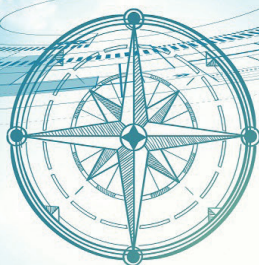




LA PLAGNE
Paradiski



29/07 au 1/08 2021

CHAMPIONNAT DE FRANCE DE **COURSE** D'ORIENTATION

4 JOURS 4 COURSES
Formats compétition et loisir ouverts à tous
Samedi et Dimanche : World Ranking Event

WWW.NATSE2021.FR
WWW.LA-PLAGNE.COM

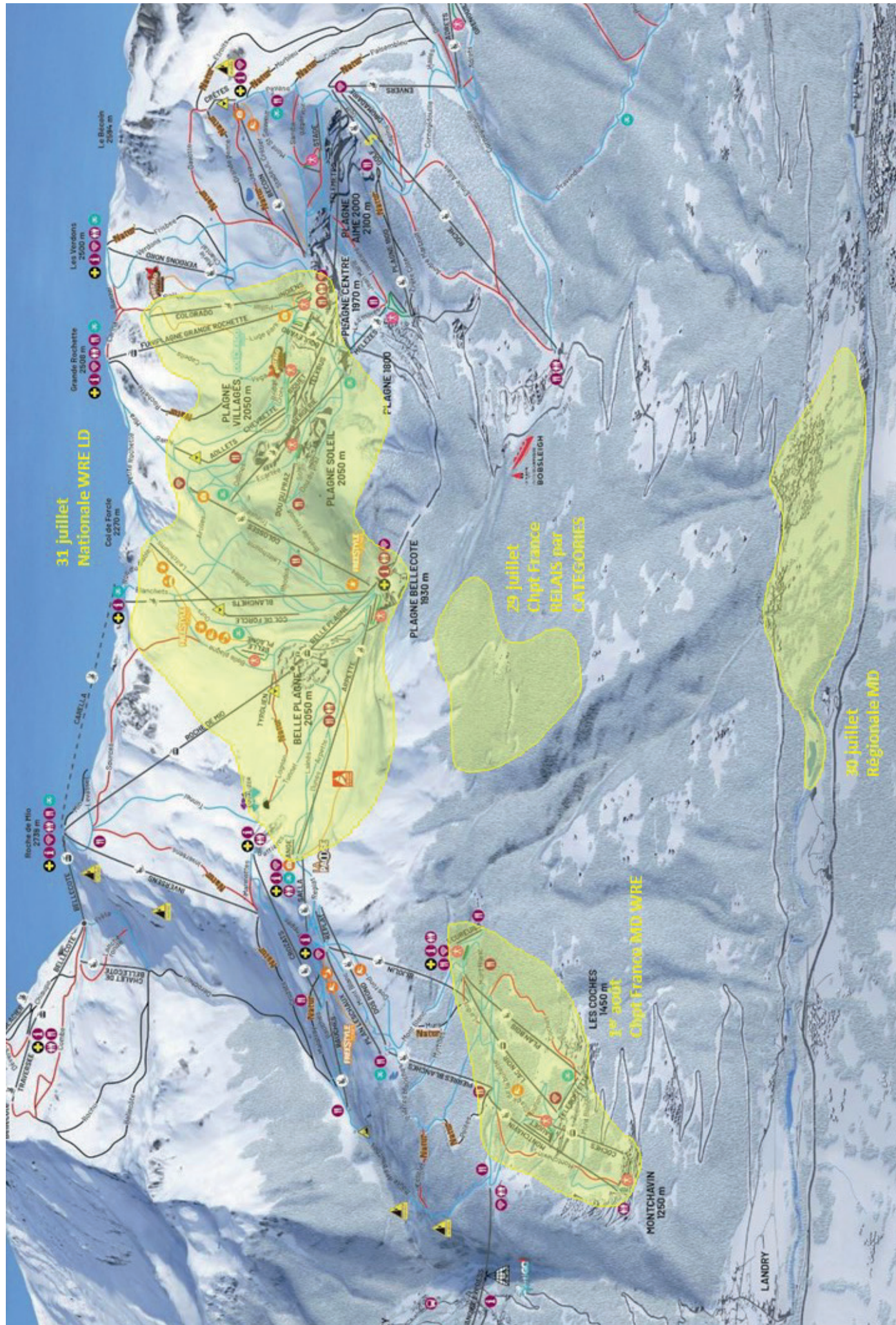


La Région
Auvergne-Rhône-Alpes



DARE2B





Running and orientation have been necessary human activities for thousands of years. You, the sportsmen, have raised it to an unequalled level.

For several years, La Plagne Tarentaise has been mapping its territory in order to allow orienteering to be practised in our mountain landscapes, in the valley as well as at altitude. We are very proud that the work accomplished now allows us to host these French championship and world cup events.

We welcome all the participants to our territory and wish you the best possible results. Finally, I would like to personally thank the entire organising team for the quality of our exchanges and their commitment to welcoming the competitors.

