



Briefing 4 days of Limburg 2023

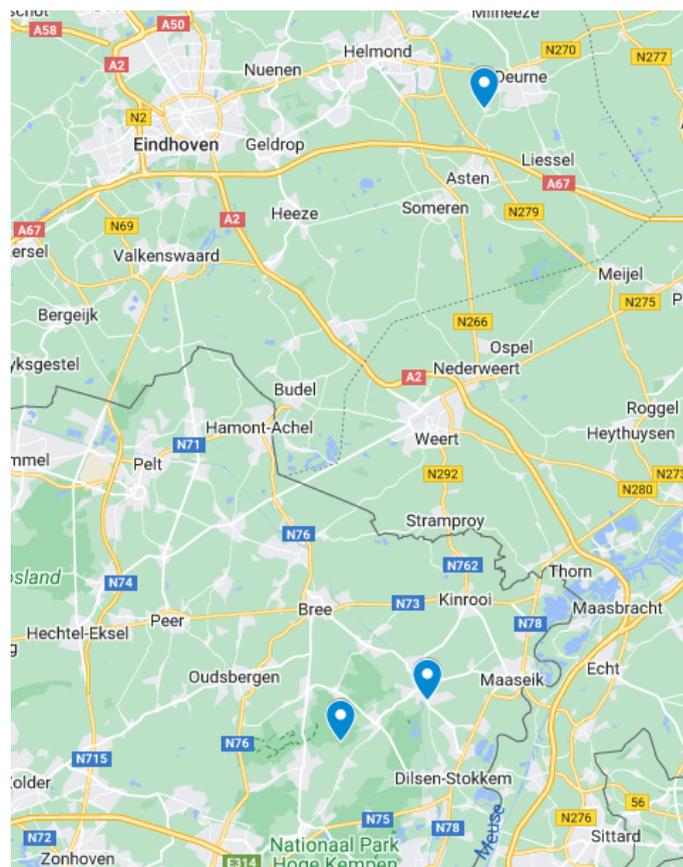
Version 4.2, August 5th 2023

Omega invites you to the 4 days of Limburg between 12 and 15 August 2023.
In cooperation with KOVZ (Stage 1 and 2), we offer challenging races on very nice maps.

More than 460 participants registered for this event from 17 different countries.
73 of them took up the challenge and chose our Ultimate Orienteering. Orienteering on Oro-hydro maps. An exceptional experience!

Please read this bulletin carefully. No paper version will be available at the event.

Overview map



<https://www.google.com/maps/d/edit?mid=1t1ojXk0PYYzN6yaNIRN-v5tK3XJf0NY&usp=sharing>

Programme

Friday August 11

18:00	Opening event camping in Neeroeteren. Here there is only event camping. No competition secretariat!
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Saturday August 12

11:00	Opening CC in Vlierden, for collection of chest numbers, rented SportIdents and day registrations.
13:00-16:00	Race start window
17:30	Start collection of controls
19:00	Closing CC in Vlierden

Sunday August 13

08:30	Opening CC in Vlierden
10:00-12:30	Race start window
14:00	Start collection of controls
15:30	Closing CC in Vlierden

Monday August 14

08:30	Opening CC in Oudsbergen
10:00-12:30	Race start window
14:00	Start collection of controls
15:30	Closing CC in Oudsbergen

Tuesday August 15

Attention: this is a public holiday in Belgium! Most shops will be closed.

08:00	Opening CC in Oudsbergen
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09:30-12:00	Race start window
13:30	Award ceremony
13:30	Start collection of controls
16:00	Closing CC in Oudsbergen
16:00	Closing event camping in Neeroeteren

Stages

Saturday August 12: Brouwhuisseheide (in coop. with KOVZ)



General info

Start times	13:00 - 16:00
CC	Café-zaal Thijssen, Pastoriestraat 20, 5756AM Vlierden, NL
Opening hours CC	11:00 - 19:00
Signage	Form exit 36 (Helmond-Asten) on A76
Parking <-> CC	In the nearby streets, 0-600m
CC<->Start	1200m
Finish<->CC	1250m
Shower/changing rooms	Limited available, no space for club tents
Course setter	Jan-Gerard van der Toorn
Distance from Event camping	52 km

Terrain description



Brouwhuisseheide: a very versatile area, with both dense and open woods, straight and irregular tracks, heather, sand, and bushes. Enjoy the smell of pinewood and jenniper trees, whilst orienteering yourself in challenging small relief, and choosing between fast trails and fierce shortcuts.

