



# O-FESTIVALEN

\*Sarpsborg 24.-26. juni 2016



## INVITATION

The City of Sarpsborg celebrates its 1000 anniversary in 2016, and the orienteering clubs in Sarpsborg invite all friends of orienteering to celebrate this event 24 – 26 June 2016.

On Friday 24 June there will be a sprint race with a complete arena production in the centre of the City, and on 25 and 26 June there will be a long- and middle distance race at Rudskogen Motorcentre. All races are individual competitions with separate awards. For the elite classes there is a Norwegian cup each day.

The O-Festival has a WRE status.

There are very good possibilities of communication to Sarpsborg, and parking will be possible close to the arenas.

Agenda Friday 24 June	Agenda Saturday 25 June	Agenda Sunday 26 June
12.00 Opening of the Race Office	09.00 Opening of the Race Office	08.00 Opening of the Race Office
16.00 First start in the N-Open classes	10.00 First start in the N-Open classes	09.00 First start in the N-Open classes
16.30 Opening Ceremony	11.00 First start in other classes	10.00 First start in other classes
17.00 First start in other classes	14.00 Team Competition	14.00 Awards Ceremony
20.00 Awards Ceremony followed by a concert	15.00 Awards Ceremony	

### Attendance

Marked from the E6 at Sandesund Bridge (exit 6) on Friday 24 June, and on Highway 111, exit Rudskogen Motorcentre on Saturday 25 and on Sunday 26 June. Parking on firm ground, approximately 400 metres from the arena. A fee of 100 NOK will cover parking for three days.

### Start

Sprint: 550 metres along firm ground. Long distance: 550 metres along gravel track.

Middle distance: 550 metres along gravel ground.

### Prizes

In accordance with guidelines given by the Norwegian Orienteering Federation. Additionally there will be a memory gift to the winners of the Sprint Elite classes especially made for the jubilee.

Shower	Children Parking	“Småttroll”
Close to the arenas each day.	Free. Open for children above two years of age.	Saturday 25 June and Sunday 26 June. Entry fee 30 NOK.

### Entry/late entries

Entry: Via Eventor (<http://eventor.orientering.no>) from 1 February with deadline 13 June at 23.59. The system can also be operated by foreign clubs by establishing a new club as a user prior to the enrollment.

Late entries: Deadline Monday 20 June at 23.59 via Eventor. **NOTE! Late entries must expect to start before the regular start time.**

Direct entry: On the arenas each day. Free start.

Changes: Changes of chip number, club or class will be invoiced equivalent after deadlines of late entries. Send to: [sekretariat@sarpsborgolag.no](mailto:sekretariat@sarpsborgolag.no)

## Entry fees for each race

Classes	N-Åpen	D/H 16	D/H 17 -	Elite	Direct
Entry fee	NOK 100,-	NOK 120,-	NOK 240,-	NOK 290,-	NOK 200,-
Late entries		50 % *	50 %	50 %	

\* NB: For athletes up to 12 years there is no late entry fee.

## Payments/Billing

The entry fee for Norwegian clubs will be invoiced arrears. Foreign clubs have to prepay to a Norwegian bank account. Payment can be made to Varteig orienteringslag, Klemsdalveien 30, N-1730 Ise, Eidsberg Sparebank 1020. 28. 58916, IBAN: NO64 1020 2858 916 BIC: EIDSNO21XXX

## Punching system

EMIT. Athletes may hire chips in the N-Open class and for foreign clubs. Fee: 50 NOK each day.

## Courses difficulty

**A-level:** A-courses are the most demanding and all techniques of orienteering must be mastered.

**B-level:** B-courses demand short detailed orienteering close to the posts and a good knowledge of contour lines.

**C-level:** C-courses mainly follow guide lines, but occasionally athletes are expected to leave these lines. There are crossroads opportunities.

**N-level:** N-courses have one obvious crossroad along continuous guide lines (roads, paths, brooks and fences). All posts are visible from the guide lines.

## Splitting of WRE-classes

Should a class reach more than 100 entries, the class would be split into E1 and E2.

The 80 best runners, based on the WRE-ranking, will participate in E1. The other runners will participate in E2.

