

SEEOC SEEMOC 2017

Žabljak – Montenegro



BULLETIN 4

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Crne Gore



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Montenegro Orienteering Federation

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WELCOME BY MOF

Dear orienteering friends,

Montenegro Orienteering Federation are pleased to welcome all competitors, team leaders, officials and guests to the big orienteering event SEEOC-SEEMOC and accompanying event Durmitor open.

We as a small federation want to promote our country as a great destination for orienteering and show you the wild beauty of Montenegro.

I hope that you will have time to enjoy the beautiful nature of National park "Durmitor", river Tara and lots of lakes that we have on Žabljak.

Wish you a lot of success and good preparations for our event and suggest you, if it is possible to stay a little more on Durmitor !

Best regards,

Stefan Jeremić
Event director



VENUE

SEEOC, SEEMOC and Durmitor open will be held from August 23rd to August 27th in municipality of Žabljak, Durmitor.

Žabljak is very small town on the north of Montenegro and represents a "Geographic roof" of Montenegro, since over 30% of its territory lies at an altitude above 1,500 metres. Žabljak is the highest urban settlement not only in Montenegro, but also in the Balkans. It is surrounded by 23 mountain peaks over 2,200 metres (among which Bobotov Kuk dominates with its 2,523 metres above sea level), by 18 lakes and the Tara Canyon, the deepest canyon in Europe.



Durmitor National Park has a significant number of cultural monuments, from the ancient period to the present days. The most characteristic are the medieval monuments: the ruins of towns and fortifications, bridges and watchtowers, the necropolis and monastery complexes in the valley of the Tara River. Due to its exceptional and unique nature, environmental and cultural values of Durmitor mountain and Tara river, The National park Durmitor was inscribed into the Register of World's Natural Heritage of UNESCO by decision of International World Heritage Committee in 1980 in Paris. The Tara River Basin (182.899 ha of surface) was inscribed into the ecological biosphere reserve on 17th of January 1977 and therefore it is protected by UNESCO's Convention concerning the Protection of World Cultural and Natural Heritage.



The Tara River Canyon, unique by its 1000m depth, reaching 1300m at some points, is the second deepest canyon in the world after the Grand Canyon of Colorado River in the USA. The Tara River has 150km long flow and it is the longest river in Montenegro. On the territory of the Durmitor National Park, the Tara River has its average fall of 3.6m/km, and it makes waterfalls, rapids and cascades which give a great compliment to the untouched nature of the Park.



EVENT PROGRAMME

DATE	TIME	EVENT	LOCATION
Wed, August 23rd	13:00 – 18:00	Event office is open - registration	Žabljak, EC
	14:00 – 18:30	Model event	Žabljak, Pitomine
	19:30	Team leaders meeting (<i>sprint & middle</i>)	Žabljak, EC
Thu, August 24th	10:30	Quarantine closes	Žabljak, EC
	11:00	Sprint distance	Žabljak
	17:00	Opening & Prize giving ceremony	Žabljak, downtown
Fri, August 25th	10:00	Middle distance	Žabljak, Pitomine
	19:00	Team leaders meeting (<i>long & relay</i>)	Žabljak, EC
	20:00-22:00	SEEOA meeting	Žabljak
Sat, August 26th	10:00	Long distance	Žabljak, Pitomine
	19:00	Prize giving ceremony	Žabljak, downtown
	20:00-22:00	SEEOA meeting	Žabljak
Sun, August 27th	10:00	Relay	Žabljak, Pitomine
	14:00	Closing & Prize giving ceremony	Žabljak, downtown

ORGANIZERS

Montenegro Orienteering Federation is official organizer of SEEOC, SEEMOC and Durmitor open.

ORGANIZING COMMITTEE

Event director..... **Stefan Jeremić**

Secretary..... **Luka Vulić**

Technical director..... **Valentin Garkov**

Accommodation director..... **Anđa Vukčević**

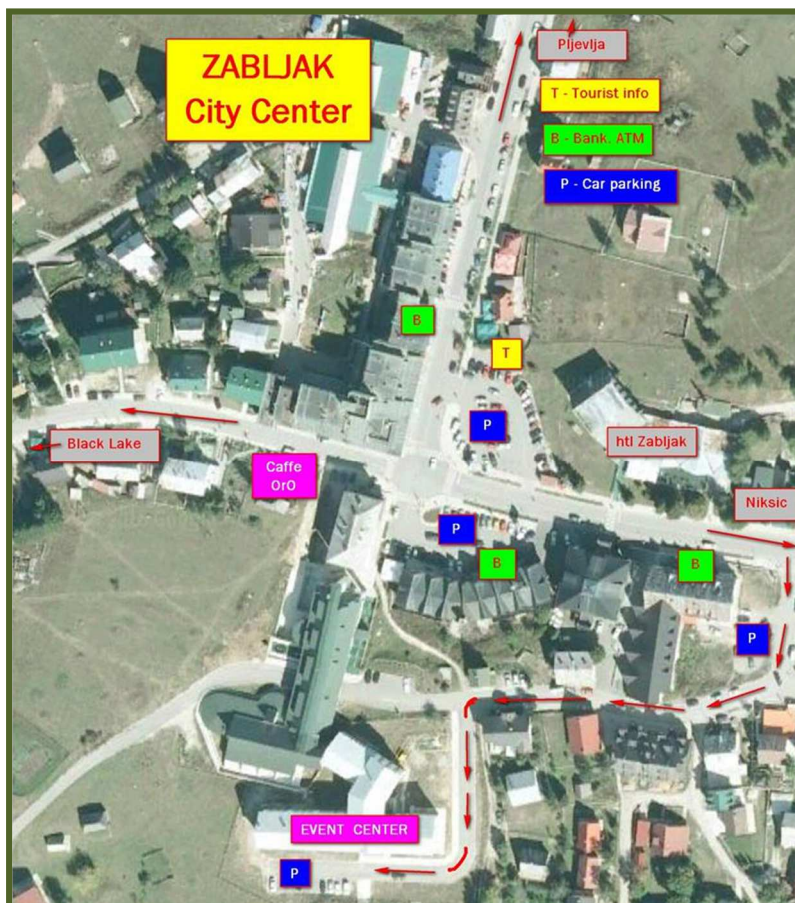
IOF EVENT ADVISER

IOF Event adviser..... **Todor Pedev – Bulgaria**

EVENT CENTER

Even centre: Local school

Location: 43°09'14.1"N 19°07'14.0"E



CLASSES

SEEOC:

Individual events and Relay: **Men 16, 18, 20, 21E; Women 16, 18, 20, 21E**

SEEMOC:

Individual events: **M/W35, 40, 45, 50, 55, 60, 65, 70, 75+**

Mixed relays: **M/W 35, M/W45, M/W55+**

PARTICIPATION

Competitors representing member federations of the IOF, defined by the International Olympic Committee as belonging to the South East European region, can compete in SEEOC & SEEMOC.

SEEOC:

In the individual events a federation may enter a maximum of 4 runners in each class.

In the relay a federation may enter one team in each class 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.

SEEMOC:

Entries for SEEMOC can be made by individuals, clubs, or federations, and there is no restriction for the number of participants.

In the relay a federation may enter several mix teams in each class consisting of 3 competitors with at least one woman in the team. 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.

PUNCHING SYSTEM

SPORT IDENT electronic punching system will be used. You can rent SI card from the organizers – 3 EUR per day and 10 eur for the whole championships.

The teams will be charged 40 EUR for lost SI card.



CLOTHING

There are no special regulations applying to runners concerning the type of clothing they choose to wear.

FINAL ENTRIES FOR EACH RACE

Final entries for each stage of SEEOC including start blocks (not valid for M-W Elite), must be done in accordance with SEEOC programme and timing.

- **Deadline for sprint** final entry: **23rd August - 15,00h** to organizers e-mail with reply confirmation by organizers or to be delivered hardcopy to Event Center office.
- **Deadline for middle distance** final entry: **24th August - 15,00h** to be delivered hard copy to Event center office.
- **Deadline for long distance** final entry: **25th August - 15,00h** to be delivered hard copy to Event center office.
- **Deadline for relay** final entry: **26th August - 15,00h** to be delivered hard copy to Event center office.

There are four start blocks (early, middle 1, middle 2, late). Team leaders must fill the form accordingly. If there are less than 4 runners to start, then the start block where no runner will appear shall be clearly marked with a cross on the form.

Changes to relay teams may be made until two hours before the start of 1st-leg in the respective class.

