

# PROGRAMME



## CISM Orienteering

Regional Austrian Championship 2013 and

Training WMOC 2014

19<sup>th</sup> to 24<sup>th</sup> June 2013

SEEBENSTEIN



## Welcome

### **Commander Theresan Military Academy**



### **GenMaj Norbert Sinn**

As the garrison commander and the commandant of the oldest military academy of the world, I would like to welcome all participants of the 2013 regional CISM competition in orienteering.

This competition takes place in the area of SEEBENSTEIN, and once more the Theresan Military Academy acts as an organizer of international competitions. 100 participants of 10 nations are about to compete each other in challenging training sessions and competitions alike in this very interesting military sport.

High levels of concentration, together with endurance, strength and speed as well as decisiveness make up this very discipline. Logical thinking and personal contribution are a constant requirement for every participant.

This military sport has been in the focus of our training for decades at the heart of the training facility of Austrian officers.

Norbert SINN, GenMaj

## **Chief of Delegation CISM Austria**



**BrigGen Gerhard HERKE**

In my capacity as the Austrian Chief of Delegation it is a great pleasure and honour to welcome you to this International Orienteering Competition in SEEBENSTEIN.

The Theresian Military Academy and the Organizing Committee have struggled hard to provide an environment in which you can fully concentrate on your Sport disciplin, the competitions and, furthermore, to create an atmosphere where comradeship ist the basic guideline for whole event, due to the motto of the International Military Sports Council "Friendship through sport".

Concluding I wish you a successful and an accident-free contest as well as a relaxing and friendship intensifying time in the company of the international CISM Orienteering family.

Gerhard HERKE, BrigGen

## **Event Director**



**LTC Emanuel BRAUN**

Welcome to the International CISM Orienteering Regional Austrian Championship 2013 and Training WMOC 2014 in SEEBENSTEIN/AUSTRIA. We have the honour and pleasure of hosting about 100 competitors from 10 different foreign countries!

As the Austrian Armed Forces have been entrusted to organise the 47<sup>th</sup> WMOC in orienteering 2014, we see this Regional CISM tournament as a major preparation event to provide organisational quality.

I hope that the plan and the demanding trainings and competitions in the area of SEEBENSTEIN will be very interesting for all participants. I wish you a sportive orienteering-week and a good preparation-training for the CISM WMOC 2014.

Emanuel BRAUN, LTC

## **Inhaltsverzeichnis**

1.	Organisation	5
2.	General Information	6
3.	Programme	11
4.	Participating nations	12
5.	Training and Competitions	13
5.1	1 <sup>st</sup> Training THANN	13
5.2	2 <sup>nd</sup> Training GFANGEN	15
5.3	3 <sup>rd</sup> Training SCHLEINZ	17
5.4	RELAY	19
5.5	LONG DISTANCE	21
5.6	TEAM	23
6.	Roules of contuct Seminar Center Seebenstein	25

## 1. Organisation

Organiser	Theresan Military Academy
Event director	LTC BRAUN Emanuel
Co-Event director	WOI SCHUH Richard
Maps	HSV ORI WR.N. HSV ORI PINKAFELD
Competition center Technical, IT, Results	VB RAUDNER Franz
Homepage	WOI RAUCH Reinhard
Training	WOI KÖSSLER Markus
Competition	LTC BRAUN Emanuel (Relay) Prof. Mag. KAINRATH Eugen
Technical Adviser - Relay	WOI SCHUH Richard
Technical Adviser – Long/Team	TOBLER Gottfried
Courses Relay	Prof. Mag. BRANTNER Martin
Courses Londistanz Competition	PÖTSCH Wolfgang
Courses Team-Competition	PÖTSCH Wolfgang
Speaker	PÖTSCH Wolfgang
Logistic	LTC KARAS Horst
Presse / press	LTC KERSCHBAUMER Hannes WOI SCHUH Richard
Fotos/Media	WOI SEGER Gerhard BRAUN Emanuel sen.
Medical	WOI GRUBER Karl Heinz
Sem-Center/Accommodation/Meal	WOI SPREITZ Alexander and team

## **2. General Information**

### **Organizer**

Theresan Military Academy  
Burgplatz 1, 2700 Wiener Neustadt, Austria  
Event director: LTC BRAUN Emanuel,  
Phone: 0043 664 622 2104, E-Mail: [emanuel.braun@bmlvs.gv.at](mailto:emanuel.braun@bmlvs.gv.at)  
[www.miles.ac.at](http://www.miles.ac.at) and [www.cism-austria.at](http://www.cism-austria.at)

