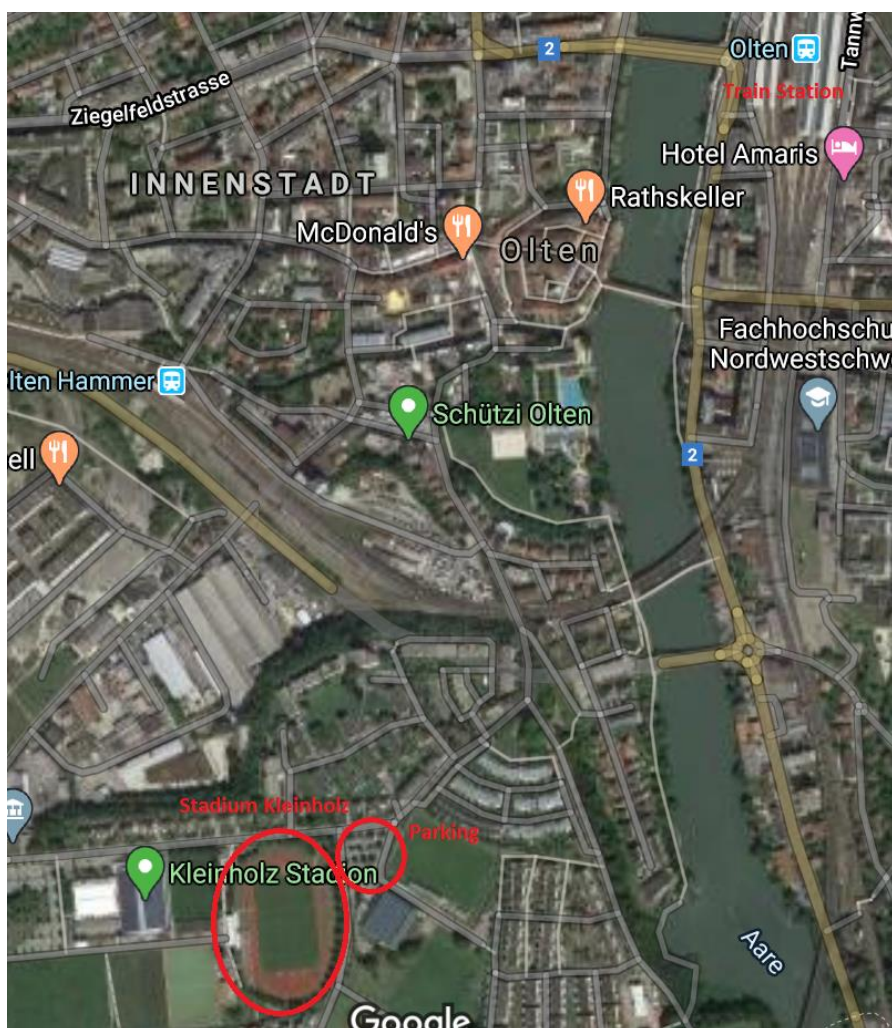


Bulletin 3 Test Race I-IV, August-September 2020

Organisers	Test race I-II: Swiss Orienteering Team 8. Nationale: OLV Luzern SPM: OLR Amriswil
Covid19 Information	All participants must respect the Covid19 rules for each competition. Please only attend the competition if you are healthy and keep distance wherever possible. For test races I & II the regulations are marked in this bulletin, for test race III & IV the rules of the respective organisers must be followed. In general, all participants must follow the recommendations of BAG, attached to this bulletin. Swiss Orienteerings Covid Concept applies for all races.
Embargoed areas	Embargoed area for test race II are published on: https://www.swiss-orienteering.ch/de/leistungssport/ol/selektionsbestimmung-en-ol.html . The embargoed areas for test race III and IV are published here: https://www.swiss-orienteering.ch/de/wettkaempfe/gelaendesperren.html All test race participants must respect the embargoed areas.
Costs and entries:	The participation fee for the test race I-II is CHF 30,- per person for both races. An invoice will be handed out at the test race I or II. Only admitted runners (members of the Swiss Orienteering team or the Anschlussgruppe or people who have applied to participate and been accepted) can participate in the 5000m as an individual. Test race II is a WRE and can be entered by all interested participants. Entry via: christine.luescher-fogtmann@swiss-orienteering.ch . Test race III and IV are national races and Swiss Championships, participants must enter the races directly.
Programme	Test race I: Wednesday 26.08.2020, 1st start 17:45 5000m, Olten Test race II: Saturday 29.08.2020, 1st start 10:30 Long Distance Val Piora Test race III: Sunday 30.08.2020, first start 10:00 8. Nationale Middle, Lifelen/Eigenthal Test race IV: Sunday 6.09.2020, first start 9:30 SPM, Kreuzlingen

Test race I: Olten 26. August 2020 5000m

Meeting place Track & field stadium Kleinholz in Olten:
Sportstrasse 81, 4600 Olten. Open from 16:45.



Public Transport /
Parking

If you arrive by car, parking is available at the nearby Stadthalle. Olten trainstation is a 1,5 km walk away.

Covid19 rules

Please disinfect your trackmaxx tracker before and after use. Disinfectant is available.
Contact tracing: All participants and helpers are registered and no further contact information is needed. All spectators must sign-up on a list with the Covid19 responsible.
Showers: please keep the distance of 1,5 m to each other.

Covid19 responsible: Christine Lüscher-Fogtmann

Shoes

Only shoes approved by world athletics are allowed:
<https://www.worldathletics.org/news/press-releases/list-of-approved-competition-shoes-published>

Procedure

5000 m test race with several heats, minimum 1 men's and 1 women's heat.

Women's heat 17:45

Men's first heat 18:10

Men's second heat 18:30

If possible, there will only be one men's heat. Francois will communicate the heat(s).

Showers

Wardrobe and showers are available. Valuables can be left with Christine.

Timekeeping

Trackmaxx, live results are available under the following live-link: <https://trackmaxx.ch/results/?race=SOLV20-1>

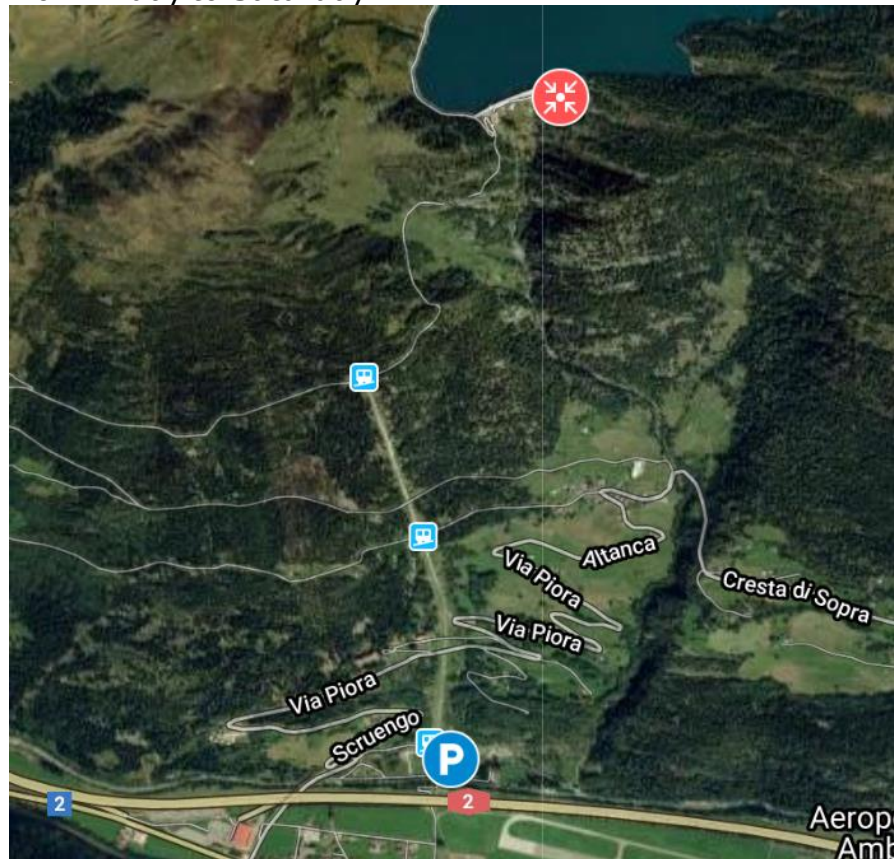
Testrace II: Long Val Piora 29. August 2020

