

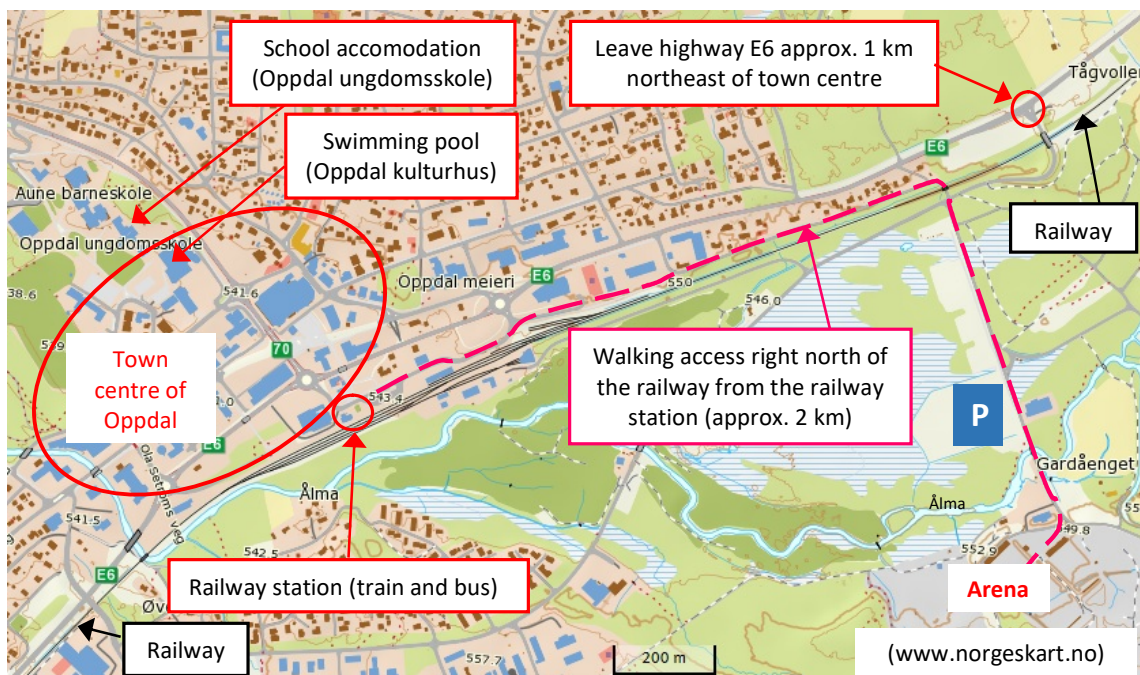


# PM and Programme

Sp.kl. Freidig welcomes all orienteers to Norsk O-festival in Oppdal.  
 We wish our guests a pleasant weekend containing orienteering challenges, social gathering at the arena and long, Nordic summer nights.

## Access:

The arena is located at a shooting range 2 km east of Oppdal's town centre. The turn-off from highway E6, approx. 1 km northeast of the town centre, is marked with orienteering flags. There is a large parking place approx. 300 m from the arena. Walking distance from the town centre to arena is 2 km. Apply the small road just north of the railway, and turn right under the railway at the end of the built-up area. **Note that the entire area south of the railway is embargoed. The only allowable accesses to the arena are the walkway and the defined exit from highway E6.**



### Parking:

All cars will be guided to a parking area close to the arena. Parking fee is NOK 50 each day. Please buy your parking ticket at the “Kiosksalg” at arena. You may pay cash, with debit card or VIPPS (a Norwegian money transfer protocol adapted to mobile phones). Please show the ticket to the parking crew when you leave the area after the event. You may buy parking tickets for the entire weekend (Friday, Saturday and Sunday) at Friday.

Parking fee for buses is also NOK 50 each day. Please acquire the parking ticket at the “Kiosksalg”.

### Arena and arena map (“Arenakart”):



Arena is located at a shooting range, and comprises the 200m range (“200 m skytebane”), the 100m range (“100 m skytebane”), two buildings at the end of each range and a lawn (“Vrimleområde”).

The 200m shooting range contains the main part of the arena, including arena passing, defined paths from last control to finish, and finish (“Mål”). The last control (“Siste post”) and arena passing control (“Passeringspost elite”) are visible from arena. The event office (“Løpskontor”) and the sale’s service for food and beverages (“Kiosksalg”) are located in the building at the west end. It is defined an area for club tents (“Lagstelt”). Each tent gets 4m × 6m.

The Children’s O-festival (“Barnas O-festival”) and children’s park (“Barneparkering”) are located at the 100m shooting range (“100 m skytebane”) straight east of the main area. The medical service (“Sanitet”) is in the building at the west end of the 100m range.

The prizes are presented at a scene at the lawn (“Premier”). The youngest runners (age 12 and younger get however their prizes immediately after they have finished their races.

## **Programme:**

### **Friday 23 June:**

16:00	The event office ("Løpskontor") opens
17:00	First start N-Open ("N-åpen") at Start 3
17:00	"Småtroll" opens at Barnas O-festival
17:30	Opening ceremony for O-festivalen 2017
17:30	Children's park opens
18:00	First start (Start 1, Start 2, Start 3)
19:30	Last registration for direct classes (event office)
19:45	Last start for direct classes and classes with free start time
20:00	Prize ceremony D19-20E and H19-20E (scene)
20:15	Prize ceremony for classes 13-16 years (scene)
20:30	"Småtroll" and children's park close
21:00	Prize ceremony D17-18E, H17-18E, D21E and H21E (scene)
21:00	Deadline for registration for the team competition at Saturday (Eventor)

### **Saturday 24 June:**

09:00	The event office ("Løpskontor") opens
10:00	First start N-Open ("N-åpen") at Start 3
10:00	Children's O-festival and "Småtroll" open
10:30	Children's park opens
11:00	First start (Start 1, Start 2, Start 3)
11:00	Mass start Challenge classes (from east part of main arena)
12:00	Team bags for team competition are available (event office)
13:00	Last registration for direct classes (event office)
13:15	Prize ceremony Challenge classes (scene)
13:30	Last start for direct classes and classes with free start time
14:00	Mass start team competition (see separate section in this PM)
14:30	Prize ceremony for classes 13-16 years (scene)
15:00	Finish team competition
15:00	Children's O-festival and children's park close
15:15	Prize ceremony elite classes (scene)
15:45	Prize ceremony team competition (scene)

### **Sunday 25 June:**

08:00	The event office ("Løpskontor") opens
09:00	First start N-Open ("N-åpen") at Start 3
09:00	Children's O-festival and "Småtroll" open
09:30	First start elite classes (Start 1)
09:30	Children's park opens
10:00	First start other classes (Start 2, Start 3)
11:30	Last registration for direct classes (event office)
12:00	Last start for direct classes and classes with free start time
12:00	"Turorientering" opens. Envelopes with maps are sold at "Kiosksalg".
13:00	Prize ceremony for classes 13-16 years (scene)
13:45	Prize ceremony elite classes (scene)
14:00	Children's O-festival and children's park close
14:00	Closing ceremony for O-festivalen 2017

### Classes and courses:

All classes have map scale 1:4 000 at the sprint (Friday). The equidistance is 2,5 m.

At the long distance (Saturday) and middle distance (Sunday), the map scale is 1:7 500 for classes D/H 50 and older, while it is 1:10 000 for all other classes and direct classes. The equidistance is 5 m.

The tables contain the course lengths in km. [Blue colour indicates classes where direct registration is offered at the event office \("Løpskontor"\)](#). The registration deadline for each day is provided in the programme at the previous page.

The direct classes (A, AK, B, C og N), short courses (D/H 21K og D/H 45K) and N-Open has free start time.

Sprint Friday 23 June				Long distance Saturday 24 June				Medium distance Sunday 25 June			
Start 1		1.1 km from arena		Start 1		1.0 km from arena		Start 1		1.9 km from arena	
D17-18E	2.0	H17-18E	2.3	D17-18E	5.2	H17-18E	8.2	D17-18E	2.9	H17-18E	3.8
D19-20E	2.2	H19-20E	2.4	D19-20E	5.9	H19-20E	9.3	D19-20E	3.5	H19-20E	4.3
D21E	2.4	H21E	2.6	D21E	8.2	H21E	11.5	D21E	4.7	H21E	5.8
Start 2		1.0 km from arena		Start 2		2.0 km from arena		Start 2		1.9 km from arena	
D13	1.5	H13	1.5	D13	3.2	H13	3.2	D13	2.6	H13	2.6
D14	1.7	H14	1.7	D14	3.3	H14	3.3	D14	2.8	H14	2.8
D15	1.7	H15	1.8	D15	4.5	H15	5.2	D15	2.9	H15	2.9
D16	1.8	H16	1.8	D16	4.8	H16	5.4	D16	3.0	H16	3.2
D17-20	2.1	H17-20	2.2	D17-20	5.1	H17-20	5.4	D17-20	3.3	H17-20	3.4
D21	2.2	H21	2.2	D21	5.4	H21	8.5	D21	3.4	H21	5.0
D35	2.2	H35	2.2	D35	5.4	H35	8.5	D35	3.4	H35	5.0
D40	2.1	H40	2.3	D40	5.1	H40	6.4	D40	3.3	H40	3.8
D45	1.9	H45	2.3	D45	4.7	H45	6.0	D45	3.0	H45	3.6
		H50	2.0			H50	5.2			H50	3.5
		H55	2.1			H55	4.9			H55	3.3
						H21K	6.0			H21K	3.7
D15-16B	1.7	H15-16B	1.7	D15-16B	3.5	H15-16B	3.5	D15-16B	2.9	H15-16B	2.9
D17B	1.7	H17B	1.7	D17B	3.5	H17B	3.5	D17B	2.9	H17B	2.9

