



XUNTA DE GALICIA | SECRETARÍA XERAL PARA O DEPORTE

VIGORienta

CONCELLO DE VIGO



CITY RACE VIGO EURO TOUR

NO TE LA PIERDAS!

BOLETÍN 1

ESTE AÑO

18 JUNIO CASCO VIEJO

VIGOCITYRACE.ES



Casco Viejo de Vigo, 2023



PROGRAM

7TH June MIDDLE DISTANCE:

- 6TH middle distance race of the Galician O-foot League.
- 3RD race of the Galicia-Northern Portugal Cross-border League

17TH June SPRINT DISTANCE:

- 5th round of the Galician Sprint League

18TH June "CITY RACE EURO TOUR VIGO" qualifying for:

- "City Race Euro Tour 2023".
- 7th round of the Galician League O-foot Middle Distance

June 17th (10:00-14:00)

Torroña mountain - Oia: the first event will be a medium distance, in a forest with archaeological sites, viewpoints with spectacular views, charming places and surrounded by wild and domestic animals in freedom.

June 17th (15:00-18:00)

Baiona: from the mountains to an urban centre for a Sprint in the town of Baiona, a place with a lot of history: on 1 March 1493, Martín Alonso Pinzón arrived on its shores after his voyage to America, making this town the first in Europe to hear the news of the discovery of the New World (America).

June 18th (09:30-14:00)

Vigo: the Euro City Race will take us to finish the weekend in the city of Vigo, the largest city in Galicia, with gastronomic, touristic and environmental charm... where you will find an urban map with pedestrian streets and gardens.



ORGANISATION CHART AND CONTACT

ORGANICER CLUB:

VIGOrienta

DIRECTOR OF THE EVENT:

Candela Puime (VIGOrienta)

TECNIC MANAGER:

Maikel Rodríguez (VIGOrienta)

LOGISTICS MANAGER:

José Cabaleiro (BudiñoRaid)

SPORTIDENT:

Javier Rodríguez (BudiñoRaid)

Ricardo Monje (BudiñoRaid)

MAPPING:

Candela Puime and Maikel Rodríguez (VIGOrienta)

TRAKER:

Maikel Rodríguez (VIGOrienta)

COORDINATOR COVID:

Candela Puime (VIGOrienta)

SECRETARY - vigocityrace@gmail.com

COMUNICATION TEAM - vigocityrace@gmail.com

SUPERVISING JUDGES:

Teresa Bellón (17th)

Javier Alvelo (18th)

More information in:

[VIGOrienta club](#)



[vigorienta](#)



<https://vigocityrace.es>
<https://sites.google.com/view/vigorienta/cityrace-euro-tour>

INFORMACIÓN GENERAL PROVISIONAL

June 17th Torroña Middle (10:00-14:00)

DATE	TIME	ACTIVITY	LOCATION
11/06/2023	23:50	Registration closes	WEB FEGADO WEB ORIOASIS ORIENTEERINGONLINE.NET
14/06/2023	20:00	Test presentation	TO BE DEFINED
15/06/2023	18:00	Publication of departure times	WEBs
17/06/2023	08:00	Opening of the secretariat	COMPETITION AREA
17/06/2023	10:00	Departure of the first federated participants	COMPETITION AREA
17/06/2023	10:30	Departure of the first initiation participants	COMPETITION AREA
17/06/2023	12:00	Closing of the departure of initiation participants	COMPETITION AREA
17/06/2023	2 hours after the departure of the last participant	Final closing	COMPETITION AREA

June 17th Baiona Sprint (16:00-18:00)

DATE	TIME	ACTIVITY	LOCATION
11/06/2023	23:50	Registration closes	WEB FEGADO WEB ORIOASIS ORIENTEERINGONLINE.NET
14/06/2023	20:00	Test presentation	TO BE DEFINED
15/06/2023	18:00	Publication of departure times	WEBs
17/06/2023	15:00	Opening of the secretariat	COMPETITION AREA
17/06/2023	16:00	Departure of the first federated participants	COMPETITION AREA
17/06/2023	16:00	Departure of the first initiation participants	COMPETITION AREA
17/06/2023	17:00	Closing of the departure of initiation participants	COMPETITION AREA
17/06/2023	18:00	Final closing	COMPETITION AREA
17/06/2023	18:30	Awards ceremony	TOWN HALL SQUARE (Plaza do Concello)

June 18th “City Race Euro Tour Vigo” (10:00-14:00)

