

# SOC Long SR Middle

Deer antler Cup  
Cow horn Cup

Instructions

**Gestor** Slovak Orienteering Association (SZOŠ)

**Organizer** [ŠK Sandberg Bratislava](#)



## Dates and classification

**1<sup>st</sup> October 2022 – Slovak O-Championship - Long Distance** – open individual long distance day competition with specified order of control points

**2<sup>nd</sup> October 2022 – Slovak Ranking – Middle Distance** – open individual middle distance day competition with specified order of control points

## Classes

### Long Distance.

M-14E, -16E, -18E, -20E, 21-E, 35-E, 40-E, 45-E, 50-E, 55-E, 60-E, 65-E, 70-E

W-14E, -16E, -18E, -20E, 21-E, 35-E, 40-E, 45-E, 50-E, 55-E, 60-E, 65-E, 70-E

Public race:

MWR, M-10, W-10, M-12C, W-12C

K4 difficult course of length about 4 km, no restrictions on age or gender

N simple short course for beginners

### Middle Distance

M-12A, -14A, -16A, -18A, -20A, 21-E, 21-B, 35-A, 40-A, 45-A, 50-A, 55-A, 60-A, 65-A, 70-A

W-12A, -14A, -16A, -18A, -20A, 21-E, 21-B, 35-A, 40-A, 45-A, 50-A, 55-A, 60-A, 65-A, 70-A

Public race:

MWR

K3 difficult course of length about 3 km, no restrictions on age or gender

N simple short course for beginners

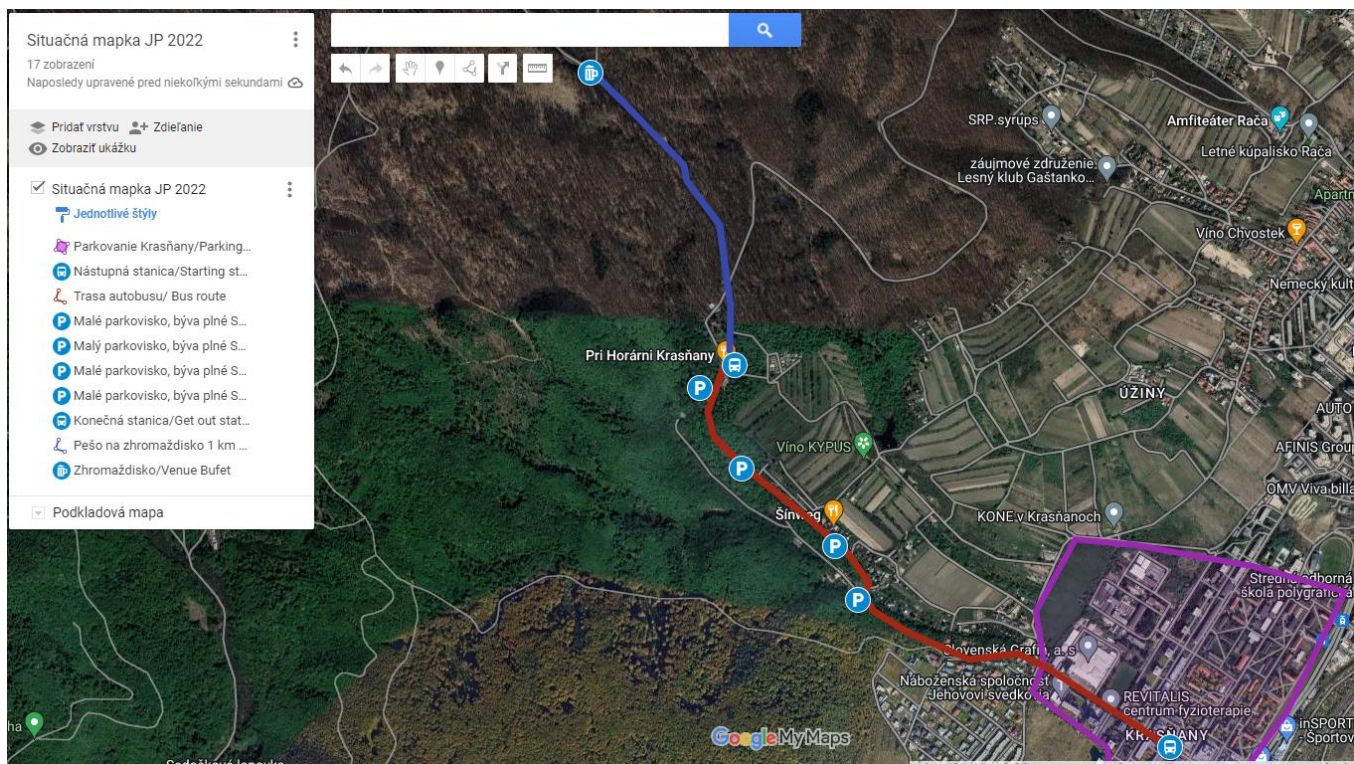
On both days, children can participate in a child-picture-orienteeing course in the event centre (free of charge, no prior registration needed, individual starting time upon arrival)

**Event centre** [Meadow near the road](#) behind Pekná cesta in the direction to Bufet U Slivu, Bratislava .

## Parking and transport to the event centre

Due to the lack of parking spaces at Horáreň Krasňany, we recommend to use parking lots in Krasňany (free during the weekend) and use the public transport, bus 154 from bus stop Hubeného to the final bus stop Horáreň Krasňany. The event centre is only 1 km away, the direction to Bufet U Slivu.

