



Vlaams Verbond voor
Oriënteringssporten



TROL
ORIENTEERING
CLUB

Interland 2016 – Bulletin 3

Dear orienteering friends,

The Flemish association for Orienteering sports (VVO) and the Trol orienteering club invite the international teams to compete in the

2016 Interland on Sunday February 21th, 2016.

The competition will be held in Maria ter Heide (Brasschaat),
25 km northeast of Antwerp.

program

date	event	venue
Friday, 19th February 9.30 – 12.00 hrs	open military event free start times	Maria-ter-Heide Groot Schietveld
Saturday, 20th February 14.00 – 16.00 hrs	training event free start times	Maria-ter-Heide Coppens Kazerne
Sunday, 21th February 09.30 – 10.30 hrs 10.50 – 12.30 hrs	start Interland start Spectators Event	Maria-ter-Heide Klein Schietveld

prize-giving ceremony

Planned around 13.00 hrs.

The **Interland Cup** and the **Interland Junior Trophy** will be awarded to the first teams.

Prizes for the first 3 teams Interland and Youth.

team size/composition

Teams of maximum 42 runners:

3 members in each of 14 classes: M14, M17, M20, M Open, M40, M50, M60, W14, W17, W20, W Open, W40, W50 and W60.

Three to run, 2 to score in each class.

competition details

Friday, 19th February, 2016 - military event

the perfect training for Interland

Organization Bataljon Artillerie Brasschaat

Course Setter Goossens Dirk

Controller Van Uytsel Nico

Map Groot Schietveld – rev.2016 – 1/10 000

CC Vliegveld, Essensesteenweg, Maria-ter-Heide

Terrain: Terrain with a good runnability.
Active military training area and shooting range.

CC – start military bus transport finish – CC 0 m

Punching system

Emit system will be used. Those who do not have their own emit card can rent it for € 2 (an identity card or similar will be requested as a deposit, € 40 will be charged for any lost Emit badge).

Courses	1	9 500 m
	2	8 500 m
	3	7 300 m
	4	6 200 m
	5	5 200 m
	6	4 300 m

Start 9.30 -12.00 am, free start times , courses close at 2 pm

Entries deadline: Sunday, 12th Feb, 2016, midnight at Luc.Sevenhant@mil.be
entries at the event if maps are available from 11 am

Catering, toilets and showers at the CC

Saturday, 20th February, 2016 – training event

warm up race for Interland

Organization Trol

Course Setter Goossens Dirk

Controller Verbraken Linda

Map Coppens Kazerne - new map 2015 - 1/5 000

CC Vliegveld, Essensesteenweg, Maria-ter-Heide

Terrain mixed urban and forest ,very good runnability

CC – Start 2 500 m finish – CC 0 m

Punching system: Emit system will be used.

Courses	1	5 500 m
	2	4 500 m
	3	3 300 m

Start 2 – 4 pm, free start times, courses close at 6 pm

Entries at interland@trol.be
entries at the event from 1 pm

Catering and toilets at the CC.

Sunday, 21st February, 2016 Interland and Regional Event

Organization Trol
Course Setter Goossens Dirk
Controller Karl Vervoort
Jury to be made up during the team leaders meeting on Saturday evening.
Map Klein Schietveld - 2015 - 1/15 000 – 1/10 000
previous edition on www.orientatie.org and at the cc
forbidden areas on the race maps and at the start (-3')
CC Vliegveld, Essensesteenweg, Maria-ter-Heide
parking – cc 0 – 500 m bus parking 50 m
catering (drank & snacks) and toilets at the cc; no showers
Terrain forest and open moorland, can be quite muddy
CC – Start 1000 m finish – CC 0 m

courses	<i>Interland</i>				
update	1	H21	12 050 m	23 controls	1/15 000
	2	D21	9 410 m	18 controls	1/15 000
	3	H40-H20	10 400 m	21 controls	1/15 000
	4	H50-D20	8 140 m	18 controls	1/10 000-1/15 000
	5	H60	5 870 m	15 controls	1/10 000
	6	D40-H17	6 330 m	15 controls	1/10 000
	7	D50-D17	5 490 m	14 controls	1/10 000
	8	H14	4 730 m	13 controls	1/10 000
	9	D60	4 390 m	11 controls	1/10 000
	10	D14	4 330 m	12 controls	1/10 000

omlopen *spectator event*

1	9 510 m	
2	8 190 m	
3	6 630 m	
4	5 560 m	
5	4 240 m	
6	3 390 m	
7	3 090 m	
8	12 050 m	pre-entries only !
9	10 400 m	pre-entries only !

