



3 Days of Belgium

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Welcome

Organizing Club Message

ASUB Orientation is very happy to welcome you to these 3 Days of Belgium Orienteering in the area of Neufchâteau and Herbeumont well known for the lovely countryside sculpted by the river Semois.

It's been 3 years now that a team mainly composed of young members is busy with preparations. They are proposing courses based on several new maps where technicality is emphasized which is most important to them. We hope that you, participants, will appreciate choices and difficulties offered by our terrains full of details with, especially on Day 3, steepy forestland.

On Day 3, two other events will take place: Firstly, An Orienteering Family Raid, an orienteering race for Teams of 2 to 6 where competition is secondary to discovering Orienteering in a family spirit. The second event will be a novelty in Belgium, an orienteering Trail. The purpose is to bring the ever growing public of Trail runners to orienteering.

Our Team of volunteers will be at your service to help you live a great experience during these 3 Days of Belgium 2016.

In the name of ASUB Orientation, I would like to thank the towns of Neufchâteau and Herbeumont, as well as the Department of Nature and Forest, in permitting us to prepare this Orienteering competition.

Christophe Amerijckx

Chairman of ASUB Orientation



FRSO Chairman Message

Dear Orienteering Friends,

Let me welcome you in Belgium at Neufchâteau and Herbeumont, in the heart of the Ardenne Region. These 3 Days of Belgium will follow in the same spirit as previous editions and provide wonderful varied terrain you will enjoy thanks to the expert skills of our organizers.

I've been able to see how hard they've worked to make this a successful competition both friendly and festive.

Luxembourg province is a welcoming land. This is quite true. I'm sure you will appreciate the local hospitality and efforts the organizing Team have provided to make your stay a total success.

After the race, enjoy the many touristic attractions available in the area: before going back to your accommodation, do not forget to taste the local gastronomy and beers.

As sadly all competitions come to an end, I will already wish you a safe trip back home with a boot load of medals and great memories of this welcoming region.

Jacques Hofmans

FRSO Chairman

ABS0-BV0S Chairman Message.

Dear Orienteering Friends,

Welcome to Belgium, heart of Europe, and welcome in the south of our beautiful province of Luxembourg.

What a good choice you have made of coming to this country which has recently suffered sad events and could give the impression of not being hospitable.

During these 3 Days of Belgium, it will be quite the opposite: all has been done to make you feel great before, during and after the competition. May these 3 days become a festival of sport, but also friendship and conviviality.

In the name of the Belgian Orienteering Sport Association, I wish success to all participants, organizers and collaborators.

Marc Van Bruggen

ABS0-BV0S Chairman

Message by Mister Mayor of Neufchâteau

It is with great pleasure that the town of Neufchâteau welcomes these 14, 15 and 16 May 2016 the 3 Days of Belgium Orienteering.

The development and creation of new sports facilities in a beautiful region are key to being able to welcome Sportsmen and Sportswomen of different disciplines all year round.

In a beautiful environment, the 'vallée du lac', the Ospot woods, these impressive deciduous forests offer a great playing ground to hikers, runners, mountain-bikers... This rural land will provide you with extraordinary and beautiful footpaths.

Enjoy these magical moments and come back with other wishes of discoveries, with family and friends. Accommodations are available all across town.

The Sports town of Neufchâteau welcomes you!

Dimitri Fourny - Deputy-Mayor

Message by Misses Mayor of Herbeumont.

Sports friend, hello and welcome to Herbeumont (Arbûmont in Walloon), a typical Belgian Ardenne village located in the province of Luxembourg.

It is crossed by the Semois River and is located in the heart of the forest. It is a calm and peaceful place with a rich architectural heritage and beautiful landscape. The Castle located on a steepy hill to the south-west of the village is classified as part of the Wallonia Major Heritage.

The railway line 163A (Bertrix-Muno), built in part to serve the slate industry in the region in its heyday, was closed in 1972. Its path, today part of the Pré-Ravel path, is spectacular and includes several art structures including a viaduct 120 meters long and over 35 meters high. This part of the Ravel is called the 'Path of the talking Stones', a tribute to the rich history of schist extraction and slate manufacturing.

