



# Information brochure

**hamok**  
**100% ORIENTEERING**



# INTRODUCTION

Dear athletes and visitors,  
HAMOK is proud to welcome each athlete or visitor to the region of Mid-Limburg to participate in the 4 days of Flanders, not only the athletes of the Belgian clubs but also 30% internationals. We are glad that we have once again made a selective program for our athletes. We are hosting 2 days in Waterschei/Genk and the ultimate runs will be held in the dune belt of Opglabbeek, also for 2 days.  
Orienteering involves both physical and mental challenges and is a rewarding sport for the whole family. This year, we also want to open our competition for non-oriënteers, to introduce them to map and compass.  
We would like to thank the governments of Genk, Waterschei and Opglabbeek for giving us the opportunity to organize our competition in their region.  
HAMOK therefore wishes all participants, athletes and visitors a fun and adventurous time during their stay in Limburg and hopefully the results may live up to the expectations.

Chairman HAMOK  
André Aerts

## **GENERAL INFO**

Event Centre (EC)

Address : Jeugdkampverblijf Kimpenhof, Laerstraat, 3660

Opglabbeek

Open :    Aug 11    17.00 - 21.00 u  
          Aug 12    09.30 - 11.00 u  
          Aug 14    from 08.30  
          Aug 15    from 08.30

At the EC/CC the club leader receives for each competitor :

- This brochure
- 4 back-up labels (1 per day) for E-cards
- eventual rented E-cards

## **Camping en caravaning**

The camping site is situated next to the EC and can be accessed from 11/8 at 17.00h. and it must be cleared by 15/8 at 16.00h. The individual sites are numbered and are assigned by your arrival. Please respect this numbering and also keep in mind that maximum 4 people are allowed to sleep on one site. Further information can be found at the EC.

## **Toilets and showers**

Toilets and showers are available in the event centre.

## **Food and beverages**

Food and beverages will be available in the finish area.

## **Child care and string course**

Child care is available in the finish area during the races. There will be a string course for kids provided each day, starting close to the finish area. Registration is 1 euro.

## **Insurance**

Each competitor is responsible for having sufficient insurance coverage. The organizer cannot be held liable.

## **Excursion**

On Monday the 14th we organise a visit to an Animal Rescue Centre in Opglabbeek from 14.30 until 16.30. The first 30 people who register can join us for 2.5 euro. More info at the eventcentre.

# COMPETITION INFO

## Maps

Dag 1 : Kolenspoor , 2016, IOF 1/7.500, hoogteverschil 2.5 m

Dag 2 : Oud-Waterschei, 2017, IOF 1/5000 , hoogteverschil 2.5 m

Dag 3/4 : Opglabbeek, 2017, IOF 1/10.000, hoogteverschil 2 . 5m

## Control descriptions

The control descriptions are **not** printed on the maps.  
Loose control descriptions are available at the start in the -2 min. zone.

## Emit

Each competitor has to run with the E-card that he's enlisted with and the corresponding back-up labels.  
The rental E-cards have to be returned by the club leader at the end of Day 4 in the finish area. Deposit will be kept back for lost or damaged badges.

# Start

The back-up label should be attached to the back of the E-card. Each participant must be present 3 minutes before start time.

The start area is divided into 3 zones :

-3 min.	Control of E-cardnumber, starttime
-2 min.	Control descriptions
-1 min.	Competitor goes to startbox. Five seconds before the start, you put the E-card on the startunit. At the start signal, you take it out and the chrono starts running. Please check if you have the correct map.

If you arrive too late for your start, no alterations to your start time will be made !

## Drinks

Free water is available at the finish .In case of hot weather, water will also be available during the races.

## Finish

Competitors must follow the string from the last control to the finish line.

Here the runner has to put his E-card in one of the finish-units. Your time stops runningat this point.

After having crossed the line, runners may not pass other competitors.

You then have to follow the string and put your E-card in the reading-unit , after which you receive a print-out with splittiems. (no disqualify check)

Each runner can keep his map, but we count on your fair-play, so please do not show your map to runners who still have to start.



# Results

The results of each day's competition will be displayed in the finish area.

Final results will be displayed at the CC every evening and can be found on our internet site ([fl4d.hamok.be](http://fl4d.hamok.be)) or by scanning the QR-codes underneath:

Day 1:



Day 2:



Day 3:



Day 4:



## **Prize giving ceremony**

The ceremony will be held at the event on Day 4 : at 14.00 h.  
There are prizes for the first three runners in each category.  
On the arrival of day 4, each competitor will get a souvenir gift.