DATE	TIME	ACTIVITY	LOCATION
11/06/2023	23:50	Registration closes	WEB FEGADO WEB ORIOASIS ORIENTEERINGONLINE.NET
14/06/2023	20:00	Test presentation	TO BE DEFINED
15/06/2023	18:00	Publication of departure times	WEBS
18/06/2023	08:30	Opening of the secretariat	COMPETITION AREA
18/06/2023	10:00	Departure of the first federated participants	COMPETITION AREA
18/06/2023	10:30	Departure of the first initiation participants	COMPETITION AREA
18/06/2023	12:00	Closing of the departure of initiation participants	COMPETITION AREA
18/06/2023	2 hours after the departure of the last participant	Final closing	COMPETITION AREA
18/06/2023	14:00	Awards ceremony	Mirador del olivo

MAPS

The tests will take place on maps created for the O-foot in:

- the **Alto de Corroubelo (Torroña)**, by Maikel Rodríguez Domínguez in the year 2022 and registered in the Spanish Orienteering Federation with number **PO-3005-22**
- the town of **Baiona**, by Maikel Rodríguez Domínguez in 2018, updated by him and Candela Puime in 2023 and registered with number **PO-2220-18**
- the **Old Town and Marina of Vigo**, by Candela Puime and Maikel Rodríguez in 2021, updated and extended in 2023 and with registry number **PO-3007-22**

TIPOS DE PRUEBAS

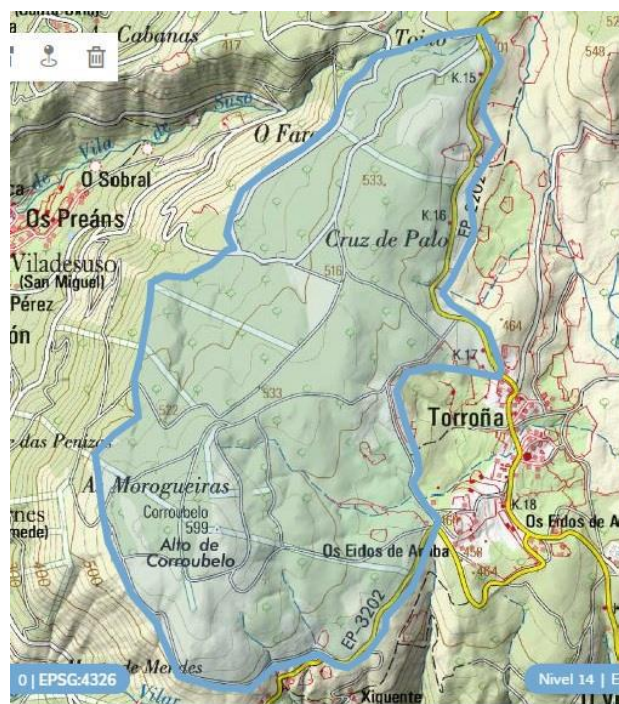
June 17th Torroña Middle Distance

It will take place in the surroundings of the Alto de Corroubelo, in the Monte da Valga, located in the communal mountains of Viladesuso and Burgueira, belonging to the municipality of Oia, where every year the famous "rapa das bestas" is held, organised by the Association of Livestock Farmers of Curro de Torroña.

In its forests we can find petroglyphs, viewpoints with spectacular views, charming places and surrounded by wild and domestic animals in freedom.

The race will take place in its beautiful forests, mostly with pine and eucalyptus trees, with open areas of easy progression and rocky elements. The routes will combine sections of route choice with short sections of precise reading.

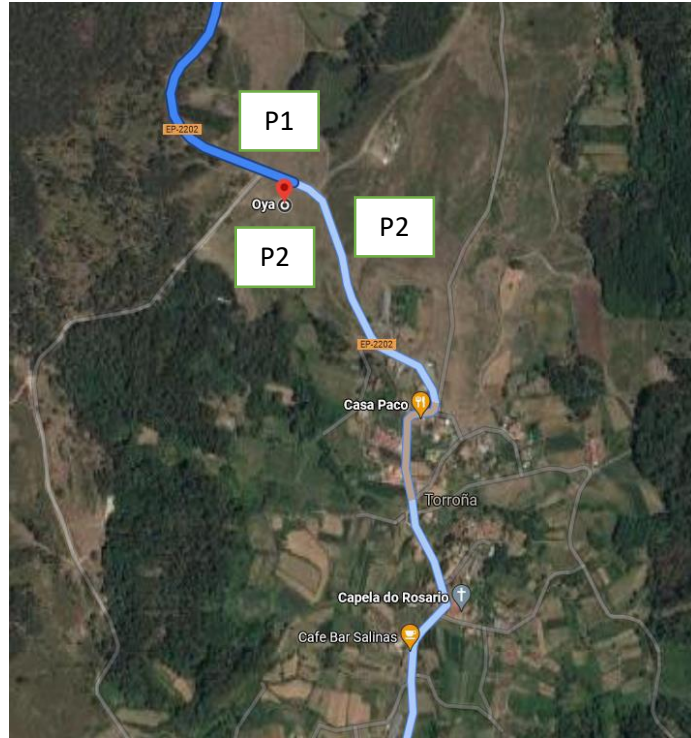
Prohibited area: as stated in the regulations for the Galician Orienteering League 2023 (<http://fegado.es/federation/downloads/>), it is forbidden to any competitor who is going to participate in the race, access to the designated area, so that no participant has an unfair advantage.



