

## Norwegian Open Masters 2018

# PM

### Middle distance

### 9th of September 2018

s. 1



#### 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/8055>

Registration for A-Lang, A-Kort, B-Åpen and C-Åpen 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 10:00. 750 m to start from arena. 60 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-Kort, B-Åpen and C-Åpen there are a separate start 400 m from the arena. You can start whenever you want between 10:00 and

*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.*

12:00. **Map for C-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

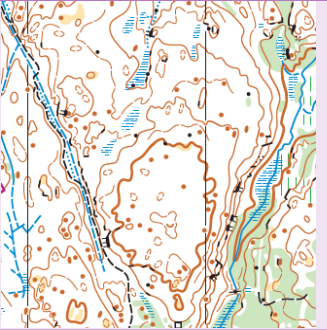

It will be possible to rent EMIT punching card at a price of NOK 50 per day. Missing EMIT-cards will be charged at NOK 600.

## 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 1:7500, 2,5m ekv. Print on water resistant paper. Map norm: ISOM 2017.

Class	Length	Class	Length	Terrain
D35	3,45 km	H35	4,05 km	
D40	3,45 km	H40	4,05 km	
D45	3,23 km	H45	4,05 km	
D50	2,98 km	H50	3,72 km	
D55	2,98 km	H55	3,47 km	
D60	2,63 km	H60	3,45 km	
D65	2,47 km	H65	3,23 km	
D70	2,22 km	H70	2,80 km	
D75	1,84 km	H75	2,47 km	
D80	1,84 km	H80	2,22 km	
D85	1,66 km	H85	1,66 km	
D90	1,66 km	H90	1,66 km	
Class	Length	Class	Length	Terrain
A-LANG	4,43 km	B-ÅPEN	2,48 km	
A-KORT	3,00 km	C-ÅPEN	2,22 km	

## Result services

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

## Flower ceremony

Starting at 12:00. The three bests in every class are called to the podium at the north end of the arena. It will be photo, diploma and hurra!

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

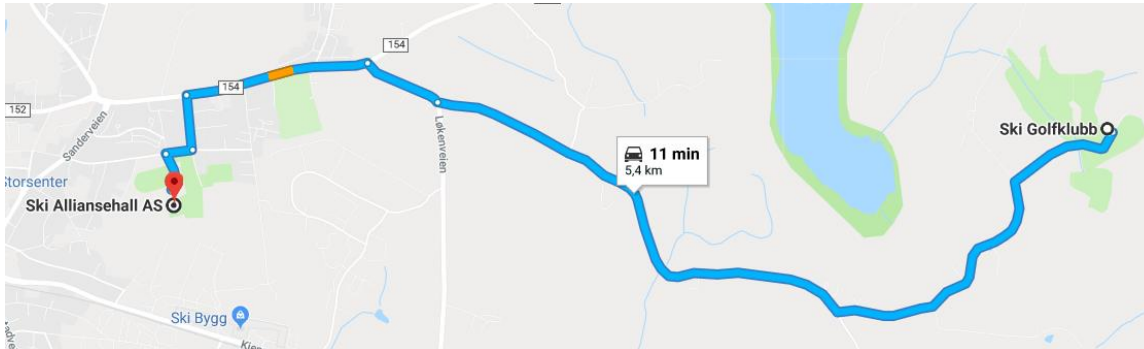
**Veteranmesterskapet isn't a national championship, so foreigners will also be called for the podium.**

*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.*

<b>Kiosk</b>	Coffee and cakes are available.
<b>Toilets</b>	Mobile toilets north of the arena, on the way to start.
<b>First Aid</b>	First aid available south of the arena.
<b>Shower</b>	Shower at Ski Alliansehall on Sunday between 13:00 and 14:00. NOK 50 per person.

s. 3



<b>O-Equipment</b>	Runes o-utstyr is at the arena both Saturday and Sunday.
<b>Race manager</b>	Tor Lahlum, mobile: +47 909 86 467
<b>TD</b>	Petter Fure, Oppsal Orientering, <a href="mailto:petterfure@hotmail.com">petterfure@hotmail.com</a>
<b>Jury</b>	Anne Berit Eid, Nydalen, <a href="mailto:Abeid@online.no">Abeid@online.no</a> , 91519590 Andreas Huber, Hamar, <a href="mailto:ahuber@online.no">ahuber@online.no</a> , 41925080 Kjersti Hov, Fossum, <a href="mailto:kjersti.hov@norkart.no">kjersti.hov@norkart.no</a> , 91824134

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

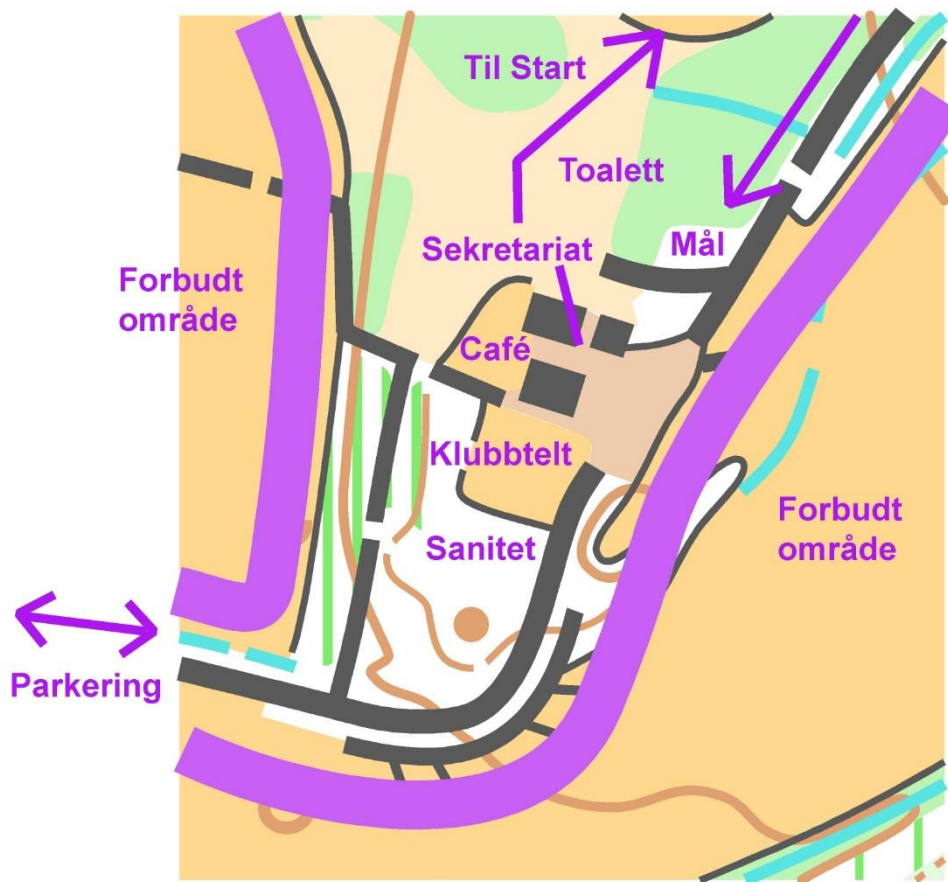
*If anything is unclear, do not hesitate to contact the race administrator on mail [tor@lahlum.no](mailto:tor@lahlum.no) or phone +47 909 86 467 or at the race office on arena.*

*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.*

Arenakart  
Veteranmesterskapet  
Smerta 8. -9. september 2018

s. 4



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.