

RACE 1 : 10h - 11h

Timing: Sunday 02/05/2021,
Race 1 : 10h - 11h
Starttimes further in this document.

Parking: Race 1 : Jules Moretuslei 48, 2610 Antwerpen
(See warm-up map below & respect out-of-bounds area!)

Warm-up: There will be no warm-up maps available.
(For warm-up zone, see map below.)

Spectators: There is no orienteering course for drivers or parents, the out-of-bounds area also applies for them.

Map

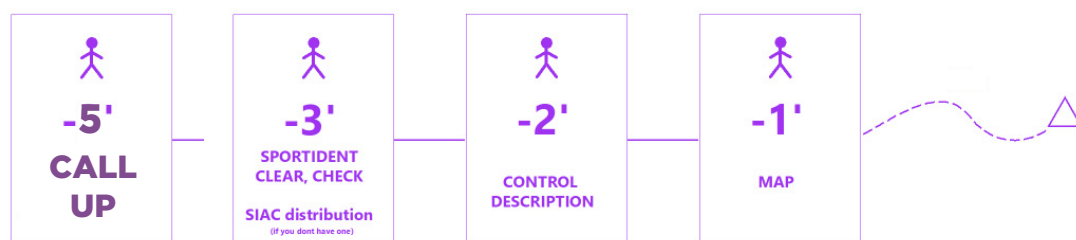
Scale: 1/4000
Contours: 2m
Mapper: Jeremy Genar, April 2021
Club: Antwerp Orienteers
Course Setter: Jeremy Genar

Control descriptions: Available at Start -2'

Start Procedure

Start interval:
3 minutes

Prestart:
Prestart is 30m.



Course	Category	Shortest distance	controls	expected winner time
Omloop 1	H21	3910m	30 controls	13'50"
Omloop 2	D21	3120m	23 controls	13'00"

All courses cover +- 25% grass / white forest, and +- 75% paved area.

SIAC will be used on both courses.

RACE 2 : 14h - 15h

- Timing:** Sunday 02/05/2021,
Race 2 : 14h - 15h
Starttimes further in this document.
- Parking:** Race 2 : Schroeilaan 21, 2660 Hoboken
Follow the route from Race 1 to Race 2 (see map below) and don't cross the out-of-bounds area.
- Warm-up:** There will be a warm up map to the start. One of the coaches will have the maps and will distribute it at the address above.
- Spectators:** There is no orienteering course for drivers or parents, the out-of-bounds area also applies for them.

Map

- Scale:** 1/4000
Contours: 2m
Mapper: Jeremy Genar, April 2021
Club: Antwerp Orienteers
Course Setter: Jeremy Genar

Control descriptions: Available at Start -2'

Start Procedure

- Start interval:** 3 minutes
Prestart: Prestart is 20m.



Course	Category	Shortest distance	controls	expected winner time
Omloop 1	H21	3570m	20 controls	12'30"
Omloop 2	D21	3500m	19 controls	15'45"

All courses cover +- 25% grass, and +- 75% paved area.

SIAC will be used on both courses.

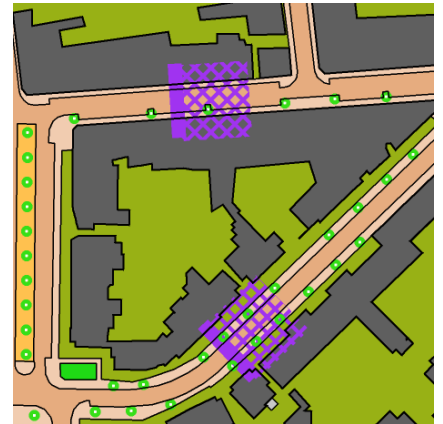
EXTRA INFORMATION

ARTIFICIAL FENCES

The following combination of symbols will be used to mark artificial fences.
This means that there is NO VISUAL fence or construction.

There will be a steward with a Fluo Jacket in the middle of the road with the arms wide open. **Running passed this steward during your race will lead to disqualification.**

Please read your map carefully, the artificial fences are really clear on the map.



FAIR PLAY

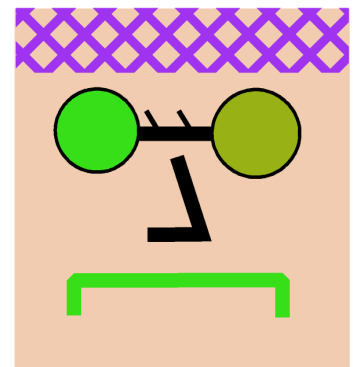
The map is drawn following ISSprOM2019.
That means 'third green' is a forbidden to cross green.

"Forbidden to cross" means you are not allowed to cross the (line or area) object, even not by punching a control over the forbidden object.

SMARTPHONE

Please don't use your smartphone in the quarantaine area before the races.

Do not cross me



BE CAREFUL

Be very careful when crossing roads. Both areas have light traffic so always look before you cross!

COVID-19

COVID-19 is still out there. Please respect all guidelines and pay extra attention to:

- ° Keep your contact with other competitors to a minimum and please do be aware of never standing in a group of 10+ persons (and always keep 1,5m in between).
- ° Hand gel will be available at Start -3' and is mandatory to use for all runners.

Sprint Selection Race 1

02/05/2021
HOBOKEN

Team Belgium

PARKING

Park near the 'P' in Jules Moretuslei 48.
Follow the A12 and the R11 (Gaston Fabrélaan) to get there.

WARM-UP MAP SPRINT 1

Do NOT do your warm-up in the purple.
Use the Schoonselhof Cemetery for your warm-up.

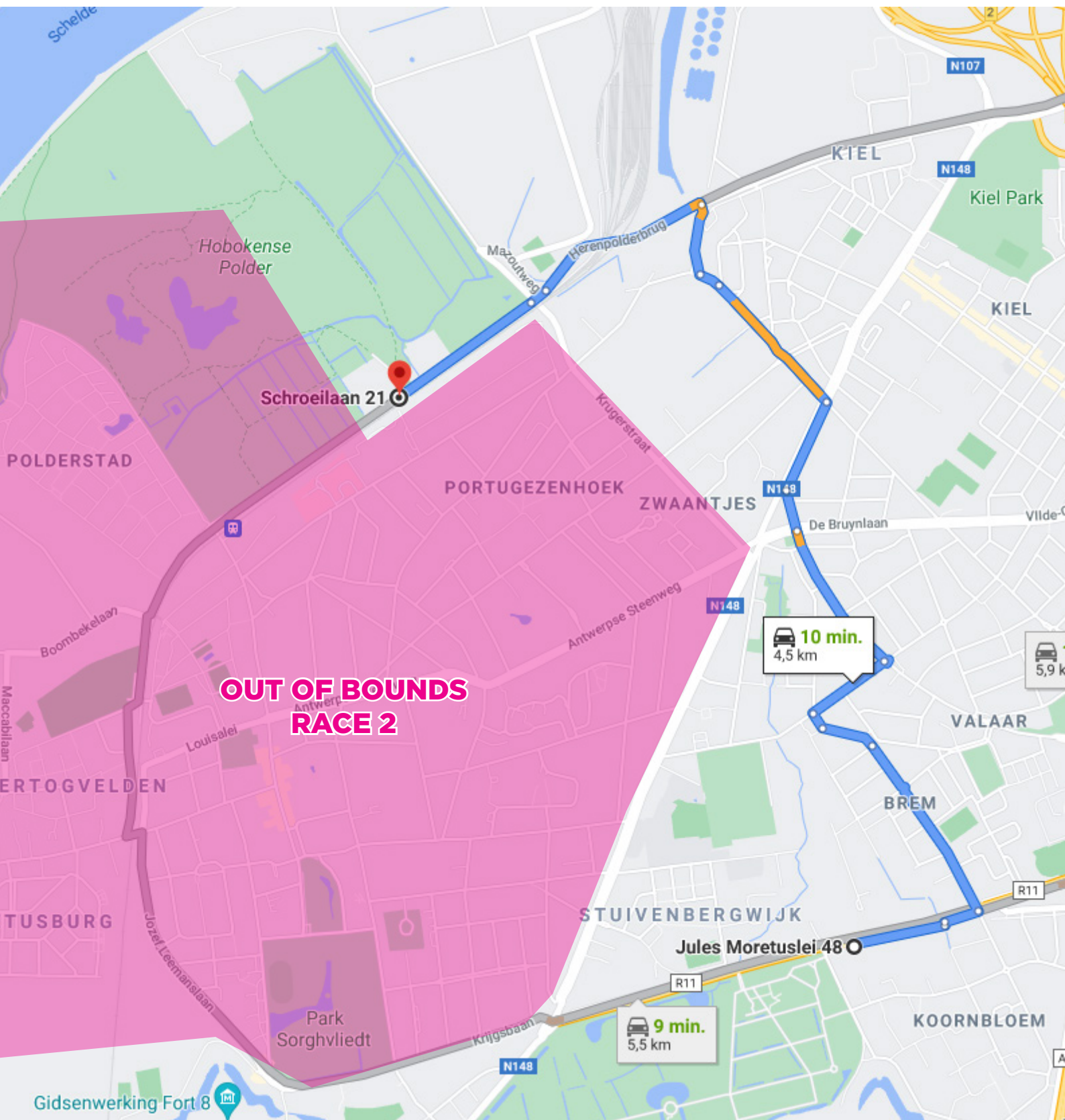


ROAD FROM RACE 1 TO RACE 2: Do not enter the purple area

Park near the Schroeilaan 21

There is parking possibility on the side of the road.

Road to start available at this point.



Startlist

Sprint Selection Race 1

Kono

Hoboken

02.05.2021

H

Start Time	Number	Name	Nat.	Club	SI
10:00:00	1	Tomas HENDRICKX	BEL	Be Arrows - Elite	8361115
10:03:00	2	François VAN DER OUDERAA	BEL	FRSO HN WOC	8663436
10:06:00	3	Mathias BLAISE	BEL	FRSO HN WOC	8045196
10:09:00	4	Martijn HUS	BEL	Be Arrows - Elite	8518939
10:12:00	5	Simon KREKELS	BEL	Be Arrows - Elite	8333943
10:15:00	6	Wouter HUS	BEL	Be Arrows - Elite	8201090
10:18:00	7	Yannick MICHIELS	BEL	Be Arrows - Elite	8290791
10:21:00	8	Warre DE CUYPER	BEL	Be Arrows - Elite	8020116

Total 8

D

Start Time	Number	Name	Nat.	Club	SI
10:24:00	9	Fanny TILKIN	BEL	FRSO HN WOC	8664183
10:27:00	10	Ems DE SMUL	BEL	Be Arrows - Elite	8643046
10:30:00	11	Lucie ARNO	BEL	FRSO HN WOC	8663441
10:33:00	12	Hannah THIELS	BEL	Be Arrows - Elite	8002085
10:36:00	13	Marine SILLIEN	BEL	FRSO HN WOC	8230100

Total 5

Startlist

Sprint Selection Race 2

Kono

Hoboken

02.05.2021

H

Start Time	Number	Name	Nat.	Club	SI
14:00:00	2	François VAN DER OUDERAA	BEL	FRSO HN WOC	8663436
14:03:00	3	Mathias BLAISE	BEL	FRSO HN WOC	8045196
14:06:00	7	Yannick MICHIELS	BEL	Be Arrows - Elite	8290791
14:09:00	1	Tomas HENDRICKX	BEL	Be Arrows - Elite	8361115
14:12:00	5	Simon KREKELS	BEL	Be Arrows - Elite	8333943
14:15:00	6	Wouter HUS	BEL	Be Arrows - Elite	8201090
14:18:00	4	Martijn HUS	BEL	Be Arrows - Elite	8518939
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Total 8

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Start Time	Number	Name	Nat.	Club	SI
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14:30:00	9	Fanny TILKIN	BEL	FRSO HN WOC	8664183
14:33:00	11	Lucie ARNO	BEL	FRSO HN WOC	8663441
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Total 5

