

Welcome to

THE NORWEGIAN O-FESTIVAL 2011,

FRIDAY 24TH JUNE

SPRINT



Berger Stadium, Nesodden.

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

RACE INFORMATION FRIDAY, SPRINT

Timetable O-Festival Friday

14.00	Overnight accommodation opens at Berger School
16.00	Arena opens at Berger Stadium
17.00-20.30	Child minding and Fun-O-Festival for children.
18.00-20.00	Start Direct Entry courses.
18.00-20.00	Start O-Festival and Norwegian Craft Cup for juniors. (N-Open can start from 17.00)
20.00	Prize giving ceremony.

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, especially on Friday 24th June. 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 every 20 to 30 minutes on Friday afternoon. See www.trafikanten.no for 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.

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.

Starting Areas

All classes, start 1 and 2: Distance ca. 950 metres along road. Follow red/white marking tape with the text "*Statens Vegvesen*" eastwards from the arena, through the subway that leads towards the car parking. Elite classes have the northernmost start at the starting area; remaining classes have the

southernmost start. There are toilets 200 metres south of the starting area. No drinks available at the start.

Starting procedure for Elite

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 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 starting time.
- Take your map as you start.

Back-up cards and control description sheets

Help yourself to a back-up card at the start.

Separate control description sheets are available at the start. Control descriptions are also printed on the maps.

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 elite classes 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.

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 will be recorded as you cross the finishing line. Proceed to the unit for downloading your Emit card and control of the electronic punching.

The race time for junior elite classes will form the basis for the chasing start 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.

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 Courses at the Event Office. Participants in the Direct classes will be given a starting number on entry and can start between 18.00 hrs and 20.00 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.

Map

Solåsen, published 2011 by Nesodden IF.

Scale: 1:5000. 2,5 metres contour interval.

The map has been drawn by Kristen Treekrem. ISSOM 2007 (sprint norm) for all classes.

Course printing: Kristen Treekrem.

Special map details

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

Black cross: Car wreck or other metal objects (e.g. snow canons).

Terrain

The race area covers a mixture of terrain, including some lawns, a residential area, and forest with lots of paths. The sprint courses for the elite classes include more asphalt than the more middle distance type courses, which are primarily in forest terrain.

Approximate proportion of hard surfaces versus forest terrain in the different classes, somewhat dependent on route choice:

Classes	Hard surface (ca.)	Forest (ca.)	Ca. winning time
Elite classes jr. and sr.	55-60 %	40-45 %	15 minutes
Youth classes (13-16)	40 %	60 %	15 minutes
Other classes over 17 yrs	25 %	75 %	25 minutes

Forbidden areas

All areas with the symbol 528.1 in the sprint map norm ("forbidden area", shown in a mossy green colour) are forbidden. Where these areas are not clearly demarcated by fences or roads, the boundary has been taped off completely using red and white striped plastic tape. Running on cultivated farmland (including running at the field edge) is forbidden. It is forbidden to cross "impassable cliffs" (drawn as thick black lines with tags) and there would be no advantage in doing so either. It is forbidden to cross fences that are marked as impassable. These are very high and you would lose time trying to climb over them anyway. There are no impassable walls or hedges along the course.

Traffic

All courses cross a road. There are two crossing point controls just north of this road, one for the elite classes and the second for all other classes. There will be traffic attendants at the crossing point, but runners are requested to be careful when crossing the road. Local residents have been informed about the race. Elite classes will be running through residential areas with narrow roads. Residents have been asked to drive carefully between 6 pm and 8 pm, but runners must also watch out for traffic.

Clothing

The O-Festival on Friday is a sprint competition, using a map that complies with ISSOM 2007 (the sprint norm). The competition therefore follows the relevant competition rules for sprint, with free choice of clothing.

Controls

There are many controls close together, so check the control codes. Take note that the junior Craft Cup classes, together with W21E and M21E have a different final control than the ordinary classes.

Classes and courses

Class	Km	Start	Scale
M21E	2.6	2	1:5000
M19-20E	2.5	2	1:5000
M17-18E	2.4	2	1:5000
W21E	2.4	2	1:5000
W19-20E	2.3	2	1:5000
W17-18E	2.2	2	1:5000
M16	2.3	1	1:5000
M15	2.2	1	1:5000
W16	2.2	1	1:5000
W15	2.1	1	1:5000
M21	3.5	1	1:5000
M35	3.3	1	1:5000
M40	3.3	1	1:5000
M45	3.2	1	1:5000
M17-20	3.1	1	1:5000
M50	3.1	1	1:5000
W35	3.0	1	1:5000
M55	3.0	1	1:5000
W21	2.8	1	1:5000
M60	2.8	1	1:5000
W17-20	2.7	1	1:5000
W40	2.7	1	1:5000
M65	2.7	1	1:5000
W45	2.5	1	1:5000
W50	2.4	1	1:5000
M70	2.5	1	1:5000
W55	2.4	1	1:5000
W60	2.4	1	1:5000
M75	2.4	1	1:5000
M80	2.1	1	1:5000

Class	Km	Start	Scale
M85	2.1	1	1:5000
W70	2.1	1	1:5000
W75	2.1	1	1:5000
W65	2.1	1	1:5000
W80	2.1	1	1:5000
W14	2.0	1	1:5000
M14	2.0	1	1:5000
W13	1.9	1	1:5000
M13	1.9	1	1:5000
W11-12	1.8	1	1:5000
M11-12	1.8	1	1:5000
W10	1.7	1	1:5000
M10	1.7	1	1:5000
M17B	2.0	1	1:5000
W17B	1.9	1	1:5000
M17C	2.4	1	1:5000
M13-16C	1.8	1	1:5000
W17C	2.4	1	1:5000
W13-16C	1.8	1	1:5000
M17N	1.9	1	1:5000
M13-16N	1.8	1	1:5000
M11-12N	1.8	1	1:5000
W17N	1.9	1	1:5000
W13-16N	1.8	1	1:5000
W11-12N	1.8	1	1:5000
N-Open	1.7	1	1:5000
Direct A	3.3	1	1:5000
Direct C	2.4	1	1:5000

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 used by elite classes will be gathered in at the finish. They will be released around 8.15 pm. All other classes can keep their maps, but we ask everybody to respect the demands of Fair play and not show their map to 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 9 pm and we will start to remove the controls.

Cards for rent

Any rented cards will be included in the team bags. The same card should be used for all of the competition days. 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.

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 about 8 pm. 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. In addition, there are toilets ca. 200 metres south of the starting area.

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 care is available at the arena. Open from 5 pm to 8.30 pm. This year's Children's Festival: FUN-O-FESTIVAL will have two activities open on Friday evening (18-20 pm). 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!

Main Officials

Event Manager: Jørn Sundby

Race Director: Ivar Maalen, Ås

Course Planner Friday: Kristen Treekrem, Ås

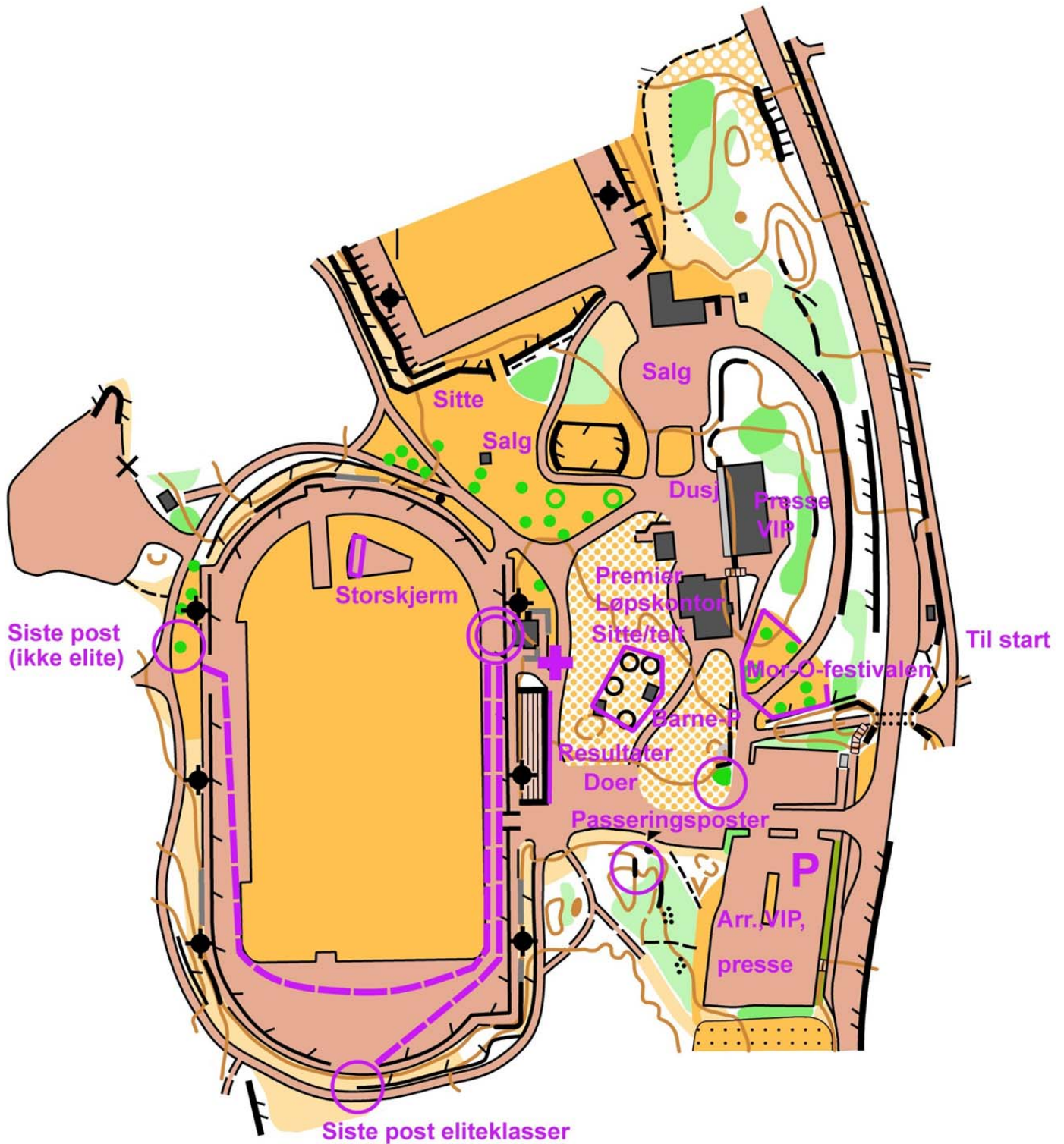
Technical delegates NOF

Petter Fure and Jan Arild Johnsen

Jury

Unni Strand Karlsen, Leif Størmer and Jack Bjørnsen.

Arenakart fredag



Barne-P = Child minding, Doer = Toilets, Dusj = Showers, Løpskontor = Event Office, Passeringsposter = Spectator controls, Premier = Prizes, Resultater = Results, Salg = Sales, Sitte = Seating, Siste post (ikke elite) = Last control (not elite), Siste post eliteklasser = Last control for elite classes, Storskjerm = Big screen, Til start = To start.