Around the sandy plain are several wildcross trails. These are not drawn.

Some roads are prohibited, this is marked on the map with purple crosses  (symbol 711, out-of-bounds-route).

Courses

Nr	Categories	Scale	Distance(m)	# control-points	Refreshment point
1	ME	1/10000	10.800	24	x
2	M21, M35, M20	1/10000	9.300	21	x
3	M40, WE, M18, M45	1/10000	8.100	18	x
4	M50, M16, W21, MB	1/10000	7.000	17	x
5	M55, W20, W35, W18	1/10000	6.600	18	x
6	W40, M60, W45, W16	1/7500	5.600	20	x
7	W50, WB, W55, M65	1/7500	4.700	15	x
8	W60, M70, M75	1/7500	4.000	18	x
9	W65, W70, M80	1/7500	3.100	12	
10	W75+, M85+	1/7500	2.600	12	
11	M14, W14	1/7500	4.100	15	
12	M12, W12	1/7500	3.100	13	
13	M10, W10	1/7500	2.900	12	
14	Ultimate 7, Oro-hydro long, all ages	1/7500	7.400	23	x
15	Ultimate 4, Oro-hydro short, all ages	1/7500	4.000	15	x

Previous version of the map:

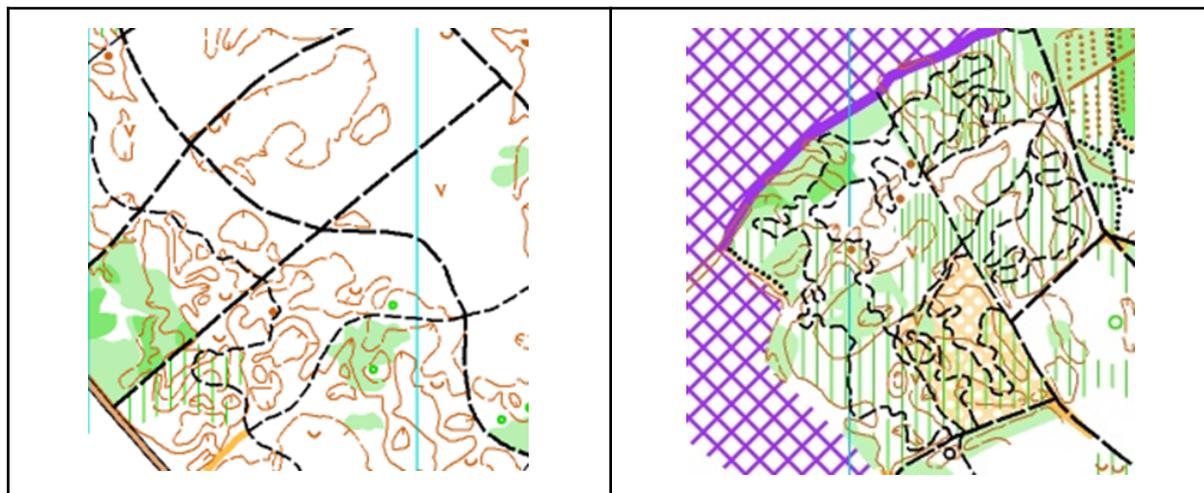
<https://www.olomega.be/s/4day2023-maps-Brouwhuisseheide-2019.pdf>

Sunday August 13: Galgenberg (in coop. with KOVZ)



Start times	10:00 - 12:30
CC	Café-zaal Thijssen, Pastoriestraat 20, 5756AM Vlierden, NL
Opening hours CC	11:00 - 15:30
Signage	Form exit 36 (Helmond-Asten) on A76
Parking <-> CC	In the nearby streets, 0-600m
CC<->Start	1400m (limited parking available near start, Finish close to start)
Finish<->CC	1400m
Shower/changing rooms	Limited available, no space for club tents
Course setter	Peter Bleyens
Distance from Event camping	52 km

Terrain description



The terrain is characterised by many paths and small relief. The map is diagonally long and narrow.

Most of the terrain is well walkable.

There are areas with tall ferns. This is marked on the map as  (symbol 409, undergrowth difficult to walk).

There are 2 **prohibited zones** in the centre of the map, a motocross terrain on the one hand and a nature cemetery on the other.

Some roads are forbidden, this is marked on the map with purple crosses  (symbol 711, out-of-bounds route)

In the terrain where we run, many MTB riders are active. So pay attention!

Courses

Nr	Categories	Scale	Distance(m)	#control-points	Refreshment point
1	ME	1/10000	10.900	27	x
2	M21, M35, M20	1/10000	9.100	24	x
3	M40, WE, M18, M45	1/10000	7.700	21	x
4	M50, M16, W21, MB	1/10000	7.000	21	x
5	M55, W20, W35, W18	1/10000	6.600	21	x
6	W40, M60, W45, W16	1/7500	5.500	21	
7	W50, WB, W55, M65	1/7500	4.400	17	
8	W60, M70, M75	1/7500	4.000	16	
9	W65, W70, M80	1/7500	2.800	13	
10	W75+, M85+	1/7500	2.600	13	
11	M14, W14	1/7500	3.900	14	
12	M12, W12	1/7500	2.900	12	
13	M10, W10	1/7500	2.700	11	
14	Ultimate 7, Oro-hydro long, all ages	1/7500	7.200	21	x
15	Ultimate 4, Oro-hydro short, all ages	1/7500	3.900	13	

Previous version of the map:

<https://www.olomega.be/s/4days2023-maps-Galgenbergen-2016.pdf>

Monday August 14: Geuzenbaan (Gruitroderbos)



Start times	10:00 - 12:30
CC	Zavelstraat 1, 3670 Oudsbergen
Opening hours CC	8:30 - 15:30
Signage	From road Opplabbeek to Opoeteren in Louwel. Crossing Wildbroekstraat - Weg naar Opoeteren
Parking <-> CC	0-100m
CC <-> Start	1550m
Finish <-> CC	0m
Shower/changing rooms	Not provided, space available for club tents
Course setter	Patrick Wallaert
Distance from Event camping	9 km

Terreinbeschrijving

General: Mixed forest , mainly pine with some deciduous forest here and there.
Large open areas especially in the northern part.

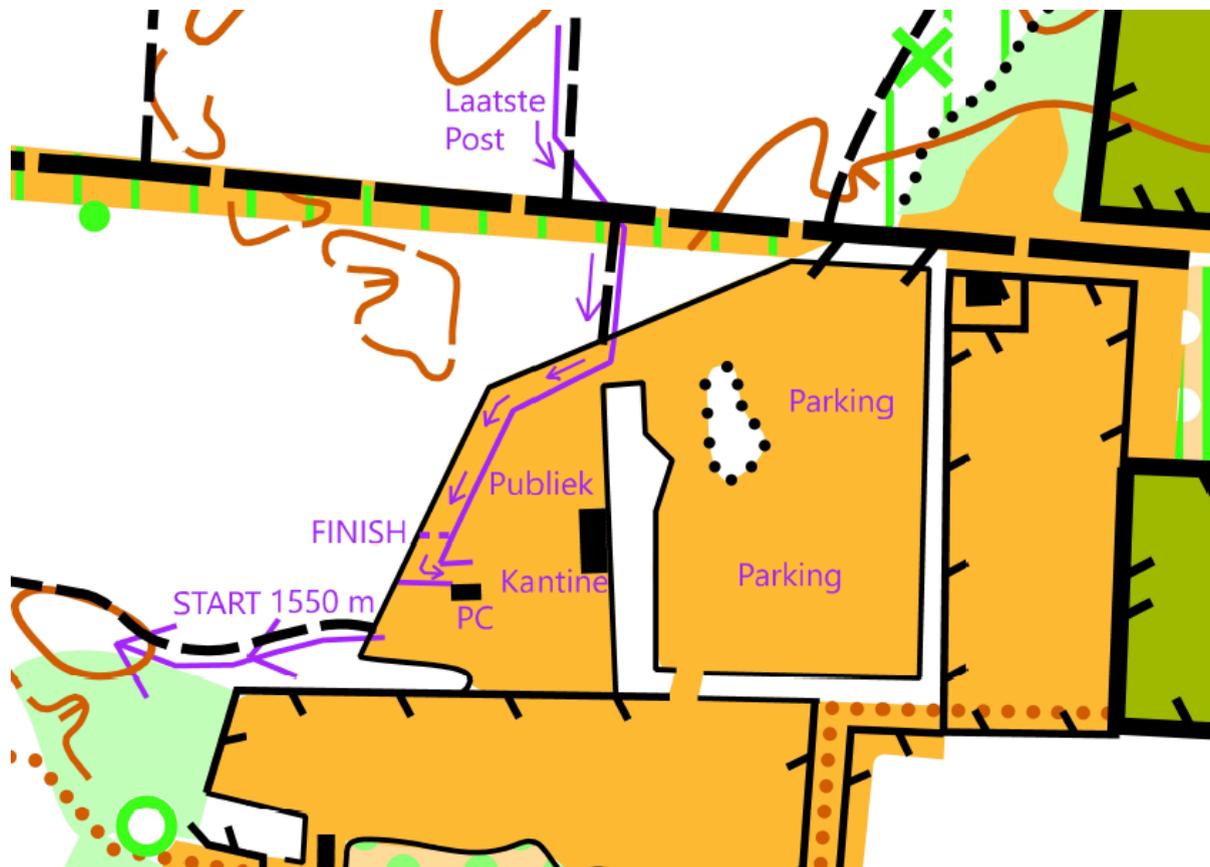
Relief : Many land dunes. In the western part of the map lower dunes, in the east the dunes are higher. The highest land dune in Flanders is also located here: the "Oudsbergen" with a height of 85m and with a height difference of about 35m above the surrounding area.

Walk-through: Good

Visibility: Good to very good, with denser vegetation here and there making visibility a little more limited.

Roads and paths: Quite a lot of forest roads and paths. In the west a somewhat more regular network (former area with holiday homes). In the east a more irregular path network. Many sandy paths in the northern and eastern part of the map.

Situation outline start and finish



Courses

Nr	Categories	Scale	Distance (m)	#control-points
1	ME	1/10000	8.300	22
2	M21, M35, M20	1/10000	6.800	19
3	M40, WE, M18, M45	1/10000	5.900	17
4	M50, M16, W21, MB	1/10000	5.000	15
5	M55, W20, W35, W18	1/10000	4.400	14
6	W40, M60, W45, W16	1/7500	4.100	14
7	W50, WB, W55, M65	1/7500	3.700	13
8	W60, M70, M75	1/7500	3.300	12
9	W65, W70, M80	1/7500	3.000	13
10	W75+, M85+	1/7500	2.500	12

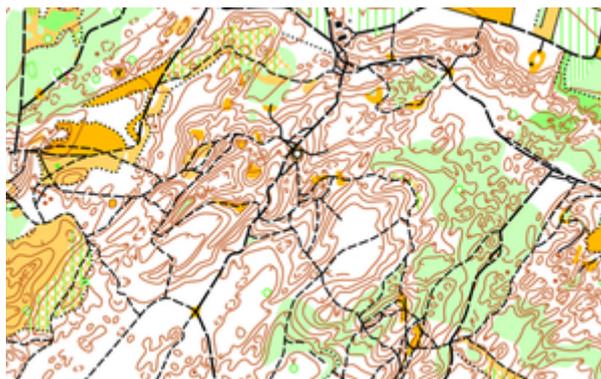
11	M14, W14	1/7500	3.900	14
12	M12,W12	1/7500	2.900	12
13	M10,W10	1/7500	2.700	12
14	Ultimate 7, Oro-hydro long, all ages	1/7500	6.500	19
15	Ultimate 4, Oro-hydro short, all ages	1/7500	4.000	13

There are no refreshment points provided.

Previous version of the map

The western part of <https://www.olomega.be/s/4days2023-maps-Gruitroderbos-2017.pdf>

Tuesday August 15: Zandberg (Gruitroderbos)



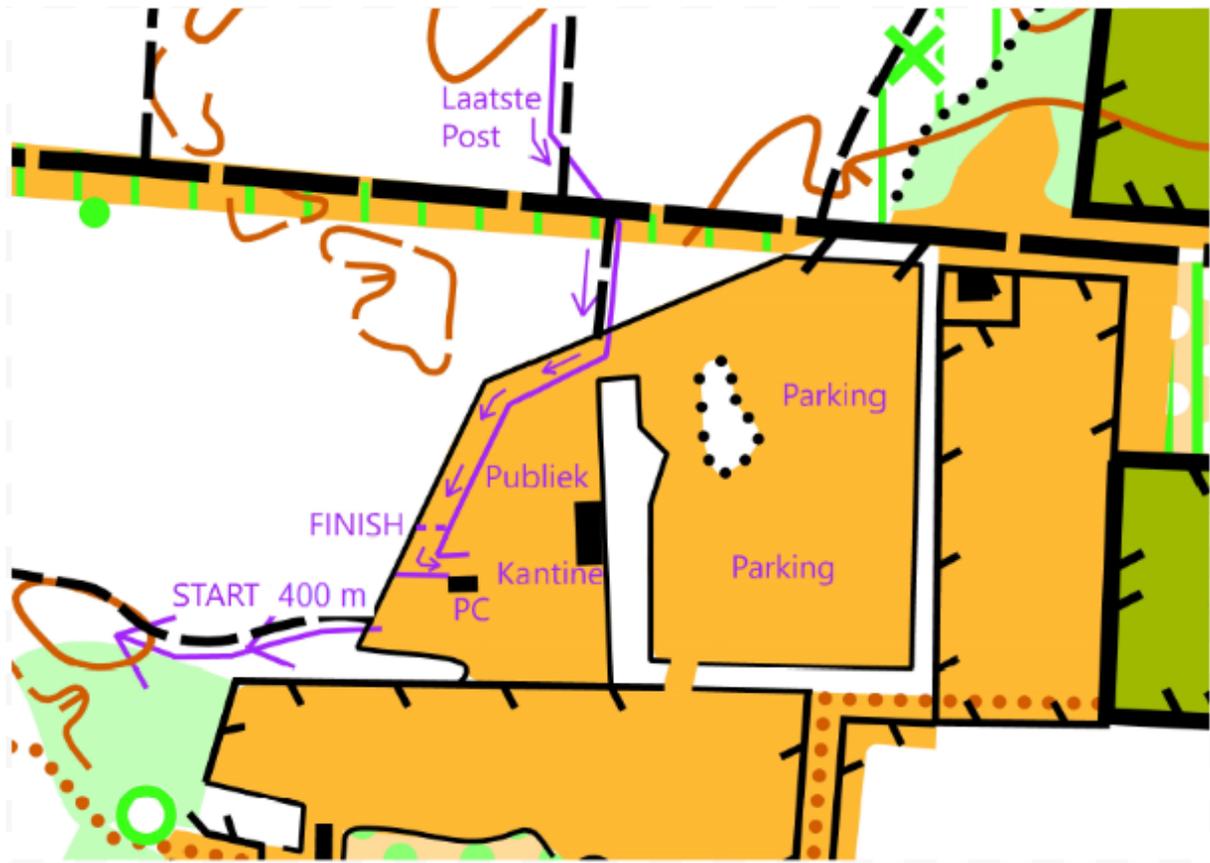
Start times	09:30 - 12:00 (chase start)
CC	Zavelstraat 1, 3670 Oudsbergen
Opening hours CC	8:00 - 16:00
Signage	From road Opglabbeek to Opoeteren in Louwel. Crossing Wildbroekstraat - Weg naar Opoeteren
Parking <-> CC	0-100m
CC <-> Start	400m
Finish <-> CC	0m
Shower/changing rooms	Not provided, space available for club tents
Course setter	Jean-Marc Gillet
Distance from Event camping	9 km

Terrain description

In the western part, you will find sand dunes, beautiful moorland areas here and there and some tree-lined areas. With the highlight being the Oudsberg, which is 85 metres above sea level and has an altitude difference of about 35m with the surrounding area.

In the forested eastern part, you will encounter a network of small trails. The combination of small and large relief with open and less passable sections can give you a lot of orientation fun.