It is the place for outdoor activities: hiking paths, running races, mountainbike trails, run and bike, horse riding are already quite popular. Orienteering is less known but obviously has its palce in our beautiful village. No doubt that participants will enjoy the virgin nature, the crossing of our woods and the feeling of space offered by our area.

Good race and especially a lot of pleasure in taking part in all proposed activities. Keep a good eye on your compass!

Sportive Regards,

Catherine Mathelin.

Mayor of Herbeumont

General information

Event Centre

The « ADEPS du Lac » sports centre at Neufchâteau.

Address : Cheravoie 2
6840 Neufchâteau
Phone number: +32 61 27 79 01

Main program

Friday 13 May	PM	Training at Grandvoir
Saturday 14 May	AM	Training at Grandvoir
	PM	1st stage – Long distance at Nolinfaing
Sunday 15 May	AM	2nd stage – Middle distance at Nolinfaing (WRE)
Monday 16 May	AM	3rd stage – Long distance at Herbeumont

When you arrive

The competitors, through their club delegates, will receive at the reception:

- the EMIT back-ups, the bibs and the control definitions;
- the EMIT chips (only if rented);
- the competitions program;
- the vouchers for the housing and the food (only for people registered);
- the touristic brochures.

Don't forget the caution for rent of the EMIT chips (50€ chip).

The bibs will not be distributed to people who didn't pay their registration.

Info desk schedule

The info desk team is there to answer all your questions.

Opening time

Friday 13 May	Event centre	10:00 AM to 10:00 PM
Saturday 14 May	Event centre	09:00 AM to 11:00 AM (only for the training and the housing)
	Arena	11:00 AM to 5:00 PM
	Event Centre	5:30 PM to 7:30 PM
Sunday 15 May	Arena	07:00 AM to 1:00 PM
	Event Centre	5:30 PM to 7:30 PM
Monday 16 May	Arena	07:00 AM to 2:00 PM

Accommodation at the Event Centre

The club delegates will receive all the information regarding the accommodation at the Event Centre. Food vouchers will also be distributed for reserved meals (to be presented at the restaurant entrance).

Meal times:

	Breakfast	Dinner
Friday 13 May	-	7:00 to 7:45 PM
Saturday 14 May	8:00 to 9:00 AM	7:00 to 7:45 PM
Sunday 15 May	7:00 to 8:00 AM	7:00 to 7:45 PM
Monday 16 May	6:00 to 7:00 AM	-

Bar

Every day, local beers, soft drinks and small catering will be proposed at the arena bar.

Beers and soft drinks will also be available at the Event Centre.

Friday 13 May	5:00 PM to 10:00 PM
Saturday 14 May	6:00 PM to 10:00 PM
Sunday 15 May	2:30 PM to 11:00 PM

The start times will be available at the bar. Results and pictures of the day will be also displayed over there.

ATM

You can withdraw cash at an ATM in Neufchâteau. Cash is needed for the caution of the EMIT chips (50€/chip) and drinks at the bar.

Parking

Each arena has its own parking. Follow the organizers' instructions to optimize the space.

Please, take note that during the 1st and 2nd stages you will have to walk a minimum of 1,2km to reach the starting point. Plan ahead.

Signposting

Signposting will guide you

From the Event Centre to the 1st and 2nd stages.

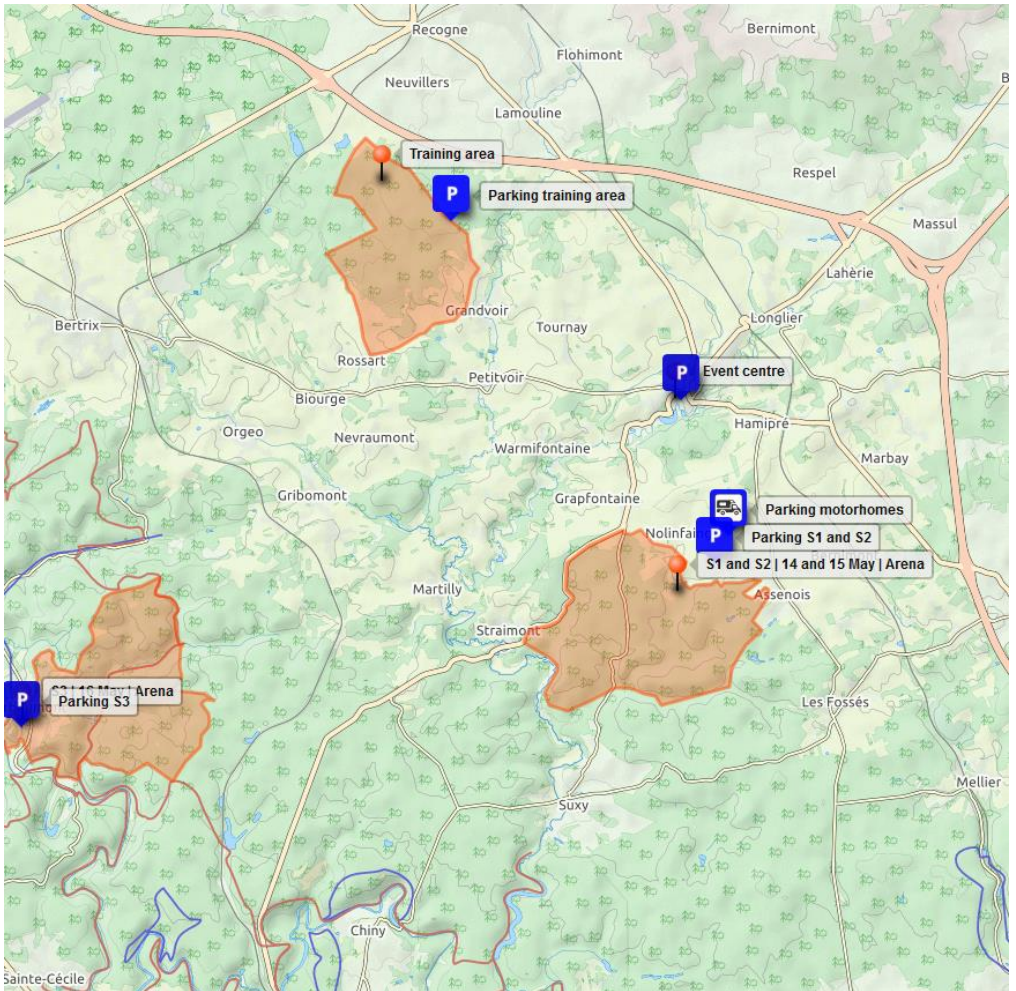
From the Herbeumont village centre to the 3rd stage.

Stages location

The map below indicates the location of the different stages as well as the training area.

For more information on how to access these places, check our website:

2016.3days.be



Nursery – String race (for children)

Free nursery will be accessible at the reception area of each stage. May we ask you to register to the nursery beforehand? For last minute registration, contact on-site the nursery staff.

Children are invited to participate to a free String race.

Fun O'Club

The Fun O'Club is back this year for even more fun! In addition to entertainments on the arenas, the fun O'Club staff invites you every day to the additional events.

Program:

Friday 13 May	8:00 PM to 9:00 PM*	Welcome glass
Saturday 14 May	9:00 PM to 10:00 PM*	Quiz
Sunday 15 May	3:00 PM to 6:00 PM	Special Beer-O race
	9:00 PM to 11:00 PM*	Party

*the bar is open before the activities. Check the above bar schedule.



Sustainable development

Since a few years, the ASUB orienteering club tries to reduce the impact of its events on the environment. In order to achieve this, your cooperation is essential. Please note that:



The litter of the dry toilets will be recovered and used as fertilizers.



Each arena has its own sorting centre. The organizers can help you to choose the right bin.

un Sport
pour ma **Vert Planète**



Potato starch reusable chips !



Lots of local products : Orval, « chestrolaises » sausages, 4 Châteaux beer, Maitrank, ...



Reusable glasses will drastically reduce our consumption of fossil fuel.

Thank you to leave the reusable glasses in the dedicated containers to allow us giving them back to the private company to which we rent the glasses.

Waste sorting

Each arena has its own sorting centre. Thank you to correctly sort the bellow items:

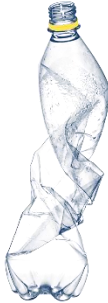
Cans



Colored plastic bottles



Clear plastic bottles



Organic waste

Tetra bricks



Remaining waste for which you couldn't find an appropriate container

Technical information

Electronic punching system

The system used will be Emit.

You are kindly asked to attach the back-up on the back of your badge. In case of (electronic) failure of your badge it is possible to check on this slip which controls you have punched during the race.

Warning : No back-up = no start!

A deposit of 50 € per badge will be asked at registration. Do not forget to bring enough money with you.



Start

Participants are called 3 minutes before their start time.

Your club coordinator will have your back-ups. Do not forget them as they will not be available at the starting area.

M/W – 10 : M/W-10 have open starts. Present yourself at the start area. Intervals of 3 minutes will be kept between starts. Parents who wish to run with their children are allowed to (H/W-10s) but **only after their own race.**

Stage 1 : There will be two start areas, depending on the chosen course. Please be watchfull at the fork seperating both starts.

Start 1

M-16, M-18, M-20, M21, ME,
M35, MB, M40, M45, M50, M55,
W-20, W21, WE, W35

Start 2

All others

Latecomers

If you arrive too late at the start, presnet yourself immediately. Follow the instructions of the organisers. You will get your start whenever it is deemed appropriate.

Controls description

You will get the control description sheets in your club envelope together with your race number. They will not be available at the arena or the start area. On the other hand, they will be printed on the maps.

Finish line

The competitors get to keep their maps after the race. We ask you all to be fair-play: do not show your map to competitors who haven't run yet.

!Attention !

For stages 1 and 2 there will be two seperate “last controls”and two distinct arrival corridors for

- runners registered for the 3 days
- runners registering during the event

Runners punching the wrong last control will automatically be disqualified.

Please drop your reusable cups in the dedicated box at the exit of the finish zone.

Results and prize giving

Provisory displayed at the arrival area. Final results will be displayed at the Event Centre in the evening of each leg.

A prize giving ceremony will be held at the arrival area on Monday 16th May at 13:30 for the 3 first runners each class.

Jury – Complaints

All complaints need to be made at the Infodesk.

- About the race: Before the courses of the stage are closed if are closed Those concerning the the race need to be made to the infodesk, at the arena, before the courses of the stage are closed
- About the results (times, declassifications): withing the hour after finishing the race.

For stage two, IOF rules for WRE apply for complaints (articles 27 and 28).

The jury members are :

Bruno Haberkorn (FR - ADOC)

Wim Vervoort (BE- TROL)

Aline Hermans (BE - COLg)

Schedule of races

First start	Closing of controls
Leg 1 13:00	18:30
Leg 2 9:00	14:30
Leg 3 8:00	14:30

Ticks

Beware: You'll be running in tick area's. Take necessary precautions.

Non-IOF symbols

Small terrace	○	Brown circle
Treestump	X	Black cross

Discovery

Several discovery courses are available during the 3 Days: Hike-Orienteering, OrientTRAIL, long and short discovery orienteering races... Check out the possibilities at the Infodesk.

