



**European
Orienteering
Championships
Ticino
Switzerland
2018**

Capriasca
Tesserete

Cadempino

Lugano

Carona

EGK Swiss 5-Days

8 – 13 May 2018

Cadempino – Carona – Serpiano – Tesserete

Serpiano

EGK Swiss 5-Days orienteering

8 – 13 May 2018

During the European Orienteering Championships 2018 in Ticino, we are organising the **EGK Swiss 5-Days orienteering 2018** event, which allows all the participants to follow the competitions of the EOC up-close and to run on the same maps. All the competition areas are in Ticino, with its typical pre-alpine, hilly and steep woods with lots of deep valleys and few trails. One stage will be organised in the villages of the community of Capriasca. The event centre will be at the “Centro Eventi” in Cadempino. Ticino Tourism is offering many possibilities for accommodations and there will be a camping area for participants at the event centre.

Competition Program

Saturday, 5 May 2018	Opening camping area	Cadempino – “Centro Eventi”
Monday, 7 May 2018	Opening of the Event Centre EGK Swiss 5-Days	Cadempino – “Centro Eventi”
Tuesday, 8 May 2018	1st Stage, Long distance	Carona
Wednesday, 9 May 2018	2nd Stage, Middle distance	Serpiano
Thursday, 10 May 2018	3rd Stage, Sprint Swiss Championships (SPM), WRE	Tesserete
Friday, 11 May 2018	Day off	
Saturday, 12 May 2018	4th Stage, National competition, Middle distance	Tesserete
Sunday, 13 May 2018	5th Stage, National competition, Long distance	Tesserete
Monday, 14 May 2018	Closing of Event Centre and camping area	Cadempino – “Centro Eventi”

<i>Organiser</i>	ASTI Ticino	
<i>Event director</i>	Giovanni Furia	giovanni.furia@eoc2018.ch
<i>Information</i>	Alessio Pietra, Comano Tel. +41 (0)76 556 77 70	5days@eoc2018.ch www.eoc2018.ch
<i>Event Centre</i>	Centro Eventi, Via Industria 2, 6814 Cadempino GPS: 46.0348681 N, 8.9298984 E Pick-up of bib numbers, SI-card rental, mutations and more. The event centre can be reached by a 10 minute walk from the train station Lamone-Cadempino and is open on the following times: <ul style="list-style-type: none"> - Monday, 7.05.2018 from 10:00 to 22:00. - All other days from 18:00 to 21:00. On competition days bib numbers and more can also be picked up at the information desk of the stage.	
<i>Classes</i>	D/H10, D/H12, D/H14, D/H16, D/H18, D/H18K, D/H20, D/HE, D/HAL, D/HAM, D/HAK, D/HB D/H35, D/H40, D/H45, D/H50, D/H55, D/H60, D/H65, D/H70, D/H75, H80 Open L (difficult, long), Open M (middle), Open K (easy, short) All competitive classes are individual. Teams may start only in the open categories.	
<i>Race instructions / start lists</i>	Further instructions and start lists will be published at the latest by April 28, 2018 on the following web sites: www.eoc2018.ch and www.swiss-orienteering.ch .	