Sprint Friday 23 June				Long distance Saturday 24 June				Medium distance Sunday 25 June			
Start 3		0.4 km from arena		Start 3		1.3 km from arena		Start 3		1.6 km from arena	
N-Open	1.3			N-Open	1.4			N-Open	2.0		
D -10	1.3	H -10	1.3	D -10	2.3	H -10	2.3	D -10	2.4	H -10	2.4
D11-12	1.5	H11-12	1.6	D11-12	2.4	H11-12	2.4	D11-12	2.6	H11-12	2.7
D11-12N	1.4	H11-12N	1.4	D11-12N	2.3	H11-12N	2.3	D11-12N	2.1	H11-12N	2.1
D13-16N	1.5	H13-16N	1.5	D13-16N	2.6	H13-16N	2.6	D13-16N	2.9	H13-16N	2.9
D17N	1.3	H17N	1.3	D17N	2.8	H17N	2.8	D17N	3.1	H17N	3.1
D13-16C	1.6	H13-16C	1.6	D13-16C	3.0	H13-16C	3.0	D13-16C	2.5	H13-16C	2.5
D17C	1.6	H17C	1.6	D17C	3.3	H17C	3.3	D17C	2.8	H17C	2.8
				D21K	4.0			D21K	3.0		
				D45K	4.0	H45K	4.0	D45K	3.0	H45K	3.0
D50	2.0			D50	4.5			D50	3.0		
D55	1.9			D55	4.3			D55	2.8		
D60	1.6	H60	2.0	D60	3.7	H60	4.5	D60	2.3	H60	3.0
D65	1.5	H65	1.9	D65	3.1	H65	4.3	D65	2.2	H65	2.8
D70	1.5	H70	1.6	D70	3.1	H70	3.7	D70	2.2	H70	2.3
D75	1.3	H75	1.5	D75	2.1	H75	3.1	D75	2.1	H75	2.2
D80	1.3	H80	1.3	D80	2.1	H80	2.1	D80	2.1	H80	2.1
D85	1.3	H85	1.3	D85	2.1	H85	2.1	D85	2.1	H85	2.1
Direct A			2.2	Direct A			7.6	Direct A			3.6
				Direct AK			4.3	Direct AK			3.0
Direct B			1.8	Direct B			2.7	Direct B			2.8
Direct C			1.6	Direct C			3.0	Direct C			2.8
Direct N			1.4	Direct N			2.3	Direct N			2.6
Start Arena		At arena		Start Arena		At arena		Start Arena		At arena	
				Challenge 10			9.1				
				Challenge 5			4.7				
				Team competition							



### **Map and terrain – All days:**

Pine forest with good visibility and with increasing occurrence of birch upwards the slope. More dense parties occur. These are marked on the map. Parts of the terrain is stony and have some large boulders and blocks. Be careful and pay attention to other runners with slower speed.

All unclear trails marked on the map and as N-, C- and B- courses come in contact with are marked with yellow markers.

Pitches that are normally dry can be filled with water due to late snow melting. This also applies to some marshes. Smaller streams that are not on the map may also occur.

The shooting range is enclosed by an approx. 1.2 m high fence. The fence is not marked as forbidden to pass on the map, but it is nevertheless forbidden to pass outside of specified passages. All ordinary route choices are guided through the legitimate passages. One passage is built as a "fence climb". Pay attention when passing. Fences that are forbidden to pass are marked with red and white markings.

The controls are placed very close. Check control codes.

