



Comune di
Comelico Superiore



Comune di
Auronzo di Cadore



Val Comelico
il Fiore delle Dolomiti



Bulletin 2

3 Cime di Lavaredo, Misurina, Auronzo, Padola & Comelico Superiore



PROGRAM

Saturday 1st August 2020 - PWT Italy training camp

Organized training in Misurina (from 10:00 to 13:00)

Sunday 2nd August 2020 - PWT Italy training camp

Organized training in Padola (from 10:00 to 13:00)

Monday 3rd August 2020 - PWT Italy training camp

Organized training in Misurina (from 10:00 to 13:00)

Tuesday 4th August 2020 - PWT Italy training camp

Organized training in Padola (from 10:00 to 13:00)

Wednesday 5th August - Free day

Free day- possibility to visit 3 Cime di Lavaredo

Thursday 6th August - Prologue 3 Peaks

Prologue in Misurina, 3 Cime di Lavaredo

Race centre at the area opens at 09:00

Open start from 10:00 to 12:00

Friday 7th August 2020 – 3 Peaks Stage1

Long distance race in Misurina, 3 Cime di Lavaredo

Race centre at the area opens at 14:30

First start 16:00

Saturday 8th August 2020 – 3 Peaks Stage 2

Middle distance race in Valgrande, Comelico Superiore

Race centre at the area opens at 09:30

First start 11:00

Sunday 9th August 2020 – 3 Peaks Stage 3

Long distance race in Valgrande, Comelico Superiore

Race centre at the area opens at 09:30

First start 11:00



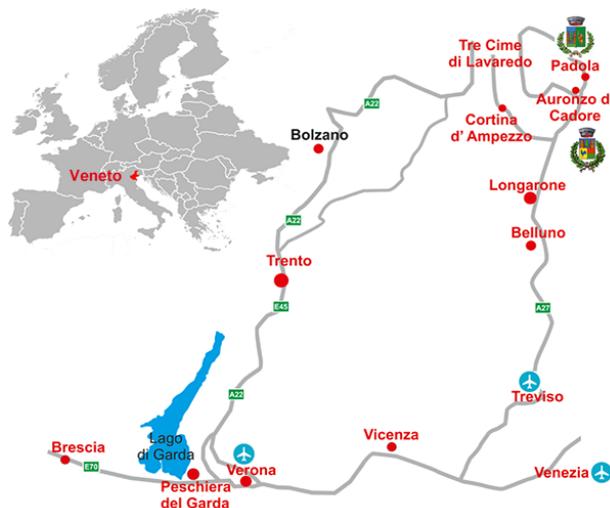
LOCATION

How to reach Padola and Comelico Superiore

-From Venice & Treviso airport there are shuttle busses toward Cortina and local busses to the event centre.

-From Verona airport, by train to Belluno and then with local busses.

-Possible to reserve taxi and shuttle busses from Milan, Venice, Treviso and Verona airports.



RACES

PROLOGUE

Date: 6th August 2020

Location: Lake Misurina

Arena: Lake Misurina North (Camping alla Baita)

address: Via Guide Alpine 32041 Auronzo

GPS: 46.588272, 12.257987

Parking: 50m from the arena, on the north side of the road towards “Rifugio Auronzo”



Start: 50m from the arena. For the prologue, there will be NO START LIST. Start will be open from 10:00 to 12:00. Each runner can start during that time window, respecting the distances and rules for personal safety.

Courses: four courses will be offered with SI-Card station and time keeping.

Black course = Difficult. Longest and most technical course

Red course = Intermediate. Technical course shorter than Black

Yellow course = Medium. Similar to Red course, but less technical

White course = Easy. The least technically physically demanding.

COVID-19 safety!

The whole event will be organized following the COVID-19 safety rules by the Italian Government, the Region of Veneto and FISO (Italian Orienteering Federation). The specific rules and actions to prevent the spread of the virus will be described in detail in the next bulletin.

3 Peaks 2020 – STAGE 1

Date: 7th August 2020

Location: Misurina – Lago Antorno

Arena: Lake Antorno (Chalet Lago Antorno)

address: Località Lago Antorno, 1, 32040 Misurina

GPS: 46.593938, 12.264322

Parking: 50m from the arena, on the west side of the road toward “Rifugio Auronzo”



Start: 150m from the arena. Start procedure will follow the FISO guidelines in term of rules and distances for personal safety. Trail running race will start from the arena at 16:00

Courses: Long distance race, course lengths and classes will be published after mid-July.

COVID-19 safety!

The whole event will be organized following the COVID-19 safety rules by the Italian Government, the Region of Veneto and FISO (Italian Orienteering Federation). The specific rules and actions to prevent the spread of the virus will be described in detail in the next bulletin.

