



























## **Program**

## Monday 8th July 2019

Opening race office and secretary 15:00-19:00 / 20.00-21.30 (Event Center 46.174219, 11.828674)
Official training (Passo Rolle forest or village trainings in Tonadico and Transacqua)

## Tuesday 9th July 2019

Prologue 1: San Martino di Castrozza - (Arena 46.260996, 11.796614) Opening secretary 9.00 - First start 10:30 Opening race office and secretary 20:30-21:30 (Event Center)

## Wednesday 10th July 2019

Prologue 2: Val Venegia - (Arena 46.321995, 11.796038) Opening secretary 09.00 - First start 10:30 Opening race office and secretary 20:00-22:00 (Event Center)

## Thursday 11th July 2019

Dolomites 3 Days: first stage - Passo Valles - Long distance (46.2035, 11.491339) Opening secretary 08.30 First start 10:00 Opening race office and secretary 20:30-21:30 (Event Center)

## Friday 12th July 2019

Dolomites 3 Days: second stage - Passo Valles - Long distance (46.2035, 11.491339) Opening secretary 08.30 First start 10:00 Opening race office and secretary 20:30-21:30 (Event Center)

## Saturday 13th July 2019

Dolomites 3 Days: third stage Val Canali - middle distance (Arena 46.214106, 11.870875) Opening secretary 08.30 First start 10:00 - Price givining ceremony Opening race office and secretary 20:00-22:00 (Event Center)

## Training: in the office or segretery there is the possibility of buying maps for training and competitions

On www.sanmartino.com you will find useful information about the location.