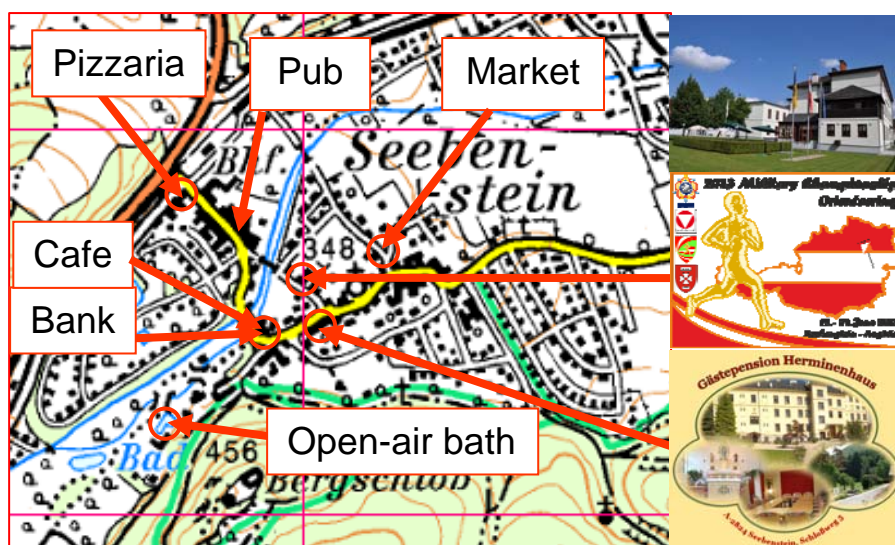
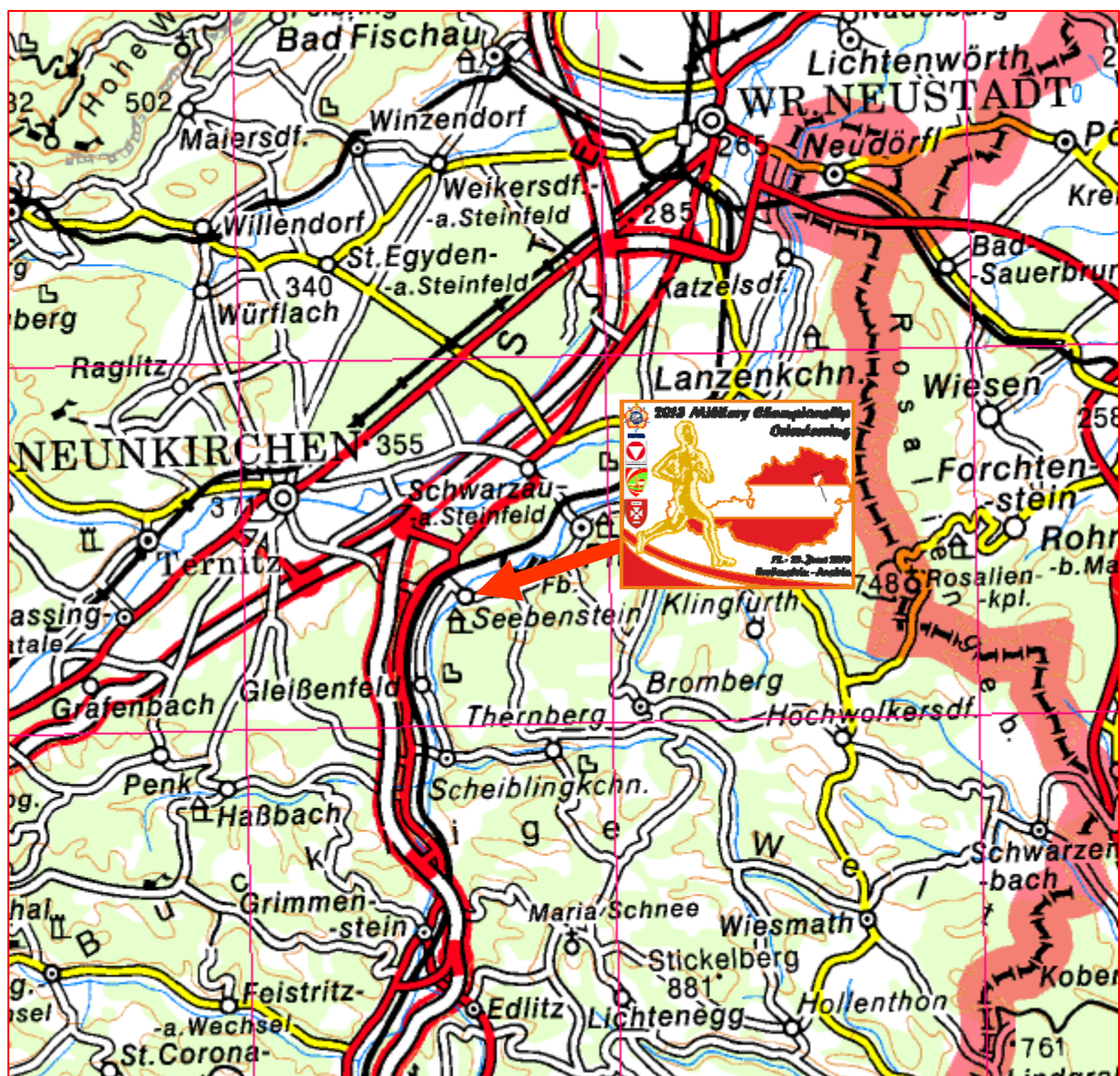
### **Competition centre**

SEEBENSTEIN  
Alter Postweg 80  
2824 Seebenstein  
Telefon: +43 2627 47277 Fax: +43 2627 47277-1760  
[www.cism-austria.at](http://www.cism-austria.at)

### **Accommodation**

All participants are housed in the Sem-Center SEEBENSTEIN.  
Participants from France are housed in "Herminen Guesthouse" which is situated 300m from Sem-Center SEEBENSTEIN.

- ☐ Sem-Center SEEBENSTEIN  
Alter Postweg 80  
2824 Seebenstein  
Telefon: +43 2627 47277 Fax: +43 2627 47277-1760; [www.cism-austria.at](http://www.cism-austria.at)
  
- ☐ Wilheminen Guesthouse  
Schloßweg 5  
A-2824 Seebenstein  
Tel.: 0 26 27 / 47 2 07  
Fax: 0 26 27 / 47207-19; [www.herminenhaus.at](http://www.herminenhaus.at)





**ID-Card:**

All participants are issued with ID-Card. The ID-card is your access to the accommodation.

**Facilities:**

Fitness-room, Whirlpool and Sauna

**Cafeteria:**

The Cafeteria is open from 0730-2200 hours.

Menu: Meals and drinks against payment.

**Medical Assistance:**

Training and competitions:

- ☐ WOI GRUBER Karl-Heinz (Medical-NCO) with ambulance

Medical support:

- ☐ Theresan Military Academy WR. NEUSTADT (weekdays)
- ☐ Maximilian-Camp 24hrs

Hostpital:

- ☐ WR. NEUSTADT (20min by car) – 24hrs
- ☐ NEUNKIRCHEN (15min by car) – 24hrs

**Internet:**

Wireless internet is available in athletes accommodation. Details for LOGIN will be given at the competition center and at the front desk.

**Punching system:**

SPORTident; if needed all participants will get the SI-card at the accreditation.

Own SI-cards can be used.

**Meals/Refreshments/Water:**

According to the timetable.

Breakfast, lunch and dinner are for **all nations** in the seminar-center.

Saturday and Sunday you get instead of lunch in the seminar-center a lunch parcel at the breakfast.

In addition water for training and competitions.

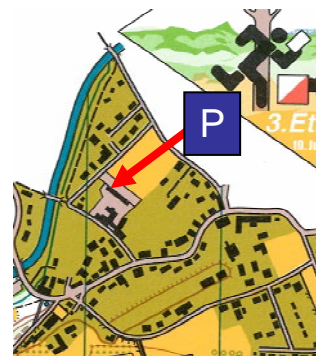
Tape water seminar-center is in a good quality and drinkable. The use of bottled water is not necessary.



**Transportation:**

The transport will be organized by the organizer with buses. Pick up and drop off of the teams will take place in front of the Seminar-Center SEEBENSTEIN.

On the LONG DISTANCE and TEAM competition, athletes and officials have to be aware of the runners priority for transportation.

**Technical Meeting:**

Take place in seminar-room Nr.2, Thursday 20<sup>th</sup> at 17:00 hrs.

Participants: Chief of mission/team captain/trainer

Dress code: battle dress uniform.

**Ice-breaker:**

Will take place in seminar-room Nr.1, Thursday, 20<sup>th</sup> at 18:00 hrs.

Dress code: battle dress uniform.

Participants: Chief of mission/team captain/trainer.

