

**PRIMIERO O-WEEK**  
PRIMIERO SAN MARTINO DI CASTROZZA  
4<sup>th</sup>-8<sup>th</sup> JULY 2017

# BULLETIN 3

## WELCOME

On behalf of the community of Primiero, the organising committee would like to extend a warm welcome to all the participating athletes and companions.

We hope you will find the racing terrain interesting, the courses challenging and the welcome friendly.

The races are organized in agreement with the Italian Sport Orienteering Federation (F.I.S.O.).

**FISO Technical Advisor (Dolomites 3 days)** is Mr. Daniele Danieli.



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## WEBSITE

The official website of the event is: <https://www.dolomiti3days.com>. Have a look there for all the information you do not find in this bulletin.

## ORGANISING TEAM

The Event is organised by the Committee Primiero O-Week 2017.

**Competition managers:** Roberto Pradel – Andrea Gobber

**Race Director:** Franco Orler

**Course Planners:** Pierpaolo Corona, Manuel Negrello, Nicolò Orler

**Cartography:** Marcello Pradel, Roberto Pradel

**Controller:** Mattia Debertolis, Giacomo Zagonel, Francesca Taufer, Luigi Girardi

**Race office and Secretary:** Andrea Gobber, Graziella Collesel

**Race software management:** Sergio Nicolao, Erik Nicolao, Aldo Gaiò

**Start referee:** Tiziano Manfroi

**Finish referee:** Andrea Gobber

**Arrival area installation referee:** Enzo Lucian

**Speaker:** Stefano Galletti

## ENTRIES AND ENTRY FEES

Last term for subscriptions is 23<sup>rd</sup> June 2017, only at <http://www.orienteeringonline.net>. Any changes to the entries after that date will be possible with a surcharge of **5,00 €**.

## EVENT OFFICE

Information regarding the competition will be provided at the Event Office.

All team leaders or competitors are requested to check in at the Event Centre and take the competition material for the clubs.

Event Centre is located in Via Dante Alighieri N.6, 38054 Fiera di Primiero ([46.174032, 11.828831](https://www.dolomiti3days.com)).

During the races, Event Centre staff will be available at competition arena.

## OPENING: WHERE AND WHEN

DAY	TIME	LOCATION	GPS coordinates
Monday 03 <sup>rd</sup> July	13:00 - 20:00	event office	<a href="https://www.dolomiti3days.com">46.174032, 11.828831</a>
Tuesday 04 <sup>th</sup> July	09:00 - 11:00	event office	<a href="https://www.dolomiti3days.com">46.174032, 11.828831</a>
	12:00 - 17:00	competition arena – Transacqua	<a href="https://www.dolomiti3days.com">46.17337, 11.831349</a>
Wednesday 05 <sup>th</sup> July	08:30 - 15:00	competition arena – Tonadico	<a href="https://www.dolomiti3days.com">46.181817, 11.837726</a>
	16:00 - 20:00	event office	<a href="https://www.dolomiti3days.com">46.174032, 11.828831</a>
Thursday 06 <sup>th</sup> July	08:30 - 15:00	competition arena – Val Venegia	<a href="https://www.dolomiti3days.com">46.321924, 11.795636</a>
	20:30 - 21:30	event office	<a href="https://www.dolomiti3days.com">46.174032, 11.828831</a>
Friday 07 <sup>th</sup> July	08:30 - 15:00	competition arena – Passo Rolle	<a href="https://www.dolomiti3days.com">46.296128, 11.776099</a>
	20:30 - 21:30	event office	<a href="https://www.dolomiti3days.com">46.174032, 11.828831</a>
Saturday 08 <sup>th</sup> July	08:30 - 15:00	competition arena – San Martino	<a href="https://www.dolomiti3days.com">46.261677, 11.797439</a>
	20:30 - 21:30	event office	<a href="https://www.dolomiti3days.com">46.174032, 11.828831</a>
Sunday 09 <sup>th</sup> July	10:00 - 12:00	event office	<a href="https://www.dolomiti3days.com">46.174032, 11.828831</a>

## EVENT TYPE

Primiero O-Week is formed by two separate competitions.

### 2 Village Stages (4<sup>th</sup>-5<sup>th</sup> July)

Race 1 (Transacqua) - Type of race: sprint.

Race 2 (Tonadico) - Type of race: sprint.

The final ranking will result from the sum of the 2 race times;

### Dolomites 3 days (6<sup>th</sup>-8<sup>th</sup> July)

Race 1 (Val Venegia) - Type of race: middle.

Race 2 (Passo Rolle) - Type of race: long.

Race 3 (San Martino di Castrozza) - Type of race: long.

The final ranking will result from the sum of the 3 race times.

