




# RAK TrailO

Rakov Škocjan, Slovenia  
9-10/4/2022

## World Ranking Events & European Cup in Trail Orienteering

Event	
Program	<p><b>Saturday, April 9<sup>th</sup></b> 10.30 - opening of the Event Centre 12.00 - start of the <b>PreO 1</b> competition</p> <p><b>Sunday, April 10<sup>th</sup></b> 10.00 - opening of the Event Centre 11.00 - start of the <b>PreO 2</b> competition 13.00 - meal delivery 16.00 - prize giving ceremony</p>
Event Center	<p><b>The Event Center</b> (GPS: 45.792 N, 14.292 E) is a log cabin near ČŠOD Rak (Center for school and extracurricular activities).</p> <p><b>Parking</b> is available near Event Center along the main gravel road. There are no parking lots as we usually know them. Other possible parking spaces are also shown on <a href="#">the map</a>. The parking space closest to both starts can be more busy on weekends and should therefore be primarily accessible to the disabled. Parking in front of ČŠOD Rak will be accessible only to the disabled and organizers. Please do not block access to ČŠOD Rak.</p> <p><b>Toilette</b> will be available in the Event Center.</p> <p><b>A hot meal</b> will be possible <b>only on Sunday</b> near ČŠOD Rak (50 m from the Event Center). The <a href="#">CAMINITO</a> mobile restaurant offers two main dishes for Sunday between 13.00 and 16.00, meat and vegetarian, as well as other Argentine snacks and drinks. Empanadas de carne (Argentine wraps with minced beef, vegetables and boiled eggs in home-made dough) and Empanadas de queso (Argentine wraps with cheese and herbs in home-made dough) will be available for € 7.50. <b>PLEASE ORDER MAIN DISHES IN ADVANCE UNTIL FRIDAY AFTERNOON ON <a href="#">THE LINK</a></b>. Ordering will be possible. Only then your meal will be guaranteed. They accept cash and cards.</p>
Emaborged areas and driving directions	<p><b><a href="#">Emaborged areas and driving directions</a></b></p> <p>The part of the road connecting Unec, Postojna and Rakov Škocjan is in the embargoed area for PreO 1. Therefore, the only possible</p>

	<p>access is from Unec to Rakov Škocjan via Podskrajnik. Access to Unec from the direction of Postojna is possible by highway or by the main road through Planina. The route from Unec will be marked with signs. Check the map! <b>Violation of the embargoed area leads to disqualification.</b></p>
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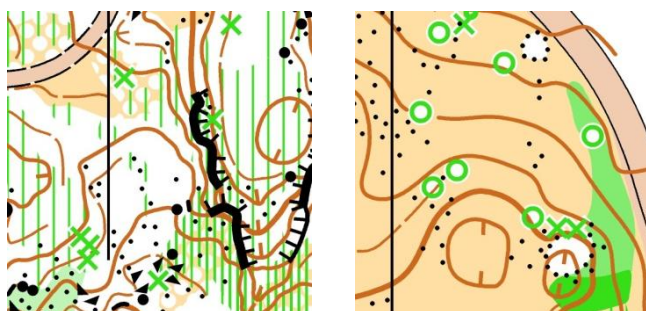
General information	
Classes	Elite (O - open, P - physically challenged, J - juniors), A
Courses	Free order of control picking between starts and finishes of the course parts.
Recording system	<p><a href="#">The ToePunch system</a> will be used in the Elite class as a primary system.</p> <p>A test of the ToePunch system will be possible before the competition in the Event Center.</p> <p>Control cards and punchers will be used in the A-class, but for time measuring the ToePunch system will be used. Control cards and punchers will be used only when ToePunch station will not respond. If the record on ToePunch station will be recorded, any punch on the control card will not be considered.</p> <p>ToePunch cards, control cards and maps will be given at the start. Control cards in the Elite class are printed on the back side of the maps.</p> <p>Please, bring your own puncher. Some punchers will be possible to borrow at the start.</p> <p>ToePunch card reading will be in the Event Center. Printed answers will only be available after the start of the last competitor.</p>
Start list	The start of the competitors will follow the start list, which is published on the competition website.
Maps	<p>Maps are printed on Pretex paper. Therefore, the maps will not be protected in plastic covers. If you want, you can bring your own plastic cover.</p> <p><b>The maps should be returned at every finish.</b></p> <p>The maps will be returned to competitors after the start of the last competitor and in case of technical problems with ToePunch stations, after checking punches on the maps.</p>
Zero tolerance	<p>The general Zero tolerance is 4 m without exception. During course planning we considered a new <a href="#">Guidance for Zero Problems</a>. As it is a new recommendation where in some situations used Zero tolerance should be bigger, we wrote used Zero tolerance next to the control descriptions for specific controls. This information is marked with ZT.</p> <p>No Zero problems in A course.</p> 
Long distance controls	Some controls will be very far from viewing points. All flagged sites that are more than 100 m away will be marked with double flags.
Time controls	<p>ToePunch START card will be used for your identification at the time controls and for saving backup answers.</p> <p>Loose maps will be prepared at the time control stations. If you rather use bounded maps or point the answers, inform the marshal at each time control station during your identification.</p>
Traffic	We must not restrict traffic. Therefore, we will set up traffic cones

	<b>at critical points. Follow the organizer's instructions and take care of your safety.</b>
<b>Electronic devices</b>	<b>The use of other electronic devices is prohibited during the competition. This is especially true for mobile phones. Violation of this rule leads to disqualification.</b>
<b>Jury</b>	Pavel Ptaček, John Kewley, William Rex, and Alessio Tenani as additional member.
<b>Results</b>	The results will be online.
<b>Prize giving ceremony</b>	The overall ranking of Rak TrailO 2022 will be the sum of the results of the two competitions. The top three competitors in classes A, Elite Physically Challenged, Elite Juniors and Elite Open will be awarded. The prize giving ceremony will take place at the Event Center.

## PreO 1, Saturday

<b>First start</b>	<b>12:00, <a href="#">START LIST</a></b>
<b>Distances</b>	<ul style="list-style-type: none"> <li>• EC (Event Center) - START: 1500 m</li> <li>• EC / P1 (Parking 1) - P3 (Parking 3): 1220 m</li> <li>• EC / P1 - P2: 470 m</li> <li>• FINISH - EC: 2450 m</li> <li>• FINISH - P2: 1980 m</li> <li>• FINISH - P3: 1230 m</li> </ul>
<b>Maps</b>	<b>1:3000 (enlarged from 1:4000) / E = 2m, ISSprOM 2019-2</b> Mapped by Petteri Hakala in 2020 (Part 2 and Part 3) and Krešo Keresteš in March 2022 (Part 1 and Part 3). <b>Special symbol:</b> black X - billboard or picnic table. <b>Special control descriptions:</b> stony wall – two sided rock formation on the map marked with rock face symbol.
<b>Courses</b>	<b>Elite</b> 28 controls + 2 x 3 time controls at the end of course, 445 m / 5 m, time limit: 98 min. (O, J), 108 min. (P)  Distances on the Elite course: <ul style="list-style-type: none"> <li>• Part 1: 15 controls - 370 m / 0 m</li> <li>• Finish 1 - Part 2: 450 m / 15 m</li> <li>• Part 2: 7 controls - 50 m / 5 m</li> <li>• Finish 2 - Part 3: 260 m / 15 m</li> <li>• Part 3: 6 controls - 25 m / 0 m</li> <li>• Finish 3 - Time controls: 90 m / 0 m</li> </ul> <b>A</b> 12 controls + 2 x 3 time controls at the end of course, 395 m / 0 m, time limit: 48 min.  Distances on the A course: <ul style="list-style-type: none"> <li>• Part 1: 8 controls - 370 m / 0 m</li> <li>• Finish 1 - Part 2: 760 m / 35 m</li> <li>• Part 2: 4 controls - 25 m / 0 m</li> <li>• Finish 2 - Time controls: 90 m / 0 m</li> </ul>
<b>Competition area and instructions</b>	<b>Karst terrain</b> with many features that can be found on steeper karst terrains (rock faces, boulders, stony grounds, and various relief forms). <b>The path is good gravel road. The main road is not closed for traffic.</b>

The area was severely devastated by sleet in 2014. This was followed by extensive forestry work and reforestation attempts. Therefore, the area is overgrown with damaged trees and mostly overgrown with alders and shrubs.



