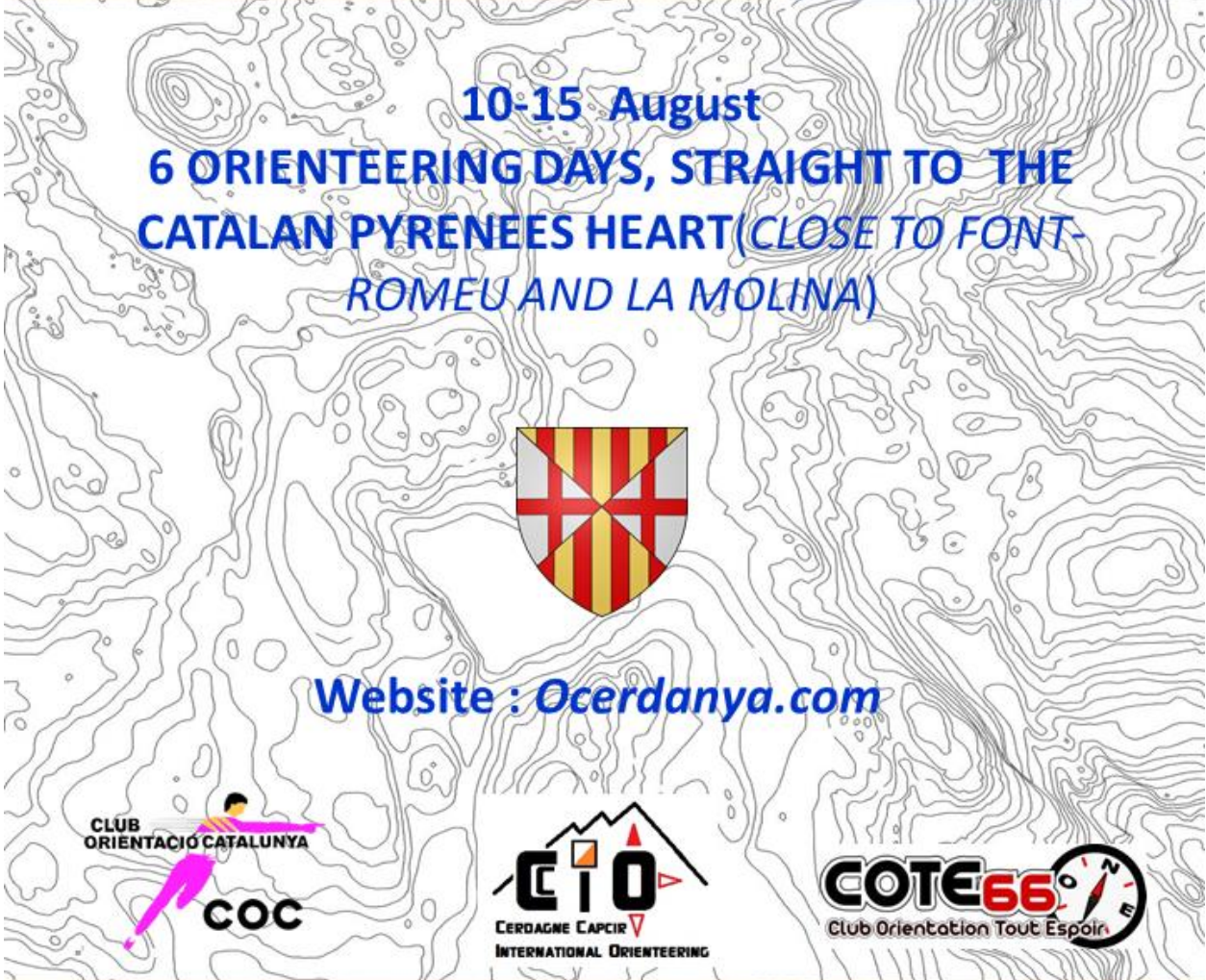




# O'CERDANYA 2017



10-15 August

6 ORIENTEERING DAYS, STRAIGHT TO THE  
CATALAN PYRENEES HEART (CLOSE TO FONT-  
ROMEU AND LA MOLINA)



Website : [Ocerdanya.com](http://Ocerdanya.com)

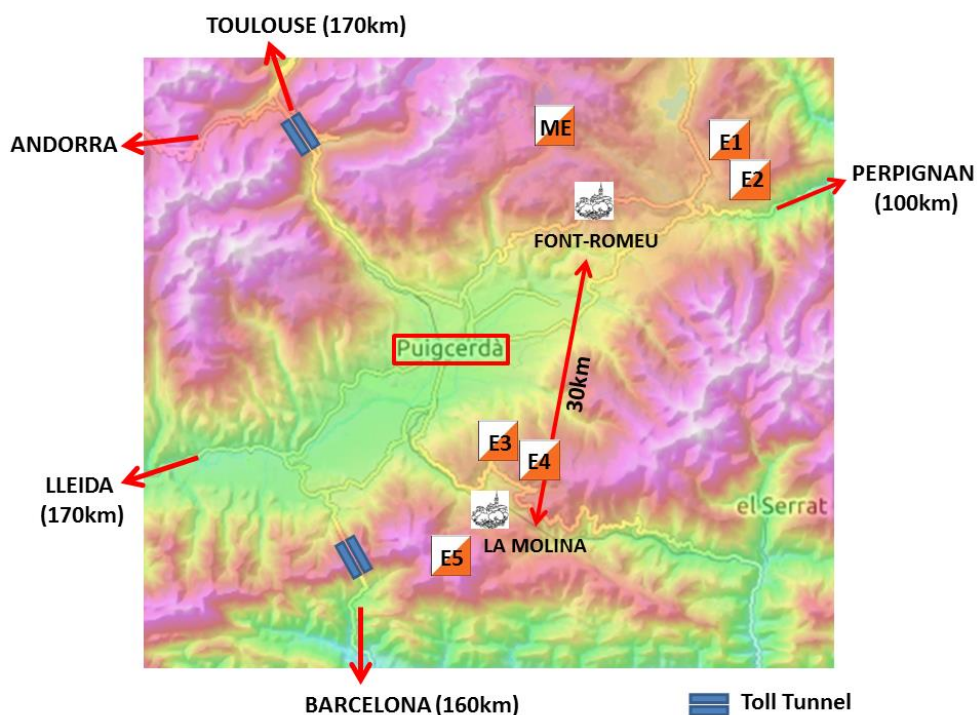


# SCHEDULE

- 10/08/17**      **Reception at Font-Romeu, from 9h to 19h**  
**Model Event: Lac des Bouillouses, from 9h to 19h**
- 11/08/17**      **Stage 1: Long Distance at La Llagonne, 9h**
- 12/08/17**      **Stage 2: Medium Distance at Sauto, 9h**
- 13/08/17**      **Stage 3: Medium Distance at Fontanals, 9h**
- 14/08/17**      **Stage 4: Long Distance at Fontanals, 9h**
- 15/08/17**      **Stage 5: Medium Distance at La Molina, 9h**

**The 2 initial stages compute for the French Championship and the O'Pyrene league.**

# LOCATION MAP



## **MODEL EVENT**



**In the marvelous area of Les Bouillouses, a land that has all the features of the O'Cerdanya stages (summer pastures, forests, rocky areas) to take a dip!**

## **STAGE 1**



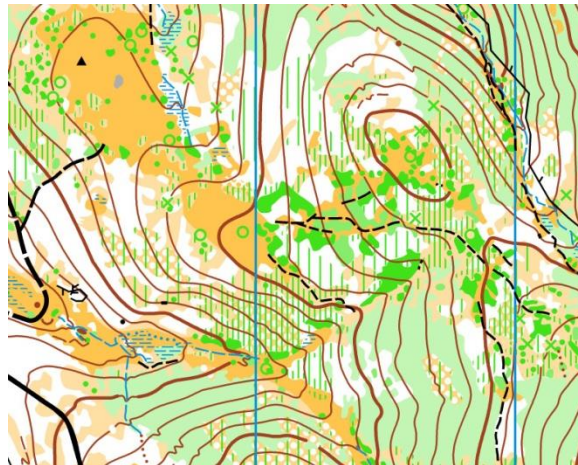
**Hilly terrain dominated by the forest.  
Some rocky areas.**