## Sprint Friday 24 June

Class	Level	Length	Scale	Class	Level	Length	Scale	Klasse	Class	Length	Scale
D 21-E	A		1:4 000	D 50-	A	1,6	1:4 000	H 17-20	A	2	1:4 000
D 19-20E	A		1:4 000	D 55-	A	1,6	1:4 000	H 17-B	B	1,7	1:4 000
D 17-18E	A		1:4 000	D 60-	A	1,5	1:4 000	H 17-C	C	1,6	1:4 000
D-10	C	1,5	1:4 000	D 65-	A	1,5	1:4 000	H 17-N	N	1,4	1:4 000
D 11-12	C	1,6	1:4 000	D 70-	A	1,5	1:4 000	H 21-	A	2,3	1:4 000
D 11-12N	N	1,4	1:4 000	D 75-	A	1,5	1:4 000	H 35-	A	2,3	1:4 000
D 13	B	1,5	1:4 000	D 80-	A	1,5	1:4 000	H 40-	A	2,1	1:4 000
D 14	B	1,7	1:4 000	D 85-	A	1,5	1:4 000	H 45-	A	2,1	1:4 000
D 13-16C	C	1,5	1:4 000	H 21-E	A		1:4 000	H 50-	A	2	1:4 000
D 13-16N	N	1,4	1:4 000	H 19-20E	A		1:4 000	H 55-	A	2	1:4 000
D 15	A	1,9	1:4 000	H 17-18E	A		1:4 000	H 60-	A	2	1:4 000
D 16	A	2,1	1:4 000	H-10	C	1,5	1:4 000	H 65-	A	1,7	1:4 000
D 15-16B	B	1,5	1:4 000	H 11-12	C	1,6	1:4 000	H 70-	A	1,7	1:4 000
D 17-20	A	2	1:4 000	H 11-12N	N	1,4	1:4 000	H 75-	A	1,7	1:4 000
D 17-B	B	1,7	1:4 000	H 13	B	1,5	1:4 000	H 80-	A	1,7	1:4 000
D 17-C	C	1,6	1:4 000	H 14	B	1,7	1:4 000	H 85-	A	1,7	1:4 000
D 17-N	N	1,4	1:4 000	H 13-16C	C	1,5	1:4 000	Direkte A	A	2,3	1:4 000
D 21-	A	2	1:4 000	H 13-16N	N	1,4	1:4 000	Direkte B	B	1,8	1:4 000
D 35-	A	2	1:4 000	H 15	A	2,2	1:4 000	Direkte C	C	1,6	1:4 000
D 40-	A	2	1:4 000	H 16	A	2,3	1:4 000	Direkte N	N	1,5	1:4 000
D 45-	A	2	1:4 000	H 15-16B	B	1,5	1:4 000	N-åpen	N	1,3	1:4 000

## Longdistance Saturday 25 June

Class	Level	Length	Scale	Class	Level	Length	Scale	Class	Level	Length	Scale
D 21-E	A	9,0	1:15 000	D 50-	A	4,3	1:7 500	H 17-C	C	3,0	1:10 000
D 19-20E	A	6,8	1:15 000	D 55-	A	4,0	1:7 500	H 17-N	N	2,3	1:10 000
D 17-18E	A	5,7	1:15 000	D 60-	A	4,0	1:7 500	H 21-	A	9,3	1:10 000
D-10	C	2,5	1:10 000	D 65-	A	3,5	1:7 500	H 21-AK	A	5,5	1:10 000
D 11-12	C	3,0	1:10 000	D 70-	A	3,5	1:7 500	H 35-	A	8,5	1:10 000
D 11-12N	N	2,1	1:10 000	D 75-	A	3,0	1:7 500	H 40-	A	7,5	1:10 000
D 13	B	3,0	1:10 000	D 80-	A	3,0	1:7 500	H 45-	A	6,2	1:10 000
D 14	B	3,0	1:10 000	D 85-	A	3,0	1:7 500	H 45-AK	A	5,0	1:10 000
D 13-16C	C	2,5	1:10 000	H 21-E	A	13,5	1:15 000	H 50-	A	6,0	1:7 500
D 13-16N	N	2,1	1:10 000	H 19-20E	A	10,0	1:15 000	H 55-	A	5,5	1:7 500
D 15	A	4,3	1:10 000	H 17-18E	A	8,5	1:15 000	H 60-	A	4,5	1:7 500
D 16	A	5,0	1:10 000	H-10	C	2,5	1:10 000	H 65-	A	4,5	1:7 500
D 15-16B	B	3,2	1:10 000	H 11-12	C	3,0	1:10 000	H 70-	A	3,5	1:7 500
D 17-20	A	5,0	1:10 000	H 11-12N	N	2,1	1:10 000	H 75-	A	3,5	1:7 500
D 17-B	B	3,2	1:10 000	H 13	B	3,0	1:10 000	H 80-	A	3,0	1:7 500
D 17-C	C	3,0	1:10 000	H 14	B	3,5	1:10 000	H 85-	A	3,0	1:7 500
D 17-N	N	2,3	1:10 000	H 13-16C	C	2,5	1:10 000	Direkte AL	A	7,0	1:10 000
D 21-	A	7,0	1:10 000	H 13-16N	N	2,1	1:10 000	Direkte AK	A	5,0	1:10 000
D 21-AK	A	5,0	1:10 000	H 15	A	5,5	1:10 000	Direkte B	B	3,5	1:10 000
D 35-	A	6,2	1:10 000	H 16	A	6,2	1:10 000	Direkte C	C	3,5	1:10 000
D 40-	A	5,0	1:10 000	H 15-16B	B	3,2	1:10 000	Direkte N	N	3,0	1:7 500
D 45-	A	4,5	1:10 000	H 17-20	A	7,0	1:10 000	N-åpen	N	2,0	1:7 500
D 45-AK	A	3,5	1:10 000	H 17-B	B	3,2	1:10 000				

