

Norsk Orientering in cooperation with different clubs  
Inviting to

## Sjusjøen competitions

Saturday 8. (WRE) og Sunday 9. (WRE) December 2012

Both competitions is a part of Sport 8 cup

### Courses and classes:

Class	Course Saturday	Course Sunday
D 10-12, H 10-12	2 km	2,5 km
D 13-14, D 15-16, H 13-14	3 km	3,5 km
D 40, D 50, D 60, D 17K	3 km	3,5 km
H 50, H 60, H 70	3 km	3,5 km
H 15-16, H 40, H 17K	3 km	6 km
D 17	4 km	6 km
H 17	4 km	8 km

Finale course lengths can change +/- 20% depending on snow conditions.

### Terrain:

Open mountain terrain with marshes and open spruce and birch forest. Moderate hilly.

### Courses:

Most scooter tracks but also some wider ski tracks. It depends on snow condition how much of each type of tracks.

### Start/finish:

Assembly area is Sjusjøen ski stadium. First start: time 14:00 Saturday and time 10:00 Sunday. Up to 10-15 minutes skiing to start both days.

### Punching system:

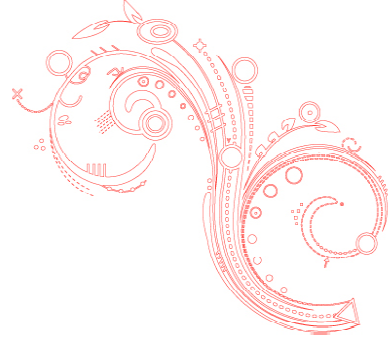
Emit touch free. If you have your own EmiTag you can use that. If you leave the Emit number empty in Eventor, you will be given a rental EmiTag. Rental price is NOK 50,- same price if you compete in one or two races.

If you loose the EmiTag it will cost you NOK 600,-

### Map holder:

We have some map holder for rent, price NOK 50,- same price if you compete in one or two races.

If you loose the map holder it will cost you NOK 600,-

**Entry:**

Online entry via Eventor <http://eventor.orientering.no/Events?disciplines=Ski>  
latest Monday 3.dec time 2000

Late entry in Eventor is possible until Friday 7.dec time 2000

Also possible with late entry at arena until one hour before start, as long as we have available maps.

**Entry fee:**

D/H upp to 16 year: NOK 150,-

D/H over 17 year: NOK 225,-

EmiTag / map holder: NOK 50,-

Additional entry fee, late entry 50 %

All fees have to be paid before start

**Start-/result lists**

Can be found in Eventor <http://eventor.orientering.no/Events?disciplines=Ski>

**Accommodation:**

There are different kinds of accommodation at Sjusjøen, it starts filling up already.  
Se following webpages:

- [www.visitsjusjoen.no](http://www.visitsjusjoen.no)
- [www.sjusjoen.no](http://www.sjusjoen.no)
- [www.sjusjoen.org](http://www.sjusjoen.org)
- <http://sjusjoen-fjellheimen.no>
- <http://dev.sjusjoenbooking.visbook.no>
- [www.nordseter.no/hotel](http://www.nordseter.no/hotel)
- [www.sjusjøtunet.no](http://www.sjusjøtunet.no)
- [www.rustadhotel.no](http://www.rustadhotel.no)

**Race leader:** Jon H. Ulvensøen phone: +47 91391974 e-mail: [jon@polight.no](mailto:jon@polight.no)

**Course setter:** Yngve Mobråthen

**IOF adviser:** Lars Lystad