



# FINAL DETAILS

NightHawk  
12th – 13th August 2016



Lillomarka OL and IL Tyrving welcome you to the fourth edition of Norway's biggest orienteering relay - an extraordinary 24hrs!



12. – 13. august  
Linderudkollen skisenter, 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
- Breakfast and warm food served at the arena



[www.nighthawk.no](http://www.nighthawk.no)

[www.facebook.com/TheNightHawkRelay](https://www.facebook.com/TheNightHawkRelay)  
Instagram/Twitter: @nighthawkrelay / #nighthawkrelay





IL Tyrving, Lillomarka O-lag and Natthauken IL welcome you to the fourth edition of NightHawk: Social and prestigious, spectacular arena, old spruce forest, «right in the city».

Organising clubs: IL Tyrving, Lillomarka O-lag, Natthauken IL

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Sponsor coordinator: Anders Tiltnes

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Controller: Søren Jonsson

Jury: Hilda Øfsthus, Ivar Maalen, Leif Størmer

Linderudkollen ski centre (GPS 59.970723, 10.814877).  
Depart from Ring 3, Storo junction. Marked from there.  
Parking 100 – 800 m from the arena. Limited space.  
Drive together! P-fee kr 20,- per day, kr 50,- for 3 days.

Bus 56 to Solemskogen: departs from Storo T-bane 00 and 30 past the hour. Last return 00:15 from the bus stop 700 m from the arena

[ruter.no/reiseplanlegger/rutetabeller-og-linjekart/buss-i-oslo/](https://ruter.no/reiseplanlegger/rutetabeller-og-linjekart/buss-i-oslo/)

Shuttlebus from Thon hotel Linne to the arena. Only for those staying at the hotell. Kr. 50,- per journey.

**Wednesday 10.08**

18:00: Training race from Lillomarka clubhouse  
(GPS 59.966167, 10.859768). Individuell start.

Se <http://geoform.no/rankinglop/>

19.30 Arena opens

20:30 – 21:45 Check in for starters at the arena. emiTag handed out here – use your own emiTag or borrow for free from the organisers. GPS also handed out at check in.

21:30 Departure / jog to the start for girls and boys, 1200 m paths / roads

21:40 Departure / jog to the start for women, 1200 m paths / roads

22:00 Start girls and boys

22:10 Departure / jog to the start men, 1200 m paths / roads

22:10 Start women and veteran women, legs 1 - 3

22:25 First youth runner finishes

22:40 Start men and veteran men, legs 1 - 4

22:50 First runner in women's class finishes

23:05 First Natthauk woman (3. leg) finishes.

23:20 First runner in men's class finishes

23:45 First Natthauk man (4. leg) finishes

24:00 Prizegiving for night legs

01:30 Last runner finishes

08:00 – 10:00 Breakfast at the arena kr 50. Preorder.

09.00 Handing out of emiTag – use your own emiTag or borrow one for free from the organisers. Handing out of GPS

10:20 Boys chasing start at the arena

10:30 Girls chasing start at the arena

11:15 Boys finish

11:30 Girls finish

11:40 Mass start 4th leg. Boys and girls who have not changed over

11:45 Chasing start 4th leg women and veteran women

12:00 Chasing start 5th leg men and veteran men

12:30 Prizegiving boys and girls

13:00 Mass start 4th leg women and veteran women and  
5th leg men and veteran men for teams who are more

