

# Lithuanian, Norwegian, Swedish master's competition

## Bulletin No. 2

20-21 of May, 2023

### Organisers

Paliesius manor and clinic.

Orienteering club „Oriens“.

Event director – Domantas Balčiūnas.

Event official – Vitalis Mažuolis

Course planner – Egidijus Kukenys

Event office – Gvidas Rūkas.

### Competition date and competition centre

20th and 21st of May, 2023.

Forest Aukštoja. [Location](#)

Forest Čiulėnai. [Location](#)

### Programme

#### *20th of May*

12:00 – Middle distance start (Forest Aukštoja).

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 (Forest Čiulėnai).

15:00 – Prize giving ceremony.

## Registration

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

Registration deadline is **14<sup>th</sup> 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“.

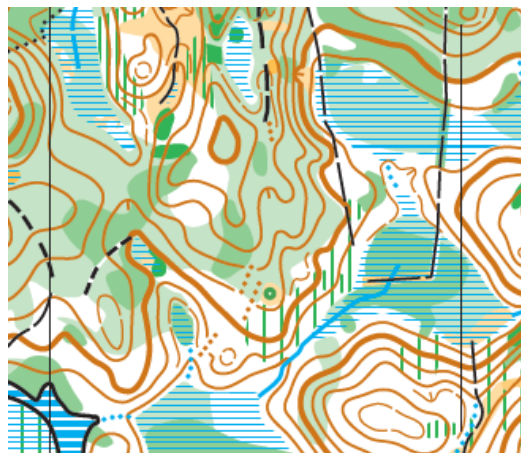
Account number: LT42 7300 0100 0238 2105

Swift code: HABALT22

## Terrain



*Forest Aukštoja*



*Forest Čiūlėnai*

In forest Aukštoja (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 Čiūlėnai (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 1:10000, MV55+ 1:7500, contours 2.5m.

Mapped in 2022, inspected in 2023.

## Courses

1 <sup>st</sup> day - middle		
Group	Length (km)	No. of CP
M45	4.3	17
M50	4.3	17
M55	3.7	14
M60	3.3	14
M65	3.1	12
M70	2.5	11
M75	2.1	9
M80	1.5	7
M85	1.2	6
W45	3.1	12
W50	3.1	12
W55	2.7	10
W60	2.6	9
W65	2.3	9
W70	2.1	8
W75	1.6	7
W80	1.2	6
W85	1.1	5

2 <sup>nd</sup> day - long		
Group	Length (km)	No. of CP
M45	7.2	22
M50	6.5	18
M55	5.5	18
M60	5.0	14
M65	4.5	14
M70	3.9	14
M75	3.5	10
M80	2.5	8
M85	1.9	7
W45	4.3	14
W50	4.2	14
W55	3.8	14
W60	3.5	12
W65	3.2	12
W70	3.0	9
W75	2.5	9
W80	1.9	7
W85	1.6	6

## 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).

Results – Winners will be found by summing time in both days.

Prizes – Top 3 places in each 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.** Presentation will start at 17:30.

*“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](mailto:info@paliesiausdvaras.lt)

Phone +370 626 82760

### You can find more information about:

Paliesius manor [HERE](#).

Paliesius clinic [HERE](#).

“Homage á Brahms” concert [HERE](#).

Accommodation options [HERE](#).

### Contacts

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