



– Sverige har 10 Mila
– Finland har Jukola
– Nå har Norge Night Hawk!

Sosialt og Prestisjefyllt

Competition instructions for Night Hawk 2014



IL Tyrving and Natthauken IL welcome you to the 2nd edition of Night Hawk, and to a social and prestigious event from a very spectator friendly venue on the western bank of Øvresetertjern.

Organisation:

Host clubs: IL Tyrving and Natthauken IL

Competition manager: Are Kristiansen (are@nighthawk.no , +47 906 98 932)

Press and information: Anders Tiltne (info@nighthawk.no , +47 480 78 230)

Course planner: Øivind Due Trier

Technical delegate: Kjetil Steen (Fossum IF)

Access and parking:

We encourage participants and visitors to take the subway to the arena. It is a 300 meters walk from Voksenkollen subway station.

By car: From Ring 3, follow signposting to Holmenkollen. From Holmenkollen, follow signs to parking at the venue Øvresetertjern. 0-500 meters walk from parking. VIP / Press parking at the arena.

Media / VIP: Accreditation is done at www.nighthawk.no/presse.

Program:

Official trainings

3 official Night Hawk trainings are available from 15th July to 15th August. The maps can be found online as PDF files. They are free to download, but cost NOK 40,- to use / print. See

www.nighthawk.no/training.

Friday 08.08

20:00 Arena opens

21:45 Latest time for check-in to start (at arena)

21:50 Mass departure / jog to start

22:20 Mass start Night Hawk Women + Company teams (1900 meters from the arena)
22:30 Mass start Night Hawk Men (1900 meters from the arena)
23:02 The first female runner in the finish
23:15 First female Night Hawk female runner (3rd leg) in the finish
23:20 First male runner in the finish
23:50 First Night Hawk male runner (4th leg) in the finish

Saturday 09.08

09:00 Breakfast for sale at the arena
11:00 Start Day Hawk relay H/D 11-13 (at arena)
11:20 First exchange Day Hawk
11:40 Winner Day Hawk in the finish
11:50 Mass start Day Hawk for 2nd leg runners not yet started
12:00 Chasing start begins for 4th leg women and 5th leg men
12:10 Chasing start begins for Company teams
13:00 Mass start for all teams (4th leg Women/5th leg men/4th leg Company teams) more than one hour behind the leader (50 minutes behind the leader for Company teams)
13:01 Prize ceremony Day Hawk H/D 11-13
13:58 Winning team Night Hawk Women in the finish
14:45 Mass start Night Hawk Women for teams not yet started on the last leg
15:14 Winning team Night Hawk Men in the finish
15:30 Serving of strawberries & cream
16:00 Mass start Night Hawk Men for teams not yet started on the last leg
16:01 Prize ceremony Night Hawk Men and Women
18:00 Courses close

More details about the event for the different classes are given in separate sections.

Accommodation

It is free to sleep in your own tents on marked areas of the arena. Accommodation at the arena is at your own initiative.

Breakfast may be purchased on Saturday from 09:00. See also www.nighthawk.no/accommodation.

Terrain and map:

Terrain:

The terrain is very diverse with several large hills, but also minor hill areas. The vegetation is dominated by planted spruce of different age, with hints of pine and birch. There are several forest roads and cross-country skiing trails, but also areas without trails. Runnability is mostly good.

Map, control descriptions

Tryvannstårnet, published 2014. Scale 1:10 000, contour interval 5m, offset printing. Maps are cropped to A3 size. Control descriptions are printed on the map. Control numbers and codes are

printed by the control circles on the map. The competition map will be on display at the arena up until the first start on Friday night. After this time, orienteering maps of the terrain are not allowed at the arena.

Areas with somewhat reduced running speed are drawn as white on the map (normal runnability). These areas typically consist of spruce with a clean forest bottom, but some dry twigs which reduce runnability. Many semi-open areas on the map are old logging areas consisting of young forest. Areas with thinning with remaining branches and twigs are marked with green stripes (reduced runnability). Trails through these areas are cleared and therefore have good runnability. Areas with fallen logs are marked with dense green stripes (strongly reduced runnability).

Out-of bounds areas

Forbidden areas are marked with vertical purple lines on the competition maps, but are not marked in the terrain.

