

ASOM 2023

ANTWERP SPRINT ORIENTEERING MEETING

BULLETIN 2

VERSION 2.1

PUBLISHED 15/08/2023



ARE YOU READY FOR A CHALLENGE?

ASOM 2023

ASOM

WELCOME TO ASOM 2023!

ASOM stands for Antwerp Sprint Orienteering Meeting, but every now and then we move to another city in Belgium to show international orienteers the beautiful cities we have to offer for orienteering. The name change 'Awesome' Sprint Orienteering Meeting started as a joke, but I'm afraid we've even printed it on the maps for this year!

This years ASOM takes you to Ghent and we made sure you visit the best spots the city has to offer. We are very happy to welcome more than 550 orienteers from 30+ countries.

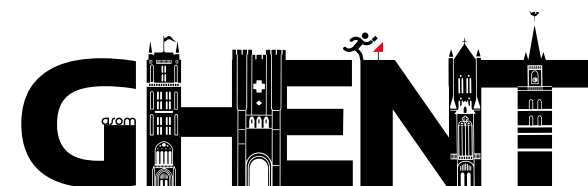
We are sure you will enjoy Ghent and its highlights while running with a map!

This year is also the first time we organize 2 World Ranking Events for the Elites. On Saturday you will be able to run (or watch) a Knock Out Sprint and on Sunday there is a Sprint World Ranking Event. 2 races with some of the world's best athletes at the start, we're looking forward to that!

ASOM 2015 - Antwerp
ASOM 2016 - Antwerp
ASOM 2017 - Antwerp
ASOM 2018 - Kortrijk & Ieper
ASOM 2019 - Oostende
ASOM 2022 - Antwerp
ASOM 2023 - Ghent
ASOM 2024 - Leuven
ASOM 2025 - Herentals
EOC 2025 - Hasselt



WELCOME



ASOM 2023

ALL INFO IN SHORT



WHEN ARE THE RACES?

FRIDAY

20h00 Sprint Mixed Relay

SATURDAY

9h30 ELITES First start Knock Out Qualification

13h00 ELITES First start Knock Out Quarter Final

14h00 First start ASOM Sprint 1

15h45 ELITES First start Knock Out Semi Final

16h45 ELITES First start Knock Out Final

17h45 First start ASOM Sprint 2

SUNDAY

9h45 First start ASOM City Race

10h20 ELITES First start WRE Sprint

WHERE ARE THE COMPETITION CENTRES?

FRIDAY

Dr. Guislain Museum, entrance via Jozef Guislainstraat, 9000 Gent.

Parking: Parking Guislain, Jozef Guislainstraat, 9000 Gent

SATURDAY

School IVV Sint Vincentius, entrance via Brandweerstraat, 9000 Gent.

Parking: in street Kolveniersgang or Parking in St. Lucas Hospital

You have to pay at both parkings, consider public transport.

SUNDAY

Coyendanspark

Parking: at Trainstation Gent Dampoort (pay parking)). Please consider Public Transport!

[Overview map](#)

WHERE CAN I FIND THE START LIST?

www.helga-o.com/start or www.asom.be

WHERE CAN I FIND THE RESULTS?

www.helga-o.com/webres or www.asom.be

WHERE DO I COLLECT THE NUMBER BIBS?

They can be collected at the registration desk on Friday, Saturday and Sunday. You get 1 bib for the Friday Mixed Relay and another bib for all the other races during the weekend.

WHERE DO I COLLECT MY ASOM SHIRT?

You get the shirt when you collect your Number bib.

IS THERE ANY FOOD AND DRINKS

There will be a variety of drinks at the competition centers (soft drinks, water, coffee, tea, beer, ...) and also a collection of food:

- Friday: Cake
- Saturday: Cake, Sandwiches, Pasta in the evening
- Sunday: Cake & Sandwiches

We will sell Drink & Food tickets at the registration desk

PROGRAM

FRIDAY AUGUST 18

- 18h00 Event office opens
- 20h00 Mass start Mixed Sprint Relay
- 20h35 First finish Mixed Sprint Relay

SATURDAY AUGUST 19

- 08h30 Event office opens
- 9h30 First start ELITE Knock out Qualification
- 13h00 Knock Out Sprint Quarter Finals
- 14h00 First start Sprint 1 (ASOM Classes)
 - 15h45 Knock Out Sprint Semi Finals
 - 16h45 Knock Out Sprint Final
- 17h30 First start Sprint 2 (ASOM Classes)

SUNDAY AUGUST 20

- 08h00 Event office opens
- 9h45 First start City Race
- 10h20 First start WRE Sprint (Elites)
- 13h00 Prize-giving ceremony



CONTACT INFORMATION

ORGANISATION

Contact:

ASOM Competitions

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www.asom.be



LOCATION

1

FRIDAY AUGUST 18

Competition Center: Dr. Guislain Museum

Address: Jozef Guislainstraat, 9000 Gent

Parking: There is parking opportunity at the address above.



2

SATURDAY AUGUST 19

Competition Center: IVV Sint Vincentus, Brandweerstraat

Address: Brandweerstraat, 9000 Gent

Parking is possible in the street Kolveniersgang (pay parking on a Saturday). You can also consider the parkig of the St. Lucas Hospital (also pay parking).

Parking might be difficult so if you can come by bike or public transport, that would be a lot easier.



LOCATION

SUNDAY AUGUST 20

3

Competition Center: Coyendanspark

Address: Coyendanspark, 9000 Gent

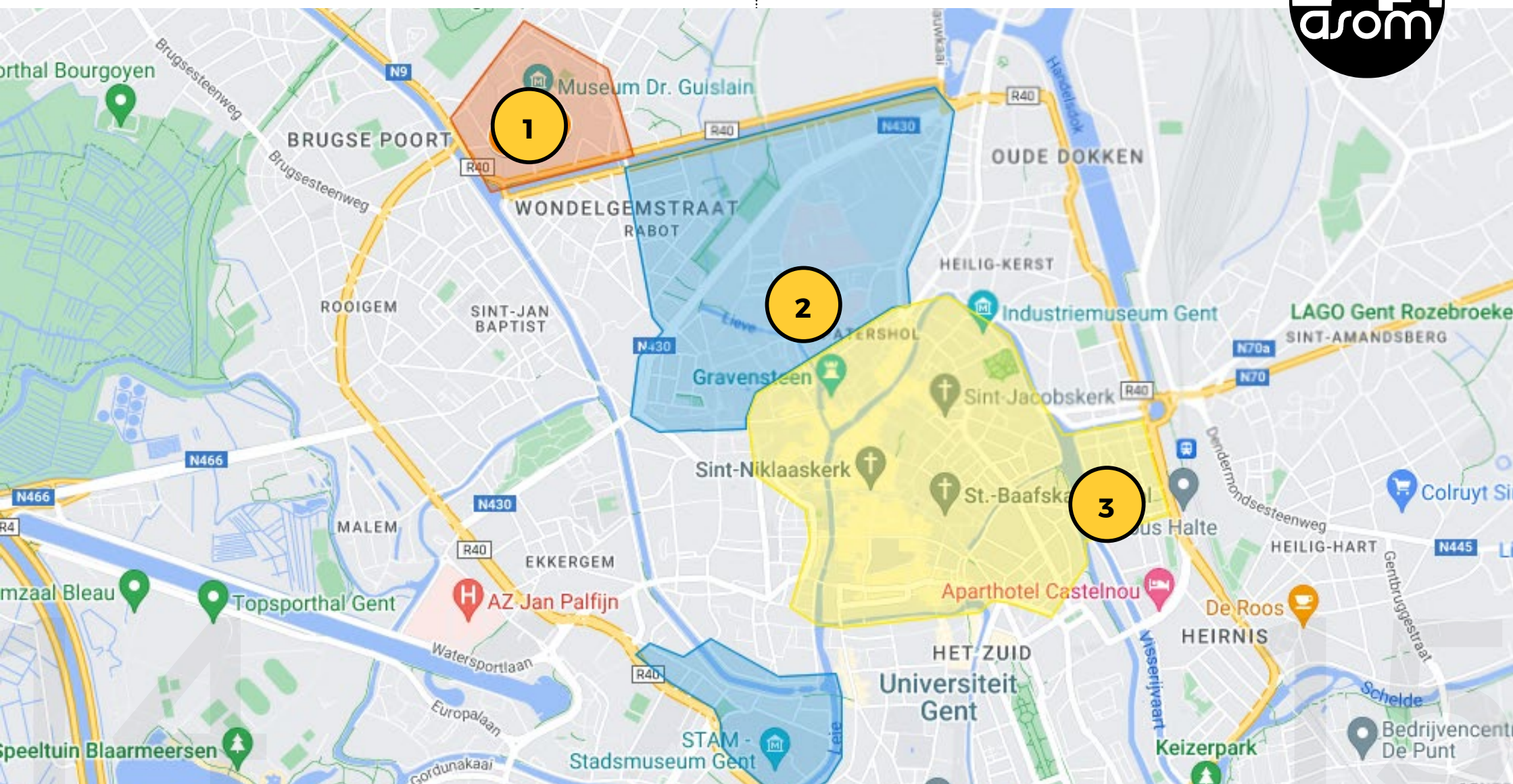
Parking can be done on the main parking of the trainstation Gent Dampoort. Short walk from the station to the event. This is a Pay Parking.



