



PM

O-FESTIVALEN 24th to 26th of June

GETTING TO THE ARENA

The route to the arena on Friday is marked from exit 6 on road E6. On Saturday and Sunday, there will be marked for Rudskogen Motor Centre on road 111, approximately 20 km north-east of the city centre of Sarpsborg.

PARKING

Sarpsborg city centre: There will be specified parking areas for the sprint on Friday. You can also park on public spaces. See the map on O-festivalens page online. Elite runners should park on the gravel football field on the south side of Sarpsborg Stadium. Sarpsborg Stadium is where the elite runners will be prior to the race.

Rudskogen: Parking will be approx. 400 meters from the arena at Rudskogen on Saturday and Sunday. Parking fee for 3 days is 100 NOK. You pay for parking in the information tent on Friday or Saturday.

ARENA

On Friday, the arena will be in the town square in Sarpsborg City Centre. The races on Saturday and Sunday will be held at the Rudskogen Motor Centre.

TEAM BAGS

Team bags containing start numbers, start lists, PM, programs and maps for N-classes and all runners under the age of 12, can be payed for and picked up at the information tent at the arena, each day. Team bags also contains rental EMITs. Rental EMITs has to be signed for when you pick up the team bags, and all rental EMITs from each club must be returned together on Sunday.

There will be a separate team bag for the Children Team Competition on Saturday.

AWARDS

Award ceremonies will happen after every runner in each class is done. On Friday there will be an award ceremony at the podium in city square for the top three elite runners in each class.

KIOSK

On Friday there will be possibilities to buy coffee, sodas and baked goods at the arena. Sarpsborg has a lot of good restaurants, and we recommend everyone to try the local cuisine.

At the Rudskogen arena on Saturday and Sunday, you can buy food from the Arena Kiosk. It will serve hamburgers, hot dogs, Norwegian Stew, waffles, cakes, coffee and tea, smoothies and mineral water from Olden. There will be gluten free alternatives, for those who needs that.

THE MAPS

Sprint: 2016. Scale 1:4000. Equidistance 2 meters

Long: 2015/2016. Equidistance 5 meters. Scale 1: 10 000. Classes from W 50 and up and M55 and up has scale 1: 7 500. Elites has scale 1: 15 000.

Regular: 2015/2016. Equidistance 5 meters. Scale: 1: 10 000. M/W 50 and up has scale 1:7500

TERRAIN

Sprint: urban map with a grid-street layout and some lightly forested parks.

Long: somewhat hilly but generally fast terrain. The shortest courses will be in a quite detailed area. The longer courses enter a marshy area, and will also cross two roads. A dangerous mars is marked as prohibited area on the map.

Regular: somewhat hilly but due to low shrubs in the pine forest, it is a fairly fast terrain. At the start of the race, all courses will go through an area with a lot of trails. This area is usually used for off-road motorbikes. In this area, there will be some red-and-white ribbons, which is part of the bike course. These marks are allowed to cross.

START

Start numbers must be worn all days, by all runners.

Back-up cards and separate control-descriptions will be found at the starting point.

All runners will be called 3 minutes prior to start.

Classes N, B and C, as well as all open classes can start when they want (free-start-time). On the day registration is possible for all open classes. Free-start-time classes has their own queuing system at the start.

Sprint: all classes have the same start, 550 meters from the arena. Follow the yellow ribbons from the north end of the arena. N-courses can start between 16.00 and 19.00. The remaining free start time courses can start between 17.00 and 19.00.

Elite class runners might stay at the arena until 16.30. Before 17.00 all elite runners must be at the quarantine area at Sarpsborg stadium. From here it is 900 meters to the start.

All elite-classes have Emit touch free for punching and EQTiming system for timing. All equipment for timing and punching for elite runners will be provided by the organizer. See information on pre-start.

Long distance: all courses have the same start, 500 meters along a road. Follow the yellow ribbons from the south-east corner of the arena.

Classes M-10, W11-12, W13, M11-12 and M13 will start from 10.00. W10 will start from 11.00. This is done so that the runners in these classes will have time to join in on the Children Team Competition, which starts at 14.00.

Regular: all classes have the same start. Follow the yellow ribbons from the south-east corner of the arena for 800 meters along a road to the starting point.

Elite: The 25 last starters in W21 E and M21 E each day will have GPS. GPS-units will be provided at pre-start, together with the start numbers. No elite runners are allowed to watch tracking on any electronic devices.

OPEN CLASSES

There is open classes for all levels of orienteering skills each day. Open A is for experienced orienteers, open B is for not so experienced, open C is simple and open N is for beginners. On the day registration is possible for all open classes.

CLASSES (klasse), LEVELS (nivå), LENGTHS (lengde) and SCALE (målestokk)

“D” means Womens classes and “H” means Mens classes. “Direkte” means open classes, and “N-åpen” is beginners class.

