

18-19th April 2009  
Arlon



BELGIAN  
CLUBS  
RELAY



→ **Saturday 18th April 2009**  
Training and Middle Distance

→ **Sunday 19th April 2009**  
Belgian Clubs Relay

**The Club Event of the year in Belgium...** not to be missed!  
3 orienteering races to take advantage of the great terrains around Arlon, which were mapped by O. Kotylo and B. Stramyk (UKR).



**ABSO / BVOS**  
Organisation : ASUB Orientation asbl  
[www.asub-orientation.org](http://www.asub-orientation.org)



Informations en français sur le site / Nederlandstalige informatie op de website



## Saturday 18th April

### TRAINING

Map : Lagland - Les Hazelles  
Course setting : Jean-Baptiste Colomb  
[Access to the network of controls](#)  
from 10.00 am to 1.00 pm  
Entry fees : 2€  
Road signs on the N82  
(E411 exit 31, direction of Virton)

### MIDDLE DISTANCE

Map : La Rouge Eau  
Course setting : Quentin de Neyer  
**Belgian Elite Ranking Event**  
3 courses : **3 km / 4,5 km / 6 km**  
Free start from 2.30 pm to 4.00 pm  
On the day entries (event centre open from 1.30 pm)  
Entry fees : 3€ (-18) / 5€ (+18)  
Road signs from Chantemelle's church

## Accommodation from 18th to 19th April

Possibility to stay at the «Centre Sportif de l'Hydrion» in Arlon (bedrooms, camping or caravanning, supper and breakfast) : see the different options on [www.asub-orientation.org](http://www.asub-orientation.org).  
You'll be able to tune up your relay strategies there too, at our «event pub».

## Sunday 19th April – BELGIAN CLUBS RELAY

Map : Lagland - Trou du Loup  
Course setting : Jean-Noël Debehogne  
Controllers : Christophe Bernard (ASUB) and Ernest Peltier (ABS0)

### Team composition (extract of ABSO rules) :

- ~ 6 runners, members of the same club
- ~ at least two women
- ~ at least one M or W-10/-12/-14/-16
- ~ at least two M or W40+, from which at least one M or W50+

The teams who do not meet these criteria are welcome but will not be classified for the trophy. If you'd like to participate to the relay but are not part of a team, you can contact us and we will try to integrate you in a mixed team.

### Courses of the relay

1: 5 km (35') / 2: 7 km (45') / 3: 3 km (25') / 4: 5 km (35') / 5: 3 km (25') / 6: 7 km (45')

**Timetable** : 8.30 am : opening event centre - 9.30 am : mass start

1.00 pm : arrival of the winners - 1.45 pm : prize giving ceremony

**Individual courses** (with registration on the day) : LE - LD (7 km) / SE - SD (4 km)

String course for small children / Walking courses (4 / 7 km)

**Entry fees** : 30€/team / individual courses : 3€ (-18) / 5€ (+18)

**Drinks and snacks / Club tents welcome** (no changing rooms)

Speaker and radio controls

Road signs from Vance on N83

Parking - event center : 800 m

*All maps made by O. Kotylo and B. Stramyk (1 : 10 000 / 5 m / 2007 updated winter 2009)*

We are working hard to provide you with a high quality orienteering week-end : maps, courses and an exciting race on Sunday thanks to our speakers and two spectator controls.

## Registration

**Training / Middle distance** : number of runners per club before April 3rd

**Accommodation / meals** : reservation before April 3rd (see options on the website)

**Belgian Clubs Relay** : number of teams before April 3rd

Nominal composition at the latest on Saturday 18th April at 4.00 pm

**More information and registration : [www.asub-orientation.org](http://www.asub-orientation.org)**