



INFORMATION NO.2

The Lithuanian Orienteering Federation and the Orienteering Sports Club "Šilas" invite everyone to the 2025 **Lithuanian Orienteering Cup competition**, which will take place on October 18-19, 2025, in Prienai.

Organizers and hosts

Organizers:

Lithuanian Orienteering Federation
Orienteering Sports Club "Šilas"

The patron of the 2025 Lithuanian Cup is the Mayor of Prienai District Municipality, Alvydas Vaicekauskas.

Komanda:

Competition Director – Audrius Deltuva
Chief Judge – Vytautas Beliūnas
Secretary – Gvidas Rūkas
Event Adviser – Gintautas Ūsas
IOF Event Adviser – Vilius Aleliūnas
Courses – Saulius Kireilis, Ramunė Arlauskienė
Jury – G.Nakvosas, G.Valauskas, L.Ranonienė

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Date

October 18–19, 2025

Program

October 18

10:00 – 12:30 Arrival and registration at the competition center

12:00 Start of MTBO competition

13:00 Start of Foot-O competition

14:00 – 15:00 M/W 8 start at competition center

15:30 WRE Awards

October 19

10:00 Mass start for MTBO participants

11:00 Start of Foot-O

12:00 – 13:00 M/W 8 start at competition center

12:30 MTBO groups awards

14:30 Closing of the competition and awards

Location

The competition will take place in the Prienai Forest area.

Arrival directions: [Google Maps](#), [Waze](#)

GPS coordinates:

Day 1: 54.580009, 23.970453

Day 2: 54.580009, 23.970453

Competition Center

Day 1: Distance to the start for all groups – 450 m

Day 2: Distance to the start:

- Foot-O – 350 m
- MTBO – 2500 m

Parking near the competition center – approximately 200–400 m from the center.

A one-time parking fee of €2 will be collected, payable in cash only.

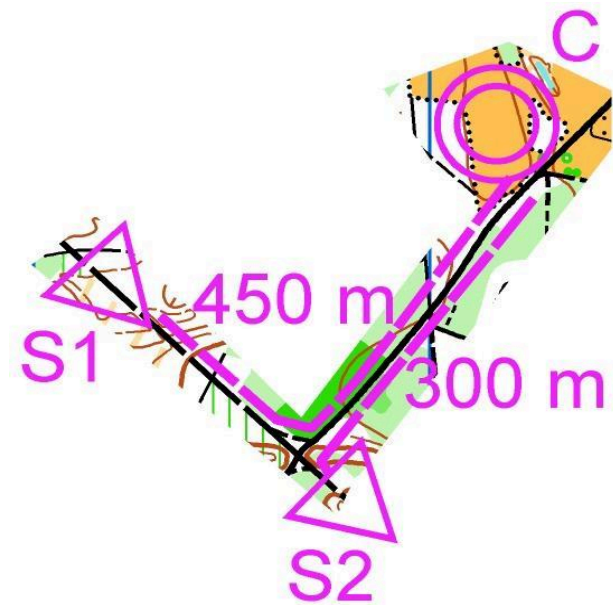
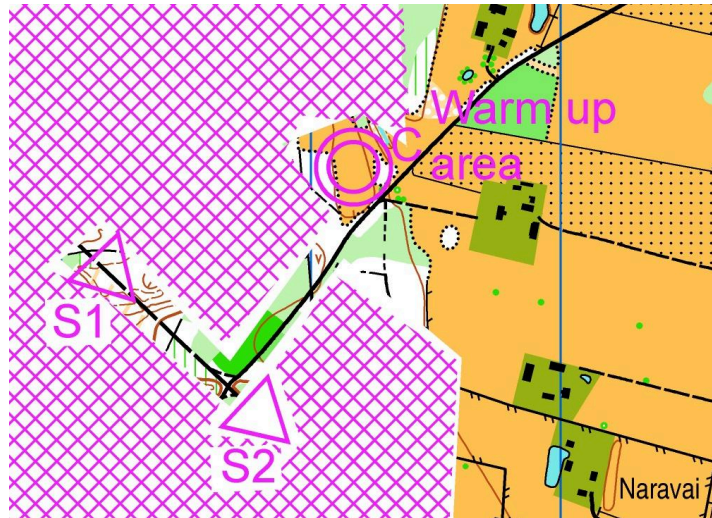
A café and sports equipment shops will be available at the competition center.

Young athletes can complete the M/W 8 course at the competition center:

- Day 1 – from 14:00 to 15:00
- Day 2 – from 12:00 to 13:00

There will be facilities to change clothes and leave belongings at the start, which can be collected later at the competition center after finishing.

After the first day, maps will be collected **immediately after the finish**. Each participant must **leave their map in the bag assigned to their club**.



Competition Map and Area

DAY 1 – Middle Distance WRE

The central and southern parts of Prienai Forest. The terrain consists mostly of medium-sized landforms, with some small features and large stream slopes. The highest slopes reach up to 30 meters. A coniferous forest with moderate to good runnability. The network of roads and trails is of medium density.

Map details:

- Scale: 1:10000, contour interval: 2.5 m
- For M/W10–14 and M/W55+ groups: scale 1:7500, contour interval: 2.5 m
- Map size: SRA4+

MTBO: scale 1:15000, contour interval 2.5 m

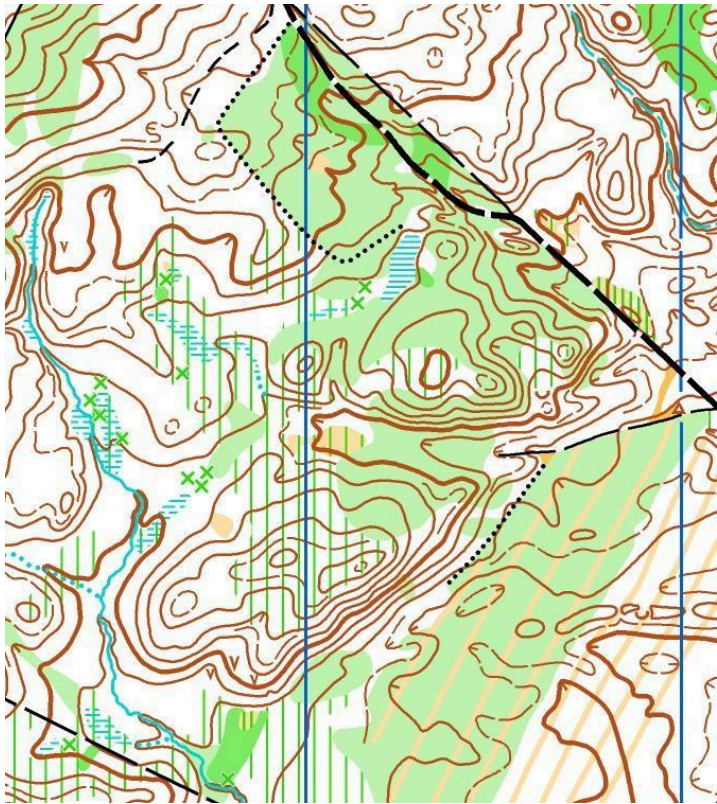
M/W8 special map designed for the youngest participants.

Completely updated in 2025 using the latest Lidar data.

Map authors: Saulius Kireilis, Devis Žilovas

Previous map:

<https://maps.trails.lt/maps/Naravai.jpg>



DAY 2 – Prolonged Middle Distance

Competition Area – The central and southern parts of Prienai Forest..

The terrain consists mostly of medium-sized landforms, with some small features. The forest is predominantly coniferous with moderate runnability. The network of roads and trails is of medium density. Part of the area will be used for orienteering competition for the first time.

Scale 1:10000, contour interval 2.5m.

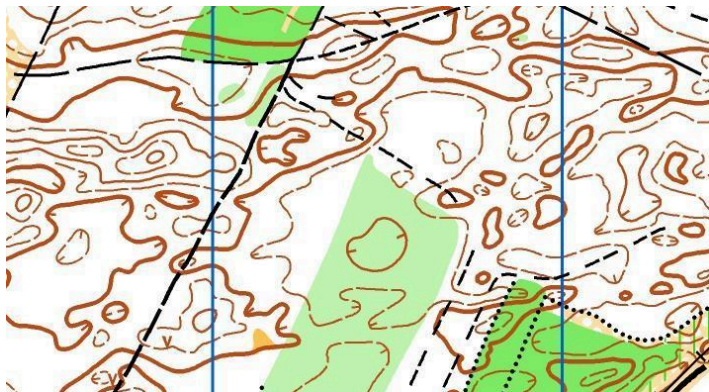
For M/W10–14 and M/W55+ groups: scale 1:7500, contour interval 2.5 m

Map size: SRA4+

For **MTBO** courses – mass start! Map scale: 1:15000, contour interval 2.5 m

M/W8 special map designed for the youngest participants.

Completely updated in 2025 using the latest Lidar data.



Competition Type

The event consists of **individual two-day overall results** on foot and by mountain bike orienteering, organized according to the **LOSF (Lithuanian Orienteering Federation)** approved orienteering competition rules. On the first day, there will be **WRE**

Age Groups and Participants

**ME/WE, MS/WS, 8, 10, 12, 14, 16, 18, 20, 23, 35, 40, 45,
50, 55, 60, 65, 70, 75, 80, 85, 90, OPEN1, OPEN2.**

Athletes with IOF Independent Athlete Status with Belarusian or Russian citizenship cannot enter and participate in this event due to national legal requirements:

Participants in the M/W8 groups may complete their course together with an accompanying adult.