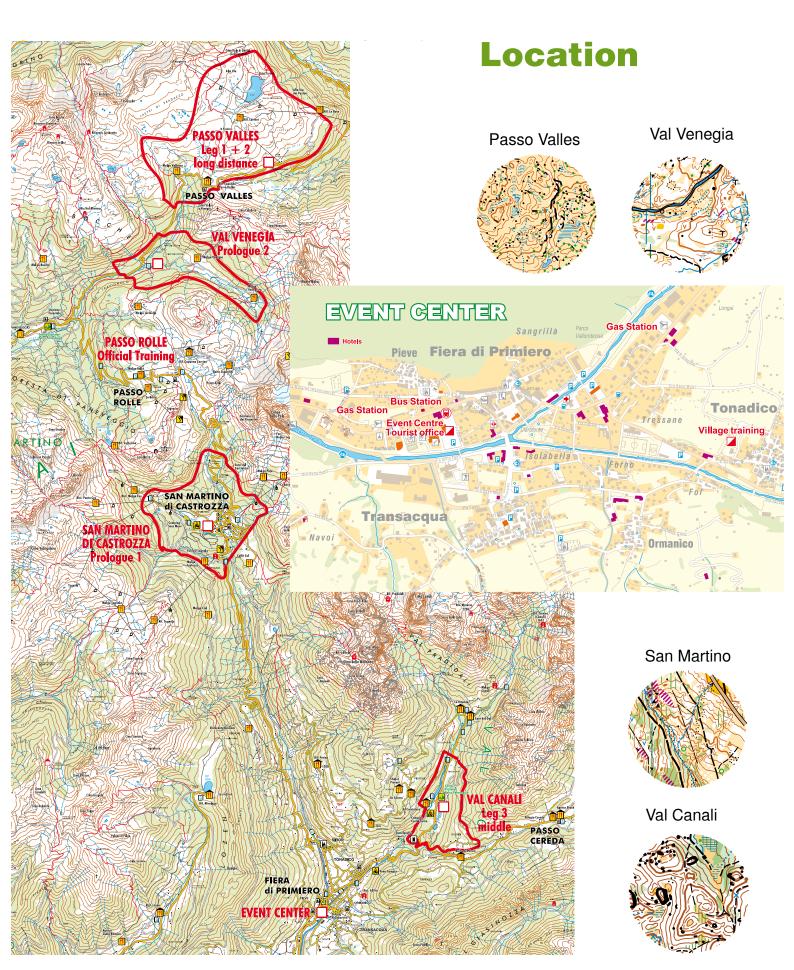








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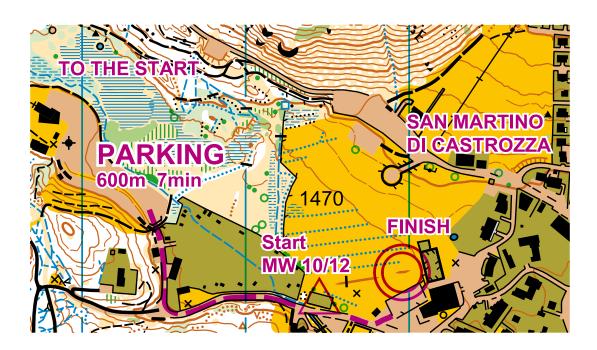






**Technical information** 

# PROLOGUE 1: SAN MARTINO DI CASTROZZA (Tuesday 9th July 2019)



Distance from Event Center (Fiera di Primiero): 13km, 25 minutes by car

**Parking:** near the finish arena close to the village (600m 7min.) (46.262805, 11.79127)

Type of race: middle

Start with "free punching start" system between 10.30/12.30 for all category.

Maximum time to complete the course is 120 minutes.

Classes:

M/W 10 / 12 / 14 / 16 / 18 / 20 / Elite / 21A / 21B / 35 / 40 / 45 / 50 / 55 / 60 / 65 / 70 / 75 / 80 - Direct

Easy L-S / Direct Difficult L-S

Start:

Start for MW10/12 near the arena - 100m

RED START for all the others 45min by walk - 2400m + 190m

Map details:

scale 1:7.500 for M/W 10 / 12 / 60 / 65 / 70 / 75 / 80 / Direct Easy L-S

scale 1:10.000 for all the others; contour interval 5m, map updated in 2019.

Mainly coniferous forest with visibility from good to poor. Plenty of rock and contour details. Mixed runability from good to slow (due to undergrowth and rocky terrain).







After the "BIG STORM VAIA" in Autumn 2018 some fallen trees are still in the forest and are marked with purple lines on the map! The individual fallen trees are not marked. Be careful!



Courses: for some categories there is a passage near the finish area and in the village the traffic is not closed. Be careful and pay attention!

PROLOGUE 1	L	D	Р
DIRECT SHORT EASY	2,38 Km	25 m	11
MW14 – MW 21B	2,52 Km	45 m	11
MW16	3,36 Km	90 m	14
MW18 - W20 - M45 - M50	4,63 Km	125 m	17
M35 - M40 - WE - M21A DIRECT LONG DIFF.	4,91 Km	160 m	19
M55 - M60 - W35 - W40 - W21A	3,77 Km	125 m	15
M65 - M70 - W45 - W50	2,92 Km	85 m	14
W55 - W60 - W65 - DIRECT SHORT DIFF.	2,91 Km	55 m	15
DIRECT SHORT EASY - M75 - M80 - W70 - W75 - W80	2,73 Km	60 m	13
ME - M20	5,79 Km	255 m	20
MW10 - MW12	1,9 Km	15 m	11

Other Services: WC, bars and orienteering shops are available near the finish arena



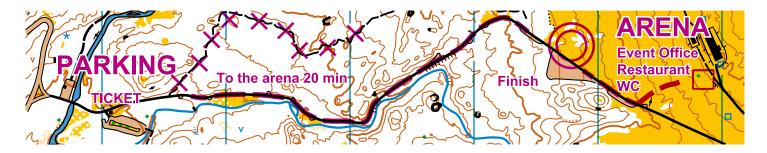








PROLOGUE 2: VAL VENEGIA (Wednesday 10th July 2019)



Distance from Event Center (Fiera di Primiero): 33km, 55 minutes by car

**Parking:** 20 min by walk to the finish arena (46.307917, 11.747046)

Type of race: middle

Start with "free punching start" system between 10.30 / 12.30 for all category.

Maximum time to complete the course is 120 minutes.