Enjoy your stay with us and good luck to all!

Jean-Luc Boch, Mayor of La Plagne Tarentaise

Alpine pastures, grasslands and gentians, pine forests and melezins, rocks, cliffs and scree, wetlands and torrents, altitudes, differences in level and curves that graze each other, summits and panoramas, tarines and marmots...

Sharing all this is one of the missions of the Savoie Orienteering Committee and clubs. And how better to share and experience it than with a map? Sharing with schoolchildren, with the general public thanks to the Espaces Loisirs Orientation, and of course with all the members through the events and competitions that are organised.

Welcome to all of you to these 4 days on the territory of Plagne Tarentaise.

We thank you for your presence despite the complicated context. We would like to thank the commune of La Plagne Tarentaise and La Plagne Paradiski for their welcome, their interest in our activity and the resources made available. We thank the IOF and the FFCO for their confidence and support.

And for sharing gastronomy, heritage and other outdoor activities, you will find everything you need in Tarentaise!

Have a good race!

Laurent Astrade, President of CDCO73
Charlotte Bouchet, President of COCS
Caroline Clerc, President of ECHO73
Nicolas Roche, President of ANO



July 29
- LES FRASSES -
Championnat de France de relais par catégories

ACCESS - Signposting from Macôt-la-Plagne (D220/D221 intersection).

MAP - Les Frasses 1/10 000, ISOM (1/7 500 for the small circuits). Cartography : Matthieu Barthélémy (Cartomatt), 2021.

TERRAIN - FMountain forest (mélèzin) between 1700 and 2000 m altitude, with some trails and wetlands.

Attention, these wetlands are sensitive and protected. The routes are designed to avoid them, so they are not marked as prohibited areas on the map. Please respect them.

TIMING SYSTEM - SPORTident.

BIB - Mandatory for the relay

TIMETABLE - Reception from 10am to 2pm. Departures from 2pm (start times according to categories in the table on the next page). Closing of the circuits at 6pm.

RACE INFO -

Course planner: Michel Denaix.

Controller: Olivier Estela.

FFCO representative: Hervé Bodelet.

FFCO referee: Laurent Compere.

PARKING, RECEPTION - **Attention**, the reception and the traders' stands are near the parking, at the beginning of the access track to the arena.

CAMPING CARS - Campervans will have at their disposal either the Camping-Cars area of Plagne Village (paying), or the dedicated car parks for each stage (see arena map).

Please note that parking outside the regulated areas will be forbidden throughout the commune and neighbouring communes, the Municipal Police will be vigilant.

RECEPTION - ARÉNA : **Attention**, please note that the arena is 3 km (120 m of positive difference in altitude) from the car park and the welcome desk (the track is accessible to bikes and pushchairs).

START - On the aréna.

SERVICES - Toilets on the arena.

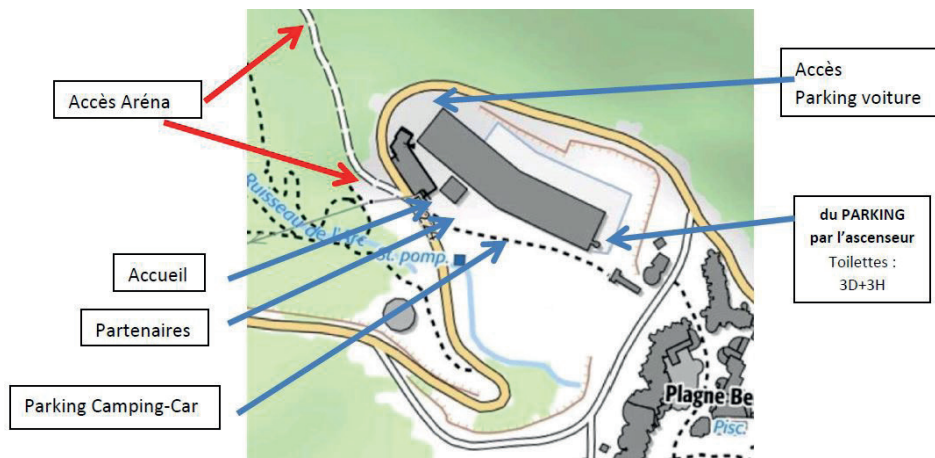
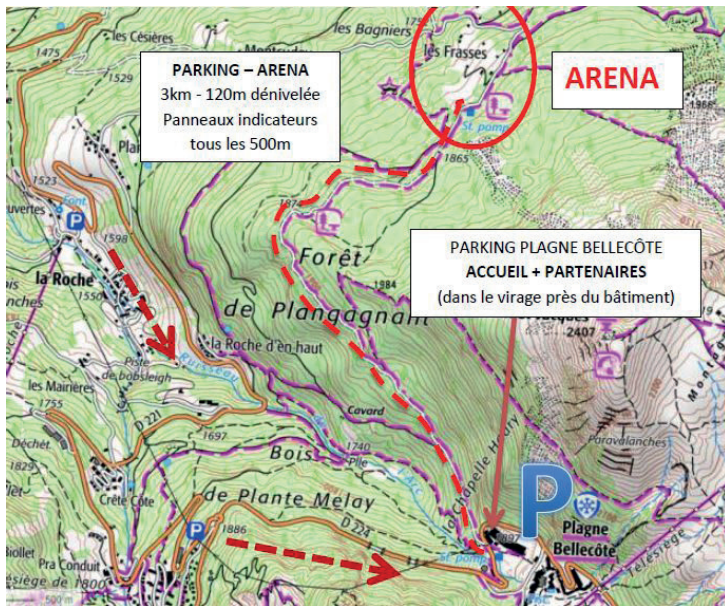
WATER SUPPLY - None on the arena or in the race; please make your own arrangements.