**Banquet:**

Will take place in dining hall, Sunday, 23<sup>th</sup> at 16:00 hrs

Dress code: optional clothes

**Training and Competitions:**

Chief of mission, team captains and trainers are allowed to start at the trainings competitions (Relay, Long Distance, Team).

**Shopping afternoon:**

Friday, 21<sup>th</sup> 13:00 to 16:30hrs. Visit the center of WR. NEUSTADT, with many historical buildings, interesting shops and cafes. Transportation will be by buses.

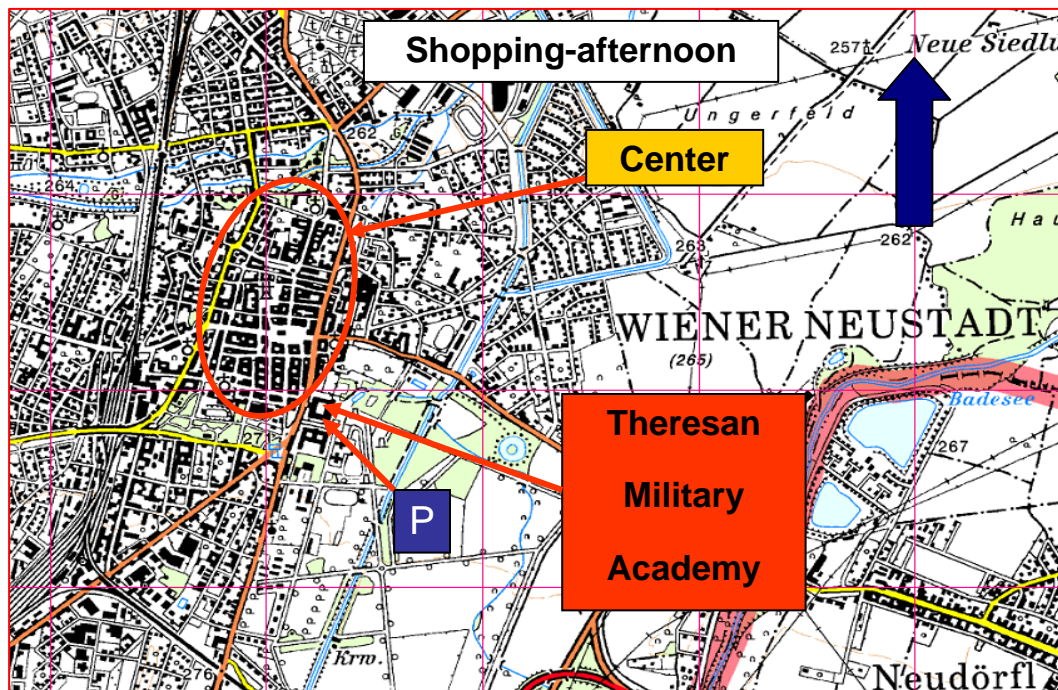
Dress code: optional clothes

**Orienteering shop**

The orienteering-shop is present on Thursday (16:00-19:00 hrs) in the seminar-center and Saturday/Sunday in the competition area.

**Free time activities:**

Informations at the help desk.



### 3. Programme:

Date	Time	Subjects	Locations	Dress	Remarks
<b>Wednesday, 19 06 13</b>	0730-1700	Transportation airport*	Wien	Civilian-clothes	
	0645-0800	Breakfast*	Seebenstein		
	1200-1300	Lunch	Seebenstein		
	1300-1800	<b>1<sup>st</sup> TRAINING</b>	Thann	Sports-clothes	
	1300	Departure buses	Seebenstein		Departure when buses full.
	1600/1630	Return transport	Thann		Departure when buses full.
	1700-1800	Dinner	Seebenstein		
	0700-1800	Competition-center	Seebenstein		
<b>Thursday, 20 06 13</b>	0645-0800	Breakfast	Seebenstein		
	0800-1200	<b>2nd TRAINING</b>	Gfangen	Sports-clothes	
	0800	Departure buses	Seebenstein		Departure when buses full.
	1100/1115	Return transport	Gfangen		Departure when buses full.
	1200-1300	Lunch	Seebenstein		
	1330-1600	<b>3rd TRAINING</b>	Schleinz	Sports-clothes	
	1330	Departure buses	Seebenstein		Departure when buses full.
	1530/1545	Return transport	Schleinz		Departure when buses full.
	1600	OL-shop	Seebenstein		
	1600-1730	Dinner	Seebenstein		
	1700-1800	<b>Technical meeting</b>	Seebenstein	Battle dress uniform	Chief of mission + team captain
	1800-2000	<b>Ice-breaker</b>	Seebenstein	Battle dress uniform	Chief of mission + team captain
	0700-1800	Competition-center	Seebenstein		
<b>Friday, 21 06 13</b>	0645-0800	Breakfast	Seebenstein		
	0830-1200	<b>RELAY</b>	Seebenstein	Sports-clothes	2000m to start
	1200-1300	Lunch			
	1300-1600	Shoppingtour	Wr. Neustadt	Optional-clothes	"Fischa Park"+ Center Wr. N.
	1300	Departure buses	Seebenstein		Departure when buses full.
	1630	Return transport	Wr. Neustadt		Departure when buses full.
	1700-1800	Dinner	Seebenstein		
	0700-1830	Competition-center	Seebenstein		
<b>Saturday, 22 06 13</b>	0645-0830	Breakfast	Seebenstein		
	0830-1115	Competition-preparation	Seebenstein		



	-	Lunch	Edlitz		Lunch parcel
	1300-1600	<b>LONG DISTANCE</b>	Edlitz	Sports-clothes	
	1100	Departure buses	Seebenstein		
	1800-1900	Price-giving ceremony	Edlitz	Sports-cl./Team-dress	
	1900**	Return transport	Edlitz		**Return after Price giving ceremony
	1915-2000	Dinner	Seebenstein		
	0700-1900	Competition-center	Seebenstein		
<b>Sunday, 23 06 13</b>	0645-0800	Breakfast	Seebenstein		
	0830-1300	<b>TEAM-COMPETITION</b>	Edlitz	Sports-clothes	
	0830 0900	Departure 1 <sup>st</sup> bus Departure 2 <sup>nd</sup> bus	Seebenstein		Buses priority due to starting list.
	-	Lunch	Edlitz		Lunch parcel
	1400-1500	Price-giving ceremony	Edlitz	Sports-cl./Team-dress	
	1500**	Return transport	Edlitz		**Return after Price giving ceremony
	1600-1800	Dinner/Banquet	Seebenstein	Optional-clothes	
	1530	Transport airport*	Vienna	Optional-clothes	
	0700-1800	Competition-center	Seebenstein		
<b>Monday, 24 06 13</b>	0730-1545	Transportation airport*	Wien	Civilian-clothes	

\*if needed

#### 4. Participating nations

<b>Belgium</b>	<b>Denmark</b>
<b>Estland</b>	<b>France</b>
<b>Germany</b>	<b>Lathvia</b>
<b>Poland</b>	<b>Sweden</b>
<b>The Netherlands</b>	<b>Austria</b>

## **5. Training and competitions:**

### **5.1 1<sup>st</sup> Training – THANN – Wednesday, 19th June 2013**

**Time:** 13:00 hrs to 18:00 hrs

#### **Terrain description:**

The most part of the map is very detailed area with a lot of contour objects, e.g. depressions, ditches and holes. You will find a well developed path network and few small green areas with reduced runnability and visibility. Otherwise, runnability as well as visibility vary from good to very good. Total elevation difference is 130 high meters. The northern part (very small) is flat with few details.

