

Râmnicu-Vâlcea

Romania



SEEOC
2013

RÂMNICU VÂLCEA, ROMÂNIA
SOUTH EAST EUROPEAN
ORIENTEERING CHAMPIONSHIPS
04-08 September 2013

Bulletin 3

South East European Orienteering Championships

04-08.09.2013

Horezu Ceramics - UNESCO Heritage



**ROMANIAN ORIENTEERING FEDERATION
IN CO-OPERATION WITH THE MUNICIPALITY OF
RÂMNICU-VÂLCEA INVITE YOU TO
3rd SOUTH EAST EUROPEAN ORIENTEERING CHAMPIONSHIPS
2nd SOUTH EAST EUROPEAN MASTERS
ORIENTEERING CHAMPIONSHIPS**

Dear Orienteering Friends,

The local government of the city of Râmnicu Vâlcea has and is constantly engaged and involved in supporting all competitive events and local sports movements – whether amateur or professional, junior or senior. We are making this step with confidence, that on the one hand, the harmonious development of each citizen cannot be done in the absence of movement, on the other hand, that sport is the best ambassador of a community and also, is the most representative business card that we can show the world.

We are honored that this year's edition of the Southeast European Championships for Cadets, Youth, Juniors and Seniors, The Latin Countries Cup and National Orienteering Championships are held in Râmnicu Vâlcea, Vâlcea county, and we see this as a recognition of the value that romanian orienteers have - a sport discipline with a long tradition in our country and also an appreciation of the beauty of these places.

We are pleased that for several days you will be our guests and we hope that after this competition you will remain with beautiful memories from Râmnicu Vâlcea and Vâlcea county.

We wish much success to all the participants at these meetings and I wish you to find always the way, both in sports competitions to come, as well as in his personal life.

Organizing Committee



ORGANIZERS



Federatia Română
de Orienteare

**Romanian Orienteering Federation
in co-operation with the
Vâlcea County Council
Municipality of Râmnicu Vâlcea.**



Consiliul Județean
Vâlcea



RÂMNICU VÂLCEA
PRIMĂRIA MUNICIPIULUI



PARTNERS

Ministry of Youth and Sport
Romanian Olympic and Sports Committee

Municipality of Horezu

Municipality of Baile Govora

Municipality of Bujoreni

Municipality of Mihaesti

Sport Club EcoSport Ramnicu Valcea

Children's Palace Ramnicu Valcea

Mountain Rescue Valcea County Public Service



Romanian Olympic
and Sports Committee



Primăria Horezu



ORGANISING COMMITTEE

President:

Constantin Alexandrescu

Technical Director:

Dionisie Rosca

Secretary:

Anca Stupu

National Controller:

Gheorghe Dinu

Gligor Pavel

IOF EVENT ADVISER

Todor Pedev - Bulgaria



I. EVENT PROGRAMME

4th September, Wednesday

- 8:30 – 21:00 Event Center Opens at Sport Hall “Traian”
- UNTIL 21:00 – Arrival, registration
- 12:00 – Deadline for Final nominal entry form with starting groups for Sprint (it should be send by e-mail before Arrival)
- 14:00 – 19:00 Model event (L.D. and Relay; for Sprint could be used Grand Prix Romania Sprint event)
- 20:00 – Team leaders meeting, Event Center

5th September, Thursday, WRE

- 8:30 – 10:30 – Arrival, registration, Event Center Opens
- 14:00 – Deadline for Final nominal entry form with starting groups for Long Distance
- 14.45 – Quarantine opens at Stadium
- 15.30 – Quarantine closes at 15.30 for all participants:
SEEOC, SEEMOC, Coupe des Pays Latins and Grand Prix Romania
- 16:00 – Sprint - First start
- 19:00 – SEEOC Official Opening and Prize giving ceremony Sprint
- 21:00 – Team leaders meeting, Event Center
- 19:00 – 22:30 Event Center Open

6th September, Friday, WRE

- 10:00 – Long Distance -First start
- 14:00 – Deadline for Final nominal entry form with starting groups for Middle Distance
- 18:00 – Prize giving-ceremony Long Distance, Event Center
- 19:00 – Team leaders meeting, Event Center
- 20:00 – SEEOWG meeting 1st session, Event Center
- 18:30 – 21:30 Event Center Open

