

Junior European Cup

Arlon - Belgium

BULLETIN 2

Saturday 30.08.2008 : Middle Distance

Sunday 31.08.2008 : Long Distance

Monday 01.09.2008 - Relay



- **Organisation**

FRSO (Fédération Régionale des Sports d'Orientation)
 31 avenue Général Bernheim - 1040 Bruxelles - Belgium
 Tel/fax : +32 2 640 69 22 - E-mail : catherine@frso.be

Event director: Jean-Noël Debehogne
 JEC2008 administration office: Catherine Dickburt
 The Jury composition will be displayed at the Event and Competition Centres

- **Event Centre and Accommodation**

« Centre ADEPS de l'Hydrion »
 Rue de l'Hydrion, 108
 6700 Arlon - Belgium

All teams must have paid any remaining payment before they can collect their team bags. The JEC2008 administration office will deal with all enquiries.

- **Participants**

The Junior European Cup is open to national teams of competitors not older than 20 years on December 30th, 2008.

- **Classes**

Middle/Long distance races: W18, W20, M18, M20
 Number of competitors: max 6 competitors/national team in each class

Relay: Women, Men
 Number of relay teams: max 2 men's and 2 women's teams/nation

Officials: max 6 officials/national team

- **Entries**

Entries JEC2008 - 27 08 2008							
	W18	M18	W20	M20	Officials	Total	
Austria	0	1	0	5	2	8	
Belarus	0	0	0	1	0	1	
Belgium	3	4	1	2	3	13	
Croatia	0	1	0	0	1	2	
Czech Republic	3	3	3	3	2	14	
France	4	6	1	3	2	16	
Germany	1	4	0	1	2	8	
Ireland	0	3	0	4	2	9	
Latvia	0	2	0	2	1	5	
Russia	6	4	6	4	3	23	
Spain	1	3	1	1	1	7	
Switzerland	6	6	3	3	4	22	
Total	24	37	15	29	23	128	

- **Electronic Punching System**

EMIT punching system will be used for all JEC races. EMIT cards will be provided on request. They need to be returned to the competition centre after the last race.

- **Bib numbers**

Bib numbers will be used for all competitions and need to be displayed by competitors on the chest. They will be distributed to the team leaders upon arrival for the middle race and at the team leaders' meetings for the long race and the relay

- **Programme**

Saturday 30th August 2008

09.30 - 11.30	Event Centre open, distribution of information packs, training maps, and lunch packets
10.30 - 14.30	Training possibility, access from the assembly area of the Middle Distance race
12.00 - 16.30	Competition Office open at the Middle Distance location
13.00 - 14.30	Start Middle Distance race
19.00	Dinner
19.45	Team Leader Meeting
21.00	Prize giving ceremony Middle Distance

Sunday 31st August 2008

07.00 - 08.30	Breakfast
09.00 - 14.00	Competition Office open at the Long Distance location
09.30 - 11.00	Start Long Distance race
12.00	Lunch packets ready for pick up by team leaders at the competition office
17.30	Team Leader Meeting
19.00	Dinner
21.00	Prize giving ceremony Long Distance

Monday 1st September 2008

06.30 - 08.00	Breakfast
08.30 - 12.30	Competition Office open at the Relay location
09.30	Start Relay Men
09.45	Start Relay Women
13.00	Lunch at the Hydrion Sports Centre
14.00	Prize giving ceremony Relay

- **Maps and terrain description**

Maps: IOF norms - Autumn 2007 - Spring 2008 - 1:10000 - contour interval 5 m.
Map makers: Orest KOTYLO and Bogdan STRAMYK

Terrains will be similar to those used for the 3 days of Belgium 2008. See map extracts in annex. They present some steep valleys and numerous small contour details, mostly old charcoal burning places. The vegetation is very detailed; and varies strongly from place to place. Visibility and runnability can thus change quickly along the races, open forests sections alternating with sections presenting a thicker vegetation.

Old maps will be displayed at the event centre /competition office.



JEC 2008 - Saturday 30th August - Training & middle distance

TRAINING

Map: « La Rouge Eau », scale 1:10000, contour interval 5 m.