## Classes:

M/W 10 / 12 / 14 / 16 / 18 / 20 / Elite / 21A / 21B / 35 / 40 / 45 / 50 / 55 / 60 / 65 / 70 / 75 / 80 - Direct Easy L-S / Direct Difficult L-S

## Start:

Start 5min by walk - 500m

## Map details:

scale 1:7.500 for M/W 10 / 12 / 60 / 65 / 70 / 75 / 80 / Direct Easy L-S

scale 1:10.000 for all the others; contour interval 5m, map updated in 2019

Coniferous forest characterized by good visibility. Presence of many details and complex contour lines.

After the Vaia storm at the end of October there are some small areas with fallen trees.

L	D	Р
1,87 km	65 m	11
1,95 km	75 m	12
3,06 km	105 m	18
3,64 km	140 m	17
3,7 km	150 m	18
3,03 km	120 m	14
2,83 km	115 m	15
2,68 km	95 m	13
2,06 km	80 m	12
4,54 km	160 m	20
	1,95 km 3,06 km 3,64 km 3,7 km 3,03 km 2,83 km 2,68 km 2,06 km	1,87 km 65 m 1,95 km 75 m 3,06 km 105 m 3,64 km 140 m 3,7 km 150 m 3,03 km 120 m 2,83 km 115 m 2,68 km 95 m 2,06 km 80 m







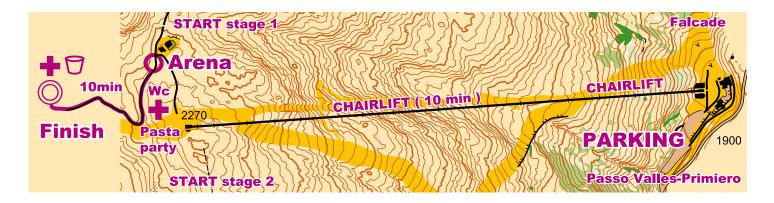
**Mandatory crossings:** For all the categories EXCEPT M10, W10, M12, W12, M14, W14, M21 B, W21 B, DIRECT SHORT EASY, there are two mandatory crossings on the rivers. The first crossing is planned on a bridge, the second will be prepared by the organization. Both will be indicated on the race map using the appropriate symbol.

There will be a short stretch indicated by Primiero O Week flags for categories M10 W10 M12 W12 DIRECT SHORT EASY.

**Finish:** after the finish the SI-card downloading must be done at the race office near Malga Venegia following the marked route.

**Other Services:** WC, bars, orienteering shops and restaurants are available near the finish arena. There are two typical restaurants - Malga Venegia and Malga Venegiota - where you can taste typical local products!

## **STAGE 1: PASSO VALLES (Thursday 11th July 2019)**



Distance from Event Center (Fiera di Primiero): 37km, 60 minutes by car

**Parking:** 10 min by chairlift to the arena (46.343291, 11.823613)

**Chairlift timetable:** 

08.15 - 12.00 13.00 - 16.30

**Type of race:** long First start 10.00

Maximum time to complete the course is 150 minutes.

## Classes:

 $\label{eq:mw} \mbox{M/W 10 / 12 / 14 / 16 / 18 / 20 / Elite / 21A / 21B / 35 / 40 / 45 / 50 / 55 / 60 / 65 / 70 / 75 / 80 - Direct Easy L-S / Direct Difficult L-S$ 

### Start:

Start 4 min by walk - 200m - Last time for "puncing start free" 12.30.







## Finish:

after the finish the SI-card downloading must be done at the race office near Rifugio Laresei following the marked route. Distance 10 min by walk - 560m + 40m

## Map details:

scale 1:7.500 for M/W 10 / 12 / 60 / 65 / 70 / 75 / 80 / Direct Easy L-S

scale 1:10.000 for all the others; contour interval 5m. It is a brand new map created in 2018. It has very detailed morphology and it is mostly without forest but with some semi-open areas. **No problem due for Vaia storm!** 

Courses: There will be a short stretch indicated by Primiero O Week flags for categories M10 W10 M12 W12

