



# Activité Physique et Sport de pleine Nature Sport d'Orientation



à pieds, à VTT, en raid multi-sport et autres.

<https://club-co17.com>



Club: Charente Maritime Orientation ( CMO)



**PLEASE NOTE** : *this booklet will not be printed, it is offered to you to supplement the information already communicated in the race announcement.*



*It will be displayed at the reception*

**Open on Wenesday, October 25th from 3 p.m;  
On the Event Center (hippodrome, La Palmyre)**



## Thursday, October 26 in Rochefort Urban Sprint

The whole team of organizers and our partners welcome you for this warm-up.

The reception is located on site at the Corderie Royale from 10:00 a.m.

Recovery of the Club envelope including in particular :

- **a personal, unique and compulsory bib for all races except CNE,**
- **team bibs for the CNE.**



A booklet of tickets worth 10 euros is offered to you to access the refreshment bar.

The bar, in the same place, welcomes you to sustain you in exchange for the tickets that you will have taken care to buy at the reception.

For tomorrow 's Middle Distance on friday, there won't be a snack-bar on site. However the snack-bar will remain open on the Event Center (hippodrome).

You have parked your vehicle beforehand in the car parks provided, from the Avenue du 11 Novembre signpost in Rochefort 17300 (Free parking in the Fourriers, Youth Hostel and CARO area).

You have 1600 m to reach us by the path along the Charente, departure and arrival near.

You will evolve in a park and in this historic town of the 17th century.

**First start at 11 a.m.**

So, after your race, why not take a little height at the "Accro-mats" that you may have seen on the route to join us and visit the dry docks



Then, when the circuits close, retrace your steps and take advantage of this setting to stroll around the Corderie Royale.

Finally end your visit by joining the ferry bridge of Ferdinand Arnodin.



You are less than an hour's drive from the Race Center and possibly your accommodation if you have chosen it near.

Today, by reading these few lines, you have plenty of time to organize your first day in this historic city of the 17th century



Of course you have already appreciated these places during your participation on the circuit that Marianne has concocted for you.

Running time 12 /15 mn - scale 1/4 000 - Equidistance 2,5m									
Class	course	distance	posts	Technical level	class	circuit	distance	posts	Technical level
Open	IC	2,7	15	3 - jaune	D21-35	A2	3,8	23	4 - orange
HD/10-12	Init	1,7	15	vert	H21-35	A1	4,5	26	
D14	D2	2,7	18	3 - jaune	D40-45	E2	3,3	20	
H14	D1	2,7	18		H40-45	E1	4,2	22	
D16	C2	3,1	20	4 - orange	D50-55	F2	3,1	17	
H16	C1	3,2	23		H50-55	F1	3,1	19	
D18-20	B2	3,7	21		D60 et +	G2	2,3	15	
H18-20	B1	4,1	23		H60 et +	G1	2,9	19	



<http://www.ffcorientation.fr/licencie/covoiturage/>





## Friday, October 27 La Coubre

### Inter-regional medium distance



The reception is located 20 minutes from the Race Center, a possible late morning.  
You will inevitably come across him on the D25 between La Palmyre and Ronce-les-Bains.

As far as food is concerned, it is forbidden to sell food on the ONF domain. However the snack-bar will remain open on the Event Center (hippodrome).

Welcome to this magnificent forest of dunes with micro-relief, pines and holm oaks.

**First start at 10:00 a.m.**

#### ATTENTION :

Distance parking – reception: 300m to 1 km

Reception – départure : 400m

Arrival – reception : 150m

class	course	distance	Height difference	posts	Technical level	class	course	distance	Height difference	posts	Technical level
H21	A	5,94 km	50	25	6 - noir	H70 et +	K	3,0 km	20	18	5 - violet
D21	B	5,54 km	50	24		D70 et +	L	2,5 km	20	13	
H18-20	C	5,06 km	20	23		H16	M	3,7 km	20	16	4-orange
D18-20	D	4,77 km	20	21		D16	Mbis	3,4 km	20	15	
H35-40	E	5,75 km	40	25		H14	N	3,2 km	10	15	3 - jaune
D35-40	F	4,78 km	40	22		D14	Nbis	2,9 km	10	13	
H45-50	G	4,99 km	40	22		Open Loisir	IC	3,2 km	20	17	2 - bleu
D45-50	H	4,09 km	20	20		H/D12	O	2,2 km	10	12	
H55-60-65	I	4,13 km	20	21	5 - violet	H/D10	initiation	2,1 km	10	12	1 - vert
D55-60-65	J	3,09 km	20	15		jalonné	jalonné	1,5 Km	10	11	

+ 1 staked

After your race you will have plenty of time to :  
visit the La Palmyre zoo, the main local attraction,  
discover the City of Oysters in Marennes,  
visit Royan and its houses, its church, its market, remarkable reconstructions after destruction in 1944.

