



INVITATION

Night Hawk 2017

Eggemoen airfield, Ringerike
4th – 5th August

Sweden has 10Mila, Finland has Jukola – now Norway has Night Hawk

INTERNATIONAL VERSION



Ringerike OL and IL Tyrving welcome you to the fifth edition of the Night Hawk relay. A special experience and a social and prestigious event!



The relay for everyone! Make Night Hawk the perfect start of the autumn season

- Unforgettable atmosphere
- Men, women, veterans, boys and girls
- Runners bank og drop-in for single runners
- High speed terrain for all
- Runners can run a night leg and a day leg for the same team or different teams
- Night Hawk is open for all kinds of teams – friends, corporate, private teams

- Night Hawk men: 8 legs, 4 night + 4 day
- Night Hawk women: 6 legs, 3 night + 3 day
- Night Hawk men veteran: 6 legs, 3 night + 3 day
- Night Hawk women veteran: 4 legs, 2 night + 2 day
- Night Hawk boys 12 – 16: 4 legs, 2 night + 2 day
- Night Hawk girls 12 – 16: 4 legs, 2 night + 2 day
- Mass start for all night legs
- Night legs for youth classes are C-level
- In the youth classes, no forking at the night legs.

Arena

Eggemoen airfield (bring your own airplane!)

10 km from Hønefoss

52 km from Gardermoen airport

65 km from Oslo

Signposted from E16 between Jevnaker and Hønefoss



www.nighthawk.no

www.facebook.com/nighthawkrelay
Insta/Twitter: @nighthawkrelay / #nighthawkrelay



Do you love relays and night orienteering? Join us and become an ambassador!
Use #nightorienteering #10mila #jukola #nighthawkrelay

Programme

Thursday August 3rd

18:00 Training in relevant terrain

Fredag August 4th

19:00 Arena and event office open.

19:30 – 21:30 Handing out emiTag and GPS

22:00 First night mass start

00:30 Price ceremony – night legs

Lørdag 5. august

08.00 – 10.00: Breakfast at the arena, kr 50

09:00 Arena and event office open, team changes, drop in

09.00 – 11.30: Handing out emiTag and GPS

10:30 Chasing start youth

12:00 Chasing start men, women and veterans

15:30 Price giving and strawberry party

18:00 – 20:00: Club Dinner

21:00 - 02:00: Night Flash (Timetable may be changed)

More detailed information to be posted closer to the competition.

Sunday August 6th

Ringeriksløpet, Individual race all classes.

Contact and info: Eventor or www.nighthawk.no

Map

Hensmoen – Eggemoen published 2015 – 2017, 1:10 000, contour interval 5 m.

Terrain

The competition area has three different types of terrain:
Main part – flat, high-speed pine forest with many paths and some karst depressions.

A hillside with mixed vegetation and many details.

An area with steep narrow valleys.

Competition classes and legs

Night Hawk Women (W17-)

6 legs: Night: 5,5 – 5,5 – 8 km. Day: 4* - 5,5 – 5,5 km

*High-speed leg, no forking, running speed down to 5 min per km

Night Hawk Men (M17-)

8 legs: Night: 7 – 7 – 9 – 11 km. Day: 6* - 6 – 6 – 8 km

*High-speed leg, no forking. Running speed down to 4 min per km

Night Hawk Women Veteran (W35-)

4 legs: Night: 5,5 – 5,5 km. Day: 4* - 5,5 km

*High-speed leg, no forking. Running speed down to 6 min per km

Night Hawk Men Veteran (M35-)

6 legs: Night: 7 – 7 – 9 km. Day: 6* - 6 – 6 km

*High-speed leg, no forking. Running speed down to 5 min per km

Night Hawk Girls (W12-16)

Born 2001 – 2005

4 legs: Night: 3,5* – 3,5*. Day: 4 – 4 km

* Night legs C-level without forking, possible to run together

Night Hawk Boys (M12-16)