	Results will be published on the same sites.
<i>Description of individual days:</i>	<p>1st Stage: Long Distance Course-setter and controller: Toncsi Kocsis and Sergio Cantoreggi Map: Carona - 1:10'000 (for all classes), equidistance 5m, re-mapped as of 2017, Norm ISOM 2017 Meeting place: public swimming pool in Carona (GPS 45.955058N, 8.931327E) Parking: 5 - 15 minutes from meeting place Public transport: bus stop "Carona Paese", 10 minutes from meeting place. Start: appr. 20 minutes 'walk; 1st start 13:30 Terrain: hilly with steep slopes and deep valleys, between 600 – 800 m altitude. Few trails, runability and visibility are generally good.</p> <p>2nd Stage: Middle Distance Course-setter and controller: Vincenzo Jacomella and Gianni Pettinari Map: Monte San Giorgio - 1:10'000, 5m, re-mapped as of 2017, Norm ISOM 2017 Meeting place: Meride, zone Spinirolo (GPS 45.897826N, 8.939331E) Parking: appr. 5 minutes from meeting place Public transport: bus stop "Meride paese", 15 minutes from meeting place. Start: appr. 25 minutes 'walk; 1st start 14:00 Terrain: hillside with steep valleys, few trails, variable visibility and runability, between 600 – 800 m altitude.</p> <p>3rd Stage: Sprint Swiss Championships (SPM), WRE Course-setter and controller: Pierluigi Brazzola and Giovanni Carbonetti National controller: André Schöpfer Map: Capriasca-paese - 1:4'000, 5m, re-mapped as of 2017 Meeting place: Tesserete (GPS 46.068017N, 8.963696E) Parking: 5 - 10 minutes from meeting place Public transport: bus stop "Tesserete, Stazione" 5 minutes from meeting place Start: appr. 20 - 25 minutes 'walk; 1st start 12:30 Terrain: town sprint, between 500 - 600 m altitude.</p> <p>4th Stage: National competition, Middle Distance Course-setter and controller: Michele Ren and Stefano Castelli National controller: Therese Achermann Map: Capriasca - 1:10'000, 5m, re-mapped as of 2017, Norm ISOM 2017 Meeting place: Tesserete (GPS 46.068017N, 8.963696E) Parking: ca. 5 - 10 minutes from meeting place Public transport: bus stop "Tesserete, Stazione" 5 minutes from meeting place Start: appr. 40 - 50 minutes 'walk; 1st start 09:30 Terrain: chestnut- and beech woods with various open areas, steep slopes and valleys, few trails, variable visibility, runability generally good, between 600 - 1100 m altitude.</p> <p>5th Stage: National competition, Long Distance Course-setter and controller: Federico Tettamanti and Roberto Tettamanti National controller: Therese Achermann Map: Tesserete - 1:10'000 (for all classes), 5m, re-mapped as of 2017, Norm ISOM 2017 Meeting place: Tesserete (GPS 46.068017N, 8.963696E) Parking: ca. 5 - 10 minutes from meeting place Public transport: bus stop "Tesserete, Stazione" 5 minutes from meeting place Start: appr. 30 minutes 'walk; 1st start 09:00</p>

	<p>Terrain: compact beech woods, moderately hilly with a moderate amount of trails, visibility and runability generally very good, between 600 – 700 m altitude.</p> <p><i>The competitions of Days 3, 4 and 5 count towards the selection for JWOC, EYOC and WUOC. Upon request of the Swiss Orienteering Federation the classes D/H18 and D/H20 are running on the same courses.</i></p> <p><i>The overall results are determined based on a point system with the time differences of the runners compared to the winning time.</i></p>
<i>Embargoed areas</i>	It is not allowed to do any kind of training on all of the above mentioned maps.
<i>Timing system</i>	The Sportident and SportIdentAir+ electronic systems will be used.
<i>Registration</i>	<p>1) Through GO2OL (www.go2ol.ch) and online payment until Monday, 16 April 2018</p> <p>2) Through post or bank payment until Monday, 9 April 2018</p> <p><i>PCC: 30-558909-4</i> <i>IBAN: CH78 0900 0000 3055 8909 4, BIC: POFICHBEXXX</i> <i>SOLV Schweiz. OL-Verband, online Startgelder, 3000 Bern</i></p> <p>Please indicate precisely what competitions you are signing-up for, your name and first name, full address, year of birth, class, club and number of SI-card (if available).</p> <p><u>Registration for Open Categories</u> It is also possible to sign-up every day at the meeting place no later than one hour after the first start (no added fee).</p> <p><u>Reduced fee for registrations until 12.02.2018</u> Relevant for the reduced fee is the date of payment and not the registration on GO2OL!</p> <p><u>Late registration:</u> Late registrations are accepted until Friday, 20 April 2018 with an added fee of CHF 5.- per stage. After that date no registrations can be accepted in the competitive classes.</p> <p>EOC competitors who are signed-up for the middle distance race but did not qualify for the finals and would like to compete on stage 2, may sign-up until the evening before at the information desk.</p> <p><u>Changes:</u> Changes are accepted only until Friday, 20 April 2018, with an added fee of CHF 5.- per stage. SI-card number changes are free of charge.</p>

