



INFORMATION NO.3

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 Vaitkevičius.

Team:

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

Contacts:

Vytautas: +37068582615

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Email: audriusdel@gmail.com



Date

October 18-19, 2025

Program

October 18

10:00 – 16:00 Opening hours of the competition centre
12:00 Start of MTBO competition
13:00 Start of Foot-O competition
14:00 – 15:00 M/W 8 start at competition center
16:10 WRE awards

October 19

09:00 – 15:00 Opening hours of the competition centre
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
15:00 Closing of the competition and awards and lottery

Location

The competition will take place in the Prienai Forest area.

Arrival link: [Google](#), [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.

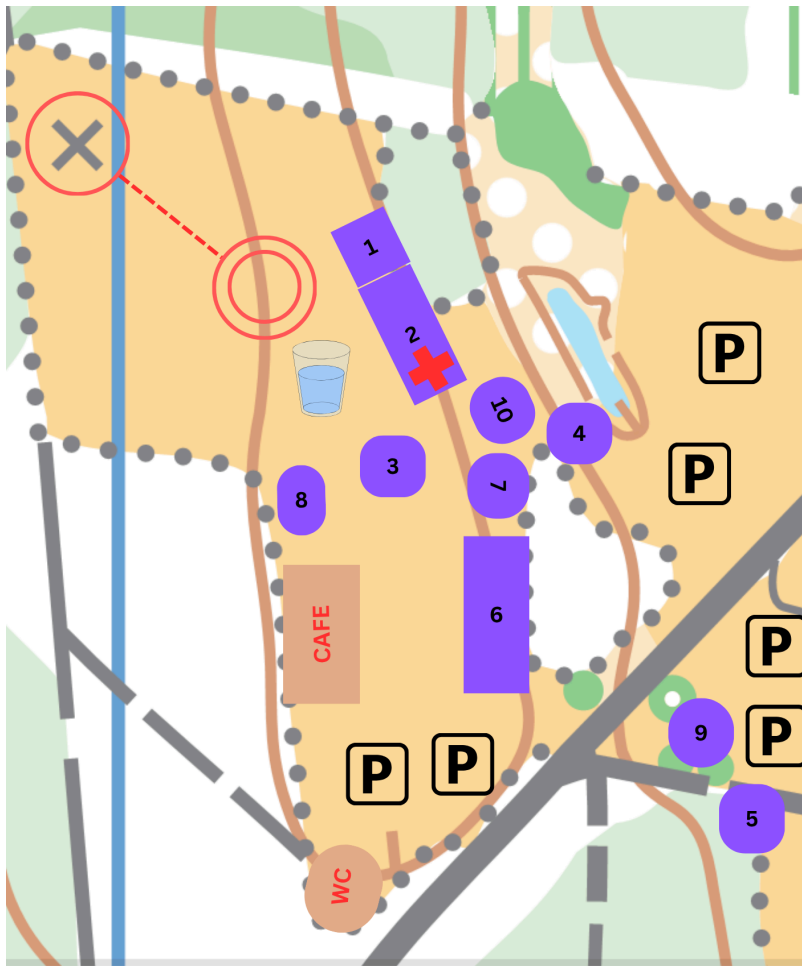
A café and sports equipment shops will be available at the competition center.

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

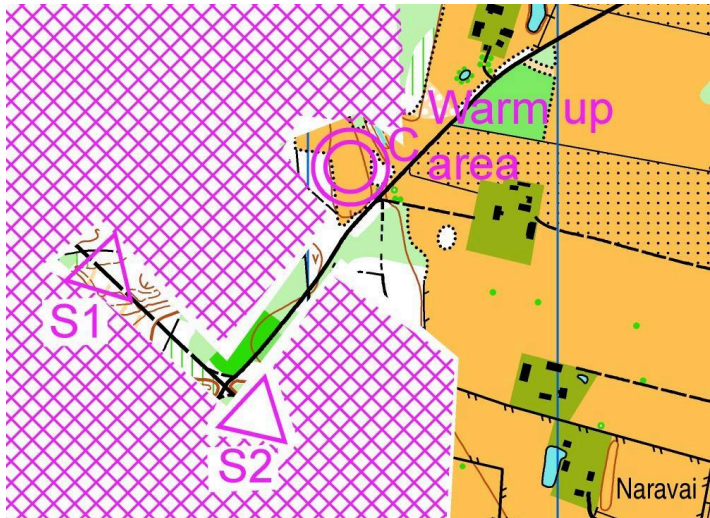
- Day 1 – from 14:00 to 15:00
- Day 2 – from 12:00 to 13:00

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**.



