23rd Zagreb Open Orienteering Championships 2023

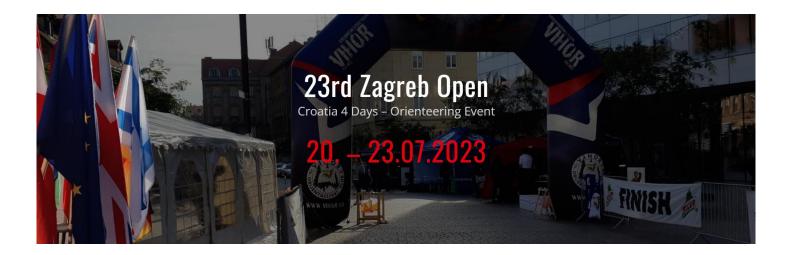
BULLETIN no. 1



23rd Zagreb Open 2023 - 4 Days



July 20th - 23rd, 2023



V Lagreb

23rd Zagreb Open 2023 - 4 Days Event

Foot orienteering 4-days-event opened for everybody

IOF rules and Croatian Orienteering Federation regulations apply

Entries are individual responsibility of competitors for each stage of 4-days-event: 1) Middle Distance, 2) Middle Distance, 3) Long Distance and 4) Prolonged Sprint,. You can chose stages independently, but for final result all 4 stages sum up. There is one victory ceremony after the last stage.

Main Organizer:

Orienteering Club "Vihor", Zagreb, Ribnjak 2 ⊠ <u>vihor@vihor.hr</u> www.vihor.hr



Supported By:









Organizers:

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General Information:

Type of Event:

4 Days Event for "Zagreb Open 2023" (July 20th-23rd)*

/* for 4 Days Event "Zagreb Open 2023" all stages sum up for a final result/

Training Event – it is possible to provide orienteering maps of some other terrains in Zagreb upon request and some small fee

Competition Centre:

Competition Centre Location(s):

Competition Centre is generally situated in Finish Arena (there will be an Info Tent). For detailed time schedules see further Bulletins.



Thursday 2023-07-20 - Sesvete

- Friday 2023-07-21 Sesvetski kraljevec
- Saturday 2023-07-22 Vukšin Šipak
- Sunday 2023-07-23 Zagreb

Event Programme:

Preliminary Schedule

Thursday	2023-07-20 :	cca.10:00 a.m. Zagreb Open 2023 - Stage 1: Middle Distance - Zagreb /Sesvete
Friday	2023-07-21:	cca.10:00 a.m. Zagreb Open 2023 - Stage 2: Middle Distance - Zagreb /Sesvetski kraljevec
Saturday	2023-07-22 :	cca.10:00 a.m. Zagreb Open 2023 - Stage 3: Long Distance - Vukšin šipak
Sunday	2023-07-23 :	cca.10:00 a.m. Zagreb Open 2021 - Stage 4: prolonged Sprint Distance - Zagreb + Prize Giving Ceremony Zagreb Open 4 Days - Zagreb

Classes:

Classes for 23rd Zagreb Open - 4 Days

W10 (no shadow) W12 W14 W16 W18 W20 M10 (no shadow) M12 M14 M16 M18 M20 BABY COURSE, OPEN short, OPEN long W21E W21A W21B M21E M21A M21B W35 W40 W45 W50 W55 W60 W65 W70 W75 M35 M40 M45 M50 M55 M60 M65 M70 M75

Open A class is the equivalent (same or similar) of M35 class **Open B** class is the equivalent (same or similar) of M14 class

Classes with few entries will be merged with other classes according the age of competitiors.

Warning !

After the deadline is expired for final entries, it will be possible to enter any "Zagreb Open 4 Days" classes only if there will be some vacant places, with exception of Open Short, Open Long and BABY COURSE (open for entries after July 1st only on request by e-mail).

