

hamok
100% ORIENTEERING

HAMOK MTBO 3-days
Part of World Masters Series 2023

Bulletin #1

Invitation

15th - 16th - 17th September 2023
Belgium



1. Invitation

Dear all,

On behalf of the orienteering club HAMOK from the Belgian Orienteering Federation, we hereby invite all to take part in the first 3 days of Belgium at Lommel and Kattenbos, in northern-eastern part of Belgium.

We have tried to give the participants a palette of different terrains to ensure that they will experience Belgium 's beautiful nature. Sprint and middle distance in Lommel, with fast route choices but also some tricky areas with sand and lots of tracks. Long distance at Kattenbos, fairly flat and fast with lots of tracks. These 3 races gives you the possibility to try Belgiums first ever 3 day Mountainbike orienteering competitions.

Welcome to Belgium

Event Director

Deijgers Dirk



1. Organisation | Officials

HAMOK – Orienteering Club

Event director : Dirk Deijgers

Mapper : Wim Vervoort

CC : LOMMEL more details later

2. Rules

The Belgian MTBO 3-days will be organized in accordance with the Competition Rules for IOF MTB Orienteering Events, valid from 1st January 2022.

All Competition Rules for IOF MTBO rules are available here:

<https://orienteering.sport/mtbo/competition-rules/>

Riding off track

- In all competitions; sprint, long and middle, riding, running and walking off the tracks will be strictly forbidden. Unless in areas with symbol 824 "open land" (orange) or symbol 826 "rough open land" (orange with white dots)

Controls situated outside paths/tracks

- Controls can occur outside the tracks in the permitted areas.

3. Program

		Distance from EC	Starttimes
Friday 15th SEP	SPRINT		16h - 18h
Saturday 16th SEP	LONG		12h - 14h
Sunday 17th SEP	MIDDLE		10h - 12h

4. Stages | Maps details | Map samples | Terrain description

All maps are produced in accordance with the International Standard for Mountain Bike Orienteering Maps ISMTBOM 2022.

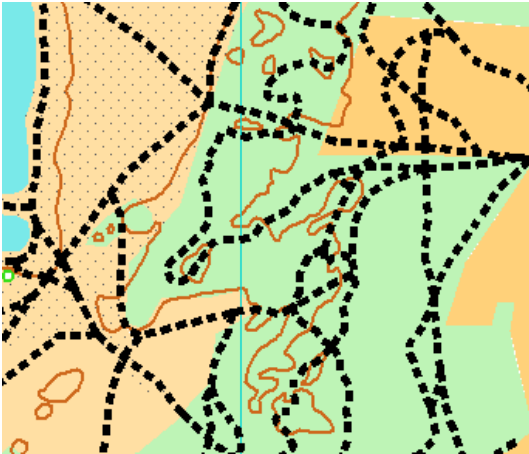
Stage 1: 15th of September Sprint

Lommel

Map scale: 1/7500 , *Contours:* 2,5 m.

Course setter : Wim Vervoort

Terrain: Lots of tracks and sand. Some sanddunes.



Map still under construction

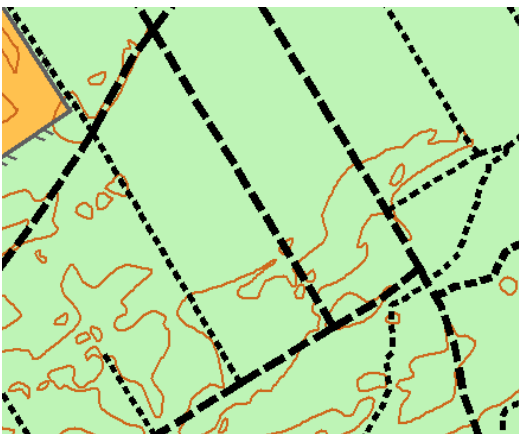
Stage 2: 16th of September Long distance. Part of the World Master Series

Kattenbos

Map scale: 1/15000 for ME and WE, 1/10000 for other classes, *contours:* 5 m.

Course setter : Johan Claes

Terrain: Typical Belgian terrain with long gravel roads. Fast terrain.



Map under construction

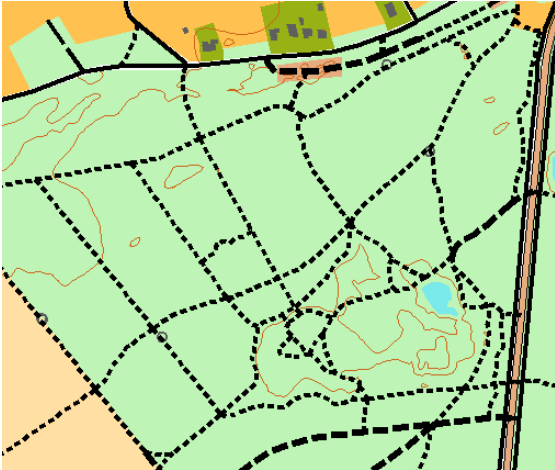
Stage 3: 17th of September Middle distance. Part of the World Master Series

Lommel

Map scale: 1:10000 contours: 5 m.

Course setter : Sam Deferm

Terrain: Lots of tracks and sand. Some sanddunes.



Map under construction

5. Time keeping system

SPORTident AIR will be used in all competitions.

The maximum working range is 50 cm.

Rental of SI is possible

6. Classes & Courses

Course	Class	Distance			Controls	Mapchange
		Sprint	Long	Middle		
1	ME					
2	WE					
3	M-18, M-20, M35, M40, M45					
4	W-18, W-20, M50, M55					
5	M-16, W35, W40, W45, M60, M65					
6	W-16, W50, W55, W60, W65, W70, M70, W75, M75, W80, M80					
7	W-14, M-14					
8	W-12, M-12					

W/M35, 40, 45, 50, 55, 60, 65, 70, 75, 80 **World Masters Series**

Competitors participate at their own risk. Third party insurance and personal injury insurance is compulsory and shall be the responsibility of their federation or themselves, according to national regulations.

7. Entries

Foreign participants have to use Orienteeringonline
Belgian participants use O-Punch.

	Fee	
	< August 20th	< 01st of September
All 3 races	45 Euro	55 Euro
Only 2 x World Masters Series	35 Euro	45 Euro
Single race	20 Euro	25 Euro
SI Rental	2 Euro	2 Euro

Banking details :

vzw HAMOK
IBAN : BE68 4581 0482 3134

Late entries

Late entries/withdrawals will be accepted between August 20th and the 01st of September.

After the 01st of September entries will not be accepted.

8. Accommodation

Visit <https://toerismelommel.be/overnachten> for accommodation and campings.
No camping allowed at the competition centre.

9. More information

Facebook

MTBO Belgium

Bulletins

- #2 will be published in May 2023.
- #3 will be published 01 September 2023.

***We are very much looking forward hosting the
Belgian MTBO 3-days 2023
See you in Belgium***