



**11.–13.
August 2017**
www.3days.ch



Instructions

- Organizer** OLK Wiggertal
- Event center** Gymnasium / Community Center in CH-4803 Vordemwald
Open from 1pm on Friday, August 11, 2017 until 4pm on Sunday, August 13, 2017.
Information, changing rooms, showers, bathrooms, food sales, childcare, first aid, and sales of orienteering gear & merchandise. Camping area adjacent to event center.
- Race locations** Meet at the event center for all three legs – each starting point is within walking distance from the event center.
- Travel by public transportation**
- From Zofingen train station: Take Nr. 6 bus to Vordemwald stop «Post» (or to stop «Schoolhouse» if final destination of Bus 6 is Nursing Home Sennhof)
Departure times: Friday / Saturday: Every 30 minutes at xx:06 and xx:36
Sunday: Every hour at xx:08
- From Rothrist train station: Take Nr. 6 bus to Vordemwald stop «Post».
Departure times: Friday / Saturday: Every hour at xx:01
Sunday: bus does NOT run
- Zofingen has excellent train connections and can be reached from Zürich, Basel, Luzern, and Bern in 30 to 45 minutes. Schedules can be found at www.sbb.ch
- Travel by car** Signs directing you to the parking lots are posted when you enter Vordemwald. You may only use the officially designated parking lots. Maximum walking time to the event center is 15 minutes (depending on weather).





Camping

Those staying at the event campsite must park in a separate parking lot adjacent to the event center. Campers and RVs will be directed to designated black-topped sites. Pre-registration for tent and car/RV camping is required.

Information Booth

Pick-up of camping permits, purchase of breakfast coupons, map sales, lost & found, general information

Hours of operation:

Friday, August 11: 1pm – 9pm

Saturday, August 12: 11am – 8pm

Sunday, August 13: 8am – 4pm

Late Registration

Late registration is possible for all categories as long as there are open slots. Before Friday, August 11, all late registrations need to be submitted by email to 3days@olkwiggertal.ch. A single late-registration fee of CHF 10.– will be assessed for all 3 days.

On-site race-day registration is possible for all categories as per official competition rules (CR) as long as there are open slots (a late-registration fee of CHF 5.– for each day will be assessed).

Open categories

OL (open long), OM (open medium), and OK (open short) are well-suited for beginners and families.

OS (Open sCHOOL) is an easy course for first-timers and offers orienteering assistance..

Individuals and teams may compete in all open categories.

No combined overall ranking of all three legs will be calculated.





Registration for open categories

On-site, race-day registration only at the information booth in the event center; no late fee will be assessed.

Registration times: Friday: Registration from 3:30 pm, start between 5 pm – 6:30 pm

Saturday: Registration from 11 am, start between 12 pm – 2:30 pm

Sunday: Registration from 8 am, start between 9:30 am – 12 pm

Open category entry fees:

1997 and older: CHF 25.–/ day

1998 – 2001: CHF 17.–/ day

2002 and younger: CHF 10.–/ day

Open sCHOOL: CHF 10.–/ day

Families 3 days: CHF 17.–/ day

CHF 48.–/3 days

(free with completed coupon from McDonalds; needs to be downloaded prior to the event at www.aolv.ch)

Additional maps: CHF 3.– each

SI-card rental: CHF 2.–/ day (free for categories D/H10, Open sCHOOL, and Families)

Start times

Flexible start times for D/H10, Families, and all open categories.

Pre-set start times for all CR categories

(see www.3days.ch or bulletin board at event center).

Training

No training opportunities available

Housing

Campsite at event center – pre-registration required. Open from 1 pm on Friday, August 11, until 4 pm on Sunday, August 13. Upon arrival, campers must check in at the information booth. If desired, breakfast coupons for Saturday and Sunday may also be purchased at the information booth.

Hotels: due to the Heitern Open Air Concert in Zofingen, we highly recommend that you book your hotel as soon as possible.

