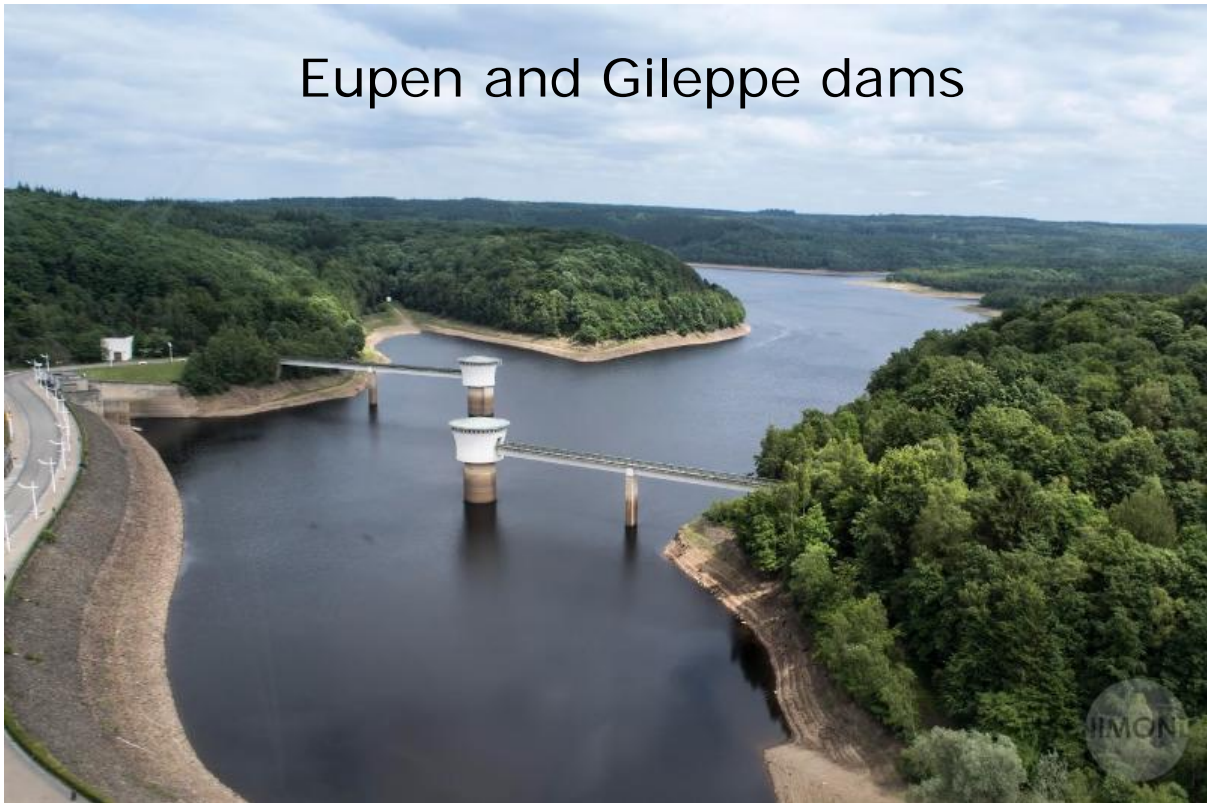


3 days of Belgium

Orienteering

1, 2 & 3 July 2022





Word from the organizing club, the CO Liège

The CO Liège is pleased to welcome you for 3 days of orienteering in the Hertogenwald forest, the largest state forest of Belgium, with 2 competition centers located next to Eupen and Gileppe dams.

Our volunteers are ready to help you experiencing an intense time in this wonderful part of Liège province.

In the name of CO Liège, we would like to thank Eupen and Jalhay municipalities, the Nature and Forest directorates, for letting us offer you this premium orienteering experience.

Pierre Marchal
Technical manager of the event

Aline Hermans
Manager of CO Liège

Our sponsors



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SPORT INFORMATIONS

Sport agenda

Stage 1: Friday 1st of July 2022

Race type: Medium Distance

Schedule : starts between 4pm and 6pm

Location: Vesdre dam = Eupen lake dam

Map : Hasenelle-Mospert (1/10000, 5m)

Stage 2: Saturday 2nd of July 2022

Race type: Long Distance / WRE

Schedule: starts between 10am and 12am

Location: Gileppe dam

Map : La Gileppe West (1/15000 for WRE, 1/10000 for the others, 5m)

Stage 3: Sunday 3rd of July 2022

Race type: Long Distance

Schedule: starts between 10am and 12am

Location: Gileppe Dam

Map : La Louveterie (1/10000, 5m)

Terrains

The three stages will take place within the Hertogenwald area. This forest, north of the Hautes-Fagnes massif in the Liège province, is the largest state forest of Belgium (source Wikipédia).

Stage 1: Friday 1st of July – Hasenell - Mospert

Characterised by detailed vegetation variations and a well-established trail and path network, the forest at the north of the Vesdre dam shows numerous bushes full of wild-life. In some areas, the ground vegetation will slow the runners down.

Stage 2: Saturday 2nd of July - La Gileppe - WRE

Mainly composed of deciduous trees, this clear forest with a perfect visibility allows high running speeds. It is located at the East of the Gileppe dam and is part of the Royal domain.

Stage 3 : Sunday 3rd of July- La Louveterie

This forest at the west of Gileppe dam shows a hillier topography. It is crossed by a deep valley where the Borchenne river is flowing.

In the north, some areas with small features in large hillsides add a different technical touch.

