

VILNIUS 2010

Regulation of TRAIL-O competitions

I. Aims and tasks

Competition is held on purpose to popularize Trail Orienteering, to raise the number of participants, to raise the rivalry in this style of orienteering, to stimulate participants to improve their skills, to find the best sportsmen in Paralympics and open classes.

II. Time and place

The competition is held on 8-9th of May, 2010 and takes place in Elektrėnai and Vilnius.

First day competition center is near Elektrėnai sports center ([see the scheme](#)) Start begins at 1 p.m.

Second day – E. Pliaterytės secondary school in Vilnius ([see the scheme](#)), start begins at 12.00

III. Terrain and maps.

First day

Map “Elektrėnai”, made in 2009. Scale 1:4000, H 2,5m. Whole route takes place in fields, roads mostly asphalt.

Second day

Map “Žirmūnai”, made in 2010. Scale 1:5000, H 2,5m. Part of route takes place in fields, other part in forest near the river. Main road is asphalt.

IV. Participants and competition programme

Competition is open. Anyone who wants can take part in Elite and beginners groups.

Competition is organized in only one route.

Results are counted separately in open and Paralympics classes.

EP – elite group for disabled people.

EO – elite group, where can start everyone who wants.

PP – beginners group for disabled people.

PO – beginners group, where can start everyone who wants.

Team competition will be only in Paralympic class. Team consists of 3 paralympic athletes in each, best 2 results in team are considered.

V. Organization

Competition is organized by Kaunas sport school “Gaja” and tourism-sport fans club “Raidas”. General Judge - A. Dambrasukas, course planner – G. Dambrasukienė.

VI. Prize giving

In individual competitions winners are defined according to number of scores and time wasted on time control points, taking into account results of both days. Team winners are defined taking account of two best results of both days. (in all 4 results)

EP groups winner and prizewinners are awarded with diplomas and prizes.

In other groups prizes are given only to winners, prizewinners are awarded with diplomas. Winner team is awarded with prize.

VII. Applications

Preliminary entries must be sent until 5th of May to e-mail orientyras@gmail.com
Information: tel. +370678939386 or +37060407977.

VIII. Conditions of participants acceptance

All competitors must pay start fee of 10 Litas for one day (20 Litas for two days).

All competitors are responsible for their health.

Registration on the day of competitions – only if free spaces are left.

Start fee is paid on the day of competition, in registration office.

Accommodation can be booked in Vilnius youth tourists center (Polocko st. 7, tel. +37052611547, fax 8-52627742, a-mail vjtc@delfi.lt)