## Middledistance Sunday 26 June

Class	Level	Length	Scale	Class	Level	Length	Scale	Class	Level	Length	Scale
D 21-E	A	4,3	1:10 000	D 50-	A	2,6	1:7 500	H 17-C	C	2,4	1:10 000
D 19-20E	A	4,0	1:10 000	D 55-	A	2,6	1:7 500	H 17-N	N	2,2	1:10 000
D 17-18E	A	3,9	1:10 000	D 60-	A	2,3	1:7 500	H 21-	A	4,1	1:10 000
D-10	C	2,2	1:10 000	D 65-	A	2,3	1:7 500	H 21-AK	A	3,3	1:10 000
D 11-12	C	2,4	1:10 000	D 70-	A	2,3	1:7 500	H 35-	A	4,1	1:10 000
D 11-12N	N	2,2	1:10 000	D 75-	A	2,0	1:7 500	H 40-	A	3,9	1:10 000
D 13	B	2,8	1:10 000	D 80-	A	2,0	1:7 500	H 45-	A	3,9	1:10 000
D 14	B	2,8	1:10 000	D 85-	A	2,0	1:7 500	H 45-AK	A	2,7	1:10 000
D 13-16C	C	2,2	1:10 000	H 21-E	A	4,9	1:10 000	H 50-	A	3,4	1:7 500
D 13-16N	N	2,2	1:10 000	H 19-20E	A	4,3	1:10 000	H 55-	A	3,3	1:7 500
D 15	A	3,1	1:10 000	H 17-18E	A	4,1	1:10 000	H 60-	A	2,6	1:7 500
D 16	A	3,1	1:10 000	H-10	C	2,2	1:10 000	H 65-	A	2,3	1:7 500
D 15-16B	B	3,0	1:10 000	H 11-12	C	2,4	1:10 000	H 70-	A	2,3	1:7 500
D 17-20	A	3,2	1:10 000	H 11-12N	N	2,2	1:10 000	H 75-	A	2,3	1:7 500
D 17-B	B	3,0	1:10 000	H 13	B	2,8	1:10 000	H 80-	A	2,3	1:7 500
D 17-C	C	2,4	1:10 000	H 14	B	2,8	1:10 000	H 85-	A	2,3	1:7 500
D 17-N	N	2,2	1:10 000	H 13-16C	C	2,2	1:10 000	Direkte AL	A	3,3	1:10 000
D 21-	A	3,6	1:10 000	H 13-16N	N	2,2	1:10 000	Direkte AK	A	2,5	1:10 000
D 21-AK	A	2,7	1:10 000	H 15	A	3,1	1:10 000	Direkte B	B	3,0	1:10 000
D 35-	A	3,6	1:10 000	H 16	A	3,6	1:10 000	Direkte C	C	2,6	1:10 000
D 40-	A	3,2	1:10 000	H 15-16B	B	3,0	1:10 000	Direkte N	N	2,3	1:7 500
D 45-	A	3,2	1:10 000	H 17-20	A	3,6	1:10 000	N-åpen	N	2,0	1:7 500
D 45-AK	A	2,7	1:10 000	H 17-B	B	3,0	1:10 000				

## **Team competition**

There is a separate invitation and entry in Eventor for this competition. The team will include 3-5 athletes aged up to thirteen years. Mass entry with one chip. Entry fee: 300 NOK.

