



Invitation

Norsk O-festival 2019

The organizing clubs, Hedrum OL, Lardal OL og Larvik OK invite you to the Norwegian Orienteering Festival in Larvik June 28 - 30, with summer adventures and fun in the o-tracks and in between the races!

ARENA

Fagerli school is the arena all three days and is situated just north of Larvik city center.

TRANSPORT

Parking for cars 750-1000 meters from arena. The parking is a five minutes drive from leaving the main road E18. Buses will be allowed offloading closer to the arena. Parking fees are NOK 60,- per day or NOK 150,- for all three days.

The walking distance from Larvik railway station is about 2,5 km, but there are regular bus departures from the station that stops about 300 meters from the arena.

Sandefjord airport, Torp has connections to the hubs Schiphol – Amsterdam, Kastrup – Copenhagen and London in addition to numerous other destinations. It is possible to use a shuttle bus and train to Larvik.

RACE PROGRAMME

Friday 28th, sprint

15.00-21.00 Race office open at arena
17.00-20.00 Start classes w/free start
18.00-20.00 Start elite + D/H15 and 16
18.30-20.00 Start other classes w/start time
21.00 Finish closes

Saturday 29th, middle distance

08.30-16.00 Race office open at arena
10.00-13.00 Start classes w/free start
10.00-14.00 Start elite + D/H15 and 16
10.00-11.30 Start classes <12 y w/start time
11.00-13.30 Start other classes w/start time
14.00 Start team competition D/H-12
15.30 Finish closes

Sunday 30th, long distance

08.30-16.00 Race office open at arena
10.00-13.00 Start classes w/free start
10.30-13.00 Chase start elite + D/H15 and 16
11.00-13.30 Start other classes w/start time
15.30 Finish closes

ACCOMODATION

We offer an affordable accomodation in our school hotel, only a ten minutes walk from the arena. It is possible to stay from Thursday June 27. We use the class rooms and you bring your own sleeping mattress and sleeping bag. We offer a breakfast that is included in the price. A guard is present around the clock. The price is NOK 200,- per night. You may book now or ask for further information using e-mail skole@of19.no

We are arranging a simple mobile home/caravan parking within walking distance from arena, please contact us using e-mail skole@of19.no for further information.

O-festivalen 2019 has agreements with *Trudvang gjestegård* and *Quality Hotel Grand Farris*. Both these accomodations are centrally placed, about 2,5 km from arena. Rooms are reserved for participants of O-festivalen, available using the booking reference provided below.

Trudvang gjestegård

Book using e-mail hotell@trudvang.no or phone +47 331 65270. Use the booking reference «O-festivalen 2019». Prices per night:

- Single room NOK 945,-
- Double room NOK 1125,-
- Family room 3 pers. NOK 1260,-
- Family room 4 pers. NOK 1440,-

Breakfast, parking and wi-fi are included.

Quality Hotel Grand Farris

Book via phone +47 331 96900 or e-mail q.grand.farris@choice.no. Provide the booking reference «O Festivalen 2019». Prices per night:

- Single room NOK 1095,- per person
- Double room NOK 765,- per person
- 3 bed room NOK 655,- per person
- 4 bed room NOK 545,- per person

Breakfast buffet and wi-fi are included.

The Larvik area has a large number accommodations of various types from hotels, B&Bs, apartments, camping sites and guest harbours for your boat. The area has lots of visitors in the summer and lots are going on, so better book a place to sleep as early as possible. Luckily O-festivalen takes place a bit in advance of the main holiday season. You will find information on our web page <http://o-festivalen.no> or at the official guide at <https://www.visitvestfold.com/en/larvik/>

ACTIVITIES IN LARVIK

The summer in Larvik and Stavern offers various cultural happenings and events, at the same time is it tempting even for exhausted orienteering runners to go for a walk and we recommend a walk along the coast line and the beautiful beech forest Bøkeskogen. Some highlights will be presented on our web page closer to the event, but the tourist information here is a good resource <https://www.visitvestfold.com/en/larvik/>