The terrain shows in many locations either a dense to very dense vegetation either a ground vegetation composed mostly of fern that will have a big impact on the pathway and the running speed.

Stage 1 information: Friday 1st of July 2022

Race type : Medium distance

Map : Hasenell-Mospert

Cartographer : Pierre Marchal

Scale : 1/10000 Equidistance 5m

Race tracer : Fanny Tilkin

Controller : Dirk HARTMANN

Competition center : Vesdre dam (**Eupen** 50.621425, 6.091309)

Distances :

- Parking – arena : 100 to 600 m
- Arena – start : 150 m
- Arrival - arena : 0 m

Schedule : Starts from 4pm to 6pm

Closure of courses : 7pm

Distances table :

Race	Categories	Scale	Distance (m)	Elevation (m)	Nb Controls
1	HE	10000	6.700	135	24
2	H21	10000	5.400	110	18
3	H35/H-20	10000	5.400	95	18
4	DE	10000	5.300	125	22
5	H40	10000	5.300	125	23
6	H18/H45	10000	5.000	95	17
7	H-16/H50	10000	4.400	75	17
8	D21/HB	10000	4.200	65	16
9	H55/D-20/D35/D40	10000	4.000	100	14
10	H60/D-18/D45	10000	4.100	90	15
11	D50	10000	3.400	65	13
12	H-14/D-16/DB	10000	3.100	45	13
13	H65/D55/	10000	3.400	40	12
14	D-14/D60	10000	3.200	50	13
15	H-12/D-12	10000	2.700	45	13
16	H70/H75/D65/D70	10000	3.300	45	14
17	H80/H85/D75/D80/D85	10000	2.200	25	12
18	H-10/D-10	10000	1.700	15	11
19	LE	10000	2.750	40	14
20	LD	10000	4.460	95	17
21	SD	10000	3.200	70	11
22	SE	10000	1.660	15	10

Stage 2 information: Friday 2nd of July 2022

Race type: Long Distance / WRE

Map : La Gileppe West

Cartographer : Pierre Marchal

Scale : 1/10 000 – 1/15000

Equidistance : 5 m

Race tracer : Pierre Marchal

Controller : Dirk HARTMANN & Jean-Noël Debehogne (WRE)

Competition center : Gileppe dam

Distances :

- Parking – arena : 150 to 600 m
- Arena – start : 750 m
- Arrival - arena : 0 m

Schedule : Starts from 10am to 12am

Closure of courses : 2 pm

Podium WRE (D/HE): 2 pm

Distances table :

Parcours	Catégories	Echelle	Distance (m)	(m)	
1	HE	15000	12.260	330	30
2	H21	10000	9.130	220	26
3	H35/H-20	10000	8.470	200	25
4	DE	15000	8.050	150	22
5	H40	10000	7.440	175	20
6	H18/H45	10000	6.870	150	21
7	H-16/H50	10000	6.260	150	16
8	D21/HB	10000	6.060	75	17
9	H55/D-20/D35/D40	10000	5.780	110	17
10	H60/D-18/D45	10000	4.980	75	14
11	D50	10000	4.710	60	13
12	H-14/D-16/DB	10000	4.600	60	13
13	H65/D55/	10000	4.280	35	13
14	D-14/D60	10000	3.620	40	12
15	H-12/D-12	10000	2.740	60	11
16	H70/H75/D65/D70	10000	3.450	45	11
17	H80/H85/D75/D80/D85	10000	3.260	30	11
18	H-10/D-10	10000	2.220	75	11
19	LE	10000	6.090	125	17
20	LD	10000	7.130	130	22
21	SD	10000	4.020	60	13
22	SE	10000	3.710	80	13

Stage 3 information: Sunday 3rd of July 2022

Race type : Long Distance

Map : La Louveterie

Cartographers : Jacques Silvestre - Pierre Marchal

Scale : 1/10 000

Equidistance : 5 m

Race tracer : Jacques Silvestre

Controller : Dirk HARTMANN

Competition center : Gileppe dam

Distances :


- Parking – arena : 150 à 600 m
- Arena – start 1 : 2000m
- Arena - start 2 : 500m
- Arrival - arena : 0 m

Schedule : Starts from 10am to 12am

Closure of courses : 2pm

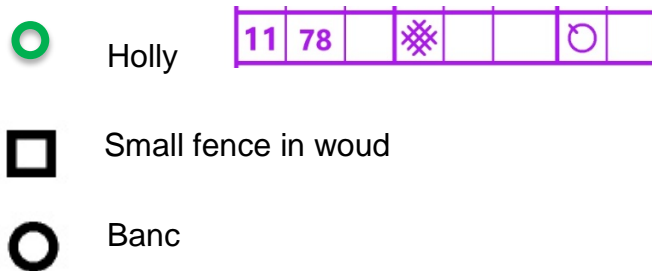
Podium ceremony : 2pm

Distances table:

Parcours	Catégories	Départ	Echelle	Distance (m)	(m)	
1	HE	1	10000	12230	440	33
2	H21	1	10000	9680	320	23
3	H35/H-20	1	10000	8920	310	21
4	DE	1	10000	8210	260	21
5	H40	1	10000	7750	220	19
6	H18/H45	1	10000	6970	240	20
7	H-16/H50	1	10000	6310	230	17
8	D21/HB	1	10000	5960	210	19
9	H55/D-20/D35/D40	1	10000	5470	180	15
10	H60/D-18/D45	1	10000	5070	180	16
11	D50	1	10000	4700	160	15
12	H-14/D-16/DB	2	10000	4590	180	10
13	H65/D55/	2	10000	4360	130	10
14	D-14/D60	2	10000	3010	100	10
15	H-12/D-12	2	10000	2320	100	8
16	H70/H75/D65/D70	2	10000	2790	100	9
17	H80/H85/D75/D80/D85	2	10000	2790	60	9
18	H-10/D-10	2	10000	2230	60	7
19	LE	1	10000	7680	260	15
20	LD	1	10000	7370	270	20
21	SD	2	10000	4530	180	10
22	SE	2	10000	4190	170	10

Specific symbols

For the 3 stages, 3 specific symbols are used:



Note about start day 2:

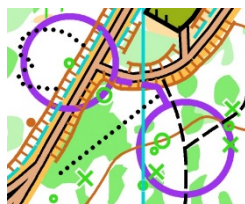
The path to go to start is surrounded by race and consequently out of bound area. For fairplay reason, we ask you to stay on this path.



WRE : For technical reasons and with IOF controller agreement, there is not warm up map for the WRE.

Notes about road crossing day 3 :

- Courses 1 to 11 cross a road. Official will be present to take care of your security. It is requested to follow their instructions.



- Courses 12 to 18 cross a road without traffic but used as parking for orienteers. We recommend to drive slowly and carefully, to run carefully when you cross this road. There is no official.

RECEPTION DESK AND AMENITIES

Competition centers

Friday 1st of July : Vesda dam cafeteria

Saturday 2nd and Sunday 3rd of July : Tent on the Gileppe dam

Secretariat opening hours

- Friday 1st of July : from 2 pm to 7 pm
- Saturday 2nd of July : from 9 am to 2 pm
- Sunday 3rd of July: from 9 am to 2 pm

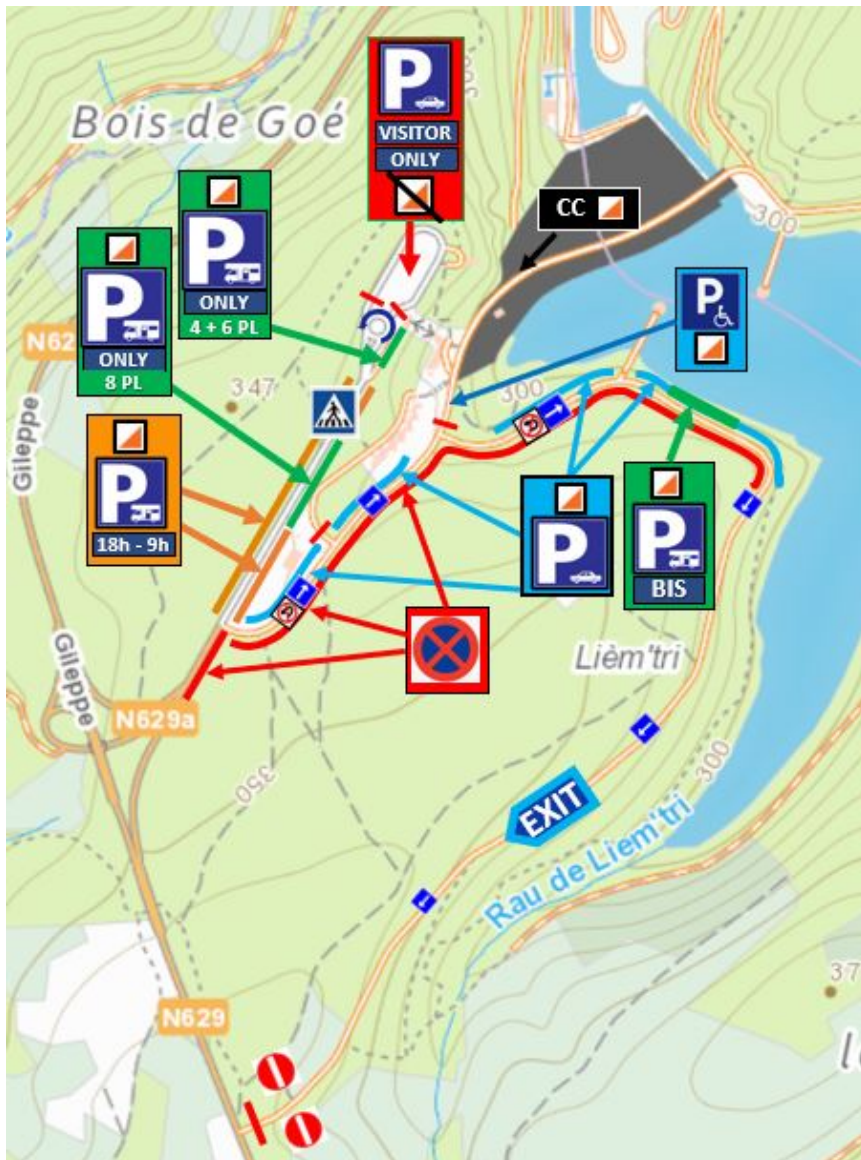
Parking

Parking areas are located next to the competition centers. Thank you for observing the signalmen indications.

Friday the 1st of July, the parking along the dam can hold ~80 cars and ~18 camping car. Other vehicles will be parked on the old way that goes to the bottom of the dam.