Sprint 24th of June

Klasse	Nivå	Lengde	Målestokk	Klasse	Nivå	Lengde	Målestokk	Klasse	Nivå	Lengde	Målestokk
D21-E1	A		1:4 000	D50-	A	1,7	1:4 000	H15	A	2,3	1:4 000
D21-E2	A		1:4 000	D55-	A	1,7	1:4 000	H16	A	2,3	1:4 000
D19-20E	A		1:4 000	D60-	A	1,7	1:4 000	H15-16B	B	1,7	1:4 000
D17-18E	A		1:4 000	D65-	A	1,7	1:4 000	H17-20	A	2,2	1:4 000
D-10	C	1,5	1:4 000	D70-	A	1,7	1:4 000	H17-B	B	1,9	1:4 000
D11-12	C	1,6	1:4 000	D75-	A	1,7	1:4 000	H17-C	C	1,6	1:4 000
D11-12N	N	1,3	1:4 000	D80-	A	1,7	1:4 000	H17-N	N	1,3	1:4 000
D13	B	1,7	1:4 000	D85-	A	1,7	1:4 000	H21-	A	2,4	1:4 000
D14	B	1,9	1:4 000	Direkte A	A	2,1	1:4 000	H35-	A	2,4	1:4 000
D13-16C	C	1,5	1:4 000	Direkte B	B	1,5	1:4 000	H40-	A	2,4	1:4 000
D13-16N	N	1,3	1:4 000	N-åpen	N	1,4	1:4 000	H45-	A	2,1	1:4 000
D15	A	2,1	1:4 000	H21-E1	A		1:4 000	H50-	A	2	1:4 000
D16	A	2,1	1:4 000	H21-E2	A		1:4 000	H55-	A	2	1:4 000
D15-16B	B	1,7	1:4 000	H19-20E	A		1:4 000	H60-	A	2	1:4 000
D17-20	A	2,2	1:4 000	H17-18E	A		1:4 000	H65-	A	1,7	1:4 000
D17-B	B	1,9	1:4 000	H-10	C	1,5	1:4 000	H70-	A	1,7	1:4 000
D17-C	C	1,6	1:4 000	H11-12	C	1,6	1:4 000	H75-	A	1,7	1:4 000
D17-N	N	1,3	1:4 000	H11-12N	N	1,3	1:4 000	H80-	A	1,7	1:4 000
D21-	A	2,2	1:4 000	H13	B	1,7	1:4 000	H85-	A	1,7	1:4 000
D35-	A	2	1:4 000	H14	B	1,9	1:4 000	Direkte C	C	1,4	1:4 000
D40-	A	2	1:4 000	H13-16C	C	1,5	1:4 000	Direkte N	N	1,2	1:4 000
D45-	A	2	1:4 000	H13-16N	N	1,3	1:4 000	Publikum	N	1	1:4 000

Long distance 25th of June

Klasse	Nivå	Lengde	Målestokk	Klasse	Nivå	Lengde	Målestokk	Klasse	Nivå	Lengde	Målestokk
D21-E1	A	9,1	1:15 000	D50-	A	4,6	1:7 500	H16	A	6,2	1:10 000
D21-E2	A	8,5	1:15 000	D55-	A	4,4	1:7 500	H15-16B	B	3,4	1:10 000
D19-20E	A	6,8	1:15 000	D60-	A	4	1:7 500	H17-20	A	7	1:10 000
D17-18E	A	5,7	1:15 000	D65-	A	3,6	1:7 500	H17-B	B	3,4	1:10 000
D-10	C	2,1	1:10 000	D70-	A	3,6	1:7 500	H17-C	C	3,4	1:10 000
D11-12	C	3,1	1:10 000	D75-	A	3,2	1:7 500	H17-N	N	2	1:10 000
D11-12N	N	2	1:10 000	D80-	A	3,2	1:7 500	H21-	A	9,3	1:15 000
D13	B	2,9	1:10 000	D85-	A	3,2	1:7 500	H21-AK	A	5,8	1:10 000
D14	B	2,9	1:10 000	Direkte AL	A	7,2	1:10 000	H35-	A	8,5	1:10 000
D13-16C	C	3,4	1:10 000	Direkte AK	A	4,9	1:10 000	H40-	A	7,7	1:10 000
D13-16N	N	2	1:10 000	N-åpen	N	2	1:7 500	H45-	A	6,2	1:10 000
D15	A	4,3	1:10 000	Klasse	Nivå	Lengde	Målestokk	H45-AK	A	5,2	1:10 000
D16	A	5,1	1:10 000	H21-E1	A	14,2	1:15 000	H50-	A	5,8	1:10 000
D15-16B	B	3,4	1:10 000	H21-E2	A	11,9	1:15 000	H55-	A	5,6	1:7 500
D17-20	A	5,1	1:10 000	H19-20E	A	10,2	1:15 000	H60-	A	4,6	1:7 500
D17-B	B	3,4	1:10 000	H17-18E	A	8,6	1:15 000	H65-	A	4,6	1:7 500
D17-C	C	3,4	1:10 000	H-10	C	2,1	1:10 000	H70-	A	3,6	1:7 500
D17-N	N	2	1:10 000	H11-12	C	3,1	1:10 000	H75-	A	3,6	1:7 500
D21-	A	7	1:10 000	H11-12N	N	2	1:10 000	H80-	A	3,2	1:7 500
D21-AK	A	5,1	1:10 000	H13	B	2,9	1:10 000	H85-	A	3,2	1:7 500
D35-	A	6,2	1:10 000	H14	B	3,4	1:10 000	Direkte B	B	3,3	1:10 000
D40-	A	5,1	1:10 000	H13-16C	C	3,4	1:10 000	Direkte C	C	3,3	1:10 000
D45-	A	4,3	1:10 000	H13-16N	N	2	1:10 000	Direkte N	N	2,3	1:7 500
D45-AK	A	3,4	1:10 000	H15	A	5,8	1:10 000				

