AKO NA LONG

MICHAL KRAJČÍK

DEFINÍCIA PODĽA IOF

3.1 The profile

The Long distance profile is <u>physical endurance</u>. It takes place in a non-urban (mostly forested) environment, and aims at testing the competitors' ability to make efficient route choices, to read and interpret the map and plan the race for endurance during a long and physically demanding exercise. The format emphasises route choices and navigation in rough, demanding terrain, preferably hilly. The control is the end-point of a long leg with demanding route choice, and is not necessarily in itself difficult to find. The Long distance may in parts include elements characteristic of the Middle distance with the course suddenly breaking the pattern of route choice orienteering to introduce a section with more technically demanding legs.

Dlhá a Ultra dlhá trať – Profil disciplíny je fyzická vytrvalosť. Odohráva sa v prírodnom (najčastejšie zalesnenom) prostredí. Cieľom trate je otestovať schopnosti pretekárov vyberať efektívne varianty postupov, čítať a interpretovať mapu počas dlhého a fyzicky náročného bežeckého výkonu. Trať kladie dôraz na voľby postupov a navigáciu v náročnom (najlepšie členitom) teréne. Kontroly na dlhých postupoch s výraznými voľbami nemusia byť nevyhnutne náročné na dohľadávku. Dlhá trať môže v niektorých častiach trate zahŕňať postupy charakteristické pre strednú trať, čím sa naruší rutina dôrazu na voľbu postupov a pretekár sa musí preorientovať na detailnú navigáciu v technických pasážach trate.

<u>IOF Rules 2026</u>
<u>WRE Manual 2026</u>

STAVBA DLHEJ TRATE PODĽA IOF

3.2 Course planning considerations

The course should be set to allow competitors to be seen by spectators during the course of the race as well as when finishing. Preferably, the start should be at the Arena and the course should make competitors pass the Arena during the competition. A special element of the Long distance is the long legs, considerably longer than the average leg length. These longer legs may be from 1.5 to 3.5 km depending on the terrain type. Two or more such long legs should form part of the course (still requiring full concentration on map reading along the route chosen). Another important element of the Long distance is to use course-setting techniques to break up groups of competitors. Butterfly loops are one such technique. The terrain itself should be used as a break-up method by putting the course through areas with limited visibility. Spectators are not allowed along the course except for parts passing the Arena (including controls at the Arena).

MAPA NA LONG

The map
The standard ISOM specification must be followed. The map scale is 1:15000.

The Organisers and the IOF Event Adviser will decide which scales will be used. Normally it would only be appropriate for the IOF Event Adviser to approve a 1:10 000 scale for a Long distance race if the mapping of the terrain could not be generalised to make the map readable at 1:15 000. If the mapping is readable at 1:15 000, it is preferable to retain the 1:15 000 scale. If the terrain allows for very long route choice legs to be created, it is strongly recommended to retain the 1:15 000 scale.

There is no longer a requirement that maps should be offset printed, so digital printing may be used for Middle and Long distance maps at 1:10 000. For 1:15 000 maps it is still strongly advised to offset print the maps. **Digital printing is mandatory for Sprint (ISSprOM) maps.**

VÍŤAZNÉ ČASY

Pravidlá OB (1.1.2025)

Kategória	Čas	Kategória	Čas	Kategória	Čas	Kategória	Čas
W 10	20	W 45	60	M 10	20	M 45	60
W 12	25	W 50	55	M 12	25	M 50	55
W 14	30	W 55	50	M 14	40	M 55	50
W 16	40	W 60	50	M 16	45	M 60	50
W 18	45	W 65	50	M 18	50	M 65	50
W 20	70	W 70	50	M 20	70	M 70	50
W 21	90	W 75	50	M 21	90	M 75	50
W 35	70	W 80	50	M 35	70	M 80	50
W 40	65	W 85	50	M 40	65	M 85	50

OBČERSTVOVANIE A EXTRÉMNE TEPLOTY

Refreshments must be available at least every 25 minutes during the race whenever the estimated winning time is more than 30 minutes (IOF Rule 19.8). This gives the following minimum numbers of refreshment points:

Expected winning time (minutes)	Number of refreshment points	Drinks every
30 to 35 (Middle distance)	1	15 to 25 minutes
88 to 92 (Long distance)	3	19 to 25 minutes

If hot weather is a possibility during any of the hours during which the competitors are running, then planning in advance to offer a greater number of refreshment points is necessary. **Extra refreshment points must be provided if temperatures are forecast to exceed 30ºC while competitors are running. Organisers must implement all relevant recommendations made by the IOF concerning hot weather during competitions.** At the time of preparation of this edition of this Manual, these include the "*IOF Interim Guidelines on Extreme Heat*" published in September 2025 as a generic document listed at https://orienteering.sport/orienteering/internal/event-organising/plan-and-organise-an-iof-event/ .

OBČERSTVOVACIA STANICA

Refreshment points are sometimes placed on legs which cross easily accessible linear features such as forest roads. **They must be marked on the map with the conventional symbol, and must be as accurately sited on the ground as if they were control sites.**

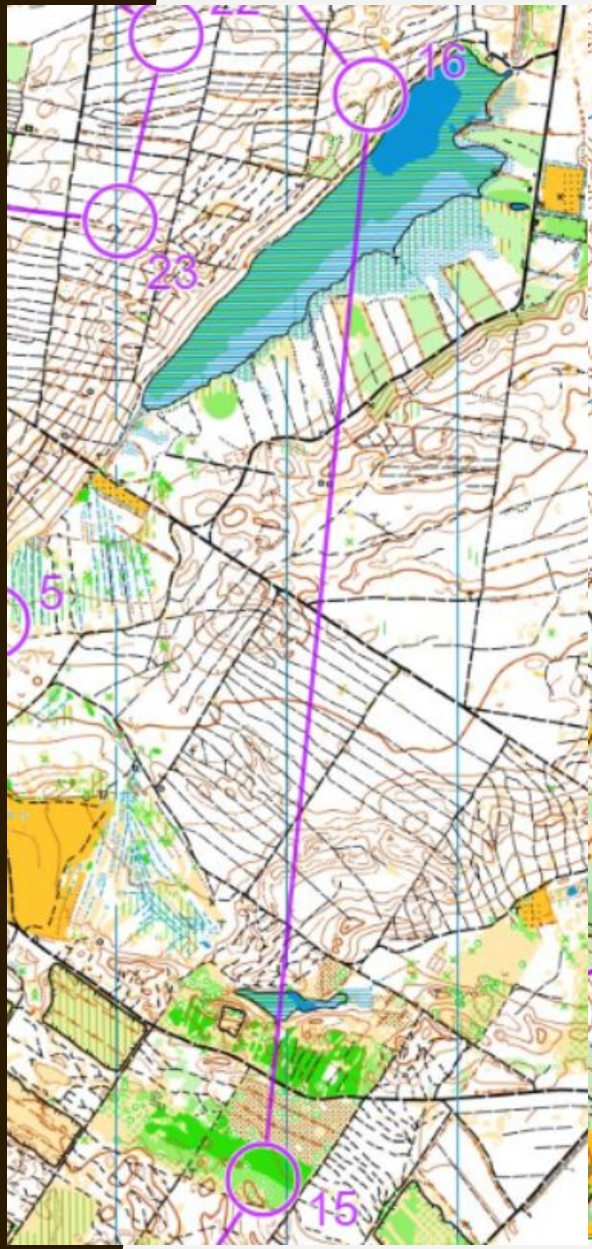
The placing should be such that no relevant route choice is disadvantaged by missing a scheduled refreshment point on a linear feature. However, refreshment points are much better placed at or very near to control sites, so that competitors are certain to pass by them whatever their route choices.

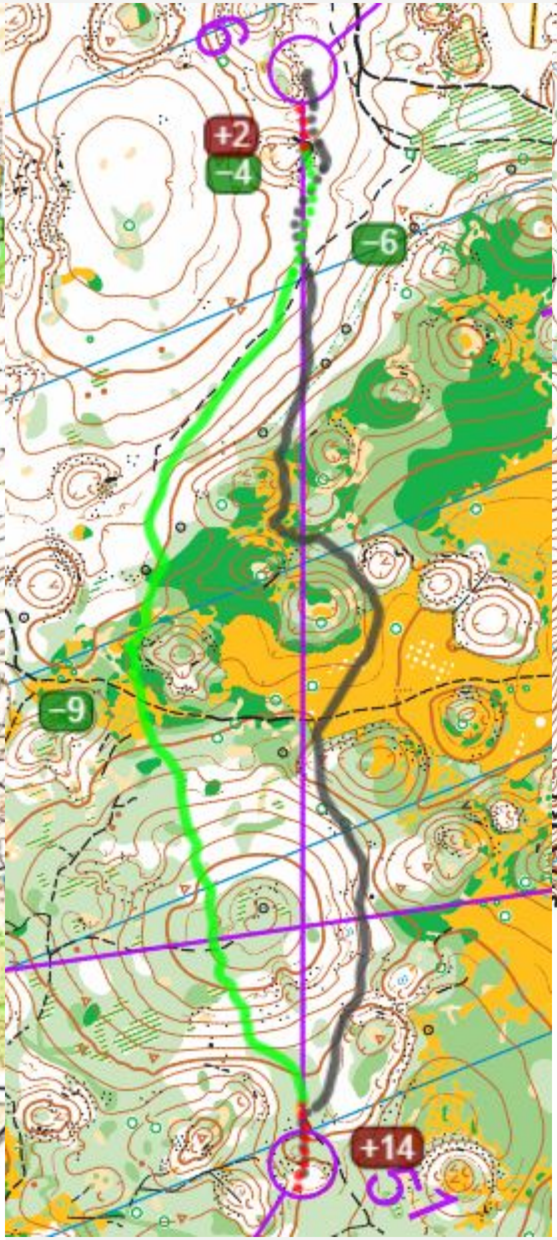
It is sufficient to offer water and beakers. Helpers should fill the beakers and ensure that drinks are available to all competitors, especially to the late starters. **If the water is of doubtful quality, boiled or bottled water must be used.**

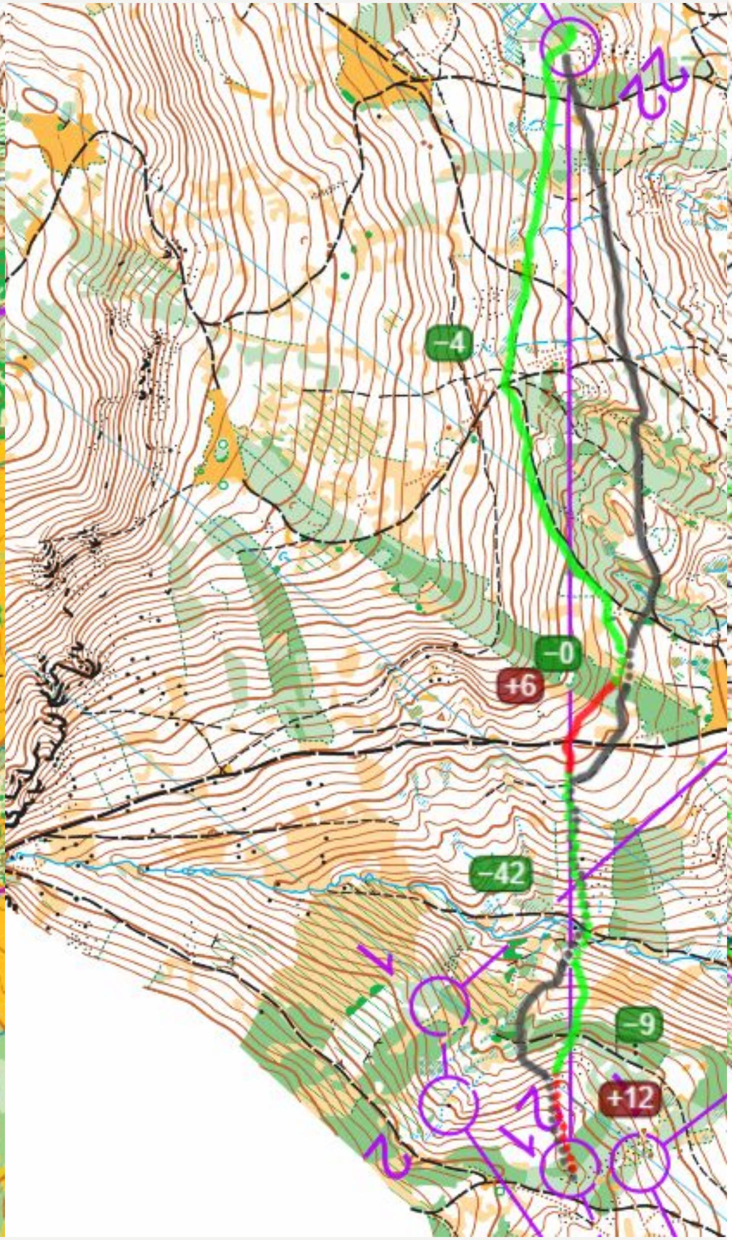
Each refreshment point should be manned throughout the race, **and must be replenished frequently, too. The situation where a late starter arrives at a drinks control to find it unmanned and without water must be avoided.**

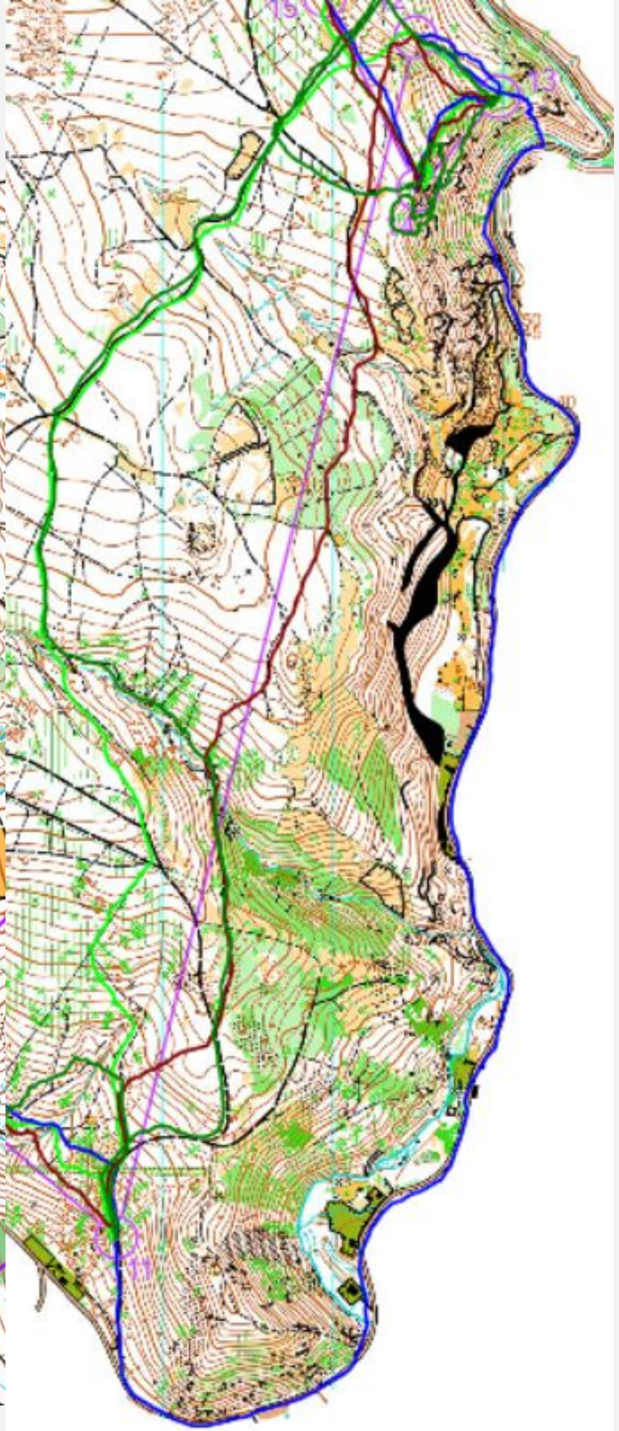
At the Organisers' discretion, competitors may be allowed to have their own refreshments brought to the refreshment controls.

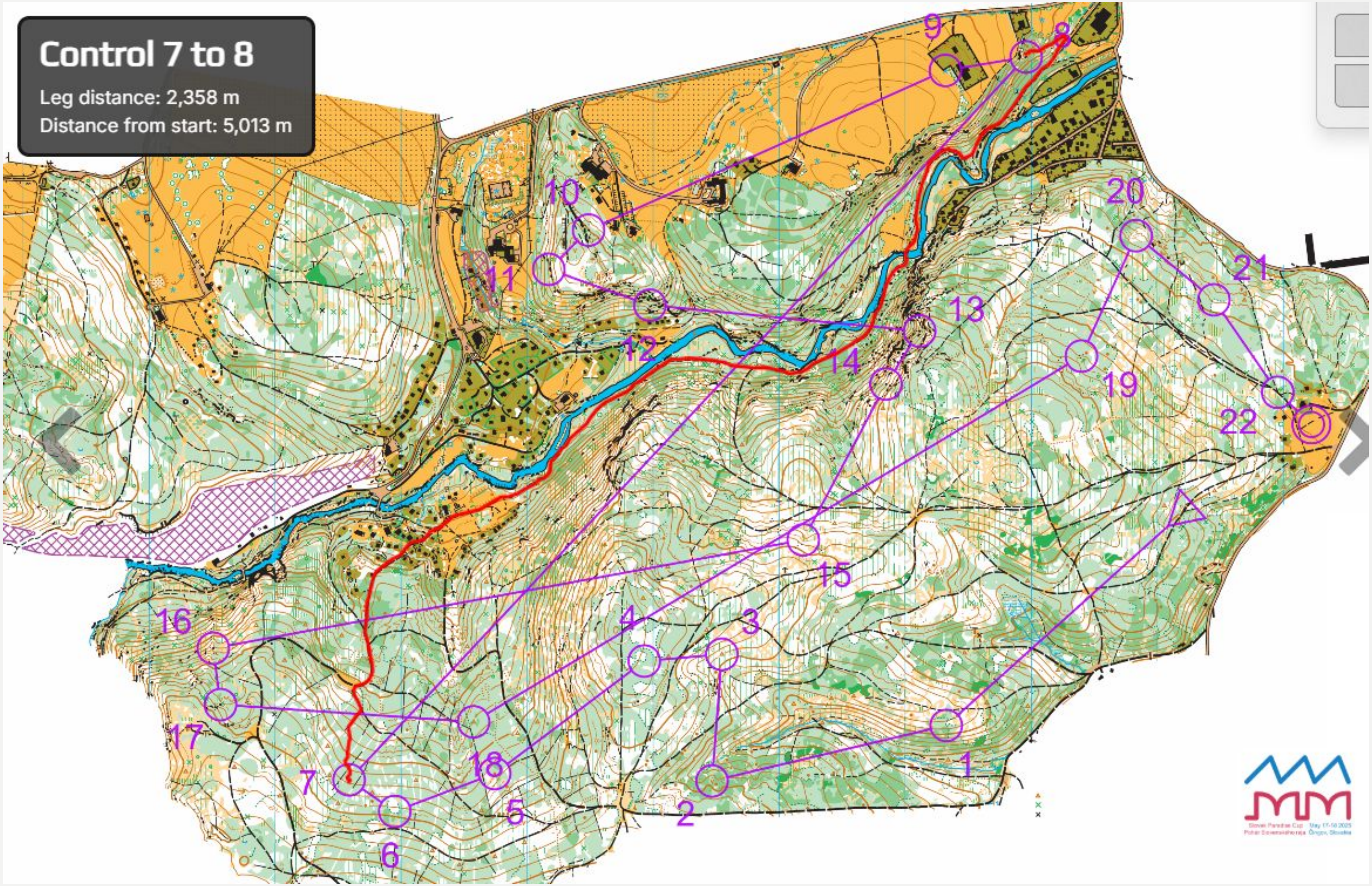
POSTUPY 2025



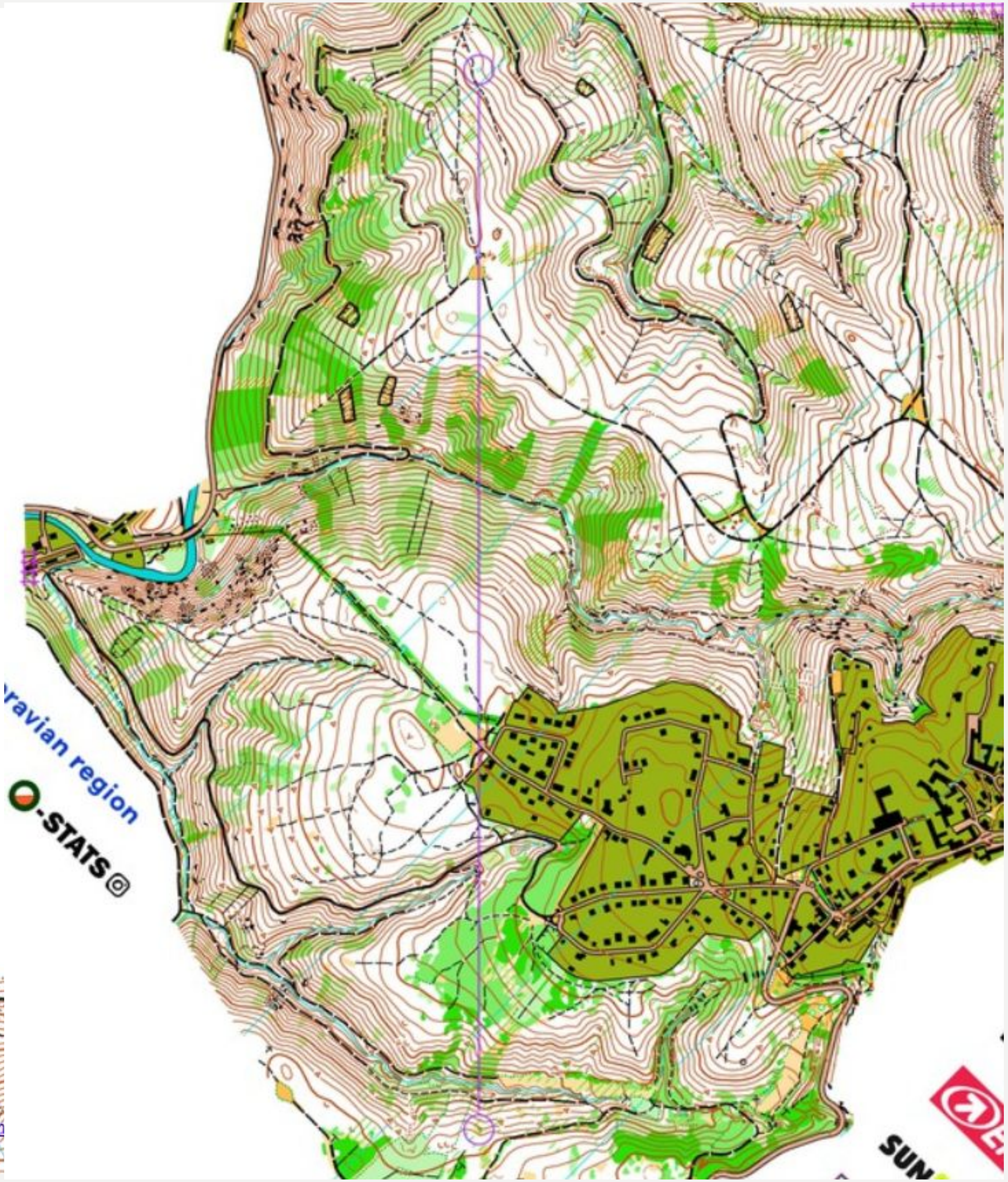







Control 7 to 8
Leg distance: 2,358 m
Distance from start: 5,013 m


WebRoute by WorldofO.com. Embed into another webpage. Open m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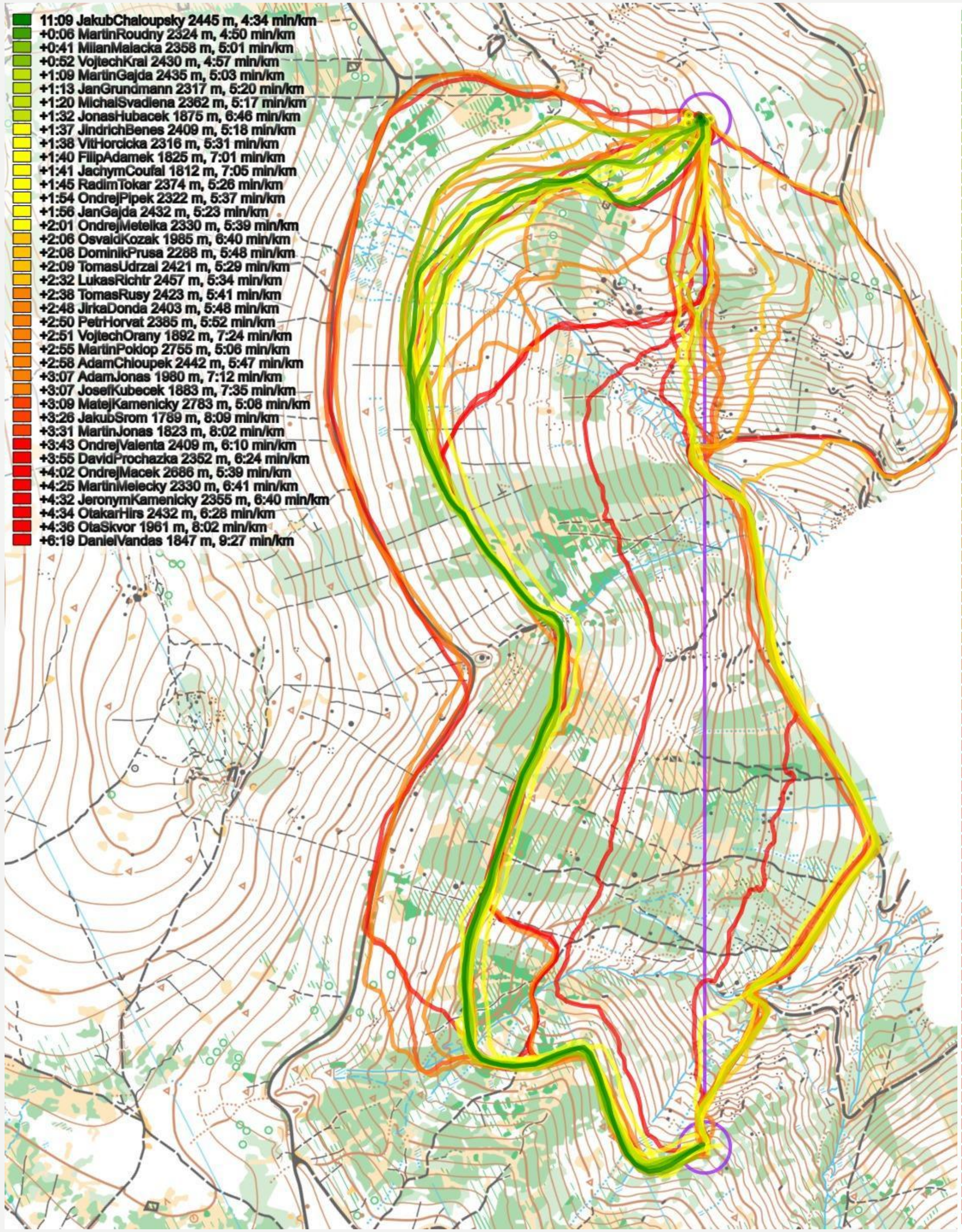
O-STATS ©