START

At the start corridors competitors clear and check their Si cards on -3 (three minutes before the starting time). Control description will be available on -2. After start the competitor must follow marked route to the maps and the start point.

Sprint competition will be organized with quarantine. Coaches and non-competing competitors who leave the quarantine are not allowed to re-enter. In the quarantine there are toilets. All electronic devices are strictly forbidden in the quarantine.

LATE START

Runners who miss their start time due to their own fault will be allowed to start, but the race time will be counted from their original start time.

Runners who miss their start time due to a fault of the organizers will be given a new start time at the end of the start list – 2min after the last starter, 1min for Sprint.

FINISH

The marked route from last control to the finish must be followed. After punching the final station on the finish line the time is stopped. The competitors return the map, read their SI card, receive printed split and get refreshments.

MAXIMUM RUNNING TIME

Every race has maximum running time given in the individual event instructions. If the stated limit is exceeded, the competitor will be disqualified.

ABANDONING A RACE

Athletes who are forced to retire from a race must report and hand their competition maps to the finish staff.

JURY

- ✓ **Nermin Fenmen (TUR)**
- ✓ **Damir Gobec (CRO)**
- ✓ **Lachezar Iliev (BUL)**

COMPLAINTS and PROTESTS

Any complaints must be made in writing and handed on the finish arena as soon as possible. The complaint will be discussed by the organizers and the complainant will be informed immediately about the decision. Complaints concerning results must be made no later than 15 minutes after the results have been declared official by the speaker.

A protest can be made against the organiser's decision about a complaint. Any protest must be made in writing to a member of the jury no later than 15 minutes after the organisers has announced the decision about the complaint.

TEAM LEADERS MEETINGS

Additional competition information as well as printed material such as start lists, results and maps will be provided at team leaders meetings.