#### **Course planning:**

Cpl WARTBICHLER Christian, Priv BERGER Xander

#### **Course details:**

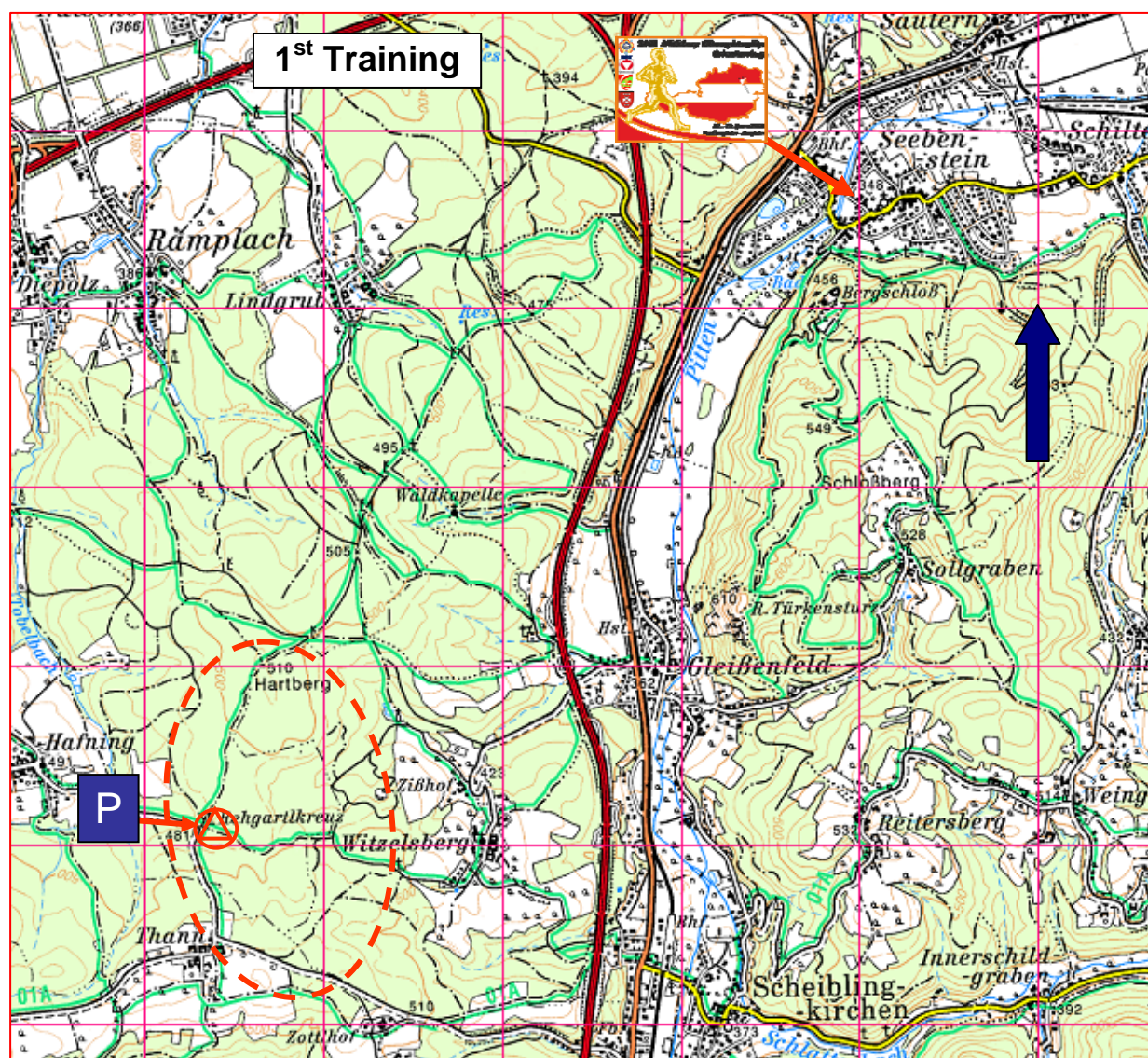
- ☐ Mode: You can choose by yourself which controls you want to take
- ☐ Running time: 50 – 60 min. (if you take all controls)
- ☐ Controls: 25 controls marked with normal flags
- ☐ Distance accommodation – training area: 9 km, appr. 15 min. by bus
- ☐ Start = Finish, map scale: 1:10.000
- ☐ Please respect the forbidden areas, which are marked red on the map!

#### **Buses**

Departure Wednesday, 19th June 2013 - 13:00 hrs – return at 16:00 hrs

#### **Training-results:**

There will be no time keeping.



## **5.2 2<sup>nd</sup> Training – GFANGEN – Thursday, 20th June 2013**

**Time:** 08:00 hrs to 11:30 hrs

### **Terrain description:**

Mixed forest, moderately hilly with several small ditches and erosion gullies. Good visibility and very good runnability. Runnability can be reduced in areas with dense vegetation and undergrowth.

### **Typical CISM WMOC 14 area!**

### **Course planning:**

MCpl LANG Markus

### **Course details:**

- ☐ One-Man-Relay/Loop-O: The training consists of 3 loops and one final leg.
- ☐ The three loops can be run in random order and have 2,1km, 1,6km and 1,9km. The final leg has 1,5km.
- ☐ Running time: 50 – 60 min. (if you take all loops)
- ☐ Controls: 25 controls, SPORTident punching system
- ☐ Distance accommodation – training area: 45 min by bus
- ☐ P = Finish (loop4), map scale: 1:10.000
- ☐ Finish to start/finish (loop 1-3): 1300m

