

Nógrád Grand Prix 2019 - 3x3 relay

Detailed invitation

date Saturday, 27th April 2019, first start: 15.00

venue Hollókő, Gomb-hegy

courses, classes Two courses (**Long** and **Short**), 3 members/team. Club, gender, age are no matter, you can be in a team with anyone. One can entry alone, in this case we help you to find a team. Each member runs 3 times, each time a different course.
For age and gender are the following restrictions in the several categories:

course	class	restrictions
Long 3x3x1,1 km	M50-	age sum maximum 50 years
	W50-	only women, age sum maximum 50 years
	M21	anyone without restriction
	W21	only women
	M100+	age sum minimum 100 years
Short 3x3x0,7 km	M40-	age sum maximum 40 years
	W40-	only women, age sum maximum 40 years
	W100+	only women, age sum minimum 100 years
	M150+	age sum minimum 150 years
	W150+	only women, age sum minimum 150 years
	Mix	anyone, but at most one M21runner per team

process of the relay All members of each team will run 3 times. The running order is bound-ed, which means the first runner runs 1st, 4th and 7th time, the second runner runs 2nd, 5th and 8th time, and the third runner runs 3rd, 6th and 9th time. Every runner runs a different leg each time, which means all run-ners runs all of the legs, however not sure they will run it on the same order!

terrain The first and longer part of the courses will be in hilly forests with vari-ous runnability and some semi-open lands partly with bushes. The re-mains of former stone mines and clean rock surfaces on are on the ter-rain. After this part competitors will reach the spectator control near the finish and they have to run the second and shorter part of the course. This shorter part will be near the finish, the spectators can see the run-ning competitors and cheering for them.

map first part: fieldwork 2013, revised 2019, scale 1:4000, contours 2,5 m
second part: fieldwork 2019, scale 1:2000, contours 1 m

entry

On-line: www.orienteeringonline.net <http://entry.mtfsz.hu>

E-mail: info@nogradnagydi.hu

First at the entry for the relay till deadline please give the number of the entered relays.

Registration by name and strict order of the runners with SI numbers should be given as soon as possible by filling a registration form which can be downloaded from the website and must be sent to info@nogradnagydi.hu or make it online through <http://entry.mtfsz.hu>. The deadline of this printed form is 20:00 Friday, 26th April. There is an opportunity to give fantasy names to you team.

Those who send their registrations after the deadline will have to pay 1000 HUF/team as an administration fee. Registrations can only be modified in special cases (e.g. injury, etc.). A high amount of late registrations and registrations on the spot can cause unwanted possibilities of error.

**entry fees
and deadlines**

until 08.04.: 6300 HUF/team

09-16.04.: 7300 HUF/team

after 17.04.: 8300 HUF/team

prizes

First three teams in each categories of the 3x3 relay receives prize. Besides, we give awards on both courses to those teams, which are composed of members of a family. They will also be ranked in their own category as well.

**more
informations**

Will be published till 18th April.