RESULTS - Only online at the website or at <https://helga-o.com/webres/>

PODIUMS - On site after the last teams have arrived for the podiums.

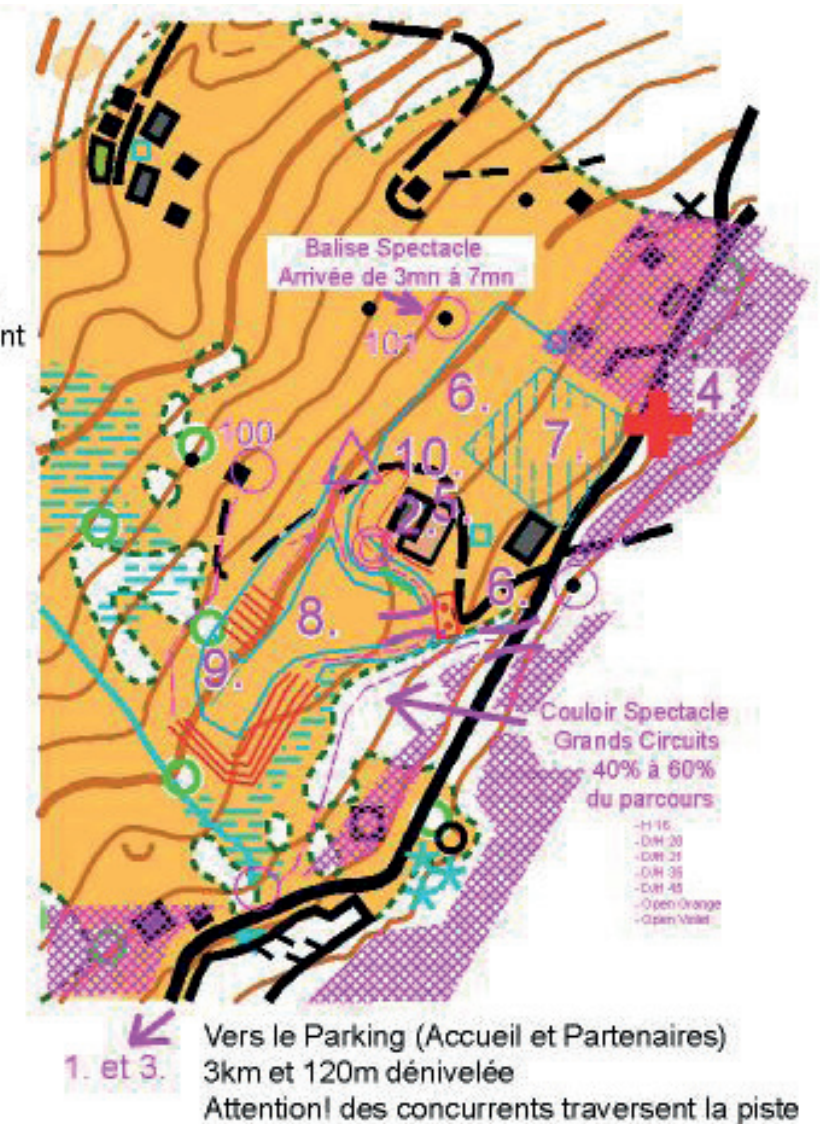
COLLECTION OF CLUB ENVELOPES - In addition to the opening hours of the reception on the arenas, envelopes can also be collected on 28 July from 6pm to 9pm at the Arnica chalet, hameau les Roches, La Plagne Tarentaise (at the bottom of the Olympic bobsleigh track).

