



Byåsen and Orkanger invite foreign orienteering athletes to Orkanger 22.09 for sprint race (WRE) and 23.09 middle distance in Orkanger

Check out www.irnm2017orienteering.no

	Friday 22.nd September	Saturday 23.rd September
Discipline	Norwegian Cup, (NC) Sprint race	Norwegian Cup, (NC) middle distance (finale)
Classes - D, Women - H, Men	H21-, H19-20, H17-18, H16 D21-, D19-20, D17-18, D16	O-Idol: H16, D16, H16, H16 challenger, D16 challenger NC finale: H17-18, H19-20, H21- D17-18, D19-20, D21-
Arena	city centre of Orkanger	"Knyken" Nordic cross country and biathlon arena.
First Start	17.00	Kl 11.00
Map	«Orkanger» year 2017 1:4000/contour interval 2 m New map, considered to keep high quality.	«Knyken» year 2016 1:10 000/contour interval 5m New map in 2015, updated and is considered to keep high quality.
Markings	For those arriving by car, exit from E39 is marked with orienteering flaggs at E39 Gjølme, E39 Hovsbakkan og E39/FV710 Orkdalen.	For those arriving by car, exit from RV65/FV463 is marked with orienteering flagg from "Forve" bridge.
Parkering	Close to arena, approx 300m walking.	On arena, approx 200m walking.
Premieutdeling	Prize ceremony on Saturday	Planned at 13.45

Pre warning

Detailed information will be published on Eventor and website prior to the event, all according to Norwegian Orienteering Federation`s regulations.

Spectators Race

There will be open courses available on Saturday 23. rd from 14.00 to 1500 hours.
A-long (5,5 km) and A-short (3,3 km). Free start. Please note 2 200 m to start.

Event center

On arena all days.

Accommodation

Agreements are made with Quality hotel Panorama i Trondheim (Tiller) as athlete`s offer.
(Bookingcode: **4929**, from four weeks prior to the event 20% price reduction is rewarded, further Bårdshaug Herregård (Bookingcode: «Orkanger IF – O-avdeling» offers equal reduction when booking is done.

There are several local accommodations, see the [website](#) for detailed contact information

Distances and public transport

Airport shuttle from Værnes airport every 10 minutes to Trondheim city centre.

From Trondheim (Værnes) airport to Quality Panorama:

By car: 41km/35 min.

By bus [Line 38](#), disembark at bus stop «City Syd E6». Travel time approx 75-80 min.

By train [Trønderbanen](#), disembark at “Heimdal station” and board [line 43](#), disembark at bus stop “City Syd” or taxi a taxi from Heimdal station to the hotel, 5-10 minutes drive.

From Quality Panorama to arena:

Public transport to Orkanger and arena is possible on Friday by bus, [line 310](#) (bus marked Orkanger or Fannrem). Boarding for athletes staying at Quality Panorama is bus stop «City Syd E6», for athletes staying in city centre use bus stop «Dronningens gate». Disembark the bus at bus stop “Orkanger torg”

[Bus line 410](#) is also an option. Please note that travel time is longer than for line 310. Board and disembark as described above.

There will be no possible public transport to the arena on Saturday.

Travel time from Quality Panorama to Orkanger arena is by car approx 55 min. To Knyken on Saturday approx 75 min.

Parking fee

On arena all days, NOK 50,-/day.

Terrain description

a. Orkanger city on Friday, NC sprint race

Inviting flat terrain, in mixed urban/suburban surroundings. Various surfaces with asphalt, gravel and gras. Shoes without spikes is mandatory.

b. Knyken cross country/biathlon arena – Saturday, O-idol; NC, long distance and NC final middle distance.

Inviting terrain, typical for middle Norway with big-forrest trees in combination with dense forrest areas, open marshes and some trails, physical demanding. Close to arena more trails and worked up routes/trails for rollerskis, skis and also nordic cross country skijump hills.

Approx 2 200 m to start.

Stamping and timing

Sprint race Friday – touchfree stamping with emiTag.

Saturday: Stamping with Emittag (runners own), timing by emit, displaytag prohibited.

Friday, athletes without own EMITag will b awarded by organizer. Athletes will be invoiced NOK 100/race after the arrangement

GPS

Organizer will provide GPS transmitters to selected athletes. Tracking is planned all days. Selected athletes will be notified through updated pre warning prior to the arrangement.

Results and prizes

Online results on the arena through liveresultater.no. Prizes according to NOFs regulations.

Registration and payment

Registration through Eventor, free and individual.

Ordinary deadline on Monday 11.th of September at 23.59 hours.

After registration can be made until Tuesday 19. th of September at 23.59 hours. Additional fee, 50% of ordinary registration will be charged.

Entry fees:

NC sprint race	NOK 270,-
NC final,	NOK 270,-

Entry fees will not be refunded after ordinary deadline. Sport Clubs will be charged entry fees after the event.

Retail, food and serving

On Saturday there are served hot meals, cold drinks, coffee and cakes and normal variety of refreshment as chocolate and fruits. On Friday the offer will be coffee and cakes and normal variety of refreshments.

Sport 8 will have stand on the arena with retail of various orienteering clothing and other sports equipment.

Wardrobe and showers

On Friday both wardrobe and showers are available in the sports hall "Orklahallen" 5 min walk from the arena. Orklahallen is not available on Saturday and wet wipe is only offer.

Blocked terrain

Is shown on website. Blocked terrains is out of range for athletes for training and all use prior the arrangement. For athletes staying in Knyken only main road leading into the arena can be used.

Training before the competition

Organizer might facilitate training in similar terrain for clubs or athletes. Please notify interest through Eventor withing August 15.th, and organizer will provide maps and facilitate training. This service costs NOK 100,- if sent to point of contact before September 1. st. If maps are picked up at organizers address only NOK 50,- will be charged..

Point of contacts

Leader main committee – Harald Storrønning, 473 10 923, h.storronning@gmail.com
Race responsible, NC sprint race on Friday – Hans Helmer Sæternes
Race responsible NC final, middle distance – Harald Storrønning