



37. POSTÁS CUP

Orienteering event

Szabadszállás

18th-19th April 2015

Event patrons:

Ferenc Sulyok

Chairman of the board of
KEFAG Kiskunsági Forestry and Timber Ltd.

Dr. Zoltán Báldy

Mayor of the town of Szabadszállás

Gábor Rostás

Chairman of POSTÁS Sports Club

István Jelinek

Chairman of TÁJREND Sports Club

Event sponsors:



KEFAG Kiskunsági Forestry and Timber Ltd..



SZABADSZÁLLÁS

Local Authority of the town of Szabadszállás



Tóth Autómix Ltd.

FINAL DETAILS

We welcome participants from Austria, Finland, Croatia, Norway, Romania, Switzerland, Serbia and Slovakia, as well as the numerous Hungarian competitors, attending the 37th running of our international orienteering event, the Postás Cup. We trust you'll have a quality competition in all 47 classes, tackling this physically and technically difficult terrain with success. Hopefully, the weather will be pleasant and the entire field can enjoy a good competition in a comradely atmosphere.

ORGANISING COMMITTEE

President	<i>György Horváth</i>
Vice president	<i>János Sőtér, Antal Schell</i>
Secretary	<i>Gábor Józsa</i>
Course planner	<i>János Sőtér</i>
Financial arrangements	<i>Judit Gösswein</i>
Accommodation	<i>László Nemesházi</i>
Results/SportIdent	<i>Zsuzsanna Riczel, Gábor Józsa</i>
Event controllers	<i>Ákos Bossánszky, János Spiegl</i>
Start	<i>Ferenc Olajos</i>
Finish	<i>dr. Gábor Rédl</i>
Protocol	<i>István Jelinek</i>
Children's race	<i>Andrea Korik</i>
Prize-giving	<i>Vera Korik</i>
Homepage	<i>Csaba Gösswein</i>

*The M65 category is organised in memory of **Andor Korik**, one time coach of our orienteering section.*

Event Centre and Finish:

Szabadszállás - Strázsa-hegy - T. Tölgyes

EC GPS co-ordinates: N 46° 53' 23" E 19° 16' 56.9"

