



**European
Orienteering
Championships
Ticino
Switzerland
2018**

 Capriasca
 Tesserete
 Cadempino

Lugano

 Carona

Race information

EGK Swiss 5-Days

8 – 13 May 2018

Cadempino – Carona – Serpiano – Tesserete

 Serpiano



**Corriamo
insieme**

BancaStato è fiera sostenitrice degli European Orienteering Championships Ticino Switzerland 2018, competizione di spessore internazionale che il Ticino ha l'onore di ospitare nella cornice dei suoi incantevoli paesaggi. Auguriamo a tutti i corridori ed in particolare all'atleta Elena Roos un ottimo successo.

**noi
per
voi**

 **BancaStato**

For ecological reasons the race information will be printed only in limited edition and there will not be a printed copy for each runner. The electronic version can be downloaded at <http://www.eoc2018.ch/5days/competitions/race-information>. Thanks for your understanding and support.

Version 2. Changes in respect to the first version:

- Page 8: Returning of maps: exception of 3. Stage (SPM)
- Page 21: Correction of street crossing: start 2, not start 1
- Page 21: Returning of maps after the 3. stage (SPM)
- Page 26: Correction of scheme (cloths deposit cancelled)

EGK Swiss 5-Days orienteering

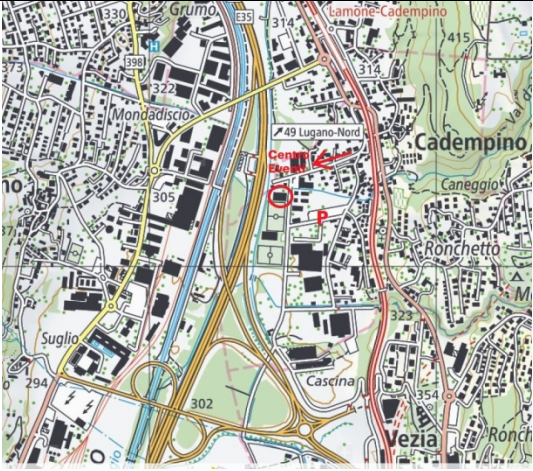
8 – 13 May 2018

During the European Orienteering Championships 2018 in Ticino, we are organising the **EGK Swiss 5-Days orienteering 2018** event, which allows all the participants to follow the competitions of the EOC up-close and to run on the same maps. All the competition areas are in Ticino, with its typical pre-alpine, hilly and steep woods with lots of deep valleys and few trails. One stage will be organised in the villages of the community of Capriasca. The event centre will be at the “Centro Eventi” in Cadempino. Ticino Tourism is offering many possibilities for accommodations and there will be a camping area for participants at the event centre.

Competition Program

Saturday, 5 May 2018	14:00 Camping area opens	Cadempino “Centro Eventi
Monday, 7 May 2018	Opening of Event Centre EGK Swiss 5-Days	Cadempino “Centro Eventi
Tuesday, 8 May 2018	1st Stage, Long distance	Carona
Wednesday, 9 May 2018	2nd Stage, Middle distance	Serpiano
Thursday, 10 May 2018	3rd Stage, Sprint Swiss Championships (SPM), WRE	Tesserete
Friday, 11 May 2018	Day off	
Saturday, 12 May 2018	4th Stage, National event, Middle distance	Tesserete
Sunday, 13 May 2018	5th Stage, National event, Long distance	Tesserete
Monday, 14 May 2018	10:00 Closing of camping	Cadempino “Centro Eventi

<i>Organiser</i>	ASTI Ticino	
<i>Meet director</i>	Giovanni Furia	giovanni.furia@eoc2018.ch
<i>Information</i>	Alessio Pietra, Comano Tel. +41 (0)76 5567770	5days@eoc2018.ch www.eoc2018.ch
<i>Media</i>	Lorenzo Patocchi,	communication@eoc2018.ch

	Tel. +41 (0) 79 235 22 66																															
<p><i>Event Centre (EC)</i></p>	<p>Centro Eventi, Via Industria 2, 6814 Cadempino (GPS: 46.0348681, 8.9298984)</p> <p>The EC in Cadempino is only a few km away from the highway exit “Lugano-Nord”. On foot it can be reached within a 10 minute-walk from the train station Lamone-Cadempino.</p> <p>The EC of each race day is always streamered from the closest stop for those traveling with the public transport system and from parking for those arriving by car. For more information, check the write-up of each individual day.</p> <p>Opening times of the information office at the different event centres (EC)</p> <table border="1" data-bbox="435 920 1390 1397"> <thead> <tr> <th>Days</th> <th>EC Cadempino</th> <th>Stages</th> </tr> </thead> <tbody> <tr> <td>Saturday, 5.5</td> <td>13:30 – 21:00</td> <td></td> </tr> <tr> <td>Monday, 7.5</td> <td>13:30 – 22:00</td> <td>-</td> </tr> <tr> <td>Tuesday 8.5</td> <td></td> <td>Carona: 10:00 – 18:00</td> </tr> <tr> <td>Wednesday, 9.5</td> <td>17:00 – 22:00</td> <td>Serpiano: 11:00 – 18:00</td> </tr> <tr> <td>Thursday 10.5</td> <td></td> <td>Tesserete: 9:30 – 17:00</td> </tr> <tr> <td>Friday, 11.5</td> <td>18:00 – 21:00</td> <td>-</td> </tr> <tr> <td>Saturday, 12.5</td> <td></td> <td>Tesserete: 7:30 – 15:00</td> </tr> <tr> <td>Sunday, 13.5</td> <td>17:00 – 19:00</td> <td>Tesserete: 7:00 – 16:00</td> </tr> <tr> <td>Monday, 14.5</td> <td>8:00 – 10:00</td> <td>-</td> </tr> </tbody> </table> <p>At the EC information desk in Cadempino and/or at the arenas you may:</p> <ul style="list-style-type: none"> • Receive information • Pick-up race material: bib numbers, information, SI-cards, ordered coupons • Register for the Open classes • Communicate mutations of SI-card numbers (free of charge) • Rent SI-cards (2.- CHF per day) • Buy parking cards for the whole week (20.- CHF) • Acquire a camping spot 5x5m in Cadempino for the whole week (100.- CHF) • Pick-up maps of runners who didn't start their courses • Buy training maps (5.-) • Pick-up lost-and-found objects • Check start lists for each individual day • Sign the anti-doping agreement • Submit appeals <p>On race days, the material of the individual day can be picked-up at the EC of that stage.</p>	Days	EC Cadempino	Stages	Saturday, 5.5	13:30 – 21:00		Monday, 7.5	13:30 – 22:00	-	Tuesday 8.5		Carona: 10:00 – 18:00	Wednesday, 9.5	17:00 – 22:00	Serpiano: 11:00 – 18:00	Thursday 10.5		Tesserete: 9:30 – 17:00	Friday, 11.5	18:00 – 21:00	-	Saturday, 12.5		Tesserete: 7:30 – 15:00	Sunday, 13.5	17:00 – 19:00	Tesserete: 7:00 – 16:00	Monday, 14.5	8:00 – 10:00	-	
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<p><i>Classes</i></p>	<p>D/H10, D/H12, D/H14, D/H16, D/H18, D/H18K, D/H20, D/HE, D/HAL, D/HAM, D/HAK, D/HB, D/H35, D/H40, D/H45, D/H50, D/H55, D/H60, D/H65, D/H70, D/H75, H80</p> <p>Open L (difficult, long), Open M (middle), Open K (easy, short)</p> <p>All competitive classes are individual; teams may start in the Open classes only.</p> <p>Every stage is counted as an individual race. For the overall ranking all 5 days will be aggregated.</p> <p>Stages 3, 4 and 5 count towards the selection races for JWOC, EYOC and WUOC.</p> <p>Upon request of the Swiss Orienteering Federation the D18 and D20 classes, resp. H18 and H20 classes are running on the same courses.</p>												
<p><i>Registration for Open classes</i></p>	<p>Sign-up possible every day with no late fee charge at the meeting place - no later than one hour after the first start.</p> <p>Entry fees:</p> <table border="1" data-bbox="432 831 1445 1059"> <thead> <tr> <th>Age of the oldest runner</th> <th>Entire Swiss EGK 5-days</th> <th>Swiss EGK 5-days, individual day</th> </tr> </thead> <tbody> <tr> <td>2002 and younger</td> <td>65.- CHF</td> <td>16.- CHF</td> </tr> <tr> <td>1998-2001</td> <td>90.- CHF</td> <td>21.- CHF</td> </tr> <tr> <td>1997 and older</td> <td>135.- CHF</td> <td>30.- CHF</td> </tr> </tbody> </table>	Age of the oldest runner	Entire Swiss EGK 5-days	Swiss EGK 5-days, individual day	2002 and younger	65.- CHF	16.- CHF	1998-2001	90.- CHF	21.- CHF	1997 and older	135.- CHF	30.- CHF
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<p><i>Changes</i></p>	<p>Changes are not accepted. SI-card number changes are possible and free of charge.</p>												
<p><i>Transport</i></p>	<p>Each participant is responsible for his/her own transportation. This includes going to the event centre as well as reaching the individual competition sites.</p> <p>Please be aware that this is the Asuncion-weekend. Based on experience a higher than normal traffic volume is customary, especially on A2 through the Gotthardtunnel, but also by train (reservation suggested!), and needs to be considered when planning the trip.</p> <p>There is also heavy traffic during working days (7-9 am and 3-7 pm) around Lugano and on the roads to/from Ponte Tresa and Chiasso.</p> <p>Private transport</p> <p>Participants arriving by private cars should use the pay-parking offered through the organisers at all competition days. Park cards cost 20. - for the entire week and can be purchased at entry time or at the EC.</p> <p>Public transport</p> <p>To reach Ticino you have to use the official trains. Please consult the online timetable, which includes also all extra trains foreseen for those days.</p> <p>For the journey home on Sunday, 13 May a special train leaves Lugano at 15:49 with stops in all major cities, arriving in Arth-Goldau at 18:31 and Zurich at 19:42. Reservation for groups is required.</p> <p>All stages can be reached by the public transport system. Because of several holidays during the week, it is possible that certain routes have limited frequencies, and we recommend consulting the official transport site www.sbb.ch.</p> <p>The Swiss EGK 5-Days organisation has requested to increase the capacity of certain</p>												

