



# TROFEU D'ORIENTACIÓ VILA DUCAL de MONTBLANC

14 i 15 Setembre 2013

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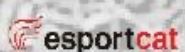
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Copa Catalana  
mitja distància

[www.clubmontsant.org/copa](http://www.clubmontsant.org/copa)

9<sup>a</sup> COPA TARRAGONA  
d'orientació a peu  
2013



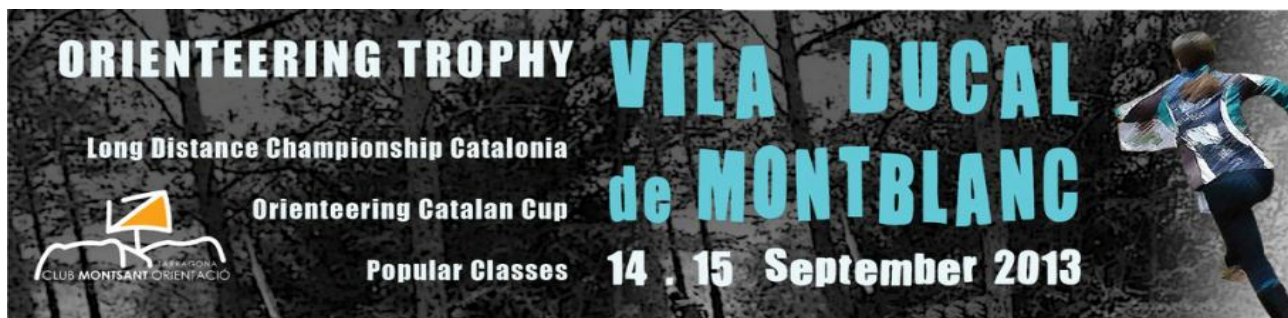


**Just miss it...**



**AND YOU'LL  
BE LOST!!**





## Presentation:

Dear orienteers:

Club Montsant presents the 1<sup>st</sup> Vila Ducal de Montblanc Trophy, which will consist of three races:

- Catalonia's Long Distance Championship (Rojals).
- Sprint Race (Montblanc).
- Middle Distance Race (Rojals).

Both the long distance and the middle distance races will take place in **Rojals**.

Rojals is a village belonging to Montblanc (Conca de Barbera) and is located 979 meters above sea level, in the northeast corner of the Prades Mountains. The Cogullons area and Rojals have been inhabited since Neolithic times. Among the remains still preserved, there are a large number of cave paintings both on rocks and in caves. We can assure you: the white forests of this area will impress all those of you who have never run through them before.

The Sprint race will be held in the town of Montblanc, one of the most beautiful medieval ensembles in Catalonia. We invite you to spend an unforgettable afternoon running through its stone alleys, walls and bridges.

Alongside these three races we have also organized a series of activities, so that you can enjoy a very intense weekend: a guided tour through Montblanc, two conference on sports coaching and sports medicine, and a nice walking march from Montblanc to Rojals.

We really hope you will enjoy this 1<sup>st</sup> Vila Ducal de Montblanc Trophy. We, the people of Club Montsant, are preparing it with great enthusiasm!

**Club Montsant Orientació**

## Organizing Team

**Director:** Sebastián Ordóñez

**Tracers:** Edu Vizcaya and Nicolas Corgnet

**Responsible for the Reception Area:** Isa Alba

**Responsible for all Services:** Pedro Corihuela

**Responsible for Registrations at Start line:** Loli Delgado and Judit Mata

**Responsible for Registrations at Finish line:** Jaume Carmona



## PROVISIONAL PROGRAM

Date	Time	Event	Place
Friday 13th	18:00	Opening of the competition centre	Montblanc (Tourism Office)
	18:00	Start of the Model event	Rojals
	20:00	Opening of the "hard floor"	Montblanc Sports Hall
Saturday 14th	08:30	Reception of runners	Rojals
	09:30	Introduction for non initiated runners	Rojals
	10:00	Start of the Catalonia's Long Distance Championship	Rojals
	14:00	Awards ceremony	Rojals
	16:00	Guided Tour	Montblanc (Tourism Office)
	17:30	Conferences	Montblanc
	20:30	Sprint Race	Montblanc
Sunday 15th	08:00	Start of the walking hike	Montblanc
	08:30	Reception of runners	Rojals
	10:00	Start of the 9th Catalan Cup Race 2013. Middle distance	Rojals
	14:00	Awards ceremony and prize draw	Rojals
	16:00	Closing of the "hard floor"	Montblanc

## GENERAL INFORMATION

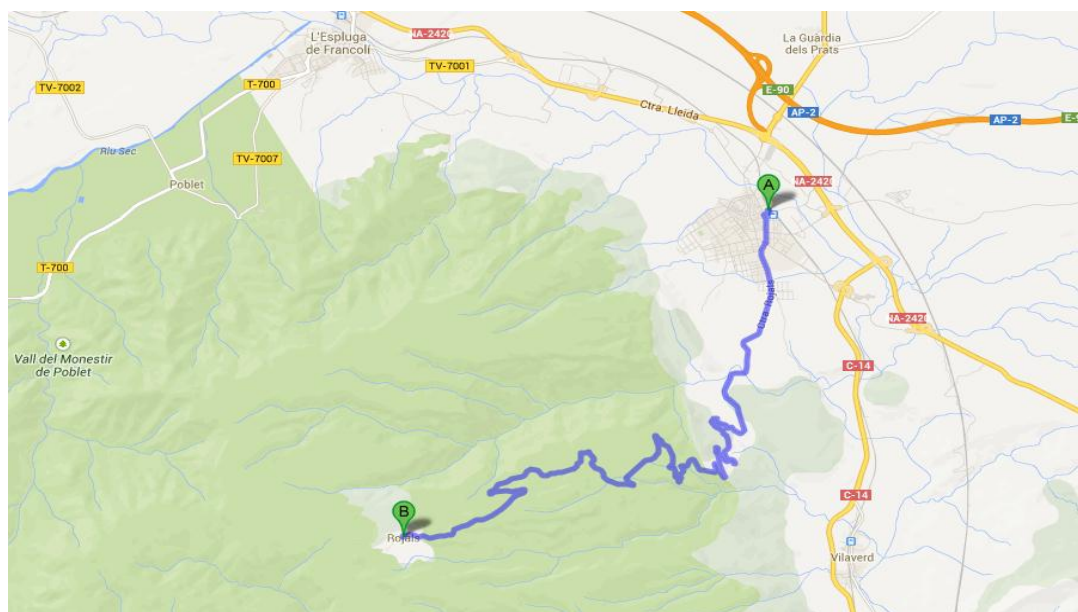
How do you get to Montblanc:

From **Barcelona**: please, follow the AP2 motorway and take the exit 9 (Montblanc-L'espluga de Francolí). Estimated time: 1h 10 min

From **Tarragona**: please, follow the C-14 highway up to Montblanc. Estimated time: 30 min  
Montblanc is 1h 40 min away from **Zaragoza**, and 2h 30 min from **Valencia**, approximately.

How do you get to Rojals:

From Montblanc, please take the road to Rojals (TV-7042). The village is 12 km away. Estimated time: 20 min approx.



If you want to see the location on a larger Google map, please click here: <http://goo.gl/maps/DmsA1>







### **Catalonia's Long Distance Championship**

H21E and D21E categories will run with a 1:15000 scale map.

H10, D10 and INI-N categories will run with a 1:7500 scale map.

All the other categories will run with a 1:10000 scale map.

We recommend the use of a magnifying glass for the 1:15000 scale map (although it is not indispensable).

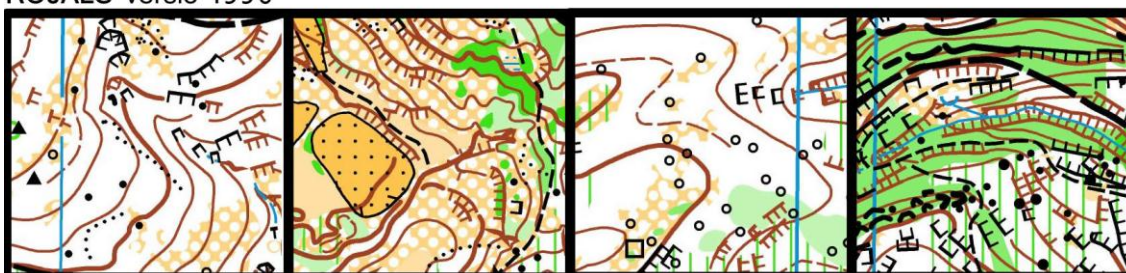
### **Catalan Cup - Middle Distance Race**

All categories will run with a 1:10000 scale map.

Only H10, D10 and INI-N categories will run with a 1:7500 scale map.

### **Map sample:**

ROJALS versió 1996



### **Sprint Race Montblanc:**

#### **Terrain**

Old medieval town of Montblanc: alleys, cobbled and narrow passages, beneath buildings. Small area of open land.  
Let yourself be drawn to the past at night...

