



ROMANIA'S CUP

the XLVth - edition

15-17 Octombrie 2010



Organizers:

The competition will be organized by [ACS](#) Sanatatea Ploiesti and FRO (Romanian Orienteering Federation).

Event Director - Dr. Emil Olteanu

Route Planners:

- Dan Stroescu - 1st Day
- Marcel Cristea/ Radu Francu - 2nd Day
- Radu Francu - 3rd Day

IOF Controller - Serban Ionescu

Secretariat - Elena Cristea

IT representative - Marcel Cristea

Competition jury:

- to be defined next days.

Romanian Cup 2010 programme:

Friday, October 15th

- 12:30 – 14:00 – Event centre opening and validations start for all days – Bucov Park (near finish area)
- 14:30 – First start for Sprint Day
- 16:00 - Prize giving ceremony – Sprint Day
- 19:00-20:30 - Continuing with validations for Romanian Cup 2010 at Horia Hotel, Plopeni

Saturday, October 16th

- 08:30-9:30 - Continuing with validations for Romanian Cup 2010 – Nisipoasa (near finish area)
- 10:00 - First start for Romanian Cup 2010 – Middle distance – Day I

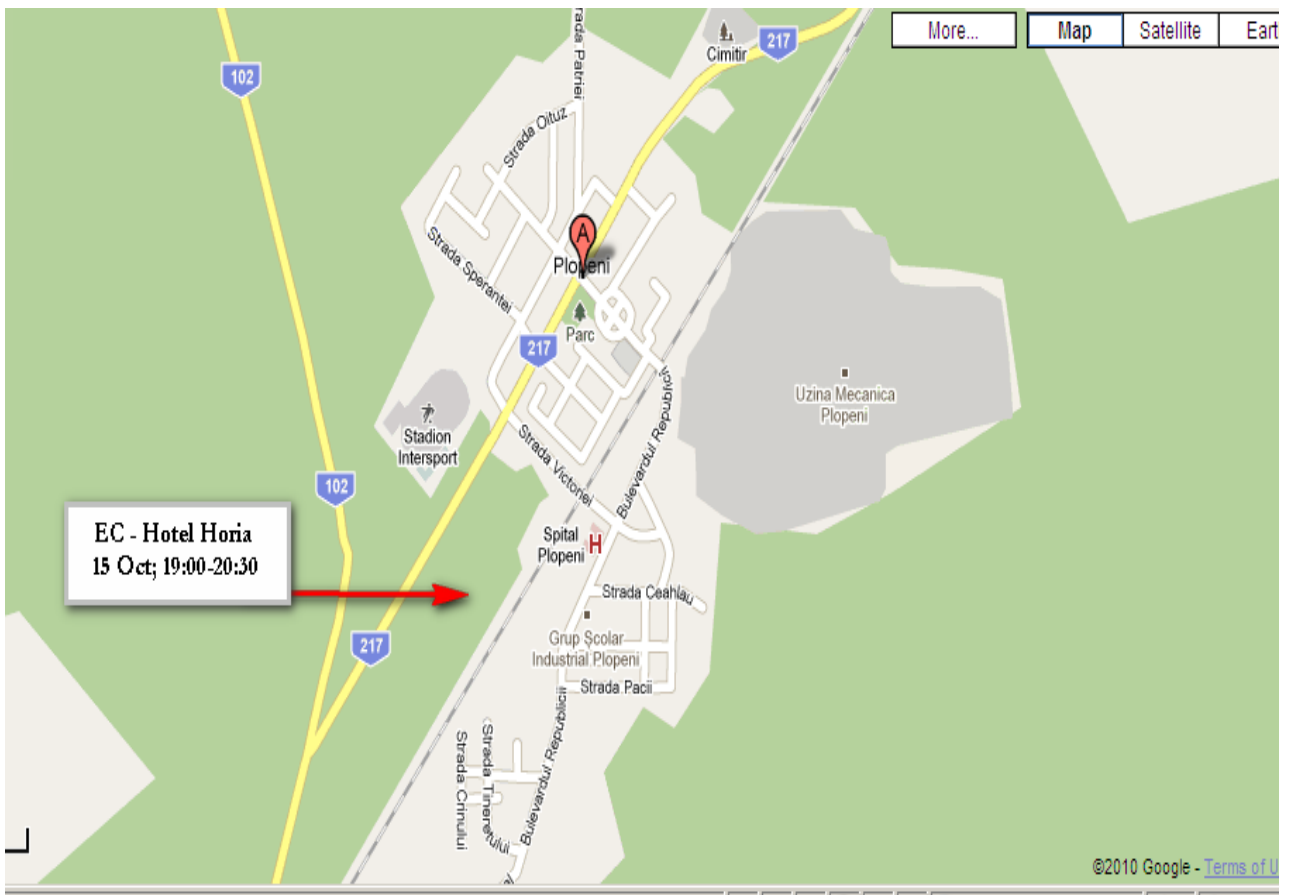
Sunday, October 17th

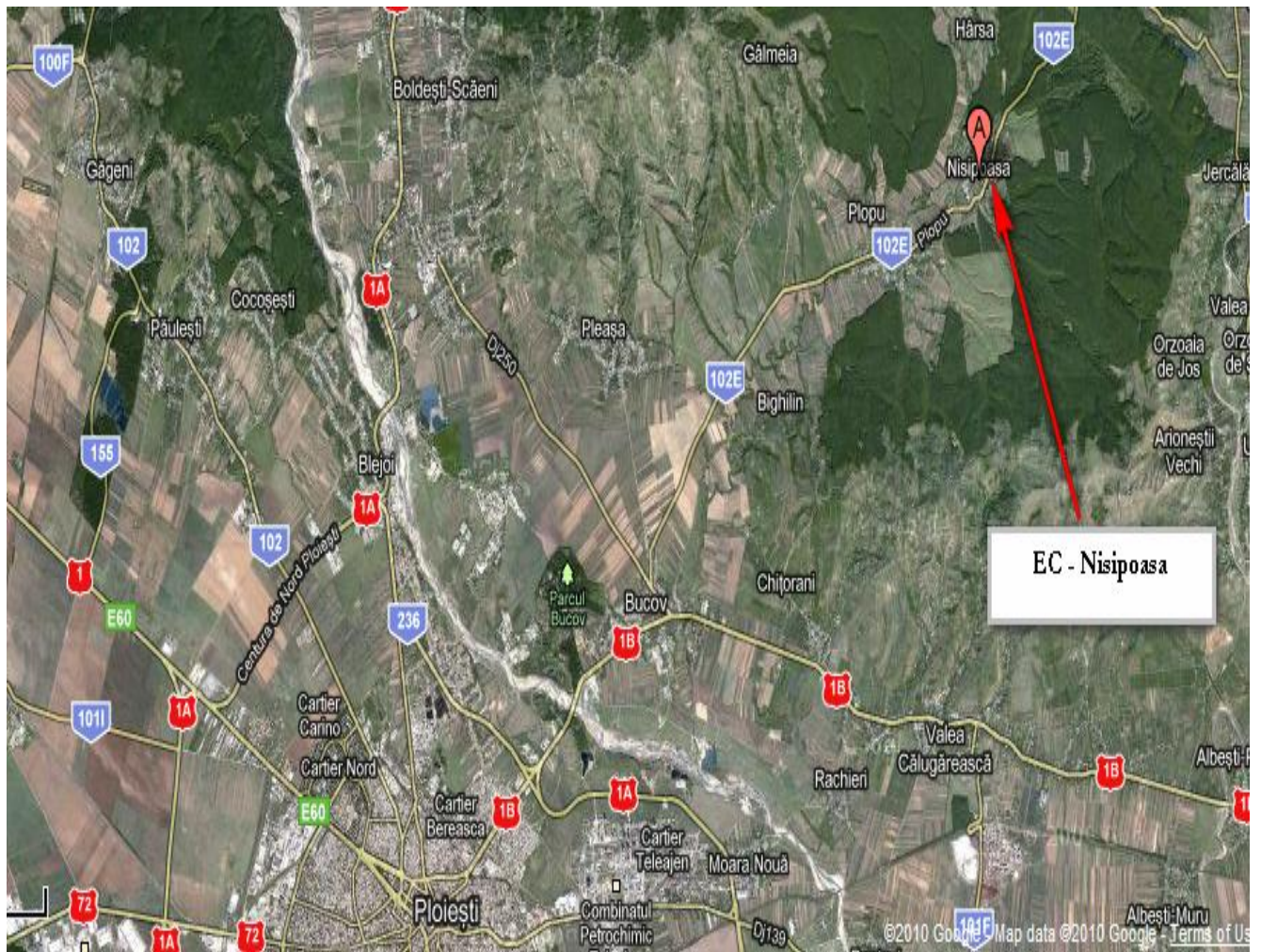
- 08:30- 9:30 - Continuing with validations for WRE
- 10:00 - First start for Romanian Cup Day II and WRE – Long distance
- 14:30 - Prize giving ceremony for Romanian Cup (cumulated results for both days) and WRE
- 15:30 - Competition closing