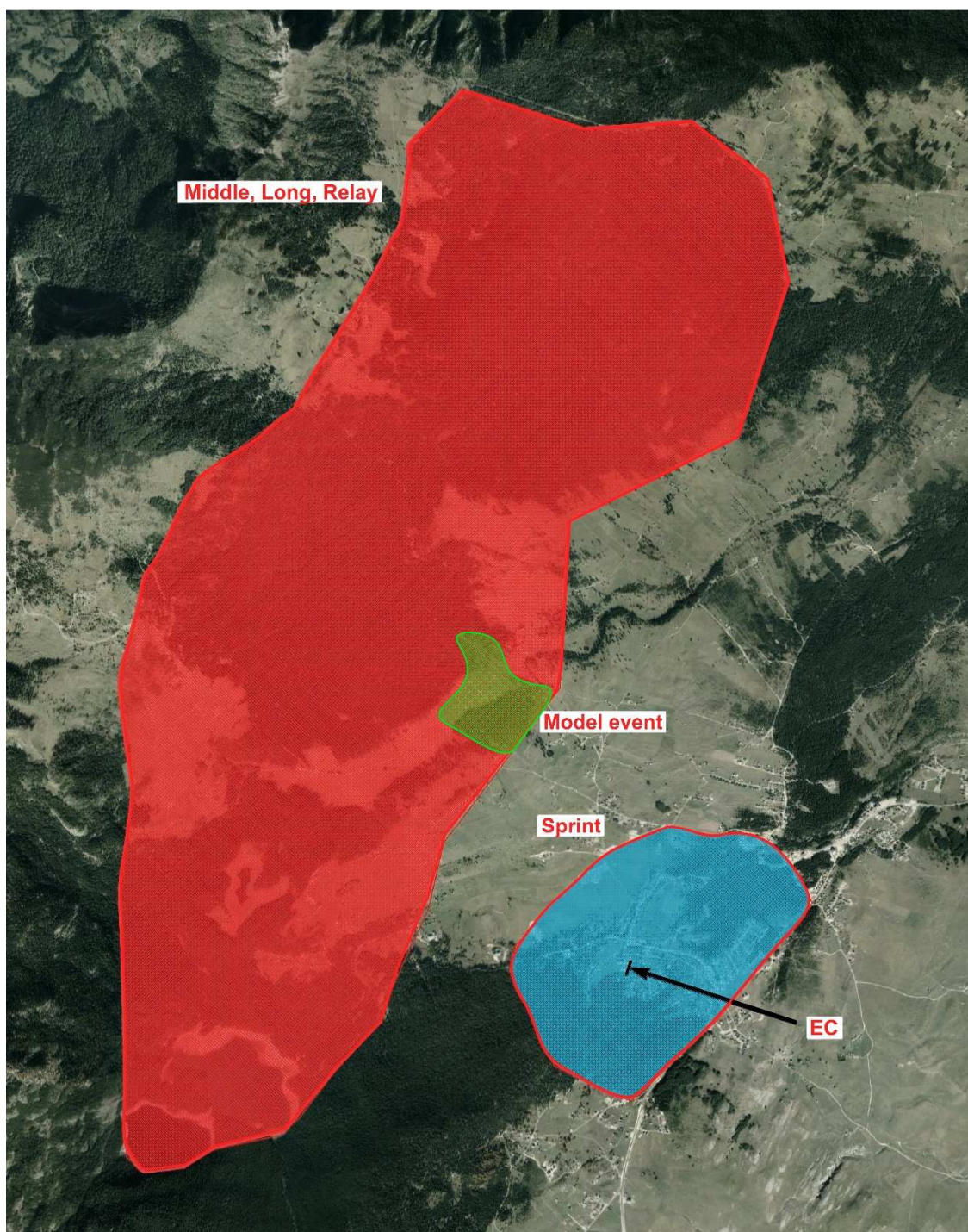
NUMBER BIBS

All competitors are required to wear number bibs on all races. Every competitor will be given a personal number for all three individual races. The number bibs must be visibly placed on the chest and may not be folded or cut. For the relay competition there will be new number bibs which must be returned on the finish after the race.

MAPS and CONTROL DESCRIPTIONS

All the maps are prepared according to the IOF standards (ISOM2000 and ISSOM2007). All competition maps are waterproof, sealed in plastic. Competition maps will be collected at the finish of each race and they will be available later.

The control descriptions are in accordance with the IOF standard. Control descriptions will be available at the start corridors and also will be printed on the maps.

EMBARGOED AREAS

The indicated areas are embargoed. It is prohibited to enter these areas for potential team members, leaders and others, who through the knowledge of the terrain could influence on the results of the SEEOC competition. However, the paved public roads passing through these areas may be used. There is an exception for the Sprint area. It is allowed to stay in Žabljak, but it is prohibited to organize in this area training sessions, testing routes, etc.

MODEL EVENT

The model event will provide relevant examples of mapping, printing, Middle distance terrain Long distance terrain and Relay terrain, control siting and control descriptions. It will be equipped with standard control flags without SI station only during the scheduled period.

The model event maps will be distributed at the time of accreditation.

Location: $43.168636^{\circ}19.109444^{\circ}$

Map: Scale 1:10000, contours interval 5m.

Mapmaker: Mile Stefanovic

SPECIAL INFORMATION FOR EACH EVENT

SPRINT

Location: Žabljak

Finish arena: $43.154745^{\circ} 19.120955^{\circ}$ – Centre of Žabljak (**Distance from EC - 200m**)

Start: 11:00

Start interval: 1min.

Maximum running time: **50min.**

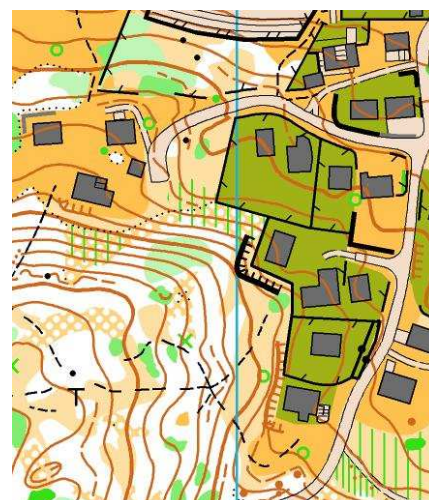
Quarantine: The quarantine closes in 10:30. All runners and coaches must be inside after that time. There will be marks from finish arena to the entrance of the quarantine.

Entrance of the quarantine: $43.153761^{\circ} 19.120887^{\circ}$

Distance from finish to quarantine: 200m.

Sprint map - "Žabljak"

Terrain form	Mixed – urban and forest area.
Vegetation	Forest with good runnability; Urban area without vegetation.
Runnability	Very good.
Visibility	Very good.
Roads and paths	Lots of fast paths and asphalt roads.



