








Invitation



16th-18th August 2019
Riniken

The most important details in brief

-  The event centre is the Lee schoolhouse in Riniken AG
-  Easy access with public transport, post bus from Brugg
-  Compact
-  Camping for tents and campers at the Lee schoolhouse
-  Family-friendly event
-  "Family O Day" on Saturday with various attractions
-  All 3 O forms (middle, long, sprint) in one weekend

Organising club OLG Cordoba Baden-Brugg-Zurzach

Dates Friday, 16th August to Sunday, 18th August 2019

Organiser Leonhard Suter

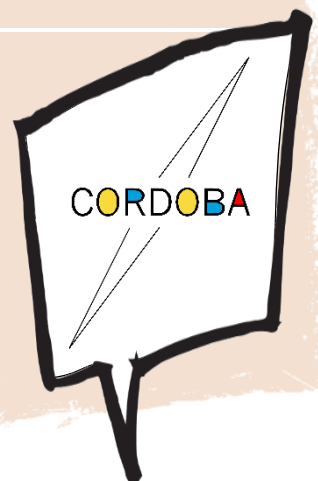
Information Web site: www.3days.ch / email: info@3days.ch
Leonhard Suter, Rabenacker 12, CH-5522 Tagerig
Mobile: +41 (0)79 540 55 30

Event centre Lee schoolhouse, 5223 Riniken
Information stand, changing rooms, showers, WC, restaurant, camping for tents and campers, creche, first aid, O shops, registration for open classes, family O day on Saturday

Access by public transport Post bus stop Riniken, line 142
7 minutes from Brugg, departs Brugg nn:34
38 minutes from Laufenburg, departs Laufenburg nn:37
5 minutes walk from bus stop to event centre

Access by car Sign-posted from the outskirts of Riniken
5 minutes walk from car park to event centre

www.3days.ch



Day 1

Friday, 16th August 2019, middle distance

Map Iberg/Riniken, updated summer 2019, 1:10,000

Start list with start times from 17:00

15 minutes walk to start, finish at event centre

Course planner: Nik Suter, controller: Lukas Zwicky

Terrain: 'Jura plateau'-style forest with plateau and steep flanks. Some areas with fine contour detail. Some parts very runnable with a dense network of paths, others with reduced visibility and runnability.



Day 2

Saturday, 17th August 2019, long distance

Map Bruggerberg, updated summer 2018, 1:10,000

Start list with start times from 13:30

15 minutes walk to start, finish at event centre

Course planner: Urs Dauwalder, controller: Patrick Zehnder

Terrain: 'Jura plateau'-style forest with plateau, steep slopes to the Aare valley and the north.



Day 3

Sunday, 18th August 2019, urban sprint

Map Brugg, updated 2018, 1:5,000

Start list with start times from 10:00 Uhr

25 minutes walk to start/finish

Course planner: Arno Schneider, controller: P. Dauwalder

Terrain: partially in residential areas with houses, blocks of flats, playgrounds, small parks and little traffic, partially in the traffic-free old town of Brugg.



Overall results

The results of each day will be converted into points and added together for the overall results. The winner of each day receives 1000 points (no discarded days).

There will be attractive prizes for individual days. Details will be given in the final information

Aargau School and Youth Championship (ASJM)

Day 2 (Saturday) and day 3 (Sunday) count towards the Aargau School and Youth Championship (McDonalds Cup).

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

Overprinted maps

The courses are overprinted for all day and classes. Open sCOOL and D/H10 with an overprinted route suggestion

Timing

The electronic timing and control system SPORTident is used for all days (SPORTident Air+ active)

SI cards can be borrowed each day free of charge.



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Classes

According to standard competition rules:

Women: D10 / D12 / D14 / D16 / D18 / D18K / DAK / DAM / DAL / DB / D35 / D40 / D45 / D50 / D55 / D60 / D65 / D70 / D75

Men: H10 / H12 / H14 / H16 / H18 / H18K / HAK / HAM / HAL / HB / H35 / H40 / H45 / H50 / H55 / H60 / H65 / H70 / H75 / H80

(K = short)

Open courses: OS (open sCOOL): simple beginners course with navigation aids, for children born 2005 or later. Accompanying adults allowed.

OK (open short): suitable for beginners, groups

OM (open middle) / OL (open long): for the technically experienced and groups

S+E (she & he): medium difficulty

FAM (family): at least one adult and one child

Entry fees

All standard classes and open courses:

Born 1998 and older: CHF 24 per day

Born. 2002–1999: CHF 16 per day

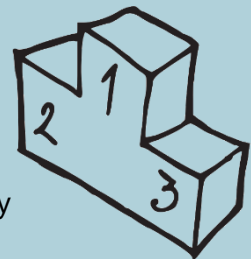
Born 2003 and younger: CHF 10.- per day

S+E: CHF 24.- per day

FAM (family): free on Saturday – offered by Family O Day

In addition, McDonalds offers free starts for families on showing a filled-in voucher that can be obtained from McDonalds restaurants or downloaded from www.aolv.ch. (Without voucher: CHF 16 per day including one map).

Extra maps for teams: CHF 5



Entries

For standard classes: online via www.go2ol.ch

It is also possible to enter individual days (excluded from overall results).

Open and family courses: entry on the day only, at the information at the event centre:

Friday: entries 16:00 - 18:00 | Start: 17.00 - 19.00

Saturday: entries 12:30 - 15:30 | Start: 13.30 - 16.30

Sunday: entries 09:00 - 11:00 | Start: 10.00 - 12.00

Closing date

Monday, 5th August 2019 for online payment

Monday, 29th July 2019 for offline payment in advance

Late entries

Late entries are possible in all classes as long as there are still free places (at the start of the start list). Late entries will only be accepted by email:

nachmeldungen@3days.ch. A surcharge of CHF 5 per race applies.

Payment at the information at the event centre.

Accommodation

Camping for tents and campers at the event centre

Friday, 16.08.2019 to Sunday, 18.08.2019

Small tent for 1–3 persons: CHF 35.-

Large tent from 4 persons: CHF 50.-

Camper: CHF 60.-

Reservations via www.go2ol.ch

Other accommodation possibilities:

www.bruggregio.ch/leben-geniessen-besuchen/uebernachten.html



Crèche

On all three days for children from two years of age (details will be in the final information).

Final information

The final information with detailed instructions will be available from 1st July, 2019 on www.3days.ch.

Start lists

Will be published on 11th August 2019 on www.3days.ch and www.swiss-orienteering.ch

D10, H10 and all open courses have no fixed start times and get their start time at the start.

Prizes for overall results

Prizes for the first three in the overall results of each class.
Attractive prizes for individual days.

O restaurant

Wide range of warm and cold food in the restaurant (breakfast, lunch, dinner).

Sport for all

School house O, O labyrinth

Mobile **Swiss O Finder** in the village of Riniken

Family and **open courses**, with help and advice for beginners each day

Family O Day on Saturday 17th August with attractive offerings



Traditional Baden family course on Saturday 17th August with **sausage barbecue**.

City-OL Brugg Sunday 18th August

Insurance

Is the responsibility of the participant. The organiser accepts no liability.

Photos and video

Photos and videos of the event may appear in the print and electronic media. By entering the competition all persons (in the case of underage children their parent or legal guardian) give their consent to this. Any objections should be sent in writing to the organiser via info@3days.ch

WOC relay

The World Orienteering Championships relay takes place on Saturday 17th August between 18:00 and 20:00. We offer a public viewing. The start times will be arranged so as many as possible can experience the WOC relay together.



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