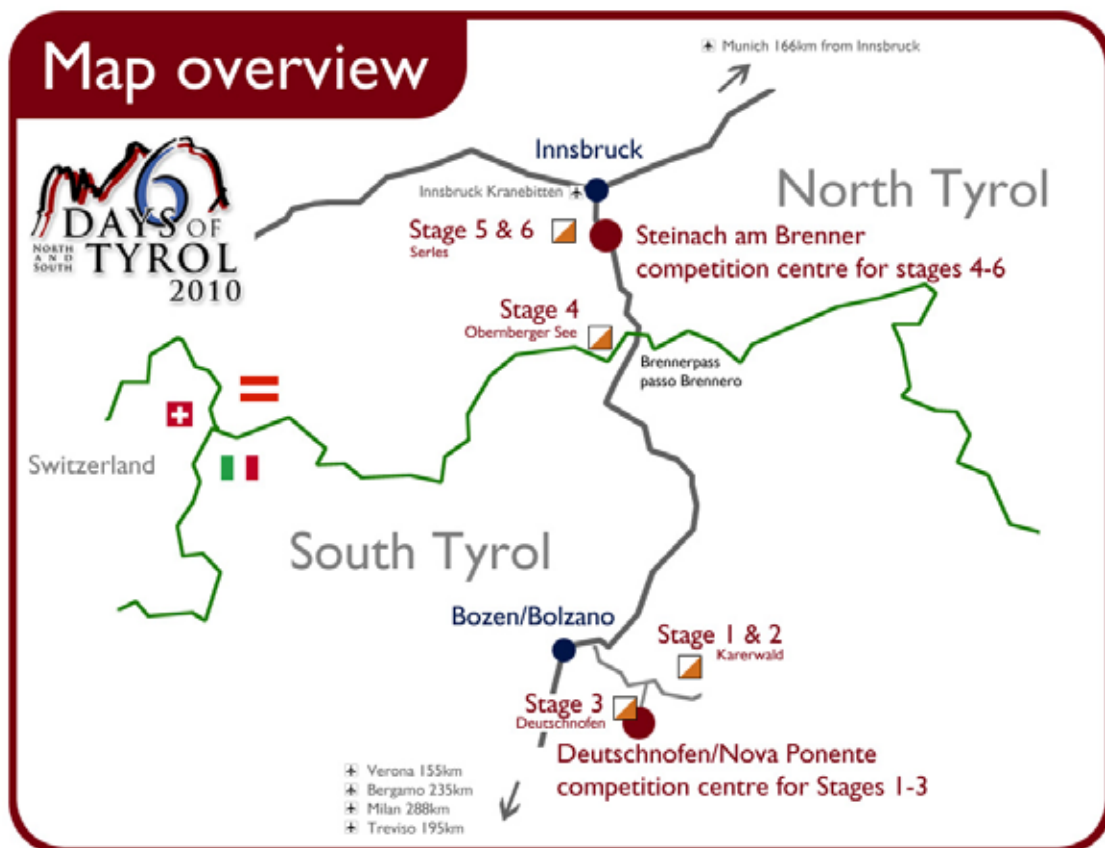
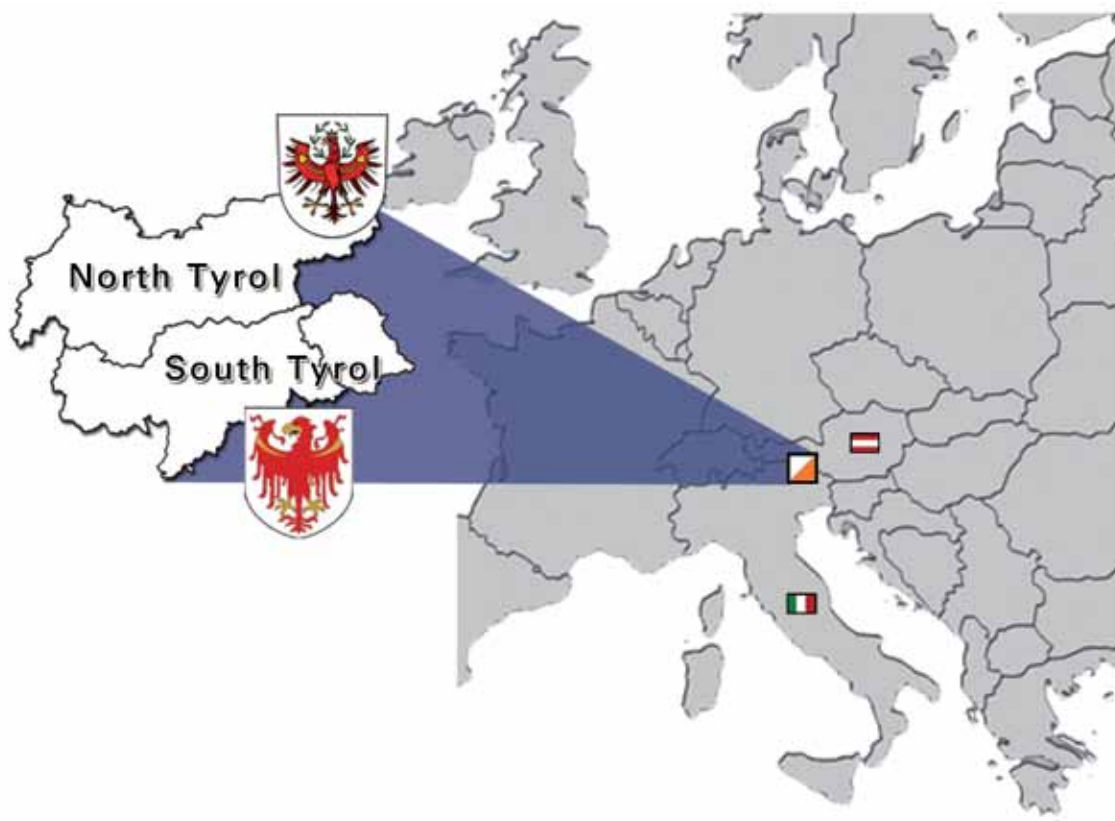


The location



Organizing committee

event directors

Hans Georg Gratzner, Laufklub Kompass Innsbruck
Ernesto Rampado, Terlaner Orientierungsläufer

course planners:

Rudi Mair, Terlaner Orientierungsläufer
Dario Beltramba, Terlaner Orientierungsläufer
Roman Slobodyanyuk, Laufklub Kompass Innsbruck
Thomas Widmann, Laufklub Kompass Innsbruck

finances

Markus Bianchi, Laufklub Kompass Innsbruck
Helene Pircher, Terlaner Orientierungsläufer

time keeping

Robert Mayrhofer, Laufklub Kompass Innsbruck

head of start team

Bernt Johansson, Laufklub Kompass Innsbruck

head of construction team

Wolfgang Ferrari, Laufklub Kompass Innsbruck

arena speakers

Nick Barrable
Wolfgang Pötsch

web & weboffice

Thomas Widmann, Terlaner Orientierungsläufer

Event controllers:

IOF event advisor

Victor Kirianov

technical delegates of austrian orienteering federation

Hermann Knoflach
Wolfgang Pötsch



Program and time schedule

Saturday 26th June

- 10.00 Training race at Wölflhof
- 18.00 Opening and Prologue in Deutschnofen

Sunday 27th June - Stage 1 - Long distance at Karersee

- 09.00 First start
- 18.00 Prize giving ceremony for stage winners at the event centre

Monday 28th June - Stage 2 - Middle distance at Karersee

- 09.00 First start
- 18.00 Prize giving ceremony for stage winners at the event centre

Tuesday 29th June - Stage 3 - Long distance at Deutschnofen

- 09.00 First start
- 11.30 Chasing start for Men and Women Elite
- 14.00 Prize giving ceremony for stage winners at the finish arena

Wednesday 30th June - Rest day

- 17.00 Evening sprint race in Fulpmes (North Tyrol)

Thursday 1st July - Rest day

Friday 2nd July - Stage 4 - Long distance at Hochserles

- 09.00 First start
- 18.00 Prize giving ceremony for stage winners at the event centre

Saturday 3rd July - Stage 5 - Middle distance and Austrian Cup (WRE) at Hochserles

- 13.00 First start
- 18.00 Prize giving ceremony for stage winners at the event centre

Sunday 4th July - Stage 6 - Long distance and Austrian Long distance championships (WRE) at Obernbergersee