3



1 FRIDAY 2 SATURDAY 3 SUNDAY



MIXED SPRINT RELAY DR. GUISLAIN

FRIDAY 20:00H

Race details

Map: Dr. Guislain

Scale: 1/3.000

Contour interval: 2m

Edition: August 2023

Map is ISSprOM2019-2

Course Setter: Fabien Pasquasy

Mapper: Peter Bleyens & Jeremy Genar

Distance competition centre to the start: 0m

Distance finish to competition center: 0m

Schedule

17h30 Opening event centre

19h40 Mixed Sprint Relay Briefing

20h00 Mass start of all teams

20h35 First team finishes

Terrain

The terrain is an old (and new) mental institution, a big part of it is a museum nowadays, but there is still a psychiatric hospital. Please take this into account when running and respect the people who live here! The complex is a 19th century Hospital with many alleyways and passages. The courses have 50% asphalt, 50% grass. All courses can be run in shorts as they do not cross thick vegetation.

Start List:

The start list will be available at HELGA. Please contact jeremy@asom.be if anything appears to be wrong!

www.helga-o.com/start

Unknown teammate? We have put runners together who don't have a teammate. If you don't know who you are looking for you can find out right before the briefing at 19h30. There will be a designated zone to look for you partner. Please make sure who you are running with before starting the race!

Teams

Teams consist of 1 man and 1 woman, both running twice. All men start first in the mass start. When entering the startbox the men get a rolled up map. On the A3 map there are 4 different courses. Everybody starts with the course on the map with number 1.

	1. Man	2. Woman	3. Man	4. Woman
Open	2300m	2300m	2300m	2300m
Masters 55+	2300m	2300m	2300m	2300m
Youth -16	2000m	2000m	2000m	2000m

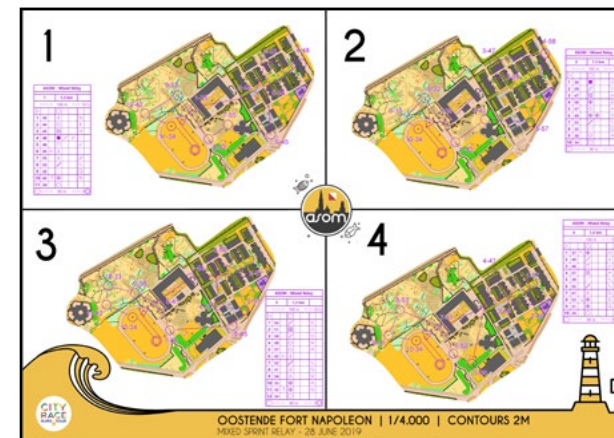
Relay

The first runner gets an A3 map with 4 smaller maps.

Runner 1 (the man) runs course 1 and gives the MAP AND THE SPORTIDENT to his teammate (woman). Then she runs course number 2. The man runs again on course 3 and then the woman finishes with course 4.

You are not allowed to leave the exchange zone during the race of your partner. There will be a good opportunity to watch your teammate at the arena passage.

There is a spectators control for all classes after 1500m. with 800m left to run.



Map A3 with 4 smaller maps, make sure you run the maps in the right order: 1-2-3-4!

KNOCK OUT SPRINT WRE

M/W ELITE ONLY

SATURDAY 09:30H - 17:15H

On Saturday there are 4 races for the Elite classes. 1 of them is an individual qualification race and the other are knock out races with mass starts. In this format there are mass starts of 6 runners, the first ones at the finish go through to the next round.