## “2 VILLAGE STAGES” PROGRAMME

Day	Time	Activity	Location
Tuesday 4 <sup>th</sup> July	14.00	first start Village stage 1	Sport Centre Transacqua
Wednesday 5 <sup>th</sup> July	10.00 14.00	first start Village stage 2 Prize Giving Ceremony	Sport Centre Tonadico

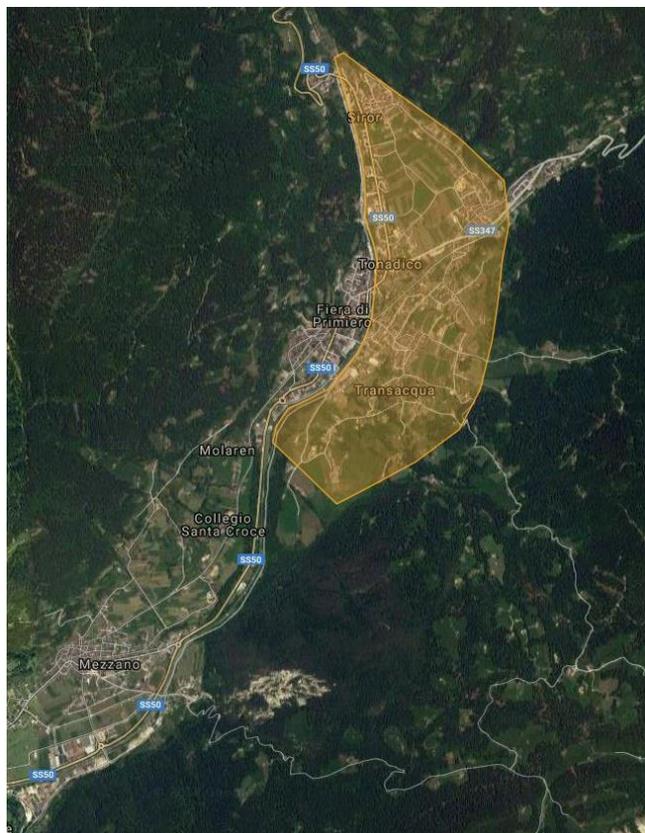
## “DOLOMITES 3 DAYS” PROGRAMME

Day	Time	Activity	Location
Thursday 6 <sup>th</sup> July	10.00	first start Dolomites 3 days first stage	Val Venegia – Malga Venegia
Friday 7 <sup>th</sup> July	10.00	first start Dolomites 3 days second stage	Passo Rolle – Malga Rolle
Saturday 8 <sup>th</sup> July	10.00 15.00	first start Dolomites 3 days third stage Prize Giving Ceremony	Sport Centre San Martino di Castrozza

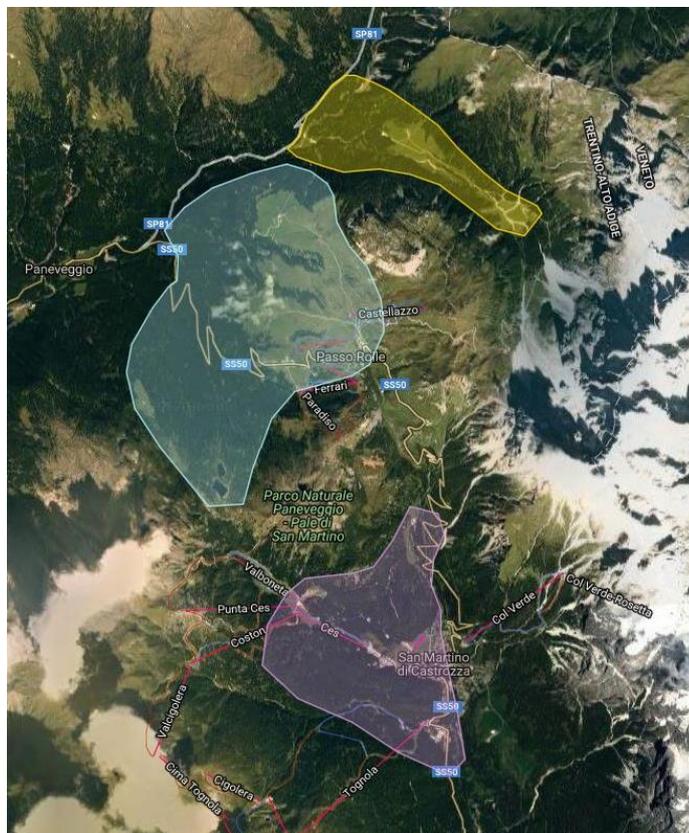
## EMBARGOED AREAS

You can check the embargoed areas at this link:

[https://drive.google.com/open?id=1Zn0\\_3blzcQCWf6mJmLshWvXBWII&usp=sharing](https://drive.google.com/open?id=1Zn0_3blzcQCWf6mJmLshWvXBWII&usp=sharing)



Embargoed area 2 Village Stages



Embargoed area Dolomites 3 days

## TECHNICAL INFORMATION “2 VILLAGE STAGES”

### FIRST START AND MAXIMUM TIME

Race on 4<sup>th</sup> July - Transacqua: at 14.00

Race on 5<sup>th</sup> July - Tonadico: at 10.00

Maximum time to complete the course is 60 minutes.

### MAP DETAIL

Transacqua: scale 1:4.000 for everyone, contour interval 2,5m, update in 2017

Tonadico - Siror: scale 1:4.000 for everyone, contour interval 2,5m, update in 2017

### PARKING AND FINISH ARENA

#### Transacqua Sport Centre:

- distance between Event office (Fiera di Primiero): 200 meters
- finish arena at Sport Centre Transacqua ([46.17337, 11.831349](#))
- parking 1: ([46.16742, 11.825827](#))

Distance between parking and finish arena: 1,1km - 10 minutes on foot. Follow the directions given on signposts. *At the end of the bulletin you will find a map with the location of the parking areas and the road to follow to arrive at the finish arena.*

#### Tonadico Sport Centre:

- distance between Event office (Fiera di Primiero): 2,5km
- finish arena at Sport Centre Tonadico ([46.181817, 11.837726](#))
- parking 1: ([46.184429, 11.830827](#));
- parking 2: ([46.179154, 11.835722](#));
- parking 3: ([46.180648, 11.840054](#)).

Distance between parking 1 and finish arena: 0,8km - 10 minutes on foot.

Distance between parking 2, parking 3 and finish arena: 0,4km - 5 minutes on foot.

Follow the directions on signposts. *At the end of the bulletin you will find a map with the location of the parking areas and the road to follow to arrive at the finish arena.*

### DISTANCE BETWEEN VENUE AND START

- Transacqua – Start is near the finish area (distance 100m).
- Tonadico - Start: 600m + 20m climb

### PRIZE GIVING

Prize giving ceremony will take place Wednesday 5<sup>th</sup> July after the second Village Stage at the Sport Centre in Tonadico. There will be a price giving for the top three ranking competitors in each class.

## TECHNICAL INFORMATION “DOLOMITES 3 DAYS”

### FIRST START AND MAXIMUM TIME

Race on 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> July: at 10.00

The maximum time to complete the course is 120 minutes for stage 1 (middle Venegia) and 180 minutes for stage 2 and stage 3 (long Passo Rolle and San Martino).

## MAP DETAIL

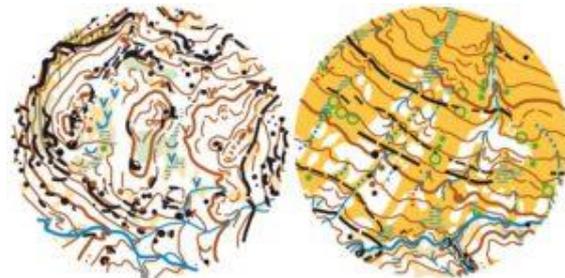
**Val Venegia:** scale: 1:5.000 for BEG, WM10 and WM12; 1:10.000 for all the others; contour interval 5m, year 2017 (new map).

Open areas and mainly coniferous woods with good visibility. Plenty of rock and contour details.



**Passo Rolle:** scale: 1:5.000 for BEG, WM10 and WM12; 1:10.000 for all the others; contour interval 5m, year 2009 update 2017.

Mainly coniferous woods with visibility from good to poor. Plenty of rock and contour details. Mixed runability from good to slow (due to undergrowth and rocky terrain).



**San Martino:** scale: 1:5.000 for BEG, WM10 and WM12; 1:10.000 for all the others; contour interval 5m, year 2009 update 2017.

Mainly coniferous woods with visibility from good to poor. Plenty of rock and contour details. Mixed runability from good to slow (due to undergrowth and rocky terrain).



All maps are conform to IOF standards (ISOM 2017) . For more details:

<http://orienteering.org/resources/mapping/international-specification-for-orienteering-maps-isom-2017/>

**The roots of trees that are uprooted by the wind are not marked on the maps.**

## SPECIFIC TECHNICAL INFORMATION FOR VILLAGE STAGES

- Building plants and other prohibited areas are reported on the map as in the following example.



- On race 2 (Tonadico) a passage between private properties, not particularly visible on the ground, will be marked with red ribbons.

## SPECIFIC TECHNICAL INFORMATION FOR FOREST STAGE

### Val Venegia

- For categories BEGINNERS, MW10 and MW12 a stretch of path will be marked with red ribbons and orange/white flags.
- On the map some prohibited areas are marked; the most important will be marked with blue ribbons.
- For categories with longer courses there are some crossings of a creek. Be careful and pay attention. A crossing is also indicated on the map; only this one will be marked with red ribbons.
- On the race terrain movable shepherds' fences aren't marked on the map.

### Passo Rolle

- On the map 2 refreshment points are marked; each one is positioned near a control point.
- For categories ME, M35, MA and M40 there is a road crossing that will be supervised by some staff members. Be careful and pay attention.