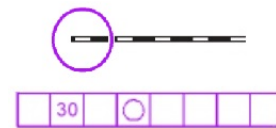
The area around the arena is also used for mountain biking. There are some markings and ropes in connection with the bike tracks. These markings can be crossed and are not marking prohibited areas.

### **Map and terrain – Sprint distance Friday:**

Map is "Kåsen", published by Wing OK. The map has been revised in 2017. Map scale is 1: 4 000 for all classes.

The race area is divided in three parts. Normal forest terrain, ski area with many paths and park area / shooting range. The forest is open pine forest with good visibility, but with some closer parties around the shooting range. The runnability will vary as it is partly stony in the forest. The sprint will offer high speed, but it is recommended to wear regular o-shoes.

Map sign 515.1 Railway appears on the map. It is allowed to pass the railway. If there should be a control related to the railway, this will be marked as special detail (circle) in the control description.



The runners may come in contact with several prohibited areas and barriers. According to the map standard for sprint, it is forbidden to pass some map symbols. Of relevance is especially 524 Unpassable fence and 709 Prohibited Area. Some courses will also come in contact with prohibited areas and barriers forbidden to pass, that are possible to pass. Runners who cross such areas or barriers will be disqualified. There will be organizers in the terrain at these places.

Runners in the N-classes follow a marked route between two of the controls along the course. This is shown on the map with a purple dashed line, and there are signs.

The complete map standard can be read on the NOF website ([www.orientering.no/laering/kartnormene/](http://www.orientering.no/laering/kartnormene/)).



### **Map and terrain – Long distance Saturday:**

Map for most classes is "Gorsetsætra", published by Sp.kl. Freidig in 2017. Also the map "Kåsen" is used. The maps have been revised in 2017. Map scale is 1: 7 500 for all runners from 50 years and up, while other classes use map with scale 1:10 000.

The terrain varies from poor detailed terrain to very detailed. Also the runnability varies. From very good in the flat parts to quite diminished in the steep slope with a lot of blocks and some rock on the ground. The density of blocks on the map says a lot about the runnability. The forest consists mostly of pine with good visibility, with increasing occurrence of birch upwards the slope. In some parts, the vegetation also reduces the runnability. The shorter youth courses mainly use the paths and ski tracks around the arena.

The way to start for start 1 (elite) and start 2 is partly along a trafficated road. Be careful and let cyclists and cars come through.

Runners from start 1 (elite), start 2 and the Challenge 10 class pass a trafficated road along the course. Be careful when crossing.

The river Ålma is crossed by all classes from start 1 (elite), start 2 and class Challenge 10. It is forbidden to cross Ålma outside of specified passages and marked parts of the course. All ordinary route choices are guided through these passages. Also in some minor streams there may be large water flow for the season. If required, recommended passing places will be shown on maps at the arena and advertised by the speaker.

Runners of all N-classes and C-classes up to 16 years have a marked route to the last control. It is allowed not to follow the marked route. Marking is shown on the map with a purple dashed line.

### **Map and terrain – Middle distance Sunday:**

Map is “Kåsen”, published by Wing OK. The map has been revised in 2017. Map scale is 1: 7 500 for all runners from 50 years and up, while other classes use map with scale 1:10 000.

The middle distance is held in a small hilly terrain with a rather dense net of paths and ski tracks. The terrain is partly very detailed, and is characterized by a lot of rocks and boulders of varying size. The runnability varies, but is generally good. The forest is mostly fairly open pine forest with good visibility. Some dense parts occur. The shorter youth courses mainly use the paths and ski tracks around the arena.

The runners of all N classes, C classes up to 12 years old, Direct C and Direct N have a marked route to the last control. It is allowed not to follow the marked route. Marking is shown on the map with a purple dashed line.

### **Event office (“Løpskontor”):**

The event office is located close to the finish in the building at the western end of the main arena. The event office opens two hours before the first ordinary start time. The event office provides these services:

- Registration for direct classes (NOK 200 per day)
- Registration for N-Open (NOK 100 per day)
- Registration for Challenge classes at Saturday (NOK 200)
- Hire of Emit cards (NOK 30 per day) and emiTag (elite classes; NOK 30 per day)
- Change of card number
- Distribution of club bags (after respectively 18:00/11:00/10:00 at Fr/Sa/Su)
- Distribution of team bags for the team competition (12:00 – 12:30 at Sa)
- Requests related to the competitions, incl. possible protests

The event office accepts cash, Vipps #114342, and has in addition a card terminal.

