

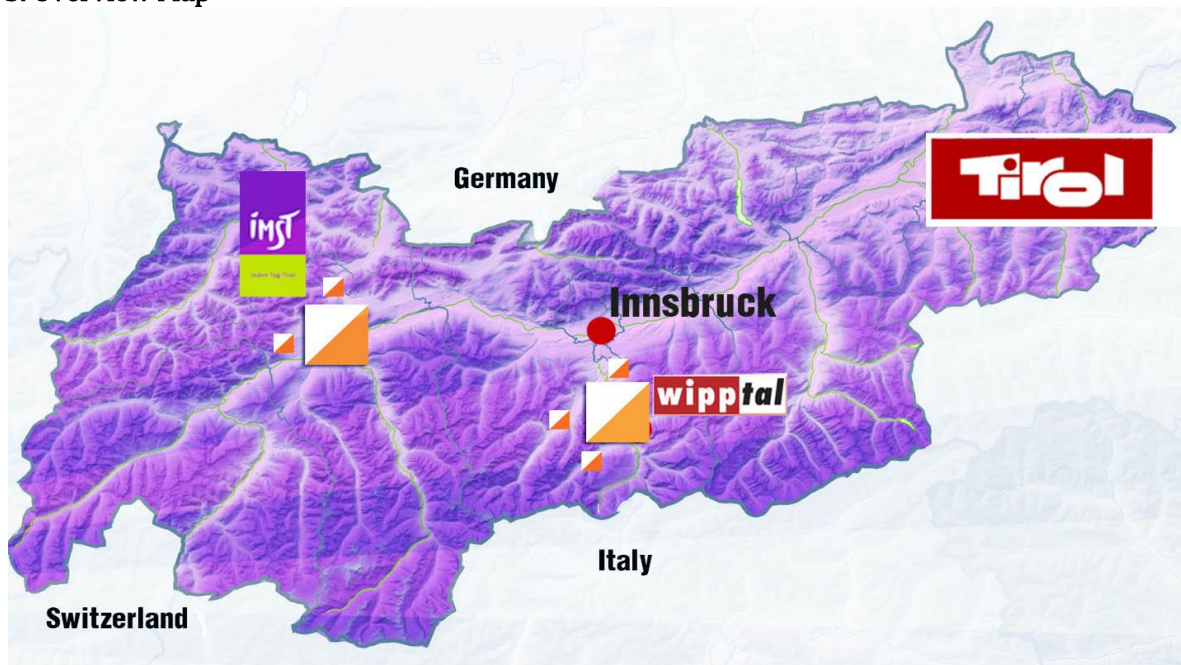


BULLETIN 3



General Information	We are pleased to welcome you to the 5 Days of Tyrol 2017 from July 10th – July 15th in Austria-Tyrol.	
1. Competition Organizers	LAUFKLUB KOMPASS INNSBRUCK IMST	
	Event Director:	Gratzer Hans Georg
	Timing and IT:	Mayrhofer Robert
	Finances:	Bianchi Markus
	Web & Weboffice:	Schnegg Anna
	IOF Event Advisor WRE:	Kirianov Viktor
	Head of Start:	Scholl-Bürge Sabine
	Head of Construction team:	Ferrari Wolfgang
	Arena Speaker:	Pötsch Wolfgang
2. Contact Address:	LAUFKLUB KOMPASS INNSBRUCK IMST Arzler Straße 48A-6020 Innsbruck	
	Phone:	+43 664/ 5436001
	E-Mail:	office@kompass-innsbruck.at
	Web:	www.5days2017.tirol , www.kompass-innsbruck.at

3. Overview Map



4. Event Center	Wipptal	JUFA Alfons Graber Weg 1 6150 Steinach am Brenner 47°05'18.3"N 11°27'35.8"E
	Imst	Pflegezentrum Gurgital Pfarrgasse 10 A-6460 Imst 47°14'34.6"N 10°44'22.5"E
5. Opening Hours	Event Center	EC Steinach: FR 07 July 17:00 – 20:00 (Only Training Maps handed out) SA 08 July 08:00 – 10:00 15:00 – 20:00 SU 09 July 08:00 – 10:00 17:00 – 20:00 MO 10 July 08:00 – 10:00 17:00 – 20:00 TU 11 July 08:00 – 09:00 17:00 – 20:00 WE 12 July 08:00 – 09:00 17:00 – 20:00

EC Imst:

TH 13 July 08:00 – 10:00 17:00 – 20:00

FR 14 July 08:00 – 09:00 17:00 – 20:00

SA 15 July 08:00 – 09:00 17:00 – 20:00

SU 16 July 09:00 – 11:00

Competition Center	MO	10 July	15:00 – 20:00 (at EC)
	TU	11 July	09:00 – 15:00 (at E02)
	WE	12 July	09:00 – 15:00 (at E03)
	FR	14 July	09:00 – 15 – 15:00 (at E04)
	SA	15 July	09:00 – 15:00 (at E05)

6. Categories

M10, M12, M14, M16, M18, M20, M21 Elite, M21 Long, M21 Short, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80

W10, W12, W14, W16, W18, W20, W21 Elite, W21 Long, W21 Short, W35, W40, W45, W50, W55, W60, W65, W70, W75, W80

Open Long, Open Short, Beginners

7. Competition Distances

According to Austrian Rules

TOP 3 Times - minutes

Category	Sprint	Middle	Long
W10	10	15 - 20	20
W12	10	20	25
W14	12 - 15	20	35
W16	12 - 15	30	45
W18	12 - 15	35	55
W20	12 - 15	35	65
W21E	12 - 15	35	70
W21L	15	35	55
W21S	15	30	45
W35	15 - 20	30	50
W40	15 - 20	30	45
W45	15 - 20	30	45
W50	15 - 20	30	45
W55	15 - 20	25	40
W60	15	25	35
W65	15	25	35
W70	15	20 - 25	30
W75	15	20 - 25	30
W80	12	20	25

TOP 3 Times - minutes

Category	Sprint	Middle	Long
M10	10	15 - 20	20
M12	10	20	25
M14	12 - 15	20	35
M16	12 - 15	30	50
M18	12 - 15	35	60
M20	12 - 15	35	70
M21E	12 - 15	35	90
M21L	15	35	70
M21S	15	30	50
M35	15 - 20	30	70
M40	15 - 20	30	65
M45	15 - 20	30	60
M50	15 - 20	25	55
M55	15	25	50
M60	15	25	45
M65	15	30	40
M70	15	25	35
M75	15	25	35
M80	12	20 - 25	30

Open L	15	35	50
Open S	12 - 15	30	40
Beginners	10	20	25

8. Programme	Saturday, 08 July	Arrival, Training Wipptal
	Sunday, 09 July	Training Obernberg, Serles
	Monday, 10 July	17:00 E01 Sprint Steinach
	Tuesday, 11 July	11:00 E02 WRE Middle Berger Alm
	Wednesday, 12 July	11:00 E03 Long Berger Alm
	Thursday, 13 July	Day off, Training Imst
	Friday, 14 July	11:00 E04 Middle Hoch Imst
	Saturday, 15 July	10:00 E05 WRE Long Obtarrenz
	Sunday, 16 July	Departure

9. Maps

10. Timing System	Sportident. Own chips may be used. 2€ per day for rental chip. Sport ident air plus is not being used and SI stations won't be programmed in touch free mode.
11. Entry Fee	*prices are package prices for 5 stages including all lift/gondola rides to the starts and from the finish area (E02, E03, E04) **M/W 10,12,14 same prices throughout entry period + 50% discount for every child entered per participating parent
within 31-12-2016 € 77,- / **€ 70,-	Beginners, M/W 10**, M/W 12**, M/W 14**, M/W 16, Open Long Open Short
within 31-12-2016 € 87,-	M/W 18, M/W 20, M/W Long, M/W Short, M/W 35, M/W 40, M/W 45, M/W 50, M/W 55, M/W 60, M/W 65, M/W 70, M/W 75, M/W 80
within 31-12-2016 € 102,-	M/W Elite
within 31-03-2017	entry fee +10€ in respective category
within 30-06-2017	entryfee +15€ in respective category

12. Entry Fee Payment

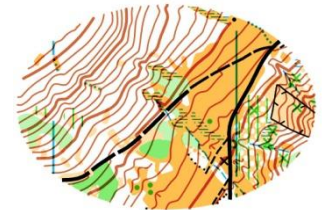
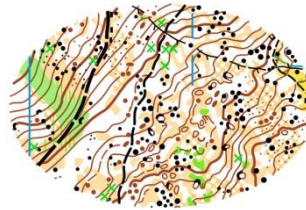
TVB Wipptal, Abteilung Incoming
Im Rathaus, 6150 Steinach
Bank: Raiffeisenbank Wipptal
BIC RZTIAT22329
IBAN AT57 3632 9000 0001 6600

Entry is not valid until entry money has been received. Fees have to be paid latest within 2 days after the deadline in which entry was submitted.

CANCELLATIONS: 50% of the fee is refundable for entries cancelled until June 1st. After this date no fees can be refunded.

