

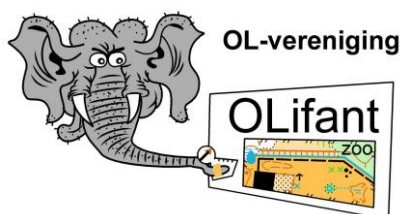
Interland 2018

Bulletin 4

To our O-friends,

This is the final bulletin with all details necessary for Interland 2018.

The organising team



"oriënteringslopen is fantastisch"



Course details MD + LD:

<u>Course:</u>	<u>Classes:</u>	<u>stage 2 MD:</u>	<u>stage 4 LD:</u>
1.	M21	6,4 km	11,2 km
2.	W21	4,9 km	8,1 km
3.	M-20, M40	5,7 km	8,9 km
4.	M50, W-20	5,0 km	6,8 km
5.	M-17, H21S, W40	4,8 km	6,1 km
6.	M60, W21S	3,8 km	5,5 km
7.	W17, W50	3,5 km	5,0 km
8.	M70, W60	2,5 km	4,0 km
9.	M-14	2,7 km	4,6 km
10.	W-14	2,7 km	3,6 km
11.	W-10, M-10	1,9 km	2,9 km
12.	M80, W70, W80	2,3 km	2,7 km

Course details sprints:

Course:	Classes:	stage 1:	stage 3:
1.	M20, M21, M21S, M40 W20, W21	3,2 km	2,5 km
2.	M-17, M50, M60 W40	2,8 km	2,3 km
3.	M70, M80 W-17, W21S, W50 W60, W70, W80	2,2 km	1,8 km
4.	M-10, M-14 W-10, W-14	1,8 km	1,4 km

Maps:

All maps are printed on waterproof Pretex 120gr.

Due to the weather forecast, organisers offer at stage 4/LD/Interland plastic covers A4 and A3. These plastic covers will be available at the start and runners can take them if they want.

Size of all maps is A4 except courses 1, 2 and 3 of the Interland/LD. These 3 courses are printed on a A3 size map.

Sprint Ravenstein, stage 1: 1:4.000, 2,5 m, winter 2017/2018

MD + Interland/LD, stage 2 and 4: 1:10.000, 2,5 m, winter 2017/2018, ISOM 2017

Sprint Herperduin, stage 3: 1:5.000, 2,5 m, winter 2017/2018

Mappers: Gediminas Trimakas (Herperduin) and Mark Heikoop (Ravenstein)

Special objects MD and LD, stage 2 and 4:

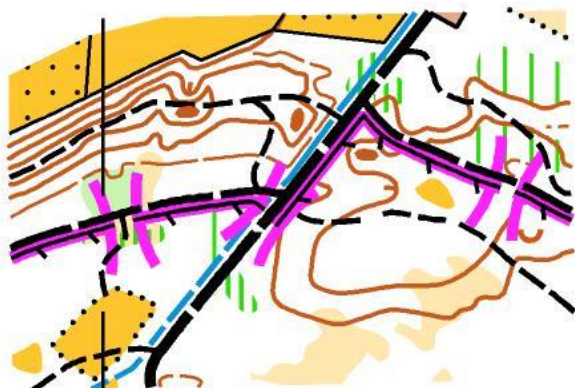
Black circle: outdoor sports facility or children's playground equipment.

Green cross: Big fallen tree

Green circle: large tree

Green dot: small single tree or bush.

On the MD and LD map there will be 1 special object, an electrified fence. This fence may not be crossed at any point other than the gates. Not applying with this rule will lead to disqualification. Below you will find an example of how this fence + gates at this fence are drawn. All courses will be affected by making at least 1 route choice influenced by passing the fence, both at the MD and LD event.



Herperduin is a forest where forest workers push down trees regularly and stack them in the forest. Old and/or low stacks are not mapped. Larger ones will be drawn on the map as linear thickets or green/undergrowth area. See pictures and samples below.

They have conducted forest works until February this year. Although we were able to draw most of these recent forest works, you may encounter some areas with pushed-over trees which have not been mapped. These trees are easy recognizable because they still carry their needles.