The entrance fee for runners representing Norwegian clubs will be invoiced to the actual club after the event. Runners not representing a club and foreign runners have to pay at registration.

“Småtroll” is a part of the Children’s O-festival, see information in a later section of this PM.

Start lists are published at Eventor, at a board (“Startlister”) close to the medical service, and at start.

### **Club bags (“Lagsposer”):**

The club bags for Norwegian clubs are distributed from a tent immediately before the entrance of the main arena; between the scene and the building at the west end of the 100m shooting range. The opening hours in this tent are:

- Friday 16:00 – 17:30
- Saturday 09:00 – 10:30
- Sunday 08:00 – 09:30

After these opening hours, the remaining club bags are transferred to the event office (“Løpskontor”).

**All foreign clubs must collect their club bags at the event office.** Foreign runners must have prepaid their entrance fee, alternatively pay before they get the club bag.

The club bags contain start bibs (also for pre-registered runners in the direct classes), maps for pre-registered runners in all N and C classes (including pre-registered runners in Direct C and Direct N) and start list for the respective club. There is a new club bag each day.

All runners must check that their card number in the start lists is correct. Please approach the event office if you need to change number.

The team bags for the team competition are handed out at the event office from 12:00 to 12:30 at Saturday. There is one bag per team.

### **Start bibs:**

All pre-registered participants find their start bibs in the club bags. All runners have to wear a start bib. Self service of safety pins for attachment of bibs is provided at the "Løpskontor" and "Kiosksalg".

All runners get a new start bib each day.

### **Punching system:**

All classes apply Emit cards as punching system. The exception is the elite classes (D17-18E, D19-20E, D21E, H17-18E, H19-20E and H21E) at the sprint at Friday, where there are TouchFree controls, and emiTag is applied as punching system.

The elite classes apply emiTag for time keeping all three days. Runners who are not registered with their own emiTag card will get a card for hire (NOK 30 per day). You get the hire emiTags (and Emit cards) at the event office. Hire cards are collected after finish each day.

The elite classes has TouchFree controls at the sprint at Friday. You punch by moving the emiTag card, which is fastened around your wrist, just above the TouchFree control unit. The LED light in the emiTag card will flash in 5-10 seconds after approved punching. It is important to observe this flashing because this is the only confirmation of an approved punch. If you do not observe any flashing from the emiTag card, you have to apply the mechanical punching tool at the control. There are 3 squares at the map intended for the possibility of applying this backup registration system (mechanical punching).

Runners not registered with Emit or emiTag card numbers in the start lists have to go to the event office for registration of card number or for hiring a card. The fee for hiring each type of card is NOK 30 per day. Lost card costs NOK 800.

You may check the functionality of your emiTag and Emit cards at the event office.

### **GPS:**

50 runners will be equipped with GPS units each day:

- Sprint Friday 23 June: 20 runners in class D21E and 30 runners in class H21E. The runners with the latest start time in each class run with GPS.
- Long distance Saturday 24 June: 20 runners in class D21E and 30 runners in class H21E. The runners with the latest start time in each class run with GPS.
- Middle distance Sunday 25 June: 15 runners in each of the classes D17-18E and H17-18E, and 10 runners in each of the classes D19-20E and H 19-20E. The runners with the latest start time in each class run with GPS.

The GPS unit with accompanying vest is handed out at start; at the same location as the check of the emiTag card.

The GPS equipment is collected at finish immediately after the race. Runners not finishing the race must also deliver the GPS equipment at finish.



### **Start – General information:**

There are three starts all days:

- Start 1: Elite classes
- Start 2: Long A and B courses
- Start 3: Shorter A courses, all C and N courses, all direct courses

The tables with classes and courses (pages 4 and 5) specify the actual start and the distance from arena to start for all classes.

The way from arena to each start is marked with signs and tapes. These marked ways depart from the open area between the arena and the bridge crossing the river Álma, and the point of departure is indicated with “Til start” (which means “To start”) at the arena map.

All runners are responsible for backup tags for their Emit cards. It is self service of backup tags at each start.

It is a silent start in all classes, i.e. no oral announcement of start time or names of runners.

Runners who are delayed for start have to address the start crew in a separate section at start.

A few mobile toilettes are available at or close to each start. The runners should note that the majority of the toilettes is located at the arena, thus, please use these ones to avoid toilette queue at the start.

Pull-on clothes will be transported from each start back to the arena approx. hourly. The drop-off site for this service is 50 m north of the scene, indicated with “Returtøy fra start” at the arena map at page 2.

