



Comune di  
Comelico Superiore



Comune di  
Auronzo di Cadore



Val Comelico  
il Fiore delle Dolomiti



FEDERAZIONE  
ITALIANA  
SPORT  
ORIENTAMENTO  
Comitato Regionale Veneto



# Bulletin 3

3 Cime di Lavaredo, Misurina, Auronzo, Padola & Comelico Superiore



4th August 2020 – 4 Agosto 2020



## PROGRAM

### Thursday 6<sup>th</sup> August 2020 - Prologue 3 Peaks

Prologue in Misurina

Race centre at the area opens at 09:00

Open start from 10:00 to 12:00

### Friday 7<sup>th</sup> August 2020 – 3 Peaks Stage 1

Long distance race in Misurina

Race centre at the area opens at 14:30

First start 16:00

### Saturday 8<sup>th</sup> August 2020 – 3 Peaks Stage 2

Middle distance race in Valgrande

Race centre at the area opens at 09:30

First start 11:00

### Sunday 9<sup>th</sup> August 2020 – 3 Peaks Stage 3

Middle distance race in Valgrande

Race centre at the area opens at 09:30

First start 11:00



## PROGRAMMA

### Giovedì 6 Agosto 2020 – Prologo 3 Peaks

Prologo a Misurina

Apertura centro gare 9:00

Partenza libera dalle 10:00 alle 12:00

### Venerdì 7 Agosto 2020 – 3 Peaks Stage 1

Gara long a Misurina

Apertura centro gare 14:30

Prima partenza 16:00

### Sabato 8 Agosto 2020 – 3 Peaks Stage 2

Gara middle a Valgrande

Apertura centro gare 09:30

Prima partenza 11:00

### Domenica 9 Agosto 2020 – 3 Peaks Stage 3

Gara Middle a Valgrande

Apertura centro gare 09:30

Prima partenza 11:00

## LOCATION

### How to reach 3 Peaks 2020

-From Venice & Treviso airport there are shuttle busses towards Cortina and local busses to the event centre.

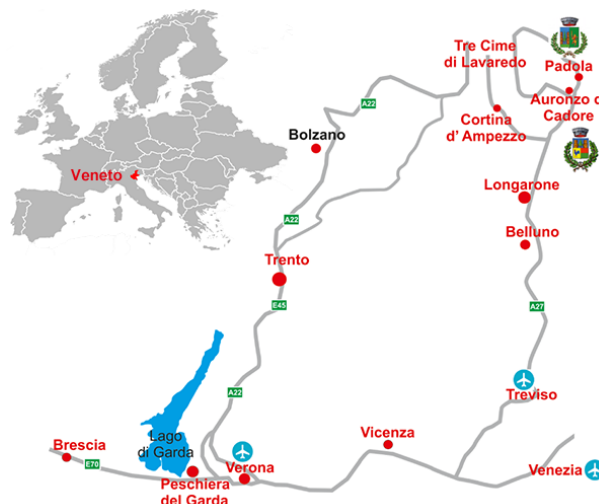
-From Verona airport, by train to Belluno and then with local busses.

-Possible to reserve taxi and shuttle busses from Milan, Venice, Treviso and Verona airports.

### Come raggiungere la 3 Peaks con i mezzi

-Dagli aeroporti di Venezia e Treviso ci sono dei shuttle bus diretti a Cortina e fermano in Cadore. Dal Cadore si possono raggiungere le gare con gli autobus locali.

-Da Milano e Verona con il treno fino a Belluno o Calalzo e poi con gli autobus locali.







## PROLOGUE\*

Date: 6<sup>th</sup> August 2020

Location: Lake Misurina

Arena: Lake Misurina North (Camping alla Baita)

Address: Via Guide Alpine 32041 Auronzo

GPS: 46.588272, 12.257987

Parking: 50m from the arena, on the north side of the road towards “Rifugio Auronzo”



Caravans: Next the finish there is a Camping area. The designed parking allows also campers and caravans

Start: 50m from the arena. For the prologue, there will be NO START LIST. Start will be with punch and start system. Start will be open from 10:00 to 12:00. Each runner can start during that time window, respecting the distances and rules for personal safety.

Control description: only on the map

Courses:

**Black course** = 2900m /150m climb

**Red course** =2600m / 140m climb

**Yellow course** =1400m/ 55m climb

White course =1400m/ 55m climb

Map: 1: 7.500 /5m mapped 2018-2019



## PROLOGO\*

Data: 6 Agosto 2020

Location: Lago di Misurina

Arena: Lago di Misurina Nord (Camping alla Baita)

Indirizzo: Via Guide Alpine 32041 Auronzo

GPS: 46.588272, 12.257987

Parking: 50m dall'arena gara sulla parte nord della strada che porta al Rifugio Auronzo



Camper: Vicino all'arena c'è il camping “alla Baita”, anche nel parcheggio indicato è possibile parcheggiare i camper

Partenza: 50m dall'arena. Il prologo non prevede liste di partenza. La partenza è aperta dalle 10:00 alle 12:00 con partenza punch and start. Ogni atleta può partire a piacere, rispettando il distanziamento sociale e rispettando le regole per evitare il contagio da Covid-19.

Descrizione punti: solo in mappa

Percorsi e lunghezze:

**Percorso Nero** =2900m /150m climb

**Percorso Rosso** =2600m / 140m climb

**Percorso giallo** =1400m/ 55m climb

Percorso bianco =1400m/ 55m climb

Mappa: 1: 7.500 /5m mapped 2018-2019

### COVID-19 safety!

\*The prologue is not an official race. \*Il prologo non è una gara ufficiale

The whole event will be organized following the COVID-19 safety rules by the Italian Government, the Region of Veneto and FISO (Italian Orienteering Federation). The specific rules and actions to prevent the spread of the virus will be available at [www.fiso.it](http://www.fiso.it)



## STAGE 1 – Long distance

Date: 7<sup>th</sup> August 2020

Location: Misurina – Lago Antorno

Arena: Lake Antorno (Chalet Lago Antorno)

Address: Località Lago Antorno, 1, 32040

Misurina

GPS: 46.593938, 12.264322

Parking: 50m from the arena, on the west side of the road toward “Rifugio Auronzo”



Caravans: Not allowed at the arena. Caravans must park near to the camping “alla Baita”

Start: 150m from the arena. Start procedure will follow the FISO guidelines in term of rules and distances for personal safety.

Control description: only on the map

Courses: Check the course lengths below

Note: During the race, some classes will cross a road.

The road is not closed to the traffic, please be careful and cross only where indicated on the map.

In the terrain there are some fallen trees that are not mapped.

Map: 1:10.000 (M21, M20, M40, M50 DIR-Open1, W21, W20, W40)

1:7.500 (for all other classes)

5m mapped 2018-2019

Toilets: they will be available at the nearby restaurants.

No orienteering shoes are allowed in the restaurant



## STAGE 1 – Gara long

Data: 7 Agosto 2020

Location: Misurina – Lago Antorno

Arena: Lago Antorno (Chalet Lago Antorno)

Indirizzo: Località Lago Antorno, 1, 32040

Misurina

GPS: 46.593938, 12.264322

Parking: 50m dall'arena gara, sulla parte ovest della strada che porta al Rifugio Auronzo



Camper: i camper non sono permessi nella zona dell'arrivo. I camper devono parcheggiare vicino al camping “alla Baita”

Partenza: 150m dall'arena. Prima partenza alle 16:00.

Ogni atleta è tenuto al rispetto del distanziamento sociale e il rispettando delle regole per evitare il contagio da Covid-19.

Descrizione punti: solo in mappa

Percorsi e lunghezze: controlla le lunghezze di seguito

Note: Durante la gara alcune categorie attraversano una strada. La strada non è chiusa al traffico, si prega di fare attenzione.

Sul terreno ci sono degli alberi caduti che non sono segnati in mappa.

Mappa: 1:10.000 (M21, M20, M40, M50 DIR-Open1, W21, W20, W40)

1:7.500 (per tutte le altre categorie)

5m mapped 2018-2019

Toilette: all'interno del Ristorante. L'ingresso al ristorante con scarpe da orienteering è vietato.