- | | |
|-------------------------|---------------------------|
| 1. SI Read Out | 6. Shops |
| 2. Event Office | 7. Clothes from the start |
| 3. Live Results / GPS | 8. Number bibs |
| 4. M/W8 Start – 2nd Day | 9. Water for washing |
| 5. M/W8 Start – 1st Day | 10. Price giving ceremony |



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

MTBO map size:

Group	Size
BM/BM20/BM23	28x28 cm
BW/BW20/BW23/BM35/BM45	28x28 cm
BM17/BM55	28x28 cm
BW17/BM65	A4
BM14/BW35/BW45/BW55	A4
BW14/BW65/BM75	A4

BM12/BM12/BW75	A4
OPEN	A4

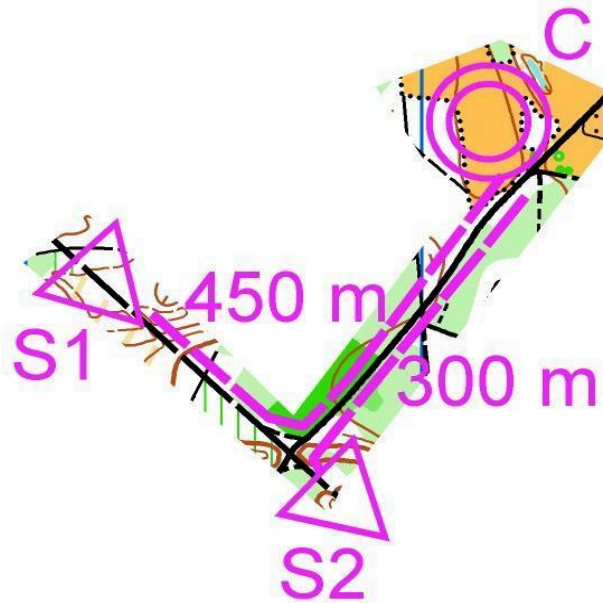
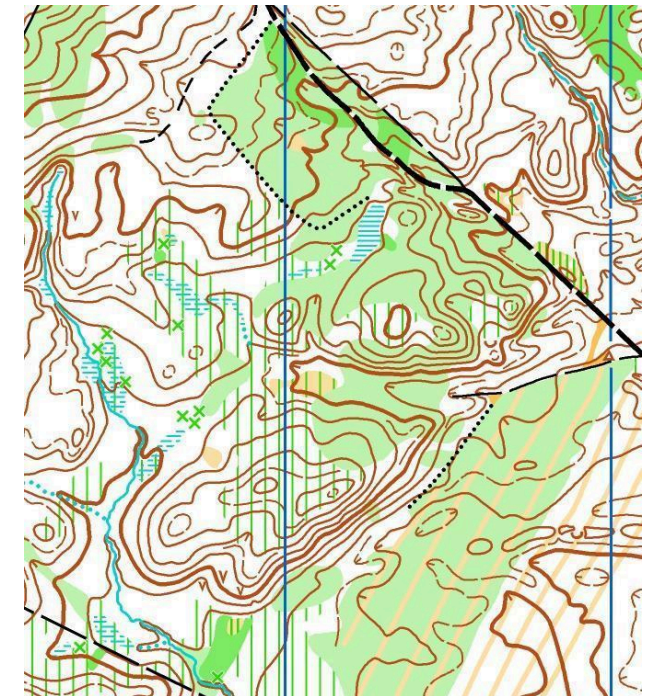
M/W8 special map designed for the youngest participants.

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

MTBO map size:

Group	Size	Map flip
BM/BM20/BM23	34x26	Yes
BW/BW20/BW23/BM35/BM45	34x27	Yes
BM17/BM55	34x28	Yes
BW17/BM65	A4	Yes
BM14/BW35/BW45/BW55	A4	No
BW14/BW65/BM75	A4	No
BM12/BM12/BW75	A4	No
OPEN	A4	No

M/W8 special map designed for the youngest participants.

Completely updated in 2025 using the latest Lidar data.

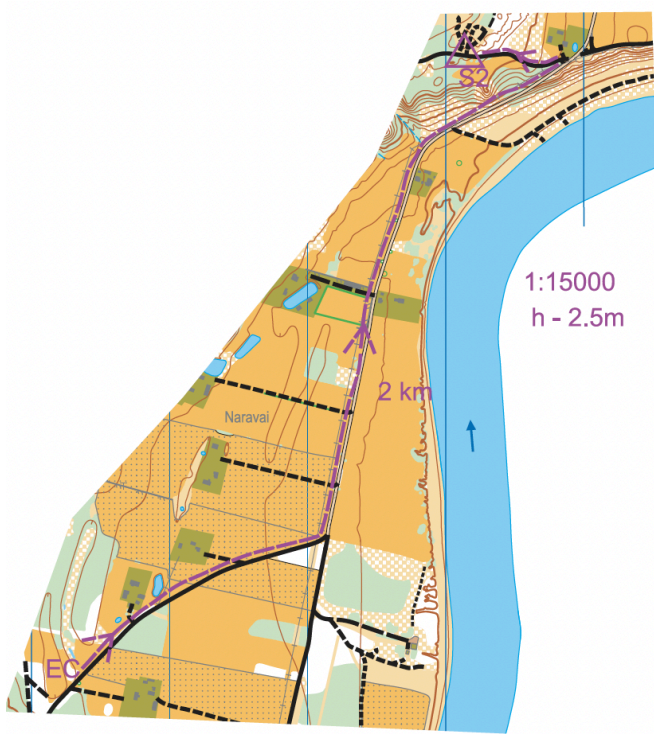


MTBO groups are prohibited from driving in areas marked with this symbol.



Attention! For MTBO courses – mass start.

Participants of MTBO groups must reach the start of the second day (distance about 2000 m) on their own. A printed map will be available for collection at the competition office.



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 (World Ranking Event)** races for the **WE/ME** categories.

Age Groups and Participants

The competition will be held in the following age groups:

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.

BW/BM, 12, 14, 17, 20, 23, 35, 45, 55, 65, OPEN1

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

<https://orienteering.it/wp-content/uploads/2025/06/English-version-IOF-1.pdf>.

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.

MTBO punching – only with SI Air+ cards.

Registration

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

Registration is open until October 13, 2025. After this date, registration is only possible if space permits, with a 1.5× higher fee.

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

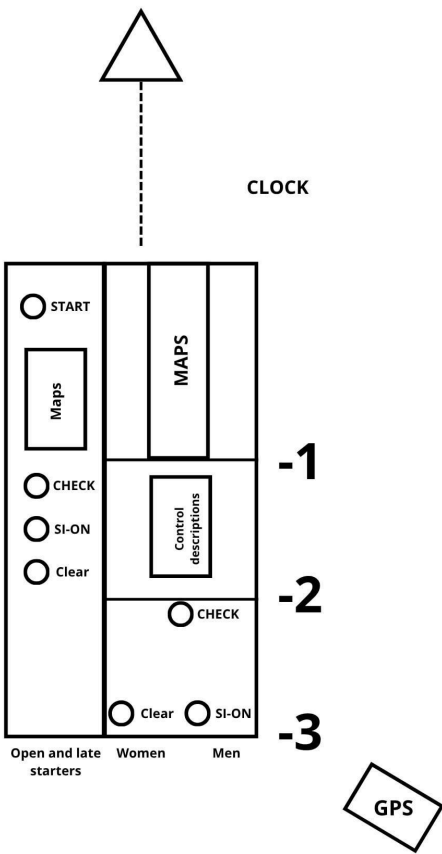
In individual competitions, each participant in a group starts at their assigned time. Participants are allowed into the start area **3 minutes before their start**. The **start interval between groups** is 2 minutes.

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

Participants in the OPEN groups may start at their

chosen time; a **separate start corridor** will be provided.

- **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

Courses parameters

Foot-O – Day 1

Group	Distance	CP	Ascent
ME, M20, M23	6.3 km	21	140 m
WE, W20, W23	5.2 km	18	120 m
M18, M35, M40	5.2 km	18	120 m
MS, M45, M50	4.6 km	16	100 m
WS, W18, M16	4.1 km	15	80 m
W35, W40, M55, M60	4.0 km	13	80 m
W16, W45, W50, M65	3.5 km	12	80 m
W55, W60, M70	2.8 km	11	80 m
W65, W70, M75	2.4 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.)	2.1 km	4	50 m
OPEN 1	4.1 km	13	80 m
OPEN 2	2.4 km	8	70 m

Foot-O – Day 2

Group	Distance	CP	Ascent
ME, M20, M23	10.4 km	22	260 m
WE, W20, W23	7.0 km	16	180 m
M18, M35, M40	7.3 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	5.0 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	2.3 km	8	40 m
W85, W90, M85, M90	1.8 km	6	30 m
M14	3.1 km	11	40 m
W14	2.8 km	10	40 m
W12, M12	2.0 km	7	30 m
W10, M10 (mark.)	2.1 km	4	20 m
OPEN 1	5.1 km	12	120 m
OPEN 2	2.3 km	8	40 m

MTBO - Day 1

Group	Shortest distance	CP	Ascent
BM, BM20, BM23	18.0 km	16	200
BW, BW20, BW23, BM35, BM45	16.8 km	15	175
BM17, BM55	16.6 km	16	175
BM65, BW17	11.8 km	14	150
BM14, BW35, BW45, BW55	10.3 km	12	135
BW14, BW65, BM75	9.1 km	12	110
BM12, BM12, BW75	6.3 km	8	85

MTBO - Day 2

Group	Shortest distance	CP	Ascent
BM, BM20, BM23	26.4 km	24	275
BW, BW20, BW23, BM35, BM45	23.2 km	21	235
BM17, BM55	23.2 km	21	235
BM65, BW17	19.2 km	20	210
BM14, BW35, BW45, BW55	16.3 km	15	210
BW14, BW65, BM75	13.5 km	15	170
BM12, BM12, BW75	9.1 km	11	90

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.orienteeing.lt/>

Other

The MTBO course finishes on both days are different from the running course finish.

MTBO participants must go to the competition center to read out their punching cards.

MTBO groups must follow the signs from the finish to the competition center:

- Day 1 – about 300 m
- Day 2 – about 1100 m

It is mandatory to have your own race number pins. Those without them can collect one at the competition office.

MTBO participants must attach their race numbers to their bikes using straps or zip ties. Straps will also be provided at the competition office for those who don't have them.

Special signs for Foot-O.



GPS

On both days, participants of the WE and ME groups must carry GPS devices issued by the competition organizers during the course. GPS devices are distributed at the start on both days. Participants may arrive at the start wearing their GPS vests.

Link to live tracking: <https://sportrec.eu/events/>

1st day

ME

Name	Start time	Number
Moran Colm	14:38:00	30
Rimkus Tautvydas	14:40:00	29
Reneslācis Valters	14:42:00	28
Rennie Charlie	14:44:00	27
Olišauskis Kevinas	14:46:00	26
Kula Mateusz	14:48:00	25
Nagy Peter	14:50:00	24
Heinmann Kristo	14:52:00	23
Taivainen	14:54:00	22
Olli-Markus		
Yasur Rotem	14:56:00	21
Jakobsson Simon	14:58:00	20
Bartkevičius Algirdas	15:00:00	19
Nogueira Luis	15:02:00	18
Thomas Alastair	15:04:00	17

Name	Start time	Number
Heiska Samu	15:06:00	16
Saulīte Matīss	15:08:00	15
Jonas Adam	15:10:00	14
Casado Alvaro	15:12:00	13
Alstad Tobias	15:14:00	12
Fisher Luke	15:16:00	11
Kriszat-Løvfald Kornelius	15:18:00	10
Upitis Uldis	15:20:00	9
Vie Sigurd Paulsen	15:22:00	8
Joonas Jürgen	15:24:00	7
Olejník Michal	15:26:00	6
Jonas Ferenc	15:28:00	5
Sild Lauri	15:30:00	4
Sild Timo	15:32:00	3
Basset Lucas	15:34:00	2
Glebov Ruslan	15:36:00	1
WE		
Voverienė Tatsiana	14:57:00	120
Leiboma Laura	14:59:00	119
Baltina Leonarda	15:01:00	118
Hunter Niamh	15:03:00	117
Eikeland Ingeborg Rygg	15:05:00	116

Carlsson Nelly	15:07:00	115
Niemi Tiina	15:09:00	114
Kutkaitė Aušrinė	15:11:00	113
Carlsson Elin	15:13:00	112
Matejkova Barbora	15:15:00	111
Ražaitytė Gabija	15:17:00	110
Toledo Ana	15:19:00	109
Gloeersen Mathea	15:21:00	108
Shepherd Jo	15:23:00	107
Van Dongen Eef	15:25:00	106
Grosberga Sandra	15:27:00	105
Kuze Elza	15:29:00	104
Wisniewska Hanna	15:31:00	103
Nørgård Kracht Agnes	15:33:00	102
Kralova Denisa	15:35:00	101

2nd day – the first 30 in the ME group and the first 20 in the WE group, based on the results of the first day.

Lottery

On the second day of the competition, a lottery will take place after the awards ceremony.

During the draw, participants' numbers will be collected.

The grand prize is OS shoes, which you can immediately choose at the "S-Sport" store at the competition venue.

Prizes can only be claimed by presenting the participant number.

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.orienteering.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.it>, 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



Sponsors

Aprèsport

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