

Interland 2018

Bulletin 3

To our O-friends,

With this bulletin 3 we would like to inform you on more details of the **Interland 2018**.

A few days before Interland 2018 we will publish the final bulletin with all details.

The organising team



Course details:

Course:	Classes:	stage 1:	stage 2 MD:	stage 3:	stage 4 LD:
1.	M21		6,4 km		11,2 km
2.	W21		4,9 km		8,1 km
3.	M-20, M40		5,7 km		8,9 km
4.	M50, W-20		5,0 km		6,8 km
5.	M-17, M21S, W40		4,8 km		6,1 km
6.	M60, W21S		3,8 km		5,5 km
7.	W17, W50		3,5 km		5,0 km
8.	M70, W60		2,5 km		4,0 km
9.	M-14		2,7 km		4,6 km
10.	W-14		2,7 km		3,6 km
11.	W-10, M-10		1,9 km		2,9 km
12.	M80, W70, W80		2,3 km		2,7 km

The sprint courses will be determined after registration has closed. Organisers aim at winner times on all sprint courses of 12-15 minutes.

Maps / Special objects:

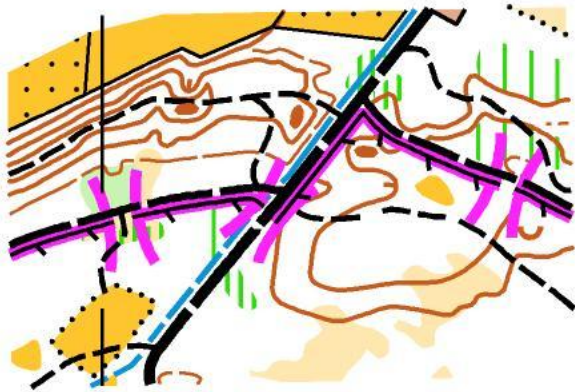
All maps are printed on waterproof Pretex 120gr. No plastic covers are provided.

Interland/LD + MD: 1:10.000, 2,5 m, winter 2017/2018

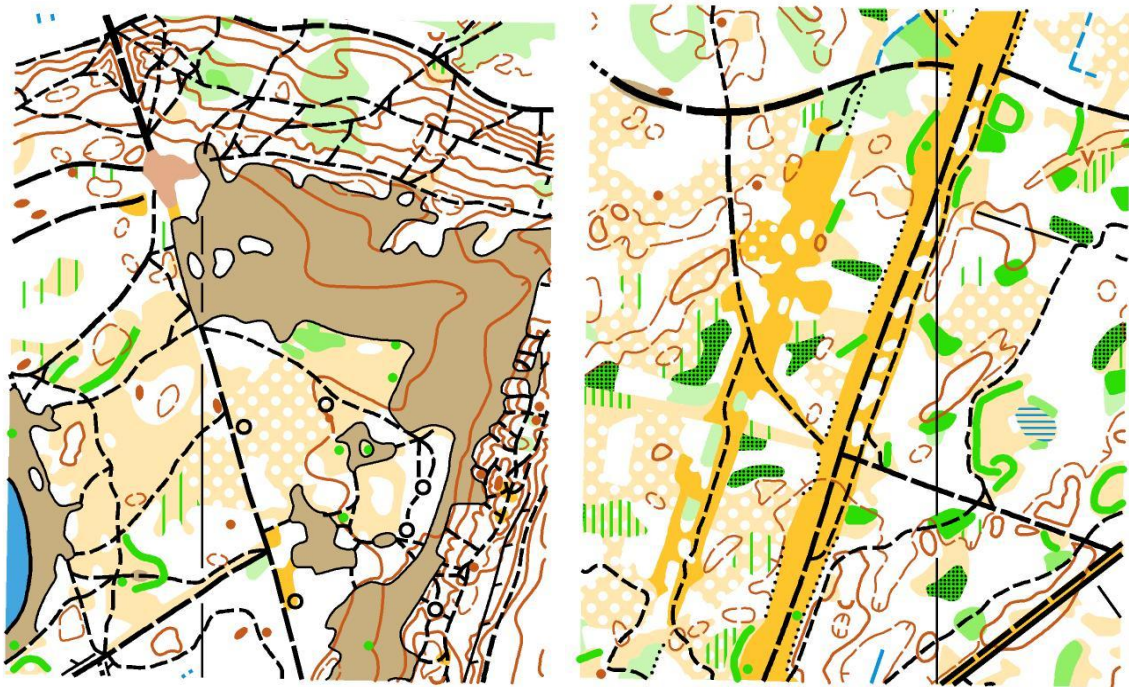
Sprints: 1:4.000, 2,5 m, winter 2017/2018

