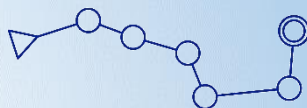


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CORSAORIENTAMENTO CLUB ROMA



A.S.D. Orsa Maggiore



ROME ORIENTEERING MEETING 2019

BULLETIN

1 / 2 / 3 NOVEMBER 2019



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Corsaorientamento Club Roma A.S.D. and A.S.D. Orsa Maggiore orienteering clubs are happy to welcome the competitors of Rome Orienteering Meeting 2019 - sixth edition, with the patronage of Cerveteri's Municipality.



**COMUNE DI  
CERVETERI**

Technical and general info are included in this document.

### Competition type

3-day meeting, overall results calculated on the sum of the three individual race times.

### Course/class lengths

(linear length in km + climb in metres)

Class	Day 1	Day 2	Day 3	Class	Day 1	Day 2	Day 3
<b>M Elite</b>	5,4 + 55	4,0 + 80	6,2 + 30	<b>W Elite</b>	5,4 + 55	3,6 + 80	5,2 + 30
<b>M 12</b>	2,1 + 10	1,9 + 20	2,0 + 20	<b>W 12</b>	2,1 + 10	1,9 + 20	2,0 + 20
<b>M 14</b>	3,0 + 15	1,9 + 25	3,5 + 25	<b>W 14</b>	3,0 + 15	1,9 + 25	3,3 + 25
<b>M 16</b>	3,7 + 40	3,2 + 50	3,5 + 25	<b>W 16</b>	3,0 + 20	2,9 + 45	3,3 + 25
<b>M 18</b>	4,6 + 45	3,4 + 65	4,7 + 25	<b>W 18</b>	3,4 + 25	3,2 + 50	4,5 + 25
<b>M 20</b>	3,6 + 30	3,6 + 80	4,7 + 25	<b>W 20</b>	3,7 + 40	3,3 + 60	4,5 + 25
<b>M B</b>	4,6 + 45	3,0 + 50	4,7 + 25	<b>W B</b>	3,6 + 30	3,1 + 45	3,9 + 25
<b>M 35</b>	4,6 + 45	3,6 + 80	6,2 + 30	<b>W 35</b>	3,7 + 40	3,4 + 65	5,2 + 30
<b>M 40</b>	3,7 + 40	3,6 + 80	4,9 + 45	<b>W 40</b>	3,6 + 30	3,3 + 60	4,3 + 25
<b>M 45</b>	3,7 + 40	3,4 + 65	4,9 + 45	<b>W 45</b>	3,6 + 30	3,2 + 50	4,3 + 25
<b>M 50</b>	3,7 + 40	3,4 + 65	4,9 + 45	<b>W 50</b>	3,4 + 25	3,1 + 50	4,3 + 25
<b>M 55</b>	3,6 + 30	3,3 + 60	4,7 + 25	<b>W 55</b>	3,0 + 20	3,1 + 45	3,9 + 25
<b>M 60</b>	3,4 + 25	3,2 + 50	4,7 + 25	<b>W 60</b>	3,0 + 20	2,7 + 40	3,9 + 25
<b>M 65</b>	3,4 + 25	3,1 + 50	3,3 + 25	<b>W 65</b>	3,0 + 20	2,7 + 40	3,2 + 20
<b>M 70</b>	3,0 + 15	2,7 + 40	3,3 + 25	<b>W 70</b>	3,0 + 15	2,7 + 40	3,2 + 20
<b>M 75</b>	3,0 + 15	2,7 + 40	3,2 + 20	<b>OpenL.</b>	3,6 + 30	3,0 + 50	4,5 + 25
<b>Begin.</b>	2,1 + 10	1,9 + 20	2,0 + 20	<b>Opens.</b>	3,0 + 20	2,9 + 45	3,5 + 25

## **Punching system**

Electronic punching with Sport-Ident system (normal mode, contactless punching for SIACs is NOT active) in use for all categories, in case of malfunctioning SI-stations punch on the map. SI-Card rental at 3€/day (7.50€/3-day). If you fail to return a hired SI-Card, a 40€ fine applies. Start time changes, on the organisation's approval, are managed with the punching start.

## **First aid**

Doctor + Ambulance with ICD ready to assist the competitors in the finish area / arena.

## **Refreshment**

Tea and biscuits are available at the assembly or finish area, on every stage. We encourage our competitors to use only one compostable glass at each stage and dispose of it thoughtfully.

## **Map print and Symbol sets**

Maps are printed on water resistant paper, up to 32cm x 45cm paper size. Plastic bags available in case of heavy rain. Maps are not taken after the finish: the organisation relies on the participants' fair-play. Day-1 and day-2 maps are drawn according to the new Sprint standard (**ISSprOM 2019, where 100% green is forbidden to pass**), whilst day-3 maps use the old Sprint standard (ISSOM 2007).

## **Control description**

Control descriptions are printed on the map and, except for day-1, available at the start with transparent tape and scissors. M/W12, Beginners competitors will find text descriptions as well as symbolic ones, both in Italian and in English.

## **Complaints / Competition Jury**

Complaints will be registered according to Italian National Orienteering Federation (FISO), under the management of the competition jury. The jury will be nominated from the Italian participants and their names will be published at the assembly area.

## **New entries / start time changes**

It's still possible to register to the competition at the registration desk, in Beginners (30€ for 3 days, 12€ single races) or Open Short/Long (45€ for 3 days, 17€ for single races). Kinderheim service is not provided, so parents can ask the organisation for a split start, if not already provided (contact the organisation as soon as possible after start times are published). No time changes are permitted, unless the reason is the organisation's fault or force majeure impediments.

## **Start times / results display**

Start list and results are displayed at the assembly / finish area. Online results are available each day at <https://live.romeorienteering.it/>



FRI, 01/11

Mass start night Race – maximum race time: 1h30'

TOR TRE TESTE

Course planner: Remo Madella - Controller: Stefano Zarfati

**Assembly area****GPS 41.881585, 12.583867**

Event centre at "Antonio Nori" stadium, in Largo Serafino Cevasco. 20' on foot from Metro C station "Mirti"; bus 556/556F stop "Tovaglieri/Cevasco" nearby.

**Programme**

10.00	Event Centre opens	16.00	First mass start
16.30	Registration desk closes	19.30	Event Centre closes

**Map**

Tor Tre Teste – scale 1:4.000 – contour 2m – **ISSprOM symbols**

Survey and cartography by Remo Madella – september 2019

**Terrain**

Mainly open land with sparse trees/copses and quite spread path network. Longer courses pass through the urban area (paved areas less than 20% of the course): remember to follow traffic laws and be very careful while crossing roads. For you own safety, it's strictly prohibited to cross the main road marked as out-of-bound on the map. Orienteering or trail running shoes are recommended.

**Start**

The start is situated on the western gate of the stadium. Participants are called 10' minutes before their start and are allowed to enter the mass start area after clear/check of their SiCards. The triangle indicates the actual mass start point.

**Race format**

This is a MASS START with loops (all courses have from 1 to 3 loops) – the competitor gets a personal map where the right sequence must be followed. The center of each loop must be visited 3 times. **M/WElite competitors need to punch 35 controls:** if you are using a SiCard-8, ask the race office for a SiCard 5 (30 timed punches + 6 without time).

**Control points**

Generally control points are hung - chained to the features. On (most) flags used as 'first control' or 'center of the loop' there are two SI stations (to avoid queues) placed on a wooden stand.

**Facilities**

Changing rooms and toilets at the stadium, chemicals toilets available too. Beverages and snacks are available at the stadium. You can pre-book sandwiches or even pizza upon your arrival at the stadium (the sooner the better!). You can find a bar and a supermarket few hundred meters away along via Tovaglieri.

**Mass start schedule** (head-lamp recommended to all competitors)

16.00 > W12 W65 M65 M75	16.50 > M18 W50 M55	17.40 > WElite M35
16.10 > M12 W60 W70	17.00 > OpenLong M50	17.50 > MElite
16.20 > Beginners OpenShort M60 M70	17.10 > W20 W45	
16.30 > W14 W16 WB W55	17.20 > M20 W35 W40	
16.40 > M14 M16 W18 MB	17.30 > M40 M45	

**SAT. 02/11**Middle Race – maximum race time: 2h00'**BANDITACCIA**

Course planner: Stefano Zarfati – Controller: Remo Madella

**Assembly area****GPS 42.005569, 12.102406**

Event centre next to the parking of the Etruscan Necropolis of Cerveteri/Banditaccia, along via della Necropoli. 1,5km from Cerveteri's main square "piazzale Aldo Moro". The finish area is situated 200m north-west of the assembly, take the stairway next to the main building, heading down to "via degli Inferi".

**Programme**

9.30	Event Centre opens	10.30	First start
11.30	Registration desk closes	14.30	Event Centre closes

**Map**Banditaccia – scale 1:4.000 – contour 2,5m – **ISSprOM symbols**

Survey and cartography by Remo Madella – may 2019

**Terrain**

You are about to run in a unique and yet fragile area, with ancient tombs and caves, therefore you are kindly asked to be thoughtful of its history and nature. When running be very careful to avoid the uneven ground and hidden pits/holes!