Sportident:

We will use SportIdent system for punching. Renting of SI card is 2€



Entry fees for "Zagreb Open 2023 - 4 days"

	Untill 01.02.2023	Untill 15.03.2023	Untill 10.06.2023	Untill 01.07.2023
MW18 and older	60€/all 4 stages	64€/all 4 stages	68€/all 4 stages	80€/all 4 stages
	15€/stage	16€/stage	17€/stage	20€/stage
up to and including MW16	40€/all 4 stages	40€/all 4 stages	40€/all 4 stages	48€/all 4 stages
	10€/stage	10€/stage	10€/stage	12€/stage
OPEN	60€/all 4 stages	64€/all 4 stages	68€/all 4 stages	80€/all 4 stages
	15€/stage	16€/stage	17€/stage	20€/stage
Beginners	40€/all 4 stages	40€/all 4 stages	40€/all 4 stages	48€/all 4 stages
	10€/stage	10€/stage	10€/stage	12€/stage
KID'S course	2€	2€	2€	2€

Please include in your payment fee for bank charges on your account for payments not paid via SEPA bank transfer payments (EU internet banking). We will inform you if Bank charges exceed regular fee and it will be billed to you. Please do not use REVOLUT payment method as the bank charges are very big and you will have to cover those costs...

Registration will be through the platform: www.orienteeringonline.net <u>OrienteeringOnline.net</u> – Entry link

If need you can make entry via our e-mail: vihor@vihor.hr

Entry is not valid until entry money is received. Fees to be paid latest within 7 days after the deadline in which entry was submitted. All fees have to be paid in advance by our bank account.

Banking details:

IBAN:	HR6524840081101296342
SWIFT:	RZBHHR2X
Bank:	Raiffeisen Bank
Recipient:	ORIJENTACIJSKI KLUB VIHOR
-	Ribnjak 2
	10 000 Zagreb
	Croatia

Deadlines for Entries:

Deadlines for Entries for "Zagreb Open 2023 - 4 days"

Entries (1 st deadline)	
Entries (2 nd deadline)	
Entries (3 nd deadline)	
Final entries deadline	

February 1st, 2023 March 15th, 2023 June 10th, 2023 **Julyt 1st, 2023**

Accomodation:

In Zagreb, everything is nearby! On one hand a lot of attraction are in the city center and easily accessible on foot. On the other, attractions which are a bit further are accessible by cheap public transportation.

Regardless of what you decide on where to stay in Zagreb, you will have easy access to the city and its attractions.

When we say the city center, we always talk about the Main ban Josip Jelačić square. From there you have easy access to most <u>Zagreb attractions</u>.

Zagreb is a 900-year-old city, but most of its accommodation units have been renovated and updated. Never the less they will all tend to keep as much of the old charm as possible.

We are a safe city and will welcome all type of travelers. Mostly categorized Hotels, Apartments are recommended for families and groups of friends. Hostels, on the other hand, we recommend for youth.

Zagreb welcomes you, and it gets more and more visitors every year. Please plan and book your stay early. Especially if you plan on visiting during major events and festivals.

Start planning and book your stay on the time in Zagreb! Summer is a busy time of tourist season.

<u>Hotels</u> <u>Apartments</u> <u>Hostels</u> <u>Camping, Glamping and Bungalows in Zagreb</u> <u>Camping Croatia</u>

Camper Vans:

There are few spots in the city where you can park for free but not officially for camping. Zagreb has also official camp if you need electricity, water supplies etc.

Other Accomodation:

Other accommodation is also available. Please, contact with hotels directly or send us your request.

Food and Catering:

There will be some catering provided by the organizers on some of the stages (1st and 3rd). More about it in next Bulletin. On stage 2 you will have a nice restaurant in the finish arena, and on stage 4 you will be in the centre of the city so many food options are available.

Note:

The variety of food is available at markets, shopping malls and small restaurants in Zagreb and Karlovac, Jastrebarsko, Sesvete.

Special Recommendation on stage 2:

Pivnica Kraljevec

Cerska 22, 10361 Sesvetski Kraljevec, Croatia

Location/Coordinates:

45.818389, 16.183142

- near finish area of Middle Distance on Friday 2023-07-21

The organizers recommend to the competitors who will attend Middle Distance competition to eat in this restaurant and solve the main meal in the day in a very simple manner. This is the simplest solution and very good food in a place where orienteers are welcome.

