



LITHUANIAN CUP 2024

October 19-20, 2024

Information Bulletin No.3

October 18, 2024

Competition jury: Devis Žilovas, Vytautas Tamulionis, Gabrielė Andrašiūnienė

Competition centre

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

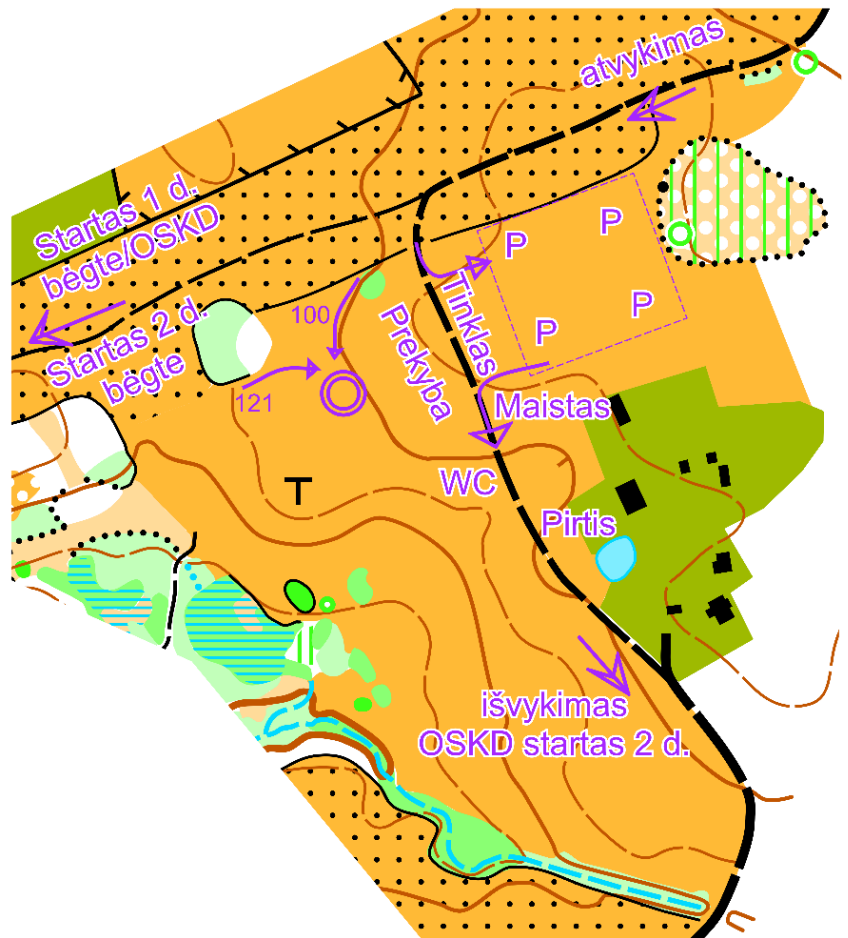
Distance from CC to 2nd day start
Foot O – 1250 m

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!

