JEC2019

ORIENTEERING JUNIOR EUROPEAN CUP

Ardèche - France September 27 th to 29 th

BULLETIN 4 *Sept, 17th*

One week to wait for European Cup in Ardèche!

ardèche LE DEPARTEMENT

Laurent Ughetto, Président of Ardèche Department

Among its many assets, the Ardèche has two particularly remarkable ones: its youth and its preserved natural environment.

The young people of Ardèche have the chance to enjoy an exceptional and fragile playground. It is no coincidence that they are among the most sporty sports in France because nature sports are more developed there than elsewhere and the Orienteering Race has succeeded in establishing itself as one of these major disciplines in the same way as canoeing kayaking or climbing before. The "CO", as it is called, delights when it is learned during school time as well as when it is practiced as a club.

From the emergence of this natural activity, which combines reflection and physical commitment, in our territory in the 2000s to the present day, the Department of the Ardèche has always been a major partner in its development by encouraging the creation of cards or by accompanying clubs or the departmental committee in their projects.

By supporting the organisation of this Junior European Cup of Orientation Race, the Ardèche Department demonstrates, once again, all its interest in this discipline whose virtues and values of respect - Rules and environments -, commitment and solidarity are no longer to be demonstrated and in full conformity with those I defend.

The organisation of sporting events makes it possible to animate the territories. It is an important asset that contributes to the definition and development of the social bond. The reception of this great event is totally in line with this approach. It is also an opportunity to introduce our department and give it an international visibility of its historical, cultural and natural heritage.

Beyond this sporting event, I am pleased and proud that the Ardèche welcomes these hundreds of young athletes representing more than twenty European nations. I welcome them to the Ardèche; may they amaze us as much by their performances as they will be, I hope, by the territories they will discover. I would also like to salute the various partners, the organizers and all those who have been working for many months to ensure the success of this beautiful and friendly sporting event.

Organising Commitee

Website : http://jec2019.fr
Event Director: Thomas Pardoen, evenements@cdco07.fr
Teams relation and registration: evenements@cdco07.fr
IOF Advisor : Alain Antoine, alain.antoine@no-log.org Tel : 0607397284
Technical director: Olivier Coupat.
Infrastructure : Christophe Néel
National Advisor for spectator races : Hervé Bodelet

Event Center

Host village of JEC 2019: Vogüé, France
Event Center of JEC 2019: Domaine Lou Capitelle https://www.loucapitelle.com
470 Rue du Pigeonnier 07200 VOGUE *GPS : 44.547699, 4.414044*

Programme JEC 2019

Official JEC 2019 Event			
Wednesday 25.9.19	*9:00-18:00*	*Model Event Sprint and Forest*	*Vogué, Lanas, Vesseaux, Lachapelle sous Aubenas*
	18:00-20:00	*JEC Team hosting*	*Domaine Lou Capitelle - Vogué*
Thursday 26.9.19	*9:00-18:00*	*Model Event Sprint and Forest*	*Vogué, Lanas, Vesseaux, Lachapelle sous Aubenas*
	13:00-18:30	*JEC Team hosting*	*Domaine Lou Capitelle - Vogué*
	18:30-19:30	*Team leader meeting*	
Friday 27.9.19 SPRINT	*8:00-12:00*	*Model Event Sprint and Forest*	*Vogué, Lanas, Vesseaux, Lachapelle sous Aubenas*
	12:30-13:30	*Entry into quarantine zone*	*Ruoms*
	13:30	*1st start **JEC SPRINT***	
	17:00	*Prize giving ceremony **SPRINT***	
	18:30-19:30	*Team leader meeting*	*Domaine Lou Capitelle - Vogué*
Saturday 28.9.19 LONG DISTANCE	*10:00*	*1st start **JEC LD***	*La Croix de Bauzon*
	15:00	*Prize giving ceremony **LD***	
	18:30-19:30	*Team leader meeting*	*Domaine Lou Capitelle - Vogué*
Sunday 29.9.19 RELAY	*09:30*	*Start **Relais JEC - D18/20***	*Vesseaux*
	09:45	*Start **Relais JEC - H18/21***	
	13:00	*Prize giving ceremony **RELAY***	

Detailed entries

COUNTRY	W18	W20	M18	M20	STAFF		Total	Accomodation	
					Women	Men		Lou capitelle	Cros d'auzon
Norway	6	6	6	6		3	27	X	
Great Britain	5	3	4	2	1	2	17	X	
Finland	4	4	4	4		3	19	X	
Sweden	6	6	6	6	1	2	27	X	
Russia	4	3	4	2	1	3	17	X	
France	6	2	6	6		3	23	X	
Belgium	4	3	5	1		3	16	X	
Austria	3	3	2	4		2	14	X	
Danemark	3	6	6	6		4	25	X	
Estonia	4	2	5	1	1	1	14	X	
Slovakia		1					1	X	
Czech republic	5	3	5	3		2	18		X
Portugal	2	1	4			1	8		X
Italy	2	1	2	2	1	1	9		X
Switzerland	4	6	4	6	1	3	24		X
Slovenia	1		1	1		1	4		X
Germany	6	5	6	6		5	28		X
Spain	4	3	6	3		2	18		X
Hungary	1	2	1	2		2	8		X
Moldavia				1			1		X
USA				1			1		X
Latvia	1					1	2		X
Total	71	60	77	63	6	44	321		

Accomodation and catering

Domaine Lou Capitelle
470 Rue du Pigeonnier
07200 VOGUE

https://www.loucapitelle.com

Domaine du Cros d'Auzon
805 Chemin de l'Auzon
07200 SAINT MAURICE D'ARDECHE

http://www.domaine-cros-auzon.com

LOU CAPITELLE	Breakfast	Taking Picnik	Diner
Wednesday	-		19.30 to 20.00
Thursday	7.30 – 9.00	9.00 – 10.00	19.30 to 20.00
Friday	7.30 – 9.00	9.00 – 10.00	19.30 to 20.00
Saturday	6.00 – 7.30	Till 6.30	19.30 to 20.00
Sunday	6.00 – 7.30	Till 6.30	19.30 to 20.00

CROS D'AUZON	Breakfast	Taking Picnik	Diner
Thursday			19.00 to 20.00
Friday	7.30 – 9.00	9.00 – 10.00	19.00 to 20.00
Saturday	6.00 – 7.30	Till 7.00	19.00 to 20.00
Sunday	6.00 – 7.30	Till 7.00	

Lunch is a cold buffet to go. In order to limit waste, please take containers and cutlery to take away the picnics.