At 09h30 they start with an individual qualification race (3 heats), at 13h00 the Quarter Finals, at 15h45 the Semi Finals and at 16h45 the final race with the 6 best men and 6 best women.

The finish of all three Knock Out races is at the arena. The start and finish of the Knock Out individual Qualification race takes place +/- 1km from the arena.

Knocked Out or didn't qualify?

Don't worry if you get knocked out in the qualification, Quarter Final or Semi Final - you can join the 'normal' ASOM Sprints as we have an Elite Course for the knocked out elites. All elites will receive a start time for the normal ASOM races.

YOU CAN NOT RUN the 'normal' ASOM races when you are still qualified for the next Knock Out race!

Warming Up

There is a warmup map for all Saturdays races with the start location of all races indicated. All runners warming up outside of the warmup map will be disqualified! You can drop this map at the start so it can be reused for the other races.

Race details for Saturday

Map: Ghent - Rabot

Scale: 1/4.000

Contour interval: 2m

Edition: August 2023

Map is ISSprOM2019-2

Course Setter: Jeremy Genar

Mapper: Peter Bleyens & Jeremy Genar

Terrain

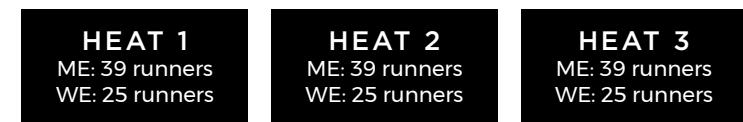
All Saturday Knock Out races are a mixture of 50% asphalt & 50% grass.



Artificial Fences

To make routechoices more interesting there will be artificial fences in the terrain. They are marked on the map like this. In the terrain there will be (a) steward(s) with a neon yellow top. Crossing this symbol at the steward will lead to disqualification (the steward will be in the middle of the forbidden square-symbol). Running up to the steward, realising your mistake and turning back is allowed.

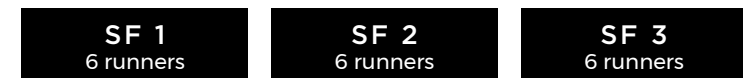
SCHEME



best 12 of each heat go to Quarter Final (QF)



best 3 of each QF go to Semi Final (SF)



best 2 of each SF go to Final



KNOCK OUT SPRINT

M/W ELITE ONLY

KO QUALIFICATION SATURDAY 09:30H

3 Heats

The qualification for the Knock Out Sprint races will be held in 3 different heats. Every minute 1 runner from every heat starts, so 3 runners will start every minute on 3 different courses.

At 9h30 the first women start and at 10h10 the first men start. The highest ranked runners start the earliest.

The best 12 runners of each heat go through to the next round.

Distances

Competition Center to Start - 2100m
Finish to competition center - 2100m

Start Times

The start times are published at www.helga-o.com/start
Make sure to be there on time, only running from the competition centre is allowed.

BIB numbers

All Knock Out Races will be run with your overall ASOM BIB number.

! Separate control descriptions available at the start (and printed on the map).

WOMEN		
HEAT 1	HEAT 2	HEAT3
2470m - 14c	2520m - 10c	2370m - 12c

MEN		
HEAT 1	HEAT 2	HEAT3
2800m - 13c	2760 - 13c	2780m - 16c

KO QUARTER FINAL SATURDAY 13:00H

3 fastest to the finish win!

There are 6 heats with 6 runners in both women and men so 36 runners per category. In every heat all 6 runners start together and the 3 first at the finish go to the next round.

Same course

There is no runners' choice in this race. All runners have the same course.

Distances

Competition Centre to Start - 700m
Finish = Competition centre

Start Times and heats will be published at the Event center from 11h30 and online at <http://helga-o.com/start/>

! Separate control descriptions available at the start (and printed on the map).

KO QUARTER FINAL	
WOMEN	MEN
2100M - 15c	2160M - 15c

START TIMES KO QUARTER FINAL	
WOMEN	MEN
QF1 : 13h00	QF1 : 13h24
QF2 : 13h04	QF2 : 13h28
QF3 : 13h08	QF3 : 13h32
QF4 : 13h12	QF4 : 13h36
QF5 : 13h16	QF5 : 13h40
QF6 : 13h20	QF6 : 13h44

KO SEMI FINAL

SATURDAY 15:45H

2 fastest to the finish win!

