

## Norwegian Open Masters 2018

# PM

### Sprint

### 7th of September 2018

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#### Access

Arena at [NMBU](#). For parking, follow signs and directions from road 152 in the centre of Ås. Free parking. 400 – 600 m to arena.

Train to Ås station, which is 1.6 km from the arena. Bus 510 for the station to the arena. Search route on [ruter.no](http://ruter.no) and use stop NMBU (Ås).

#### Registration

Last deadline for registration in Eventor is Wednesday 5th of September at 23:59: <http://eventor.orientering.no/Events/Show/8053>

Registration for Direkte-1 and Direkte-2 can be made in the race office at the arena between 16:30 og 17:30. The invoice for the entry fee will be sent to your email after the race.

Registration for N-Åpen should be done **at the separate location for this course** between 16:30 and 18:30. Maps for N-Åpen can be picked up at the race office or the location for N-Åpen.

#### Start

First start at 17:00. Start at the arena. It's 40 m from start to start of the course. One-minute start interval in all classes and courses. Separate control description available at start. Be aware that only the timestamps from the punching card is used for calculating the race time.

*Subject to change:*

*The organizer can make changes to what is stated in this PM until the race day. Officially updated information will be available at Eventor at any time.*

Runners in Direkte-1 and Direkte-2 can only start after the last runner in respective courses, and before 18:30.

Start in N-Åpen is between 16:30 and 18:30. There is 500 meters to the starting point of N-Åpen. See arena map on the last page of this PM.

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**Starting number** Starting number should be retained at the north end of the arena. **Same starting number should be used all three days.**

**EMIT-card** It will be possible to rent EMIT punching card at a price of NOK 50 per day. Missing EMIT-cards will be charged at NOK 600.


**Terrain** The running surface is mainly grass and gravel. **No form of spikes is allowed.**

Please don't step on the flowers and run through the bushes.

*The entire park, except the arena, is forbidden area for runners.*

**Map and Courses** Published 2018, scale 1:4000, 2,5m ekv., A4 offset, sprint norm ISSOM 2007.

Class	Length	Class	Length	Terrain
D35	2,02 km	H35	2,55 km	
D40	2,02 km	H40	2,55 km	
D45	2,02 km	H45	2,55 km	
D50	1,87 km	H50	2,19 km	
D55	1,87 km	H55	2,19 km	
D60	1,75 km	H60	2,02 km	
D65	1,63 km	H65	1,93 km	
D70	1,42 km	H70	1,70 km	
D75	1,42 km	H75	1,63 km	
D80	1,27 km	H80	1,42 km	
D85	1,27 km	H85	1,27 km	
D90	1,27 km	H90	1,27 km	

Class	Length	Class	Length	Terrain
DIREKTE-1	1,27 km	DIREKTE-2	2,55 km	
N-ÅPEN	0,82 km			

**Result services** Live results updates every minute: [Link](#)  
GPS tracking in Livelox: [Link](#)  
Official results: [Link](#)

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## **Flower ceremony**

Starting at 18:15. The three bests in every class are called to the podium at the north end of the arena. It will be photo, diploma, hurray and horn music!

There are no real prizes. The saved money is going to charity as informed in the invitation.

**Veteranmesterskapet isn't a national championship, so foreigners will also be called for the podium.**

## **Kiosk**

Coffee and cakes are available.

## **Toilets**

Upstairs inside the tower building. **No orienteering shoes, please.**

## **First Aid**

First aid available close to the tower building.

## **Shower**

No shower available.

## **WOC 2019 labyrinth**

Is located at the south part of the arena with information about WOC 2019 and an opportunity to test labyrinth orienteering.

## **O-equipment**

Not on Friday, but Runes o-equipment is at the arena both Saturday and Sunday.

## **Race manager**

Gunnar Tenge, mobile: +47 415 20 043

## **TD**

Petter Fure, Oppsal Orientering,  
[petterfure@hotmail.com](mailto:petterfure@hotmail.com)

## **Jury**

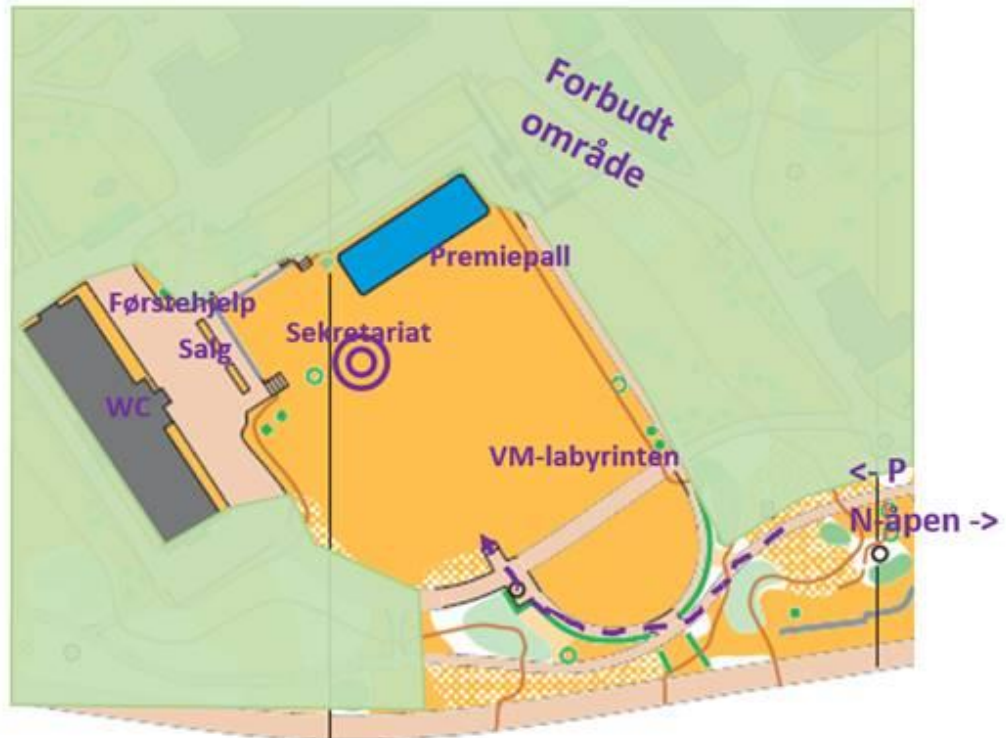
Morten Aamodt, Sandnes  
Ivar Mølnevik, Fossum  
Grete Berntsen, Måren

*If differences in text in Norwegian and English invitation, the Norwegian will always prevail.*

*If anything is unclear, do not hesitate to contact the race administrator on mail [tor@lahlum.no](mailto:tor@lahlum.no) or phone +47 909 86 467 or at the race office on arena.*

## Arenakart fredag 7. september

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Gå fra P (500m) og Ås stasjon (1500m) til arena, og fra arena til N-åpen (500m)



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