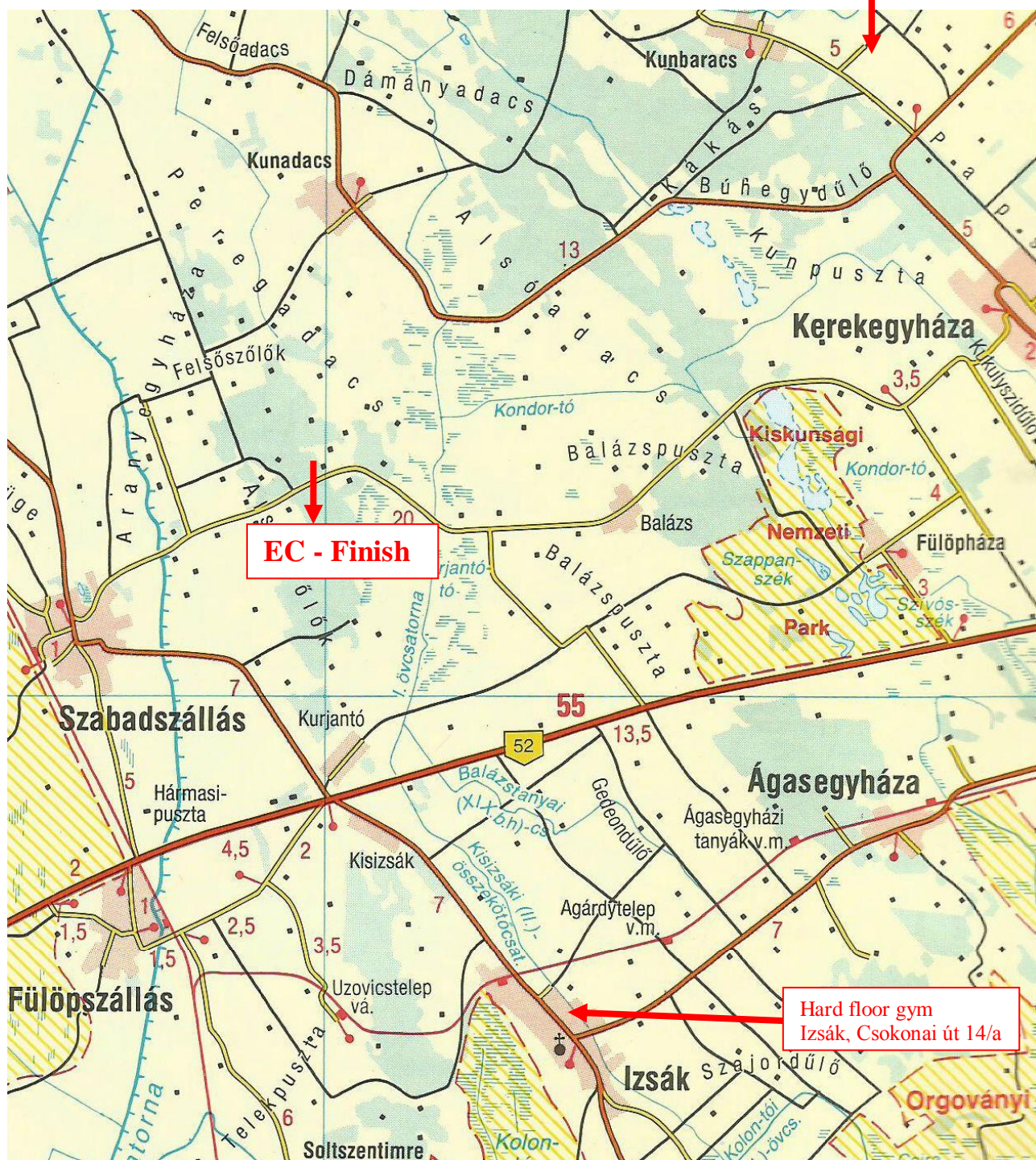
Getting to the EC and Car Park:

To reach the parking area, competitors will have to leave the Szabadszállás – Kerekegyháza highway at the 28km marker and continue on a good quality earth road for 1300 metres. The turning point will be marked by signs from both directions.

The Car Park is near the Finish area. Once this is full, further parking is available on one side of the approach road. Vehicles which are larger than a car, but smaller than a bus will have a car park marked out between the Finish and the Saturday S1 Start. In order to maximise the space, please obey parking officials' instructions!. Large buses have no space to turn at the Finish, so they should turn and park at Strázsa-tanya, which is 700 m from the EC.

Approaching the Event Centre

Student Hostel
Kunbaracs, Kákás tanya 274



EC - Finish

Hard floor gym
Izsák, Csokonai út 14/a

Registration at the Event Centre:

April 18th (Saturday): 9:00-10:30

April 19th (Sunday): 9:00-10:00

- Entry fees must be paid at the Registration as per the entries.
- Changes and new entries can only be accepted within the limits of the already existing start lists.
- Entry fees at registration (from April 17th):

HUF 5.400/person/2days (MW 20-60),

HUF 3.200/person/2days (-MW18, MW65-),

HUF 1200/person/day (Open).

- The cost of changes up to April 17th: HUF 500/person/2 days, at Registration: HUF 1.000/person/2 days

- Changes must be submitted on the forms received at the Registration desk. Please help the organizing team by submitting all known modifications in advance - when possible prior to 8am on 17th April - to riczel.jozsa@gmail.com
- The event will be run with the Sport Ident electronic punching system. Participants who do not have their own e-card may hire one at a fee of HUF 300/person/day at Registration. Free e-card hire for competitors under age 14.
- Due to insufficient number of entries we have applied the following category changes:

Individual classes: M10C → M12C
 M20E → M21A
 W10C → W12C

Relay classes: M135 → MIX long
 W14B → MIX short

Accommodation:

Any accommodation provided by the organisers can only be taken up by **showing the voucher received at Registration**. At the hard floor gym accommodation the **armband received at Registration** will have to worn at all times. The cost of all accommodation and the dinner at Kunbaracs will have to be paid at **Registration**.