It is a suitable place for accommodating a larger group of competitors, like a team arriving <u>by bus</u>. Excellent domestic food. Possibility of special orders for vegetarian menu and dishes without pork. Maximum price for a daily menu, with a drink, will be around 5 -10 €.

For any questions contact us via e-mail i vihor.entry@gmail.com



Embargoed Areas:

Training Possibilities

On request, organizers can organize a training and provide training maps of similar nearby terrains.

It is not allowed to print out maps and go to training without a permission of a Club owning a map anywhere in Croatia. The permissions must be requested in written form.

For questions and terms of use contact vihor@vihor.hr

All competition areas are embargoed areas for competitors. Please respect Fair-play and do not train on old maps before the competition.

Prize Giving and Awards :

4 Days Event for "Zagreb Open 2023" (July 20th-23rd) The 3 first qualified in each class will be awarded after all 4 stages are summed-up

Prize giving ceremony will be at the finish arena in Zagreb on stage 4

Claims and Complaints

Zagreb Open 4 Days - In the case of cancelling the stage/course/ for any class, the organizer will sum-up the final results in his own manner, taking in consideration the best way to maintain fairness.

ZAGREB SESVETE

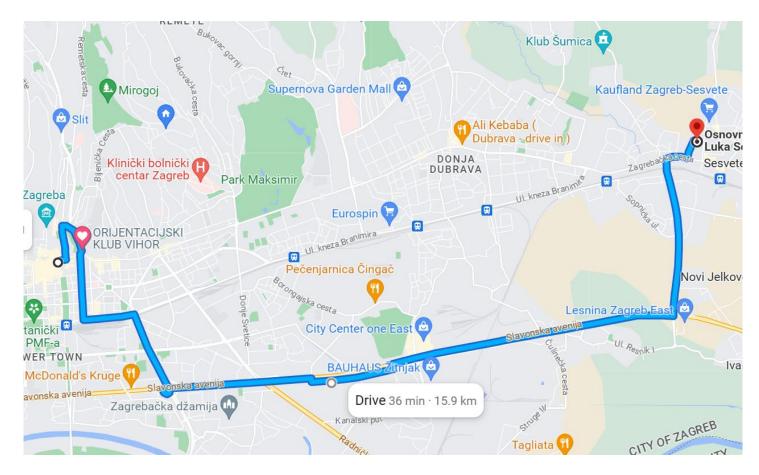
2021/07/20 (Wednesday)

Zagreb Open 2023 - Stage 1: Middle Distance

Distance from Zagreb Center: Parking Location/Coordinates:	4 -15km (public transport 30 minutes) Follow further info.
Type of Competition:	Middle Distance - winner time 35 min Beautiful continental forest, slightly hilly, some small green areas, fast running
Мар:	ISOM 1:10000 (1:7500); new map,

Cartography:

Ivana Gobec; /2023



Depending on your accommodation there are lot of options to reach the competition on stage 1. Exact position with GPS coordinates of finish area will be announced in Bulletin 2.

SESVETSKI KRALJEVEC /ZAGREB/

2023/07/21 (Friday)

Zagreb Open 2023 - Stage 2: Middle Distance

Distance from Zagreb: Parking Location/Coordinates:

Type of Competition: Type of Terrain:

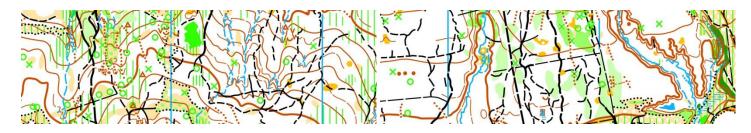
Map: Cartography: 15 -20 km (car 30 minutes) 45.812451, 16.183969 Follow further info.

