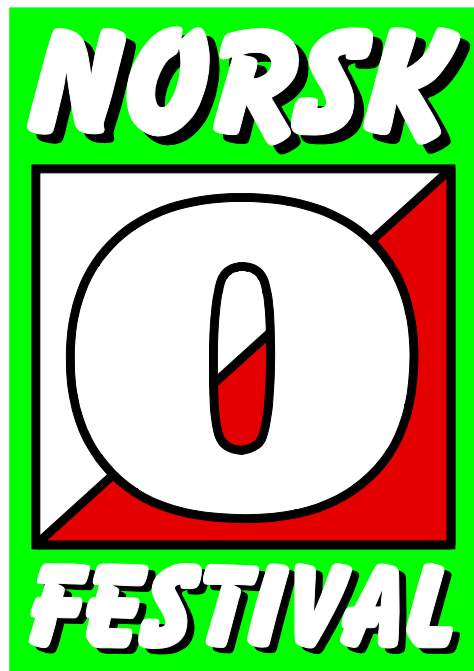


Welcome to
THE NORWEGIAN O-FESTIVAL 2011,
SUNDAY 26TH JUNE

RELAY

MIDDLE DISTANCE



Berger Stadium, Nesodden

Organisers:

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

RACE INFORMATION SUNDAY, RELAY AND MIDDLE DISTANCE

Timetable, Sunday 26th June

08.30 Arena opens at Berger Stadium
10.00-11.30 Start O-Festival individual classes.
10.00-15.00 The Children's Festival and child minding open.
11.00 Start M13-16
11.20 Start M-Open
11.30 Start W13-16
11.40 Start W-Open
12.00 Start Team Competition M/W-12
ca.12.25 Finish M13-16
ca.13.00 Finish W13-16
ca.13.45 Finish W-Open
ca.14.20 Finish M-Open
ca.14.30 Mass starts for all classes
17.00 Arena and accommodation close.

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 Sunday. See www.trafikanten.no for updated timetables.

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. Start numbers and safety pins are in the team bags. 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.

Maps

Tomåsan (1:10000), Bjørnemyr (1:10000) and Bjørnemyr (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 (1:10000, offset). Hamar OK v/Terje Gudbrandsen (1:5000, printed).

Course printing: Benjamin sats & trykk and Kristen Treekrem.

Special map details

Black ring: tree house, campfire place, bike ramp, wigwam etc.

Black cross: Big information signs, car wrecks and other metal objects.

Terrain

Mostly open pine and spruce forest with many paths. There is some dense vegetation in the area near the arena. There are a few steep areas, where runners should be especially careful. Be aware that after two days of competitions there may be tracks in the terrain that are not marked on the map.

Forbidden areas

Runners will come across a field south-west of the arena. There is a path at the edge of the field that runners are allowed to use. Running along any other field margins is forbidden. Please respect boundaries that are taped off and areas that are out of bounds! To make space for control numbers on the maps there are openings in the hatched markings of forbidden areas, but the entire field is, of course, out of bounds. Running in forbidden areas will lead to disqualification.

Punching

Emit's punching system is not direction neutral and requires that organisers optimise the placement of the control units and the direction of 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.

Controls

There are many controls close together, so check the control codes. Take note that there are 2 different

final controls: one for the relay classes and one for the individual courses and Team Competition. There will be no drinking stations on Sunday.

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.

Cards for rent

Any rented cards will be included in the team bags. Rented cards must be returned at the finish or to the Event Office on Sunday. 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. Live results, speaker commentary and GPS tracking for the relay classes will be available at www.o-festivalen.com.

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!

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.

Prizes

Team Competition: prizes for everybody.

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

W/M-Open relay: prizes for 1/8.

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 Entry classes: prize draw amongst those starting.

Prize giving for the relays will start at 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.

Main Officials

Event Manager: Jørn Sundby

Race Director: Ivar Maalen, Ås

Course Planners Sunday: Knut Bjørkelo, Kolbotn & Skimt OL (relay)

Geir Trøan, Kolbotn & Skimt OL (individual classes).

Technical delegates NOF

Petter Fure and Jan Arild Johnsen

Jury

Unni Strand Karlsen, Leif Størmer and Jack Bjørnsen.

Information for the relay

Team information for the relay

Team members' names and EMIT card numbers are to be registered online by Saturday 20.00 hrs (see under «[Entries](#)» on the webpage). NB: Display cards can NOT be used in the relay (but are OK in the Team Competition and individual races). Runners who need to borrow a card without display can do so free of charge from the Event Office on Saturday.

Any changes on Sunday must be submitted in writing to the Event Office. Use the form in Sunday's team bag. The deadline for changes to the team information is 10.00 hrs.

Start/Starting procedure

NB: All runners in the 4 relay classes are to use EmiTag armbands for identification and split times!

The start for the relay classes is on the gravel court at the north-west of the stadium. The only way in to the start/exchange area is through the tent where EmiTags are handed out and EMIT cards checked and emptied. Runners are personally responsible for passing through this entrance at least 10 minutes before their expected start. Take into account that there will be queues!

Exchange procedure

Runners coming from the last control will keep in the left lane (nearest the grass court). After crossing the finishing line, the incoming runner will turn to the left, take the correct map and deliver this to the next person on the team over the stadium fence. Incoming runners must keep moving along the stadium fence towards the download unit for EMIT cards.