MAP AND TERRAIN

Friday:

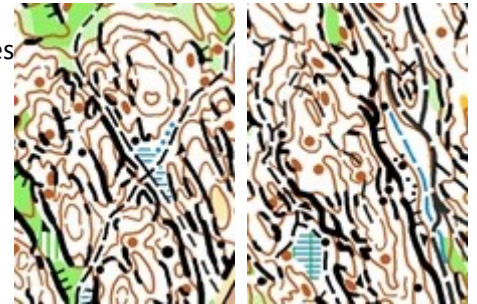
The sprint takes place in a partially hilly residential area with several parks/playgrounds and forest areas. The courses in the elite classes and D/H13-16 are mainly urban, but the veteran classes and classes with free start will use a mix of urban areas and surroundings with easy runnable forest with a high density of paths and several route choices.



The map is made by Helge Gisholt 2018-2019 and is of a very high quality. Scale 1:4000 – 2.5m contour interval.

Saturday:

A middle distance in hilly terrain which is frequently used for hiking that leads to a lot of paths. The terrain has an extreme density of map details, especially slopes and cliffs. Accurate map reading is required, given the exciting and challenging terrain. The orienteering will be demanding for A level classes, while the presence of roads and large paths supports creating good B, C and N level courses.



The map is made by Helge Gisholt 2018-2019 and is of a very high quality. The scale for elite classes, and D/H15 and 16 is 1:10 000. For the other classes the scale 1:5000 is also used. 5m contour interval.

Sunday:

A long distance in hilly forest terrain with mixed forest and many roads and paths. The runnability varies from good runnable pine and old spruce forest to areas with denser vegetation. In parts of the terrain the extreme amount of details requires demanding map reading abilities and challenging route choice orienteering. The A level classes will be demanding, while a network of roads and large paths lays the foundation for creating good B, C and N level courses.



The map is created by Helge Gisholt 2018-2019 and is of a very high quality. The scale for elite classes, and D/H15 and 16 is 1:10 000. For the other classes the scales 1:7500 or 1:5000 are used. 5m contour interval.

The maps and courses for all three race days will be offset printed at BK-trykk in Sandefjord.

EMBARGOED AREAD

The race terrain is embargoed for potential runners. Refer to the [rules and embargoed aread](#) shown at our web page.

START

There will be three start locations all the race days, as follows:

Start 1: Elite classes and D/H 15 + 16

Start 2: Other classes with allocated start time

Start 3: All classes with free start time: N, C, B and AK classes, and classes with direct registration at the race.

Approximate distances to the different starting locations:

Friday	Saturday	Sunday
Start 1 1000m	Start 1 1000m	Start 1 2500m
Start 2 1000m	Start 2 800m	Start 2 900m
Start 3 300m	Start 3 600m	Start 3 900m

PRIZES

Classes up to age 12 and *N-Åpen*: A prize to all participants every day.

Classes *Utvikling B, C and N*: Prizes to all participants up to age 16 every day.

Classes age 13 and 14: Prizes to top 1/3 of the starters every day.

Classes age 15 and 16 w/chase start: Prizes to top 1/3 of the starters Friday. Prizes to the top six Saturday. Prizes to top 1/3 overall.

Classes age 17-21 w/chase start: Prizes to the top six Friday and Saturday. Prizes to top 1/6 overall.

Other classes age above 17: Class winner.

CLASSES AND COURSES

The classes D15, D16, D17-18E, D19-20E, D21E, H15, H16, H17-18E, H19-20E and H21E has a chase start Sunday based on the results of Saturday's middle distance. The races Friday and Saturday are World Ranking Events for senior classes.

