



IO SONO
FRIULI
VENEZIA
GIULIA



FEDERAZIONE
ITALIANA
SPORT
ORIENTAMENTO



“WESTERN FRIULI” FOOT-O MEETING

Friday 26th APRIL 2024 – Foot-O promotional event FVG-O Tour 2024 2°round (night)

Saturday 27th APRIL 2024 – Foot-O 3°round Italian Cup Sprint Distance - WRE

Sunday 28th APRIL 2024 – Foot-O Italiano Championship Middle Distance - WRE

BULLETIN N. 3



with the partnership of the
Municipality of
Maniago City of Cutlery



with the partnership of the
Municipality of
Pinzano al Tagliamento

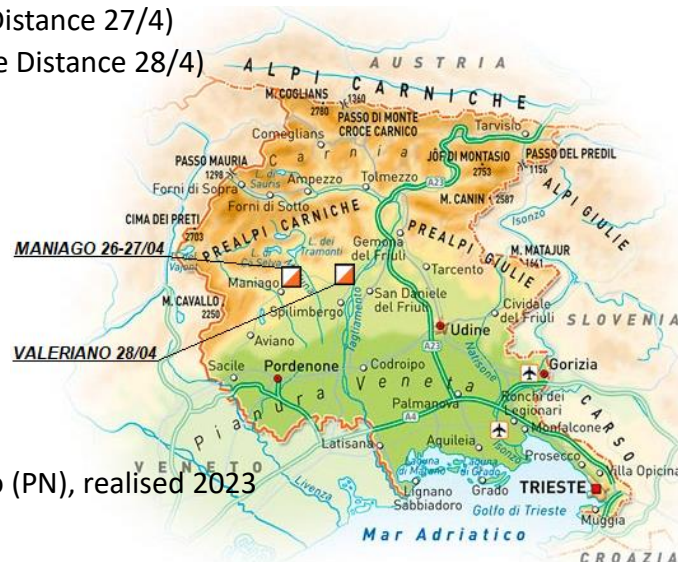


ORGANISATION

President	Giovanna De Masellis
FISO Advisor	Giuseppe Simoni
Event Director	Mauro Nardi
Course setters	Maurizio Todeschini (Italian Cup Sprint Distance 27/4) Nicolò Liva (Italian Championship Middle Distance 28/4)
Race office	Giovanna De Masellis
IT office	Flavio Mattioni, Andrea Foschian

Email: semiperdo.orienteing@gmail.com

Website: www.semiperdo.it



RACE MAPS

Italian Cup Sprint Distance 27/4: Maniago (PN), realised 2023

Italian Championship Middle Distance 28/4: Bosco di Valeriano (PN), realised 2023

ENTRY TERMS

Accepted only online, within Monday the 22nd of April 2024:

WRE athletes on IOF Eventor: <https://eventor.orienteing.org/Events>

Italian athletes on FISO website: https://www.fiso.it/gar_lista.php

Foreign athletes: <https://www.orienteingonline.net/>

ENTRY FEES

Promotional event FVG-O Tour 26/4: for all categories (White, Beginners, Groups, Yellow, Red e Black) **5€**

Italian Cup Sprint 27/4: categories M/W10, M/W12, M/W14, M/W16, M/W75, Direct, Beginners **7€**;
M/W18, M/W20, M/WE, M/WB, M/W35, M/W40, M/W45, M/W50, M/W55, M/W60, M/W65, M/W70 **12€**

Italian Champ Middle 28/4: categories M/W10, M/W12, M/W14, M/W16, M/W75 Direct, Beginners **7€**
M/W18, M/W20, M/WE, M/WB, M/W35, M/W40, M/W45, M/W50, M/W55 M/W60, M/W65, M/W70 **15€**

PAYMENT

Bank transfer to:

Semiperdo Orienteering Maniago

Banca Popolare di Cividale

IBAN IT60M054846489000001000007



Greetings from the Mayor of the town of Maniago

Umberto Scarabello



In this year 2024 so full of important sporting events for the area, our community has the honor of hosting the Western Friuli Orienteering Meeting, an event of national and international importance dedicated to orienteering enthusiasts.