7th September, Saturday, WRE

- 10:00 – Middle Distance -First start
- 14:00 – Deadline for Final nominal entry form for Relay
- 18:00 – Prize giving-ceremony Middle Distance, Event Center
- 19:00 – Team leaders meeting, Event Center
- 20:00 – SEEOWG meeting 2nd session, Event Center
- 20:00 – 22.00 Disco for athlets
- 18:30 – 21:30 Event Center Open

8th September, Sunday

- 09:30 – Relay - First start
- 14:30 – Prize giving and Closing ceremony

II. CLASSES

According to SEEOC Rules:

Individual events and Relay: Men 16, 18, 20, 21. Women 16, 18, 20, 21

III. ENTRY FEE

According to SEEOC Rules, 20 EUR per competitor for all races

IV. ENTRIES AND ACCREDITATION

Team representatives must use online registration for SEEEOC which is open now at our website www.seeoc2013.fro.ro and send the final nominal entry form for confirmation to e-mail: seeoc2013rof@gmail.com by 15 th August 2012! Please do not forget to write WRE ID's for Elite runners! For accreditation team leaders must show the team members' passports to prove their nationality and full passport-holding citizenship of the country of their Federation.

V. PARTICIPATION

According to the SEEEOC Rules !

Competitors representing member Federations of the IOF, defined by the International Olympic Committee as belonging to the South East European continent, can compete in SEEEOC.

At the moment this Bulletin is published (January 2013), the following countries are eligible for official participation: Bulgaria, Croatia, Cyprus, Greece, Italy, Macedonia, Moldova, Montenegro, Serbia, Turkey and Romania.

Participants from a country outside the South East European region, can participate in SEEEOC open events (Grand Prix Romania), but will not be eligible for South East European titles, medals or diplomas. This start will be organized as an open event, 15 minutes after last official competitor start in each class.

For official SEEEOC competitions in the individual events a Federation may enter a maximum of 4 runners in each class. This does not apply for other federations outside of South East Europe who participate in WREs or the other competitions, even from South East European federations may run more than 4 competitors.

In the relay a Federation may enter one team each consisting of 3 competitors. Incomplete teams and teams with runners from more than one Federation are not allowed. Under no circumstances may persons other than entered competitors participate in the competition.

VI. PUNCHING SYSTEM

SPORT ident electronic punching system will be used in all races. You can rent SI card from the organizers 3 EUR per start, 40 EUR if lost rented SI card.

Please, appoint your SI Card number in the Event Entry Form.

VII. COURSE DETAILS

	Sprint 5 sept. 2013 WRE	Long Distance 6 sept. 2013 WRE	Middle Distance 7 sept. 2013 WRE	Relay 8 sept. 2013
W21E	3.0 km/PC21	9.5 km/ PC17	4.9 km/PC17	5.0 km/PC15
W20	2.8 km/PC17	8.4 km/ PC14	4.0 km/PC16	4.5 km/PC14
W18	2.5 km/PC15	6.0 km/ PC13	3.4 km/PC16	3.7 km/PC12
W16	2.1 km/PC15	5.1 km/ PC13	3.0 km/PC11	3.0 km/PC10
M21E	3.5 km/PC23	11.8 km/ PC26	6.7 km/PC26	6.8 km/PC17
M20	3.2 km/PC22	9.5 km/ PC18	4.9 km/PC17	5.8 km/PC15
M18	2.7 km/PC18	7.9 km/ PC15	4.5 km/PC16	4.0 km/PC15
M16	2.4 km/PC15	6.0 km/ PC15	3.4 km/PC14	3.8 km/PC12

The location of each competition area and finish area

Event Center (E.C.) - Sala Traian 45° 6'28N 24°22'15E

05.09.2013 - Sprint - W.R.E.

Râmnicu Vâlcea: N45 6 14, E24 20 58
E.C. – Parking - 2,3 km
Parking - Quarantine - 100 m
Arena - Parking - 1,3 km

06.09.2013 - Long Distance - W.R.E.

