



Interland 2016 – Bulletin 1

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.

programme

| <i>date</i> | <i>event</i> | <i>venue</i> |
|--|---|-------------------------------------|
| 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 13.00 hrs | start Interland start Spectators Event Interland prize giving | Maria ter Heide Klein Schietveld |

trophies

the **Interland Cup** and the **Interland Junior Trophy**

team size/composition

Teams of maximum 42 runners:

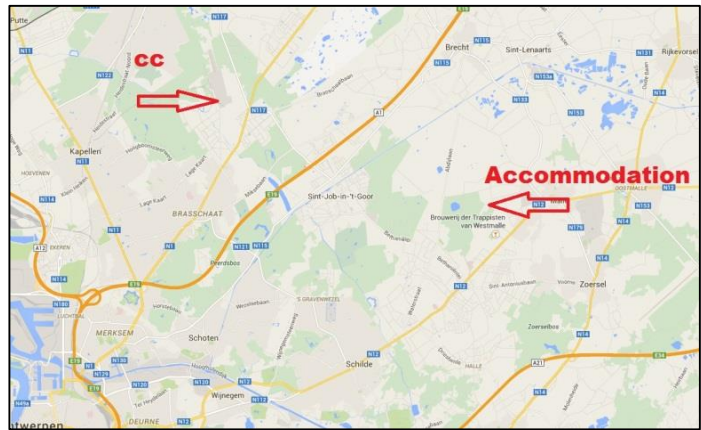
3 members in each of 14 classes: M14, M17, M20, M Open, M40, M50, M60, W14, W17, W20, W Open, W40, W50 and W60.

Three to run, 2 to score in each class.

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



The 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

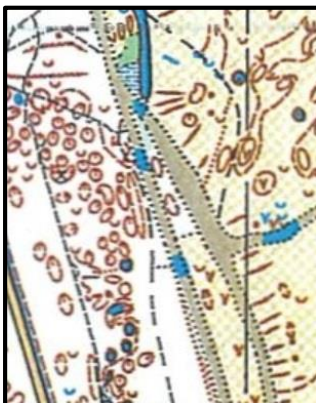
maps

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.

Map scale is 1/10 000 - 2,5m

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.

Map scale is 1/5 000 - 2,5m



Klein Schietveld

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**.

First come first served!

There will be **no linen provided!**

The meals: Saturday evening meal, Sunday breakfast and packed lunch

Due to the season and weather conditions, there will be no camping opportunity.

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.

Entries for the Interland race must be made by the team managers.

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 hrs onwards).

All entries and payments are due by February, 6th.

Details of Emit badges rental, accommodation, meals and any special dietary requirements are to be included on the entry form.

Payments should be made by bank transfer, to Trol vzw:

Bank Crelan nv, Sylvain Dupuislaan 25, B-1070 Brussels

IBAN BE33 1030 3497 6046

BIC NICABEBB

transportation

Due to access difficulties at one of the accommodation sites and at the event, the Interland Coordinator must be informed if **buses** are being used.

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

controller; Karl Vervoort

Interland coordinator: Luc Melis

contact

For any further information, please contact

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