Map: Map: Scale 1:4000, contours interval 2m.

Mapmakers – Rui Antunes, Georgi Hadzhimitev, Petar Doganov, Valentin Garkov

Courses:*Course setters – Georgi Hadzhimitev, Petar Doganov*

SEEOC	Class	Length	Climb	Controls	
	Men	21E	3,3km	68m	21
		20	3,0km	60m	20
		18	2,9km	50m	18
		16	2,7km	50m	17
	Women	21E	2,8km	58m	18
		20	2,6km	50m	17
		18	2,4km	40m	18
		16	2,2km	38m	16

SEEMOC	Class	Length	Climb	Controls	
	Men	35	3,0km	60m	20
		40	2,8km	50m	19
		45	2,7km	40m	18
		50	2,5km	38m	17
		55	2,4km	36m	18
		60	2,3km	40m	15
		65	2,1km	38m	14
		70	2,0km	36m	14
		75	1,8km	30m	13
	Women	35	2,7km	46m	18
		40	2,5km	42m	17
		45	2,4km	38m	18
		50	2,3km	40m	15
		55	2,2km	38m	16
		60	2,1km	36m	14
		65	1,9km	30m	15
	70	1,7km	30m	12	
	75	1,6km	28m	13	

- 📌 All olive green private areas (symbol 528.1), impassable vegetations (421), impassable walls (521.1) impassable body of water (304.1) or impassable fences (524) on the map are forbidden to cross. Any runner who crosses such areas or objects will be disqualified. The most controversial of them will be taped on the terrain.
- 📌 Outside restaurant areas are represented in plan shape with symbol 714.0 (temporary construction or closed area). These given on the map are forbidden to cross and competitors violating this rule will be disqualified.
- 📌 There are controls in the terrain very close to each other, but in accordance with IOF rules.

MIDDLE

Finish arena: 43.162477° 19.099301° – (Distance from EC – 3,5km. – 10min.)

Start: 10:00

Start interval: 2min.

Maximum running time: 90min.

Distance from finish to start: 100m.

Middle map - "Crno jezero"

Terrain form	Moderately steep hills.
Vegetation	Coniferous vegetation with some open areas.
Runnability	Excelent.
Visibility	Excelent.
Roads and paths	Good network of paths and roads.



Map: Map: Scale 1:10000, contours interval 5m.

Mapmaker – Mile Stefanovic

Courses:

Course setters – Georgi Hadzhimitev, Petar Doganov

SEEMOC	Class	Length	Climb	Controls
Men	35	4,6km	205m	16
	40	4,2km	185m	14
	45	4,0km	160m	12
	50	3,6km	120m	15
	55	3,4km	130m	12
	60	3,1km	115m	11
	65	2,9km	110m	13
	70	2,6km	95m	11
	75	2,0km	70m	10
	Women	35	4,2km	210m
40		3,4km	170m	12
45		3,2km	100m	11
50		3,0km	50m	11
55		2,7km	60m	11
60		2,6km	60m	10
65		2,3km	60m	11
70		2,0km	55m	11
75	1,7km	50m	8	

SEEOC	Class	Length	Climb	Controls
Men	21E	5,2km	210m	23
	20	4,4km	195m	18
	18	3,4km	110m	14
	16	3,1km	100m	11
Women	21E	4,6km	235m	19
	20	3,5km	145m	14
	18	3,1km	130m	10
	16	2,7km	85m	11

LONG

Finish arena: 43.162477° 19.099301° – (**Distance from EC – 3,5km. – 10min.**)

Start: 10:00

Start interval: 3min.

Maximum running time: **180min.**

Distance from finish to start: 1800m.

Long map - "Durmitor"

Terrain form	Moderately steep hills.
Vegetation	Coniferous vegetation with some open areas.
Runnability	Excelent.
Visibility	Excelent.
Roads and paths	Good network of paths and roads.



Map: Map: Scale 1:15000 or 10000, contours interval 5m.