	<p>specific courses to and from the event sites (please check the description for each individual stage). This capacity increase will only be granted, if there is a demonstration that the normal courses are not enough, thus it is mandatory that not only groups, but also single athletes indicate before the 3rd May which course they will use for the travel to the event sites and back as follows:</p> <ul style="list-style-type: none"> - For the days with Post buses on Tuesday and Wednesday (Carona and Serpiano) on internet site: https://www.postauto.ch/en/travel-information/reservations (use the dialog for groups also for single travellers!) - For the days in Tesserete (Thursday to Sunday) on the internet site: http://www.eoc2018.ch/transport <p>To reach the different stages, please check the individual day's description.</p>
<i>Antidoping</i>	<p>All competitions are subject to the Swiss Olympic Anti-Doping rules (see www.antidoping.ch). Anti-doping controls may be performed on runners of any class. With registration, the participants accept the rules of Swiss Olympic. In the HE/DE and H20/D20 classes only athletes who have signed the "Athlete's agreement" for anti-doping of the Swiss Olympic Association will be allowed to compete. You may find more information and the acceptance form under https://www.swiss-orienteering.ch/de/ethik/uebersicht-antidoping.html</p> <p>Athletes who haven't signed the anti-doping agreement, must do so at the meeting place before their start.</p>
<i>Start lists</i>	<p>The start lists will be published under www.eoc2018.ch and on www.swiss-orienteering.ch on 28 April 2018 the latest. Print-outs can be found at the EC in Cadempino and at the ECs of the individual stages.</p>
<i>Bib numbers</i>	<p>Bib numbers can be picked-up at the event centres. The <u>same bib number</u> will be worn at all stages, even by competitors running in different classes. The bib number has to be worn in front on the chest and the number has to be perfectly visible. No bib number – no start!</p> <p>Lost or torn bib numbers can be replaced at the EC for 5.- CHF.</p>
<i>Control description</i>	<p>The control descriptions (IOF symbols for all classes) are printed on all the maps and will also be available at the start at minute -3.</p>
<i>Route to the start</i>	<p>The route to the start is streamered with EOC2018 ribbons. The time needed from the EC is shown in the information for each stage. The participants are responsible to arrive at the start on time for their start time. Late runners should use the corridor for late starters.</p> <p>There will be no water at the start, except for stage 4, where water will be available close to the start.</p>

<i>Clothes transport</i>	No transport of clothing is provided.
<i>Pre-start and start</i>	<p>For all the stages the following time frame is used at the pre-start and start:</p> <ul style="list-style-type: none"> • Minute -4: call-up, deleting and checking of SI-card (is responsibility of the participant) • Minute -3: paper control descriptions (IOF symbols for all classes) self-service; they are also printed on the map • Minute -2: Sign indicating the order of maps per class • Minute -1: checking of starting competitors; positioning sideways to the appropriate map; check on correct class, which is visible without touching the map. • Start: take the correct map (responsibility of the runner, the class is visible on the map) and follow the marked route to the starting point ,which has an orienteering flag without a Sportident unit. <p>Open classes: start from a dedicated corridor, with flexible start times whenever participant is ready (punch&go)</p> <p>Late starters: take the appropriate corridor and follow the instructions of the person in charge.</p>
<i>Courses</i>	Printed on the maps for all the classes. It is the responsibility of each competitor to pick-up the map corresponding to the correct class.
<i>Control flags</i>	<p>Orange/white orienteering flags on stakes or wooden horses. Each control has a Sportident unit and a punch. The SI-units work both for Sportident and SportidentAir+ to register the times. A sample unit will be shown at the EC in Cadempino.</p> <p>Any kind of SI-Card can be used (unique exception is HE on Stage 5, where a memory of more than 36 controls is required).</p> <p>Test of SIAC battery: at the information in the EC.</p> <p>The controls have to be reached in the sequence indicated by the course printed on the map.</p> <p>In case that a control unit is not functioning, the runner should punch mechanically in the square "R" on the map. At the finish, he/she should tell the person in charge of the electronic downloading and hand over the map to confirm the accurate passing of the control. Participants missing one or several controls will not be ranked.</p> <p>Be careful: in some areas the controls are very close to each other; please check the control numbers carefully.</p>
<i>Renting SI-Cards</i>	<p>Traditional SI-Cards (non Air+) can be rented at the information desk of the EC:</p> <ul style="list-style-type: none"> • Single stage for 2.- CHF • 3 – 5 stages for 5.- CHF <p>In case of a lost SI-Card, 60.- CHF will be charged.</p>

	<p>The SI-Cards should be returned after downloading at the finish of the last stage the person participates in.</p>
<p><i>Out-of-bound areas and private properties</i></p>	<p>The out-of-bound areas are shaded on the map and those marked with an outline are shown with red/white ribbons also in the terrain. It is absolutely forbidden to enter or cross those out-of-bound areas and the runners entering or crossing will be disqualified.</p> <p>The runners, especially on the 3rd stage (SPM) in urban areas, should respect private properties and infrastructures. It is not allowed to cross the fences or walls of private properties. Causing damage will result in disqualification.</p> <p>The participant should notify the information desk of the EC of possible damages to the private property.</p> <p>Embargoed areas must be respected before and during the competitions. See: https://www.swiss-orienteering.ch/de/wettkaempfe/gelaendesperren.html e http://www.eoc2018.ch/eoc2018/competition/embargoed-areas.html .</p> <p>The only exception is the use of state roads and the ways indicated by the organisation to reach the arenas.</p> <p>It is not allowed to return to the competition area even if one has finished his/her own race (even without the map).</p>
<p><i>Refreshments during competitions</i></p>	<p>Please read descriptions of each stage.</p> <p>Refreshments which are not at a control are shown on the map. Otherwise, they are indicated on the control descriptions. Only water is provided for refreshment.</p>
<p><i>Finish</i></p>	<p>The distance from the last control to the finish is flagged. All competitors have to punch the SI-unit on the finish line.</p> <p>Closing times of the finish as well as the distance from the finish to the EC are shown in the descriptions of each stage.</p>
<p><i>Maximal time</i></p>	<p>Please look in the description of each stage. Participants who exceed maximal time will not be ranked.</p>
<p><i>Downloading SI-Card</i></p>	<p>Downloading is just after the finish or on the way back to the EC; please check the description for each stage. It is the participants' responsibility to download the SI-Card at the end of the competition, even if he/she did not complete the course.</p> <p>Important: the downloading is mandatory and serves the safety purpose to check that all starters have returned. If somebody does not follow this rule of downloading or informing the staff at the EC, unnecessary search actions may be started and the competitor may be charged with the costs.</p>
<p><i>Refreshments at the finish</i></p>	<p>Rivella or water is offered either at the finish or on the way back to the EC.</p>
<p><i>Returning of maps</i></p>	<p>After finishing the course the maps can be kept by the runners, except for stage 3 (SPM). Please respect fair-play and don't show your map to other competitors who still have to do their courses. Not following this rule may result in disqualification.</p>