ASJM

The combined overall result counts towards the Aargau Student and Youth Championship (McDonald's Cup)

Sports shop

Orienteering.ch will have a sales booth for orientation gear and merchandise at the event center





Changing rooms & showers

Located at the event center

Food & drink booth

Delicious and inexpensive specials, such as pasta buffet with salad and beverage (water, syrup, tea) for CHF 10.–. In addition we are offering:

- Hotdogs, grilled meats and sandwiches
- Broad assortment of cakes and baked goods
- Wide selection of beverages
- Breakfast on Saturday and Sunday (pre-registration required)

Hours of operation:

Friday: 3pm – 10pm (warm meals 5pm – 9pm)

Saturday: 7:30am – 10pm (warm meals noon – 9pm)

Sunday: 7:30am – 4pm (warm meals until 3pm)

Fun Run for children

Complimentary orienteering course for kids offered daily at event center

Child care

At the event center, for children of 2 years and older, while their parents compete.

Pre-registration requested at ruth.emmenegger@bluewin.ch

Hours of operation:

- Friday: 3:30pm – 8pm
- Saturday: 10:30am – 4pm
- Sunday: 8am – 2:30pm

First Aid

At the event center

Insurance

Insurance is the responsibility of the participants; the organizer is refusing any and all liability.

Information prior to event

Beat Willimann, Brüschiweg 4, 4665 Oftringen
Tel. (+41) 062 532 32 04, Mobile (+41) 079 292 79 12
3days@olkwiggertal.ch





Technical Race Information For All Three Days

Terrain	Flat forests with lots of trails
Start times	<p>Start times will be randomly assigned for each course thus avoiding identical start times for those categories that are assigned the same course. The start times will be published separately by category.</p> <p>Start times for Friday and Saturday will be posted online from early August at www.3days.ch.</p> <p>Start times for Sunday will be posted on Saturday, August 12, after 7pm.</p> <p>All open categories, Open sCOOL families, and D/H10 will be assigned a starting time each day at the pre-start in the starting area (flexible ad-hoc start times)</p>
Bibs	Bibs will be used only for the chasing start on day 3 (Sunday, August 13). The numbers will be assigned across all participants in increasing order according to their start times. The bib numbers will be posted online on Saturday, August 12, after 7 pm at www.3days.ch . On Sunday morning, start lists will be made available at the event center.
Categories D10, H10, Open sCOOL	These categories have very simple courses, all controls are along trails and orienteering assistance will help with navigation (including smileys and frusties). The control description and the best routes between controls are printed on the map.
Control descriptions	<p>Will be handed out between pre-start and start; IOF symbols are used for all categories except OM, OK, Open sCool, D/H10, and Families who will get their description in text format (German).</p> <p>Descriptions are NOT printed on the maps except for D/H10 and Open sCOOL.</p>
Imprinted courses	All courses for all three legs will be printed on the maps. Map self-service from the appropriate category box at the timed start.
Start	You will be required to follow a short path from the timed start to the starting point, marked by a regular control flag WITHOUT an SI-Card unit.
Restricted areas and compulsory routes	Are printed on the map; disregarding them will result in disqualification.





**Chasing start
for day 3**

All categories except for Families, D/H10, and all open categories will have a chasing start on day 3.

Those runners who are less than one hour behind the leader will start at zero-hour plus their lag time. Those runners who are more than one hour behind the leader will start in one-minute intervals after the last runner who qualified for the chasing starts. The zero-hour for each category will be announced online and at the event center (see course information)

Controls

The controls are equipped with touch and non-touch SPOR-Tident (SI) units. The controls must be checked and punched in the order shown on the map. If the SI unit is missing or malfunctions (no visual or acoustic signal), please mark your map with the manual punch and hand in your map after the race at the SI-card readout station.

Finish

The control at the finish line must be punched with your SI-card (touch or non-touch).

Refreshments

Rivella and water will be provided in the finish areas of all three legs.

Incomplete race

If you do not complete your course, you must report back at the SI-card readout station at the race center.

Map return

You may keep the map after each leg but, in the interest of maintaining fair play, you may not show it to runners with later start times.

Timing & scoring

Each leg will be timed with the electronic SPORTident punching system (Air+ activated). SI-cards may be rented at the event center (free for D/H10, Families, and Open sCOOL).

After your races, please complete the readout of your SI-card at the event center as soon as possible. After leg 2, you must complete the readout by 5pm or you will not be included in the chasing start for leg 3. Instead, you will be assigned a start time in the 1-minute interval start.

Race results

The results will be posted as quickly as possible at the event center as well as online at www.solv.ch and www.3days.ch.

Overall ranking

The overall ranking will be determined by the combined time of all three legs.

Awards ceremony

Sunday, August 13, around 2pm; the top three overall finishers in each category will receive an award.





- Cancellation policy** The organizer may cancel or stop any leg or the whole event due to inclement weather.
- Arbitration board** Complaints and appeals will be adjudicated by:
- Beat Williman, Race Director, Mobile [+41] 079 292 79 12
 - Urs Zinniker, Technical Director, Mobile [+41] 079 794 15 62
 - Hansruedi Schlatter, Mobile [+41] 077 212 02 88

Leg 1 – Friday, August 11, 2017, Sprint

- Map** Kressgraben, 2017 edition, 1:5,000, contour interval 2.5m, sprint map based on ISSOM 2007 standard, format A4
- Course designer** Eveline Husner
- Controller** Christoph Ruesch
- Walk from event center to start** 2.1 km, 60 m elevation, approx. 30 minutes
- The route is marked with Rivella flags and NAB tape.
- Once the route enters the woods, you may NOT leave the marked trail!
- It is possible to ride the bicycle until you get to the clothing/bag drop station (1.6 km from event center). Designated bicycle parking is adjacent to the clothing drop area.
- Clothing/bag drop** Clothing/bag drop station is 1.6km from event center along the way to the start.
- Toilets** Three (3) portable toilets and urinals 100m from clothing/bag drop area.
- Start times** Between 5pm and 7pm, according to previously posted list of start times.





Start Call to pre-start 4 minutes prior to timed start

- 4' clear and test SI-card
- 3' control descriptions
- 2' waiting area
- 1' check SI-card and step up to appropriate map box

Timed start from map box

All open categories, Families, and D/H10 will get start times assigned when they arrive at the pre-start; they have their own start corral. Timed start will be manually triggered when they are ready to go.

Special map symbol A brown X signifies a pile of branches.

Restricted area Printed on the map; disregarding out-of-bounds areas will result in disqualification.

Compulsory routes For categories D/H10, Open Short, and Families, there will be a compulsory route between two controls. It is printed on the map and in the control description.

Finish Final control on the finish line must be punched with SI-card (Air+ activated).

Last finish The finish area closes one hour after the last start

Max time allowed One hour

Water/refreshment station No refreshment station on the course.

Finish to event center 2.3km total distance, marked with Rivella flags and NAB tape. Distance to clothing/bag drop station is 700m (you must stay on marked trail).





Leg 2 – Saturday, August 12, 2017, Middle Distance

Map	Langholz Süd, 2017 edition, 1:10,000, format A4
Course design	Rosi Rudolf and Barbara Zinniker
Controller	Stephan Rudolf
Walk from event center to start	600m, 60m elevation, approx. 10 minutes The route is marked with Rivella flags and NAB tape. All participants must walk to the start, anyone driving or using any other conveyance will be drawn, quartered, and disqualified.
Clothing/bag drop	There is NO clothing/bag drop station.
Toilets	Please use bathrooms at the event center as there is only one portable toilet/urinal at the pre-start. Relieving yourself in the woods is strictly forbidden!
Start times	Between noon and 3pm, according to previously posted list of start times.
Start	Call to pre-start 4 minutes prior to timed start <ul style="list-style-type: none"> • 4' clear and test SI-card • 3' control descriptions • 2' waiting area • 1' check SI-card and step up to appropriate map box Timed start from map box All open categories, Families, and D/H10 will get start times assigned when they arrive at the pre-start; they have their own start corral. Timed start will be manually triggered when they are ready to go.
Restricted area	Printed on map; disregarding out-of-bounds areas will result in disqualification.
Finish	Final control on the finish line must be punched with SI-card (Air+ activated).
Last finish	The finish area closes 1.5 hours after the last start
Max time allowed	1.5 hours
Water/refreshment station	No refreshment stations on the course.
Finish to event center	240 meters





Leg 3 – Sunday, August 13, 2017, Long Distance; Chasing Start

Map	Langholz Nord, 2016/17 edition, 1:10,000, format A3
Course design	Nick Gebert
Controller	Stefan Bolliger
Walk from event center to start	1.1, km, approx. 15 minutes The route is marked with Rivella flags and NAB tape. All participants must walk to the start, anyone driving or using any other conveyance will be drawn, quartered, and disqualified.
Clothing / bag drop	There is NO clothing / bag drop station.
Toilets	Please use bathrooms at the event center as there is only one portable toilet/urinal at the pre-start. Relieving yourself in the woods is strictly forbidden!
Start times	Chasing start from 9:30 am; start lists will be posted online (www.3days.ch) and at the event center on Saturday evening. You must wear a bib number in order to guarantee a smooth chasing start. The bib numbers will be posted online on Saturday, August 12, after 7 pm at www.3days.ch . On Sunday morning, start lists will be made available at the event center. Self-service for the bibs will be from a «clothes line» at the pre-start (safety pins included). Please make sure to take the correct bib number – the other runners will be most appreciative. Without a bib number, you will not be allowed to start!





Start Chasing start; call to pre-start 5 minutes prior to timed start. The runner may take the folded map from the map box prior to the actual start time. However, unfolding and viewing the map is only allowed after the actual start.

- 5' clear and test SI-card
- 4' control descriptions
- 3' waiting area
- 2' line up, check SI-card, take folded map from map box, and step up to starting line.
- 0' start

All open categories, Families, and D/H10 will get start times assigned when they arrive at the pre-start; they have their own start corral. Timed start will be manually triggered when they are ready to go.

Restricted area Printed on map – crossing is only allowed on the marked compulsory routes. Disregarding out-of-bounds areas will result in disqualification.

Compulsory route For categories D/H10, D/H12 Open Short, and Families, there will be a compulsory route between two controls. It is printed on the map and in the control description.

Water/refreshment station Water station for the longer courses. Location is printed on the control description utilizing the “cup symbol”.

Finish Final control on the finish line must be punched with SI-card (Air+ activated). The overall ranking will be determined by the time the final control is punched.

Last finish The finish area closes 2.5 hours after the last start

Max time allowed 2.5 hours

Finish to event center 240 meters





Aarg. 3 Tage OL 2017

Kategorie	Bahn	1. Etappe			2. Etappe			3. Etappe			*	**Nullzeit
		Distanz	Steigung	Posten	Distanz	Steigung	Posten	Distanz	Steigung	Posten		
D10	16	1,4	10	8	2,6	40	9	3,0	90	12		fliegend
D12	4	1,4	20	9	3,0	35	10	4,1	90	12		10:47:00
D14	6	1,5	40	11	2,8	55	9	4,2	90	9		10:28:00
D16	7	1,8	40	12	2,9	70	10	5,2	110	9		09:49:00
D18	10	2,2	60	17	3,3	60	11	6,0	150	10	41	11:00:00
D18K	6	1,5	40	11	2,8	55	9	4,2	90	9		11:10:00
D35	10	2,2	60	17	3,3	60	11	6,0	150	10	41	10:08:00
D40	10	2,2	60	17	3,3	60	11	6,0	150	10	41	10:29:00
D45	11	1,9	40	14	3,3	85	11	5,3	130	9	45	10:15:00
D50	11	1,9	40	14	3,3	85	11	5,3	130	9	45	10:45:00
D55	5	1,7	40	14	2,8	70	10	4,5	100	8		10:10:00
D60	5	1,7	40	14	2,8	70	10	4,5	100	8		10:48:00
D65	2	1,5	25	9	2,3	30	7	3,8	80	8		10:49:00
D70	1	1,3	20	10	1,8	40	7	3,1	80	8		10:30:00
D75	1	1,3	20	10	1,8	40	7	3,1	80	8		09:50:00
DAK	5	1,7	40	14	2,8	70	10	4,5	100	8		09:31:00
DAL	13	1,9	70	16	4,3	95	13	8,0	200	12	41	09:30:00
DAM	10	2,2	60	17	3,3	60	11	6,0	150	10	41	09:32:00
DB	6	1,5	40	11	2,8	55	9	4,2	90	9		09:51:00
H10	16	1,4	10	8	2,6	40	9	3,0	90	12		fliegend
H12	4	1,4	20	9	3,0	35	10	4,1	90	12		10:09:00
H14	8	1,6	40	12	3,3	60	10	5,3	110	11		10:11:00
H16	9	2,1	60	17	4,0	90	15	6,3	150	10	41	09:49:00
H18	14	2,1	75	11	4,7	95	17	8,7	200	13	41	09:50:00
H18K	8	1,6	40	12	3,3	60	10	5,3	110	11		10:50:00
H35	14	2,1	75	11	4,7	95	17	8,7	200	13	41	10:31:00
H40	14	2,1	75	11	4,7	95	17	8,7	200	13	41	10:51:00
H45	13	1,9	70	16	4,3	95	13	8,0	200	12	41	10:12:00
H50	13	1,9	70	16	4,3	95	13	8,0	200	12	41	10:32:00
H55	12	1,9	50	15	4,0	90	12	7,2	180	11	45	10:08:00
H60	12	1,9	50	15	4,0	90	12	7,2	180	11	45	09:33:00
H65	3	1,6	50	11	3,3	80	11	5,9	150	9	41	09:51:00
H70	3	1,6	50	11	3,3	80	11	5,9	150	9	41	10:30:00
H75	2	1,5	25	9	2,3	30	7	3,8	80	8		10:09:00
H80	2	1,5	25	9	2,3	30	7	3,8	80	8		09:33:00
HAK	11	1,9	40	14	3,3	85	11	5,3	130	9	45	09:45:00
HAL	15	2,4	80	14	5,2	105	14	9,5	200	16	41	09:30:00
HAM	14	2,1	75	11	4,7	95	17	8,7	200	13	41	10:10:00
HB	8	1,6	40	12	3,3	60	10	5,3	110	11		09:30:00
OK	4	1,4	20	9	3,0	35	10	4,1	90	12		fliegend
OL	9	2,1	60	17	4,0	90	15	6,3	150	10	41	fliegend
OM	7	1,8	40	12	2,9	70	10	5,2	110	9		fliegend
OS	16	1,4	10	8	2,6	40	9	3,0	90	12		fliegend
FAM	4	1,4	20	9	3,0	35	10	4,1	90	12		fliegend

