



Invitation Sjusjøløpene 2019

Welcome to ski-orienteeing at Sjusjøen & Lillehammer!

- Saturday, December 14: Sprint
- Sunday, December 15: Middle distance
- World Ranking Events (WRE) for D / H 21
- Competition no. 1 and 2 in the Norwegian Cup for juniors and seniors

Classes and course lengths:

Classes	Course length Saturday	Course length Sunday
Beginner open, W/M11-12, W/M 70	2.0 km	2.5 km
W/M 13-14, W/M 60	2.5 km	3.0 km
W15-16, W17K, W 40, W 50	2.8 km	3.5 km
M15-16, M17K, M50	3.0 km	4.5 km
W 17-20, W 21, M40	3.2 km	5.0 km
M17-20, M21	3.5 km	7.0 km

Final course length may deviate +/- 20% due to snow conditions.

Terrain:

Mostly open marshy mountain terrain with scattered spruce and birch forest.
Moderate hilly.

Tracks:

Mostly scooter tracks and some machine-prepared tracks. The exact share of either will depend on snow conditions.

Competition Center:

The competition center is at the old food and service station along the Birkebeiner-ski track, approx. 500 m west of Sjusjøen cross-country arena along the Birkebeiner-track towards Lillehammer.

Start:

First start: 13:00 Saturday and 9:30 am Sunday.

Parking:

On Saturday, parking is at Sjusjøen cross-country arena (coordinates 61.1579331, 10.6952149). On Sunday there is limited parking at the ski arena due to a cross-country skiing event. It is then recommended to park elsewhere in the area and arrive by skis to the competition center. More details will be announced in the PM and on Saturday's competition.

Punching system:

Emit touchfree is used. Register with personal EmiTag if you have one. Registered persons without a personal EmiTag will be assigned a rental tag. Price for rent NOK 50, - regardless of whether you go one or two competitions. Lost EmiTag is billed the contestant's club with NOK 500, -

Map racks:

A limited number of map racks are available for rent, these are ordered upon registration. Price for rent SEK 50, regardless of whether you go one or two competitions. Lost or destroyed map rack is billed the contestant's club with NOK 600, -

Registration:

Registration is done via Eventor.

Saturday: <https://eventor.orientering.no/Events/Show/11828>

Sunday: <https://eventor.orientering.no/Events/Show/11829>

The regular registration deadline is Monday, December 9 at 23:59.

Late registration is possible in Eventor no later than Thursday December 12 at 23:59. After this breaking point it is still possible to register by email to

gunnar.vik@online.no or by sms to 00-47-96010599, alternatively at the competition center on race day, provided maps are still available.

Start fee per competition:

Beginner-open: NOK 100

W/M up to 17years: NOK 180

W/M 17-20 and W/M 21 (Norgescup, WRE): NOK 350

Other classes W/M from 17 years: NOK 250

Late registration: + 50% (no additional fee for Beginners Open and W/M 11-12)

Start fees also including EmitTouchfree / map rack rental are invoiced in arrears to Norwegian clubs. Those who do not represent Norwegian clubs pay by credit card via Eventor at registration.

Start lists /results:

Will be posted on www.eventor.no and linked to from www.orientering.no

Accommodation:

<https://www.visitsjusjoen.no/overnatting/>

Cancellation:

In case of unsafe / poor snow conditions, it is decided whether the races are canceled on Sunday 8 December.

Event Management:

Event leader: Ole Petter Haugen, mob: +-47-93242010, e-mail:

haugenolepetter@gmail.com

Course setter: Erlend Slokvik

WRE Controller: Lars Lystad