



Interland 'O' Meeting 2013

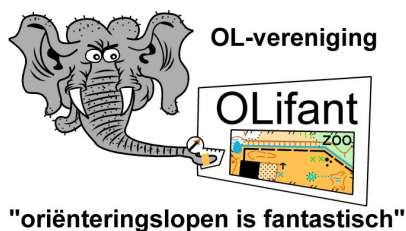
Bulletin 1

To our O-friends,

With this bulletin we would like to inform you on the general outline of our Interland meeting and the important dates and data necessary for your and our preparation. On behalf of the Dutch Federation the orienteering club 'Oriënteringslopen is fantastisch' (OLifant) will be the organiser of the Interland (ROM) 2013. If you have any additional questions please do contact us.

We are looking forward meeting you in March 2013,

The organising team





Type of competition:

- The Interland in its prescribed format on Sunday.
- The Public 'Regional O Meeting' 2013 (PROM 2013), an orienteering event with 3 stages and Interland participants can be included in the result of the PROM 2013 as well. Entry for single stages is possible.

Participants:

- Interland 2013 has its traditional participants: VVO - WTB - FRSO - LNPCCO - EOC and NOLB. Furthermore, the NOLB, as the organizing federation, has taken the liberty to also invite their neighbouring German State of Lower Saxony.
- PROM 2013 is an open event.

Programme:

9 March 14:00:	Official training	PROM stage 1	(Middle Distance race)
9 March 19:00:		PROM stage 2	(Night sprint)
10 March 09:30:	Interland 2013		(Long Distance race)
10 March 10:30:		PROM stage 3	(Long Distance race)

Venues:

- **Event Centre 9 March:** Kamphuis 'Ahoy' Pannenhuisstraat 12, 4911BS Oosterhout
- **Event Centre 10 March:** Camping 't Zand' Maastrichtsebaan 1, 5131 NZ Alphen
- **MD race + Night sprint 9 March:** at the Event Centre 'Ahoy'
- **Interland 2013 / LD race 10 March:** at the Event Centre 't Zand'

For relative locations around Breda see the annexed map.

Maps:

- MD race + Night sprint: '**Vrachelse heide**'. (map attached)
- Interland / LD race: '**t Zand**' (partial map (as is has been used in 2012) attached)

Entry:

- Through the electronic entry system at www.orienteeringonline.net.
<http://www.orienteeringonline.net/CompetitionBasicInfo.aspx?CompetitionID=893>.
For Interland 2013 participants: By team managers.





Organisation:

Event Director: Mark Heikoop
Course Setter: Mark Heikoop
National Event Advisor: Peter Verbeek
Event website: www.olifant-ol.nl/home/ROM
e-mail: olnlmark@xs4all.nl

Important dates:

1 January: confirmation of participation + lodging and food requests
22 February: final entry date
2 March: release bulletin 3 + start list
9 March: team leader meeting at the Event Centre

