



**ORIENTEERING.LT**  
LIETUVOS ORIENTAVIMOSI SPORTO FEDERACIJA



## 2023 LITHUANIAN CUP

### Information No. 3

2023 October 19th

The orienteering club "Arboro" together with the Lithuanian Orienteering Federation invites all orienteering enthusiasts to the orienteering competition "Lithuanian Cup 2023" in Grazute, Zarasai district.

### Organizers

The competition is organized by the Lithuanian Orienteering Sports Federation.  
The competition is run by Orienteering Sports Club "Arboro".

Competition director - Giedrius Valantinas

Competition judge - Agnius Ciapas

Federation advisor - Vidmantas Nakvosas

Map and route planning (running) - Saulius Kireilis

Map and route planning (MTBO) - Ramunė Arlauskienė

Secretary - Gvidas Rūkas

Competition claim commission: Irina Misiūnienė, Ramūnas Pabrėža, Vilius Aleliūnas

Competitions are conducted in accordance with the rules of orienteering competitions approved by the Lithuanian Orienteering Federation and the requirements for organizers competitions.

### Date and location

2023 October 21 - 22nd The Lithuanian Cup competition will be held in Grazute, Zarasu district. The coordinates of the competition center are 633083, 6172650 (LKS).

Google Maps link: <https://goo.gl/maps/N8Dd8rDyZw7MGMbE7>





## Program

### October 21 Middle distance

10:00–11:30 Arrival and registration at the competition center

11:30 Opening ceremony

12:00 MTBO competition start

13:00 Foot competition start

### October 22 Extended middle distance

10:00 MTBO competition start

11:00 Foot competition start

12:30 MTBO group awards

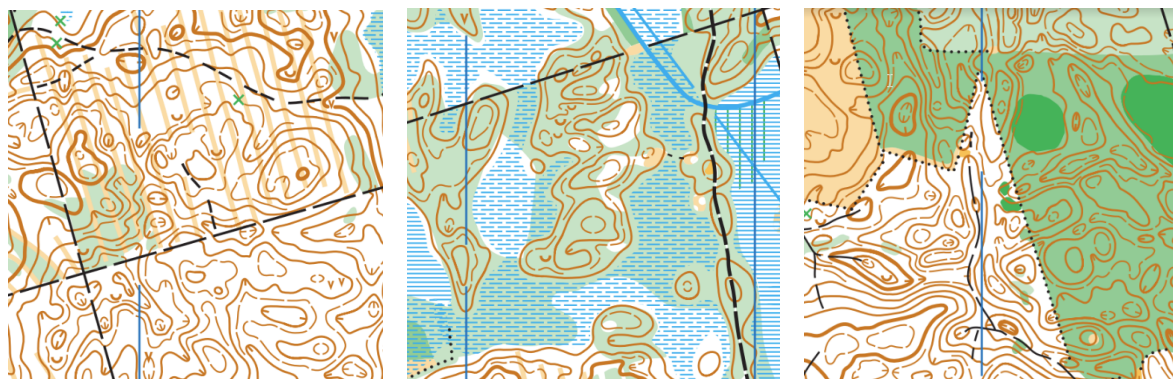
14:30 Competition closing and awards

## Competition map and location

The competition area is the western part of the Grazutė forest between the villages of Liminiskiai and Murmuliskes. Relief forms - medium and small, the largest slopes up to 20 m high. Pits, hills, valleys, swamps of various sizes and shapes. Pine forests and spruces with good and moderate mobility are dominating. There are cuttings and young trees of various brightness and runnability. The network of roads and clearings is of medium density.

Maps updated in 2023. using the latest LIDAR data. Scale 1:10,000, for M/V14 and M/V55+ groups - 1:7500, horizontal every 2.5 m. Bmap scale 1:15,000, H 2.5 m.