### San Martino

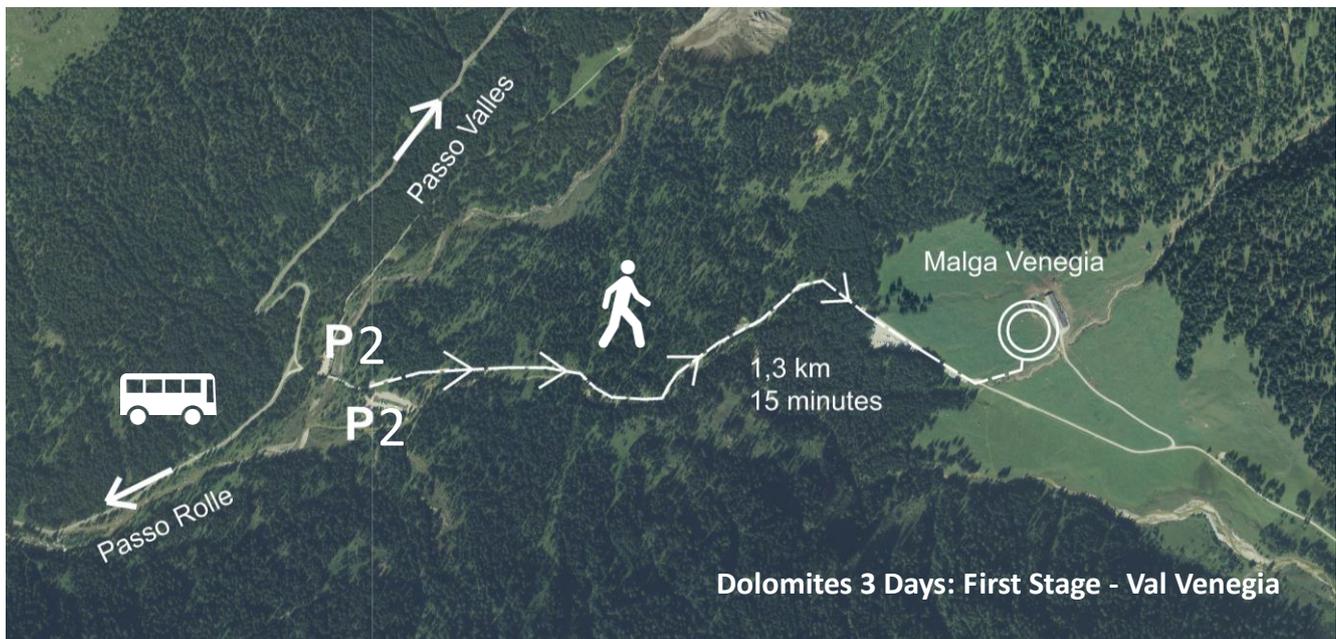
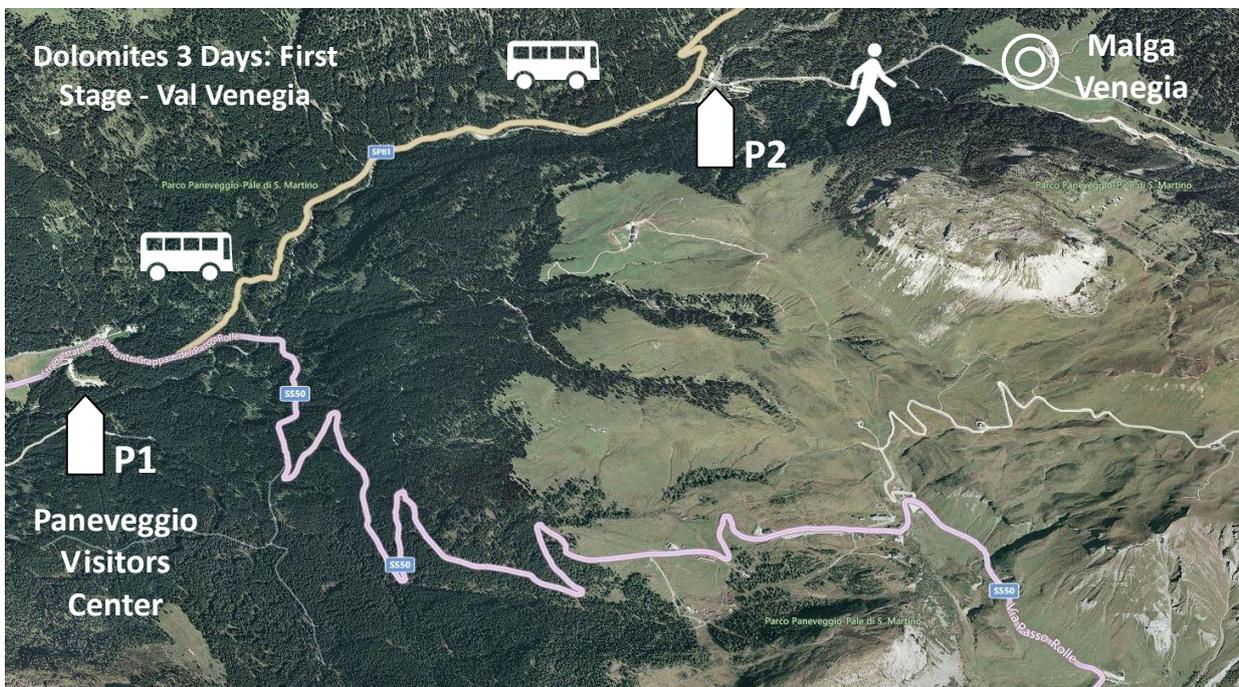
- On the map 2 refreshment points are marked; each one is positioned near a control point.
- For some categories there will be an unattended road crossing. Be careful and pay attention.
- On the map 2 prohibited areas are marked; neither of them will be marked on the ground. Do not cross them otherwise you will be disqualified.
- We recommend using taping.

