



10th European Rogaining Championships. 4^{art} Campionat de Catalunya de Rogaining.

26th & 27th January, 2013.

Organizers.

Ajuntament de La Llacuna.
Centre Excursioniste La Llacuna.
Federació de Curses d'Orientació de Catalunya.
Unió Excursionista Sabadell. Secció d'Orientació.

Contacts.

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<http://www.thewildboar.org>

Format.

European Rogaining Championships (ERC) are held in 24 hours rogaine format. There will be a 6 hours event the same day.

Location of the event center.

The event center is located in La Llacuna, a small rural town of about 750 people, 75 kms (allow 60 mins driving time) west of Barcelona.

Public Transport from Barcelona and from Igualada:

<http://www.lallacunaonline.cat/transports-bus-la-llacun/>

There is a range of accommodation available in the local area, in the surrounding districts. See below for more information and suggestions.

<http://www.lallacunaonline.cat/allotjament-restaurant-la-llacuna-casa-rural-camping/>

<http://igualada.cat/cat/Igualada-La-Ciutat/Turisme/Allotjaments>

Rules.

The European Rogaining Championships and Campionat de Catalunya de Rogaining, will be held as a 24 hour rogaining event in accordance to the International Rules of Rogaining published at the IRF web site:

<http://rogaining.com/resources/irfrules062010.pdf>

http://www.documents.orientacio.org/documents/com003_reglament_rogaines.pdf

Participants.

Teams of 2 – 5 members. A team member/competitor is considered to represent a country of which she/he is a national or a permanent resident.

Timetable.

24 hours Rogaining		6 hours Rogaining	
Friday, 25th January 2013		Friday, 25th January 2013	
20:00	Hard Floor open.	20:00	Hard Floor open.
Saturday, 26th January 2013		Saturday, 26th January 2013	
8:00	Registration open.	9:00	Hard Floor La Llacuna close
9:45	SI cards sealing on wristband	10:30	Registration open.
10:00	Maps distributed in Pre-Start Zone	12:30	Material & SI Check: Start Zone
11:30	Material & Sportident Check: Start Zone	12:40	Briefing
11:50	Championships Open Ceremony.	12:45	Maps distributed Start Zone
12:00	Start. City Council Square	13:00	Start. City Council Square
17:59	Sunset	17:59	Sunset
18:00	Food is now available at the Hash House	19:00	Finish. City Council Square
		19:30	Recorded as Late
	The longest night ...	19:45	Deadline for submission of any protests
	Winter is coming...	20:00	Catering & Results
	The controls are waiting you...		
Sunday, 27th January 2013		Sunday, 27th January 2013	
8:12	Sunrise	8:12	Sunrise
12:00	Finish. City Council Square		
12:30	Recorded as Late		
12:45	Deadline for submission of any protests		
13:00	Catering & Results		
13:30	Prize-giving ceremony		
Monday, 28th January 2013			
9:00	Hard Floor La Llacuna close		

Competition classes.

- MO – Men open
- WO – Women open
- XO – Mixed open
- MJ – Men Junior, under 20
- WJ – Women Junior, under 20
- XJ – Mixed Junior, under 20
- MV – Men Veteran, 40 and older
- WV – Women Veteran, 40 and older
- XV – Mixed Veteran, 40 and older
- MSV – Men Super veteran, 55 and older
- WSV – Women Super veteran, 55 and older
- XSV – Mixed Super veteran, 55 and older

Participation in the ERC is open to all, without any qualifying conditions.

For the Junior, Veteran and Super Veteran categories the age is determined on the first competition day (i.e. 26 January 2013).

Teams are competing in every category for which they are eligible.

Teams are entered into particular categories based on gender and age of their members.

Teams competing in the Junior and the Veteran categories are also automatically entered into the corresponding Open category.

Teams competing in the Super Veteran categories are also automatically entered into the corresponding Open and Veteran categories.

Terrain.

The terrain where the race takes place, includes land plots and the highest points in the region of Anoia and Alt Penedès and their villages.

The characteristics of the land are very different, cereal crops and vineyards in the background valley, while alternating with pine Mediterranean forest with low runability.