than 75 min (women) and 60 min

13:15 Finish Night Hawk women

14:10 Finish Night Hawk men

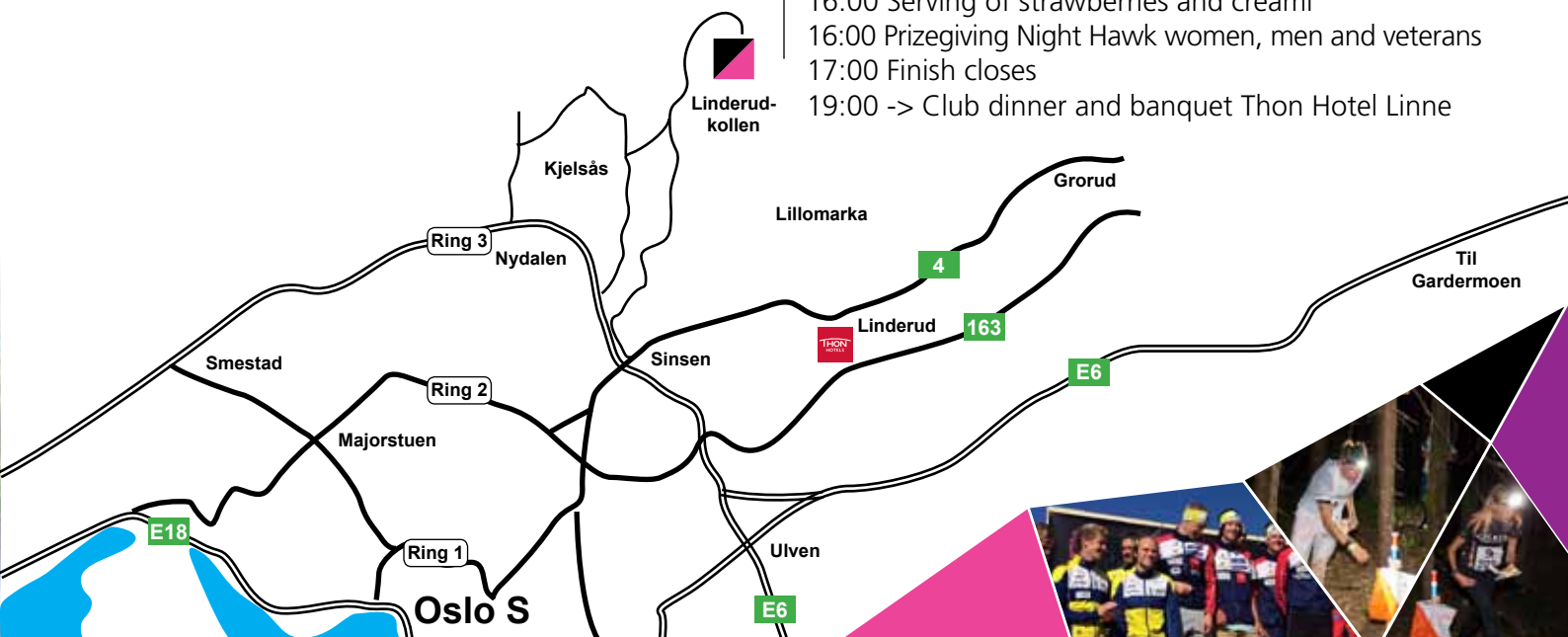
14:30 Restart Night Hawk women and Night Hawk men for runners who haven't started their legs

16:00 Serving of strawberries and cream!

16:00 Prizegiving Night Hawk women, men and veterans

17:00 Finish closes

19:00 -> Club dinner and banquet Thon Hotel Linne



### Accommodation:

Free camping with tents in marked areas at the arena. Accommodation at the arena takes place by your own initiative.

Campervans ca 800 m from the arena. Caravans are directed to campsites in Oslo.

Thon Hotel Linne, special offer for Night Hawk, from kr 348 per night in a double room, 299 in a tripple room.

Booking: [linne@thonhotels.no](mailto:linne@thonhotels.no) use the booking code:

«NightHawk»

See also [www.nighthawk.no/accommodation](http://www.nighthawk.no/accommodation)

Shuttlebus from the hotel to the arena for those that book accommodation at Thon Hotel Linne. NOK 50,- per journey. Booking in advance in Eventor.

### Terrain and map:

Map, control descriptions:

Linderudkollen (2016) 1:10 000, 5m, offset printed.

Survey / cartography by Helge Gisholt and Hallvard Fjær.

Control descriptions are printed on the map. Courses are printed with control numbers and codes beside the control circles.

