



## BULLETIN 2

NightHawk World Ranking Event WRE  
Sunday 14. august – Mellomdistanse



**NORSK  
ORIENTERING**

SPORT & .NO



Lillomarka OL and IL Tyrving warmly welcome you to NightHawk  
12–14 August – a weekend out of the ordinary!!



Lillomarka OL warmly welcome you to World Ranking Event middle distance Sunday 14 august 2016.

### Rules:

The event will be according to IOFs competition rules.

### Organisation:

Race organiser: Arne Dybdahl  
E.mail: arne@dybdahl.info  
Mobile: +47 916 55 009  
Course planner: Gaute Hallan Steiwer  
IOF Event adviser: Petter Fure  
Jury: Ivar Maalen, Morten Daasnes,  
Berit Sofie Wiklund

### Homepage for the event

<http://eventor.orientering.no/Events/Show/7117>

### Arena and directions:

Linderudkollen ski centre (GPS 59.970723, 10.814877).  
Depart from Ring 3, Storo junction, marked  
Parking 100 – 800 m from the arena. Limited space.  
Drive together! P-fee kr 20,- per day, kr 50,- for 3 days.

Bus 56 to Solemskogen: departs from Storo T-bane 00  
on the hour, stop 700 m from the arena  
[ruter.no/reisepanlegger/rutetabeller-og-linjekart/buss-i-oslo/](http://ruter.no/reisepanlegger/rutetabeller-og-linjekart/buss-i-oslo/)

Shuttlebus from Thon hotel Linne to the arena. Only  
for those staying at the hotell. NOK 50,- per journey.  
Entry in Eventor within Friday 12 August 23:59.

### Programme:

#### Sunday 14 August

11.00: NightHawk WRE middle distance  
12.00: Gromløpet, Score-O for all classes (see own info)  
14.00: Prize giving to 6 best in each classes.

### Classes and participation

W21E and M21E.  
Those entered in W17-18E, W19-20E, M17-18E og  
M19-20E will be included in the M/W21 classes.

### Starting lists

Will be published in Eventor Friday 12th August.

### Courses

M21E – 4,47 km, 200 m climbing, 17 controls  
M21E2 – 4,31 km, 180 m climbing, 15 controls  
W21E – 3,63 km, 180 m climbing, 15 controls

Maximum time is 2 hours. No refreshment controls.

### Map

Linnerudkollen, 1:10.000, contour intervals 5 meters,  
published 2016. Field survey by Helge Gisholt and Hallvard  
Fjær 2015/2016 based upon lidar contours from Oslo city  
council. Earlier published map available at Eventor  
Maps will be collected in until last start. The maps will be  
handed back after the last start.

### Terrain

Moderately undulating forest terrain. Numerous paths  
and roads in the competition terrain. Varying runnability  
and visibility, from very nice spruce and pine forest areas  
to more overgrown areas after forestry work. Detail rich-  
ness varies, generally few marshes in the terrain. Varying  
underfoot conditions with both moss and heather.  
Estimated minutes per kilometre (men 6.30, women 7.30).

### Special map /terrain information

There are many paths and 'elephant tracks' in the terrain.  
Less visible 'elephant tracks' which are not shown on the  
map can be found in the terrain. Generally, boulders less  
than 1 m in height are not shown on the map. In parts of  
the terrain closest to the arena there has been thinning  
work by forestry/ woodcutting machines. Routes left by  
these machines are vague but the most visible are shown  
on the map. In some of the thinned areas runnability is  
not reduced to a noticeable extent and is therefore not  
shown with green screen on the map. However, some-  
times in tractor tracks there is reduced runnability due to  
branches from the forestry work (see picture of a typical  
tractor track).



### Special map symbols:

o = Bonfire site, teepee and wooden construction  
x = Metal constructon

The map symbol boulder field (▲) is used in areas  
with many stones and symbolises several big boulders  
close together where there is not space to map all of  
the individual boulders (see picture of typical a typical  
boulder field).



## Punching system

emiTag og Emit touchfree punching will be used. Runners can use personal emiTags or borrow emiTags from the organisers. To be collected in the info tent on arena. Punching procedure with emiTag and touch-free controls is explained on a later page of the bulletin. Borrowed emiTag and GPS to be handed in after finishing.