Some legs pass through Skjennungsåsen Recreation Area (all night stages for men, 3rd leg night for women, and 5th leg for men). Some marshes in Skjennungsåsen Recreation Area are marked as forbidden areas on the competition map. There are no barriers in the field. By natural route choice runners will not come in contact with the forbidden areas.

Areas of grasslands at "Frønsvollen" are also marked on the competition map as two distinct forbidden areas. The main path through this area is allowed to use, as shown by a wide corridor between the two forbidden areas. The delineation of the prohibited areas by Frønsvollen is the fence around the grasslands.

Running order, payment, start numbers, timing:

Running order

The running order of all teams is to be entered on Eventor no later than Thursday 07.08. at 21.00.

Changes to the running order after this deadline will be charged NOK 100,-.

Payment

Norwegian clubs will be charged after the event.

Foreign clubs or company teams who have not yet paid the entry fee must pay the entry fee at arrival on the arena! No pay - no start!

We accept credit cards (VISA / Mastercard) and cash payment at the arena.

Team-specific material

Each team must collect their Team-specific material for Night Hawk Men and Women from the «INFO»-kiosk at the entrance to the arena (see arena sketch) on Friday 08.08 during 20:00-21:30. Team-specific material for Day Hawk D/H 11-13 can be collected from the «INFO»-kiosk on Saturday from 09:30-10:30.

The Team-specific material contains all starting numbers for both night and day legs, safety pins, start lists and a copy of the competition instructions.

emiTags are handed out at the check-in to the starting area.

Start numbers

Start numbers are partly based on the results of Nighthawk 2013, and partly alphabetical. Teams that did not participate in 2013 are awarded start numbers alphabetically. All runners must wear their start number.

For Day Hawk D / H 11-13, start numbers are assigned alphabetically by club name.

It is important that the barcode on the start number is not damaged at check-in to the start / exchange area.

Punching system

The competition will use emiTag og Emit touchfree punching.

Runners may use their personal emiTag. Runners without personal emiTag will be given their emiTag at check-in to the start / exchange area. Allow plenty of time!

Punching procedures with emiTag and touch-free controls are explained on the last page of the competition instructions.

GPS Tracking

Selected teams will be followed by GPS tracking. Which teams and legs this applies to will be stated on the homepage and at the arena before the start / exchange. Equipment for GPS tracking is to be collected in close proximity to check-in to start / exchange-area.

GPS-tracking will be shown live on the internet during the whole competition. It is not allowed for runners that have not yet started to follow the GPS-tracking or to otherwise acquire information about the courses.

Start/Finish/Exchange

Friday night

All night legs have a mass start on Friday 08.08. It will be marked to the start, which is 1900 meters from the arena. Allow plenty of time! Joint departure / jog from the arena to the start at 21:50.

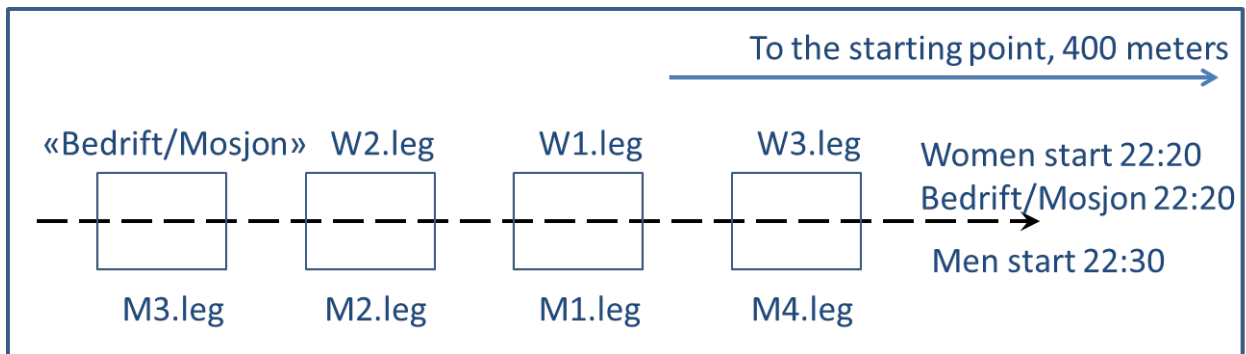
Attention! Check-in to the start is at the arena and must occur before 21:45! (supply / control / match of emiTag to start number, and pick-up of GPS-tracking equipment)

Night Hawk Women starts at 22:20.