There are 3 heats with 6 runners in both women and men so 18 runners per category. In every heat all 6 runners start together and the 2 first at the finish go to the next round.

Quarantine at the event center there will be a Warm-up zone where all KO runners have to stay in until they start the race. Please listen to the speaker when the quarantine starts before the first start.

Distances

Competition Centre = Start
Finish = Competition centre

Warm up

Please use the warm up map that is available to do your warm up.

Start times and heats will be published at the event centre as soon as possible after the last KO Quarter Final.

! Separate control descriptions available at the start (and printed on the map).

KO SEMI FINAL	
WOMEN	MEN
2010m - 12c	2320m - 11c

START TIMES KO SEMI FINAL	
WOMEN	MEN
SF1 : 15h45	SF1 : 16h00
SF2 : 15h50	SF2 : 16h05
SF3 : 15h55	SF3 : 16h10

KO FINAL

SATURDAY 16:45H

The Final race is a race with the 6 best Knock Out runners. The first to the finish wins the day!

! There will be no forking during the final race.

Distances

Start = Competition centre
Finish = Competition centre

Quarantine at the event center there will be a Warm-up zone where all KO finalists have to stay in until they start the race (same quarantine area as the Semi Final).

Start times and heats will be published at the event centre as soon as possible after the last Semi Final.

! Separate control descriptions available at the start (and printed on the map).

KO FINAL	
WOMEN	MEN
1930m - 12c	2080m - 13c

START TIMES KO FINAL	
WOMEN	MEN
16h45	17h00

SPRINT 1 : RABOT

ASOM CLASSES

SATURDAY 14:00H

Race details

Map: Ghent - Rabot

Scale: 1/4.000

Contour interval: 2m

Map is ISSprOM2019-2

Course Setter: Jeremy Genar

Mapper: Peter Bleyens & Jeremy Genar

Distances

Competition center to start: 700m

Finish to competition center: 0m

Terrain

The courses will start in a very fast first part of the race with a lot of grassy areas and quick controls. Near the end of the race there are quite some residential areas to run through!

! Separate control descriptions will be available at the start (they will also be printed on the map).

! ELITE runners who got knocked out during the qualification can run this race and start at their designated starttime. Runners who are still in the Knock Out races are not allowed to run this race!

Start times

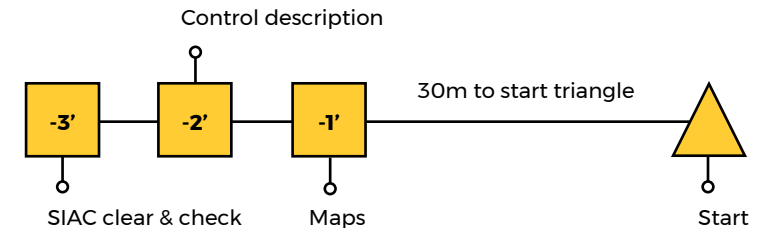
Available at www.helga-o.com/start

! M / W Children -12 can choose their starttime between 14:00 & 15:00

Safety

There is the crossing of a road during the race at a pedestrian crossing (without traffic lights). There will be stewards to help you cross the street, but in Belgium trams have priority at all times to any other use of the roads. So please listen to our stewards and make sure the crossing of the road goes safe.

START PROCEDURE



COURSE	CATEGORY	DISTANCE	CONTROLS
1	M ELITE	3970	24
2	W ELITE	3330	24
3	M OPEN	3660	23
4	M VET 40+ M JUNIOR -20	3730	22
5	M SUPERVET 55+ W OPEN	3220	24
6	W VET 40+	2980	22
7	M ULTRAVET 65+ W JUNIOR -20	3120	23
8	M YOUTH -16 W SUPERVET 55+	2800	19
9	W YOUTH -16 W ULTRAVET 65+	2570	17
10	M/W HYPERVET 75+	2410	20
11	M/W CHILDREN -12	1670	16

SPRINT 2 : PATERSHOL

ASOM CLASSES

SATURDAY 17:30H

Race details

Map: Ghent - Rabot

Scale: 1/4.000

Contour interval: 2m

Map is ISSprOM2019-2

Course Setter: Jeremy Genar

Mapper: Peter Bleyens & Jeremy Genar

Distances

Competition center to start: 50m

Finish to competition center: 0m

Terrain

The course will be held around the St. Lucas hospital. The longer courses go through the 'Patershol', an old part of the historical city center with small alleyways. Also this race the courses pass through a psychiatric hospital. As always, respect the people you meet during your race.