Event Centre

Working hours for Romanian Cup 2010 Event Centre:

Day	Hour	Location	Comments
15th October	12:30 - 14:00	Bucov Park	Near the finish area
	19:00 - 20:30	Horia Hotel, Plopeni	In the lobby
16th October	08:00 –14:30	Nisipoasa	Near the finish area
17th October	08:00 - 15:30	Nisipoasa	Near the finish area





15th of October 2010 – SPRINT

Sprint stage will take place in Bucov Park, near Ploiesti. The area is representative for a park, not only with large paved or forest paths, but also with thick vegetation areas that don't allow a fast runnability.

The runners for all categories (excepting MW12, MW14, W60, W65, Open) will receive two maps at start: the first map has the 1/4000 scale, the second one has 1/1000 scale. Further information about the sprint event will be displayed at the Event Centre.

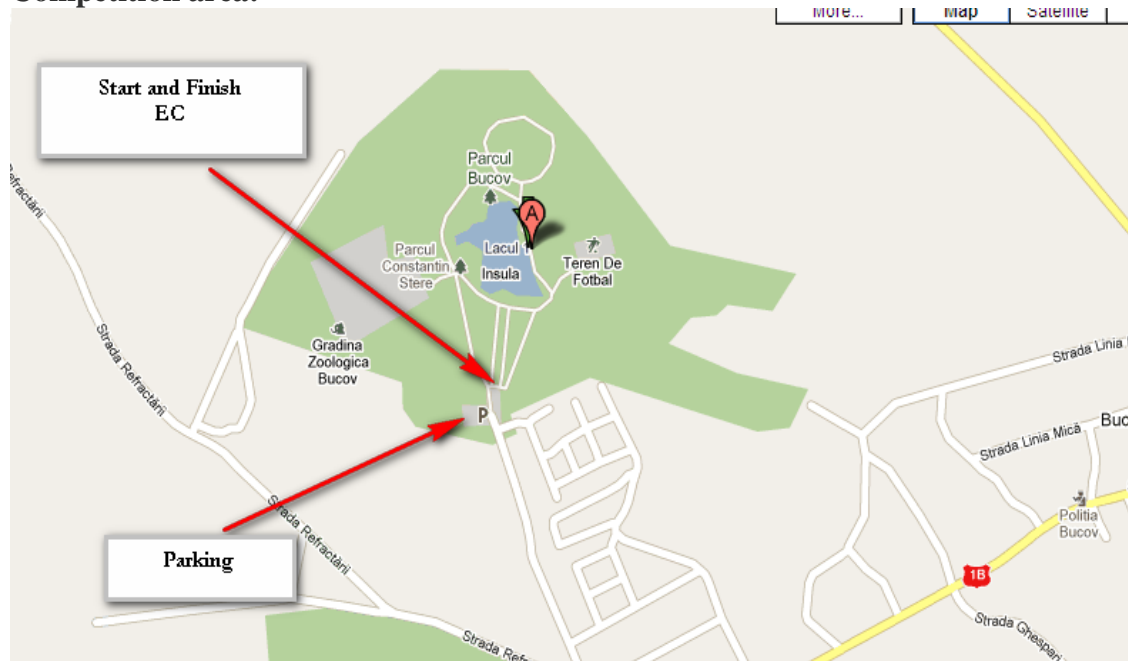
The runners for MW12, MW14, W60, W65, Open categories will receive only one map as in every normal Sprint competition.