Each accomodation have a pool. Do not forget your swimsuit !

Transport during JEC

Teams use their own transport during the JEC.

Competition Rules

The Competition Rules for IOF Foot Orienteering Events 2019, valid from 1 January 2018 apply.
ISOM 2017 is used for the forest maps and ISSOM 2007 for sprint maps.
Please note that mixed nation teams are admitted in the relay.
Complaints in a written form must be handed over to an organiser in the finish area not later than 15 minutes after the official results have been published (announced by the speaker).
Jury: Alain Antoine (IOF advisor) and two members of foreign teams to be elected by the team leaders in the first team leaders meeting.

Training maps

Maps wil be given at the hosting at the event center according to the number reserved.

Map Name	Map scale	Relavant for	With controls
Lanas	1/4000	Sprint	Yes

Please use the parking - GPS : 44.533979, 4.399981
https://www.google.fr/maps/dir//44.5337952,4.4001829/@44.5344688,4.3992683,404m/data=!3m1!1e3!4m2!4m1!3e0
5' from event center +5' from le Cros d'Auzon

Map Name	Map scale	Relavant for	With controls
Vogué	1/4000	Sprint	Yes

Please use the parking - GPS : 44.551918, 4.413196
https://www.google.fr/maps/dir//44.5517496,4.4130686/@44.5519785,4.4129184,162m/data=!3m1!1e3!4m2!4m1!3e0
1' from event center +5' from le Cros d'Auzon

Map Name	Map scale	Relavant for	With controls
Lachapelle sous Aubenas	1/10000	Relay	Yes

Please use the parking - GPS : 44.563233, 4.364112
https://www.google.fr/maps/dir//44.5631194,4.3640903/@44.5632411,4.3639324,123m/data=!3m1!1e3!4m2!4m1!3e0
9' from event center +5' from le Cros d'Auzon

Map Name	Map scale	Relavant for	With controls
Vesseaux	1/10000	Relay	Yes

Please use the parking - GPS : 44.651690, 4.442718
https://www.google.fr/maps/dir//44.651906,4.4430059/@44.6517959,4.4432846,278m/data=!3m1!1e3!4m2!4m1!3e0
16' from event center +5' from le Cros d'Auzon

There will be controls on the maps but no course, so that each teams will be able to draw their course as they want. Controls 30x30 for forest and blue flames for sprint.

Team Officials Meeting

For each competition, a TOM will be held before competition day. All Team Official Meeting will be held at the Event Centre (18h30) in Lou capitelle°.

If you have questions for meetings, please send them to evenements@cdco07.fr before 16:00 on the respective day, and we will answer them during the meeting.

Competition formats

Sprint : Classes W18, W20, M18 et M20.

Race time: 12-15 minutes
Terrain : sports grounds, urban area with old village, mostly flat. Open grass areas. The old town of Ruoms offers tricky orienteering in narrow streets
Low denivelation
Altitude : 100m above sea level
No old map available

Scale	Equidistance	Date of mapping
1/4000	2,5m	Feb 2019

Class	Lenghts	Climbing	Number of controls
W18	3,10 km	25m	16
W20	3,50 km	30m	18
M18	3,70 km	40m	17
M20	3,80 km	45m	17

Bibs : given at the team leader meeting on Thursday.

Parking quarantine : follow the signs at the entrance of Ruoms
https://www.google.fr/maps/dir/44.4586344,4.3432803//@44.4568245,4.3439962,1476m/data=!3m1!1e3

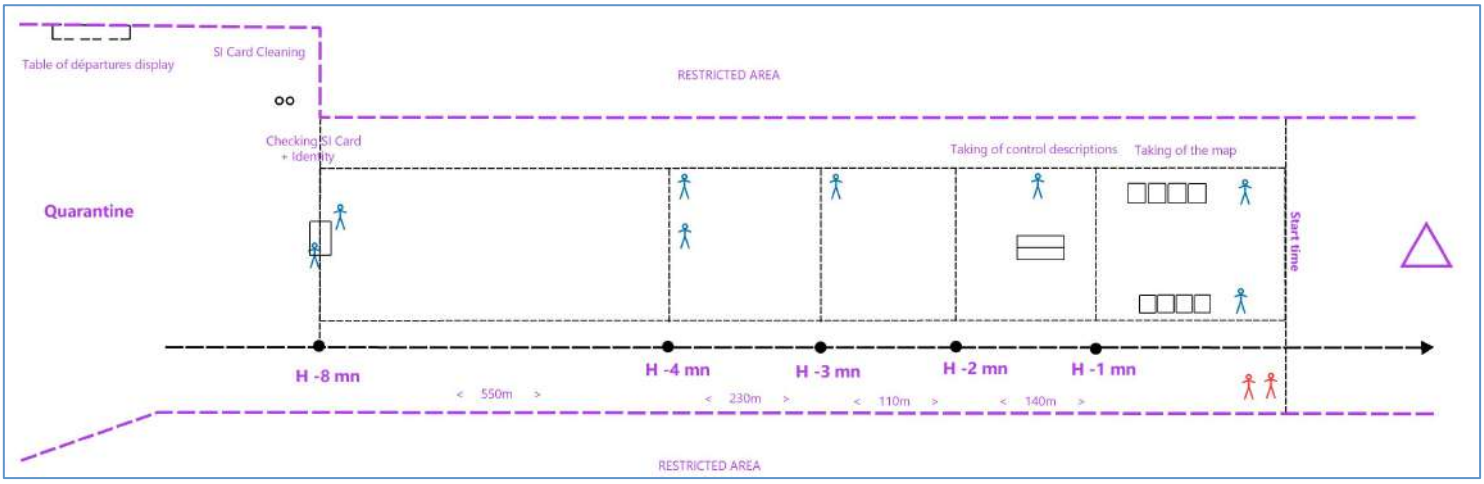
Quarantine: Open at 12.30 and closes at 13.30. Quarantine is outdoor. If the weather is rainy, quanrantine indoor. Toilets are available. No smart phones, tablets etc. are allowed for runners and coaches in quarantine and warm-up area. Please note that shoes are not available indoor. It is forbiden to leave the quarantine after entered.
A map will be given to coaches when they wish to leave the quarantine to go to the parking finish area. It is possible to install tents on the Arena.

