

Bulletin 3

25 October –1st Stage– Sprint ”Costești”



Arena: *gps* - 46.870354, 28.755308

Time schedule:

14.45 – Closure of the quarantine area

15.00 – First START

18.00 – Opening ceremony in the event arena(EA).

Quarantine Zone(QZ) : QZ is mandatory for all participants. WC is located inside of the school. Being in QZ, you should ask the organizing team and follow them.

Warm up zone:On the stadium in the QZ.

Bags and warm up clothing can be left in the quarantine area at the bag drop. Organizers will transport them to the finishing area every 15 min.

Start interval: 1min

Maximum running time: 60min

Map: Costești, M = 1: 4000,
E = 2.5m (ISSOM2007).

Mapping: Efimenko Alexandr. (2011);
Cabîș Vladimir. (2018);

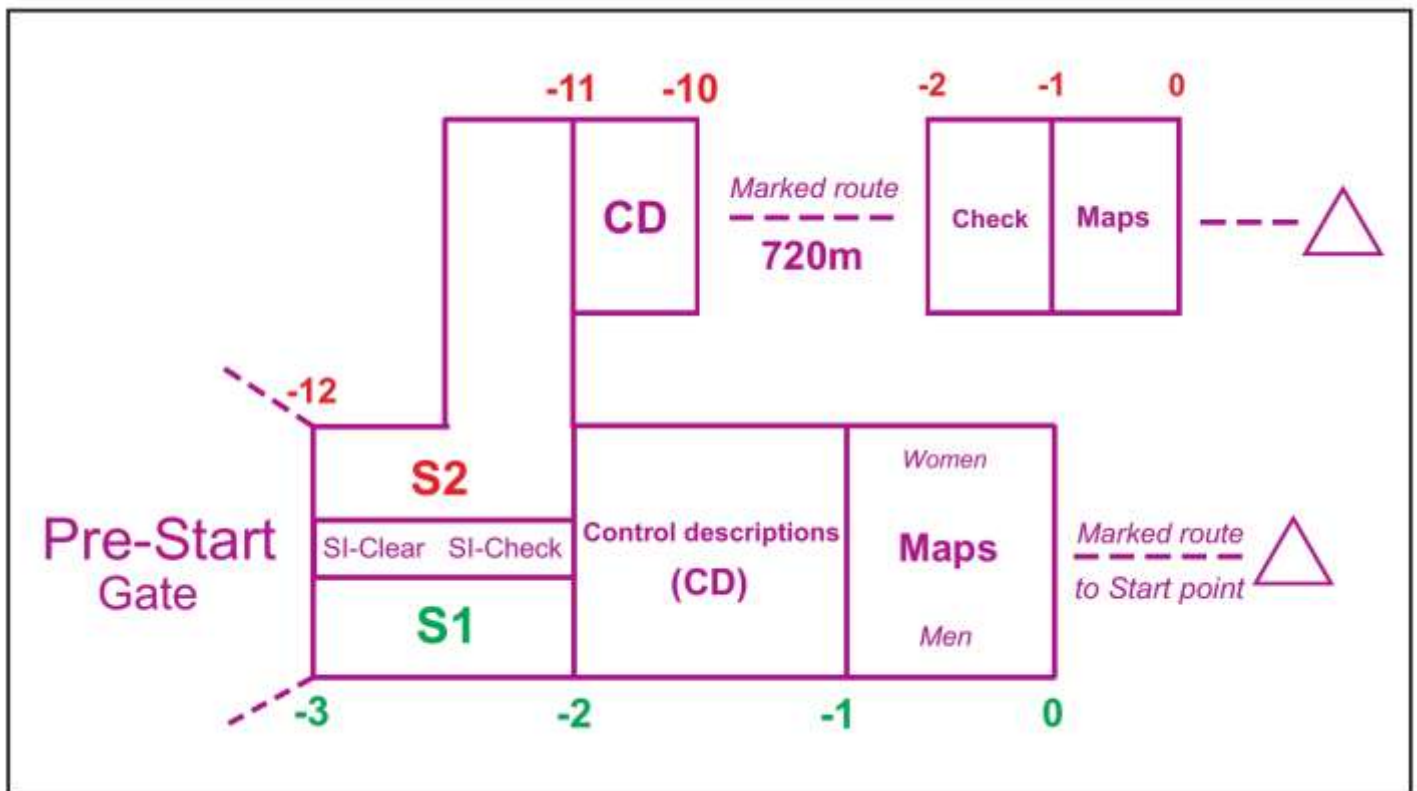
Course setter: Cabîș V.



