

**28 - 29 SETTEMBRE 2024**

COPPA REGIONE SPRINT MTBO  
6<sup>^</sup> PROVA COPPA ITALIA LONG MTBO  
3 REGION CUP AUT-SLO-FVG

**MEMORIAL** **SAVE THE DATE**  
*Nazzareno Menis*

**BULLETIN N. 1**

**The Friuli Venezia Giulia Italian Orienteering Sports Federation WELCOMES YOU!**

**Saturday 28th September 2024- REGION CUP SPRINT MTBO PREPOTTO (UD)**

**First Start 3.30 PM**

**Sunday 29th September 2024- 6<sup>^</sup> ITALIAN CUP LONG MTBO DOLEGNA DEL COLLIO (GO) & 3 REGION CUP Austria - Slovenia - Friuli Venezia Giulia**

**First Start 10.00 AM**

	<b>Saturday 28th September 2024 REGION CUP SPRINT</b>	<b>Sunday 29th September 2024 6<sup>^</sup> ITALIAN CUP LONG</b>
FEDERATION CONTROLLER	ALBINO MORET	ALBINO MORET
EVENT DIRECTOR	MAURO NARDI	MAURO NARDI
COURSE SETTER	CLIZIA ZAMBIASI	CLIZIA ZAMBIASI
COURSE CONTROLLER	FLAVIO MATTIONI	MATTEO DAINESE/FLAVIO MATTIONI

**Entries & Payment:** Entries by Monday 23 September 2024 via [orienteeringonline.net](http://orienteeringonline.net). SI-Card (no SIAC ) rental: € 2,00. If not returned a fee of € 30,00 will be charged.  
Payment by bank transfer to Federazione Italiana Sport Orientamento Comitato Regionale FVG, IBAN: IT56F0548464890CC0700421021 - bic swift code: civiit2c.  
Please e-mail proof of payment a copy to Comitato FISO FVG ([comitato@fisofvg.it](mailto:comitato@fisofvg.it)) by Friday 25 September

## **Saturday 28th September 2024- REGIONAL CUP SPRINT MTBO PREPOTTO (UD)**

Saturday afternoon in the same location there are national CUP Trail-O (<https://www.fiso.it/gara/202434>) and promotional Foot Orienteering (<https://www.fiso.it/gara/2024258>) competitions. For further information please refer to the organizer's web page, Friuli MTB&O: <https://www.friulimtb.it/>

**COMPETITION CENTER:** from 2.00 PM at the PARCO DEL BOSCO ROMAGNO (Municipality of Cividale del Friuli); coordinates: 46°01'49.1"N 13°27'23.2"E  
Parking will be available.

**MAP:** "Dolegna - Prepotto", updated September 2024.

**TERRAIN:** Mainly open terrain, grape vines cultivations with some severe slopes, with a dense network of paths and smaller roads.

**CATEGORIES:** M/W12- M/W-14, M/W-17, M/W-20, M/W ELITE, M/W40, M/W50, M/W60, ESORDIENTI (BEGINNERS), BIANCO, DIRECT and E-BIKE

**PUNCHING SYSTEM:** Sport Ident Air+

**START:** First start at 3.30 PM, 1.100 m from the competition center.

**FINISH:** 1.500 m from the competition center.

Don't forget to read-out your SI-Card at the competition center, even if you haven't finished the race.

### **IMPORTANT:**

- Cutting is NOT allowed.
- Attention on paths with two-way traffic. Keep your right. Allow faster competitors to overtake you.
- Grapes harvest is towards the end, but please pay attention to the tractors on the paths and roads.
- Wearing a helmet is compulsory.
- Maps won't be collected at the end of the race. We rely on fair-play.

**Maximum race time 1,5 hours**

## Sunday 29th September 2024 ITALIAN CUP LONG MTB-O 3 REGION CUP AUT-SLO-FVG e MEMORIAL NAZZARENO MENIS

**COMPETITION CENTER:** from 8:30 AM at Cinghiai a Sotet in Dolegna del Collio (GO) Via Pietro Zorutti, 17  
Coordinates: <https://maps.app.goo.gl/ov6oBhqoatMQPsa66>  
Parking will be available.

**MAP:** "Dolegna - Prepotto", updated September 2024.

**TERRAIN:** Mainly open terrain, grape vines cultivations with some severe slopes, forest with a good path and roads network.

**CATEGORIES:** M/W12-M/W-14, M/W-17, M/W-20, M/W ELITE, MW B, M/W40, M/W50, M/W60, M70, ESORDIENTI (BEGINNERS), BIANCO, DIRECT and E-BIKE

**START:** 800 mt from the competition center.

**FINISH:** in the proximity of the competition center.

Don't forget to read-out your SI-Card at the competition center, even if you haven't finished the race.

### IMPORTANT:

- Cutting is NOT allowed.
- Attention on paths with two-way traffic. Keep your right. Allow faster competitors to overtake you.
- Bulletin 2 will specify a section between two controls which will be neutralized.
- Grapes harvest is towards the end, but please pay attention to the tractors on the paths and roads.
- Wearing a helmet is compulsory.
- Maps won't be collected at the end of the race. We rely on fair-play.

**Maximum race time 3 hours**

**WATER:** There will be a self-service water point along the course and one in the finish area.

**FOOD:** It is possible to eat at the Cinghiai a Sotet Birreria Agricola, booking by Wednesday 25th September by calling +39 393 9113285

**PRIZE GIVING:** Sunday at 2 PM at the end of the long distance race.

**3 REGION CUP MTB-O 2024**  
**AUSTRIA - SLOVENIA - FRIULI VENEZIA GIULIA**

Rules for score assignment for 3 Region Cup Mtb-O 2024

The Trophy will take place on the 29th of September 2024 in Dolegna del Collio (GO)

The top finishers from every Region and in every competitive class (M/W12-M/W-14, M/W-17, M/W-20, M/W ELITE, MW B, M/W40, M/W50, M/W60, M70) will be considered.

Scores will be as follows:

1° place - 7 points

2° place - 5 points

3° place - 4 points

Overall ranking between Regions will be the result of the sum of points.