Middle Distance Beautiful clean continental forest, slightly hilly, very detailed, very technical, very fast running ISOM 1:10000 (1:7500); new map, never used for orienteering before Georgi Hadzhimitev, Valentin Garkov, 2018, revision Ivana Gobec 2019/2023

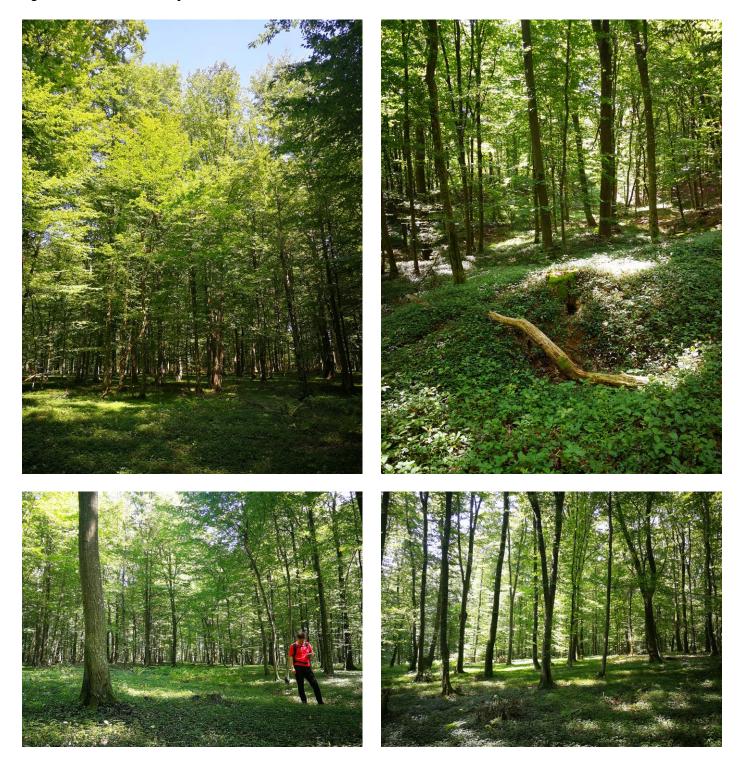
Šašinovec Popovec Glavničica REMETE **Budenec** GORNJA Kraljevečki DUBRAVA Novaki DUBRAVA Cerje Sesvete Park Maksimir Eurospin Pivnica Kraljevec Catering Jelačića 5 Novi Jelkovec Dumovec TARA PEŠČENICA uzei M stavonska avenija **City Center one East** esla CITY OF ZAGREB LOWER TOWN Ivanja Reka E70 ZAGREB COUNTY Hrušćica E70 ZAGREB-NOVI Trstenik ZAGREB Nartski Šćitarjevo Čista Mlaka TRAVNO Jalševec Velika Kosnica Nartski ra Zagreb Buzin 🗳 Selnica Buzin 7račna

Sesvetski Kraljevec - Transport:

Dugo Selo / Sesvetski Kraljevec - Map Sample:



Dugo Selo / Sesvetski Kraljevec - Photos:



VUKŠIN ŠIPAK - KRAŠIĆ

2023/07/22 (Saturday)

Zagreb Open 2023 - Stage 3: Long Distance

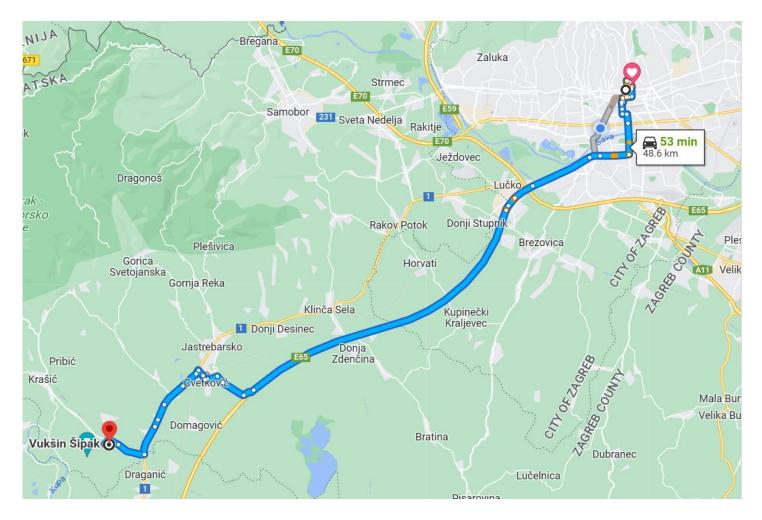
Distance from Zagreb:

about 46 km (car 50 minutes)

Parking Location/Coordinates:

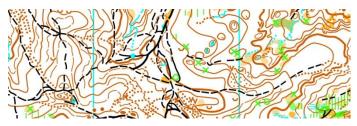
45.654581, 15.519997 Follow further info.

