

05/11/2016 - 06/11/2016

VIU L'ORIENTACIÓ, VIU BARCELONA!!!!

**TROFEU INTERNACIONAL CIUTAT DE  
BARCELONA**

# **BARCELONA 2016 INTERNATIONAL TROPHY**

## **ORIENTEERING RACES**



## WELCOME

Dear orienteers from all over the world,

The Orienteering Club of Catalonia and the City Council welcome you to the 10th International Trophy Barcelona 2016, TICBCN 2016.

We are preparing circuits as well as complementary activities which we hope will be challenging and fun for all participants. This is our wish, which encourages us to make the TICBN into a playful and sportive event. Our aim is to make you, participants, smile. That will prove that we did a good job.

On behalf of the COC welcome, and **let the orienteering celebration begin!**



## PRESENTATION

The International Trophy Ciutat de Barcelona (TICBCN) is a competition that started with the aim of allowing Catalan selection to share an event with other European elite selections. Later, its aim was modified and it was opened to all participants individually. The competition has kept through its nine editions its playful nature. The organizers are working with the idea to achieve that all participants might enjoy the races and the city of Barcelona, which is now a touristic and sportive reference site worldwide.

The Orienteering Club of Catalonia and the City Council welcome you to our city. We hope you to have a good stay and to get the most out of the races that we have prepared.

Now, on its 10th edition, we are preparing an event with two programmed races:

- 05/11/2016 **Middle distance race** at Mundet-Montbau.
- 06/11/2016 **Long distance central area City Race Euro Tour.**

The winner of TIC BCN 2016 will come out of the sum of the timings obtained on the two days races.

Moreover, there will be other **activities** in the competition centre at Institut Jaume Balmes. See the programme and do not miss them!



## HOW TO GET TO BARCELONA



The nearest airport is Barcelona-El Prat where major airline companies operate (15 km). Girona airport is also near Barcelona (80km).

<http://www.aena-aeropuertos.es/csee/Satellite/Aeropuerto-Barcelona/ca/>



The two Railway companies to get to Barcelona are RENFE

<http://www.renfe.com/> and FGC <http://www.fgc.cat/cat/index.asp>.

The following companies operate in the metropolitan area:



TMB <http://www.tmb.cat/ca/home>



FGC <http://www.fgc.cat/cat/index.asp>



Tourist information: <http://turismedebarcelona.com/>

## ACCOMMODATION

Barcelona offers an excellent range of accommodation suitable for any budget.

In TURISME DE BARCELONA website, you will find all options:

<http://turismedebarcelona.com/>



Friday   05/11/2016				
Type	Activity	Place	Day	Time
	Runners check-in	Institut Jaume Balmes	04/11/2016	18:00
	Micro-sprint	Institut Jaume Balmes	04/11/2016	18:00 21:00
Saturday   05/11/2016				
Type	Activity	Place	Day	Time
	Runners check-in	Institut Jaume Balmes	05/11/2016	09:00 12:00
	Guided tour	Institut Jaume Balmes	05/11/2016	10:00 12:00
	Micro-sprint: Ranking	Institut Jaume Balmes	05/11/2016	10:00 12:00
	Runners check-in	Velòdrom d'Horta	05/11/2016	13:30 17:00
	Beginners short course	Velòdrom d'Horta	05/11/2016	14:00 14:30
	Race start	Velòdrom d'Horta	05/11/2016	14:30
	Middle distance race	Mundet – Montbau	05/11/2016	14:30 18:00
	Finishing line closure	Velòdrom d'Horta	05/11/2016	18:00
	Micro-sprint: Ranking	Institut Jaume Balmes	05/11/2016	18:00 19:30
	Micro-sprint: Semifinals and finals	Institut Jaume Balmes	05/11/2016	20:00
	Party	Institut Jaume Balmes	05/11/2016	20:00 23:00
	Guided tour	Institut Jaume Balmes	05/11/2016	20:00 22:00
Sunday   06/11/2016				
Type	Activity	Place	Day	Time
	Bibs handing over	Institut Jaume Balmes	06/11/2016	09:00 13:00
	Beginners short course	Institut Jaume Balmes	06/11/2016	09:45 10:00
	Race start	Institut Jaume Balmes	06/11/2016	10:00
	Long distance Euro City Race	City centre map	06/11/2016	10:00 13:30
	Finishing line closure	Institut Jaume Balmes	06/11/2016	13:30
	Prize Giving	Institut Jaume Balmes	06/11/2016	13:30

## LOCATIONS

CC1 → [Institut Jaume Balmes](#)  
C/ Pau Claris Street, 121, Barcelona 08009

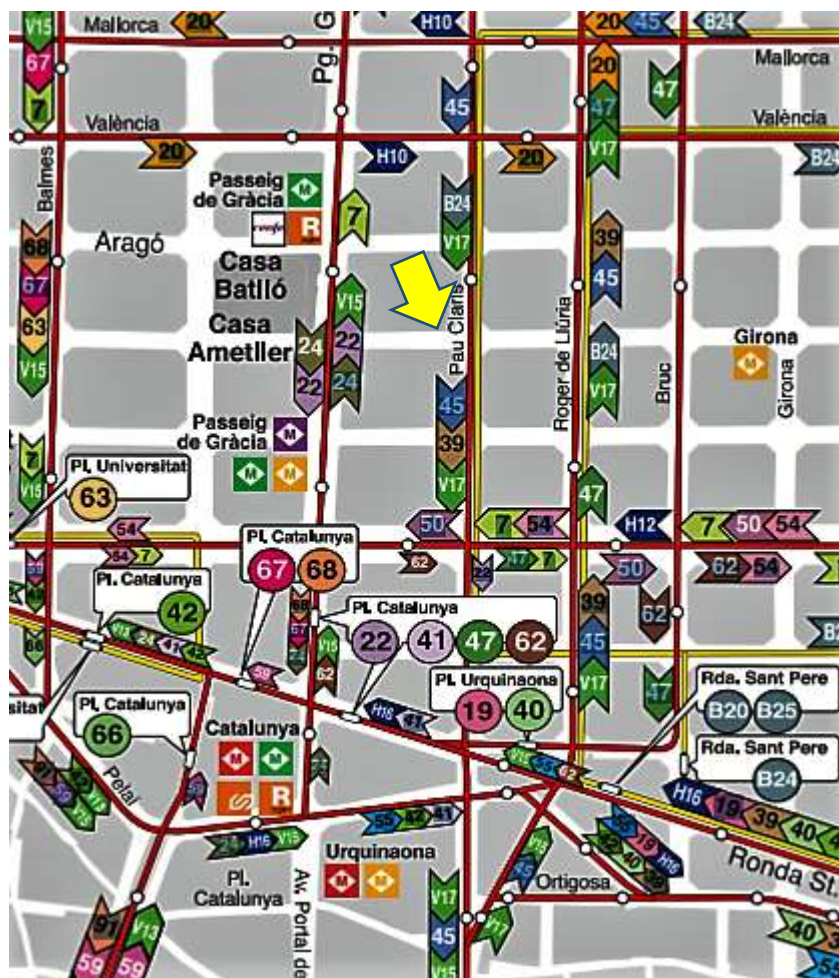
Underground station: Passeig de Gràcia

L2 Paral·lel / Badalona Pompeu Fabra

L3 Zona Universitària / Trinitat Nova

L4 La Pau / Trinitat Nova

Buses: Lines V17, B24, 39, 45 and any other line going downtown



## CC2 → Velòdrom d'Horta

Passeig de la Vall d'Hebron 185 – 201

Underground station: Mundet

**L3** Zona Universitària / Trinitat Nova



Bus:



[Click to open Google Maps](#)  
[Clickar per obrir mapa general a Google Maps](#)



## CATEGORIES

The available categories match with established categories of City Race Euro Tour.



### OFFICIAL CATEGORIES (Count for CRET Ranking)

Category M/W	Age until 31st December 2016
Youth (16-)	Age $\leq$ 16
Junior (20-)	16 < Age $\leq$ 20
Men/Women Elite City Race	21 $\leq$ Age $\leq$ 34
Veteran (35+)	35 $\leq$ Age $\leq$ 49
Supervet (50+)	50 $\leq$ Age $\leq$ 64
Ultravet (65+)	65 $\leq$ Age

### NONOFFICIAL CATEGORIES (Do NOT count for CRET Ranking)

- Open
- Children (M/W 12-)
- Beginners Adults (Long)
- Beginners Children (Short)





## REGISTRATION AND FEES

Due to the special characteristics of the race on Sunday parents of young runners will be able to ask for matching starting times so that they can be with the children both at the beginning and at the end of the race.

