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| | Swiss Middle Distance Championships (MOM) Sunday 3 rd May 2020 |
| Organiser | ASTI Ticino |
| Internet | https://www.gare-di.co/en/VM2020 |
| Competition type | Middle distance |
| Maps | Lodano, Aurigeno 1:10'000 / 1:7'500 for H/D 50 March 2020 Temporary map scale authorisation 2020 Guglielmetti Francesco |
| Embargoed areas | https://www.swiss-orienteering.ch/de/wettkaempfe/gelaendesperren.html |
| Competition terrain | <p>Lodano: good runnability in general, but also many stonewalls and some stony areas. In the most northerly part ferns cause slow runnability.</p> <p>Aurigeno: areas with thorns alternate to runnable areas, stony terrain and stonewalls.</p>  |
| Course planners | Gioele Maddalena, Martino Beretta |
| Course controller | Nicola Bomio-Pacciorini |
| Technical delegate | Therese Achermann |
| Competition director | Riccardo Maddalena |

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| Competition centre | <p>Scuola elementare ai Ronchini</p> <p>https://s.geo.admin.ch/86c9bafcaa</p> <div data-bbox="1114 197 1439 593" style="border: 1px solid #ccc; padding: 5px;"> <p>Posizione</p> <p>CH1903+ / LV95 2'698'655.0, 1'121'232.5</p> <p>CH1903 / LV03 698'655.00, 121'233.29</p> <p>WGS 84 (lat/lon) 46.23530, 8.71760</p> <p>46°14'07.085"N 8°43'03.345"E</p> <p>UTM 478'226, 5'120'230 (zone 32T)</p> <p>MGRS 32TMS 78226 20230</p> <p>what3words mancato.navale.cuori</p> <p>Altitudine 308 m</p> <p>Link con mirino</p>  </div> | | | | | | | | | | |
| Parking | <p>At the competition centre, 5.- CHF per car per day.</p> | | | | | | | | | | |
| How to reach us | <p>By public transport: by train to Locarno and then by bus until you reach the stops <i>Moghegno</i> or <i>Ronchini</i>. From these bus stops to the competition centre 300 m walk.</p> <p>It is highly recommended, also for single passengers, to make a reservation on www.sbb.ch/en.</p> <p>By car: through the Gotthard or San Bernardino to Bellinzona, then to Locarno and Vallemaggia. We recommend to plan enough time for the trip as the north-south road axis is typically characterised by heavy traffic.</p> | | | | | | | | | | |
| Classes | <p>Men: HE HAL HAM H35 H40 H45 H50 H55 H60 H20 H18 H16 H10 H12 H14 HB HAK H65 H70 H75 H80</p> <p>Women: DE DAL D35 D40 D45 D50 D20 D18 D16 D10 D12 D14 DB DAK DAM D55 D60 D65 D70 D75</p> <p>+ OK (Open Short)</p> <p>D/H18 and D/H20 have identical courses (elite sport standard)</p> | | | | | | | | | | |
| Registration | <p>Online www.go2ol.ch</p> <p>Open Short class: registration only on the competition day at the competition centre.</p> | | | | | | | | | | |
| Registration deadline | <p>Monday 20th April 2020, 23:59</p> | | | | | | | | | | |
| Late registration | <p>Not possible for competitive classes.</p> | | | | | | | | | | |
| Registration fee | <table border="0"> <tr> <td>2004 and younger</td> <td>CHF 14.-</td> </tr> <tr> <td>2000 - 2003</td> <td>CHF 20.-</td> </tr> <tr> <td>1999 and older</td> <td>CHF 29.-</td> </tr> <tr> <td>Extra maps (Open class)</td> <td>CHF 3.-</td> </tr> <tr> <td>SI-Card rental</td> <td>CHF 2.-</td> </tr> </table> | 2004 and younger | CHF 14.- | 2000 - 2003 | CHF 20.- | 1999 and older | CHF 29.- | Extra maps (Open class) | CHF 3.- | SI-Card rental | CHF 2.- |
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| Instructions, start lists and results | <p>www.swiss-orienteeing.ch</p> <p>https://www.gare-di.co/en/VM2020</p> | | | | | | | | | | |
| Competition centre - starts | <p>To start 1 and start 2 appr. 25 minutes</p> | | | | | | | | | | |
| Start | <p>From 9:30 to appr. 12:30. Start times will be randomly drawn (Swiss championship).</p> | | | | | | | | | | |

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| Food and drinks | Will be sold at the competition centre. Lunch: pasta and barbecue |
| Nursery | Will be available at the competition centre (8:30-14:30). A reservation is not necessary. |
| Accommodation | https://www.gare-di.co/VM2020/Accommodation/accommodation.html Ascona-Locarno Tourism Office info@ascona-locarno.com https://www.ascona-locarno.com/en/contacts |
| Anti-Doping | These competitions are subject to the Swiss Olympic Anti-Doping rules. Anti-doping controls may be performed on runners of any category. With registration, participants accept the rules of Swiss Olympic. In the D/H 18-20 and DE/HE classes only athletes who have signed the agreement on Anti-Doping will be allowed to compete. Information and forms https://www.swiss-orienteeing.ch/files/2017_Antidopingerklärung_e.pdf |
| Prize giving ceremony | Prizes for the first three athletes of each class. Money prizes for the first three in the HE / DE and H20 / D20 classes. |
| Information | Monica Caprari, Tel: +41 (0)79 731 47 08 vm2020@gare-di.co |
| Insurance | Each competitor is responsible for own insurance coverage. The organiser declines any liability. |

Last modified: 24.01.2020