

PM/ Bulletin 2 World Ranking Event



Sprint, Friday 22 June 2018

ACCESS

The arena is located at Scandic Fornebu Hotel, app. 8 km. west of Oslo city centre. Exit from E18 at Lysaker towards Fornebu. Follow directions from the roundabout at Telenor Arena.

Please note that this Friday summer holidays begin in Oslo and Bærum. If driving, prepare for heavy traffic congestion. Please plan accordingly, minimum 30 minutes more than normal.

We recommend the use of public transport. The arena is located 3 km. from the Lysaker station (railway/airport express train). Bus routes 24 and 31 stop at Lysaker app. every five minutes. The bus stop "IT-Fornebu" is located 300 meters from the arena. For more information head to "ruter.no".

If you are walking or cycling to the arena, please make sure that you avoid the embargoed competition area (<http://2018.offestivalen.no/terrengsperring/>).



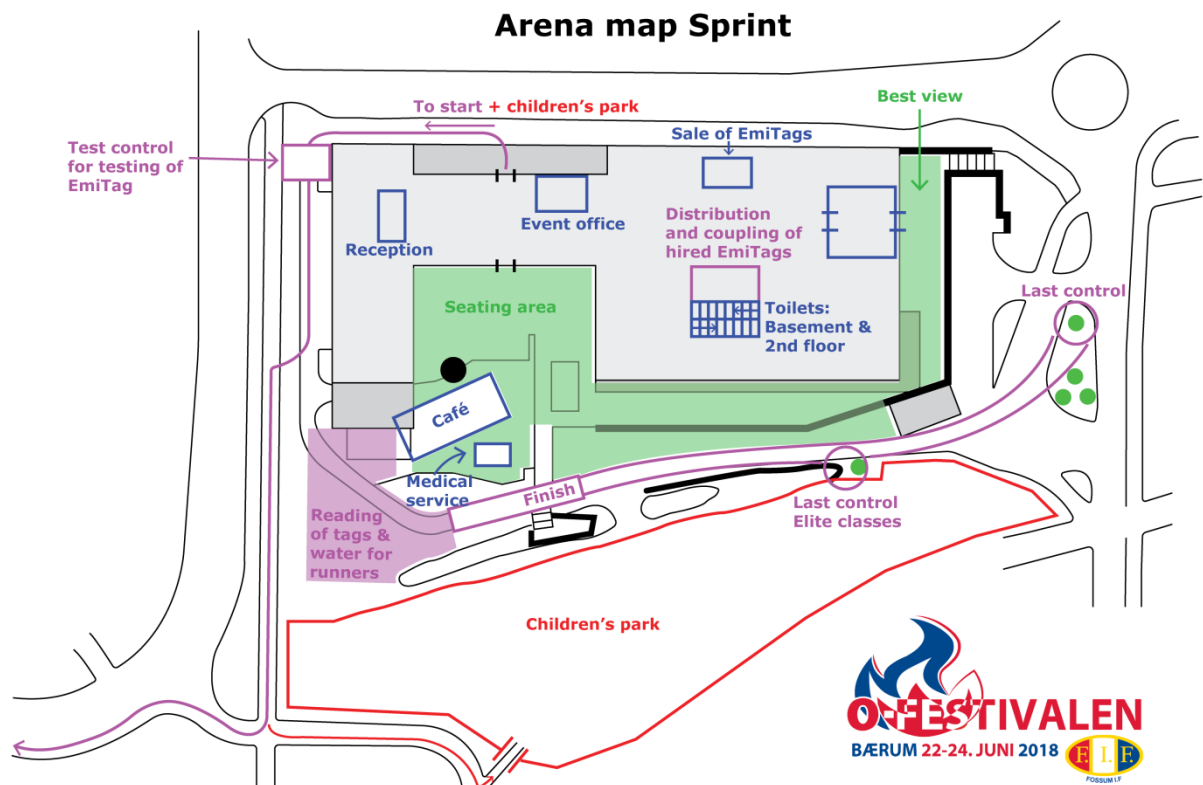
ARENA SPRINT

The sprint arena is located both inside and outside of the Scandic Fornebu hotel. It's a compact arena, and participants must stay within its boundaries and are requested to familiarize themselves with the arena map and follow instructions from the organizers. Club tents are not permitted in the sprint arena.