During the last weekend of April the C-O tests will take place (even at night) on a technically selective course, which will cross some characteristic places of the Town of Knives, including the main Piazza Italia and the gardens of Palazzo d'Attimis, as well to the natural landscape of the "Peschiere" inserted in the splendid setting of the Friulian Valleys and Dolomites.

Once again sport becomes an opportunity to show our territory as the ideal place for practicing sports, on foot or (in other events) on two wheels; the honor of being able to host so many enthusiasts from the sporting world linked to the Orienteering Race therefore represents an important promotional opportunity for our entire territory of the Friulian Valleys and Dolomites, whose peculiarities are ideal for those who love slow and relaxing tourism, capable of offer emotions, cultural and food and wine tours, also through the artisanal pride of blade production that has made us known throughout the world.

Doors open in Maniago: we are expecting numerous protagonists of the race and we are confident in a large public presence. Good luck and good fun to all the competitors and my personal best wishes and those of the entire municipal administration for achieving the best possible results.

I sincerely thank the Semiperdo Orienteering association and all the volunteers who, with their commitment, make the organization of this beautiful event possible, giving all sports enthusiasts and enthusiasts the opportunity to visit this area, fascinating in all seasons, to experience the genuine hospitality of our people and enjoy unique views and moments.

Thanks to everyone therefore: the Western Friuli Orienteering Meeting will certainly be another beautiful page of extraordinary sporting example!



Greetings from the Mayor of the town of Pinzano al Tagliamento

Emiliano De Biasio



Pinzano al Tagliamento is pleased to welcome the orienteering athletes who will spread through our territory which in this period of the year is colored with the bright colors of a lush and in some aspect uncontaminated nature.

Our Municipality aims a lot at preserving the landscapes discovered through sports. This land is shaped by rivers, streams and creeks. We are in fact in the middle course of the Tagliamento, the King of the Alpine rivers whose crystal clear waters and white gravels characterize the area. The event will take place in the village of Valeriano, the most populated in our municipality, rich in history and works of art that it would be a real shame not to visit on the sidelines of the race. The village is also characterized by the food and wine

excellences of our local producers, masterfully reinterpreted and combined by attentive and creative restaurateurs. Valeriano is also famous for its historic forest, which will be the heart of the event.

Our community strongly believes in the sports practice, which is the driving force for slow and careful tourism. Among the sports that we want to encourage there is certainly orienteering, a sustainable and complete sport that allows you to fully experience the territory crossed.

In this regard, within the Rural Development Plan projects, the Administration has requested to draw a map, according to orienteering standards, a large area at the confluence between the Arzino river and the Tagliamento river: valuable ecosystem that is articulated by modeling the narrow characteristic, which, through the famous single-arch bridge, unites the two municipalities of Pinzano al Tagliamento and Ragnogna. This is another obligatory stop when you come to our area which will allow you to immerse yourself in breathtaking landscapes.

The hope, while waiting to meet us, is therefore that your event will take place in the best possible way and reward the commitment that each of you is putting in to achieve important results, including first and foremost having fun and feeling good.

See you in Valeriano, a territory to discover, a place to return to.



EVENT AMBASSADOR

CHIARA SELVA



Ambassador of the event is the cyclist Chiara Selva from the town of Maniago, leading athlete of the Spezzotto Bike Team. She was born in 1980 and started cycling at the age of 26. She placed first 4 times in the European Cyclocross Masters Championship, 35-39 (D), in 2015, 2016, 2017, 2018. She was twice World Champion of mountain cross country in the master category in 2016 and 2017 and bronze at the cyclocross World Championships in 2015 and 2016.

She currently is the Italian cyclocross champion.





GENERAL INFORMATIONS

ENTRY NEWS

M/W 75: athletes who have a non-competitive medical certificate and want to compete in the M/W 75 category, indicated on the FISO website as competitive, will have to register in the DIRECT category and, following an email communication from the president of their association to the organisation, will be moved to the non-competitive category M/W 75.

