

# Instructions

**Slovak Orienteering Association  
Slávia Žilinská Univerzita Žilina, orienteering sport club  
Obec Kamenná Poruba a Mesto Rajecké Teplice**



# CEYOC

## 2025

**Slovak National Ranking Orienteering competition**

**Long and Sprint distance**

**Location: Rajecké Teplice & Kamenná Poruba, Slovakia**

**Date: April 5-6<sup>th</sup> 2025**



## OFFICIALS

Event director	Eva Trepáčová
Main referee	Peter Vandlíček
Arena, logistics	Janka Vričanová
Secretary	Eva Trepáčová
IT	Ivan Trepáč
Courses	Š. Šurgan

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## EVENT CLASIFICATION

April 5, 2025 – Open daily individual orienteering race with a determined order of checkpoints on long distances.

April 6, 2025 - Open daily individual orienteering race with a determined order of checkpoints in the sprint.

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## CLASSES AND ENTRY REGULATIONS

### Slovak ranking competition

M 12A, M 14A, M 16A, M 18A, M 20A, M 21A, M 21B, M 35A, M 40A, M 45A, M 50A, M 55A, M 60A, M 65A, M 70A, M 75A

W 12A, W 14A, W 16A, W 18A, W 20A, W 21A, W 21B, W 35A, W 40A, W 45A, W 50A, W 55A, W 60A, W 65A, W 70A, W 75A

### Public Categories:

W 10, M 10, MWR - children up to 10 years of age with accompaniment

N – an easier track in the length of about 2km

K – a difficult track with a length of about 3 km

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## REGISTRATION

On Saturday, April 5, 2025 from 8:30 to 10:00 in the CEYOC Long arena. New entries or changes only until 9:00. Location is shown on [google maps](#).

On Sunday, April 6, 2025 from 8:00 to 9:00 in the CEYOC sprint arena. Location is shown on [google maps](#).

Clubs that have paid their entry fees do not have to attend the presentation.

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## PUNCHING SYSTEM

SportIdent punching system will be used in all races in AIR mode.

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## HARD FLOOR ACOMODDATION

Elementary school in Rajecke Teplice, from 4th April 2025, 18:00. You must to leave accomodation on Sunday 6th April, 2025 at 8:30 AM latest, due to embargo for sprint distance competition. You can use only way, which is shown on the map for embargo, to the arena.



# CEYOC 2025



## TRANSPORT

Organizers do not provide any transport during the CEYOC.

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## PRIZES

Best 3 runners in each class will be awarded on Sunday 6th April 2025 (total time for both days)

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## CONTROL DESCRIPTIONS

Printed on maps, and also separately available on the start, at one of the starting corridors. See info for individual races.

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## REFRESHMENT

Water in the Event Centre. During the long-distance race water at control points (marked in control description) and on the routes between controls marked by symbols in the map..

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## WC AND CLUB TENTS

Mobile toilets and space for setting up club tents are available at the Arena.

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## NOTICE AND GDPR

All starters participate in the race voluntarily and at their own risk, without the right to compensation for injury or damage caused during or as a result of this race. By entering for this race, each participant agrees to the publication of their personal data (name, category, club affiliation) in the application form, start list and results on the race website. During the race, photographs will be taken for the purpose of informing the public, for the personal use of the competitors as a souvenir of the race, or for the promotion of orienteering. In the event that you do not agree to being photographed, notify the photographer of this fact immediately.

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## RAFFLE FOR ALL PARTICIPANTS

During the Sunday awards ceremony, a raffle will take place where you can win a Garmin Instinct 2 watch! All registered participants are automatically entered into the draw. The winner must be present and claim the prize within 60 seconds of their name being announced – otherwise, another participant will be drawn.

Stick around until the end – your lucky moment might still be coming!





## Long distance competition, 5<sup>th</sup> April, 2025 Kamenná Poruba

### PROGRAM

**10:00 – 15:00 – long distance competition (start has been shifted by 1 hour, due to high number of participated runners for CEYOC. Slovak national ranking event will start from time 60 (11:00)).**

16:00 – 16:30 – CEYOC prize giving ceremony

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### EVENT CENTRE

CEYOC Relay & Long arena Kamenná Poruba (49.0824767N, 18.6917594E), Location is shown on [google maps](#)

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### PARKING

Only at Koniarka Cottage (49.0732819N, 18.6864075E). If necessary, competitors may be dropped off on the way to the parking lot, and you can then park at Koniarka Cottage. See location on [google maps](#) and at the end of the instructions. Drivers will find a marked route to the assembly area with yellow ribbons. The distance from the parking to arena is 1600 meters with a 45-meter climb.