Simply relax in anticipation of the trials that await you...





**Saturday October 28 La Palmyre**

**French sprint championship  
Event counting in the world ranking (WRE)**



Reception open at the race center, Hippodrome, start and finish... secrets !

La Palmyre, a seaside resort in the town of Les Mathes-La Palmyre, was originally a village formerly was called Le Clapet (lock), a large breeding center for leeches intended for the pharmacopoeia.

Summer bubbling with tourists, today a few inhabitants guardians of its tranquility and you, ephemeral eager to awaken its streets and parks, its little relief, its sparse pines.

Hippodrome : Possible box rental for October 28 and 29 for each club as changing room and shelter out of water, closed or not (20 and 15 euros to be reserved on the FFCO CNE website)

**A day without vehicles.**

Parking : hippodrome

**In the morning, travel is provided by bus from the race center (Priority to runners in quarantine).**

**In the afternoon, information from the Race Center Hippodrome.**

Let's summarize the "2023 federal competition regulations" article 2.3 and specify:

**QUALIFICATIONS** for those lucky enough to qualify through League Championships and Competitors WRE.

**Quarantine :**

**Opening at 7:30 a.m. closing at 8:00 a.m.**

for D/H18-20, D/H21-35, D/H14, D/H16 and WRE

**Remember not to forget anything for your race, you will not be able to communicate with people outside, only with the organizers present**

**Races :**

**Starts from 9:00 a.m. to 10:30 a.m.**

for D/H18-20, D/H21-35 (4 starts every minute)

Temps de course 12 – 15 mn - Echelle 1/4 000 Equidistance 2,5m

class	course	distance	Height difference	posts	Technical level
H21-35	A1*	2,9 km	20 m	25	4 - orange
D21-35	A2*	2,3 km	15 m	21	
H18-20	B1*	2,5 km	15 m	22	
D18-20	B2*	2,1 km	15 m	21	

- \* valid for qualifications and finals

**From 10:30 a.m. to 11:00 a.m. French Championship**

for D/H14 et D/H16 (4 starts every minute)

Temps de course 12 – 15 mn - Echelle 1/4 000 Equidistance 2,5m

class	course	distance	Height difference	posts	Technical level
H16	C1	2,6 km	15 m	22	4 - orange
D16	C1	1,9 km	10 m	20	
H14	D1	2,0 km	15 m	22	3 - jaune
D14	D2	1,8 km	10 m	18	



## 11:00 a.m. Open race FFCO registration same as qualifying = Open ahead of the category

Temps de course 12 – 15 mn - Echelle 1/4 000 Equidistance 2,5m											
class	course	distance	Height difference	posts	Technical level	category	circuit	length	Height difference	posts	Technical level
Open H21-35	A1*	2,9 km	20 m	25	4 - orange	Open D14	D2	1,8 km	10 m	18	3 - jaune
Open D21-35	A2*	2,3 km	15 m	21		Open H40-45	E1	2,6 km	15 m	22	4 - orange
Open H18-20	B1*	2,5 km	15 m	22		Open D40-45	E2	2,0 km	15 m	19	
Open D18-20	B2*	2,1 km	15 m	21		Open H50-55	F1	2,0 km	15 m	18	
Open H16	C1	2,6 km	15 m	22		Open D50-55	F2	1,9 km	10 m	21	
Open D16	C2	1,9 km	10 m	20		Open H60 et +	G1	1,8 km	10	21	
Open H14	D1	2,0 km	15 m	22	3 - jaune	Open D60 et +	G2	1,8 km	10	18	
Open H/D 12		1,6 km	10 m	16	2 - bleu						

### FINALS

#### Quarantine (Non-fixed schedules)

Opening at 1:30 p.m. closing at 2:00 p.m. for the first 25 of the D/H18-20 and the first 30 French D/H21-35

Pensez à ne rien oublier pour votre course, vous ne pourrez pas communiquer avec les personnes à l'extérieur, uniquement avec les organisateurs présents.

