



Lithuanian Mountain Bike Orienteering Championship in Sprint and Long Distance

Organisers

Organiser – Lithuanian orienteering federation www.losf.lt

Event execution – IOSK “Būdakalnis” <https://www.facebook.com/Budakalnis/>

Event director — Remigijus Arlauskas

Competition director – Ramunė Arlauskienė

Course setting – Remigijus Arlauskas

Timekeeping & IT – “Tengris” www.tengris.lt

Contacts

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General rules

The “Rules for Orienteering events (2010)” by Lithuanian Orienteering Federation, “Competition Rules for IOF MTB Orienteering Events” and “Regulations for MTB-O 2016 Championships” apply.

Lithuanian MTB-O championship regulations: http://orienteering.lt/wp-content/uploads/2016/05/2016_OSKD_LC_Nuostatai.pdf





Event date and location

September 24-25, 2016. Ignalina, Lithuania.

Sprint distance – September 24th, 2016.

Event center – near hotel “Žuvėdra”, Mokyklos g. 11, Ignalina. Coordinates: (55.344092, 26.158679)

Long distance – September 25th, 2016.

Event center – “Lithuanian winter sports centre” stadium, Sporto g. 8, Ignalina. Coordinates: (55.338372, 26.180155)

Event schedule

Sprint – September 24th

12:30 – 13:30 Participants registration (event center)

13:15 – 13:30 Opening ceremony

14:00 – Start in sprint distance race

16:00 – Prize giving ceremony

Long – September 25th

10:00 – 11:00 Participants registration (event center)

11:00 – Start in long distance race

15:00 – Prize giving ceremony

Participation

Event is open for all participants with valid entries.

Citizens of Lithuania who members of Lithuania Orienteering Federation (LOF) member clubs and non-Lithuanian citizens who have a declared membership in a LOF member clubs or school sports organisations are competing for the title of Lithuanian Champion. Citizens of Lithuania, who are not members of LOF member clubs or school sports organisations can compete for the title of Lithuanian Champion by paying an extra fee of 3 EUR. Other participants, as well as participants coming to start without properly attached bib-number are not included in an official race results for the title of Lithuanian Champion, however they are included in an overall race results.

Classes: W/M14, W/M16, W/M18, W/M20, W/M21, W/M40, W/M50

Open classes: WB/MB are for MTB-O beginners and enthusiasts without sufficient training.





Entries and entry fees

Entries via DBTopas: <http://www.dbtopas.lt/takas/lt/varz>

Deadline – 2016.09.20 23:59.

Classes	Entry fee, EUR	
	Sep 19, 2016	Sep 21, 2015
W/M 14 – 18	4	6
W/M 20	8	12
W/M 21 – 50	10	15
W/M B	10	15

A penalty for registered athletes who does not participate in a race – 50% of entry fee.

SI Card rent (SIAC) – 1EUR

Payment options

- Bank transfer: Ignalinos orientavimosi sporto klubas „Būdakalnis“

LT277300010002497029, AB "Swedbank"

- Cash at Event center

Punching system

Contactless SPORTident Air system will be used.

While punching at control point SI-Air card has to be swept not further than 40 centimeters from SI unit. A successful punch is confirmed by a sound and red light signals both from the control station and SI-Air card. Finish is recorded automatically when crossing the finish line, there is no need to stop and punch.

Important! After clearing your SI-Air card, it is mandatory to turn on contactless punching (Air) function while punching at the check (CHECK) station. Contactless system works if SI-Air card flashes with green light. If Air function is not active, contactless punching will not work, however, it will be possible to punch in simple way – touching control stations and finish line station with your SI card.

The fine for a lost SPORTident Air is 70euros.

Start list and start procedure

A starting bib number will be given to each competitor and has to be attached in the front of the bike handlebars. Competitors without a properly attached start bib will be excluded from the official race results.

Maps will be given 1 minute before the start. It is competitor's responsibility to take the correct map from the map box. Boxes will be marked with





M20,21 and W20,21 group athletes in sprint distance race starts in the same protocol also completes the same course.

M20, 21, W20,21 results protocol will be provided together, and M20,W20 separate result protocol. M40, 50 and W40, 50 group athletes in all races starts in the same protocol and completes same courses. Separate results protocols will be provided for M40, 50 and W40, 50 groups.

Red and Orange groups

Allocation of start times is random for all participants except class M21.

In M21 class "red" (10 competitors) ir "orange" (8 competitors) groups are formed. These participants are allocated the last positions of the start list. List of both groups is approved by MTB-O committee of LOF.

Results

Athlete who completes course in the shortest period of time wins.

Result are announced in event center and also DBTopas website:

<https://dbtopas.lt/takas/lt/varz/2016185>

Award and prize ceremony

M21 and W21 group winners in official championship results will be awarded by LOF diplomas and medals (for 1-3places) and diplomas (for 4-6places).

M14, M16, M18, M20, M40, M50, W14, W16, W18, W20, W40, W50 groups 1-3 place winners will be awarded by medals and diplomas.

Coaches of Lithuanian champions of M20, M21, W20, W21 groups will be awarded by diplomas.

Athletes who participate in open group race and athletes who race with a non-compete status have no right to become Lithuanian champion therefore they get no diplomas or medals. Organizers keep right to set prizes and other additional awards.

Maps and courses

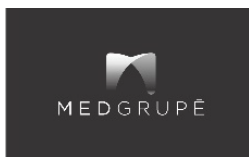
Sprint distance map – A4 size. Scale 1:7500, countour interval – 2,5m.

An urban area, forest near town, dense route network, moderate rugged landscape, path rideability mostly good.

Long distance map – A3 size.

Mountainous landscape, paths of various rideability, forest and urban areas.





Safety and fair play rules

Competitors are responsible for their health and safety during the Event. By entering and collecting the start bib participant confirms that his/her health is appropriate for taking part in such competition and that he/she is familiar with the competition rules and takes full responsibility for his/her health and safety.

A hard surface helmet is obligatory.

A bike must be present at every moment on the course.

Off-track riding is allowed.

Athletes must ride on the right side on all roads and tracks. Overtaking of slower athlete should be done by the left shoulder. On crossings priority is for rider on the wider track, an ascending athlete has priority over descending one.

There are scattered urban territories thorough the race area. Occasional heavy traffic on local roads may appear.

Competitors are asked to obey traffic rules and maintain full responsibility to observe the surrounding and avoid any unsafe actions during the race.

Accommodation

- <http://www.ievalaukis.lt>
- <http://www.lzsc.lt/>
- Ignalinos jaunimo nakvynės namai, tel.: +370 386 52118

