



WRE-middle 29.06 Final bulletin

Arena

Fagerli school, signposted from fv.40, 1km south of E-18. Exit E-18 on exit number 45. Distance from parking to arena is 750-1000 meter. Parking fee 60 NOK pr.day, 150 NOK for three days. Yellow and blue tapes from parking to arena.

For enquiries, please visit the event office at the arena. Any complaints shall be made in written form at the event office at the latest 15.00.

Contact info: info@of19.no

Embargoed area

<https://www.google.com/maps/d/u/0/viewer?mid=1Ty0mN9pGReL7mAXSvXWoEdVl-fc&ll=59.087072489045156%2C10.03540995000003&z=12>

Start

Follow Blue and hvite tapes from arena to **Start 1**. Distance 1120m on road and path. Toilet and water available on the way to the start. Start interval 2 minutes. **For fairness reasons elite athletes must leave the arena at latest 12.00.** A quarantine area is available in the school (sport hall) from 11.30 for those with later starts. Toilets and water available there. No sign in. Runners free to move to the start whenever they want.

Bib numbers, rental EmiTags/cards, back-up labels and GPS-units are handed out at the start.

-3 call up, check EmiTag and Emit card

-2 control descriptions and zeroing

-1 map box

Compulsory marked route 50 meters to start point.

Punching and time keeping

Punching with Emit card and time keeping with EmiTag. At the finish line the time is measured by a photo beam.

Map

Scale 1:10 000 / 5m contour interval. Mapped according to ISOM 2017. Mapper: Helge Gisholt. Map is offset printed and in sealed plastic bags. For better legibility the map is printed with 90% black on crags, cliffs, boulders and power lines, after approval of the Norwegian mapping committee.

There are a number of smaller tracks and paths in the terrain. Some of the smaller paths mapped might be difficult to spot and follow.

Baskets and other equipment for frisbeegolf are not mapped.

Terrain

Hilly and very challenging terrain with many cliffs and crags. A dense network of paths and tracks.

Courses

H21-E (Men): 5,40km/26 controls. Winning time: 35 minutes.

D21-E (Women): 4,18km/21 controls: Winning time: 35 minutes.

Course lengths are measured straight line, including marked route. Arena passage towards the end of the courses. Control for arena passage and last control is the same. It is compulsory to follow the marked route on the arena passage.

There are many controls, lines and numbers on the map close to the arena, please make sure you take the controls in the correct order.

Due to the size of the event there are in general many controls in the forest.

Chase start

The middle distance is the first part of a chase start event on Sunday (not WRE). The first start in the chasing start Sunday is 12.30 for Women and 13.00 for Men. Start lists will be available Saturday evening. On Sunday there will be a quarantine from 11.30.

Clothing

The competition follows the Norwegian rules regarding clothing, athletes must wear clothing that covers their whole body, except arms, neck and head. Choice of shoes are free.

Refreshment

Refreshment with water available, marked on the maps.

Prizegiving

For top 6 men and women at the stage at approx. 15.00.

Event director: Roger Lysnes

Course planner: Jørn Sundby