



Final information for long distance

- Transport: buses from/to hotel
 - o driving time ca 45 minutes
 - Departure from the hotel: 8:00
 - Departure from the assembly area: 14:00
 - Note: individual transport to the assembly area is NOT allowed
- Assembly area: Kladky, Ošíkov, pension U Sedláka
 - o improvised bus stop, finish
 - o toilets, washing, changing rooms possibility
 - o lunch
- Map: Ošíkov
 - \circ 1:15 000, E=5,0 m, ofset print, waterproof (in plastic bags)
 - Note: No previous map of competition area can be watched during the race!
- Courses:
 - M21 9,8 km, 15 controls, 615 m climbing
 - W21, M18 7,5 km, 14 controls, 460 m climbing
 - W18 (+W Masters, M Masters) 5,3 km, 10 controls, 295 m climbing
- Control description: available only in the starting corridor (-2 minutes)
- Quarantine: No quarantine at all
- Start: 10:00
 - o interval start for all categories (3 minutes interval)
 - \circ $\,$ there will be three starting corridors
 - $\circ~$ warm-up map will be available in the assembly area
 - o marked route to the prestart is 600 m
- Time keeping: SportIdent
- Recommended shoes and clothes: Orienteering shoes are recommended, spike shoes are allowed. Normal orienteering clothes are also recommended.
- Be careful about insects
- SI reading: in the assembly area
- Refreshment: in the assembly area



- Refreshment will be also in the forest at some control points
 - Number of refreshment stations:
 - M21: 2 control points
 - W21, M18: 2 control points
 - W18 (+W Masters, M Masters): 1 control point
- Cars and cyclists in the competition area:
 - All courses cross a road 37346 (3rd category), minimal traffic
 - Crossing will not be guarded by police
 - Be careful!



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