



5th national OC, middle distance

Saturday, 7th September 2019

Test course for elite runners

IOF World Ranking Event



Qualifying run for ROLV junior championship

Event organizer



www.nationaler.thurgorienta.ch

Map

Schwindisbüel, scale 1:10'000, equidistance 5m

Last update July 2019

Competition format

Middle distance

Organizer

Andreas Dennenmoser

Course planner

Martina Kyburz

Course controller

Corsin Spinatsch

**Delegate for technical support
(Swiss orienteering)**

Paul Corrodi

Information

Andreas Dennenmoser (052 721 06 70, laufleiter@thurgorienta.ch)

Competition venue

Lettenhalle, alte Basadingerstrasse 10, 8253 Diessenhofen
Information, registration for open categories, childcare, OC for children (venue area), paramedical service, catering (meals & beverages), retail shop (running gear and more)

Cloakrooms / showers / toilets

Directions to the venue

Public transport: train S8 from Schaffhausen (train direction: St. Gallen) or train S8 from Kreuzlingen (train direction: Schaffhausen), stop at Diessenhofen, 10 min walk to the venue

By car: parking signalled, 15 min walk to the venue

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Categories	As outlined in the competition rules (WO), additional categories: open short/long distance, course for families and mixed couples (SIE+ER)																					
Online registration	www.go2ol.ch Closing date for entries: Monday, 26 th August 2019, 11:59 pm (before midnight)																					
Late entries	Not accepted																					
Registration for open categories	Only at the venue from 11:30 am to 3:00 pm																					
Changes to original registration	Only at the venue, additional fee: 10 CHF (free change of SportIdent (SI)-card number)																					
Entry fees*:	<table> <tr> <td>Born in 1998 and earlier:</td> <td>CHF</td> <td>32.00</td> </tr> <tr> <td>Born in 1999 up to 2002:</td> <td>CHF</td> <td>20.00</td> </tr> <tr> <td>Born in 2003 or later:</td> <td>CHF</td> <td>15.00</td> </tr> <tr> <td>Open categories:</td> <td>CHF</td> <td>20.00</td> </tr> <tr> <td>«Famigros» family category:</td> <td>free</td> <td>(sponsored by MIGROS)</td> </tr> </table> <p>*higher entry fees because of organized transportation for runners to the starting points</p> <table> <tr> <td>Additional map:</td> <td>CHF</td> <td>6.00</td> </tr> <tr> <td>Hire SI-badge:</td> <td>CHF</td> <td>2.00 (to be paid at the information)</td> </tr> </table>	Born in 1998 and earlier:	CHF	32.00	Born in 1999 up to 2002:	CHF	20.00	Born in 2003 or later:	CHF	15.00	Open categories:	CHF	20.00	«Famigros» family category:	free	(sponsored by MIGROS)	Additional map:	CHF	6.00	Hire SI-badge:	CHF	2.00 (to be paid at the information)
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Event informations	Start list is available online (www.solv.ch/Termine-Startlisten) from August 31 st 2019 onwards (no mail to foreign participants)																					
Starting times	12:30 pm – 4:30 pm																					
Order of starting	Drawing of lots (by region)																					
Directions to the start points	Bus transport every 10-15 min (approx. 15min ride) Walk to start point 1: 1.8 km, 40 m altitude, approx. 25 min Walk to start point 2: 0.7 km, 6 m altitude, approx. 10 min 2 mobile toilets at start point 2																					
Model event	To become familiar with the terrain a short test OC is prepared in the area between starting points 1 and 2																					
Analysis	picoTIMING																					

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Anti-Doping

The most recent (2019) Swiss Olympic Doping Statute (the “Doping Statute”) is in effect for this competition. Doping controls can be conducted. With your inscription you agree to the obligations and regulations issued by Swiss Olympic (see also www.antidoping.ch). Runners in the following categories: Ladies Elite/Men Elite/L20/M20 are only allowed to start after signing the Athlete’s agreement (https://www.swiss-orienteering.ch/files/doping/unterstellungserklaerung_e.pdf) Additional information on: <https://www.swiss-orienteering.ch>

Press / media

Heinz Stuber, Hagschnurer 11, 8536 Hüttwilen, 052 747 15 92, heinz.stuber@bluewin.ch

Assurance

Is matter of the participant; the organiser declines any responsibility.

Catering

Beverages at the finish. Rich buffet (meals and refreshments) at the venue.

Child care

At the venue, for children and toddlers (2 years and older), no reservation in advance required

School OC

Beginners’ OC for children in the area surrounding the venue. Participation free.

OC weekend

Friday night, September 6th the popular Öpfel*-Trophy takes place in the picturesque village Diessenhofen.

For further details see: www.oepfel-trophy.ch

Sunday, September 8th, the Swiss OC championship in long distance (LOM) takes place in the area Wannenberg-Rosberg south of Beringen SH (15km from Diessenhofen).

For further details see: www.lom2019.ch

This is an excellent opportunity to engage in sports a whole weekend long in the great Rhine Falls area!

*The word “Öpfel” is swiss for apple since the canton of Thurgau is famous for its apple farms.

Tourism

Locations for overnight stays and leisure activities:

www.diessenhofen.ch/tourismus and www.schaffhauserland.ch

Good Luck! Thurgorienta, Orienteering club

We thank our sponsors and patrons for their support!

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