Competition place

Meeting point: the competition venue and parking area is located at the following coordinates 42°01'56.6 "N; 8°50'20.5 "W.

Due to the location of the competition site, there will be **no showers or toilets available for participants.** There will be a food stall with typical Galician food and fresh drinks for sale.



Participants using **caravans or vans** must park in the **P1 parking area or where indicated on arrival.**

In the competition centre it will be possible **to use the side of the road marked P2 to park vehicles.** There will be staff from the organisation indicating where to park. It is strongly requested that you respect the parking indications given to you, as space is needed for the entry and parking of buses that the organisation has made available to the runners.

The parking area will be 800 metres from the competition area (15 minutes). From the competition area to the start 400 m. This will be signposted.

There will be no pre-start, so it will be the responsibility of each participant to arrive at the start time.

It is reminded that the race takes place in open traffic and the traffic code must be respected.

Categories and routes:

M/F 12: birth in 2011-2012 or later.	M/F Élite: no age limit
M/F 14: birth in 2009-2010 or later.	M/F 35: birth in 1988 or earlier
M/F 16: birth in 2007-2008 or later.	M/F 40: birth in 1983 or earlier
M/F 18: birth in 2005-2006 or later.	M/F 45: birth in 1978 or earlier
M/F 21: no age limit	M/F 50: birth in 1973 or earlier
M/F 21B: no age limit	M/F 55: birth in 1968 or earlier
NON-FEDERATED persons must register in SHORT INITIATION or LONG INITIATION	

CATEGORY	DISTANCE	DIFFERENCE IN ALTITUDE	CONTROL POINTS	ESCALE
INI-CORTA	2,3 km.	25 m.	10	1/7500
INI-LARGA	3,4 km.	30 m.	14	1/7500
F/M-12	2,3 km.	25 m.	10	1/7500
F/M-14	3,0 km.	30 m.	11	1/7500
F/M-16	3,7 km.	65 m.	14	1/7500
F-18	3,9 km.	75 m.	15	1/7500
M-18	4,0 km.	100 m.	16	1/7500
F-21A	4,0 km.	100 m.	19	1/10000
M-21A	4,6 km.	125 m.	18	1/10000
F-21B	3,8 km.	70 m.	15	1/7500
M-21B	4,1 km.	100 m.	16	1/7500
F-35	5,1 km.	120 m.	18	1/10000
M-35	5,1 km.	135 m.	22	1/10000
F-40	3,8 km.	95 m.	16	1/10000
M-40	4,6 km.	125 m.	19	1/10000
F-45	3,6 km.	85 m.	15	1/7500
M-45	4,2 km.	115 m.	19	1/7500
F-50	3,4 km.	70 m.	15	1/7500
M-50	4,0 km.	95 m.	16	1/7500
F-55	3,3 km.	75 m.	15	1/7500
M-55	3,9 km.	80 m.	14	1/7500
F-ÉLITE	4,7 km.	150 m.	20	1/10000
ÉLITE	5,8 km.	170 m.	24	1/10000

June 17th Baiona Sprint

The Sprint will take place in the town of Baiona, located in the Vigo estuary, where you will be able to enjoy its historic centre, [Capilla de la Misericordia](#) and [Capilla de Santa Liberata; Virgen de la Roca](#), its seafront promenade with the [museo de la Carabela Pinta](#), beaches and its peninsula crowned by the impressive [fortaleza de Monterreal](#).