Arsanca 45° 0'35N 24°13'41E
E.C. – Parking 20 km - travel by car
Parking – Finish 100 m
Finish – Start 1 - 1,5 Km/ 40 m climb
Finish – Start 2 - 0,7 Km/ 15 m climb

07.09.2013 - Middle Distance

Bujoreni 24°21'52E 24°21'52E
E.C. – Parking 5 km - travel by car
Parking - Finish 350 m
Finish – Start 1 - 2,5 Km/ 65 m climb
Finish – Start 2 - 1,5 Km/ 45 m climb



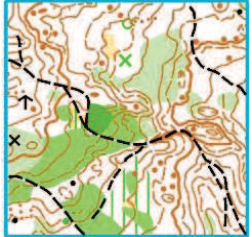

08.09.2013 - Relay and Middle Distance

Arsanca 45° 0'35N 24°13'41E
E.C. – Parking 20 km - travel by car
Finish - Start 400 m - for Grand Prix

Model event area 7.1 is no more available!

Carrying watches with GPS facilities is forbidden for all competitors in SEEOC according to IOF rules 21.4: Competitors may not use or carry telecommunication equipment between entering the pre-start area and reaching the finish in a race, unless the equipment is approved by the organiser. GPS data loggers with no display or audible feedback can be used.

VIII. MAPS AND TERRAINS

Maps	Terrain
<p>Sprint: Scale 1:4.000, Contour: 2,5m According to ISSOM Map Maker: Dionisie Rosca , ROU Course setter: Florin Tuncu</p> 	<p>City and park zone.</p>
<p>Long distance: Scale 1:15.000, Contour: 5m According to ISOM Map Maker: Dionisie Rosca , ROU Liviu Tintar, ROU Course setter: Liviu Tintar</p> 	<p>Terrain at 300 m above sea level. Moderately steep to steep hills up to 160 m height. Terrain with a lot of micro contours. Vegetation mainly beech spruce forest, but there are forests and open vegetation. Some undergrowth and small marshes. Runnability mostly very good, but reduced in some places due to denser vegetation. Visibility very good, but limited in denser areas. Medium density of paths and trails.</p>
<p>Middle distance: Scale 1:10.000, Contour: 5m According to ISOM Map Maker: Dionisie Rosca , ROU Course setter: Daniel Stroescu</p> 	<p>Terrain at 300 m above sea level. Moderately steep to steep hills up to 160 m height. Terrain with a lot of micro contours. Vegetation mainly beech spruce forest, but there are forests and open vegetation. Some undergrowth and small marshes. Runnability mostly very good, but reduced in some places due to denser vegetation. Good visibility, but limited in denser areas. Medium density of paths and trails.</p>
<p>Relay: Scale 1:10.000, Contour: 5m According to ISOM Map Maker: Dionisie Rosca, ROU Course setter: Daniel Barkasz</p> 	<p>Terrain at 300 m above sea level. Moderately steep to steep hills up to 160 m height. Terrain with a lot of micro contours. Vegetation mainly beech spruce forest, but there are forests and open vegetation. Some undergrowth and small marshes. Runnability mostly very good, but reduced in some places due to denser vegetation. Visibility very good, but limited in denser areas. Medium density of paths and trails.</p>

IX. TRAINING POSSIBILITIES

Those willing to train, have the chance of experiencing the terrain characteristics between the 3rd and 4th of September, during the competition “Grand Prix Romania”. More informations you can find at our website: www.seeoc2013.fro.ro

X. TRANSPORTATION

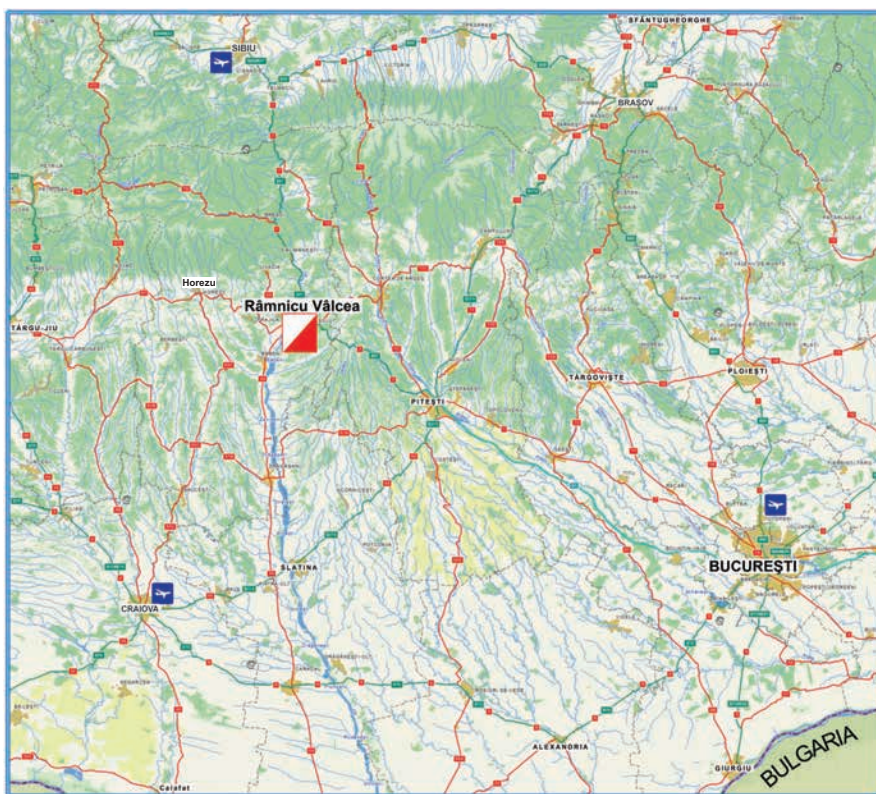
Road distances to Râmnicu-Vâlcea:
Bucharest ROU: 170km