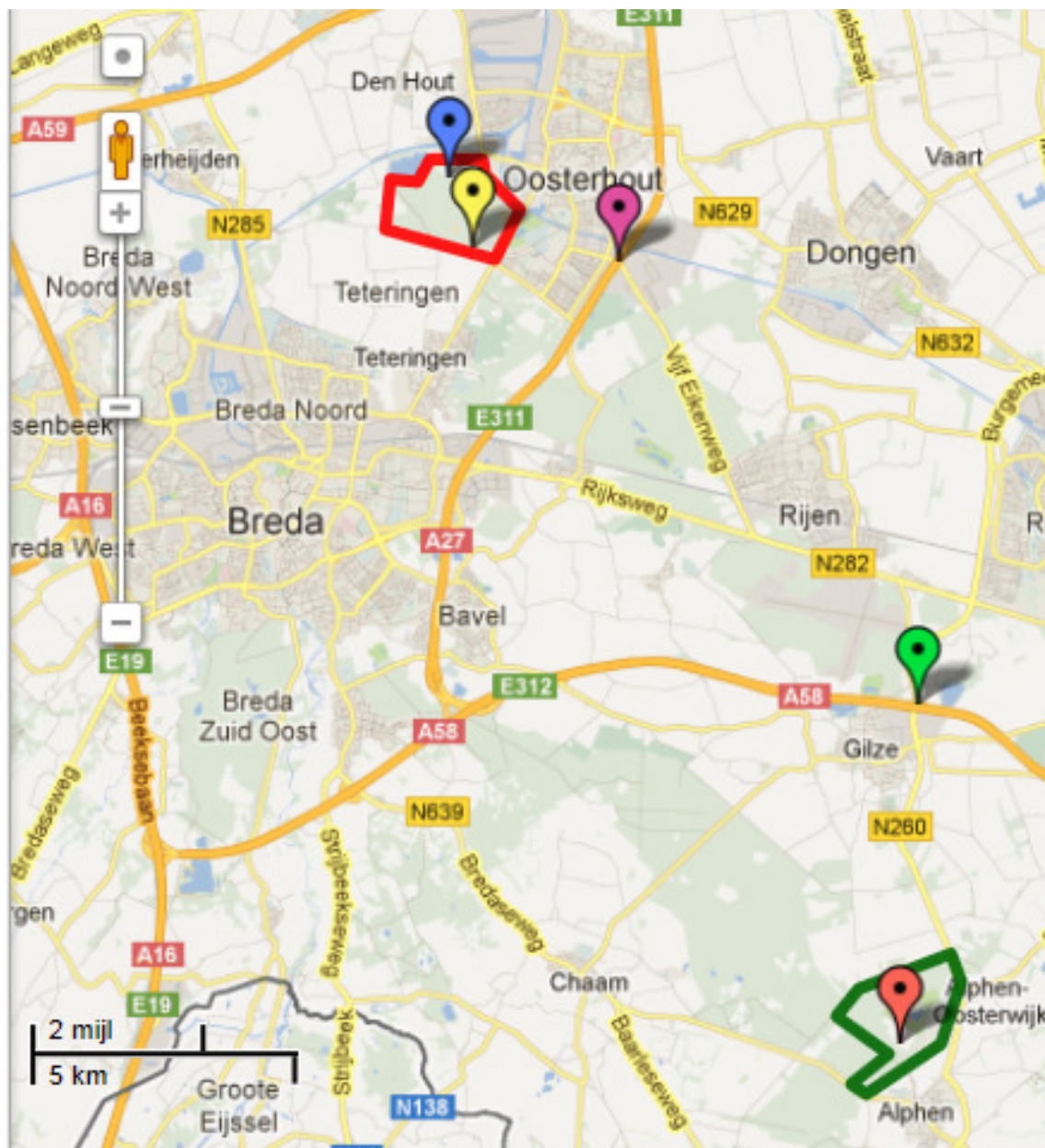
Miscellaneous:








- Electronic punching with Sport-Ident.
- No restrictions on clothing and shoes.
- Lower leg protection is recommended.
- Parking, start and finish location will all be close to the event centre.
- Showers are available at all event locations.
- Catering will be present at all event locations
- For special requests on start times etc. and any other questions please contact the organisers.





Venues - Regional 'O' Meeting 2013



-  Event Center 'Ahoy'
Event Center Saturday 9 March Start/finish MD race + NS
-  Event Center 't Zand'
Event Center Sunday 10 March Start/finish ROM
-  start road signs to EC MD + night sprint
A27 exit 17
-  start road signs to EC ROM
A58, exit 12
-  bungalow park 'Katjeskelder'
luxuary bungalows www.katjeskelder.nl
-  competition area MD + night sprint
-  competition area ROM