Type of Competition: Type of Terrain: Map: Cartography: Long Distance Beautiful clean continental forest, hilly, very detailed, very technical, fast running ISOM 1:10000; new map, never used for orienteering before Georgi Hadzhimitev,Valentin Garkov, 2019, revision Ivana Gobec, Tomislav Vuk 2019/2023



In the summer time there can be a lot of traffic on Saturday from Zagreb via highway so good option is to take the local road to Jastrebarsko. It is just few minutes slower.

Krašić - Map Sample:





Krašić - Photos:



ZAGREB CITY CENTER

2023/07/23 (Wednesday)

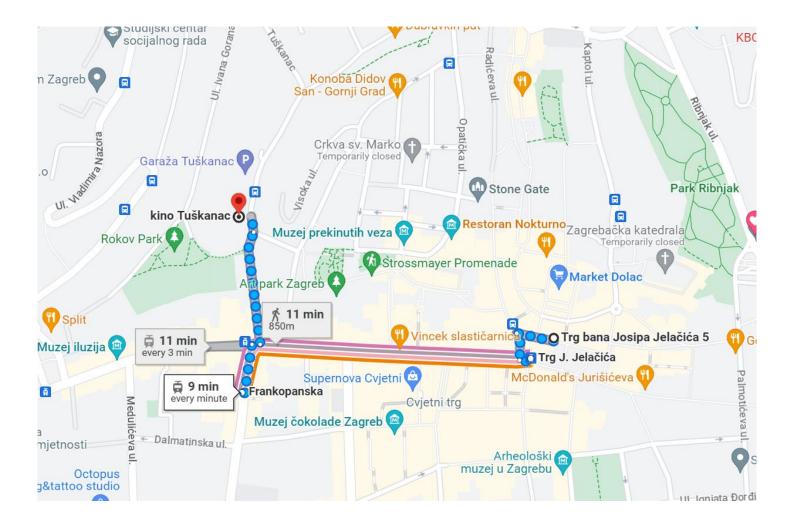
Zagreb Open 2023 - Stage 4: Prolonged Sprint

Distance from Zagreb center: Parking Location/Coordinates:

Type of Competition: Type of Terrain:

Map: Cartography: 4 km (public transport 30 minutes) 45.816439, 15.969806 Follow further info.

Prolonged Sprint - winner time 20-40 min Urban area, blocks of buildings, paved streets and squares, mostly pedestrian area, city parks, urban forest, flat and very steep parts 1:4000 / 2.5m, ISSprOM2019 Ivana Gobec; 2019/2023



From the main square you have about 900m. garage parking is just few hundred meters from the finish area.

Arrival to the CC (Finish Arena 4) on foot /public transport/

It is recommended to arrive to this competition on foot, using public transport. ZET public transport: <u>http://www.zet.hr/</u>

Parking Possibilities:

There will be NO organized parking. There is public garage near the Competition center (400m) with 465 places. Price is 10,00 kn for 1 hour ($1,5\in$). Busses can leave the competitors near the Competition center and go to parking places for the busses on several places in the town (ask us if you need directions).

Parking in the center of Zagreb is hard to find, except in a public garages. It is recommended to park your car inside one of the parking garages. There is insufficient parking on streets but you may try to find it. Payments is usually by cash on a parking machine or with SMS message with your mobile phone.

It is not possible to park a larger camper-van inside a garage. Garage has limited height (2,3m.) !

parking zones (Monday - Saturday)

There are 24,174 parking places in Zagreb but try and find a spot when you need it!

Zagreb has three parking zones. Parking in the red zone in the city Centre costs about $1.8 \in$ an hour (max. 2h), in the yellow zone $0,7 \in$ an hour (max. 2h) and in the green zone $0,28 \in$ an hour (no time limits). The daily rates are $13,5 \in$ in the red zone, $8,1 \in$, in the yellow and $2,7 \in$ green zones respectively. Daily tickets can be purchased in the post office.