start Interland: 09 30 - 10 32 am, fixed start times
start times vanaf 15.02.16 op <http://helga-o.com/start/>
spectator event: 10 45 – 12 00 am, free start times
courses close at 2 pm

bib numbers are compulsory for all competitors
no bib = no start

Interland-competitors will receive their bib numbers at the cc.

gps-watches and trackers will be allowed

no clothing restrictions

warming up in the competition area is forbidden: only authorised between cc and start

warm-up clothes can be left at the start: to be picked up by the teams or the competitors

no drinks or toilets at the start

no drink stations during the races; competitors can take their own drinks (e.g. camelbak)

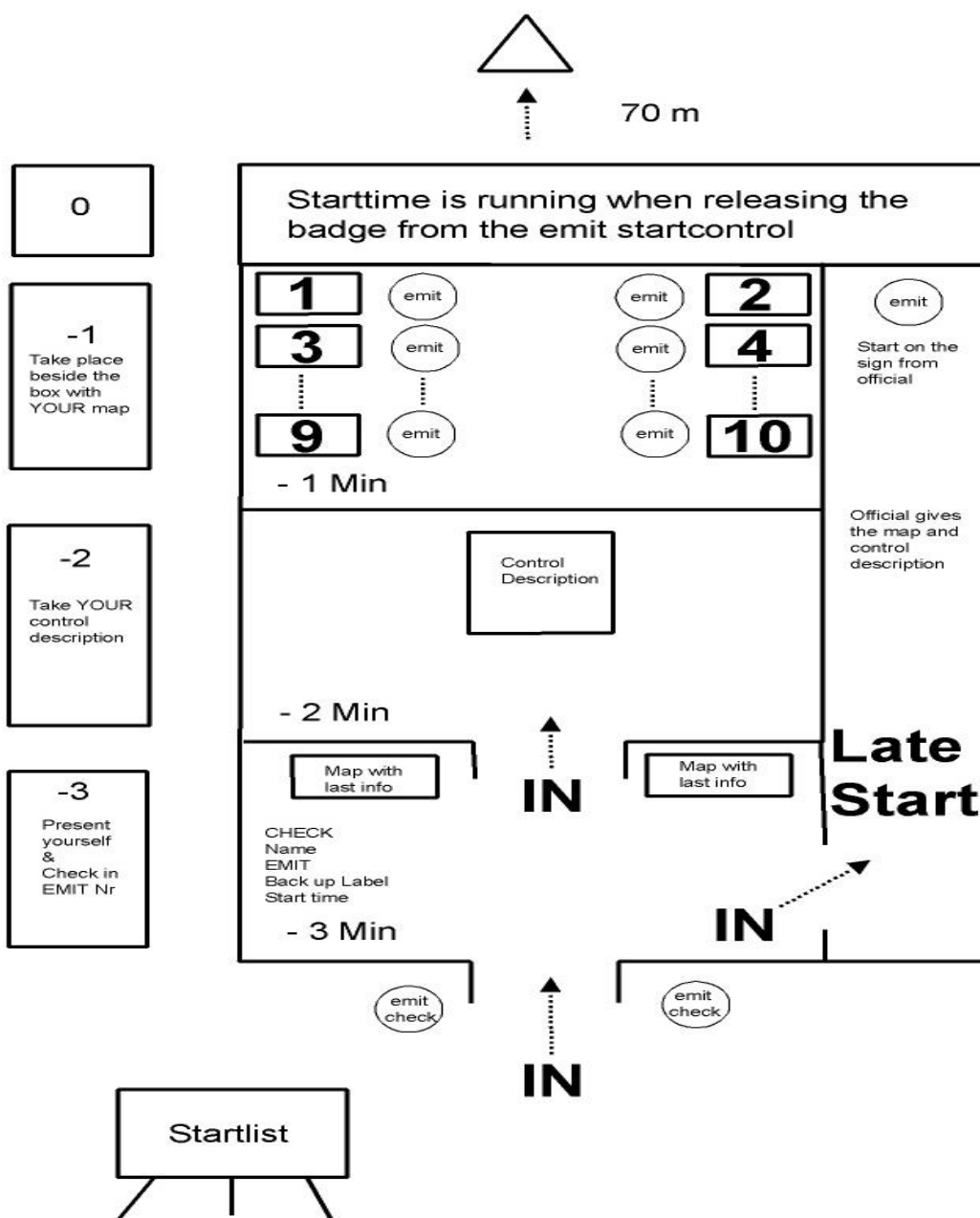
a drink station will be provided at the finish

control descriptions on the maps and at the start (-2')

start procedure

no changes of **starting times**

pre-start 70 m (route to the start control is compulsory)



complaints should be submitted the latest 15' after the publication of the final results
the jury will immediately handle any complaint

entries deadline: Sunday, 6th February, 2016, midnight at interland@trol.be
entries for the spectator event at the event from 9.45 am

Interland team leaders meeting

Saturday, 20th February, 2016, 7 pm

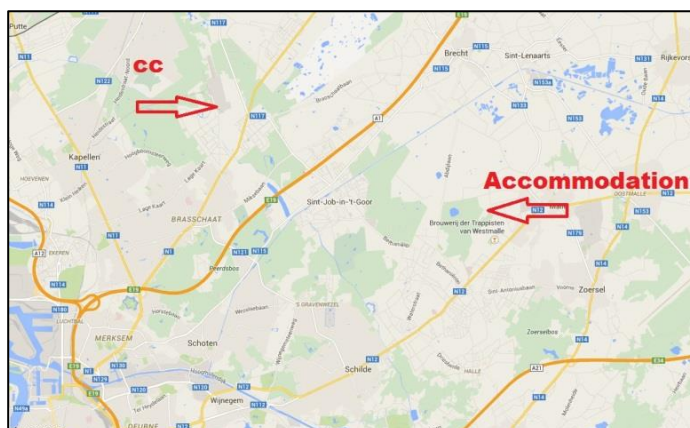
Interland coordinator: Luc Melis - *m.* +32 485 595551

Venue: Jeugdverblijf Drieboomkensberg, Sint Pauluslaan 14, 2390 Westmalle
(i.e. accommodation address)

participating federations

Vlaams Verbond voor Oriënteringssporten (VVO), Fédération Régionale des Sports d'Oriëntation (FRSO), Nederlandse Oriënteringsloop Bond (NOLB), England (ENG) and the French Ligue Nord-Pas de Calais de Course d'Oriëntation (LNPCCO).

venues



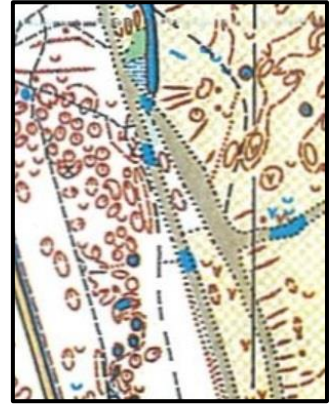
All 3 competition areas will be signposted from **Exit 4** on the **E19**, i.e. **Sint-Job-in-'t-Goor**.

The address of the **Drieboomkensberg** accommodation is Sint-Pauluslaan 14, B-2390 Westmalle

maps

The Sunday Interland competition will be held on the Southern part of a shooting area of the Belgian army, called '**Klein Schietveld**'. The area is pretty open, with quite some small details.

The Saturday Training will be organized on the new map of the '**Coppens Kazerne**', with some urban sections amongst the former military buildings and some forest sections, which are quite similar to the Sunday race.



accommodation

Not even **15 kms** from the competition venues, at the **Drieboomkensberg** accommodation (www.hopper.be/en/jeugdverblijf/drieboomkensberg), we can offer **130 beds** for participants, including **full board**, at **€ 50**.

Reservation is compulsory.

There will be **no linen provided!**

The meals: Saturday **evening meal** at 18.00 hrs, Sunday **breakfast** at **07.00 hrs**

entries

Entry fees for the Interland race will be € 12 for W/M >18 and € 8 for W/M <18. Entry fees for the training event and the spectator race will be € 6 for W/M >18 and € 4 for W/M <18.

Entry fees for the military event will be € 5.

Non-Belgian competitors are kindly asked to **pre enter** also for the training event and/or the spectator race. On Sunday, they will get preferred early start times (from 10.50 am onwards).

punching system

The Emit punching system will be used.

Emit badges can be rented at € 2 for the weekend, subject to a € 20 deposit.

event officials

organizing club Trol vzw

course planner Dirk Goossens *m. +32 474 380616*

controller Karl Vervoort

Interland coordinator: Luc Melis *m. +32 485 595551*

contact

For any further information, please contact

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info@orientatie.org

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