NEW PATH: The WHITE path has been added for RED card holders who would have liked to participate in ESO, a category now only possible for GREEN card holders

PUNCHING SYSTEM: Sport-Ident Air+ (touch free) for all categories.

It is possible to rent a standard Si-card (not SIAC) for 2,00€, in case of loss a fee of 30,00€ will be charged.

BIB NUMBER: in each club envelope there will be the bib numbers valid for both competitions (Italian Cup and Italian Championship).

GPS: some athlete will be provided with a GPS device during the race. They will be informed with a separate bulletin. Anyone who has a personal gps bib please bring it with you.

PRIZE GIVING: the first 5 classified in the Elite categories and the first 3 in all other categories will be rewarded for the Italian Cup and Italian Championship races. Everyone under age of 10 will receive a participation prize.

REFRESHMENTS: available during all competitions.

LIVE RESULTS: link for all races <https://app.liveresults.it/event/friuli2024>





FRIDAY 26th OF APRIL

Middle Distance – Maniago “Peschiere” – Promotional event valid for FVG-O Tour 2024 2°round and Tour Trevigiano

MEETING: Maniago, via Polcenigo 41, at the Circolo Sud Ferrovia. GPS Coordinate: 46.163602, 12.718969

RACE OFFICE: opens at 17:00 at the meeting.

RACE MAP: Peschiere updated in 2024, contour interval 5 metri. Scale 1:7500 for Black, Red, Yellow courses. Scala 1:5000 for White, Groups and Beginners courses.



RACE START: at 7:00 pm, distance 800 m from meeting, 10' by walking. Follow white/red ribbons. Mass start for and Black, Red, Yellow courses. For White, Groups and Beginners start each 1'.

FINISH: distance 500 m from meeting.

PRIZE GIVING: at the meeting point at the end of the race. Awards for the first three classified of each categorie (male and female)

PARKING: at the meeting point and on the surrounding roads.

Reserve your dinner via Whatsapp: +39 3493138351 +39 3358263683, menù available on FISO website.



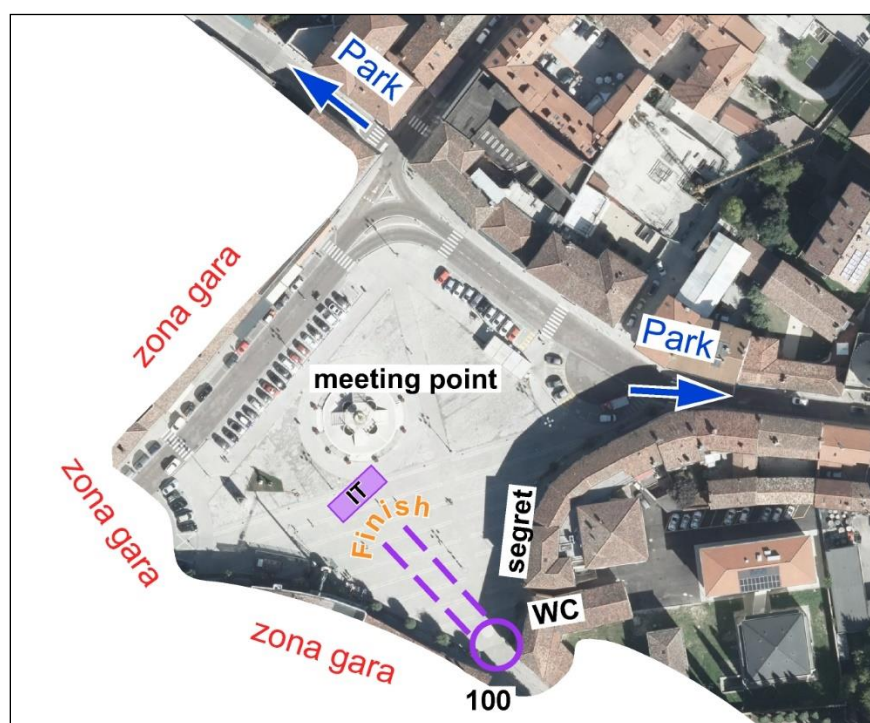
SATURDAY 27th OF APRIL

Sprint Distance – Maniago – 3^oround Italian Cup Sprint Distance - WRE

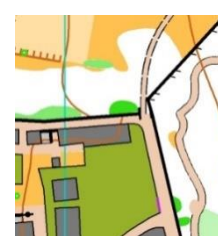
MEETING: Maniago, Piazza Italia, GPS Coordinate: 46.170974, 12.707310

