



Bulletin WOC Selection races

(PM VM granskningsløp)

Halden, 5. and 7. Juli 2019

Arena

Arena Guttersrød (Fjeringveien). Follow Rv 22 north from Halden ca. 3,6 km, thereafter Fv. 599 ca. 3,4 km. Take to the right some hundred meters after Rokke church, follow the road for about 6 km north.

Arena and parking

59°14'25.5"N 11°20'28.9"E or <https://goo.gl/maps/gSpk2fiwAALPUxox9>

The route is marked from road Fv 599 at the intersection of Rokkeveien and Fjeringveien.

Parking

At arena. **Parking fee:** 50 NOK for 2 days, pay by card in kiosk or Vipps to: 126006 (Halden Skiklubb)

Sale

Simple kiosk at arena (cakes, coffee, soda).

WiFi

There is free wi-fi at the arena.

Toilets

At arena and at start, no showers

Prizes

To the top 6, sponsored by WOC2019. Prize-giving ceremony for both days will be on Sunday directly after the race. Exact time will be announced by the speaker.

First aid

Available at the arena.

Payment of Entries, rented EMIT cards

Scandinavian and some other teams will get an invoice for bank transfer. Payment by card or cash in NOK on spot is possible.

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Map and terrain

Map: Gutterstrød, scale 1:15 000 (Long) and 1:10 000 (Middle), 5 meter equidistance, issued for NM 2017. Map is surveyed by Jussi Silvennionen in 2016-2017 and most east part by Kenneth Kaisajuntti in 2017. The map is updated by Øyvind Helgerud in June 2019.

The map follows ISOM2017-2. Maps are offset printing, sealed in plastic bags.

Vegetation: Since the map is basically two years old, the vegetation in the cuttings and green areas has grown up a bit.

Much of the pine forest in the terrain is strongly attacked by larvae (European Pine Sawfly). In some places the forest looks like dead (see picture) but it has no influence on the runnability and visibility.



Terrain description: The terrain is medium hilly. It consists mainly of several major hills, with a few valleys in between. Some of the valleys can be quite steep. It varies between detailed and less detailed slopes.

The terrain consists mainly of spruce and pine forest. Pine is dominant on larger hills and here the visibility is mostly good, as well as the runnability. In slopes and valleys, it is more common with spruce forests. Here the runnability varies with the age of the forest. In parts of the terrain, it has been some active forestry. Due to high undergrowth, runnability is poorer in these areas. In marshes and other wet areas there may be high grass that reduces the runnability. In small and large paths, there may also be some grass that reduces the runnability somewhat.

Timing system

Timing and punching is by EMIT card. Rent of a card 25 NOK pr day. Give us a message (at Info tent) if your EMIT card is not the same as in the startlist. You can check if your Emit card is working at the Info tent. Lost or not returned EMIT card will be charged 700 kr. There will be several online controls. Emit Back-up labels can be picked up at the info tent or at the start.

Team bags

Nations can pick-up their team bag with the Bulletin, Startlist and Emit rental cards at the info tent.

Warm-up map

There is a warm-up map for both days without controls. Map is available at info tent.

To start

There is no marking to the start, please take a warm-up map and find your way to the start.

Long distance 2.5 km from Arena to Start.

Middle distance 0.7 km from Arena to Start

At start

One toilet at the start. There is no water.

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Start numbers

All runners will have a start number. Pick it up at the start. Bring your own safety pins.

Online results: <http://liveresultater.no/livesider/livesenter.php?arr=742>

GPS

All runners must pick-up their GPS (and vest) at the start. If you have, please use your own vest. Since there is no quarantine, the tracking will open after last runner has started. Tracking for all provided by Loggator: https://loggator.com/recent_events

Control description

Printed on the map and separate descriptions are available at start. Maximum size 15 x 5.5 cm.

Start procedure

Runners are called up 3 mins before start. A backup for the EMIT can be taken on beforehand. The control descriptions are provided 2 min before start. The runner picks up the map at the starting time. The Emit card is cleared by putting it the start unit for 3-5 seconds before the start. The time starts running when the Emit card is lifted from the start unit. The runners follow a marked route to the start triangle.

