
 <p>Ceská asociace rogainingu a horského orientačního běhu</p>	<h2>Bulletin of the Czech Mountain Orienteering Championships 2023</h2>	 <p>www.caes.cz</p>
<p>Organizers:</p>	<p>Czech rogaining association (ČAR) and orienteering club SK SKI-OB Šternberk</p>	
<p>Date:</p>	<p>November 4 – 5, 2023</p>	
<p>Event site:</p>	<p>Šternberk, Olomouc district, The Czech Republic</p>	
<p>Event centre:</p>	<p>Saturday: Řídeč - GPS: 49.7656839N, 17.2608925E Sunday: Šternberk - GPS: 49.7325711N, 17.2982911E</p>	
<p>Event type:</p>	<ul style="list-style-type: none"> • Czech Mountain Orienteering Championships 2023 • 3rd event of ČAR series 2023 • Public race for newcomers 	
<p>Event area:</p>	<p>The event area is bordered by municipalities of Šternberk - Řídeč - Paseka - Hůzová - Dalov - Lipina.</p>	
<p>Terrain:</p>	<p>Nízký Jeseník with a dense network of transport roads and paths, elevation 275-707 m. The area is characterized by deep valleys - gullies with exposed slopes and rocky ridges. The landscape is wooded, with extensive pastures in some places there. The higher parts, which have recently been affected by a bark beetle calamity, are overgrown with new hard-to-penetrate vegetation.</p>	
<p>Map:</p>	<p>A special rogaining map, printed on water resistant YUPO material, scale 1: 25 000, e = 10 m, updated October 2023. The size will be posted in the final Bulletin.</p>	
<p>Terms of Participation:</p>	<ul style="list-style-type: none"> • At the registration desk all competitors have to sign a declaration that they start at their own risk. For participants under the age of 18, this declaration must be signed by a parent or a legal guardian. Please, download the relevant form. • Competitors under 15 years of age may only participate when accompanied by a person over 18 years of age • Only athletes registered in ČAR (applies to all team members) are allowed to participate in the Championship. Free registration will be available at the registration desk. 	

Teams and Categories:

The team consists of 2 members. Both team members must complete the entire race together. If any member of the team gives up, the complete team must reach the finish line and finish the race together.
You can enter the following categories:

- HH20 (CZ Champs men under 20, born after November 5, 2003)
- HD20 (CZ Champs mixed under 20, born after November 5, 2003)
- DD20 (CZ Champs women under 20, born after November 5, 2003)
- HH (CZ Champs men open, no age limit)
- HD (CZ Champs mixed open, no age limit)
- DD (CZ Champs women open, no age limit)
- HH40 (CZ Champs men above 40, born before November 5, 1983)
- HD40 (CZ Champs mixed above 40, born before November 5, 1983)
- DD40 (CZ Champs women above 40, born before November 5, 1983)
- HH60 (CZ Champs men above 60, born before November 3, 1963)
- HD60 (CZ Champs mixed above 60, born before November 5, 1963)
- DD60 (CZ Champs women above 60, born before November 5, 1963)
- PO (open category for skilled O-runners, no age/gender limits, more difficult course, non-championship category with the possibility to enter only one stage)
- PZ (open category for newcomers, no age/gender limits, easier course, non-championship category with the possibility to enter only one stage)

Entries:

Via [on-line entry system](#) you can register and order chip rental. Accommodation, meals and a tour of the Šternberk Castle can be also provided by the organizer.
Your application is registered when the contact person (the first member of the team in the application form) receives a confirmation (reply).

Entry fee:

Event Type	Basic entry fee per 1 team	Late entry fee per 1 team
CZ Champs	750 CZK	1000 CZK
Open category (PO/PZ) 2 stages	500 CZK	500 CZK
Open category (PO/PZ) 1 stage	300 CZK	300 CZK

In order for the entry fee to be accepted, the entry fee must be paid by Sunday 23:59, 22 /10/ 2023. From Monday 23/10/2023 until the end of the presentation, we will only accept entries on a limited basis (until we run out of maps) and at the increased entry fee.

Accommodation:

The organizer's accommodation must be booked using the entry system and paid together with all other items no later than on Sunday 22 October 2023. Overnight accommodation offer:

- The Youth community centre, The Secondary vocational school of engineering and forestry, Opavská 4, Šternberk, 32x triple room with its own sanitary facilities, minimum 2 nights, 2400 CZK/room and 2 nights
- Recreational centre Vladimír in Řídeč, group accommodation, 15 places in own sleeping bags, minimum 2 nights, price 500 CZK/person and 2 nights
- Recreational centre Vladimír in Řídeč, 2x triple apartment with its own sanitary facilities and kitchen, minimum 2 nights, price 2400 CZK/apartment and 2 nights
- Recreational centre Vladimír in Řídeč, 1x double apartment with its own sanitary facilities and kitchen, minimum 2 nights, price 2000 CZK/apartment and 2 nights

In addition to the organizer's accommodation, there is an accommodation capacity reserved for competitors in the facility:

- Apartments Dalov, contact for reservation p. Dagmar Černá, +420 723 850 361, available 1x triple apartment, 6x four-bed apartment, 2x six-bed apartment, more at: www.sternberskasportovni.eu

Organizer's catering:

In the centres of both stages in Řídeč and Šternberk there will be catering available during the race, which must be ordered in advance in the registration system.

