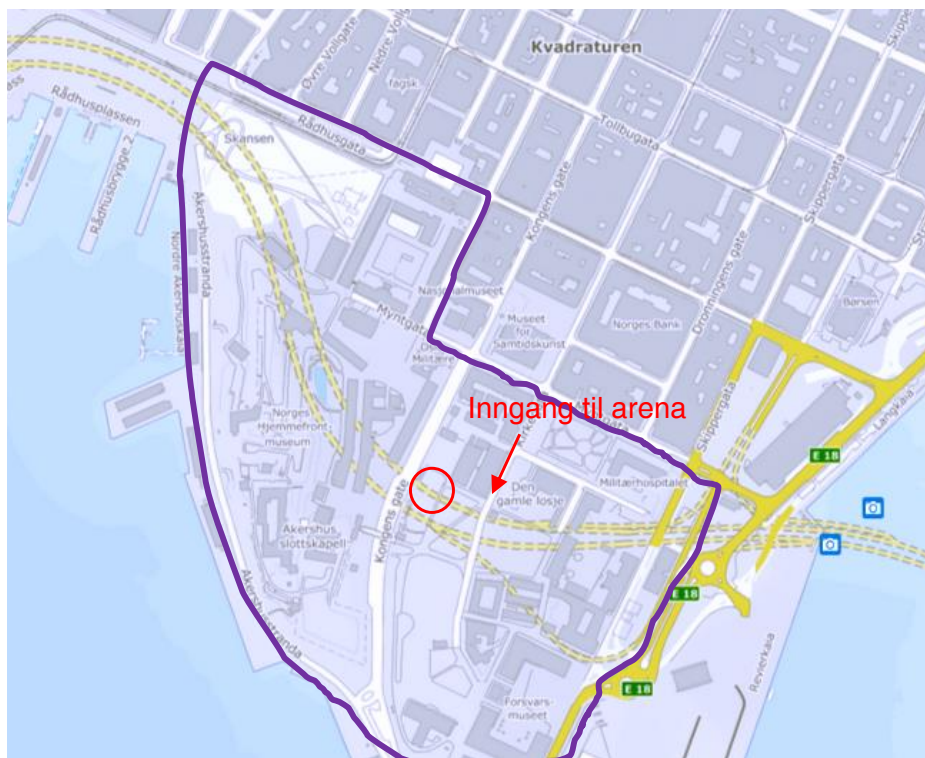


# PM sprint 10. april 2018

Lillomarka OL wish all participants welcome to this WRE sprint event and the Oslo City Cup.

## Arrival and embargoed area

Arrival: Entrance via the main gate to Akershus Castle from Kirkegata (see map). Its not allowed to pass through other parts of the area or castle to get to the arena.



## Parking

Parking only in public places and parking houses in the area. Parking fees to be paid.

## Public transport

The centrum of Oslo has a large network of public transport that can bring you close to the arena.

## Arena

Arena is on the main square of Akershus Castle (see map).

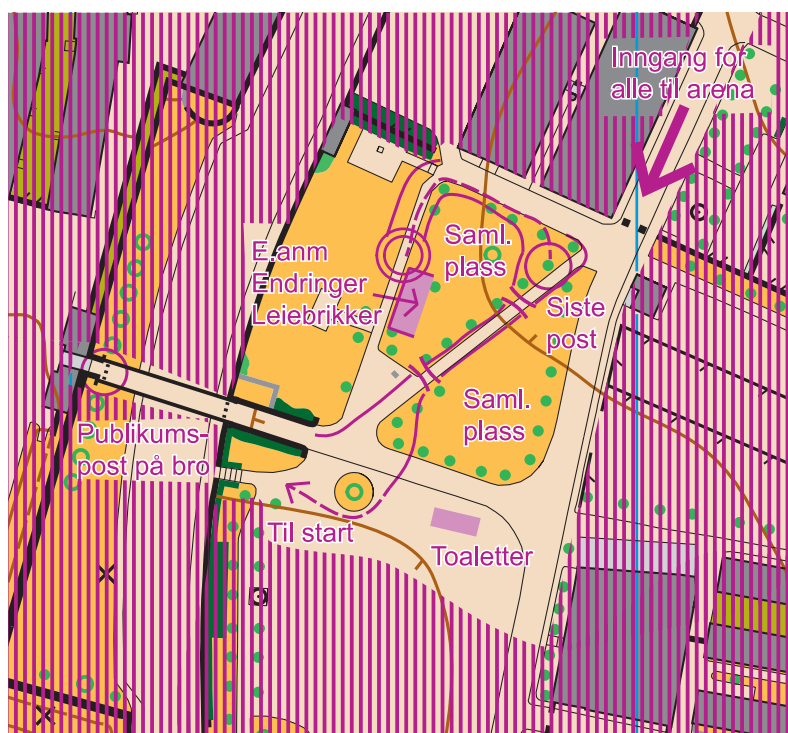
Pay attention to marked areas in the arena. There are two toilets in the arena and two on the start/quarantine.

## Quarantine

Is situated close to the start, app. 400 meters from the arena.

All runners must be inside the quarantine withing 4.45 PM.

There will be transportation of clothes from the quarantine to finish.



## Terrain

There is almost no traffic inside the race area, but pay attention to cars when running in/crossing roads.

The race area consists mainly of asphalt/gravel (80%) and grass (20%). **It is not allowed to use spike shoes or shoes with metal studs.**

It is expected to be tourists and people walking in the area. Pay attention and be polite.

The castle-area consists of some high walls. Be careful when running there, both for your own and others safety.

There are some sealed off areas because of construction work and out of bounds areas. They are marked on the map. Respect these barriers.

## Map

Akershus Festning, released 2015 and revised 2018. Equidistance 2 meter. Scale 1:4000. The map is according to ISSOM. The map will be printed on waterproof paper, without use of plastic bags.

## Courses and classes

There are two courses for WRE. Controls are in places quite close to each other. Check the codes.

**Map change:** Both classes have map change. The map change is on a control, and you turn the map to find the second loop. It is a new start triangle, and the numbering of controls continues.

### Course 1

M21 WRE

Course length: 2420 m

Shortest route: 3700 m

Number of controls: 20

Overall climb: 60 m

Size of control description: 6x18 cm

### Course 2

W21 WRE

Course length: 2230 m

Shortest route: 3300 m

Number of controls: 19

Overall climb: 50 m

Size of control description: 6x18 cm

## Start

App. 500 meter from the arena. Marked with red/white ribbons. The quarantine area is just prior to the start.

Runners enter the start grid 3 mins before your start. It is control description both on map and for holders.

Runners activate the Emitag on the starting signal. Marked 50 meters to the starting point.

## Punching and device

We use Emit Touch Free units and Emitags for punching on the controls. Runners not entered with Emitag will get this from the organizers. Emitags must be collected before you go to the quarantine. Everyone has to check their Emitag number corresponding with the startlist before going to quarantine. Rental of Emitag is NOK 30,-. Emit has sales of Emitags on the arena.

## Finish

Participants get registered when crossing the finish line (no punching). Then you walk to read out the Emitag.

## GPS-tracking

There will be GPS-tracking from the race. The last starting men (30) and women (20) shall carry a GPS.

## Results and LiveloX

There will be result lists on the arena, and results with splits will be published in Eventor.

The event is prepared in LiveloX, follow link from Eventor.

## Payment for foreign runners/clubs

We kindly ask runners not participating for a Norwegian club to pay at the arena with cash. NOK 200,- per runner plus extra fees for rental of Emitag and/or late entry.

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