IMPORTANT:

Some last minute changes in parking zones happened so please check the colour of the zone when parking.

There are also some bigger parking lots with price of only 1,5€ for whole day. From there you can use public transport to the competition centre. Distances are really small and ticket can be purchased for only 0,60€ (half our ticket)





Zagreb City Center - Map Sample:

Zagreb City Center - Photos:

































Arriving to Zagreb by Bus and Train:

The main railway station and international bus terminals are situated in the centre of Zagreb. Bus: <u>https://www.akz.hr/en</u>

Train: http://www.hzpp.hr/en

Transport from Airport: ZET (Zagreb Electric Tram) Bus line no. 290: AIRPORT ZAGREB - KVATERNIKOV TRG http://www.zagreb-airport.hr/en/passengers/to-from-the-airport/by-zet-bus/431

Bus to the main bus station in City centre https://www.zagreb-airport.hr/en/passengers/to-from-the-airport/by-airport-shuttle/89

Departures are scheduled every 35 minutes. First departure on weekdays and Saturdays from Kvaternik Square is at 04:20a.m. and on Sundays at 05:20a.m., while the last departure from Velika Gorica is every day at 00:15a.m. Check the costs: probably around $2\in$, because there are 2 zones.

Public Transport in the City of Zagreb:

ZET public transport: http://www.zet.hr/



It is recommended to buy one-time tickets for a single ride on newspaper kiosk. You can purchase a ticket inside the vehicle, but not recommended, because it is 30% more expensive.

The <u>cheapest single ride ticket is only $0,53 \in$ </u> and it is valid for 30 minutes in one direction. There are also tickets for a single ride which are valid for 60 minutes ($0,93 \in$) and 90 minutes ($1,33 \in$).

Taking a **daily ticket** is also recommended. A daily ticket for all city buses and tram lines costs 3,98€ Ask for "dnevna karta" = a ticket for a whole day. A daily ticket can most commonly be purchased from a driver. It is valid for only for that particular date and it must be "punched" during the first ride.

Taxi Services:

There are many taxi services in Zagreb. They are almost the same price. Use the approximate calculator and be aware of the price. Ask in advance for approximate price.

Online price calculator: https://taxicijene.info/



Currency and Payments in Croatia:

The currency in Croatia is Euro.

Money exchange offices ("Mjenjačnica") are convenient everywhere, but most of them have working hours. Banks and post offices will also change money at about the same rate as exchange offices but their opening hours are shorter. You will pay a commission of about 3%. ATMs are convenient and reliable. Just look for the "Bankomat" sign.

Payment via debit cards or credit cards is acceptable almost in every store or a restaurant, but if you want to buy smaller things like ice-cream or drinks etc. you can only pay in cash in Euro.

Weather Conditions:

Climate in Zagreb is continental. July is a high summer, with the average temperatures rarely falling below 19°C or exceeding 33°C, but last couple of seasons the temperatures might hit higher than 35°C. July average nights are comfortable as the temperatures mostly stay below 19°C and the humidity is moderate. A thunderstorm once every 3-4 days can be expected, as well as it is possible to have a few rainy days in a row. An umbrella and raincoat are convenient to take care of the rain.

For precise weather forecast during WTOC check out the Croatian meteo service: www.meteo.hr

Use sunscreen, since you can get very sunburned. Drink plenty of water, stay hydrated. Use mosquito repellent on forest stages.

First Aid and Ambulance:

A medical doctor will be present on every Stage at the finish area.

Competitors are not insured by organizer. Organizer takes no responsibility for any injuries or health issues that might happen or occur among the participants before, during or after competitions. Each competitor takes part solely on his/her own responsibility. Personal health and travel insurance policy is recommended.

In a case of a serious problem the Ambulance Emergency will be called. The common emergency telephone number is 112. It can be dialled free of charge from any fixed or mobile telephone in order to reach emergency services (ambulance, fire and rescue, police). There is also a direct number 194 for Emergency medical help. Emergency medical care in Croatia is provided for free to anyone requiring urgent attention. Any cost of possible later therapy must be covered by patients' personal insurance. In cases of therapy the European Health Insurance Card (EHIC) is valid in Croatia, but only for those who own it. Any costs that my emerge, and EHIC doesn't cover, shall be covered by a patient.

Other Information:

Map Protection:

Maps are printed on Agfa Synaps plastic paper, which is water and tear resistant, so there is absolutely <u>no</u> need for a plastic bag.

Bib Numbers:

All competitors are obligated to wear bib number / start number on their chest on the competition. Otherwise they risk rejection at start and disqualification. Please take your own safety pins for number bib. We will have certain amount of them in CC.

Control Descriptions:

There will be **no** control descriptions available prior to the start. Control descriptions for hand-holders will be provided at the start, inside the second starting corridor for all Stages. Control descriptions **are also printed** on the maps for <u>all Stages</u>.

Starting List

All the categories, including Open, are required to start by start list.

Starting procedure

The starting procedure is as follows:

(- Pre-start as required for SEEOC/SEEMOC competitors)

- 3 Minutes: checking start bib and Si Card number, clean and check Si Cards
- 2 Minutes: take control descriptions (they are on all the maps, also)
- 1 Minute:
- 0 Start (no start-unit)
- map taking
- Passing by a starting point is mandatory

Starting Order

Drawing of starting list will be done in advance probably one week before the race.

Late Starters

WARNING: There will <u>not</u> be a direct route to starting line for runners arriving late to the start. Anybody arriving late will be let on a course only when a marshal approves, probably on a vacant spot, and new starting time <u>will not</u> be granted. In the results the original starting time will count! Starting on time according to the start list is competitor's responsibility. Only in case of a special complications an organizer may give a competitor a new starting time.

Taking maps and giving them back:

At the start, each competitor takes the map at his/her own responsibility. Check it to make sure that the one with correct course was taken. There is a possibility that runners' maps <u>will be</u> collected after their finish, until the last runner has started (Follow further info). For other competitions you are kindly asked for fair play not to show your map to the runners who haven't started yet.

Map Exchange during the Race

There is a possibility that some categories will have a map exchange (Follow further info).

Timekeeping

All categories, including Open, are controlled through the SPORTident system (not contactless). You can use any SI-Card from version 5 above.

SIAC contactless system will be not be used.

It is possible to rent SI-Card for 2€ per Stage. Upon renting you will be asked for 40€ deposit (per card) or a personal document (optionally), which you will be given back immediately after SI-card is returned. Rented SI-Card will be withdrawn after the last Stage at which the competitor is registered. If the SI-Card is lost by the competitor s/he must pay a penalty of 40€.

Read-out of SI Cards

Read out of SI Cards is located near the Finish line for all Stages. Don't forget to read out the data immediately after you finish the race.

Results

Live results will be displayed at the Finish area.

SI Station Working and Control Placement Insurance



In the case of SI station on control not working the competitor must punch manually into his own map, on the place which is printed for manual punching.

The competitor then must warn the organizer and hand out a map with those punches to the organizers upon his finish.



Most of control flags will be guarded.

Organizer will put little papers around the control on the ground, with number of control point so only if the control point is **missing** take the paper with you and bring it to the finish.

Vehicle Traffic on Courses

Forest terrains have no car-traffic, only minor non-paved vehicle tracks with rare traffic.

For Sprint stage most of the courses are without traffic, or only light traffic, but there are places which will be guarded by marshals due to heavier traffic. There will be mandatory crossings. Traffic will not stop at any time.

Tents:

Clubs <u>are allowed</u> to pitch a tents on all stages, but only if not too big. Standard <u>family and smaller club</u> tents are allowed because space is very limited. In case of doubt consult with an organizer prior to arrival.

The organizer will provide smaller tents for baggage only in case of bed weather, so please be considerate with using that space.

Water:

Tap water is good quality and drinkable all around Zagreb, Sesvetski Kraljevec and Krašić.

Important note!

There is no running water / tap water / for **all forest stages**. The competitors are advised to additionally bring their own water and drinks supply.