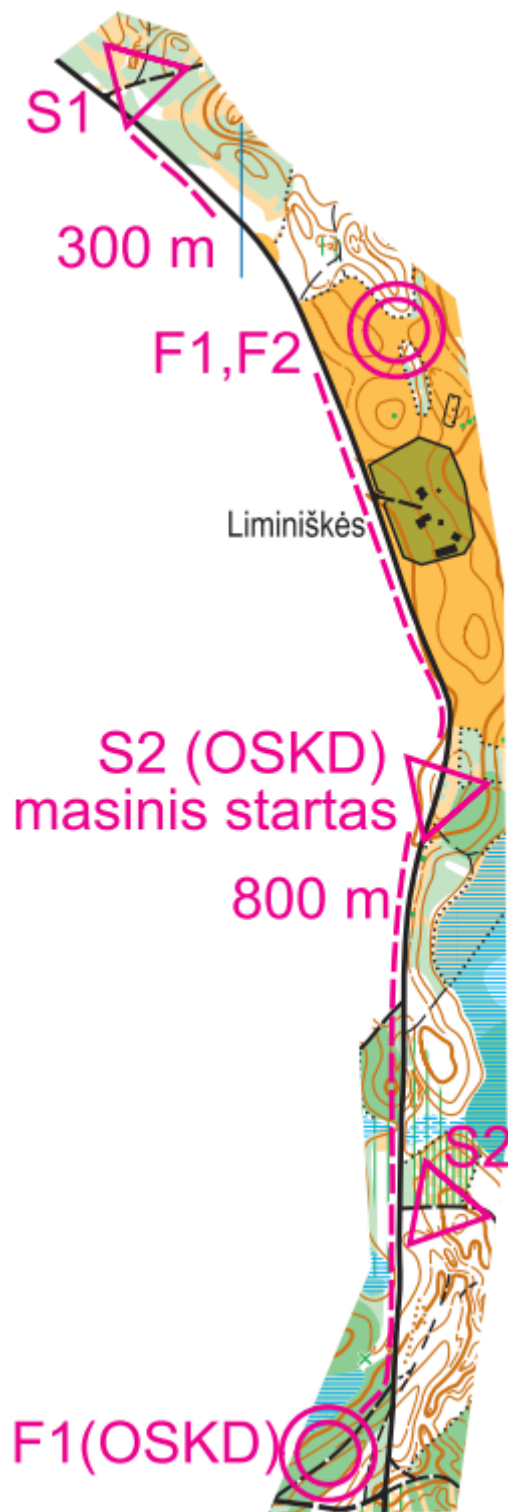
Fragments of the race map:



Previous maps of this area in active links here: [Limiskes](#) and [Murmuliskes](#).



Competition start and finish locations for both days are on the map. Marking will be visible at the site:





## **Additional information**

### **Day 1**

#### **Run:**

From the competition center to the start (S1) - 300 m.  
Finish both days at the same place (F1, F2).

#### **OSKD:**

Start (S1) same as run, finish separate from runners (F1 OSKD).  
After the finish, the card must be scanned in the competition center as soon as possible. The distance from the finish line to the competition center is 1.1 km.

### **Day 2**

#### **Run:**

From the competition center to the start (S2) - 800 m.

#### **OSKD:**

From the competition center to the start (S2 OSKD) - 300 m.  
From the start to the start of orientation, 300 m.  
Finish on the second day at the competition center (F1, F2)

Map change for groups: DM, DM20, DM23, DV, DV17, DV20, DV23, DV35, DV45, DV55. On the second map, the start of orientation is marked with a triangle, the numbering is continuous.

#### **Both days notes run:**

Fresh felling is currently being done in the forest. The crossings of 10/14/2023 are marked, but it is possible that new small areas have appeared.

#### **OSKD notes on both days:**

Unclear roads and intersections in the area will be marked. Be careful when crossing the Zarasai-Biržunai gravel road in the southeastern part of the map. Check the KP numbers and see the sequence.



## Competition type

Individual two-day competitions on medium and extended medium tracks are conducted according to the rules approved by the Lithuanian orienteering federation. Competitions are held for the following orientation sports: running and mountain biking.

## Age groups and participants

Competitions are held in groups:

**Running:** V/M, V/M 10, 12, 14, 16, 18, 20, 23, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, Open 1, Open 2, VS, MS