### **Start – Elite classes (Start 1):**

The emiTag and Emit cards are checked at start.

Start procedure for the elite classes:

- 3 minutes before start time: Enter the appropriate section for registration
- 2 minutes before start time: Enter the section where control descriptions are provided  
Clearing of emiTag (Fr) and Emit card (Sa and Su)
- 1 minute before start time: Enter the last section. Do not touch the map
- At start time: Take the map. Start exactly at your defined start time (at the last beep of the start clock). The start is monitored by a camera. Too early start implies disqualification.

### **Start – Ordinary classes (Start 2 and Start 3):**

Start procedure for the elite classes with pre-defined start time:

- 3 minutes before start time: Enter the appropriate section for registration
- 2 minutes before start time: Enter the section where control descriptions are provided
- 1 minute before start time: Enter the last section. Do not touch the map
- At start time: Put your Emit card at the start unit, take your map, and remove the card from the start unit.

### **Supply of water during the race:**

All elite classes and courses longer than 5.3 km from Start 2 are offered supply of water at one of the controls at the long distance at Saturday. There are two controls with water supply for H21E, H19-20E, H21 and H35.

There is no supply of water during the race at the sprint (Fr) and the middle distance (Su).

The organizer provides water at Start 1 and 2 at the long distance (Sa) if the temperature exceeds 25 °C.

### **Finish (“Mål”), arena passing and map change:**

There are two different last controls all three days; one for the elite classes (“Siste post elite” at arena map), and one for the other classes (“Siste post øvrige klasser” at arena map). It is defined separate paths from the two different last controls to the finish line. The time for the elite classes is recorded when crossing the finish line (i.e. no punching). The emiTag (Friday) and Emit card (Saturday and Sunday) are read afterwards for punching check. The time for the other classes is recorded when you punch the Emit card at the control unit at finish. The Emit card is read by the organizer afterwards for punching check.

All elite class courses pass close to the arena at Friday. The passing control (“Passeringspost elite”) is the same as the last control.

The classes H21E and D21E have arena passing with change of map at Saturday. The control before the arena passing is the same as the last control. Apply the left-hand marked path (marked “Passering”) at arena passing, and continue to the map change, while runners finishing their race choose the right-hand path (marked “Mål”). Please hand in the old map at the map change, and pick a new map from a box at the ground. The new maps are marked H21E and D21E.

The maps are not collected after finish. According to fair play, the runners are kindly requested neither to show their maps nor providing information about the courses to those who have not started yet.

### **Result service:**

Online results are provided at <http://o-festivalen.no/live/>. Several live and result services are planned: Streaming av video recording at finish and the speaker sound, online passing and finish times, continuously updated leg times for runners who have finished, and GPS tracking. Results and Livelox (a tool for route choices) are available at Eventor after each day.

The result lists are published at the wall between the event office (“Løpskontor”) and the food sale’s service (“Kiosksalg”) at the arena.

### **Prizes:**

The number of prizes in each class, whether there is a presentation or collection of the prizes and the time for presentation of prizes are:

<b>Classes</b>	<b>Prizes</b>	<b>Time (Fr, Sa, Su)</b>	<b>Where</b>
12 years and below	Everybody	Immediately after finish	Finish
13-16 years	1/3	Price ceremony 20:15, 14:30, 13:00	Scene
Elite	1/8	Price ceremony 21:00, 15:15, 13:45	Scene
17+	Class winner	Collect when the class is finished	Scene
Direct	Drawing	Collect from 20:00, 13:30, 12:00	Scene
Challenge	3 best D and H	Saturday 13:15	Scene
Team competition	3 best teams	Saturday 15:45	Scene

There are no overall prizes for all three days combined.

The organizer will offer to take a photo of class winners for publication at an internet photo album (“Dagens vinner”).

Prize ceremonies and other important events will be announced with a fanfare. The fanfare is composed for O-festivalen 2017 by Leif Rune Hellevik and Sverre Vikhammermo. It is recorded by the school pupils’ band Grenaderkorpset in Trondheim, conducted by Sverre Vikhammermo. Several children in the organizing club Freidig play in this band.

