

Welcome

After two editions of OOCup in 2018 and 2020, CDCO 01 and ASUL Sports Nature team up to offer 4 high quality races on the Plateau de Retord and its surroundings. The race of Saturday 20/05/2023 is the French Middle Championship and a World Ranking Event. Nice and tricky terrain awaits you, and a great view over Mont-Blanc is expected!

Organisation

Clubs	Comité Départemental de l'Ain (CDCO 01) & ASUL Sports Nature
Event Directors	Nicolas GREFF and Jérôme ALBREGUE
Course Setter	Nicolas GREFF
IOF and FFCO event Advisor	Jean-Philippe STEFANINI
FFCO referee	Virginie MINOT
Competition office	Arena Tumet
Website	https://cfc2023.fr/
Facebook Page	http://www.facebook.com/CFC2023/

Program

Race for all categories every day.

Date	Race	Place and Map
Thursday 18/05/2023	Sprint Relay French Championship Sprint Open	Oyonnax - Bellignat
Friday 19/05/2023	Middle Distance	Plateau de Retord Le Tumet (extended)
Saturday 20/05/2023	Middle Distance French Championship WRE for M21 et W21	Plateau de Retord Les Capettes
Sunday 21/05/2023	French Clubs Championship (CFC) Open relay (3 runners)	Plateau de Retord Très Mas Curty

Training possibilities: there will be no dedicated training maps, but the race of Friday can serve as a training.

Entry - Fees – Payment

The table below applies only to the WRE race. For all other races, entries must be made on the FFCO website.

	Licensed FFCO competitor	NOT licensed FFCO competitor
Official entry form	FFCO website & Eventor* https://licences.ffcorientation.fr/inscriptions/ *Licensed runners who want to get a WRE ranking must also enter the race on eventor.	Eventor https://eventor.orienteering.org/Events/Show/7651
Entry fee	15,50 €	15,50 €
Latest entry	04 th May 2023	04 th May 2023

As the race is a WRE Event, M21E and W21E categories are open to all runners (FFCO licensed or not) even though they are not qualified. Regarding French nationality runners, entries for WRE are restricted. As per national regulation they have to be either qualified from MD French championship or included in the FFCO list "coureurs qualifiés au titre du Classement National"). Those lists will be published online by the FFCO: visit <https://www.ffcorientation.fr/courses/qualifications/>.

Non-FFCO-licensed competitors must fill in the [following document](#), and read "[the ten rules of sport cardiologist](#)".

Payment must be made by bank transfer to:

CR CENTRE EST NANTUA - MONTREAL LA CLUSE Tel. 0474760486 Fax. 0474762342	19/09/2022 00413		
Intitulé du compte	ASSOC. COMITE DEPARTEMENTAL DE CFC2023 11 ALLEE DES DOMBES 01960 PERONNAS		
Domiciliation			
Code banque 17806	Code guichet 00413	Numéro de compte 04154687969	Clé RIB 46
IBAN	FR76 1780 6004 1304 1546 8796 946		
Code BIC (Bank identification code) - code SWIFT	AGRIFRPP878		

