



FEDERAZIONE  
ITALIANA  
SPORT  
ORIENTAMENTO

## 11th MEDITERRANEAN CHAMPIONSHIPS IN ORIENTEERING

Memorial “Sergio Grifoni and Stelvio Manfrin”



### Organizing Committee:

Technical Delegate and IOF Adviser: Federico Venezian

Event Director: Massimo Bianchi

Course Planners: Maurizio Todeschini - Stefano Baccelli - Giaime Origgi

Controllers: Daniele Pagliari, Lorenzo Landi, Francesco Landi

Technical Adviser: Daniele Pagliari

Responsible Start and Finish Area: Diego Musetti - Mariano D'Andrea - Claudio De Stefano

Event Office: Monica Casalini - Martina Corona

IT Data Manager: Gian Luca Landi - Valerio Baccelli

Speakers: Stefano Galletti

Medical Assistance: Croce Rossa Italiana Section of Prato

Volunteers and Assistance: Volunteers of the Natural Science Centre of Prato

**The race distances are at the bottom of the bulletin**

**Due to the weather in recent days we will include the competition arenas in the next bulletin**



## Classes:

### Mediterranean Championship Orienteering (COMOF)

Each nation representing the MCO will be represented by 4 males and 4 females athletes

**SENIOR (M/W 21 E): 2 WOMEN AND 2 MEN**

**JUNIORS (M/W 20): 2 WOMEN AND 2 MEN**

**There will be competitions open to all participants who are not members of the MCO in the following classes:**

Women:

12, 14, 16, 18, 20, 21E (WRE), 21A, 21B, 21C, 35, 40, 45, 50, 55, 60, 65, 70, 75

Men:

12, 14, 16, 18, 20, 21E (WRE), 21A, 21B, 21C, 35, 40, 45, 50, 55, 60, 65, 70, 75

Beginners - School - Direct (Black and Red) - M10 and W10

## Registration:

Online for foreigners:

<http://orienteeringonline.net/CompetitionBasicInfo.aspx?CompetitionID=12942>

[www.fiso.it](http://www.fiso.it) for Italian athletes.

ME and WE Elite and national Team for COM can also sign up on

<https://eventor.orienteeing.org>

Toscana Orienteering Classic 2024	1° March - 1° June		2 June -15 September		16 September-16 October	
	Tutte le Gare	Singola Gara	Tutte le Gare	Singola Gara	Tutte le Gare	Singola Gara
CATEGORIE:						
MW10, MW12, MW14, MW16, RED CLASS, BLACK CLASS, YELLOW CLASS	32	8	40	10	48	12
MW18, MW20, MW ELITE, MW35, MW40, MW45, MW50, MW60, MW65, MW70, MW75, MWA, MWB, MWC	50	12,5	60	15	80	20
ESORDIENTI - BEGINNERS - SCUOLA , SCUOLE SUP	32	8	32	8	32	8

## Payment:

IKP Orienteering ASD

IBAN : IT50N0303221503010000020220

Bank: Credito emiliano spa

Swift code: BACRIT22



## Punghing System:

Sportident with Air+ will be used as punching and timing system. Sportident classic punching can be used.

There are no SIACs available for renting (only classical Sicards can be rented).

## Start and Finish procedure:

Starting zone procedure

- 3 Call, Clear, Check and SIAC Test
- 2 Description Point
- 1 Map Delivery

Arrival Zone Procedure

The arrival time will be taken by inserting the sicard (either traditional or SIAC) in the FINISH station on the arrival line.

## Prize Giving Ceremony:

**Stage 1:** Prizes will be awarded to the first classified in each classes (except for direct and beginner classes)

**Stage 2,3,4 :**

Prizes will be awarded to the first three classified in W21E and M21E in each day

For the Mediterranean Championships Orienteering (only countries members of COMOF) will be awarded with special medals and diplomas the first six classified in W20, M20, W21E and M21E in each day.