Catégorie	nb relayers		échelle	heure départ	Distance topo	nb postes	Dénivelée montée
H65	2		7 500	14:05	2.4	14	170
D65	2		7 500	14:05	1.7	11	115
H55	2		7 500	14:10	2.7	15	180
D55	2		7 500	14:10	2.1	13	135
H45	3		10 000	14:05	3.5	18	245
D45	3		10 000	14:10	2.2	14	155
H35	3		10 000	14:05	4.0	20	250
D35	3		10 000	14:10	2.7	14	195
H21	3		10 000	14:00	4.7	18	315
D21	3		10 000	14:05	3.2	15	225
H20	3		10 000	14:00	4.3	18	300
D20	2		10 000	14:00	3.0	15	200
H16	3		10 000	14:00	3.4	18	210
D16	2		10 000	14:05	2.5	10	165
H12	2		7 500	14:10	1.7	10	115
D12	2		7 500	14:10	1.5	9	110
Open Violet	2		10 000	14:15	2.7	15	220
Open Orange	3		10 000	14:15	2.4	14	175
Open Jaune 3	3		7 500	14:15	1.8	9	135
Open Jaune 2	2		7 500	14:15	1.9	11	145
Open Vert	2		7 500	14:15	1.7	11	125
Jaune (indiv)	1		7 500	libre	1.6	9	105
Bleu (indiv)	1		7 500	libre	1.5	10	95



1. Accueil
2. GEC
3. Partenaires
4. Secours
5. Protocole
6. Spectateurs
7. Tentes (terrain en pente)
8. Quarantaine-Echauffement
9. Attente prochain Départ
10. Départ Loisirs

-  Couloir GEC
-  Passage Relais
-  Entrée quarantaine
-  Prise carte 1er relayeur
-  Prise carte relais 2 et 3
-  Toilettes
-  Rubalise Couloir



July 30 - MACOT - Régionale Moyenne Distance CN

ACCESS - Signposting between Aime-la-Plagne and Bellentre (N90).

MAP - Macôt-la-Plagne, 1/10 000 ISOM IOF (cartography : Matthieu Barthélémy Cartomatt, 2019) with zoom 1/4 000 ISSprOM (cartography Laurent Astrade, 2020).

TERRAIN - Villages and rural valley areas around 750 m altitude, with hamlets, orchards and leisure facilities.

TIMING SYSTEM - SPORTident.

BIB - Mandatory for the start.

RACE INFO -

Course planner: Eric Silvestre.

Controller: Nicolas Greff.

FFCO representative/referee: Pierrick Mérino, Hervé Bodelet.

PARKING, ARENA, RECEPTION - Parking, Arena: 100 m.

Attention: the arena is a very busy leisure and swimming area; there will be a lot of people, it will not be possible to install the club tents.

CAMPING CARS - Campervans will have at their disposal either the Camping-Cars area of Plagne Village (paying), or the dedicated car parks for each stage (see arena map).

Please note that parking outside the regulated areas will be forbidden throughout the commune and neighbouring communes, the Municipal Police will be vigilant.

TIMETABLE - Reception from 11am, 1st departure at 2pm. Closing of the circuits at 7pm..

START - 750 m / 50 m of positive ascent (except for the Ombre circuit, on site).

START TIME - On the event website, by club and by circuit (free starts for the Jal and HD10 circuits and for non-members).

SERVICES - Toilets, bar, restaurant.

WATER SUPPLY - None in the race area or arena, please make your own arrangements.

RESULTS - Only online on the website or on <https://helga-o.com/webres/>

SPECIAL NOTICE -

Map: For the Violet, Orange and Yellow circuits, part of the race area is in an urban area, so the map is zoomed in as explained on the model map below.

The race is complete on the 1:10,000 map.

Ombre : race is located in a recreational area with a large number of visitors if the weather is favourable. A cycle track crosses the leisure area. Be careful with the users (cyclists, rollerbladers...) of this cycle track.

Vert race: interposte 1-2 and 2-3 with markers.

Access to the start: crossing of a railway track with barriers. **Be careful!** Estimated train times: 13h30-35, 14h25-30, 15h30-35, 16h25-30.

- **End of races** (return to the finish line) on the cycle track. Be careful with other users of this track (cyclists, rollerbladers...).

- **Jaune to Violet races:** circuits with stations in urban areas. Road traffic will not be closed. Please respect the highway code and other road users. Be particularly careful when crossing roads! There will be marshals on these road crossings. Respect their instructions.

- **Prohibited areas:** hatched in purple on the map: respect this prohibition. We do not have the permission of the owners or the meadows have not been mowed.

- **Forbidden roads** (X in purple on the map): parts of roads (main road, road to departure...) are forbidden.

Catégorie		échelle	départ	Distance topo	nb postes	Dénivelé montée
Violet Long	HD	10 000 ISOM + 4 000 ISprOM	1	5.6	22	205
Violet Moyen	HD	10 000 ISOM + 4 000 ISprOM	1	4.6	20	180
Violet Court	H	10 000 ISOM + 4 000 ISprOM	1	3.5	14	100
	D	10 000 ISOM + 4 000 ISprOM	1	3.3	11	85
Orange	HD	10 000 ISOM + 4 000 ISprOM	1	4.0	15	130
Jaune	HD	10 000 ISOM + 4 000 ISprOM	1	3.4	14	70
Bleu	HD	7 500 ISOM	1	2.5	11	70
Vert	HD	7 500 ISOM	1	1.8	12	5
Ombre	HD	2 500 ISprOM	2	1.1	11	0