Nearest international airports:

Bucharest, 195 km from Râmnicu Vâlcea
(<http://www.bucharestairports.ro/>
<http://www.aeroportul-otopeni.info/>)

Sibiu, 115 km from Râmnicu Vâlcea
(<http://www.sibiuairport.ro/>)

Craiova, 125 km from Râmnicu Vâlcea
(<http://www.aeroportcraiova.ro/>)



Bus:

The transfer from the airport to Râmnicu Vâlcea could be arranged also by the organizers upon request. Also cars can be rented from the airport.

Other possibilities:

There are a lot of bus companies operating from Bucharest to Râmnicu Vâlcea. It takes 2 1/2-3 hours to Râmnicu Vâlcea.

The ticket price in 2013 is around 8 Euro one way.

Local transport to Events

If necessary, organizers can provide transport to the competition, with a transportation fee.

Teams can use their own transport from accommodation to the events, but at their own responsibility.

Distances from the Event Center to the competition areas are between 1-18 km.

XI. ACCOMMODATION

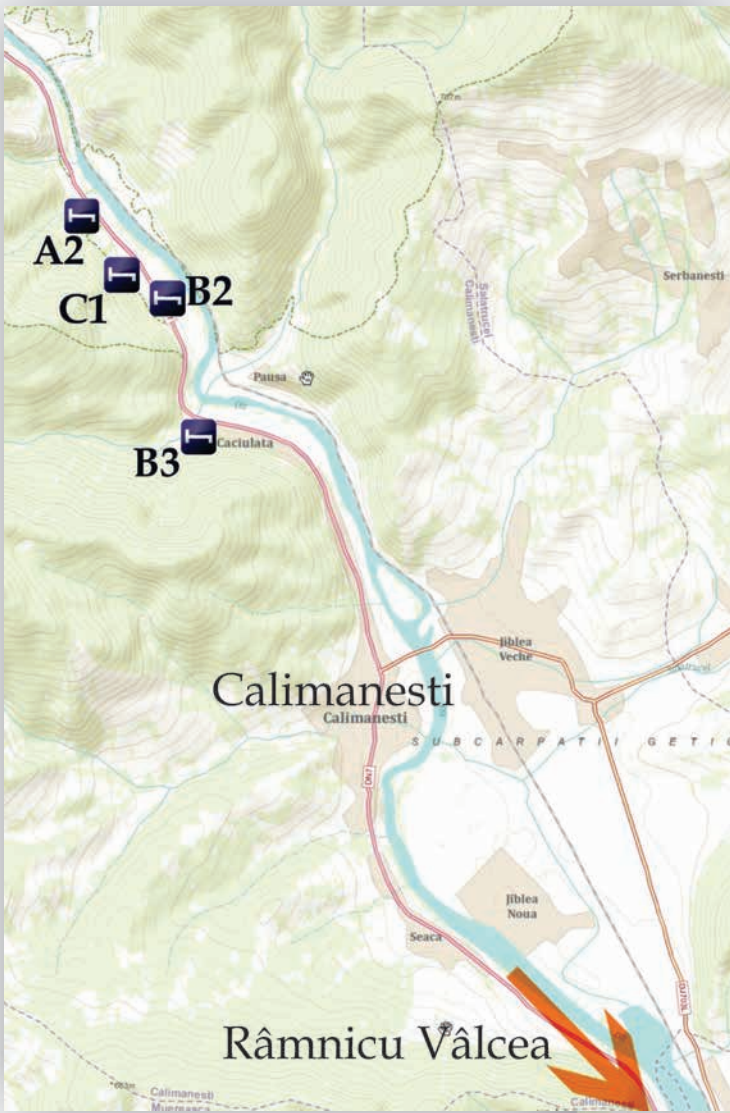
We have tried to offer you different types of accommodation.

Please inform us as soon as possible where and how many person you want to stay **and not later than 01st June 2013!**

If we will find more others accommodation places we will announce in due time to chose the type that suits you!

TYPE	Name, address, web address	Service obtained	Price per person/day	Other remarks	
A	A1	Grand Hotel Sofianu **** The only one Museum Hotel in Romania Str. Stirbei Voda, Rm. Valcea, jud. Valcea, România http://www.hotelsofianu.ro/ 1,5 km to event center	Half board (Swedish Buffet)	47€ Single Rooms - 32€ Double Rooms	Bathroom with shower, individually adjustable climate and heating, electronic room access system, safe, TV with local, national, international posts, telephone, Wi-Fi, minibar and hairdryer.
	A2	Casa Romaneasca Hotel *** www.casa-romaneasca.ro/ Calea lui Traian, Nr. 597 245601 – Calimanesti 22,0 km to event center	Half board	32€ Single Rooms - 28€ Double Rooms - 30€ Apartments	Swimming pool access Bathroom with shower color TV, minibar, Wi-Fi, air conditioner. - Apartment: Room with familial bed, living with extensible bed and 2 nd toilet
B	B1	Hotel Alutus *** http://www.hotelalutus.ro/ Str. Praporgescu, nr.10, Ramnicu-Valcea 900 m to event center	Half board	30€ Single Rooms - 25€ Double Rooms	Air conditioner Minibar Wi-Fi in Lobby TV Bathroom with shower
	B2	Hotel Complex Calimanesti Caciulata *** http://www.calimanesticaciulata.ro/ 21,2 km to event center	Half board	30€ Single Rooms - 25€ Double Rooms	Air conditioner Minibar TV Bathroom with shower Wi-Fi in Lobby
	B3	Traian Hotel** http://www.hoteltraian.webs.com/ Calea lui Traian, Nr. 559 245601 – Calimanesti 20,5 km to event center	Half board	23€ Double Rooms	TV Bathroom with shower Fridge, Wi-Fi in Lobby
C	C1	Youth Recreational Center Cozia-Calimanesti, Calimanesti-Caciulata, Calea lui Traian http://www.djstvalcea.ro/ 21,6 km to event center	Half board	17€	Rooms for 2,3,4 people. All rooms with toilets, shower
	C2	Student dormitory hostel Ramnicu-Valcea 1-1,7 km to event center	Half board	14€	Rooms for 4-6 people, shower and toilet on the corridor.

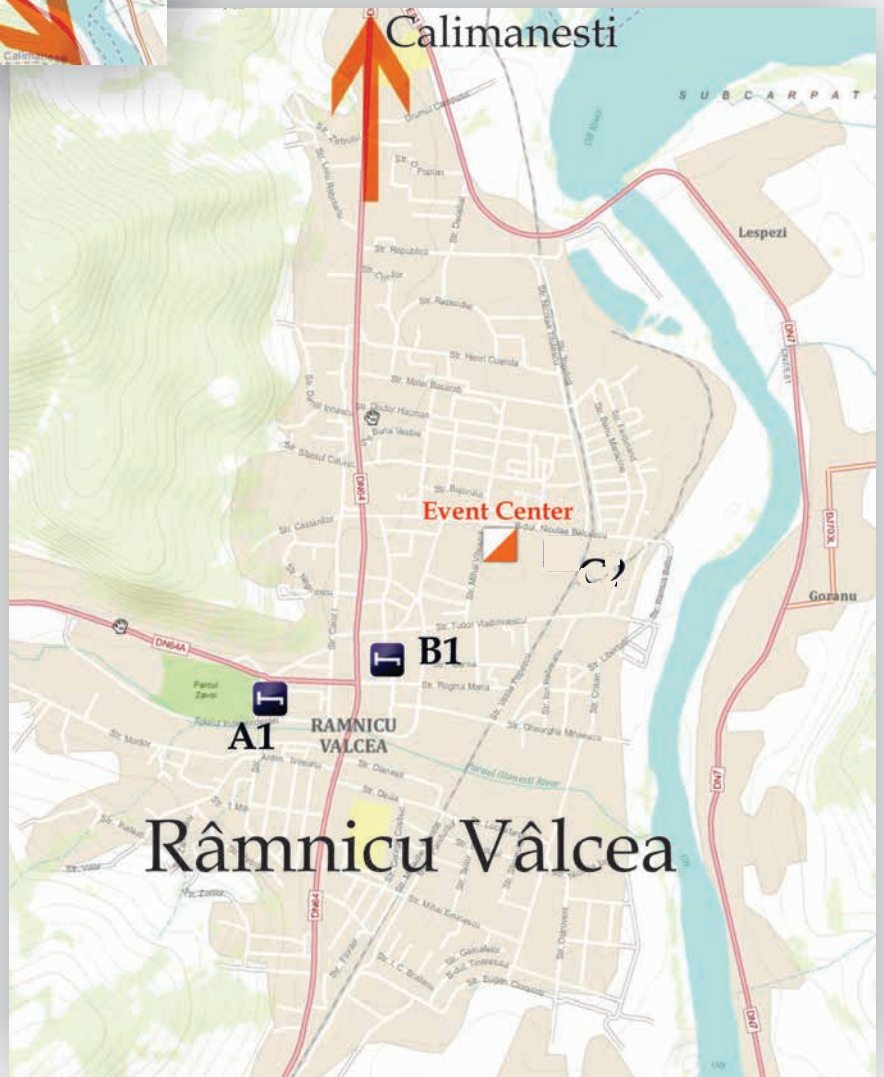
Marked in red - No available rooms anymore - SOLD OUT !



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Important Notes:

- Additionally you can obtain lunch at the event areas for a price of 5 eur/person/day for 06-08.09.2013, and for 05.09 you can serve the lunch at the accommodation place for a price of 8 eur. Please if you wish to have lunch at the hotel and event area, order it at the preliminary entry form!!!
- Capacities of accommodation places are limited. Reservations will be made on basis "first come, first served"
- Prices for accommodation in single rooms are higher and available upon request and availability.
- All services started on the day of arrival with dinner, and finished with breakfast on Sunday 8th September 2013.

XII. EVENT CENTER

Municipality Râmnicu Vâlcea – County seat Vâlcea
www.valceaturistica.ro

Sports Hall "Traian"; B-dul Nicolae Balcescu,
nr 14, Râmnicu Vâlcea, Vâlcea.

GPS Coordonates: 45°6'28"N 24°22'15"E

XIII. EMBARGOED AREAS

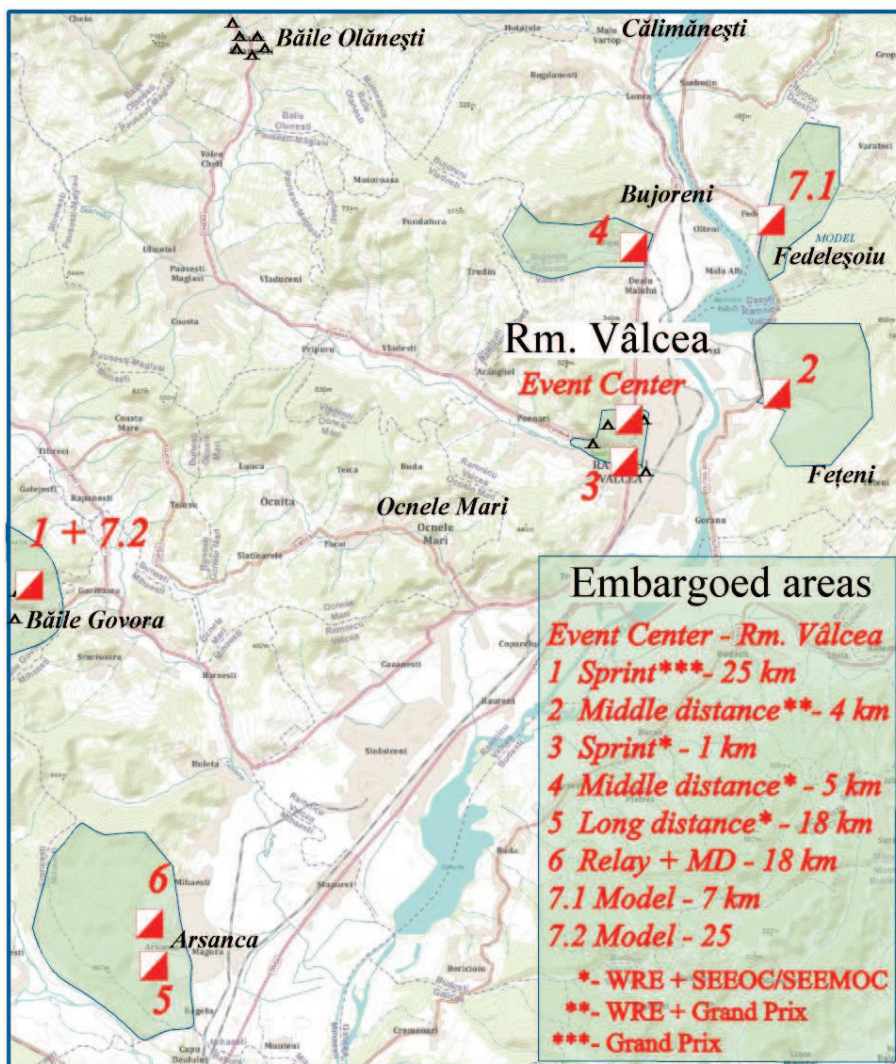
You can see the embargoed areas at this link:

www.seeoc2013.fro.ro

The city center of Râmnicu Vâlcea (Rm. Vâlcea) is embargoed but that is prohibited to train with a map and do route testing!

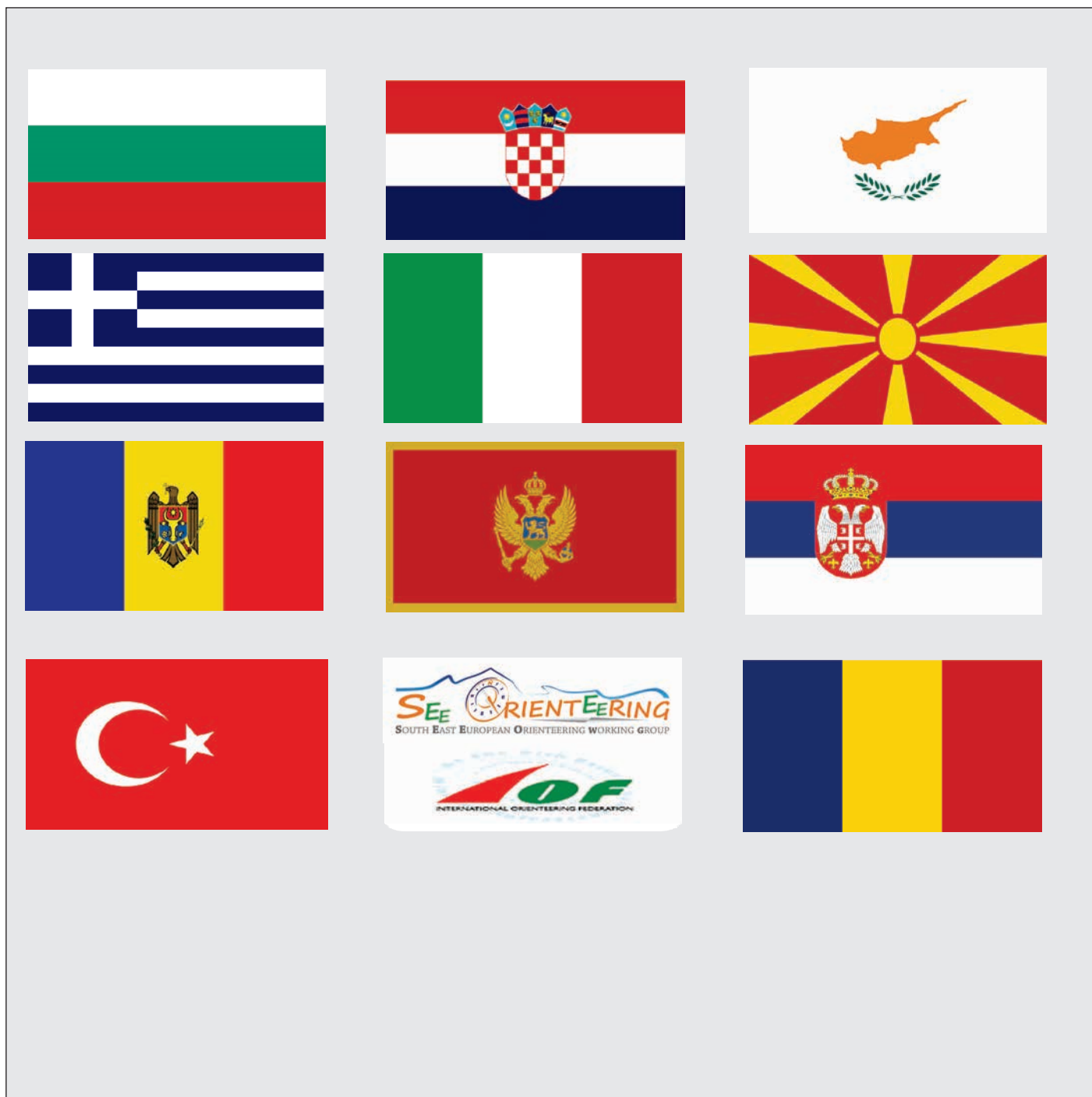
Any violation of entering embargo area for visiting or training shall be notified at once to the organizer:

seeoc2013rof@gmail.com



XIV. COUNTRY ENTRIES

	W16	RELAY	M16	RELAY	W18	RELAY	M18	RELAY	W20	RELAY	M20	RELAY	W21E	RELAY	M21E	RELAY	TOTAL
Bulgaria (BUL)	4	1	4	1	4	1	4	1	4	1	4	1	4	1	4	1	32
Croatia (CRO)																	0
Cyprus (CYP)																	0
Greece (GRE)																	0
Italy (ITA)																	0
Macedonia (MKD)																	0
Montenegro (MNE)																	0
Moldova (MDA)	3	1	3	1	3	1	3	1	3	1	3	1	3	1	3	1	24
Romania (ROM)	4	1	4	1	4	1	4	1	4	1	4	1	4	1	4	1	32
Serbia (SRB)	3	1	3	1	3	1	3	1	3	1	3	1	3	1	3	1	24
Turkey (TUR)	3	1	3	1	3	1	3	1	3	1	3	1	3	1	3	1	24
	14		14		14		14		14		14		14		14		112



XV. PAYMENT DETAILS

Payment for entry fees, transport, accomodation and meals at the field to be paid to the Romanian Orienteering Federation:

Account Holder: Federatia Romana de Orientare

Address: Str. Vasile Conta, Nr. 16, Sector 2, 020954 - Bucuresti, Romania.

Currency: EUR

Bank & Branch: Banca Comerciala Romana S.A. , Sector 3

Address: Bld. Regina Elisabeta, Nr. 5, Sector 3, Bucuresti

SWIFT Code: RNCB RO BU

IBAN: RO52 RNCB 0074 0292 0364 0002

Deadline for payments is 16th August 2013.

XVI. VISA INFORMATION

No visa is required for the following SEEOC countries: Bulgaria, Croatia, Cyprus, Greece, Italy, Serbia, Macedonia, Montenegro – last two with biometric passport.

SEEOC countries which need visa to enter Romania are: Moldavia and Turkey.

Please check if you need a visa at www.mae.ro

All those countries which require a visa should let us know well ahead so that we may provide all necessary documents for you needed for visa.

XVII. INFORMATION, ENTRIES, ORGANISERS CONTACTS

Romanian Orienteering Federation

Contact person: Anca Stupu, mobil phone: +40 726 26 06 93

Email: info@fro.ro , seeoc2013rof@gmail.com

Adress: Str. Vasile Conta, Nr. 16, Sector 2, 020954 - Bucuresti, Romania.

Phone/Fax: +40.213.174.999

www.seeoc2013.fro.ro

XVIII. OTHER USEFUL INFORMATION

Bulletin 4 will be issued before the event.

Dates to remember:

15.08.2013 - Final Entry

16.08.2013 - Deadline for Payment

WELCOME TO ROMANIA!

**WELCOME TO THE 3rd SOUTH EAST EUROPEAN ORIENTEERING CHAMPIONSHIPS
AND 2nd SOUTH EAST EUROPEAN MASTERS ORIENTEERING CHAMPIONSHIPS**