Saturday 2nd and Sunday 3rd of July, a road next to the dam will be restricted to one-way traffic and reserved for parking of cars. Camping cars will be parked alongside the road leading to the tourists parking lot. Don't use the tourists main parking lot. Following agreements, no orienteer's car will be allowed on that parking lot. Check the map below :



Camping-car

Camping cars can be parked near the competition centers (see parking information). There is no electrical connection nor accessible drinking water on these parking locations. You will receive a paper 'PASS camping-car' from own parking responsables.

Draining of toilet tanks are forbidden at the competition centers. Agreements can be taken with the camping next to the Gilleppe dam by your own means.

Addresses of camping close to the competitions area :

<https://www.facebook.com/Camping.de.la.gilleppe>

<http://www.campinlagilleppe.be/>

<https://www.brasserie-hertogenwald.be/camping/durchgangscamping/>

<https://www.facebook.com/brasserie.hertogenwald/>

<https://www.facebook.com/campingwesertal/>

<https://www.camping-wesertal.com/>

Drinks and food

Friday the 1st of July, the Vesdre dam cafeteria will be accessible. Barbecued sausages and bread will be available.

Saturday 2nd and Sunday 3rd, a dedicated bar offering a selection of drinks and food (sandwiches, sausages, waffles, ...) will be open within the arena.

Children daycare and rope-guided courses (young children)

A free daycare for children will be organized within the arena for each stage. Prior registration is recommended, by e-mail to Caroline Blockx : c.blockx@gmail.com

Children less than 9 years old can participate to a free rope-guided course.

Speaker & O'games at the competition arena

On the day 2 & 3 competition arena a speaker team will inform you about the results and the incoming runners. Moreover our fun team invites you to take part to the Belgian O'lympiad:

Belgian O'lympiad

Small games for teams of 4 persons based on orienteering, team building, and speed.

Let's visit the speaker tent for more information and registration.

Time schedule:

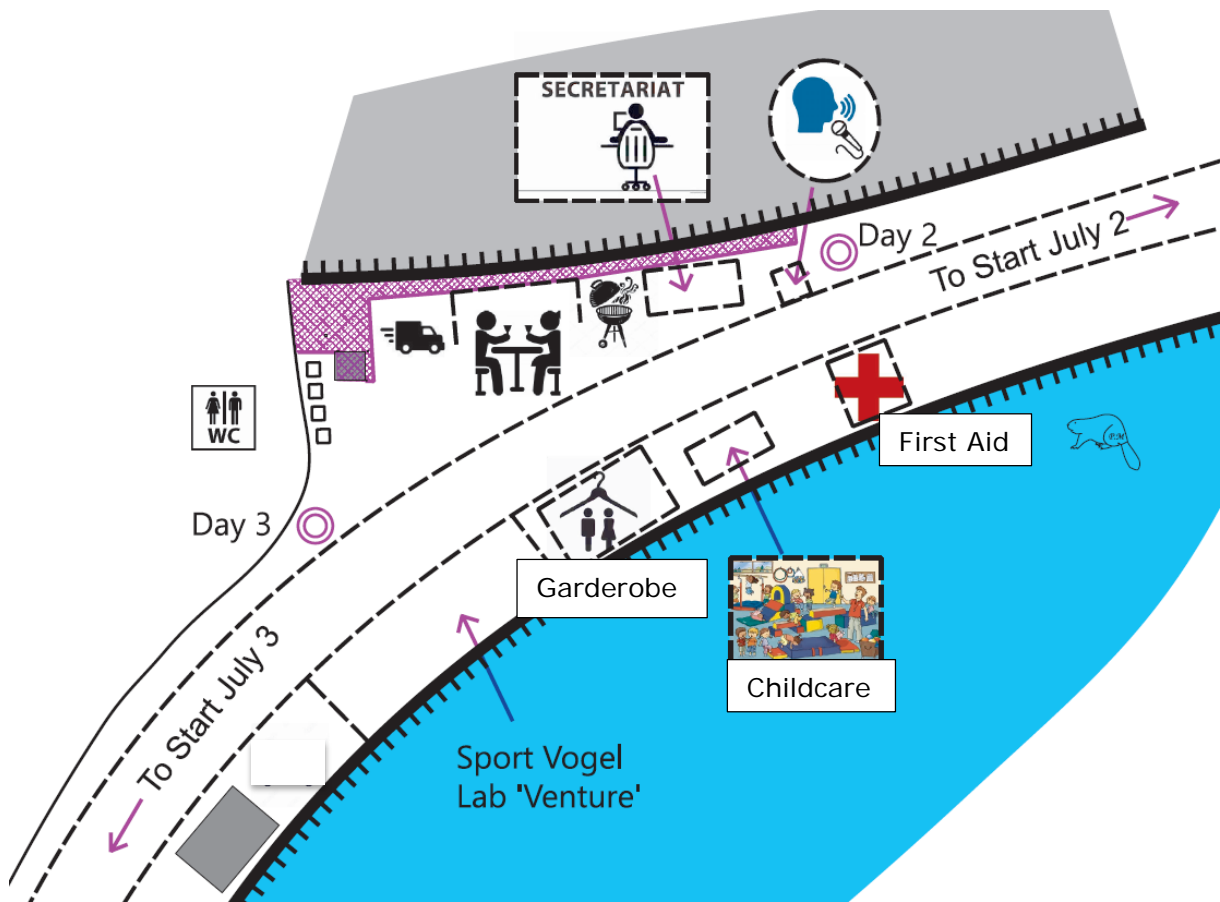
Saturday: Start at 11h – 12h – 13h - 14h - 15h

Sunday : start at 12h – 13h - 14h

6 teams at each start ! Don't hesitate too long to register

Competition centers maps

Competition center for stages 2 and 3



Informations for your health & security

Information for your safety: The 2 competition centers are located near dams. We remind that it is dangerous and consequently forbidden to swim near the dam and to walk or play on the steep slopes of the dam. We are not responsible of any accident related to non-compliance with these rules.