In the wooded sides of the terrain, there are many boulders and slopes that are not mapped. They are directly impassable, but they can be cross trough a near point. Likewise, the artificial slopes made by the man (stone walls), if they are not directly passable , there are always points very close to where they progress.

The difference in heights of the terrain map goes from the 500 meters at the lowest point and up 944 meters of the Puig Castellar. Most of the terrain is hilly, alternating valleys cultivated with crops or moorland plateaus of forest. The progression between slopes are heavy and slow.

Mapping the Map of Rogaining doesn't reflect runability of the forests (represented with white color on the map). The forests have low runability. In general, the plateaus forests with bush and in shady slopes will be difficult to cross. The same goes with semi-open field where the runability is highly variable. Differences between semi-open forest are sometimes difficult to discern.

There is an extensive network of roads of different widths, from roads and tracks for cars to footpaths of "boar", some of them difficult to see. There are also many cabins, some newer and many in ruin.

The total area of competition is about 100 km², and includes the towns of La Llacuna, Rofes, Sant Joan de Mediona and Font-Rubí, where you can always find water. Remember also, be respectful with private property.

Map.

The map will be prepared in OCAD 9, and will be based on an available orthophotographic and topographic data base augmented by on-site fieldwork. Map scale will be either 1:25.000 or 1:20.000

The size of the map will be notified later but is likely to be about A2. Contour interval will be 10 metres.

There will be a number of water stations throughout the course, and a Hash House.

The map will be oriented to magnetic north and will have magnetic north lines overprinted.

The map will be printed on waterproof paper so appropriate map protection will not be necessary. Further information on this will be notified before the event.

Hazards and Safety.

There are no bears, snakes, mosquitoes, flies, or other nasties to spoil your fun or to demand caution, only some wild boars, but no dangerous. Terrain hazards include rock bluffs, and partly collapsed minor erosion gullies that can catch a runner's leg.

With little natural bush shelter on the course competitors will need good rain-proof and thermal clothing if the weather turns bad. A qualified first aid team will be stationed at the hash house. Because serious injury may require a trip to hospital overseas competitors should ensure they have adequate medical insurance. We expect competitors to be responsible for their own safety.

All foreign competitors should have adequate travel health insurance, covering also participation in a competition. In the absence of health insurance, hospitals may charge the full cost of treatment.

Indemnity and Emergency Contact form.

Each participant must sign his/her team's Indemnity and Emergency Contact Form at registration in direct evidence of organizers. Please, download with the entry form, print and fill in this form at home and take it with you. This will make registration run fast.

Weather.

Very different day vs. night, and probably cold, ice, frost & fog. Although the last TWBR, we can run by short sleeve shirt. See the videos and be proactive.

You can see the weather forecast at:

<http://www.meteo.cat/servmet/index.html>

<http://www.aemet.es/es/eltiempo/prediccion/comunidades?k=cat&w=&o=pais>

Registration.

Registration to the event opens on **September 1, 2012**, with file you can download at www.thewildboar.org web page.

Entry Fee (per competitor).

<i>General registration (until October 31, 2012)</i>	50 €.(24 hr)	20€(6 hr)
<i>Late registration (until December 31, 2012)</i>	60 €.(24 hr)	25€(6 hr)
<i>Last chance registration (until January 15, 2013).</i>	75 €.(24 hr)	35€(6 hr)

NOTE: The late registration can be done if only there is a freespace.

Rental fee of SI-6 card is 6€.

Sport Health Insurance: 7€ per day.

The entry fee covers participation in the competition, rogaining map and course planning maps, number bibs, catering during the race, parking and hard floor in the event center, and awards for the best teams.

The entry fee includes an IRF levy (5 EUR).

In case of loss of the SI card rented, a fee of 65 EUR will be charged.

If you need a sport health insurance, you can hire it at 7€ per day.

Punching System.

SPORTident punching system will be used. **Only one SI card (version 6) has enough capacity for all controls** which will be used in competition.

Teams may use their own SI cards, if they have a version 6 card, or other, if they are not going to visit more controls+extra punches than capacity of particular SI card allows.

Organizers will not accept protests if, using your own SI card, you will exceed capacity of SI card.

SI cards will be attached to each competitor with a non-removable wristband to the wrists of competitors by organizers in the morning of the first day of competition before 11:00.

