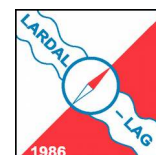


## Competition Instructions Saturday 29. June – Middle distance

*Common information in separate document*

### PROGRAM

08.30	Event office opens
09.30	Child care opens
10.00	First start classes with free start
10.00	First start elite, D/H15 and 16
10.00	First start classes <12 år with start time
10.00	Children's O-festival and Småtroll open
10.00	PreO opens
10.30	Shower opens
11.00	First start other classes with start time
12.00	No elite class runners at arena after this time
13.00	Start closes for classes with free start
14.00	Start team competition D/H-12
15.00	Prizegiving elite and 13–16 y/o (approx.)
15.00	PreO closes
15.00	Children's O-festival and Småtroll close
15.30	Prizegiving team competition (approx.)
15.30	Child care closes
15.30	Finish closes
16.00	Event office closes
16.00	Shower closes



### MAP

Vestmarka syd, 2019 by Larvik OK.

Scales: 1:10 000/5000. 5 meter contour interval. See 'classes and courses' for the different courses' scale.

Mapper: Helge Gisholt according to ISOM 2017.

Maps and courses are offset printed and in sealed plastic bags for all classes. For better readability and with permission from NOF's map committee, the map is printed with 90% black on crags, cliffs, boulders and power lines.

The map has meridians in blue colour.

Some smaller paths may be difficult to see/follow in race speed. Baskets and other equipment for frisbeegolf are not mapped.

### RESTRICTED AREAS

Restricted areas are marked on the map in course printing colour.

### TRAFFIC

Several courses will cross a small gravel road with sporadic low-speed traffic. All courses are crossing the old main road, this is closed for all traffic and participants are free to cross it.

## CLOTHING

Norwegian competition rules are followed, where clothes shall cover all of the body except arms, neck and head.

## 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 Utkling N.

## CLASSES AND COURSES

Class	Length	Controls	Scale	Start	Class	Length	Controls	Scale	Start
<b>A level</b>	<b>Km</b>				<b>A level</b>	<b>Km</b>			
H15	3,01	15	1:10 000	1	D15	2,61	15	1:10 000	1
H16	3,82	18	1:10 000	1	D16	2,78	16	1:10 000	1
H17-18E	3,83	20	1:10 000	1	D17-18E	3,33	18	1:10 000	1
H19-20E	4,14	20	1:10 000	1	D19-20E	3,62	18	1:10 000	1
H21-E	5,40	26	1:10 000	1	D21-E	4,18	21	1:10 000	1
H17-	4,06	19	1:5000	2	D17-	3,44	17	1:5000	2
H17-Kort	3,50	17	1:5000	3	D17-Kort	3,04	16	1:5000	3
H35-	3,75	17	1:5000	2	D35-	3,29	15	1:5000	2
H40-Kort	3,04	16	1:5000	3	D40-Kort	2,66	16	1:5000	3
H40-	3,75	17	1:5000	2	D40-	3,29	15	1:5000	2
H45-	3,74	19	1:5000	2	D45-	3,24	15	1:5000	2
H50-Kort	2,66	16	1:5000	3	D50-Kort	2,35	13	1:5000	3
H50-	3,71	19	1:5000	2	D50-	2,92	16	1:5000	2
H55-	3,63	18	1:5000	2	D55-	2,66	14	1:5000	2
H60-	3,24	15	1:5000	2	D60-	2,66	14	1:5000	2
H65-	2,92	16	1:5000	2	D65-	2,55	13	1:5000	2
H70-	2,69	13	1:5000	2	D70-	2,55	13	1:5000	2
H75-	2,55	13	1:5000	2	D75-	1,92	11	1:5000	2
H80-	1,92	11	1:5000	2	D80-	1,92	11	1:5000	2
H85-	1,92	11	1:5000	2	D85-	1,92	11	1:5000	2
Direkte A1	3,68	20	1:5000	3	Direkte A2	3,50	17	1:5000	3
Direkte A3	2,35	13	1:5000	3					
<b>B level</b>					<b>B level</b>				
H13	2,37	12	1:5000	2	D13	2,37	12	1:5000	2
H14	2,76	15	1:5000	2	D14	2,70	15	1:5000	2
H17-B	3,21	16	1:5000	3	D17-B	2,97	15	1:5000	3
Direkte B	3,21	16	1:5000	3	Utkling B	2,97	15	1:5000	3
<b>C level</b>					<b>C level</b>				
H11-12	2,10	11	1:5000	2	D11-12	2,10	11	1:5000	2
H17-C	2,25	11	1:5000	3	D17-C	2,25	11	1:5000	3
Direkte C	2,25	11	1:5000	3	Utkling C	2,25	11	1:5000	3
<b>N level</b>					<b>N level</b>				
H9-10	1,77	12	1:5000	3	D9-10	1,77	12	1:5000	3
H17-N	2,13	12	1:5000	3	D17-N	2,13	12	1:5000	3
N-Åpen	1,55	10	1:5000	3	Utkling N	2,13	12	1:5000	3

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

## DRINKING STATIONS

Drinking stations with water is placed at 4 different locations in the terrain. The stations are shown on the maps.

## TERRAIN

A middle distance in hilly and very challenging terrain with many cliffs and crags. The terrain has a dense network of paths and tracks.



## CONTROLS

Controls are densely placed; check control codes. Classes with arena passage has a lot of controls, digits and lines on their maps in the area close to the arena. Make sure you run to the right control!

*Note: There is 2 different last controls!*

## START

Start 1 – **Lett-Tak**: 1120 meter on road and path. Elite and D/H 15/16. *Blue and white tape.*

Start 2 – **Norconsult**: 1150 meter on road. Other classes with start time. *Green and white tape.*

Start 3 – **Veidekke**: 960 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.*

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

## CHASE START

The middle distance is the first part of a chase start event on Sunday for elite classes, D/H15 and D/H16. Start lists will be available Saturday evening.

## ARENA PASSAGE

The elite classes, D/H 15 and D/H 16 have an arena passage towards the end of the courses. 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.

## QUARANTINE

Participants in the elite classes must leave the arena at latest 12:00. The runners may stay in the sports hall in the school building. Toilet and water available in the sports hall. It is possible to enter the sports hall from 11:30 and proceed towards start when preferred. There is toilet and water close to the start.

## GPS TRACKING

Selected participants in D19-20E, H19-20E, D21-E og 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](mailto:info@of19.no), in order for the units being used by starting participants.

## CHILDREN'S O-FESTIVAL

A large designated area is reserved for the Children's O-festival. Plenty of room and a variety of fun activities are offered. There is also a orienteering labyrinth – Larvikslabyrinten one can try.

Open 10.00 – 15.00. Some activities may close a bit earlier, due to the team competition.

NOK 50 per day. Pay with cash or Vipps at the entrance.

## SMÅTROLL

New funny course for the youngest participants in safe small challenges and lots of fun. Start from Children's O-festival area. Prizes for all! Open 10.00 – 15.00. NOK 30 per day. Pay with cash or Vipps.

## PREO

It is possible to try out TempO, a form of precision orienteering, at the arena between 10.00 and 15.00. Four stations with different tasks and increasing difficulty level. The last station is organized fully as a TempO competition. Bring your compass. Three fine prizes are drawn amongst the participants.