Runners on the night legs keep your maps after finishing. For the day legs the maps are handed back after the last mass start.

### Terrain

Moderately undulating forest terrain. Quite a few paths and roads in the race area. Variable runnability and visibility from very nice spruce and pine forest areas to more overgrown areas or forestry work. Varied detail richness and there are generally few marshes in the terrain. The forest floor also varies with both moss and heather.

### Special map /terrain information

There are many paths and 'elephant tracks' in the terrain. Less visible 'elephant tracks' which are not shown on the map can be found in the terrain. Generally, boulders less than 1 m in height are not shown on the map. In parts of the terrain closest to the arena there has been thinning work by forestry/ woodcutting machines. Routes left by these machines are vague but the most visible are shown on the map. In some of the thinned areas runnability is not reduced to a noticeable extent and is therefore not shown with green screen on the map. However, sometimes in tractor tracks there is reduced runnability due to branches from the forestry work (see picture of a typical tractor track).



### Special map symbols:

o = Bonfire site, teepee and wooden construction

x = Metal construction

The map symbol boulder field (▲) is used in areas with many stones and symbolises several big boulders close together where there is not space to map all of the individual boulders (see picture of typical a typical boulder field).



### Team order, payment, start numbers and timing:

Team order must be delivered in Eventor by Thursday 11th August 18:00.

If there are problems with Eventor team order can be delivered via e-post to [entry@nighthawk.no](mailto:entry@nighthawk.no)

### Runner bank

We have created a 'runner bank' for teams who have available legs or runners who are looking for a place on a team. <https://www.facebook.com/groups/RunnersBank>

### Payment

Norwegian clubs will be billed after the race.

Foreign clubs or «buddy teams» who have not paid, need to pay when they arrive at the arena, at the latest. No pay – no start!

You can pay by card, cash (NOK, SEK, Euro) or mCASH (download the app before arrival)

### Team bags

Club's team bags for all classes can be collected in the «INFO»-kiosken at the entrance to the arena Friday 12th August 19:30-21:30. Team bags contain all start numbers for both night and day legs, start lists and final details. Safety pins are available in the «INFO» kiosk.

### Start numbers

All runners shall wear a start nummer.

### Punching system

emiTag og Emit touchfree punching will be used. Runners can use personal emiTags or borrow emiTags from the organisers. Allow enough time!

Punching procedure with emiTag and touch-free controls is explained on the last page of the final details. emiTag and GPS to be handed in after finishing night legs. emiTag and GPS are handed out again before check in on Saturday.

The controls are placed on control trestles (see picture)



Do not touch the control unit when you punch. The EmiTag-brick registers punching 10-50 cm from the unit. Check that you see a flashing light in your emiTag, which shows that your punch is activated.

**NB!** Controls are placed close together - check codes!

### **GPS-tracking**

Equipment for GPS-tracking is handed out at check in. Friday: the presumed best teams will be given GPS tracking devices.

Saturday: the best teams after the night legs will be given GPS tracking devices.

- There is an opportunity to hire GPS for other runners (NOK 150,-) in the info-tent.

GPS-tracking will be shown live on the internet throughout the whole competition. During Saturdays racing it is not allowed for runners to watch the competition online before you have run yourself!

### **Start/Finish/Changeover:**

#### **Friday evening/night**

emiTag and GPS is handed out at check in at the arena 20:30 – 21:45. Bring your start number to check in. Make sure the bar code is visible and not damaged. All classes start ca 1200 m from the arena. Common departure (jog) 30 min before the class starts. Runners will be let into the start area 6 min before the start. Maps are put in runner's hands 2 min before the start. There are no toilets at the start. Extra clothes will be transported to the finish.

#### **Saturday**

Handing out of emiTag boys and girls 09:00 – 10:00  
Handing out of emiTag og GPS women and men 10:00 – 11:00

Chasing start all classes from the arena. Runners must be in the start area at least 15 min before your own chasing start time.