### **Children's O-festival ("Barnas O-festival"):**

The Children's O-festival is located at the 100m shooting range east of the main arena. Please buy tickets (NOK 50 per child per day) at the food sale's service ("Kiosksalg") before entering the Children's O-festival. The opening hours and activities of the Children's O-festival are:

- Friday 23 June: Open 17:00 – 20:30. "Småtroll" (Emit)
- Saturday 24 June: Open 10:00 – 15:00. Various activities, incl. "Småtroll"
- Sunday 25 June: Open 09:00 – 14:00. Varierte aktiviteter, inkl. "Småtroll"

The activities are adapted to children up to an age of 12. There is not defined a minimum age, yet, the children are supposed to take care of themselves or they must be accompanied by an adult. "Småtroll" is a very simple orienteering course for accompanied children.

Please equip the children with an Emit card as some activities, including "Småtroll" at Friday, apply electronic punching. The organizer provide some cards for those who do not have. It is feasible to use the same card at the Children's O-festival as in the competition classes.

### **Children's park ("Barneparkering"):**

The Children's park is located close to the Children's O-festival at the 100m shooting range just east of the main arena. Please buy tickets (NOK 50 per child per day) at the food sale's service ("Kiosksalg") before entering the Children's park. The children have to be 2 years or older. No nappies, please. Provide the children with clothes adapted to the weather and possibly some food and water. The parents are kindly requested to come back for the children immediately after they have finished their own competition. Opening hours are:

- Friday 23 June: Open 17:30 – 20:30
- Saturday 24 June: Open 10:30 – 15:00
- Sunday 25 June: Open 09:30 – 14:00

The ticket for the Children's park includes the "Småtroll" course and other activities at the Children's O-festival. Small children have to be accompanied by an adult.

### **Team competition ("Lagkonkurransen"):**

A team competition is organized for children 8–12 years old (born 2005–2009) Saturday 24 June at 14:00.

Deadline for registration to the team competition is Friday 23 June at 21:00. The names of the participants at each time is also due 23 June at 21:00. Each team consists of 3-5 children. It is feasible to organize teams containing children from more than one club. One of the children must have an Emit card, and the number of this card is required at registration. Bags for the team competition, containing bib numbers and maps, are handed out from the event office ("Løpskontor") Saturday at 12:00 – 12:30.

The mass start in the team competition is from the open area west of the arena, see the arena map, at Saturday at 14:00. Please walk to the start at the road behind the building containing the event office. It is strictly forbidden to cross the paths from the last control to finish.

The teams are supposed to get as many points as possible during one hour from 14:00 to 15:00. Teams exceeding the one hour limit lose 10 points per minute (calculated in a continuous manner). The teams gather points by punching at various controls and doing defined activities at four of the controls. The teams choose on their own the order to visit the controls. Please note that it might be wet and possibly also some mud.

The team competition applies the same last control as the ordinary classes at O-festivalen and the same path from the last control to finish. No teams are allowed to use the finish path for the elite classes. The teams have to end their race with the last control in the outskirt of the arena and run together therefrom to the finish.

The team gathering most points wins the team competition. If two teams happen to have the same amount of points, the team with shortest time wins. The three best teams get a prize. The prizes are presented after the prize ceremony for the elite classes, around 15:45 at Saturday.

### **Challenge classes:**

The mass start is organized from the last control of the elite classes Saturday at 11:00, see the arena map. Please show up at 10:45 for clearing of Emit cards. The competitors run approx. 150 m from the start to the start control, which is indicated with a triangle at the map.

### **Food and beverages sale's service ("Kiosksalg"):**

The sale's service offers cold beverages, coffee, cakes, waffles, wraps and selected hot dishes: Sausages and burgers are barbecued all days, and bacalao is offered Saturday after 13:00.

The sale's service accepts cash, card payment and Vipps #114342.

Parking tickets (NOK 50 per day) and tickets for the Children's O-festival (NOK 50 per day) and the children's park (NOK 50 per day) are also acquired at the sale's service.

### **Other services at the arena:**

Mobile toilettes are located in the northern part of the arena ("Toalett").

The medical service ("Sanitet") is in the building at the west end of the 100m shooting range.

Individual wash: There are some showers with limited capacity in the basement of the building at the entrance to the arena ("Dusj"). Tough chaps may consider a chilling bath in the river Ålma between the arena and car parking. The community's pool Oppdal kulturhus in the town centre of Oppdal, see the map at page 1, offers long opening hours at Saturday, closing at 20:00.

Sport8 (offering orienteering clothes and equipment), VPG (offering mountaneering and hiking equipment) and Oppdal spekemat (offering various types of meat and sausages) are present at the main arena. Møller Bil (a car retailer) has a stand close to the river Ålma.