The organizers will show a demo before starting.

Maps:

- Map 1:** Scale 1/4 000, 2.5m, dimension A4
Mapped by: Stroescu Nicolae (April 2010).
- Map 2:** Scale 1/1 000, 2.5m, dimension A4
Mapped by: Stroescu Nicolae (April 2010).

Competition area:



Technical data:

Category	Length (m)	Controls
M21E, M21A, M20, M35	3.400	24
M16, M18, M40, W21E, W21A	2.500	18
M45, M50, W35, W20, OT	2.350	23
M55, M60, W16, W18, W40, W45	2.000	21
M65, M70, W50, W55	1.900	19
MW12, MW14, W60, W65, Open	1.300	8

Observations:

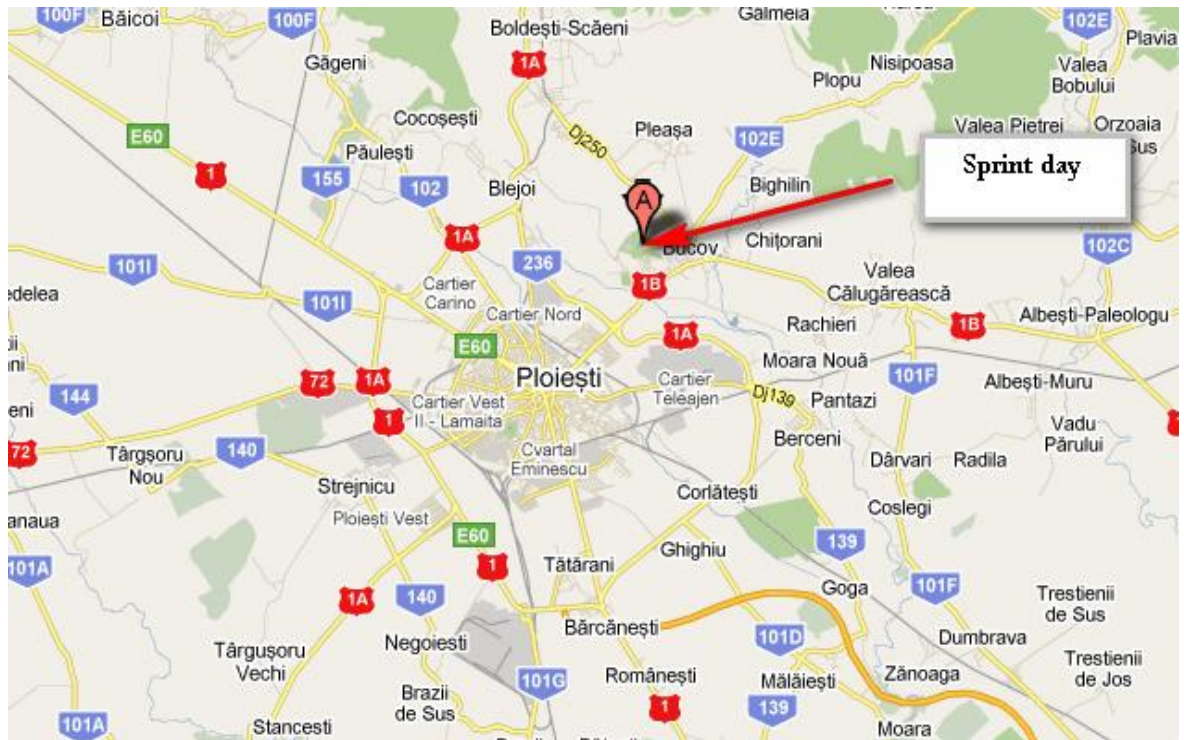
- Pay attention to the "fake" controls placed in the area of map 1/1000.