Due to the limited space available, participants are encouraged to limit the number of folding chairs brought to the arena and fold them when not in use. Outdoor areas will have a number of benches and chairs available for changing. We encourage everyone to use the nearby beach and beautiful surrounding areas after the competition.

PARKING

Parking for cars and campervans is located on assigned spots 50-100 meters from the arena. There is a parking fee of NOK 60 per day, or NOK 150 when purchasing a three day ticket. Tickets may be purchased via Vipps in advance (**Vipps nr. 510 899**), or in the kiosk at the arena. Parking ticket/ Vipps receipt must be shown when exiting the parking area. Clubs arriving in coaches may let off passengers but will have to find parking elsewhere in the Fornebu area. Campervans are not allowed to stay overnight in the parking area. If the designated parking area is full, you will be directed to a parking house app. 200 meters from the arena (normal hourly parking fees).



PROGRAMME

- 15:00 The event office opens, located in the hotel reception area
- 15:30 Sale and Renting of EMI Tags opens
- 15:30 Pairing of EMI Tag with start bib opens (see below for further information)
- 17:00 First start N-Open (N-åpen)
- 17:30 Children's race (småttroll) and children's park open
- 18:00 First ordinary start
- 19:30 Last registration for direct classes
- 20:00 Last start for direct classes and classes with free start times
- 20:30 Children's race (småttroll) and children's park close

EVENT OFFICE AND CLUB BAGS

Event office is located inside the hotel in the reception and opens at 15.00. Phone number to event office is +47 970 96 895 (Eldri Holo).

Club bags are to be picked up from the event office («løpskontoret») and contain start bibs, safety pins, start lists for the respective club, the final bulletin, rented EmiTags for elite runners and maps for classes N-OPEN, up to 12 years and H/D 13-16C and H/D 17C. **Maps in club bags are the maps you shall use in the race, so remember to bring to start.** Maps for coaches/parents accompanying N-åpen runners may be picked up at the event office.

Start numbers for elite runners are also included in club bags. Runners in the elite classes will get a separate start bib each day (all bibs are included in the club bags). Non-elite runners will use the same start bib all days (except for Direct Registration).

DIRECT REGISTRATION

It will be possible to register at the event, before 19:30 for direct classes. Registration can be done at the event office. Runners from Norwegian clubs are invoiced afterwards, while other runners pay NOK 220 at the registration. Renting and EmiTag is an additional NOK 50.

CLASSES, LEVEL AND COURSE LENGTHS

Class	Length	Class	Length	Class	Length	Class	Length	Class	Length	Class	Length
D21E (WRE)	3,0 (18 controls)	H21E (WRE)	3,2 (21 controls)	D15-16B	1,6	H15-16B	1,6	D65	1,5	H65	1,8
D19-20E	2,7	H19-20E	3,0	D17N	1,2	H17N	1,2	D70	1,5	H70	1,7
D17-18E	2,6	H17-18E	3,0	D17C	1,5	H17C	1,7	D75	1,5	H75	1,7
				D17B	1,7	H17B	1,7	D80	1,5	H80	1,7
N-OPEN	1,2			D17-20	2,0	H17-20	2,0	D85	1,5	H85	1,7
D-10	1,4	H-10	1,4	D21	2,1	H21	2,2	Direct AL	2,2		
D11-12	1,5	H11-12	1,7					Direct AK	1,7		
D11-12N	1,2	H11-12N	1,2	D35	2,0	H35	2,2	Direct B	1,7		
D13-16N	1,2	H13-16N	1,2	D40	2,0	H40	2,2	Direct C	1,5		
D13-16C	1,4	H13-16C	1,4	D45	2,0	H45	2,3	Direct N	1,1		
D13	1,6	H13	1,6								
D14	1,7	H14	1,7	D50	1,8	H50	2,1				
D15	2,0	H15	2,2	D55	1,7	H55	2,0				
D16	2,2	H16	2,2	D60	1,5	H60	2,0				

MAP AND TERRAIN

Map is «Fornebu», published 2018. Map scale is 1: 4 000. Contour interval is 2 m.