<i>First Aid</i>	In the finish area only. No first-aid station is planned on the courses in the terrain. Emergency number is printed on the map: 079 414 8686 Swiss emergency number which works also for foreign phone networks: 144
<i>GPS, mobile phones</i>	The use of GPS devices is allowed only if there is no display and they do not emit any sound.
<i>Shoes and clothing</i>	Shoes with dobb spikes are allowed in forest orienteering, but are forbidden in the sprint 3rd stage (SPM). Shoes with spikes are not allowed. No orienteering shoes should be worn in the changing rooms of the EC. In the month of May, the weather can extremely change from summer-like days to coldish temperatures or to continuous rainy days. It is recommended to dress accordingly and to be prepared.
<i>Judge of the race</i>	Michele Dolfi is going to be the judge of the race for all stages and he can be found close to the downloading stations of the SI-Cards.
<i>Complaints</i>	Before a complaint is presented, the competitor should contact the judge of the race to try to resolve the issue amicably. If no solution is found, the complaint should be filed in writing at the latest until 1 hour after closing of the finish. The official form should be turned in at the information desk. The complaining person should remain available to the jury.
<i>Results</i>	Temporary results of all classes will be posted in the EC of each stage and will be available on http://results.eoc2018.ch . The final results will be posted on www.eoc2018.ch and on www.swiss-orienteering.ch . The overall results will be published on www.eoc2018.ch , as well as posted in the event centre of the following race and after the last stage. No printed results will be sent home.
<i>Overall results</i>	For all competitive classes the overall results will be calculated basing on the mean times of the course and the distance from the fastest runner, following the formula used by IOF (http://orienteering.org/wp-content/uploads/2010/12/World-Ranking-Scheme-Rules-2017-October.pdf). Runners exceeding the maximal time are not classified in that stage and receive 0 points, such as the disqualified competitors and the ones that didn't start. In the overall results all competitors that have participated at least in one race will be listed. In the Open classes no overall results will be calculated.
<i>Prize giving</i>	<u>Swiss Sprint Championships (SPM)</u> ; Thursday, 10 May, 16:00 close to dining hall at the arena in Tesserete. The first 3 orienteers of each competitive class will be awarded either a natural prize and/or SOLV medals. Winners of the 10/12/14-classes will each receive an SIAC, kindly offered through Sportident. <u>Overall results Swiss EGK 5-days</u> : Sunday, 13 May, 14:30 close to the dining hall at

	<p>the arena in Tesserete. The first three of each competitive class will receive natural prizes.</p> <p>The prizes will not be sent to the people not being present at the award ceremony.</p> <p>The participants of the Open classes will not receive prizes.</p>
<i>Non-started competitors</i>	<p>The runners that could not start can pick-up their respective map at the information desk after the race starting from one hour after the closing of the finish.</p>
<i>Food and drinks</i>	<p>Every race day hot meals (pasta/rice, polenta) and dishes from the grill, salads and cold offerings such as sandwiches, salamini, cheeses, pies, fruit salad and ice cream will be offered close to the arenas. There will also be beverages and coffee.</p>
<i>Child care</i>	<p>Child care is offered close to the arenas, strictly only for the time needed for the races for the parents. Sign-up is not necessary. It will be open from 1 hour before the first start until 15 minutes after closing of the finish.</p>
<i>Kids-O (Troll)</i>	<p>Orienteering courses for the children will be offered close to the EC of the 3rd, 4th and 5th stage, from one hour before the first start until the closing of the finish. Sign-up is only on the day of the stage for 2.- CHF per day. No results, small prizes for all participants.</p>
<i>Rubbish</i>	<p>We ask all participants during the whole week to thoroughly respect the environment. A very good contribution would be to use some of the following simple rules.</p> <ul style="list-style-type: none"> • Take back all the personal belongings and clothing after the competition of each stage • Deposit all PET bottles and aluminium cans in the appropriate containers available at various places of the events • Don't leave any rubbish in the changing rooms or in any other places <p>By following these simple rules, you also help the organisers to maintain a clean and pleasant impression of the surroundings. Thank you.</p>
<i>Particular situations impeding the carrying-out of the normal processes for the races</i>	<p>Exceptional meteorological events in May in the Ticino such as thunderstorms or days with intense rain could influence the correct handling of the races. The organisation, based on the weather forecast, may decide to post-pone the start times, the interruption of the race, or in the worst case even cancel the stage.</p> <p>The information will be distributed through:</p> <ul style="list-style-type: none"> • speaker at the EC • information point at the EC • via internet : www.eoc2018.ch • through telephone number 1600
<i>Orienteering vendors</i>	<p>Vendors will be set-up close to the dining hall at the arena of the three stages in Tesserete.</p>
<i>Souvenirs EOC</i>	<p>Various souvenirs will be available at a stand close to the dining hall at the arena at the three stages in Tesserete.</p>

<i>Entertainment</i>	<p>On Thursday, 10 May, an evening of entertainment is offered in Tesserete open to all, competitors and the public.</p> <p>At 19:00 a dinner of risotto and luganighetta is offered for 8.- CHF as well as other dishes from the grill in the dining hall, followed by a concert of Sebalter at 21:00.</p> <p>For the occasion a special bus is organised, which leaves Tesserete at 22:30 to the train station in Lugano.</p>
<i>Internet</i>	Available in the EC in Cadempino.
<i>Miscellaneous</i>	The stages 3, 4 and 5 (SPM and two national events) count towards TMO ticinese for the classes D/H 10-18 only.
<i>Accommodations</i>	<p>Participants are responsible for the reservation of their own accommodating during the Swiss EGK 5-Days.</p> <p>Please consult the list of offers for hotels, motels, hostels, official camping places and more under: http://www.eoc2018.ch/it/5days/accommodation/stay-in-ticino.html</p> <p>You may also contact the regional tourism offices directly:</p> <p>OTR Lugano - web: www.luganoturismo.ch, info@luganoturismo.ch, Tel. +41 58 866 66 00</p> <p>OTR Mendrisio - web: www.mendrisiottoturismo.ch, info@mendrisiottoturismo.ch Tel. +41 91 641 30 50</p> <p>OTR Bellinzona - web: www.bellinzonese-altoticino.ch, bellinzona@bellinzonese-altoticino.ch Tel. +41 91 825 21 31</p> <p>People staying in approved accommodations benefit from receiving the “Ticino Ticket” that allows for using the regional transport system for free during the length of the stay. See more information under: http://www.eoc2018.ch/eoc2018/news/2017/ticino-ticket.html).</p> <p>Besides the hotel offers it is also possible to take advantage of camping besides the Event Centre (EC). From Friday to Monday, 4 – 14 May it is possible to reserve a camping spot (5mx5m). The camping has toilets and washbasins; however the showers are just a short distance away in the building of the EC. No electricity will be available and cars have to be left in the parking spaces.</p> <p>The camping site costs 100.- CHF and is independent of the length of stay. Reservation and payment through GO2OL. Camp spots are assigned in the order of receipt of the reservation until the maximal number of sites is reached.</p>
<i>Touristic offers</i>	<p>Participation at the EGK Swiss 5-Days will offer the opportunity to discover the region, its natural beauties as well as its cultural and artistic variety. Don't hesitate to consult the following web site:</p> <p>http://www.eoc2018.ch/it/5days/accommodation/visit-ticino.html</p>
<i>Insurance</i>	<p>Every competitor is racing at his/her own risk and is responsible to have adequate personal insurance coverage. The organisers are declining any liability to the extent permitted by law for incidents occurring before, during or after the competition (see article 21 WO). With registration, the participants accept these insurance conditions.</p>
<i>Protection of personal data</i>	<p>With registration, the runner accepts that his/her personal data, the results and possibly photos taken during the orienteering event could be used on the start- and result lists, in the media or on the internet.</p>