Model Event

Schedule

The model event is

Friday May 13th

13:00 till 20:00*

Saturday May 14th

10:00 till 12:00*

* Don't forget to get your map (3€/map) at the Event Center

Map

Grandvoir Scale: 1/10 000 or 1/15 000 Contour Interval: 5 m

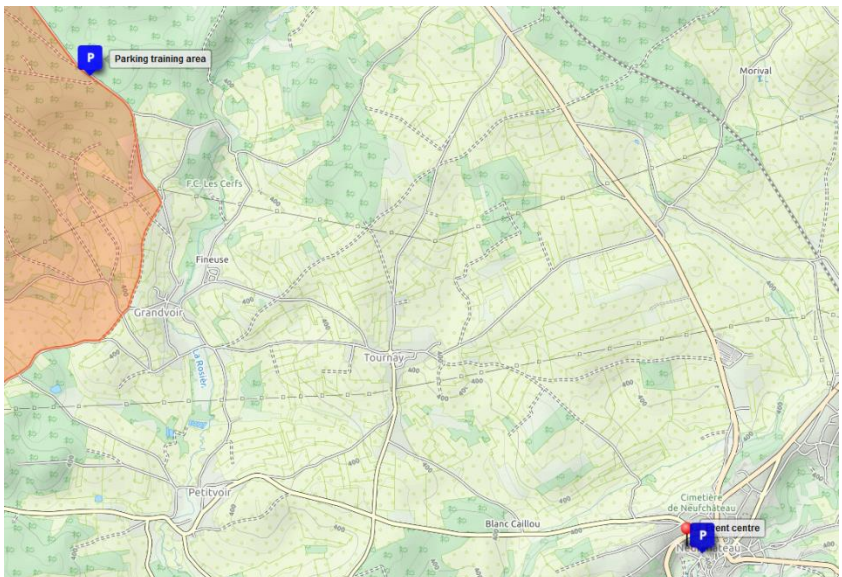
Mapmakers : Pavel Ivanov

Terrain

The terrain (at less than 10 km of the Event Center) offers good visibility is crossed by a few very wide valleys. Each map shows courses of 4 and 6 km as well as a network of free controls.

Course setter - controller:

Catherine Hoofd - Christophe BERNARD



Stage 1 – Long Distance

Map

Nolinfaing - Les Fossés

Scale : 1/7 500 ou 1/10 000 ou 1/15 000 Interval : 5 m

Mapmaker: Marian COTIRTA & Marius ANGHEL

Course setter - controller

Tarmo Kuub – Thierry Lamury

Terrain

The map for the first day is composed for 50% of the old map of Suxy - Les Fossés, that hasn't been used since 1985, and for the other half of completely new terrain. Although it's exclusively woodland, the terrain is suprisingly variable.

The north part of the forest has a gentle relief and is very runnable with detailed vegetation that is often difficult to distinguish. There are many paths (sometimes not clear) and lots of small knolls and small terraces (charbonnière in French).

The south part of the forest is split by two large clear valleys with steep slopes. There are many orographic elements, and paths, some rocky outcrops, and detailed vegetation.

