

Event details

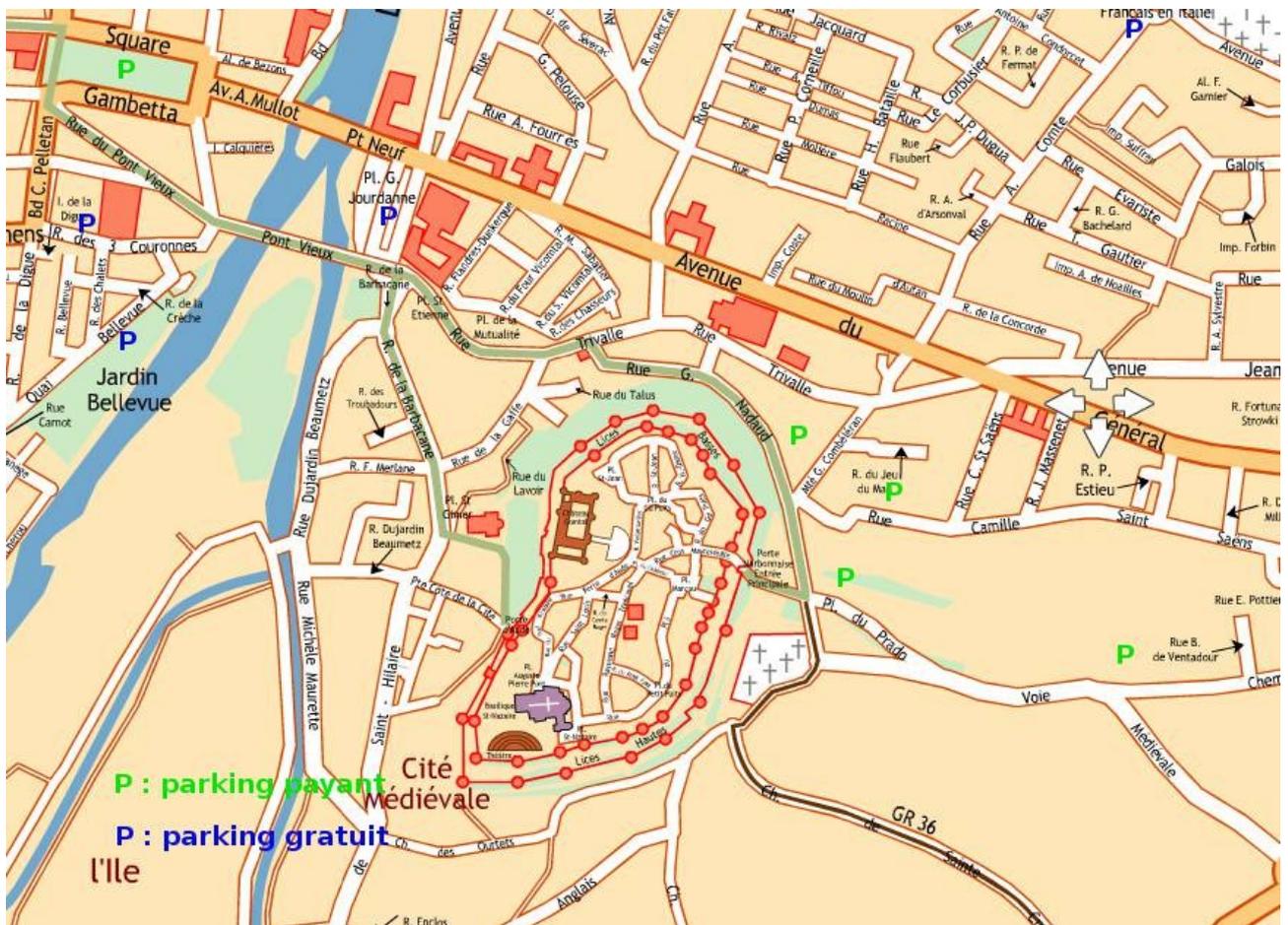
Épreuve 1 cité de Carcassonne

Event 1: Cité de Carcassonne

Location: Cité de Carcassonne, East side (next to the Porte Narbonnaise)

