

Norwegian Open Masters 2018

PM

Long distance

8th of September 2018

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Access

Arena at [Ski Golf Club's facilities](#). For parking, follow signs and directions from road 154 east of Ski. Parking NOK 20. 200 – 300 m to arena.

Nearest bus stop is Nes located on country road 154 approx. 4 km east of Ski and approx. 2 km north of Ski golf club. Search route on [ruter.no](#) and use stop Nes (rv154)(Ski). Route 515 and 520 passes here. Follow Grøstadveien south to the golf course and further along the west side of the golf course to the arena. It's about 30 min walking.

Registration

Last deadline for registration in Eventor is Wednesday 5th of September at 23:59:
<http://eventor.orientering.no/Events/Show/8054>

Registration for A-Lang, A-Mellom, C-Åpen, N-Åpen, A-Retro-L and A-Retro-K can be made in the race office at the arena between 10:00 og 12:00. The invoice for the entry fee will be sent to your email after the race.

Start

First ordinary start at 11:00. 700 m to start from arena. 70 m from start to start of the course. Two-minute start interval in all classes. Separate control description available at start. Be aware that only the timestamps from the punching card is used for calculating the race time.

For the classes A-Lang, A-Mellom, C-Åpen, N-Åpen, A-Retro-L and A-Retro-K there are a

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separate start 400 m from the arena. You can start whenever you want between 10:00 and 12:00. **Map for C-Åpen and N-Åpen should be retained in the race office.** All other maps will be at the start.

Starting number Starting number should be retained in the race office at 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 terrain is characterized by long, sloping hills with open pine forests and areas with large grown spruce forest. Down in the valleys there are areas with denser forests. **The golf course is prohibited area for both runners and spectators.**

Map and Courses Published 2018, scale 1:10000 or 1:7500, 2,5m ekv. Print on water resistant paper. Map norm: ISOM 2017.

A-Retro-L and A-Retro-K: Map from ap. 1970. Scale 1:20000, 5 m ekv.

Class	Length	Scale	Class	Length	Scale
D35	6,1 km	1:7500	H35	8,5 km	1:10000
D40	6,1 km	1:7500	H40	8,5 km	1:10000
D45	5,6 km	1:7500	H45	7,9 km	1:10000
D50	5,6 km	1:7500	H50	7,5 km	1:7500
D55	4,8 km	1:7500	H55	6,9 km	1:7500
D60	4,8 km	1:7500	H60	5,9 km	1:7500
D65	3,9 km	1:7500	H65	5,9 km	1:7500
D70	3,7 km	1:7500	H70	4,8 km	1:7500
D75	3,3 km	1:7500	H75	3,9 km	1:7500
D80	2,9 km	1:7500	H80	3,7 km	1:7500
D85	2,9 km	1:7500	H85	2,9 km	1:7500
D90	2,9 km	1:7500	H90	2,9 km	1:7500

Class	Length	Scale	Class	Length	Scale
A-LANG	8,0 km	1:10000	C-ÅPEN	3,7 km	1:7500
A-MELLOM	4,1 km	1:7500	N-ÅPEN	1,8 km	1:7500
A-RETRO-L	10,0 km	1:20000	A-RETRO-K	4,9 km	1:20000

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

Flower ceremony

Starting at 14:00. The three bests in every class are called to the podium at the north end of the arena. It will be photo, diploma and hurray!

There are no real prices. 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.

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Kiosk

Coffee and cakes are available.

Toilets

Mobile toilets north of the arena, on the way to start.

First Aid

First aid available south of the arena.

Shower

No shower available.

O-Equipment

Runes o-utstyr is at the arena both Saturday and Sunday.

Race manager

Tor Lahlum, mobile: +47 909 86 467

TD

Petter Fure, Oppsal Orientering,
petterfure@hotmail.com

Jury

Helga Haverstad, Lier, Helga.haverstad@staminagroup.no,
98287804
Vidar Benjaminsen, Lillomarka, b-sats@online.no
Berit Danielsen, Tyrving, p-eke@online.no

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

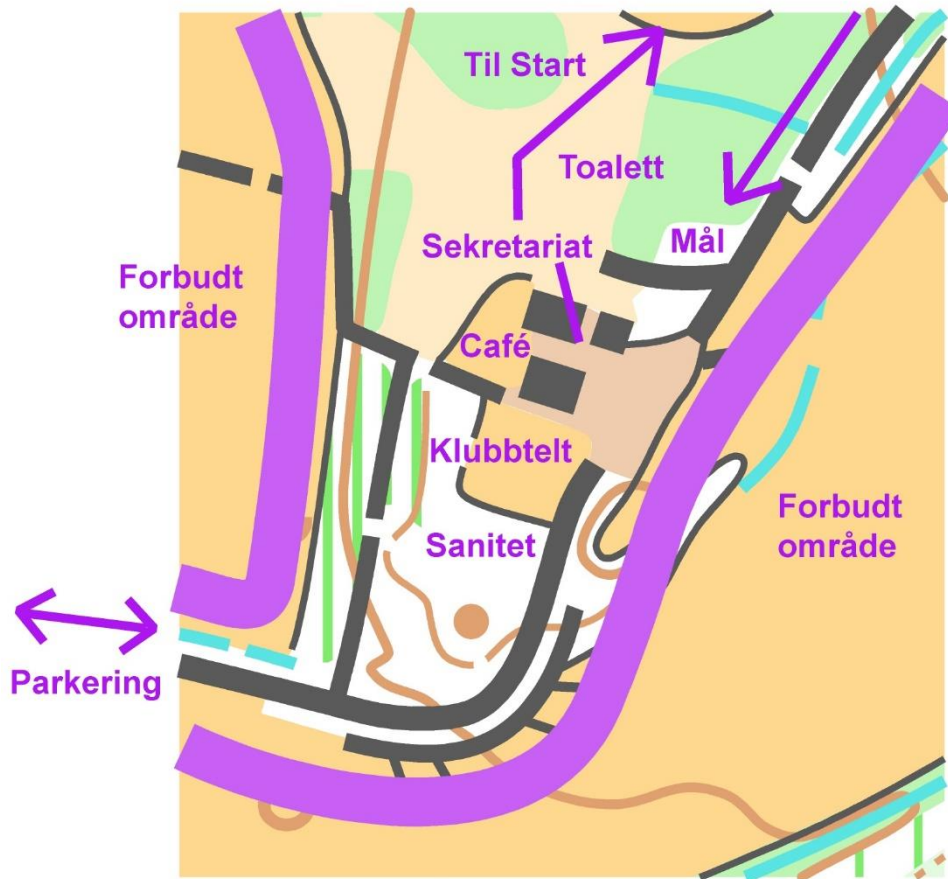
If anything is unclear, do not hesitate to contact the race administrator on mail tor@lahlum.no or phone +47 909 86 467 or at the race office on arena.

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Arenakart
Veteranmesterskapet
Smerta 8. -9. september 2018

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