

Welcome to

NORWEGIAN O-FESTIVAL, SATURDAY 23. JUNE 2012

LONG DISTANCE



Beitostølen ski stadium.

Organisers: Øystre Slidre IL and Norsk O-festivalallianse.

Final information Saturday, Long distance

Programme Saturday

09.00	Arena and event office open
11.00-14.30	Start O-Festivalen
11.00-13.00	Start entry on the day courses.
10.00-15.00	Child care open
15.30	Prizegiving.
16.30	Finish closes.
18.00	Midsummer celebration in Beitostølen centre.

Arrival/Parking

The arena for Norwegian O-festival 2012 is Beitostølen ski stadium all three days.

Beitostølen ski stadium is located 0,5-1,5km from most of the accomodation places at Beitostølen. To arena, follow signs from road 51 (main road through Beitostølen centre)

All competitors who will stay at Beitostølen, in walking distance from arena, should park their car at their accomodation place and walk to the arena- all days. Parking at the arena is limited, and reserved for competitors not staying within walking distance. Fee for parking at the arena: NOK 50/day.

Arena

The arena for Norwegian O-festival 2012 is Beitostølen ski stadium all three days. Team tents should be erected only in the designated area.

Sportshops

Trimtex, Sport 8 and Sport 1 all have large stores with orienteering- and sporting clothing and equipment all days.

Event office

The event office is situated in the southern part of the main building at the arena (north-east part of the arena) A representative from each club should get their team information bag there each day. Please note that foreign competitors will not be allowed to start if the starting fee is not paid. Please contact the event office for all questions during the event. Entry for entry on the day courses is done at the event office.

To start

Start 1: Follow red/white ribbons north/east from the arena. 1800 meter along road. 150 meter climb on the last kilometer to the start. Beautiful view from the start if weather is nice! Toilets and water at Start 1.

Start 2: South west of the arena, blue/yellow ribbons, 650 meter.

Please see table with classes and courses for information about which class goes to which start.

Startprocedure Elite, and W/M 15 and 16.

EmiTag is handed out in the start area.

- 3 min before start: Check Emit-tag and Emit-card.
- 2 min before start: Control descriptions and activation of Emit-card.
- 1 min before start: Find the box with your map.
- Start

Competitors in elitclasses and W/M 15 and 16 cannot use a EMIT-card with display. Competitors who have entered with such a card will find a replacement card in the team bag, and must use this card all days!

Start procedure regular classes.

- 3 min before start: Check Emit-card.
- 2 min before start: Control descriptions.
- 1 min before start: Find the box with your map.
- 5 sec before start: Put your Emit-card in the activation unit and keep it there until your start.

Start numbers

Competitors in elit classes, W/M 15 and 16, and the following classes: W/M14, M/W13, M/W 11-12 and M/W 11-12N. All classes 14 years and younger will have their bib numbers in the team bag each day. Classes 15 years and older will find their bib numbers at start 1.

Back-up label and control descriptions

Back up labels are self service at the start. Please write class and name on the label. Control descriptions are available 2 mins before the start. Control descriptions are also printed on the map.

Time keeping and Emit cards regular classes

Emit-card is used for time keeping and punching. Please check that your Emit-card number is correct on the startlist. Changes are made at the event office.

Time keeping elit classes and W/M 15 and 16

All competitors in elit classes and W/M 15 and 16 must wear an EmiTag wristband during the race in addition to their own Emit-card. The Emit-tag is handed out at the start, and should be worn on your arm. The Emi-Tag will be collected just after the finish line. Emi Tag is used for split times and for identification of the athlete at the finish line. Emit-card is used for punching.

Finish

Competitors in regular classes will have the left finishing lane. All athletes in this lane must punch at the finish line.

Elit and 15/16-classes will have the right lane from the last control. No finish punch!

In elit classes and M/W 15 and 16 the time from day one and two will count for the chasing start on day three.

«Red zone»

If you do not have a valid race you will be directed to the «red zone» after the finish line. At the "red zone" you will get information why your race was not approved.

GPS-tracking

The 20 last starters in in M17-18E (2385-2404), and M21E (2088-2107), and the 10 last in M19-20E (2188-2197) must wear GPS-tracking equipment. The equipment is handed out at the start, please be there in time. Carrying of the equipment is mandatory for selected competitors.

Maps in the team bag

Competitors in the following classes will get their map in the team bag. Please remember to bring the map to the start! N-Open, W/M-10, 11-12, 13-16C, 11-12N, 13-16N and 17N.

Entry on the day

Entry on day is available all days. After Wednesdays entry deadline, no more entries can be done in competition classes. Entry for day courses is done in the event office. Start is open from 18 to 20. Price: 180 NOK/day. Four courses of different lengths are available.

Map

Beitostølen and Liahøvda printed 2012 Øystre Slidre IL.
Scale: 1:15000/1:10000/1:7500. 5 meter contours.

Mapmaker is Helge Gisholt.

Please see the table with classes and courses to find out which scale your class will use.

Green «X» is in forested areas used for old/big/special pine trees. See picture below. On the open mountain Green «X» is also used for single trees and bushes.