## **Jury**

Protests must be submitted in writing to the jury, max. 1 hour after the final results. Each protest must be accompanied by a deposit of 5 euro, returnable if the protest is upheld.

Disqualifications : no deposit must be payed for checking the back-up labels.

The jury consists of 3 persons of a different club :

- Peter Foppen - NOLB
- Jean Bredo - FRSO
- Erik Van Dyck - VVO

## Time schedule

	<b>First start</b>	<b>Last start</b>	<b>Course closure</b>
<b>Day 1</b>	14.00	16.00	18.00
<b>Day 2</b>	10.00	12.00	14.00
<b>Day 3</b>	10.00	12.00	14.00
<b>Day 4</b>	10.00	12.00	14.00

## Participants per country

313 athletes are registered at the moment.  
They come out of 17 different countries :

Belgium	21
Netherlands	9
Netherlands	18
France	18
Germany	13
Great Britain	12
Switzerland	7
Ireland	6
Norway	5
Romania	4
Hungary	2
Italy	2
New Zealand	2
Lithuania	1
Denmark	1
Russia	1
Slovakia	1
USA	1

## Competitions

	<b><u>Day 1</u></b>	<b><u>Day 2</u></b>	<b><u>Day 3</u></b>	<b><u>Day4</u></b>
<b>Competition Center</b>	De Kring Schoolstraat 2, Genk	De Kring Schoolstraat 2, Genk	Jeugdkampverblijf Kimpenhof, Laerstraat, 3660 Opglabbeek	Jeugdkampverblijf Kimpenhof, Laerstraat, 3660 Opglabbeek
<b>Start</b>	14.00-16.00	10.00-12.00	10.00-12.00 u	10.00-12.00 u
<b>CC → Δ</b>	600 m	750m	2900 m (parking at 1km)	1700 m
<b>Finish-CC</b>	400m	/	1600m	1000m
<b>Canteen and showers</b>	Canteen	Canteen	Canteen and showers	Canteen and showers

## Recommended Clothing

On day 2 80% of the course is on paved area and 20% unpaved or forest. Keep this in mind on choosing appropriate clothing and shoes.

On the other competition days wearing long protective clothing is recommended (sleeves, pants and gaitors).

## Crossings

During the competitions you will cross some major bicycle tracks. These are well in use, so be careful.

## Forbidden areas

Forbidden areas are clearly marked on the map. Respect these areas. We will monitor this.

## H/D-10

Children in the H/D-10 category may run accompanied. They will be listed separately as H/D-10B. Only children of the H/D-10A category can win the 4-days, but **every** child will receive a price.

Those accompanying a child must run their course first.

Children in the category H/D-10 have a free start, no starting time.

# Distances and controls

With reservation, these are the distances for every course :

Course	Category	Day 1		Day 2		Day 3		Day 4	
		CP	Distance	CP	Distance	CP	Distance	CP	Distance
<b>1</b>	HE	22	6.100	31	8.600	24	10.600	29	10.300
<b>2</b>	DE, H21, H35	20	5.300	31	7.500	19	8.300	28	7.700
<b>3</b>	D21, H-20, H40, H45	21	4.800	23	6.000	20	7.500	25	6.900
<b>4</b>	D-20, D35, H-18, H50	18	4.600	29	5.800	18	6.500	22	6.500
<b>5</b>	D-18, H-16, D40, HB, H55	18	3.700	25	5.300	16	5.900	21	5.700
<b>6</b>	D-16, D45, D50, H-14, H60	15	3.500	22	4.200	13	4.800	18	4.400
<b>7</b>	D-14, DB, D55, D60, H65	16	3.300	16	3.300	12	3.800	15	3.900
<b>8</b>	D65+, H70+	13	2.400	14	2.500	11	2.700	12	3.000
<b>9</b>	D-12, H-12	11	2.200	12	2.700	9	2.600	10	2.200
<b>10</b>	D-10, H-10	10	1.900	13	2.200	7	2.200	8	2.000
<b>11</b>	LD	22	5.500	30	6.800	17	7.200	24	7.400
<b>12</b>	SD	19	3.800	18	4.000	12	3.200	14	4.000
<b>13</b>	ME	13	3.700	22	4.300	15	5.200	15	4.500

## Special IOF symbols

- Opmerkelijke boom / Remarkable tree
- Hulst / Holly tree
- × Stronk / Tree stump
- × Mierenhoop / Ant hill

## Our thanks go out to



Gemeente & Sportdienst Opglabbeek



Stad & sportdienst Genk



Duinengordel



Agentschap voor  
**Natuur en Bos**

Agentschap voor Natuur en Bos