- 09.00 First start
- 14.00 Final prize giving ceremony

1. Deutschnofen (Stages 1-3)

Here in the heart of the Italian Dolomites, Unesco World Heritage since 2009, only 20 minutes away from Bolzano you will find the sunny location of the village Nova Ponente (1350m) where exclusive and gentle holiday delight is still yours to discover. Hundreds of kilometres of well marked paths await you: an incredible voyage of discovery for all who love to hike or walk; it is yours to choose between a stroll through Alpine meadows with their sheer blaze of flowers or the fragrant woods - or a challenging climb to the heights. The public bus will take you to the best places for starting any kind of tour, free of charge.



2. Steinach in Tirol (Stages 4-6)



The central location of Steinach, one of the main villages in the Wipptal Valley, makes it ideal for our holiday guests. Both trains and buses are ready to help you explore the region, and provide every opportunity for excitement and adventure! The trip with the gondola lift up to the Bergeralm meadows isn't just ideal for hikers and bikers embarking on countless possible treks, it's also perfect for families. The "Bärenbachl" adventure trail lets children

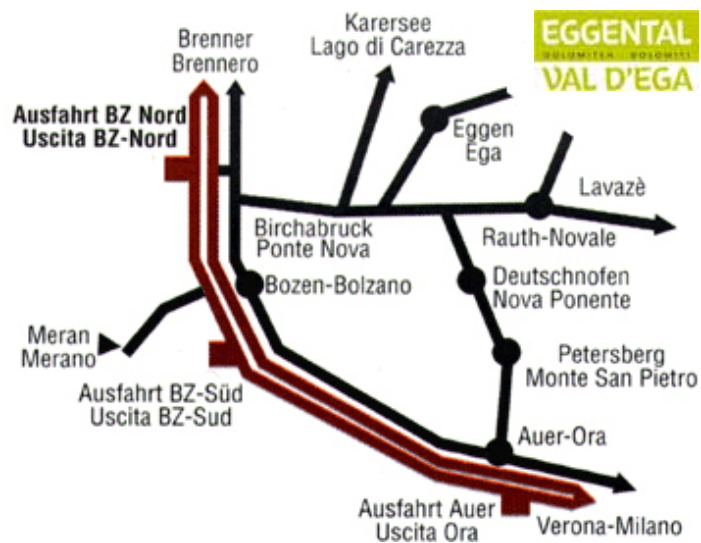
have fun while being active. In addition, the Steinach outdoor pool helps everyone cool off and enjoy the beautiful sunshine.

Competition bureau - Opening hours

		at the CC	at the finish arena
Deutschnofen			
Fri	25.06	10.00-22.00	
Sat	26.06	10.00-22.00	
Sun	27.06	Stage 1	18.00-21.00
Mon	28.06	Stage 2	18.00-21.00
Tue	29.06	Stage 3	18.00-19.00
Steinach in Tirol			
Wed	30.06	13.00-17.00	
Thu	01.07	18.00-21.00	
Fri	02.07	Stage 4	18.00-21.00
Sat	03.07	Stage 5	18.00-21.00
Sun	04.07	Stage 6	18.00-21.00

Competition centre locations

Deutschnofen (Stages 1-3)



The competition centre is located at the local sports center, which is very easy to find when arriving at Deutschnofen.

Steinach in Tirol (Stages 4-6)



The competition centre is located at „Rathausplatz“ square.

Competition rules and facts

Maps

ISOM Standard 2000

Scale 1:10.000 for all stages and classes, except 1:7.500 for all classes at stage 2; Equidistance 5m

Control description

According to IOF norm. Available at the pre-start.

Punching system

SportIdent will be used. SiCards can be hired for 2 Euro/stage or 10 Euro/all stages.

Ranking system

Sum of time of all stages.

Prize giving ceremonies

winners of single stages and the best three runners in the overall ranking will be awarded

Catering

the local sports clubs provide a catering service at each of the six stages nearby the finish arenas.

Transport

no official transport will be provided. However the venues are all accessible by (limited) public means of transport. For more details visit:

SIT South Tyrol:

<http://www.sii.bz.it/en/benvenuti.php>

Verkehrsverbund Tirol:

<http://www.vvt.at/page.cfm?vpath=index>

Transport ticket

covers the transport by cable car at stages 4 and 5. We highly recommend to

buy it! The ticket can be booked through our online entry system. It is also possible to buy transport tickets for persons who do not compete at the event. Children under 10 years are free of charge.