Company teams start at 22:20.

Night Hawk Men starts at 22:30.

Organisation at the start area



Saturday

First chasing start for day legs is Saturday 09.08 at 12:00. See separate instructions for each class.

Refreshment points

There is one refreshment point for men on the 4th leg (night) and 5th leg (day).

Finish / Exchange

It marked to the finish from the last control. All legs run into the same finish chute. Note, there are two last controls. The last controls are located at the eastern bank of Øvresetertjern and are visible from the arena.

The competition maps will be collected after exchange/finish on Saturday 09.08. The maps will be released after the mass start on Saturday afternoon. Runners retain their maps after the night legs on Friday evening.

Day Hawk

Day Hawk H/D 11-13 start at the arena on Saturday 09.08 at 11:00. See separate instructions.

Results, prizes, restaurant

Results

Starting lists, results, GPS-tracking, pictures and speaker sound will be continuously published on www.nighthawk.no. Results will also be posted at the arena.

Prize ceremony

Winners of each night leg will receive a prize donated by Petzl. The prize will be awarded directly to each runner immediately after the finish.

The prize ceremony for Night Hawk Men and Women will take place near the bank of Øvresetertjern at approximately 16:00 on Saturday. Strawberries and cream will be served in connection with the prize giving ceremony.

The prize ceremony for Day Hawk D / H 11-13 will take place near the bank of Øvresetertjern at approximately 13:00. All Day Hawk runners will receive icecream in connection with the prize giving ceremony.

Restaurant and kiosk

On Friday night, we will keep you warm with the Nighthawk soup, which is a chicken soup and coconut milk and curry served with rice.

On Saturday morning you can buy a simple breakfast at the arena between 09 and 10. If you know you will have breakfast, please notify Helene on heleneblj@gmail.com. On Saturday there will be a barbecue at the restaurant. We promise that it will be one of the best hamburgers you have tasted!

The kiosk will also provide cake, coffee, fruit, mineral water and much more.

Children

Child minding will be available at the arena on Saturday 09.08 from 10:30am to 3pm for children 2 years and over. A punching course will be available in close connection to the child care area.

Tour Orienteering

We will host a basic tour orienteering course at the arena on Saturday 09.08 from 10am to 3pm. Maps with all controls marked will be sold for NOK 30,-. There will be no timing.

Night Hawk Men timetable and special instructions

Mass start for 1st - 4th legs, 1900 meter from the arena (marked), at 22:30. Allow plenty of time! Joint departure / jog from the arena to the start area at 21:50.

Attention! Check-in to start is at the arena and must occur before 21:45! (supply / control / match of emiTag to start number, and pick-up of GPS-tracking equipment).

Leg	Length	Forking	Start/Finish leading team
1-3	7,1 – 7,2 km	Forked	22:30 – 23:20
4	11,5 km	Forked	22:30 – 23:50

All legs will pass the arena approximately 6-7 minutes before the finish. During the arena passing there will be 300 meters of marked trail to a new start triangle. Approximately 100 meters of the marked route will be on the edge of a public road. A portion of the road is cordoned off and there will be guards. Runners are asked nevertheless to exercise caution.

Chasing start for the 5th leg at 12:00 on Saturday 09.08. Check-in to the chasing start and to change over will take place near the western bank of Øvresetertjern. Runners must pass under the bridge to reach the check-in area. Please allow sufficient time (at least 15 minutes before estimated start/change-over).

Leg	Length	Forking	Start/Finish leading team
5	10,5 km	Unforked	12:00 – 13:08
6	6,2 km	Forked	13:08 – 13:49

7	6,2 km	Forked	13:49 – 14:29
8	6,8 km	Forked	14:29 – 15:14

Runners on the 5th leg can be observed from the arena (150m North of the finish line) 3-4 minutes before the finish.

Night Hawk Women timetable and special instructions

Mass start 1st -3rd legs, 1900 meters from the arena (marked), at 22:20. Allow plenty of time! Joint departure / jog from the arena to the start area at 21:50.