EOC 2018 Program

Sunday, 6 May	09:30 – 11:30 16:00 – 18:15 18:20 18:30 18:45	Sprint Qualification Sprint Final Flower ceremony sprint Opening ceremony EOC 2018 Prize giving sprint	Bellinzona Mendrisio
Tuesday, 8 May	10:00 – 12:10	Middle distance Qualification	Carona
Wednesday, 9 May	10:00 – 13:30 13:30	Middle distance Final Flower ceremony middle distance	Serpiano
Thursday, 10 May	17:00 – 18:15 18:10 18:20 18:40	Sprint Relay Flower ceremony Sprint Relay Prize giving Middle distance Prize giving Sprint Relay	Tesserete
Saturday, 12 May	14:00 – 15:50 15:50 16:00 – 17:50 17:50	Relay women Flower ceremony relay women Relay men Flower ceremony relay men	Vaglio
Sunday, 13 May	09:30 – 14:10 09:45 – 15:15 14:15 15:20 15:30 15:40 15:50	Long distance women Long distance men Flower ceremony long distance women Flower ceremony long distance men Prize giving Relay Prize giving Long distance Closing ceremony	Tesserete

The EOC- arenas are always streamered from the closest public transport stop or from parking.

It is recommended to travel to Bellinzona and Mendrisio (Sunday, May 6) with the public transport system. Most of the public parking places are by pay only and the coupon of the EGK Swiss 5-Days is not valid for those 2 events.

TV coverage and Live results

The sprint final (May 6), sprint relay (May 10) and the relay (May 12) will be broadcasted live on Swiss television (SRF and RSI). All 5 final races can also be followed live on the internet worldwide. The link for live internet-TV, GPS tracking and live results will be published under www.eoc2018.ch on the respective competition days. Costs for internet-TV and GPS tracking are Euro 6.- per race or Euro 20.- for all 5 final races. Live results, however, are free of charge.

Monday, 7 May – Parco Ciani, Lugano

BANCASTATO SCOOLE! CUP TICINO

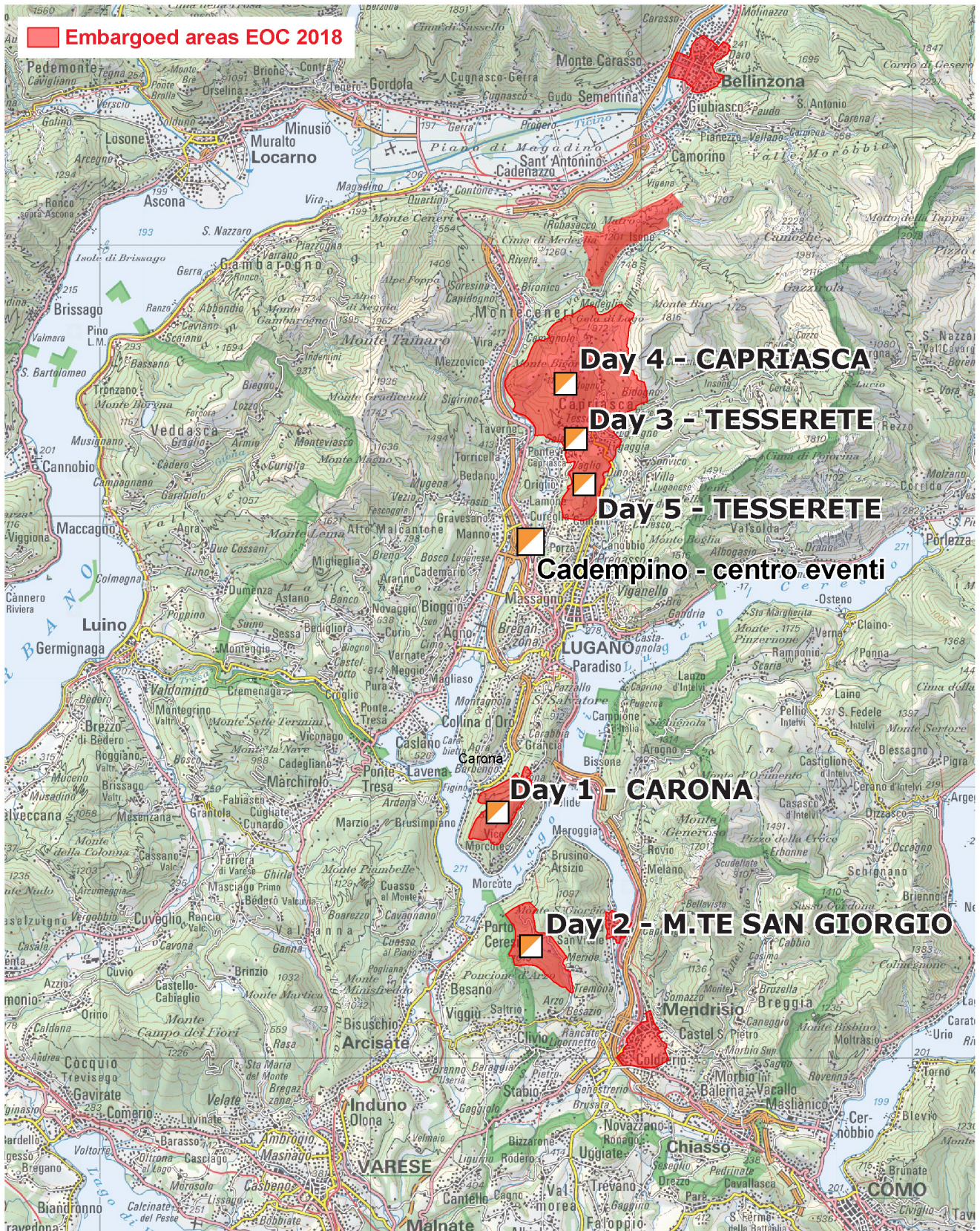
The largest Scool cup ever will be happening in the Ticino. More than 3000 participants are expected to run on the various orienteering courses. The youngsters may also benefit from enjoying many of the additional activities offered by the organisers.

The event is also sponsored by the **OL Gönnerclub** that provides the radio support for the speaker, the renting of SI-cards and SIAC. In joining this association, you may support these types of projects. One can find more information on the following site: www.goennerclub.ch.





EGK Swiss 5-Days



EGK Swiss 5-Days – Descriptions for individual races

1st stage – Carona

Date	Tuesday, 8 May 2018
Type of race	Long distance
Course-setter and controller	Toncsi Kocsis and Sergio Cantoreggi
Map	Carona, up-dated 2017-2018, format A4 Scale 1:10'000 (for all classes), equidistance 5m, ISOM 2017 norm Mapper: Beat Imhof
Event Centre (EC)	Carona, public swimming pool (GPS 45.955058, 8.931327), open from 8:00 (Information EGK 5-days only from 10:00) . Limited space changing rooms and showers. Possibilities to put club tents (after closing of the EOC races).
Parking	Close to the event centre, 2-15 min walk away. Follow instructions of officials. Parking card for the week 20.- CHF or 5.- CHF per day.
Public transport	<p>Post bus stop “Carona Paese”, 5 minutes to the EC. Post bus starts from “Lugano Autosilo Balestra” (only 40 seats available!) approximately every hour at xx: 31. Return from “Carona Paese” to “Lugano Autosilo Balestra” approximately every hour at xx: 59. Please check under https://www.postauto.ch/fr/file/127412/download?token=P40WkCGJ.</p> <p>Due to route constraints, capacity increases of the official courses will be offered <u>only from Paradiso Scuole/Stazione to Ciona</u> (with a 20 min walk to the EC), and only in case the reservations on https://www.postauto.ch/en/form/ticino-registration-groups-10-and-more-people (use the dialog box for groups, even for single persons!) show that the normal capacity doesn't last.</p> <p>Courses with possible increased capacity: <u>Paradiso Scuole/Stazione to Ciona</u> at 10:41, 11:41, 12:11 and returning at 16:02, 17:02, 17:32 <u>from Ciona to Paradiso Scuole/Stazione</u>.</p>
Start	Appr. 25 min walk from the EC (1 km, 130m climb), from 13:30 to 16:00.
Finish	10 min from the EC (800m)
Maximal time	2 hours 30 minutes
Finish closure	18:30
Refreshments on the course	For all classes except the shortest ones (OK, H10, D10, D70, D75, H80), marked on the map.
Terrain	Hilly with steep slopes and sometimes deep valleys, between 600-800 m altitude. Few trails but runability and visibility is generally good.
Jury members	Toncsi Kocsis, Patrick Rossetti, Tulla Spinelli
Food stands	Open from 9:00
Toilets	At the event centre and very limited number at the start.