It is the responsibility of the runners to take the correct map and check that both the team number and leg number are correct. Teams that run with the wrong map will be disqualified. If their map is missing, reserve maps are available from the officials in the exchange area.

Time keeping /Finish - relay

All runners in the four relay classes are to use EmiTag during the race, in addition to their own Emit card. The EmiTag will be handed out at the entrance to the start area and is to be fastened on the arm by a Velcro strap. It 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. The finish on the final leg uses the same lane as the previous legs. No punching at the finish line! For close battles between teams, a photo-finish camera will be used to decide the order.

Emit cards will be used for time keeping and to check control punching. Check your card number against the starting list for each leg. It is extremely important that the correct card is used on each leg. NB: Display cards can NOT be used in the relay (but are OK in the Team Competition and individual races). Runners who need to borrow a card without display for the relay can do so free of charge from the Event Office on Saturday.

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. Control descriptions are printed on the map. Separate control description sheets will not be provided for the relay.

Classes and courses

Class	Start time	1 st leg	2 nd leg	3 rd leg	4 th leg	5 th leg
M13-16	11.00	4.0km	4.0km	4.0km		
W13-16	11.30	3.6km	3.6km	3.6km		
M-Open	11.20	5.4km	5.4km	4.2km	5.7km	7.2km
W-Open	11.40	3.7km	3.7km	3.4km	5.3km	
Team W/M-12	12.00					

All relay classes will use a map of scale 1:10 000. Contour interval: 5 metres.

A forking system will be used on all legs in all classes. All relay classes will pass the arena along the way, except for the 3rd leg in W-Open and M-Open. The course is marked from the start/exchange to the start control – the markings must be followed right up to the start control!

GPS tracking

The following teams are required to wear GPS tracking equipment on 4th leg women:

W-Open

201 NTNUI 1, 202 Nydalens SK 1, 203 Lillehammer, 204 Bækkelaget, 205 Halden, 206 Freidig, 207 NTNUI 2, 208 Fredrikstad, 209 Konnerud, 210 Kongsberg, 213 Lillomarka, 234 Kristiansand

The following teams are required to wear GPS tracking equipment on 3rd leg and 5th leg men:

M-Open

1 Kristiansand, 2 Halden , 3 Ås-UMB , 4 Fredrikstad, 5 Lillomarka, 6 Halden 2, 7 Nydalen, 8 Raumar, 9 Bækkelaget, 10 Freidig, 11 Kongsberg, 12 Lillomarka 2, 13 NTNUI, 14 Tyrving, 36 Frol, 45 IFK Göteborg, 46 Järå, 50 Kristiansand 2, 85 Turun Mätsänkävijät

GPS vests will be handed out at the entrance to the exchange area from ca. 30 minutes before exchange. The runners listed above must wear a GPS vest. Runners who refuse to wear the vest will not be allowed to start.

Map collection

All maps in the relay will be collected after the finish and will be released after the mass start, ca. 14.30 hrs. It is forbidden to look at maps of the race area at the arena until after the mass start.

Maximum time

The finish will close at 16:30 hrs. After this the controls will be removed.

Information for individual races

To the start

For starts 1 and 2, follow the red/white marking tape with the text "*Statens Vegvesen*" northwards from the arena. From the northern end of Berger Stadium it is 1200 metres along a path to start 1 and 400 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.

Control description sheets

Separate control description sheets will be available for all classes 2 minutes before the start. Control descriptions are also printed on the map.

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: Separate control description sheets available.
- 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.

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

Finishing procedure

Runners in ordinary classes keep to the right 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.

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.

Clothes from the start

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

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).

Classes and courses

Class	Km	Start	Scale
M17	5.7	1	1:10000
M35	4.76	1	1:10000
M40	4.75	1	1:10000
W17	4.75	1	1:10000
M45	4.66	1	1:10000
M50	4.57	1	1:10000
M55	4.57	1	1:10000
W15-16	3.32	1	1:10000
M15-16	3.32	1	1:10000
W40	3.73	1	1:10000
W45	3.73	1	1:10000
M60	3.75	1	1:10000
M65	3.75	1	1:10000
W35	3.75	1	1:10000
W50	3.46	1	1:10000
M70	3.46	1	1:5000
W55	3.08	1	1:10000
W60	3.08	1	1:10000
M75	3.08	1	1:5000
W65	2.28	1	1:10000
W70	2.28	1	1:5000
M17B	2.96	1	1:10000
W17B	2.96	1	1:10000
W13-14	3.23	1	1:10000

Class	Km	Start	Scale
M13-14	3.23	1	1:10000
M80	2.3	1	1:5000
M85	2.3	1	1:5000
W75	2.3	1	1:5000
W80	2.3	1	1:5000
M17C	2.77	1	1:10000
W13-16C	2.2	2	1:10000
M13-16C	2.2	2	1:10000
W17C	2.2	2	1:10000
W11-12	2.09	2	1:10000
M11-12	2.09	2	1:10000
M10	1.98	2	1:10000
W10	1.98	2	1:10000
M13-16N	2.24	2	1:10000
W13-16N	2.24	2	1:10000
W17N	2.24	2	1:10000
M17N	2.24	2	1:10000
W11-12N	2.24	2	1:10000
M11-12N	2.24	2	1:10000
N-Open	1.64	2	1:10000
Direct A1	4.76	1	1:10000
Direct A2	3.08	1	1:10000
Direct C	2.77	1	1:10000

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.

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 10.00 and 11.30 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.