



INVITATION

NightHawk

12th – 13th August 2016

14th August Middle distance WRE + Gromløpet with Score-O

Linderudkollen ski centre, Oslo



INTERNATIONAL VERSION



Lillomarka OL and IL Tyrving warmly welcome you to the fourth running of Norway's biggest O-relay – a day out of the ordinary!



12th – 13th August
Linderudkollen ski centre, Oslo

NightHawk 2016

- Naturally in good Nighthawk spirit!
- Men, women, youths and veterans
 - Night mass start for all classes
- Hill climber leg for women and men
 - Everyone can do NightHawk
- Experience the magic atmosphere

- Night Hawk men: 8 legs, 4 night + 4 day
- Night Hawk veteran men (> 35 yrs), same courses as the men
- Night Hawk women 6 legs, 3 night + 3 day
- Night Hawk veteran women (> 35 yrs), same courses as the women
- Night Hawk girls (12 – 16 yrs): 4 legs, 2 night + 2 day
- Night Hawk boys (12 – 16 yrs): 4 legs, 2 night + 2 day
- Mass start for all night legs
- Girls and boys can run in pairs on night legs, no forking
- A runner can run both night and day – on the same team or another team
- Set up for all kinds of teams: company teams, groups of friends, families.

Arena

- Linderudkollen ski centre, 10 km from central Oslo
- Free camping at the arena
- Campervans 1000 m from the arena
- Breakfast and warm food served at the arena



www.nighthawk.no

www.facebook.com/TheNightHawkRelay
Instagram/Twitter: @nighthawkrelay / #nighthawkrelay



Programme

Friday 12th August

19.00: Arena and competition centre open
21.45: Start youth
22.00: Start women and veteran women
22.15: Start men and veteran men
22.15: Finish youth
23.00: Finish Night Hawk leg 3 women
23.20: Finish Night Hawk leg 4 men
00.00: Ceremony, night legs
02.00: Last finisher

Saturday 13th August

09.00: Breakfast, competition centre opens
10.30: Chasing start youth
11.30: Finish youth
12.00: Chasing start women and men
12.30: Prizegiving youth
13.45: Finish women
15.00: Finish men
15.30: Prizegiving and strawberry party
(*Exact times can change. See www.nighthawk.no*)
19-21: Runners dinner at Thon Hotel Linne
21-02: Night Flash at Thon Hotel Linne (*18 yrs age limit*).

Sunday 14th Gromløpet – see information overleaf.

Map

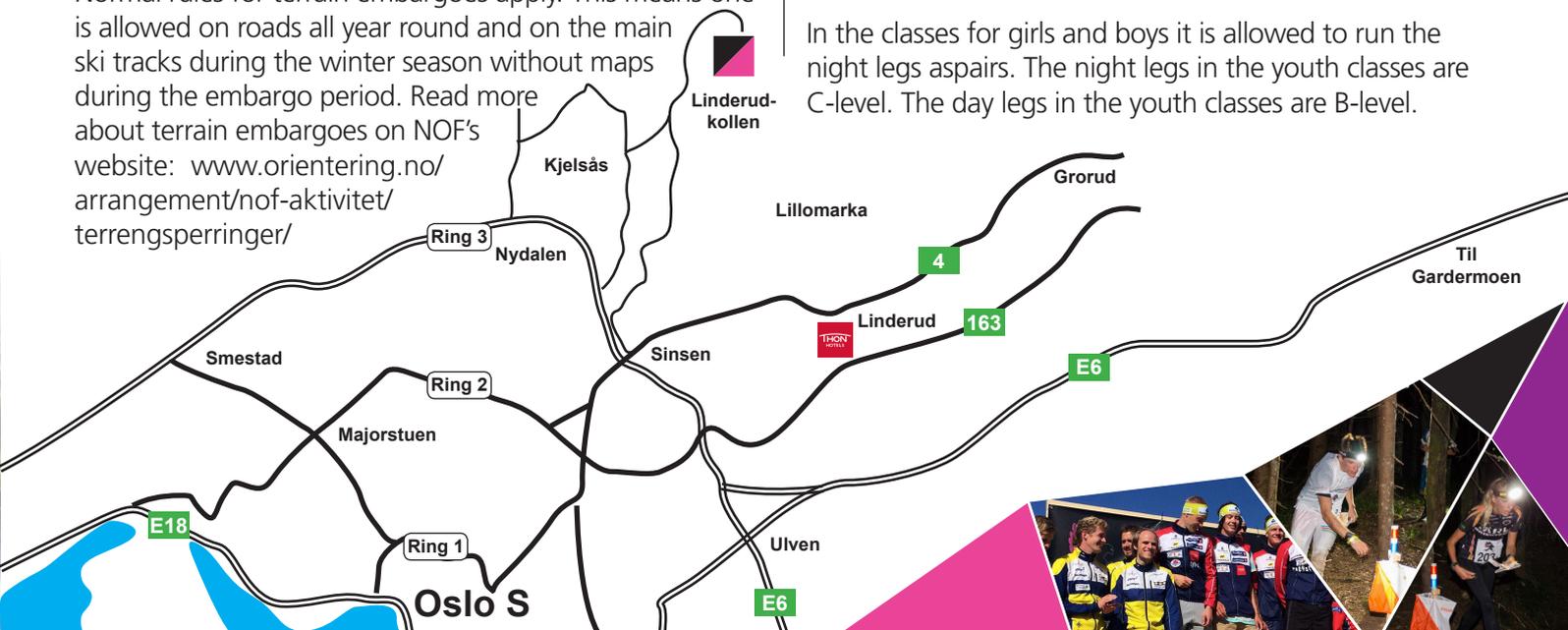
Linderudkollen, 1:10 000, 5 m, version 2016. Map is off-set printed in 5 colours. Survey and cartography by Helge Gisholt in 2015/2016 based on laser contour data from Oslo district.

