



OK MOSS
WELCOMES YOU TO



LØRDAGSKJAPPEN

SATURDAY APRIL 7th 2018



Annual spring middle distance competition
Norgescup (Norwegian Cup) senior/U23 and World Ranking Event

ARENA

Kirkebygden School, Skoleveien 1, 1592 Våler i Østfold. [Google maps](#)
(WGS84 59°29'22.9"N 10°51'37.5"E, WGS84 desmial (lat, lon) 59.489688, 10.860415)

DIRECTIONS

Follow directions from [junction 120/115](#) in Våler. 6,5 km to parking.

From E6

At [Mosseporten](#), Exit 14 - Patterødkrysset, east on 120 towards Elvestad until junction 120/115.

From E18

At [E18 Elvestad](#) south on 120 towards Moss until [junction 120/121](#). 1 km to parking.

PARKING

0-800 m. Parking fee NOK 30,- Tickets sold at event kiosk and are to be presented before leaving the parking area.

MAP AND TERRAIN

Kirkebygden, updated 2017.

Typical Østfold-terrain, relevant to the 2019 WOC. The terrain is rich in details, and consists of a mixture of open forest, diffuse areas and overgrown marshes which reduces runnability and gives the competitors a challenging experience both technically and physically.

REGISTRATION

Registration via Eventor **no later than monday april 2nd 23:59.**

Elite classes: [here](#) (<http://eventor.orientering.no/Events/Show/9622>)

Remaining classes [here](#) (<http://eventor.orientering.no/Events/Show/8252>)

LATE REGISTRATION DEADLINE

Via Eventor **no later than thursday april 5th 23:59.**

Registration for the direct classes and for childrens N-open can be done at the arena before 11:00. No late registration fee for these classes.

START

Approx 1000 m. from arena.

Individual start from 12:00. Free start for classes N- and direct classes.

N-open from 11:00 to 13:30, other N-classes, C, B, AK and direct classes between 12:00 and 13:45.

COURSES

Women (D)	Level	Length	Scale	Men (H)	Level	Length	Scale
N-open	N	1,7 km	1:7500	N-open	N	1,7 km	1:7500
D-10	C	2,2 km	1:7500	H-10	C	2,2 km	1:7500
D11-12	C	2,2 km	1:10000	H11-12	C	2,2 km	1:10000
D11-12N	N	1,8 km	1:7500	H11-12N	N	1,8 km	1:7500
D13-14	B	2,6 km	1:10000	H13-14	B	2,9 km	1:10000
D13-16C	C	2,2 km	1:10000	H13-16C	C	2,2 km	1:10000
D13-16N	N	2,2 km	1:10000	H13-16N	N	2,2 km	1:10000
D15-16	A	3,6 km	1:10000	H15-16	A	4,3 km	1:10000
D15-16B	B	2,6 km	1:10000	H15-16B	B	2,9 km	1:10000
D17AK	A	3,7 km	1:10000	H17AK	A	3,7 km	1:10000
D17B	B	3,1 km	1:10000	H17B	B	3,1 km	1:10000
D17C	C	2,3 km	1:10000	H17C	C	2,3 km	1:10000
D17N	N	2,2 km	1:10000	H17N	N	2,2 km	1:10000
D17-18E	A	3,1 km	1:10000	H17-18E	A	3,7 km	1:10000
D19-20E	A	3,3 km	1:10000	H19-20E	A	4,0 km	1:10000
D21E (WRE)	A	4,5 km	1:10000	H21E1 (WRE)	A	5,6 km	1:10000
				H21E2	A	5,6 km	1:10000
D21A	A	4,0 km	1:10000	H21A	A	5,2 km	1:10000
D35	A	4,0 km	1:10000	H35	A	5,2 km	1:10000
D40	A	4,0 km	1:10000	H40	A	5,2 km	1:10000
D45	A	3,8 km	1:7500	H45	A	5,0 km	1:7500
D50	A	3,3 km	1:7500	H50	A	4,8 km	1:7500
D55	A	3,3 km	1:7500	H55	A	4,2 km	1:7500
D60	A	2,9 km	1:7500	H60	A	4,2 km	1:7500
D65	A	2,9 km	1:7500	H65	A	3,8 km	1:7500
D70	A	2,6 km	1:7500	H70	A	2,9 km	1:7500
D75	A	2,6 km	1:7500	H75	A	2,9 km	1:7500
D80	A	2,6 km	1:7500	H80	A	2,6 km	1:7500
				H85	A	2,6 km	1:7500

Direct classes, Registration by Eventor or at the arena on competition day.

Direkte N	N	1,7 km	1:7500	Direkte B	B	3,1 km	1:7500
Direkte C	C	2,3 km	1:7500	Direkte A	A	5,1 km	1:10000

Classes and course lengths may be changed.

Stipulated winning time - Senior elite classes: max 35 min. Junior elite classes: 25 min.

The following applies for D/H21 elite classes:

Maximum 100 runners. If more than 100 runners, 80 will be placed in group 1 (E1), remaining will be placed in group 2 (E2) - and E3 if needed.

ENTRY FEES

Classes	Registration fee	Late registration fee
D/H 12	Kr. 90,-	Kr. 90,-
D/H 13-16	Kr. 90,-	Kr. 135,-
D/H 17-	Kr. 190,-	Kr. 280,-
Direkteløyper	Kr. 50,- til og med 16 år, kr. 100,- fra og med 17 år.	

Norwegian clubs will be billed after the competition. Clubs from other nations are to pay in advance to: Account 1503.75.49921, BIC (Swift) DNBANOKKXXX, IBAN NO3015037549921, or at the event office at the arena on race day.

PUNCHING AND TIMING SYSTEMS

The elite classes use [emit](#) punching units for punching and [emiTag](#) for timing. Competitors attending the elite classes that doesn't register with emiTag or emit punching unit will automatically be reserved rental units.

All other classes use emit punching units for both punching and timing. Rental emit units are not available for norwegian competitors, and only a limited number available for competitors from other nations. Rental cost NOK 50,-.

Cost for lost rental units NOK 550,-.

PRICES

In accordance with NOFs regulations. Competitors age 10 and younger will get their prices directly after the finish.

SHOWERS

Indoor shower facilities at the arena. O-shoes are strictly forbidden indoors.

CHILDREN'S COURSE "SMÅTROLL", AND CHILD CARE

NOK. 20,-. Start on the arena from 11:00.

Child care for children over age 2. No fee.

SALES

Food: Hot and cold food and beverages will be available for purchase. Credit/debit cards, cash (NOK only) and Vipps accepted for payment.

Sporting equipment: [Sport8](#) represented at the arena.

PRESS

(To be announced)

EVENT PERSONNEL

Event director: Thomas Roskifte, kjappen@ok-moss.no

Course setter: Torgeir Snilsberg

Event TD: Jan Arild Johnsen, NOF

Course controller Lørdagskjappen: Finn Henry Lillestrand, Trøsken IL

Course controller NC/WRE: TBD - NOF representative.

EMBARGOED AREAS

See: <http://orienteering.no/arrangement/nof-aktivitet/terrengsperringer/>

NOF SPONSORS



Lørdagskjappen is a part of Østfold O-weekend

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OK Moss sponsor

SpareBank  Østfold · Akershus

Be sure to attend [Smaaleneneløpet](#) sunday april 8th 2018
hosted by [Indre Østfold OK](#)