

Bulletin 3

Event Information

The 8th of "Istanbul 5 days" competitions will be held between November 2 - 5, 2011 in the forests and special places of Istanbul. Heybeliada Island, Sultanahmet and Grand Bazaar will also be hosting to these indispensable and joyful competitions. Very near to the accommodation site in the historical peninsula, Sultanahmet is the first one of the seven hills on which Istanbul is settled. A top historical place where you may see many important religious, administrative and civil buildings from different ancient empires, still standing or in traces. The major ones are the ancient city walls, Hagia Sophia, Sultan Ahmet Mosque, Topkapi Palace, Byzantine Cistern and Grand Bazaar.



Organizer

The competition will be organized by IOG (Istanbul Orienteering Club)

Event Director

Ali Kılıç

Event Coordinator

Alen Gavar (IOF Event Adviser)

Event Inspector

Alen Gavar

Course Planner

Tatiana Kalenderoglu, Wolfgang Poetsch - AUT

Jury Members

Nermin Fenmen - TUR, Peo Bengtsson - SWE, Ulu Aeschlimann - SUI

Speaker

Wolfgang Poetsch - AUT

Event (Competition) Center

Hotel Yasmak Sultan (41° 0'44.16"N : 28°58'39.54"E)

Ebusuut Caddesi No:18-20 Sirkeci - Istanbul, Turkey

e-mail : info@ist5days.com

Working Hours for the Competition Center:

November 1	14:00 - 22:00
November 2	18:00 - 22:00
November 3	18:00 - 22:00
November 4	18:00 - 20:00
November 5	16:00 - 18:00

Competition Schedule

1.11.2011	Check-In & Registrations	
2.11.2011	Long Distance, Europe, Belgrad Forest Opening Ceremony (9:00 - 9:30)	First Start at 10:00
3.11.2011	Classical Distance, Asia, Heybeliada	First Start at 11:00
4.11.2011	WRE* Middle Distance, Europe, Belgrad Forest NIGHT Supersprint, Europe, Grand Bazaar	First Start at 10:00 WRE Prize Giving at 14:00 First Start at 22:00
5.11.2011	Sprint, Europe, Historical Peninsula & Sultanahmet Prize Giving Ceremony, Closing Ceremony	First Start at 10:00 Prize Giving at 15:00

(*) World Ranking Event

Classes

(W: Women, M: Men, CL: Course Length, CN: Number of Controls, C: Climbing)

Class	Year Born	Stage 1			Stage 2			Stage 3			Stage 4		Stage 5		
		CL	CN	C	CL	CN	C	CL	CN	C	CL	CN	CL	CN	C
W10	- 2001	2,6	9	20	2,4	8	50	2,1	6	70	0,9	12	2,1	13	40
W12	2000 - 1999	2,8	10	70	2,8	10	80	2,9	9	90	1,1	15	2,4	13	60
W14	1998 - 1997	3,3	9	155	3,4	12	135	2,9	10	140	1,4	11	2,6	12	70
W16	1996 - 1995	4,3	13	190	3,4	12	135	3,2	11	150	2,1	15	2,6	14	65
W18	1994 - 1993	5,8	16	250	3,9	15	225	3,5	14	165	2,4	16	3,0	16	80
W20	1992 - 1991	6,2	15	265	5,3	21	230	4,2	13	195	2,5	18	3,2	18	85
W21A		6,7	14	290	5,5	21	200	4,2	14	195	2,7	18	3,6	19	95
W21B		4,6	13	205	4,0	14	125	3,5	11	150	2,4	16	2,6	14	65
W21E		8,6	20	425	6,2	19	300	4,1	14	200	2,8	16	3,8	19	100
W35	- 1976	5,9	10	255	6,4	19	220	4,1	14	225	2,6	19	3,4	20	90
W40	- 1971	5,1	13	220	6,4	19	220	4,1	13	235	2,3	20	3,3	19	85
W45	- 1966	5,1	13	220	5,8	20	255	3,9	15	220	2,2	15	3,2	18	85
W50	- 1961	4,5	10	205	4,8	20	145	3,8	14	170	2,1	16	3,0	18	65
W55	- 1956	4,4	12	195	4,4	19	125	3,7	15	130	2,1	13	2,9	15	65
W60	- 1951	3,6	11	160	3,5	18	100	3,0	11	100	1,8	16	2,6	17	60
W65	- 1946	3,6	11	160	3,5	18	100	3,0	11	100	1,8	16	2,6	17	60
W70+	- 1941	3,3	11	120	3,2	16	100	2,8	10	110	1,7	14	2,6	16	60
W open		2,8	10	80	2,8	10	80	2,9	9	90	1,8	16	2,9	14	65