Terrain

Moderately undulating forest terrain. Numerous paths and roads in the competition terrain. Varying runnability and visibility, from very nice spruce and pine forest areas to more overgrown areas after forestry work. Detail richness varies, generally few marshes in the terrain. Varying underfoot conditions with both moss and heather. Estimated minutes per kilometre (men 6.30, women 7.30).

Embargoed area

Normal rules for terrain embargoes apply. This means one is allowed on roads all year round and on the main ski tracks during the winter season without maps during the embargo period. Read more about terrain embargoes on NOF's website: www.orientering.no/arrangement/nof-aktivitet/terrengsperringer/



Training

There will be two training opportunities in relevant terrain available from 15th June. Training maps at www.nighthawk.no. A training event will be organised near the competition terrain on Wednesday 10th August.

Traffic and parking

Solemskogen, signed from Storokrysset on Ring 3. Parking 100 – 1000 m, kr. 20 per day. Limited capacity, share transport! Buss 56 from Nydalen – Storo – Solemskogen every 30 min. until kl 0.14. Shuttlebuss from Thon Hotel Linne.

Course lengths

NightHawk men and veteran men

Born 2001 or earlier

8 legs: Night: 6 – 6 – 8 – 10,5 km
Day: 5* – 4,5 – 4,5 – 6 km

*Hill climber leg B-level unforked.

Night legs include 1 km taped routes.

Day legs include 0,5km taped routes.

NightHawk women and veteran women

Born 2001 or earlier

6 legs: Night: 5 – 5 – 7 km
Day: 4* – 3,5 – 3,5 km

*Hill climber leg B-level unforked.

Night legs include 1 km taped routes.

Day legs include 0,5km taped routes.

NightHawk girls

Born 2000 - 2004

4 legs: Night: 3,7* – 3,7* km / Day: 4 – 4 km
* Unforked

Night legs include 1 km taped routes.

Day legs include 0,5km taped routes.

NightHawk boys

Born 2000 - 2004

4 legs: Night: 3,7* – 3,7* km / Day: 4 – 4 km
* Unforked

Night legs include 1 km taped routes.

Day legs include 0,5km taped routes.

In the classes for girls and boys it is allowed to run the night legs aspairs. The night legs in the youth classes are C-level. The day legs in the youth classes are B-level.

Punching system

Touch free Emit for all classes.
Possible to use your own brick (Emitag).
Organisers provide bricks (no extra fee).

Prizes

Separate prizegiving for youth ca. 13:00.
Prizegiving for Women and Men ca. 15:30.

Child friendly parking

At the arena, only on Sunday during Gromløpet.

Food service

Big choice. Warm food Friday night and Saturday.
Runners dinner: Thon Hotel Linne, Saturday 19:00-21:00.

Entries

All entries to be made via Eventor.
Foreign clubs should also fill in a form with contact details: <http://bit.ly/nh2016team>
Questions: entry@nighthawk.no

Start fees

	Before 18th May	25th July	8th August
Men	1600,-	2400,-	3000,-
Women	1200,-	1800,-	2250,-
Youth	600,-	600,-	600,-

All prices in Norwegian kroner. Teams from outside Nordic countries pay 50% of the normal start fees.

Payment

Norwegian clubs are billed post event.
Foreign clubs will be sent a bill after entering.
Contact address is obligatory for foreign clubs.

Main organisers

Lillomarka O-lag and IL Tyrving
Main leader: Jørgen Holmboe
E-mail: jorgen.holmboe@online.no
Mob: 97681974
Event director: Arne Dybdahl
Course planner: Vidar Benjaminsen
Controller: Søren Jonsson

Sunday 14th August Gromløpet with NEW CONCEPT in Norway

Lillomarka O-lags traditional Gromløp is organised the day after NightHawk from the same arena at Linderudkollen.

World Ranking Event middle distance for elites. Last WRE event before WOC in Strømstad. MW17–20 have their own elite classes with the same courses as the elites (not WRE).

For all other classes there is an individual event with Norwegian debut at **Score-O – a new and exciting orientering concept**. The goal is to find as many controls / points as possible within 30 minutes. Normal class categories. All runners with the same map and controls. The map is handed out at the arena one hour before the start opens – you can plan your route and tactics according to 30 minutes of running. Going over the time limits results in penalty points. Start when you want, but runners are started by start officials with start intervals. Information: See Eventor for the further details that will follow shortly.

Special offer on accommodation for the whole Nighthawk weekend

Special offer at Thon Hotel Linne kr 348,- in double room, kr 299,- in triple room per person per night, including breakfast.

Club dinner Saturday where there is a buffet served from kl 19 –21. Adult kr.249,- /Child kr.100,-.

Booking: linne@thonhotels.no – use the booking code "NightHawk".

Direct shuttle bus from Thon Hotel Linne on Friday evening, Saturday and Sunday to the arena.

Book early -this is a great offer. Information: www.nighthawk.no/accommodation

- Camping at the arena (free)
- Campervans 1000 m from the arena (caravans are directed to Ekeberg og Bogstad camping)
- School or other hardfloor accommodation may be possible



Welcome to a fantastic NightHawk-weekend in Lillomarka!