**At the end of stage 4:**

On the classes M21E and W21E will be awarded the first 6 positions on the sum of the times of the stage 2, 3 and 4.

On the classes MW12, MW14, MW16, MW18, MW20, MW21A, MW21B, MW21C, MW35, MW40, MW45, MW50, MW55, MW60, MW65, MW70, MW75, will be awarded the first 3 positions on the times sum of stages 2,3,4.

On the classes MWA, MWB, MWC will be awarded the first position on the times sum of stages 2,3 e 4.

There will be no prizes for direct and beginner classes.

At the end of each stage, all MW10 participants and the Beginners participants born after 01/01/2014 will receive a participation prize.



## Stage 1 - 31 October - Cascine di Tavola

### Arena

Rimessa delle Barche. The event office (from 2.30 p.m. until 6.30 p.m) and Finish are in the arena

<https://maps.app.goo.gl/Ek2u2nEyxggDT4A7A>

### Parking Area

700/1300 m from the arena <https://goo.gl/maps/eNZ7yM6gsKKpVMzf7>

Via Traversa del Crocifisso , follow signs Parco delle Cascina di Tavola

### Race Course

Sprint Night race (for competitive classes)

30% Forest 70% Park it is recommended orienteering shoes but not spike for the race

### Map

**Cascine di Tavola** survey Oct. 2022 - update Sept. 2024 CS/T1376 approval

Scale 1:4000 for all categories. Equidistance 2 m.

Printed on water-resistant PET film. A4 format

### Start

First start at 5.30 p.m. (for the competitive classes)

Free start with corridors, it will follow a scheme of routes combined with the race categories. Start will be nearby to the arena. Headlamp is recommended

Beginner, M10, W10, Direct and School categories will have a free start with punching start from 4 p.m. to 5.p.m. (no night race)

### Control Description

The control description will be only on the map.

### Fair Play

The maps will not be collected after the race so please do not show the map to the runners who haven't yet started, or else you might be disqualified.

### Withdrawal and maximum time

Competitors wishing to withdraw must cross the finish line (to switch off their SIAC). The maximum time limit is 1 hour. After 1 hour from the last start, the controls points will be collected.

### Prize Giving Ceremony

The prize-giving ceremony will take place the following day (1 November) before the prize-giving ceremony of the Sprint race in Prato.



## Stage 2 - 1 November - Prato - Sprint Distance

### **Arena**

Piazza Santa Maria delle Carceri, Prato.

The event office (from 11.30 a.m. until 3.00 p.m) and Finish are in the arena

<https://maps.app.goo.gl/eQP2amCPGb6F85ZDA>

### **Parking Area**

50 -250 m from the Arena. Remember that even if there are blue lines, parking is free

### **Race Course**

Sprint race. Mixed terrain 90% urban, 10% meadows and fields. Recommended running or trail shoes.

### **Map**

**Prato Old Town** , Survey End of August 2024 CS/T1378 Approval

Scale 1:4000 for all categories. Equidistance 2 m.

Printed on water-resistant PET sheets. A4 format

### **Start**

The first start will be at 1 p.m. nearby to the arena.

The MW10, Beginners and Direct categories will have a free start with punching start from 1.30 p.m.

### **Control Description**

Available at the start and on the map

### **Fair Play**

Maps will be collected and returned after the race.

### **Withdrawal and maximum time**

Competitors wishing to withdraw must cross the finish line (to switch off their SIAC). The maximum time limit is 1 hour. After 1 hour from the last start, the controls points will be collected.

### **Prize Giving Ceremony**

The prize-giving ceremony will take place at the Arena at 4:00 p.m.



## Stage 3 - 2 November - Travalle - Middle Distance

### Arena

Osteria Il Palagetto - Località Pratello, 4/5, 50041 Calenzano FI

The event office (from 08.30 a.m. until 1.00 p.m) and Finish are in the arena

<https://maps.app.goo.gl/1sHB6pH4QRxpaggz7>

### Parking Area

300-1500 m from the car park to the arena. The scheme will be visible in the next few days because the area does not allow many cars to park

### Terrain

Cypress forest. Taping is recommended due to the presence of stony ground. Caution is recommended during the race

### Map

**Travalle** Survey March 2024 - CO1377 Approval

Scale 1:1000 for the ME, WE, M20, W20

Scale 1:7500 for the other categories. Equidistance 5 m

Printed on water-resistant PET film. A4 format

### Start

The first start will be at 10 a.m. Start is 2300 m + 40 mt away from the arena.

The MW10, Beginners and Direct categories will have a free start with punching start from 10.30 a.m.

### Control Description

Available at the start and on the map

### Fair Play

Maps will be collected and returned after the race.

### Withdrawal and maximum time

Competitors wishing to withdraw must cross the finish line (to switch off their SIAC). The maximum time limit is 2 hour. After 2 hour from the last start, the controls points will be collected.

### Prize Giving Ceremony

The prize-giving ceremony will take place at the Arena at 2:00 p.m.



## Stage 4 - 3 November – Monteferrato – Long Distance

### **Arena**

At the Galceti Park - Via di Galceti

The event office (from 07.30 a.m. until 1.00 p.m) and Finish are in the arena

<https://maps.app.goo.gl/XNoqEVBbyvXkF86j9>

### **Parking Area**

50-500 m from the car park to the Arena

### **Terrain**

Pine forest. Taping is recommended due to the presence of stony ground. Caution is recommended during the race

### **Map**

**Monteferrato - Galceti Park** Survey March 2024 – CO 1378 approval

Scale 1:1000 for the ME, WE, M20, W20

Scale 1:7500 for the other categories. Equidistance 5 m

Printed on water-resistant PET film. A4 format

### **Start**

The first start will be at 9 a.m.

The MW10, Beginners and Direct categories will have a free start with punching start from 9.30 a.m.

### **Control Description**

Available at the start and on the map

### **Fair Play**

The maps will not be collected after the race so please do not show the map to the runners who haven't yet started, or else you might be disqualified.

### **Withdrawal and maximum time**

Competitors wishing to withdraw must cross the finish line (to switch off their SIAC). The maximum time limit is 3 hours. After 3 hours from the last start, the control points will be collected.

### **Prize Giving Ceremony**

The prize-giving ceremony will take place at the Arena at 1:00 p.m.



## Last Informations:

### Embargo Area and Training possibilities

<https://www.google.com/maps/d/u/4/edit?mid=1qGHvPj29VTrKnYUHHyc6QmBLPoSEUZQX&usp=sharing>

From Sunday October 27th will be possible to download maps from our website, pdf format.

### Accommodation

They are already on the event website:

Toscana Orienteering Classic [Toscana Orienteering Classic \(dudaone.com\)](http://dudaone.com)

### Rules COMOF:

[mco\\_rules\\_2018.pdf \(comofed.org\)](http://comofed.org/mco_rules_2018.pdf)

### MEMORIAL STELVIO MANFRIN:



About 40 years ago Stelvio Manfrin created the Monteferrato map. It would have been the location for the first Italian Cup played in Tuscany. From then on the orienteering movement would also take off in this enchanting region. Stelvio has been missing for 3 years now, but this event allows us to still have him among us, remembering his commitment and passion for this wonderful woodland sport.





## MEMORIAL SERGIO GRIFONI:



He first encountered Orienteering in the 1960s while he was in Halden, Norway, working on a nuclear project. It was his Norwegian colleagues who invited him, after work, to try orienteering: they would run with black-and-white maps at a 1:25,000 scale, with a few checkpoints, navigating from one point to another without too many details. Sergio enjoyed it a lot, and when he returned to ENEA, at the historic Casaccia headquarters in Rome, he involved his colleagues from the sports club in organizing races in the Agro Romano area, near their workplace. They were few but determined; the maps were either from the IGM (Military Geographic Institute) or hand-drawn, and there was a strong competitive spirit. Soon, a small internal championship was established, but having fun was the priority.

From this initial group, the ENEA CASACCIA Club was born.

Meanwhile, orienteering was also developing in Trentino, and many clubs were founded. Sergio became involved in the new Federation, first as a board member and later as President from 2008 to 2012.

During this period, he pursued one of his most important projects: the creation of the Confederation of Mediterranean countries. On November 12, 2010, in Venice, with Italy, Serbia, and Spain present (and Turkey joining shortly after), the Confederation of Mediterranean Orienteering Federations was established, which now counts 13 member countries.

At the same time, Sergio contributed to the work of the IOF (International Orienteering Federation) as a member of the map commission and as a FISO (Italian Orienteering Federation) delegate at numerous assemblies.

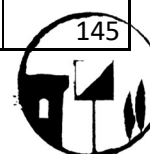
He played technical roles in many national and international competitions, acting as Course Planner, Race Director, or Delegate, both in foot orienteering and Ski-O (ski orienteering). Even when these roles became less frequent, Sergio never stopped promoting the sport, organizing school courses, printing maps, and setting up races for schools.

Sergio is no longer with us, but his commitment and passion for orienteering remain.



## Race Distances:

Categoria	Cascine di Tavola 31/10		Prato Sprint 1/11		Travalle 2/11		Monteferrato 3/11	
	Lenght	Climb	Lenght	Climb	Lenght	Climb	Lenght	Climb
ME	3600	0	3800	0	4560	150	8200	645
WE	3600	0	3500	0	3500	160	5600	435
M10	1500	0	1500	0	1630	30	1200	50
W10	1500	0	1500	0	1630	30	1200	50
Esordienti	1500	0	1500	0	1630	30	1200	50
M12	1500	0	1900	0	1820	35	1400	55
M14	2100	0	2300	0	1890	70	2300	70
M16	2600	0	3100	0	2140	70	3300	145
M18	2650	0	3100	0	3290	130	4500	220
M20	3600	0	3800	0	3830	165	5500	310
M35	3600	0	3500	0	4070	150	5000	270
M40	3600	0	3100	0	3290	130	4500	220
M45	3600	0	3100	0	3240	145	3800	185
M50	2600	0	2900	0	3240	145	3800	185
M55	2600	0	2900	0	3040	60	3100	130
M60	2600	0	2200	0	1880	45	2800	120
M65	2300	0	2200	0	1880	45	2800	120
M70	2300	0	2200	0	1850	50	1900	110
M75	2100	0	2000	0	1850	50	1900	110
MA	2650	0	3500	0	4070	150	5000	270
MB	2300	0	3100	0	2000	30	3300	145
MC	2100	0	2300	0	1890	70	2300	70
W12	1600	0	1900	0	1820	35	1400	55
W14	2100	0	2000	0	1810	30	2200	65
W16	2600	0	2700	0	2080	60	3100	70
W18	2700	0	2700	0	2370	100	3400	205
W20	2700	0	3000	0	3230	145	4400	250
W35	2700	0	2500	0	2370	100	3400	205
W40	2700	0	2500	0	2080	60	3100	70
W45	2700	0	2500	0	2000	30	3100	70
W50	2650	0	2300	0	1790	30	3100	80
W55	2650	0	2300	0	1790	30	3100	80
W60	2650	0	2300	0	1730	35	2300	70
W65	2300	0	2000	0	1730	35	2300	70
W70	2300	0	2000	0	1840	30	1500	60
W75	2100	0	2000	0	1840	30	1500	60
WA	2700	0	3000	0	3040	60	3100	130
WB	2300	0	2700	0	2140	70	3100	70
WC	2100	0	2000	0	1810	30	2200	65
Direct Red	2650	0	2700	0	2000	30	2800	120
Direct Black	2600	0	3500	0	2370	100	3300	145



## Next bulletin October 27th



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