Orienteering shoes with dobb spikes are not allowed.

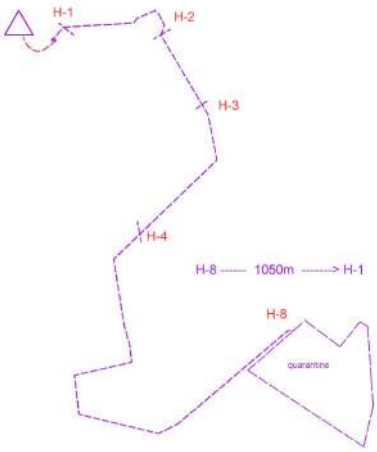
Clothes: Bags will be transferred regularly to the finish area.

Start area: Clear and check your SIAC-Card at the entrance to the start area.

Way to the start: runners will leave the quarantine at H-8.

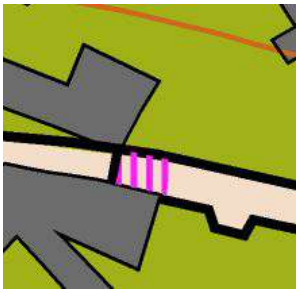


Thank you for following the instructions of the volunteers.



Maps specifications :
There is a change of map for the 4 category. Printing of the two parts of the courses on the same sheet, souble-sided. The first part (front) ends with a post. The second part (back) restarts with a triangle, exactly corresponding to the last post of the first part (no corridor). The extension numbers continue after the map change.
Some artificial barriers are on the terrain. These barriers are uncrossable.

On the map : Symbol 521 + 709



Small stairs along buildings are not on the map

Corridors finish area : Be careful, you pass twice in the finish area, take the left corridor to go to the second loops and the right corridor to get to the finish line.

Finish: Move your SIAC-Card over one of the SI-Air stations who are places on the finish line.

Control descriptions: Are printed on the map an separate control descriptions.

Traffic and pedestrians: Traffic is closed in some streets but not in all, be aware of cars and cycles and respect pedestrians. Ruoms is a very touristic town and there can be a lot of people on the streets Please follow any instructions of organisers. It is competitors' own responsibility to keep an eye on traffic

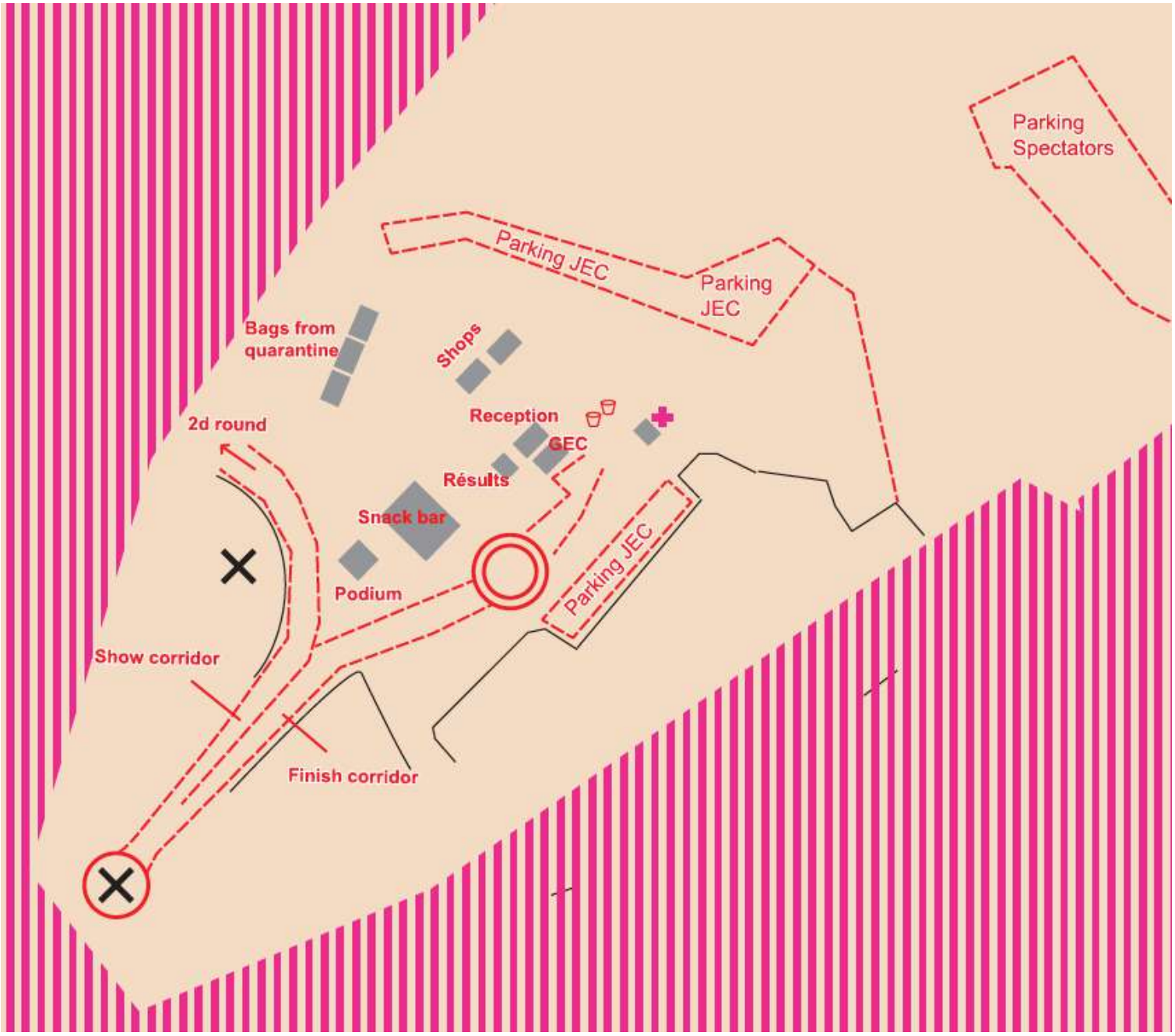
Toilets: No toilets after H-6.