nirrov + Mark Heikoop

Vrachelse Heide

1:10.000 2,5 m

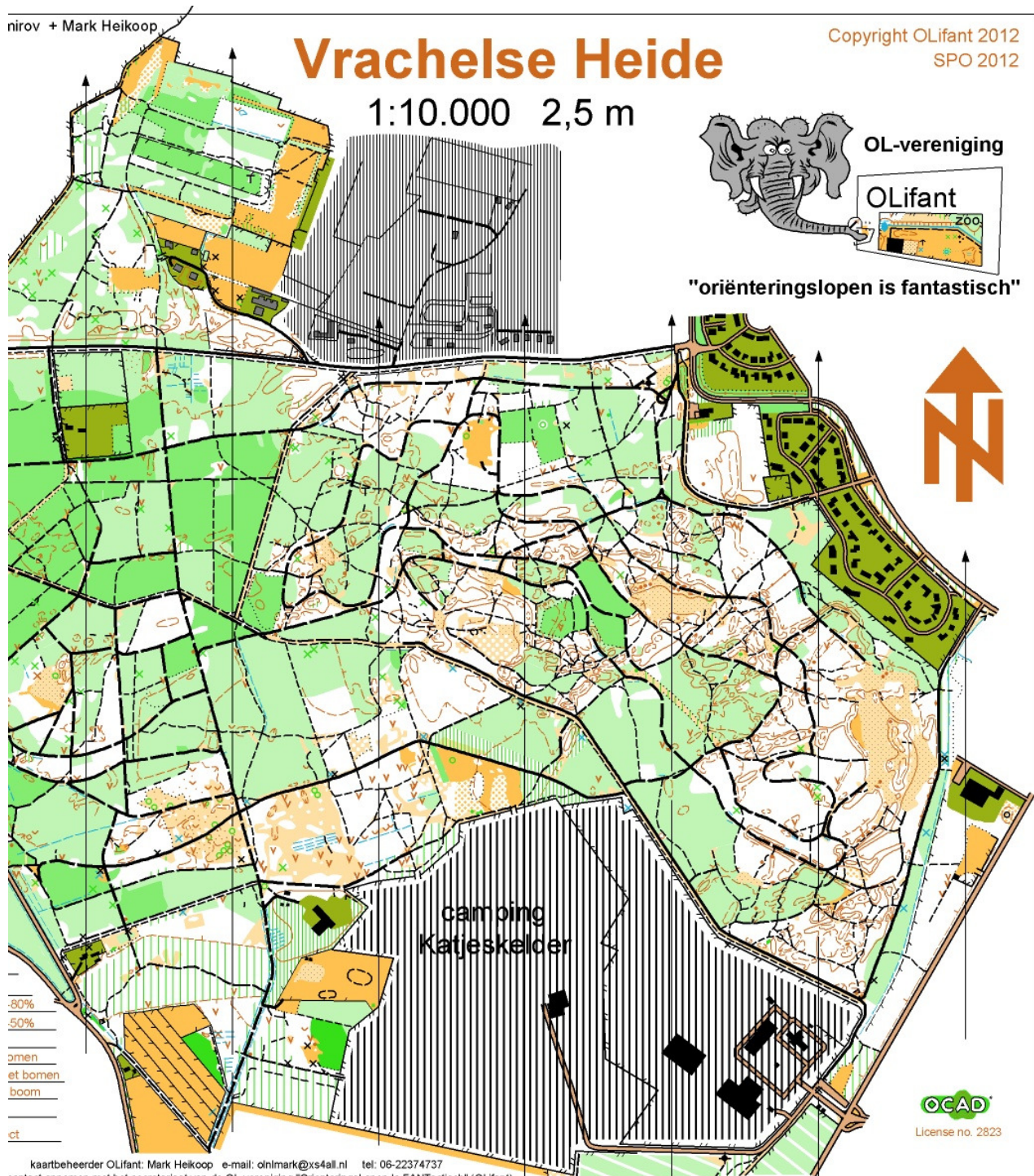
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OL-vereniging

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kaartbeheerder OLifant: Mark Heikoop e-mail: olnmark@xs4all.nl tel: 06-22374737
contact oornemen met het secretariaat van de OL-vereniging "OriënterinasLooen Is FANTastisch" (OLifant).

