

17-20
FEB

20
22

PROVON

PROVENCE
ORIENTEERING
MEETING

17.02

Cabrières d'Aigues (84)

MODEL EVENT

Pertuis (84)

NIGHT SPRINT

DAY 1 # 18.02

La Bastide des Jourdans (84)

MIDDLE DISTANCE

DAY 2 # 19.02

Forcalquier (04)

MIDDLE DISTANCE

DAY 3 # 20.02

Forcalquier (04)

LONG DISTANCE

Organised by
Ligue PACA de CO



WWW.PROVON.FR



PROVON BULLETIN

(Translated by Eva Jurenikova, Enzo Ratti, Jens Kastensson)

17-20
FEB
2022

PROVENCE
ORIENTEERING
MEETING
OM



LIGUE PROVENCE-ALPES-CÔTE D'AZUR
de COURSE D'ORIENTATION
<http://ligue.paca-co.fr/>

ORGANIZED BY

ALL VOLUNTEERS !

ASSOCIATIVE PARTNERS :



INTERNATIONAL ORIENTEERING FEDERATION



Course d'Orientation
Fédération Française

AND A LOT
OF OTHER
PACA CLUBS

INSTITUTIONNAL PARTNERS :



Mairie de
Cabrières d'aigues



PRIVATE PARTNERS :



PLEASE NOTE:

EVERYONE MUST VISIT THE EVENT CENTRE IN PERTUIS OR EVENT OFFICE AT THE ARENAS TO GET THE NUMBER BIB AND THE MANDATORY COVID WRISTBAND

SANITARY MEASURES

- **12 - 15 years old: valid covid certificate (vaccination or test) is required**
- **16 years and older: EU COVID vaccination certificate is required**
- Summary of the governmental measures (in French):
https://www.ffcoorientation.fr/media/cms_page_media/119/Tableau_mesures_sanitaires_sport_28janvier2022.pdf
- COVID certificate will be verified either on Thursday at the event centre or at the event office on Friday - Sunday. You will receive a wristband which you must wear throughout PROVOM. Without this wristband, you can't take part in the race.
- Wearing a mask is recommended at the arena.
- **Wearing a mask is required in the shuttle transport and in all indoor facilities.-**
- Respect social distancing.
- Avoid gatherings.
- Hand gel will be provided.
- **Water will not be provided during the race, not even in the finish, but barreled drinking water will be available at the arena, please note that you need to bring your own bottle or mug to be able to use it.**

EVENT OFFICE

- On Thursday at the event in Pertuis (Place Mirabeau = arena of the sprint) and on Friday - Sunday at the arenas (cf parking and way in **PROLOGUE**)
Opening hours
 - Feb 17 8:30-21:00 (for leisure course: 19:00-21:00)
 - Feb 18 9:00-17:00 (for leisure course: 12:00-15:00)
 - Feb 19 8:00-14:00 (for leisure course: 9:00-12:00)
 - Feb 20 8:00-15:00 (for leisure course: 9:00-12:00)
- Covid certificate control and distribution of covid wristband
- Number bibs, model event maps and tee-shirts distribution
- If you are renting a SI-card, you can collect it against a security deposit of 50 euros (cheques or cash).
- PROVOM T-shirts (10 euros) from Friday.
- Leisure circuits (level green-blue-yellow, no time-keeping, no prizes). 10 euros/map or 30 euros per family (maximum of 4 maps/family). The SI-card rental is included in the price, but a security deposit of 50 euros is required.
- Model Event maps (5 euros).

PROVOM CONTACT

provom@provence-co.fr

START TIMES

<https://provom.fr/liste-de-departs/>

- Contactless mode SI AIR+ will be used **for all the races**.
- Do not forget to activate the mode AIR+ at the start (by punching the unit "contrôle").
- If you are late to the start, please follow the instructions given by the organisers. You will not be given a new start-time.
- OPEN, M10, W10, M10 shadowed and W10 shadowed: Free start during these hours:
 - Feb 17 19:00-21:00
 - Feb 18 12:00-15:00
 - Feb 19 9:00-12:00
 - Feb 20 9:00-12:00

RESULTS

[Sprint 17/02](#)

[Day 1 MD 18/02](#)

[Standings after day 1](#)

[Day 2 MD 19/02](#)

[Standings after day 2](#)

[Day 3 LD 20/02](#)

[Overall results day 1-3](#)

PRIZE CEREMONY

After each race (winner only) at the arena:

- Sprint: 21:45
- Day 1 MD: 16:15
- Day 2 MD: 13:30
- Day 3 LD: 14:30

Overall standings (the first 3 runners in each category according to the point system) at the arena on Sunday.

