

NORTH WEST CUP 2023

BULLETIN 1 Rev2



north west cup 2023

Day #1

Saturday 22nd April, 2023



STAGE 1:
ITALIAN CUP - SPRINT

VINADIO City center
and Fortress (CN)

Day #2 - WRE

Sunday 23rd April, 2023



STAGE 2:
ITALIAN MIDDLE
DISTANCE CHAMPIONSHIP

ESTERATE / Entracque
(CN)

Day #3

Monday 24th April, 2023



STAGE 3:
LONG DISTANCE
REGIONAL RACE

PIANFEI Lake (CN)

Day #4

Tuesday 25th April, 2023



STAGE 4:
SPRI-DDLE
DISTANCE

CUNEO River Park (CN)

Keep following our website
www.northwestcup.it for more information.



FEDERAZIONE
ITALIANA
SPORT
ORIENTAMENTO



MERLO
ORICUNEO
orienteeing

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PROGRAMMA

- Sabato 22 Aprile: Sprint – Vinadio – Coppa Italia Sprint 2° Prova
- Domenica 23 Aprile: Middle – Entracque – Campionato Italiano Middle – Coppa Italia Bosco 2° Prova
- Lunedì 24 Aprile: Shortened Long – Villanova M.vì
- Martedì 25 Aprile : Spriddle - Cuneo

PROGRAM

- Saturday 22nd April: Urban Sprint – Vinadio – Italian Cup Sprint
- Sunday 23rd April: Middle – Entracque – Italian Middle Distance Championship – Italian Cup
- Monday 24th April: Shortened Long – Villanova M.vì
- Thursday 25th April: Spriddle – Cuneo

ORGANIZING COMMITTEE

FISO Adviser: GIANDOMENICO Francesco
Race Director: ROBERTO Andrea
Course Setter Sprint: CARAGLIO Michele
Course Setter Middle: BRUNO Andrea
Course Setter Shortened Long: BRUNO Andrea
Course Setter Spriddle: BRUNO Andrea
Start: STONE Frances
Finish: PALLAVER Valter
IT: BALBO Claudio
Race Office: AIMETTO Donatella

ORGANIZING CLUB

ASD Oricuneo – Cod. FISO 0277
Address: VIA DON GIOVANNI MINZONI 15, 12100 Cuneo
Sito web: www.northwestcup.it
Mail: asdoricuneo@gmail.com
Mail: northwestcup2023@gmail.com
Tel: +39 346 9747588

SISTEMA DI PUNZONATURA

Per tutte le categorie verrà utilizzato il sistema di punzonatura Sport-Ident con il metodo Air+ (touch-free).

PUNCHING SYSTEM

For all categories Sport-Ident Air+ (touch-free) will be used.

PREMIAZIONI

Verrà fatta una premiazione per ogni giorno di gara.

PRIZEGIVING

There will be a prize-giving ceremony for each single stage separately.



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ISCRIZIONI

Le iscrizioni sono possibili tramite sito

www.fiso.it.

Per atleti stranieri tramite www.orienteeingonline.net

Solo per i Campionati Italiani middle (WRE): Atleti elite devono ulteriormente iscriversi tramite eventor

I pagamenti possono essere eseguiti via bonifico bancario intestato a

ASD Oricuneo

IBAN: IT64E0306910200100000077932

SWIFT/BIC Bank: BCITITMM

Causale:

-“Nome Squadra – Iscrizione NWC2023”

Tutte le commissioni di pagamento sono a carico dei partecipanti.

Noleggio Sicard: 2 euro.

Non saranno disponibili Sicard Air+ a noleggio

REGISTRATIONS

For Italian runners registration to NWC 2023 must be done through website www.fiso.it

For foreign runners registration to NWC 2023 must be done through website www.orienteeingonline.net

Only for Middle Distance race (WRE) Elite athletes must register themselves also on eventor website.

All payment must be in Euros (€) and can be done only via Bank Transfer to:

ASD Oricuneo

IBAN: IT64E0306910200100000077932

SWIFT/BIC Bank: BCITITMM

Reason for payment:

- Foreign individual runners: “Surname Name + Entry NWC2023”

- Teams: “Club Name + Entry NWC2023”

The sender is required to pay all bank transfer fees.