! Separate control descriptions will be available at the start (they will also be printed on the map).

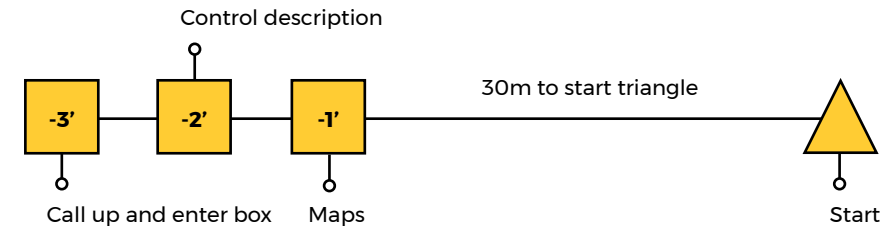
! all ELITE runners are allowed to run this race and start at their designated starttime.

Start times

Available at www.helga-o.com/start

! M / W Children -12 can choose their starttime between 17:30 & 18:30

START PROCEDURE



COURSE	CATEGORY	DISTANCE	CONTROLS
1	M ELITE	4020	24
2	W ELITE	3620	21
3	M OPEN	4140	23
4	M VET 40+ M JUNIOR -20	3880	20
5	M SUPERVET 55+ W OPEN	3390	20
6	W VET 40+	2950	16
7	M ULTRAVET 65+ W JUNIOR -20	2800	17
8	M YOUTH -16 W SUPERVET 55+	2870	15
9	W YOUTH -16 W ULTRAVET 65+	2700	15
10	M/W HYPERVET 75+	2460	16
11	M/W CHILDREN -12	1740	16

ASOM 2023

GHENT WRE

ELITE WORLD RANKING EVENT

SUNDAY 10:00H

On Sunday the Elites run a Sprint World Ranking Event.

The first runners start at around 10h20 with the best ranked runner starting at 11h45 (Women) and 12h15 (Men). That means it will be exciting till the very end and hopefully a lot of spectators will be cheering on these world class athletes!

! Start times are available at <http://helga-o.com/start/>

! Note that there is a quarantine area for ELITES. They can come to the finish area before their race and drop some things. But they have to leave the finish area at 10h20, and look on the warm up map for the quarantine.

Race details

Map: Ghent

Scale: 1/4.000

Contour interval: 2m

Edition: August 2023

Map is ISSprOM2019-2

Course Setter: Jeremy Genar

Mapper: Peter Bleyens & Jeremy Genar

ELITE WRE

MEN

WOMEN

4300m - 18c

3790 - 17c



GHENT CITY RACE

ASOM CLASSES

SUNDAY 09:45H

Race details

Map: Ghent
Scale: 1/4.000
Contour interval: 2m
Edition: August 2023
Map is ISSPrOM2019-2
Course Setter: Jeremy Genar
Mapper: Peter Bleyens & Jeremy Genar

Distances

Competition centre to Start : 850m
Finish to competition centre : 0m

Start Times

Start times are available at <http://helga-o.com/start/>

Terrain

The courses are all in the city Ghent. All courses pass the landmarks in the city center.
95% of most courses is asphalt, the rest is grass.

Safety

Ghent is a VERY busy city. Tourists and locals make their way through the city all day. Even though most of the area is a pedestrian zone, cars can occur. More important is public transport: trams cross the arena and THEY HAVE PRIORITY! Please be careful, the road code also applies to runners participating at ASOM!

Maps

We will not hold the maps at the finish. We trust your fair-play to not show a map to a runner who has yet to start.

Day Entry - ASOM CITY RUN

There is a Day Course for those who didn't pre-register.
It costs € 10 to enter for this race and it is suitable for beginner orienteers.
Day entry can be done at the registration desk at the competition.
This race is around 6km in running distance.

