






# Como Lake Orienteering Meeting 2017

8th/9th April, 2017 – Bulletin 1bis

**Bulletin1bis thoroughly supersedes previous Bulletin1**

<b>WRE Classes:</b>	M21 and W21
<b>Discipline:</b>	FootO
<b>Date and types of Competitions:</b>	<p>April, 8<sup>th</sup> (afternoon): WRE Sprint race, in <b>Dervio (Lecco)</b>, valid for the Italian national orienteering <b>"Sprint Race Tour 2017"</b></p> <p>April, 9<sup>th</sup> (morning): Long-Distance WRE race in San Primo forest, valid for the national orienteering <b>"Italian Cup 2017"</b></p>
<b>Other Classes:</b>	<p><b>Sprint Race Tour 2017:</b> BEGINNERS, W12, W16, W20, WB, W35, W45, W55, W65, M12, M16, M20, MB, M35, M45, M55, M65</p> <p><b>Italian Cup 2017:</b> BEGINNERS, DIRECT, W12, W14, W16, W18, W20, WA, WB, WC, W35, W40, W45, W50, W55, W60, W65, W70, W75, M12, M14, M16, M18, M20, MA, MB, MC, M35, M40, M45, M50, M55, M60, M65, M70, M75</p>
<b>Organizers:</b>	<p><b>A.S.D. Nirvana Verde</b> – Event Website: <a href="http://www.nirvanaverde.it/clom">http://www.nirvanaverde.it/clom</a></p> <p>Event Manager: Stefano Gottardi (phone number +39.349.8759545)</p> <p>WRE/IOF Race Director: Maurizio Ongania</p> <p>Course Planner: Andrea Gianotti (Sprint), Mario Ruggiero (Long)</p> <p>IOF Event Adviser: Francesco Giandomenico</p> <p>National FISO controller: Massimo Bianchi</p> <p>Course Controllers: Alessandra Gariboldi (Sprint), Maurizio Todeschini (Long)</p> <p>Contact email: <a href="mailto:info@nirvanaverde.it">info@nirvanaverde.it</a></p> <p>Sprint Venue: <b>Dervio (Lecco, Italy)</b></p> <p>Long Venue: San Primo forest (45.927950, 9.247640 – Como, Italy)</p>
<b>General map of the region and relevant embargoed areas:</b>	<div style="display: flex; justify-content: space-around;">   </div> <p>More details on Event Website: <a href="http://www.nirvanaverde.it/clom">http://www.nirvanaverde.it/clom</a></p>

<b>WRE Entries:</b>	By Iof Eventor Management Service <b>only</b> : <a href="https://eventor.orienteering.org/Events/Show/5698">https://eventor.orienteering.org/Events/Show/5698</a> <a href="https://eventor.orienteering.org/Events/Show/5695">https://eventor.orienteering.org/Events/Show/5695</a> Latest date for WRE entries: March, 31 <sup>st</sup> 2017
<b>WRE Entry fees:</b>	€12,00 (each race)
<b>Other Classes Entries:</b>	FISO members (Sprint Race Tour 2017): <a href="http://www.fiso.it/gara/20173">http://www.fiso.it/gara/20173</a> FISO athletes (Italian Cup 2017): <a href="http://www.fiso.it/gara/20174">http://www.fiso.it/gara/20174</a>  SPRINT RACE Tour (Saturday), <b>for foreigners</b> : <a href="http://www.orienteeringonline.net/CompetitionBasicInfo.aspx?CompetitionID=3177">http://www.orienteeringonline.net/CompetitionBasicInfo.aspx?CompetitionID=3177</a> ITALIAN CUP (Sunday), <b>for foreigners</b> : <a href="http://www.orienteeringonline.net/CompetitionBasicInfo.aspx?CompetitionID=3178">http://www.orienteeringonline.net/CompetitionBasicInfo.aspx?CompetitionID=3178</a>  Latest date for entries: April, 1 <sup>st</sup> 2017
<b>Entry fees:</b>	€5,00 WM16 and younger (each race) €12,00 other classes (each race)
<b>Payment:</b>	Bank Transfer to "A.S.D. NIRVANA VERDE" – Via C. Villa 15, 23862 Civate (Italy) IBAN: IT17B0521651200000000001150 SWIFT: BPCVIT2S
<b>VISA for foreigners</b>	Refer to <a href="http://vistoperitalia.esteri.it/">http://vistoperitalia.esteri.it/</a>
<b>Terrains</b>	<b>Sprint:</b> urban old village terrain, mix of narrow difficult passages, few open areas; sometimes steep slopes. Map scale <b>1:5.000</b> , contour interval 2.5m  <b>Long:</b> generally alpine terrain, steep slopes, mixed type of forest, few stony areas. Map scale 1:15.000, contour interval 5m
<b>Map Samples</b>	
<b>Punching System:</b>	Sport-Ident
<b>Courses Info:</b>	Sprint winning time = 12'/15' – both men and women Long winning time = 90'/100' for men, 70'/80' for women
<b>Training:</b>	Training opportunities in Magreglio/Barni, very close to SanPrimo forest (Long Distance area)
<b>Participation restrictions:</b>	None