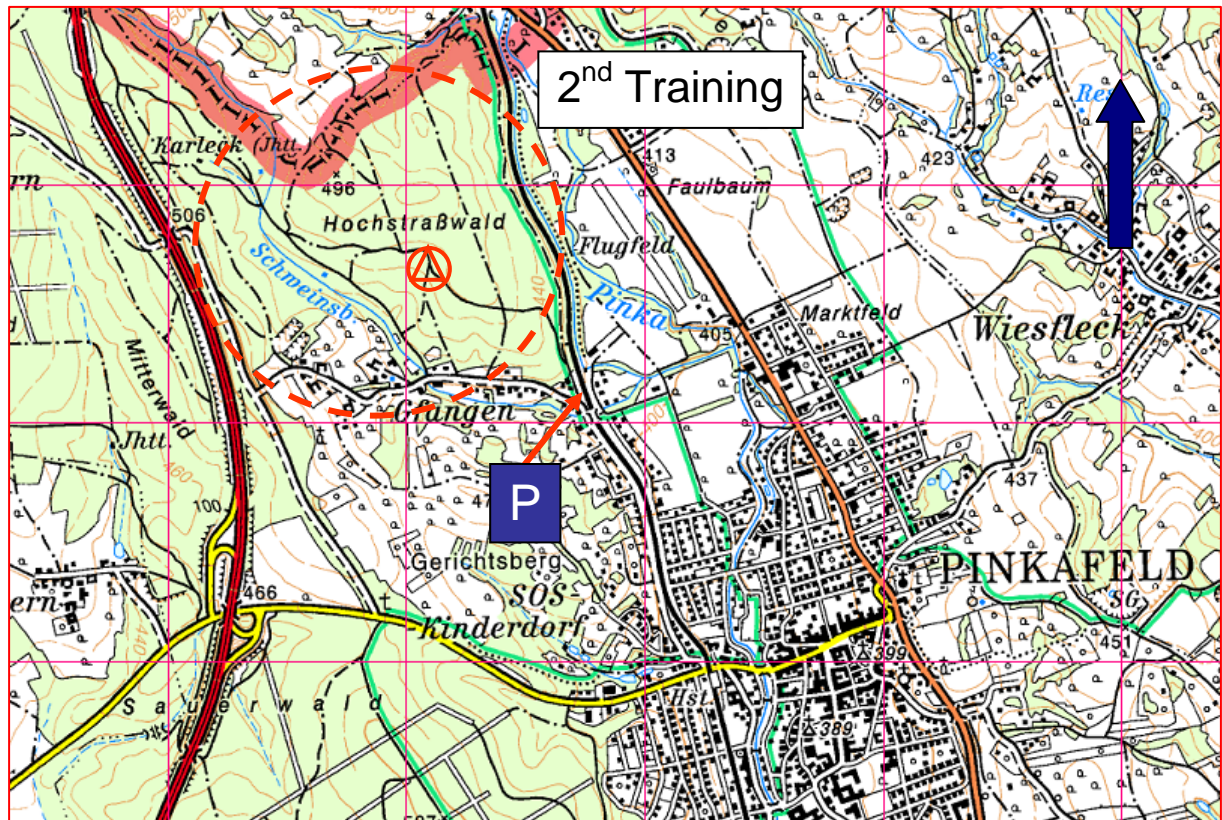
### **Buses:**

Departure: Thursday, 20th June 2013      08:00 hrs – return at 11:00 hrs

### **Training-results:**

Will be given to the nations at the admin desk and by internet- [www.cism-austria.at](http://www.cism-austria.at).





### **5.3 3<sup>rd</sup> Training – SCHLEINZ – Thursday 20th June, 2013**

**Time:** 13:30 hrs to 15:30 hrs

#### **Terrain description:**

The terrain is mixed with coniferous and deciduous forest. It has complex contour details with a varied system of valleys, gullies and a number of small hills.

#### **Course planning:**

Cpl SIEGERT Wolfgang

#### **Course Details:**

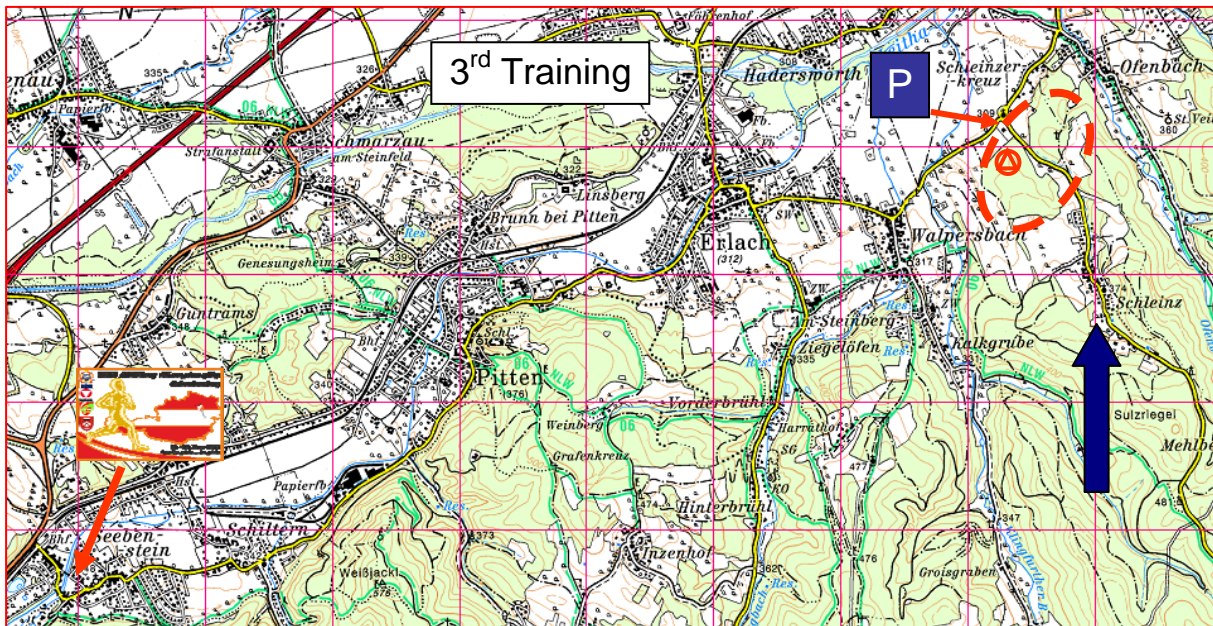
- ☐ The training will be held on a reduced map without paths and green areas.
- ☐ The first part is a normal course, while the second part is a number of free order controls.
- ☐ Map Scale: 1:5000
- ☐ Contour Interval: 2,5m
- ☐ 4,5km with 29 controls
- ☐ Running time: 40 – 50 min. (if you take all controls)
- ☐ 29 controls with Sport-Ident timing
- ☐ Distance accommodation – training area: 9 km, appr. 15 min. by bus
- ☐ Start = Finish,
- ☐ P to start: 800m
- ☐ Attention: In the center of the map you have to cross the street. Be carefully!