## PARKING AND FINISH ARENA

### Val Venegia – Malga Venegia:

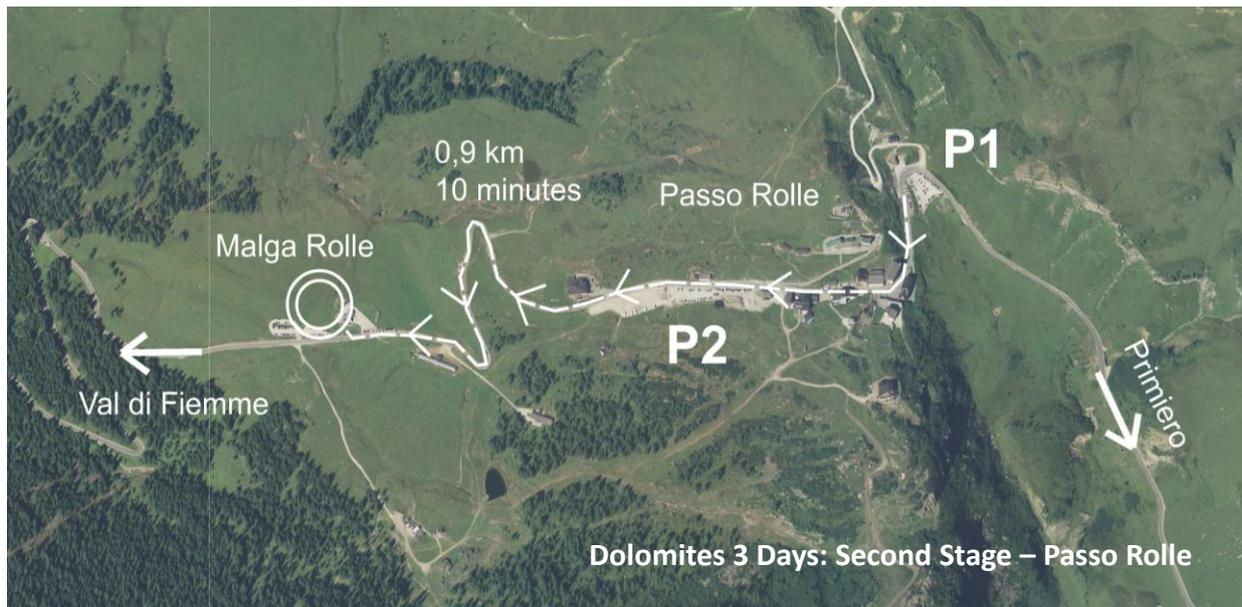
- distance between Event office (Fiera di Primiero) and Val Venegia: 33km – 55’-60’ by car
- finish arena at Malga Venegia ([46.321924, 11.795636](#))
- parking 1 ([46.307917, 11.747046](#))
- parking 2 ([46.321445, 11.779414](#))

A free shuttle bus will connect P1 parking to P2 parking. Distance between parking P2 and finish arena: 1,3km - 15 minutes on foot. Between parking 2 and the finish area you have to follow the footpath otherwise you will be disqualified.