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### MAP

LONG 1:10 000 / 5 M, Map maker Zdenek Rajnošek and Zdenek Janů, March 2025, printed on water-resistant paper YUPO 120, Size of the map A3. Course planner – Stefan Surgan

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### TERAIN

Hill sides with moderate to steep slopes. Terrain with a lot of micro contours and stones. Varying vegetation on the ground. Mostly coniferous forest with very good runnability and visibility but reduced in some places with denser vegetation. Good network of paths, roads and hiking trails. The latest map can be found [HERE](#) (from 2023).

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### START

Start 00 – 10:00 – **start has been shifted by 1 hour, due to high number of participated runners for CEYOC. Slovak national ranking event will start from time 60 (11:00).**

Distance to start from arena – 800 m / 45 m (blue ribbons). For the MWR category - children under 10 years old with an accompaniment, it is possible to start at any time from 12:00. An adult must complete their course at the first.

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## **START PROCEDURE**

### -3 minute call up

check SIAC number, check start number , clear SIAC

### -2 minute

Pick up the control description, check SIAC

### -1 minute

SIAC check to verify proper functioning of SIAC touch-free punching mode

### Start time

competitor takes the map him/herself

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## **START NUMBERS**

Will not be used.

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## **WARM-UP CLOTHES**

May be left at the start. They will be transported to the arena after the last start.

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## **RESULTS**

<https://oresults.eu/events/1728>



## **TIME LIMIT AND FINISH CLOSURE**

180 MINUTES / from the start. Finish will be closed at 16:30

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## Long distance, Saturday 5<sup>th</sup> April 2025

Category	Length	Elevation	Number of controls
M 12A	2 400	135	8
M 14A	4 000	155	12
M 16A	6 300	315	14
M 18A	7 400	400	18
M 20A	7 400	400	18
M 21A	11 700	625	31
M 21B	6 800	380	16
M 35A	7 800	385	20
M 40A	6 800	380	16
M 45A	6 300	275	15
M 50A	5 600	315	15
M 55A	5 100	300	13
M 60A	4 500	165	9
M 65A	4 000	175	8
M 70A	3 500	165	10
M 75A	3 500	165	10
W 12A	2 400	135	8
W 14A	3 000	120	8
W 16A	5 100	265	13
W 18A	6 300	365	14
W 20A	6 300	365	14
W 21A	9 000	490	21
W 21B	5 600	305	16
W 35A	6 100	275	13
W 40A	5 600	305	16
W 45A	4 500	165	9
W 50A	4 000	175	8
W 55A	3 600	160	10
W 60A	3 600	160	10
W 65A	2 900	115	8
W 70A	2 900	115	8
W 75A	2 900	115	8
MWR	1 100	10	4
M 10C	2 300	90	7
W 10C	2 300	90	7
N	2 500	115	8
K3	3 900	175	11

The courses can cross and the controls can be close to each other. You should be careful about the correct order of the controls and the control codes. **Category M 21A has one control used 2 times on the course.** It is not a method for course split.





## EVENT CENTRE MAP LONG DISTANCE





## Sprint distance competition, 6<sup>th</sup> April, 2025 Rajecke Teplice

### PROGRAM

10:00 – 13:00 – sprint distance competition

13:30 – 14:30 – prize giving ceremony

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### EVENT CENTRE

CEYOC Sprint Arena, Swimming pool Laura Rajecké Teplice (49.1309783N, 18.6900797E)

See location on [google maps](#)

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### PARKING

P1 – estimated capacity of at least 60 cars (49.1326100N, 18.6893286E). Distance to arena of up to 300 m.

P2 – along the road and on the meadow (49.1311000N, 18.6926675E). Distance to arena up to 500 m. Arrival is only possible from the village of Poluvsie via Jozef Gabčík Street. Further instructions will be provided by the organizers.

Buses can drop off the competitors at P1 and must then proceed to park at PA – bus arrivals must be announced in advance. (49.1287706N, 18.6779736E)

See location of all parking possibilities on [google maps](#)

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### MAP

RAJECKE TEPLICE 1:4 000 / 2.5 M, Map maker Zdenek Rajnošek and Zdenek Janů, March 2025, printed on water-resistant paper YUPO 120, Size of the map A3. Course planner – Stefan Surgan

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### TERAIN

Compact urban development with a dense network of streets and small parks. There are significant elevation gains in east part of map. This area will be first time used for orienteering competition

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### EMBARGO

For the sprint distance, a "soft embargo" will remain in effect only until Saturday, April 5, 2025, at 23:59. From that time onward, any movement within the embargoed area is strictly prohibited and will lead to disqualification. The area around the elementary school, which provides hard floor accommodation, and "Pionierska Street" (the access road) are exempt

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from the embargoed zone. When traveling to the sprint parking area on April 6, 2025, you must use only "Kuneradská cesta" and "Rajecká cesta" to pass through the embargoed area. Access to Sprint Parking 2 is from the village of Poluvsie via "Jozefa Gabčíka" road. See details on [google maps](#) and on the picture below.

