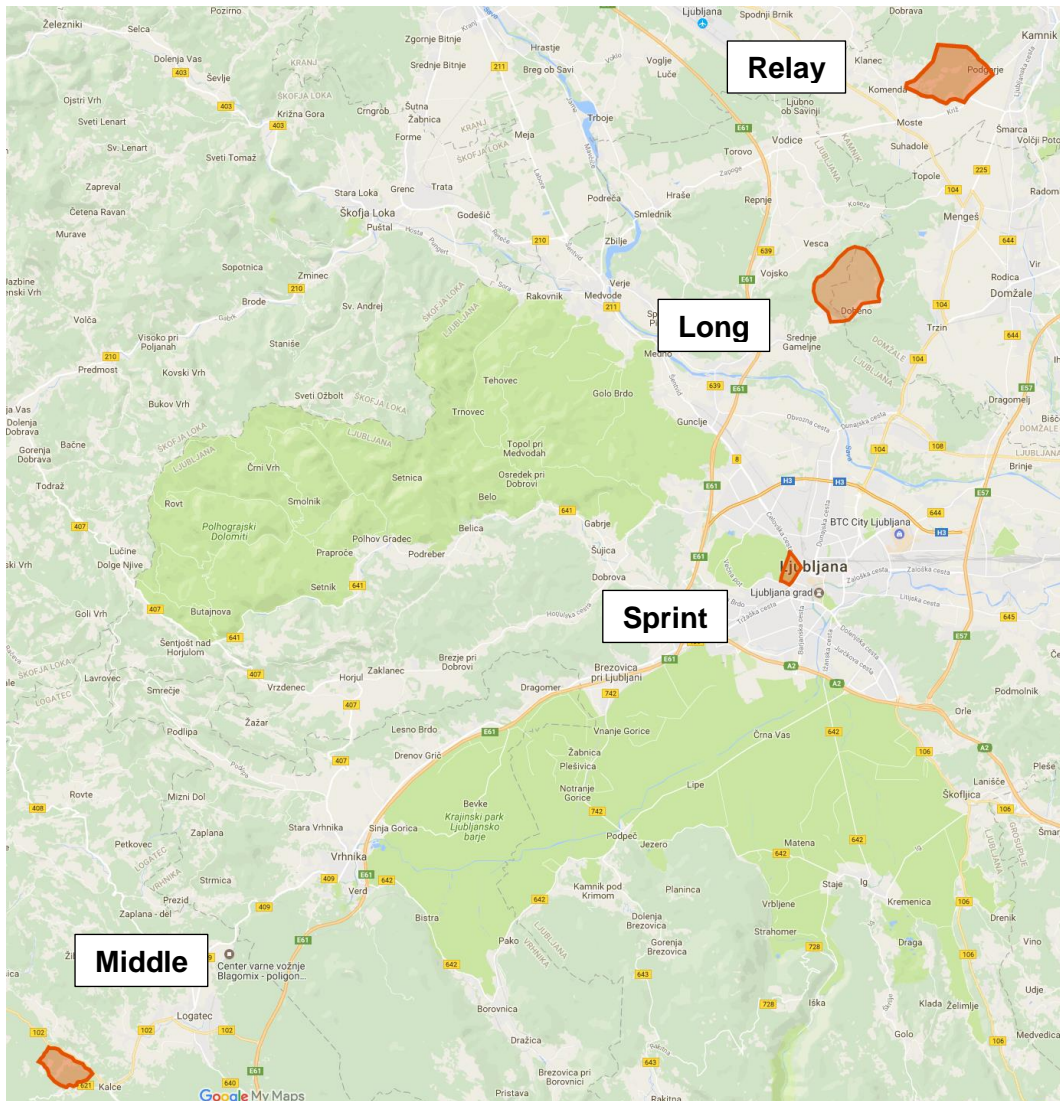
- Dolga razdalja / *Long*: M21E – 90 min, W21E – 70 min
- Srednja razdalja / *Middle*: M21E – 35 min, W21E – 35 min
- Preostali časi v skladu s pravili OZS / *Other times according to Slovenian federation rules:*  
<https://goo.gl/SzWEvk>

**KARTE / MAPS:**

The maps are printed on waterproof Pretex 120 and they will not be covered. The map format is A4, except the 1:10000 middle map, which is 24cm x 20cm.



