



Norwegian Orienteering and Nordmarka skiorienteringsklubb invite to:

## Instruction for Sjusjørennet 2017

Saturday 16 (WRE) and Sunday 17 (WRE) in December 2017

Races included in Sports 8 Cup (Race No. 1 and 2)

### Tracks and classes:

Klasser	Courses Saturday	Courses Sunday
D 10-12, H 10-12	2.0 km	2.8 km
D 13-14, D 15-16, H 13-14	2.1 km	3.6 km
D 40, D 50, D 60 H 60, D17K	2.2 km	3.9 km
H 15-16, H 40, H 50	2.7 km	6.2 km
D 17-20 D21	3.3 km	7.2 km
H 17-20 H21	3.6km	8.2 km

### Terrain:

Most open mountain area with marshes and varying spruce and birch. Moderate hilly with some steeper sections. There may be some twigs and some partly open small streams in the scooter tracks.

### Map and Tracks

The map is old with limited quality. Mainly scooter tracks and some wide track going through the area. The distribution is 30% wide tracks and 70% narrow tracks. Please be careful with other people skiing in the competition area.

### Start / finish:

The assembly area and goal are both days at Sjusjøen Cross country arena. Parking close to the arena (Remember to pay parking). First start: 13:00 for H / D17 and 13:30 for other classes on Saturday and 10:00 for all classes on Sunday.

To the starting point Saturday, it is 5-10 minutes along marked track through the camping site. On Sunday the starting is at the arena.

**Registration System:**

Emit touch free. Rented Emitag can be collected at the race office. Finish happens to by touching the box on the finishing line. Then then continue to the readout of the emiTag. For those who do not have their own EmiTag the rental price is NOK 50, - regardless of whether one goes one or two races. Any lost EmiTag is billed runner's club by NOK 600 -

**Map Stand:**

A limited number of map stand is available for hire NOK 50, - regardless of whether one goes one or two races.

Any lost map stand billed runner's club NOK 500, -

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Course setter: Yngve Mobråthen and Jon H.Ulvensøen

IOF TD: NN