### COVID-19 safety!

The whole event will be organized following the COVID-19 safety rules by the Italian Government, the Region of Veneto and FISO (Italian Orienteering Federation). The specific rules and actions to prevent the spread of the virus will be available at [www.fiso.it](http://www.fiso.it)



## STAGE 2 – Middle distance

Date: 8<sup>th</sup> August 2020

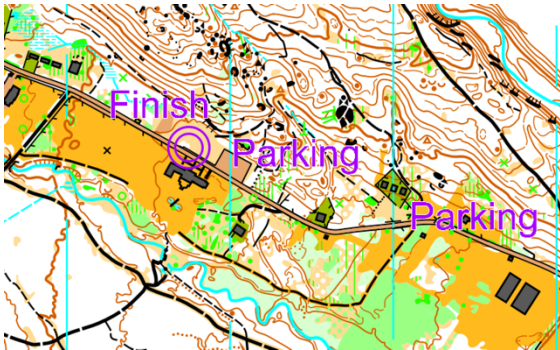
Location: Valgrande – Padola, Comelico Superiore

Arena: Terme di Valgrande

Address: Via Valgrande, 32040 Comelico Superiore

GPS: 46.628487, 12.457850

Parking: at the arena, and along the road from Padola-Valgrande.



Caravans: are allowed in the area. Please follow the local signings

Start: 500m from the arena. First start is at 11:00. Start procedure will follow the FISO guidelines in term of rules and distances for personal safety.

Control description: only on the map

Courses: Check the course lengths below

Note: in the terrain there are some new paths made from recent forestry works. Only the major ones are marked on the map

Map: 1: 7.500 /5m mapped 2019-2020

Toilets: us the chemical wc at the arena. **It is suggested to have some own hand-sanitizer/ sanitizing wipes**



## STAGE 2 – Gara middle

Data: 8 Agosto 2020

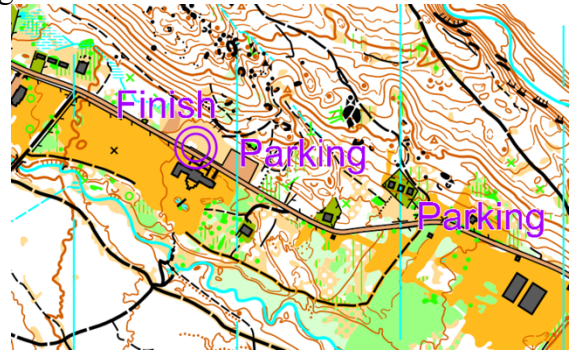
Location: Valgrande – Padola, Comelico Superiore

Arena: Terme di Valgrande

Indirizzo: Via Valgrande, 32040 Comelico Superiore

GPS: 46.628487, 12.457850

Parking: all'arena e lungo la strada che porta da Padola a Valgrande



Camper: Presso l'arena. Parcheggiare solo dove segnalato

Partenza: 500m dall'arena. Prima partenza alle 11:00. Ogni atleta è tenuto al rispetto del distanziamento sociale e il rispettando delle regole per evitare il contagio da Covid-19.

Descrizione punti: solo in mappa

Percorsi e lunghezze: controlla le lunghezze di seguito

Note: sul terreno ci sono dei nuovi sentieri/tagli di bosco. Soltanto i più visibili sono segnati in mappa

Mappa: 1: 7.500 /5m mapped 2019-2020

Toilette: wc chimici all'arena. **Si consiglia di portare il gel igienizzante/salviettine**

### COVID-19 safety!

The whole event will be organized following the COVID-19 safety rules by the Italian Government, the Region of Veneto and FISO (Italian Orienteering Federation). The specific rules and actions to prevent the spread of the virus will be available at [www.fiso.it](http://www.fiso.it)



## STAGE 3 – Middle distance

Date: 9<sup>th</sup> August 2020

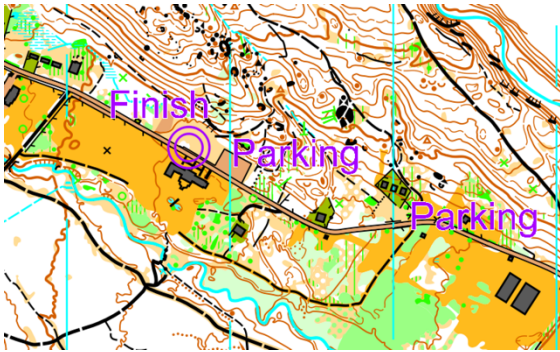
Location: Valgrande – Padola, Comelico Superiore

Arena: Terme di Valgrande

Address: Via Valgrande, 32040 Comelico Superiore

GPS: 46.628487, 12.457850

Parking: at the arena, and along the road from Padola-Valgrande.



Caravans: are allowed in the area. Please follow the local signings

Start: 1000m from the arena. First start is at 11:00. Start procedure will follow the FISO guidelines in term of rules and distances for personal safety.