Covid19 rules Contact tracing: All participants and helpers are registered and no further contact information is needed. All spectators must sign-up on a list at the information.

Covid19 responsible: Christine Lüscher-Fogtmann

Registration Interested participants (not signed up for the test race already) can sign up until Sunday 24.8. 23:59 with Christine: christine.luescher-fogtmann@swiss-orienteering.ch. Start fee is CHF 25,-, you will receive an invoice at the rifugio.

Meeting place and parking Rifugio Lago Ritom. Please take the funicular from Piotta to Piora, transport time is 10 minutes. From there it is a 1,35km walk to the meeting place. There is parking available at Lago Ritom, but they are scarce and the road getting there is bad. It is possible to stay at the Rifugio from Friday to Saturday.



Timeplan funicular

Ascent:

Piotta	08.35	09.10	09.50	10.45	11.15	12.00	13.15	14.15	...
Altanca	08.41	09.16	09.56	10.51	11.21	12.06	13.21	14.21	...
Piora	08.47	09.22	10.02	10.57	11.27	12.12	13.27	14.27	...

Descent:

Piora	...	12.15	13.30	14.30	15.35	16.20	17.00	17.50	18.30
Altanca	...	12.21	13.36	14.36	15.41	16.26	17.06	17.56	18.36
Piotta	...	12.27	13.42	14.42	15.47	16.32	17.12	18.02	18.42

Information	Number bibs and GPS trackers for test race participants are available at the meeting place.
Course Setter	Kilian Imhof
Controller	Urs Steiner
IOF Advisor	Stefan Schlatter
Jury	Members of the jury will be published in the last-minute information on 26.8.2020
Map	Val Piora 1:15'000/1:10'000, 5m equidistance, new map 2020
First start	10:30
Course length	DE: 8.6km / 460m+ / 19 Posten / 75' HE: 13.3km / 700m+ / 27 Posten / 95'
Showers:	There are no showers available.
Last-minute information:	Wednesday 26.8.2020

Testrace III: Lifernen / Eigenthal 30. August 2020
Middle

Course Setter	Matthias Merkli
Controller	Manuel Hartmann
Map	Lifernen / Eigenthal 1:10'000, 5m equidistance, 2020
First start	9:30
Course length	HE: 35' DE: 35'
Fairness / embargoes	Test race participants are not allowed to visit the embargoed areas before the test race.
Further information:	Please visit the organisers website: https://eigenthal2020.olv-luzern.ch/de/ausschreibung . Due to the corona virus, it is not possible to withhold maps at the finish or establish a quarantine. Should you have a later be start, please act according to the rules of fairness and make sure you do not obtain any race information other runners.

**Testrace IV: Kreuzlingen 6. September 2020
Sprint**

Course Setter	Cyrill Meier
Controller	Stefan Jünger
Map	Kreuzlingen 1:4'000, 2.5m equidistance, 2020
First start	9:00
Course length	Current information, please consult the website for the final data: HE: 4.05km, 25 m climb DE: 3.59km, 20 m climb
Fairness / embargoes	Test race participants are not allowed to visit the embargoed areas before the test race. This is stricter than the WO rules applying to an SPM. Please be aware of this and make sure your accommodation is not within the embargoed area.
Further information:	Please visit the organisers website: https://www.spm2020.ch/ .