



Solothurner OL-Weekend

1. / 2. April 2023  
Solothurn/Martinsflue - Balsthal/Roggen

Bulletin 2



## 4<sup>th</sup> National O-Race 2023 – Roggen

Sunday, 2 April 2023

IOF World Ranking Event

<b>Organising club</b>	<a href="https://so-ol-weekend.ch/">OL Regio Olten</a> , information on the event at <a href="https://so-ol-weekend.ch/">https://so-ol-weekend.ch/</a>	
<b>Event type</b>	Long distance, according to Swiss competition rules (WO)	
<b>Event director</b>	Angela Schwab, kontakt@olregioolten.ch	
<b>Course planner / controller</b>	Philipp von Arx	Klas Nilsson
<b>Technical delegate</b>	André Wirz	
<b>Event jury</b>	Stefan Schlatter, Reto Pusterla, Michael Eglin David von Arx (competition judge), André Wirz (chairman)	
<b>Event centre</b>	Haulismatthalle and Rainfeldschulhaus Balsthal SO Changing rooms in the gyms	
<b>Opening hours</b>	07:00 – 17:00; Regional draw; For W/ME: group of 10 according to WR standings, best group at the beginning, individual start time drawn by lot.	
<b>Travel</b>	Public transport: 5 min to walk from Balsthal train station to the event centre By car: Parking area is located 1 – 1.5 km from the event centre and will be signalled from the direction of Oensingen, Holderbank and Welschenrohr.	
<b>Map</b>	Roggen, 1:15'000 and 1:10'000 according to WO, 1:7'500 for W60, M70 and older, ISOM 2017-2, equidistance 5m Spring 2023, IOF-standard, mapped by Alexander Schwab Restricted areas must be respected. Further information on the orienteering map under 'Special features'.	
<b>Start times</b>	09.30 – 13.30	
<b>Classes</b>	All according to WO, including W/M10, W80 and M85 Open classes and families	
<b>Mutations</b>	Mutations after the entry deadline are only possible until two days before the race. Additional fee: CHF 10 (no fee for changes of the SI card)	
<b>Entry for open classes and families</b>	Online or on event day (08:30 – 11:30) at the event office Entry fee: CHF 22 (extra map CHF 2), rent an SI card for CHF 2 (penalty of CHF 60 if lost) The fee includes CHF 2 for the bus transport	