Starting procedure is presented below.

Please don't forget to check your start location and to be ready for start in time!

(the list of start distribution will be available in quarantine zone).



Competition area:

Terrain represents the village of Costești, situated on a hillside. Typical moldavian rural area with a lot of paths, roads and narrow passages. The runnability varies from good to very good.

Rubber spike shoes are recommended!

There are several flower beds on the school grounds which are marked with area with forbidden access (528.1) on the map. There are no any tapes or marks in the tarrain!



Athletes who will violate the rules will be disqualified!

Traffic will be reduced.

Please, be careful when you cross the central road!

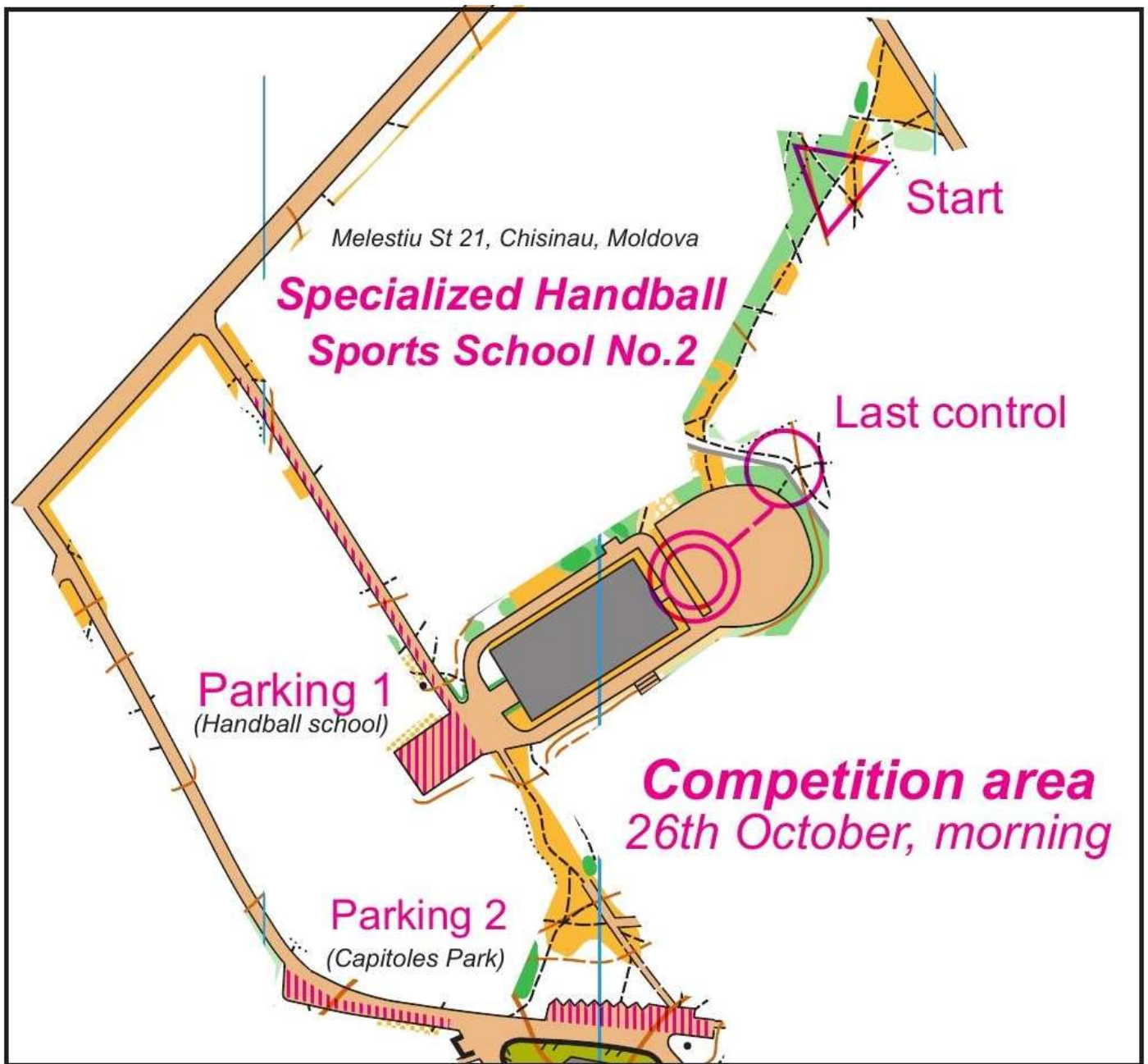
Public - Transport: Chișinău-Costești (every half an hour). Duration 25min + 1km to QZ.

Gara Chișinău: *gps* - 46.996705,28.800519

Organizing Partner



26 october – 2nd Stage – Sprint ”Rose Valley”



Arena: *gps* - 47.004064, 28.848320

Time schedule:

09.00 – First START

Quarantine is not organized for this race.

Bags and warm up clothing can be left inside of the the school.

Warm up zone: on the territory of the sports school (around the school).

Start interval: 1min

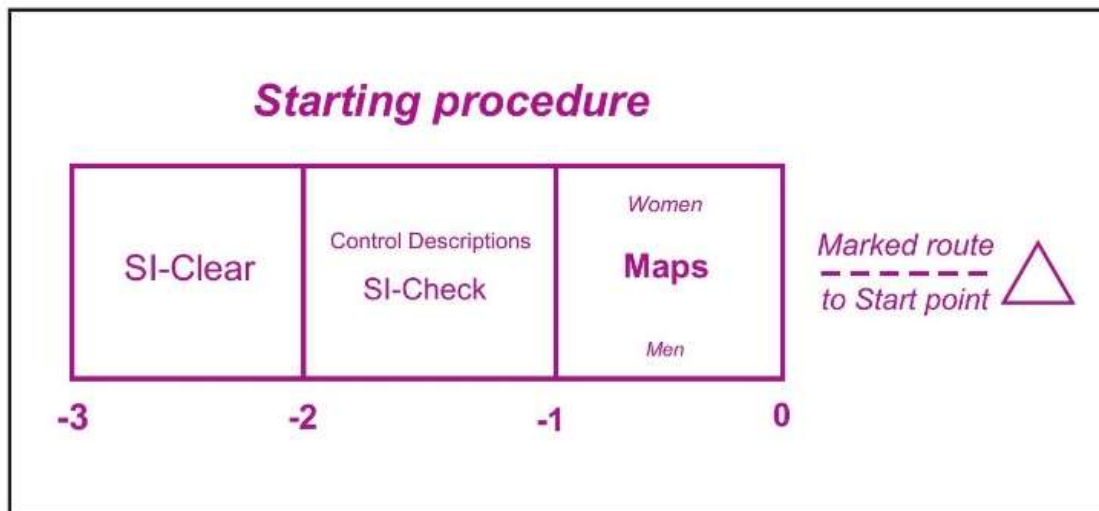
Maximum running time: 60min

Map: Valea Trandafirilor, M = 1: 5000, E = 2.5m (ISSOM2007).

Mapping: Efimenko Alexandr. (2014); Cabîș Vladimir. (2018);

Course setter: Cabîș Vladimir.





Distance from EA to START: 150 m;

Competition area

The terrain is a mix of two types of terrain:

- northern part - flat terrain with various vegetation.
- southern part - hillside with steep valleys and a lot of tracks and paved areas, where route choice is vital.

Vegetation is mainly deciduous forest, with few small inclusions of coniferous forest. Runnability is various from good to very good.

Rubber spike shoes are recommended!

Attention!

In the park there are few small flower beds which are represented with area with forbidden access (528.1) with 0.9mm width on the map (~4metres in the terrain).

There are no any tapes or marks in the terrain!

They may influence route choice decision.

Please read the map careful!



Athletes who will violate the rules will be disqualified!

partner



26 October – 3rd Stage – underground Sprint „Cricova”



Arena: gps - 47.148745, 28.859452

Parking: gps 47.148293, 28.860936

Time schedule:

13.00 –boarding athletes in the coach (only for sportsmen with bracelet for excursion).gps - 47.009606, 28.858857 – Palatul Feroviarilor

16.00 – First START

18.00 (or 30 minutes after the last participant’s finish) – Excursion & Tasting.

