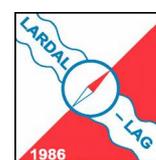


Competition Instructions Friday 28. June – Sprint

Common information in separate document

PROGRAMME

15.00	Event office opens
17.00	Child care and Småttroll open
17.00	First start classes with free start
17.30	Shower opens
18.00	First start elite, D/H15 and 16
18.00	First start other classes with start time
19.00	No elite class runners at arena after this time
20.00	Start closes for classes with free start
20.30	Prizegiving elite and 13–16 y/o (approx.)
20.30	Child care and and Småttroll close
21.00	Finish closes
21.00	Event office closes
21.00	Shower closes



MAP

Hagalia and Fagerli, 2019 by Hedrum OL and Larvik OK.

Scale: 1:4000. 2,5 meter contour interval.

Mapper: Helge Gisholt according to ISSOM 2007 (sprint) for all classes.

Maps and courses are offset printed and in sealed plastic bags for all classes.

Frisbeegolf baskets are marked with a black x on the map. Other installations associated with frisbeegolf is not marked on the map.

TERRAIN

Hilly residential area with scattered forest areas. The forested areas are mostly well runnable with a lot of paths and tracks, but some areas with denser vegetation occurs. Approximate portions of the courses on firm surface and other:

Classes	Firm surface	Grass, paths and forrest
Elite jr. and sr, D/H 15/16	60-80 %	20-40 %
Other classes	40-60 %	40-60 %

RESTRICTED AREAS

The sprint map norm, ISSOM 2007 is in effect. Competitioners from start 1 and start 2 may approach a couple of forbidden areas marked with course print colour. These areas are also marked in the terrain (plastic tape).

Two fotball fields are marked as private area (olive green 528.1) and it is NOT ALLOWED to run across them! These are not marked in the terrain.

TRAFFIC

Normal traffic for quiet residential areas. No roads are closed for traffic. There will be marshals placed on selected areas.

CLOTHING

Competition rules for sprint are followed, where choice of clothes are free. However, we recommend long trousers due to some small areas with undergrowth. Shoes with rubber soles and good grip – without spikes – are recommended.

FAIR PLAY

The map is kept after the finish line. It is not allowed to share any knowledge of any sort about map, courses or terrain with runners that has not completed their race. Runners that has not finished their race shall not try to acquire information from other competitors or from results/trackin online.

It is allowed to watch the tracking shown on the large screen on the arena. It is allowed to accompany participants in N-Åpen, H/D9-10 and Utvikling N.

CLASSES AND COURSES

Class	Length	Controls	Scale	Start	Class	Length	Controls	Scale	Start
A-nivå	Km				A-nivå				
H15	2.07	13	1:4000	1	D15	2.05	12	1:4000	1
H16	2.29	15	1:4000	1	D16	2.09	13	1:4000	1
H17-18E	2.33	15	1:4000	1	D17-18E	2.06	15	1:4000	1
H19-20E	3.06	13	1:4000	1	D19-20E	2.10	15	1:4000	1
H21-E	3.11	14	1:4000	1	D21-E	2.34	14	1:4000	1
H17-	2.82	17	1:4000	2	D17-	2.50	14	1:4000	2
H17-Kort	2.53	17	1:4000	3	D17-Kort	2.21	20	1:4000	3
H35-	2.74	17	1:4000	2	D35-	2.46	13	1:4000	2
H40-Kort	2.21	20	1:4000	3	D40-Kort	2.04	17	1:4000	3
H40-	2.74	17	1:4000	2	D40-	2.46	13	1:4000	2
H45-	2.73	16	1:4000	2	D45-	2.33	13	1:4000	2
H50-Kort	2.04	17	1:4000	3	D50-Kort	2.09	18	1:4000	3
H50-	2.60	14	1:4000	2	D50-	2.24	15	1:4000	2
H55-	2.40	14	1:4000	2	D55-	2.16	13	1:4000	2
H60-	2.33	13	1:4000	2	D60-	2.16	13	1:4000	2
H65-	2.24	15	1:4000	2	D65-	2.09	12	1:4000	2
H70-	2.10	12	1:4000	2	D70-	2.09	12	1:4000	2
H75-	2.09	12	1:4000	2	D75-	1.92	11	1:4000	2
H80-	1.92	11	1:4000	2	D80-	1.92	11	1:4000	2
H85-	1.92	11	1:4000	2	D85-	1.92	11	1:4000	2
Direkte A1	2.76	20	1:4000	3	Direkte A2	2.53	17	1:4000	3
Direkte A3	2.09	18	1:4000	3				1:4000	
B-nivå					B-nivå				
H13	2.01	13	1:4000	2	D13	2.01	13	1:4000	2
H14	2.32	14	1:4000	2	D14	2.29	13	1:4000	2
H17-B	2.51	18	1:4000	3	D17-B	2.34	16	1:4000	3
Direkte B	2.51	18	1:4000	3	Utvikling B	2.34	16	1:4000	3
C-nivå					C-nivå				
H11-12	1.31	10	1:4000	2	D11-12	1.31	10	1:4000	2
H17-C	2.08	14	1:4000	3	D17-C	2.08	14	1:4000	3
Direkte C	2.08	14	1:4000	3	Utvikling C	2.08	14	1:4000	3
N-nivå					N-nivå				
H9-10	1.36	17	1:4000	3	D9-10	1.36	17	1:4000	3
H17-N	1.47	15	1:4000	3	D17-N	1.47	15	1:4000	3
N-Åpen	1.23	15	1:4000	3	Utvikling N	1.47	15	1:4000	3

All course lengths are measured straight line and include marked path.

MAP CHANGE

The classes H21-E and H19-20E changes maps on a course by turning the map. Control numbering is har kartvending på post underveis. Controls are numbered consecutively.

QUARANTINE

Participants in the elite classes must leave the arena and proceed toward start at latest 19:00. Toilet and water available close to start.

CONTROLS

Controls are densely placed; check control codes. The elite classes use touch-free and there will be both touch-free and ordinary Emit units in the competition area.

Note: There is 2 different last controls!

START

Start 1 – **Lett-Tak**: 1300 meter on road and path. Elite and D/H 15/16. *Blue and white tape.*

Start 2 – **Norconsult**: 1130 meter on road. Other classes with start time. *Green and white tape.*

Start 3 – **Veidekke**: 200 meter on road and small path. All classes with free start: N, C, B and AK/Kort classes and direct courses. *Red and white tape.*

Toilet and drinking water in transit to start 1 and 2.

All participants shall follow marked route leading to the start control!

GPS-TRACKING

Selected participants in D17-18E, H17-18E, D21-E and H21-E are carrying GPS units. A list of these runners are available in Eventor. GPS units are handed out at start 1.

We kindly ask participants that are on this list to send us a notice to info@of19.no, in order for the units being used by starting participants.