### **Turorientering (Permanent orienteering controls):**

Sp.kl. Freidig has the pleasure of launching turorientering in Oppdal. An envelope containing maps with permanent controls (June-September 2017) is offered at the sale's service from 12:00 at Sunday. It can be bought for special price of NOK 100 at the arena at 25 June, while the price at the ordinary distributors (VPG in the town centre of Oppdal and Gjevilvasshytta 20 km west of Oppdal) is NOK 200. The Turorientering maps are from the terrain of O-festivalen and parts of the orienteering map «Gjevilvasshytta», published by Trondhjems Turistforening. There is a total of 70 controls, whereof 30 are specially adapted for children.

### **Organizing committee:**

Committee leader: Arild Holm Clausen (o-festivalen2017@freidig.idrett.no, 482 66 568)  
Head of event: Andreas Sylte (958 77 791)  
Course coordinator: Johan Ivarsson  
Accounting: Sigrid Melkild  
Marketing: Bernt Rognes (909 12 135)

### **Other key persons:**

Time keeping: Pål Kittilsen (pal.kittilsen@gmail.com, 957 45 855)  
Event office: Gro Sandstad Eidsmo  
Start: Magne Lysberg  
Arena: Bjørnar Lynum and Sturla Sæther  
Speaker service: Tomas Eidsmo, Grete Berge Owren and Randi Lillealtn  
Maps: Tore Angell-Petersen  
Prizes/ Ceremonies: Gunn Kari Hygen and Knut Lillealtn  
Medical service: Siri Lereim Storli (917 92 361)  
Children's O-festival: Solveig Angell-Petersen  
Sale's service: Mona Høiås Sæther  
Car parking: Nils Olav Vennevik

### Course planners and course advisers:

Distance	Course planner	Course adviser
Sprint (Fr)	Mattis Holt, Sp.kl. Freidig Lars Owren, Sp.kl. Freidig	Jan Arild Johnsen, NOF
Long distance (Sa)	Johan Ivarsson, Sp.kl. Freidig	Svein Erik Bratsberg, Wing OK Stig Magnar Løvås, Sp.kl. Freidig
Middle distance (Su)	Vegard Grønli, Sp.kl. Freidig	Frode Haugskott, OL Trollelg

Event adviser: Jan Arild Johnsen, NOF

### Jury (appointed by NOF):

Christian Jomaas, Fossum IF  
Marit Haavardsholm, Sandnes IL  
Carl-Göran Strutz, Eds SK

### Oppdal:

Located in the southern part of the county of Sør-Trøndelag, the municipality of Oppdal has an area of 2274 km<sup>2</sup> and is the largest municipality of the county. More than half of the area is protected in some way. The municipality of Oppdal has around 7 000 inhabitants. The present centre of Oppdal is close to highway E6 and the railway station.

The three parts of the coat of arms of Oppdal have several interpretations:

- Three valleys – Drivdalen to the south, Sunndalen to the west, and Nordskogen to the northeast
- Three mountain areas – Dovre to the southwest, Trollheimen to the west, and Sørfjella to the east/southeast
- Three main rivers – Driva is the most pronounced river in the municipality, Orkla has its sources in the east, and the valley behind the characteristic Almannberget east of arena is drained through Glomma, ceasing in Fredrikstad close to the Swedish border southeast of Oslo
- Three highways – E6 from Dovre in the south, E6 from Trondheim in the north, and 70 from Kristiansund and Molde in the west



Oppdal is a typical mountain municipality where major parts of the area is located close to or above the timber line (around 800 meter above sea level in this part of Norway). Important businesses are agriculture, various trades and tourism. With some 45 000 sheep walking around, Oppdal claims to be the largest sheep municipality of Norway. Oppdal is also the largest cottage municipality in the middle and northern counties of Norway. Yet, various industry enterprises are most important for the economy of the community. The local shale, denoted “Oppdalskifer”, is particularly well known in Norway.

There are various shops and restaurants in the town centre of Oppdal.

The swimming pool at Oppdal kulturhus ([oppdalkulturhus.no/bad](http://oppdalkulturhus.no/bad)) extends the opening hours at Saturday, welcoming guests from 12:00 to 20:00. All orienteerers participating at O-festivalen, including family and other club members, get 15% discount.

**Sp.kl. Freidig thanks organizations, the municipality, companies and people in Oppdal for their kind cooperation during the preparations and accomplishment of O-festivalen 2017. We would in particular like to acknowledge the various parties involved at the shooting range for their assistance before the event.**

# SPORT &.NO

Orienteering equipment at arena all days



vertical  
playground