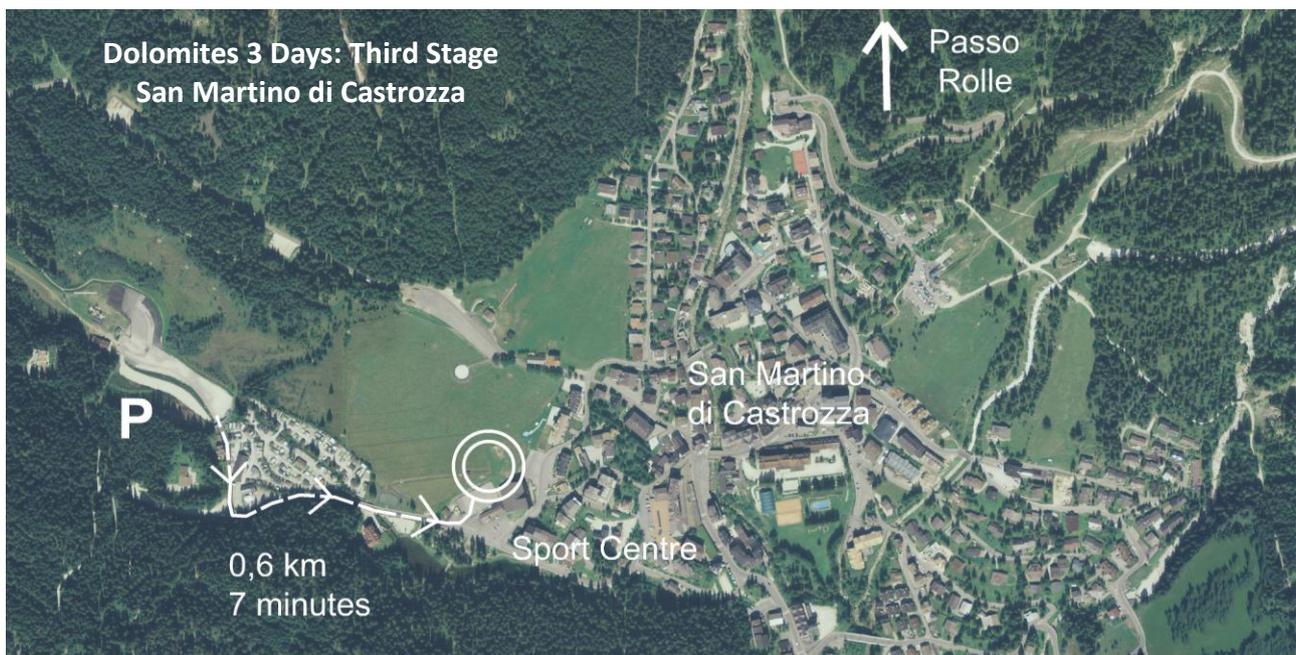
### Passo Rolle – Malga Rolle:

- distance between Event office (Fiera di Primiero) and Passo Rolle: 23km – 35’-40’ by car;
- finish arena at Malga Rolle ([46.296128, 11.776099](https://www.google.com/maps/place/46.296128,11.776099));
- parking 1 ([46.297633, 11.789242](https://www.google.com/maps/place/46.297633,11.789242)) - parking 2 ([46.296245, 11.784025](https://www.google.com/maps/place/46.296245,11.784025)).



### San Martino di Castrozza Sport Centre:

- distance between Event office (Fiera di Primiero) and San Martino di Castrozza: 15km – 20’-25’ by car
- finish arena at Sport Centre San Martino di Castrozza ([46.261677, 11.797439](https://www.google.com/maps/place/46.261677,11.797439))
- parking ([46.262805, 11.79127](https://www.google.com/maps/place/46.262805,11.79127))



Parking during the “Dolomites 3 Days” is reserved to all holders of the special ticket which shall be exposed on the dashboard of the car. The ticket for cars, campers, vans, costs **4,00€** for the whole event, it shall be purchased at Val Venegia Parking P1 and P2.

### DISTANCE BETWEEN VENUE AND START

- Malga Venegia - Start: 500m + 30m climb
- Malga Rolle – Start: 1.800m + 100m climb
- San Martino di Castrozza Sport Centre – Start: 600m + 40m climb

### PRIZE GIVING

Prize giving ceremony will take place Saturday 8th July after the third stages of Dolomites 3 Days at the Sport Centre in San Martino di Castrozza. There will be a price giving for the top three ranking competitors in each class.

## OTHER TECHNICAL INFORMATION

### START PROCEDURE

The starting path will be marked with red ribbons.

Athletes will be called by a start judge at the 1st pre-start box 4 minutes prior to their start time, we recommend to be on time.

They will then go ahead to the -3 minutes box, in which it will be possible to CLEAR and CHECK the SI-chip.

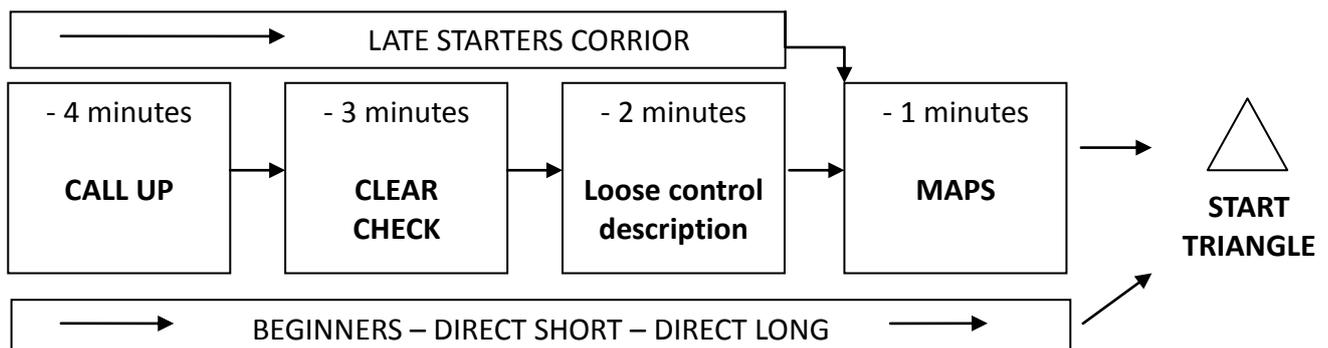
Next, at the -2 minutes box, loose control descriptions will be available; a staff member will help you in case you need it.

Moving on to the -1 minute box, athletes will have to place in front of their class’s map box without taking the map; a start judge will check that the correct procedure is followed by every athlete.

The countdown starts at -5 seconds with 5 short beeps, followed by a longer beep which is the start signal: athletes will then be able to pick up their map and advance to the start triangle following the orange/white flags until the Start control.

In case an athlete is late, he will have to follow a separate corridor and report it immediately to the start judges.

Classes BEGINNERS, DIRECT SHORT and DIRET LONG will have free starting time, up to a maximum of two hours after the first start time. Athletes of these categories will have to use the dedicate corridor.



### **FINISH PROCEDURE**

Approaching the finish line, every athlete should be ready to punch the SI-FINISH unit; their finish time will be determined by the SI-unit punch.

Then every athlete will have to move on immediately to the race software management tent, just near the finish, to download the SI-chip; in case of mispunches, they will be given explanations of their faults.

**Every single athlete, even if intended to withdraw, has to go to the race software management tent to download the SI-chip.**

### **PUNCHING SYSTEM**

The Sport Ident punching system will be used in all events. In the case of SI malfunction you have to punch in the reserve box on the competition map. Manual punching devices are on the control stand. Competitors must report any problems with the controls and punches at the finish.

Athletes can either use their own SI-chip or rent it at 2,00 € each day (you will also need to leave your ID as a caution). If you use a rented SI-chip, you have to return it after completing your last race; failing to return the chip or missing it will result in a 30,00 € fine.

### **CONTROL DESCRIPTIONS**

Control descriptions will be printed on the maps and will be available in the start lanes.

For BEGINNERS, control descriptions on the maps will be textual, only in English.

### **NUMBER BIBS**

Number bib will be different in "2 Village Stages" and "Dolomites 3 Days". For each two events, number bib is the same for all races, please take care of it and wear it on each race. Each bib quotes competitors' name, class and starting time of each race.

Please note that the competitor's number bibs who required changes to the start time after June 25<sup>th</sup> may indicate the old departure times (or incorrect). It is highly recommended that you check your start time on the start-lists included in company envelopes and displayed in the finish arena.

### **TENTS**

It is allowed to pitch team camp tents near the finish area.

### **REFRESHMENT**

Drinking water and plastic cups will be available in the start areas only on Dolomites 3 Days races. Refreshments during the event are marked on the map. Drinking water and cups will be available at these points.

On arrival each competitor will be given a bottle of water.

### **MAP GIVING BACK**

Runners will not be asked their maps after finishing the race. You are kindly asked for fair play!

### **SPECIAL GADGET**

A special gadget of the event will be given to all competitors who will end the third stage of the "Dolomites 3 days".

## COURSES

Length, climbing and numbers of controls for each category are shown in the following tables.

CLASS	2 VILLAGE STAGE					
	RACE 1 TRANSACQUA			RACE 2 TONADICO		
	length [km]	climb [m]	n. controls	length [km]	climb [m]	n. controls
BEG	2,1	25	11	1,5	30	8
DIRECT S	3,2	50	19	3,3	60	17
DIRECT L	4,8	50	22	4,1	90	18
W10	2,1	25	11	1,5	30	8
W12	2,1	25	11	1,5	30	8
W14	3,0	40	16	2,4	50	11
W16	3,0	40	16	2,4	50	11
W18	4,8	50	22	3,7	90	18
W20	4,8	50	22	3,7	90	18
WE	4,7	50	22	4,1	90	18
WA	3,4	50	19	3,8	90	21
W35	3,4	50	19	3,8	90	21
W40	3,3	50	18	3,6	60	16
W45	3,3	50	18	3,6	60	16
W50	3,2	50	19	3,3	60	17
W55	3,2	50	19	3,3	60	17
W60	2,9	50	16	2,4	45	12
W65	2,9	50	16	2,4	45	12
W70	2,7	45	15	2,2	45	13
W75	2,7	45	15	2,2	45	13
W80	2,7	45	15	2,2	45	13
M10	2,1	25	11	1,5	30	8
M12	2,1	25	11	1,5	30	8
M14	3,0	40	16	2,4	50	11
M16	3,0	40	16	2,4	50	11
M18	4,8	50	22	3,7	90	18
M20	4,8	50	22	3,7	90	18
ME	4,9	55	23	4,5	100	22
MA	4,7	50	22	4,1	90	18
M35	4,7	50	22	4,1	90	18
M40	3,4	50	19	3,8	90	21
M45	3,4	50	19	3,8	90	21
M50	3,3	50	18	3,6	60	16
M55	3,3	50	18	3,6	60	16
M60	3,2	50	19	3,3	60	17
M65	3,2	50	19	3,3	60	17
M70	2,9	50	16	2,4	45	12
M75	2,9	50	16	2,4	45	12
M80	2,7	45	15	2,2	45	13

