

# Introduction

Dear orienteering friends,

Is there anything more beautiful in summer than to leave all the barbecues, trips and daily chores behind to go orienteering?

We worked hard to make sure that you'll enjoy these "Flanders' 3 Days 2011": accommodation, logistics, challenging courses and especially the maps. They all show the typical features of this region: varied vegetation, heather, woods with good runability, sand dunes with small contour detail...

We hope that fair competitions, comradely contacts, a nice get-together and the beauty of our area will make this an unforgettable event for all.

Hamok organisation committee

## **Welcome to Lommel! Welcome to Bosland!**

Our forests, lakes and sandy areas are well known by sportsmen for their enjoyable and challenging environment. Cyclists, hikers, mountain bikers and motor cross are at home in Lommel. But orienteering is also one of our key sports.

Our city is a paradise for orienteers. 10 maps, a permanent course and several very good runners are the proof of this. Thanks to this three days event, we will even gain a new map. You will definitely enjoy Heeserbergen.

We support the organization and are hoping for a tough and exciting competition. But above all, we hope you enjoy your stay in our city.

Peter Vanvelthoven

Mayor

Kris Verduyckt

Councilor of sports

## **General Info**

Competition Centre (CC)

Address : Provil, Duinenstraat 1, Lommel

Opening hours of the competition centre:

Open :	Aug 12	18h-22h
	Aug 13	10-12h and 19-22h
	Aug 14	8h30 – 14h
	Aug 15	8h30 – 14h

At the CC, on Saturday starting from 13h00, the club leader receives for each competitor:

- This brochure
- 3 back-up labels for E-cards
- rented E-cards

## **Camping en caravaning**

The camping site is situated next to the CC and can be accessed from 12/8 at 18h00 and it must be cleared by 15/8 at 16h00. The individual sites are numbered and are assigned upon arrival. Please respect this numbering and also keep in mind that maximum 4 people are allowed to sleep on one site. Further information can be found at the CC.

## **Toilets and showers**

Toilets and showers are available in the competition centre.

## **Food and beverages**

Food and beverages will be available in the finish area.

## **Child care and string course**

Child care is available in the finish area during the races.

There will be a string course provided on day 3 for kids, starting close to the finish area. Registration is 1 euro.

## **Insurance**

Each competitor is responsible for having sufficient insurance coverage. The organizer cannot be held liable.

## **First Aid**

A first aid kit is available at the finish.

## **Competition Info**

Maps:

Day 1 : Lommel, Kattenbos Zuid, 2011, IOF 1/10.000, interval 2m

Day 2 : Lommel, Kattenbos Noord, 2011, IOF 1/10.000, interval 2m

Day 3 : Lommel, Heeserbergen, 2011, IOF 1/7.500, interval 2m

## **Control descriptions**

The control descriptions are not printed on the maps.

Loose control descriptions are available at the start in the -2 min. zone.

## **Emit**

Each competitor has to run with the E-card that he's enlisted with and the corresponding back-up labels.

The rental E-cards have to be returned by the club leader at the end of Day 3 in the finish area. Deposit will be kept back for lost or damaged badges.

## Start

The back-up label should be attached to the back of the E-card.

Each participant must be present 3 minutes before start time.

The start area is divided into 3 zones :

-3 min.	Control of E-card number and start time
-2 min.	Control descriptions
-1 min.	Competitor goes to start box. Five seconds before the start, you put the E-card on the start unit. At the start signal, you take it out and the chrono starts running.  Please check if you have the correct map.

If you arrive too late for your start, no alterations to your start time will be made !

## Road crossing day 1

A major road is crossed by all courses on day 1. A control is present at each side of the road. The time it takes to cross the road will be deducted from your running time. Guards will be present to assist a safe and fair crossing.

## Drinks

Free water is available at the finish .In case of hot weather, water will also be available during the races.

## Finish

Competitors must follow the string from the last control to the finish line.

Here the runner has to put his E-card in one of the finish-units. Your time stops running at this point.

After having crossed the line, runners may not pass other competitors.

You then have to follow the string and put your E-card in the reading-unit , after which you receive a print-out with split times. (no disqualify check)

Each runner can keep his map, but we count on your fair-play, so please do not show your map to runners who still have to start.

## Results

The results of each day's competition will be displayed in the finish area.

Final results will be displayed at the CC every evening and can be found on our internet site and ([www.orientatie.org](http://www.orientatie.org)).