Ticks are unfortunately back in our forests. Tick is a mite whose bite can cause disease, including Lyme borreliosis, if it remains hooked more than 24h. We recommend that you inspect yourself thoroughly after each race, not forgetting any part of the body. A tool to remove tick is available at the 'First Aids' tent

TECHNICAL INFORMATIONS

Electronic punching system

The punching system is SportIdent (with contact, SIAC will not be activated).
Location of a SportIdent chip is possible at the reception desk.

Start times

Start times will be allocated to participants of categories from M/W-12 to M/W+85.
These start times will be available on 'O'Punch' at '<https://www.helga-o.com/start/>' a couple of days before the race.
Start times are free for categories SE, SD, LE, LD, H/D-10 A & B.

Bib

Each participant will receive a bib that will be handed at the reception desk to the club representative.

The bib must be worn during the races for the 3 stages. It shall be fully visible on the chest of the participant.

Controls description

For the 1st stage, the controls descriptions **will not be on the map**. They will be available in the start zone.

For the 2nd and the 3rd stages, the controls descriptions will be on the map and also available in the start zone.

Results and podium ceremony

Results will be displayed in the arrival area and will be published on www.helga-o.com

The podium ceremonies will take place:

- Saturday 2nd of July around 2pm for HE and DE categories (WRE)
- Sunday 3rd of July around 2pm to reward the 3 firsts of the general ranking in each category.

Jury – Complaints or claims

Any complaint or claim related to the competition shall be filed at the secretariat within the arrival area before the closure of courses.

Specifically, for the 2nd stage, the complaints and claims rules related to the WRE are applicable (articles 27 and 28).

The name of the Jury members will be displayed at the reception desk.

Day registration

During each day, 4 courses are offered: on-site registration and payment at the reception desk. The participant will receive the controls description related to the selected course which is also the registration proof to be shown at the start. Maps will be available at the start.

Pricing (to be payed on-site) :

19 € for adults

14 € for less than 18 years old.

Courses selection :

	4 km	7 km
Technically easy	SE (Short Easy)	LE (Long Easy)
Technically difficult	SD	LD

H/D-10 courses

Children registered on H/D-10 that will be helped or shadowed by someone else shall declare themselves at the start. A dedicated ranking will be established for alone children **H/D-10 A** and supported ones **H/D-10 B**.

Start times are free for children H/D-10.

Water

Start : There is no water at the start.

During the race :

Stage 1 : No water

Stage 2 : Water in washable and reusable cups will be available in one location indicated on the map, only for courses : 1;2;3;4;5;9;10

Stage 3 : Water in washable and reusable cups will be available in one location indicated on the map, only for courses : 1 à 11

At the finish : a water fountain is available on the arena

Schemes of the starts

The runners shall enter in the start zone 3 minutes before their start time.