SUN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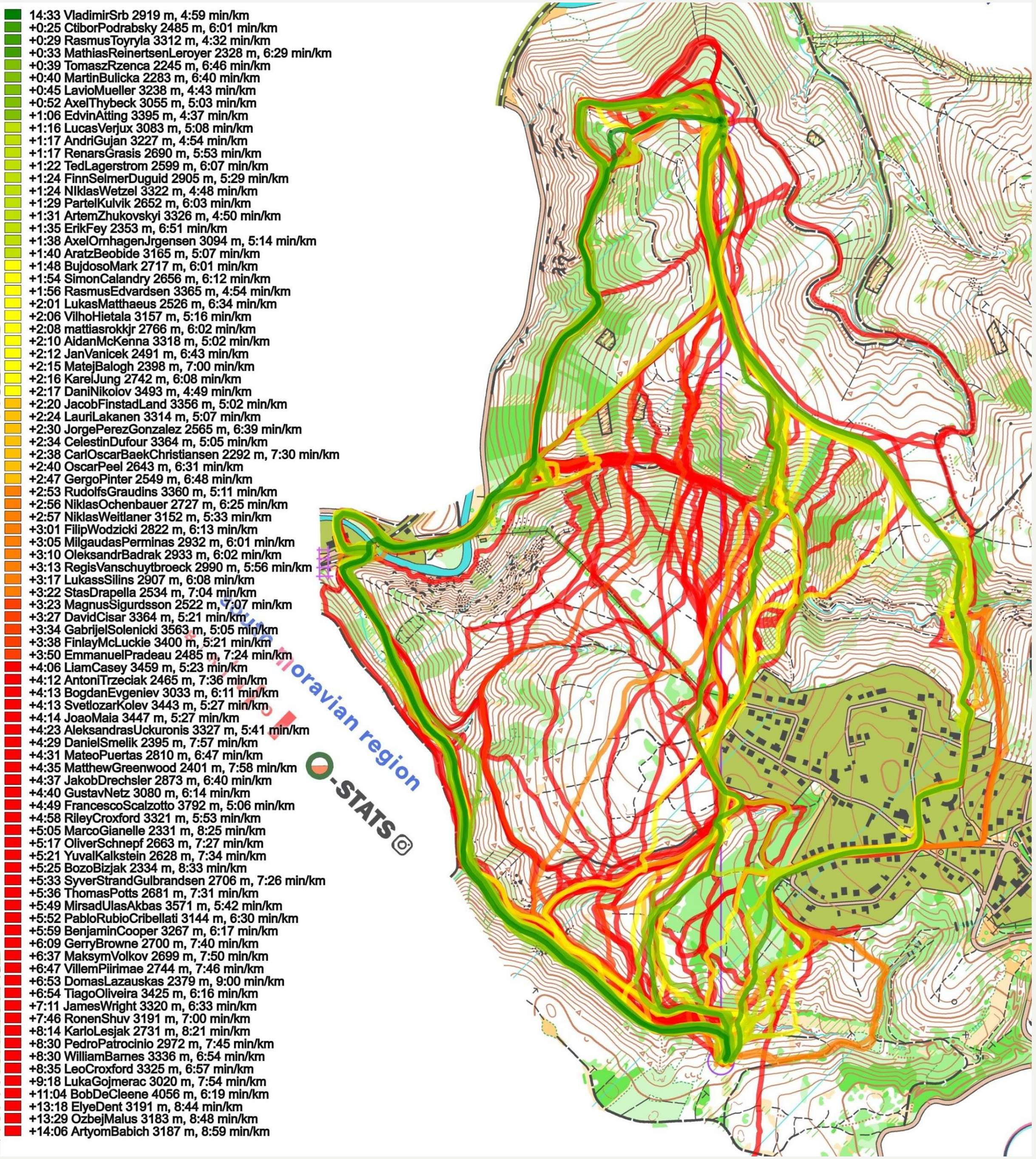
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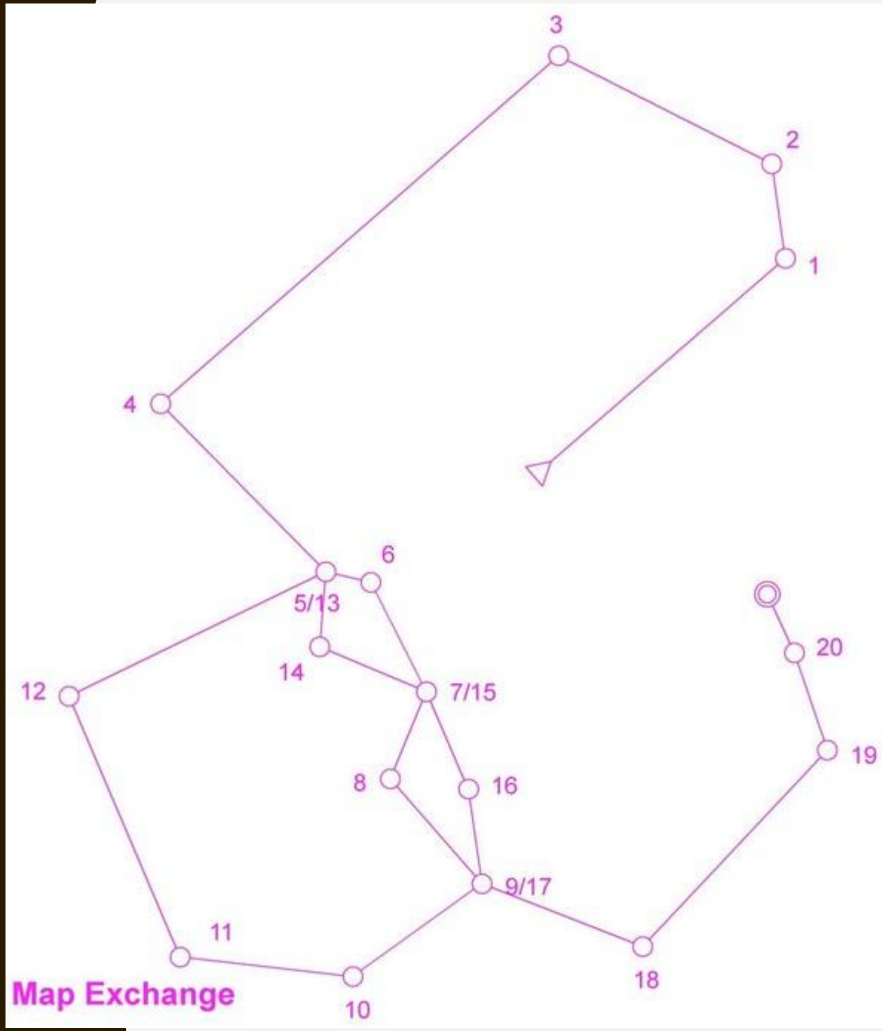