## Prize giving ceremony

The ceremony will be held at the event on Day 3: at 14.00 h.

There are prizes for the first three runners in each category.

On the arrival of day 3, each competitor will get a souvenir gift.

## Jury

Protests must be submitted in writing to the jury, max. 1 hour after the final results. Each protest must be accompanied by a deposit of 5 euro, returnable if the protest is upheld.

Disqualifications: no deposit must be paid for checking the back-up labels.

The jury consists of the course planner, the controller and one external member:

	<b>Course planner</b>	<b>Controller</b>	<b>Jury member</b>
<b>Day 1</b>	Dries van der Kleij	Luc Melis	Wim Vervoort
<b>Dag 2</b>	Jeroen van der Kleij	Luc Melis	Wim Vervoort
<b>Dag 3</b>	Wim Hoekx	Luc Melis	Wim Vervoort

## Time schedule

	<b>First start</b>	<b>Last start</b>	<b>Course closure</b>
<b>Day 1</b>	15.00	17.00	19.00
<b>Day 2</b>	10.00	12.00	14.00
<b>Day 3</b>	10.00	12.00	14.00

## Participants per country/club

336 participants from 11 different countries and 36 clubs show up on the start lists.

Belgium	229
Germany	44
Netherlands	29
Great Britain	19
Czech Republic	5
Poland	3
Switzerland	2
Japan	2
Russia	1
Italy	1
Austria	1

K.O.L.	69	Iruma	2
Omega	59	KOVZ	2
HAMOK TROL	40	IHW Alex Berlin	2
Bielefelder TG	35	KOB Tretra Praha	2
Asub	17	MINOR	2
ARGUS	10	NADA	2
C.O. Liège	6	Orient Express Verona	2

Olifant	5	Ski-Klub Duisburg	2
	5		
Uptorienteers		UKS KOMETA	2
	4		
Balise 10		OLG Hondrich	1
	4		
O.L.V. Eifel		OLG Ortenau	1
	4		
Berchziechen und Strüchewetzer		Quantock Orienteers	1
	4		
Borderliners		SPOBO	1
	4	EPOS	
C.O. Militaire Belge			1
	4	N.S.V. Amel	
DJK Adler 07 Bottrop		HSV OL Wiener Neustadt	1
	4		
Deetrogs		Norfolk OC	1
	3		
Borasca		Southdowns	1
Hansa Simmerath	3		
			1
OS Nove Mesto na Morave	3		
OLG Siegerland	3		
SLOW LUX	3		
TSC Eintracht Dortmund	3		
TV 05 Bierbach	3		
UZO	3		
DJK VFL Willich	3		
	2		

## Events

	<u>Dag 1</u>	<u>Dag 2</u>	<u>Dag 3</u>
<b>Event Center</b>	Zandstraat, Lommel- Kattenbos (near the wind mill) along the N746  <b>Road signs</b> On the N746 near the wind mill.	Zandstraat, Lommel- Kattenbos (near the wind mill) along the N746  <b>Road signs</b> On the N746 near the wind mill.	Football field FC Germinal, Rozenstraat, Lommel- Werkplaatsen  <b>Road signs</b> Roundabout N712 and N769.
<b>Start</b>	15h00-17h00	10h00-12h00	10h00-12h00
<b>P → CC</b>	600meter	600 meter	600 meter
<b>CC → Δ</b>	1000 meter	1200 meter	200meter
<b>Finish → CC</b>	/	/	/
	Drinks/food	Drinks/food	Drinks/food/limited showers





# Distances

			Day 1		Day 2		Day 3	
			Controls	Distance	Controls	Distance	Controls	Distance
Course	1	H Elite	39	11290	36	10900	32	8420
Course	2	H21 H35	32	9620	26	9380	28	7080
Course	3	H40 D Elite H-20	30	9040	28	8520	30	6860
Course	4	H45 H-18	24	8230	27	8260	26	6750
Course	5	H50 HB D21	24	7200	28	6700	29	6690
Course	6	H-16 H55 D35 D40	22	6300	26	5990	23	6070
Course	7	D-16 D45 H-14 H60	19	5180	21	5250	19	4800
Course	8	H65 D-14 DB D50 D55	20	4580	21	4400	18	4600
Course	9	H70 H75+ D60 D65 D70+	17	4160	20	3920	20	3800
Course	10	H-12 D-12	13	3350	13	3130	17	3070
Course	11	H-10 D-10	12	2770	10	2880	14	2870