



World Ranking Event – Middle Distance

Monday December 28th, 2015
“Pijnven Noord” – Hechtel/Eksel – Belgium
Bulletin 2

We are pleased to welcome you to Hechtel/Eksel (Belgium) for the **World Ranking Event**. This race is the third stage of the Sylvester 5-days.

Organization:

Organizing club: OMEGA
Course setter: Leen Wouters
National Controller: Karl Keuppens
Contact person: Peter Welkenhuysen - Koolmijnlaan 185 - 3582 Beringen
E-mail: info@sylvester5.be Tel: 0032 11969139

Website: www.sylvester5.be

I.O.F. Event Adviser: Linda Verbraken

Competition info:

Competition Centre: FC Kattenbos - Oude Diestersebaan 55 - 3920 Lommel
Open from 09.00 am - 2.30 pm

Signposting: From railroad crossing in Lommel with N746, between Leopoldsburg and Lommel

Competition type: Middle distance / ME and WE / winning time: 30-35 minutes

Competition rules:
<http://orienteering.org/wp-content/uploads/2010/12/Competition-Rules-for-IOF-Foot-Orienteering-Events-May-2015.pdf>

Only GPS data loggers with no display or audible feedback can be used.

Anti-doping: Doping is forbidden. I.O.F. Anti-Doping Rules 2015 apply.

Clothing: There are no regulations on shoes or clothing.

Punching system: EMIT (Emit Ecard can be rented 2€ per day)

Quarantine zone: No Quarantine zone but a “Comfort zone” near the CC. This gives WRE athletes the possibility to prepare optimal for their competition. Maps of all competitors will be taken in at the finish, until the last start of the WRE. Maps can be collected, after the competition, in the CC.

Course info:

Map: "Pijnven-Noord": Last review: November 2015
scale: 1/10.000 contour interval: 2.5 m

Copy map used on the previous race:

<http://orientatie.org/sites/orientatie.org/files/event-documents/pijnven-wre.pdf>

Terrain description: Flat coniferous forest, many sandy dunes with intricate contours. Strict rectangular grid of forest paths and firebreaks. Good runnable and good visibility.

Courses: **ME** 7050m length - 110m height climb - 30 controls

DE 5520m length - 85m height climb - 23 controls

Control descriptions: **HE** control description size: 182 x 47 mm
DE control description size: 144 x 47mm
Printed on the map and separate in the prestart zone

Refreshment point: Water will be provided on the WRE courses
(on control descriptions)

Start: The distance from CC to start is 3000m and will be signposted. ME/WE courses will NOT have the same start as the competitors of the Sylvester5! At the start there will be shelter, drinkable water and possibility to warm-up with a small map. The warm-up map will be provided with your bib number, back-up label and last briefing at the CC secretariat. We provide also a service to return personal goods (warm-up clothes,...) from start to the finish.

Start time: Start window is scheduled between 10.00 and 12.00 PM

Maximum running time: There is no maximum running time

Special symbols:



(black cross) = rootstock



(green dot) = holly;

only distinguished holly trees are mapped





(green circle) = distinguished broad-leaved tree

Finish: The distance from finish to CC is 2270m

Registration and fees: Last entry date for WRE is December 15th 2015

It is recommended for all WRE-athletes to register with their IOF ID in IOF EVENTOR for the WRE <http://eventor.orienteering.org/Events> (payment see website)

Athletes who run more stages of Sylvester5 register for these days via www.orienteeringonline.net

Entry fees:

Before 01.12.15:	9€ for WRE only 37€ for WRE + 4 days Sylvester
After 01.12.15:	10€ for WRE only 50€ for WRE + 4 days Sylvester

Start lists: The start lists will be made according to IOF guidelines and be based on: "Orienteering World Ranking" list of 15 December 2015 and published on IOF EVENTOR December 16th 2015.

Accommodation: Not provided by the organiser; for possibilities see our website. Showers and changing rooms available. Cafeteria with snacks.

Transport: Transport to competition centre is not provided.

Visa: Check if passport/visa is needed to come to Belgium
http://diplomatie.belgium.be/en/services/travel_to_belgium/visa_for_belgium/

Training: No separate training is foreseen however it is possible to enter the Sylvester 5-day event.

Insurance: Runners are responsible for their own insurance.

Complaints: Any complaint shall be made in writing to the organiser as soon as possible and max 15' after the last results are published. Protests must be made and handed over to a member of the jury no later than 15 minutes after the decision about a complaint is known. There is no fee for a complaint or protest and will be handled by IOF Foot Orienteering Competition Rules 2015. Forms are available at the CC.

Jury: The composition of the jury will be published the latest on December 16th 2015

Price giving ceremony: At the CC at 2 pm. Prizes for the first 3 in ME & WE

Weatherforecast: <http://www.yr.no/place/Belgium/Flanders/Lommel/>

Embargoed area:

