

# Directives



Aargau 3-days  
orienteering competition  
from August 10<sup>th</sup>–12<sup>th</sup>  
Unterentfelden

## General Information



Organiser	OLG Suhr & OLG Köllikon
Date	Friday, August 10th, 2018 to Sunday, August 12th, 2018
Event Director	Andrea Grüniger
Information	Website: <a href="http://www.3days.ch">www.3days.ch</a> , E-Mail: <a href="mailto:info@3days.ch">info@3days.ch</a> Martin Haller, Rodungsweg 8c, CH-5032 Aarau Rohr Phone +41 (0)76 704 15 66
Media	Bernadette Schenkel, <a href="mailto:fam.schenkel@ziksuhr.ch">fam.schenkel@ziksuhr.ch</a> , +41 (0)62 824 86 59, +41 (0)79 782 92 72
Event Center	School Unterentfelden, Roggenhausenstrasse, 5035 Unterentfelden Information, Changing Rooms, Showers, Restrooms, Catering, Camping, Day Nursery, Medical Service, Orienteering Shops <u>Opening Hours:</u> Friday, August 10 <sup>th</sup> , 2018, 2pm to Sunday, August 12 <sup>th</sup> , 2018, 4pm
Assembly	Event Center for all 3 stages. All stages are within walking distance.
Public Transportation	Station Unterentfelden Post (S14) Travel time from Aarau: 5 minutes. Connections every 15 to 30 minutes. Walking time to Event Center: 5 minutes
Private Transportation	Parking area at Schweizerische Bauschule, Bildungszentrum BZU, Suhrenmattstrasse 48, 5035 Unterentfelden (see Google Maps). Signaled from the roundabout Kantonstrasse 24, Auto Schmid. Please use only the official parking area. Walking time from parking area to Event Center: 15 minutes (1 km).



Organiser:



Sponsors:



GRUPPE

[www.uta.ch](http://www.uta.ch)



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**RAIFFEISEN**

Raiffeisenbank Aarau-Lenzburg

**SWISSLOS**

Sportfonds Aargau

## Information

Lost and Found / general Information / Complaints according to WO 159ff /  
Maps of competitors who did not start (1 hour after the last start) / Voucher for breakfast  
(Vouchers for Saturday and Sunday are only sold Friday Evening. No vouchers available  
for purchase on Saturday)

Opening hours: Friday, August 10<sup>th</sup>, 2018: 2pm – 9pm  
Saturday, August 11<sup>th</sup>, 2018: 10am – 8pm  
Sunday, August 12<sup>th</sup>, 2018: 8am – 4pm

## Late entry

As long as free berths are available, late entry for every class is possible.  
Before the event, please use **nachmeldungen@3days.ch**, during the event  
late registrations are accepted in the event center (additional fee CHF 5.– per stage).  
A registration per stage is possible as well (in this case no entry to the overall ranking).

## Open classes / Families

**OS (Open sCOOL):** Easy. Including guidance for children born 2004 or later.  
Support of parents / adults are permitted.  
**OK (Open short):** For beginners, groups.  
**OM (Open middle) / OL (Open long):** For advanced runners  
**FAM (Family):** At minimum 1 Adult and 1 child

**Registration** only on the day of competition at the Event Center:

Friday: 4pm – 6pm, Start: 5 – 7pm  
Saturday: 11am – 2pm, Start: 12pm – 3pm  
Sunday: 8.30am – 11.30am, Start: 9.30am – 12.30pm



**Fees** for open categories according to the age of the runners:  
1997 and older: CHF 25.– per stage  
1998–2001: CHF 17.– per stage  
2002 and younger: CHF 10.– per stage

**Families:** No fee on Saturday (Family O Day).

McDonald's is offering a free start on Friday and Sunday using the McDonald's voucher  
available in all McDonald's restaurants in Aargau. The voucher is also available through  
**<http://www.aolv.ch>** (without voucher: CHF 16.– per stage, including 1 map).  
Additional map CHF 5.–

## Changes

Possible until online registration closed without any costs. Change of SI-Card number  
possible at any time at the Information / Registration in the Event Center

## Orienteering Shops

In the Event Center

## Catering

In the Event Center. Rich catering with cold and warm dishes  
(breakfast, lunch, dinner).  
Vouchers are sold in front of the catering entrance for food.  
For the breakfast buffet (Saturday & Sunday), vouchers are available  
on Friday evening at the information. Price per day: CHF 8.–.  
No vouchers available for purchase on Saturday for Sunday.