EOC2018 race	Middle distance qualification races in the morning. The first runners arriving expected around 10:30 until 12:10 in the arena in Carona, which is only a 10 min. walk away from the EC.
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General scheme

1. ETAPPE EGK 5-TAGE-OL - 8.5.2018
Karte: Carona
WKZ: Carona (piscina)






Category	km	climb	Cont.	Category	km	climb	Cont.
D10	2.1	40	8	H10	2.1	40	8
D12	2.9	120	8	H12	2.9	120	8
D14	3.7	130	13	H14	4.1	160	14
D16	4.0	160	13	H16	4.7	240	13
D18	4.3	170	12	H18	5.9	260	17
D18K	3.2	120	8	H18K	3.8	150	11
D20	5.0	210	14	H20	6.6	360	17
D35	4.2	200	11	H35	5.5	310	14
D40	4.2	200	11	H40	5.5	310	14
D45	3.9	180	10	H45	5.1	280	14
D50	3.9	180	10	H50	5.1	280	14
D55	3.4	140	9	H55	4.5	250	13
D60	3.4	140	9	H60	4.5	250	13
D65	3.0	110	9	H65	4.2	160	12
D70	2.6	80	9	H70	4.2	160	12
D75	2.6	80	9	H75	3.0	110	9
DAK	3.2	80	8	H80	2.6	80	9
DAL	5.0	210	14	HAK	3.4	160	10
DAM	4.3	170	12	HAL	6.6	360	17
DB	3.2	120	11	HAM	5.9	260	17
DE	6.6	360	17	HB	4.1	160	14
OK	2.1	40	8	HE	8.6	410	22
OL	3.8	150	11				
OM	3.2	120	11				

2nd stage - Serpiano

Date	Wednesday, 9 May 2018
Type of race	Middle distance
Course-setter and Controller	Vincenzo Jacomella and Gianni Pettinari
Map	Monte San Giorgio, up-dated 2017-2018, format A4 Scale 1:10'000 (for all classes), equidistance 5m, ISOM 2017 norm Map: Beat Imhof
Particularities of the map	Powerlines on the map are only shown close to the pylons, as the cables are not visible to the runner. 
Event Centre (EC)	Open from 8:00 on, in area of Spinirolo (GPS 45.897826, 8.939331), (Information 5-Days open at 11:00). No changing rooms or showers; possibility to put club tents.
Parking	Close to the event centre, 2-3 min walk. Follow the instructions of the officials. Parking card for the week 20.- CHF or 5.- CHF per day.
Public transport	Post bus stop "Meride Paese" then 15 minutes walk to the EC. Post bus leaves Mendrisio station approximately every hour at xx: 33. Return buses from Meride Paese to Mendrisio Station approximately every hour at xx: 06. Please check under https://www.fahrplanfelder.ch/fileadmin/fap_pdf_fields/2018/62.524.pdf . Capacity increases of the official courses will be offered on following courses and only in case the reservations on https://www.postauto.ch/en/form/ticino-registration-groups-10-and-more-people (use the group dialog box, even for single persons) show that the normal capacity doesn't last . Mendrisio Stazione to Meride Paese at: 9:33, 10:33, 11:45 and returning at 16:06, 17:06, 18:06 from Meride Paese to Mendrisio Stazione.
Start	Apr. 25 min walk from EC (1.5 km, 70m climb), from 14:00 to 16:30.
Finish	At EC.
Maximal time	2 hours
Finish closure	18:30
Description of terrain	Area on a hillside with steep valleys, few trails; variable visibility and runability, between 600 – 800 m altitude.
Jury members	Vincenzo Jacomella, Patrick Rossettii, Tulla Spinelli
Food stands	Open from 9:00
Toilets	At event centre and a limited number on the road to the start.
EOC 2018 race	Middle Final race in the morning. The first finishers are expected at 10:30 until 13.15 in the arena of Serpiano, which is also the EC of the EGK Swiss 5-Days.

General scheme	<h2 style="text-align: center;">2. ETAPPE EGK 5-TAGE-OL - 9.5.2018</h2> <h3 style="text-align: center;">Karte: Monte San Giorgio</h3> <h3 style="text-align: center;">WKZ: Serpiano</h3>							
Course data	Category	km	climb	Cont.	Category	km	climb	Cont.
	D10	1.9	55	10	H10	1.9	55	10
	D12	2.2	65	11	H12	2.2	65	11
	D14	2.5	100	10	H14	2.7	110	11
	D16	2.5	115	11	H16	3.5	165	13
	D18	2.5	120	10	H18	3.3	190	14
	D18K	2.2	105	10	H18K	2.5	115	11
	D20	3.5	200	13	H20	4.2	270	14
	D35	3.2	145	12	H35	3.3	190	14
	D40	3.2	145	12	H40	3.3	190	14
	D45	2.9	130	12	H45	3.5	165	14
	D50	2.9	130	12	H50	3.5	165	14
	D55	2.7	130	11	H55	3.4	140	13
	D60	2.7	130	11	H60	3.4	140	13
	D65	2.6	80	11	H65	2.8	130	12
	D70	2.2	70	10	H70	2.8	130	12
	D75	2.2	70	10	H75	2.6	80	11
					H80	2.2	70	10
	DAK	2.3	95	10	HAK	2.9	130	12
	DAL	3.5	200	13	HAL	4.2	270	14
	DAM	2.5	120	10	HAM	3.2	145	12
	DB	2.5	100	10	HB	2.7	110	11
	DE	4.0	260	16	HE	4.7	320	18
	OK	2.2	65	11				
	OL	3.5	165	13				
	OM	2.7	110	11				

3rd stage – Tesserete (SPM)

Date	Thursday, 10 May 2018
Type of race	Sprint
Course-setter and controller	Pierluigi Brazzola and Giovanni Carbonetti
Technical controller	André W. Schoepfer
Map	Capriasca Paese, up-dated 2018, format A4 Scale 1:4'000 (for all classes), equidistance 2.5m, ISSOM norm Mapper: Francesco Guglielmetti
Particularity of the map	<p>The boundaries of private properties are marked with a fine line even if there are rock walls or boundary walls.</p> <div style="display: flex; justify-content: space-around;">   </div> <p>Several different types of fixed orienteering controls are located in the woods, which should be ignored.</p> <div style="display: flex; justify-content: space-around;">    </div>
Traffic rules	<p>The courses are set in a way to avoid roads with traffic. However, smaller roads will be used that are open to local traffic and traffic rules should be respected. At the critical points, traffic officials will be present. Every runner is responsible for his/her own safety and should not endanger others using the road. The organisation declines any responsibility.</p>
Event Centre (EC)	Arena Sportiva in Tesserete (GPS 46.066869, 8.963858), open from 9:30