Time -3 min = sport ID check

Time -2 min = control description reception

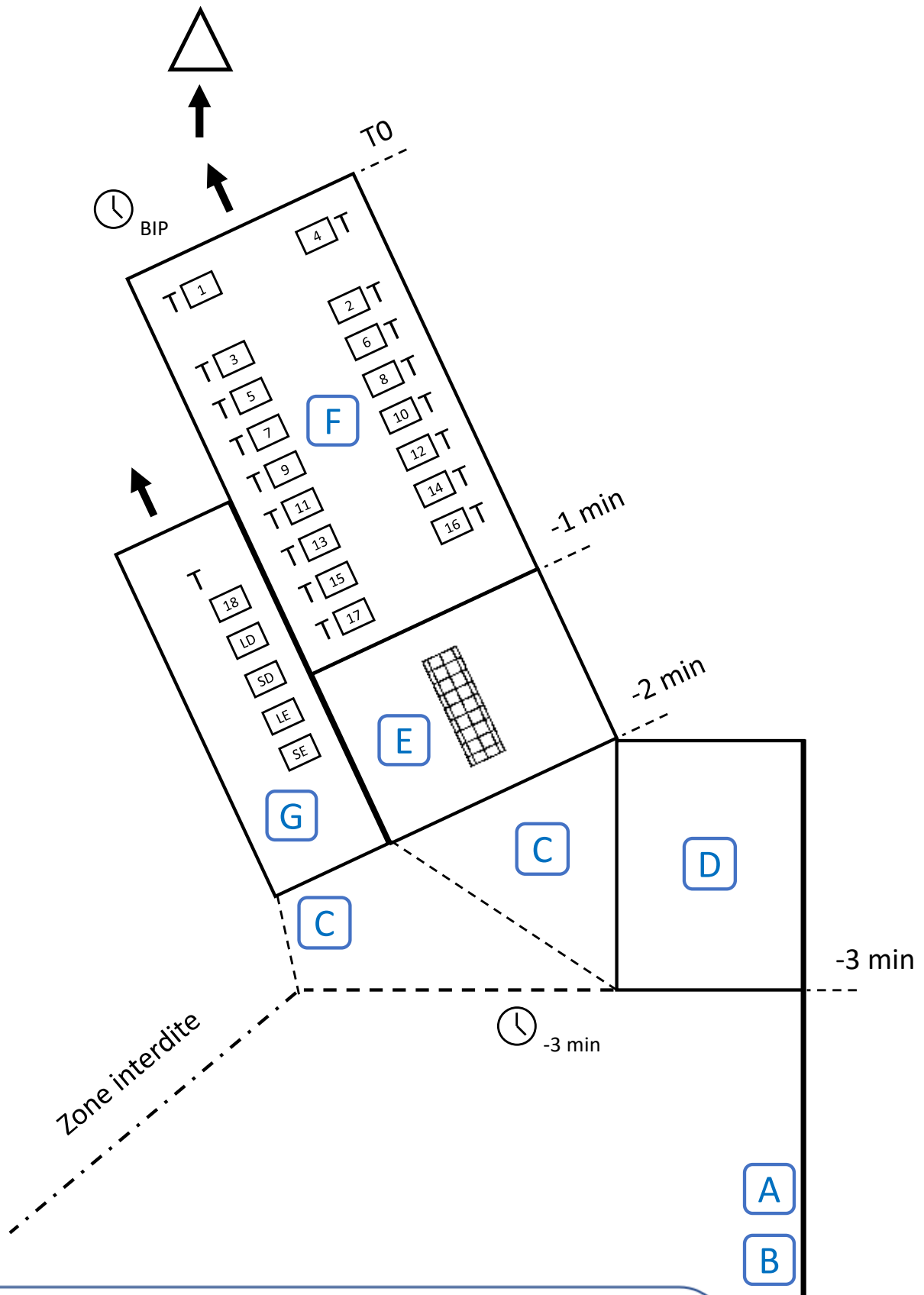
Time -1 min = go in front of your map

At start time , you receive your map and punch the start

There is a marked route from map reception to the real start on the map. The real start is marked on the terrain by a control flag you don't have to punch.

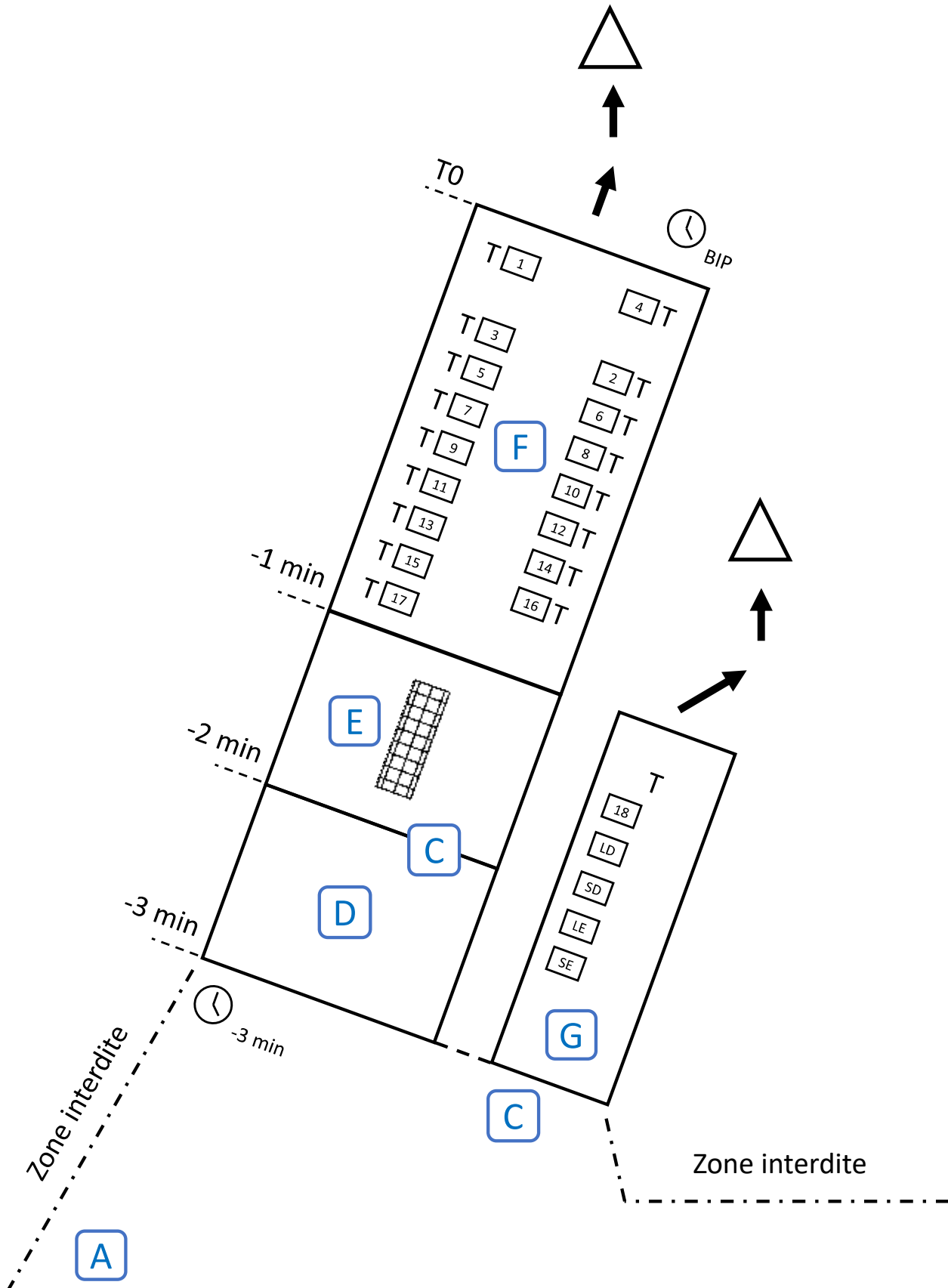
Schemes of the start zone of each day are presented here after:

3JB 2022 - Etape 1



- | | | |
|----------|---|---|
| A | Liste des temps de départ | <u>Start lists</u> |
| B | Infos du jour | <u>Day infos</u> |
| C | Plots <u>SportIdent</u> Clear / Check | <u>Clear / Check SportIdent stations</u> |
| D | Appel & Contrôle <u>SportIdent</u> (-3 min) | <u>Call for runners & SportIdent control (-3 min)</u> |
| E | Définition de course (-2 min) | <u>Race Definition (-2 min)</u> |
| F | Cartes & Plots de départ <u>SportIdent</u> | <u>Map & SportIdent Start stations</u> |
| G | Inscription sur place + H-10/D-10 | <u>Race of the day + H-10/D-10</u> |

3JB 2022 - Etape 2

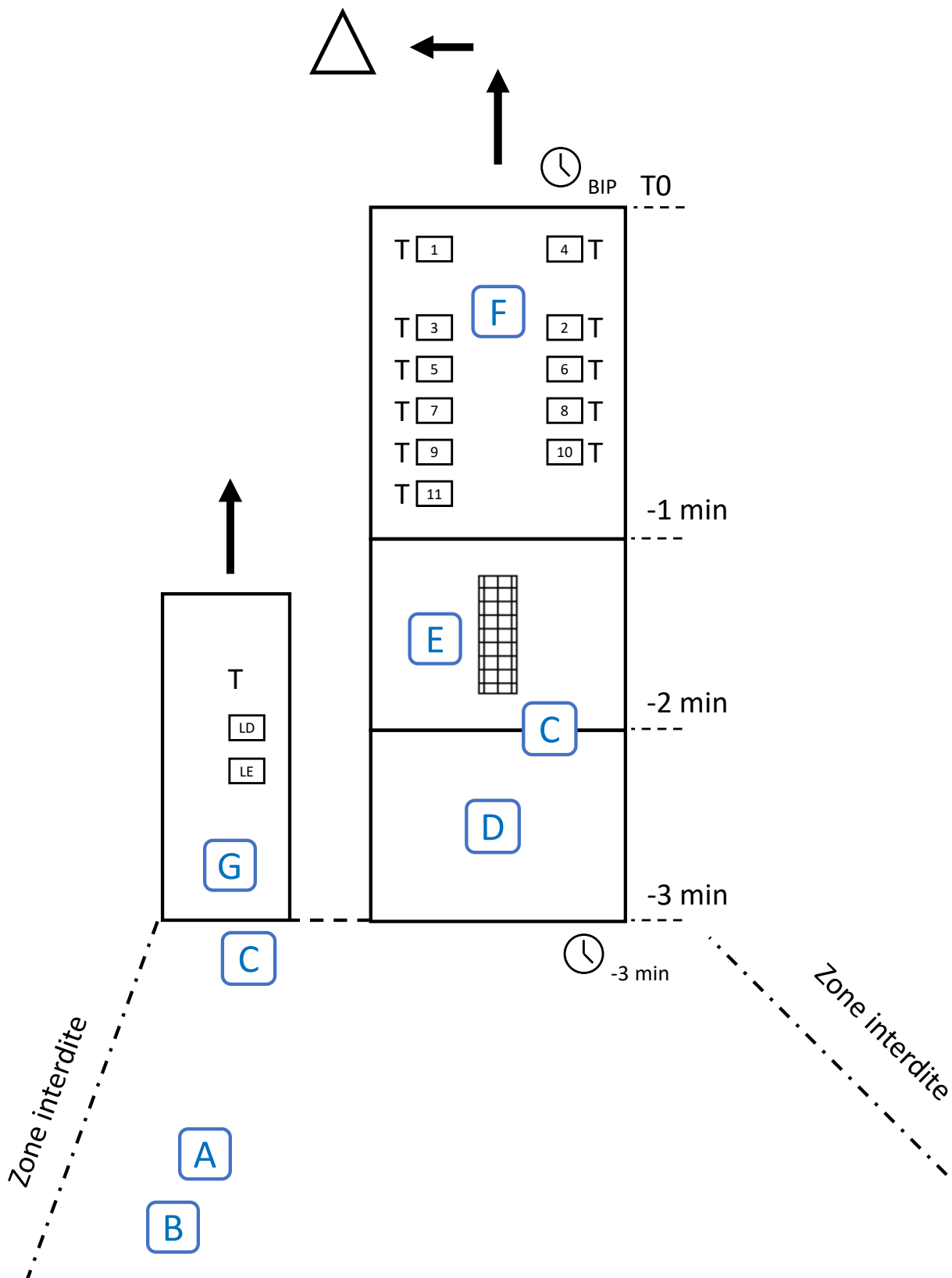


A

B

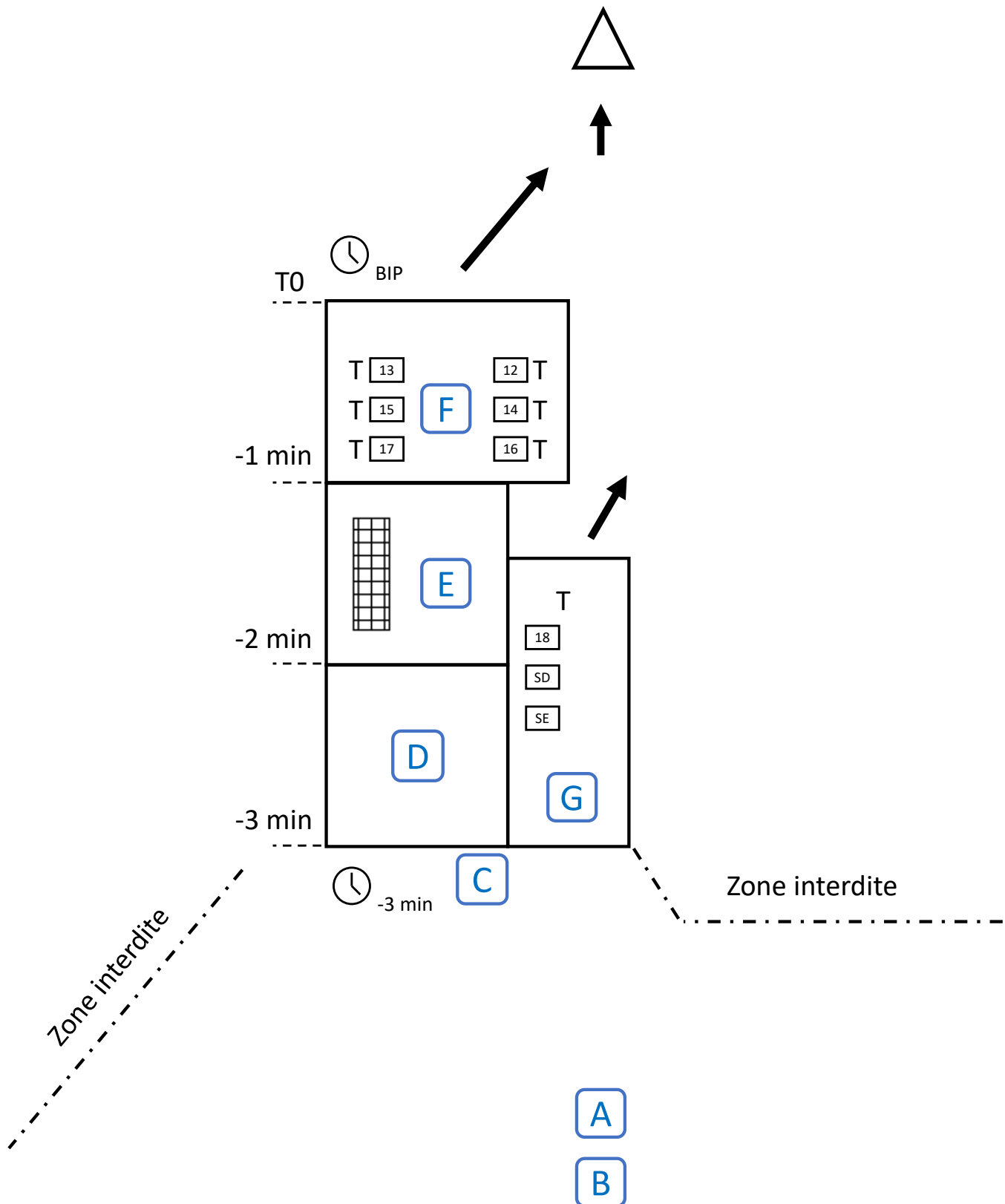
- | | | |
|---|---|---|
| A | Liste des temps de départ | Start lists |
| B | Infos du jour | Day infos |
| C | Plots <u>SportIdent</u> Clear / Check | Clear / Check <u>SportIdent</u> stations |
| D | Appel & Contrôle <u>SportIdent</u> (-3 min) | Call for runners & <u>SportIdent</u> control (-3 min) |
| E | Définition de course (-2 min) | Race <u>Definition</u> (-2 min) |
| F | Cartes & Plots de départ <u>SportIdent</u> | <u>Map & SportIdent</u> Start stations |