## Camping

Please see camping directives **<https://www.3days.ch/camping/>**

## Alternative Accommodations **[www.aarauinfo.ch](http://www.aarauinfo.ch) > Übernachten**

## Special

With the registration, the registered runner (for underaged runners the person  
having parental authority) acknowledges that photos or videos of the event may be  
published through print media or through social media. Any concerns have to be  
addressed by email (**[info@3days.ch](mailto:info@3days.ch)**) to the organiser.

# Family O Day / Social Program / Day Nursery

## Day Nursery

Registration required until August 8<sup>th</sup>, 2018 at [iris.bolliger@bluewin.ch](mailto:iris.bolliger@bluewin.ch) including the following information: Name parents / Name child(ren) / Age and which days the nursery is used.

Opening hours: Friday, 4 – 8pm / Saturday, 11am – 6pm / Sunday, 9am – 2pm

**School Orienteering Track** Sunday, 10am – 1pm at the Event Center (no fees)

## Social Program

### Surprise event

On Saturday evening a surprise event is planned for all camper, competitors and youth groups who are interested in a participation. Meeting time is at 7.30pm in front of the catering area. The event ends at 9.30pm and will only be realized in good weather.

### Sports facilities

The **indoor and outdoor pool** Entfelden ([www.badi-entfelden.ch](http://www.badi-entfelden.ch)) is about 0.5km away from the Event Center. The area includes indoor and outdoor pools as well as a playground.

Opening hours outdoor pool: Friday 9am – 9pm, Saturday/Sunday 9am – 7pm.

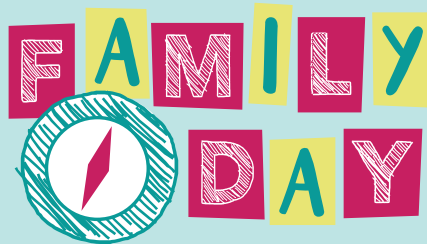
Opening hours indoor pool: Friday 9am – 9pm, Saturday/Sunday 9am – 6pm.

The indoor pool is closed during summer after 1pm if the water in the outdoor pool is warmer than 22°C and the air temperature is warmer than 24°C.

The **leisure center Aarau West** ([www.aarau-west.ch](http://www.aarau-west.ch)) is about 1.5 km south from the Event Center and offers a great variety of sports such as Tennis, Badminton, Golf, Minigolf, Pit-Pat and Squash. Opening hours: Friday 8.30am – 9.30am, Saturday/Sunday 8.30am – 7pm



## Family O Day



Action, Fun and experience of nature for everybody

Let's go and motivate your family and friends to participate!

Saturday, August 11<sup>th</sup>, 2018, from 12pm – 5pm, the Aargauer Orientierungslauf-Verband (AOLV) is realizing the first Family O Day at an Aargau 3-days orienteering competition. You can experience in a casual way outside of any competition the spirit of orienteering. Exercise in the wild, fun and enjoyment about every control found is what orienteering is all about.

For interested families, children and adults, several possibilities to run or walk an orienteering track in the forest are available. Besides that, a beginners track is available through the town of Entfelden using the innovative Swiss-O-Finder ([www.swiss-o-finder.ch](http://www.swiss-o-finder.ch)). In addition to the orienteering tracks, a control sprint, a control maze and clown are present in the school area at the Event Center. The talented orienteering runners from Aargau youth squad are around to support you. The participation is free of charge for everybody.

This is an attractive opportunity to learn what orienteering is all about.

For more information, please check the Family O Day website: [www.family-o-day.ch](http://www.family-o-day.ch)



# Event Center Unterentfelden



- Changing Rooms
- WC
- Medical Service
- Day Nursery

- Information Registration
- Read-out Station
- Orienteering Shops
- Catering

- Family-O-Day
- Children's Race

- Camping
- Motorhomes
- Train Station
- Parking Area



# Orienteering Directives all 3 days

## Competition modus & chasing start stage 3

Overall ranking for all three days. The running time of the sprint on Friday is calculated twice. Chase start on Sunday with a starting time according to the deficit to the leader of each competition class.