First aid and doctor: Next to start/finish

Prize giving ceremony: 17.00 h in the finish area. Prizes for the six best runners of each classes.

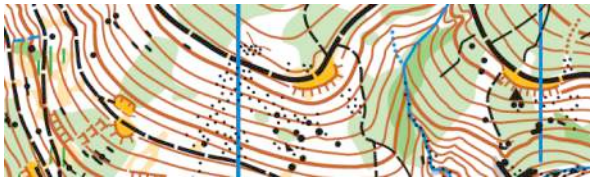
Course planner: Thomas Pardoen

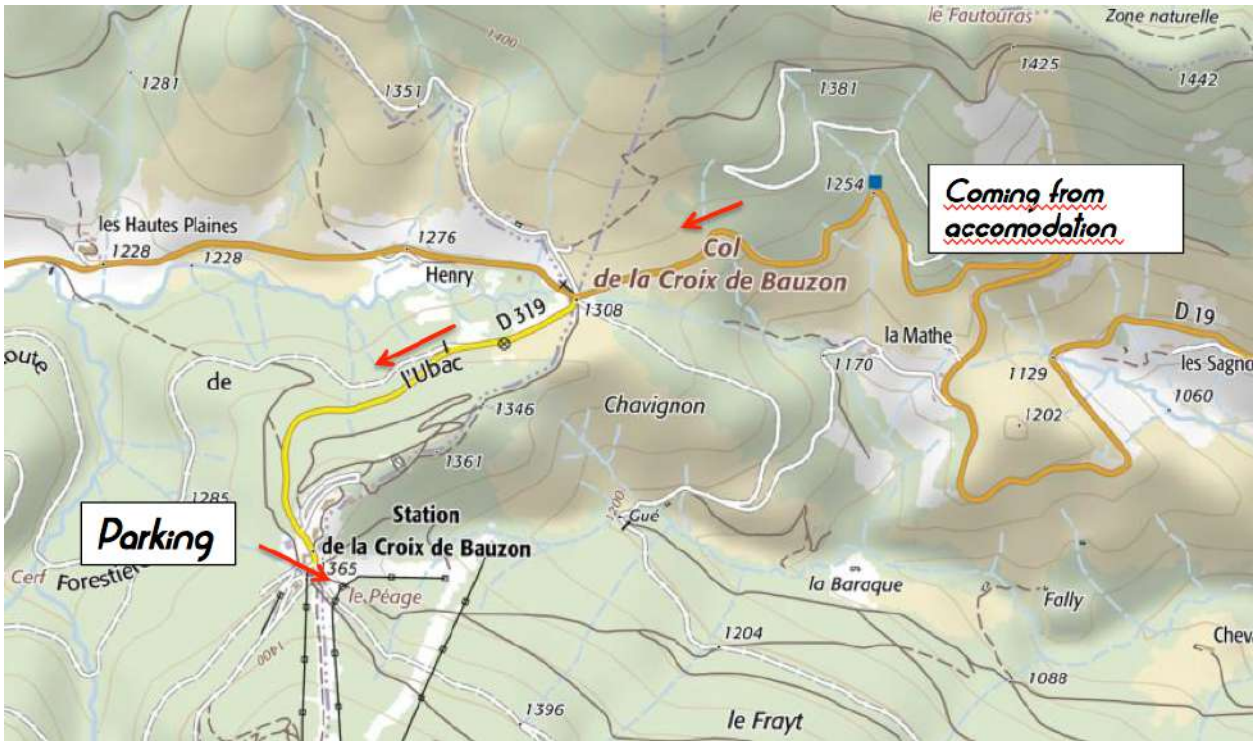
Mapper : Thomas Pardoen
ARENA :



Long Distance : Classes W18, W20, M18 et M20.

Terrain : Forest area, deciduous and coniferous trees, steep side and alpine plateau
Altitude : 1300 to 1500 m above sea level
Old map available on www.jec2019.fr (scale 1/20000)



