FEDERAZIONE ITALIANA SPORT ORIENTAMENTO
Comitato Regionale Friuli Venezia Giulia

IO SONO FRIULI VENEZIA GIULIA

CARNIA-O 2026

1976 / 2026 – 50° ANNIVERSARY OF REMEMBRANCE

VERZEGNIS (UD)

FRIULI VENEZIA GIULIA – ITALY

BULLETIN 3

Event counting towards:

- 3^ round FVG CUP individual
- Three Region Cup 2026

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FEDERAZIONE ITALIANA SPORT ORIENTAMENTO
Comitato Regionale Friuli Venezia Giulia

Sunday 11 October 2026

ORGANISING CLUB

ASD Team Sky Friul
teamskyfriul@gmail.com - +39 349 7736022

PROGRAMME

SUNDAY 11 October – Verzegnis (UD)
Event office opens: at 08.30
First start: at 10.00
Prize giving: at 13.30

ORGANISING COMMITTEE

Technical Delegate: Paolo Di Bert
Event Director: Serafini Ivan
Course Planner: Maurizio Todeschini
Controller: Nicola Fioretti
Start Coordinator: Melissa Lucia Serafini
Finish Coordinator: Giovanna Tomat
Data management: Lucia Zacchigna

EVENT CENTRE, PARKING and EVENT OFFICE

At Bar in Sella – Verzegnis (UD) ITALY
Strada Provinciale 1, n° 6 – 33020
46.3591022°N 12.9407596°E

COMPETITION MAP

Sella Chianzutan
Scale 1:10.000 for classes M/W ELITE, M 35, Black
Scale 1: 7.500 for all other classes
Contour interval 5 m – Provisional approval no. 1529
Produced in 2026

BIB NUMBERS

There will be no bib numbers.

START

The start is 1 km away with 40 m of climb along the pink tapes.

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For warming up competitors may use the entire length of the route that runs between the event centre and the start.
LEAVING THE MARKED ROUTE IS PROHIBITED, PENALTY DISQUALIFICATION.
Provincial and municipal roads are open to traffic, please obey the highway code and take extra care around the youngest participants.

Competitors in the Family, White, M10, W10, Yellow classes may choose their start time and start by punching the start station.

All other classes have individual starts at the times shown on the start list.
Competitors will be called -3 minutes before their scheduled start time:
• minute -3 (call): bib number check, SI-card check, SI-card clear
• minute -2: collect control descriptions
• minute -1: stand in front of your map, watch the clock and listen for the start beep
• minute 0 (start time): collect your map and follow the taped route to the K point
Each competitor is responsible for checking that the map collected or handed to them is correct, by checking the class printed on the map and on the control descriptions.
The actual start is marked on the map by a triangle – it is about 120 metres from the map issue point and the timed start.

POINTS DESCRIPTION

Each athlete's points description will be placed in the club's envelope.

CLASSES AND DISTANCES

Competitive classes: M/W14, M/W16, M/W 18, M/W ELITE, M/W 35, M/W 45, M/W 55, M/W 65.
Non competitive classes: M/W 10, M/W 12, W Hobby, Orange, Black. **Recreational class**: Family, White, Yellow

	LENGTH	CLIMB	MAP FORMAT	SCALE	N° CONTROLS
	LENGTH	CLIMBING			
ME - BLACK	5,40 km	280	A4	1: 10.000	16
WE – M35	4,60 km	260	A4	1: 10.000	13
M18 - M45 - ORANGE	3,70 km	140	A4	1: 7.500	12
W18 – W35	3,20 km	120	A4	1: 7.500	11
M16 - M55 – W45	3,20 km	120	A4	1: 7.500	9
W16	2,80 km	110	A4	1: 7.500	10
M65, W55	2,60 km	100	A4	1: 7.500	12
M14 - W14 - W65 - W HOBBY - YELLOW	2,80 km	100	A4	1: 7.500	10
M12 - W12 - WHITE	2,40 km	80	A4	1: 7.500	8
M10 – W10 - FAMILY	1,90 km	50	A4	1: 7.500	6

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MAP COLLECTION

Competition maps will not be collected at the finish, we rely on fair play.

REFRESHMENTS

Water and tea will be provided after the race.

COMPETITION TERRAIN

The course terrain is 70% forest, 30% meadows and pastures.

TECHNICAL DETAILS:

- TERRAIN and VEGETATION

The competition area is mainly alpine terrain, with steep to very steep slopes. There is also a generally flat meadow area, with some small landforms.
The forest is generally clear; vegetation runnability ranges from very good to moderate.
Stony areas alternate with sections without stones that are particularly easy to run through.
Both spiked shoes and shoes with studded soles are suitable.

- MAPPED BOULDERS

The map shows the main boulders, generally at least 1,20–1,30 m high. Medium sized boulders, even clearly visible ones, may be omitted. When using boulders as reference points, bear this mapping selection in mind.

- SOLITARY TREE



At control point 36 (courses MW12 – White), you will find the description "ISOLATED TREE" on the map; as you can see, the isolated tree has fallen to the ground.

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ROAD CROSSING

All classes will cross a road on the way to the start and during the race, please take care and obey the highway code.

WARM UP

You may warm up along the route and in the start area without entering the competition area

SICARD/SIAC CHANGES

Please notify the event office before your start of any change to your Sicard/SIAC from the one shown on your bib (changes are free of charge).

RETIREMENT

Athletes who have to retire from the race must report to the IT station in the arena
SIAC users are advised to punch the FINISH station to switch off AIR mode
An athlete who retires must not influence any other competitor.

MAXIMUM TIME

Competitors intending to retire must punch the finish station (to switch off their SIAC if applicable) and download their chip at Data Processing
The maximum race time is set at 1 hour and 30 minutes and in any case cannot be less than twice the winning time in the respective class
Control collection will begin 1 hour and 30 minutes after the last competitor has started.

START LISTS AND RESULTS

Start lists and results will be available online on the FISO website and on Oribos

PRIZE GIVING

Prizes will be awarded to the top three in all competitive classes.
Prizes will be awarded to the top 3 in the non competitive classes MW10 and MW12 and the winner of the Orange and Black classes;
No prizes will be awarded in the recreational classes (Family, White and Yellow) or in the W Hobby class.

COMPLAINTS

Complaints must be submitted to the Event Director who will handle them in accordance with section 3.7.2 of the FISO Technical Regulations
Complaints submitted more than half an hour after publication of the official results cannot be accepted.

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EVENT JURY

Chairperson: Dissette Paolo
Members: Foschian Andrea, Collodet Stefano

LIVELOX

After the competitions the course maps will be available on Livelox and participants will be able to upload their GPS tracks.
All athletes are reminded that publishing GPS tracks on Strava or other applications before the end of the race is prohibited.

MEDICAL ASSISTANCE

A medical station with an ambulance will be present at the event centre

LIABILITY AND CONSENT

Acceptance of participation in the event releases the organising committee from any and all liability for damage to property or injury to persons occurring before, during and after the event.
By entering the event participants authorise pursuant to Articles 10 and 320 of the Italian Civil Code and Articles 96 and 97 of Law 22.4.1941, no. 633, "Copyright Law", the publication and/or dissemination of their images for non profit purposes through the promotional media of the club, and also authorise the storage of the photographs and videos in the digital archives of the organising club

GENERAL INFORMATION

ENTRY FEE

The entry fee is 8.00 € for the COLOUR classes, FAMILY, W HOBBY, MW 10, MW 12, MW 14, MW 16,
The entry fee is 10.00 € for all other classes.

HOW TO ENTER

Via the FISO website for Italian federation members.
Via the Orienteeringonline website (https://www.orienteeringonline.net/Default.aspx)
By e-mail to teamskyfriul@gmail.com including the following details: surname, first name, year of birth, tax code, athlete nationality, club nationality, class entered.
Entries for competitive classes must reach the organisers by 6 October 2026.
Entries for competitive and non competitive classes received after 6 October will incur a surcharge of 50 % and will only be accepted if printed maps are still available.

Entries for non competitive classes will be accepted on race day (without a surcharge) while maps remain available

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PAYMENT METHOD

By bank transfer to ASD TEAM SKY FRIUL
IBAN: IT64B0863164190072000011755 – BIC: CCRTIT2TTER – Banca 360 FVG San Daniele del Friuli branch (UD).
Payment reference: CARNIA-O – Club…. (one payment per club is preferred).
To help the event office process entries please e-mail proof of payment to teamskyfriul@gmail.com or present it when collecting the club envelopes.

PUNCHING SYSTEM

The Sportident system with Air+ enabled will be used. Traditional punching may also be used.
Participants without their own SI-Card may rent one from the organisers at a cost of € 2,00 for the Si-card 8 model, € 5,00 for the SIAC model, an identity card must be deposited as security for its return. Rented SI-Cards must be returned to the event office after the race.
The replacement charge for a lost card is 40 euros for the Si-card 8 model and 90 € for the SIAC model.

RACE RULES

- The race is open to individual athletes.
- Controls must be visited in the prescribed order.
- Roads will be open to traffic, compliance with the Highway code is mandatory, **NO staff will be stationed at any junctions or crossings**, take the utmost care.
- Tampering with signs, control points, electronic devices or any other markings along the course is strictly forbidden, under penalty of disqualification.
- Private property must be respected.
- For matters not covered by these rules please refer to the FISO Technical Regulations - Regulations of the Fiso FVG Regional Committee and exercise common civic sense.

The organisers accept no liability for damage to property or injury to persons occurring before, during or after the event.

Team Sky Friuli wishes all participants an enjoyable event!

BRAVI GEMONA

Banca 360 Credito Cooperativo FVG

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