Class	Friday	Saturday	Sunday	Start	Class	Friday	Saturday	Sunday	Start
A level					A level				
H15	2.3	3.0	4.8	1	D15	2.0	2.6	4.0	1
H16	2.5	3.5	5.6	1	D16	2.2	2.9	4.6	1
H17-18E	2.7	4.0	7.0	1	D17-18E	2.3	3.2	5.5	1
H19-20E	2.8	4.2	9.5	1	D19-20E	2.4	3.4	6.0	1
H21-E	3.1	5.0	12.0	1	D21-E	2.5	4.1	8.5	1
H17-	2.7	4.0	8.0	2	D17-	2.5	3.5	5.5	2
H17-Kort	2.4	3.2	4.5	3	D17-Kort	2.3	2.9	3.8	3
H35-	2.7	4.0	7.5	2	D35-	2.5	3.5	5.5	2
H40-Kort	2.2	3.0	4.5	3	D40-Kort	2.1	2.7	3.5	3
H40-	2.7	4.0	7.5	2	D40-	2.4	3.4	5.0	2
H45-	2.6	3.7	6.5	2	D45-	2.4	3.3	4.6	2
H50-Kort	2.1	2.7	3.7	3	D50-Kort	2.0	2.5	3.2	3
H50-	2.5	3.6	5.8	2	D50-	2.3	3.2	4.3	2
H55-	2.5	3.6	5.4	2	D55-	2.3	3.1	4.0	2
H60-	2.4	3.4	5.0	2	D60-	2.3	3.1	4.0	2
H65-	2.4	3.2	4.6	2	D65-	2.0	2.9	3.8	2
H70-	2.3	2.9	4.1	2	D70-	2.0	2.5	3.5	2
H75-	2.0	2.5	3.5	2	D75-	1.7	2.3	2.8	2
H80-	1.7	2.3	2.8	2	D80-	1.7	2.3	2.8	2
H85-	1.7	2.3	2.8	2	D85-	1.7	2.3	2.8	2
Dir A1	3.0	4.0	7.5	3	Dir A2	2.5	3.3	5.0	3
Dir A3	2.0	2.6	3.5	3					
B level					B level				
H13	2.0	2.7	3.3	2	D13	2.0	2.7	3.3	2
H14	2.5	3.0	4.1	2	D14	2.3	2.9	3.7	2
H17-B	2.7	3.5	4.0	3	D17-B	2.1	2.8	3.4	3
Dir B	2.7	3.5	4.0	3	Utvikling B	2.1	2.8	3.4	3
C level					C level				
H11-12	1.5	2.0	2.5	2	D11-12	1.5	2.0	2.5	2
H17-C	2.5	3.0	3.5	3	D17-C	2.5	3.0	3.5	3
Dir C	2.5	3.0	3.5	3	Utvikling C	2.5	3.0	3.5	3
N level					N level				
H9-10	1.3	1.8	2.1	3	D9-10	1.3	1.8	2.1	3
H17-N	1.8	2.4	3.0	3	D17-N	1.8	2.4	3.0	3
N-Åpen	1.0	1.5	1.5	3	Utvikling N	1.8	2.4	3.0	3

The course lengths are preliminary and indicative. Final lengths are published in the Bulletin.
The classes starting with H are men's classes and the ones starting with D are women's classes.

COURSE LEVELS

- **A-level:** A-courses are the most demanding and all techniques of orienteering must be mastered.
- **B-level:** B-courses demand short detailed orienteering close to the control points and a good knowledge of contour lines.
- **C-level:** C-courses mainly follow guide lines, but occasionally athletes are expected to leave these lines. There are crossroads opportunities.
- **N-level:** N-courses have one obvious crossroad along continuous guide lines (roads, paths, streams and fences). All controls are visible from the guide lines.

The development classes *Utvikling B, C and N* are offered for children and youth at these levels. The development classes are open for participants aged up to 20 years. The class *N-Åpen* meant for absolute beginners and mainly at young age.

Athlete 12 years and younger, and athletes in N-classes and *Utvikling* classes will receive their map and course at the arena all days.

ENTRY

Registration via Eventor - <https://eventor.orienteering.no/Events>

Ordinary entry deadline is Tuesday June 11th 23:59

First late entry deadline is Friday June 21st 23:59

Entries received before the first late entry deadline will be part of the start list draw. Start lists are published in Eventor and our web page at latest Monday June 24th.