The controls are placed on control trestles (see picture) Do not touch the control unit when you punch. The EmiTag-brick registers punching 10-50 cm from the unit. Check that you see a flashing light in your emiTag, which shows that your punch is activated.



**NB!** Controls are placed close together - check codes!

## Start numbers

All runners shall wear a start nummer. Available on the start.

## Marking to the start / starting procedures

Marked route 2 km to the start with red/white tapes north from the arena. Toilets and water on the prestart.

Prestart 6 minutes before start. From prestart it is 150 meters with some steep climb to the start. Control descriptions is handed out 2 min before the start. Runners get the map on the start signal.

Marked route 60 meter to the starting triangle.

Control descriptions in size 6 x 14 cm (w x h)

GPS-watches with display is not allowed.

## Results / complaints

Results will be published on the arena. Complaints must be done in the Info-tent within 15 minutes after the last official list is published.

## Prize giving

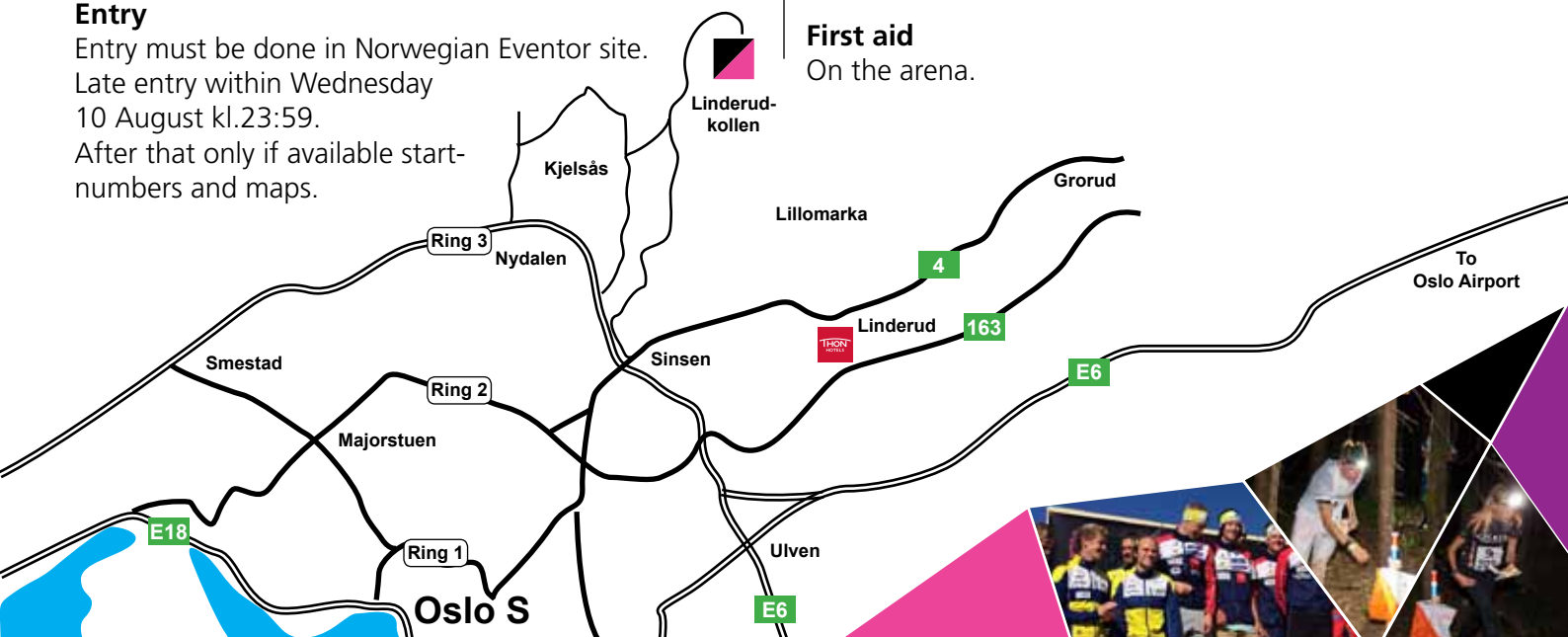
To the 6 best in all classes. Also prizes for the best junior runners.

## Entry

Entry must be done in Norwegian Eventor site.

Late entry within Wednesday 10 August kl.23:59.

