



Bulletin

Smaalenenløpet

Norgescup for sr. og jr.

Sun 14th April 2019



Venue: Arena Stikla. Road signs from road 22 in Båstad.

Parking: 500-1500 meters walk to the arena. Please follow all the received instructions concerning driving directions closely. Do not park anywhere else than where the parking staff point you to. A parking fee of NOK 30 is paid in the kiosk at the arena.

Map/terrain: Stiklatjern. Released 2016, renewed 2019. Contours 5 m. Maps are printed on waterproof paper. Map covers are not needed, but runners are given the opportunity to help themselves to map covers at the start. Detailed terrain with very few slopes and paths, high runnability. High heather some places, and quite contoured terrain. In the higher areas and hilltops there are mainly pine forest, and mainly spruce forest in the lower parts of different age. Fairly challenging concerning o-technique. More paths close to the arena for the younger and beginners' classes. You may encounter spots of snow in some parts. Some small marshes may have gathered enough water to appear as small ponds to the human eye. Do not cross planted fields (map sign 502), or private areas (map sign 520). In accordance to WRE-events planted fields are marked out on the map (map sign 709)



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Women's classes

Men's classes

Class	Level	Distance	Start	Scale	Class	Level	Distance	Start	Scale
D17-18E	A	5,7 km	S1	1:10.000	H17-18E	A	7,7 km	S1	1:10.000
D19-20E	A	6,5 km	S1	1:10.000	H19-20E	A	9,0 km	S1	1:10.000
D21E	A	9,6 km	S1	1:10.000	H21E (1)	A	13,7 km	S1	1:10.000
					H21E (2)	A	12,1 km	S1	1:10.000
N-åpen	N	1,3 km	S2	1:7500	N-åpen	N	1,3 km	S2	1:7500
D10	N	1,8 km	S2	1:7500	H10	N	1,8 km	S1	1:7500
D11-12	C	2,3 km	S2	1:7500	H11-12	C	2,3 km	S2	1:7500
D11-12N	N	1,3 km	S2	1:7500	H11-12N	N	1,3 km	S2	1:7500
D13-14	B	3,4 km	S1	1:7500	H13-14	B	3,4 km	S1	1:7500
D13-16C	C	2,3 km	S2	1:7500	H13-16C	C	2,3 km	S2	1:7500
D13-16N	N	1,8 km	S2	1:7500	H13-16N	N	1,8 km	S2	1:7500
D15-16	A	5,0 km	S1	1:10.000	H15-16	A	5,8 km	S1	1:10.000
D15-16B	B	3,4 km	S1	1:7500	H15-16B	B	3,4 km	S1	1:7500
D17AK	A	4,6 km	S1	1:7500	H17AK	A	5,1 km	S1	1:7500
D17AL	A	7,6 km	S1	1:10.000	H17AL	A	8,8 km	S1	1:10.000
D17B	B	3,4 km	S1	1:7500	H17B	B	3,4 km	S1	1:7500
D17C	C	3,0 km	S1	1:7500	H17C	C	3,0 km	S1	1:7500
D17N	N	1,8 km	S2	1:7500	H17N	N	1,8 km	S2	1:7500
D35	A	7,6 km	S1	1:10.000	H35	A	7,7 km	S1	1:10.000
D40	A	5,8 km	S1	1:7500	H40	A	7,7 km	S1	1:10.000
D45	A	5,1 km	S1	1:7500	H45	A	7,6 km	S1	1:10.000
D50	A	4,5 km	S1	1:7500	H50	A	5,8 km	S1	1:7500
D55	A	4,5 km	S1	1:7500	H55	A	5,1 km	S1	1:7500
D60	A	4,2 km	S1	1:7500	H60	A	5,1 km	S1	1:7500
D65	A	3,7 km	S1	1:7500	H65	A	4,5 km	S1	1:7500
D70	A	3,7 km	S1	1:7500	H70	A	4,2 km	S1	1:7500
D75	A	2,7 km	S2	1:7500	H75	A	4,2 km	S1	1:7500
D80	A	2,7 km	S2	1:7500	H80	A	3,7 km	S1	1:7500
D85	A	2,7 km	S2	1:7500	H85	A	2,7 km	S2	1:7500

Open Direct courses:

Class	Level	Distance	Scale	Class	Level	Distance	Scale
Direkte C	N	3,0 km	1:7500	Direkte B	N	3,4 km	1:7500
Direkte AK	A	4,2 km	1:7500	Direkte AL	A	7,7 km	1:10.000

All direct courses use start S1.



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- Start:** H21E and H17-18E start from 10.00. The rest of the classes start from 11.00. B. Same start for all runners, 800 meters walk from the arena along field and gravel road (marked with yellow/black tape). There are two different starting points, S1 and S2. Look for your starting point in the table above. Distance from time start to S1 is 100 meters, distance from time start to S2 is 60 meters. Call up time three minutes before start. Loose definitions at the start. No toilets at the start, however you'll pass the toilets on your way to the start. All competitors in the elite classes must wear bibs, and you help yourself to your bib at the start. N-åpen and direct courses may start from 10:30-13:00. The maps for: N-åpen, D/H 10, D/H 11-12, D/H 11-12 N, D/H 13-16 C, D/H 13-16N are found in your team envelopes. Start times, seedings and division for the elite classes follow WRE regulations, and are based on WRE points.
- Finish:** There are two lanes in the inrun, one for the elite and one for the rest of the classes. The lanes are marked, but each runner is responsible for knowing which lane to use. Remember to punch at the finish line.

Emit punching cards/emiTags:

- Elite:** Emit-card for punching and emiTag for time measuring. All runners not registered in Eventor with their own tag will lend one. The pick-up of emiTags is at the start, make the start in good time for picking up your tag. Rental Emit punching cards are found in your team envelope.
- Other classes:** Use Emit punching card only, rental emit cards are found in your team envelope.
- All classes:** Failure in giving back the rental card will be invoiced your club at the full cost of a new card. Please check that the card number matches the number in the start list. Changes in your card number must be reported at the information tent at the arena. Backup-tags in your team envelope.



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Late entries: Via Eventor **Thursday Apr 11th** at **23.59** latest. Entries for open direct classes and N-åpen may be done at the arena until 11.30.

GPS: Chosen runners (25 last starters in D 21 E and H 21 E1) carry GPS. The list will be published in Eventor and announced next to the start lists at the arena. GPS is picked up at the start, make the start in good time for picking up your GPS. Live tracking opens at 12:00 (noon), it's strictly forbidden for any runner that have not started yet to view the tracking.

Prices: In accordance to NOF regulations.

Sanitary: No shower facilities. Toilets are found 200 meters from the arena, follow the signs to start.

Refreshment: H 21 E and D 21 E are offered water and energy drink at the map exchange approximately halfway through the course.

Race comitee:

Race director:	Sindre Valsgård
Course planners:	Per Fosser og Thomas Bedin
Course controller:	Tore Bjørnerød, OK Moss
Event controller:	Jan Arild Johnsen, Norges Orienteringsforbund
Jury (NC-Elite):	Isa Heggedal, Konnerud IL Jon Iver Bakken, Nydalens SK Leif Størmer, Fossum IF
Jury, other classes :	Øyvind Magne Rogndalen, Byåsen IL (leder) Hanne Lerche Raadal, Halden SK Jo Wiklund, Nydalens SK

Kiosk: Kiosk at the arena with good selection of food and refreshments. Pay cash or Vipps.

Sport sale: Runes O-utstyr has a sale tent at the arena with a good selection of o-equipment.



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