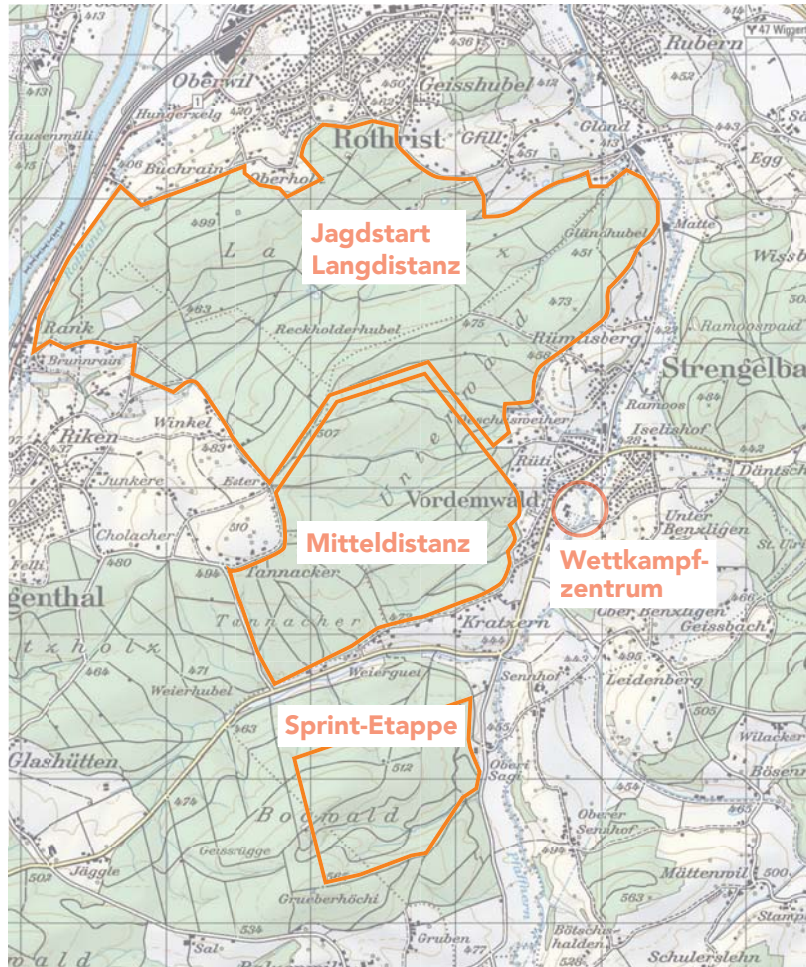
* Postennummer des Verpflegungspostens

**Nullzeit: erste Startzeit der Kategorie zum Jagdstart





Event centre



Organiser



Sponsors