There is a mass start for teams who are more than 75 (W) and 60 (M) minutes behind after the night legs.

### **Results service**

Startlists, results, GPS-tracking, pictures and speaker sound will be available at [www.nighthawk.no/live](http://www.nighthawk.no/live)  
Results will also be put up on a board in the arena.

### **Prizegiving**

#### **Friday:**

Winners of each night leg will receive a prize from Petzl. For youth classes prizes will be given out straight after the finish.

For women and men the prizegiving ceremony for night legs is at 24:00.

#### **Saturday**

Prizegiving for girls and boys. 12.30. Ice cream for all youth runners at the prizegiving.

Prizegiving for Night Hawk men and women 16:00.

Strawberries served at the prizegiving ceremony.

### **Restaurant and kiosk**

On Friday evening you can keep warm med Night-hawk- stew, or sausages in bread or potato-based wrap.

On Saturday morning you can buy a simple breakfast at the arena between 08 – 10. Pre-order this in Eventor.

On Saturday there is a BBQ party with good extras and beef Stroga-noff in the restaurant!

In addition normal kiosk items, baked goods, coffee, fruit and mineral water will be on sale.

You can pay by card, cash (NOK, SEK, Euro) or mCASH (download the app before arrival)

### **Traders**

Kiosk and restaurant, Sport8 with a wide range of sports equipment, Night Hawk merch of good quality and with flashy design, tickets to the club dinner and Night Flash.

### **Child care**

There is no organised babysitting. We assume that clubs have their own resources for that  
[www.nighthawk.no](http://www.nighthawk.no)



## Time schedule and special instructions:

### Night Hawk Boys

Mass start for for 1.-2. legs 22.00

1200 meter from arena (marked), allow enough time! Departure /jog to start 21:30.

Check in to start at the aena. Handing out / check / match of emiTag against start number by 21.20!

Leg	Length	No. of controls	Level	Leaders time	Start number
1 – 2	3,8 km	9	unforked, C-level	24 min	301 -

Runners on 1st and 2nd leg have the same course and can therefore run together. Both runners run with their own bricks and are timed separately at the finish for each runner.

There is also the opportunity to run in a pair on the same leg - with one brick for each leg.

There is a 650 m marked route to the start point, 150 m marked to the finish.

1st and 2nd leg have 70 m marked route during the course.

Leg	Length	No. of controls	Level	Leaders time	Start number
3	3,6 km	12	Forked B-level	24 min	301 -
4	4,2 km	14	Forked B-level	28 min	301 -

There is 400 m of marked route to the start point, 150 m marked to the finish.

There are radio controls in all courses.

There are no drinks controls.

### Night Hawk Girls

Mass start for for 1.-2. legs 22.00

1200 meter from arena (marked), allow enough time! Departure /jog to start 21:30.

Check in to start at the aena. Handing out / check / match of emiTag against start number by 21.20!

Leg	Length	No. of controls	Level	Leaders time	Start number
1 – 2	3,8 km	9	unforked, C-level	26 min	201 -

Runners on 1st and 2nd leg have the same course and can therefore run together. Both runners run with their own bricks and are timed separately at the finish for each runner.

There is also the opportunity to run in a pair on the same leg - with one brick for each leg.

There is a 650 m marked route to the start point, 150 m marked to the finish.

1st and 2nd leg have 70 m marked route during the course.

Leg	Length	No. of controls	Level	Leaders time	Start number
3	3,5 km	11	Forked B-levelnivå	28 min	201 -
4	4,2 km	13	Forked B-level	34 min	201 -

There is 400 m of marked route to the start point, 150 m marked to the finish.

There are radio controls in all courses.

There are no drinks controls.



## Night Hawk Women and Veteran Women

Mass start for 1.-3. leg 22.10

1200 m from arena (marked), departure/ jog to start 21:40.

Check in to start at the arena. Handing out / check / match of emiTag against start number by 21.30!

