

Welcome to

NORWEGIAN O-FESTIVAL, FRIDAY 22. JUNE 2012

SPRINT



Beitostølen ski stadium.

Organisers: Øystre Slidre IL and Norsk O-festivalallianse.

Final information Friday, sprint

FAIR PLAY

- On Friday all arrival to arena should be from accommodation place, following the main road (51) from Beitostølen centre to the arena. No shortcuts through the competition area!
- All competitors in elite classes and M/W 15 and 16 shall not stay inside the competition area after 17.45. After that time, competitors in these classes are only allowed to stay at the area deltagerer i eliteklasser og D/H15 og 16 skal være ute av løpsområdet til klokken 17.45. Etter dena or on the way to start. They are also allowed to stay outside of the competition area (for instance on the way to Beitostølen).
- Friday's competition is held in an area with a lot of private cabins and chalets. All private areas (marked with ISSOM 528.1) are forbidden to cross. In addition almost all fences are old wooden fences, marked as forbidden on the maps. All these fences are forbidden to cross, and according to ISSOM leads to disqualification of athletes who violates this rule.
- **Programme Friday**
 - 15.00 Arena and event office open
 - 18.00-20.00 Start O-Festivalen
 - 18.00-20.00 Start entry on the day courses.
 - 17.00-20.00 Child care open
 - 20.00 Prizegiving.
 - 21.00 Finish closes.

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 accommodation 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 accommodation 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. 1500 meter along road. All areas on the left side of the way to start is competition area and it is prohibited for warm up. Toilets and water at Start 1.

Start 2: North of the arena, blue/yellow ribbons, 200 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!

Startprocedure 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 W17-18E (460-479), 15 last in W21E (228-242), and the 15 last in M17-18E

(391-405) 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, printed 2012 Øystre Slidre IL.

Scale: 1:5000. 2 meter contours.

Mapmaker is Helge Gisholt. ISSOM 2007 (sprint) for all classes.

Competition area

The competition area consists of many roads, paths and private cabins and chalets. In between there are areas with forest and some larger marshes. Marshes are generally very runnable. In the forest runnability is often reduced by dense forest and bushes. The area is suitable for route choice legs. Courses will also enter the area close to the arena, with large ski tracks.

Approx percentage of paved/gravel/hard paths and forest areas in different classes, depending on route choices.

Classes	Paved/gravel (approx)	Forest (approx.)
Elit classes and M/W 15 and 16	60-80 %	20-40 %
Other classes	20-40 %	60-80 %

Forbidden areas

All areas with symbol 528.1 in ISSOM 2007 ("forbidden/private area), are forbidden to cross. Some of these areas will be marked by tape.

Forbidden fences: There are a lot of forbidden fences in the area. Almost all fences in the competition area are old Norwegian wooden fences. They are often not high, but still forbidden to cross. Athletes who cross forbidden fences will be disqualified.

Clothing

This is a sprint competition and according to the rules of the Norwegian O-federation there are no restrictions on clothing. Organiser recommend all athletes to have clothes that cover their whole legs.

Classes and courses

Classes and courses Friday

Class	Length	Controls	Start	Scale
H21-	3,96	18	1	1:5000
H35-	3,91	18	1	1:5000
H40-	3,68	15	1	1:5000
D21-	3,68	15	1	1:5000
H45-	3,49	15	1	1:5000
H21E	3,41	15	1	1:5000
H19-20E	3,02	13	1	1:5000
H50-	2,98	17	1	1:5000
H17B	2,87	14	1	1:5000
D17B	2,87	14	1	1:5000
H17-Kort	2,86	16	1	1:5000
H17-20	2,86	16	1	1:5000
D35-	2,83	16	1	1:5000
H55-	2,83	16	1	1:5000
H17-18E	2,73	16	1	1:5000
H60-	2,72	15	1	1:5000
D40-	2,72	15	1	1:5000
H14	2,72	12	2	1:5000
D21E	2,57	16	1	1:5000
D45-	2,56	13	1	1:5000
H65-	2,56	13	1	1:5000
D14	2,55	12	2	1:5000
D17-Kort	2,53	15	1	1:5000
D50-	2,53	15	1	1:5000
D17-20	2,53	15	1	1:5000
D19-20E	2,51	13	1	1:5000
H70	2,50	13	2	1:5000
D55	2,50	13	2	1:5000
D60	2,50	13	2	1:5000
D17-18E	2,49	13	1	1:5000
H17C	2,49	11	2	1:5000
Class	Length	Controls	Start	Scale

D17C	2,49	11	2	1:5000
D13	2,44	10	2	1:5000
H13	2,44	10	2	1:5000
H11-12	2,35	11	2	1:5000
H13-16C	2,35	11	2	1:5000
H16	2,33	12	1	1:5000
D11-12	2,30	12	2	1:5000
D13-16C	2,30	12	2	1:5000
D17N	2,24	10	2	1:5000
H17N	2,24	10	2	1:5000
D13-16N	2,24	10	2	1:5000
H13-16N	2,24	10	2	1:5000
H15	2,15	12	1	1:5000
D16	2,08	11	1	1:5000
D15	2,01	12	1	1:5000
D65	1,69	13	2	1:5000
H75	1,69	13	2	1:5000
D70	1,46	10	2	1:5000
D75	1,46	10	2	1:5000
H80	1,46	10	2	1:5000
H85	1,46	10	2	1:5000
D80	1,46	10	2	1:5000
D-10	1,33	11	2	1:5000
H-10	1,33	11	2	1:5000
D11-12N	1,24	9	2	1:5000
H11-12N	1,24	9	2	1:5000
N-Åpen	1,24	9	2	1:5000
Direkte A1	3,91	18	1	1:5000
Direkte A2	2,86	16	1	1:5000
Direkte A3	1,96	13	2	1:5000
Direkte C	2,49	11	2	1:5000

Clothes from start

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

Maximum time

The finish will close at 21.00 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 17-20.30. 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

Yngve Mobråthen

Jury

Arne Håkon Jørgensen, Sandefjord OK

Arne Arnesen, Hamar OK

Torgeir Strand, Fana IL