The main route runs along the dusty gravel road, along which traffic is unlimited. The authorities do not allow us to restrict traffic. **Therefore, use the leftmost part of the road in your direction on the way to the start, during the race and also on the way back from the finish. Talking is not allowed in the competition area, even when returning from the finish.**

## PreO 2, Sunday

### First start

11:00, [START LIST](#)

### Distances

- EC / P1 (Parking 1) – START / P3 (Parking 3): 1220 m
- EC / P1 - P2: 470 m
- FINISH - P3: 1330 m (for wheelchairs only)
- FINISH - P4 (Hotel): 450 m (not for wheelchairs)
- FINISH - EC / P1: 950 m (not for wheelchairs)

### Maps

1:4000 / E = 2m, ISSprOM 2019-2  
Mapped by Petteri Hakala in 2020.

### Courses

#### Elite

25 controls + 2 x 3 time controls between the 1st and 2nd part, 925 m / 10 m, time limit: 103 min. (O, J), 113 min. (P)

Distances on the Elite course:

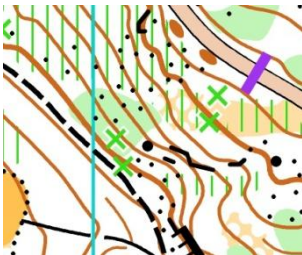
- Part 1: 11 controls - 510 m / 5 m
- Finish 1 - Time controls: 30 m / 0 m
- Time controls - Start 2: 290 m / 0 m
- Part 2: 14 controls - 415 m / 5 m

**During the Elite course will be some STOP signs marked on the map in control descriptions and on the terrain with traffic cones. The competitor will be able to cross the STOP line in one way only and continue on his way only after a given answer.**



#### A

13 controls + 2 x 3 time controls between the 1st and 2nd part, 925 m / 10 m, time limit: 67 min.

	Distances on the A course: <ul style="list-style-type: none"> <li>Part 1: 6 controls - 510 m / 5 m</li> <li>Finish 1 - Time controls: 30 m / 0 m</li> <li>Time controls - Start 2: 290 m / 0 m</li> <li>Part 2: 7 controls - 415 m / 5 m</li> </ul>
<b>Competition area and instructions</b>	<p><b>Karst terrain</b> with many features that can be found on steeper karst terrains (rock faces, boulders, stony grounds, and various relief forms).</p> <p><b>The path</b> is good gravel road. <b>The road is not closed for traffic.</b></p> <p>The area runs along the northern edge of the Rakov Škocjan valley. <b>The access to some steep places with controls will be limited by tape. Approaching in such places requires a lot of attention, especially from wheelchair users.</b></p> 

## Other information

<b>Covid-19</b>	<p><b><u>The state of the epidemic</u></b></p> <p><b><u>General measures</u></b> to contain spread of COVID-19 infection Outdoor sports events are held without restrictions. The use of masks indoors and the observance of preventive measures are mandatory.</p> <p><b><u>Border crossing</u></b></p>
<b>Weather</b>	<p>On Saturday we expect rainy weather with temperatures up to 12 °C. The rain was supposed to stop at night. On Sunday we expect partly sunny weather with temperatures up to 10 °C.</p> <p><a href="#">The precipitation radar image</a></p>
<b>Garbage</b>	<p>Please take care of your own rubbish. The COVID measure is also to ensure that garbage is not collected at public events.</p>
<b>Sightseeing</b>	<p><b><u>Sightseeing</u></b></p>

## Officials

<b>Organizer</b>	Orientacijski klub Trzin
<b>Contact person</b>	Krešo Keresteš, <a href="mailto:kreso.kerestes@gmail.com">kreso.kerestes@gmail.com</a>
<b>Event manager</b>	Mateja Keresteš
<b>Course planner</b>	Krešo Keresteš
<b>Event Adviser</b>	Ján Furucz

We wish you a good competition at Rak Trail0 2022!