## Lokacije / Competition locations



Do tekmovanja je prepovedan tek na prepovedanih območjih.  
*Running on embargoed areas is forbidden until competition day.*

### KATEGORIJE (spodaj) / CLASSES (below):

Kategorije označene z **rdečo** štejejo za SOL. Classes marked with **red** count for Slovenian ranking.

**The following Austria Cup categories are joined with AAOC categories, but will still be considered for AC points where applicable:**

M15-18 -> M21B, W15-18 -> W21B, M20 -> M21E, W20 -> W21E, M75, M80 -> M70, W50 -> W45, W60 -> W55, W70 -> W65, M Hobby -> M21B, W Hobby -> W21B, M21 Kurz -> M21B, M21 Lang -> M21A

Tekmovalci v OTROŠKI, ZAČETNIŠKI in OPEN kategoriji gredo lahko skozi progo sami, v paru, z družino ali s prijatelji.

*Competitors in KIDS, BEGINNER, and OPEN class can go through the track alone, in pairs, with family or friends.*





# Program / Programme

**1. dan / 1st Day:** registracija / registration (Komenda), od 14:30 dalje / from 14:30

**1. dan / 1st Day:** AAOC Štafeta / Relay (Komenda), prvi start / first start 16:30



## Map:

ISSOM, May 2015, popravki maj 2017 / corrections May 2017

M = 1:7500, E = 5m

M = 1:5000, E = 5m (KIDS, BEGINNERS, MW10)

**Event center:** Kriški grad - Križ - Komenda, 14:30 do 16:30: prijava in registracija / registration

**GPS:** 46°12'15.0"N; 14°34'04.8"E <https://goo.gl/maps/QzgNB4ztVBj2>

**Vodja / Event director:** Blaž Kölner

**Traser / Course setter:** Jernej Zorman

## AA kategorije / classes:

MW18\*, M21, W21, MW35\*

## Ostale kategorije / other classes:

MW10 (posamezniki / individuals), MW14\*, MW45\*, MW55\*

KIDS, BEGINNER, OPEN (posamezniki / individuals)

\* mešane štafete / mixed relay:

Ekipa mora imeti 3 tekmovalce, najmanj 1 ženska in najmanj 1 moški tekmovalec; druga etapa je krajša.  
*A team must have 3 competitors, minimum 1 female and 1 male competitor; second leg is shorter)*

Štartna procedura bo prikazana ob 16h / *the start procedure will be shown at 16h.*

**Štarti / starts:** 16:30 – M21, W21, MW35, MW18

16:45 – MW14, MW45, MW55

17:00 – MW10, KIDS, BEGINNERS, OPEN

**Od ciljnega prostora do starta / From finish area to start:** 0 m

**Razglasitev / Prize giving:** 19:00

**Parkirišče / Parking:** 46°12'02.8"N 14°34'01.9"E,  
<https://goo.gl/maps/97ssRg9nJYU2> 600m from EC

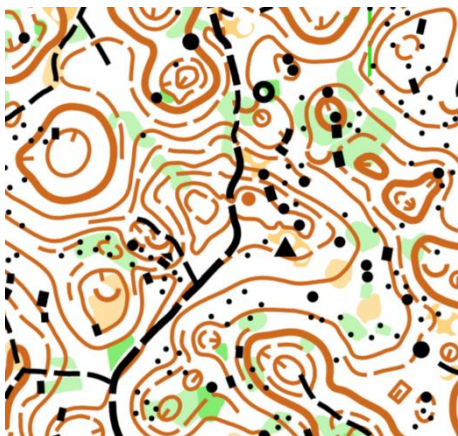
## Opozorila / notices:

Na nekaterih predelih je veliko novega podrastja, zato je hitrost teka omejena. *There is a lot of new undergrowth on some parts of the map and the running speed is limited.*

Class	Length
M21	5000m
W21	4300m
MW35	3900m, 2. leg: 2400m
MW18	3900m, 2. leg: 2400m
MW14	2300m
MW45	3500m, 2. leg: 2200m
MW55	3100m, 2. leg: 2200m
MW10, KIDS	2000m
BEGINNERS	2250m
OPEN	3400m