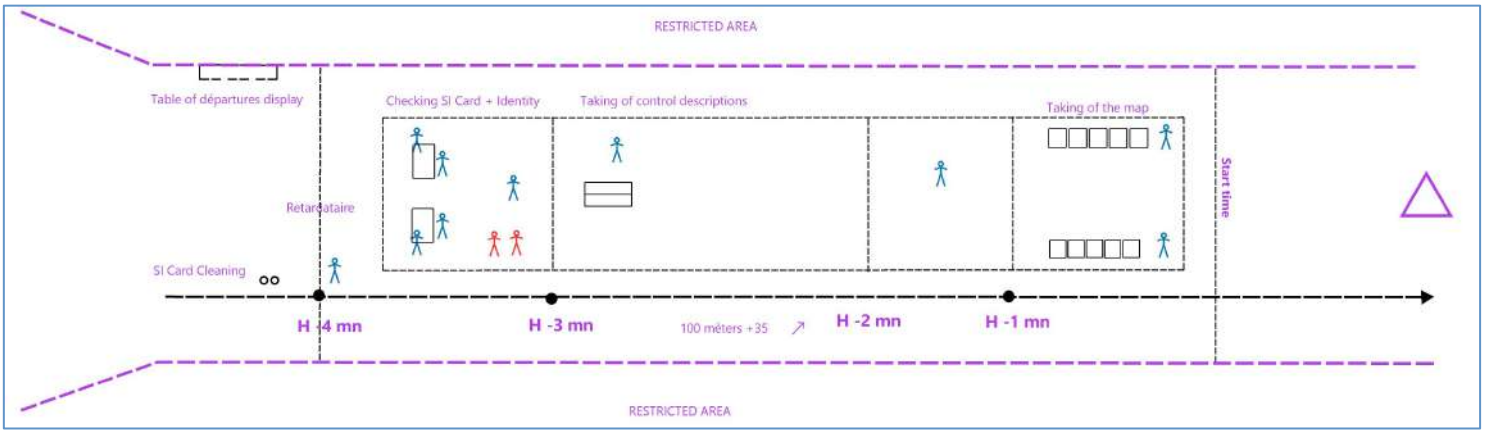


Scale	Equidistance	Date of mapping
1/15000	5m	Sept 2018

Class	Lenghts	Climbing	Number of controls
W18	6,10 km	275 m	12
W20	6,57 km	310 m	12
M18	8,06 km	455 m	11
M20	8,77 km	520 m	12

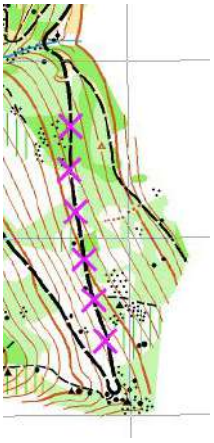
Parking : https://www.google.fr/maps/dir//44.6302424,4.0892227/@44.6285775,4.0889994,822m/data=!3m1!1e3
Bibs : given at the team leader meeting on Thursday.
Quarantine: no quarantine for this race. A tent area is available for teams. Note that tents are not given by the organizers.
Orienteering shoes with dobb spikes are allowed
Punching system : no SI AIR for this race. SI standard will be used.
Distance to start : 1600m and 50m D+
Warm Up : a warm up map is available to go to the start.

Start area: Clear and check your SI-Card at the entrance to the start area.



Thank you for following the instructions of the volunteers.

Maps specifications : Last week around hundred hives were placed on a path that was used by possible routes choices. We have modified the courses to avoid this very dangerous way, nevertheless somes controls remain close to this path. This path is of course strictly forbidden and noted like this on the map:



Terrain : During the race, you will cross 2-wire electrified fences. The crossing must be done by passing under. You can also meet herds of cows. It's safe but be careful if you have to cross them.

Control descriptions: Are printed on the map. separate control descriptions.

Finish procedure : Punch the control on the finish line.

Refreshments : for all races you have a refreshement (water supply only) around 50%, noted on the map with IOF symbol N° 713.

Fairness: thank you to stay fair play and not to give informations about the race. The firsts athletes will arrived before the last competitor's starts.

Traffic: no cross road during the race.

Toilets: There are toilets in the Arena

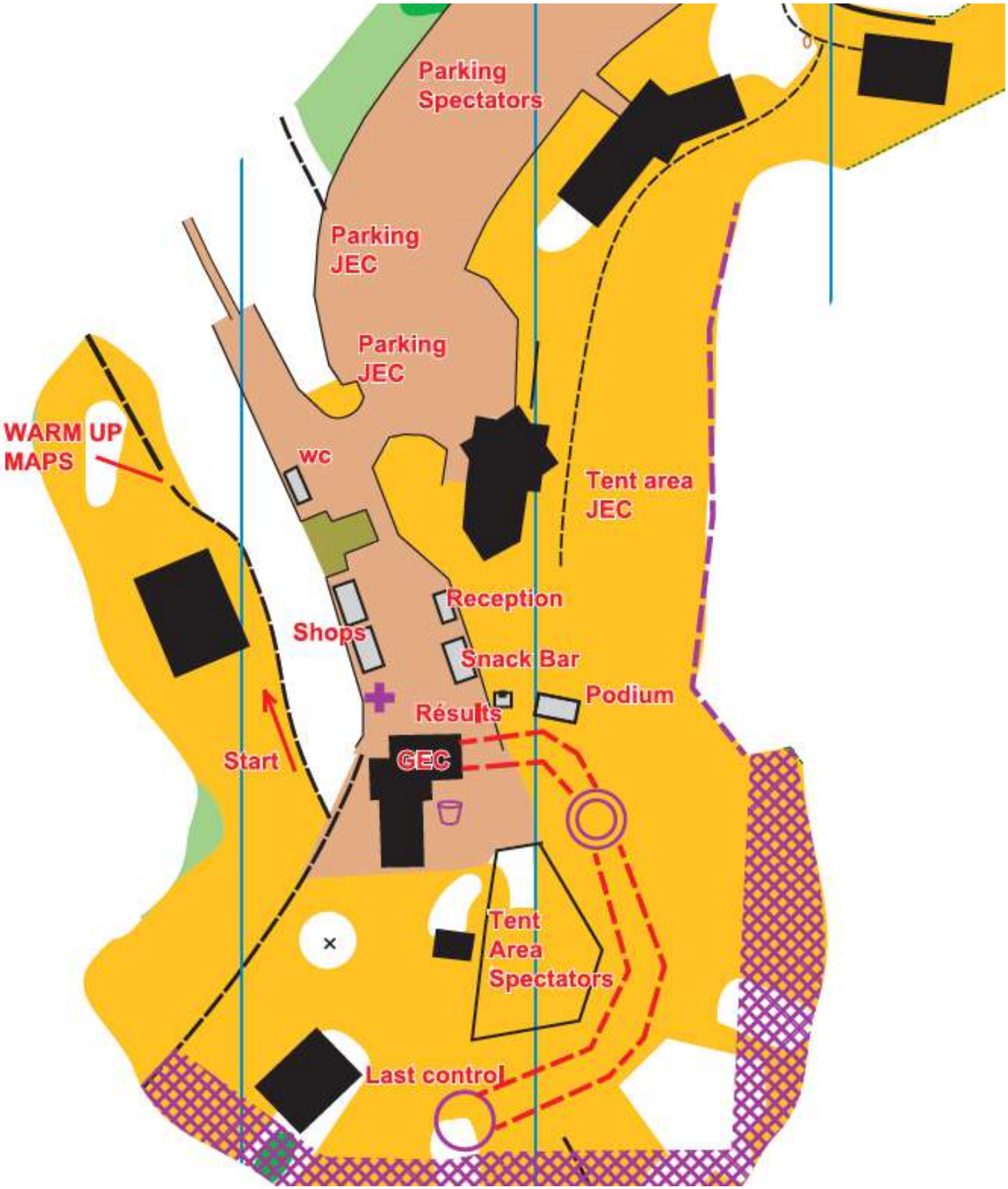
First aid and doctor: Next to start/finish