Leg	Length	No. of controls	Forking	Leaders time	Start number	Veteran
1-2	5,2 km	10	Forked	40 min	1 -	401 -
3	7,4 km	15	Forked	58 min	1 -	401 -

There is a 650 m marked route to the start point, 150 m marked to the finish. 1st and 2nd leg have 70 m marked route during the course.

3rd leg has an arena passage with 400 m of taped route to a new start point.

There are radio controls in all courses.

Drinks point for 3rd leg.

Leg	Length	No. of controls	Forking/level	Leaders time	Start number	Veteran
4	3,4 km	9	Unforked, B-level, climbing stage	24 min	1 -	401 -
5	3,6 km	12	Forked	26 min	1 -	401 -
6	5,9 km	17	Forked	38 min	1 -	401 -

There is 400 m marked route to the start point, 150 m marked to the finish.

4th leg has it's own climbing control at the arena and follows the marked route out of the arena.

6th leg has a spectator control at the arena and follows a taped route to a new start point. Get new map on the taped route straight after the spectator control.

There are radio controls in all courses.

There are no drinks points.

## Night Hawk Men and Veteran Men

Mass start for 1.-4. leg 22.40

1200 m from the arena (marked), departure / jog to the start 22.10.

Check in to start at the arena. Handing out / check / match of emiTag against start number by 22.00!

Leg	Length	No. of controls	Forking	Leaders time	Start number	Veteran
1-2	6,5 km	14	Forked	41 min	101 -	501 -
3	8,5 km	18	Forked	54 min	101 -	501 -
4	10,5 km	22	Forked	66 min	101 -	501 -

There is 650 m marked route to the start point, 150 m marked to the finish.

1-3. leg have 70 m marked route during the course.

4. leg has an arena passage with 400m marked route through the arena to a new start point.

Radio controls in all courses.

Drinks points for 3rd and 4th legs.

Leg	Length	No. of controls	Forking/level	Leaders time	Start number	Veteran
5	5,3 km	14	Unforked, B-level, climbing stage	32 min	101 -	501 -
6-7	4,5 km	14	Forked	29 min	101 -	501 -
8	6,7 km	19	Forked	39 min	101 -	501 -

There is 400 m marked route to the start point, 150 m marked to the finish.

5th leg has it's own climbing control at the arena and follows a marked route out of the arena.