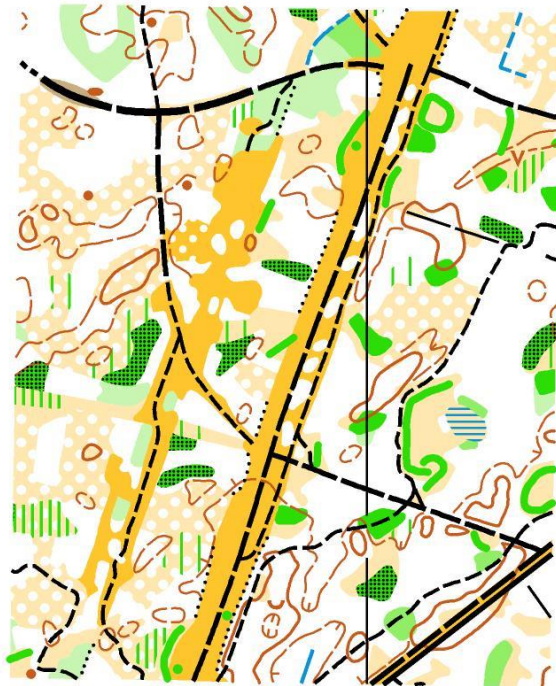


Not mapped



mapped

Map samples of Herperduin:



Special objects sprint Herperduin, stage 3:

Black cross: Big box or big billboard/information stand

Black circle: Outdoor sports facility or children's playground equipment

Special objects sprint Ravenstein, stage 1:

Black cross: Bench or statue

Terrain characteristics:

Stage 1 Urban sprint: 'Ravenstein'

Ravenstein is an old little partly fortified city near a river bank. It is mainly paved area with some park area's and only few steep parts.

Stage 2 and 4 MD/training + Interland/LD: 'Herperduin'

Herperduin is a mixed forest with some moors, lakes, sand dunes, small contours and steep ridges up to 20 meter. Runability is variable but mostly good. The terrain is the home ground of cattle as depicted in bulletin 2. The MD race will give a representative impression for the Interland/LD on Sunday.

Stage 3 Forest/park sprint: Herperduin/bungalow park

This area is partly forest, partly the bungalow park which is the main accommodation of the Interland runners. Good runability.

Control descriptions:

Control descriptions will be available at the start as well on the map.

Registration system:

Sport-Ident will be used. The controls won't be in air mode.

Prize giving ceremony and prizes:

aproximately 13:30 at the CC. (earlier if decisions are clear in all categories)

Interland: youth team first 3 teams, Interland first 3 teams.

Multi stage event: first 3 every category. (Result MD + LD + best sprint result. Points scored)

Start lists + start times:

Except for Interland, all stages will have free start times, and real time start (Sport-Ident) will be used. The start list for the LD/Interland can be found on the website.

On Sunday participants of the Interland teams will start before all other participants. First start of other participants on Sunday will be at 10:45.

Also participants of LD/Interland with a fixed start time must use the start control.

The participant is responsible for taking the right map.

Bear in mind that the start interval of the MD is 2 minutes so the start period of the MD will take approximately 1,5 hour and for the LD about 1 hour after Interland runners. And we cannot all start first 😊.

This also applies to the sprints where the start period needed is about 1 hour.

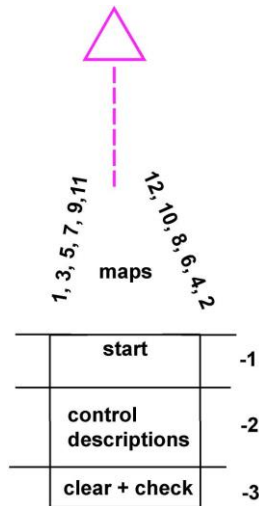
Please give way at the start on Sunday to team members of the English squad so they will not delay the bus departure.

Start procedure MD and LD:

Set up for MD and LD race will be identical.

- 3 minutes: call, clear, check
- 2 minutes: control descriptions
- 1 minute: map display of the sprint and MD map (only at Interland/LD)

Organisers will use real time start. This means that at the start time the runner will punch the start control, can take his map and follow the taped route to the start. Time starts running when the start control has been punched.



Start procedure sprints:

Set up for both sprints will be identical.

There will be 4 lanes, for each course 1 lane. The number of the lane is also the number of the course. After entering the clear and check area go to the lane in which your category was assigned.

There will be a 1 minute start interval on each lane.

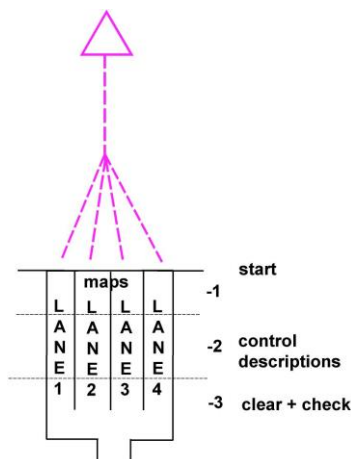
There will be a 15 seconds start interval between two lanes. That means that every 15 seconds 1 athlete will start.