After that only if available start-numbers and maps.



## Start fees

	Normal	Late entry
M/W21E	NOK 240,-	NOK 360,-
Junior elite classes	NOK 140,-	NOK 210,-

Competitors from clubs belonging to nations outside Europe pays half fee.

Norwegian clubs will be invoiced. Payments from foreign clubs must be transferred together with entries to Lillomarka OL.

BIC: DNBANOKKXXX

IBAN: 3816075570930

## Training

No particular Model event is planned. However, two different packs of training is available in the Eventor site. A training event will be organised near the competition terrain on Wednesday 10th August.

See <http://geoform.no/rankinglop/>

## Accommodation:

Free camping with tents in marked areas at the arena. Accommodation at the arena takes place by your own initiative.

Campervans ca 800 m from the arena. Caravans are directed to campsites in Oslo.

Thon Hotel Linne, special offer for Night Hawk, from kr 348 per night in a double room, 299 in a tripple room. Booking: [linne@thonhotels.no](mailto:linne@thonhotels.no) use the booking code: «NightHawk»

See also [www.nighthawk.no/accommodation](http://www.nighthawk.no/accommodation)

Shuttlebus from the hotel to the arena for those that book accommodation at Thon Hotel Linne. Kr.50,- per journey. Advance booking in Eventor.

## Food and traders

Kiosk and restaurant with sale of homemade cakes, coffee, fruit and mineral water.

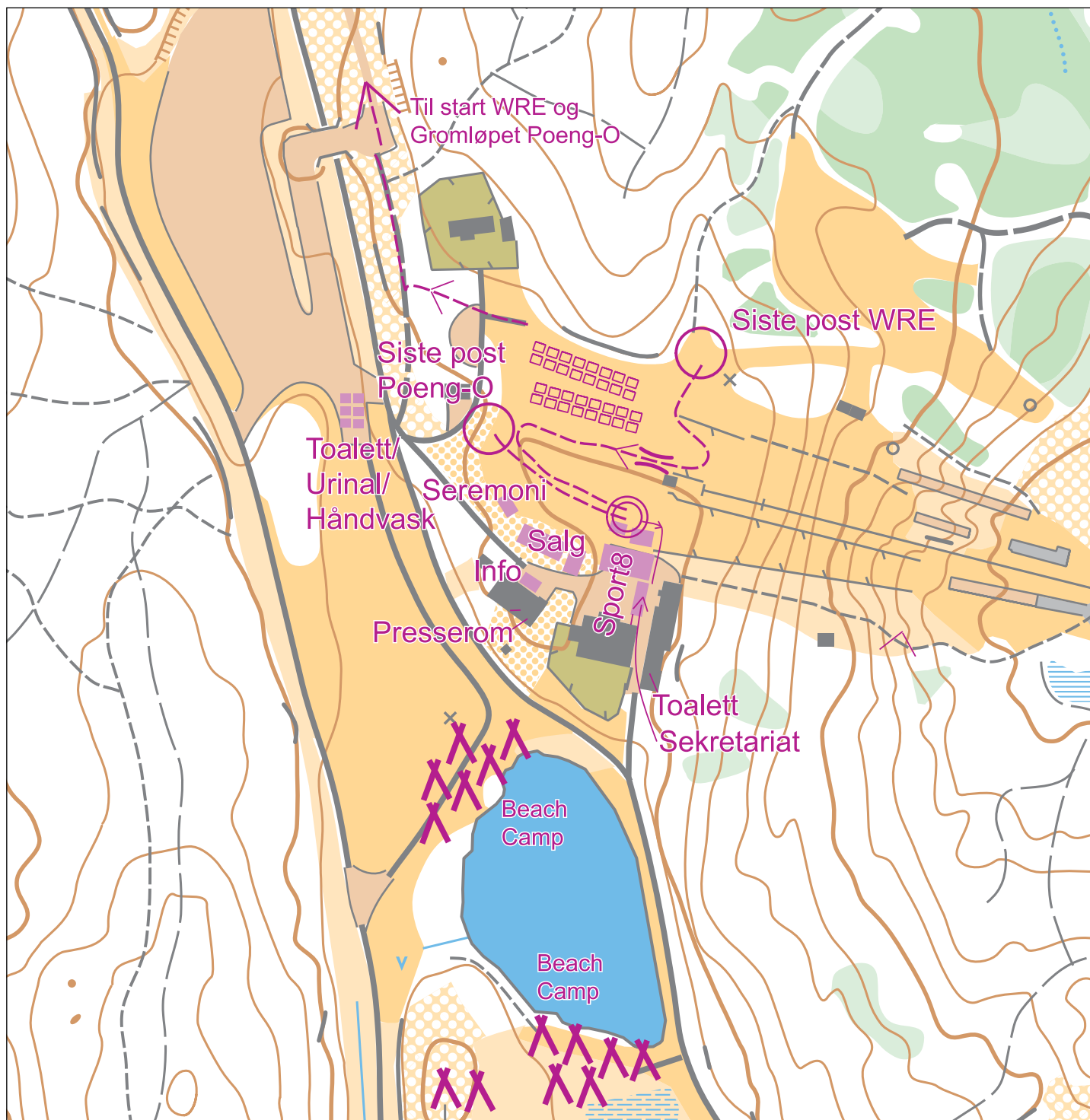
Pay with card, cash (NOK, SEK, Euro)