| G | Inscription sur place + H-10/D-10 | Race of the <u>day</u> + H-10/D-10 |

3JB 2022 - Etape 3 – Départ 1



- | | | |
|----------|--|--|
| A | Liste des temps de départ | Start lists |
| B | Infos du jour | Day infos |
| C | Plots SportIdent Clear / Check | Clear / Check SportIdent stations |
| D | Appel & Contrôle SportIdent (-3 min) | Call for runners & SportIdent control (-3 min) |
| E | Définition de course (-2 min) | Race Definition (-2 min) |
| F | Cartes & Plots de départ SportIdent | Map & SportIdent Start stations |
| G | Inscription sur place + H-10/D-10 | Race of the day + H-10/D-10 |

3JB 2022 - Etape 3 – Départ 2



- | | | |
|----------|---|--|
| A | Liste des temps de départ | Start lists |
| B | Infos du jour | Day infos |
| C | Plots <u>SportIdent</u> Clear / Check | Clear / Check <u>SportIdent</u> stations |
| D | Appel & Contrôle <u>SportIdent</u> (-3 min) | Call for <u>runners</u> & <u>SportIdent</u> control (-3 min) |
| E | Définition de course (-2 min) | Race <u>Definition</u> (-2 min) |
| F | Cartes & Plots de départ <u>SportIdent</u> | <u>Map</u> & <u>SportIdent</u> Start stations |
| G | Inscription sur place + H-10/D-10 | Race of the <u>day</u> + H-10/D-10 |