Signposting: in Carcassonne, follow tourist signs for the Cité de Carcassonne

Parking: no specific event parking, use the car parks indicated on the map (pay & display, some free parking further away)



Map : 1:4000, contours 5m, updated 2011

Terrain : urban, many uncrossable walls, some steep open areas

Event and terrain characteristics:

The Cité de Carcassonne is a major tourist site and a listed historic monument, hence a number of constraints:

- shoes with metal studs or spikes are forbidden
- the walls' raised walkways and the upper parts of the towers are out of bounds (risk of falling). No controls are sited on these features.
- take care when you encounter visitors to the site, adapt your speed
- we are not allowed to place tape or other markers in the Cité, so there is no waymarked children's course (or control site premarking)

FFCO/ISSOM sprint rules reminder:

Thick black lines on the map indicate uncrossable walls. It is forbidden to cross them even if this is physically possible. Our access to this area depends on competitor's behaviour within this historic site.

Event information

Relay start times

16:00 kids' relay
 16:03 youth relay
 16:06 women
 16:09 men

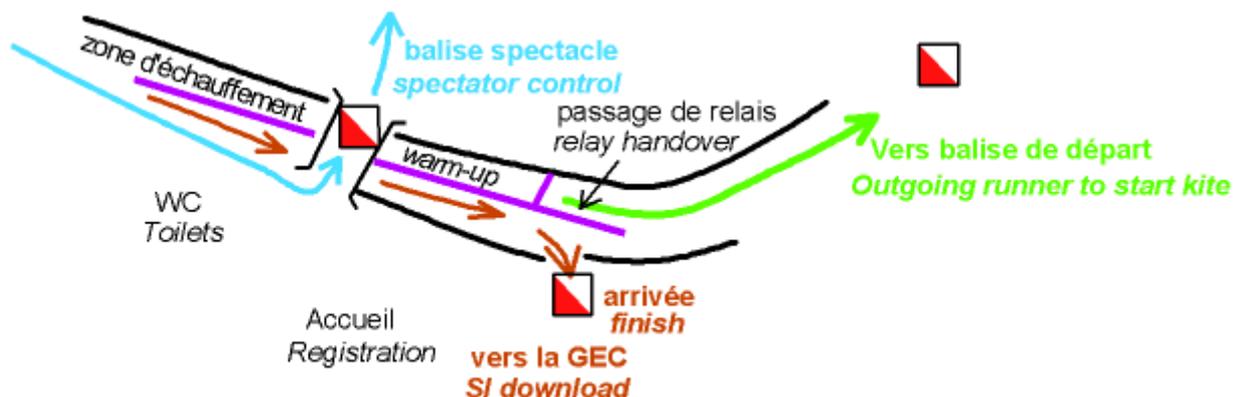
Individual open:

registration – start 2 : 400m

start times pre-allocated, first start 16:10, 1 minute interval

Courses

Relay legs: 20-25 minutes per leg
 Individual: 20-25 minutes



Event details

EVENT 2 : night

Area: Lac de la Cavayère, 15 minutes from Carcassonne (on the east side).

Map: 1:10000, contour interval 5m, updated 2011
courses G & H : map 1:5000, 2.5m, mapped using sprint norms

Terrain: largely semi-open, not much undergrowth, some wooded areas (light or medium green), some steep slopes with deep erosion gullies, areas of interesting contour detail. Technically fairly difficult, especially at night.
The yellow pipeline markers are not shown on the map.
As the terrain is steep in places, the amount of climb is quite high (around 5%)

Starts from 20h to 21h every minute.