All runners which are within an hour to the class leader after 2 stages according to this modus are entitled for the chasing start and will start according to the deficit of the leader of their class. All remaining runners will start with a interval of 1 minute after the last runner entitled to the chasing start in their class.

No overall raking for open categories.

For the ranking, the finish control is decisive (only 1 finish control available).

## Aargau Youth Championships

Stage 1 (Friday) and Stage 2 (Saturday) count individually to the school competition of Aargau (McDonalds Cup)

Classes D/H 10 / -12 / -14 / -16 / -18 / -18K, Open sCOOL

## Start time

Classes D/H10, sCOOL and Open Long/Middle/Short/Families: separate starting line, no start times defined.

All other classes: Start times Friday and Saturday are available lasted August 6th, 2018 at **www.swiss-orienteeing.ch**. The zero hours for the chasing start will be published August 6th, 2018 at **www.3days.ch**.

The start times for the chase start on Sunday will be published Saturday evening at **www.swiss-orienteeing.ch** and also published throughout the Event Center.

No water available at the start. Personal waste (drinking bottles) can be disposed at every start.

## Bib numbers

Only on Sunday for the chasing start.

The numbers are distributed ascending to the start time across all starting field.

Please check the start lists (available at the start).

Self-Service at pre-start of stage 3 (safety pins are available). Please check if your number is correct. The other runners will be thankful.

## Cat. D10 / H10 / Open sCOOL

The categories have easy tracks. All controls are located at or near paths and orientation support is provided (Smileys and Frusties). The ideal route is printed on the map.

## Control descriptions

Control descriptions are available at pre-start. Printed on the map as well on Saturday and Sunday (not Friday!).

Open sCOOL / D10 / H10, D12 / H12 and families in written text (German).

All other categories: IOF symbols

## Courses printed on map

All courses for all three days are printed on the map. Self-service at the start.

## Start point

Short mandatory track from the time start (map boxes) to the start point; the start point is marked with a control without SI-unit.

## Restricted areas / mandatory tracks

Printed on the map. Violation may lead to disqualification.

## Controls

Controls with SPORTident-Unit (Air+ enabled). The controls have to be punched in the correct sequence. If a SI-unit is not working (no acoustic or visual signal) or if the SI-unit is missing, the pincers has to be used on the map. In this case, the map has to be handed in at the readout station.

## Finish

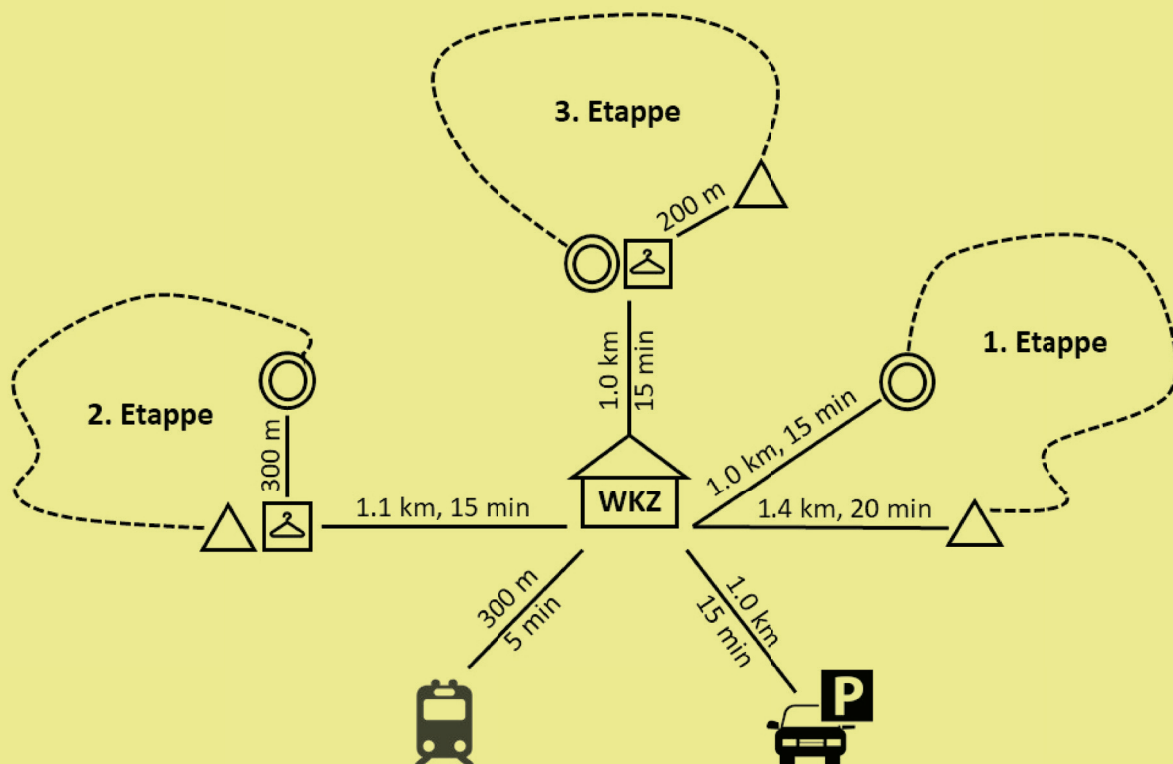
The control at the finish line has to be punched (Air+ is activated).

