



2016 Lithuania OS Club relay regulations

Race goal Identify the strongest orienteering club in Lithuania in 2016 by creating a team of 11 athletes with diverse age and gender

Organizers and Promoters Lithuania orienteering federation and orienteering sport club „Medeina”
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Secretary – Jonas Gediminas Gvildys;
Course planner – Egidijus Kukenys
Race inspector: Algimantas Dambrauskas
Race jury: Rimas Jovaišas, Jonas Vilkelis,

Race Date 2016 m. September 18th (sunday), start 12h .
Arrival and changes regarding the team formation can be done in the competition center until 11:30

Race type Combined and mixed 5 legs relay consist of different age and gender athletes
Race is held in accordance to Lithuania orienteering sport rules approved in 2011.

Race location and map Raseiniai district, Šiluva forest. Map renewed 2016 m. Map scale 1:10 000, map was made by Egidijus Kukenys.
Eqv: 2,5 m; Map area 5,2 km²
“Moraine” type relief, dominated by ravines and small hills. North of the map relief is very expressive, there is a slight slope in south of the map, with many non-scaled pits. Roads and clearings network of the map is average. In the center of the map there are a lot of small swamps.

Event center coordinates: 55°31'26.3"N 23°12'45.7"E

Race program 9.30 - 11.00 h. Arrival and registration in the event center.
until 11.30 h. Any club changes in the legs
11.30 h.. Race opening ceremony
12.00 h. Relay start
After 6 teams pass the finish line, all other legs of other teams which did not run will be released in the mass start.
15.00 h. Awards ceremony and race closing ceremony

Punching system  **SPORTident**
Make the most of your sport!
Sportident punching system.
To rent a sportident cost 1 euro. If by accident rented SI card would be lost, the athlete would pay the price that equals the price of SI card.

Competitors In club cup race can participate LOSF members- OS clubs and school teams. Also in this race can participate orienteering clubs from other countries.
Team composition requirements:
A) 11 athletes;
B) Not less than 4 women;
C) Not less than 3 competitors who was born in 2000 or younger. Or who was born in 1976 or older.
D) In Lithuania OS club team can not be more than one non Lithuanian athlete, who is declared his membership in OS club or in school organization.

The teams who do not meet the requirements will be non competitive.
One club can be represented by unlimited number of teams..
Numbers: all the competitors in the start zone have to be with attached bibs of their team. The bib number have to be clearly visible.
Bib numbers for the teams are according to 2015 LOSF club cup winning places.

Relay scheme VISUALIZATION

Etapas	I	II	III	IV	V
	vyras 1 2	3 4 5	6 7 8	9 10	11
	1 - vyras 2- moteris	visi, išskyrus V20/21	tik moterys	bet kas	bet kas
Etapų ilgiai	~ 6,5 km ~ 5 km	~ 5 km	~ 4 km	~ 6,5 km ~ 5 km	~ 6,5 km

When the first athlete from the first leg comes back to finish, two athletes form second leg starts. When the second athlete from the first leg comes back, starts third athlete from second leg.

When two athletes from 3rd leg comes back, the first athlete from 4th leg starts. When finishes third athlete from 3rd leg – starts second athlete from 4th leg.

To the last leg the team member starts his course when both athletes from 4th leg comes back from the forest.
When 6 teams are finished, all other athletes who did not have their start, will have the mass start.

START REGULATION First leg competitors are asked to come to start zone before 10 minutes to the start. In the entrance to start zone will be cleared and checked all the SI cards.
First leg competitor will be asked to take the starting position beside their maps before 3 minutes to the start. The competitor has to stand by the numbered map with the same number on his chest. The competitor is allowed to take the map only after the start signal. The athletes who will take the map earlier, will be disqualified. Its only the competitors responsibility to take the right map to his team mate. The athletes who will take the wrong maps, will be disqualified.
2-5 legs competitors comes to the start zone in the time of relay transfer. Once you go in to the starting zone it is not allowed to go out.
After 6 teams are finished the start is stopped for 10 minutes. All the maps for athletes who still do not start are prepared for the mass start. They are invited to the start zone and the start is given.

FINISH REGULATION All the finishers in the finish line have to punch FINISH control. When they have to give their map to the organisers and run to the next leg map place. In that map point all the numbers of the maps are arranged in ascending order. Every competitor has to take his team next leg map (from first leg the athlete has to take two maps) and run to relay transfer location, where he lets out his team mate to the course.
Last leg competitor passes the finish line first and only then punch the „FINISH” control.
All the maps will be collected until the mass start. The teams can collect their maps in the competition secretary in the end of race after the mass start.

WINNERS Winner team is the team who first passes the finish line.
Teams, who have 2-5 legs in the mass start, will have the result by summing up all the time of every athlete in that team.

STARTING FEE AND BILLING SYSTEM Entry fee for a whole team: EUR 90 when registration is made until 09/12/2016. (Monday 23 hours. 59 min.)
Delayed registration for whole team: EUR 120 (registration is made from 09/12/2016 23:59 until 15/09/2016)
New team registration on the race day: EUR 150 (in exceptional cases with the organisers agreement)
Entry fee can be paid in cash in the competition center or can be paid by transfer to the organizer's bank account:
Recipient: Kaunas Orienteering Club Medeina "
Receiver code: 193223913
Receiver account: LT89 7044 0600 0310 4436
Receiver's Bank: SEB bank, bank code: 70440

For registered but for some reasons not competing team, the club of that team pays half of the entry fee.
Register at the website: <http://www.dbtopas.lt/takas/lt/varz>
Free team check out from the competition in the case then registered team can not participate in the race, can be done before 09/12/2016. (Monday 23 hours. 59 min.).