SERVICES :

- **Toilets at every race location.**
- **Medical aid at every race.**
- **No nursery.**
- **Orienteering and local products shops at the arena /nearby.**
- **Fast-foods or snack bars :**
 - Pertuis (night-sprint) : restaurants, bars etc in the town.
 - La Bastide des Jourdans and Forcalquier : Local associations will operate snack bars. **Book now !**

REFRESHMENTS

FRIDAY FEBRUARY 18, 2022

Order in advance (until Thursday 17 noon): Sandwiches, salads, hot dogs.

Contact: Katia PANCRAZZI, +33 6 50 07 62 07, apelabastidedesjournans@gmail.com

Eco-responsible event, let's limit waste!
Come with your containers, cutlery and glasses.

Glasses and cardboard trays and wooden fork will be available at the following prices:

Tray: 20 cts, fork: 10 cts, glass: 10 cts

TO EAT

CHEESE SANDWICHES (Brie or Camembert): €2.00

MIXED SALADS: €2.00 €

Pasta + ham + mozzarella

Rice + tuna + mozzarella

HOT DOG: €2.50

(Sauces: mayonnaise, ketchup, mustard).

CHIPS: €0.50

CHOCOLATE CAKES: €1.00

TO DRINK

- Coke
- Orangina
- Ice tea
- Fruit juice

€1

- Water: 0.50 cts

BEER: €2.00

HOT DRINKS: €0.50:

- Tea
- Coffee

REFRESHMENTS

SATURDAY 19 and SUNDAY 20 FEBRUARY 2022

IN FORCALQUIER

Order in advance (until Friday 18 noon):

Sandwiches, salads, sweet pancakes (crêpes) or salty pancakes (galettes).

Contact: Rémy MYTTEIS,
+33 6 62 37 89 73
remymytteis@hotmail.fr

Eco-responsible event, let's limit waste!
Bring your containers, cutlery and glasses.
Glasses and cardboard trays and wooden fork will be available
at the following prices:

Tray: 20 cts, Fork: 10 cts, Glass: 10 cts

MENU

SANDWICHES OF CHOICE (Ham salad or Veggie): 2.50 €

MIXED SALAD: 2,50 €
Rice + tuna + tomatoes

GALETTE/CREPE:
Salty: 2.50 €
Sweet: 2 €

CHOCOLATE CAKES: 1.00 €

COLD DRINKS: 1.00 €

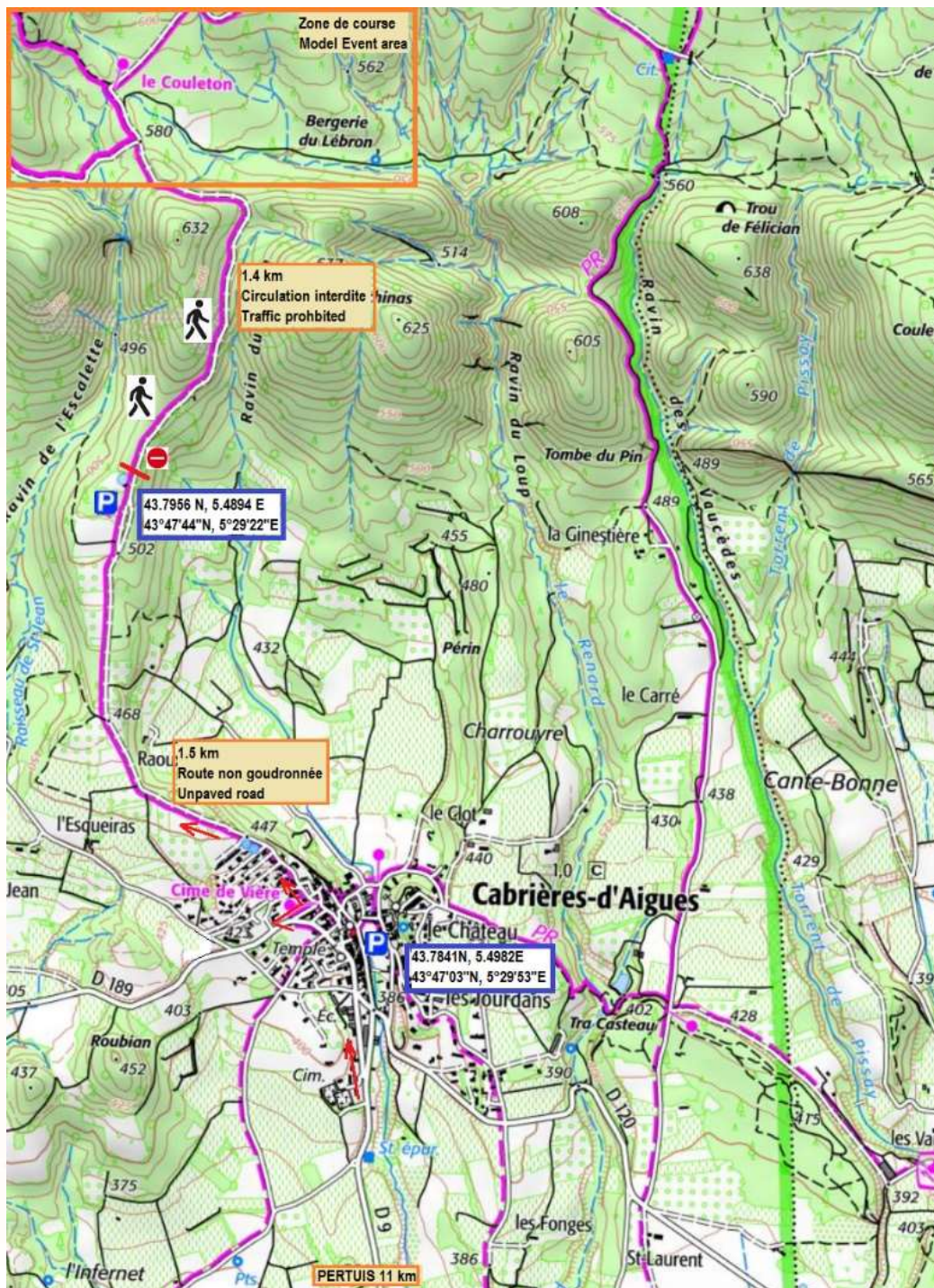
- Coke,
- Orangina
- Ice tea
- Fruit juice
- Water: 0.50 cts
- Beer: 2.00 €
- Glass of wine: 1 €

HOT DRINKS : 1 €

- Tea
- Coffee

CAMPERVAN PARKING

- Mandatory campervan parking is situated in the villages of Cabrières-d'Aigues, La Bastide des Jourdans and in Forcalquier, 5-10 minutes of driving from the arenas.
- Campervans will be allowed to stay all night.
- Shuttle transport (bus/minibus) will be available to and from the arena, starting to operate 1h30min before the first start. No reservation is needed.
- Reserve enough time before your start (1-1,5 hour) to take the shuttle bus. The bus will leave when it is filled up.
- Cabrières d'Aigues (model event) :
 - Do not park your campervan for the night in the Model Event car park, it is forbidden, use the parking in the village instead. The last 1,5km before the model event parking is on a gravel road, not very suitable for a campervan.
 - 43°47'03.5"N 5°29'53.8"E
 - 43.784315, 5.498279
 - <https://goo.gl/maps/ftAdQJvKC9CaxYom7>



- La Bastide des Jourdans :
 - 43°47'10.1"N 5°37'58.4"E
 - 43.786127, 5.632876
 - <https://goo.gl/maps/6L29hmHXFVZvm1ah8>



- Forcalquier :
 - Campervan park at la Bonne Fontaine in Forcalquier, close to the roundabout (and Intermarché)
 - <https://goo.gl/maps/4TbTDX1Mouk3Hiad9>
 - 43°57'30.5"N 5°47'25.9"E (43.958476, 5.790524)



MODEL EVENT

JEUDI 17 FEVRIER 2022
CARRIERES D'AIGUES (84)

Course planner: Alexis Vadrot

Control: Pierre Sciora

Format:

- Free training between 9:00 and 19:00
- One map with all controls and several course proposals
- Control descriptions for each course are printed on the map and you can cut them out
- Big flags with codes, no SI-units, no timing

Map: Le Couleton (Le ravin du loup), Léo Falcone, [Carte & O](#) (2021), scale 1:7500, equidistance 5m

Terrain: Mediterranean forest with many ravines

Access: Please see the map in the section **CAMPERVAN PARKING**

Parking:

- Cars (gravel road last 1,5km):
 - 43°47'44.5"N 5°29'23.2"E
 - 43.795684, 5.489781
 - <https://goo.gl/maps/wigd4ojFLXuszaK59>
- Campervans:
 - 43°47'03.5"N 5°29'53.8"E
 - 43.784315, 5.498279
 - <https://goo.gl/maps/ftAdQJvKC9CaxYom7>
 - Cf **CAMPERVAN PARKING**

Distance parking-event office: There is no event office at the model event. Please collect your maps at the event centre in Pertuis (Place Mirabeau)

Distance parking-start : 1.4 km, 75m+ (or 2.9km, 180m+ from the campervan village parking)

Distance finish-parking : 1.4 km (or 2.9km from the campervan village parking)

Courses and classes :

Courses	Level	Distance (km)	Climb (m)	Number of controls
VIOLET LONG		4,37	160	24
VIOLET COURT		2,38	105	13
JAUNE LONG		2,57	100	19
JAUNE COURT		1,96	75	14
BLEU LONG		1,72	90	10
BLEU COURT		1,14	40	6

Definitions (also on map) can be load on website.

