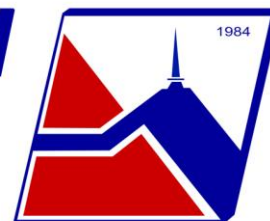




O-FESTIVALEN

KONGSBERG 2020

26.-28. JUNI



Race Programme	<p>Friday 26th June. Sprint race in Kongsberg city centre Norwegian Cup for junior and senior. WRE for D/H21E. Start 17-20 hours</p> <p>Saturday 27th June, Middle distance. Team competition (8-12 years) Norwegian Cup for junior and senior. WRE for D/H21E. Start 10-14 hours</p> <p>Sunday 28th June, Long distance. Norwegian Cup for junior and senior. Chasing start for junior, D/H15 and D/H16 Start 10-13 hours</p>
Arena	<p>Friday: Arena in Kongsberg city centre Easy access by bus and train. Signposted from E134.</p> <p>Saturday and Sunday: Heistadmoen Cross-Country Stadium. Signposted from E134 southwest of Kongsberg and RV40.</p>
Parking	<p>Parking for cars and caravans on gravel and grass, follow the instructions. Parking fee is 60 NOK per day or 150 NOK for three days. 500 - 1200m from parking to arena.</p>
Map and terrain	<p>The sprint map is newly issued, in accordance with the new sprint standards. Scale 1:4.000, contour interval 2 m. The sprint race will be urban and partially hilly. Spiked shoes are not allowed. "Heistadmoen". Newly issued part of existing mapped area. Scale 1:15.000/ 1:10.000 / 1:7.500. Contour interval 5 m. Partially hilly pinewoods with good runnability. In the area close to the arena there are ski trails and gravel roads.</p>
Embargoed terrain	<p>The race terrain is embargoed for potential runners. Refer to: https://www.google.com/maps/d/viewer?mid=1Ty0mN9pGReL7mAXSvXWoEdVl-fc&ll=60.933094560355%2C16.253993000000036&z=5</p>
Elite classes	<p>D/H17-18E and D/H19-20E from all days will be included in the Norwegian Cup as individual points for Friday and Saturday, and based on the result of the chasing start for Sunday. D/H21E from all days will be included in the Norwegian Cup as individual points for each race. D/H21E is a WRE event for the first two days.</p>
Entry	<p>Ordinary registration in Eventor with the following entry deadlines: Ordinary entry: Monday 15th June Late entry: Friday 19th June After Friday 15th June, registration is only possible in the race office at the arena for direct courses, development courses and N-Åpen.</p>