3 Peaks 2020 – STAGE 2

Date: 8th August 2020

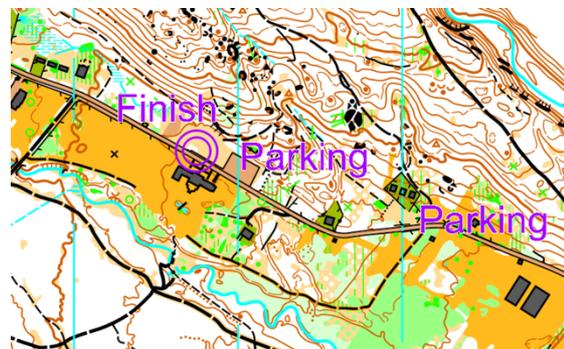
Location: Valgrande – Padola, Comelico Superiore

Arena: Terme di Valgrande

address: Via Valgrande, 32040 Comelico Superiore

GPS: 46.628487, 12.457850

Parking: at the arena, and along the road from Padola-Valgrande.



Start: 500m from the arena. Start procedure will follow the FISO guidelines in term of rules and distances for personal safety. Trail running race will start from the arena at 11:00

Courses: Middle distance race, course lengths and classes will be published after mid-July.

COVID-19 safety!

The whole event will be organized following the COVID-19 safety rules by the Italian Government, the Region of Veneto and FISO (Italian Orienteering Federation). The specific rules and actions to prevent the spread of the virus will be described in detail in the next bulletin.

3 Peaks 2020 – STAGE 3

Date: 8th August 2020

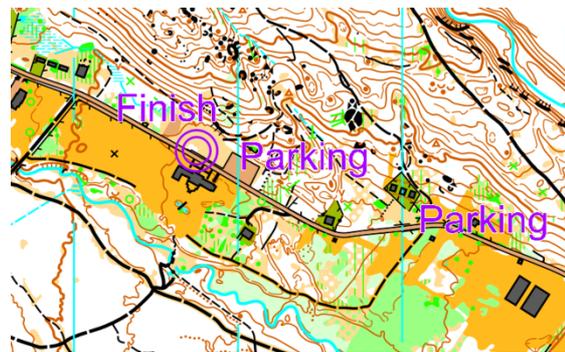
Location: Valgrande – Padola, Comelico Superiore

Arena: Terme di Valgrande

address: Via Valgrande, 32040 Comelico Superiore

GPS: 46.628487, 12.457850

Parking: at the arena, and along the road from Padola-Valgrande.



Start: 1000m from the arena. Start procedure will follow the FISO guidelines in term of rules and distances for personal safety. Trail running race will start from the arena at 11:00.

Courses: Middle distance race, course lengths and classes will be published after mid-July.

COVID-19 safety!

Please read carefully and refer to the Annex1 of this Bulletin for all the info concerning the safety measures which FISO (Italian orienteering federation) have set for the event and that each participant (runner and non) will have to follow in order to ensure the safety for him/herself and the others.

Price giving: Winners of each stage of 3 peaks will receive a price.

REGISTRATION & DEADLINES

3 Peaks Orienteering

55€ – until 31st October 2019

65€ – until 20th June 2020

75€ – until 20th July 2020

3 Peaks Trail Running

30€ – until 31st October 2019

36€ – until 20th June2020

45€ – until 20th July 2020

Entries for classes up to MW-20 entries is reduced to -50% and up to MW-12 is 15€

Open 1 - equals an M14 so slightly longer and more technical than beginner classes

Open 2 - equals an M50 approximately similar length as Open 1 but more technical

Open 3 - equals an M21 longest and most technical one

Entries to the event only though <https://www.orienteering.it/en/iscrizioni/?evid=2650>

Per I tesserati FISO, l'iscrizione viene fatta soltanto tramite il portale FISO dedicato applicando le quote previste

Prologue

10€ – for runners over 18 years old

5€ – for runners under 18 years old



PWT Italy TRAINING CAMP

Organized training camp from 1st to 4th of August with PWT Italy team in Comelico Superiore and Misurina area.

Saturday 1st August 2020 - PWT Italy training camp

Organized training in Misurina (from 10:00 to 13:00)

Sunday 2nd August 2020 - PWT Italy training camp

Organized training in Padola (from 10:00 to 13:00)

Monday 3rd August 2020 - PWT Italy training camp

Organized training in Misurina (from 10:00 to 13:00)

Tuesday 4th August 2020 - PWT Italy training camp

Organized training in Padola (from 10:00 to 13:00)

Courses: orienteering course in the forest with the possibility to shorter the length in several parts.

Start: Open start from 10:00 to 13:00

Controls: orienteering flags will be set in the forest for all the duration of the training.

Maps: set of 4 forest map +1 sprint map will be offered and handed out during the first training

Locations: exact training locations will be published after mid-July

Registration: Registration to the training camp shall be sent to info@orienteering.it no later than the 15th of July 2020.

Fee for camp and the set of 5 training maps is 25€

COVID-19 safety!

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