



**David Steenhagen**  
Pijlkruidvaart 39  
2724 VD Zoetermeer  
tel: 06-41712882  
e-mail: inoutevents@hotmail.com  
Facebook: NK Run-Archery

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## General information Run-Archery

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### The Sport

Run-Archery is a combination of cross country and archery.

After the starting shot the athletes run with their bow and arrow, which they carry on their back or hold in their hands. The athletes are divided into different classes and there are different distances to compete in, e.g. sprint 150-500m and long distance 500-1000m.

After running a lap the athletes will arrive at the shooting range where they have to shoot at yellow targets with a diameter of 20cm. At the sprint distance athletes are able to shoot an extra arrow. For every miss the athlete has to run a penalty lap. The distance of the lap depends on the length of the overall distance and will be approximately 10-20% of the whole race-course. An umpire shows the athlete how many penalty laps he or she must run.

In the classes: Cadets, Juniors, Open class, Masters and the Team relay the athletes must shoot in both standing and kneeling position.

The umpire processes the shooting scores on a note. In case of protest the umpire could use this. The umpire also checks if the athlete runs the right amount of penalty laps.

After running the penalty laps the athlete continues the race. When the athlete has finished the result will be published with his name, time, number, ranking and misses.

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# General information Europacup / Dutch Open Championship Run-Archery 2017.

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*Underneath you will find more complete information relating to the Open Dutch Championship Run-Archery and Europacup stage 2 Run-Archery 2017.*

## Competition information

### General

- Where: Boogschietvereniging HKS Zoetermeer  
"At the end of de Heuvelweg"  
Zoetermeer (Google maps coordinate: 52.05236, 4.44948)
- Entry fee: Payment must be done at the date of the game itself
- |                 |           |           |
|-----------------|-----------|-----------|
|                 | 1 day     | 2 days*   |
| Up to 21 years: | 15,- euro | 30,- euro |
| From 21 years:  | 20,- euro | 40,- euro |
- \* When competing two days you will receive a nice souvenir and merchandise from the weekend!*
- Bow rent: In case of renting a bow EUR 10,- per day
- BBQ 12,50 euro per person on Saturday
- Sign up: [inoutevents@hotmail.com](mailto:inoutevents@hotmail.com) registration form will be in the enclosure.  
*When a competitor does not send a written cancelation with reason within 48 hours before the start of the competition. Then an invoice will be sent to the participant.*
- Material: Bow and the needed 10 arrows can be provided by the organization. Please report this at the registration form.

### Classes

These are the different classes\*/\*\*

- |             |                |                            |                        |
|-------------|----------------|----------------------------|------------------------|
| • Pupils    | up to 12 years | Woman (Dames) (D up to 12) | Man (Heren) (H t/m 12) |
| • Aspirants | 13-14 years    | Woman (D13/15)             | Man (H 13-15)          |
| • Cadets    | 15-17 years    | Woman (D16/17)             | Man (H 16-17)          |
| • Juniors   | 18-20 years    | Woman (D 18-20)            | Man (H 18-20)          |
| • Seniors   | > 20 years     | Woman (D Sen)              | Man (H Sen)            |
| • Masters   | > 49 years     | Woman (D Mas)              | Man (H Mas)            |

*\*) Besides the Open Championships the Dutch Championships take place. Athletes who are member of the Dutch Archery Association will compete automatically. Athletes should show their association passport before commencement.*

*\*\*\*) The woman and man seniors is an 'open class'. Athletes who have not reached the age of 21 can, when explicit announced compete in the senior class. (These Athletes have the choice to compete in both classes)*

### Time detection

*Each participant receives a start number which should be wore on the chest. The competition organization will write the time and penalty laps on the start number. After this the name of the athlete will be combined with the start number.*

In the qualifying round the athletes will run an individual race which starts every 30 seconds. The individual result will be the overall time minus the start time.

## Regulations

- The competition contains the following important rules

### *Material:*

- Recurve and/or barebow with an maximal drawpower of 45 pound is permitted
- Sight without amplification is permitted
- Clicker is permitted
- Button is permitted
- The athlete must have a minimal of 10 arrow available for the heat
- The bow can be carried in hand or in a harness

### *Qualifications and heats*

- The arrows are positioned in pawns at the shooting range. They do not have to be carried during the race.
- During the (final)heats every athlete has his own lane, with their own arrows.

## Long Distance QUALIFICATIONS (Saturday)

Class (woman and man)	Lap distance	Penalty lap distance	Amount of laps	Target-distance	Amount of shooting-rounds (3 targets and 3 arrows per lap)
Pupils	400 m	60 m	3	15 m	2: Standing - Standing
Aspirants	600 m	90 m	3	15 m	2: Standing - Standing
Cadets / Juniors	600 m	90 m	3	20 m	2: Standing - Kneeled
Seniors and Masters	850 m	130 m	3	20 m	2: Standing - Kneeled

## Long Distance FINAL (Saturday)

Class (woman and man)	Lap distance	Penalty lap distance	Amount of laps	Target-distance	Amount of shooting-rounds (3 targets and 3 arrows per lap)
Pupils	400 m	60 m	4	15 m	3: Standing - Standing - Standing
Aspirants	600 m	90 m	4	15 m	3: Standing - Standing - Standing
Cadets / Juniors	600 m	90 m	4	20 m	3: Standing - Kneeled - Standing
Seniors and Masters	850 m	130 m	4	20 m	3: Standing - Kneeled - Standing

## Sprint (Sunday)

Class (woman and man)	Lap distance	Penalty lap distance	Amount of laps	Target-distance	Amount of shooting-rounds (4 targets and 5 arrows per lap)
Pupils	400 m	60 m	3	15 m	2: Standing - Standing
Aspirants	400 m	60 m	3	15 m	2: Standing - Standing
Cadets / Juniors	400 m	60 m	3	20 m	2: Standing - Kneeled
Seniors / Masters	400 m	60 m	3	20 m	2: Standing - Kneeled

## Team Sprint (Sunday)

Mix of 3 runners	Lap distance	Penalty lap distance	Amount of laps	Target-distance	Amount of shooting-rounds (4 targets and 5 arrows per lap)
Runner 1	400 m	60 m	2	20 m	1: Kneeled
Runner 2	400 m	60 m	2	20 m	1: Standing
Runner 3	400 m	60 m	2	20 m	1: Kneeled

## The course of the Competition

- **Shooting practice**
  - Shooting practice can be done at the indoor hall of HKS Zoetermeer during the whole day
  - You will see at the time schedule when you are in the occasion to practice on the official targets.
- **Assembling**
  - Individual qualifications
  - The athletes must be arrive 3 minutes before the start, preventing the organization would lose time.  
The time will start after the countdown and start signal of the referee. Showing up to late is the problem of the athlete.
  - Assembling heats  
The athletes must be arrive 5 minutes before the start at the assembling section “verzamelvak” directly next to the start line.
- **The heats**
  - One heat contains maximal 10 athletes, preferred from the same class.
  - The organization can choose to select athletes from different classes to start in one heat. (e.g. with less the 8 competitors from one class)
  - All athletes start simultaneously in one line on the start.
  - Every athlete or team in a heat will be given their own shooting lane.
- **Course of the competition**

Long distance (Saturday)	Sprint (Sunday)	Sprint relay (Sunday)
Start at the start/finish line	Start at the start/finish line	Start at the start/finish line
Lap 1 Run	Lap 1 Run	Lap 1 Run (Runner 1)
Shooting turn 1 (standing): 3 arrows	Shooting turn 1 (standing): 4 (+ 1 reserve) arrows	Shooting turn 1 (kneeled): 4 (+ 1 reserve) arrows
Penalty lap for every missed arrow	Penalty lap for every missed arrow	Penalty lap for every missed arrow
Lap 2 Run	Lap 2 Run	Lap 2 Run (Switch after)
Shooting turn 2 (kneeled): 3 arrows	Shooting turn 2 (kneeled): 4 (+ 1 reserve) arrows	Lap 3 Run (Runner 2)
Penalty lap for every missed arrow	Penalty lap for every missed arrow	Shooting turn 2 (standing): 4 (+ 1 reserve) arrows
Finish at the start/finish line of FINAL Lap 3 Run	Lap 3 Run	Penalty lap for every missed arrow
Shooting turn 3 (standing): 3 arrows	Finish at the start/finish line	Lap 4 Run (Switch after)
Penalty lap for every missed arrow		Lap 5 Run (Runner 3)
Lap 4 Run		Shooting turn 3 (kneeled): 4 (+ 1 reserve) arrows
Finish at the start/finish line FINAL		Penalty lap for every missed arrow
		Lap 4 Run
		Finish at the start/finish line

- There is an umpire at every shooting lane. He directly shows after shooting how many penalty laps must be ran. He shows this with colored cards with numbers on it:
  - **White**            Card that shows the number 0:        No penalty lap
  - **Blue**             Card that shows the number 1:        One penalty lap
  - **Green**            Card that shows the number 2:        Two penalty laps
  - **Orange**           Card that shows the number 3:        Three penalty laps
  - **Red**              Card that shows the number 4:        Four penalty laps
  
- **Qualification round and final round**
  - Every athlete runs one individual qualification round, in which the athletes start 30 seconds apart after each other. However running 3 rounds and shooting twice (standing – kneeled) in the qualifications is a round less in comparison with the final.
  - The best 10 athletes place themselves in the grand-final. The other athletes compete in their own final heat matched to their strength.
  - When less than three Dutch athletes reach the final 10, the medals will be presented to the athletes in the up following heat for the closed Dutch Championships.

### **Competition Schedule (Inclusive shooting practice)**

A competition schedule will be sent to the competitors 48 hours before the start of the match itself.

#### **Friday**

- 18.00h:        Accommodation opens
- 19.00h:        Possibility to practice shooting and explore the course
- 21.00h:        End practice shooting and meeting Team Captains

#### **Saturday**

- 08.30h:        Accommodation opens
- Opening registration participators (*You must be able to identify yourself, including your association number if you wish to participate in the NK*)
- Practice indoor hall open
- 09.30h:        Individual qualifications
  - 09.30h        Pupils and Aspirants
  - 10.15h        Cadets and Juniors
  - 11.00h        Seniors and Masters
- 12.00h:        Pause and practice final lane 20m
- 12.30h:        Final heats
  - 12.30h        Pupils up to 12 years        Finale Man
  - 12.50h        Pupils up to 12 years        Finale Woman
  - 13.10h        Aspirants    13-14 years        Finale Man
  - 13.30h        Aspirants    13-14 years        Finale Woman
  - 13.50h        Cadets        15-17 years        Finale Man
  - 14.10h        Cadets        15-17 years        Finale Woman
  - 14.30h        Juniors       18-20 years        Finale Man
  - 15.00h        Juniors       18-20 years        Finale Woman
  - 15.20h        Shooting practice final lane

15.50h	Masters	≥ 50 years	Finale Woman and Man
16.20h	Seniors	21-49 years	Finale Woman
16.40h	Seniors	21-49 years	Finale Man NK
17.00h	Seniors	21-49 years	Finale Open NK

17.30h: Award Ceremony

18.00h: BBQ

## Sunday

- 08.30h: Accommodation opens  
Opening registration participators (*You must be able to identify yourself, including your association number if you wish to participate in the NK*)  
Practice indoor hall open
- 09.30h: Individual qualifications  
09.30h Cadets, Juniors, Seniors and Masters  
10.30h Pupils and Aspirants
- 11.30h: Pause and practice final lane 20m
- 12.00h: Finale heats
- |        |           |                |                      |
|--------|-----------|----------------|----------------------|
| 12.00h | Masters   | ≥ 50 years     | Finale Woman and Man |
| 12.20h | Seniors   | 21-49 years    | Finale Woman         |
| 12.40h | Seniors   | 21-49 years    | Finale Man NK        |
| 13.00h | Seniors   | 21-49 years    | Finale Open NK       |
| 13.20h | Juniors   | 18-20 years    | Finale Man           |
| 13.40h | Juniors   | 18-20 years    | Finale Woman         |
| 14.00h | Cadets    | 15-17 years    | Finale Man           |
| 14.20h | Cadets    | 15-17 years    | Finale Woman         |
| 14.40h | Aspirants | 13-14 years    | Finale Man           |
| 15.00h | Aspirants | 13-14 years    | Finale Woman         |
| 15.20h | Pupils    | up to 12 years | Finale Man           |
| 15.40h | Pupils    | up to 12 years | Finale Woman         |
- 16.00h: Team sprint finale  
16.30h: Award Ceremony  
17.30h: Gathering

## Catering/ Provision

The championship will be held on the terrain of “handboogsportvereniging HKS Zoetermeer”. Catering, shelter, sanitary fittings and changing rooms are available. From the parking lot to the accommodation will take about 5 minutes walking.

Taking a shower can be done 2 minutes walking from the accommodation.

***Do you have any questions? Feel free to make contact with the organization!***

## *Hotel*



### **Golden Tulip**

Kinderen van Versteeg plein 18, 2713 HB Zoetermeer, Nederland

By foot: 2,5km

By car: 6,2km



### **NH Hotel**

Danny Kayelaan 20, 2719 EH Zoetermeer, Nederland

By foot: 2,7km

By car: 7,4km



### **Bastion Hotel**

Zilverstraat 6, 2718 RL Zoetermeer, Nederland

By foot: 2,7km

By car: 7,8km

## *Camping*



### **De Drie Morgen**

Voorweg 155, 2716 NJ Zoetermeer

By foot: 2,5km

By car: 3,1km

## *Apartments Scheveningen*



### **Roompot Vakanties Nautisch Centrum Scheveningen**

Hellingweg 6-49, 2583 WG Den Haag

By car: 21,0km