CLASS	DOLOMITES 3 DAYS								
	RACE 1 VAL VENEGIA			RACE 2 PASSO ROLLE			RACE 3 SAN MARTINO		
	length [km]	climb [m]	n. controls	length [km]	climb [m]	n. controls	length [km]	climb [m]	n. controls
BEG	2,0	45	9	1,9	45	11	2,3	50	13
DIRECT S	2,7	85	11	3,5	150	13	3,5	130	16
DIRECT L	4,5	135	17	5,7	280	18	5,6	330	16
W10	2,0	45	9	1,9	45	11	2,3	50	13
W12	2,5	55	11	2,1	55	10	2,3	60	11
W14	2,7	60	11	2,8	85	10	2,9	75	11
W16	2,9	70	10	3,4	120	12	3,5	100	13
W18	3,5	105	13	4,4	210	14	4,6	230	18
W20	4,5	135	17	5,7	280	18	5,6	330	16
WE	4,8	145	19	7,0	380	20	6,9	400	20
WA	4,4	120	17	6,0	320	21	5,7	300	22
W35	4,4	120	17	6,0	320	21	5,7	300	22
W40	3,6	100	15	5,3	240	18	5,5	240	21
W45	3,4	110	14	4,9	230	15	4,8	240	19
W50	3,2	105	13	4,7	215	16	4,5	210	17
W55	3,0	105	12	4,3	200	17	4,2	175	20
W60	2,7	85	11	3,5	150	13	3,5	130	16
W65	2,6	80	10	2,8	125	13	3,2	70	14
W70	2,4	75	10	2,5	75	10	2,7	60	12
W75	2,4	75	10	2,5	75	10	2,7	60	12
W80	2,4	75	10	2,5	75	10	2,7	60	12
M10	2,0	45	9	1,9	45	11	2,3	50	13
M12	2,5	55	11	2,1	55	10	2,3	60	11
M14	2,9	70	10	3,4	120	12	3,5	100	13
M16	3,5	105	13	4,4	210	14	4,6	230	18
M18	4,5	135	17	5,7	280	18	5,6	330	16
M20	4,8	145	19	7,0	380	20	6,9	400	20
ME	5,9	195	22	8,9	470	24	8,3	470	24
MA	5,2	185	19	7,7	420	22	6,8	380	18
M35	5,2	185	19	7,7	420	22	6,8	380	18
M40	4,8	140	17	7,2	370	23	6,2	380	17
M45	4,4	120	17	6,0	320	21	5,7	300	22
M50	4,0	120	15	5,4	280	17	5,4	270	20
M55	3,4	110	14	4,9	230	15	4,8	240	19
M60	3,2	105	13	4,7	215	16	4,5	210	17
M65	3,0	75	13	4,2	200	16	4,2	160	17
M70	2,7	85	11	3,5	150	13	3,5	130	16
M75	2,6	80	10	2,8	125	13	3,2	70	14
M80	2,4	75	10	2,5	75	10	2,7	60	12

## KINDERGARTEN

The kindergarten is at disposal from 9.30 am to 2.30 pm at the finish arena of all the races of the Dolomites 3 days.

## LUNCHESS ON FINISH ARENA 2 VILLAGE STAGE

Wednesday 5<sup>th</sup> July at the finish arena of race 2 (Tonadico) you can dine with pizza menu.

## LUNCHESS ON FINISH ARENA "DOLOMITES 3 DAYS"

At the finish arena of all the races of the Dolomites 3 days it will be possible to dine at typical restaurants or at the area dedicated to the pasta party.

### Val Venegia

There are two typical restaurants at Malga Venegia and Malga Venegiota where you can taste typical local products.

To reach Malga Venegiota you cross the race area, so you have to follow the footpath otherwise you will be disqualified. You are kindly asked for fair play!

### Passo Rolle

There is a typical restaurant at Malga Rolle where you can taste typical local products.

### San Martino

There are several typical restaurants in the village.

**The pasta party area will always be at disposal, where it is possible to have lunch at the cost of 10 Euros excluded drinks.**

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## RESPECT FOR THE ENVIRONMENT

All the 3 days Dolomites races take place inside the Paneveggio Pale San Martino Natural Park.

<http://www.parks.it/parco.paneveggio.pale.s.martino/Eindex.php>



We pray all competitors not to leave garbage in the meadows and in the woods. Leave the glasses and plastic bottles in the appropriate containers at the start, the refreshment points and the finish area.