## Refreshment at Finish

Water and ice tea



<b>Quit the race</b>	Runners who do not finish the race have to inform the readout station in the Event Center.
<b>Maps</b>	Runners can keep their maps after finishing the race. Please do not show your map to runners who have not yet started the race (fairness)!
<b>Score</b>	All stages are using the electronic punch system SPORTident (SI-cards can be rented at the Registration / Information; no fee for D/H10, Open sCOOL and families). Please read out the SI-Card immediately after finishing the race in the Event Center. After stage 2, the SI-Card has to be read out until 5pm latest. If it is read out later than 5pm, the chasing start cannot be guaranteed and the runner is automatically assigned to the start interval after the chasing start.
<b>Results</b>	Print-out results available in the Event Center. The results are published at the end of each stage at <a href="https://www.o-l.ch/cgi-bin/results">https://www.o-l.ch/cgi-bin/results</a> Online results are also provided during the race at <a href="http://www.olg-suhr.ch/rangliste">www.olg-suhr.ch/rangliste</a>
<b>Realization</b>	In case of severe thunder storms or equal, the stage can be interrupted or cancelled by the organiser.
<b>Price giving ceremony</b>	In the Event Center on Sunday, August 12 <sup>th</sup> , 2018 at 2pm Prices for the best 3 runners of each category.
<b>Insurance</b>	Each runner is responsible for his/her own insurance. The organiser does not take any responsibility.
<b>Jury</b>	Andrea Grüniger, Christoph Wildhaber, Judith Suter-Schadegg



[www.3days.ch](http://www.3days.ch)

# Stage 1 > Friday, August 10<sup>th</sup>, 2018



Competition	Sprint in urban terrain + forest
Map	Binzenhof, Summer 2018, 1:5'000
Terrain	Urban terrain, playgrounds and school grounds with very little traffic and good runnable forest areas. A fast adaption of the ever-changing terrain is required.
Course setter & controller	CS: Reini Schenkel, CO: Michael Röthlisberger
Event Center - Start	1.4 km walk, about 20 minutes. No bicycles are allowed (private ground).
Clothes deposit	No clothes deposit
Toilets	A toilet and a urinal is available for restricted use only. Please use the restrooms in the Event Center.
Start times	According to the start list from 5pm Categories D/H10, sCOOL and Open Long/Middle/Short/Families: separate start gate. Start times at the start gate.
Start with start times	Start time -4 min. Call by name, erase and check SI-Card. Start time -3 min. Self-service of control cards. Start time -2 min. Start time -1 min. Start-Check SI-Card, go to map box without taking your map. Start time Take your map from the box. Every runner is responsible to take the correct map according to his/her course. 50m marked track to start point (control without SI-unit).
Start without start times	Separate start gate at pre-start. Start time assigned at start. Please follow the orders of the start assistants to enter the start gate, clear and check the SI-Card and to take the control description. Go to the map box. Take map and punch the start control to start your race.
Delayed runners	Delayed runners go to a start assistance and will use a separate start gate.
Race finish	8pm
Maximal time	60 minutes
Finish - Event Center	1.0 km walk, about 15 minutes
Refreshment during the race	Not available

