



Race information - Short summary

Saturday January 5th

- 11:00 First start Middle distance, start at the arena
- 17:00 – 18.00 Free start sprint distance 1km,2km,3km, start at the arena
- 17:00 First start sprint D/H 21, D/H 17-20. Start at the arena

Sunday January 6th

- 10:00 Start D/H 13-14, D/H 10-12, N-åpen og B-åpen. Start at the arena
- 10.45 first start Long distance mass-start. Start 500m from the top of the ski lift

	scale	Counter intervall	Map size
Middle distance	1:10 000	5 m	A4
Sprint	1:5000	5 m	A4
Long distance, mass start	1:15 000	5m	A4
Long distance, arena start	1:10 000	5 m	A4

Middle Distance and Sprint

- Start at the arena
- No number bibs

Long Distance Mass start

- Ski lift transport to the start. The lift takes about 5 min. 700m /5min. on ski from top of the the lift. Calculate 30 min to the start. First lift at 10.00. Pick up ski lift ticket at the competition office.
- Map change (not for 7km). Map is printed on both sides. Turn the map on the map change control.
- Equipment will be transported from the start to the arena.
- GPS, some athletes in D/H 21 and D/H 17-20 will carry GPS unit. Lists at the arena and Eventor
- Equipment control for D/H21 and D/H 17-20. Equipment must be delivered by the competition office before 10.00.
- Refreshment control. (Not 7km and 8,4 km)

General information

- Brown roads are sanded, forbidden area
- Black roads are skiable, but some gravel may occur
- Some areas have little snow coverage
- The upper areas are exposed to wind
- Emit Touch free punching

There are a lot of tourists in the area. Be aware when you enter the wide tracks.