Map maker: Bogdan STRAMYK, September - November 2007, updated April 2008.

Course setter: Christophe BERNARD

Map and control descriptions will be handed out at the event centre upon arrival of the teams (in team bags).

The assembly point is the finish area of the middle distance.

No course, but a network of 14 controls in the forest.

Controls are Emit-equipped, but no computer nor splits print facility.

Terrain:

This mainly deciduous forest is very similar to the middle distance forest, with a lot of vegetation variations and a lot of charcoal burning places.

Start and warm-up:

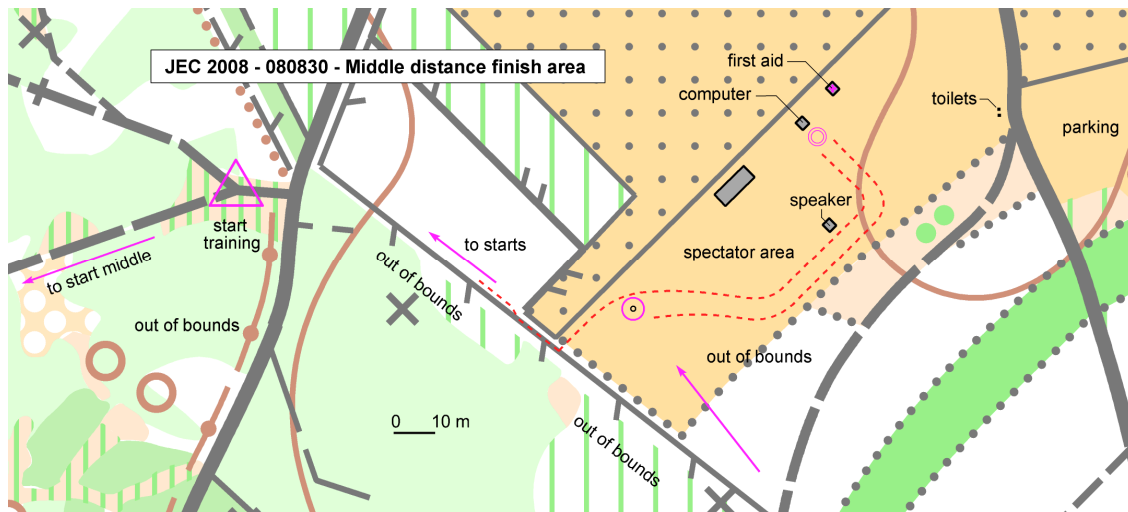
Start 250 m from the finish area.

Free start from 10.30 am to 2.30 pm.

The training map can also be used as warm-up map for the middle distance, as the way to the middle distance start goes through the south border of the map.

Out of bounds area:

The forest outside the warm up map is strictly out of bounds.



MIDDLE

Map: « La Rouge Eau », scale 1 :10000, contour interval 5 m.

Map maker: Bogdan STRAMYK, September - November 2007, revision August 2008.

Course setter: Christophe BERNARD

Controller: Alain MAZY

Class (course)	Length	Climbing	Controls
W-18 (1)	3260 m	50 m	13
W-20 (2)	3570 m	65 m	15
M-18 (3)	4270 m	85 m	15
M-20 (4)	4620 m	90 m	18

Distance finish - start: **1700 m**

First start: 1.00 pm - last start 2.30 pm

Warm up map: see above (training)

Map printed on waterproof thermally plastified paper.

Control descriptions are handed out at the welcome desk with team bags, and are also printed on the map.

No refreshment during the race. Water is available in the finish area.

Terrain:

Mainly deciduous forest with detailed vegetation and a lot of small relief elements (charcoal burning places). Runnability varies from fast to low in some green parts. A steep valley spans the forest. The network of pathways and tracks is dense.

Intensive forest work causes some new tracks and open areas.

Be careful : just after the penultimate control you must pass a **small electrical fence** (70 cm high). It will be marked with red-white tape.

- **Starting procedure for the middle and long distance events:**

Competitors will receive through their team leaders a **bib number** (which needs to be displayed on the competitor's chest) and an **Emit back-up label** (which needs to be fixed to the Emit card); these back-up labels will show the names of each competitor and need to be replaced for each competition.