MACÔT - Base Nautique - Aréna Régionale 30 juillet

1. Accueil
 2. GEC
 3. Partenaires
 4. Secours
- * Toilettes

Pas de Tentes Clubs sur l'Aréna

Parking

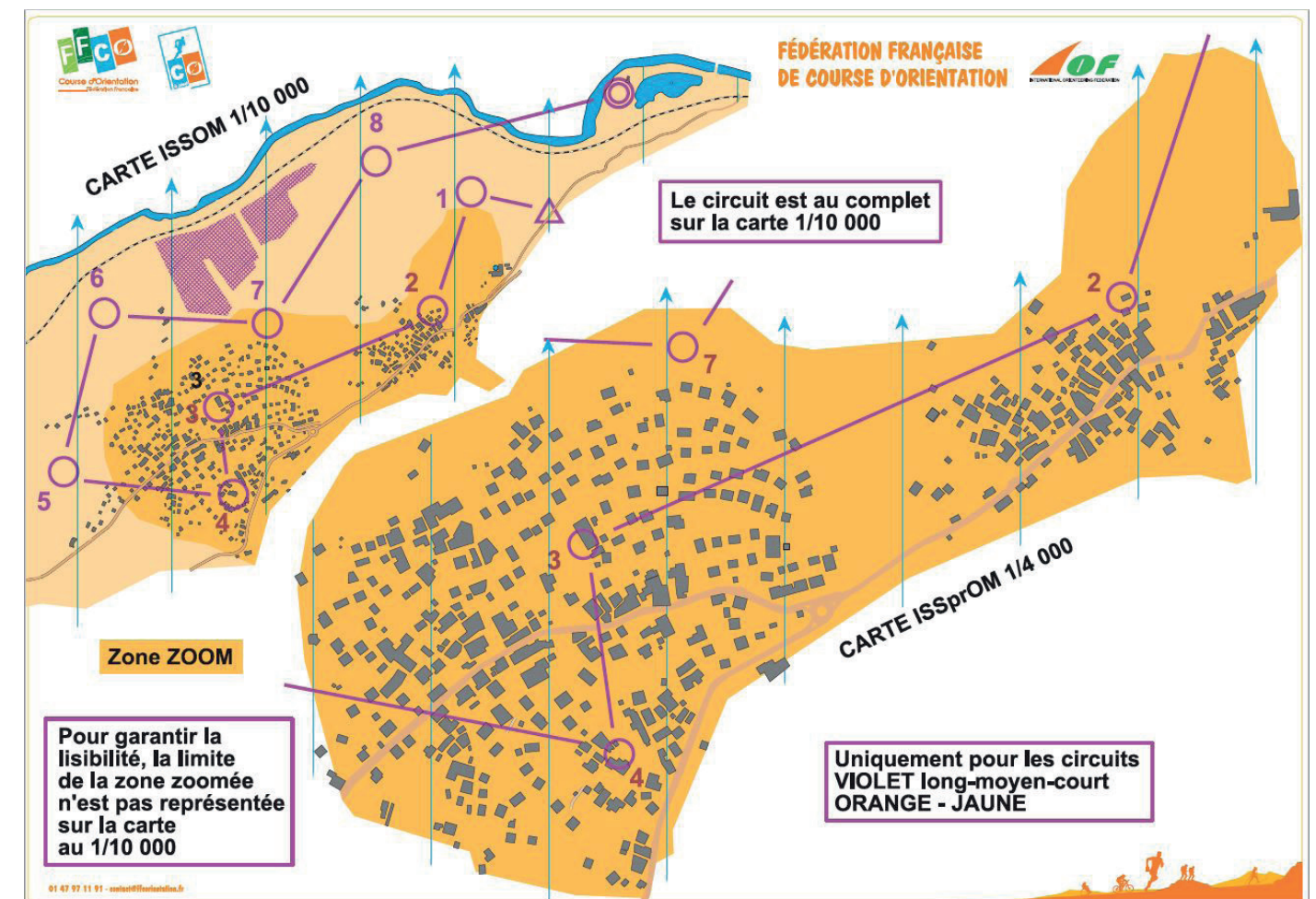
Parking aménagé
Réservé
aux locaux

Départ 2: circuit Ombre

Accrobranche
Accueil
activités d'eau

Vers Départ 1: 750m dénivelé 50m

TRAINING - A training session is set up on the map of the French Relay Championship of the day before (Les Frasses). Collection of maps the day before after the relay and during the race on 30th July. Access to the training map is forbidden by car; parking is compulsory in Plagne Bellecôte.



July 31

- LA PLAGNE -

Nationale Longue Distance WRE CN

ACCESS - Signposting from Macôt-la-Plagne (D220/D221 intersection).

MAP - La Plagne, 1/10 000, ISOM IOF; 1/4 000 for Jal and HD10, ISSprOM IOF. Cartography : Matthieu Barthélémy Cartomatt, 2019, update 2021.

TERRAIN - Mountain pastures between 2000 and 2700 m altitude, with ski slopes, trail network and some sparsely wooded areas with many micro-reliefs (depressions that can be deep).

