

# INTERLAND 2023

## Bulletin 2

Dear Orienteering friends,

Orienteering Vlaanderen and Hamok orienteering club invite Nederlandse Oriënteringsloop Bond (NOLB), Fédération Régionale des Sports d’Orientation (FRSO), English Orienteering Council (ENG), Ligue des Hauts de France de Course d’Orientation (LHFCO) and Luxembourg Orienteering Club (Lux-O), as host team, to compete the

**2023 Interland Cup on Sunday, 5<sup>th</sup> March 2023.**

### Programme

Date	Time	Event	Place
Saturday, 4 <sup>th</sup> March 2023	02:00 pm-04:00 pm	Model event	Pelter Rally/Dommelhof Pelt
Sunday, 5 <sup>th</sup> March 2023	09:30 am-10:30 am	Interland	Kattenbos Lommel, Klosterhof, Oude Diestersebaan 1, 3920 Lommel, no showers

**Team leaders meeting Saturday 04:30 pm at Dommelhof.**

**Pricegiving ceremony Sunday 1 pm.**

### Maps

“Kattenbos”, status winter 2022/2023, printed on waterproof paper

Scale 1/10.000 and 1/7.500 for courses 7 and 8 (W/M14, W50 and W60), contours 2,5m



#### Orienteering Vlaanderen vzw

Maatschappelijke zetel | Tervantstraat 2B | 3583 Paal-Beringen  
Ondernemingsnummer | 0430739485 | rpr Hasselt

hello@orienteering.vlaanderen  
www.orienteering.vlaanderen

## Terrain description

Typical Flemish terrain with detailed contours, needle-leaved trees and heathland.

## Entries

Teams of 42: 3 athletes in each of 14 classes: W/M14, W/M17, W/M20, W/M21, W/M40, W/M50 and W/M60.

Entries for Interland teams and reserves are to be made by team leaders using the Entry Form supplied.

SportIdent timing (**SIAC AIR NOT ACTIVATED!**)

Entry fees:

- Model event on Saturday: €4,5 for -18 year, €7 for +18 year
- Interland on Sunday: €8 for -18 year, €10 for +18 year

**Team entries are required by 13 February 2023.**

Late entries: + €2

Entries for additional supporters are to be made by entry form, except for OV, FRSO and NOLB. OV, FRSO and NOLB supporters register via O-Punch.

NOLB supporters who wish to stay overnight also register by entry form.

## Courses

Saturday there will be training courses 3km - 4.5km - 6km; no allocated start times.

Courses on Sunday:

Course	Categories	Distance	Controls
1	M21	11.150 m.	31
2	W21	8.440 m.	24
3	M20 / M40	8.830 m.	25
4	M50 / W20	7.000 m.	21
5	M17 / W40	6.250 m.	20
6	M60 / W17	5.840 m.	17
7	M14 / W50	4.660 m.	17
8	W14 / W60	4150 m.	14

Distance from competition centre to start: 1800 m.

Distance from arrival to competition centre: 300m.

Bib numbers will be provided.

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Control descriptions will be available at the start. They are not printed on the maps.

Pre-start from -3 minutes

Reserves listed on the entry form can run their course 15 minutes after the last Interland start (they will also receive a bib number!).

Extensive parking, also for buses

### Starts and results

The start list will be available one week before the event at <https://helga-o.com/start/>.

Results in realtime at <https://helga-o.com/webres/>.

Jury: Dirk Goossens (for Orienteering Vlaanderen)  
I will require nominations from two other teams.

### Accommodation on Saturday

“Dommelhof Sportcentrum”, Toekomstlaan 5, 3910 Pelt for teams EOC and Lux-O, NOLB (terrain of model event)

“Huis van de vrede”, Dodenveldstraat 30, 3920 Lommel for team LHFCO

Accommodation includes dinner on Saturday and breakfast and packed lunch on Sunday.

### Parking on Saturday

Sportcentrum Dommelhof, Toekomstlaan 5, 3910 Pelt.

On Saturday there is also another event at the same location, so you might have to park in the surrounding streets.

Parking for large (50+) buses only! in Rallylaan, Pelt (places will be reserved).

Attention: Rallylaan is forbidden for +3,5 tons, except for local traffic



## Payments

Payment modalities will be sent later.

For the teams staying in Dommelhof (NOLB, ENG and Lux-O) this will be after the event.

## Interland Officials

Coördinator OV: Luc Melis ([luc.melis@hamok.be](mailto:luc.melis@hamok.be))

Event advisor: Dries Heuinckx

Coursesetter model event : Peter Hoogstrate (hamok)

Coursesetter Interland: Wim Hoekx (hamok)