

# PM/Bulletin 2 World Ranking Event



## Long distance Saturday 23th June Middle distance Sunday 24th June



### VENUE

Løvenskioldbanen, Skytterkollen, Bærum, ca. 12 kilometers from the O-Festival hotel at Scandic Fornebu and ca. 15 km from Oslo city centre. Marked from junction Listuveien/ Griniveien (FV 168).

<https://www.google.no/maps/@59.9497625,10.6171292,19.29z>

### PARKING

Parking for cars and caravans on gravel and grass, follow the instructions. 400-800m distance from parking to arena. Parking fee is kr 60 per day, or kr 150 for a three-day ticket. Parking ticket can be bought via Vipps in advance (**Vipps no. 510 899**), or in the café on the arena. Parking ticket/Vipps receipt to be shown when exiting the parking area after the race. Club coaches park 300m from the arena. Please notify Bernhard Nilsen in advance (mobil: +47 913 722 41) if you come by club bus.

### ARENA

Løvenskioldbanen Skytesenter (Skeeting range) is the arena for the both the long and middle distance. The turf consists of gravel and grass, and provide good conditions for strollers. Since the arena is on a skeeting range there are remains of clay targets on the ground. Club tents are only allowed in designated areas, see arena map.

## PROGRAMME

### Saturday 23rd June:

- 08:00 Race office opens
- 09:00 First start in N-åpen (Start 2)
- 09:30 Children's Park and Children's O-festival opens
- 10:00 First ordinary start (Start 1, Start 2)
- 12:00 Team bags for Team Competition available at the event office
- 12:00 Direct Entry classes closes for entry
- 12:15 All elite runners shall have left the arena
- 13:00 Last start for Direct Entry classes and classes with open starting time
- 14:00 Start of Team Competition
- 15:00 Team Competition finishes
- 15:00 Children's O-festival and Children's Park closes
- 15:30 Prize giving ceremony for Elite classes (ca). Other classes when ready during the day
- 15:45 Prize giving ceremony for Team Competition
- 18:00 Youth Party at Fornebu
- 20:00 Prize ceremony for youth classes (D/H13-16) (A classes) and junior elite D/H17-18E and D/H19-20E at Fornebu

### Sunday 24th June:

- 08:00 Race office opens
- 09:00 First start in N-åpen (Start 1)
- 09:30 Children's Park and Children's O-festival opens
- 10:00 First start Elite classes (Start 2) and other classes (Start 1)
- 12:00 Direct Entry classes closes for entry
- 12:15 All elite runners shall have left the arena
- 13:00 Last start for Direct Entry classes and classes with open starting time
- 14:00 Children's O-festival and Children's Park closes
- 14:15 Prize giving ceremony for the Elite classes
- 15:00 O-festivalen 2018 ends!

### EVENT OFFICE, CLUB BAGS AND START BIBS

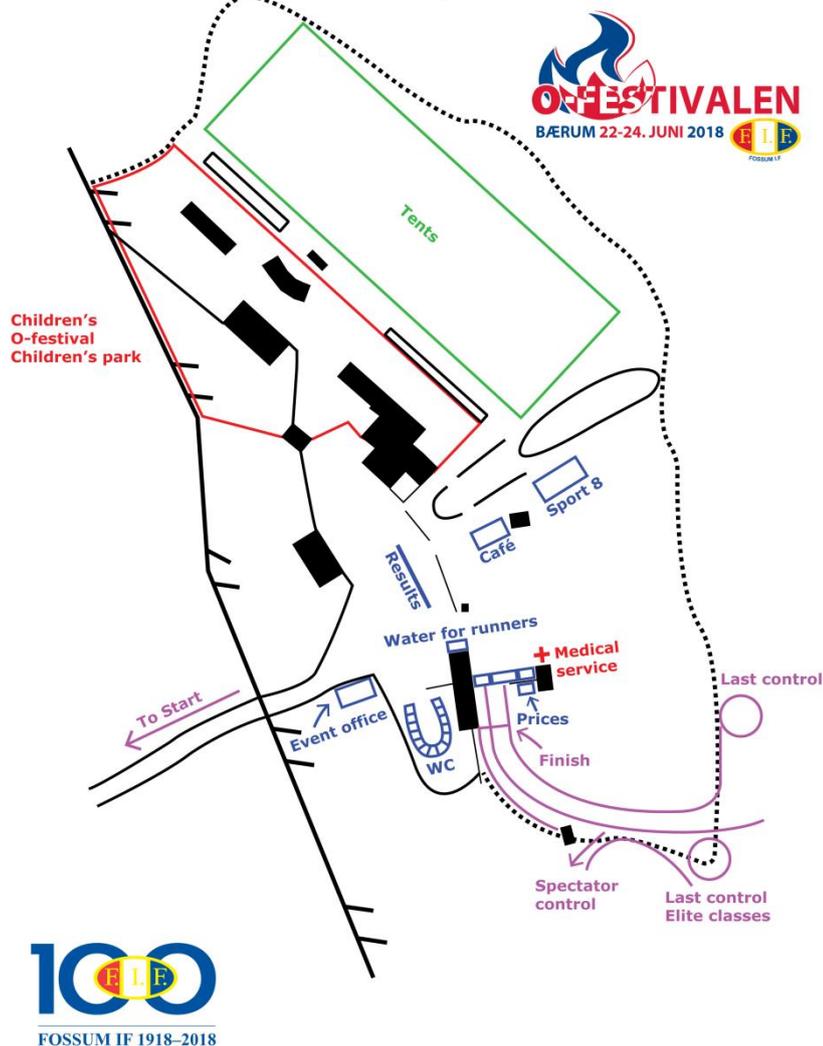
The event office is to the right at the entry to the arena. The club bag can be picked up at the event office and contains the following:

- **Saturday:** PM/Bulletin, bibs for runners that did not participate on Friday, maps for all runners 12 years and younger as well as all beginner maps (N), and rental punching tags. The same punching tag will be used on both Saturday and Sunday.
- **Sunday:** Bibs for runners that did not participate on Saturday (even if they participated on Friday), maps for all runners 12 years and younger as well as all beginner maps (N), and rental punching tags for runners that did not participate on Saturday.

Elite runners get a new bib each day, this is available that the Start.

Additional maps for N-åpen are available at the event office. Rental tags shall be returned after finishing the race. Tags that are not returned will be charged with kr 650.

## Arena Long and Middle distance



### DIRECT ENTRY AND CHANGES

It is possible to enter the Direct Entry classes at the event office until 12:00 both days. Direct Entry start is open between 10:00 and 13:00 both days. Runners from Norwegian clubs will be invoiced after the race, other runners pay at the time of entry to the race (kr 220 for entry, kr 50 for rental tag). Any changes to tag numbers should be addressed to the event office.

### CLASSES OG COURSES SATURDAY – LONG DISTANCE

Start 1 (Long courses):

- 2500m, 30-40 min walk. Small path, partly rough, narrow and steep. 100m climb.
- Marked with white/orange tape on the road west from the arena.
- **ENSURE SUFFICIENT TIME!**
- Start 1 runners on the long distance will get a sample map on their way to start.
- See course overview in below table which courses have start 1.

Start 2 (Short courses):

- 1050m easy terrain, road and path. Marked with blue/yellow tape along the road west from the arena.
- N-OPEN, D/H-10, D/H11-12, D/H11-12N, D/H13, D/H13-16N, D/H13-16C, D15-16B, D/H17N, D/H17C, D75, D80, D85, H80 og H85. Direct AK, Direct B, Direct C and Direct N, see course overview in below table.