20.00 – Boarding athletes in the coach(only for sportsmen with bracelet for excursion).

Quarantine is not organized for this race.

Bags and warm up clothing can be left inside of the cellars.

Warm up zone: near the entrance of the wine cellars.

Start interval: 1min

Maximum running time: 40min

Map: Beciurile Cricova, M = 1: 1500.

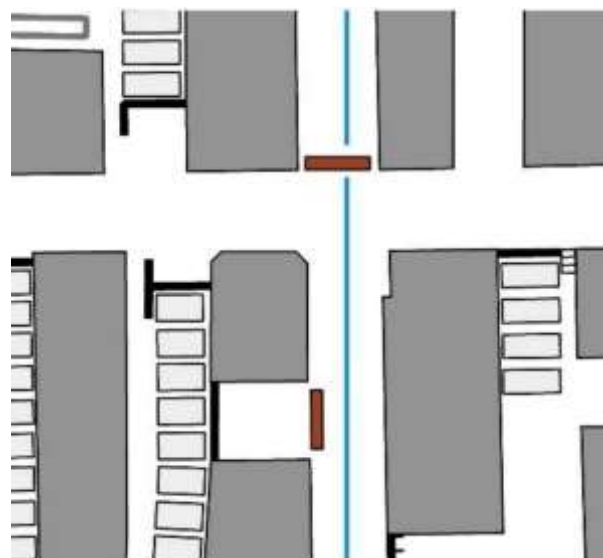
Mapping: Cerescu Pavel (2014);
Cabîș Vladimir (2017);

Course setter: Andrei Golovei.

Competition area represents the second biggest cellars in the country. Runnability is perfect. Visibility varies, some places are completely dark.

Mandatory

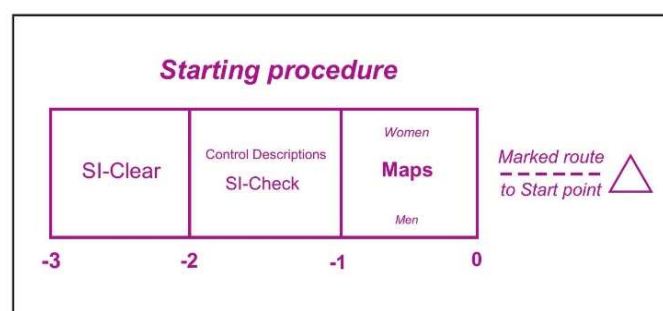
All participants must have headlamps !



Map specification:

- Equipment
- Wooden butts or iron tanks
- ▬ Stacks of butts
- ▬ Different floor levels (forbidden to cross!)
- ▬ Impassable obstacle (forbidden to cross!)
- ▬ Passable obstacle
- ▬ Steps
- ▬ Forbidden area