Prohibited area: as stated in the regulations for the Galician Orienteering League 2023 (<http://fegado.es/federation/downloads/>), so that no participant has an unfair advantage, it is forbidden to any competitor who is going to participate in the event, access to the designated area to train or using any type of map or device with representation of the terrain.



Competition place

Place of assembly: will be located at the [Pabellón municipal de Baiona](#). Parking in the village will be allowed in the places designated for this purpose or in the [estacionamiento privado](#) located at the entrance to the Parador.

After 15:30 no participant may be in the competition area.

The starting area will be signposted. It will have a distance of 200 m. from the secretariat área. **There will be a 5' pre-start.** Please note that the race takes place in open traffic and the highway code must be respected.



Categories and routes:

M/F 12: birth in 2011-2012 or later.	M/F Élite: no age limit
M/F 14: birth in 2009-2010 or later.	M/F 35: birth in 1988 or earlier
M/F 16: birth in 2007-2008 or later.	M/F 40: birth in 1983 or earlier
M/F 18: birth in 2005-2006 or later.	M/F 45: birth in 1978 or earlier
M/F 21: no age limit	M/F 50: birth in 1973 or earlier
M/F 21B: no age limit	M/F 55: birth in 1968 or earlier
NON-FEDERATED persons must register in SHORT INITIATION or LONG INITIATION	

CATEGORY	DISTANCE	DIFFERENCE IN ALTITUDE	CONTROL POINTS	ESCALE
INI-CORTA	1,1 km.	20 m.	11	1/4000
INI-LARGA	1,3 km.	20 m.	17	
F/M-12	1,3 km.	20 m.	14	
F/M-14	1,7 km.	25 m.	14	
F/M-16	1,9 km.	35 m.	16	
F-18	2,1 km.	50 m.	19	
M-18	2,1 km.	50 m.	19	
F-21A	2,1 km.	55 m.	17	
M-21A	2,2 km.	60 m.	19	
F-21B	2,0 km.	50 m.	19	
M-21B	2,1 km.	55 m.	17	
F-35	2,2 km.	60 m.	19	
M-35	2,6 km.	80 m.	22	
F-40	2,2 km.	55 m.	17	
M-40	2,3 km.	75 m.	19	
F-45	1,7 km	30 m.	16	
M-45	2,2 km.	55 m.	17	
F-50	1,5 km	30 m.	11	
M-50	1,7 km.	45 m.	12	
F-55	1,1 km.	25 m.	10	
M-55	1,5 km.	40 m.	11	
F-ÉLITE	2,6 km.	80 m.	22	
ÉLITE	2,9 km.	80 m.	24	



June 18th "City Race Euro Tour Vigo" (middle distance)

We finish with the "Rías Baixas" weekend in the "Casco Vello" (Old Town) of the [city of Vigo](#). Its estuary, its national park of the Atlantic Islands, its port, its oyster beds, its gastronomy, its narrow streets, its ups and downs, its tradition, its views, its forts, its museums, its fortress, its parks, its sunsets... wherever you look you will find history.

The race will combine a combination of routes where the significant slope of the northern area will be played with sections of precise reading due to the archaic constructions in some sections.

Prohibited area: as stated in the regulations for the Galician Orienteering League 2023 (<http://fegado.es/federation/downloads/>), so that no participant has an unfair advantage, it is forbidden to any competitor who is going to participate in the event, access to the designated area to train or using any type of map or device with representation of the terrain.



Competition place

Meeting point and departure point: will be located at the [Vigo City Hall Square](#). Parking will be allowed in the places provided for this purpose or in the city. The blue zone, on the day of the race, will not be payable or time-limited.

Please note that the test takes place in open traffic and that the highway code must be respected.



Categories and routes:

M/W Youth (16): are 16 years old or younger in 2023
M/W Junior (20-): are 17 to 20 years old or younger in 2023
M/W Elite City Race: sin límite de edad
M/W Veteran (40+): are 40 to 54 years old or younger in 2023
M/W Supervet (55+): are 55 to 64 years old or younger in 2023
M/W Ultravet (65+): are 65 to 74 years old or younger in 2023
M/W Hipervet (75+): turn 75 or more in 2023

