

 ADELAND



 ORIENTERINGSLAG

Bulletin 2/3

**Lygna SkiO Weekend
20 - 21 January 2018**

Nordic Junior Meeting
World Ranking Event (Sunday only)
Sport8 Cup

PROGRAM

Saturday 20 January – First start from 11:00

- Nordic Junior Meeting
- Norwegian youth championships
- Sport 8-cup (junior and senior)

Sunday 21 January – First start from 10:00

- Norwegian Long-Distance Championships with WRE
- Nordic Junior Meeting

ORGANISER

Event Director: Hans Jørgen Kvåle hjkvale@gmail.com, 419 29 199

Courses: Kim Andre Sveen, Asbjørn Kvåle, Emily Kvåle

Event Office: Hanne Kvåle

Speaker: Yngve Moberg

Controller: Lars Lystad (WRE Event Adviser)

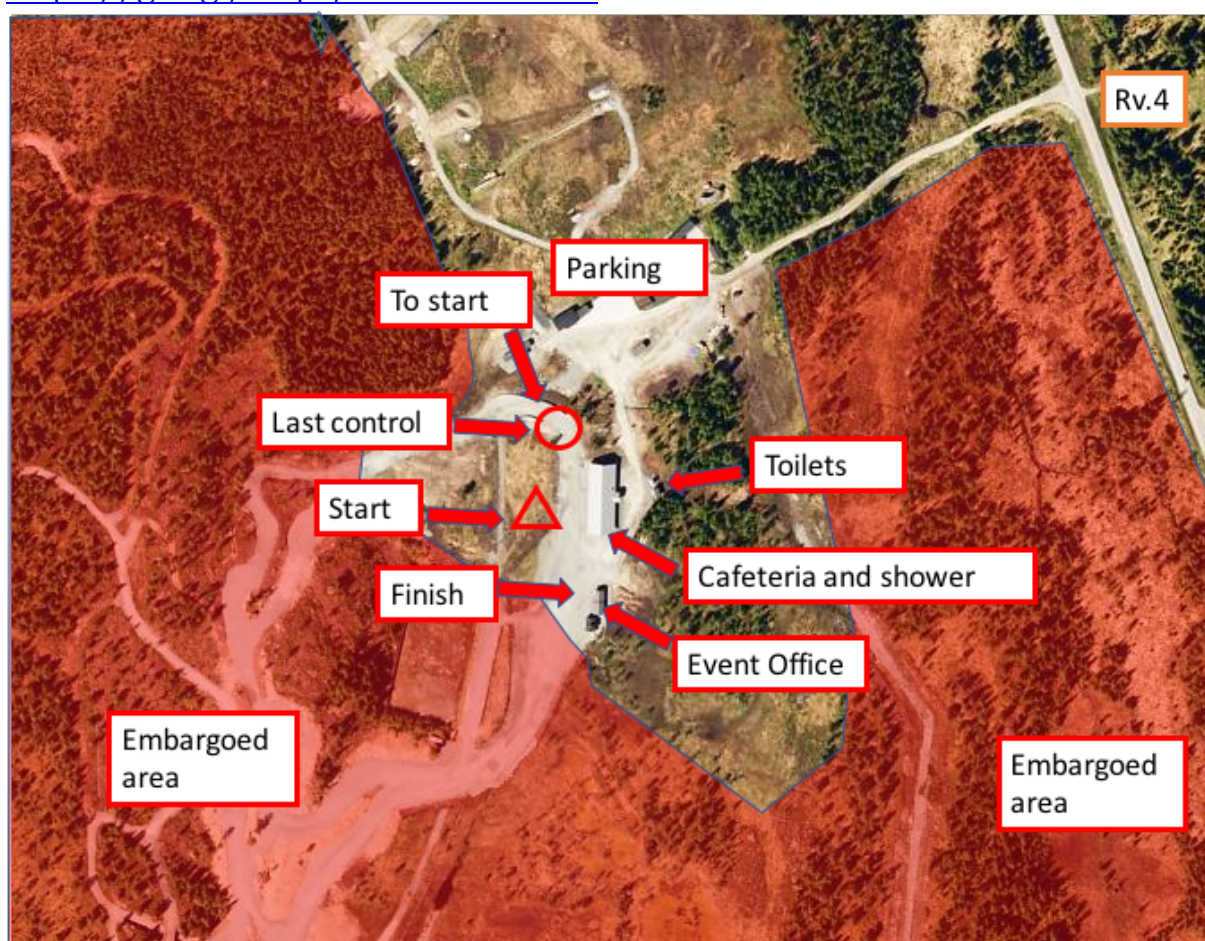
Jan Arild Johnsen (national controller)

Jury: Tove Heimdal, Konnerud
Kim Farnes Hansen, Lierbygda
Harald Eide Fredriksen, Heming