In order to gain points for a checkpoint, all members of a team shall punch their SI cards at the SI station of that checkpoint within a time interval of 60 seconds.

Mandatory equipment.

Sportident tied to the wrist with the tape provided by the organization, Clock, emergency kit, survival blanket, fleece jacket and windbreaker, hat, gloves, whistle, compass, 1 liter of water, energy bars or similar, headlamp with battery charged, mobile phone(whitout GPS) that you have given to the registration, with the battery charged.

Dish, glass, fork and spoon, for the end catering.

Forbidden Material.

GPS, Altimeter, podometer.

Registration, map give out, start procedure.

There will be several registrars at registration desk. Please, follow your team number!

At registration desk team must give in Indemnity and Emergency Contact forms and each participant must sign this forms at registration desk and pay start fee.

Then team gets Team Bag with SI cards rented, number bibs, etc.

If there are last minute changes in team composition and/or team data (SI cards), announce this at registration desk with sign "Z".

There are no restrictions for course planning place. Organizers will check visually the process against use of prohibited methods (computers and other programmable devices).

Start.

All competitors shall enter the start area by 11:40. SI cards are cleared and checked by organizers at start area gate.

Each competitor must be sure his SI card is cleared and checked when entering the start area. The start is given 12:00 on Saturday, January 26th with well audible sound.

Scoring & Controls.

Scoring will be by punching electronic Sportident Sistem with a wrist tag for each team member.

You must to know how many controls can save you sportident card, if it is: Be carrefull, only SI-6 model , can load all 63 controls.

If you don't have, you can rent when you send us the entry form.

<http://www.sportident.com/likecms.php?site=site%2Ehtml&nav=138&siteid=0>

The value of each checkpoint will be the "tens" value of its number, so for example 37 is worth 3 points and 64 is worth 6 points. Checkpoints will be identified by a standard orienteering flag. They will have a small reflective.

The controls that have a code number 100 or superior, their value will be 5 points for all of them. (Only 6 hours regaining)

Finish.

The control time is 24 hours and it's end at 12:00 on Sunday, January 27th.

After finishing the course (by punching the SI station "Finish") do not detach SI card from your wrist by yourself! It will be done by organizers after readout of your SI card.

Results.

After the finish, each competitor gets a printout of the reading SI cards.

The individual SI printout shall be considered as a preliminary, and not a final result. Preliminary team results are posted at the competition centre after the competition control time. Final results will be published on the ERC website.

Protests.

Within 45 minutes of the nominated finish time, a team may submit a protest about any team thought to have breached the rules, about the preliminary results of the team or about any actions of the organizers that they consider made the competition unfair. Protests shall be submitted in writing in English.

Jury.

Any protests are considered and determined by a three person jury. Members of the jury will be announced in pre-start information. Any IRF member or observer present at the competition can be called in as an alternate jury member in case of a protest involving one of the nominated jury members.

Prizes.

The team with the highest score in each class is granted the title of the European Rogaining Champions. Three best teams in each class are awarded with prizes.

Travel and visa information.

The Event Center can be easily reached by car (own or rental) from Barcelona airport.

Residents of the European Union member states, as well as Switzerland, Norway and Iceland do not require a visa and may enter Spain using a valid passport or identification card. Residents of other countries need a visa to enter Spain. The visa shall be obtained from the Spanish embassies abroad.

If you need an official invitation – please contact us, we will send invitation to you.

Services at Competition Centre, Accommodation and Parking.

Teams could use Hard Floor equipment on the Hash House near to Event Center from Friday 20.00 until Monday 9.00. But we recommend using the accommodation possibilities for Friday night and Sunday night:

<http://www.lallacunaonline.cat/allotjament-restaurant-la-llacuna-casa-rural-camping/>

<http://igualada.cat/cat/Igualada-La-Ciutat/Turisme/Allotjaments>

<http://www.lacensada.com/>

Keys and documents safety.

Organizers recommend leaving your car or room keys, documents and other important things in competition Secretariat (Finish). Store your things; we will take only when you show your number bib.

Things will be brought back when you show your number bib again.

WELCOME TO LA LLACUNA !!!

<http://www.thewildboar.org>



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