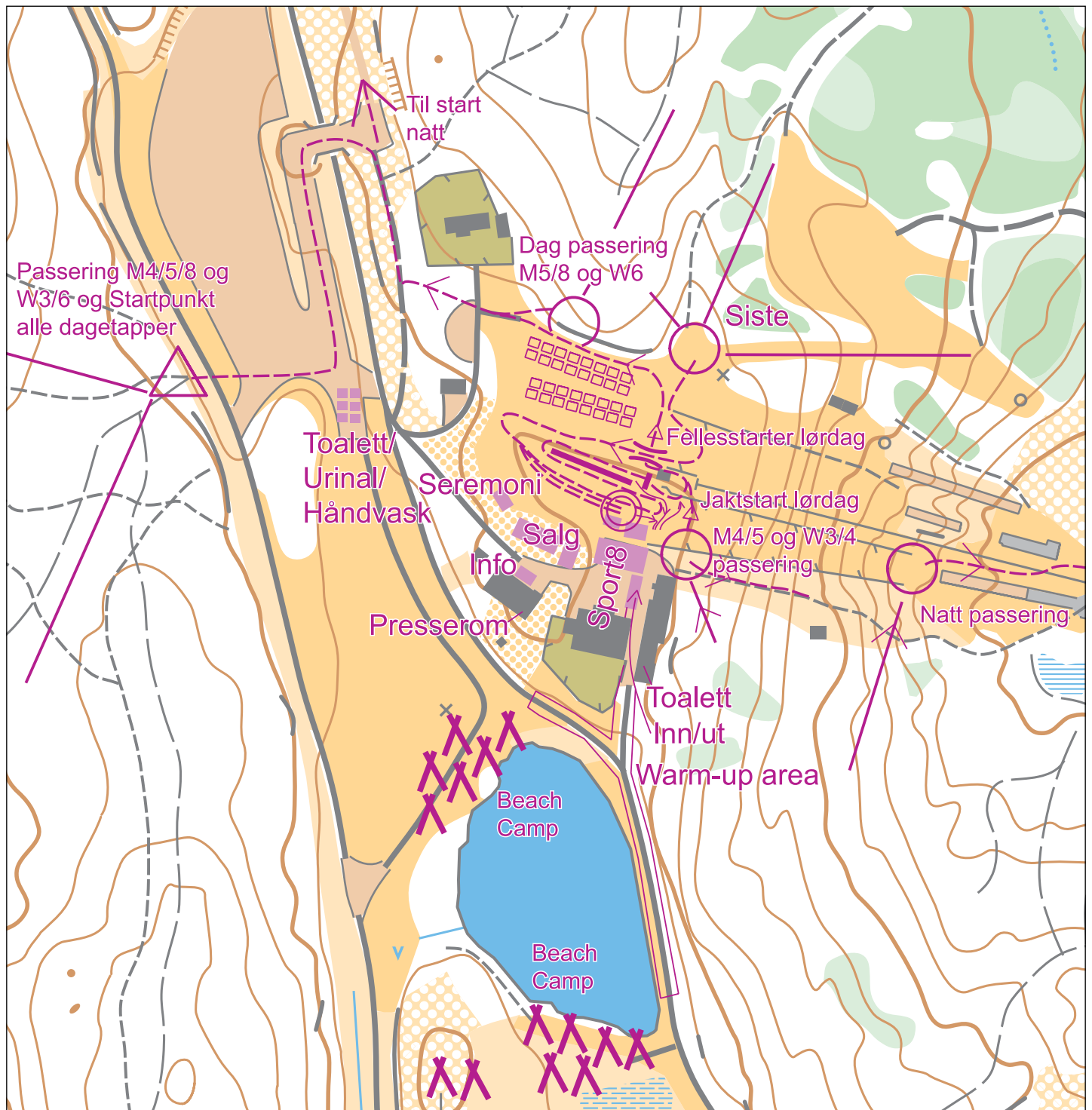
5th leg has a second spectator control at the arena. At the second spectator control there is a map exchange. Runners turn the map and run to the start point.

8th leg has a spectator control at the arena and follows a marked route to start point. Get a new map on the marked route straight after the spectator control.

There are radio controls in all courses.

There are no drinks points.

## Arena map scale 1:2000





# Information Touch-Free

## emiTag

The emiTag should be strapped around the wrist as shown on 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 the punch.

**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 in 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 start. This is also a check that the emiTag are working.

### Finish

- At 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





# Special offer accomodation

NightHawk 12 – 14 August 2016



## Room prices

Single room kr. 695,- per person per night inc. breakfast

Double room kr. 348,- per person per night inc. breakfast

Triple room kr. 299,- per person per night inc. breakfast

## Club dinner

Buffet dinner served Saturday 13.8 from 19.00 to 21.00

Adults kr. 249 • Children kr. 100 (up to and including 12 years)

## Booking hotel room and club dinner

[linne@thonhotels.no](mailto:linne@thonhotels.no) - use booking code *NightHawk*

## Shuttle bus direct to the arena Linderudkollen

Only for overnight guests of Thon Hotel Linne,

kr.50,- per pers/trip (booking in Eventor)



# at Thon Hotel Linne

**NightFlash party starts 22.00**

Price kr. 199,-

Tickets sold online and at the arena.