#### **Buses**

Departure: Thursday 20th June, 2013      13:30 hrs – return at 15:30 hrs

#### **Training-results:**

Will be given to the nations at the admin desk and by internet- [www.cism-austria.at](http://www.cism-austria.at).



## **5.4 Relay – SEEBENSTEIN “Bergschloß” – Friday, 21<sup>th</sup> June 2013**

**Time:** 09:00 hrs to 12:00 hrs

**Event director:** LTC BRAUN Emanuel

**Technical director:** WOI SCHUH Richard

**Course planning/control:** BRANTNER Martin/LTC BRAUN Emanuel

### **Competition area/start/finish:**

- ☐ Castle Seebenstein
- ☐ Distance accommodation – competition area: 2 km, appr. 20 min. by foot

**Timing system:** Sportident. You can use your own SI-card

**Start numbers:** You will get them one day before in the competition office

**Map:** Seebenstein Castle, scale: 1:10.000, updated 05/2013, Pretex paper;

**Control description:** printed on the map

### **Starting Order:**

Nations will be given start-lists at the admin desk on Thursday evening.

**Starting time:** Massed start men: 09:30

Massed start woman: 09:45

### **Competitors:**

- ☐ Relay man: 3 athletes
- ☐ Relay woman: 2 athletes

### **Starting procedure:**

- ☐ Mass start.
- ☐ The starting/changing procedure will be demonstrated 15min before start.

### **Course details:**

- ☐ Woman: 3,5km/150mH
- ☐ Men: 4,5km/200mH
- ☐ Running time: woman 25min, men 30min
- ☐ Start = Finish,
- ☐ 2 spectator controls!
- ☐ Prewarning: 5min before finish. There is no electronic advertising.
- ☐ From prewarning there is a 50m marked course



**Terrain description:**

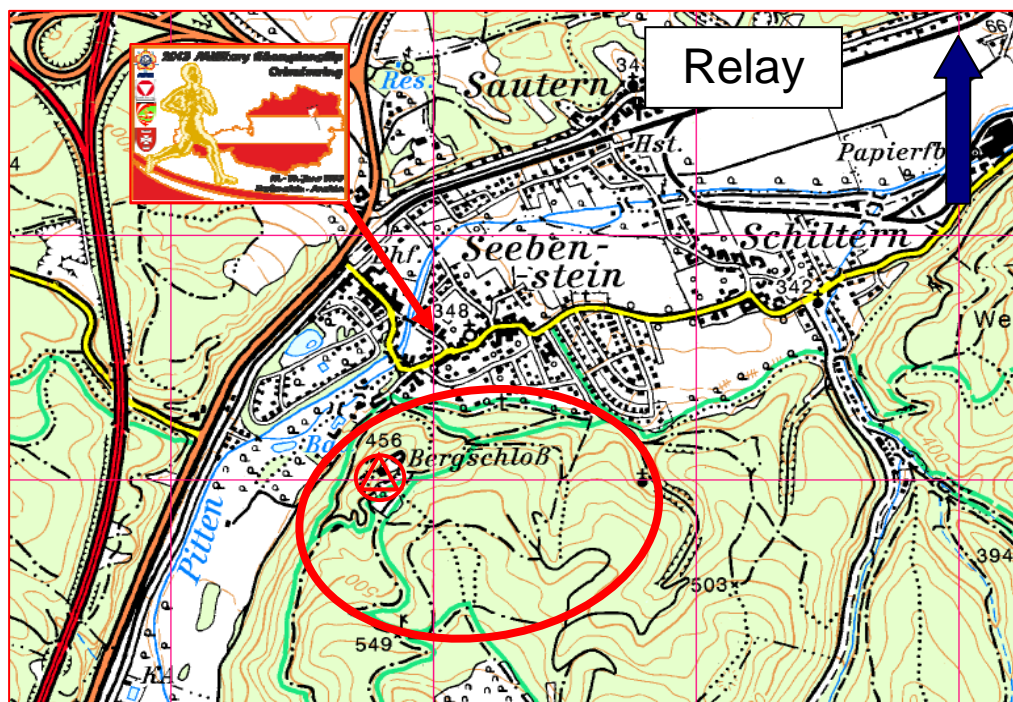
The most part of the map is very detailed and steep with ditches. You will find a well developed path network in hole terrain and few small green areas with reduced runnability and visibility in the east part. Otherwise, runnability as well as visibility vary from good to very good. The northern and western part is very steep with many rocks.

**Price giving ceremony:**

Saturday, 22th June 2013; 18:00hrs

**Results:**

Will be given to the nations at the admin desk and by internet. [www.cism-austria.at](http://www.cism-austria.at)



## **5.5 Longdistance competition and Austrian Orienteering Championship Long distance – EDLITZ – Saturday, 22<sup>th</sup> June 2013**

**Time:** 12:00 hrs to 19:00 hrs

**Event director:** PONGRATZ Karl

**Course planning/control:** PÖTSCH Wolfgang/LANG Karl/KAINRATH Eugen

**Technical director:** TOBLER Gottfried

### **Competition area/start/finish:**

- ☐ EDLITZ, Sports field
- ☐ Distance accommodation – competition area: 10 km, appr. 20 min. by bus
- ☐ Distance finish area to start: 2500m and 280mH

**Timing system:** Sportident. You can use your own SI-card.

**Starting Order:** Nations will be given start-lists at the admin desk on friday evening and in the internet.

### **Starting-procedure:**

- ☐ 3min before start - enter the first starting grid
- ☐ 2min before start - enter the second starting grid - clear and check and take the control description.
- ☐ 1min before start – enter the third starting grid – stand next the competition map. It isn't allowed to look at the map.
- ☐ 0-time – Start!

**First start:** 12:30

### **Categories:**

- ☐ CISM orienteering championship: W/M21E
- ☐ CISM others: W/M-12, W/M 13-14, W/M 15-16E, W/M 17-18E, W/M 19-20E, W/M 35-, W/M 40-, W/M 45-, W/M 50-, W/M 55-, W/M 60-, W/M 65-, W/M 70-, W/M H75-, W/M 15-18, W/M 21 short, W/M 21 long, W/M hobby

**Map:** Edlitz/Bindergraben, scale: 1:15.000, updated 06/2013;

**Control description:** On the map and extra printed in the second grid at the start.

### **Course details:**

- ☐ Woman: 7,2km/420mH/14 Contr.
- ☐ Men: 10,3km/580mH/26 Contr.
- ☐ Running time: 90min

### Terrain description:

The most part of the map is very detailed and very steep with deep ditches. You will find a well developed path network in whole terrain, small green areas with reduced runnability and sometimes open areas. Otherwise, runnability as well as visibility vary from good to very good.

