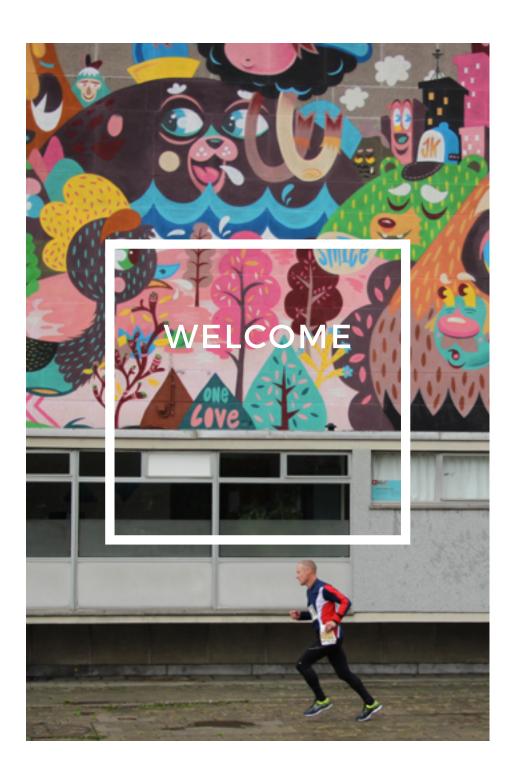
#### **ASOM 2018**

COURTRAI - 30/06/2018 WORLD RANKING EVENT





ARE YOU READY FOR A CHALLENGE?



#### **WRE**

On behalf of the International Orienteering Federation, Trol invites elite orienteers from around the world to a Sprint World Ranking Event in Courtrai, Belgium.

#### **ASOM**

This event is part of a special edition of the Antwerp Sprint Orienteering Meeting (ASOM) which is on location to Flanders Fields for a year to commemorate the centennial of WWI.

#### **PROGRAM**

FRIDAY 29TH OF JUNE
SATURDAY 30TH OF JUNE (WRE)
SUNDAY 1ST OF JULY

ASOM 2018 consists of a training on Friday evening, 2 Sprint races on Saturday, including one WRE Race, and an urban middle distance race on Sunday.

For more information, please visit the event website <a href="https://www.asom.be">www.asom.be</a>.

### COMPETITION INFORMATION

ORGANISATION

Main Organizer:

Trol Orienteering Club

Contact:

Koen Wilssens

Westpoort 68, 2070 Zwijndrecht Belgium

koen@runnerslab.be +32 496 83 79 73

Website:

www.asom.be

#### EVENT CENTRE:

#### Address:

Guldensporencollege Kaai, Kortrijk Burgemeester Vercruysselaan 17, 8500 Kortrijk

#### Parking

Parking is possible in the streets North of the school. Be careful with the embargoed area!





PAGE 4 PAGE 5

#### PROGRAM

Saturday 30 June 2018

09:30 – Opening CC 10:30 – Opening quarantine zone 11:40 – Closing of the entry of quarantine zone 11:30 – First start Women Elite & Men Elite 19:00 – Prize giving Ceremony

Start list will be available on Monday June 25 at http://www.helga-o.com/start/



#### MAP

Map: Kortrijk Broeltorens Scale: 1:4.000 Contour Interval: 2,5m

The map is drawn in the Spring of 2018 according to ISSOM 2007.

The maps will be digitally printed with permission of the IOF Map Commission.

Mapper: Dirk Goossens





PAGE 6 PAGE 7

#### TERRAIN

The course will be held in the city of Courtrai.

This will be the first orienteering event ever in the city of Courtrai.

The courses contain 90% asphalt and 10% grass.

The city centre of Courtrai is a typical Flemish old historical centre with a river flowing through it. There are several small parks.

Shoes with spikes or studs are not allowed.



#### CLASSES

Only the orienteers in categories M21E & W21E will get points for the World Ranking Event.

#### TRAINING POSSIBILITIES

#### Friday 29-06-2018 - 18h00

On Friday there is a model event in the city centre of Zonnebeke.

This terrain is not representative for the WRE.





PAGE 8 PAGE 9

#### DISTANCES

200m Parking – Competition centre 100m Competition centre – Quarantine zone 1900m Quarantine zone – Start 0m Finish – Competition centre

#### COURSES

Men Elite - 4600m - 20 controls Women Elite - 3850m - 18 controls Course setter: Dirk Goossens



#### RUNNING TIME

The expected winning time for the WRE is 15 - 16 minutes.

The maximum running time for the WRE sprint is 45 minutes.