Controls description will be distributed to team leaders at the event centre upon the teams' arrival for the middle distance event and at the *team leaders' meeting* for the long distance event. **Do not forget to take them with you as there will be no control descriptions available in the start area.**

All necessary and last minute information will be displayed in the start area. An example of control with the Emit punching system will also be present in the start area (for competitors not familiar with the system).

The competitor comes to the pre-starting box 2 minutes before his/her real start time.

One minute before start, the runner comes into the starting box, up to the level of the maps box displaying the number of his/her course.

Five seconds before the start, **the competitor needs to place his Emit card firmly on the Emit starting unit.**

The start is indicated by a series of beeps from a clock. At the last beep, the competitor takes the map and starts. The runner follows a marked route to the start point which is indicated by a control flag on the terrain and a triangle on the map, **it is compulsory to follow this marked route to the start control completely.**

Be there on time! If a competitor is late, there will be no modification of the start time. Latecomers will have to follow the instructions of the organisers, who will integrate them into the start procedure when possible.

JEC 2008 - Sunday 31st August - long distance
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Map: « Lagland - Le Ton », scale 1:10000, contour interval 5 m.

Map maker: Orest KOTYLO, September - November 2007, revision August 2008.

Course setter: Hubert BASTIN

Controller: Christophe BERNARD

Class (course)	Length	Climbing	Controls
W-18 (1)	6320 m	100 m	20
W-20 (2)	7220 m	110 m	21
M-18 (3)	9760 m	165 m	27
M-20 (4)	10700 m	160 m	30

Team leaders need to bring their athletes to the start area by car; this area is not reachable by foot from the assembly area. The team leaders will be informed about access to the start area at the TLM. There is a warm up area with map foreseen.

A clothes transfer will be organized from the start to the assembly area.

First start : 09.30 - last start 11.00

Map printed on waterproof thermally plastified paper.

Control descriptions will be handed out at the event centre with team bags, and are also printed on the map.

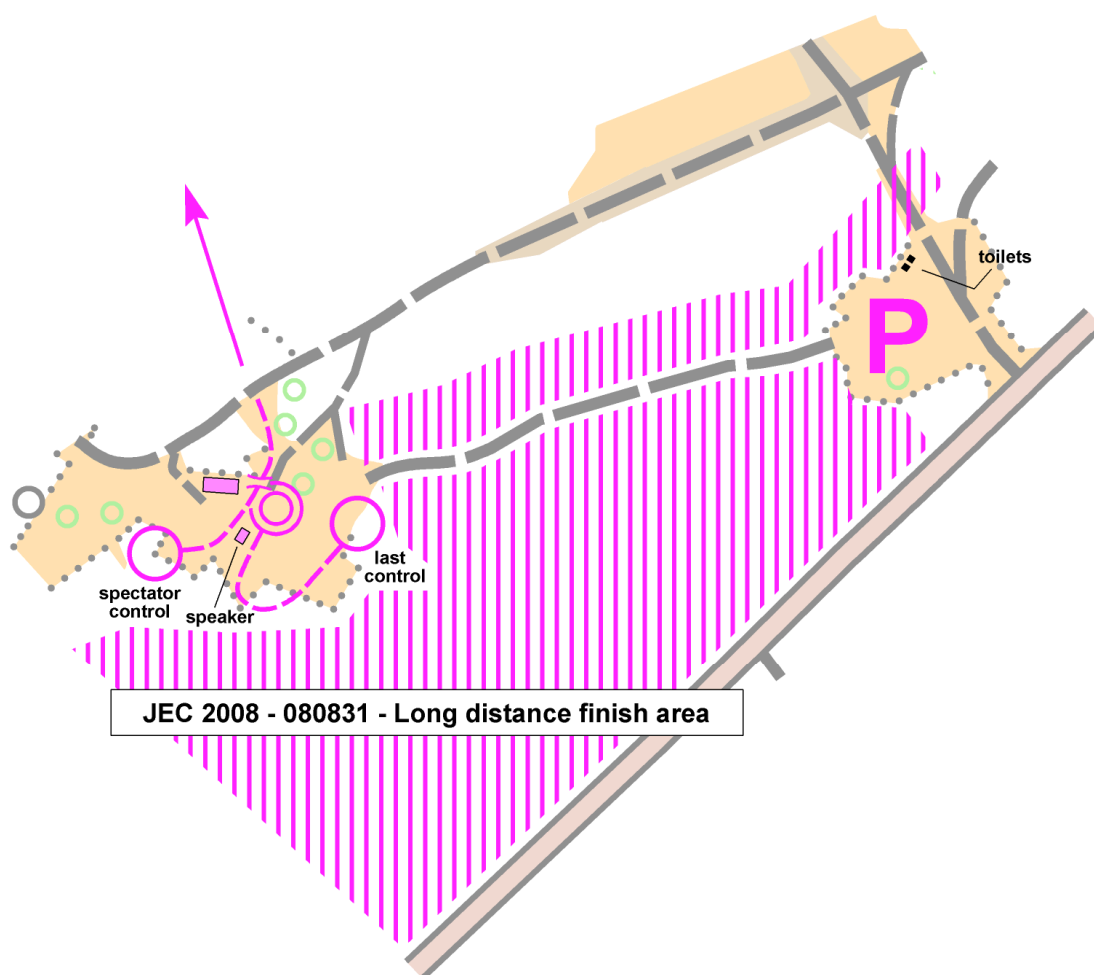
There will be a refreshment during the race (roughly at mid distance).