Vouchers will be available at the registration desk.

In addition, the standard assortment will be available (beer, soft drinks, coffee, sweets ...).

SATURDAY MEALS - Řídeč (The Inn U Zlatého potoka)	Price
Croup soup made of smoked meat	60 CZK
Pasta salad with chicken (dried tomatoes, garlic)	150 CZK
Pork-beef roast goulash (+bread)	150 CZK
Cigáro / cabanos from the smokehouse (+bread)	120 CZK
Palačinka (crêpe-like pancake) (+nutella, raspberries, cream)	60 CZK
<i>Vegetables and vegetable salad to taste</i>	

MEALS SUNDAY - Šternberk (Ecce Homo hall)	Price
Chicken broth with noodles and vegetables	50 CZK
Vegetable risotto with salad	150 CZK
Chicken roll with rice	150 CZK

In Šternberk, it is possible to dine well in restaurants [ŠNYT Primka](#) or [Expedice Hanácká restaurace](#). We recommend making a reservation beforehand at both restaurants.

Athletes who don't eat much the night before the race (or are able to run on spicy niva cubes) can visit the Mecca of Šternberk orienteers "café" [V Parku](#).

For lovers of good coffee we recommend the café [MA:ME KAFE](#) in the historical centre of Šternberk.

Culture and Entertainment:

On Saturday evening we offer an extraordinary tour of the Šternberk State Castle (admission 180 CZK per person). Participation will be limited due to capacity reasons, please book your tickets in time via the entry system.

Payment:

Please pay the entry fee and all ordered items and services by bank transfer to the SKI-OB Šternberk account, kept at FIO bank under number: **2900553435/2010**

Please indicate your team ID as the variable symbol of the payment, which can be found in the email confirming the receipt of your application.

This email will only be sent to the contact person of the team, i.e. the person who is listed first in the application form!

Registration:

On Friday, November 3, from **18:00 to 22:00**, in the lobby of the Youth Community Centre, The Secondary Vocational School of Engineering and Forestry, Opavská 4, Šternberk,
On Saturday, November 4, from **7:30 to 8:30**, in event's centre in Řídeč and on **Sunday, November 5**, from **7:00 to 8:00**, in Šternberk, Ecce Homo hall.

Transport and parking:

Individual transport or public transport. The centre of Saturday stage in Řídeč is accessible by train from the station Mladějovice (on track Olomouc > Šternberk > Uničov). Distance is about 2 km (1,2 miles).

There will be organized parking in Řídeč, details in the final Bulletin. On Sunday, parking is available in the race centre near the Ecce Homo sports hall.

Clothes changing and toilets:

Changing in the centres of the stages. Space is limited on Saturday - please be considerate. Mobile toilets will be added at the centres.

<p>Event specification and Start:</p>	<p>Two-stage Mountain Orienteering of couples, time limit of 6 hours 30 minutes (both stages) Saturday, November 4, 2023: Free order with mass start in waves, 1st wave starts at 9:30. Sunday, November 5, 2023: Normal orienteering route, teams loosing less than 60 minutes will start in a handicap start beginning at 9:30. Other teams and all PO and PZ in a mass start, details in the final bulletin.</p>
<p>Punching system:</p>	<p>SportIdent electronic system. The control points, including the finish, will be set to the BEACON non-contact punching mode, allowing punching up to a distance of 0.5 m. SI chips series 5, 6, 8, 9, 10, 11 or SIAC can be used during the race. !!! Each member of the team must have their own SI chip !!! You can order the SI chip rental in the entry form (rental fee 70 CZK/ piece, in case of a loss of the chip you will be fined 1000 CZK).</p>
<p>Race and post-race refreshments:</p>	<p>There will be min. 1 refreshment point on the route, it will be precised in the final bulletin. There are several springs and water sources in the forest (blue colour cup in map). There will be tea available in the finish. Refreshments with the usual assortment will be available at both centres during the race.</p>
<p>Team evaluation:</p>	<p>For a team to be classified, both members of the team must punch all control points of both stages. The teams' ranking in the results list is determined by the sum of the times of both stages. The winners of the HH, DD and HD categories will receive a certificate entitling them to a free entry to the first race of the 2024 ČAR Series, Brutus Extreme Orienteering (the team must race with the same composition).</p>
<p>Event officials:</p>	<p>Event director: Martin Smolka Course setter Saturday/Sunday: Jan Skoupý Event Referee Saturday/Sunday: Jiří Silnoušek Entries, registration, accomodation: Kristýna Skyvová</p>
<p>Information:</p>	<p>On website: https://obste.cz/Pages/Zavody/231104/Default.aspx By phone: 731 321 360 or 724 326 798</p>
<p>Notice:</p>	<ul style="list-style-type: none"> • The race is run according to the current rules of the ČAR. Exceptions to the rules will be listed on the race website and in the instructions. • Each competitor participates in the event at their own risk and is responsible for their own safety, which will be confirm by signing a declaration at the presentation. The organizer is not responsible for any damages caused by the participants of the event.
<p>Approval clause:</p>	<p>The schedule was approved by the President of ČAR on 28 July 2023.</p>