Born 2001 - 2005

• 4 legs: Night: 3,5* – 3,5* / Day: 4 - 4 km

* Night legs C-level without forking, possible to run together

Punching system

Emit touch free for all classes

You can bring your own EmiTag, or borrow free of charge from the organisers

Prize ceremonies

13:00 Ceremonies for girls and boys

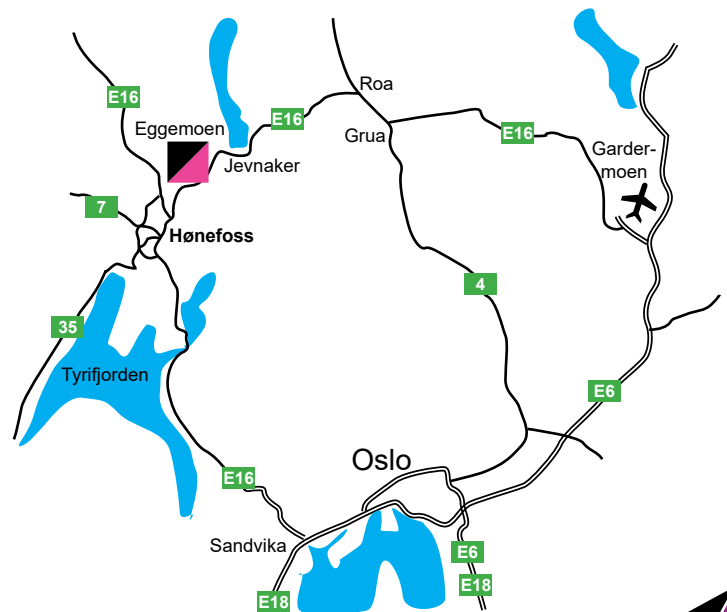
15:30 Ceremonies for men, women and veterans

Restaurant and kiosk

Hot and cold food and drinks at the arena. Breakfast Saturday. Buffet dinner at Comfort hotel Ringerike Saturday at 6 pm.

Arrival and parking

Parking 100 – 1000 m from arena, kr 20 per day
Public transport or shuttle bus from Gardermoen or from Hønefoss to be announced



Accommodation

Camping by the arena: tent, caravans, motor homes.
NOK 100 per night. No showers or special facilities



Special offers at Comfort Hotel Ringerike:

NOK 375,- in double room, NOK 283,- in triple and
NOK 223,- om four people room per person per
night, including breakfast. For booking information
contact booking.ringerike@choice.no.

Reference Night Hawk

Buffet served Saturday evening from 19 – 21. Adult
NOK 210,- Child up to 13 years NOK 105,-

Entries

Entries to be made in Eventor: <http://bit.ly/nh2017entry>
Non-Norwegian clubs are requested to fill in an extra
form with contact details; <http://bit.ly/nh2017team>
Info: entry@nighthawk.no

Entry fees	Until 14.5	Until 25.7	Until 31.7
Men	1600,-	2400,-	3000,-
Women	1200,-	1800,-	2250,-
Men veteran	1200,-	1800,-	2250,-
Women veteran	800,-	1200,-	1500,-
Youth	600,-	600,-	600,-

Alle prices in Norwegian kroner.

Non-Nordiceams pay 50% of the actual fee in each
period.

Drop in or runners bank, kr 200 per runner

Payment

Norwegian teams are billed through Eventor. Foreign
teams will receive an invoice from the organisers.

**FILL IN THE FORM FOR CONTACT INFORMATION TO
YOUR CLUB !**

Info: Berit Danielsen, per.ekeberg@online.no

Organisers

Ringerike O-lag and IL Tyrving

Event director: Jørgen Holmboe
e-mail: jorgen.holmboe@online.no
mob: + 47 97681974

Race manager: Kari Strande

Course planners: Lars Inge Arnevik, Sissel Skovly and
Morten Dåsnes

Event advicer: Øyvind Sørli

Homepage: www.nighthawk.no

Facebook: www.facebook.com/nighthawkrelay

Instagram/Twitter: [@nighthawkrealy/](https://www.instagram.com/nighthawkrealy/) [#nighthawkrelay](https://twitter.com/nighthawkrelay)

Sunday 6th August Night Hawk Ringeriksløpet

Ringerike O-clubs traditional Ringeriksløp is organised the day after Night Hawk relay
from the same arena at Eggemoen.

The concept will be to find as many controls/points as possible within a set time limit.
Normal class categories. Detailed information will come in the PM.



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