The organizer will put water by the finish corridor, but for drinking only. Be considerate in consuming, so there is enough for all the runners. Please use water when provided by organizer sparingly and <u>for drinking only</u>. Do not use non-tap water or bottled water for showering and washing!!

Toilets:

Sanitary cabins or toilet facilities will be provided on each stage.

Clothing and Footwear:

For Sprint stages metal studs (dub-spikes) are allowed but not recommended at all. Ordinary asphalt running shoes may be used, but best is to use good trail-running shoes.

For "forest" stages it is recommended to use orienteering shoes. Up-to-knee protection (high orienteering socks) is highly advisable. Undergrowth has thorns.

Baggage Transport:

There will be <u>no</u> organized transport of baggage or clothes. Please, don't leave clothes on the start, except if there will be special instructions about it. In the case of very bad weather it will be possible to leave some clothes on the start, but you have to follow further info.

Separate Start (only for Zagreb Open Competitors)

If you are with a small child, the parents may request separate starting times in advance. Make request as early as possible now, with your application, in written form. These requests will be handled as far as possible and <u>only upon a personal request</u>.

Photo/video:

GDPR (General Data Protection Regulation) - It is presumed that everybody participating approves of being photographed / filmed. The photos / videos / will be used strictly referring to this event and sports purposes. If anybody object to this, please inform the organizer in advance. Then, in case your personally recognizable image mistakenly appears at organizers website, inform us later, and we will take it down.

Tourist sites



Croatia is a tourist friendly country. A country so gorgeous even its stone walls are works of art.



Although small in terms of surface area, Croatia abounds in rich culture heritage. This is substantiated by UNESCO's World Heritage List with a registered 22 tangible and intangible goods in the Republic of Croatia. There is hardly a city or region where you will not encounter them. Find out if you are familiar with some of them already, and whether they are included on your list of things to see and try on your trip to Croatia.

https://feeds.croatia.hr/en/ http://www.infozagreb.hr/&lang=en https://visitkarlovac.hr/?lang=en https://www.tzgj.hr/en/jastrebarsko_tourist_board.html

Summary on this Bulletin

Summary:

To make it easier on organizers, please:

- Make entry. Watch for the deadlines.
- Book accommodation on time, it is totally your responsibility.
- Show interest and inform organizer about training
- Respect COVID-19 regulations if any

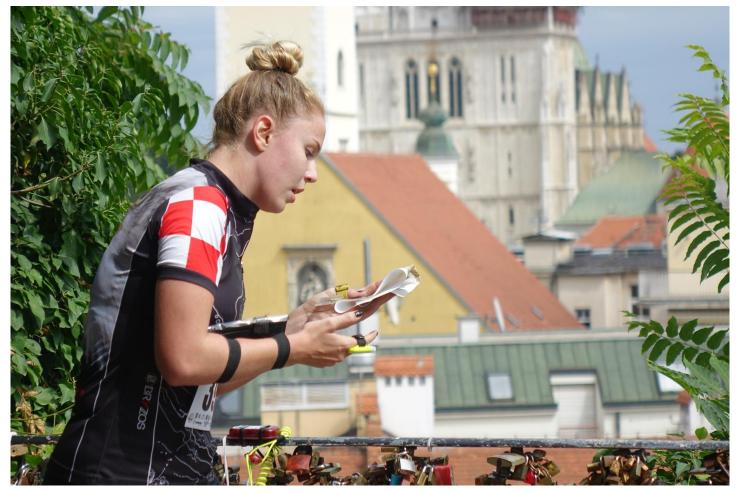
Official web page: Zagreb Open 2023 - Croatia 4 Days - vihor.hr



vihor@vihor.hr



(1) Zagreb Open Orienteering Event - Croatia 4 days | Zagreb | Facebook https://www.instagram.com/zagrebopen (1) Zagreb Open Orienteering Event - Croatia 4 days | Facebook Impressum: Editors: Ivana & Damir Gobec OK Vihor Ribnjak 2, 10000 Zagreb / Croatia <u>www.vihor.hr</u> / <u>vihor@vihor.hr</u>



Photos: OK Vihor & SEE(M)OC 2021 Zagreb