



TATRY O-CUP

Zuberec, Slovakia



BULLETIN 2

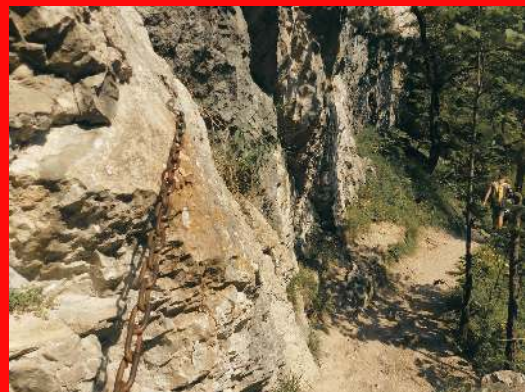
2026
JULY 24 - 26

NEARBY:

Thermal bath Oravice,
Orava Village Museum

High Tatras - Roháče -
High mountain ridge
hikes, chains, ladders.

Prosiecka Valley



sandberg.orienteering.sk

TATRY O-CUP

Jelení paroh a Kravský roh 2026

BULLETIN 2



Organisers	ŠK Sandberg Bratislava, TJ Slovan Luhačovice, and the municipality of Zuberec Event Director: Radoslav Jonáš Main Referees E1 and E2: Richard Balogh / E3: Libor Slezák, LCE Course Setters E1: Július Macháček / E2: Matej and Šimon Kukurugya / E3: Jozef Král Registration: Marta Jonášová Start: Emil Kukurugya Finish: Veronika Prutkayová Timing: Martina Brňáková and Peter Vorlíček
Venue and date	Zuberec (High Tatras – Roháče), 24.-26. July 2026 Event Centre: Football stadium Zuberec
Categories	W 10, 12, 14, 16, 18, 20, 21A, 21B, 35, 40, 45, 50, 55, 60, 65, 70, 75 M 10, 12, 14, 16, 18, 20, 21A, 21B, 35, 40, 45, 50, 55, 60, 65, 70, 75 MWR – children with parents N – technically easy course for beginners OPEN – technically demanding course without age or gender restrictions Main Referee merged the following categories due to a low number of entries: M21C to M21B, W21C to W21B and W75 to W70
Event Centre	E1: Múzeum oravskej dediny, Zuberec E2 and E3: Football pitch, Zuberec
Parking	E1: Parking by Brestovská jaskyňa (cave) in front of the open-air museum, will be directed by an organiser. The number of places is limited, so we ask participants to consider coming on foot or by bike from Zuberec; it is a nice walk through a pleasant spruce forest. An alternative is to use public transport or local tourist train, departure from Zuberec according to the timetable. Parking along the road near the open-air museum is forbidden. E2 and E3: around the football pitch and the lower station of the Janovky ski lift, will be managed by the organiser.
Terrain	E1: open-air museum (historical village buildings in the Studený potok valley), many artificial objects, gravel paths, grassy areas. The immediate surroundings of the open-air museum consist of spruce forest and locally dense undergrowth of mountain herbs. E2: sloping sub-mountainous wild spruce or mixed forest with many ditches and deep valleys with streams. Open areas in the forest are filled with tall

undergrowth; many marshes. About half of the terrain consists of mountain meadows and semi-open terrain; the meadows are mostly cut. The borders of cut and non-cut meadows are dynamic and there may be minor differences in the map. In the competition area there are residues of old electric fences that are not mapped. In the Western part of the terrain there will probably be a new electric fence with young cows, through which longer courses will lead. Cows are timid and do not pose a danger. In the small meadow part in the east of the competition area there are many earth banks in the terrain, not all of which are mapped due to the generalization.

E3: sloping sub-mountainous mixed forest, medium runnability, many small valleys and ridges as a result of landslides. Open areas in the forest are filled with tall undergrowth. The Southern part of the terrain consists of mountain meadows, mostly cut. In the South-Eastern part of the terrain there will probably be a new smaller electric fence with young cows, through which some courses will lead.

Embargoed area Entering the embargoed area results to immediate disqualification. The embargoed areas are marked in the appendix.

E1: The embargoed area restriction applies on July 24th from 14:00 to 18:00. Possession of the map after the race does not entitle you to enter the open-air museum other than through the main entrance with a purchased ticket !!
E2 and E3: This is a strict embargo, valid from the date of publication of this bulletin.