Object not marked on the map Ski slopes are not easily recognizable by running



The telephone lines are not marked





Trees with a height of approximately 2m are not marked



Special Speaker Mr. Stefano Galletti







DOLOMITI 3 DAYS - Stage 1	L	D	Р
MW12	2,4 km	100 m	9
MW14 W21B	3,1 km	130 m	10
M16	4,4 km	200 m	14
M18 M40	6,3 km	335 m	15
M20 M21A	7,1 km	350 m	18
ME	9,6 km	530 m	26
W70 W75	2,5 km	115 m	10
W60 W65	3,3 km	120 m	11
M35 WE	7,3 km	360 m	20
W16 M21B	4,3 km	190 m	15
W20 M45	5,7 km	265 m	14
W35 M50	5,5 km	205 m	16
W40 M55	5,4 km	200 m	15
W45 M60	5,3 km	160 m	16
M65 W50	4,2 km	150 m	15
W55 M70	3,8 km	140 m	15
M75 M80 W80	2,6 km	105 m	11
W18 W21A	4,7 km	215 m	12
MW10	2,2 km	95 m	10
DIRECT EASY SHORT	2,2 km	100 m	10
DIRECT EASY LONG	3,9 km	170 m	13
DIRECT DIFFICULT SHORT	5,0 km	220 m	16
DIRECT DIFFICULT LONG	6,8 km	350 m	23

**Be careful:** The Rifugio Laresei is located at over 2200 m altitude, and the race area is between 2000m. and the 2300m. In bad weather the temperature can drop very quickly and visibility can be very limited. **We recommend suitable mountain clothing!!!** 

There will be a short stretch indicated by Primiero O Week flags for categories M10 W10 M12 W12 DIRECT SHORT EASY.

**Other Services:** WC, bar, kindergarden, orienteering shops and a restaurant - Rifugio Laresei - are available by finish arena.

"PASTA PARTY VILLAGE" (special price for pasta, trentino cheese, apple, mineral water) - (beer service) 150m far from Rifugio Laresei.



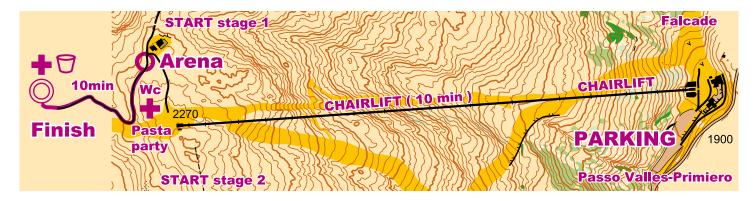








## **STAGE 2: PASSO VALLES (Friday 12th July 2019)**



Distance from Event Center (Fiera di Primiero): 37km, 60 minutes by car

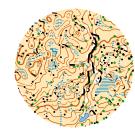
**Parking:** 10 min by chairlift to the arena (46.343291, 11.823613)

Chairlift timetable:

08.15 - 13.00 for the ascent 13.00 - 16.30 for the return

**Type of race:** long First start 10.00

Maximum time to complete the course is 150 minutes.



## Classes:

M/W 10 / 12 / 14 / 16 / 18 / 20 / Elite / 21A / 21B / 35 / 40 / 45 / 50 / 55 / 60 / 65 / 70 / 75 / 80 - Direct Easy L-S / Direct Difficult L-S

#### Start:

Start 4 min by walk - 200m - Last time for "puncing start free" 12.30.

## Finish:

after the arrival the race time unloading must be done at the race office at Rifugio Laresei following the marked route. Distance 10 min by walk - 560m + 40m

## Map details:

scale 1:7.500 for M/W 10 / 12 / 60 / 65 / 70 / 75 / 80 / Direct Easy L-S scale 1:10.000 for all the others; contour interval 5m. It is a new map created in 2018. It has very detailed morphology and it is mostly without forest but with some semi-open areas. **No problem for due Vaia storm!** 

Courses: There will be a short stretch indicated by Primiero O Week flags for categories M10 W10 M12 W12









DOLOMITI 3 DAYS – Stage 2	L	D	P
MW12	2,7 km	130 m	11
MW14 W21B	3,1 km	135 m	12
M16	4,4 km	175 m	13
M18 M40	6,6 km	330 m	14
M20 M21A	7,8 km	410 m	19
ME	9,9 km	490 m	20
W70 W75	2,8 km	80 m	10
W60 W65	2,9 km	100 m	11
M35 WE	7,4 km	325 m	17
W16 M21B	3,9 km	170 m	14
W20 M45	6,3 km	265 m	14
W35 M50	6,0 km	210 m	16
W40 M55	5,5 km	200 m	15
W45 M60	4,7 km	180 m	16
M65 W50	4,4 km	135 m	15
W55 M70	3,8 km	130 m	13
M75 M80 W80	2,4 km	80 m	9
W18 W21A	4,8 km	190 m	12
MW10	1,8 km	75 m	9
DIRECT EASY SHORT	2,7 km	120 m	11
DIRECT EASY LONG	3,9 km	155 m	15
DIRECT DIFFICULT SHORT	3,7 km	170 m	13
DIRECT DIFFICULT LONG	6,4 km	280 m	16

## Object not marked on the map Ski slopes are not easily recognizable by running



The telephone lines are not marked





Trees with a height of approximately 2m are not marked







**Be careful:** The Laresei refuge is located at over 2200 m altitude, and the race area is between 2000m. and the 2300m. In bad weather the temperature can drop very quickly and visibility can be very limited. **We recommend suitable mountain clothing!!!** 

There will be a short stretch indicated by Primiero O Week flags for categories M10 W10 M12 W12 DIRECT SHORT EASY.

**Other Service:** WC, bar, kindergarden, orienteering shops and a restaurant - Rifugio Laresei - are available by finish arena.

"PASTA PARTY VILLAGE" (special price for pasta, trentino cheese, apple, mineral water)

- ( beer service) 150m far from restaurant.







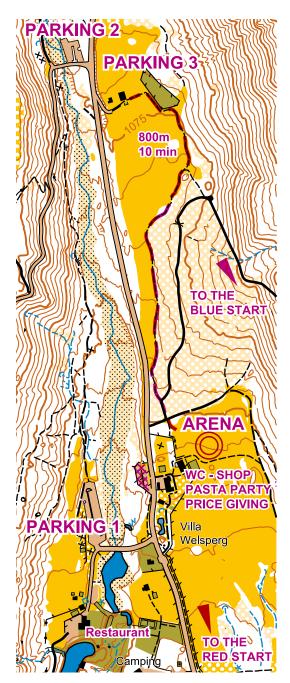








## **STAGE 3: VAL CANALI (Saturday 13th July 2019)**





**Distance from Event Center(Fiera di Primiero):** 5km, 15 minutes by car

**Parking:** 10 min by walk to the finish arena (46.115800, 11.520800)

The are different parking possibilities: there will be the appropriate staff near the arena. Follow their directions. There will be special spaces reserved for campers. The campers can't go to the race area on Friday 12 July.

Type of race: middle

First start 10.00

Maximum time to complete the course is 120 minutes.

### Classes:

M/W 10 / 12 / 14 / 16 / 18 / 20 / Elite / 21A / 21B / 35 / 40 / 45 / 50 / 55 / 60 / 65 / 70 / 75 / 80 - Direct Easy L-S / Direct Difficult L-S

## Start:

RED start: 1380 + 10m. about 15'-20 'in step

BLU start: 850 + 150m. about 25'

Last time for "puncing start free" 12.15

## PLEASE CHECK THE TABLE BELOW !!!

scale 1:7.500 for M/W 10 / 12 / 60 / 65 / 70 / 75 / 80 / Direct Easy L-S

scale 1:10.000 for all the others; contour interval 5m, map updated in 2019

Coniferous forest characterized by good visibility. Presence of many details and complex contour lines.

After the Vaia storm at the end of October there are some small areas with fallen trees. The single tree are not marked.







**Courses:** For all categories except WM 10-12 and DIRECT EASY SHORT there are 2 controlled road crossings. Be careful!

DOLOMITI 3 DAYS – Stage 3	6TAR7	L	D	Р
	252			
MW12	RED	2,1	110	13
MW14 W21B	RED	2,9	200	14
M16	BLUE	3,7	210	17
M18 M40	BLUE	4,3	245	22
M20 M21A	BLUE	4,7	295	22
ME	BLUE	5,2	320	25
W70 W75	RED	2,1	120	12
W60 W65	RED	2,7	160	13
M35 WE	BLUE	4,4	275	21
W16 M21B	RED	2,8	200	16
W20 M45	BLUE	3,9	210	20
W35 M50	BLUE	4	195	21
W40 M55	BLUE	3,6	215	19
W45 M60	RED	3	205	17
M65 W50	RED	2,8	200	16
W55 M70	RED	2,6	165	15
M75 M80 W80	RED	2,1	100	11
W18 W21A	BLUE	3,8	170	19
MW10	RED	1,9	95	10
DIRECT EASY SHORT	RED	1,8	95	10
DIRECT EASY LONG	RED	3	130	15
DIRECT DIFFICULT SHORT	RED	2,6	175	17
DIRECT DIFFICULT LONG	RED	3,6	230	18