Regular distance 26th of June

Klasse	Nivå	Lengde	Målestokk	Klasse	Nivå	Lengde	Målestokk	Klasse	Nivå	Lengde	Målestokk
D21-E1	A	4,4	1:10 000	D50-	A	2,7	1:7 500	H16	A	3,6	1:10 000
D21-E2	A	3,9	1:10 000	D55-	A	2,7	1:7 500	H15-16B	B	3,1	1:10 000
D19-20E	A	3,7	1:10 000	D60-	A	2,4	1:7 500	H17-20	A	3,6	1:10 000
D17-18E	A	3,5	1:10 000	D65-	A	2,4	1:7 500	H17-B	B	3,1	1:10 000
D-10	C	2,2	1:10 000	D70-	A	2,4	1:7 500	H17-C	C	2,2	1:10 000
D11-12	C	2,5	1:10 000	D75-	A	2,2	1:7 500	H17-N	N	2,5	1:10 000
D11-12N	N	2,5	1:10 000	D80-	A	2,2	1:7 500	H21-	A	4,2	1:10 000
D13	B	2,7	1:10 000	D85-	A	2,2	1:7 500	H21-AK	A	3,3	1:10 000
D14	B	2,7	1:10 000	Direkte AL	A	3,3	1:10 000	H35-	A	4,1	1:10 000
D13-16C	C	2,2	1:10 000	Direkte AK	A	2,5	1:10 000	H40-	A	3,8	1:10 000
D13-16N	N	2,5	1:10 000	N-åpen	N	2,2	1:7 500	H45-	A	3,8	1:10 000
D15	A	3,1	1:10 000	Klasse	Nivå	Lengde	Målestokk	H45-AK	A	2,7	1:10 000
D16	A	3,1	1:10 000	H21-E1	A	5,9	1:10 000	H50-	A	3,3	1:7 500
D15-16B	B	3,1	1:10 000	H21-E2	A	5,8	1:10 000	H55-	A	3,3	1:7 500
D17-20	A	3,2	1:10 000	H19-20E	A	4,4	1:10 000	H60-	A	2,7	1:7 500
D17-B	B	3,1	1:10 000	H17-18E	A	4,2	1:10 000	H65-	A	2,3	1:7 500
D17-C	C	2,2	1:10 000	H-10	C	2,2	1:10 000	H70-	A	2,3	1:7 500
D17-N	N	2,5	1:10 000	H11-12	C	2,5	1:10 000	H75-	A	2,3	1:7 500
D21-	A	3,6	1:10 000	H11-12N	N	2,5	1:10 000	H80-	A	2,3	1:7 500
D21-AK	A	2,7	1:10 000	H13	B	2,8	1:10 000	H85-	A	2,3	1:7 500
D35-	A	3,6	1:10 000	H14	B	2,8	1:10 000	Direkte B	B	2,9	1:10 000
D40-	A	3,2	1:10 000	H13-16C	C	2,2	1:10 000	Direkte C	C	2,5	1:10 000
D45-	A	3,2	1:10 000	H13-16N	N	2,5	1:10 000	Direkte N	N	3	1:7 500
D45-AK	A	2,7	1:10 000	H15	A	3,1	1:10 000				

REHYDRATION CONTROLS

During the long distance race on Saturday, water will be provided in the longest courses.

RESULTS

Result-lists can be found at the arena and at <http://eventor.orientering.no/Events> after the race.

TEAM TENTS

Team tents can be put up at designated areas at arena Rudskogen. The ground here is gravel.

TOILETS AND SHOWERS

There are toilets at the arena, and also available on the way to start. Showers close to arena each day.

INFORMATION

Information desk opens at 12.00 on Friday 24th, at 9.00 on Saturday 25th and at 8.00 on Sunday 26th. Also see <http://o-festivalen.no/> for more information.

OFFICIALS

Race director: Tom Wahlgren

Course setters: Tormod Jensen and Bernt O. Myrvold (sprint), Kjell Lunde and Stein Juliussen (long), Stian and Tormod Jensen (regular).

TD: Jan Arild Johnsen, Kjell Holene and Jo Inge Fjellstad.

Jury; Leif Størmer, Fossum, Kjersti Rønning Huber, Hamar and Andreas Sylte, Freidig