Map **E1:** Skanzen 1:2500, e 2.5m, ISSprOM 2019-2, status May 2026, author Jozef Král. Size A4. The map has a non-standard scale due to a larger number of controls and to improve readability. The size of the circles is 6 mm.
E2: Janovky, 1:10000 for categories MW18 - MW45 and OPEN, other categories scale 1:7500, e 5m, ISOM 2017-2, status November 2025, author Zdeněk Rajnošek and Zdeněk Janů. Size A4.
E3: Milotín, 1:10000 for categories MW18 - MW45 and OPEN, other categories scale 1:7500, e 5m, ISOM 2017-2, status November 2024, author Zdeněk Rajnošek and Zdeněk Janů. Size A4.
Maps printed on waterproof Blueback paper.

Registration 24.7. 2026, 13:00 - 15:00 amphitheatre near the open-air museum
25.7. 2026, 9:00 - 11:00 football pitch

Estimated winning times
E1: according to the valid IOF rules for sprint plus 20%
E2 and E3: according to the valid IOF rules for middle distance plus 20%
Online split times from the courses from selected controls will be available.

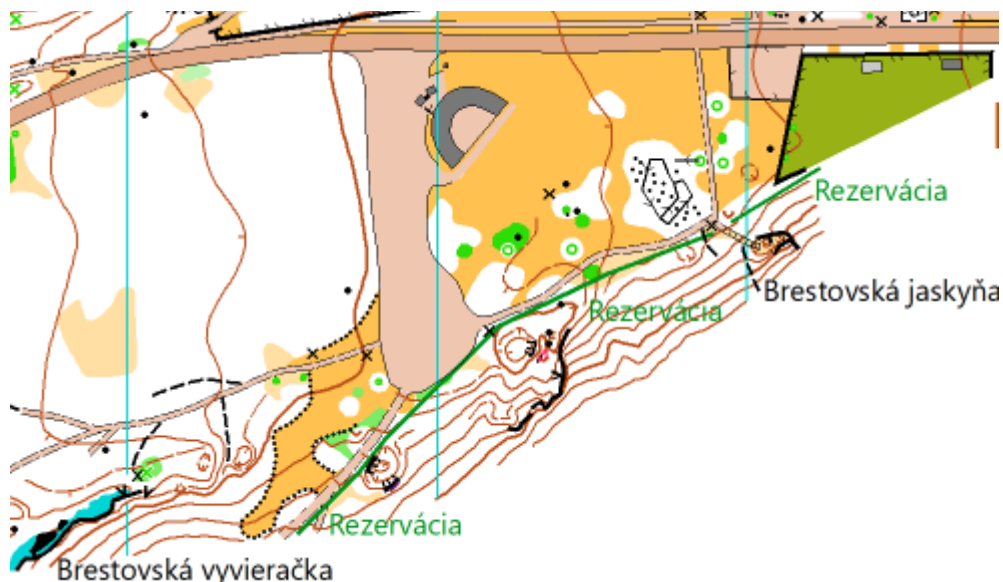
Punching system contactless using the SportIdent SI Air+ system
Renting a classic SI-card € 2, in case of loss € 30.

Accommodation not provided by the organiser. A limited number of people can sleep in tents at the **E2** and **E3** arena for a fee of € 7/person and night. Order by email until 19.7., payment at registration.

Catering	local catering facilities and a buffet near the arena. During E2 and E3 , it is possible to order lunch served in the tourist hostel near the football pitch for € 9. Ordering via email until 19.7. Lunch will be issued against tickets from the organizer.
O-shop	There will be an O-shop at the arena
Picture course	for the youngest children will be prepared near the arena during each stage. Punching into the map, free start, registration on site. Results will not be announced, children will get a small reward after finishing.
Clothing and footwear	E1: it is forbidden to use shoes with dob spikes, we recommend covering the legs because of a small part of the courses that also leads through the forest or undergrowth. E2 and E3: we strongly recommend covering the legs and shoes with dob spikes
First aid	at the arena by club doctors Tetiana Shuniakova and Monika Urbanová
Washing and toilets	E1: lavatories near the open-air museum only E2 and E3: showers and toilets in the tourist hostel. It is strictly forbidden to enter the hostel in shoes with spike shoes or muddy shoes!!
Prize giving	On Sunday at approx. 13:00 – to be specified according to the situation. The results will be based on the sum of times from all three stages. In categories W21A a M21A challenge trophies Jelení paroh and Kravský roh will be awarded, other categories prizes for 1st - 3rd place. In categories MWR and MW10 all participants will be awarded.  Jelení paroh a Kravský roh  Live results and split times from the forest will be published online on the website Oresults. A QR code will be at the arena.
Protests	In written form with a deposit of € 20 in cash to the Main Referee.
Jury	If necessary, a jury will be established according to the rules.
Information	sandberg.orienteeing@gmail.com Tel.: Rado Jonáš: +421 902 488 202
Rules	competition according to IOF competition Rules

