



# Runner's INFORMATION



**Competition Office for Carinthian Lake Cup** from 21.06 - 24. 06. at the finish area each stage.  
**CC for the UWG:** Siebenhügelstraße 126, 9020 Klagenfurt Coordinates: N 46.619619, E 14.258364

**Warm up:** on the way to the start. UWG mixed relay use the finish area only.  
Do not leave the way to start.

**Control Description:** available at the Finish area each stage and also be printed on the map.

**Free Start:** Beginners and runners in Open class will have free start,  
but only between the first and last start time.

**Refreshments:** no water supply stations in the forest.  
We offer water at the finish area at each stage.

**Maps:** all maps printed in prettex quality waterproof, not tear proof.

**Number bibs:** All runners have to wear the number bibs.

**Insurance and medical assistance:** Competitors are not insured by organizer. Each competitor takes part on his/her own responsibility. Medical assistance will be provided, however. An emergency medical car will be present each stage at the Finish arena.

**Price Giving:** For the UWG-Mixed Relay after the Relay at the Finish area in Pörschach.  
For the UWG single and Nationscup and Lake Cup as soon as possible at the Finish in St. Jakob.

## **Terrain and Race Information**

1 Stage Training-Velden / Lake Cup 21. 06. 2018

CC: Waldarena Cafe Sportplatzstraße 3, A-9220 Velden

Coordinates: N 46.60735, E 14.03323 Start: 10.00 End: 16.00

Map „Velden Bäckerteich“ in scale: 1:7.500 for all categories

Terrain: some green, but many paths, easy

## 2. Stage Ledenitzen-Petelin / Lake Cup 22. 06. 2018

CC: Forellenhof, St. Martiner Straße 16, A-9581 Ledenitzen

Coordinates: N 46.56747, E 13.97212

First Start: 13.00 Way to start: 1. 200 m / 60Hm / 25min

Map „Petelin“ in scale: 1:10.000 for M/W 10-45 / 1:7.500 for M/W 55-65

Terrain: typical continental European contours, some details, slopes and valleys

## 3. Stage Pörtschach Mixed Relay - UWG 23. 06. 2018

CC: Sportplatzstraße 9, A-9210 Pörtschach / Co: N 46.63744, E 14.13842

**Relay start order: woman-man-woman-man**

Mass Start 1 : 13.00 for W/M-14 MAAss Start 2 : 13.10 for W/M 18

Map „Pörtschach-Gloriette“ in scale: 1:5.000

Terrain: green and steep, lot of details slopes, rocks but many paths

**Safety notice:** some parts are very green, steep and rocky. Be careful. You can use the paths.

We recommend longtights runningwear

## 3 Stage Pörtschach Lake Cup 23. 06. 2018

CC: Sportplatzstraße 9, A-9210 Pörtschach Co: N 46.63744, E 14.13842

first Start: 13.30 way to start: 900 m

map „Pörtschach-Sekull“ in scale: 1:7.500 for all categories

**Safety notice:** some parts are very green, steep and rocky. Be careful. You can use the paths.

We recommend longtights runningwear

## 4 Stage Tösching Lake Cup - UWG 24. 06. 2018

CC: Rosental Straße 52 , 9184 St. Jakob Co: N 46.55095, E 14.04791

First Start: 10.00 Way to start: 650 m

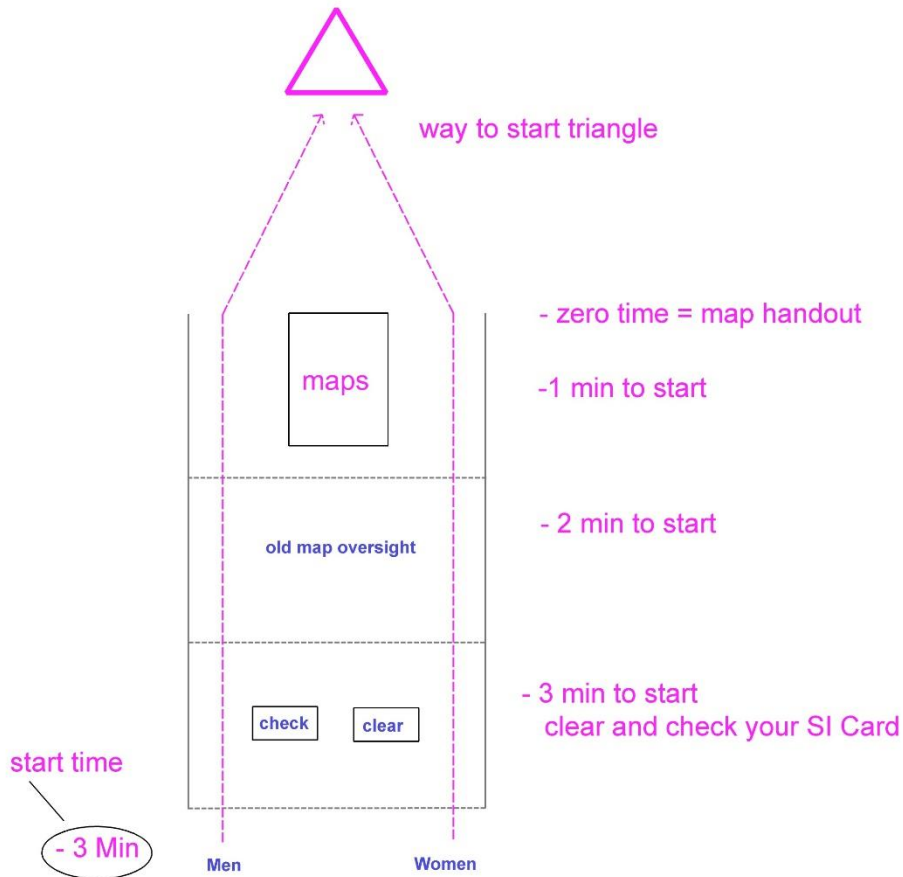
Map „Tösching“ in scale: 1:10.000 for M/W 10-45 / 1:7.500 for M/W 55-65

**Terrain:** typical continental European contours, some gullies, slopes and small hills

**Parking.** For stage 1,2 and 4 you can use the parking area next the CC. For stage 3 use the official parking area in pörtschach and in the north of the Competition Center.

**Start for individual:**

Call up will be at -3, to check and clear your Si-Card. At -2 you can see the old version of the map. At -1 you stand in front of your map-box. At zero it will be the time start. It is the athletes' responsibility to pick up the correct map.



Mass Start with changeover for the mixed relay will be shown at the finish area before the Start.



Orienteering with friends - enjoy nature and have a nice time!

Orienteering Team HSV Villach  
<http://orientierungslauf.hsv-villach.at>