Class	Year Born	Stage 1			Stage 2			Stage 3			Stage 4		Stage 5		
		CL	CN	C	CL	CN	C	CL	CN	C	CL	CN	CL	CN	C
M10	- 2001	2,6	9	20	2,4	8	50	2,1	6	70	0,9	12	2,1	13	40
M12	2000 - 1999	2,8	10	70	2,8	10	80	2,9	9	90	1,1	15	2,4	13	60
M14	1998 - 1997	4,3	13	190	3,4	12	135	3,2	11	150	2,1	15	2,6	14	65
M16	1996 - 1995	5,8	16	250	3,9	15	225	3,5	14	165	2,4	16	3,0	16	80
M18	1994 - 1993	6,2	15	265	5,3	21	230	4,2	13	195	2,5	18	3,2	18	85
M20	1992 - 1991	8,3	19	420	7,0	20	250	4,8	17	250	2,7	18	3,8	20	100
M21A		8,5	20	435	7,0	24	310	5,2	17	285	2,8	20	3,8	21	105
M21B		6,1	15	230	5,7	22	190	4,3	13	170	2,5	17	3,2	18	85
M21E		10,2	21	535	8,0	26	335	5,2	17	270	3,2	23	4,1	23	105
M35	- 1976	8,3	19	420	7,0	20	250	4,8	17	250	2,7	18	3,8	20	100
M40	- 1971	6,8	16	305	7,0	21	300	4,2	14	195	2,7	18	3,6	19	95
M45	- 1966	6,8	16	305	7,0	21	300	4,1	14	225	2,6	19	3,4	20	90
M50	- 1961	5,9	10	255	6,4	19	220	4,1	13	235	2,3	20	3,3	19	85
M55	- 1956	5,1	13	255	5,8	20	255	3,9	15	220	2,2	15	3,2	18	85
M60	- 1951	4,5	10	205	4,8	20	145	3,8	14	170	2,1	16	3,0	18	65
M65	- 1946	4,4	12	195	4,4	19	125	3,7	15	130	2,1	12	2,9	15	65
M70	- 1941	3,6	11	160	3,5	18	100	3,0	11	100	1,8	16	2,7	16	60
M75+	- 1936	3,3	11	120	3,2	16	100	2,8	10	110	1,7	14	2,6	16	60
M open		2,8	10	80	2,8	10	80	2,9	9	90	1,8	16	2,9	14	65

* The organizer reserves the right to change the course lengths and number of control points.

Entries

The **date of money wire or date of online payment w/ credit card** will be taken into consideration for early and normal registrants. Late entries till **October 31, 2011** will be accepted. Daily and late entries are subject to map and start time availability. Late entrants cannot be guaranteed participation in the desired class.

Fees

Type of Fee	Late Entries October 31st, 2011
Children Classes Entry Fee 10 - 14 (M/W)	Free of charge
Other Classes Entry Fee 16 + (M/W)	€ 90 (5 stages total) € 22 (daily)
Electronic Control (SI) SI Card Hire Fee	€ 25 (5 stages total) € 5 (daily)
Transfer to Event Sites	€ 40 (3 stages total) € 15 (daily)
All Changes Class / SI / Start time	€ 2

You can pay online from "Online Payment" in our web site or send the payment to this account:

Account Holder: Istanbul Orienteering Spor Kulubu
Derneği

Address: Geyikli Sokak 4/2, Besiktas, Levent, Istanbul - Turkey

Currency: Euro

Bank & Branch: Turkiye Is Bankasi A.S., Kurtkoy Branch
(Branch Code: 1221)

Account Number: 000055748

SWIFT Code: ISBKTRIS (from USA, CHIPS UID: 003546)

IBAN: T44 0006 4000 0021 2210 0557 48

Electronic Punching

The Sportident electronic timing and punching system will be used. If you have your own SI card you may use that, otherwise you must hire a card when you buy your number bib. Remember that you cannot borrow or lend a SI card from/to another competitor who has run another stage during the week. You can use a hired card during all stages. The hired card is personal and must not be lent to another runner. SI cards to hire will be given by the organizers at the Competition Center with the other competition materials. The SI card hire fees for the whole event is given in the "Fees" part.

