

French Orienteering

National Championships 2019

La Thuile

Le Bourget du Lac

Les Aillons Margeriaz

May 30th – June 2nd



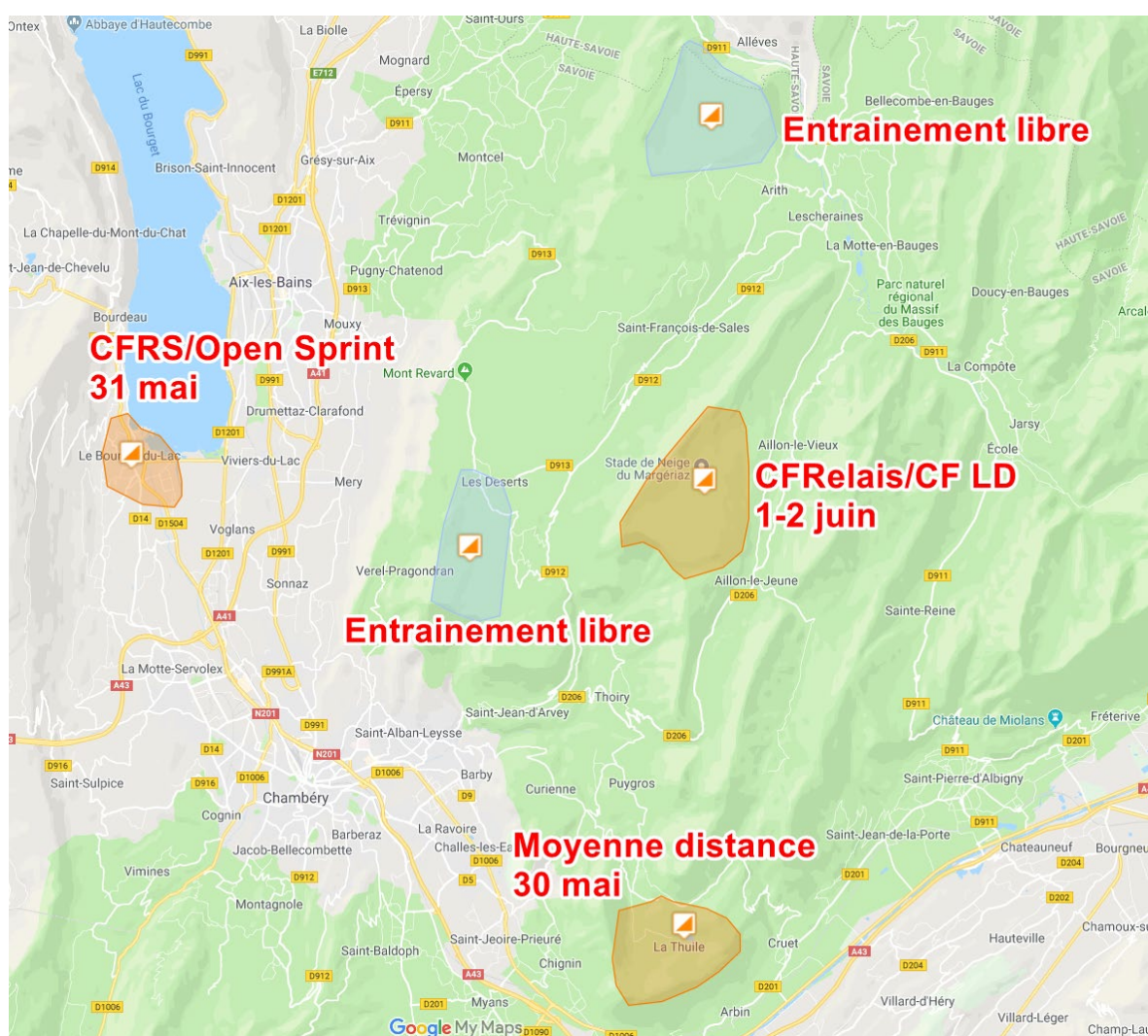
Program

- **Free trainings** // from May 27th at Arith and La Féclaz – free start times
- **Middle distance race** // Thursday May 30th at La Thuile – from 1p.m.
- **Sprint Relay French Championships & open One Man Relay** // Friday May 31st at Le Bourget du Lac – from 1p.m. for the French Champ. and 3.30p.m. for the One Man Relay.
- **Relay French Championships (by class)** // Saturday June 1st in Aillons Margeriaz 1400 – from 1p.m.
- **Long Distance French Championships WRE** // Sunday June 2nd in Aillons Margeriaz 1400 – from 8a.m.