Local attractions

Near the **E1** arena, you can visit karst natural phenomena: Brestovská vyvieračka (spring), sinkholes and, by agreement with the operator, the Brestovská jaskyňa (cave) itself. Entering the natural reservation outside the footpaths strictly forbidden !!



In your free time, you can take a cable car to Salatínska dolina and then do alpine hikes in one of the most beautiful parts of the Tatras in Roháče; the hikes are demanding, including ropes, chains and steps. Less demanding hikes are to Ťatliakova chata (chalet), Roháčske plesá (mountain lakes) and Roháčsky vodopád (waterfall). Within driving distance is the Oravice thermal pool. Outside of the **E1** race time, you can visit the beautiful historical open-air museum – Museum of the Orava Village. There are two viewing towers above the village of Zuberec.

Warnings

All competitors take part in the event voluntarily and at their own risk, without the right to claim compensation for injuries or accidents caused during or as a result of these races.

By entering this race, each participant agrees to the processing and publication of their personal data (name, category, club affiliation) in the entry list, start list, results, on the event website and in the used IT systems.

During the race, photographs will be taken in order to inform the public about the race and also for the personal use of the competitors as a souvenir of the race, or for the promotion of orienteering. If you do not agree to being photographed, notify the photographer immediately.

Sale of goods at the arena is possible only with the permission of the event director!