Prize giving ceremony: 15.00 h in the finish area. Prizes for the six best runners of each classes.

Course planner: Benoit Peyvel

Mapper : Adam Kromy

ARENA :


Parking
Spectators
Parking
JEC
Parking
JEC
WARM UP
MAPS
wc
Tent area
JEC
Reception
Shops
Snack Bar
Podium
Résults
Start
GEC
Tent
Area
Spectators
Last control

Relay : Two classes : W18/20 et M18/20

Terrain : Pine Forest and Ravins

Altitude : 400m above sea level

No old map available

Parking : follow the signs at the entrance of Vesseaux.

https://www.google.fr/maps/dir//44.6487677,4.4400557/@44.6484603,4.4359458,1284m/data=!3m1!1e3!4m2!4m1!3e0

Scale	Equidistance	Date of mapping
1/10000	5m	Sept 2018

Class	Lenghts	Climbing	Number of controls
W18/20			
Leg 1 and 2	3,6 km	195 m	15
Leg 3	4,5 km	235 m	19
M18/20			
Leg 1 and 2	4,3 km	235 m	17
Leg 3	4,9 km	280 m	18

Final Teams : final teams composition per nations have to be given to the organizers no later than 2 pm on Saturday 28/09.

Quarantine: no quarantine for this race. A tent area is available for teams. Note that tents are not given by the organizers.

Orienteering shoes with dobb spikes are allowed

Punching system : no SI AIR for this race. SI standard will be used.

Distance to start : start and finish are on the Arena

Warm Up : no warm up map

Start area: Clear and check your SI-Card at the entrance to the waiting Area.
thank you for following the instructions of the volunteers.

Start : Directly after taking a map you have to descend a steep slope, followed by a narrow and uneven path: be careful especially during mass departures.

Relay pass procedure The first departure is a ground card.
Then, the arriving runner goes down the finishing corridor, gives his card to the starting runner and finishes his race until the finish line.
The starting runner goes to pick up his card on the wall maps, by the way throws the card of his teammate's map in the containers in place.

Finish procedure: for the last leg runner, the final ranking is taken on the finish line with the presence of a judge to decide the ranking in case of tight finish. The runners must punch a control five meters after the line but the punching does not rank.

Course : All circuits have an imposed passage before the second loop, about 5' before the last control.

Terrain : The terrain has many passages with aggressive vegetation, runners must cover their legs.

Mapping : The cliffs are in most cases natural cliffs, only is some exceptional cases, the cliff symbol is used for significant man-made wall. There are many walls in the forest which are not mapped, since there is plenty of them and the map will not be legible.
The big single trees are mapped with white dot (symbol 405.1 or 405.3 forest of minimal dimensions).

Prominent large tree symbol 417.0
usually represents pines:

Prominent bush tree symbol 418.0
usually represents junipers:

Deviation from ISOM 2017:
Several old vineyards overgrown with vegetation have penetrability very uncertain, good in the direction of the ranks, bad in the other directions. The presence of many wires can make these vineyards dangerous.
These areas are represented in Green 3, symbol 410.0

Control descriptions: Are printed on the map. No separate control descriptions. No code number next to the control number on the map

Traffic: no cross road during the race.