Start Times and Start Zone

At the competition arena there will be time displays on both assembly and pre-start areas. Therefore all the competitors are required to be ready at least 5 mins earlier than their start time. At the pre-start, at the -3 mins line competitors will be checked on SI and BIB numbers according to the time display. **There will be no start stations at our competitions.** Related IOF rules will apply.

Special Notification for WRE Participants

- For WRE runners; it is forbidden to carry any devices & equipments with GPS tracking abilities.
- WRE runners who are late for their start time through their own fault shall be permitted to start but the organiser will determine at which time they may start, considering the possible influence on other competitors. They shall be timed as if they had started at their original start time.

Results

Overall results will be the sum of the 4 stages except Grand Bazaar stage. In case of equity the rank of those 4 stages will be taken into consideration. Grand Bazaar stage will be rated separately.

Prizes

All winners will receive medals, prizes and souvenirs from our sponsors.

Official 5 days result will be the total time of the 4 stages, except Grand Bazaar stage.

The winners of WRE will receive additional prizes.

The Grand Bazaar stage will be considered as a separate special race.

Prize giving ceremony of WRE will be held on Friday, November 4th at 14:00 at the competition area. Other prize giving ceremonies for overall and Grand Bazaar stages will be held on Saturday, November 5th at 15:00 at Sultanahmet area.

City Tours

At the time of registration you will be given a map of historical Istanbul. All the points of interest and public transportation lines are marked on the map. If any participating group wants to have an organized tour we would suggest checking with the front desk at the hotels since there are plenty of different tours which are going on at that time of the year in the city.

Catering

Around all the accommodation facilities there are various restaurants with plenty of different tastes you might enjoy. In the historical peninsula life is on non stop around the clock. At the event arenas there will be food served by local facilities. Please be informed...

Transportation

Bus transportation (and/or sea transport) will be arranged from the city center (in front of Hagia Sophia) to the start areas on the 1st, 2nd, 3rd days. The cost of all transportation and event sites entry fees is given in the "Fees" part. For Stage 1 **bus** departure point (41° 0'28"N : 28°58'42"E) is Hagia Sophia front, and the departures are from **7:30 to 8:30**.

For Stage 2 **boat** departure point is Eminönü Boat Pier next to the New Galata Bridge (near west side of bridge) (41° 1'10"N : 28°57'60"E), and the departure times of two boats are **8:00 and 8:30**. Travel time to the island is 1 hour 15 minutes. And it should take 20 more minutes walking from the pier to assembly area.

For Stage 3 **bus** departure point is Hagia Sophia front, and the departures are from **8:00 to 9:00**.

For Stage 4 and 5, transport will be unnecessary.

Weather

The weather forecast is as follows:

On Wednesday, November 2nd, it is partially cloudy, 11°C.

On Thursday, November 3rd, it is mostly sunny, 13°C.

On Friday, November 4th, it is mostly sunny, 13°C.

On Saturday, November 5th, it is partially cloudy, 14°C.

Whatever the city temperature is, it is always cold in the forest in the morning. Therefore choose your clothes according to the weather condition.

Preliminary Technical Information

Printed Courses & Descriptions

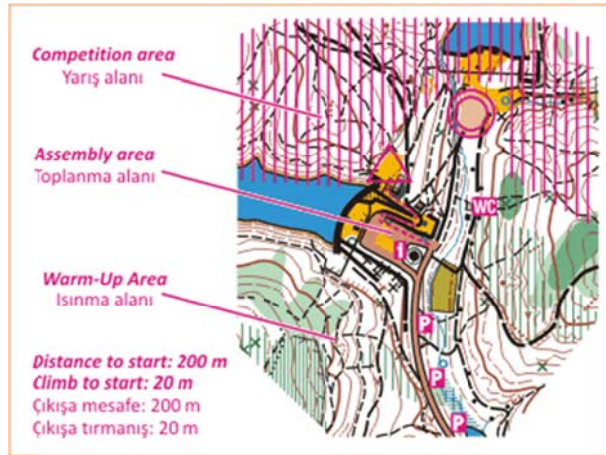
Maps will be handed out in a waterproof plastic bag.

Control descriptions will be printed on the map and will be available at start areas as well.

Stages

Stage 1 (November 2 - First Start at 10:00)

Long Distance, Valde Bendi, Belgrad Forest (41°11'22"N : 28°59'12"E)



This area offers a runnable but hilly terrain with small depressions and broken trees. Difference of height at one slope can be up to 150m. The indispensable thorny undergrowth of Belgrad Forest may slow you down. Pay attention to a number of pits remained after local treasure hunting.

Map: Scale 1/10 000, contours 5 m, map size A3/A4

Map by: Viktor Diachkov (October 2009). It has been corrected in October 2011.

Stage 2 (November 3 - First Start at 11:00)

Classical Distance, Heybeliada (40°52'50"N : 29°5'26"E)



A matchless chance for island-o. A combination of city orienteering with running in a pine forest. Difference of height at one slope may be 150 m. Motor vehicles are forbidden in the island, but there are many crossing asphalt roads.

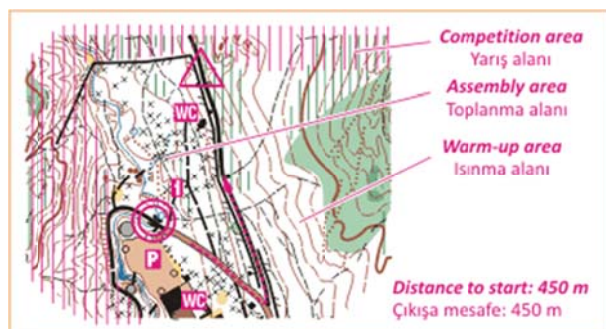
Pay attention to horse-carriages.

Map: Scale 1/7 500, contours 5 m, map size A3/A4

Map by: Orest Kotylo (March 2008). It has been corrected in October 2011.

Stage 3 (November 4 - Morning - First Start at 10:00)

WRE Middle Distance, Kurtkemer, Belgrad Forest (41°11'54"N : 28°54'47"E)



This area offers a runnable, but hilly terrain with lots of various depressions, small stream at the bottom of the deep gullies. Difference of height at one slope can be up to 75 m. Slippery slopes and thorny bushes might be dangerous. This is basically a beech forest.

Map: Scale 1/10 000, contours 5 m, map size A4

Map by: Viktor Diachkov (April 2011). It has been corrected in October 2011.

Stage 4 (November 4 - Night - First Start at 22:00)

Night-O Supersprint, Grand Bazaar (41°0'35"N : 28°58'10"E)



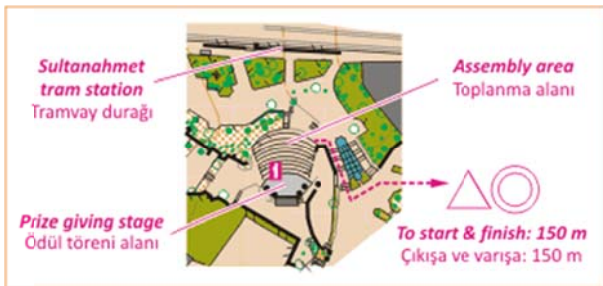
This covered bazaar area offers short and very fast orienteering within the net of small streets, which are like in a complicated labyrinth crossing each other by different angles. Technically it reminds ski-o: High speed, high concentration. The most difficult part is a "multilevel" orienteering for groups 14+, which requires climbing stairs. **It is a night-o, so don't forget to bring your head lamps!** Due to the historical ground competitors are kindly asked to run in sports running shoes only. No orienteering or spiked/stud shoes will be allowed.

Map: Scale 1/1 500, no contours, map size A4

Map by: Direnc Azaz (2001), Stas Zolotareov (2003). It has been corrected in October 2011.

Stage 5 (November 5 - First Start at 10:00)

Sprint, Historical Peninsula & Sultanahmet (41°0'27"N : 28°58'32"E)



A sprint in the historical peninsula of ancient Istanbul, mainly on asphalt roads. The difference of height may reach up to 100 m. An unforgettable race held through a very historical and cultural city structure. **Due to the historical ground competitors are kindly asked to run in sports running shoes only. No orienteering or spiked/stud shoes will be allowed. Dangerous areas: It is forbidden to run on and/or across the tram lines. Although the car traffic on the area is limited, it won't be completely stop. Watch out the cars and/or busses.**

Map: Scale 1/5 000, contours 5 m, map size A4

Map by: Viktor Diachkov (October 2011).

From the Organizer ...

With this bulletin we have summarized all you need to know before entering. There of course will be adjustments and improvements because Istanbul is a city never sleeps and our sport is progressing day by day. We hope you are sharing our enthusiasm about meeting in Istanbul. See You...