TIMING SYSTEM - SPORTident.

BIB - Mandatory to take the chairlift and for the start.

RACE INFO -
Course planner: Matthieu Barthélémy.
Controller: Jean-Baptiste Bourrin.
FFCO representative: Hervé Bodelet.
FFCO Referee: Stéphane Rodriguez.
IOF event advisor: Philippe Pogu.

TIMETABLE - Reception from 9am, 1st start at 12pm. Closing of the circuits at 5:30 pm.

PARKING, ARENA, RECEPTION - 100-500 m.

CAMPING CARS - Campervans will have at their disposal either the Camping-Cars area of Plagne Village (paying), or the dedicated car parks for each stage (see arena map). Please note that parking outside the regulated areas will be forbidden throughout the commune and neighbouring communes, the Municipal Police will be vigilant.

START 1 - (all circuits except Jal and HD10): access by Colorado chairlift:
- bottom of the chairlift: on the arena,
- then about 12 min of chairlift ride,
- then the departure workshop immediately at the top of the chairlift.

A pass is compulsory (essential for the operating company); it will be given to each rider with a number just before the chairlift entrance.

The flow of the chairlift is sufficiently high (1200 people/h). However, in order to avoid stress and tension, please make sure to respect the priority instructions.

In case of bad weather (cold, rain), clothes can be left at the start; they will be brought back down regularly.

START 2 - (Jal, HD10) : on arena.

START TIME - On the event website, by club and by circuit (free starts for Jal, HD10 from 12 am to 16:30 pm and OPEN circuits from 12 am to 15 pm).

SERVICES - Toilets, bars, restaurants, shops.

WATER SUPPLY - None, please make your own arrangements.

RESULTS - Only online on the website or on <https://helga-o.com/webres/>

PODIUMS - Around 4 pm for young riders, 17:15 pm for other categories.

SPECIAL NOTICE - You will cross many downhill mountain bike trails. Please take care not to damage the structures (jumps, banked turns, earthworks). The tracks will be closed in the area corresponding to the first stations of your circuits but open in the other sectors; be careful when crossing them.

Catégorie	Circuit	échelle	Départ	Distance topo	nb postes	Dénivelée montée
H21	A	10 000	1	10.6	22	490
H20	A bis	10 000	1	9.1	18	410
D21	B	10 000	1	7.0	15	350
H45						
D20	B bis	10 000	1	6.6	15	320
H50						
H35	C	10 000	1	7.5	14	320
H18	D	10 000	1	7.4	16	290
H40						
D35	E	10 000	1	5.4	15	200
D18						
H55						
D40	F	10 000	1	4.6	12	210
D45						
D50						
D55	G	10 000	1	4.2	12	115
H60						
H65						
D60						
D65	H	10 000	1	2.2	7	85
H70, H75, H80et+						
D70, D75, D80et+						
H16	I	10 000	1	6.9	13	250
D16	K	10 000	1	4.8	11	195
H14	L	10 000	1	5.5	10	155
D14	Lbis	10 000	1	4.1	5	70
D12						
H12	M	10 000	1	2.8	10	60
D10, H10, Open Vert	N	4 000	2		10	30
Jal	I,J	4 000	2		8	30
Open Violet Long	OVL	10 000	1	4.6	11	200
Open Violet Court	OVC	10 000	1	3.1	9	85
Open Orange	OO	10 000	1	5.3	11	150
Open Jaune	OJ	10 000	1	4.2	6	120
Open Bleu	OB	10 000	1	25.6	10	35



August 1st

- MONTCHAVIN LES COCHES -

Championnat de France individuel

Moyenne Distance WRE CN

ACCESS - Signposting from Bellentre (intersection N90/D220).

MAP - Montchavin les Coches, 1/10 000 ISOM IOF; 1/7 500 for small races. Cartography : Matthieu Barthélémy Cartomatt, 2019 update 2021.

TERRAIN - Versant de montagne entre 1350 et 1900 m d'altitude, avec alternance de pistes de ski et de zones boisées, chemins et nombreux éléments rocheux.

TIMING SYSTEM - SPORTident.

BIB - Mandatory to take the able car and for the start.

TIMETABLE - Reception from 8am, first departures at 9.30am. Tours close at 4pm.

RACE INFO -

Course planner: Mickaël Blanchard.

Controller: Benoît Cochet, Jean-Baptiste Bourrin.

FFCO representative: Hervé Bodelet.

FFCO Referee: Stéphane Rodriguez.

IOF event advisor: Philippe Pogu.

PARKING, ARENA, RECEPTION - 100-500 m.

CAMPING CARS - Campervans will have at their disposal either the Camping-Cars area of Plagne Village (paying), or the dedicated car parks for each stage (see arena map). Please note that parking outside the regulated areas will be forbidden throughout the commune and neighbouring communes, the Municipal Police will be vigilant.

QUARANTAINE - **Attention**, mandatory for all HD21 (circuits A and B). Entry to the quarantine area between 8:50 am and 9:15am is compulsory.

The entrance to the quarantine is 350 m/60 m of positive altitude difference (or by a small free gondola) from the arena (signposted). The control of the numbers is done at the exit of the quarantine (opening of the ski lift at 9 am). The moment of exit from the quarantine is the responsibility of the runner. All means of telecommunication are forbidden from the entrance to the quarantine (telephone, tablet,...).

The quarantine is in a large room and outside. Your belongings can stay in the quarantine. In case of bad weather (cold, rain), clothes can be left at the start; they will be regularly brought back down. There is a hundred meters between the quarantine and the bottom of the gondola (where the ticket will be given), then 12-15 min of ascent, then 500 m downhill from the top of the gondola to the start. It is on this part that the Warm Up is located.

START 1 - (all circuits except those of departure 2): access by cable car from the Lac Noir (opening at 9am):
- access at the bottom of the cable car: 300 m/60 m of positive slope (or by a small free gondola) from the arena,
- then about 15 min of ascent by cable car,
- then 500 m downhill from the top of the cable car to the start workshop.

A pass is compulsory (essential for the operating company); it will be given to each rider with a number just before the chairlift entrance.

The flow of the chairlift is sufficiently high (1200 people/h). However, in order to avoid stress and tension, please make sure to respect the priority instructions.

In case of bad weather (cold, rain), clothes can be left at the start; they will be brought back down regularly.

WARM-UP - Une carte de Warm-Up sera disponible en libre service à l'arrivée du télécabine. La zone se situe entre l'arrivée du télécabine et l'atelier départ.

START 2 - (Jal, HD10, HD12, HD65, HD70, HD75, HD80+, Open Green, Open Blue, Open Yellow, Open Orange, Open Violet): 675 m / 130 m of positive elevation gain.

ARRIVEE - Last control code 100 for all circuits, except HD21 WRE: code 255 (diagram on next page).

HEURES DE DÉPART - On the event website, by club and by circuit (free starts for Jal, HD10 and OPEN circuits).

SERVICES - Toilets, bars, restaurants, shops.

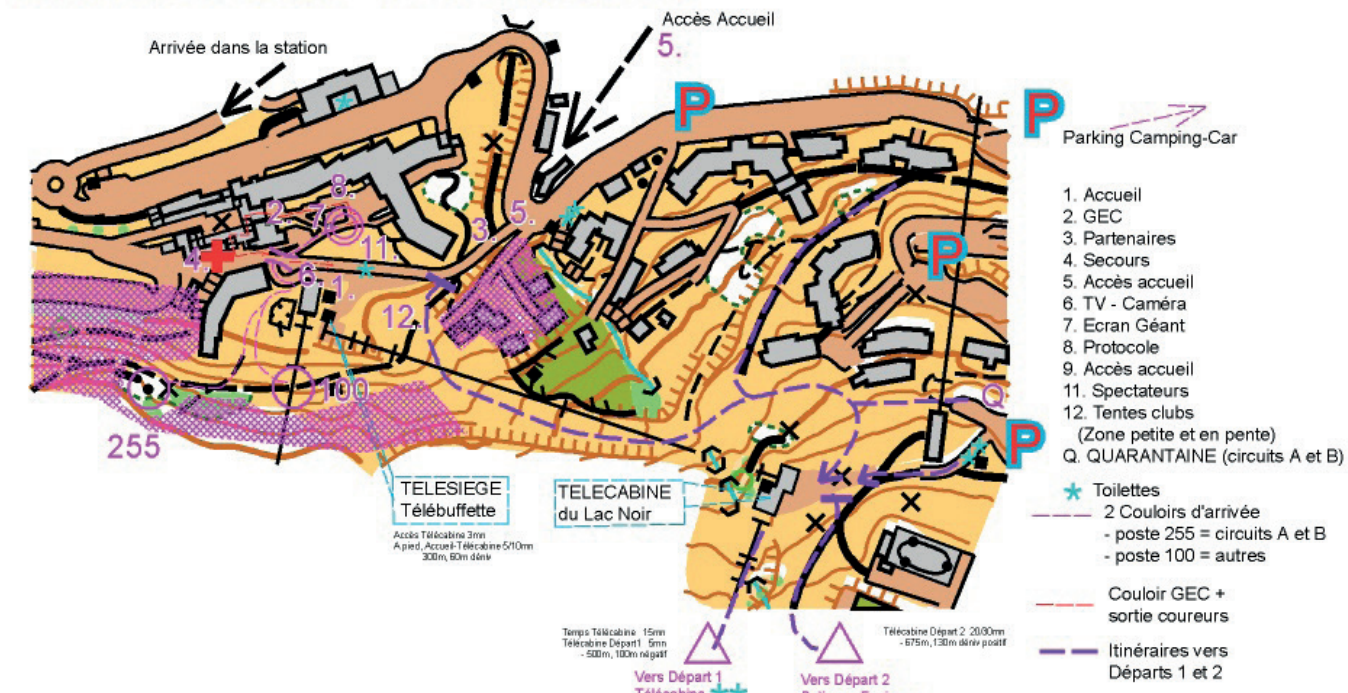
WATER SUPPLY - None, please make your own arrangements.