You can take part in a lot of activities on each race location, all the informations are on our website.



Locations



Trainings

Let's practice your technique with training courses prepared by Thierry Gueorgiou from Monday May 27th in Arith and La Féclaz (WOC 2011 maps) – Unit price : 5€

- Maps are printed on resistant paper. You can choose various courses with “downhills” and some easier “all controls” areas. The easiest area are better on the Arith map. Be aware that there is some distance to walk from the car parks to the start location on both maps.
- Maps will be delivered from May 20th. You can order or ask for any information on 73cocs@gmail.com

Middle distance race - May 30th

Race information: [link to the race bulletin](#)

Access : Parking very limited. Car-sharing will be mandatory to access the parking. Consult the website <http://www.echo7305.com> to find out how to access, from May 20th.

Arena: from 11.30 a.m.

Start times: from 1 p.m. to 5 p.m. – start times available on <https://helga-o.com/start/>

Course closing: 6.30 p.m.

Distances Parking/Arena/Start/Finish:

Arena/Start on site. Finish at 500m or 2500m from arena.

Car Park between 200 to 2500m from arena. Camping Car park between 3000 to 4000m. All information will be available on www.echo7305.com

Terrain description : hills side, beech forest, boxwood, light and spread rocky areas.

Map Scale : 1/10 000 - Contours : 5 m – Made by ExpeNature/LigéCarto/Cartomatt Summer 2018.

Distances

Warning: You need to enter your age group course, unless you enter the Open courses

Circuits	Catégories	Niveau technique	Distances (km)	Déniv. + (m)	Nbre postes	Temps de course (mn)
A	H21		5.7	380	25	45
B	D21		4.7	230	22	40
C	H20 - H35		5.7	340	26	45
D	D20 - D35		3.8	220	17	35
E	H18-H40		5.5	340	26	45
F	D18-D40		3.6	220	18	40
G	H45-H50		4.6	260	20	40
H	H55-H60		3.6	205	20	35
I	H65+		3.0	100	17	25
J	D45-D50		2.8	105	17	30
K	D55-D60		2.7	95	14	35
L	D65+		2.1	75	13	35
M	H16 - Open Orange		3.4	135	21	25
Mbis	D16		3.0	80	19	25
N	H14 - Open jaune		3.1	115	20	20
Nbis	D14		2.9	115	18	25
O	HD12-Open bleu		2.0	100	13	20
P	HD10- Open Vert		1.9	90	12	20
IJ	Jalonnée		1.9	90	13	-

Results: live on <https://helga-o.com/webres/> & <https://liveresultat.orientering.se>

Refreshment: cold and hot drinks, pancakes, cakes. Local producers will be on site proposing their products

Sprint Relay French Championships – Open One Man Relay - May 31st

Race information: [Link to the race](#)

Access: Le Bourget du Lac. Road signs from Exit 11 « Le Bourget du Lac », VRU, D1201 (45.616440, 5.884632)

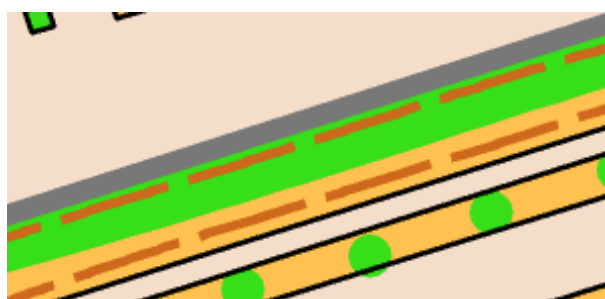
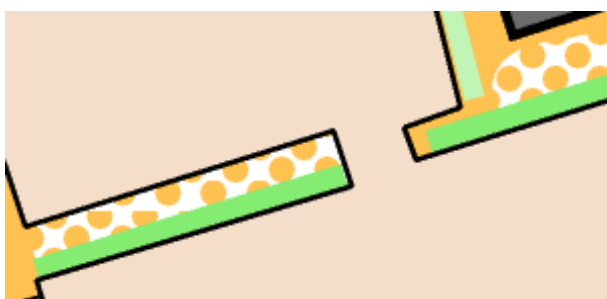
Arena : from 10.30 a.m.

Distances:

	Distance Car park Arena	Distance Arena Start	Distance Arena Finish
Car	250 to 600 m	on site	on site
Camping Car			

Terrain description : University campus - Map scale : 1/4 000 - Contours : 2,5 m. Updated by CD73.

Cartography : Hedgerows are represented with the ISSOM symbols: 406 (Slow running) / 408 (difficult running) / 410 (very difficult running) depending on vegetation density. **Symbol 421 (forbidden crossing vegetation) is not used on the map.**



Terrain type: 75% paved / 25% grass.

Course and controls printing: the controls numbers are printed on the map next to the order course numbers.

Road traffic: Traffic is being regulated but not entirely stopped. Racers need to be careful while crossing roads and must follow usual traffic give way rules. Volunteers will regulate traffic on the courses.

Results: live on <https://helga-o.com/webres/> & <https://liveresultat.orientering.se>

Live streaming on the arena. Awards ceremony for the Sprint Relay Championships at 2.30 p.m..

Refreshment: cold and hot drinks, pancakes, cakes - Credit cards accepted

Children care: on reservation only, from 11.30 a.m.

Showers and swimming: on the local beach (1.5 km from the car park)



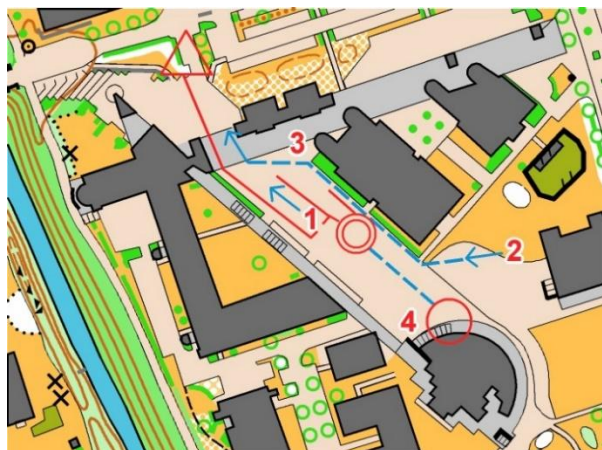
Sprint relay details

Open only for the French members of the federation.

One Man Relay details

Description: A One Man Relay is a relay for one person by itself. This course is a 3 loop relay, where all 3 loops need to be completed by the same person in the order given on the map to finish the course. It is an individual race. There is a mass start for each age group.

One man relay arena:



1. Mass start
2. End of loops 1 & 2
3. Corridor to loop 2 & 3 start
4. Last control of loop 3

P. Access from parking

Punching system SPORTident Air+: Controls will be in Air+ mode but can also be punched with normal (not Air) SPORTident punching cards. Air+ Sportident cards can be hired on our web site.

Wave starts for the One Man Relay:

	Start time	Age grou
Wave 1	15:30:0	HD10/HD12
Wave 2	15:45:00	HD14/H16
Wave 3	16:00:00	D16/HD18
Wave 4	16:15:00	HD40
Wave 5	16:30:00	HD45/H50
Wave 6	16:45:00	D50/HD55
Wave 7	17:00:00	HD60+
Wave 8	17:15:00	HD20/35
Wave 9	17:30:00	HD21

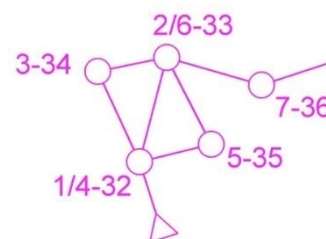
Course printing: On the One Man Relay, each runner will need to complete the 3 loops printed on the same map. It is important to follow the controls order to finish each loop in the right order.