**MTBO:** DV/DM, DV/D/M 14, 17, 20, 23, 35, 45, 55, 65, Open D

## Courses

Group	1 day	Controls	Climb	2 day	Controls	Climb
M10*	2,2 km	5 KP	50 m	2,0 km	5 KP	50 m
M12	2,0 km	6 KP	40 m	2,0 km	7 KP	50 m
M14	2,4 km	8 KP	50 m	2,5 km	9 KP	60 m
M16	3,3 km	12 KP	80 m	4,8 km	12 KP	100 m
M18	4,0 km	15 KP	90 m	5,4 km	13 KP	100 m
M, M20, M23	5,0 km	17 KP	110 m	7,0 km	16 KP	140 m
M35, M40	4,0 km	15 KP	90 m	5,4 km	13 KP	100 m
M45, M50	3,3 km	12 KP	80 m	4,8 km	12 KP	100 m
M55, M60	2,8 km	10 KP	60 m	4,0 km	12 KP	80 m
M65, M70	2,4 km	10 KP	50 m	3,4 km	9 KP	70 m
M75, M80	1,8 km	7 KP	40 m	2,2 km	8 KP	50 m
M85	1,8 km	7 KP	40 m	2,2 km	8 KP	50 m
MS	3,3 km	12 KP	80 m	4,8 km	12 KP	100 m
V10*	2,2 km	5 KP	50 m	2,0 km	5 KP	50 m
V12	2,0 km	6 KP	40 m	2,0 km	7 KP	50 m
V14	2,7 km	10 KP	60 m	2,8 km	9 KP	60 m



Group	1 day	Controls	Climb	2 day	Controls	Climb
V16	4,2 km	14 KP	90 m	5,6 km	13 KP	100 m
V18	5,0 km	17 KP	110 m	7,0 km	16 KP	140 m
V, V20, V23	6,2 km	23 KP	130 m	10,0 km	21 KP	190 m
V35, V40	5,2 km	16 KP	110 m	8,0 km	20 KP	160 m
V45, V50	4,8 km	15 KP	100 m	7,1 km	19 KP	140 m
V55, V60	4,1 km	14 KP	90 m	5,9 km	14 KP	110 m
V65	3,3 km	12 KP	80 m	5,0 km	12 KP	100 m
V70	2,8 km	10 KP	60 m	4,0 km	12 KP	80 m
V75	2,4 km	10 KP	50 m	3,4 km	9 KP	70 m
V80, V85	1,8 km	7 KP	40 m	2,2 km	8 KP	50 m
VS	4,2 km	14 KP	90 m	5,6 km	13 KP	100 m
Open 1	5,2 km	16 KP	110 m	7,1 km	19 KP	140 m
Open 2	3,3 km	12 KP	80 m	4,0 km	12 KP	80 m
DM, DM20, DM23	15,6 km	16 KP		27,2 km	24 KP	
DM14	8,7 km	12 KP		12 km	15 KP	
DM17	12 km	14 KP		18,1 km	21 KP	
DM35, DM45	12 km	14 KP		18,1 km	21 KP	
DM55, DM65	9,8 km	13 KP		13,1 km	17 KP	
DV, DV20, DV23	18,9 km	17 KP		29,7 km	30 KP	
DV14	9,8 km	13 KP		13,1 km	17 KP	
DV17	12,3 km	16 KP		24 km	21 KP	
DV35	15,6 km	16 KP		27,2 km	24 KP	
DV45	15,3 km	16 KP		27,1 km	23 KP	
DV55	12,3 km	16 KP		24 km	21 KP	
DV65	12 km	14 KP		18,1 km	21 KP	
OPEN	12.7 km	16 KP		17.1 km	17 KP	



**\*VM10 courses will be marked on track.**

Please pay attention, that in registration system groups stands for V stands for Men, M stands for Women and D stands for bike.

### **Starting order**

In individual competitions, the participant of each group starts according to his assigned position time. In the second day's competition, the participants of the Bgroup start with a mass start. The participant is admitted to the starting area 3 minutes before the start. Group start interval - 2 min.

### **Punching system**

Marking is carried out by the electronic SPORTident AIR+ system. Participants will also be able to participate with regular SPORTident cards. Participants who do not have SIAC cards will be able to rent them at the competition secretariat. Rental fee - 2 €/day. For a lost SIAC card, participants pay its price according to valid rates.

### **Registration**

Applications are submitted in the DB Topas system <https://dbsportas.lt/lt/varz>  
Registration is carried out until 2023. October 16 23:59 **After this date, registration is only possible if possible, i.e. i.e. free start minutes at the front of the protocol, prepared maps, numbers, etc.**

### **Fees**

For athletes who have submitted registered applications, the participation fee specified by the competition organizers shall be paid by bank transfer or at the place of the competition. To partially cover the costs of organizing the competition, the participants pay the fee set by the Lithuanian orienteering federation age group for each person:

<b>Group</b>	<b>Payment until 2023 - 10 - 16 (23:59)</b>	<b>Fee after 2023 - 10 - 17 (23:59)</b>
M/V 10 -20, DM/DV 14 - 20	7 euros / day	10.5 eur / day
M/V – M/V 55, DM/DV – DM/DV 55, M/VS	15 euros / day	22.5 eur / day





M/V 60 – M/V 85, DM/DV 65	10 euros / day	15 euros / day
OPEN 1, OPEN 2, OPEN D	10 euros / day	10 euros / day

Registration after 10/17/2023 only if places are available.  
After registering, but not starting, the start fee is not refunded.