- Toilets are in northern part of the lake.
- Parking fee is 5 RON.

Attention:

Please use the toilets inside the park when necessary!!!

Access route to the event:



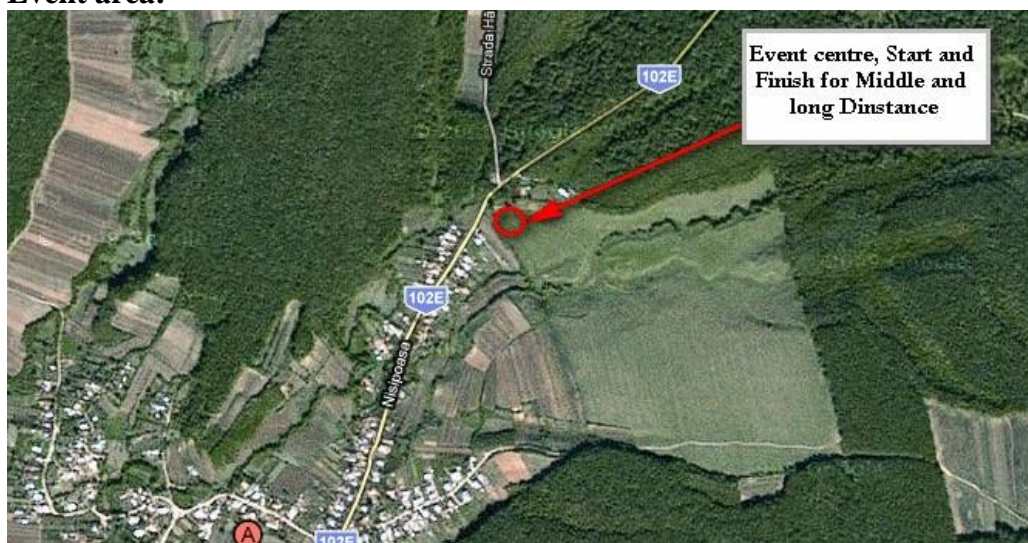
16th of October 2010

Romanian Cup 2010 – Middle distance – Day I

The first competition day of Romanian Cup 2010 will take place in the beautiful forest of Nisipoasa village. The terrain is hilly but not very uneven, with large but not too deep valleys. The forest combines different vegetation areas, ranging from fast run to medium and slow speed running.

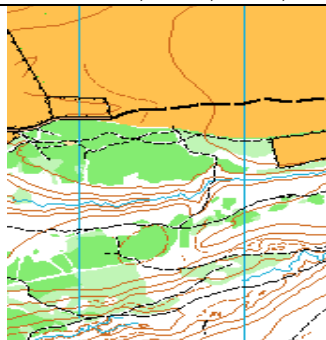
Map: Scale 1/10 000, 5m, dimension A4
Mapped by : Gheuca Ion (April 2009)

Event area:



Technical data:

Category	Length (m)	Climb (m)	Controls
Open MW, W65	2.300	65	6
MW12, W60	2.250	70	7
MW14,OTW	2.900	90	10
M16, M50, W18, W35, W40	4.600	150	10
M18, M35, M21A	5.300	175	13
W21E, W20, M40, M45	5.300	190	12
M21E, M20	6.700	260	13
M55, M60, OTM, W45, W16, W21A	4.100	145	12
M65, M70, W50, W55	3.300	120	11