	<p>(including information 5-days). Changing rooms for men with toilets and showers in the gym of the middle school in Tesserete, ca 300m away. Changing rooms for women with toilets and showers in the gym of the elementary school in Tesserete, 100m away. It is absolutely forbidden to enter the gym with spikes or dirty shoes.</p>
Parking	<p>Close to the event centre, appr. 5 – 10 min walk. Follow the instructions of the officials. It is absolutely forbidden to leave the marked route to the EC! Parking card for the week 20.- CHF or 5.- CHF per day.</p>
Public transport	<p>ARL Bus stop “Tesserete Stazione”, 5 min walk to the EC. Buses leave from Lugano Station Nord every hour at xx.08. Returning buses from Tesserete Stazione to Lugano Station Nord every hour at xx.32 (consult the site http://www.arlsa.ch/orari-e-linee-arl.htm). Capacity increases of the official courses will be offered on the following courses and only in case the reservations on http://www.eoc2018.ch/transport show that the normal capacity doesn't last.</p> <ul style="list-style-type: none"> - 10:08, 11:08, 12:08 from Lugano Stazione Nord to Tesserete - 15:32, 16:32, 18:32, 19:32 from Tesserete to Lugano Stazione Nord. <p>Due to the public evening dinner followed by a concert of Sebalter, there will be an extra course at 22:00 (after the concert) from Tesserete Station to Lugano Station Nord (reservations to be done on above link). There is also a Post course between Lugano and Tesserete (line 443) which offers possible alternatives (consult https://www.postauto.ch/it/file/44472/download?token=28YYGzFG). To reach the EC it is not allowed to leave the marked trail.</p>
Start	<p>Start 1: classes HD14,16,18,18K,20,AE,AL,AM,AK,35,40,45,50,55, and H60 Appr. 10 min walk from EC (0.8 km, 20m climb), from 12:30 to 15:00</p> <p>Start 2: classes HD10,12,B,65,70,75,D60,H80,OL,OM,OK Appr. 10 min walk from EC (0.8 km, 30m climb), from 12:30 to 15:00 At -2 minutes there is a monitored crossing of the street.</p>
Finish	<p>Finish 1: classes HD14,16,18,18K,20,AE,AL,AM,AK,35,40,45,50,55, and H60, appr. 10 min walk to EC (0.8 km) Finish 2: classes HD10,12,B,65,70,75,D60,H80,OL,OM,OK, Appr. 5 min walk to EC (0.5 km)</p>
Returning of maps	<p>After the arrival the maps have to be reponed in the bags per category. They can then be collected after 4 pm at the EC. Participants arriving after 14:45 can keep their maps.</p>
Maximal time	1 hour 30 minutes
Finish closure	16:30
Description of terrain	Town Sprint, within the intricate centre and the residential areas of the town; altitude 500 – 600 m.
Jury members WRE	André Wirz, Michael Eglin, Brigitte Grüniger (presidency IOF EA André W. Schoepfer, with no voting rights)
Food stands	Open from 10:00

Toilets	In the changing rooms and a very limited number at the two starts.
EOC2018 races	Sprint Relay starts at 17:00 from the arena in Tesserete (2 min from the EC). The finishers of the spectacular sprint relay are expected from 18:00 until 18:20.

Scheme EC

General scheme

3. ETAPPE EGK 5-TAGE-OL (SPM) - 10.5.2018
Karte: Capriasca paese
WKZ: Tesserete

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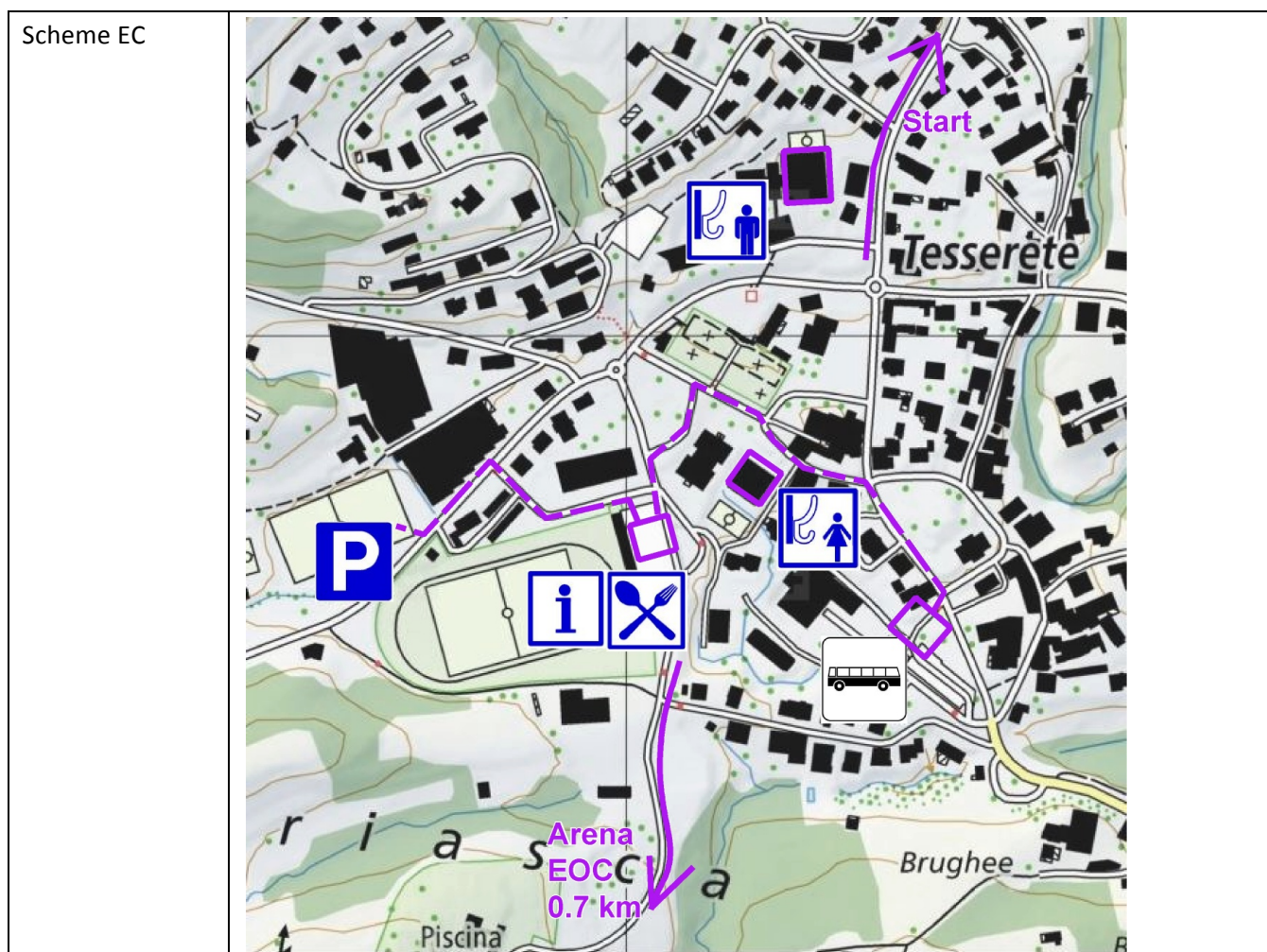
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    WKZ[WKZ] --- H5[5 min] --- Haltestelle[Haltestelle Postauto]
    WKZ --- H5_10[5-10 min] --- Pauto[P auto]
    WKZ --- H5_2[5 min] --- Garderobe_H[Garderobe Herren Dusche + WC]
    WKZ --- H2_5[2 min] --- Garderobe_D[Garderobe Damen Dusche + WC]
    WKZ --- H5_20_5[0.5 km, 20m, 5 min] --- Auslesen[Auslesen Verpflegung Sanität]
    WKZ --- H5_20_5 --- WC[5 x WC]
    WC --- H0_3_10_5[0.3 km, 10m, 5 min] --- START2[START 2]
    WC --- H0_3_0_5[0.3 km, 0m, 5 min] --- START1[START 1]
    Auslesen --- H0_8_0_10[0.8 km, 0m, 10 min] --- C1(( ))
    Auslesen --- H0_5_0_5[0.5 km, 0m, 5 min] --- C2(( ))
    C1 --- C3(( ))
    C2 --- C4(( ))
    C3 --- C5(( ))
    C4 --- C5
    C5 --- START2
    C5 --- START1
    
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Course data	Cat.	km	climb	Cont.	Start	Cat.	km	climb	Cont.	Start
		D10	1.1	40	14	S2	H10	1.1	40	14
	D12	1.2	35	13	S2	H12	1.3	40	14	S2
	D14	1.4	55	11	S1	H14	1.5	75	13	S1
	D16	1.9	75	17	S1	H16	2.0	120	19	S1
	D18	2.4	120	17	S1	H18	2.5	125	16	S1
	D18K	1.8	105	15	S1	H18K	2.0	105	17	S1
	D20	2.4	120	17	S1	H20	2.5	125	16	S1
	D35	2.0	100	15	S1	H35	2.5	100	17	S1
	D40	1.9	85	17	S1	H40	2.4	140	19	S1
	D45	1.9	75	15	S1	H45	2.3	100	17	S1
	D50	1.6	70	14	S1	H50	1.9	90	16	S1
	D55	1.6	65	13	S1	H55	1.6	60	15	S1
	D60	1.3	35	12	S2	H60	1.6	55	12	S1
	D65	1.3	45	14	S2	H65	1.3	40	14	S2
	D70	1.2	30	12	S2	H70	1.2	30	14	S2
	D75	1.1	25	12	S2	H75	1.2	25	13	S2
						H80	1.2	25	13	S2
	DAK	1.7	75	14	S1	HAK	1.9	75	16	S1
	DAL	2.1	100	15	S1	HAL	2.6	130	19	S1
	DAM	2.1	90	16	S1	HAM	2.1	105	16	S1
	DB	1.2	40	14	S2	HB	1.3	50	15	S2
	DE	2.6	115	17	S1	HE	3.0	130	21	S1
	OK	1.1	25	12	S2					
	OL	1.4	40	16	S2					
	OM	1.2	30	15	S2					

