



Trail Orienteering seminar program

Kalnik, Croatia

May 03-05, 2013

Program of seminar

Friday 03.05.

arrival and first lecture after dinner (19:30)

Saturday 04.05.

lecture after breakfast

WRE foot orienteering event 1st day (middle distance)

lunch

lecture and trail orienteering field work /competition/

dinner

lecture

Sunday 05.05.

lecture after breakfast

foot orienteering event 2nd day (long distance)

field work trail orienteering /competition/ (TempO)

lunch

departure

Educational topics

Introduction

- Basics of Trail Orienteering (TrailO) and main rules
- Comparison with other orienteering disciplines (FootO, MTBO, SkiO)

Terrain and mapping

- Characteristics of the terrains suitable for TrailO
- What maps and mapping standards are used for TrailO

TrailO controls

- Flag position fixing techniques
- Control specifications and descriptions
- Zero controls
- Other technical considerations

Competitions

- Planning and organising TrailO competition (organisers, equipment, time limits...)
 - Processing and displaying results; Solution maps
 - Complaints
-

Practical exercises

- Photo TrailO course – demonstration and discussion
 - Demonstration of TempO
 - Participation in TrailO competition
 - Field analysis of the controls used for the competition
-

Literature - all available as PDF at www.orienteering.org

- IOF Technical Guidelines for Elite Trail Orienteering
 - Technical Introduction to TrailO for Experienced Foot Orienteers
 - IOF TrailO Technical Notes
 - Competition Rules for IOF Trail Orienteering Events
 - International Specification for Sprint Orienteering Maps
 - IOF Control Descriptions
-

Equipment that each participant should have:

compass (plate compass, not thumb compass), umbrella , raincoat, A4 clipboard

magnifier glass, set of 6 coloring pencils, graphite pencil, eraser , print of IOF documents - ISSOM, IOF Control descriptions, etc...., USB stick for digital material (not obligatory)

Seminar center – Kalnik

Kalnik is located on the north of Croatia only 70 km from Zagreb and 15 km from town Križevci. Kalnik means primarily Kalnik mountain that extends towards southwest - southeast, mountain is characterized by low altitude (643m) and bare limestone rocks that are attractive for climbing and orienteering.

Accommodation

We have three possibilities according to the number of participants

Option 1 – mountaineering house Kalnik

Option 2 – hotel in town Križevci

Option 3 – junior hostel Kalnik

Mountaineering house Kalnik

Price for accommodation - 17€/ night

Full board is available for 10-20 € plus

Located on the terrain – seminar center

Very good domestic food
limited number of guests

Hotel in town Križevci

Single bedroom 239,5 kn (31,50€), with breakfast
Double bedroom 364 kn (47,89€), with breakfast
Triple bedroom 503,50 kn (66,25€), with breakfast
15 km from Kalnik (map) and seminar center

Junior hostel Kalnik

Price for accommodation - 8€/ night
up to six beds in a room
2 km from seminar center

Transport

Will be provided upon request for an additional price

Lecturer(s)

Zdenko Horjan

WTOC - 2008 - 2nd place – Czech republic, 2009 - 2nd place – Hungary, 2010 - 3rd place team event – Norway, 2012 - 3rd place team event – Scotland, ETOC - 2010 – 2nd place team event

Additional lecturers

Ivica Bertol - European trail orienteering championships 2010 – 2nd place team event, 2010 - 3rd place team event – Norway, 2012 - 3rd place team event , 5th place individual – Scotland

Ivana Gobec – Croatian trail orienteering champion 2011, memeber of national team WTOC 2008, ETOC 2010, ETOC 2012

Damir Gobec – memeber of national team WTOC 2008 (team manager), ETOC 2010, ETOC 2012, WTOC 2012

Entry fee

Seminar is free of charge, participants are paying only for accommodation and transport costs and entry fee for foot orienteering event. Entry fee for two trail orienteering events is free of charge for participants coming from SEEOWG countries.



ENTRY FORM – TRAIL ORIENTEERING SEMINAR

Trail orienteering seminar will be organized by Croatian orienteering federation by OC Vihor, SEEOWG and IOF

Place: **KALNIK, CROATIA**

Date: May 3rd-5th 2013.

SEMINAR PLACE: Kalnik - Križevci, Croatia

ACCOMMODATION: Kalnik mountaineering house or HOTEL KTC , Križevci

Participant name and surname					
E mail address					
Gender M or F					
Accommodation booking	Check in date	Check out date			
Single room BB (only Križevci hotel)					
Single room FB (only Križevci hotel)					
Double room BB					
Double room FB					
Junior hostel Kalnik					
Participating in foot O event 4th and 5th May	YES	NO	Category		
I need transport from Zagreb	YES	NO			

Note: if double room is booked, please write your roommate name and surname

Additional information:

Damir Gobec, OC Vihor, vihor@vihor.hr

Phone: (00385) 98742094

Entries for the seminar: to the e mail: vihor@vihor.hr

Deadline for entries April 5th 2013.!!!