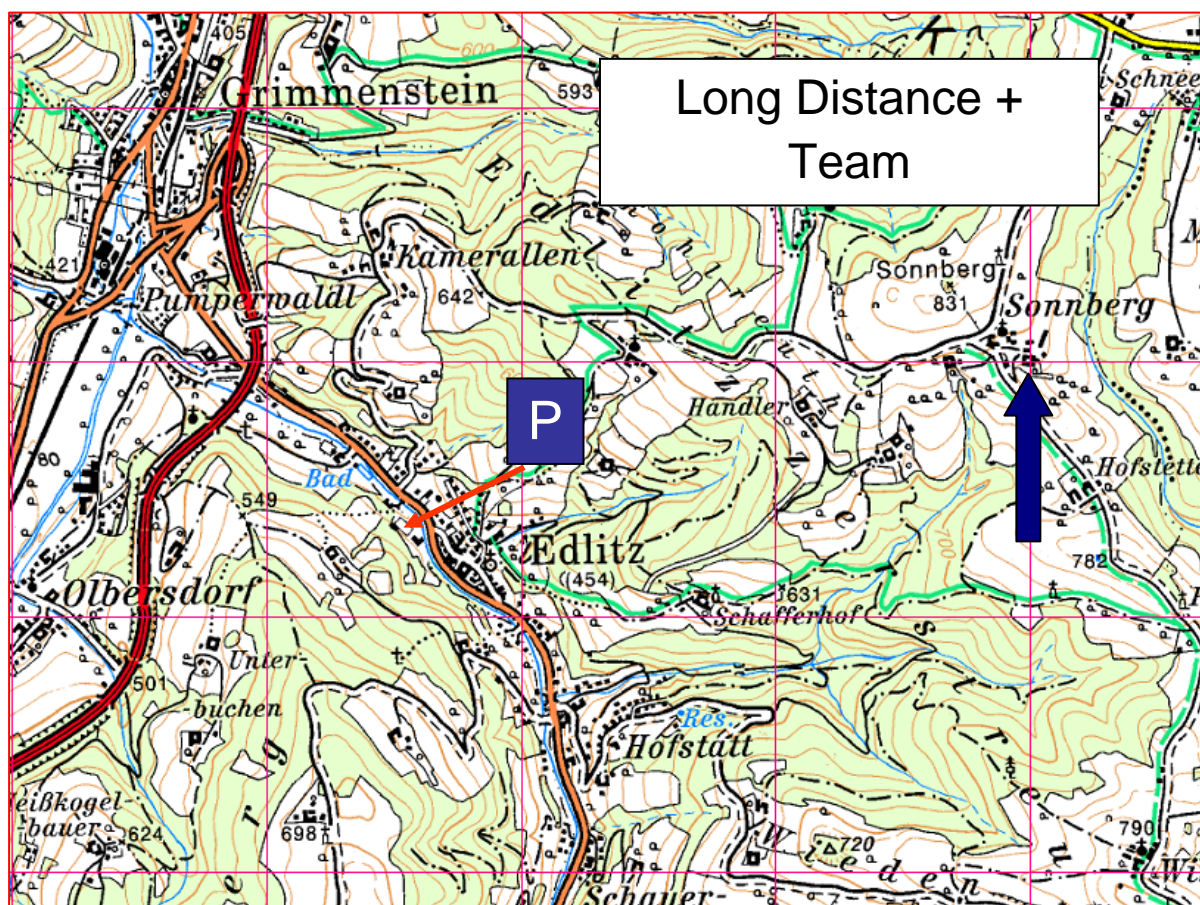
**Orienteering-shoes:** Spikes are forbidden (Dopp-spikes are excepted!)

### Price giving ceremony:

- ☐ Saturday, 22<sup>th</sup> June 2013, 18:00 hrs in the competition area.
- ☐ Dress: Sports-clothes (Teamdress)

### Results:

Will be given to the nations at the admin desk and by internet- [www.cism-austria.at](http://www.cism-austria.at).





## **5.6 Team competition and Austrian Orienteering Championship Team – EDLITZ – Sunday, 23<sup>th</sup> June 2013**

### **Basic information:**

The Austrian Team-Competition-Championship is for three runners with only one SI-card. Every runner gets a map with all controls. All teams start in mass-start. The team has free choice of SI-changeover, which is possible everywhere. The course can change between „free-order-“ and „normal orienteering-course“ parts. There are some controls, marked on the map with controlcircle and square around, where the whole team has to be together at the same time. When the control is being pushed, every team-member has to be in the marked area (shown on the map and in the terrain). Those controls are guarded by officials.

Normally this competition is quick orienteering and fast running where the team members are able to help each other (finding some tricky controls, give the faster runner the „running“ –parts of the course,.....)

**Time:** 08:15 hrs to 15:00 hrs

**Event director:** PONGRATZ Karl

**Course planning/control:** PÖTSCH Wolfgang/LANG Karl/KAINRATH Eugen

**Technical director:** TOBLER Gottfried

### **Competition area/start/finish:**

- ☐ EDLITZ
- ☐ Distance accommodation – competition area: 10 km, appr. 20 min. by bus
- ☐ Distance finish area to start: 2400m and 280mH

**Timing system:** Sportident. You can use your own SI-card.

### **Starting Order:**

Nations will be given start-lists at the admin desk on saturday evening and in the internet.

**Starting-procedure:** Mass start

**First start:** 10:00

### **Competitors/Team:**

- ☐ Team man: 3 athlets
- ☐ Team woman: 3 athlets
- ☐ Attention: All the nations will be mixed by the organiser! Woman and man will be classified separate.
- ☐ Motto of this competition: "Friendship through Sports"!!!

**Categories:**

- ☐ CISM orienteering championship: W/M21E
- ☐ CISM others: W/M -14; W/M 15-18, W/M 19-, W/M 35-, W/M 45-, M 55-

**Map:** Edlitz/Bindergraben, scale: 1:15.000, updated 06/2013;

**Control description:** On the Map.

**Course details:**

- ☐ Woman: 9,5km/30 Contr.
- ☐ Men: 14,0km/40 Contr.

**Terrain description:**

The most part of the map is very detailed and steep with deep ditches. You will find a well developed path network in whole terrain, small green areas with reduced runnability and sometimes open areas. Otherwise, runnability as well as visibility vary from good to very good.