## 2. dan / 2nd Day: AAOC Srednja razdalja / Middle (Cajnar, WRE)



### Map:

ISOM 2017, May 2017

M = 1:10 000, E = 5m (M/W16, M/W18, M/W21E,  
M35, M40, W35, W21A)

M = 1:7 500 (ostali / others)

**Event center:** Kalce (kinološko društvo / canine association - dog playground), 8:30 do 10:00: prijava in registracija / registration

**GPS:** N 45.903416, E 14.172971, <https://goo.gl/maps/gXQQqJnSaLM2>

**Vodja / Event director:** Klemen Kenda  
**Traser / Course setter:** Matjaž Štanfelj  
**WRE sodnik / advisor:** Cesare Tarrabocchia

**Prvi start / First start:** 10:00  
**Zaprtje cilja / Finish closing:** 15:30

**Od ciljnega prostora do starta / From finish area to start:** 300 m

**Razglasitev za WRE/AAAOC v Tivoliju po sprintu / Prize giving for WRE/AAOC in Tivoli, after sprint.**



**Parking:** krožni promet, ob cesti 0 - 800m od tekmovalnega centra / circular traffic - one way, by the road 0 - 800m from competition center (glej karto / see map)

Due to the number of entries parking will be spread around competition centre. There will be a circular way from the point marked with the triangle (45°54'27,14" N 14°9'46,2" E) to the finish area – using local/forest roads. **Starting point from parking is 500m further from the finish area by the main road towards Idrinja.**

Teams that will arrive with vans or busses or motorhomes should contact Igor Bončina ([mckladu@gmail.com](mailto:mckladu@gmail.com)) before the event.

Na srednji razdalji bo na voljo karta za ogrevanje v merilih 1:7 500 in 1:10 000. *At the middle distance there will be a warm-up map in scales 1:7 500 and 1:10 000 available.*

Class	Length	Climb	No. controls
M21E	3.9	110	18
W21E, M35, M40	3.0	95	14
M18, M21A	2.6	90	11
M16, M45, M50	2.5	85	9
W18, W35, W21A	2.4	85	10
W16, W45, OPEN	2.2	50	10
M55, M60, M21B	2.2	70	9
M65, W21B	2.1	50	11
W55, W65, M70	1.8	40	8
M14, W14	1.7	35	7
M12, W12, Beginners, Family	1.6	25	9
M10, W10, KIDS	1.2	20	8



## 2. dan /2nd Day: Sprint (Tivoli, SOL)



### Map:

ISSOM, May 2014  
M = 1:5 000, E = 2,5m

**Event center:** Tivoli (pri bazenu / *by pool*), 17:15 do 18:15: prijava in registracija / *registration*

**GPS:** N 46°03'25.4", E 14°29'50.3", <https://goo.gl/maps/6bU43sjpV8z>

**Vodja / Event director:** Aleš Borštnik  
**Traser / Course setter:** Žan Luka Šumečki  
**Sodnik / National advisor:** Roman Sladič

Tekmovanje se bo štelo tudi za **Slovensko orientacijsko ligo (SSOL 4) / the competition will also count towards the Slovenian orienteering league (SSOL4).**

**Prvi start / First start:** 18:00  
**Zaptje cilja / Finish closing:** 20:00

**Od ciljnega prostora do starta / From finish area to start:** 300 m  
**Razglasitev / Prize giving:** 20:15

**Parking:** parkirišče Tivoli, brezplačno v soboto / *parking Tivoli free on Saturday*  
V primeru, da je parkirišče polno lahko poizkusite parkirati tudi severno od hale Tivoli / *in case the parking is full you can try parking north of hala Tivoli, just above the map cutout.*

**Kavarna / Cafe:** ob Event centru / *by Event centre*  
**Prehrana v mestu / Food in city:** 800m

**Prepovedano območje in dostop do ciljnega prostora je na sliki. / Embargoed area and access to finish area on the image.**

**Opozorilo:** Del proge na robu karte lahko poteka po prometnih površinah. Tekmovalce opozarjamo, da morajo upoštevati prometne predpise.

**Warning:** Part of the course on the edge of the map may run through the traffic area. Competitors must comply with traffic regulations.