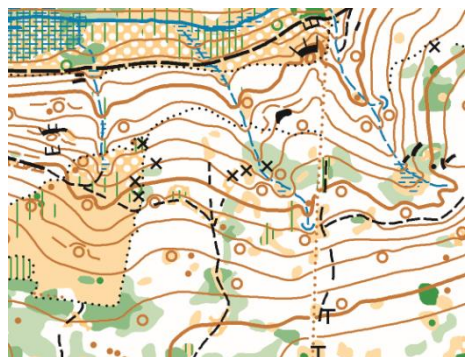
Starts

13 : 00 - 16 : 00

Distance Arena – Start

Start 1 : 1 400 m

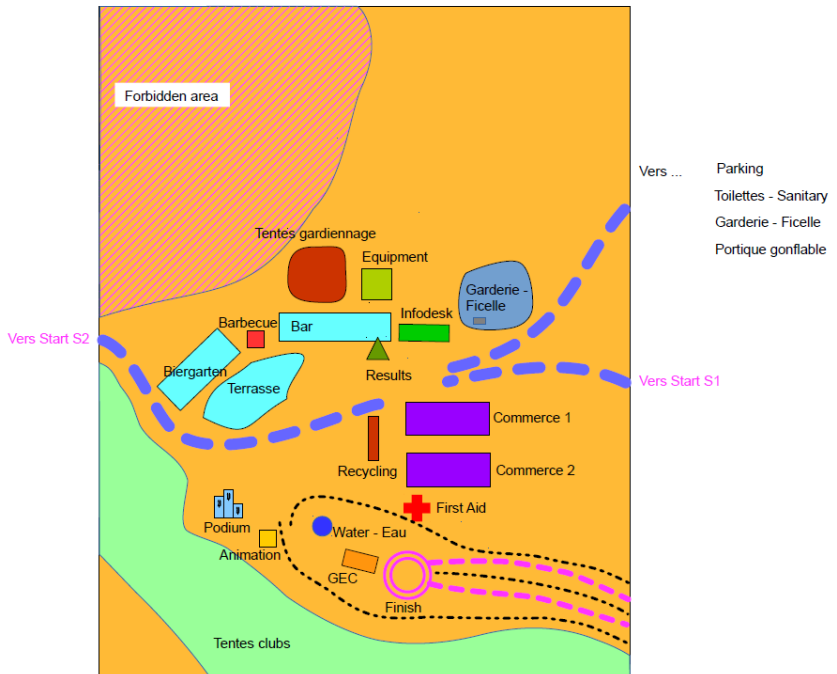
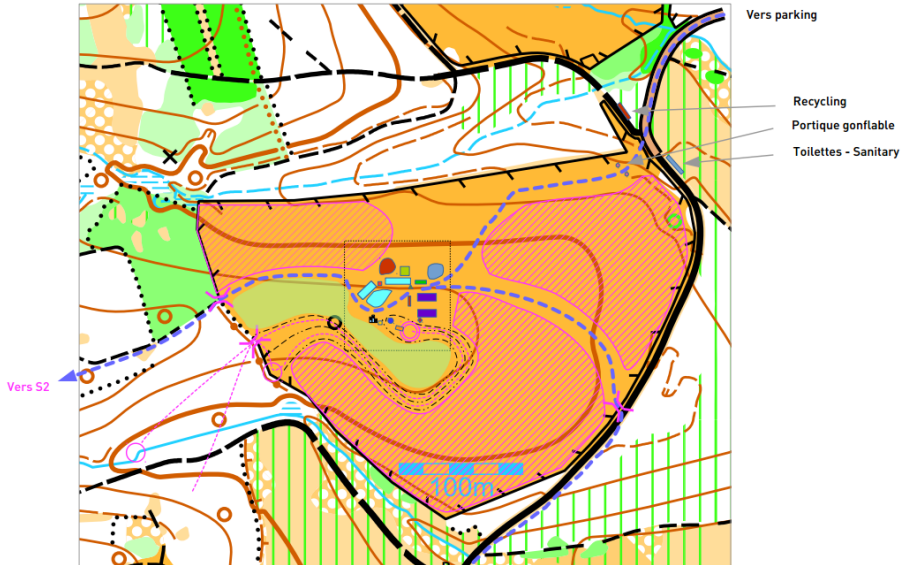
Start 2 : 900 m



Stage 1 – Saturday 14th May – Long distance

	Length	Climb	Scale	# controls	start	waterpoints
M-10	1960	35	1:7500	10	Start 2	0,5
M-12	2900	70	1:7500	13	Start 2	1,4
M-14	4060	145	1:10000	15	Start 2	2,6
M-16	6290	270	1:10000	22	Start 1	4,5
M-18	7690	335	1:15000	17	Start 1	4,7 + 6,2
M-20	8810	370	1:15000	22	Start 1	5,9 + 7,3
M21	9480	390	1:15000	27	Start 1	6,0 + 7,9
M35	8810	370	1:15000	22	Start 1	5,9 + 7,3
M40	7690	335	1:15000	17	Start 1	4,7 + 6,2
M45	6860	335	1:10000	16	Start 1	3,8 + 5,3
M50	6290	270	1:10000	22	Start 1	4,5
M55	5390	220	1:10000	16	Start 1	4,0
M60	5010	200	1:10000	16	Start 2	3,1
M65	4060	145	1:10000	15	Start 2	2,6
M70	3110	90	1:7500	14	Start 2	1,7
M75	3110	90	1:7500	14	Start 2	1,7
M80	3110	90	1:7500	14	Start 2	1,7
M85	3110	90	1:7500	14	Start 2	1,7
MB	5910	245	1:10000	25	Start 1	4,3
ME	11590	510	1:15000	31	Start 1	4,8 + 9,9
W-10	1960	35	1:7500	10	Start 2	0,5
W-12	2900	70	1:7500	13	Start 2	1,4
W-14	3660	110	1:10000	14	Start 2	2,1
W-16	4440	175	1:10000	14	Start 2	2,6
W-18	5010	200	1:10000	16	Start 2	3,1
W-20	5390	220	1:10000	16	Start 1	4,0
W21	5910	245	1:10000	25	Start 1	4,3
W35	5390	220	1:10000	16	Start 1	4,0
W40	5010	200	1:10000	16	Start 2	3,1
W45	4440	175	1:10000	14	Start 2	2,6
W50	4440	175	1:10000	14	Start 2	2,6
W55	3660	110	1:10000	14	Start 2	2,1
W60	3660	110	1:10000	14	Start 2	2,1
W65	3110	90	1:7500	14	Start 2	1,7
W70	3110	90	1:7500	14	Start 2	1,7
WB	4060	145	1:10000	15	Start 2	2,6
WE	8060	375	1:15000	19	Start 1	4,7 + 6,6

Arena Stage 1 & 2



Stage 2 – Middle distance WRE

Map

Nolinfaing ouest

Scale : 1/7 500 ou 1/10 000

Contour interval : 5m

Mapmaker : Marian COTIRTA & Marius ANGHEL

Terrain

The second day is also a **World Ranking Event** and the map is completely new. The relief is moderate, there are many paths (not always clear) and there are many small land forms (knolls and small terraces).

In the west the vegetation is detailed but sometimes dense and runnability varies. The east is very runnable but still technically challenging.

Course setter- controller

Christophe Bernard

Jean-François Krier

Eric Hully (IOF)

Starts

09 : 00 – 12 : 00

Distance Arena – Start

1 600 m



Stage 2 – Sunday 15th May – Middle distance					
	Length	Climb	Scale	# controls	waterpoints
M-10	2300	45	1:7500	12	
M-12	2570	50	1:7500	13	
M-14	3020	50	1:10000	15	
M-16	3930	60	1:10000	18	
M-18	4540	80	1:10000	21	
M-20	4940	145	1:10000	18	
M21	5610	160	1:10000	21	
M35	4940	145	1:10000	18	
M40	4540	80	1:10000	21	
M45	4180	80	1:10000	18	
M50	3930	60	1:10000	18	
M55	3590	70	1:10000	17	
M60	3480	55	1:10000	16	
M65	3020	50	1:10000	15	
M70	2790	55	1:7500	13	
M75	2790	55	1:7500	13	
M80	2790	55	1:7500	13	
M85	2790	55	1:7500	13	
MB	3830	75	1:10000	18	
ME	6440	225	1:10000	25	3,8 km
W-10	2300	45	1:7500	12	
W-12	2570	50	1:7500	13	
W-14	2780	50	1:10000	12	
W-16	3310	55	1:10000	15	
W-18	3480	55	1:10000	16	
W-20	3590	70	1:10000	17	
W21	3830	75	1:10000	18	
W35	3590	70	1:10000	17	
W40	3480	55	1:10000	16	
W45	3310	55	1:10000	15	
W50	3310	55	1:10000	15	
W55	2780	50	1:10000	12	
W60	2780	50	1:10000	12	
W65	2790	55	1:7500	13	
W70	2790	55	1:7500	13	
WB	3020	50	1:10000	15	
WE	4870	140	1:10000	22	2,2 km

Stage 3 – Long Distance

Map

Herbeumont

Scale : 1/7 500, 1/10 000 ou 1/15 000

Contour interval : 5 m

Mapmakers : Marian COTIRTA, Bruno MARCHEGAY & Ionut ZINCA

Terrain

The third and last day will be an unforgettable Long Race that will be held on a completely new map. This part of the Herbeumont Forest is crossed by very marked valleys and the Semois River runs along the southeastern border of the map. Some flancs and plateau's are very runnable due to the high deciduous trees. Other parts of the forest have a very detailed, sometimes dense, vegetation that require precise orienteering. The map has numerous point elements as cliffs, small terraces, knolls and treestumps and there are lots of paths. The last part of the race will bring you into the heart of the village of Herbeumont.

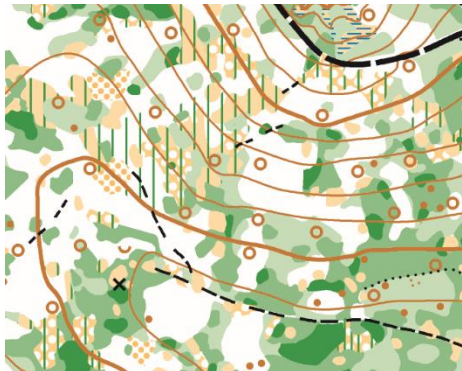
Course setter- controller

Jean-Baptiste Colomb

Catherine Hoofd

Starts

08 : 00 – 11 : 30



Distance Arena – Start

1 500 m - 80 m D+

Arena Stage 3



Stage 3 – Monday 16th May – Long distance					
	Length	Climb	Scale	# controls	waterpoints
M-10	2640	65	1:7500	11	0
M-12	2520	65	1:7500	10	0
M-14	3510	215	1:10000	14	1
M-16	5640	295	1:10000	20	2
M-18	6880	350	1:15000	18	4
M-20	8050	335	1:15000	21	4
M21	8910	495	1:15000	22	4
M35	8000	335	1:15000	20	4
M40	6880	350	1:15000	18	4
M45	5810	235	1:10000	20	2
M50	5640	295	1:10000	20	2
M55	5030	290	1:10000	15	2
M60	4510	240	1:10000	16	2
M65	3510	215	1:10000	14	1
M70	2650	95	1:7500	12	0
M75	2650	95	1:7500	12	0
M80	2650	95	1:7500	12	0
M85	2650	95	1:7500	12	0
MB	5200	250	1:10000	18	2
ME	10860	485	1:15000	26	3
W-10	2640	65	1:7500	11	0
W-12	2520	65	1:7500	10	0
W-14	3210	185	1:10000	14	1
W-16	3950	205	1:10000	14	1
W-18	4510	240	1:10000	16	2
W-20	5030	290	1:10000	15	2
W21	5200	250	1:10000	18	2
W35	5030	290	1:10000	15	2
W40	4510	240	1:10000	16	2
W45	3950	205	1:10000	14	1
W50	3950	205	1:10000	14	1
W55	3210	185	1:10000	14	1
W60	3210	185	1:10000	14	1
W65	2650	95	1:7500	12	0
W70	2650	95	1:7500	12	0
WB	3510	215	1:10000	14	1
WE	7440	335	1:15000	19	4

Important phone numbers

In case of problems, please contact the organisation first, they will be able to help you or call the right service.

The Red Cross will be on each arena.

Usefull numbers and addresses:

Police	101
Fire Departement	112
Doctor on call	1733
Out-of-hour pharmacy	1733

Hospitals:

Centre hospitalier de l'Ardenne-Libramont
Avenue d'Houffalize 35
6800 Libramont
+32 (0)61 238 111
+32 (0) 61 238 100

Cliniques Sud Luxembourg
Rue des déportés 137
6700 Arlon
+32 (0) 63 231 11

Acknowledgements

- M. Rachid Madrane, Minister of Sports - Communauté Française de Belgique
- M. René Collin, Minister of Tourism of Wallonia
- M. Patrick Adam, Deputy of Sports of the Province of Luxembourg
- Commune of Neufchâteau, its Mayor Dimitri Fourny and his alderman of sports Ch. Grandjean
- Commune of Herbeumont its Mayor Mrs. Mathelin
- M. Benjamin DePotter, Department of Nature and Forests (DNF) Engineer of Neufchateau
- M. Jean Robert François, Department of Nature and Forests (DNF) Engineer of Habay la Neuve
- The Administration for Physical Education and Sports - l'Administration d'Education Physique et des Sports (ADEPS)
- The Touristical Federation of Belgian Luxemburg - Fédération Touristique du Luxembourg Belge (FTLB)
- M. Andris, Manager of the ADEPS Centre du Lac in Neufchateau
- M. Duquesne, Manager of the ADEPS Centre Hydrion in Arlon
- M. Lormans, Manager of the ADEPS Centre Liry in Chiny
- The FRSO clubs which borrowed equipment

Our sponsors



Wallonie



Province de
Luxembourg



FÉDÉRATION
WALLONIE-BRUXELLES



MORE THAN STORES.