RESULTS - UniOnly online on the website or on <https://hel-ga-o.com/webres/>

PODIUMS - Around 1:30 for all categories.

Catégorie	Circuit	échelle	Départ	Distance topo	nb postes	Dénivelée montée
H21	A	10 000	1	5,8	25	235
D21	B	10 000	1	5,0	19	175
H20	C	10 000	1	4,8	22	185
H35						185
D20	D	10 000	1	3,6	15	100
D35						100
H18	E	10 000	1	4,4	18	125
H40						125
D18	F	10 000	1	3,4	16	75
D40						75
H45	G	10 000	1	4,2	21	75
H50						75
H55	H	10 000	1	3,5	16	60
H60						60
H65	I	10 000	2	2,1	9	120
H70, H75, H80et+						120
D45	J	10 000	1	3,2	15	35
D50						35
D55	K	10 000	1	3,1	14	35
D60						35
D65	L	10 000	2	1,7	9	70
D70, D75, D80et+						70
H16	M	10 000	1	3,7	18	45
D16	Mbis	10 000	1	3,3	17	45
H14	N	10 000	1	3,4	16	55
D14	Nbis	10 000	1	2,8	12	10
D12, H12	O	10 000	2	1,6	8	50
D10, H10	P	7 500	2	1,4	7	50
Jal	I.J	7 500	2	1,8	5	75
Open Violet	OV	10 000	2	3,2	14	225
Open Orange	OO	10 000	2	2,7	12	225
Open Jaune	OJ	10 000	2	2,7	11	200
Open Bleu	OB	10 000	2	1,6	8	50
Open Vert	OV	7 500	2	1,4	7	50

Monchavin Les Côches - Aréna CFMD 01 août



PROTOCOLE SANITAIRE

Information as of 20 July 2021.

This protocol may be subject to change as the health situation evolves.

Following the latest government announcements, we are obliged to implement the SANITARY PASS.

This pass is compulsory only for runners aged 18 and over on all races from 29 July to 1 August 2019 inclusive.

THE SANITARY PASS WILL BE REQUIRED TO COLLECT YOUR BIB AT THE RECEPTION FOR THE 4 DAYS.

THE ACCESS TO THE STARTING LOCKERS WILL ONLY BE ALLOWED FOR RUNNERS WITH THEIR NUMBER.

The organization will not refund any registration if the runner is not up to date with his health pass.

Checking the health pass (2 options):

1) Before the competition:

Possibility to send the passes (QR Code) individually or by club until Tuesday 27 July 6pm via the secure platform Un Autre Sport :

<https://www.unautresport.com/evenement/2021-FranceCO>

2) At the reception on site:

The envelopes containing the race numbers of the people whose health pass has been checked beforehand can be given to the club managers.

To collect the other race numbers, it will be necessary to present the sanitary passes on site.

Please give the paper documents to a club member to limit the number of people at the reception.

For obvious reasons of anticipation and time saving, we would be extremely grateful to all those who can, to send their health pass before the competition.

Validity of the health pass (one of the following three conditions):

1. A complete vaccination schedule dated :

- More than 14 days after the last injection of Pfizer, Moderna and AstraZeneca vaccines (subject to reduction according to government decisions)

- More than 4 weeks after the injection of the Johnson & Johnson vaccine.

Download your updated QR Code from the Ameli website (<https://attestation-vaccin.ameli.fr/>) and print it or download it on the TousAntiCovid application.

2. A negative RT-PCR test (please note the delay in results) or antigenic test dated less than 48 hours before the START of your race.

The QR Code is sent to you by email or SMS, you should print it or download it on the TousAntiCovid application.

3. The result of an RT-PCR or antigenic positive test that is more than 7 days old and less than 6 months old.

The QR code is sent to you by email or SMS, you should print it or download it from the TousAntiCovid application.

SANITARY PROTOCOL

ARENA, START, FINISH, RECEPTION

The respect of barrier gestures and social distancing remains in force. If the distance between people is less than 1 m, the wearing of a mask remains obligatory. It is strongly recommended not to spit on the ground and to blow one's nose in a single-use handkerchief to be disposed of in a dustbin.

RECEPTION

The number of people passing through the reception area should be as small as possible (one per club). Make sure you plan ahead, to register in advance, to pay in advance.

RESULTS

No results will be displayed, only on the website.

REFRESHMENTS

No self-service refreshments, please make your own arrangements. Bring your own water and snacks and snacks individually.

LIFTS

Wearing a mask is compulsory: in the queue, when boarding, on the lift and when disembarking.

IN RACE

Reminder of the ethical rules: it is forbidden to follow each other in a race. In case of grouping during the race, the If possible, keep a distance of at least 2 metres between two competitors