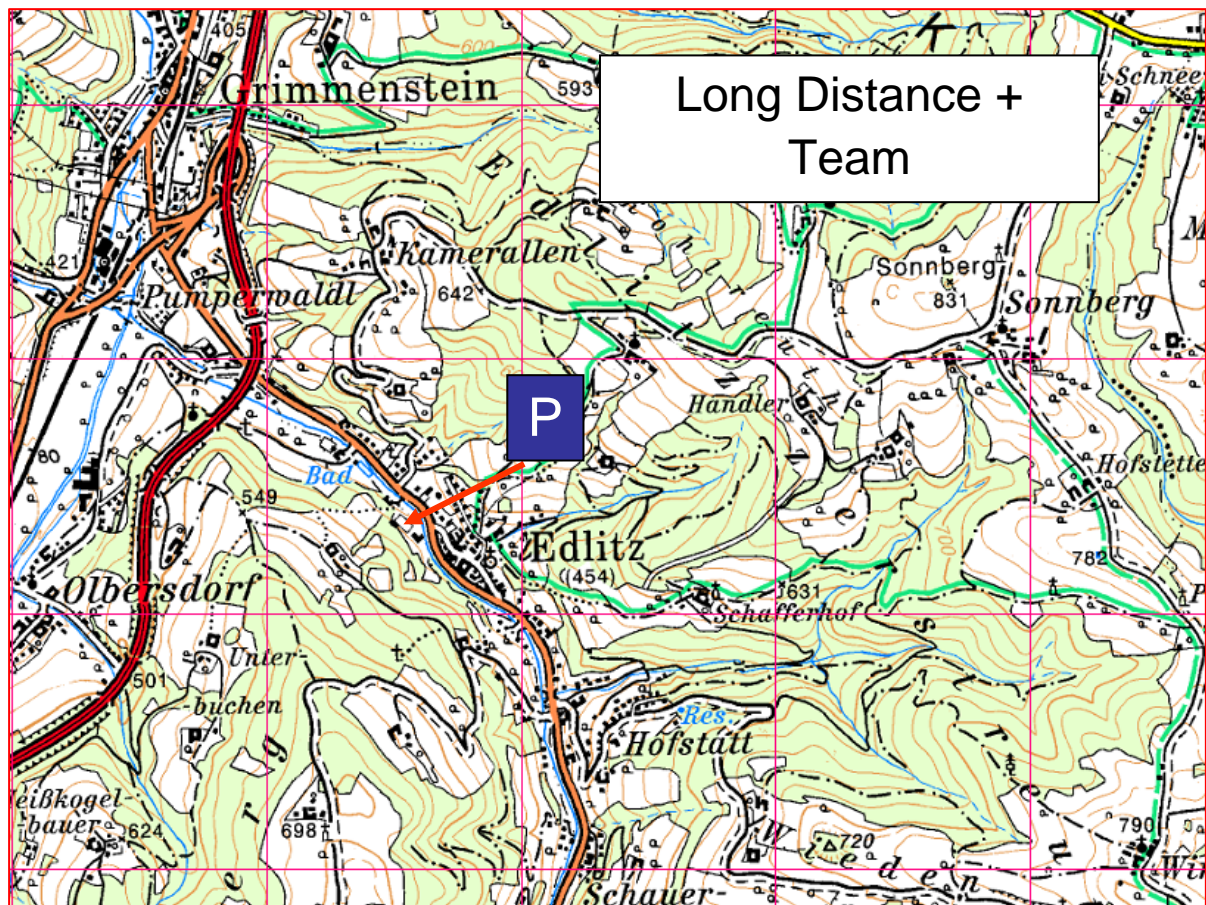
**Orienteering-shoes:** Spikes are forbidden (Dopp-spikes are excepted!)

**Price giving ceremony:**

- ☐ Sunday, 23<sup>th</sup> June 2013, 14:00 in the competition area.
- ☐ Dress: Sports-clothes (Teamdress)

**Results:**

Will be given to the nations at the admin desk and by internet- [www.cism-austria.at](http://www.cism-austria.at).



## 6. Rules of contact Seminar Center Seebenstein

**Dear Guests!**



I'd like to welcome you to the training centre of the Austrian Armed Forces in Seebenstein. My name is Herbert Spreitz, I am a certified tourism manager and WO I in military rank. I am director of this military institution and responsible for all affairs in this training center.

My team and I are very pleased to support you during the next couple of days. In order to keep your stay as pleasant as possible, I would like to give you some information about important issues concerning the training centre.

First, some information about our community and the region

Seebenstein is situated at an altitude of 348 metres and has approximately 1.200 inhabitants. Because of the setting with small hills and woods it is also called the "pearl of the Pitten valley". By the way, "Pitten" is the name of a river in this very valley. The castle on top of the hill was first mentioned in 1092 and is now home to an exquisite collection of pieces of art, furniture and other objects from that century. One of many leading companies in this region is the ASIA-Spa resort with 1200 visitors per day, only 8 km from here. Here in Seebenstein we have a very nice open-air pool as well.

The parish church is dedicated to Saint Andrew and was first mentioned in 1290. The new neo-Gothic church contains pieces of art by Joseph Angerer.

In 1982 the Seebenstein wild-life reservation was created, and since then invites people to extended strolls across the area.

If you need a bank or a cash-point (ATM), you will find the "Sparkasse" on the main road.

If you want to go out for a drink or dinner, I would recommend the Park café or the Pizzeria.

There is a very small shop for basic needs nearby as well.

Our main task is to provide an optimal surrounding for the seminars and courses which are being organized here. This includes taking care of accommodation, meals and maintenance of the conference rooms and leisure facilities.

The house is equipped with an electronic key system. You need to keep the key with you all the time to be able to open the door to your room and the entrance gate.

We also have a fire alarm system in the building. Each room contains a very sensitive smoke detector. Smoking is allowed outside the building and in the seminar café after 5 pm.

The cafeteria closes at ten o'clock pm (2200). Last orders are taken at 9.30 pm (2130). Because of the none-smoker protection there is no service at night. Please return empty glasses and plates to where you took it from.

The gym is open all day long, the sauna until 9.30 pm (2130). The personnel is responsible for the activation and deactivation of the sauna. Please inform the staff if and when you want to use it. Towels will be provided in the rest room according your request.

The local wireless internet is for free. Unfortunately, not all areas of the building are provided with wireless service yet. Connection can established in the cafeteria, near the café and seminar-rooms 1 and 3. Please ask at the front desk for the password.

Mealtimes:

Mealtimes will be according to the timetable of this orienteering event.

The meals are prepared and cooked in a central kitchen in Wr. Neustadt and freshly delivered before every meal. There are three different menus available.

The cleaning personnel examines the bathroom on a daily basis.

Please keep the beds clean and put your cloths into the wardrobe. Do not rearrange the furniture and main set-up of the room.

The drying room is located in the basement.

If you have a problem or in case of an emergency, please call 0664/622 6996. If you are using a non-Austrian cell phone, you have to dial the Austrian country code +43, then 664/622 6996. Don't forget to drop the zero.

Check-out on your last day is until 9 o'clock am (0900)!

The cleaning company has to keep up with a tight schedule, so please empty your room and return the key at the front desk before you attend your meeting on the last day of your stay.

I wish you a good time in Seebenstein.