

Welcome to

THE NORWEGIAN O-FESTIVAL 2011,

SATURDAY 25TH JUNE

LONG DISTANCE



Berger Stadium, Nesodden.

**Organisers: The Norwegian O-Festival Alliance, Måren OK
and Nesodden IF**

RACE INFORMATION SATURDAY, LONG DISTANCE

Timetable, Saturday 25th June

08.30 Arena opens at Berger Stadium
10.00 First start senior Elite classes and junior Craft-cup.
11.00-13.30 Start O-Festival other classes (N-Open can start from 10.00)
11.00-13.00 Start Direct Entry courses.
10.00-15.00 The Children's Festival and child minding open.
13.00 Start prize giving youth and elite.
14.00 Start Nordic Orienteering Tour finale, chasing start for women
15.00 Start Nordic Orienteering Tour finale, chasing start for men
17.00 O-Festival evening for everybody at Hellviktangen

How to get to the arena/Parking

The arena for the Norwegian O-Festival 2011 is at Berger Stadium, Nesodden, all three days.

For those coming by car, the way to the arena will be indicated from road no. 156, ca. 4 km south of Nesoddtangen. The arena is ca. 25 km from the E6 (Vinterbro). There will be heavy traffic on the road to the arena (no. 156) for the competition days and you should allow plenty of time. We encourage car sharing and use of public transport!

Private cars can be parked at areas around Berger School and Nesodden College. **Stops/drop-offs at Berger Stadium will not be possible. Follow parking attendants' instructions!** Parking is close to the arena - from 200 to 800 metres -for all vehicles. Easily accessible with pushchairs and wheelchairs. The parking fee is NOK 40 per day.

The arena is just 35 minutes by ferry and bus from Oslo City Centre. Take the Nesodden ferry (boat 601) from Aker Brygge and the corresponding bus (No. 611) to Berger Stadium. It is not possible to take cars on the Nesodden ferry. The bus ticket is included in the ferry ticket. There will be extra buses covering the route during the competitions, but **make sure you have plenty of time!** It is possible to take bikes on the Nesodden ferry. The boats leave from Aker Brygge at 8.02, 9.32 and then normally 32 minutes past the hour on Saturday. See www.trafikanten.no for updated timetables.

Arena

In addition to the area to the east and north of the stadium, the stands can also be used. To make the most efficient use of the stands, this will be a "chair and rucksack free zone". Check out the arena map, and pay attention to taped off areas, to find out where you can erect your club tents. The race tracks and grass court will be used by racing competitors and should not be used for anything else. *We recommend watching the World Cup competitions from the stands!*

Sales

Trimtex and Sport 8/Craft will be selling orienteering equipment and other sports equipment at the arena on all days. Make the most of this opportunity to stock up before the autumn season!

Event Office

The Event Office is centrally located, in the building closest to the entrance of the arena. Team bags should be collected from the Event Office (one for each club). Contact the Event Office for practical questions, lost property etc.

Start Numbers

Start numbers are to be worn by all runners in all classes. Please do not cover or fold away any part of the start number and make sure that the start number is properly fastened so that it remains clearly visible during the whole competition. Start numbers and safety pins are in the team bags for all ordinary classes. All elite classes have to help themselves to start numbers at the start.

Time keeping and Emit cards – ordinary classes

Electronic Emit cards will be used for time keeping. Check your card number against the starting list. Any change of card number must be reported to the Event Office.

Time keeping – Elite classes

All runners in the four elite classes for juniors, together with W21E and M21E1 (but NOT M21E2) are to use EmiTag during the race, in addition to their own Emit card. The EmiTag will be handed out at the start and is to be fastened on your arm with a Velcro strap. The EmiTag will be collected immediately after you cross the finish. EmiTag is to be used solely for transferring split times and to record that the runner has finished. The official race time will be calculated from the time you cross the finishing line.

Emit cards will be read at the finish to control that they have been punched correctly.

GPS tracking - Craft Cup for juniors

The 10 best runners in W19-20E and the 15 best runners in M19-20E, as ranked for Saturday's chasing start, are to wear GPS tracking vests. The vests are to be collected from the Event Office from 45 minutes before the class starts. Runners who refuse to wear the vest will not be allowed to start.