<i>Sign-up fees</i>		Until 12.2.2018	Until 16.4.2018
	EGK Swiss 5-Days all stages		
	2002 and younger	65.- CHF	80.- CHF
	1998-2001	90.- CHF	110.- CHF
	1997 and older	135.- CHF	160.- CHF
	EGK Swiss 5-Days individual stages		
	2002 and younger	16.- CHF	19.- CHF
	1998-2001	21.- CHF	25.- CHF
	1997 and older	30.- CHF	35.- CHF
	Parking and Camping		
	Parking coupon for all stages (entire week)	20.- CHF	20.- CHF
	Camping site 5x5m in Cadempino for the entire week	100.- CHF	100.- CHF
	<p><u>Note:</u> The sign-up fees are slightly higher than is customary at similar competitions as this event lasts over several days and is held each day at a different place, which requires additional organisational costs.</p>		
<i>Transportation</i>	<p>Each participant is responsible for his/her own transportation. This includes going to the event centre as well as reaching the individual competition sites, which can all be done with the public transport system. Detailed time-tables can be found under www.sbb.ch.</p> <p>Please be aware that this is the Asuncion-weekend. Based on experience a higher than normal traffic volume is customary, especially on A2 through the Gotthard-tunnel, and needs to be considered when planning the trip.</p> <p>Participants arriving by private cars should use the pay-parking offered through the organisers at all the competitions days, which can be purchased for the entire week at registration (see sign-up fees).</p>		
<i>Food and drinks</i>	An ample selection of food and drinks will be available at the meeting places of all stages.		
<i>Nursery</i>	Will be available for free at the meeting places of all stages. To be used just for the duration of the race.		
<i>Children's race (Troll)</i>	Will be available at the meeting places of stages 3, 4 and 5. Registration on the day of the race only. Fee: CHF 2.- per stage. Each participant will receive a small present.		
<i>Anti doping</i>	<p>All competitions are subject to the Swiss Olympic Anti-Doping rules. Anti-doping controls may be performed on runners of any category. With registration, the participants accept the rules of Swiss Olympic.</p> <p>In the HE/DE and H20/D20 classes only athletes who have signed the "Athlete's agreement" for anti-doping of the Swiss Olympic Association will be allowed to compete. You may find more information and the acceptance form under https://www.swiss-orienteering.ch/de/ethik/uebersicht-antidoping.html</p> <p>Athletes who haven't signed the anti-doping agreement, must do so at the meeting place before their start.</p>		
<i>Prize giving ceremony</i>	<p>Sprint Swiss Championships (SPM): Thursday, May 10 at 18:30 at the EOC arena.</p> <p>Global EGK Swiss 5-days ranking: Sunday, May 13.</p>		

<p><i>Accommodations</i></p>	<p>Participants are responsible for the reservation of their own accommodation during the EGK Swiss 5-Days.</p> <p>You may find a list of offers for hotels, motels, hostels, camping and more on the following website: http://www.eoc2018.ch/it/5days/accommodation/stay-in-ticino.html</p> <p>You may also contact the regional tourism office directly:</p> <p>OTR Lugano - web: www.luganoturismo.ch, info@luganoturismo.ch, Tel. +41 58 866 66 00</p> <p>OTR Mendrisio - www.mendrisiottoturismo.ch, info@mendrisiottoturismo.ch Tel. +41 91 641 30 50</p> <p>OTR Bellinzona - www.bellinzonese-altoticino.ch, bellinzona@bellinzonese-altoticino.ch Tel. +41 91 825 21 31</p> <p>Additionally, it is possible to use the camping at the event centre in Cadempino. You may reserve a camp spot (5mx5m) from Friday, 4 May through Monday, 14 May 2018. There are toilettes and sinks on the camp ground. Showers are available in the buildings next to the event centre. There will be no electricity available and cars have to be left in the parking spaces.</p> <p>The reservation for a camping site costs CHF 100.-, no matter how many days it will be used. Reservation and payments are done through the registration platform GO2OL. Camp spots are assigned in the order of receipt of the reservation, until the maximal number of sites has been achieved.</p>
<p><i>Touristic offers</i></p>	<p>Participation at the EGK Swiss 5-Days will be the opportunity to discover the region, its natural beauties as well as its cultural and artistic variety. Don't hesitate to consult the following web site:</p> <p>http://www.eoc2018.ch/it/5days/accommodation/visit-ticino.html</p>
<p><i>Insurance</i></p>	<p>Each competitor is racing at his/her own risk and is responsible to have adequate and personal insurance coverage. The organisers are declining any liability to the extent permitted by law for incidents occurring before, during or after the competition. With registration, the participants accept these insurance conditions.</p>
<p><i>Protection of personal data</i></p>	<p>With registration, the runner accepts that his/her personal data, his/her results and possibly photos that were taken at the orienteering event could be used on the start- and result lists, in the media or on the internet.</p>

EGK Swiss 5-Days orienteering