Mapmakers – Rui Atunes, Mile Stefanovic

Courses

Course setters – Georgi Hadzhimitev, Petar Doganov

SEEOC	Class	Length	Climb	Controls	Map scale
Men	21E	12,2km	440m	25	1:15000
	20	9,3km	290m	21	1:15000
	18	7,3km	150m	14	1:10000
	16	5,2km	100m	13	1:10000
Women	21E	8,9km	260m	21	1:15000
	20	6,7km	285m	20	1:15000
	18	5,1km	80m	13	1:10000
	16	4,4km	80m	11	1:10000

SEEMOC	Class	Length	Climb	Controls	Map scale
Men	35	9,4km	320m	17	1:15000
	40	8,4km	290m	14	1:15000
	45	7,0km	190m	12	1:10000
	50	6,1km	150m	14	1:10000
	55	5,4km	120m	12	1:10000
	60	4,7km	100m	11	1:10000
	65	4,0km	130m	10	1:10000
	70	3,2km	60m	10	1:10000
	75	2,9km	70m	10	1:10000
	Women	35	5,9km	110m	14
40		5,6km	120m	14	1:10000
45		5,0km	110m	14	1:10000
50		4,3km	105m	10	1:10000
55		3,7km	95m	10	1:10000
60		3,2km	65m	10	1:10000
65		2,8km	55m	10	1:10000
70		2,4km	35m	8	1:10000
75	2,0km	20m	9	1:10000	

RELAY

Finish arena: 43.162477° 19.099301° – (**Distance from EC – 3,5km. – 10min.**)

Start: 10:00

Maximum running time: **240min. per relay team**

Relay map - "Crno jezero"

Terrain form	Moderately steep hills.
Vegetation	Coniferous vegetation with some open areas.
Runnability	Excelent.
Visibility	Excelent.
Roads and paths	Good network of paths and roads.



Map: Map: Scale 1:10000, contours interval 5m.

Mapmaker – Mile Stefanovic

Courses

Course setters – Georgi Hadzhimitev, Petar Doganov

SEEOC	Class	Length	Climb	Controls
Men	21E	5,4km-5,6km	160m	17
	20	4,5km-4,7km	150m	16
	18	3,3km-3,5km	110m	15
	16	2,8km-3,0km	80m	14
Women	21E	4,8km-5,0km	140m	17
	20	3,7km-3,9km	110m	15
	18	3,0km-3,2km	90m	15
	16	2,3km-2,5km	70m	14

SEEMOC	Class	Length	Climb	Controls
Mix	35	4,5km-4,8km	150m	15
Mix	45	3,6km-3,9km	100m	15
Mix	55+	3,1km-3,4km	90m	14

CLIMATE

Climate in Žabljak is continental. Average temperature in June is pleasant – 19,6°C but in sunny day temperature rise up to 30°C.

SPECIAL NOTES

*Competitors take part on their own risk and responsibility. You need to have your own insurance covering every health problem and risk.

*At the finish arena water for refreshment and only first aid service will be provided. Also small refreshment shop will be at the finish arena where you will be able to buy drinks and snacks.

MONTENEGRO - WILD BEAUTY

Montenegro whose literal translation means "Black Mountain" or "wild beauty" is tourism slogan used to describe one small country on Balkan Peninsula, Mediterranean secret gem between east and west, which is still unknown to many. It may be a small in size, but certainly not with natural and cultural heritages. Montenegro is richness of things to do and see, and offers to her visitors such an extensive variety of experiences that you probably don't even know half of them exist. Gorgeous nature, amazing landscapes of Adriatic coast and northern Montenegro (Durmitor mountain, Tara river canyon for example), architecture, local cuisine, outdoor activities, multi day adrenaline tours and packages for nature lovers, adrenaline funs and many more....You will be thoroughly intoxicated and charmed with stunning scenery of sandy beaches, green mountains, natural, historical treasures and places to visit in Montenegro.

If you want to explore the rugged Durmitor National Park - Hike, bike, kayak, paragliding, zip-line, raft or some other outdoor activities in stunning Durmitor National Park we can help you. With many partners in this outdoor activities we provide you some discounts for almost every activities on Durmitor.

Check some links below:

<http://www.durmitoradventure.com/>

<http://redrockzipline.com/en/>

<http://www.tara-grab.com/?lang=en>

<http://nevidio.se/>



If you are interesting in some of these activities please contact us so that we can provide some discounts.

CONTACT ORGANIZER

Montenegro Orienteering Federation
Mobile phone: + 382 68 741 116

Welcome to Montenegro!