4th stage – Capriasca

Date	Saturday, 12 May 2018
Type of race	Middle distance
Course-setter and controller	Michele Ren and Stefano Castelli
Technical controller	Therese Achermann
Map	Capriasca, up-dated 2017-2018, format: reduced A3 (start 1) or A4 (start 2) Scale 1:10'000 (for all classes), equidistance 5m, ISOM 2017 norm Mapper: Urs Steiner
Event Centre (EC)	Arena Sportiva in Tesserete (GPS 46.066869, 8.963858), open from 7:30 (includes information of 5-days). Changing rooms for men with toilets and showers in the gym of the middle school in Tesserete, ca 300m away. Changing rooms for women with toilets and showers in the gym of the elementary school in Tesserete, 100m away. It is absolutely forbidden to enter the gym with spikes or dirty shoes.
Parking	Close to the event centre, appr. 5 – 10 min walk. Follow the instructions of the officials. It is absolutely forbidden to leave the marked route to the EC! Parking card for the week 20.- CHF or 5.- CHF per day.
Public transport	ARL Bus stop “Tesserete Stazione”, 5 min walk to the EC. Buses leave from Lugano Station Nord every hour at xx.08. Returning buses from Tesserete Stazione to Lugano Station Nord every hour at xx.32 (consult the site http://www.arlsa.ch/orari-e-linee-arl.htm). Capacity increases of the official courses will be offered on following courses and only in case the reservations on http://www.eoc2018.ch/transport show that the normal capacity doesn't last. - 7:08, 8:08, 9:08, 10:08 from Lugano Stazione Nord - 15:32, 16:32, 18:32, 19:32 from Tesserete to Lugano Stazione Nord. There is also a Post course between Lugano and Tesserete (line 443) which offers possible alternatives (consult https://www.postauto.ch/it/file/44472/download?token=28YYGzFG). To reach the EC it is not allowed to leave the marked trail.
Beverage before start	Due to the long distance from the EC of these starts, water will be available shortly before the start.
Start	Start 1: classes D18,D20,DAL,DE,H16,H18,H20,H35,H40,H45,H50, H55,H60,HAL,HAM,HE, Approx. 55 min walk from the EC (2.8 km, 220m climb), from 9:30 until 13:00. Start 2: classes D10,D12,D14,D16,D18K,D35,D40,D45,D50,D55,D60,D65, D70,D75,DAK,DAM,DB,H10,H12,H14,H18K,H65,H70,H75,H80,HAK,HB,OK,OL,OM Approx. 55 min walk from EC (2.7 km, 220m climb), from 9:30 to 12:30. Limited transport in school bus is offered to the start for DH10/12 and DH70+ and Open K if travelling with children 12 and younger. Afterwards an appr. 15 min walk (0.7 km, 120 m climb).

Meadows	It is strictly prohibited to enter on meadows marked as forbidden areas on the map.
Finish	25 min walk to EC (1.5 km downhill on roads and trails)
Maximal time	2 hours
Finish closure	15:00
Description of terrain	Chestnut- and beech woods with various open areas, steep slopes and valleys, few trails, variable visibility, runability generally good; between 600 – 1100 m altitude.
Jury members	Therese Achermann, Sabrina Meister, Tulla Spinelli
Food stands	Open at 8:00
Toilets	In the changing rooms and a very limited number along the road to the two starts
EOC2018 races	The two relays (men and women) are taking place in the afternoon in the arena in Vaglio (about 600m from the EC). The first woman finisher is expected around 15:30, the first male finisher around 17:40.

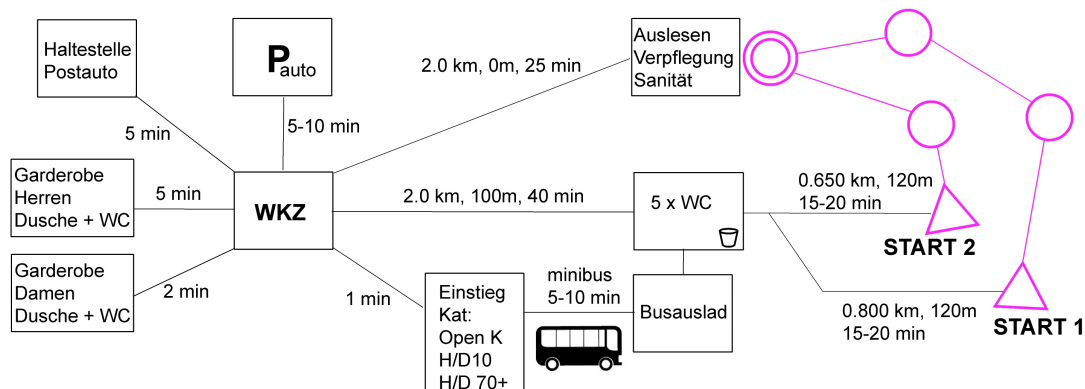


General scheme

4. ETAPPE EGK 5-TAGE-OL - 12.5.2018

Karte: Capriasca


WKZ: Tesserete



Course lengths

Cat.	km	climb	Cont.	Start	Cat.	km	climb	Cont.	Start
D10	1.7	110	8	S2	H10	1.9	110	10	S2
D12	2.2	115	10	S2	H12	2.4	135	10	S2
D14	2.5	155	12	S2	H14	2.9	150	14	S2
D16	3.2	170	15	S2	H16	3.5	190	14	S1
D18	3.6	170	14	S1	H18	4.4	270	14	S1
D18K	2.0	115	10	S2	H18K	2.4	170	14	S2
D20	3.6	170	14	S1	H20	4.4	270	14	S1
D35	3.3	160	13	S2	H35	4.3	240	14	S1
D40	3.3	210	13	S2	H40	3.8	205	12	S1
D45	3.0	190	12	S2	H45	4.0	255	17	S1
D50	2.7	155	12	S2	H50	3.7	240	13	S1
D55	2.7	150	12	S2	H55	3.3	230	12	S1
D60	2.3	120	11	S2	H60	3.3	170	12	S1
D65	2.2	120	12	S2	H65	3.0	160	14	S2
D70	1.9	120	11	S2	H70	2.4	130	12	S2
D75	1.9	105	9	S2	H75	2.2	135	12	S2
					H80	1.9	115	10	S2
DAK	2.2	140	11	S2	HAK	2.4	125	13	S2
DAL	3.5	230	12	S1	HAL	4.2	260	16	S1
DAM	2.7	145	11	S2	HAM	3.4	210	12	S1
DB	2.1	110	10	S2	HB	2.6	135	11	S2
DE	4.3	265	16	S1	HE	5.0	315	18	S1
OK	2.1	120	10	S2					
OL	4.4	275	21	S2					
OM	3.0	165	15	S2					

