

MOC 2010: championship, training camp, accommodation, flights connection

Italy – Puglia (Gargano & Taranto)

MOC Championship Prize Money: the best three runners belonging to M/F 21-34 classes:
1st 800 euro, 2nd 400 euro, 3rd 200 euro.

Entries fee payment deadline:

Euro 45 if payment will be received within 31 December 2009 (price includes MOC 3 races)

Euro 60 if payment will be received within 30 January 2010 (price includes MOC 3 races)
For Students/beginners 5 euro/race

Others races in connection with MOC:

Euro 10 if payment will be received within 31 December 2009

Euro 15 if payment will be received within 30 January 2010

MOC categories: M/F 21-34, M/F Junior -14; M/F Junior 15-20, M/F35-44, M/F 45 , M/F 50, M/F 55, M/F 60, M/F 65, M/F 70, M/F 75 and over, open, students/schools, beginners.

Entries MOC 2010: from 10 December 2009, via web site www.orienteering.it

Training camp MOC 2010

5 euros single training

40 euros one-week camp, maps included



ACCOMODATION

Hotels in Gargano (other accomodation opportunities on request)

45 euros HB in Double hotel PIETRE NERE **** (Rodi Garganico) www.hotelpietrenere.it

40 euros HB hotel MARE&MONTI *** (Vico del Gargano)

35-40 euros HB in other hotels in the area (Hotel Riviera, Hotel Arancio, etc)

Hotel RIVIERA *** (Rodi Garganico) www.hotelrivieragargano.it

Info e booking via pwt@orienteering.it

Hotel in Taranto (other accomodation opportunities on request)

NOVA YARDINIA **** minimum numbers required

<http://www.novayardinia.it/it/index.php>

50 euros HB in Double

45 euros HB in 3-4 beds Room

30 euros APPARTEMENT WITH KITCHENETTE with 2 BEDS

25 euros APPARTEMENT WITH KITCHENETTE with 3-4 BEDS

Info e booking via pwt@orienteering.it

TIMESCHEDULE

TRAININGS IN GARGANO (north Puglia) or TARANTO (south Puglia)

1 training camp 19 feb-25feb by Janne Salmi.

week 1: 1st - 6th march

week 2: 7th -13th march

week 3: 14th -20th march

MOC RACES

MOC CHAMPIONSHIP (6th edition) 26-28 February 2010

SPRINT/MIDDLE/RELAY (Ischitella, Foresta Umbra side Peschici, Piano Impiombato)

3rd march MOC GP SPRINT in Trani historical centre (to be confirmed)

6th march MOC GP SPRINT in Gravina di Puglia historical centre

11th march GP SPRINT NIGHT in Castellaneta historical centre

12th march MEDITERRANEAN CUP MIDDLE/LONG DISTANCE in Pineta Chiatona/Lenne (Palagiano)

13th march GP SPRINT in Matera historical centre

FLIGHT OPPORTUNITIES TO ITALY

Flights from Norway

Oslo – Milano Bergamo www.ryanair.com

Milano Bergamo – **Bari** www.ryanair.com

Oslo – Venezia www.norwegian.com

Venezia – **Bari** www.meridiana.it / www.airone.it

Oslo – Roma Fiumicino www.norwegian.com

Roma Fiumicino – **Bari** www.easyjet.com / www.airone.com



Flights from Sweden

Goteborg - Milano Bergamo www.ryanair.com

Milano Bergamo – **Bari** www.ryanair.com

Goteborg – Milano Malpensa www.airberlin.com

Milano Malpensa – **Foggia** www.darwinairline.com

Goteborg – Roma Fiumicino www.flyniki.com

Flights from Finland

Helsinki – Venezia www.meridiana.com

Venezia – **Bari** www.meridiana.com

Helsinki – Milano Malpensa www.meridianacom www.airberlin.com

Milano Malpensa – **Bari** www.easyjet.com www.airone.com www.darwinairline.com

Helsinki – Roma Fiumicino www.meridiana.com www.airberlin.com www.flyniki.com
Roma Fiumicino – **Bari** www.easyjet.com www.airone.com

Flights from Switzerland

Zurigo – Milano Malpensa www.airberlin.com
Milano Malpensa – **Foggia** www.darwinairline.com

Zurigo – Roma Fiumicino www.airberlin.com www.flyniki.com
Roma Fiumicino – **Bari** www.airone.com www.easyjet.com

Zurigo- Lamezia terme www.flyniki.com www.helvetic.com www.airberlin.com

Flights from Denmark

Copenhagen – Napoli www.transavia.com

Copenhagen – Roma www.transavia.com

Copenhagen – Venezia www.flyniki.com

Flights from Czech Republic

Praga – Napoli www.wizzair.com

Praga – Roma Ciampino www.wizzair.com

Praga – Venezia Treviso www.wizzair.com