Instructions for the model event: Covered legs and orienteering shoes (rubber or metal studs) are recommended.

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PROLOGUE

17TH THURSDAY FEBRUARY 2022
PERTUIS <84>

Course planner: Matthieu Puech

Control: Frédéric Gibiat

Referee: Eric Pomet

Format: Night urban sprint

National ranking: No

Map: Pertuis, norm ISSprOM-2, J. Monclard (2018) updated M.Puech (January 2022)
scale 1:4000 (1:3000 for courses: G, H, J, L1, L2, M, N), equidistance 2.5m

Terrain: Typical village of Provence, with narrow streets in the town centre and residential areas offering many route choices.



Access: Event office/centre and also the arena are located at the square Place Mirabeau in front of the church. Please follow the markings from the car park of La Dévalade.

Car park: Please use it both when you arrive to collect the maps for the model event and also in the evening for the sprint prologue.

Parking 1 : Parking la Dévalade :

<https://goo.gl/maps/WSKXrNJ2RNU4n7sV8>

Parking 2 : Parking Tourrier :

<https://goo.gl/maps/piet6bmANptgLe7X8>



Distance parking - arena/event centre:

- 300 to 500m from **parking 1**.
- 750m from **parking 2** : **You must pass via parking 1.**

Please, follow the marked route from the parking 1 and avoid the competition area (= "zone interdite").

**Toilets:**

- 4 toilets on the Rue des Remparts (close to the lift from the parking 1)
- 2 toilets on the Place du 4 septembre (close to the arena)
- 1 toilet at the arena (in the event office)

Distance arena-start: 50m

Distance finish-arena: 0m

Time-schedule:

- Event office is open: 8:30-21:00
- Start times: 19:00-21:30
- Start possible for classes Open, M10, W10, MW10 Shadowed, Leisure (Loisirs): 19:00-21:00
- Competition closure: 22:00
- Prize-giving ceremony: 21:45

Arena map and warm up area (= zone d'échauffement):



Courses and classes:

circuit	niveau	catégorie	distance réelle (km)	dénivelé (m)	Nbre de postes	temps du vainqueur	échelle
A1		M21E	5,5	80	27	19-20	1/4000e
A2		M20	5,1	80	26	19-20	1/4000e
A2		M21	5,1	80	26	19-21	1/4000e
B1		W21E	5,1	80	26	19-20	1/4000e
B2		W20	4,5	70	21	19-20	1/4000e
B2		W21	4,5	70	21	19-20	1/4000e
B2		M45	4,5	70	21	19-20	1/4000e
B2		M50	4,5	70	21	19-20	1/4000e
C		M35	4,9	75	27	19-20	1/4000e
D		M18	4,9	75	27	19-20	1/4000e
D		M40	4,9	75	27	19-21	1/4000e
E		W18	3,8	55	21	16-18	1/4000e
E		W35	3,8	55	21	16-18	1/4000e
E		M55	3,8	55	21	16-18	1/4000e
E		Open Violet L	3,8	55	21	16-18	1/4000e
F		W40	3,2	50	19	16-18	1/4000e
F		W45	3,2	50	19	16-18	1/4000e
G		W50	2,8	45	16	16-18	1/3000e
G		W55	2,8	45	16	16-18	1/3000e
G		M6	2,8	45	16	16-18	1/3000e
G		M65	2,8	45	16	16-18	1/3000e
H		W60 - W65 - W70 - W75	2,2	40	15	14-16	1/3000e
H		M70 - M75 - M80	2,2	40	15	14-16	1/3000e
H		Open Violet C	2,2	40	15	14-16	1/3000e
I		M16	3,5	60	13	15-16	1/4000e
J		W10 shadowed	1,3	25	15	12-15	1/3000e
J		M10 shadowed	1,3	25	15	12-15	1/3000e
K		W16	3,5	60	13	15-16	1/4000e
K		Open Orange	3,5	60	13	15-16	1/4000e
L1		M14	2,6	45	19	12-15	1/3000e
L2		W14	2,6	45	19	12-15	1/3000e
L2		Open Jaune	2,6	45	19	12-15	1/3000e
M		W12	1,8	30	15	12-15	1/3000e
M		M12	1,8	30	15	12-15	1/3000e
M		Open bleu	1,8	30	15	12-15	1/3000e
N		W10	1,3	25	15	12-15	1/3000e
N		M10	1,3	25	15	12-15	1/3000e

Safety instructions:

The competition area is small, some streets are narrow and there will be many runners running in multiple directions. Be careful to avoid collisions.

The city centre is a pedestrian zone, but the residents can still access it by car.

Runners on the courses A-F and I-K will cross a road with a certain amount of traffic. There will be signs and traffic guards to help you to cross safely, but please be careful!