Rado Jonáš

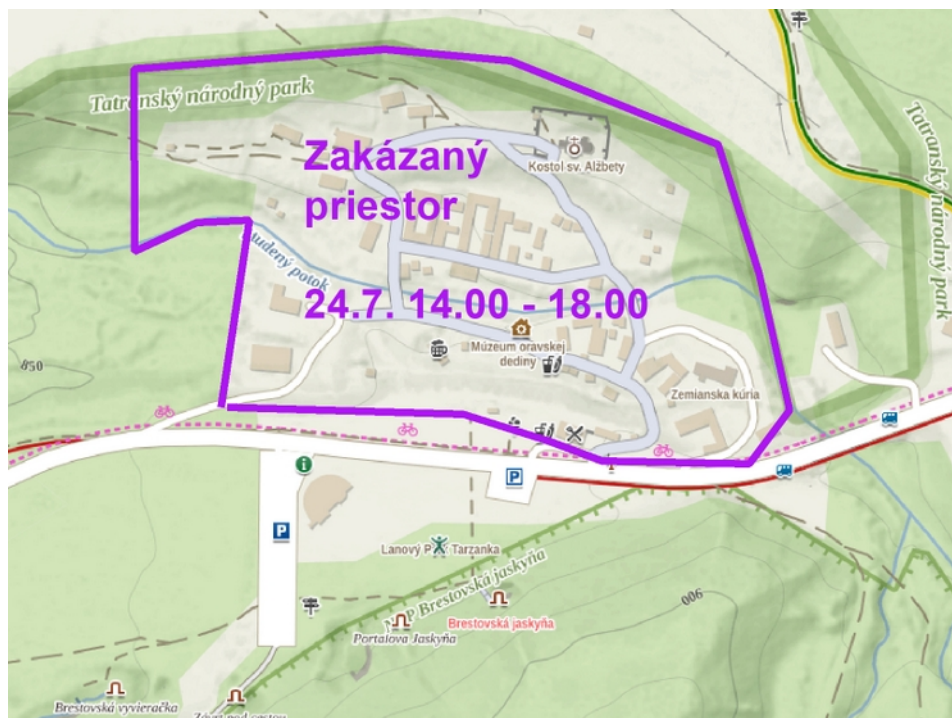
event director

Richard Balogh

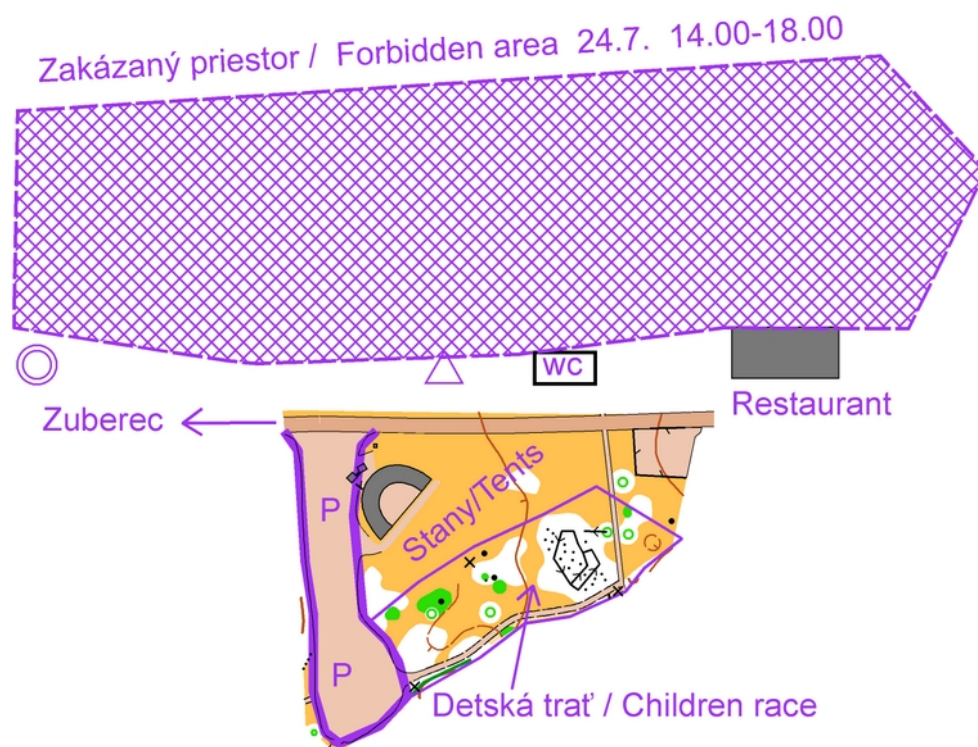
Libor Slezák

main referees

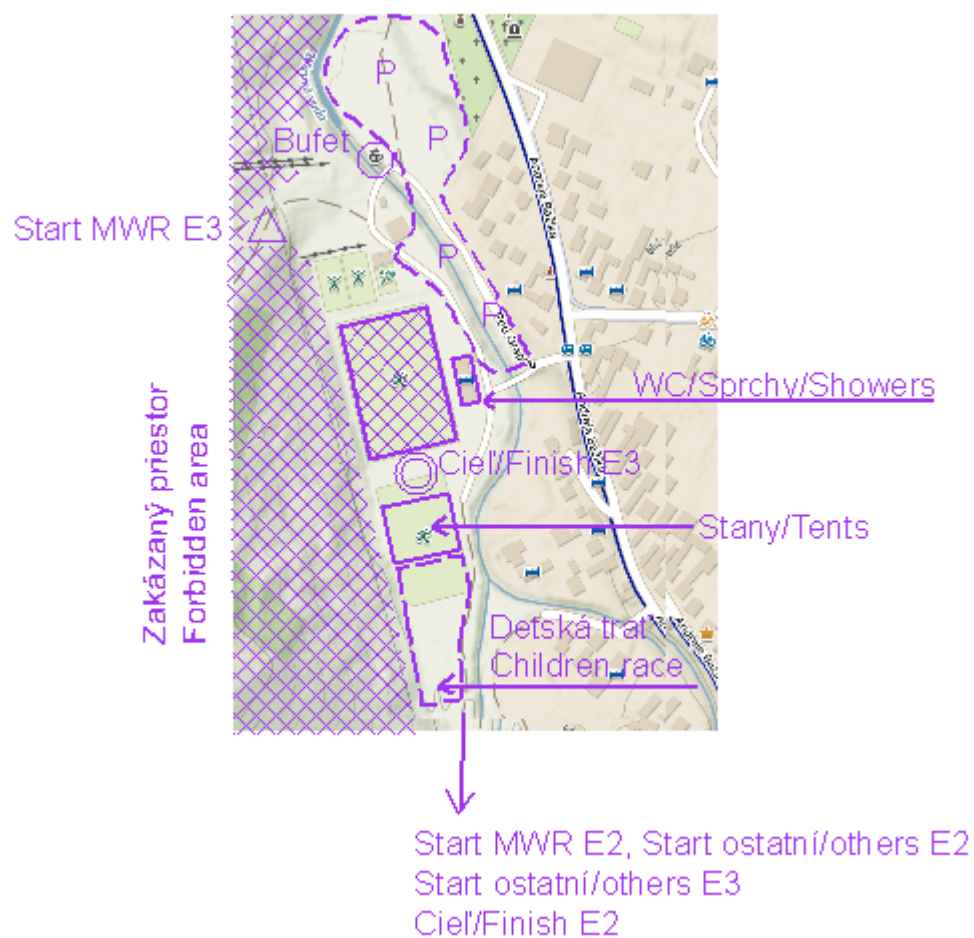
Forbidden areas:



Arena July 24, 2026



Arena July 25-26, 2026



Friday July 24, 2026, E1 sprint

Event type Open daytime race in orienteering sprint distance with given order of controls.

Distances

Arena – Start	50 m
Arena – Finish	100 m
Parking - Arena	0 m

Start Start 16:00, interval start according to the start list, categories with free start during the entire start time (MWR, M10, W10, N). Parents shadowing their children on the course run their own course first.

Control descriptions On the map and in the start corridor, MWR and MW10 will also have text descriptions.

Finish The run-in to the finish is marked with red tape. The finish closes at **18:00**.

Map collection Maps will be collected at the finish and will be handed back after the last competitor has started.

Clothing and footwear
It is forbidden to use shoes with dob spikes, we recommend covering the legs because of a small part of the course that also leads through the forest.

Warning Controls are close to each other, and courses cross frequently; you need to pay attention to the correct order of controls and not miss a control. In the terrain, all embargoed areas and impassable; they are marked with tapes and will be guarded by organisers. All fences in the open-air museum are mapped as impassable. Crossing impassable obstacles and entering embargoed areas leads to disqualification. Size of the circles on the map of 1:2500 scale is 6 mm.

Categories M21A and B, W21, M20, M35 have more than 30 controls, use SI6 or SI9 cards and higher, or SIAC.

Warm-up On the meadow at the arena

Course parameters

Category	Controls	Direct lengths (km)	Real length (km)	Climbing (m)	Category	Controls	Direct lengths (km)	Real length (km)	Climbing (m)
M10	10	0,59	0,74	23	W10	10	0,59	0,74	23
M12	19	1,12	1,49	45	W12	19	1,12	1,49	45
M14	24	1,47	1,77	58	W14	21	1,21	1,40	50
M16	22	1,45	1,97	90	W16	24	1,47	1,77	58
M18	24	1,66	2,12	70	W18	21	1,32	1,91	55
M20	32	1,93	2,57	95	W20	28	1,66	2,21	98
M21A	35	2,10	2,92	115	W21A	32	1,92	2,58	103
M21B	32	1,88	2,55	90	W21B	28	1,69	2,40	75
M35	32	1,88	2,55	90	W35	28	1,69	2,40	75
M40	28	1,69	2,40	75	W40	29	1,75	2,18	95

M45	29	1,75	2,18	95	W45	27	1,49	1,90	63
M50	27	1,49	1,90	63	W50	22	1,26	1,76	55
M55	22	1,26	1,76	55	W55	24	1,33	1,65	60
M60	22	1,26	1,76	55	W60	22	1,18	1,52	45
M65	24	1,33	1,65	60	W65	22	1,18	1,52	45
M70	22	1,18	1,52	45	W70	16	1,00	1,32	38
M75	16	1,00	1,32	38	N	19	1,12	1,49	45
MWR	9	0,72	0,88	30	OPEN	27	1,49	1,90	63

Saturday July 25, 2026 E2 Middle distance

Event type Open daytime race, individual orienteering middle distance with given order of controls.

Distances

Arena – Start	1,3 km/175 m, blue tapes
Arena - Start MWR	0,4 km/20 m, white tapes
Arena – Finish	0,7 km, red tapes
Parking – Arena	0 - 300 m

Control descriptions On the map and in the start corridor; N, MWR and MW10 also have text descriptions.