Toilets: There are toilets in the Arena

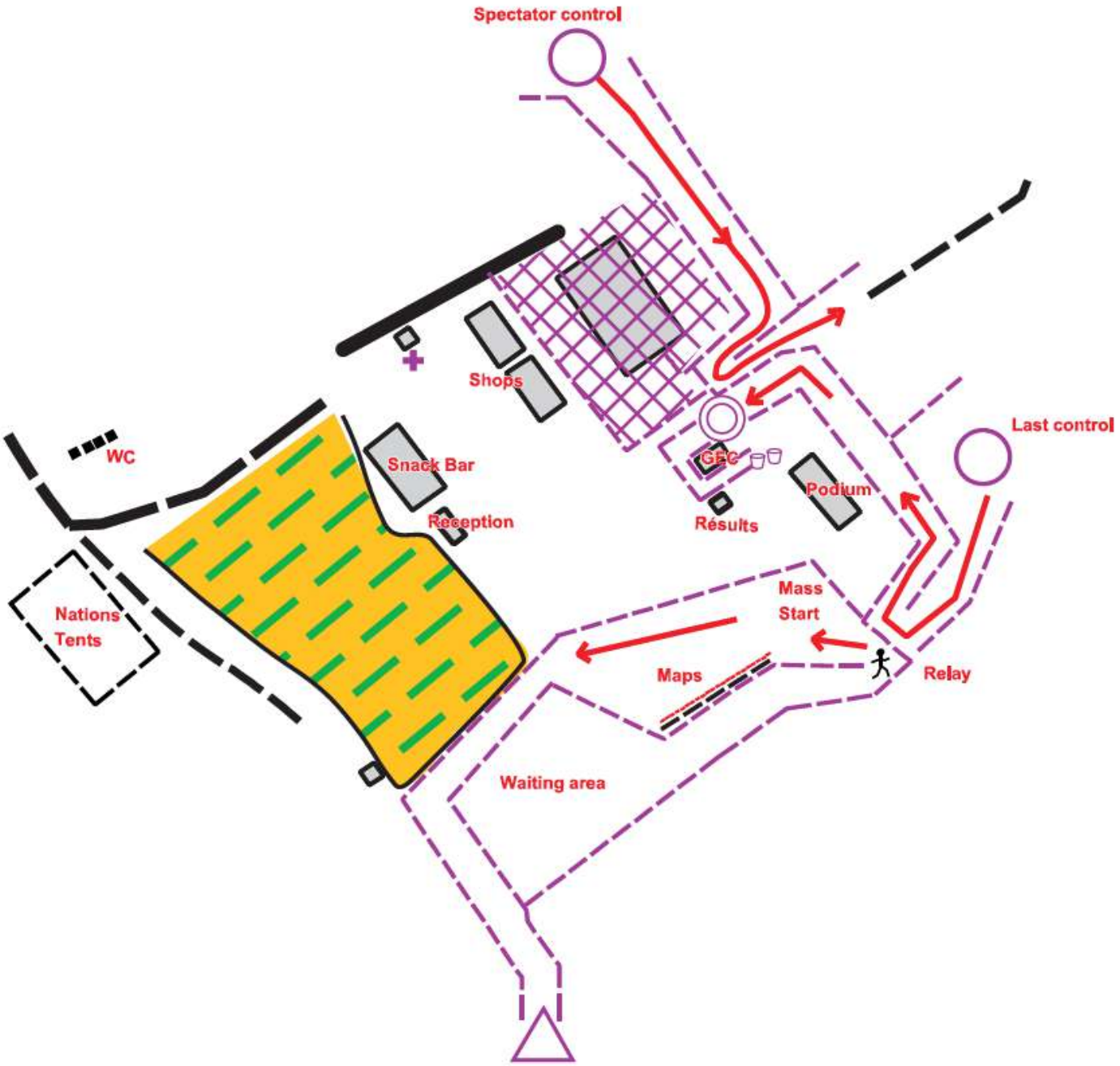
First aid and doctor: Next to start/finish

Prize giving ceremony: 13.00 h in the finish area. Prizes for the six best relay of each classes.

Course planner: Bruno Mercier

Mapper : Adam Kromy

ARENA :


Spectator control
Shops
WC
Snack Bar
Reception
GEC
Résults
Podium
Last control
Nations
Tents
Mass
Start
Maps
Relay
Waiting area

Fairness

1. It is not allowed (and not fair) to gain any unofficial information about the race, especially about courses, maps, location of pre-start etc.
2. For the Sprint, competitors are not allowed to visit the arena before their respective competitions. It is also not allowed (and not fair) to gain any unofficial information about the arenas from other persons. (specially during the corridor for the second loop) from other persons (coachs, athletes, family ….)
3. When staying in the quarantine, mobile phones must be completely turned off (random checks possible).
4. In quarantine it is strictly forbidden to bring any electronic devices (except for watches) to bathrooms or any other private rooms - no matter whether the devices are turned on or not.
5. Competitors are only allowed to use passive GPS devices, i.e. not providing any navigational or mapping function for tracking the route.
6. It is not allowed to use any old maps of the competition areas after having left the accommodation on competition day.
7. Violations of these rules should be immediately reported to any official, to preserve fairness.

Awards Ceremony

The prizes will be awarded after each race at the competition venue. We ask each nation to come with a USB key containing the national anthem in order to broadcast it to the winners.
The music will have to be in wave format .wav

A National Team Score will be established based on the results of all three competitions as follows:
Sprint and Long Distance: the two best runners from each nation and each class will be counted. The number of points earned equals the ranking (1st = 1 point, 2nd = 2 points, etc). If a nation has only one or no runner in a class, the non-existent starts will be counted by taking the total number of starters in that class +1.
Relay: The best team for each nation, in each class, will be counted with its ranking multiplied by 6.
Overall score: The National Team with the lowest total after the three competitions wins and becomes Junior European Cup Team Champion 2019. Note: Runners from a non-European country may enter but will not count in the scoring, however they can be daily individual winners.

Climate

South Ardèche (Sprint and Relay) has a Mediterranean climate.
At the time of the event the weather is normally temperate but this year is particular, with high temperatures for the season.
The weather forecast is dry with temperatures of 11°C in the morning and 25°C in the afternoon.
For the Long Distance, the weather won't be the same because of altitude. The weather forcast temperatures of 7°C in the morning and 14°C in the afternoon.

Punching system

Sport-Ident-SI Air (SIAC) will be used only for the Sprint.
SI Standard will be used for Long distance and Relay.

Snack Bar

A refreshment bar will be offered on the 3 days with local food.