Places of accommodation:

Student Hostel:

Kunbaracs Children's and Tourist Hostel
 6043 Kunbaracs, Kákás tanya 274.

(The route towards the accommodation will be marked from the turning off from the Kunbaracs – Kerekegyháza highway!)

GPS: N46° 59' 02,52"; E19° 26' 01,87"

Hard floor gym:

Izsák Sportshall, 6070 Izsák, Csokonai u. 14/a

GPS: N46° 48' 20.14"; E19° 21' 26.03"

The accommodation is available from 17:00 on Saturday and has to be vacated by 9:00 on Sunday morning.

Base times: Day 1: Middle distance	11:00
Day 1: Relay	16:00
Day 2: Long distance	10:00

Changing, clothing depository: In the changing tents set up in the Finish area.

Starts:

On Day 1 there will be 2 Starts. The „near Start”, marked S2, will be for the following classes: Open Beginner (OB), Open Technical (OA), Open Taped, the accompanied MW10DK, as well as the M10D, W10D classes. All other courses start from S1 situated 1200 metres from the Finish. On Day 2 both Starts are in the same place. The route to the Starts is marked with blue and white tape.

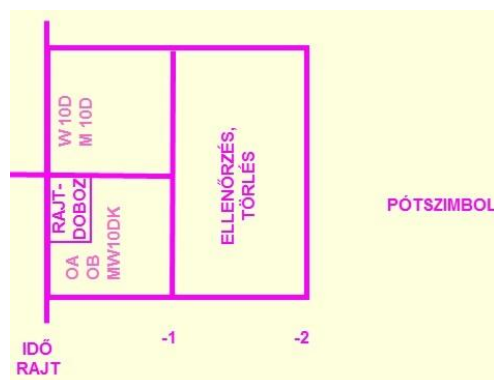
Distances to starts: Day 1: Finish – S1 Start:	1200m
Day 1: Finish – S2 Start:	100m
Day 2: Finish – S1-S2 Start:	100m

Race numbers, received at Registration, will have to be worn. Pins are available at the Finish at Registration.

Start layouts:

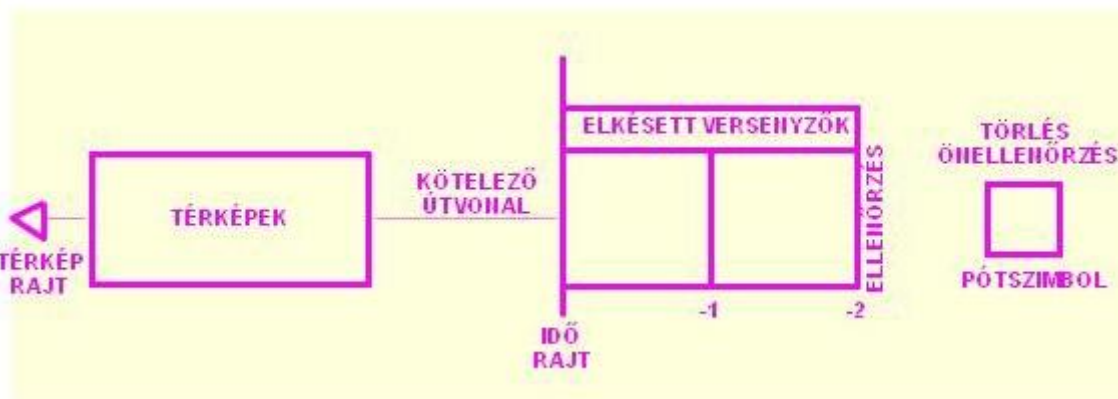
S2 Start:

Open and accompanied classes have no set start time. They can start at any time between 11:30 and 14:00. The Start layout of S2 is on the diagram below:



S1 Start:

Only runners wearing race numbers will be allowed to start. **The clearing and checking of the SI cards will have to be done before entering the start corridor.** The clearing stations will be located about 20m from the entrance to the start corridor. Entering the start corridor happens 2 minutes before start time. There will be a separate corridor for those arriving late. Maps will be located 40-100 meters from the start.