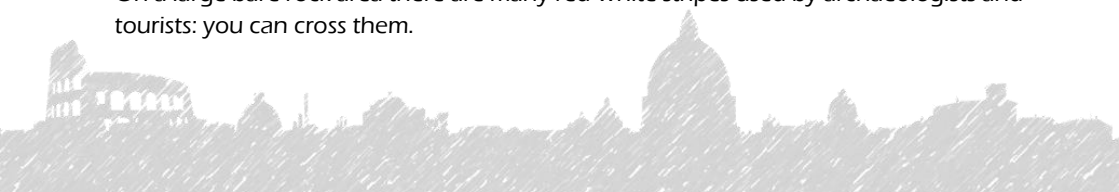
The forest areas vary from slow to very slow, with many small landforms and rocky features (cliffs, pits, caves), which can be slippery in case of rain. Footpath/track network quite spread. Orienteering shoes (without spikes) are highly recommended.

Full leg coverage is recommended too.

**Please note that competitors with spike shoes won't be allowed to start, in order to avoid damage to tombs and rocky features in the archeological area.**

**Special Notes**

- There's a vineyard with no wires: it's possible to run fast through it in all directions
- On a large bare rock area there are many red-white stripes used by archaeologists and tourists: you can cross them.



## Start

The start is 300m from the event centre (3' on foot), follow the main road heading north-east from the assembly area. The triangle indicates the map issue point. Pre-start is 3' before the assigned start time.

## Facilities

Chemical Toilets and changing tents at the assembly area. Make sure to bring your own food as the nearest available bar/shop is 1,5km away in Cerveteri.

**SUN. 03/11** Middle City Race – maximum race time: 2h00'  
**CITY CENTRE** Course planner: Mike Sintoni – Controller: Giacomo Nisi

## Assembly area

**GPS 41.911928, 12.480139**

Event centre on Pincio terrace, along viale degli Ippocastani, next to San Carlino theatre. 10' on foot from Metro A station "Flaminio" using the stairway in Piazza del Popolo. Please do not get off at "Spagna" station, otherwise you'll pass through the embargoed area!

## Programme

8.00	Event Centre opens	9.00	First start
10.00	Registration desk closes	12.30	Prize giving
13.30	Event Centre closes		(first 5 in M/WElite, 3 in others)

## Map

Roma City Centre – scale 1:5000 – contour 2,5m – **ISSOM symbols**  
 Survey and cartography by Remo Madella – february 2010

## Terrain

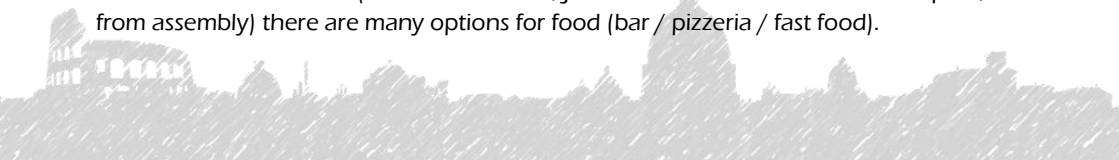
All courses are running on hard surface. A part from some areas that are pedestrian-only, expect to find cars at slow speed on the course. Remember to follow traffic laws and be very careful while crossing roads. Running shoes are recommended (NO spikes at all!).