Long distance							
Saturday 23. June							
Class	Scale	Length	Start	Class	Scale	Length	Start
D21E	1:15 000	8,3	1	H21E	1:15 000	12,1	1
D19-20E	1:15 000	6,4	1	H19-20E	1:15 000	9,1	1
D17-18E	1:15 000	5,4	1	H17-18E	1:15 000	7,4	1
D-10	1:10 000	2,3	2	H-10	1:10 000	2,3	2
D11-12	1:10 000	2,9	2	H11-12	1:10 000	3,1	2
D11-12N	1:10 000	2,7	2	H11-12N	1:10 000	2,7	2
D13-16N	1:10 000	2,9	2	H13-16N	1:10 000	2,9	2
D13-16C	1:10 000	3,3	2	H13-16C	1:10 000	3,3	2
D13	1:10 000	3,2	2	H13	1:10 000	3,2	2
D14	1:10 000	3,8	1	H14	1:10 000	3,8	1
D15	1:10 000	3,8	1	H15	1:10 000	4,1	1
D16	1:10 000	4,2	1	H16	1:10 000	5,6	1
D15-16B	1:10 000	3,2	2	H15-16B	1:10 000	3,2	2
D17N	1:10 000	2,9	2	H17N	1:10 000	2,9	2
D17C	1:10 000	3,5	2	H17C	1:10 000	3,5	2
D17B	1:10 000	3,8	1	H17B	1:10 000	3,8	1
D17-20	1:7 500	4,8	1	H17-20	1:10 000	5,5	1
D21	1:10 000	5,5	1	H21	1:15 000	8,1	1
D35	1:10 000	5,5	1	H35	1:15 000	8,1	1
D40	1:7 500	5,1	1	H40	1:10 000	7,3	1
D45	1:10 000	4,2	1	H45	1:10 000	7,1	1
D50	1:7 500	5,5	1	H50	1:10 000	6,7	1
D55	1:7 500	4,8	1	H55	1:7 500	5,1	1
D60	1:7 500	4,4	1	H60	1:7 500	5,5	1
D65	1:7 500	3,6	1	H65	1:7 500	4,8	1
D70	1:7 500	3,6	1	H70	1:7 500	3,6	1
D75	1:7 500	3,1	2	H75	1:7 500	3,6	1
D80	1:7 500	3,1	2	H80	1:7 500	3,1	2
D85	1:7 500	3,1	2	H85	1:7 500	3,1	2
D21AK*	1:10 000	4,6	1	H21AK*	1:10 000	5,5	1
D45AK*	1:10 000	3,8	1	H45AK*	1:10 000	4,6	1
Direct AL*	1:10 000	7,8	1	N-OPEN*	1:10 000	1,7	2
Direct AK*	1:10 000/ 1:7 500	4,5	2	Direct C*	1:10 000	3,4	2
Direct B*	1:10 000	3,7	2	Direct N*	1:10 000	2,7	2

\* Open starting time for the courses D/H21AK, D/H45AK, N-Open and all Direct Entry classes.

## CLASSES AND COURSES SUNDAY – MIDDLE DISTANCE

Start 1:

- 1100m, easy terrain, road and path. Marked with white/orange tape.
- All classes except elite classes.

Start 2 (Elite classes):

- 1500m, easy terrain, road and path. Marked with blue/yellow tape.
- All Elite classes (including H21E2).

Middle distance Sunday 24. June							
Class	Scale	Lengt	Start	Class	Scale	Length	Start
D21E	1:10 000	4,5	2	H21E1	1:10 000	5,5	2
				H21E2	1:10 000	5,2	2
D19-20E	1:10 000	4,1	2	H19-20E	1:10 000	4,5	2
D17-18E	1:10 000	3,8	2	H17-18E	1:10 000	4,2	2
D-10	1:10 000	2,3	1	H-10	1:10 000	2,3	1
D11-12	1:10 000	2,5	1	H11-12	1:10 000	2,5	1
D11-12N	1:10 000	2,3	1	H11-12N	1:10 000	2,3	1
D13-16N	1:10 000	2,6	1	H13-16N	1:10 000	2,6	1
D13-16C	1:10 000	2,8	1	H13-16C	1:10 000	2,8	1
D13	1:10 000	2,6	1	H13	1:10 000	2,6	1
D14	1:10 000	2,7	1	H14	1:10 000	2,7	1
D15	1:10 000	3,0	1	H15	1:10 000	3,3	1
D16	1:10 000	3,1	1	H16	1:10 000	3,6	1
D15-16B	1:10 000	2,9	1	H15-16B	1:10 000	2,9	1
D17N	1:10 000	2,6	1	H17N	1:10 000	2,6	1
D17C	1:10 000	2,8	1	H17C	1:10 000	2,8	1
D17B	1:10 000	2,9	1	H17B	1:10 000	2,9	1
D17-20	1:10 000	3,3	1	H17-20	1:10 000	3,6	1
D21	1:10 000	3,6	1	H21	1:10 000	4,2	1
D35	1:10 000	3,6	1	H35	1:10 000	4,2	1
D40	1:10 000	3,3	1	H40	1:10 000	3,7	1
D45	1:10 000	3,3	1	H45	1:10 000	3,7	1
D50	1:7 500	2,9	1	H50	1:7 500	3,5	1
D55	1:7 500	2,8	1	H55	1:7 500	3,3	1
D60	1:7 500	2,8	1	H60	1:7 500	2,9	1
D65	1:7 500	2,5	1	H65	1:7 500	2,8	1
D70	1:7 500	2,5	1	H70	1:7 500	2,5	1
D75	1:7 500	2,3	1	H75	1:7 500	2,5	1
D80	1:7 500	2,3	1	H80	1:7 500	2,3	1
D85	1:7 500	2,3	1	H85	1:7 500	2,3	1
D21AK*	1:10 000	2,6	1	H21AK*	1:10 000	3,3	1
D45AK*	1:10 000	2,6	1	H45AK*	1:10 000	3,3	1
Direct AL*	1:10 000	3,8	1	N-OPEN*	1:10 000	2,2	1
Direct AK*	1:7 500	3,0	1	Direct C*	1:7 500	2,7	1
Direct B*	1:7 500	3,0	1	Direct N*	1:10 000	2,2	1

