

Organizer Club

Competition will be organized by



IOG (Istanbul Orienteering Club)

Event Director

Alex KALENDEROĞLU

Event Inspectors

Tatiana KALENDEROĞLU & Caner ODABAŞOĞLU

Contact

www.ist5days.com

info@ist5days.com

**Competition Schedule**

- 31.10.2006 Check-in, Registration at the competition center
 01.11.2006 Long distance, Europe, Belgrad Ormanı, Kırızlı Bend
 02.11.2006 Middle distance, Asia, Ömerli, Alev Okulları
 03.11.2006 Sprint distance, Europe, Yıldız Park, Beşiktaş
 04.11.2006 **WRE** - Classical distance, Europe, Belgrad Ormanı, Fatih Çeşmesi
 05.11.2006 Super Sprint, Grand Bazaar, Prize Giving Ceremony, Closing Ceremony

**Istanbul Orienteering Club**

Esentepe Mah. Kardeşler Cad.
 No.35 Levent Istanbul - Turkey
 Phone: +90 212 281 79 75
 Fax: +90 212 325 07 02
 Mobile: +90 532 370 72 68
 E-mail: info@ist5days.com

www.ist5days.com

www.istanbulorienteering.org

**Istanbul 5 Days**

1-5 November 2006
Istanbul / Türkiye

IOF
World Ranking Event
for 2006
Day 4: November 4th, 2006



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World's first & only O-Event
that takes part on two Continents

PRELIMINARY COURSE INFORMATION

Day 0 • Competition Center

Registration and Check-in to reserved rooms. Competition Center is Cordial House Hostel, Divanyolu Caddesi Peykane Sokak No.29 Çemberlitaş, İstanbul. There will be a Check-in desk and a registration desk. Registration desk will handle all pre-event tasks.

Day 1 • Europe



Classic Distance, Belgrad Forest, Kirazlı Bend

This area offers runnable but hilly terrain with lots of various depressions, small streams and fallen trees. Difference of height at one slope can be up to 150m. In some places thorny undergrowth may slow down your pace. This is basically a beech forest with some pine areas as well.

Scale: 1/10.000 **Contour Intervals:** 5m **Map size:** A4
Mapmaker: Orest Kotylo, December 2003

Day 2 • Asia



Middle Distance, Forest Omerli

Terrain differs from flat to very hilly (21+ groups). Run ability changes from good to very difficult. In some places thorny undergrowth may slow down your pace. It is oak-tree forest, at far ends of the map pine forest. A number of roads and paths cross the area. Boulders in green make orienteering challenging.

Scale: 1/10.000 **Contour intervals:** 5m **Map size:** A4
Mapmaker: Victor Dobretzov, September 2004

Day 3 • Europe



Yıldız Park, Sprint

This is a historical park at the bank of Bosphorus Strait. It offers both steep gradients and a lot of details in the network of paths. Difference of height at one slope can be up to 100m.

Scale: 1/4000 **Contour intervals:** 5m **Map size:** A4
Mapmaker: Shirinian A., June 2003

Day 4 - Europe



Long Distance, Belgrad Forest, Fatih Çeşmesi

This area offers runnable but hilly terrain with lots of various depressions, small streams and fallen trees. Difference of height at one slope can be up to 150m. In some places thorny undergrowth may slow down your pace. This is basically a beech forest.

Scale: 1/10.000 **Contour intervals:** 5m **Map size:** A4
Mapmaker: Gennady Yashpatrov, April 2005

Day 5 - Europe



Grand Bazaar, Old Town, Supersprint & Prize Giving Ceremony

The historical area offers short and very fast orienteering within the net of small labyrinth type streets, crossing each other by different angles. Technically it reminds super sprint of ski-o: high speed, high concentration. But to make it different we make multilevel distances for Elite groups, which requires climbing stairs. Seconds in this short distance did changed winners of the midday event before!

Scale: 1/1500 **No contours** **Map size:** A4 **Mapmakers:** D.Azaz, S.Zolotareov, June 2003

GENERAL INFORMATION



Classes

(K - Kadın stands for Female and E - Erkek stands for Male in Turkish)

Class	Course Length (km)	Class	Course Length (km)	Year Born
K10	1,5 - 2,0	E10	1,5 - 2,0	1996 - 1995
K12	1,8 - 2,5	E12	1,8 - 2,5	1994 - 1993
K14	2,0 - 3,5	E14	2,2 - 3,7	1992 - 1991
K16	2,5 - 4,2	E16	3,0 - 5,0	1990 - 1989
K18	2,4 - 4,5	E18	3,2 - 6,5	1988 - 1987
K-Elite	3,0 - 7,0	E-Elite	4,0 - 8,5	
K21	2,5 - 4,5	E21	3,0 - 6,5	
K35	2,3 - 4,5	E35	3,0 - 6,0	1962 - 1971
K45	2,3 - 4,0	E45	3,0 - 5,0	1952 - 1961
K55	2,3 - 3,5	E55	2,7 - 4,5	1942 - 1951
K65+	2,0 - 3,2	E65+	2,3 - 4,0	- 1941

Class for new beginners and children of all ages (string course) will be organized. In case if there will be more than 10 participants the new groups might be open (40, 50, 60). Will be announced later.

Entries

Normal entries are accepted up to October 1st 2006. Late entries till October 25 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 (Total fee for all 5 days)

	AGE CLASS	ENTRIES	
		October 1st 2006	Late Entries
FEES €	Children Classes, 10 - 16	€ 10.-	€ 10.-
	18 - 21 and Older	€ 50.-	€ 75.-

(!) Payments can be made upon arrival due to high bank transfer commissions.

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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 shall hire a card at registration. Each card is personal and must not be lent to another runner during the event. The SI card hire fee for the whole event will be €10; for one day will be €2

Accommodation

If you want us to organize your accommodation, let us know thru the e-mail, "accommodation@ist5days.com". Range of B&B starts from €11 to €35 perperson/night depending on facilities.

Transportation

Bus transportation will be arranged from the city center to the start area every day. Bus departure points will be advised according to the density of accommodation areas. The cost of transportation and event sites entry fees is €10 per person for the first four stages. Final day, the competition site is within walking distance to the Competition Centre. Participants arranging own transport may obtain a detailed map of Istanbul with premarked event locations and detailed road book on request. The Navigation Kit is €12 and must be requested by October 25th.

Results

Overall results will be the sum of all 5 days. In case of equity, the rank of 5 days will be taken into consideration.

Clothing & Bibs

Full body cover is advised and orienteering gaiters recommended for forest events. All competitors will have their own individual number bibs. The bib has to be fixed on chest side of suit and should be on all five competition days.

Printed Courses & Descriptions

All courses are printed on the map, all maps are sealed in plastic bags, all competitors are responsible to take the right map. Additional descriptions will be hand outed at registration and won't be available at start areas.

Sight Seeing & Istanbul Life

The Competition Center and recommended accommodation is in the hearth of Old Town. First four days are early starts and return busses will start departing by 13:00. Participants will have time to enjoy the unique Istanbul. There will be a list of possible events and exhibitions as well as advised tours one month before the event. One evening a special Bosphorous boat tour with dinner will be organised by the committee for willing participants.