Situation outline start and finish



Omlopen

Nr	Categories	Scale	Distance(m)	#control-points	Refreshment point
1	ME	1/10000	11.600	24	x
2	M21, M35, M20	1/10000	9.200	20	x
3	M40, WE, M18, M45	1/10000	8.000	19	x
4	M50, M16, W21, MB	1/10000	7.200	20	x
5	M55, W20, W35, W18	1/10000	6.500	18	x
6	W40, M60, W45, W16	1/7500	5.700	18	x
7	W50, WB, W55, M65	1/7500	4.600	15	x
8	W60, M70, M75	1/7500	4.200	15	x
9	W65, W70, M80	1/7500	3.100	12	x
10	W75+, M85+	1/7500	2.400	12	
11	M14, W14	1/7500	3.800	14	
12	M12, W12	1/7500	2.800	10	
13	M10, W10	1/7500	2.800	12	
14	Ultimate 7, Oro-hydro long, all ages	1/7500	7.100	20	x

15	Ultimate 4, Oro-hydro short, all ages	1/7500	4.000	12	x
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Previous version of the map

The eastern part of <https://www.olomega.be/s/4days2023-maps-Gruitroderbos-2017.pdf>

Ultimate orienteering

We provide 2 courses for the true orientation enthusiast (oro-hydro) on these beautiful maps with small relief. The ultimate orientation experience!

Ultimate Long: approx. 7 km

Ultimate Short: approx. 4 km

This Ultimate-O does not use age categories.

There is no chasing start on day 4 for the Ultimate-O races.

Ranking

There will be an overall ranking based on total time, over the 4 stages. A chase start is planned on the last day. See below for the details..

An award ceremony is scheduled on the final day.

Day entries appear in the day's results but do **not** qualify for the overall ranking of the 4 Days.

Results will be published at <https://www.helga-o.com/webres/>.

Start times

Start times will be published on <https://helga-o.com/start/>.

List of participants per day are now already online and can be checked.

For days 1-2-3, starting times will be added to the list during the week of 7 August.

For day 4 (chase start), this will happen during the afternoon of 14 August.

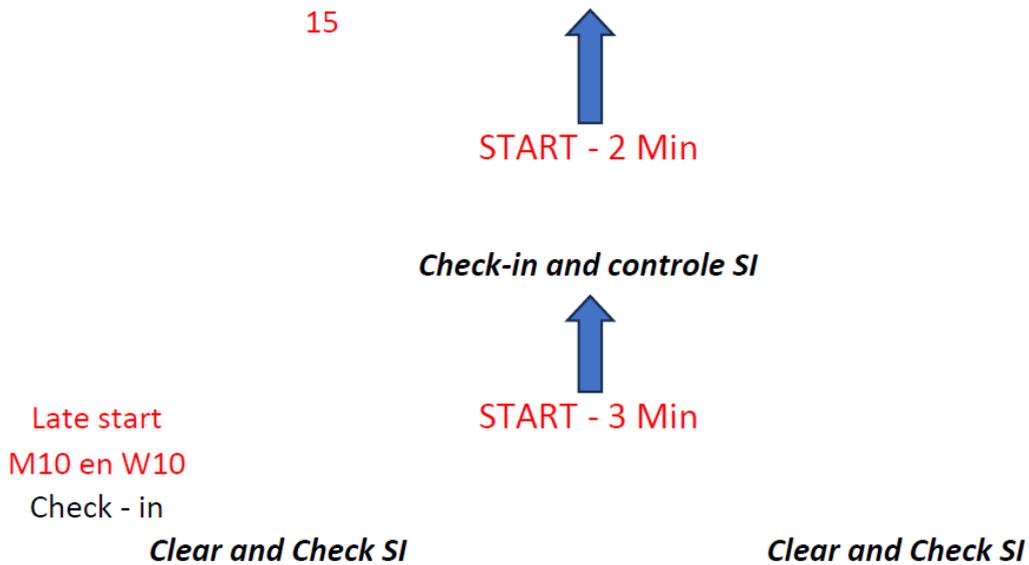
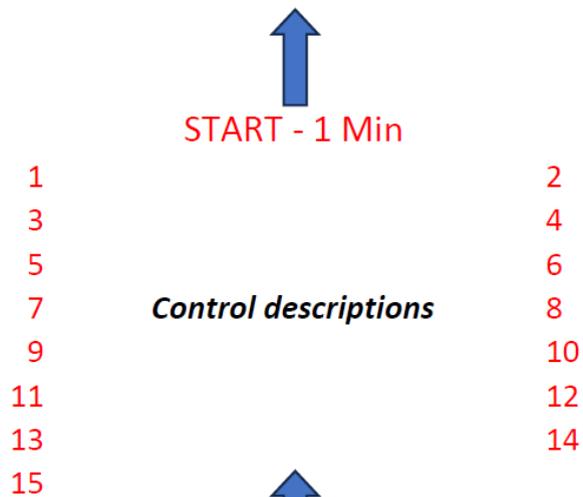
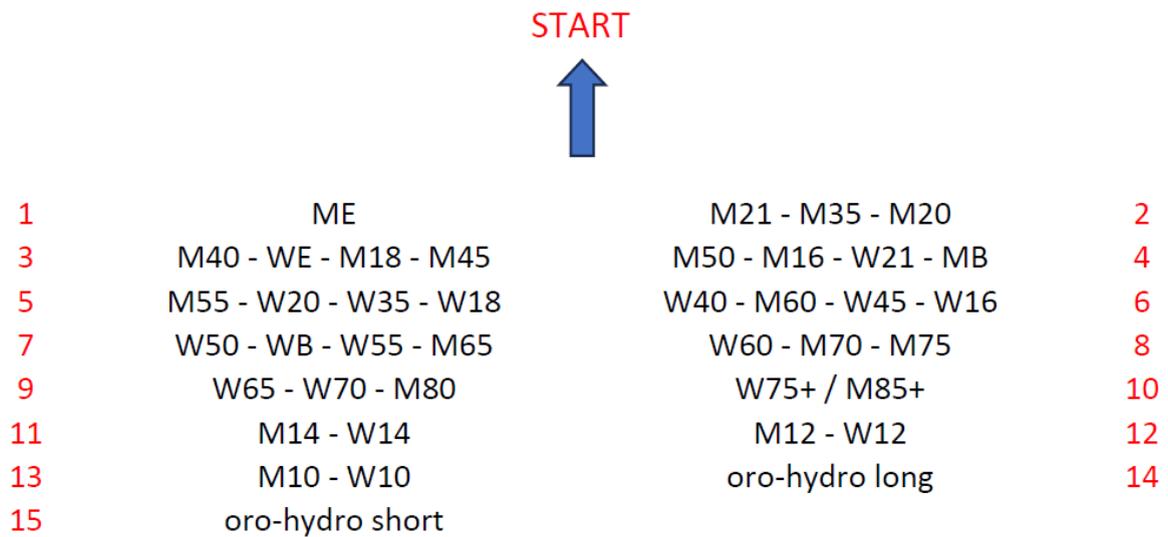
Start procedure

- **3 minutes before their start time**, runners present themselves with visible chest number (also day registration), along with their SportIdent.
Runners perform CLEAR and CHECK of their SportIdent.
- **2 minutes before the start time** they take the control descriptions.
- **1 minute before the start time** they take their place at their start box.
- **5 seconds before the start time** they take the running map. Everyone checks that the number on the map matches the category for which they are registered.
- **Exactly at the start time**, the runner leaves.
- The runner is obliged to follow the indicated route up to the start triangle..

Start times will not be changed.

Late starters present themselves at the starting crew and may leave immediately, however without adjustment of their start time.

Outline start zone



Waiting zone

Chase start on day 4

On day 4 there will be a chase start with the exception of the Ultimate-O and W/M-10 category.

Start times will be given based on the performance of the first 3 days.

Runners further than 45 minutes behind the leader in the standings will start first and will not participate in the chase start.

The (provisional) leader in the final classification starts first in the chase start.

The other runners in the chase start with the accumulated deficit compared to the leader with a maximum of 45 minutes.

The runner, within the chase start, who arrives first in this stage is therefore the overall winner.

The start times will be communicated as soon as possible via <https://helga-o.com/start/>.

Start procedure for runners in the chase start:

- **10 minutes** before the start time, runners present themselves equipped with their chest number and Sportident and perform the clear and check.
- The runners are pre-sorted and from then on remain in that order in the start zone
- They receive their map rolled up along with a control description and are further directed to the start.
- At the exact start time, the runner may depart and unfold their map.
- The runner is obliged to follow the indicated route up to the start triangle..

Other competition information

- Registration system: SportIdent, Air+ will be activated for all courses.
- Control descriptions are also on the map.
- On stages 1,2 and 4, refreshment points are provided for the longer detours. These are marked on the map with  (symbol 713, refreshment point). In the tables with courses per day (see above) you will see which courses have refreshment points.
- All participants, including day entries, will receive a breast number. This can be collected at the race secretariat.

Jury

- Monica Roeling (KOVZ, NOLB)
- Eric Hully (Altaïr, FRSO)
- Mathieu Rodier (AC Beauchamp, FFCO)

Fees for the competitions

It was possible to register in advance for the 4 days or for the individual days.

On site, it is possible to register for the various courses (regardless your age and normal category), but only for available time slots.

4 days -18 (born in 2005 or later)	30 €
4 days +18 (born before 2005)	50 €
Per day -18	10 €
Per day +18	15 €
Day registration on site -18, on available time slots only	10 €
Day registration on site +18, on available time slots only	15 €
Rent SI-chip (4 days)	10 €
Rent SI chip per day	3€

A deposit is required for the rental of the SI chip. This could be an identity card, driving licence, car keys or 50 euros.

Registrations

Registration is possible until Wednesday, July 26 2023.

For affiliates of Belgian clubs: via O-Punch

For all other participants: via Orienteeringonline.net

(see website <https://olomega.be/4days2023> voor the correct links)

Day entries are possible for all courses, **but only on vacant time slots and payable cash on site.**

Day entries will also receive a chest number. It will indicate their name, course and start time. This chest number must be shown to the starting crew at 3 minutes before the start time. They do not participate in the overall ranking.

Day registrants freely choose the category/course in which they run. Regardless of their age.

Annulation

Annulation could be done only till Wednesday July 26 2023.

After July 26 it is no longer possible to deregister and the full participation fee will be charged.

Payments

- **Competition**
 - **Affiliates of Belgian clubs** via the club
 - **All other participants:** payment information will be sent via email after registration.
Payment must be made in Euro to account IBAN= BE67 0018 0117 2687 and BIC=GEBABEBB of Omega with your name in the reference. Any bank charges will be payable by the payer.
- **Event camping:** payment information will be sent via email after registration.
Payment must be made in Euro to account IBAN= BE67 0018 0117 2687 and BIC=GEBABEBB of Omega with your name in the reference and may be combined with the payment for the competition.. Any bank charges will be payable by the payer.
- On site (for day registrations and rent SI or open balances for the competition or event camping): only cash

Event camping

General information

An [event camping](#) has been provided by the organisers in Neeroeteren. Arrivals are allowed from Friday August 11, 6pm.

Availability:	Friday 11 August 6pm till Tuesday 15 August 4pm
Location:	Sporthal De Borg, Komweg, Neeroeteren
Fee pitch:	20 € for the whole period
Showers (in the sports hall):	10€ / person(from 3y)
Electricity:	15€ for the whole period (long extension wires provided by yourself)
Water (refuelling for motorhomes):	With tokens for sale in the sports hall

Register was possible till July 26th via this [webform](#)

Campers

Near the sports hall, camper spaces are provided, operated by the municipality/sports hall. It has been agreed with the municipality that we will not use these but leave them free for other visitors.

Our participants with campers can, however, use the possibility to discharge their waste water or toilet cassette there (free of charge) and fill up with water (for a fee).

Situation outline



Event on Friday evening

On Friday evening, a (small) music event is planned in the vicinity of Sporthal De Borg from 19h. The situation on Friday evening may therefore be somewhat hectic due to visitors also looking for a parking space. The agreement is that they will not park on the spaces provided for us by the municipality for campers and tents.

Child-O

There is only Child-O organised on days 3 and 4.

On day 1-2 it is not possible to organise it safely due to the location of the CC.
Registration for Child-O can be done on site. There is a small present for every participating child.

Other information

- There are no training maps available
- M/W 10 will not be a ribbon-cutting run (children may be accompanied if necessary)
- **Insurance:** Each participant is responsible for his/her own insurance. The organisation cannot be held liable in the event of any accidents.
- **Liability:** The organisation bears no responsibility for damage incurred or suffered, not even towards third parties. The same principle applies to all forest owners, municipal officials and officials of the Agency for Nature and Forests.
- A **first aid post** is provided.
- **Catering:** drinks, cakes and sandwiches will be sold.

Contact

Website:	https://olomega.be/4days2023
General contact address:	4days@olomega.be
General coordinator:	Bart Willems
Technical coordination competition:	Bart Van de Moortel
Payments coordinator:	Walter Van Krunckelsven
Communication responsible:	Dirk Fabré, +32 486 52 17 12