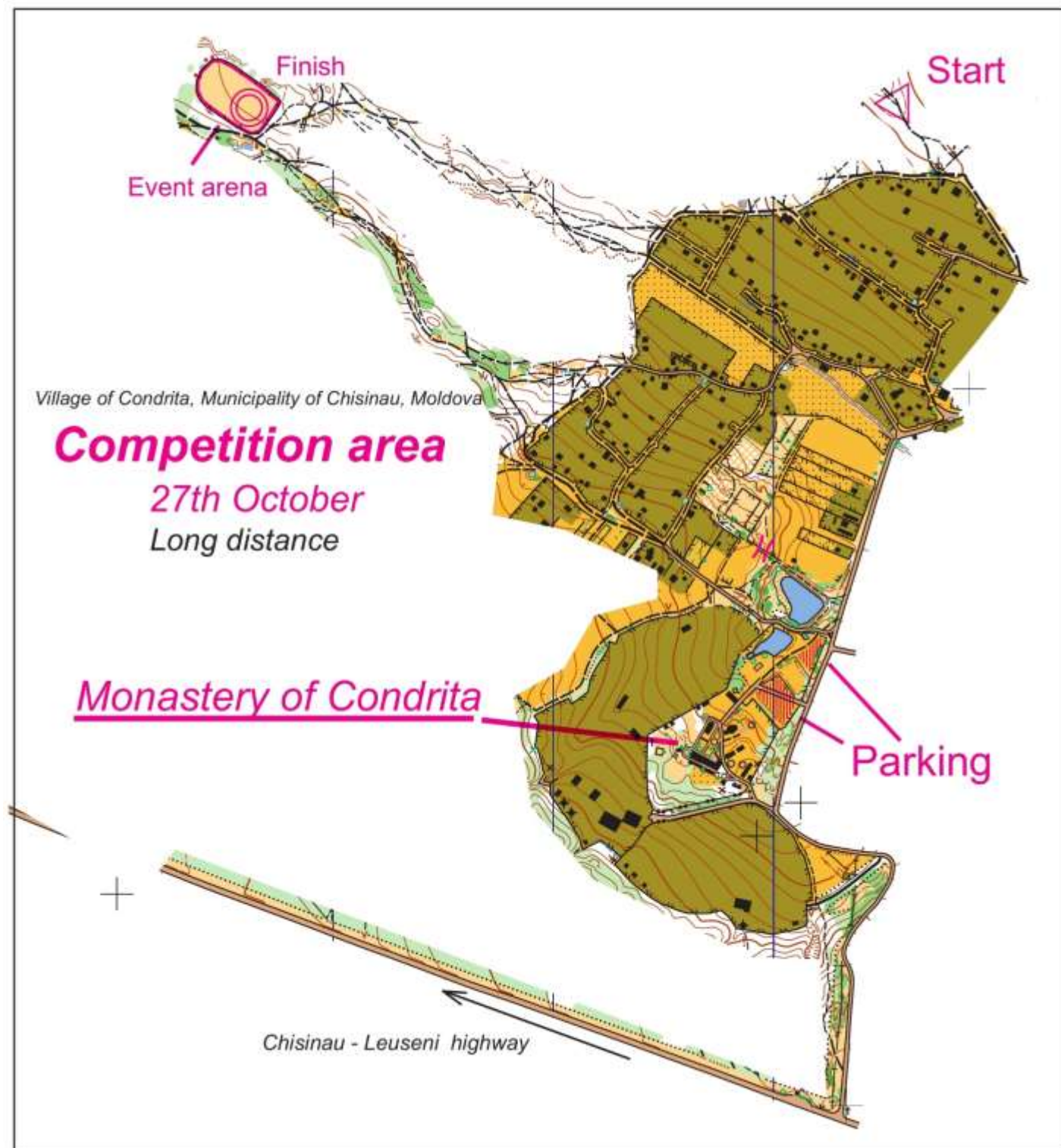
Starting procedure:



partener



27 October – 4th Stage – Long distance “Condrița”



Arena: gps - 47.062865, 28.555702

Parking: gps - 47.053275, 28.567631

Time schedule:

11.00 – First START

15.00 – Awarding ceremony for the National Masters Championship.

Distance from parking to EA – 1,5km

Distance from EA to start – 1,3km

You may go directly to start place from parking!

Distance from parking to Start – 1,4km

Bags and warm up clothing can be left at the start at the bag drop. Organizers will transport them to the finish area every 45 min.

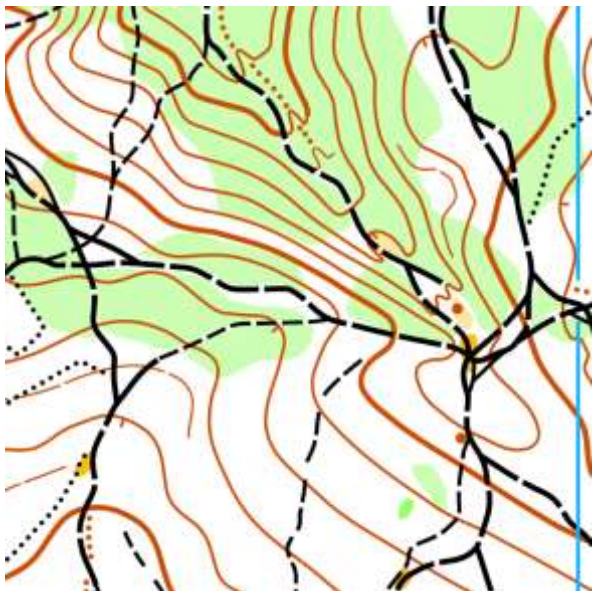
Start interval: 3min

Maximum running time: 180min

Map: Condrita, M = 1: 10000,
E = 5m (ISOM2017).