## QUARANTINE

Will be created in the arena area. It is the obligation of all competitors to arrive at the quarantine no later than 09:45. The start will be located directly in the quarantine. After the finish line, competitors are not allowed to move in the restricted area of the race where the parking lots are located. Please stay in the finish arena until the last competitor starts. If you need to leave the finish arena early, consult the race director or the main referee first. Communication between the quarantine and the finish arena is prohibited, e.g. through the finish corridor. Controlled by the referees in case of violation, disqualification. An SI box will be placed at the entrance to the quarantine and each competitor will mark the time of entry with their SI chip.

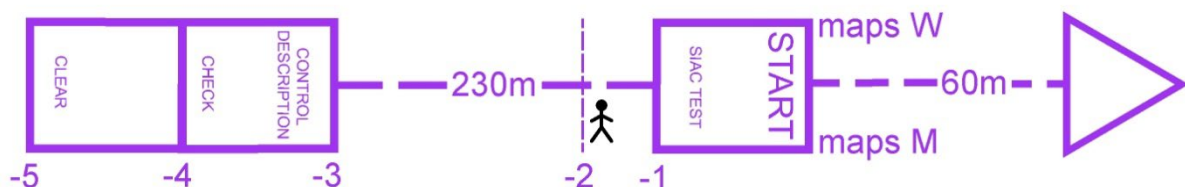
## START

Start 00 – 10:00 . The start will be located directly in the quarantine area, and competitors will proceed to the start at -5 minutes. For the MWR category - children under 10 years old with an accompaniment, it is possible to start at any time from 11:00. An adult must complete their course at the first.

## BAG DROP

Bags will be handed over to a tent on the border of the quarantine and the finish arena near the finish. They will be handed over on one side of the tent (quarantine) and collected on the other (finish arena). Organizers will move them from one side of the tent to the other.

## START PROCEDURE





## START NUMBERS

Will not be used

## RESULTS

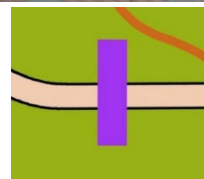
<https://oresults.eu/events/1729>



## OBJECT WHICH ARE FORBIDDEN TO CROSS DURING COMPETITION

Any objects drawn in the map by symbols listed in IOF Competition Rules, 17.2. are forbidden to cross. There are also some artificial barriers built in the area. Symbols 518 (Uncrossable fence) or 708 (Out-of-bounds barrier) are used to depict artificial barriers with respect to the maximal readability of the map.

Metal fences with red-white tape cross or at least two horizontal red-white tapes are used. At some places the metal fences may be arranged to enable local inhabitants to pass through, see picture. These are not ways through for competitors.

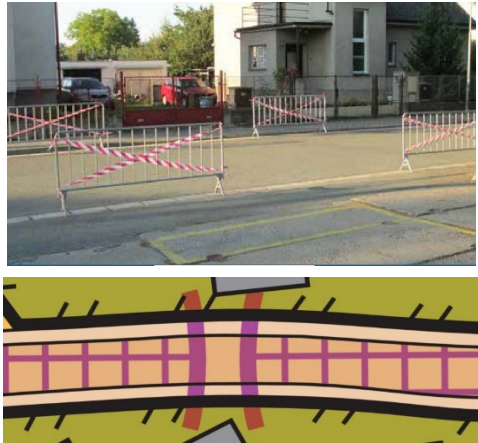


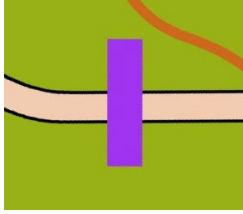
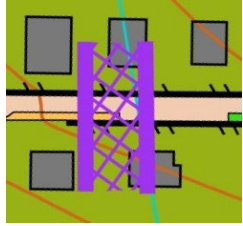
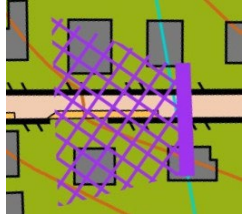
### 520 Area that shall not be entered

An area that shall not be entered such as private area, a flower bed, a railway area etc. Places marked with this symbol that might be inadvertently crossed will be taped off with red and white tape (double or single) in the field. Out-of-bounds road edge will be taped, but it's still runners responsibility





<p>not to cross such road where not allowed.</p>	
<p>Competitors may only cross the restricted route at locations marked with the <b>710.1 Crossing point</b> sign. In the field, the crossing will be marked by two fences on both sides of the route highlighted with red and white tape. Competitors must cross the route between these fences on both sides. Running is permitted on the trails along the road even if the 710.1 Crossing point sign in the map extends over the trails.</p>	

<p><b>Examples of usage for "OUT OF BOUNDS" symbols</b></p> <p>708 Used mainly in parks, the symbol is drawn longer on the map for better readability</p>	
<p>Combination 708 + 709 Used mainly in city streets, the symbol is longer and wider for better readability, in the field there will be only one line/fence</p>	
<p>Combination 708 + 709 Used mainly in city streets, the symbol is longer and wider for better readability, in the field there will be only one line/fence</p>	

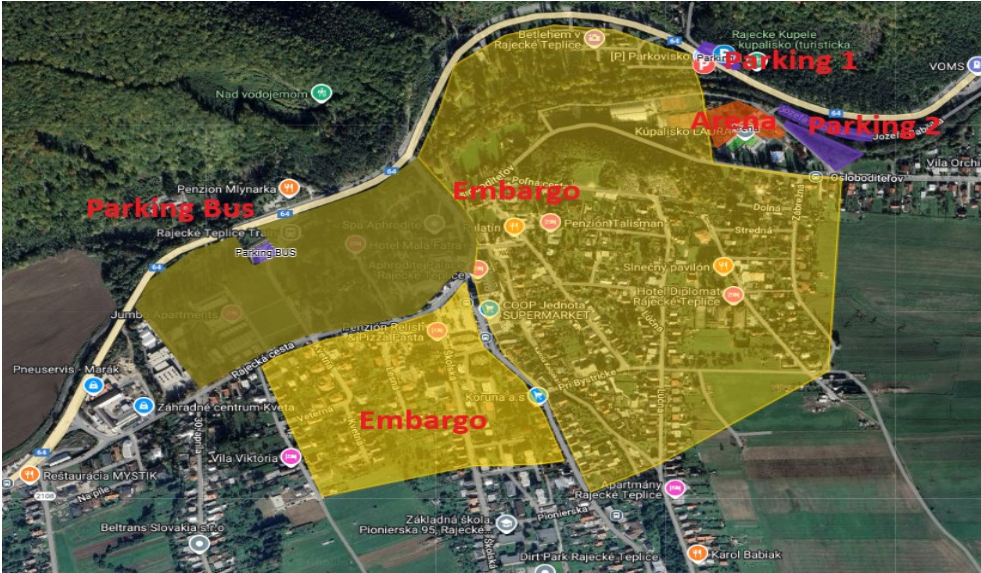
## TIME LIMIT AND FINISH CLOSURE

60 MINUTES / from the start. Finish will be closed at 13:30





## EVENT CENTRE MAP





## Sprint distance, Sunday 6<sup>th</sup> April 2025

Category	Length	Elevation	Number of controls
M 12A	1 800	7	14
M 14A	1 900	7	18
M 16A	3 100	50	16
M 18A	3 300	55	19
M 20A	3 200	52	18
M 21A	3 700	55	24
M 21B	3 100	52	16
M 35A	3 200	52	18
M 40A	3 100	34	16
M 45A	3 100	34	16
M 50A	2 900	34	16
M 55A	2 900	34	16
M 60A	2 600	15	15
M 65A	2 600	15	15
M 70A	2 400	15	13
M 75A	2 400	15	13
W 12A	1 800	7	14
W 14A	1 800	7	14
W 16A	2 800	32	15
W 18A	3 000	35	15
W 20A	3 000	35	15
W 21A	3 300	55	19
W 21B	3 100	50	16
W 35A	3 000	35	15
W 40A	2 800	35	15
W 45A	2 800	35	15
W 50A	2 800	15	14
W 55A	2 800	15	14
W 60A	2 400	15	13
W 65A	2 400	15	13
W 70A	1 900	7	8
W 75A	1 900	7	8
MWR	1 700	7	14
M 10C	1 600	7	14
W 10C	1 600	7	14
N	1 800	7	14
K3	3 100	50	16

Course lengths and elevation are given by the shortest possible option. The courses can cross and the controls can be close to each other. You should be careful about the correct order of the controls and the control codes.



CEYOC  
2025



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V ŽILINE



SPA APHRODITE



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