#### CONTROL DESCRIPTIONS

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

De dimensions of the control description will be:

Men: 145mm on 56mm Women: 134mm on 56mm





PAGE 10 PAGE 11

#### QUARANTINE ZONE

The Quarantine zone will be at 100m from the event centre. All runners should be checked in at the Quarantine area before 1lh40. All runners should tick off their name from the quarantine check in list.

There will be a baggage drop with transport every 10 minutes to the finish zone.

There is a warm up map available at the entrance of the quarantine area.

The start of the warm up map is in the same direction as the start of the WRE and the start of this warmup map is after 1000m.

The total distance from the quarantine zone to the start is 1900m. Black/Yellow tape should be followed to the start of the warm up map.

The finish marked on the warm up map is the call up zone for the start.

There will be clothes transport from the start zone to the finish.



## asom

#### COMPLAINTS

Within 15 minutes after publication of the official WRE result, any complaints should be handed over to the event office. The complaint needs to be written on paper.

The jury for the WRE will consist of the following members:

Nick Campbell – Great Britain Didier Groshens – France Edi Ocvrik - Croatia

#### IOF EVENT ADVISOR

Karl Keuppens



PAGE 12 PAGE 13

#### PUNCHING SYSTEM

The SPORTident AIR+ punching system will be used.

The organization provides a SIAC for all competitors (even if you have a SIAC yourself).

A bag with all your information (SIAC, number bib, bulletin,...) will be available at the registration desk on Saturday morning.



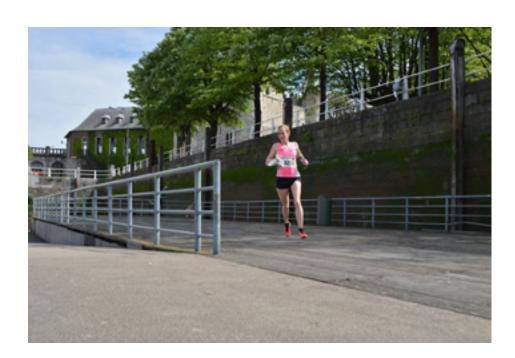
#### NUMBER BIBS

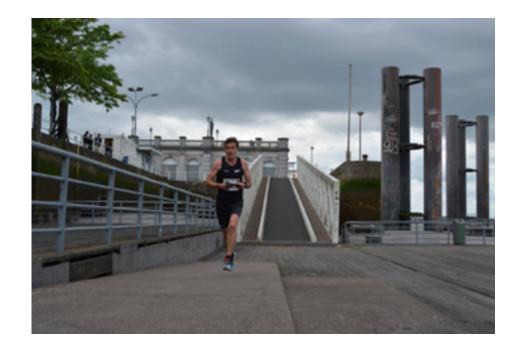
The number bibs, provided by the organization, are obligatory to wear on the chest during the race.

#### REGISTRATION INFO

A bag with all the information (SIAC, number bib, t-shirt, ...) will be given to you at the registration desk of the model event on friday and the registration of the WRE on saturday.







PAGE 14 PAGE 15

#### SERVICES

There will be toilets at the quarantine area and at the competition centre.

There won't be toilets at the start!

There will be water and sportdrinks at the finish.

The bar at the competition centre will serve several drinks, bread rolls and spaghetti (from 18h00) for only €10!



#### EMBARGOED AREAS

Everything within the R36.

You're not allowed to run, read a map or test route choices in this area. From saturday 09h00 you are no longer allowed to enter this area.

The embargo extends to anyone who through their knowledge of the terrain or the events could influence the WRE Results.

#### PODIUM

There will be a WRE podium for the top 3 runners at 19h00 at the Event Centre.





PAGE 16 PAGE 17

#### ACCOMMODATION

Hotels, hostels, Air BNB, ... can easily be found in the city of Courtrai or Ypres. The organisation does not provide accommodation.

www.tourismekortrijk.be/er

#### TRANSPORT

- There are several airports in Belgium which can be used to get to Courtrai (Kortrijk).
   Brussels Airport is the biggest airport and Brussels Charleroi Airport and Lille France Airport are low cost alternatives.
- Courtrai (Kortrijk) can be reached by train from both airports.
- There are also several rental car companies in the airports.

#### ENTRY PERMITS (VISAS)

In case of requirements for entry permits for a visa, please contact koen@rslab.be.

#### WEATHER

The weather in Belgium in summertime is similar to other Central European countries. The average maximum temperature for June/July is about 22°C and minimum 13°C, the average days with rain a month is approximately 14.





PAGE 18 PAGE 19

# **SENERAL INFORMATION**

#### **SPONSORS**

Special thanks to our sponsors!



running specialty store · footscan® · orthotics · prolab



Organized by:

