



INVITATION

Welcome to the 9th edition of the Three Hills Cup and the traditional sprint distance With Map Through Tarnovgrad.



БЪЛГАРСКА
ФЕДЕРАЦИЯ
ОРИЕНТИРАНЕ

Event Host

SKO TRAPEZITSA-1954

[HTTP://SKOTRAPEZITCA1954.COM/](http://skotrapezitca1954.com/)



The local orienteering club Trapezitsa 1954 is organising the international competition Three Hills Cup since 2012. Our goal is to provide a good experience, technical and challenging courses, quality maps and good terrains for orienteering to every participant and guest. This year the event will be open again for families, students, and workers who would like to experience the spirit of orienteering for first time, to challenge themselves and to have fun, while being in the nature.

Organising Committee

Event Director:	Apostol Atanasov
Map maker:	Apostol Atanasov Valentin Shishkov
Course planner:	Valentin Shishkov Apostol Atanasov
Start:	Krasimira Drumeva
Finish:	Aleksandar Atanasov
SPORTIDENT:	Lidiya Nikolova
Event Controllers:	Elitsa Atanasova Svetoslav Blagoev
Kids Under 10:	Desislava Dimitrova

When and Where

5-6 December (Saturday and Sunday) 2020

Event Centre – “Molina Krepost” Ksilifor Area

Preliminary Program

05 December (Saturday)

Until 12:30: Arrival, registration and checking documents at the finish arena

13:00: Start Middle Distance

16:00: Prize-giving ceremony “Three Hills Cup”

06 December (Sunday)

9:30: Strat Qualification for KNOCK-OUT Sprint and “With Map Through Tarnovgrad” cup

12:30: Start of the quarterfinals of the KNOCK-OUT sprint

14:15: Start semi-finals of the KNOCK-OUT sprint

15:15: Start finals of the KNOCK-OUT sprint

16:00: Prize-giving ceremony

Type, class, and age categories

The competitions for the “Three Hills Cup” and “With Map Through Tarnovgrad” are day events, class B for the age categories:

Men 10, 12, 14, 16, 18, 20, 21E, 21A, 35, 40, 45, 50, 55, 60, 65+

Women 10, 12, 14, 16, 18, 20, 21E, 21A, 35, 40, 45, 50, 55, 60, 65+

OPEN 1 (yellow) – Short and easy for orienteering

OPEN 2 (red) – Short and hard for orienteering

There are no restrictions for the participating teams.

Entries and Documents

Online through Orienteingonline.net

Deadline 30 NOVEMBER 2020

*Entries that are sent after the deadline will be able to participate after paying double the start fee.

The cost for renting a SI card is 1 lev per day per competitor. Losing a rented SI card will cost the competitor or the club 41/85/120 leva.

All competitors take part in the competitions on their own risk!

Prizes

In the middle distance the winners will be awarded with medals.

In the sprint distance the first three in every category and in the KNOCK-OUT sprint the first six will be awarded with material prizes that are provided by our sponsors.

Entry Fees

Will be collected according to the number of entered competitors:

Until 30 November 2020r.

M/W 12, 14, 65+ – 3 leva per start, 5 leva for both.

M/W 16, 18, 20, 21E, 21A, 35, 40, 45, 50, 55, 60, OPEN 1, OPEN 2 – 10 leva per start, 15 leva for both

M/W 10 – No Entry Fee

All expenses are to be covered by the participating teams and competitors.

Terrain Characteristics

Saturday 05 December 2020

Middle Distance

Map: Derventa - North

Scale 1:7500 5m. equidistance



Terrain – Varying from flat to very steep, with varying terrain form – from small pits and trenches to steep slopes with gulleys. In some parts, the map has a lot of stone details – cliffs, boulders, and other rock formations. There is a cliff ring that is up to 40m high that passes through the map.

Paths – There are moderate amounts of paths and tracks from all categories.



Vegetation – Varies in runnability – from high to very low. About 30% of the map is open areas. The forest is mostly deciduous (oak and hornbeam). There are areas with coniferous trees with undergrowth.

Sunday 06 December 2020

Sprint distance and KNOCK-OUT sprint

Map: Varusha - North

Scale 1:4000 2,5m. equidistance



Terrain – from moderately steep to steep with a lot of small roads, alleys, and stairs.

Roads – Paved, cobbled, and asphalt roads, stairs, and alleys from all categories.

Vegetation – Mostly single trees and bushes, but some of the areas between houses are overgrown.



Event format – The competition will be a standard sprint for the following categories:

M12, 14, 45, 50, 55, 60, 65+;

W12, 14, 45, 50, 55, 60, 65+, OPEN 1, and OPEN 2.



A

B

C

The start of categories M16-40, as well as W16-40 will be a qualification, where the fastest 36 times will advance to the quarterfinals, which will be held later that day. After the end of the qualification race, the competitors will be separated in 6 different heats with 6 participants, where the first 3 at the finish line advance to the semi-finals. In the $\frac{1}{2}$ finals, 6 competitors will start in each heat, but only the fastest 2 will advance to the grand final!

The qualification will be with a 1 min start interval - according to the start list. Each consecutive heat will be mass start. Participants will have to choose a course out of 3, while only being able to see the forked controls.

We do recommend using contactless SI cards!

More information and details about the competition will be published later in Bulletin 1!

For additional questions and contact, send an email to: skotrapezitca1954@abv.bg



Britos



WELCOME TO THE MEDIEVAL CAPITAL OF BULGARIA!