



Nógrád Grand Prix 2020 - 3x3 relay

Detailed invitation

- date** Saturday, 11th April 2020, first start: 15.00
- venue** The race will be held in the 20 km vicinity of Salgótarján, on the embargoed terrain for EYOC2020. The exact locations will be given in the Bulletin, which will be published on the 2nd April 2020.
- 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 3x3x1,5 km	M50-	age sum maximum 50 years
	M21	anyone without restriction
	W21	only women
	M100+	age sum minimum 100 years
Short 3x3x0,9 km	M40-	age sum maximum 40 years
	W40-	only women, age sum maximum 40 years
	W50-	only women, age sum maximum 50 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 M21 runner per team

- process of the relay** All members of each team will run 3 times. The running order is bounded, 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 runners 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 forested areas, varied terrain, medium hillsides, partly rich in contour details. The runnability is mainly good, some parts are dense.
The shorter part of each course will go near the finish area. This part will be designed specifically to this event, built with artificial objects. This part can be observed from the finish area, the spectators can see the running competitors and cheering for them.

map	<p>first part: scale 1:4000, contours 2,5 m</p> <p>second part: scale 1:2000, contours 1 m</p> <p>filedwork: February and March of 2020</p>
entry	<p>On-line: www.orienteingonline.net http://entry.mtfisz.hu</p> <p>E-mail: info@nogradnagydi.hu</p> <p>First at the entry for the relay till deadline please give the number of the entered relays.</p> <p>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.mtfisz.hu .</p> <p>The deadline of this printed form is 20:00 Friday, 10th April. There is an opportunity to give fantasy names to you team.</p> <p>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.</p>
entry fees and deadlines	<p>until 10. 03.: 6300 HUF/team</p> <p>11-31. 03.: 7300 HUF/team</p> <p>01-10. 04.: 8300 HUF/team</p>
prizes	<p>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.</p>
more informations	<p>General informations see in the invitation of the 14th Nógrád Grand Prix. More detailed informations will be published on 2nd April.</p>