Other Services: WC, bars, orienteering shops and "PASTA PARTY VILLAGE" (special price for pasta, trentino cheese, apple, mineral water) - (beer service).

The Restaurant "Cacciatore" is 300m far from the Arena.

## OTHER TECHNICAL INFORMATION

## **ENTRIES**

On the competition days it will be possible to enter only in the DIRECT categories until 12:00 in the PROLOGUES and until 10:00 in the 3 DAYS OF DOLOMITES. Any changes to the entries will be possible with a surcharge of 5,00 €.







## OTHER TECHNICAL INFORMATION

## STARTING PROCEDURE

The starting path will be marked with red or blu ribbons.

Athletes will be called "normally", by our staff at the 1st pre-start box 4 minutes before their start time. 6 minutes before in RED START at the last stage in Val Canali.

We recommend to be on time. If an athlete is late, he will have to follow a separate corridor and report it immediately to the starting judges. At the start signal: athletes will then be able to pick up their map and go to the start triangle following the orange/white flags until the starting control. Athletes with "PUNCHING START" will have to use a dedicate corridor.

## **FINISH PROCEDURE**

Every single athlete, even if intentioned to withdraw, has to go to the race software management tent to download the SI-chip.

In the case of SI malfunction you have to punch in the reserve box on the competition map. Manual punching devices are on the control stand. Competitors must report any problems with the controls and punches at the finish.

Athletes can either use their own SI-chip or rent it at 2,00 € each day (you will also need to leave your ID as a caution). If you use a rented SI-chip, you have to return it after completing your last race; failing to return the chip or missing it will result in a 30,00 € fine.

## **CONTROL DESCRIPTIONS**

Control descriptions will be printed on the maps and will be available at the start.

## **NUMBER BIBS**

The number bib is different for the prologues and for the 3 days - YELLOW FOR PROLOGUES and LIGHT BLUE for the 3 DAYS, please take care of it and wear it on each race. Each bib has competitors' name, class and starting time of each race on it.

## **TENTS**

It is allowed to pitch team camp tents near the finish area.

## REFRESHMENT

Drinking water and plastic cups will be available in the starting areas at Prologue 1 and Stage 3 in Val Canali. Refreshments during the event are marked on the map. Drinking water and cups will be available at these points. At the finish each competitor will get a bottle of water.

## MAPS RETURN

Runners won't be asked their maps after finishing the race. We trust in your fair play;)







## OTHER TECHNICAL INFORMATION

## **SPECIAL GADGET**

A special gadget of the event will be given to all competitors who will end the third stage of the "Dolomites 3 days".

## **KINDERGARTEN**

The kindergarten is open from 9.30 am to 2.30 pm at the finish arena of all the races of the Dolomites 3 days.

## **LUNCHES ON FINISH ARENA "DOLOMITES 3 DAYS"**

Near the finish arena of all the races of the Dolomites 3 days it will be possible to have lunch at typical restaurants or at the area dedicated to **the pasta party**.

The pasta party area will always be open, there it is possible to have lunch at the cost of 11€.

## **WEBSITE**

The official website of the event is: https://www.dolomiti3days.com. We recommend to take a look at it for further the information not including in this bulletin.

## RESPECT FOR THE ENVIRONMENT

We pray all competitors not to leave garbage in the meadows and in the woods.

Leave the glasses and plastic bottles in the appropriate containers at the start, the refreshment points and the finish area. Dedicated containers will be available for the plastic!.



**HAVE FUN!** 

**STAFF PRIMIERO O WEEK 2019** 

more info: www.dolomiti3days.com