\* Open starting time for the courses D/H21AK, D/H45AK, N-OPEN and all Direct Entry classes

## MAP AND TERRAIN

The map was issued in 2018, fieldwork and cartography by Kristen Treakrem. The map is according to the new norm. See the course overview for the scale used the different days. Contours 5m for all scales.

The terrain is located at an elevation of between 195 and 485 m, and ranges from open spruce forest with blueberry bushes, to dark spruce forest with very little undergrowth, dense spruce/deciduous forest as well as areas with heavy undergrowth with rocks. Some areas with felling. The area closer to the arena is a heavily used terrain with many paths and tracks. The higher area is characterized old forest, large open marshes and generally good runability. Between the higher and lower areas the routes will cross a steep area with variable runability.

Due to the heavy winter, there are areas with broken trees or tree tops. Most places these are not marked on the map. In some places they may affect runability somewhat, but in general are not a big problem.

There are 2 large ant hills in the area, these are marked with the following symbol: .

Along the edge of the safety zone around the shooting range there are several signs with «Skytebane – Livsfare» and «Adgang Forbudt» (Danger, No Entry). These are not applicable during O-festivalen.

The terrain is extensively used by non-orienteers. Please be mindful of cyclists and other people using the forest!

The control may be very close together – check the control codes! There are also controls in the terrain which are not used by O-festivalen.

### Fences and barbed wire

The shooting range at Skytterkollen has previously been fenced in by a mesh fence with barbed wire. The fence is in poor condition and has been partly removed, and is only marked on the map where it is standing. The barbed wire has been mostly removed, and areas where the fence is difficult to see has been marked with black/yellow tape. Be careful when crossing the fence!

### Out of bounds areas

Out of bounds areas are marked on the map (). A sheer cliff in the steep area between the upper and lower part of the terrain is marked as out of bounds, however there is no marking in the terrain. Close to the event center there is a dangerous marsh and parts of the arena that is marked as out of bounds. This is marked with continuous red/white tape in the terrain. Crossing any of the out of bounds marking will result in disqualification.

### Marked route

At both the long distance and middle distance, the beginner courses will use some small paths that may be unclear. These are marked with blue/white tape. In addition, the route to the last control is marked with blue/white tape both days. Routes that are marked are highlighted in the control description and on the map.

### Refreshments

There will be refreshments on Saturday for the longer routes starting at Start 1. These are marked on the map with the symbol . The longer routes may pass several refreshment stations or controls.

## EMIT PUNCHING SYSTEM

On the long and middle distance all classes will use the Emit punching system. In addition the elite classes will use emiTag TouchFree for timekeeping.

## GPS FOR ELITE CLASSES

A list of the runners that shall use GPS can be found on Eventor. This includes:

Saturday long distance: 10 last participants in H17-18E, H19-20E, D21E, 20 last participants in H21E

Sunday middle distance: 10 last participants in H17-18E, H19-20E, D21E, 20 last participants in H21E

The GPS will be handed out at the start, and is available 20 min before the starting time. Anticipate 5 min extra time for this. Due to GPS tracking all runners in the Elite classes **shall leave the arena no later than 12:15 Saturday and Sunday**. Use of mobile phones, tablets or laptops is forbidden.

## START

Extra control descriptions and back-up patches are available at the start both days.