COURSE	CATEGORY	DISTANCE (RUNNING)	CONTROLS
1	M ELITE	4300	18
2	W ELITE	3790	17
3	M OPEN	9730	33
4	M VET 40+ W JUNIOR -20	9400	29
5	M SUPERVET 55+ W OPEN	8460	26
6	W VET 40+	7690	30
7	M ULTRAVET 65+ W JUNIOR -20	7150	25
8	M YOUTH -16 W SUPERVET 55+	6080	25
9	W YOUTH -16 W ULTRAVET 65+	5220	22
10	M/W HYPERVET 75+	3510	15
11	M/W CHILDREN -12	2170	16
12	ASOM CITY RUN	6190	26



ISSPROM2019-2

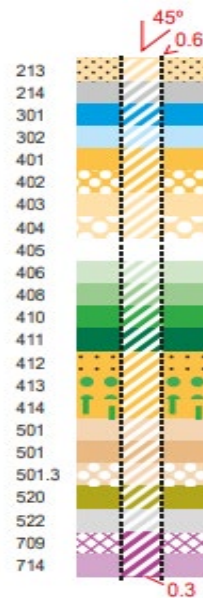
Do you know the new rules for sprint orienteering maps? These rules apply to all sprint orienteering events from 1/1/2022. All maps at ASOM will be according these new ISSPROM2019-2 symbols.

The most important is the reintroduction of the 4th green (symbol 411) .

This green is forbidden to cross!

Another big change are the multilevel symbols. The multilevel symbol is not used frequently on the maps.

<https://orienteering.sport/iof/resources/mapping/>



STREET CROSSING

There is one road on the map that all courses cross. Usually there is little traffic here, but it could be a more busy road sometimes. The road is marked on the map with purple Out-Of-Bounds symbol (symbol 709.000). The Pedestrian crossings are marked with the Crossing Point Symbol (710.100). You have to cross at these pedestrian crossings! Checks will be made during the event. (But also at the pedestrian crossings: look left and right!)



SPECIAL MAPPING SYMBOLS

During the weekend on all maps some special symbols will be used:



Symbol 531 : Prominent man made feature is used for prominent benches on all maps

In an area with many benches no bench will be drawn.



Symbol 530 : Prominent man made feature will be used fo special man made objects.

This is mainly for playground features.

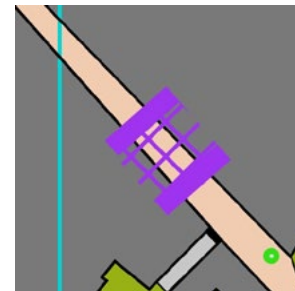


Symbol 526 : cairn, memorial or small monument is used for statues or prominent art objects.

ARTIFICIAL FENCES

During the whole weekend artificial fences will be used to make some courses and routechoices more interesting. These fences will be used for ALL categories. At an artificial fence there will be a stewards with a fluo yellow jacket. He or she will be standing in the middle of the fence of the map. You are NOT ALLOWED to cross this symbol on the map (or the steward in reality). Doing this will lead to disqualification.

Running up to the steward, but realising your mistake and turning back is permitted.



PUNCHING SYSTEM



SPORTident AIR+ will be used for all competitions.

This means that contact free punching is possible with a SIAC.

All runners are responsible for a charged battery of their own SIAC. Check www.sportident.com/siacservice to see how your SPORTident is doing considering the battery. SPORTident advises that all SIAC's older than 3 years replace the battery to be safe.

FINISH

At the finish there will be a finish control in beacon mode (this means you do not have to punch the control with a SIAC).

EVENT OFFICE

A bag with all your information (bib number, T-shirt...) will be available at the event office at all events. Here you can ask all your question to our wonderful crew and they will help you out!

BIB NUMBERS

The number bibs, provided by the organization, are obligatory to wear on the chest during the race.

At the event office you get an envelope with:

- A bib number for Mixed Relay on Friday (if you run)
- A bib number for ASOM Saturday & Sunday

SERVICES

There will be toilets at all the competition centres but there won't be showers. There won't be toilets at the start!

On Saturday and Sunday there will be refreshments at the finish.

The bar at the competition centre will serve a variation of drinks and snacks.

On Saturday there will be cake and sandwiches.

On Saturday evening you can have a pasta at the competition center. Tickets can be bought at the event office.

On Sunday we will serve sandwiches and cake!