Mappers: Gediminas Trimakas (Herperduin) and Mark Heikoop (Ravenstein)

On the MD and LD map there will be 1 special object, a electrified fence. This fence may not be crossed at any point other than the gates. Not applying with this rule will lead to disqualification. Below you will find an example of how this fence + gates at this fence are drawn. All courses will be affected by making at least 1 route choice influenced by passing the fence, both at the MD and LD event.



Map samples of Herperduin:



Stage 1 Urban sprint: ‘Ravenstein’

Ravenstein is an old little fortified city near a river bank. It is mainly paved area with some park area's and only few steep parts.

Stage 2 and 4 MD/training + Interland/LD: ‘Herperduin

Herperduin is a mixed forest with some moors, lakes, sand dunes, small contours and steep ridges up to 20 meter. Runability is variable but mostly good. The terrain is the home ground of cattle as depicted in bulletin 2. The MD race will give a representative impression for the Interland/LD on Sunday.

Stage 3 Forest/park sprint: Herperduin/bungalow park

This area is partly forest, partly the bungalow park which is the main accommodation of the Interland. Good runability.

Control descriptions:

Control descriptions will be available at the start as well on the map.

Start lists + start times:

Except for Interland, all stages will have free start times, and real time start (SportIdent) will be used. The start list for the LD/Interland will be available on the website a couple of days before Interland.

On Sunday participants of the Interland teams will start before all other participants. First start of other participants on Sunday will be around 11:00. The final time will be published in the final bulletin.

Also participants of LD/Interland with a fixed start time must use the start control.

The participant is responsible for taking the right map.

Start procedure:

Set up for MD and LD race will be identical.

-3 minutes: call, clear, check

-2 minutes: control descriptions

-1 minute: map display of the sprint and MD map (only at Interland/LD)

Organisers will use real time start. This means that at the start time the runner will punch the start control, can take his map and follow the taped route to the start. Time starts running when the start control has been punched.

Distances:

	Stage 1:	stage 2:	stage 3:	stage 4:
P – CC		100 – 300 m	100 – 300 m	100 – 300 m
CC – start		1300 m		750 m
Finish – CC		1300 m		500 m

Prize-giving ceremony:

13:30 at the CC.

Interland: youth team first 3 teams, Interland first 3 teams.

Multi stage event: first 3 every category. (Result MD + LD + best sprint result. Points scored)

Program:

9 March 17:00: CC open

9 March 20:00 - 22:00 urban night sprint in the ancient town of Ravenstein (stage 1)

9 March 21:00 last start urban night sprint

10 March 11:00: CC open

10 March 14:00-17:00: Official training/Middle Distance at “Herperduin” (stage 2)

10 March 15:30 last start MD

10 March 18:00: team leader meeting at CC.

10 March 20:00 - 22:00: forest/park night sprint at “Herperduin” official training (stage 3)

10 March 21:00: last start sprint

11 March 08:00: CC open

11 March 09:30: first start Interland

11 March 11:00: first start Long Distance race non-Interland runners (stage 4)

Contact information:

Mark Heikoop: +31637566246

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Bank account Interland 2018:

Account nr NL65ABNA0453198813 tnv JJM Liefrink/OLifant

BIC ABNANL2A

Venues:

- **Event Centre 9/10/11 March:** Party center “De Kriekeput”,
<https://www.facebook.com/Kriekeput>
- The Event Center will also be the Competition Center on Friday, Saturday and Sunday.

Organisation:

Event Director: Mark Heikoop

Course Setter: Mark Heikoop

National Event Advisor: Gerrit van de Riet

Event websites: <https://interland2018.com/>

<https://www.facebook.com/Interland2018/>

e-mail: <http://www.olifant-ol.nl/home/contact/>

Gerrit van de Riet: gerrit.dunja@telfort.nl

Miscellaneous:

- Gaiters are recommended on stage 2, 3 and 4.
- No spikes allowed on stage 1.
- Showers are available close to the Event Centre and will be signposted.
- Catering will be present at the Event Centre.
- Maps may be kept after the race. We trust you on not showing the maps to runners who still have to compete.