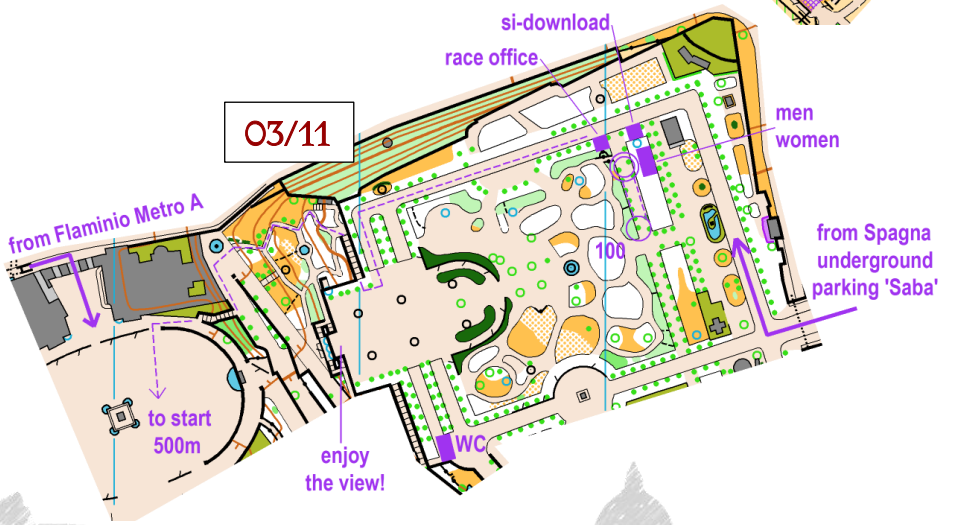
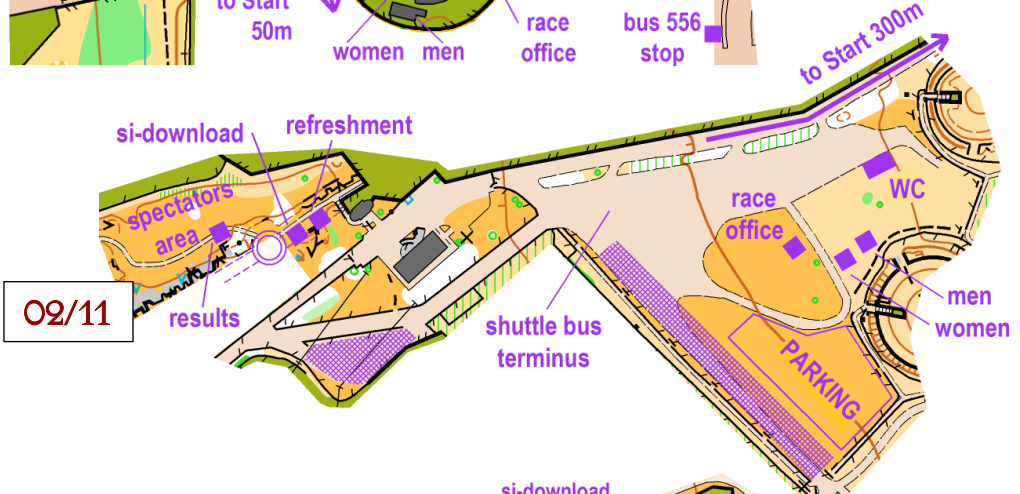
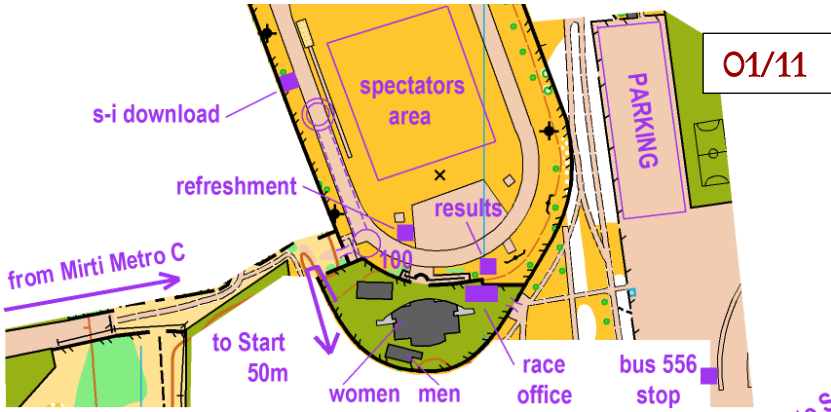
## Start

The start is situated 500m from the event centre (7' on foot), just get down to to Piazza del Popolo and you'll see the start tents on its south side. The triangle indicates the Start control, 120m from map issue point. Pre-start is 3' before the assigned start time.

## Facilities

Chemical Toilets and changing tents at the assembly area. Pincio terrace offers few and expensive solutions for food/beverages. We recommend you bring your own. Near Metro "Flaminio" station (in Piazza Flaminio, just out of the arch in Piazza del Popolo, 10' from assembly) there are many options for food (bar / pizzeria / fast food).







# ROME ORIENTEERING MEETING 2019 ORGANISATION

## **Organising clubs**

Corsaorientamento Club Roma A.S.D. – A.S.D. Orsa Maggiore

## **Council members**

Andreina Brandi – Giuliano Campanelli – Francesca Carmassi –  
Luca Elisei – Daniele Guardini – Stefano Zarfati

## **Event Manager**

Daniele Guardini

## **Course planners**

Remo Madella – Stefano Zarfati – Mike Sintoni

## **Course controllers**

Stefano Zarfati – Remo Madella – Giacomo Nisi

## **Registration desk Responsible**

Helen Rollins

## **Start / Finish Responsibilities**

Gianluca Vannutelli / Andreina Brandi

## **Data Management Responsible**

Giuliano Campanelli

## **Speakers**

Mike Edwards – Stefano Galletti