



# FEDERAȚIA ROMÂNĂ DE ORIENTARE

Str. Vasile Conta Nr.16, cam.525  
Sector 2, 020954,  
București,  
România

Tel: 021 317 49 99  
Fax: 021 317 49 99  
E-mail: [frorientare@gmail.com](mailto:frorientare@gmail.com)  
Web: [www.fro.ro](http://www.fro.ro)

Cod Fiscal: 4400824  
Cont IBAN:  
RO79RNCB0074029203640001  
B.C.R. Sector 3

## ROMANIAN CUP URBAN SPRINT STAGE 4 POLOVRAGI CUP FOOT ORIENTEERING 13-15 JUNE 2025 Buletin 1

The Romanian Orienteering Federation in partnership with the City Hall of Polovragi Commune, Gorj County, invites you to participate in the ROMANIAN CUP, the 4th Stage of the National Urban Sprint Championship and the 2nd edition of the Polovragi Cup, in orienteering.

### Programul competiției

Romanian Cup and Polovragi Cup

Middle Distance – Friday June 13, 2025

- Event Center at the competition's finish area – between 13:00-15:00.
- Start - 15:30.

Urban Sprint and Polovragi Cup – Saturday June 14, 2025 – Polovragi Nord.

- Event Center at the competition's finish area – between 8:00-9:00.
- Quarantine close - 9:30.
- Start - 10:00.
- Award ceremony for the Urban Sprint at the finish area – 12:30
- After the award ceremony all participants are invited to free lunch or dinner (TBD) provided by Polovragi Village Hall.

Romanian Cup and Polovragi Cup

Long Distance – Sunday June 15, 2025

- Event Center at the competition's finish area - between 8:00-9:00
- Start - 10:00.

Romanian Cup and Polovragi Cup award ceremony, 13:00 at the finish area.

### Event Center

Open every day in the finish area, according to the above schedule.

### Hărți

New maps, Moiaga, Trifoneasa and Polovragi Nord, mapped in 2025. Base map achieved with the LIDAR system.

### Terrain

Subcarpathian hilly terrain.

**Meddle Distance** – Deciduous forest areas ranging from forest with no ground vegetation to areas with vegetation with varied visibility and runability, with some deep valleys, others with micro-relief, semi-uncovered areas, with orchards, fences, pastures and gardens and patches of uncrossable bushes.

**Long Distance** – Hilly terrain with relief of all kinds, the vegetation ranging from areas with deciduous forest, mostly without ground vegetation, to orchards and pastures with sparse patches of forest and bushes, with good runability and visibility for the most part, but also areas with dense and low vegetation, sometimes difficult to cross. Few paths.



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We recommend paying special attention to fences. They range from one wire, either close to the ground or at a height of around one meter, to 4-5 wires. The fences are crossable, for the most part, most of them contain thicket and/or tall grass and young trees. Even if you can't see the wires from the distance, be very careful when passing between or over fences to avoid any accidents.

**Sprint** – No significant difference in level, with medium density of constructions. The routes will contain a labyrinth that will be traversed once or twice for some categories.

## **ATTENTION! THE CONTROLS IN THE LABYRINTH ARE NOT AIR+ ACTIVATED!!**

Please strictly observe the areas marked on the map as prohibited. Failure to comply with them will result in disqualification.

The crossing of the streets will be done only through the places marked on the map.

Additional details will be communicated in the following bulletin.

### **Organizing team**

President: Natalia Deconescu

Secretariat: Cosmin Stan

National controller : Cosmin Georgescu

Course planner: Natalia Deconescu

Mapper: Florin Patraș

### **Classes, awards**

- Romanian Cup: M-F 12, 14, 16, 18, 20, 21, 35, 45, 55, 65, 75+.

- Stage 4 of the National Urban Sprint Championship: M-F 14, 18, 21, 35, 45, 55, 65, 75.

Beggins and students of schools in Polovragi and neighboring communes can participate in the categories: Open Family, Open Technical and Open Beginners.

- Polovragi Cup: M-F 10, 12, 14, 16, 18, 20, 21, 35, 45, 55, 65, 75, 85, Open Family (children up to 8 years old, accompanied by parents), Open tehnic (advanced of any age M and F), Open Beginners (beginners of any age M and F)

The athletes ranked in the first 3 places at the Romanian Cup will receive diplomas and trophies.

The first three of the Urban Sprint will be awarded with diplomas.

The ranking for the Polovragi Cup will be made up by overall results of the three events, MD, Sprint and LD.

The athletes in each category, ranked on the first three places at the Polovragi Cup will be awarded with medals, diplomas and gifts.

All participants will receive gifts from the Polovragi Village Hall.

Special gifts for kids.

### **Registration and entry fee:**

Registrations will be made on Orienteering Online or at [deconati01@gmail.com](mailto:deconati01@gmail.com) at the deadlines listed below, according to the FRO regulation.



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## Entry fees

Categoria	before T1 (3 Iunie)	after T1, but before T2 (9 Iunie)
MF 12 - 14	20 lei	25
MF16 - 18	30 lei	35
MF-65-80	30 lei	35
MF20-60, MF Open, OT	40 lei	45

A discount on the participation fee is granted -10%, for clubs that have more than 20 participants. Changes to validation will be charged 50% in addition to the fee for term 2 (T2), except for the modification of the SI-card series.

The SPORT-ident electronic control and timing system will be used for Medium Distance and Long Distance and for Sprint all stations **except those inside the labyrinth**, will be equipped with the Air+ system.

SIAC type devices can be rented on request for 5 lei/piece and stage.

The change of the SI-Card number is announced at the secretariat of the competition in the finish area. Those who enter the competition with an unannounced SI-Card (other than the one announced at the preliminary registration), will be disqualified.

## ACCOMMODATION

The reservation of accommodation is the responsibility of the participants.

Polovragi commune has 600 accommodation places in guesthouses. Information and reservations: <https://www.turistinfo.ro/polovragi/cazare-hoteluri-vile-pensiuni-polovragi.html>

We recommend that you book your accommodation in advance because Polovragi is a touristic area, in high season in June, and there can be high demand from tourists as well.

Tourist attractions in Polovragi and its surroundings: Olteț Gorges (the narrowest in Europe), Polovragi Cave, Polovragi Monastery, Muierilor Cave (Baia de Fier), Colored Forest and Witches' Castle (Poienari).

On Saturday, June 14th, Polovragi Village Hall will offer all participants a lunch or dinner (to be established and announced in the next bulletin) with the famous traditional local culinary dishes.

## MEDICAL VISIT, ANNUAL VISAS:

Athletes members of the clubs affiliated to The Romanian Orienteering Federation, with the annual membership paid, and the up-to-date medical visa, are eligible in 4th stage of the urban sprint championship. The delegates of the clubs will present for validation, the athlete's card with the annual visa of the FRO for 2025 as well as with the medical visa from the sports medicine offices, not older than 6 months. Participants who are not members of any Romanian club will be eligible for awarding in Romanian Cup and Polovragi Cup.

**PARTICIPATION IN ORIENTEERING COMPETITIONS IS DONE ON YOUR OWN RESPONSIBILITY!**

More detailed information will be contained in Bulletin 2.

We look forward to seeing you in Polovragi, Gorj!



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