



# LITHUANIAN CUP 2024

October 19-20, 2024

## Information Bulletin No.2

**October 9, 2024**

Orienteering club OK Ažuolas, in partnership with the Lithuanian Orienteering Federation, would like to invite everyone to a orienteering competition to the 2-day orienteering competition Lithuanian Cup 2024 in Santaka Forest at Vilnius district municipality.

### **Organiser**

Lithuanian Orienteering  
Federation (LOSF)

### **Arranging club**

OK Ažuolas, Vilnius

Competition director -  
Vidmantas Nakvosas

Chief referee – Gytis  
Nakvosas

Secretary – Gvidas Rūkas

LOSF controller –  
Algimantas Dambrauskas

*Foot O*

Map makers – Egidijus Kukenys,  
Pranas Germanavičius, Vasil Bortnik

Course setting – Adomas Časas (Day 1),  
Tautvydas Rimkus (Day 2)

*MTBO*

Map makers - Egidijus Kukenys,  
Audrius Smilgius

Course setter – Remigijus Masilionis



## Location

Competition will be held in Santaka forest, up to 30 kilometers towards north-east from Vilnius. The nearest settlement is Šventininkai, nearest market town – Nemenčinė. The railway line Naujoji Vilnia – Turmantas cuts the forest away from Neris River.

## Programme

### October 19

10:00 – 12:30 Arrival and registrations

12:00 MTBO competition start

13:00 Foot O competition start

### October 20

10:00 MTBO competition start

11:00 Foot O competition start

12:30 Award ceremony for MTBO competition

14:30 Award ceremony for Foot O competition

## Competition centre

Distance from CC to 1st day start for Foot O/MTBO - 550 m

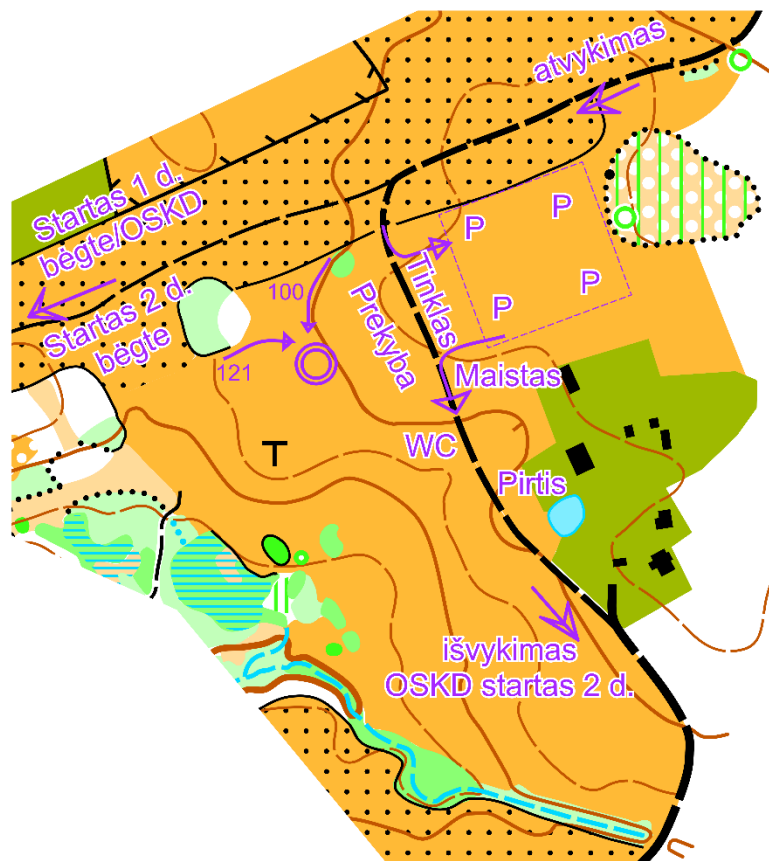
Distance from CC to 2nd day start  
Foot O – 1250 m

MTBO – 5100 m

Parking is next to the competition centre.

Catering, shopping and a volleyball court will be available.

We invite everyone to enjoy sauna after the race!