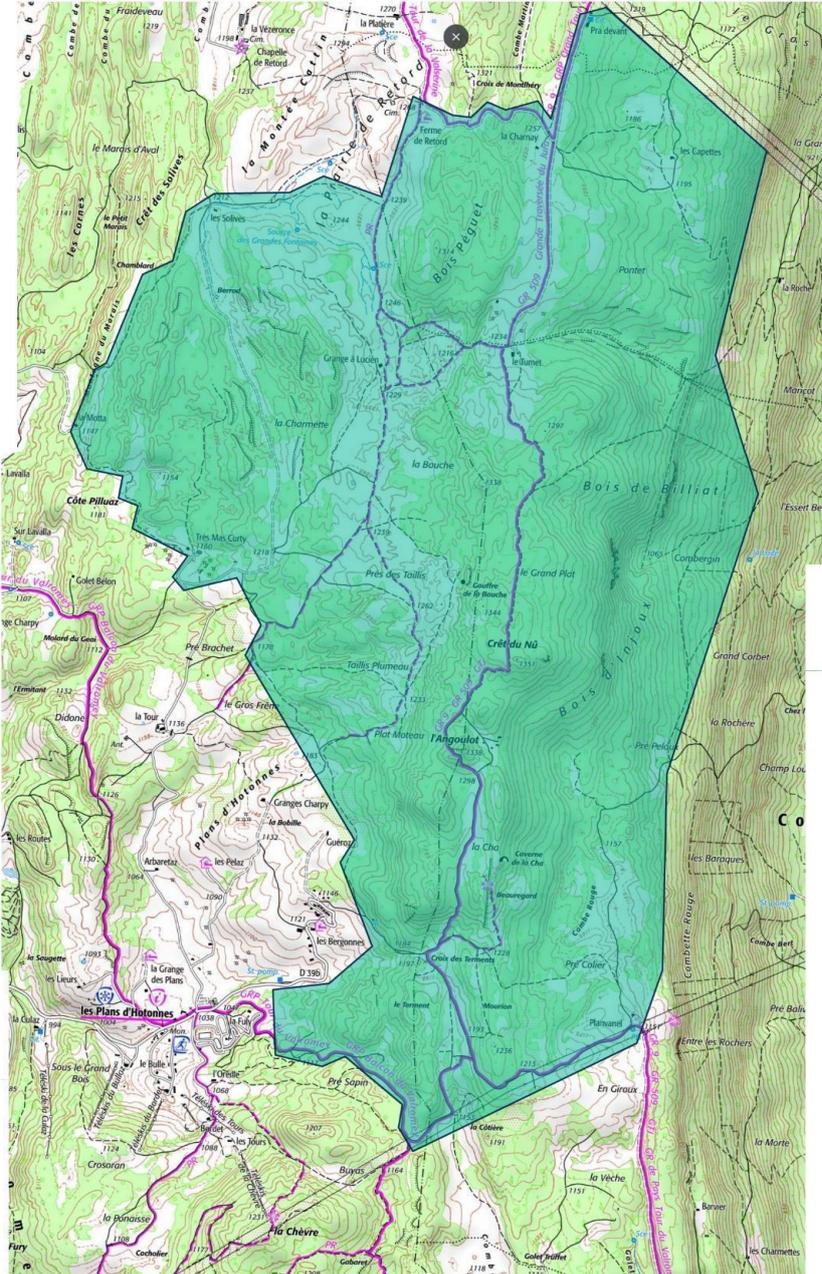
Summary of entries

As of May 10th

M21E: 86 competitors

W21E: 62 competitors

Restricted Areas



Previous maps are published on the website of the organization.



CFC 2023
Ain - Bugey



ASUL
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DEMATHIEU BARD
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France Sud



AGENCE NATIONALE
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La Région
Auvergne-Rhône-Alpes



Crédit Mutuel



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Location and parking

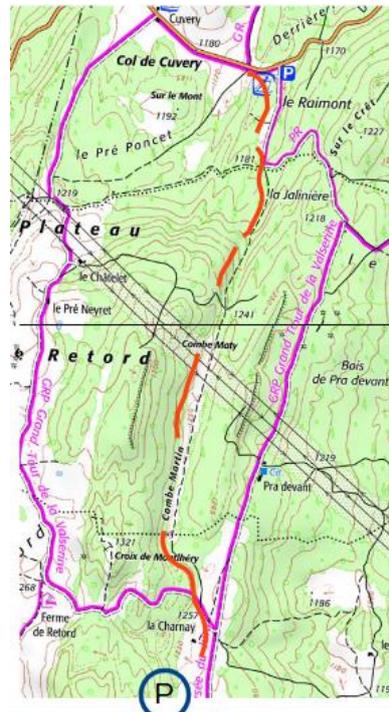
The races are held in France. Conditions of entrance of foreigners in France are indicated [here](#).

