



INTERLAND 2019



Bulletin 1

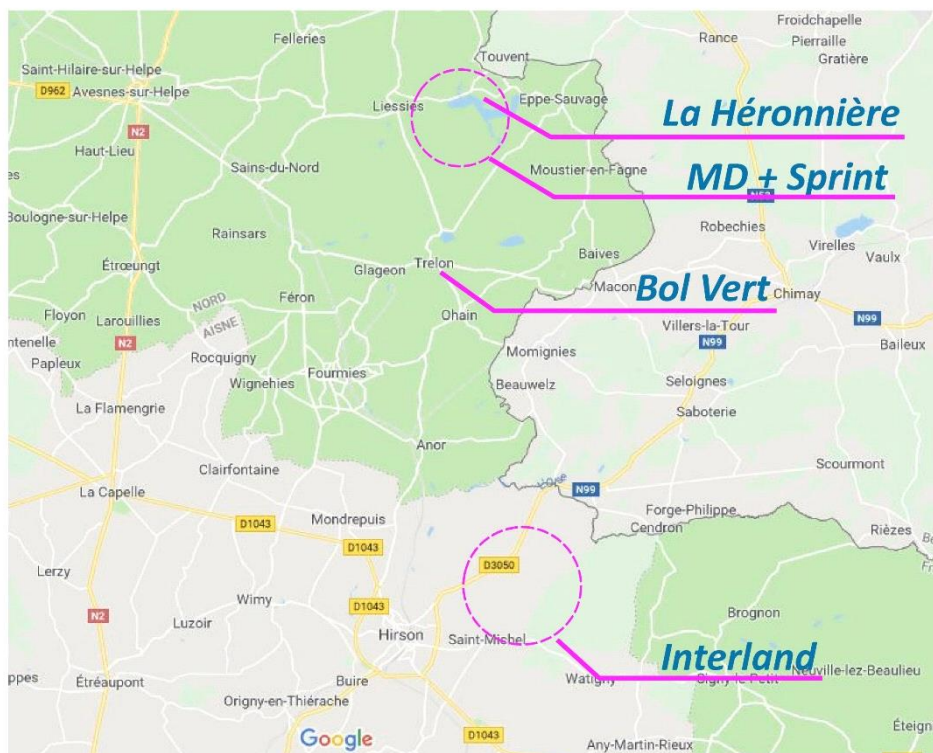
Dear orienteering friends,
Hauts de France orienteering league (LHFCO) has the pleasure to invite the international teams for Interland, on Sunday March 10, 2019, in the North of France, on the borders of Avesnois and Thiérache, in the foothills of the Ardennes.

Program :

Saturday: 2 to 5pm = MD in Val Joly forest

Saturday: 7 to 9pm = Night sprint in Val Joly leisure centre

Sunday am: Interland and regional LD, [Saint-Michel forest \(02 - Aisne\)](#)



News:

Facebook Interland page: <https://www.facebook.com/Interland2019/>
LHFCO website: <https://www.liguehautsdefrancedecourseorientation.com/>

Entries:

Interland teams: through managers
Foreigners : Orienteering online
FFCO licensed : FFCO entries website

Interland 2019 race entry fees:

		MD	SPRINT	INTERLAND
Fee per race	<i>JUNIORS</i>	8€	4€	8€
	<i>ADULT</i>	12€	6€	12€
All 3 races	<i>JUNIORS</i>	18€		
	<i>ADULT</i>	27€		

Accommodation:

Teams to book by December 15, 2018:

- Val Joly : "la Héronnière" (115 places) in the leisure centre, 30' from Saint-Michel
<http://www.valjoly.com/hebergements/la-heroniere/>

- Trélon : "le Bol vert"

Accommodation, meals and packed lunches confirmation required by January 15.

Packed lunches: €6 per person

Drinks and snacks for sale on Sunday at the event centre

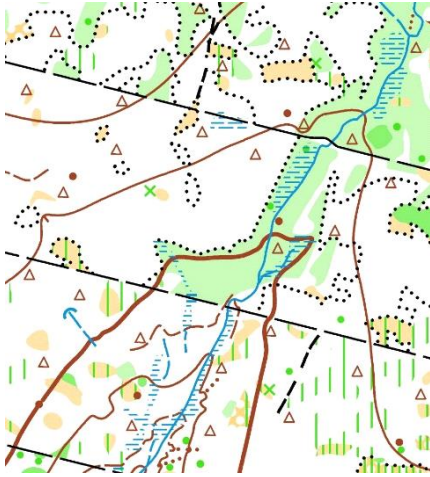
Map extracts:



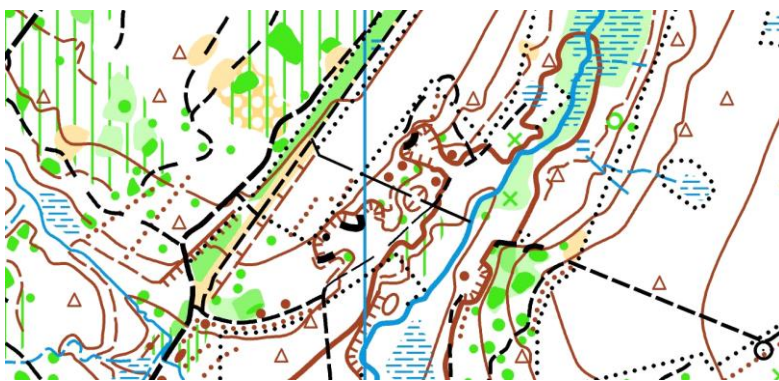
Extract MD



Extract Sprint



Extracts Interland



Terrain description:

Typical terrain of the region: first steps of the Ardennes.

A mixed deciduous and coniferous forest with many vegetation boundaries and good visibility and runnability.

There are many point features of various kinds throughout the race areas.

A varied network of tracks, but trails around the plots of working forest can be indistinct.

The (night) sprint area offers varied terrain: forest, grassed and open areas.