Please note that there are two different starts

A to F,

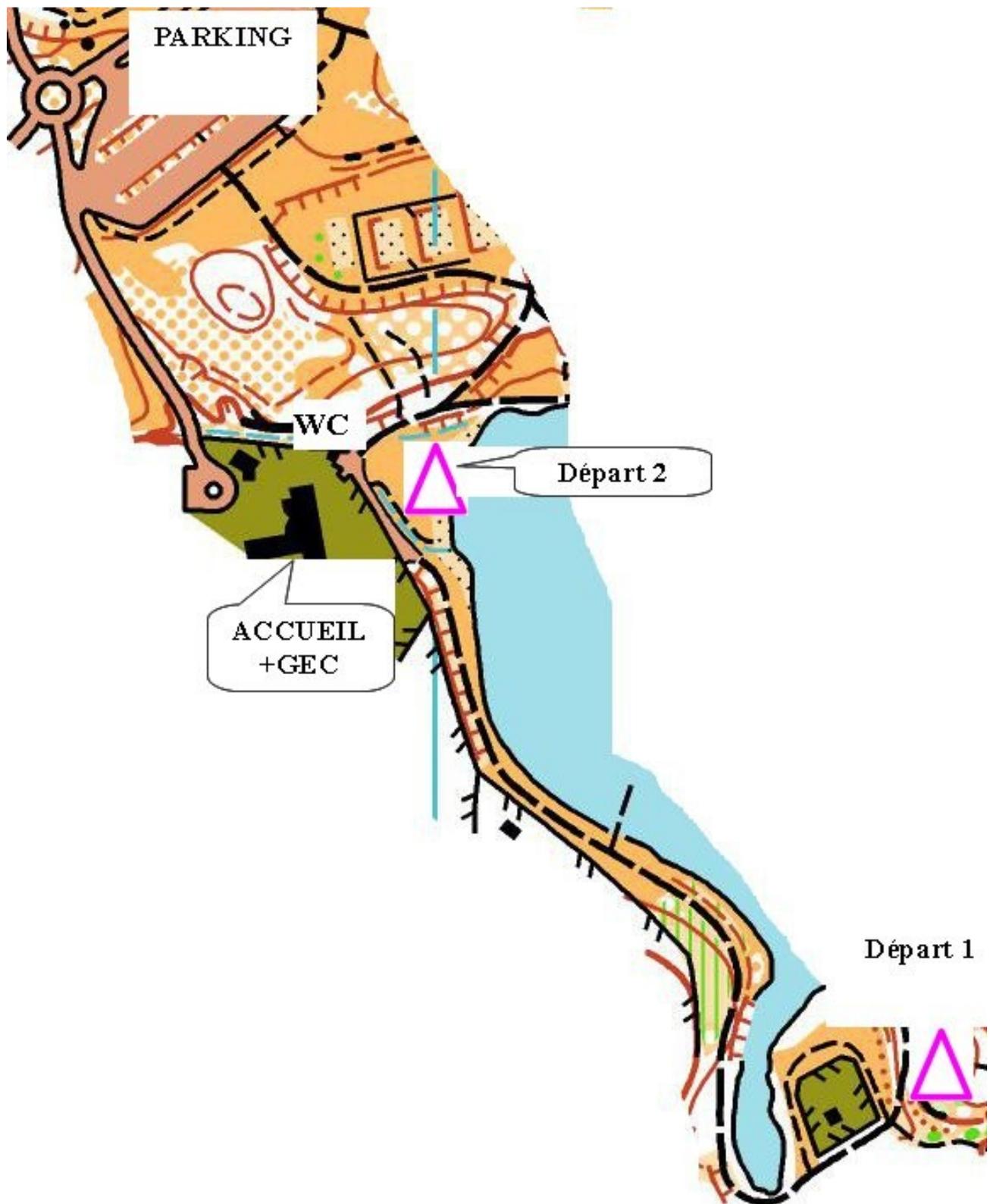
Start 1, 600 metres from registration

Runners pass the finish on their way to the start (100 metres from the start)

G & H

Start 2, 50 metres from registration, finish adjacent

	Distance	Controls	Climb	catégories
A	4400m	18	220	H20, H21, H35
B	3900m	16	200	H18, H40, H45
C	3400m	14	180	H50, D20, D21, D35
D	2600m	11	130	D18, D40, D45, H55
E	2400m	11	130	H 16 H 60+ D50 D55- D60+
F	1800m	9	70	H 14 D 14-16
G	1200m	9	40	H 12 D 12
H	800m	9	20	H 10 D 10



Event 3: long distance

Area: Conilhac-Corbières

Signposting: signs start on arriving at the village of Conilhac-Corbières

Terrain: a steep-sided hill, mostly open or semi-open with some wooded areas, some areas of contour detail, lots of walls, earthbanks and vegetation details. Some very dense areas of undergrowth and forest.

Full leg cover should be worn; gaiters are strongly recommended.

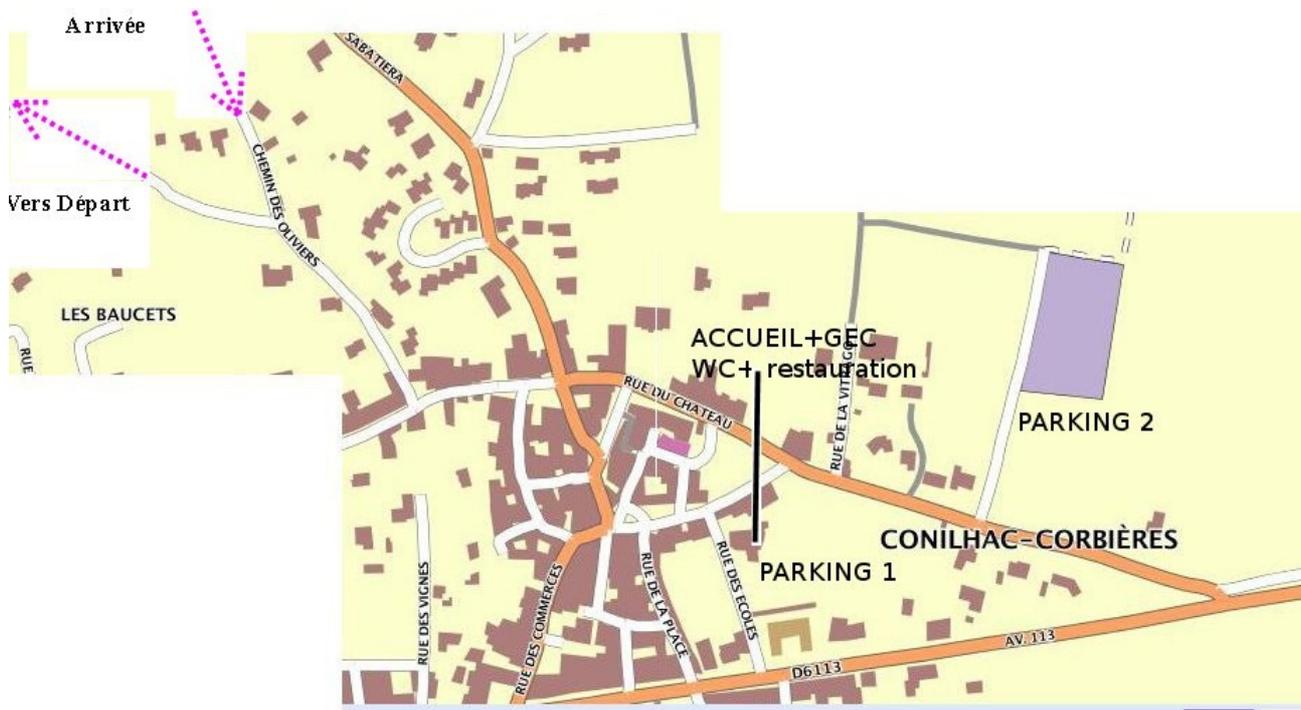
Starts: from 10:00 at 1 minute intervals

Distance from registration to start: 1.4 km 110 m climb

Distance from finish to registration: 900 m

	Distance	Controls	Climb	
A	8700	17	225	H20, H21, H35
B	7700	15	215	H18, H40, H45
C	6500	15	210	H50, D20, D21, D35
D	5500	14	150	D18, D40, D45, H55
E	4800	13	150	H 16 H 60+ D50 D55- D60+
F	3200	11	70	H 14 D 14-16
G	2600	10	20	H 12 D 12
H	2000	8	10	H 10 D 10
I	2100	7	10	

Drinks and snacks on sale.



Prizes

Prizegiving will be held on sunday at 14:30

Relay: first three on each course

Individual:

For H/D18 and over, the first 3 on each course based on combined times from the two individual events (saturday night event + sunday classic).

For H/D16 and under: first 3 on each of the two individual events