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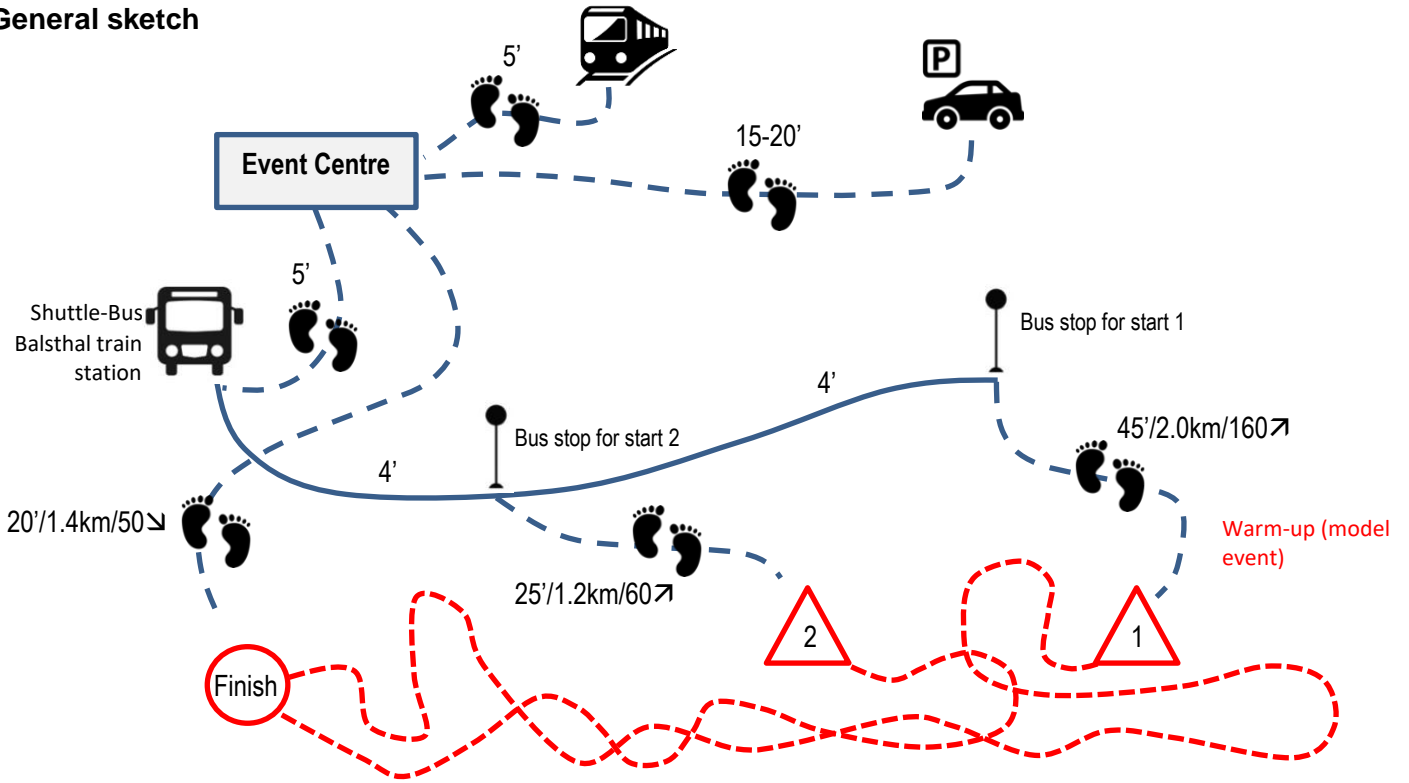
<b>Start lists</b>	Will be available by 25 March 2023 at <a href="http://www.swiss-orienteeing.ch">www.swiss-orienteeing.ch</a> There will be no race numbers handed out.	
<b>Catering</b>	Large offer in the event centre. BBQ, risotto, coffee and cakes.	
<b>Children's O</b>	Around school buildings of the event centre	
<b>Nursery</b>	Nursery at the event centre for children older than 3 years, changing rooms for families are nearby. Pre-registration until 28 March 2023 to <a href="mailto:Tobias.Haefeli@ewb.ch">Tobias.Haefeli@ewb.ch</a>	
<b>Anti-doping</b>	By their registration the participants agree to the anti-doping rules of Swiss Olympic. There may be anti-doping tests in all classes. For classes W/M20 and W/ME access to the competition is only permitted after signing the corresponding declaration ( <a href="#">athlete's agreement</a> ). The declaration must be handed in at the event office.	
<b>Insurance</b>	Responsibility of the participants. The organiser declines any liability as far as legally possible.	
<b>O Weekend Solothurn</b>	On 1 April the 3 <sup>rd</sup> national O-Race (middle distance) takes place in Solothurn, organised by <a href="#">OLG Biberist</a> Further information at <a href="https://so-ol-weekend.ch/">https://so-ol-weekend.ch/</a>	
<b>Way to the start</b>	Shuttle buses from Balsthal railway station (0.5 km, 5 min to walk from the event centre). Buses leave every 15 minutes, first bus at 08:00, last bus at 13:00. The two starting points are served by the same bus. Exit at first stop for start 2 and at the second stop for start 1.	
	<i>Schedule to start 1</i> Travel time by bus: 8 min Walk from bus stop to start: 2.0 km, 160 m ↗, approx. 45 min Total time required from the event centre to the start: approx. 75 min	<i>Schedule to start 2</i> Travel time by bus: 4 min Walk from bus stop to start: 1.2 km, 60 m ↗, approx. 25 min Total time required from the event centre to the start: approx. 45 min (plan the same time if you walk the whole way)
<b>Toilets</b>	Mobile toilets at pre-starts 1 and 2	
<b>Transport of clothes</b>	From pre-starts 1 and 2 to finish	
<b>Warm-up</b>	On the way to start 1, official warm-up map with controls (control flags without SI units). Please respect prohibited areas.	
<b>Pre-start and start</b>	Classes with start times: – 5': Enter your lane (only for start 1) – 4': clear and check SI-card – 3': Pick up control description (IOF symbols) – 2': Check position of map boxes – 1': Register SI-Card, take up position behind map box – Start beep: Pick up your map. It is the competitor's responsibility to take the right map  Late arriving runners are admitted to a separate lane after reporting at the pre-start. Open classes: Free choice of start time. Separate lane at start 2. Self-service of control descriptions. Self-start with SI-card.	
<b>Route to start triangle</b>	Start 1: 80 m	Start 2: 50 m
<b>Controls</b>	White-orange control flags with touch free SPORTident- AIR+ punching system. Punch controls with SI-Card. In case of failure of AIR+ (empty SIAC battery), insert SIAC in SI-unit. If a SI-unit is not working (no acoustic or optical signal) or missing, punch with pincers on map. Inform staff at finish and hand in the map signed with your name. For M20/ME an SI-card version 9 or higher is required.	
<b>Print on map</b>	Control numbers are continuous.	