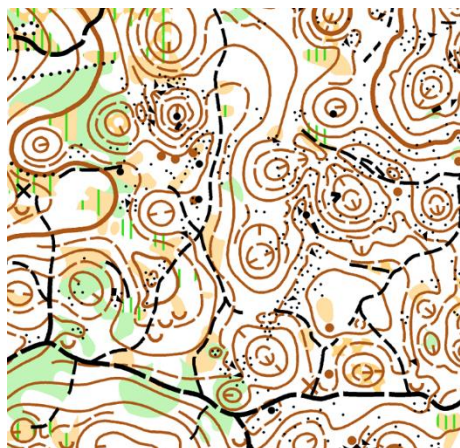


Class	Length	Climb
M18, M21	3300 m	65 m
M35, W21	2800 m	55 m
M50, W35	2150 m	25 m
M16, W18	1900 m	25 m
W16	1800 m	30 m
W45	2150 m	30 m
M12, W12	1200 m	15 m
MW10,		
KIDS	900 m	15 m
Beginners	1500 m	20 m
OPEN	2500 m	40 m





### 3. dan / 3rd Day: AAOC Dolga razdalja / Long (Rašica, WRE)



#### Map:

ISOM, April 2017

M = 1:15 000, E = 5m (M/W16, M/W18, M/W21E,  
M35, M40, W35, W21A)

M = 1:10 000, E = 5m (ostali razen / others except)

**Event center:** Dobeno, 9:00 do 11:00: prijava in registracija /  
registration

**GPS:** N 46°08'22.2", E 14°31'35.9", <https://goo.gl/maps/nA0mU>

**Vodja / Event director:** Robert Kunc  
**Traser / Course setter:** Andrej Borštnik  
**WRE sodnik / advisor:** Klemen Kenda

Tekmovanje se bo štelo tudi za  
**Slovensko orientacijsko ligo (SOL 5) /**  
*the competition will also count*  
*towards the **Slovenian orienteering***  
*league (SOL5).*

**Prvi start / First start:** 10:00  
**Zaptje cilja / Finish closing:** 16:30

Class	Class	Length	Climb	No. controls
M21E	1	11.3	650	24
W21E, M35, M40	2	7.3	400	13
M18, M21A	3	6.9	400	13
M16, M45, M50	4	6.3	350	11
W18, W35, W21A	5	5.8	350	11
W16, W45, OPEN	6	5.0	250	8
M55, M60, M21B	7	4.4	200	8
M65, W21B	8	4.1	200	6
W55, W65, M70	9	3.8	200	7
M14, W14	10	2.6	120	8
M12, W12, Beginners, Family	11	1.5	50	7
M10, W10, KIDS	12	1.2	30	7

**Od ciljnega prostora do starta / From finish area to start:** 500 m

**Razglasitev za WRE/AAOC / Prize giving for WRE/AAOC:** 16:00

*Kategoriji M/W21E imata na progi osvežitve. Classes M/W21E have refreshment (water) on track.*

**Parking:** P1 ob Event centru / P1 by the Event center, P2 – 200m

**Prehrana / Food:** Gostišče Blaž, ob robu ciljnega prostora, beside finish area

Ob vnaprejšnji skupinski / klubski prijavi na [ok.tivoli@gmail.com](mailto:ok.tivoli@gmail.com) zagotovljena akcijska cena za obaro.

*For group / team orders in advance at [ok.tivoli@gmail.com](mailto:ok.tivoli@gmail.com) you will get discount for stew.*

#### Opozorila / notices:

- Na karti je veliko novega podrastja, zato je hitrost teka – sploh na južnem delu – omejena. Podrast je zrasla tudi na nekaterih poteh, ki so zaradi tega slabše vidne.  
*There is a lot of new undergrowth on the map and the running speed is limited, especially in the south part of the map. The undergrowth can even grow on some tracks, which makes them tracks less visible.*
- Zaradi odstranitve lesa so nekatere poti lahko večje, kot so narisane. Na karti so tudi nenarisane poti in objekti, ki so jih gor/dol po pobočjih naredili kolesarji.  
*Because of loggers some paths may be bigger than drawn. There are new single-track MTB downhill trails and some objects in the terrain, that are not mapped.*
- Od žleda je ostalo še nekaj dreves. Nekateri štori, ki so od dreves ostali pa tudi niso narisani.  
*There are still fallen trees left from the ice storms a few years ago. Root stocks from fallen trees are not mapped.*