Non-federated FCOC	Two races	One race	After deadline >= 17/10/2016 O-on line >= 24/10/2016 FABIAN 4
>16-year-olds	30€	15€	+5€ per race
<=16 year olds	20€	10€	+5€ per race
Beginner adults	20€	10€	
Beginner children	10€	5€	
Federated FCOC	Two races	One race	After deadlione >= 17/10/2016 O-on line >= 24/10/2016 FABIAN 4
>16 year olds	22€	11€	+5€ per race
<=16 year olds	10€	5€	+5€ per race
Beginner adults	12€	6€	
Beginner children	6€	3€	

Temporary License (compulsory for non-federated)	+3€
Daily SportIDENT chip hiring Careful! Deposit needed (*)	<ul style="list-style-type: none"> <li>• SportIDENT SIAC Air+ free for official categories</li> <li>• Free for beginner children</li> <li>• Free for &lt; 16-year-olds</li> </ul>
TIC BCN '16 T-shirt	+10€
Touristic Tour	<ul style="list-style-type: none"> <li>• +15€ (&gt;16years)</li> <li>• free &lt;= 16 year-olds going with an adult</li> </ul>

**(\*)** A 60€ deposit or **an official ID** will be required for registration. Everything will be given back when the SportIDENT is handed in.  
**Loss will be penalized with 60€**

## REGISTRATION

Registration will be through [Orientteeringonline](#) and [FABIAN4](#) online platforms.

Orientteeringonline → **before 17/10/2016**  
 ⇒ FABIAN4 → **before 29/10/2016 FABIAN4**



**before 29/10/2016**



## TIME-KEEPING

All categories, including beginners, will be controlled with the SportIDENt system. Participants may hire a smart card or chip if they wish to do so.

**NEW:** An agreement has been made with SportIDENt so that all runners in official categories may run using a new SportIDENt Air + chip.

Hiring the SportIDENt Air+ will be free, but runners who choose this option will be asked a deposit of 60€ or an official identity card. **Please hand the chip in immediately after downloading your timing after every race. Losing the chip will be penalized with 60€.**

At the Sportident promotion stand, runners will be able to purchase the new SIAC cards for the new AIR + system.

### Further information from AIR +

#### CAUTION:

The new SportIDENt Air+ must be swiped on top of the control base **(not sideways or underneath)** so that passing the checkpoint is correctly registered. Runners must make sure **to hear a beep sound and to check that the SportIDENt card displays a light signal.**

## ARRIVAL

On arrival, the finish line SportIDENt base must be punched and the map handed in, which will be placed in bags with the bib number written at the back and sorted by clubs and countries. Once the competition is finished, the maps will be handed back. Competitors should then address to the finish tent to download the SportIDENt chip in the computer that records the results.

If the chip is hired, it has to be returned. In the event of loss, 60€ will have to be paid. Refreshments will be available for all runners.

## TO KEEP IN MIND

- **Car Traffic:** Traffic will not be cut off. Although traffic is limited in those areas, it is very important to watch every time you cross any street. Please, respect the required neutralized crossings, which will be monitored by the Organization staff and regulated with the SportIDENT system. Pedestrian crossings regulated by traffic lights must be respected too.
- **Attention to pedestrians:** Due to the busy traffic of the city, you have to be very careful with the cars. Always respect pedestrians as well as roadways rules.
- **First aid and ambulance:** An ambulance will be ready in the competition centre on Saturday and at the arrival on Sunday, in order to evacuate anyone if required. In this case, the injured runner will be transferred to the nearest Hospital of the area.
- **Traffic-Works:** We are running within an urban area and, it is possible that works that do not exist at the time of printing the map, may appear at the time of the race. Similarly, the Parks and Gardens city service could change the green zone of the long race if, unexpectedly, they started working on an area.
- **Locker-Space:** COC staff will improvise a place where bags and objects could be placed, but they will not be held responsible for any objects left there.
- **Showers:** in the competition venues there will be the opportunity to take a shower on Saturday as well as on Sunday.
- **WC Cabinets:** toilets will be available in the competition venues on Saturday and Sunday.
- **Refreshment:** apart from public fountains existing along the circuit, a refreshment facility will be provided at the end of each race in the competition venues.
- **Footwear:** Metal studs are not recommended. Versatile/multipurpose footwear is advisable.
- **Children's area:** There will be an area available for children while their parents are running - where they can stay under their parents' responsibility. Some COC staff will supervise the area. Remember that those participants with very young children can ask for a different starting time from their respective partners. These requests will be met if possible.

## COMPLAINTS

Due to the type of race, no circuit will be cancelled in the event of a control misplacement.

Should claims arise due to that reason, the technical jury might decide to cancel the sections defined in the appealed control. Therefore, all runners must consider finishing the race even though they may encounter problems deriving from the accessibility of the public to the controls, or due to organizational errors. Any complaint must be submitted in writing before the prize giving ceremony.

No claims will be accepted should the SportIDENT Air+card be misused.

## RESULTS

Provisional results will be published in the competition centre and on the Internet.

## PRIZES

The first 3 competitors for each official and non-official categories will get a prize.

**The winner in ME and WE categories will be given an Air+ model by SportIDENT.**



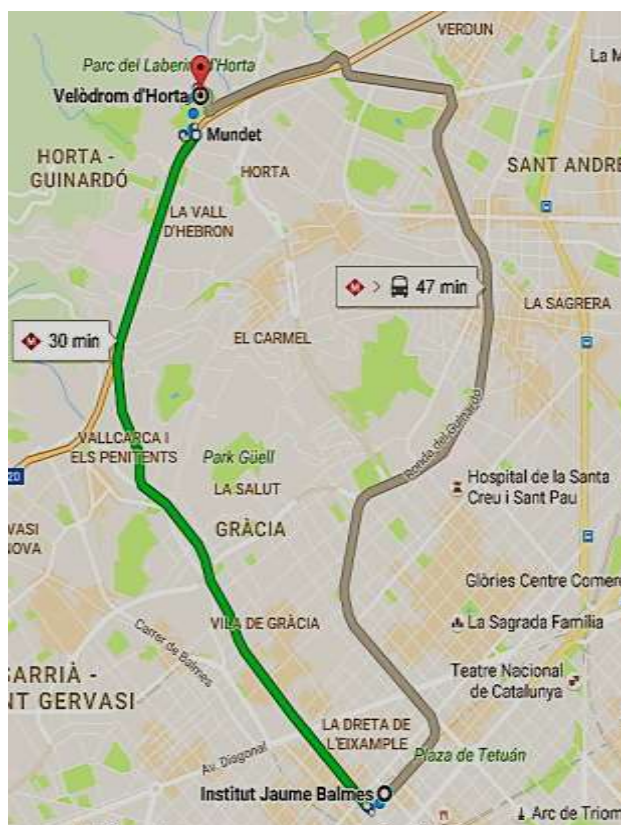
## MIDDLE DISTANCE RACE: MUNDET AND MONTBAU

The middle distance race will take place in the neighbourhoods of Llar Mundet and Montbau. The competition venue will be located at the Velòdrom d'Horta.

Public transport from l'Institut Jaume Balmes (journey:22 minutes):

Underground **L3** for Trinitat Nova

- Get on at "**Passaig de Gràcia**" station (there's a train every 3 min.)
- 8 stops - (journey: 15 minutes)
- Get off at "**Mundet**" station
- Walk to the Velòdrom



## ❖ Technical Information

The starting line is 1200 metres (20 minutes walk) away from the competition venue. The finish line is at the same competition venue (Sportident download, checkrooms, showers)

Maps will not be collected at the end of the race. Runners' fair play is assumed!

Map: "Campus Mundet i Montbau Barcelona"  
Scale: 1:4.000  
Equidistance: 2,5 m.  
Regulations: ISSOM 2007  
Cartographers: Ferran Santoyo i Àngel Pi Boada  
Updated: August 2016  
Routes: Biel Ràfols Perramon

Category	Distance	Controls
M ELITE	4,5	33
W ELITE	3,8	28
M VETERAN	3,8	25
W VETERAN	3,1	23
M SUPERVETERAN	3	25
W SUPERVETERAN	2,5	22
M ULTRAVETERAN	2,7	25
W ULTRAVETERAN	2,3	24
M JUNIOR	2,9	25
W JUNIOR	2,4	17
YOUTH	3,4	24
CHILDREN	1,5	17
M OPEN	3,1	25
W OPEN	2,6	25
BEGINNERS LONG	2,4	22
BEGINNERS SHORT	1,5	13

## ❖ BOOKMARK NOTES

- Although traffic is limited in those areas, it is very important to watch every time you cross any street.
- Some circuits run under Ronda de Dalt. Crossing this road is forbidden. Two available underpasses should be used.
- Controls have been placed in green areas. Pay special attention to avoid damages.
- **Some categories require over 30 control punches. Make sure that your SportIDENT model can accommodate all of them!**



## LONG DISTANCE RACE: CIUTAT VELLA

The long-distance race, valid for the City Race Euro Tour, runs through Ciutat Vella. The competition centre will be based at Jaume Balmes Institute.

Runners will be provided with a map to help them get to the starting point from the competition centre and back from the finish to download the times. The routes will also be marked with coloured ribbons as usual.

Maps will not be collected at the end of the race. Runners' fair play is taken for granted.

### **ATTENTION!**

As we all know, Barcelona is an active, sport-oriented city as proved by the fact that this coming Sunday the TICBCN concurs with the "Carrera de la Mujer".

The way from the competition centre to the start and the arrival at the competition centre run through Gran Via de les Corts Catalanes and Ronda de Sant Pere. Both roads are likely to be crammed with competitors (30 000 registrations), which may make crossing them impossible. If this is the case, taking an alternative route is advisable. This route will add up some distance (and time) to the start or from the finish. **You should take this into account if you start between 10 and 11!!**

All runners will be provided with a small map with both the optimum and alternative routes marked with ribbons of different colours to get to the finish line.



## ❖ TECHNICAL INFORMATION

The distance from the competition centre to the start is 1350 metres (15-20 minutes' walk), and 1000 metres (15 minutes) from the arrival at the competition centre (Sportident download, locker-space, showers).

Map: "Barcelona - Ciutat Vella"  
 Scale: 1:5.000  
 Equidistance: 2,5 m.  
 Rules: ISSOM 2007  
 Cartographer: Àngel Pi Boada  
 Updated: September 2016  
 Itineraries: Àngel Pi Boada

CATEGORY	DISTANCE	CONTROLS
M ELITE	9,2	36
W ELITE	8,1	33
M VETERAN	8	33
W VETERAN	6,9	30
M SUPERVETERAN	6,1	30
W SUPERVETERAN	5,5	28
M ULTRAVETERAN	5,3	25
W ULTRAVETERAN	4,3	22
M JUNIOR	6,3	28
W JUNIOR	5,4	25
YOUTH	4,4	20
CHILDREN	2,4	18
M OPEN	7	30
W OPEN	5,7	26
BEGINNERS LONG	6	25
BEGINNERS SHORT	2,2	16

## ❖ BOOKMARK NOTES

- Traffic will not be cut off. Due to the busy traffic of the city, you have to be very careful with the cars.
- There will be a neutralized crossing in all circuits.
- The longest circuits will run across La Rambla with no neutralized crossing and traffic runs both ways. Be particularly careful and use pedestrian crossings whenever possible.
- Warning: the pavement in some streets might be slippery and wet after the cleaning services. This is particularly important when turning corners!
- We have made some changes to make the itineraries more enjoyable, check out the map!!
- **Some categories require over 30 control punches. Make sure that your SportIDENT model can accommodate all of them!**

## ❖ DRAW

After the prizegiving, a draw of 2 Air+ models – offered by SportIDENT – will take place.



## MICRO-SPRINT RACE

The race will be based at Institut Jaume Balmes competition centre, and it will be held during the TICBCN two-day competitions.

This is intended as a purely playful, voluntary, cost-free activity, aimed to fill in the participants' downtime. No previous registration is required; runners can register at the Micro-Sprint area.

The format will be that of a Micro-Sprint Championship, with classification, semi-finals and final.

### ❖ CLASSIFICATION

Start times:

Friday 4                      between 18:00 and 21:00

Saturday 5                    between 10:00 and 12:00 and between 18:00 and 19:30

### ❖ SEMIFINALS

Saturday 5                    at 20:00

The best 8 male times and the best 8 female times will classify. The names of the semi-finalists will be published at the competition centre.

Semi-finalists will be eliminated by direct competition in pairs (1<sup>st</sup> time against 8<sup>th</sup> time, 2<sup>nd</sup> time against 7<sup>th</sup> time, etc.)

### ❖ FINAL

Saturday 5                    After the semi-finals

The two leading men and the two leading women over the semi-finals

Micro-Sprint Design: Pau Llorens, from COB club. Thanks, Pau!



## COLLABORATIONS



vandemoortele

The Original\*



## OFERTES ESPECIALS DELS NOSTRES COL·LABORADORS



15% DTE.en CALÇAT, TEXTIL I MOTXILLES (sobre PVP i no acumulable a d'altres ofertes o promocions)

El Corte Inglés



### For non-resident foreign tourists:

- WELCOME GIFT: Invitation to a glass of wine and a delicious "tapa"
- 10% REWARD: Accumulate 10% of the value of your shopping
- TAX REFUND

