



Norwegian Orienteering and Nordmarka skiorienteringsklubb invite to:

Instruction for Sjusjørennet 2016

Saturday 10 (WRE) and Sunday 11 (WRE) in December 2016

Races included in Sports 8 Cup (Race No. 1 and 2)

Tracks and classes:

| Klasser | Courses Saturday | Courses Sunday |
|---------------------------|------------------|----------------|
| D 10-12, H 10-12 | 2.0 km | 2.7 km |
| D 13-14, D 15-16, H 13-14 | 2.2 km | 3.3 km |
| D 40, D 50, D 60, D 17AK | 2.2 km | 3.3 km |
| H 50, H 60, H 70 | 2.2 km | 3.3 km |
| H 15-16, H 40, H 17AK | 2.7 km | 6.1 km |
| D 17 | 2.7 km | 6.1 km |
| H 17 | 3.0 km | 7.7 km |

Terrain:

Most open mountain area with marshes and varying spruce and birch. Moderate hilly with some steeper sections. There may be some twigs and some partly open small streams in the scooter tracks.

Tracks

Mainly scooter tracks and some wide track going through the area. The distribution is 25% wide tracks and 75% narrow tracks. Please be careful with other people skiing in the competition area. You will pass a road on the courses Saturday. All roads (black line) is forbidden area and passing the road is only allowed in designated area.

Start / finish:

The assembly area and goal are both days at a cabin close to the Birkebeiner ski track. Marked with bands from Sjusjøen Cross country arena parking lot both (Remember to pay parking) days. Follow the marking through the ski tunnel to the west. First start: 13:00 for H / D17 and 13:50 for other classes on Saturday and 10:00 for all classes on Sunday. You need to use skies on your way to the assembly area.



To the starting point both days it will be about 10-15 minutes on skis and foot in a marked track.

Registration System:

Emit touch free. Rented Emitag can be collected at the race office. Finish happens to by touching the box on the finishing line. Then then continue to the readout of the emiTag. For those who do not have their own EmiTag the rental price is NOK 50, - regardless of whether one goes one or two races. Any lost EmiTag is billed runner's club by NOK 600 -

Map Stand:

A limited number of map stand is available for hire NOK 50, - regardless of whether one goes one or two races.

Any lost map stand billed runner's club NOK 500, -

Race Director: Jon H. Ulvensøen tel: 91391974 e-mail: jon@ulvensoen.no

Course setter: Yngve Mobrårthen and Jon H.Ulvensøen

IOF TD: Sindre Jansson Haverstad