The Directorate of Protected Areas of Aukštaitija stated in the competition permit that participants must purchase a state park visitor's ticket and thereby contribute to the preservation of the regional park's values, therefore we invite all participants to do so personally before the event:

Tickets can be bought here: [:https://anp.lrv.lt/lt/veiklos-sritys/lankytojo-bilietas](https://anp.lrv.lt/lt/veiklos-sritys/lankytojo-bilietas)

### **Payment**

The participant fee is paid during registration by transfer to the following account or in cash at the competition center. Those who pay by bank transfer will be able to pay after the competition according to the invoice issued. Information when paying by bank transfer:

Organization: Orienteering sports club "Arboro"

Company code: 300562017

Bank: Medicinos Bank

Account No.: LT947230000000606029

### **Determination of results**

In the Lithuanian Cup competitions, the winners are determined based on the total sum of the results of the two days. The participants of groups M/V 20, M/V 23, M/V bei DM/DV20, DM/DV 23 and DM/DV compete on the same track, but the results of these groups are presented in a common list, indicating next to each M/V 20, M/V 23, DV20/DM20 and DV23/DM23 participant, which place he occupied in his group. Athletes from these groups claim awards in the elite group as well.

### **GPS**

Top list of V/M 20, V/M 23, V/M and DM/DV20, DM/DV 23, DM/DV competitors will have GPS assigned that have to wear on track.





The list of athletes who will wear GPS bands:

<b>V</b>	<b>M</b>	<b>DV</b>	<b>DM</b>
Aleliūnas Vilius	Aleliūnienė Vesta	Andrašiūnas Petras	Mickuvienė Algirda
Barauskas Rokas	Gineikaitė Ugnė	Gvildys Jonas Vytautas	Puišienė Roma
Bartkevičius Algirdas	Gvildienė Vilija	Maišelis Jonas	Umbrasaitė-Maišelė Justė
Časas Adomas	Paužaitė Sandra	Kalvaitis Nojus	
Dementavičius Tadas	Ražaitytė-Saunorienė Gabija	Juodišius Julius	
Krėpšta Simonas	Rutkauskaitė Kastė		
Lipnickas Rokas	Skučaitė Ugnė		
Mickus Dovydas	Voveriene Tatsiana		
Rimkus Tautvydas			
Titomers Endijs			
Traubas Adomas			

### **Awards**

The winners and prize-winners of all groups (1st - 3rd place) are awarded with souvenirs and gifts from sponsors (except the athletes of the Open groups). Awards are presented only personally to athletes participating in the awards.

### **Other information**

- Participants are responsible for their own health and safety during the competition, their coaches or accompanying persons are also responsible for children. All participants of the competition must have a medical permission to participate in the competition.



- Meals, accommodation and travel expenses of athletes and coaches are paid by the sending organization or the athletes themselves.
- Claims must be submitted to the competition jury or competition organizers within 1 hour of the participant's finish time, but in any case as early as possible.
- All participants must start with the participant number issued by the organizers. Athletes starting without a participant number will be disqualified.
- By registering, the participants of the competition agree that their name, surname, year of birth, team and results will be published on the competition registration page <http://www.dbsportas.lt> and during the competition they may be photographed, videotaped, their location determined in real time, and the material can be used to publicize competitions and popularize sports. Participants can contact the LOSF (Lithuanian orienteering sports federation) administration regarding the use of personal data in accordance with the valid LOSF privacy policy.

### **Accommodation**

Zarasai Tourism and Business Information Center

-<https://www.visitzarasai.lt/lt/apgyvendinimas>

### **Information**

For registration questions contact the secretary: [g.rukas@tengris.lt](mailto:g.rukas@tengris.lt)

For all other questions related to the competition, contact:

Giedrius Valantinas, +370 612 60 777, [giedrius.valantinas@gmail.com](mailto:giedrius.valantinas@gmail.com)



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