Competition classes

M/W 10, M/W 12, M/W 14, M/W 16, M/W 18 M/W 20, M/W 35, M/W 40, M/W 45, M/W 50, M/W 55, M/W 60, M/W 65, M/W 70, M75, M/W Elite, M/W Long, M/W Short, M/W B, Beginners, Open Long, Open Short

Camping cars

are allowed to stay at the official parkings of stages 1-3, while at stages 4-6 only camping sites can be used.

Tents

can be placed only at camping sites

Gym hall

bookable through our website. Price 5 Euro/night. Only available in South Tyrol!

Startnumbers

for all classes. Startnumbers have to be worn on front side of the running shirt. Runners without startnumber will be disqualified.

Clothing

There are no restrictions. We recommend wearing long running trousers, gaiters or orienteering socks.

First aid

Medical assistance will be provided at the finish arenas.

Insurance

Is the personal responsibility of participants.

Toilets & Showers

Toilets will be provided at the finish arenas. Showers are available at the competition centre of stages 1-3.

Maps

are packed into plastic bags. It is strictly forbidden to leave behind the plastic bag in the forest or at the start. All competitors coming to the finish without those bags will be immediately disqualified.

Weather

Normally nice and warm with temperatures between 20 and 30°C.

Kindergarten and kids course

will be available, free of charge, at all stages in or near the finish areas starting from 08.00. Max. 4 hours

First start

at 9.00, **except stage 5 at 13.00**

Tyrolean Sprint Championships - Fulpmes

Sprint Orienteering on Wednesday evening the 30th of June

Location: Fulpmes im Stubaital, North Tyrol

First start: 17.00

Classes: W/M-12, W/M13-14, W/M15-18, W/M19-34, W/M35-, W/M40-, W/M50-, W/M60-, W/M70-, W/M Open, Beginners.

Fees: Youths up to W/M15-18 and the category "Beginners" EURO 5,00. From W/M19-34 and the open categories "W Open" or "M Open" EURO 9,00.

For more information see: <http://www.olc-stubai.at>



A. Prologue

The prologue will be an exciting super sprint race reserved for men and women elite classes in connection with the opening ceremony at 18.00 CET.

The location will be the area around the eventcentre in Deutschnofen, which is a mixture between urban and wooden area.

Some important facts on the supersprint:

- this is a voluntary race for elite athletes, which means it will not be part of the overall ranking of the 6 Days of Tyrol. It is obviously free of charge.
- however, as an appetizer we have the following „prizes“ for the first three athletes of each class:

Winner of the supersprint: 120 Bonusseconds for the overall ranking of the 6 Days

2nd place: 90 Bonusseconds

3rd place: 60 Bonusseconds

- Winning time 8-10 Minutes

We invite all runners of the 6 Days of Tyrol to join this event as spectators in order to make this an unforgettable kick off to an exciting orienteering week!

B. Chasing start at Stage 3

Based on the sum of time of the first two stages there will be a chasing start on Day 3. The leaders will start at 11.30. Chasing start for all runners within 30 Minutes from the leader.

1 Minute Intervals afterwards.



Proud Mountains - Gentle Valleys

Branching off from the Wipptal Valley, five pristine, stunning upland valleys climb to the glacier landscape of the Stubai and Zillertal Alps - an Eldorado for naturalists, adventurers, and mountain sports enthusiasts.

We are looking forward to our appearance as part of the "6 Days of Tyrol 2010"!

Accommodation types and approximate prices (per person/day):

2-star Hotel	€ 38,00-40,00
3-star Hotel	€ 45,00-55,00
4-star Hotel	€ 60,00-80,00
B&B	€ 25,00
JUFA Steinach (Youth Hostel)	up to € 25,00 special group prices
Obernberg Youth Hostel	€ 15,00-17,00

Holiday Apartments (per apartment/day):

up to 2 persons	€ 45,00
up to 4 persons	€ 70,00
up to 6 persons	€ 90,00
expect an additional one-time cleaning service charge of € 20,00-30,00	