



INFORMATION

H.S.H. VYSOČINA CUP 2009

Welcome to the sixteenth orienteering competition H.S.H. Vysočina Cup 2009, traditional summer orienteering event in attractive terrains of the Highlands (Vysočina). We hope that you will enjoy both the competition and the traditional atmosphere of this event. The organizers wish you many nice orienteering as well as cultural experiences!

Organizer : SK Chrast, Orienteering Club

Main sponsor: H.S.H. Sport s. r.o.
<http://www.hsh.cz>

Except for the shop H.S.H. Sport runs also these main e-shops

 www.kupHodinky.cz

 www.prooutdoor.cz

 www.shop.orienteering.cz

 www.sachy.biz

Date of event: 17.-19.7.2009

Event centre:

ZUBŘÍ, 5 km NW from the town of Nové Město na Moravě, in the centre of the Highlands

Punch system:

All categories will be using the SportIdent system during the whole competition.

SI card: it is possible to borrow the SI card for 30,- Kč/day (1 €). It can be borrowed at the registry office.

Categories:

D10N (line), D10, D12, D14, D16, D18, D20, D21E, D21A, D21B, D35B, D35C, D40B, D40C, D45B, D45C, D50, D55, D60, D65, D70

H10N (line), H10, H12, H14, H16, H18, H20, H21E, H21A, H21B, H35B, H35C, H40B, H40C, H45B, H45C, H50, H55, H60, H65, H70, H75, H80

HDR, TPR

The categories D14B and D14C have been joined due to low number of participants into one category – D14. The category H85 has been cancelled due to no participants registered.

TPR (2,5 – 4,5 km): free category for beginners and friends of Orienteering. It is possible to register separately for each day. There is no final result ceremony in this category.

HDR : category for children with parents (line).

Participants of these two categories (HDR, TPR) choose the starting time by themselves. However, they have to start before the starting time 100!!! Competitors in these categories start from a special corridor where they announce their SI number to the organizer and punch the start box before they start.

HDR, D10N, H10N (line):

These courses are marked with orange ribbon.

Sport and cultural programme:

Friday, 17th July: E1 – short distance

Saturday, 18th July: E2 – classic distance

Competitions and games for children and beer relays for adults in the afternoon.

More information will be available on the information board in the centre.

Sunday, 19th July: E3 – middle distance

Prize-giving ceremony

Registry Office:

Thursday, 16th July: from 18:00 to 20:00 in the centre of the event

Friday, 17th July : from 10:00 to 14:00 and from 20:00 to 21:00 in the centre
of the event

Saturday, 18th July: from 20:00 to 21:00 in the centre of the event

Stages:

Day 1, short distance – Friday, 17th July 2009

Start 00: 15:00

Centre: Zubří

Course setter: Petr Mareček

Map: ZUBŘÍ - ZÁPAD, scale 1:10 000, E = 5 m, A4 format, mapmakers: Petr Mareček,
Zdeněk Lenhart, reviewed 05/2009 by Petr Mareček

Maps are in waterproof cover for all categories.

Colour for this day – **pink**.

The maps have to be left in the finish area and they will be distributed at 18:00.

Prize-giving ceremony: in the centre of the event approximately at 20:00.

Day 2, Classic distance – Saturday, 18th July 2009

Start 00: 9:00

Course setter: Jan Krejsa

Centre: Zubří

Map: ZUBŘÍ - VÝCHOD, scale 1:10 000, E= 5m, A4 format, mapmakers: Petr Mareček,
Zdeněk Lenhart, reviewed 05/2009 by Petr Mareček

Maps are in waterproof cover for all categories

Colour for this day – **yellow**.

The maps have to be left in the finish area and they will be distributed approximately at 13:00 in the centre.

Refreshment points are marked on the maps, they are on the controls.

It is forbidden to run through a campsite situated at the other side of the pond!!!

Prize-giving ceremony: in the centre of the event approximately at 18:30, together with the sport and cultural accompanying events.

Starting times for E3 will be put on the information board in the event centre on Saturday, July 18th 2009, at about 19:00. They will be also available on the event webpage.

Day 3, middle distance – Sunday, 19th July 2009

Start 00: 9:00

Centre: Zubří

Start: chasing start for competitors with up to 30 minute loss to the first competitor in each category, competitors with more than 30 minutes will then be starting in one-minute intervals.

Start numbers: for the first 5 runners in each category, available in the start area, the category will be marked on the start numbers

Course setter: Petr Mareček

Map: ZUBŘÍ - ZÁPAD, scale 1:10 000, E = 5 m, A4 format, mapmakers: Petr Mareček, Zdeněk Lenhart, reviewed 05/2009 by Petr Mareček

Maps are in waterproof cover for all categories

Colour for this day – **blue**.

Maps will be distributed at 12:30 in the finish area.

Final prize-giving ceremony: in the centre approximately at 14:00.

E3 starting times for the first competitors in each category

<i>Starting time of the first runner</i>	H	D
0	H10N H75 H45C	D10 D70 D45C
15	H10 H21B	D12 D20 D55
30	H55 H35C H14	D10N D21B
45	H12 H70 H65	D60 D40C D35C
60	H21A H50	D21A
75	H35B H40C H16	D45B D18 D14
90	H21E	D21E
105	H45B H18	D16 D40B
120	H40B H80	D35B D50
135	H60 H20	D65

Distances:

Distances to start:

E1 1200 m

E2	1100 m
E3	900 m

Other distances:

Finish area – centre:	0 m
Parking – centre:	0 m
Camping – centre:	0 m

Start:

The way to the start will be marked with blue and white ribbons from the camping and from the centre of the event in each stage.

On the start each competitor will : 1) clear their SI card
2) check the clearing of the SI card

There is no toilet in the area of the start, it is necessary to use the toilet in the camping. We ask you to use these toilets as the competition is situated in the natural protected area.

Prohibited areas:

It is forbidden to enter into fences and on freshly-cut clearings!!!

Except for the competition you are not allowed to enter the competing area, except for marked tourist paths!

It is strictly forbidden to enter the private places near the camping area and the centre of the event!!!

Not respecting these rules will be penalized by disqualification.

Notice:

The competition is held in the natural protected area of Žďárské vrchy. It is necessary to respect the rules of the protected areas.

Courses:

The distances of the courses, numbers of controls and elevation are attached to this information bulletin. The courses of H10N, D10N and HDR categories are marked with orange ribbons.

Medical aid:

The competitors compete at their own risk. Free medical aid is provided in the centre of the event (in the finish area). The following medical aid has to be paid by the insurance of each competitor.

Finish:

In the centre of the event.

The competitors in the finish area have to:

- 1) punch the SI card on the finish line
- 2) leave the map in the finish area
- 3) follow the marked corridor and have their SI card read

The split time list that you receive in the finish area can be given to the H.S.H. shop and you will be included in the competition to win a watch. There will be three winners chosen by the lot after each stage.

Kindergarden:

Your child will be taken care of at this place, so that you can take part in the competition. It will be opened for the whole time of the event near the finish area. There will be toys available and a tent in case of bad weather. The fee for the kindergarden is 25 Kč per day (1 €). The price includes small refreshment. You can ask for this service at the registry office or in the event centre. The responsible person for the kindergarden is Vendula Matrasová.

Terrain:

All stages will take place in mildly hilly area, typical of the Highlands. The altitude between 650 and 760 m.
E1 – water trenches, springs and small swamps, lot of terrain details
E2 – clear forest with water ditches
E3 – bushes, clearings and harsh surface

Training maps:

Training maps MEDLOV-Západ, MEDLOV-Východ will be available at the registry office at 10 Kč / 0,5 €. The distance from the event centre to the maps is approximately 8 km.

Jury of the competition:

Urválek Jiří (TBM)
Kheil Radim (PBM)
Kratochvíl Martin (SJI)

Protests:

The protests can be submitted to the main referee with the deposit of 200 Kč (7 €).

Principal event organizers:

Event Director: Jaroslav Matras
Main Referee: Tomáš Matras – R1
Course Setters: E1, E3 – Petr Mareček, E2 – Jan Krejsa

Camping:

Opened from Thursday, 16th July 2009 till Sunday, 19th July 2009. It is forbidden to dig holes and make fires. The location of showers, toilets, place with drinkable water and washing is marked on the camping plan which is attached to this information bulletin. Shops with some refreshments will be provided in the camping (bread, rolls, beer, lemonade...).

It is forbidden to enter the private areas in the surroundings of the campsite!!!

Parking:

In the marked parking area, also possible near the tent. Lanes in the camping will be put up. The cables with electricity are possible to cross only on marked places. It is forbidden to park on the road coming to the centre. **Follow the rules of the organizers!**

Parking fee of 50 Kč / 2 € (car) and 150 Kč / 4€ (bus) for the whole stay will be collected at the entrance.

We ask you to keep the camping area clean. Put the garbage in the garbage boxes and separate plastic garbage (PLAST)!!!

Cultural programme:

Saturday, 18th July 2009

- **Afternoon programme – games, competitions for children, beer relays (more information in the centre on the information board)**

Bathing:

Bathing: Swimming pond Zubří next to the camping and the event centre (100 m) – **strictly forbidden to use soap and detergents!!!**

Novoměstské koupaliště – 5 km, Medlov, Sykovec, Skalský rybník

Other possibilities for trips:

Cycling and hiking trips in the surroundings (except for the prohibited areas*, with limited access).

The surrounding of the event offers many possibilities to visit interesting places in picturesque area of Žďárské vrchy (part of the Highlands).



<http://www.nmnm.cz/>



<http://www.zdarskevrchy.cz/>

Partners and sponsors of the competition:



750
LET
MĚSTA
CHRASTI



The competition is organized as part of the 750th anniversary of the town of Chrast (home town of the organizing club)



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