



World Cup granskningsløp May 4th 2019



BULLETIN

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Middle distance

ARENA

Skogmo school. Gamle Algarheimsveg 200, 2050 Jessheim

ROAD SIGNS/MARKING

Signs from E6, exit road signage: Jessheim (south).

PARKING

Limited parking capacity at the arena. Up to 1500 meter walking distance from remote parking.

Parking Fee NOK 50,-. VIPPS: 74100. Please pay in advance! Cash payment possible, contact parking staff.

By bus or train instead?

1700 m walking distance from Jessheim railway station. Bus stop: Skogmo skole.

Bus route no: 440 or 450. Approximately 300 meter to walk from bus stop to arena.

MAP AND TERRAIN NOTES

Langelandsfjellet, scale 1:10.000, 5-meter contour interval. Released 2015. Updated autumn 2018/spring 2019.

Medium hilly forest terrain with varying runnability.

Old map of the area is available at the Eventor website.

COMPETITION CLASSES

W21E and M21E.

START

First start at 11:00. Start interval: 2 min.

Approximately 900 m walking distance from arena to start. Tapes will mark route from arena to start, see Areanskisse in the back of bulletin for direction from arena. This route is also the warm up area.





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There will be pre-start procedure

Pre-start:

Here you find start/bib number and GPS-device for self-service.

Make sure you are at the pre-start in due time for this. The bib number must be properly attached to your race shirt (front) with the safety pins provided at pre-start.

Competitors will not be called up individually, and it is your responsibility to be ready for start at the correct time.

The competitors must be ready to leave the pre-start 3 minutes before their starting time.

Leave the pre-start when the clock at pre-start shows your start time.

There will be staff present at pre-start to control these instructions are followed.

Tapes mark the track for pre-start to start. This will take you 1,5 minute at jogging pace.

Start:

Here you find control descriptions (self-service) and the actual race start (competition time).

It is the competitor's responsibility to start at the correct time. Start the race when the clock at start shows your start time. Do not start in advance! There will be staff present at start to control these instructions are followed.

Tapes mark the track from race start to course start (Approximately 200 m).

START/BIB NUMBER

The same start/bib numbers are used for both competitions. (Saturday and Sunday). If you are going to run the long distance event on Sunday, you must keep the bib number safe.

COMPETITION CLASSES AND DISTANCES

CLASS	TRACK/TIME	CLASS	TRACK/TIME
W21E	4,7 km / 32-34 min	M21E	6,0 km / 32-34 min.

PUNCHING, TIMING SYSTEM AND GPR TRACKING

EmiTag for timing og Emit for punching. EQ Timing will provide timekeeping services.

EmiTag and Emit for rent at the race office.

The 25 last starting competitors in each class must carry a GPS tracking device. These athletes find their GPS at start. See pre-start procedure above.





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AWARDS

1/8 of the registered competitors will be given an award.

Award ceremony at the arena after the race class is finished.

KIOSK

There will be a kiosk with limited F&B offers. Cash or VIPPS: 74100.

TOILETES

Toilettes only available at the arena. Please take off your spike shoes before entering the school.

CLOAKROOMs

Limited cloakroom capacity at the school. Separate cloakrooms for W/M.

REGISTARTION

Registration is closed.

Class	Registration fee	Late registration	Changes in registration
W21E	200,- NOK	300,- NOK	50,- NOK
M21E	200,- NOK	300,- NOK	50,- NOK
Competitors from Norwegian clubs pay by invoice. Foreign competitors/clubs pay cash or by bank asept card at the race office.			

FAIR PLAY

Do not watch the tracking from the race before you have finished your race. Do not give race info to competitors! Respect Fair Play!

ORGANISATION

Race Director: Bent Skatvedt (482 53 874)

Course setter: Ståle Sønsterudbråten

Race Controller (NOF): Jan Arild Johnsen(event)/Jørgen Rostrup (course)

INFORMASJON:

<http://raumar.net/>

<https://eventor.orientering.no/Events/Show/10595>





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ARENAKART

World Cup rankingløp og Romeriksløpet – 4. og 5. mai 2019
Samlingsplass på Skogmo Skole
Gamle Algarheims veg 200, 2050 Jessheim

Mobile Kjeller AS

noname