Finishing procedure

Runners in ordinary classes keep to the left hand lane. At the finish, punch one of the controls on the finishing line. Proceed to the unit for downloading your Emit card and control of the electronic punching.

Runners in elite classes keep to the right hand lane. The time as you cross the finishing line will be recorded by photocell. Proceed to the unit for downloading your Emit card and control of the electronic punching.

Red zone

Emit cards will be read at the finish to control that they have been punched correctly. If the receipt is not automatically accepted, the runner will be sent to the "Red zone" for more information about why the result has not been accepted.

There are a number of reasons for ending up in the "Red zone":

- You have failed to punch a control (e.g. punched a different control by mistake), taken the controls in the wrong order or failed to get a receipt from one or several controls (e.g. placed the card incorrectly in the punching unit, or the unit may have malfunctioned (may be corrected if you have a backup card)).
- The Emit card number may have been registered incorrectly (can be corrected).
- The Emit card has not been emptied before start (e.g. forgot to hold your card in the starting unit at the start).
- The Emit card is dead.

Back-up cards and control description sheets

Help yourself to a back-up card at the start. Separate control description sheets will be handed out in starting sequence.

To the start

For starts 1 and 2, follow the red/white marking tape with the text "*Statens Vegvesen*" southwards from the arena. From the southern end of Berger Stadium it is 1500 metres to start 1 and 500 metres to start 2. Toilets and drinking water at start 1. See the table of courses and classes to find out which classes should go to start 1 and which to start 2.

Starting procedure for W/M21E1

EmiTags will be handed out in the tent at the starting area. Runners are personally responsible for collecting their EmiTag in plenty of time before their pre-start call-up.

The pre-start call-up time will be shown on a clock.

- 4 min before start: Go into the first enclosure for control of your EmiTag.
- 3 min before start: Go into the next enclosure for control of your EMIT card.
- 2 min before start: Collect separate control description sheet and empty your EMIT card.

- 1 min before start: Walk up to the map boxes.
- Timed start on the last beep from the starting clock. Take your map as you start.

Runners who are late arriving at the start will be allowed to start, however their time will be calculated from their designated starting time, not the actual starting time.

Starting procedure for Craft Cup juniors, chasing start

Junior classes have a chasing start based on the results of Friday's sprint. Runners who were more than 12 minutes behind the winner, or who do not have a valid result from Friday, start in a mass start 15 minutes after the first start in the class.

Runners are personally responsible for taking the correct map and control descriptions at the start. Both the map and control description sheet are marked with the runner's starting number. A forking system will be used in all chasing start classes.

EmiTags will be handed out in the tent at the starting area. Runners are personally responsible for collecting their EmiTag in plenty of time before their pre-start call-up.

The pre-start call-up time will be shown on a clock.

- ca. 5 min before start: Call-up. Runners will be sorted into the correct starting order, EmiTag and EMIT card will be checked.
- ca. 2 min before start: Collect separate control description sheet and empty your EMIT card.
- Take your map as you start.

Starting procedure for ordinary classes

The pre-start call-up time will be shown on a clock.

- 3 min before start: Go into the first enclosure for control.
- 2 min before start: Collect separate control description sheet.
- 1 min before start: Walk up to the map boxes.
- 5 seconds before start: Put your EMIT card in the starting unit and hold it there until the last start beep.
- Take your map as you start.

Maps in the team bag

Runners in classes N-Open, W/M-10, 11-12, 11-12N, 13-16N and 17N will get a map in the team bag. For N-Open, there will also be an accompanying person's map in the team bag (a colour copy without plastic cover).

Direct Entry Courses

You can enter for the Direct Entry Courses at the Event Office. Participants in the Direct classes will be given a starting number on entry and can start between 11.00 and 13.00 hrs. Participants in N-Open will be given their map on entry. Everybody else takes the map as they start (from map boxes right next to the Emit starting unit). Your start number is your receipt of payment for entry and must be clearly visible for you to be allowed to start.

Maps

Nesodden nord (1:15000), Tomåsan (1:10000), Bjørnemyr (1:10000) and Tomåsan (1:5000).

