

Ski-o-treff 2020



- Nordmarka Ski Orienteering Club invites you to a marvellous ski-o-weekend in the mountains at Sjusjøen/Natrudstilen.
- Three competitions in two days.
- Norwegian Cup and World Ranking Event.

Saturday 11. January

- ✓ **Middle distance.**
Norwegian Cup, WRE.
First start at 11am.
Free start for A, B and N open.
- ✓ **Night sprint.**
Norwegian Cup.
First start at 17.00.
Start lists for W/M 17-20 and W/M 21.
Free start 17.00-18.30 for other classes.

The night sprint is included in the entry fee for the middle distance, but you have to make two separate entries for the middle distance and the night sprint.

Sunday 12. January

- ✓ **Long distance.**
Norwegian Cup.
First start at 10am.
Free start for A, B and N open.

Arena

Sjusjøen ski center – Natrudstilen.

Accommodation

We recommend Sjusjøen Hytteutleie (Cabin rental).

Booking done prior to December 10th 2019 will get a ski-o discount.

Tel: +47 62 33 49 60

e-mail: info@sjusjoen.no

WEB: www.sjusjoen.no

Discount code «Ski-o-2020».

Entry

Entry through Norwegian Eventor:
<http://eventor.orientering.no>

There is a separate registration for all three distances.

All athletes use EmitTag. Those who do not enter with EmitTag number in Eventor will be assigned a rental EmitTag.

Entry before January 6th 2020.

Late entry until one hour before start.

Entry fees

Prices in NOK.

W/M17-20, W/M21 Norwegian cup, WRE	350 per day
Others, from age 17	250 per day
Up to age 16	200 per day
N-open	100 per day
A-open, B-open	150 per day

Late entry fee: +50%.

Map and terrain

The orienteering map to be used is "Natrudstilen", owned by Ringsaker OK and Lillehammer OK.

Scale 1:10.000 for medium and long distance. 1:5.000 for sprint distance.

Counter interval 5 m.

The map is adapted to IOF ski-o-norm. The terrain consist of coniferous forest, with elements of open fields and marshes. Moderate elevation differences. There will be a majority of narrow scooter tracks, but also a dense network of wide cross-country tracks.

Temperatures and cancellation

At temperatures below -15°C, the organizer will consider whether it is safe to carry out the event.

At temperatures below -20°C, the start times may be postponed or the competition may be cancelled.

In case of lack of snow in the area one week prior to the race, the entire event may be cancelled.

If cancelling the event due to unforeseen weather conditions on the day of the event, the organizer is entitled to retain the entire entry fee.

Organizers

Event Director:

Andreas M. Edvardsen,
andreas.m.edvardsen@gmail.com
+47 41107425

Time keeping/entry:

Sindre J. Haverstad,
sindre@haverstad.com
+47 90074738

Course setters:

Thomas M. Edvardsen
Tommy Jauhojärvi
Mattis Myhre

WRE Advisor: Mattis Myhre,
mattis.myhre@gmail.com

National Controller:
Lars Lystad, larslyst@online.no

Classes and course lengths

	Middle distance	Sprint distance	Long distance
M11-12	2,5	2	3
W11-12	2,5	2	3
M13-13	3	2,5	3,5
W13-14	3	2,5	3,5
M15-16	5	3	8
W15-16	3,5	3	5
M17-20	8	3,5	10
W17-20	6	3,3	8
M21	8	3,5	12
W21	6	3,3	10
M17K	4	2,5	6
W17K	4	2,5	6
M40	6	3	10
W40	5	2,5	8
M50	5	3	8
W50	4	2,5	6
M60	4	2,5	6
W60	3,5	2,5	5
M70	3,5	2,5	5
W70	3,5	2,5	5
A-open	6	3	10
B-open	3,5	2,5	5
N-open	2,5	2	3