



OK TIVOLI
pripravlja / prepares



SLOVENIA IN 3 DAYS

mednarodno orientacijsko tekmovanje na sončni strani Alp
international orienteering competition on the sunny side of the Alps

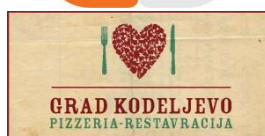


BILTEN / BULLETIN

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Telekom Slovenije



www.slo3days.si

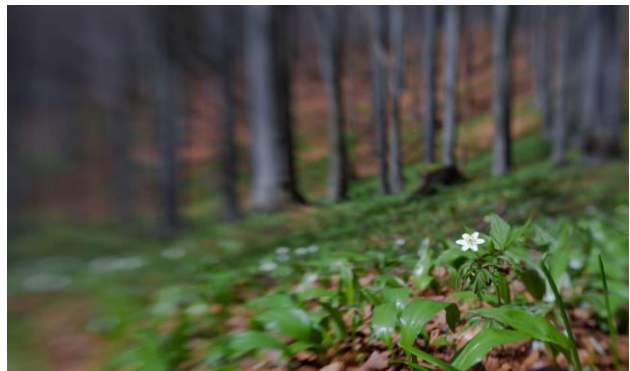


Pozdravljeni!
Greetings!

Orientacijski klub Tivoli prvič organizira to tridnevno tekmovanje. Z veseljem odštevamo dneve in upamo, da bo za vse dobro poskrbljeno. Žled v februarju je naredil ogromno skorajda nepopravljive škode po gozdovih na katere smo Slovenci še posebej ponosni. Karte smo popravili in prilagodili novemu stanju na terenu. Zavedamo se, da bo posledica naravne ujme pri teku vidna, a upamo da zaradi poškodb v gozdu ne bo moteča. Z vso skrbnostjo smo tako prilagodili tekmovalne proge.



Orienteering club Tivoli organizes this three-day competition for the first time. We are happily counting down the days and hope that everything is well taken care of. Ice storm with sleet in February made a huge almost irreparable damage to the forests in which Slovenians are particularly proud of. We have renewed the maps to the to the new situation on the terrain. We are aware that the result of natural disaster will be visible while running, but we hope that damage in the forest will not be a distraction. With the utmost care, we adapted the racing tracks.



Tridnevno tekmovanje bo pravzaprav dogodek vedno na drugačnem terenu. Začeli bomo na Golovcu, na katerega se Ljubljančani še posebej radi povzpnejo tudi med tednom, saj je na dosegu roke. Z Rašice je pogled na Ljubljano prav od blizu, ko zasije v večernih pisanih lučeh in se obarva v večernih barvah preden se dan poslovijo. Tivoli? Pljuča našega glavnega mesta. Brez njega Ljubljana ne bi bila najlepše mesto na svetu. Pretiravamo? Kmalu se boste lahko prepričali.

The three-day competition will actually be on three different terrains. We will start on Golovec, on which the locals especially like to climb during the week, as it is at your fingertips. From Rašica you have a look at Ljubljana from up close, when it shines in the colorful lights and turns in the evening colors in the evening before the day says goodbye. Tivoli? The lungs of our capital city. Without it Ljubljana would not be the most beautiful city in the world. We exaggerate? Soon you will be able to convince yourself.

Tekmovanje bo pustilo pečat trem zaporednim tekmovalnim dnevom. Ljubljana je vredna ogleda tako peš, kot z mirne gladine Ljubljanice. Izleti v neokrnjeno naravo so v neposredni bližini. Če se boste še tako trudili, se vsega v enem zamahu ne da ogledati v celoti. Na srečo je Slovenija lahko dostopna dežela. Ko si enkrat tu, jo obiščeš znova in znova.

The competition will leave a mark on three consecutive competitive day. Ljubljana is worth seeing both on foot, as well as on the calm surface of the river Ljubljanica. Tours in unspoiled nature are nearby. As hard as you try you will no be able to view it all. Fortunately, Slovenia is easily accessible country. Once you've been here, you visit it again and again.



Organizator / Organizer: Orientacijski klub Tivoli

Tekmovalni odbor / Organizing committee

Vodja tekmovanja / Head of competition: Aleš Ferenc

Traser (1. dan / day): Ana Pribakovič Borštnik

Traser (2. dan / day): Jan Dovč

Traser (3. dan / day): Andrej Borštnik

Sodnik / Judge (1. dan / day): Sandi Kmetič

Sodnik / Judge (2. dan / day, SOL): Klemen Kenda

IOF svetovalec / IOF adviser: Klemen Kenda

Sodnik / Judge (3. dan / day, DP sprint): Sandi Kmetič

Predstavniki sodelujočega kluba / Representatives of the participating club: Roman Sladič

Karte / Maps:

Golovec, IOF standard, 1:10.000, E = 5 m, maj 2014 (obnovljeno / renewed)

Lep prehodni in pregledni teren s številnimi potmi, precej škode zaradi žleda, delno očiščeno.

Beautiful open and transparent terrain with numerous paths, damaged due to ice sleet, partially cleaned.

Dobeno – Rašica, IOF standard, 1:10.000, E = 5 m, maj 2014 (obnovljeno / renewed)

Kraški teren (veliko vrtač), veliko poti, delno zaraščeno, precej škode zaradi žleda, delno očiščeno.

Karst terrain with many sinkholes and depressions, many paths and partly thick, damaged due to ice sleet, partially cleaned.

Tivoli, IOF standard, 1:5.000, E = 2.5 m, maj 2014 (obnovljeno / renewed).

Urejen park, odprti in pregledni tereni, preprejeni s potmi.

Landscaped park, open and transparent terrain, crisscrossed with paths.

Merjenje časa / Timing: Damjan Krašovec, Sandi Kmetič

Informacije / Information: Ana Pribakovič Borštnik

Vodja starta / Head of start:

Golovec: Nejc Zorman, Jan Dovč

Dobeno – Rašica: Nejc Zorman, Jan Dovč

Tivoli: Aleš Borštnik, Aljaž Borštnik

Napovedovalka / Speaker: Neža Avbelj, Nina Černič

Vodja promocijskega teka za najmlajše / Head of the promotional run for children: Jana Kebler
Zavrl

Komisija za pritožbe / Appeal Committee: Aleš Borštnik, Roman Sladič, Klemen Kenda (2. dan / day), Sandi Kmetič (1. dan / day, 3. dan / day)



PROGRAM

1. dan: Srednja razdalja, tekmovanje se bo štelo tudi kot šolsko orientacijsko tekmovanje Pokal Slovenije.

1st day: Middle distance, competition will be considered also as a school orienteering competition Slovenia Cup

2. dan: Dolga Srednja razdalja (WRE), tekmovanje se bo štelo tudi za Slovensko orientacijsko ligo (SOL 5) in Pokal Slovenije OPSSS.

2nd day: Long Middle distance (WRE), Competition will be considered also for the Slovenian Orienteering League (SOL 5) and Slovenia Cup OPSSS

3. dan: Sprint, tekmovanje se bo štelo tudi kot Državno prvenstvo v sprintu

3rd day: Sprint, Competition will be considered also as a National championship in sprint

PODELITEV / GRANTING:

1. dan Srednja razdalja in 2. dan Srednja razdalja štejeta za skupno uvrstitev, 3. dan Sprint šteje za samostojno tekmovanje.

1st day Middle distance and 2nd day Middle distance considered the final ranking, 3rd day Sprint considered independent.

MERJENJE ČASA / TIMING: [SportIdent](#)

Možnost izposoje čipa po 2 EUR na tekmo. Izgubljeni čip se zaračuna 50 EUR.

SI-card can be rented for 2 EUR per stage. Lost SI-card will be charged by 50 EUR.

KATEGORIJE / CLASSES (Slovenia in 3 Days):

M10, M12, M14, M16, M18, M20, M21A, M21B, M21E, M35, M40, M45, M50, M55, M60, M65
W10, W12, W14, W16, W18, W20, W21A, W21B, W21E, W35, W40, W45, W50, W55, W60, W65
OTROŠKA, ZAČETNIŠKA, OPEN ZELENA (podobno W14), OPEN RDEČA (podobno W18)
KIDS, BEGINNER, OPEN GREEN (similar to W14), OPEN RED (similar to W18)

Tekmovalci v OTROŠKI, ZAČETNIŠKI in OPEN kategoriji gredo lahko skozi progo sami, v paru, z družino ali prijatelji.

Competitors in KIDS, BEGINNER and OPEN class can go through the track alone, in pairs, with family or friends.

KATEGORIJE / CLASSES Pokal Slovenije (petek / friday):

M10 in W10, M12 in W12, M14 in W14, M16 in W16 (9. razred OŠ), M16 in W16 (1. letnik SŠ), M18, W18, M20, W20 (4. letnik), M20 in W20 (1. letnik visokih šol), M21A

KATEGORIJE / CLASSES SOL (sobota / saturday):

M10, M12, M14, M16, M18, M21A, M21B, M21E, M35, M45, M50, M55
W10, W12, W14, W16, W18, W21 ~~A~~ E, W21B, W35

KATEGORIJE / CLASSES OPSSS (sobota / saturday):

VV (voljkulje), IV (vodnice), PP (popotnice in voditeljice), VV (volčiči), IV (izvidniki), PP (popotniki in voditelji)

KATEGORIJE / CLASSES Državno prvenstvo v sprintu (nedelja / sunday):

M/W16, M/W18, M/W20, M/W21E, M/W35

V primeru premajhnega števila prijav bomo kategorije združevali.

In case of insufficient number of competitors we will join classes.

NAGRADE / PRIZES:

V vsaki kategoriji bomo podelili medalje za prve tri uvrščene. Pokali za tekmovalce v M21E in W21E. V OTROŠKI, ZAČETNIŠKI in OPEN kategoriji bodo nagrade simbolične.

First three in each class will be awarded with medals. Trophies for the competitors in M21E and W21E classes. For competitors in KIDS, BEGINNER and OPEN class the awards will be symbolical.



RAZPORED PO DNEVIH / SCHEDULE:

Četrtek, 19. junij / Thursday, 19th of June:

Event center - Grad Kodeljevo, Ljubljana, 18.00 – 20.00: prijava in registracija / registration

GPS: N 46°03'01.0", E 14°31'51.8", <https://goo.gl/maps/poEqU>

Parking in prehrana / *Parking and food*: Grad Kodeljevo, ob Event centru / *by the Event center*

Petek, 20. junij / Friday, 20th of June:

Event center – Grad Kodeljevo, Ljubljana, 9.00 – 18.00: prijava in registracija / *registration*

GPS: N 46°03'01.0", E 14°31'51.8", <https://goo.gl/maps/poEqU>

Karta / *Map*: Golovec, ISOM 1:10.000, maj 2014

Prvi start / *First start*: 13.00

Zaprtje cilja / *Finish closing*: 18.00

Od ciljnega prostora do starta / *From finish area to start*: 950 m, vzpon / *rise* 25 m

Od cilja do ciljnega prostora / *From finish to finish area*: 800 m

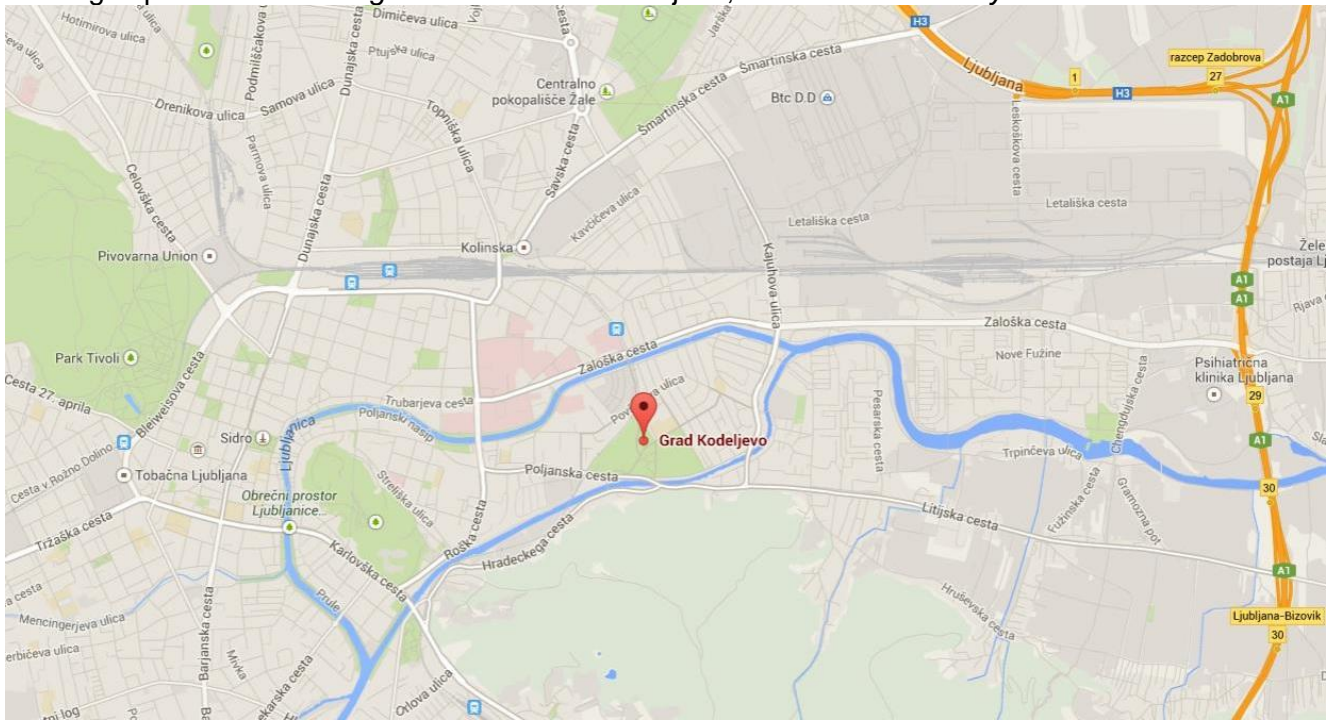
Razglasitev za Pokal Slovenije / *Awards for Slovenia Cup*: 17.00

Promocijsko tekmovanje za najmlajše / *Promotional run for children*: 9.20 – 11.10 (Park Kodeljevo)

Tekaška delavnica o tehniki teka / *Running workshop (Urban Praprotnik)* 18:00 – 21:00

Labirint, speed punching: 14.00 – 18.00

Parking in prehrana / *Parking and food*: Grad Kodeljevo, ob Event centru / *by the Event center*



Sobota, 21. junij / Saturday, 21st of June:

Event center: Dobeno, 8.00 – 15.00: prijava in registracija / *registration*

GPS: N 46°08'22.2", E 14°31'35.9", <https://goo.gl/maps/nA0mU>

Karta / *Map*: Rašica, ISOM 1:10.000, maj 2014

Prvi start / *First start*: 10.00

Zaprtje cilja / *Finish closing*: 15.00

Od ciljnega prostora do starta / *From finish area to start*: 900 m, vzpon / *rise* 90 m

Kategoriji M/W21E imata na progi osvežitev. Classes M/W21E have refreshment on track.