## **Maps**

**Sprint:** Newly drawn in 2015/2016. Scale: 1: 4000.

**Middle- and longdistance:** Newly drawn in 2015/2016. Scale: 1: 7500 and 1: 10 000. The Elite classes have a scale of 1: 15 000 in the long distance race. The middle and long distance races are organised in separate parts of the terrain. No courses will be in the same terrain both days.

The competition areas are embargoed in accordance with applicable provisions.

## **Terrain**

**Sprint:** Residential area, park area and streets. There are small height differences in the competition area.

**Longdistance:** Hilly and good runability with minor growth. Green areas mostly with dense pine forests occur in some parts of the terrain. Timber camps (harvesters fields) occur to a small degree. Some marsh lands in the longest courses.

**Middledistance:** Hilly and partly good runability with no growth. In some parts of the terrain paths dominate. There are no timber camps (harvestry fields) in this part of the terrain and very few green areas. Parts of the terrain are quite detailed, and demand accurate map reading. The last part of the longest courses will partly go in a more hilly area with grassy slopes and dense vegetation.

## **Training**

The control hunting in Sarpsborg has 200 controls in different maps in and around the city. These controls can be used for exercise and recreation <http://freskefolk.no/>. Vi tilbyr også treningsopplegg etter avtale. We can also provide exercise programs by appointment. Look at the [home page](#) for details.

## **Catering**

There are quite some restaurants around the arena in the centre of Sarpsborg, and the organisers urge the athletes to visit them. On the arena at Rudskogen athletes can buy warm and cold drinks, and there will also be a sports shop with a big variety of equipment from different suppliers. Look at the [home page](#).

## **Accommodation**

The O-Festival has agreements with a special price for the athletes, the Festival Hotel Quality and Resort about 4 kilometres from the city centre, Hotel Olav Digre and Scandic Hotel in the city centre. The O-Festival has reserved all rooms till 1 April. After this date other guests will be able to book rooms. Remember to give the code O-festivalen by booking.

There are quite some club cottages, and two camps in and around Sarpsborg which can be booked for accommodation.

The organisers will also establish a special area for mobile homes and caravans with electricity, showers and changing facilities in the centre of Sarpsborg from Thursday 23 June till Sunday 26 June.

The organisers also offer the athletes accommodation in schools.

There are also ordinary camping sites in Høysand and Feriehjemmet about 15 kilometres from the city centre. Look at the [home page](#) for more detailed information.

## **Transport**

Coaches will transport the athletes from the hotels, the mobile home site and schools to Rudskogen Saturday and Sunday.

## Events

After the Sprint Award ceremony there will be a 1000-anniversary Concert in the Mall in the city centre. Saturday afternoon and evening there will be an "Open Hall" in Sarpsborghallen for young people, and also a sightseeing at Borgarsysasel Museum, Hafslund Hovedgård and Borregaard factories will take place. Inspiria Science Centre will be open on Saturday afternoon. Rudskogen Motor centre offer Enduro-cycling.

On Thursday there will be a Family Party and a Midsummer bonfire in Landeparken at Tunevannet. Otherwise there are many good beaches around Sarpsborg where athletes can have a swim. The swimming pool in Sarpsborghallen will be open after the competitions on Friday and Saturday. More information on the [home page](#).

## Race organisation

**Head manager:** Tom Wahlgren

**Course planners:** Tormod Jensen og Bernt O. Myrvold (sprint), Kjell Lunde og Stein Juliussen (long), Stian Jensen og Tormod Jensen (middle)

**Advisor:** Jan Arild Johnsen (head-TD), Jan Arild Johnsen (TD sprint), Kjell Holene (TD- middle distance), Jo Inge Fjellstad (TD-long distance)

## Information and Media

PM, starting lists, other relevant information and results will be posted on the O-Festival [home pages](#).

Information contact: [bjorn.syversen01@gmail.com](mailto:bjorn.syversen01@gmail.com).

Further information is available on the [home page](#).



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