If necessary more frequent service of bus 154 from 11.00 to 13.00 (1.10) and from 8.30 to 9.30 (2.10.) has been arranged with the public transport company DP Bratislava. Bus 154 schedule . [Situation map online.](#)



## Distances

	Krasňany – Event centre	Get out bus stop 154- Event Centre	Event centre – Finish	Event Centre – Start
Long Distance	3 km/220 m	1 km/80 m	0 m	0,6 km/0 m
Middle Distance	3 km/220 m	1 km/80 m	150 m	0,7 km/40 m

**Registration** 1.10. at the event centre from 10:30 to 12:00 2.10. at the event centre from 8:30 to 9:30

**Terrain** **Long Distance:** Hilly forest terrain, deciduous runnable forest with a dense network of paths offering the wide range of route choices, patchily (shorter courses and the second part of longer courses) forest with undergrowth.

**Middle Distance:** Deciduous forest with undergrowth or thicker young forest with changing runnability and with a great number of clearings, overgrowing grassy rootstock areas, thickets, individual trees, some stones, small erosion gullies, flat and hilly terrain. There are a lot of rootstocks in various decay stages (marked by the symbol of a rootstock or knoll). In case there are a lot of rootstocks, these will be marked by the symbol of a broken ground. Very careful navigation is needed in the parts with reduced visibility!!

**You can familiarise yourself with the terrain of the area on the get out bus stop 154 in the permanent courses [Areál stálych kontrol Pekná cesta](#)**

Forbidden area is shown in Invitation, it will be marked near the event centre. On both days courses cross cycling paths and the last part of some courses on the long distance (1.10) is led on the cycling paths (around 80m). Be careful.

## Maps

### Long Distance

Dieliky 1:15 000, e5 m for classes MW16-MW35, format A4  
 Dieliky 1:10 000, e5 m for classes M40, M45 and M50 format A3  
 Dieliky 1:10 000, e5 m for other classes, format A4

### Middle Distance

Krásny Vrch 1:10 000, e5 m, format A4

Print: Žaket a V. Aufrata on waterproof paper Pretex.  
 Specification: ISOM 2017-2  
 Mapmakers: Matěj Píro, Rado Jonáš, Petr Matula, Roman Slobodyanyuk

Last update: 2020- Sept 2022  
Special symbols: X O man-made object

Participants are asked to place their maps into the marked bags (according to the sports clubs) on both days immediately after crossing the finishing line, the maps will be returned after the start of last competitor on Sunday.

### Start/ closure of the finish

Long Distance **13:00/17:00**  
Middle Distance **10:00/13:00**

On both days the route to the start will be marked by blue strips. Classes MWR, MW-10 and N have free starting time. Clothes and other things can be stored in the start area.

**Refreshment** Long Distance pure water on a course, marked on the map and control descriptions  
Middle Distance water with syrup in the finish area

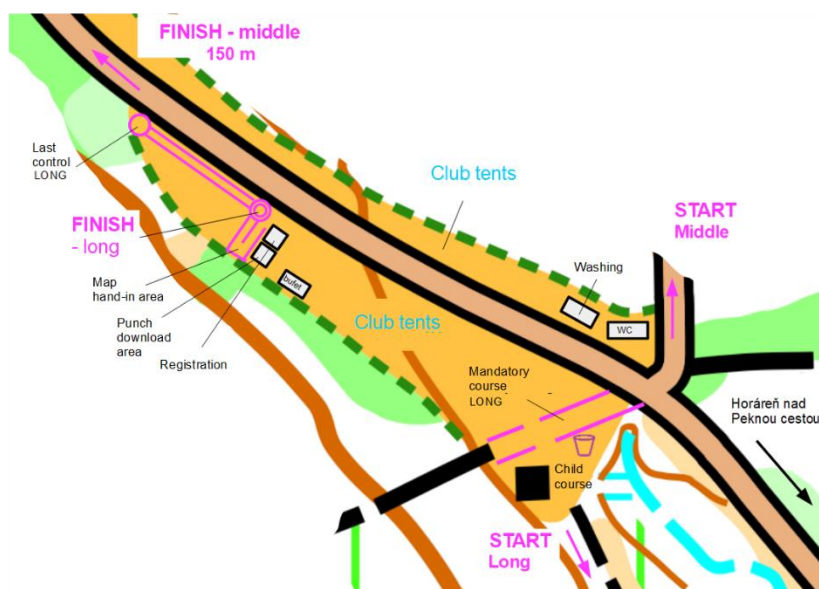
**Punching** SportIdent, contactless system AIR+ will be used, including finish unit

**Control descriptions** only on the map and in the start corridor -2 min.

**Bib numbers** will not be used

### Map of the event centre

Some routes on the Long Distance courses lead through the event centre, this part will be marked and is obligatory. There will be also refreshment point. A tunnel tent for participants to get dressed will be provided as well. It is possible to put up sports club tents in the event centre and to overnight there. Please bring your own glasses and plates for drinks and meals.



