



Bulletin 2

Istanbul 5 days 2010

Event Information

The 7th "Istanbul 5 days" Competitions will be held between November 3 - 7, 2010 in the forests, parks and special places of Istanbul. We are glad to welcome competitors from different countries, newcomers and especially those who keep attending our competitions year by year. As usual, challenging terrain is waiting for you and also exiting city is waiting for you after competition for shopping and sightseeing. Of course we should not forget about famous traditional banket and boat party!

Organizer



istanbul orienteering grubu

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

Event Director

Güven Solmaz (info@ist5days.com)

Event Inspector

Tatiana Kalenderoglu

Route Planners

Tatiana Kalenderoglu

Victor Diyachkov

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IOF Event Adviser

Alen Gavar

Competition (Event) Center

Hotel Yasmak Sultan

Ebusuud Caddesi No:18-20

Sirkeci - Istanbul, Turkey

e-mail : info@ist5days.com

Working Hours for the Competition Center:

November 2	14:00 – 22:00
November 3	18:00 – 22:00
November 4	18:00 – 22:00
November 5	18:00 – 22:00
November 6	18:00 – 22:00
November 7	08:30 – 10:00 (at Grand Bazaar)

Weather

We are afraid of giving forecast after 2006 competitions which was snowy. But last two years in a row our participants bathed in the sea. In standard conditions the temperature will be +16° to +18° with a probability of rain 40%.

Competition Schedule

2.11.2010	Check-In & Registrations
3.11.2010	Middle Distance, Europe, Istanbul University, Avcilar
4.11.2010	Long Distance, Europe, Ayvat Bendi, Belgrad Forest
5.11.2010	Sprint, Asia, Beykoz Park, Beykoz
6.11.2010	WRE* Middle Distance, Europe, Binbasi Cesmesi, Belgrad Forest Prize Giving Ceremony The Party
7.11.2010	Super Sprint, Europe, Grand Bazaar, Cemberlitas Prize Giving Ceremony, Closing Ceremony

(*) World Ranking Event

Classes

(W stands for Women/Female and M stands for Men/Male)

Class	Course Length (km)	Class	Course Length (km)	Year Born
W10	0,8 - 2,0	M10	0,8 - 2,0	2000 -
W12	1,0 - 2,5	M12	1,0 - 2,5	1999 - 1998
W14	1,6 - 3,5	M14	2,2 - 3,7	1997 - 1996
W16	2,5 - 4,2	M16	3,0 - 5,0	1995 - 1994
W18	2,4 - 5,0	M18	3,2 - 6,5	1993 - 1992
W20	2,4 - 7,0	M20	3,3 - 8,0	1991 - 1990
W21E	3,0 - 8,0	M21E	4,0 - 10,0	
W21A	2,5 - 6,5	M21A	3,0 - 8,0	
W21B	2,5 - 4,5	M21A	3,0 - 5,5	
W35	2,3 - 4,5	M35	3,0 - 6,0	- 1975
W40	2,3 - 4,5	M40	3,0 - 5,5	- 1970
W45	2,3 - 4,0	M45	3,0 - 5,0	- 1965
W50	2,3 - 4,0	M50	2,7 - 4,8	- 1960
W55	2,3 - 3,5	M55	2,7 - 4,5	- 1955
W60	2,2 - 3,5	M60	2,5 - 4,5	- 1950
W65	2,0 - 3,2	M65	2,3 - 4,0	- 1945
W70+	2,0 - 3,0	M70	2,3 - 4,0	- 1940
		M75+	2,0 - 3,5	- 1935
W open	1,5 - 2,0	M open	1,5 - 2,0	

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

Entries

Normal entries will be accepted up to **October 1st, 2010**. The date of money wire will be taken into consideration for early registrants. Late entries till **October 20** 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

Class	- October 1 st, 2010	Late Entries
Children Classes 10-14 (M/W)	Free of charge	Free of charge
16+ (M/W)	€ 65 (5 stages total) € 15 (daily entry)	€ 90 (5 stages total) € 20 (daily entry)