Mapping: Efimenko Alexandr (2011);
Mazur Yevhen; Cabîș Vladimir (2018);

Course Setter: Cabîș Vladimir



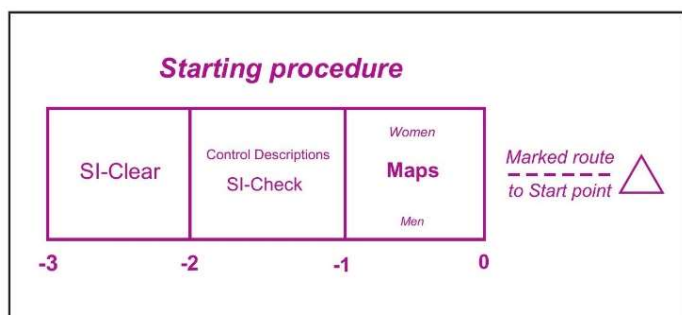
Competition area

Terrain is represented by a big valley with two moderate to steep hillsides. The entire area is covered by forest with various vegetation and few small semi-open lands. Generally, runnability is good. The paths network is well developed.

Rubber or metal spike shoes are recommended!

Over the time, some small (506) or less distinct(507) paths changed smoothly to small erosion gully (108), or vice versa.

Starting procedure:



Public transport:

Central Bus Station - Chișinău:

gps - **47.019915, 28.844983**

- Chișinău-Condrița
(Arriving in the center of the village of Condrita)

*Chișinău-Malcoci can also be written on the bus

Departures from Chișinău: **06.50; 08.30; 09.50;**

Duration: **55min**

- Chișinău – Drăgușenii Noi
(Arriving at the bus station on Chisinau – Leuseni highway)

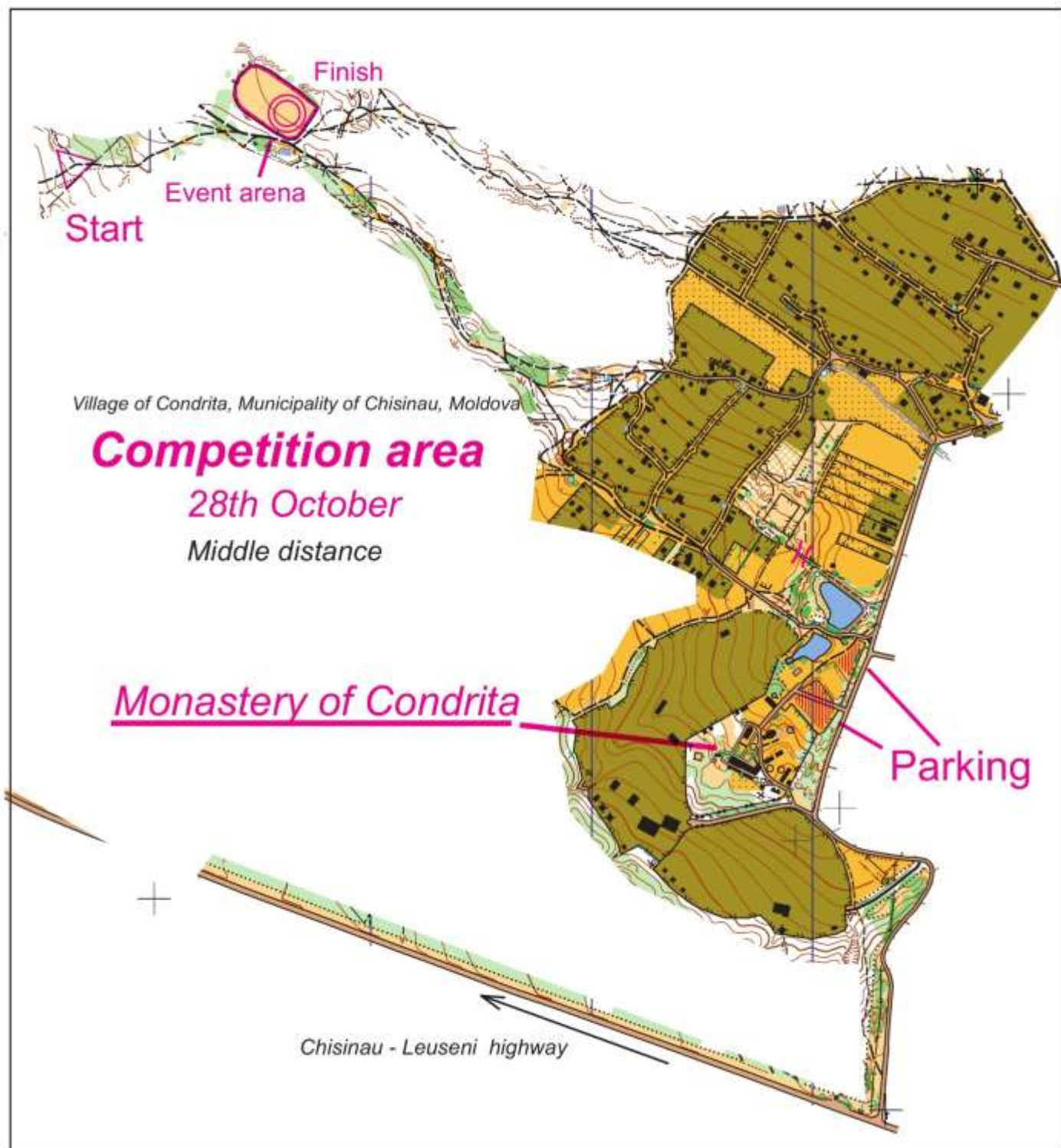
Departures from Chișinău: **11.00; 14.00; 17.40;**

