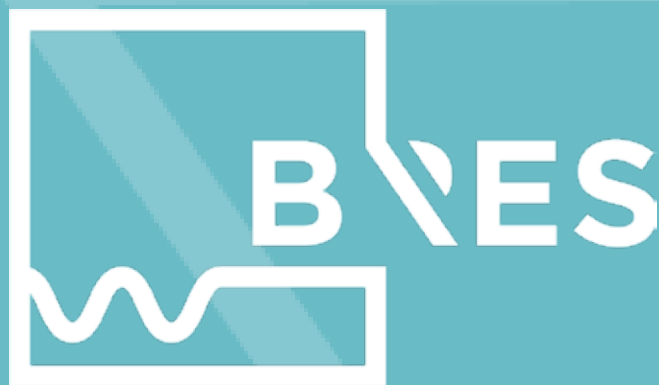


VK Mixed Sprint Relay

26.09.2021

Het Rooi, Berchem

Powered by



www.br-es.be



ORIENTEERING
VLAANDEREN



ANTWERP
ORIENTEERS

MAP:

Berchem Het Rooi

1/4000

Contours: 2m

ISSprOM 2019

Map Jelle Bakelants

Course setting Jeremy Genar

Controller Jelle Bakelants (Antwerp Orienteers)



REGISTRATIONS:

VIA MAIL.

Amount of teams **17/09/2021**

Names of runners & SI numbers per team **22/09/2021**

info@antwerporienteers.be

D/H-18 : € 4

D/H+18 : € 6

SPORTIDENT AIR+:

We will use the touch-free system of SPORTident. A SIAC can be rented for €4 with the organisation. Please mention this with your entry.

COMPETITION CENTER:

School Heilige Familie Berchem (entry Filip Williotstraat).

Address: Filip Williotstraat 22, 2600 Berchem.

No Changing rooms or showers, there will be a bar.

PARKING:

Along the 'Berchemstadionlaan' or the parking at Berchemstadionlaan 11.

If all are full, please park in the streets surrounding the school.

TIMING:

8u30 Opening competition center

10u15 Briefing

10u30 Massstart

11u45 Prize Giving Ceremony

11u45 First start Day entry

12u30 Last start Day entry

13u30 Closure of courses



DAY ENTRY:

Participants of the Relay can run the day course for €2 if they register BEFORE THE RACE **via Opunch** <https://www.opunch.org/in/event/1360>.

If you ONLY want to run the Day Course (not the relay), register via Opunch. The regular price of 4€ for -18 and 6€ for +18 will be in use. **Register via Opunch.**

Start: between 11u45 en 12u30

Course 1 - 4km

Course 2 - 2,5km

SPRINT MIXED RELAY:

A team consists of 3 runners, of which at least 1 man en at least 1 woman. The second leg is run by a woman.

WINNERTIME:

12 - 15 minutes per leg

CATEGORIES:

YOUTH (UNTILL & INCLUDING -16 CATEGORY)

At least 1 boy and 1 girl in each team.

A team has MAXIMUM 2 runners from the -16 category of which only 1 Men -16.

OPEN

At least 1 man and 1 woman in each team.

All ages are allowed

MASTERS (FROM M/W40)

At least 1 man and 1 woman in each team.

For this masterscategory there is a point system, a team can have MAXIMUM 35 points.

16 points : M40

10 points : M60 and W45

15 points : M45

9 points : M65 and W50

14 points : M50

8 points : M70+ en W55+

12 points : M55

11 points : W40

THANKS TO OUR PARTNERS:

