



Information Sunday 28th June - relays

Programme

08:30:	Event Office opens (any changes in the teams?)
10:00:	M135
10:10:	W125
10:20:	Veteran Open 165
11:30:	W-Open
11:40:	M-Open
12:00:	Childrens' Team Competition (check at the Event Office)
12:45:	M13-16
13:00:	W13-16
15:15:	Mass start
10:00 – 13:00:	N-open and Direct courses
10:00 – 13:00:	Trail-O

Startbibs (Emit logo)

All competitors shall wear start bibs with Emit logo on the chest. Start bibs are in the club bags. The last legs have black numbers on a red background.

Changes of team members

Any changes must be announced to the Event Office at least one hour before the start. Entry forms are in the club bags.

Start and changeover

All classes start at the arena. The start point will be signposted.

Don't forget to zero your Emit card when you enter the start or changeover area!

Changeover: The incoming runner will punch at the finish line, thereafter continue forwards, hand over their own map to the organisers, pick up the next map for the following leg and hand it to their team-mate.

Finish line: At the finish, there is a photo-cell and a video camera. This will decide the final results if there are any doubts. Punching takes place a few meters behind the finish line.

Start 3:

Direct classes and N open. 500 m west, big path, blue ribbons
Separate control descriptions-

Red zone

- If your punching is not accepted, you will be shown to a red zone, where any misunderstandings can be sorted out.

Map and terrain

Open, mainly coniferous forest with good runability. Medium hilly. Most of the courses are on and around a hill with many details and a dense network of smaller and bigger paths. Not all of these paths are marked on the map and you may find that you don't always agree with the map-maker's interpretation of which are the most obvious paths. Use your compass and the contours to check that you are on the right path! Beginners courses will mainly follow the bigger paths and skiing tracks.

Map: 1:10 000/5m for all classes. Surveyed and digitalised by Kristen Treekrem. Published by Fossum IF in 2009. Very high quality.

Shooting range: The longer courses will come in contact with shooting ranges. There will probably be shooting activity (skeet shooting) at one of these ranges. This area is marked on the map and bounded in the terrain with red/white tape. This tape must NOT BE CROSSED. Other shooting ranges will not be in use and can be safely crossed. Any warning signs here can be ignored and fences can safely be crossed.

Special map symbols: A black circle marks some man-made object: a tree-house, shelter, fireplace etc.

A big stream cuts through the terrain from north to south. It may look wide and deep, but is possible to cross most places (max depth 1 m).

Traffic: M-open will cross a road at two places. The road is marked as a tarmaced road on the map (brown). The road has extremely little traffic, but you should still be careful! There will be no wardens at these crossing points.

Courses and controls:

There are lots of controls. Please check your codes!
– the codes are given in the control descriptions.

There is a forking system for all legs except for the second leg in M/W 13-16.

Drinking stations: There are drinking stations along a north/south dirt road. All courses over 5 km will pass drinking stations.

Direct courses: Same procedure as Friday and Saturday. Remember to hand over rented Emit cards when you finish. There will be a fee for lost cards.

Trail-O: There will be a Trail-O competition close to the finish of the courses. The control signs differ somewhat from all the other controls, and there are no punching devices. Remember that you also have the opportunity to try Trail-O during the day.

Childrens' Team Competition: There will be some tape/ribbons in connection with the childrens' competition. These are not shown on your competition map. You may meet groups of young runners between 12.00 and 13.00. Please be considerate.

Collection of maps: Maps will be collected after each leg. The maps will be handed out when the class has finished. For the Men-Open and Women-Open this will be after the mass start. Please do not show maps to runners who are still waiting to start – some controls are used in several legs.

Prizes: Ceremonies and prize-giving for all classes will be announced over the loudspeaker.

Team Competition for M/W 8-12

The team: The team can comprise 3-5 runners. We recommend that the team stick together during the race. The team will have just one Emit punch card. **Remember** to zero the card before the start! The team will be awarded 0 points if the Emit card doesn't work properly.

Map and controls: The controls are printed on the map and the team gets points for all controls they punch. It is not necessary to find all controls. You do not get extra points for punching a control more than once.

Maximum time: The maximum time is 60 minutes. If the team finishes later than 13.00, three points will be deducted at the start of each new minute. It pays to be back on time!

Information about special activities along the course are printed on the back side of the map!

We recommend that teams with very inexperienced runners limit themselves to the easiest controls and/or that the team is shadowed by an adult. Shadowers must not assist teams in other relay classes and must have completed their own relay leg before the Team Competition.

Prizes: Prizes for all teams directly after the finish.