Duration: **40min**

partner



28 October – 5th Stage – Middle distance - “Condrița”



Arena: *gps* - 47.062865, 28.555702

Parking: *gps* - 47.053275, 28.567631.

Time shedule:

09.00 – First START

13.00 – Awarding Ceremony for MMOC and GC, 2nd edition

Distance from parking to EA – 1,5km

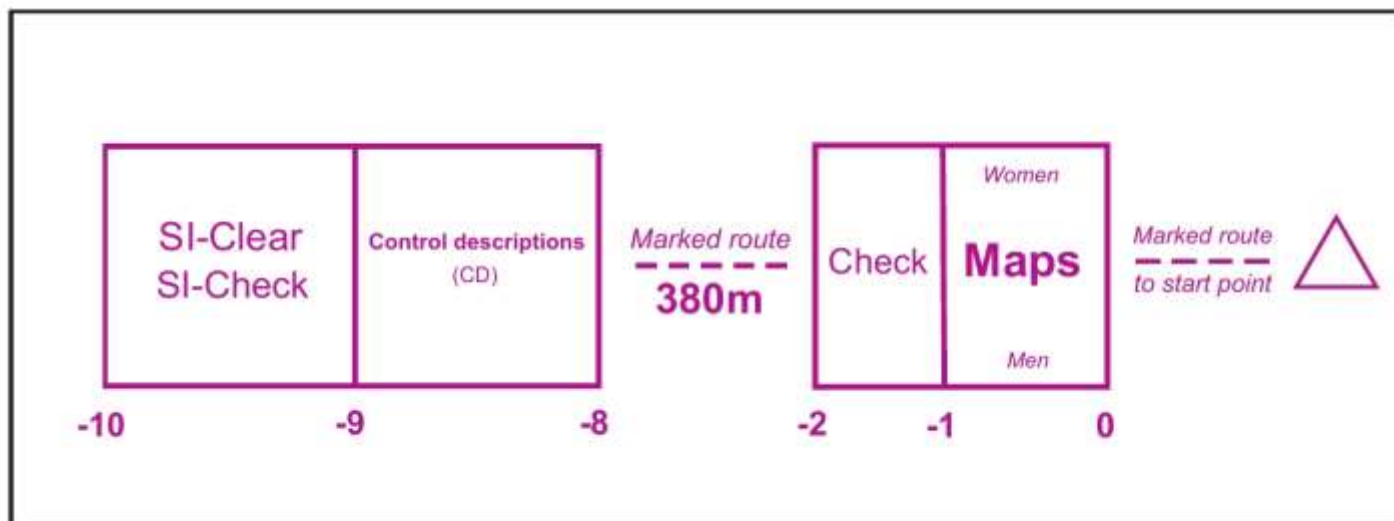
Distance from EA to start – 400m

Bags and warm up clothing can be left at the event arena.