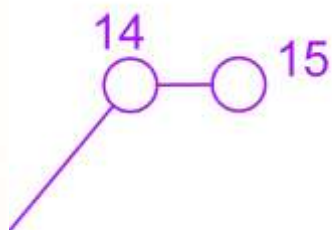
Competition instructions:

Surface : 95% hard surface, 5% grass (100% hard surface on the shorter courses).
Running shoes are recommended.

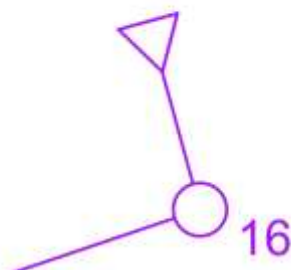
No reflective tape/markings on the controls. Street lighting is available on most of the competition area. A small headlamp to read the map should be enough.

Map change for courses A, B, C and D

Double-sided map. Turn the map to continue the race like it is shown below.



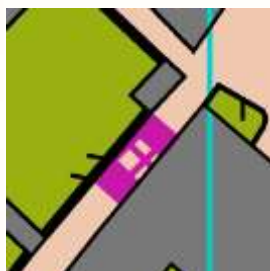
First part (turn map when reaching control 15)



Second part

Artificial fences

Artificial fences, that must not be crossed, are used in the competition. They are marked on the map by a purple symbol as in the example below. In the terrain they consist of metal fences and plastic tapes as in the photo below.






Map according to the the new **ISSprOM-2** (january 2022) :

Symbols **forbidden to cross** (=infranchissable) and **allowed to cross** (=franchissable) according to ISSprOM-2.

SYMBOLES INFRANCHISSABLES
(= interdit de franchir)

-  bâti (gris foncé)
-  mur infranchissable (trait épais)
clotûre infranchissable
-  végétation "vert 4" (vert foncé)
-  zone interdite d'accès
(propriété privée, parterre de fleurs, etc.)
-  zone interdite d'accès
(zone dangereuse, zone de travaux, etc.)
-  zone temporairement fermée
(terrasse de cafés, etc.)

SYMBOLES FRANCHISSABLES
(= autorisé de franchir)

-  passage couvert dans bâti (gris clair)
-  murs franchissables (traits fins)
-  végétation "vert 3"

STAGE 1

FRIDAY 18TH FEBRUARY 2022
LA BASTIDE DES JOURDANS <84>

Course setter: Pascal Bourdarie

Control: Olivier Estela

Referee: Daniel André

Format: Middle Distance

National ranking: Yes

Map: Limayes (La Bastide des Jourdans), Léo Falcone (2021), scale 1:10000/1:7500/1:5000, equidistance: 5m

Terrain : Mediterranean forest with gullies

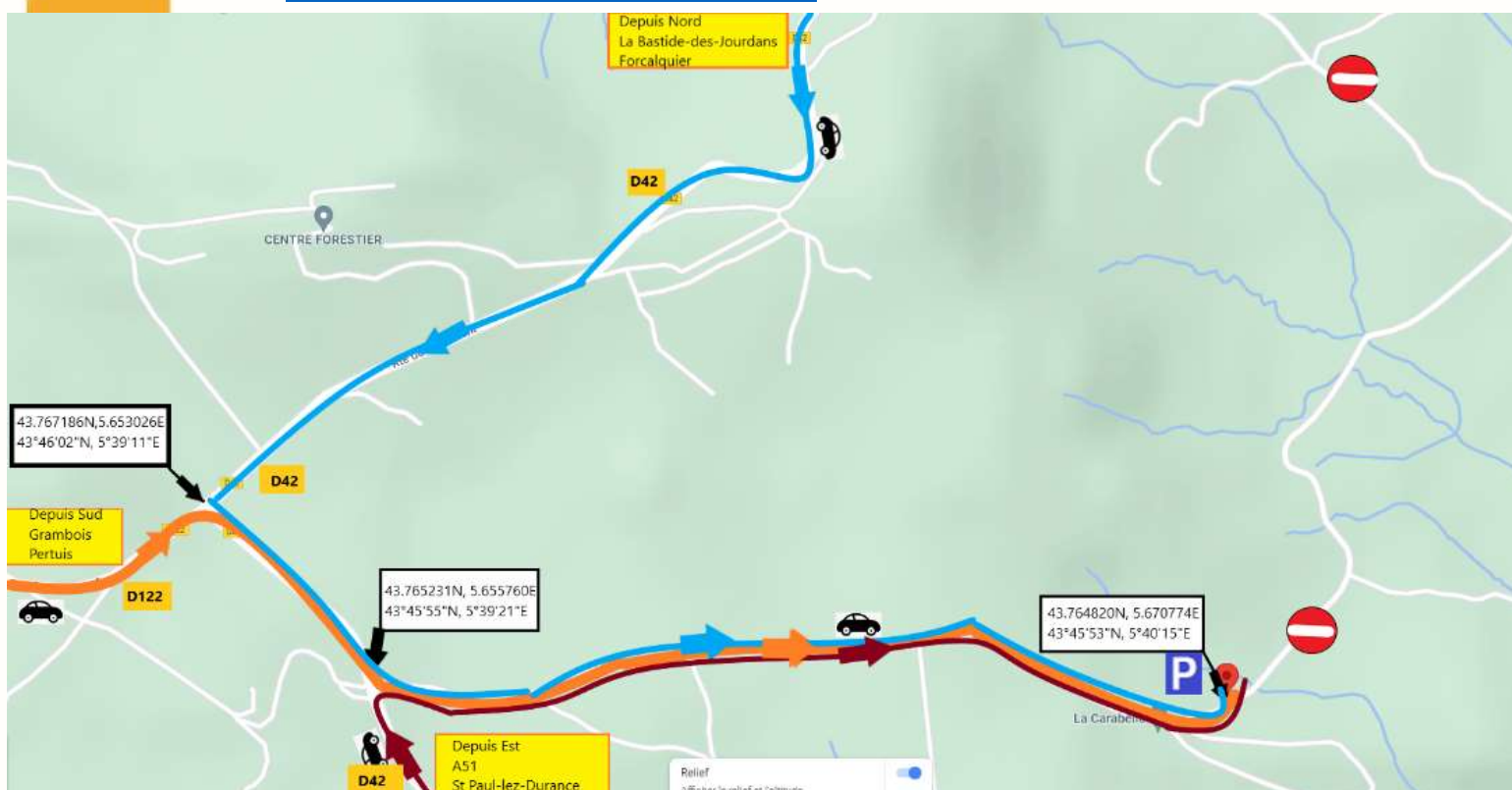
Access by campervan:

- 43°47'10.1"N 5°37'58.4"E
- 43.786127, 5.632876
- <https://goo.gl/maps/6L29hmHXFVZvm1ah8>

Access by car: Arena and car parking is located at the Carabelle holiday centre

Please note: Access (incoming and outgoing traffic) is mandatory via road D42, and this intersection:

- 43°45'53.8"N 5°39'21.1"E
- 43.764955, 5.655854
- <https://goo.gl/maps/B7SucB2tnEeLCKeS8>



Parking:

- 43°45'53.2"N 5°40'15.3"E
- 43.764777, 5.670903
- <https://goo.gl/maps/yy6fDiWuRckxekkj6>

Distance parking-arena: 200m

Distance arena-start:

- Red: 1.6 km, 10m climb
- Blue: 200m

Distance finish-arena:

- Red: 1.6 km
- Blue: 0 m

Schedules:

- Event office opens: 09:00
- Start times: 12:00-15:00
- Start possible for classes Open, M10, W10, MW10 Shadowed, Leisure (Loisirs): 12:00-15:00
- Competition closure: 17:00
- Prize-giving ceremony: 16:15

Competition instructions:

Depending on the weather, the ground and streams may be frozen, but if the weather is warm, the ground may be quite slippery and sticky in some places. Orienteering shoes with metal studs could be useful.

In the south-east part of the map Limayes (only courses with the red start), there are a few sports archery targets. These archery targets are represented as black crosses on the map. There are also a few tapes in the terrain and paths that join the targets, some of them are not represented on the map.

Courses and classes:

Catégorie	Niveau	Temps vainqueur	Circuit	Echelles	départ (B/R)	Distance (km)	Dénivelé (m)	Nbre postes
M21E		35	A1	10.000		4.3	220	23
M20		35	A2	10.000		4.1	215	23
M21		35	A2	10.000		4.1	215	23
W21E		35	B1	10.000		3.6	200	19
W20		35	B2	10.000		3.6	195	20
W21		35	B2	10.000		3.6	195	20
M45		35	B2	7.500		3.6	195	20
M50		35	B2	7.500		3.6	195	20
M35		35	C	10.000		3.7	195	21
M18		35	D	10.000		3.4	185	19
M40		35	D	10.000		3.4	185	19
OPEN VIOLET LONG		35	E	7.500		2.7	180	18
W18		35	E	10.000		2.7	180	18
W35		35	E	10.000		2.7	180	18
M55		35	E	7.500		2.7	180	18
W40		30	F	10.000		2.4	150	14
W45		30	F	7.500		2.4	150	14
W50		30	G	7.500		2.3	135	14
W55		30	G	7.500		2.3	135	14
M60		30	G	7.500		2.3	135	14
M65		30	G	7.500		2.3	135	14
OPEN VIOLET COURT		25	H	7.500		2.1	100	13
W60		25	H	7.500		2.1	100	13
W65		25	H	7.500		2.1	100	13
M70		25	H	7.500		2.1	100	13
W70		25	H	7.500		2.1	100	13
M75		25	H	7.500		2.1	100	13
W75		25	H	7.500		2.1	100	13
M80		25	H	7.500		2.1	100	13
W80		25	H	7.500		2.1	100	13
M16		25	I	7.500		2.6	125	17
M10 Shadowed		20	J	5000		1.5	80	11
W10 Shadowed		20	J	5000		1.5	80	11
OPEN ORANGE		25	K	7.500		2.3	110	13
W16		25	K	7.500		2.3	110	13
M14		25	L1	7.500		2.1	95	13
OPEN JAUNE		25	L2	7.500		2	95	13
W14		25	L2	7.500		2	95	13
OPEN BLEU		20	M	5000		2.1	90	15
M12		20	M	5000		2.1	90	9
W12		20	M	5000		2.1	90	9
M10		20	N	5000		1.6	80	11
W10		20	N	5000		1.6	80	11