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See course overview for the relevant map scales in the different classes.

Mapped by Kristen Treekrem.

Printing: Luchs kart og trykk (1:15000 and 1:10000, offset). Hamar OK v/Terje Gudbrandsen (1:5000, printed).

Course printing: Benjamin sats & trykk.

Special map details

Black ring: tree house, climbing frame, wigwam etc.

Black cross: Big information signs, car wrecks and other metal objects (e.g. snow canons).

Terrain

Mostly open pine and spruce forest, but with some deciduous and mixed forest. Good runability. There is very little dense vegetation, except in the area near the finish and in some areas south of start 1. The terrain includes a relatively large bog area.

There has been a lot of rain recently so some bogs are rather wet. In particular, cross country skiing tracks (generally marked yellow on the map or as a less distinct path) over bogs can be heavy going. If it is particularly wet, some smaller, impassable muddy holes may be taped off for participants' safety.

Forbidden areas

All cultivated farmland (ISOM 415) and gardens (ISOM 527) are forbidden areas. Those areas closest to the courses will be marked on the map with purple hatching (ISOM 709).

Drinking stations

For longer courses (all courses longer than 4 kilometres, except for M17B) there will be drinking stations placed by roads. These will be marked on the map (ISOM 713), and are located along natural route choices. In addition, for M21E1 there will be three drinking stations, for M21E2 and M19-20E two drinking stations, and for M17-18E, W17-18E and W19-20E one drinking station.

Classes and courses

Class	Km	Start	Scale
M21E	13.6	1	1:15000
M21E2	13.3	1	1:15000
M19-20E	10.9	1	1:15000
W21E	9.2	1	1:15000
M17-18E	8.8	1	1:15000
W19-20E	7.6	1	1:15000
W17-18E	6.7	1	1:15000
M21	9.1	1	1:15000
M35	9.1	1	1:15000
M40	7.7	1	1:15000
M45	7.3	1	1:10000
W21	6.7	1	1:15000
M50	6.6	1	1:10000
M17B	6.2	1	1:10000
M17K	5.7	1	1:10000
W35	5.7	1	1:10000
M16	5.7	1	1:10000
M55	5.7	1	1:10000
M60	5.1	1	1:10000
W40	5.1	1	1:10000
W45	4.8	1	1:10000
M17-20	4.8	1	1:10000
W16	4.6	1	1:10000
M15	4.6	1	1:10000
M65	4.4	1	1:10000
W15	4.4	1	1:10000
W50	4.3	1	1:10000
M35K	4.3	1	1:10000
W65	3.5	1	1:10000
M75	3.5	1	1:5000
M70	3.6	1	1:5000
W55	3.6	1	1:10000
W60	3.6	1	1:10000
W17-20	3.6	1	1:10000
W14	3.9	1	1:10000

Class	Km	Start	Scale
M14	3.9	1	1:10000
M45K	3.6	1	1:10000
W17K	3.5	1	1:10000
W35K	3.5	1	1:10000
W13	3.6	1	1:10000
M13	3.6	1	1:10000
W17B	3.6	1	1:10000
W55K	2.3	1	1:10000
M17C	3.6	1	1:10000
W17C	3.3	1	1:10000
W11-12	2.9	2	1:10000
M11-12	2.9	2	1:10000
W17N	3.1	1	1:10000
M17N	3.1	1	1:10000
W13-16N	2.6	1	1:10000
M13-16N	2.6	1	1:10000
W13-16C	2.6	1	1:10000
M13-16C	2.6	1	1:10000
W10	2.2	2	1:10000
M10	2.2	2	1:10000
W45K	2.8	1	1:10000
M55K	2.8	1	1:10000
W70	2.6	1	1:5000
W75	2.6	1	1:5000
M80	2.6	1	1:5000
M85	2.6	1	1:5000
W80	2.3	1	1:5000
W11-12N	2.2	2	1:10000
M11-12N	2.2	2	1:10000
N-Open	1.7	2	1:10000
Direct A1	7.0	1	1:15000
Direct A2	4.9	1	1:10000
Direct A3	2.3	1	1:10000
Direct C	2.5	2	1:10000

Controls

There are many controls close together, so check the control codes. This also applies to the last control, which is different for elite and ordinary classes.