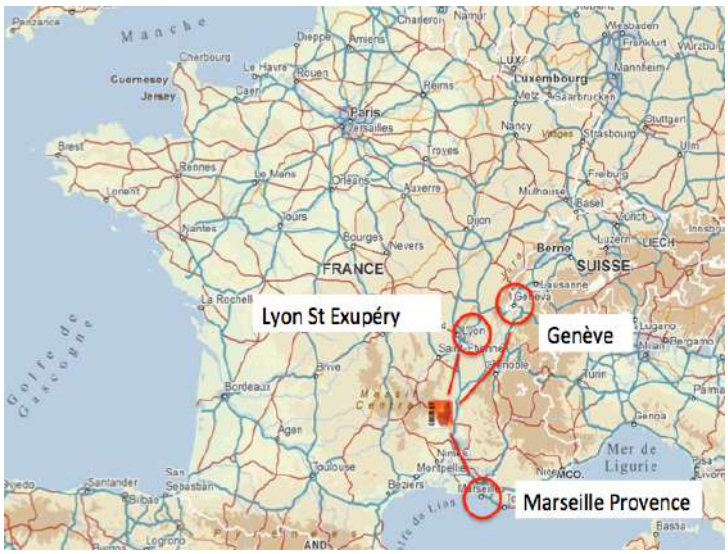
Sausage fries – 5€
French fries only – 3€
Sandwich (ham butter, sausage butter, Ardèche goat cheese) – 3€
Sandwich + French fries – 5€
Pancakes:
Sugar – 2€
Jam: chestnut, strawberry, homemade spreads – 3€
Drinks by the glass: Apple juice, Ice Tea, Oasis, Syrups, Sparkling mineral water - 1€
Beer pressure – 2€

General location and travelling

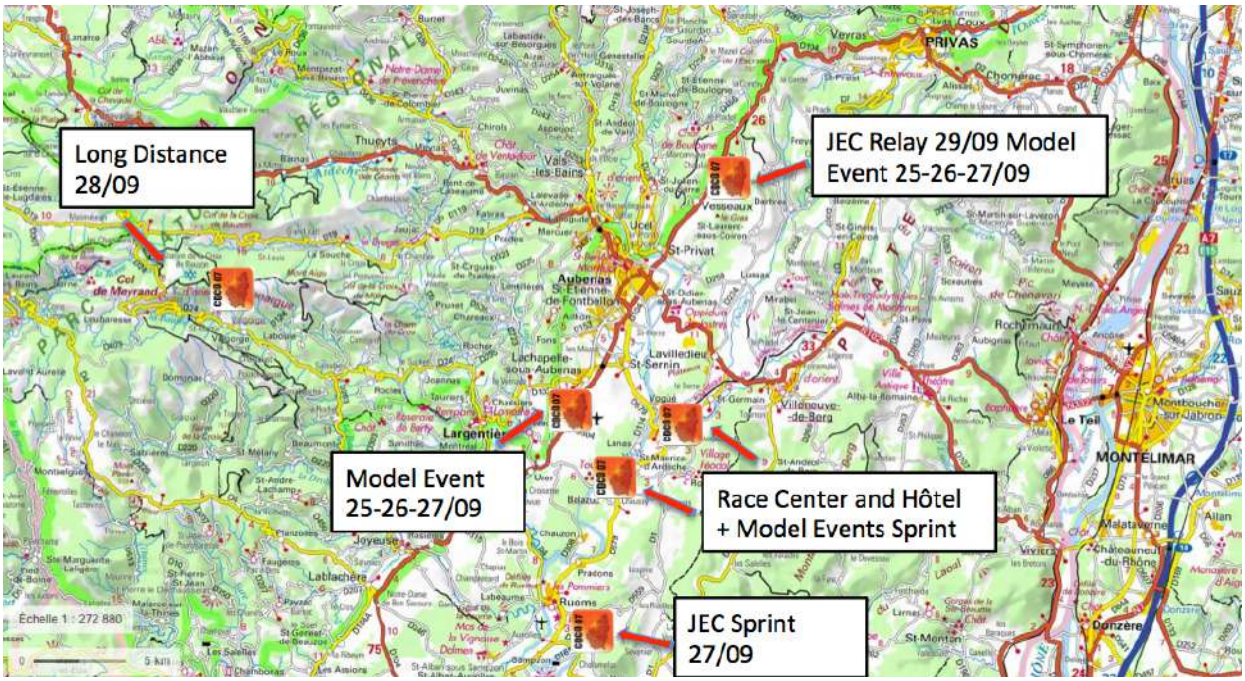
Lyon St Exupéry Airport to Vogüé : 2h10'
Highway A7 – Exit 16 – Loriol (1hour)

Marseille Provence Airport to Vogüé: 2h10
Highway A7 – Exit 18 – Montélimar Sud (45')

Genève Airport to Vogüé : 3h30'
Highway A7 – Exit 16 – Loriol (1h)



Vogüé – Ruoms (Sprint) : 20 minutes
Vogüé –La Croix de Bauzon Ski Resort (LD) : 1 hour
Vogüé – Vesseaux (Relay) : 20 minutes



Partenaires institutionnels

ardèche LE DEPARTEMENT

La Région Auvergne-Rhône-Alpes

MINISTÈRE DE L'ÉDUCATION NATIONALE ET DE LA JEUNESSE

FDVA FONDS POUR LE DÉVELOPPEMENT DE LA VIE ASSOCIATIVE

Office National des Forêts

Mairie de RUOMS

GORGES DE L'ARDÈCHE L'INTERCO

Montagne d'Ardèche Communauté de Communes

ardèche ESPACE MONTAGNE

COMITÉ NATIONAL OLYMPIQUE ET SPORTIF FRANÇAIS CDOS ARDECHE

VESSEAUX

BASSIN D'AUBENAS COMMUNAUTÉ

FFCO Course d'Orientation

COURSE Orientation LIGUE AUVERGNE-RHÔNE-ALPES

Partenaires Officiels

SUD RHÔNE ALPES BANQUE ET ASSURANCE Le bon sens a de l'avenir

Sunêlia ALUNA VACANCES ★★★★★

L'ENTREPÔT DU BRICOLAGE AUBENAS

Bostik smart adhesives

SATP

Melvita cosmétique bio née en Ardèche en 1983

CYCLES AMC7 amc7.com

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Parc naturel régional des Monts d'Ardèche

BASE CANYON de la Besorgues

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Fournisseurs Officiels

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imbert Noisiers du Marron en Ardèche

CREPS Auvergne-Rhône-Alpes — Vallon-Pont-d'Arc

Les Caves Vivaraises

Naldeo INGÉNIERIE & CONSEIL