Sicard rental: 2 euro

No Sicard Air+ available

PERNOTTAMENTI – ACCOMODATION

<https://www.visitcuneese.it/>

<https://www.vallestura.cn.it/>

<https://www.turismoentracque.it/>



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CATEGORIES AND FEES (EURO)

CATEGORY		RACE 1 [€]	RACE 2 [€]
M	W	Sprint	Middle
M10	W10	7	7
M12	W12	7	7
M14	W14	7	7
M16	W16	7	7
M18	W18	12	15
M20	W20	12	15
MB	WB	12	15
ME	WE	12	15
M35	W35	12	15
M40	W40	12	15
M45	W45	12	15
M50	W50	12	15
M55	W55	12	15
M60	W60	12	15
M65	W65	12	15
M70	W70	12	15
M75	W75	12	15
DIRECT		7	7
BEGINNERS/ESO		7	7

CATEGORY		RACE 3 [€]	RACE 4 [€]
M	W	Shortened Long	Spriddle
M10	W10	7	7
M12	W12	7	7
M14	W14	7	7
M16	W16	7	7
M18	W18	10	10
MB	WB	10	10
ME	WE	10	10
M35	W35	10	10
M45	W45	10	10
M55	W55	10	10
M65	W65	10	10
M70	W70	10	10
DIRECT		7	7
BEGINNERS/ESO		7	7

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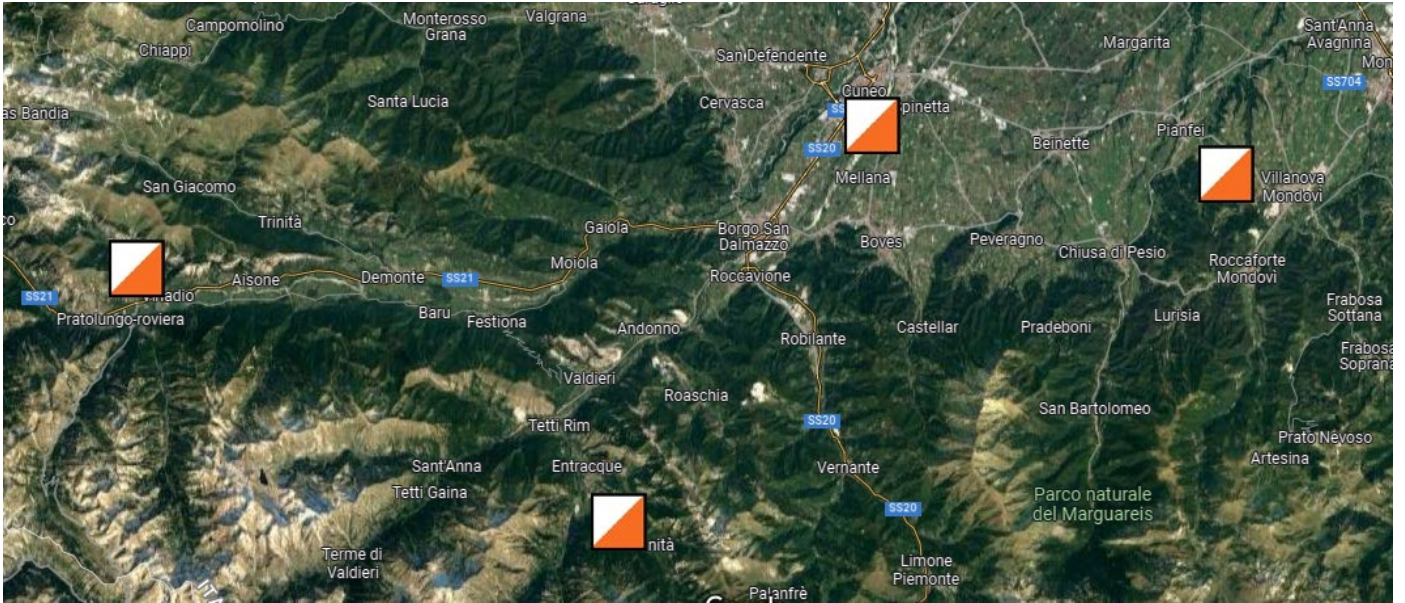
TEMPI DEL VINCITORE – WINNING TIME

CATEGORY		RACE 1 Sprint [min]		RACE 2 Middle [min]	
M	W	M	W	M	W
M10	W10	12	12	25	25
M12	W12	12	12	25	25
M14	W14	12	12	25	25
M16	W16	14	14	25	25
M18	W18	14	14	25	25
M20	W20	14	14	25	25
MB	WB	14	14	35	35
ME	WE	14	14	35	35
M35	W35	14	14	30	30
M40	W40	14	14	30	30
M45	W45	14	14	30	30
M50	W50	14	14	30	30
M55	W55	14	14	30	30
M60	W60	14	14	30	30
M65	W65	14	14	30	30
M70	W70	14	14	30	30
M75	W75	14	14	30	30
DIRECT		14	14	35	35
BEGINNERS/ESO		14	14	25	25

CATEGORY		RACE 3 Long [min]		RACE 4 Spriddle [min]	
M	W	M	W	M	W
M10	W10	25	25	20	20
M12	W12	35	35	20	20
M14	W14	35	35	20	20
M16	W16	45	40	25	25
M18	W18	50	45	25	25
MB	WB	50	50	25	25
ME	WE	70	60	20	20
M35	W35	60	60	20	20
M45	W45	60	45	25	25
M55	W55	50	45	25	25
M65	W65	50	45	25	25
M70	W70	50	45	25	25
DIRECT		35	30	25	25
BEGINNERS/ESO		25	25	20	20

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RACE LOCATION



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SPRINT RACE – VINADIO (CN) -22 Aprile COPPA ITALIA SPRINT - 2ª PROVA

MAPPA

Vinadio: 1:4000 – Equidistanza 2,5m -Realizzazione 2022

MAP

Vinadio: 1:4000 – Contours interval 2,5m
Realization 2022

TERRENO

Terreno urbano in paese di montagna. Strade strette, piccole zone a prato.

Da sottolineare la presenza di un forte del XIX secolo che circonda parte del paese.

A seconda delle categorie dal 60% al 80% del percorso sarà su strade asfaltate. Consigliate scarpe da asfalto, chiodi non permessi.

TERRAIN

Urban terrain of a typical mountain city. Narrow streets, small meadows areas will characterize the race.

There is a 19th century fortress that surrounds part of the city.

Depending on category, from 60% to 80% of the race is on paved ground. Running shoes are recommended, spikes are not allowed.

ORARI

Inizio gara: ore 14.30

TIME TABLE

Race Start: 14.30

RITROVO

Ritrovo presso Caserma Carlo Alberto

<https://goo.gl/maps/a84T322Ybo8FDN6bA>

RACE ARENA

At Caserma Carlo Alberto

<https://goo.gl/maps/a84T322Ybo8FDN6bA>

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EMBARGOED AREA SPRINT



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MIDDLE DISTANCE RACE – ENTRACQUE -23 Aprile

CAMPIONATO ITALIANO MIDDLE

COPPA ITALIA BOSCO - 2ª PROVA

MAPPA

Entracque ed Esterate: 1:10000/1:7500 – Equidistanza
5m -Realizzazione 2022

MAP

Entracque ed Esterate: 1:10000/1:7500 – Contours
interval 5m
Realization 2022

TERRENO

Tipico terreno alpino, per la maggior parte si tratta di
bosco con molti dettagli, con piccole zone prative
aperte e molto veloci.
Consigliate scarpe con chiodi.

TERRAIN

Typical alpine terrain: very detailed forest area with
small fast open areas.
Running shoes with dobbs are recommended.

ORARI

Inizio gara: ore 10.00

TIME TABLE

Race Start: 10.00

RITROVO

Presso rifugio Esterate, Entracque (CN)
<https://goo.gl/maps/t8ppkgpgyXUjXBm77>

RACE ARENA

At Esterate retreat, Entracque (CN)
<https://goo.gl/maps/t8ppkgpgyXUjXBm77>

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EMBRAGOED AREA



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SHORTENED LONG RACE – VILLANOVA M.VI' (CN) - 24 Aprile

MAPPA

Lago di Pianfei: 1:10000 – Equidistanza 5m -
Realizzazione 2022

MAP

Lago di Pianfei: 1:10000 – Contours interval 5m
Realization 2022

TERRENO

Tipico terreno boschivo collinare: si alterna bosco, a tratti fitto, a zone prative
Consigliate scarpe con chiodi.

TERRAIN

Typical hilly terrain: woodland alternates, at times dense, with meadow areas.
Running shoes with dobbs are recommended.