Follow the facebook event for more information





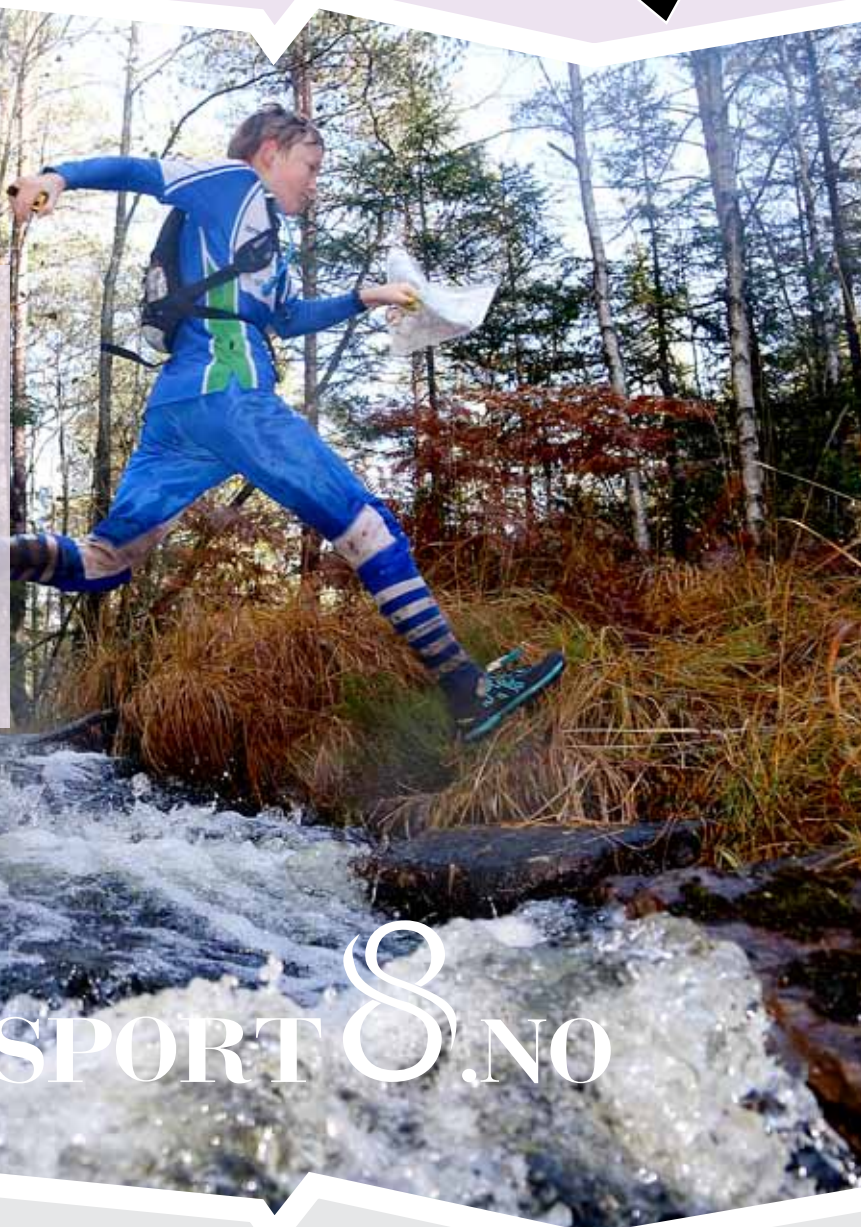
# Gromløpet 2016

## Sunday 14 August – Score-O

Same arena as NightHawk at Linderudkollen



- 20 controls on the map
- Difficulty level from 1 til 20 points
- Score as many points as you can in 30 minutes
- Normal classes



SPORT & .NO

## World Ranking an Junior Elite classes

Lillomarka O-lag organise World Ranking event for elites the day after NightHawk from the same arena at Linderudkollen – parallell with Gromløpet.

W21E and M21E have World Ranking status. Own elite junior classes with senior courses. W17-18E, W19-20E, M17-18E and M19-20E will run the same courses as the seniors. These classes start afterwards, but do not have WRE-status. See the invitation and registration in Eventor for this are.

NightHawk WRE-race is also the last World Ranking-race before WOC in Strømstad kicks off one week later. So here is the last chance for elite runners to pick up more ranking points and improve their start position at WOC 2016.