## Special



- The stage is in urban terrain and forest with dense vegetation. Long pants and shoes with good profile is recommended.
- Dobb-Spikes shoe are prohibited.
- Special signatures: A black cross (x) is a rootstock in the forest but a playground obstacle in urban terrain
- No control description printed on the map.
- A fix control system is installed in the forest. The controls are designed as wooden poles (see image). These controls are not used for the orienteering stage.



## Stage 2 > Saturday, August 11<sup>th</sup>, 2018



<b>Competition</b>	Long distance
<b>Map</b>	Dägermoos, Fall 2016, 1:10'000, Corrections made June 2018
<b>Terrain</b>	<p>The gentle forest ridge dividing the Aaretal and the Suhrental is a typical forest of the Swiss Plateau. It is based by a dense path network and flat valleys on both side of the ridge. Good runability and visibility alternate with terrain with limited runability and visibility.</p> <p>The storm Burglind has affected some of the areas. The map has been updated in the finish area but the various new larkspurs have not been mapped.</p>
<b>Course setter &amp; controller</b>	CS: Christian Bieri, CO: Dieter Eichenberger
<b>Event Center - Start</b>	1.1 km walk, about 15 minutes
<b>Clothes deposit</b>	Deposit at the start
<b>Toilets</b>	A toilet and a urinal is available for restricted use only. Please use the restrooms in the Event Center.
<b>Start times</b>	<p>According to the start list from 12pm</p> <p>Categories D/H10, sCOOL and Open Long/Middle/Short/Families: separate start gate. Start times at the start gate.</p>
<b>Start with start times</b>	<p>Start time -4 min. Call by name, erase and check SI-Card.</p> <p>Start time -3 min. Self-service of control cards.</p> <p>Start time -2 min.</p> <p>Start time -1 min. Start-Check SI-Card, go to map box without taking your map.</p> <p>Start time Take you map from the box. Every runner is responsible to take the correct map according to his/her course. 50m marked track to start point (control without SI-unit).</p>
<b>Start without start times</b>	Separate start gate at pre-start. Start time assigned at start. Please follow the orders of the start assistants to enter the start gate, clear and check the SI-Card and to take the control description. Go to the map box. Take map and punch the start control to start your race.
<b>Delayed runners</b>	Delayed runners go to a start assistance and will use a separate start gate.
<b>Race finish</b>	5.30pm
<b>Maximal time</b>	150 minutes
<b>Finish - Event Center</b>	1.1 km walk, about 15 minutes
<b>Refreshment during the race</b>	Available for the longer courses (water).





## Stage 3 > Sunday, August 12<sup>th</sup>, 2018



**Competition** Long distance

**Map** Distelberg, Fall 2016, 1:10'000, Corrections made June 2018

**Terrain** The gentle forest ridge dividing the Aaretal and the Suhrental is a typical forest of the Swiss Plateau. It is based by a dense path network and flat valleys on both side of the ridge. Good runability and visibility alternate with terrain with limited runability and visibility.

**Course setter & controller** CS: Philippe Schenkel, CO: Ismael Röthlisberger

**Event Center - Start** 1 km walk, about 15 minutes

**Clothes deposit** Deposit between start and finish.

**Toilets** A toilet and a urinal is available for restricted use only. Please use the restrooms in the Event Center.

**Start times** Chasing start according to start list from 9.30am. The zero times per categories will be published from August 6, 2018 at [www.3days.ch](http://www.3days.ch)  
Categories D/H10, sCOOL and Open Long/Middle/Short/Families: separate start gate. Start times at the start gate.

**Start with start times**

Start time -4 min.	Call by name, erase and check SI-Card.
Start time -3 min.	Self-service of control cards.
Start time -2 min.	Line up according to starting time, Start-Check SI-Card
Start time -1 min.	Take your map from the box without opening it. The category will be visible.
Start time	40m marked track to start point (control without SI-unit).