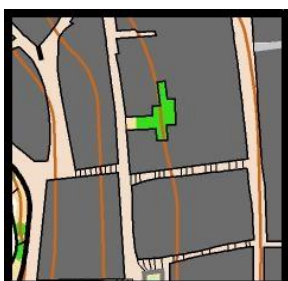
#### **Map**

ISSOM norm 2007

Created in August 2013

Fieldwork and digitizing: Sebastián Ordóñez

### **Map sample:**



*More information in our next Newsletter!*

## REGISTRATION

The Vila Ducal de Montblanc Trophy consists of 3 races. To qualify for the Trophy's award you need to participate in all three races, which are:

- Catalonia's Long Distance Championship, scoring for Catalan Cup and Tarragona Cup. (Saturday, September 14th.)
- Montblanc Sprint Race, scoring for Tarragona Cup. (Saturday, September 14th.)
- Catalan Cup - Middle Distance Race, scoring for Catalan Cup and Tarragona Cup. (Sunday, September 15th.)

You can register for one, two or a pack for the three races. You get a discount on the pack! Look at the prices in the fees section, in the tables below.

Registrations will be processed through the website of the Federació of Curses d'Orientació de Catalunya (FCOC). You must follow the instructions on the page at this link: <http://www.web.orientacio.cat/gestio-inscripcions/inscripcions-online>

The deadline for registration without penalty **ends on Friday, September 6th**. **No entries will be accepted from Saturday, September 7th until Thursday, September 12th**. You will be able to register in person at the competition centre on the same day of every race, where you'll be asked to pay for the surcharge, but we cannot guarantee there will be enough maps for everyone. Should you have any questions, please contact us at: [inscripcions@clubmontsant.org](mailto:inscripcions@clubmontsant.org)

### Payment

Your registration will not be fully accepted, until you have paid the corresponding fee. You need to pay the corresponding fee **before Friday, September 6th**, 2013, at 24:00 h (VERY IMPORTANT! Please, as "concept" of the money transfer, enter the payment code given by the registration software upon registration). Transfer the corresponding amount to the following Banc Sabadell's account:

**0081-0088-17-002105519**

When registering on the day of the race, federated runners will be charged an additional 5 € fee, and initiation runners will be charged an additional 2 € fee.

### Sportident

All categories will run with a Sportident card. If you don't have a SI-card, you must indicate it upon registration through the FCOC's registration system, so that you can rent one from us. You can also buy it or rent it on the same day of the race.

Purchase and rental prices for Sportident cards are fixed by FCOC and are based on the availability of the different models. They are not set by the Club Montsant d'Orientació.



## REGISTRATION FEES

CATALONIA'S LONG DISTANCE CHAMPIONSHIP AND CATALAN CUP - MIDDLE DISTANCE RACE (fees are for every single race)				
Categories	Non members of Montsant orientació		Members of Montsant orientació	
	Federated*	Non federated	Federated*	Non federated
HD20,HD21B,HD21A,HD21E,HD35,HD40,HD45,HD50	10€	17€	5€	12€
HD12,HD14,HD16,HD18	4€	8€	2€	6€
INI-ADULTS	5€	10€	3€	8€
INI-CHILDREN, TAPED ROUTE,HD10	2€	5€	1€	4€

\*Federated runners are those who own one of these licenses: FCOC, FEDO, FEEC (C, D or E modality).

MONTBLANC SPRINT RACE				
Categories	Non members of Montsant orientació		Members of Montsant orientació	
	Federated*	Non federated	Federated*	Non federated
SENIOR (HD20,HD21B,HD21A,HD21E)	8€	11€	4€	7€
VETERAN (HD35,HD40,HD45,HD50)	8€	11€	4€	7€
INI-ADULTS	8€	11€	4€	7€
JUNIOR (HD12,HD14,HD16,HD18)	4€	7€	2€	5€
INI-CHILDREN, HD10	4€	7€	2€	5€

\*Federated runners are those who own one of these licenses: FCOC, FEDO, FEEC (C, D or E modality).

THE 3 RACE PACK of VILA DUCAL DE MONTBLANC TROPHY		
Categories	Non members of Montsant Orientació	
	Federated*	Non federated
HD20,HD21B,HD21A,HD21E,HD35,HD40,HD45,HD50	25€	39€
HD12,HD14,HD16,HD18	10€	18€
INI-ADULTS	16€	26€
INI-CHILDREN, TAPED ROUTE,HD10	7€	13€

\*Federated runners are those who own one of these licenses: FCOC, FEDO, FEEC (C, D or E modality).





**Organized by:**



**Collaborators:**