Maps and courses for the elite classes will be offset printed and covered in sealed plastic bags. Plastic maps will be used for all other classes. There will be separate control specifications ("postbeskrivelse") and plastic bags for maps available at start for those who want this.

The competition area is relatively flat with varied surface and generally very good runnability. The course will go through park areas, tightly built residential areas, around office buildings and in terrain with semi dense vegetation.

The running surface is 70% asphalt/concrete and 25% grass. There are also a few areas with varied surface (rock/path/forest base). Standard running shoes with good grip will be a good choice, alternatively terrain shoes without spikes will work well. The runners should pay attention to cyclists on the cycling paths in and around the competition area. **Important! The use of shoes with any form of spikes is STRICTLY PROHIBITED.**

Controls are close! Runners are encouraged to check codes!

SPECIAL SYMBOLS, BARRIERS ETC



- Statue



- Play apparatus



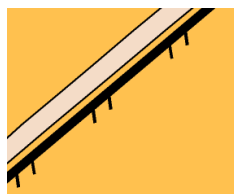
- Tree group



- Hedge group

Fences

Temporary fences have been set up in the park area for this competition. These are marked as impassable fences on the map and shall not be crossed.



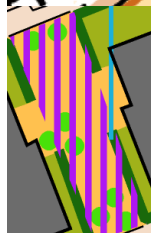
Un-crossable features

Some portions of the map have been marked as un-crossable and shall not be passed.



Out of bounds areas

Certain areas are marked as out of bounds. These are marked with ribbon in the terrain and shall not be accessed or crossed



PUNCHING SYSTEM / TOUCH FREE EMITAG

ALL runners in the sprint competition will use Touch Free EmiTag for time registration and control punching.



“Punching” with EmiTag done by holding the EmiTag 20-50 cm above the control while running. Extend your hand towards the control and keep the hand stable until you have passed it. The LED-indicator in the EmiTag will start flashing and will continue to flash 5 seconds after the “punching”.

Note! It is important to see this flashing light since this will be the only feedback telling you that your “punching” has been registered! For additional help with using an EmiTag we recommend that you watch the instructional videos found here:

<https://www.youtube.com/channel/UCUUahV0N65OHEOksq15oMdg>

Runners who do not have their own EmiTag may rent one from the event organizer. Hired EmiTags are distributed in the hotel lobby (see arena map). Runners who would like to purchase an EmiTag may do this in the same area. Rented tags are returned after passing through the finish line on the final race day. You will be charged NOK 650 if a tag is not returned.

Every runner is responsible for bringing the correct tag and start bib to the start and in ensuring that the tag is functioning properly. Two touch free test controls are placed on the way to the start where the runners can check that the tags are working. If the tag is not working (no blinking light when punching), the runner must return to the hotel and obtain a replacement tag.

PAIRING OF EMITAG AND START NUMBERS

Runners who are pre-registered with their own EmiTag are requested to double check that the tag number on the EmiTag corresponds to the tag number printed on the start bib. **The same applies to runners in the elite classes who will use a rented EmiTag as EmiTags for them are provided in the club bag.** If the EmiTag number is consistent with the runner information (tag number) on the start bib, the runner shall proceed directly to the start without going to the event center and pairing their EmiTag to their start bib.