STAGE 2

SATURDAY 19TH FEBRUARY 2022
FORCALQUIER <04>

Course setter: Gilles Schiavo

Control: Olivier Berrien

Referee: Georges Deli

Format : Middle distance

National ranking: Yes

Map: Pavoux 1999 (Michel Haberkorn), 2012 (Pierre Delenne), Update 2021 (Daniel Seckler), scale 1:10000/1:7500/1:5000, equidistance 5m

Terrain: open or semi-open, not a lot of forest. Good runnability, with exception of a few denser areas (marked with green 2 and green 3). Many ravines and some steep slopes.

Access by campervan:

- Campervan park at la Bonne Fontaine in Forcalquier, close to the roundabout (and Intermarché)
- 43°57'30.5"N 5°47'25.9"E
- 43.958476, 5.790524
- <https://goo.gl/maps/4TbTDX1Mouk3Hiad9>

Access by car: Between Forcalquier and Sigonce, intersection of the roads D16 / D116

Please note: DO NOT ARRIVE VIA Pierrerue (very steep road and race zone)

- 43°59'12.0"N 5°48'35.8"E
- 43.986678, 5.809938
- <https://goo.gl/maps/opow1nWJXEuifpwV9>

Distance parking-arena: 500 to 700m

Distance arena-start:

- Red: 150 m
- Blue: 100 m

Distance finish-arena: 0m

Time schedule:

- Event office opens: 8:00
- Start times: 9:00-12:30
- Start possible for classes Open, M10, W10, MW10 Shadowed, Leisure (Loisirs): 9:00-12:00
- Competition closure: 14:00
- Prize-giving ceremony: 13:30

Competition instructions:

A **major power line**, symbol 511 (= "ligne HT" in French), including several pylons, located in the competition area is **not represented on the map for the purple courses (A-H)**.

Depending on the weather, the ground and streams may be frozen, but if the weather is warm, the ground may be quite slippery and sticky in some places. Orienteering shoes with metal studs could be useful.

Courses and classes:

Circuit	Catégories	niveau	Départ	Echelle	ligne HT	Nbre postes	Distance (km)	Dénivelé (m)
A1	M21E			10000	SANS	25	4,9	310
A2	M21			7500	SANS	21	4,2	280
A2	M20			10000	SANS	21	4,2	280
B1	W21E			10000	SANS	23	4,0	230
B2	W20			10000	SANS	17	3,3	200
B2	W21, M45, M50			7500	SANS	17	3,3	200
C	M35			7500	SANS	15	3,1	200
D	M18			10000	SANS	15	2,9	190
D	M40			7500	SANS	15	2,9	190
E	W18			10000	SANS	12	2,3	130
E	W35, M55, OPEN VIOLET LONG			7500	SANS	12	2,3	130
F	W40, W45			7500	SANS	12	2,3	130
G	W50, W55, M60, M65			7500	SANS	12	2,4	130
H	W60, W65, W70, W75, W80, M70, M75, M80, OPEN VT CT			7500	SANS	10	1,7	105
I	M16			7500	AVEC	13	2,4	130
K	W16, OPEN ORANGE			7500	AVEC	12	2,1	125
L1	M14			7500	AVEC	11	1,9	95
L2	W14, OPEN JAUNE			7500	AVEC	11	1,8	90
M	M12, W12, OPEN BLEU			5000	AVEC	8	1,8	70
N	M10, W10			5000	AVEC	12	2,2	70
J	M10, W10 SHADOWED			5000	AVEC	12	2,1	70

STAGE 3

SUNDAY 20TH FEBRUARY 2022

FORCALQUIER <04>

Course setter: Eva Jurenikova

Control: Matthieu Puech

Referee: Annie Lorre

Format: Long distance

National Ranking: Yes

Map: Pavoux 1999 (Michel Haberkorn), 2012 (Pierre Delenne), Update 2021 (Daniel Seckler), scale 1:10000/1:7500, equidistance 5m

Terrain : open or semi-open, not a lot of forest. Good runnability, with exception of a few denser areas (marked with green 2 and green 3). Many ravines and some steep slopes.

