



Night.
hawk

HOLMENKOLLEN

08-09
august 2014





Night Hawk - Social and Prestigious

We know you like 10Mila,
and simply love Jukola!

Night Hawk is the third relay in the series
- come experience
orienteering in Norway.



Night Hawk is not a relay only for elite runners. We have designed each leg to be an experience also for normal orienteers, veterans and juniors. If you come to Night Hawk in August you can run both a night leg and a day leg for the same team. And on Sunday there is a mass start event for everyone!

The arena is located by the lake Øvresetertjern. It is just 2km north of the legendary Holmenkollen ski stadium. The Arena is in the middle of the forest, close to the Oslo city and easy to access with car and Metro.

Program

6th - 7th August: Training race and model event

Friday 8th August:

20:00: Arena opens

22:30: Mass start all night legs

23:25 / 23:45: First Natthawk to the finish

Saturday 9th August:

11:00: Mass start Day Hawk kids relay

12:00: Chase start Night Hawk

13:50: Finish of women winning team

15:00: Finish of men winning team

From 15:30: Strawberry party, welcoming of teams to the finish and prize giving ceremony

Sunday 10th August: Mass start event





The Competition:

Friday night at 22:30: all night legs starts with one gigantic mass start. Legs 1-3 for women, and leg 1-4 for men starts at the same time.

The longest courses celebrate the Night Hawk - the toughest men and women.

LEGS

Women

1. Leg: 40 min - Night - Forked
2. Leg: 40 min - Night - Forked
3. Leg: 55 min - Night - Forked
4. Leg: 35 min - Day - Not forked
5. Leg: 35 min - Day - Forked
6. Leg: 39 min - Day - Forked

Men

1. Leg: 45 min Night - Forked
2. Leg: 45 min - Night - Forked
3. Leg: 45 min - Night - Forked
4. Leg: 75 min - Night - Forked
5. Leg: 70 min - Day - Not forked
6. Leg: 35 min - Day - Forked
7. Leg: 35 min - Day - Forked
8. Leg: 39 min - Day - Forked



Saturday at 12:00: Chase start based on the night legs.
The day legs are more intensive.
13:50: Finish of women winning team
15:00: Finish of men winning team



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Saturday at 15:00: Prize giving ceremony for everyone.
Including a free strawberry banquet.
Be social with your club mates on Saturday evening.
Why not experience Oslo, or the island?



Need help? Want info? Give feedback?

Give us a shout out here:

join@nighthawk.no

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