Controls numbers will be printed next to the course order control

Distances:

	Course	Distance	Elevation
H21	A	4,3 km	5 m
H40	B	3,7 km	5 m
H45			
H20			

	Course	Distance	Elevation
D16	D	2,8 km	5 m
H12			
D35			
D20	E	2,7 km	5 m



H16				H10			
H35				D45			
H18				D40			
D21				D14			
H60+	C	3,1 km	5 m	D12			
H55				D18			
H14				D10	F	2,3 km	0 m
H50				D60+			
				D50			
				D55			

Course closing: 6.30 p.m.

Relay French Championships – June, 1st

Race information: [Link to the race](#)

Access: Aillon le Jeune - Aillons Margeriaz 1400. Road signs from Aillon le Jeune church (45.617890, 6.080080)

Arena: from 10.30 a.m.

Start:

1 p.m.	HE, H20, D20, H16
1.05 p.m.	D16, H35, DE, H45, D65, H65
1.10 p.m.	D35, D45, D12, H12, D55, H55
1.15 p.m.	Open green / Yellow 2 / Yellow 3 / Orange

Course closing: 5.30 p.m.

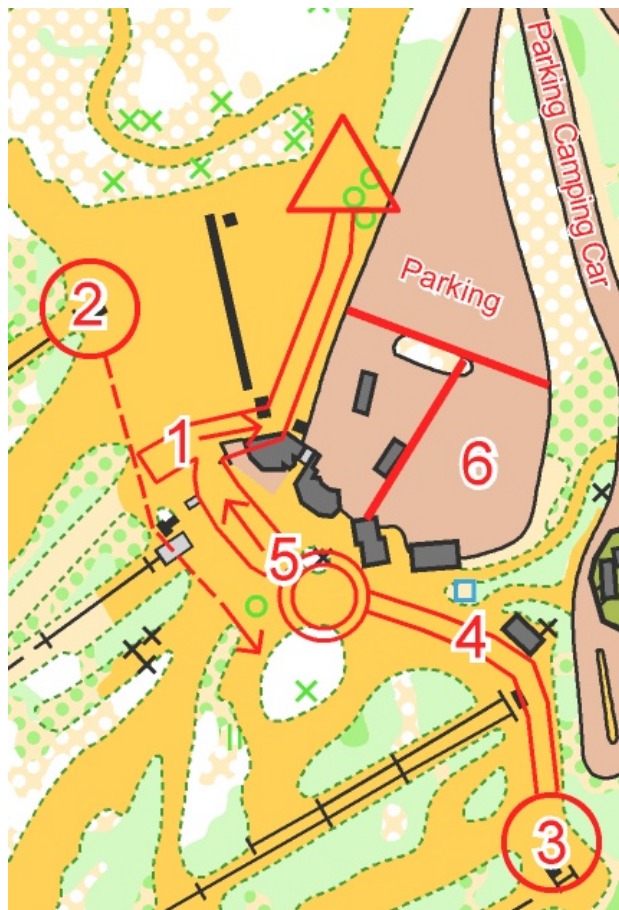
Distances:

	Distance Car park Arena	Distance Arena Start	Distance Arena Finish
Car	onsite	onsite	onsite
Camping Car			

terrain description: Competition area and terrain description: Karstic terrain (caves, chasms, sinkholes, lapiaz), between 1400 and 1845m above sea level, spruce forest, alpine grass in the upper part of the race area, a trail network not very dense but ski lifts and alpine ski tracks on a part of the race area. Made by Cartomatt Spring/Summer 2018

Map: A4 portrait format for all age groups. Controls numbers will be printed on the map next to course controls.

Arena Map:



The arena is located on the course area, please follow the signs and restrictions. Please, do not use the "forbidden area"

1. Mass start
2. Spectator control
3. Last control
4. Map picking up area
5. Relay exchange / warm up
6. Tents. **Paved area!!!**

Entries: based on the French Orienteering rules :

- Entries by club for each age group
- Or Open entries for other teams

Relais	Catégorie d'âge	Nombre de relayeurs	Temps de course/relayeur	Couleur
Open Vert	H/D 10 et +	2	20'	Vert
Open jaune 2	H/D 14 et +	2	25-30'	Jaune
Open jaune 3	H/D 14 et +	3	25-30'	Jaune
Open Orange	H/D 16 et +	3	30'	Orange

Distances :

Age group	Distance km	Elevation m	Control numbers	Time after spectator control
DE	3,62	150	13	12'
HE	4,98	250	17	9'
D12	2,06	70	8	10'
H12	2,40	75	10	8'
D16	2,88	125	11	7'
H16	3,92	130	13	7'
D20	3,51	140	14	10'
H20	4,64	200	15	12'
D35	2,70	125	11	12'
H35	4,12	190	14	10'
D45	2,35	85	10	12'
H45	3,68	155	12	11'
D55	2,44	100	10	18'
H55	3,01	120	13	15'
D65	2,12	75	8	17'



H65	2,35	90	9	11'
Open Vert	2,16	90	9	7'
Open Jaune 2	2,65	115	10	7'
Open Jaune 3	2,52	105	10	10'
Open Orange	2,84	125	12	14'

Results: live on <https://helga-o.com/webres/> & <https://liveresultat.orientering.se>

Wifi streaming on the arena. Awards after the race.

Refreshment: cold and hot drinks, pancakes, cakes - Credit cards accepted

Children care: on reservation only, during parents race

Wild camping is forbidden on the arena

Long distance French Championships – June 2nd

Race information: [Link to the race](#)

Access: Aillon le Jeune - Aillons Margeriaz 1400. Road signs from Aillon le Jeune church (45.617890, 6.080080)

Arena: from 6.30 a.m.

Start: from 8am - start times available on <https://helga-o.com/start/>

Course closing: 2h after the last start.

Distances:

	Distance Car park Arena	Distance Arena Start	Distance Arena Finish
Car	onsite	1300m	on site
Camping Car		80m D+	

ATTENTION : MW10/Jalonné and Open courses have a different start 200m from the Arena. Start time based on punching start control.

Terrain description: Competition area and terrain description: Karstic terrain (caves, chasms, sinkholes, lapiaz), between 1400 and 1845m above sea level, spruce forest, alpine grass in the upper part of the race area, a trail network not very dense but ski lifts and alpine ski tracks on a part of the race area. Made by Cartomatt Spring/Summer 2018

Map scale : 1/10 000^e - Contours : 5 m. realisation Cartomatt spring/summer 2018.



Arena Map:



The arena is located on the course area, please follow the signs and restrictions. Please do not use the "forbidden area"

1. Track to start
2. Warmup zone
3. Taped, MW10 and Open courses start
4. last control for all age groups and spectator control for M21E/M21A/M20E
5. Tents. Paved area!!!

Distances:

At the request of the French Federation, the race time of the H21E circuit was reduced to 85'.

Caution: under classification possible only on the circuits of class "Short" or Open.

Category	Course	Map Scale	Distance	Controls	Elevation
H21E	A	1/10 000	11,0 km	21	495 m
H20E	A bis	1/10 000	9,8 km	18	460 m
H21A	A2	1/10 000	10,0 km	18	420 m
H20A	B2	1/10 000	8,4 km	17	410 m
H35					
D21E	B	1/10 000	8,0 km	16	300 m
D20E	B bis	1/10 000	7,1 km	13	275 m
H45	B3	1/10 000	7,5 km	14	370 m
H18A	C1	1/10 000	8,0 km	15	380 m
H40	C2	1/10 000	8,0 km	15	360 m
D20A	D	1/10 000	5,9 km	11	170 m
D21A					
D35					
H50	E	1/10 000	6,3 km	12	205 m
D18A	Ebis	1/10 000	6,1 km	12	210 m
H55	F1	1/10 000	6,1 km	12	160 m
H21C					
D40	F2	1/10 000	5,4 km	11	135 m
D45	F3	1/10 000	4,9 km	12	165 m
D50	G1	1/10 000	3,9 km	11	120 m



D55					
H40C					
D21C					
H60	G2	1/10 000	4,7 km	11	110 m
H65					
D60	H1	1/10 000	2,8 km	8	75 m
D65					
H70, H75, H80et+					
D70, D75, D80et+	H2	1/10 000	2,2 km	7	25 m
D40C					
H16A	I	1/10 000	6,7 km	15	300 m
H18B					
D16A	K	1/10 000	4,2 km	10	205 m
D18B					
Open Orange					
H14	L	1/10 000	4,3 km	9	205 m
H16B					
Open Yellow					
D16B	L bis	1/10 000	3,4 km	8	115 m
D14					
D12	M	1/10 000	2,9 km	9	125 m
H12					
D10	N	1/5 000	1,9 km	9	75 m
H10					
Open Green					
Taped	Jal	1/5 000	2,0 km	8	70 m
Open Blue		1/5 000	2,6 km	9	120 m

Warmup: a warmup/training map will be available on the track to the start.

WRE: 2 drinks controls will be available on the course.

Results: live on <https://helga-o.com/webres/> & <https://liveresultat.orientering.se>

Wifi streaming on the Arena. Awards when the podium is known for all age groups and at 2 p.m. for Elite runners.

Refreshment and catering: Catering made by the snack "Le 1400" with a local dish made of sausages (diots), polenta, french fries and cake. Credit card accepted.

Children care: reservation only, during parents race.

Important Information: The map is an alpine area. A flock of goats will be moved out of the race area for the occasion. It will be kept permanently by the shepherd and a patou (shepherd dog) that you can hear barking during your race.



Institutional Partners



Private Partners



Official Suppliers




Web

Site web : Find all the maps and results each day on www.cfco2019.co

Facebook/Instagram: Follow us @CFCO2019

Wifi network: A local wifi network CFCO2019 will be available on the arenas Friday/Saturday/Sunday. You will have access to the results in real time. All the results will be available also in real time on <https://helga-o.com/webres/> & <https://liveresultat.orientering.se>

Ça roucoule sur le Margériaz!

Le Margériaz constitue l'un des noyaux de présence du Tétrasyre sur le massif des Bauges. **Le Tétrasyre**, c'est une sorte de **poule de montagne** qui vit entre 1300 mètres et 2400 mètres d'altitude. Il est nommé ainsi en référence à sa queue en forme de l'instrument, **la lyre**. Quel panache! Elle lui sert notamment à se pavaner devant les femelles et les séduire. Ici dans les Bauges, la population est estimée à environ **80 couples**, et les plus grandes populations se situent dans les hautes Bauges très souvent dans les alpages. C'est là qu'on trouve son habitat naturel en mosaïque, entre milieu ouvert de prairie et milieu plus reforesté de lande à rhododendron et myrtille, et de forêt. C'est notamment grâce au **pastoralisme** que l'habitat du Tétrasyre est entretenu afin de freiner la colonisation forestière.



Le Tétrasyre est fragile, et nécessite toute notre vigilance.

Au printemps et à l'été, **c'est la période sensible** ! La femelle niche au sol, ce qui la rend vulnérable à la prédation ou encore au dérangement. Et l'hiver, il creuse un igloo pour se protéger du froid. Il y a moins de nourriture, tout dérangement provoque une dépense énergétique importante.

Mais alors que faire pour le préserver tout en profitant de la montagne?

En restant sur les sentiers balisés, en gardant son chien en laisse et en se baladant discrètement, on évite déjà beaucoup de dérangement.

Le Saviez-vous ?

Le Parc naturel régional du Massif des Bauges travaille avec l'ensemble des acteurs concernés comme les stations, les pratiquants de sports de pleine nature, les alpagistes ...pour mieux connaître l'espèce et la protéger. **A l'occasion du Championnat de France de Course d'Orient, deux zones de reproduction du tétras-lyre ont été préservées de la course afin de ne pas les déranger.**

Une autre espèce mérite également toute notre attention, et a fait aussi l'objet de zones à éviter, il s'agit de la **Primevère auricule (photo ci-contre)**. Cette fleur, protégée au niveau national, tire son nom de la forme de ses feuilles qui ressemble à des Oreille d'ours. Elle affectionne tout particulièrement les milieux rocheux.



Pour en savoir + : Consulter le clip animé « Silence, ça roucoule ! », sur la chaîne Youtube du Parc du Massif des Bauges.