Races : 3:00 p.m. : 4 starts every minute for these finalists

Temps de course 12 – 15 mn - Echelle 1/4 000 Equidistance 2,5m					
class	course	distance	Height difference	posts	Technical level
H21-35	A1*	3,92 km	40 m	22	4 - orange
D21-35	A2*	3,20 km	30 m	19	
H18-20	B1*	3,75 km	45 m	45	
D18-20	B2*	2,73 km	30 m	18	

Then French Championship for D/H40-45, D/H50-55 and D/H60 and +

Temps de course 12 – 15 mn - Echelle 1/4 000 Equidistance 2,5m					
class	course	distance	Height difference	posts	Technical level
H40-45	E1	3,04 km	35 m	17	4 - orange
D40-45	E2	2,43 km	25 m	18	
H50-55	F1	2,80 km	20 m	16	
D50-55	F2	2,17 km	25 m	14	
H60 et +	G1	2,24 km	25 m	25	
D60 et +	G2	1,63 km	15 m	15	

Rewards at the end (5:30 p.m.)





## Sunday October 29 La Palmyre National Team Criterion



Reception at the race center hippodrome from 05:00, Race Center, departure and arrival in visual.

### Reminder :

Catering service at the hippodrome (breakfast, drinks and meals).

Possible rental of horses boxes for October 28 and 29 for each club as changing rooms and shelter out of water, closed or not (20 and 15 euros to be reserved on the FFCO CNE website)

Explanations concerning departures, relays and arrivals will be demonstrated on site the same day.

**Sunrise 7:32 a.m. beware of the time change** (First departure 1:30 a.m. before sunrise)

### Mass start (time dependent on the Referee)

06:00 men's relay (the first 2 at night)

07:00 ladies' relay (the first at night)

08:30 youth relay

09:00 mini relay

8:45 a.m. La Palmyre trophy

9:15 a.m. Flamingos trophy

You know the composition of your teams by heart and they have trained... or not!

However, and without taking offense, a simple reminder:

Men's team = 7 torchbearers including 2 night starts

Women's team = 5 torchbearers including 1 night start

Mixed Youth Team = 4 torchbearers: Youth Trophy aged 13 to 16 (D/H14, D/H16)

Mini Youth relay = 3 relay runners M/D 10 and M/D 12 years old

La Palmyre Trophy = 4 torchbearers – circuits: 1 yellow, 1 purple, 1 yellow, 1 purple.

Pink flamingos trophy = 3 torchbearers – circuits: blue, yellow, purple.



Changes will be accepted no later than the evening before (injury or illness)

*(Vous êtes dans un hippodrome, vous trouvez ça beau (de cheval), alors en selle et sans être trop bourrin, lâchez la bride, cravachez dur le mors aux dents, mais faites-vous plaisir pour placer votre équipe dans le tiercé gagnant). Sorry, french humour, play on words.*

Dunes, pines and holm oaks envelop you in a gentle silence to help you forget your teammates, to concentrate on the terrain, map, compass, posts, to breathe this iodized air with summer scents.

Rewards 2:00 p.m.

Good luck to all and avoid evil post.

Audiovisual transmission from 6 a.m. to 12 p.m.  
on TV8 Mont Blanc channels  
(TV on boxes and internet) and 100% outdoor (internet TV)  
with the assistance of the National Sports Agency (ANS),  
the FFCO and the Partners..



## Men's Team

Relais posts	Estimated time of the winner	distance	Height difference	posts	Technical level	scale	Estimated time of the last loop
1 (night)	40'	5,5/5,6 km	100 m	17	5 - violet	1/10 000	3'
2 (night)	40'	5,6 km	100 m	17		1/10 000	3'
3 (Mixed)	50'	6,6 km	190 m	19		1/10 000	4'
4	30'	3,7 km	85 m	15		1/10 000	2'
5	50'	6,5/6,6 km	180 m	23		1/10 000	3'
6	30'	3,7 km	85 m	15		1/10 000	2'
7	50'	6,6/6,7 km	180 m	23		1/10 000	3'

## Women's team

Relais posts	Estimated time of the winner	distance	Height difference	posts	Technical level	scale	Estimated time of the last loop
1 (night)	30'	3,9/4 km	70 m	19	5 - violet	1/10 000	4'
2	40'	4,6 km	80 m	22		1/10 000	7'
3	30'	3,9/4 km	70 m	19		1/10 000	4'
4	40'	4,6 km	80 m	22		1/10 000	7'
5	30'	4 km	70 m	19		1/10 000	3'

## Mixed Youth Team

Relais posts	Estimated time of the winner	distance	Height difference	posts	Technical level	scale	Estimated time of the last loop
1	30'	4,2 km	75 m	19	4 - orange	1/10 000	5'
2	30'	3,8/3,9 km	25 m	15	3 - jaune	1/10 000	3'
3	30'	3,8 km	75 m	15	3 - jaune	1/10 000	3'
4	30'	4,1/4,2 km	25 m	19	4 - orange	1/10 000	5'

## Mini Youth relay

Relais posts	Estimated time of the winner	distance	Height difference	posts	Technical level	scale	Estimated time of the last loop
1	20'	2,9/3 km	35 m	12	2 - bleu	1/10 000	3'
2	20'	3 km	10 m	11	1 - vert	1/10 000	3'
3	20'	2,9/3 km	35 m	12	2 - bleu	1/10 000	3'

## La Palmyre Trophy

Relais posts	Estimated time of the winner	distance	Height difference	posts	Technical level	scale	Estimated time of the last loop
1	20'	3,1 km	30 m	14	3 - jaune	1/10 000	3'
2	30'	4 km	75 m	15	5 - violet	1/10 000	5'
3	20'	3,1 km	30 m	14	3 - jaune	1/10 000	3'
4	30'	4 km	75 m	15	5 - violet	1/10 000	5'

## Pink flamingos trophy

Relais posts	Estimated time of the winner	distance	Height difference	posts	Technical level	scale	Estimated time of the last loop
1	30'	3,9 km	55 m	15	4 - orange	1/10 000	3'
2	20'	2,8 km	30 m	11	bleu	1/10 000	3'
3	30'	3,9 km	55 m	15	4 - orange	1/10 000	3'



# Monday 30 October St Augustin sur Mer French Night Championship



the Event Centre at the hippodrome is open all day long, go to the community Hall in St Augustin-sur-Mer at 5:00 p.m. **First start at 6:50 p.m. and yours??**

**BECAUSE the mandatory car park is located 1200 meters from the start ... to benefit from a warm-up recommended for this kind of competition.**

Of course you will not have forgotten your backpack for change, SI-cards, compass and lamp (new batteries). Dunes, pines and holm oaks (we never get tired of them) in the cool of the night prevent you from dreaming to better orient yourself in the frontal clarity.



As on TV, if it's raining: cover up, if it's cold: cover up, if it's not raining and if it's not cold: cover up anyway... in case it rains or it would be cold !

Echelle 1/10 000 Equidistance 2,5 m												
class	course	distance	Height difference	posts	Technical level	class	course	distance	Height difference	posts	Technical level	
H21	A	7,76 km	150 m	19	5 - violet	H55	I	3,82 km	115 m	13	4 - orange	
H20	A bis	6,61 km	145 m	14		H60						
D21	B	6,10 km	145 m	14		H65						
D20	B bis	5,94 km	130 m	13		D55	J	3,38 km	85 m	11		
H18	C	5,49 km	140 m	14		D60						
D18	D	4,05 km	130 m	12		D65						
H35	E	5,17 km	105 m	12		H70 et +	K	2,52 km	40 m	9		
H40						D70 et +	L	2,34 km	55 m	9		
D35	F	4,39 km	110 m	11		H16	M	3,99 km	115 m	14		
D40						D16	M bis	3,46 km	95 m	13		
H45	G	4,72 km	125 m	13		H14	N	3,00 km	100 m	10		
H50						D14	N bis	2,44 km	70 m	10		
D45	H	4,32 km	90 m	12		D12	O	2,44 km	60 m	9		2 - bleu
D50						H12						
open	IC	2,47 km	70 m	11	3 - jaune	open	init	1,85 km	50 m	9	1 - vert	

Non-championship: H/D10 Green and Open Yellow  
Rewards 10.00 p.m.

Nothing more to say except good luck to all.

Ah yes, for the days to come make the visits that you have not been able to do since your arrival.

The whole team and our partners thank you for your presence, your sportsmanship, your kindness and welcome back.

*We wish good luck and good courage to our successors TOUT AZIMUT FAMECK 5703, organizers of the CDF and CNE in 2024.*