Access to the Arena in Plateau de Retord (venue for the regional middle distance on Friday, French middle distance championship (WRE) on Saturday and French Club Championship on Sunday) **will be possible from the col de Cuvéry, and NOT from the village of Plans d'Hotonnes (crossing the competition area).**

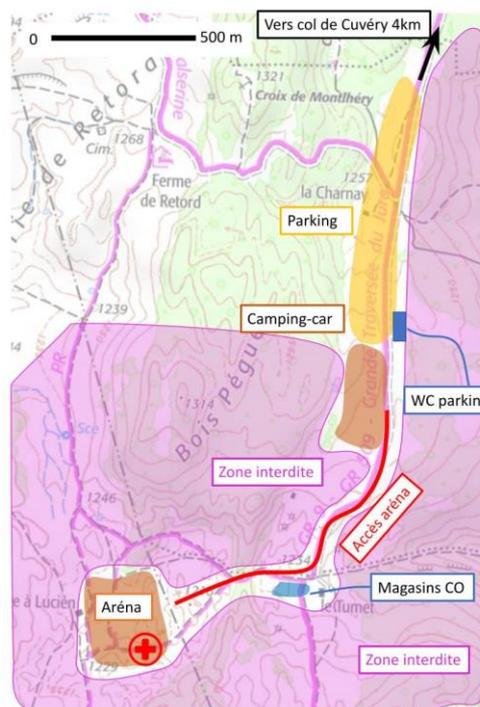
The way to the arena will be marked from the col de Cuvéry, at the crossing between road D101 and the road to the parking and arena (see the following GPS coordinates)

GPS : 46.1112581, 5.7354825

From there, you will drive on a non-asphalted road (gravel) for 4 km. 20 min driving should be expected from the col de Cuvéry, depending on the traffic. There is also a possibility to reach the arena by bike or by **foot** (3 km) via the combe Maty et Martin (see map, path highlighted in **red**).



The organization has financed the rehabilitation of the access road to enable easier access. It is highly recommended to car-share and limit the amount of vehicles reaching the parking area (and therefore the surface of impacted land on the parking area).



The access road is narrow and it is difficult to meet other vehicles. We therefore ask you not to leave the arena before all runners have finished their race, respecting the following timetable:

	1st start	Last start	Access to the arena until	Leaving the arena from
Friday	11:30	16:00	14:00	14:15
Saturday	9:45	16:45	14:30	14:45
Sunday	06:30	NA	9:45	10:00

The organization does not provide transportation to the arena. It is every runner's responsibility to come to the competition center.

For RVs and camper vans, it is possible to stay parked on the parking lot at night (brown area on the access map above), from Thursday 18th at 20:00 (yet, access to the arena will be forbidden on Thursday. Please respect embargoed areas).

2 dry toilets will be available on the parking lot **from Thursday in the end of the morning**.

Arena

Toilets

18 dry toilets will be available (+2 close to the parking lot and the start of the WRE on Saturday).

Waste

Each participant is responsible to bring home their own waste. There will be no bins on the arena, apart from those used for the food and refreshments shop.

Food and Water

We remind you that there is no drinking water on the plateau. We recommend you to take enough water with you for the whole day, competitions included.

There will be food and refreshments shops offering you sandwiches, desserts and beverages for purchase. Payment will only be possible with cash (there is no network on the plateau, so no credit card connection).

Club tents

Please only use areas marked on the following map to install your club tents. Local hilltops will have to remain tent-free to enable a better spectator experience.

Live results

Live results will be available on: <http://co-live.fr/olive/resultats.php>.

Mobile network and emergency number

Mobile network is very limited in the area and is dependent on the mobile provider. A satellite phone will be used on the arena to be joined in emergency cases.

The emergency number is +88 165 141 90 72 and will be present on all racing maps.

Mapping particularities

Root stocks and boundary stones are not drawn on the map.

The symbol "special contour feature" is used for charcoal burning grounds.

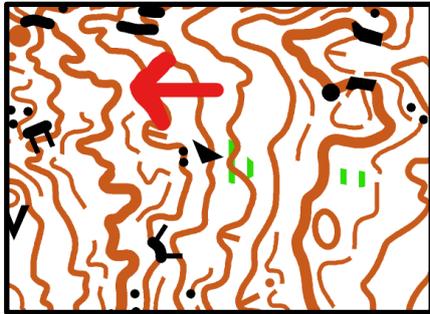


To enable better map readability, some symbols have been slightly reduced on the map compared to the ISOM 2017 norm (small hills, depressions...).

Contours

To improve the map readability in feature-rich areas, the mapmakers have reduced the thickness of some index contours (figure 1) OR have used ordinary contour lines instead of index lines (figure 2)

The thickness of “Reduced index contours” is intermediate between index contours and ordinary contour lines.