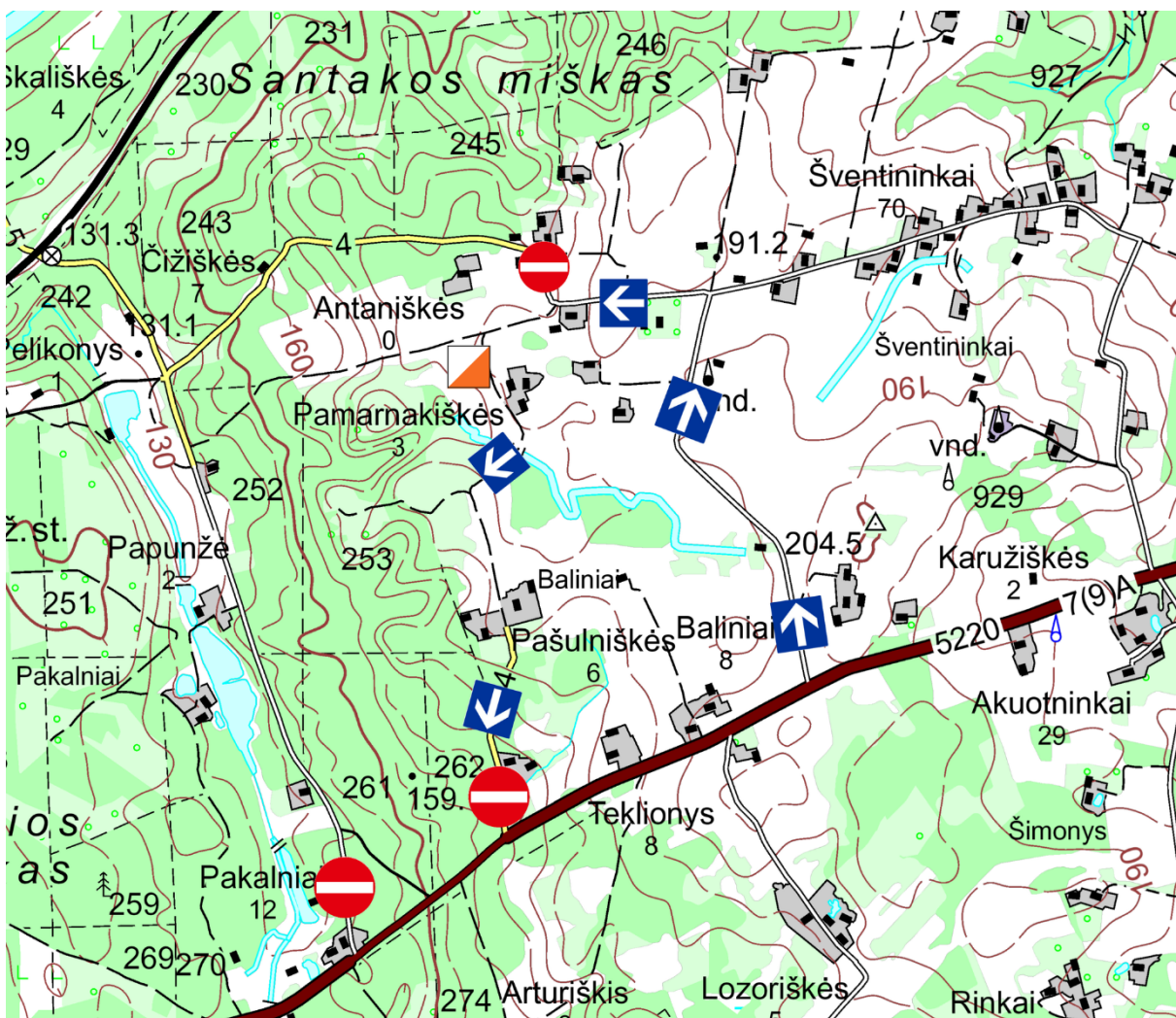


Arrival

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.





Courses

Foot O, day 1

Category	Distance, km	Climb, m	Controls
V, V20, V23	5,5	200	20
V18, V35, V40	4,6	180	15
M, M20, M23	4,3	160	17
V45, V50	4,3	145	16
V55, V60	3,9	145	16
V16	3,6	145	13
VS	3,8	175	14
M18, M35, M40	3,7	145	14
M16, M45, M50, MS	3,2	145	12
OPEN 1, V65	2,9	115	12
M55, M60, V70	2,6	110	10
M14	2,4	50	9
V14	2,4	50	10
M65, M70, OPEN 2, V75	2,3	95	9
V12	2,0	40	8
M1014, V1014	2,6	60	8
M75, V80, V85	2,0	70	8
M12	1,9	35	8
M10, V10	2,6	60	6

Foot O, day 2

Category	Distance, km	Climb, m	Controls
V, V20, V23	7,2	370	19
V35, V40	6,1	350	16
M, M20, M23, V18	5,6	270	18
V45, V50	5,6	320	16
V55, OPEN 1	4,7	270	14
V16	4,6	195	15
VS	4,6	195	15
M18, M35, M40	4,3	220	15
M16, M45, M50, MS	4,0	195	15
V65, OPEN2	3,8	175	13



M55, M60, V70	3,3	130	10
M14	2,8	85	12
V14	3,1	90	12
M65	2,9	120	10
M70, V75	2,5	90	10
M12, V12	2,6	60	10
V80, V85	2,2	90	8
M1014, V1014	1,7	55	6
M10, V10	1,6	55	5

MTBO

Category	Day 1	Day 2
	Distance	Distance
DV21/20/23	22,9 km	21,7 km
DV35	20,9 km	18,9 km
DV45, DV17	19,7 km	18,1 km
DV55	18,4 km	16,4 km
DV65	16,8 km	14,2 km
DM21/20/23	19,7 km	18,6 km
DM65, DM14	11,6 km	11,8 km
DV14, DM55	13,4 km	12,6 km
DM45, DM35	16,8 km	17,4 km
DM17	16,8 km	17,0 km

Marked areas

Between the competition area and the competition center, as well as in other forest edges, there are cultivated fields that are marked on the map with a prohibited symbol.