Attention! Check-in to start is at the arena and must occur before 21:45! (supply / control / match of emiTag to start number, and pick-up of GPS-tracking equipment).

Leg	Length	Forking	Start/Finish leading team
1-2	4,7 km	Forked	22:20 – 23:02
3	6,0 km	Forked	22:20 – 23:15

All legs will pass the arena approximately 7-8 minutes before the finish. During the arena passing there will be 300 meters of marked trail to a new start triangle. Approximately 100 meters of the marked route will be on the edge of a public road. A portion of the road is cordoned off and there will be guards. Runners are asked nevertheless to exercise caution.

Chasing start for the 5th leg at 12:00 on Saturday 09.08. Check-in to the chasing start and to change over will take place near the western bank of Øvresetertjern. Runners must pass under the bridge to reach the check-in area. Please allow sufficient time (at least 15 minutes before estimated start/change-over).

Leg	Length	Forking	Start/Finish leading team
4	4,8 km	Forked	12:00 – 12:38
5	4,8 km	Forked	12:38 – 13:17
6	5,1 km	Forked	13:17 – 13:58

Night Hawk Women have no passing of the arena on day legs.

Company teams timetable and special instructions

Mass start 1st – 3rd legs, 1900 meters from the arena (marked), at 22:20. Allow plenty of time! Joint departure / jog from the arena to the start area at 21:50. Company teams start at the same time as Night Hawk Women.

All night leg runners have the same course and same controls. Runners may choose whether to run as a team or independently.

Attention! Check-in to start is at the arena and must occur before 21:45! (supply / control / match of emiTag to start number, and pick-up of GPS-tracking equipment).

Leg	Length	Forking	Start/Finish leading team
1-3	4,7 km	Unforked*	22:20 – 23:10

*Legs correspond to one forking in the Night Hawk Women.

All legs will pass the arena approximately 7-8 minutes before the finish. During the arena passing there will be 300 meters of marked trail to a new start triangle. Approximately 100 meters of the marked route will be on the edge of a public road. A portion of the road is cordoned off and there will be guards. Runners are asked nevertheless to exercise caution.

Chasing start for the 4th leg at 12:00 on Saturday 09.08. The day legs will be run as an ordinary relay. Check-in to the chasing start and change-over will take place near the western bank of Øvresetertjern. Runners must pass under the bridge to reach the check-in area. Please allow sufficient time (at least 15 minutes before estimated start/change-over).

Leg	Length	Forking	Start/Finish leading team
4	4,8 km	Unforked*	12:00 – 12:45
5	4,8 km	Unforked*	12:45 – 13:30
6	4,8 km	Unforked*	13:30 – 14:15

*Legs correspond to one forking in the Night Hawk Women.

Company teams have no passing of the arena on day legs.

Day Hawk, D/H 11-13, timetable and special instructions

D11-13 and H11-13 start at 11:00 (both classes at the same time).

leg	Length	Forking	Start/Finish leading team
1	2,5 km	Unforked, C-level	11:00 – 11:20
2	2,5 km	Unforked, C-level	11:20 – 11:40

Day Hawk has no forkings and uses the same punching system as Night Hawk (Emit Touchfree). Each leg can be run by up to 2 runners, carrying one emiTag only.

Check-in to the start and change-over will take place near the western bank of Øvresetertjern. Runners must pass under the bridge to reach the check-in area. Please allow sufficient time (at least 15 minutes before estimated start/change-over).

A mass start will be held at 11:50 for 2nd leg runners who have not yet started.