ORARI

Inizio gara: ore 11.00

TIME TABLE

Race Start: 11.00

RITROVO

Presso complesso sportivo "Tre Valli Calcio", Villanova M.Vi (CN)

<https://goo.gl/maps/ThVPS87pPSKzJRM79>

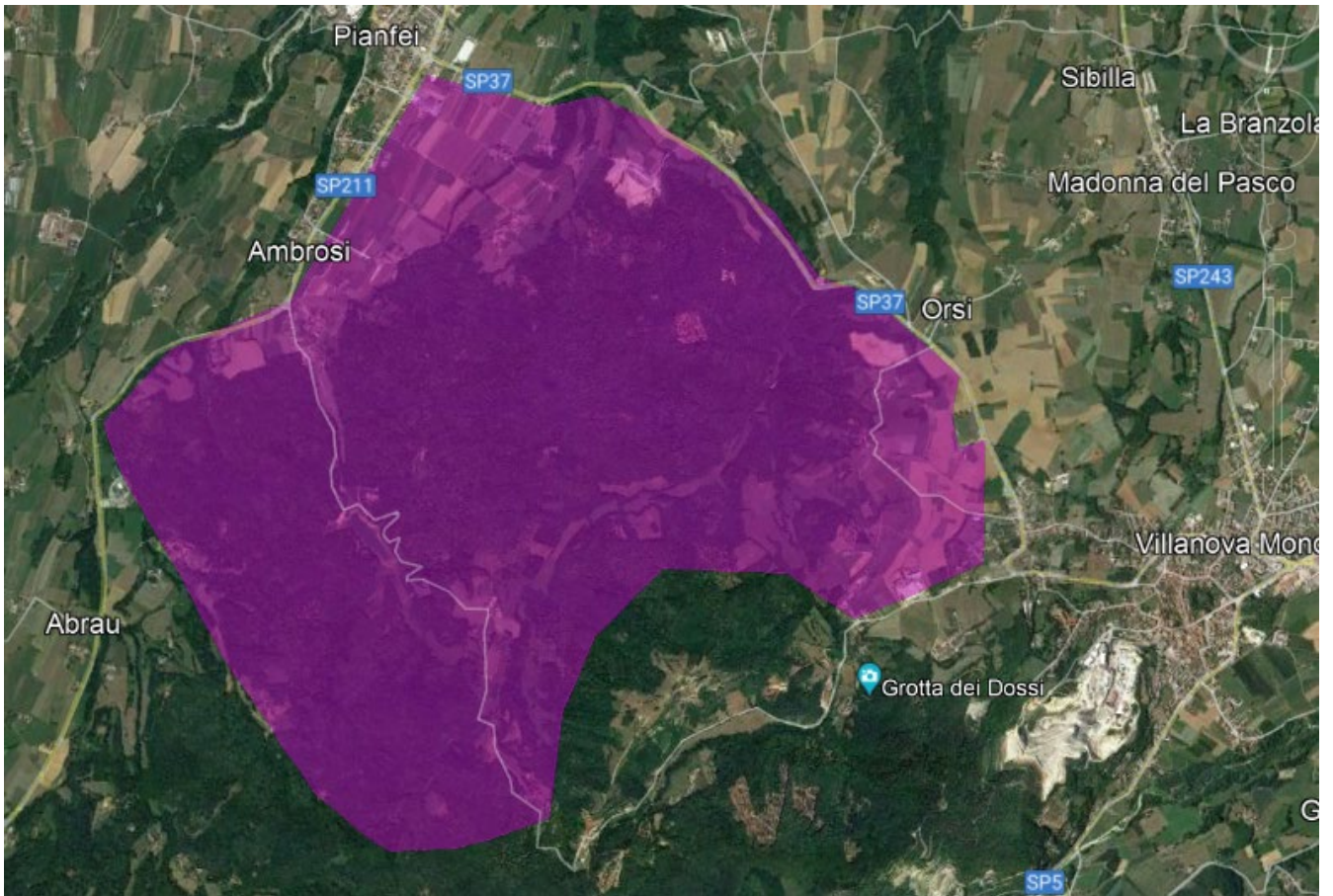
RACE ARENA

At "Tre Valli Calcio" sport facility, Villanova M.Vi (CN)

<https://goo.gl/maps/ThVPS87pPSKzJRM79>

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EMBRAGOED AREA



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SPRIDDLERACE – CUNEO - 25 Aprile

MAPPA

Cuneo e Parco Fluviale: 1:4000 – Equidistanza 2.5m -
Realizzazione 2022

TERRENO

Tipico terreno di parco cittadino: si alternano prati,
bassa vegetazione a piccole aree boschive.
Consigliate scarpe da bosco senza chiodi

ORARI

Inizio gara: ore 10.00

RITROVO

Presso Info Point Parco Fluviale Gesso e Stura, Cuneo
<https://goo.gl/maps/83S1oLizgfMy4EUu8>

MAP

Lago di Pianfei: 1:4000 – Contours interval 2.5m
Realization 2022

TERRAIN

Typical city park terrain: meadow areas, low vegetation
alternates to small woodland.
Running shoes with dobbs (no nails).