## **STAGE 2**



**Hilly terrain, half open (summer pastures and small forests), half pine forest.  
Some rocky areas.**

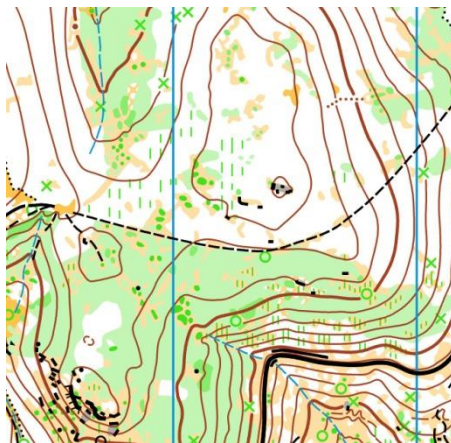
## **STAGE 3**



**Forest land terrain, mainly, with some steep slopes and  
vegetation detail.**

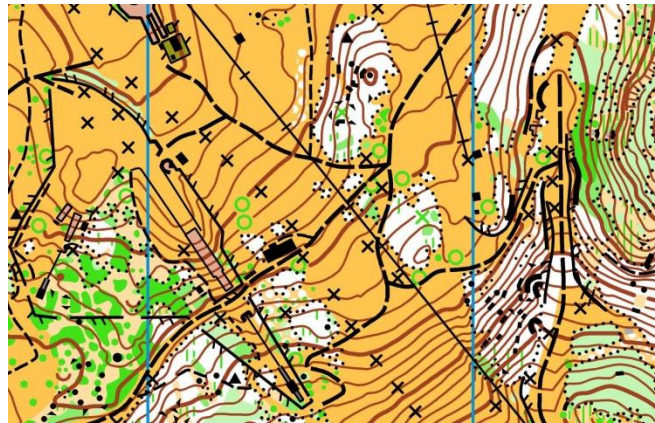


## **STAGE 4**



**Forest land terrain, mainly, with some moderate slopes and vegetation detail.  
Some rocky areas.**

## **STAGE 5**



**Half open (ski slopes), half pine forest and steep slopes terrains**



# CIRCUITS/CATEGORIES

Categories	Circuits Difficulty	Best Chrono Circuit MD	Best Chrono Circuit LD
H21	A	35	80
H20	B	35	75
H35			
H18	C	35	70
H40			
H45	D	35	70
D20	E	35	60
D21			
D35			
H50	F	35	55
D18	G	30	55
H55			
D45	H	30	55
D40			
OPEN1	I	30	45
D50			
D55			
H60			
H65	J	30	40
D60			
D65			
D70+			
H70+	K	25	55
H16			
D16	L	25	45
H14	M	25	35
D14			
D12	N	25	30
H12			
OPEN2			
D10	O	20	20
H10			
Beginners	O	20	20
String Circuit			

## **LODGING**

- **The organizers do not offer camping grounds, specific parking areas for Camping-Cars or “Hard floor”.**
- **In la Cerdanya, a high quality and good number of accommodation solutions are available (houses, B&B, hotels, campsites, etc...). However, due to the strong demand that usually takes place in August, it is advisable to book in advance.**

## **OTHER INFORMATION**

**Regulation of the event, inscriptions and rates, links to tourist information offices, booking center, etc...**

**→ <http://ocerdanya.com>**

## **OTHER REQUESTS**

**→ [club@clubcoc.cat](mailto:club@clubcoc.cat)**

## **ADDITIONAL FEATURES**



**A free t-shirt is given to people running the 5 days in O'Cerdanya (only to those who enrolled to the 5 races).**

**Additional T-shirts: 25€/unit (orders via email before 30/06/17)**

## **MEDICAL CERTIFICATE**

**Important: Runners non-federate in France FFCO must show a medical certificate of non-contraindication to the practice of sports in competition. This certificate must be less than 1 year old.**

**The runner will not be time-controlled otherwise.**

**THIS CERTIFICATE IS A MUST REQUIREMENT IN FRANCE**

**PLEASE, SEND A COPY OF THE CERTIFICATE TO:**

**CERTIFICADO@CLUBCOG.CAT**