Control description: only on the map

Courses: Check the course lengths below

Note: in the terrain there are some new paths made from recent forestry works. Only the major ones are marked on the map.

Map: 1: 7.500 /5m mapped 2020

Toilets: us the chemical wc at the arena. **It is suggested to have some own hand-sanitizer/ sanitizing wipes**



## STAGE 3 – Gara middle

Data: 9 Agosto 2020

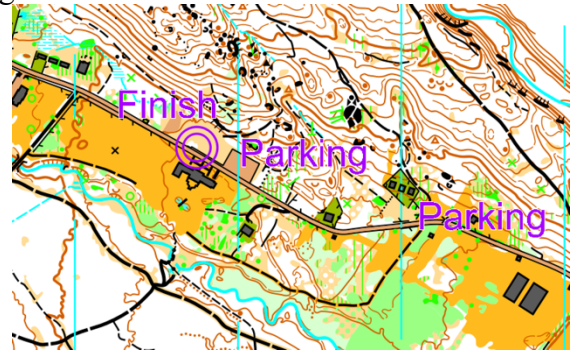
Location: Valgrande – Padola, Comelico Superiore

Arena: Terme di Valgrande

Indirizzo: Via Valgrande, 32040 Comelico Superiore

GPS: 46.628487, 12.457850

Parking: all'arena e lungo la strada che porta da Padola a Valgrande



Camper: Presso l'arena. Parcheggiare solo dove segnalato.

Partenza: 1000m dall'arena. Prima partenza alle 11:00. Ogni atleta è tenuto al rispetto del distanziamento sociale e il rispettando delle regole per evitare il contagio da Covid-19.

Descrizione punti: solo in mappa

Percorsi e lunghezze: controlla le lunghezze di seguito

Note: sul terreno ci sono dei nuovi sentieri/tagli di bosco. Soltanto i più visibili sono segnati in mappa

Mappa: 1: 7.500 /5m mapped 2020

Toilette: wc chimici all'arena. **Si consiglia di portare il gel igienizzante/salviettine**

### COVID-19 safety!

The whole event will be organized following the COVID-19 safety rules by the Italian Government, the Region of Veneto and FISO (Italian Orienteering Federation). The specific rules and actions to prevent the spread of the virus will be available at [www.fiso.it](http://www.fiso.it)

## Preliminary lengths Lunghezze preliminari



Class Categoria	Stage 1		Stage 2		Stage 3	
	Length Lunghezza	Climb Dislivello	Length Lunghezza	Climb Dislivello	Length Lunghezza	Climb Dislivello
M12	1500m	40m	2000m	20m	1800m	15m
M14	2000m	60m	2400m	30m	1900m	20m
M16	4500m	165m	3600m	110m	3200m	85m
M20	7100m	255m	5300m	160m	4500m	170m
M21	7100m	255m	5300m	160m	4500m	170m
M40	6000m	220m	4400m	150m	4200m	160m
M50	4900m	185m	3800m	115m	3200m	100m
M55	4500m	165m	3600m	110m	3200m	85m
M60	3900m	155m	3600m	95m	2900m	75m
M65	3900m	155m	3600m	95m	2900m	75m
M70	3300m	115m	2700m	80m	2900m	75m
W12	1500m	40m	2000m	20m	1800m	15m
W14	2000m	60m	2400m	30m	1900m	20m
W16	3300m	115m	2700m	80m	2900m	75m
W20	5200m	190m	4200m	130m	3600m	125m
W21	6000m	220m	4400m	150m	4200m	160m
W40	4900m	185m	3800m	115m	3200m	100m
W50	4500m	165m	3600m	110m	3200m	85m
W55	3900m	155m	3600m	95m	2900m	75m
W60	3900m	155m	3600m	95m	2900m	75m
W65	3900m	155m	3600m	95m	2900m	75m
W70	3300m	115m	2700m	80m	2900m	75m
BEG	1500m	40m	2000m	20m	1800m	15m
DIR-Open 1	4900m	185m	3800m	115m	3200m	100m
DIR2-Open 2	2000m	60m	2400m	30m	1900m	20m

**Please make sure to read the following Annex 1 and fill the Self Certification in Annex 2 in order know all the rules and regulation to avoid the spread of COVID-19 in orienteering events.**






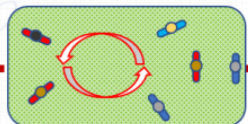





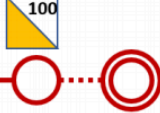
# ANNEX 1 – Safety protocol from FISO for orienteering events after July 1<sup>st</sup> of 2020.