Runners' classes Norway-World dividing

In order to fulfill the 3 mins start interval for the long distance we need to move many nations to Norway class. Women Long Distance start interval is 4 mins. And then for middle distance the runners will be in the same class as for the long distance. Check carefully in what class are you finally placed. If there is a mistake please inform us in advance.

Spectator control (for both days for all courses)

Last control is also a spectator control. This control appears as a spectator control towards the end of the course. Nearby is a coaching zone. There is no obligatory arena passage or arena corridor to follow. But be carefull to follow the correct controls order.

Forbidden areas

Forbidden areas are marked with purple color on the maps. The forbidden areas are not marked in the terrain.

Finnish

Follow marked route from the last control to the finish. At the finish line the runners must punch the finish unit. Proceed for read out, deliver of GPS. Maps will be collected until the last runner has started. Water is available after the finish. Cooling down on the main road both ways.

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Long Distance

2.5 km from Arena to Start. Distance from start line to start triangle 50 m.

Class	Length	Climb	Controls	Expected winning time
H21 Norway	13.7	570	17	85-90 min
H21 World	13.4	555	17	85-90 min
D21 Norway	9.2	425	14	70-75 min
D21 World	9.4	445	13	70-75 min

Drinking controls Long: There are drinking controls with only water at the long distance. These are placed at about:

Both H21 classes at 25%, 55%, 70% and 93%

Both D21 classes at 30%, 55% and 90%

Last drinking stations is at the spectator control.

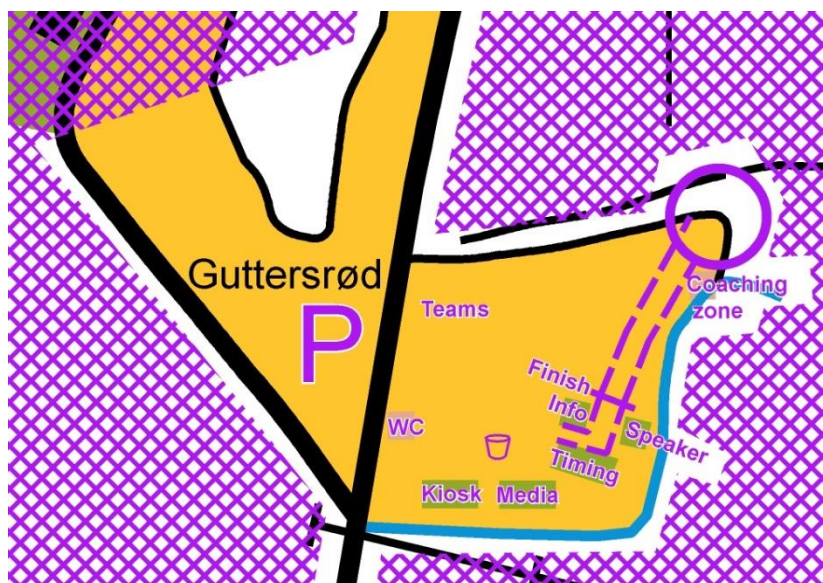
Middle Distance

0.7 km from Arena to Start. Distance from start line to start triangle 120 m.

Class	Length	Climb	Controls	Expected winning time
H21 Norway	5.5	275	19	33 min
H21 World	5.4	265	20	33 min
D21 Norway	4.5	215	17	33 min
D21 World	4.5	210	17	33 min

Distance:	Course setter:	Ass. course setter	Controller:
Long	Tom & Unni Karlsen	Øyvind Helgerud	Håvard Tveite
Middle	Tormod Jenssen	Emil Wingstedt	Jan Arild Johnsen

Arena sketch:



Organizers:

Event directors: Lacho Iliev (m) +47 99 150 358 and Bjørn Axel Gran, (m) +47 909 55 295

Info/Press: Jens Erik Mjølnørød

Arena: Vidar Backstrøm and Gudmund Jenssen

TD: Jan Arild Johnsen, NOF

Jury: Vroni König-Salmi (SUI)

Charly Boichut (FRA)

Jørgen Rostrup (NOR)