Razglasitev za WRE / *Awards for WRE*: 14.15

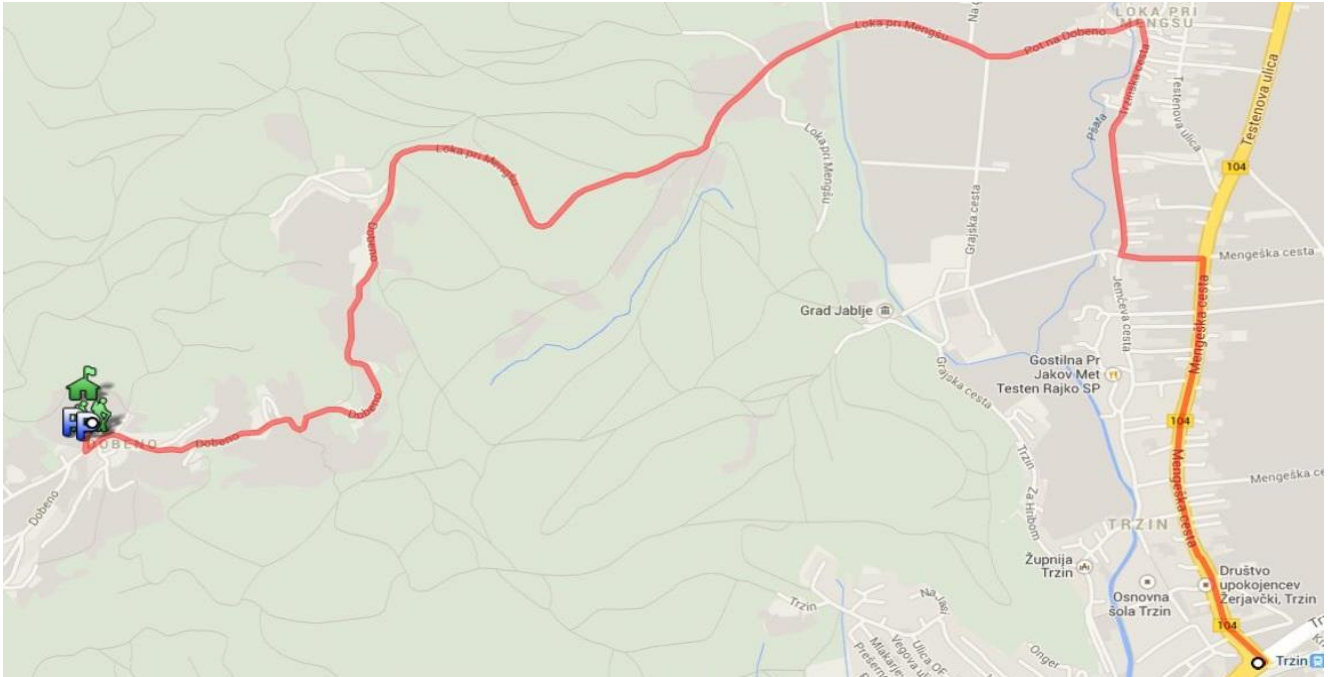
Razglasitev za OPSSS / *Awards for OPSSS*: 14.30

Razglasitev za Slovenia in 3 Days / *Awards for Slovenia in 3 Days*: 14.45

Labirint, speed punching: 11.00 – 15.00



Parking: P1 ob Event centru / P1 by the Event center, P2 – 200m
Prehrana / Food: Gostišče Blaž, 200m



Nedelja, 22. junij / Sunday, 22nd of June:

Event center: Tivoli (pri bazenu / by pool), 8.00 – 13.30: prijava in registracija / registration

