



Runner's INFORMATION



Competition Office for Carinthian Lake Cup from 20.06 - 23.06. at the finish area each stage.
CC for the UWG: Siebenhügelstraße 126, 9020 Klagenfurt Coordinates: N 46.619619, E 14.258364

Warm up: on the way to the start. UWG mixed relay use the finish area only.
Please do not leave the way to start.

Control Description: available at the finish area each stage and also be printed on the map.

Free Start: Beginners and runners in Open class will have a free start,
but only between the first and last start time.

Refreshments: no water supply stations in the forest. We offer water at the finish area each stage.

Maps: all maps printed in prettex quality waterproof, not tear proof. Please bring your own foile

Number bibs: All runners have to wear the number bibs.

Insurance and medical assistance: Competitors are not insured by organizer. Each competitor takes part on his/her own responsibility. Medical assistance will be provided, however. An emergency medical car will be present each stage at the Finish arena.

Price Giving: For the UWG-Mixed Relay after the Relay at the Finish area at Marwiesen.
For the UWG and Lake Cup as soon as possible at the Finish area in Ledenitzen.

Terrain and Race Information

1 Stage Training-St.Jakob / Lake Cup 20. 06. 2019

CC: Rosental Straße 52 , 9184 St. Jakob

Coordinates: N 46.55095, E 14.04791 Start: 10.00 End: 16.00

Map „St.Jakob “ in scale: 1:10.000 for all categories

Terrain: typical continental European contours, some gullies, slopes and small hills

2. Stage Individual-Egelsee / Lake Cup 21. 06. 2019

CC: Lug ins Land, 9701 Rothenthurn, Oberzmöln 1

Coordinates: N 46.781133 E 13.557524

First Start: 13.00 Way to start: 450 m / 60Hm / 20min

Map „Egelsee“ in scale: 1:7.500 for all Categories

Terrain: continental European contours, lot of details, hills, rocks, slopes and valleys

3. Stage Marwiesen Mixed Relay - UWG 22. 06. 2019

CC: Marwiesenweg, A-9710 Paternion / Co: N 46.68274, E 13.63860,

Relay start order: woman-man-woman-man

Mass Start 1 : 13.00 for W/M-14 Mass Start 2 : 13.10 for W/M 18

Map „Marwiesen“ in scale: 1:7.500 for all categories

Terrain: Steep in the northern part, lot of details, good runnable in the middle and western part of the map.

4 Stage Petelin Individual Lake Cup - UWG 23. 06. 2019

CC: Forellenhof, St. Martiner Straße 16, A-9581 Ledenitzen

Coordinates: N 46.56747, E 13.97212

First Start: 10.00 Way to start: 1. 300 m / 100 Hm / 30min

Map „Petelin“ in scale: 1:10.000 for M/W 10-45 / 1:7.500 for M/W 55-65

Terrain: typical continental European contours, some details, slopes and valleys

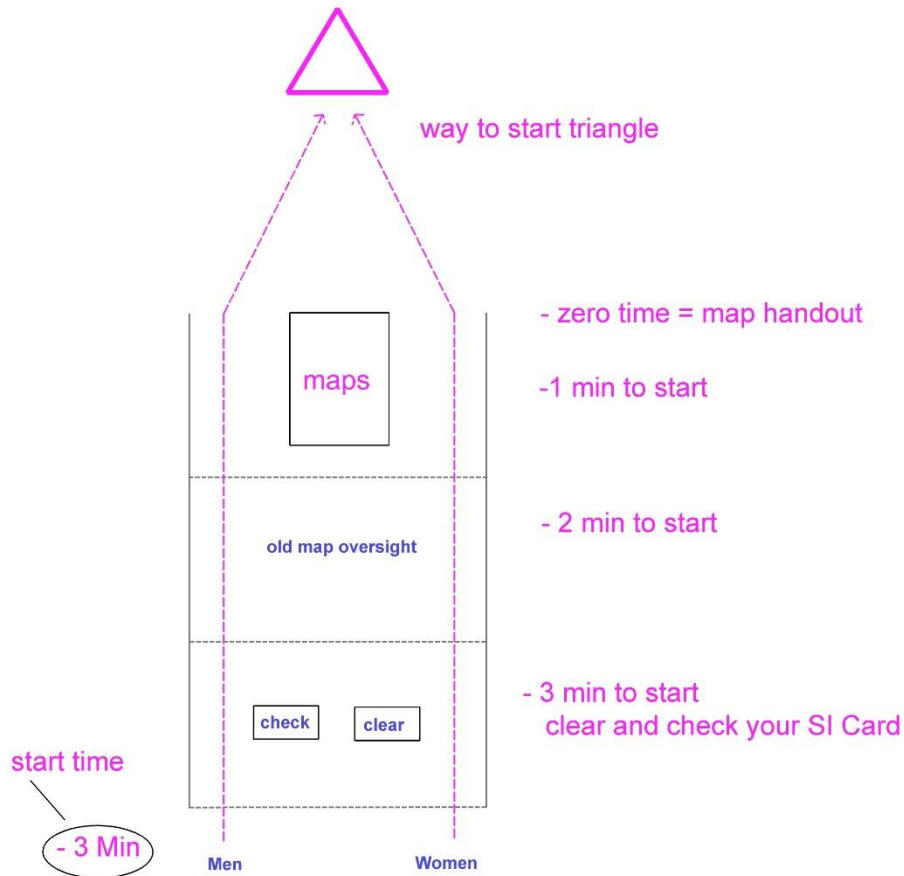
Parking

For stage 1, 2 and 3 you can use the parking area next the CC.

For stage 4 ist not much space at the Competition Center, so please use the free parking area in Ledenitzen.

Start for individual:

Call up will be at -3, to check and clear your Si-Card. At -2 you can see the old version of the map. At -1 you stand in front of your map-box. At zero it will be the time start. It is the athletes' responsibility to pick up the correct map.



Mass Start with changeover for the mixed relay will be shown at the finish area before the Start.



Orienteering with friends - enjoy the nature and have a nice time!

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