The competition area is mountainous terrain from 750 to 1100 a.s.l. The arena is situated at 820 meter a.s.l. The vegetation varies from birch to pine and spruce. Close to the arena there are a lot of wide ski tracks for cross country skiing.

Runnability varies a lot. From very fast open mountain and areas with grass and marshes; to areas with more dense vegetation, undergrowth and some areas with rocky ground. In total the area on Saturdays race is fast and runnable.

Visibility varies a lot. From the open mountain to areas with very dense forest and very limited visibility.

Many boulders are covered by grass/moss on top, so they can be more difficult to see than usual.

In mountainous terrain boundaries between marsh/not marsh, and yellow, white, green forest might be very indistinct.

Overall the map gives a very good picture of the runnability and the visibility in the terrain.

The marshes in the area are mostly firm and have very good runnability.

Clothing

According to the rules of the Norwegian O-Federation all competitors must wear clothing that covers the whole body, except for head, neck and arms.

Classes and courses

Classes and courses Saturday

Class	Length	Controls	Start	Scale
H21E	15,16	28	1	1:15000
H21-	12,57	23	1	1:15000
H19-20E	11,36	22	1	1:15000
H35-	9,63	18	1	1:15000
H17-18E	9,54	18	1	1:15000
D21E	9,44	20	1	1:15000
H40-	8,35	19	1	1:10000
D21-	8,35	19	1	1:10000
H45-	8,21	19	1	1:10000
D19-20E	8,05	17	1	1:15000
D17-18E	7,45	16	1	1:15000
H50-	7,05	17	1	1:10000
D35-	6,45	16	1	1:10000
H16	6,45	15	1	1:10000
H55-	6,45	16	1	1:10000
H17-Kort	6,34	17	1	1:10000
H17-20	6,34	17	1	1:10000
H17B	6,23	13	1	1:10000
D16	5,72	14	1	1:10000
H15	5,51	13	1	1:10000
H60-	5,43	15	1	1:10000
D40-	5,43	15	1	1:10000
D45-	5,28	15	1	1:10000
H65-	5,28	15	1	1:10000
D15	4,93	14	1	1:10000
H35-Kort	4,87	16	1	1:10000
D17-Kort	4,87	16	1	1:10000
D17B	4,84	9	1	1:10000
D50-	4,63	14	1	1:10000
D17-20	4,63	14	1	1:10000
H14	4,28	10	2	1:10000
H70	4,11	11	2	1:7500

D55	4,11	11	2	1:7500
D60	4,11	11	2	1:7500
Class	Length	Controls	Start	Scale
D65	4,07	11	2	1:7500
H75	4,07	11	2	1:7500
H45-Kort	3,99	12	2	1:7500
D35-Kort	3,99	12	2	1:7500
D14	3,60	10	2	1:10000
D45-Kort	3,20	9	2	1:7500
D70	3,20	9	2	1:7500
D75	3,20	9	2	1:7500
H80	3,20	9	2	1:7500
H85	3,20	9	2	1:7500
D80	3,20	9	2	1:7500
H17C	3,00	10	2	1:7500
D17C	3,00	10	2	1:7500
D13	2,90	9	2	1:10000
H13	2,90	9	2	1:10000
H11-12	2,59	12	2	1:7500
H13-16C	2,59	12	2	1:7500
D11-12	2,46	10	2	1:7500
D13-16C	2,46	10	2	1:7500
D-10	2,34	10	2	1:7500
H-10	2,34	10	2	1:7500
D17N	2,28	10	2	1:7500
H17N	2,28	10	2	1:7500
D13-16N	2,28	10	2	1:7500
H13-16N	2,28	10	2	1:7500
D11-12N	1,99	10	2	1:7500
H11-12N	1,99	10	2	1:7500
N-Åpen	1,99	10	2	1:7500

Clothes from start

Clothes from the start will be brought back and put close to the event office.

Refreshment

Classes H21E, H19-20E, H17-18E, D21E, H21, H35 and direct 1 will have two refreshment stations.

Classes H40, D21, H45, H50, H17B, D19-20E, D17-18E, H16 and D16 will have one refreshment station.

Maximum time

The finish will close at 16.30 and controls will be removed after that time.

Rental Emit cards

Rented Emit cards can be found in the team bag. The same card should be used all days and should be returned after finish the last day. For Emit cards not returned there is a fee of NOK 600,-

Prizes

N-Open + and classes under 12 years: Prizes for everybody.

W/M13-14, and 13-16C/N: 1/3 of started competitors.

W/M15/16 and elit classes: Top 6.

Other classes: 1-3 prizes depending on number of entries.

Toilets

Toilets are at the arena, both north east in the main building and north west in the kiosk. Toilets also at Start 1.

Child care

Child care north east in the arena. Open from 10-15.00. No fee.

Main organisers

Event director: Erik Østli

Courses: Jørn Sundby

Time keeping: Dagfinn Øksenholt, Henning Spjelkavik

Finish: IL Tyrving

Event office: Idar Brekke

Start: Kjell Blomseth/ Knut Bjørkelo

Event controller NOF

Jan Arild Johnsen

Jury

Arne Håkon Jørgensen, Sandefjord OK

Arne Arnesen, Hamar OK

Torgeir Strand, Fana IL