ARENA

Lygna Skisenter, marked from Rv 4: 60.461146, 10.635436

<https://goo.gl/maps/9WZD9sRiaNL2>



PARKING

Parking fee: 50 NOK per day

CLASSES AND COURSES

Middle Distance - Saturday 20 January		Long Distance - Sunday 21 January	
H 21-	7,9 km	H 21- NM WRE	16,9 km
M 18 NJM, M 20 NJM, H 17-20	6,7 km	M 18 NJM, M 20 NJM, H 17-20 NM	13,8 km
D 21-, H 40-	6,5 km	D 21- NM WRE	10,9 km
W 18 NJM, W 20 NJM, D 17-20, D 40-, H 60-, H 17 K	6,1 km	W 18 NJM, W 20 NJM, D 17-20 NM, H 40-	10,2 km
D 60-, D 17 K	3,8 km	D 40-, H 60-, H 17 K	7,6 km
		D 60-, D 17 K	5,1 km
Long Distance - Saturday 20 January		Sprint - Sunday 21 January	
H 16 HL	6,1 km	H 13-16	2,7 km
H 15 HL, D 16 HL	4,8 km	D 13-16	2,1 km
H 14 HL, D 15 HL	3,9 km	D -12, H -12, N-åpen	1,7 km
D 14 HL, H 13, D 13	2,7 km		
D -12, H -12, N-åpen	2,4 km		

MAP

Lygna Nord published by Hadeland O-lag 2009, revised 2017

Saturday: All classes Scale 1:10 000, 5m ekv.

Sunday: <16 years, sprint Scale 1:5 000, 5m ekv.
>17 years, long dist. Scale 1:12 500, 5m ekv.

H21 has a map-turn on Sunday. The Maps are marked Del 1 and Del 2. The control numbering continues

TERRAIN

Saturday all classes: Ski stadium area with half open marshland. Some steeper hills.
50 % narrow tracks and 50 % wide tracks.

Sunday <16 år: Ski stadium area with half open marshland. Some steeper hills.
30 % narrow tracks and 70 % wide tracks.

Sunday >17 år: Half open marshland with gentle climbs. Partly in the ski stadium area.
70 % narrow tracks and 30 % wide tracks.

There are no plowed roads likely to be used in the terrain.

The cross country skiing courses north of Rv.4 are embargoed outside of the competitions all weekend. See the invitation for detailed information.

TEAM LEADER MEETING

Team leader meeting for the Nordic Youth Championships will take place in the 2nd floor above the cafeteria 10:30 on Saturday. Each nation will get their number bibs delivered here.

TIME KEEPING

Emit Touchfree.

Rental cards

Rent of Emitag 50 NOK. Rental cards will be delivered together with the number bibs. Rental cards will be collected after Saturday's race and new cards handed out again on Sunday in the Event Office.

It is touch-free! It is not allowed to hit the controls. This behavior may lead to disqualifications.

NUMBER BIBS

Number bibs will be delivered personally at the Event Office each day. All participants shall have a number bib and have it fastened to their right leg. Bring safety-pins yourself.

NB: new number bib on Sunday

Number bib vests

Saturday shall the Nordic junior meeting and Norwegian Youth Championships use a number bib vests in addition to the leg number.

Sunday shall the senior classes and the Nordic Junior Meeting use number bib vest in addition to the leg number.

The number bib vests shall be worn outside their map holder. And be delivered at the finish.

MAP HOLDER

Map holders can be bought or rented at the stadium. Rental 50 NOK.

Rental map holders can be picked up and delivered at the Event Office.

START

Start is on the arena both days. To get to the start walk through the tunnel from the car park. See the arena overview map.

Call-up time 3 min before start. Clear the Emitag 2 min before start.

Map is given:

- 15 sec. before start H21, D21, M18, W18, M20, W20, H 17-20 and D17-20
- 1 min. before start: All other classes

N-åpen have free start time from 11-13 on Saturday and 10-12 on Sunday.

Remember to be registered at the start and clear your Emitag.

GPS

GPS shall be worn by selected participants in H21, D21, M18, W18, M20 and W20. The selected participants will be published on Eventor and outside the Event Office. GPS pick up 10-15 minutes before your start time start in the start area. To pick up the GPS the Athletes need to bring their Number bib vest.

REFRESHMENT AND EQUIPMENT

Sunday the organisers will offer refreshment (Norwegian juice/saft) close after 65% of the course in the senior and junior classes. It is not possible for the coaches to come to this point.

Participates in the senior and junior classes can deliver equipment they want at this refreshment point by 11:00 by the finish area on Sunday.

FINISH

It is not finish line punching

COMPLAINT

Deadline for complaint is 15 minutes after last finish in the class.

PRIZE GIVING

Prize giving will take place in the cafeteria building. N-åpen, H -12 og D -12 can get their prizes directly after finish.

Saturday: Prize giving for youth and master classes from 13:30 vil and senior and junior from 14:30

Sunday: Prize giving for youth classes at 12:00 and the other classes 13:30.

Undelivered prizes will not be shipped

CAFETERIA

It will be a cafeteria in the arena. Cash or Vipps is accepted payment options

DUSJ OG TOALETT

It is shower and toilets in the cafeteria building. In addition, there are more toilet outside between the parking and Event Office.