13. Training maps

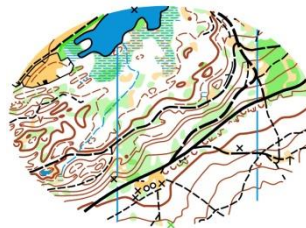
Wipptal



Obernberger See

Ochsenalm Serles

Imst



Strad

Imst Teilwiesen

14 . Old Maps

Shown on the Homepage

15. Transport

Public Transport

<https://www.vvt.at>

E05 „Obtarrenz“ can only be reached by shuttle from Imst Au. (see map in booklet!)

Only coaches bigger than 10 m are allowed to go directly close to CC. Please inform organizers ahead to get a permit.

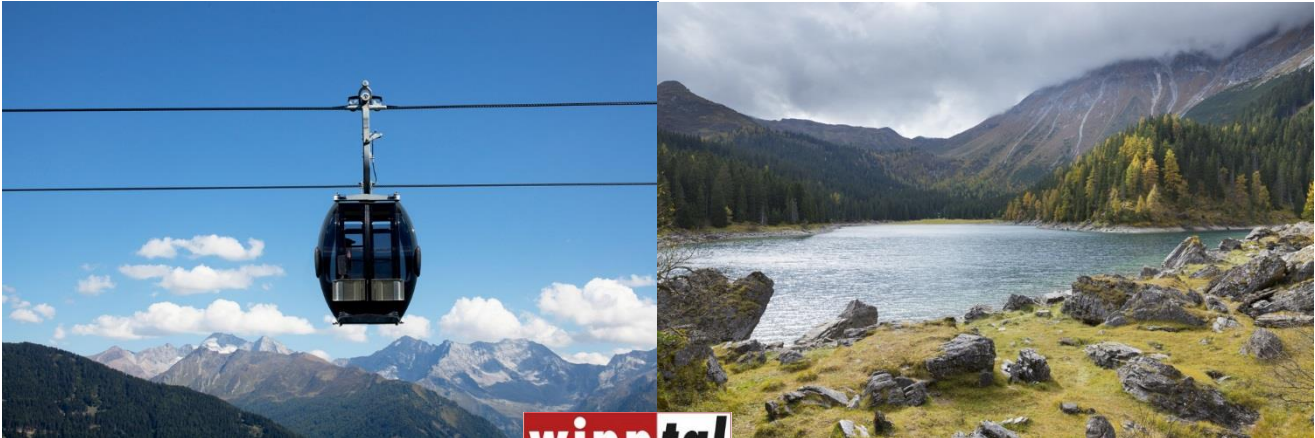
16. Parking

E01 – E03 Wipptal - each day close to the events

E04 Hochimst – close to the event

E05 Obtarenz - according to item 15

17. Accomodation	Wipptal booking: www.wipptal.at
	Imst booking: www.imst.at
18. Jury	Jury for WRE: Victor Kirianov (IOF SEA) Gratzer Hans Georg (Event Director) Pötsch Wolfgang Protest in written form must be handed in at CC 15 minutes after competition finish
19. Day nursery	Kindergarten will be available, free of charge, at all stages at or near the finishing areas. Registration directly there.
20. Prize giving	Winners of stages (E01 – E04) will be awarded a prize. E01 Steinach Kurpark: Monday 10 July 21:00 E02 Steinach Kurpark: Tuesday 11 July 19:00 E03 Steinach Kurpark: Wednesday 12 July 19:00 E04 Imst Event Center: Friday 14 July 19:00 Prize giving Ceremony for the best three runners in the overall ranking will be held at CC Obtarrenz 15 July at the end of last competition.
21. Further information	The competitions will be held in alpine – partly even higher alpine – territory. Therefore certain climate and weather conditions could cause postponements, shiftings, sudden stops or even cancellations. Participants may not claim any refunds against the organizers. Insurance against unforeseen consequences of such incidents is the personal responsibility of participants.
22. Rules	The event is organized according to the ÖFOL Competition Rules for Austria. (except WRE E02, E05) The organizing club assumes no liability for any damage occurring in any way whatsoever, including third parties. Everyone is competing on his own risk. It's strictly forbidden to train in competition terrains before the days of event. Legal regulations concerning traffic and forest are to be strictly followed. In case of cancellation of the event the organizing committee does not accept any liability for incurring costs. Contestants agree to the publication of photos taken during this competition as well as to the publication of the results on the Internet.



wipptal



imst Jeden Tag Tirol

WELCOME TO 5 DAYS of TYROL