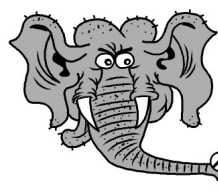
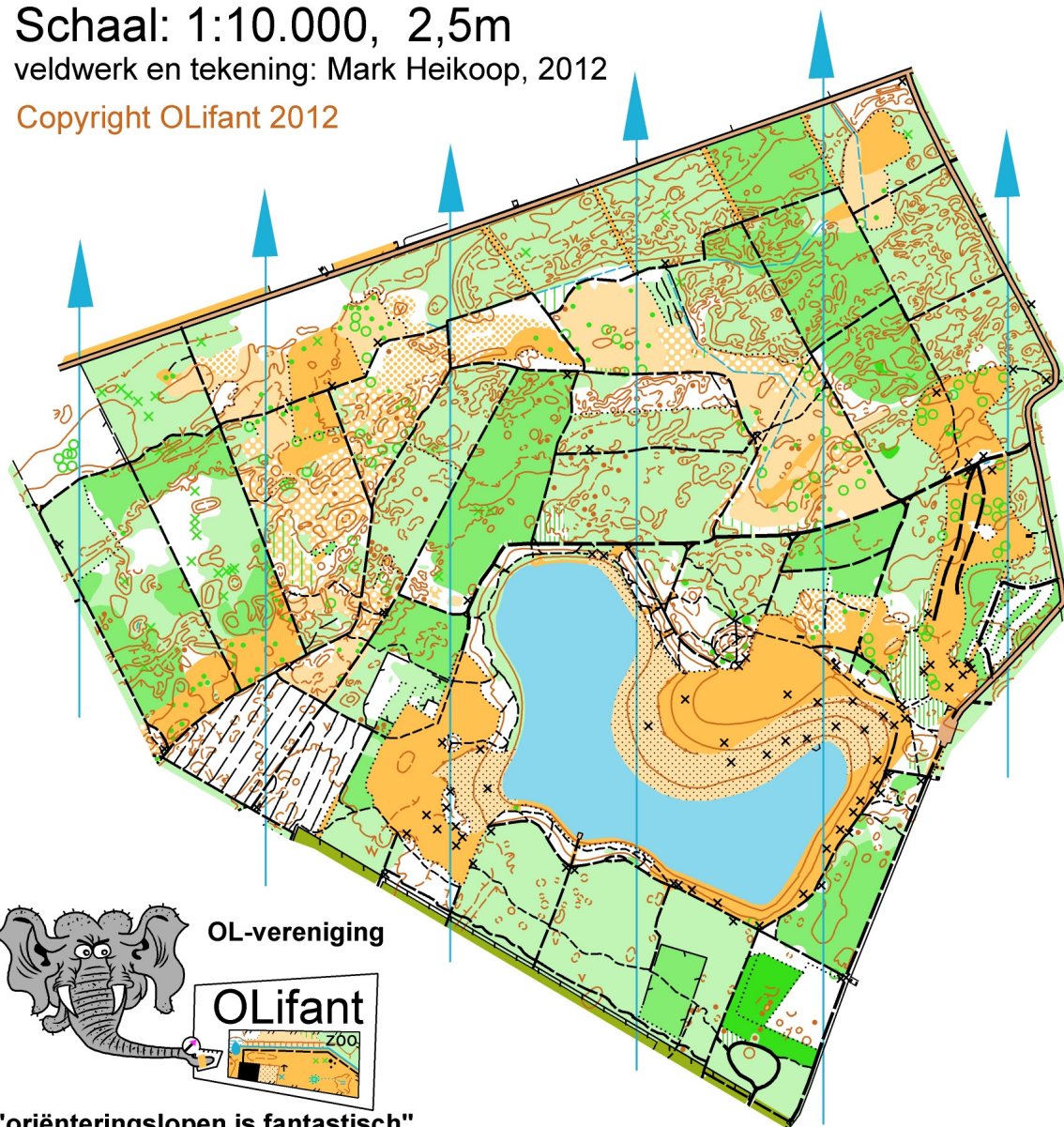


't Zand Noord

Schaal: 1:10.000, 2,5m

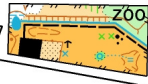
veldwerk en tekening: Mark Heikoop, 2012

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