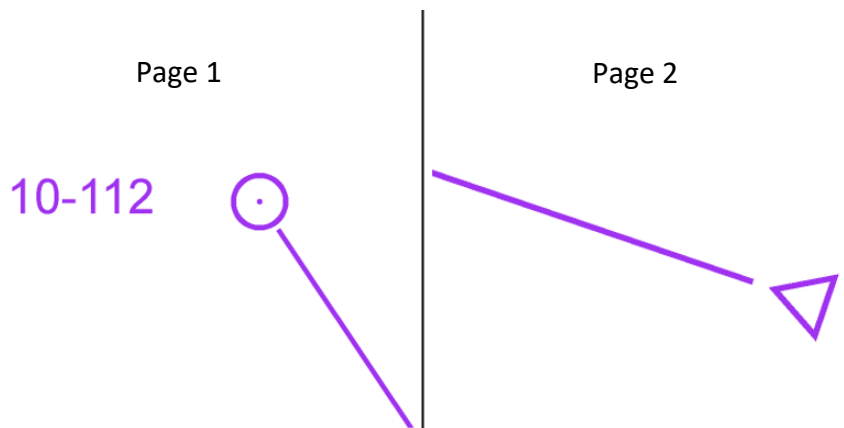
On the way to the starting point or on the courses, **please stay on the established paths or tracks and avoid stepping on the crops.**

MTBO instructions

On the second day of competition for DM17, DM21/20/23, DV17, DV21/20/23, DV35 **there will be a map flip.**

The last control is 3,1 km away. SI card read is done at the competition center, which is accessible via a marked route with tape.

The map format is 45x32 cm.

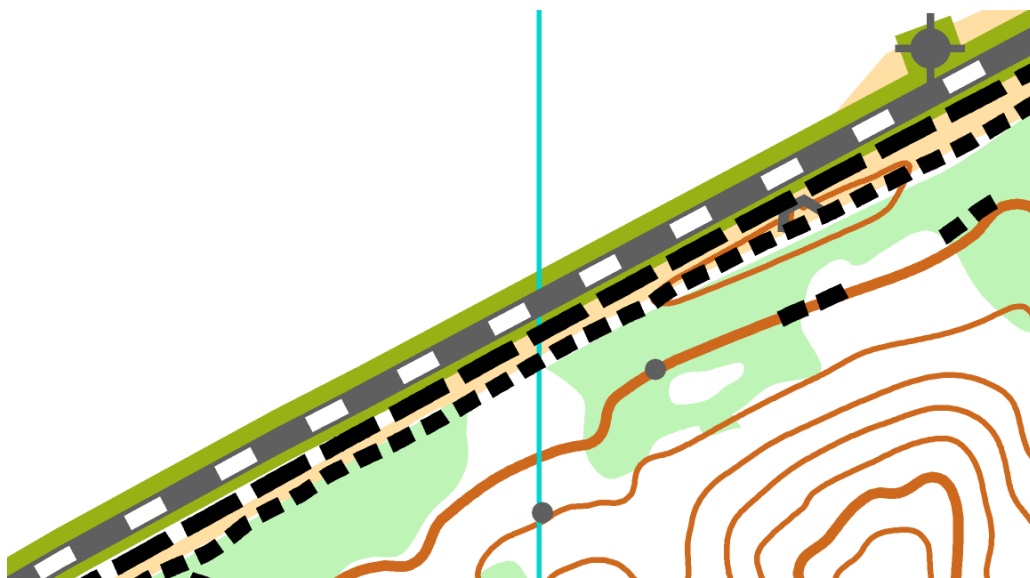


Dangerous areas:

1. Country road Nemenčinė – Buivydžiai

Competitors of MTBO race will cross the road on their 2nd day to the start and after finish. Crossing the asphalt road is only possible in a designated area. Please take caution – **vehicles on the road are fast and dangerous.**

2. Road along the railway line



Runners and cyclists can 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.**

3. Black/yellow tape

In some areas on the first day of the competition in the Santaka forest, motorcyclists have blocked paths with black/yellow tape at human height. **Please be careful!**





Foot O instructions

M/V 10 course will be marked with continuous **white and red** tape, with controls directly along the tape.

M/V 10-14 course will also follow the same continuous tape, but the controls will be further away from the tape (see the scheme). Children can be shadowed by a coach or other person.

M/V 12 courses will be marked with facial expressions only in more complicated areas.

On the second day of competition children in M/V12 courses can follow the white-red tape toward the first control.

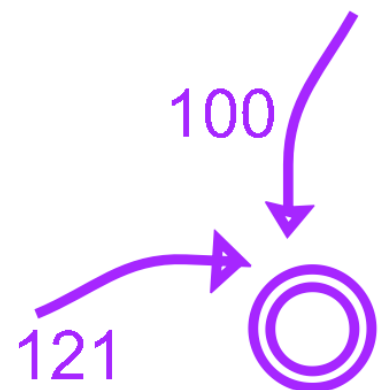
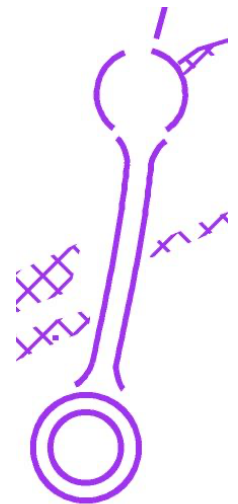
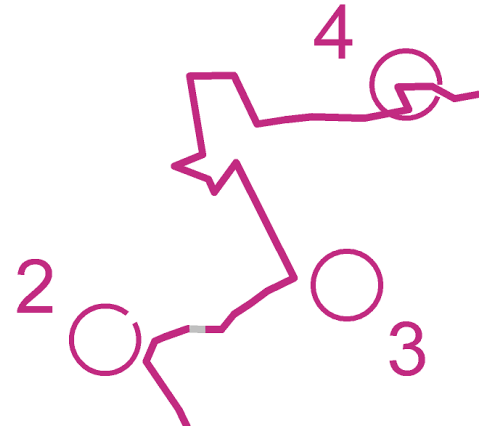
On the second day of the competition for all categories, (for M/V 10, 12, 14, 10-14N – on both days) the course will cross a cultivated field. The edge of the field near the control points will be fenced. **Crossing the field is only allowed through the corridor marked on the map and in the terrain!**

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.

On the 2nd day, the M/V 10, 10-14 or 12 courses **have a different orienteering starting point.**



Terrain Features

Boulders and boulder clusters: the area contains numerous isolated boulders and boulder clusters with individual boulders that stand out due to their height or size, as well as boulder clusters located near the ground (as shown in the picture).

On the map, only boulders higher than 0,5 m are marked.

Boulder clusters next to the distinctive boulder are indicated with a black triangle, while lower stones are represented by the stony ground symbol.

In some forest areas, there are many trees that have fallen during storms, which may hinder runnability.



Dangerous areas

1. Black/yellow tape

In some areas of the Santaka forest, motorcyclists have blocked paths at a height of 1.0 to 2.0 meters. Please be cautious!

2. 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.





Start procedure

Competitors starting in categories with individual starts will begin at their allocated time. Participant can enter the starting zone 3 minutes before start. Start interval is 2 minutes.

Category M/V 1014 can start at any time between 13:00 and 14:30 on the 1st day, and from 11:00 to 12:30 on the 2nd day.

For the OPEN courses: 1st day 13:45-14:45, 2nd day 12:10-12:40.

Those wishing to participate in the OPEN D course can choose one of the courses, on the 1st day 12:30- 13:00, on the 2nd day 10:30 -11:00.

GPS list

DV:	DM:	M/M20/M23:	V/V20/V23:
Maišelis Jonas	Andrašiūnienė	Voveriene Tatsiana	Olišauskis Kevinas
Petrovas Lukas	Gabrielė	Skučaitė Ugnė	Krėpšta Simonas
Juodišius Julius	Mickuvienė Algirda	Masevičiūtė Kristina	Dulius Dominykas
Pralgauskis Danielius	Mickevičiūtė-	Tamoševičiūtė Emilija	Paužas Henrikas
Mickevičius Rokas	Juodišienė Karolina	Gineikaitė Ugnė	Lipnickas Rokas
	Paulauskienė Renata	Bartkevičiūtė Akvilė	Mickus Dovydas
	Arlauskienė Ramunė	Putne Dārta	Janušis Gediminas
			Titomers Endijs
			Tamužs Jānis
			Mitrikas Darius

Contacts and partners

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