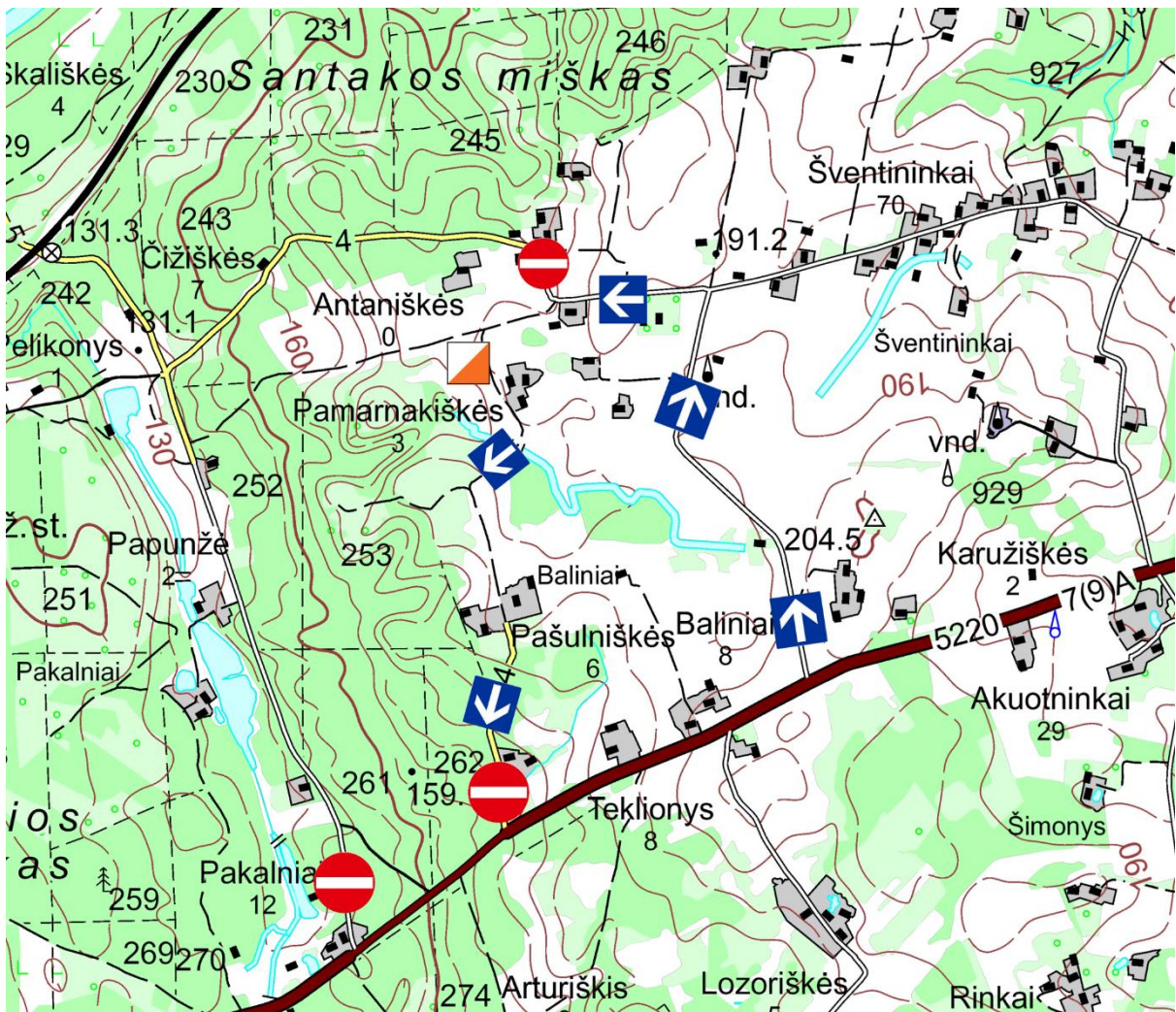


## Arrival

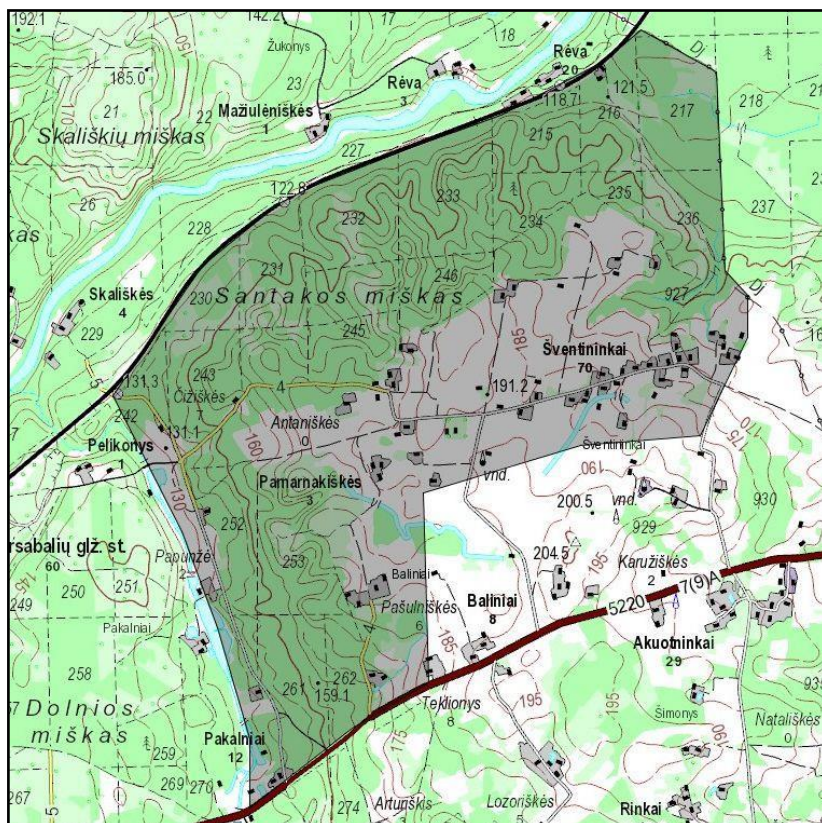
**Attention!** Arrival to the competition is only allowed by **asphalt road** through Šventininkai (road sign to Šventininkai).

Arrival through other (gravel) roads (road signs to Rėva/Čižiškės/Skališkės and Pašulniškių vs.) is not allowed (roads will be used by competitors. Departures will be possible coming through Pašulniškės village.

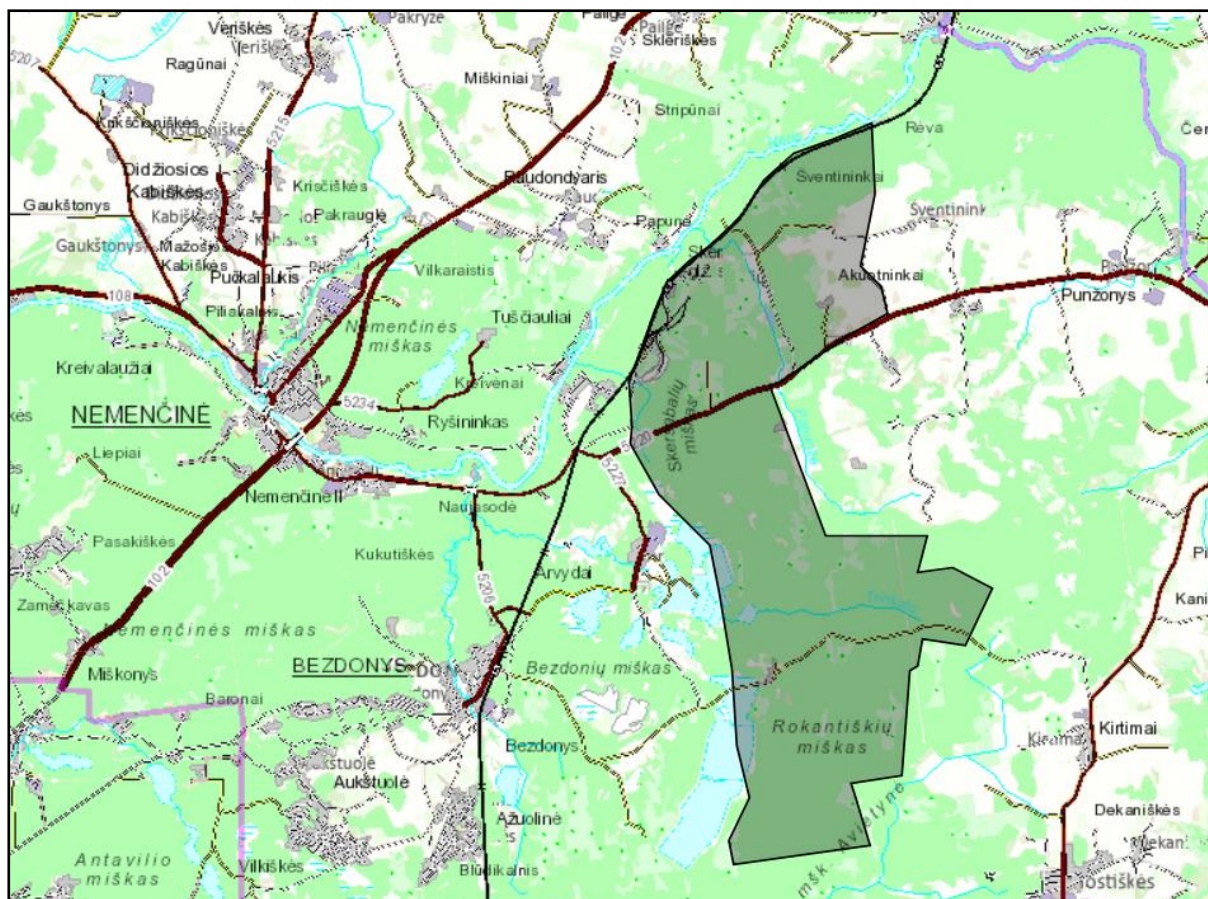
We appreciate your understanding.







**Foot O competition area**



**MTBO competition area**





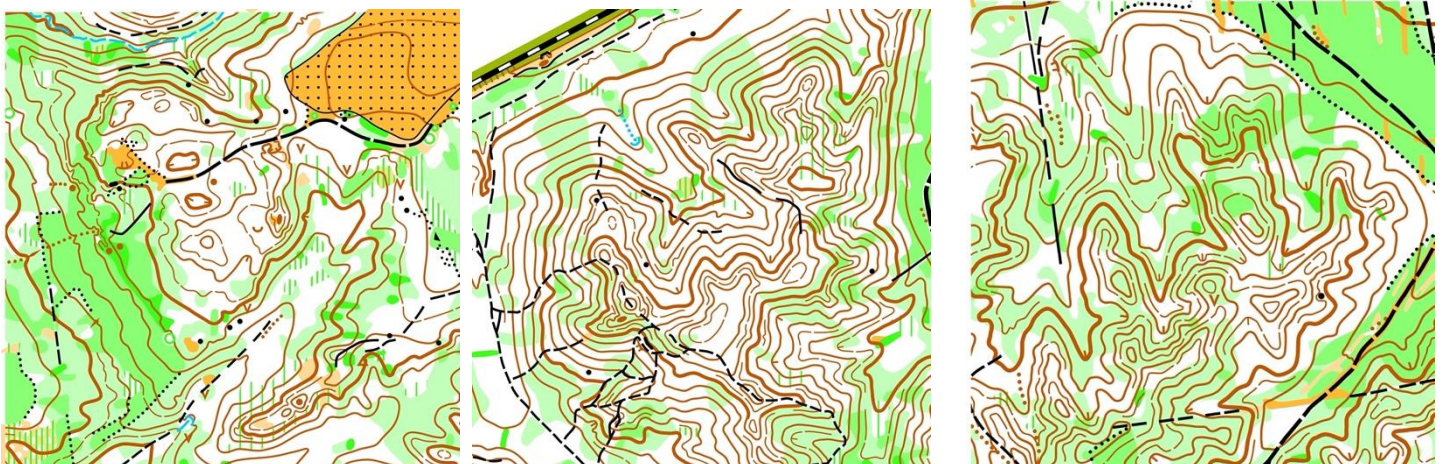
## Competition terrain and maps

Foot O competition is taking place in the same forest as Lithuanian long championships in 2023 ([Santakos miškas](#)) and another part which has not been used for races for 30 years.

The area is located on the left bank (to the south west) of river Neris. The terrain is hilly, formed by a river slope with deep valleys and re-entrants as well as erosion gulleys. The terrain is reminiscent of other forested slopes along river Neris to the west of Vilnius. The area has few boulders. The slopes reach up to 40 meters, with a vertical elevation gain of 55 meters across the map.

The forest is predominantly of intermediate runnability, with sizeable areas of clear and fast, but also, dense areas offering poorer runnability. The western and southern parts of the forest include clearings and recently regrown clearings, while the eastern side is dominated by mature coniferous forest. Open fields within the forest are overgrown with tall grass and include nettles (less present in autumn). The road and path network is of medium density, sparse in steeper areas. To the south there are vast fields of arable lands and settlements. Road network is moderately dense and sparse in some areas.

Maps updated in 2024 m. Scale for age groups 14 and younger, 55 and older – 1:7500, others 1: 10 000, contour interval 5 m.





MTBO competition will take place to the south of Santaka forest in an area spanning up to 10 kilometres to the south between the railroad and country road Nemenčinė – Buivydžiai up to Arvydai and Aukštieji Bezdonyš.

In the north-eastern part, road and trail network is moderately dense, surfaces generally fast. Area is mostly flat with steep inclines on the edges of the forest. Santakos miškas has steep hills, moderate-sparse road network, and narrow trails. Some trails might be difficult to ride on. Fallen trees in some areas.

The southern area – Arvydai forest – consists of coniferous forest and softer trail surfaces. The road and trail network is regular and of moderate density. Terrain is rolling, southern portions of the forest are characterised by large forested dune hills. Riding speed may be impacted by sand and firebreaks that are ploughed.

Maps updated in 2024, scale 1:15 000, contours 1st day - 5 m, 2nd day – 2.5 m.

Map makers – Audrius Smilgius (days 1, 2), Egidijus Kukenys (day 1), adapted by Remigijus Masilionis, Gytis Nakvosas

## **Dangerous areas**

### **1. Fence of old clearing**

An old high wooden fence has marked territory of a former clearing. Some segments are standing upright while some are fallen. There might be sharp objects such as nails or wires attached to the planks.

Be careful when entering the territory. Poorly visible segments will be marked with bright tape.

### **2. Country road Nemenčinė – Buivydžiai**

Competitors of MTBO race will cross the road on their 2nd day.



Crossing the asphalt road is only possible in a designated area. Please take caution – **vehicles on the road are fast and dangerous.**

### **3. Road along the railway line**

Runners and cyclists may use the road along the railway track. Choose a further side to run/ride. Approaching the track in the immediate vicinity (2.5 meters) is not allowed and dangerous.

#### **Marked areas**

A large crop field is separating the competition centre from the forest. **Please stick to existing paths and roads and do not thread on the earth – crop have already been planted.**

The field will be crossed on the 2nd day of competition (groups M/V 10, 12, 14, 10-14N– both days). The edge of the field will be marked on site and on map. **Crossing the field is only possible along the corridor which is marked on site!**

Some areas that are difficult for children to navigate (obscure paths, poor visibility/runnability), some portions of the course might be marked on site by tape or images of happy/sad faces.

Courses of M/V 10 will marked by white continuous „Orienteering.lt“ tape with controls close to the tape/

Courses M/V 10-14 will follow the continuous tape but the controls might be further away from the tape. Children can be shadowed by a coach or other person.

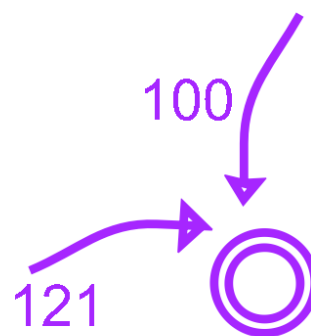
Courses M/V 12 will be marked with intermitted tape or facial expressions only in more complicated areas.



### Finish corridors:

On 1st day groups M/V10, 12, 14, 10-14N punch No. 100 as their last control, other groups - No. 121.

2nd day all competitors punch No. 100 as their last control.



### Competition type

The individual two-day competition will feature middle-distance and prolonged middle-distance courses (FootO), middle (MTBO), following the rules approved by the Lithuanian Orienteering Federation.

The competition includes the following orienteering disciplines: FootO and MTBO

### Categories and participants

*Men – Vyrai (V), Women – Moterys (M)*

<b>FootO</b>	
Regular age groups	V/M (Men/Women Elite) V/M 10, 12, 14, 16, 18, 20, 23, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85
Other groups	VS (Men Short), MS (Women Short) V10-14N, M10-14N – marked beginners' course for children up to 14
Open courses	Open 1, Open 2 (competitors can be shadowed)
<b>MTBO</b>	
Regular age groups	DV/DM, DV/D/M 14, 17, 20, 23, 35, 45, 55, 65
Open courses	Open D





## Courses

### Foot O

Category	Day 1		Day 2	
	Distance	Controls	Distance	Controls
<b>VE/20/23</b>	5,8 km	24 KP	7,1km	19 KP
<b>ME/20/23 V18</b>	4,3 km	19 KP	5,5km	18 KP
<b>M12, V12</b>	2,2 km	8 KP	2,5km	12 KP
<b>M14 V14</b>	2,9 km 2,8 km	11 KP	2,9km 3,3km	12 KP 13 KP
<b>V16/VS</b>	3,8 km	17 KP	4,4km	15 KP
<b>V35/40</b>	4,7 km	20 KP	5,9km	16 KP
<b>V45/50</b>	4,2 km	18 KP	5,5km	16 KP
<b>V55/60</b>	3,8 km	17 KP	4,7km	14 KP
<b>V65</b>	3,1 km	14 KP	3,6km	13 KP
<b>M16/45/50/MS</b>	3,3 km	14 KP	3,8km	15 KP
<b>M18/35/40</b>	3,7 km	17 KP	4,3km	15 KP
<b>M55/60 V70</b>	2,9 km	13 KP	3,1km	10 KP
<b>M65</b>	2,9 km	13 KP	2,8km	10 KP
<b>M70, V75</b>	2,5 km	11 KP	2,3km	10 KP
<b>M75 V80/85</b>	2,3 km	10 KP	2,0km	8 KP
<b>M/V 10, 10-14N</b>	1,8 km	7 KP	1,9 KP	8 KP



## MTBO

Category	Day 1	Day 2
	Distance	Distance
<b>DV21/20/23</b>	25,7 km	21,7 km
<b>DV35</b>	23,0 km	19,8 km
<b>DV45, DV17</b>	22,5 km	18,0 km
<b>DV55</b>	19,9 km	16,3 km
<b>DV65</b>	19,5 km	14,3 km
<b>DM21/20/23</b>	21,7 km	18,0 km
<b>DM65, DM14</b>	12,2 km	11,7 km
<b>DM55</b>	16,3 km	12,0 km
<b>DM45, DV14</b>	16,3 km	14,8 km
<b>DM35, DM17</b>	19,5 km	16,5 km

### Start procedure

Each competitor starts at their allocated time. Participant can enter the starting zone 3 minutes before start. Start interval is 2 minutes.

### Punching system

Punching system will use the electronic SPORTident AIR+ system. Participants can also use standard SPORTident cards. Those, without SIAC can rent in the competition centre for 1.5 €/ day. Participants will be charged the current replacement cost for any lost SIAC cards.





## Entries

Registration is open in DB Topas system <https://dbsportas.lt/lt/varz> until 14th October 2024 23:59. After this deadline, registration is possible only if start times, prepared maps, numbers, and other necessary materials are available.

## Fees

Categories	Before 14.10. 23:59	After deadline (if vacancies appear)
<b>M/V 10 - 20</b> <b>DM/DV 14 - 20</b>	7 € / day	11 € / day
<b>M/V, 23, M/V S</b> <b>M/V 35 – 55, DM/DV,</b> <b>DM/DV 35 - 55</b>	15 € / day	23 € / day
<b>M/V 60 – 85, DM/DV</b> <b>65</b>	10 € / day	15 € / day
<b>OPEN courses</b>	10 € (adults), 5 € (children students, seniors above 65)	

The fee is not returned to registered participants who have not started.

## Payment

The participant fee is paid during registration by transfer to the following account. Those who pay by bank transfer will be able to pay after the competition according to the invoice issued.

### Bank account details

Orientavimosi sporto klubas „Ažuolas“

A.s. Nr. LT 427044060001311849

AB „SEB bankas“







## Results

The winners are determined based on the total sum of their results over the two days.

Participants from the M/V 20, M/V 23, and M/V (Elite) categories compete on the same course and are listed on a single result sheet with the elite classes. Athletes from groups M/V 20 and 23 compete and are awarded in their respective categories and are also eligible for awards in the elite category.

## Prizes

Prize winners (1 – 3 places) of all groups will be awarded with souvenirs and sponsors' gifts (except OPEN groups). The awards are presented only to the athletes participating in the prize-giving ceremony.

## Miscellaneous

- 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.
- Complaints 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 provide consent to their name, surname, year of birth, team and results being published on the competition registration page <https://dbsportas.lt/lt/varz> as well as being photographed videotaped, their location provided in real time during the competition as well as the usage of data for marketing purposes by LOSF. Participants can contact the LOSF (Lithuanian orienteering federation) administration regarding the use of personal data in accordance with the valid LOSF privacy policy.

### **Contacts and partners**

Vidmantas Nakvosas, phone no. +37068603297.

Contact us via [azuolasosk@gmail.com](mailto:azuolasosk@gmail.com) or [Facebook event](#)

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