Start interval: 2min

Maximum running time: 120min

Starting procedure:



Map: Condrita, M = 1: 10000,
E = 5m (ISOM2017).

Mapping: Efimenko Alexandr (2011);
Mazur Yevhen; Cabîș Vladimir (2018);

Course Setter: Cabîș Vladimir



Competition area

Terrain is represented by a big valley with two moderate to steep hillsides. The entire area is covered by deciduous forest with various vegetation and few small semi-open lands. Generally, runability is good. The paths network is well developed.

Rubber or metal spike shoes are recommended!

Over the time, some small (506) or less distinct(507) paths changed smoothly to small erosion gully (108), or vice versa.

Public transport:

Central Bus Station - Chișinău:

gps - **47.019915, 28.844983**

- Chișinău-Condrița
(Arriving in the center of the village of Condrita)

*Chișinău-Malcoci can also be written on the bus

Departures from Chișinău: **06.50; 08.30; 09.50;**

Duration: **55min**

- Chișinău – Drăgușenii Noi
(Arriving at the bus station on Chisinau – Leuseni highway)

Departures from Chișinău: **11.00; 14.00; 17.40;**

Duration: **40min**

partner



Preliminary course length

	Sprint Costesti			Sprint "Rose Valley"			Underground	Long			Middle		
Class	Length	Climb	CP	Length	Climb	CP	CP	Length	Climb	CP	Length	Climb	CP
M12	1.7	30	9	1.4	20	9	10	2.0	45	7	2.4	95	9
W12	1.7	30	9	1.4	20	9	10	2.0	45	7	2.4	95	9
M16	2.0	45	10	2.1	40	12	13	4.6	155	10	3.5	110	12
W16	1.9	45	10	2.1	40	12	12	4.6	150	11	3.2	85	12
M20	3.1	65	12	3.1	70	20	15	8.4	270	17	4.3	160	16
W20	2.9	65	11	2.6	45	16	14	6.2	195	13	3.8	150	14
M21E	3.5	100	12	3.4	80	20	19	10.7	410	22	5.1	190	17
W21E	3.2	80	12	3.1	70	20	15	8.4	270	17	4.4	160	14
M21A	2.7	50	11	2.7	60	16	15	7.4	235	18	3.8	150	14
W21A	2.5	50	9	2.1	40	12	15	5.5	190	11	3.6	100	13
M35	3.5	100	12	3.4	80	20	15	10.2	395	17	5.1	190	17
W35	3.1	65	12	2.7	60	16	15	7.4	235	18	3.8	150	14
M40	3.2	80	12	3.1	70	20	17	10.2	395	17	4.4	160	14
W40	2.9	65	11	2.7	60	16	17	6.2	195	13	3.6	100	13
M45	3.1	65	12	3.1	70	20	14	8.4	270	17	4.3	160	16
W45	2.7	50	11	2.6	45	16	14	5.5	190	11	3.6	100	13
M50	2.7	50	11	2.6	45	16	14	7.4	235	18	3.7	125	13
W50	2.5	50	9	2.4	55	14	14	5.5	190	11	3.4	105	11
M55	2.5	50	9	2.4	50	14	17	6.2	195	13	3.4	105	11
W55	2.2	11	50	2.4	55	14	17	4.6	150	11	3.0	85	13
M60	2.2	11	50	2.2	35	12	14	4.6	150	11	3.4	105	11
W60	2.2	11	50	2.2	35	12	14	3.9	140	10	2.9	95	12
M65	2.0	45	10	2.1	40	12	15	4.6	155	10	3.0	85	13
W65	1.9	45	10	2.1	40	12	15	3.9	140	10	2.9	95	12
M70	1.7	45	8	1.7	25	12	12	3.3	70	8	2.6	70	9
W70	1.7	45	8	1.7	25	12	12	3.3	70	8	2.6	70	9
M75	1.4	35	9	1.3	20	9	11	2.7	65	9	2.2	60	8
W75	1.4	35	9	1.3	20	9	11	2.7	65	9	2.2	60	8
OPEN	2.0	45	11	2.0	35	13	10	3.6	95	11	2.6	90	10

ORGANIZER:



www.galata.md

*We welcome you to the most international
sporting competition in the Republic of
Moldova.*