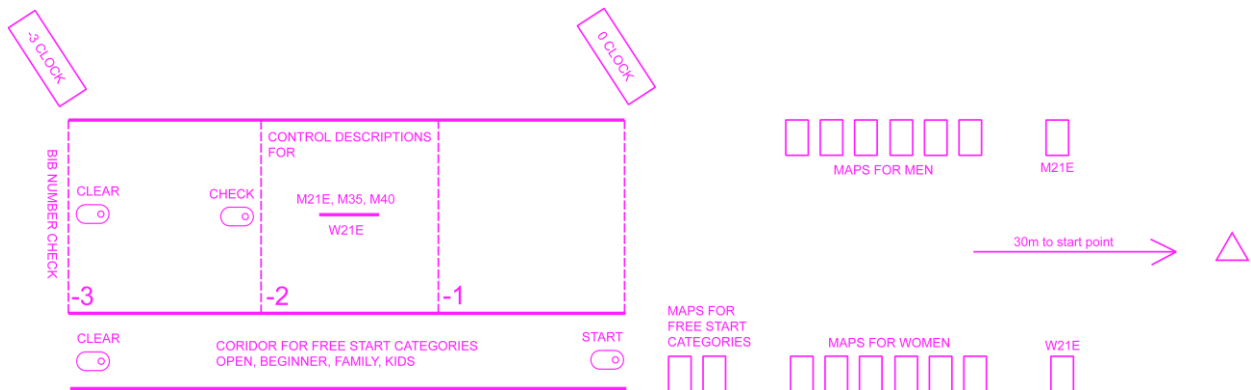
### MERJENJE ČASA / TIMING: [SportIdent](#)

Možnost izposoje čipa za 2 EUR na tekmo. Izgubljeni čip se zaračuna 50 EUR.

*SI-card can be rented for 2 EUR per stage. A lost SI-card will be charged (50 EUR).*

### ŠTART / START:

Štart WRE bo izgledal, kot na sliki / *start for WRE events is as shown in the picture.*



### Nastanitev in hrana / *Accommodation and food:*

Na Osnovni šoli Kašelj bo možna namestitev. Cena prenočevanja v lastni spalni vreči je 2 EUR po osebi na noč.

Lokacija: <https://goo.gl/maps/L5xEtoPXnbw>

Odpрте ure: petek od 18:00; sobota do 10:00; sobota od 15:00; nedelja do 10:00; zaprto v času tekme

*Hard floor accommodation will be possible at the elementary school Kašelj. Price of an overnight stay in your own sleeping bag is 2 EUR per person per night. Location:*

*Opening hours: Friday from 18:00; Saturday to 10:00; Saturday from 15:00; Sunday to 10:00; closed during the competition*

### AA Večerja / AA Dinner:

Restavracija Element, Šlandrova 4b, Ljubljana-Črnuče. Lokacija / Location: <https://goo.gl/maps/XjxefrR88WN2>

Večerja z AA sestankom bo v petek, 16.6. ob 20:30 za dva člana iz vsake države oz. pokrajine.

*The dinner with AA meeting will be on Friday, 16<sup>th</sup> of June at 20:30 for two persons from each AA member.*

### Transport:

Ne bo organiziran, uporabite svojega. / *Will not be organized, use your own.*

### Ostalo / Misc:

*Parking space will be limited and busses, vans and cars will have priority over campers.*

Tekmovalci tekmujejo na lastno odgovornost!

*Each competitor takes part on his own responsibility.*

Prijava šteje kot potrjena, ko je plačana štartnina.

Entry is not valid until payment is made.





## VABILO / INVITATION

Orientacijski pokal Alpe Adria in Slovenia in 3 Days sta odlični pripravi za Jugovzhodno Evropsko (Masters) Orientacijsko Prvenstvo v letu 2018. Dobrodošli!

*Alpe Adria Orienteering Cup and Slovenia in 3 Days are a great preparation for South East European (Masters) Orienteering Championships in 2018. Welcome!*

8 th South East European  
Orienteering Championship  
20 th CerknO Cup



**SEE(M)OC**  
**CERKNO CUP**

Slovenia, 22. 08. – 26. 08. 2018