There will be a spectator control, about 1 km before the finish.

Terrain:

The terrain presents some valleys and numerous small contour details, mostly old charcoal burning places. The vegetation is very detailed; and varies strongly from place to place. Visibility and runnability can thus change quickly along the races, open forests sections alternating with sections presenting a thicker vegetation.

Finish area:



JEC 2008 - Monday 1st September - Relay

Map: « Trou du Loup », scale 1 :10000, contour interval 5 m.

Map maker: Orest Kotylo, September - November 2007, revision August 2008.

Course setter: Alain MAZY

Controller: Hubert BASTIN

Class (course)	Length	Controls	Expected running time
Women	3 X 4200 m	16	25-30' per leg
Men	3 X 5100 m	20-21	25-30' per leg

Massa start :

Men: 9.30 am

Women: 9.45 am

Paper Map protected with a plastic bag.

Control descriptions are printed on the map.

The runners pass twice in the finish area:

For the men's race:

- there is a spectator control in the finish area after 2600m. It is followed by a marked route.
- there is a control near the finish area after 4100m followed by a marked route going through the finish area. Spectators are not allowed near the control.

For the women's race:

- spectator control after 1700m
- marked route through finish area after 3200m

No refreshments during the race. Water is available in the finish area.

Parking, start, finish and toilets at CC.

Warm-up map with 5 controls at 800m from the CC.

You are not allowed to leave the track leading to the warm-up area or to go outside the bounds of the warm-up map.

Terrain:

Very fast terrain. Mostly deciduous forest. Slow height variation (maximum 30 meters).

One small area with very detailed contours. The same kind of area can be found on the warm-up map.

Start, relay and finish procedures:

Start:

- Runners must reset their Emit before entering the start area.
- A corridor leads to the start triangle inside the forest.

Relay:

At the end of their races, the first and second runners must:

- touch the hand of the next runner of their team

- punch the Emit control that is right after the finish line
- give their map to the official
- follow the corridor to the computer to download their Emit

Before starting their races, the second and third runners must:

- reset their Emit before entering the start area.
- wait for the previous runner to touch their hand

At the beginning of their races, the second and third runners must:

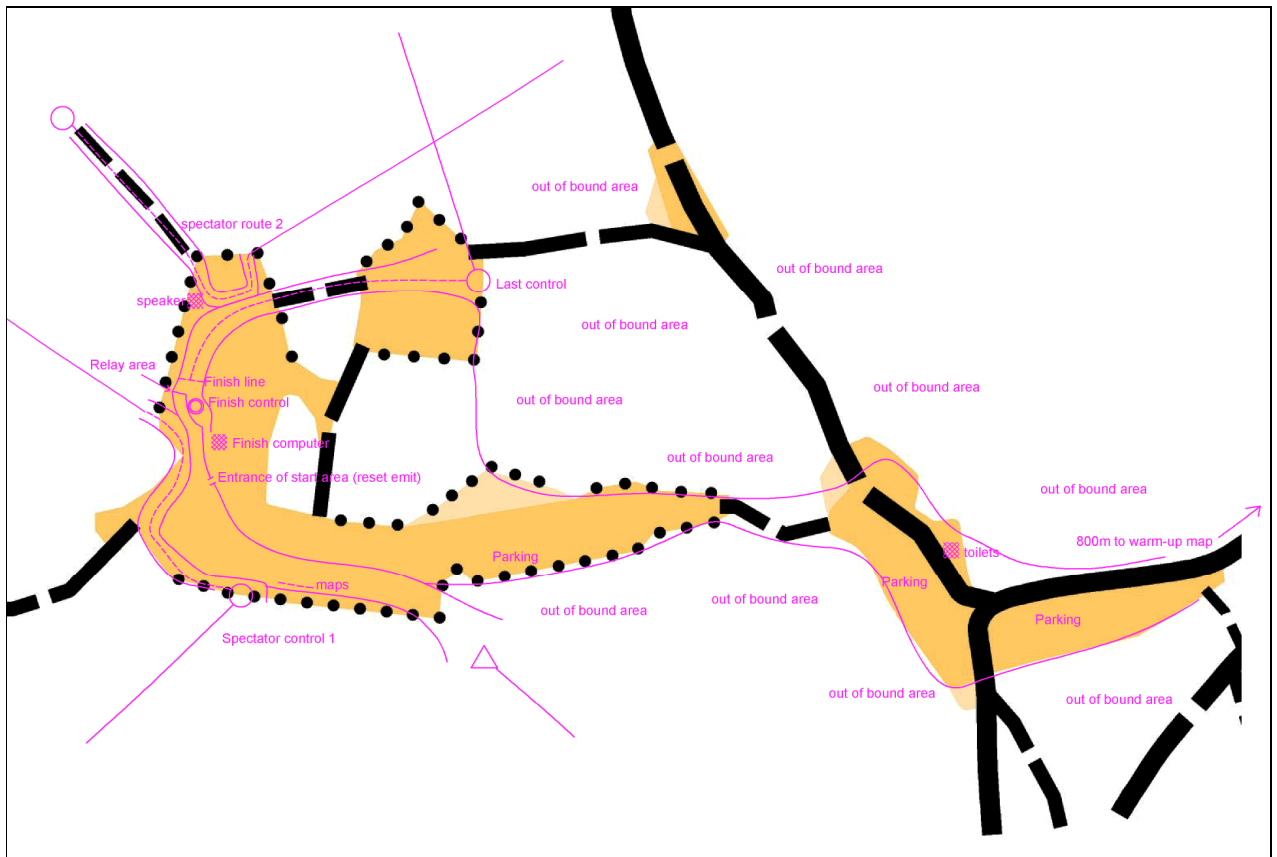
- pick up their map themselves.
- runners are responsible for picking up the correct map.

Finish:

At the end of his/her race, the third runner must:

- cross the finish line
- punch the Emit control that is right after the finish line
- give his/her map to the official
- follow the corridor to the computer to download the Emit

In case of close grouping at the finish of the race, the crossing of the finish line will define the ranking, not the punching of the Emit control after the finish line.



Situation map



▪ **Remerciements - Thanks to**

Monsieur Michel DAERDEN, Ministre des Sports de la Communauté Française de Belgique

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Monsieur Philippe GREISCH, Député Permanent "Sports" de la province de Luxembourg

Monsieur René COLLIN, Député Permanent "Tourisme" de la province de Luxembourg

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Monsieur Daniel ADAM, Directeur du Centre ADEPS de l'Hydrion à Arlon

Monsieur Daniel Stephany, Centre de Conseil du Sport ADEPS de la Province de Luxembourg

les clubs FRSO pour la mise à disposition de leur matériel

la cinquantaine de bénévoles issus de l'ensemble des clubs FRSO