

Lithuanian, Norwegian, Swedish master's competition

Bulletin No. 1

20-21 of May, 2023

Organisers

Paliesius manor and clinic.

Orienteering club „Oriens“.

Event director – Domantas Balčiūnas.

Event office – Gvidas Rūkas.

Competition date and competition centre

20th and 21st of May, 2023.

Forest Aukštojas. [Location](#)

Forest Čiulėnai. [Location](#)

Programme

20th of May

12:00 – Middle distance start.

16:00 – „Homage á Brahms“ concert at Paliesius manor.

17:30 – Presentation of the cardio test program.

18:30 – Dinner at Paliesius manor restaurant.

21st of May

8:00 – 10:00 – Breakfast at Paliesius manor.

12:00 – Long distance start.

15:00 – Prize giving ceremony.

Registration

Online entries can be made through <https://dbsportas.lt/lt/varz/2023040>.

Registration deadline is **14th of May, 2023**.

Payment can be made in advance by bank transfer or by payment in cash on the first competition day.

Bank "Swedbank"

Beneficiary's name: Orientavimosi sporto klubas „Oriens“.

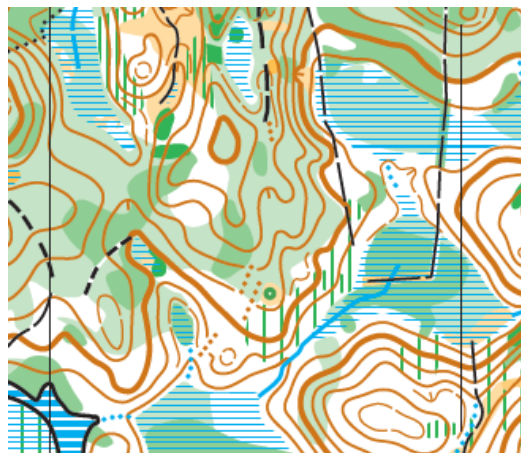
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Swift code: HABALT22

Terrain



Forest Aukštojas



Forest Čiulėnai

In forest Aukštojas (middle distance) there is a distinct ravine that is dominating in one part of the map with some swamps scattered around the map. Distance between the lowest and the highest part of the map is 55m. Runnability varies from very good to poor.

In forest Čiulėnai (long distance) you can expect to see various type of hills scattered around swamps and lakes. Distance between the lowest and the highest part of the map is 40m. Runnability varies from very good to poor.

Mapper – Egidijus Kukenys.

Map scale for all classes – 1:10000, contours 2.5m

Mapped in 2022, inspected in 2023.

Other information

Competition classes – Men and women: 45, 50, 55, 60, 65, 70, 75, 80, 85

Competition entry fee – Both days 20 € (13 € one day).

Points system – To be confirmed in the next bulletin.

Results – Final results will be calculated by summing all competitors' points by their representing country.

Prizes – Top 3 places in each group and the winning country will get a prize.

Activities, accommodation and dinner

Organisers kindly invites participants to spend the Saturday's evening in the Paliesius manor. Evening programme will start with "Homage á Brahms" concert on a stage, where it is well known for its perfect acoustics.

After that, ergotherapist David Engstedt will present cardio test program for all master orienteers. **This presentation is complimentary and everyone is invited.**

"Cardiac health is an important factor for all master athletes regardless of general health or ambition. Paliesius clinic cardio test program aims to give you a clear view of your cardiac health and recommendations for ongoing orienteering throughout all age categories. Paliesius clinic welcomes you for an informative meeting and open questions." – David Engstedt

To get your energy back, participants are invited to have a dinner at Paliesius manor restaurant.

The pricing options are as follows:

- Ticket to "Homage á Brahms" concert – 15€.
- Ticket to the concert and dinner – 55€.
- One night stay with breakfast, ticket to the concert and the dinner – 135€. This includes a guided tour though Paliesius manor on Saturday at 19:30 (duration 30 min.).



You can make a reservation through:

Email - info@paliesiausdvaras.lt

Phone +370 62682760

You can find more information about:

Paliuesius manor [HERE](#).

Paliesius clinic [HERE](#).

“Homage á Brahms” concert [HERE](#).

Accommodation options [HERE](#).

Contacts

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