**Start without start times** Separate start gate at pre-start. Start time assigned at start. Please follow the orders of the start assistants to enter the start gate, clear and check the SI-Card and to take the control description. Go to the map box. Take map and punch the start control to start your race.

**Delayed runners** Delayed runners go to a start assistance and will use a separate start gate.

**Race finish** 3pm

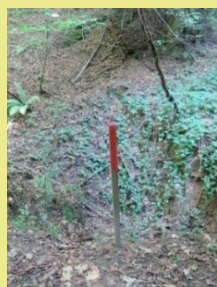
**Maximal time** 150 minutes

**Finish - Event Center** 1km walk, about 15 minutes

**Refreshment during the race** Water for all categories. Check for food symbol printed on the map and the control card.

**Restricted areas** Printed on the map. Violation may lead to disqualification.

**Special** A fix control system is installed in the forest. The controls are designed as wooden poles (see image). These controls are not used for the orienteering stage.



# Courses

Stage 1 (Friday)				Stage 2 (Saturday)				Stage 3 (Sunday)			
Category	distance (km)	↗ (m)	controls		distance (km)	↗ (m)	controls		distance (km)	↗ (m)	controls
HAL	3.34	80	25		9.2	250	16		8.6	220	25
HAM	2.94	67	18		7.2	205	14		6.3	125	19
HAK	2.29	67	16		4.3	110	10		5.0	100	15
HB	1.86	60	16		4.6	115	13		5.2	100	14
H35	2.94	67	18		7.2	205	14		7.2	200	23
H40	2.94	67	18		7.2	205	14		7.2	200	23
H45	2.88	80	22		6.9	190	13		6.4	130	20
H50	2.88	80	22		6.9	190	13		6.4	130	20
H55	2.71	70	16		5.9	170	10		6.3	125	19
H60	2.71	70	16		5.9	170	10		6.3	125	19
H65	2.17	62	18		4.6	145	11		4.4	80	14
H70	2.17	62	18		3.7	75	13		4.4	80	14
H75	1.74	50	16		3.7	75	13		3.4	70	11
H80	1.74	50	16		2.8	85	7		3.4	70	11
H18	2.94	67	18		7.2	205	14		7.2	200	23
H18K	1.86	60	16		3.7	75	13		5.2	100	14
H16	2.24	72	18		5.7	170	12		6.1	150	19
H14	1.86	60	16		3.8	100	9		5.2	100	14
H12	1.76	40	14		2.9	75	12		3.1	45	10
H10	1.53	25	11		2.3	45	9		2.5	30	9
DAL	2.88	80	22		6.9	190	13		6.4	130	20
DAM	2.50	62	22		4.3	110	10		5.3	130	16
DAK	2.06	60	17		3.4	80	10		4.2	100	13
DB	1.63	47	12		3.8	100	9		4.3	60	13
D35	2.50	62	22		5.2	145	13		5.3	130	16
D40	2.50	62	22		5.2	145	13		5.3	130	16
D45	2.29	67	16		4.6	145	11		5.0	100	15
D50	2.17	62	18		4.3	110	10		5.0	100	15
D55	2.06	60	17		3.4	80	10		4.2	100	13
D60	2.06	60	17		3.4	80	10		4.2	100	13
D65	1.74	50	16		3.4	80	10		3.4	70	11
D70	1.72	55	16		2.8	85	7		2.9	40	9
D75	1.72	55	16		2.8	85	7		2.9	40	9
D18	2.50	62	22		5.2	145	13		5.3	130	16
D18K	1.63	47	12		2.8	85	7		4.3	60	13
D16	1.93	55	16		4.2	95	13		4.9	135	16
D14	1.63	47	12		3.8	100	9		4.3	60	13
D12	1.76	40	14		2.9	75	12		3.1	45	10
D10	1.53	25	11		2.3	45	9		2.5	30	9
OS	1.53	25	11		2.3	45	9		2.5	30	9
FAM	2.06	52	17		2.9	75	12		3.1	45	10
FAMK	(possible with a pram) only at Family O Day				1.4	15	7				
OL	2.33	75	19		6.8	215	11		6.1	150	19
OM	1.86	55	15		4.6	140	9		4.8	100	14
OK	1.75	40	12		2.9	75	12		3.1	50	11