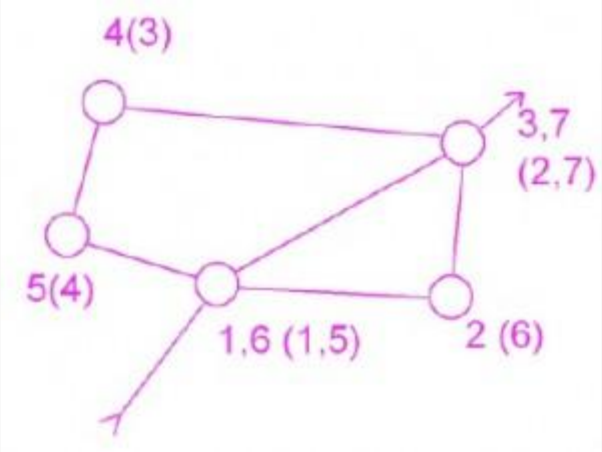
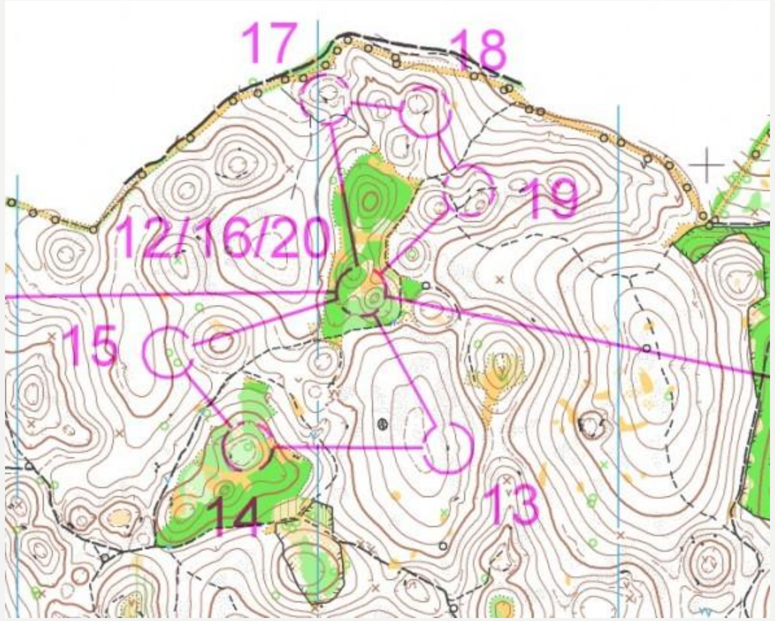
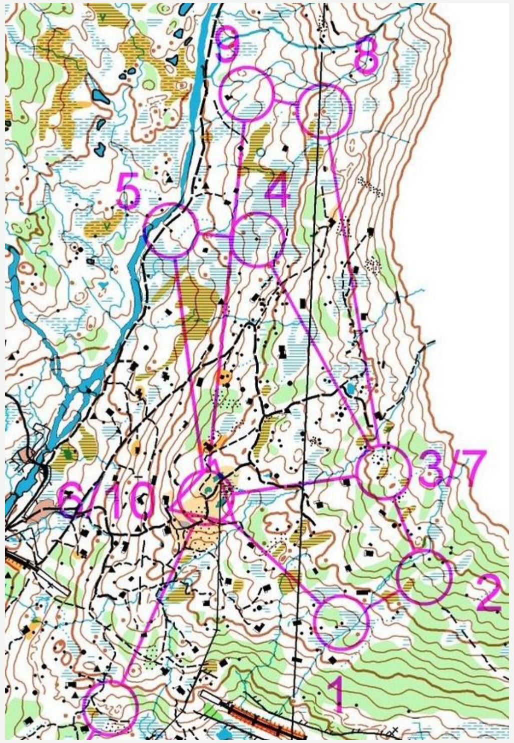
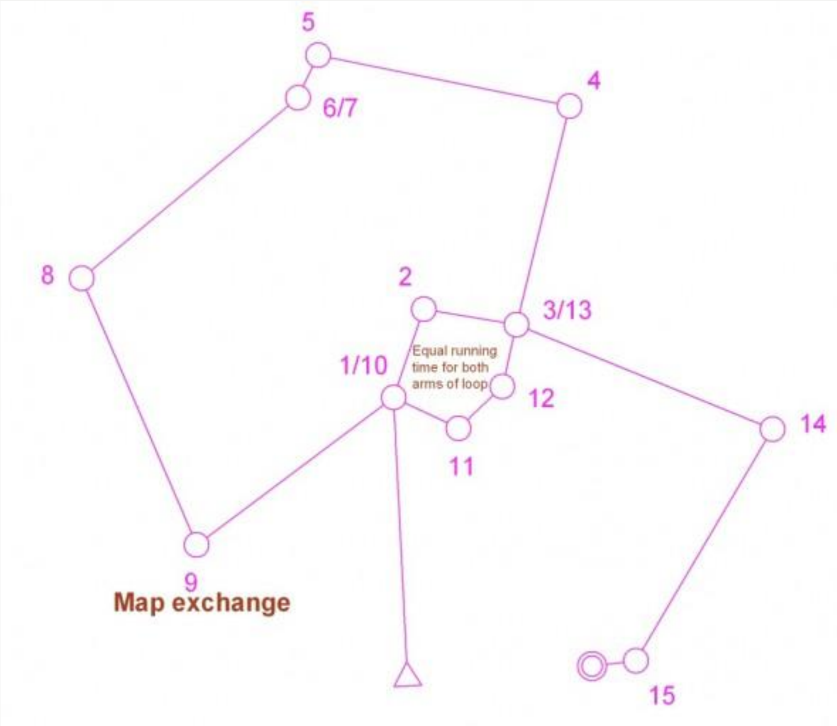
ROZDEĽOVACIE METÓDY





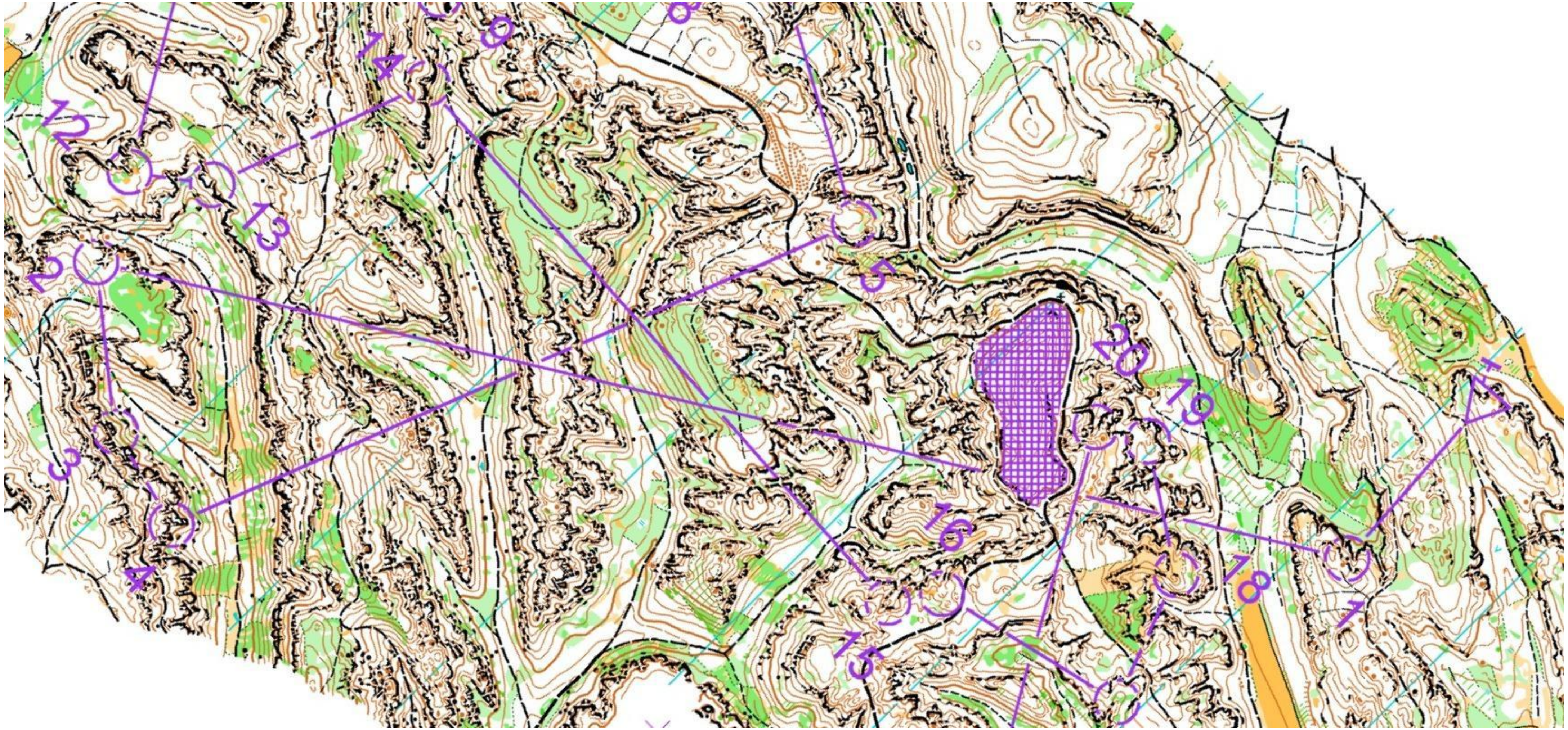






KEY POINTS

1. Vyvarovať sa skrátenej trati.
2. Vybrať terén vhodný na long (dostatok prekážok, prevýšenie).
3. Nezabudnúť na kráľovský postup (3+ varianty).
4. Parametre prispôsobiť kvalite štartového poľa.
5. Nešetriť na občerstvovačkách – umiestniť na kontrolách.
6. Motýlik na najdlhších tratiach.
7. Menej kontrol je (na longu) viac.
8. Predĺžiť štartový interval (3-5 min.)
9. Striedanie dĺžky postupov.



ĎAKUJEM ZA POZORNOSŤ