Starting procedure:

- Entry 3 min prior to start (silent start, entry time is shown on a large display).
- Classes/courses with open starting time will have a separate queuing system.
- 100m with marked route between the starting place and the course start both days.
- N-åpen has open start from kl. 09:00 to kl. 13:00,
- Direct Entry, D/H21AK and D/H45AK has open start from kl.10:00 to kl.13:00 both days.
- The first starting time is 10:00 for other classes both days.

## FINISH AND ARENA PASSING

- There are two different last controls and two parallel lanes to the finish, one for the Elite classes and one for the other classes. For the Elite classes the time stops when the runners cross the finish line. Other classes shall punch the finish control on the finish line.
- After completing the course, the runners shall check their electronic tags. If a runner has a missing control or error with the punching card, the runner will be sent to the Red Zone for further investigation. The split times shall be brought to the Red Zone.
- On the middle distance the Elite runners will have a spectator control and pass through the arena. The spectator control is the same control as the last control. After passing through the arena the runners shall follow a marked route for 70m, there is no new start control at the end of the marked route.
- Elite classes shall return the map, GPS and rental tags after completing the race. The maps will be returned after the last runner has started. Other runners shall return rental tags but can keep the map. We encourage all players to respect fair play, and not share the map with runners that have not started yet.
- The finish closes at 15:30 on Saturday and 15:00 on Sunday.

## RESULTS AND LIVELOX

The results will be posted on a board at the arena. In addition live results are available on Livesenter, follow the link from the homepage: <http://www.o-festivalen.no/>. Livelox will be accessible in Eventor after the races.

## PRIZES

Age 12 and younger: Prizes for all participants, can be collected right after finishing the race.

13-16 years: 1/3 of starting participants

Elite classes: 1/8 of starting participants

Age 17 and older: Prize for the winner in each class

Direct Entry classes: Prizes will be drawn among the participants

The prize giving ceremony for youth classes D/H13 to 16 (A-courses) and junior elite D/H17-18E and D/H19-20E will take place during the Youth Event at Fornebu Saturday evening at 20:00, see separate PM /Bullentin. Other prizes will be announced and can be collected at the arena on the day of the event.

## CHILDREN'S O-FESTIVAL

A separate area is dedicated to the Children's O-Festival where we can offer fun activities that suit children up to the age of 12-13 years. Lots of prizes! ☺

- Saturday 23. June, kl 09:30-15:00: Varied activities, Team Competition (separate entry)
- Sunday 24. June, kl 09:30-14:00: Varied activities

Children's O-Festival cost kr 50 per day, no pre-entry required. Bring your friends! Childrens care is available for kids above diaper-age, no younger than 2 years.

## TEAM COMPETITION

The Team Competition is taking place on Saturday 23. June. Each team shall have 3 to 5 runners aged 8-12 years (13 years old N and C runners are also allowed to participate). The Emit-tag registered by the first member of the team in the line-up shall be used during the race. Please note that the Team Competition has a separate entry in Eventor. The team line-up shall be entered in Eventor no later than kl 21:00 on Friday 22. June. The team bags with bibs and separate PM will be available at the event office on Saturday from 12:00. The start is at 14:00, all teams shall meet at the gate at 13:45 for joint walking to the start. See also separate bulletin/PM.

## CAFÉ

The café at the arena has wide assortment of healthy and savory goods for sale such as wraps, müslibuns, sandwiches, fruit and cold and warm beverages. From the barbeque we can offer hot dogs and hamburgers. We also have cakes, buns and waffles. Welcome to the Fossum café!

## FIRST AID

There will be a doctor and nurses available on the arena both days, located close to the finish line.

## SHOWERS

There are no showers at the arena, however we recommend a swim in Østernvann. Follow the marked route to Start 2 (Saturday) and continue on the gravel road northwards (approx. 2km from the arena). There are also showers available at the Fossum clubhouse Saturday and Sunday.

## TOILETS

There will be toilets available at the arena and Start 1 and 2 on Saturday. On Sunday there will be toilets on the route to Start 1 and 2.

## COMPETITION RULES

IOF's competition rules apply for the World Ranking Event classes D21E og H21E. For the remaining classes NOF's competition rules apply.

## EVENT MANAGEMENT

Head of event long/ middle	Harald Bakke	+47 480 88 577
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## JURY (APPOINTED BY NOF)

Roger Lysnes, Hedrum  
Hilde Storløyken, Kongsberg  
Børge Pedersen, Nydalen

## THANKS TO OUR RACE PARTNERS