Second late entry deadline is Thursday June 27th 23:59

Starting on Saturday June 22nd entries are received only as long as there are free slots first in the start list in the different classes. **Eventor is closed for registration Thursday 27th 23:59** and after this time, registration are only possible in the race office at arena in direct courses, development courses and *N-Åpen*.

ENTRY FEES

D/H 9-16 years: NOK 140,- per race

- Extra fee for late entry (from age 13) at latest 21 June NOK 60,-

- Extra fee for late entry (from age 13) at latest 27 June NOK 90,-

Elite classes jr. og senior: NOK 320,- per race

- Extra fee for late entry at latest 21 June NOK 160,-

- Extra fee for late entry at latest 27 June NOK 220,-

Øvrige klasser f.o.m. D/H 17 år: Kr 270,- per race

- Extra fee for late entry at latest 21 June NOK 130,-

- Extra fee for late entry at latest 27 June NOK 180,-

N-åpen, Utvikling B, C og N: NOK 100,- per race. No late entry fee.

Other direct courses: NOK 220,- per race.

Entry fee is pre-paid in Eventor for foreign participants and for participants from Norwegian clubs that has enabled this option. Other Norwegian clubs will be invoiced after the event.

PUNCHING SYSTEM

The EMIT punching system is used. Provide an EMIT ID when registering. Registrants without EMIT ID registered within the entry deadline will be given a rental card and charged NOK 50,- per race.

Elite classes and D/H 15 + 16 will use an EMIT tag for timing and punching at the sprint on Friday, and the EMIT tag will be used for timing at Saturday and Sunday. Registrants without EMIT tag ID registered within the entry deadline will be given a rental tag and charged NOK 50,- per race.

CHILDREN FESTIVAL AND «SMÅTROLL»

An area centrally placed on the arena is reserved for activities under the children festival and «småtroll» umbrella. On Friday there will be a funny «småtroll» course with prizes for all, while on Saturday and Sunday there will be different activities in addition. We will inform about this on our web page. And yes, there will be prizes!

YOUTH TEAM COMPETITION

The team competition takes place Saturday June 29th, with start at 14:00 o'clock. The classes D/H 11-12 will start early on Saturday, making it possible for all youth to participate both in the ordinary individual race and in the team competition. Each team shall have between 3 and 5 runners of age 8 – 12 years (born 2007 – 2011). Joint entry of the team in Eventor with one EMIT card per team. Note that the team competition is a separate event in Eventor. Entry deadline Thursday June 27th 23:50 and entry fee NOK 300,- per team. Mixed teams across clubs are allowed.

TRAIL-O

Wanna try TempO during O-festivalen? TempO is one of the forms of trail orienteering, where the map reading ability are important. This takes place close to the arena at Saturday June 29th with start between 10:00 and 15:00.

You will try 4 stations with different tasks and increasing level of difficulty. The final station will work fully as TempO in a competition. Bring your compass and try this out!

We draw nice prizes amongst all the participants.

ORGANIZATION AND CONTACT INFO

Leader main committee: Roger Lysnes, Hedrum OL

Leader information: Tom Kristensen, Larvik OK

Leader sport/courses: Jørn Sundby, Larvik OK

Leader logistics: Tormod Fjære, Hedrum OL

Map maker: Helge Gisholt

Finish/timing/results: Dagfinn Øksenholt (Elite), Stig Lomme og Arne Dirdal

Technical advisors NOF: Jan Arild Johnsen (event + sprint courses Friday)

Dagfinn Torpe (courses Saturday)

Knut Wiig Mathisen (courses Sunday)

Web: 2019.o-festivalen.no facebook.com/ofestivalen19

Anything unclear? Send an e-mail to info@of19.no

(eventually call Roger Lysnes +47 915 22 964 or Tom Kristensen +47 9516 1107)



Welcome to

Summer

Orienteering

Larvik



noname