RACE OFFICE: at the City Hall of Maniago, in Piazza Italia. Opens at 13:00

RACE START: at 3.00 pm, near the meeting point



RACE MAP: Maniago, scale 1:4000 and 1:3000, FISO omologation n.1351 12/04/2024



PRIZE GIVING: starting at 18:30 in Piazza Italia

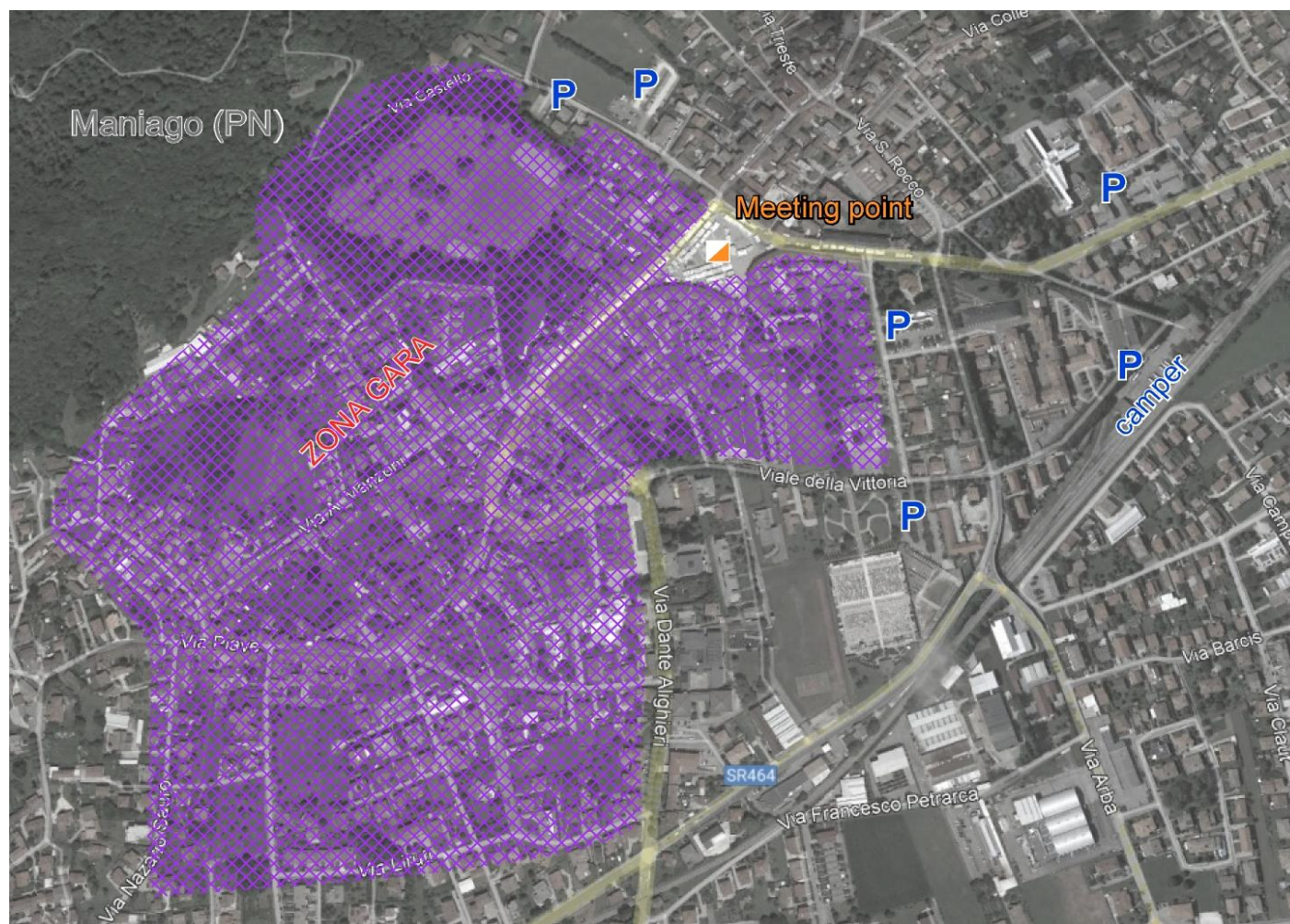


GPS LIVE ELITE:

https://events.loggator.com/maniago_W

https://events.loggator.com/maniago_M

PARKING: please respect road signs. It is available a parking place (see the map) where camper/caravan can stay during night (no water or electricity available).





MANIAGO - 3^A ITALIAN CUP SPRINT DISTANCE – SATURDAY 27th OF APRIL

TECHNICAL INFO

Urban terrain with parks.

Almost all roads are closed to traffic, although some local traffic of homeowners can occur. Maximum caution is recommended. Also maximum respect for local residents is recommended.

Some additional barriers have been introduced along the courses, these are drawn on the map with the symbol “708 Out-of-bound boundary” (thick magenta line) and on the ground they are marked with white/red ribbons. Crossing of the barriers is prohibited and the organisation will supervise on the respect of the rule. Example here below:



RACE MAP

Printed on "Teslin" synthetic paper, tear-proof, does not need plastic bag. Size A4. Categories M Elite, W Elite, M35, M20, M18, W20 have a map change (reverse printing on two sides).

START

The start is near the meeting point. First call is at gate -3'. Control description will be available after the gate at -2'. Control description is NOT printed on the map. Delayed start: start triangle is 40mt from map pick up.

CATEGORY MW10

MW10 athletes can be followed at distance by an adult to ensure their safety, but only if the adult is not taking part to the race or has already finished his race.

TIME LIMIT

Maximum time to finish the race is 1:00 hour.

It is prohibited to publish your track on Strava/Garmin and other tracking apps before the departure of the last competitor.



RACE JURY

- 1 - Grassi Simone
- 2 - Bončina Igor
- 3 - Bianchi Massimo

Substitutes

- 1 – Fedel Andrea
- 2 - Dissette Paolo

CLAIMS

Claims must be addressed to the Race Director who will handle them according to paragraph 3.7.1 of the RTF. Claims submitted more than 30' after the publication of the official ranking will not be accepted.



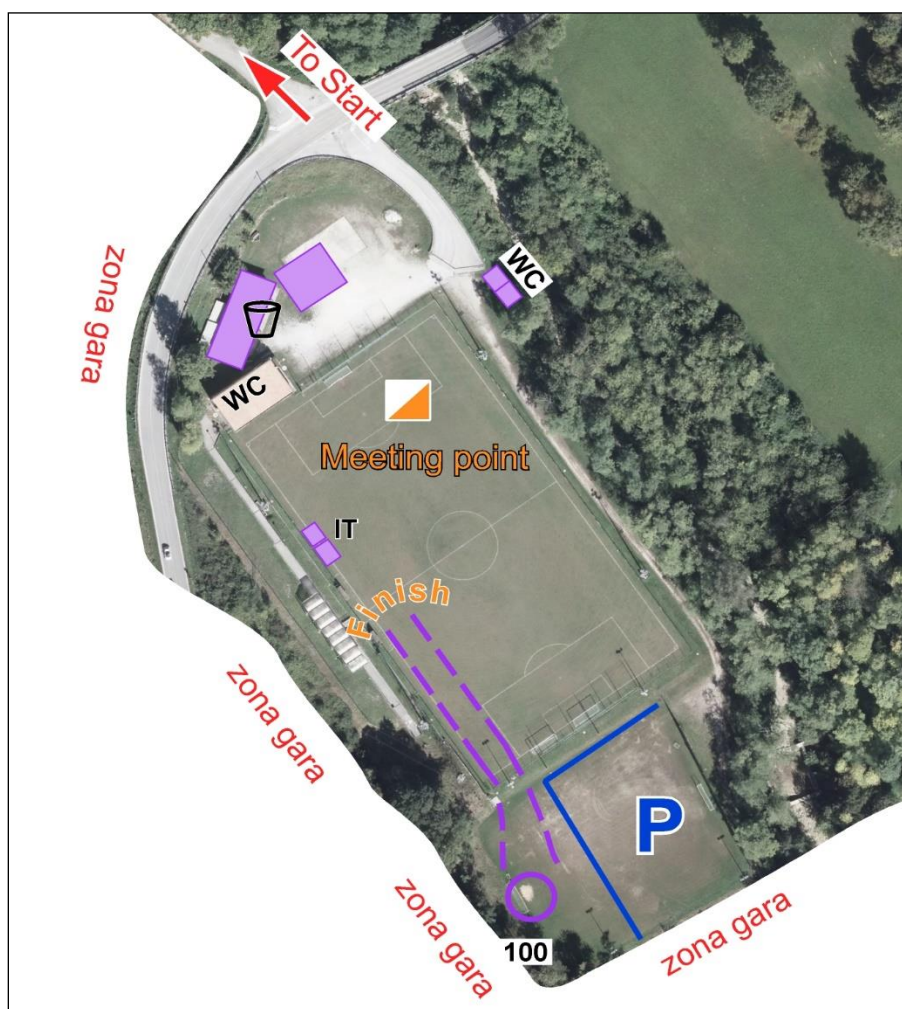
SUNDAY 28th of APRIL

Middle Distance – Valeriano – Italian Championship Middle Distance - WRE

MEETING: at the sport center of Valeriano, GPS coordinate: 46.167364, 12.914826

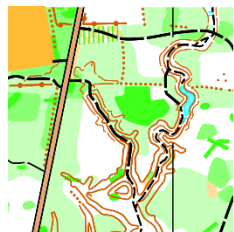
RACE OFFICE: opens at 8:00 at the meeting.

RACE START: at 10:00 am, 600 m away from the meeting point





RACE MAP: Bosco di Valeriano, scale 1:10.000 e 1:7.500, FISO omologation n. 1350 12/04/2024



PRICE GIVING: starting from 13:30 at the meeting

GPS LIVE ELITE:

https://events.loggator.com/valeriano_W

https://events.loggator.com/valeriano_M

PARKING: please follow the instructions of the organizers staff. It is available a parking place for camper/caravan (no water or electricity available).





VALERIANO – ITALIAN CHAMPIONSHIP MIDDLE DISTANCE – SUNDAY 28th OF APRIL

TECHNICAL INFO

The Valeriano forest is mostly a flat terrain crossed by valleys, some of them very steep. The vegetation, given the heavy rains of the last weeks, is well grown, the visibility is good and so is the runability. In case of rain during the race, streams, holes and depressions could be filled with water and be particularly slippery.

A small river crossing is expected for several categories.

The railway track is dismissed. It is possible to cross and follow it, there are also two underpasses.

Some categories are expected to run along a provincial road. Maximum attention and compliance with the rules of the road are recommended.

Attention: all categories have a **mandatory leg** marked with white/red ribbons, with a road crossing supervised by Organization.

For Category M/W 10, the route from control 39 to 104 will be marked on the ground with white/red ribbons to help competitors. Following this route is not mandatory. MW10 athletes can be followed at distance by an adult to ensure their safety, but only if the adult is not taking part to the race or has already finished his race.

If the Sport Ident control is not working you must punch on the map and report to the finish.

RACE MAP

Printed on "Teslin" synthetic paper, tear-proof, does not need plastic bag. Size A4

START

The start is 10' from the meeting point. First call is at gate -3'. Control description will be available after the gate at -2' and is also printed on the map. Delayed start: start triangle is 70mt from map pick up.

TIME LIMIT

Maximum time to finish the race is 1:30 hour, and in any case not less than the double of the time of the first classified in each category.

It is prohibited to publish your track on Strava/Garmin and other tracking apps before the departure of the last competitor.



RACE JURY

1 - Grassi Simone

2 - Bončina Igor

3 - Bianchi Massimo

Substitutes

1 – Fedel Andrea

2 - Dissette Paolo

CLAIMS

Claims must be addressed to the Race Director who will handle them according to paragraph 3.7.1 of the RTF. Claims submitted more than 30' after the publication of the official ranking will not be accepted.



COPPA ITALIA SPRINT - MANIAGO 27.04.24

Class	Length (m)	No of controls	Map scale
M10	1.400	16	1:3.000
M12	1.600	16	1:4.000
M14	2.200	16	1:4.000
M16	3.200	16	1:4.000
M18	3.500	24	1:4.000
M20	4.100	24	1:4.000
M35	3.500	24	1:4.000
M40	3.200	20	1:4.000
M45	3.200	20	1:4.000
M50	3.200	20	1:4.000
M55	3.200	16	1:4.000
M60	2.900	14	1:4.000
M65	2.200	15	1:4.000
M70	2.200	15	1:4.000
M75	1.800	13	1:4.000
M Elite	4.100	24	1:4.000
MB	2.200	15	1:4.000
ESO	1.600	16	1:4.000
DIR	2.300	16	1:4.000

Class	Length (m)	No of controls	Map scale
W10	1.400	16	1:3.000
W12	1.600	16	1:4.000
W14	2.200	17	1:4.000
W16	3.200	16	1:4.000
W18	3.200	16	1:4.000
W20	3.500	24	1:4.000
W35	2.900	14	1:4.000
W40	2.900	14	1:4.000
W45	2.300	16	1:4.000
W50	2.300	16	1:4.000
W55	2.300	16	1:4.000
W60	2.200	15	1:4.000
W65	2.200	15	1:4.000
W70	1.800	13	1:4.000
W75	1.800	13	1:4.000
W Elite	3.500	24	1:4.000
WB	1.800	13	1:4.000
BIANCO	1.600	16	1:4.000



CAMPIONATO ITALIANO MIDDLE - VALERIANO 28.04.24

Class	Length (m)	N. of controls	Map scale	Climb	Class	Length (m)	N. of controls	Map scale	Climb
M10	2.430	15	1:7.500	30	W10	2.430	15	1:7.500	30
M12	2.790	15	1:7500	40	W12	2.790	15	1:7500	40
M14	2.970	14	1:7500	70	W14	2.970	14	1:7500	70
M16	3.680	19	1:10.000	80	W16	3.000	17	1:10.000	80
M18	4.270	17	1:10.000	120	W18	3.000	14	1:10.000	120
M20	4.260	19	1:10.000	150	W20	3.310	16	1:10.000	110
M35	2.570	22	1:10.000	190	W35	3.310	16	1:10.000	110
M40	4.360	20	1:10.000	150	W40	2.980	14	1:10.000	110
M45	3.860	20	1:10.000	130	W45	2.980	14	1:10.000	110
M50	3.680	18	1:7500	110	W50	2.970	13	1:7500	110
M55	3.680	18	1:7500	110	W55	2.970	13	1:7500	110
M60	3.240	18	1:7500	90	W60	2.600	15	1:7500	70
M65	3.240	18	1:7500	90	W65	2.600	15	1:7500	70
M70	2.830	16	1:7500	50	W70	2.260	12	1:7500	50
M75	2.460	13	1:7500	50	W75	2.260	12	1:7500	50
M Elite	5.520	24	1:10.000	190	W Elite	4.110	17	1:10.000	150
MB	3.680	19	1:10.000	70	WB	3.000	17	1:10.000	80
ESO	2.440	16	1:7.500	30	BIANCO	2.440	16	1:7.500	30
DIR	3.000	14	1:10.000	130					



PIERPAOLO
PECORARI



SPILIMBERGO TEL. 0427 926350



I VINI DI EMILIO BULFON

Costabeorchia
Borgo delle Mele

By
VERO
Maniaco