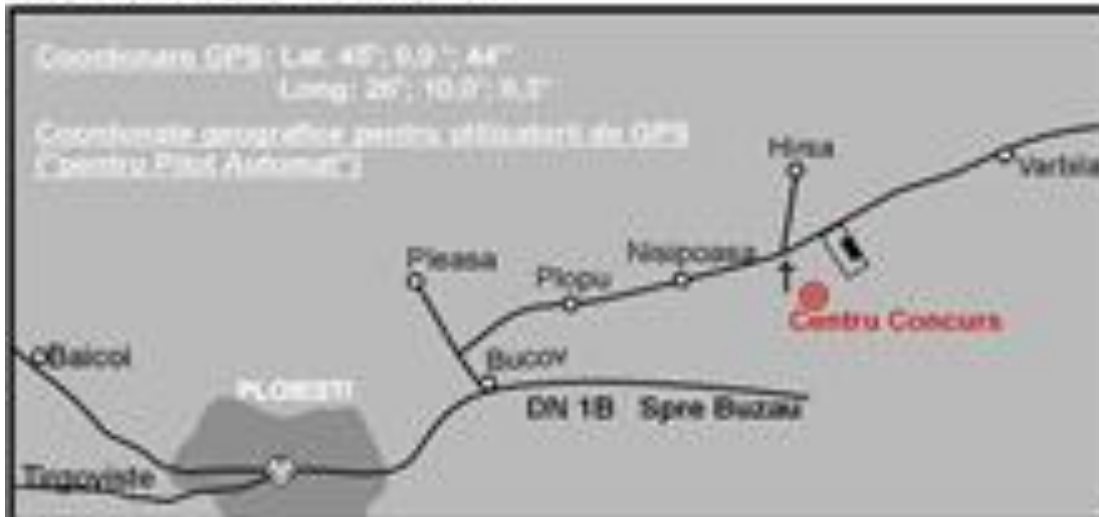
Observations:

- Long-sleeved competition clothing is recommended as there are certain areas in the forest with ticks.
- Drinking water and tea are provided by the organizers.

Access routes:



Calea de acces spre centru de concurs



17th of October 2010

Romanian Cup 2010 – Long distance – Day II -WRE

The second day of the Romanian Cup 2010 will take place in the forest of Nisipoasa, in a new area, mapped in April 2010 and updated in September. The forest is similar to the one from the previous day.

!!! The competition area includes also very thick vegetation areas, where it is very difficult to run and they are marked with dark green on the map.

For the long courses (M21E, M21A, M35, W21E) the maps are in A3 format while the others have A4 dimensions.

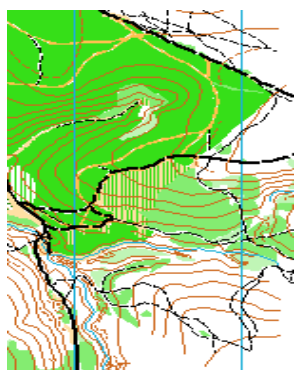
Map: Scale 1/10 000, 5m
Mapped by: Gheuca Ion (April 2010).

Event area:

The same as in the first day.

Technical data:

Category	Length(m)	Climb (m)	Controls
Open MW	1.900	50	7
MW12, W65	2.300	85	7
MW14, W60, M70	4.100	100	13
W55,M65, OTW	4.900	155	14
M60,W50, OTM	5.600	165	13
M55,W16,W45,W21A,W40	5.900	175	16
M16,M45,M50, W20, W18, W35	6.900	210	14
W21E, M40	8.300	220	15
M18, M35	8.800	245	21
M21A	9.000	240	17
M20	10.400	310	19
M21E	12.600	345	23



Observations:

- Long-sleeved competition clothing is recommended as there are certain areas in the forest with ticks.
- Drinking water and tea are provided by the organizers
- Drinking water is provided during the long courses.

Access route:

The same as in the first day..

Prizes:

Prize giving ceremony for Romanian Cup 2010 will start at 14.30 on 17th of October. All winners will receive prizes and souvenirs from our club. Official Romanian Cup results will be the total time of 2nd day and 3rd day. 1st stage will be considered as a separate special race with own prize giving ceremony.

Time measuring:

The Sportident electronic timing and punching system will be used. If you have your own SI card you may use that, otherwise you must hire a card at validation time. Don't borrow or lend a SI card from/to another competitor who has run another stage during the week. The hired card is personal and must not be lent to another runner. The SI card hire fee for the whole event will be €9,- ; for one day will be €3.-

Rules:

Competition will be held no matter the weather conditions. Control point descriptions will be on maps. Every competitor starts on his responsibility.

First aid

Emergency medical services will be provided by the organizers of Romanian Cup 2010 near the finish area.

For further details please access our website:

<http://romaniancup2010.weebly.com/index.html>