### Washing, WC and waste.

The mobile toilets will be placed at the event centre. Participants are asked to separate the waste, waste bags will be available (yellow for plastic, black for other materials). Washing at the event centre, in a form of water tank.

**Catering** Buffet at the event centre, and a buffet near Pekna cesta, cca 1 km from the event centre

**First aid** Tetiana Shuniakova, at the event centre

**Results** will be displayed online on the screen at the event centre.

Prizes and ceremony:

Long Distance: Saturday 1.10. after the race at around 16:00

Middle Distance: Sunday 2.10, after the race at around 12:30

Participants in the classes MWR, M-10, W-10 will all be awarded, in the other classes only the competitors of the 1st, 2nd and 3rd place. Winners of the classes M/W35- and above will be awarded by medals and competition certificates only.

Winners of the classes M21-E and W21-E (sum of both days) will be awarded by the perpetual trophies Deer Antler and Cow Horn, respectively

See winner in previous years here: [Winners DA and CH](#)

**Course details**

Course distances have been set to meet the winning times requirements complying with the official Slovak rules (Rules of orienteering)

Class	Long Distance Distance (km)/ Climbing (m)	Middle Distance Distance (km)/ Climbing (m)	Class	Long Distance Distance (km)/ Climbing (m)	Middle Distance Distance (km)/ Climbing (m)
M-10	1,9/75	1,4/15	W-10	1,9/75	1,4/15
M-12	2,5/125	1,6/15	W-12	2,5/125	1,6/15
M-14	4,6/260	1,9/25	W-14	3,2/130	1,9/25
M-16	6,3/330	2,8/125	W-16	4,8/250	2,5/110
M-18	7,5/360	4,4/195	W-18	6,3/300	3,7/145
M-20	9,0/540	4,4/145	W-20	7,1/335	3,6/135
M21-E	11,6/670	5,7/215	W21-E	7,6/345	4,2/180
M21-B	n.a.	4,4/145	W21-B	n.a.	3,6/135
M35-	8,7/600	4,4/145	W35-	6,3/330	3,1/130
M40-	7,4/500	3,6/135	W40-	5,7/290	3,0/105
M45-	6,8/300	3,6/135	W45-	5,1/290	2,9/55
M50-	6,3/330	3,4/130	W50-	4,1/160	2,6/50
M55-	5,7/290	3,1/130	W55-	3,9/120	2,6/50
M60-	5,1/290	2,9/55	W60-	3,4/130	2,5/45
M65-	4,1/160	2,6/50	W65-	3,0/120	1,8/35
M70-	3,9/120	1,8/35	W70-	2,4/110	1,6/25
N	2,5/125	1,6/15	MWR	1,5/65	1,4/15
K4/K3	4,1/160	3,0/15			

Climbing is on some of the routes higher than 4% .

**Information** Web: <http://sandberg.orienteering.sk/paroh>  
E-mail: [sandberg.orienteering@gmail.com](mailto:sandberg.orienteering@gmail.com),  
Phone: Rado Jonáš +421 902 488 202

**Protests and Jury**

In writing to the controller, deposit 10 €. The jury will be created in accordance with the rules if needed.

**Officials** event director Rado Jonáš, R1  
controller Richard Balogh, R1

course setter	Katarína Kubinová, Long Distance Marek Urban, R2, Middle Distance
start	Rasťo Dokupil, Long Distance Emil Kukurugya, Middle Distance
finish	Barbora Vorlíčková, Long Distance Peter Vorlíček, Middle Distance
registration	Marta Jonášová
results	Martina Brňáková
child-picture course	Edita Máčajová

**Rules** The races will be run in accordance with the official Slovak rules (Rules of orienteering, Competition order and Implementing rules for 2022)

**Warnings** Competitors accept the hazards associated with participating in the event, and that they take part at their own risk, are responsible for their own safety, and have no claim against the Organizer in case of injury during the event, or caused by it later on.

Marketing and sales activities in the event centre only with the permission of the director.

By taking part in the event, every participant consents to storing his personal data (name, class, club) in the information system of the Slovak Orienteering Association and publishing them on the event websites (in entry and start lists and in the results).

Unless you ask the photographer for a specific exclusion, by taking part in the Event, you consent to be photographed, and waive any and all rights of publicity or privacy and grant the Organiser permission to utilise your image in documentation and marketing materials.

Rado Jonáš  
**event director**

Richard Balogh  
**controller**