Map extract 1 (Regional race MD)



Map extract 2 (Regional race MD)

Fences and stone walls

You will cross a few fences in the forest. None of them are electrified. Some are made of barbed wires (2 horizontal rows), some are smooth wires. There may be double parallel fences at the border of private properties.

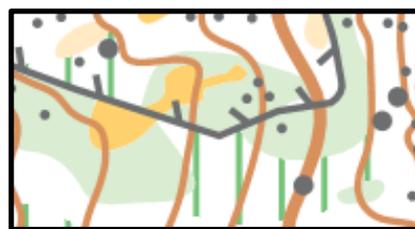
On competition day, most fences will be taken down and put on the ground. Be careful, the wires will not be marked in the terrain. A few fences will stay in place because they are “eaten” by trees, or may have been put back in place by farmers.

Considering the total length of fences in the terrain, it was not possible to tape them all.

When fences are drawn on the map with the symbol “ruined fence”, they are most often fences with a single smooth wire (map extract 3). When they are written with the symbol “fence”, they are most often barbed wires (map extract 4).



Map extract 3 (WRE)



Map extract 4 (WRE)

In the forest, fences may be attached to low stone walls, and they will be drawn on the map with the two overlaid symbols.

Paths

Small paths joining two clearings do not always respect the minimum distance indicated by ISOM 2017, but it represents important information, especially for children courses. We have decided to keep them (Map sample for WRE)



Saturday May 20th : French middle distance championship (WRE) + Open race

Plateau de Retord, les Capettes

Schedule

8:30: Information desk opens

9:45 - 13:30: Competitors start (start times decided according to World Ranking or National Ranking for non-WRE classes)

13:30 - 16:45: Open competitors start (start times decided by the organisers)

14:00: Prize-giving ceremony for French middle distance championship (WRE)

18:15: Competition stops (controls are picked out)

Access

It is mandatory to follow the pedestrian route from the parking lot to access the arena. This route is the only way through forbidden areas.

Distance parking - arena: 1,5 to 2 km and 10 m climb

Distance information desk - start: **start 1**: 2,4 km and 60m climb

Distance parking - start: **start 1**: 0,8 to 1,4 km and 20 m climb

Distance information desk - arena: 0 m.