Start 10:00, interval start according to the start list, categories with free start during the entire start time (MWR, M10, W10, N). There will be water at the start. MWR category has a separate start closer to the arena, along the route to the start for the others.

Finish The run-in to the finish is marked with red tape. The finish closes at **14:30**.

Map collection Maps will be collected at the finish and will be handed back after the last competitor has started.

Clothing and footwear Full leg cover and shoes with spikes/dobs are highly recommended.

Course parameters

Category	Controls	Length (km)	Climbing (m)	Category	Controls	Length (km)	Climbing (m)
M10	6	1,4	0	W10	6	1,4	0
M12	7	1,6	50	W12	7	1,6	50
M14	10	2,8	85	W14	7	2,2	40
M16	11	3,7	140	W16	11	2,8	75
M18	15	4,4	125	W18	11	3,7	140
M20	20	5,6	215	W20	15	4,4	125
M21A	23	6,7	220	W21A	18	6,1	190

M21B	18	6,1	190	W21B	20	5,6	215
M35	20	5,6	215	W35	21	5,2	150
M40	21	5,2	150	W40	18	4,3	205
M45	18	4,3	205	W45	16	4,1	100
M50	16	4,1	100	W50	15	3,5	95
M55	15	3,5	95	W55	10	2,7	45
M60	15	3,5	95	W60	9	1,7	40
M65	10	2,7	45	W65	9	1,7	40
M70	7	1,3	10	W70	7	1,3	10
M75	7	1,3	10	N	7	1,6	50
MWR	4	0.8	45	OPEN	16	4,1	100

Sunday, July 26, 2026 E3 Middle distance

- Event type** Open daytime race, individual orienteering middle distance with given order of controls.
- Distances**
- | | |
|-------------------|--------------------------|
| Arena - Start | 1,3 km/175 m, blue tapes |
| Arena - Start MWR | 0,3 km/10 m, red tapes |
| Arena - Finish | 0 km |
| Parking - Arena | 0 - 300 m |
- Control descriptions** On the map and in the start corridor, N, MWR and MW10 also have text descriptions.
- Start** 9:00, interval start according to the start list, categories with free start during the entire start time (MWR, M10, W10, N). There will be water at the start. MWR category has a separate start closer to the arena, opposite direction from the start for the others.
- Finish** The run-in to the finish is marked with red tape. The finish closes at **13:30**.
- Map collection** maps will be collected at the finish; they will be handed out after the start of the last competitor.
- Clothing and footwear** Full leg cover and shoes with spikes/dobs are highly recommended.
- Course parameters**

Category	Controls	Length (km)	Climbing (m)	Category	Controls	Length (km)	Climbing (m)
M10	8	1,60	20	W10	8	1,60	15
M12	8	2,10	30	W12	9	2,20	30
M14	10	2,70	80	W14	10	2,70	80
M16	13	3,30	90	W16	16	3,00	80

M18	15	3,90	165	W18	13	3,30	90
M20	18	4,50	165	W20	16	3,60	115
M21A	24	5,50	205	W21A	18	4,20	120
M21B	18	4,50	165	W21B	13	3,30	90
M35	19	4,90	190	W35	14	3,90	90
M40	18	4,50	165	W40	15	3,80	130
M45	16	4,20	150	W45	17	3,60	125
M50	14	3,90	85	W50	13	3,10	75
M55	17	3,60	125	W55	15	2,90	55
M60	13	3,10	75	W60	12	2,90	70
M65	12	2,90	70	W65	9	2,40	40
M70	9	2,40	40	W70	10	2,40	30
M75	10	2,40	30	N	9	2,20	30
MWR	7	1,10	45	OPEN	16	3,00	80

Organisers, partners and sponsors of the event



E1: 24.7.2026



SPRINT

**ORAVA VILLAGE MUSEUM
ZUBEREC - BRESTOVÁ**

Open-air museum area offers
very good runability with
many tracks and paths



ZUBEREC - MACHY

Coniferous forests with deep
ravines, as well as open
meadow terrain

E2: 25.7.2026



MIDDLE

E3: 26.7.2026



MIDDLE

ZUBEREC - JANOVKY

Surroundings of ski resort
with many landslides and
semi-open terrain