GPS: N 46°03'25.4", E 14°29'50.3", <https://goo.gl/maps/AAyAf>

Karta / Map: Tivoli, ISSOM 1:5.000, maj 2014

Prvi start / First start: 10.00; Zaprtje cilja / Finish closing: 13.00

Od ciljnega prostora do starta / From finish area to start: 200 m

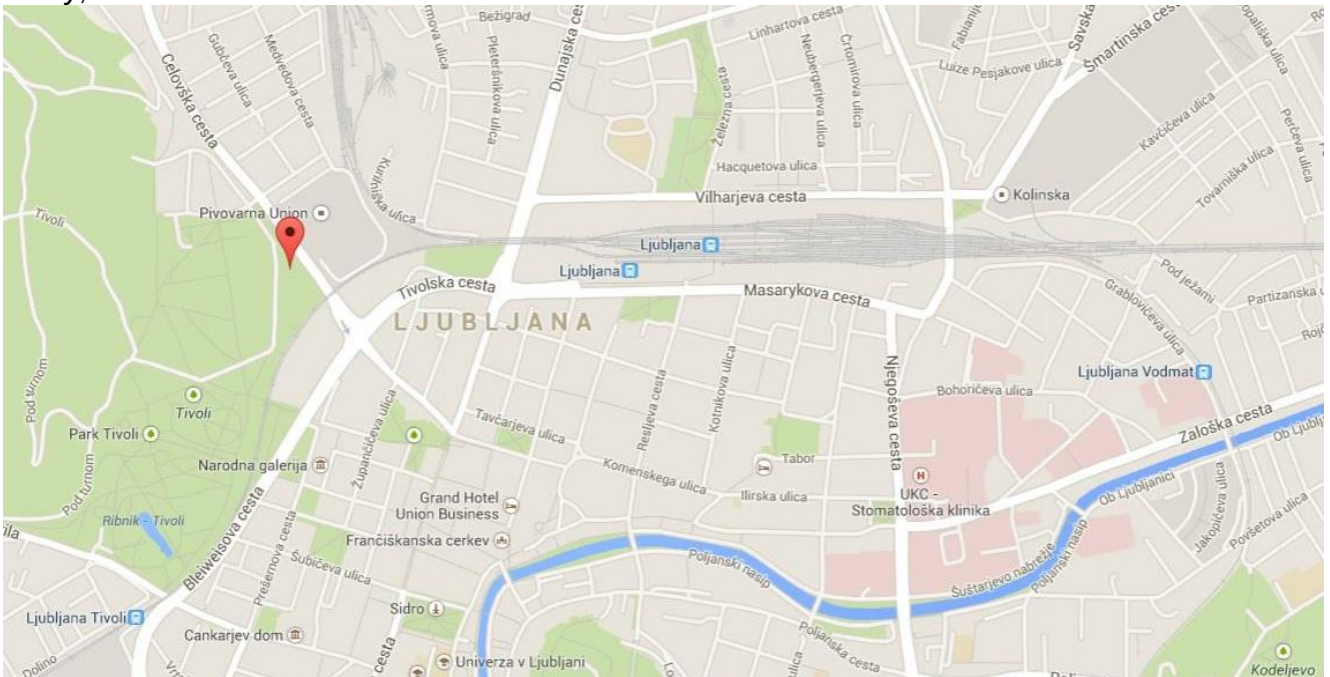
Razglasitev za Slovenia in 3 Days / Awards for Slovenia in 3 Days: 13.15

Razglasitev za DP v sprintu / Awards for National championship in sprint: 13.30

Labirint, speed punching: 11.00 – 14.00

Parking: parkirišče Tivoli, brezplačno v nedeljo

Kavarna / Cafe: ob Event centru / by Event centre; Prehrana / Food: Horse Burger, 200 m; v mestu / in city, 800m