To help our bar crew we will work with drink and food tickets. Tickets can be bought at the event office, they can be used all weekend

OFFICIAL TAPE

In some cases we will use tape to protect vegetation or fix holes in a wall or in a fence so it matches the map. The official ASOM tape looks like this below and you can expect anything official taped with this white / orange / black tape with the words ORIENTEERING on it.



SAFETY


































Every participant is responsible for his own safety during the competition. The courses cross several roads with some traffic. Please, be very careful when crossing roads! At some road crossings there will be ASOM stewards guiding the traffic. The runners are obligated to follow the officials instructions!

ABANDONING THE RACE

In case of abandoning the race, the competitor must immediately go to the finish area to read-out his/her SPORTident!

ENTRIES

We have entries from more than 500 people from 32 different countries!.

 510	 1	 5
 162	 10	 2
 113	 17	 2
 29	 7	 1
 25	 7	 1
 24	 6	 1
 20	 6	 1
 18	 5	 3
 15	 4	 1
 13	 6	 1
 2	 2	 1

COMPLAINTS

A complaint must be made in writing as soon as possible and given to the Event Office. A complaint from ASOM should be used and are available at the Event Office. Complaints should be handed in no longer than 15 minutes after the publication of the final results.

The organisation can make a decision about the complaint. A protest may be made against the organisers decision. The protest must be written and has to be handed in at the Event Office no longer than 15 minutes after the decision about the complaint. A protest fee of € 25 shall be paid together with the protest. The fee will be returned if the protest is accepted by the jury.

The jury for ASOM will be published at the event.

IOF EVENT ADVISOR FOR WRE

- Gilles Deneyer - Belgium

TRANSPORT

There are several airports in Belgium which can be used to get to Ghent. Brussels Airport is the biggest airport and Brussels Charleroi Airport and Eindhoven (Netherlands) are low cost alternatives.

Ghent can easily (and cheap) be reached by train from all big cities in Belgium. www.belgiantrail.be for more information.

All the races are quite close to each other (max 3km). Please consider using public transport or bikes to reach the competition centers.

WEATHER

The weather is rather unpredictable but at the moment it looks rather hot for the ASOM weekend (+/- 30°C). Showers are possible, but at the moment not likely.

Look after each other and stay hydrated before, between and after the races!

TSHIRT

When the sun is out maybe it's time to shine in your new ASOM shirt? After 4 black shirts, 1 blue and 1 yellow from the other ASOM's we decided it is time for a new color... You'll have to wait and see! Everybody who runs both Saturday and Sunday gets one.

Do you love it so much and you want to buy one extra? Please go to the Event Office on Sunday and buy your extra shirt. They will be sold for € 20 as long as the stock goes.

SPECTATORS

ASOM 2023 has almost 200 Elite runners at the start: 120 men and 75 women. Some of the best orienteers in the world make their way to Belgium to race against each other and we are sure these runners will put on a show during the weekend. We also love to see how our speaker Per Forsberg will entertain the crowd while watching the race.

The Knock Out Sprint of the Elites on Saturday is completely separated from the rest of ASOM so everyone can enjoy the battles in the Semi Finals and the Final. These Knock Out races will be spectacular to watch as it will be the 36 best Elites running against each other in Quarter Finals (36 runners), Semi Finals (18 runners) and a Final (6 runners) these races have 6 person mass starts and first to the finish wins!

On Sunday morning there is a World Ranking Event and the best 30 best ranked runners will start around 12h00. As most runners have finished by then it would be great to see many spectators at the finish for these champions!

As there are almost 550 orienteers it will be quite crowded at some times! Please follow the officials instructions when it comes to designated spectator zones and not blocking running lines.

Enjoy!!!



RESULTS & PRIZES

In all classes there will be prizes for the top three, offered by our sponsor Runners' lab, considering the overall ranking (in all three ASOM 2023 competitions).

There is no overall ranking for elites but there will be a podium at all stages (Knock Out Sprint WRE & Sprint WRE) with prize money.

	KNOCK OUT SPRINT WRE	SPRINT WRE
1ST PLACE	€ 150	€ 250
2ND PLACE	€ 100	€ 175
3RD PLACE	€ 75	€ 100
4TH PLACE	€ 50	€ 50
5TH PLACE	€ 25	€ 25



PODIUM ASOM

PARTNERS

SPECIAL THANKS TO OUR PARTNERS!