Note! This is an unofficial English translation of the original document (in Italian). What reported here is for informational use only. In no case this ANNEX 1 document can be used as an official document. For the original version please refer to: [https://www.fiso.it/\\_files/f\\_media/2020/06/20861.pdf](https://www.fiso.it/_files/f_media/2020/06/20861.pdf)


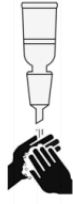





## 1. From home to the arena

 <p><b>Fever or COVID symptoms?</b> Stay home</p>	 <p>Bring from home all the water you need. No refreshment points will be allowed</p>	<p>Travel following the current norms</p>  <p>The team minibus must be sanitised</p>	 <p>Park where indicated by the organisers</p>	 <p>Wear the <b>mask</b> before and after the race</p>	 <p>Keep the <b>distance of over 1m</b> from others</p>	 <p><b>Bring home all the garbage</b>, included used masks</p>
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## 2. From the arena to the finish of the race

 <p>I bring with me all the necessary for the race (included water). No control description or water will be given</p>	 <p>Follow all the rules to go the start given by the organiser</p>	 <p>Wear the <b>mask</b> until the start</p>	 <p>Keep the <b>distance of over 2m</b> from others</p>	 <p><b>Sanitise your hands</b> before entering the start box</p>	 <p>Enter to the start box only when the other runner exited</p>	 <p>At the start take off the <b>mask</b> and bring it with you</p>	 <p>During the race keep the <b>distance of over 10m</b> from others</p>	 <p>After punching the control <b>move over 10m</b> from the control to study the next route</p>	 <p>At the finish keep the distance of <b>over 10m</b> from the runner before</p>
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## 3. After the finish

 <p>Move from the finish line quickly</p>	 <p><b>Sanitise</b> your hands and your SI-Card</p>	 <p>Wear the <b>mask</b></p>	 <p>Follow the signs to the SI-Card read out. Keep the <b>distance of over 1m</b> from others</p>	<p>Go to the car to change your clothes</p>	 <p>Read the results on the web or local WiFi. Don't stay at the arena comparing the route choices with others</p>		 <p>Return home whenever possible</p>
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## 4. Arena

**Arrival:** please follow the route to the parking and leave your car in the designed areas. **Outside the car it is compulsory to wear the mask.**

**Race info:** The race bulletin will be published online on the event page. Organizers will avoid publishing a paper version of such info at the arena to prevent assembly of people to read them.

**Race office:** try to avoid unnecessary assembly or procedures at the race office. Enter online to the race and pay online or through bank transfer. In case you have to reach the race office, keep the distance of over 1m from others.

**Catering:** in case it will be offered, the catering will be far from the finish in a defined space. Please follow the rules established by the catering company.

**O-shops:** in case it will be offered, the o-shop will be far from the finish in a defined space. Please follow the rules established by the o-Shop company.

**Garbage:** NO garbage collection bins will be available at the arena. Please collect your own garbage and take it home with you for disposal.

**Showers/dressing rooms:** no showers or dressing rooms will be allowed.

**Toilets:** please respect the queues with a distance of over 1m from others. Toilets will be sanitized during the event.

**Club tents:** NO club tents will be allowed

**Si-Card read-out:** please keep the distance of over 1m from others. No split times will be given.

**Refreshment:** NO refreshment points will be allowed.

**Results:** results will be online

**Kindergarten:** NO kindergarten will be allowed

**Price giving:** not mandatory. If organized, participants will have to collect the prizes one by one.

## 5. Start

**To the start:** please follow the marked route to the start.

**Clothes:** NO clothes left at the start

**Refreshment:** NO refreshment will be allowed at the start

**Warm up area:** please keep the distance from others and try to follow a unique running direction.

**Start list:** NO start list will be published at the start

**Start:** before entering the start box, sanitize your hands. In the starting box, keep the distance from the other as indicated by the start staff.

**Control descriptions:** NO controls description will be given at the start. The control description is **only on the map.**

**Start minute:** only at the start of the race you will be allowed to take off your mask. Remember to bring the mask with you.

## 6. Course

**In the forest:** keep a distance of over 10m from other runners.

**At the control:** after punching your control, move over 10m from it to plan your next route choice.

**Refreshment point:** NO refreshment points will be allowed

**Spectator control:** NO spectator control will be allowed

## 7. Finish

**Finish line:** punch the finish station and move immediately away from it. Wear immediately the mask.

**Maps:** maps will not be collected; athletes are trusted for fair play.

**Si-Card read out:** please keep the distance of over 1m from others. No split times will be given. Remember to sanitize your hands and Si-Card before read out.

**Refreshment:** NO refreshment points will be allowed.

**Results:** results will be online



## Self certification of well-being from the athlete to his/her sport team and organisers.

The subscriber \_\_\_\_\_, born on \_\_\_/\_\_\_/\_\_\_ in \_\_\_\_\_  
Resident in \_\_\_\_\_  
Accommodation during 3 Peaks 2020 \_\_\_\_\_

Phone number: \_\_\_\_\_ email: \_\_\_\_\_

Under my own responsibility

### CERTIFICATE

- To know the current local and regulations to avoid COVID-19 spread.
- To not have been in quarantine because I contracted COVI-19
- In the past 14 days I did not have any contact with persons with COVID-19
- To not have any COVID-19 symptoms such as fever over 37,5°C and breathing infections
- To know that in case of positive answer to the previous question (so that you have symptoms) you will not be allowed to participate to any sport activity if not in possession of a certificate of full healing.
- To not participate to sport activities in case of:
  - fever and body temperature over 37,5°C
  - contact to confirmed, probable or suspect COVID-19 cases
  - any breathing symptoms, tiredness, muscular soreness, belly pain, diarrhea, loss of taste and/or smell.
- To respect the rules and measures to prevent any spread of COVID-19.
- To authorize the use of your data according to art. 13 of GDPR (EU rule 2016/679)
- To have read, understood and to respect the Safety protocol from FISO for orienteering events after the 1<sup>st</sup> of July 2020.
- Other declarations \_\_\_\_\_
- To communicate to the sport team responsible person any health change that can be connected to COVID-19

Date: \_\_\_/\_\_\_/\_\_\_

signature of the Subscriber

## Autodichiarazione stato di salute e informativa resa dall'atleta alla ASD/SSD di appartenenza e agli organizzatori.

Il/la Sottoscritto/a \_\_\_\_\_, nato/a \_\_\_ / \_\_\_ / \_\_\_ a \_\_\_\_\_  
Residente in \_\_\_\_\_  
Durante la 3 Peaks 2020 alloggia a \_\_\_\_\_

Numero di telefono: \_\_\_\_\_ email: \_\_\_\_\_  
Sotto la propria responsabilità

### DICHIARA

- di essere a conoscenza delle misure di contenimento del contagio in base ai Decreti nazionali e regionali vigenti.
- di non essere sottoposto alla misura della quarantena ovvero di non essere positivo al COVID19;
- negli ultimi 14 giorni di non aver avuto contatto con soggetti risultati positivi al COVID-19;
- di non presentare sintomatologia da infezione respiratoria e febbre (maggiore di 37,5° C);
- di essere consapevole che in caso di risposta positiva non potrà accedere alle attività sportive se non in possesso di un certificato di guarigione.
- di impegnarsi a non partecipare alle attività sportive organizzate, in caso di: - comparsa di temperatura oltre i 37.5°; - esposizione a casi accertati o probabili o sospetti di COVID-19; - qualsiasi sintomatologia respiratoria (tosse, raffreddore, mal di gola, difficoltà respiratorie, dispnea da sforzo), stanchezza e dolori muscolari, dolori addominali, diarrea, perdita del gusto e/o dell'olfatto.
- di impegnarsi a rispettare le idonee misure di riduzione del rischio di contagio da COVID-19 come da indicazioni igienico-sanitarie di cui è a conoscenza.
- di autorizzare il trattamento dei dati personali ai sensi dell'art. 13 del GDPR (regolamento UE 2016/679).
- Di aver letto, compreso e di attenersi al Protocollo FISO per lo svolgimento di attività agonistiche di Orienteering a partire dall'1 luglio 2020
- Altre dichiarazioni \_\_\_\_\_
- di impegnarsi a comunicare al Presidente di Società ogni variazione dello stato di salute collegabile al COVID-19

Data: \_\_\_ / \_\_\_ / \_\_\_\_\_

Firma del dichiarante