Punching system	Sprint Friday: EmiTag Touchfree for all classes Saturday and Sunday: Emit punching system. Elite classes will use additional EmiTag for timekeeping.																																																																																																																																																																																																																																																																																																																																																																																																																																																																						
Course Lengths	<p>See the below table</p> <table border="1" data-bbox="437 342 1385 1312"> <thead> <tr> <th colspan="4">Sprint Fredag 26. juni</th> <th colspan="4">Mellom Lørdag 27. juni</th> <th colspan="4">Langdistanse Søndag 28. juni</th> <th rowspan="2">Løype nivå</th> </tr> <tr> <th colspan="2">km</th> <th colspan="2">km</th> <th colspan="2">km</th> <th colspan="2">km</th> <th colspan="2">km</th> <th colspan="2">km</th> </tr> </thead> <tbody> <tr> <td>D17-18E</td><td>2,8</td><td>H17-18E</td><td>3,3</td> <td>D17-18E</td><td>3,4</td><td>H17-18E</td><td>4</td> <td>D17-18E</td><td>6</td><td>H17-18E</td><td>8</td> <td>A</td> </tr> <tr> <td>D19-20E</td><td>2,9</td><td>H19-20E</td><td>3,5</td> <td>D19-20E</td><td>3,4</td><td>H19-20E</td><td>4</td> <td>D19-20E</td><td>6,5</td><td>H19-20E</td><td>9</td> <td>A</td> </tr> <tr> <td>D21E</td><td>3,3</td><td>H21E</td><td>3,9</td> <td>D21E</td><td>4,8</td><td>H21E</td><td>6</td> <td>D21E</td><td>8,5</td><td>H21E</td><td>13</td> <td>A</td> </tr> 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Exact course lengths will be announced in the competition instructions. Every distance (running day) will have separate registration in Eventor. The Elite classes and D/H15-16 will be a separate arrangement in Eventor.</p>	Sprint Fredag 26. juni				Mellom Lørdag 27. juni				Langdistanse Søndag 28. juni				Løype nivå	km		km		km		km		km		km		D17-18E	2,8	H17-18E	3,3	D17-18E	3,4	H17-18E	4	D17-18E	6	H17-18E	8	A	D19-20E	2,9	H19-20E	3,5	D19-20E	3,4	H19-20E	4	D19-20E	6,5	H19-20E	9	A	D21E	3,3	H21E	3,9	D21E	4,8	H21E	6	D21E	8,5	H21E	13	A	N-åpen	1,1			N-åpen	2			N-åpen	2			N	N2-åpen 10-16	1,3			N2-åpen 10-16	2,5			N2-åpen 10-16	2,5			N2	N-åpen 17-	1,5			N2-åpen 17-	2,5			N2-åpen 17-	2,5			N3	C-åpen 10-16	1,3			C-åpen 10-16	2,2			C-åpen 10-16	2,2			C	C-åpen 17-	1,5			C-åpen 17-	2,7			C-åpen 17-	3			C	B-åpen 10-16	1,5			B-åpen 10-16	2,5			B-åpen 10-16	2,5			B	B-åpen 17-	1,7			BK-åpen 17-	3			BK-åpen 17-	3			B					BL-åpen 17-	4			BL-åpen 17-	4			B	AK-åpen	2			AK-åpen	3			AK-åpen	3			A	AM-åpen	2,5			AM-åpen	4			AM-åpen	4,5			A	AL-åpen	3			AL-åpen	6			AL-åpen	6,5			A	D9-10	1,3	H9-10	1,3	D9-10	2	H9-10	2	D9-10	2,5	H9-10	2,5	N2	D11-12	1,4	H11-12	1,4	D11-12	2,3	H11-12	2,3	D11-12	2,8	H11-12	2,8	C	D13	1,6	H13	1,7	D13	2,7	H13	2,7	D13	3,2	H13	3,2	B	D14	1,7	H14	1,8	D14	2,8	H14	2,8	D14	3,5	H14	3,8	B	D15	2	H15	2,2	D15	3,1	H15	3,3	D15	4,1	H15	5	A	D16	2,1	H16	2,3	D16	3,1	H16	3,3	D16	4,3	H16	5,2	A	D17	2,1	H17	2,5	D17	4	H17	5	D17	5,5	H17	8,5	A					D17K	3	H17K	4	D17K	3,5	H17K	4	A	D35	2	H35	2,3	D35	3,8	H35	4,5	D35	5,2	H35	7,5	A	D40	2	H40	2,3	D40	3,8	H40	4,5	D40	5,2	H40	7,5	A	D45	2	H45	2,3	D45	3,8	H45	4,5	D45	5	H45	7	A	D50	1,8	H50	2,1	D50	3,6	H50	4	D50	4,8	H50	6,8	A	D55	1,7	H55	2,1	D55	3,6	H55	4	D55	4,6	H55	6,2	A	D60	1,6	H60	1,8	D60	3,5	H60	3,8	D60	4,3	H60	5,8	A	D65	1,6	H65	1,8	D65	3,5	H65	3,6	D65	4	H65	5,3	A	D70	1,5	H70	1,5	D70	3,2	H70	3,4	D70	3,5	H70	4,8	A	D75	1,5	H75	1,5	D75	3	H75	3,2	D75	3	H75	4,2	A	D80	1,3	H80	1,3	D80	2,5	H80	2,8	D80	3	H80	3,5	A	D85	1,3	H85	1,3	D85	2,5	H85	2,5	D85	3	H85	3	A
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D50	1,8	H50	2,1	D50	3,6	H50	4	D50	4,8	H50	6,8	A																																																																																																																																																																																																																																																																																																																																																																																																																																																											
D55	1,7	H55	2,1	D55	3,6	H55	4	D55	4,6	H55	6,2	A																																																																																																																																																																																																																																																																																																																																																																																																																																																											
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Entry fees	<p>Youths up to 16 years: 140 NOK per race Adults: 270 NOK per race Elite classes: 320 NOK per race.</p> <p>Direct courses ("Åpen"): up to 16 years: 100 NOK per race Direct courses ("Åpen"): from 17 years: 220 NOK per race</p> <p>Småtroll: 30 NOK at the start of Småtroll</p> <p>Entry fee will have to be paid in NOK in the "Info-kiosk" at the arena on the day of running for foreign participants. Other Norwegian clubs will be invoiced after the event.</p> <p>Late entry is allowed until Friday 19th of June, with an additional fee of 50% for all competitors aged above 12 years (excluding Direct courses for youths -16 years).</p>																																																																																																																																																																																																																																																																																																																																																																																																																																																																						

Free start time	Direct classes.
Youth team competition	There will be a team competition for Youths (8-12 years). Teams of 3-5 participants shall collect controls with as many points as possible in one hour. There will be special tasks at some of the controls. Start Saturday at 10.00 hours. Classes D/H11-12 will have a late start, so it will be possible to run in the individual race as well.
Prizes	Prizes according to the regulations of NOF (Norwegian orienteering).
Shop and café	The café at the arena will have a wide assortment of food and drink for sale. A sports shop will also be available at arena
Childrens's race and children's park	Children's race (Småtroll) will be available in the arena on all 3 days. Free Children's play park available on Saturday and Sunday, but not in the city centre for the sprint race.
Course planner	Sprint: Damien Renard Medium and Long distance: Øivind Myhre
Event management	Leader main committee: Hilde Storløkken (93 62 84 42) Race manager Sprint: Odd Strand (98 26 33 37) Race manager Middle/Long: Kristin Eger (93 05 73 94) E-post: pinselopet@gmail.com
Event advisor	Sprint: Jan Arild Johnsen, NOF Middle: Gjermund Røren, Eiker o-lag Long: David Løver, Modum o-lag
Event website	www.o-festivalen.no
Accommodation	Reference to event website above. There will be a camping area close to the indoor swimmingpool in the Kongsberg city center

