

Competition Instructions Sunday 30. June – Long distance

Common information in separate document

PROGRAM

08.30	Event office opens
09.00	Children's O-festival opens
09.30	Child care opens
10.00	First chase start elite, D/H15 and 16
10.00	First start classes with free start
10.00	Småtroll opens
10.30	Shower opens
11.00	First start other classes with start time
12.30	Prizegiving 15–16 y/o (approx.)
14.00	Children's O-festival and Småtroll close
14.30	Prizegiving elite and 13–14 y/o (approx.)
15.30	Child care closes
16.00	Finish closes
16.00	Event office closes
16.00	Shower closes

MAP

Vestmarka, 2019 by Larvik OK.

Scales: 1:10 000/7500/5000. 5 meter contour intervalekvidistans. 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.

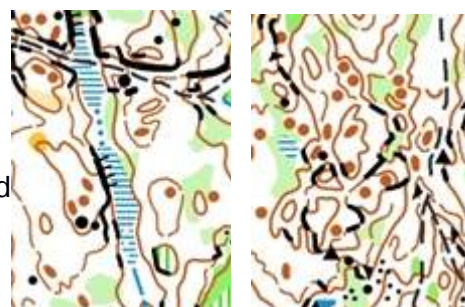
Some smaller paths may be difficult to see/follow in race speed. Baskets and other equipment for frisbeegolf are not mapped.

Some courses will meet orange construction work fences, as shown in the photo. These are marked as fence on the map and it is allowed to pass them.



LØPSTERRENG

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.



RESTRICTED AREAS

Restricted areas are marked on the map in course printing colour. Some are marked with plastic tape in the terrain. Additionally, all areas with 528.1 (olive green) are forbidden to enter.

Fields that are not allowed to run across is marked with hatching on the map. It is allowed to run on the edge of the fields.

Two gravel pits are marked as forbidden areas on the map. These are in addition marked with red/white plastic tape in the terrain. It is not allowed to cross these markings, you have to run around them.

TRAFFIC

Some participants are crossing a paved road with som traffic. The road may be crossed at any point and it is allowed to run along the road. **Be careful when crossing or running on the road!**

There will be marshals placed on selected areas.

All courses are crossing the old main road, this is closed for all traffic and participants are free to cross it.

CLASSES AND COURSES

Class	Length	Controls	Scale	Start	Class	Length	ntrols	Scale	Start
A level					A level				
H15	4.89	13	1: 10 000	1	D15	4.00	11	1: 10 000	1
H16	5.76	14	1: 10 000	1	D16	4.70	13	1: 10 000	1
H17-18E	7.08	18	1: 10 000	1	D17-18E	5.69	14	1: 10 000	1
H19-20E	9.69	19	1: 10 000	1	D19-20E	6.04	16	1: 10 000	1
H21-E	11.59	25	1: 10 000	1	D21-E	8.76	19	1: 10 000	1
H17-	8.04	16	1: 10 000	2	D17-	5.52	12	1:7500	2
H17-Kort	4.54	12	1:7500	3	D17-Kort	4.10	12	1:7500	3
H35-	7.69	14	1: 10 000	2	D35-	5.25	14	1:7500	2
H40-Kort	4.10	12	1:7500	3	D40-Kort	3.77	9	1:7500	3
H40-	7.69	14	1: 10 000	2	D40-	5.25	14	1:7500	2
H45-	6.46	16	1:7500	2	D45-	5.00	12	1:7500	2
H50-Kort	3.77	9	1:7500	3	D50-Kort	3.49	10	1:7500	3
H50-	5.82	13	1:7500	2	D50-	4.74	11	1:7500	2
H55-	5.38	13	1:7500	2	D55-	4.07	10	1:7500	2
H60-	5.00	12	1:7500	2	D60-	4.07	10	1:7500	2
H65-	4.74	11	1:7500	2	D65-	3.44	11	1:5000	2
H70-	4.18	11	1:5000	2	D70-	3.44	11	1:5000	2
H75-	3.44	11	1:5000	2	D75-	2.70	8	1:5000	2
H80-	2.70	8	1:5000	2	D80-	2.70	8	1:5000	2
H85-	2.70	8	1:5000	2	D85-	2.70	8	1:5000	2
Direkte A1	7.39	15	1:7500	3	Direkte A2	4.54	12	1:7500	3
Direkte A3	3.49	10	1:7500	3					
B level					B level				
H13	3.35	10	1:7500	2	D13	3.35	10	1:7500	2
H14	3.95	12	1:7500	2	D14	3.62	9	1:7500	2
H17-B	3.92	14	1:7500	3	D17-B	3.34	11	1:7500	3
Direkte B	3.92	14	1:7500	3	Utvikling B	3.34	11	1:7500	3
C level					C level				
H11-12	2.39	9	1:7500	2	D11-12	2.39	9	1:7500	2
H17-C	3.32	12	1:7500	3	D17-C	3.32	12	1:7500	3
Direkte C	3.32	12	1:7500	3	Utvikling C	3.32	12	1:7500	3
N level					N level				
H9-10	2.16	9	1:7500	3	D9-10	2.16	9	1:7500	3
H17-N	3.27	12	1:7500	3	D17-N	3.27	12	1:7500	3
N-Åpen	1,98	10	1:7500	3	Utvikling N	3,27	12	1:7500	3

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

CLOTHING

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

DRINKING STATIONS

Drinking stations with water is placed at 4 different locations in the terrain. The stations are shown on the maps. The longer courses may pass the drinking stations several times, if desired.

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.

START

Start 1 – Lett-Tak: 2530 meter on road and path. Elite and D/H 15/16. *Blue and white tape.*

Start 2 – Norconsult: 950 meter on road. Other classes with start time. *Green and white tape.*

Start 3 – Veidekke: 980 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

Elite classes, D/H 15 and D/H16 has a chase start with start order and intervals based on Saturday's middle distance. Participants more than 20 minutes behind or without an approved race on Saturday will start in a mass start 25 minutes behind the leader in their respective class.

Call up 5 minutes in advance.

Start times chase start:

D15	10:00
H15	10:00
D16	10:30
H16	10:30
D17-18E	11:00
H17-18E	11:30
D19-20E	12:00
H19-20E	12:00
D21-E	12:30
H21-E	13:00

There is no forking in any of the courses.

ARENA PASSAGE

Most of the chase start classes have an arena passage towards the end of the course. Control for arena passage and last control is the same. It is compulsory to follow the marked route on the arena passage.

CONTROLS

Controls are densely placed; check control codes

Note: There is 2 different last controls!

QUARANTINE

Participants in the elite classes must leave the arena at latest 11:30. 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 11:00 and proceed towards start when preferred. There is toilet and water close to the start.

GPS TRACKING

The top 6–10 participants in the 6 elitek classes are carrying GPS units. A list of these runners will be available in Eventor at Saturday afternoon. GPS units are handed out at start 1

We kindly ask participants with a that are on this list to send us a notice to 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 9.00 – 14.00. NOK 50 per day. Pay with cash or Vipps at the entrance.

SMÅTROLL

The last day offers yet another fun course for our youngest participants. Try it out! Start from Children's O-festival area. Prizes for all! Open 10.00 – 15.00. NOK 30 per day. Pay with cash or Vipps.