



ITOC 2010

Italian Trail Orienteering Championships

Trieste 02/10/2010

MontePrat 03/10/2010

BULLETIN 1

Dear friends Trail-Orienteers,
we welcome you to the first Italian championships of Trail-O, which we have agreed to organize with enthusiasm. This is the first time in Italy dispute absolute Championships for this fascinating discipline, that we came from little but has already collected a lot of interest, so as to justify the existence of this event.

In order to offer maximum variety of terrain and situations, we have chosen to organize a two-day race in two very different locations but both very characteristics. The first race will take place in a City Park, typical situation for the races of Italian trail-or, using the parco di San Giovanni in Trieste, already known to have been for decades the headquarters of the psychiatric hospital of the city. The second race will take place instead to Forgaria Monte Prat, in the heart of Friuli, on a plateau 800 m consisting of an expanse of green meadows and rural villages framed by a forest of karst.

We believe that with this choice offer the best of situations where a trail-orienteer we can measure, so that whoever comes out winner may say that I have faced a challenge really challenging.

So, goodbye to Trieste and Monte Prat.

The organizing clubs

Corivorivo Orienteering ASD



SSD Gaja Orienteering



1. Organizing Committee

Zuffi Nicolò – Event manager day 1
Tarabocchia Cesare – Course setter day 1
Cereser Elvio – Event manager day 2
Lenarduzzi Fulvio – Course setter day 2

2. Event Controller

Falda Roberta, Delegato Tecnico Nazionale

3. Programma

Sat 2 Ott h 13.00 **ITOC Prova 1** in Trieste
Regional Championship FVG Trail-O event 2
Trail-O Cup CRO-FVG-SLO event 6

Sun 3 Ott h 9.30 **ITOC Prova 2** in Forgia – Monte Prat
Regional Championship FVG Trail-O event 3
Trail-O Cup CRO-FVG-SLO event 7

4. Classes and entries

The classes and fees are the Le categorie previste sono le seguenti:

Open Elite	€ 8,00 / day
Open A	€ 8,00 / day
Beginners	€ 4,00 / day

Classes Open Elite and OpenA include also the Paralympic subclasses and Junior (born in 1990 or later). Subscribers in subclass Junior will be charged an admission fee halved.

The deadline for registration is scheduled for Monday 27/09/2010. Subsequent entries will be accepted at the discretion of the Organization, increased by 50%. For categories Open A and Beginners you can register up to race day.

All competitors take part in the competition at their own risk. **Organizer only provides basic medical help at the Finish area.** Competitors are not insured by organizer.

Structure and participation in the Italian Championship

Races of the Italian can participate even athletes of foreign nationality that cannot however be awarded the title. Participation is individual for both races. Italian title will be awarded for the following categories:

Open Elite
Paralympics

Paralympic athletes will be placed in both rankings. The licences will be awarded on the basis of a classification that will be drawn up by adding the points obtained and the time spent in the responses of the time-control points in every single race

The norms of share to the competitions of the Italian Championship are those of the FISO:

- “The share to the competition it is open without some limit of sex, age or ability.”
- “The share to the category Paralympics is reserved to the competitors that have a permanent (included not those visible) physical disability that gives a meaningful disadvantage in the run of orientation.”
- “The Paralympic category will be included in category open Elite and therefore all competitors members in that category will be automatically enrolled in the open category Elite and their result is valid for both categories.”

- “To access the category you need to compile a Paralympic form of IOF that requests the eligibility membership category Paralympic.”

Structure and participation in the Team Trophy:

Is there a ranking for teams, consisting of 3 competitors of the same club. Team members will be subscribed to the Open Elite category and the composition of the team itself must be specified when registering.

The final ranking will be drafted on the basis of the aggregate results of the three components of the team in both races.

5. Event centers and accommodations

Event centre for day 2 October: Trieste, road Guardiella 7, sports centre “Stadio Primo Maggio” society Bor from 11: 00 am

Event centre for day 3 October: Casa per Ferie San Lorenzo in Monte Prat – Forgaria, from 8.30 a.m.

Trieste offers various possibilities of accommodation (check the website www.trieste.com).

In Monte Prat there is the practice of “albergo diffuso” (see website www.monteprat.it).

More infos can be found on the event website www.itoc2010.it.

6. Transportations

The city of Trieste is well served by each link type:

- by car via the A4 motorway (Venice)-A23 (from Tarvisio) or support for border crossing with Slovenia coming from East
- by train, via the “Ferrovie dello Stato” www.ferroviedellostato.it.
- by plane, from Ronchi Dei Legionari airport and shuttle bus: www.aeroporto.fvg.it.
- boat, with links from Istria and various landings in the Mediterranean

To get to the place of race you can use the buses of Trieste transport, which routes and timetables are available on the site www.triestetrasporti.it.

To reach Monte Prat is necessary to provide yourself.

The journey from Trieste (seat of the first day of the race) to Monte Prat (seat of the second day) is about 120 km, groomed 1.5 hours by car, of which approximately 90 km from the A4 and A23 and the remaining 30 km on regional roads.

7. Infos and News

For more informations, please contact us at mail info@itoc2010.it or visit the website manifestation www.itoc2010.it. Any new information will be published as soon as possible.