Punching System

SPORTident AIR+.

Rental of SI and SIAC cards – **2 €/day.**

It is mandatory to indicate your intention to rent an SIAC card in the registration notes.

A fine equal to the cost of the SI card will be charged for a lost or unreturned card.

Registration

Applications must be submitted via the DB Sportas system: <https://dbsportas.lt/en/varz/2025062>

Participants in the **OPEN** category are encouraged to register in advance via DB Sportas, but on-site registration on the competition day is also possible.

Control Time

	1st day	2nd day
Foot-O	90 min	120 min
MTBO	150 min	180 min

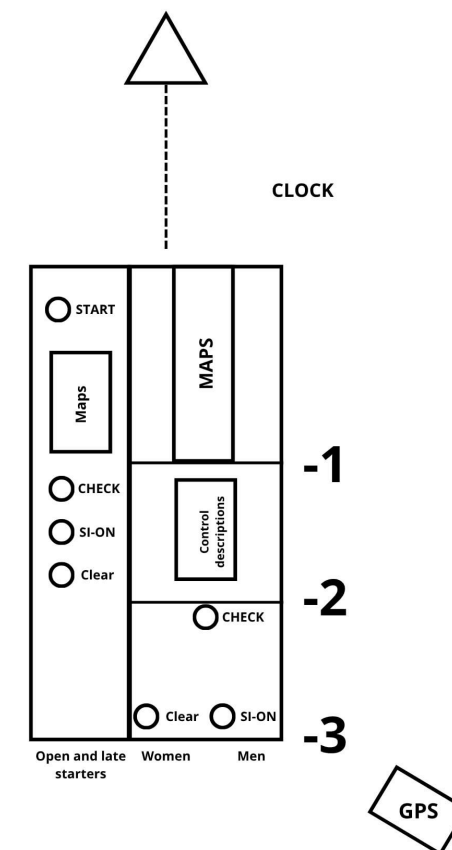
Start procedure

In individual competitions, each participant in a group starts at their assigned time. Participants are allowed into the start area **3 minutes before their start**. The **start interval between groups** is 2 minutes.

For MTBO groups on **Day 2**, the start will be a **mass start**.

Participants in the OPEN groups may start at their

- **MTBO (OPEN groups) start:** 12:00 – 12:45
- **Foot –O(OPEN groups) start:** 13:00 – 15:00



Expected winning times

Group	1st day	2nd day
M/W 12-14	20 - 25 min	25-35 min
M/W 16-18, M/W 45-90	25 - 30 min	35-50 min
M/W, M/W 20, 23, 35, 40	30 - 35 min	55-60 min

Group	1st day	2nd day
BM/W 12	25-30	30-40
BM/W 14, BM/W 17	32-37	40-68
BM/W 20, BM/W 23, BM, BW, BM/W 40 - 70	50-55	70-85

Preliminary course parameters

Foot-O – Day 1

Group	Distance	CP	Ascent
ME, M20, M23	6.3 km	22	130 m
WE, W20, W23	5.1 km	17	120 m
M18, M35, M40	5.2 km	17	120 m
MS, M45, M50	4.6 km	15	90 m
WS, W18, M16	4.0 km	14	80 m
W35, W40, M55, M60	4.1 km	15	80 m
W16, W45, W50, M65	3.4 km	12	80 m
W55, W60, M70	3.0 km	11	80 m
W65, W70, M75	2.5 km	10	60 m
W75, W80, M80	1.9 km	9	50 m
W85, W90, M85, M90	1.5 km	6	30 m
M14	3.0 km	10	80 m
W14	2.7 km	10	80 m
W12, M12	2.0 km	7	70 m
W10, M10 (mark.)	2.4 km	5	50 m
OPEN 1	4.0 km	14	80 m
OPEN 2	2.4 km	8	70 m

Foot-O – Day 2

Group	Distance	CP	Ascent
ME, M20, M23	10.5 km	22	260 m
WE, W20, W23	7.0 km	16	180 m
M18, M35, M40	7.4 km	18	180 m
MS, M45, M50	6.3 km	14	150 m
WS, W18, M16	5.0 km	12	120 m
W35, W40, M55, M60	5.2 km	11	120 m
W16, W45, W50, M65	4.4 km	14	90 m
W55, W60, M70	3.9 km	13	80 m
W65, W70, M75	3.0 km	10	60 m
W75, W80, M80	2.4 km	8	40 m
W85, W90, M85, M90	1.8 km	6	30 m
M14	3.1 km	11	40 m
W14	2.7 km	10	40 m
W12, M12	2.0 km	7	30 m
W10, M10 (mark.)	2.3 km	5	20 m
OPEN 1	5.1 km	12	120 m
OPEN 2	2.4 km	8	40 m

MTBO – Day 1

Group	Distance	CP	Map size
BM, BM20, BM23	19.8 km	20	28x28 cm
BW, BW20, BW23, BM35, BM45	16.2 km	16	28x28 cm
BM17, BM55	15.6 km	16	28x28 cm
BM65, BW17	12.3 km	15	A4
BM14, BW35, BW45, BW55	10.8 km	13	A4
BW14, BW65, BM75	10.0 km	12	A4
BM12, BM12, BW75	6.0 km	9	A4

MTBO – Day 2

Group	Distance	CP	Map size
BM, BM20, BM23	26.2 km	22	29x32 cm
BW, BW20, BW23, BM35, BM45	24.5 km	20	29x32 cm
BM17, BM55	22.5 km	19	29x32 cm
BM65, BW17	19.5 km	19	A4
BM14, BW35, BW45, BW55	16.9 km	16	A4
BW14, BW65, BM75	13.8 km	15	A4
BM12, BM12, BW75	11.5 km	12	A4

Fees

(Price for all days / Price for one day)

Registration Deadline	W/M 8	W/M 10-18	W/M 20, 65-90	WS/MS W/M 23 W/M35-60	WE/ME	BW/BM 12-20	BW/BM, BW/BM 23-75
2025-09-15	10€ / 5€	17€ / 9€	21€ / 11€	32€ / 17€	36€ / 20€	17€ / 9€	36€ / 17€
2025-10-13	10€ / 5€	17€ / 9€	23€ / 12€	36€ / 19€	40€ / 22€	17€ / 9€	40€ / 22€

For athletes who have submitted individual applications, the participation fee specified by the event organizers can be paid via bank transfer or at the event location.

Important: The participation fee will **not be refunded** for participants who have registered but do not start the event.

The competition area is located within the **Nemunas delta regional park**.

From January 1, 2024, a mandatory **visitor ticket** has been introduced for all visitors, regardless of age. (You can find more information here: [Visitor ticket](#)). This fee is already included in the participant's registration fee, and participants will not need to take any additional action.

The participant fee includes the Lithuanian Orienteering Federation's (LOSF) approved calendar fee for athletes with a LOSF license:

- Adult with LOSF license – 2 €/day
- Student with LOSF license – 0.5 €/day

Athletes without a LOSF license must pay an additional fee on top of the participation fee:

- Adult without LOSF license – 2 €/day
- Student without LOSF license – 0.5 €/day

You can purchase the LOSF license here: <https://losfis.orienteering.lt/>

Payment

The participant fee can be paid on-site in cash or via bank transfer to the organizer's account listed below. Payment details for bank transfer:

IBAN: LT077300010098032980

Account holder: Orienteering Sports Club "Šilas"

Company ID: 300609431

Address: Basanavičiaus str. 14, Prienai, Lithuania

SWIFT/BIC: HABALT22

Bank: Swedbank AB

Payment reference: participant's first and last name or organization name

Awards

Two-day overall results. Winners of the Lithuanian Cup will be awarded trophies.

Athletes finishing in second and third place will receive sponsor-provided prizes. Awards will be presented only to the athletes who participate personally in the award ceremony.

M/W8 participants will be awarded after the finish on each day, and on the second day they will also receive prizes established by the sponsors during the official award ceremony.

Results

All results will be published at:

<https://dbsportas.lt/en/varz/2025062>

Results for WRE groups:

<https://eventor.orienteeing.org/Events/Show/8581>

Additional Information

- Participants are responsible for their own health and safety during the competition; for schoolchildren, responsibility lies with their coaches or accompanying persons. All competitors must have a valid medical certificate permitting them to participate in the competition.
- The costs of meals, accommodation, and travel for athletes and coaches are covered by the sending organization or by the athletes themselves.
- Any claims or appeals to the competition jury or organizers must be submitted within 1 hour after the participant finishes, but in any case, as soon as possible.
- All participants must start with the race number provided by the organizers. Athletes

who start without a race number will be disqualified.

- By registering, competition participants agree that their name, surname, year of birth, team, and results will be published on the competition registration website <http://www.dbsportas.lt>, and that they may be photographed, filmed, and their location tracked in real-time during the event. This material may be used for event publicity and the promotion of sports. Participants may contact the LOSF administration regarding the use of personal data in accordance with the current LOSF privacy policy.

Partners



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