<b>Control descriptions</b>	IOF-symbols; self-service at the start and printed on the map. For open classes: IOF-symbols and text.
<b>Terrain</b>	The Roggen is a forest of the first Jura chain with mostly good accessibility. The summit (Roggenflue, at almost. 1000 m above sea level) is located in the middle of the running area and offers a great view all the way to the Alps. Fast sections with good visibility alternate with very technical, partly rock labyrinth-like passages, in which the fastest route may well lead through the middle of two high boulders. In wet weather, caution is advised in the area of the high rocks. There is a compulsory route through a protected area, marked with the symbol "passage" as well as marked in the terrain. The marked route may not be left. This passage is not covered by all categories.
<b>Special features</b>	The vegetation is characterised by diffuse beech thickets, poorly visible vegetation boundaries and continuous transitions. In addition, the subjective perception changes strongly depending on the weather, season and time of day. Accordingly, the green levels are rather highly generalised. Small knolls and rootstocks are only mapped if they are very large and prominent. In rockfall zones, only the large and prominent stones are mapped. For better readability, the symbol stony ground (black dots) is only used for very prominent stone fields. Forest rides and extraction tracks are only mapped with the (black dashed) symbol 'linear trace' if they are very prominent. For better readability, most forest rides are not mapped in stony terrain, or they are only visible on the map by means of vegetation changes. Forest edges are displayed with the symbol 'distinct cultivation boundary' (black line) if the change of cultivation is very abrupt or if a fence is present. Otherwise, no boundary line is used or the symbol 'distinct vegetation boundary' (black dots) is used. In rockfall zones, the symbol undergrowth (green lines) is sometimes used. These are fallen trees (dead conifers due to drought or bark beetle infestation). Benches, fences, telephone poles and various other small man-made objects are not mapped. Certain fences are marked with tape for better visibility in the field. There are some fence passages in the terrain. These are not marked and may have to be opened or turned. Damage to fences must be reported at the finish or at the event office.
	 
<b>Beverages</b>	All categories will pass at least one beverage post. For all categories from start 1 after 25 - 50 % of the distance and in the last third of the course. For all categories from start 2 with guide times > 50 min according to WO also after 25 - 50 % of the distance. The drink stations are self-service. They are either at a post (marked with a cup symbol on the control description) or in the area (marked with a cup on the map).
<b>Closing of finish</b>	16:00, maximum running time 150 min
<b>Finish, return to event centre</b>	Competitors must punch at the finish line. Ranking will be according to the finish time on the SI-Card. Refreshment: Water. Walk back to the event centre: 1.4 km, 50 m↘, approx. 20 min
<b>Giving up runners</b>	Athletes who are forced to abandon the race must download their SI-Card at the event centre. Costs for search operations are to be borne by the offending party.
<b>Return of maps</b>	Runners keep their maps. Fair play!
<b>SI-Card download</b>	At the event centre close to the event office. Download immediately.
<b>Results</b>	Link to <a href="https://www.swiss-orienteeing.ch">live results</a> . Results will be published online at approx. 18:00 on <a href="https://www.swiss-orienteeing.ch">www.swiss-orienteeing.ch</a> and on <a href="https://so-ol-weekend.ch/">https://so-ol-weekend.ch/</a>

**Medical service**

Please contact staff members. First aid posts in the running area and at the event centre.

**General sketch**



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Balsthal/Roggen

Sonntag, 2. April 2023



<b>Courses</b>					
<b>Class</b>	<b>Distance [km]</b>	<b>Climb [m]</b>	<b>No. of controls</b>	<b>Scale</b>	<b>Start</b>
WE	11.2	490	29	1:15'000	Start 1
WAL	7.4	320	20	1:15'000	Start 1
WAM	5.9	200	15	1:10'000	Start 1
WAK	2.9	145	12	1:10'000	Start 2
WB	3.0	130	14	1:10'000	Start 2
W35	5.2	160	12	1:10'000	Start 1
W40	6.1	170	18	1:10'000	Start 1
W45	6.0	175	18	1:10'000	Start 1
W50	5.7	165	15	1:10'000	Start 1
W55	5.3	145	15	1:10'000	Start 1
W60	4.3	180	19	1:7'500	Start 2
W65	3.7	190	14	1:7'500	Start 2
W70	3.7	175	13	1:7'500	Start 2
W75	2.5	95	11	1:7'500	Start 2
W80	2.5	95	11	1:7'500	Start 2
W20	7.5	345	22	1:15'000	Start 1
W18	6.7	225	19	1:15'000	Start 1
W16	5.8	175	15	1:15'000	Start 1
W14	4.6	210	19	1:10'000	Start 2
W12	3.5	150	13	1:10'000	Start 2
W10	1.8	50	7	1:10'000	Start 2
ME	13.9	710	36	1:15'000	Start 1
MAL	9.1	420	25	1:15'000	Start 1
MAM	6.2	275	17	1:10'000	Start 1
MAK	4.0	140	19	1:10'000	Start 2
MB	4.9	210	20	1:10'000	Start 2
M35	7.0	325	19	1:10'000	Start 1
M40	7.1	335	20	1:10'000	Start 1
M45	6.9	330	19	1:10'000	Start 1
M50	6.9	295	20	1:10'000	Start 1
M55	6.9	285	20	1:10'000	Start 1
M60	6.2	245	17	1:10'000	Start 1
M65	5.8	175	17	1:10'000	Start 1
M70	4.5	180	20	1:7'500	Start 2
M75	3.5	180	14	1:7'500	Start 2
M80	3.0	90	14	1:7'500	Start 2
M85	2.3	70	10	1:7'500	Start 2
M20	11.5	460	30	1:15'000	Start 1
M18	8.3	340	24	1:15'000	Start 1
M16	6.7	260	20	1:15'000	Start 1
M14	4.7	240	22	1:10'000	Start 2
M12	3.9	180	15	1:10'000	Start 2
M10	2.1	60	9	1:10'000	Start 2
Open classes	2.6	100	11	1:10'000	Start 2