Sport8 has sales of sport equipment.

## First aid

On the arena.

## Arena map scale 1:2000



## Sunday 14th August Gromløpet with NEW CONCEPT in Norway

Lillomarka O-lags traditional Gromløp is organised the day after NightHawk from the same arena at Linderudkollen.

For all other classes there is an individual event with Norwegian debut at **Score-O – a new and exciting orienteering concept**. The goal is to find as many controls / points as possible within 30 minutes. Normal class categories. All runners with the same map and controls. The map is handed out at the arena one hour before the start opens – you can plan your route and tactics according to 30 minutes of running. Going over the time limits results in penalty points. Start when you want, but runners are started by start officials with start intervals. Information: See Eventor for the further details that will follow shortly.



## Information Touch-Free

### emiTag

The emiTag should be strapped around the wrist as shown on the picture. High speed punching is performed by holding the emiTag 20-50 cm from the control for a short moment. The LED light in the emiTag will start flashing, and keeps flashing for 10 seconds after the punch.

**NOTE!** It is important to see this flashing, since this is the only feedback telling you that the punch is performed correctly!!!!!!



### TOUCH-FREE PRO

The controls are of the type Touch-Free PRO.  
Punching range is 75cm.  
The range is reduced by punching in high speed.  
Touch-Free PRO unit is placed inside the o-flag.  
Code number is placed on top.

**It is not necessary to touch the control unit. Touch Free means Touch Free!**



### START

- Touch-Free Start PRO.
- Starting unit to "zero" the emiTags at start. This is also a check that the emiTag are working.

### Finish

- At finish there are loops on the ground so you can pass the finish line at full speed. The readout is after the finish line.

Example of punching and check of correct punch at high speed





Night  
hawk<sup>©</sup>

12 – 13 August  
Linderudkollen ski center, Oslo

# NightHawk 2016

- Naturally in good Nighthawk spirit!
- Men, women, youths and veterans
  - Night mass start for all classes
- Hill climber leg for women and men
  - Everyone can do NightHawk
- Experience the magic atmosphere

[www.nighthawk.no](http://www.nighthawk.no)

[www.facebook.com/TheNightHawkRelay](https://www.facebook.com/TheNightHawkRelay)

Instagram/Twitter: @nighthawkrelay / #nighthawkrelay

## Special offer on accommodation for the whole Nighthawk weekend

**Special offer at Thon Hotel Linne** kr 348,- in double room, kr 299,- in triple room per person per night, including breakfast.

**Club dinner Saturday** where there is a buffet served from kl 19 –21. Adult kr.249,- /Child kr.100,-.

Booking: [linne@thonhotels.no](mailto:linne@thonhotels.no) – use the booking code “NightHawk”.

**Direct shuttle bus** from Thon Hotel Linne on Friday evening, Saturday and Sunday to the arena.

Book early -this is a great offer. Information: [www.nighthawk.no/accommodation](http://www.nighthawk.no/accommodation)

- Camping at the arena (free)
- Campervans 1000 m from the arena (caravans are directed to Ekeberg og Bogstad camping)
- School or other hardfloor accommodation may be possible



Welcome to a fantastic weekend in Lillomarka!