Access by campervan:

- Campervan park at la Bonne Fontaine in Forcalquier, close to the roundabout (and Intermarché)
- 43°57'30.5"N 5°47'25.9"E
- 43.958476, 5.790524
- <https://goo.gl/maps/4TbTDX1Mouk3Hiad9>

Access by car: between Forcalquier and Sigonce, intersection of the roads D16 / D116

Please note: DO NOT ARRIVE FROM Pierrerue (very narrow road and competition area)

- 43°59'12.0"N 5°48'35.8"E
- 43.986678, 5.809938
- <https://goo.gl/maps/opow1nWJXEuifpwV9>

Distance parking-arena: 500 to 700m

Distance arena-start: 900m, 60m+

Distance finish-arena: 0m

Time-schedule:

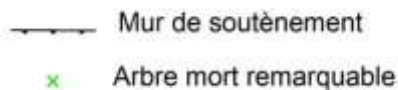
- Event office opens: 8:00
- Start-times: 9:00-12:30
- Start possible for classes Open, M10, W10, MW10 Shadowed, Leisure (Loisirs): 9:00-12:00
- Competition closure: 15:00
- Prize-giving ceremony: 14:30

Competition instructions :

Special symbols:

Mur de soutènement = passable retaining wall

Arbre mort remarquable = prominent dead tree



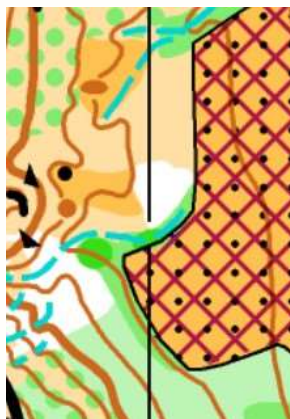
Shoes with metal studs are highly recommended.

There are some forbidden areas marked with purple colour (symbole 709). Most of these areas are fields, private properties and small zones with bee-houses. Please, don't enter these forbidden areas.

There is only one particular case in which you can run along the inner edge of a field (see below):



However, all the others fields are completely forbidden:



There are some remains of old fences in the terrain that are not represented on the map.

All courses cross a road towards the end of the race. There is very little traffic but be cautious!

Between the second last control and the last control for classes MW10-12 a short section (off-trail) has been marked by tapes in the terrain to facilitate the navigation. It is not mandatory.

No water is provided during the race, make sure you bring your own refreshment, especially if the weather is warm.

Courses and classes:

Catégorie	Niveau	Circuit	Distance (km)	Dénivelé (m)	Echelle	Nbre de postes
M21E		A1	11,6	570	1/10000	26
M20		A2	9,1	460	1/10000	23
M21		A2	9,1	460	1/10000	23
W21E		B1	8,5	450	1/10000	20
W20		B2	6,3	330	1/10000	15
W21		B2	6,3	330	1/10000	15
M45		B2	6,3	330	1/10000	15
M50		B2	6,3	330	1/10000	15
M35		C	7,9	390	1/10000	20
M18		D	7,5	370	1/10000	18
M40		D	7,5	370	1/10000	18
OPEN VIOLET LONG		E	6,2	280	1/10000	16
W18		E	6,2	280	1/10000	16
W35		E	6,2	280	1/10000	16
M55		E	6,2	280	1/10000	16
W40		F	5,1	220	1/10000	14
W45		F	5,1	220	1/10000	14
W50		G	4,1	170	1/7500	13
W55		G	4,1	170	1/7500	13
M60		G	4,1	170	1/7500	13
M65		G	4,1	170	1/7500	13
OPEN VIOLET COURT		H	3	100	1/7500	10
W60		H	3	100	1/7500	10
W65		H	3	100	1/7500	10
M70		H	3	100	1/7500	10
W70		H	3	100	1/7500	10
M75		H	3	100	1/7500	10
W75		H	3	100	1/7500	10
M80		H	3	100	1/7500	10
W80		H	3	100	1/7500	10
M16		I	6,5	270	1/10000	17
M10 Shadowed		J	3,2	100	1/7500	10
W10 Shadowed		J	3,2	100	1/7500	10
OPEN ORANGE		K	5,4	220	1/10000	15
W16		K	5,4	220	1/10000	15
M14		L1	4,7	180	1/10000	14
OPEN JAUNE		L2	4,2	170	1/10000	13
W14		L2	4,2	170	1/10000	13
OPEN BLEU		M	2,9	110	1/7500	11
M12		M	2,9	110	1/7500	11
W12		M	2,9	110	1/7500	11
M10		N	3,2	100	1/7500	10
W10		N	3,2	100	1/7500	10