CATEGORY	DISTANCE	DIFFERENCE IN ALTITUDE	CONTROL POINTS	SCALE
INI-CORTA F/M 12	1,4 km.	50 m.	12	1/3000
INI-LARGA	2,2 km.	65 m.	16	1/4000
W Youth	2,2 km.	65 m.	16	
M Youth	2,2 km.	65 m.	16	
W Junior	4,7 km.	120 m.	26	
M Junior	5,4 km.	130 m.	30	
W Elite City Race	6,1 km.	150 m.	29	
M Elite City Race	7,4 km.	175 m.	37	
W Veteran	4,6 km.	120 m.	28	
M Veteran	5,7 km.	135 m.	28	
W Supervet	3,8 km.	100 m.	25	
M Supervet	4,6 km.	120 m.	28	
W Ultravet	3,2 km.	95 m.	21	
M Ultravet	4,1 km.	105 m.	25	
W Hipervet	3,0 km.	85 m.	18	
M Hipervet	3,7 km	90 m.	21	



RULES

The competitions will take place in the modality of **LINE ORIENTATION**. The participant must pass through all the controls, following the consecutive numerical order marked. The tests will be of the individual time trial type.

The rules applicable to these tests shall be as follows:

- Runners will not be allowed to start without their official race bib (only FEGADO participants). In case of loss or forgetfulness on the day of the competition, there will be unnumbered official bibs at the secretariat. There will be no bibs for the "City Race Euro Tour Vigo" event for the rest of the non FEGADO participants.
- It is not allowed to follow other participants.
- It is compulsory to pass through the starting triangle (beacon without code), and it is forbidden to go back from this point to the starting area.
- It is compulsory to respect the traffic rules on the road.
- Runners have the duty to respect the areas marked as private or forbidden (private property or reforestation).
- It is compulsory to assist any runner who needs help (remember that this is one of the basic precepts of this sport).
- The sport of Orienteering is practised in silence and individually (except as permitted in the beginners' categories), with the utmost respect for the environment that welcomes us, taking care that everything is left as it was after our passage.
- To complete the tests only the use of a map is allowed, which will be handed out at the time of departure, and the help of a compass.
- It is compulsory to follow the route in the order indicated on the map. You may find markers of different routes very close to each other, check the code number of the marker!
- It is compulsory to pass through the finish line and unload the clamp, even if you abandon the race, so that the organisers know about it.
- It is strongly recommended to use the rubbish bins to dispose of waste.

TIMING SYSTEM

The event will use the SportIdent timing system with electronic clamp with the Air+ system activated on all courses. Those who do not have one can rent one at the time of registration.

In case of failure of an electronic timing station, the traditional clamp timing system will be used in the area marked on the map.



No download tickets will be issued.

The results of the race will be available at <https://liveresultat.orientering.se/> and the provisional classification will be published on the FEGADO website.

Complaints can be made according to art. 31 "Complaints" in the FEGADO Regulations.

COVID PROTOCOL

Mandatory compliance with the FEGADO Physiocovid Protocol:

https://fegado.es/web/uploads/documents/file/90a/6214d90774-actualizacion-protocolo-fisicovid-fegado_act-feb2022.pdf

Registration includes a **responsible declaration** that implies knowledge and acceptance of the current Fisicovid Protocol.

REFRESHMENTS

Liquid **refreshments** will be available for participants at the end of each race.

Remember that on Saturday 17th and Sunday 18th, in Torroña and Vigo, we will have a **typical Galician food** stall with empanadas, pasties, desserts, drinks...with payment by **Bizum** or cash.

On Sunday 18th a backpack will be given to each runner at the end of the download.

PRIZES

At the end of the Sprint event, around 18:30, medals will be awarded to the top **3 finishers of this race in each category**, not counting the non-official ones, according to the annual rules of the FEGADO.

In the same way, prizes will be awarded in the "**City Race Euro Tour Vigo**" to the **first 3 classified in each category**, not counting the non-competitive categories. In this event, prizes will be delivered to the **first classified male and female elite of 1 double ticket to the Cies Islands** thanks to our sponsor Naviera Mar de Ons and there will be a draw among the participants of several double tickets.



TRANSPORT BETWEEN EVENTS

To facilitate travel between events on Saturday 17th, there will be a bus service with 110 seats and the following route:

- Departure from [CC A Laxe](#) (Vigo) at 08:30 with destination Torroña competition centre
- Departure from Torroña 14:30 competition centre with destination Baiona
- Departure from Baiona 19:00 destination CC A Laxe (Vigo)

Please make a reservation by mail vigocityrace@gmail.com and awaiting confirmation from the transport manager in case there are no more places available.

OLD MAPS

TORROÑA MAP

<http://3drerun.worldofo.com/2d/index.php?idmult%5B%5D=-16904112>

BAIONA MAP



VIGO MAP

VIGOrienta

Casco Vello de Vigo