Payments shall be sent to this account:

Account Holder: Istanbul Orienteering Spor Kulubu Dernegi

Address: Esentepe Mah. Kardesler Cad. No: 51/1 Levent, Istanbul - Turkey

Currency: Euro

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

Account Number: 000055748

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

IBAN: TR440006400000212210055748

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. If you hire a SI card for more than one stage, you will receive a card to use 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 fee for the whole event will be €15,- ; for one day will be €3.-

Results

Overall results will be the sum of first 4 days. In case of equity the rank of 4 days 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 ist5days result will be the total time of day 1 thru day 4.

The winners of WRE will receive additional prizes.

The Grand Bazaar stage will be considered as a separate special race with own prize giving ceremony.

Party and social events

On the evening of Nov.6, Saturday; a boat trip & party on the Bosphorus will be organized.

The price will be €25, also non-competitor friends may attend the Boat-Party, and they can buy an invitation from the event center.

Local drinks and light BBQ included to the price.

Please send your application to info@ist5days.com

Accommodation

There is NO possibility to stay in tents.

Please check the "Accommodation" link of our website (Accommodation note paper) for accommodation possibilities. Please contact us for further information from the related e-mail, accommodation@ist5days.com



Transportation

Bus transportation will be arranged from the city center (in front of Hagia Sophia) to the start areas on the 1st, 2nd, 3rd and 4th days.

The cost of all transportation and event sites entry fees is €20.- per person for four days.

Preliminary Technical Information

Printed Courses & Descriptions

Map be handle outed 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 3)

Middle Distance, Istanbul University Campus, Avcilar

This area offers a fast Campus-O and some parts in pine forest, amazing lake view and not high slopes.

Dangerous places: There is a low-speed car traffic in the campus.

Map: Scale 1/5 000 and 1/7 500, contours 5m, map size A4

Mapped by: Viktor Diyachkov RUS (October 2009).

Will be corrected in October 2010.

Stage 2 (November 4)

Long Distance, Ayvat Bendi, Belgrad Forest

This area offers a runnable, but hilly terrain with lots of various depressions, small stream at the bottom of the deep gullies and numbers of pits remained after local treasure hunting. Difference of height at one slope can be up to 150 m. Slippery slopes and thorny bushes might be dangerous. This is a beech forest.

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

Mapped by: Orest Kotylo UKR, Bogdan Stramyk UKR, Roman Stramyk UKR, İbrahim Yılmaz TUR (February 2007).

Will be corrected in October 2010

Stage 3 (November 5)

Sprint, Beykoz Park, Beykoz

This is one of the historical parks at the upper shore of Bosphorus. Very fast orienteering around a beautiful landscape.

Dangerous places: step slope and minor car traffic at east part of the map.

Map: Scale 1/4 000, contours 2.5m, map size A4

Mapped by: Georgi Hadzhimitev BUL April 2010

Last corrections will be made in October 2010

Stage 4 (November 6)

WRE - Middle Distance, Binbasi Cesmesi, Belgrad Forest

This area offers a runnable but moderately hilly terrain with lots of various depressions, old aqueducts, small stream at the bottom of deep gullies and numbers of pits remained after local treasure hunting. Difference of height at one slope can be up to 120 m. This is a beech forest.

Map: for WRE courses Scale 1/10 000, for other courses scale 1/7 500, contours 5m, map size A4

Mapped by: Georgi Hadzhimitev BUL April 2010

Last corrections will be made in October 2010

Stage 5 (November 7)

Supersprint, Grand Bazaar, Cemberlitas

Supersprint and 'Labyrinth'. 'Labyrinth' will be combined with our Grand Bazaar courses. 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. Read or see more about Sportlabyrinth at <http://www.sportlabyrinth.com>

Map: Scale 1/1 500, contours none, map size A4.

Mapped by: Direnç Azaz (2001), Stas Zolotareov (2003)

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...