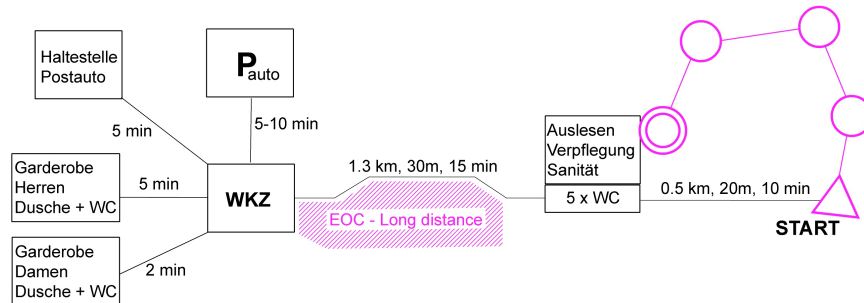
5th stage – Tesserete-Vaglio

Date	Sunday, 13 May 2018
Type of race	Long distance
Course-setter and controller	Federico Tettamanti and Roberto Tettamanti
Technical controller	Therese Achermann
Map	Tesserete, up-dated 2017-2018, format A4 Scale 1:10'000 (for all classes), equidistance 5m, ISOM 2017 norm Mapper: Francesco Guglielmetti
Particularity of the map	<p>Several different types of fixed orienteering controls are in the woods, which should be ignored.</p>  <p>Swiss Orienteering has granted an exception for this event to use a map scale of 1:10'000 for all classes.</p>
Event centre (EC)	<p>Arena Sportiva in Tesserete (GPS 46.066869, 8.963858), open from 7:00 (including information of 5-days).</p> <p>Changing rooms for men with toilets and showers in the gym of the middle school in Tesserete, ca 300m away.</p> <p>Changing rooms for women with toilets and showers in the gym of the elementary school in Tesserete, 100m away.</p> <p>It is absolutely forbidden to enter the gym with spikes or dirty shoes.</p>
Parking	Close to the event centre, appr. 5 – 10 min walk. Follow the instructions of the officials. It is absolutely forbidden to leave the marked route to the EC! Parking card for the week 20.- CHF or 5.- CHF per day.
Public transport	<p>ARL Bus stop “Tesserete Stazione”, 5 min walk to the EC.</p> <p>Buses leave from Lugano Station Nord every hour at xx.08.</p> <p>Returning buses from Tesserete Stazione to Lugano Station Nord every hour at xx.32 (consult the site http://www.arlsa.ch/orari-e-linee-arl.htm).</p> <p>Capacity increases of the official courses will be offered on following courses and only in case the reservations on http://www.eoc2018.ch/transport show that the normal capacity doesn't last.</p> <p>- 8:08, 9:08, 10:08 from Lugano Stazione Nord</p>

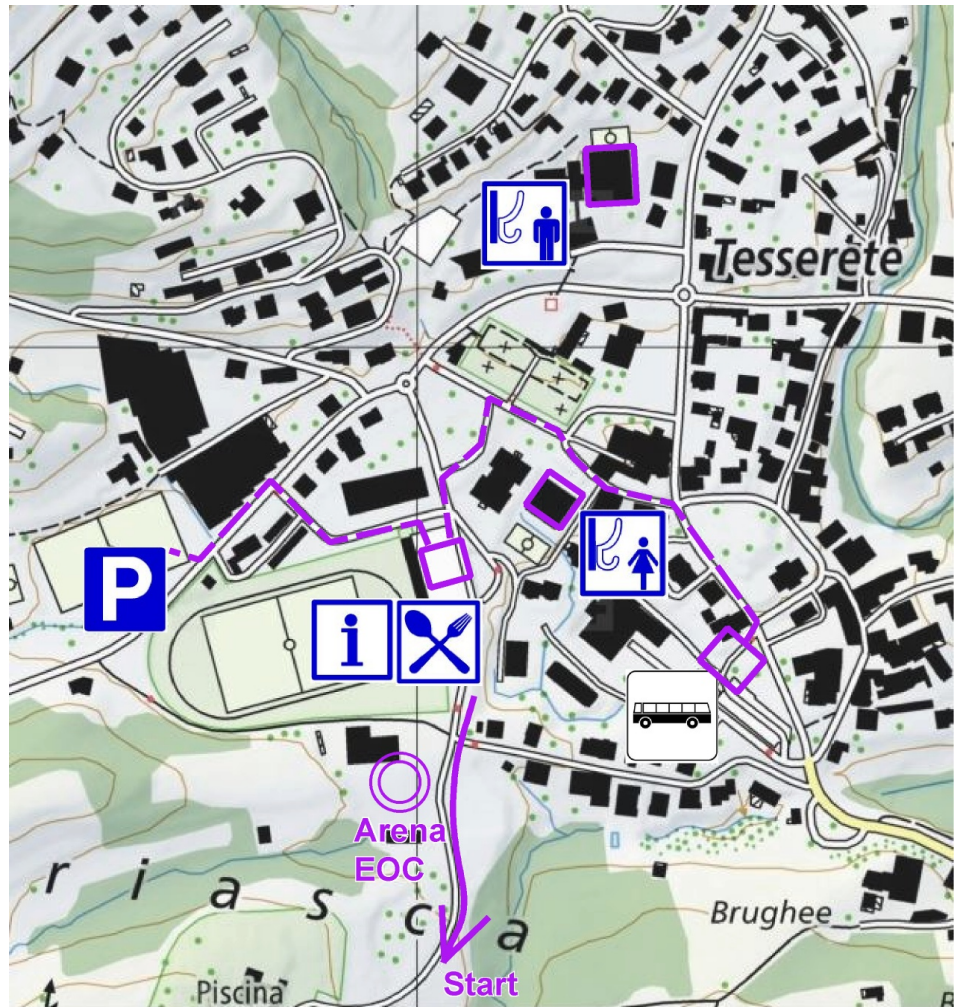
	<p>- 15:32, 16:32, 18:32, 19:32 from Tesserete to Lugano Stazione Nord.</p> <p>There is also a Post course (one early in the morning) between Lugano and Tesserete (line 443) which offers possible alternatives. Consult https://www.postauto.ch/it/file/44472/download?token=28YYGzFG.</p> <p>To reach the EC it is not allowed to leave the marked trail.</p>
Start	<p>Appr. 25 min walk from the (1.8 km, 50m climb), from 9:00 to 12:30.</p> <p>On the way to the start it is mandatory to follow the marked route and the instructions of the officials. In particular it is forbidden to enter the EOC race area (the EOC Long distance race is run at the same time).</p>
Courses	<p>For the following classes HE, H18/H20, D18/D20 the second part of the course is printed on the back of the map.</p>
Finish	<p>10 min walk to the EC (1.3 km flat on gravel road).</p> <p>On the way back to the EC it is mandatory to follow the marked route and the instructions of the officials. In particular it is forbidden to enter the EOC race area (the EOC Long distance race is run at the same time). The way back is partially the same as the one to go to the start: it is not allowed to show the map to runners who did not start yet (fair-play).</p>
Maximal time	2 hours 30 minutes
Finish closure	15:00
Refreshments on the course	There will be refreshment points for all classes.
Description of the terrain	Compact beech woods, moderately hilly with a moderate amount of trails, visibility and runability generally very good; between 600 – 700 m altitude.
Jury members	Therese Achermann, André Schöpfer, Tulla Spinelli
Food stands	Open from 08:00
Toilets	In the changing rooms and a very limited number along the road to the start
EOC2018 races	<p>Simultaneously with the 5th stage of the EGK Swiss 5-days, the EOC also runs their races over the long distance, with the finish in the arena in Tesserete (only 100 m from EC).</p> <p>The best women finishers are expected to arrive around 13:30 while the best men should finish around 14:30</p>

General scheme

5. ETAPPE EGK 5-TAGE-OL - 13.5.2018
Karte: Tesserete
WKZ: Tesserete



Scheme EC



Course lengths	Category	km	climb	Cont.		Category	km	climb	Cont.
		D10	2.2	35	10		H10	2.8	45
	D12	3.8	90	15		H12	3.8	110	17
	D14	4.2	140	17		H14	5.2	205	19
	D16	4.9	220	15		H16	7.1	245	21
	D18	6.9	290	23		H18	10	395	28
	D18K	3.9	120	13		H18K	4.3	100	12
	D20	6.9	290	23		H20	10	395	28
	D35	5.9	170	17		H35	7.6	230	21
	D40	5.7	200	18		H40	7.1	270	24
	D45	5.4	215	18		H45	7.6	265	21
	D50	5.1	215	13		H50	7.2	260	20
	D55	4.4	185	16		H55	6.8	270	20
	D60	4	160	14		H60	6.2	240	16
	D65	3.9	140	13		H65	5.5	210	15
	D70	3.3	80	11		H70	4.6	170	17
	D75	2.7	80	12		H75	4.3	100	16
						H80	3.2	90	11
	DE	9.4	365	27		HE	13.7	660	37
	DAL	6.1	255	17		HAL	9.8	440	23
	DAM	4.8	200	15		HAM	7.6	285	24
	DAK	3.3	110	13		HAK	4	130	13
	DB	3.6	80	14		HB	4.4	125	14
	OL	5.3	195	18					
	OM	4.1	125	17					
	OK	2.4	40	10					

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Simone Niggli-Luder

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