Controls that are placed by cliffs will be at the bottom of the cliff, if nothing else is specified in the control description. The height and extent of map details is only specified in the control description if this is useful information for identifying which detail within the control ring the control is placed on.

Clothing

The Norwegian Orienteering Federation's rules must be followed, i.e. racing clothes must cover the entire body except the head, neck and arms.

Punching

Emit's punching system is not direction neutral and requires that organisers optimise the placement of the control units and that runners optimise their orienteering towards the unit. In any orienteering race, the direction of a runner coming towards a control will vary depending on route choices and there will often be many runners coming to the same control from different directions. This requires certain compromises. However, the aim is to place the control in a manner that allows as many runners as possible to punch as easily as possible, allowing them to "run through" the control.

Principles: It should be possible to pass on either side of the control unit, enabling both left and right handed punching. Units should be orientated such that the opening is pointing towards the runner as they approach the control (in some cases it may be relevant to orientate the unit so that the opening is facing away from the exit direction). The figure on the left below shows an ideal placement and orientation of a control unit in relation to the direction running in to and out of the control. The figure on the right shows the usual way of holding the Emit card.



The back-up card will be used if an electronic punching has not been registered. The back-up card will only be valid if the Emit card has been placed correctly in the control unit.

Map collection

The maps will not be collected at the finish. We ask everybody to respect the demands of Fair Play and not share information about the map and courses with runners who have not yet started.

Clothes from the start

Clothes from the start will be brought back to the arena and placed by the Event Office.

Maximum time

The finish will close at 16.00 for all classes (except World Cup) and we will start to remove the controls.

Cards for rent

Any rented cards will be included in the team bags. Rented cards must be returned at the finish on the last day, or be returned to the Event Office. There will be a fee for failure to return a rented card.

Results

Result lists will be updated continuously at the arena. Result lists and split times will also be posted online each day. Final result lists will be hung up at the arena the day after the race.

There will be live results and speaker commentary on the Internet for the elite classes. See www.o-festivalen.com for the day-specific links. For the World Cup there will also be GPS tracking available from 14.00 hrs.

Prizes

N-Open + classes up to and including 12 years: prizes for everybody

W/M13-16: prizes for 1/3.

W/M17-34 A- and E: prizes for 1/8.

Other ordinary classes: 1-3 prizes, depending on number starting.

Direct classes: prize draw amongst those starting.

Prize giving ceremony for classes W/M13- up to and including W/M21 A- og E- classes will start ca. 13.00 hrs. Classes up to and including 12 years can collect their prizes from the prize table straight after they finish. Other classes can collect their prizes from the prize table when the result lists are ready. Prizes will not be sent on to people who fail to collect them at the arena.

Toilets

Toilets are located at the south of the arena and at start 1.

Showers

Indoor showers with somewhat limited capacity at the club house, centrally located at the arena.

Remember that those coming after you would also appreciate a little warm water! We request that participants staying overnight at the School use the showers there.

The Children's Festival/child care

Child minding is available at the arena. Open from 10-15.00 hrs. This year's Children's Festival:

FUN-O-FESTIVAL is located in the eastern part of the arena and is suitable for children from 5-13 years.

Price NOK 100 for the whole weekend. Great prizes!

Team information for the relay

Team members' names and EMIT card numbers must be registered online (see under "Entries" on the webpage) by 20.00 hrs Saturday evening at the latest. **EMIT cards with a display can NOT be used in the relay! Runners who do not have a card without display can borrow one free of charge from the Event Office.** Any changes to the team information must be handed in at the Event Office by 10.00 hrs Sunday.

Main Officials

Event Manager: Jørn Sundby

Race Director: Ivar Maalen, Ås

Course Planners Saturday: Kjell Blomseth, Ola Marius Pedersen and Håvard Tveite, Ås.

Technical delegates NOF

Petter Fure and Jan Arild Johnsen

Jury

Unni Strand Karlsen, Leif Størmer and Jack Bjørnsen.