Terrain: Sandy hills between 110-125m in the middle section of the area between the rivers Duna and Tisza. The terrain is covered in well bound sand. The wind formed dunes have a relief of intricate detail with a relatively large amount of climb. The vegetation cover consists of coniferous and deciduous forest, occasionally semi-open areas with variable cover and a few thick patches. Paths and roads are few and far between. **Full body cover is recommended.**

Maps:

On both days competitors will use maps of 1:10 000 with 2 m contours, printed in 5 colours, surveyed according to IOF standards in 2015.

All maps will be laminated. Map pick up will be part of race time.

At the middle distance and relay events race maps will have to be handed in. They will be returned after the relay.

Control descriptions are on the maps and are also available as loose description sheets at the Start. Classes will be named as M (men) and W (women) on both the maps and on the control description sheets.

Control punching system: Use the electronic boxes! Should the control lamp not flash, use the available pin punch on your map! The control points will be also marked with small pieces of paper. **On Day2 the M21E2 course has 41 controls, which is beyond the capabilities of some SI cards. If requested they can borrow a new card free of charge.**

Refreshment points: On day 2 for courses with a winning time of over 60 there will be refreshment points at locations marked on the course map.

Open classes:

Both the pre-entered and those entering on the day can start any time between 30 and 120 minutes after base time, leaving a minimum of 1 minute start interval. The Open class will also use the SPORTident

electronic timing system: please punch the start box as you start! We will not prepare start lists, we will not combine the results of the two days and there will not be a result ceremony either. However, we will publish the results with all the other results. Complete beginners can run the „Open Taped” class which is identical with the MW10D course.

On-line results in the Finish area:

Our well tried and tested on-line result system will be used again this year. There will be a wifi hotspot in the Finish area with access limited to a local server providing up to date results service to anyone with a mobile wifi enabled device. To be able to access the server connect to the 'postas' hotspot (open network, no password needed) and type <http://postas.hu> into any WEB browser on your device. A simple homepage will come up with on-line results and basic event information. All owners of a smart phone, tablet or laptop – enjoy fast access to your results!

Technical data:

SSID: [postas](http://postas.hu) (open system, no need for any password, you only have to join it). Enter <http://postas.hu> into the browser! You should find the simplified event home page, where with one click you can navigate to the on-line results. Then you have to find the required class and set the update interval (30 seconds, 1, 2 or 5 minutes). Any problems, the organisers will gladly assist you.

Lost competitors: Walking in a NW direction you will reach the Szabadszállás – Kerekegyháza highway where turning at the 28km point you can reach the Finish. The organisers can be reached on 6-20-949-43-78 or 06-20-934-42-32 mobile telephone numbers.

Relay event:

Base time: 16:00

Team line ups should be submitted on Day 1 by 14:00 in the Event Center.

Start times for different classes:

00: M21A, M18B

05: M14B, W18B

10: W21A, MIXL

15, MIXS

The spectator control, which is out of sight of the Finish area, can be seen on a monitor at the Finish area. Runners will get to the Finish line about 3-5 minutes after punching at the spectator control.

Result ceremony:

On Day 1 the relay results ceremony will start at 18:30.

On Day 2 the combined results ceremony for the individual event will start at 14:00.

The best Hungarian competitor in M65A will be announced as the winner of the Andor Korik memorial event.

Other programs:

It will be possible to visit the most interesting parts of the area; we will tape a route to it and provide a guide from KEFAG for those that wish to visit it. During this walk the member of the forestry service will provide information on how the vegetation and the land form combined and about the importance of modern forestry methods.

A children's competition will be organised near the Finish (by the start for the Open courses). Registration on Day 1 between 12:00 – 15.30 and on Day 2 between 10:00 – 13.00.

500 metres from the Event Centre the Strázsa Tanya will provide opportunities to look at their animals and to take part in horse riding.

Other important information:

- On Day 1 the **dr. Szentgyörgyi Imre Memorial OL event** will be organized for the employees and students of the post and communication industry and schools.
- There are forestry operations in several areas of the terrain, please proceed with due care!
- In order to safeguard wild game in the forest no dogs should be taken onto the competition area and please keep them on a lead in the Finish area as well!
- Every competitor takes part at their own risk.
- At the Finish, in the Car Park or on any part of the competition area it is forbidden to smoke, make fires or use a naked flame.

- There is a buffet serving hot and cold food in the Finish area.
- Please take care of the condition, order and cleanliness of the accommodation places and the buildings of the Event Centre.

Waste collection

The quantity of waste generated by our events is beginning to cause bigger and bigger problems. In order to reduce the volume of waste, we collect it separately. In order to minimise waste, please keep in mind the following:

- if you can, take your waste home with you!
- use the selective waste collection points, and piece together plastic cups!
- empty and compress plastic bottles before throwing them away!

Course details

Day 1 (Middle Distance)

Class	km	Contr	Class	km	Contr	Class	km	Contr
FN-NY	3,5	13	M40A1	4,6	17	W15-18C1	2,5	11
FN-SZ	2,7	10	M45A1	4,3	15	W16E1	3,0	10
M10C1	2,0	6	M50A1	3,5	13	W18E1	3,2	11
M10D1	2,1	6	M55A1	3,5	11	W20E1	3,5	13
M12C1	2,3	7	M60A1	3,2	11	W21B1	3,5	13
M14C1	2,4	7	M65A1	2,7	10	W21BR1	3,1	12
M14E1	2,6	10	M70A1	1,9	9	W21C1	2,6	10
M15-18C1	2,6	10	M75A1	1,9	9	W21E1	4,9	13
M16E1	3,8	13	M80A1	1,9	9	W35A1	3,2	11
M18E1	4,9	13	MW10DK1	2,1	6	W35BR1	2,7	10
M21A1	5,4	15	OPEN-A1	3,4	11	W40A1	3,2	11
M21B1	4,9	14	OPEN-B1	2,4	8	W45A1	2,8	12
M21BR1	3,1	10	W10C1	2,0	6	W50A1	2,7	11
M21C1	2,8	9	W10D1	2,1	6	W55A1	1,8	9
M21E1	6,0	18	W12C1	2,0	6	W60A1	1,9	10
M35A1	4,9	14	W14C1	2,3	7	W65A1	1,9	8
M35BR1	3,4	12	W14E1	2,4	10	W70A1	1,9	8

Relay

Class	km	Contr	Class	km	Contr	Class	km	Contr
M14B	3,6	10	MIX-H	3,5	13	W18B	4,3	12
M18B	5,8	15	MIX-R	3,2	10	W21A	4,7	14
M21A	6,2	15						

Day 2 (Long Distance)

Class	km	Contr	Class	km	Contr	Class	km	Contr
M10C2	2,4	8	M50A2	7,3	20	W16E2	5,3	17
M10D2	2,8	7	M55A2	6,0	16	W18E2	5,9	18
M12C2	3,5	9	M60A2	5,9	18	W20E2	6,0	21
M14C2	3,8	9	M65A2	4,4	15	W21B2	6,0	21
M14E2	4,8	15	M70A2	3,3	10	W21BR2	3,5	14
M15-18C2	4,9	9	M75A2	3,3	10	W21C2	4,9	9
M16E2	7,8	21	M80A2	2,3	9	W21E2	10,1	27
M18E2	10,1	27	MW10DK2	2,8	7	W35A2	4,9	17
M21A2	11,1	33	OPEN-A2	3,4	9	W35BR2	3,5	14
M21B2	9,6	26	OPEN-B2	3,3	10	W40A2	4,9	17
M21BR2	4,9	14	W10C2	2,4	8	W45A2	4,9	15
M21C2	6,0	13	W10D2	2,8	7	W50A2	3,8	15
M21E2	16,3	41	W12C2	2,4	8	W55A2	3,8	15
M35A2	9,6	26	W14C2	3,5	9	W60A2	3,2	11
M35BR2	4,6	14	W14E2	3,7	13	W65A2	3,0	10
M40A2	8,5	20	W15-18C2	3,3	9	W70A2	3,0	10
M45A2	7,6	21						

The climb in all courses is 1-1.5% of course distance.

