

# 3 Days in the Haut-Jura (France) 2009

22 – 24 May 2009 in Prémannon

CO CERN and O'JURA invite you to the 1<sup>st</sup> edition of "3 Days in the Haut-Jura" on the technical terrains of Prémannon and of the Col de la Faucille in the Jura Mountains close to Geneva.

The 2010 World Masters Orienteering Championships (WMOC) will take place in this region and on similar types of terrains, as will the 2012 World elite Championship in Orienteering.

## Competition program

The program includes a training event and 3 individual events leading to a global 3-day ranking.

<i>Day</i>	<i>Course (location)</i>	<i>Departure times</i>
• Thursday 21 <sup>st</sup> May	training (Prémannon)	from 10am
• Friday 22 <sup>nd</sup> May	middle distance (Col de la Faucille)	5pm to 7pm
• Saturday 23 <sup>rd</sup> May	long distance (Prémannon Nord)	1pm to 3pm
• Sunday 24 <sup>th</sup> May	long distance (Prémannon Sud)	10am to 12noon

## Reception

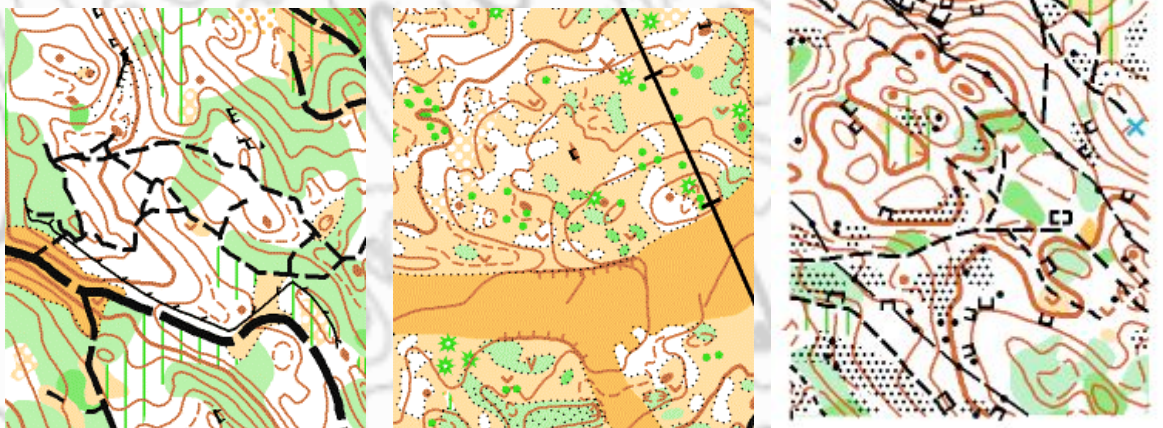
<i>Day</i>	<i>Location</i>	<i>Opening times</i>
• Thursday 21 <sup>st</sup> May	Prémannon Centre	10am-12noon & 3pm-5pm
• Friday 22 <sup>nd</sup> May	Race site (Col de la Faucille)	4pm to 7pm
• Saturday 23 <sup>rd</sup> May	Race site (Prémannon Centre)	12:30pm to 3pm
• Sunday 24 <sup>th</sup> May	Race site (Prémannon Centre)	9:30am to 12noon

## Terrain

The Haut-Jura terrain is typically technical with much micro-relief and few large paths.

## Maps

Col de La Faucille (1:10 000) and Prémannon (1:10 000)



## Timing

The SportIdent system will be used. SI-cards will be available for rent (€2/day plus a €40 deposit).

## Prizes

A prize will be awarded to the first 3 competitors in each category of the global 3-day ranking. The prize-giving ceremony will take place on Sunday 24<sup>th</sup> May at 2:30pm near the arrival zone.

## Charges

- **Registration before 09/05/2009**

Born 1990 and before: €30 or 45 CHF

Born 1991 and after: €15 or 22.50 CHF

- **Registration after 09/05/2009 (including on-the-day registrations)**

Born 1990 and before: €33 or 50 CHF

Born 1991 and after: €16.50 or 25 CHF

No advance registration for single day participation; please be prepared to register and pay at the reception desk on the day of the course.

## Registration

- Use the attached registration form or download from [www.jura3jours.org](http://www.jura3jours.org)
- Send the completed registration form to [inscriptions@jura3jours.org](mailto:inscriptions@jura3jours.org) or to O'Jura, Catherine PONCET, 10 ch. des Foueneurs, F-39310 LAMOURA, FRANCE
- Pay the registration charges (the registration is only accepted when payment has been received).

## Payment

- In Euros: French bank cheque payable to *O'Jura* (mainly for French participants)
- In Swiss Francs: payment to the Swiss PTT account n° 30-96833-8, IBAN: CH60 0900 0000 3009 6833 8, BIC: POFICCHBEXXX, J. Niggli (for non-French participants).  
NOTE: Bank transfers preferred! Please add 1.50CHF for cash payments.

## Categories

D10	H10	D35	H35
D12	H12	D40	H40
D14	H14	D45	H45
D16	H16	D50	H50
D18	H18	D55	H55
D20	H20	D60	H60
D21AL	H21AL	D65	H65
D21AK	H21AK	D70	H70
D21B	H21B	blazed trail	

## Accommodation

The region of Prémaman/Les Rousses offers numerous accommodation possibilities in gîtes and hotels. For more information please contact the Les Rousses Tourist Office at: [www.lesrousses.com](http://www.lesrousses.com) or by phone: 0033 (0)3 84 60 55 56

## Contact / Information

[contact@jura3jours.org](mailto:contact@jura3jours.org)

[www.jura3jours.org](http://www.jura3jours.org)