TIME TABLE

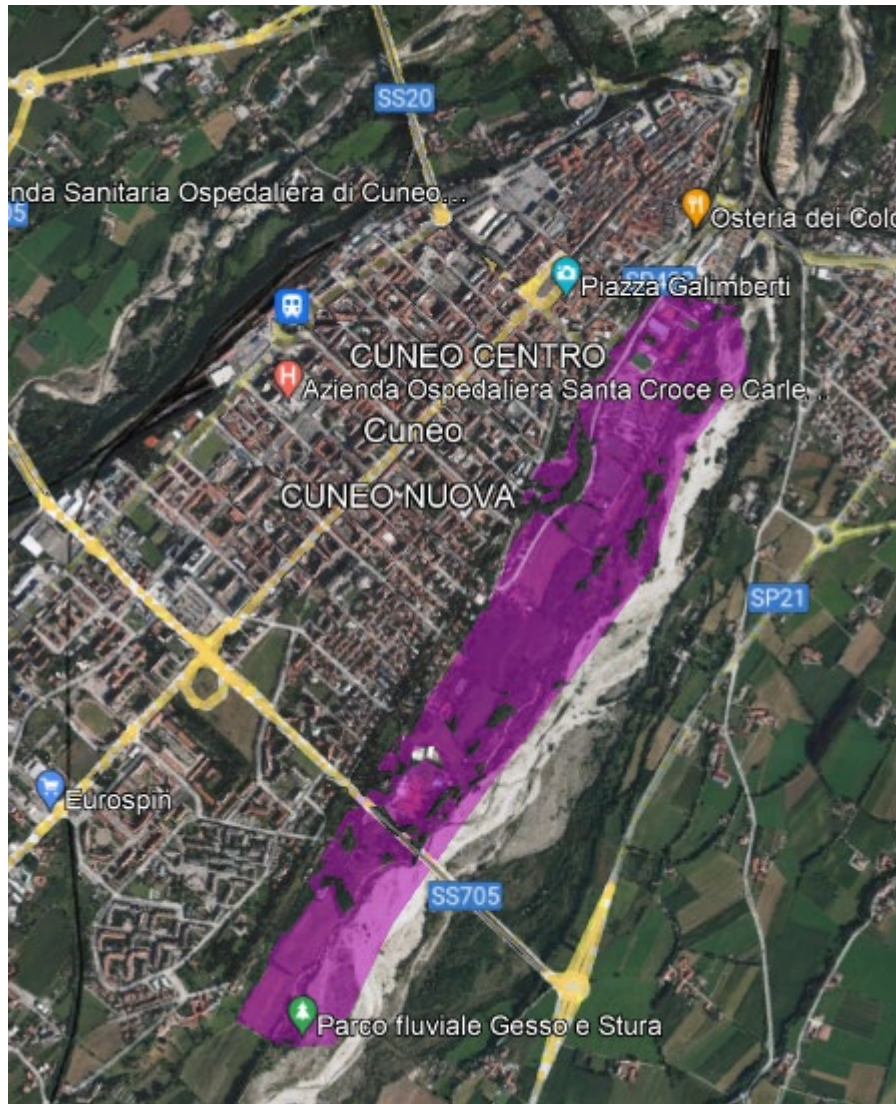
Race Start: 10.00

RACE ARENA

At Info Point Parco Fluviale Gesso e Stura, Cuneo (CN)
<https://goo.gl/maps/83S1oLizgfMy4EUu8>

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EMBRAGOED AREA



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PARTNERS

CON IL PATROCINIO DI



COMUNE DI VINADIO



COMUNE DI ENTRACQUE



COMUNE DI VILLANOVA MONDOVI'



COMUNE DI CUNEO

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MERLO www.merlo.com



www.vallestura.cn.it



Noleggio e vendita attrezzatura sportiva
Abbigliamento Outdoor by Rock Experience
Via Angelo Barale 62
12010 Entracque (Cn)
bikehouse.entracque@gmail.com



www.valverbe.it