All other runners must pair their start bib and EmiTag before proceeding to the start. This applies to:

- Runners who have rented an EmiTag (except runners in the elite classes)
- Runners who have purchased an EmiTag at the arena
- Runners who have their own EmiTag but the number does not correspond with tag number printed on the start bib
- Runners who have their own EmiTag but no tag number printed in the start bib
- Runners who have registered in direct classes on the day of the competition

Pairing of start bibs and EmiTags is carried out in a separate stand in the hotel lobby area beside the stairs to the toilets (see arena map for “coupling of hired Emit tags”). The runners may pair their start bib and EmiTag any time after 15:30. To avoid queues, we encourage runner pair their start bib and EmiTag upon arrival at the arena, and no later than one hour before their start time.

GPS ELITE CLASSES

A list has been published in Eventor showing the runners in H21E and D21E who shall run with GPS. GPS will be provided at the start. GPS and GPS vests are available 25 min before the start. Allow an extra 5 minutes for this. Due to the use of GPS and online tracking towards the end of the competition, all runners in the elite classes must leave the arena (without access to mobile phone, tablet or laptop) within 19:40. Maps for runners in the elite classes will be collected at the finish. It is not permitted for participants in the WRE classes to first accompany N-åpen runners.

START

All classes start at the same place which is an 800m (10 min) walk along roads, follow orange/white ribbons from the arena (see arena map).

N-OPEN has free start times from 17:00 to 20:00. Direct classes have free start from 17:30 to 20:00. For other classes, see published start times.

Starting procedure:

- There is no separate start control. The start triangle is at the start
- 1 minute start interval
- 3 min before start time: Enter the first section (silent start), registration of runner, check of EmiTag number
- 2 min before start time: Clearing of EmiTag (check and clear), pick up control descriptions.
- 1 min before start time: Proceed to map box
- Start: Take the map in the start moment (it is permissible to hold the map as of first beep)
- All runners have clock time (except free start runners). You must present at the correct start time

N-OPEN and direct classes have a separate line, but go through same start procedure as above. Start intervals may be shortened in case of rush. Timing for these runners starts when passing the sensor ("nullslynge") on the ground immediately after the starting line.

FINISH

There are two last controls and two paths to the finish line. Left path is for the elite classes, right path for the other classes. At the finish line a sensor will automatically register the passing the EmiTag, i.e. there is no punching at the finish. Water and sports drink available at finish. The finish will close at 21:30.

RESULTS AND LIVELOX

There will not be result boards in the arena. Results are instead published continuously on "liveresultater.no". Link to live center may also be found in the home page: <http://www.official.no/festivalen.no/>. Results for the WRE-classes H21E og D21E will be published at the arena. Livelox will be available in Eventor after race.

PRIZES

Classes 12 years and under: Prizes to all runners may be picked up after passing the finish area
13-16 years: Top 1/3 of number of starting participants
Elite classes: Top 1/8 of number of starting participants
Other competition classes from 17 years: Prizes to class winners

Prizes for elite and youth classes D/H 13, 14, 15 and 16 and junior elite classes D/H 17-18E and D/H 19-20E will be handed out at the youth event at Fornebu on Saturday night at 20:00. Other prizes will be announced and may be picked up on the arena on the competition day.

CHILDREN'S RACE (SMÅTROLL) AND CHILDREN'S PARK

Children's race (småtroll) and children's park are available from 17:30 for children who are potty trained (NOK 50). This is located outside the hotel, app. 200 meters walk from the hotel entrance. See signs/arena map.

SALE OF FOOD AND BEVERAGES

There will be a basic sales kiosk at the arena with sale of healthy and tasty food and beverages, including wraps, whole grain rolls, fruit, waffles, soda, ice cream, buns and coffee. Recommended☺

TOILETS

Participants may use toilets at Scandic Fornebu. There are a limited number of toilets at the start.

SHOWER

There are no showers available at Scandic Fornebu other than for those staying at the hotel.

COMPETITION RULES

IOF competition rules apply to the World Ranking Event classes D21E and H21E. For other classes, NOF competition rules will apply. The sprint norm ISSOM applies.

RACE MANAGEMENT

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Please note that in case of discrepancy between the Norwegian language original text and the English language translation of this bulletin, the Norwegian text shall prevail.

THANKS TO OUR RACE PARTNERS