Athletes can proceed to the next box when it is empty.

In the last box you can pick up your map without looking at it.

When the starter comes to your lane he will tell you when you can punch the start control and go.

Pay attention to enter the right lane. It is the responsibility of the runner to pick the right lane.



Distances:

	Stage 1:	stage 2:	stage 3:	stage 4:
P – CC	100 – 300 m	100 – 300 m	100 – 300 m	100 – 300 m
CC – start	6,4 km	1300 m	500 m	750 m
Finish – CC	6,4 km	1300 m	200 m	500 m

There will be signposts from the CC to the starts of stage 2, 3 and 4. Follow the signs and tape.

Attention for stage 1!

For stage 1, sprint at Ravenstein, athletes need to go there by car. The assembly area will be on the central parking of Ravenstein, address: Bleek 5, 5371 AP, Ravenstein.

Travel time is approximately 11 minutes.

Start and finish will be adjacent to the parking. There will be no accommodation or facilities at the parking and read-out of SI-cards needs to be done at the event centre at ‘de Kriekeput’.

Food arrangements:

Those who ordered Breakfast and/or dinner will receive tickets for each meal. Please hand over these tickets when joining the meal.

Breakfast will be in the Event Centre (basement de Kriekeput). 07:30 – 08:30

Dinner will be at ‘de Kriekeput’, ground level. 18:00 – 19:00

Ordered lunch packages can be collected by team leaders at the Event Centre.

First Aid:

There will be a first aid kit at the Event Centre.

In case of emergency call 112.

Huisartsenpost Oost-Brabant: call 0900-8860

Program:

9 March 17:00: CC open

9 March 20:00 - 22:00 urban night sprint in the ancient town of Ravenstein (stage 1)

9 March 21:00 last start urban night sprint

9 March 22:00 collection of controls stage 1

10 March 11:00: CC open

10 March 14:00-17:00: Official training/Middle Distance at “Herperduin” (stage 2)

10 March 15:30: last start MD

10 March 17:00: collection of controls stage 2

10 March 18:00: team leader meeting at CC.

10 March 20:00 - 22:00: forest/park night sprint at “Herperduin” official training (stage 3)

10 March 21:00: last start sprint

10 March 22:00: collection of controls stage 3

11 March 08:00: CC open

11 March 09:30: first start Interland

11 March 10:45: first start Long Distance race (stage 4)

11 March 11:30: last start stage 4

11 March 13:30: prize giving ceremony (or earlier if possible)

11 March 13:30: collection of controls stage 4

Venues:

- **Event Centre 9/10/11 March:** Party center “De Kriekeput”,
<https://www.facebook.com/Kriekeput>
Adres: Schaijkseweg 3a, 5373 KL Herpen.
The Event Center will also be the Competition Center at all stages.
No sign posting.
- **Parking stage 1,** Ravenstein.
Bleek 5, 5371 AP, Ravenstein
Sign posting from the roundabout when entering Ravenstein from highway A50 or Herpen.

Organisation:

Event Director: Mark Heikoop
Course Setter: Mark Heikoop
National Event Advisor: Gerrit van de Riet
Event websites: <https://interland2018.com/>
<https://www.facebook.com/Interland2018/>
e-mail: <http://www.olifant-ol.nl/home/contact/>
Gerrit van de Riet: gerrit.dunja@telfort.nl

Contact information:

Mark Heikoop: +31637566246
Gerrit van der Riet: +31651110260

Miscellaneous:

- Gaiters are recommended on stage 2, 3 and 4.
- No spikes allowed on stage 1.
- Showers will be available on Sunday close to the Event Centre and will be signposted.
- Catering will be present at the Event Centre.
- The Benelux representative of Sport-Ident, Go4O, will have a stand at the EC.
- No sales permitted without authorisation of the organisers.
- Maps may be kept after the race. We trust you on not showing the maps to runners who still have to compete.
- No number bibs.
- In case of missing controls etc. organisers will adjust the results by voiding the leg to and from the affected control.
- The out of bound area's at Herperduin as depicted in bulletin 2 stay in place until after the LD/Interland race. This means that only during the MD and sprint race at Herperduin these area's may be entered by athletes during their race on their course.
- On Sunday the SI-card will be read out twice in order to establish the result of the Interland quicker.

Have fun!