PREGLED DOLŽIN PROG IN VZPONA
OVERVIEW OF LENGHT AND RISE OF COURSES

		1. Dan / Day Dolžina poti / Lenght	Vzpon / Rise	2. Dan / Day Dolžina poti / Leght	Vzpon / Rise	3. Dan / Day Dolžina poti / Lenght	Vzpon / Rise
1	M10	1520 m	110 m	1200 m	15 m	920 m	15 m
2	W10	1520 m	110 m	1200 m	15 m	920 m	15 m
3	M12	1700 m	135 m	1200 m	20 m	1150m	10 m
4	W 12	1700 m	135 m	1200 m	20 m	1150m	10 m
5	M14	2740 m	180 m	1800 m	65 m	1940 m	25 m
6	W 14	1700 m	135 m	1700 m	55 m	1720 m	20 m
7	M 16	3010 m	240 m	2100 m	80 m	2280 m	35 m
8	W 16	2740 m	180 m	1800 m	65 m	1940 m	25 m
9	M18	3350 m	180 m	4400 m	200 m	3410m	70 m
10	W 18	3010 m	240 m	2100 m	80 m	2280 m	35 m
11	M 20	3800 m	265 m	4400 m	200 m	3410m	70 m
12	W 20	3350 m	240 m	2100 m	80 m	2280 m	35 m
13	M 21 A	3800 m	265 m	2800 m	125 m	2850 m	50 m
14	W 21 A	3350 m	240 m	2100 m	80 m	2280 m	35 m
15	M 21 B	3350 m	240 m	2100 m	80 m	2280 m	35 m
16	W 21 B	2740 m	180 m	1700 m	55 m	1720 m	20 m
17	M 21 E	4430 m	345 m	4400 m	200 m	3410m	70 m
18	W 21E	3800 m	265 m	2800 m	125 m	2850 m	50 m
19	M 35	3800 m	265 m	2800 m	125 m	2850 m	50 m
20	W 35	3010 m	240 m	2100 m	80 m	2280 m	35 m
21	M 40	3800 m	265 m	2800 m	125 m	2850 m	50 m
22	W 40	3010 m	240 m	1800 m	65 m	1940 m	25 m
23	M 45	3300 m	255 m	2100 m	80 m	2280 m	35 m
24	W 45	3010 m	240 m	1800 m	65 m	1940 m	25 m
25	M 50	3010 m	240 m	1800 m	65 m	1940 m	25 m
26	W 50	2740 m	180 m	1700 m	55 m	1720 m	20 m
27	M 55	3010 m	240 m	1800 m	65 m	1940 m	25 m
28	W 55	2740 m	180 m	1700 m	55 m	1720 m	20 m
29	M 60	3010 m	240 m	1700 m	55 m	1720 m	20 m
30	W 60	2740 m	180 m	1700 m	55 m	1720 m	20 m
31	M 65	3010 m	240 m	1700 m	55 m	1720 m	20 m
32	W 65	2550 m	165 m	1700 m	55 m	1720 m	20 m
33	ZAČETNIKI	1700 m	135 m	1200 m	20 m	1150m	10 m
34	OPEN GREEN	1700 m	135 m	1700 m	55 m	1720 m	20 m
35	OPEN RED	3350 m	240 m	2100 m	80 m	2280 m	35 m
36	OTROŠKA	450 m	0 m	1200 m	15 m	920 m	15 m



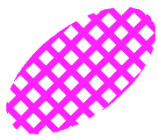
DRUGA OBVESTILA IN INFORMACIJE: OTHER NEWS AND INFORMATION:

Celotna karta z lokacijami in navodili za pot se nahaja na: <https://goo.gl/maps/uLMFI>
The entire map with locations and directions is located on the: <https://goo.gl/maps/uLMFI>

Prosimo, da pri parkiranju upoštevate navodila redarjev zaradi majhnega parkirnega prostora.
Because of the small parking area please follow instructions from the staff.

Tekmovalci tekmujejo na lastno odgovornost! Pazite na padlo drevje. Na karti je posebej označeno.
Proge so speljane tako, da se ga izognejo na najlažji način.
Each competitor takes part on his own responsibility. Beware of fallen trees. It is specially marked on the map. The race tracks are routed to avoid it in the easiest way.

POMEMBNE OZNAKE NA KARTAH! IMPORTANT MARKS ON MAPS!



Podrto drevje, kjer prehod ni možen
Fallen trees where transition is not possible



Podrto drevje z možnim preходом
Fallen trees where transition is possible

1. Dan / Day:

Pot do starta je prvi dan speljana po pločniku ob prometni cesti. Pazite na mlajše tekmovalce.
The path to start on the first day runs along the sidewalk on a busy road. Beware of the younger competitors.

2. Dan / Day:

Okoli ciljnega travnika je električni pastir (izklopljen). Pazite pri prečkanju!
An Electric Shepherd is positioned nearby the finish area (turned off) . Be wary when crossing!

3. Dan / Day:

Karta ima dve različni območji. Na vzhodnem delu se razprostira zelo lahko prehoden ravninski park. Na zahodnem delu pa se karta dotika roba Rožnika, kjer poleg klancev hitrost zmanjšuje gostejši gozd in na označenih predelih podrta drevesa.
Map has two distinct areas. In the eastern part extends very transient planar park. In the western part of the map is the edge of Rožnik, where in addition to the slopes denser forest reduces the speed of running as well as of fallen trees on marked areas.

Mikrolokacije so na kartah in so na voljo v ciljnem prostoru.
Control descriptions are on the maps and are available at the Finish area.

Do tekmovanja je prepovedan tek na Rašici.
Running on Rašica is forbidden for participants of the race.

Za sprint priporočamo tekaške čevlje.
We recommend running shoes for sprint distance.

Po kartah se lahko vozijo tudi avtomobili. Bodite pozorni pri prečkanju cest.
Cars may drive on the location of maps. Be careful when crossing roads.



Obvestilo za DP Sprint / News for National Championship in Sprint

Nedeljsko tekmovanje, zadnje v sklopu Slovenia in 3 Days, je samostojno tekmovanje in hkrati šteje tudi za DP Sprint. Kategorij pri DP Sprint je samo 5 (M/W16, M/W18, M/W20, M/W21E, M/W35). Če ste prijavljeni v kategorijo, ki ne šteje za DP sprint in če želite rezultat v obeh tekmovanjih, se morate odločiti za eno od teh kategorij tudi v Slovenia in 3 Days. V tem primeru vas prosimo, da po elektronski pošti slo3days@gmail.com najkasneje do vključno 14.6.2014 sporočite v kateri kategoriji bi radi tekmovali. Prav tako lahko zamenjate kategorijo samo za DP sprint, če tako želite.

1. Dan – prehrana / 1st Day food:

V Gradu Kodeljevo se lahko predate tudi kulinaricnim užitek. Poleg dnevnih menijev ponujajo v času tekmovanja 3 jedi po posebni ceni.

1. meni - Bobiči - Istrska mineštra fižola, koruze, svežega paradižnika. Z domačim paradižnikom. 5,50 EUR.

2. meni - Piščanec caprese - piščančja prsa s svežim paradižnikom, mozzarella in baziliko. Zapečeno iz pečice s polento. 7,00 EUR.

3. meni - testenine bolognese. 5,00 EUR.

Za lažjo organizacijo vas prosimo za prijave prehrane, če se boste odločili za te menije, do torka, 17.6.2014 zvečer.

In the Castle Kodeljevo you can also try the culinary delights. In addition to the daily menus, 3 dishes at a special price during the competition are offered.

1st menu - Bobiči - Istrian soup with beans, corn, fresh tomatoes. With local tomatoes. 5,50 EUR.

2nd menu - Chicken Caprese - chicken breast with fresh tomatoes, mozzarella and basil. Baked in the oven with cornmeal mush. 7,00 EUR.

3rd menu - pasta bolognese. 5,00 EUR.

For easier organization please apply of menus, if you decide for them, until Tuesday, 17th of June 2014 evening.

Stara karta za 2. tekmovalni dan (WRE), Dobeno (2010) / Old map for Stage 2 (WRE)