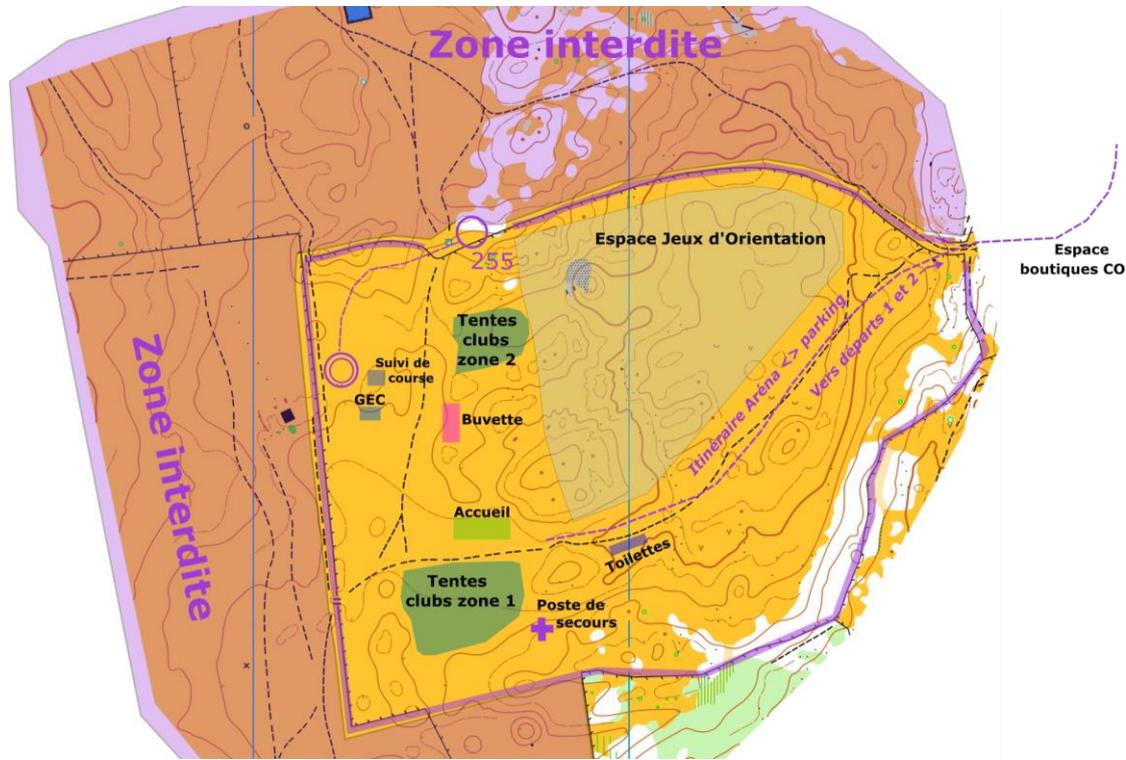
Timekeeping system

SPORTident Air+ (SIAC) system will be activated on all races, from thursday to sunday. If you don't have a SIAC-compatible device, you will be able to punch controls as you usually do, with your normal SPORTident device.

As a reminder, each runner is responsible for their own punching of controls. In case of failure of the Sportident system, it is required to punch the map with the manual punch available on each control. Maps do not have specific space for punches, you can punch it anywhere.

If the Air + mode of your SIAC does not work (no sound or light), it is likely that your device is having battery issues or has not been activated properly. You can still use your device as a normal SI device.

Detailed arena map



Race information

Map: Les Capettes (Survey D. Lebar, Z. Sokolar, R. Micek 2022)

Scale: 1/10000 or 1/7500 depending on class and decision from FFCO (see table below)

Equidistance: 5 m

Terrain type: Karst terrain, around 1200m above sea level. Detailed slope with micro-contours, rocks and cliffs. Alternance of clean beech forest, denser spruce forest and open land. Only a few tracks.

Runnability: from very good to low in rocky or dense areas.

Specific race information

Refreshment points

According to WRE rules, classes Women 21 and Men 21 will have one refreshment point (water), placed $\frac{1}{3}$ into the course. There will be no other water point.



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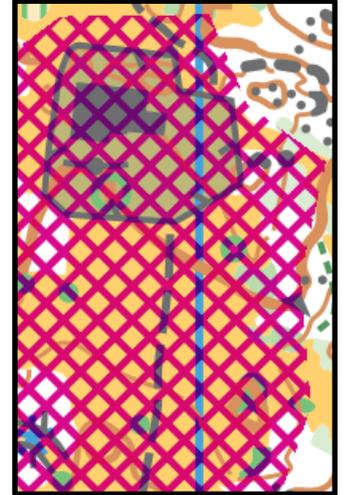
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Forbidden area

Classes M18/20, W21, M21, M35/40 and M45/50 will come close to a forbidden area. It is an old farm that has been renovated and the new owners have planned a party the same day as the competition. And we are not invited!

As agreed with the owners, you are asked not to communicate with them, not trespass in the forbidden area and not get in there to get a drink (not sure you will be welcome 😊).

A volunteer is scheduled to be in the area and make sure everything is going well. Some "Forbidden area" signs will be placed.



Pits

There are areas with karst rocky ground, cracks or pits. 2 pits (caves) have been taped in the terrain.

One pit circled by a fence in the terrain has not been drawn on the map (see picture).

Courses

	Course	Technical difficulty	Classes	Distance	Climb	Nb controls	Size Control Descriptions (mm)	Start	Scale
French MD Championship & WRE	A	Black	M21	5,1 km	205 m	20	55x160	1	1/10000
	B	Black	W21	4,1 km	175 m	19	55x152	1	1/10000

Complaints and protests

Complaints and protests must be submitted in writing at the event office no later than 15 minutes after the official results have been published.

Jury: Philippe POGU, Vincent FREY, Olivier BENEVELLO

Accommodation

Accommodation possibilities are indicated on a dedicated page of our website: visit <https://cfc2023.fr/en/accomodations>.

Contact

Two email addresses are provided. Please choose one based on your question(s).

WRE Event	Other races
denis.seimille@gmail.com	contact@cfc2023.fr