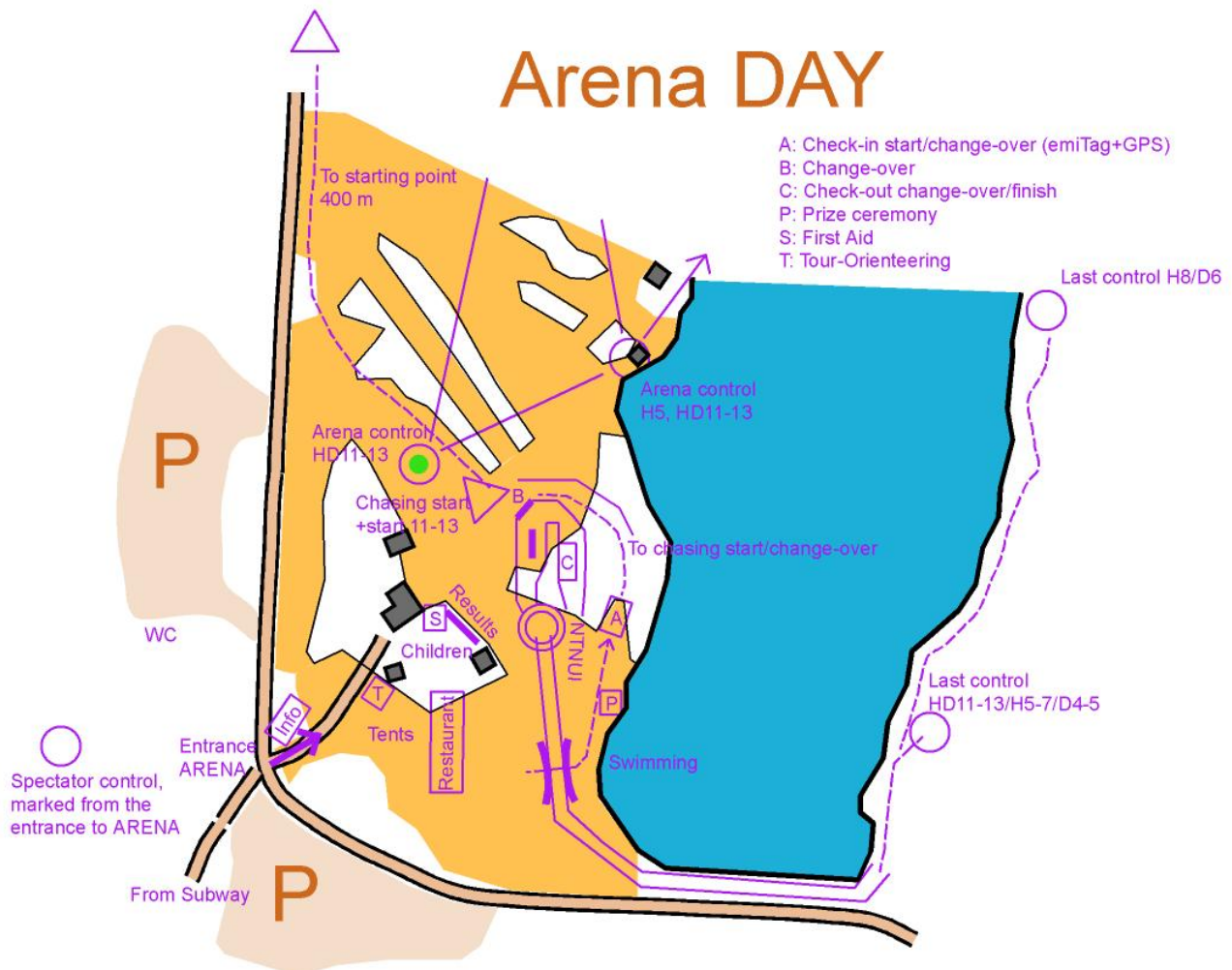
The prize giving ceremony will take place after all teams have finished. Icecream will be served to all Day Hawk runners.



Arena sketches:



Arena DAY







"Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds."

Information about Touch-Free

emiTag

The emiTag should be strapped around the wrist as shown in the picture. High speed punching is performed by holding the emiTag 20-50 cm from the control for a short moment. The LED light in the emiTag will start flashing, and keeps flashing for 10 seconds after punching.

NOTE! It is important to see this flashing, since this is the only feedback telling you that the punch is performed correctly!



TOUCH-FREE PRO

The controls are of the type Touch-Free PRO.

Punching range is 75cm.

The range is reduced by punching at high speed.

Touch-Free PRO unit is placed inside the o-flag.

Code number is placed on top.

It is not necessary to touch the control unit. Touch Free means Touch Free!



START

- Touch-Free Start PRO.

- Starting unit to "zero" the emiTags at the start. This is also a check that the emiTag is working.

FINISH

- At the finish there are loops on the ground so you can pass the finish line at full speed. The readout is after the finish line.

Example of punching and check of correct punch at high speed

